

Federação Portuguesa de Atletismo
Estatística - Jovem

"Ranking" de P Coberta (Juniões) 2008 / 2009



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Qualquer comentário ou correção a este ranking enviar a: casquinha.costa@fpatletismo.pt

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MASCULINOS

JUNIORES

60 Metros (até 7,44) CNJ 7,2/7,44							
6,92	Kevin	Cariço Wilson	06-01-90	SLB	1	Espinho	24.01
6,93		Cariço Wilson			4 s1	Espinho	10.01
6,94		Cariço Wilson			Hep	Pombal	28.02
6,96	Bruno	Ferreira	27-05-90	SLB	2	Espinho	24.01
6,99		Cariço Wilson			1 mf2	Espinho	24.01
7,00		Ferreira			2 mf3	Pombal	28.02
7,04		Ferreira			1 mf1	Espinho	24.01
7,04	José David	Pires	08-02-91	CDQ	3	Espinho	24.01
7,05		Ferreira			1 s2	Espinho	10.01
7,06		Ferreira			2-ex	Pombal	03.01
7,06		Ferreira			2 mf1	Pombal	07.02
7,06	Jorge	Moreira	10-05-91	VTSC	4 mf2	Pombal	07.02
7,07		Ferreira			1 el3	Pombal	07.02
7,08		Ferreira			5 s1-ex	Espinho	10.01
7,08		Pires			2 mf2	Espinho	24.01
7,08		Ferreira			4	Pombal	07.02
7,08		Moreira			5	Pombal	07.02
7,13	Edgar	Batista	12-07-91	ESCMOV	2 mf1	Espinho	24.01
7,16	Edgar	Carrolo	30-01-91	SLB	3 s-ex	Pombal	31.01
7,17	Samuel	Remédios	24-02-92	GAF	4 mf2	Espinho	24.01
7,17	Célio	Inácio	ANG 10-06-91	FCP	4 el2	Pombal	21.02
7,18	João Pedro	Abrantes	22-05-90	SCP	3 mf1	Espinho	24.01
7,18	Pedro	Pinto Machado	14-11-91	FCP	4 el3	Pombal	21.02
(10)							
7,18	Ricardo	Pinto	18-04-93	GRQL	1 s3-ex	Alpiarça	07.03
7,19	Francisco	Casegas	07-01-92	CASM	3 mf1	Espinho	24.01
7,21	Pedro	Lopes	04-07-92	SCA	2	Alpiarça	06.12.2008
7,21	João Pedro	Abrantes	22-05-90	SCP	4 el1	Pombal	07.02
7,21	João	Lopes Rocha	15-04-92	BA	2	Alpiarça	07.03
7,22	Emanuel	Neves	13-03-90	FCP	4 s2	Espinho	10.01
7,23	José	Viegas	01-03-93	GJPB	1 s4	Braga	20.12.2008
7,24	António	Vieira	05-11-93	GAF	6 mf2	Espinho	24.01
7,25	Fábio	Oliveira	25-06-91	MAC	1 s1	Espinho	13.02
7,26	Joaquim	Rodrigues	25-03-90	CCDR	Hep	Braga	03.01
(20)							
7,27	Rui	Esteves	03-06-91	AAC	1	Pombal	19.12.2008
7,27	Cristiano	Carreira	04-03-90	JV	1 el5	Pombal	03.01
7,31	Ricardo	Vieira	01-05-90	GAF	2	Alpiarça	06.12.2008
7,31	Gonçalo	Almeida	30-04-91	CBF	1 el2	V.R.S.António	10.01
7,31	Sérgio	Paulo	14-06-92	GRQL	6 el4	Pombal	21.02
7,33	Diogo Filipe	Santos	03-05-91	FCP	5 s1-ex	Braga	04.01
7,33	Ariel	Pereira	30-01-92	ADREP	2 s4	Espinho	10.01
7,33	Rui	Jerónimo	11-11-90	BA	7 s-ex	Pombal	01.02
7,33	Ricardo	Fernandes	CPV 01-01-91	JOMA	3 s1-ex	Pombal	14.02
7,34	Bruno	Magalhães	29-01-90	CCDR	Hep	Braga	03.01
(30)							
7,34	Artur	Koshchuk	UKR 05-03-94	JV	1	Alpiarça	07.03
7,34	Roberto	Antunes	21-04-92	JDN	5	Alpiarça	07.03
7,34	Filipe	Santos	17-04-93	JOMA	4 s3-ex	Alpiarça	07.03
7,35	Tiago	Crespo	90	CDCP	4 mf1	Espinho	17.01
7,36	António	Brandão	08-09-92	ACBU	3 el2	Espinho	17.01
7,36	Ricardo	Amaro	09-08-90	JDN	Hep	Pombal	28.02
7,37	Daniel	Mimoso	05-07-93	ACDRA	4 el3	Espinho	24.01
7,38	José Miguel	Pereira	22-07-91	FCP	7 s1-ex	Braga	03.01
7,38	Luis	Silva	11-07-93	ESL	2 el2	Espinho	24.01
7,39	David	Bernardo	26-01-90	AS PF-Fr	4 s3	Eaubonne	28.11.2008
(40)							

7,39	Ricardo	Santos	01-05-92	CBF	4 el2	Espinho	24.01
7,39	António	Jesus	23-03-92	GDE	4 el5	Espinho	24.01
7,41	José	Rosa	CPV 12-01-90	GDC	Hep	Espinho	10.01
7,41	João	Gravato de Andrade	91	ADREP	5 el5	Espinho	24.01
7,42	Diogo	Reis	05-05-92	Lavra	1 B	Braga	17.01
7,42	Hugo	Espírito Santo	30-05-93	SCP	7el2	Pombal	21.02
7,42	Pedro	Ferreira	12-08-93	SUOV	6	Alpiarça	07.03
7,44	Rafael	Soares	22-04-91	JV	4	Pombal	19.12.2008
7,44	André	Costa	09-05-92	GDRCC	1 s5	Espinho	10.01
7,44	Diogo	Silva	07-11-91	CBF	1 el4	V.R.S.António	10.01
(50)							
7,44	Filipe	Neto	90	JV	3 s4	Espinho	10.01

