

## "Ranking" de P Ar Livre (Juniões) 2010



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Devido à alteração dos regulamentos da F.P.A. estes rankings passam a reportar o ano civil e não a época desportiva.

Linda-a-Velha, 30 Outubro de 2010



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

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## MASCULINOS

### JUNIORES

100 Metros ( até 11,54/10,99) CNJ 11,2/11,44									
10,48	(1,2)	Aucuian	Lopes	GBS	06-03-91	SLB	1 el1	Lisboa (U)	26.06
10,55	(-1,1)		Lopes				1	Lisboa (U)	26.06
10,63	(1,8)	Tiago	Silvestre		18-06-91	SLB	3	Lisboa (U)	10.07
10,66	(1,2)	André Gorba	Biveti *		10-06-92	SCP	3 el1	Lisboa (U)	26.06
10,73	(-1,1)	Bruno	Fernandes		26-05-91	SLB	3	Lisboa (U)	26.06
10,74	(1,8)		Fernandes				6	Lisboa (U)	10.07
10,77	(1,8)		Biveti *				7	Lisboa (U)	10.07
10,78	(2,0)		Fernandes				2 el2	Lisboa (U)	10.07
10,78	(0,8)		Silvestre				2 el3	Lisboa (U)	10.07
10,79	(-1,1)		Biveti *				5	Lisboa (U)	26.06
10,79	(0,0)	Carlos	Nascimento		12-10-94	ESCMOV	1B	Singapura	21.08
10,81	(1,0)		Fernandes				2 el2	Lisboa (U)	26.06
10,83	(0,0)		Fernandes				4 s1	Leiria	22.05
10,83	(0,0)		Nascimento				7	Leiria	17.07
10,84	(0,0)		Silvestre				8	Leiria	17.07
10,85	(0,5)		Silvestre				4 el2	Leiria	17.07
10,86	(1,2)		Nascimento				2 el2	Moscovo	21.05
10,86	(0,8)		Biveti *				3 el3	Lisboa (U)	10.07
10,87	(0,7)	Nuno	Baptista		10-04-91	JOMA	2 el4	Lisboa (U)	10.07
10,88	(1,8)		Baptista				8	Lisboa (U)	10.07
10,89	(0,9)		Fernandes				3 s1-ex	Lisboa (U)	29.05
10,89	(1,7)	António	Brandão		08-09-92	ACBU	1	Luso	10.07
10,90	(0,0)		Lopes				5 s1	Leiria	22.05
10,90	(0,0)		Nascimento				4 el1	Leiria	17.07
10,91	(1,8)		Baptista				1 s2	Lisboa (U)	14.07
10,93	(-1,1)		Lopes				1 el3	Lisboa (AL)	08.06
10,97	(-0,9)		Nascimento				6	Moscovo	21.05
10,99	(-1,5)		Nascimento				1 s2A	Leiria	06.06
11,06	(0,4)	Edgar	Baptista		12-07-91	ESCMOV	2A	Guimarães	10.07
11,08	(1,7)	Artur	Koshchuk	UKR	05-03-94	JV	2	Luso	10.07
11,08	(1,8)	Diogo	Antunes		92	SLB	3 s2	Lisboa (U)	14.07
(10)									
11,09	(1,7)	Pedro	Lopes		04-07-92	JV	3	Luso	10.07
11,10	(1,4)	Daniel	Mimoso		05-07-93	ACDRA	1	M.Grande	09.05
11,12	(1,2)	Francisco	Casegas		07-01-92	CASM	4 el1	Lisboa (U)	26.06
11,17	(1,8)	Ricardo	Pinto		18-04-93	GRQL	1	Setúbal	16.05
11,17	(1,7)	João	Portela		25-07-92	ADREP	1	Abrantes	12.06
11,18	(1,9)	Samuel	Remédios		24-02-92	GAF	d	Rio Maior	24.04
11,19	(1,0)	André	Marques		20-11-92	UDZA	5 el2	Lisboa (U)	26.06
11,20	(-0,5)	José	Viegas		01-03-93	GJPB	2 s1	Luso	16.06
11,22	(1,8)	Miguel	Semião		05-09-93	AAPL	2	Setúbal	16.05
11,22	(1,8)	Paulo	Gonçalves		22-06-92	SLB	3el2	Lisboa (AL)	19.06
(20)									
11,23	(1,2)	Paulo	Ceita	STP	22-06-92	SLB	6 el1	Lisboa (U)	26.06
11,24	(0,4)	Diogo Filipe	Santos		03-05-91	FCP	4A	Guimarães	10.07
11,26	(1,2)	Pedro	Pinto Machado		14-11-91	FCP	7 el1	Lisboa (U)	26.06
11,26	(1,2)	Rui	Esteves		03-06-91	AAC	2 el1	Luso	10.07
11,27	(1,8)	Hélder	Pinto		07-04-93	SCB	3	Braga	03.07
11,28	(1,2)	Cláudio	Ferreira		23-07-94	ACBU	3 el1	Luso	10.07
11,34	(1,9)	Miguel	Roque		19-04-92	AAC	3B	Luso	23.05
11,34	(1,6)	Sérgio	Silva		31-07-92	CENAP	3	Aveiro	03.06
11,35	(0,0)	Miguel	Salvadinha		93	SLB	1 s1A	Leiria	06.06
11,36	(1,7)	Lúis	Neves		22-05-95	SLB	1	Lisboa (U)	15.05
(30)									
11,37	(-0,2)	Roberto	Antunes		21-04-92	JDN	1 s2	Beja	09.05
11,37	(-1,9)	Ernane Justino	Silva	GBS	19-09-92	GDSD	3	Lisboa (AL)	08.06
11,43	(1,7)	Gonçalo	Encarnação		01-01-94	GRQL	4	Abrantes	12.06
11,44	(0,0)	Lúis	Silva		11-07-93	ESL	1	Luso	22.05
11,44	(-1,1)	Jorge	Lopes		93	ADA	1	V.Castelo	24.06

11,46	(1,8)	Paulo	Gomes	93	GDIB	3	Setúbal	16.05
11,46	(-0,9)	João	Marques	23-03-92	JV	3 el1	Leiria	23.06
11,50	(0,3)	José Miguel	Pereira	22-07-91	FCP	3 s1	Maia	19.05
11,50	(0,7)	José	Macedo	21-06-94	JUNI	1	Guimarães	22.05
11,50	(1,3)	Hélio	Vaz	01-05-91	NDCG	2	Seia	19.06
<b>(40)</b>								
11,51	(0,7)	Francisco	Villar	94	UDZA	1	Abrantes	24.04
11,51	(0,7)	Bruno	Andrade	<b>CPV</b> 28-02-92	SLB	6 s1	Massamá	12.05
11,52	(1,8)	Paulo	Rodrigues	93	GRQL	4	Setúbal	16.05
11,52	(1,3)	Ariel	Pereira	30-01-92	ADREP	7 s2-ex	P.Varzim	29.05
11,53	(1,1)	Bruno	Duarte	16-07-92	CPC	1 s3	Lisboa (U)	29.05
11,54	(1,6)	André	Simões	06-08-93	ADREP	1 s1-ex	P.Varzim	29.05

\* - cidadão português desde Março 2010

#### Com marcas manuais

10,7	(-0,4)	Aucuian	Lopes	<b>GBS</b> 06-03-91	SLB	1 s2-ex	Lisboa (I)	10.04
11,1	(-0,4)	Raúl	Fernandes	<b>ANG</b> 22-04-92	SCP	3 s2-ex	Lisboa (I)	10.04
11,2	(0,7)	Jorge	Lopes	93	ADA	Oc	V.Castelo	10.04
11,2	(0,2)	Henrique Pedro	Água-Doce	25-09-94	BNSC	1 s1	Beja	16.05
11,3	(0,0)	Pedro	Cabral	10-03-93	CAT	Oc	A.Heroísmo	06.03
11,3	(0,8)	Samuel	Lemos	07-05-94	CAT	1	A.Heroísmo	12.06

#### Com vento favorável > 2 m /s

10,42	(4,2)	Aucuian	Lopes	<b>GBS</b> 06-03-91	SLB	1	Setúbal	03.07
10,46	(4,2)	Tiago	Silvestre	18-06-91	SLB	2	Setúbal	03.07
10,69	(4,2)	Bruno	Fernandes	26-05-91	SLB	4	Setúbal	03.07
10,75	(3,8)	Carlos	Nascimento	12-10-94	ESCMOV	2 el2	Setúbal	03.07
10,82	(4,2)	Nuno	Baptista	10-04-91	JOMA	5	Setúbal	03.07
10,86	(6,2)	António	Brandão	08-09-92	ACBU	1 s1-ex	Aveiro	01.05
10,87	(5,5)	André	Marques	20-11-92	UDZA	1	Abrantes	10.07
10,91	(3,8)	Daniel	Mimoso	05-07-93	ACDRA	4 el2	Setúbal	03.07
10,92	(3,8)	Edgar	Baptista	12-07-91	ESCMOV	5 el2	Setúbal	03.07
10,94	(4,2)	Paulo	Ceita	<b>STP</b> 22-06-92	SLB	7	Setúbal	03.07
10,98	(6,3)	José	Viegas	01-03-93	GJPB	1	Aveiro	01.05
10,98	(4,9)	Samuel	Remédios	24-02-92	GAF	1 el1	Abrantes	10.07
10,99	(2,1)	Artur	Koshchuk	<b>UKR</b> 05-03-94	JV	3 el3	Setúbal	03.07
11,02	(2,8)	Diogo	Antunes	92	SLB	4 el1	Setúbal	03.07
11,04	(3,3)	Rui	Esteves	03-06-91	AAC	2 s2	Abrantes	29.05
11,05	(4,9)	João	Marques	23-03-92	JV	1 s2-ex	Abrantes	29.05
11,06	(2,1)	Ricardo	Pinto	18-04-93	GRQL	4	Guimarães	19.06
11,09	(2,8)	Francisco	Casegas	07-01-92	CASM	5 el1	Setúbal	03.07
11,10	(6,4)	Sérgio	Silva	31-07-92	CENAP	1-ex	Aveiro	19.06
11,14	(6,2)	Ariel	Pereira	30-01-92	ADREP	3 s1-ex	Aveiro	01.05
11,14	(6,2)	João	Portela	25-07-92	ADREP	4 s1-ex	Aveiro	01.05
11,16	(3,8)	Miguel	Semião	05-09-93	AAPL	6 el2	Setúbal	03.07
11,16	(5,5)	Lúis	Camilo	10-10-92	CNRM	4	Abrantes	10.07
11,18	(2,7)	João	Gonçalves	93	AACC	3	Seixal	10.07
11,21	(2,8)	Valter	Pinto	19-01-93	ADCPF	2 el1	Guimarães	19.06
11,23	(4,6)	Roberto	Nóbrega	31-05-92	ADRAP	1 s3-ex	Machico	24.04
11,25	(2,1)	João	Barros	<b>STP</b> 25-05-93	SCP	5	Guimarães	19.06
11,26	(4,2)	António	Vieira	05-11-93	GAF	3 s4	Abrantes	13.03
11,26	(3,7)	José Miguel	Pereira	22-07-91	FCP	3	P.Varzim	02.06
11,27	(4,2)	Renato	Feliciano	22-04-93	CPA-S	4 s4	Abrantes	13.03
11,29	(2,8)	Gonçalo	Encarnação	01-01-94	GRQL	3 el1	Guimarães	19.06
11,31	(4,6)	António	Jesus	23-03-92	GDE	2 s3-ex	Machico	24.04
11,31	(2,4)	Pedro	Cabral	10-03-93	CAT	4	P.Delgada	28.05
11,32	(6,2)	Eliseu	Ribeiro	08-02-92	GJPB	5 s1-ex	Aveiro	01.05
11,32	(2,8)	Ernane Justino	Silva	<b>GBS</b> 19-09-92	GDSD	7 el1	Setúbal	03.07
11,33	(4,4)	Tiago	Rodrigues	19-07-92	AACC	2 el2	Seixal	10.07
11,1	(2,6)	Henrique Pedro	Ferreira	23-04-94	ADDC	1	Elvas	29.05
11,34	(3,9)	Sérgio	Paulo	14-06-92	GRQL	3 el1	Seixal	10.07
11,35	(3,5)	Miguel	Salvadinha	93	SLB	1 el2	Lisboa (U)	15.05
11,36	(3,8)	Jorge	Lopes	93	ADA	1	V.Castelo	22.05
11,37	(4,3)	Miguel	Cabral	15-04-94	CAS	1	Seia	02.03
11,38	(6,4)	Cláudio	Gonçalves	91	CSGaia	2-ex	Aveiro	19.06
11,38	(2,1)	Célio	Inácio	<b>ANG</b> 10-06-91	FCP	6 el3	Setúbal	03.07
11,40	(6,2)	André	Costa	09-05-92	GDRCC	3-ex	Lisboa(AL)	19.06
11,42	(6,3)	Lúis	Silva	11-07-93	ESL	2	Aveiro	01.05
11,42	(3,3)	Francisco	Villar	94	UDZA	5 s2	Abrantes	29.05
11,42	(2,7)	André	Simões	06-08-93	ADREP	4 el3	Guimarães	19.06
11,43	(3,7)	Marcelino	Vieira	91	SCB	4	P.Varzim	02.06
11,44	(4,6)	Fernando	Almeida	10-10-92	GDE	3 s3-ex	Machico	24.04
11,47	(2,8)	João	Taylor	24-01-95	CDFXXI	4 el1	Guimarães	19.06
11,47	(3,3)	Paulo	Oliveira	16-10-91	JDAL	3 el2	Abrantes	10.07

11,48	(3,3)	Edgar	Remédios	05-05-94	GAF	4 el2	Abrantes	10.07
11,48	(2,7)	Fábio	Paulo	10-04-91	GRQL	6	Seixal	10.07
11,49	(2,7)	João	Gonçalves	93	AACC	5 el3	Guimarães	19.06
11,50	(2,3)	Bruno	Duarte	16-07-92	CPC	3 s1-ex	Sobreda	08.05
11,50	(3,4)	Francisco	Araújo	28-11-93	EBPGS	2	P.Varzim	15.05
11,50	(4,9)	Fábio	Oliveira	09-01-92	CPA-S	3 s2-ex	Abrantes	29.05
11,50	(3,7)	André Daniel	Moreira	29-07-92	FCP	5	P.Varzim	02.06
11,50	(3,6)	Alexandre	Cardeira	02-12-94	ACDRA	2 el1	Setúbal	14.07
11,52	(5,5)	Alexandre	Piçarra	27-06-94	BNSC	1 el2	Elvas	26.06
11,53	(3,8)	Miguel	Machado	04-03-91	COD	8 el2	Setúbal	03.07
11,3	(2,4)	Miguel	Guerreiro	03-07-92	JDAL	1-ex	V.Novas	02.07

**200 Metros (23,64/22,50) CNJ 22,9/23,14**

21,39	(1,1)	Bruno	Fernandes	26-05-91	SLB	1	Lisboa (U)	27.06
21,47	(0,7)		Fernandes			3 s2	Lisboa (U)	14.07
21,55	(1,9)		Fernandes			1	Setúbal	04.07
21,69	(1,6)		Fernandes			1 el2	Lisboa (U)	27.06
21,73	(1,9)	Aucuian	Lopes	GBS 06-03-91	SLB	2	Setúbal	04.07
21,79	(1,1)		Lopes			4	Lisboa (U)	27.06
21,80	(1,9)	André Gorba	Biveti *	10-06-92	SCP	3	Setúbal	04.07
21,80	(0,2)		Fernandes			6 el1	Moncton	22.07
21,82	(1,3)		Lopes			2 el1	Lisboa (U)	27.06
21,82	(0,3)		Biveti *			1	Leiria	18.07
21,83	(1,1)		Biveti *			5	Lisboa (U)	27.06
21,90	(0,3)	Carlos	Nascimento	12-10-94	ESCMOV	2	Leiria	18.07
21,91	(1,7)		Fernandes			1	Lisboa (U)	11.07
21,95	(1,2)		Fernandes			1 el1	Lisboa (U)	11.07
22,00	(0,9)		Lopes			1 el3	Setúbal	04.07
22,02	(1,7)		Nascimento			1 s1	Maia	16.06
22,08	(pc)	Diogo Filipe	Santos	03-05-91	FCP	1 s1	Pombal	14.02
22,09	(-3,3)		Fernandes			1 s1	Massamá	12.05
22,09	(1,3)		Biveti *			3 el1	Lisboa (U)	27.06
22,13	(1,7)		Biveti *			3	Lisboa (U)	11.07
22,21	(pc)		Santos			1 s5	Pombal	24.01
22,22	(1,9)	Nuno	Baptista	10-04-91	JOMA	4	Setúbal	04.07
22,23	(1,7)		Santos			2 s1	Maia	16.06
22,23	(1,4)		Biveti *			1 el1	Setúbal	04.07
22,24	(-0,6)		Fernandes			2	Lisboa (U)	17.01
22,27	(1,9)	André	Marques	20-11-92	UDZA	5	Setúbal	04.07
22,28	(pc)		Santos			1 s2	Espinho	31.01
22,33	(-0,6)		Marques			1 s1	Leiria	16.05
22,33	(1,3)		Marques			4 el1	Lisboa (U)	27.06
22,33	(-0,1)		Nascimento			1	Guimarães	11.07
22,34	(1,7)	Edgar	Batista	12-07-91	ESCMOV	3 s1	Maia	16.06
22,35	(1,9)		Batista			6	Setúbal	04.07
22,36	(pc)		Fernandes			3 s2	Espinho	28.02
22,37	(pc)		Santos			4 s2	Espinho	28.02
22,38	(pc)		Santos			1 s3	Espinho	07.02
22,38	(-0,1)		Santos			2	Guimarães	11.07
22,39	(0,8)	Sérgio	Silva	31-07-92	CENAP	2	Luso	11.07
22,40	(1,4)		Marques			2 el1	Setúbal	04.07
22,42	(pc)		Santos			1 s17	Espinho	02.01
22,42	(pc)		Fernandes			3 s2	Pombal	14.02
22,42	(1,2)		Nascimento			1	Braga	09.06
22,42	(1,0)		Nascimento			1 s1	Guimarães	20.06
22,43	(0,0)		Silva			1	Luso	07.07
22,44	(-0,8)		Fernandes			1 el1	Lisboa (U)	17.01
22,44	(-0,1)		Baptista			3	Guimarães	11.07
22,46	(1,2)		Baptista			2 el3	Lisboa (U)	11.07
22,47	(0,8)	António	Brandão	08-09-92	ACBU	3	Luso	11.07
(10)								
22,55	(1,9)	Artur	Koshchuk	UKR 05-03-94	JV	7	Setúbal	04.07
22,56	(0,9)	Daniel	Mimoso	05-07-93	ACDRA	3 el3	Setúbal	04.07
22,66	(-0,6)	Pedro	Lopes	04-07-92	JV	1 s1	Leiria	16.05
22,68	(pc)	Tiago	Silvestre	18-06-91	SLB	3 s5	Pombal	24.01
22,70	(1,0)	Miguel	Semião	05-09-93	AAPL	2 s1	Guimarães	20.06
22,80	(pc)	Rui	Esteves	03-06-91	AAC	1 s1	Pombal	14.02
22,87	(0,8)	João	Portela	25-07-92	ADREP	1	Abrantes	13.06
22,90	(-1,1)	José	Viegas	01-03-93	GJPB	6 el3	Moscovo	22.05
22,92	(1,6)	José	Miranda	22-08-91	SLB	5 el2	Lisboa (U)	27.06
23,01	(0,3)	Luis	Neves	22-05-95	SLB	1	Lisboa (U)	16.05
(20)								
23,02	(0,5)	Paulo	Pinto	13-05-91	FCP	1 s2-ex	Faro	02.01
23,04	(pc)	Célio	Inácio	ANG 10-06-91	FCP	2 s17	Espinho	02.01
23,06	(pc)	Samuel	Remédios	24-02-92	GAF	1 s1	Pombal	07.03
23,06	(-0,1)	Miguel	Cabral	15-04-94	CAS	1 s1	Viseu	22.06
23,06	(-1,1)	João	Marques	23-03-92	JV	1	Leiria	07.07
23,09	(0,8)	Cláudio	Ferreira	23-07-94	ACBU	6	Luso	11.07
23,12	(2,0)	João	Gonçalves	93	AACC	2 s1	Seixal	11.07
23,12	(0,6)	Bruno	Andrade	CPV 28-02-92	SLB	4 s3	Lisboa (U)	14.07
23,15	(-1,4)	António	Jesus	23-03-92	GDE	2 s2	Ribeira Brava	17.01

23,18	(-0,6)	Ernane	Silva	GBS	19-09-92	GDSD	7	Lisboa (U)	17.01
<b>(30)</b>									
23,18	(1,2)	José Miguel	Pereira		22-07-91	FCP	4	Braga	09.06
23,18	(1,7)	Miguel	Roque		19-04-92	AAC	5 el2	Setúbal	04.07
23,21	(0,7)	Pedro	Cabral		10-03-93	CAT	1 s1	P. Delgada	29.05
23,22	(2,0)	Sérgio	Paulo		14-06-92	GRQL	4 s1	Seixal	11.07
23,26	(pc)	Filipe	Cunha		15-07-94	SLB	1 s2	Pombal	24.01
23,28	(1,0)	Cristian	Rosa		16-04-95	CNRM	6 s1	Guimarães	20.06
23,27	(0,0)	Roberto	Nóbrega		31-05-92	ADRAP	2 s3	Ribeira Brava	03.01
23,36	(-1,1)	João	Moniz		17-11-94	JV	3	Leiria	07.07
23,37	(pc)	Eliseu	Ribeiro		08-02-92	GJPB	2 s2	Pombal	24.01
23,41	(pc)	Pedro	Pinto Machado		14-11-91	FCP	3 s17	Espinho	02.01
<b>(40)</b>									
23,41	(2,0)	Francisco	Évora		11-12-91	Lavra	1 s2	Maia	16.06
23,44	(2,0)	Marcelino	Vieira		91	SCB	2 s2-ex	Maia	16.06
23,45	(-1,4)	Sérgio	Mendes		09-01-93	GDE	3 s2	Ribeira Brava	17.01
23,47	(-1,0)	Fernando	Almeida		10-10-92	GDE	3	Ribeira Brava	10.07
23,48	(1,9)	Fábio	Oliveira		09-01-92	CPA-S	ex	Viseu	27.06
23,49	(0,3)	Mamadú	Candé	GBS	06-04-93	SLB	2	Lisboa (U)	16.05
23,49	(1,2)	Hélder	Pinto		07-04-93	SCB	6	Braga	09.06
23,52	(-1,6)	Ricardo	Pinto		18-04-93	GRQL	2 s2-ex	Albufeira	26.06
23,54	(pc)	Miguel António	Silva		03-02-94	NAC	1 s1	Espinho	30.01
23,55	(1,0)	Bruno	Marques		30-04-92	NSF	2	Faro	12.06
<b>(50)</b>									
23,57	(0,4)	Tiago	Carvalho		08-07-92	CASM	5 el3	Lisboa (U)	17.01
23,57	(-0,8)	Miguel	Machado		04-03-91	COD	1	P. Delgada	11.07
23,61	(2,0)	João	Mosca		30-10-91	QFC	5 s1	Seixal	11.07
23,62	(0,5)	Davide	Caetano		07-06-94	CBF	2 s2-ex	Faro	02.01
23,62	(-0,5)	Luís	Silva		11-07-93	ESL	1 el2	Tours	09.07

\* - cidadão português desde Março 2010

Ao ar Livre:

