

60 m - 7,70 - 8,30

7,41	Carla Tavares	Sporting CP	22-05-82	1	C. Port	Pombal	16-02	7,47i-11
7,43	Carla Tavares			1		Jamor	21-02	
7,43	Carla Tavares			1h		Pombal	24-02	
7,45	Carla Tavares			1	CNCI-1	Pombal	09-02	
7,47	Carla Tavares			1		Pombal	24-02	
7,48	Carla Tavares			1s	CNCI-Ap	Pombal	26-01	
7,48	Eva Vital	SL Benfica	08-07-92	2		Pombal	24-02	7,56i-09
7,49	Carla Tavares			1h		Jamor	21-02	
7,50	Eva Vital			2	C. Port	Pombal	16-02	
7,50	Carla Tavares			1h	C. Port	Pombal	16-02	
7,51	Eva Vital			2	CNCI-1	Pombal	09-02	
7,51	Eva Vital			1h	C. Port	Pombal	16-02	
7,54	Andreia Felisberto	Sporting CP	22-06-86	1		Jamor	31-01	7,55i-12
7,56	Andreia Felisberto			1h		Jamor	31-01	
7,56	Eva Vital			1h	CN23	Pombal	02-02	
7,56	Eva Vital			2h		Pombal	24-02	
7,57	Rute Limpo	JOMA	23-12-90	2h		Jamor	31-01	7,98i-11
7,58	Carla Tavares			1ex	Taça FPA	Pombal	05-01	
7,58	Carla Tavares			1ex		Pombal	26-01	
7,58	Sónia Tavares	SC Beira Mar	21-03-86	4h		Bordeus - FRA	26-01	7,32i-12
7,58	Eva Vital			1	CN23	Pombal	02-02	
7,58	Rute Limpo			3	C. Port	Pombal	16-02	
7,59	Sónia Tavares			2s		Bordeus - FRA	26-01	
7,62	Eva Vital			1s	CNCI-Ap	Pombal	27-01	
7,63	Rute Limpo			2h	C. Port	Pombal	16-02	
7,65	Andreia Felisberto			2ex	Taça FPA	Pombal	05-01	
7,65	Rute Limpo			1		Jamor	16-01	
7,65	Rute Limpo			2		Jamor	31-01	
7,67	Rute Limpo			3	CNCI-1	Pombal	09-02	
7,67	Rute Limpo			2h		Jamor	21-02	
7,67	Joana Vitorino	CAS Manique	30-05-92	1	CNU	Pombal	23-02	7,78i-10
7,69	Rute Limpo			2s	C. Norte	Braga	26-01	
7,69	Joana Vitorino			2s	CNCI-Ap	Pombal	27-01	
7,69	Olimpia Barbosa	Sporting CP	STP 28-02-95	2h	C. Port	Pombal	16-02	7,85i-12
7,69	Rute Limpo			2		Jamor	21-02	
7,70	Joana Vitorino			2	CN23	Pombal	02-02	
7,70	Joana Vitorino			1h	CN23	Pombal	02-02	
7,73	Susana Santos	SL Benfica	20-09-90	4	C. Port	Pombal	16-02	7,77i-09/12
7,74	Daniela França	Maia AC	02-08-95	1	CNJ	Pombal	19-01	7,83i-12
7,75	Tânia Duarte	SL Benfica	15-07-90	5	C. Port	Pombal	16-02	7,72i-12
7,76	Flavia Ribeiro	Sporting CP	06-11-94	6	C. Port	Pombal	16-02	7,88i-12
7,77	Tatiana Rosário	Juv. Vidigalense	05-04-94	2	CNJ	Pombal	19-01	7,89i-12
7,79	Debora Clemente	Juv. Vidigalense	09-11-94	2mf	CNJ	Pombal	19-01	7,79i-11
7,82	Sofia Duarte	AEA Rui Silva	07-11-96	1		Pombal	12-01	7,96i-12
7,82	Rafaela Nogueira	Sporting CP	16-04-94	4		Jamor	16-01	8,05i-11
7,82	Shaina Anthony Mags	Sporting CP	11-04-92	3h	CN23	Pombal	02-02	7,66i-12
7,83	Anna Olsson	Juv Vidigalense	DEN 16-11-88	3s	Taça FPA	Pombal	05-01	7,76i-10
7,83	Susana Estriga	JOMA	16-07-75	1h	Euro Vet	San Sebastian	20-03	7,79i-11
7,85	Teresa Carvalho	SL Benfica	03-01-95	3		Jamor	16-01	8,14i-11
7,85	Vera Fernandes	SL Benfica	24-02-94	3mf	CNJ	Pombal	19-01	8,00i-12
7,86	Lisandra Lopes	ACR Sra. Desterro	07-04-88	3s	CNCI-Ap	Pombal	27-01	7,91i-12
7,92	Catarina Silva	GRECAS	03-04-90	4s	CNCI-Ap	Pombal	27-01	7,91i-10
7,93	Sónia Marques	Juv. Vidigalense	06-07-86	6h	C. Port	Pombal	16-02	7,74i-07
7,94	Cristiana Cunha	GDA Donas	17-07-91	1		Pombal	12-01	7,84i-11
7,95	Rivindila Mentai	SL Benfica	01-04-94	1s		Val de Reuil - FRA	27-01	7,97i-12
7,95	Vera Lima	ADRE Palhaça	08-12-89	4s	CNCI-1	Pombal	09-02	7,95i-12
7,97	Joana Vieira	SL Benfica	08-03-97	1		Alpiarça	02-03	
7,98	Adriana Alves	SL Benfica	ANG 13-09-95	1s	Taça FPA	Pombal	05-01	7,98i-11
7,99	Mónica Lopes	Sporting CP	18-01-86	1h		Jamor	21-02	8,00i-07
7,99	Larissa Vieira	Sporting CP	BRA 14-11-95	3h		Pombal	24-02	8,02i-12

8,01	Diana Relvas	Esc. Movimento	12-05-89	2	C. Norte	Braga	12-01	7,98i-07
8,05	Joana Carlos	Juv. Vidigalense	25-03-99	TT		Pombal	06-01	8,44i-12
8,06	Margarida Monteiro	Vitória FC	30-11-97	3ex		Pombal	26-01	
8,08	Patrícia Silva	ACDR Arneirense	07-04-94	3h	CNJ	Pombal	19-01	8,31i-12
8,12	Mariana António	SC Abrantes	09-06-98	1s		Pombal	08-12	8,14i-12
8,15	Jennifer Gomes	GCA Donas	21-03-95	1s		Braga	28-12	8,38i-12
8,15	Candida Bairrada	CS Marítimo	31-12-84	ex		Pombal	12-01	7,82i-08
8,15	Patrícia Vaz	FC Castrense	13-06-94	6mf	CNJ	Pombal	19-01	8,18i-12
8,15	Rita Schaller	Sporting CP	07-08-94	1h		Jamor	31-01	8,15i-12
8,15	Marta Brandão	Sporting CP	95	2h		Jamor	21-02	
8,16	Khristina Resler	SL Benfica	30-06-96	3h	CNJ	Pombal	19-01	8,15i-12
8,16	Jalma Teixeira	JOMA	16-11-89	5h		Jamor	21-02	8,06i-11
8,18	Catarina Costa	ACR Sra. Desterro	25-05-96	3ex		Pombal	09-02	8,31i-12
8,19	Inês Aires	Maia AC	19-04-97	1s		Braga	28-12	
8,19	Rose Trindade	SC Braga	10-01-95	6s		Braga	28-12	8,00i-12
8,19	Liliana Manhente	Esc. Movimento	30-03-85	3	C. Norte	Braga	12-01	8,17i-12
8,19	Bruna Varela	SL Benfica	15-04-97	3h		Jamor	21-02	8,29i-12
8,19	Margarida Cavaca	GCA Donas	04-07-96	4h		Pombal	24-02	8,26i-12
8,20	Ilizandra Lopes	CF Belenenses	28-02-92	4h		Jamor	21-02	8,01i-10
8,21	Patrícia Vaz	Gira Sol RC	23-06-96	1		Pombal	12-01	8,21i-12
8,22	Elizandra Alberto	AEA Rui Silva	ANG	15-12-97	1h	Alpiarça	29-12	8,20i-09/11
8,22	Mariana Rodrigues	SC Abrantes	11-12-97	5		Jamor	16-01	8,35i-12
8,22	Daniela Cruz	C Spiridon Gaia	11-06-93	2s	CNCI-Ap	Braga	26-01	8,04i-11
8,23	Joana Lopes	JOMA	13-10-91	1s	Taça FPA	Pombal	05-01	7,98i-11
8,23	Verónica Cardoso	GR Qt. Lomba	20-08-91	2	CNCI-2	Pombal	09-02	8,06i-09
8,23	Soraya Bentual	CAS Manique	GBS	23-12-95	3	CNCI-2	Pombal	09-02
8,25	Fátima Coutinho	CA Mazarefes	01-04-99	1s	Inter Esc	Braga	01-03	
8,26	Sara Martins	Juv. Vidigalense	13-11-91	2s		Braga	28-12	
8,26	Daniela Urbano	ADRE Palhaça	21-08-95	1s	CNCI-Ap	Pombal	27-01	8,38i-12
8,27	Ana Raquel Batista	Esc. Movimento	04-08-94	5s	Taça FPA	Pombal	05-01	8,15i-12
8,27	Beatriz Dinis	CA Mar. Grande	19-10-96	2		Pombal	12-01	8,23i-11
8,27	Sofia Rocha	Esc. Movimento	04-02-96	1h	C. Norte	Braga	12-01	
8,27	Barbara Santiago	Gira Sol RC	18-12-98	TT		Pombal	03-02	8,34i-12
8,28	Diana Morgado	AC Vermoil	16-11-89	1h		Pombal	12-01	
8,28	Inês Matos Luís	Esc. Movimento	14-11-96	6		Pombal	24-02	8,60i-12
8,29	Tânia Rocha	CAA Valdevez	02-03-95	1h	C. Norte	Braga	12-01	8,17i-11

