

60 m - 7,00 - 7,30

6,72	Yazaldes Nascimento	SL Benfica	17-04-86	1	Jamor	01-02	6,77i-11
6,75	Arnaldo Abrantes	SL Benfica	27-11-86	2	Jamor	01-02	6,65i-11
6,76	Yazaldes Nascimento			1	CNCI-1 Pombal	11-02	
6,78	Yazaldes Nascimento			1	C. Port Espinho	18-02	
6,79	Francis Obikwelu	Sporting CP	22-11-78	3	Jamor	01-02	6,53i-11
6,79	Arnaldo Abrantes			2	C. Port Espinho	18-02	
6,80	Ricardo Monteiro	SL Benfica	02-10-85	4	Jamor	01-02	6,82i-10
6,80	Francis Obikwelu			2	CNCI-2 Pombal	11-02	
6,81	Yazaldes Nascimento			1h	Jamor	18-01	
6,81	Yazaldes Nascimento			1h	Jamor	01-02	
6,82	Yazaldes Nascimento			1	Jamor	18-01	
6,82	Ricardo Monteiro			2	Jamor	18-01	
6,82	Yazaldes Nascimento			1s	CNCI-Ap Pombal	29-01	
6,82	Ricardo Monteiro			3	C. Port Espinho	18-02	
6,83	Arnaldo Abrantes			1ex	Pombal	28-01	
6,83	Yazaldes Nascimento			ex	Pombal	29-01	
6,84	Ricardo Monteiro			1h	Jamor	01-02	
6,84	Arnaldo Abrantes			1sf	C. Port Espinho	18-02	
6,84	Edi Sousa	Sporting CP	11-07-89	1	CNU Pombal	25-02	6,84i-11
6,85	Ricardo Monteiro			1s	Jamor	12-01	
6,85	Arnaldo Abrantes			2h	Jamor	01-02	
6,85	Francis Obikwelu			ex	Pombal	11-02	
6,85	Ricardo Monteiro			2sf	C. Port Espinho	18-02	
6,86	Francis Obikwelu			1s	CNCI-Ap Pombal	28-01	
6,86	Ricardo Monteiro			ex	Pombal	29-01	
6,86	Yazaldes Nascimento			1sf	C. Port Espinho	18-02	
6,86	Edi Sousa			3sf	C. Port Espinho	18-02	
6,87	Ricardo Monteiro			ex	Pombal	11-02	
6,88	Aucuim Lopes	SL Benfica	GBS 06-03-91	1	CN23 Espinho	04-02	6,96i-11
6,88	Edi Sousa			4	C. Port Espinho	18-02	
6,89	Edi Sousa			1s	Taça FPA Pombal	07-01	
6,89	Ricardo Monteiro			2h	Jamor	18-01	
6,89	Edi Sousa			5	Jamor	01-02	
6,90	Carlos Nascimento	Esc Movimento	12-10-94	1s	CNCI-Ap Espinho	28-01	6,93i-11
6,90	Francis Obikwelu			1h	Jamor	01-02	
6,90	Aucuim Lopes			2h	Jamor	01-02	
6,91	Nuno Batista	JOMA	10-04-91	2	CN23 Espinho	04-02	6,96i-10
6,91	Aucuim Lopes			ex	Pombal	11-02	
6,92	Edi Sousa			1ex	Taça FPA Pombal	07-01	
6,92	Aucuim Lopes			1s	Jamor	12-01	
6,92	Carlos Nascimento			1	CNJ Pombal	21-01	
6,92	Edi Sousa			2ex	Pombal	28-01	
6,92	Edi Sousa			2h	Jamor	01-02	
6,92	Aucuim Lopes			5	C. Port Espinho	18-02	
6,92	Ricardo Monteiro			1h	C. Port Espinho	18-02	
6,92	Tiago Silvestre	SL Benfica	18-06-91	2sf	C. Port Espinho	18-02	6,93i-10
6,93	Arnaldo Abrantes			2s	Jamor	12-01	
6,93	André Costa	SL Benfica	09-05-92	1mf	CN23 Espinho	04-02	7,06i-11
6,93	Tiago Silvestre			6	C. Port Espinho	18-02	
6,93	Nuno Batista			3sf	C. Port Espinho	18-02	
6,94	Tiago Silvestre			ex	Pombal	11-02	
6,94	Dany Gonçalves	CS Maritimo	14-03-85	4sf	C. Port Espinho	18-02	6,81i-09
6,95	Aucuim Lopes			3	Jamor	18-01	
6,95	Yazaldes Nascimento			1h	C. Port Espinho	18-02	
6,95	Holder da Silva	CF Belenenses	GBS 22-01-88	3h	C. Mundo Istambul-TUR	09-03	6,80i-09
6,96	André Costa			1h	CN23 Espinho	04-02	
6,96	Nuno Batista			1mf	CN23 Espinho	04-02	
6,96	Dany Gonçalves			7	C. Port Espinho	18-02	
6,96	Arnaldo Abrantes			1h	C. Port Espinho	18-02	

6,96	Dany Gonçalves			1h	C. Port	Espinho	18-02	
6,96	Edi Sousa			1h	C. Port	Espinho	18-02	
6,96	Nuno Batista			2	CNU	Pombal	25-02	
6,97	Aucuim Lopes			6		Jamor	01-02	
6,97	André Costa			3	CN23	Espinho	04-02	
6,97	Nuno Batista			2h	C. Port	Espinho	18-02	
6,97	Aucuim Lopes			5sf	C. Port	Espinho	18-02	
6,98	Ricardo Monteiro			2ex	Taça FPA	Pombal	07-01	
6,98	Nuno Batista			3h		Jamor	01-02	
6,98	Tiago Silvestre			2mf	CN23	Espinho	04-02	
6,98	Edi Sousa			1h	CNU	Pombal	25-02	
6,99	Ricardo Monteiro			2s	Taça FPA	Pombal	07-01	
6,99	Aucuim Lopes			1h		Jamor	18-01	
6,99	Tiago Silvestre			2h	C. Port	Espinho	18-02	
6,99	António Brandão	CCSJ. Madeira	08-09-92	3h	C. Port	Espinho	18-02	7,08i-10
7,00	Tiago Silvestre			1h	CN23	Espinho	04-02	
7,00	Ivo Vital	SL Benfica	09-08-88	2h	C. Port	Espinho	18-02	6,88i-09
7,00	João Almeida	Sporting CP	05-04-88	3h	C. Port	Espinho	18-02	7,07i-09
7,01	Rasul Dabo	SL Benfica	14-02-89	1s		Jamor	12-01	7,11i-10
7,03	Luis Neves	SL Benfica	22-05-95	2	CNJ	Pombal	21-01	7,21i-11
7,04	Ernane Silva	Sporting CP	GBS 19-09-92	3mf	CN23	Espinho	04-02	
7,05	Samuel Remédios	GA Fátima	24-02-92	1		Pombal	17-12	7,04i-10
7,05	Bruno Fernandes	SL Benfica	26-05-91	4s	Taça FPA	Pombal	07-01	7,02i-10
7,05	Pedro Bernardo	Sporting CP	12-05-89	4		Jamor	18-01	7,07i-11
7,07	Edgar Batista	Esc Movimento	12-07-91	2	CNCI-2	Pombal	11-02	7,07i-10
7,08	João Gonçalves	SL Benfica	31-12-93	4h	C. Port	Espinho	18-02	7,33i-11
7,10	Ricardo Pereira	SL Benfica	04-03-96	1s	Taça FPA	Pombal	07-01	7,38i-11
7,10	João Ferreira	Sporting CP	20-10-86	5s		Jamor	12-01	6,95i-07
7,10	David Mateus	CRD Santaluziense	06-10-91	1s		V. R. Sto. António	21-01	
7,10	David Lima	Sporting CP	06-09-90	6	CN23	Espinho	04-02	
7,11	Edgar Remédios	GA Fátima	05-05-94	2		Pombal	14-01	7,20i-11
7,11	Nuno Cardoso	Gira Sol RC	13-02-82	4ex		Pombal	28-01	6,94i-05
7,12	Rafael Martins	Gira Sol RC	31-07-96	1s		Pombal	14-01	7,29i-11
7,12	Luis Silva	CC SJ. Madeira	11-07-93	1mf		Espinho	21-01	7,28i-08
7,12	Paulo Gomes	CA Bx Banheira	93	2mf	CNJ	Pombal	21-01	7,15i-11
7,13	Artur Koshchuk	Juv. Vidigalense	UKR 05-03-94	2h	CNJ	Pombal	21-01	7,11i-10
7,13	Helder Pinto	Gira Sol RC	07-04-93	8sf	C. Port	Espinho	18-02	7,19i-11
7,13	Wilson Martins	Juv. Vidigalense	CPV 01-03-88	4	CNU	Pombal	25-02	7,15i-11
7,13	Bruno Ferreira	SL Benfica	27-05-90	2		Pombal	26-02	6,94i-10
7,14	Carlos Pinheiro	Sporting CP	24-03-88	2s		Jamor	12-01	7,11i-09
7,14	Pedro Cabral	C Operário D	10-03-93	6h	C. Port	Espinho	18-02	
7,15	Raul Veloso	CCD Ribeirão	01-10-81	1		Braga	25-02	6,90i-05
7,17	João Gradiz	BNS Conceição	02-05-89	2s	Taça FPA	Pombal	07-01	7,14i-08
7,17	José Pedro Lopes	SL Benfica	23-05-95	4mf	CNJ	Pombal	21-01	
7,17	João Barros	Sporting CP	STP 25-05-93	2h		Pombal	26-02	
7,18	Carlos Calado	GA Fátima	05-10-75	1s		Pombal	17-12	6,60i-99
7,18	Luis Machado	Gira Sol RC	07-07-86	2s	Taça FPA	Pombal	07-01	6,98i-09
7,18	Henrique Água-Doce	BNS Conceição	25-09-94	5mf	CNJ	Pombal	21-01	7,37i-11
7,19	Luis Camilo	Gira Sol RC	10-10-92	1ex	Taça FPA	Pombal	07-01	7,31i-11
7,19	Luis Fernandes	Gira Sol RC	31-05-82	ex		Pombal	11-02	6,99i-04
7,20	Francisco Villar	UD Zona Alta	94	1		Alpiarça	11-02	7,30i-11
7,21	Joaquim Cabral	CRCD Luzense	17-04-88	2s		V.R. Sto. António	21-01	
7,21	Gracelino Barbosa	AA Coimbra	CPV 01-02-85	ex		Pombal	11-02	7,22i-10
7,22	Hugo Espírito Santo	Sporting CP	30-05-93	1s		Jamor	12-01	
7,23	Sérgio Mendes	GD Estreito	09-01-93	4h	CNJ	Pombal	21-01	7,27i-10
7,25	Joaquim Rodrigues	CCD Ribeirão	25-03-90	2h	C. Norte	Braga	07-01	7,22i-08
7,25	Paulo Xavier Mendes	Sporting CP	95	4h	CNJ	Pombal	21-01	
7,25	Xavier Mendes	Sporting CP	95	4h	CNJ	Pombal	21-01	
7,25	Miguel Roque	AA Coimbra	19-04-92	4s	CNCI-Ap	Pombal	28-01	
7,25	Ricardo Pinto	GR Qt. Lomba	18-04-93	4h		Jamor	01-02	7,18i-09
7,26	Kevin Santos	AC Vermoill	20-03-93	2s		Pombal	10-12	

