

"Ranking" de P Ar Livre (Juniões) 2008 / 2009



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MASCULINOS

JUNIORES

60 Metros (até 7,40)								
6,92	(pc)	Kevin	Cariço Wilson	06-01-90	SLB	1	Espinho	24.01
6,93	(pc)		Cariço Wilson			4 s1	Espinho	10.01
6,94	(pc)		Cariço Wilson			Hep	Pombal	28.02
6,96	(pc)	Bruno	Ferreira	27-05-90	SLB	2	Espinho	24.01
6,98	(0,6)		Cariço Wilson			2 s3	Lisboa (U)	04.01
6,99	(pc)		Cariço Wilson			1 mf2	Espinho	24.01
7,00	(pc)		Ferreira			2 mf3	Pombal	28.02
7,04	(pc)	José David	Pires	08-02-91	CDQ	3	Espinho	24.01
7,06	(1,8)	Nuno	Baptista	10-04-91	JOMA	1 s2	Lisboa (U)	20.12.2008
7,06	(pc)	Jorge	Moreira	10-05-91	VTSC	4 mf2	Pombal	07.02
7,10	(0,8)	Fábio	Teixeira	25-10-91	CAMz-VC	1 s1	A.Valdevez	01.12.2008
7,13	(pc)	Edgar	Batista	12-07-91	ESCMOV	2 mf1	Espinho	24.01
7,16	(pc)	Edgar	Carrolo	30-01-91	SLB	3 s-ex	Pombal	31.01
7,17	(pc)	Samuel	Remédios	24-02-92	GAF	4 mf2	Espinho	24.01
7,17	(pc)	Célio	Inácio	ANG 10-06-91	FCP	4 el2	Pombal	21.02
(10)								
7,18	(pc)	João Pedro	Abrantes	22-05-90	SCP	3 mf1	Espinho	24.01
7,18	(pc)	Pedro	Pinto Machado	14-11-91	FCP	4 el3	Pombal	21.02
7,18	(pc)	Ricardo	Pinto	18-04-93	GRQL	1 s3-ex	Alpiarça	07.03
7,19	(pc)	Francisco	Casegas	07-01-92	CASM	3 mf1	Espinho	24.01
7,21	(pc)	João	Lopes Rocha	15-04-92	BA	2	Alpiarça	07.03
7,21	(pc)	Pedro	Lopes	04-07-92	SCA	2	Alpiarça	06.12.2008
7,22	(0,7)	Fábio	Oliveira	25-06-91	MAC	2 s1	Maia	20.12.2008
7,22	(pc)	Emanuel	Neves	13-03-90	FCP	4 s2	Espinho	10.01
7,23	(pc)	José	Viegas	01-03-93	GJPB	1 s4	Braga	20.12.2008
7,24	(pc)	António	Vieira	05-11-93	GAF	6 mf2	Espinho	24.01
(20)								
7,25	(1,8)	João	Frias	09-01-91	ADRAP	2 el3	Ribeira Brava	03.01
7,26	(pc)	Joaquim	Rodrigues	25-03-90	CCDR	Hep	Braga	03.01
7,27	(pc)	Rui	Esteves	03-06-91	AAC	1	Pombal	19.12.2008
7,27	(pc)	Cristiano	Carreira	04-03-90	JV	1 el5	Pombal	03.01
7,30	(0,7)	Diogo Filipe	Santos	03-05-91	FCP	3 s1	Maia	20.12.2008
7,30	(1,1)	António	Jesus	23-03-92	GDE	2 el3	Ribeira Brava	03.01
7,31	(pc)	Ricardo	Vieira	01-05-90	GAF	2	Alpiarça	06.12.2008
7,31	(pc)	Gonçalo	Almeida	30-04-91	CBF	1 el2	V.R.S.António	10.01
7,31	(0,4)	Filipe	Santos	17-04-93	JOMA	2B	Lisboa (U)	17.01
7,31	(pc)	Sérgio	Paulo	14-06-92	GRQL	6 el4	Pombal	21.02
(30)								
7,32	(0,0)	André	Lima	19-04-91	SCP	2 s1-ex	Sobreda	20.12.2008
7,32	(1,8)	André	Costa	09-05-92	GDRCC	1 el4	Seixal	03.01
7,33	(-0,2)	Márcio	Coelho	27-01-92	CARDES	1	Viseu	13.12.2008
7,33	(pc)	Ariel	Pereira	30-01-92	ADREP	2 s4	Espinho	10.01
7,33	(pc)	Rui	Jerónimo	11-11-90	BA	7 s-ex	Pombal	01.02
7,33	(pc)	Ricardo	Fernandes	CPV 01-01-91	JOMA	3 s1-ex	Pombal	14.02
7,34	(-0,1)	João	Martins	25-02-92	CASM	1 s1	Lisboa (U)	14.02
7,34	(pc)	Bruno	Magalhães	29-01-90	CCDR	Hep	Braga	03.01
7,34	(1,9)	Ricardo	Amaro	09-08-90	JDN	1	Beja	17.01
7,34	(pc)	Artur	Koshchuk	UKR 05-03-94	JV	1	Alpiarça	07.03
(40)								
7,34	(pc)	Roberto	Antunes	21-04-92	JDN	5	Alpiarça	07.03
7,35	(pc)	Tiago	Crespo	25-05-90	CDCP	4 mf1	Espinho	17.01
7,36	(pc)	António	Brandão	08-09-92	ACBU	3 el2	Espinho	17.01
7,37	(0,1)	Elvander	Loureiro	STP 02-04-90	ACRM	2 s1	Lisboa (U)	20.12.2008
7,37	(2,0)	Afonso	Fernandes	07-05-90	ADRAP	1 el2	Ribeira Brava	03.01
7,37	(pc)	Daniel	Mimoso	05-07-93	ACDRA	4 el3	Espinho	24.01
7,38	(1,8)	Miguel	Santos	23-01-90	CFB	3 s2	Lisboa (U)	20.12.2008
7,38	(pc)	José Miguel	Pereira	22-07-91	FCP	7 s1-ex	Braga	03.01
7,38	(pc)	Luís	Silva	11-07-93	ESL	2 el2	Espinho	24.01
7,39	(pc)	David	Bernardo	26-01-90	JV	4 s3	Eaubonne	28.11.2008

(50)								
7,39	(1,0)	Bruno	Duarte	16-07-92	CPC	3 s1-ex	Sobreda	14.02
7,39	(2,0)	Simão	Viveiros	29-11-92	GDE	2 el2	Ribeira Brava	03.01
7,39	(pc)	Ricardo	Santos	01-05-92	CBF	4 el2	Espinho	24.01
7,39	(pc)	António	Jesus	23-03-92	GDE	4 el5	Espinho	24.01

Ao ar Livre:

7,11	(-1,2)	Bruno	Ferreira	27-05-90	SLB	1A	Lisboa (U)	17.01
7,15	(0,0)	José David	Pires	08-02-91	CDQ	1 s4	Faro	20.12.2008
7,17	(0,3)	Edgar	Carrolo	30-01-91	SLB	2 el5	Lisboa (U)	17.01
7,26	(1,0)	Ricardo	Pinto	18-04-93	GRQL	1 s1-ex	Sobreda	14.02
7,30	(0,3)	João Pedro	Abrantes	22-05-90	SCP	3 el5	Lisboa (U)	17.01
7,30	(0,4)	Francisco	Casegas	07-12-92	CASM	1B	Lisboa (U)	17.01
7,32	(0,7)	Edgar	Batista	12-07-91	ESCMOV	4 s1	Maia	20.12.2008
7,32	(0,7)	Pedro	Pinto Machado	14-11-91	FCP	5 s1	Maia	20.12.2008
7,36	(1,0)	Sérgio	Paulo	14-06-92	GRQL	2 s1-ex	Sobreda	14.02
7,37	(-0,8)	Ricardo	Fernandes	CPV 14-03-91	JOMA	3 el4	Lisboa (U)	17.01
7,38	(1,9)	Roberto	Antunes	21-04-92	JDN	2	Beja	17.01

Sem controlo de anemómetro

7,21		Luís	Pena	12-11-91	GCAD	1	C.Branco	22.11.2008
7,0		Fábio	Vilela	02-02-90	Ind-CB	2	C.Branco	14.12.2008

Com vento favorável > 2 m /s

7,09	(3,6)	André Gorba	Biveti	ANG 10-06-92	SCP	1 s3	Lisboa (U)	29.11.2008
7,10	(3,5)	João	Frias	09-01-91	ADRAP	2 el3	Ribeira Brava	17.01
7,20	(3,6)	Francisco	Casegas	07-12-92	CASM	2 s3	Lisboa (U)	29.11.2008
7,21	(5,3)	António	Jesus	23-03-92	GDE	1 el4	Ribeira Brava	17.01
7,25	(4,8)	Felício	Raposo	23-07-91	COD	3	P.Delgada	15.11.2008
7,31	(2,7)	Roberto	Antunes	21-04-92	JDN	1	Beja	08.11.2008
7,32	(5,4)	Hugo	Silva	04-01-91	CSM	2 el2	Ribeira Brava	17.01
7,36	(-0,2)	Tiago	Crespo	25-05-90	CDCP	ex	Viseu	13.12.2008
7,39	(3,6)	João	Martins	25-02-92	CASM	3 s3	Lisboa (U)	29.11.2008
7,39	(3,6)	André	Costa	09-05-92	GDRCC	4 s3	Lisboa (U)	29.11.2008
7,39	(2,1)	José	Rosa	CPV 12-01-90	GDC	2 el2	Seixal	03.01
7,2	(2,4)	Bruno	Machado	07-03-91	CAT	1	A.Heroísmo	24.01

100 Metros (até 11,54) CNJ 11,2/11,44

10,71	(0,9)	Bruno	Ferreira	27-05-90	SLB	2 el2	Mannheim	13.06
10,79	(0,3)		Ferreira			4B	Mannheim	13.06
10,82	(1,0)	Bruno	Fernandes	26-05-91	SLB	1	Lisboa (U)	18.07
10,85	(1,6)	Tiago	Silvestre	18-06-91	ACDRA	2	Seia	18.07
10,88	(1,1)		Fernandes			1 el1	Lisboa (U)	18.07
10,91	(1,6)	Paulo	Ceita	STP 22-06-92	ACM-C	4	Seia	18.07
10,91	(0,2)		Ferreira			7 el3	Novi Sad	23.07
10,92	(-1,1)	Kevin	Cariço Wilson	06-01-90	SLB	3 s2-ex	Seixal	30.05
10,92	(2,0)		Silvestre			1 el2	Lisboa (U)	11.07
10,95	(0,0)		Ferreira			6A	Leiria	05.06
10,96	(-0,1)		Ferreira			2 s2	Lisboa (I)	10.06
10,96	(1,5)	Emanuel	Neves	13-03-90	FCP	1 s1	Maia	15.07
10,99	(0,5)		Silvestre			6	Viseu	04.07
10,99	(2,0)	Célio	Inácio	ANG 10-06-91	FCP	2 el2	Lisboa (U)	11.07
11,00	(1,0)	Jorge	Moreira	10-05-91	VTSC	1-ex	Guimarães	30.05
11,02	(1,6)	António	Brandão	08-09-92	ACBU	1	Aveiro	06.06
11,07	(2,0)	Francisco	Casegas	07-01-92	CASM	3 el2	Lisboa (U)	11.07
(10)								
11,12	(-0,2)	Rui	Esteves	03-06-91	AAC	2 el1	Lisboa (U)	11.07
11,13	(-0,5)	Edgar	Baptista	12-07-91	ESCMOV	2 s1	Maia	14.02
11,13	(1,6)	José	Viegas	01-03-93	GJPB	2	Aveiro	06.06
11,14	(-0,1)	Carlos	Nascimento	12-10-94	ESCMOV	2	Luso	27.06
11,16	(1,8)	Samuel	Remédios	24-02-92	GAF	1	R.Maior	03.05
11,17	(1,4)	Ricardo	Pinto	18-04-93	GRQL	2 s2A	Albufeira	17.05
11,18	(1,4)	Daniel	Mimoso	05-07-93	ACDRA	3 s2A	Albufeira	17.05
11,19	(-0,5)	Pedro	Pinto Machado	14-11-91	FCP	3 s1	Maia	14.02
11,22	(1,5)	António	Jesus	23-03-92	GDE	2	Ribeira Brava	17.06
11,23	(1,8)	Pedro	Lopes	04-07-92	SCA	2	R.Maior	03.05
(20)								
11,23	(1,3)	Gonçalo	Almeida	30-04-91	CBF	1	Albufeira	20.06
11,24	(-1,3)	José David	Pires	08-02-91	CDQ	2 s3	Quarteira	07.03
11,24	(1,7)	João	Portela	25-07-92	HCM	3	Aveiro	19.04
11,24	(1,6)	Ariel	Pereira	30-01-92	ADREP	3	Aveiro	06.06

11,27	(2,0)	Sérgio	Paulo		14-06-92	GRQL	5 el2	Lisboa (U)	11.07
11,33	(1,0)	Elvander	Loureiro	STP	02-04-90	ACRM	6	Lisboa (U)	18.07
11,34	(1,8)	António	Vieira		05-11-93	GAF	1 el1	Abrantes	23.05
11,34	(1,3)	Desejado	Sedi	GBS	15-01-93	ADCPF	2	Albufeira	20.06
11,34	(1,5)	Diogo Filipe	Santos		03-05-91	FCP	5 s1	Maia	15.07
11,36	(1,1)	João	Lopes Rocha		15-04-92	BA	5 s2	Viseu	30.05
(30)									
11,36	(0,0)	Nuno	Baptista		10-04-91	JOMA	2A	Lisboa (I)	23.06
11,37	(-0,5)	Fábio	Oliveira		25-06-91	MAC	5 s1	Maia	14.02
11,38	(1,8)	Rui	Lopes		30-09-92	NSF	1 s1A	Albufeira	17.05
11,38	(1,6)	Sérgio	Silva		31-07-92	CENAP	4	Aveiro	06.06
11,39	(1,8)	André	Marques		20-11-92	UDZA	3	R.Maior	03.05
11,39	(1,5)	André Miguel	Marques		15-02-92	SLB	1 el2	Lisboa (AL)	13.06
11,40	(1,3)	José Miguel	Pereira		22-07-91	FCP	2 s2	Maia	01.07
11,42	(2,0)	Márcio	Coelho		27-01-92	CARDES	1B	Albufeira	17.05
11,43	(1,3)	Paulo	Pinto		13-05-91	CBF	3	Albufeira	20.06
11,44	(1,8)	Miguel	Roque		19-04-92	AAC	2 s1A	Albufeira	17.05
(40)									
11,44	(0,0)	Rui	Jerónimo		11-11-90	BA	3 s2	Luso	23.05
11,44	(1,5)	Filipe	Cunha		15-07-94	SLB	2 el2	Lisboa (AL)	13.06
11,45	(0,8)	João	Martins		25-02-92	CASM	Oc	Lisboa (U)	04.04
11,45	(1,3)	Valter	Pinto		19-01-93	ADCPF	4	Albufeira	20.06
11,48	(0,0)	Rafael	Soares		22-04-91	JV	4	Leiria	01.07
11,49	(1,4)	Hugo	Espírito Santo		30-05-93	SCP	Oc	Lisboa (U)	04.04
11,49	(0,1)	Ricardo	Barros		12-01-93	FCP	1 el3	Guimarães	20.06
11,50	(2,0)	Roberto	Antunes		21-04-92	JDN	2B	Albufeira	17.05
11,50	(1,1)	Miguel	Santos		23-01-90	CFB	6 el2	Lisboa (U)	18.07
11,51	(0,1)	Paulo	Oliveira		16-10-91	JDAL	1-ex	V.Novas	26.06
(50)									
11,52	(2,0)	André	Periquito		10-11-92	EFC-E	3B	Albufeira	17.05
11,52	(-0,1)	Tiago	Dinis		04-05-90	GS-RC	3	Coimbra (ECC)	27.06
11,52	(1,1)	Ricardo	Fernandes	CPV	01-01-91	JOMA	4 el1	Lisboa (U)	18.07
11,53	(-0,5)	David	Bernardo		26-01-90	JV	2	Taverny	30.05
11,53	(-1,2)	A Hélio	Vaz		01-05-91	NDCG	1	Guarda	10.06
11,53	(1,6)	Afonso	Fernandes		07-05-90	ADRAP	3	Ribeira Brava	17.07
11,53	(1,1)	Luís	Camilo		10-10-92	CNRM	2 el1	R.Maior	18.07
Com marcas manuais									
10,9	(-1,4)	João	Portela		25-07-92	HCM	1-ex	Luso	10.06
Sem controlo de anemómetro									
11,3		Fábio	Cassamá		03-06-93	ESJD	1 el1	M.Grande	25.04
Com vento favorável > 2 m /s									
10,70	(3,6)	Bruno	Fernandes		26-05-91	SLB	3 el2	Seixal	25.07
10,77	(2,8)	Emanuel	Neves		13-03-90	FCP	1A	Maia	18.07
10,82	(2,8)	Célio	Inácio	ANG	10-06-91	FCP	2A	Maia	18.07
10,83	(3,4)	Tiago	Silvestre		18-06-91	ACDRA	5 el1	Seixal	25.07
10,89	(3,6)	António	Brandão		08-09-92	ACBU	2	Aveiro	20.06
10,94	(2,8)	Jorge	Moreira		10-05-91	VTSC	4A	Maia	18.07
11,02	(3,5)	Edgar	Baptista		12-07-91	ESCMOV	1 s1	P.Varzim	03.06
11,08	(5,6)	Samuel	Remédios		24-02-92	GAF	Oc	R.Maior	28.03
11,08	(2,2)	Rui	Esteves		03-06-91	AAC	5	Lisboa (U)	11.07
11,11	(5,4)	Sérgio	Paulo		14-06-92	GRQL	2 el1	Seixal	18.07
11,12	(2,8)	André	Marques		20-11-92	UDZA	1	Abrantes	10.06
11,14	(3,2)	Sérgio	Silva		31-07-92	CENAP	2 el1	Aveiro	20.06
11,16	(3,9)	André Gorba	Biveti	ANG	10-06-92	SCP	1 s3	Lisboa (AL)	03.05
11,18	(2,8)	Paulo	Oliveira		16-10-91	JDAL	1	R.Maior	18.07
11,19	(5,1)	Ariel	Pereira		30-01-92	ADREP	2	Aveiro	02.05
11,20	(5,4)	Tiago	Rodrigues		19-07-92	AACC	3 el1	Seixal	18.07
11,20	(4,0)	Joaquim	Rodrigues		25-03-90	CDDR	2 el3	Maia	18.07
11,21	(3,6)	João	Portela		25-07-92	HCM	5	Aveiro	20.06
11,22	(4,5)	Bruno	Duarte		16-07-92	CPC	1 el2	Seixal	18.07
11,23	(2,5)	Ricardo	Pinto		18-04-93	GRQL	Oc	Seixal	04.04
11,24	(3,7)	Elvander	Loureiro	STP	02-04-90	ACRM	4 el3	Lisboa (U)	11.07
11,28	(2,8)	Luís	Camilo		10-10-92	CNRM	2	R.Maior	18.07
11,29	(4,0)	Luís	Silva		11-07-93	ESL	Oc	Luso	04.04
11,33	(3,7)	Ivânio	Moreira		18-01-91	SCP	5 el3	Lisboa (U)	11.07
11,33	(2,8)	António	Vieira		05-11-93	GAF	3	R.Maior	18.07
11,33	(2,4)	Hélio	Vaz		01-05-91	NDCG	4 el4	Seia	18.07
11,1	(4,5)	Roberto	Antunes		21-04-92	JDN	2	Beja	25.04
11,34	(2,4)	Almeida	Gonçalo		30-04-91	CBF	3 s3	Quarteira	13.05
11,35	(2,7)	João	Lopes Rocha		15-04-92	BA	Oc	M.Grande	04.04
11,36	(2,3)	Nuno	Baptista		10-04-91	JOMA	1 el3	Lisboa (I)	23.06
11,37	(5,0)	Miguel António	Silva		03-02-94	GDL	2 el2	Aveiro	02.05

11,38	(4,5)	João	Mosca	30-10-91	QFC	2 el2	Seixal	18.07
11,38	(3,3)	Miguel	Roque	19-04-92	AAC	2 s2	Aveiro	29.07
11,39	(3,3)	Pedro	Cardoso	06-06-90	AAC	3 s2	Aveiro	29.07
11,43	(2,2)	Rafael	Soares	22-04-91	JV	7	Heusden-Zolder (BEL)	19.09
11,2	(3,4)	André	Periquito	10-11-92	EFC-E	1	V.Novas	19.04
11,46	(2,8)	Ricardo	Vieira	01-05-90	GAF	3	Abrantes	10.06
11,46	(4,1)	Tiago	Morais	13-12-92	ADLA	1 el3	Lisboa (AL)	13.06
11,47	(2,6)	Jorge	Silva	18-04-91	ADAM	2 el2	Maia	18.07
11,47	(4,3)	Filipe	Morim	13-01-91	CDP	1B	Maia	18.07
11,48	(5,7)	Carlos	Ventura	05-03-92	ACRZA	1	Beja	06.06
11,49	(3,4)	João	Fontela	07-08-91	ESL	1 s3	Aveiro	29.07
11,50	(3,9)	André Miguel	Marques	15-02-92	SLB	3 s3	Lisboa (AL)	03.05
11,51	(6,8)	Cláudio	Ferreira	24-08-92	FCP	Oc	Maia	28.03
11,51	(5,0)	Ivo	Pais	17-12-93	NAC	3 el2	Aveiro	02.05
11,53	(5,4)	Fábio	Paulo	10-04-91	GRQL	4 el1	Seixal	18.07
11,54	(3,6)	Roberto Filipe	Nascimento	01-02-93	JAM	4 el2	Aveiro	20.06
11,3	(2,4)	Miguel	Guerreiro	03-07-92	JDAL	1-ex	V.Novas	02.07
11,54	(2,1)	Bruno	Andrade	28-02-92	UAP	2 s4	P.S.Iria	04.07
11,54	(3,2)	Fernando	Almeida	10-10-92	GDE	1-ex	Ribeira Brava	17.07