200 m– 25,80 – 28,00

24,86	Tânia Duarte	SL Benfica	15-07-90	1	C. Port	Pombal	17-02	25,00i-12
24,90		Tânia Duarte		1s	CNCI-1	Pombal	10-02	
24,96	Carolina Duarte	Sporting CP	08-01-90	2s	CNCI-1	Pombal	10-02	24,70i-12
24,98		Carolina Duarte		2	C. Port	Pombal	17-02	
25,04	Daniela França	Maia AC	02-08-95	3	C. Port	Pombal	17-02	25,23i-12
25,05		Carolina Duarte		1s	CNCI-Ap	Pombal	26-01	
25,11	Rivinilda Mentai	SL Benfica	01-04-94	2		Val de Reuil - FRA	09-02	25,82i-12
25,11		Carolina Duarte		1h	C. Port	Pombal	17-02	
25,16		Rivinilda Mentai		1		Val de Reuil - FRA	02-02	
25,20	Tatiana Rosário	Juv. Vidigalense	05-04-94	1s	CNJ	Pombal	20-01	25,75i-12
25,20		Daniela França		1h	C. Port	Pombal	17-02	
25,21		Tatiana Rosário		1s		Pombal	30-12	
25,23		Tânia Duarte		1h	C. Port	Pombal	17-02	
25,28	Rute Limpo	JOMA	23-12-90	1s	CNCI-1	Pombal	10-02	
25,30		Tânia Duarte		1s	CNCI-Ap	Pombal	27-01	
25,30	Filipa Martins	Sporting CP	13-11-92	2h	C. Port	Pombal	17-02	25,00i-11
25,32		Daniela França		1s	CNJ	Pombal	20-01	
25,33		Rute Limpo		2h	C. Port	Pombal	17-02	
25,36		Filipa Martins		4	C. Port	Pombal	17-02	
25,42	Cátia Azevedo	Sporting CP	09-03-94	2s	CNJ	Pombal	20-01	26,20i-11
25,42		Rivinilda Mentai		2		Val de Reuil - FRA	02-02	
25,42		Rute Limpo		5	C. Port	Pombal	17-02	
25,44		Filipa Martins		1s	CN23	Pombal	03-02	
25,46		Rivinilda Mentai		2		Val de Reuil - FRA	13-01	

25,49	Andreia Crespo	NDC Gouveia	16-10-93	2h	C. Port	Pombal	17-02	25,67i-11
25,53		Riviniilda Mentai		3s	CNJ	Pombal	20-01	
25,62	Cátia Jacinto	GCA Donas	26-08-92	1		Pombal	13-01	25,88i-11
25,71		Cátia Jacinto		2s	CNCI-1	Pombal	10-02	
25,77		Andreia Crespo		6	C. Port	Pombal	17-02	
25,89	Sofia Duarte	AEA Rui Silva	07-11-96	1s		Pombal	13-01	26,27i-12
25,89	Márcia Cardoso	ADRE Palhaça	04-04-94	3h	C. Port	Pombal	17-02	25,99i-12
25,92	Neuza Reis	SL Benfica	19-01-95	1s	CN23	Pombal	03-02	26,35i-12
25,94	Diana Relvas	Esc. Movimento	12-05-89	1s	CNCI-2	Pombal	10-02	26,38i-07
25,96	Catarina Silva	GRECAS	03-04-90	4h	C. Port	Pombal	17-02	26,35i-10
25,97	Dorothe Évora	SL Benfica	28-05-91	3s	CN23	Pombal	03-02	25,35i-11
26,02	Olimpia Barbosa	Sporting CP	STP 28-02-95	2s	CNJ	Pombal	20-01	25,82i-12
26,05	Jessica Viegas	Juv. Vidigalense	16-08-94	3s	CNCI-1	Pombal	10-02	
26,07	Susana Estriga	JOMA	16-07-75	1	CN Vet	Pombal	03-03	26,00i-11
26,10	Cátia Nunes	Sporting CP	06-04-90	3h	C. Port	Pombal	17-02	25,08i-10
26,21	Vera Lima	ADRE Palhaça	08-12-89	4h	C. Port	Pombal	17-02	26,52i-12
26,24	Lisandra Lopes	ACR Sra. Desterro	07-04-88	1s		Braga	30-12	26,11i-12
26,29	Flavia Ribeiro	Sporting CP	06-11-94	2s		Braga	30-12	
26,36	Evelise Veiga	Juv. Vidigalense	03-03-96	4h	C. Port	Pombal	17-02	26,53i-12
26,49	Rafaela Vitorino	SL Benfica	18-08-95	1s	CNJ	Pombal	20-01	
26,57	Carla Ratão	Sporting CP	06-06-82	2s		Lyon - FRA	03-02	24,78i-07
26,57	Verónica Cardoso	GR Qt. Lomba	20-08-91	2s	CNCI-2	Pombal	10-02	26,27i-12
26,61	Inês Aires	Maia AC	19-04-97	1s	CNJ	Pombal	20-01	
26,65	Debora Clemente	Juv. Vidigalense	09-11-94	1s	CNJ	Pombal	20-01	26,36i-10
26,65	Sara Martins	Juv. Vidigalense	13-11-91	1s	CN23	Pombal	03-02	26,93i-12
26,66	Rita Schaller	Sporting CP	07-08-94	2s	CNJ	Pombal	20-01	
26,75	Joana Vitorino	CAS Manique	30-05-92	2s	CNCI-Ap	Pombal	27-01	26,20i-10
26,86	Daniela Urbano	ADRE Palhaça	21-08-95	2s	CN23	Pombal	03-02	27,34i-12
26,89	Rafaela Nogueira	Sporting CP	16-04-94	2s	CNJ	Pombal	20-01	
26,95	Patrícia Silva	ACDR Arneirense	07-04-94	1h		Pombal	13-01	27,53i-12
26,99	Daniela Cruz	C Spiridon Gaia	11-06-93	3s		Braga	30-12	27,01i-11
27,14	Beatriz Dinis	CA Mar. Grande	19-10-96	3s	CNCI-Ap	Pombal	27-01	27,2i-11
27,16	Mariana Rodrigues	SC Abrantes	11-12-97	1s		Pombal	13-01	27,68i-12
27,17	Elizandra Alberto	AEA Rui Silva	ANG 15-12-97	1h		Alpiarça	30-12	
27,42	Jessica Ferreira	AC Vermoil	02-03-96	2s	CNCI-2	Pombal	10-02	28,13i-12
27,43	Inês Bento	CP Pontevel	15-08-94	3s	CN23	Pombal	03-02	26,99i-12
27,46	Bruna Silva	Juv. Vidigalense	14-11-94	3s	CN23	Pombal	03-02	27,07i-11
27,57	Liliana Manhente	Esc. Movimento	30-03-85	4	C. Norte	Braga	13-01	27,30i-12
27,64	Catarina Costa	ACR Sra. Desterro	25-05-96	4s	CNCI-1	Pombal	10-02	
27,77	Sofia Rocha	Esc. Movimento	04-02-96	4s	CNJ	Pombal	20-01	
27,88	Daniela Lopes	AA Coimbra	02-03-91	3s	CNCI-2	Pombal	10-02	
27,94	Ana Almeida	Gira Sol RC	04-04-91	4s	CNCI-1	Pombal	10-02	27,10i-11

300 m – 46,00

41,24	Susana Estriga	JOMA	16-07-75	1s	A. Monteiro	Pombal	09-03	42,53i-08
42,13	Vera Lima	ADRE Palhaça	08-12-89	1		Braga	28-12	
42,24	Salomé Afonso	Sporting CP	19-11-97	2s	A. Monteiro	Pombal	09-03	
42,65	Sofia Duarte	AEA Rui Silva	07-11-96	1		Pombal	24-02	
42,65	Sara Martins	Juv Vidigalense	13-11-91	2		Braga	28-12	43,80i-10
43,10	Mariana Rodrigues	SC Abrantes	11-12-97	3s	A. Monteiro	Pombal	09-03	
43,89	Nicole Santos	SCU Torreense	19-04-94	1s	A. Monteiro	Pombal	09-03	
44,47	Andrea Gomes	NDA Pombal	16-08-95	4s	A. Monteiro	Pombal	09-03	
45,18	Maria Inês Pagaimo	Juv. Vidigalense	09-01-97	2s	A. Monteiro	Pombal	09-03	
45,26	Carolina Reis	Juv. Vidigalense	29-07-96	3		Pombal	24-02	
45,27	Jessica Ferreira	AC Vermoil	02-03-96	4		Pombal	24-02	
45,35	Rita Vicente	SCU Torreense	19-06-95	3s	A. Monteiro	Pombal	09-03	45,70i-12
45,64	Rita Araujo	CAA Valdevez	01-01-96	3		Braga	28-12	
45,74	Inês Santos	SFRA Amadora	24-05-97	5s	A. Monteiro	Pombal	09-03	
45,91	Margarida Veloso	SCU Torreense	28-09-97	1s	A. Monteiro	Pombal	09-03	

