

"Ranking" de P Ar Livre (Juniões) 2009 / 2010



Largo da Lagoa, 15 B
2799-538 Linda a Velha
telf: 214 146 020
fax: 214 146 021
e-mail:
casquinha.costa@fpatletismo.pt

Linda-a-Velha, 30 Maio de 2010



Qualquer comentário ou correção a este ranking enviar a: casquinha.costa@fpatletismo.pt

Atualizado em 30.05.2010

FEMININOS

JUNIORES

60 Metros (até 8,54/7,79)								
7,57	(pc)	Eva	Vital	08-07-92	SLB	3	Pombal	13.02
7,61	(pc)		Vital			1	Espinho	06.02
7,61	(pc)		Vital			1	Pombal	23.01
7,64	(pc)		Vital			1 mf2	Pombal	23.01
7,57	(pc)		Vital			3	Pombal	13.02
7,61	(pc)		Vital			1	Pombal	23.01
7,61	(pc)		Vital			1	Espinho	06.02
7,64	(pc)		Vital			1 mf2	Pombal	23.01
7,65	(pc)		Vital			2	Pombal	20.02
7,66	(pc)		Vital			1 el1-ex	Pombal	16.01
7,66	(pc)		Vital			1 el2	Pombal	20.02
7,67	(pc)		Vital			1 el3	Espinho	27.02
7,68	(pc)		Vital			1 mf2	Espinho	06.02
7,69	(pc)		Vital			1 el3	Espinho	06.02
7,73	(pc)		Vital			1 el5	Pombal	23.01
7,73	(pc)		Vital			3	Espinho	28.02
7,77	(pc)	Sara	Esteves	24-08-92	CAMz-VC	2	Pombal	23.01
7,77	(pc)		Esteves			4	Espinho	06.02
7,78	(pc)		Esteves			1 mf1	Espinho	06.02
7,78	(pc)	Joana	Vitorino	30-05-92	CASM	2 el1	Espinho	27.02
7,79	(pc)		Vitorino			3	Pombal	23.01
7,79	(pc)		Vitorino			2 el3	Espinho	06.02
7,83	(pc)	Débora	Clemente	09-11-94	SLB	3	Pombal	20.02
7,90	(pc)	Diana	Cerqueira	09-04-93	CAMz-VC	3 mf1	Pombal	23.01
7,93	(pc)	Andreia	Crespo Oliveira	16-10-93	NDCG	5 el2	Espinho	27.02
7,98	(pc)	Filipa	Martins	13-11-92	SLB	4 mf1	Espinho	06.02
8,01	(pc)	Ilizandra	Lopes	28-02-92	CFB	5 el1	Espinho	27.02
8,02	(pc)	Cristiana	Cunha	17-07-91	GS-RC	5 el3	Espinho	27.02
(10)								
8,02	(pc)	Joana	Lopes	13-10-91	CLAC	6 el3	Espinho	27.02
8,04	(pc)	Cátia	Jacinto	26-08-92	GCAD	1 s3	Pombal	09.01
8,04	(pc)	Christina	Martinez	26-05-92	ACM-AH	3 el2	Espinho	06.02
8,07	(pc)	Sara	Dias	06-11-92	ACV	2	Pombal	13.02
8,10	(pc)	Sarah	Dias	15-02-95	JV	1 el1	Pombal	05.12.2009
8,12	(pc)	Rafaela	Vitorino	18-08-95	SLB	1 s2-ex	Alpiarça	06.03
8,13	(pc)	Dorothe	Évora	28-05-91	SLB	6 mf2	Espinho	06.02
8,13	(pc)	Joana	Costa	10-11-95	UAP	1	Alpiarça	06.03
8,16	(pc)	Larissa	Souza	BRA 11-04-92	JDAL	2A	Pombal	12.12.2009
8,16	(pc)	Miriam	Tavares	14-05-91	ACDRA	1 s1	Pombal	31.01
(20)								
8,17	(pc)	Teresa	Carvalho	03-01-95	CASM	1 s1-ex	Alpiarça	06.03
8,19	(1,5)	Daniela	França	02-08-95	FCP	1 s1	Maia	23.01
8,19	(pc)	Verónika	Zhukova	UKR 12-03-93	JV	3-ex	Pombal	31.01
8,19	(pc)	Larissa	Vieira	BRA 14-11-95	SCA	1	Alpiarça	13.02
8,20	(pc)	Verónica	Cardoso	20-08-91	JOMA	1 s2-ex	Pombal	09.01
8,20	(pc)	Tatiana	Rosário	05-04-94	GDRCC	3 el3	Pombal	23.01
8,21	(pc)	Andreia	Pinto	16-04-93	CAMG-I	2 s1	Pombal	31.01
8,21	(pc)	Rita	Schaller	07-08-94	SCP	ex-el2	Alpiarça	13.02
8,21	(pc)	Inês	Bento	15-08-94	CPP	2	Alpiarça	06.03
8,21	(-0,8)	INF Elizandra	Alberto	ANG 15-12-97	AATC	p	Faro	01.05
(30)								
8,22	(pc)	Cátia	Azevedo	09-03-94	SCP	6 mf1	Pombal	23.01
8,23	(pc)	Rafaela	Nogueira	16-04-94	SCP	6 mf2	Pombal	23.01
8,24	(pc)	Susana	Azevedo	04-11-91	ARCBV	6 el2	Espinho	06.02
8,25	(pc)	Sofia	Duarte	07-11-96	AATC	1	Alpiarça	05.12.2009
8,25	(pc)	Cíntia	Ferreira	28-05-92	SVB	6 el1	Espinho	06.02
8,25	(pc)	Vera	Castro	23-10-92	EBPGS	1 s1	Braga	13.02

8,27	(pc)		Maria Goreti	Silveira	25-10-91	JDAL	1 el1	Alpiarça	05.12.2009
8,28	(pc)		Patrícia	Vaz	23-06-96	GS-RC	ta	Espinho	23.01
8,29	(pc)		Cátia	Garcia dos Santos	13-05-94	SLB	2 s1-ex	Alpiarça	06.03
8,30	(pc)		Victoria	Sanha Te	GBS 31-01-94	CAMG-I	1 el4	Pombal	05.12.2009
(40)									
8,31	(pc)		Diana	Nunes	01-01-92	ADRAB	3 el5	Pombal	23.01
8,31	(pc)		Nídia	Encarnação	13-05-91	GDE	3	Espinho	30.01
8,31	(pc)		Ana João	Oliveira	30-03-94	SCB	3 s1	Braga	13.02
8,32	(pc)		Beatriz	Bengalinha	27-04-93	SLB-F	1	V.R.S.António	16.01
8,33	(pc)		Bruna	Monteiro	10-02-92	GCB	2 el4	Espinho	16.01
8,33	(pc)		Elsa	França	28-08-93	ARLVG	3 el2	Pombal	23.01
8,33	(1,2)	INF	Cláudia	Freire	98	ACV	1	Leiria	30.05
8,35	(pc)		Marlene	Bastos	20-08-92	JAM	7 el3	Espinho	06.02
8,35	(pc)		Tânia	Rocha	02-03-95	CAAV	1 s1	Braga	13.02
8,36	(pc)		Vanessa	Henriques	21-01-92	GAF	2 el3	Alpiarça	13.02
(50)									
8,36	(0,5)	INF	Sara	Ferrão	97	ACM-C	1	Coimbra (ECC)	23.05
8,37	(1,1)		Ana	Baptista	04-08-94	FCPAR	1 s1	Maia	23.01
8,37	(0,6)	INF	Joana	Vieira	08-03-97	CDUL	1 s1	Sobreda	21.03
8,37	(-0,8)	INF	Yara	Dorsch	14-02-97	CDFXI	p	Faro	01.05
8,38	(pc)		Flávia	Ribeiro	06-11-94	ESJD	2 el3	Espinho	16.01
8,38	(pc)		Ana Margarida	Oliveira	18-07-95	GAF	1 el3	Alpiarça	13.02
8,39	(pc)		Ana Catarina	Almeida	21-01-94	CAMz-VC	3 el1	Braga	16.01
8,39	(pc)		Mariana	Cavaleiro Estevão	09-03-94	AATC	4	Alpiarça	13.02
8,40	(-0,4)		Telma	Neto	12-10-92	ACRVC	1	Aveiro	20.12.2009
8,41	(0,4)		Joana	Villar	03-05-94	GDRCC	3 s1	Seixal	12.12.2009
(60)									
8,41	(pc)		Cátia	Lourenço	30-08-92	CBF	2	V.R.S.António	16.01
8,41	(pc)		Alexandra	Meira	16-04-94	CAMz-VC	4 s1	Braga	13.02
8,41	(pc)		Sofia	Santos	02-06-94	ADRAP	4	Alpiarça	06.03
8,42	(pc)		Ana	Silva	03-09-93	ARLVG	1B	Braga	16.01
8,43	(pc)		Teresa	Costa	96	EAMS	1 s1	Braga	23.01
8,44	(pc)		Elsa	Francisco	27-04-93	UDZA	5 s1	Pombal	31.01
8,45	(pc)		Sílvia	Soares	23-03-92	GS-RC	1 el3	Pombal	12.12.2009
8,46	(-1,3)		Claudina	Borges	CPV 14-08-91	SLB	5 el2	Lisboa (I)	16.01
8,46	(pc)		Susana	Nosdiba	COD 92	CDFXI	1 s1	Pombal	30.01
8,46	(pc)		Cátia	Rodrigues	05-10-92	ADREP	6	Pombal	13.02
(70)									
8,47	(pc)		Jennifer	Gomes	21-03-95	ESJD	ta	Espinho	23.01
8,47	(pc)		Elisabete	Silva	25-04-92	COD	7 el1	Espinho	06.02
8,47	(pc)		Cíntia	Costa	96	EAMS	2 s1	Braga	13.02
8,48	(pc)		Joana	Villar	03-05-94	GDRCC	5 el5	Pombal	23.01
8,48	(pc)		Flávia	Taveira	96	SCB	ta	Alpiarça	06.02
8,48	(pc)		Simone	Silva	18-01-93	GAF	2	Alpiarça	20.02
8,49	(-0,4)		Sthephany	Simões	08-10-94	GRECAS	2	Aveiro	20.12.2009
8,49	(pc)		Soraia	Carnide	14-09-95	JV	ta	Pombal	27.12.2009
8,49	(-1,0)	INF	Liliana	Neto	29-01-97	JOMA	1 s1	Lisboa(I)	27.03
8,50	(pc)		Débora	Tavares	11-05-93	GCDS	2 el1	Espinho	16.01
(80)									
8,50	(pc)		Maria Manuel	Silva	11-05-95	ACM-C	3 s2-ex	Alpiarça	06.03
8,50	(-0,8)	INF	Jessica Patrícia	Barreira	29-01-97	SCP	p	Faro	01.05
8,51	(pc)		Cyntia	Silva	21-07-91	CAMG-I	3 s5	Pombal	09.01
8,51	(pc)		Ana	Monjane	01-01-93	SCB	3 el2	Braga	16.01
8,51	(pc)		Susana	Rodrigues	02-02-93	NACH	2B	Braga	16.01
8,51	(0,5)	INF	Joana	Pedreiras	97	GS-RC	2	Coimbra (ECC)	23.05
8,52	(pc)		Alexandra	Carvalho	24-07-95	ACM-C	1 el4	Pombal	05.12.2009
8,52	(pc)		Ana Raquel	Sebastião	09-05-91	CLAC	1B	Pombal	12.12.2009
8,52	(pc)		Jessica	Ferrero	ANG 22-02-93	AAPL	6 s2	Pombal	30.01
8,53	(pc)		Sara	Martins	13-11-91	FCP	3B	Braga	16.01
(90)									
8,53	(pc)		Ana	Costa	08-11-91	GRECAS	6	Pombal	16.01
8,53	(pc)		Jessica	Coutinho	25-09-94	CNRM	2 s1-ex	Alpiarça	20.02
8,53	(pc)		Olga	Santos	07-03-93	UDZA	1 s2	Alpiarça	20.02
8,54	(pc)		Ana Rita	Pedreiras	27-01-93	GS-RC	6 s4	Pombal	09.01

Ao ar Livre:

7,84	(-0,6)		Joana	Vitorino	30-05-92	CASM	2A	Lisboa (I)	16.01
7,99	(0,4)		Débora	Clemente	09-11-94	SLB	1 s1-ex	Seixal	12.12.2009
8,03	(1,5)		Andreia	Crespo Oliveira	16-10-93	NDCG	1	Guarda	19.12.2009
8,16	(-2,7)		Dorothe	Évora	28-05-91	SLB	3 el3	Lisboa (I)	16.01
8,17	(-2,3)		Ilizandra	Lopes	28-02-92	CFB	4B	Lisboa (I)	16.01
8,22	(0,4)		Tatiana	Rosário	05-04-94	GDRCC	2 s1	Seixal	12.12.2009
8,25	(-2,3)		Rafaela	Nogueira	16-04-94	SCP	5B	Lisboa (I)	16.01

8,34	(-1,2)	Rita	Schaller	07-08-94	SCP	3 el1	Lisboa (I)	16.01
8,35	(-2,1)	Sarah	Dias	15-02-95	JV	1 s2	Aveiro	20.12.2009
8,37	(-1,3)	Cátia	Garcia dos Santos	13-05-94	SLB	4 el2	Lisboa (I)	16.01
8,40	(-1,6)	Vera	Castro	23-10-92	EBPGS	2 s1	Maia	28.11.2009
8,45	(-2,2)	Nídia	Encarnação	13-05-91	GDE	1	Ribeira Brava	16.01
8,48	(-1,6)	Elsa	França	28-08-93	ARLVG	3 s1	Maia	28.11.2009
8,51	(0,6)	Beatriz	Bengalinha	27-04-93	SLB-F	1-ex	Faro	02.01
8,54	(-1,6)	Sara	Martins	13-11-91	FCP	4 s1	Maia	28.11.2009
8,54	(-0,2)	Jessica	Ferrero	ANG 22-02-93	AAPL	2	Seixal	09.01

Com marcas manuais

7,9	(1,7)	INF Márcia	Oliveira	04-06-98	SLB	1 el1	Lisboa (AL)	29.05
8,0	(-0,8)	Rita	Schaller	07-08-94	SCP	1 s2	Lisboa (AL)	28.11.2009
8,0	(pc)	Débora	Tavares	11-05-93	GCDS	2 el1	Espinho	09.01
8,0	(1,7)	INF Jéssica	Conceição	23-06-97	JOMA	1 el4	Lisboa (AL)	29.05
8,1	(-0,7)	Cátia	Azevedo	09-03-94	SCP	1 s3	Lisboa (AL)	28.11.2009
8,1	(-0,7)	Cátia	Garcia dos Santos	13-05-94	SLB	2 s3	Lisboa (AL)	28.11.2009
8,3	(-0,2)	Sofia	Melo	20-01-92	COD	1	Lajedo	02.12.2009
8,3	(-0,2)	Elisabete	Silva	25-04-92	COD	2	Lajedo	02.12.2009
8,3	(pc)	Rita	Santos	24-06-94	ACDCVC	1	Espinho	13.01

Com vento favorável > 2 m /s

7,86	(4,4)	Débora	Clemente	09-11-94	SLB	1 s1	Lisboa (AL)	19.12.2009
8,02	(4,2)	Rafaela	Vitorino	18-08-95	SLB	1 s1	Lisboa (AL)	19.12.2009
7,8	(2,8)	INF Liliana	Neto	29-01-97	JOMA	1	Lisboa (AL)	29.05
8,24	(4,4)	Cátia	Azevedo	09-03-94	SCP	2 s1	Lisboa (AL)	19.12.2009
8,28	(4,2)	Adriana	Alves	ANG 13-09-95	JOMA	2 s1	Lisboa (AL)	19.12.2009
8,31	(3,3)	Jessica	Ferrero	ANG 22-02-93	AAPL	3	Sobreda	28.02
8,1	(2,8)	INF Leonor	Falcão	17-07-97	SCP	1 el2	Lisboa (AL)	29.05
8,1	(3,4)	INF Catarina	Fonseca Fernandes	16-02-98	SCP	1 el5	Lisboa (AL)	29.05
8,52	(2,3)	Ana Luísa	Santos	22-10-92	ACRZA	2	Beja	31.10.2009
8,3	(3,4)	INF Joana	Mateus	28-06-97	JOMA	2 el5	Lisboa (AL)	29.05

Atletas juniores até 31-12-2009

8,13	(pc)	Catarina	Silva	03-04-90	JAM	3 s2	Braga	12.12.2009
------	------	----------	-------	----------	-----	------	-------	------------

