

60 m - 7,80 - 8,30

7,36	Sónia Tavares	Sporting CP	21-03-86	3h	C. Eur	Paris	05-03	7,40i-07
7,38	Sónia Tavares			1		Pombal	20-02	
7,40	Sónia Tavares			8mf	C. Eur	Paris	05-03	
7,43	Sónia Tavares			1mf	C. Port	Pombal	26-02	
7,44	Sónia Tavares			1ex		Pombal	12-02	
7,45	Sónia Tavares			1	CNU	Pombal	19-02	
7,46	Sónia Tavares			1h		Pombal	20-02	
7,46	Sónia Tavares			1	C. Port	Pombal	26-02	
7,47	Sónia Tavares			1	CNCI-1	Pombal	12-02	
7,47	Carla Tavares	Sporting CP	22-05-82	2		Pombal	20-02	7,48i-08
7,49	Sónia Tavares			1ex	Taça FPA	Pombal	08-01	
7,50	Sónia Tavares			1h	CNU	Pombal	19-02	
7,50	Sónia Tavares			1h	C. Port	Pombal	26-02	
7,51	Carla Tavares			2	C. Port	Pombal	26-02	
7,52	Sónia Tavares			1ex		Pombal	29-01	
7,53	Sónia Tavares			1s	CNCI-Ap	Pombal	29-01	
7,56	Sónia Tavares			1s	Taça FPA	Pombal	08-01	
7,57	Carla Tavares			2s	Taça FPA	Pombal	08-01	
7,59	Carla Tavares			2ex	Taça FPA	Pombal	08-01	
7,59	Carla Tavares			1		Nave do Jamor	03-02	
7,61	Carla Tavares			1h		Pombal	20-02	
7,63	Carla Tavares			1mf	C. Port	Pombal	26-02	
7,65	Andreia Felisberto	JOMA	22-06-86	2		Nave do Jamor	03-02	7,70i-09
7,65	Carla Tavares			1h	C. Port	Pombal	26-02	
7,66	Glória Santo	Sporting CP	STP 13-01-83	3ex	Taça FPA	Pombal	08-01	7,49i-09
7,67	Eva Vital	SL Benfica	08-07-92	3	C. Port	Pombal	26-02	7,56i-09
7,68	Andreia Felisberto			1h		Nave do Jamor	03-02	
7,68	Carla Tavares			1h		Nave do Jamor	03-02	
7,70	Diana Cerqueira	CA Mazarefes	09-04-93	4	C. Port	Pombal	26-02	7,90i-10
7,71	Andreia Felisberto			2s	CNCI-Ap	Pombal	29-01	
7,71	Eva Vital			2	CNCI-1	Pombal	12-02	
7,72	Glória Santo			3s	Taça FPA	Pombal	08-01	
7,72	Andreia Felisberto			2ex		Pombal	29-01	
7,72	Diana Cerqueira			2h	C. Port	Pombal	26-02	
7,73	Eva Vital			1sf	CNU	Pombal	22-01	
7,73	Eva Vital			2mf	C. Port	Pombal	26-02	
7,74	Eva Vital			1	CN23	Pombal	05-02	
7,74	Diana Cerqueira			2mf	C. Port	Pombal	26-02	
7,76	Eva Vital			4ex	Taça FPA	Pombal	08-01	
7,76	Eva Vital			1	CNU	Pombal	22-01	
7,76	Ungudi Quiawacana	SL Benfica	09-11-90	ex	CNU	Pombal	19-02	7,73i-08/09
7,77	Eva Vital			1h	CNU	Pombal	22-01	
7,77	Eva Vital			1h	CN23	Pombal	05-02	
7,77	Eva Vital			1h	C. Port	Pombal	26-02	
7,78	Andreia Felisberto			5ex	Taça FPA	Pombal	08-01	
7,78	Andreia Felisberto			5	C. Port	Pombal	26-02	
7,79	Debora Clemente	SL Benfica	09-11-94	2	CNU	Pombal	22-01	7,83i-10
7,79	Susana Estriga	JOMA	16-07-75	2h		Pombal	20-02	7,83i-08
7,80	Filipa Martins	SL Benfica	13-11-92	1ex		Pombal	12-02	7,73i-09
7,84	Shaina Anthony Mags	Sporting CP	NGR 11-04-92	1h	CN23	Pombal	05-02	8,14i-09
7,84	Cristiana Cunha	SC Braga	12-07-91	2	CNU	Pombal	19-02	8,02i-10
7,85	Sónia Marques	SC Braga	06-07-86	3	CNU	Pombal	19-02	7,74i-07
7,87	Daniela França	Maia AC	02-08-95	2	C Norte	Braga	15-01	8,26i-10
7,88	Carolina Duarte	CS Maritimo	08-01-90	3s	CNCI-Ap	Pombal	29-01	7,81i-10
7,88	Andreia Crespo	NDC Gouveia	16-10-93	4	CN23	Pombal	05-02	7,93i-10
7,88	Susana Santos	SL Benfica	20-09-90	4	CN23	Pombal	05-02	7,77i-09
7,88	Joana Costa	SL Benfica	10-11-95	6	C. Port	Pombal	26-02	8,13i-10
7,90	Verónica Zhukova	Juv. Vidigalense	UKR 12-03-93	7	C. Port	Pombal	26-02	8,19i-10
7,92	Carla Ratão	Sporting CP	06-06-82	3h	C. Port	Pombal	26-02	7,99i-03

7,94	Dorothe Évora	SL Benfica		28-05-91	1sf	Taça FPA	Pombal	08-01	8,13i-10
7,96	Cristina Martínez	AC Mocidade-Aç		26-05-92	6	CN23	Pombal	05-02	8,04i-10
7,97	Sara Esteves	SC Braga		24-08-92	4	CNCI-1	Pombal	12-02	7,64i-09
7,98	Adriana Alves	SL Benfica	ANG	13-09-95	2h	CNJ	Pombal	22-01	
7,98	Patrícia Vieira	GD Estreito		18-04-79	4s	CNCI-Ap	Pombal	29-01	7,75i-04
7,98	Cátia Nunes	Sporting CP		06-04-90	2ex		Pombal	12-02	7,97i-10
7,98	Rute Limpo	Vitória FC		23-12-90	1		Alpiarça	05-03	
7,98	Joana Lopes	CLAC		13-10-91	2		Alpiarça	05-03	8,02i-10
8,00	Stenia Betuncal	CAS Manique	GBS	25-11-92	4h	C. Port	Pombal	26-02	
8,02	Cátia Pereira	JOMA		05-07-89	7		Pombal	20-02	8,21i-08
8,03	Tatiana Rosário	GDRC Coia		05-04-94	2h	CNJ	Pombal	22-01	8,20i-10
8,04	Daniela Cruz	C Spiridon Gaia		11-06-93	3h	C Norte	Braga	15-01	
8,05	Flavia Ribeiro	ES Júlio Dinis		06-11-94	2h	CNJ	Pombal	22-01	8,38i-10
8,05	Rafaela Nogueira	Sporting CP		16-04-94	2h		Pombal	22-01	8,23i-10
8,06	Jalma Teixeira	JOMA		90	4h	CN23	Pombal	05-02	
8,07	Sarah Dias	Juv Vidigalense		15-02-95	4s	Taça FPA	Pombal	08-01	8,08i-09
8,07	Catarina Silva	GRECAS		03-04-90	7	CNCI-1	Pombal	12-02	7,91i-10
8,07	Stephanie Simões	GRECAS		08-10-94	5h	C. Port	Pombal	26-02	
8,08	Diana Relvas	ES Serafim Leite		12-05-89	3h	CN23	Pombal	05-02	7,98i-07
8,08	Lisandra Lopes	GRECAS		07-04-88	4ex		Pombal	12-02	8,14i-09
8,09	Joana Vitorino	CAS Manique		30-05-92	7s	Taça FPA	Pombal	08-01	7,78i-10
8,09	Cátia Garcia Santos	SL Benfica		13-05-94	3h	CNJ	Pombal	22-01	8,29i-10
8,09	Vera Lima	AD Sanjoanense		08-12-89	5h	C. Port	Pombal	26-02	8,18i-10
8,10	Candida Bairrada	CS Marítimo		31-12-84	1h	CNU	Pombal	19-02	7,82i-08
8,11	Cátia Jacinto	GCA Donas		26-08-92	2	CNCI-2	Pombal	12-02	8,04i-10
8,13	Olimpia Barbosa	UA Povoense	STP	28-12-95	5ex		Pombal	15-01	
8,14	Teresa Carvalho	CAS Manique		03-01-95	1ex	Taça FPA	Pombal	08-01	8,17i-10
8,14	Ilizandra Lopes	CF Belenenses		28-02-92	5h	CN23	Pombal	05-02	8,01i-10
8,17	Sofia Duarte	Ateneu Cartaxo		07-11-96	1		Alpiarça	20-11	8,25i-09
8,17	Vanessa Vaz	UA Povoense		93	6		Nave do Jamor	03-02	
8,17	Tânia Rocha	CAA Valdevez		02-03-95	3		Braga	12-02	8,35i-10
8,17	Larissa Vieira	SC Abrantes	BRA	14-11-95	2h		Alpiarça	19-02	8,19i-10
8,20	Elizandra Alberto	AAT Cartaxense	ANG	15-12-97	1		Alpiarça	20-11	8,20i-09
8,20	Cátia Ferreira	Juv Vidigalense		18-06-83	3		Pombal	15-01	7,68i-08
8,20	Cátia Azevedo	Sporting CP		09-03-94	4h		Nave do Jamor	03-02	8,22i-10
8,20	Graciela Martins	GR Qt. Lomba	ESP	05-04-87	3	CNCI-2	Pombal	12-02	
8,20	Ana Margarida Oliveira	GA Fátima		18-07-95	1h		Alpiarça	19-02	8,38i-10
8,20	Inês Neves	CAS Manique		04-12-94	6h	C. Port	Pombal	26-02	
8,21	Malua Paposseco	UA Povoense	ANG	93	5h		Nave do Jamor	03-02	
8,23	Sara Dias	AC Vermoil		06-11-92	2		Pombal	04-12	8,07i-10
8,23	Ana Catarina Almeida	CA Mazarefes		21-01-94	5	C Norte	Braga	15-01	8,39i-10
8,23	Joana Sequeira	CN Rio Maior		93	2h		Alpiarça	19-02	
8,23	Beatriz Dinis	Juv. Vidigalense		19-10-96	1		Pombal	12-03	8,61i-10
8,24	Daniela Ferreira	Juv. Vidigalense		22-06-89	4		Pombal	15-01	8,09i-08
8,24	Rose Trindade	SC Braga		95	1h	C Norte	Braga	15-01	8,56i-10
8,24	Rita Schaller	Sporting CP		07-08-94	4h		Nave do Jamor	03-02	8,21i-10
8,25	Mariana Cabral	CD Faro XXI		12-07-93	3h	CNJ	Pombal	22-01	
8,28	Jessica Ferrero	AA Pinhalnovense	ANG	22-02-93	4h	CNJ	Pombal	22-01	8,52i-10
8,30	Marta Onofre	CF Belenenses		28-01-91	3h	CNU	Pombal	19-02	