400 m– 58,00 - 63,00

55,15	Carolina Duarte		Sporting CP		08-01-90	1s		Pombal	24-02	55,57i-12
55,49		Carolina Duarte				1s	C. Port	Pombal	16-02	
55,71	Cátia Azevedo		Sporting CP	RNJ	09-03-94	2s	C. Port	Pombal	16-02	57,66i-12
55,95		Carolina Duarte				1s	Taça FPA	Pombal	05-01	
55,95		Carolina Duarte				1s	CNCI-1	Pombal	09-02	
55,96		Cátia Azevedo		RNJ		1s	CNJ	Pombal	19-01	
56,03	Vera Barbosa		Sporting CP		13-01-89	1s	CNCI-Ap	Pombal	26-01	53,76i-12
56,16		Cátia Azevedo				1s	CN23	Pombal	02-02	
56,26	Rivinilda Mentai		SL Benfica		01-04-94	4h		Aubiere - FRA	16-02	57,15i-12
56,29	Nádia Gaspar		SL Benfica		07-10-90	2s		Pombal	24-02	58,21i-12
56,31		Rivinilda Mentai				5		Aubiere - FRA	16-02	
56,42	Carla Tavares		Sporting CP		22-05-82	2s	Taça FPA	Pombal	05-01	56,20i-10
56,42	Dorothe Évora		SL Benfica		28-05-91	2s	CNCI-1	Pombal	09-02	55,69i-12
56,44		Dorothe Évora				2s	CN23	Pombal	02-02	
56,46	Joceline Monteiro		Sporting CP		10-05-90	4		Lee Valley - GBR	26-01	56,28i-09
56,80	Filipa Martins		Sporting CP		13-11-92	3s	CN23	Pombal	02-02	57,09i-12
56,80	Neuza Reis		SL Benfica		19-01-95	4s	CN23	Pombal	02-02	59,00i-11
56,82	Andreia Crespo		NDC Gouveia		16-10-93	3s	C. Port	Pombal	16-02	57,45i-12
56,84		Nádia Gaspar				4s	C. Port	Pombal	16-02	
56,97		Rivinilda Mentai				3		Val de Reuil - FRA	09-02	
56,98		Cátia Azevedo				1s	Taça FPA	Pombal	05-01	
57,11		Nádia Gaspar				1s	CNCI-Ap	Pombal	27-01	
57,12		Andreia Crespo				1s	CNU	Pombal	23-02	
57,25		Rivinilda Mentai				4		Val de Reuil - FRA	27-01	
57,37		Neuza Reis				2s	CNJ	Pombal	19-01	
57,39		Andreia Crespo				1s	CN23	Pombal	02-02	
57,42		Filipa Martins				3s		Pombal	24-02	
57,43		Nádia Gaspar				2s	Taça FPA	Pombal	05-01	
57,43	Márcia Cardoso		ADRE Palhaça		04-04-94	4s		Pombal	24-02	57,73i-12
57,45		Andreia Crespo				ex		Pombal	12-01	
57,64		Márcia Cardoso				1s	C. Port	Pombal	16-02	
57,80		Rivinilda Mentai				3s	CNJ	Pombal	19-01	
57,98	Cátia Jacinto		GCA Donas		26-08-92	3s	Taça FPA	Pombal	05-01	58,69i-11
57,98		Cátia Jacinto				2s	CNCI-Ap	Pombal	27-01	
57,99		Filipa Martins				5s	C. Port	Pombal	16-02	
58,18	Susana Estriga		JOMA		16-07-75	2s	C. Port	Pombal	16-02	58,26i-11
58,22	Rafaela Vitorino		SL Benfica		18-08-95	1s	CNJ	Pombal	19-01	
58,50	Sara Martins		Juv. Vidigalense		13-11-91	2s	CNU	Pombal	23-02	59,29i-12
58,53	Cátia Nunes		Sporting CP		06-04-90	1s	CNU	Pombal	23-02	55,88i-11
59,22	Elsa Maia		Ginásio Trofa		10-03-96	2s	CNJ	Pombal	19-01	
59,23	Vera Lima		ADRE Palhaça		08-12-89	1s		Pombal	24-02	
59,38	Carla Ratão		Sporting CP		06-06-82	3		Aubiere - FRA	05-01	55,63i-08
59,69	Daniela Urbano		ADRE Palhaça		21-08-95	2s		Pombal	24-02	61,05i-12
60,14	Jessica Viegas		Juv. Vidigalense		16-08-94	3s	CN23	Pombal	02-02	
60,40	Leslie Delgado		Grã Bretanha		25-06-89	5s		Lee Valley - GBR	26-01	57,55i-12
60,41	Jessica Serra		CD Póvoa		06-01-95	4s	CN23	Pombal	02-02	63,98i-12
60,53	Rita Schaller		Sporting CP		07-08-94	3s		Pombal	24-02	
60,60	Sofia Duarte		AEA Rui Silva		07-11-96	1		Pombal	23-12	
60,88	Graciela Martins		GR Qt. Lomba	GBS	05-04-87	3s	CNCI-Ap	Pombal	26-01	57,86i-12
61,10	Elsa Gomes		SC Braga		27-01-96	1s	CNCI-Ap	Braga	26-01	
61,54	Andreia Santos		ADRE Palhaça		14-09-95	3s	Taça FPA	Pombal	05-01	59,50i-12
61,62	Ana Beatriz Fernandes		ACDR Arneirense		01-12-95	2s	CNJ	Pombal	19-01	61,03i-12
61,62	Cláudia Oliveira		GRECAS		24-04-95	2s	CNCI-1	Pombal	09-02	
62,18	Ana Almeida		Gira Sol RC		04-04-91	6s	CNCI-Ap	Pombal	27-01	59,74i-12
62,20	Daniela Lopes		AA Coimbra		02-03-91	2	CNCI-2	Pombal	09-02	62,24i-10
62,32	Sara Oliveira		CA Mar. Grande		28-12-93	1s	CNCI-Ap	Pombal	27-01	59,35i-11
62,46	Andrea Gomes		NDA Pombal		16-08-95	4s		Pombal	16-02	
62,74	Márcia Martins		JOMA	CPV	15-01-92	4s	Taça FPA	Pombal	05-01	60,89i-11
62,74	Cátia Garcia Santos		SL Benfica		13-05-94	5s	CNJ	Pombal	19-01	

800m - 2.15,0 - 2.25,0

2.08,9	Sandra Teixeira	Sporting CP	13-03-78	1		Pombal	24-02	2.02,47i-01
2.11,24	Marta Pen Freitas	SL Benfica	31-07-93	1	CNCI-1	Pombal	10-02	2.09,56i-12
2.11,27	Marta Pen Freitas			1s	C. Port	Pombal	17-02	
2.12,44	Cátia Azevedo	Sporting CP	09-03-94	2	C. Port	Pombal	17-02	
2.12,67	Mariana Brás	Sporting CP	29-11-93	3s	C. Port	Pombal	17-02	2.13,23i-11
2.13,15	Joceline Monteiro	Sporting CP	10-05-90	2	CNCI-1	Pombal	10-02	2.15,88i-12
2.13,48	Joceline Monteiro			4		Lee Valley - GBR	27-01	
2.14,06	Mariana Brás			1	CNU	Pombal	23-02	
2.14,19	Cátia Azevedo			1	CN23	Pombal	03-02	
2.14,48	Mariana Brás			2	CN23	Pombal	03-02	
2.15,62	Manuela Bernardo	GCA Donas	05-10-87	3	CNCI-1	Pombal	10-02	2.15,73i-08
2.16,59	Ana Beatriz Fernandes	ACDR Arneirense	01-12-95	1s	C. Port	Pombal	17-02	2.19,84i-12
2.17,19	Andreia Jesus	ACR Sra. Desterro	06-03-85	4	CNCI-1	Pombal	10-02	2.21,11i-12
2.17,27	Vanda Ribeiro	GRECAS	02-04-75	5s	C. Port	Pombal	17-02	2.07,42i-99
2.17,49	Carla Mendes	SL Benfica	09-11-94	2s	C. Port	Pombal	17-02	2.20,10i-10
2.17,55	Sandra Protásio	AA Coimbra	05-07-89	3s	C. Port	Pombal	17-02	
2.17,82	Barbara Ferreira	Juv. Vidigalense	09-12-91	5	CNCI-1	Pombal	10-02	
2.18,14	Isabel Areias	Gira Sol RC	27-01-85	6s	C. Port	Pombal	17-02	2.12,75i-10
2.18,35	Amélia Vitorino	Sporting CP	30-04-94	3	CN23	Pombal	03-02	2.27,96i-12
2.18,45	Rafaela Vitorino	SL Benfica	18-08-95	Pen	C. Port	Pombal	17-02	2.27,30i-12
2.18,97	Elsa Gomes	SC Braga	27-01-96	2	CNJ	Pombal	20-01	2.28,59i-12
2.19,18	Ana Catarina Fernandes	SL Benfica	22-05-95	5	CN23	Pombal	03-02	2.24,73i-12
2.19,61	Márcia Martins	JOMA	CPV 15-01-92	6	CNCI-1	Pombal	10-02	
2.20,76	Susana Godinho	SL Benfica	05-07-92	2		Braga	30-12	2.14,92i-09
2.21,17	Elsa Maia	Ginásio Trofa	10-03-96	2	C. Norte	Braga	13-01	2.22,76i-12
2.21,64	Sónia Ferreira	UD Varzea	08-07-95	3	C. Norte	Braga	13-01	
2.22,38	Sofia Teixeira	UD Varzea	26-02-97	4	C. Norte	Braga	13-01	2.19,51i-12
2.22,61	Carina Pinho	GRECAS	15-12-86	4s	CNCI-Ap	Pombal	27-01	
2.23,05	Filipa Eutiquio	Juv. Vidigalense	22-03-96	5s	CNCI-Ap	Pombal	27-01	2.20,77-12
2.23,10	Neuza Reis	SL Benfica	19-01-95	8	CNJ	Pombal	20-01	2.21,97i-11
2.23,79	Helena Alves	UD Varzea	15-06-97	5	C. Norte	Braga	13-01	2.30,85i-12
2.23,86	Tânia Silva	Liberdade FC	24-05-88	1		Braga	19-01	2.15,07i-09
2.24,52	Jessica Pontes	EA Rosa Oliveira	05-03-95	6	C. Norte	Braga	13-01	2.30,50i-12
2.24,64	Sara Sousa	UD Varzea	16-05-95	4		Braga	30-12	2.22,86i-12
2.24,72	Beatriz Pinto	CAS Manique	12-09-95	6s	CNCI-Ap	Pombal	27-01	2.27,75i-12
2.24,79	Sara Oliveira	EA Rosa Oliveira	24-10-97	7	C. Norte	Braga	13-01	2.26,60i-12
2.25,00	Andreia Silva	Gira Sol RC	21-10-88	1s		Pombal	13-01	