100 Metros (até 13,24/12,37) CNJ 12,9/13,14

12,23	(1,5)	Joana	Vitorino	30-05-92	CASM	2-ex	Lisboa (U)	29.05
12,30	(1,5)	Débora	Clemente	09-11-94	SLB	1	Lisboa (U)	15.05
12,32	(2,0)	Andreia	Crespo Oliveira	16-10-93	NDCG	1 el3	Luso	22.05
12,33	(1,5)	Filipa	Martins	13-11-92	SLB	3-ex	Lisboa (U)	29.05
12,35	(1,5)	Teresa	Carvalho	03-01-95	CASM	2	Lisboa (U)	15.05
12,37	(0,6)		Martins			1 s1	Maia	19.05
12,37	(1,3)		Carvalho			1 el3	Lisboa (U)	15.05
12,37	(1,5)		Clemente			4-ex	Lisboa (U)	29.05
12,45	(0,6)	Sara	Esteves	24-08-92	CAMz-VC	3 s1	Maia	19.05
12,54	(1,5)	Sténia	Betuncal	GBS 25-11-92	CASM	5-ex	Lisboa (U)	29.05
12,59	(0,0)	Flávia	Ribeiro	06-11-94	ESJD	2	Luso	22.05
12,64	(-2,1)	Diana	Cerqueira	09-04-93	CAMz-VC	1	V.Castelo	22.05
12,67	(1,5)	Ilizandra	Lopes	28-02-92	CFB	6-ex	Lisboa (U)	29.05
(10)								
12,67	(-0,1)	Cátia	Jacinto	26-08-92	GCAD	ex	Guarda	29.05
12,70	(1,3)	Joana	Costa	10-11-95	UAP	1	Abrantes	24.04
12,71	(1,5)	Verónica	Cardoso	20-08-91	JOMA	7-ex	Lisboa (U)	29.05
12,72	(-2,1)	Daniela	França	02-08-95	FCP	4	Luso	22.05
12,76	(1,5)	Cátia	Garcia dos Santos	13-05-94	SLB	3	Lisboa (U)	15.05
12,77	(1,5)	Rafaela	Nogueira	16-04-94	SCP	1 el2	Lisboa (U)	15.05
12,78	(1,3)	Marta	Pen Freitas	31-07-93	EBMDS	1 el2	Abrantes	24.04
12,80	(1,5)	Cátia	Azevedo	09-03-94	SCP	5	Lisboa (U)	15.05
12,82	(-1,0)	Joana	Lopes	13-10-91	CLAC	1 el1	Leiria	15.05
12,88	(1,5)	Lucinda	Gomes	16-04-95	SCP	2 el2	Lisboa (U)	15.05
(20)								
12,86	(0,0)	Cristiana	Cunha	17-07-91	GS-RC	2 s2	Leiria	22.05
12,93	(1,7)	Inês	Bento	15-08-94	CPP	1 s2	Abrantes	13.03
12,93	(0,3)	Tatiana	Rosário	05-04-94	GDRCC	1	Seixal	27.03
12,93	(0,1)	Dorothé	Évora	28-05-91	SLB	3 s1	Massamá	12.05
12,94	(1,3)	Inês	Neves	04-12-94	CASM	2 el2	Abrantes	24.04

12,99	(0,0)	Mariana	Cabral	12-07-93	CDFFXI	5	Luso	22.05
13,02	(0,0)	Catarina	Amorim	03-05-92	SLB	5 s2	Leiria	22.05
13,07	(0,6)	Vera	Castro	23-10-92	EBPGS	6 s1	Maia	19.05
13,07	(0,0)	Sara	Dias	06-11-92	ACV	8 s1	Leiria	22.05
13,09	(1,5)	Soraya	Betuncal	GBS 23-12-95	CASM	3 el2	Lisboa (U)	15.05
(30)								
13,09	(1,2)	Rita	Santos	24-06-94	ACDCVC	2	Aveiro	16.05
13,10	(-3,0)	Telma	Neto	12-10-92	ACRVC	2 s1-ex	Aveiro	14.03
13,10	(1,2)	Victoria	Sanha Te	GBS 31-01-94	CAMG-I	1 el2	M.Grande	09.05
13,11	(1,4)	Olga	Santos	07-03-93	UDZA	1 el4	Abrantes	24.04
13,12	(0,6)	Marlene	Bastos	20-08-92	JAM	7 s1	Maia	19.05
13,18	(0,8)	Andreia	Pinto	16-04-93	CAMG-I	1 s1	Alcanena	07.03
13,19	(0,5)	Cynthia	da Silva	21-07-91	CAMG-I	3 s2	Alcanena	07.03
13,19	(-1,4)	Verónika	Zhukova	UKR 12-03-93	JV	1 el2	Leiria	15.05
13,19	(-0,1)	Inês	Correia	07-10-94	NDCG	1	Guarda	29.05
13,20	(0,4)	Jessica	Ferrero	ANG 22-02-93	AAPL	4 s1	Lisboa (U)	29.05
(40)								
13,21	(0,4)	Carlota	Pestana	03-08-94	GDE	5 s1	Lisboa (U)	29.05
13,22	(-1,4)	Anais	Baptista	25-06-94	JV	2 el2	Leiria	15.05
13,22	(0,3)	Sofia	Santos	02-06-94	ADRAP	5 el1	P.Delgada	27.05
13,24	(-2,5)	Flávia	Ribeiro	06-11-94	ESJD	2	M.Grande	17.04

Com marcas manuais

12,1	(1,0)	Cristiana	Cunha	17-07-91	GS-RC	1-ex	Luso	02.05
12,2	(0,1)	Débora	Clemente	09-11-94	SLB	1 s1	Lisboa (AL)	23.05
12,4	(-1,3)	Ilizandra	Lopes	28-02-92	CFB	1 s1-ex	Lisboa (I)	10.04
12,6	(1,0)	Silvia	Soares	23-03-92	GS-RC	2-ex	Luso	02.05
12,7	(0,0)	Rita	Santos	24-06-94	ACDCVC	1	Aveiro	26.03
12,8	(0,0)	Christina	Martinez	26-05-92	ACM-AH	1	Lajedo (PD)	13.03
12,9	(-0,3)	Daniela	Estalagem	04-08-94	CEN	1	C.Vide	10.04
12,9	(1,2)	Patrícia	Vaz	13-06-94	FCC	1-ex	Beja	29.05
12,9	(1,2)	Adriana	Carneirinho	14-03-93	SRDE	2-ex	Beja	29.05
13,0	(1,0)	Cláudia	Figo	93	IPH	1	Luso	02.05

Com vento favorável > 2 m /s

12,28	(4,3)	Andreia	Crespo Oliveira	16-10-93	NDCG	1	Seia	02.03
12,31	(3,1)	Diana	Cerqueira	09-04-93	CAMz-VC	2 s2	P.Varzim	29.05
12,50	(4,2)	Flávia	Ribeiro	06-11-94	ESJD	1	Aveiro	01.05
12,61	(4,0)	Tatiana	Rosário	05-04-94	GDRCC	1	Setúbal	16.05
12,71	(2,1)	Cátia	Azevedo	09-03-94	SCP	2 el1	Lisboa (U)	15.05
12,75	(4,3)	Sara	Dias	06-11-92	ACV	2	Abrantes	29.05
12,77	(4,2)	Rita	Santos	24-06-94	ACDCVC	2	Aveiro	01.05
12,83	(3,9)	Daniela	França	02-08-95	FCP	1	P.varzim	15.05
12,90	(4,3)	Andreia	Pinto	16-04-93	CAMG-I	3	Abrantes	29.05
12,91	(2,2)	Mariana	Cabral	12-07-93	CDFFXI	2 el1	Luso	22.05
12,92	(4,3)	Olga	Santos	07-03-93	UDZA	4	Abrantes	29.05
12,96	(2,3)	Verónika	Zhukova	UKR 12-03-93	JV	1	M.Grande	09.05
12,97	(2,6)	Vera	Castro	23-10-92	EBPGS	4s1	Braga	01.05
12,99	(2,3)	Victoria	Sanha Te	GBS 31-01-94	CAMG-I	2	M.Grande	09.05
13,01	(2,2)	Nídia	Encarnação	13-05-91	GDE	1 s1-ex	Machico	08.05
13,01	(2,4)	Cíntia	Ferreira	28-05-92	SVB	1-ex	P.Varzim	29.05
13,02	(4,0)	Jessica	Ferrero	ANG 22-02-93	AAPL	2	Setúbal	16.05
13,04	(2,2)	Daniela	Cruz	93	CSGaia	1	Maia	02.05
13,04	(4,0)	Jessica	Marques Viegas	16-08-94	ACDC	3	Setúbal	16.05
13,07	-2,3	Soraya	Betuncal	GBS 23-12-95	CASM	2 el1	Abrantes	24.04
13,14	(2,6)	Rita	Lourenço	05-08-92	SCB	5s1	Braga	01.05
13,14	(3,8)	Joana	Medinas	26-02-96	GDD	1	V.Novas	29.05
13,16	(4,3)	Diana	Nunes	01-01-92	ADRAB	6	Abrantes	29.05
13,19	(2,2)	Ana	Baptista	04-08-94	FCPAR	2	Maia	02.05
13,20	(2,6)	Ana Catarina	Almeida	21-01-94	CAMz-VC	(6s1)	Braga	01.05
13,22	(2,3)	Sofia	Santos	02-06-94	ADRAP	1 s2	Machico	14.03
13,22	(2,2)	Rose	Trindade	95	SCB	1	Guimarães	22.05

150 Metros (até 21,00)

19,35	(1,7)	Filipa	Martins	13-11-92	SLB	1	Lisboa (AL)	19.12.2009
19,54	(1,7)	Joana	Vitorino	30-05-92	CASM	2	Lisboa (AL)	19.12.2009
19,61	(-1,9)	INF Elizandra	Alberto	ANG 15-12-97	AATC	1-ex	Abrantes	22.05
19,64	(1,7)	Dorothe	Évora	28-05-91	SLB	3	Lisboa (AL)	19.12.2009
20,09	(-2,2)	Daniela	França	02-08-95	FCP	1 s1	Maia	28.11.2009
20,22	(pc)	Cláudia	Oliveira	24-04-95	GRECAS	1 s1-ex	Espinho	17.01

20,28	(1,7)		Catarina	Amorim	03-05-92	SLB	4	Lisboa (AL)	19.12.2009
20,33	(-2,4)		Vera	Castro	23-10-92	EBPGS	1 s2	Maia	28.11.2009
20,43	(1,3)	INF	Cláudia	Freire	98	ACV	1 s3	Leiria	29.05
20,53	(-0,8)	INF	Sara	Ferrão	97	ACM-C	1 s2	Coimbra (ECC)	22.05
(10)									
20,67	(1,0)	INF	Liliana	Neto	29-01-97	JOMA	1 s6	Lisboa(I)	20.03
20,84	(-2,2)		Ana Rita	Queirós	28-08-95	Lavra	2 s1	Maia	28.11.2009
20,95	(-1,3)	INF	Jessica Patrícia	Barreira	29-01-97	SCP	1 s3	Lisboa(I)	20.03
20,99	(-2,4)		Ana	Baptista	04-08-94	FCPAR	2 s2	Maia	28.11.2009

Com marcas manuais

19,6	(-1,2)		Sara	Martins	13-11-91	FCP	2 s1	Maia	28.11.2009
19,9	(-1,2)		Cátia	Rodrigues	05-10-92	ADREP	3 s1	Maia	28.11.2009
19,9	(-1,5)		Cátia	Azevedo	09-03-94	SCP	1 s3	Lisboa (AL)	05.12.2009
20,1	(-4,9)		Rafaela	Vitorino	18-08-95	SLB	1 s2	Lisboa (AL)	05.12.2009
20,1	(-1,5)		Débora	Clemente	09-11-94	SLB	2s3	Lisboa (AL)	05.12.2009

Sem controlo de anemómetro

20,2			Daniela	Estalagem	04-08-94	CEN	1	Elvas	28.11.2009
20,5			Raquel	Cabanas	25-01-93	CEN	2	Elvas	28.11.2009

Com vento favorável > 2 m/s

20,0	(3,0)		Márcia	Oliveira	04-06-98	SLB	1s3	Lisboa (AL)	30.05
20,1	(3,2)		Jennifer	Gonçalves	USA 99	SFRAA	1s2	Lisboa (AL)	30.05
20,1	(3,0)		Camila	Santos	19-01-98	SFRAA	2s3	Lisboa (AL)	30.05
20,75	(2,7)		Beatriz	Bengalinha	27-04-93	SLB-F	1	Beja	30.01
20,6	(3,2)		M.ª João	Santos	25-02-97	UAP	2s2	Lisboa (AL)	30.05
20,6	(2,9)		Sara	Eusébio	22-04-97	SFRAA	1s4	Lisboa (AL)	30.05
20,89	(2,9)		Salomé	Afonso	19-11-97	SCP	1 s5	Lisboa(I)	20.03

200 Metros (até 27,54/25,64) CNJ 26,5/26,74

25,26	(1,5)	A	Andreia	Crespo Oliveira	16-10-93	NDCG	1	Guarda	30.05
25,39	(0,6)		Débora	Clemente	09-11-94	SLB	1	Lisboa (U)	16.05
25,65	(0,0)			Crespo Oliveira		Hep		Luso	10.04
25,86	(-0,6)		Diana	Cerqueira	09-04-93	CAMz-VC	1	V.Castelo	23.05
25,92	(1,5)	A	Cátia	Jacinto	26-08-92	GCAD	ex	Guarda	30.05
25,95	(pc)		Sara	Dias	06-11-92	ACV	1 s1	Pombal	31.01
25,96	(0,6)		Adriana	Alves	ANG 13-09-95	JOMA	2	Lisboa (U)	16.05
26,08	(pc)		Dorothé	Évora	28-05-91	SLB	1 s3	Espinho	07.02
26,09	(pc)		Miriam	Tavares	14-05-91	ACDRA	2 s1	Pombal	31.01
26,20	(pc)		Joana	Vitorino	30-05-92	CASM	1 s1	Espinho	28.02
26,42	(-0,2)		Filipa	Martins	13-11-92	SLB	2 el2	Lisboa (U)	17.01
(10)									
26,49	(pc)		Catarina	Amorim	03-05-92	SLB	3 s2	Espinho	28.02
26,51	(pc)		Joana	Lopes	13-10-91	CLAC	3 s3	Espinho	07.02
26,53	(pc)		Cristiana	Cunha	17-07-91	GS-RC	1 s1	Espinho	02.01
26,57	(0,5)		Ilizandra	Lopes	28-02-92	CFB	3 s1	Lisboa (U)	30.05
26,63	(0,6)		Joana	Costa	10-11-95	UAP	4	Lisboa (U)	16.05
26,65	(1,6)		Anais	Baptista	25-06-94	JV	Hep	M.Grande	27.03
26,70	(1,5)	A	Inês	Correia	07-10-94	NDCG	2	Guarda	30.05
26,83	(pc)		Vera	Castro	23-10-92	EBPGS	1 s1	Espinho	07.02
26,85	(pc)		Carla	Santos	12-03-91	JV	2 s1	Pombal	13.12.2009
26,85	(pc)		Tatiana	Rosário	05-04-94	GDRCC	1 s3	Pombal	24.01
(20)									
26,85	(1,7)		Liliane	Amaro	23-10-92	JDN	Hep	Beja	27.03
26,87	(0,0)		Inês	Bento	15-08-94	CPP	2 s1	Leiria	16.05
26,88	(0,9)		Olga	Santos	07-03-93	UDZA	3	Abrantes	30.05
26,92	(pc)		Maria Goreti	Silveira	25-10-91	JDAL	2 s1	Pombal	13.12.2009
26,92	(pc)		Cátia	Azevedo	09-03-94	SCP	3 s5	Pombal	24.01
26,98	(pc)		Larissa	Souza	BRA 11-04-92	JDAL	1 s2	Pombal	13.12.2009
26,99	(0,6)		Cátia	Garcia dos Santos	13-05-94	SLB	5	Lisboa (U)	16.05
27,06	(pc)		Daniela	França	02-08-95	FCP	1	Espinho	21.02
27,07	(1,5)	A	Mariana	Correia	07-10-94	NDCG	3	Guarda	30.05
27,11	(pc)		Sara	Martins	13-11-91	FCP	3 s1	Espinho	07.02
(30)									
27,11	(pc)		Marlene	Bastos	20-08-92	JAM	2 s1	Espinho	20.02
27,15	(0,0)		Cátia	Rodrigues	05-10-92	ADREP	1	Luso	09.05

27,19	(pc)	Nídia	Encarnação	13-05-91	GDE	4 s2	Pombal	14.02
27,20	(pc)	Cyntia	Silva	21-07-91	CAMG-I	1 s1	Pombal	14.02
27,28	(0,2)	Daniela	Pereira	30-03-94	JV	Hep	Luso	10.04
27,31	(-1,3)	Verónica	Cardoso	10-08-91	JOMA	2-ex	Sobreda	09.05
27,48	(pc)	Telma	Neto	12-10-92	ACRVC	2 s1	Espinho	10.01
27,52	(pc)	Daniela	Pereira	30-03-94	JV	3 s1	Pombal	07.03
27,53	(pc)	Victoria	Sanha Te	GBS 31-01-94	CAMG-I	2 s1	Pombal	24.01