7,26	Diogo Marouco	Juv. Vidigalense	27-12-87	5s	Taça FPA	Pombal	07-01	7,12i-09
7,26	Alexandre Cardeira	ACDR Arneirense	02-12-94	2s		Pombal	14-01	7,59i-11
7,26	Abel Pereira	ACR Valdágua	01-05-86	1h		Espinho	21-01	7,27i-11
7,26	Valter Pinto	Sporting CP	19-01-93	5h	CNJ	Pombal	21-01	7,22i-10
7,26	Bruno Gualberto	Juv. Vidigalense	01-08-88	ex		Pombal	29-01	7,05i-08
7,27	Adriano Lopes	Juv. Vidigalense	22-10-91	1s		Pombal	14-01	7,23i-11
7,27	Pedro Fontes	ACR Zona Azul	08-06-88	1s		V. R. Sto. António	21-01	7,18i-07
7,27	Jorge Santos	NA Cucujães	25-03-85	Hep		Espinho	03-02	7,25i-05
7,28	Miguel Saraiva	EC+S Lavra	93	2s	C. Norte	Braga	07-01	
7,28	Diogo Santos	Juv. Vidigalense	03-05-91	ex	C. Norte	Braga	07-01	7,13i-09
7,28	Tiago Marto	GA Fátima	05-05-86	5s		Jamor	12-01	7,06i-10
7,28	Guilherme Rosa	Maia AC	94	1		Braga	11-02	
7,28	João Fontela	CCSJ. Madeira	07-08-91	2h	CNU	Pombal	25-02	
7,29	José Rosa	Sporting CP	CPV 12-01-90	Hep	C. Port	Espinho	18-02	7,14i-11
7,30	Mateus Fortunato	ADL Apelaçoneses	BRA 13-06-95	6s	Taça FPA	Pombal	07-01	7,37i-11
7,30	Ricardo Lagna	CP Corroios	95	4h	CNJ	Pombal	21-01	
7,30	Francisco Casegas	CAS Manique	07-01-92	6h	CN23	Espinho	04-02	7,16i-10

200 m– 22,50 – 23,50

21,27	Arnaldo Abrantes	SL Benfica	27-11-86	1	C. Port	Espinho	19-02	21,02i-09
21,70	Arnaldo Abrantes			1s	CNCI-Ap	Pombal	29-01	
21,70	Yazaldes Nascimento	SL Benfica	17-04-86	1s	CNCI-1	Pombal	12-02	21,48i-11
21,92	Edi Sousa	Sporting CP	11-07-89	2s	CNCI-1	Pombal	12-02	21,86i-11
21,98	Edi Sousa			1s	CNCI-Ap	Pombal	28-01	
22,09	Dany Gonçalves	CS Marítimo	14-03-85	2	C. Port	Espinho	19-02	21,48i-09
22,15	David Lima	Sporting CP	06-09-90	1s	CN23	Espinho	05-02	
22,17	Dany Gonçalves			1h	C. Port	Espinho	19-02	
22,27	Bruno Gualberto	Juv. Vidigalense	01-08-88	1s	CNCI-1	Pombal	12-02	21,85i-08
22,30	António Brandão	CCSJ. Madeira	08-09-92	1s	CNCI-2	Pombal	12-02	22,77i-10
22,35	Bruno Gualberto			2s	CNCI-Ap	Pombal	29-01	
22,40	Edivaldo Monteiro	CA Bx Banheira	28-04-76	1s	CNCI-Ap	Pombal	28-01	21,81i-00
22,41	Luis Neves	SL Benfica	22-05-95	1s	CNJ	Pombal	22-01	22,93i-11
22,42	Bruno Fernandes	SL Benfica	26-05-91	2s	CN23	Espinho	05-02	22,36i-10
22,44	António Brandão			3	C. Port	Espinho	19-02	
22,48	Arnaldo Abrantes			1h	C. Port	Espinho	19-02	
22,63	Bruno Ferreira	SL Benfica	27-05-90	4	C. Port	Espinho	19-02	22,08i-10
22,69	José Pedro Lopes	SL Benfica	23-05-95	1s	CNJ	Pombal	22-01	
22,69	Ricardo Pereira	SL Benfica	04-03-96	2s	CNJ	Pombal	22-01	
22,74	Nuno Batista	JOMA	10-04-91	2s	CNCI-Ap	Pombal	28-01	23,01i-10
22,74	Tiago Silvestre	SL Benfica	18-06-91	1s	CN23	Espinho	05-02	22,68i-10
22,75	Diogo Santos	Juv. Vidigalense	03-05-91	1s	CN23	Espinho	05-02	22,08i-10
22,77	Rafael Martins	Gira Sol RC	31-07-96	2s	CNJ	Pombal	22-01	
22,82	Gilsson Tavares	Maia AC	CPV 29-08-84	1s	CNCI-Ap	Espinho	28-01	22,65i-10
22,84	Sérgio Silva	GRECAS	31-07-92	1s	CNCI-2	Pombal	12-02	22,72i-11
22,87	Aucuim Lopes	SL Benfica	GBS 06-03-91	4s	CN23	Espinho	05-02	22,38i-11
22,88	Edgar Batista	Esc Movimento	12-07-91	1s	CNCI-Ap	Espinho	28-01	22,98i-10
22,88	Alexandre Cardeira	ACDR Arneirense	02-12-94	1s	CNCI-Ap	Pombal	29-01	24,34i-11
22,92	Bruno Andrade	SL Benfica	28-02-92	2s	CN23	Espinho	05-02	23,00i-11
22,93	Raul Veloso	CCD Ribeirão	01-10-81	2s	CNCI-2	Pombal	12-02	22,34i-09
22,95	Miguel Roque	AA Coimbra	19-04-92	2s	CNCI-Ap	Pombal	28-01	23,50i-10
22,95	Gracelino Barbosa	AA Coimbra	CPV 01-02-85	ex	C. Port	Espinho	19-02	22,58i-11
22,97	Rodrigo Belo	AA Pinhalnovense	95	2s	CNCI-Ap	Pombal	29-01	
23,06	João Moniz	Juv. Vidigalense	17-11-94	1h		Pombal	11-12	23,05i-11
23,07	Luís Silva	CC SJ. Madeira	11-07-93	1s	CNCI-Ap	Espinho	28-01	
23,07	Rodolfo Varela	CA Seia	20-05-86	2s	CNCI-1	Pombal	12-02	22,46i-09
23,12	Diogo Marouco	Juv. Vidigalense	27-12-87	1s		Pombal	15-01	22,47i-09
23,16	Cristian Rosa	CN Rio Maior	16-04-95	1s		Pombal	15-01	23,08i-11
23,16	Ernane Silva	Sporting CP	GBS 19-09-92	3s	CN23	Espinho	05-02	
23,25	Nuno Cardoso	Gira Sol RC	13-02-82	1s		Pombal	15-01	23,12i-04
23,26	Kevin Santos	AC Vermoíl	20-03-93	1s		Pombal	04-03	
23,28	Edgar Remédios	GA Fátima	05-05-94	3s	CNCI-Ap	Pombal	29-01	

23,29	Francisco Évora	C+S Lavra		11-12-91	2s	CNCI-Ap	Espinho	28-01	
23,30	Wilson Martins	Juv. Vidigalense	CPV	01-03-88	1s		Pombal	04-03	23,17i-11
23,34	Pedro Cabral	C Operário D		10-03-93	1s	CNJ	Pombal	22-01	
23,42	Joaquim Rodrigues	CCD Ribeirão		25-03-90	2s	C. Norte	Braga	08-01	23,02i-08
23,48	Ricardo Pinto	GR Qt. Lomba		18-04-93	1s	CNCI-Ap	Pombal	28-01	
23,48	João Barros	Sporting CP	STP	25-05-93	2s		Pombal	04-03	

300 m – 39,00

36,05	António Brandão	CCSJ. Madeira		08-09-92	1s		Espinho	15-02	39,13i-09
36,36	António Rodrigues	Individual - G		25-09-88	1		Braga	21-12	35,18i-06
36,93	Rafael Martins	Gira Sol RC		31-07-96	1s		Pombal	26-02	
37,05	Joel Oliveira	Gira Sol RC		95	2s		Pombal	26-02	
37,18	Francisco Évora	C+S Lavra		11-12-91	1s		Espinho	15-02	38,28i-09
37,48	Daniel Silva	CCSJ. Madeira		93	3s		Espinho	15-02	
37,53	Helder Pinto	SC Braga		07-04-93	1s		Braga	21-12	37,64i-10
37,75	Joaquim Rodrigues	CCD Ribeirão		25-03-90	1s		Braga	21-12	38,26i-07
37,77	João Maciel	CA Mazarefes		95	1		Braga	11-02	
37,82	Tomás Ribeiro	EC+S Lavra		17-04-95	2s		Braga	11-02	
37,93	Amandio Leite	C Spiridon Gaia		90	2s		Braga	21-12	
38,00	Dylan Pedro	Juv. Vidigalense		04-01-95	3s		Pombal	26-02	39,32i-11
38,51	Diogo Correia	SFRA Amadora		01-06-96	4s		Pombal	26-02	
38,71	João Nogueira	ADRE Palhaça		07-05-92	2s		Espinho	15-02	
38,72	Diogo Castro	CCSJ. Madeira		01-04-95	2s		Espinho	15-02	
38,84	José Araújo	CCD Ribeirão		13-01-83	3s		Braga	21-12	38,04i-04
38,90	Miguel António Silva	NA Cucujães		03-02-94	3s		Espinho	15-02	39,56i-09

400 m– 50,20 – 52,30

48,19	Arnaldo Abrantes	SL Benfica		27-11-86	1s	CNCI-1	Pombal	11-02	
48,73	João Ferreira	Sporting CP		20-10-86	1s	Taça FPA	Pombal	07-01	48,00i-11
48,87	Ricardo Lima	Sporting CP		02-01-85	1s	C. Port	Espinho	18-02	49,83i-04
49,16	Carlos Pinheiro	Sporting CP		24-03-88	2s	Taça FPA	Pombal	07-01	48,60i-11
49,19	António Rodrigues	Individual - G		25-09-88	2s	C. Port	Espinho	18-02	47,95i-08
49,27	Fábio Weber	Sporting CP		26-05-94	3s	C. Port	Espinho	18-02	
49,27	José Miranda	SL Benfica		22-08-91	4s	C. Port	Espinho	18-02	50,01i-11
49,32		Ricardo Lima			1s	CNCI-1	Pombal	11-02	
49,61		José Miranda			1s	CNCI-Ap	Pombal	29-01	
49,67		António Rodrigues			3s	Taça FPA	Pombal	07-01	
49,77		Fábio Weber			1s	CNJ	Pombal	21-01	
49,77		José Miranda			1s	CN23	Espinho	04-02	
49,80		Ricardo Lima			1		Antequera-ESP	04-02	
49,86		Fábio Weber			2s	CN23	Espinho	04-02	
49,89	Fábio Gonçalves	SL Benfica		26-01-90	1s	C. Port	Espinho	18-02	49,77i-08
49,96		Fábio Weber			1s		Pombal	26-02	
49,98	Diogo Santos	Juv. Vidigalense		03-05-91	2s	CNCI-Ap	Pombal	29-01	49,49i-11
50,09		José Miranda			4s	Taça FPA	Pombal	07-01	
50,16	Naíel Almeida	SL Benfica	STP	20-10-86	1s	Taça FPA	Pombal	07-01	49,68i-09
50,20		Ricardo Lima			1s	CNCI-Ap	Pombal	28-01	
50,35	Pedro Fontes	ACR Zona Azul		08-06-88	2s	C. Port	Espinho	18-02	51,60i-10
50,54	Hugo Coutinho	Sporting CP		12-03-93	2s		Pombal	26-02	52,81i-11
50,55	Sérgio Duro	GDRC Coia		19-02-80	2s	CNCI-Ap	Pombal	28-01	47,26i-03
50,61	David Mateus	CRD Santaluziense		06-10-91	2s	CN23	Espinho	04-02	51,97i-11
50,61	Bruno Gualberto	Juv. Vidigalense		01-08-88	2s	CNU	Pombal	25-02	48,75i-09
50,75	João Delgado	CA Seia		08-01-90	3s	CNCI-1	Pombal	11-02	52,16i-08
50,77	Cristian Rosa	CN Rio Maior		16-04-95	2s	CNJ	Pombal	21-01	51,41i-11
50,78	Diogo Mestre	CA Bx Banheira		20-05-95	2s	CNCI-1	Pombal	11-02	
50,88	Pedro Semedo	Gira Sol RC	GBS	23-09-86	1s	Taça FPA	Pombal	07-01	50,58i-10
50,98	Miguel Roque	AA Coimbra		19-04-92	4s	CNCI-1	Pombal	11-02	51,76i-10
51,00	João Moniz	Juv. Vidigalense		17-11-94	2s		Pombal	14-01	51,05i-11
51,07	José Martins	Gira Sol RC		28-04-86	1s		Pombal	14-01	50,45i-11