23,03	(0,4)	Rui	Esteves		03-06-91	AAC	2 el1	Luso	11.07
23,35	(-0,1)	Filipe	Cunha		15-07-94	SLB	7 s2	Viseu	22.06
23,37	(-1,1)	Eliseu	Ribeiro		08-02-92	GJPB	3	Luso	09.05
23,45	(0,9)	Célio	Inácio	ANG	10-06-91	FCP	5 el3	Setúbal	04.07
23,60	(-0,6)	João	Marques		23-03-92	JV	3 s1	Leiria	16.05

Com marcas manuais

21,6	(0,5)	Aucuian	Lopes	GBS	06-03-91	SLB	1 A	Lisboa (I)	09.06
22,2	(0,5)	José	Miranda		22-08-91	SLB	2 A	Lisboa (I)	09.06
22,6	(0,5)	Bruno	Andrade	CPV	28-02-92	SLB	3 A	Lisboa (I)	09.06
22,8	(0,5)	Paulo	Gonçalves		22-06-92	SLB	4 A	Lisboa (I)	09.06
22,9	(0,0)	João	Marques		23-03-92	JV	1 el1	Leiria	07.07
23,1	(2,0)	Diogo	Antunes		92	SLB	2 el3	Lisboa (I)	09.06
23,1	(0,5)	Mamadú	Candé	GBS	06-04-93	SLB	5 A	Lisboa (I)	09.06
23,2	(0,5)	Ricardo	Garcia		25-04-93	ACRM	1 B	Lisboa (I)	09.06
23,2	(0,5)	António	Ferreira		22-04-93	CFB	2 B	Lisboa (I)	09.06

Com vento favorável > 2 m /s

22,23	(3,9)	André	Marques		20-11-92	UDZA	2 s2	Abrantes	10.06
22,23	(2,9)	Sérgio	Silva		31-07-92	CENAP	1 s1	Aveiro	14.07
22,49	(2,5)	Pedro	Lopes		04-07-92	JV	1 s1	Abrantes	30.05
22,65	(2,9)	Francisco	Casegas		07-01-92	CASM	2 s2	Lisboa (AL)	19.12.2009
22,67	(3,4)	João	Portela		25-07-92	ADREP	2	Aveiro	10.06
22,76	(2,9)	João	Martins		25-02-92	CASM	3 s2	Lisboa (AL)	19.12.2009
22,80	(2,8)	Rui	Esteves		03-06-91	AAC	2 s2	Abrantes	30.05
22,86	(3,4)	Eliseu	Ribeiro		08-02-92	GJPB	3	Aveiro	10.06
22,87	(2,7)	Cláudio	Ferreira		23-07-94	ACBU	2 el3	Luso	11.07
22,88	(2,2)	Bruno	Andrade	CPV	28-02-92	SLB	2 el2	Lisboa (U)	11.07
22,95	(2,9)	Miguel	Roque		19-04-92	AAC	3 s1	Aveiro	14.07
22,98	(2,4)	Paulo	Pinto		03-05-91	FCP	2 s2	Faro	30.06
23,08	(4,2)	Henrique Pedro	Água-Doce		25-09-94	BNSC	1	Elvas	26.06
23,15	(2,3)	Ricardo	Pinto		18-04-93	GRQL	1 s2	Guimarães	20.06
23,17	(3,9)	João	Marques		23-03-92	JV	4 s2	Abrantes	10.06
23,0	(2,7)	Mamadú	Candé	GBS	06-04-93	SLB	2 el1	Lisboa (I)	09.06
23,28	(2,3)	Hélder	Pinto		07-04-93	SCB	2 s2	Guimarães	20.06
23,32	(3,7)	João	Portela		25-07-92	ADREP	4 s2	P:Varzim	30.05
23,33	(2,9)	Eldon	Lopes		27-06-92	ACRM	4 s2	Lisboa (AL)	19.12.2009
23,1	(2,2)	Paulo	Oliveira		16-10-91	JDAL	1-ex	V.Novas	03.07
23,36	(3,3)	Marcelino	Vieira		91	SCB	2 s1	P:Varzim	30.05
23,37	(2,9)	Pedro	Ferreira		16-07-92	SLB	5 s2	Lisboa (AL)	19.12.2009
23,38	(3,3)	Tiago	Boucela		09-12-92	GRECAS	3 s1	P:Varzim	30.05
23,40	(4,7)	Miguel	Costa		02-09-94	ADREP	2	Aveiro	02.05
23,41	(3,4)	Hugo	Santos		05-01-91	CAR-S	4 s3	Abrantes	02.05
23,45	(3,4)	John	Martins		13-05-92	ADREP	6	Aveiro	10.06

23,45	(2,3)	José	Macedo		21-06-94	JUNI	3 s2	Guimarães	20.06
23,46	(2,3)	João	Barros	STP	25-05-93	SCP	4 s2	Guimarães	20.06
23,48	(3,4)	Ariel	Pereira		30-01-92	ADREP	1 s2-ex	Aveiro	02.05
23,50	(3,3)	João	Fernandes		03-03-91	SLB	2 s1	Lisboa (AL)	19.12.2009
23,52	(3,4)	Francisco	Villar		94	UDZA	5 s3	Abrantes	02.05
23,52	(3,6)	Luís	Camilo		10-10-92	CNRM	2	Abrantes	11.07
23,53	(2,3)	Francisco	Araújo		28-11-93	EBPGS	3	Braga	09.05
23,55	(5,2)	Guilherme	Pires		01-12-94	SCA	1 s1	Abrantes	02.05
23,59	(4,8)	Cláudio	Gonçalves		91	CSGaia	4 s1-ex	P:Varzim	30.05
23,60	(3,9)	Fábio	Oliveira		09-01-92	CPA-S	6 s2	Abrantes	10.06
23,64	(3,7)	Pedro	Pinto Machado		14-11-91	FCP	5 s2	Lisboa (U)	30.05
23,4	(3,4)	Obian	Costa		91	CIAIA	s2-ex	Lisboa (I)	09.06
23,64	(4,2)	Roberto	Antunes		21-04-92	JDN	2	Elvas	26.06

#### 400 Metros (até 52,64/49,99) CNJ 51,5/51,64

48,33		José	Miranda		22-08-91	SLB	2	Lisboa (U)	26.06
48,43		Paulo	Pinto		03-05-91	FCP	3	Lisboa (U)	26.06
48,87			Miranda				2	Lisboa (U)	12.06
49,17		Jorge	Batista		06-06-91	ADREP	5	Lisboa (U)	26.06
49,19			Pinto				2	Leiria	17.07
49,23	(pc)		Pinto				4 s4	Espinho	06.02
49,25			Miranda				2 s1	Leiria	22.05
49,32			Batista				1 s1	Luso	16.06
49,39			Pinto				3 s1	Leiria	22.05
49,40	(pc)		Pinto				1	Espinho	28.02
49,48	(pc)		Pinto				2 s2	Pombal	13.02
49,64			Miranda				1 s1	Maia	19.05
49,64	(pc)	Diogo Filipe	Santos		03-05-91	FCP	1 s2	Espinho	31.01
49,70		Bruno	Andrade	CPV	28-02-92	SLB	4 s1	Lisboa (U)	10.07
49,79	(pc)		Pinto				1 s2	Pombal	09.01
49,83			Pinto				1 s2-ex	Albufeira	13.06
49,94	(pc)	Diogo F.	Santos				1 s1	Pombal	21.02
49,94	(pc)	Diogo F.	Santos				2 s1	Pombal	20.02
49,96	(pc)		Pinto				3 s1	Pombal	20.02
50,13		Sérgio	Silva		31-07-92	CENAP	2 s1	Luso	16.06
50,45	(pc)	Hugo	Santos		05-01-91	CAR-S	3 s2	Pombal	31.01
50,48		André	Marques		20-11-92	UDZA	1 s1	Leiria	15.05
50,61		Hugo	Silva		04-01-91	CSM	1 s2	Ribeira Brava	16.01
50,63		Roberto	Nóbrega		31-05-92	ADRAP	2 s2	Ribeira Brava	16.01
(10)									
50,64		Yannick	Medina	CPV	24-10-91	GRQL	1 s1	Setúbal	03.07
50,78		Hugo	Coutinho		12-03-93	AAPL	1 s1	Seixal	10.07
50,86		Eliseu	Ribeiro		08-02-92	GJPB	2 s1	Aveiro	03.06
50,98		Miguel	Roque		19-04-92	AAC	4	Lisboa (U)	12.06
51,10		Bruno	Marques		30-04-92	NSF	2 s2	Lisboa (U)	29.05
51,20		David	Santinho		28-08-91	GDRCC	3 s2	Lisboa (U)	29.05
51,22		Diego	Mateus Manjate	MOZ	16-08-91	FCP	3 s2	Leiria	22.05
51,27	(pc)	Thibaut	Junqueira		17-02-92	2AP	1 s1	Espinho	06.02
51,42		Francisco	Évora		11-12-91	Lavra	3 s1	Guimarães	10.07
51,49		Rui	Matos		09-09-92	CENAP	1 s2	Luso	16.06
(20)									
51,52		A Miguel	Cabral		15-04-94	CAS	1 s2	Guarda	25.07
51,58		Ricardo	Fernandes**		01-01-91	JOMA	2 s2	Lisboa (U)	10.07
51,60		David	Uphill Mateus		91	CRDS	2-ex	Faro	19.05
51,74		Bruno	Duarte		16-07-92	CPC	2	Seixal	04.02
51,87		Samuel	Remédios		24-02-92	GAF	d	Lisboa (U)	22.05
52,05		José	Rocha		17-08-92	CENAP	2 s2	Luso	16.06
52,10		Alexandre	Gameiro		04-05-92	CPA-S	3 s2	Luso	16.06
52,15		Diogo	Miranda		31-07-92	CCDR	2	Braga	07.07
52,23	(pc)	António	Jesus		23-03-92	GDE	1 s1	Pombal	13.02
52,28		Sérgio	Pinho		30-07-92	NSSM	2	P.Delgada	10.07
(30)									
52,29	(pc)	Miguel António	Silva		03-02-94	NAC	2 s1	Espinho	13.02
52,31	(pc)	John	Martins		13-05-92	ADREP	2 s1	Espinho	09.01
52,36		Mamadú	Candé	GBS	06-04-93	SLB	4 s2	Lisboa (U)	10.07
52,39		Pedro	Cabral		10-03-93	CAT	1 s1	P.Delgada	27.05
52,41		Diogo	Silva		07-11-91	CBF	2 s2	V.R.S.Amtónio	16.01
52,48		António	Almeida		07-01-92	CNRM	1 s2	Abrantes	10.07
52,52		Henrique	Marques		22-06-93	GS-RC	1 s1	Leiria	23.06
52,55		Nuno	Coelho		93	FCP	1 s2	Maia	16.06
52,58	(pc)	Kevin	Gaspar		15-03-91	ACV	1 s3	Pombal	16.01
52,58		Fábio	Oliveira		09-01-92	CPA-S	2-ex	Viseu	26.06
(40)									
52,61		Tiago	Monteiro Silva		92	CENAP	2 s2	Luso	30.06
52,63		Pedro	Lopes		04-07-92	JV	4 s1	Rieti	18.09
52,64		José Miguel	Pereira		22-07-91	FCP	2 s1	P.Varzim	02.06

\*\* - cidadão português desde Junho 2010

Ao ar Livre:

50,61	Hugo	Santos	05-01-91	CAR-S	1 s2	Alcanena	07.03
50,90	Diogo Filipe	Santos	03-05-91	FCP	1 s1	P.Varzim	24.04
51,55	André	Marques	20-11-92	UDZA	d	Rio Maior	24.04
51,57	Thibaut	Junqueira	17-02-92	2AP	6 s2	Leiria	22.05
52,34	John	Martins	13-05-92	ADREP	4 s2	Luso	16.06

#### Com marcas manuais

48,7	Bruno	Fernandes	26-05-91	SLB	1 s1	Lisboa(AL)	19.06
49,6	Hugo	Silva	04-01-91	CSM	1 s3	Machico	09.06
50,5	Miguel	Cabral	15-04-94	CAS	2	Maputo	05.08
52,5	Obian	Costa	91	CIAIA	1-ex	Beja	27.06
52,5	Miguel	Moreira	04-02-91	AAPGL	5 s1	Lisboa(AL)	19.06

#### 800 Metros ( até 2.02,44/1.53,0) CNJ 2.00,00

1.50,94	Jorge	Batista	06-06-91	ADREP	3 s1-ex	Lisboa (I)	03.06
1.51,00		Batista			6 el3	Moncton	23.07
1.51,75		Batista			1 s2	Lisboa (U)	27.06
1.51,81	Miguel	Moreira	04-02-91	AAPGL	2 s2	Lisboa (U)	27.06
1.52,19		Moreira			4 s1	Lisboa (U)	11.07
1.52,91	(pc)	Batista			2 s4	Espinho	07.02
1.54,32		Junqueira	17-02-92	2AP	3	Viseu	22.06
1.54,52	Emanuel	Rolim	03-01-93	SLB	1 s2	Lisboa (U)	11.07
1.55,26	Ricardo Alexandre	Fernandes	04-07-91	JV	2 s1	Maia	19.05
1.55,3	Hugo	Coutinho	12-03-93	AAPL	1	Setúbal	16.05
1.55,35	Samuel	Barata	19-07-93	GDACB	2 s2	Guimarães	20.06
1.55,52	Paulo	Pinto	03-05-91	FCP	3 s3	Setúbal	04.07
1.55,73	Eusébio	Oliveira	20-07-93	ADAM	3 s2	Guimarães	20.06
1.55,82	João	Leal	04-04-91	JV	2 s2	Leiria	07.07
(10)							
1.56,27	(pc)	Hugo	05-01-91	CAR-S	6 s4	Espinho	07.02
1.56,51		Loureiro	17-05-92	OCL	2	Faro	30.06
1.56,59	Diego	Mateus Manjate	MOZ 16-08-91	FCP	3	P.Varzim	30.05
1.56,60	José	Martins	10-02-92	SLB	1 s2	Setúbal	04.07
1.56,84	Sérgio	Teixeira	24-02-94	CSGaia	1 s1	Guimarães	20.06
1.56,87	Lúis	Fernandes	11-12-93	LPSC	3 s2-ex	Lisboa (I)	03.06
1.57,22	João	Caeiro	06-11-93	CNALV	5 s2	Guimarães	20.06
1.57,22	José	Rocha	17-08-92	CENAP	3 s1	Lisboa (U)	27.06
1.57,42	Pedro Alexandre	Santos	12-04-95	CPC	2 s1	Guimarães	20.06
1.57,63	Paulo	Lima	93	ADRAP	3	Lisboa (U)	13.06
(20)							
1.57,67	Rúben	Felizardo	17-06-91	CAS	4	Viseu	22.06
1.57,72	João	Bernardo	06-09-93	GS-RC	2	Leiria	07.07
1.57,73	Francisco	Rodrigues	24-05-95	GRAC	3 s1	Guimarães	20.06
1.57,9	Sérgio	Pinho	30-07-92	NSSM	2	Lajedo	20.01
1.57,90	Diogo Mesquita	Santos	27-09-92	SLB	2	Albufeira	26.06
1.57,92	Wilson	Connriott	05-11-93	ACV	7 s2	Guimarães	20.06
1.57,96	Helder	Costa	95	GRAC	4 s1	Guimarães	20.06
1.57,98	Ruben Manuel	Laurindo	30-03-94	CAO-F	4	Albufeira	26.06
1.58,59	Fábio	Rebelo	11-04-91	AAPGL	7 s3	Setúbal	04.07
1.58,27	Andreilino	Furtado	CPV 02-10-92	EBMDS	3 s2	Lisboa (U)	11.07
(30)							
1.58,31	Tiago	Silva	07-11-92	SLB	4 s2-ex	Lisboa (I)	03.06
1.58,57	João	Cruz	12-04-94	MAC	1	Ourense	29.05
1.58,62	José João	Santos	30-07-93	SFRAA	4 s2	Lisboa (U)	11.07
1.59,01	David	Santinho	28-08-91	GDRCC	2 s1	Setúbal	04.07
1.59,08	Lúis	Silva	23-12-92	SLB	2 s1-ex	Aveiro	20.06
1.59,40	Rui	Matos	09-09-92	CENAP	2	Aveiro	14.07
1.59,6	Aider	Mohamed	MOZ 27-03-91	MCP	1 S1	Lisboa (I)	09.06
1.59,89	António	Rocha	04-08-92	CDD	1 s1-ex	Aveiro	10.06
2.00,1	Ruben	Parreira	11-04-95	EBMDS	1	P.S.Iria	10.06
2.00,13	Dinarte	Gomes	11-05-91	AJS	4 s1	Setúbal	04.07
(40)							
2.00,16	Tiago	Santos	07-12-93	AATC	5 s1	Guimarães	20.06
2.00,18	Carlos	Teixeira	09-01-93	FCPAR	1 s2	Maia	30.06
2.00,22	Ángelo	Guerra	20-05-93	CABB	2 s1	Sobreda	07.07
2.00,28	Hugo	Silva	04-01-91	CSM	1	Ribeira Brava	03.01
2.00,5	Bruno	Varela	CPV 30-10-94	NO	1 s1	Lisboa (AL)	24.04
2.00,55	Fernando	Pinto	12-01-94	SCB	3	Braga	07.07
2.00,7	Bruno	Taveira	19-01-92	SLB	5 s1	Lisboa (U)	17.01
2.00,83	Adrião	Rodrigues	16-03-93	NAC	1 s1	Aveiro	16.05
2.00,9	Ruben	Silva	16-05-93	NO	2 s1	Lisboa (AL)	24.04
2.01,07	(pc)	Ricardo	18-10-91	FCP	2 s2	Pombal	24.01
(50)							
2.01,16	Alexandre	Teixeira	BRA 13-02-92	FCPAR	1 s2	Guimarães	11.07
2.01,32	(pc)	Daniel	CPV 29-05-91	GRQL	7	Pombal	30.01
2.01,35	(pc)	Kevin	15-03-91	ACV	6	Pombal	31.01
2.01,40	André	Silva	31-05-92	LFC-F	10 s1	Maia	19.05
2.01,43	Fábio	Silva	11-11-91	GRECAS	3 s1	Aveiro	10.06
2.01,43	Tiago	Silva	07-05-94	NAC	8	Lisboa(U)	13.06
2.01,48	José João	Pereira	10-03-95	NSF	2	Quarteira	16.05

2.01,49		João	Pires	09-03-92	GJPB	2 s1	Luso	07.07
2.01,58	(pc)	Sérgio	Pinho	30-07-92	NSSM	5 s2	Espinho	07.02
2.01,68		Manuel	Fernandes	16-03-92	CSM	8	Lisboa (U)	13.06
<b>(60)</b>								
2.01,68		Fernando	Serrão	03-04-93	UDCA	3 s1	Guimarães	11.07
2.02,27		Francisco	Claudino	07-08-92	MCP	2	Setúbal	14.07
2.02,4		Paulo	Alves	15-05-93	CDUL	3 s1	Lisboa (AL)	24.04

**Ao ar Livre:**

1.57,40		Hugo	Santos	05-01-91	CAR-S	1 s1	Leiria	16.05
2.01,88		Daniel	Fortes	CPV 29-05-91	GRQL	2	Seixal	16.01

**1500 Metros ( até 4.13,00/3.56,00) CNJ 4.09,00**

3.46,46		Miguel	Moreira	04-02-91	AAPGL	7 el3	Moncton	20.07
3.47,57		Emanuel	Rolim	03-01-93	SLB	4	Leiria	17.07
3.47,62			Moreira			2 s1	Leiria	22.05
3.48,92		Rui	Pinto	18-11-92	UDV	6 s1	Leiria	22.05
3.49,74			Pinto			1	Lisboa (U)	26.06
3.49,81			Rolim			5	Lisboa (U)	14.07
3.50,43			Pinto			10	Alcala de Henares	10.07
3.50,97			Pinto			1 sA	Cáceres	30.06
3.52,81	(pc)		Pinto			6	Espinho	27.02
3.54,34	(pc)		Pinto			1 s2	Pombal	23.01
3.54,34			Rolim			4	Lisboa (U)	10.07
3.55,08			Rolim			4 sA	Cáceres	30.06
3.55,44		José	Costa	30-04-91	FCP	1 s1	Maia	16.06
3.55,92			Costa			1	P.Varzim	29.05
3.56,87		Rúben	Felizardo	17-06-91	CAS	5	Lisboa (U)	26.06
3.58,35		Samuel	Barata	19-07-93	GDACB	5 sA	Cáceres	30.06
3.59,47	(pc)	Nuno	Santos	07-01-92	ARCVR	2 s2	Pombal	23.01
3.59,96	(pc)	Ricardo Alexandre	Fernandes	04-07-91	JV	8	Espinho	06.02
4.01,15		José João	Santos	30-07-93	SFRAA	5	Lisboa (U)	10.07
4.01,56		Jorge	Batista	06-06-91	ADREP	1	Luso	10.07
<b>(10)</b>								
4.02,18		João	Leal	04-04-91	JV	6 s2	Leiria	22.05
4.02,50		José	Martins	10-02-92	SLB	7 s2	Leiria	22.05
4.02,63	(pc)	Diogo	Lourenço	23-01-92	CAOV	7 s1	Braga	16.01
4.02,92		Fábio	Rebelo	11-04-91	AAPGL	4	Setúbal	03.07
4.02,7		Manuel	Fernandes	16-03-92	CSM	1	Machico	09.06
4.02,88		João	Bernardo	06-09-93	GS-RC	2 s1	Leiria	23.06
4.04,01		Diego	Mateus Manjate	MOZ 16-08-91	FCP	7	Setúbal	03.07
4.04,39		António	Rocha	04-08-92	CDD	9 s2	Leiria	22.05
4.04,53		João	Cruz	12-04-94	MAC	8	Setúbal	03.07
4.05,25	(pc)	João	Pires	09-03-92	GJPB	4	P.Varzim	29.05
<b>(20)</b>								
4.05,46		Andreilino	Furtado	CPV 02-10-92	EBMDS	11	Lisboa (U)	14.07
4.05,96		Lúis	Fernandes	11-12-93	LPSC	12	Lisboa (U)	14.07
4.06,36	(pc)	André	Silva	31-05-92	LFC-F	2 s1	Braga	06.02
4.06,68		Adrião	Rodrigues	16-03-93	NAC	3	Luso	23.05
4.06,96		Fernando	Serrão	03-04-93	UDCA	2 s1	Guimarães	10.07
4.07,42		Hugo	Correia	17-11-91	AAPGL	7	Lisboa (U)	10.07
4.07,55		João	Ramos	23-01-92	SCB	6	Vigo	10.07
4.07,66		Emanuel	Loureiro	17-05-92	OCL	3	V.R.S.António	16.01
4.08,34		José Nuno	Paulo	24-07-93	ACDSJ	4	Machico	23.06
4.08,41	(pc)	Joaquim	Sousa	04-01-91	CBPAR	3 s1	Braga	06.02
<b>(30)</b>								
4.08,56	(pc)	Lúis Miguel	Borges	04-10-94	CBPAR	4 s1	Braga	06.02
4.08,63		Eusébio	Oliveira	20-07-93	ADAM	1	Guimarães	19.06
4.09,08		Lúis	Silva	23-12-92	SLB	2-ex	P.Varzim	02.06
4.09,2		João	Caeiro	06-11-93	CNALV	1	Beja	24.04
4.09,30		Isaac	Gonçalves	23-08-92	GDRC	1	Lisboa (AL)	08.06
4.09,52		Wilson	Conniott	05-11-93	ACV	3 s1	Leiria	23.06
4.09,83		José	Rocha	17-08-92	CENAP	1	Aveiro	03.06
4.10,02	(pc)	Ricardo	Teixeira	05-09-92	FCP	3 s2	Braga	16.01
4.10,59	(pc)	Fábio	Silva	11-11-91	GRECAS	1 s2	Espinho	02.01
4.10,8		Paulo	Lima	93	ADRAP	2	Machico	09.06
<b>(40)</b>								
4.11,44		Diogo Mesquita	Santos	27-09-92	SLB	13 s2	Leiria	22.05
4.11,55		Thibaut	Junqueira	17-02-92	2AP	2	Leiria	15.05
4.11,66	(pc)	Ricardo	Coroa	18-10-91	FCP	11 s2	Pombal	23.01
4.12,03		Pedro	Quina	19-12-91	GRQL	2 s1	Seixal	12.12.2009
4.12,08		Ângelo	Ribeiro	18-06-93	GDUC	2	Braga	07.07
4.12,3	(pc)	Hugo	Santos	05-01-91	CAR-S	1 s1	Pombal	12.12.2009
4.12,33		Pedro Alexandre	Santos	12-04-95	CPC	ex	Leiria	09.06
4.12,58		Helder	Costa	95	GRAC	7	Guimarães	19.06
4.12,89		Dinarte	Gomes	11-05-91	AJS	2	Ribeira Brava	09.07