200 m– 26,00 – 28,00

24,11	Sónia Tavares	Sporting CP		21-03-86	1	C. Port	Pombal	27-02	24,31i-10
24,27		Sónia Tavares			1h	C. Port	Pombal	27-02	
24,31		Sónia Tavares			1s	CNCI-1	Pombal	13-02	
24,40	Patrícia Lopes	Sporting CP		11-07-82	2	C. Port	Pombal	27-02	24,34i-09
24,53		Patrícia Lopes			1h	C. Port	Pombal	27-02	
24,69	Ungudi Quiawacana	SL Benfica		09-11-90	2s	CNCI-1	Pombal	13-02	24,90i-10
24,80	Diana Cerqueira	CA Mazarefes		09-04-93	2h	C. Port	Pombal	27-02	26,37i-10
24,88	Carolina Duarte	CS Marítimo		08-01-90	1h	C. Port	Pombal	27-02	25,46i-10
24,90		Carolina Duarte			3	C. Port	Pombal	27-02	
24,98	Vera Barbosa	Sporting CP		13-01-89	2h	C. Port	Pombal	27-02	25,02i-10

24,99		Carolina Duarte			1s	CN23	Pombal	06-02	
25,00	Filipa Martins		SL Benfica	13-11-92	1s	CN23	Pombal	06-02	25,40i-09
25,04		Ungudi Quiawacana			1s	CN23	Pombal	06-02	
25,09		Ungudi Quiawacana			1s	CNCI-Ap	Pombal	30-01	
25,16	Carla Tavares		Sporting CP	22-05-82	1s	CNCI-Ap	Pombal	29-01	24,62i-08
25,16		Diana Cerqueira			1s	CNCI-2	Pombal	13-02	
25,34		Carolina Duarte			2s	CNCI-Ap	Pombal	29-01	
25,35	Dorothe Évora		SL Benfica	28-05-91	1s	CN23	Pombal	06-02	26,08i-10
25,37	Carla Ratão		Sporting CP	06-06-82	1		Aubiere	06-02	24,78i-07
25,38		Carolina Duarte			ex		Pombal	16-01	
25,39	Cátia Nunes		Sporting CP	06-04-90	2s	CN23	Pombal	06-02	25,08i-10
25,39		Diana Cerqueira			4	C. Port	Pombal	27-02	
25,43		Vera Barbosa			5	C. Port	Pombal	27-02	
25,46		Cátia Nunes			ex		Pombal	16-01	
25,55		Carla Ratão			2h	C. Port	Pombal	27-02	
25,67		Filipa Martins			1s	CNJ	Pombal	23-01	
25,67	Andreia Crespo		NDC Gouveia	16-10-93	2s	CN23	Pombal	06-02	26,41i-10
25,71		Diana Cerqueira			2s	CNJ	Pombal	23-01	
25,83		Carla Ratão			6	C. Port	Pombal	27-02	
25,84	Patrícia Mamona		Sporting CP	21-11-88	3s	JRG Multi	Clemson-USA	28-01	
25,88	Cátia Jacinto		GCA Donas	26-08-92	2s	CNCI-2	Pombal	13-02	25,92i-09
25,90		Andreia Crespo			3s	CNJ	Pombal	23-01	
25,95		Diana Cerqueira			1s	C Norte	Braga	16-01	
25,95		Patrícia Mamona			4s	Tiger Paw	Clemson-USA	11-02	
26,00	Susana Estriga		JOMA	16-07-75	1		Gent- Bel	17-03	26,62i-07
26,17	Susana Santos		SL Benfica	20-09-90	1s	CN23	Pombal	06-02	25,44i-10
26,20	Cátia Azevedo		Sporting CP	09-03-94	3h	C. Port	Pombal	27-02	26,92i-10
26,30		Patrícia Mamona			4h		Clemson-USA	15-01	
26,42	Catarina Silva		GRECAS	03-04-90	3h	C. Port	Pombal	27-02	26,35i-10
26,48	Sara Esteves		SC Braga	24-08-92	3s	CNCI-1	Pombal	13-02	25,93i-09
26,55	Miriam Tavares		CS Maritimo	14-05-91	4h	C. Port	Pombal	27-02	26,09i-10
26,57	Jalma Teixeira		JOMA	90	2s	CNCI-1	Pombal	13-02	
26,60	Sara Dias		AC Vermoil	06-11-92	1s		Pombal	08-12	25,95i-10
26,66	Olimpia Barbosa		UA Povoense	STP 28-12-95	1s	CNJ	Pombal	23-01	
26,66	Debora Clemente		SL Benfica	09-11-94	4s	CNJ	Pombal	23-01	26,36i-10
26,79	Daniela França		Maia AC	02-08-95	2s	C Norte	Braga	16-01	27,06i-10
26,82	Ana Silva		AR Luz e Vida	03-09-93	3s	CN23	Pombal	06-02	27,89i-10
26,82	Sarah Dias		Juv Vidigalense	15-02-95	4s	CNCI-1	Pombal	13-02	
26,89	Joana Lopes		CLAC	13-10-91	4h	C. Port	Pombal	27-02	26,51i-10
26,91	Vera Lima		AD Sanjoanense	08-12-89	3s	CN23	Pombal	06-02	26,95i-10
26,93	Tatiana Rosário		GDRC Coia	05-04-94	1s	CNJ	Pombal	23-01	26,85i-10
26,95	Teresa Carvalho		CAS Manique	03-01-95	2s	CNCI-Ap	Pombal	29-01	
27,00	Daniela Pereira		Juv. Vidigalense	30-03-94	1s		Pombal	08-12	27,52i-10
27,01	Daniela Cruz		C Spiridon Gaia	11-06-93	1h	C Norte	Braga	16-01	
27,06	Sara Martins		FC Porto	13-11-91	3s	CN23	Pombal	06-02	27,11i-10
27,07	Bruna Silva		Juv. Vidigalense	14-11-94	1s		Pombal	16-01	28,33i-10
27,09	Cristiana Cunha		SC Braga	17-07-91	ex		Pombal	16-01	26,48i-09
27,10	Ana Almeida		Gira Sol RC	04-04-91	1s	CNCI-Ap	Pombal	30-01	27,59i-10
27,11	Sara Oliveira		Juv Vidigalense	28-12-93	4s	CN23	Pombal	06-02	
27,15	Verónica Zhukova		Juv. Vidigalense	UKR 12-03-93	3s	CN23	Pombal	06-02	27,90i-10
27,23	Vera Castro		EP G. Sampaio	23-10-92	1s	C Norte	Pombal	16-01	26,83i-10
27,24	Vanessa Vaz		UA Povoense	93	1s	CNJ	Pombal	23-01	
27,30	Goreti Silveira		JD Almansor	25-10-91	4s	CN23	Pombal	06-02	26,92i-09
27,36	Mariana Cabral		CD Faro XXI	12-07-93	3s	CN23	Pombal	06-02	
27,40	Catarina Amorim		SL Benfica	03-05-92	1s		Braga	12-02	26,49i-10
27,52	Camila João		A. Jardim Serra	30-11-89	4s	CN23	Pombal	06-02	27,28i-10
27,57	Malua Paposseco		UA Povoense	ANG 93	ex		Pombal	16-01	
27,57	Carine Moreira		Juv. Vidigalense	16-03-94	3s	CNJ	Pombal	23-01	28,61i-10
27,63	Cátia Rodrigues		ADRE Palhaça	12-02-92	3s	CNCI-2	Pombal	13-02	27,39i-10
27,65	Daniela Ferreira		Juv. Vidigalense	22-06-89	2h		Pombal	16-01	27,05i-08
27,69	Diana Moniz		GR Qt. Lomba	15-10-93	1s	CNCI-2	Pombal	13-02	
27,70	Inês Bento		CP Pontevel	15-08-94	2s		Pombal	08-12	27,43i-10

27,70	Inês Correia	NDC Gouveia	07-10-94	2s	CNJ	Pombal	23-01	27,47i-10
27,77	Diana Relvas	ES Serafim Leite	12-05-89	1s		Braga	12-02	26,38i-07
27,87	Olga Santos	UD Zona Alta	07-03-93	3h		Pombal	08-12	27,34i-10
27,87	Jessica Ferrero	AA Pinhalnovense	ANG 22-02-93	1s	CNCI-Ap	Pombal	30-01	
27,99	Joana Sequeira	CN Rio Maior	93	4s	CN23	Pombal	06-02	