51,18	Pedro Santos	CP Alcanena	01-01-88	1s		Pombal	14-01	51,72i-11
51,19	Bruno Ferreira	SL Benfica	27-05-90	3s		Pombal	26-02	
51,39	Cristiano Carreira	Juv. Vidigalense	04-03-90	3s	CNU	Pombal	25-02	50,79i-08
51,59	Joel Oliveira	Gira Sol RC	95	4s	CNJ	Pombal	21-01	
51,61	Hugo Santos	CA Riachense	05-01-91	1s	CNCI-Ap	Pombal	29-01	50,41i-09
51,71	Gilsson Tavares	Maia AC	CPV 29-08-84	1s	CNCI-Ap	Espinho	28-01	
51,75	Cesar Pedreira	NA Cucujães	20-08-87	2s	CNCI-2	Pombal	11-02	50,38i-06
51,77	Francisco Évora	C+S Lavra	11-12-91	1s	CNCI-Ap	Espinho	28-01	51,92i-11
51,83	Mauricio Alves	CO Pechão	CPV 05-01-94	2s	CNJ	Pombal	21-01	
51,94	Daniel Silva	CCSJ. Madeira	93	1s	CNCI-2	Pombal	11-02	
51,95	Henrique Marques	Gira Sol RC	22-06-93	1s		Pombal	26-02	
52,06	Tomás Batista	Esc Movimento	21-12-92	2s	CNCI-Ap	Espinho	28-01	
52,06	Rui Matos	GRECAS	09-09-92	3s	CNCI-2	Pombal	11-02	51,81i-10
52,11	Sérgio Silva	GRECAS	31-07-92	3s	CNCI-Ap	Espinho	28-01	50,53ii-11
52,14	Mário Santos Mendes	GA Fátima	28-07-88	5s	CNCI-Ap	Pombal	29-01	
52,19	Ruben Parreira	SL Benfica	11-04-95	3s	CNJ	Pombal	21-01	
52,26	Gracelino Barbosa	AA Coimbra	CPV 01-02-85	2s	CNCI-Ap	Pombal	28-01	50,29i-11
52,28	Pedro Novais	EBPG Sampaio	20-07-93	2s	CNCI-Ap	Espinho	28-01	

800 m – 1.53,0 – 2.00,0

1.51,07	António Rodrigues	Individual - G	25-09-88	1		Espinho	22-01	1.50,63i-11
1.51,09	Miguel Moreira	SL Benfica	04-02-91	1s		Pombal	26-02	1.53,57i-11
1.51,76	Miguel Moreira			1s	C. Port	Espinho	19-02	
1.51,78	João Brás	Sporting CP	13-08-89	2		Pombal	26-02	1.51,25i-11
1.51,96	António Rodrigues			3		Pombal	26-02	
1.52,02	Fernando Silva	Sporting CP	23-08-82	2s	C. Port	Espinho	19-02	1.50,72i-11
1.52,02	João Brás			3s	C. Port	Espinho	19-02	
1.52,39	Cristiano Silva	SL Benfica	10-05-85	4		Pombal	26-02	1.52,95i-11
1.52,45	António Rodrigues			4s	C. Port	Espinho	19-02	
1.52,48	João Brás			1	CNU	Pombal	25-02	
1.52,56	Fernando Silva			1s	CNCI-Ap	Pombal	28-01	
1.52,94	Pedro Alexandre Santos	C. Bf. Ch. Caparica	RNi Jv 12-04-95	2s	CNCI-Ap	Pombal	28-01	1.59,40i-11
1.53,75	José Martins	Gira Sol RC	28-04-86	1s	CNCI-Ap	Pombal	29-01	1.51,85i-11
1.53,89	Renato Silva	SL Benfica	22-08-81	2s	CNCI-Ap	Pombal	29-01	1.49,38i-03
1.53,89	Fábio Gonçalves	SL Benfica	26-01-90	1s	C. Port	Espinho	19-02	1.50,57i-09
1.54,79	Emanuel Rolim	SL Benfica	03-01-93	1s	CNJ	Pombal	22-01	1.54,30i-11
1.54,92	Ricardo Paixão	GD Estreito	01-04-86	4s	C. Port	Espinho	19-02	1.53,20i-10
1.55,00	Guilherme Pinto	Sporting CP	10-02-94	5		Pombal	26-02	
1.55,10	Hugo Coutinho	Sporting CP	12-03-93	5s	C. Port	Espinho	19-02	1.58,93i-10
1.55,32	Ricardo Fernandes	Juv. Vidigalense	04-07-91	3	CNCI-1	Pombal	12-02	1.54,52i-11
1.56,08	João Leal	Juv. Vidigalense	04-04-91	3s	CNCI-Ap	Pombal	29-01	1.55,80i-11
1.56,67	Sérgio Duro	GDRC Coia	19-02-80	1	CNCI-2	Pombal	12-02	
1.56,97	Hugo Almeida	CCSJ. Madeira	01-09-88	2	CNCI-2	Pombal	12-02	1.56,50i-11
1.57,17	Adrião Rodrigues	SL Benfica	16-03-93	ex		Pombal	15-01	
1.57,24	João Delgado	CA Seia	08-01-90	1s	CN23	Espinho	05-02	1.57,43i-08
1.57,31	Fábio Weber	Sporting CP	26-05-94	2s	CN23	Espinho	05-02	
1.57,31	Francisco Rodrigues	SC Braga	24-05-95	3	CNCI-2	Pombal	12-02	1.57,86i-11
1.57,34	Mauricio Alves	CO Pechão	CPV 05-01-94	1s	CNJ	Pombal	22-01	
1.57,53	Pedro Braz Correia	CR Praia Salema	86	6		Pombal	26-02	
1.57,63	Osvaldo Terra	AC Mocidade - Aç	20-11-78	7s	C. Port	Espinho	19-02	1.55,26i-11
1.57,69	Rui Matos	GRECAS	09-09-92	4	CNCI-2	Pombal	12-02	
1.57,71	Sérgio Teixeira	C Spiridon Gaia	24-02-94	6s	CNJ	Pombal	22-01	1.59,91i-11
1.57,75	Ruben Felizardo	CA Seia	17-06-91	4s	CNCI-Ap	Pombal	29-01	1.57,06i-11
1.58,06	Luís Fernandes	Maratona CP	11-12-93	7	CNJ	Pombal	22-01	1.59,13i-10
1.58,14	Diego Manjate	SST SJ Madeira	MOZ 16-08-91	1	C. Norte	Braga	08-01	1.54,06i-11
1.58,20	Mário Santos Mendes	GA Fátima	28-07-88	6	CNCI-1	Pombal	12-02	1.55,93i-07
1.58,56	Bruno Varela	SL Benfica	CPV 30-10-94	8s	CNJ	Pombal	22-01	
1.58,56	José Araújo	CCD Ribeirão	13-01-83	5	CNCI-2	Pombal	12-02	1.57,51i-08
1.58,64	Nuno Paulo	ACD S. João	24-07-93	9s	CNJ	Pombal	22-01	
1.58,99	Ruben Parreira	SL Benfica	11-04-95	3s	CNJ	Pombal	22-01	2.02,37i-11
1.59,05	Miguel Figueira	AC Tocha	95	1s		Pombal	15-01	2.03,09i-11

1.59,13	João Bernardo	Gira Sol RC		06-09-93	2s		Pombal	15-01	1.59,12i-10
1.59,16	Marco Marques	UFCI Tomar		23-09-82	1		Pombal	03-03	1.54,96i-03
1.59,23	Andrelino Furtado	SL Benfica	CPV	02-10-92	4s	CN23	Espinho	05-02	1.59,65i-11
1.59,79	Tiago Silva	NA Cucujães		07-05-94	2		Espinho	22-01	
1.59,92	Homilzio Santos	ACDR Arneirense	STP	10-07-92	5s	CN23	Espinho	05-02	
1.59,94	Marco Tavares	CA Bx Banheira		92	3s	CNCI-Ap	Pombal	28-01	

1500 m – 3.53,0 – 4.07,0

3.45,05	Hélio Gomes	Sporting CP		27-12-84	1	C. Port	Espinho	18-02	3.43,24i-11
3.45,09	Hélio Gomes				1s	CNCI-Ap	Pombal	28-01	
3.46,20	Hélio Gomes				1	CNCI-1	Pombal	11-02	
3.47,16	Bruno Albuquerque	Sporting CP		10-01-89	ex		Espinho	21-01	3.41,38i-10
3.49,83	Bruno Albuquerque				2	C. Port	Espinho	18-02	
3.50,99	Hugo Almeida	CCSJ. Madeira		01-09-88	1s		Espinho	21-01	3.51,48i-11
3.51,68	Miguel Moreira	SL Benfica		04-02-91	3	C. Port	Espinho	18-02	3.54,34i-11
3.52,13	Ricardo Paixão	GD Estreito		01-04-86	4	C. Port	Espinho	18-02	3.50,51i-10
3.52,94	Rui Pinto	SL Benfica		18-11-92	2	CNCI-1	Pombal	11-02	3.52,81i-10
3.54,05	Helio Fumo	SL Benfica		11-02-83	5	C. Port	Espinho	18-02	3.51,41i-07
3.54,30	Emanuel Rolim	SL Benfica		03-01-93	1	CNJ	Pombal	21-01	3.47,86i-11
3.56,74	Adrião Rodrigues	SL Benfica		16-03-93	2	CNJ	Pombal	21-01	4.07,98i-10
3.56,91	Bruno Moreira	GD Estreito		08-03-87	1		Braga	21-12	3.46,42i-10
3.57,60	Ricardo Fernandes	Juv. Vidigalense		04-07-91	2s	CNCI-Ap	Pombal	29-01	3.59,96i-10
3.57,65	Ruben Silva	SL Benfica		16-05-93	3	CNJ	Pombal	21-01	
3.58,77	Ruben Felizardo	CA Seia		17-06-91	6	C. Port	Espinho	18-02	3.58,89i-10
3.59,14	João Bernardo	Gira Sol RC		06-09-93	4	CNCI-1	Pombal	11-02	
3.59,33	Bruno Varela	SL Benfica		30-10-94	4	CNJ	Pombal	21-01	
3.59,35	João Leal	Juv. Vidigalense		04-04-91	3	CN23	Espinho	04-02	4.04,36i-11
3.59,48	Helder Costa	SL Benfica		04-07-95	5	CNJ	Pombal	21-01	4.03,67i-11
3.59,48	Hugo Daniel Santos	Liberdade FC		25-07-90	4	CN23	Espinho	04-02	
3.59,66	Luís Fernandes	Maratona CP		11-12-93	6	CNJ	Pombal	21-01	4.06,38i-11
4.00,04	Filipe Rosa	GA Fátima		14-07-84	5	CNCI-1	Pombal	11-02	4.05,79i-10
4.00,58	Marco Oliveira	CCD Ribeirão		30-09-90	6	CN23	Espinho	04-02	4.01,33i-11
4.00,97	Carlos Costa	NA Joane		03-02-86	2		Braga	21-12	3.56,98i-08
4.01,73	Manuel Fernandes	CS Marítimo		16-03-92	7	CN23	Espinho	04-02	4.02,41i-11
4.02,01	Andrelino Furtado	SL Benfica	CPV	02-10-92	8	CN23	Espinho	04-02	4.05,98i-11
4.02,16	Nuno Lopes	JU Fornos		87	3		Braga	21-12	
4.02,20	Francisco Rodrigues	SC Braga		24-05-95	1	C. Norte	Braga	07-01	
4.02,79	Luís Rações	Gira Sol RC		28-01-76	3s	CNCI-Ap	Pombal	29-01	3.55,09i-11
4.03,10	Sérgio Rodrigues	GRECAS		28-03-85	2	CNCI-2	Pombal	11-02	3.57,34i-11
4.03,25	Rui Silva	JU Fornos		04-01-85	2s		Espinho	21-01	3.56,38i-08
4.04,27	Ricardo Pereira	ACR Cambra		12-08-90	ex		Espinho	21-01	
4.04,29	Paulo Rosário	SC Braga		94	4s	CNCI-Ap	Espinho	28-01	4.31,10i-11
4.04,97	Sérgio Teixeira	C Spiridon Gaia		24-02-94	3	C. Norte	Braga	07-01	1.59,91i-11
4.05,05	Ricardo Figueiredo	CA Seia		01-07-89	4s	CNCI-Ap	Pombal	29-01	4.07,18i-10
4.06,50	Artur Rodrigues	NA Cucujães		23-06-75	4s		Espinho	21-01	4.00,69i-09
4.06,71	Gonçalo Jesus	Gira Sol RC		04-01-92	2		Pombal	26-02	
4.06,85	Marco Marques	UFCI Tomar		23-09-82	3		Pombal	26-02	4.04,22i-07
4.06,97	Fernando Serrão	Maia AC		03-04-93	6		Braga	21-12	