1500 m – 4.35,0 - 4.50,0

4.13,49	Sara Moreira	Maratona CP	17-10-85	1	C. Port	Pombal	16-02	4.10,65i-11
4.24,46	Sandra Teixeira			1s	CNCI-Ap	Pombal	26-01	
4.24,51	Sandra Teixeira	Sporting CP	13-03-78	1	CNCI-1	Pombal	09-02	4.10,84i-05
4.26,19	Sandra Teixeira			2	C. Port	Pombal	16-02	
4.29,00	Marta Pen Freitas	SL Benfica	31-07-93	2	CNCI-1	Pombal	09-02	4.27,59i-12
4.33,99	Susana Godinho	SL Benfica	05-07-92	3	C. Port	Pombal	16-02	4.29,80i-10
4.35,07	Andreia Santos	JOMA	17-05-85	3	CNCI-1	Pombal	09-02	4.27,62i-11
4.37,91	Mariana Brás	Sporting CP	29-11-93	4	C. Port	Pombal	16-02	
4.38,46	Vanda Ribeiro	GRECAS	02-04-75	5	C. Port	Pombal	16-02	4.18,46i-99
4.39,36	Barbara Ferreira	Juv. Vidigalense	09-12-91	1s	CNCI-Ap	Pombal	27-01	4.32,55i-12
4.40,16	Jessica Matos	SL Benfica	15-04-94	2s	CNCI-Ap	Pombal	27-01	
4.40,22	Sandra Protásio	AA Coimbra	05-07-89	6	C. Port	Pombal	16-02	4.46,66i-12
4.40,70	Andreia Rodrigues	G. Trofa	14-06-96	1	C. Norte	Braga	12-01	
4.41,50	Marta Martins	Juv. Vidigalense	15-01-92	3	CN23	Pombal	02-02	4.41,78i-12
4.42,51	Andreia Jesus	ACR Sra. Desterro	06-03-85	2s	CNCI-Ap	Pombal	27-01	4.41,72i-12
4.43,22	Amélia Vitorino	Sporting CP	30-04-94	1	CNJ	Pombal	19-01	
4.43,45	Sónia Catarina Lima	UD Varzea	10-05-90	7	C. Port	Pombal	16-02	4.35,18i-11
4.43,69	Cátia Santos Leitão	CO Oeiras	09-10-92	5	CN23	Pombal	02-02	
4.44,33	Sónia Ferreira	UD Varzea	08-07-95	3	C. Norte	Braga	12-01	5.00,83i-12
4.44,80	Carla Mendes	SL Benfica	09-11-94	4	CNJ	Pombal	19-01	4.53,06i-12
4.47,40	Sofia Teixeira	UD Varzea	26-02-97	2		Braga	28-12	
4.47,42	Joana Ferreira	ADR Mata	04-06-97	5	CNJ	Pombal	19-01	
4.48,25	Diana Almeida	SL Benfica	08-09-94	6	CNJ	Pombal	19-01	

4.48,31	Patrícia Caldas	SC Braga	31-10-94	1		Braga	09-02	4.33,30i-12
4.48,73	Andreia Silva	Gira Sol RC	21-10-88	6	CNCI-1	Pombal	09-02	4.49,34i-12
4.49,60	Elsa Gomes	SC Braga	27-01-96	7	CNJ	Pombal	19-01	
4.49,89	Ana Catarina Fernandes	SL Benfica	22-05-95	11	CN23	Pombal	02-02	4.51,20i-12
4.49,97	Sueli Gomes	UD Varzea	31-10-94	3		Braga	28-12	4.57,93i-12

Milha/Mile –5.20,0

5.16,08	Catarina Carvalho	GCA Donas	01-03-92	1	A.Monteiro	Pombal	09-03	
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3000 m – 9.50,0 - 11.00,0

8.52,48	Sara Moreira	Maratona CP	17-10-85	1		Eaubonne - FRA	07-02	8.44,22i-11
8.55,24	Sara Moreira			1	C. Port	Pombal	17-02	
8.58,50	Sara Moreira			1	C. Euro	Gotemburgo - SWE	03-03	
9.01,00	Sara Moreira			1h	C. Euro	Gotemburgo - SWE	02-03	
9.05,87	Ercília Machado	Sporting CP	24-12-86	10	BAGP	Birmingham - GBR	16-02	9.22,21i-11
9.10,86	Carla Salomé Rocha	Sporting CP	25-04-90	2	C. Port	Pombal	17-02	9.12,73i-12
9.21,66	Carla Salomé Rocha			1	CNCI-1	Pombal	10-02	
9.22,28	Ercília Machado			1s	CNCI-Ap	Pombal	26-01	
9.25,50	Sara Catarina Ribeiro	Sporting CP	31-05-90	3	C. Port	Pombal	17-02	9.16,87i-12
9.35,97	Ercília Machado			8h	C. Euro	Gotemburgo - SWE	02-03	
9.43,86	Andreia Santos	JOMA	17-05-85	2	CNCI-1	Pombal	10-02	9.42,15i-12
9.44,39	Silvana Dias	UD Varzea	05-06-94	1	CNJ	Pombal	20-01	9.50,09i-12
9.44,56	Sónia Fernandes	SL Benfica	03-05-83	3	CNCI-1	Pombal	10-02	9.28,13i-11
9.45,22	Sónia Fernandes			1s	CNCI-Ap	Pombal	27-01	
9.46,11	Marta Martins	Juv. Vidigalense	15-01-92	4	CNCI-1	Pombal	10-02	9.59,62i-11
9.47,49	Marta Martins			1	CN23	Pombal	03-02	
9.48,85	Marta Martins			2s	CNCI-Ap	Pombal	27-01	
9.50,13	Ana Mafalda Ferreira	GD Estreito	22-04-88	4	C. Port	Pombal	17-02	9.37,12i-12
9.51,57	Susana Godinho	SL Benfica	05-07-92	5	C. Port	Pombal	17-02	9.40,71i-11
9.55,08	Diana Almeida	SL Benfica	08-09-94	3	CN23	Pombal	03-02	9.57,04i-12
9.55,25	Catarina Gonçalves	UD Varzea	11-09-93	4	CN23	Pombal	03-02	9.52,56i-12
9.56,14	Susana Francisco	Sporting CP	10-05-91	5	CN23	Pombal	03-02	
9.56,59	Sara Carvalho	ADERCUS	24-12-88	1	CNU	Pombal	23-02	10.54,56i-10
9.58,26	Barbara Ferreira	Juv. Vidigalense	09-12-91	1		Braga	29-12	9.51,33i-12
10.00,25	Cátia Santos Leitão	CO Oeiras	09-10-92	6	CN23	Pombal	03-02	10.09,05i-12
10.04,56	Sueli Gomes	UD Varzea	31-10-94	2	C. Norte	Braga	13-01	10.26,54i-12
10.05,13	Jessica Matos	SL Benfica	15-04-94	7	CN23	Pombal	03-02	
10.05,23	Vanda Ribeiro	GRECAS	02-04-75	5	CNCI-1	Pombal	10-02	9.59,05i-08
10.05,87	Patrícia Pereira	ACR Sra. Desterro	14-12-81	6	CNCI-1	Pombal	10-02	9.47,63i-05
10.06,93	Sónia Ferreira	UD Varzea	08-07-95	3	CNJ	Pombal	20-01	10.20,89i-12
10.13,50	Andreia Rodrigues	G. Trofa	14-06-96	3	C. Norte	Braga	13-01	10.29,15i-12
10.18,42	Daniela Sousa	ADR Água Pena	14-09-93	2	CNU	Pombal	23-02	
10.20,54	Joana Fernandes	Juv. Vidigalense	11-09-92	ex	C. Norte	Braga	13-01	10.35,15i-12
10.26,45	Diana S. Ribeiro	Dragões Vizela	19-01-96	2		Braga	29-12	
10.29,44	Maria Rosário Martins	Sporting CP	14-06-95	3		Pombal	24-02	10.40,76i-12
10.30,13	Joana Ferreira	ADR Mata	04-06-97	1s		Pombal	13-01	
10.30,52	Andreia Silva	Gira Sol RC	21-10-88	4s	CNCI-Ap	Pombal	27-01	10.40,73i-12
10.31,49	Jessica Lopes	Liberdade FC	10-11-95	3		Braga	29-12	10.35,87i-12
10.32,07	Catarina Carvalho	GCA Donas	01-03-92	7	CNCI-1	Pombal	10-02	9.58,85i-11
10.32,83	Ana Catarina Dias	NDC Odemira	12-06-94	ex		Pombal	03-03	
10.32,88	Ana Catarina Fernandes	SL Benfica	22-05-95	4		Braga	29-12	10.51,82i-11
10.35,47	Inês Marques	GR Qt. Lomba	10-04-93	4		Pombal	24-02	10.45,74i-11
10.35,66	Fátima Silva	CD Póvoa	06-05-70	1	CN Vet	Pombal	03-03	9.21,30i-95
10.36,62	Ana Sofia Ribeiro	Maia AC	11-03-97	7	CNJ	Pombal	20-01	
10.39,15	Fátima Pinho	GRECAS	22-02-63	6s	CNCI-Ap	Pombal	27-01	10.38,12i-05
10.40,94	Luisa Condeço	Juv. Vidigalense	26-03-96	8	CNJ	Pombal	20-01	10.20,91i-12
10.42,70	Silvia Oliveira	EA Rosa Oliveira	30-03-96	9	CNJ	Pombal	20-01	
10.47,72	Carla Santos	ADRE Palhaça	22-06-91	7s	CNCI-Ap	Pombal	27-01	10.39,46i-12
10.47,90	Ana Lopes	Esc. Movimento	21-03-91	3	CNU	Pombal	23-02	
10.48,36	Rosa Oliveira	EA Rosa Oliveira	25-07-66	4	C. Norte	Braga	13-01	
10.48,89	Sandra Oliveira	Dragões Vizela	22-10-96	6		Braga	29-12	

10.57,66	Solange Fernandes	CA Sal. Manique	31-07-91	8s	CNCI-Ap	Pombal	27-01
10.59,54	Sara Augusto	CA Seia	24-02-96	12	CNJ	Pombal	20-01