200 Metros (até 24,04) CNJ 23,3/23,54

22,09	Bruno	Ferreira	27-05-90	SLB	2	Pombal	01.03
22,16		Ferreira			1 mf2	Pombal	01.03
22,45		Ferreira			1 s3	Espinho	25.01
22,60		Ferreira			2 s3	Pombal	08.02
22,62		Ferreira			1-ex	Pombal	04.01
22,72	Diogo Filipe	Santos	03-05-91	FCP	1 el3	Braga	18.01
22,74	Emanuel	Neves	13-03-90	FCP	2 s3	Espinho	25.01
22,81	José David	Pires	08-02-91	CDQ	1	Sevilha	16.02
22,99	Jorge	Moreira	10-05-91	VTSC	2 s1	Espinho	25.01
23,21	Cristiano	Carreira	04-03-90	JV	2 s1	Pombal	04.01
23,21	David	Bernardo	26-01-90	AS PF-Fr	1 s10	Eaubonne	23.01
23,31	Gonçalo	Almeida	30-04-91	CBF	2 s4	Pombal	31.01
23,46	Edgar	Batista	12-07-91	ESCMOV	1 el4	Braga	18.01
23,48	Célio	Inácio	ANG 10-06-91	FCP	1 B	Braga	18.01
(10)							
23,49	Ivânio	Moreira	18-01-91	SCP	2 s2	Espinho	25.01
23,52	José	Viegas	01-03-93	GJPB	1 s2	Espinho	16.01
23,61	Pedro	Pinto Machado	14-11-91	FCP	2 el4	Braga	18.01
23,62	João	Oliveira	08-04-90	BA	1 s1	Pombal	10.01
23,62	Sérgio	Paulo	14-06-92	GRQL	1 s1	Pombal	31.01
23,67	Pedro	Cardoso	06-06-90	AAC	3 s3	Espinho	18.01
23,69	Filipe	Oliveira	31-01-91	BA	1 s6	Espinho	18.01
23,69	Elvander	Loureiro	STP 02-04-90	ACRM	4 s2	Espinho	25.01
23,76	Miguel	Roque	19-04-92	AAC	1 s4	Espinho	18.01
23,77	Ricardo	Vieira	01-05-90	GAF	1 s3	Pombal	04.01
(20)							
23,78	Samuel	Remédios	24-02-92	GAF	2 s1	Pombal	31.01
23,81	Volodymyr	Strokov	UKR 23-04-91	JV	1 s1	Pombal	20.12.2008
23,82	Rafael	Soares	22-04-91	JV	1 s2	Pombal	20.12.2008
23,82	Ariel	Pereira	30-01-92	ADREP	1 s2	Espinho	04.01
23,83	João	Lopes Rocha	15-04-92	BA	1 s2	Pombal	04.01
23,93	Pedro	Lopes	04-07-92	SCA	1 s2	Pombal	04.01
23,95	Daniel	Mimoso	05-07-93	ACDRA	1	Pombal	07.12.2008
23,98	Paulo	Oliveira	16-10-91	JDAL	5 s3	Pombal	01.02
24,00	Tiago	Crespo	90	CDCP	3-ex	Espinho	04.01

Com marcas manuais

22,5	Bruno	Ferreira	27-05-90	SLB	1 s1-ex	Pombal	07.12.2008
23,6	Miguel	Roque	19-04-92	AAC	1	Pombal	07.12.2008
23,8	Rui	Jerónimo	11-11-90	BA	2 s2-ex	Pombal	07.12.2008

300 Metros (até 40,64)

37,97	José	Viegas	01-03-93	GJPB	1 s1	Espinho	28.12.2008
38,68	João	Ritto	23-08-92	BA	1 s3-ex	Pombal	24.01
39,66	João	Morais	92	BA	1 s4-ex	Pombal	24.01
39,81	Ivan	Mendes	31-03-93	BA	2 s3-ex	Pombal	24.01
39,86	Tiago	Boucela	09-12-92	GRECAS	2 s1	Espinho	28.12.2008
40,46	Danilo	Neves	92	ACDI	1 s3	Espinho	28.12.2008

400 Metros (até 53,84) CNJ 52.0/52,14

50,13	Emanuel	Neves	13-03-90	FCP	1 s2	Espinho	24.01
50,37	José	Miranda	22-08-91	SLB	2 s4	Pombal	07.02
50,41	Hugo	Santos	05-01-91	CAR-S	2 s2	Espinho	24.01
50,42		Miranda			3 s2	Espinho	24.01
50,45		Neves			3 s4	Pombal	07.02
50,51		Neves			4	Pombal	14.02
50,60		Neves			1	Braga	17.01
50,64	Paulo	Pinto	03-05-91	CBF	2 s2	Pombal	21.02
50,83	Diogo Filipe	Santos	03-05-91	FCP	3 s2	Pombal	21.02

50,85	Cristiano	Carreira	04-03-90	JV	1	Pombal	14.02
51,95	Jorge	Batista	06-06-91	ADREP	1 s1	Espinho	03.01
52,14	Luis	Oliveira Phalempin	12-11-90	FCP	2 s3	Pombal	21.02
52,21	Sérgio	Paulo	14-06-92	GRQL	3 s3	Pombal	21.02
52,40	Roberto	Nóbrega	31-05-92	ADRAP	5 s2	Espinho	24.01
(10)							
52,44	Alexandre	Costa	15-02-90	JOMA	4 s3	Pombal	07.02
52,58	Hugo	Silva	04-01-91	CSM	3 s2	Pombal	07.02
52,63	Vasco	Agostinho	31-05-91	SLB	2 s1	Espinho	24.01
52,64	Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	2 s3	Espinho	03.01
52,66	Kevin	Gaspar	15-03-91	BA	1 s3	Espinho	17.01
52,66	Volodymyr	Strokov	UKR 23-04-91	JV	4 s3	Pombal	21.02
52,70	João	Oliveira	08-04-90	BA	5 s1	Pombal	21.02
52,76	Paulo	Oliveira	16-10-91	JDAL	2 s2	Pombal	01.02
52,86	John	Martins	13-05-92	ADREP	2 s3	Espinho	17.01
53,05	André	Carvalho	22-07-90	FCP	5 s1	Espinho	24.01
(20)							
53,06	João	Gois	22-02-90	ASCV	3 s3	Pombal	17.01
53,32	Tiago	Gamelas	01-11-90	CENAP	1 s3	Espinho	27.12.2008
53,44	Francisco	Évora	11-12-91	Lavra	1 s-ex	Espinho	09.01
53,50	Filipe	Oliveira	31-01-91	BA	1 s5	Pombal	03.01
53,65	André	Pedralva	23-08-90	CABB	2 s3	Pombal	31.01
53,68	Miguel	Roque	19-04-92	AAC	1 s2	Pombal	31.01
53,72	David	Bernardo	26-01-90	AS PF-Fr	5 s1	Eaubonne	23.01