150 Metros (até 18,00)								
16,90	(-2,0)	José David	Pires	08-02-91	CDQ	2 s2	Quarteira	14.02
17,00	(1,0)	Diogo Filipe	Santos	03-05-91	FCP	2 s1	Maia	20.12.2008
17,07	(0,3)	Carlos	Nascimento	12-10-94	ESCMOV	1 s1	Maia	15.07
17,13	(0,8)	Fábio	Oliveira	25-06-91	MAC	3 s1	Maia	20.12.2008
17,35	(0,8)	Pedro	Pinto Machado	14-11-91	FCP	4 s1	Maia	20.12.2008
17,39	(0,8)	Edgar	Baptista	12-07-91	ESCMOV	5 s1	Maia	20.12.2008
17,46	(0,9)	Gonçalo	Almeida	30-04-91	CBF	2 s3	Quarteira	08.12.2008
17,55	(0,5)	Célio	Inácio	10-06-91	FCP	1 s3	Maia	20.12.2008
17,65	(-2,0)	Rui	Lopes	30-09-92	NSF	3 s2	Quarteira	14.02
17,66	(0,5)	Roberto	Antunes	21-04-92	JDN	1 s2	Beja	24.01
(10)								
17,68	(0,0)	Bruno	Marques	30-04-92	NSF	1 s1	Quarteira	08.12.2008
17,71	(-2,0)	Manuel	Ricardo	06-03-91	CBF	4 s2	Quarteira	14.02
17,75	(0,9)	Paulo	Pinto	13-05-91	CBF	3 s3	Quarteira	08.12.2008
17,78	(2,0)	Diogo	Martins	10-03-91	BNSC	1 s1	Faro	04.01
17,81	(0,9)	Ricardo	Santos	01-05-92	CBF	4 s3	Quarteira	08.12.2008
17,82	(0,9)	Diogo	Reis	05-05-92	Lavra	2 s2	Maia	20.12.2008
17,84	(0,5)	Francisco	Évora	11-12-91	Lavra	2 s3	Maia	20.12.2008
17,85	(0,9)	Pedro	Gonçalves	08-12-90	ESCMOV	3 s2	Maia	20.12.2008
17,92	(1,6)	André Daniel	Moreira	29-07-92	FCP	4 s2	Maia	20.12.2008
17,94	(1,1)	João P.	Simões	94	CCDR	1 s5	Maia	15.07
(20)								
18,00	(0,1)	André Filipe	C. Silva	27-01-91	NSF	2 s2	Quarteira	08.12.2008

Com marcas manuais

17,7	(1,9)	Bruno	Duarte	16-07-92	CPC	1	Setúbal	10.01
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Com vento favorável > 2 m /s

16,77	(2,5)	José David	Pires	08-02-91	CDQ	1 s3	Faro	04.01
17,33	(2,5)	Gonçalo	Almeida	30-04-91	CBF	3 s3	Faro	04.01
17,34	(3,1)	Diogo	Silva	07-11-91	CBF	1 s2	Faro	04.01
17,55	(3,1)	Jorge	Correia dos Santos	27-06-93	CBF	2 s2	Faro	04.01
17,66	(2,5)	Paulo	Pinto	13-05-91	CBF	5 s3	Faro	04.01

200 Metros (até 23,64) CNJ 22,9/23,14								
21,54	(0,5)	Bruno	Ferreira	27-05-90	SLB	5 el1	Novi Sad	24.07
21,63	(0,8)		Ferreira			1	Lisboa (U)	12.07
21,76	(1,1)		Ferreira			5 s2	Mannheim	14.06
21,83	(1,0)		Ferreira			7 mf2	Novi Sad	25.07
21,95	(0,8)	Bruno	Fernandes	26-05-91	SLB	2	Lisboa (U)	12.07
21,97	(-0,3)		Ferreira			3 el1	Viseu	05.07
22,04	(0,8)	Emanuel	Neves	13-03-90	FCP	3	Lisboa (U)	12.07
22,07	(-0,2)		Ferreira			1	Lisboa (I)	24.06
22,09	(pc)		Ferreira			2	Pombal	01.03
22,11	(1,1)		Neves			1	Maia	19.07
22,16	(pc)		Ferreira			1 mf2	Pombal	01.03
22,19	(0,3)		Neves			1	Guimarães	21.06
22,25	(0,4)		Ferreira			1 el3	Lisboa (U)	12.07
22,33	(-0,9)		Ferreira			ex	Leiria	07.06
22,34	(1,9)		Neves			1	P.Varzim	17.06
22,36	(-2,3)		Ferreira			4	Viseu	05.07
22,36	(1,9)		Neves			1 el1	Maia	19.07
22,36	(0,5)	Kevin	Cariço Wilson	06-01-90	SLB	2 s2	Lisboa (U)	04.01
22,38	(0,4)		Fernandes			2 el3	Lisboa (U)	12.07
22,38	(0,8)	Célio	Inácio	ANG 10-06-91	FCP	4	Lisboa (U)	12.07
22,39	(0,2)		Inácio			5 s1	Maia	01.07

22,42	(0,3)		Inácio			2	Guimarães	21.06
22,45	(0,4)		Neves			5 s1	Mannheim	14.06
22,48	(1,9)	Diogo Filipe	Santos	03-05-91	FCP	2	P.Varzim	17.06
22,49	(1,9)		Inácio			3	P.Varzim	17.06
22,51	(-0,9)	António	Brandão	08-09-92	ACBU	1	Aveiro	21.06
22,51	(-2,1)		Ferreira			1A	Lisboa (U)	18.01
22,57	(-0,7)	Tiago	Silvestre	18-06-91	ACDRA	1	Leiria	07.06
22,57	(0,8)	Cristiano	Carreira	04-03-90	JV	6	Lisboa (U)	12.07
22,57	(0,8)	Gonçalo	Almeida	30-04-91	CBF	6	Lisboa (U)	12.07
(10)								
22,72	(1,9)	Edgar	Batista	12-07-91	ESCMOV	4	P.Varzim	17.06
22,72	(0,8)	Jorge	Moreira	10-05-91	VTSC	8	Lisboa (U)	12.07
22,73	(-0,9)	Sérgio	Silva	31-07-92	CENAP	3	Aveiro	21.06
22,81	(pc)	José David	Pires	08-02-91	CDQ	1	Sevilha	16.02
22,81	(0,3)	David	Bernardo	26-01-90	JV	2 s2	Taverny	31.05
22,82	(-0,3)	Pedro	Lopes	04-07-92	SCA	1	Lagos	21.07
22,87	(1,5)	Paulo	Oliveira	16-10-91	JDAL	1	Abrantes	11.06
22,90	(1,5)	António	Jesus	23-03-92	GDE	6A	Ribeira Brava	15.07
22,92	(0,0)	Rui	Esteves	03-06-91	AAC	3	Leiria	14.06
22,94	(1,8)	João	Mosca	30-10-91	QFC	4 el1	Lisboa (U)	12.07
(20)								
22,95	(0,0)	José	Viegas	01-03-93	GJPB	ex	Leiria	11.06
22,97	(-0,7)	Miguel	Roque	19-04-92	AAC	6	Seia	19.07
22,99	(1,5)	André	Marques	20-11-92	UDZA	2	Abrantes	11.06
23,03	(0,5)	Edgar	Carolo	30-01-91	SLB	4 s2	Lisboa (U)	04.01
23,04	(0,0)	Sérgio	Paulo	14-06-92	GRQL	1	Luso	28.06
23,11	(-0,7)	Rafael	Soares	22-04-91	JV	3	Leiria	07.06
23,11	(0,9)	Roberto	Nóbrega	31-05-92	ADRAP	3	Seixal	14.06
23,11	(-0,7)	João	Lopes Rocha	15-04-92	BA	3	Leiria	08.07
23,13	(1,3)	Daniel	Mimoso	05-07-93	ACDRA	2 s2	Luso	23.05
23,13	(0,0)	João	Oliveira	08-04-90	BA	4	Leiria	14.06
(30)								
23,14	(0,0)	Paulo	Pinto	13-05-91	CBF	ex	Faro	17.06
23,15	(0,9)	Tiago	Rodrigues	19-07-92	AACC	4	Seixal	19.07
23,17	(1,9)	Bruno	Andrade	CPV 28-02-92	UAP	7	Lisboa (U)	19.07
23,19	(0,0)	Hugo	Silva	04-01-91	CSM	5	Ribeira Brava	24.06
23,22	(0,3)	Luis	Oliveira Phalempin	12-11-90	FCP	4	Guimarães	21.06
23,23	(0,1)	André	Lima	19-04-91	SCP	ex	Seixal	19.07
23,24	(-0,2)	Miguel	Santos	23-01-90	CFB	3	Lisboa (I)	24.06
23,27	(1,1)	Pedro	Pinto Machado	14-11-91	FCP	2 s2	Maia	01.07
23,30	(-1,3)	A João	Delgado	08-01-90	CAS	1	Guarda	11.06
23,34	(-0,2)	José	Miranda	22-08-91	SLB	4	Lisboa (I)	24.06
(40)								
23,35	(1,5)	Elvander	Loureiro	STP 02-04-90	ACRM	5	Lisboa (AL)	01.07
23,35	(0,01)	Ivânio	Moreira	18-01-91	SCP	5 el2	Lisboa (U)	12.07
23,38	(0,0)	Diogo	Silva	07-11-91	CBF	6	Leiria	14.06
23,39	(-0,7)	Filipe	Oliveira	31-01-91	BA	5	Leiria	07.06
23,39	(-0,7)	Pedro	Cardoso	06-06-90	AAC	3 el1	Leiria	08.07
23,41	(0,3)	João	Portela	25-07-92	HCM	2 el1	Luso	28.06
23,41	(0,9)	Bruno	Duarte	16-07-92	CPC	5	Seixal	19.07
23,44	(1,5)	Fernando	Almeida	10-10-92	GDE	1B	Ribeira Brava	15.07
23,48	(0,5)	Artur	Koshchuk	UKR 05-03-94	JV	1	Leiria	11.06
23,48	(1,7)	Francisco	Casegas	07-01-92	CASM	1	Lisboa (AL)	14.06
(50)								
23,51	(-1,4)	Ricardo	Pinto	18-04-93	GRQL	5 s1	Seixal	10.05
23,54	(0,3)	André Miguel	Marques	15-02-92	SLB	3 el1	Luso	28.06
23,55	(1,1)	Francisco	Évora	11-12-91	Lavra	3 s2	Maia	01.07
23,57	(0,9)	Filipe	Cunha	15-07-94	SLB	1 el3	Lisboa (AL)	14.06
23,58	(0,0)	Tiago	Boucela	09-12-92	GRECAS	1 s2	Luso	17.06
23,58	(-0,9)	John	Martins	13-05-92	ADREP	5	Aveiro	21.06
23,58	(0,3)	Ricardo	Barros	12-01-93	FCP	5	Guimarães	21.06
23,60	(1,1)	Jorge	Silva	18-04-91	ADAM	4 s2	Maia	01.07
23,63	(1,0)	Ricardo	Vieira	01-05-90	GAF	3 s3	Abrantes	19.04
23,63	(0,0)	Hugo	Santos	05-01-91	CAR-S	ex	Leiria	07.06
(60)								
23,64	(-0,2)	Filipe	Estácio	06-01-92	CDUL	5	Lisboa (I)	24.06

Ao ar Livre:

22,98	(1,3)	José David	Pires	08-02-91	CDQ	1 el3	V.R.S.António	11.01
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Com marcas manuais

23,2	(1,8)	João	Portela	25-07-92	HCM	1-ex	Luso	11.06
23,3	(-0,4)	Hugo	Silva	04-01-91	CSM	1-ex	Ribeira Brava	10.05
23,3	(1,8)	Miguel	Roque	19-04-92	AAC	1 s1	Luso	11.06

Com vento favorável > 2 m /s

22,09	(4,3)	Tiago	Silvestre	18-06-91	ACDRA	3	Abrantes	11.06
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22,70	(3,2)	João	Mosca	30-10-91	QFC	1-ex	Lisboa (AL)	01.07
22,81	(4,3)	Pedro	Lopes	04-07-92	SCA	6	Abrantes	11.06
22,96	(2,4)	Elvander	Loureiro	02-04-90	ACRM	1 el1	Lisboa (U)	19.07
23,08	(4,3)	Daniel	Mimoso	05-07-93	ACDRA	7	Abrantes	11.06
22,9	(2,6)	Miguel	Roque	19-04-92	AAC	2	Coimbra (ECC)	28.03
23,15	(3,1)	Pedro	Pinto Machado	14-11-91	FCP	3 s1-ex	Maia	29.03
23,23	(2,6)	José	Miranda	22-08-91	SLB	1 el3	Lisboa (I)	24.06
23,26	(3,2)	Ivânio	Moreira	18-01-91	SCP	2-ex	Lisboa (AL)	01.07
23,35	(2,4)	Filipe	Oliveira	31-01-91	BA	5 el2	Seia	19.07
23,36	(2,4)	Ariel	Pereira	30-01-92	ADREP	6 el2	Seia	19.07
23,38	(3,2)	Luís	Cebola	10-12-90	GRQL	3-ex	Lisboa (AL)	01.07
23,49	(3,6)	Jorge	Silva	18-04-91	ADAM	1 el5	Maia	19.07
23,53	(3,0)	Hugo	Santos	05-01-91	CAR-S	1 s2	Abrantes	19.04

300 Metros (até 37,94)

35,81		Roberto	Nóbrega	31-05-92	ADRAP	1 s1	Luso	27.06
35,87		Diogo Filipe	Santos	03-05-91	FCP	1 s1-ex	Maia	02.05
36,02		Bruno	Andrade	28-02-92	UAP	1 s2	Lisboa (I)	10.06
36,04		Paulo	Pinto	03-05-91	CBF	1 s-ex	Lagos	10.04
36,24		Emanuel	Neves	13-03-90	FCP	2 s1-ex	Maia	02.05
36,30		Sérgio	Paulo	14-06-92	GRQL	3 s1	Luso	27.06
36,45		Miguel	Roque	19-04-92	AAC	1 s2	Luso	27.06
36,46		André	Marques	20-11-92	UDZA	4 s1	Luso	27.06
36,62		José	Viegas	01-03-93	GJPB	1 s1	Aveiro	18.04
36,63		Célio	Inácio	10-06-91	FCP	3 s1-ex	Maia	02.05
(10)								
36,67		Eliseu	Ribeiro	08-02-92	GJPB	1 s3	Luso	27.06
36,76		Sérgio	Silva	31-07-92	CENAP	1 s1	Aveiro	02.05
36,77		Bruno	Mineiro Silva	16-05-92	CDUL	1 s5	Luso	27.06
36,78		João	Lopes Rocha	15-04-92	BA	Oc	Leiria	04.07
36,86		Hugo	Santos	05-01-91	CAR-S	3 s2	Quarteira	13.05
36,90		Tiago	Carvalho	08-07-92	CASM	2 s4	Lisboa (AL)	02.05
36,92		Alexandre	Costa	15-02-90	JOMA	2	Lisboa (U)	20.12.2008
36,96		Elvander	Loureiro	02-04-90	ACRM	3	Lisboa (U)	20.12.2008
36,96		Filipe	Estácio	06-01-92	CDUL	2 s2	Lisboa (I)	10.06
37,06		André	Periquito	10-11-92	EFC-E	1B	Albufeira	16.05
(20)								
37,22		André	Lima	19-04-91	SCP	4 s2	Quarteira	13.05
37,23		Rui	Matos	09-09-92	CENAP	2 s3	Luso	27.06
37,28		Diogo	Miranda	31-07-92	CCDR	1 s1	Braga	02.05
37,30		Davide	Caetano	07-06-94	CBF	2 s2	Luso	27.06
37,36		Luís	Santos	14-05-92	NACV	2B	Albufeira	16.05
37,36		Samuel	Remédios	24-02-92	GAF	Oc	Leiria	04.07
37,39		Daniel	Mimoso	05-07-93	ACDRA	1 s2	Leiria	18.04
37,42		John	Martins	13-05-92	ADREP	3 s1	Aveiro	02.05
37,44		João	Fernandes	03-03-91	SLB	4	Lisboa (U)	20.12.2008
37,45		João	Nogueira	07-05-92	HCM	3 s3	Luso	27.06
(30)								
37,51		Taras	Datsyuk	03-06-93	NDCG	3B	Albufeira	16.05
37,54		David	Santinho	28-08-91	VFC	5 s1-ex	Sobreda	17.01
37,55		Jorge	Silva	18-04-91	ADAM	3 s1	Maia	14.02
37,57		João	Martins	25-02-92	CASM	Oc	Lisboa (U)	04.04
37,60		Tiago	Rodrigues	19-07-92	AACC	2 s1	Sobreda	02.05
37,62		Thibaut	Junqueira	17-02-92	BA	2 s2	Leiria	18.04
37,23		Rui	Matos	09-09-92	CENAP	2 s3	Luso	27.06
37,63		Bruno	Duarte	16-07-92	CPC	3 s1	Sobreda	02.05
37,64	A	Carlos	Figueiredo	05-05-90	FCP	2-ex	Guarda	24.05
37,70		Claudio	Ferreira	24-08-92	FCP	1 s1A	Albufeira	16.05
(40)								
37,70		Hugo	Coutinho	12-03-93	AAPL	1 s1	Seixal	05.06
37,70		Francisco	Mouraz	30-04-92	GS-RC	2 s5	Luso	27.06
37,70		Tomás	Baptista	21-12-92	ESCMOV	1 s7	Luso	27.06
37,74		Simão	Viveiros	29-11-92	GDE	2 s1A	Albufeira	16.05
37,76		Marcelo	Correia	25-03-93	CBF	1 s3	Quarteira	11.06
37,79		Roberto	Antunes	21-04-92	JDN	4B	Albufeira	16.05
37,86		Diogo	Silva	07-11-91	CBF	4 s-ex	Lagos	10.04
37,91		Diogo Mesquita	Santos	27-09-92	AACC	2 s7	Luso	27.06

400 Metros (até 52,64) CNJ 51,5/51,64

48,89		Fábio	Gonçalves	26-01-90	SLB	1 s2	Lisboa (U)	11.07
49,31		Paulo	Pinto	03-05-91	CBF	2 s2	Lisboa (U)	11.07
49,33			Gonçalves			2 s2	Viseu	04.07
49,38			Pinto			3 s2	Viseu	04.07
49,42		Emanuel	Neves	13-03-90	FCP	1 s1	Maia	27.06
49,45		Diogo Filipe	Santos	03-05-91	FCP	2 s1	Maia	27.06
49,46		José	Miranda	22-08-91	SLB	4 s2	Viseu	04.07
49,47			Miranda			3 s2	Lisboa (U)	11.07
49,73			Pinto			1 s2	Lisboa (I)	10.06
49,74			Miranda			2 s2	Lisboa (U)	18.07
49,76		Hugo	Santos	05-01-91	CAR-S	3A	Leiria	05.06
49,78			Gonçalves			5	Lisboa (U)	09.05

49,81		Pinto			1	Faro	27.06
49,83		Pinto			3 s3	Seixal	30.05
49,84		Pinto			1	Leiria	13.06
49,99		João Delgado	08-01-90	CAS	3 s1	Seia	18.07
50,09		Cristiano Carreira	04-03-90	JV	2 s1	Viseu	04.07
50,13		Miguel Roque	19-04-92	AAC	4 s1	Seia	18.07
50,49		Roberto Nóbrega	31-05-92	ADRAP	3 s3	Ribeira Brava	01.07
(10)							
50,61		Bruno Ferreira	27-05-90	SLB	6	Lisboa (U)	09.05
50,91		Diogo Silva	07-11-91	CBF	1 s1	Lisboa (U)	11.07
50,97		Bruno Andrade	CPV 28-02-92	UAP	2 s1	Lisboa (U)	11.07
51,04	A	Carlos Figueiredo	05-05-90	FCP	4 s1	Guarda	03.07
51,31		Luís Oliveira Phalempin	12-11-90	FCP	3 s1	Maia	27.06
51,39		Jorge Batista	06-06-91	ADREP	1 s1	Luso	09.05
51,37		André Marques	20-11-92	UDZA	1 s1	Abrantes	10.06
51,44		Rui Matos	09-09-92	CENAP	6 s1	Seia	18.07
51,51		Jorge Silva	18-04-91	ADAM	4 s1	Maia	27.06
51,51		João Oliveira	08-04-90	BA	1 s2	Seia	18.07
(20)							
51,64		Célio Inácio	ANG 10-06-91	FCP	5 s1	Maia	27.06
51,66		Luís Cebola	10-12-90	GRQL	1	Seixal	20.06
51,71		João Mosca	30-10-91	QFC	2 s1	Sobreda	10.06
51,82		António Jesus	23-03-92	GDE	4 s3	Ribeira Brava	20.06
51,90		David Santinho	28-08-91	VFC	2	Seixal	20.06
51,90		Alexandre Costa	15-02-90	JOMA	3 s3	Lisboa (U)	17.01
51,92		Sérgio Silva	31-07-92	CENAP	2 s1	Luso	09.05
51,95		Diogo Miranda	31-07-92	CCDR	3 s1	Maia	15.07
52,03		Eliseu Ribeiro	08-02-92	GJPB	7 s1	Seia	18.07
52,06		Francisco Évora	11-12-91	Lavra	4 s1	Maia	15.07
(30)							
52,10		Pedro Oliveira	11-01-90	QFC	3 s1	Sobreda	10.06
52,12		John Martins	13-05-92	ADREP	5 s1	Maia	15.07
52,20		Kevin Gaspar	15-03-91	BA	3 s2	Seia	18.07
52,21	(pc)	Sérgio Paulo	14-06-92	GRQL	3 s3	Pombal	21.02
52,34		Paulo Oliveira	16-10-91	JDAL	2 s1	Abrantes	10.06
52,44	(pc)	Alexandre Costa	15-02-90	JOMA	4 s3	Pombal	07.02
52,48		Ivânio Moreira	18-01-91	SCP	1 s2	Lisboa (I)	23.06
52,57		Hugo Coutinho	12-03-93	AAPL	3	Seixal	20.06
52,58	(pc)	Hugo Silva	04-01-91	CSM	3 s2	Pombal	07.02
52,63		Vasco Agostinho	31-05-91	SLB	5 s3	Lisboa (U)	17.01
(40)							
52,64	(pc)	Diego Mateus Manjate	MOZ 16-08-91	SSSJM	2 s3	Espinho	03.01