300 m – 46,00

43,62	Diana Freitas	SL Benfica	01-11-91	1s		Braga	11-12	
43,72	Ana Silva	AR Luz e Vida	03-09-93	1s		Braga	11-12	
43,80	Sara Martins	FC Porto	13-11-91	1s		Braga	11-12	45,40i-09
43,90	Vera Castro	EP G. Sampaio	23-10-92	2s		Braga	11-12	43,76i-09
44,02	Maria Manuel Silva	AC Mocidade-Coi	11-05-95	1s		Pombal	20-02	
44,50	Vera Fernandes	EBMD Saraiva	94	1s		Pombal	20-02	
44,67	Cláudia Oliveira	GRECAS	24-04-95	2s		Pombal	20-02	
44,82	Andreia Santos	ADRE Palhaça	14-09-95	2s		Braga	11-12	
44,85	Carine Moreira	Juv. Vidigalense	16-03-94	3s		Pombal	20-02	48,4i-10
45,02	Ana B. Fernandes	ACDR Arneirense	95	4s		Pombal	20-02	
45,74	Raquel Cequeira	ANDDEM	83	3s		Braga	11-12	27,31i-08
45,99	Catarina Amorim	SL Benfica	03-05-92	2s		Braga	11-12	43,96i-08

400 m– 59,00 - 63,00

54,00	Patricia Lopes	Sporting CP	11-07-82	1s		Pombal	20-02	53,87i-09
54,27		Patricia Lopes		1s	C. Port	Pombal	26-02	
54,43	Vera Barbosa	Sporting CP	RN23 13-01-89	2s		Pombal	20-02	54,93i-10
54,50		Vera Barbosa		2s	C. Port	Pombal	26-02	
54,81		Patricia Lopes		3	Erdgas	Chemnitz-GER	27-01	
54,93		Vera Barbosa	RN23	1s	Taça FPA	Pombal	08-01	
54,94		Patricia Lopes		2s	Taça FPA	Pombal	08-01	
54,94		Patricia Lopes		5h	C. Eur	Paris	04-03	
55,01		Vera Barbosa		1s	CNCI-Ap	Pombal	29-01	
55,09		Patricia Lopes		6mf	C. Eur	Paris	04-03	
55,31		Vera Barbosa		1s	CNCI-1	Pombal	12-02	
55,88	Cátia Nunes	Sporting CP	06-04-90	1s	CNU	Pombal	19-02	56,06i-10
56,00		Cátia Nunes		3s	C. Port	Pombal	26-02	
56,02		Cátia Nunes		1s	CN23	Pombal	05-02	
56,31	Dorothe Évora	SL Benfica	28-05-91	2s	CN23	Pombal	05-02	58,52i-10
56,35		Dorothe Évora		2s	CNCI-1	Pombal	12-02	
56,60		Dorothe Évora		1s	CNCI-Ap	Pombal	30-01	
56,96	Carolina Duarte	CS Maritimo	08-01-90	2s	CNU	Pombal	19-02	58,12i-09
57,24		Carolina Duarte		4s	C. Port	Pombal	26-02	
57,26		Carolina Duarte		3	CN23	Pombal	05-02	
57,26		Carolina Duarte		3s		Pombal	20-02	
57,45		Cátia Nunes		3s	Taça FPA	Pombal	08-01	
57,90	Marta Pen Freitas	SL Benfica	31-07-93	1s	CNJ	Pombal	22-01	58,48i-10
58,26	Susana Estriga	JOMA	16-07-75	3s	CNCI-1	Pombal	12-02	58,41i-07
58,41	Miriam Tavares	CS Maritimo	14-05-91	4s		Pombal	20-02	58,98i-10
58,42	Filipa Martins	SL Benfica	13-11-92	2s	CNJ	Pombal	22-01	
58,44	Leslie Delgado	GCA Donas	25-06-89	1s		Pombal	20-02	59,68i-09
58,56		Carolina Duarte		ex		Pombal	15-01	
58,65		Filipa Martins		4s	CN23	Pombal	05-02	
58,69	Cátia Jacinto	GCA Donas	26-08-92	3s	CNJ	Pombal	22-01	59,81i-09
58,84		Miriam Tavares		5s	C. Port	Pombal	26-02	58,98i-10
58,96	Carla Ratão	Sporting CP	06-06-82	4		Aubiere	08-01	55,63i-08
58,96	Cátia Azevedo	Sporting CP	09-03-94	2s		Pombal	20-02	
59,00	Neuza Reis	SL Benfica	18-01-95	1s	CNJ	Pombal	22-01	
59,14	Graciela Martins	GR Qt. Lomba	ESP 05-04-87	1s	C. Port	Pombal	26-02	58,51i-09
59,30	Andreia Crespo	NDC Gouveia	16-10-93	2s	C. Port	Pombal	26-02	
59,35	Sara Oliveira	Juv. Vidigalense	28-12-93	1s	C. Port	Pombal	26-02	
59,56	Mariana Brás	SCU Torreense	29-11-93	2s	C. Port	Pombal	26-02	60,64i-10
59,58	Liliana Cabral	SL Benfica	24-04-94	4s	CNJ	Pombal	22-01	2.15,91i-10

59,60	Diana Freitas	SL Benfica		01-11-91	ex	C Norte	Braga	15-01	62,49i-07
59,75	Olga Serbyn	Sporting CP	UKR	12-09-92	1s	CNJ	Pombal	22-01	
59,76	Goreti Silveira	JD Almansor		25-10-91	3s	C. Port	Pombal	26-02	60,87i-09
60,07	Cristiana Cunha	SC Braga		17-07-91	4s	CN23	Pombal	05-02	59,64i-10
60,10	Ana Almeida	Gira Sol RC		04-04-91	3s	CNCI-Ap	Pombal	30-01	60,50i-10
60,27	Nádia Gaspar	SL Benfica		07-10-90	2s	CN23	Pombal	05-02	59,43i-09
60,38	Vera Castro	EP G. Sampaio		23-10-92	3s	CNJ	Pombal	22-01	60,77i-10
60,38	Liliana Henriques	A. Jardim Serra		12-05-90	5s	CN23	Pombal	05-02	58,11i-09
60,57	Sara Martins	Juv. Vidigalense		13-11-91	1s	C. Port	Pombal	26-02	61,12i-10
60,79	Manuela Bernardo	GCA Donas		05-10-87	4s	C. Port	Pombal	26-02	59,66i-08
60,89	Márcia Martins	SFRA Amadora	CPV	15-01-92	2s	CN23	Pombal	05-02	
61,10	Solange Fernandes	CJS Manique		31-07-91	1s	CNCI-Ap	Pombal	29-01	
61,42	Andreia Santos	ADRE Palhaça		14-09-95	2	CNCI-2	Pombal	12-02	
61,54	Camila João	A. Jardim Serra		30-11-89	6s	CN23	Pombal	05-02	60,38i-10
61,63	Daniela Ribeiro	Juv. Vidigalense		04-11-94	4s	Taça FPA	Pombal	08-01	61,52i-10
61,95	Patrícia Caldas	SC Braga		31-10-94	2s	C Norte	Braga	15-01	
62,12	Olga Santos	UD Zona Alta		07-03-93	4s	Taça FPA	Pombal	08-01	60,91i-10
62,12	Carine Moreira	Juv. Vidigalense		16-03-94	5s	CNJ	Pombal	22-01	
62,34	Ana Silva	AR Luz e Vida		03-09-93	1s	C Norte	Braga	15-01	
62,60	Isabel Sousa	GRECAS		14-05-84	3s	CNCI-1	Pombal	12-02	60,13i-02
62,61	Isabel Areias	Gira Sol RC		27-01-85	2		Pombal	15-01	58,59i-10

800m - 2.15,0 - 2.25,0

2.08,96	Sandra Teixeira	Sporting CP		13-03-78	1	C. Port	Pombal	27-02	2.02,47i-01
2.11,38		Sandra Teixeira			1	CNCI-1	Pombal	13-02	
2.13,06	Andreia Santos	JOMA		17-05-85	2	CNCI-1	Pombal	13-02	2.15,78i-03
2.13,23	Mariana Brás	SCU Torreense		29-11-93	1	CN23	Pombal	06-02	2.14,42i-10
2.13,26		Andreia Santos			2	C. Port	Pombal	27-02	
2.13,48	Micaela Lopes	NS Lourinhã		08-05-92	2	CN23	Pombal	06-02	
2.13,49		Mariana Brás			3	C. Port	Pombal	27-02	
2.13,51	Lilian Silva	Juv. Vidigalense		30-03-82	3	CNCI-1	Pombal	13-02	2.07,15i-08
2.13,73	Solange Fernandes	CJS Manique		31-07-91	4	C. Port	Pombal	27-02	2.13,80i-09
2.13,93	Patrícia Caldas	SC Braga		31-10-94	4	CNCI-1	Pombal	13-02	2.20,07i-10
2.14,22	Neide Dias	Sporting CP		11-08-87	5	C. Port	Pombal	27-02	2.12,59i-10
2.14,59	Diana Freitas	SL Benfica		01-11-91	6	C. Port	Pombal	27-02	2.13,08i-09
2.15,67	Marta Pen Freitas	SL Benfica		31-07-93	1s	CNJ	Pombal	23-01	2.15,19i-10
2.16,62	Isabel Areias	Gira Sol RC		27-01-85	3		Pombal	20-02	2.12,75i-10
2.18,50	Tânia Silva	Liberdade FC		24-05-88	3	C Norte	Braga	16-01	2.15,07i-09
2.18,88	Vanda Ribeiro	GRECAS		02-04-75	2s	CNCI-Ap	Pombal	30-01	2.07,42i-99
2.19,18	Olga Serbyn	Sporting CP	UKR	12-09-92	1s	CNJ	Pombal	23-01	
2.19,19	Liliana Cabral	SL Benfica		24-04-94	5s	CNJ	Pombal	23-01	2.15,91i-10
2.21,68	Sónia Fernandes	GRECAS		03-05-83	2	CNU	Pombal	19-02	2.16,12i-03
2.21,81	Mónica Simões	NA Cucujães		01-01-89	2s	CNCI-Ap	Braga	29-01	2.21,63i-09
2.21,94	Manuela Bernardo	GCA Donas		05-10-87	4s	CNCI-Ap	Pombal	30-01	2.15,73i-08
2.21,97	Neuza Reis	SL Benfica		18-01-95	2s	CNJ	Pombal	23-01	
2.22,33	Elisa Cruz	C Bf Faro		05-04-85	4s	CNCI-Ap	Pombal	29-01	
2.23,08	Catarina Carvalho	UD Zona Alta		01-03-92	5s	CNCI-Ap	Pombal	29-01	
2.23,81	Carla Mendes	SL Benfica		92	3s	CNJ	Pombal	23-01	
2.24,38	Vanda Pinto	SC Braga		15-09-93	1		Braga	11-12	2.19,57i-09

