

## "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

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## MASCULINOS

### JUNIORES

60 Metros ( até 7,44/7,00)								
6,93	(pc)	Tiago	Silvestre	18-06-91	SLB	1	Pombal	23.01
6,96	(pc)	Nuno	Baptista	10-04-91	JOMA	2	Espinho	06.02
6,97	(pc)		Silvestre			3	Espinho	06.02
6,99	(pc)	Nuno	Baptista			1 el1	Espinho	06.02
7,00	(pc)	Nuno	Baptista			2 mf2	Espinho	06.02
7,02	(pc)	Carlos	Nascimento	12-10-94	ESCMOV	2 el1	Espinho	27.02
7,02	(pc)	Bruno	Fernandes	26-05-91	SLB	4 el2	Espinho	27.02
7,04	(pc)	Aucum	Lopes	GBS 06-03-91	SLB	1 s3	Pombal	09.01
7,04	(pc)	Samuel	Remédios	24-02-92	GAF	1A	Pombal	16.01
7,04	(pc)	Rui	Esteves	03-06-91	AAC	2	Pombal	21.02
7,07	(pc)	Edgar	Batista	12-07-91	ESCMOV	3	Pombal	21.02
7,08	(pc)	António	Brandão	08-09-92	ACBU	2 mf1	Pombal	23.01
7,10	(pc)	Célio	Inácio	ANG 10-06-91	FCP	2 s5	Braga	12.12.2009
(10)								
7,11	(pc)	Artur	Koshchuk	UKR 05-03-94	JV	4 s1	Pombal	13.02
7,13	(pc)	Diogo Filipe	Santos	03-05-91	FCP	3 s5	Braga	12.12.2009
7,13	(pc)	André	Marques	20-11-92	UDZA	1 s2	Alpiarça	20.02
7,14	(pc)	João	Lopes Rocha	15-04-92	SLB	4 mf1	Pombal	23.01
7,14	(pc)	António	Vieira	05-11-93	GAF	1 s3-ex	Alpiarça	06.03
7,16	(pc)	André	Costa	09-05-92	GDRCC	4 mf3	Pombal	23.01
7,16	(pc)	Francisco	Casegas	07-01-92	CASM	6 mf1	Espinho	06.02
7,18	(pc)	Bruno	Duarte	16-07-92	CPC	6 mf2	Espinho	06.02
7,19	(pc)	Daniel	Mimoso	05-07-93	ACDRA	2A	Pombal	16.01
7,20	(pc)	João	Portela	25-07-92	ADREP	Hep	Espinho	26.12.2009
(20)								
7,22	(pc)	José	Viegas	01-03-93	GJPB	3	Espinho	09.01
7,22	(pc)	Pedro	Lopes	04-07-92	JV	1B	Pombal	16.01
7,22	(pc)	Valter	Pinto	19-01-93	ADCPF	3 el1	Pombal	23.01
7,22	(pc)	Paulo	Ceita	STP 22-06-92	SLB	2 el3	Pombal	23.01
7,22	(pc)	Pedro	Pinto Machado	14-11-91	FCP	4 s2	Espinho	31.01
7,23	(pc)	Filipe	Santos	17-04-93	JOMA	1 s1-ex	Alpiarça	06.03
7,25	(pc)	Ricardo	Pinto	18-04-93	GRQL	ex-el4	Pombal	21.02
7,27	(pc)	João	Marques	23-03-92	JV	3 el1	Pombal	20.02
7,27	(pc)	Sérgio	Mendes	09-01-93	GDE	2 s3-ex	Alpiarça	06.03
7,30	(pc)	Ricardo	Barros	12-01-93	FCP	1 s6	Braga	12.12.2009
(30)								
7,31	(pc)	Ricardo	Santos	01-05-92	CBF	2A	V.R.S.António	16.01
7,32	(pc)	Ariel	Pereira	30-01-92	ADREP	5 s2	Espinho	31.01
7,33	(pc)	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	09.01
7,35	(-0,7)	Miguel	Semião	05-09-93	AAPL	2	Seixal	09.01
7,35	(pc)	António	Jesus	23-03-92	GDE	4 el4	Pombal	23.01
7,35	(pc)	Renato	Feliciano	22-04-93	CPA-S	2 s1	Pombal	30.01
7,36	(pc)	Raúl	Fernandes	ANG 22-04-92	SCP	4 el7	Pombal	23.01
7,37	(pc)	Edgar	Remédios	05-05-94	GAF	2	Alpiarça	05.12.2009
7,37	(0,5)	André	Luz	21-01-93	SLB	2 s2	Seixal	12.12.2009
7,37	(pc)	Filipe	Cunha	15-07-94	SLB	3 el6	Pombal	23.01
(40)								
7,38	(pc)	André Daniel	Moreira	29-07-92	FCP	7 s5	Braga	12.12.2009
7,38	(pc)	Bruno	Giesteira	21-01-93	SCB	1B	Braga	16.01
7,38	(pc)	Miguel	Roque	19-04-92	AAC	1 el4	Pombal	16.01
7,38	(pc)	Roberto	Antunes	21-04-92	JDN	5 el1	Pombal	23.01
7,38	(pc)	Pedro	Ferreira	12-08-93	SUOV	5	Alpiarça	06.03
7,39	(0,2)	Márcio	Coelho	27-01-92	CARDES	2-ex	Viseu	19.12.2009
7,39	(pc)	Luís	Camilo	10-10-92	CNRM	7-ex	Pombal	31.01
7,40	(pc)	Bruno	Marques	30-04-92	NSF	4 el6	Pombal	23.01
7,41	(pc)	Paulo	Oliveira	16-10-91	JDAL	1B	Pombal	12.12.2009
7,41	(pc)	Fábio	Teixeira	25-10-91	CAMz-VC	1 el3	Braga	16.01
(50)								
7,41	(pc)	Diogo	Silva	07-11-91	CBF	3B	V.R.S.António	16.01