Atletas Juniores até 31-12-2008

51,60	João	Brás	13-08-89	SCUT	1 s1	Espinho	27.12.2008
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800 Metros (até 2.04,00) CNJ 2.04,00

1.50,57	Fábio	Gonçalves	26-01-90	SLB	2 s3	Pombal	01.03
1.50,81		Gonçalves			1 s1	Pombal	21.02
1.50,96		Gonçalves			1 s3	Pombal	08.02
1.51,76		Gonçalves			1	Pombal	15.02
1.54,43		Gonçalves			1 s3	Espinho	25.01
1.55,33	Paulo	Pinto	03-05-91	CBF	3 s3	Pombal	08.02
1.55,62	Frederic	Vaz	13-06-90	AVIA-Fr	3 s2	Eaubonne	31.01
1.56,34	Jorge	Batista	06-06-91	ADREP	5 s1	Pombal	01.03
1.57,15	Hugo	Santos	05-01-91	CAR-S	1 s1-ex	Pombal	20.12.2008
1.57,69	Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	3 s3	Espinho	25.01
1.58,02	Thibaut	Junqueira	17-02-92	BA	2 s2	Pombal	21.02
1.58,44	Pedro	Oliveira	11-01-90	QFC	3 s2	Pombal	21.02
1.58,51	Tiago	Dias	11-01-90	JV	1 s1	Pombal	20.12.2008
1.59,48	Tiago	Gamelas	01-11-90	CENAP	6 s3	Espinho	25.01
(10)							
2.00,24	Kevin	Gaspar	15-03-91	BA	1 s1	Pombal	01.02
2.00,30	Diogo	Lourenço	23-01-92	CAOV	1 s2	Braga	18.01
2.00,66	Ricardo	Coroa	18-10-91	FCP	2 s2	Braga	18.01
2.00,57	Eusébio	Oliveira	20-07-93	ADAM	1 s3	Braga	18.01
2.01,13	Pedro	Gamelas	01-11-90	CENAP	8 s2	Pombal	01.02
2.01,58	Marco	Oliveira	30-09-90	NAJ	3 s2	Braga	18.01
2.01,72	Emanuel	Loureiro	17-05-92	OCL	8 s2	Pombal	31.01
2.02,10	Daniel	Fortes	29-05-91	GRQL	1 s1	Pombal	31.01
2.02,27	Homilzio	Santos	STP 10-07-92	ACDRA	1 s1	Espinho	25.01
2.02,32	Jorge	Silva	14-04-91	ADAM	4 s2	Braga	18.01
(20)							
2.02,45	José Miguel	Moreira	18-03-92	LFC-F	2 s1	Espinho	25.01
2.02,94	Luis	Oliveira	22-03-90	ACRC	5 s2	Espinho	18.01
2.02,94	André	Silva	31-05-92	LFC-F	3 s1	Espinho	25.01
2.03,41	Rui	Matos	09-09-92	CENAP	2 s2	Espinho	04.01
2.03,59	Diogo Mesquita	Santos	27-09-92	AACC	5 s1	Espinho	25.01
2.03,77	Pedro	Vieira	27-01-92	SSSJM	7 s2	Espinho	18.01
2.03,86	João	Leal	04-04-91	JV	4 s1	Pombal	04.01
2.03,93	André	Nazaré	28-08-91	ACDRA	7 s1	Espinho	25.01

1000 Metros (até 2.48,00)

2.32,50	Rui	Pinto	18-11-92	UDV	1 s1	Braga	03.01
2.36,67	José	Costa	30-04-91	FCP	4 s3	Espinho	27.12.2008
2.36,77	Diogo	Lourenço	23-01-92	CAOV	2 s1	Braga	03.01
2.37,48	Pedro	Gamelas	01-11-90	CENAP	5 s3	Espinho	27.12.2008
2.39,32	André	Silva	31-05-92	LFC-F	3 s1	Braga	03.01
2.40,18	João	Ramos	23-01-92	CAAV	4 s1	Braga	03.01
2.41,34	João	Pires	09-03-92	GJPB	2 s2	Espinho	27.12.2008
2.42,59	Ricardo	Amaro	09-08-90	JDN	Hep	Pombal	01.03
2.42,88	José Miguel	Moreira	18-03-92	LFC-F	5 s1	Braga	03.01
2.43,09	Ricardo	Teixeira	05-09-92	CBPAR	6 s1	Braga	03.01

(10)							
2.43,30	Francisco	Rodrigues	24-05-95	GRAC	1 s1	Braga	03.01
2.44,11	João	Cruz	12-04-94	MAC	2 s1	Braga	03.01
2.44,46	Rui	Matos	09-09-92	CENAP	3 s2	Espinho	27.12.2008
2.45,86	André	Nadaís	92	CAO	4 s2	Espinho	27.12.2008
2.45,87	Kevin	Carriço Wilson	06-01-90	SLB	Hep	Pombal	01.03
2.46,03	Luís Miguel	Borges	04-10-94	CBPAR	3 s1	Braga	03.01
2.46,10	David	Baião	03-06-90	CCSJM	7 s3	Espinho	27.12.2008
2.46,13	José	Silva	90	LFC-F	4 s-ex	Braga	03.01
2.46,30	Alexandre	Teixeira	13-02-92	FCPAR	1 s3	Braga	03.01
2.47,11	Joaquim	Sousa	04-01-91	CBPAR	5 s-ex	Braga	03.01
(20)							
2.47,72	Nelson	Barnosa	91	CAOV	6 s-ex	Braga	03.01

