

60 m - 7,00 - 7,30

6,53	Francis Obikwelu	Sporting CP	22-11-78	1	C. Eur	Paris	06-03	6,54i-05	
6,61	Francis Obikwelu			1h	C. Eur	Paris	05-03		
6,61	Francis Obikwelu			1mf	C. Eur	Paris	05-03		
6,65	Arnaldo Abrantes	Individual - Lx	27-11-86	1	C. Port	Pombal	26-02	6,68i-09	
6,65	Arnaldo Abrantes			3h	C. Eur	Paris	05-03		
6,66	Arnaldo Abrantes			3mf	C. Eur	Paris	05-03		
6,68	Francis Obikwelu			1	CNCI-1	Pombal	12-02		
6,69	Francis Obikwelu			1ex		Pombal	29-01		
6,70	Francis Obikwelu			1ex		Pombal	12-02		
6,70	Francis Obikwelu			2	C. Port	Pombal	26-02		
6,71	Arnaldo Abrantes			3h		Lievin	08-02		
6,73	Arnaldo Abrantes			8		Lievin	08-02		
6,74	Francis Obikwelu			1s	CNCI-Ap	Pombal	29-01		
6,74	Arnaldo Abrantes			1		Nave do Jamor	03-02		
6,74	Arnaldo Abrantes			1	CNU	Pombal	19-02		
6,74	Arnaldo Abrantes			1h		Pombal	20-02		
6,76	Arnaldo Abrantes			1ex	Taça FPA	Pombal	08-01		
6,77	Arnaldo Abrantes			2ex		Pombal	29-01		
6,77	Yazaldes Nascimento	SL Benfica	17-04-86	1		Pombal	20-02	6,90i-07	
6,77	Yazaldes Nascimento			3	C. Port	Pombal	26-02		
6,78	Arnaldo Abrantes			1ex		Pombal	30-01		
6,79	Arnaldo Abrantes			1s	Taça FPA	Pombal	08-01		
6,79	Arnaldo Abrantes			1h	C. Port	Pombal	26-02		
6,80	Arnaldo Abrantes			1h		Nave do Jamor	03-02		
6,81	Yazaldes Nascimento			2s	Taça FPA	Pombal	08-01		
6,81	Arnaldo Abrantes			1h	CNU	Pombal	19-02		
6,81	Arnaldo Abrantes			2		Pombal	20-02		
6,82	Yazaldes Nascimento			2ex	Taça FPA	Pombal	08-01		
6,83	Yazaldes Nascimento			2	CNCI-1	Pombal	12-02		
6,84	Edi Sousa	Sporting CP	11-07-89	4	C. Port	Pombal	26-02	6,96i-10	
6,88	Edi Sousa			3		Pombal	20-02		
6,89	Edi Sousa			1h	CN23	Pombal	05-02		
6,89	Edi Sousa			2ex		Pombal	12-02		
6,89	Edi Sousa			1h		Pombal	20-02		
6,89	Ricardo Monteiro	SL Benfica	02-10-85	5	C. Port	Pombal	26-02	6,82i-10	
6,90	Edi Sousa			1	CN23	Pombal	05-02		
6,90	Francis Obikwelu			1h	C. Port	Pombal	26-02		
6,91	Edi Sousa			3ex		Pombal	29-01		
6,92	Edi Sousa			3s	Taça FPA	Pombal	08-01		
6,92	Edi Sousa			2h	C. Port	Pombal	26-02		
6,93	Carlos Nascimento	Esc Movimento	RNjv	12-10-94	4sf	Taça FPA	Pombal	08-01	7,02i-10
6,93	Yazaldes Nascimento			2h		Pombal	20-02		
6,94	Ricardo Monteiro			3h	C. Port	Pombal	26-02		
6,95	Yazaldes Nascimento			2h	C. Port	Pombal	26-02		
6,96	Edi Sousa			3ex	Taça FPA	Pombal	08-01		
6,96	Carlos Nascimento			1	CNJ	Pombal	22-01		
6,96	Aucim Lopes	SL Benfica	GBS	06-03-91	1h	CN23	Pombal	05-02	7,04i-10
6,97	Carlos Nascimento			4ex	Taça FPA	Pombal	08-01		
6,98	Ancuim Lopes			5ex	Taça FPA	Pombal	08-01		
6,98	Ancuim Lopes			2		Nave do Jamor	03-02		
6,98	Ricardo Pacheco	Sporting CP	31-10-83	3h	C. Port	Pombal	26-02	6,82i-06	
7,00	Tiago Silvestre	SL Benfica	18-06-91	2	CN23	Pombal	05-02	6,93i-10	
7,00	Ancuim Lopes			3ex		Pombal	12-02		
7,01	João Ferreira	Sporting CP	20-10-86	3		Nave do Jamor	03-02	6,95i-07	
7,02	Ivo Vital	SL Benfica	09-08-88	5sf	Taça FPA	Pombal	08-01	6,88i-09	
7,04	Marcos Chuva	SL Benfica	08-08-89	1ex		Pombal	12-02		
7,05	Filipe Santos	GD Estreito	25-06-84	1	CNCI-2	Pombal	12-02	7,10i-06	
7,06	André Costa	GDRC Coia	09-05-92	2	CNJ	Pombal	22-01	7,16i-10	

7,07	Pedro Bernardo	Individual - Lx	12-05-89	7ex	Taça FPA	Pombal	08-01	
7,07	Luís Machado	Gira Sol RC	07-07-86	1		Braga	22-01	6,98i-09
7,07	Dany Gonçalves	CS Marítimo	14-03-85	ex	CNU	Pombal	19-02	6,81i-09
7,07	Luís Fernandes	Gira Sol RC	31-05-82	6	C. Port	Pombal	26-02	6,99i-04
7,09	Marcos Caldeira	SL Benfica	27-02-88	2s	Taça FPA	Pombal	08-01	7,20i-06
7,09	Holder da Silva	SL Benfica	GBS 22-01-88	7s	Taça FPA	Pombal	08-01	6,80i-09
7,10	Carlos Calado	AA Pombal	05-10-75	Hep		Pombal	11-12	6,60i-99
7,10	Samuel Remédios	GA Fátima	24-02-92	Hep		Pombal	11-12	7,04i-10
7,10	Carlos Gonçalves	CA Seia	11-07-87	3s	CNCI-1	Pombal	12-02	6,97i-08
7,10	António Vieira	GA Fátima	05-11-93	1		Alpiarça	05-03	7,14i-10
7,11	Daniel Mimoso	SL Benfica	05-07-93	2sf	CNJ	Pombal	22-01	7,19i-10
7,11	Edgar Batista	Esc Movimento	12-07-91	1s	CNCI-Ap	Braga	29-01	7,07i-10
7,11	Bruno Ferreira	SL Benfica	27-05-90	2h	CN23	Pombal	05-02	6,94i-10
7,11	André Marques	UD Zona Azul	20-11-92	1ex		Alpiarça	05-03	7,13i-10
7,12	José Viegas	CCSJ. Madeira	01-03-93	1s		Braga	11-12	7,22i-10
7,12	André Gorba Biveti	Sporting CP	10-06-92	2sf	CNJ	Pombal	22-01	
7,12	António Brandão	CCSJ. Madeira	08-09-92	2ex		Pombal	12-02	7,08i-10
7,13	Diogo Antunes	SL Benfica	02-11-92	3	CNJ	Pombal	22-01	
7,14	Raul Veloso	CCD Ribeirão	01-10-81	1ex		Braga	29-01	6,90i-05
7,14	Lionel Delgado	Luxemburgo	96	1		Luxemburgo	05-02	7,30i-10
7,14	José Rosa	Sporting CP	CPV 12-01-90	Hep	CN	Pombal	26-02	
7,15	Paulo Gomes	CA Bx Banheira	93	3sf	CNJ	Pombal	22-01	
7,15	Wilson Martins	AC Vermoil	CPV 01-03-88	2	CNU	Pombal	19-02	7,26i-10
7,17	Carlos Pinheiro	Sporting CP	24-03-88	5		Nave do Jamor	03-02	7,11i-09
7,17	Tiago Marto	GA Fátima	05-05-86	Hep	CN	Pombal	26-02	7,06i-10
7,18	Edgar Tavares	GD Independente	02-01-87	6h	C. Port	Pombal	26-02	
7,19	Helder Pinto	SC Braga	07-04-93	6sf	CNJ	Pombal	22-01	7,54i-10
7,19	Bruno Andrade	SL Benfica	28-02-92	5ex		Pombal	12-02	
7,20	Diogo Marouco	ACRB Valongo	27-12-87	3s	CNCI-Ap	Pombal	29-01	7,12i-09
7,20	Edgar Remédios	GA Fátima	05-05-94	3		Alpiarça	19-02	7,37i-10
7,21	Artur Koshchuk	Juv. Vidigalense	UKR 05-03-94	1h		Pombal	04-12	7,11i-10
7,21	Luis Neves	SL Benfica	22-05-95	4sf	CNJ	Pombal	22-01	
7,22	Gracelino Barbosa	AA Coimbra	CPV 01-02-85	2s		Braga	11-12	
7,23	Adriano Lopes	Juv. Vidigalense	22-10-91	2		Pombal	15-01	
7,23	Emanuel Neves	SL Benfica	13-03-90	3		Braga	22-01	7,17i-10
7,24	Rui Esteves	AA Coimbra	03-06-91	1		Pombal	04-12	7,04i-10
7,24	Diogo Carvalho	CCSJ. Madeira	27-01-88	4		Braga	22-01	7,15i-10
7,27	Abel Pereira	ACR Valdágua	01-05-86	4sf		Braga	11-12	
7,27	Domingos Tomé	CIA Ilha Azul	STP 15-04-86	5sf	CNCI-Ap	Pombal	29-01	
7,27	Sérgio Silva	CCD Ribeirão	22-11-85	1ex		Pombal	12-02	7,50i-04
7,28	Miguel Semão	GDRC Coína	05-09-93	6sf	CNJ	Pombal	22-01	7,37i-10
7,28	Raul Fernandes	Sporting CP	ANG 22-04-92	4h	CN23	Pombal	05-02	7,36i-10
7,29	Pedro Machado	Juv. Vidigalense	14-11-91	1h		Pombal	15-01	7,18i-09
7,29	Rafael Martins	Gira Sol RC	96	1		Pombal	20-02	8,08i-10
7,30	Francisco Villar	UD Zona Alta	94	3ex		Alpiarça	05-03	7,54i-10

200 m– 22,50 – 23,70

21,48	Yazaldes Nascimento	SL Benfica	17-04-86	1s	CNCI-1	Pombal	13-02	21,84i-07
21,68	João Ferreira	Sporting CP	20-10-86	1	C. Port	Pombal	27-02	21,55i-10
21,86	Edi Sousa	Sporting CP	11-07-89	1s	CNCI-Ap	Pombal	29-01	22,18i-10
22,03		Edi Sousa		1s	CN23	Pombal	06-02	
22,06	Carlos Pinheiro	Sporting CP	24-03-88	2	C. Port	Pombal	27-02	22,20i-07
22,17	Carlos Nascimento	Esc Movimento	12-10-94	1	CNJ	Pombal	23-01	24,05i-10
22,20		Carlos Pinheiro		1h	C. Port	Pombal	27-02	
22,23		João Ferreira		2s	CNCI-1	Pombal	13-02	
22,27	Diogo Santos	Juv. Vidigalense	03-05-91	2h	C. Port	Pombal	27-02	22,08i-10
22,38	Aucuim Lopes	SL Benfica	GBS 06-03-91	2s	CN23	Pombal	06-02	
22,39	Filipe Santos	GD Estreito	25-06-84	2s	CNCI-Ap	Pombal	29-01	22,31i-05
22,43		Filipe Santos		1s	CNCI-2	Pombal	13-02	
22,45		Diogo Santos		3	C. Port	Pombal	27-02	
22,46	Edgar Tavares	GD Independente	02-01-87	4	C. Port	Pombal	27-02	

