

60 m - 7,80 - 8,30

7,32	Sónia Tavares	SC Beira Mar	21-03-86	4		Mondeville-FRA	04-02	7,36i-11
7,39	Sónia Tavares			2h		Mondeville-FRA	04-02	
7,39	Sónia Tavares			1sf	C. Port	Espinho	18-02	
7,41	Sónia Tavares			1ex	Taça FPA	Pombal	07-01	
7,41	Sónia Tavares			1	C. Port	Espinho	18-02	
7,44	Sónia Tavares			1s	Taça FPA	Pombal	07-01	
7,45	Sónia Tavares			1		Jamor	18-01	
7,45	Sónia Tavares			4h		Eaubonne - Fra	16-02	
7,45	Sónia Tavares			4h	C. Mundo	Istambul-TUR	10-03	
7,46	Sónia Tavares			1h	C. Port	Espinho	18-02	
7,50	Sónia Tavares			1h		Jamor	18-01	
7,50	Sónia Tavares			1mf		Espinho	21-01	
7,53	Carla Tavares	Sporting CP	22-05-82	1		Jamor	01-02	7,47i-11
7,54	Carla Tavares			1	CNCI-1	Pombal	11-02	
7,55	Carla Tavares			1s	CNCI-Ap	Pombal	28-01	
7,55	Andreia Felisberto	JOMA	22-06-86	2	C. Port	Espinho	18-02	7,65i-11
7,56	Sónia Tavares			1s		Espinho	21-01	
7,56	Andreia Felisberto			2	CNCI-1	Pombal	11-02	
7,56	Carla Tavares			3	C. Port	Espinho	18-02	
7,56	Carla Tavares			2sf	C. Port	Espinho	18-02	
7,58	Andreia Felisberto			2s	CNCI-Ap	Pombal	28-01	
7,58	Carla Tavares			1h		Jamor	01-02	
7,59	Andreia Felisberto			1s		Jamor	12-01	
7,59	Sónia Tavares			1h		Espinho	21-01	
7,61	Andreia Felisberto			2		Jamor	01-02	
7,62	Andreia Felisberto			2h		Jamor	01-02	
7,64	Andreia Felisberto			1sf	C. Port	Espinho	18-02	
7,66	Andreia Felisberto			2ex	Taça FPA	Pombal	07-01	
7,66	Shaina Anthony Mags	Sporting CP	NGR 11-04-92	1	CN23	Espinho	04-02	7,84i-11
7,67	Andreia Felisberto			2s	Taça FPA	Pombal	07-01	
7,70	Carla Tavares			1ex		Pombal	28-01	
7,72	Tânia Duarte	SL Benfica	15-07-90	1s	CNCI-Ap	Pombal	29-01	7,73i-09
7,72	Andreia Felisberto			1h	C. Port	Espinho	18-02	
7,75	Tânia Duarte			2	CN23	Espinho	04-02	
7,75	Eva Vital	SL Benfica	08-07-92	3	CN23	Espinho	04-02	7,56i-09
7,76	Tânia Duarte			3s	Taça FPA	Pombal	07-01	
7,76	Shaina Anthony Mags			2ex		Pombal	28-01	
7,76	Shaina Anthony Mags			ex		Pombal	11-02	
7,77	Susana Santos	SL Benfica	20-09-90	4	C. Port	Espinho	18-02	7,77i-09
7,78	Tânia Duarte			2		Jamor	18-01	
7,78	Susana Santos			2sf	C. Port	Espinho	18-02	
7,79	Ungudi Quiawacana	SL Benfica	09-11-90	4s	Taça FPA	Pombal	07-01	7,73i-08/09
7,79	Tânia Duarte			ex		Espinho	21-01	
7,79	Eva Vital			1h	CN23	Espinho	04-02	
7,79	Joana Vitorino	CAS Manique	30-05-92	1	CNCI-2	Pombal	11-02	7,78i-10
7,79	Susana Santos			ex		Pombal	11-02	
7,79	Susana Santos			1h	C. Port	Espinho	18-02	
7,79	Shaina Anthony Mags			1		Pombal	26-02	
7,80	Tânia Duarte			1h	CN23	Espinho	04-02	
7,80	Carla Tavares			2h	C. Port	Espinho	18-02	
7,81	Sara Esteves	SL Benfica	24-08-92	5	C. Port	Espinho	18-02	7,64i-09
7,81	Sónia Marques	Juv. Vidigalense	06-07-86	1h	C. Port	Espinho	18-02	7,74i-07
7,81	Joana Costa	SL Benfica	10-11-95	3sf	C. Port	Espinho	18-02	7,88i-11
7,82	Anna Olsson	Juv Vidigalense	DEN 16-11-88	1s	Taça FPA	Pombal	07-01	7,76i-10
7,82	Glória Santo	Sporting CP	13-01-83	6s	Taça FPA	Pombal	07-01	7,49i-09

7,83	Daniela França	Maia AC		02-08-95	6	C. Port	Espinho	18-02	7,87i-11
7,85	Olimpia Barbosa	GR Qt. Lomba	STP	28-12-95	2	CNCI-2	Pombal	11-02	8,13i-11
7,88	Flavia Ribeiro	ES Júlio Dinis		06-11-94	1ex	Taça FPA	Pombal	07-01	8,05i-11
7,88	Candida Bairrada	CS Marítimo		31-12-84	3s	CNCI-Ap	Pombal	28-01	7,82i-08
7,88	Verónica Zhukova	Juv. Vidigalense		12-03-93	1		Pombal	26-02	7,90i-11
7,89	Tatiana Rosário	GD Estreito		05-04-94	3	CNJ	Pombal	21-01	8,03i-11
7,90	Debora Clemente	SL Benfica		09-11-94	2		Pombal	26-02	7,79i-11
7,91	Lisandra Lopes	GRECAS		07-04-88	2s		Espinho	21-01	8,08i-11
7,91	Susana Estriga	JOMA		16-07-75	3		Pombal	26-02	7,79i-11
7,95	Vera Lima	ADRE Palhaça		08-12-89	3s		Espinho	21-01	8,09i-11
7,95	Cristiana Cunha	SC Braga		12-07-91	2		Pombal	26-02	7,84i-11
7,96	Sofia Duarte	Ateneu Cartaxo		07-11-96	1		Alpiarça	11-02	8,17i-11
8,00	Vera Fernandes	SL Benfica		24-02-94	5	CNJ	Pombal	21-01	
8,00	Rose Trindade	SC Braga		95	2s	CNCI-Ap	Espinho	28-01	8,24i-11
8,00	Cátia Nunes	Sporting CP		06-04-90	1h	CNU	Pombal	25-02	7,97i-10
8,02	Larissa Vieira	SC Abrantes	BRA	14-11-95	2		Alpiarça	11-02	8,17i-11
8,03	Dorothe Évora	SL Benfica		28-05-91	4s	Taça FPA	Pombal	07-01	7,94i-11
8,03	Rafaela Vitorino	SL Benfica		18-08-95	3h		Jamor	01-02	8,12i-10
8,05	Ilizandra Lopes	CF Belenenses		28-02-92	4		Jamor	01-02	8,01i-10
8,07	Catarina Silva	GRECAS		03-04-90	5h	C. Port	Espinho	18-02	7,91i-10
8,08	Stephanie Simões	GRECAS		08-10-94	6mf	CNJ	Pombal	21-01	8,07i-11
8,11	Vanessa Rocha	CS Marítimo		02-01-90	6ex	Taça FPA	Pombal	07-01	
8,12	Maria Vaz Guedes	SL Benfica		05-11-96	ex		Pombal	11-02	
8,13	Verónica Cardoso	GR Qt. Lomba		20-08-91	3h		Jamor	01-02	8,06i-09
8,14	Miriam Tavares	CS Marítimo		14-05-91	2s	Taça FPA	Pombal	07-01	8,16i-10
8,14	Jessica Ferrero	AA Pinhalnovense	ANG	22-02-93	3s	Taça FPA	Pombal	07-01	8,28i-11
8,14	Mariana António	SC Abrantes		09-06-98	1s		Alpiarça	11-02	8,40i-11
8,15	Khristina Resler	SL Benfica	UKR	30-06-96	3h	CNJ	Pombal	21-01	8,33i-11
8,15	Rita Schaller	Sporting CP		07-08-94	4h		Jamor	01-02	8,21i-10
8,15	Ana Batista	Esc. Movimento		94	3	CNCI-2	Pombal	11-02	
8,16	Carla Ratão	Sporting CP		06-06-82	5h	C. Port	Espinho	18-02	7,92i-11
8,17	Liliana Manhente	Esc. Movimento		30-03-85	1h	C. Norte	Braga	07-01	
8,18	Inês Bento	CP Pontevel		15-08-94	3		Alpiarça	11-02	8,21i-10
8,18	Patrícia Vaz	FC Castrense		13-06-94	7	CNCI-1	Pombal	11-02	
8,19	Mariana Cabral	CD Faro XXI		12-07-93	7mf	CNJ	Pombal	21-01	8,25i-11
8,19	Susana Cardoso	Gira Sol RC		79	ex		Pombal	11-02	
8,20	Diana Relvas	Esc. Movimento		12-05-89	ex		Pombal	22-01	7,98i-07
8,20	Tânia Rocha	CAA Valdevez		02-03-95	1		Braga	25-02	8,17i-11
8,21	Patrícia Vaz	Gira Sol RC		23-06-96	1s		Pombal	14-01	8,28i-10
8,22	Ana Margarida Oliveira	GA Fátima		18-07-95	1h		Pombal	10-12	8,20i-11
8,22	Daniela Cruz	C Spiridon Gaia		11-06-93	3h	C. Norte	Braga	07-01	8,04i-11
8,23	Ana Raquel Silva	AR Luz e Vida		03-09-93	3	C. Norte	Braga	07-01	8,38i-11
8,25	Catarina Amorim	GRECAS		03-05-92	5s	Taça FPA	Pombal	07-01	8,23i-09
8,26	Margarida Cavaca	GCA Donas		04-07-96	1s	CNCI-Ap	Pombal	29-01	
8,27	Elizandra Alberto	AAT Cartaxense	ANG	15-12-97	TT		Alpiarça	04-02	8,20i-09/11
8,28	Liliane Amaro	JD Neves		23-10-92	6s	Taça FPA	Pombal	07-01	
8,30	Andreia Pinto	CA Mar. Grande		16-04-93	5h	CNJ	Pombal	21-01	8,21i-10