Ao ar Livre:

26,51	(-1,8)	Joana	Vitorino	30-05-92	CASM	2 el1	Lisboa (U)	17.01
26,51	(0,0)	Sara	Dias	06-11-92	ACV	1 s1	Leiria	16.05
26,53	(0,0)	Miriam	Tavares	14-05-91	ACDRA	2 s1	Leiria	16.05
26,56	(-1,7)	Dorothe	Évora	28-05-91	SLB	3	Lisboa (U)	17.01
26,73	(0,0)	Joana	Lopes	13-10-91	CLAC	1 s1	Leiria	16.05
26,92	(2,0)	Vera	Castro	23-10-92	EBPGS	2-ex	Braga	16.05
27,16	(-3,0)	Tatiana	Rosário	05-04-94	GDRCC	1 s1	Seixal	16.01
27,45	(0,1)	Marlene	Bastos	20-08-92	JAM	Hep	Luso	24.04
27,49	(-0,9)	Sara	Martins	13-11-91	FCP	2	Braga	09.05

Com marcas manuais

26,0	(0,6)	Rafaela	Vitorino	18-08-95	SLB	1 s2	Lisboa (AL)	07.03
26,3	(-1,5)	Marta	Pen Freitas	31-07-93	EBMDS	Hep	Lisboa (I)	10.04
27,1	(0,1)	Sofia	Duarte	07-11-96	AATC	1 el1	Rio Maior	09.05

Com vento favorável > 2 m /s

26,60	(3,0)	Olga	Santos	07-03-93	UDZA	Hep	Rio Maior	24.04
26,65	(2,6)	Daniela	França	02-08-95	FCP	1	P.Varzim	23.05
26,73	(3,0)	Tatiana	Rosário	05-04-94	GDRCC	1 s1	Seixal	19.12.2009
26,74	(2,6)	Vera	Castro	23-10-92	EBPGS	Hep	Luso	24.04
27,13	(3,7)	Cátia	Rodrigues	05-10-92	ADREP	2-ex	Aveiro	02.05
27,18	(4,0)	Flávia	Ribeiro	06-11-94	ESJD	1	Aveiro	02.05
27,19	(3,6)	Marlene	Bastos	20-08-92	JAM	4 s2	P.Varzim	30.05
27,23	(3,6)	Cyntia	Silva	21-07-91	CAMG-I	5 s2	Abrantes	02.05
27,24	(2,6)	Jéssica	Serra	06-01-95	CDP	2	P.Varzim	23.05
27,24	(3,6)	Ana Cláudia	Almeida	04-04-91	GRECAS	5 s2	P.Varzim	30.05
27,33	(2,6)	Daniela	Cruz	93	CSGaia	3	P.Varzim	23.05
27,48	(3,0)	Ana Margarida	Oliveira	18-07-95	GAF	Hep	Rio Maior	24.04

300 Metros (até 45,00)

41,27		Andreia	Crespo Oliveira	16-10-93	NDCG	1	Seia	15.05
41,50		Liliana	Cabral	24-04-95	SLB	1 s3	Lisboa (U)	15.05
41,69		Cátia	Azevedo	09-03-94	SCP	1	Lisboa (AL)	22.05
41,76		Marta	Pen Freitas	31-07-93	EBMDS	2 s3	Lisboa (U)	15.05
41,94		Olga	Santos	07-03-93	UDZA	1 s2	Abrantes	17.04
42,89		Vera	Castro	23-10-92	EBPGS	1	Maia	20.02
42,93		Elsa	Maia	10-03-96	GT	1 s1	P.Varzim	22.05
42,95		Daniela	Pereira	30-03-94	JV	1 s1	M. Grande	08.05
43,02		Neuza Isabel	Reis	18-01-95	SLB	3 s3	Lisboa (U)	15.05
43,11		Inês	Correia	07-10-94	NDCG	2	Seia	15.05
(10)								
43,86		Inês	Bento	15-08-94	CPP	2 s2	Abrantes	17.04
43,90		Diana	Freitas	01-11-91	SLB	1-ex	Maia	12.12.2009
44,00		Rita	Schaller	07-08-94	SCP	1 s4	Lisboa (I)	20.03
44,10		Jessica	Marques Viegas	16-08-94	ACDC	1	Setúbal	15.05
44,22		Jessica	Coutinho	25-09-94	CNRM	3 s2	Abrantes	17.04
44,32		Carine	Moreira	16-03-94	JV	2 s1	M. Grande	08.05
44,42		Sara	Martins	13-11-91	FCP	3-ex	Maia	01.05
44,46		Sara	Oliveira	28-12-93	CAMG-I	3 s1	M. Grande	08.05
44,48		Ana Filipa	Soares	17-11-94	CDMAR	2 s1	P.Varzim	22.05
44,53		Vanda	Pinto	15-09-93	SCB	1	Braga	15.05
(20)								
44,54		Ana	Silva	03-09-93	ARLVG	1 s2	P.Varzim	22.05
44,58		Ana Catarina	Almeida	21-01-94	CAMz-VC	1	V.Castelo	22.05
44,77		Carla	Soares	18-11-91	AJS	2-ex	Machico	08.05
44,82		Mariana	Cabral	12-07-93	CDFXXI	1 s2	Faro	24.04
44,86	(pc)	Sara	Esteves	24-08-92	CAMz-VC	1 s1	Braga	12.12.2009
44,88		Jessica	Pires	10-12-93	ADREP	1 s1	Aveiro	01.05
44,92		Verónica	Cardoso	10-08-91	JOMA	2-ex	Sobreda	08.05

44,93		Cátia	Garcia dos Santos		13-05-94	SLB	1 s2-ex	Lisboa (I)	23.01
44,93		Kátia	Amaral	ANG	13-01-94	CNRM	4 s2	Abrantes	17.04
44,93		Diana	Moniz		15-10-93	GRQL	1	Sobreda	08.05

Com marcas manuais

41,7		Cristiana	Cunha		17-07-91	GS-RC	1-ex	Luso	01.05
41,9		Marta	Pen Freitas		31-07-93	EBMDS	1 s1	Lisboa (AL)	02.05
42,6		Cátia	Azevedo		09-03-94	SCP	1 s3	Lisboa (AL)	02.05
43,4		Ana Cláudia	Almeida		04-04-91	GRECAS	2-ex	Luso	01.05
43,7	(pc)	Ana Queiroz	Alves		07-10-94	JV	1 s1	Pombal	05.12.2009
44,1		Daniela	Lopes		02-03-91	GS-RC	3-ex	Luso	01.05
44,6		Márcia	Martins	CPV	15-01-92	SFRAA	1 s2	Lisboa (AL)	02.05

400 Metros (até 63,54/58,54) CNJ 61,1/61,24

56,81		Dorothe	Évora		28-05-91	SLB	2 s1	Lisboa (U)	29.05
57,44			Évora				2 s1	Leiria	22.05
57,77		Marta	Pen Freitas		31-07-93	EBMDS	4 el3	Moscovo	21.05
58,48	(pc)		Pen Freitas				1 s3	Pombal	23.01
58,52	(pc)		Évora				1 s4	Pombal	23.01
59,98	(pc)	Miriam	Tavares		14-05-91	ACDRA	1 s2	Espinho	28.02
59,51		Filipa	Martins		13-11-92	SLB	2 s2	Lisboa (I)	16.01
59,56		Cátia	Jacinto		26-08-92	GCAD	ex	Guarda	29.05
59,64	(pc)	Cristiana	Cunha		17-07-91	GS-RC	2 s3	Pombal	23.01
60,13	(pc)	Catarina	Amorim		03-05-92	SLB	1 s2	Espinho	06.02
60,50	(pc)	Ana Cláudia	Almeida		04-04-91	GRECAS	1	Espinho	31.01
60,64	(pc)	Mariana	Brás		29-11-93	SCUT	4 s3	Pombal	23.01
60,77	(pc)	Vera	Castro		23-10-92	EBPGS	2 s1	Espinho	06.02
(10)									
60,83		Olga	Santos		07-03-93	UDZA	1 s1	Leiria	15.05
61,12	(pc)	Sara	Martins		13-11-91	FCP	4 s1	Espinho	06.02
61,35	(pc)	Sara	Dias		06-11-92	ACV	4 s3	Pombal	09.01
61,41		Olga	Serbyan	UKR	09-12-92	SCP	2 s1	Lisboa (I)	16.01
61,52	(pc)	Daniela	Pereira		30-03-94	JV	1 s1	Pombal	31.01
61,54	(pc)	Fani	Ferreira		16-07-92	ACV	2 s1	Pombal	31.01
61,64		Diana	Freitas		01-11-91	SLB	5 s2	Lisboa (I)	16.01
61,67	(pc)	Carla	Santos		12-03-91	JV	4 s4	Pombal	23.01
62,02		Cátia	Santos Leitão		09-10-92	CABB	1 s2	Lisboa (U)	29.05
62,15	(pc)	Vanda	Pinto		15-09-93	SCB	4	Espinho	30.01
(20)									
62,19	(pc)	Cátia	Rodrigues		05-10-92	ADREP	1 s1	Espinho	09.01
62,24	(pc)	Daniela	Lopes		02-03-91	GS-RC	2 s1	Pombal	23.01
62,24		Carine	Moreira		16-03-94	JV	1 s1	Leiria	15.05
62,31	(pc)	Ana Rita	Fernandes		20-04-93	ACDRA	3 s2	Pombal	31.01
62,41		Sandra	Monteiro		05-09-92	CAA	2	Maia	19.05
62,43		Cyntia	Silva		21-07-91	CAMG-I	1 s2	Leiria	22.05
62,58		Carla	Oliveira		15-09-93	CNC	1	A.Valdevez	29.05
62,89		Solange	Fernandes		31-07-91	JOMA	3 s1	Lisboa (I)	16.01
62,98		Márcia	Martins	CPV	15-01-92	SFRAA	ex	Seixal	22.05
63,01		Mariana	Correia		07-10-94	NDCG	1	Guarda	29.05
(30)									
63,08	(pc)	Ana Rita	Rodrigues		30-07-92	NAC	5	Espinho	30.01
63,46		Carla	Soares		18-11-91	AJS	2-ex	Machico	17.04

Ao ar Livre:

58,99		Miriam	Tavares		14-05-91	ACDRA	4 s1	Leiria	22.05
59,61		Marta	Pen Freitas		31-07-93	EBMDS	1 s1	Lisboa (I)	16.01
61,05		Ana Cláudia	Almeida		04-04-91	GRECAS	4 s2	P.Varzim	29.05
61,12		Vera	Castro		23-10-92	EBPGS	1	Maia	19.05
62,49		Cátia	Rodrigues		05-10-92	ADREP	2 s1	Luso	08.05
62,81		Carla	Santos		12-03-91	JV	3 s1	P.Varzim	24.04
62,82		Fani	Ferreira		16-07-92	ACV	3	Abrantes	29.05
63,51		Daniela	Lopes		02-03-91	GS-RC	5	Abrantes	29.05

Com marcas manuais

57,1	(pc)	Marta	Pen Freitas		31-07-93	EBMDS	1 s2	Pombal	20.02
58,7	(pc)	Miriam	Tavares		14-05-91	ACDRA	3 s2	Pombal	20.02
61,4	(pc)	Maria Goreti	Silveira		25-10-91	JDAL	1 s1	Pombal	12.12.2009

62,3		Sofia	Melo	20-01-92	COD	1	Lajedo	02.12.2009
62,4	(pc)	Joana	Lopes	13-10-91	CLAC	1 s2	Pombal	12.12.2009

500 Metros

1.20,58		Diana	Soares	02-08-92	SLB	1-ex	Maia	12.12.2009
1.25,94		Daniela	Gonçalves	09-06-93	CAA	2-ex	Maia	12.12.2009
1.33,71		Joana	Silva	10-03-94	FCPAR	3-ex	Maia	12.12.2009
1.35,79		Jéssica	Teixeira	11-06-94	CBF	3	Lagos	20.12.2009
1.36,56		Natacha	Casanova	29-09-93	ADCPF	4	Lagos	20.12.2009
1.39,34		Abigail	Silva	03-03-93	CBF	5	Lagos	20.12.2009

600 metros (1.52,00)

1.43,35		Sandra	Monteiro	05-09-92	CAA	1	Maia	28.11.2009
1.44,04		Sara	Sousa	16-05-95	ARLVG	1	Maia	28.11.2009
1.44,55		Elsa	Maia	10-03-96	GT	2	Maia	28.11.2009
1.46,6	INF	Salomé	Afonso	19-11-97	SCP	1	Lisboa (AL)	24.04
1.47,21		Daniela	Gonçalves	09-06-93	CAA	2	Maia	28.11.2009
1.47,60	INF	Juliana	Dias	04-05-97	CAAV	1	V.Castelo	24.04
1.49,13		Andreia	Rodrigues	14-06-96	GT	3	Maia	28.11.2009
1.49,18		Carolina	Resende	23-01-95	JDN	1 s1-ex	Seixal	20.12.2009
1.49,3		M. ^a Carolina	Ramos	04-07-95	GDSD	1	Lisboa (AL)	28.11.2009
1.49,34		Jéssica	Gomes	30-04-94	NSF	1-ex	Faro	03.01
(10)								
1.49,49		Carla	Covelo	26-10-94	CDFXXI	2-ex	Faro	03.01
1.50,0		Solange	Nogueira	GBS 06-06-93	CRDA	1	Lisboa (AL)	28.11.2009
1.50,12		M. ^a Rosário	Martins	STP 14-06-95	CPC	2 s1	Seixal	20.12.2009
1.50,20		Ana	Polquinhas	08-05-96	AACC	1 s2	Seixal	20.12.2009
1.50,81		Eva Joana	Alves	05-06-92	ADCPF	3-ex	Faro	03.01
1.50,9		Rita	Schaller	07-08-94	SCP	2	Lisboa (AL)	28.11.2009
1.51,8		Ana	Barroco	27-05-94	CFOE	1	Elvas	28.11.2009
1.51,85		Sofia	Eusébio	25-01-95	GRQL	3 s1	Seixal	20.12.2009
1.51,91		Helena	Pereira	26-03-94	ARLVG	3	Maia	28.11.2009
1.51,92	INF	Cláudia	Campos	26-02-97	FCPAR	1	Maia	28.11.2009
(20)								
1.52,0		Amélia	Vitorino	30-04-94	ACRM	2	Lisboa (AL)	28.11.2009

800 Metros (até 2.25,0/2.16,0) CNJ 2.23,00

2.10,95		Susana	Godinho	05-07-92	SLB	1	Leiria	22.05
2.14,42	(pc)	Mariana	Brás	29-11-93	SCUT	7	Espinho	28.02
2.15,19	(pc)	Marta	Pen Freitas	31-07-93	EBMDS	1	Pombal	24.01
2.15,25	(pc)	Diana	Soares	02-08-92	SLB	2	Pombal	24.01
2.15,28		Diana	Freitas	01-11-91	SLB	4	Leiria	22.05
2.15,3		Liliana	Cabral	24-04-95	SLB	1	Lisboa (AL)	29.05
2.15,44	(pc)		Godinho			3	Pombal	14.02
2.15,47	(pc)		Brás			2	Pombal	20.02
2.15,7			Pen Freitas			Hep	Lisboa (I)	11.04
2.15,71		Solange	Fernandes	31-07-91	JOMA	2	Lisboa (U)	30.05
2.15,84			Soares			6	Leiria	22.05
2.15,85			Cabral			1	Lisboa (U)	16.05
2.15,91	(pc)		Cabral			1	Pombal	20.02
2.16,18	(pc)	Ana Queiroz	Alves	07-10-94	JV	3	Pombal	24.01
2.17,35		Ana Patrícia	Caldas	31-10-94	SCB	1	Braga	16.05
2.19,46	(pc)	Ana Rita	Fernandes	20-04-93	ACDRA	9	Espinho	28.02
(10)								
2.20,75		Ana Filipa	Soares	17-11-94	CDMAR	2	Maia	19.05
2.21,21		Jessica	Pires	10-12-93	ADREP	4	P.Varzim	30.05
2.21,44	(pc)	Joana	Domingos	15-11-93	ACDRA	3	Pombal	31.01
2.21,49		Ana Catarina	Fernandes	22-05-95	FCV	1	Guimarães	22.05
2.21,66		Elsa	Maia	10-03-96	GT	1 s1	P.Varzim	23.05
2.21,48		Silvana	Dias	05-06-94	UDV	2-ex	P.Varzim	30.05
2.21,94		Catarina	Rodrigues	21-07-94	SCB	2-ex	Guimarães	18.04
2.21,95		Sara	Sousa	16-05-95	ARLVG	1	Maia	23.01
2.22,17	(pc)	Daniela	Lopes	02-03-91	GS-RC	6	Pombal	20.02
2.22,32		Jéssica	Serra	06-01-95	CDP	Hep	Guimarães	18.04
(20)								
2.22,48		Sueli	Gomes	31-10-94	UDV	3-ex	P.Varzim	30.05
2.22,71		Elsa	Gomes	27-01-96	SCB	Hep	Guimarães	18.04
2.23,19		Jessica	Matos	15-04-94	CRE	5	Maia	19.05
2.23,40		Tânia	Antunes	17-04-94	CPC	6	Lisboa (U)	30.05
2.23,5		Olga	Serbyan	UKR 09-12-92	SCP	2-ex	Lisboa (I)	10.04
2.23,58		Joana	Correia	19-06-93	UDZA	1	Abrantes	30.05
2.23,75		Cátia	Santos Leitão	09-10-92	CABB	1-ex	Sobreda	09.05