1500 Metros (até 4.15,00) CNJ 4.15,00

3.53,87	Rui	Pinto	18-11-92	UDV	1 s1	Pombal	28.02
4.01,34	José	Costa	30-04-91	FCP	2 s2	Espinho	24.01
4.03,37	Emanuel	Rolim	03-01-93	NSL	3 s2	Espinho	24.01
4.03,90	Fábio	Gonçalves	26-01-90	SLB	4 s2	Espinho	24.01
4.06,28	João	Pires	09-03-92	GJPB	5 s2	Espinho	24.01
4.06,47	Diogo	Lourenço	23-01-92	CAOV	1 s1	Espinho	24.01
4.06,98	Rúben	Felizardo	17-06-91	CAS	6s2	Espinho	24.01
4.07,20	Marco	Oliveira	30-09-90	NAJ	7 s2	Espinho	24.01
4.07,4	Hugo	Santos	05-01-91	CAR-S	1 s-ex	Pombal	06.12.2008
4.08,18	Ricardo	Coroa	18-10-91	FCP	8 s2	Espinho	24.01
(10)							
4.08,90	Luís	Oliveira	22-03-90	ACRC	2 s1	Espinho	24.01
4.09,51	Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	9 s2	Espinho	24.01
4.09,54	Ricardo A.	Fernandes	91	JV	2 s2	Espinho	17.01
4.10,47	José	Campos	ANG 12-07-90	CFB	3 s1	Espinho	24.01
4.10,56	Samuel	Barata	19-07-93	GDACB	4 s2	Espinho	17.01
4.10,74	Homilizio	Santos	STP 10-07-92	ACDRA	5 s2	Espinho	17.01
4.12,31	Pedro	Gamelas	01-11-90	CENAP	9 s1	Espinho	03.01
4.12,57	Stefano	Pinto	25-10-90	SCB	2-ex	Braga	24.01
4.12,69	Thibaut	Junqueira	17-02-92	BA	2 s1	Pombal	01.02
4.12,9	Tiago	Dias	11-01-90	JV	5 s-ex	Pombal	06.12.2008
(20)							
4.13,81	Pedro	Oliveira	11-01-90	QFC	6 s1	Espinho	24.01
4.14,03	Jorge	Batista	06-06-91	ADREP	9 s2	Espinho	17.01
4.14,37	André	Silva	31-05-92	LFC-F	2	Braga	04.01
4.14,6	André	Nazaré	28-08-91	ACDRA	6 s-ex	Pombal	06.12.2008
4.14,76	João	Ramos	23-01-92	CAAV	4 s1	Braga	20.12.2008

Atletas Juniores até 31-12-2008

4.01,27	Jorge	Santa-Cruz	20-07-89	FCP	1 s1	Braga	20.12.2008
4.07,26	Márcio	Pereira	13-09-89	CCDR	3 s 1	Braga	20.12.2008

Milha

4.45,03	João	Bernardo	06-09-93	GS-RC	1	Pombal	10.01
4.54,41	Jonhantan	Simões	91	2AP	2	Pombal	10.01

3000 Metros (até 9.20,00) CNJ 9.20,00

8.29,33	José	Costa	30-04-91	FCP	2	Espinho	13.02
8.31,87		Costa			4	Pombal	08.02
8.33,07		Costa			1 s2	Braga	13.12.2008
8.42,77	Rui	Pinto	18-11-92	UDV	1	Espinho	25.01
8.44,57		Costa			2	Espinho	25.01
8.46,03	Luís	Mendes	10-06-90	NAJ	3	Espinho	25.01
8.49,93	Miguel	Santos	13-07-90	ARCVR	4	Espinho	25.01
8.52,97	João	Pires	09-03-92	GJPB	1	Espinho	16.01
8.54,29	Diogo	Lourenço	23-01-92	CAOV	5	Espinho	25.01
8.55,04	Hugo Daniel	Santos	25-07-90	LFC-F	1-ex	Braga	04.01
8.58,48	Fábio	Silva	11-11-91	ACDCVC	3	Espinho	16.01
8.59,01	Ricardo	Costa	28-06-90	FCV	2 s1	Braga	13.12.2008
9.00,28	Marco	Oliveira	30-09-90	NAJ	3-ex	Braga	10.01
(10)							
9.03,13	Ruben	Costa	18-07-90	LFC-F	3 s1	Braga	13.12.2008
9.05,17	Luís	Oliveira	22-03-90	ACRC	1 s1-ex	Pombal	01.02
9.06,54	André	Silva	31-05-92	LFC-F	4 s1	Braga	13.12.2008
9.06,55	Emanuel	Loureiro	17-05-92	OCL	7	Espinho	25.01
9.07,05	Gonçalo	Jesus	04-01-92	GS-RC	6 s2	Espinho	18.01
9.07,33	Stefano	Pinto	25-10-90	SCB	5-ex	Braga	10.01
9.07,40	Adrião	Rodrigues	16-03-93	NAC	5	Espinho	16.01
9.12,28	Ricardo A.	Fernandes	91	JV	1	Pombal	20.12.2008
9.12,93	Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	6	Espinho	16.01
9.13,33	José	Campos	ANG 12-07-90	CFB	3 s1	Pombal	01.02
(20)							

9.14,89	José Pedro	Ferreira	10-07-90	NAJ	5 s1	Braga	13.12.2008
9.15,81	Pedro	Santos	09-10-92	JV	5 s1	Pombal	04.01
9.16,35	Flávio	Nunes	25-04-91	ADAM	12	Braga	18.01
9.19,0	Homilzio	Santos	STP 10-07-92	ACDRA	1	Pombal	07.12.2008

Atletas Juniores até 31-12-2008

8.36,73	Jorge	Santa-Cruz	20-07-89	FCP	1	Braga	27.12.2008
8.51,79	José Miguel	Silva	04-07-89	SCB	3	Braga	27.12.2008

50 Metros Barreiras (1/0,99)							
6,89	David	Bernardo	26-01-90	AS PF-Fr	1 mf2-tp	Paris (Charléty)	15.02
6,91		Bernardo			1 el1-tp	Paris (Charléty)	15.02
6,93		Bernardo			5-tp	Paris (Charléty)	15.02