200 m– 26,00 – 28,00

24,03	Sónia Tavares	SC Beira Mar		21-03-86	1s		Espinho	22-01	24,11i-11
24,19		Sónia Tavares			1h	C. Port	Espinho	19-02	
24,24		Sónia Tavares			1	C. Port	Espinho	19-02	
24,70	Carolina Duarte	CS Marítimo		08-01-90	1h	C. Port	Espinho	19-02	24,88i-11
24,72		Carolina Duarte			2	C. Port	Espinho	19-02	
24,84	Vera Barbosa	Sporting CP		13-01-89	3	C. Port	Espinho	19-02	24,98i-11
24,87	Carla Tavares	Sporting CP		22-05-82	1s	CNCI-1	Pombal	12-02	24,62i-08
24,91		Vera Barbosa			1h	C. Port	Espinho	19-02	

24,99		Carolina Duarte			ex		Pombal	15-01	
24,99		Carolina Duarte			1s	CN23	Espinho	05-02	
25,00	Tânia Duarte		SL Benfica	15-07-90	2s	CN23	Espinho	05-02	25,03i-10
25,01	Filipa Martins		JOMA	13-11-92	2h	C. Port	Espinho	19-02	25,00i-11
25,02		Tânia Duarte			ex		Espinho	22-01	
25,12		Tânia Duarte			1s	CNCI-1	Pombal	12-02	
25,20		Filipa Martins			2s	CNCI-1	Pombal	12-02	
25,23	Daniela França		Maia AC	02-08-95	2h	C. Port	Espinho	19-02	26,79i-11
25,44		Filipa Martins			4	C. Port	Espinho	19-02	
25,44		Tânia Duarte			2h	C. Port	Espinho	19-02	
25,50	Cátia Nunes		Sporting CP	06-04-90	1s	CNCI-Ap	Pombal	28-01	25,08i-10
25,50		Cátia Nunes			1h	C. Port	Espinho	19-02	
25,52		Daniela França			6	C. Port	Espinho	19-02	
25,63		Cátia Nunes			6	C. Port	Espinho	19-02	
25,66		Filipa Martins			3s	CN23	Espinho	05-02	
25,68	Miriam Tavares		CS Marítimo	14-05-91	1s	CN23	Espinho	05-02	26,09i-10
25,69		Tânia Duarte			1s	CNCI-Ap	Pombal	29-01	
25,70		Miriam Tavares			3h	C. Port	Espinho	19-02	
25,75	Tatiana Rosário		GD Estreito	05-04-94	2s	CNCI-Ap	Pombal	28-01	26,85i-10
25,82	Olimpia Barbosa		GR Qt. Lomba	STP 28-12-95	1s	CNJ	Pombal	22-01	26,66i-11
25,82	Dorothe Évora		SL Benfica	28-05-91	4s	CN23	Espinho	05-02	25,35i-11
25,84		Miriam Tavares			ex		Pombal	15-01	
25,85		Daniela França			1s	CNCI-Ap	Espinho	28-01	
25,85		Miriam Tavares			1s	CNCI-Ap	Pombal	28-01	
25,86	Andreia Crespo		NDC Gouveia	16-10-93	1s	CNJ	Pombal	22-01	25,67i-11
25,87		Cátia Nunes			5s	CN23	Espinho	05-02	
25,92		Daniela França			2s	CNJ	Pombal	22-01	
25,93		Andreia Crespo			ex		Pombal	15-01	
25,94	Leslie Delgado		GCA Donas	25-06-89	1s		Pombal	15-01	
25,94		Tatiana Rosário			2h	C. Port	Espinho	19-02	26,85i-10
25,95	Sara Esteves		SL Benfica	24-08-92	3h	C. Port	Espinho	19-02	25,93i-09
25,99	Márcia Cardoso		ADRE Palhaça	04-04-94	3s	CNCI-1	Pombal	12-02	
26,11	Lisandra Lopes		GRECAS	07-04-88	2s		Espinho	22-01	26,83i-09
26,22	Susana Santos		SL Benfica	20-09-90	1s	CN23	Espinho	05-02	25,44i-10
26,23	Susana Estriga		JOMA	16-07-75	2s	CNCI-Ap	Pombal	28-01	26,00i-11
26,24	Carla Ratão		Sporting CP	06-06-82	3h	C. Port	Espinho	19-02	24,78i-07
26,27	Sofia Duarte		Ateneu Cartaxo	07-11-96	3s	CNJ	Pombal	22-01	
26,27	Verónica Cardoso		GR Qt. Lomba	20-08-91	1s	CNCI-Ap	Pombal	28-01	26,94i-09
26,27	Cristiana Cunha		SC Braga	17-07-91	1s	CNCI-2	Pombal	12-02	26,48i-09
26,31	Cátia Azevedo		Sporting CP	09-03-94	4h	C. Port	Espinho	19-02	26,20i-11
26,34	Joana Vitorino		CAS Manique	30-05-92	2s	CNCI-2	Pombal	12-02	26,20i-10
26,35	Neuza Reis		SL Benfica	18-01-95	3s	CNJ	Pombal	22-01	
26,43	Andreia Santos		ADRE Palhaça	14-09-95	1s		Espinho	22-01	
26,46	Cátia Jacinto		GCA Donas	26-08-92	2s	CNCI-1	Pombal	12-02	25,88i-11
26,48	Diana Relvas		Esc. Movimento	12-05-89	2s	CNCI-2	Pombal	12-02	26,38i-07
26,52	Vera Lima		ADRE Palhaça	08-12-89	4s		Espinho	22-01	26,91i-11
26,53	Evelise Veiga		Juv. Vidigalense	CPV 03-03-96	1s	CNCI-Ap	Pombal	29-01	
26,56	Ana Raquel Silva		AR Luz e Vida	03-09-93	2s	C. Norte	Braga	08-01	26,82i-11
26,62	Catarina Silva		GRECAS	03-04-90	4s	CNCI-1	Pombal	12-02	26,35i-10
26,71	Salomé Afonso		Sporting CP	19-11-97	1s		Pombal	04-03	
26,72	Maria Manuel Silva		Gira Sol RC	11-05-95	2s	CNCI-Ap	Pombal	29-01	
26,75	Liliane Amaro		JD Neves	23-10-92	2s	CN23	Espinho	05-02	27,72i-10
26,85	Catarina Amorim		GRECAS	03-05-92	3s		Espinho	22-01	26,49i-10
26,91	Jessica Barreira		Sporting CP	29-01-97	1s		Pombal	04-03	
26,93	Sara Martins		Juv. Vidigalense	13-11-91	1s		Pombal	15-01	27,06i-11
26,94	Larissa Vieira		SC Abrantes	BRA 14-11-95	1s		Pombal	04-03	28,25i-11
26,98	Debora Clemente		SL Benfica	09-11-94	4s	CNJ	Pombal	22-01	26,36i-10
26,99	Inês Bento		CP Pontevel	15-08-94	2s	CNJ	Pombal	22-01	27,43i-10

27,00	Mariana Correia	NDC Gouveia	07-10-94	4s	CNJ	Pombal	22-01	28,65i-10
27,02	Mariana Cabral	CD Faro XXI	12-07-93	1s	CN23	Espinho	05-02	27,36i-11
27,06	Rute Lopes	Gira Sol RC	17-02-92	2s	CN23	Espinho	05-02	
27,10	Ana Batista	Esc. Movimento	94	3s	CN23	Espinho	05-02	
27,26	Verónica Zhukova	Juv. Vidigalense	12-03-93	1s		Pombal	04-03	27,15i-11
27,29	Mariana António	SC Abrantes	09-06-98	2s		Pombal	04-03	
27,30	Liliana Manhente	Esc. Movimento	30-03-85	Pen		Espinho	03-02	
27,34	Candida Bairrada	CS Marítimo	31-12-84	ex		Pombal	15-01	26,67i-06
27,34	Daniela Urbano	ADRE Palhaça	95	1s		Espinho	22-01	
27,36	Sara Oliveira	Juv. Vidigalense	28-12-93	2s	CNJ	Pombal	22-01	27,11i-11
27,45	Daniela Cruz	C Spiridon Gaia	11-06-93	1h	C. Norte	Braga	08-01	27,01i-11
27,49	Rose Trindade	SC Braga	95	2h	C. Norte	Braga	08-01	
27,53	Patrícia Silva	ACDR Arneirense	94	1s		Pombal	15-01	
27,57	Andreia Pinto	CA Mar. Grande	16-04-93	3s	CNCI-Ap	Pombal	29-01	27,69i-09
27,58	Carine Moreira	Juv. Vidigalense	16-03-94	1s	CNJ	Pombal	22-01	27,57i-11
27,62	Bruna Silva	Juv. Vidigalense	14-11-94	4s	CN23	Espinho	05-02	27,07i-11
27,68	Mariana Rodrigues	SC Abrantes	97	3s		Pombal	04-03	
27,75	Sónia Machado	Juv. Vidigalense	13-06-98	4s		Pombal	04-03	
27,78	Jessica Ferrero	AA Pinhalnovoense	ANG 22-02-93	2s	CNJ	Pombal	22-01	27,87i-11
27,82	Cátia Rodrigues	ADRE Palhaça	12-02-92	2s		Espinho	22-01	27,39i-10
27,93	Jennifer Gomes	ADRE Palhaça	21-03-95	Pen		Espinho	03-02	
27,98	Ana Rita Queirós	EC+S Lavra	28-08-95	2s	CNCI-Ap	Espinho	28-01	
27,98	Beatriz Dinis	Juv. Vidigalense	19-10-96	3s		Pombal	04-03	27,2i-11
27,99	Carolina Rainho	ACDR Arneirense	95	1s		Pombal	11-12	