2.23,76		Carla	Oliveira	15-09-93	CNC	1	V.Castelo	23.05
2.24,10		Anita	Fernandes	24-05-95	CAAV	1	A.Valdevez	23.05
2.24,26	(pc)	Vanda	Pinto	15-09-93	SCB	7	Pombal	24.01
(30)								
2.24,5		Rita	Guerreiro	16-06-92	NDCO	1-ex	Beja	29.05
2.24,70	(pc)	Rita	Gomes	16-10-92	CASM	8	Pombal	24.01
2.24,74	(pc)	Sandra	Monteiro	05-09-92	CAA	2-ex	Braga	20.12.2009
2.25,00		Joana	Fernandes	11-09-92	SCB	3	Guimarães	18.04

Ao ar Livre:

2.18,88		Ana Queiroz	Alves	07-10-94	JV	1	M. Grande	09.05
2.19,6		Mariana	Brás	29-11-93	SCUT	1	Lisboa (I)	27.03
2.20,66		Diana	Soares	02-08-92	SLB	3	Lisboa (U)	17.01
2.21,27		Diana	Freitas	01-11-91	SLB	4	Lisboa (U)	17.01
2.21,6		Solange	Fernandes	31-07-91	JOMA	1-ex	Lisboa (I)	10.04

1000 Metros (até 3.07,00/3.00,0)

2.48,76		Susana	Godinho	05-07-92	SLB	1-ex	Maia	16.05
2.54,61		Ana Queiroz	Alves	07-10-94	JV	9 el2	Moscovo	21.05
2.54,92		Liliana	Cabral	24-04-95	SLB	1	Lisboa (U)	22.05
2.55,63			Cabral			1	Massamá	12.05
2.55,79			Alves			1	M.Grande	21.03
2.55,93		Diana	Soares	02-08-92	SLB	5-ex	Maia	16.05
2.57,69			Godinho			1	Braga	08.05
2.57,87		Mariana	Brás	29-11-93	SCUT	1	Massamá	12.05
2.59,18			Alves			1	Viseu	24.04
2.59,96		Diana	Freitas	01-11-91	SLB	2	Braga	08.05
3.00,40		Sandra	Almeida	17-06-95	ACBU	2	Lisboa (U)	22.05
3.02,00		Joana	Domingos	15-11-93	ACDRA	2	Viseu	24.04
3.02,75		Jéssica	Serra	06-01-95	CDP	3	Lisboa (U)	22.05
3.03,99		Ana Patrícia	Caldas	31-10-94	SCB	2 s2	Lisboa (U)	22.05
(10)								
3.04,52		Ana Catarina	Fernandes	22-05-95	FCV	1	Braga	08.05
3.05,51	(pc)	Sara	Sousa	16-05-95	ARLVG	1 s1	Braga	19.12.2009
3.06,23		Solange	Fernandes	31-07-91	JOMA	2	Alcanena	07.03
3.06,25		Jessica	Pires	10-12-93	ADREP	3 s2	Lisboa (U)	22.05
3.06,45		Sueli	Gomes	31-10-94	UDV	4	Braga	08.05
3.06,51		Marta	Martins	15-01-92	FCP	7	Maia	16.05

1500 Metros (até 5.02,00/4.40,0) CNJ 4.55,00

4.29,80	(pc)	Susana	Godinho	05-07-92	SLB	5	Espinho	27.02
4.33,50			Godinho			1	Lisboa (U)	29.05
4.34,53	(pc)	Diana	Soares	02-08-92	SLB	4	Pombal	13.02
4.36,98	(pc)		Godinho			4	Espinho	06.02
4.37,89	(pc)		Soares			1	Espinho	02.01
4.38,64	(pc)		Soares			1	Pombal	23.01
4.39,83	(pc)	Diana	Freitas	01-11-91	SLB	5	Espinho	06.02
4.40,56	(pc)	Ana Queiroz	Alves	07-10-94	JV	2	Pombal	23.01
4.41,85	(pc)	Ana Patrícia	Caldas	31-10-94	SCB	1	Espinho	30.01
4.47,2	(pc)	Catarina	Carvalho	01-03-92	UDZA	1	Pombal	12.12.2009
4.47,83	(pc)	Marta	Martins	15-01-92	FCP	7	Espinho	06.02
4.48,57		Marta	Pen Freitas	31-07-93	EBMDS	1	Abrantes	23.04
4.49,22		Rita	Lopes	18-03-94	SCB	1	Luso	23.05
4.49,34		Silvana	Dias	05-06-94	UDV	1	P. Varzim	22.05
(10)								
4.49,48		Débora	Santos	30-12-92	ADERCUS	1	Luso	08.05
4.51,21	(pc)	Mariana	Brás	29-11-93	SCUT	1 s-ex	Espinho	09.01
4.51,51	(pc)	Joana	Domingos	15-11-93	ACDRA	6	Pombal	23.01
4.51,86	(pc)	Bárbara	Ferreira	09-12-91	SCB	7	Pombal	23.01
4.52,58		Sara	Sousa	16-05-95	ARLVG	2	P. Varzim	22.05
4.53,15		Eugénia	Peixoto	10-06-93	UDV	3-ex	Guimarães	17.04
4.53,30		Cátia	Santos Leitão	09-10-92	CABB	1	Seixal	12.12.2009
4.53,49		Sandra	Almeida	17-06-95	ACBU	1	Aveiro	01.05
4.56,91		Sónia	Ferreira	08-07-95	UDV	3	P. Varzim	22.05
4.57,16		Sueli	Gomes	31-10-94	UDV	5-ex	Guimarães	17.04
(20)								
4.57,41		Elsa	Gomes	27-01-96	SCB	1	Braga	28.04
4.57,93		Jessica	Matos	15-04-94	CRE	2	Aveiro	01.05
4.58,33		Nadine	Laranjeira	12-04-96	CDP	4	P. Varzim	22.05
4.59,52		Catarina	Rodrigues	21-07-94	SCB	2	Braga	28.04

4.59,75	(pc)	Ana Carolina	Matias	06-12-91	ACV	3	Pombal	13.02
5.00,27		Tânia	Antunes	17-04-94	AVEPG	2	Seixal	12.12.2009
5.00,45	(pc)	Sara	Barreto	17-02-92	ADREP	4	Pombal	13.02
5.01,32	(pc)	Susana	Rosa	27-07-91	ADERCUS	2	Espinho	09.01
5.01,33		Rita	Guerreiro	16-06-92	NDCO	1	Beja	30.01
5.01,48		Micaela	Lopes	08-05-92	NSL	ex	Seixal	22.05
(3+A11760)								
5.01,68	(pc)	Sofia	Almeida	30-04-91	FCV	4 s2	Braga	16.01

Ao ar Livre:

4.41,54		Diana	Soares	02-08-92	SLB	2	Lisboa (I)	16.01
4.53,56		Bárbara	Ferreira	09-12-91	SCB	4-ex	Guimarães	17.04
4.55,07		Ana Patrícia	Caldas	31-10-94	SCB	1	Braga	28.04
4.55,94		Joana	Domingos	15-11-93	ACDRA	2	Abrantes	29.05

Atletas juniores até 31-12-2009

4.47,41	(pc)	Sónia Catarina	Lima	10-05-90	UDV	2-ex	Braga	20.12.2009
---------	------	----------------	------	----------	-----	------	-------	------------

Milha

5.38,5		Sandra	Monteiro	05-09-92	CAA	1-ex	Maia	12.12.2009
--------	--	--------	----------	----------	-----	------	------	------------

2000 Metros

7.05,61		Sónia	Pinto	24-05-92	AMFC	1	Maia	28.11.2009
7.26,36		Eva Joana	Alves	05-06-92	ADCPF	1	Lagos	20.12.2009
7.29,75		Carla	Covelo	26-10-94	CDFXXI	2	Lagos	20.12.2009
7.30,63		Nilza	Sousa	11-03-92	CDP	2	Maia	28.11.2009
7.41,20		Rita	Costa	07-12-94	CDMAR	3	Maia	28.11.2009
7.48,56		Diana	Veigas	28-09-93	ADREP	4	Maia	28.11.2009

3000 Metros (até 11.05,00/9.59,99) CNJ 10.50,00

9.52,60	(pc)	Diana	Soares	02-08-92	SLB	5	Pombal	14.02
10.02,24	(pc)	Susana	Godinho	05-07-92	SLB	2	Espinho	03.01
10.07,91	(pc)	Catarina	Carvalho	01-03-92	UDZA	5	Espinho	07.02
10.07,93	(pc)	Marta	Martins	15-01-92	FCP	6	Espinho	07.02
10.09,11	(pc)	Eugénia	Peixoto	10-06-93	UDV	4 s1	Braga	17.01
10.24,92	(pc)	Débora	Santos	30-12-92	ADERCUS	5	Pombal	24.01
10.25,40	(pc)	Sara	Barreto	17-02-92	ADREP	2	Pombal	14.02
10.30,38	(pc)	Sueli	Gomes	31-10-94	UDV	6 s1	Braga	17.01
10.30,58		Ana Queiroz	Alves	07-10-94	JV	ex	Maia	02.05
10.32,79		Marta	Pen Freitas	31-07-93	EBMDS	2	Lisboa (U)	17.01
(10)								
10.35,67	(pc)	Bárbara	Ferreira	09-12-91	SCB	2-ex	Braga	09.01
10.36,22	(pc)	Diana	Almeida	18-09-94	CBPAR	7	Pombal	24.01
10.36,49		Jessica	Matos	15-04-94	CRE	1	Luso	09.05
10.39,84	(pc)	Susana	Rosa	27-07-91	ADERCUS	3	Espinho	03.01
10.42,38		Rita	Lopes	18-03-94	SCB	1	Braga	16.05
10.45,65	(pc)	Catarina	Pereira	25-08-94	UDV	10	Pombal	24.01
10.50,03		Cátia	Santos Leitão	09-10-92	CABB	5	Lisboa (U)	30.05
10.51,34		Carla	Santos	22-06-91	ADREP	3	Luso	09.05
10.51,57		Lúcia	Ribeiro	03-01-91	CAOV	5	Maia	19.05
10.51,70	(pc)	Sofia	Almeida	30-04-91	FCV	8 s1	Braga	17.01
(20)								
10.52,58	(pc)	Fiona	Fernandes	05-10-93	CAC-VC	2 s2	Braga	17.01
10.57,65	(pc)	Sandra	Costa Monteiro	05-09-92	CAA	4 s2	Braga	17.01
10.57,73	(pc)	Inês	Nobre	30-04-92	JV	8	Pombal	14.02
10.59,32		Tânia	Antunes	17-04-94	CPC	1	Sobreda	09.05
10.59,62	(pc)	Carla	Oliveira	05-09-93	CNC	2	Braga	12.12.2009
11.01,66		Joana	Fernandes	11-09-92	SCB	2-ex	Braga	16.05
11.01,76	(pc)	Ana Carolina	Matias	06-12-91	ACV	4	Pombal	14.02
11.04,13		Rita	Guerreiro	16-06-92	NDCO	1	Beja	27.02

Ao ar Livre:

10.02,73		Susana	Godinho	05-07-92	SLB	1	Lisboa (U)	17.01
10.23,24		Catarina	Carvalho	01-03-92	UDZA	1	Leiria	16.05

10.23,43	Diana	Soares	02-08-92	SLB	3	Lisboa (U)	30.05
10.26,37	Eugénia	Peixoto	10-06-93	UDV	1	Braga	01.05
10.35,55	Marta	Martins	15-01-92	FCP	3	P.Varzim	30.05
10.40,03	Débora	Santos	30-12-92	ADERCUS	3	Luso	23.05
10.45,70	Bárbara	Ferreira	09-12-91	SCB	1-ex	Braga	16.05
10.49,25	Sara	Barreto	17-02-92	ADREP	4	Luso	23.05
10.53,57	Diana	Almeida	18-09-94	CBPAR	1	P.Varzim	23.05

5000 Metros

18.05,51	Catarina	Carvalho	01-03-92	UDZA	1	Rio Maior	24.04
18.48,35	Carla	Santos	22-06-91	ADREP	4	P.Varzim	29.05
19.14,36	Inês	Nobre	30-04-92	JV	2	Rio Maior	24.04
20.03,26	Ana Carolina	Matias	06-12-91	ACV	3	Rio Maior	24.04
20.25,04	Joana	Brito	22-11-92	JV	4	Abrantes	29.05
21.36,56	Jennifer	Oliveira	29-05-91	GRQL	9	Lisboa (U)	29.05
21.39,57	Cátia	Ferreira	13-04-92	SSSJM	2-ex	Aveiro	15.05
21.53,76	Sarah	Aleixo	09-04-91	UDZA	5	Rio Maior	24.04
22.36,05	Renata	Mota	16-04-91	CAR-S	6	Rio Maior	24.04

10000 Metros

43.09,67	Ana Carolina	Matias	06-12-91	ACV	3	Luso	10.04
47.27,94	Joana	Mendes	05-11-92	ADCCJ	5	Luso	10.04
50.18,52	Ana Rosa	Santos	09-01-91	JAM	8	Luso	10.04

2000 met-obstáculos (até 8.30,0)

7.38,71	Diana	Almeida	18-09-94	CBPAR	1	Maia	01.05
7.43,07	Joana	Domingos	15-11-93	ACDRA	1	M.Grande	08.05
7.44,19	Carla	Covelo	26-10-94	CDFXXI	1	Faro	24.04
7.45,85	Sofia	Marmelo	09-07-93	CAFZ	1	Rio Maior	08.05
7.47,06	Joana	Correia	19-06-93	UDZA	2	Rio Maior	08.05
7.52,90	Catarina	Rodrigues	21-07-94	SCB	1	Braga	15.05
8.09,57	Joana	Soares	08-09-93	AJS	1	Machico	01.05
8.09,90	Diana	Aguiar	02-09-94	ACDCVC	1	Aveiro	01.05
8.16,55	Vanessa	Peres	12-08-93	CNC	2	Vigo	28.03
8.23,86	Diana	Veigas	28-09-93	ADREP	2	Aveiro	01.05
(10)							
8.27,63	Cátia	Lopes	93	SSSJM	3	Aveiro	01.05

3000 met-obstáculos CNJ 14.00,00

11.09,34	Catarina	Carvalho	01-03-92	UDZA	1	Abrantes	29.05
11.12,32		Carvalho			1	Leiria	15.05
11.30,15	Bárbara	Ferreira	09-12-91	SCB	1-ex	Braga	15.05
11.50,04	Lúcia	Ribeiro	03-01-91	CAOV	1	A.Valdevez	29.05
11.52,63	Inês	Nobre	30-04-92	JV	2	Abrantes	29.05
12.31,10	Joana	Fernandes	11-09-92	SCB	2-ex	Braga	15.05
12.39,86	Sofia	Almeida	30-04-91	FCV	2-ex	Guimarães	22.05
12.43,98	Helena	Alves	04-11-92	FCV	3-ex	Guimarães	22.05
12.45,94	Ana Carolina	Matias	06-12-91	ACV	1	Leiria	15.05
13.16,12	Sónia	Marques	12-02-92	GRQL	1	Seixal	22.05
13.16,49	Catarina	Marques	06-06-91	SUOV	1	Luso	08.05
(10)							
13.34,75	Ana Rosa	Santos	09-01-91	JAM	4	P.Varzim	29.05
13.58,12	Cátia	Ferreira	13-04-92	SSSJM	2	Luso	08.05
14.26,66	Renata	Mota	16-04-91	CAR-S	2	Leiria	15.05
14.48,31	Sandra	Lopes	13-07-91	UDZA	3	Leiria	15.05
15.04,86	Andreia	Teixeira	13-02-92	ADCCJ	3	Luso	08.05
15.13,78	Dália	Marques	04-03-92	ACV	2	Leiria	15.05
16.03,82	Catarina	Nunes	01-01-92	ADRAB	5	Abrantes	29.05

60 Metros Barreiras (0,84) (até 10,74/9,04)

8,37	(pc)	Eva	Vital	08-07-92	SLB	1	Pombal	14.02
8,44	(pc)		Vital			1	Espinho	28.02
8,48	(pc)		Vital			1 s1	Pombal	09.01
8,50	(pc)		Vital			1	Espinho	07.02
8,54	(pc)		Vital			1 el1	Espinho	28.02
8,55	(pc)		Vital			1 s2	Pombal	30.01
8,61	(pc)		Vital			1 s-ex	Pombal	30.01
8,76	(pc)	Stenia	Bentugal	GBS 25-11-92	CASM	1	Pombal	20.02
8,86	(pc)		Vital			1 el2	Espinho	07.02