1500 m – 4.35,0 - 4.50,0

4.10,65	Sara Moreira	Maratona CP		17-10-85	4h	C. Eur	Paris	04-03	4.16,28i-09
4.15,14		Sara Moreira			1	C. Port	Pombal	26-02	
4.16,67		Sara Moreira			7	C. Eur	Paris	05-03	
4.23,85	Carla Salomé Rocha	JOMA		25-04-90	1	CNCI-1	Pombal	12-02	4.27,98i-10
4.24,19	Ercilia Machado	SC Braga		24-12-86	2	CNCI-1	Pombal	12-02	4.26,36i-08
4.24,21		Carla Salomé Rocha			ex	C Norte	Braga	15-01	
4.25,02	Sandra Teixeira	Sporting CP		13-03-78	3	CNCI-1	Pombal	12-02	4.10,84i-05
4.25,61		Sandra Teixeira			2	C. Port	Pombal	26-02	
4.26,57		Ercilia Machado			3	C. Port	Pombal	26-02	

4.27,62	Andreia Santos	JOMA	17-05-85	4	C. Port	Pombal	26-02	4.40,08i-03
4.29,00	Lilian Silva	Juv. Vidigalense	30-03-82	4	CNCI-1	Pombal	12-02	4.21,20i-08
4.30,43	Ercilia Machado			1s	CNCI-Ap	Braga	29-01	
4.30,65	Sandra Teixeira			1s	CNCI-Ap	Pombal	29-01	
4.30,67	Sónia Fernandes	GRECAS	03-05-83	5	CNCI-1	Pombal	12-02	4.25,82i-03
4.31,55	Daniela Cunha	Maratona CP	30-04-90	5	C. Port	Pombal	26-02	4.24,85i-10
4.32,10	Andreia Santos			ex	C Norte	Braga	15-01	
4.32,53	Susana Godinho	SL Benfica	05-07-92	ex	C Norte	Braga	15-01	4.29,80i-10
4.33,11	Sónia Fernandes			1s	CNCI-Ap	Pombal	30-01	
4.33,78	Susana Godinho			6	CNCI-1	Pombal	12-02	
4.34,80	Lidia Sousa	Sporting CP	26-08-88	6	C. Port	Pombal	26-02	4.26,30i-06
4.35,18	Sónia Catarina Lima	UD Varzea	10-05-90	4	C Norte	Braga	15-01	4.45,86i-09
4.37,36	Patricia Caldas	SC Braga	31-10-94	2	CNJ	Pombal	22-01	4.41,85i-10
4.38,96	Ana Mafalda Ferreira	GD Estreito	22-04-88	7	CNCI-1	Pombal	12-02	4.37,24i-09
4.39,11	Micaela Lopes	NS Lourinhã	08-05-92	3	CNJ	Pombal	22-01	
4.40,27	Tânia Silva	Liberdade FC	24-05-88	1		Braga	08-01	4.30,73i-09
4.41,10	Ana Alves	Juv. Vidigalense	07-10-94	4	CNJ	Pombal	22-01	4.40,56i-10
4.42,09	Catarina Carvalho	UD Zona Alta	01-03-92	7	C. Port	Pombal	26-02	4.47,2i-10
4.43,61	Sofia Almeida	França	24-04-90	2		Bordeaux	15-01	
4.45,80	Celma Bonfim	GCA Donas	23-12-77	1	CNCI-2	Pombal	12-02	4.37,89i-08
4.46,15	Diana Freitas	SL Benfica	01-11-91	1	CN23	Pombal	05-02	4.31,13i-09
4.47,0	Sandra Protásio	AA Coimbra	05-07-89	1		Pombal	15-01	
4.47,02	Solange Fernandes	CJS Manique	31-07-91	2	CNCI-2	Pombal	12-02	
4.48,45	Barbara Ferreira	SC Braga	09-12-91	3	CN23	Pombal	05-02	4.51,86i-10
4.49,22	Ana Marta Pinto	ADRE Palhaça	91	4	CNCI-2	Pombal	12-02	
4.49,41	Rita Lopes	SC Braga	18-03-94	7	C Norte	Pombal	15-01	4.51,84i-10

3000 m – 9.50,0 - 11.00,0

8.44,22	Sara Moreira	Maratona CP	17-10-85	3		Karlsruhe-GER	13-02	8.48,18i-09
9.21,07	Carla Salomé Rocha	JOMA	25-04-90	ex	C Norte	Braga	16-01	9.23,84i-10
9.21,63	Carla Salomé Rocha			1	CNCI-1	Pombal	13-02	
9.22,21	Ercilia Machado	SC Braga	24-12-86	2	CNCI-1	Pombal	13-02	9.43,26i-08
9.23,08	Clarisse Cruz	Sporting CP	09-07-78	1s	CNCI-Ap	Pombal	29-01	9.25,22i-02
9.24,39	Doroteia Peixoto	NA Joane	07-04-83	2	C Norte	Braga	16-01	10.05,69i-01
9.24,47	Ercilia Machado			1	C. Port	Pombal	27-02	
9.26,26	Carla Salomé Rocha			1	CN23	Pombal	06-02	
9.28,13	Sónia Fernandes	GRECAS	03-05-83	2	C. Port	Pombal	27-02	9.30,20i-09
9.28,77	Carla Salomé Rocha			2s	CNCI-Ap	Pombal	29-01	
9.31,39	Clarisse Cruz			3	CNCI-1	Pombal	13-02	
9.36,27	Solange Jesus	Sporting CP	07-01-87	3	C. Port	Pombal	27-02	9.35,54i-09
9.37,01	Clarisse Cruz			ex		Pombal	16-01	
9.38,50	Madalena Carriço	CS Maritimo	06-01-79	4	C. Port	Pombal	27-02	9.25,32i-06
9.40,71	Susana Godinho	SL Benfica	05-07-92	5	C. Port	Pombal	27-02	10.03,00i-10
9.42,82	Sónia Fernandes		03-05-83	4	CNCI-1	Pombal	13-02	
9.51,53	Ana Mafalda Ferreira	GD Estreito	22-04-88	5	CNCI-1	Pombal	13-02	9.46,72i-09
9.58,85	Catarina Carvalho	UD Zona Alta	01-03-92	6	C. Port	Pombal	27-02	10.07,91i-10
9.59,62	Marta Martins	FC Porto	15-01-92	7	C. Port	Pombal	27-02	10.07,93i-10
10.03,20	Debora Santos	SL Benfica	30-12-92	8	C. Port	Pombal	27-02	10.24,92i-10
10.03,62	Barbara Ferreira	SC Braga	09-12-91	2	CN23	Pombal	06-02	10.38,91i-10
10.08,55	Diana Almeida	C Bf Paredes	08-09-94	3	C Norte	Braga	16-01	10.36,22i-10
10.18,00	Andreia Santos	JOMA	17-05-85	1		Braga	11-12	
10.26,59	Rita Lopes	SC Braga	18-03-94	4	C Norte	Braga	16-01	10.59,27i-10
10.27,89	Celma Bonfim	GCA Donas	23-12-77	1	CNCI-2	Pombal	13-02	9.48,97i-08
10.29,41	Liliana Alexandre	SCU Torreense	30-12-90	2	CNU	Pombal	19-02	10.21,49i-10
10.30,00	Sandra Protásio	AA Coimbra	05-07-89	2	CNCI-2	Pombal	13-02	
10.36,65	Daniela Gonçalves	SL Benfica	09-06-93	6	CNJ	Pombal	23-01	
10.37,08	Joana Fernandes	SC Braga	11-09-92	3		Braga	11-12	11.04,79i-10
10.41,98	Andreia Silva	Gira Sol RC	21-10-88	2s	CNCI-Ap	Pombal	30-01	10.57,73i-10
10.43,09	Helena Sampaio	GRECAS	09-10-73	3s	CNCI-Ap	Pombal	30-01	10.15,90i-10
10.45,74	Inês Marques	NSL Fronteira	19-08-96	7	CNJ	Pombal	23-01	
10.46,10	Carla Santos	ADRE Palhaça	22-06-91	3	CNCI-2	Pombal	13-02	11.16,95i-10

10.46,63	Tânia Antunes	CD Amora	17-04-94	8	CNJ	Pombal	23-01	
10.49,23	Melanie Santos	C Bf. Alcobaça	12-07-95	9	CNJ	Pombal	23-01	
10.50,47	Sónia Pinto	Alunos Meirim FC	24-05-92	5	C Norte	Braga	16-01	
10.53,50	Jessica Lopes	Liberdade FC	95	6	C Norte	Braga	16-01	
10.57,67	Sandra Monteiro	SL Benfica	05-09-92	5s	CNCI-Ap	Pombal	30-01	10.57,65i-10