60 m B – 9,00 - 10,50

8,20	Eva Vital	SL Benfica	RNi23	08-07-92	5h	C. Euro	Gotemburgo - SWE	01-03	8,37i-10
8,22	Eva Vital		RNi23		1		Jamor	21-02	
8,25	Eva Vital		RNi23		1h	C. Port	Pombal	17-02	
8,26	Eva Vital				1	C. Port	Pombal	17-02	
8,32	Eva Vital				1	CNCI-1	Pombal	10-02	
8,38	Andreia Felisberto	Sporting CP		22-06-86	1		Jamor	16-01	8,36i-12
8,47	Eva Vital				1h		Jamor	21-02	
8,48	Andreia Felisberto				1h	C. Port	Pombal	17-02	
8,49	Andreia Felisberto				1		Jamor	31-01	
8,50	Eva Vital				2		Jamor	16-01	
8,50	Andreia Felisberto				1s	CNCI-Ap	Pombal	26-01	
8,50	Eva Vital				1s	CNCI-Ap	Jamor	27-01	
8,51	Andreia Felisberto				1		Jamor	16-01	
8,52	Eva Vital				1	CN23	Pombal	03-02	
8,52	Andreia Felisberto				2	CNCI-1	Pombal	10-02	
8,52	Andreia Felisberto				2	C. Port	Pombal	17-02	
8,53	Andreia Felisberto				1		Pombal	13-01	
8,53	Eva Vital				2		Jamor	31-01	
8,54	Eva Vital				1ex	Taça FPA	Pombal	05-01	
8,54	Eva Vital				2		Jamor	16-01	
8,55	Eva Vital				2		Pombal	13-01	
8,55	Andreia Felisberto				1ex		Pombal	26-01	
8,58	Eva Vital				1s	Taça FPA	Pombal	05-01	
8,65	Eva Vital				1		Jamor	31-01	
8,67	Eva Vital				1h	CN23	Pombal	03-02	
8,72	Vera Fernandes	SL Benfica		24-02-94	2ex	Taça FPA	Pombal	05-01	8,86i-12
8,74	Vera Fernandes				2	CN23	Pombal	03-02	
8,76	Vera Fernandes				1	CNJ	Pombal	20-01	
8,76	Larissa Vieira	Sporting CP	BRA	14-11-95	2	CNJ	Pombal	20-01	9,02i-12
8,76	Vera Fernandes				1h	CN23	Pombal	03-02	
8,78	Witiney Barata	JOMA		31-01-88	3	CNCI-1	Pombal	10-02	8,78i-12
8,80	Vera Fernandes				3	C. Port	Pombal	17-02	
8,80	Witiney Barata				3	C. Port	Pombal	17-02	
8,81	Vera Fernandes				2s	Taça FPA	Pombal	05-01	
8,82	Lecabela Quaresma	GR Qt. Lomba	STP	26-12-89	5	C. Port	Pombal	17-02	8,81i-10
8,87	Vera Fernandes				3		Jamor	16-01	
8,87	Larissa Vieira				6	C. Port	Pombal	17-02	
8,89	Larissa Vieira				3	CN23	Pombal	03-02	
8,91	Olimpia Barbosa	Sporting CP	STP	28-02-95	4	CN23	Pombal	03-02	9,07i-12
8,91	Vera Fernandes				2h	C. Port	Pombal	17-02	
8,92	Larissa Vieira				3s	Taça FPA	Pombal	05-01	
8,92	Vera Fernandes				3		Jamor	16-01	
8,94	Larissa Vieira				4		Jamor	16-01	
8,94	Witiney Barata				2s	CNCI-Ap	Pombal	26-01	
8,95	Vera Fernandes				1h	CNJ	Pombal	20-01	
8,95	Lecabela Quaresma				3s	CNCI-Ap	Pombal	26-01	
8,96	Andreia Felisberto				4s	Taça FPA	Pombal	05-01	
8,96	Olimpia Barbosa				1h	CN23	Pombal	03-02	
8,96	Larissa Vieira				2h	C. Port	Pombal	17-02	
8,98	Lecabela Quaresma				3h	C. Port	Pombal	17-02	
8,99	Ludmila Nascimento	Sporting CP		01-11-96	3		Jamor	31-01	9,02i-12
9,00	Susana Estriga	JOMA		16-07-75	4h	C. Port	Pombal	17-02	8,95i-08
9,03	Rafaela Vitorino	SL Benfica		18-08-95	Pen	C. Port	Pombal	17-02	8,91i-12
9,12	Stenia Betuncal	CAS Manique		25-11-92	1	CNCI-2	Pombal	10-02	8,76i-10
9,14	Cristiana Cunha	GDA Donas		17-07-91	4	CNCI-1	Pombal	10-02	8,81i-11
9,22	Anabela Neto	Sporting CP		25-03-91	6	CN23	Pombal	03-02	9,04i-12
9,35	Rita Schaller	Sporting CP		07-08-94	2		Jamor	21-02	
9,37	Raquel Lourenço	CP Corroios		11-10-96	2h		Jamor	21-02	10,04i-12

9,41	Evelise Veiga	Juv. Vidigalense	03-03-96	4s	CNCI-Ap	Pombal	27-01	10,19i-12
9,45	Ana Rita Pedreiras	Gira Sol RC	27-01-93	5	CNCI-1	Pombal	10-02	9,63i-10
9,51	Ana Margarida Oliveira	GA Fátima	18-07-95	Pen	C. Port	Pombal	17-02	9,43i-12
9,51	Teresa Mestre	GD Diana	18-07-92	2	CNU	Pombal	23-02	9,44i-12
9,55	Diana Morgado	AC Vermoil	16-11-89	2	CNCI-2	Pombal	10-02	9,96i-12
9,57	Valdénia Carvalho	GR Qt. Lomba	06-07-93	6h	C. Port	Pombal	17-02	9,49i-12
9,58	Leslie Delgado	Grã Bretanha	25-06-89	2		Lee Valley - GBR	06-01	9,15i-12
9,59	Cláudia Oliveira	GRECAS	24-04-95	Pen	C. Port	Pombal	17-02	9,85i-12
9,66	Stephanie Simões	GRECAS	08-10-94	7	CNCI-1	Pombal	10-02	9,12i-12
9,67	Rafaela Pintassilgo	C Bf. Faro	18-11-96	2h	CNJ	Pombal	20-01	10,09i-12
9,70	Fernanda Borba	CDE Arrifes	02-03-81	6h	C. Port	Pombal	17-02	8,76i-01/08
9,73	Susana Guerra	AEA Rui Silva	28-06-96	1		Pombal	13-01	10,32i-12
9,74	Inês Dias	Maia AC	06-11-97	6	CNJ	Pombal	20-01	
9,81	Cláudia Rodrigues	Gira Sol RC	11-11-89	3	CNU	Pombal	23-02	9,37i-09/10
9,82	Lucinda Gomes	Sporting CP	16-04-95	6h	CN23	Pombal	03-02	9,51i-11
9,82	Sara Silva	EC+S Lavra	03-01-94	Pen	C. Port	Pombal	17-02	10,00i-12
9,85	Bruna Varela	SL Benfica	15-04-97	4		Jamor	21-02	
9,99	Ana Patrícia Monteiro	Esc. Movimento	22-06-89	4	CNCI-2	Pombal	10-02	9,62i-08
9,99	Sofia Melo	CDE Arrifes	20-01-92	Pen	C. Port	Pombal	17-02	9,74i-09
10,00	Beatriz Ferreira	ARCB Valongo	18-10-96	3h	CNJ	Pombal	20-01	
10,01	Rita Mota	Juv. Vidigalense	30-08-94	6h	CN23	Pombal	03-02	9,73i-12
10,01	Carolina Pandeirada	GRECAS	21-10-93	Pen	C. Port	Pombal	17-02	10,04i-12
10,05	Lidia Nicole Alberto	Juv Vidigalense	ANG 15-02-93	1h		Pombal	13-01	10,05i-11
10,07	Daniela Ferreira	Juv. Vidigalense	22-06-89	Pen	Taça FPA	Pombal	06-01	9,74i-08
10,10	Sónia Marques	Juv. Vidigalense	06-07-86	Pen		Braga	30-12	
10,11	Liliana Manhente	Esc. Movimento	30-03-85	1h	C. Norte	Braga	13-01	
10,25	Andreia Nicolau	CA Seia	01-02-91	Pen	C. Port	Pombal	17-02	10,64i-09
10,29	Isabel Santos	AD 4 Ribeiras	29-04-97	5h	CNJ	Pombal	20-01	
10,33	Vera Nunes	ACR Sra. Desterro	25-04-96	8	CNCI-1	Pombal	10-02	
10,38	Vera Lima	ADRE Palhaça	08-12-89	3s	CNCI-Ap	Pombal	27-01	10,09i-12
10,40	Sandra Ferreira	CA Mazarefes	30-12-95	4h	CNJ	Pombal	20-01	
10,44	Inês Matos Luís	Esc. Movimento	14-11-96	2	C. Norte	Braga	13-01	
10,47	Inês Gloria	CD Faro XXI	06-04-96	4s	CNCI-Ap	Pombal	26-01	10,35i-12

Altura/High Jump – 1,65 - 1,50

1,77	Marisa Anselmo	Sporting CP	06-09-87	ex	C. Norte	Braga	13-01	1,83i-06
1,75	Marisa Anselmo			1	CNCI-1	Pombal	09-02	
1,75	Marisa Anselmo			1	C. Port	Pombal	16-02	
1,74	Anabela Neto	Sporting CP	25-03-91	1		Braga	19-01	1,76i-11
1,74	Ana Monjane	Sporting CP	13-05-93	1	CN23	Pombal	02-02	1,73i-11/12
1,74	Marisa Anselmo			1	CNU	Pombal	23-02	
1,73	Ana Margarida Oliveira	GA Fátima	18-07-95	Pen	C. Port	Pombal	17-02	1,71i-12
1,72	Ana Margarida Oliveira			1	CNJ	Pombal	19-01	
1,72	Anabela Neto			2	CN23	Pombal	02-02	
1,72	Ana Margarida Oliveira			3	CN23	Pombal	02-02	
1,72	Ana Monjane			2	C. Port	Pombal	16-02	
1,72	Anabela Neto			3	C. Port	Pombal	16-02	
1,71	Anabela Neto			1	Taça FPA	Jamor	06-01	
1,71	Ana Monjane			2		Braga	19-01	
1,71	Marisa Anselmo			1s	CNCI-Ap	Pombal	26-01	
1,70	Anabela Neto			Pen		Pombal	22-12	
1,69	Ana Margarida Oliveira			1		Pombal	12-01	
1,69	Ana Monjane			ex	C. Norte	Braga	13-01	
1,69	Rafaela Vitorino	SL Benfica	18-08-95	2	CNCI-1	Pombal	09-02	1,68i-12
1,65	Ana Monjane			1		Braga	30-12	
1,65	Carolina Pandeirada	GRECAS	21-10-93	1s	CNCI-Ap	Pombal	27-01	1,62i-12
1,64	Cláudia Rodrigues	Gira Sol RC	11-11-89	Pen	C. Port	Pombal	17-02	1,71i-09/11
1,61	Nádia Sena	SL Benfica	06-09-95	2	CNJ	Pombal	19-01	1,52i-12
1,60	Catarina Queirós	EC+S Lavra	23-01-98	1		Braga	29-12	1,49i-12
1,60	Jessica Barreira	Sporting CP	29-01-97	2	Taça FPA	Jamor	06-01	
1,60	Jennifer Gomes	GCA Donas	21-03-95	1		Pombal	12-01	1,58i-11
1,60	Ana Sofia Silva	Maia AC	31-05-96	5	C. Port	Pombal	16-02	1,63i-12