300 m – 46,00

43,19	Daniela Urbano	ADRE Palhaça	95	1s		Espinho	15-02	
43,73	Evelise Veiga	Juv. Vidigalense	CPV 03-03-96	1s		Pombal	26-02	
43,78	Catarina Amorim	GRECAS	03-05-92	2s		Espinho	15-02	43,96i-08
45,06	Cátia Rodrigues	ADRE Palhaça	12-02-92	3s		Espinho	15-02	
45,33	Ana Rita Rodrigues	ADERCUS	30-07-92	4s		Espinho	15-02	
45,62	Beatriz Dinis	Juv. Vidigalense	19-10-96	2s		Pombal	26-02	
45,70	Rita Vicente	SCU Torreense	95	3s		Pombal	26-02	
45,93	Patricia Nunes	GJP Bemposta	96	1s		Espinho	15-02	

400 m– 59,00 - 63,00

53,76	Vera Barbosa	Sporting CP	13-01-89	1s		Pombal	26-02	54,43i-11
54,16	Vera Barbosa			1s	C. Port	Espinho	18-02	
54,22	Vera Barbosa			1		Antequera - Esp	04-02	
54,31	Vera Barbosa			1s	Taça FPA	Pombal	07-01	
54,31	Patrícia Lopes	Sporting CP	11-07-82	1s	CNCI-Ap	Pombal	28-01	53,87i-09
54,64	Patrícia Lopes			ex		Espinho	21-01	
54,73	Patrícia Lopes			2s	C. Port	Espinho	18-02	
54,90	Vera Barbosa			1s	CNCI-1	Pombal	11-02	
55,00	Patrícia Lopes			3		Antequera - Esp	04-02	
55,02	Patrícia Lopes			2s	Taça FPA	Pombal	07-01	
55,57	Carolina Duarte	CS Marítimo	08-01-90	2s		Pombal	26-02	56,96i-11
55,69	Dorothe Évora	SL Benfica	28-05-91	2s	CNCI-1	Pombal	11-02	56,31i-11
55,80	Dorothe Évora			1s	CN23	Espinho	04-02	
55,88	Miriam Tavares	CS Marítimo	14-05-91	3s		Pombal	26-02	58,41i-11
55,98	Carolina Duarte			3s	C. Port	Espinho	18-02	
56,10	Dorothe Évora			1s	CNCI-Ap	Pombal	29-01	
56,20	Cátia Nunes	Sporting CP	06-04-90	1s	CNU	Pombal	25-02	55,88i-11
56,24	Carolina Duarte			3s	Taça FPA	Pombal	07-01	
56,30	Carolina Duarte			2s	CN23	Espinho	04-02	
56,50	Cátia Nunes			3s	CN23	Espinho	04-02	
56,79	Miriam Tavares			1s	CN23	Espinho	04-02	

56,88		Miriam Tavares			ex	Espinho	21-01	
56,89		Cátia Nunes			4s	Taça FPA Pombal	07-01	
56,91		Carolina Duarte			2s	CNCI-Ap Pombal	28-01	
56,93		Carolina Duarte			ex	Pombal	14-01	
56,94		Cátia Nunes			4s	C. Port Espinho	18-02	
56,96		Miriam Tavares			1s	C. Port Espinho	18-02	
57,09	Filipa Martins	JOMA		13-11-92	3s	CNCI-1 Pombal	11-02	58,42i-11
57,17	Joceline Monteiro	Sporting CP		10-05-90	4s	CN23 Espinho	04-02	56,28i-09
57,34		Filipa Martins			2s	C. Port Espinho	18-02	
57,36		Miriam Tavares			ex	Pombal	14-01	
57,45	Andreia Crespo	NDC Gouveia		16-10-93	1s	CNJ Pombal	21-01	59,30i-11
57,49		Filipa Martins			5s	CN23 Espinho	04-02	
57,51		Filipa Martins			1s	Taça FPA Pombal	07-01	
57,55	Leslie Delgado	GCA Donas		25-06-89	4s	CNCI-1 Pombal	11-02	58,44i-11
57,61		Leslie Delgado			1s	Pombal	26-02	
57,66	Cátia Azevedo	Sporting CP		09-03-94	2s	Pombal	26-02	58,96i-11
57,73	Márcia Cardoso	ADRE Palhaça		04-04-94	3s	Pombal	26-02	
57,86	Graciela Martins	GR Qt. Lomba	GBS	05-04-87	2s	Taça FPA Pombal	07-01	58,51i-09
57,86	Marta Pen Freitas	SL Benfica		31-07-93	2s	CNJ Pombal	21-01	57,90i-11
57,86		Cátia Azevedo			2s	CN23 Espinho	04-02	
58,01		Cátia Azevedo			3s	C. Port Espinho	18-02	
58,03		Leslie Delgado			2s	CNCI-Ap Pombal	29-01	
58,05	Carla Ratão	Sporting CP		06-06-82	3	Aubiere - Fra	07-01	55,63i-08
58,16		Filipa Martins			4s	Pombal	26-02	
58,21	Nádia Gaspar	SL Benfica		07-10-90	1s	C. Port Espinho	18-02	59,43i-09
58,23		Leslie Delgado			1s	Taça FPA Pombal	07-01	
58,24		Nádia Gaspar			4s	Pombal	26-02	
58,29		Filipa Martins			3s	CNCI-Ap Pombal	28-01	
58,49		Leslie Delgado			1s	Pombal	14-01	
58,69		Leslie Delgado			2s	CNU Pombal	25-02	
58,70		Andreia Crespo			ex	Pombal	14-01	
58,81		Leslie Delgado			4s	C. Port Espinho	18-02	
59,06	Neuza Reis	SL Benfica		18-01-95	2s	Taça FPA Pombal	07-01	59,00i-11
59,26	Olga Serbyn	Sporting CP	UKR	12-09-92	3s	CN23 Espinho	04-02	59,75i-11
59,29	Sara Martins	Juv. Vidigalense		13-11-91	3s	C. Port Espinho	18-02	60,57i-11
59,50	Andreia Santos	ADRE Palhaça		14-09-95	1s	CNJ Pombal	21-01	61,42i-11
59,74	Ana Almeida	Gira Sol RC		04-04-91	1s	Pombal	14-01	60,10i-11
60,21	Liliana Cabral	SL Benfica		24-04-94	3s	CNJ Pombal	21-01	59,58i-11
60,42	Mariana Brás	Sporting CP		29-11-93	5s	CN23 Espinho	04-02	59,56i-11
60,83	Manuela Bernardo	GCA Donas		05-10-87	4s	C. Port Espinho	18-02	59,66i-08
61,03	Ana Beatriz Fernandes	ACDR Arneirense		01-12-95	1s	CNCI-Ap Pombal	29-01	
61,05	Daniela Urbano	ADRE Palhaça		95	5s	Pombal	26-02	
61,06	Lilian Silva	Juv. Vidigalense		30-03-82	4s	CNU Pombal	25-02	58,48i-08
61,23	Solange Fernandes	CA Sal. Manique		31-07-91	2s	CNCI-Ap Pombal	29-01	61,10i-11
61,43	Ana Raquel Silva	AR Luz e Vida		03-09-93	3s	CN23 Espinho	04-02	62,34i-11
61,47	Patrícia Caldas	SC Braga		31-10-94	1s	CNCI-2 Pombal	11-02	61,95i-11
61,63	Márcia Martins	SFRA Amadora	CPV	15-01-92	4s	CN23 Espinho	04-02	60,89i-11
61,64	Catarina Amorim	GRECAS		03-05-92	2s	CNCI-Ap Espinho	28-01	60,13i-10
61,95	Carine Moreira	Juv. Vidigalense		16-03-94	6s	Pombal	26-02	62,12i-11
62,66	Verónica Cardoso	GR Qt. Lomba		20-08-91	1s	CNCI-2 Pombal	11-02	
62,90	Andreia Jesus	ACRSra. Desterro		06-03-85	3s	CNCI-Ap Pombal	29-01	62,97i-02

800m - 2.15,0 - 2.25,0

2.07,86	Sandra Teixeira	Sporting CP		13-03-78	1	Pombal	26-02	2.02,47i-01
2.09,00		Sandra Teixeira			1	CNCI-1 Pombal	12-02	
2.09,56	Marta Pen Freitas	SL Benfica		31-07-93	2	CNCI-1 Pombal	12-02	2.15,19i-10
2.12,00		Marta Pen Freitas			1s	CNJ Pombal	22-01	