60 m B – 9,00 - 10,50

8,55	Patricia Mamona	Sporting CP	21-11-88	1h	Tiger Paw	Clemson-USA	11-02	8,41i-09
8,60		Patricia Mamona		4		Clemson-USA	04-12	
8,60	Eva Vital	SL Benfica	08-07-92	1s	Taça FPA	Pombal	08-01	8,37i-10
8,60		Patricia Mamona		3sf	Tiger Paw	Clemson-USA	11-02	
8,61		Eva Vital		1		Pombal	20-02	
8,61		Eva Vital		1	C. Port	Pombal	27-02	
8,62		Patricia Mamona		3	JRF Multi	Clemson-USA	28-01	
8,62		Eva Vital		1	CNCI-1	Pombal	13-02	
8,65		Patricia Mamona		4r2	Tiger Paw	Clemson-USA	11-02	
8,66		Eva Vital		1h	CN23	Pombal	06-02	
8,67		Patricia Mamona		3h	JRF Multi	Clemson-USA	28-01	
8,67		Eva Vital		1	CN23	Pombal	06-02	
8,72		Eva Vital		1	CNJ	Pombal	23-01	
8,73		Eva Vital		1	CNU	Pombal	19-02	
8,73		Eva Vital		1h	CNU	Pombal	19-02	
8,73		Eva Vital		1h	C. Port	Pombal	27-02	
8,74		Eva Vital		1h		Pombal	20-02	
8,78		Patricia Mamona		3h		Clemson-USA	04-12	
8,81		Patricia Mamona		4h		Clemson-USA	15-01	
8,81	Cristiana Cunha	SC Braga	12-07-91	2		Pombal	20-02	9,07i-10
8,82	Stenia Betuncal	CAS Manique	GBS 25-11-92	2s	Taça FPA	Pombal	08-01	8,76i-10
8,82		Eva Vital		1h	CNJ	Pombal	23-01	
8,82		Eva Vital		1s	CNCI-Ap	Pombal	30-01	
8,85		Stenia Betuncal		2	C. Port	Pombal	27-02	
8,86		Cristiana Cunha		1h		Pombal	20-02	
8,87		Patricia Mamona		6s		Clemson-USA	15-01	
8,90		Stenia Betuncal		2	CNJ	Pombal	23-01	
8,90		Stenia Betuncal		2	CN23	Pombal	06-02	
8,90		Cristiana Cunha		2	CNU	Pombal	19-02	
8,91	Mónica Lopes	Sporting CP	18-01-86	1s	CNCI-Ap	Pombal	29-01	8,70i-08
8,93		Mónica Lopes		2	CNCI-1	Pombal	13-02	
8,93	Patricia Vieira	GD Estreito	18-04-79	3	CNCI-1	Pombal	13-02	8,33i-05
8,93	Witiney Barata	JOMA	31-01-88	3		Pombal	20-02	9,12i-10
8,94		Stenia Betuncal		2s	CNCI-Ap	Pombal	29-01	
8,94		Stenia Betuncal		1h	C. Port	Pombal	27-02	
8,94		Cristiana Cunha		2h	C. Port	Pombal	27-02	
8,96		Stenia Betuncal		1	CNCI-2	Pombal	13-02	
8,97		Stenia Betuncal		4		Pombal	20-02	
8,98		Witiney Barata		3	C. Port	Pombal	27-02	
8,99		Stenia Betuncal		1ex	Taça FPA	Pombal	08-01	
9,02	Susana Estriga	JOMA	16-07-75	2h		Pombal	20-02	8,95i-08
9,12	Sarah Dias	Juv Vidigalense	15-02-95	3	CNJ	Pombal	23-01	
9,18	Andreia Crespo	NDC Gouveia	16-10-93	4	C. Port	Pombal	27-02	9,57i-10
9,20	Carmezinda Nascimento	Sporting CP	21-12-89	1		Nave do Jamor	03-02	9,48i-09
9,20	Larissa Vieira	SC Abrantes	BRA 14-11-95	2h	C. Port	Pombal	27-02	
9,24	Tânia Caires	CS Maritimo	03-12-87	Pen	CN	Pombal	27-02	9,05i-09
9,28	Stephanie Simões	GRECAS	08-10-94	4	CNJ	Pombal	23-01	9,64i-10
9,32	Carla Gama	SL Benfica	24-11-90	4s	Taça FPA	Pombal	08-01	9,11i-10
9,35	Shaina Anthony Mags	Sporting CP	NIG 11-04-92	5	CNJ	Pombal	23-01	9,11i-10
9,35	Magali Gomes	SL Benfica	01-01-91	3	CN23	Pombal	06-02	9,82i-10
9,43	Leslie Delgado	GCA Donas	25-06-89	3s	CNCI-Ap	Pombal	30-01	9,35i-09
9,51	Lucinda Gomes	Sporting CP	16-04-95	2h	CNJ	Pombal	23-01	
9,53	Valdénia Carvalho	GR Qt. Lomba	06-07-93	2	CNCI-2	Pombal	13-02	9,80i-10
9,54	Ana Margarida Oliveira	GA Fátima	18-07-95	1		Alpiarça	05-03	

9,57	Fernanda Borba	C Operario D		02-03-81	6s	Taça FPA	Pombal	08-01	8,76i-01/08
9,57	Joana Lopes	CLAC		13-10-91	2		Alpiarça	05-03	9,78i-10
9,59	Marisa Vieira	CS Maritimo		30-12-79	Pen	CN	Pombal	27-02	9,09i-05
9,73	Cláudia Rodrigues	Gira Sol RC		11-11-89	Pen	CN	Pombal	27-02	9,37i-09/10
9,77	Sandra Borges	Gira Sol RC		15-11-83	3s	Taça FPA	Pombal	08-01	9,13i-06
9,84	Daniela Ferreira	Juv. Vidigalense		22-06-89	4	CNU	Pombal	19-02	9,74i-08
9,86	Vera Castro	EP G. Sampaio		23-10-92	1	C Norte	Braga	16-01	9,67i-10
9,93	Teresa Mestre	SRD Entradense		18-07-92	5h	CNJ	Pombal	23-01	
9,97	Diana Morgado	AC Vermoil		16-11-89	4	CNCI-2	Pombal	13-02	9,97i-10
10,05	Lidia Nicole Alberto	Juv Vidigalense	ANG	15-02-93	2h		Pombal	16-01	
10,09	Jussara Spencer Silva	SL Benfica		14-01-93	3h	CN23	Pombal	06-02	10,25i-10
10,10	Claudina Borges	SL Benfica	CPV	14-08-91	Pen	CN	Pombal	27-02	
10,11	Fani Ferreira	AC Vermoil		16-07-92	6s	CNCI-Ap	Pombal	30-01	9,30i-10
10,20	Verónica Zhukova	Juv. Vidigalense	UKR	12-03-93	Pen	Taça FPA	Pombal	09-01	10,33i-10
10,20	Soraia Ferreira	Juv Vidigalense		27-09-92	5h		Pombal	20-02	10,40i-10
10,24	Tânia Prates	20Km A		28-11-84	2s	CNCI-Ap	Pombal	30-01	
10,28	Ana Rita Pedreiras	Gira Sol RC		27-01-93	2		Pombal	16-01	9,63i-10
10,32	Cátia Costa	Monte Kapa ED		29-04-91	3s	CNCI-Ap	Pombal	30-01	
10,35	Joana Sá	JD Almansor		19-02-93	1s		Pombal	16-01	10,24i-10
10,39	Liliana Barbosa	ADRE Palhaça		14-05-87	4s	CNCI-Ap	Pombal	30-01	10,03i-07
10,49	Elisabete Silva	C Operario D		25-04-92	Pen	Taça FPA	Pombal	09-01	10,26i-10
10,49	Ana Abreu	GRECAS		13-06-88	5	CNU	Pombal	19-02	9,83i-06
10,50	Daniela Coutinho	CA Mazarefes		06-02-95	6	CNCI-2	Pombal	13-02	

Altura/High Jump – 1,60 - 1,50

1,76	Anabela Neto	Sporting CP		26-03-91	1	C. Port	Pombal	26-02	1,67i-10
1,75	Marisa Anselmo	Sporting CP		06-09-87	1	CNCI-1	Pombal	12-02	1,83i-06
1,75	Marisa Anselmo				1		Pombal	19-02	
1,74	Marisa Anselmo				1s	CNCI-Ap	Pombal	29-01	
1,74	Anabela Neto				1	CN23	Pombal	05-02	
1,73	Anabela Neto				ex		Pombal	15-01	
1,73	Marisa Anselmo				2	C. Port	Pombal	26-02	
1,73	Ana Monjane	SC Braga		01-01-93	3	C. Port	Pombal	26-02	1,68i-10
1,72	Marisa Anselmo				1	Taça FPA	Alpiarça	09-01	
1,72	Ana Monjane				2	CN23	Pombal	05-02	
1,71	Cláudia Rodrigues	Gira Sol RC		11-11-89	Pen	CN	Pombal	27-02	1,71i-09
1,71	Magali Gomes	SL Benfica		01-01-91	Pen	CN	Pombal	27-02	1,64i-10
1,70	Irina Rodrigues	Sporting CP		05-02-91	ex		Pombal	15-01	1,70i-08
1,69	Anabela Neto				2	Taça FPA	Alpiarça	09-01	
1,69	Ana Monjane				1	C Norte	Braga	16-01	
1,68	Magali Gomes				3	CN23	Pombal	05-02	
1,68	Ana Monjane				2	CNCI-1	Pombal	12-02	
1,68	Magali Gomes				3	CNCI-1	Pombal	12-02	
1,67	Magali Gomes				Pen	Taça FPA	Pombal	09-01	
1,67	Ana Monjane				1	CNJ	Pombal	22-01	
1,65	Ana Monjane				1		Braga	11-12	
1,65	Irina Rodrigues				4	CN23	Pombal	05-02	
1,65	Catarina Costa	SL Benfica		03-08-89	5	CN23	Pombal	05-02	1,76i-10
1,65	Cláudia Rodrigues				6	CN23	Pombal	05-02	
1,65	Cláudia Rodrigues				4	CNCI-1	Pombal	12-02	
1,64	Ana Margarida Oliveira	GA Fátima		18-07-95	1		Pombal	15-01	1,68i-10
1,64	Vanessa Alves	GRECAS		13-09-93	4	C. Port	Pombal	26-02	1,50i-10
1,62	Ana Margarida Oliveira				TT		Pombal	18-12	
1,62	Ana Monjane				1s	CNCI-Ap	Braga	29-01	
1,62	Vanessa Alves				7	CN23	Pombal	05-02	
1,62	Vanessa Alves				5	CNCI-1	Pombal	12-02	
1,62	Marisa Vieira	CS Maritimo		30-12-79	Pen	CN	Pombal	27-02	1,65i-04
1,61	Claudina Borges	SL Benfica	CPV	14-08-91	Pen	Taça FPA	Pombal	09-01	
1,61	Vanessa Alves				2	CNJ	Pombal	22-01	
1,60	Erica Gomes	AA Coimbra	GBS	09-05-94	1		Pombal	08-12	
1,60	Ana Margarida Oliveira				1		Alpiarça	19-03	