Milha/Mile – 4.30,0

4.02,89	Paulo Pinheiro	Linda Pastora SC		09-07-89	2		Fayetteville-USA	02-03	
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3000 m – 8.25,0 – 8.50,0

7.58,03	Rui Silva	Sporting CP		03-08-77	1	CNCI-1	Pombal	12-02	7.39,44i-00
8.08,37	Bruno Albuquerque	Sporting CP		10-01-89	ex		Espinho	22-01	8.19,25i-08
8.11,13	Paulo Pinheiro	Linda Pastora SC		09-07-89	1	Conf USA	Birmingham-USA	26-02	
8.16,38	Jorge Santa-Cruz	SL Benfica		20-07-89	ex		Espinho	22-01	8.19,76i-08
8.17,73	Paulo Pinheiro				16		Notre Dame-USA	03-02	
8.18,52	Alberto Paulo	SL Benfica		03-10-85	2	CNCI-1	Pombal	12-02	8.12,65i-08
8.19,70	Bruno Albuquerque				1	C. Port	Espinho	19-02	

8.20,10	Hugo Almeida	CCSJ. Madeira	01-09-88	1		Braga	17-12	
8.24,70	Hugo Almeida			1		Espinho	22-01	
8.25,87	Marco Pinto	CA Seia	11-10-86	2s	CNCI-Ap	Pombal	29-01	8.18,32i-11
8.26,14	Daniel Gregório	CA Seia	07-09-89	1	CNU	Pombal	25-02	8.32,07i-10
8.28,20	Tiago F. Silva	ADR Agua Pena	31-05-86	2	CNU	Pombal	25-02	8.35,02i-11
8.28,67	Mário Teixeira	Sporting CP	20-09-74	3	C. Port	Espinho	19-02	8.03,27i-04
8.28,70	Bruno Moreira	GD Estreito	08-03-87	2		Braga	17-12	
8.29,70	Rui Pinto	SL Benfica	18-11-92	1	CN23	Espinho	05-02	8.10,47i-11
8.30,56	Pedro Vieira	CD Póvoa	22-02-89	4	C. Port	Espinho	19-02	8.31,73i-10
8.30,98	Leonel Fernandes	CC SJ. Madeira	20-03-87	1	CNCI-2	Pombal	12-02	8.25,72i-08
8.31,82	Samuel Barata	SL Benfica	19-07-93	1	CNJ	Pombal	22-01	
8.32,27	Luís Mendes	GD Estreito	10-06-90	2	CN23	Espinho	05-02	8.31,88i-10
8.32,83	Adrião Rodrigues	SL Benfica	16-03-93	2	CNJ	Pombal	22-01	8.31,99i-11
8.33,07	Filipe Rosa	GA Fátima	14-07-84	4s	CNCI-1	Pombal	12-02	8.26,39i-09
8.33,92	Ruben Silva	SL Benfica	16-05-93	3	CNJ	Pombal	22-01	
8.34,13	Hugo Daniel Santos	Liberdade FC	25-07-90	3	CN23	Espinho	05-02	8.49,91i-10
8.34,24	Rui Silva	JU Fornos	04-01-85	2		Espinho	22-01	8.35,39i-10
8.34,24	Pedro Cruz	GD Cruz e Irmãos	15-08-82	3		Espinho	22-01	8.16,28i-07
8.34,75	Tiago Marques	AC Vermoil	17-04-83	3	CNU	Pombal	25-02	8.38,01i-11
8.34,98	Paulo Rosário	SC Braga	94	4	CNJ	Pombal	22-01	
8.35,14	Ricardo Figueiredo	CA Seia	01-07-89	3		Espinho	22-01	8.28,69i-11
8.35,23	Ricardo Vale	SC Braga	88	2	CNCI-2	Pombal	12-02	8.36,19i-11
8.36,16	Fernando Serrão	Maia AC	03-04-93	5	CNJ	Pombal	22-01	8.49,03i-11
8.36,45	José Azevedo	Liberdade FC	20-10-88	1		Braga	28-01	
8.37,07	João Bernardo	Gira Sol RC	06-09-93	3s	CNCI-Ap	Pombal	29-01	
8.38,66	Marco Oliveira	CCD Ribeirão	30-09-90	3	CNCI-2	Pombal	12-02	8.49,40i-11
8.38,86	Artur Rodrigues	NA Cucujães	23-06-75	4	CNCI-2	Pombal	12-02	8.24,18i-08
8.39,52	Gonçalo Jesus	Gira Sol RC	04-01-92	4	CNU	Pombal	25-02	9.00,62i-11
8.40,42	Ricardo Pereira	ACR Cambra	12-08-90	ex		Espinho	22-01	8.49,34i-11
8.40,78	Sérgio Rodrigues	GRECAS	28-03-85	ex	C. Norte	Braga	08-01	8.24,00i-08
8.43,01	Manuel Fernandes	CS Marítimo	16-03-92	6	CN23	Espinho	05-02	8.38,76i-11
8.43,16	Filipe Ferreira	ACR Vale Cambra	02-04-89	5		Espinho	22-01	8.40,72i-10
8.43,63	Helder Costa	SL Benfica	04-07-95	7	CNJ	Pombal	22-01	
8.44,89	Abilio Gonçalves	ACR Cambra	04-12-89	6s	CNCI-Ap	Espinho	28-01	8.40,05i-11
8.45,69	Ricardo Dias	GRECAS	28-03-85	7		Espinho	22-01	8.28,70i-09
8.46,62	André Aniceto Marques	ACR Vale Cambra	16-06-86	8		Espinho	22-01	8.29,60i-06
8.47,54	Luís Borges	SL Benfica	04-10-94	8	CNJ	Pombal	22-01	
8.48,68	André Silva	SC Braga	31-05-92	6	C. Norte	Braga	08-01	
8.49,52	José Neves	Juv. Vidigalense	92	1		Pombal	11-12	

60 m B – 8,30 – 9,30

7,84	João Almeida	Sporting CP	05-04-88	1	CNCI-1	Pombal	12-02	7,88i-10
7,97	Rasul Dabo	SL Benfica	14-02-89	1		Jamor	18-01	7,78i-11
7,99	João Almeida			1s	CNCI-Ap	Pombal	28-01	
8,00	Rasul Dabo			1s	Taça FPA	Pombal	07-01	
8,01	João Almeida			1	C. Port	Espinho	19-02	
8,04	Rasul Dabo			1ex	Taça FPA	Pombal	07-01	
8,06	João Almeida			2		Jamor	18-01	
8,06	João Almeida			1h	C. Port	Espinho	19-02	
8,11	Rasul Dabo			2	CNCI-1	Pombal	12-02	
8,12	João Fontela	CCSJ. Madeira	07-08-91	1	CNCI-2	Pombal	12-02	8,20i-11
8,13	João Fontela			2	C. Port	Espinho	19-02	
8,16	João Fontela			1	CN23	Espinho	05-02	
8,19	Luís Fernandes	Gira Sol RC	31-05-82	3	C. Port	Espinho	19-02	8,08i-05
8,20	Luís Fernandes			1s	CNCI-Ap	Pombal	29-01	
8,20	Luís Fernandes			ex		Pombal	29-01	
8,24	Samuel Remédios	GA Fátima	24-02-92	2	CN23	Espinho	05-02	8,32i-11
8,25	João Ferreira	Sporting CP	20-10-86	2ex	Taça FPA	Pombal	07-01	7,98i-06
8,25	Luís Fernandes			3	CNCI-1	Pombal	12-02	
8,26	João Fontela			1h	C. Port	Espinho	19-02	
8,26	João Fontela			1		Pombal	26-02	

8,27	Samuel Remédios			2s	CNCI-Ap	Pombal	29-01	8,32i-11
8,28	Luís Fernandes			2s	Taça FPA	Pombal	07-01	
8,29	Hélio Vaz	NDC Gouveia	01-05-91	1		Espinho	22-01	8,38i-09
8,29	Hélio Vaz			3	CN23	Espinho	05-02	
8,29	Luís Fernandes			2h	C. Port	Espinho	19-02	
8,29	João Fontela			1		Pombal	26-02	
8,30	João Fontela			1		Espinho	22-01	
8,30	João Fontela			1h		Espinho	22-01	
8,30	Rasul Dabo			3s	CNCI-Ap	Pombal	29-01	
8,30	Samuel Remédios			ex		Pombal	29-01	8,32i-11
8,32	André Costa	SL Benfica	09-05-92	3s	Taça FPA	Pombal	07-01	8,65i-10/11
8,33	Jorge Santos	NA Cucujães	25-03-85	2		Pombal	26-02	8,33i-10
8,34	Edivaldo Monteiro	CA Bx Banheira	28-04-76	5s	Taça FPA	Pombal	07-01	48,36i-00
8,38	Hugo Espírito Santo	Sporting CP	30-05-93	6s	Taça FPA	Pombal	07-01	8,45i-11
8,45	Tiago Marto	GA Fátima	05-05-86	Hep	C. Port	Espinho	19-02	8,22i-09
8,47	Pedro Santos	CP Alcanena	01-01-88	3s	CNCI-Ap	Pombal	28-01	8,44i-08
8,50	Rodrigo Dionísio	GD Estreito	25-06-85	5	C. Port	Espinho	19-02	8,10i-09
8,52	Bruno Costa	CA Seia	17-03-80	5	CNCI-1	Pombal	12-02	8,29i-05
8,64	Luís Sá	Individual - Pt	17-03-81	2	CNU	Pombal	25-02	7,79i-03
8,65	Carlos Santos	CP Alcanena	10-05-86	3		Pombal	26-02	8,66i-08
8,69	Pedro Cardoso	SL Benfica	29-05-93	5	CN23	Espinho	05-02	
8,70	Paulo Conceição	SL Benfica	29-12-93	7	C. Port	Espinho	19-02	8,80i-11
8,74	Amancio Santos	SL Benfica	31-01-77	4		Pombal	26-02	7,93i-01
8,75	Pedro Carreira	GA Fátima	27-02-89	ex		Pombal	29-01	8,62i-09
8,83	Gracelino Barbosa	AA Coimbra	CPV 01-02-85	ex	C. Port	Espinho	19-02	9,02i-11
8,85	Rodolfo Varela	CA Seia	20-05-86	2		Espinho	22-01	8,52i-07
8,86	Ricardo Mendes	Juv. Vidigalense	30-05-94	4s	CNCI-Ap	Pombal	29-01	8,90i-11
8,92	Diogo Fernando	CF Belenenses	21-12-72	2s		Jamor	01-02	8,24i-97
8,92	Gonçalo Lopes	CA Seia	14-03-88	3s		Jamor	01-02	
8,95	Rui Fontes	GD Cavadas	05-11-90	6	CN23	Espinho	05-02	9,07i-10
9,02	João Miguel Silva	Juv. Vidigalense	12-06-94	5		Pombal	26-02	
9,05	João Paulo Raposo	N Sp. S. Miguel	24-09-94	7	CN23	Espinho	05-02	9,19i-11
9,08	André Silva	Esc Movimento	18-07-94	3s	CNCI-Ap	Espinho	28-01	
9,10	Carlos Resende	NA Cucujães	10-09-92	3		Espinho	22-01	
9,10	David Palma	BNS Conceição	20-07-81	6s	CNCI-Ap	Pombal	29-01	8,73i-08
9,13	Alexandre Sousa	NDA Pombal	13-11-87	1s	CNCI-Ap	Pombal	28-01	8,87i-09
9,16	Tiago Pereira	SL Benfica	19-09-93	2s	Taça FPA	Pombal	07-01	9,72i-11
9,17	João Bento	CC SJ. Madeira	09-04-92	4		Espinho	22-01	
9,18	Edgar Remédios	GA Fátima	05-05-94	Hep		Pombal	08-01	8,94i-11
9,19	Carlos Lopes	GDRC Coia	13-03-83	2s	CNCI-Ap	Pombal	28-01	
9,21	Pedro Silva	SC Braga	21-03-95	4	CNCI-2	Pombal	12-02	
9,23	Angelino Ramos	CD Póvoa	92	2	C. Norte	Braga	08-01	
9,23	Francisco Évora	C+S Lavra	11-12-91	3	C. Norte	Braga	08-01	
9,24	Pedro Ferreira	EC+S Lavra	21-02-96	1s	CNCI-Ap	Espinho	28-01	
9,25	João Tomé	ADL Apelaçenenses	07-03-93	4s		Jamor	01-02	9,80i-11
9,27	Erick Oliveira	SL Benfica	26-02-95	4		Jamor	01-02	