8,93	(pc)		Bentugal			2-ex	Pombal	20.02	
8,95	(pc)		Bentugal			2 el2	Espinho	28.02	
8,97	(pc)		Bentugal			2	Espinho	28.02	
9,07	(pc)	Cristiana	Cunha		17-07-91	GS-RC	5	Espinho	28.02
9,11	(pc)	Shaina Anthony	Mags	NGR	11-04-92	SCP	1 s2	Pombal	09.01
9,30	(pc)	Fani	Ferreira		16-07-92	ACV	2	Pombal	24.01
9,33	(pc)	Anais	Baptista		25-06-94	JV	4	Pombal	14.02
9,41	(pc)	Sara	Esteves		24-08-92	CAMz-VC	1	Espinho	31.01
9,55	(pc)	Ana	Vasconcelos		18-07-92	ACDRA	1 s1	Pombal	31.01
9,57	(pc)	Andreia	Crespo Oliveira		16-10-93	NDCG	5 el2	Espinho	28.02
9,63	(pc)	Ana Rita	Pedreiras		27-01-93	GS-RC	3 el1	Espinho	28.02
(10)									
9,64	(pc)	Sthephany	Simões		08-10-94	GRECAS	2 el1	Pombal	24.01
9,67	(pc)	Vera	Castro		23-10-92	EBPGS	p	Espinho	27.02
9,78	(pc)	Joana	Lopes		13-10-91	CLAC	1	Alpiarça	20.02
9,80	(pc)	Sandra	Moreira	CPV	19-02-93	SCP	7	Pombal	24.01
9,80	(pc)	Valdínia	Carvalho		06-07-93	GRQL	3	Pombal	14.02
9,82	(pc)	Magali	Gomes		01-01-91	SLB	6 s2	Pombal	09.01
9,87	(pc)	Anabela	Neto		25-03-91	SCP	p	Espinho	27.12.2009
10,05	(-1,2)	Eliana	Rocha		19-02-93	SFRAA	7	Lisboa (U)	17.01
10,14	(pc)	Thais	Mendes		26-12-94	COD	4 el1	Pombal	24.01
10,19	(-1,6)	Jussara	Spencer Silva		14-01-93	EBMDS	4 el2	Lisboa (U)	17.01
(20)									
10,19	(pc)	Ana Rita	Rodrigues		30-07-92	NAC	1	Espinho	17.01
10,24	(pc)	Joana	Sá		19-02-93	JDAL	5 el1	Pombal	24.01
10,26	(pc)	Elisabete	Silva		25-04-92	COD	4 el2	Pombal	24.01
10,28	(pc)	Ana	Monjane		01-01-93	SCB	3	Espinho	30.01
10,33	(pc)	Verónika	Zhukova	UKR	12-03-93	JV	4A	Pombal	17.01
10,36	(pc)	Rute	Lopes		17-02-92	GS-RC	p	Pombal	26.12.2009
10,40	(pc)	Soraia	Ferreira		27-09-92	JV	5 el3	Pombal	24.01
10,40	(pc)	Jessica	Coutinho		25-07-94	CNRM	3	Alpiarça	20.02
10,43	(pc)	Débora	Tavares		11-05-93	GCDS	3	Espinho	17.01
10,46	(pc)	Telma	Neto		12-10-92	ACRVC	3	Espinho	03.01
(30)									
10,47	(pc)	Sofia	Melo		20-01-92	COD	5 el1	Espinho	07.02
10,50	(pc)	Joana	Villar		03-05-94	GDRCC	5 el2	Pombal	24.01
10,56	(-2,7)	Jessica	Marques Viegas		16-08-94	ACDC	2	Seixal	16.01
10,57	(pc)	Marlene	Bastos		20-08-92	JAM	4	Espinho	17.01
10,65	(pc)	Vanessa	Henriques		21-01-92	GAF	4	Alpiarça	20.02
10,65	(pc)	Joana	Lopes		13-10-91	CLAC	1B	Pombal	17.01
10,67	(pc)	Teresa	Paulo	ANG	21-07-92	SCB	2	Braga	23.01
10,67	(-1,6)	Sara	Marques		28-06-94	SLB	5 el2	Lisboa (U)	17.01
10,68	(pc)	Mariana	Pinto		21-05-94	ESCMOV	3	Braga	17.01
10,68	(pc)	Ania	Marouço		07-05-93	CAMG-I	3A	Pombal	13.12.2009
(40)									
10,69	(pc)	Ana Filipa	Silva		09-03-93	CAMG-I	6	Pombal	14.02
10,73	(pc)	Anna	Hurlebaus	UKR	18-06-94	CNRM	2A	Pombal	17.01

Ao ar Livre:

9,12	(-1,2)	Sténia	Betuncal	GBS	25-11-92	CASM	3	Lisboa (U)	17.01
9,92	(-1,2)	Sandra	Moreira	CPV	19-02-93	SCP	6	Lisboa (U)	17.01
10,02	(-4,5)	Valdínia	Carvalho		06-07-93	GRQL	1 s1	Sobreda	27.02

Com marcas manuais

9,8	(0,3)	Sofia	Melo		20-01-92	COD	1	Ribeira Grande	16.01
10,2	(-0,1)	Elisabete	Silva		25-04-92	COD	p	Ribeira Grande	12.12.2009

Com vento favorável > 2 m /s

9,47	(3,5)	Shaina Anthony	Mags	NGR	11-04-92	SCP	1	Lisboa (AL)	19.12.2009
10,67	(3,5)	Sandra	Moreira	CPV	19-02-93	SCP	2	Lisboa (AL)	19.12.2009

Atletas juniores até 31-12-2009

9,47	(0,5)	Carla	Gama		24-11-90	SLB	1-ex	Seixal	19.12.2009
------	-------	-------	------	--	----------	-----	------	--------	------------

100 Metros Barreiras(0,84) (até 17,84/14,84) CNJ 17,0/17,24

13,62	(1,0)	Eva	Vital	08-07-92	SLB	2	Salamanca	22.05	RN
14,01	(-0,2)		Vital			1 el2	Salamanca	22.05	
14,17	(1,2)		Vital			1 s2	Lisboa (U)	29.05	
14,73	(1,6)	Sténia	Betuncal	GBS 25-11-92	CASM	2 s1	Alcanena	07.03	
15,29	(0,0)	Anais	Baptista	25-06-94	JV	1	Leiria	16.05	
15,29	(0,0)	Fani	Ferreira	16-07-92	ACV	2	Leiria	16.05	
15,55	(-0,5)	Cristiana	Cunha	17-07-91	GS-RC	1	Luso	09.05	
15,88	(0,1)	Anabela	Neto	25-03-91	SCP	Hep	Luso	24.04	
16,04	(0,0)	Daniela	Pereira	30-03-94	JV	3	Leiria	16.05	
16,10	(0,4)	Sthephany	Simões	08-10-94	GRECAS	1	P.Varzim	29.05	
16,25	(-0,4)	Vera	Castro	23-10-92	EBPGS	Hep	Braga	27.03	
16,33	(0,0)	Ana	Vasconcelos	18-07-92	ACDRA	4	Leiria	16.05	
(10)									
16,36	(1,9)	Valdínia	Carvalho	06-07-93	GRQL	2	Sobreda	10.04	
17,11	(1,5)	Ana Rita	Pedreiras	27-01-93	GS-RC	1 s2	Alcanena	07.03	
17,20	(0,0)	Verónika	Zhukova	UKR 12-03-93	JV	5	Leiria	16.05	
17,23	(-2,2)	Ana	Lima	10-04-94	GDC	1	Seixal	22.05	
17,28	(-1,7)	Inês	Dias	20-05-94	CARDES	1	Viseu	09.05	
17,29	(1,4)	Joana	Lopes	13-10-91	CLAC	Hep	Rio Maior	24.04	
17,31	(0,2)	Teresa	Paulo	ANG 21-07-92	SCB	1-ex	Guimarães	22.05	
17,40	(0,0)	Tânia	Tristão	03-01-92	CPP	1	Leiria	16.05	
17,45	(-1,1)	Elisabete	Silva	25-04-92	COD	Hep	Lisboa (U)	22.05	
17,55	(0,0)	Jessica	Coutinho	25-07-94	CNRM	1 el1	Leiria	16.05	
(20)									
17,83	(0,0)	Joana	Sá	19-02-93	JDAL	2 el2	Leiria	16.05	

Com marcas manuais

15,4	(1,8)	Magali	Gomes	01-01-91	SLB	1-ex	Lisboa (I)	09.05	
17,3	(1,8)	Claudina	Borges	CPV 14-08-91	SLB	2-x	Lisboa (I)	09.05	

Com vento favorável > 2 m/s

14,76	(4,8)	Cristiana	Cunha	17-07-91	GS-RC	1	Abrantes	29.05	
15,98	(2,4)	Ana	Vasconcelos	18-07-92	ACDRA	Hep	Rio Maior	24.04	
16,50	(2,3)	Elisabete	Silva	25-04-92	COD	Hep	P.Delgada	15.05	
17,25	(2,3)	Sofia	Melo	20-01-92	COD	Hep	P.Delgada	15.05	
17,37	(4,8)	Jessica	Coutinho	25-07-94	CNRM	4	Abrantes	29.05	

200 Metros Barreiras

Com vento favorável > 2 m/s

31,84	(3,6)	Sara	Martins	13-11-91	FCP	1-ex	Maia	02.05	
34,49	(3,6)	Sandra	Monteiro	05-09-92	CAA	2-ex	Maia	02.05	

400 Metros Barreiras (até 73,04/65,54) CNJ 69,8/69,94

63,20		Cristiana	Cunha	17-07-91	GS-RC	1	Abrantes	30.05	
64,06	A	Andreia	Crespo Oliveira	16-10-93	NDCG	1	Guarda	29.05	
64,19			Cunha			1A	Luso	23.05	
65,26		Anais	Baptista	25-06-94	JV	2	Abrantes	30.05	
66,75		Fani	Ferreira	16-07-92	ACV	1	Leiria	15.05	
67,06		Miriam	Tavares	14-05-91	ACDRA	3	Abrantes	30.05	
67,61		Sara	Martins	13-11-91	FCP	4	Leiria	22.05	
67,97		Vera	Castro	23-10-92	EBPGS	1	Braga	09.05	
68,10		Cátia	Rodrigues	05-10-92	ADREP	1-ex	Aveiro	16.05	
69,12		Ana Rita	Rodrigues	30-07-92	NAC	1 s1	Luso	08.05	
69,12		Jessica	Marques Viegas	16-08-94	ACDC	1	Seixal	23.05	
(10)									
69,75		Sara	Oliveira	28-12-93	CAMG-I	2-ex	Abrantes	02.05	
70,58		Sofia	Ávila	15-04-93	CBSC	3 s2	P.Delgada	28.05	
71,32		Cyntia	Silva	21-07-91	CAMG-I	3-ex	Abrantes	02.05	
71,76		Jessica	Coutinho	25-07-94	CNRM	6	Abrantes	30.05	
71,91		Joana	Soares	08-09-93	AJS	1-ex	Machico	11.04	
72,35		Carine	Moreira	16-03-94	JV	5	Leiria	22.05	

Altura (até 1,50/1,62) CNJ 1,53

1,70		Ana Margarida	Oliveira	18-07-95	GAF	1	Abrantes	17.04
1,69			Oliveira			Hep	Rio Maior	20.03
1,68	(pc)		Oliveira			ta	Alpiarça	06.02
1,68	(pc)	Ana	Monjane	01-01-93	SCB	4	Pombal	14.02
1,68			Oliveira			Hep	Faro	01.05
1,67	(pc)	Anabela	Neto	25-03-91	SCP	1	Pombal	24.01
1,67			Monjane			2	P.Varzim	30.05
1,66	(pc)		Neto			p	Espinho	27.12.2009
1,66	(pc)		Oliveira			1-ex	Alpiarça	23.01
1,66			Oliveira			Hep	Rio Maior	24.04
1,66			Neto			ex	Luso	09.05
1,65	(pc)	Ana Rita	Pereira	14-05-91	SCB	1	Braga	12.12.2009
1,65	(pc)		Monjane			t	Alpiarça	06.02
1,65	(pc)		Oliveira			1	Alpiarça	27.03
1,65			Monjane			Hep	Guimarães	17.04
1,65			Monjane			1	Braga	28.04
1,65			Monjane			1	Braga	16.05
1,64	(pc)		Monjane			t	Braga	16.01
1,64	(pc)	Magali	Gomes	01-01-91	SLB	2	Pombal	24.01
1,64	(pc)		Pereira			2	Pombal	24.01
1,64	(pc)		Monjane			3	Espinho	27.02
1,64			Neto			Hep	Luso	24.04
1,63			Pereira			1-ex	Braga	22.05
1,62	(pc)		Oliveira			ta	Pombal	27.12.2009
1,62		Ana	Vasconcelos	18-07-92	ACDRA	1	Leiria	16.05
1,59		Rafaela	Vitorino	18-08-95	SLB	Hep	Faro	01.05
1,57	(pc)	Camila	Lucena	07-08-94	CSM	2	Espinho	30.01
1,57	(pc)	Joana	Vitorino	30-05-92	CASM	3	Pombal	31.01
1,57		Sara	Mendes	16-04-95	NDJL	Hep-ex	Seixal	17.04
(10)								
1,56		Cárin	Duarte	09-08-93	CDFFXI	1	Quarteira	16.05
1,56	INF	Yara	Dorsch	14-02-97	CDFFXI	1-ex	Quarteira	16.05
1,55		Patrícia	Carreira	26-05-93	GAF	1	Abrantes	18.04
1,55		Ana	Silva	31-05-96	UDCA	1	Maia	01.05
1,55		Beatriz	Nunes	19-05-94	NAA	3	Luso	22.05
1,55		Vanessa	Alves	13-09-93	GRECAS	3	Luso	22.05
1,55		Nicole	Marques	01-01-96	SCP	1	Lisboa (AL)	22.05
1,54	(pc)	Rute	Lopes	17-02-92	GS-RC	1	Pombal	14.02
1,54		Filipa	Pinto da Silva	28-11-94	FCCL	Hep	Luso	10.04
1,53	(pc)	Inês	Dias	20-05-94	CARDES	1	Pombal	07.03
(20)								
1,52		Valdónia	Carvalho	06-07-93	GRQL	1	Seixal	22.05
1,52		Érica	Gomes	GBS 09-05-94	AAC	1	Luso	01.05
1,51	(pc)	Ana Rita	Pedreiras	27-01-93	GS-RC	t	Pombal	27.12.2009
1,51	(pc)	Larissa	Souza	BRA 11-04-92	JDAL	4	Pombal	31.01
1,51		Anais	Baptista	25-06-94	JV	Hep	Lisboa (U)	22.05
1,50		Cátia	Azevedo	09-03-94	SCP	t	Lisboa (U)	09.01
1,50		Jennifer	Gomes	21-03-95	ESJD	2	Luso	17.03
1,50		Isabel	Vieira	25-02-93	FCP	Hep	Maia	27.03
1,50		Teresa	Carvalho	03-01-95	CASM	Hep	Lisboa (I)	10.04
1,50		Ana Rita	Alves	23-07-95	EBMDS	3	Abrantes	24.04

Ao ar Livre:

1,61		Ana Rita	Pereira	14-05-91	SCB	1	Braga	09.05
1,54		Ana	Vasconcelos	18-07-92	ACDRA	Hep	Rio Maior	24.04
1,51		Camila	Lucena	07-08-94	CSM	Hep	Machico	24.04
1,50		Magali	Gomes	01-01-91	SLB	ex	Lisboa (I)	09.05

Vara (até 2,00/3,00) CNJ 2,50

3,80		Marta	Onofre	28-01-91	Ind-Lx	1-ex	Lisboa (I)	10.04
3,50			Onofre			1	Lisboa (U)	24.03
3,35			Onofre			2	Lisboa (U)	21.04
3,32		Isabel	Vieira	25-02-93	FCP	1	P.Varzim	29.05
3,30			Vieira			1	Maia	19.05
3,12	(pc)		Vieira			5	Espinho	28.02
2,80	(pc)	Carolina	Pandeirada	21-10-93	GRECAS	2	Pombal	23.01
2,80		Ana	Vasconcelos	18-07-92	ACDRA	1	Leiria	15.05
2,90		Camila	Lucena	07-08-94	CSM	1	P.Delgada	27.05
2,75	(pc)	Ana Filipa	Silva	09-03-93	CAMG-I	3	Pombal	31.01
2,70		Sara	Sousa	14-08-93	CSM	2	Machico	16.05