7,43	(-1,0)	Roberto	Nóbrega	31-05-92	ADRAP	2 s3	Ribeira Brava	19.12.2009
7,44	(pc)	Diogo	Marques	93	CNRM	2 el2	Pombal	12.12.2009
7,44	(-1,4)	Tiago	Boucela	09-12-92	GRECAS	3 s1	Aveiro	20.12.2009
7,44	(pc)	Luís	Silva	11-07-93	ESL	3 mf1	Espinho	09.01
7,44	(pc)	Jorge	Lopes	93	ADA	8A	Braga	16.01
7,44	(1,2)	Gonçalo	Encarnação	01-01-94	GRQL	3 s1-ex	Seixal	23.01
7,44	(pc)	Sérgio	Paulo	14-06-92	GRQL	3 el2	Pombal	20.02

#### Ao ar Livre:

7,13	(0,6)	Bruno	Fernandes	26-05-91	SLB	3A	Lisboa (I)	16.01
7,13	(0,6)	Nuno	Baptista	10-04-91	JOMA	4A	Lisboa (I)	16.01
7,13	(-0,6)	Aucuim	Lopes	GBS 06-03-91	SLB	1 el5	Lisboa (I)	16.01
7,22	(-0,9)	Francisco	Casegas	07-01-92	CASM	3B	Lisboa (I)	16.01
7,26	(-1,4)	António	Brandão	08-09-92	ACBU	1 s1	Aveiro	20.12.2009
7,27	(0,8)	André	Costa	09-05-92	GDRCC	1 s1	Seixal	12.12.2009
7,27	(-2,8)	Célio	Inácio	ANG 10-06-91	FCP	1 s1	Maia	28.11.2009
7,29	(-2,8)	Diogo Filipe	Santos	03-05-91	FCP	2 s1	Maia	28.11.2009
7,29	(-1,4)	João	Portela	25-07-92	ADREP	2 s1	Aveiro	20.12.2009
7,30	(0,0)	Sérgio	Mendes	09-01-93	GDE	2	Ribeira Brava	16.01
7,32	(-0,7)	Bruno	Duarte	16-07-92	CPC	1	Seixal	09.01
7,33	(0,6)	Filipe	Santos	17-04-93	JOMA	6A	Lisboa (I)	16.01
7,36	(0,6)	Valter	Pinto	19-01-93	ADCPF	1 s3	Aveiro	20.12.2009
7,40	(0,0)	António	Jesus	23-03-92	GDE	4	Ribeira Brava	16.01
7,42	(-2,8)	Pedro	Pinto Machado	14-11-91	FCP	4 s1	Maia	28.11.2009
7,42	(-2,1)	Carlos	Nascimento	12-10-94	ESCMOV	1 s3	Maia	28.11.2009
7,41	(-1,8)	Raúl	Fernandes	ANG 22-04-92	SCP	4 el1	Lisboa (I)	16.01