60 m B (1,00) – 8,30 – 9,30

7,87	Hugo Espírito Santo	Sporting CP	RNi	30-05-93	1	CNJ	Pombal	22-01	8,41i-11
8,04	Hugo Espírito Santo				1h	CNJ	Pombal	22-01	
8,12	Samuel Remédios	GA Fátima		24-02-92	Hep		Pombal	18-12	8,15i-11
8,24	Samuel Remédios				1		Pombal	11-12	
8,25	Hugo Espírito Santo				1s	Taça FPA	Pombal	07-01	
8,50	Joel Pereira	GA Fátima		14-02-95	2	CNJ	Pombal	22-01	8,80i-11
8,51	Pedro Cardoso	SL Benfica		29-05-93	1s		Jamor	01-02	9,21i-11
8,57	Edgar Remédios	GA Fátima		05-05-94	3	CNJ	Pombal	22-01	8,74i-11
8,60	André Silva	Esc Movimento		18-07-94	4	CNJ	Pombal	22-01	
8,64	Paulo Conceição	SL Benfica		29-12-93	2s	Taça FPA	Pombal	07-01	8,62i-11
8,69	Erick Oliveira	SL Benfica		26-02-95	6	CNJ	Pombal	22-01	
8,72	Kevin Santos	AC Vermoil		20-03-93	2h	CNJ	Pombal	22-01	8,92i-11
8,75	Ricardo Mendes	Juv. Vidigalense		30-05-94	4s	Taça FPA	Pombal	07-01	9,01i-11

8,78	Tiago Pereira	SL Benfica		19-09-93	3s		Jamor	01-02	
8,86	Davidson Borges	SL Benfica	CPV	31-05-95	2h	CNJ	Pombal	22-01	
8,96	Ivan Santos	ADL Apelaçenenses	STP	12-04-94	1s		Jamor	01-02	9,44i-11
8,98	Rafael Oliveira	AA Seixal		06-06-96	3h	CNJ	Pombal	22-01	
8,99	Henrique Marques	Gira Sol RC		22-06-93	4h	CNJ	Pombal	22-01	
9,02	João Miguel Silva	Juv. Vidigalense		12-06-94	2h		Pombal	11-12	9,00i-11
9,04	Samuel Lemos	CA Terceira		07-05-94	6s	Taça FPA	Pombal	07-01	
9,04	João Paulo Raposo	N Sp. S. Miguel		24-09-94	3h	CNJ	Pombal	22-01	9,23i-11
9,05	Miguel Barrigana	SL Benfica		03-07-96	4h	CNJ	Pombal	22-01	
9,08	José Fidalgo	Sporting CP	ESP	05-09-94	4h	CNJ	Pombal	22-01	
9,08	Pedro Silva	SC Braga		21-03-95	5h	CNJ	Pombal	22-01	9,26i-11
9,10	André Garcia	N Sp. S. Miguel		94	3s	Taça FPA	Pombal	07-01	9,59i-11
9,10	Ricardo Verissimo	CLAC		94	5h	CNJ	Pombal	22-01	
9,12	António Gomes	CA Seia		04-11-95	6h	CNJ	Pombal	22-01	
9,13	Bruno Pinto	Sporting CP		93	6h	CNJ	Pombal	22-01	
9,14	Henrique Água-Doce	BNS Conceição		25-09-94	ex		Alpiarça	17-12	
9,19	Pedro Assis	CAS Manique		03-08-94	7h	CNJ	Pombal	22-01	
9,25	Ruben Couchinho	Sporting CP		01-05-95	4s		Jamor	01-02	

Altura/High Jump – 2.00 –1,82

2,10	Paulo Gonçalves	SL Benfica		05-03-85	1	C. Port	Espinho	19-02	2,21i-08
2,10	Paulo Gonçalves				ex	CNU	Pombal	25-02	
2,09	Roman Guliy	Sporting CP		07-04-79	1	CNCI-1	Pombal	12-02	2,16i-08/09
2,08	Rodolfo Brites	SL Benfica		27-03-91	1	CN23	Espinho	05-02	2,00i-09
2,07	Roman Guliy				2	C. Port	Espinho	19-02	
2,05	Paulo Gonçalves				4		Sabadell-ESP	05-02	
2,04	Roman Guliy				1s	CNCI-Ap	Pombal	28-01	
2,04	Paulo Gonçalves				1s	CNCI-Ap	Pombal	29-01	
2,04	Tiago Boucela	Sporting CP		09-12-92	2	CN23	Espinho	05-02	2,07i-11
2,04	Tiago Pereira	SL Benfica		19-09-93	3	CN23	Espinho	05-02	1,98i-11
2,04	Tiago Boucela				3	C. Port	Espinho	19-02	
2,03	Rodolfo Brites				2	CNCI-1	Pombal	12-02	
2,02	Ricardo Mendes	Juv. Vidigalense		30-05-94	1	CNJ	Pombal	22-01	2,00i-11
2,02	Paulo Conceição	SL Benfica		29-12-93	2	CNJ	Pombal	22-01	2,01i-11
2,01	Rodolfo Brites				1	Taça FPA	Alpiarça	08-01	
2,01	Tiago Boucela				2	Taça FPA	Alpiarça	08-01	
2,01	Cláudio Freixo	CAS Manique		04-07-91	2s	CNCI-Ap	Pombal	29-01	2,00i-11
2,01	Ricardo Mendes				4	CN23	Espinho	05-02	
2,01	Paulo Conceição				5	CN23	Espinho	05-02	
2,00	Roman Guliy				1		Jamor	18-01	
2,00	Tiago Pereira				3	CNJ	Pombal	22-01	
2,00	Ricardo Mendes				3	CNCI-1	Pombal	12-02	
2,00	Rodolfo Brites				4	C. Port	Espinho	19-02	
2,00	Rodrigo Dionisio	GD Estreito		25-06-85	4	C. Port	Espinho	19-02	2,07i-10
2,00	Tiago Pereira				6	C. Port	Espinho	19-02	
2,00	Rodolfo Brites				1	CNU	Pombal	25-02	
2,00	Ricardo Mendes				ex	CNU	Pombal	25-02	
1,98	Oscar Vilaça	Esc Movimento		08-02-92	1	CNCI-2	Pombal	12-02	1,98i-11
1,97	Samuel Remédios	GA Fátima		24-02-92	Hep		Pombal	08-01	1,90i-11
1,96	Stephane Varela	Gira Sol RC	CPV	30-09-90	9	C. Port	Espinho	19-02	1,91i-11
1,95	Rafael Vilas Boas	SC Braga		01-02-95	TT		Braga	07-01	1,91i-11
1,95	Wilson Vieira	CA Bx Banheira		15-05-91	2s	CNCI-Ap	Pombal	28-01	1,92i-11
1,94	Jorge Abreu	CS Marítimo		29-10-93	4	CNJ	Pombal	22-01	1,95i-11
1,94	Pedro Cardoso	SL Benfica		29-05-93	5	CNJ	Pombal	22-01	
1,93	Carlos Santos	CP Alcanena		10-05-86	Hep	C. Port	Espinho	18-02	1,93i-05
1,92	Pedro Santos	CP Alcanena		01-01-88	Hep		Pombal	17-12	1,94i-11
1,92	André F. Santos	SL Benfica		04-04-91	Hep		Pombal	17-12	1,91i-11
1,92	Tiago Costa	CCD Ribeirão		08-08-86	1s	CNCI-Ap	Espinho	28-01	1,86i-11
1,92	Victor Korst	AA Pinhalnovense	NED	21-10-96	5s	CNCI-Ap	Pombal	29-01	
1,90	Luís Miguel Santos	SL Benfica		06-07-93	Hep	C. Port	Espinho	18-02	1,78i-11
1,90	Rui Fontes	GD Cavadas		05-11-90	Hep	C. Port	Espinho	18-02	

1,90	Francisco Cordoeiro	Esc Movimento		09-05-92	3	CNU	Pombal	25-02	1,80i-11
1,89	João Bento	CC SJ. Madeira		09-04-92	1s		S. João da Madeira	26-02	1,91i-11
1,88	Fábio Dias	AC Vermoil		03-05-97	TT		Espinho	22-01	1,78i-11
1,88	Luís Ferreira	CCSJ. Madeira		23-04-85	3s	CNCI-Ap	Espinho	28-01	1,91i-03
1,88	Daniel Reis	C Spiridon Gaia		03-01-95	4s	CNCI-Ap	Espinho	28-01	1,78i-11
1,88	Pedro Ferreira	CA Seia		12-08-93	6s	CNCI-Ap	Pombal	29-01	1,92i-10
1,87	André Matos	ADRE Palhaça		18-03-86	2		Espinho	21-01	1,92i-11
1,87	Edgar Monteiro Semedo	NA Cucujães	CPV	16-03-89	3		Espinho	21-01	1,89i-11
1,86	Miguel Lopes	CP Alcanena		92	1		Pombal	10-12	
1,86	Joel Pereira	GA Fátima		14-02-95	2		Pombal	10-12	1,88i-11
1,86	Fábio Teixeira	ES Serafim Leite		22-02-95	1		Espinho	15-02	
1,86	Ricardo Araújo	ES Serafim Leite		25-10-93	1s		S. João da Madeira	26-02	
1,85	Alexandre Almeida	C Spiridon Gaia		17-08-93	3	C. Norte	Braga	07-01	1,83i-10
1,84	Henrique Água-Doce	BNS Conceição		25-09-94	7s	CNCI-Ap	Pombal	29-01	1,78i-11
1,84	Davidson Borges	SL Benfica	CPV	31-05-95	TT		Alpiarça	04-02	1,78i-11
1,84	José Rosa	Sporting CP	CPV	12-01-90	13	CN23	Espinho	05-02	1,91i-11
1,84	Gonçalo Lopes	CA Seia		14-03-88	Hep	C. Port	Espinho	18-02	1,89i-08/11
1,83	Sérgio Silva	CCD Ribeirão		22-11-85	2		Braga	21-12	1,95i-09
1,82	Edgar Remédios	GA Fátima		05-05-94	Hep		Pombal	08-01	1,79i-11
1,82	Jorge Colaço	CD Faro XXI		94	7	CNJ	Pombal	22-01	1,74i-11