2.12,06	Sandra Teixeira			1s	CNCI-Ap	Pombal	28-01	
2.12,56	Marta Pen Freitas			1	CN23	Espinho	05-02	
2.14,53	Isabel Areias	Gira Sol RC	27-01-85	3	CNCI-1	Pombal	12-02	2.12,75i-10
2.15,58	Mariana Brás	Sporting CP	29-11-93	1s	CNU	Pombal	25-02	2.13,23i-11
2.15,88	Joceline Monteiro	Sporting CP	10-05-90	2	CN23	Espinho	05-02	
2.16,05	Olga Serbyn	Sporting CP	UKR 12-09-92	2	C. Port	Espinho	19-02	2.19,18i-11
2.16,17	Micaela Lopes	Juv. Vidigalense	08-05-92	3	CN23	Espinho	05-02	2.13,48i-11
2.16,36	Patrícia Caldas	SC Braga	31-10-94	2	CNJ	Pombal	22-01	2.13,93i-11
2.17,01	Solange Fernandes	CA Sal. Manique	31-07-91	6	CN23	Espinho	05-02	2.13,73i-11
2.17,90	Liliana Cabral	SL Benfica	24-04-94	1s	CNCI-Ap	Pombal	29-01	2.15,91i-10
2.18,28	Manuela Bernardo	GCA Donas	05-10-87	5	CNCI-1	Pombal	12-02	2.15,73i-08
2.18,52	Ana Almeida	Gira Sol RC	04-04-91	8	CN23	Espinho	05-02	
2.19,22	Juliana Dias	CDC Codessos	04-05-97	1		Braga	28-01	
2.19,43	Vanda Ribeiro	GRECAS	02-04-75	2s	CNCI-Ap	Espinho	28-01	2.07,42i-99
2.19,51	Sofia Teixeira	UD Varzea	26-02-97	2		Braga	28-01	
2.19,84	Ana Beatriz Fernandes	ACDR Arneirense	01-12-95	4s	CNJ	Pombal	22-01	2.28,81i-11
2.20,10	Carla Mendes	SL Benfica	94	9	CN23	Espinho	05-02	2.23,81i-11
2.20,74	Carla Covelo	CD Faro XXI	26-10-94	6s	CNJ	Pombal	22-01	2.26,86i-11
2.20,77	Filipa Eutiquio	Juv. Vidigalense	22-03-96	4s	CNCI-Ap	Pombal	29-01	2.27,46i-11
2.20,86	Andreia Santos	JOMA	17-05-85	2s	CNCI-Ap	Pombal	28-01	2.13,06i-11
2.21,11	Susana Silva	AA Cartaxo	08-05-79	1s		Pombal	15-01	
2.21,11	Andreia Jesus	ACRSra. Desterro	06-03-85	2	CNCI-2	Pombal	12-02	2.23,26i-02
2.21,87	Elisa Cruz	C Bf Faro	05-04-85	6	C. Port	Espinho	19-02	2.22,33i-11
2.22,02	Tânia Silva	Liberdade FC	24-05-88	4	C. Norte	Braga	08-01	2.15,07i-09
2.22,21	Joana Correia	ADR Aguas Belas	19-06-93	2		Pombal	26-02	2.29,16i-11
2.22,69	Catarina Rodrigues	SC Braga	21-07-94	2	C. Norte	Braga	08-01	
2.22,76	Elsa Maia	Ginásio Trofa	10-03-96	1		Braga	22-01	
2.22,86	Sara Sousa	UD Varzea	16-05-95	3	C. Norte	Braga	08-01	
2.22,90	Andreia Rodrigues	G. Trofa	14-06-96	2		Braga	22-01	
2.24,25	Joana Ferreira	ADR Mata	04-06-97	1s		Pombal	26-02	2.29,35i-11
2.24,46	Rita Gomes	CAS Manique	16-10-92	3	CNCI-2	Pombal	12-02	2.24,70i-10
2.24,73	Ana Catarina Fernandes	SC Braga	22-05-95	5	C. Norte	Braga	08-01	2.24,84i-10
2.24,76	Tatiana Rodrigues	CA Mar. Grande	06-10-97	1s		Pombal	17-12	
2.24,80	Catarina Araujo	Liberdade FC	24-01-97	3		Braga	28-01	
2.24,99	Beatriz Moura	FC Paredes	08-02-97	2s		Braga	25-02	

1500 m – 4.35,0 - 4.50,0

4.23,18	Carla Salomé Rocha	Sporting CP	25-04-90	1s	CNCI-Ap	Pombal	28-01	4.23,85i-11
4.26,79	Sandra Teixeira	Sporting CP	13-03-78	1	CNCI-1	Pombal	11-02	4.10,84i-05
4.26,80	Sandra Teixeira			1	C. Port	Espinho	18-02	
4.27,59	Marta Pen Freitas	SL Benfica	31-07-93	1	CN23	Espinho	04-02	
4.27,65	Sara Catarina Ribeiro	SC Braga	31-05-90	2	CN23	Espinho	04-02	4.30,33i-10
4.30,89	Marta Pen Freitas			2	CNCI-1	Pombal	11-02	
4.32,55	Barbara Ferreira	SC Braga	09-12-91	3	CN23	Espinho	04-02	4.48,45i-11
4.33,30	Patrícia Caldas	SC Braga	31-10-94	4	CN23	Espinho	04-02	4.37,36i-11
4.33,41	Marta Pen Freitas			1s	CNCI-Ap	Pombal	29-01	
4.34,55	Micaela Lopes	Juv. Vidigalense	08-05-92	2s	CNCI-Ap	Pombal	29-01	4.39,11i-11
4.36,90	Sónia Catarina Lima	UD Varzea	10-05-90	5	CN23	Espinho	04-02	4.35,18i-11
4.37,93	Andreia Santos	JOMA	17-05-85	3	CNCI-1	Pombal	11-02	4.27,62i-11
4.38,68	Raquel Trabuço	CE Natação	15-06-86	2	C. Port	Espinho	18-02	
4.40,02	Isabel Areias	Gira Sol RC	27-01-85	5	CNCI-1	Pombal	11-02	2.12,75i-10
4.41,72	Andreia Jesus	ACRSra. Desterro	06-03-85	3s	CNCI-Ap	Pombal	29-01	4.46,01i-08
4.41,78	Marta Martins	Juv. Vidigalense	15-01-92	6	CN23	Espinho	04-02	4.45,97i-09
4.43,93	Silvana Dias	UD Varzea	05-06-94	2s	C. Norte	Braga	07-01	4.54,37i-10
4.45,44	Vanda Ribeiro	GRECAS	02-04-75	3	C. Port	Espinho	18-02	4.18,46i-99
4.46,66	Sandra Protásio	AA Coimbra	05-07-89	2s	CNCI-Ap	Pombal	28-01	4.47,0i-11
4.46,68	Solange Fernandes	CA Sal. Manique	31-07-91	4s	CNCI-Ap	Pombal	29-01	4.47,02i-11

4.47,18	Sandra Amaro	GCA Donas	15-03-76	5s	CNCI-Ap	Pombal	29-01	4.25,43i-02
4.49,04	Catarina Carvalho	CA Mar. Grande	01-03-92	7	CN23	Espinho	04-02	
4.49,34	Andreia Silva	Gira Sol RC	21-10-88	6s	CNCI-Ap	Pombal	29-01	
4.49,72	Susana Godinho	SL Benfica	05-07-92	ex	C. Norte	Braga	07-01	4.29,80i-10

3000 m – 9.50,0 - 11.00,0

9.12,73	Carla Salomé Rocha	Sporting CP	25-04-90	1	CNCI-1	Pombal	12-02	9.21,07i-11
9.14,53	Carla Salomé Rocha			1	CN23	Espinho	05-02	
9.16,87	Sara Catarina Ribeiro	SC Braga	31-05-90	2	CN23	Espinho	05-02	9.59,05i-08
9.17,60	Sara Catarina Ribeiro			1	CNCI-2	Pombal	12-02	
9.33,99	Sónia Fernandes	SL Benfica	03-05-83	2	CNCI-1	Pombal	12-02	9.28,13i-11
9.37,12	Ana Mafalda Ferreira	GD Estreito	22-04-88	1	C. Port	Espinho	19-02	9.46,72i-09
9.37,59	Ana Mafalda Ferreira			1s	CNCI-Ap	Pombal	28-01	
9.38,21	Sónia Fernandes			1s	CNCI-Ap	Pombal	29-01	
9.42,15	Andreia Santos	JOMA	17-05-85	3	CNCI-1	Pombal	12-02	10.18,00i-11
9.45,22	Solange Jesus	Sporting CP	07-01-87	2s	CNCI-Ap	Pombal	28-01	9.35,54i-09
9.45,52	Sónia Fernandes			2	C. Port	Espinho	19-02	
9.46,30	Mónica Rosa	Maratona CP	05-05-78	4	CNCI-1	Pombal	12-02	
9.50,09	Silvana Dias	UD Varzea	05-06-94	1	CNJ	Pombal	22-01	
9.51,33	Barbara Ferreira	SC Braga	09-12-91	1s	C. Norte	Braga	08-01	10.03,62i-11
9.52,56	Catarina Gonçalves	UD Varzea	11-09-93	2	CNJ	Pombal	22-01	9.58,85i-11
9.57,04	Diana Almeida	SL Benfica	08-09-94	4	CN23	Espinho	05-02	10.08,55i-11
9.59,91	Marta Martins	Juv. Vidigalense	15-01-92	5	CN23	Espinho	05-02	9.59,62i-11
10.09,05	Cátia Santos Leitão	CA B.Banheira	09-10-92	6	CN23	Espinho	05-02	2.24,73i-09
10.09,58	Vanda Ribeiro	GRECAS	02-04-75	5	CNCI-1	Pombal	12-02	9.59,05i-08
10.11,29	Catarina Carvalho	CA Mar. Grande	01-03-92	2	CNCI-2	Pombal	12-02	9.58,85i-11
10.13,53	Sandra Amaro Pinto	GCA Donas	15-03-76	6	CNCI-1	Pombal	12-02	9.35,5i-01
10.19,67	Sandra Amaro	GCA Donas	15-03-76	4s	CNCI-Ap	Pombal	29-01	
10.20,89	Sónia Ferreira	UD Varzea	08-07-95	4	CNJ	Pombal	22-01	
10.20,91	Luisa Condeço	Juv. Vidigalense	96	5	CNJ	Pombal	22-01	
10.20,93	Sónia Carvalho	CO Tamega	05-10-90	8	CN23	Espinho	05-02	10.25,11i-10
10.23,07	Debora Santos	SL Benfica	30-12-92	9	CN23	Espinho	05-02	10.03,20i-11
10.26,54	Sueli Gomes	UD Varzea	31-10-94	6	CNJ	Pombal	22-01	10.30,38i-10
10.29,15	Andreia Rodrigues	G. Trofa	14-06-96	1s	C. Norte	Braga	08-01	
10.29,69	Joana Monteiro	JOMA	15-11-93	10	CN23	Espinho	05-02	11.10,29i-11
10.30,20	Rita Lopes	SC Braga	18-03-94	7	CNJ	Pombal	22-01	10.26,59i-11
10.35,15	Joana Fernandes	SC Braga	11-09-92	2s	CNCI-Ap	Espinho	28-01	10.37,08i-11
10.35,87	Jessica Lopes	Liberdade FC	95	3s	CNCI-Ap	Espinho	05-02	10.53,50i-11
10.39,46	Carla Santos	ADRE Palhaça	22-06-91	2		Espinho	22-01	10.46,10i-11
10.39,65	Cátia Galhardo	ACRSra. Desterro	23-02-88	5s	CNCI-Ap	Pombal	29-01	
10.40,73	Andreia Silva	Gira Sol RC	21-10-88	7	CNCI-1	Pombal	12-02	10.41,98i-11
10.40,76	Rosário Martins	GR Qt. Lomba	14-06-95	9	CNJ	Pombal	22-01	
10.41,92	Fiona Gonçalves	ADC Praia Falésia	61	3	CNCI-2	Pombal	12-02	10.50,95i-09
10.43,38	Soraia Silva	ADERCUS	20-09-95	10	CNJ	Pombal	22-01	11.24,47i-11
10.43,99	Monika Alexandraviciute	AR Luz e Vida	LTU 14-02-96	11	CNJ	Pombal	22-01	
10.51,82	Ana Catarina Fernandes	SC Braga	22-05-95	1		Braga	17-12	
10.52,62	Madalena Correia	AA Cartaxo	06-11-95	1s		Pombal	15-01	11.35,49i-11
10.52,78	Patricia Rosado	ACDR Arneirense	88	4	CNCI-2	Pombal	12-02	