Ao ar Livre:

52,47		Sérgio Paulo	14-06-92	GRQL	3 sB	Elvas	23.05
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500 Metros

1.07,37	Paulo Pinto	13-05-91	CBF	3	Faro	20.12.2008
1.08,78	Bruno Andrade	CPV 28-02-92	UAP	1	Lisboa (I)	23.05
1.10,1	David Santinho	28-08-91	VFC	1	Setúbal	10.01
1.10,7	André Pedralva	23-08-90	CABB	2	Setúbal	10.01
1.11,39	João Costa	07-03-91	ADLA	2	Lisboa (I)	23.05
1.11,7	Bruno Duarte	16-07-92	CPC	3	Setúbal	10.01
1.12,64	André Reis Silva	27-04-90	CDQ	5	Faro	20.12.2008
1.13,49	Renato Portela	27-08-91	CDQ	6	Faro	20.12.2008
1.13,8	Ricardo Vicente	09-06-91	Ind-S	4	Setúbal	10.01
1.14,13	Fábio Rocha	08-02-92	SLB-F	8	Faro	20.12.2008
(10)						
1.14,5	Yannick Medina	91	GRQL	5	Setúbal	10.01
1.14,7	Angelo Guerra	20-05-93	GDIB	6	Setúbal	10.01
1.14,93	David Canário	23-01-91	CBF	9	Faro	20.12.2008
1.15,2	João Santos	05-11-92	GDIB	7	Setúbal	10.01
1.15,28	André Pinheiro	27-04-93	CDQ	10	Faro	20.12.2008

600 Metros

1.24,67	Paulo Pinto	13-05-91	CBF	2	Faro	04.01
1.26,36	David Santinho	28-08-91	VFC	1-ex	Sobreda	18.01
1.26,73	Jorge Silva	18-04-91	ADAM	3 s2	Maia	20.12.2008
1.27,39	Pedro Oliveira	11-01-90	QFC	3-ex	Sobreda	18.01
1.27,94	Bruno Taveira	19-01-92	SLB	1 s1	Lisboa (U)	20.12.2008
1.28,14	Adrelino Furtado	02-10-92	EBMDS	1 s2	Lisboa (U)	20.12.2008
1.28,38	Diogo Mesquita Santos	27-09-92	AACC	4-ex	Sobreda	18.01
1.28,85	Luís Fernandes	11-12-93	LPSC	2 s2	Lisboa (U)	20.12.2008
1.29,4	João Cruz	12-04-94	MAC	1	Vigo	18.06
1.29,66	Tiago Silva	07-11-92	SLB	3 s2	Lisboa (U)	20.12.2008
(10)						
1.30,49	Ruben Manuel Laurindo	30-03-94	CAO-F	1	Faro	27.06
1.30,78	Ricardo Vicente	09-06-91	Ind-S	6-ex	Sobreda	18.01
1.31,20	Pedro Ferreira	16-07-92	SLB	4 s2	Lisboa (U)	20.12.2008

1.31,31	José João	Pereira	10-03-95	CAO-F	2	Faro	27.06
1.31,78	Angelo	Guerra	20-05-93	GDIB	7-ex	Sobreda	18.01
1.32,04	Eusébio	Oliveira	20-07-93	ADAM	5 s2	Maia	20.12.2008
1.32,53	Eldon	Lopes	27-06-92	ACRM	2 s1	Lisboa (U)	20.12.2008
1.33,31	João	Santos	05-11-92	GDIB	9-ex	Sobreda	18.01
1.33,86	Pedro	Abreu	25-04-92	CASM	3 s1	Lisboa (U)	20.12.2008
1.33,91	Bruno	Duarte	16-07-92	CPC	10-ex	Sobreda	18.01
(20)							
1.33,93	Fábio	Rocha	08-02-92	SLB-F	6	Faro	04.01
1.34,23	Marco	Carvalho	13-07-91	CPC	11-ex	Braga	26.04

800 Metros (até 2.02,00) CNJ 2.00,00

1.49,18	Fábio	Gonçalves	26-01-90	SLB	4A	Salamanca	08.07	
1.49,45		Gonçalves			10	Leiria	21.06	
1.49,57		Gonçalves			4	Novi Sad	26.07	
1.49,60		Gonçalves			1 s3	Lisboa (I)	24.06	
1.50,15		Gonçalves			1 s3	Lisboa (U)	12.07	
1.50,29		Gonçalves			1	Lisboa (I)	10.06	
1.50,57	(pc)	Gonçalves			2 s3	Pombal	01.03	
1.50,75		Gonçalves			1	Mannheim	14.06	
1.50,81	(pc)	Gonçalves			1 s1	Pombal	21.02	
1.50,96	(pc)	Gonçalves			1 s3	Pombal	08.02	
1.50,98		Gonçalves			2 el5	Novi Sad	24.07	
1.51,26		Gonçalves			1 mf1	Novi Sad	25.07	
1.51,53		Gonçalves			1 s2	Viseu	05.07	
1.51,76	(pc)	Gonçalves			1	Pombal	15.02	
1.52,68		Delgado	08-01-90	CAS	4	Viseu	08.07	
1.53,51	João	Moreira	04-02-91	GDRC	7	Lisboa (I)	10.06	
1.54,38	Miguel	Santos	05-01-91	CAR-S	4 s3	Lisboa (U)	12.07	
1.54,80	Hugo	Mateus Manjate	MOZ 16-08-91	SSSJM	5 s2	Viseu	05.07	
1.55,26	Diego	Pinto	03-05-91	CBF	2	Leiria	14.06	
1.55,30	Paulo	Junqueira	17-02-92	BA	3	Leiria	14.06	
1.55,62	(pc)	Frederic	Vaz	13-06-90	FCP	3 s2	Eaubonne	31.01
1.55,66		José	Campos	ANG 12-07-90	CFB	1	Lisboa (AL)	01.07
1.55,72		Tiago	Dias	11-01-90	JV	1 s1	Viseu	05.07
(10)								
1.56,12	Rui	Pinto	18-11-92	UDV	1 s1	Maia	24.05	
1.56,34	(pc)	Batista	06-06-91	ADREP	5 s1	Pombal	01.03	
1.56,42	Jorge	Oliveira	20-07-93	ADAM	1 s2	Lisboa (U)	12.07	
1.56,93	Eusébio	Barata	19-07-93	GDACB	1 s1	Lisboa (U)	12.07	
1.57,27	Samuel	Rocha	17-08-92	CENAP	1 s3	Aveiro	21.06	
1.57,44	José	Loureiro	17-05-92	OCL	2	Quarteira	13.05	
1.57,53	Emanuel	Ricardo Alexandre	Fernandes	JV	1 s1	Leiria	08.07	
1.57,70	Ricardo Alexandre	Rolim	03-01-93	NSL	1 s1	Lisboa (AL)	14.06	
1.57,81	Emanuel	Matos	09-09-92	CENAP	4 s1	Aveiro	21.06	
1.58,00	Rui	Oliveira	11-01-90	QFC	ex	Lisboa (AL)	01.07	
(20)								
1.58,38	Hugo	Coutinho	12-03-93	AAPL	1 s1	Seixal	21.06	
1.58,52	Rúben	Felizardo	17-06-91	CAS	2 s2	Seia	19.07	
1.58,62	Rui	Gonçalves	11-09-90	CAMG	2	Leiria	07.06	
1.58,68	Diogo Mesquita	Santos	27-09-92	AACC	2 s1	Lisboa (U)	12.07	
1.58,69	João	Pires	09-03-92	GJPB	1 s2	Aveiro	07.06	
1.58,73	David	Santinho	28-08-91	VFC	3 s1	Seixal	21.06	
1.58,91	Bruno	Santos	11-10-91	UDCA	1	P.Varzim	03.06	
1.58,92	Bruno	Taveira	19-01-92	SLB	1 s2	Luso	28.06	
1.58,97	Luis	Fernandes	11-12-93	LPSC	3 s1	Lisboa (U)	12.07	
1.59,0	João	Ramos	23-01-92	CAAV	9 s1	Vigo	28.05	
(30)								
1.59,01	José	Martins	10-02-92	AMFC	3 s1	Maia	24.05	
1.59,33	João	Caeiro	06-11-93	CNALV	3 s2	Luso	28.06	
1.59,34	Dinarte	Gomes	11-05-91	AJS	4 s1	Lisboa (U)	12.07	
1.59,36	Diogo	Lourenço	23-01-92	CAOV	1	A.Valdevez	02.05	
1.59,36	Ricardo	Coroa	18-10-91	FCP	1 s1	Maia	19.07	
1.59,48	(pc)	Tiago	Gamelas	01-11-90	CENAP	6 s3	Espinho	25.01
1.59,55	Fábio	Silva	11-11-91	ACDCVC	4 s2	Aveiro	07.06	
1.59,62	André	Silva	31-05-92	LFC-F	2 s2	Braga	19.04	
1.59,80	Ruben	Silva	16-05-93	ARCVR	4 s2	Luso	28.06	
1.59,82	Luis	Silva	23-12-92	ARBV	5 s2	Luso	28.06	
(40)								
1.59,88	Aider	Mohamed	MOZ 27-03-91	MCP	4 s3	Lisboa (I)	24.06	
2.00,07	Kevin	Gaspar	15-03-91	BA	3 s2	Seia	19.07	
2.00,48	Manuel	Fernandes	16-03-92	CSM	1	Ribeira Brava	17.06	
2.00,48	Daniel	Fortes	CPV 29-05-91	GRQL	2 s1	Seixal	31.05	
2.00,49	Pedro	Amaral	14-09-91	CBPAR	3 s2	Maia	01.07	
2.00,53	João	Leal	04-04-91	JV	1 s2	Leiria	08.07	
2.00,55	Pedro	Oliveira	11-01-90	QFC	2 s1	Seixal	10.05	
2.00,67	A	Guilherme	Gonçalves	20-10-90	MCP	4 s2	Guarda	03.07
2.00,80	Bruno	Queirós	10-02-92	CAMz-VC	2-ex	V.Castelo	31.05	
2.00,82	Adalberto	Furtado	CPV 30-08-90	GDRC	8	Lisboa (U)	19.07	
(50)								
2.01,02	João	Bernardo	06-09-93	GS-RC	5 s2	Seia	19.07	

2.01,09		Marco	Oliveira	30-09-90	NAJ	3 s2	Braga	19.04
2.01,13	(pc)	Pedro	Gamelas	01-11-90	CENAP	8 s2	Pombal	01.02
2.01,2		João	Relvas	02-05-90	UFD	1	Elvas	21.06
2.01,47		André	Nazaré	28-08-91	ACDRA	3	Leiria	07.06
2.01,52		Tiago	Santos	07.12-93	AATC	2	Abrantes	11.06
2.01,61		Luís	Oliveira	22-03-90	ACRC	1	Viseu	21.06
2.01,74		André	Nadais	28-09-92	CAO	3 s1	Aveiro	03.05
2.01,77		Raffik	Baldé	GBS 19-05-90	GDRC	9	Lisboa (U)	19.07
2.01,90		David	Fernandes	90	NAJ	7	P.Varzim	17.06
(60)								
2.01,93		José Miguel	Moreira	18-03-92	LFC-F	1 s1	Luso	28.06
2.01,97		Fábio	Rocha	08-02-92	SLB-F	2	Faro	17.06
2.02,00		Pedro	Vieira	27-01-92	SSSJM	6	Guimarães	31.05

Ao ar Livre:

1.55,67		Paulo	Pinto	03-05-91	CBF	3 s2	Seixal	31.05
1.55,83		Frederic	Vaz	13-06-90	FCP	5 s1	St-Maur-des-Fosés	01.07
1.58,38		Jorge	Batista	06-06-91	ADREP	2 s1	Luso	10.05
2.00,44		Tiago	Gamelas	01-11-90	CENAP	3 s1	Luso	10.05

1000 Metros (até 2.42,00)

2.23,73		Fábio	Gonçalves	26-01-90	SLB	1	Lisboa (I)	23.05
2.31,47		Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	1	Aveiro	24.05
2.32,09		Rui	Pinto	18-11-92	UDV	1	Maia	09.05
2.32,90		Hugo	Santos	05-01-91	CAR-S	1 s2-ex	Leiria	01.05
2.33,00		Emanuel	Rolim	03-01-93	NSL	1	Lisboa (AL)	31.05
2.34,12		Thibaut	Junqueira	17-02-92	BA	1	Seixal	09.05
2.34,49		João	Delgado	08-01-90	CAS	3 s2-ex	Leiria	01.05
2.34,59		Diogo	Lourenço	23-01-92	CAOV	2	Seixal	09.05
2.35,15		Nuno	Santos	07-01-93	ARCVR	2	Lisboa (AL)	31.05
2.35,23	A	João	Pires	09-03-92	GJPB	3 s1	Guarda	06.06
(10)								
2.35,35		Eusébio	Oliveira	20-07-93	ADAM	2	Maia	09.05
2.35,73		Jorge	Batista	06-06-91	ADREP	4 s2-ex	Leiria	01.05
2.36,12		Tiago	Dias	11-01-90	JV	5 s2-ex	Leiria	01.05
2.36,67	(pc)	José	Costa	30-04-91	FCP	4 s3	Espinho	27.12.2008
2.36,67		Pedro	Oliveira	11-01-90	QFC	5	Alcanena	08.03
2.37,03		José	Martins	10-02-92	AMFC	3	Maia	09.05
2.37,11		Hugo	Coutinho	12-03-93	AAPL	3	Seixal	09.05
2.37,34	A	João	Caeiro	06-11-93	CNALV	5 s1	Guarda	06.06
2.37,41		João	Leal	04-04-91	JV	7 s2-ex	Leiria	01.05
2.37,48	(pc)	Pedro	Gamelas	01-11-90	CENAP	5 s3	Espinho	27.12.2008
(20)								
2.37,53		André	Silva	31-05-92	LFC-F	1	Braga	23.05
2.37,56		Bruno	Taveira	19-01-92	SLB	3	Lisboa (AL)	31.05
2.37,78		Francisco	Rodrigues	24-05-95	GRAC	1A	Albufeira	17.05
2.37,97		Homilzio	Santos	STP 10-07-92	ACDRA	2	Leiria	01.05
2.38,13		Adrelino	Furtado	02-10-92	EBMDS	4	Lisboa (AL)	31.05
2.38,72	A	Samuel	Barata	19-07-93	GDACB	7 s1	Guarda	06.06
2.38,88		Luís	Fernandes	11-12-93	LPSC	5	Lisboa (AL)	31.05
2.38,96		João	Cruz	12-04-94	MAC	2A	Albufeira	17.05
2.39,11		Rui	Matos	09-09-92	CENAP	4	Leiria	01.05
2.39,26		Kevin	Gaspar	15-03-91	BA	1	Leiria	29.03
(30)								
2.39,26		Helton	Leal	CPV 22-08-92	GRQL	1	Seixal	23.05
2.39,38		João	Bernardo	06-09-93	GS-RC	4	Seixal	09.05
2.40,04		João	Ramos	23-01-92	CAAV	Oc	Melgaço	05.04
2.40,24		André	Nadais	28-09-92	CAO	7	Seixal	09.05
2.40,25		Pedro	Vieira	27-01-92	SSSJM	3	Aveiro	24.05
2.40,44		Adelino	Oliveira	03-05-91	ACRC	1 s1-ex	Leiria	01.05
2.40,62		Gonçalo	Jesus	04-01-92	GS-RC	1	Luso	11.04
2.40,65		Luís Miguel	Oliveira	22-03-90	ACRC	2 s1-ex	Leiria	01.05
2.40,84	A	Diogo Mesquita	Santos	27-09-92	AACC	12 s1	Guarda	06.06
2.40,87		David	Baião	03-06-90	CCSJM	4	Aveiro	24.05
(40)								
2.40,98		André	Nazaré	28-08-91	ACDRA	3 s1-ex	Leiria	01.05
2.41,01	A	Davide	Caetano	07-06-94	CBF	1	Guarda	06.06
2.41,19		José	Rocha	17-08-92	CENAP	3	Luso	11.04
2.41,32	A	Emanuel	Loureiro	17-05-92	OCL	13 s1	Guarda	06.06
2.41,33		Rodrigo	Silva	07-02-93	SFRAA	6	Lisboa (AL)	31.05
2.41,50		Patrick	Santos	16-01-90	GAF	8	Alcanena	08.03
2.41,82		José Miguel	Moreira	18-03-92	LFC-F	2	Braga	23.05
2.42,00		Manuel	Fernandes	16-03-92	CSM	1	Machico	23.05

1500 Metros (até 4.12,00) CNJ 4.09,00

3.49,14		Rui	Pinto	18-11-92	UDV	3	Leiria	05.06
3.50,58		Miguel	Moreira	04-02-91	GDRC	1 s1	M.Grande	22.05
3.50,59		Fábio	Gonçalves	26-01-90	SLB	7	Leiria	05.06

3.51,31		Moreira			6	Massamá	16.05	
3.52,40		Moreira			1	Lisboa (I)	27.06	
3.52,84		Moreira			5-ex	Lisboa (AL)	01.07	
3.53,33		Pinto			5 el2	Bressanone	09.07	
3.53,34		Pinto			9	Bressanone	12.07	
3.53,87	(pc)	Pinto			1 s1	Pombal	28.02	
3.55,06		Luís	Mendes	10-06-90	NAJ	1 s1	Maia	01.07
4.00,75		Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	2 s2	Aveiro	20.06
4.00,90		Diogo	Lourenço	23-01-92	CAOV	1	Luso	27.06
4.00,97		Ricardo Alexandre	Fernandes	04-07-91	JV	4 s1	Maia	01.07
4.01,34	(pc)	José	Costa	30-04-91	FCP	2 s2	Espinho	24.01
4.01,63		João	Pires	09-03-92	GJPB	2	Luso	27.06
4.01,77		Emanuel	Loureiro	17-05-92	OCL	3	Luso	27.06
(10)								
4.02,59		José	Campos	ANG 12-07-90	CFB	5	Leiria	13.06
4.03,11		Emanuel	Rolim	03-01-93	NSL	7-ex	Lisboa (AL)	01.07
4.03,31		Olivier	Pedroso	14-12-90	MCP	1 s1	Lisboa (I)	23.06
4.03,56		Tiago	Dias	11-01-90	JV	15	Leiria	05.06
4.03,61		Raffik	Baldé	GBS 19-05-90	GDRC	4	Lisboa (U)	18.07
4.04,13		Nuno	Santos	07-01-93	ARCVR	2 s1	Lisboa (I)	23.06
4.04,31		Manuel	Fernandes	16-03-92	CSM	1	Ribeira Brava	17.07
4.04,33		Frederic	Vaz	13-06-90	FCP	1 s1	Lisboa (U)	11.07
4.04,70		Adalberto	Furtado	CPV 30-08-90	GDRC	5	Lisboa (U)	18.07
4.04,96		André	Silva	31-05-92	LFC-F	2 s1	Guimarães	20.06
(20)								
4.05,23		Rúben	Felizardo	17-06-91	CAS	1	Seia	26.07
4.05,89		João	Leal	04-04-91	JV	7 s1	M.Grande	22.05
4.06,01		Rui	Gonçalves	11-09-90	CAMG-I	2	Leiria	01.07
4.06,36		Ricardo	Coroa	18-10-91	FCP	2 s1	Lisboa (U)	11.07
4.06,40		Marco	Oliveira	30-09-90	NAJ	4 s2	Lisboa (U)	11.07
4.06,48		João	Ramos	23-01-92	CAAV	4 s1	Guimarães	20.06
4.06,58		José	Rocha	17-08-92	CENAP	7 s2	Aveiro	20.06
4.07,4	(pc)	Hugo	Santos	05-01-91	CAR-S	1 s-ex	Pombal	06.12.2008
4.07,50		Fábio	Silva	11-11-91	ACDCVC	9 s2	Aveiro	20.06
4.07,55		Dzmitry	Reuniutsau	RUS 05-08-90	ADAM	5 s1	Guimarães	20.06
(30)								
4.07,96		João	Delgado	08-01-90	CAS	21	Leiria	05.06
4.08,02		Homilzio	Santos	STP 10-07-92	ACDRA	3	Leiria	01.07
4.08,8		Thibaut	Junqueira	17-02-92	BA	1	Setúbal	24.05
4.08,90	(pc)	Luís	Oliveira	22-03-90	ACRC	2 s1	Espinho	24.01
4.09,15		João	Cruz	12-04-94	MAC	5	Luso	27.06
4.09,32		Luís	Fernandes	11-12-93	LPSC	6	Luso	27.06
4.09,75		Pedro	Gamelas	01-11-90	CENAP	3	Luso	09.05
4.10,51		Hugo	Coutinho	12-03-93	AAPL	2 s1-ex	Sobreda	15.02
4.10,56	(pc)	Samuel	Barata	19-07-93	GDACB	4 s2	Espinho	17.01
4.10,61		Gabriel	Silva	08-03-91	ADERCUS	13 s2	Aveiro	20.06
(40)								
4.10,73		Pedro	Oliveira	11-01-90	QFC	3 s1-ex	Sobreda	15.02