Vara/Pole vault – 4,50 – 3,50

5,64	Edi Maia	Sporting CP	RNi	10-11-87	1		Pombal	26-02	5,50i-11
5,55	Edi Maia				1		Jamor	22-02	
5,52	Edi Maia				1		Jamor	19-12	
5,45	Edi Maia				1	Taça FPA	Alpiarça	08-01	
5,45	Edi Maia				5		Metz - Fra	29-02	
5,40	Edi Maia				1s	CNCI-Ap	Pombal	28-01	
5,40	Edi Maia				1		Jamor	01-02	
5,40	Edi Maia				1	CNCI-1	Pombal	11-02	
5,40	Edi Maia				1	C. Port	Espinho	18-02	
5,21	Diogo Ferreira	SL Benfica		30-07-90	ex	CNU	Pombal	25-02	5,20i-11
5,10	Diogo Ferreira				2	CNCI-1	Pombal	11-02	
5,10	Diogo Ferreira				2		Jamor	22-02	
4,95	Diogo Ferreira				2		Jamor	01-02	
4,90	Diogo Ferreira				1	CN23	Espinho	04-02	
4,80	Icaro Miranda	SL Benfica		13-12-94	3		Jamor	22-02	4,26i-11
4,78	Diogo Ferreira				2	C. Port	Espinho	18-02	
4,78	Isaac Lopes	AA Coimbra		08-02-90	3	C. Port	Espinho	18-02	4,68i-11
4,78	José Décio Faria	ACD Jardim Serra		23-07-91	4	C. Port	Espinho	18-02	4,48i-11
4,70	Icaro Miranda				2	Taça FPA	Alpiarça	08-01	
4,70	José Décio Faria				2	CN23	Espinho	04-02	
4,64	Isaac Lopes				2s	CNCI-Ap	Pombal	28-01	
4,64	Icaro Miranda				1	CNCI-Ap	Pombal	29-01	
4,60	Isaac Lopes				1	C. Norte	Braga	08-01	
4,60	Isaac Lopes				3	CN23	Espinho	04-02	
4,60	Icaro Miranda				4	CN23	Espinho	04-02	
4,60	Icaro Miranda				ex	CNU	Pombal	25-02	
4,60	Isaac Lopes				2		Pombal	26-02	
4,55	Isaac Lopes				3	CNCI-1	Pombal	11-02	
4,55	Gonçalo Lopes	CA Seia		14-03-88	4	CNCI-1	Pombal	11-02	4,30i-11
4,52	Gonçalo Lopes				2s	CNCI-Ap	Pombal	29-01	
4,50	Icaro Miranda				1	CNJ	Pombal	21-01	
4,50	Icaro Miranda				5	C. Port	Espinho	18-02	
4,50	Tiago Marto	GA Fátima		05-05-86	Hep	C. Port	Espinho	19-02	4,50i-09
4,50	Isaac Lopes				1	CNU	Pombal	25-02	
4,40	Luís Silva	GRECAS		26-05-80	1		Espinho	22-01	4,62i-03
4,40	Samuel Remédios	GA Fátima		24-02-92	3s	CNCI-Ap	Pombal	29-01	3,80i-11
4,40	José Rosa	Sporting CP		12-01-90	5	CN23	Espinho	04-02	4,40i-11
4,40	Alexandre Granhão	Esc Movimento		01-02-93	2	CNU	Pombal	25-02	3,30i-11
4,20	André F. Santos	OC Lagos		04-04-91	Hep		Pombal	18-12	4,00i-11

4,18	Renato Araújo	CS Marítimo	08-09-93	8	C. Port	Espinho	18-02	3,98i-11
4,18	Pedro Soares	CA Marinha Grande	19-06-93	9	C. Port	Espinho	18-02	3,98i-11
4,10	Pedro Santos	CP Alcanena	01-01-88	Hep		Pombal	18-12	4,10i-11
4,10	André Carvalho	Esc Movimento	05-09-88	3	CNU	Pombal	25-02	4,34i-07
4,10	André Silva	N Sp. Faro	27-01-91	3		Pombal	26-02	3,80i-11
4,02	António Castro	GD Estreito	18-12-94	3	CNJ	Pombal	21-01	3,60i-11
4,02	Tiago Vicente	Juv. Vidigalense	08-11-94	4	CNJ	Pombal	21-01	3,60i-11
4,00	Gonçalo Pacheco	Gira Sol RC	17-02-78	5	Taça FPA	Alpiarça	08-01	4,47i-08
4,00	Celso Almeida	GRECAS	21-11-93	2		Espinho	22-01	3,75i-11
3,95	Samuel Leal	NA Cucujães	12-09-92	2s	CNCI-Ap	Espinho	28-01	3,30i-11
3,90	George Silva	Juv. Vidigalense	05-01-76	6	CNCI-1	Pombal	11-02	4,25i-98
3,80	Luís Miguel Santos	SL Benfica	06-07-93	Hep	C. Port	Espinho	19-02	3,60i-11
3,75	Stelvio Lemos	SL Benfica	03-07-95	7	Taça FPA	Alpiarça	08-01	
3,70	Kleyton Junior	OC Lagos	28-05-94	Hep		Pombal	18-12	3,20i-11
3,70	Miguel Jorge	OC Lagos	02-08-76	Hep		Pombal	08-01	
3,70	Bruno Estevão	CP Alcanena	93	1		Pombal	14-01	3,60i-11
3,65	João Almeida	Sporting CP	20-03-98	1		Jamor	22-02	
3,60	Ricardo António	NDA Pombal	26-10-91	4s	CNCI-Ap	Pombal	28-01	3,90i-10
3,60	Carlos Santos	CP Alcanena	10-05-86	Hep	C. Port	Espinho	19-02	3,50i-06
3,50	Tiago Silva	AA Pinhalnovense	03-03-94	8	Taça FPA	Alpiarça	08-01	3,00i-11
3,50	Christophe Capitão	Juv. Vidigalense	93	5		Pombal	14-01	
3,50	Luís Ferreira	Juv. Vidigalense	27-01-92	4s		Pombal	14-01	4,26i-10

Comprimento/Long Jump – 7,15 – 6,50

8,00	Marcos Chuva	SL Benfica	08-08-89	1	C. Port	Espinho	18-02	7,74i-11
7,88	Marcos Chuva			1s	CNCI-Ap	Pombal	29-01	
7,76	Marcos Chuva			1	CNCI-1	Pombal	11-02	
7,62	Marcos Caldeira	SL Benfica	27-02-88	1		Pombal	26-02	7,81i-10
7,55	Marcos Caldeira			2	C. Port	Espinho	18-02	
7,55	Gaspar Araújo	Sporting CP	17-12-81	3	C. Port	Espinho	18-02	8,00i-05
7,47	Marcos Caldeira			1	Taça FPA	Alpiarça	08-01	
7,47	Gaspar Araújo			2	CNCI-1	Pombal	11-02	
7,31	Carlos Calado	GA Fátima	05-10-75	3	CNCI-1	Pombal	11-02	8,22i-02
7,27	Pedro Santos	CP Alcanena	01-01-88	1		Pombal	15-01	7,45i-08
7,26	Gaspar Araújo			2		Pombal	26-02	
7,25	João Dias	Gira Sol RC	01-06-84	4	CNCI-1	Pombal	11-02	7,18i-10
7,21	Pedro Santos			1s	CNCI-Ap	Pombal	28-01	7,45i-08
7,21	Gaspar Araújo			2s	CNCI-Ap	Espinho	28-01	
7,17	Pedro Santos			1	CNCI-2	Pombal	11-02	7,45i-08
7,15	Bruno Costa	SL Benfica	03-05-92	4	C. Port	Espinho	18-02	7,03i-11
7,11	Francisco Cordoeiro	Esc Movimento	09-05-92	1	CN23	Espinho	04-02	6,64i-11
7,10	Carlos Santos	CP Alcanena	10-05-86	Hep	C. Port	Espinho	18-02	7,11i-07
7,02	Sérgio Silva	CCD Ribeirão	22-11-85	5	C. Port	Espinho	18-02	6,90i-11
6,93	Valter Pinto	Sporting CP	19-01-93	1	CNJ	Pombal	21-01	6,47i-11
6,92	José Miguel Pereira	GRECAS	22-07-91	2s	CNCI-Ap	Espinho	28-01	7,08i-09
6,89	Joaquim Cabral	CRCD Luzense	17-04-88	1		V.R. Sto. António	21-01	6,70i-06
6,87	Pedro Ferreira	CA Seia	12-08-93	4	CN23	Espinho	04-02	6,95i-11
6,87	João Alexandre	Juv. Vidigalense	01-09-90	5	CN23	Espinho	04-02	6,65i-07/11
6,86	André Silva	Esc Movimento	18-07-94	2	CNJ	Pombal	21-01	
6,84	Artur Koshchuk	Juv. Vidigalense	UKR 05-03-94	1s		Pombal	15-01	6,64i-10
6,84	Gonçalo Lopes	CA Seia	14-03-88	Hep	C. Port	Espinho	18-02	
6,82	Tiago Marto	GA Fátima	05-05-86	Hep	C. Port	Espinho	18-02	7,23i-08
6,80	Kevin Santos	AC Vermoil	20-03-93	5		Pombal	26-02	6,42i-11
6,78	Ricardo Mendes	Juv. Vidigalense	30-05-94	6		Pombal	26-02	6,35i-11
6,73	Pedro Oliveira	CA Seia	22-07-80	1		Espinho	22-01	7,27i-00
6,69	Pedro Gonçalves	Esc Movimento	08-12-90	6	CN23	Espinho	04-02	
6,68	Mauro Rodrigues	CRD Santaluziense	02-10-93	4	CNJ	Pombal	21-01	6,16i-11
6,68	Pedro Fonseca	Sporting CP	08-04-80	1		Jamor	01-02	7,12i-02
6,67	Lenine Cunha	AA Coimbra	04-12-82	1		Espinho	15-02	7,15i-08
6,64	Pedro Machado	CC SJ. Madeira	14-11-91	4s	CNCI-Ap	Pombal	28-01	6,66i-11
6,64	Miguel Marques	Juv. Vidigalense	23-05-95	7		Pombal	26-02	6,16i-11

6,64	João Moniz	Juv. Vidigalense	17-11-94	8		Pombal	26-02	6,34i-11
6,63	Isaac Lopes	AA Coimbra	08-02-90	2s		Pombal	15-01	6,66i-11
6,60	Ricardo Pinto	GR Qt. Lomba	18-04-93	6	CNJ	Pombal	21-01	
6,57	Samuel Remédios	GA Fátima	24-02-92	1		Pombal	11-12	6,93i-11
6,57	Bruno Pontes	FC Porto	07-07-86	3	CNU	Pombal	25-02	
6,56	João Oliveira	Gira Sol RC	17-12-94	1		Pombal	11-12	6,09i-11
6,56	Ivan Martins	CA Bx Banheira	ANG 91	3s	CNCI-Ap	Pombal	28-01	
6,54	Fábio Martins	CLAC	97	1		Alpiarça	26-11	6,08i-11
6,50	Carlos Oliveira	CA Seia	24-05-79	4		Jamor	12-01	6,97i-02