2,68	(pc)	Mónica	Rino	06-06-94	JV	4	Pombal	23.01
2,66		Sara	Mendes	16-04-95	NDJL	1	Lisboa (U)	16.05
2,55		Andreia	Gracio	17-09-96	ADRAB	1	Rio Maior	09.05
(10)								
2,55		Cátia	Torres	22-11-96	GDIS	1-ex	Setúbal	15.05
2,50	(pc)	Ana Patrícia	Silva	28-11-93	CAMG-I	5	Pombal	16.01
2,50	(pc)	Ana Margarida	Pereira	09-04-92	CAR-S	1	Pombal	16.01
2,50		Alina	Zhepko	23-06-93	ACM-AH	1	A.Heroísmo	21.03
2,42	(pc)	Brenda	Vicente	12-06-94	AAPL	8	Pombal	23.01
2,40		Sarina	Santos	24-09-91	CAR-S	2	Leiria	15.05
2,40		Tariana	Batista	23-01-95	NDJL	2	Lisboa (U)	16.05
2,40		Mónica	Saraiva	08-11-94	CPC	4	Lisboa (U)	29.05
2,30	(pc)	Ana Isabel	Casimiro	94	A20Km	2	Pombal	12.12.2009
2,30		Cristiana	Cardoso	13-07-91	JAM	2	Luso	09.05
(20)								
2,30		Lídia Nicole	Alberto	15-02-93	JV	5	Leiria	15.05
2,28	(pc)	Sara	Espinha	26-08-93	CAMG-I	10	Pombal	23.01
2,20	(pc)	Catarina	Nunes	01-01-92	ADRAB	3	Pombal	12.12.2009
2,20	(pc)	Nelma	Matos	10-12-94	CDFXXI	3	Pombal	30.01
2,20	(pc)	Verónica	Jerónimo	14-01-91	SLB	7	Pombal	13.02
2,20		Daniela	Pinote	93	CPA-S	4	Leiria	15.05
2,20		Rute	Catarino	19-02-95	OCL	1	Faro	15.05
2,20		Luísa	Canário	93	CBF	2	Faro	15.05
2,15		Jessica	Rodrigues	07-07-93	AJS	4	Ribeira Brava	16.01
2,00	(pc)	Mariana	Simões	23-06-94	JV	6	Pombal	05.12.2009
(30)								
2,00	(pc)	Cláudia	Oliveira	24-04-95	GRECAS	7	Espinho	02.01
2,00		Daniela Alexandra	Lisa	08-01-93	OCL	2	V.R.S.António	16.01
2,00		Débora	Macedo	92	AJS	1-ex	Machico	16.05
2,00		Isabela	Pereira	31-07-95	CDP	1	P.Varzim	23.05

Ao ar Livre:

2,60		Carolina	Pandeirada	21-10-93	GRECAS	1	Luso	09.05
2,60		Mónica	Rino	06-06-94	JV	2	Leiria	15.05
2,60		Ana Filipa	Silva	09-03-93	CAMG-I	3	Leiria	15.05
2,50		Sara	Mendes	16-04-95	NDJL	ex	Seixal	13.02
2,40		Brenda	Vicente	12-06-94	AAPL	1	Seixal	19.12.2009
2,40		Ana Patrícia	Silva	28-11-93	CAMG-I	4	Leiria	15.05
2,40		Ana Margarida	Pereira	09-04-92	CAR-S	1	Leiria	15.05
2,20		Ana Isabel	Casimiro	94	A20Km	2	Rio Maior	09.05
2,20		Sara	Espinha	26-08-93	CAMG-I	6	Leiria	15.05
2,20		Catarina	Nunes	01-01-92	ADRAB	3	Leiria	15.05
2,20		Verónica	Jerónimo	14-01-91	SLB	5	Lisboa (U)	29.05
2,10		Nelma	Matos	10-12-94	CDFXXI	3	Faro	15.05

Comprimento (até 5,00/5,60) CNJ 5,20

6,00	(0,0)	Shaina Anthony	Mags	NIG	11-04-92	SCP	1	Leiria	22.05
5,95	(pc)		Mags				2	Espinho	27.02
5,94	(pc)		Mags				1	Espinho	06.02
5,89	(1,1)		Mags				1	Lisboa (AL)	05.12.2009
5,87	(1,1)		Mags				1	Lisboa (AL)	24.04
5,75	(0,6)	Teresa	Carvalho		03-01-95	CASM	1	Lisboa (U)	16.05
5,71	(0,8)	Ana Margarida	Oliveira		18-07-95	GAF	1	Abrantes	18.04
5,65	(1,0)	Sténia	Betuncal	GBS	25-11-92	CASM	1	Lisboa (I)	16.01
5,55	(pc)	Sara	Esteves		24-08-92	CAMz-VC	1	Pombal	23.01
5,45	(pc)	Marta	Onofre		28-01-91	Ind-Lx	2	Pombal	21.02
5,41	(1,4)	Lucinda	Gomes		16-04-95	SCP	2	Lisboa (U)	16.05
5,40	(-1,2)	INF	Elizandra	ANG	15-12-97	AATC	p	Faro	02.05
5,39	(2,0)		Jussara		14-01-93	EBMDS	1	Luso	22.05
5,37	(pc)		Anais		25-06-94	JV	3	Pombal	23.01
(10)									
5,35	(0,8)		Sarah		15-02-95	JV	1	M. Grande	09.05
5,33	(1,2)		Mónica		06-06-94	JV	1	Leiria	16.05
5,33	(1,1)		Inês		20-05-94	CARDES	1	Viseu	01.05
5,32	(pc)		Anabela		25-03-91	SCP	1	Espinho	02.01
5,32	(0,5)		Sofia		02-06-94	ADRAB	1	Machico	14.03
5,30	(-0,6)		Claudina	CPV	14-08-91	SLB	ex	Lisboa (I)	09.05
5,29	(0,1)		Camila		07-08-94	CSM	1	Ribeira Brava	16.01
5,29	(1,5)		Ludmila		01-11-96	SCP	3	Lisboa (U)	16.05
5,27	(0,4)		Isabel		25-02-93	FCP	2	Luso	22.05
5,24	(pc)		Ana		18-07-92	ACDRA	p	Espinho	28.02

(20)								
5,23	(0,6)	Vera	Castro	23-10-92	EBPGS	2	Braga	01.05
5,21	(0,0)	Nídia	Encarnação	13-05-91	GDE	3	Luso	23.05
5,16	(pc)	Filipa	Pinto da Silva	28-11-94	FCCL	1	Espinho	16.01
5,16	(1,5)	Valdónia	Carvalho	06-07-93	GRQL	-	Setúbal	15.05
5,14	(-0,4)	Andreia	Crespo Oliveira	16-10-93	NDCG	Hep	Seia	28.03
5,11	(pc)	Vanessa	Henriques	21-01-92	GAF	7	Pombal	23.01
5,07	(-1,0)	Ana Patrícia	Silva	28-11-93	CAMG-I	7	Alcanena	07.03
5,06	(-0,3)	Lídia Nicole	Alberto	ANG 15-02-93	JV	5	Leiria	22.05
5,05	(-0,4)	Mariana	Cavaleiro Estevão	09-03-94	AATC	1	Abrantes	17.04
5,05	(-1,7)	Jessica	Marques Viegas	16-08-94	ACDC	2	Seixal	22.05
(30)								
5,04	(pc)	Cátia	Lourenço	30-08-92	CBF	1	V.R.S.António	16.01
5,02	(0,4)	Carolina	Pandeirada	21-10-93	GRECAS	1-ex	Coimbra (ECC)	22.05
5,01	(pc)	Ana Patrícia	Silva	28-11-93	CAMG-I	4	Pombal	16.01
5,01	(1,2)	Patrícia	Vaz	13-06-94	FCC	1-ex	Beja	29.05
5,00	(pc)	Patrícia	Vaz	23-06-96	GS-RC	ta	Espinho	23.01
5,00	(0,6)	Daniela	Pereira	30-03-94	JV	3	Leiria	16.05

Ao ar Livre:

5,22	(-2,2)	Anais	Baptista	25-06-94	JV	1	M.Grande	08.05
5,18	(1,1)	Anabela	Neto	25-03-91	SCP	Hep	Luso	25.04
5,15	(3,6)	Sara	Esteves	24-08-92	CAMz-VC	3	P.Varzim	30.05
5,09	(1,4)	Vanessa	Henriques	21-01-92	GAF	1	Abrantes	13.03
5,09	(0,8)	Anais	Baptista	25-06-94	JV	Hep	M.Grande	28.03
5,07	(1,7)	Ana	Vasconcelos	18-07-92	ACDRA	Hep	Rio Maior	25.04

Sem controlo de anemómetro

5,05		Vanessa	Alves	13-09-93	ESJD	1	Aveiro	10.05
------	--	---------	-------	----------	------	---	--------	-------

Com vento favorável > a 2 m/s

5,51	(5,2)	Lucinda	Gomes	16-04-95	SCP	2	Lisboa (AL)	02.05
5,47	(4,2)	Carolina	Pandeirada	21-10-93	GRECAS	1	Aveiro	15.05
5,43	(3,5)	Sarah	Dias	15-02-95	JV	1	M.Grande	02.05
5,35	(2,2)	Jessica	Marques Viegas	16-08-94	ACDC	1	Setúbal	15.05
5,31	(5,5)	Isabel	Vieira	25-02-93	FCP	1	Maia	01.05
5,21	(3,5)	Vanessa	Alves	13-09-93	ESJD	1	Aveiro	02.05
5,21	(2,9)	Valdónia	Carvalho	06-07-93	GRQL	2	Setúbal	15.05
5,20	(3,9)	Filipa	Pinto da Silva	28-11-94	FCCL	2	Aveiro	15.05
5,16	(4,5)	Evelise	Veiga	CPV 03-03-96	CSPP	2	M.Grande	02.05
5,14	(3,6)	Sandra	Moreira	CPV 19-02-93	SCP	1	Lisboa (AL)	22.05
5,13	(4,3)	Vanessa	Alves	13-09-93	ESJD	3	Aveiro	15.05
5,11	(3,5)	Débora	Tavares	11-05-93	GCDS	4	Aveiro	15.05
5,07	(5,5)	Inês	Bola	13-05-94	GRECAS	5	Aveiro	15.05
5,02	(5,8)	Rita	Santos	26-04-94	ACDCVC	3	Aveiro	02.05

Atletas juniores até 31-12-2009

5,26	(-0,2)	Rute	Limpo	23-12-90	JDN	1	Odemira	28.11.2009
------	--------	------	-------	----------	-----	---	---------	------------

Tripto (até 10,20/11,80) CNJ 10,80

12,22	(pc)	Shaina Anthony	Mags	NGR 11-04-92	SCP	1	Pombal	24.01
12,14	(1,6)	Anabela	Neto	25-03-91	SCP	ex	Luso	08.05
12,11	(0,8)		Mags			4-ex	Lisboa (U)	15.05
12,07	(pc)		Mags			3	Espinho	28.02
12,02	(pc)		Neto			1	Espinho	03.01
11,99	(pc)		Mags			3	Pombal	14.02
11,91	(pc)		Mags			2	Espinho	07.02
11,88	(pc)		Mags			1	Pombal	31.01
11,70	(pc)	Claudina	Borges	CPV 14-08-91	SLB	2	Pombal	24.01
11,61	(0,3)	Ana	Monjane	01-01-93	SCB	1	Braga	16.05
11,60	(pc)	Anais	Baptista	25-06-94	JV	3	Pombal	24.01
11,54	(pc)	Mónica	Rino	06-06-94	JV	1	Pombal	17.01
11,45	(pc)	Ana Margarida	Oliveira	18-07-95	GAF	1	Alpiarça	13.02
11,42	(pc)	Stenia	Bentucal	GBS 25-11-92	CASM	2	Pombal	31.01
11,39	(pc)	Sara	Esteves	24-08-92	CAMz-VC	1	Braga	17.01
11,35	(-0,5)	Eliana	Rocha	19-02-93	SFRAA	1	Lisboa (I)	20.03

(10)									
11,27	(pc)	Ana	Vasconcelos	18-07-92	ACDRA	4	Espinho	07.02	
11,14	(pc)	Ana Patrícia	Silva	28-11-93	CAMG-I	3	Pombal	17.01	
11,11	(1,7)	Valdínia	Carvalho	06-07-93	GRQL	1	Setúbal	16.05	
11,10	(2,0)	Sofia	Santos	02-06-94	ADRAP	-	P.Delgada	29.05	
11,09	(0,5)	Joana	Costa	10-11-95	UAP	2	Lisboa (U)	15.05	
11,07	(0,6)	A	Andreia	Crespo Oliveira	16-10-93	NDCG	1	Guarda	29.05
11,03	(pc)	Filipa	Pinto da Silva	28-11-94	FCCL	2	Espinho	03.01	
10,99	(1,8)	Cristiana	Silveira	18-05-95	CAT	1	P.Delgada	22.05	
10,97	(-1,9)	Joana	Lopes	13-10-91	CLAC	1	Leiria	15.05	
10,96	(0,4)	Lucinda	Gomes	16-04-95	SCP	1	Lisboa (I)	20.03	
(20)									
10,93	(pc)	Vanessa	Henriques	21-01-92	GAF	1	Alpiarça	20.02	
10,92	(pc)	Ilizandra	Lopes	28-02-92	CFB	3	Pombal	14.02	
10,88	(1,1)	Ana Filipa	Silva	09-03-93	CAMG-I	3	M. Grande	09.05	
10,82	(1,6)	Lúcia	Serrão	08-01-91	AJS	3	Ribeira Brava	17.01	
10,69	(pc)	Christina	Martinez	26-05-92	ACM-AH	14	Alpiarça	10.01	
10,69	(1,0)	Inês	Bola	13-05-94	GRECAS	1	Luso	08.05	
10,65	(1,7)	Carolina	Pandeirada	21-10-93	GRECAS	2	Luso	08.05	
10,65	(1,5)	Ludmila	Nascimento	01-11-96	SCP	2	Lisboa (AL)	29.05	
10,62	(pc)	Teresa	Paulo	ANG 21-07-92	SCB	3	Espinho	30.01	
10,61	(0,0)	Vera	Castro	23-10-92	EBPGS	2	Braga	08.05	
(30)									
10,61	(0,8)	Andreia	Pinto	16-04-93	CAMG-I	4	M. Grande	09.05	
10,60	(1,8)	Rita	Mota	30-08-94	ARLVG	1	P.Varzim	22.05	
10,55	(pc)	Sandra	Moreira	CPV 19-02-93	SCP	10	Pombal	24.01	
10,49	(-1,3)	Soraia	Ferreira	27-09-92	JV	3	Leiria	15.05	
10,42	(2,0)	Daniela	Nogueira Vieira	07-01-95	GAF	1	Rio Maior	08.05	
10,39	(1,3)	Inês	Dias	20-05-94	CARDES	1	Viseu	08.05	
10,36	(1,9)	Cátia	Azevedo	09-03-94	SCP	3	Lisboa (I)	20.03	
10,35	(pc)	Alexandra	Meira	16-04-94	CAMz-VC	15	Alpiarça	10.01	
10,31	(-0,2)	Liliane	Amaro	23-10-92	JDN	2	Odemira	28.11.2009	
10,28	(-2,8)	Adriana	Alves	ANG 13-09-95	JOMA	4	Lisboa (AL)	29.05	
(40)									
10,27	(1,2)	Jessica	Ferrero	ANG 22-02-93	AAPL	-	Setúbal	16.05	
10,26	(pc)	Andreia	Reis	24-04-92	CLAC	2	Pombal	13.12.2009	
10,25	(1,8)	Ana Rita	Queirós	28-08-95	Lavra	2	P.Varzim	22.05	
10,23	(pc)	Marlene	Bastos	20-08-92	JAM	3	Espinho	31.01	
10,23	(-0,6)	Sara	Mendes	16-04-95	NDJL	5	Lisboa (AL)	29.05	
10,22	(-4,5)	Cristiana	Martins	14-12-93	GDPN	1	Faro	25.04	

Ao ar Livre:

11,54	(0,7)	Anais	Baptista	25-06-94	JV	1	M. Grande	09.05
11,33	(1,6)	Mónica	Rino	06-06-94	JV	2	M. Grande	09.05
10,83	(-0,3)	Vanessa	Henriques	21-01-92	GAF	2	Leiria	15.05
10,75	(-1,2)	Filipa	Pinto da Silva	28-11-94	FCCL	1	Aveiro	16.05
10,69	(1,5)	Ana Patrícia	Silva	28-11-93	CAMG-I	2	Leiria	15.05
10,60	(-2,7)	Sara	Esteves	24-08-92	CAMz-VC	4	P.Varzim	29.05
10,57	(1,9)	Ilizandra	Lopes	28-02-92	CFB	-	Lisboa (U)	29.05
10,55	(0,9)	Teresa	Paulo	ANG 21-07-92	SCB	1-ex	Braga	15.05
10,45	(0,0)	Christina	Martinez	26-05-92	ACM-AH	1	A.Heroísmo	05.12.2009
10,40	(0,9)	Sandra	Moreira	CPV 19-02-93	SCP	2	Lisboa (I)	20.03
10,33	(0,4)	Alexandra	Meira	16-04-94	CAMz-VC	1	V.Castelo	16.05