#### Com marcas manuais

7,1	(1,3)	Hugo	Espírito Santo	30-05-93	SCP	1 s1	Lisboa (AL)	28.11.2009
7,2	(0,9)	Filipe	Cunha	15-07-94	SLB	1 s2	Lisboa (AL)	28.11.2009
7,2	(1,1)	Luís	Santos	14-05-92	NACV	1	Vila Real	05-12-2009
7,2	(1,1)	Hélder	Narciso	31-03-92	NAVR	2	Vila Real	05-12-2009
7,2	(-1,6)	António	Jesus	23-03-92	GDE	1	Ribeira Brava	02.01
7,2	(0,9)	Miguel	Machado	04-03-91	COD	1 s1	Ribeira Grande	16.1

#### Sem controlo de anemómetro

7,1		Décio	Ferreira	01-04-93	CAT	1 s1	A.Heroísmo	05.12.2009
7,2		Bruno	Machado	07-03-91	CAT	1	A.Heroísmo	05.12.2009

#### Com vento favorável > 2 m /s

7,23	(5,5)	Hélio	Vaz	01-05-91	NDCG	1	Guarda	19.12.2009
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#### Atletas Juniores até 31-12-2009

7,14	(0,2)	André	Borges	16-03-90	CARDES	1-ex	Viseu	19.12.2009
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#### 100 Metros ( até 11,54/10,99) CNJ 11,2/11,44

10,83	(0,0)	Bruno	Fernandes	26-05-91	SLB	4 s1	Leiria	22.05
10,86	(1,2)	Carlos	Nascimento	12-10-94	ESCMOV	2 el2	Moscovo	21.05
10,89	(0,9)		Fernandes			3 s1-ex	Lisboa (U)	29.05
10,90	(0,0)	Aucuian	Lopes	GBS 06-03-91	SLB	5 s1	Leiria	22.05
10,97	(-0,9)		Nascimento			6	Moscovo	21.05
11,10	(1,4)	Daniel	Mimoso	05-07-93	ACDRA	1	M.Grande	09.05
11,10	(0,8)	Nuno	Baptista	10-04-91	JOMA	7 el2	Salamanca	22.05
11,14	(1,5)	António	Brandão	08-09-92	ACBU	2A	Luso	23.05
11,14	(1,3)	Edgar	Baptista	12-07-91	ESCMOV	1 s2-ex	P.Varzim	29.05
11,17	(1,4)	Artur	Koshchuk	UKR 05-03-94	JV	2	M.Grande	09.05
11,17	(1,8)	Ricardo	Pinto	18-04-93	GRQL	1	Setúbal	16.05
11,18	(1,9)	Samuel	Remédios	24-02-92	GAF	d	Rio Maior	24.04
(10)								
11,19	(2,0)	João	Portela	25-07-92	ADREP	1 s2-ex	Luso	23.05
11,22	(1,9)	André	Marques	20-11-92	UDZA	d	Rio Maior	24.04
11,22	(1,8)	Miguel	Semião	05-09-93	AAPL	2	Setúbal	16.05
11,30	(0,0)	Rui	Esteves	03-06-91	AAC	3 s2	Leiria	22.05
11,32	(-0,7)	Pedro	Lopes	04-07-92	JV	2 el2	Leiria	15.05
11,34	(1,9)	Miguel	Roque	19-04-92	AAC	3B	Luso	23.05
11,36	(1,7)	Luís	Neves	22-05-95	SLB	1	Lisboa (U)	15.05
11,37	(-0,2)	Roberto	Antunes	21-04-92	JDN	1 s2	Beja	09.05