60 Metros Barreiras (1/0,99) (até 10,00) CNJ 9,6/9,84								
8,00	David	Bernardo	26-01-90	AS PF-Fr	3	Eaubonne	01.02	RN
8,04		Bernardo			1 el5	Eaubonne	11.01	
8,04		Bernardo			3	Eaubonne	11.01	
8,05		Bernardo			1 mf2	Paris (Charléty)	15.02	
8,07		Bernardo			1 el1	Paris (Charléty)	15.02	
8,09		Bernardo			5	Paris (Charléty)	15.02	
8,12	Edgar	Carrolo	30-01-91	SLB	1	Espinho	25.01	
8,16		Bernardo			2 el4	Eaubonne	01.02	
8,25	Hélio	Vaz	01-05-91	NDCG	2	Espinho	25.01	
8,27		Carrolo			1-ex	Espinho	10.01	
8,27		Carrolo			1 el2	Espinho	25.01	
8,33		Bernardo			1	Eaubonne	12.12.2008	
8,40	João	Fontela	07-08-91	ESL	2-ex	Espinho	10.01	
8,45	Ricardo	Fernandes	CPV 01-01-91	JOMA	2 el2	Espinho	25.01	
8,65	Ricardo	Amaro	09-08-90	JDN	t	Alpiarça	20.12.2008	
8,66	Kevin	Carricho Wilson	06-01-90	SLB	t	Alpiarça	20.12.2008	
8,67	João	Lopes Rocha	15-04-92	BA	1 el3	Espinho	25.01	
8,71	Rui	Fontes	05-11-90	GDC	5	Espinho	25.01	
8,78	José	Rosa	CPV 12-01-90	GDC	t	Alpiarça	20.12.2008	
(10)								
8,82	Samuel	Remédios	24-02-92	GAF	6	Espinho	25.01	
8,96	Pedro	Gomes	13-11-90	GRQL	4-ex	Espinho	10.01	
8,97	Filipe	Morim	13-01-91	CDP	3 el1	Espinho	25.01	
9,01	Rodrigo	Custódio	10-08-90	CBF	2 el3	Espinho	25.01	
9,02	Hugo	Silva	04-01-91	CSM	3 el4	Espinho	25.01	
9,07	Luis	Landeiro	17-02-91	JDN	5-ex	Espinho	10.01	
9,09	Márcio	Quintela	31-05-90	Lavra	Hep	Braga	04.01	
9,14	Gonçalo	Almeida	30-04-91	CBF	3 el2	Espinho	25.01	
9,18	Duarte	Silva	05-10-92	CCDR	4 el4	Espinho	25.01	
9,19	José Décio	Faria	23-07-91	AJS	4 el2	Espinho	25.01	
(20)								
9,34	Renato	Vieira	20-04-91	SCB	2	Braga	27.12.2008	
9,37	Miguel	Pedro	ANG 10-12-92	EBMDS	5 el1	Espinho	25.01	
9,57	Jonhy	Machado	03-09-91	ADA	Hep	Braga	04.01	
9,57	Yussénio	Delgado	23-01-91	JOMA	6 el4	Espinho	25.01	
9,59	Carlos	Patrício	20-03-91	OCL	6 el1	Espinho	25.01	
9,63	João	Gonçalves	24-05-91	AJS	t	Alpiarça	20.12.2008	
9,67	Rui	Jerónimo	11-11-90	BA	Hep	Pombal	28.12.2008	
9,75	João	Oliveira	08-04-90	BA	Hep	Pombal	28.12.2008	
9,80	Tiago	Pereira	27-03-90	ADCL	5 el2	Espinho	25.01	
9,81	Décio	Ferreira	01-04-93	CAT	6 el4	Espinho	25.01	
(30)								
9,95	Pedro	Mossamedes	03-02-91	SUOV	Hep	Pombal	28.12.2008	

60 Metros Barreiras (1,06) (até 10,24) CNJ 9,8/10,04							
8,18	David	Bernardo	26-01-90	AS PF-Fr	5 el3	Eaubonne	06.02
8,27	Edgar	Carrolo	30-01-91	SLB	3	Pombal	14.02
8,31		Bernardo			5	Pombal	01.03
8,33		Carrolo			1 s3	Pombal	31.01
8,33		Carrolo			2 mf1	Pombal	08.02
8,36		Bernardo			4 mf1	Aubiére	21.02
8,37		Bernardo			3 mf1	Pombal	01.03
8,38	Hélio	Vaz	01-05-91	NDCG	3 mf2	Pombal	01.03
8,39		Carrolo			2 s2	Espinho	10.01
8,39		Carrolo			4 mf1	Pombal	01.03
8,43		Carrolo			6	Pombal	01.03
8,52	João	Fontela	07-08-91	ESL	1 mf1	Espinho	18.01
8,52		Vaz			2 mf2	Pombal	08.02
8,54		Vaz			3	Espinho	18.01

8,55		Vaz			8	Pombal	01.03	
8,56		Vaz			2 mf1	Espinho	18.01	
8,58		Fontela			4	Pombal	08.02	
8,59		Fontela			3 mf1	Pombal	08.02	
8,65	Ricardo	Fernandes	CPV	01-01-91	JOMA	4 mf1	Pombal	08.02
8,67		Fontela			6	Espinho	18.01	
8,67		Vaz			7	Pombal	08.02	
8,98	Ricardo	Amaro		09-08-90	JDN	Hep	Espinho	11.01
8,99	Kevin	Cariço Wilson		06-01-90	SLB	Hep	Pombal	01.03
9,00	João	Martins		25-02-92	CASM	2 s1	Pombal	31.01
9,09	Filipe	Morim		13-01-91	CDP	1	Braga	18.01
9,09	Hugo	Silva		04-01-91	CSM	6 mf1	Pombal	01.03
(10)								
9,11	Rodrigo	Custódio		10-08-90	CBF	1 el1	V.R.S.António	10.01
9,12	Rui	Fontes		05-11-90	GDC	Hep	Pombal	01.03
9,14	Pedro	Gomes		13-11-90	GRQL	1 s2	Pombal	31.01
9,15	Gonçalo	Almeida		30-04-91	CBF	1	V.R.S.António	10.01
9,22	Samuel	Remédios		24-02-92	GAF	3	Pombal	04.01
9,27	Roberto	Nascimento		01-02-93	JAM	2 s1	Pombal	01.02
9,30	Victor	Vilovskiy	RUS	12-02-90	SLB	1 s3	Espinho	10.01
9,38	Tiago	Pereira		27-03-90	ADCL	2 el1	Braga	18.01
9,39	Duarte	Silva		05-10-92	CCDR	3 el1	Braga	18.01
9,67	João	Gonçalves		24-05-91	AJS	Hep	Pombal	01.03
(20)								
9,68	Edgar	Azevedo		10-03-91	Lavra	4 s1	Pombal	01.02
9,68	Elton	Ingrês		02-04-91	CAMG	5 s1	Pombal	01.02
9,69	Carlos	Patrício		20-03-91	OCL	3	V.R.S.António	10.01
9,78	Rui	Jerónimo		11-11-90	BA	3 el1	Pombal	04.01