1,58	Jennifer Gomes	ES Júlio Dinis	21-03-95	3	CNJ	Pombal	22-01	1,44i-10
1,56	Daniela Ferreira	Juv. Vidigalense	22-06-89	2s	CNCI-Ap	Pombal	29-01	1,56i-06
1,56	Rute Fernandes	GD Estreito	08-08-80	6	CNCI-1	Pombal	12-02	1,51i-10
1,55	Witney Barata	JOMA	31-01-88	Pen	Taça FPA	Pombal	09-01	1,63i-09
1,55	Patrícia Carreira	GA Fátima	26-05-93	4	CNJ	Pombal	22-01	1,54i-10
1,54	Sara Mendes	NDJ Laranjeiro	16-04-95	TT		Alpiarça	05-02	1,45i-09
1,53	Graciela Martins	GR Qt. Lomba	ESP 05-04-87	3s	CNCI-Ap	Pombal	30-01	1,51i-10
1,53	Ana Vasconcelos	SL Benfica	18-07-92	8	CN23	Pombal	05-02	1,58i-10
1,53	Joana Vitorino	CAS Manique	30-05-92	1	CNCI-2	Pombal	12-02	1,57i-10
1,52	Carolina Pandeirada	GRECAS	21-10-93	4	Taça FPA	Alpiarça	09-01	
1,52	Ana Rita Pedreiras	Gira Sol RC	27-01-93	7	CNJ	Pombal	22-01	1,55i-09
1,50	Juliana Pereira	Juv. Vidigalense	03-01-95	1		Pombal	15-01	1,44i-10
1,50	Cátia Costa	Monte Kapa ED	29-04-91	4s	CNCI-Ap	Pombal	30-01	1,50i-08/09
1,50	Inês Dias	CARDES	20-05-94	TT		Alpiarça	05-02	1,53i-10
1,50	Teresa Ramos	EC+S Lavra	20-02-97	TT		Alpiarça	05-02	1,47i-10
1,50	Alexandra Meira	CA Mazarefes	16-04-94	4	CNCI-2	Pombal	12-02	
1,50	Tânia Caires	CS Marítimo	03-12-87	Pen	CN	Pombal	27-02	
1,50	Camila Soares	Juv. Vidigalense	11-02-97	1		Pombal	12-03	1,35i-10
1,50	Rafaela Vitorino	SL Benfica	18-08-95	1		Nave do Jamor	19-03	

Vara/Pole Vault – 3,80 - 2,50

4,41	Eleonor Tavares	Sporting CP	24-09-85	1	CNCI-1	Pombal	13-02	4,35i-09
4,37	Eleonor Tavares			1		Aubiere	15-01	
4,36	Eleonor Tavares			1		Eaubonne	11-02	
4,31	Eleonor Tavares			3		Carrieres-sous-poissy	08-01	
4,24	Eleonor Tavares			1	C. Port	Pombal	27-02	
4,24	Sandra Helena Tavares	França	29-05-82	2	C. Port	Pombal	27-02	4,31i-08
4,23	Eleonor Tavares			2		Villeurbanne	22-01	
4,16	Sandra Helena Tavares			3		Eaubonne	11-02	
4,15	Eleonor Tavares			2		Aubiere	20-02	
4,15	Sandra Helena Tavares			4		Aubiere	20-02	
4,15	Eleonor Tavares			18q	C. Eur	Paris	05-03	
4,03	Sandra Helena Tavares			6		Villeurbanne	22-01	
4,02	Sandra Helena Tavares			6		Aubiere	15-01	
4,01	Sandra Helena Tavares			3		Veigne	04-12	
3,82	Marta Onofre	CF Belenenses	28-01-91	4	C. Port	Pombal	27-02	3,44i-09
3,75	Vera Lavrador	Sporting CP	03-10-88	2	Taça FPA	Alpiarça	09-01	3,64i-09
3,72	Diana Carquejo	Esc. Movimento	10-05-87	6	C. Port	Pombal	27-02	3,36i-10
3,48	Isabel Vieira	SL Benfica	25-02-93	7	C. Port	Pombal	27-02	3,12i-10
3,48	Cátia Pereira	JOMA	05-07-89	8	C. Port	Pombal	27-02	
3,35	Ana Vasconcelos	SL Benfica	18-07-92	4	Taça FPA	Alpiarça	09-01	2,78i-10
3,35	Tânia António	GRECAS	29-12-87	4	Taça FPA	Alpiarça	09-01	3,40i-08
3,00	Carla Macedo	GD Estreito	22-10-90	3s	CNCI-Ap	Pombal	29-01	2,90i-09
3,00	Mariana Pandeirada	GRECAS	10-06-90	10	C. Port	Pombal	27-02	2,70i-09
3,00	Sara Sousa	CS Marítimo	14-08-93	11	C. Port	Pombal	27-02	2,40i-10
2,94	Carolina Pandeirada	GRECAS	21-10-93	2	CNJ	Pombal	23-01	2,80i-10
2,85	Camila Lucena	CS Marítimo	07-08-94	12	C. Port	Pombal	27-02	2,75i-10
2,75	Ana Filipa Silva	CA Mar. Grande	09-03-93	4s	CNCI-Ap	Pombal	30-01	2,75i-10
2,75	Nanci Sousa	Gira Sol RC	28-09-90	5s	CNCI-Ap	Pombal	30-01	3,01i-10
2,60	Ana Patrícia Silva	CA Mar. Grande	28-11-93	2		Pombal	04-12	2,50i-10
2,60	Sara Mendes	NDJ Laranjeiro	16-04-95	7	Taça FPA	Alpiarça	09-01	2,51i-10
2,60	Sara Ramalho	GD Cavadas	19-04-89	11	Taça FPA	Alpiarça	09-01	2,78i-10
2,60	Flavia Vicente	20Km Almeirim	03-01-84	1		Pombal	16-01	
2,60	Lidia Nicole Alberto	Juv Vidigalense	ANG 15-02-93	2		Pombal	16-01	2,14i-10
2,55	Luisa Canário	C Bf. Faro	93	8	CNJ	Pombal	23-01	
2,50	Fabiana Gomes	ADR Água Pena	95	11	CN23	Pombal	06-02	

Comprimento/Long Jump – 5,60 - 5,00

6,79	Naide Gomes	Sporting CP	10-11-79	2	C. Eur	Paris	06-03	7,00i-08
6,59	Naide Gomes			1	C. Port	Pombal	26-02	

6,58		Naide Gomes			7q	C. Eur	Paris	05-03	
6,33		Naide Gomes			1s	CNCI-Ap	Pombal	29-01	
6,32		Naide Gomes			2	Gugl	Linz-AUT	03-02	
6,10	Ungudi Quiawacana	SL Benfica		09-11-90	1	CNCI-1	Pombal	12-02	5,78i-09
6,04	Marta Godinho	GD Estreito		24-06-80	1	Taça FPA	Alpiarça	09-01	6,39i-04
6,01		Marta Godinho			2	CNCI-1	Pombal	12-02	
6,00		Marta Godinho			2s	CNCI-Ap	Pombal	29-01	
6,00		Ungudi Quiawacana			1	CN23	Pombal	05-02	
5,93		Ungudi Quiawacana			ex	CNU	Pombal	19-02	
5,91		Ungudi Quiawacana			1s	CNCI-Ap	Pombal	30-01	
5,91		Marta Godinho			1		Nave do Jamor	03-02	
5,87		Ungudi Quiawacana			2	Taça FPA	Alpiarça	09-01	
5,85	Patrícia Mamona	Sporting CP		21-11-88	3	Tiger Paw	Clemson - USA	11-02	6,15i-09
5,83	Carmezinda Nascimento	Sporting CP		21-12-89	3	CNCI-1	Pombal	12-02	5,50i-10
5,83		Ungudi Quiawacana			2	C. Port	Pombal	26-02	
5,82	Eva Vital	SL Benfica		08-07-92	2	CNU	Pombal	19-02	5,83i-09
5,78		Carmezinda Nascimento			2	CN23	Pombal	05-02	
5,76	Shaina Anthony Mags	Sporting CP	NIG	11-04-92	1	CNJ	Pombal	22-01	5,95i-10
5,70		Shaina Anthony Mags			3	Taça FPA	Alpiarça	09-01	
5,70		Patrícia Mamona			1	JRF Multi	Clemson - USA	28-01	
5,68	Teresa Carvalho	CAS Manique		03-01-95	2	CNJ	Pombal	22-01	5,41i-10
5,65		Eva Vital			3	CNJ	Pombal	22-01	
5,64		Carmezinda Nascimento			2		Nave do Jamor	03-02	
5,64		Teresa Carvalho			1	CNCI-2	Pombal	12-02	
5,64	Sónia Marques	SC Braga		06-07-86	4	CNCI-1	Pombal	12-02	5,63i-06/10
5,60		Teresa Carvalho			3s	CNCI-Ap	Pombal	29-01	
5,58	Claudina Borges	SL Benfica	CPV	14-08-91	3	CN23	Pombal	05-02	5,31i-09
5,56	Carla Gama	SL Benfica		24-11-90	4	CN23	Pombal	05-02	5,53i-09
5,52	Ana Margarida Oliveira	GA Fátima		18-07-95	4	Taça FPA	Alpiarça	09-01	5,50i-10
5,50	Lucinda Gomes	Sporting CP		16-04-95	4	CNJ	Pombal	22-01	
5,46	Stenia Betuncal	CAS Manique	GBS	25-11-92	5	CNJ	Pombal	22-01	5,54i-10
5,45	Cátia Ferreira	Juv Vidigalense		18-06-83	5	CNCI-1	Pombal	12-02	5,88i-08
5,44	Sarah Dias	Juv Vidigalense		15-02-95	6	CNJ	Pombal	22-01	5,33i-10
5,44	Lecabela Quaresma	JOMA	STP	26-12-89	6	CNCI-1	Pombal	12-02	5,57i-10
5,41	Cláudia Rodrigues	Gira Sol RC		11-11-89	Pen	CN	Pombal	27-02	5,47i-09/10
5,37	Natércia Lopes	GCA Donas		14-09-76	2	CNCI-2	Pombal	12-02	5,29i-02
5,26	Tânia Caires	CS Maritimo		03-12-87	Pen	CN	Pombal	27-02	5,26i-08
5,26	Rafaela Vitorino	SL Benfica		18-08-95	1		Nave do Jamor	19-03	4,99i-10
5,24	Jussara Spencer Silva	SL Benfica		14-01-93	7	CNJ	Pombal	22-01	5,17i-09
5,24	Rute Limpo	Vitória FC		23-12-90	6	CN23	Pombal	05-02	5,00i-08
5,24	Anabela Neto	Sporting CP		25-03-91	7	CN23	Pombal	05-02	5,32i-10
5,21	Lisandra Lopes	GRECAS		07-04-88	7	CNCI-1	Pombal	12-02	5,14i-08
5,20	Ludmila Nascimento	Sporting CP		01-11-96	TT		Alpiarça	05-02	
5,15	Vanessa Rocha	CS Maritimo		02-01-90	6s	CNCI-Ap	Pombal	29-01	5,67i-08
5,14	Jessica Barreira	Sporting CP		29-01-97	TT		Alpiarça	05-02	
5,10	Ana Patrícia Silva	CA Mar. Grande		28-11-93	3s	CNCI-Ap	Pombal	30-01	5,01i-10
5,06	Inês Dias	CARDES		20-05-94	8	CNJ	Pombal	22-01	5,05i-10
5,01	Isabel Areias	Gira Sol RC		27-01-85	8	CNCI-1	Pombal	12-02	5,54i-06
5,00	Daniela Pereira	Juv. Vidigalense		30-03-94	1		Pombal	04-12	4,90i-10