**Ao ar Livre:**



4.05,71		Diogo Lourenço	23-01-92	CAOV	3 s1-ex	Guimarães	17.04
4.00,50		Ricardo Alexandre Fernandes	04-07-91	JV	4	Abrantes	10.06
4.07,58		João Pires	09-03-92	GJPB	2	Luso	08.05
4.08,01		André Silva	31-05-92	LFC-F	4 s1-ex	Guimarães	17.04
4.10,89		Adrião Rodrigues	16-03-93	NAC	3	Luso	08.05
4.11,00		João Cruz	12-04-94	MAC	1	Maia	24.04
4.11,41		Luís Miguel Borges	04-10-94	CBPAR	3 s1	Guimarães	10.07

### 3000 Metros ( até 9.15,00/8.45,00) CNJ 8.58,00

8.13,94		José Costa	30-04-91	FCP	2 s1	Maia	19.05
8.22,69	(pc)				1	Espinho	07.02
8.26,01	(pc)	Nuno Santos	07-01-92	ARCVR	5	Espinho	07.02
8.29,31	(pc)				3	Pombal	14.02
8.29,69	(pc)	Rui Pinto	18-11-92	UDV	1	Pombal	24.01
8.32,26		Rúben Felizardo	17-06-91	CAS	4 s1	Luso	16.06
8.33,33	(pc)				1-ex	Braga	20.12.2009
8.33,90		José João Santos	30-07-93	SFRAA	ex	Luso	07.07
8.35,21	(pc)				2	Pombal	24.01
8.37,36	(pc)	Diogo Lourenço	23-01-92	CAOV	2 s1	Braga	17.01
8.37,82		Adrião Rodrigues	16-03-93	NAC	4	Luso	07.07
8.37,84					7 s1	Maia	19.05
8.39,44		Manuel Fernandes	16-03-92	CSM	7	Luso	23.05
8.40,47	(pc)				3	Pombal	24.01
8.40,85	(pc)				ex	Pombal	17.01
8.41,01		Luís Miguel Borges	04-10-94	CBPAR	10 s1	Maia	19.05
8.42,53	(pc)				4	Pombal	24.01
8.42,6					3 s1	Lisboa (AL)	02.05
8.43,12	(pc)				5	Pombal	24.01
8.43,36	(pc)				11	Espinho	07.02
8.47,7		Miguel Moreira	04-02-91	AAPGL	4 s1	Lisboa (AL)	02.05
(10)							
8.50,5		Nuno Cardoso	91	GDRC	6 s1	Lisboa (AL)	02.05
8.51,51		Fábio Silva	11-11-91	GRECAS	6 s1	Luso	16.06
8.53,07	(pc)	João Leal	04-04-91	JV	8	Pombal	24.01
8.53,69		Emanuel Loureiro	17-05-92	OCL	4	Quarteira	13.05
8.53,9		Isaac Gonçalves	23-08-92	GDRC	7 s1	Lisboa (AL)	02.05
8.54,83	(pc)	Pedro Santos	09-10-92	JV	4	Pombal	17.01
8.54,9		Hugo Correia	17-11-91	AAPGL	8 s1	Lisboa (AL)	02.05
8.56,85	(pc)	Gonçalo Jesus	04-01-92	GS-RC	10	Pombal	24.01
8.57,3		João Pedro dos Santos	26-06-93	NO	2	Lisboa (I)	09.06
8.58,94		André Silva	31-05-92	LFC-F	2	Braga	09.06
(20)							
8.59,83		João Cruz	12-04-94	MAC	1 A	Leiria	06.06
9.00,08		Fernando Serrão	03-04-93	UDCA	3	Braga	09.06
9.01,69	(pc)	Joaquim Sousa	04-01-91	CBPAR	11	Pombal	24.01
9.02,03		Alexandre Santos	17-01-93	NO	1	Lisboa (U)	15.05
9.02,34		Luís Fernandes	11-12-93	LPSC	2	Tours	10.07
9.08,23		Ivan Ferreira	91	CRCDL	6	Quarteira	13.05
9.08,62		Paulo Mendes	92	GDUC	4	Braga	09.06
9.09,02		Tiago Silva	07-05-94	NAC	1	Aveiro	01.05
9.09,70	(pc)	José Martins	10-02-92	SLB	12	Pombal	24.01
9.10,45	(pc)	Pedro Miguel Faria	29-10-92	FCV	1 s2	Braga	17.01
(30)							
9.10,54		Tiago André Pereira	21-10-92	CBF	1	Faro	27.03
9.10,71		David Cunha	91	UDV	5	Braga	09.06
9.10,9		Alexandre Nunes	18-09-91	GDRC	5	Lisboa (I)	09.06
9.12,2		José Miguel Neves	09-07-92	JV	1	Leiria	16.05
9.13,2		Ruben Silva	16-05-93	NO	10 s1	Lisboa (AL)	02.05
9.13,8		Andreilino Furtado	CPV 02-10-92	EBMDS	2 s2	Lisboa (AL)	02.05

### Ao ar Livre:

8.49,3		Nuno Santos	07-01-92	ARCVR	1	Lisboa (I)	09.06
8.51,89		Rui Pinto	18-11-92	UDV	1	Setúbal	04.07
8.53,81		Adrião Rodrigues	16-03-93	NAC	4	Setúbal	04.07
8.55,83		Diogo Lourenço	23-01-92	CAOV	1	Braga	09.06
8.57,91		Fábio Silva	11-11-91	GRECAS	1	Luso	09.05
9.00,6		Gonçalo Jesus	04-01-92	GS-RC	2-ex	Luso	02.05

### 5000 Metros ( até 16.30,00/15.00,00) CNJ 16.10,00

14.21,91		José Costa	30-04-91	FCP	2	Maia	30.06
14.22,47		Rui Pinto	18-11-92	UDV	1	Viseu	22.06
14.24,65		Nuno Santos	07-01-92	ARCVR	3	Maia	30.06
14.52,07					1	Lisboa (AL)	08.06
14.59,58		Hugo Correia	17-11-91	AAPGL	2	Lisboa (AL)	08.06
15.21,21		Rúben Felizardo	17-06-91	CAS	5	Luso	10.07
15.39,31		Diogo Lourenço	23-01-92	CAOV	2	Guimarães	10.07
15.39,61		Pedro Santos	09-10-92	JV	3	Leiria	07.07
15.39,62		Gonçalo Jesus	04-01-92	GS-RC	1	Luso	08.05
15.39,87		Fábio Silva	11-11-91	GRECAS	5	P.Varzim	29.05

15.40,95 (10)	Emanuel	Loureiro	17-05-92	OCL	6	Lisboa (U)	29.05
16.01,75	Alexandre	Nunes	18-09-91	GDRC	3	Lisboa (AL)	08.06
16.07,60	Pedro Miguel	Faria	29-10-92	FCV	2	P.Varzim	02.06
16.13,10	André	Costa	25-10-92	ACRC	5	Viseu	22.06
16.15,47	João	Leal	04-04-91	JV	1	Leiria	15.05
16.23,69	Adelino	Oliveira	03-05-91	ACRC	6	Viseu	22.06
16.26,01	Ilídio	Dias	22-05-92	ACV	7	Leiria	07.07

### 10000 Metros ( até 38.00,00)

30.06,27	José	Costa	30-04-91	FCP	1	Braga	08.05
34.33,56	Valter	Laranjeira	02-04-91	ACDCVC	6	Luso	10.04
35.17,96	Nuno	Pinho	25-09-92	JAM	7	Luso	10.04
36.12,68	Tiago	Ferreira	29-10-91	CFUL	8	Luso	10.04
36.20,93	Ilídio	Dias	22-05-92	ACV	6	Rio Maior	24.04
37.34,97	Rafael	Lopes	02-01-92	GDCCP	11	Luso	10.04
37.48,03	Vasco	Marta	91	MGBUOOS	9	Guimarães	10.07

### 3000 met-obstáculos ( até 10.40,00/9.25,0) CNJ 10.15,00

9.16,59	Diogo	Lourenço	23-01-92	CAOV	2	V.Castelo	24.06
9.21,04	Pedro	Santos	09-10-92	JV	8	Leiria	22.05
9.32,30	Manuel	Fernandes	16-03-92	CSM	2	Setúbal	04.07
9.38,89	Rúben	Felizardo	17-06-91	CAS	3	Setúbal	04.07
9.44,22	Emanuel	Loureiro	17-05-92	OCL	4	Setúbal	04.07
9.45,28	João	Pires	09-03-92	GJPB	1	Luso	09.05
9.56,45	Diego	Mateus Manjate	MOZ 16-08-91	FCP	6	Setúbal	04.07
10.03,44	André	Costa	25-10-92	ACRC	7	P.Varzim	30.05
10.08,5	Homilzio	Santos	STP 10-07-92	SLB	1	Lisboa (I)	09.06
10.09,29	Ricardo	Teixeira	05-09-92	FCP	8	P.Varzim	30.05
(10)							
10.12,56	Pedro Miguel	Faria	29-10-92	FCV	1	Braga	09.06
10.14,05	Nuno	Pinho	25-09-92	JAM	1	Aveiro	10.06
10.15,29	Helton	Leal	CPV 22-08-92	GRQL	8	Lisboa (U)	30.05
10.16,36	Pedro	Pontes	91	UDCA	2	Lisboa (I)	09.06
10.18,02	Tiago	Ferreira	29-10-91	CFUL	5	Luso	07.07
10.28,48	André	Faria	92	CAOV	4	Guimarães	11.07
10.33,57	Miguel	Teixeira	91	CUAB	3	Abrantes	11.07
10.34,21	Adelino	Oliveira	03-05-91	ACRC	7	Luso	11.07
10.34,73	Joel	Marques	91	ACV	2	Leiria	23.06
10.35,82	Tiago André	Pereira	21-10-92	CBF	2	Quarteira	23.05

### 110 Metros Barreiras (1/0,99) ( até 17,74/14,84) CNJ 16,7/16,94

14,94	(1,4)	Samuel	Remédios	24-02-92	GAF	1 s1-ex	Lisboa (I)	03.06
15,07	(-0,4)	Hélio	Vaz	01-05-91	NDCG	d	Guarda	18.04
15,11	(1,4)	Ricardo	Fernandes**	CPV 01-01-91	JOMA	2 s1-ex	Lisboa (I)	03.06
15,25	(-0,3)	João	Fontela	07-08-91	CCSJM	1	Luso	09.05
15,53	(1,4)	David	Cerqueira	03-02-92	EBMDS	3 s1-ex	Lisboa (I)	03.06
15,73	(0,0)	Ricardo	Mendes	30-05-94	JV	1	Leiria	16.05
15,74	(1,4)	João	Martins	25-02-92	CASM	4 s1-ex	Lisboa (I)	03.06
15,78	(-0,2)	Edgar	Azevedo	10-03-91	Lavra	1	Braga	09.06
15,79	(-1,0)	Hugo	Espírito Santo	30-05-93	SCP	2	Lisboa (AL)	08.06
16,12	(0,0)	Ernest	Kibungu	CGO 03-07-92	ACV	2	Leiria	16.05
(10)								
16,25	(-1,0)	Paulo	Conceição	29-12-93	EBMDS	3	Lisboa (AL)	08.06
16,34	(0,0)	Daniel	Dias	10-11-92	ASJC	d	Rio Maior	25.04
16,44	(0,2)	Bruno	Costa	03-05-92	FCP	d	Luso	25.04
16,44	(-0,3)	Tiago	Boucela	09-12-92	GRECAS	2	Luso	09.05
16,46	(1,1)	Kévin	dos Santos	20-03-93	ACV	2 el1	Leiria	16.05
16,61	(0,5)	João	Tomé	07-03-92	ACRM	2 s2-ex	Lisboa (I)	03.06
16,61	(0,5)	Miguel	Pedro	ANG 10-12-92	EBMDS	3 s2-ex	Lisboa (I)	03.06
16,73	(-0,2)	Anselmo	Ramos	06-05-92	CDP	2	Braga	09.06
16,79	(1,2)	Pedro	Picado	08-09-92	JDN	d	Rio Maior	25.04
16,82	(0,0)	Roman	Leyukh	UKR 26-10-92	A20Km	2	Leiria	16.05
(20)								
16,83	(0,5)	Matias	Damião	10-06-93	JOMA	4 s2-ex	Lisboa (I)	03.06
16,84	(-1,9)	José Décio	Faria	23-07-91	AJS	1-ex	Ribeira Brava	14.07
16,92	(-2,8)	Jonhy	Machado	03-09-91	ADA	d	Lisboa (U)	23.05
16,93	(1,2)	João	Gonçalves	24-05-91	AJS	d	Machico	25.04
16,94	(-2,8)	Ricardo	Santos	01-05-92	CBF	d	Lisboa (U)	23.05
17,09	(-0,2)	Joaquim	Moreira	30-01-93	CDP	3	Braga	09.06
17,19	(-1,0)	Luís Miguel	Santos	06-07-93	OCL	1	Quarteira	23.05
17,24	(-0,3)	Ruben	Lopes	30-01-92	GRECAS	3	Luso	09.05
17,28	(1,4)	Duarte	Silva	05-10-92	CDDR	1-ex	Guimarães	22.05
17,49	(0,2)	Carlos	Resende	10-09-92	NAC	d	Luso	25.04
(30)								
17,53	(0,0)	Pedro	Ferreira	02-11-92	CPA-S	1 el2	Leiria	16.05
17,66	(0,2)	João	Bento	09-04-92	ACRDE	d	Luso	25.04
17,70	(-3,0)	Hugo	Silva	04-01-91	CSM	1	Machico	16.06

\*\* - cidadão português desde Junho 2010

**Com marcas manuais**

15,6	(-2,6)	André	Costa		09-05-92	GDRCC	1	Seixal	22.05
16,3	(1,0)	Raúl	Fernandes	ANG	22-04-92	SCP	1-ex	Lisboa (I)	11.04
16,4	(-0,9)	Samuel	Lemos		07-05-94	CAT	1	A.Heroísmo	26.06
16,5	(-2,6)	Daniel	Dias		10-11-92	ASJC	ex	Seixal	22.05
16,6	(1,0)	Miguel	Pedro	ANG	10-12-92	EBMDS	2-ex	Lisboa (I)	11.04

**Com vento favorável > 2 m /s**

14,39	(2,2)	Hélio	Vaz		01-05-91	NDCG	1	Setúbal	03.07
14,58	(2,2)	João	Fontela		07-08-91	CCSJM	2	Setúbal	03.07
14,67	(2,2)	Samuel	Remédios		24-02-92	GAF	3	Setúbal	03.07
14,83	(2,2)	Hugo	Espírito Santo		30-05-93	SCP	4	Setúbal	03.07
14,84	(2,2)	Ricardo	Fernandes*		01-01-91	JOMA	5	Setúbal	03.07
15,10	(2,2)	André	Costa		09-05-92	GDRCC	6	Setúbal	03.07
15,21	(2,9)	André	Lima		19-04-91	SCP	2 el3	Setúbal	03.07
15,48	(3,2)	David	Cerqueira		03-02-92	EBMDS	2 el1	Setúbal	03.07
15,54	(3,2)	Daniel	Dias		10-11-92	ASJC	3 el1	Setúbal	03.07
15,56	(2,9)	João Paulo	Raposo		24-09-94	CEDA	4 el3	Setúbal	03.07
15,70	(3,3)	Paulo	Conceição		29-12-93	EBMDS	4 el2	Setúbal	03.07
15,76	(2,9)	Raúl	Fernandes	ANG	22-04-92	SCP	5 el3	Setúbal	03.07
15,78	(3,2)	João	Lopes Rocha		15-04-92	SLB	4 el1	Setúbal	03.07
15,85	(3,2)	Kévin	dos Santos		20-03-93	ACV	6 el1	Setúbal	03.07
16,13	(3,3)	João	Tomé		07-03-92	ACRM	5 el2	Setúbal	03.07
16,48	(3,2)	João	Gonçalves		24-05-91	AJS	7 el1	Setúbal	03.07
16,66	(3,2)	Samuel	Lemos		07-05-94	CAT	8 el1	Setúbal	03.07
16,91	(2,9)	Miguel	Pedro	ANG	10-12-92	EBMDS	6 el3	Setúbal	03.07
17,01	(2,6)	Fábio	Verde		21-02-93	ADA	1	A.Valdevez	30.05
17,55	(3,3)	Carlos	Patrício		20-03-91	OCL	7 el2	Setúbal	03.07

**110 Metros Barreiras (1,06) ( até 17,74) CNJ 16,7/16,94**

14,81	(1,2)	Hélio	Vaz		01-05-91	NDCG	1	Seia	19.06
15,02	(-1,0)	João	Fontela		07-08-91	CCSJM	2	Luso	30.06
15,09	(0,9)		Vaz				3 el1	Leiria	17.07
15,12	(0,7)		Vaz				6	Leiria	17.07
15,23	(0,9)	Samuel	Remédios		24-02-92	GAF	4 el1	Leiria	17.07
15,24	(-0,4)	A	Vaz				1-ex	Guarda	01.05
15,67	(0,9)	Ricardo	Fernandes**		01-01-91	JOMA	5 el2	Leiria	17.07
15,73	(0,3)	Hugo	Espírito Santo		30-05-93	SCP	3	Lisboa (U)	10.07
15,81	(1,5)	André	Costa		09-05-92	GDRCC	ex	Lisboa(AL)	20.06
16,01	(-3,4)	Hugo	Silva		04-01-91	CSM	2-ex	Machico	15.05
16,13	(0,3)	João Paulo	Raposo		24-09-94	CEDA	1	P.Delgada	10.07
16,18	(1,7)	João	Martins		25-02-92	CASM	6 s1	Lisboa (U)	29.05
16,76	(1,3)	Tiago	Boucela		09-12-92	GRECA	4	Luso	11.07
(10)									
16,92	(-2,3)	Edgar	Azevedo		10-03-91	Lavra	1 s1	P.Varzim	29.05
17,05	(1,3)	Ruben	Lopes		30-01-92	GRECA	2	Aveiro	10.06
17,20	(1,3)	Carlos	Resende		10-09-92	NAC	5	Luso	11.07
17,22	(-2,8)	Luis Miguel	Santos		06-07-93	OCL	1	Quarteira	10.07
17,25	(-1,3)	José Décio	Faria		23-07-91	AJS	1	Ribeira Brava	09.07
17,28	(1,4)	Duarte	Silva		05-10-92	CCDR	1-ex	Guimarães	22.05
17,29	(-0,3)	John	Martins		13-05-92	ADREP	4 s2	P.Varzim	29.05
17,42	(0,9)	Pedro	Ferreira		02-11-92	CPA-S	3	Cáceres	30.06

**Com marcas manuais**

16,5	(-1,2)	Daniel	Dias		10-11-92	ASJC	1	Beja	27.06
17,3	(-1,4)	Samuel	Lemos		07-05-94	CAT	1-ex	A.Heroísmo	16.05
17,5	(-1,4)	Nelson	Rosa		25-08-93	CAT	2-ex	A.Heroísmo	16.05

**Com vento favorável > 2 m /s**

14,95	(2,4)	João	Fontela		07-08-91	CCSJM	2	Lisboa (U)	26.06
15,09	(2,5)	Samuel	Remédios		24-02-92	GAF	1 el1	Abrantes	11.07
15,28	(2,3)	Hugo	Espírito Santo		30-05-93	SCP	2	Lisboa (U)	14.07
15,30	(2,3)	Ricardo	Fernandes**		01-01-91	JOMA	4	Lisboa (U)	14.07
15,78	(2,4)	André	Costa		09-05-92	GDRCC	5	Lisboa (U)	26.06
15,99	(2,9)	Hugo	Silva		04-01-91	CSM	8	Lisboa (U)	12.06
16,28	(2,9)	Edgar	Azevedo		10-03-91	Lavra	3	Maia	30.06
16,29	(2,7)	Anselmo	Ramos		06-05-92	CDP	4	Maia	16.06
16,42	(2,3)	Daniel	Dias		10-11-92	ASJC	1	V.Novas	09.07
16,57	(2,4)	Kévin	dos Santos		20-03-93	ACV	1 s1	Abrantes	29.05
16,78	(2,4)	Roman	Leyukh	UKR	26-10-92	A20Km	2 s1	Abrantes	29.05
16,93	(2,1)	John	Martins		13-05-92	ADREP	5	Abrantes	12.06
16,96	(3,9)	Pedro	Ferreira		02-11-92	CPA-S	3	Abrantes	11.07
17,06	(4,4)	Carlos	Resende		10-09-92	NAC	3	Aveiro	14.07