Milha

4.33,46		Luís	Santos	15-12-90	GDRC	1	Lisboa (U)	20.12.2008
4.35,06		José	Campos	ANG 12-07-90	CFB	2	Lisboa (U)	20.12.2008
4.43,84		João	Caeiro	06-11-93	CNALV	1	Beja	21.05
4.45,03	(pc)	João	Bernardo	06-09-93	GS-RC	1	Pombal	10.01
4.46,83		Tiago	Baião	13-11-92	BAC	2	Beja	21.05
4.50,48		Miguel	Carvalho	06-04-91	CASM	3	Lisboa (U)	20.12.2008
4.51,96		Carlos	Valério	17-02-93	NARM	3	Beja	21.05
4.53,50		David	Pereira	92	SRDE	4	Beja	21.05
4.54,41	(pc)	Jonhantan	Simões	10-01-91	2AP	2	Pombal	10.01
4.57,3		Pedro	Quina	19-12-91	Ind-S	2	Setúbal	10.01

2000 Metros

6.02,51		Tiago André	Pereira	21-10-92	CBF	2	Faro	20.12.2008
6.07,73		Pedro	Amaral	14-09-91	CBPAR	3	Maia	20.12.2008
6.15,26		Carlos	Teixeira	09-01-93	FCPAR	4	Maia	20.12.2008
6.16,12		Alexandre	Teixeira	BRA 13-02-92	FCPAR	5	Maia	20.12.2008
6.16,89		Nuno	Pinho	25-09-92	JAM	6	Maia	20.12.2008
6.17,48		Ruben	Oliveira	31-12-92	ARLVG	7	Maia	20.12.2008
6.26,66		Samuel	Ribeiro	02-11-93	ADAM	8	Maia	20.12.2008
6.27,88		Marco	Magalhães	02-01-93	ADAM	9	Maia	20.12.2008
6.28,44		João Miguel	Fernandes	14-08-92	ARLVG	10	Maia	20.12.2008
6.35,43		André	Costa Silva	02-07-91	CBF	7	Faro	20.12.2008

3000 Metros (até 9.10,00) CNJ 8.58,00

8.25,94		Rui	Pinto	18-11-92	UDV	1	Luso	27.06
8.29,33	(pc)	José	Costa	30-04-91	FCP	2	Espinho	13.02
8.31,87	(pc)		Costa			4	Pombal	08.02
8.33,07	(pc)		Costa			1 s2	Braga	13.12.2008
8.40,3		Olivier	Pedroso	14-12-90	MCP	1	Lisboa (I)	24.06

8.46,03	(pc)	Luís	Mendes	10-06-90	NAJ	3	Espinho	25.01
8.46,6		Miguel	Santos	13-07-90	ARCVR	2	Lisboa (I)	24.06
8.50,05		Nuno	Santos	07-01-93	ARCVR	2	Luso	27.06
8.50,29		Manuel	Fernandes	16-03-92	CSM	1	Ribeira Brava	18.07
8.50,76		Diego	Mateus Manjate	MOZ 16-08-91	SSSJM	7 s1	Luso	20.05
8.52,97	(pc)	João	Pires	09-03-92	GJPB	1	Espinho	16.01
8.53,67		Diogo	Lourenço	23-01-92	CAOV	10	Tampere	21.07
(10)								
8.55,04	(pc)	Hugo Daniel	Santos	25-07-90	LFC-F	1-ex	Braga	04.01
8.57,59		André	Silva	31-05-92	LFC-F	3A	Albufeira	17.05
8.58,48	(pc)	Fábio	Silva	11-11-91	ACDCVC	3	Espinho	16.01
8.59,01	(pc)	Ricardo	Costa	28-06-90	FCV	2 s1	Braga	13.12.2008
8.59,5		Hugo	Correia	17-11-91	SFRAA	3	Lisboa (I)	24.06
9.00,28	(pc)	Marco	Oliveira	30-09-90	NAJ	3-ex	Braga	10.01
9.02,05		Gabriel	Silva	08-03-91	ADERCUS	2	Luso	10.05
9.02,85		Ricardo	Fernandes	04-07-91	JV	11	Luso	20.05
9.03,13	(pc)	Ruben	Costa	18-07-90	LFC-F	3 s1	Braga	13.12.2008
9.04,28		Emanuel	Loureiro	17-05-92	OCL	2	V.R.S.António	11.01
(20)								
9.05,17	(pc)	Luís	Oliveira	22-03-90	ACRC	1 s1-ex	Pombal	01.02
9.07,05	(pc)	Gonçalo	Jesus	04-01-92	GS-RC	6 s2	Espinho	18.01
9.07,05		João	Ramos	23-01-92	CAAV	2-ex	Braga	10.05
9.07,33	(pc)	Stefano	Pinto	25-10-90	SCB	5-ex	Braga	10.01
9.07,40	(pc)	Adrião	Rodrigues	16-03-93	NAC	5	Espinho	16.01
9.08,69		Tiago André	Pereira	21-10-92	CBF	4	V.R.S.António	11.01

Ao ar Livre:

8.49,60		José	Costa	30-04-91	FCP	3	Guimarães	31.05
9.00,46		Fábio	Silva	11-11-91	ACDCVC	1	Luso	10.05
9.05,60		Ricardo	Costa	28-06-90	FCV	1-ex	Braga	10.05

Atletas Juniores até 31-12-2008

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

5000 Metros (até 16.30,00) CNJ 16.00,00

14.29,92		José	Costa	30-04-91	FCP	1	Viseu	08.07
14.39,12			Costa			8	Lisboa (I)	10.06
14.46,11		Luís	Mendes	10-06-90	NAJ	10	Lisboa (I)	10.06
14.47,61			Costa			11	Novi Sad	25.07
14.47,68			Mendes			1	Maia	15.07
15.16,51		Gabriel	Silva	08-03-91	ADERCUS	3	Lisboa (U)	11.07
15.17,3		Miguel	Santos	13-07-90	ARCVR	1	Lisboa (I)	23.06
15.33,85		Fábio	Silva	11-11-91	ACDCVC	1	Aveiro	06.06
15.43,55		Marco	Oliveira	30-09-90	NAJ	18	Maia	13.05
15.45,26		Rúben	Felizardo	17-06-91	CAS	1	Guarda	20.06
15.51,94		Luís	Lopes	01-01-90	CNRM	6	Seixal	30.05
15.59,47		Hugo	Correia	17-11-91	SFRAA	4	Lisboa (U)	11.07
16.03,45		Ricardo	Costa	28-06-90	FCV	6	Lisboa (U)	11.07
(10)								
16.08,30		Guilherme	Gonçalves	20-10-90	MCP	ex	Guarda	20.06
16.16,70		Miguel	Gonçalves	29-03-90	UDZA	ex	Leiria	08.07

10000 Metros (até 38.00,00)

31.30,56		José	Costa	30-04-91	FCP	1	Maia	09.05
33.03,01		Fábio	Silva	11-11-91	ACDCVC	3 s1	Luso	11.04
33.39,39		Miguel	Gonçalves	29-03-90	UDZA	1	Abrantes	18.04
34.52,00		Tiago	Arvelos	17-08-90	AVEPG	2	Seixal	10.05
35.00,06		Valter	Laranjeira	02-04-91	ACDCVC	12 s1	Luso	11.04
35.18,17		Sérgio Joaquim	Sousa	04-01-91	CBPAR	5	Maia	09.05
35.23,12		Carlos	Barbosa	16-01-91	GT	6	Maia	09.05
35.33,44		João Pedro	Santos	04-08-90	BA	15 s1	Luso	11.04
37.54,19		Svetoslav	Yordanov	BUL 02-06-91	CPCP	21 s1	Luso	11.04

2000 met-obstáculos (até 6.25,00)

5.52,67		João	Pires	09-03-92	GJPB	1-ex	Luso	17.06
5.56,60		Diogo	Lourenço	23-01-92	CAOV	2	Luso	28.06
6.01,20		Manuel	Fernandes	16-03-92	CSM	3	Luso	28.06
6.14,61		Homilzio	Santos	STP 10-07-92	ACDRA	4	Luso	28.06
6.15,83		Emanuel	Loureiro	17-05-92	OCL	5	Luso	28.06
6.16,01		Helton	Leal	CPV 22-08-92	GRQL	6	Luso	28.06
6.16,44		Rodrigo	Silva	07-02-93	SFRAA	7	Luso	28.06
6.17,98		José	Rocha	17-08-92	CENAP	2-ex	Luso	17.06
6.21,54		Ricardo	Teixeira	05-09-92	CBPAR	8	Luso	28.06
6.21,75		Fernando	Serrão	03-04-93	UDCA	9	Luso	28.06
(10)								

6.22,91	Adrião	Rodrigues	16-03-93	NAC	10	Luso	28.06
6.23,15	André	Costa	25-10-92	ACRC	11	Luso	28.06
6.23,87	João	Valente	26-09-93	CAFZ	12	Luso	28.06

3000 met-obstáculos (até 10.35,00) CNJ 10.15,00

9.15,26	Olivier	Pedroso	14-12-90	MCP	2	Maia	01.07
9.16,25		Pedroso			4	Viseu	05.07
9.16,39		Pedroso			5	Leiria	05.06
9.17,78		Pedroso			1	Lisboa (U)	12.07
9.17,98		Pedroso			12 el1	Novi Sad	24.07
9.29,70	Marco	Oliveira	30-09-90	NAJ	2	Lisboa (U)	12.07
9.34,95	Ricardo	Costa	28-06-90	FCV	1	Guimarães	21.06
9.37,39	José	Campos	12-07-90	CFB	3	Lisboa (U)	12.07
9.38,75	Diego	Mateus Manjate	16-08-91	SSSJM	4	Lisboa (U)	12.07
9.43,78	Rúben	Felizardo	17-06-91	CAS	8	Leiria	14.06
9.51,04	Sérgio Joaquim	Sousa	04-01-91	CBPAR	6	Lisboa (U)	12.07
9.56,01	Carlos	Barbosa	16-01-91	GT	7	Maia	01.07
9.57,13	Miguel	Gonçalves	29-03-90	UDZA	ex	Leiria	01.07
9.57,37	Ricardo	Coroa	18-10-91	FCP	3	Guimarães	21.06
(10)							
9.57,43	Ricardo	Fernandes	04-07-91	JV	8	Lisboa (U)	12.07
10.01,63	Vitor	Silva	28-05-90	ADRAP	2	Ribeira Brava	17.06
10.01,91	João	Leal	04-04-91	JV	1	Leiria	01.07
10.02,66	Fábio	Silva	11-11-91	ACDCVC	3	Aveiro	21.06
10.03,48	Adelino	Oliveira	03-05-91	ACRC	15	Leiria	05.06
10.04,65	Dzmitry	Reuniutsau	05-08-90	ADAM	4	Guimarães	21.06
10.04,66	Pedro	Santos	09-10-92	JV	3	Heusden-Zolder (BEL)	19.09
10.09,72	Juvenal	Pacheco	11-03-91	GDE	2	Ribeira Brava	21.06
10.21,41	João Pedro	Santos	04-08-90	BA	2	Leiria	01.07
10.23,00	Pedro	Gamelas	01-11-90	CENAP	2	Aveiro	07.06
(20)							
10.24,03	Paulo	Fernandes	05-08-90	CSM	3	Ribeira Brava	21.06
10.30,51	Tiago	Reis	29-10-90	OCL	5	Seixal	14.06
10.33,62	Flávio	Nunes	25-04-91	ADAM	11	Maia	01.07
10.34,88	Carlos	António	21-03-90	ACDSJ	4	Ribeira Brava	17.06

60 Metros Barreiras (0,99/1,00) (até 9,74)

8,00	(pc)	David	Bernardo	26-01-90	JV	3	Eaubonne	01.02
8,04	(pc)		Bernardo			3	Eaubonne	11.01
8,04	(pc)		Bernardo			1 el5	Eaubonne	11.01
8,05	(pc)		Bernardo			1 mf2	Paris (Charléty)	15.02
8,07	(pc)		Bernardo			1 el1	Paris (Charléty)	15.02
8,09	(pc)		Bernardo			5	Paris (Charléty)	15.02
8,12	(pc)	Edgar	Carolo	30-01-91	SLB	1	Espinho	25.01
8,16	(pc)		Bernardo			2 el4	Eaubonne	01.02
8,25	(pc)	Hélio	Vaz	01-05-91	NDCG	2	Espinho	25.01
8,40	(pc)	João	Fontela	07-08-91	ESL	2-ex	Espinho	10.01
8,45	(pc)	Ricardo	Fernandes	01-01-91	JOMA	2 el2	Espinho	25.01
8,65	(pc)	Ricardo	Amaro	09-08-90	JDN	t	Alpiarça	20.12.2008
8,66	(pc)	Kevin	Carrigo Wilson	06-01-90	SLB	t	Alpiarça	20.12.2008
8,67	(pc)	João	Lopes Rocha	15-04-92	BA	1 el3	Espinho	25.01
8,71	(pc)	Rui	Fontes	05-11-90	GDC	5	Espinho	25.01
8,78	(pc)	José	Rosa	12-01-90	GDC	t	Alpiarça	20.12.2008
(10)								
8,82	(pc)	Samuel	Remédios	24-02-92	GAF	6	Espinho	25.01
8,96	(pc)	Pedro	Gomes	13-11-90	GRQL	4-ex	Espinho	10.01
8,97	(pc)	Filipe	Morim	13-01-91	CDP	3 el1	Espinho	25.01
9,01	(pc)	Rodrigo	Custódio	10-08-90	CBF	2 el3	Espinho	25.01
9,02	(pc)	Hugo	Silva	04-01-91	CSM	3 el4	Espinho	25.01
9,07	(pc)	Lúis	Landeiro	17-02-91	JDN	5-ex	Espinho	10.01
9,09	(pc)	Márcio	Quintela	31-05-90	Lavra	Hep	Braga	04.01
9,14	(pc)	Gonçalo	Almeida	30-04-91	CBF	3 el2	Espinho	25.01
9,18	(pc)	Duarte	Silva	05-10-92	CCDR	4 el4	Espinho	25.01
9,19	(pc)	José Décio	Faria	23-07-91	AJS	4 el2	Espinho	25.01
(20)								
9,22	(pc)	Samuel	Remédios	24-02-92	GAF	3	Pombal	04.01
9,32	(-4,2)	João	Frias	09-01-91	ADRAP	p	Machico	13.12.2008
9,34	(pc)	Renato	Vieira	20-04-91	SCB	2	Braga	27.12.2008
9,37	(pc)	Miguel	Pedro	10-12-92	EBMDS	5 el1	Espinho	25.01
9,57	(pc)	Yussénio	Delgado	23-01-91	JOMA	6 el4	Espinho	25.01
9,57	(pc)	Jonhy	Machado	03-09-91	ADA	Hep	Braga	04.01
9,59	(pc)	Carlos	Patrício	20-03-91	OCL	6 el1	Espinho	25.01
9,63	(pc)	João	Gonçalves	24-05-91	AJS	t	Alpiarça	20.12.2008
9,64	(-0,1)	Bruno	Lima	23-12-90	ADLA	1	Lisboa (U)	10.01
9,67	(pc)	Rui	Jerónimo	11-11-90	BA	Hep	Pombal	28.12.2008

Com marcas manuais

9,21	(-4,2)	Hugo	Silva	04-01-91	CSM	p	Machico	13.12.2008
9,69	(-5,0)	José Décio	Faria	23-07-91	AJS	p	Machico	13.12.2008

60 Metros Barreiras (1,06) (até 9,74)

8,18	(pc)	David	Bernardo	26-01-90	JV	5 el3	Eaubonne	06.02
8,27	(pc)	Edgar	Carrolo	30-01-91	SLB	3	Pombal	14.02
8,31	(pc)		Bernardo			5	Pombal	01.03
8,33	(pc)		Carrolo			1 s3	Pombal	31.01
8,33	(pc)		Carrolo			2 mf1	Pombal	08.02
8,36	(pc)		Bernardo			4 mf1	Aubiére	21.02
8,37	(pc)		Bernardo			3 mf1	Pombal	01.03
8,38	(pc)	Hélio	Vaz	01-05-91	NDCG	3 mf2	Pombal	01.03
8,39	(pc)		Carrolo			2 s2	Espinho	10.01
8,39	(pc)		Carrolo			4 mf1	Pombal	01.03
8,41	(-0,4)		Carrolo			1	Lisboa (U)	20.12.2008
8,43	(pc)		Carrolo			6	Pombal	01.03
8,52	(pc)	João	Fontela	07-08-91	ESL	1 mf1	Espinho	18.01
8,65	(pc)	Ricardo	Fernandes	CPV 01-01-91	JOMA	4 mf1	Pombal	08.02
8,83	(-1,1)	Kevin	Carricho Wilson	06-01-90	SLB	2 el2	Lisboa (U)	18.01
8,98	(pc)	Ricardo	Amaro	09-08-90	JDN	Hep	Espinho	11.01
8,99	(0,9)	Hugo	Silva	04-01-91	CSM	2	Ribeira Brava	18.01
9,00	(pc)	João	Martins	25-02-92	CASM	2 s1	Pombal	31.01
9,09	(pc)	Filipe	Morim	13-01-91	CDP	1	Braga	18.01
(10)								
9,11	(pc)	Rodrigo	Custódio	10-08-90	CBF	1 el1	V.R.S.António	10.01
9,12	(pc)	Rui	Fontes	05-11-90	GDC	Hep	Pombal	01.03
9,14	(pc)	Pedro	Gomes	13-11-90	GRQL	1 s2	Pombal	31.01
9,15	(pc)	Gonçalo	Almeida	30-04-91	CBF	1	V.R.S.António	10.01
9,18	(-1,1)	Gonçalo	Almeida	30-04-91	CBF	2	Beja	22.02
9,27	(pc)	Roberto	Nascimento	01-02-93	JAM	2 s1	Pombal	01.02
9,28	(0,9)	Éder	Pires	CPV 01-11-90	CSM	2	Ribeira Brava	04.01
9,30	(pc)	Victor	Vilovskiy	RUS 12-02-90	SLB	1 s3	Espinho	10.01
9,31	(1,5)	José	Rosa	CPV 12-01-90	GDC	5	Seixal	04.01
9,38	(pc)	Tiago	Pereira	27-03-90	ADCL	2 el1	Braga	18.01
(20)								
9,39	(pc)	Duarte	Silva	05-10-92	CCDR	3 el1	Braga	18.01
9,62	(-1,1)	Luís	Landeiro	17-02-91	JDN	3	Beja	22.02
9,65	(pc)	Roberto	Nascimento	01-02-93	JAM	5	Espinho	04.01
9,67	(pc)	João	Gonçalves	24-05-91	AJS	Hep	Pombal	01.03
9,68	(pc)	Edgar	Azevedo	10-03-91	Lavra	4 s1	Pombal	01.02
9,68	(pc)	Elton	Ingrês	02-04-91	CAMG-I	5 s1	Pombal	01.02
9,69	(pc)	Carlos	Patrício	20-03-91	OCL	3	V.R.S.António	10.01

Ao ar Livre:

8,57	(1,7)	A Hélio	Vaz	01-05-91	NDCG	1-ex	Guarda	10.01
8,88	(-1,9)	Ricardo	Fernandes	CPV 14-03-91	JOMA	3	Lisboa (U)	18.01
9,20	(1,5)	Rui	Fontes	05-11-90	GDC	3	Seixal	04.01
9,22	(1,5)	Pedro	Gomes	13-11-90	GRQL	4	Seixal	04.01
9,23	(-1,3)	João	Martins	25-02-92	CASM	3 el1	Lisboa (U)	18.01