22,47		João Ferreira			1h	C. Port	Pombal	27-02	
22,48	Bruno Ferreira	SL Benfica		27-05-90	1s	CN23	Pombal	06-02	22,08i-10
22,58	Gracelino Barbosa	AA Coimbra	CPV	01-02-85	1s	CNCI-1	Pombal	13-02	
22,64	Ricardo Monteiro	SL Benfica		02-10-85	1s	CNCI-Ap	Pombal	30-01	21,96i-10
22,69	Tiago Silvestre	SL Benfica		18-06-91	2s	CN23	Pombal	06-02	22,68i-10
22,72	Sérgio Silva	GRECAS		31-07-92	3h	C. Port	Pombal	27-02	
22,74	Raul Veloso	CCD Ribeirão		01-10-81	2s	CNCI-2	Pombal	13-02	22,34i-09
22,77	Emanuel Neves	SL Benfica		13-03-90	1s		Braga	22-01	22,54i-08
22,80	André Gorba Biveti	Sporting CP		10-06-92	3s	CN23	Pombal	06-02	
22,85	André Jordão	NDC Gouveia		27-06-89	4h	C. Port	Pombal	27-02	22,79i-09
22,88	André Marques	UD Zona Azul		20-11-92	1s		Pombal	08-12	23,15i-10
22,88	José Viegas	CCSJ. Madeira		01-03-93	2s	CNCI-1	Pombal	13-02	23,00i-10
22,93	Luis Neves	SL Benfica		22-05-95	1s	CNJ	Pombal	23-01	
23,00	Bruno Andrade	SL Benfica		28-02-92	1s	CNJ	Pombal	23-01	
23,00	Edgar Batista	Esc Movimento		12-07-91	4h	C. Port	Pombal	27-02	22,98i-10
23,05	João Moniz	Juv. Vidigalense		17-11-94	1s	CNCI-Ap	Pombal	29-01	24,11i-10
23,08	Cristian Rosa	CN Rio Maior		16-04-95	1s	CNCI-2	Pombal	13-02	
23,08	Peribaldo Martins	CA Bx Banheira	ANG	01-11-83	2s	CNCI-2	Pombal	13-02	
23,13	António Brandão	CCSJ. Madeira		08-09-92	2s	CNJ	Pombal	23-01	22,77i-10
23,14	Carlos Gonçalves	CA Seia		11-07-87	2s	CNCI-Ap	Pombal	30-01	22,14i-08
23,17	Wilson Martins	AC Vermoil	CPV	01-03-88	1s	CNCI-Ap	Pombal	30-01	23,58i-10
23,17	Lionel Delgado	Luxemburgo		96	3		Luxemburgo	05-02	
23,25	Domingos Tomé	CIA Ilha Azul	STP	15-04-86	3s	CNCI-1	Pombal	13-02	
23,34	Helder Pinto	SC Braga		07-04-93	1s	CNCI-Ap	Braga	29-01	24,77i-10
23,37	Gilsson Tavares	Maia AC	CPV	29-08-84	1s		Braga	08-01	22,65i-10
23,37	Luís Machado	Gira Sol RC		07-07-86	2s	CNCI-Ap	Pombal	30-01	22,59i-09
23,47	Luis Sá	NA Vila Real		17-03-81	1h	C Norte	Braga	16-01	22,34i-02
23,53	Miguel Semião	GDRC Coima		05-09-93	2s	CNCI-Ap	Pombal	30-01	23,78i-10
23,55	Filipe Cunha	SL Benfica		15-07-94	2s	CNJ	Pombal	23-01	23,26i-10
23,55	Tiago Miguel Santos	NA Cucujães		80	3s	CNCI-2	Pombal	13-02	
23,56	António Vieira	GA Fátima		05-11-93	4s	CNCI-2	Pombal	13-02	24,06i-10
23,61	João Gonçalves	AAC Caparica		93	1s	CNJ	Pombal	23-01	
23,65	Eliseu Ribeiro	CCSJ. Madeira		08-02-92	2s	CNJ	Pombal	23-01	23,37i-10

300 m – 40,00

35,85	Luis Neves	SL Benfica		22-05-95	1s		Pombal	20-02	
36,22	João Moniz	Juv. Vidigalense		17-11-94	1s		Pombal	20-02	
36,28	Cristian Rosa	CN Rio Maior		16-04-95	2s		Pombal	20-02	
36,46	Gracelino Barbosa	AA Coimbra	CPV	01-02-85	1s		Braga	11-12	50,67i-10
37,22	Eliseu Ribeiro	CCSJ. Madeira		08-02-92	1s		Braga	11-12	37,34i-09
37,64	Helder Pinto	SC Braga		07-04-93	1s		Braga	11-12	
37,72	Pedro Novais	EBPG Sampaio		20-07-93	2s		Braga	11-12	38,23i-10
37,91	Raul Veloso	CCD Ribeirão		01-10-81	3s		Braga	11-12	36,49i-06
38,07	Alexandre Cardeira	ACDR Arneirense		02-12-94	2s		Pombal	20-02	
38,18	José Macedo	JUN Ideal		21-06-94	2s		Braga	11-12	39,18i-10
38,47	Ruben Parreira	SL Benfica		11-04-95	3s		Pombal	20-02	
38,50	João Miguel Silva	Juv. Vidigalense		12-06-94	4s		Pombal	20-02	
38,66	Nuno Sousa	JUN Ideal		89	1s		Braga	11-12	
38,83	Serafim Gadelho	Maia AC		22-05-68	2s		Braga	11-12	38,72i-09
38,84	Rafael Pires	Juv. Vidigalense		05-11-94	5s		Pombal	20-02	
38,89	Joel Gomes	AC Vermoil		06-07-94	3s		Pombal	20-02	37,9i-10
39,02	Diogo Campos	CD Pova		92	3s		Braga	11-12	
39,27	Filipe Pita	EBMD Saraiva		94	4s		Pombal	20-02	
39,29	André Moreira	FC Porto		29-07-92	1s		Braga	11-12	38,67i-09
39,29	Cláudio Ferreira	CCSJ. Madeira		24-08-92	4s		Braga	11-12	38,41i-09
39,32	Dylan Pedro	Juv. Vidigalense		04-01-95	6s		Pombal	20-02	
39,46	José Pedro Lopes	SL Benfica		95	5s		Pombal	20-02	
39,50	Rui Leite	CCSJ. Madeira		31-12-89	2s		Braga	11-12	
39,56	João Pacheco	SC Braga		01-01-93	2s		Braga	11-12	39,83i-10
39,64	Gabriel Fernandes	EBPG Sampaio		17-10-93	1s		Braga	11-12	41,15i-10
39,81	Claudio Resende	CCSJ. Madeira		15-08-86	3s		Braga	11-12	39,82i-06

39,94	José Filipe Rodrigues	EBPG Sampaio	93	2s	Braga	11-12	39,66i-10
39,94	Ricardo Costa	CA Marinha Grande	22-02-95	6s	Pombal	20-02	

400 m– 50,20 – 52,30

48,00	João Ferreira	Sporting CP	20-10-86	1s	C. Port	Pombal	26-02	48,10i-07
48,05		João Ferreira		ex	CNU	Pombal	19-02	
48,17	Jorge Paula	SL Benfica	08-10-84	2s	C. Port	Pombal	26-02	48,63i-08
48,21		João Ferreira		1s	CNCI-1	Pombal	12-02	
48,28		João Ferreira		1s		Pombal	20-02	
48,52		Jorge Paula		2s		Pombal	20-02	
48,57	António Rodrigues	Sporting CP	25-09-88	3s	C. Port	Pombal	26-02	47,95i-08
48,60	Carlos Pinheiro	Sporting CP	24-03-88	4s	C. Port	Pombal	26-02	48,87i-10
48,83		António Rodrigues		1s	Taça FPA	Pombal	08-01	
48,84		Jorge Paula		2s	CNCI-1	Pombal	12-02	
48,93		João Ferreira		1s	CNCI-Ap	Pombal	29-01	
48,93		Carlos Pinheiro		3s		Pombal	20-02	
49,29		Jorge Paula		1s	CNCI-Ap	Pombal	30-01	
49,34	Emanuel Neves	SL Benfica	13-03-90	1s	C. Port	Pombal	26-02	50,13i-09
49,44		Carlos Pinheiro		2s	Taça FPA	Pombal	08-01	
49,49	Diogo Santos	Juv. Vidigalense	03-05-91	2s	C. Port	Pombal	26-02	49,64i-10
49,59	João Brás	SCU Torreense	13-08-89	3s	C. Port	Pombal	26-02	51,19i-09
49,75		Emanuel Neves		2s	CNU	Pombal	19-02	
49,84		Diogo Santos		3s	CNU	Pombal	19-02	
49,97		João Brás		4s	CNU	Pombal	19-02	
50,01	José Miranda	SL Benfica	22-08-91	1s	CN23	Pombal	05-02	50,13i-10
50,11	Paulo Pinto	C Bf. Faro	13-05-91	2s	CNCI-Ap	Pombal	29-01	49,23i-10
50,14	Jorge Batista	ADRE Palhaça	06-06-91	2s	CN23	Pombal	05-02	50,82i-10
50,15		Diogo Santos		3s	CNCI-1	Pombal	12-02	
50,29	Gracelino Barbosa	AA Coimbra	CPV 01-02-85	1s	CNCI-Ap	Pombal	29-01	50,67i-10
50,45	José Martins	Gira Sol RC	28-04-86	5s	CNU	Pombal	19-02	50,67i-05
50,47	André Marques	UD Zona Azul	20-11-92	1s	CN23	Pombal	05-02	51,19i-10
50,53	Sérgio Silva	GRECAS	31-07-92	2s	CNCI-Ap	Pombal	30-01	
50,72	Naiel Santiago	JOMA	STP 20-10-86	4s	Taça FPA	Pombal	08-01	49,68i-09
50,77	Eliseu Ribeiro	CCSJ. Madeira	08-02-92	1s	CNU	Pombal	19-02	52,03i-10
50,86	Roberto Nobrega	ADR Agua Pena	31-05-92	1s	Taça FPA	Pombal	08-01	51,25i-10
50,96	Pedro Semedo	Gira Sol RC	GBS 23-09-86	3s	CNCI-Ap	Pombal	30-01	50,58i-10
50,99	Fábio Gonçalves	SL Benfica	26-01-90	5s	Taça FPA	Pombal	08-01	49,77i-08
51,02	André Jordão	NDC Gouveia	27-06-89	5s	C. Port	Pombal	26-02	51,74i-10
51,05	João Moniz	Juv. Vidigalense	17-11-94	1s	CNJ	Pombal	22-01	54,33i-10
51,37	Edivaldo Monteiro	CA Bx Banheira	28-04-76	2s	CNCI-Ap	Pombal	29-01	48,36i-00
51,41	Cristian Rosa	CN Rio Maior	16-04-95	3s	CNCI-Ap	Pombal	29-01	
51,51	Bruno Andrade	SL Benfica	CPV 28-02-92	2s	Taça FPA	Pombal	08-01	
51,56	Miguel Cabral	CA Seia	15-04-94	4s	Taça FPA	Pombal	08-01	52,88i-10
51,65	Cesar Pedreira	NA Cucujães	20-08-87	2s	CNCI-Ap	Braga	29-01	50,38i-06
51,69	Fernando Almeida	Gira Sol RC	06-01-87	1s		Pombal	20-02	50,46i-09
51,72	Pedro Santos	CP Alcanena	01-01-88	1s		Pombal	15-01	
51,75	Yannick Medina	GR Qt. Lomba	24-10-91	3s	CN23	Pombal	05-02	
51,92	Francisco Évora	C+S Lavra	11-12-91	2s		Pombal	20-02	52,86i-10
51,97	David Mateus	CRD Santaluziense	91	1s	CN23	Pombal	05-02	
52,06	Sérgio Duro	GDRC Coia	19-02-80	1s	CNCI-Ap	Pombal	30-01	47,26i-03
52,13	Helder Pato	Gira Sol RC	22-01-80	3s		Pombal	15-01	49,14i-06
52,24	Artur Paulino	C Operário D	06-06-85	1s	CNCI-Ap	Pombal	29-01	52,16i-07