\*\* - cidadão português desde Junho 2010

400 Metros Barreiras (0,91) ( até 63,00/55,64) CNJ 58,8/58,94								
53,46	Diogo Filipe	Santos	03-05-91	FCP	1 s2	Setúbal	04.07	
53,58	Hugo	Silva	04-01-91	CSM	2 s2	Leiria	18.07	
53,81		Silva	04-01-91	CSM	2 s1	Lisboa (U)	30.05	
53,81		Silva			1	Ribeira Brava	10.07	
53,98		Santos			1 s2	Lisboa (U)	27.06	
54,14		Silva			2 s2	Lisboa (U)	27.06	
54,17	Ricardo	Fernandes**	01-01-91	JOMA	2 s2	Setúbal	04.07	
54,23		Silva			5	Lisboa (U)	13.06	
54,29		Santos			1 s1	Maia	30.06	
54,40		Silva			3 s2	Setúbal	04.07	
54,41	Roberto	Nóbrega	31-05-92	ADRAP	4 s2	Setúbal	04.07	
54,42		Fernandes**			2	Lisboa (U)	11.07	
54,52		Nóbrega			4 s2	Lisboa (U)	27.06	
54,54		Fernandes**			5 s2	Leiria	18.07	
54,73		Silva			2 s2	Luso	23.05	
54,75		Santos			2 s1	Leiria	22.05	
54,84		Fernandes	CPV		3 s1	Lisboa (U)	30.05	
54,85		Fernandes**			6	Lisboa (U)	13.06	
54,87		Fernandes**			5 s2	Lisboa (U)	27.06	
54,99	A	Nóbrega			2	Guarda	09.07	
55,48		Fernandes**			1 s1	Lisboa (I)	09.06	
55,61		Silva			1-ex	Machico	16.05	
55,90	John	Martins	13-05-92	ADREP	2 s2	Luso	10.07	
56,18	Francisco	Évora	11-12-91	Lavra	5 s2	Setúbal	04.07	
56,48	Yannick	Medina	CPV	24-10-91	GRQL	1	Sobreda	07.07
56,61	João	Fernandes		03-03-91	SLB	4 s1	Leiria	22.05
57,49	Sérgio	Pinho		30-07-92	NSSM	2 s1	Setúbal	04.07
57,83	João	Fontela		07-08-91	CCSJM	3	Lisboa (U)	13.06
(10)								
57,92	Simão	Viveiros	29-11-92	GDE	4	Lisboa (U)	13.06	
58,01	João	Moniz	17-11-94	JV	1 s2	Leiria	22.05	
58,29	Alexandre	Gameiro	04-05-92	CPA-S	1 s1	Abrantes	30.05	
58,37	Miguel	Cabral	15-04-94	CAS	5 s2	Luso	10.07	
58,46	Daniel	Dias	10-11-92	ASJC	ex	Seixal	23.05	
58,47	Fábio	Oliveira	09-01-92	CPA-S	2	Luso	16.06	
58,77	Pedro	Catulo	25-05-93	NSF	2 s3	Lisboa (U)	30.05	
58,77	João Pedro	Tavares	18-10-92	ACDRA	2 s1	Luso	10.07	
58,97	Eliseu	Ribeiro	08-02-92	GJPB	4 s2	P. Varzim	30.05	
59,10	João Paulo	Raposo	24-09-94	CEDA	4 s1	Setúbal	04.07	
(20)								
59,51	Duarte	Silva	05-10-92	CCDR	1	Braga	06.06	
59,51	Davide	Caetano	07-06-94	CBF	1	Lagos	11.07	
59,87	Diogo	Miranda	31-07-92	CCDR	6 s1	Maia	30.06	
59,93	Tomás	Batista	21-12-92	ESCMOV	3	Guimarães	10.07	
60,12	Roberto	Baptista	91	CAMz-VC	4	Guimarães	10.07	
60,20	Paulo	Ornelas	31-05-93	GDE	1	Machico	30.06	
60,26	Marco	Santos	92	VTSC	5	Guimarães	10.07	
60,27	João	Mosca	30-10-91	QFC	2	Seixal	23.05	
60,31	Jonhy	Machado	03-09-91	ADA	1	A.Valdevez	29.05	
60,31	Alexandre	Marques	11-10-94	Lavra	6	Guimarães	10.07	
(30)								
60,33	Joaquim	Moreira	30-01-93	CDP	6 s2	P. Varzim	30.05	
60,43	Miguel	Pedro	ANG	10-12-92	EBMDS	2 s1	Lisboa (I)	09.06
60,55	Aliu-sada	Cande	06-03-91	JOMA	5	Lisboa (U)	11.07	
60,60	Pedro	Martins	18-06-93	ACRDE	2	Aveiro	03.06	
60,78	João	Nogueira	07-05-92	ADREP	3	Aveiro	03.06	
60,94	João	Martins	25-02-92	CASM	3 s3	Lisboa (U)	30.05	
61,00	Davide	Teixeira	12-09-92	AJS	2	Machico	30.06	
61,17	Tiago	Boucela	09-12-92	GRECAS	1 s2-ex	Aveiro	16.05	
61,52	João Pedro	Rodrigues	17-06-93	CAR-S	3 s1	Leiria	15.05	
61,71	Diogo	de Campos	27-10-92	CDP	7 s1	Maia	30.06	
(40)								
62,12	Joel	Gomes	06-07-94	ACV	1 s2	Leiria	07.07	
62,27	Kleyton	Júnior	94	OCL	2	Lagos	11.07	
62,31	Fábio	Costa	92	JV	5 s1	Leiria	22.05	
62,49	Pedro	Martins	18-06-93	ACRDE	6 s1	Luso	10.07	
62,58	Pedro	Costa	92	CIAIA	s2-ex	Lisboa (I)	09.06	
62,63	Gonçalo	Gonçalves	18-07-94	CAOV	2	A.Valdevez	29.05	
62,65	Filipe	Oliveira	31-01-91		2 s2	Leiria	07.07	
62,67	Henrique	Marques	22-06-93	GS-RC	4	Leiria	07.07	
62,73	Miguel	Campino	93	AAPL	3	Sobreda	07.07	
62,88	João Miguel	Silva	12-06-94	JV	6 s1	Leiria	22.05	

\*\* - cidadão português desde Junho 2010

Altura ( até 1,78/2,00) CNJ 1,85							
2,07	Rodolfo	Brites	27-03-91	GS-RC	1	Setúbal	04.07

2,06		Brites			1	Lisboa (U)	27.06	
2,04		Brites			ex	Aveiro	03.06	
2,03		Brites			3	Lisboa (U)	12.06	
2,01		Tiago	Boucela	09-12-92	GRECAS	1	Aveiro	03.06
2,00	(pc)		Brites		1	Pombal	12.12.2009	
2,00	(pc)	Bruno	Costa	03-05-92	FCP	1	Pombal	23.01
2,00			Boucela		2	Setúbal	04.07	
2,00			Brites		2	Luso	10.07	
1,98		Paulo	Conceição	29-12-93	EBMDS	1	Guimarães	20.06
1,97		Oscar	Vilaça	08-02-92	ESCMOV	1	Guimarães	10.07
1,95	(pc)	Pedro	Mossamedes	03-02-91	CAS	3	Pombal	23.01
1,95	(pc)	Cláudio	Freixo	04-07-91	CASM	4	Pombal	31.01
1,94		Ricardo	Mendes	30-05-94	JV	Oc	Luso	11.04
1,94		Jorge	Abreu	29-10-93	AJS	2	Guimarães	20.06
1,94		Tiago	Pereira	19-09-93	EBMDS	3	Guimarães	20.06
<b>(10)</b>								
1,94		Fábio	Verde	21-02-93	ADA	2	Guimarães	10.07
1,92		Pedro	Ferreira	12-08-93	SUOV	1	Luso	01.05
1,90	(pc)	Elton	Ingrês	02-04-91	CAMG-I	1	Óbidos	28.11.2009
1,90		José Rafael	Vilas Boas	01-02-95	SCB	5	Guimarães	20.06
1,89	(pc)	Filipe	Grilate	28-12-91	EBMDS	4	Pombal	23.01
1,88	(pc)	Samuel	Remédios	24-02-92	GAF	4	Pombal	30.01
1,88		Guilherme	Pires	01-12-94	SCA	4	Leiria	06.06
1,87	(pc)	Desejado	Sedi	<b>GBS</b> 15-01-93	ADCPF	1	V.R.S.António	20.03
1,87		Wilson	Vieira	91	CABB	ex	Sobreda	09.05
1,86		Ervin	Nongo	<b>ANG</b> 29-09-92	SLB	1	Lisboa (AL)	05.12.2009
<b>(20)</b>								
1,86	(pc)	Luís	Santos	14-05-92	NACVS	Hep	Braga	19.12.2009
1,86	(pc)	André	F. Santos	04-04-91	OCL	1	V.R.S.Amtónio	16.01
1,85		Filipe	Correia	24-05-93	NSF	1	Quarteira	16.05
1,85		Tiago André	Pereira	21-10-92	CBF	2	Albufeira	26.06
1,85		Francisco	Cordoeiro	09-05-92	ESCMOV	2	Maia	30.06
1,85		Ruben	Silva	07-05-91	SOC-Esp	12	Castellón	04.07
1,85		Henrique	Marques	22-06-93	GS-RC	1	Luso	17.03
1,84		João Paulo	Raposo	24-09-94	CEDA	Oc	Lisboa (U)	23.05
1,83	(pc)	Jonhy	Machado	03-09-91	ADA	Hep	Braga	19.12.2009
1,83		Joel	Pereira	14-02-95	GAF	Hep	Rio Maior	21.03
<b>(30)</b>								
1,83		Diogo	Costa	12-01-93	ESCMOV	1	Maia	02.05
1,83		Manuel	Ricardo	06-03-91	CBF	1	Quarteira	13.05
1,83		Rúben	Santos	04-03-94	AAPL	1	Seixal	23.05
1,83		Miguel	Barrigana	03-07-96	EBMDS	2	Leiria	03.06
1,83		Henrique Pedro	Água-Doce	25-09-94	BNSC	5	Leiria	06.06
1,83		Daniel	Reis	03-01-95	CSGaia	1	V.Castelo	12.06
1,83		Ricardo	Araújo	25-10-93	ACRDE	4	Luso	30.06
1,82		Ricardo	Santos	01-05-92	CBF	ex	Quarteira	16.05
1,82		Vicente	Andrade	91	GDE	2	Machico	16.05
1,82		João	Gonçalves	24-05-91	AJS	1	Machico	09.06
<b>(40)</b>								
1,81	(pc)	João	Bento	10-12-92	ACRDE	6	Espinho	02.01
1,80		Nuno	Cunha	22-01-94	ESJD	1	Aveiro	26.11.2009
1,80	(pc)	Daviney	Ponces	<b>STP</b> 10-08-93	EBMDS	t	Alpiarga	19.12.2009
1,80	(pc)	Ernest	Kibungo	<b>CGO</b> 03-07-92	ACV	Hep	Pombal	26.12.2009
1,80	(pc)	Hélder	Pinto	07-04-93	SCB	7	Espinho	30.01
1,80		Pedro	Picado	08-09-92	JDN	1	Beja	27.02
1,80		Ruben	Lopes	30-01-92	GRECAS	2	Aveiro	03.06
1,80		Ivan	Santos	<b>STP</b> 12-04-94	ADLA	7	Lisboa (U)	10.07
1,80		Nelson	Carneiro	93	ESCMOV	5	Guimarães	10.07
1,79	(pc)	Ricardo	Silva	16-11-93	ACV	t	Pombal	26.12.2009
<b>(50)</b>								
1,79		Miguel	Costa	93	ADREP	1	Luso	17.03
1,79		Mário	Alonso	18-01-93	Lavra	3	P. Varzim	23.05
1,79		Pedro	Catarino	08-06-95	GRECAS	1	Aveiro	04.07
1,78		Edgar	Remédios	05-05-94	GAF	Oc	Rio Maior	21.03
1,78		José António	Antunes	02-07-93	ARCBV	Oc	Luso	11.04
1,78		Eduardo	Valério	07-02-96	JV	4 sA	Leiria	05.06

**Ao ar Livre:**

1,94		Bruno	Costa	03-05-92	FCP	d	Luso	24.04
1,85		André	F. Santos	04-04-91	OCL	1	Quarteira	08.12.2009
1,85		Cláudio	Freixo	04-07-91	CASM	2	Lisboa (I)	16.01
1,85		Fábio	Verde	21-02-93	ADA	Oc	V.Castelo	11.04
1,85		Filipe	Grilate	28-12-91	EBMDS	1-ex	Quarteira	22.05
1,84		Pedro	Mossamedes	03-02-91	CAS	4	Abrantes	29.05
1,82		Desejado	Sedi	<b>GBS</b> 15-01-93	ADCPF	Oc	Faro	03.04
1,81		Samuel	Remédios	24-02-92	GAF	d	Rio Maior	24.04
1,80		Paulo	Conceição	29-12-93	EBMDS	t	Lisboa (U)	09.01
1,80		José Rafael	Vilas Boas	01-02-95	SCB	Hep	Braga	28.03
1,80		Ernest	Kibungo	<b>CGO</b> 03-07-92	ACV	5	Abrantes	29.05
1,80		João	Bento	10-12-92	ACRDE	5	Luso	30.06
1,79		Jonhy	Machado	03-09-91	ADA	d	Luso	24.04

1,79	Pedro	Ferreira	12-08-93	SUOV	2	Luso	08.05
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**Vara ( até 3,05/4,40) CNJ 3,60**

5,00		Ruben	Miranda	10-06-93	SLB	2	Lisboa (U)	10.07
4,90		Ruben	Miranda			3	Leiria	17.07
4,86		Ruben	Miranda				Lisboa (U)	07.07
4,85		Ruben	Miranda			3	Lisboa (U)	23.06
4,80		Ruben	Miranda			1	Lisboa (U)	15.05
4,75		Ruben	Miranda			1	Setúbal	03.07
4,72		Ruben	Miranda			3	Lisboa (U)	14.07
4,70		Ruben	Miranda			3	Lisboa (U)	12.05
4,70		Ruben	Miranda			3	Lisboa (U)	01.06
4,70		Ruben	Miranda			2	Lisboa (U)	30.06
4,60		Ruben	Miranda			7q	Moscovo	22.05
4,50		Ruben	Miranda			3-ex	Lisboa (I)	10.04
4,50		Ruben	Miranda			1	Lisboa (I)	08.06
4,48	(pc)	Ruben	Miranda			4	Espinho	27.02
4,45		Ruben	Miranda			2	Lisboa (U)	21.04
4,40		Ruben	Miranda			3	Lisboa (U)	05.05
4,40		José Décio	Faria	23-07-91	AJS	2	Luso	23.05
4,35		Ricardo	Santos	01-05-92	CBF	1	Faro	13.02
4,26	(pc)	Luís	Ferreira	27-01-92	JV	1	Pombal	24.01
4,14	(pc)	Sérgio	Teixeira	10-01-91	ESCMOV	3	Pombal	24.01
4,12		Icaro	Miranda	13-12-94	SLB	6	Setúbal	03.07
4,00		André	F. Santos	04-04-91	OCL	1	Quarteira	10.07
3,96		Renato	Araújo	08-09-93	AJS	7	Setúbal	03.07
3,90	(pc)	Ricardo	António	26-10-91	ACV	7	Pombal	20.02
3,80	(pc)	Moisés	Freitas	12-08-91	GDE	6	Espinho	30.01
<b>(10)</b>								
3,80		Rodolfo Filipe	Brito	06-03-93	CBF	1-ex	Albufeira	18.04
3,80		Diogo	Costa	12-01-93	ESCMOV	9	Setúbal	03.07
3,80		André Filipe	C. Silva	27-01-91	NSF	3	Quarteira	10.07
3,70	(pc)	José Miguel	Pereira	22-07-91	FCP	3	Espinho	02.01
3,60	(pc)	Emanuel	Vitório Ângelo	18-05-91	OCL	7	Pombal	24.01
3,60		Pedro M.	Soares	19-06-93	CAMG-I	4	Guimarães	19.06
3,60		Celso	Almeida	21-11-93	GRECAS	4	Luso	07.07
3,50		João	Gonçalves	24-05-91	AJS	Hep	Ribeira Brava	20.12.2009
3,50		Belarmino	Silva	03-05-94	ADRAP	5	Machico	07.07
3,45		Alexandre	Granhão	01-02-93	ESCMOV	8	Guimarães	19.06
<b>(20)</b>								
3,40	(pc)	Alexandre	Gameiro	04-05-92	CPA-S	7	Pombal	30.01
3,40	(pc)	Anselmo	Ramos	06-05-92	CDP	5	Espinho	31.01
3,40		Samuel	Remédios	24-02-92	GAF	d	Lisboa (U)	23.05
3,40		Ricardo	Silva	16-11-93	ACV	7	Luso	11.07
3,30	(pc)	Jorge	Almeida	17-01-91	GRECAS	6	Espinho	02.01
3,30		Luís Miguel	Santos	06-07-93	OCL	9	Guimarães	19.06
3,25		César	Ornelas	29-10-92	AJS	4	Ribeira Brava	17.01
3,20		João Filipe	Rodrigues	22-07-93	AJS	2-ex	Machico	10.04
3,20		Filipe	Nogueira	18-10-93	GRECAS	2	Aveiro	01.05
3,20		Chen	Shenghva	TPE 02-09-92	A20Km	2	Leiria	16.05
<b>(30)</b>								
3,20		David	Teixeira	12-09-92	MKED	12	Lisboa (U)	30.05
3,20		Bruno	Estevão	93	CPA-S	2	Abrantes	11.07
3,20		Diogo Duarte	Henriques	28-05-92	CNRM	3	Abrantes	11.07
3,20		Micael	Seixeiro	20-07-95	GRECAS	1	Aveiro	16.07
3,15		João Pedro	Rodrigues	17-06-93	CAR-S	11	Guimarães	19.06
3,10		Bruno	Silva	24-05-92	JV	3	Leiria	16.05
3,10		Kleyton	Júnior	94	OCL	3	Faro	30.06
3,10		Samuel	Leal	12-09-92	NAC	5	Luso	07.07
3,10		Tiago	Silva	03-03-94	AAPL	3	Seixal	10.07

**Ao ar Livre:**

4,24		Luís	Ferreira	27-01-92	JV	4	Setúbal	03.07
4,12		Sérgio	Teixeira	10-01-91	ESCMOV	5	Setúbal	03.07
3,84		Ricardo	António	26-10-91	ACV	3	Abrantes	13.06
3,60		Moisés	Freitas	12-08-91	GDE	1	Ribeira Brava	03.01
3,40		Emanuel	Vitório Ângelo	18-05-91	OCL	2	V.R.S.António	17.01
3,30		Alexandre	Gameiro	04-05-92	CPA-S	1	Leiria	16.05
3,20		Anselmo	Ramos	06-05-92	CDP	d	Luso	25.04

**Comprimento ( até 6,25/6,90) CNJ 6,50**

7,33	(2,0)	João	Lopes Rocha	15-04-92	SLB	3	Lisboa (U)	27.06
7,19	(0,8)		Lopes Rocha			-	Setúbal	04.07
7,17	(-0,6)		Lopes Rocha			4	Leiria	18.07
7,15	(pc)		Lopes Rocha			2	Espinho	07.02
7,15	(0,0)		Lopes Rocha			3	Leiria	22.05
7,14	(0,9)	A Bruno	Costa	03-05-92	FCP	1	Guarda	09.07
7,07	(pc)		Pereira	22-07-91	FCP	5	Espinho	07.02
7,07	(0,0)		Raúl	ANG 22-04-92	SCP	5	Lisboa (U)	14.07

7,05	(1,0)		Costa			1	Guimarães	10.07
7,04	(-0,4)		Lopes Rocha			2	Lisboa (I)	09.06
7,03	(-0,5)		Fernandes			4	Leiria	22.05
7,02	(2,0)	Pedro	Pinto Machado	14-11-91	FCP	-	Setúbal	04.07
7,01	(0,6)		Fernandes			1-ex	Lisboa (I)	03.06
7,00	(1,4)		Pinto Machado			1	Maia	16.06
6,99	(-0,5)		Costa			2	Viseu	22.06
6,98	(pc)		Lopes Rocha			2	Pombal	20.02
6,97	(pc)		Pereira			1	Pombal	24.01
6,96	(-0,5)		Costa			1	Braga	01.05
6,96	(1,2)		Pinto Machado			5	Lisboa (U)	27.06
6,95	(1,3)		Costa			-	Setúbal	04.07
6,94	(-0,2)		Costa			1	Maia	16.05
6,94	(0,0)		Costa			6	Lisboa (U)	27.06
6,93	(1,1)		Fernandes			7	Lisboa (U)	27.06
6,91	(-1,6)	Pedro	Ferreira	12-08-93	SUOV	1B	Leiria	05.06
6,90	(pc)		Pereira			3	Alpiarça	10.01
6,90	(pc)		Pereira			1	Pombal	21.02
6,77	(0,9)	Frederico	Eusébio	STP 27-10-92	JOMA	7	Lisboa (U)	14.07
6,72	(1,5)	Carlos	Nascimento	12-10-94	ESCMOV	2	Maia	16.06
6,67	(pc)	Hugo	Espírito Santo	30-05-93	SCP	5	Pombal	24.01
6,64	(pc)	Artur	Koshchuk	UKR 05-03-94	JV	5	Pombal	13.02
<b>(10)</b>								
6,64	(1,4)	Francisco	Cordoeiro	09-05-92	ESCMOV	3	Maia	16.06
6,63	(0,9)	Anselmo	Ramos	06-05-92	CDP	d	Lisboa (U)	22.05
6,60	(0,0)	Paulo	Conceição	29-12-93	EBMDS	3	Tours	07.07
6,59	(1,8)	Manuel	Ricardo	06-03-91	CBF	1 s2	Lisboa (U)	30.05
6,58	(pc)	Samuel	Remédios	24-02-92	GAF	4	Pombal	17.01
6,57	(1,0)	Tiago	Boucela	09-12-92	GRECAS	4	Lisboa(U)	13.06
6,57	(1,1)	Ernest	Kibungo	CGO 03-07-92	ACV	8	Lisboa (U)	27.06
6,57	(0,0)	Roberto	Nóbrega	31-05-92	ADRAP	1	Ribeira Brava	10.07
6,55	(1,6)	João Paulo	Raposo	24-09-94	CEDA	-	P.Delgada	27.05
6,53	(0,6)	Ruben	Silva	07-05-91	SOC-Esp	12	Castellón	03.07
<b>(20)</b>								
6,50	(0,7)	Miguel	Costa	02-09-94	ADREP	1	Luso	23.05
6,48	(0,0)	Pedro	Sousa	93	ARCBV	1	C.Branco	14.05
6,44	(0,4)	Fábio	Verde	21-02-93	ADA	1	A.Valdevez	20.03
6,44	(0,0)	José António	Antunes	02-07-93	ARCBV	2	C.Branco	14.05
6,44	(0,0)	Renato	Araújo	08-09-93	AJS	2	Machico	09.06
6,40	(1,0)	Kévin	dos Santos	20-03-93	ACV	5	Tours	07.07
6,39	(0,0)	José Décio	Faria	23-07-91	AJS	3	Machico	09.06
6,39	(1,1)	Filipe	Cunha	15-07-94	SLB	4	Guimarães	20.06
6,37	(pc)	Elton	Ingrês	02-04-91	CAMG-I	1	Pombal	13.12.2009
6,37	(-0,7)	Edgar	Remédios	05-05-94	GAF	Oc	Faro	01.05
<b>(30)</b>								
6,37	(1,2)	Ricardo	Pinto	18-04-93	GRQL	3 s2	Lisboa (U)	30.05
6,36	(1,1)	André	Costa	09-05-92	GDRCC	1	Seixal	22.05
6,36	(2,0)	João	Frias	09-01-91	ADRAP	-	Lisboa (U)	30.05
6,35	(0,9)	Jonhy	Machado	03-09-91	ADA	1	A.Valdevez	20.03
6,35	(1,8)	Valter	Pinto	19-01-93	ADCPF	2	Quarteira	22.05
6,34	(0,0)	Jorge	Lopes	93	ADA	1	A.Valdevez	29.05
6,32	(pc)	Pedro	Mossamedes	03-02-91	CAS	ex	Pombal	17.01
6,30	(0,9)	João Pedro	Rodrigues	17-06-93	CAR-S	8	Abrantes	30.05
6,30	(1,8)	Miguel	Barrigana	03-07-96	EBMDS	-	P.S.Iria	10.06
6,30	(0,0)	Pedro	Ferreira	02-11-92	CPA-S	2	Luso	16.06
<b>(40)</b>								
6,29	(1,1)	John	Martins	13-05-92	ADREP	1	Palhaça	24.07
6,28	(1,2)	André	Luz	21-01-93	SLB	-	Lisboa(U)	10.07
6,27	(pc)	Rui	Esteves	03-06-91	AAC	7	Pombal	21.02

#### Ao ar Livre:

6,79	(-0,6)	José Miguel	Pereira	22-07-91	FCP	7	Leiria	22.05
6,65	(0,0)	Hugo	Espírito Santo	30-05-93	SCP	4	Lisboa (U)	17.01
6,64	(1,3)	Artur	Koshchuk	UKR 05-03-94	JV	Oc	Lisboa (U)	22.05
6,57	(1,9)	Samuel	Remédios	24-02-92	GAF	-	Abrantes	10.06
6,27	(1,9)	Manuel	Ricardo	06-03-91	CBF	1	Quarteira	13.05