Altura (até 1,78) CNJ 1,78

1,98	Ricardo	Amaro		09-08-90	JDN	Hep	Espinho	10.01
1,97	João	Alexandre		01-01-90	JV	1	Espinho	24.01
1,96	Rodolfo	Brites		27-03-91	BA	Hep	Pombal	27.12.2008
1,96	Pedro	Mossamedes		03-02-91	SUOV	1	Pombal	03.01
1,92	Tiago	Boucela		09-12-92	GRECAS	6	Pombal	21.02
1,92	Kevin	Cariço Wilson		06-01-90	SLB	Hep	Pombal	28.02
1,88	Victor	Vilovskiy	RUS	12-02-90	SLB	6	Pombal	07.02
1,87	Pedro	Ferreira		12-08-93	SUOV	1	Alpiarça	07.03
1,86	Oscar	Vilaça		08-02-92	CSGaia	1	Braga	07.02
1,85	Cláudio	Freixo		04-07-91	SLB	6	Espinho	11.01
(10)								
1,85	Bruno	Costa		03-05-92	CDP	8	Espinho	24.01
1,85	José	Rosa	CPV	12-01-90	GDC	1	Fogueteiro	29.03
1,84	Paulo	Conceição		29-12-93	EBMDS	2	Alpiarça	07.03
1,83	Márcio	Quintela		31-05-90	Lavra	Hep	Braga	03.01
1,83	Samuel	Remédios		24-02-92	GAF	1	Alpiarça	21.03
1,80	Filipe	Grilate		28-12-91	EBMDS	9	Espinho	24.01
1,80	João	Bernardo		09-08-92	SLB	9	Espinho	24.01
1,80	Bruno	Andrade		04-05-90	FCP	12	Espinho	24.01
1,80	João	Gonçalves		24-05-91	AJS	14	Espinho	24.01
1,80	Daviney	Ponces	STP	10-08-93	EBMDS	14	Espinho	24.01
(20)								
1,80	André	F. Santos		04-04-91	OCL	9	Pombal	07.02
1,80	Fábio	Verde		21-02-93	ADA	1	Monte da Ola-VC	07.03
1,80	Miguel	Lopes		07-06-92	CAFZ	2	Alpiarça	21.03
1,78	Pedro	Gomes		13-11-90	GRQL	Hep	Pombal	27.12.2008

Vara (até 3,00) CNJ 3,20

4,98	Diogo	Ferreira		30-07-90	JOMA	2	Pombal	01.03	RN
4,87		Ferreira				1	Pombal	31.01	
4,70		Ferreira				2	Pombal	08.02	
4,70		Ferreira				2	Pombal	21.02	
4,67		Ferreira				2	Pombal	15.02	
4,60		Ferreira				1-ex	Pombal	20.12.2008	
4,60		Ferreira				2	Espinho	11.01	
4,50		Ferreira				1	Espinho	25.01	
4,10	José	Rosa	CPV	12-01-90	GDC	t	Alpiarça	20.12.2008	
4,10	Ricardo	Amaro		09-08-90	JDN	Hep	Pombal	01.03	
4,04	Isaac	Lopes		08-02-90	FCP	6	Pombal	08.02	
4,00	Kevin	Cariço Wilson		06-01-90	SLB	7	Espinho	11.01	
3,92	José Décio	Faria		23-07-91	AJS	7	Pombal	08.02	
3,80	Rui	Jerónimo		11-11-90	BA	10	Pombal	08.02	
3,80	André	F. Santos		04-04-91	OCL	11	Pombal	08.02	
3,70	Luís	Ferreira		27-01-92	JV	4	Espinho	25.01	
3,65	Sérgio	Teixeira		10-01-91	ESCMOV	9	Espinho	11.01	
(10)									
3,65	Bernardo	Costa		10-08-91	SCP	11	Espinho	11.01	

3,40	José Miguel	Pereira	22-07-91	FCP	ex	Espinho	16.01
3,40	Ricardo	António	26-10-91	BA	7	Espinho	18.01
3,40	Ricardo	Santos	01-05-92	CBF	7	Espinho	25.01
3,40	Diogo	Costa	12-01-93	ESCMOV	11	Espinho	25.01
3,40	Moisés	Freitas	12-08-91	GDE	12	Espinho	25.01
3,30	João	Gonçalves	24-05-91	AJS	Hep	Pombal	01.03
3,20	Renato	Araújo	08-09-93	AJS	13	Espinho	25.01
3,20	Rui	Fontes	05-11-90	GDC	Hep	Pombal	01.03
3,05	Celso	Almeida	21-11-93	GRECAS	15	Espinho	11.01
(20)							
3,00	Bruno	Silva	24-05-92	JV	4	Pombal	04.01
3,00	Jorge	Almeida	17-01-91	GRECAS	5	Espinho	04.01

Comprimento (até 6,15) CNJ 6,25

7,21	Kevin	Carriço Wilson	06-01-90	SLB	Hep	Pombal	28.02
7,08	José Miguel	Pereira	22-07-91	FCP	1	Espinho	25.01
6,98		Pereira			3	Pombal	14.02
6,93	João	Frias	09-01-91	ADRAP	2	Espinho	25.01
6,90		Pereira			5	Pombal	01.03
6,86	Victor	Vilovskiy	RUS 12-02-90	SLB	5	Pombal	21.02
6,85		Pereira			5	Espinho	11.01
6,78	Ricardo	Amaro	09-08-90	JDN	3	Espinho	25.01
6,74	Hugo	Espírito Santo	30-05-93	SCP	6	Pombal	21.02
6,66	João	Lopes Rocha	15-04-92	BA	4	Espinho	25.01
6,56	Rui	Sá	07-04-91	FCP	6	Espinho	25.01
6,46	Ricardo	Vieira	01-05-90	GAF	7	Pombal	31.01
6,45	Pedro	Ferreira	12-08-93	SUOV	1	Pombal	06.12.2008
(10)							
6,42	Roberto	Nóbrega	31-05-92	ADRAP	8	Espinho	11.01
6,39	Elton	Ingrês	02-04-91	CAMG	9	Espinho	25.01
6,38	João	Alexandre	01-01-90	JV	5	Pombal	14.02
6,36	Samuel	Remédios	24-02-92	GAF	11	Pombal	21.02
6,34	Manuel	Ricardo	06-03-91	CBF	1	V.R.S.António	11.01
6,31	Rui	Jerónimo	11-11-90	BA	2	Pombal	20.12.2008
6,30	Pedro	Mossamedes	03-02-91	SUOV	Hep	Pombal	27.12.2008
6,29	Pedro	Pires	04-01-91	Lavra	5	Braga	18.01
6,25	Manuel	Ricardo	06-03-91	CBF	11	Espinho	25.01
6,24	João	Martins	25-02-92	CASM	10	Pombal	31.01
(20)							
6,17	Tiago	Boucela	09-12-92	GRECAS	1	Espinho	27.01