800 m – 1.53,0 – 2.00,0

1.50,63	António Rodrigues	Sporting CP	25-09-88	1		Pombal	20-02	1.51,85i-10
1.50,72	Fernando Silva	Sporting CP	23-08-82	2s		Pombal	20-02	1.56,52i-10
1.50,91	Jorge Batista	ADRE Palhaça	06-06-91	3s		Pombal	20-02	1.52,91i-10
1.51,25	João Brás	SCU Torreense	13-08-89	4s		Pombal	20-02	1.52,12i-09
1.51,40		António Rodrigues		1s	C. Port	Pombal	27-02	
1.51,49		João Brás		2	C. Port	Pombal	27-02	
1.51,77	Bruno Moreira	JOMA	08-03-87	5		Pombal	20-02	1.51,62i-10

1.51,85	José Martins	Gira Sol RC	28-04-86	6s		Pombal	20-02	1.52,54i-10
1.51,92		João Brás		ex		Pombal	19-12	
1.52,00		Bruno Moreira		3	C. Port	Pombal	27-02	
1.52,01	Renato Silva	SL Benfica	22-08-81	4	C. Port	Pombal	27-02	1.49,38i-03
1.52,36		Fernando Silva		5	C. Port	Pombal	27-02	
1.52,83		António Rodrigues		1s	CNCI-Ap	Pombal	29-01	
1.52,95	Cristiano Silva	CRCD Luzense	10-05-85	2rB		Sevilha	11-02	1.53,27i-09
1.53,41	Fábio Gonçalves	SL Benfica	26-01-90	2s	CNCI-Ap	Pombal	30-01	1.50,57i-09
1.53,57	Miguel Moreira	SL Benfica	04-02-91	6s	C. Port	Pombal	27-02	
1.54,06	Diego Manjate	SST SJ Madeira	MOZ 16-08-91	1s	C. Port	Pombal	27-02	1.56,88i-10
1.54,52	Ricardo Fernandes	Juv. Vidigalense	04-07-91	4	CNCI-1	Pombal	13-02	1.58,47i-10
1.55,26	Oswaldo Terra	CIA Ilha Azul	78	2s	C. Port	Pombal	27-02	
1.55,62	Celso Pinto	JOMA	22-10-84	3s	CNCI-Ap	Pombal	29-01	1.52,72i-09
1.55,80	João Leal	Juv. Vidigalense	04-04-91	4s	C. Port	Pombal	27-02	
1.56,36	Thibaut Junqueira	NDA Pombal	17-02-92	1		Pombal	16-01	1.56,75i-10
1.56,50	Hugo Almeida	CCSJ. Madeira	01-09-88	5	CNCI-1	Pombal	13-02	1.57,94i-07
1.56,72	Samuel Barata	GDAC Bouça	19-07-93	1		Pombal	16-01	1.59,76i-10
1.56,82	José Campos	CF Belenenses	ANG 12-07-90	4s	CNCI-Ap	Pombal	30-01	1.57,94i-10
1.57,0	Rui Sousa	CUA Benaventense	21-11-89	1s		Pombal	20-02	1.59,02i-08
1.57,06	Ruben Felizardo	CA Seia	17-06-91	6	CNCI-1	Pombal	13-02	
1.57,30	Emanuel Rolim	SL Benfica	03-01-93	3s	CN23	Pombal	06-02	
1.57,86	Francisco Rodrigues	SC Braga	24-05-95	2	C Norte	Braga	16-01	2.01,74i-10
1.57,9	Vitor Carranca	JD Almensor	03-06-91	2s		Pombal	20-02	
1.58,12	Helder Pereira	Cyclones AC	10-08-88	3	C Norte	Braga	16-01	1.58,63i-09
1.58,26	Marco Oliveira	CCD Ribeirão	30-09-90	4	C Norte	Braga	16-01	
1.58,89	Ricardo Paixão	SL Benfica	01-04-86	2	CNU	Pombal	19-02	1.53,20i-10
1.59,0	Pedro Correia	CRP Salema	86	3s		Pombal	20-02	
1.59,26	Helder Costa	GRA Cruz	95	5	C Norte	Braga	16-01	2.05,14i-10
1.59,36	Tiago Dias	Juv. Vidigalense	11-01-90	2s	CN23	Pombal	06-02	1.56,97i-10
1.59,40	Pedro Alexandre Santos	C Bf. Ch. Caparica	12-04-95	2s	CNJ	Pombal	23-01	
1.59,50	José Martins	SL Benfica	10-02-92	3s	CNJ	Pombal	23-01	2.01,77i-10
1.59,50	Hugo Coutinho	AA Pego Longo	12-03-93	6s	CNCI-Ap	Pombal	30-01	1.58,93i-10
1.59,54	Diogo Sousa	GD Estreito	28-11-83	5s	CNCI-Ap	Pombal	29-01	1.49,51i-05
1.59,65	Andreilino Furtado	SL Benfica	CPV 02-10-92	4s	CN23	Pombal	06-02	
1.59,68	Wilson Coniot	AC Vermoil	05-11-93	7s	CNCI-Ap	Pombal	30-01	2.05,17i-10
1.59,91	Sérgio Teixeira	C Spiridon Gaia	24-02-94	3		Braga	11-12	2.04,98i-10
1.59,98	Luís Silva	SL Benfica	23-12-92	5s	CN23	Pombal	06-02	1.59,90i-10

1500 m – 3.53,0 – 4.07,0

3.43,24	Hélio Gomes	Sporting CP	27-12-84	3		Sevilha	11-02	3.45,70i-08
3.44,47		Hélio Gomes		1	C. Port	Pombal	26-02	
3.45,71	Rui Silva	Sporting CP	03-08-77	1	CNCI-1	Pombal	12-02	3.34,99i-99
3.47,86	Emanuel Rolim	SL Benfica	RNJ 03-01-93	2	CNCI-1	Pombal	12-02	4.03,37i-09
3.49,22		Hélio Gomes		7h	C. Eur	Paris	05-03	
3.49,41	Bruno Moreira	JOMA	08-03-87	2	C. Port	Pombal	26-02	3.46,42i-10
3.50,71		Hélio Gomes		1s	CNCI-Ap	Pombal	29-01	
3.51,10	Alexandre Silva	CA Seia	05-04-84	3	CNCI-1	Pombal	12-02	3.51,42i-07
3.51,40	Ricardo Paixão	SL Benfica	01-04-86	3	C. Port	Pombal	26-02	3.50,51i-10
3.51,48	Hugo Almeida	CCSJ. Madeira	01-09-88	4	CNCI-1	Pombal	12-02	
3.52,36		Hugo Almeida		4	C. Port	Pombal	26-02	
3.54,05	João Brás	SCU Torreense	13-08-89	ex		Pombal	15-01	3.54,53i-09
3.54,34	Miguel Moreira	SL Benfica	04-02-91	2s	CNCI-Ap	Pombal	30-01	
3.55,09	Luís Rações	Gira Sol RC	28-01-76	5	CNCI-1	Pombal	12-02	3.55,19i-06
3.55,84	Rui Pinto	SL Benfica	18-11-92	1		Braga	08-01	3.52,81i-10
3.55,88	Helio Fumo	GD Estreito	11-02-83	3s	CNCI-Ap	Pombal	29-01	3.51,41i-07
3.56,19	João Lopes	CN Rio Maior	02-01-86	4s	CNCI-Ap	Pombal	29-01	3.45,92i-07
3.57,34	Sérgio Dias	GRECAS	28-03-85	2		Braga	08-01	3.59,87i-07
3.58,46	Jorge Miranda	Juv. Vidigalense	23-02-88	6	CNCI-1	Pombal	12-02	3.58,13i-10
3.58,49	Tiago Costa	SC Braga	03-03-88	1s	CNCI-Ap	Braga	29-01	3.56,99i-10
3.59,11	Sérgio Rodrigues	GRECAS	28-03-85	5s	CNCI-Ap	Pombal	30-01	
3.59,28	Tiago Marques	NDA Pombal	17-04-83	6s	CNCI-Ap	Pombal	30-01	

3.59,89	Ruben Felizardo	CA Seia	17-06-91	4s	CN23	Pombal	05-02	3.58,89i-10
4.00,30	José Martins	Gira Sol RC	28-04-86	1s		Pombal	15-01	3.58,33i-07
4.00,64	Bruno Rodrigues	Juv. Vidigalense	24-03-88	1		Pombal	15-01	3.59,41i-10
4.00,72	Diogo Lourenço	CAO Vianense	23-01-92	2	C Norte	Braga	15-01	4.02,63i-10
4.00,81	Rui Sousa	CUA Benaventense	21-11-89	1		Pombal	15-01	
4.01,07	Vitor Carranca	JD Almansor	03-06-91	1s	CN23	Pombal	05-02	
4.01,14	Ricardo Fernandes	Juv. Vidigalense	04-07-91	5s	CN23	Pombal	05-02	3.59,96i-10
4.01,33	Marco Oliveira	CCD Ribeirão	30-09-90	3		Braga	08-01	4.04,08i-10
4.01,33	Samuel Barata	GDAC Bouça	19-07-93	2	CNJ	Pombal	22-01	4.14,90i-10
4.01,43	Luís Pinto	CS Marítimo	09-11-75	6s	CNCI-Ap	Pombal	29-01	3.49,41i-04
4.01,51	Jaime Dias	Juv. Vidigalense	26-09-85	3		Pombal	15-01	4.04,39i-08
4.01,67	João Pires	Cyclones AC	09-03-92	3	CNJ	Pombal	22-01	4.06,21i-10
4.02,41	Manuel Fernandes	CS Marítimo	16-03-92	4	CNJ	Pombal	22-01	4.06,69i-10
4.02,73	Jorge Santa-Cruz	SL Benfica	20-07-89	3	C Norte	Braga	15-01	3.55,98i-09
4.02,89	Diego Manjate	SST SJ Madeira	MOZ 16-08-91	2s	CN23	Pombal	05-02	4.04,04i-10
4.03,67	Helder Costa	GRA Cruz	95	4		Braga	08-01	
4.04,30	Wilson Conriot	AC Vermoil	05-11-93	4		Pombal	15-01	4.16,40i-10
4.04,36	João Leal	Juv. Vidigalense	04-04-91	7s	CN23	Pombal	05-02	4.05,93i-10
4.04,41	Nuno Paulo	ACD S. João	24-07-93	5	CNJ	Pombal	22-01	
4.04,66	Hugo Correia	CIA Ilha Azul	20-10-91	7	CNCI-1	Pombal	12-02	
4.04,93	Artur Rodrigues	NA Cucujães	23-06-75	3s	CNCI-Ap	Pombal	29-01	4.00,69i-09
4.05,98	Andrelino Furtado	SL Benfica	CPV 02-10-92	7s	CN23	Pombal	05-02	
4.06,38	Luís Fernandes	Maratona CP	11-12-93	6	CNJ	Pombal	22-01	4.09,56i-10