#### Sem controlo de anemómetro

6,54		Miguel	Costa	02-09-94	ADREP	4	Maputo	06.08
6,46		Pedro	Ferreira	02-11-92	CPA-S	ex	Viseu	26.06
6,31		Davidson	Borges	CBV 31-05-95	EBMDS	1	Abrantes	24.04
6,29		Miguel	Barrigana	03-07-96	EBMDS	2	Abrantes	24.04
6,28		Pedro	Pereira	30-08-91	CAOV	2	A.Valdevez	29.05

#### Com vento favorável > a 2 m/s

7,42	(2,1)	João	Lopes Rocha	15-04-92	SLB	1	Setúbal	04.07
7,27	(5,4)	Raúl	Fernandes	ANG 22-04-92	SCP	1	Lisboa (AL)	17.04

7,25	(2,4)	Bruno	Costa		03-05-92	FCP	1	P.Varzim	02.06
7,09	(2,4)	Pedro	Pinto Machado		14-11-91	FCP	3	Setúbal	04.07
7,09	(3,0)	José Miguel	Pereira		22-07-91	FCP	4	Setúbal	04.07
6,87	(2,4)	Hugo	Espírito Santo		30-05-93	SCP	6	Setúbal	04.07
6,86	(2,6)	Samuel	Remédios		24-02-92	GAF	7	Setúbal	04.07
6,68	(3,2)	João Paulo	Raposo		24-09-94	CEDA	2	P.Delgada	27.05
6,66	(2,8)	Pedro	Ferreira		02-11-92	CPA-S	5	Abrantes	10.06
6,60	(2,9)	Ernest	Kibungo	CGO	03-07-92	ACV	4	Abrantes	30.05
6,56	(3,8)	Filipe	Cunha		15-07-94	SLB	1	Lisboa (AL)	22.05
6,52	(2,7)	Miguel	Costa		02-09-94	ADREP	12	Setúbal	04.07
6,49	(2,4)	André	Luz		21-01-93	SLB	1	Lisboa(U)	15.05
6,45	(4,3)	Ricardo	Pinto		18-04-93	GRQL	1	Setúbal	15.05
6,38	(2,3)	Francisco	Cordoeiro		09-05-92	ESCMOV	4	P.Varzim	02.06
6,38	(2,3)	José	Fernandes		93	FCP	6	Maia	16.06
6,37	(2,2)	Renato	Araújo		08-09-93	AJS	Oc	Machico	24.04
6,36	(3,0)	João	Frias		09-01-91	ADRAP	4 s1	Lisboa (U)	30.05
6,33	(3,6)	Miguel	Barrigana		03-07-96	EBMDS	1	P.S.Iria	10.06
6,31	(2,3)	João	Martins		25-02-92	CASM	8	Lisboa (I)	03.06
6,31	(4,4)	José Rafael	Vilas Boas		01-02-95	SCB	1	V.Castelo	12.06
6,28	(3,8)	Eduardo	Ribeiro		14-09-93	GDL	2	Aveiro	01.05
6,28	(3,7)	David	Breda		04-06-91	ADREP	6	Abrantes	12.06
6,27	(4,2)	Ricardo	Ferreira		17-12-93	ACRDE	3	Aveiro	01.05
6,25	(4,1)	Miguel	Guerreiro		03-07-92	JDAL	5	Abrantes	10.07

**Tripto ( até 12,70/14,00) CNJ 13,10**

14,80	(pc)	José Miguel	Pereira		22-07-91	FCP	1	Pombal	23.01
14,68	(-0,1)	Frederico	Eusébio	STP	27-10-92	JOMA	6	Leiria	17.07
14,59	(1,7)		Eusébio				1	Lisboa (AL)	08.06
14,52	(0,2)	Bruno	Costa		03-05-92	FCP	1	Maia	19.05
14,52	(1,6)		Eusébio				-	Setúbal	03.07
14,49	(0,1)		Costa				8	Leiria	17.07
14,42	(pc)		Pereira				1	Braga	16.01
14,42	(0,1)		Costa				1	Braga	09.06
14,39	(pc)		Eusébio				2	Pombal	23.01
14,39	(-0,5)		Costa				-	Setúbal	03.07
14,34	(pc)		Eusébio				6	Espinho	06.02
14,31	(0,4)		Costa				1	Maia	30.06
14,31	(0,5)		Costa				1	Guimarães	11.07
14,28	(0,2)		Costa				1	Braga	09.05
14,22	(0,0)	Renato	Araújo		08-09-93	AJS	1	Ribeira Brava	09.07
14,10	(pc)		Pereira				6	Pombal	14.02
14,07	(0,0)	Pedro	Ferreira		12-08-93	SUOV	3	Luso	23.05
14,04	(pc)		Costa				7	Espinho	06.02
14,03	(-1,7)		Eusébio				ex	Sobreda	07.07
14,01	(pc)		Costa				3	Braga	16.01
14,01	(2,0)		Ferreira				1	Guimarães	19.06
13,91	(0,6)	Ricardo	Mendes		30-05-94	JV	4	Setúbal	03.07
13,73	(pc)	José Décio	Faria		23-07-91	AJS	4	Pombal	23.01
13,71	(0,3)	Tiago	Dias		14-01-94	MAC	1	Leiria	06.06
13,65	(pc)	Tiago	Boucela		09-12-92	GRECAS	2	Espinho	03.01
13,64	(0,0)	André	Luz		21-01-93	SLB	-	Lisboa (U)	11.07
(10)									
13,60	(pc)	André	Costa		09-05-92	GDRCC	6	Pombal	30.01
13,58	(0,2)	Anselmo	Ramos		06-05-92	CDP	3	Maia	19.05
13,52	(1,4)	Francisco	Cordoeiro		09-05-92	ESCMOV	7	Setúbal	03.07
13,45	(2,0)	Tiago	Pereira		19-09-93	EBMDS	4	Guimarães	19.06
13,41	(0,0)	José Rafael	Vilas Boas		01-02-95	SCB	1	Braga	03.07
13,40	(1,3)	Ricardo	Pinto		18-04-93	GRQL	3	Abrantes	13.06
13,38	(0,0)	Pedro	Costa		92	CIAIA	ex	Lisboa(AL)	20.06
13,35	(0,4)	Miguel	Guerreiro		03-07-92	JDAL	1	Leiria	16.05
13,34	(1,8)	David	Breda		04-06-91	ADREP	2	Aveiro	10.06
13,33	(0,9)	Pedro	Pereira		30-08-91	CAOV	2	Braga	09.06
(20)									
13,30	(0,3)	Diogo	Costa		12-01-93	ESCMOV	4	Guimarães	11.07
13,26	(0,2)	Pedro	Pinto Machado		14-11-91	FCP	4	Maia	19.05
13,26	(0,0)	Francisco	Serafim		92	ACDRA	ex	Lisboa(AL)	20.06
13,22	(1,3)	Rodolfo	Brites		27-03-91	GS-RC	7	Lisboa (U)	12.06
13,17	(0,3)	José António	Antunes		02-07-93	ARCBV	1	C.Branco	30.05
13,15	(0,9)	Mário	Florença		24-12-91	COD	1	Ribeira Grande	09.01
13,13	(pc)	João	Moniz		17-11-94	JV	1	Pombal	05.12.2009
13,10	(-0,6)	Ricardo	Araújo		25-10-93	ACRDE	4	Leiria	06.06
13,08	(pc)	Simão	Viveiros		29-11-92	GDE	6	Pombal	23.01
13,08	(pc)	Joel	Pereira		14-02-95	GAF	1	Alpiarça	13.02
(30)									
13,08	(pc)	Renato	Feliciano		22-04-93	CPA-S	3	Alpiarça	06.03
13,07	(1,5)	António	Gomes		13-04-92	CASM	7 s1	Lisboa (U)	29.05
13,04	(-1,1)	Mauro	Rodrigues		02-10-93	CRDS	1	Lagos	11.07
13,01	(pc)	Samuel	Remédios		24-02-92	GAF	8	Pombal	30.01
13,01	(1,1)	André	Silva		18-07-94	ESCMOV	6	Maia	30.06
12,98	(0,3)	João	Frias		09-01-91	ADRAP	4	Ribeira Brava	17.01
12,97	(-2,2)	Marco	Rocha		09-06-92	GDC	2	Sobreda	10.04



12,96	(pc)	Ernest	Kibungo	CGO	03-07-92	ACV	1	Pombal	12.12.2009
12,95	(0,7)	Filipe	Ramos		25-09-91	GCB	8	Guimarães	11.07
12,91	(0,6)	João	Martins		25-02-92	CASM	8	Lisboa (I)	16.01
<b>(40)</b>									
12,90	(1,9)	João	Pacheco		01-01-93	SCB	1	Guimarães	23.05
12,89	(pc)	Eduardo	Domingues		03-09-92	ACV	3	Pombal	16.01
12,89	(0,9)	Rúben	Santos		04-03-94	AAPL	5 s2	Lisboa (U)	29.05
12,87	(0,1)	Roberto	Nóbrega		31-05-92	ADRAP	-	Machico	16.06
12,86	(pc)	Eduardo	Ribeiro		14-09-93	GDL	2	Espinho	09.01
12,77	(-1,4)	João Pedro	Rodrigues		17-06-93	CAR-S	2	Abrantes	18.04
12,73	(0,7)	Joaquim	Moreira		30-01-93	CDP	2	Braga	06.06
12,72	(pc)	Ruben	Pereira		31-08-93	FCCL	3	Espinho	09.01
12,72	(1,7)	José Luís	Viveiros		20-07-93	ADRAP	1	Machico	02.05
12,72	(1,9)	Mauro	Rodrigues		02-10-93	CRDS	1	Quarteira	23.05
<b>(50)</b>									
12,72	(1,8)	João Paulo	Raposo		24-09-94	CEDA	4	P. Delgada	28.05
12,70	(1,8)	Pedro	Mossamedes		03-02-91	CAS	8	Lisboa (U)	12.06

#### Ao ar Livre:

13,82	(2,9)	Tiago	Dias		14-01-94	MAC	1	Maia	02.05
13,65	(0,8)	José Décio	Faria		23-07-91	AJS	1	Ribeira Brava	17.01
13,50	(0,0)	Tiago	Boucela		09-12-92	GRECAS	3	Luso	30.06
13,13	(0,7)	André	Costa		09-05-92	GDRCC	-	Seixal	19.12.2009
13,07	(-0,6)	João	Moniz		17-11-94	JV	5	Leiria	06.06
13,06	(-0,2)	Renato	Feliciano		22-04-93	CPA-S	1	Abrantes	18.04
12,98	(-1,3)	Simão	Viveiros		29-11-92	GDE	6	Luso	23.05
12,73	(-1,3)	Renato	Araújo		08-09-93	AJS	3	Ribeira Brava	03.01

#### Com vento favorável > a 2 m/s

15,00	(2,9)	Frederico	Eusébio	STP	27-10-92	JOMA	1	Setúbal	03.07
14,63	(2,3)	Bruno	Costa		03-05-92	FCP	2	Setúbal	03.07
14,10	(2,2)	André	Luz		21-01-93	SLB	3	Setúbal	03.07
13,82	(2,9)	Tiago	Dias		14-01-94	MAC	1	Maia	02.05
13,76	(2,1)	Anselmo	Ramos		06-05-92	CDP	5	Setúbal	03.07
13,61	(4,8)	Pedro	Costa		92	CIAIA	6	Setúbal	03.07
13,59	(3,9)	Rodolfo	Brites		27-03-91	GS-RC	4	Abrantes	29.05
13,48	(3,3)	Diogo	Costa		12-01-93	ESCMOV	2	Maia	02.05
13,43	(3,1)	Francisco	Serafim		92	ACDRA	8	Setúbal	03.07
13,41	(3,3)	Miguel	Guerreiro		03-07-92	JDAL	2	Abrantes	11.07
13,36	(2,8)	André	Costa		09-05-92	GDRCC	2	Seixal	19.12.2009
13,31	(3,3)	Edgar	Azevedo		10-03-91	Lavra	5	P. Varzim	29.05
13,13	(4,0)	Roberto	Nóbrega		31-05-92	ADRAP	2	Machico	16.06
13,12	(2,9)	Ruben	Pereira		31-08-93	FCCL	3	Aveiro	10.06
13,10	(3,4)	Eduardo	Ribeiro		14-09-93	GDL	1	Aveiro	02.05
13,02	(2,8)	Eduardo	Valério		07-02-96	JV	7	Guimarães	19.06
12,90	(5,1)	Elton	Ingrês		02-04-91	CAMG-I	6	Abrantes	29.05
12,89	(3,5)	João	Oliveira		17-12-94	CNRM	5	Abrantes	11.07
12,75	(2,6)	João	Marques		23-03-92	JV	7	Luso	11.07
12,70	(2,7)	Pedro	Mossamedes		03-02-91	CAS	7	Abrantes	29.05

#### Atletas Juniores até 31-12-2009

13,16	(pc)	Pedro	Gonçalves		08-12-90	ESCMOV	1-ex	Braga	20.12.2009
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#### Peso (6) ( até 11,00/15,60) CNJ 12,60

18,16		Francisco	Belo		27-03-91	JV	16 q	Moncton	21.07
18,15			Belo				1	Leiria	15.05
18,08			Belo				1	Setúbal	03.07
18,00			Belo				1-ex	Lisboa (AL)	17.04
17,94			Belo				1	Rieti	18.09
17,58			Belo				1	Leiria	27.02
17,18			Belo				1	C. Branco	02.04
16,98		Tsanko	Amavdov	BUL	14-03-92	SLB	2	Setúbal	03.07
16,76		Adriano	Lopes		22-10-91	FCP	3	Setúbal	03.07
16,67			Amavdov				1	Leiria	24.07
16,48			Belo				1	Lisboa (AL)	19.12.2009
16,22	(pc)		Lopes				1	Braga	23.01
16,22	(pc)		Lopes				1	Pombal	24.01
15,68			Lopes				1	Braga	07.07
15,63			Lopes				1	Guimarães	11.06
14,88		Tiago	Pereira		15-01-91	JV	1	Leiria	25.07
14,61		Tiago	Nascimento		04-09-92	QFC	4	Setúbal	03.07
14,45		Fábio	de Sousa		08-03-91	CAL/D-Esp	1	Alicante	30.01
14,25	(pc)	Bernardo	Santos Lopes		26-01-93	JV	3	Pombal	24.01
13,95		Renato	Costa		24-11-91	SLB	1	Guimarães	09.01
13,72		Ernest	Kibungo	CGO	03-07-92	ACV	6	Setúbal	03.07
13,63		Dionisie	Vasilache	MDA	26-08-93	CFB	2	Lisboa (AL)	08.06

<b>(10)</b>								
13,30		Carlos	Bornes	09-04-94	GS-RC	7	Setúbal	03.07
13,13	(pc)	Daniel	Nobre	31-08-93	GRQL	7	Pombal	24.01
13,04	(pc)	Tiago	Aperta	15-01-92	SLB	8	Pombal	24.01
12,89		Tiago	Chaves	06-07-91	GDE	1	Funchal (RG3)	08.06
12,36		Gonçalo	Gonçalves	16-01-93	JDAL	3-ex	Q.Anjo	10.06
12,36		Hélder	Martins	30-03-92	CDCNAV	1	Lovelhe	15.07
12,28	(pc)	Ricardo	Carrilho	29-01-93	A20Km	9	Pombal	24.01
12,27		Michael	Fonseca	15-01-93	JDAL	1	Leiria	15.05
12,20		Sérgio	Paulo	14-06-92	GRQL	2	Sobreda	28.02
12,18	(pc)	Fábio	Rodrigues	25-03-92	ADREP	Hep	Espinho	26.12.2009
<b>(20)</b>								
12,16		Paulo David	Rocha	27-02-94	AJS	2	Funchal (RG3)	08.06
11,94	(pc)	João	Fernandes	03-03-91	SLB	11	Pombal	24.01
11,92		Ricardo	Freitas	14-11-93	GRECAS	1	Luso	08.05
11,90		Pedro	Picado	08-09-92	JDN	d	Rio Maior	24.04
11,86		Remi	Lima	26-11-92	CAMz-VC	1	Lovelhe	20.02
11,84		Miguel	Andrade	12-08-93	CAS	1	Guarda	29.05
11,83	(pc)	Pedro	Vicente	31-08-91	GAF	1	Alpiarça	13.02
11,82		Bruno	Melo	03-09-91	CDELP	1	A.Heroísmo	13.03
11,82		Ricardo	Santos	01-05-92	CBF	d	Rio Maior	24.04
11,73		Alessandro	Gonçalves	28-02-94	GAF	3	Leiria	15.05
<b>(30)</b>								
11,69		Humberto	Oliveira	13-09-91	GAF	4	Leiria	15.05
11,69		Rafael	Venade	12-09-92	ADCL	1	P.Varzim	02.06
11,65		José Décio	Faria	23-07-91	AJS	d	Machico	24.04
11,63		António	Rodrigues	92	ACDSJ	1-ex	Funchal (RG3)	15.05
11,55		André	Santos	29-10-92	CCDR	3	Guimarães	28.11.2009
11,53		Johnny	Machado	03-09-91	ADA	d	Lisboa (U)	22.05
11,48		André F.	Santos	04-04-91	OCL	1	Faro	20.02
11,44		Vitor	Chaves	29-05-93	GDE	3	Funchal (RG3)	08.06
11,39		Fábio Luís	Rodrigues	06-03-93	SLB	3	Lisboa (AL)	08.06
11,34		Samuel	Remédios	24-02-92	GAF	d	Lisboa (U)	22.05
<b>(40)</b>								
11,29		José Henrique	Silva	27-02-93	FCP	2	P.Varzim	02.06
11,29		João	Moreira	24-06-93	AAPL	5	Q.Anjo	10.06
11,27	(pc)	Pedro	Faria	29-01-94	CDP	16	Pombal	24.01
11,18		Nuno	Cardoso	26-10-91	JOMA	ex	Sobreda	28.02
11,14		Pedro	Capela	08-05-91	CABB	3	Sobreda	28.02
11,10		Cláudio	Freixo	04-07-91	CASM	3	Lisboa (AL)	19.12.2009
11,06		João	Leiria	27-08-92	CBF	1	Faro	27.03

#### Ao ar Livre:

13,06		Daniel	Nobre	31-08-93	GRQL	2	Q.Anjo	10.06
12,79		Bernardo	Santos Lopes	26-01-93	JV	2	Leiria	25.07
12,17		Tiago	Aperta	15-01-92	SLB	10	Setúbal	03.07
11,64		Fábio	Rodrigues	25-03-92	ADREP	2	Lovelhe	27.03

#### Atletas Juniores até 31-12-2009

16,03		Marçal	Rodrigues	10-07-90	CSM	1-ex	Ribeira Brava	20.12.2009
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Peso (7,26) ( até 10,00/14,40)								
16,43		Francisco	Belo	27-03-91	JV	3	Lisboa (U)	14.07
16,14			Belo			ex	Lisboa (U)	11.07
16,07			Belo			1	Lisboa (U)	24.03
15,82			Belo			4	Q.Anjo	14.03
15,74			Belo			1	P.Varzim	24.04
15,64	(pc)		Belo			5	Espinho	28.02
15,56	(pc)		Belo			4	Pombal	20.02
15,52	(pc)		Belo			3	Pombal	14.02
15,49	(pc)		Belo			1	Pombal	17.01
15,48			Belo			4	Q.Anjo	13.03
15,43			Belo			1	Abrantes	30.05
15,43			Belo			4	Lisboa (U)	26.06
15,38			Belo			3	Leiria	22.05
15,37			Belo			3	Lisboa (U)	12.06
15,34		Tsanko	Amavdov	BUL 14-03-92	SLB	5	Leiria	17.07
15,28	(pc)		Belo			1	Pombal	21.02
15,25	(pc)		Belo			2	Espinho	07.02
15,20		Adriano	Lopes	22-10-91	FCP	7	Leiria	17.07
15,17			Amavdov			5	Lisboa (U)	14.07
15,15	(pc)		Lopes			4	Espinho	07.02
15,02	(pc)		Lopes			5	Pombal	14.02
14,99	(pc)		Lopes			6	Espinho	28.02
14,92			Amavdov			4	Lisboa (U)	11.07
14,87	(pc)		Belo			2	Pombal	31.01
14,55			Lopes			1	Guimarães	11.07
14,53			Amavdov		SLB	1	Lisboa(AL)	19.05

14,51		Amavdov			7	Lisboa (U)	26.06
14,48		Lopes			1-ex	Braga	15.05
13,18		Tiago Pereira	15-01-91	JV	4	Luso	10.07
13,13		Tiago Nascimento	04-09-92	QFC	1	Seixal	11.07
12,11	(pc)	Renato Costa	24-11-91	SLB	ex	Espinho	10.01
11,85		Bruno Melo	03-09-91	CDELP	1	P.Delgada	10.07
11,05	(pc)	Ernest Kibungo	CGO 03-07-92	ACV	Hep	Pombal	09.01
11,01	(pc)	Fábio Rodrigues	25-03-92	ADREP	5	Espinho	31.01
10,85		Tiago Chaves	06-07-91	GDE	8	Lisboa (U)	12.06
(10)							
10,83		Humberto Oliveira	13-09-91	GAF	3	Abrantes	11.07
10,55		Sérgio Paulo	14-06-92	GRQL	3	Sobreda	07.07
10,80		Pedro Vicente	31-08-91	GAF	4	Abrantes	11.07
10,39		André Santos	29-10-92	CCDR	2-ex	Braga	15.05
10,34		Ricardo Santos	01-05-92	CBF	3	V.R.S.Amtónio	17.01
10,30		Cláudio Freixo	04-07-91	CASM	7	Lisboa (U)	17.01
10,29	(pc)	Francisco Jorge	29-08-91	GCDS	2	Espinho	10.01
10,28	(pc)	Hélder Martins	30-03-92	CDCNAV	7	Braga	17.01
10,27	(pc)	Remi Lima	26-11-92	CAMz-VC	5	Braga	06.02
10,20	(pc)	Samuel Remédios	24-02-92	GAF	Hep	Espinho	27.02
(20)							
10,14		Marco Jesus	92	CPRG	3	P.Delgada	10.07
10,12		Daniel Dias	92	CLAC	6	Abrantes	11.07

**Ao ar Livre:**

11,72		Renato Costa	24-11-91	SLB	10	Lisboa (U)	26.06
10,71		Fábio Rodrigues	25-03-92	ADREP	4	Abrantes	12.06