Sem controlo de anemómetro

10,62		Cristiana	Silveira	18-05-95	CAT	1	A.Heoísmo	21.03
10,54		Alexandra	Meira	16-04-94	CAMz-VC	1	A.Valdevez	29.05

Com vento favorável > 2 m / s

12,06	(3,2)	Shaina Anthony	Mags	NGR 11-04-92	SCP	2	Lisboa (AL)	17.04
11,71	(3,2)	Mónica	Rino	06-06-94	JV	1	Abrantes	29.05
11,67	(5,6)	Filipa	Pinto da Silva	28-11-94	FCCL	1	Aveiro	01.05
11,26	(3,7)	Isabel	Vieira	25-02-93	FCP	1	Maia	02.05
10,85	(2,5)	Ilizandra	Lopes	28-02-92	CFB	6	Lisboa (U)	29.05
10,81	(2,8)	Ana Patrícia	Silva	28-11-93	CAMG-I	2	Abrantes	29.05
10,75	(5,5)	Carolina	Pandeirada	21-10-93	GRECAS	2	Aveiro	01.05
10,73	(4,1)	Dorothe	Évora	28-05-91	SLB	3	Lisboa (AL)	19.12.2009
10,66	(4,3)	Rita	Mota	30-08-94	ARLVG	2	Maia	02.05
10,57	(3,6)	Ana Filipa	Silva	09-03-93	CAMG-I	2-ex	Abrantes	02.05

10,52	(5,6)	Inês	Bola	13-05-94	GRECAS	3	Aveiro	01.05
10,43	(4,6)	Cátia	Azevedo	09-03-94	SCP	5	Lisboa (AL)	17.04
10,43	(6,8)	Sandra	Moreira	CPV 19-02-93	SCP	6	Lisboa (AL)	17.04
10,41	(2,2)	Jessica	Ferrero	ANG 22-02-93	AAPL	2	Setúbal	16.05

Atletas juniores até 31-12-2009

12,11	(0,0)	Carla	Gama	24-11-90	SLB	ex	Seixal	19.12.2009
10,92	(0,2)	Rute	Limpo	23-12-90	JDN	1	Odemira	28.11.2009

Peso (4) (até 9,20/12,00) CNJ 10,00

13,90	(pc)	Irina	Rodrigues	05-02-91	SCP	1	Pombal	23.01
13,33	(pc)	Soraia	Ruas	07-01-92	ADREP	4	Pombal	20.02
13,29			Ruas			1	Lovelhe	27.03
13,25	(pc)	Irina	Rodrigues			1	Espinho	06.02
13,04			Ruas			1	Luso	23.05
12,99	(pc)		Ruas			1	Espinho	16.01
12,88			Ruas			3	P.Varzim	29.05
12,76	(pc)		Ruas			1	Pombal	13.02
12,70			Ruas			1	Aveiro	20.12.2009
12,53	(pc)		Ruas			1	Espinho	31.01
12,49	(pc)	Diana	Hernandez	01-01-93	GRECAS	2	Pombal	23.01
12,48	(pc)		Ruas			1	Espinho	09.01
12,47			Ruas			1	Luso	09.05
12,42			Hernandez			2	Luso	09.05
12,41	(pc)		Hernandez			6	Espinho	27.02
12,38			Hernandez			4	P.Varzim	29.05
12,35	(pc)		Hernandez			6	Pombal	13.02
12,30	(pc)		Ruas			3	Pombal	23.01
12,27			Ruas			1-ex	Maia	28.11.2009
12,20		Irina	Rodrigues			7	Q. Anjo	14.03
11,88		Vera	Pereira	25-09-92	SLB	3	Lisboa (U)	29.05
11,76	(pc)	Ana Rita	Henriques	25-11-92	JV	3	Espinho	06.02
11,06		Mariana	Cavaleiro Estevão	09-03-94	AATC	1	Leiria	16.05
10,98	(pc)	Carolina	Rodrigues	07-02-91	SLB	5	Espinho	06.02
10,88		Delfina	Gomes	19-08-94	MKED	6	Lisboa (U)	29.05
10,77		Alda	Fernandes	28-05-93	SCB	2	Braga	08.05
10,67	(pc)	Ana Teresa	Coelho	04-02-93	ACRVD	7	Pombal	23.01
(10)								
10,51		Ana Patrícia	Garrido	03-12-91	ACBU	3	Luso	23.05
10,41		Camila	Sousa	10-03-94	GS-RC	1	Luso	09.05
10,40	(pc)	Verónica	Andrade	CPV 18-03-93	SLB	9	Pombal	23.01
10,08	(pc)	Helena Raquel	Fernandes	15-03-93	CSPP	2	Pombal	12.12.2009
10,06		Ana Lúcia	Viveiros	20-04-92	ADRAP	1-ex	Funchal (RG3)	01.05
10,04	(pc)	Cláudia	Santos	07-02-92	SCB	4	Braga	16.01
9,98		Anabela	Neto	25-03-91	SCP	Hep	Luso	24.04
9,89	(pc)	Marta	Onofre	28-01-91	Ind-Lx	4	Pombal	21.02
9,89		Vera	Castro	23-10-92	EBPGS	1	Guimarães	21.03
9,80		Fátima	Ribeiro	28-05-91	CSM	1-ex	Machico	24.04
(20)								
9,76	(pc)	Margarida	Ferreira	01-01-94	SCB	6	Braga	16.01
9,72		Joana	Esgueirão	01-01-92	GRECAS	5	Luso	09.05
9,71		Verónica	Jerónimo	14-01-91	SLB	5	Lisboa (I)	16.01
9,68	(pc)	Débora	Tavares	11-05-93	GCDS	2	Espinho	02.01
9,68		Nicole	Magalhães	22-06-94	LIFC	2	Seixal	22.05
9,51		Carla Muriel	Góis	09-02-91	GDE	1-ex	Machico	14.03
9,47		Cátia	Costa	29-04-91	JOMA	4	Lisboa (AL)	05.12.2009
9,47		Andreia	Gomes	22-06-94	GCDS	6	Luso	09.05
9,43		Cristiana	Faria	28-01-94	JV	7	Luso	23.05
9,42		Joana	Rebelo	02-02-93	ACM-AH	1	A.Heroísmo	13.03
(30)								
9,33		Mónica S.	Silva	91	AJS	2-ex	Machico	24.04
9,23		Ana Patrícia	Cardoso	11-05-93	SCB	4	Braga	08.05
9,20		Nicole	Magalhães	22-06-94	LIFC	1	Seixal	16.01

Ao ar Livre:

10,80		Carolina	Rodrigues	07-02-91	SLB	2	Lisboa (I)	16.01
11,17		Ana Rita	Henriques	25-11-92	JV	2	Abrantes	29.05
9,98		Helena Raquel	Fernandes	15-03-93	CSPP	4	Luso	23.05
9,85		Verónica	Andrade	CPV 18-03-93	SLB	4	Lisboa (I)	16.01

9,85	Ana Teresa	Coelho	04-02-93	ACRVD	4	Luso	09.05
9,37	Margarida	Ferreira	01-01-94	SCB	3	Braga	08.05

Disco (1) (até 26,00/50,00) CNJ 31,00

58,21	Irina	Rodrigues	05-02-91	SCP	2	Q. Anjo	13.03	RN
56,01	Irina	Rodrigues			1	Leiria	22.05	
55,89	Irina	Rodrigues			1	Q. Anjo	14.03	
55,29	Irina	Rodrigues			2	Arles	21.03	
52,49	Irina	Rodrigues			1	Leiria	06.03	
42,79	Diana	Hernandez	01-01-93	GRECAS	2	P.Varzim	30.05	
40,02	Soraia	Ruas	07-01-92	ADREP	3	P.Varzim	30.05	
37,91	Alda	Fernandes	28-05-93	SCB	1	Lovellhe	20.02	
37,34	Juliana	Pereira	03-01-95	JV	2	Leiria	31.01	
35,30	Carolina	Rodrigues	07-02-91	SLB	2	Leiria	06.03	
34,03	Helena Raquel	Fernandes	15-03-93	CSPP	1	Leiria	15.05	
33,79	Ana Rita	Henriques	25-11-92	JV	2-ex	Aveiro	20.02	
33,62	Carla Muriel	Góis	09-02-91	GDE	1-ex	Funchal (RG3)	10.04	
32,88	Margarida	Borges	08-07-92	ACM-AH	1-ex	A.Heroísmo	21.03	
(10)								
32,16	Ana Lúcia	Viveiros	20-04-92	ADRAP	1	Ribeira Brava	16.01	
32,15	Joana	Rosa	07-07-94	QFC	1	Q. Anjo	26.05	
32,10	Margarida	Ferreira	01-01-94	SCB	1	Guimarães	23.05	
31,30	Jorgina	da Costa	GBS 20-10-93	CABB	4	Leiria	07.03	
31,24	Cláudia	Santos	07-02-92	SCB	2	Guimarães	21.03	
30,41	Ana Patrícia	Cardoso	11-05-93	SCB	3	Guimarães	24.02	
30,33	Ana Teresa	Coelho	04-02-93	ESJD	2	Aveiro	02.05	
30,12	Fabiana	Domingos	05-04-93	JV	5	Leiria	07.03	
30,06	Vera	Pereira	25-09-92	SLB	3	Lisboa (AL)	17.04	
28,59	Filipa	Brito	95	SCB	3	Braga	08.05	
(20)								
28,44	Patrícia	Penteado	14-09-92	SCA	1	Leiria	15.05	
28,37	Joana	Esgueirão	01-01-92	GRECAS	2	Aveiro	20.02	
27,84	Sara	Andrade	12-04-93	UAP	2	Lisboa (AL)	17.04	
27,19	Fátima	Ribeiro	28-05-91	CSM	3-ex	Funchal (RG3)	15.05	
27,11	Flávia	Costa	15-06-94	ADREP	3	Luso	08.05	
26,95	Ana Teresa	Coelho	04-02-93	ACRVD	4	Aveiro	20.02	
26,78	Mariana	F. Rodrigues	07-09-94	AJS	2-ex	Funchal (RG3)	10.04	
26,59	Ana Filipa	Mendes	02-06-94	EBMDS	2	Lisboa (AL)	19.05	
26,52	Carolina	Morais	20-06-94	ACM-AH	1	A.Heroísmo	13.03	
26,45	Sandra	Monteiro	05-09-92	CAA	5	Porto (I)	10.04	
(30)								
26,41	Isabela	Pereira	31-07-95	CDP	1	P. Varzim	23.05	
26,10	Ana Patrícia	Garrido	03-12-91	ACBU	5	Luso	08.05	
26,06	Jessica	Gordo	29-04-94	CSPP	3	Leiria	15.05	
26,01	Filipa	Vasconcelos	21-10-91	CSM	3	Ribeira Brava	02.01	

Martelo (4) (até 28,00/50,00) CNJ 39,00

51,64	Ana Rita	Henriques	25-11-92	JV	1	Leiria	31.01
50,85		Henriques			5	Q. Anjo	14.03
47,83	Filipa	Vasconcelos	21-10-91	CSM	1	Luso	23.05
47,59	Andreia	Venade	16-03-92	ADCL	2	Leiria	06.03
47,57	Patrícia	Penteado	14-09-92	SCA	1	Abrantes	02.05
46,20	Joana	Esgueirão	01-01-92	GRECAS	2	Lovelhe	27.03
45,16	Jorgina	da Costa	GBS 20-10-93	CABB	4	Lisboa (U)	29.05
43,74	Gabriela	Venade	04-07-91	FCP	3	Lovelhe	20.02
42,40	Joana	Rebelo	02-02-93	ACM-AH	1	A.Heroísmo	24.04
41,87	Daniela	Teixeira	14-07-91	GDE	2	Funchal (RG3)	16.01
40,74	Fabiana	Domingos	05-04-93	JV	6	Leiria	22.05
(10)							
40,56	Catarina	Granja	23-05-92	ADCL	7	Leiria	06.03
38,83	Alda	Fernandes	28-05-93	SCB	3	P.Varzim	29.05
38,64	Viviana	P. Gonçalves	25-06-91	AJS	1-ex	Funchal (RG3)	01.05
38,43	Cláudia	Eduardo	15-10-93	GRQL	2	Seixal	23.05
37,23	Joana	Braga	16-10-92	AAPL	3	Seixal	23.05
36,87	Diana	Hernandez	01-01-93	GRECAS	2	Luso	09.05
36,63	Vanessa	Pedrosa	05-04-92	CSGaia	1-ex	Porto (I)	15.05
33,97	Carolina	Morais	20-06-94	ACM-AH	2	A.Heroísmo	24.04
33,44	Delfina	Gomes	19-08-94	MKED	4	Seixal	23.05
32,46	Beatriz	Bárbara	11-11-94	JV	2	Leiria	15.05
(20)							
32,22	Margarida	Borges	08-07-92	ACM-AH	1-ex	A.Heroísmo	20.03
31,62	Carolina	Rodrigues	07-02-91	SLB	1	Lisboa (AL)	17.04

31,47	Ana Patrícia	Garrido	03-12-91	ACBU	1	Aveiro	20.12.2009
30,35	Tatiana	Canelas	23-04-92	CRDS	1	Quarteira	23.05
29,44	Joana	Eduardo	27-02-92	GRQL	2	Sobreda	28.02
28,12	Ana Teresa	Coelho	04-02-93	ACRVD	3	Luso	09.05

Dardo (0,6) (até 27,00/40,00) CNJ 29,50

42,77	Elisabete	Silva	25-04-92	COD	1	Leiria	06.03
41,62		Silva			Hep	Lisboa (U)	23.05
39,79	Sara	Custódio	22-11-91	JOMA	3	Lisboa (U)	30.05
38,28	Verónica	Jerónimo	14-01-91	SLB	4	Lisboa (U)	30.05
37,81	Cátia	Costa	29-04-91	JOMA	2	Leiria	06.03
34,41	Flávia	Costa	15-06-94	ADREP	1	Aveiro	12.12.2009
31,89	Marlene	Araújo	19-02-93	CFB	7	Lisboa (U)	30.05
31,47	Mariana	Cavaleiro Estevão	09-03-94	AATC	1	Leiria	16.05
30,35	Isabel	Vieira	25-02-93	FCP	Hep	Guimarães	18.04
30,33	Dulce	Soares	28-01-93	AJS	1-ex	Machico	11.04
30,07	Cristiana	Cunha	17-07-91	GS-RC	1	Luso	09.05
(10)							
29,96	Marta	Mendes	03-06-95	JV	1	Leiria	31.01
29,59	Anais	Baptista	25-06-94	JV	Hep	Lisboa (U)	23.05
29,26	Milene	Tavares	24-01-92	CFB	4	Leiria	06.03
29,11	Inês	Silva Reis	28-09-92	CSGaia	1-ex	Guimarães	17.04
28,70	Fátima	Pacheco	15-09-93	CDRSJ	2-ex	Machico	11.04
28,34	Fabiana	Ferreira	29-03-95	DG	2	Aveiro	01.05
28,23	Vera	Castro	23-10-92	EBPGS	Hep	Lisboa (U)	23.05
28,15	Claudina	Borges	CPV 14-08-91	SLB	ex	Lisboa (I)	09.05
28,08	Jessica	Semedo	10-04-93	MKED	Hep	Seixal	18.04
27,98	Daniela	Bruno	09-07-92	JV	1	Leiria	31.01
(20)							
27,67	Rita	Afonseca	06-01-93	CDRSJ	1	Machico	14.03
27,64	Magali	Gomes	01-01-91	SLB	ex	Lisboa (I)	09.05
27,43	Margarida	Ferreira	01-01-94	SCB	1	Guimarães	22.05
27,22	Ana Filipa	Mendes	02-06-94	EBMDS	1	Lisboa (AL)	07.03

Pentatlo

2531	Sofia	Melo	20-01-92	COD	1	Ribeira Grande	12.12.2009
			9,9(-0,1)-1,45-9,18-4,56(0,2)-3.00,6				
2388	Elisabete	Silva	25-04-92	COD	2	Ribeira Grande	12.12.2009
			10,2(-0,1)-1,30-9,08-4,50(0,1)-2.51,3				
2372	Lúcia	Serrão	08-01-91	AJS	1	Ribeira Brava	19.12.2009
			11,55(0,0)-1,47-7,42-4,72(0,0)-2.47,8				
2081	Cátia	Lourenço	30-08-92	CBF	1	Faro	02.01
			11,88(0,7)-1,41-7,06-4,60(1,3)-3.00,10				