11,41	(0,3)	Pedro	Pinto Machado	14-11-91	FCP	2 s1	Maia	19.05
11,42	(1,6)	Francisco	Casegas	07-01-92	CASM	7 s1	Lisboa (U)	29.05
<b>(20)</b>								
11,44	(0,0)	Luís	Silva	11-07-93	ESL	1	Luso	22.05
11,46	(1,8)	Paulo	Gomes	93	GDIB	3	Setúbal	16.05
11,46	(-0,9)	Gonçalo	Encarnação	01-01-94	GRQL	3	Setúbal	22.05
11,47	(1,7)	Miguel	Salvadinha	93	SLB	2	Lisboa (U)	15.05
11,48	(1,3)	Cláudio	Ferreira	23-07-94	ACBU	1 el1	Luso	22.05
11,50	(0,3)	José Miguel	Pereira	22-07-91	FCP	3 s1	Maia	19.05
11,50	(0,7)	José	Macedo	21-06-94	JUNI	1	Guimarães	22.05
11,51	(0,7)	Francisco	Villar	94	UDZA	1	Abrantes	24.04
11,51	(0,7)	Bruno	Andrade	CPV 28-02-92	SLB	6 s1	Massamá	12.05
11,51	(0,2)	Hélder	Pinto	07-04-93	SCB	1 el1	Guimarães	22.05
<b>(30)</b>								
11,52	(1,8)	Paulo	Rodrigues	93	GRQL	4	Setúbal	16.05
11,52	(1,3)	Ariel	Pereira	30-01-92	ADREP	7 s2-ex	P.Varzim	29.05
11,53	(1,1)	Bruno	Duarte	16-07-92	CPC	1 s3	Lisboa (U)	29.05
11,54	(1,6)	André	Simões	06-08-93	ADREP	1 s1-ex	P.Varzim	29.05

#### Com marcas manuais

10,7	(-0,4)	Aucuian	Lopes	GBS 06-03-91	SLB	1 s2-ex	Lisboa (I)	10.04
11,1	(-0,4)	Raúl	Fernandes	ANG 22-04-92	SCP	3 s2-ex	Lisboa (I)	10.04
11,2	(0,7)	Jorge	Lopes	93	ADA	Oc	V.Castelo	10.04
11,2	(0,2)	Henrique Pedro	Água-Doce	25-09-94	BNSC	1 s1	Beja	16.05
11,3	(0,0)	Pedro	Cabral	10-03-93	CAT	Oc	A.Heroísmo	06.03

#### Com vento favorável > 2 m /s

10,85	(3,4)	Carlos	Nascimento	12-10-94	ESCMOV	1	P.Varzim	15.05
10,86	(6,2)	António	Brandão	08-09-92	ACBU	1 s1-ex	Aveiro	01.05
10,98	(6,3)	José	Viegas	01-03-93	GJPB	1	Aveiro	01.05
10,99	(4,2)	Samuel	Remédios	24-02-92	GAF	1 s4	Abrantes	13.03
11,03	(4,2)	André	Marques	20-11-92	UDZA	2 s4	Abrantes	13.03
11,04	(3,3)	Rui	Esteves	03-06-91	AAC	2 s2	Abrantes	29.05
11,05	(4,9)	João	Marques	23-03-92	JV	1 s2-ex	Abrantes	29.05
11,14	(6,2)	Ariel	Pereira	30-01-92	ADREP	3 s1-ex	Aveiro	01.05
11,14	(6,2)	João	Portela	25-07-92	ADREP	4 s1-ex	Aveiro	01.05
11,18	(2,3)	Pedro	Lopes	04-07-92	JV	1A	Leiria	15.05
11,22	(2,6)	Miguel	Semião	05-09-93	AAPL	1 el2	Setúbal	16.05
11,23	(4,6)	Roberto	Nóbrega	31-05-92	ADRAP	1 s3-ex	Machico	24.04
11,26	(4,2)	António	Vieira	05-11-93	GAF	3 s4	Abrantes	13.03
11,27	(4,2)	Renato	Feliciano	22-04-93	CPA-S	4 s4	Abrantes	13.03
11,31	(4,6)	António	Jesus	23-03-92	GDE	2 s3-ex	Machico	24.04
11,31	(2,4)	Pedro	Cabral	10-03-93	CAT	4	P.Delgada	28.05
11,32	(6,2)	Eliseu	Ribeiro	08-02-92	GJPB	5 s1-ex	Aveiro	01.05
11,1	(2,6)	Henrique Pedro	Ferreira	23-04-94	ADDC	1	Elvas	29.05
11,35	(3,5)	Miguel	Salvadinha	93	SLB	1 el2	Lisboa (U)	15.05
11,36	(3,8)	Jorge	Lopes	93	ADA	1	V.Castelo	22.05
11,37	(4,3)	Miguel	Cabral	15-04-94	CAS	1	Seia	02.03
11,39	(2,5)	Valter	Pinto	19-01-93	ADCPF	3 s2	Quarteira	13.05
11,42	(6,3)	Luís	Silva	11-07-93	ESL	2	Aveiro	01.05
11,42	(3,3)	Francisco	Villar	94	UDZA	5 s2	Abrantes	29.05
11,44	(4,6)	Fernando	Almeida	10-10-92	GDE	3 s3-ex	Machico	24.04
11,47	(2,1)	Edgar	Baptista	12-07-91	ESCMOV	1-ex	Maia	27.03
11,47	(3,1)	João	Gonçalves	24-05-91	AJS	d	Machico	24.04
11,50	(2,3)	Bruno	Duarte	16-07-92	CPC	3 s1-ex	Sobreda	08.05
11,50	(3,4)	Francisco	Araújo	28-11-93	EBPGS	2	P.Varzim	15.05
11,50	(4,9)	Fábio	Oliveira	09-01-92	CPA-S	3 s2-ex	Abrantes	29.05
11,54	(2,7)	João	Barros	STP 25-05-93	SCP	1 el3	Lisboa (U)	15.05