**Disco (1,75) ( até 30,00/46,00) CNJ 35,50**

52,89	Francisco	Belo	27-03-91	JV	1	Setúbal	04.07
49,68		Belo			3	Rieti	18.09
48,68		Belo			1	C.Branco	02.04
46,64	Adriano	Lopes	22-10-91	FCP	2	Setúbal	04.07
46,44		Belo			1	Leiria	06.03
45,30	Rafael	Venade	12-09-92	ADCL	3	Setúbal	04.07
45,26	Renato Costa		24-11-91	SLB	1	Aveiro	12.12.2009
42,99	Tsanko Amavdov	BUL	14-03-92	SLB	5	Setúbal	04.07
39,78	Bernardo Santos Lopes		26-01-93	JV	2	Leiria	25.07
39,00	Hélder Martins		30-03-92	CDCNAV	2	Lovelhe	16.06
37,87	Gonçalo Gonçalves		16-01-93	JDAL	7	Setúbal	04.07
37,24	André Santos		29-10-92	CCDR	2	Guimarães	27.12.2009
36,65	Tiago Pereira		15-01-91	JV	2	Leiria	24.07
(10)							
36,40	Bruno Melo		03-09-91	CDELP	4	Leiria	06.03
36,13	Alexandre Almeida		17-08-93	CSGaia	1	Maia	16.06
35,54	Tiago Nascimento		04-09-92	QFC	1	Sobreda	27.02
35,38	Remi Lima		26-11-92	CAMz-VC	2	V.Castelo	26.05
34,66	José Henrique Silva		27-02-93	FCP	3	Maia	16.06
34,08	Tiago Chaves		06-07-91	GDE	1	Funchal (RG3)	15.06
33,67	Vitor Chaves		29-05-93	GDE	2	Funchal (RG3)	15.06
33,55	Luís Batista		10-08-91	JV	11	Setúbal	04.07
33,24	Luís Ávila		11-11-93	CDELP	1-ex	A.Heroísmo	12.06
33,23	Carlos Resende		10-09-92	NAC	1	Luso	09.05
(20)							
32,62	Paulo David Rocha		27-02-94	AJS	3	Funchal (RG3)	15.06
32,19	Carlos Bornes		09-04-94	GS-RC	1	Luso	09.05
31,49	Adrien Curto		25-03-91	GS-RC	2	Aveiro	12.12.2009
31,37	Tomás Caldeira		11-10-92	QFC	2	Sobreda	27.02
31,26	Tiago Rosário Pereira		07-01-93	CBF	1-ex	Albufeira	13.06
31,23	Bruno Morais Gomes		22-01-92	ADCL	3	V.Castelo	26.05
30,48	Pedro Capela		08-05-91	CABB	2	Seixal	22.05
30,43	Miguel Andrade		12-08-93	CAS	1	Guarda	30.05
30,34	Mário Marques		19-06-93	GJPB	2	Luso	09.05
30,34	Daniel Costa		94	SCB	4	Braga	09.06
(30)							
30,33	Rodrigo Bárto		93	CDELP	2-ex	A.Heroísmo	12.06
30,33	João Filipe Rodrigues		22-07-93	AJS	4	Funchal (RG3)	15.06
30,23	José Barros		91	CDP	4	Maia	16.06
30,17	Ricardo Santos		01-05-92	CBF	d	Rio Maior	25.04
30,14	Samuel Remédios		24-02-92	GAF	d	Rio Maior	25.04
30,14	João Moreira		24-06-93	AAPL	3	Seixal	22.05

**Disco (2) ( até 28,00/43,00)**

48,14	Francisco	Belo	27-03-91	JV	1	Abrantes	29.05
46,53		Belo			8	Q.Anjo	13.03
45,14		Belo			5	Lisboa (U)	13.06
42,73	Adriano	Lopes	22-10-91	FCP	1	Braga	09.06
39,84	Rafael Venade		12-09-92	ADCL	4	Lisboa (U)	27.06
39,57	Renato Costa		24-11-91	SLB	5	Lisboa (U)	27.06

38,92	Ricardo	Freitas	14-11-93	GRECAS	1	Aveiro	03.06
38,44	Tsanko	Amavdov	BUL 14-03-92	SLB	6	Lisboa (U)	10.07
35,88	Gonçalo	Gonçalves	16-01-93	JDAL	5	Abrantes	29.05
35,39	Hélder	Martins	30-03-92	CDCNAV	3	Guimarães	10.07
35,27	Bruno	Melo	03-09-91	CDELP	1	P.Delgada	11.07
34,74	Miguel	Andrade	12-08-93	CAS	6	Viseu	22.06
(10)							
34,38	Tiago	Pereira	15-01-91	JV	8	Luso	11.07
34,05	Pedro	Faria	29-01-94	CDP	5	Maia	30.06
32,62	André	Santos	29-10-92	CCDR	4-ex	Guimarães	23.05
32,58	Remi	Lima	26-11-92	CAMz-VC	6	P.Varzim	29.05
30,15	João	Moreira	24-06-93	AAPL	5 s2	Lisboa (U)	29.05
30,11	Nuno	Cardoso	26-10-91	JOMA	8	Lisboa (U)	13.06
29,98	Vitor	Chaves	29-05-93	GDE	1	Ribeira Brava	09.07
29,76	Luis	Ávila	11-11-93	CDELP	3	P.Delgada	11.07
29,53	Carlos	Resende	10-09-92	NAC	6	Luso	30.06
29,05	José Henrique	Silva	27-02-93	FCP	7	Guimarães	10.07
(20)							
28,95	Pedro	Capela	08-05-91	CABB	4	Abrantes	13.06
28,95	Daniel	Costa	94	SCB	8	Guimarães	10.07
28,68	Daniel	Nobre	31-08-93	GRQL	4	Seixal	10.07
28,35	Daniel	Jerónimo	29-06-93	ACDRA	7	Abrantes	29.05
28,21	Rui	Lopes	30-09-92	NSF	7 s2	Lisboa (U)	29.05
28,15	Tiago Rosário	Pereira	07-01-93	CBF	5	Faro	30.06

#### Martelo (6) ( até 30,00/56,00) CNJ 41,00

57,58	Pedro	Capela	08-05-91	CABB	1	Seixal	22.05
57,12		Capela			1	Setúbal	04.07
57,04		Capela			1	Leiria	25.07
54,36	Luis	Batista	10-08-91	JV	1	Aveiro	20.12.2009
53,98	Tiago	Chaves	06-07-91	GDE	2	Setúbal	04.07
53,24	Bruno	Morais Gomes	22-01-92	ADCL	2	Lovelhe	01.07
50,59	Daniel	Costa	16-08-92	AACC	2	Seixal	22.05
49,71	Michael	Fonseca	15-01-93	JDAL	5	Setúbal	04.07
45,80	Rui	Simões	27-12-91	QFC	3	Sobreda	09.05
45,76	Daniel	Nobre	31-08-93	GRQL	3	Seixal	22.05
45,49	Rafael	Venade	12-09-92	ADCL	3	Porto (I)	01.05
44,61	André	Oliveira	18-07-91	ESCMOV	2	P.Varzim	02.06
(10)							
44,47	Ricardo	Venade	17-08-92	ADCL	3	Lovelhe	06.02
43,73	Tiago	Pereira	15-01-91	JV	6	Leiria	06.03
42,01	Alexandre	Ferreira	26-05-93	QFC	9	Setúbal	04.07
41,60	José Rogério	Jesus	22-10-91	GDE	1-ex	Funchal (RG3)	08.05
39,36	Tomás	Caldeira	11-10-92	QFC	3-ex	Seixal	23.01
38,14	Simão	Borges	31-01-92	ACM-AH	1-ex	A.Heroísmo	06.02
37,80	António Paulo	Silva	19-10-93	GDE	2	Funchal (RG3)	08.06
37,21	Gonçalo	Gonçalves	16-01-93	JDAL	2	Abrantes	02.05
36,29	Adriano	Lopes	22-10-91	FCP	2	Guimarães	21.03
35,05	Daniel	Costa	94	SCB	5	P.Varzim	02.06
(20)							
34,93	João	Gonçalves	26-10-94	ADCL	6	P.Varzim	02.06
34,47	André	Fernandes	17-10-92	ACRVD	1-ex	Luso	03.04
34,41	Tiago	Nascimento	04-09-92	QFC	5	Sobreda	27.02
33,95	Sérgio	Carvalho	30-09-93	CDCNAV	7	P.Varzim	02.06
32,46	José Henrique	Silva	27-02-93	FCP	8	P.Varzim	02.06
32,30	João	Leiria	27-08-92	CBF	1	V.R.S.António	20.03
32,07	Rafael	Mota	08-06-94	SUOV	1	Luso	08.05
31,19	Marco	Guerreiro	28-11-93	NARM	1-ex	Quarteira	22.05
31,01	Rudi	Pires	15-03-92	A20Km	3	Leiria	15.05
30,88	Hélio	Valente	91	AOA	2	V.R.S.António	20.03
(30)							
30,45	Pedro Joel	Araújo	94	SCB	9	P.Varzim	02.06

#### Atletas Juniores até 31-12-2009

59,35	Vitor	Tiago	16-09-90	SLB	1	Lovelhe	12.12.2009
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#### Martelo (7,26) ( até 27,00/50,00)

51,24	Pedro	Capela	08-05-91	CABB	1	Sobreda	08.05
50,78		Capela			5	Lisboa (U)	27.06
50,60	Tiago	Chaves	06-07-91	GDE	1	Funchal (RG3)	01.07
50,41		Capela			1	Q.Anjo	10.06
46,77	Luis	Batista	10-08-91	JV	6	Leiria	22.05
45,96	Bruno	Morais Gomes	22-01-92	ADCL	3	Guimarães	10.07
44,20	Daniel	Costa	16-08-92	AACC	2	Sobreda	07.07
38,54	André	Oliveira	18-07-91	ESCMOV	ex	Lisboa(AL)	19.06
38,52	Tiago	Pereira	15-01-91	JV	2	Leiria	16.06
36,04	José Rogério	Jesus	22-10-91	GDE	6 s1	Lisboa (U)	30.05

**Dardo (0,8) ( até 40,00/58,00) CNJ 45,00**

70,43	Tiago	Aperta	15-01-92	SLB	2	Abrantes	10.06	RN
68,08		Aperta			1	Leiria	06.03	
66,39		Aperta			2	Lisboa (U)	12.06	
65,93		Aperta			1	Lisboa (U)	26.06	
65,67		Aperta			1	Setúbal	03.07	
64,74		Aperta			1	Viseu	22.06	
63,18		Aperta			12	Arles	20.03	
63,07		Aperta			3	Lisboa (AL)	24.04	
61,92		Aperta			2-ex	Lisboa (U)	16.05	
61,81		Aperta			1 s1	Lisboa (U)	29.05	
54,75	Rui	Sá	07-04-91	FCP	6	Leiria	17.07	
54,32	João	Fernandes	03-03-91	SLB	2-ex	Lisboa (I)	10.04	
52,69	Pedro	Vicente	31-08-91	GAF	4	Setúbal	03.07	
50,38	Bernardo	Santos Lopes	26-01-93	JV	6	Rieti	18.09	
49,10	Nuno	Cardoso	26-10-91	JOMA	7	Lisboa (U)	12.06	
48,88	André F.	Santos	04-04-91	OCL	2	Leiria	06.03	
47,65	Mário	Florença	24-12-91	COD	3	Leiria	06.03	
47,60	Mário	Marques	19-06-93	GJPB	3	Luso	10.07	
46,82	Johny	Machado	03-09-91	ADA	1-ex	Guimarães	17.04	
<b>(10)</b>								
46,53	Fábio	Rodrigues	25-03-92	ADREP	1	Aveiro	10.06	
46,37	Luís Miguel	Santos	06-07-93	OCL	8	Setúbal	03.07	
45,85	Carlos	Bornes	09-04-94	GS-RC	1	Luso	08.05	
45,54	Adriano	Lopes	22-10-91	FCP	10	Setúbal	03.07	
45,22	Ricardo	Santos	01-05-92	CBF	d	Lisboa (U)	23.05	
45,12	Pedro	Picado	08-09-92	JDN	3	Elvas	26.06	
45,08	Sérgio	Paulo	14-06-92	GRQL	4	Setúbal	14.07	
44,95	Henrique	Correia	18-11-92	COD	2	Lajedo	17.02	
44,74	Kevin	Pedro	18-03-93	JV	5	Luso	23.05	
44,57	Marco	Cruz dos Santos	23-04-93	GS-RC	5	Luso	10.07	
<b>(20)</b>								
44,12	José	Oliveira	19-05-92	COD	4	Lajedo	17.02	
44,11	Daniel	Jerónimo	29-06-93	ACDRA	4	Abrantes	29.05	
42,45	João	Gonçalves	24-05-91	AJS	d	Machico	25.04	
42,20	Rúben	Santos	04-03-94	AAPL	7	Setúbal	14.07	
41,96	Ivan	Santos	12-04-94	ADLA	7	Lisboa (U)	11.07	
41,71	Carlos	Chebres	94	AATC	2	Abrantes	10.07	
41,44	Francisco	Jorge	29-08-91	GCDS	4	Aveiro	12.12.2009	
41,20	António	Jesus	23-03-92	GDE	2-ex	Machico	09.05	
41,19	Fábio	Paulo	10-04-91	GRQL	2	Sobreda	28.02	
41,15	Paulo David	Rocha	27-02-94	AJS	1	Machico	16.06	
<b>(30)</b>								
40,98	Renato	Araújo	08-09-93	AJS	2	Machico	16.06	
40,93	José Miguel	Pereira	22-07-91	FCP	6	P.Varzim	24.04	
40,66	Egner	Tavares	93	GDSD	2	Lisboa (AL)	08.06	
40,56	Cláudio	Gonçalves	03-05-93	CUAB	3	Abrantes	10.07	
40,50	Bruno	Machado	07-03-91	CAT	1-ex	A.Heroísmo	20.03	
40,50	André	Oostdijk	91	EPC-A	4	P.Delgada	17.04	
40,00	Carlos	Dias	23-10-92	GDPVAV	1	V.Novas	14.02	

**Decatlo Junior ( até 3500) CNJ 4900**

100 m=Comp.=Peso(6)=Altura=400 m=110 Bar(10,99)=Disco(1,75)=Vara=Dardo=1500 m								
5859	Samuel	Remédios	24-02-92	GAF	1	Lisboa (U)	23.05	
5673	Ricardo	Santos	01-05-92	CBF	2	Lisboa (U)	23.05	
5644	Bruno	Costa	03-05-92	FCP	1	Luso	25.04	
5616	Jonhy	Machado	03-09-91	ADA	3	Lisboa (U)	23.05	
5556	João	Gonçalves	24-05-91	AJS	1	Machico	25.04	
5351	José Décio	Faria	23-07-91	AJS	2	Machico	25.04	
5271	Anselmo	Ramos	06-05-92	CDP	3	Luso	25.04	
5135	Emanuel	Vitório Ângelo	18-05-91	OCL	5	Lisboa (U)	23.05	
4900	André Filipe	C. Silva	27-01-91	NSF	2	Lagos/Albufeira	18.04	
4877	Daniel	Dias	10-11-92	ASJC	3	Rio Maior	25.04	
<b>(10)</b>								
4720	Alexandre	Gameiro	04-05-92	CPA-S	4	Rio Maior	25.04	
4715	André F.	Santos	04-04-91	OCL	6	Lisboa (U)	23.05	
4691	Roman	Leyukh	26-10-92	A20Km	5	Rio Maior	25.04	

4603	Ernest	Kibungo	CGO	03-07-92	ACV	6	Rio Maior	25.04
		11,72(1,9)-x-13,29-1,69-56,62-16,29(0,0)-28,23-2,50-30,22-5.16,89						
4426	Hélio	Vaz		01-05-91	NDCG	1	Guarda	18.04
		11,95(-1,7)-5,95(-1,9)-9,67-1,66-60,91-15,07(-0,4)-24,33-x-34,02-5.56,97						
4405	Miguel	Guerreiro		03-07-92	JDAL	7	Rio Maior	25.04
		11,85(1,5)-5,74(1,6)-9,33-1,51-57,23-19,33(1,2)-24,10-2,40-30,58-5.00,16						
4399	Fábio	Oliveira		09-01-92	CPA-S	8	Rio Maior	25.04
		11,878(1,9)-5,68(1,2)-8,58-1,45-53,98-18,67(0,0)-25,14-x-35,04-4.51,88						
4166	João	Bento		10-12-92	ACRDE	4	Luso	25.04
		12,51(-0,2)-5,43(0,1)-8,55-1,79-59,80-17,66(0,2)-20,02-2,00-36,97-5.42,48						
4148	David Duarte	Henriques		28-05-92	CNRM	9	Rio Maior	25.04
		12,11(1,7)-5,36(2,0)-10,10-1,63-59,21-20,55(1,2)-20,68-2,30-31,29-5.03,80						
3559	Nilson	Tavares	CPV	01-01-92	CDQ	3	Lagos/Albufeira	18.04
		13,05(-3,6)-4,75(-3,3)-7,10-1,35-55,90-21,42(2,3)-20,41-x-38,48-5.46,40						
(20)								
3534	Nuno	Barros		91	A20Km	10	Rio Maior	25.04
		12,04(1,5)-5,40(0,3)-7,25-x-55,19-20,81(1,2)-27,21-2,60-x-5.00,82						

#### 10 Km-Marcha ( até 1:05.0)

46.27	Samuel	Pereira		25-11-93	UAG	1	Montemor-o-Velho	09.01
46.49		Pereira				1	R.Maior	10.04
47.04		Pereira				1	Olhão	21.02
47.05	Bruno	Gomes Pedro		12-10-93	GACV	2	R.Maior	10.04
48.14	Diogo Duarte	Henriques		28-05-92	CNRM	3	R.Maior	10.04
49.23	Flávio	Silva		24-06-92	FCP	4	R.Maior	10.04
51.44	Diogo	Barreiros		05-11-92	CUAB	3	Montemor-o-Velho	09.01
51.45	Pedro Miguel	Santos		15-11-92	CPC	4	Montemor-o-Velho	09.01
52.33	Fábio	Conceição		05-07-93	AOA	3	Olhão	21.02
53.32	Miguel	Carvalho		02-09-94	CNRM	4	Olhão	21.02
56.20	Samuel	Leal		12-09-92	NAC	1	V.N.Gaia	24.01
1:02,18	Carlos	Lopes	STP	29-02-94	SLB	5	Olhão	21.02
(10)								
1:02,42	Marco	Silva		17-05-93	ADRAB	6	Olhão	21.02

#### 20 Km-Marcha

1:41.09	Diogo Duarte	Henriques		28-05-92	CNRM	1	Olhão	21.02
1:45.13	Flávio	Silva		24-06-92	FCP	2	Olhão	21.02
1:48.01	Pedro Miguel	Santos		15-11-92	CPC	3	Olhão	21.02
2:00,13	Eduardo	Cardoso		09-03-92	CCDR	4	Olhão	21.02
2:11.01	Samuel	Leal		12-09-92	NAC	5	Olhão	21.02

#### 10.000 Metros-Marcha ( até 1:02.00,00) CNJ 57.00,00

46.39,24	Samuel	Pereira		25-11-93	UAG	12	Leiria	17.07
47.02,00	Flávio	Silva		24-06-92	FCP	2	Guimarães	11.07
47.50,36	Bruno	Gomes Pedro		12-10-93	GACV	1	Leiria	15.05
48.29,18		Pereira				1	Setúbal	03.07
48.36,04		Pereira				1	Guarda	29.05
48.36,43	Diogo Duarte	Henriques		28-05-92	CNRM	1	Leiria	15.05
48.58,38		Henriques				1	Rio Maior	01.05
49.52,46	Eduardo	Cardoso		09-03-92	CCDR	2	Rio Maior	01.05
50.13,82	Ricardo	Fernandes		10-07-92	JV	2	Leiria	16.06
50.15,30	Pedro Miguel	Santos		15-11-92	CPC	3	Rio Maior	01.05
50.54,30	Miguel	Carvalho		02-09-94	CNRM	4	Setúbal	03.07
53.58,19	Marco	Amaral		16-07-93	NSSM	7	Setúbal	03.07
55.24,81	Diogo	Barreiros		05-11-92	CUAB	5	Rio Maior	01.05
(10)								
55.29,50	Ruben	Violante		24-09-92	UDZA	6	Rio Maior	01.05
57.41,72	Samuel	Leal		12-09-92	NAC	3	Luso	03.04
1:01.56,25	Ruben	Castelo		26-07-93	A20Km	4	Leiria	15.05

#### 4x100 metros ( até 46,24)

42,23		SLB				1 s2	Setúbal	03.07
		Diogo Antunes(92); Tiago Silvestre(91); João Rocha(92); Bruno Fernandes(91)						
43,51		JV				2 s2	Setúbal	03.07
		Pedro Lopes(92); João Moniz(94); João Marques(92); Artur Koshchuk*(94)						
43,52		SCP				1 s1	Setúbal	03.07
		João Barros(93); Hugo Espírito Santo(93); Raúl Fernandes*(92); André Bivetti(92)						
43,53		FCP				3 s2	Setúbal	03.07
		Pedro Machado(91); Diogo Santos(91); J. Miguel Pereira(91); Rui Sá(91)						
43,70		Sel. Leiria de Juv.				1 s2A	Leiria	06.06
		Kevin Santos(93); João Moniz(94); Artur Koshchuk*(94); Daniel Mimoso(93)						
43,76		ESCMOV				4 s2	Setúbal	03.07
		Tomás Batista(92); Francisco Cordoeiro(92); Oscar Vilaça(92); Edgar Baptista(91)						
43,95		Sel. Setúbal de Juv.				1 s1A	Leiria	06.06
		Paulo Gomes(93); Miguel Semião(93); Fernando Mendonça(93); Gonçalo Encarnação(94)						
44,09		GRQL				4 s1	Lisboa (U)	29.05
		Yannick Medina(91); Sérgio Paulo(92); Ricardo Pinto(93); Gonçalo Encarnação(94)						
44,31		GDE				3	Lisboa (U)	12.06

44,1	Simão Viveiros(92); António Jesus(92); Fernando Almeida(92); Sérgio Mendes(93)	2	Maputo	05.08
	Sel.nos Jogos CPLP			
	Lúis Neves(95); Gonçalo Encarnação(94); Miguel Costa(94); Cláudio Ferreira(94)			
(10)				
44,46	Sel. Aveiro de Juv.	2 s2A	Leiria	06.06
	André Simões(93); Miguel Costa(94); Cláudio Ferreira(94); José Viegas(93)			
44,77	Sel. Açores de Juv.	4	P.Delgada	27.05
	Décio Ferreira(93); Nelson Rosa(93); João Paulo Raposo(94); Pedro Cabral(93)			
44,88	Sel. Santarém de Juv.	3 s2A	Leiria	06.06
	Edgar Remédios(94); Ricardo Carrilho(93); Guilherme Pires(94); António Vieira(93)			
44,92	CASM	7 s1	Lisboa (U)	29.05
	Francisco Casegas(92); João Martins(92); Tiago Carvalho(92); Ricardo Moreira(93)			
45,07	ADREP	1 s1	P.Varzim	29.05
	André Simões(93);Miguel Costa(94); Ariel Pereira(92); João Portela(92)			
45,0	CAT	1	A.Heroísmo	16.05
	Décio Ferreira(93); Nelson Rosa(93); Samuel Lemos(94); Pedro Cabral(93)			
45,18	SCB	3 s3	Guimarães	19.06
	André Araújo(93); Helder Pinto(93); Ricardo Ferreira(95); João Pacheco(93)			
45,26	Sel. Porto de Juv.	4 s2A	Leiria	06.06
	Alexandre Almeida(93); João Maia(94); Diogo Costa(93); Carlos Nascimento(93)			
45,31	Sel. Madeira de Juv.	2 s1A	Leiria	06.06
	Belarmino Silva(94); Paulo Ornelas(93); Sérgio Mendes(93); Renato Araújo(93)			
45,42	DE-Sel. Centro	1 s2	Luso	22.05
	André Simões; Miguel Costa; Kevin Santos; Miguel Cabral			
(20)				
45,43	AJS	2	Ribeira Brava	09.07
	Roberto Faria(91); Renato Araújo(93); João Gonçalves(91); Jorge Abreu(93)			
45,56	Sel. Algarve de Juv.	5 s2A	Leiria	06.06
	Ivo Martins(94); João Simões(94); Tiago Pereira(93); Valter Pinto(93)			
45,64	Sel. Lisboa de Juv.	1-ex	Lisboa (I)	03.06
	André Luz(93); Lúis Neves(95); Ricardo Ferreira(95); Hugo Espírito Santo(93)			
45,88	EBMDS	5 s3	Guimarães	19.06
	Davidson Borges(95);Erick Oliveira(95); Pedro Cardoso(93); Paulo Conceição(93)			
45,91	ACDRA	2 s1	Setúbal	03.07
	Simão Rocha(94); Francisco Serafim(92); João Tavares(92); Alexandre Cardeira(94)			
45,95	Sel. Coimbra de Juv.	2 B	Leiria	06.06
	Nuno Pimenta(93); Henrique marques(93); Ricardo Gonçalves(94); Pedro Ferreira(93)			
45,96	AAPL	4 s2	Lisboa (U)	29.05
	Tiago Silva(94); Tiago F. Silva(94);Miguel Campino(93); Miguel Semião(93)			
46,10	CPA-S	4	Leiria	22.05
	Alexandre Gameiro(92); Fábio Oliveira(92); Pedro Ferreira(92); Bruno Estevão(93)			
46,14	NSF	3 s1	Setúbal	03.07
	Ivo Martins(94); Pedro Catulo(93); Filipe Correia(93); André F. Silva(91)			
46,18	DE-EB23ARE	1	P.Varzim	15.05
	André Silva(93); Diogo Costa(93); Alexandre Granhão(93); Carlos Nascimento(93)			
(30)				
46,18	DE-Sel. Lisboa e Vale do Tejo	2 s2	Luso	22.05
	Daviney Ponces*; Paulo Pinheiro; Pedro Assis; Francisco Villar			
46,19	Sel. Évora de Juv.	3 B	Leiria	06.06
	Filipe Marques(93); Gonçalo Manteigas(94); Henrique Matinhos(93); Afonso Fernandes(94)			
46,20	ACV	1 s1	Guimarães	19.06
	Ricardo Costa(95); João Marreiros(94); Joel Gomes(94);Kévin Santos(93)			
46,21	Lavra	4 s1	Setúbal	03.07
	João Maia(94); Francisco Évora(91); Tiago Fonseca(93); Edgar Azevedo(91)			