Triplo (até 12,50) CNJ 12,70

14,47	Diogo	Ferreira	30-07-90	JOMA	1	Espinho	24.01
14,00	José Miguel	Pereira	22-07-91	FCP	2	Espinho	24.01
14,00		Ferreira			5	Pombal	15.02
13,94	Ruben	Silva	07-05-91	JV	3	Espinho	24.01
13,60	Victor	Vilovskiy	RUS 12-02-90	SLB	4	Espinho	24.01
13,40	João	Alexandre	01-01-90	JV	5	Espinho	24.01
13,38	Pedro	Pires	04-01-91	Lavra	1-ex	Espinho	09.01
13,32	Pedro	Ferreira	12-08-93	SUOV	2	Pombal	03.01
13,25	Isaac	Lopes	08-02-90	FCP	7	Espinho	24.01
13,13	Tiago	Mariano	19-11-91	OCL	2	V.R.S.António	10.01
13,10	Pedro	Gonçalves	08-12-90	ESCMOV	9	Espinho	11.01
(10)							
13,08	Samuel	Remédios	24-02-92	GAF	8	Pombal	31.01
12,90	Manuel	Ricardo	06-03-91	CBF	3	V.R.S.António	10.01
12,88	Thomás	Martins	90	BA	1	Pombal	19.12.2008
12,86	Edgar	Azevedo	10-03-91	Lavra	9	Espinho	24.01
12,69	Rodolfo	Brites	27-03-91	BA	2	Pombal	19.12.2008
12,65	José Décio	Faria	23-07-91	AJS	10	Espinho	24.01
12,62	Manuel	Ricardo	06-03-91	CBF	11	Espinho	24.01
12,60	Pedro	Gomes	13-11-90	GRQL	13	Pombal	31.01

Peso (6) (até 10,50) CNJ 12,00

16,38	Marçal	Rodrigues	10-07-90	CSM	1	Espinho	25.01
16,27	Francisco	Belo	27-03-91	JV	2	Espinho	25.01
15,71	Adriano	Lopes	22-10-91	SCB	3	Espinho	25.01
15,58	Christophe	Correia	08-09-90	ADCL	4	Espinho	25.01
15,24		Lopes			Hep	Braga	03.01
15,17	Renato	Costa	24-11-91	CENAP	5	Espinho	25.01
14,95		Lopes			1	Braga	27.12.2008
14,65		Lopes			1-ex	Braga	10.01
14,40		Belo			1	Pombal	20.12.2008
13,78	João	Lopes	11-10-90	COP	6	Espinho	25.01
13,44	Fábio	de Sousa Mariano	08-03-91	CAL/D-Esp	1	Valencia	07.03
13,41	Tiago	Costa	04-06-90	BA	7	Espinho	25.01

13,23	Ricardo	Freitas	14-11-93	GRECAS	8	Espinho	25.01
13,21	Tiago	Pereira	15-01-91	JV	9	Espinho	25.01
(10)							
13,05	Kevin	Carricho Wilson	06-01-90	SLB	t	Alpiarça	20.12.2008
12,85	Luís	Ferreira	30-06-90	SLB	10	Espinho	25.01
12,42	Daniel	Soares	90	AJS	11	Espinho	25.01
12,39	André	Ferreira	03-03-91	CAS	12	Espinho	25.01
12,12	Ricardo	Amaro	09-08-90	JDN	t	Alpiarça	20.12.2008
12,01	João	Fernandes	03-03-91	SLB	13	Espinho	25.01
11,97	Luís	Orfão	05-09-90	SLB	14	Espinho	25.01
11,71	José	Rosa	CPV 12-01-90	GDC	t	Alpiarça	20.12.2008
11,48	Pedro	Mossamedes	03-02-91	SUOV	Hep	Pombal	27.12.2008
11,27	Bernardo	Lopes	26-01-93	JV	4	Pombal	20.12.2008
(20)							
11,10	Sérgio	Araújo Cardoso	02-01-91	GT	1	Braga	13.12.2008
11,09	Dionisie	Vasilache	MDA 26-08-93	CFB	16	Espinho	25.01
11,06	Márcio	Quintela	31-05-90	Lavra	Hep	Braga	03.01
10,97	James	Carricho Wilson	07-09-91	BA	5	Pombal	20.12.2008
10,64	Johny	Machado	03-09-91	ADA	Hep	Braga	03.01

Peso (7,26) (até 10,00)

15,23	Francisco	Belo	27-03-91	JV	2	Pombal	01.02
14,70		Belo			1	Espinho	18.01
14,65		Belo			3	Pombal	21.02
14,53		Belo			1	Pombal	15.02
14,48	Marçal	Rodrigues	10-07-90	CSM	4	Pombal	08.02
14,39		Belo			8	Pombal	01.03
14,34		Belo			5	Pombal	08.02
14,08	Christophe	Correia	08-09-90	ADCL	ex	Espinho	16.01
14,05		Belo			1	Pombal	04.01
13,88	Adriano	Lopes	22-10-91	SCB	6	Pombal	08.02
13,71	Renato	Costa	24-11-91	CENAP	7	Pombal	08.02
12,24	Fábio	de Sousa Mariano	08-03-91	CAL/D-Esp	6	Valencia	07.02
11,86	Tiago	Pereira	15-01-91	JV	2	Pombal	04.01
11,85	Kevin	Carricho Wilson	06-01-90	SLB	Hep	Pombal	28.02
11,67	Tiago	Costa	04-06-90	BA	3	Pombal	04.01
11,40	André	Ferreira	03-03-91	CAS	6	Pombal	15.02
(10)							
10,96	Ricardo	Amaro	09-08-90	JDN	Hep	Espinho	10.01
10,44	Francisco	Jorge	29-08-91	GCDS	5	Espinho	04.01
10,41	Luís	Orfão	05-09-90	SLB	4	Braga	24.01