3000 m – 8.25,0 – 8.50,0

7.51,60	Rui Silva	Sporting CP	03-08-77	1	C. Port	Pombal	27-02	7.39,44i-00
7.59,49		Rui Silva		6	C. Eur	Paris	05-03	
8.02,69		Rui Silva		2h	C. Eur	Paris	04-03	
8.06,63		Rui Silva		1	CNCI-1	Pombal	13-02	
8.09,83	Luís Miguel Pinto	Sporting CP	05-01-83	2	C. Port	Pombal	27-02	8.12,40i-09
8.10,47	Rui Pinto	SL Benfica	18-11-92	2	CNCI-1	Pombal	13-02	8.29,69i-10
8.13,98	Alberto Paulo	CS Marítimo	03-10-85	3	C. Port	Pombal	27-02	8.12,65i-08
8.18,23	Emanuel Rolim	SL Benfica	03-01-93	ex		Braga	19-12	
8.18,32	Marco Pinto	CA Seia	11-10-86	4	C. Port	Pombal	27-02	8.21,58i-07
8.22,16		Luís Miguel Pinto		1s	CNCI-Ap	Pombal	29-01	
8.23,40	Jorge Santa-Cruz	SL Benfica	20-07-89	ex		Braga	19-12	8.19,76i-08
8.25,18	Mário Teixeira	Sporting CP	20-09-74	5	C. Port	Pombal	27-02	8.03,27i-04
8.26,74	José Carvalho	NA Vila Real	13-02-77	1	C Norte	Braga	16-01	8.20,37i-06
8.27,24	Filipe Rosa	JOMA	14-07-84	2s	CNCI-Ap	Pombal	29-01	8.26,39i-09
8.28,69	Ricardo Figueiredo	CA Seia	01-07-89	6	C. Port	Pombal	27-02	8.32,81i-10
8.28,86	Bruno Rodrigues	Juv. Vidigalense	24-03-88	4	CNCI-1	Pombal	13-02	8.25,86i-10
8.31,99	Adrião Rodrigues	NA Cucujães	16-03-93	ex		Braga	19-12	8.50,93i-10
8.32,50	Diogo Lourenço	CAO Vianense	23-01-92	2	C Norte	Braga	16-01	8.37,36i-10
8.34,15	Vitor Carranca	JD Almansor	03-06-91	2s	CNCI-Ap	Pombal	30-01	
8.34,22	Bruno Silva	Maia AC	21-04-83	1s	CNCI-Ap	Pombal	29-01	8.23,11i-03
8.34,33	Pedro Vieira	NA Joane	22-02-89	3	C Norte	Braga	16-01	8.31,73i-10
8.35,02	Tiago F. Silva	ADR Agua Pena	86	2s	CNCI-Ap	Pombal	29-01	8.42,81i-10
8.36,19	Ricardo Vale	SC Braga	88	3s	CNCI-Ap	Pombal	29-01	8.38,13i-09
8.36,64	Ricardo Paixão	SL Benfica	01-04-86	3s	CNCI-Ap	Pombal	30-01	8.30,93i-09
8.37,16	José João Santos	SL Benfica	30-07-93	3	CNJ	Pombal	23-01	
8.38,01	Tiago Marques	NDA Pombal	17-04-83	2	CNU	Pombal	19-02	8.44,35i-10
8.38,48	Paulo Lopes	UD Varzea	04-01-89	3	CNU	Pombal	19-02	8.35,44i-09
8.38,76	Manuel Fernandes	CS Marítimo	16-03-92	4	CNJ	Pombal	23-01	8.43,12i-10
8.39,90	José Costa	Cyclones AC	30-04-91	1	CN23	Pombal	06-02	8.22,69i-10
8.40,05	Abílio Gonçalves	ACR Cambra	04-12-89	ex	C Norte	Braga	16-01	
8.40,30	Fábio Silva	CCSJ. Madeira	11-11-91	5	CNCI-1	Pombal	13-02	8.54,49i-10
8.41,94	Nuno Santos	SL Benfica	17-01-93	3	CN23	Pombal	06-02	8.26,01i-10
8.43,98	Daniel Gregório	CA Seia	07-09-89	4	CNU	Pombal	19-02	8.32,07i-10
8.46,47	Luís Rações	Gira Sol RC	28-01-76	6	CNCI-1	Pombal	13-02	8.34,69i-05
8.47,12	Sérgio Rodrigues	GRECAS	85	3	CNCI-2	Pombal	13-02	
8.47,41	Nuno Nunes	CN Rio Maior	08-01-80	4	CNCI-2	Pombal	13-02	8.39,18i-10

8.49,03	Fernando Serrão	UDC Argival	03-04-93	7	CN23	Pombal	06-02	
8.49,17	Ricardo Abreu	CS Marítimo	12-08-79	4s	CNCI-Ap	Pombal	29-01	8.19,73i-05
8.49,34	Ricardo Pereira	ACR Cambra	12-08-90	ex	C Norte	Braga	16-01	
8.49,40	Marco Oliveira	CCD Ribeirão	30-09-90	5s	CNCI-2	Pombal	13-02	
8.49,79	Nuno Paulo	ACD S. João	24-07-93	5	CNJ	Pombal	23-01	

60 m B – 8,30 – 9,30

7,78	Rasul Dabo	SL Benfica	RNi	14-02-89	1	CNCI-1	Pombal	13-02	8,00i-10
7,85		Rasul Dabo			1	C. Port	Pombal	27-02	
7,93		Rasul Dabo			7h	C. Eur	Paris	04-03	
7,94		Rasul Dabo			1h	C. Port	Pombal	27-02	
7,96		Rasul Dabo			1s	CNCI-Ap	Pombal	30-01	
7,99		Rasul Dabo			1s		Nave do Jamor	03-02	
7,99	João Almeida	Sporting CP		05-04-88	2	C. Port	Pombal	27-02	7,88i-10
8,00		Rasul Dabo			1s	Taça FPA	Pombal	08-01	
8,00		Rasul Dabo			1h	CN23	Pombal	06-02	
8,02		Rasul Dabo			1ex	Taça FPA	Pombal	08-01	
8,03		João Almeida			1ex		Pombal	30-01	
8,06		João Almeida			2	CNCI-1	Pombal	13-02	
8,07		Rasul Dabo			1	CN23	Pombal	06-02	
8,09		João Almeida			1	CNU	Pombal	19-02	
8,12		João Almeida			2s		Nave do Jamor	03-02	
8,14	Luís Fernandes	Gira Sol RC		31-05-82	3	CNCI-1	Pombal	13-02	8,08i-05
8,14		Luís Fernandes			1		Pombal	20-02	
8,15		Luís Fernandes			2s	CNCI-Ap	Pombal	30-01	
8,15		Luís Fernandes			3	C. Port	Pombal	27-02	
8,16		Luís Fernandes			1h	C. Port	Pombal	27-02	
8,17		João Almeida			2h	C. Port	Pombal	27-02	
8,19		Luís Fernandes			2ex		Pombal	30-01	
8,20	Luís Sá	NA Vila Real		17-03-81	2	CNU	Pombal	19-02	7,79i-03
8,20	João Fontela	CCSJ. Madeira		07-08-91	4	C. Port	Pombal	27-02	8,52i-09/10
8,24		Luís Fernandes			2ex	Taça FPA	Pombal	08-01	
8,24		João Almeida			1s	CNCI-Ap	Pombal	29-01	
8,25		Luís Fernandes			1h		Pombal	20-02	
8,25		João Fontela			3h	C. Port	Pombal	27-02	
8,32	Samuel Remédios	GA Fátima		24-02-92	Hep	CN	Pombal	27-02	8,49i-10
8,36	Jorge Santos	NA Cucujães		25-03-85	1	CNCI-2	Pombal	13-02	8,33i-10
8,36	Tiago Marto	GA Fátima		05-05-86	Hep	CN	Pombal	27-02	8,22i-09
8,37	Rodrigo Dionisio	GD Estreito		25-06-85	3	CNCI-2	Pombal	13-02	8,10i-09
8,45	Hugo Espírito Santo	Sporting CP		30-05-93	4h	C. Port	Pombal	27-02	
8,48	Hélio Vaz	NDC Gouveia		01-05-91	4h	C. Port	Pombal	27-02	8,38i-09
8,59	Pedro Santos	CP Alcanena		01-01-88	1h		Pombal	16-01	8,44i-08
8,60	Ricardo Fernandes	JOMA	CPV	01-01-91	4	CN23	Pombal	06-02	8,65i-09
8,65	André Costa	GDRC Coima		09-05-92	3h	CN23	Pombal	06-02	8,65i-10
8,67	Peribaldo Martins	CA Bx Banheira	ANG	01-11-83	4	CNCI-2	Pombal	13-02	9,08i-08/09
8,71	Damião Freitas	CF Belenenses		16-04-89	3	CNU	Pombal	19-02	8,55i-07
8,73	André Lima	Sporting CP		19-04-91	5		Pombal	20-02	
8,76	André Jordão	NDC Gouveia		27-06-89	4	CNU	Pombal	19-02	8,60i-09
8,77	David Cerqueira	SL Benfica		03-02-92	2s	Taça FPA	Pombal	08-01	
8,80	Paulo Conceição	SL Benfica		29-12-93	2s	Taça FPA	Pombal	08-01	
8,83	Bruno Costa	CA Seia		17-03-80	5	CNCI-1	Pombal	13-02	8,29i-05
8,84	Carlos Santos	CP Alcanena		10-05-86	5h		Pombal	20-02	8,66i-08
8,85	Daniel Dias	AJ Cortiçadas		10-11-92	4h	CN23	Pombal	06-02	
8,86	Pedro Gomes	GR Qt. Lomba		13-11-90	7s	CNCI-Ap	Pombal	30-01	8,86i-10
8,90	Ricardo Mendes	Juv. Vidigalense		30-05-94	6	CNCI-1	Pombal	13-02	
8,94	Edgar Remédios	GA Fátima		05-05-94	1		Alpiarça	05-03	
9,02	Gracelino Barbosa	AA Coimbra	CPV	01-02-85	6s	CNCI-Ap	Pombal	29-01	
9,09	Edgar Monteiro	CIA Ilha Azul		89	7	CNCI-1	Pombal	13-02	
9,10	José Rosa	Sporting CP	CPV	12-01-90	Hep	CN	Pombal	27-02	9,26i-08
9,16	Roman Leyukh	A20Km Almeirim	UKR	26-10-92	2		Pombal	16-01	9,92i-10
9,19	João Paulo Raposo	CED Arrifes		24-09-94	6s	Taça FPA	Pombal	08-01	