60 m B – 9,00 - 10,50

8,36	Andreia Felisberto	JOMA	22-06-86	1	CNCI-1	Pombal	12-02	8,83i-10
8,51	Andreia Felisberto			1		Jamor	18-01	
8,51	Andreia Felisberto			1		Jamor	01-02	
8,52	Andreia Felisberto			1		Jamor	12-01	
8,57	Andreia Felisberto			1s	CNCI-Ap	Pombal	28-01	
8,59	Andreia Felisberto			1	C. Port	Espinho	19-02	
8,66	Mónica Lopes	Sporting CP	18-01-86	1		Jamor	18-01	8,70i-08

8,66	Andreia Felisberto			1ex		Pombal	28-01	
8,72	Mónica Lopes			2	CNCI-1	Pombal	12-02	
8,74	Mónica Lopes			2		Jamor	18-01	
8,78	Eva Vital	SL Benfica	08-07-92	3	CNCI-1	Pombal	12-02	8,37i-10
8,78	Witiney Barata	JOMA	31-01-88	1h	C. Port	Espinho	19-02	8,93i-11
8,79	Mónica Lopes			2		Jamor	12-01	
8,81	Eva Vital			1	CN23	Espinho	05-02	
8,86	Vera Fernandes	EBMD Saraiva	24-02-94	2	CN23	Espinho	05-02	
8,87	Mónica Lopes			1s	Taça FPA	Pombal	07-01	
8,89	Vera Fernandes			1	CNJ	Pombal	22-01	
8,90	Eva Vital			1h	CN23	Espinho	05-02	
8,91	Witiney Barata			2	C. Port	Espinho	19-02	
8,91	Andreia Felisberto			1h	C. Port	Espinho	19-02	
8,91	Rafaela Vitorino	SL Benfica	18-08-95	Pen	C. Port	Espinho	19-02	
8,92	Vera Fernandes			1s	CNCI-Ap	Pombal	29-01	
8,95	Rafaela Vitorino			2		Jamor	01-02	
8,96	Andreia Felisberto			2		Jamor	18-01	
8,96	Vera Fernandes			3	C. Port	Espinho	19-02	
8,96	Susana Estriga	JOMA	16-07-75	1		Pombal	26-02	8,95i-08
8,97	Vera Fernandes			1h	CN23	Espinho	05-02	
8,98	Witiney Barata			2s	Taça FPA	Pombal	07-01	
8,99	Vera Fernandes			1h	CNJ	Pombal	22-01	
8,99	Cristiana Cunha	SC Braga	12-07-91	4	C. Port	Espinho	19-02	8,81i-11
8,99	Vera Fernandes			2h	C. Port	Espinho	19-02	
9,02	Ludmila Nascimento	Sporting CP	01-11-96	3		Jamor	01-02	
9,02	Larissa Vieira	SC Abrantes	BRA 14-11-95	3h	C. Port	Espinho	19-02	9,20i-11
9,04	Anabela Neto	Sporting CP	25-03-91	3	CN23	Espinho	05-02	9,63i-09
9,07	Olimpia Barbosa	GR Qt. Lomba	STP 28-12-95	2	CNCI-2	Pombal	12-02	
9,12	Stephanie Simões	GRECAS	08-10-94	6	C. Port	Espinho	19-02	9,28i-11
9,15	Leslie Delgado	GCA Donas	25-06-89	2s	CNCI-Ap	Pombal	29-01	9,35i-09
9,20	Carmen Nascimento	Sporting CP	21-12-89	4		Jamor	12-01	9,20i-11
9,23	Maria Vaz Guedes	SL Benfica	05-11-96	3	CNJ	Pombal	22-01	
9,36	Sandra Moreira	Sporting CP	19-02-93	5	CN23	Espinho	05-02	9,80i-10
9,39	Cláudia Rodrigues	Gira Sol RC	11-11-89	Pen		Pombal	08-01	9,37i-09/10
9,43	Ana Margarida Oliveira	GA Fátima	18-07-95	Pen	C. Port	Espinho	19-02	9,54i-11
9,44	Teresa Mestre	SRD Entradense	18-07-92	3	CNU	Pombal	25-02	9,93i-11
9,49	Magali Gomes	SL Benfica	28-02-91	2s	Taça FPA	Pombal	07-01	9,35i-11
9,49	Valdénia Carvalho	GR Qt. Lomba	06-07-93	4h	C. Port	Espinho	19-02	9,53i-11
9,57	Stenia Betuncal	CAS Manique	25-11-92	3	CNCI-2	Pombal	12-02	8,76i-10
9,63	Sandra Borges	Gira Sol RC	15-11-83	1s		Pombal	15-01	9,13i-06
9,73	Rita Mota	AR Luz e Vida	30-08-94	6	CNJ	Pombal	22-01	
9,73	Fernanda Borba	CDE Arrifes	02-03-81	5h	C. Port	Espinho	19-02	8,76i-01/08
9,74	Andreia Crespo	NDC Gouveia	16-10-93	4		Jamor	18-01	9,18i-11
9,75	Ana Rita Pedreiras	Gira Sol RC	27-01-93	Pen		Pombal	18-12	9,63i-10
9,75	Verónica Zhukova	Juv. Vidigalense	12-03-93	7	CN23	Espinho	05-02	10,20i-11
9,75	Rute Lopes	Gira Sol RC	17-02-92	Pen	C. Port	Espinho	19-02	10,36i-09
9,80	Daniela Ferreira	Juv. Vidigalense	22-06-89	Pen		Pombal	18-12	9,74i-08
9,85	Cláudia Oliveira	GRECAS	24-04-95	2s	CNCI-Ap	Espinho	28-01	
9,96	Diana Morgado	AC Vermoil	16-11-89	6		Pombal	26-02	9,97i-10/11
10,00	Sara Silva	EC+S Lavra	03-01-94	Pen	C. Port	Espinho	19-02	
10,04	Raquel Lourenço	CP Corroios	11-10-96	5h	CNJ	Pombal	22-01	
10,04	Carolina Pandeirada	GRECAS	21-10-93	Pen	C. Port	Espinho	19-02	
10,05	Mariana Pinto	Esc. Movimento	21-05-94	3s	CNCI-Ap	Espinho	28-01	
10,09	Rafaela Pintassilgo	C Bf. Faro	18-11-96	3s	CNCI-Ap	Pombal	28-01	
10,09	Vera Lima	ADRE Palhaça	08-12-89	8	CNCI-1	Pombal	12-02	
10,19	Evelise Veiga	Juv. Vidigalense	CPV 03-03-96	2h		Pombal	15-01	
10,22	Khristina Resler	SL Benfica	UKR 30-06-96	4h	CNJ	Pombal	22-01	
10,29	Ana Patrícia Mendes	ADC Praia Falésia	87	5	CNCI-2	Pombal	12-02	10,47i-09

10,32	Susana Guerra	AA Cartaxo	28-06-96	2s		Pombal	15-01	
10,35	Inês Gloria	CD Faro XXI	06-04-96	4s	CNCI-Ap	Pombal	28-01	
10,46	Jessica Coutinho	ACDR Arneirense	25-09-94	6	CNCI-2	Pombal	12-02	10,40i-10