110 Metros Barreiras (1/0,99) (até 17,74) CNJ 16,9/17,14

13,89	(-0,4)	David	Bernardo	26-01-90	JV	3 el2	Novi Sad	24.07
14,07	(1,9)		Bernardo			3B	Mannheim	14.06
14,09	(0,6)		Bernardo			3 mf2	Bondoufle	11.07
14,15	(0,6)		Bernardo			2 el1	Mannheim	14.06
14,16	(1,5)		Bernardo			2 el4	Bondoufle	11.07
14,17	(-1,5)		Bernardo			8 mf1	Novi Sad	24.07
14,24	(-1,4)		Bernardo			2	Montgeron	10.05
14,25	(-0,4)		Bernardo			7	Bondoufle	11.07
14,42	(1,8)		Bernardo			1	Heusden-Zolder (BEL)	19.09
14,43	(0,3)	André	Lima	19-04-91	SCP	1	Lisboa (U)	12.07
14,54	(1,0)		Lima			1	Lisboa (I)	24.06
14,58	(0,3)	Hélio	Vaz	01-05-91	NDCG	2	Lisboa (U)	12.07
14,62	(1,5)		Lima			1 el1	Lisboa (I)	24.06
14,69	(0,6)		Lima			1 el3	Lisboa (U)	12.07
14,73	(1,7)		Lima			ex	Seixal	21.06
14,80	(1,1)		Vaz			d	Seia	03.05
14,90	(0,3)	Ricardo	Fernandes	CPV 01-01-91	JOMA	3	Lisboa (U)	12.07
14,92	(0,3)	João	Fontela	07-08-91	ESL	4	Lisboa (U)	12.07
15,00	(0,6)		Fontela			1 el1	Lisboa (U)	12.07
15,20	(1,7)	João	Mosca	30-10-91	QFC	1	Seixal	21.06
15,24	(0,6)	Rui	Fontes	05-11-90	GDC	2 el3	Lisboa (U)	12.07
15,29	(0,6)	Samuel	Remédios	24-02-92	GAF	3 el3	Lisboa (U)	12.07
15,45	(0,6)	Hugo	Espírito Santo	30-05-93	SCP	4 el3	Lisboa (U)	12.07
15,46	(-1,3)	Emanuel	Neves	13-03-90	FCP	1	Guimarães	21.06
(10)								
15,51	(0,6)	Hugo	Silva	04-01-91	CSM	3 el1	Lisboa (U)	12.07
15,59	(-0,3)	Pedro	Gomes	13-11-90	GRQL	ex	Lisboa (I)	24.06
15,64	(-1,3)	Filipe	Morim	13-01-91	CDP	2	Guimarães	21.06
15,72	(0,6)	Tiago	Boucela	09-12-92	GRECAS	5 el3	Lisboa (U)	12.07
15,77	(0,6)	João	Martins	25-02-92	CASM	5 el1	Lisboa (U)	12.07

15,79	(1,0)	David	Cerqueira		03-02-92	EBMDS	3	Lisboa (I)	24.06
15,84	(2,0)	Roman	Leyukh	UKR	26-10-92	A20Km	2	Abrantes	11.06
16,04	(-2,5)	A José	Rosa	CPV	12-01-90	GDC	d	Guarda	07.06
16,20	(0,0)	Elton	Ingrês		02-04-91	CAMG-I	1	Leiria	07.06
16,21	(0,6)	Tiago	Carvalho		08-07-92	CASM	6 el1	Lisboa (U)	12.07
(20)									
16,24	(0,6)	Paulo	Conceição		29-12-93	EBMDS	6 el3	Lisboa (U)	12.07
16,28	(0,0)	João	Oliveira		08-04-90	BA	2	Leiria	07.06
16,32	(0,0)	Roberto	Nascimento		01-02-93	JAM	2	Luso	10.05
16,53	(0,6)	Carlos	Patrício		20-03-91	OCL	8 el3	Lisboa (U)	12.07
16,63	(1,5)	José Décio	Faria		23-07-91	AJS	1-ex	Ribeira Brava	02.05
16,73	(1,5)	João	Gonçalves		24-05-91	AJS	2-ex	Ribeira Brava	02.05
16,86	(-3,3)	Éder	Pires	CPV	01-11-90	CSM	2-ex	Ribeira Brava	19.04
17,06	(0,6)	Pedro	Picado		08-09-92	JDN	7 el1	Lisboa (U)	12.07
17,28	(2,0)	Pedro	Ferreira		02-11-92	CPA-S	3	Abrantes	11.06
17,55	(-1,3)	Márcio	Quintela		31-05-90	Lavra	3	Guimarães	21.06
(30)									
17,63	(-3,1)	Rodrigo	Custódio		10-08-90	CBF	2	Quarteira	24.05
17,70	(-1,3)	Duarte	Silva		05-10-92	CCDR	4	Guimarães	21.06

Com marcas manuais

14,6	(0,5)	Hélio	Vaz		01-05-91	NDCG	1 el2	Lisboa (U)	12.07
15,0	(0,5)	Pedro	Gomes		13-11-90	GRQL	2 el2	Lisboa (U)	12.07
15,6	(0,5)	Luís	Landeiro		17-02-91	JDN	4 el2	Lisboa (U)	12.07
15,8	(0,5)	Roberto	Nascimento		01-02-93	JAM	5 el2	Lisboa (U)	12.07
16,1	(0,5)	Rodrigo	Custódio		10-08-90	CBF	6 el2	Lisboa (U)	12.07

Com vento favorável > 2 m /s

16,24	(3,6)	Rodrigo	Custódio		10-08-90	CBF	d	Faro	19.04
16,96	(2,1)	Jonhy	Machado		03-09-91	ADA	d	Luso	26.04
17,05	(3,6)	Carlos	Patrício		20-03-91	OCL	d	Faro	19.04

110 Metros Barreiras (1,06) (até 17,74) CNJ 16,9/17,14

14,54	(2,0)	David	Bernardo		26-01-90	JV	4 el3	Bondoufle	05.07
14,61	(-0,8)		Bernardo				1B	Lamballe	19.07
14,75	(0,1)		Bernardo				4	Mannheim	13.06
14,88	(-0,2)		Bernardo				1 s1	Montreuil-sous_Bois	16.05
14,90	(-0,2)		Bernardo				1 s1	Franconville	03.05
14,91	(1,2)	Hélio	Vaz		01-05-91	NDCG	1	Luso	23.05
14,93	(0,9)		Bernardo				4 el3	Lamballe	19.07
14,95	(1,0)		Bernardo				4 el	Mannheim	13.06
15,47	(1,2)	João	Fontela		07-08-91	ESL	4	Luso	23.05
15,65	(-1,9)	Ricardo	Fernandes	CPV	01-01-91	JOMA	6	Massamá	16.05
15,67	(-1,9)	Rui	Fontes		05-11-90	GDC	7	Massamá	16.05
15,68	(-1,6)	André	Lima		19-04-91	SCP	4 el2	Viseu	05.07
15,72	(0,0)	Hugo	Silva		04-01-91	CSM	8	Leiria	14.06
16,37	(2,0)	Luís	Landeiro		17-02-91	JDN	3	Seixal	14.06
16,41	(-2,2)	João	Mosca		30-10-91	QFC	1	Lisboa (AL)	31.05
16,41	(1,5)	Filipe	Morim		13-01-91	CDP	5	Maia	15.07
(10)									
16,41	(-0,2)	Hugo	Espírito Santo		30-05-93	SCP	6	Lisboa (U)	18.07
16,45	(-2,3)	Pedro	Gomes		13-11-90	GRQL	1 s1-ex	Seixal	31.05
16,49	(2,0)	Tiago	Boucela		09-12-92	GRECAS	4	Seixal	14.06
16,63	(-2,3)	João	Martins		25-02-92	CASM	2 s1-ex	Seixal	31.05
16,72	(1,2)	Éder	Pires	CPV	01-11-90	CSM	7	Luso	23.05
17,21	(-2,3)	Rodrigo	Custódio		10-08-90	CBF	3 s1	Seixal	31.05
17,22	(1,5)	Márcio	Quintela		31-05-90	Lavra	6	Maia	15.07
17,37	(2,0)	Carlos	Patrício		20-03-91	OCL	5	Seixal	14.06
17,38	(0,0)	Elton	Ingrês		02-04-91	CAMG-I	7	M.Grande	22.05
17,45	(-1,7)	Roberto Filipe	Nascimento		01-02-93	JAM	3	Guimarães	31.05
(20)									
17,55	(-0,8)	Ignácio	Macia		31-08-90	ADRAP	2	Ribeira Brava	01.07
17,57	(0,0)	Duarte	Silva		05-10-92	CCDR	6	Leiria	14.06
17,57	(-1,4)	João	Gonçalves		24-05-91	AJS	3	Ribeira Brava	15.07

Com marcas manuais

15,9	(1,1)	Luís	Landeiro		17-02-91	JDN	1-ex	V.Novas	26.06
16,7	(1,1)	Pedro	Picado		08-09-92	JDN	2-ex	V.Novas	26.06

Com vento favorável > 2 m /s

14,53	(2,5)	David	Bernardo		26-01-90	JV	2B	Bondoufle	05.07
15,24	(4,3)	Rui	Fontes		05-11-90	GDC	4 el2	Seixal	25.07
15,28	(2,8)	Ricardo	Fernandes	CPV	01-01-91	JOMA	6 el3	Seixal	25.07
15,45	(2,2)	André	Lima		19-04-91	SCP	3	Lisboa (AL)	01.07

15,91	(2,2)	Pedro	Gomes		13-11-90	GRQL	ex	Lisboa (AL)	01.07
15,95	(3,5)	David	Cerqueira		03-02-92	EBMDS	2 s1	Abrantes	11.06
16,76	(3,5)	Roman	Leyukh	UKR	26-10-92	A20Km	3 s1	Abrantes	11.06
17,26	(2,1)	Elton	Ingrês		02-04-91	CAMG-I	1 s1	Viseu	31.05
17,72	(2,2)	José Décio	Faria		23-07-91	AJS	3	Ribeira Brava	18.07

300 Metros Barreiras (0,91)									
40,59		João	Fernandes		03-03-91	SLB	1 s2	Lisboa (I)	23.05
45,00		Nuno	Bilhó da Silva		28-09-90	ADLA	2 s2	Lisboa (I)	23.05

400 Metros Barreiras (0,91) (até 63,00) CNJ 58,8/58,94									
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52,84		Emanuel	Neves		13-03-90	FCP	1 s2	Lisboa (U)	11.07
53,21			Neves				1 s1	Maia	01.07
53,25		Diogo Filipe	Santos		03-05-91	FCP	2 s2	Lisboa (U)	11.07
53,25			Neves				4 el2	Novi Sad	24.07
53,83			Neves				6 mf1	Novi Sad	25.07
53,91			Santos				6 el3	Novi Sad	24.07
54,37		Hugo	Silva		04-01-91	CSM	1-ex	Ribeira Brava	01.07
54,40			Silva				3 s2	Lisboa (U)	11.07
54,42			Neves				2 s2	Viseu	04.07
54,50			Neves				1 s1	Guimarães	20.06
54,52			Santos				3 s2	Viseu	04.07
54,54			Neves				4 s2	Mannheim	14.06
54,58			Santos				3 s1	Maia	01.07
54,68		Ricardo	Fernandes	CPV	14-03-91	JOMA	4 s2	Lisboa (U)	11.07
54,71	A		Neves				4 s1	Guarda	03.07
54,95			Silva				1	Ribeira Brava	17.06
54,97			Silva				4 s2	Viseu	04.07
55,00		Roberto	Nóbrega		31-05-92	ADRAP	5 s2	Lisboa (U)	11.07
55,05			Fernandes				4	Seixal	26.07
55,07			Silva				1	Ribeira Brava	17.07
55,08			Fernandes				1 s1	Viseu	04.07
55,19			Silva				1	Ribeira Brava	20.06
55,40			Fernandes				6	Lisboa (U)	13.07
55,41			Fernandes				1 s1	Lisboa (I)	27.06
55,47			Silva				4	Leiria	13.06
55,48			Santos				1 s1	Maia	18.07
55,67			Santos				2 s1	Guimarães	20.06
55,85		Tiago	Gamelas		01-11-90	CENAP	6 s2	Lisboa (U)	11.07
55,88			Neves		13-03-90	FCP	1	Braga	23.05
55,89		João	Fernandes		03-03-91	SLB	7 s2	Lisboa (U)	11.07
55,93			Neves				1	Guimarães	30.05
56,61		João	Mosca		30-10-91	QFC	1 s1	Lisboa (U)	11.07
57,33		John	Martins		13-05-92	ADREP	4	Seia	18.07
57,75		Francisco	Evora		11-12-91	Lavra	2 s1	Maia	18.07
(10)									
57,85		Rui	Fontes		05-11-90	GDC	2	Seixal	13.06
57,96		Pedro	Cardoso		06-06-90	AAC	ex	Aveiro	20.06
58,62		Daniel	Fortes	CPV	29-05-91	GRQL	2	Seixal	20.06
58,98		Bruno	Costa		03-05-92	CDP	4 s1	Maia	01.07
59,04		Simão	Viveiros		29-11-92	GDE	2-ex	Ribeira Brava	01.07
59,18	A	João	Oliveira		08-04-90	BA	1 s2	Guarda	03.07
59,26		Filipe	Oliveira		31-01-91	BA	2	Leiria	08.07
59,31		Rodrigo	Custódio		10-08-90	CBF	1	Lagos	07.06
59,99		Luís	Landeiro		17-02-91	JDN	5 s3	Seixal	30.05
60,18		João Pedro	Tavares		18-10-92	ACDRA	4-ex	M.Grande	24.05
(20)									
60,29		Pedro	Gomes		13-11-90	GRQL	2	Seixal	19.07
60,33		João	Fontela		07-08-91	ESL	3	Aveiro	06.06
60,35		João	Gonçalves		24-05-91	AJS	4	Ribeira Brava	17.06
60,50		Alberto	Castro		28-11-90	UDCA	2 s2	Maia	01.07
60,66		Pedro	Silvestre		18-12-91	GDC	4	Seixal	20.06
60,68		Carlos	Patrício		20-03-91	OCL	1 s1	Seixal	30.05
60,82		Tiago	Barbosa		12-03-90	GJPB	1 s2	Aveiro	20.06
60,88		Alexandre	Gameiro		04-05-92	CPA-S	1	R.Maior	18.07
61,07		João	Gois		22-02-90	ASCV	1	Leiria	08.07
61,20		Emanuel	Vitório Ângelo		18-05-91	OCL	2	Lagos	07.06
(30)									
61,20		Jonhy	Machado		03-09-91	ADA	1-ex	V.Castelo	31.05
61,29		Miguel	Pedro	ANG	10-12-92	EBMDS	2 s1	Lisboa (I)	23.06
61,29	A	Kevin	Gaspar		15-03-91	BA	3 s2	Guarda	03.07
61,38		Nuno	Bilhó da Silva		28-09-90	ADLA	2 s2	Seixal	30.05
61,40		Ivan	Mendes		31-03-93	BA	5	Leiria	08.07
61,40		Duarte	Silva		05-10-92	CCDR	3 s1	Maia	18.07
61,55	A	Ivo	Santos		09-08-91	CDCP	2	Guarda	21.06
61,93		Luís	Galveias		21-08-90	GDPVAV	1	V.Novas	26.06
62,17		David	Cerqueira		03-02-92	EBMDS	3 s1	Lisboa (I)	23.06
62,28		Luís	Crisóstomo		22-02-90	CNRM	3	R.Maior	18.07
(40)									
62,51		André	Silva		27-01-91	NSF	1	Faro	27.06

62,58	José Luís	Viveiros	20-07-93	ADRAP	3	Ribeira Brava	20.06
62,60	Luís	Cebola	10-12-90	GRQL	3	Sobreda	10.07
62,64	Tiago	Carvalho	08-07-92	CASM	3 s2	Seixal	30.05

Com marcas manuais

60,0	Luís	Galveias	21-08-90	GDPAV	1	V.Novas	03.07
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Altura (até 1,80) CNJ 1,85

2,01	Rodolfo	Brites	27-03-91	BA	1	Leiria	13.06
2,01		Brites			3	Viseu	04.07
2,01	João	Alexandre	01-01-90	JV	4	Viseu	04.07
1,98	(pc) Ricardo	Amaro	09-08-90	JDN	Hep	Espinho	10.01
1,96	(pc) Pedro	Mossamedes	03-02-91	SUOV	1	Pombal	03.01
1,96	Tiago	Boucela	09-12-92	GRECAS	1	Lagos	21.07
1,92	(pc) Kevin	Carriço Wilson	06-01-90	SLB	Hep	Pombal	28.02
1,92	Bruno	Costa	03-05-92	CDP	1	Guimarães	20.06
1,91	Márcio	Quintela	31-05-90	Lavra	1	Maia	20.12.2008
1,91	Filipe	Grilate	28-12-91	EBMDS	1	Lisboa (I)	04.04
1,91	Paulo	Conceição	29-12-93	EBMDS	2	Setúbal	23.05
(10)							
1,90	João	Gonçalves	24-05-91	AJS	1	Ribeira Brava	17.01
1,90	André	F. Santos	04-04-91	OCL	1	Lagos	09.05
1,90	Ervin	Nongo	ANG 29-09-92	JOMA	2	Lisboa (U)	18.07
1,89	Oscar	Vilaça	08-02-92	CSGaia	2	Guimarães	20.06
1,88	(pc) Victor	Vilovskiy	RUS 12-02-90	SLB	6	Pombal	07.02
1,88	Daviney	Ponces	STP 10-08-93	EBMDS	3	Setúbal	23.05
1,88	Ricardo	Mendes	30-05-94	JV	1	Leiria	11.06
1,88	Éder	Pires	CPV 01-11-90	CSM	1	Ribeira Brava	20.06
1,87	(pc) Pedro	Ferreira	12-08-93	SUOV	1	Alpiarça	07.03
1,87	Cláudio	Freixo	04-07-91	SLB	2	Lisboa (I)	23.06
(20)							
1,86	Fábio	Verde	21-02-93	ADA	1	Melgaço	24.05
1,85	(pc) José	Rosa	CPV 12-01-90	GDC	1	Fogueteiro	29.03
1,85	Helder	Santos	20-03-90	ADRAP	1-ex	Ribeira Brava	18.04
1,85	Samuel	Remédios	24-02-92	GAF	Oc	Leiria	05.07
1,84	Rui	Fontes	05-11-90	GDC	1	Seixal	04.01
1,84	João Diogo	Bernardo	09-08-92	SLB	1	Lisboa (AL)	14.03
1,83	Miguel	Pedro	ANG 10-12-92	EBMDS	5	Lagos	21.07
1,83	Ruben	Lopes	30-01-92	GRECAS	7	Lagos	21.07
1,81	Tiago	Mariano	19-11-91	OCL	1	Quarteira	08.12.2008
1,81	Marian	Cosmin	ROM 16-03-92	PDFXXI	1	Quarteira	11.06
(30)							
1,81	Herlander	Matias Tomé	ANG 01-06-91	EBMDS	6	Lisboa (I)	23.06
1,80	(pc) Bruno	Andrade	04-05-90	FCP	12	Espinho	24.01
1,80	Miguel	Lopes	07-06-92	CAFZ	7	Alcanena	08.03
1,80	Roman	Leyukh	UKR 26-10-92	A20Km	Oc	M.Grande	05.04
1,80	Ernest	Kibungo	CGO 03-07-92	BA	Oc	M.Grande	05.04
1,80	João	Lopes Rocha	15-04-92	BA	Oc	M.Grande	05.04
1,80	Tiago André	Pereira	21-10-92	CBF	Oc	Lagos	11.04
1,80	Gil	Miranda	93	ESJD	2	Luso	15.04
1,80	Mário	Alonso	18-01-93	Lavra	4	Setúbal	23.05
1,80	Elton	Ingrês	02-04-91	CAMG-I	1	Coimbra (ECC)	09.05
(40)							
1,80	Mário	Florença	24-12-91	COD	1	P.Delgada	23.05
1,80	Pedro	Gomes	13-11-90	GRQL	2 s1	Seixal	30.05
1,80	António	Gomes	13-04-92	CASM	4 s2-ex	Seixal	30.05
1,80	Ruben	Ferreira	11-01-92	CAOB	1	Leiria	06.06
1,80	Diogo	Costa	12-01-93	ESCMOV	5	Guimarães	20.06
1,80	Hélder	Coutinho	05-06-90	CAMz-VC	6	Guimarães	20.06
1,80	Afonso	Alves	17-06-90	ESCMOV	7	Guimarães	20.06
1,80	Francisco	Cordoeiro	09-05-92	ESCMOV	4	Maia	15.07
1,80	João	Bento	09-04-92	ACDRE	7	Seia	18.07
1,80	David	Cerqueira	03-02-92	EBMDS	8	Lagos	21.07

Ao ar Livre:

1,96	Pedro	Mossamedes	03-02-91	SUOV	2	Seia	18.07
1,85	Victor	Vilovskiy	RUS 12-02-90	SLB	1	Lisboa (U)	04.01
1,84	Kevin	Carriço Wilson	06-01-90	SLB	d	Guarda	06.06
1,80	Cláudio	Freixo	04-07-91	SLB	3	Lisboa (U)	04.01
1,80	Samuel	Remédios	24-02-92	GAF	6	Alcanena	08.03
1,80	Pedro	Ferreira	12-08-93	SUOV	2	Luso	09.05
1,80	José	Rosa	CPV 12-01-90	GDC	7	Lisboa (I)	10.06

Vara (até 3,05) CNJ 3,60

5,11	Diogo	Ferreira	30-07-90	JOMA	1	Ribeira Brava	15.07	RN
5,00		Ferreira			2-ex	Lisboa (I)	16.05	
4,98	(pc)	Ferreira			2	Pombal	01.03	