1,60	Valeryia Semenikhina	SL Benfica	19-05-99	TT		Alpiarça	24-02	1,45i-12	
1,60	Beatriz Domingues	CA Mar. Grande	27-07-98	1		Pombal	09-03	1,50i-12	
1,59	Daniela Ferreira	Juv. Vidigalense	22-06-89	4s	CNCI-Ap	Pombal	27-01	1,56i-06/11	
1,56	Magali Gomes	SL Benfica	29-12-91	3	Taça FPA	Jamor	06-01	1,71i-11	
1,56	Inês Marques	ACR Sra. Desterro	19-08-96	6s	CNCI-Ap	Pombal	27-01	1,59i-12	
1,56	Ana Vasconcelos	SL Benfica	18-07-92	8	CN23	Pombal	02-02	1,58i-10	
1,56	Andreia Monteiro	CA Mar. Grande	11-04-96	1	CNCI-2	Pombal	09-02	1,54i-12	
1,56	Rita Ferraz	Esc. Movimento	20-12-94	2	CNCI-2	Pombal	09-02		
1,56	Witiney Barata	JOMA	31-01-88	7	CNCI-1	Pombal	09-02	1,63i-09	
1,55	Rita Mota	Juv. Vidigalense	30-08-94	5	CNJ	Pombal	19-01	1,54i-12	
1,55	Andreia Nicolau	CA Seia	01-02-91	Pen	C. Port	Pombal	17-02	1,50i-12	
1,53	Elsa Cruz	CCD Ribeirão	10-01-97	2		Braga	29-12	1,35i-12	
1,53	Erica Gomes	AA Coimbra	GBS	09-05-94	2s	CNCI-Ap	Pombal	26-01	1,60i-10
1,53	Beatriz Nunes	CA Sal. Manique	19-05-94	7s	CNCI-Ap	Pombal	27-01	1,53i-12	
1,53	Lecabela Quaresma	GR Qt. Lomba	STP	26-12-89	3	CNCI-2	Pombal	09-02	1,62i-09
1,52	Iolanda Ribeiro	GD Pic-Nic	24-04-89	1s		V. R. Sto. António	14-12	1,61i-08	
1,52	Marta Vargues	CO Pechão	15-10-97	1s		V. R. Sto. António	14-12	1,49i-12	
1,52	Sofia Melo	CDE Arrifes	20-01-92	Pen	Taça FPA	Jamor	06-01		
1,52	Khristina Resler	SL Benfica	30-06-96	9	CNJ	Pombal	19-01	1,52i-12	
1,52	Margarida Cavaca	GCA Donas	04-07-96	TT		Pombal	03-02	1,47i-12	
1,52	Cláudia Oliveira	GRECAS	24-04-95	Pen	C. Port	Pombal	17-02	1,56i-11	
1,51	Eva Araujo	NSL Fronteira	23-02-98	TT		Pombal	03-02	1,45i-12	
1,50	Mariana Bento	CA Mar. Grande	09-08-98	2		Obidos	24-11		
1,50	Barbara Andrade	Juv. Vidigalense	98	TT		Alpiarça	23-02		
1,50	Suzana Cruz	CA Mar. Grande	12-11-98	2		Pombal	09-03	1,37i-12	

Vara/Pole Vault – 3,80 - 2,50

4,30	Eleonor Tavares	Sporting CP		24-09-85	3		Aubiere - FRA	16-02	4,42i-12
4,20		Eleonor Tavares			1	CNCI-1	Pombal	10-02	
4,20		Eleonor Tavares			1	C. Port	Pombal	17-02	
4,20	Marta Onofre	Sporting CP	RNi23	28-01-91	2	C. Port	Pombal	17-02	3,90i-12
4,07		Eleonor Tavares			7		Orleans - FRA	12-01	
4,03		Eleonor Tavares			2		Aulnay s Bois - FRA	30-01	
4,00		Marta Onofre			1	CN23	Pombal	03-02	
4,00		Marta Onofre			1	CNU	Pombal	23-02	
3,90		Marta Onofre			1		Jamor	31-01	
3,90	Cátia Pereira	JOMA		05-07-89	2		Jamor	31-01	3,66i-12
3,85		Eleonor Tavares			3		Eaubonne - FRA	02-02	
3,80		Cátia Pereira			1	Taça FPA	Jamor	06-01	
3,80		Marta Onofre			1s	CNCI-Ap	Pombal	26-01	
3,50	Ana Vasconcelos	SL Benfica		18-07-92	1s	CNCI-Ap	Pombal	27-01	3,35i-11
3,40	Sara Sousa	CS Marítimo		14-08-93	ex	CNU	Pombal	23-02	3,31i-12
3,35	Vera Lavrador	Juv. Vidigalense		03-10-88	3	Taça FPA	Jamor	06-01	3,75i-11
3,30	Filipa Choon	SL Benfica		22-11-95	4		Jamor	31-01	3,10i-12
3,05	Lidia Nicole Alberto	Juv Vidigalense	ANG	15-02-93	4	CNCI-1	Pombal	10-02	2,90i-12
3,05	Tânia António	GRECAS		29-12-87	4	CNCI-1	Pombal	10-02	3,40i-08
3,00	Andreia Grácio	CP Alcanena		17-09-96	1		Pombal	08-12	2,70i-12
2,90	Ana Patrícia Silva	CA Mar. Grande		28-11-93	3s	CNCI-Ap	Pombal	29-01	2,82i-12
2,70	Sara Mota	Juv. Vidigalense		30-07-97	2		Pombal	13-01	2,40i-12
2,70	Nádia Sena	SL Benfica		06-09-95	3	CNJ	Pombal	20-01	
2,70	Ana Filipa Silva	CA Mar. Grande		28-11-93	9	C. Port	Pombal	17-02	2,82i-12
2,66	Mónica Mota	AC Vermoil		04-06-97	2	CNCI-2	Pombal	10-02	1,80i-12
2,60	Daniela Pinote	CP Alcanena		16-05-93	2		Pombal	13-01	2,55i-12
2,60	Catarina Marques	CD Quarteira		11-09-96	3s	CNCI-Ap	Pombal	26-01	
2,55	Teresa Ribeiro	GCA Donas		23-08-88	3	CNU	Pombal	23-02	2,90i-08
2,50	Margarida Assunção	NDJ Laranjeiro		06-10-96	12	Taça FPA	Jamor	06-01	
2,50	Ana Margarida Pereira	CA Riachense		09-04-92	3		Pombal	13-01	2,50i-10

Comprimento/Long Jump – 5,70 - 5,10

6,17	Shaina Anthony Mags	Sporting CP	11-04-92	1	CN23	Pombal	02-02	6,19i-12
6,13	Shaina Anthony Mags			1	C. Port	Pombal	16-02	

5,98	Shaina Anthony Mags				1	CNCI-1	Pombal	09-02	
5,98	Evelise Veiga	Juv. Vidigalense	RN jv	03-03-96	2	C. Port	Pombal	16-02	5,55i-12
5,93	Evelise Veiga				1		Pombal	29-12	
5,89	Shaina Anthony Mags				1	Taça FPA	Jamor	06-01	
5,89	Teresa Carvalho	SL Benfica		03-01-95	3	C. Port	Pombal	16-02	5,68i-11
5,86	Evelise Veiga				2	CNCI-1	Pombal	09-02	
5,85	Carmen Nascimento	Sporting CP		21-12-89	1		Jamor	16-01	5,84i-12
5,85	Marta Godinho	JOMA		24-06-80	3	CNCI-1	Pombal	09-02	6,39i-04
5,84	Lisandra Lopes	ACR Sra. Desterro		07-04-88	1s	CNCI-Ap	Pombal	27-01	5,47i-12
5,83	Lisandra Lopes				4	C. Port	Pombal	16-02	
5,81	Ludmila Nascimento	Sporting CP		01-11-96	1	CNJ	Pombal	19-01	5,57i-12
5,81	Ana Margarida Oliveira	GA Fátima		18-07-95	Pen	C. Port	Pombal	17-02	5,78i-12
5,76	Lisandra Lopes				4	CNCI-1	Pombal	09-02	
5,75	Carmen Nascimento				3	Taça FPA	Jamor	06-01	
5,75	Lisandra Lopes				2	Taça FPA	Jamor	06-01	
5,75	Carmen Nascimento				5	C. Port	Pombal	16-02	
5,74	Shaina Anthony Mags				1s	CNCI-Ap	Pombal	26-01	
5,74	Marta Onofre	Sporting CP		28-01-91	6	C. Port	Pombal	16-02	5,45i-10
5,72	Marta Godinho				2s	CNCI-Ap	Pombal	26-01	
5,70	Marta Godinho				2		Jamor	16-01	
5,68	Sónia Marques	Juv. Vidigalense		06-07-86	1	CNU	Pombal	23-02	5,64i-11
5,65	Rafaela Vitorino	SL Benfica		18-08-95	Pen	C. Port	Pombal	17-02	5,26i-11
5,59	Lucinda Gomes	Sporting CP		16-04-95	3	CN23	Pombal	02-02	5,60i-12
5,50	Vera Lima	ADRE Palhaça		08-12-89	3s	CNCI-Ap	Pombal	27-01	5,02i-10
5,46	Cláudia Rodrigues	Gira Sol RC		11-11-89	Pen	C. Port	Pombal	17-02	5,74i-12
5,44	Elizandra Alberto	AEA Rui Silva	ANG	15-12-97	1		Alpiarça	24-11	5,24i-12
5,43	Vanessa Rocha	GCA Donas		02-01-90	4s	CNCI-Ap	Pombal	27-01	5,73i-12
5,32	Scarlett Saleiro	CA Mazarefes		98	1		Braga	19-01	4,56i-12
5,32	Liliane Amaro	GR Qt. Lomba		23-10-92	1	CNCI-2	Pombal	09-02	
5,30	Carla Gama	SL Benfica		24-11-90	5s	CNCI-Ap	Pombal	27-01	5,56i-11
5,29	Yolanda Xavier	Sporting CP	UKR	21-01-94	2	CNU	Pombal	23-02	
5,27	Mariana Oliveira	Esc. Movimento		06-12-95	1s	CNCI-Ap	Braga	26-01	4,67i-12
5,27	Carolina Pandeirada	GRECAS		21-10-93	Pen	C. Port	Pombal	17-02	5,10i-12
5,22	Anabela Neto	Sporting CP		25-03-91	Pen		Pombal	22-12	5,54i-11
5,22	Aleksandra Vilovskaya	SL Benfica		18-12-94	5	Taça FPA	Jamor	06-01	
5,22	Andreia Gomes	AA Coimbra		27-06-98	TT		Alpiarça	23-02	4,79i-12
5,20	Joana Vitorino	CAS Manique		30-05-92	3	CNU	Pombal	23-02	
5,20	Marisa Vaz Carvalho	SL Benfica		15-11-99	TT		Alpiarça	23-02	
5,19	Rafaela Moutinho	Maia AC		02-01-97	1	C. Norte	Braga	12-01	
5,19	Sandra Moreira	Sporting CP		19-02-93	5	CN23	Pombal	02-02	5,36i-12
5,19	Ana Patrícia Silva	CA Mar. Grande		28-11-93	4	CNU	Pombal	23-02	5,30i-12
5,18	Mariana António	SC Abrantes		09-06-98	TT		Alpiarça	23-02	4,88i-12
5,17	Jennifer Gomes	GCA Donas		21-03-95	Pen		Pombal	22-12	5,03i-12
5,16	Andreia Nicolau	CA Seia		01-02-91	Pen	C. Port	Pombal	17-02	5,02i-09
5,13	Mónica Mota	AC Vermoil		04-06-97	2		Pombal	12-01	4,53i-12
5,13	Khristina Resler	SL Benfica		30-06-96	2		Alpiarça	02-03	
5,12	Liliana Campos	GD Estreito		29-04-88	6	Taça FPA	Jamor	06-01	5,32i-06
5,12	Soraya Bentugal	CAS Manique	GBS	23-12-95	6	CN23	Pombal	02-02	5,08i-12
5,12	Joana Pedreiras	Gira Sol RC		29-03-97	7	CNCI-1	Pombal	09-02	4,48i-12
5,11	Flavia Lopes	SC Braga		15-07-98	TT		Braga	02-02	
5,10	Daniela Jorge	Juv. Vidigalense		25-10-97	5	CNJ	Pombal	19-01	4,75i-12