Altura/High Jump – 1,65 - 1,50

1,76	Marisa Anselmo	Sporting CP	06-09-87	ex		Espinho	22-01	1,83i-06
1,75	Marisa Anselmo			1	CNCI-1	Pombal	11-02	
1,75	Anabela Neto	Sporting CP	26-03-91	ex	CNU	Pombal	25-02	1,76i-11
1,74	Anabela Neto			1	CN23	Espinho	04-02	
1,73	Marisa Anselmo			1	C. Port	Espinho	18-02	
1,73	Ana Monjane	Sporting CP	13-05-93	2	C. Port	Espinho	18-02	1,73i-11
1,72	Anabela Neto			Pen		Pombal	17-12	
1,71	Anabela Neto			ex		Pombal	14-01	
1,71	Marisa Anselmo			1s	CNCI-Ap	Pombal	28-01	
1,71	Ana Margarida Oliveira	GA Fátima	18-07-95	TT		Alpiarça	04-02	1,68i-10
1,70	Anabela Neto			1	Taça FPA	Alpiarça	08-01	
1,70	Anabela Neto			3	C. Port	Espinho	18-02	
1,68	Ana Margarida Oliveira			1		Pombal	11-12	
1,68	Cláudia Rodrigues	Gira Sol RC	11-11-89	1		Pombal	14-01	1,71i-09/11
1,68	Rafaela Vitorino	SL Benfica	18-08-95	1s	CNCI-Ap	Pombal	29-01	1,50i-11
1,68	Cláudia Rodrigues			2s	CNCI-Ap	Pombal	29-01	
1,68	Ana Margarida Oliveira			Pen	C. Port	Espinho	19-02	
1,68	Cláudia Rodrigues			Pen	C. Port	Espinho	19-02	
1,68	Rafaela Vitorino			Pen	C. Port	Espinho	19-02	
1,67	Cláudia Rodrigues			4	C. Port	Espinho	18-02	
1,66	Ana Margarida Oliveira			TT		Alpiarça	17-12	
1,66	Ana Monjane			ex	C. Norte	Braga	08-01	
1,66	Rafaela Vitorino			2	CNCI-1	Pombal	11-02	
1,65	Ana Margarida Oliveira			Pen		Pombal	07-01	
1,65	Cláudia Rodrigues			Pen		Pombal	08-01	
1,65	Ana Margarida Oliveira			1	CNJ	Pombal	21-01	
1,65	Ana Monjane			2	CN23	Espinho	04-02	
1,65	Cláudia Rodrigues			1	CNU	Pombal	25-02	
1,65	Ana Margarida Oliveira			1		Alpiarça	10-03	
1,63	Ana Silva	UDC Arvigai	31-05-96	1	C. Norte	Braga	08-01	1,50i-09
1,62	Ana Rita Pereira	SC Braga	14-05-91	1	CNCI-2	Pombal	11-02	1,65i-09
1,62	Carolina Pandeirada	GRECAS	21-10-93	Pen	C. Port	Espinho	19-02	1,52i-11
1,60	Catarina Fernandes	Sporting CP	16-02-98	TT		Alpiarça	04-02	
1,59	Rute Lopes	Gira Sol RC	17-02-92	Pen		Pombal	08-01	1,59i-09
1,59	Witiney Barata	JOMA	31-01-88	2s	CNCI-Ap	Pombal	28-01	1,63i-09
1,59	Inês Marques	ACRSra. Desterro	19-08-96	3s	CNCI-Ap	Pombal	29-01	1,40i-11
1,56	Sara Mendes	NDJ Laranjeiro	16-04-95	ex		Alpiarça	26-11	1,54i-11
1,56	Daniela Ferreira	Juv. Vidigalense	22-06-89	Pen		Pombal	17-12	1,56i-06/11
1,56	Cláudia Oliveira	GRECAS	24-04-95	Pen		Pombal	17-12	
1,56	Magali Gomes	SL Benfica	28-02-91	2	Taça FPA	Alpiarça	08-01	1,71i-11
1,56	Ana Vasconcelos	SL Benfica	18-07-92	4	CN23	Espinho	04-02	1,58i-10
1,54	Rita Mota	SC Braga	30-08-94	Pen		Espinho	04-02	
1,54	Andreia Monteiro	CA Mar. Grande	11-04-96	1s		Pombal	04-03	
1,53	Jennifer Gomes	ADRE Palhaça	21-03-95	3		Espinho	22-01	1,58i-11
1,53	Beatriz Nunes	CA Sal. Manique	19-05-94	3	CNCI-2	Pombal	11-02	
1,53	Camila Soares	Juv. Vidigalense	11-02-97	1s		Pombal	04-03	1,50i-11
1,52	Nádia Sena	SL Benfica	06-09-95	5	Taça FPA	Alpiarça	08-01	
1,52	Khristina Resler	SL Benfica	UKR 30-06-96	11	CNJ	Pombal	21-01	
1,51	Rita Silva	Esc. Movimento	92	2	C. Norte	Braga	08-01	
1,51	Inês Bola	ADRE Palhaça	13-05-94	Pen		Espinho	04-02	
1,51	Rafaela Pintassilgo	C Bf. Faro	18-11-96	TT		Alpiarça	04-02	
1,50	Juliana Pereira	Juv. Vidigalense	03-01-95	TT		Pombal	08-01	1,50i-11

1,50	Andreia Nicolau	CA Seia	01-02-91	2		Espinho	22-01	1,45i-09
1,50	Valdénia Carvalho	GR Qt. Lomba	06-07-93	4	CNCI-2	Pombal	11-02	
1,50	Beatriz Domingues	CA Mar. Grande	98	2s		Pombal	04-03	1,35i-11

Vara/Pole Vault – 3,80 - 2,50

4,42	Eleonor Tavares	Sporting CP	24-09-85	3	C. Fra.	Aubiere	26-02	4,41i-11	
4,35	Eleonor Tavares			1	CNCI-1	Pombal	12-02		
4,30	Eleonor Tavares			1		Eaubonne	05-02		
4,30	Eleonor Tavares			4		Eaubonne	16-02		
4,24	Eleonor Tavares			4		Villerbanne	20-01		
4,22	Eleonor Tavares			6		Dresden - Ale	27-01		
4,20	Eleonor Tavares			1	C. Port	Espinho	19-02		
3,90	Marta Onofre	Sporting CP	28-01-91	1s	CNCI-Ap	Pombal	28-01	3,82i-11	
3,85	Marta Onofre			1		Jamor	22-02		
3,78	Diana Carquejo	Esc. Movimento	10-05-87	3	C. Port	Espinho	19-02	3,72i-11	
3,66	Cátia Pereira	JOMA	05-07-89	4	C. Port	Espinho	19-02	3,48i-11	
3,54	Isabel Vieira	SL Benfica	25-02-93	5	C. Port	Espinho	19-02	3,48i-11	
3,31	Sara Sousa	CS Marítimo	14-08-93	6	C. Port	Espinho	19-02	3,00i-11	
3,31	Ana Vasconcelos	SL Benfica	18-07-92	7	C. Port	Espinho	19-02	3,35i-11	
3,20	Tânia António	GRECAS	29-12-87	1		Espinho	21-01	3,40i-08	
3,10	Filipa Choon	SL Benfica	22-11-95	4		Jamor	22-02		
2,90	Lidia Nicole Alberto	Juv Vidigalense	ANG	15-02-93	2s	CNCI-Ap	Pombal	29-01	2,60i-11
2,85	Sara Ramalho	C Bf. C. Caparica		19-04-89	10	C. Port	Espinho	19-02	2,78i-10
2,82	Ana Patrícia Silva	CA Mar. Grande		28-11-93	3	CNJ	Pombal	22-01	2,60i-11
2,82	Ana Filipa Silva	CA Mar. Grande		09-03-93	4	CNJ	Pombal	22-01	2,75i-10/11
2,75	Nanci Sousa	Gira Sol RC		28-09-90	3s	CNCI-Ap	Pombal	29-01	3,01i-10
2,70	Andreia Grácio	ADR Aguas Belas		17-09-96	1		Pombal	15-01	
2,60	Liliana Manhente	Esc Movimento		30-03-85	2	C. Norte	Braga	07-01	2,80i-08
2,60	Flavia Vicente	20Km Almeirim		03-01-84	2		Alpiarça	19-02	2,60i-11
2,55	Daniela Pinote	CP Alcanena		16-05-93	3		Alpiarça	19-02	2,30i-11
2,50	Sara Mendes	NDJ Laranjeiro		16-04-95	6	Taça FPA	Alpiarça	08-01	2,60i-11
2,50	Rute Lopes	Gira Sol RC		17-02-92	6	CNCI-1	Pombal	12-02	

Comprimento/Long Jump – 5,60 - 5,00

6,19	Shaina Anthony Mags	Sporting CP	NIG	11-04-92	ex	C. Port	Espinho	18-02	5,95i-10
6,16	Shaina Anthony Mags				ex	CN23	Espinho	04-02	
6,11	Shaina Anthony Mags				1s	CNCI-Ap	Pombal	28-01	
6,09	Shaina Anthony Mags				1	CNCI-1	Pombal	11-02	
6,08	Ungudi Quiawacana	SL Benfica		09-11-90	1	CN23	Espinho	04-02	6,10i-11
6,06	Shaina Anthony Mags				1		Jamor	18-01	
6,06	Marta Godinho	GD Estreito		24-06-80	2s	CNCI-Ap	Pombal	28-01	6,39i-04
6,06	Ungudi Quiawacana				1s	CNCI-Ap	Pombal	29-01	
6,00	Marta Godinho				1	C. Port	Espinho	18-02	
5,96	Ungudi Quiawacana				2	CNCI-1	Pombal	11-02	
5,84	Carmen Nascimento	Sporting CP		21-12-89	2		Jamor	18-01	5,83i-11
5,78	Ana Margarida Oliveira	GA Fátima		18-07-95	1	CNJ	Pombal	21-01	5,52i-11
5,78	Ungudi Quiawacana				2	C. Port	Espinho	18-02	
5,74	Cláudia Rodrigues	Gira Sol RC		11-11-89	1		Pombal	14-01	5,47i-09/10
5,73	Ana Margarida Oliveira				Pen		Pombal	08-01	
5,73	Vanessa Rocha	CS Marítimo		02-01-90	3		Jamor	18-01	5,67i-08
5,67	Ungudi Quiawacana				1	Taça FPA	Alpiarça	08-01	
5,64	Ana Margarida Oliveira				1		Pombal	14-01	
5,61	Sónia Marques	Juv. Vidigalense		06-07-86	3	CNCI-1	Pombal	11-02	5,64i-11
5,61	Carmen Nascimento				3	C. Port	Espinho	18-02	5,83i-11
5,60	Ana Margarida Oliveira				Pen		Pombal	18-12	
5,60	Lucinda Gomes	Sporting CP		16-04-95	4		Jamor	18-01	5,50i-11
5,60	Sónia Marques				2s	CNCI-Ap	Pombal	29-01	