4,87	(pc)	Ferreira				1	Pombal	31.01
4,86		Ferreira				2	Lisboa (I)	25.06
4,84		Ferreira				1 s2	Seixal	31.05
4,80		Ferreira				1	Lisboa (I)	23.06
4,80		Ferreira				1	Lisboa (U)	12.07
4,76		Ferreira				2	Viseu	05.07
4,71		Ferreira				2	Lisboa (I)	27.06
4,70	(pc)	Ferreira				2	Pombal	08.02
4,70	(pc)	Ferreira				2	Pombal	21.02
4,70		Ferreira				1	Lisboa (U)	18.07
4,70		Ferreira				15q	Novi Sad	24.07
4,68		Ferreira				2	Leiria	14.06
4,67	(pc)	Ferreira				2	Pombal	15.02
4,60	(pc)	Ferreira				2	Espinho	11.01
4,60	(pc)	Ferreira				1-ex	Pombal	20.12.2008
4,60		Ferreira				1	Lagos	11.04
4,60		Ferreira				2	Elvas	23.05
4,60		Ferreira				2	Leiria	05.06
4,54		Isaac	Lopes	08-02-90	FCP	3	Seixal	26.07
4,22		José Décio	Faria	23-07-91	AJS	4	Viseu	05.07
4,20		José	Rosa	CPV 12-01-90	GDC	1	Seixal	14.06
4,15		Ruben	Miranda	10-06-93	SLB	4	Lisboa (U)	18.07
4,10	(pc)	Ricardo	Amaro	09-08-90	JDN	Hep	Pombal	01.03
4,10		Luís	Ferreira	27-01-92	JV	3	Lisboa (U)	12.07
4,00	(pc)	Kevin	Cariço Wilson	06-01-90	SLB	7	Espinho	11.01
4,00		David	Bernardo	26-01-90	JV	10	Montreuil-sous_Bois	16.05
4,00		Sérgio	Teixeira	10-01-91	ESCMOV	1	P.Varzim	03.06
(10)								
3,90		André	F. Santos	04-04-91	OCL	1	Faro	04.04
3,80	(pc)	Rui	Jerónimo	11-11-90	BA	10	Pombal	08.02
3,78		Ricardo	Santos	01-05-92	CBF	2	Luso	27.06
3,75		Moisés	Freitas	12-08-91	GDE	3	Ribeira Brava	18.07
3,70		Renato	Araújo	08-09-93	AJS	OcT	Ribeira Brava	19.04
3,70		Bernardo	Costa	10-08-91	SCP	3	Lisboa (I)	23.06
3,70		José Miguel	Pereira	22-07-91	FCP	9	Lisboa (U)	12.07
3,70		Nelson	Silva	25-12-90	GDIS	6	Lisboa (U)	23.07
3,60		Ricardo	António	26-10-91	BA	5	Leiria	08.07
3,60		João	Gonçalves	24-05-91	AJS	1-ex	Ribeira Brava	18.07
(20)								
3,55		Bruno	Mineiro Silva	16-05-92	CDUL	4	Lisboa (I)	23.06
3,50		Diogo	Costa	12-01-93	ESCMOV	1	Maia	23.05
3,42		Luís	Santos	06-07-93	OCL	5	Luso	27.06
3,35		Celso	Almeida	21-11-93	GREAS	3A	Albufeira	17.05
3,30		Ruben	Jesus	05-12-92	ADRAP	7	Ribeira Brava	01.07
3,30		Chen	Shenghva	TPE 02-09-92	A20Km	1	R.Maior	19.07
3,25		Rui	Fontes	05-11-90	GDC	2	Lisboa (I)	23.05
3,20		Décio	Ferreira	01-04-93	CAT	2	P. Maiorca	30.05
3,15		Bruno	Silva	24-05-92	JV	7	Luso	27.06
3,15		Rodrigo	Rodrigues	01-12-94	CPA-S	7	Luso	27.06
(30)								
3,15		César	Ornelas	29-10-92	AJS	10	Luso	27.06
3,15		Vitor	Mendes	22-02-92	JV	11	Luso	27.06
3,15		David	Teixeira	12-09-92	MKED	13	Luso	27.06
3,15		João Diogo	Bernardo	09-08-92	SLB	14	Luso	27.06
3,10		Herculano	Jesus	09-01-90	ADRAP	4	Ribeira Brava	03.01
3,10		Jorge	Almeida	17-01-91	GREAS	1	Luso	10.05
3,10		Francisco	Cordoeiro	09-05-92	ESCMOV	3	P.Varzim	03.06
3,10		Viriato	Afonso	08-04-94	CASM	3	Lisboa (I)	13.06
3,10		Alexandre	Gameiro	04-05-92	CPA-S	4	R.Maior	19.07

Ao ar Livre:

3,80		Rui	Jerónimo	11-11-90	BA	8	Viseu	05.07
3,40		Ricardo	Amaro	09-08-90	JDN	1	Beja	22.02
3,40		Moisés	Freitas	12-08-91	GDE	3-ex	Ribeira Brava	19.04
3,30		João	Gonçalves	24-05-91	AJS	2-ex	Ribeira Brava	21.03

Atletas Juniores até 31-12-2008

3,40		Ruben	Ventura	28-12-89	COD	1	P.Delgada	27.12.2008
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Comprimento (até 6,30) CNJ 6,50

7,21	(pc)	Kevin	Cariço Wilson	06-01-90	SLB	Hep	Pombal	28.02
7,08	(pc)	José Miguel	Pereira	22-07-91	FCP	1	Espinho	25.01
7,02	(1,3)	A	Cariço Wilson			d	Guarda	06.06
7,00	(0,8)	João	Frias	09-01-91	ADRAP	2	Luso	23.05
6,96	(1,5)	João	Lopes Rocha	15-04-92	BA	8	Tampere	22.07
6,86	(pc)	Victor	Vilovskiy	RUS 12-02-90	SLB	5	Pombal	21.02
6,85	(0,0)	Ernest	Kibungo	CGO 03-07-92	BA	5	M.Grande	22.05
6,78	(pc)	Ricardo	Amaro	09-08-90	JDN	3	Espinho	25.01

6,74	(pc)	Hugo	Espírito Santo	30-05-93	SCP	6	Pombal	21.02
6,72	(0,2)	Manuel	Ricardo	06-03-91	CBF	1	Faro	27.06
6,65	(0,0)	Pedro	Ferreira	12-08-93	SUOV	2	Luso	27.06
(10)								
6,64	(2,0)	Elton	Ingrês	02-04-91	CAMG-I	-	Lisboa (U)	11.07
6,62	(-1,3)	João	Martins	25-02-92	CASM	2	Lisboa (I)	10.06
6,61	(2,0)	Rui	Sá	07-04-91	FCP	5	Lisboa (U)	11.07
6,60	(0,0)	Roberto	Nóbrega	31-05-92	ADRAP	1	Ribeira Brava	03.05
6,58	(-0,5)	Raúl	Fernandes	22-04-92	JOMA	1	Lagos	19.07
6,54	(-1,2)	Samuel	Remédios	24-02-92	GAF	6	Alcanena	08.03
6,54	(0,0)	Tiago	Boucela	09-12-92	GRECAS	3	Lagos	19.07
6,48	(0,2)	João Gravato	Andrade	14-10-91	ADREP	2	Braga	27.06
6,46	(1,0)	Ricardo	Pinto	18-04-93	GRQL	Oc	Seixal	04.04
6,46	(pc)	Ricardo	Vieira	01-05-90	GAF	7	Pombal	31.01
(20)								
6,45	(1,9)	Bruno	Costa	03-05-92	CDP	-	Albufeira	16.05
6,44	(1,8)	João	Alexandre	01-01-90	JV	7	Viseu	30.05
6,42	(1,6)	Frederico	Eusébio	27-10-92	JOMA	5	Lisboa (U)	18.07
6,40	(0,0)	Johny	Machado	03-09-91	ADA	1-ex	A.Valdevez	02.05
6,35	(0,8)	Éder	Pires	01-11-90	CSM	2-ex	Ribeira Brava	03.05
6,34	(0,9)	Miguel	Santos	23-01-90	CFB	6	Lisboa (U)	18.07
6,34	(-1,3)	António	Gomes	13-04-92	CASM	5	Lagos	19.07
6,33	(0,0)	Pedro	Pires	04-01-91	Lavra	2	Guimarães	20.06
6,33	(1,1)	Hélder	Coutinho	05-06-90	CAMz-VC	7	Maia	01.07
6,32	(1,4)	Pedro	Ferreira	02-11-92	CPA-S	1	Abrantes	23.05
(30)								
6,31	(pc)	Rui	Jerónimo	11-11-90	BA	2	Pombal	20.12.2008
6,31	(-1,1)	Filipe	Cunha	15-07-94	SLB	3	Lisboa (I)	10.06
6,30	(pc)	Pedro	Mossamedes	03-02-91	SUOV	Hep	Pombal	27.12.2008
6,30	(0,0)	Pedro	Cardoso	06-06-90	AAC	2	Luso	09.05

Ao ar Livre:

6,92	(0,5)	Kevin	Cariço Wilson	06-01-90	SLB	2	Lisboa (U)	04.01
6,81	(1,9)	José Miguel	Pereira	22-07-91	FCP	-	Lisboa (U)	11.07
6,64	(0,6)	Ricardo	Amaro	09-08-90	JDN	1	Beja	22.02
6,37	(1,7)	Ricardo	Vieira	01-05-90	GAF	3	Abrantes	19.04
6,34	(0,2)	Rui	Sá	07-04-91	FCP	6	Maia	01.07
6,31	(-1,7)	Victor	Vilovskiy	12-02-90	SLB	6	Lisboa (U)	18.01

Com vento favorável > a 2 m/s

7,20	(2,6)	José Miguel	Pereira	22-07-91	FCP	1	Lisboa (U)	11.07
7,01	(2,3)	João	Frias	09-01-91	ADRAP	1	Seixal	13.06
6,87	(2,6)	Hugo	Espírito Santo	30-05-93	SCP	1	Lisboa (AL)	02.05
6,69	(2,4)	João	Martins	25-02-92	CASM	2A	Albufeira	16.05
6,60	(3,0)	Bruno	Costa	03-05-92	CDP	3A	Albufeira	16.05
6,53	(4,1)	Ricardo	Vieira	01-05-90	GAF	2	Fátima	30.05
6,53	(4,6)	Marco	Rocha	09-06-92	GDC	2	Seixal	18.07
6,50	(5,6)	Filipe	Cunha	15-07-94	SLB	3	Lisboa (AL)	13.06
6,46	(3,7)	Hélder	Coutinho	05-06-90	CAMz-VC	2	Maia	18.07
6,45	(4,7)	Carlos	Nascimento	12-10-94	ESCMOV	1	P.Varzim	13.06
6,35	(6,1)	Roberto	Nascimento	01-02-93	JAM	1	Aveiro	02.05
6,35	(3,7)	Daviney	Ponces	10-08-93	EBMDS	4	Setúbal	24.05
6,34	(3,5)	Miguel	Lopes	07-06-92	CAFZ	5	R.Maior	18.07

Tripla (até 12,70) CNJ 13,10

14,47	(pc)	Diogo	Ferreira	30-07-90	JOMA	1	Espinho	24.01
14,25	(0,7)	Elton	Ingrês	02-04-91	CAMG-I	1	Lisboa (U)	12.07
14,20	(0,1)	Frederico	Eusébio	27-10-92	JOMA	2	Lisboa (U)	12.07
14,19	(0,0)		Eusébio			-	Lisboa (AL)	14.06
14,18	(-0,4)		Eusébio			1	Luso	28.06
14,13	(0,7)		Ferreira			2	Lisboa (U)	17.01
14,12	(0,3)		Eusébio			1-ex	Leiria	08.07
14,07	(1,2)		Eusébio			3	Lisboa (U)	19.07
14,06	(1,9)	José Miguel	Pereira	22-07-91	FCP	3	Lisboa (U)	12.07
14,05	(0,9)		Pereira			1	Guimarães	21.06
14,00	(pc)		Pereira			2	Espinho	24.01
13,97	(1,3)	João	Alexandre	01-01-90	JV	4	Lisboa (U)	12.07
13,96	(0,0)	João	Frias	09-01-91	ADRAP	3	Seixal	14.06
13,94	(pc)	Ruben	Silva	07-05-91	JV	3	Espinho	24.01
13,80	(-0,3)	Pedro	Pires	04-01-91	Lavra	5	Viseu	05.07
13,76	(0,0)	Éder	Pires	01-11-90	CPV	2	Ribeira Brava	24.06
13,68	(0,0)	João	Martins	25-02-92	CASM	1	Lagos	20.07
(10)								
13,60	(pc)	Victor	Vilovskiy	12-02-90	RUS	4	Espinho	24.01
13,60	(-0,5)	Bruno	Costa	03-05-92	CDP	5	Lisboa (U)	12.07
13,59	(0,4)	Isaac	Lopes	08-02-90	FCP	3	Maia	15.07
13,47	(1,7)	Mário	Florença	24-12-91	COD	1	P.Delgada	18.06

13,45	(0,2)	Pedro	Gonçalves	08-12-90	ESCMOV	4	Maia	15.07
13,36	(-0,6)	Cristiano	Carreira	04-03-90	JV	5	Leiria	08.07
13,32	(pc)	Pedro	Ferreira	12-08-93	SUOV	2	Pombal	03.01
13,25	(0,0)	José Décio	Faria	23-07-91	AJS	2	Ribeira Brava	21.06
13,22	(1,5)	Diogo	Costa	12-01-93	ESCMOV	5	Maia	15.07
13,17	(1,7)	Joel	Pereira	14-02-95	GAF	1	Abrantes	24.05
(20)								
13,15	(-1,7)	Anselmo	Ramos	06-05-92	Lavra	4	Guimarães	21.06
13,15	(1,1)	Pedro	Gomes	13-11-90	GRQL	8	Lisboa (U)	12.07
13,13	(pc)	Tiago	Mariano	19-11-91	OCL	2	V.R.S.António	10.01
13,12	(0,0)	Samuel	Remédios	24-02-92	GAF	2	Luso	28.06
13,09	(0,0)	Pedro	Pereira	30-08-91	CAOV	1	V.Castelo	30.06
13,02	(0,8)	Roberto	Nóbrega	31-05-92	ADRAP	1-ex	Machico	04.04
12,94	(-1,9)	Manuel	Ricardo	06-03-91	CBF	1	Faro	23.05
12,90	(1,0)	Ervin	Nongo	ANG 29-09-92	JOMA	2	Massamá	16.05
12,88	(pc)	Thomás	Martins	06-01-90	BA	1	Pombal	19.12.2008
12,86	(pc)	Edgar	Azevedo	10-03-91	Lavra	9	Espinho	24.01
(30)								
12,86	(-0,9)	Simão	Viveiros	29-11-92	GDE	1	Ribeira Brava	02.05
12,86	(0,0)	Hugo	Espírito Santo	30-05-93	SCP	4	Lisboa (U)	19.07
12,82	(0,9)	Ernest	Kibungo	CGO 03-07-92	BA	1	Leiria	11.06
12,82	(0,0)	André	Costa	09-05-92	GDRCC	6	Luso	28.06
12,81	(0,1)	Rafael	Barbosa	03-05-91	AATC	1	Abrantes	11.06
12,79	(-1,7)	Filipe	Ramos	25-09-91	GCB	7	Guimarães	21.06
12,78	(0,6)	Tiago	Neves	09-07-91	CCSJM	5	Seia	19.07
12,77	(0,0)	Hélder	Coutinho	05-06-90	CAMz-VC	1-ex	V.Castelo	31.05
12,77	(1,2)	Miguel	Beirão	28-04-92	GCAD	1-ex	Seia	14.06
12,76	(0,3)	Rui	Sá	07-04-91	FCP	8	Guimarães	21.06
(40)								
12,73	(-1,3)	Frede	Rodrigues	04-03-92	NAC	4	Aveiro	21.06
12,70	(1,3)	Chen	Shenghva	TPE 02-09-92	A20Km	-	Abrantes	24.05

Ao ar Livre:

13,41	(0,3)	Ruben	Silva	07-05-91	JV	4	Heusden-Zolder (BEL)	19.09
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Com vento favorável > a 2 m/s

14,49	(2,2)	Frederico	Eusébio	27-10-92	JOMA	7	Seixal	26.07
14,15	(2,4)	José Miguel	Pereira	22-07-91	FCP	1	P.Varzim	17.06
13,60	(2,6)	Isaac	Lopes	08-02-90	FCP	2	Maia	19.07
13,24	(2,4)	Pedro	Pereira	30-08-91	CAOV	2	P.Varzim	17.06
13,18	(3,0)	Pedro	Gomes	13-11-90	GRQL	ex	Lisboa (AL)	01.07
13,14	(2,4)	Rui	Fontes	05-11-90	GDC	2	Seixal	19.07
13,01	(2,3)	Hélder	Coutinho	05-06-90	CAMz-VC	6	Maia	19.07
12,83	(2,8)	Filipe	Ramos	25-09-91	GCB	3	P.Varzim	03.06
12,81	(2,3)	Rui	Sá	07-04-91	FCP	4	P.Varzim	17.06
12,79	(2,5)	Manuel	Ricardo	06-03-91	CBF	1	Faro	04.01

Atletas Juniores até 31-12-2008

12,95	(0,5)	Claudio	Morais	03-02-89	CIAIA	1	P.Delgada	27.12.2008
12,92	(0,4)	Ruben	Ventura	28-12-89	COD	2	P.Delgada	27.12.2008

Peso (6) (até 11,00) CNJ 12,60

16,65		Francisco	Belo	27-03-91	JV	1-ex	Covilhã	18.04
16,60		Marçal	Rodrigues	10-07-90	CSM	1	Funchal (Barreiros)	20.06
16,38	(pc)		Rodrigues			1	Espinho	25.01
16,37			Rodrigues			1-ex	Ribeira Brava	15.07
16,30			Rodrigues			1	Lisboa (U)	11.07
16,29			Rodrigues			1-ex	Machico	08.07
16,27	(pc)		Belo			2	Espinho	25.01
16,26			Belo			ex	Covilhã	24.05
16,25			Belo			1	Leiria	01.08
16,22		Christophe	Correia	08-09-90	ADCL	1	Lovelhe	05.07
16,21			Correia			1	Lovelhe	28.03
16,19			Rodrigues			1-ex	Ribeira Brava	18.01
15,99			Belo			2	Lovelhe	05.07
15,98			Correia			1	Lovelhe	05.04
15,84			Rodrigues			1-ex	Funchal (Barreiros)	09.05
15,76			Belo			2	Lovelhe	05.04
15,76			Rodrigues			3	Lovelhe	05.04
15,76			Belo			2	Lisboa (U)	11.07
15,73			Rodrigues			p	Machico	13.12.2008
15,71	(pc)	Adriano	Lopes	22-10-91	SCB	3	Espinho	25.01
15,71			Lopes			1	Guimarães	20.06
15,71			Rodrigues			3	Lovelhe	05.07
15,70			Lopes			1	Braga	27.06
15,70			Lopes			3	Lisboa (U)	11.07

15,62		Rodrigues			1-ex	Funchal (Barreiros)	02.05
15,61		Lopes			1-ex	Braga	02.05
15,58	(pc)	Correia			4	Espinho	25.01
15,52		Correia			1-ex	Ribeira Brava	16.05
15,52		Belo			1	Leiria	06.06
15,46		Rodrigues			1-ex	Machico	04.04
15,38		Belo			1	Leiria	02.08
15,37		Correia			2	Guimarães	20.06
15,35		Costa	24-11-91	CENAP	1	Lovelhe	07.02
15,33		Rodrigues			1-ex	Ribeira Brava	18.04
15,27		Lopes			1	Braga	08.07
15,26		Correia			2	Lovelhe	07.02
15,24	(pc)	Lopes			Hep	Braga	03.01
15,23		Correia			4	Lisboa (U)	11.07
15,17	(pc)	Costa			5	Espinho	25.01
15,07		Lopes			1	Guimarães	11.04
15,01		Rodrigues			1-ex	Funchal (Barreiros)	25.04
14,53		Fábio de Sousa	08-03-91	CAL/D-Esp	1	Elche	13.06
13,99		Tiago Nascimento	04-09-92	QFC	5	Lisboa (U)	11.07
13,97		Tiago Costa	04-06-90	BA	6	Lisboa (U)	11.07
13,93		Kevin Carricho Wilson	06-01-90	SLB	d	Guarda	06.06
13,78	(pc)	João Lopes	11-10-90	COP	6	Espinho	25.01
(10)							
13,54		Tiago Pereira	15-01-91	JV	2	Leiria	06.06
13,49		Ricardo Freitas	14-11-93	GRECAS	2	Luso	09.05
13,17		André Ferreira	03-03-91	CAS	1	Luso	09.05
13,09		Luís Ferreira	30-06-90	SLB	1	Lisboa (U)	04.01
13,06		Daniel Soares	25-03-90	AJS	2-ex	Machico	08.07
12,98		Ismael Azambuja	04-02-91	ACT	1	Coimbra (ECC)	14.03
12,84		Bernardo Lopes	26-01-93	JV	4	Leiria	06.06
12,73		Daniel Nobre	31-08-93	GRQL	2-ex	Q.Anjo	01.07
12,56		Tiago Cabral	03-08-90	ADRPD	3-ex	Machico	08.07
12,33		Luís Orfão	05-09-90	SLB	1	Lisboa (I)	23.06
(20)							
12,12	(pc)	Ricardo Amaro	09-08-90	JDN	t	Alpiarça	20.12.2008
12,01	(pc)	João Fernandes	03-03-91	SLB	13	Espinho	25.01
12,00		André Pontes	19-08-90	CDP	3	Guimarães	20.06
11,92		Pedro Picado	08-09-92	JDN	1-ex	V.Novas	26.06
11,87		Tiago Chaves	06-07-91	GDE	3	Funchal (Barreiros)	20.06
11,73		José Rosa	12-01-90	GDC	d	Guarda	06.06
11,49		Rafael Venade	12-09-92	ADCL	4	Guimarães	20.06
11,48	(pc)	Pedro Mossamedes	03-02-91	SUOV	Hep	Pombal	27.12.2008
11,43		João Luís Lopes	22-04-92	SCB	5	Guimarães	20.06
11,41		Mário Florença	24-12-91	COD	1	P.Delgada	14.02
(30)							
11,39		Paulo Correia	12-10-90	ADRAP	4-ex	Machico	08.07
11,30		André Santos	29-10-92	CDDR	2	Braga	08.07
11,27		Cláudio Freixo	04-07-91	SLB	2	Lisboa (U)	20.12.2008
11,24		Ricardo Jesus	18-06-90	SCA	1	Abrantes	11.06
11,19		Sérgio Araújo Cardoso	02-01-91	GT	1	Porto (I)	31.01
11,17		Humberto Oliveira	13-09-91	GAF	2	Abrantes	11.06
11,15		José Décio Faria	23-07-91	AJS	p	Machico	13.12.2008
11,09	(pc)	Dionisie Vasilache	26-08-93	CFB	16	Espinho	25.01
11,08		Johnny Machado	03-09-91	ADA	d	Guarda	06.06
11,07		Miguel Silva	14-05-90	QFC	1	Sobreda	15.02
(40)							
11,07		Fábio Soares	22-07-92	SCA	3	Abrantes	11.06
11,06	(pc)	Márcio Quintela	31-05-90	Lavra	Hep	Braga	03.01
11,04		Pedro Vicente	31-08-91	GAF	4	Abrantes	11.06
11,04		Miguel Lopes	07-06-92	CAFZ	5	Abrantes	11.06
11,02		Hélder Martins	30-03-92	CDCNAV	6	Guimarães	20.06