Triplo/Triple Jump – 11,80 - 10,20

13,47	Susana Costa	Sporting CP		22-09-84	1	C. Port	Pombal	27-02	13,77i-08
13,17	Marta Godinho	GD Estreito		24-06-80	2	C. Port	Pombal	27-02	13,45i-08
13,10		Marta Godinho			1	CNCI-1	Pombal	13-02	
12,97		Marta Godinho			1s	CNCI-Ap	Pombal	29-01	
12,94		Susana Costa			2	CNCI-1	Pombal	13-02	
12,91	Sandra Sofia Tavares	França		09-02-84	3	C. Port	Pombal	27-02	12,86i-07
12,89		Marta Godinho			1	Taça FPA	Alpiarça	09-01	
12,87		Susana Costa			1		Nave do Jamor	16-02	
12,83		Susana Costa			2s	CNCI-Ap	Pombal	29-01	
12,72		Susana Costa			2	Taça FPA	Alpiarça	09-01	

12,64	Sandra Sofia Tavares				9	Aubiere	20-02	
12,63	Carla Gama	SL Benfica		24-11-90	4	C. Port	Pombal	12,16i-10
12,61	Sandra Sofia Tavares				3	Eaubonne	13-02	
12,46	Carla Gama				1s	CNCI-Ap	Pombal	
12,46	Carmezinda Nascimento	Sporting CP		21-12-89	5	C. Port	Pombal	12,38i-09
12,45	Sandra Sofia Tavares				5	Eaubonne	05-02	
12,45	Carmezinda Nascimento				1	CN23	Pombal	
12,27	Sandra Sofia Tavares				2	Eaubonne	18-12	
12,23	Lecabela Quaresma	JOMA	STP	26-12-89	3s	CNCI-Ap	Pombal	12,64i-10
12,23	Carla Gama				3	CNCI-1	Pombal	
12,21	Lecabela Quaresma				4	CNCI-1	Pombal	
12,21	Carmezinda Nascimento				2	Nave do Jamor	16-02	
12,20	Lecabela Quaresma				2	CN23	Pombal	
12,19	Carla Gama				3	CN23	Pombal	
12,13	Ana Margarida Oliveira	GA Fátima		18-07-95	1	Pombal	16-01	11,45i-10
12,11	Anabela Neto	Sporting CP		25-03-91	6	C. Port	Pombal	12,02i-10
12,10	Anabela Neto				4	CN23	Pombal	
12,08	Ana Margarida Oliveira				7	C. Port	Pombal	
12,08	Vanessa Rocha	CS Maritimo		02-01-90	8	C. Port	Pombal	12,59i-10
12,07	Shaina Anthony Mags	Sporting CP	NIG	11-04-92	1	CNJ	Pombal	12,22i-10
12,05	Carla Gama				3	Nave do Jamor	16-02	
12,04	Sandra Sofia Tavares				2	Eaubonne	02-01	
11,99	Shaina Anthony Mags				5	CN23	Pombal	
11,95	Carmezinda Nascimento				3	Taça FPA	Alpiarça	
11,90	Anabela Neto				4	Taça FPA	Alpiarça	
11,90	Sandra Sofia Tavares				10	Eaubonne	22-01	
11,85	Sónia Marques	SC Braga		06-07-86	1s	CNCI-Ap	Braga	11,84i-09
11,83	Sónia Marques				5	CNCI-1	Pombal	
11,76	Claudina Borges	SL Benfica	CPV	14-08-91	6	CN23	Pombal	11,70i-10
11,74	Stenia Betuncal	CAS Manique	GBS	25-11-92	1	CNCI-2	Pombal	11,42i-10
11,73	Lucinda Gomes	Sporting CP		16-04-95	9	C. Port	Pombal	
11,56	Cátia Ferreira	Juv. Vidigalense		18-06-83	6	CNCI-1	Pombal	11,82i-07
11,52	Ana Monjane	SC Braga		01-01-93	2	CNJ	Pombal	
11,44	Cláudia Rodrigues	Gira Sol RC		11-11-89	2s	CNCI-Ap	Pombal	11,06i-10
11,37	Ana Patrícia Silva	CA Mar. Grande		28-11-93	1	Pombal	08-12	11,14i-10
11,32	Valdénia Carvalho	GR Qt. Lomba		06-07-93	2	CNCI-2	Pombal	
11,23	Natércia Lopes	GCA Donas		14-09-76	3	CNCI-2	Pombal	11,58i-10
11,09	Ana Filipa Silva	CA Mar. Grande		09-03-93	2	Pombal	16-01	10,58i-09
11,05	Carolina Pandeirada	GRECAS		21-10-93	4s	CNCI-Ap	Pombal	10,08i-10
11,03	Cristina Martinez	AC Mocidade-Aç		26-05-92	6	Taça FPA	Alpiarça	10,69i-10
11,02	Sofia Santos	ADR Água Pena		02-06-94	5	CNJ	Pombal	
11,00	Joana Lopes	CLAC		13-10-91	2	Pombal	16-01	10,55i-09
10,96	Filipa Silva	FCC Lourosa		28-11-94	6	CNJ	Pombal	11,03i-10
10,80	Ana Vasconcelos	SL Benfica		18-07-92	8	Taça FPA	Alpiarça	11,27i-10
10,74	Rita Mota	AR Luz e Vida		30-08-94	8	CNJ	Pombal	
10,62	Andreia Pinto	CA Mar. Grande		16-04-93	3	Pombal	08-12	10,46i-09
10,59	Mariana Morgado	Bairro Anjos		16-11-89	4	Pombal	16-01	10,64i-06
10,57	Lisandra Lopes	GRECAS		07-04-88	11	Taça FPA	Alpiarça	11,04i-08
10,50	Soraia Ruas	ADRE Palhaça		07-01-92	5	CNCI-2	Pombal	10,01i-08
10,49	Alexandra Meira	CA Mazarefes		16-04-94	2	C Norte	Braga	10,35i-10
10,49	Daniela Jorge	Juv. Vidigalense		25-10-97	1	Pombal	12-03	
10,41	Beatriz Dinis	Juv. Vidigalense		19-10-96	2	Pombal	12-03	9,22i-10
10,27	Sofia Pereira	Bairro Anjos		17-07-93	6	CNCI-2	Pombal	10,65i-09
10,26	Vanessa Henriques	GA Fátima		21-01-92	14	Taça FPA	Alpiarça	10,93i-10
10,24	Inês Bola	GRECAS		13-05-94	13	CNJ	Pombal	10,23i-10

Peso/Shot Put – 13,50 – 10,00

15,56	Antónia Borges	Sporting CP		11-10-83	1	C. Port	Pombal	15,92i-06
15,41	Antónia Borges				1	CNCI-1	Pombal	
15,35	Antónia Borges				1	Pombal	20-02	
15,05	Antónia Borges				1s	CNCI-Ap	Pombal	