5,58	Maria Vaz Guedes	SL Benfica		05-11-96	2	CNJ	Pombal	21-01	
5,57	Ludmila Nascimento	Sporting CP		01-11-96	4	C. Port	Espinho	18-02	5,20i-11
5,55	Evelise Veiga	Juv. Vidigalense	CPV	03-03-96	ex	C. Port	Espinho	18-02	4,89i-11
5,54	Anabela Neto	Sporting CP		25-03-91	Pen		Pombal	17-12	5,32i-10
5,47	Lisandra Lopes	GRECAS		07-04-88	1		Espinho	15-02	5,21i-11
5,36	Sandra Moreira	Sporting CP		19-02-93	5	CNJ	Pombal	21-01	
5,32	Jessica Barreira	Sporting CP		29-01-97	TT		Alpiarça	04-02	5,14i-11
5,31	Witney Barata	JOMA		31-01-88	3s	CNCI-Ap	Pombal	28-01	5,47i-10
5,31	Rute Lopes	Gira Sol RC		17-02-92	3s	CNCI-Ap	Pombal	29-01	5,08i-08
5,30	Ana Patrícia Silva	CA Mar. Grande		28-11-93	4s	CNCI-Ap	Pombal	29-01	5,10i-11
5,27	Ana Jorge	ACRSra. Desterro		12-07-94	5s	CNCI-Ap	Pombal	29-01	
5,24	Elizandra Alberto	AAT Cartaxense	ANG	15-12-97	TT		Alpiarça	07-01	5,17i-11
5,24	Natércia Lopes	GCA Donas		14-09-76	6	CNCI-1	Pombal	11-02	5,37i-11
5,22	Claudina Borges	SL Benfica	CPV	14-08-91	6	CN23	Espinho	04-02	5,58i-11
5,11	Inês Dias	CARDES		20-05-94	8	CNJ	Pombal	21-01	5,06i-11
5,10	Carolina Pandeirada	GRECAS		21-10-93	Pen	C. Port	Espinho	19-02	
5,10	Rafaela Vitorino	SL Benfica		18-08-95	Pen	C. Port	Espinho	19-02	5,26i-11
5,08	Soraya Bentual	CAS Manique	GBS	23-12-95	3	CNCI-2	Pombal	11-02	
5,05	Isabel Vieira	SL Benfica		25-02-93	9	CN23	Espinho	04-02	5,00i-08
5,03	Jennifer Gomes	ADRE Palhaça		21-03-95	7	CNCI-1	Pombal	11-02	
5,02	Catarina Silva	GRECAS		03-04-90	3	CNU	Pombal	25-02	5,07i-10

Triplo/Triple Jump – 11,80 - 10,20

13,94	Patrícia Mamona	Sporting CP	RNi	21-11-88	1	C. Port	Espinho	19-02	13,85i-10
13,82	Susana Costa	Sporting CP		22-09-84	1		Pombal	26-02	13,77i-08
13,72	Susana Costa				1s	CNCI-Ap	Pombal	28-01	
13,67	Susana Costa				2	C. Port	Espinho	19-02	
13,63	Patrícia Mamona				2		Pombal	26-02	
13,45	Patrícia Mamona				1		Jamor	01-02	
13,40	Susana Costa				1		Jamor	12-01	
13,39	Patrícia Mamona				1	CNCI-1	Pombal	12-02	
13,10	Shaina Anthony Mags	Sporting CP	NIG	11-04-92	ex	C. Port	Espinho	19-02	12,22i-10
13,07	Shaina Anthony Mags				3		Pombal	26-02	
12,99	Sandra Sofia Tavares	França		09-02-84	4	C. Fra	Aubiere	26-02	12,91i-11
12,93	Shaina Anthony Mags				ex	CN23	Espinho	05-02	
12,73	Vanessa Rocha	CS Marítimo		02-01-90	2s	CNCI-Ap	Pombal	28-01	12,59i-10
12,72	Anabela Neto	Sporting CP		25-03-91	3	C. Port	Espinho	19-02	12,11i-11
12,66	Vanessa Rocha				2		Jamor	12-01	
12,65	Sandra Sofia Tavares				4	C. Port	Espinho	19-02	12,91i-11
12,62	Anabela Neto				1	CN23	Espinho	05-02	
12,60	Shaina Anthony Mags				2		Jamor	01-02	
12,59	Sandra Sofia Tavares				3		Eaubonne	28-01	12,91i-11
12,58	Vanessa Rocha				3		Jamor	01-02	
12,45	Vanessa Rocha				2	CN23	Espinho	05-02	
12,35	Sandra Sofia Tavares				2		Nogent sur oise	11-02	12,91i-11
12,29	Carmen Nascimento	Sporting CP		21-12-89	3		Jamor	12-01	12,46i-11
12,26	Carmen Nascimento				4		Jamor	01-02	12,46i-11
12,25	Anabela Neto				ex		Pombal	15-01	
12,25	Sandra Sofia Tavares				1		Val de reuil	04-02	12,91i-11
12,24	Lucinda Gomes	Sporting CP		16-04-95	4		Pombal	26-02	11,73i-11
12,21	Cláudia Rodrigues	Gira Sol RC		11-11-89	2s	CNCI-1	Pombal	12-02	11,44i-11
12,20	Sónia Marques	Juv. Vidigalense		06-07-86	3s	CNCI-1	Pombal	12-02	11,85i-11
12,06	Carmen Nascimento				5	C. Port	Espinho	19-02	12,46i-11
11,86	Cláudia Rodrigues				1s	CNCI-Ap	Pombal	29-01	
11,82	Jessica Barreira	Sporting CP	RNi INI	29-01-97	1		Pombal	04-03	
11,78	Ana Margarida Oliveira	GA Fátima		18-07-95	1	CNJ	Pombal	22-01	12,13i-11
11,77	Sandra Moreira	Sporting CP		19-02-93	5		Pombal	26-02	10,55i-10

11,74	Ana Patrícia Silva	CA Mar. Grande	28-11-93	2s	CNJ	Pombal	22-01	11,37i-11
11,68	Witiney Barata	JOMA	31-01-88	4s	CNCI-1	Pombal	12-02	
11,60	Catarina Fernandes	Sporting CP	16-02-98	2		Pombal	04-03	
11,54	Claudina Borges	SL Benfica	CPV 14-08-91	4s	CNCI-Ap	Pombal	29-01	11,70i-10
11,47	Stenia Betuncal	CAS Manique	25-11-92	1	CNCI-2	Pombal	12-02	11,74i-11
11,45	Ana Vasconcelos	SL Benfica	18-07-92	4	CN23	Espinho	05-02	11,27i-10
11,39	Ana Monjane	Sporting CP	13-05-93	3	CNJ	Pombal	22-01	11,52i-11
11,38	Filipa Silva	FCC Lourosa	28-11-94	7	CN23	Espinho	05-02	11,03i-10
11,37	Leida Fernandes Soares	GCA Donas	CPV 10-11-89	5s	CNCI-Ap	Pombal	29-01	10,82i-08
11,23	Carolina Pandeirada	GRECAS	21-10-93	5	CNJ	Pombal	22-01	11,05i-11
11,19	Valdénia Carvalho	GR Qt. Lomba	06-07-93	6	CNJ	Pombal	22-01	11,32i-11
10,90	Ana Filipa Silva	CA Mar. Grande	09-03-93	8	CNJ	Pombal	22-01	11,09i-11
10,88	Inês Bola	ADRE Palhaça	13-05-94	2s	CNCI-Ap	Espinho	28-01	10,24i-11
10,87	Helena Gomes	JOMA	92	9	CN23	Espinho	05-02	
10,79	Rita Mota	AR Luz e Vida	30-08-94	4	CNCI-2	Pombal	12-02	10,74i-11
10,65	Andreia Pinto	CA Mar. Grande	16-04-93	9	CNJ	Pombal	22-01	10,62i-11
10,60	Mariana Morgado	AC Vermoil	16-11-89	4s		Pombal	15-01	10,64i-06
10,60	Daniela Jorge	Juv. Vidigalense	25-10-97	3		Pombal	04-03	10,49i-11
10,58	Cristiana Silveira	CA Terceira	18-05-95	5	Taça FPA	Alpiarça	08-01	
10,52	Susana Guerra	AA Cartaxo	28-06-96	2s		Pombal	15-01	10,22i-10
10,40	Cátia Silva	CFU Lamas	28-12-88	4		Espinho	22-01	10,54i-05
10,32	Mariana Gil	CLAC	22-05-97	4		Pombal	04-03	
10,31	Isabel Vieira	SL Benfica	25-02-93	12	CNJ	Pombal	22-01	
10,26	Samaritana Cabral	ADCP Falésia	08-11-96	4s	CNCI-Ap	Pombal	28-01	
10,19	Aleksandra Vilovsky	SL Benfica	RUS 18-12-94	13	CNJ	Pombal	22-01	
10,10	Diana Moniz	GR Qt. Lomba	15-10-93	5s	CNCI-Ap	Pombal	28-01	
10,09	Melania Fonte	EC+S Lavra	95	4s	CNCI-Ap	Espinho	28-01	