#### 4x400 metros ( até 3.50,00)

3.19,19	Equipe Nacional Júnior	5	Osaca	08.05
	Diogo Santos(91); Paulo Pinto(91); Hugo Santos(91); Jorge Batista(91)			
3.23,90	CENAP	2	Luso	11.07
	Tiago Monteiro(92); José Rocha(92); Rui Matos(92); Sérgio Silva(92)			
3.26,25	SLB	1 s3	Setúbal	04.07
	João Fernandes(91); Lúis Silva(92); Mamadu Condé*(93); José Miranda(91)			
3.26,35	ADREP	2 s3	Setúbal	04.07
	João Nogueira(92);André Simões(93); John Martins(92); Jorge Batista(91)			
3.28,28	JV	4 s3	Setúbal	04.07
	João Moniz(94); Ricardo A. Fernandes(92); João Leal(91); Pedro Lopes(92)			
3.31,89	NSF	5 s3	Setúbal	04.07
	Pedro Catulo(93); Filipe Correia(93); André Silva(91); Ivo Martins(94)			
3.32,12	AJS	2	Ribeira Brava	10.07
	Dinarte Gomes(91); João Gonçalves(91); Roberto Faria(91); Davide Teixeira (92)			
3.33,10	FCP	6 s3	Setúbal	04.07
	Diogo Santos(91); Paulo Pinto(91); Célio Inácio*(91); Rui Sá(91)			
3.34,51	EBMDS	3	Tours	09.07
	Erick Oliveira(95); Pedro Cardoso(93); Tiago Pereira(93); Ruben Parreira(95)			
3.35,41	Sel. Açores de Juv.	3	P.Delgada	29.05
	Marcos Amaral(93); Nelson Rosa(93); João Paulo Raposo(94); Pedro Cabral(93)			
(10)				
3.38,87	NAC	2 s1	Espinho	10.01
	Ivo Pais(93); Tiago Silva(94); Daniel Santos(93); Miguel A. Silva(94)			
3.40,20	Lavra	1 s2	Setúbal	04.07
	Francisco Évora(91); João Maia(94); Tiago Fonseca(93); Edgar Azevedo(91)			
3.42,07	Sel. Madeira de Juv.	4	P.Delgada	29.05

3.43,48	Jorge Abreu(93); Paulo Ornelas(93);Marco Castro(93); Belarmino Silva(94)	ACV	3 s2	Setúbal	04.07
3.44,25	João Ritto(92); João Marreiros(94); Joel Gomes(94); Kevin Gaspar(91)	CDP	1 s1	Setúbal	04.07
3.44,94	Diogo Campos(92); Joaquim Moreira(93); Avelino Eusébio(91); Anselmo Ramos(92)	SCP	2 s1	Setúbal	04.07
3.45,38	Jaime Prata(92); Raúl Fernandes*(92); João Correia(91); João Barros(93)	GDRCC	4 s2	Setúbal	04.07
3.45,66	Fábio Carvalho(91); André Costa(92); André Carvalho(91); David Santinho(91)	ESCMOV	1	Braga	09.06
3.46,06	David Rego(91); André Ferrão(94); Tomás Vasconcelos(93); Tomás Batista(92)	CASM	2	Lisboa (U)	17.01
3.46,45	Tiago carvalho(92); Pedro Abreu(92); Ricardo Moreira(93); António Gomes(92)	A20Km	1	Leiria	16.05
	Nuno Barros(92); André Costa(92); Roman Leyukh*(92); Ricardo Carrilho(93)				
<b>(20)</b>					
3.46,75	Marco Galvão(93); Fábio Silva(94); Miguel Campino(93); Tiago F. Silva(94)	AAPL	7	Abrantes	13.06
3.46,81	Obian Costa(91); Pedro Costa(92); Bruno Rebelo(91); Guilherme Soares(91)	CIAIA	3 s1	Setúbal	04.07
3.47,09	David Uphill Mateus(91); Rafael Menau(93);Fábio Vitória(91); Mauro Rodrigues(93)	CRDS	5 s2	Setúbal	04.07
3.47,63	Ruben Palma(93); Filipe Graça(93); João Gonçalves(93); Natanael Mendonça(94)	AACC	1	Seixal	23.05
3.48,01	Ângelo Guerra(93); Marco Tavares(92); Eduardo Acucu(94); Braima Ufala(92)	CABB	4 s1	Setúbal	04.07
3.49,20	Daniel Bastos(94); António Almeida(92); Pedro Beira(91); João Oliveira(94)	CNRM	2	Leiria	16.05

\*-atletas estrangeiros



## Outras provas não incluídas no programa dos Campeonatos

60 Metros ( até 7,44/7,00)								
6,93	(pc)	Tiago	Silvestre	18-06-91	SLB	1	Pombal	23.01
6,96	(pc)	Nuno	Baptista	10-04-91	JOMA	2	Espinho	06.02
6,97	(pc)		Silvestre			3	Espinho	06.02
6,99	(pc)	Nuno	Baptista			1 el1	Espinho	06.02
7,00	(pc)	Nuno	Baptista			2 mf2	Espinho	06.02
7,02	(pc)	Carlos	Nascimento	12-10-94	ESCMOV	2 el1	Espinho	27.02
7,02	(pc)	Bruno	Fernandes	26-05-91	SLB	4 el2	Espinho	27.02
7,04	(pc)	Aucuim	Lopes	GBS 06-03-91	SLB	1 s3	Pombal	09.01
7,04	(pc)	Samuel	Remédios	24-02-92	GAF	1A	Pombal	16.01
7,04	(pc)	Rui	Esteves	03-06-91	AAC	2	Pombal	21.02
7,07	(pc)	Edgar	Batista	12-07-91	ESCMOV	3	Pombal	21.02
7,08	(pc)	António	Brandão	08-09-92	ACBU	2 mf1	Pombal	23.01
7,10	(pc)	Célio	Inácio	ANG 10-06-91	FCP	2 s5	Braga	12.12.2009
<b>(10)</b>								
7,11	(pc)	Artur	Koshchuk	UKR 05-03-94	JV	4 s1	Pombal	13.02
7,13	(pc)	Diogo Filipe	Santos	03-05-91	FCP	3 s5	Braga	12.12.2009
7,13	(pc)	André	Marques	20-11-92	UDZA	1 s2	Alpiarça	20.02
7,14	(pc)	João	Lopes Rocha	15-04-92	SLB	4 mf1	Pombal	23.01
7,14	(pc)	António	Vieira	05-11-93	GAF	1 s3-ex	Alpiarça	06.03
7,16	(pc)	André	Costa	09-05-92	GDRCC	4 mf3	Pombal	23.01
7,16	(pc)	Francisco	Casegas	07-01-92	CASM	6 mf1	Espinho	06.02
7,18	(pc)	Bruno	Duarte	16-07-92	CPC	6 mf2	Espinho	06.02
7,19	(pc)	Daniel	Mimoso	05-07-93	ACDRA	2A	Pombal	16.01
7,20	(pc)	João	Portela	25-07-92	ADREP	Hep	Espinho	26.12.2009
<b>(20)</b>								
7,22	(pc)	José	Viegas	01-03-93	GJPB	3	Espinho	09.01
7,22	(pc)	Pedro	Lopes	04-07-92	JV	1B	Pombal	16.01
7,22	(pc)	Valter	Pinto	19-01-93	ADCPF	3 el1	Pombal	23.01
7,22	(pc)	Paulo	Ceita	STP 22-06-92	SLB	2 el3	Pombal	23.01
7,22	(pc)	Pedro	Pinto Machado	14-11-91	FCP	4 s2	Espinho	31.01
7,23	(pc)	Filipe	Santos	17-04-93	JOMA	1 s1-ex	Alpiarça	06.03
7,25	(pc)	Ricardo	Pinto	18-04-93	GRQL	ex-el4	Pombal	21.02
7,27	(pc)	João	Marques	23-03-92	JV	3 el1	Pombal	20.02
7,27	(pc)	Sérgio	Mendes	09-01-93	GDE	2 s3-ex	Alpiarça	06.03
7,30	(pc)	Ricardo	Barros	12-01-93	FCP	1 s6	Braga	12.12.2009
<b>(30)</b>								
7,31	(pc)	Ricardo	Santos	01-05-92	CBF	2A	V.R.S.António	16.01
7,32	(pc)	Ariel	Pereira	30-01-92	ADREP	5 s2	Espinho	31.01
7,33	(pc)	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	09.01
7,35	(-0,7)	Miguel	Semião	05-09-93	AAPL	2	Seixal	09.01
7,35	(pc)	António	Jesus	23-03-92	GDE	4 el4	Pombal	23.01
7,35	(pc)	Renato	Feliciano	22-04-93	CPA-S	2 s1	Pombal	30.01
7,36	(pc)	Raúl	Fernandes	ANG 22-04-92	SCP	4 el7	Pombal	23.01
7,37	(pc)	Edgar	Remédios	05-05-94	GAF	2	Alpiarça	05.12.2009
7,37	(0,5)	André	Luz	21-01-93	SLB	2 s2	Seixal	12.12.2009
7,37	(pc)	Filipe	Cunha	15-07-94	SLB	3 el6	Pombal	23.01
<b>(40)</b>								
7,38	(pc)	André Daniel	Moreira	29-07-92	FCP	7 s5	Braga	12.12.2009
7,38	(pc)	Bruno	Giesteira	21-01-93	SCB	1B	Braga	16.01
7,38	(pc)	Miguel	Roque	19-04-92	AAC	1 el4	Pombal	16.01
7,38	(pc)	Roberto	Antunes	21-04-92	JDN	5 el1	Pombal	23.01
7,38	(pc)	Pedro	Ferreira	12-08-93	SUOV	5	Alpiarça	06.03
7,39	(0,2)	Márcio	Coelho	27-01-92	CARDES	2-ex	Viseu	19.12.2009
7,39	(pc)	Luís	Camilo	10-10-92	CNRM	7-ex	Pombal	31.01
7,40	(pc)	Bruno	Marques	30-04-92	NSF	4 el6	Pombal	23.01
7,41	(pc)	Paulo	Oliveira	16-10-91	JDAL	1B	Pombal	12.12.2009
7,41	(pc)	Fábio	Teixeira	25-10-91	CAMz-VC	1 el3	Braga	16.01
<b>(50)</b>								
7,41	(pc)	Diogo	Silva	07-11-91	CBF	3B	V.R.S.António	16.01
7,43	(-1,0)	Roberto	Nóbrega	31-05-92	ADRAP	2 s3	Ribeira Brava	19.12.2009
7,44	(pc)	Diogo	Marques	93	CNRM	2 el2	Pombal	12.12.2009
7,44	(-1,4)	Tiago	Boucela	09-12-92	GRECAS	3 s1	Aveiro	20.12.2009
7,44	(pc)	Luís	Silva	11-07-93	ESL	3 mf1	Espinho	09.01
7,44	(pc)	Jorge	Lopes	93	ADA	8A	Braga	16.01
7,44	(1,2)	Gonçalo	Encarnação	01-01-94	GRQL	3 s1-ex	Seixal	23.01
7,44	(pc)	Sérgio	Paulo	14-06-92	GRQL	3 el2	Pombal	20.02
<b>Ao ar Livre:</b>								
7,13	(0,6)	Bruno	Fernandes	26-05-91	SLB	3A	Lisboa (I)	16.01
7,13	(0,6)	Nuno	Baptista	10-04-91	JOMA	4A	Lisboa (I)	16.01
7,13	(-0,6)	Aucuim	Lopes	GBS 06-03-91	SLB	1 el5	Lisboa (I)	16.01
7,22	(-0,9)	Francisco	Casegas	07-01-92	CASM	3B	Lisboa (I)	16.01
7,26	(-1,4)	António	Brandão	08-09-92	ACBU	1 s1	Aveiro	20.12.2009
7,27	(0,8)	André	Costa	09-05-92	GDRCC	1 s1	Seixal	12.12.2009

7,27	(-2,8)	Célio	Inácio	ANG	10-06-91	FCP	1 s1	Maia	28.11.2009
7,29	(-2,8)	Diogo Filipe	Santos		03-05-91	FCP	2 s1	Maia	28.11.2009
7,29	(-1,4)	João	Portela		25-07-92	ADREP	2 s1	Aveiro	20.12.2009
7,30	(0,0)	Sérgio	Mendes		09-01-93	GDE	2	Ribeira Brava	16.01
7,32	(-0,7)	Bruno	Duarte		16-07-92	CPC	1	Seixal	09.01
7,33	(0,6)	Filipe	Santos		17-04-93	JOMA	6A	Lisboa (I)	16.01
7,36	(0,6)	Valter	Pinto		19-01-93	ADCPF	1 s3	Aveiro	20.12.2009
7,40	(0,0)	António	Jesus		23-03-92	GDE	4	Ribeira Brava	16.01
7,42	(-2,8)	Pedro	Pinto Machado		14-11-91	FCP	4 s1	Maia	28.11.2009
7,42	(-2,1)	Carlos	Nascimento		12-10-94	ESCMOV	1 s3	Maia	28.11.2009
7,41	(-1,8)	Raúl	Fernandes	ANG	22-04-92	SCP	4 el1	Lisboa (I)	16.01

#### Com marcas manuais

7,0	(-0,2)	João	Taylor		24-01-95	CDFXXI	1 s2	C.Verde	23.10
7,1	(1,3)	Hugo	Espírito Santo		30-05-93	SCP	1 s1	Lisboa (AL)	28.11.2009
7,2	(0,9)	Filipe	Cunha		15-07-94	SLB	1 s2	Lisboa (AL)	28.11.2009
7,2	(1,1)	Lúis	Santos		14-05-92	NACV	1	Vila Real	05-12-2009
7,2	(1,1)	Hélder	Narciso		31-03-92	NAVR	2	Vila Real	05-12-2009
7,2	(-1,6)	António	Jesus		23-03-92	GDE	1	Ribeira Brava	02.01
7,2	(0,9)	Miguel	Machado		04-03-91	COD	1 s1	Ribeira Grande	16.1

#### Sem controlo de anemómetro

7,1		Décio	Ferreira		01-04-93	CAT	1 s1	A.Heroísmo	05.12.2009
7,2		Bruno	Machado		07-03-91	CAT	1	A.Heroísmo	05.12.2009

#### Com vento favorável > 2 m /s

7,23	(5,5)	Hélio	Vaz		01-05-91	NDCG	1	Guarda	19.12.2009
7,1	(3,5)	Pedro	Cabral		10-03-93	CAT	1-ex	A.Heroísmo	09.01
7,36A	(2,8)	David	Gonçalves		03-12-95	ACRASX	1	Guarda	25.09

#### Atletas Juniores até 31-12-2009

7,14	(0,2)	André	Borges		16-03-90	CARDES	1-ex	Viseu	19.12.2009
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#### 150 Metros ( até 18,24)

17,05	(-1,0)	Diogo Filipe	Santos		03-05-91	FCP	1 s1	Maia	28.11.2009
17,11	(-1,0)	Célio	Inácio	ANG	10-06-91	FCP	2 s1	Maia	28.11.2009
17,20	(-1,0)	Carlos	Nascimento		12-10-94	ESCMOV	3 s1	Maia	28.11.2009
17,43	(-1,0)	João	Portela		25-07-92	ADREP	4 s1	Maia	28.11.2009
17,63	(-0,2)	Ricardo	Barros		12-01-93	FCP	1 s3	Maia	28.11.2009
17,68	(-1,0)	Pedro	Pinto Machado		14-11-91	FCP	5 s1	Maia	28.11.2009
17,72	(-1,3)	Roberto	Antunes		21-04-92	JDN	1	Beja	05.12.2009
17,76	(-0,1)	André Daniel	Moreira		29-07-92	FCP	1 s2	Maia	28.11.2009
17,90	(-0,1)	Francisco	Évora		11-12-91	Lavra	2 s2	Maia	28.11.2009
18,00	(0,0)	Bruno	Marques		30-04-92	NSF	1	Quarteira	08.12.2009
(10)									
18,02	(-1,3)	Henrique Pedro	Água-Doce		25-09-94	BNSC	2	Beja	05.12.2009
18,08	(-1,4)	Tomás	Ribeiro		17-04-95	Lavra	1 s1	Maia	30.06
18,13	(-0,1)	Miguel	Oliveira		26-03-93	MAC	3 s2	Maia	28.11.2009
18,23	(-0,2)	Francisco	Araújo		28-11-93	EBPGS	2 s3	Maia	28.11.2009

#### Com marcas manuais

17,1	(-0,2)	Henrique Pedro	Água-Doce		25-09-94	BNSC	1 s1	Beja	03.07
17,6	(-2,4)	Filipe	Santos		17-04-93	JOMA	4 s1	Lisboa (AL)	05.12.2009
17,8	(-2,6)	Ricardo	Pinto		18-04-93	GRQL	1 s2	Lisboa (AL)	05.12.2009
18,0	(-2,6)	António	Ferreira		22-04-93	CFB	2 s2	Lisboa (AL)	05.12.2009

#### Sem controlo de anemómetro

17,5		Henrique Pedro	Ferreira		23-04-94	UFD	1	Elvas	28.11.2009
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#### Com vento favorável > 2 m /s

16,39	(2,4)	Aucuim	Lopes	GBS	06-03-91	SLB	1 s2	Lisboa (AL)	19.12.2009
16,51	(2,2)	Tiago	Silvestre		18-06-91	SLB	3 s1	Lisboa (AL)	19.12.2009
16,82	(2,4)	Bruno	Fernandes		26-05-91	SLB	3 s2	Lisboa (AL)	19.12.2009
17,51	(2,2)	João	Fernandes		03-03-91	SLB	4 s1	Lisboa (AL)	19.12.2009
17,53	(2,4)	Sualdo	de Almeida	GBS	26-06-91	SLB	4 s2	Lisboa (AL)	19.12.2009
17,54	(2,5)	Henrique Pedro	Água-Doce		25-09-94	BNSC	2	Beja	30.01

17,58	(2,2)	Francisco	Casegas	07-01-92	CASM	6s1	Lisboa (AL)	19.12.2009
17,61	(2,4)	Pedro	Ferreira	16-07-92	SLB	5 s2	Lisboa (AL)	19.12.2009
17,84	(2,4)	João	Pires	24-08-92	CDUL	6 s2	Lisboa (AL)	19.12.2009
17,95	(2,5)	Carlos	Ventura	05-03-92	ACRZA	3	Beja	30.01

### 300 Metros ( até 37,74)

35,32	(pc)	Diogo Filipe	Santos	03-05-91	FCP	1 s1	Braga	12.12.2009
36,00		Miguel	Cabral	15-04-94	CAS	1 s2A	Leiria	05.06
36,16		Cláudio	Ferreira	23-07-94	ACBU	1 s1	Guimarães	19.06
36,24		Miguel	Semião	05-09-93	AAPL	2 s2A	Leiria	05.06
36,35		Paulo	Pinto	03-05-91	FCP	ex	Faro	15.05
36,43		João	Moniz	17-11-94	JV	3 s2A	Leiria	05.06
36,46		Filipe	Santos	17-04-93	JOMA	1 s3	Lisboa (I)	20.03
36,54		Hugo	Silva	04-01-91	CSM	1 s1-ex	Machico	01.05
36,61		Cristian	Rosa	16-04-95	CNRM	s1-ex	Leiria	09.06
36,62		José	Viegas	01-03-93	GJPB	2 s1	Aveiro	15.05
(10)								
36,68		Mamadú	Candé	GBS 06-04-93	SLB	3 s1	Guimarães	19.06
36,73		Hugo	Coutinho	12-03-93	AAPL	4 s1	Guimarães	19.06
36,99		Yannick	Medina	CPV 24-10-91	GRQL	2 s2-ex	Sobreda	08.05
37,06		Carlos	Nascimento	12-10-94	ESCMOV	1 s1A	Leiria	05.06
37,10		Guilherme	Pires	01-12-94	SCA	Oc	Leiria	10.07
37,18		André	Simões	06-08-93	ADREP	1 s3	Guimarães	19.06
37,26		Ricardo	Carrilho	29-01-93	A20Km	1 s3	Abrantes	17.04
37,32		Edgar	Batista	12-07-91	ESCMOV	1 s3-ex	Maia	01.05
37,34	(pc)	Eliseu	Ribeiro	08-02-92	GJPB	1 s1	Espinho	27.12.2009
37,35		Pedro	Novais	20-07-93	EBPGS	2 s1	Maia	20.02
(20)								
37,39		João Paulo	Raposo	24-09-94	CEDA	Oc	Lisboa (U)	22.05
37,40		Henrique	Marques	22-06-93	GS-RC	Oc	Lisboa (U)	22.05
37,49		Artur	Koshchuk	UKR 05-03-94	JV	Oc	Lisboa (U)	22.05
37,54		Francisco	Araújo	28-11-93	EBPGS	2 s1A	Leiria	05.06
37,59		Miguel António	Silva	03-02-94	NAC	4 s1	Aveiro	15.05
37,59		Ricardo	Garcia	25-04-93	ACRM	2 s2	Guimarães	19.06
37,62		Francisco	Évora	11-12-91	Lavra	2 s2-ex	Maia	01.05
37,62		Marcelo	Correia	25-03-93	CBF	3 s2	Guimarães	19.06
37,64		António	Ferreira	22-04-93	CFB	1 s3	Guimarães	19.06
37,65		Fernando	Almeida	10-10-92	GDE	1 s2	Ribeira Brava	19.12.2009
(30)								
37,66	(pc)	Jorge	Batista	06-06-91	ADREP	1 s2	Espinho	27.12.2009
37,69		Anselmo	Ramos	06-05-92	Lavra	6 s1-ex	Maia	01.05
37,72		José	Macedo	21-06-94	JUNI	1	Braga	15.05

### Ao ar Livre:

35,70		Diogo Filipe	Santos	03-05-91	FCP	2 s1-ex	Maia	01.05
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### Com marcas manuais