14,12	Silvia Cruz	Sporting CP	29-12-80	2	C. Port	Pombal	26-02	14,84i-08
13,60	Irina Rodrigues	Sporting CP	05-02-91	3	C. Port	Pombal	26-02	13,90i-10
13,42	Sónia Borges	Sporting CP	26-08-85	4	C. Port	Pombal	26-02	13,53i-06
12,96	Alexandra Gonçalves	SC Braga	06-11-79	2	CNCI-1	Pombal	12-02	13,38i-09
12,93	Soraia Ruas	ADRE Palhaça	07-01-92	5	C. Port	Pombal	26-02	13,33i-10
12,73	Cristiana Oliveira	JOMA	30-06-84	3	CNCI-1	Pombal	12-02	14,16i-07
12,49	Fernanda Angélica Martins	CS Marítimo	02-04-75	7	C. Port	Pombal	26-02	12,89i-10
12,11	Diana Hernandez	GRECAS	01-01-93	4	CNCI-1	Pombal	12-02	12,49i-10
11,91	Inês Fernandes	ADC Lovelhe	28-06-88	1		Helsinki	20-03	12,19i-09
11,50	Alda Fernandes	SC Braga	28-05-93	2	CNJ	Pombal	22-01	10,72i-10
11,35	Sónia Grácio	Gira Sol RC	26-03-74	5	CNCI-1	Pombal	12-02	15,24i-00
11,28	Juliana Pereira	Juv. Vidigalense	03-01-95	6	CNCI-1	Pombal	12-02	
11,23	Vanessa Patinez Martins	CD Quarteira	29-10-89	3s	CNCI-Ap	Pombal	29-01	11,19i-09
11,14	Ana Filipa Mendes	SL Benfica	02-06-94	7	CNCI-1	Pombal	12-02	
11,03	Maria Céu Cunha	CV Coimbra	13-12-62	1	CN Vet	Pombal	19-12	11,52i-05
10,85	Delfina Gomes	Monte Kapa ED	19-08-94	4	CNJ	Pombal	22-01	
10,76	Marisela Silva	GD Estreito	21-05-85	8	CNCI-1	Pombal	12-02	13,04i-09
10,74	Cristiana Campos	Gira Sol RC	16-01-95	2		Pombal	15-01	
10,69	Ana Lúcia Esteves	AC Vermoill	15-04-86	2		Pombal	15-01	11,61i-03
10,65	Ana Patrícia Cardoso	SC Braga	11-05-93	5	CNJ	Pombal	22-01	
10,50	Isabel Ribeiro	AA Coimbra	29-02-88	3	CNCI-2	Pombal	12-02	13,68i-06
10,48	Cláudia Rodrigues	Gira Sol RC	11-11-89	Pen	CN	Pombal	27-02	11,24i-08
10,30	Mónica Sousa	GD Cavadas	03-05-74	4	CNCI-2	Pombal	12-02	12,17i-00
10,27	Camila Sousa	Gira Sol RC	10-03-94	2		Pombal	08-12	9,87i-10
10,25	Nicole Magalhães	Liberdade FC	22-06-94	8	CNJ	Pombal	22-01	
10,17	Ana Teresa Coelho	ACR Valdágua	04-02-93	6	CN23	Pombal	05-02	10,67i-10
10,14	Teresa Ribeiro	GCA Donas	23-08-88	3	CNU	Pombal	19-02	10,36i-07
10,04	Magali Gomes	SL Benfica	01-01-91	Pen	CN	Pombal	27-02	
10,03	Flavia Vicente	A20Km A	03-01-84	1		Alpiarça	05-03	10,15i-02
10,01	Margarida Ferreira	SC Braga	01-01-94	3	C Norte	Braga	15-01	9,76i-10
10,00	Witiney Barata	JOMA	31-01-88	Pen	Taça FPA	Pombal	09-01	10,23i-10

Pentatlo - 2500

3.462	Cláudia Rodrigues	Gira Sol RC	11-11-89	1	CN	Pombal	27-02	3607i-09
3.304	Tânia Caires	CS Marítimo	03-12-87	2	CN	Pombal	27-02	3128i-09
3.278	Marisa Vieira	CS Marítimo	30-12-79	3	CN	Pombal	27-02	3648i-04
3.238	Magali Gomes	SL Benfica	01-01-91	4	CN	Pombal	27-02	
3.187	Witiney Barata	JOMA	31-01-88	1	Taça FPA	Pombal	09-01	3404i-09
3.097		Magali Gomes		2	Taça FPA	Pombal	09-01	
3.092	Claudina Borges	SL Benfica	CPV 14-08-91	3	Taça FPA	Pombal	09-01	
3.022		Claudina Borges		5	CN	Pombal	27-02	
2.780	Isabel Areias	Gira Sol RC	27-01-85	4	Taça FPA	Pombal	09-01	3261i-06
2.750	Daniela Pereira	Juv. Vidigalense	30-03-94	1		Pombal	11-12	
2.741	Vera Castro	EP G. Sampaio	23-10-92	2		Braga	19-12	2939i-10
2.569	Verónica Zhukova	Juv. Vidigalense	UKR 12-03-93	2		Pombal	11-12	

3.000 m M/W - 16.00,0

12.28,70	Inês Henriques	CN Rio Maior	01-05-80	1	C. Port	Pombal	26-02	12.29,52i-08
12.37,98	Vera Santos	Sporting CP	03-12-81	2s	CNCI-Ap	Pombal	29-01	12.30,15i-09
12.46,24	Ana Cabecinha	CO Pechão	29-04-84	2	C. Port	Pombal	26-02	12.48,75i-06
13.49,91	Sofia Avoila	AD Samouquense	30-07-76	3	C. Port	Pombal	26-02	13.13,24i-01
13.51,46	Daniela Cardoso	AC Vermoill	15-12-91	4	C. Port	Pombal	26-02	14.40,02i-10
14.47,49	Maribel Gonçalves	GD Estreito	01-04-78	2	CNCI-1	Pombal	12-02	12.47,71i-04
14.48,53	Liliana Martins	GCA Donas	20-07-90	1	CNCI-2	Pombal	12-02	14.46,68i-10
14.50,51	Marisa Soares Pereira	Gira Sol RC	16-09-80	3	CNCI-1	Pombal	12-02	14.37,39i-08
14.50,54	Mara Ribeiro	CN Rio Maior	11-05-95	5	C. Port	Pombal	26-02	
14.51,02	Nádia Cancela	C Bf. Paredes	24-03-93	1	C Norte	Braga	15-01	15.28,67i-10
14.53,34	Sandra Silva	GRECAS	21-09-75	6	C. Port	Pombal	26-02	14.09,22i-08
14.57,23	Sandra Monteiro	SL Benfica	05-09-92	4	CNCI-1	Pombal	12-02	15.39,50i-10
15.05,04	Sandra Vieira Leitão	ADRE Palhaça	01-11-75	2	CNCI-2	Pombal	12-02	13.38,54i-04

15.11,00	Anna Hurlebaus	CN Rio Maior	UKR	18-06-94	2		Pombal	15-01	15.58,49i-10
15.14,62	Ana Cláudia Conceição	SC Braga		31-01-89	6	CNCI-1	Pombal	12-02	13.44,48i-08
15.29,35	Márcia Silva	Juv. Vidigalense		16-05-87	7	CNCI-1	Pombal	12-02	14.39,72i-07
15.29,53	Joana Monteiro	AC Vermoil		15-11-93	3	CNCI-Ap	Pombal	12-02	15.38,86i-10
15.40,62	Filipa Ferreira	NDET Cabreira		94	8	C. Port	Pombal	26-02	
15.57,30	Sabrina Oliveira	JOMA		29-05-91	8	CNCI-1	Pombal	12-02	15.27,30i-10

4 x 400 m – 4.05,0 - 4.31,0

3.48,36	Sporting CP	P. Lopes, C. Nunes, C. Tavares, V. Barbosa	1s	CNCI-Ap	Pombal	29-01	4.00,52i-09
3.49,39	Sporting CP	C. Nunes, S. Teixeira, C. Tavares, V. Barbosa	1s	CNCI-1	Pombal	13-02	
3.53,09	Sporting CP	P. Lopes, C. Ratão, C. Tavares, V. Barbosa	1	C. Port	Pombal	27-02	
3.57,13	Sport Lisboa e Benfica	S. Santos, D. Freitas, F. Martins, D. Évora	2s	CNCI-1	Pombal	13-02	3.47,64i-96
4.02,30	Sport Lisboa e Benfica	S. Santos, D. Évora, F. Martins, D. Freitas	1s	CNCI-Ap	Pombal	30-01	3.47,64i-96
4.04,41	JO Monte Abraão	S. Estriga, J. Jeixeira, L. Quaresma, A. Santos	* 3s	CNCI-1	Pombal	13-02	3.49,22i-10
4.07,89	GCA Donas	L. Delgado, D. Gonçalves, M. Bernardo, C. Jacinto	1s	CNCI-2	Pombal	13-02	
4.08,15	Juventude Vidigalense	C. Moreira, S. Martins, S. Oliveira, L. Silva	1s	CNCI-1	Pombal	13-02	4.00,55i-05
4.10,75	SC Braga	C. Cunha, E. Machado, S. Esteves, Z. Soons	* 2s	CNCI-1	Pombal	13-02	3.42,60i-09
4.10,84	Gira Sol RC	A. Almeida, S. Borges, D. Lopes, I. Areias	4s	CNCI-1	Pombal	13-02	4.01,62i-10
4.12,33	CS Marítimo	M. Tavares, A. Fernandes, M. Carriço, C. Duarte	2	C. Port	Pombal	27-02	4.07,55i-10
4.15,65	ADRE Palhaça	M. Cardoso, J. Pires, C. Rodrigues, A. Santos	2s	CNCI-2	Pombal	13-02	4.25,55i-10
4.16,53	CA Salesianos Manique	S. Bental, I. Neves, R. Gomes, S. Fernandes	* 3s	CNCI-2	Pombal	13-02	
4.20,24	GR Quinta da Lomba	G. Martins, M. Conceição, D. Moniz, I. Marquês	5s	CNCI-2	Pombal	13-02	4.10,92i-06
4.22,37	GRECAS	A. Abreu, I. Sousa, L. Lopes, T. António	4s	CNCI-Ap	Pombal	30-01	4.05,96i-05
4.29,40	CN Rio Maior	K. Amaral, J. Costa, T. Branco, J. Sequeira	4s	CNCI-Ap	Pombal	29-01	
4.31,66	NA Cucujães	AR Rodrigues, S. Ribeiro, D. Aguiar, M. Simões	2s	CNCI-Ap	Braga	29-01	

(*) com atletas estrangeiros