Peso/Shot Put – 13,50 – 10,00

15,03	Irina Rodrigues	Sporting CP	05-02-91	1	CN23	Espinho	04-02	13,90i-10
14,74	Irina Rodrigues			1	CNCI-1	Pombal	11-02	
14,68	Irina Rodrigues			1	C. Port	Espinho	18-02	
14,61	Irina Rodrigues			1		Pombal	26-02	
13,43	Silvia Cruz	Sporting CP	29-12-80	2	C. Port	Espinho	18-02	14,84i-08
13,42	Isabel Ribeiro	AA Coimbra	29-02-88	3	C. Port	Espinho	18-02	13,68i-06
12,60	Juliana Pereira	Juv. Vidigalense	03-01-95	4		Pombal	26-02	11,28i-11
12,56	Sónia Grácio	ADRE Palhaça	26-03-74	1		Espinho	21-01	15,24i-00
12,03	Inês Fernandes	ADC Lovelhe	28-06-88	1	INAS	Manchester	16-03	12,19i-09
11,94	Diana Hernandez	GRECAS	01-01-93	3	CNCI-1	Pombal	11-02	12,49i-10
11,80	Fernanda Angélica Martins	CS Marítimo	02-04-75	1		Espinho	15-02	12,89i-10
11,75	Cristiana Oliveira	JOMA	30-06-84	4	CNCI-1	Pombal	11-02	14,16i-07
11,36	Helena Fernandes	CSP Paulo VI	15-03-93	3	CN23	Espinho	04-02	10,08i-10
11,30	Nicole Magalhães	GR Qt. Lomba	22-06-94	3s	CNCI-Ap	Pombal	28-01	10,25i-11
11,07	Cristiana Campos	Gira Sol RC	16-01-95	2s	CNCI-Ap	Pombal	29-01	10,74i-11
11,02	Ana Filipa Mendes	SL Benfica	02-06-94	4	CNJ	Pombal	21-01	11,14i-11
10,86	Margarida Ferreira	ADRE Palhaça	27-10-94	2		Espinho	21-01	10,01i-11
10,69	Cláudia Rodrigues	Gira Sol RC	11-11-89	Pen		Pombal	08-01	11,24i-08
10,60	Ana Patrícia Garrido	ACR Váldagua	03-12-91	5	CN23	Espinho	04-02	10,07i-10
10,50	Rafaela Vitorino	SL Benfica	18-08-95	6	CNCI-1	Pombal	11-02	
10,45	Alda Fernandes	ACRSra. Desterro	28-05-93	3s	CNCI-Ap	Pombal	29-01	11,50i-11
10,40	Teresa Ribeiro	GCA Donas	23-08-88	3s	CNCI-Ap	Pombal	28-01	10,36i-07
10,34	Marta Monteiro	CA Avintes	02-01-90	2		Braga	17-12	
10,24	Ana Teresa Coelho	ACR Valdágua	04-02-93	7	CN23	Espinho	04-02	10,67i-10
10,19	Jessica Include	Sporting CP	GBS 25-03-96	7	CNJ	Pombal	21-01	
10,14	Verónica Jerónimo	ACDR Arneirense	14-01-91	3	CNCI-2	Pombal	11-02	

Pentatlo - 2500

3.629	Rafaela Vitorino	SL Benfica	RN Juv	18-08-95	1	C. Port	Espinho	19-02	
3.617	Cláudia Rodrigues	Gira Sol RC		11-11-89	1		Pombal	08-01	3607i-09
3.598	Cláudia Rodrigues				2	C. Port	Espinho	19-02	
3.550	Cláudia Rodrigues				1		Pombal	17-12	
3.539	Anabela Neto	Sporting CP		25-03-91	1		Pombal	17-12	2876i-08
3.525	Ana Margarida Oliveira	GA Fátima		18-07-95	3	C. Port	Espinho	19-02	
3.441	Ana Margarida Oliveira				2		Pombal	08-01	
3.171	Rute Lopes	Gira Sol RC		17-02-92	4	C. Port	Espinho	19-02	2699i-09
3.058	Carolina Pandeirada	GRECAS		21-10-93	5	C. Port	Espinho	19-02	
3.003	Rute Lopes				2		Pombal	17-12	
2.930	Rita Mota	SC Braga		30-08-94	6	C. Port	Espinho	19-02	
2.907	Cláudia Oliveira	GRECAS		24-04-95	7	C. Port	Espinho	19-02	
2.869	Rita Mota				ex		Espinho	04-02	
2.822	Cláudia Oliveira				4		Pombal	08-01	
2.780	Daniela Pereira	Juv. Vidigalense		30-03-94	2		Pombal	17-12	2750i-10
2.737	Carolina Pandeirada				5		Pombal	08-01	
2.668	Cláudia Oliveira				3		Pombal	18-12	
2.658	Inês Bola	ADRE Palhaça		13-05-94	8	C. Port	Espinho	19-02	
2.644	Carolina Pandeirada				4		Pombal	17-12	
2.565	Verónica Zhukova	Juv. Vidigalense		12-03-93	5		Pombal	17-12	2569i-11
2.510	Inês Bola				1		Espinho	04-02	
2.500	Sara Silva	EC+S Lavra		03-01-94	9	C. Port	Espinho	19-02	
2.499	Silvia Florido	Esc. Movimento		93	1	C. Norte	Braga	22-01	

3.000 m M/W - 16.00,0

12.34,00	Ana Cabecinha	CO Pechão		29-04-84	1	C. Port	Espinho	18-02	12.46,24i-11
12.35,12	Vera Santos	Sporting CP		03-12-81	1s	CNCI-Ap	Pombal	28-01	12.30,15i-09
13.02,24	Inês Henriques	CN Rio Maior		01-05-80	1s		Pombal	14-01	12.28,70i-11
13.51,77	Sandra Silva	Gira Sol RC		21-09-75	2	CNCI-1	Pombal	11-02	14.09,22i-08
14.21,61	Daniela Cardoso	NDA Pombal		15-12-91	1	CN23	Espinho	04-02	13.51,46i-11
14.23,00	Mara Ribeiro	CN Rio Maior		11-05-95	3s	CNCI-Ap	Pombal	28-01	14.50,54i-11
14.27,69	Nádia Cancela	ACRSra. Desterro		24-03-93	1	CNJ	Pombal	21-01	14.51,02i-11
14.29,43	Sandra Monteiro	SL Benfica		05-09-92	2	CN23	Espinho	04-02	14.57,23i-11
14.33,96	Liliana Martins	GCA Donas		20-07-90	3s	CNCI-Ap	Pombal	29-01	14.46,68i-10
14.37,20	Márcia Silva	Juv. Vidigalense		16-05-87	4s	CNCI-Ap	Pombal	29-01	14.39,72i-07
14.38,82	Filipa Ferreira	CO Pechão		05-11-94	3	CN23	Espinho	04-02	15.40,62i-11
14.47,20	Sandra Vieira Leitão	ADRE Palhaça		01-11-75	6	C. Port	Espinho	18-02	13.38,54i-04
15.01,49	Anna Hurlbaus	CN Rio Maior	UKR	18-06-94	4	CNJ	Pombal	21-01	15.11,00i-11
15.23,04	Ana Raquel Marques	JOMA		21-09-83	8	CNCI-1	Pombal	11-02	14.51,81i-06
15.29,35	Edna Barros	CO Pechão		18-12-96	5	CNJ	Pombal	21-01	
15.59,76	Marisa Paulino	CA Mar. Grande		13-12-96	6s	CNCI-Ap	Pombal	29-01	

4 x 400 m – 4.05,0 - 4.31,0

3.44,34	Sporting CP	P. Lopes, J. Monteiro, C. Nunes, V. Barbosa	1s	CNCI-1	Pombal	12-02	3.48,36i-11
3.50,78	Sport Lisboa e Benfica	D. Évora, M. Guedes, N. Reis, N. Gaspar	2s	CNCI-1	Pombal	12-02	
3.51,35	Sporting CP	V. Barbosa, C. Azevedo, C. Nunes, P. Lopes	1s	CNCI-Ap	Pombal	28-01	
3.57,29	Sport Lisboa e Benfica	C. Costa, N. Gaspar, M. Vaz Guedes, N. Reis	1s	CNCI-Ap	Pombal	29-01	3.47,64i-96
3.59,36	ADRE Palhaça	V. Lima, A. Santos, D. Urbano, M. Cardoso	1	C. Port	Espinho	19-02	4.15,65i-11
4.03,33	ADRE Palhaça	V. Lima, D. Urbano, A. Santos, M. Cardoso	1s	CNCI-1	Pombal	12-02	
4.03,64	GCA Donas	C. Jacinto, D. Gonçalves, M. Bernardo, L. Delgado	2s	CNCI-1	Pombal	12-02	4.07,89i-11
4.03,93	Gira Sol RC	R. Lopes, C. Rodrigues, I. Areias, A. Almeida	3s	CNCI-1	Pombal	12-02	4.01,62i-10
4.08,93	JO Monte Abraão	S. Estriga, A. Santos, J. Monteiro, F. Martins	3s	CNCI-1	Pombal	12-02	3.49,22i-10
4.09,13	SC Braga	C. Cunha, P. Caldas, C. Rodrigues, B. Ferreira	2s	CNCI-Ap	Pombal	28-01	3.42,60i-09
4.10,29	Juventude Vidigalense	E. Veiga, F. Eutiquio, C. Moreira, S. Martins	4s	CNCI-1	Pombal	12-02	4.00,55i-05
4.14,16	GRECAS	C. Oliveira, L. Lopes, V. Ribeiro, C. Amorim	4s	CNCI-1	Pombal	12-02	4.05,96i-05
4.17,99	ACDR Arneirense	A.B. Fernandes, J. Brito, P. Rosado, J. Domingos	1s	CNCI-Ap	Pombal	29-01	4.14,74i-09
4.18,52	CA Salesianos Manique	J. Vitorino, S. Bentucal, R. Gomes, S. Fernandes	2s	CNCI-2	Pombal	12-02	4.16,53i-11
4.20,66	ACR Sra. Desterro	V. Nunes, C. Costa, A.R. Augusto, A. Jesus	1s	CNCI-2	Pombal	12-02	
4.28,14	CD C+S Lavra	A. Queiros, M. Fonte, A. Rodrigues, R. Valente	3	C. Port	Espinho	19-02	4.15,51i-04
4.29,41	CA Mar. Grande	C. Silva, S. Sousa, A. Monteiro, A.F. Silva	3s	CNCI-2	Pombal	12-02	4.16,70i-09

(*) com atletas estrangeiros