#### 150 Metros ( até 18,24)

17,05	(-1,0)	Diogo Filipe	Santos	03-05-91	FCP	1 s1	Maia	28.11.2009
17,11	(-1,0)	Célio	Inácio	ANG 10-06-91	FCP	2 s1	Maia	28.11.2009
17,20	(-1,0)	Carlos	Nascimento	12-10-94	ESCMOV	3 s1	Maia	28.11.2009
17,43	(-1,0)	João	Portela	25-07-92	ADREP	4 s1	Maia	28.11.2009
17,63	(-0,2)	Ricardo	Barros	12-01-93	FCP	1 s3	Maia	28.11.2009
17,68	(-1,0)	Pedro	Pinto Machado	14-11-91	FCP	5 s1	Maia	28.11.2009
17,72	(-1,3)	Roberto	Antunes	21-04-92	JDN	1	Beja	05.12.2009
17,76	(-0,1)	André Daniel	Moreira	29-07-92	FCP	1 s2	Maia	28.11.2009
17,90	(-0,1)	Francisco	Évora	11-12-91	Lavra	2 s2	Maia	28.11.2009
18,00	(0,0)	Bruno	Marques	30-04-92	NSF	1	Quarteira	08.12.2009
<b>(10)</b>								
18,02	(-1,3)	Henrique Pedro	Água-Doce	25-09-94	BNSC	2	Beja	05.12.2009
18,13	(-0,1)	Miguel	Oliveira	26-03-93	MAC	3 s2	Maia	28.11.2009
18,23	(-0,2)	Francisco	Araújo	28-11-93	EBPGS	2 s3	Maia	28.11.2009

**Com marcas manuais**

17,6	(-2,4)	Filipe	Santos	17-04-93	JOMA	4 s1	Lisboa (AL)	05.12.2009
17,8	(-2,6)	Ricardo	Pinto	18-04-93	GRQL	1 s2	Lisboa (AL)	05.12.2009
18,0	(-2,6)	António	Ferreira	22-04-93	CFB	2 s2	Lisboa (AL)	05.12.2009

**Sem controlo de anemómetro**

17,5		Henrique Pedro	Ferreira	23-04-94	UFD	1	Elvas	28.11.2009
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**Com vento favorável > 2 m /s**