9,21	Edgar Azevedo	Esc. Movimento	10-03-91	7s	Taça FPA	Pombal	08-01	9,08i-10
9,23	Felipe Mendonça	ADR Agua Pena	20-03-85	2s	CNCI-Ap	Braga	29-01	8,97i-04
9,26	Helder Pinto	SC Braga	07-04-93	2	C Norte	Braga	16-01	

60 m B (1,00) – 8,30 – 9,30

8,15	Samuel Remédios	GA Fátima	24-02-92	1	CNJ	Pombal	23-01	8,31i-10
8,26	Samuel Remédios			1		Pombal	08-12	
8,26	Samuel Remédios			1h	CNJ	Pombal	23-01	
8,37	André Costa	GDRC Coia	09-05-92	2	CNJ	Pombal	23-01	8,66i-10
8,41	Hugo Espírito Santo	Sporting CP	30-05-93	3	CNJ	Pombal	23-01	
8,43	David Cerqueira	SL Benfica	03-02-92	2h	CNJ	Pombal	23-01	
8,53	Raul Fernandes	Sporting CP	ANG 22-04-92	3h	CNJ	Pombal	23-01	
8,62	Paulo Conceição	SL Benfica	29-12-93	1ex	Taça FPA	Pombal	08-01	
8,64	Helder Pinto	SC Braga	07-04-93	1h	CNJ	Pombal	23-01	
8,74	Edgar Remédios	GA Fátima	05-05-94	1h	CNJ	Pombal	23-01	
8,80	Joel Pereira	GA Fátima	14-02-95	2h	CNJ	Pombal	23-01	
8,91	Daniel Dias	AJ Cortiçadas	10-11-92	ex		Alpiarça	27-11	
8,92	Kevin Santos	AC Vermoil	20-03-93	3ex	Taça FPA	Pombal	08-01	9,17i-09
8,92	João Bento	ES Serafim Leite	09-04-92	1		Braga	12-02	9,69i-10
9,00	João Miguel Silva	Juv. Vidigalense	12-06-94	3h	CNJ	Pombal	23-01	
9,01	Ricardo Mendes	Juv. Vidigalense	30-05-94	1		Pombal	08-12	9,23i-10
9,03	Roman Leyukh	A20Km Almeirim	UKR 26-10-92	2h		Pombal	08-12	9,35i-10
9,08	Matias Damião	ADL Apelaçenenses	10-06-93	3h	CNJ	Pombal	23-01	
9,18	Paulo Ornelas	GD Estreito	31-05-93	4h	CNJ	Pombal	23-01	
9,21	Pedro Cardoso	SL Benfica	29-05-93	4h	CNJ	Pombal	23-01	
9,23	João Paulo Raposo	CED Arrifes	24-09-94	6h	CNJ	Pombal	23-01	9,76i-10
9,26	Pedro Silva	SC Braga	21-03-95	5h	CNJ	Pombal	23-01	
9,29	Miguel Pedro	SL Benfica	ANG 10-12-92	4h	CNJ	Pombal	23-01	9,06i-10
9,29	John Martins	ADRE Palhaça	13-05-92	5h	CNJ	Pombal	23-01	9,12i-10
9,30	Joaquim Moreira	CD Póvoa	30-01-93	5h	CNJ	Pombal	23-01	9,61i-10

Altura/High Jump – 2.00 –1,82

2,16	Paulo Gonçalves	SL Benfica	05-03-85	1s	CNCI-Ap	Pombal	30-01	2,21i-08
2,15	Paulo Gonçalves			1	CNCI-1	Pombal	13-02	
2,15	Roman Guliy	Sporting CP	07-04-79	ex	CNU	Pombal	19-02	2,16i-08/09
2,14	Roman Guliy			1		Nave do Jamor	03-02	
2,13	Paulo Gonçalves			1	C. Port	Pombal	27-02	
2,13	Roman Guliy			2	C. Port	Pombal	27-02	
2,12	Roman Guliy			2	CNCI-1	Pombal	13-02	
2,10	Roman Guliy			1s	CNCI-Ap	Pombal	29-01	
2,07	Paulo Gonçalves			1	Taça FPA	Alpiarça	09-01	
2,07	Roman Guliy			2	Taça FPA	Alpiarça	09-01	
2,07	Tiago Boucela	Sporting CP	09-12-92	1	CN23	Pombal	06-02	1,98i-10
2,07	Tiago Boucela			3	C. Port	Pombal	27-02	
2,04	Carlos Pires	GRECAS	21-12-82	2s	CNCI-Ap	Pombal	30-01	2,12i-08/09
2,02	Tiago Boucela			ex		Pombal	16-01	
2,01	Tiago Boucela			3	Taça FPA	Alpiarça	09-01	
2,01	Rodrigo Dionisio	GD Estreito	25-06-85	2s	CNCI-Ap	Pombal	29-01	2,07i-10
2,01	Paulo Conceição	SL Benfica	29-12-93	2	CN23	Pombal	06-02	1,92i-10
2,01	Carlos Pires			1	CNCI-2	Pombal	13-02	
2,01	João Alexandre	Juv. Vidigalense	01-09-90	2	CNU	Pombal	19-02	2,04i-10
2,00	Sérgio Costa	CCD Ribeirão	14-10-82	1		Braga	22-01	2,04i-07
2,00	Tiago Boucela			1	CNJ	Pombal	23-01	
2,00	Ricardo Mendes	Juv. Vidigalense	30-05-94	2	CNJ	Pombal	23-01	1,92i-10
2,00	Rodrigo Dionisio			4	C. Port	Pombal	27-02	
2,00	Cláudio Freixo	CAS Manique	04-07-91	5	C. Port	Pombal	27-02	1,95i-10
1,98	Oscar Vilaça	Esc Movimento	08-02-92	3	CNJ	Pombal	23-01	1,88i-10
1,98	Tiago Pereira	SL Benfica	19-09-93	4	CN23	Pombal	06-02	1,77i-10
1,96	Ruben Silva	Juv. Vidigalense	07-05-91	7	C. Port	Pombal	27-02	
1,95	Jorge Abreu	A Jardim Serra	29-10-93	5	CNJ	Pombal	23-01	

1,94	Diogo Espinha	GD Estreito	08-10-87	Hep		Pombal	11-12	2,01i-10
1,94	Pedro Santos	CP Alcanena	01-01-88	Hep	CN	Pombal	26-02	1,90i-10
1,92	Pedro Ferreira	SUO Vais	12-08-93	1		Pombal	04-12	1,88i-10
1,92	André Matos	ADRE Palhaça	18-03-86	3s	CNCI-Ap	Pombal	30-01	1,91i-08
1,92	Patrick Marques	CCSJ. Madeira	09-02-84	4s	CNCI-Ap	Pombal	30-01	2,00i-06/07
1,92	Wilson Vieira	CA Bx Banheira	15-05-91	3	CNCI-2	Pombal	13-02	
1,91	André F. Santos	OC Lagos	04-04-91	6	CN23	Pombal	06-02	1,86i-10
1,91	José Rosa	Sporting CP	CPV 12-01-90	6	CN23	Pombal	06-02	1,88i-07
1,91	Stephane Varela	CF Belenenses	CPV 30-09-90	8	CN23	Pombal	06-02	1,85i-10
1,91	Victor Vilovskiy	SL Benfica	RUS 12-02-90	10	CN23	Pombal	06-02	1,98i-08
1,91	João Bento	ES Serafim Leite	09-04-92	1		Braga	12-02	1,81i-10
1,91	Rafael Vilas Boas	SC Braga	01-02-95	1		Braga	19-02	1,84i-10
1,91	Carlos Santos	CP Alcanena	10-05-86	Hep	CN	Pombal	26-02	1,93i-05
1,90	Samuel Remédios	GA Fátima	24-02-92	Hep	C. Esp	Sabadell-ESP	05-03	1,88i-10
1,89	Fábio Verde	AD Amarante	21-02-93	7	CNJ	Pombal	23-01	1,85i-09
1,89	Edgar Monteiro	CIA Ilha Azul	89	5	CNCI-1	Pombal	13-02	
1,89	André Marques Girão	AA Coimbra	11-03-85	6	CNCI-1	Pombal	13-02	1,88i-09
1,89	Gonçalo Lopes	CA Seia	14-03-88	7	CNCI-1	Pombal	13-02	1,89i-08
1,88	Márcio Lima	CIA Ilha Azul	22-03-79	5s	CNCI-Ap	Pombal	29-01	2,06i-04
1,88	Joel Pereira	GA Fátima	14-02-95	5s	CNCI-Ap	Pombal	30-01	1,75i-10
1,88	Tiago Marto	GA Fátima	05-05-86	Hep	CN	Pombal	26-02	1,98i-09
1,87	Helder Santos	ADR Agua Pena	20-03-90	13	CN23	Pombal	06-02	1,87i-10
1,86	Carlos Calado	AA Pombal	05-10-75	Hep		Pombal	11-12	2,05i-02
1,86	Tiago Costa	CCD Ribeirão	08-08-86	2		Braga	22-01	
1,85	Sérgio Silva	CCD Ribeirão	22-11-85	3	C Norte	Pombal	15-01	1,95i-09
1,85	Miguel Lucas	AC Vermoil	04-05-71	3		Pombal	16-01	1,90i-98/04
1,85	Bruno Pereira	Juv. Vidigalense	08-07-81	4		Pombal	16-01	1,90i-09
1,85	Henrique Marques	Gira Sol RC	22-06-93	8	CNCI-1	Pombal	13-02	1,80i-10
1,85	Bruno Costa	CS Maritimo	03-05-92	6	CNU	Pombal	19-02	2,00i-10
1,82	Guilherme Pires	GA Fátima	01-12-94	TT		Alpiarça	05-02	1,72i-10
1,82	João Paulo Raposo	CED Arrifes	24-09-94	TT		Alpiarça	05-02	