Ao ar Livre:

13,15		João Lopes	11-10-90	COP	1	Faro	20.12.2008
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Peso (7,26) (até 10,00)

15,23	(pc)	Francisco Belo	27-03-91	JV	2	Pombal	01.02
14,98		Marçal Rodrigues	10-07-90	CSM	1-ex	Ribeira Brava	17.07
14,93		Belo			4	Leiria	14.06
14,87		Rodrigues			6	Seixal	25.07
14,77		Belo			2	Seia	18.07
14,70	(pc)	Belo			1	Espinho	18.01
14,65	(pc)	Belo			3	Pombal	21.02
14,65		Belo			4	Elvas	23.05
14,61		Rodrigues			2	Viseu	04.07
14,54		Belo			1	Cáceres	24.06
14,53	(pc)	Belo			1	Pombal	15.02
14,49		Christophe Correia	08-09-90	ADCL	1	Luso	17.06
14,48	(pc)	Rodrigues			4	Pombal	08.02
14,45		Belo			3	Viseu	04.07

14,41		Rodrigues			2	Ribeira Brava	17.06	
14,39	(pc)	Belo			8	Pombal	01.03	
14,34	(pc)	Belo			5	Pombal	08.02	
14,33		Belo			5	Massamá	16.05	
14,32		Rodrigues			2	Ribeira Brava	18.01	
14,19		Lopes	Adriano	22-10-91	SCB	4	Viséu	04.07
14,06		Lopes			3	Leiria	14.06	
14,05	(pc)	Belo			1	Pombal	04.01	
13,71	(pc)	Costa	Renato	24-11-91	CENAP	7	Pombal	08.02
12,64		de Sousa	Fábio	08-03-91	CAL/D-Esp	5	Elche	13.12.2008
12,52		Costa	Tiago	04-06-90	BA	7	Seia	18.07
12,44		Lopes	João	11-10-90	COP	2	Quarteira	13.05
12,42		Pereira	Tiago	15-01-91	JV	8	Seia	18.07
11,85	(pc)	Carricho Wilson	Kevin	06-01-90	SLB	Hep	Pombal	28.02
(10)								
11,73		Soares	Daniel	25-03-90	AJS	4-ex	Machico	04.04
11,70		Melo	Bruno	03-09-91	CDELP	1	A.Heroísmo	18.07
11,50		Ferreira	André	03-03-91	CAS	8	Leiria	05.06
10,96	(pc)	Amaro	Ricardo	09-08-90	JDN	Hep	Espinho	10.01
10,75		Correia	Paulo	12-10-90	ADRAP	3-ex	Ribeira Brava	17.07
10,51		Pontes	André	19-08-90	CDP	3	P.Varzim	03.06
10,44	(pc)	Jorge	Francisco	29-08-91	GCDS	5	Espinho	04.01
10,41	(pc)	Orfão	Luis	05-09-90	SLB	4	Braga	24.01
10,23		Chaves	Tiago	06-07-91	GDE	4	Ribeira Brava	04.01
10,05		Oliveira	Humberto	13-09-91	GAF	5	R.Maior	19.07
(20)								
10,01		Costa Santos	Rodrigo	04-07-90	COD	4	A.Heroísmo	18.07

Ao ar Livre:

13,02		Costa	Renato	24-11-91	CENAP	1	Aveiro	21.06
10,64		Carricho Wilson	Kevin	06-01-90	SLB	3	Lisboa (U)	18.01
10,43		Jorge	Francisco	29-08-91	GCDS	2	Aveiro	07.06
10,23		Amaro	Ricardo	09-08-90	JDN	2	Beja	20.06
10,21		Orfão	Luis	05-09-90	SLB	1	Lisboa (I)	27.06

Disco (1,75) (até 30,00) CNJ 36,00

50,04		Belo	Francisco	27-03-91	JV	1	Lisboa (U)	12.07
48,58		Belo				1	Covilhã	24.05
48,18		Belo				1	Leiria	07.06
47,79		Correia	Christophe	08-09-90	ADCL	1	Lovelhe	04.07
47,41		Correia				2	Lisboa (U)	12.07
46,91		Costa	Renato	24-11-91	CENAP	3	Lisboa (U)	12.07
46,52		Correia				1	Lovelhe	05.04
46,37		Belo				2	Lovelhe	05.04
46,13		Correia				1	Lovelhe	28.03
44,72		Lopes	Adriano	22-10-91	SCB	4	Lisboa (U)	12.07
44,14		Freitas	Ricardo	14-11-93	GRECAS	1	Luso	10.05
42,85		Rodrigues	Marçal	10-07-90	CSM	1-ex	Ribeira Brava	09.05
39,88		Venade	Rafael	12-09-92	ADCL	3	Guimarães	21.06
39,34		Costa	Tiago	04-06-90	BA	1	Viséu	07.03
39,34		Santos Lopes	Bernardo	26-01-93	JV	2	Leiria	01.08
38,46		Batista	Luis	10-08-91	JV	5	Leiria	21.02
(10)								
36,21		Melo	Bruno	03-09-91	CDELP	1	Pico	14.02
35,91	A	Ferreira	André	03-03-91	CAS	1-ex	Guarda	24.05
35,88		Costa Santos	Rodrigo	04-07-90	COD	6	Leiria	21.02
35,70		Santos	André	29-10-92	CCDR	2	Maia	01.07
35,68		Pereira	Tiago	15-01-91	JV	3	Leiria	01.08
35,16		Ferreira	Luis	30-06-90	SLB	1	Lisboa (I)	24.06
34,87		Soares	Daniel	25-03-90	AJS	1-ex	Ribeira Brava	21.03
34,62		Chaves	Tiago	06-07-91	GDE	2	Ribeira Brava	20.06
34,46		Santos	Emanuel	29-01-91	ADREP	2	Aveiro	13.12.2008
34,25		Bráz	Antonino	03-03-91	BA	2	Leiria	07.06
(20)								
34,22		Amaro	Ricardo	09-08-90	JDN	1	Beja	25.04
34,11		Rosa	José	12-01-90	GDC	d	Guarda	07.06
33,89		Soares	Fábio	22-07-92	SCA	1	Abrantes	11.06
33,85		Curto	Adrien	25-03-91	GS-RC	1	Luso	10.05
33,13		Silva	Miguel	14-05-90	QFC	1	Sobreda	14.02
33,13		Caldeira	Tomás	11-10-92	QFC	1	Seixal	21.06
33,04		Orfão	Luis	05-09-90	SLB	2	Lisboa (I)	24.06
32,94		Lopes	João	11-10-90	COP	1	Faro	23.05
32,67		Silva	José Henrique	27-02-93	FCP	3	Maia	01.07
32,12		Gonçalves	Gonçalo	16-01-93	JDAL	2	Abrantes	11.06
(30)								
31,64	A	Andrade	Miguel	12-08-93	CAS	2	Guarda	24.05
31,63		Júnior	Flávio	09-08-91	CFB	3	Lisboa (I)	24.06
31,28		Gomes	Pedro	13-11-90	GRQL	d	Guarda	07.06
30,93		Chaves	Vitor	29-05-93	GDE	4	Ribeira Brava	20.06
30,84		Pereira	Tiago André	21-10-92	CBF	1	Faro	18.07

30,63	Pedro	Capela	08-05-91	CABB	2	Sobreda	14.02
30,61	Mário	Marques	19-06-93	GJPB	3	Luso	10.05
30,41	Tiago	Nascimento	04-09-92	QFC	2	Seixal	21.06
30,41	Roberto	Viveiros	19-11-91	ADRAP	5	Ribeira Brava	20.06
30,38	Nuno	Cardoso	26-10-91	CDUL	1	Lisboa (AL)	07.06
(40)							
30,28	Ricardo	Marranaque	11-09-90	JDAL	1	Abrantes	18.04
30,16	Daniel	Nobre	31-08-93	GRQL	3	Seixal	21.06
30,10	Carlos	Resende	10-09-92	NAC	4	Maia	01.07
30,02	João	Leiria	27-08-92	CBF	2-ex	Faro	19.04

Disco (2) (até 28,00)

46,24	Francisco	Belo	27-03-91	JV	1	Seia	19.07
45,40		Belo			ex	Lisboa (AL)	01.07
45,09		Belo			8	Seixal	26.07
44,59		Belo			6	Leiria	01.08
43,98	Renato	Costa	24-11-91	CENAP	1	Aveiro	20.06
43,73		Belo			6	Leiria	02.08
43,41		Belo			2	Leiria	08.07
43,07	Rui	Sustelo	24-07-91	GDC	2 s1	Seixal	30.05
41,98	Christophe	Correia	08-09-90	ADCL	ex	Aveiro	06.06
40,58	Adriano	Lopes	22-10-91	SCB	1	P.Varzim	17.06
39,83	Marçal	Rodrigues	10-07-90	CSM	1-ex	Ribeira Brava	16.05
38,64	Ricardo	Freitas	14-11-93	GRECAS	1	Seixal	13.06
36,01	Bernardo	Santos Lopes	26-01-93	JV	4	Leiria	08.07
35,26	João	Lopes	11-10-90	COP	3	Albufeira	20.06
34,48	Kevin	Cariço Wilson	06-01-90	SLB	5 s2	Seixal	30.05
(10)							
34,03	Tiago	Costa	04-06-90	BA	6	Seia	19.07
33,14	Daniel	Soares	25-03-90	AJS	4	Ribeira Brava	18.07
32,80	André	Ferreira	03-03-91	CAS	7	Viseu	30.05
32,56	Luís	Batista	10-08-91	JV	5	Leiria	08.07
32,39	Tiago	Cabral	03-08-90	ADRPD	8	Ribeira Brava	01.07
32,03	Tiago	Pereira	15-01-91	JV	2	Coimbra (U)	09.05
31,77	Luís	Orfão	05-09-90	SLB	1	Lisboa (AL)	01.07
31,58	Bruno	Melo	03-09-91	CDELP	3	A.Heroísmo	19.07
31,09	Rodrigo	Costa Santos	04-07-90	COD	5	A.Heroísmo	19.07
30,93	André	Santos	29-10-92	CCDR	3	Maia	18.07
(20)							
30,79	Antonino	Bráz	03-03-91	BA	7	Leiria	08.07
30,78	Tiago	Chaves	06-07-91	GDE	5	Ribeira Brava	17.01
30,68	Vitor	Chaves	29-05-93	GDE	6	Ribeira Brava	17.01
30,30	Roberto	Viveiros	19-11-91	ADRAP	9	Ribeira Brava	01.07
30,03	Tomás	Caldeira	11-10-92	QFC	2	Seixal	10.05
29,67	Miguel	Silva	14-05-90	QFC	3	Seixal	10.05
29,51	Adrien	Curto	25-03-91	GS-RC	3	Luso	06.06
29,43	Gonçalo	Gonçalves	16-01-93	JDAL	5	R.Maior	19.07
28,93	Pedro	Capela	08-05-91	CABB	4	Seixal	10.05

Martelo (6) (até 30,00) CNJ 41,00

61,29	Vitor	Tiago	16-09-90	ADCL	1	Lovelhe	04.07
59,49		Tiago			1	Guimarães	20.06
59,32		Tiago			1	Lisboa (U)	11.07
59,21		Tiago			1	Lovelhe	23.07
59,03		Tiago			1	Lovelhe	25.06
58,47		Tiago			1	Lovelhe	05.04
58,15		Tiago			1-ex	V.Castelo	30.05
58,06		Tiago			1	Lovelhe	29.07
57,86		Tiago			1	Lovelhe	06.05
56,57		Tiago			1	Leiria	21.02
56,48		Tiago			1	Lovelhe	13.12.2008
56,40	Tiago	Chaves	06-07-91	GDE	1-ex	Funchal (RG3)	13.06
56,39		Tiago			1	Lovelhe	28.03
54,97	Rodrigo	Costa Santos	04-07-90	COD	2	Porto (I)	01.05
53,98	Pedro	Capela	08-05-91	CABB	1	Seixal	20.06
53,86	Luís	Batista	10-08-91	JV	4	Heusden-Zolder (BEL)	19.09
51,60	Bruno	Morais Gomes	22-01-92	ADCL	2-ex	V.Castelo	30.05
49,49	Daniel	Soares	25-03-90	AJS	1-ex	Funchal (RG3)	18.04
49,30	Miguel	Silva	14-05-90	QFC	4	Leiria	21.02
45,00	Simão	Borges	31-01-92	ACM-AH	1	A.Heroísmo	16.05
44,64	Daniel	Costa	16-08-92	AACC	3	Seixal	20.06
(10)							
43,57	Rui	Simões	27-12-91	QFC	7	Leiria	21.02
43,04	Tiago	Pereira	15-01-91	JV	2	Coimbra (U)	09.05
42,73	Michael	Fonseca	15-01-93	CUAB	8	Lisboa (U)	11.07
42,35	Tomás	Caldeira	11-10-92	QFC	4	Seixal	20.06
41,95	José Rogério	Jesus	22-10-91	GDE	3	Funchal (RG3)	20.06
40,97	Antonino	Bráz	03-03-91	BA	3	Leiria	15.02
40,79	Renato	Costa	24-11-91	CENAP	1	Aveiro	13.12.2008
40,56	Ricardo	Venade	17-08-92	ADCL	3	Guimarães	20.06

40,40	Francisco	Belo	27-03-91	JV	3	Leiria	06.06
36,79	Daniel	Nobre	31-08-93	GRQL	6	Seixal	20.06
(20)							
36,12	André	Oliveira	18-07-91	ESCMOV	4	Guimarães	20.06
35,60	João	Lopes	11-10-90	COP	1	Faro	23.05
34,72	Gonçalo	Gonçalves	16-01-93	JDAL	2	Abrantes	10.06
34,50	Tiago	Nascimento	04-09-92	QFC	7	Seixal	20.06
33,75	José Henrique	Silva	27-02-93	FCP	5	Guimarães	20.06
32,26	Renato	Carvalho	09-02-91	QFC	5	Sobreda	20.12.2008
32,13	Paulo	Martinho	05-11-91	ADLA	1	Lisboa (U)	04.01
31,38	Fernando	Gonçalves	24-09-91	GAF	3	Abrantes	10.06
31,36	Pedro	Picado	08-09-92	JDN	1	Beja	06.06
30,40	Pedro	Gamelas	01-11-90	CENAP	2	Luso	09.05

Martelo (7,26) (até 28,00)

54,30	Vitor	Tiago	16-09-90	ADCL	4	Leiria	05.06
49,80	Tiago	Chaves	06-07-91	GDE	1	Ribeira Brava	18.07
49,40	Luís	Batista	10-08-91	JV	ex	Coimbra (U)	28.03
48,31	Rodrigo	Costa Santos	04-07-90	COD	4	Viseu	04.07
47,50	Pedro	Capela	08-05-91	CABB	2 s1	Seixal	31.05
44,79	Daniel	Soares	25-03-90	AJS	1-ex	Ribeira Brava	18.07
42,30	Miguel	Silva	14-05-90	QFC	6	Q.Anjo	21.03
38,52	Antonino	Bráz	03-03-91	BA	5	Seia	19.07
38,52	Tiago	Pereira	15-01-91	JV	6	Seia	19.07
37,55	Rui	Simões	27-12-91	QFC	7	Q.Anjo	21.03
(10)							
37,50	Renato	Costa	24-11-91	CENAP	3	Aveiro	20.06
35,12	José Rogério	Jesus	22-10-91	GDE	3-ex	Funchal (RG3)	21.03
33,89	Francisco	Belo	27-03-91	JV	6	Leiria	08.07
31,51	João	Lopes	11-10-90	COP	4	Faro	06.06
29,28	Paulo	Martinho	05-11-91	ADLA	7 s2	Seixal	31.05
28,81	André	Oliveira	18-07-91	ESCMOV	3-ex	Porto (I)	23.05
28,01	Fernando	Gonçalves	24-09-91	GAF	5	R.Maior	18.07

Dardo (0,8) (até 40,00) CNJ 45,00

65,11	Tiago	Aperta	15-01-92	SCA	1	Lisboa (U)	11.07
63,79		Aperta			11	Los Realejos	14.03
62,97		Aperta			3	Leiria	01.08
62,48		Aperta			3	Coimbra (ECC)	28.02
56,82	Ricardo	Amaro	09-08-90	JDN	6	Seixal	25.06
52,69	João	Fernandes	03-03-91	SLB	5	Viseu	04.07
52,20	Rui	Sá	07-04-91	FCP	4	Lisboa (U)	11.07
50,32	Bernardo	Lopes	26-01-93	JV	6	Heusden-Zolder (BEL)	19.09
49,20	Hugo	Silva	09-01-90	ADCL	2	Lovelhe	05.04
48,82	Carlos	Dias	23-10-92	GDPVAV	6	Lisboa (U)	11.07
48,00	José	Rosa	12-01-90	GDC	d	Guarda	07.06
47,89	André F.	Santos	04-04-91	OCL	2	Leiria	21.02
47,81	Adriano	Lopes	22-10-91	SCB	1	Braga	28.03
(10)							
47,60	Nuno	Cardoso	26-10-91	CDUL	6	Leiria	01.08
47,42	Herculano	Jesus	09-01-90	ADRAP	3	Leiria	21.02
47,38	Mário	Florença	24-12-91	COD	3	A.Heroísmo	18.07
46,82	Tiago	Gamelas	01-11-90	CENAP	4	Viseu	30.05
46,01	Dias	Vasco	22-05-92	JDAL	2	V.Novas	26.06
45,74	Ricardo	Jesus	18-06-90	SCA	5	Abrantes	11.06
45,67	Fábio	de Sousa	08-03-91	CAL/D-Esp	2	Elche	24.05
44,78	Francisco	Jorge	29-08-91	GCDS	3-ex	Leiria	15.02
43,97	Tiago	Costa	04-06-90	BA	1	Viseu	07.03
43,65	Miguel	Lopes	07-06-92	CAFZ	2	Abrantes	10.06
(20)							
43,52	Ricardo	Santos	01-05-92	CBF	6	Leiria	13.06
43,37	Fábio	Viana	01-06-90	CDM-VC	2	Guimarães	20.06
43,19	Sérgio	Paulo	14-06-92	GRQL	4	Seixal	18.07
43,19	Pedro	Vicente	31-08-91	GAF	4	R.Maior	18.07
43,17	Kevin	Cariço Wilson	06-01-90	SLB	2	Lisboa (i)	23.05
43,13	Mário	Marques	19-06-93	GJPB	4	Seia	18.07
43,11	Pedro	Gomes	13-11-90	GRQL	d	Guarda	07.06
42,55	Jonhy	Machado	03-09-91	ADA	3	Guimarães	20.06
42,04	Fábio	Soares	22-07-92	SCA	4	Abrantes	10.06
42,00	José M.	Freitas	11-02-92	ADRAP	6	Seixal	13.06
(30)							
41,61	James	Cariço Wilson	07-09-91	BA	6	Leiria	17.01
41,34	José	Fragona	06-02-92	JV	5	M.Grande	22.05
41,12	Cláudio	Gonçalves	03-05-93	CUAB	5	Abrantes	10.06
40,34	Ruben	Ferreira	11-01-92	CAOB	3	Leiria	06.06
40,05	Fábio	Rodrigues	25-03-92	ADREP	5	Aveiro	21.06

49,18	Claudio	Morais	03-02-89	CIAIA	1	P.Delgada	27.12.2008
48,53	Ruben	Ventura	28-12-89	COD	2	P.Delgada	27.12.2008