16,39	(2,4)	Aucuim	Lopes	GBS 06-03-91	SLB	1 s2	Lisboa (AL)	19.12.2009
16,51	(2,2)	Tiago	Silvestre	18-06-91	SLB	3 s1	Lisboa (AL)	19.12.2009
16,82	(2,4)	Bruno	Fernandes	26-05-91	SLB	3 s2	Lisboa (AL)	19.12.2009
17,51	(2,2)	João	Fernandes	03-03-91	SLB	4 s1	Lisboa (AL)	19.12.2009
17,53	(2,4)	Sualdo	de Almeida	GBS 26-06-91	SLB	4 s2	Lisboa (AL)	19.12.2009
17,54	(2,5)	Henrique Pedro	Água-Doce	25-09-94	BNSC	2	Beja	30.01
17,58	(2,2)	Francisco	Casegas	07-01-92	CASM	6s1	Lisboa (AL)	19.12.2009
17,61	(2,4)	Pedro	Ferreira	16-07-92	SLB	5 s2	Lisboa (AL)	19.12.2009
17,84	(2,4)	João	Pires	24-08-92	CDUL	6 s2	Lisboa (AL)	19.12.2009
17,95	(2,5)	Carlos	Ventura	05-03-92	ACRZA	3	Beja	30.01

**200 Metros (23,64/22,50) CNJ 22,9/23,14**

22,08	(pc)	Diogo Filipe	Santos	03-05-91	FCP	1 s1	Pombal	14.02
22,09	(-3,3)	Bruno	Fernandes	26-05-91	SLB	1 s1	Massamá	12.05
22,21	(pc)		Santos			1 s5	Pombal	24.01
22,24	(-0,6)		Fernandes			2	Lisboa (U)	17.01
22,28	(pc)		Santos			1 s2	Espinho	31.01
22,33	(-0,6)	André	Marques	20-11-92	UDZA	1 s1	Leiria	16.05
22,36	(pc)		Fernandes			3 s2	Espinho	28.02
22,37	(pc)		Santos			4 s2	Espinho	28.02
22,38	(pc)		Santos			1 s3	Espinho	07.02
22,42	(pc)		Santos			1 s17	Espinho	02.01
22,42	(pc)		Fernandes			3 s2	Pombal	14.02
22,44	(-0,8)		Fernandes			1 el1	Lisboa (U)	17.01
22,61	(-3,3)	Aucuian	Lopes	GBS 06-03-91	SLB	3 s1	Massamá	12.05
22,66	(-0,6)	Pedro	Lopes	04-07-92	JV	1 s1	Leiria	16.05
22,68	(pc)	Tiago	Silvestre	18-06-91	SLB	3 s5	Pombal	24.01
22,77	(pc)	António	Brandão	08-09-92	ACBU	1 s1	Espinho	07.02
22,80	(pc)	Rui	Esteves	03-06-91	AAC	1 s1	Pombal	14.02
22,90	(-1,1)	José	Viegas	01-03-93	GJPB	6 el3	Moscovo	22.05
22,97	(0,4)	Nuno	Baptista	10-04-91	JOMA	3 s2	Salamanca	22.05
(10)								
22,98	(pc)	Edgar	Batista	12-07-91	ESCMOV	1 s1	Espinho	31.01
23,01	(0,3)	Luis	Neves	22-05-95	SLB	1	Lisboa (U)	16.05
23,01	(0,8)	Miguel	Semião	05-09-93	AAPL	1 s2	Lisboa (U)	30.05
23,02	(0,5)	Paulo	Pinto	13-05-91	FCP	1 s2-ex	Faro	02.01
23,04	(pc)	Célio	Inácio	ANG 10-06-91	FCP	2 s17	Espinho	02.01
23,06	(pc)	Samuel	Remédios	24-02-92	GAF	1 s1	Pombal	07.03
23,14	(-0,6)	Artur	Koshchuk	UKR 05-03-94	JV	2 s1	Leiria	16.05
23,15	(-1,4)	António	Jesus	23-03-92	GDE	2 s2	Ribeira Brava	17.01
23,15	(-1,1)	Sérgio	Silva	31-07-92	CENAP	2	Luso	09.05
23,18	(-0,6)	Ermane	Silva	GBS 19-09-92	GDSD	7	Lisboa (U)	17.01
(20)								
23,21	(0,7)	Pedro	Cabral	10-03-93	CAT	1 s1	P. Delgada	29.05
23,26	(pc)	Filipe	Cunha	15-07-94	SLB	1 s2	Pombal	24.01
23,27	(0,0)	Roberto	Nóbrega	31-05-92	ADRAP	2 s3	Ribeira Brava	03.01
23,37	(pc)	Eliseu	Ribeiro	08-02-92	GJPB	2 s2	Pombal	24.01
23,41	(pc)	Pedro	Pinto Machado	14-11-91	FCP	3 s17	Espinho	02.01
23,45	(-1,4)	Sérgio	Mendes	09-01-93	GDE	3 s2	Ribeira Brava	17.01
23,49	(0,3)	Mamadú	Candé	GBS 06-04-93	SLB	2	Lisboa (U)	16.05
23,50	(pc)	Miguel	Roque	19-04-92	AAC	1 s7	Espinho	02.01
23,52	(pc)	João	Marques	23-03-92	JV	2 s1	Pombal	07.03
23,54	(pc)	Miguel António	Silva	03-02-94	NAC	1 s1	Espinho	30.01
(30)								
23,56	(-1,7)	João	Portela	25-07-92	ADREP	2 s1	Aveiro	20.12.2009
23,57	(0,4)	Tiago	Carvalho	08-07-92	CASM	5 el3	Lisboa (U)	17.01
23,58	(pc)	Daniel	Mimoso	05-07-93	ACDRA	3 s3	Pombal	24.01
23,62	(0,5)	Davide	Caetano	07-06-94	CBF	2 s2-ex	Faro	02.01