Vara/Pole vault – 4,50 – 3,50

5,50	Edi Maia	Sporting CP	10-11-87	1	C. Port	Pombal	26-02	5,33i-09
5,25		Edi Maia		1s	CNCI-Ap	Pombal	29-01	
5,25		Edi Maia		1	CNCI-1	Pombal	12-02	
5,20		Edi Maia		1		Nave do Jamor	26-11	
5,20		Edi Maia		1		Pombal	20-02	
5,20	Diogo Ferreira	SL Benfica	30-07-90	2		Pombal	20-02	5,02i-10
5,20		Edi Maia		16q	C. Eur	Paris	04-03	
5,08		Diogo Ferreira		3	C. Port	Pombal	26-02	
5,00		Diogo Ferreira		1	CN23	Pombal	05-02	
5,00		Diogo Ferreira		2	CNCI-1	Pombal	12-02	
4,92		Diogo Ferreira		2		Nave do Jamor	26-11	
4,90		Edi Maia		1	Taça FPA	Alpiarça	09-01	
4,88		Diogo Ferreira		1s	CNCI-Ap	Pombal	30-01	
4,84	Ruben Miranda	SL Benfica	10-06-93	5	C. Port	Pombal	26-02	4,48i-10
4,80		Ruben Miranda		1	Taça FPA	Alpiarça	09-01	
4,78		Ruben Miranda		2	CN23	Pombal	05-02	
4,76		Diogo Ferreira		1		Nave do Jamor	17-12	
4,70		Ruben Miranda		1	CNJ	Pombal	22-01	
4,70		Ruben Miranda		3		Pombal	20-02	
4,68	Isaac Lopes	AA Coimbra	08-02-90	3	CN23	Pombal	05-02	4,40i-10
4,66		Ruben Miranda	RNjv	2		Nave do Jamor	17-12	
4,64		Isaac Lopes		2s	CNCI-Ap	Pombal	29-01	
4,60		Isaac Lopes		1		Pombal	15-01	
4,60		Isaac Lopes		4		Pombal	20-02	
4,60		Isaac Lopes		6	C. Port	Pombal	26-02	
4,55	Damião Freitas	CF Belenenses	16-04-89	3	Taça FPA	Alpiarça	09-01	4,40i-10
4,54		Isaac Lopes		1	CNU	Pombal	19-02	
4,48	José Décio Faria	A Jardim Serra	23-07-91	4	CN23	Pombal	05-02	4,02i-10

4,48	Luis Silva	GRECAS	26-05-80	7	C. Port	Pombal	26-02	4,62i-03
4,40	José Rosa	Sporting CP	CPV 12-01-90	5	Taça FPA	Alpiarça	09-01	4,16i-08
4,30	Gonçalo Pacheco	Gira Sol RC	17-02-78	4	CNCI-1	Pombal	12-02	4,47i-08
4,30	Gonçalo Lopes	CA Seia	14-03-88	5	CNCI-1	Pombal	12-02	4,05i-08/09
4,26	Icaro Miranda	SL Benfica	13-12-94	2	CNJ	Pombal	22-01	
4,25	Filipe Lara Ramos	GD Estreito	10-09-78	3s	CNCI-Ap	Pombal	29-01	4,65i-04
4,20	Tiago Marto	GA Fátima	05-05-86	Hep	CN	Pombal	27-02	4,50i-09
4,18	Luis Ferreira	Juv. Vidigalense	27-01-92	11	C. Port	Pombal	26-02	4,26i-10
4,14	Ricardo Santos	C Bf. Faro	01-05-92	3	CNJ	Pombal	22-01	4,20i-10
4,10	Rodolfo Filipe Brito	C Bf. Faro	06-03-93	4s	CNCI-Ap	Pombal	29-01	3,45i-10
4,10	Carlos Gomes	JOMA	29-11-89	5s	CNCI-Ap	Pombal	29-01	4,68i-10
4,10	Angelo Dias	CA Bx Banheira	12-08-78	4	CNCI-2	Pombal	12-02	4,47i-06
4,10	Pedro Santos	CP Alcanena	01-01-88	Hep	CN	Pombal	27-02	4,00i-08
4,00	André F. Santos	OC Lagos	04-04-91	3	CNU	Pombal	19-02	3,80i-09/10
3,98	Renato Araújo	A Jardim Serra	08-09-93	8	CN23	Pombal	05-02	3,60i-10
3,98	Pedro Soares	CA Marinha Grande	19-06-93	9	CN23	Pombal	05-02	3,00i-10
3,95	Rafael Lopes	CIA Ilha Azul	21-02-88	6s	CNCI-Ap	Pombal	29-01	4,05i-06
3,95	Ivo Morais	Juv. Vidigalense	13-08-86	7s	CNCI-Ap	Pombal	29-01	3,92i-06
3,80	Bruno Mineiro	CDUL	16-05-92	5		Nave do Jamor	26-11	
3,80	Samuel Remédios	GA Fátima	24-02-92	Hep	Taça FPA	Pombal	09-01	2,90i-10
3,80	Carlos Ferreira	AC Vermoil	30-04-84	2		Pombal	15-01	3,80i-10
3,80	André Silva	N Sp. Faro	27-01-91	10s	CNCI-Ap	Pombal	29-01	
3,75	Celso Almeida	GRECAS	21-11-93	5	CNJ	Pombal	22-01	3,45i-10
3,70	Rui Jeronimo	SL Benfica	11-11-90	Hep	Taça FPA	Pombal	09-01	3,80i-09
3,60	Micael Seixeiro	GRECAS	20-07-95	11	Taça FPA	Alpiarça	09-01	
3,60	Emanuel Cardoso	CA Marinha Grande	90	5		Pombal	15-01	
3,60	Tiago Vicente	AC Vermoil	08-11-94	5		Pombal	15-01	2,40i-10
3,60	Luis Miguel Santos	OC Lagos	06-07-93	4		V. R. Sto. António	16-01	
3,60	Diogo Costa	Esc Movimento	12-01-93	6	CNJ	Pombal	22-01	
3,60	Bruno Estevão	CP Alcanena	93	7	CNJ	Pombal	22-01	2,40i-10
3,60	António Castro	GD Estreito	94	5	CNCI-2	Pombal	12-02	
3,55	Hugo Valente	CCSJ. Madeira	13-12-82	8	CNCI-1	Pombal	12-02	4,10i-10

Comprimento/Long Jump – 7,15 – 6,50

7,74	Marcos Chuva	SL Benfica	08-08-89	1	C. Port	Pombal	26-02	7,73i-09
7,72	Gaspar Araújo	Sporting CP	17-12-81	1	CNCI-1	Pombal	12-02	8,00i-05
7,67	Nelson Évora	SL Benfica	20-04-84	2	CNCI-1	Pombal	12-02	8,08i-06
7,65		Marcos Chuva		17q	C. Eur	Paris	04-03	7,73i-09
7,59		Gaspar Araújo		2	C. Port	Pombal	26-02	
7,57		Marcos Chuva		1		Pombal	20-02	7,73i-09
7,37	Marcos Caldeira	SL Benfica	27-02-88	2		Pombal	20-02	7,81i-10
7,37	Pedro Santos	CP Alcanena	01-01-88	3		Pombal	20-02	7,45i-08
7,36		Gaspar Araújo		1	CNU	Pombal	19-02	
7,32	Carlos Veiga	CF Belenenses	22-02-89	1s	CNCI-Ap	Pombal	30-01	7,10i-10
7,31		Marcos Caldeira		1	Taça FPA	Alpiarça	09-01	
7,30		Marcos Caldeira		2	CNU	Pombal	19-02	
7,26		Marcos Caldeira		3	C. Port	Pombal	26-02	
7,25		Marcos Caldeira		2s	CNCI-Ap	Pombal	30-01	
7,23		Gaspar Araújo		1s	CNCI-Ap	Pombal	29-01	
7,20		Carlos Veiga		4		Pombal	20-02	7,10i-10
7,14	Ricardo Jaquité	Sporting CP	17-08-89	1	CN23	Pombal	05-02	6,56i-09
7,11	João Dias	Gira Sol RC	01-06-84	3	CNCI-1	Pombal	12-02	7,18i-10
7,03	Bruno Costa	CS Maritimo	03-05-92	3	CNU	Pombal	19-02	6,77i-10
6,97	Diogo Espinha	GD Estreito	08-10-87	1	CNCI-2	Pombal	12-02	7,25i-07
6,95	Pedro Ferreira	SUO Vais	12-08-93	1		Pombal	08-12	6,80i-10
6,93	Samuel Remédios	GA Fátima	24-02-92	Hep	Taça FPA	Pombal	08-01	6,58i-10
6,91	Carlos Santos	CP Alcanena	10-05-86	Hep	CN	Pombal	26-02	7,11i-07
6,91	Carlos Calado	AA Pombal	05-10-75	Hep		Pombal	11-12-10	8,22i-02
6,90	Tiago Marto	GA Fátima	05-05-86	5		Pombal	20-02	7,23i-08
6,90	Sérgio Silva	CCD Ribeirão	22-11-85	4	C. Port	Pombal	26-02	6,89i-07
6,74	Carlos Nascimento	Esc Movimento	12-10-94	2	C Norte	Braga	16-01	

6,74	Lenine Cunha	AA Coimbra		04-12-82	1	ANDDI	Braga	19-02	7,15i-08
6,72	Eder Pires	CS Marítimo	CPV	01-11-90	4	CN23	Pombal	05-02	
6,69	Miguel Costa	ADRE Palhaça		02-09-94	4	Taça FPA	Alpiarça	09-01	5,85i-10
6,67	Jorge Santos	NA Cucujães		25-03-85	2	CNCI-2	Pombal	12-02	6,93i-07
6,66	Pedro Machado	Juv. Vidigalense		14-11-91	5	Taça FPA	Alpiarça	09-01	
6,66	Frederico Eusébio	JOMA	STP	27-10-92	5	CN23	Pombal	05-02	6,30i-10
6,66	Isaac Lopes	AA Coimbra		08-02-90	4	CNU	Pombal	19-02	
6,65	João Alexandre	Juv. Vidigalense		01-09-90	5	CNU	Pombal	19-02	6,65i-07
6,64	Francisco Cordoeiro	Esc Movimento		09-05-92	4	CNJ	Pombal	22-01	6,29i-10
6,62	Edivaldo Monteiro	CA Bx Banheira		28-04-76	4s	CNCI-Ap	Pombal	29-01	
6,62	Pedro Fonseca	Sporting CP		08-04-80	5	C. Port	Pombal	26-02	7,12i-02
6,61	Paulo Conceição	SL Benfica		29-12-93	5	CNJ	Pombal	22-01	
6,60	Manuel Ricardo	C Bf. Faro		06-03-91	1		V. R. Sto. António	16-01	6,45i-10
6,60	Tiago Boucela	Sporting CP		09-12-92	8	CN23	Pombal	05-02	6,31i-10
6,60	Carlos Lopes	GDRC Coia		83	4		Nave do Jamor	16-02	
6,59	Raul Fernandes	Sporting CP	ANG	22-04-92	7	Taça FPA	Alpiarça	09-01	6,89i-10
6,59	Ruben Silva	Juv. Vidigalense		07-05-91	7		Pombal	20-02	
6,50	Nuno Perdigão	AJ Cortiçadas		81	Hep	Taça FPA	Pombal	08-01	
6,50	Helder Coutinho	CA Mazarefes		05-06-90	8		Pombal	20-02	