Triplo/Triple jump – 14,20 – 13,00

15,95	Marcos Caldeira	SL Benfica	27-02-88	1	CNCI-1	Pombal	12-02	16,06i-10
15,85	Marcos Caldeira			1	C. Port	Espinho	19-02	
15,82	Carlos Calado	GA Fátima	05-10-75	1		Pombal	14-01	17,09i-99
15,78	Carlos Calado			2	C. Port	Espinho	19-02	
15,73	Carlos Calado			1s	CNCI-Ap	Pombal	29-01	
15,71	Carlos Calado			2	CNCI-1	Pombal	12-02	
15,66	Marcos Caldeira			2s	CNCI-Ap	Pombal	29-01	
15,54	Ricardo Jaquité	Sporting CP	17-08-89	1s	CNCI-Ap	Pombal	28-01	15,68i-11
15,45	Ricardo Jaquité			1		Jamor	18-01	
15,36	Ricardo Jaquité			3	CNCI-1	Pombal	12-02	
15,15	João Alexandre	Juv. Vidigalense	01-09-90	1	CN23	Espinho	05-02	14,91i-10
14,93	João Alexandre			3	C. Port	Espinho	19-02	
14,80	João Alexandre			4	CNCI-1	Pombal	12-02	
14,80	João Dias	Gira Sol RC	01-06-84	5	CNCI-1	Pombal	12-02	15,71i-10
14,75	Ricardo Mendes	Juv. Vidigalense	30-05-94	1	CNJ	Pombal	22-01	14,30i-11
14,59	João Alexandre			1s		Pombal	14-01	
14,44	João Alexandre			3s	CNCI-Ap	Pombal	29-01	
14,44	Iuri Santos	CA Bx Banheira	11-04-85	6	CNCI-1	Pombal	12-02	15,12i-06
14,43	João Dias			1s		Pombal	14-01	
14,43	Renato Araújo	CS Marítimo	08-09-93	2	CNJ	Pombal	22-01	13,51i-11
14,43	Isaac Lopes	AA Coimbra	08-02-90	4	C. Port	Espinho	19-02	14,21i-11
14,42	Ricardo Mendes			1		Pombal	10-12	
14,42	Ricardo Mendes			2	CN23	Espinho	05-02	
14,41	Ricardo Mendes			5	C. Port	Espinho	19-02	
14,39	Tiago Pereira	SL Benfica	19-09-93	6	C. Port	Espinho	19-02	13,74i-11
14,38	Tiago Pereira			3	CN23	Espinho	05-02	
14,35	Renato Araújo			7	C. Port	Espinho	19-02	
14,33	Bruno Costa	SL Benfica	03-05-92	4	CN23	Espinho	05-02	14,50i-11
14,33	Frederico Eusébio	JOMA	STP 27-10-92	5	CN23	Espinho	05-02	14,85i-11
14,29	Tiago Pereira			3	CNJ	Pombal	22-01	
14,26	Carlos Santos	CP Alcanena	10-05-86	2s	CNCI-Ap	Pombal	28-01	13,68i-11
14,24	Carlos Santos			1	CNCI-2	Pombal	12-02	
14,22	Isaac Lopes			7	CNCI-1	Pombal	12-02	
14,11	António Gomes	CAS Manique	13-04-92	7	CN23	Espinho	05-02	13,55i-11
14,09	Rafael Vilas Boas	SC Braga	01-02-95	1s	CNCI-Ap	Espinho	28-01	12,85i-11
14,02	Pedro Ferreira	CA Seia	12-08-93	4	CNJ	Pombal	22-01	14,26i-11
14,00	Ervin Nongo	SL Benfica	ANG 29-09-92	8	CN23	Espinho	05-02	14,18i-11
13,99	André da Luz	SL Benfica	21-01-93	5	CNJ	Pombal	22-01	13,87i-11
13,97	Jorge Santos	NA Cucujães	25-03-85	2	CNCI-2	Pombal	12-02	13,64i-07
13,92	Célio Khibo	CIA Ilha Azul	27-06-86	1	Taça FPA	Alpiarça	08-01	14,06i-08
13,88	Luís Silva	GRECAS	26-05-80	2s	CNCI-Ap	Espinho	28-01	14,42i-08
13,88	Francisco Serafim	ACDR Arneirense	11-03-92	ex		Alpiarça	11-02	13,65i-11
13,84	Pedro Costa	CC SJ. Madeira	11-05-92	2	Taça FPA	Alpiarça	08-01	13,45i-11
13,76	Pedro Gonçalves	Esc Movimento	08-12-90	4	CNCI-2	Pombal	12-02	14,05i-11
13,75	Miguel Marques	Juv. Vidigalense	23-05-95	6	CNJ	Pombal	22-01	12,88i-11
13,71	Carlos Oliveira	CA Seia	24-05-79	1		Espinho	21-01	14,19i-09
13,68	Sérgio Silva	CCD Ribeirão	22-11-85	6	CNCI-2	Pombal	12-02	14,24i-09
13,65	Pedro Pires	EC+S Lavra	04-01-91	4s	CNCI-Ap	Espinho	28-01	13,38i-09
13,62	Gabriel Brito	CA Marinha Grande	12-10-95	2		Pombal	10-12	13,03i-11
13,58	João Oliveira	Gira Sol RC	17-12-94	4	Taça FPA	Alpiarça	08-01	12,90i-11

13,57	David Ferreira	JOMA	04-04-89	4s	CNCI-Ap	Pombal	28-01	14,25i-09
13,56	Ruben Santos	AA Pinhalnovenense	04-03-94	7	CNJ	Pombal	22-01	13,06i-11
13,55	Lenine Cunha	AA Coimbra	04-12-82	5s	CNCI-Ap	Pombal	28-01	14,56i-04
13,44	Miguel Guerreiro	JD Almansor	03-07-92	1		Pombal	10-12	13,40i-11
13,34	Joel Pereira	GA Fátima	14-02-95	3		Pombal	14-01	13,48i-11
13,34	Jorge Cardoso	CCSJ. Madeira	30-10-88	2		Espinho	21-01	13,70i-09
13,31	Jorge Abreu	CS Marítimo	29-10-93	9	CNJ	Pombal	22-01	
13,28	Ruben Pereira	FCC Lourosa	31-08-93	3		Espinho	21-01	
13,27	Ricardo Pinto	GR Qt. Lomba	18-04-93	ex		Alpiarça	11-02	
13,24	Dylan Pedro	Juv. Vidigalense	04-01-95	3s		Pombal	14-01	12,37i-11
13,24	Daniel Fortes	GR Qt. Lomba	29-05-91	6s	CNCI-Ap	Pombal	28-01	
13,21	Miguel Costa	ADRE Palhaça	02-09-94	ex		Pombal	10-12	13,43i-11
13,20	Eduardo Ribeiro	NA Cucujães	14-09-93	13	CN23	Espinho	05-02	13,06i-11
13,19	Luís Ferreira	CCSJ. Madeira	23-04-85	4		Espinho	21-01	13,38i-04
13,18	Fábio Martins	CLAC	97	1		Pombal	04-03	
13,15	Eduardo Valério	Juv. Vidigalense	07-02-96	5s		Pombal	14-01	12,75i-11
13,13	Pedro Pereira	CAO Vianense	30-08-91	4	C. Norte	Braga	07-01	13,46i-11
13,03	Filipe Ramos	GC Bragança	25-09-91	2		Braga	22-01	
13,02	Mauro Rodrigues	CRD Santaluziense	02-10-93	14	CN23	Espinho	05-02	13,47i-11

Peso/Shot Put – 14,50 – 11,00

20,91	Marco Fortes	SL Benfica	RNi	26-09-82	1	CNCI-1	Pombal	12-02	20,34i-11
20,77	Marco Fortes		RNi		3	Pedro's	Bydgoszcz-Pol	08-02	
20,57	Marco Fortes		RNi		3		Chemnitz-ALE	27-01	
20,56	Marco Fortes				1	C. Port	Espinho	19-02	
20,10	Marco Fortes				1s	CNCI-Ap	Pombal	29-01	
19,83	Marco Fortes				10q	C. Mundo	Istambul-TUR	09-03	
18,64	Francisco Belo	Sporting CP		27-03-91	2	C. Port	Espinho	19-02	18,06i-11
18,36	Francisco Belo				1		Pombal	26-02	
18,06	Francisco Belo				1	CNU	Pombal	25-02	
17,98	Francisco Belo				1	CN23	Espinho	05-02	
17,87	António Vital e Silva	SL Benfica		23-01-88	2		Pombal	26-02	18,36i-11
17,52	Francisco Belo				2	CNCI-1	Pombal	12-02	
17,32	António Vital e Silva				3	C. Port	Espinho	19-02	
17,25	Francisco Belo				1s	CNCI-Ap	Pombal	28-01	
17,22	António Vital e Silva				1		Braga	04-02	
16,69	Tsanko Amaudov	SL Benfica		14-03-92	4	C. Port	Espinho	19-02	15,93i-11
16,56	Tsanko Amaudov				3		Pombal	26-02	
16,09	Tsanko Amaudov				2	CN23	Espinho	05-02	
16,01	Filipe Vital e Silva	Individual - P		27-01-83	1		Braga	28-01	15,87i-08
15,84	Adriano Lopes	Juv. Vidigalense		22-10-91	5	C. Port	Espinho	19-02	15,40i-11
15,79	Adriano Lopes				1		Braga	25-02	
15,66	Filipe Vital e Silva				3		Braga	04-02	
15,66	Adriano Lopes				3	CNCI-1	Pombal	12-02	
15,52	Herédio Costa	Sporting CP		30-10-71	6	C. Port	Espinho	19-02	17,16i-07
15,38	Adriano Lopes				2		Braga	28-01	
15,34	Adriano Lopes				3	CN23	Espinho	05-02	
15,30	Adriano Lopes				1s		Pombal	15-01	
15,28	Adriano Lopes				1		Braga	21-12	
14,90	Nuno Serra	AA Coimbra		27-06-74	4	CNCI-1	Pombal	12-02	16,76i-98
14,88	Adriano Lopes				ex	C. Norte	Braga	08-01	
14,72	Adriano Lopes				2s	CNCI-Ap	Pombal	29-01	
14,65	Nuno Serra				1s		Pombal	15-01	
14,16	Marçal Rodrigues	GD Estreito		10-07-90	2	CNU	Pombal	25-02	15,21i-10
13,75	Bruno Abel Martins	Gira Sol RC		09-01-82	5	CNCI-1	Pombal	12-02	13,43i-08
13,62	Tiago Marto	GA Fátima		05-05-86	3s	CNCI-Ap	Pombal	29-01	14,07i-09
13,52	Bernardo Lopes	Juv. Vidigalense		26-01-93	4	CN23	Espinho	05-02	
13,51	Paulo Pereira	CCSJ. Madeira		12-02-84	1		Espinho	22-01	15,25i-06
13,29	Pedro Veloso	SC Braga		03-10-77	2		Braga	25-02	14,41i-01
13,16	Tiago Pereira	Juv. Vidigalense		15-01-91	5	CN23	Espinho	05-02	13,32i-11
13,04	Rui Fernandes	Gira Sol RC		08-05-80	ex		Pombal	15-01	13,67i-05

12,74	Juan Pinho	GRECAS	20-05-86	3s	CNCI-Ap	Espinho	28-01	13,51i-10
12,59	Alessandro Gonçalves	GA Fátima	28-02-94	1		Pombal	15-01	
12,45	Pedro Faria	CD Póvoa	29-01-94	6	CN23	Espinho	05-02	
12,31	Braulio Silva	CA Seia	20-09-71	2		Braga	21-12	14,23i-03
12,30	Jorge Santos	SUO Vais	09-02-68	ex		Espinho	12-02	14,44i-93
12,24	José Silva	CDC Navais	78	4s	CNCI-Ap	Pombal	28-01	12,00i-10
12,22	José Rosa	Sporting CP	12-01-90	Hep	C. Port	Espinho	18-02	12,58i-11
12,19	Renato Gomes	CA Bx Banheira	30-01-76	7	CNCI-1	Pombal	12-02	12,99i-05
11,94	Michael Fonseca	JD Almansor	15-01-93	6s	CNCI-Ap	Pombal	29-01	11,18i-11
11,91	Daniel Leandro	A20Km Almeirim	04-07-84	7		Pombal	26-02	11,98i-08
11,84	Carlos Bornes	Gira Sol RC	09-04-94	3s		Pombal	15-01	
11,83	Pedro Santos	CP Alcanena	01-01-88	Hep		Pombal	17-12	11,66i-11
11,70	Sérgio Silva	NA Cucujães	09-07-77	6s	CNCI-Ap	Pombal	28-01	11,63i-11
11,66	Ricardo Monteiro	SL Benfica	04-04-87	3	CNU	Pombal	25-02	11,49i-05
11,64	Luís Assunção	CCSJ. Madeira	03-09-78	2		Espinho	22-01	13,01i-06
11,56	Alexandre Almeida	C Spiridon Gaia	17-08-93	4		Braga	17-12	10,13i-11
11,55	Nelson Dantas	CP Pontevel	02-07-82	3s		Pombal	15-01	12,29i-08
11,55	Hugo Batista	CAS Manique	05-07-73	7s	CNCI-Ap	Pombal	29-01	12,84i-10
11,39	Gonçalo Gonçalves	CAS Manique	20-03-87	7	CN23	Espinho	05-02	12,42i-05
11,33	Tiago Nascimento	AA Pinhalnovoense	04-09-92	8s	CNCI-Ap	Pombal	29-01	11,92i-10
11,24	Daniel Correia	CP Alcanena	93	4	CNCI-2	Pombal	12-02	
11,23	Samuel Remédios	GA Fátima	24-02-92	Hep		Pombal	07-01	10,59i-11
11,14	Carlos Santos	CP Alcanena	10-05-86	Hep	C. Port	Espinho	18-02	11,15i-11
11,07	Vyacheslav Smirnov	CN Rio Maior	MDA 76	5s	CNCI-Ap	Pombal	28-01	
11,03	Renato Costa	GRECAS	24-11-91	4		Espinho	22-01	13,71i-09