**Ao ar Livre:**

23,37	(-1,1)	Eliseu	Ribeiro	08-02-92	GJPB	3	Luso	09.05
23,47	(-1,1)	António	Brandão	08-09-92	ACBU	4	Luso	09.05
23,49	(-0,8)	Filipe	Cunha	15-07-94	SLB	2 el1	Lisboa (U)	17.01
23,60	(-0,6)	João	Marques	23-03-92	JV	3 s1	Leiria	16.05

**Com marcas manuais**

23,2	(-2,4)	Bruno	Andrade	CPV	28-02-92	SLB	2 s3	Massamá	12.05
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**Com vento favorável > 2 m /s**

21,57	(2,2)	Bruno	Fernandes		26-05-91	SLB	1 s1	Lisboa (U)	30.05
22,48	(3,4)	André	Marques		20-11-92	UDZA	1 s3	Abrantes	02.05
22,49	(2,5)	Pedro	Lopes		04-07-92	JV	1 s1	Abrantes	30.05
22,62	(4,8)	Carlos	Nascimento		12-10-94	ESCMOV	1 s1-ex	P.Varzim	30.05
22,65	(2,9)	Francisco	Casegas		07-01-92	CASM	2 s2	Lisboa (AL)	19.12.2009
22,76	(2,9)	João	Martins		25-02-92	CASM	3 s2	Lisboa (AL)	19.12.2009
22,80	(2,8)	Rui	Esteves		03-06-91	AAC	2 s2	Abrantes	30.05
22,80	(3,7)	Edgar	Batista		12-07-91	ESCMOV	2 s2	P:Varzim	30.05
22,91	(4,7)	José	Viegas		01-03-93	GJPB	1	Aveiro	02.05
22,95	(4,8)	António	Brandão		08-09-92	ACBU	2 s1-ex	P.Varzim	30.05
23,22	(4,8)	Cláudio	Ferreira		23-07-94	ACBU	3 s1-ex	P.Varzim	30.05
23,25	(3,3)	Sérgio	Silva		31-07-92	CENAP	2 s1-ex	Aveiro	02.05
23,32	(3,7)	João	Portela		25-07-92	ADREP	4 s2	P:Varzim	30.05
23,33	(2,9)	Eldon	Lopes		27-06-92	ACRM	4 s2	Lisboa (AL)	19.12.2009
23,36	(3,3)	Marcelino	Vieira		91	SCB	2 s1	P:Varzim	30.05
23,37	(2,9)	Pedro	Ferreira		16-07-92	SLB	5 s2	Lisboa (AL)	19.12.2009
23,38	(3,3)	Tiago	Boucela		09-12-92	GRECAS	3 s1	P:Varzim	30.05
23,40	(4,7)	Miguel	Costa		02-09-94	ADREP	2	Aveiro	02.05
23,41	(3,3)	Eliseu	Ribeiro		08-02-92	GJPB	4 s1-ex	Aveiro	02.05
23,41	(3,4)	Hugo	Santos		05-01-91	CAR-S	4 s3	Abrantes	02.05
23,48	(3,4)	Ariel	Pereira		30-01-92	ADREP	1 s2-ex	Aveiro	02.05
23,50	(3,3)	João	Fernandes		03-03-91	SLB	2 s1	Lisboa (AL)	19.12.2009
23,52	(3,4)	Francisco	Villar		94	UDZA	5 s3	Abrantes	02.05
23,53	(2,3)	Francisco	Araújo		28-11-93	EBPGS	3	Braga	09.05
23,55	(5,2)	Guilherme	Pires		01-12-94	SCA	1 s1	Abrantes	02.05
23,58	(2,3)	Hélder	Pinto		07-04-93	SCB	4	Braga	09.05
23,59	(4,8)	Cláudio	Gonçalves		91	CSGaia	4 s1-ex	P:Varzim	30.05
23,64	(3,7)	Pedro	Pinto Machado		14-11-91	FCP	5 s2	Lisboa (U)	30.05