Triplo/Triple Jump – 11,80 - 10,20

13,99	Patrícia Mamona	Sporting CP	RNi	21-11-88	5q	C. Euro	Gotemburgo - SWE	01-03	13,94i-12
13,94	Susana Costa	Individual - Lx	RNi =	22-09-84	1		Pombal	24-02	13,82i-12
13,93	Patrícia Mamona				1	CNCI-1	Pombal	10-02	
13,93	Patrícia Mamona				2		Pombal	24-02	
13,91	Patrícia Mamona				1	C. Port	Pombal	17-02	
13,74	Susana Costa				12q	C. Euro	Gotemburgo - SWE	01-03	
13,72	Susana Costa				2	C. Port	Pombal	17-02	
13,72	Patrícia Mamona				8	C. Euro	Gotemburgo - SWE	03-03	
13,61	Susana Costa				4		Gent - BEL	10-02	

13,56	Susana Costa			1	Jamor	31-01	
13,48	Patrícia Mamona			1s	CNCI-Ap	Pombal	26-01
13,46	Patrícia Mamona			2	Stars	Tampere - FIN	03-02
13,46	Susana Costa			1	Jamor	21-02	
13,45	Susana Costa			1	Taça FPA	Pombal	06-01
13,05	Shaina Anthony Mags	Sporting CP	11-04-92	1	CN23	Pombal	03-02 13,10i-12
13,00	Shaina Anthony Mags			3	C. Port	Pombal	17-02
12,99	Shaina Anthony Mags			3		Pombal	24-02
12,83	Carmen Nascimento	Sporting CP	21-12-89	4		Pombal	24-02 12,46i-11
12,78	Carmen Nascimento			2	Jamor	21-02	
12,72	Sandra Sofia Tavares	França	09-02-84	7	Aubiere - FRA	17-02	12,99i-12
12,65	Lecabela Quaresma	GR Qt. Lomba	STP 26-12-89	3	Jamor	21-02	12,64i-10
12,60	Sandra Sofia Tavares			1	Val de Reuil - FRA	09-02	
12,60	Jessica Barreira	Sporting CP	RNi jv 29-01-97	4	C. Port	Pombal	17-02 11,82i-12
12,54	Lecabela Quaresma			1	CNCI-2	Pombal	10-02
12,50	Lecabela Quaresma			5		Pombal	24-02
12,47	Anabela Neto	Sporting CP	25-03-91	2	CN23	Pombal	03-02 12,72i-12
12,46	Jessica Barreira			2	Jamor	31-01	
12,43	Vanessa Rocha	GCA Donas	02-01-90	2	CNCI-1	Pombal	10-02 12,73i-12
12,40	Anabela Neto			5	C. Port	Pombal	17-02
12,40	Lecabela Quaresma			6	C. Port	Pombal	17-02
12,39	Carmen Nascimento			3	Jamor	31-01	
12,38	Sandra Sofia Tavares			2	Eaubonne - FRA	02-02	
12,32	Jessica Barreira			6		Pombal	24-02
12,28	Lecabela Quaresma			2s	CNCI-Ap	Pombal	26-01
12,28	Marta Godinho	JOMA	24-06-80	3	CNCI-1	Pombal	10-02 13,45i-08
12,26	Sandra Sofia Tavares			3	Paris - FRA	24-02	
12,15	Carmen Nascimento			7	C. Port	Pombal	17-02
12,12	Lucinda Gomes	Sporting CP	16-04-95	4	Jamor	31-01	12,24i-12
12,09	Ludmila Nascimento	Sporting CP	01-11-96	2	Taça FPA	Pombal	06-01
12,09	Anabela Neto			ex		Pombal	13-01
12,06	Lucinda Gomes			3	CN23	Pombal	03-02
12,05	Carla Gama	SL Benfica	24-11-90	4	CNCI-1	Pombal	10-02 12,63i-11
12,04	Lucinda Gomes			8	C. Port	Pombal	17-02
12,02	Lucinda Gomes			3	Taça FPA	Pombal	06-01
11,99	Marta Godinho			3s	CNCI-Ap	Pombal	26-01
11,98	Lecabela Quaresma			4	Taça FPA	Pombal	06-01
11,96	Ludmila Nascimento			5	Jamor	31-01	
11,93	Jessica Barreira			1	CNJ	Pombal	20-01
11,93	Ludmila Nascimento			2	CNJ	Pombal	20-01
11,92	Lucinda Gomes			3	CNJ	Pombal	20-01
11,87	Vanessa Rocha			1s	CNCI-Ap	Pombal	27-01
11,82	Lucinda Gomes			4	Jamor	21-02	
11,80	Ludmila Nascimento			9	C. Port	Pombal	17-02
11,78	Sónia Marques	Juv. Vidigalense	06-07-86	5	CNCI-1	Pombal	10-02 12,20i-12
11,75	Cláudia Rodrigues	Gira Sol RC	11-11-89	6	CNCI-1	Pombal	10-02 12,21i-12
11,73	Yolanda Xavier	Sporting CP	UKR 21-01-94	6	Jamor	31-01	
11,68	Carolina Pandeirada	GRECAS	21-10-93	3s	CNCI-Ap	Pombal	27-01 11,23i-12
11,56	Ana Margarida Oliveira	GA Fátima	18-07-95	5	CN23	Pombal	03-02 12,13i-11
11,52	Stenia Betuncal	CAS Manique	25-11-92	2	CNCI-2	Pombal	10-02 11,74i-11
11,45	Natércia Lopes	ACR Sra. Desterro	14-09-76	7	CNCI-1	Pombal	10-02 11,58i-10
11,41	Valdénia Carvalho	GR Qt. Lomba	06-07-93	6	CN23	Pombal	03-02 11,32i-11
11,23	Ana Vasconcelos	SL Benfica	18-07-92	7	CN23	Pombal	03-02 11,45i-12
11,22	Rita Mota	Juv. Vidigalense	30-08-94	4	CNJ	Pombal	20-01 10,79i-12
11,19	Jennifer Gomes	GCA Donas	21-03-95	8	cn23	Pombal	03-02
11,15	Elizandra Alberto	AEA Rui Silva	ANG 15-12-97	1		Pombal	13-01
11,04	Ana Patrícia Silva	CA Mar. Grande	28-11-93	6	Taça FPA	Pombal	06-01 11,74i-12
11,02	Ana Filipa Silva	CA Mar. Grande	28-11-93	2		Pombal	30-12 11,09i-11
11,00	Aleksandra Vilovskaya	SL Benfica	18-12-94	5	CNJ	Pombal	20-01 10,19i-12
10,93	Sandra Moreira	Sporting CP	19-02-93	8	Taça FPA	Pombal	06-01 11,77i-12
10,79	Susana Guerra	AEA Rui Silva	28-06-96	1	Alpiarça	15-12	10,52i-12
10,76	Daniela Jorge	Juv. Vidigalense	25-10-97	1		Pombal	13-01 10,60i-12
10,75	Bruna Varela	SL Benfica	15-04-97	8	CNJ	Pombal	20-01

10,72	Beatriz Dinis	CA Mar. Grande	19-10-96	2		Pombal	13-01	10,41i-11
10,72	Inês Bola	GRECAS	13-05-94	9	CNJ	Pombal	20-01	10,88i-12
10,56	Ana Daniela Costa	SC Braga	20-02-97	1s	CNCI-Ap	Braga	26-01	
10,54	Mariana Oliveira	Esc. Movimento	06-12-95	2s	CNCI-Ap	Braga	26-01	
10,42	Maria Cruz	CD Faro XXI	12-09-97	4s	CNCI-Ap	Pombal	26-01	
10,34	Daniela Costa	SC Braga	20-02-97	1	C. Norte	Braga	13-01	
10,31	Alexandra Meira	CA Mazarefes	16-04-94	2	C. Norte	Braga	13-01	10,49i-11
10,28	Andreia Pinto	CA Mar. Grande	16-04-93	3		Pombal	30-12	10,65i-12
10,21	Elisa Pacheco	EB Arrifes	06-05-96	12	Taça FPA	Pombal	06-01	