Pentatlo Técnico Junior

60 m=Comp.=Peso(6)=60 Bar(1-0,99)=altura

Heptatlo Junior (até 2800) com barreiras de 1/0,99

60 m=Comp.=Peso(6)=altura=60 Bar(1-0,99)=Vara=1000 m

3959	Márcio	Quintela	31-05-90	Lavra	1	Braga	04.01
3922	Pedro	Gomes	7,53-5,88-11,08-1,83-9,09-x-2.50,10	GRQL	1	Pombal	28.12.2008
3895	Johny	Machado	13-11-90	ADA	2	Braga	04.01
3867	Pedro	Mossamedes	7,62-5,95-9,39-1,78-8,98-2,55-3.05,74	SUOV	2	Pombal	28.12.2008
3619	Rui	Jerónimo	03-02-91	BA	3	Pombal	28.12.2008
3242	João	Fontela	7,56-6,00-10,64-1,77-9,57-2,30-3.00,02	ESL	1	Espinho	28.12.2008
3191	João	Oliveira	07-08-91	BA	4	Pombal	28.12.2008
3110	Renato	Vieira	7,46-5,85-9,33-1,69-8,78-x-4.02,45	SCB	3	Braga	04.01
3083	Jorge	Almeida	7,59-5,74-7,16-1,54-9,75-2,60-3.31,82	GRECAS	2	Espinho	28.12.2008
2844	Ricardo	Carvalho	20-04-91	AAFFL	5	Pombal	28.12.2008
			7,84-5,74-8,51-1,65-9,73-x-3.20,49				
			7,74-5,56-7,30-1,75-10,88-2,30-3.23,10				
			91				
			7,75-5,35-8,00-1,57-10,53-x-3.17,06				

Heptatlo Senior (até 2800) com barreiras de 1,06

60 m=Comp.=Peso(7)=altura=60 Bar(1,06)=Vara=1000 m

5270	Kevin	Carricho Wilson	06-01-90	SLB	2	Pombal	01.03	RN
			6,94-7,21-11,85-1,92-8,99-4,00-2.45,87					

4899	Ricardo	Amaro	09-08-90	JDN	2	Espinho	11.01
4013	Rui	Fontes	7,42-6,65-10,96-1,98-8,98-3,90-2.50,50	GDC	6	Pombal	01.03
4006	João	Gonçalves	05-11-90	AJS	7	Pombal	01.03
3607	Pedro	Gomes	8,04-5,91-9,03-1,74-9,12-3,20-2.49,87	GRQL	8	Pombal	01.03
			24-05-91				
			7,52-5,87-8,52-1,80-9,67-3,30-2.58,32				
			13-11-90				
			7,72-6,12-8,08-1,74-9,27-x-2.54,80				

5.000 Metros-Marcha (até 32.00,00) CNJ 25.30,00

21.40,41	Luís	Lopes	01-01-90	CNRM	4	Pombal	28.02
21.52,22		Lopes			1	Pombal	07.02
21.57,59		Lopes			1	Espinho	24.01
22.22,31		Lopes			4	Pombal	03.01
23.08,36	Bruno	Gomes Pedro	12-10-93	GACV	2	Espinho	24.01
23.19,84	Flávio	Silva	24-06-92	GDEN	3	Espinho	24.01
24.05,98	Diogo Duarte	Henriques	28-05-92	CNRM	5	Pombal	03.01
24.24,17	António	Camará	17-06-90	CNRM	5	Pombal	07.02
24.30,75	Eduardo	Cardoso	09-03-92	CSGaia	3	Braga	17.01
25.00,35	Ricardo	Fernandes	10-07-92	JV	3	Pombal	14.02
26.08,62	Samuel	Pereira	25-11-93	UAG	9	Espinho	17.01
26.10,80	Diogo	Barreiros	05-11-92	CUAB	7	Pombal	03.01
26.51,98	Nuno	Silva	03-01-90	CCDR	3-ex	Espinho	03.01
(10)							
27.32,47	Tiago	Reis	29-10-90	OCL	10	Pombal	31.01
28.14,51	Manuel	Santos	28-11-90	CSGaia	6	Braga	17.01
28.52,81	Samuel	Leal	12-09-92	NAC	2	Espinho	09.01
29.53,45	David	Simões	22-03-93	GACV	5	Pombal	03.01

4x200 metros

1.31,12			FCP		3 s1	Espinho	10.01	RN
1.36,12			ADREP		1 s4	Espinho	10.01	
1.41,61			SCB		1-ex	Braga	31.01	

4x400 metros

3.21,80			SLB		1 s2	Pombal	08.02	RN
3.23,20			SLB		1 s4	Pombal	31.01	
3.24,75			SLB		1 s3	Espinho	25.01	
3.25,44			FCP		2 s2	Pombal	08.02	
3.34,11			BA		3 s3	Espinho	25.01	
3.34,96			CENAP		1 s2	Espinho	25.01	
3.36,20			JV		1	Pombal	20.12.2008	
3.37,00			GRQL		2 s2	Espinho	25.01	
3.39,41			CBF		4 s3	Espinho	25.01	
3.40,82			AAC		2 s1	Espinho	25.01	
3.46,31			Lavra		2 s2	Pombal	01.02	
3.46,90			AJS		3 s2	Espinho	25.01	
(10)								
3.48,58			SSSJM		3 s1	Espinho	25.01	
3.49,54			ACDRA		3	Pombal	20.12.2008	
3.49,96			OCL		4 s2	Espinho	25.01	
3.50,36			GJPB		5 s3	Espinho	25.01	
3.50,99			JAM		4 s1	Espinho	25.01	
3.51,46			GRECAS		2 s2	Espinho	04.01	

3.51,98	ACRC	3 s2	Espinho	18.01
	Nuno Oliveira(91); Adelino Oliveira(91); André Costa(92); José Lopes(91)			
3.54,02	GDPL	4	Pombal	20.12.2008
	Ricardo Gonçalves(91); Filipe Fernandes(90); Simão Vazão(93); Hugo Brogueira(90)			
3.54,74	GS-RC	1	Pombal	20.12.2008
	Bruno Bessa(91); Tiago Ferreira(93); Miguel Nora(93); André Paiva(93)			
3.57,28	UDZA	2 s2	Pombal	04.01
	André Marques(92); João Santos(93); Aires Pereira(91); João Santos(90)			