Decatlo Junior (até 3500) CNJ 4900

100 m=Comp.=Peso(6)=Altura=400 m=110 Bar(1/0,99)=Disco(1,75)=Vara=Dardo=1500 m							
5484	João	Gonçalves	24-05-91	AJS	1	Guarda	07.06
			12,13(-4,7)-5,87(1,5)-9,69-1,81-53,44-17,04(-0,6)-28,82-3,30-38,34-4.49,27				
5482	José	Rosa	12-01-90	GDC	2	Guarda	07.06
			11,94(-4,7)-5,67(0,9)-11,73-1,72-60,73-16,04(-2,5)-34,11-3,70-48,00-5.30,76				
5211	Jonhy	Machado	03-09-91	ADA	3	Guarda	07.06
			11,97(-4,7)-6,14(0,9)-11,08-1,72-54,34-17,98(-2,5)-28,46-2,80-40,56-5.14,14				
5206	Rui	Fontes	05-11-90	GDC	4	Guarda	07.06
			12,75(-4,7)-5,86(1,6)-10,00-1,75-55,92-15,51(-2,5)-22,45-3,20-36,13-4.51,90				
5192	André	F. Santos	04-04-91	OCL	1	Faro	19.04
			12,32(0,0)-5,45(0,7)-9,94-1,85-56,96-19,37(3,6)-29,52-3,90-37,83-4.52,87				
4967	Pedro	Gomes	13-11-90	GRQL	5	Guarda	07.06
			12,35(-4,7)-5,80(1,6)-10,12-1,72-56,34-15,81(-0,6)-31,28-x-43,11-5.09,02				
4352	Emanuel	Ángelo Vítor	18-05-91	OCL	2	Faro	19.04
			12,34(0,0)-5,21(0,0)-8,96-1,60-55,91-18,69(3,6)-22,44-2,40-35,08-5.06,22				
4156	Diogo	Silva	07-11-91	CBF	3	Faro	19.04
			11,92(0,0)-5,30(0,2)-8,66-1,55-52,93-19,96(3,6)-13,96-2,40-20,28-4.47,64				
4081	Rodrigo	Custódio	10-08-90	CBF	4	Faro	19.04
			12,28(0,0)-5,36(1,6)-7,41-1,55-57,30-16,24(3,6)-15,72-2,40-25,25-5.27,50				
(10)							
4067	Ivo	Santos	09-08-91	CDCP	1	Seia	03.05
			11,93(3,0)-5,31(0,2)-7,32-1,52-55,24-18,48(1,1)-22,18-x-25,55-4.51,20				
3893	Carlos	Patrício	20-03-91	OCL	5	Faro	19.04
			12,62(0,0)-5,30(0,3)-6,66-1,60-60,52-17,05(3,6)-16,55-2,80-21,80-5.20,13				
3825	Hélio	Vaz	01-05-91	NDCG	2	Seia	03.05
			11,41(3,0)-5,74(-4,3)-9,40-1,67-x-14,80(1,1)-19,60-x-38,05-x				
3658	Vicente	Julião	31-10-90	CCSJM	1	Luso	26.04
			12,69(1,5)-4,67(0,0)-9,12-1,50-56,38-21,44(2,1)-18,39-x-34,88-4.54,13				

Decatlo Senior (até 3500)

100 m=Comp.=Peso(7,2)=Altura=400 m=110 Bar(1,06)=Disco(2)=Vara=Dardo=1500 m

5 Km-Marcha (até 30.00)

21.32	Luís	Lopes	01-01-90	CNRM	1	F.Zêzere	16.05
22.31		Lopes			tp	R.Maior	04.04
23.02		Lopes			tp	Grândola	08.02
23.47	Bruno	Gomes Pedro	12-10-93	GACV	tp	R.Maior	04.04
24.00	Flávio	Silva	24-06-92	CAOV	tp	R.Maior	04.04
24.21	Diogo	Barreiros	05-11-92	CUAB	4	R.Maior	04.04
24.33	Eduardo	Cardoso	09-03-92	CSGaiã	6	R.Maior	04.04
24.35	Diogo Duarte	Henriques	28-05-92	CNRM	tp	V.N.Gaia	21.02
25.18	António	Camará	17-06-90	CNRM	tp	Montemor-o-Velho	10.01
25.34	Daniel	Sousa	24-01-94	CAFZ	11	R.Maior	04.04
25.40	Fábio	Conceição	05-07-93	CBF	tp	V.N.Gaia	21.02
25.50	Ricardo	Fernandes	10-07-92	JV	tp	V.N.Gaia	21.02
(10)							
26.31	Pedro Miguel	Santos	15-11-92	CPC	2	Grândola	08.02
27.26	Manuel	Santos	28-11-90	CSGaiã	18	R.Maior	04.04
27.34	Samuel	Pereira	25-11-93	UAG	1	C. da Beira	01.12.2008
27.53	Gonçalo	Lopes	17-11-93	GACV	21	R.Maior	04.04
28.48	David	Mendes	30-07-91	CFB	tp	V.N.Gaia	21.02
28.50	Hugo	Fernandes Alves		UAG	3	C. da Beira	01.12.2008
28.56	David	Simões	22-03-93	GACV	3	F.Zêzere	16.05
29.06 a)	Nuno	Silva	03-01-90	CCDR	tp	Lourosa	08.02
29.08	André	Batista	27-03-90	ADLA	2	S.Antº.Cavaleiros	25.10.2008
29.54	Marco	Silva	17-05-93	ADRAB	4	F.Zêzere	16.05

a) Marca em investigação porque a distância não foi homologada pela CNEC

10 Km-Marcha (até 1:05.0)

44.51	Luís	Lopes	01-01-90	CNRM	2	R.Maior	04.04
44.51		Lopes			16	Metz	24.05
46.10		Lopes			1	Montemor-o-Velho	10.01
46.39		Lopes			1	Grândola	08.02
49.03		Lopes			tp	V.N.Gaia	21.02
48.30	Bruno	Gomes Pedro	12-10-93	GACV	3	R.Maior	04.04
49.54	Diogo Duarte	Henriques	28-05-92	CNRM	ex	Montemor-o-Velho	10.01
50.22	Flávio	Silva	24-06-92	CAOV	2	V.N.Gaia	21.02
51.40	António	Camará	17-06-90	CNRM	2	Grândola	08.02
53.33	Diogo	Barreiros	05-11-92	CUAB	4	V.N.Gaia	21.02
54.35	Ricardo	Fernandes	10-07-92	JV	5	V.N.Gaia	21.02
54.39	Eduardo	Cardoso	09-03-92	CSGaiã	6	V.N.Gaia	21.02

55.16	Samuel	Pereira	25-11-93	UAG	7	V.N.Gaia	21.02
55.50	Pedro Miguel	Santos	15-11-92	CPC	8	V.N.Gaia	21.02
(10)							
56.25 a)	Manuel	Santos	28-11-90	CSGaia	1	Lourosa	08.02
56.31	Fábio	Conceição	05-07-93	CBF	9	V.N.Gaia	21.02
57.34	Nuno	Silva	03-01-90	CCDR	tp	V.N.Gaia	21.02
58,03	David	Mendes	30-07-91	CFB	tp	V.N.Gaia	21.02
1:04.37	David	Simões	22-03-93	GACV	10	V.N.Gaia	21.02

a) Marca em investigação porque a distância não foi homologada pela CNEC

20 Km-Marcha							
1:37.46	Luís	Lopes	01-01-90	CNRM	1	V.N.Gaia	21.02
1:52.47	Nuno	Silva	03-01-90	CCDR	2	V.N.Gaia	21.02
1:59.51	Manuel	Santos	28-11-90	CSGaia	3	V.N.Gaia	21.02
2:01.58	António	Camará	17-06-90	CNRM	4	V.N.Gaia	21.02
2:03.52	David	Mendes	30-07-91	CFB	5	V.N.Gaia	21.02

5.000 Metros-Marcha (até 28.00,00)								
21.40,41	(pc)	Luís	Lopes	01-01-90	CNRM	4	Pombal	28.02
21.52,22	(pc)		Lopes			1	Pombal	07.02
21.55,83			Lopes			1	R.Maior	18.07
21.57,59	(pc)		Lopes			1	Espinho	24.01
22.22,31	(pc)		Lopes			4	Pombal	03.01
22.40,0		Flávio	Silva	24-06-92	CAOV	1	A.Valdevez	25.04
22.47,62			Lopes			2	Seixal	13.06
22.56,15		Bruno	Gomes Pedro	12-10-93	GACV	1A	Albufeira	16.05
22.56,56			Silva			2A	Albufeira	16.05
23.49,63		Diogo Duarte	Henriques	28-05-92	CNRM	3	Luso	27.06
24.02,34		Eduardo	Cardoso	09-03-92	CSGaia	3A	Albufeira	16.05
24.15,89		Diogo	Barreiros	05-11-92	CUAB	4	Luso	27.06
24.22,57		Samuel	Pereira	25-11-93	UAG	6	Luso	27.06
24.24,17	(pc)	António	Camará	17-06-90	CNRM	5	Pombal	07.02
24.34,96		Daniel	Sousa	24-01-94	CAFZ	7	Luso	27.06
24.38,00		Ricardo	Fernandes	10-07-92	JV	8	Luso	27.06
(10)								
24.50,81		Vitor	Silva	28-05-90	ADRAP	1	Ribeira Brava	18.07
24.57,18		Pedro Miguel	Santos	15-11-92	CPC	9	Luso	27.06
25.45,97		Fábio	Conceição	05-07-93	CBF	6	Leiria	13.06
26.18,07		Ruben	Violante	24-09-92	UDZA	4	Abrantes	23.05
26.46,25		Miguel	Carvalho	02-09-94	CNRM	10	Luso	27.06
26.51,98	(pc)	Nuno	Silva	03-01-90	CCDR	3-ex	Espinho	03.01
27.32,47	(pc)	Tiago	Reis	29-10-90	OCL	10	Pombal	31.01
27.37,0		Jorge	Fialho	02-03-91	JDN	2	Lisboa (AL)	15.11.2008
27.39,06		Carlos	Lopes	29-02-94	GDACH	11	Luso	27.06
27.41,64		Samuel	Leal	12-09-92	NAC	12	Luso	27.06
(20)								
27.57,69		Pedro	Gamelas	01-11-90	CENAP	8	Viseu	30.05
27.57,87		Marco	Amaral	16-07-93	COD	13	Luso	27.06

Ao ar Livre:

26.24,59	Diogo	Barreiros	05-11-92	CUAB	2	R.Maior	02.05
27.53,62	Tiago	Reis	29-10-90	OCL	2	Faro	06.06
27.58,73	António	Camará	17-06-90	CNRM	5	R.Maior	18.07

10.000 Metros-Marcha (até 1:02.00,00) CNJ 57.00,00							
44.51,89	Luís	Lopes	01-01-90	CNRM	10	Novi Sad	25.07
45.57,82		Lopes			1	Viseu	04.07
46.01,58		Lopes			1	Luso	02.05
46.17,34		Lopes			1	Lisboa (U)	11.07
48.37,1	Flávio	Silva	24-06-92	GDEN	2	Luso	02.05
49.23,34	Bruno	Gomes Pedro	12-10-93	GACV	22	Bressanone	10.07
49.25,53	Samuel	Pereira	25-11-93	UAG	2	Lisboa (U)	11.07
51.13,95	Eduardo	Cardoso	09-03-92	CSGaia	4-ex	Luso	11.04
52.52,5	Vitor	Silva	28-05-90	ADRAP	1-ex	Ribeira Brava	21.03
53.13,87	Pedro Miguel	Santos	15-11-92	CPC	3	Lisboa (U)	11.07
53.54,12	Diogo	Barreiros	05-11-92	CUAB	4	Lisboa (U)	11.07
53.54,30	Ricardo	Fernandes	10-07-92	JV	6	Seia	18.07
56.18,49	Manuel	Santos	28-11-90	CSGaia	6-ex	Luso	11.04
(10)							
59.34,12	João Filipe	Rodrigues	22-07-93	AJS	2	Ribeira Brava	20.06
59.37,67	Samuel	Leal	12-09-92	NAC	6	Luso	11.04

4x100 metros (até 46,24)							
42,42				FCP	1	Guimarães	20.06
				Célio Inácio*(91); Emanuel Neves(90); Diogo Santos(91); J. Miguel Pereira(91)			

42,59		SN de Juv.	3 el3	Tampere	23.07
43,11	João L. Rocha(92); António Brandão(92); José Viegas(93); Samuel Remédios(92)	DE-Sel. Centro	1 s2	Setúbal	23.05
43,70	António Brandão(92); João Portela(92); Kevin Santos(93); Jorge Mendes(92)	DE-ESM	1 s1	Setúbal	23.05
43,72	Francisco Casegas(92); Miguel Calado(92); João Martins(92); Tiago Carvalho(92)	Sel. Setúbal de Juv.	1	Seixal	10.05
43,84	André Costa(92); Sérgio Paulo(92); Bruno Duarte(92); Ricardo Pinto(93)	JV	2 s3	Lisboa (U)	11.07
43,84	João Alexandre(90); João Marques(92); Rafael Soares(91); Cristiano Carreira(90)	BA	3 s3	Lisboa (U)	11.07
43,85	João Oliveira(90); Filipe Oliveira(91); Rui Jerónimo(90); João L. Rocha(92)	CBF	4 s3	Lisboa (U)	11.07
43,90	Gonçalo Almeida(91); Manuel Ricardo(91); Diogo Silva(91); Paulo Pinto(91)	AAC	5 s3	Lisboa (U)	11.07
43,91	Bernardo Rainha(92); Miguel Roque(92); Pedro Cardoso(90); Rui Esteves(91)	Sel. Leiria	3	Luso	23.05
(10)	Tiago Silvestre(91); Daniel Mimoso(93); Rui Jerónimo(90); Ernest Kibungo*(92)				
44,11		SN na FISEC/DE-ESM	2	Lagos	22.07
44,16	Francisco Casegas(92); João Martins(92); Tiago Carvalho(92); Miguel Calado(92)	GDE	1	Machico	08.07
44,17	Simão Viveiros(92); António Jesus(92); Sérgio Mendes(93); Fernando Almeida(92)	GRQL	6 s3	Lisboa (U)	11.07
44,18	Pedro Gomes(90); Luís Cebola(90); Fábio Paulo(91); Sérgio Paulo (92)	DE-Sel. Lisboa	2 s2	Setúbal	23.05
44,34	Pedro Lopes(92); Raúl Fernandes(92); Gabriel Fernandes(92); Wander Cutoca(93)	Sel. Aveiro de Juv.	1 s2A	Albufeira	17.05
44,46	Roberto Nascimento(93); Tiago Boucela(92); José Viegas(93); António Brandão(92)	Sel. Santarém de Juv.	2 s2A	Albufeira	17.05
44,50	Pedro Lopes(92); André Marques(92); António Vieira(93); Samuel Remédios(92)	CASM	1 s2-ex	Seixal	30.05
44,52	Francisco Casegas(92); João Martins(92); Tiago Carvalho(92); Miguel Calado(92)	Sel. Leiria de Juv.	3 s2A	Albufeira	17.05
44,69	Kevin Santos(93); João Rocha(92); Ernest Kibungo*(92); Daniel Mimoso(93)	ESCMOV	2	Guimarães	20.06
44,80	Tomás Baptist(92); Pedro Gonçalves(90); David Rêgo(91); Edgar Baptista(91)	ADREP	2 s1	Viseu	30.05
(20)	John Martins(92); Joni Marques(91); João Andrade(91); Ariel Pereira(92)				
44,81		SLB	1 s2	Lisboa (U)	11.07
44,83	André Marques(92); Bruno Fernandes(91); Ruben Miranda(92); José Miranda(91)	Sel. Lisboa de Juv.	4 s2A	Albufeira	17.05
45,13	Francisco Casegas(92); João Martins(92); Bruno Mineiro(92); Bruno Andrade*(92)	AJS	3 el1	Machico	08.07
45,15	Dinarte Gomes(91); Roberto Faria(91); J. Décio Faria(91); João Gonçalves(91)	Sel. Madeira de Juv.	1 s2	P. Maiorca	29.05
45,33	Simão Viveiros(92); António Jesus(92); Roberto Nóbrega(92); Renato Araújo(93)	DE-Es.Sec. Maia	2 s1	Setúbal	23.05
45,1	Miguel Oliveira(93); Tiago Marques(92); André Moreira(92); Cláudio Ferreira(92)	JOMA	1	Lisboa (I)	23.06
45,54	Raúl Fernandes*(92); Frederico Eusébio(92); Filipe Santos(93); Nuno Baptista(91)	DE-Sel. Norte	3 s2	Setúbal	23.05
45,64	Diogo Reis(92); André Paulo(93); Anselmo Ramos(92); Diogo Miranda(92)	Sel. Coimbra de Juv	1	Luso	19.04
45,66	Pedro Ferreira(93); Francisco Mouraz(92); Bernardo Rainha(92); Miguel Roque(92)	ACRM	2 s2	Lisboa (U)	11.07
45,70	Eldon Lopes(92); Elvander Loureiro*(90); José Jesus(92); João Tomé(92)	Sel. Algarve de Juv.	5 s2A	Albufeira	17.05
(30)	Delfim Correia(92); Valter Pinto(93); Desejado Seidi(93); Rui Lopes(92)				
45,77		CDUL	3 s1	Luso	27.06
45,84	Bruno Mineiro(92); André Nunes(95); João Pires(92); Filipe Estácio(92)	GJPB	2	Aveiro	06.06
45,8	Mário Marques(93); José Viegas(93); Eliseu Ribeiro(92); Tiago Barbosa(90)	GAF	1	Fátima	30.05
46,06	António Vieira(93); Gil Conceição(93); Ricardo Vieira(90); Samuel Remédios(92)	ADCPF	2	Faro	23.05
46,16	Anderson Neto(91); Marco Gomes Penas(92); Valter Pinto(93); Desejado Sedi*(93)	NSF	3	Faro	23.05
46,18	Bruno Marques(92); André Silva(91); Pedro Catulo(93); Rui Lopes(92)	JDAL	1	Abrantes	10.06
	Daniel Salvador(92); Ricardo Marramaque(90); Miguel Guerreiro(92); Paulo Oliveira(91)				

4x400 metros (até 3.49,00)

3.21,72		SLB	1	Viseu	05.07
3.22,58	João Fernandes(91); Fábio Gonçalves(90); José Miranda(91); Bruno Ferreira(90)	FCP	2	Viseu	05.07
3.26,57	carlos Figueiredo(90); Emanuel Neves(90); Luís Phalempin(90); Diogo Santos(91)	CBF	3	Viseu	05.07
3.27,38	Gonçalo Almeida(91); Manuel Ricardo(91); Diogo Silva(91); Paulo Pinto(91)	CENAP	2	Seia	19.07

3.28,50		Sérgio Silva(92); José Rocha(92); Rui Matos(92); Tiago Gamelas(90)			
		GRQL	2 s3	Lisboa (U)	12.07
3.30,71		Luís Cebola(90); Fábio Paulo(91); Daniel Fortes*(91); Sérgio Paulo(92)			
		JV	6	Heusden-Zolder (BEL)	19.09
3.32,24		Volodymyr Stokov*(91); Ricardo A. Fernandes(91); Tiago Dias(90); Cristiano Carreira(90)			
		BA	3 s3	Lisboa (U)	12.07
3.33,61		Filipe Oliveira(91); Kevin Gaspar(91); João Oliveira(90); João Rocha(92)			
		GJPB	2 s2	Lisboa (U)	12.07
3.34,88		José Viegas(93); João Pires(92); Tiago Barbosa(90); Eliseu Ribeiro(92)			
		Sel. Madeira de JUV.	2 s2	P.Maiorca	30.05
3.34,17		Simão Viveiros(92); Roberto Nóbrega(92); Rúben Jesus(92); António Jesus(92)			
		AJS	3 s2	Machico	08.07
		Décio Faria(91); Dinarte Gomes(91); Roberto Faria(91); João Gonçalves(91)			
(10)					
3.36,38			CDUL	4 s2	Lisboa (U)
		Bruno Mineiro(92); Filipe Estácio(92); João Pires(92); Paulo Alves(93)			
3.36,46			AAC	5 s2	Lisboa (U)
		Pedro Cardoso(90); Carlos Costa(90); Miguel Roque(92); João Pontes(90)			
3.37,00	(pc)		GRQL	2 s2	Espinho
		Daniel Fortes(91); Ricardo Pinto(93); Sérgio Paulo(92); Pedro Gomes(90)			
3.37,93			SN na FISEC	3	Lagos
		Pedro Abreu(92); Tiago Carvalho(92); António Gomes(92); Luís Fernandes(93)			
3.39,44			Lavra	1 s1	Lisboa (U)
		Francisco Évora(91); Márcio Quintela(90); Pedro Pires(91); Anselmo Ramos(92)			
3.40,06			NSF	2 s1	Lisboa (U)
		Nuno Amaral(90); Pedro Catulo(93); André Silva(91); Bruno Marques(92)			
3.40,19			LFC-F	1	Maia
		Miguel Moreira(92); Tiago Loureiro(91); André Filipe(92); José Silva(90)			
3.40,75			ADREP	2	Luso
		Ariel Pereira(92); João Andrade(91); Jóni Marques(91); John Martins(92)			
3.41,34			EBMDS	3 s1	Lisboa (U)
		David Cerqueira(92); Bruno Amaral(93); Adrelino Furtado(92); Miguel Besouro(90)			
3.45,02			ACRC	8	Viseu
		Nuno Oliveira(91); Adelino Oliveira(91); José Lopes(91); Luís Lima(91)			
(20)					
3.45,74			JOMA	4 s1	Lisboa (U)
		André Luz(93); Alexandre Costa(90); Nuno Baptista(91); Frederico Eusébio(92)			
3.46,30			CASM	4 s1-ex	Seixal
		Miguel Carvalho(91); Pedro Abreu(92); Ricardo Gonçalves(92); Ruben Rodrigues(92)			
3.48,12			SSSJM	6 s1	Luso
		Bruno Gomes(92); André Nogueira(93); Renato Santos(91); Diego Manjate*(91)			
3.48,98			ADRAP	1	Ribeira Brava
		Afonso Fernandes(90); Rafael Mendes(91); Hélder Santos(90); José M. Freitas(92)			
Ao ar Livre:					
3.38,10			JV	5 s3	Lisboa (U)
		Rafael Soares(91); João Marques(92); Tiago Dias(90); Cristiano Carreira(90)			