Peso/Shot Put – 13,50 – 10,00

14,97	Irina Rodrigues	Sporting CP	05-02-91	1	CN23	Pombal	02-02	15,03i-12
14,93	Irina Rodrigues			1	CNCI-1	Pombal	09-02	
14,76	Irina Rodrigues			ex		Pombal	12-01	
14,66	Irina Rodrigues			1s	CNCI-Ap	Pombal	26-01	
14,42	Irina Rodrigues			1	C. Port	Pombal	16-02	
14,30	Silvia Cruz	Sporting CP	29-12-80	1		Pombal	24-02	14,84i-08
13,91	Irina Rodrigues			2		Pombal	24-02	
13,59	Isabel Ribeiro	ACR Sra. Desterro	29-02-88	2	C. Port	Pombal	16-02	13,68i-06
13,55	Isabel Ribeiro			1	CNU	Pombal	23-02	
12,48	Cristiana Oliveira	JOMA	30-06-84	2	CNCI-1	Pombal	09-02	14,16i-07
12,44	Cristiana Campos	Gira Sol RC	16-01-95	1	CNCI-Ap	Pombal	27-01	11,07i-12
12,32	Diana Hernandez	GRECAS	28-04-93	3s	CNCI-Ap	Pombal	27-01	12,49i-10
12,02	Juliana Pereira	Juv. Vidigalense	03-01-95	1	CNJ	Pombal	19-01	12,60i-12
11,89	Fernanda Angélica Martins	GDA Donas	02-04-75	4s	CNCI-Ap	Pombal	27-01	12,89i-10
11,88	Alexandra Gonçalves	SL Benfica	06-11-79	6	CNCI-1	Pombal	09-02	13,38i-09
11,17	Margarida Ferreira	ADRE Palhaça	27-10-94	1	CNCI-2	Pombal	09-02	10,86i-12
11,14	Ana Patrícia Garrido	ACR Váldagua	03-12-91	5	CN23	Pombal	02-02	10,60i-12
11,14	Nicole Magalhães	GR Qt. Lomba	22-06-94	2	CNCI-2	Pombal	09-02	11,30i-12
10,96	Sónia Grácio	NDA Pombal	26-03-74	1		Pombal	12-01	15,24i-00
10,85	Jessica Include	Sporting CP	GBS 25-03-96	3	CNJ	Pombal	19-01	10,19i-12
10,51	Cláudia Rodrigues	Gira Sol RC	11-11-89	Pen	C. Port	Pombal	17-02	11,24i-08
10,45	Teresa Silva	SC Braga	20-08-97	1	C. Norte	Braga	12-01	
10,34	Irina Sustelo	Universitária	25-02-83	2	CNU	Pombal	23-02	13,16i-02
10,20	Ana Margarida Oliveira	GA Fátima	18-07-95	1		Alpiarça	15-12	9,46i-12
10,17	Jessica Barreira	Sporting CP	29-01-97	6	CNJ	Pombal	19-01	
10,14	Rafaela Vitorino	SL Benfica	18-08-95	Pen	C. Port	Pombal	17-02	10,50i-12
10,06	Anabela Neto	Sporting CP	25-03-91	Pen		Pombal	22-12	

Pentatlo - 2500

3.815	Rafaela Vitorino	SL Benfica	18-08-95	1	C. Port	Pombal	17-02	3629i-12
3.631	Ana Margarida Oliveira	GA Fátima	18-07-95	2	C. Port	Pombal	17-02	3525i-12
3.441	Cláudia Rodrigues	Gira Sol RC	11-11-89	3	C. Port	Pombal	17-02	3617i-12
3.227	Anabela Neto	Sporting CP	25-03-91	1		Pombal	22-12	3539i-11
3.087	Cláudia Oliveira	GRECAS	24-04-95	4	C. Port	Pombal	17-02	2907i-12
3.027	Carolina Pandeirada	GRECAS	21-10-93	5	C. Port	Pombal	17-02	3058i-12
2.902	Andreia Nicolau	CA Seia	01-02-91	6	C. Port	Pombal	17-02	
2.786	Sofia Melo	CDE Arrifes	20-01-92	7	C. Port	Pombal	17-02	2516i-10
2.785	Daniela Ferreira	Juv. Vidigalense	22-06-89	1	Taça FPA	Pombal	06-01	2770i-08
2.776	Sara Silva	EC+S Lavra	03-01-94	8	C. Port	Pombal	17-02	2500i-12
2.656	Jennifer Gomes	GCA Donas	21-03-95	ex		Pombal	22-12	
2.556	Diana Morgado	AC Vermoil	16-11-89	4	Taça FPA	Pombal	06-01	2105i-07

3.000 m M/W - 16.00,0

12.21,56	Ana Cabecinha	CO Pechão	RN	29-04-84	1	C. Port	Pombal	16-02	12.34,00i-12
12.25,36	Inês Henriques	CN Rio Maior		01-05-80	2	C. Port	Pombal	16-02	12.28,70i-11
13.05,86	Vera Santos	Sporting CP		03-12-81	1	CNCI-1	Pombal	09-02	12.30,15i-09
13.37,18	Daniela Cardoso	Leiria Marcha		15-12-91	3	C. Port	Pombal	16-02	13.51,46i-11
14.03,27	Filipa Ferreira	CO Pechão		05-11-94	4	C. Port	Pombal	16-02	14.38,82i-12
14.08,71	Sandra Silva	Gira Sol RC		21-09-75	1		Pombal	12-01	13.51,77i-12

14.09,46	Liliana Martins	GCA Donas	20-07-90	5	C. Port	Pombal	16-02	14.33,96i-12
14.10,83	Nádia Cancela	SL Benfica	24-04-93	2	CN23	Pombal	02-02	14.27,69i-12
14.11,48	Mara Ribeiro	CN Rio Maior	11-05-95	3	CN23	Pombal	02-02	14.23,00i-12
14.13,29	Edna Barros	CO Pechão	18-12-96	2	CNJ	Pombal	19-01	15.29,35i-12
14.38,64	Mariana Mota	CAF Zezere	27-05-95	4	CNJ	Pombal	19-01	16.42,35i-12
14.49,90	Ariana Azevedo	GDP Chão Duro	09-10-95	4	CNJ	Pombal	19-01	
14.50,57	Vitória Oliveira	SL Benfica	30-08-92	9	C. Port	Pombal	16-02	
15.12,17	Sandra Vieira Leitão	ADRE Palhaça	01-11-75	3s	CNCI-Ap	Pombal	27-01	13.38,54i-04
15.14,45	Cristiana Vaz	CP Corroios	24-03-87	10	C. Port	Pombal	16-02	14.31,09i-08
15.17,91	Marisa Soares Pereira	Juv. Vidigalense	16-09-80	5s	CNCI-Ap	Pombal	27-01	14.37,39i-08
15.20,89	Marisa Paulino	CA Mar. Grande	13-12-96	6s	CNCI-Ap	Pombal	27-01	15.59,76i-12
15.22,56	Ana Raquel Marques	ACR Sra. Desterro	21-09-83	5	CNCI-1	Pombal	09-02	14.51,81i-06
15.24,84	Salomé Santos	CN Rio Maior	16-10-97	6	CNj	Pombal	19-01	
15.28,76	Elisabete Pinho	C Spiridon Gaia	10-09-95	8	CNJ	Pombal	19-01	
15.34,05	Laura Leal	CO Pechão	22-05-96	12	C. Port	Pombal	16-02	16.15,33i-12
15.43,99	Rita Ribeiro	CN Rio Maior	31-05-96	10	CNJ	Pombal	19-01	16.04,96i-12

4 x 400 m – 4.05,0 - 4.31,0

3.45,62	Sporting CP	C. Tavares, F. Martins, C. Duarte, C. Azevedo	1	CNCI-1	Pombal	10-02	3.44,34i-12
3.46,25	Sport Lisboa e Benfica	N. Gaspar, R. Vitorino, D. Évora, N. Reis	2	CNCI-1	Pombal	10-02	3.50,78i-12
3.52,15	Sporting CP	C. Duarte, F. Martins, V. Barbosa, C. Nunes	1s	CNCI-Ap	Pombal	26-01	
3.57,03	Sport Lisboa e Benfica	T. Duarte, R. Vitorino, N. Gaspar, N. Reis	1s	CNCI-Ap	Pombal	27-01	
4.03,44	Sport Lisboa e Benfica	S. Santos, N. Reis, M. Francisco, R. Vitorino	*	1	Taça FPA	Pombal	05-01
4.04,62	ADRE Palhaça	V. Lima, A. Santos, D. Urbano, M. Cardoso	2	Taça FPA	Pombal	05-02	3.59,36i-12
4.04,89	Juventude Vidigalense	E. Veiga, J. Viegas, B. Silva, S. Martins	*	3s	CNCI-1	Pombal	10-02
4.04,93	GCA Donas	C. Cunha, A. Digo, M. Bernardo, C. Jacinto	1s	CNCI-1	Pombal	10-02	4.03,64i-12
4.07,87	JO Monte Abraão	R. Limpo, J. Teixeira, M. Martins, S. Estriga	*	4s	CNCI-1	Pombal	10-02
4.11,43	ACR Sra. Desterro	C. Costa, AR Augusto, A. Jesus, L. Lopes	2s	CNCI-1	Pombal	10-02	4.20,66i-12
4.14,09	GRECAS	C. Silva, C. Pinho, F. Ferreira, C. Oliveira	3s	CNCI-1	Pombal	10-02	4.05,96i-05
4.15,16	Gira Sol RC	A. Almeida, D. Guerra, C. Rodrigues, I. Areias	4s	CNCI-1	Pombal	10-02	4.01,62i-10
4.15,21	GR Quinta da Lomba	V. Cardoso, L. Quaresma, B. Reis, A. Gomes	2s	CNCI-2	Pombal	10-02	4.10,92i-06
4.17,44	AA Coimbra	D. Lisa, C. Santos, S. Protásio, D. Lopes	3	C. Port	Pombal	17-02	4.27,84i-03
4.25,60	Escola do Movimento	D. Amorim, A. Lopes, A. Fernandes, A. Negra	4	C. Port	Pombal	17-02	
4.26,32	NDA Pombal	C. Ferreira, S. Gonçalves, M. Santos, A. Gomes	3s	CNCI-Ap	Pombal	26-01	
4.26,77	SC Braga	E. Gomes, C. Rodrigues, M. Martins, P. Caldas	1s	CNCI-Ap	Braga	26-01	3.42,60i-09
4.27,16	CA Mar. Grande	S. Oliveira, AP Silva, T. Rodrigues, A. Monteiro	3s	CNCI-Ap	Pombal	27-01	4.16,70i-09
4.31,60	CA Salesianos Manique	J. Vitorino, B. Carvalho, M. Luz, B. Pinto	4s	CNCI-Ap	Pombal	27-01	4.16,53i-11

(*) com atletas estrangeiros