Heptatlo (até 2200) CNJ 3000

3972	Anabela	Neto	25-03-91	SCP	2	Luso	25.04
			15,88(0,1)-1,64-9,98-28,49(2,6)-5,18(1,1)-23,35-2.58,48				
3971	Vera	Castro	23-10-92	EBPGS	1	Lisboa (U)	23.05
			16,26(-1,1)-1,36-9,33-27,39(-2,7)-4,96(2,0)-28,233-2.32,61				
3932	Elisabete	Silva	25-04-92	COD	1	P.Delgada	16.05
			16,50(2,3)-1,30-9,15-27,68(1,5)-4,63(1,0)-39,33-2.44,34				
3691	Ana	Vasconcelos	18-07-92	ACDRA	5	Rio Maior	25.04
			15,98(2,4)-1,54-6,90-28,54(1,4)-5,07(1,7)-25,79-2.54,81				
3394	Fani	Ferreira	16-07-92	ACV	8	Rio Maior	25.04
			15,66(1,4)-1,39-6,95-27,78(1,5)-4,31(2,0)-12,83-2.36,15				
3268	Joana	Lopes	13-10-91	CLAC	9	Rio Maior	25.04
			17,29(1,4)-1,30-8,04-27,29(1,4)-4,81(2,3)-17,13-2.50,23				
3076	Liliane	Amaro	23-10-92	JDN	1	Beja	28.03
			19,8(1,1)-1,45-6,86-26,85(1,7)-4,76(0,2)-17,37-2.56,09				
2899	Mária	Mestrinho	27-09-92	ASJC	10	Rio Maior	25.04
			19,31(-1,6)-1,42-8,19-29,98(1,5)-4,29(1,5)-19,30-2.50,74				
2602	Teresa	Mestre	18-07-92	SRDE	2	Beja	28.03
			18,9(1,1)-1,25-7,85-29,37(1,7)-4,23(-1,0)-13,40-2.56,61				
2486	Marlene	Bastos	20-08-92	JAM	7	Luso	25.04
			x-1,31-7,35-27,46(0,1)-4,66(1,2)-22,47-3.15,78				
(10)							
2435	Ana	Costa	08-11-91	GRECAS	8	Luso	25.04
			20,18(0,1)-1,31-6,34-29,19(0,1)-4,54(1,0)-17,49-3.18,03				
2239	Nádia	Santos	20-03-91	JAM	9	Luso	25.04

2229	Maria	21,95(0,1)-1,22-7,18-30,93(0,1)-4,00(1,3)-21,09-3.00,08	Mendes	CPV 03-05-91	ADCPF	1	Lagos/Albufeira	18.04
2354	Ana Raquel	19,99(-5,2)-1,18-6,00-30,40(0,5)-4,07(-2,6)-24,10-3.17,70	Sebastião	09-05-91	CLAC	14	Rio Maior	25.04
		21,01(-1,6)-1,27-8,19-30,78(1,4)-4,10(3,5)-19,74-3.02,95						

Com vento favorável > 4 m/s e média > 2 m/s

2783	Soraia	Ferreira	27-09-92	JV	11	Rio Maior	25.04
		18,99(2,4)-1,30-8,48-29,46(1,5)-4,46(9,0)-19,38-3.02,95					

5 Km-Marcha (até 32.00)

26.50	Daniela	Cardoso	15-12-91	ACV	tp	Montemor-o-Velho	09.01
27.17	Nádia	Cancela	24-04-93	CBPAR	1	Olhão	21.02
27.20		Cardoso			1	Alvaiázere	07.11.2009
27.25	Sandra	Costa Monteiro	05-09-92	CAA	1	F.Zêzere	28.03
27.30		Cancela			1	Montemor-o-Velho	09.01
27.34	Joana	Monteiro	15-11-93	ACV	2	Olhão	21.02
27.35	Anna	Hurlebaus	UKR 18-06-94	CNRM	3	Olhão	21.02
28.13	Ana Bárbara	Canadas	19-11-93	CNRM	3	Montemor-o-Velho	09.01
28.14	Rita	Rosa	15-03-92	JOMA	2	Alvaiázere	07.11.2009
29.00	Sofia	Almeida Silva	30-06-93	CAA	5	Olhão	21.02
29.48	Amélia	Vitorino	30-04-94	ACRM	6	Olhão	21.02
29.56	Mónica	Cardoso	28-09-94	ACRM	7	Olhão	21.02
(10)							
30.25	Natacha	Casa Nova	29-09-93	ADCPF	1	Pechão	13.02
30.46	Luciana	de Jesus	11-04-93	CAMG-I	5	Montemor-o-Velho	09.01
30.54	Marisa	de Jesus	11-04-93	CAMG-I	6	Montemor-o-Velho	09.01
31.15	Adriana Filipa	Vieira	01-08-94	Ind-Alg	2	Pechão	13.02
31.24	Ana Elisabete	Ferreira	04-10-94	ASCV	9	Olhão	21.02
31.50	Ana	Morgado Amaro	06-02-93	CPC	12	R.Maior	10.04
31.52	Diana	Relvas	28-08-94	JAM	3	V.N.Gaia	24.01

10 Km-Marcha (até 1:12.00,0)

53.42	Daniela	Cardoso	15-12-91	ACV	1	Montemor-o-Velho	09.01
55.26	Sandra	Costa Monteiro	05-09-92	CAA	2	Olhão	21.02
59.54	Rita	Rosa	15-03-92	JOMA	2	Montemor-o-Velho	09.01
1:02.38	Andreia	Coelho	25-10-91	GDL	3	Olhão	21.02
1:05.10	Ana Marta	Mendes	25-08-92	UDZA	5	Olhão	21.02

3.000 Metros-Marcha (até 18.00,00)

14.40,02	(pc)	Daniela	Cardoso	15-12-91	ACV	6	Espinho	27.02
15.27,30	(pc)	Sabrina	Oliveira	29-05-91	GRQL	3	Espinho	06.02
15.28,67	(pc)	Nádia	Cancela	24-04-93	CBPAR	3	Braga	16.01
15.38,86	(pc)	Joana	Monteiro	15-11-93	ACV	5	Pombal	13.02
15.39,50	(pc)	Sandra	Costa Monteiro	05-09-92	CAA	3	Pombal	23.01
15.58,49	(pc)	Anna	Hurlebaus	UKR 18-06-94	CNRM	1	Pombal	16.01
16.03,61		Rubina	Soares	02-06-92	AJS	4	P.Varzim	29.05
16.09,4	(pc)	Rita	Rosa	15-03-92	JOMA	ex	Pombal	12.12.2009
16.12,5	(pc)	Ana Bárbara	Canadas	19-11-93	CNRM	2	Pombal	16.01
16.31,4		M.ª Carolina	Ramos	04-07-95	GDSD	1	Lisboa (AL)	14.11.2009
(10)								
16.37,90	(pc)	Luciana	de Jesus	11-04-93	CAMG-I	6	Pombal	31.01
16.39,6	(pc)	Ana Marta	Mendes	29-08-92	UDZA	2	Pombal	12.12.2009
16.48,84	(pc)	Andreia	Coelho	25-10-91	GDL	3	Espinho	16.01
16.51,9	(pc)	Ágata	Mendes	25-07-95	GACV	2	Pombal	05.12.2009
16.53,91		Mónica	Cardoso	28-09-94	ACRM	3	Lisboa (I)	16.01
16.59,89	(pc)	Sofia	Almeida Silva	30-06-93	CAA	4	Braga	16.01
17.04,51	(pc)	Marisa	de Jesus	11-04-93	CAMG-I	5	Pombal	16.01
17.07,76	(pc)	Mariana	Mota	27-05-95	ADRAB	1	Espinho	02.01
17.32,60	(pc)	Andreia	Coelho	25-10-91	GDL	1	Espinho	09.01
17.33,71	(pc)	Mariana	Patrão	03-09-92	CAMz-VC	5	Braga	16.01
(20)								
17.37,93	(pc)	Vanessa	Silva Ribeiro	17-04-92	CAOV	6	Braga	16.01
17.41,0	(pc)	Antónia	Ladeira Estevão	14-07-95	ASCV	1	Pombal	05.12.2009
17.47,77		Natacha	Casa Nova	29-09-93	ADCPF	2	Faro	02.01
17.50,9	(pc)	Adriana	Vieira	17-07-95	GDPL	4	Pombal	05.12.2009
17.54,5		Catarina	Marques	11-09-96	CDQ	2	Lisboa (AL)	14.11.2009
17.58,92	INF	Tatiana	Rodrigues	06-10-97	CAMG-I	1	Leiria	29.05

Ao ar Livre:

15.30,75	Daniela	Cardoso	15-12-91	ACV	2	Abrantes	29.05
16.14,2	Sabrina	Oliveira	29-05-91	GRQL	2	Seixal	16.01
17.11,0	Rubina	Soares	02-06-92	AJS	1	Ribeira Brava	02.01
17.29,59	Luciana	de Jesus	11-04-93	CAMG-I	4	Abrantes	29.05
17.57,01	Mariana	Patrão	03-09-92	CAMz-VC	6	P.Varzim	29.05

5.000 Metros-Marcha (até 32.00,00) CNJ 29.00,00

26.59,38	Nádia	Cancela	24-04-93	CBPAR	1	Rio Maior	01.05
27.31,65	Anna	Hurlebaus	UKR 18-06-94	CNRM	2	Rio Maior	01.05
27.46,05	Mara Filipa	Ribeiro	11-05-95	CNRM	3	Rio Maior	01.05
27.58,23	Rubina	Soares	02-06-92	AJS	1-ex	Machico	15.05
28.11,76	Adriana Filipa	Vieira	01-08-94	Ind-Alg	1	Faro	15.05
28.25,46	Ana Bárbara	Canadas	19-11-93	CNRM	5	Rio Maior	01.05
28.44,60	Agata	Mendes	25-07-95	GACV	6	Rio Maior	01.05
29.25,3	Mariana	Mota	27-05-95	ADRAB	3	Rio Maior	08.05
29.48,52	Natacha	Casa Nova	29-09-93	ADCPF	2	Quarteira	13.03
29.57,25	Joana	Monteiro	15-11-93	ACV	8	Rio Maior	01.05
(10)							
29.41,13	M.ª Carolina	Ramos	04-07-95	GDSO	1	Lisboa (U)	15.05
30.06,36	Catarina	Marques	11-09-96	CDQ	9	Rio Maior	01.05
30.15,35	Joana	Marques	20-02-94	JV	10	Rio Maior	01.05
30.21,5	Mónica	Cardoso	28-09-94	ACRM	1	Lisboa (AL)	14.11.2009
30.29,00	Amélia	Vitorino	30-04-94	ACRM	1	Lisboa (AL)	19.12.2009
30.34,87	Adriana	Vieira	17-07-95	GDPL	11	Rio Maior	01.05
30.38,94	Sofia	Almeida Silva	30-06-93	CAA	2	P.Varzim	23.05
30.42,38	Mariana	Patrão	03-09-92	CAMz-VC	1	V.Castelo	24.04
30.55,17	Ana	Morgado Amaro	06-02-93	CPC	12	Rio Maior	01.05
31.50,92	Sara	Leal	27-01-96	NAC	1	Aveiro	01.05
(20)							
31.13,38	Natacha	Domingos	30-11-93	CDQ	3	Quarteira	14.11.2009
31.17,13	Raquel	Lourenço	11-10-96	CPC	2	Sobreda	08.05
31.53,48	Bruna	Moreira	23-01-95	GDPL	13	Rio Maior	01.05
31.54,30	Mariana	F. Rodrigues	07-09-94	AJS	1	Machico	14.03

10.000 Metros-Marcha (até 1:13.00,00) CNJ 1:06.00,00

51.48,79	Daniela	Cardoso	15-12-91	ACV	1	Leiria	15.05
53.02,14		Cardoso			1	Rio Maior	01.05
57.51,68	Anna	Hurlebaus	UKR 18-06-94	CNRM	1	Leiria	15.05
59.03,09	Joana	Monteiro	15-11-93	ACV	2	Leiria	15.05
1:01.04,21	Luciana	de Jesus	11-04-93	CAMG-I	3	Leiria	15.05
1:01.21,88	Rubina	Soares	02-06-92	AJS	1-ex	Machico	10.04
1:01.36,37	Ana Bárbara	Canadas	19-11-93	CNRM	2	Leiria	15.05
1:02.20,80	Rita	Rosa	15-03-92	JOMA	2	Rio Maior	01.05
1:03.34,71	Marisa	de Jesus	11-04-93	CAMG-I	4	Leiria	15.05
1:04.31,62	Joana	Marques	20-02-94	JV	5	Leiria	15.05

4x100 metros (até 54,24)

49,55			DE-Sel. Centro		1 s2	Luso	22.05
			Mónica Rino(94); Sarah Dias(95); Inês Correia; Andreia Crespo(93)				
50,66			CASM		1	Lisboa (U)	15.05
			Soraya Bentucal*(95); Teresa Carvalho(95); Diana Vale(93); Inês Neves(94)				
50,71			CAMG-I		2	Abrantes	29.05
			Vitória Tê(94); Cyntia Silva(91); Andreia Pinto(93); Ana F. Silva(93)				
50,91			JV		1	Leiria	15.05
			Mónica Rino(94); Bruna Silva(94); Verónica Zhukova*(93); Daniela Pereira(94)				
51,38			DE-Sel. Guarda		1	M.Grande	17.04
			Andreia Crespo(93); Inês Correia(93); Liliana Santos(94); Mariana Correia(94)				
51,64			SLB		1	Lisboa (AL)	23.05
			Ana Gomes(94); Débora Clemente(94); Sara Marques(94); Cátia Santos(94)				
51,85			Eq. Mista-Porto		1	Maia	16.05
			Ana Baptista(94); Rita Mota(94); Isabel Vieira(93); Daniela Cruz(93)				
51,85			DE-ESJD		1 s1	Luso	22.05
			Cátia Coelho(93); Vanessa Alves(93); Jennifer Gomes(95); Flávia Ribeiro(94)				
51,96			DE-Sel. Norte		2s2	Luso	22.05
			Beatriz Marques(94); Isabel Vieira(93); Marlene Cheves(94); Daniela França(95)				
52,01			NDCG		1	Seia	16.05
			Katy Monteiro(93); Mariana Correia(94); Inês Correia(94); Andreia Crespo(93)				

(10)

52,33		EBMDS	2 s1	Luso	22.05
		Vera Fernandes(94); Ana Filipa Mendes(94); Ana Rira Alves(95); Jussara Silva(93)			
52,35		DE-CASM	3 s1	Luso	22.05
		Mariana Prazeres; Inês Neves; Diana Vale; Soraya Betuncal*			
52,67		DE-Sel. Lisboa e Vale do Tejo	3 s2	Luso	22.05
		Larissa Vieira*(95); Patrícia Carreira(93); Olga Santos(93); Joana Costa(95)			
52,69		GRECAS	1	Aveiro	01.05
		Cláudia Oliveira(95); Vanessa Alves(93); Carolina Pandeirada(93); Sthephany Simões(94)			
52,71		Sel. Madeira de Juv.	2 s2	P.Delgada	27.05
		Joana Soares(93); Sofia Santos(94); Camila Lucena(94); Sara Sousa(93)			
53,31		DE-EDH	4 s1	Luso	22.05
		Daniela Santos; Anabela Barbosa; Vanda Pinto; Ana João Oliveira			
53,54		DE-EBNJ	5 s1	Luso	22.05
		Mariana Cabral; Cárin Duarte; Inês Glória; Nelma Matos			
53,96		Sel Açores de Juv.	4 s2	P.Delgada	27.05
		Thais Mendes(94); Ana Rita Cabral(94); Sofia àvila(93); Cristiana Silveira(95)			

*-atletas estrangeiros

4x200 metros

4x400 metros (até 4.40,00)

4.14,32		JV	2	Abrantes	30.05
		Joana Brito(92); Mariana Simões(94); Carine Moreira(94); Bruna Silva(94)			
4.20,65		CAMG-I	3	Abrantes	30.05
		Sara Oliveira(93); Ana Filipa Silva(93); Ana Patrícia Silva(93); Cyntia Silva(91)			
4.21,60	(pc)	UDZA	1 s1	Pombal	31.01
		Ana Carrêlo(93); Joana Correia(93); Sarah Aleixo(91); Olga Santos(93)			
4.21,63	(pc)	ACV	2 s1	Pombal	31.01
		Fani Ferreira(92); Sara Dias(92); Magda Gomes(94); Liliana Cardoso(92)			
4.26,31		ADREP	5	P.Varzim	30.05
		Cátia Rodrigues(92); Carla Santos(91); Diana Veigas(93); Ana Pinto(91)			
4.35,73		CAMz-VC	6	P.Varzim	30.05
		Cristina Rodrigues(91); Alexandra Meira(94); Mariana Patrão(92); Andreia Liquito(92)			

*-atletas estrangeiros

Estafeta Sueca

2.46,38		ADCPF	1	Quarteira	13.05
		Eva Alves(92); Natacha Casanova(93); Cátea Mendes(92); Fátima Mendes(91)			
3.00,16		CDCNAVE	2	Quarteira	13.05
		Susana Francisco(92); Brigitte Major(94); Jasmine Wong(94); Ana Neves(94)			