Triplo/Triple jump – 14,20 – 13,00

16,69	Nelson Évora	SL Benfica		20-04-84	1	CNCI-1	Pombal	13-02	17,33i-08
16,37		Nelson Évora			8		Estocolmo	22-02	
15,86		Nelson Évora			1s	CNCI-Ap	Pombal	30-01	
15,68	Ricardo Jaquité	Sporting CP		17-08-89	1	CN23	Pombal	06-02	15,52i-10
15,65		Ricardo Jaquité			1s	CNCI-Ap	Pombal	29-01	
15,63	Carlos Veiga	CF Belenenses		22-02-89	2s	CNCI-Ap	Pombal	30-01	15,25i-10
15,60		Carlos Veiga			2	CN23	Pombal	06-02	
15,53		Carlos Veiga			1	Taça FPA	Alpiarça	09-01	
15,47		Ricardo Jaquité			2	CNCI-1	Pombal	13-02	
15,47		Carlos Veiga			1	C. Port	Pombal	27-02	
15,45		Ricardo Jaquité			2	Taça FPA	Alpiarça	09-01	
15,39	João Dias	Gira Sol RC		01-06-84	2	C. Port	Pombal	27-02	15,71i-10
15,36		Ricardo Jaquité			3	C. Port	Pombal	27-02	
15,16	Carlos Calado	AA Pombal		05-10-75	1	CN Vet	Pombal	19-12	17,09i-99
15,15		João Dias			3	CNCI-1	Pombal	13-02	
15,13	Marcos Caldeira	SL Benfica		27-02-88	4	C. Port	Pombal	27-02	16,06i-10
15,05	Diogo Espinha	GD Estreito		08-10-87	3	Taça FPA	Alpiarça	09-01	15,14i-10
14,85	Frederico Eusébio	JOMA	STP	27-10-92	3	CN23	Pombal	06-02	14,39i-10
14,66		Frederico Eusébio			1	CNJ	Pombal	23-01	
14,65		João Dias			3s	CNCI-Ap	Pombal	30-01	
14,64		João Dias			1		Pombal	15-01	
14,62	João Alexandre	Juv. Vidigalense		01-09-90	2s	CNCI-Ap	Pombal	29-01	14,91i-10
14,50	Bruno Costa	CS Marítimo		03-05-92	4	CN23	Pombal	06-02	14,04i-10
14,48		Frederico Eusébio			1		Nave do Jamor	03-02	
14,48		João Alexandre			5	CN23	Pombal	06-02	
14,45		João Alexandre			4	CNCI-1	Pombal	13-02	
14,35		Frederico Eusébio			4	Taça FPA	Alpiarça	09-01	
14,32		João Alexandre			1		Pombal	15-01	
14,30	Ricardo Mendes	Juv. Vidigalense		30-05-94	2	CNJ	Pombal	23-01	12,71i-09
14,29		Bruno Costa			3	CNJ	Pombal	23-01	
14,28	Nelson Martins	CN Rio Maior		15-01-79	5	C. Port	Pombal	27-02	15,05i-01
14,26	Pedro Ferreira	SUO Vais		12-08-93	4	CNJ	Pombal	23-01	13,49i-10
14,25		Nelson Martins			3s	CNCI-Ap	Pombal	29-01	
14,22		Nelson Martins			1	CNCI-2	Pombal	13-02	
14,21	Isaac Lopes	AA Coimbra		08-02-90	6	CN23	Pombal	06-02	13,69i-10
14,18	Ervin Nongo	SL Benfica	ANG	29-09-92	5	CNJ	Pombal	23-01	
14,13	Eder Pires	CS Marítimo	CPV	01-11-90	6	C. Port	Pombal	27-02	13,49i-10
14,05	Pedro Gonçalves	Esc Movimento		08-12-90	1s	CNCI-Ap	Braga	29-01	13,78i-10
14,03	Sérgio Silva	CCD Ribeirão		22-11-85	2	CNCI-2	Pombal	13-02	14,24i-09
14,02	Luís Silva	GRECAS		26-05-80	3	CNCI-2	Pombal	13-02	14,42i-08

13,91	Lenine Cunha	AA Coimbra	04-12-82	5	CNCI-1	Pombal	13-02	14,56i-04
13,90	Bruno Carmo	Juv. Vidigalense	21-02-81	2		Pombal	15-01	15,15i-03
13,87	André da Luz	SL Benfica	21-01-93	7	CN23	Pombal	06-02	13,08i-10
13,84	Iuri Santos	CA Bx Banheira	11-04-85	4	CNCI-2	Pombal	13-02	15,12i-06
13,80	Samuel Remédios	GA Fátima	24-02-92	1		Pombal	15-01	13,08i-09
13,74	Tiago Pereira	SL Benfica	19-09-93	7	CNJ	Pombal	23-01	
13,68	Carlos Santos	CP Alcanena	10-05-86	4s	CNCI-Ap	Pombal	29-01	13,32i-07
13,65	Francisco Serafim	ACDR Arneirense	11-03-92	4		Pombal	15-01	12,66i-10
13,56	Tiago Boucela	Sporting CP	09-12-92	8	Taça FPA	Alpiarça	09-01	13,65i-10
13,56	João Moniz	Juv. Vidigalense	17-11-94	8	CNJ	Pombal	23-01	13,13i-10
13,55	António Gomes	CAS Manique	13-04-92	5s	CNCI-Ap	Pombal	29-01	
13,53	Edgar Monteiro	CIA Ilha Azul	89	9	CN23	Pombal	06-02	
13,52	Tiago Marto	GA Fátima	05-05-86	3		Pombal	15-01	
13,51	Anselmo Ramos	CD Póvoa	06-05-92	2	C Norte	Braga	15-01	12,87i-10
13,51	Renato Araújo	A Jardim Serra	08-09-93	10	CN23	Pombal	06-02	13,43i-10
13,48	Joel Pereira	GA Fátima	14-02-95	5	CNCI-2	Pombal	13-02	13,08i-10
13,47	Mauro Rodrigues	CRD Santaluziense	02-10-93	1		V. R. Sto. António	15-01	
13,46	Pedro Pereira	CAO Vianense	30-08-91	11	CN23	Pombal	06-02	12,84i-10
13,45	Pedro Costa	CIA Ilha Azul	11-05-92	7s	CNCI-Ap	Pombal	29-01	
13,43	Miguel Costa	ADRE Palhaça	02-09-94	4s	CNCI-Ap	Pombal	30-01	
13,40	Miguel Guerreiro	JD Almansor	03-07-92	5s	CNCI-Ap	Pombal	30-01	13,03i-10
13,39	Vítor Viveiros	GD Estreito	18-03-84	6	CNCI-2	Pombal	13-02	13,97i-02
13,27	Valter Pinto	ADCP Falésia	19-01-93	2		V. R. Sto. António	15-01	
13,17	Tiago Dias	Maia AC	14-01-94	3s	CNCI-Ap	Braga	29-01	12,89i-10
13,15	Pedro Pires	EC+S Lavra	04-01-91	5	C Norte	Braga	15-01	13,38i-09
13,11	Miguel Lucas	AC Vermoil	04-05-71	2	CN Vet	Pombal	19-12	15,23i-99
13,08	Luís Ferreira	CCSJ. Madeira	23-04-85	7	CNCI-1	Pombal	13-02	13,38i-04
13,06	Eduardo Ribeiro	NA Cucujães	14-09-93	5s	CNCI-Ap	Braga	29-01	12,86i-10
13,06	Ruben Santos	AA Pinhalnovoense	04-03-94	7s	CNCI-Ap	Pombal	30-01	12,06i-10
13,06	David Ferreira	JOMA	04-04-89	7	CNCI-2	Pombal	13-02	14,25i-09
13,03	Gabriel Brito	CA Marinha Grande	12-10-95	1		Pombal	18-12	11,89i-10
13,00	José Décio Faria	A Jardim Serra	23-07-91	13	CN23	Pombal	06-02	13,73i-10

Peso/Shot Put – 14,00 – 11,00

20,34	Marco Fortes	SL Benfica	RNi	26-09-82	2q	C. Eur	Paris	04-03	20,23i-10
19,85		Marco Fortes			1	C. Port	Pombal	27-02	
19,83		Marco Fortes			8	C. Eur	Paris	04-03	
19,43		Marco Fortes			6	Pedro's	Bydgoszcz	16-02	
19,30		Marco Fortes			5	Erdgas	Chemnitz-GER	27-01	
18,61		Marco Fortes			1	CNCI-1	Pombal	13-02	
18,36	António Vital e Silva	Individual - Pt		23-01-88	1		Pombal	20-02	17,81i-09
18,06	Francisco Belo	Sporting CP		27-03-91	1	CN23	Pombal	06-02	15,64i-10
17,86		António Vital e Silva			1		Braga	12-02	
17,86		Francisco Belo			2	CNCI-1	Pombal	13-02	
17,69		António Vital e Silva			1		Braga	19-02	
17,62		Francisco Belo			1	CNU	Pombal	19-02	
17,59		António Vital e Silva			2	C. Port	Pombal	27-02	
17,54		António Vital e Silva			1		Braga	22-01	
17,54		Francisco Belo			1s	CNCI-Ap	Pombal	29-01	
17,12		Francisco Belo			3	C. Port	Pombal	27-02	
17,04		Francisco Belo			2		Pombal	20-02	
16,64	Herédio Costa	Sporting CP		30-10-71	3		Pombal	20-02	17,16i-07
16,51		Herédio Costa			4	C. Port	Pombal	27-02	
15,93	Tsanko Amaudov	SL Benfica		14-03-92	2	CN23	Pombal	06-02	14,07i-10
15,57		Tsanko Amaudov			1s	CNCI-Ap	Pombal	30-01	
15,40	Adriano Lopes	Juv. Vidigalense		22-10-91	3	CN23	Pombal	06-02	15,15i-10
15,27	Jorge Grave	Sporting CP		05-09-82	5	C. Port	Pombal	27-02	11,62i-00
15,19		Adriano Lopes			2s	CNCI-Ap	Pombal	29-01	
15,17		Tsanko Amaudov			6	C. Port	Pombal	27-02	
15,16		Adriano Lopes			1		Pombal	16-01	
15,14		Adriano Lopes			3	CNCI-1	Pombal	13-02	