36,5		Miguel	Roque	19-04-92	AAC	1-ex	Luso	01.05
36,8		Ricardo	Carrilho	29-01-93	A20Km	2 s2	Rio Maior	08.05
37,3		Pedro	Cabral	10-03-93	CAT	1	A.Heroísmo	20.03
37,3		Samuel	Barata	19-07-93	GDACB	1	C.Branco	14.05

### Atletas Juniores até 31-12-2009

37,35	(pc)	Lúis	Oliveira Phalempin	12-11-90	CCSJM	2 s1	Espinho	27.12.2009
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### 500 Metros ( até 1.16,0)

1.05,0		José	Miranda	22-08-91	SLB	1	Lisboa (AL)	02.05
1.08,6		Aider	Mohamed	MOZ 27-03-91	MCP	2	Lisboa (AL)	02.05
1.09,21		Davide	Caetano	07-06-94	CBF	2 s2	Lagos	20.12.2009
1.10,12		Francisco	Évora	11-12-91	Lavra	1-ex	Maia	12.12.2009
1.11,19		Diogo	Silva	07-11-91	CBF	3 s2	Lagos	20.12.2009
1.13,01		Bruno	Marques	30-04-92	NSF	4 s2	Lagos	20.12.2009
1.14,59		André	Silva	27-01-91	NSF	2 s1	Lagos	20.12.2009
1.15,80		Diogo	Neto	11-10-91	GDPN	4 s1	Lagos	20.12.2009

### 600 Metros ( até 1.35,0)

1.24,95		Jorge	Batista	06-06-91	ADREP	1 s1	Maia	28.11.2009
1.26,9		Lúis	Fernandes	11-12-93	LPSC	1 s1	Lisboa (AL)	28.11.2009
1.28,30		Pedro	Vieira	27-01-92	ADREP	2 s1	Maia	28.11.2009
1.29,32		John	Martins	13-05-92	ADREP	4 s1	Maia	28.11.2009
1.29,8		Mamadú	Candé	GUI 06-04-93	SLB	2 s1	Lisboa (AL)	28.11.2009
1.29,89		Pedro	Catulo	25-05-93	NSF	3-ex	Faro	03.01
1.30,0		Bruno	Pereira	21-05-94	LPSC	3 s1	Lisboa (AL)	28.11.2009
1.30,10		Pedro Alexandre	Santos	12-04-95	CPC	1 s1	Seixal	20.12.2009

1.31,31		Nuno	Matias	14-12-93	NSF	5-ex	Faro	03.01
1.32,30		Filipe	Correia	24-05-93	NSF	6-ex	Faro	03.01
(10)								
1.32,89		Pedro	Martins	05-10-93	NSF	7-ex	Faro	03.01
1.33,72		Fábio	Rocha	08-02-92	SLB-F	3 s2	Lisboa (U)	20.12.2008
1.34,39		Bruno	Silva	27-12-95	FCP	1	Maia	28.11.2009
1.34,53		David	Rego	27-12-91	ESCMOV	2 s2	Maia	28.11.2009

### 1000 Metros ( até 2.42,00/2.34,00)

2.30,46		José	Martins	10-02-92	SLB	3-ex	Maia	16.05
2.32,10	(pc)	Jorge	Batista	06-06-91	ADREP	1 s1	Espinho	26.12.2009
2.32,15		Hugo	Coutinho	12-03-93	AAPL	1 s2	Lisboa (U)	22.05
2.32,27		Samuel	Barata	19-07-93	GDACB	2 s2	Lisboa (U)	22.05
2.32,59		João	Caeiro	06-11-93	CNALV	3 s2	Lisboa (U)	22.05
2.33,73			Barata			1	Viseu	24.04
2.33,76		Emanuel	Loureiro	17-05-92	OCL	1	Quarteira	08.12.2009
2.34,44		Paulo	Pinto	13-05-91	FCP	1-ex	Faro	03.01
2.34,61		Adrião	Rodrigues	16-03-93	NAC	4 s2	Lisboa (U)	22.05
2.34,62		José	Costa	30-04-91	FCP	5	Maia	16.05
2.34,70		Francisco	Rodrigues	24-05-95	GRAC	1	Lisboa (U)	22.05
(10)								
2.34,88		João	Bernardo	06-09-93	GS-RC	2	Viseu	24.04
2.35,06		Luís	Silva	23-12-92	SLB	6-ex	Maia	16.05
2.35,29		Pedro Alexandre	Santos	12-04-95	CPC	1	Setúbal	16.05
2.35,73		José João	Pereira	10-03-95	NSF	2	Lisboa (U)	22.05
2.36,39		Miguel	Marques	23-07-95	AAMT	2	Setúbal	16.05
2.36,74		Nuno	Paulo	24-07-93	ACDSJ	1	Machico	24.04
2.37,53		António	Rocha	04-08-92	CDD	1-ex	Viseu	24.04
2.37,59	(pc)	André	Silva	31-05-92	LFC-F	2-ex	Braga	19.12.2009
2.37,60		Sérgio	Teixeira	24-02-94	CSGaia	6 s2	Lisboa (U)	22.05
2.37,88		Wilson	Conniott	05-11-93	ACV	4	Viseu	24.04
(20)								
2.37,90		Rúben	Felizardo	17-06-91	CAS	1	Guarda	17.04
2.38,29	(pc)	Eusébio	Oliveira	20-07-93	ADAM	1 s1	Braga	19.12.2009
2.38,73		Paulo	Lima	93	ADRAP	7 s2	Lisboa (U)	22.05
2.38,99		Tiago	Santos	07.12-93	AATC	1	Rio Maior	25.04
2.39,03		Henrique	Matinhos	20-09-93	GDPAV	s2	Lisboa (U)	22.05
2.39,14		Dinarte	Gomes	11-05-91	AJS	1	Machico	24.04
2.39,20		Ruben Manuel	Laurindo	30-03-94	CAO-F	9 s2	Lisboa (U)	22.05
2.39,38		Samuel R.	Freitas	12-09-91	CSM	2	Machico	24.04
2.39,52		Tiago	Silva	07-05-94	NAC	5	Viseu	24.04
2.39,78		Cristian	Rosa	16-04-95	CNRM	4	Lisboa (U)	22.05
(30)								
2.39,9		Helder	Costa	95	GRAC	1	Vigo	11.06
2.39,99		João	Valente	26-09-93	CAFZ	2	Rio Maior	25.04
2.40,05		José João	Santos	30-07-93	SFRAA	2	Setúbal	08.05
2.40,18		André	Morais	11-08-94	CAC-VC	12 s2	Lisboa (U)	22.05
2.40,23	(pc)	João	Pires	09-03-92	GJPB	7 s1	Espinho	26.12.2009
2.40,33	(pc)	João	Cruz	12-04-94	MAC	2 s1	Braga	19.12.2009
2.40,39		António	Rocha	04-08-92	CDD	2-ex	Viseu	13.02
2.40,81		Ruben	Parreira	11-04-95	EBMDS	3 B	Leiria	06.06
2.40,82	(pc)	Rui	Matos	09-09-92	CENAP	8 s1	Espinho	26.12.2009
2.40,88	(pc)	Ricardo	Coroa	18-10-91	FCP	3-ex	Braga	19.12.2009
(40)								
2.41,5		Angelo	Guerra	20-05-93	CABB	2	Setúbal	02.05
2.41,9		Gonçalo	Silva	19-05-94	SFRAA	1	Massamá	12.05

### Ao ar Livre:

2.39,83		Eusébio	Oliveira	20-07-93	ADAM	1	Braga	08.05
2.40,68		João	Cruz	12-04-94	MAC	2	Braga	08.05

### Milha

4.24,0		Miguel	Moreira	04-02-91	AAPGL	1	Lisboa (I)	20.03
4.35,14	(pc)	Francisco	Rodrigues	24-05-95	GRAC	1	Braga	13.02
4.40,58		José	Martins	10-02-92	SLB	1-ex	Maia	12.12.2009
4.43,9		António	Rocha	04-08-92	CDD	1	Aveiro	31.07
4.45,23	(pc)	Helder	Costa	95	GRAC	2	Braga	13.02
4.48,89		Pedro	Martins	05-10-93	NSF	1	Faro	27.06
4.49,8		Bruno	Taveira	19-01-92	SLB	1	Lisboa (AL)	05.12.2009
4.50,7		Bruno	Pereira	21-05-94	LPSC	3	Lisboa (I)	20.03
4.51,7		Tiago	Ferreira	29-10-91	CFUL	2	Aveiro	31.07
4.52,12		Tiago	Baguinho	94	NSF	2	Faro	27.06
(10)								
4.56,49		Sérgio	Teixeira	24-02-94	CSGaia	2-ex	Maia	12.12.2009
4.57,6		Edmir	Correia	09-11-91	GDSD	4	Lisboa (I)	20.03

### 2000 Metros

5.46,89	Emanuel	Loureiro	17-05-92	OCL	2	Lagos	20.12.2009
6.12,87	Pedro	Amaral	14-09-91	GRECAS	1	Maia	28.11.2009
6.13,59	André	Costa	25-10-92	ACRC	3	Viseu	28.11.2009
6.24,12	Ruben	Oliveira	31-12-92	ARLVG	2	Maia	28.11.2009
6.31,52	João	Aleixo	29-10-92	UAP	1	Lisboa (I)	27.03
6.33,39	Fábio	Lourenço	93	CRCDL	6	Lagos	20.12.2009
6.33,41	Ricardo	Guedes	18-02-93	ARLVG	3	Maia	28.11.2009
6.35,18	Carlos	Figueiredo	14-05-92	ACRM	2	Lisboa (I)	27.03
6.35,51	João Pedro	Correia	03-06-94	CDMAR	4	Maia	28.11.2009
6.37,99	Tiago	Coelho	21-07-93	AMFC	5	Maia	28.11.2009

### 2000 met-obstáculos ( até 6.25,00)

5.54,22	Adrião	Rodrigues	16-03-93	NAC	1	Guimarães	20.06
5.57,82	João	Bernardo	06-09-93	GS-RC	2	Guimarães	20.06
6.00,38	Ruben	Silva	16-05-93	NO	3	Guimarães	20.06
6.02,47	Fernando	Serrão	03-04-93	UDCA	4	Guimarães	20.06
6.03,60	Luís Miguel	Borges	04-10-94	CBPAR	2 sA	Leiria	05.06
6.09,29	João	Valente	26-09-93	CAFZ	4 sA	Leiria	05.06
6.11,99	Nuno	Paulo	24-07-93	ACDSJ	1-ex	Machico	10.04
6.13,59	Samuel	Barata	19-07-93	GDACB	2 sB	Leiria	05.06
6.16,04	Henrique	Matinhos	20-09-93	GDPVAV	3 sB	Leiria	05.06
6.14,93	João	Cruz	12-04-94	MAC	1	Tours	09.07
(10)							
6.22,77	Sandy	Martins	CPV 08-08-93	SFRAA	8	Guimarães	20.06
6.22,95	Marco	Castro	09-08-93	GDE	9	Guimarães	20.06
6.24,85	Luís	Silva	94	AAPL	1	Setúbal	15.05

### 60 Metros Barreiras (0,99/1,00) ( até 9,84/8,34)

8,19	(pc)	André	Lima	19-04-91	SCP	1	Pombal	24.01
8,22	(pc)	Hélio	Vaz	01-05-91	NDCG	1 el1	Pombal	24.01
8,26	(pc)		Vaz			2	Pombal	24.01
8,28	(pc)		Lima			1 el2	Pombal	24.01
8,31	(pc)	Samuel	Remédios	24-02-92	GAF	3	Pombal	24.01
8,47	(pc)	João	Fontela	07-08-91	CCSJM	4	Pombal	24.01
8,55	(pc)	João	Lopes Rocha	15-04-92	SLB	1 el4	Pombal	24.01
8,58	(pc)	Ricardo	Fernandes	CPV 01-01-91	JOMA	5	Pombal	24.01
8,59	(pc)	João	Martins	25-02-92	CASM	3 s1-ex	Pombal	09.01
8,64	(pc)	Tiago	Boucela	09-12-92	GRECAS	7	Pombal	24.01
8,66	(pc)	André	Costa	09-05-92	GDRCC	1 s2-ex	Pombal	09.01
8,90	(pc)	Ruben	Lopes	30-01-92	GRECAS	8	Pombal	24.01
(10)								
8,98	(pc)	Bruno	Costa	03-05-92	FCP	2 s2-ex	Pombal	09.01
9,06	(pc)	Miguel	Pedro	ANG 10-12-92	EBMDS	2 el2	Pombal	24.01
9,09	(pc)	Duarte	Silva	05-10-92	CCDR	1-ex	Braga	09.01
9,09	(pc)	Edgar	Azevedo	10-03-91	Lavra	2 el1	Pombal	24.01
9,10	(pc)	Elton	Ingrês	02-04-91	CAMG-I	1	Pombal	13.12.2009
9,10	(pc)	Pedro	Picado	08-09-92	JDN	3 el3	Pombal	24.01
9,12	(pc)	John	Martins	13-05-92	ADREP	3 el2	Pombal	24.01
9,14	(pc)	Jonhy	Machado	03-09-91	ADA	Hep	Braga	20.12.2009
9,17	(pc)	Kévin	dos Santos	20-03-93	ACV	2	Pombal	13.12.2009
9,17	(pc)	Carlos	Resende	10-09-92	NAC	4 el4	Pombal	24.01
(20)								
9,23	(pc)	Ricardo	Mendes	30-05-94	JV	4 el2	Pombal	24.01
9,34	(pc)	Eduardo	Domingues	03-09-92	ACV	Hep	Pombal	27.12.2009
9,35	(pc)	Roman	Leyukh	UKR 26-10-92	A20Km	Hep	Pombal	27.12.2009
9,43	(pc)	Francisco	Évora	11-12-91	Lavra	3 el5	Pombal	24.01
9,43	(pc)	Anselmo	Ramos	06-05-92	CDP	Hep	Braga	20.12.2009
9,50	(pc)	John	Martins	13-05-92	ADREP	Hep	Espinho	27.12.2009
9,61	(pc)	Joaquim	Moreira	30-01-93	CDP	4 el5	Pombal	24.01
9,69	(pc)	João	Bento	10-12-92	ACRDE	2 s2	Espinho	03.01
9,73	(pc)	Pedro	Ferreira	02-11-92	CPA-S	2	Pombal	13.12.2009
9,76	(pc)	João Paulo	Raposo	24-09-94	CEDA	3 el1	Pombal	24.01
(20)								
9,83	(pc)	David Duarte	Henriques	28-05-92	CNRM	1 el1	Pombal	13.12.2009
9,84	(pc)	Alexandre	Gameiro	04-05-92	CPA-S	3	Pombal	13.12.2009

### Ao ar Livre:

9,53	(1,4)	John	Martins	13-05-92	ADREP	1	Aveiro	12.12.2009
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### Com marcas manuais

9,2	(-1,8)	José Décio	Faria	23-07-91	AJS	Hep	Ribeira Brava	20.12.2009
9,5	(-1,8)	João	Gonçalves	24-05-91	AJS	Hep	Ribeira Brava	20.12.2009
9,7	(-0,3)	Miguel	Almeida	28-02-91	CPQR	1	A.Heroísmo	19.12.2009

### Sem controlo de anemómetro

9,6		Miguel	Almeida	28-02-91	CPQR	1-ex	A.Heroísmo	12.12.2009
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**Com vento favorável > 2 m /s**

8,40	(2,2)	Hélio	Vaz	01-05-91	NDCG	1	Guarda	19.12.2009
8,72	(2,2)	João	Martins	25-02-92	CASM	1	Lisboa (AL)	19.12.2009
9,08	(2,2)	Hugo	Espírito Santo	30-05-93	SCP	2	Lisboa (AL)	19.12.2009

60 Metros Barreiras (1,06) ( até 10,04/8,44)								
8,41	(pc)	Hélio	Vaz	01-05-91	NDCG	2 el1	Espinho	28.02
8,43	(pc)		Vaz			3	Espinho	28.02
8,49	(pc)	Samuel	Remédios	24-02-92	GAF	3	Espinho	07.02
8,52	(pc)	João	Fontela	07-08-91	CCSJM	4	Espinho	28.02
8,65	(pc)	André	Costa	09-05-92	GDRCC	3 s2	Pombal	30.01
8,77	(pc)	João	Lopes Rocha	15-04-92	SLB	2 s-ex	Pombal	30.01
8,88	(pc)	Ricardo	Fernandes	CPV 01-01-91	JOMA	6 s1	Pombal	09.01
8,89	(pc)	João	Martins	25-02-92	CASM	4 s2	Pombal	09.01
8,99	(-1,0)	Hugo	Silva	04-01-91	CSM	1	Ribeira Brava	16.01
9,08	(pc)	Edgar	Azevedo	10-03-91	Lavra	1 s1	Espinho	31.01
9,13	(pc)	Kévin	dos Santos	20-03-93	ACV	4	Pombal	31.01
<b>(10)</b>								
9,16	(1,7)	Hugo	Silva	04-01-91	CSM	1	Ribeira Brava	03.01
9,21	(1,7)	Roberto	Nóbrega	31-05-92	ADRAP	2	Ribeira Brava	03.01
9,24	(pc)	Roberto	Nascimento	01-02-93	JAM	3	Espinho	17.01
9,26	(pc)	Bruno	Costa	03-05-92	FCP	2	Braga	17.01
9,33	(pc)	Tiago	Boucela	09-12-92	GRECAS	4 el2	Espinho	07.02
9,33	(pc)	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	10.01
9,35	(pc)	Ricardo	Santos	01-05-92	CBF	Hep	Espinho	28.02
9,37	(pc)	Ruben	Lopes	30-01-92	GRECAS	4 el5	Espinho	07.02
9,44	(pc)	Carlos	Resende	10-09-92	NAC	5	Espinho	17.01
9,47	(pc)	John	Martins	13-05-92	ADREP	2 s1	Espinho	31.01
<b>(120)</b>								
9,48	(pc)	Filipe	Morim	13-01-91	CDP	4 s2	Espinho	31.01
9,49	(pc)	Duarte	Silva	05-10-92	CCDR	5 s2	Espinho	30.01
9,54	(pc)	João	Gonçalves	24-05-91	AJS	Hep	Espinho	28.02
9,62	(pc)	Carlos	Patrício	20-03-91	OCL	4	Pombal	21.02
9,73	(pc)	Tiago	Carvalho	08-07-92	CASM	6	Pombal	31.01
9,76	(pc)	José Décio	Faria	23-07-91	AJS	Hep	Espinho	28.02
9,92	(pc)	Roman	Leyukh	UKR 26-10-92	A20Km	5-ex	Alpiarça	20.02

**Ao ar Livre:**

8,96	(-2,3)	André	Costa	09-05-92	GDRCC	1	Seixal	16.01
9,70	(-1,0)	João	Gonçalves	24-05-91	AJS	4	Ribeira Brava	16.01
9,89	(-3,6)	Ricardo	Santos	01-05-92	CBF	Hep	Faro	03.01

**Com marcas manuais**

9,5	(1,2)	Daniel	Dias	10-11-92	ASJC	1	V.Novas	19.12.2009
9,8	(0,8)	João Paulo	Raposo	24-09-94	CEDA	1	Ribeira Grande	16.01

5 Km-Marcha ( até 30.00)								
22.48		Bruno	Gomes Pedro	12-10-93	GACV	1	Montemor-o-Velho	09.01
23.25		Diogo Duarte	Henriques	28-05-92	CNRM	1	F.Zêzere	28.03
23.36		Samuel	Pereira	25-11-93	UAG	2	F.Zêzere	28.03
24.42		Ricardo	Vieira Fernandes	10-07-92	JV	3	R.Maior	10.04
24.47		Ruben	Violante	24-09-92	UDZA	1	Alvaiázere	30.10
25.01		Pedro Miguel	Santos	15-11-92	CPC	5	R.Maior	10.04
25.15		David	Mendes	30-07-91	SLB	ex	Lisboa (U)	09.01
25.58		Miguel	Carvalho	02-09-94	CNRM	2	Montemor-o-Velho	09.01
25.28		Fábio	Conceição	05-07-93	AOA	1	Pechão	13.02
25.37		Eduardo	Cardoso	09-03-92	CCDR	7	R.Maior	10.04
<b>(10)</b>								
27.37		Daniel	Sousa	24-01-94	CAFZ	3	Montemor-o-Velho	09.01
28.19		David	Simões	22-03-93	GACV	4	Montemor-o-Velho	09.01
28.20		Carlos	Lopes	STP 29-02-94	SLB	1	Lisboa	13.12.2009
29.07		Paulo	Cruz	09-11-94	ACRV	1	V.N.Gaia	24.01
29.53		Marco	Silva	17-05-93	ADRAB	5	Montemor-o-Velho	09.01

5.000 Metros-Marcha ( até 28.00,00/23.00,00) CNJ 25.30,00								
22.37,34	(pc)	Bruno	Gomes Pedro	12-10-93	GACV	1	Pombal	23.01
22.47,25	(pc)	Diogo Duarte	Henriques	28-05-92	CNRM	2	Pombal	23.01
22.51,24	(pc)		Henriques			2	Pombal	16.01
22.52,58		Samuel	Pereira	25-11-93	UAG	1	Seia	08.05
22.52,91	(pc)		Pereira			ex	Pombal	16.01
23.12,93		Eduardo	Cardoso	09-03-92	CCDR	4	Lisboa(U)	12.06

23.42,34	(pc)	Diogo	Barreiros	05-11-92	CUAB	4	Pombal	23.01
24.15,79		Miguel	Carvalho	02-09-94	CNRM	2	Guimarães	19.06
24.27,48	(pc)	Ricardo	Fernandes	10-07-92	JV	7	Espinho	06.02
24.51,34		Fábio	Conceição	05-07-93	AOA	3	Guimarães	19.06
24.55,2		Pedro Miguel	Santos	15-11-92	CPC	2	Seixal	16.01
25.12,72		João	Martins	01-01-95	CAFZ	4	Guimarães	19.06
<b>(10)</b>								
25.32,54		David	Mendes	30-07-91	SLB	1	Lisboa (AL)	19.12.2009
25.51,56		Marco	Amaral	16-07-93	NSSM	5	Guimarães	19.06
25.53,32		Edujosé	Lima	<b>ANG</b> 02-03-96	CAG	1	Lisboa (U)	15.05
25.58,69		André	Salgueiro	17-05-95	GDP-L	3	Rio Maior	01.05
26.14,70		Joaquim	Rodrigues	02-11-96	ACBU	7	Guimarães	19.06
26.22,8		Miguel	Rodrigues	01-11-96	CNRM	3	Rio Maior	08.05
26.24,23		Carlos	Lopes	<b>STP</b> 29-02-94	SLB	2	Lisboa (U)	15.05
26.34,96		Helder	Leitão	07-03-96	CABB	8	Guimarães	19.06
27.17,85		Marco	Silva	17-05-93	ADRAB	6	Rio Maior	01.05
27.28,56		Cláudio	Cotrim	26-04-96	ADRAB	7	Rio Maior	01.05
<b>(20)</b>								
27.31,11	(pc)	Samuel	Leal	12-09-92	NAC	2	Espinho	09.01
27.41,54		Lúis	Carneiro	30-08-94	EBPGS	1	Braga	08.05

**Ao ar Livre:**

23.12,72		Bruno	Gomes Pedro	12-10-93	GACV	1	Rio Maior	01.05
24.12,08		Eduardo	Cardoso	09-03-92	CCDR	2	P.Varzim	29.05
24.19,36		Diogo Duarte	Henriques	28-05-92	CNRM	3	Abrantes	10.06
24.45,13		Ricardo	Fernandes	10-07-92	JV	8	Lisboa (U)	12.06
26.23,88		Diogo	Barreiros	05-11-92	CUAB	3	Abrantes	10.07