Peso/Shot Put (6 Kg) – 14,00 – 11,00

15,27	José Pinho	NA Cucujães	20-03-95	1	CNJ	Pombal	22-01	
15,15	Bernardo Lopes	Juv. Vidigalense	26-01-93	2	CNJ	Pombal	22-01	14,25i-10
14,16	Carlos Bornes	Gira Sol RC	09-04-94	3	CNJ	Pombal	22-01	14,35i-11
13,80	Alessandro Gonçalves	GA Fátima	28-02-94	1		Pombal	11-12	12,36i-11
13,51	Pedro Faria	CD Póvoa	29-01-94	4	CNJ	Pombal	22-01	11,52i-11
13,50	Rui Costa	SC Braga	95	5	CNJ	Pombal	22-01	
13,35	Tiago Ferreira	ADRE Palhaça	27-11-95	7	CNJ	Pombal	22-01	12,97i-11
12,93	Daniel Correia	CP Alcanena	93	Hep		Pombal	17-12	
12,90	Michael Fonseca	JD Almansor	15-01-93	1		Alpiarça	11-02	12,18i-11
12,89	Miguel Carreira	Juv. Vidigalense	12-03-96	8	CNJ	Pombal	22-01	
12,80	Gonçalo Gonçalves	JD Almansor	16-01-93	9	CNJ	Pombal	22-01	12,15i-11
12,49	Samuel Remédios	GA Fátima	24-02-92	Hep		Pombal	17-12	11,28i-10
12,29	Mário Marques	CCSJ. Madeira	19-06-93	11	CNJ	Pombal	22-01	
11,66	José Henrique Silva	Maia AC	27-02-93	2		Braga	21-12	
11,42	Bruno Ramos	CLAC	94	4		Pombal	11-12	
11,35	Gabriel Brito	CA Marinha Grande	12-10-95	1		Pombal	11-12	
11,17	Daniel André Costa	SC Braga	94	1		Braga	25-02	
11,15	Jorge Rodrigues	CCD Ribeirão	94	2		Braga	25-02	
11,06	Davidson Borges	SL Benfica	CPV 31-05-95	14	CNJ	Pombal	22-01	
11,04	João Pedro Silva	CA Riachense	93	5		Alpiarça	11-02	10,62i-11

Heptatlo - 4000 - 3000

5.261	Tiago Marto	GA Fátima	05-05-86	1	C. Port	Espinho	19-02	5632i-09
5.250	Pedro Santos	CP Alcanena	01-01-88	2	C. Port	Espinho	19-02	5155i-11
5.142	Samuel Remédios	GA Fátima	24-02-92	1		Pombal	08-01	4841i-11
5.108	Pedro Santos			1		Pombal	18-12	
5.055	Pedro Santos			2		Pombal	08-01	
4.935	Gonçalo Lopes	CA Seia	14-03-88	3	C. Port	Espinho	19-02	4261i-06
4.914	Carlos Santos	CP Alcanena	10-05-86	4	CN	Espinho	19-02	4646i-08
4.711	Carlos Santos			3		Pombal	08-01	
4.540	Carlos Santos			2		Pombal	18-02	
4.423	José Rosa	Sporting CP	12-01-90	5	C. Port	Espinho	19-02	4968i-11
4.218	André F. Santos	SL Benfica	04-04-91	3		Pombal	18-12	4182i-11

4.179	André F. Santos			6	C. Port	Espinho	19-02	
4.173	Luís Miguel Santos	SL Benfica	06-07-93	7	C. Port	Espinho	19-02	3469i-11
4.136	Edgar Remédios	GA Fátima	05-05-94	5		Pombal	08-01	
4.125	André F. Santos			6		Pombal	08-01	
4.022	Ivan Santos	ADL Apelaçoneses	STP 12-04-94	8	C. Port	Espinho	19-02	
3.848	Miguel Jorge	OC Lagos	02-08-76	9		Pombal	08-01	3830i-11
3.726	Nuno Perdigão	AJ Cortiçadas	01-05-81	12		Pombal	08-01	3944i-11
3.675	Samuel Leal	NA Cucujães	12-09-92	1		Espinho	04-02	
3.666	Luís Ferreira	CCSJ. Madeira	23-04-85	2		Espinho	04-02	4456i-06
3.564	Oscar Vilaça	Esc Movimento	08-02-92	1	C. Norte	Braga	22-01	
3.466	Rui Fontes	GD Cavadas	05-11-90	9	C. Port	Espinho	19-02	4013i-09
3.456	Emanuel Vítório Angelo	OC Lagos	18-05-91	13		Pombal	08-01	3425i-10
3.438	Fábio Oliveira	CP Alcanena	09-01-92	14		Pombal	08-01	3233i-11
3.419	Carlos Resende	NA Cucujães	10-09-92	3		Espinho	04-02	
3.299	Kleyton Junior	OC Lagos	28-05-94	15		Pombal	08-01	
3.166	Daniel Soares	Esc Movimento	21-12-91	2	C. Norte	Braga	22-01	

Heptatlo – 4000 - 3000 (60m B 1,00 - Peso 6 Kg)

5.310	Samuel Remédios	GA Fátima	24-02-92	1		Pombal	18-12	4841i11
4.149	Edgar Remédios	GA Fátima	05-05-94	2		Pombal	18-12	
4.080	André Silva	Esc Movimento	18-07-94	ex		Espinho	04-02	
3.998	Alexandre Gameiro	CP Alcanena	04-05-92	3		Pombal	18-12	
3.823	Luís Miguel Santos	SL Benfica	06-07-93	4		Pombal	18-12	3469i-11
3.695	Kleyton Junior	OC Lagos	28-05-94	5		Pombal	18-12	
3.554	Kevin Santos	AC Vermoil	20-03-93	6		Pombal	18-12	
3.506	João Miguel Silva	Juv. Vidigalense	12-06-94	7		Pombal	18-12	
3.458	Ricardo Araújo	ES Serafim Leite	25-10-93	1		Espinho	04-02	
3.429	Ivo Pais	NA Cucujães	93	2		Espinho	04-02	
3.256	Fábio Oliveira	CP Alcanena	09-01-92	8		Pombal	18-12	3233i-11
3.138	Mário Marques	CCSJ. Madeira	19-06-93	3		Espinho	04-02	

5000 m M/W – 25.00,0

19.08,84	João Vieira	Sporting CP	20-02-76	1s	CNCI-Ap	Pombal	28-01	19.04,74i-07
20.51,13	Dionísio Ventura	FAMAF	13-12-79	2	C. Port	Espinho	18-02	21.05,47i-08
20.57,20	Pedro Isidro	SL Benfica	17-07-85	1s	CNCI-Ap	Pombal	29-01	20.31,20i-10
21.14,04	Pedro Martins	CA Seia	12-01-68	3	C. Port	Espinho	18-02	20.45,47i-99
21.17,68	Miguel Carvalho	CN Rio Maior	02-09-94	4	C. Port	Espinho	18-02	23.19,90i-11
21.24,57	Cristiano António	GA Fátima	15-10-88	1s		Pombal	14-01	22.05,47i-11
21.27,02	Augusto Cardoso	ADRE Palhaça	13-12-70	1	CNCI-Ap	Espinho	28-01	20.10,50i-03
21.36,33	Luís Lopes	Gira Sol RC	01-01-90	5	CNCI-1	Pombal	11-02	21.18,84i-10
21.36,98	Luís Silva	AA Coimbra	26-08-70	5	C. Port	Espinho	18-02	20.59,42i-11
21.41,36	Bruno Pedro	GA Casais Vento	12-10-93	1s		Pombal	14-01	22.36,73i-11
21.44,14	Samuel Pereira	CA Seia	25-11-93	6	C. Port	Espinho	18-02	22.28,42i-11
22.11,27	Nuno Valente	CCSJ. Madeira	06-01-88	2s	CNCI-Ap	Espinho	28-01	21.21,80i-11
22.23,72	Rui Coelho	CA Seia	26-09-94	8	C. Port	Espinho	18-02	
22.56,42	João Martins	CAF Zézere	20-03-95	9	C. Port	Espinho	18-02	24.08,29i-11
23.12,47	José Silva	NA Cucujães	16-01-85	1	CNCI-2	Pombal	11-02	23.08,12i-06
23.13,34	Nuno Santos	CF Belenenses	29-11-88	10	C. Port	Espinho	19-02	22.13,66i-10
23.46,15	Helder Leitão	CA Bx Banheira	07-03-96	5	CNJ	Pombal	21-01	
23.46,18	Joaquim Rodrigues	AC Bunheirense	02-11-96	6	CNJ	Pombal	21-01	
24.19,13	Jaime Santos	GD Lourocoope	22-05-72	4s	CNCI-Ap	Espinho	28-01	22.32,33i-05
24.26,62	Ruben Violante	UD Zona Alta	24-09-92	2		Pombal	11-12	23.54,82i-11
24.26,77	Eduardo Cardoso	CCD Ribeirão	09-03-92	2	CNCI-2	Pombal	11-02	23.56,73i-11
24.35,36	Pedro Miguel Santos	CP Corroios	15-11-92	5	CN23	Espinho	04-02	23.43,10i-11
24.40,77	Miguel Rodrigues	CN Rio Maior	01-11-96	7	CNJ	Pombal	21-01	
24.58,61	Ricardo Fernandes	Juv. Vidigalense	10-07-92	3		Pombal	11-12	23.09,34i-11

4 x 400 m – 3.25,0 – 3.35,0

3.18,60	SL Benfica	N. Almeida, F. Gonçalves, J. Miranda, A. Abrantes	1s	CNCI-1	Pombal	12-02	3.16,21i-95
3.20,77	Sporting CP	F. Weber, D. Lima, E. Sousa, R. Lima	2s	CNCI-1	Pombal	12-02	3.13,56i-00
3.22,30	Sporting CP	H. Coutinho, J. Brás, F. Weber, F. Silva	1	C. Port	Espinho	19-02	
3.23,00	Sporting CP	F. Weber, H. Coutinho, F. Silva, R. Lima	1s	CNCI-Ap	Pombal	28-01	
3.24,48	SL Benfica	B. Andrade, F. Gonçalves, M. Moreira, N. Almeida	*	1s	CNCI-Ap	Pombal	29-01
3.24,66	Juventude Vidigalense	J. Moniz, D. Santos, R. Fernandes, B. Gualberto	3s	CNCI-1	Pombal	12-02	3.22,00i-10
3.26,43	Gira Sol - RC	F. Almeida, J. Oliveira, P. Semedo, J. Martins	*	1s	CNCI-1	Pombal	12-02
3.27,89	Escola em Movimento	T. Calvo, F. Cordoeiro, D. Soares, T. Batista	2	C. Port	Espinho	19-02	
3.28,98	CC S. João Madeira	C. Resende, A. Brandão, C. Ferreira, D. Silva	3	C. Port	Espinho	19-02	
3.29,38	CA Seia	R. Varela, G. Lopes, M. Cabral, J. Delgado	4s	CNCI-1	Pombal	12-02	3.21,45i-07
3.29,64	CD C+S Lavra	A. Marques, T. Ribeiro, T. Fonseca, F. Évora	4	C. Port	Espinho	19-02	
3.30,30	AA Coimbra	J. Ramos, G. Barbosa, C. Costa, M. Roque	*	2s	CNCI-1	Pombal	12-02
3.31,53	NA Cucujães	A. Pereira, C. Pedreira, T. Silva, M.A. Silva	1s	CNCI-Ap	Espinho	28-01	3.25,31i-01
3.31,79	GRECAS	T. Cipriano, R. Matos, S. Rodrigues, S. Silva	2s	CNCI-Ap	Espinho	28-01	3.24,40i-02
3.32,21	CA Baixa Banheira	J. Santos, E. Brandão, D. Mestre, P. Martins	*	3s	CNCI-1	Pombal	12-02
3.32,21	CP Alcanena	A. Gameiro, C. Santos, F. Oliveira, P. Santos	2s	CNCI-Ap	Pombal	28-01	
3.32,92	CCD Ribeirão	R. Veloso, D. Cruz, M. Oliveira, J. Araujo	3s	CNCI-Ap	Espinho	28-01	3.24,98i-08
3.34,71	GA Fátima	J.Pereira, E. Remédios, A. Verissimo, M. Mendes	3s	CNCI-Ap	Pombal	29-01	3.30,49i-08

(*) com atletas estrangeiros