15,12		Adriano Lopes		7	C. Port	Pombal	27-02	
15,04	Nuno Serra	AA Coimbra	27-06-74	1		Pombal	16-01	16,76i-98
14,82		Adriano Lopes		1		Braga	11-12	
14,78		Adriano Lopes		2		Braga	08-01	
14,75		Adriano Lopes		2		Braga	22-01	
14,64	André Gonçalves	CS Marítimo	14-04-86	8	C. Port	Pombal	27-02	15,37i-10
14,58		Nuno Serra		4	CNCI-1	Pombal	13-02	
14,54		Nuno Serra		3s	CNCI-Ap	Pombal	29-01	
13,70	Luís Melo	CIA Ilha Azul	18-01-87	5	CNCI-1	Pombal	13-02	15,00i-09
13,62	Paulo Pereira	CCSJ. Madeira	12-02-84	6	CNCI-1	Pombal	13-02	15,25i-06
13,42	Bruno André	JOMA	13-10-86	4s	CNCI-Ap	Pombal	29-01	15,40i-05
13,32	Tiago Pereira	Juv. Vidigalense	15-01-91	4	CN23	Pombal	06-02	12,52i-10
13,19	Pedro Veloso	SC Braga	03-10-77	2		Braga	19-02	14,41i-01
12,91	Hedson Trindade	Gira Sol RC	STP 23-10-89	3	CNU	Pombal	19-02	13,10i-08
12,77	Renato Costa	GRECAS	24-11-91	3s	CNCI-Ap	Pombal	30-01	13,71i-09
12,74	Jorge Santos	SUO Vais	09-02-68	2		Pombal	16-01	14,44i-93
12,62	Tiago Marto	GA Fátima	05-05-86	Hep	CN	Pombal	26-02	14,07i-09
12,60	Rui Fernandes	Gira Sol RC	08-05-80	4s	CNCI-Ap	Pombal	30-01	13,67i-05
12,58	José Rosa	Sporting CP	CPV 12-01-90	Hep	CN	Pombal	26-02	11,46i-10
12,56	Renato Gomes	CA Bx Banheira	30-01-76	1s	CNCI-2	Pombal	13-02	12,99i-05
12,34	Braulio Silva	CA Seia	20-09-71	5s	CNCI-Ap	Pombal	30-01	14,23i-03
12,22	Nuno Rocha	Espanha	10-12-84	4	CNU	Pombal	19-02	13,14i-05
12,19	Hugo Batista	CAS Manique	05-07-73	6s	CNCI-Ap	Pombal	29-01	12,84i-10
11,98	Bruno Abel Martins	Gira Sol RC	09-01-82	4		Pombal	16-01	13,43i-08
11,83	José Silva	CDC Navais	78	2	C Norte	Braga	16-01	12,00i-10
11,83	Ricardo Cruz	CCD Ribeirão	31-03-83	4s	CNCI-2	Pombal	13-02	11,99i-05
11,68	Ricardo Marques	CA Centro	31-07-78	1	ANDDi	Braga	19-02	11,65i-05
11,66	Pedro Santos	CP Alcanena	01-01-88	Hep	CN	Pombal	26-02	11,13i-08
11,63	Sérgio Silva	NA Cucujães	09-07-77	3s	CNCI-Ap	Braga	29-01	11,62i-10
11,44	Daniel Leandro	A20Km Almeirim	04-07-84	2		Alpiarça	27-11	11,98i-08
11,30	Nelson Dantas	CP Pontével	02-07-82	2		Pombal	16-01	12,29i-08
11,18	Michael Fonseca	JD Almansor	15-01-93	7s	CNCI-Ap	Pombal	30-01	
11,15	Carlos Santos	CP Alcanena	10-05-86	3		Pombal	16-01	
11,11	Daniel Soares	A Jardim Serra	25-03-90	6	CN23	Pombal	06-02	11,16i-10
11,01	Nuno Dias	GD Estreito	81	6s	CNCI-2	Pombal	13-02	

Peso/Shot Put (6 Kg) – 14,00 – 11,00

17,87	Tsanko Amaudov	SL Benfica	14-03-92	1		Pombal	20-02	14,81i-10
17,46	Tsanko Amaudov			1	CNJ	Pombal	23-01	
14,42	Tiago Nascimento	Quintanense FC	04-09-92	2	CNJ	Pombal	23-01	14,18i-10
14,35	Carlos Bornes	Gira Sol RC	09-04-94	3	CNJ	Pombal	23-01	12,25i-09
14,14	Daniel Nobre	GR Qt. Lomba	31-08-93	4	CNJ	Pombal	23-01	13,13i-10
12,97	Tiago Ferreira	ADRE Palhaça	27-11-95	5	CNJ	Pombal	23-01	
12,36	Alessandro Gonçalves	GA Fátima	28-02-94	1		Alpiarça	19-02	
12,18	Michael Fonseca	JD Almansor	15-01-93	2		Pombal	08-12	11,77i-10
12,15	Gonçalo Gonçalves	JD Almansor	16-01-93	3		Pombal	08-12	11,78i-10
12,02	Pedro Vicente	GA Fátima	31-08-91	4		Pombal	08-12	11,83i-10
11,74	Samuel Remédios	GA Fátima	24-02-92	1		Alpiarça	27-11	11,28i-10
11,72	Remi Lima	CA Mazarefes	26-11-92	1		Braga	11-12	11,33i-10
11,72	Vasco Dias	JD Almansor	22-05-92	2		Alpiarça	19-02	
11,63	Daniel Dias	AJ Cortiçadas	10-11-92	ex		Pombal	08-12	
11,61	Helder Martins	CDC Navais	30-03-92	7	CNJ	Pombal	23-01	12,12i-10
11,52	Pedro Faria	CD Póvoa	29-01-94	8	CNJ	Pombal	23-01	11,27i-10
11,36	David Rocha	A Jardim Serra	27-02-94	10	CNJ	Pombal	23-01	
11,30	Marco Jesus	N Sp. St. Maria	92	11	CNJ	Pombal	23-01	

Heptatlo - 4000 - 3000

5.285	Tiago Marto	GA Fátima	05-05-86	1	CN	Pombal	27-02	5632i-09
5.155	Pedro Santos	CP Alcanena	01-01-88	2	CN	Pombal	27-02	5102i-08
4.968	José Rosa	Sporting CP	CPV 12-01-90	3	CN	Pombal	27-02	44,08i-10

4.841	Samuel Remédios	GA Fátima	24-02-92	1	Taça FPA	Pombal	09-01	4480i-10
4.838	Pedro Santos			1		Pombal	12-12	
4.732	Samuel Remédios			4	CN	Pombal	27-02	
4.630	Carlos Santos	CP Alcanena	10-05-86	5	CN	Pombal	27-02	4646i-08
4.415	Pedro Santos			2	Taça FPA	Pombal	09-01	
4.388	Carlos Santos			3	Taça FPA	Pombal	09-01	
4.370	Carlos Santos			2		Pombal	12-12	
4.208	Diogo Espinha	GD Estreito	08-10-87	ex		Pombal	12-12	
4.182	André F. Santos	OC Lagos	04-04-91	6	CN	Pombal	27-02	3955i-10
4.044	André F. Santos			4	Taça FPA	Pombal	09-01	
4.011	Henrique Marques	Gira Sol RC	22-06-93	5	Taça FPA	Pombal	09-01	
3.944	Nuno Perdigão	AJ Cortiçadas	81	6	Taça FPA	Pombal	09-01	
3.870	Daniel Dias	AJ Cortiçadas	10-11-92	7	Taça FPA	Pombal	09-01	
3.830	Miguel Jorge	OC Lagos	02-08-76	8	Taça FPA	Pombal	09-01	3054i-10
3.757	Rui Jeronimo	SL Benfica	11-11-90	9	Taça FPA	Pombal	09-01	3375i-09
3.469	Luís Miguel Santos	OC Lagos	06-07-93	10	Taça FPA	Pombal	09-01	
3.233	Fábio Oliveira	CP Alcanena	09-01-92	11	Taça FPA	Pombal	09-01	
3.155	Bruno Estevão	CP Alcanena	93	12	Taça FPA	Pombal	09-01	
3.006	João Rodrigues	CA Riachense	17-06-93	13	Taça FPA	Pombal	09-01	

5000 m M/W – 25.00,0

19.38,69	João Vieira	Sporting CP	20-02-76	1	CNCI-1	Pombal	12-02	19.04,74i-07
19.52,03	Sérgio Vieira	CN Rio Maior	20-02-76	1	CNCI-2	Pombal	12-02	19.20,77i-99
20.39,43	Pedro Isidro	SL Benfica	17-07-85	2	CNCI-1	Pombal	12-02	20.31,20i-10
20.57,42	Pedro Martins	CA Seia	12-01-68	3	CNCI-1	Pombal	12-02	20.45,47i-99
20.59,42	Luís Silva	AA Coimbra	26-08-70	4	CNCI-1	Pombal	12-02	21.05,64i-07
21.21,80	Nuno Valente	CCSJ. Madeira	06-01-88	3s	CNCI-Ap	Pombal	30-01	22.22,86i-10
21.25,52	Augusto Cardoso	ADRE Palhaça	13-12-70	4s	CNCI-Ap	Pombal	30-01	20.10,50i-03
21.53,52	Pedro Santos	CIA Ilha Azul	25-04-86	4s	CNCI-Ap	Pombal	29-01	21.39,73i-07
22.05,47	Cristiano António	GA Fátima	15-10-88	4	C. Port	Pombal	26-02	22.09,64i-10
22.28,42	Samuel Pereira	UA Guarda	25-11-93	ex		Pombal	15-01	22.52,91i-10
22.28,97	Luís Lopes	Gira Sol RC	01-01-90	5	CNCI-1	Pombal	12-02	21.18,84i-10
22.34,79	Nuno Santos	CF Belenenses	29-11-88	5	C. Port	Pombal	26-02	22.13,66i-10
22.36,73	Bruno Pedro	GA Casais Vento	12-10-93	1		Pombal	15-01	22.37,34i-10
23.09,34	Ricardo Fernandes	Juv. Vidigalense	10-07-92	2	CNJ	Pombal	22-01	24.27,48i-10
23.12,90	Miguel Carvalho	CN Rio Maior	02-09-94	3	CNJ	Pombal	22-01	24.57,25i-10
23.18,91	Diogo Duarte Henriques	CN Rio Maior	28-05-92	1		Pombal	08-12	22.47,25i-10
23.42,16	Flávio Silva	FC Porto	24-06-92	2	CN23	Pombal	05-02	23.19,84i-09
23.43,10	Pedro Miguel Santos	CP Corroios	15-11-92	3		Pombal	05-02	25.05,08i-10
23.54,82	Ruben Violante	UD Zona Alta	24-09-92	5		Pombal	15-01	
23.56,73	Eduardo Cardoso	CCD Ribeirão	09-03-92	3	CNCI-2	Pombal	12-02	24.11,57i-10
24.08,29	João Martins	CAF Zezere	01-01-95	6		Pombal	15-01	
24.24,12	Jaime Santos	GD Lourocoope	22-05-72	1s	CNCI-Ap	Braga	29-01	22.32,33i-05
24.37,72	José Silva	NA Cucujães	16-01-85	2s	CNCI-Ap	Braga	29-01	23.08,12i-06
24.42,30	António Pereira	Individual - Pt	10-07-75	1	C Norte	Braga	15-01	20.23,37i-10
24.44,33	Ricardo Crespo	GD Estreito	89	4	CNCI-2	Pombal	12-02	

4 x 400 m – 3.25,0 – 3.31,0

3.17,93	Sporting CP	C. Pinheiro, E. Sousa, J. Ferreira, A. Rodrigues	1s	CNCI-1	Pombal	13-02	3.13,56i-00
3.18,43	SL Benfica	J. Miranda, Y. Nascimento, E. Neves, J. Paula	2s	CNCI-1	Pombal	13-02	3.16,21i-95
3.21,82	SL Benfica	J. Miranda, E. Neves, B. Andrade, J. Paula	1s	CNCI-Ap	Pombal	30-01	3.16,21i-95
3.21,89	Sporting CP	C. Pinheiro, F. Silva, A. Rodrigues, J. Ferreira	1s	CNCI-Ap	Pombal	29-01	3.13,56i-00
3.23,84	Juventude Vidigalense	J. Moniz, P. Lopes, B. Gualberto, D. Santos	3s	CNCI-1	Pombal	13-02	3.22,00i-10
3.24,12	Gira Sol - RC	H. Pato, P. Semedo, F. Almeida, J. Martins	* 4s	CNCI-1	Pombal	13-02	3.22,55i-07

(*) com atletas estrangeiros