**300 Metros ( até 37,74)**

35,32	(pc)	Diogo Filipe	Santos		03-05-91	FCP	1 s1	Braga	12.12.2009
36,35		Paulo	Pinto		03-05-91	FCP	ex	Faro	15.05
36,40		Cláudio	Ferreira		23-07-94	ACBU	1 s1	Aveiro	15.05
36,46	A	Miguel	Cabral		15-04-94	CAS	1-ex	Guarda	01.05
36,46		Filipe	Santos		17-04-93	JOMA	1 s3	Lisboa (I)	20.03
36,54		Hugo	Silva		04-01-91	CSM	1 s1-ex	Machico	01.05
36,62		José	Viegas		01-03-93	GJPB	2 s1	Aveiro	15.05
36,83		Mamadú	Candé	GBS	06-04-93	SLB	1 s1	Lisboa (AL)	22.05
36,99		Yannick	Medina		91	GRQL	2 s2-ex	Sobreda	08.05
37,18		Hugo	Coutinho		12-03-93	AAPL	1s1	Seixal	27.03
(10)									
37,26		Ricardo	Carrilho		29-01-93	A20Km	1 s3	Abrantes	17.04
37,30		Guilherme	Pires		01-12-94	SCA	Oc	Lisboa (U)	22.05
37,32		Edgar	Batista		12-07-91	ESCMOV	1 s3-ex	Maia	01.05
37,34	(pc)	Eliseu	Ribeiro		08-02-92	GJPB	1 s1	Espinho	27.12.2009
37,35		Pedro	Novais		20-07-93	EBPGS	2 s1	Maia	20.02
37,38		João	Moniz		17-11-94	JV	1 s1	M. Grande	08.05
37,39		João Paulo	Raposo		24-09-94	CEDA	Oc	Lisboa (U)	22.05
37,40		Henrique	Marques		22-06-93	GS-RC	Oc	Lisboa (U)	22.05
37,49		Artur	Koshchuk	UKR	05-03-94	JV	Oc	Lisboa (U)	22.05
37,51		André	Simões		06-08-93	ADREP	3 s1	Aveiro	15.05
37,59		Miguel António	Silva		03-02-94	NAC	4 s1	Aveiro	15.05
37,62		Francisco	Évora		11-12-91	Lavra	2 s2-ex	Maia	01.05
37,65		Fernando	Almeida		10-10-92	GDE	1 s2	Ribeira Brava	19.12.2009
37,66	(pc)	Jorge	Batista		06-06-91	ADREP	1 s2	Espinho	27.12.2009
(20)									
37,69		Anselmo	Ramos		06-05-92	Lavra	6 s1-ex	Maia	01.05
37,69		Carlos	Nascimento		12-10-94	ESCMOV	1 s1	Maia	01.05
37,72		José	Macedo		21-06-94	JUNI	1	Braga	15.05

**Ao ar Livre:**

35,70		Diogo Filipe	Santos		03-05-91	FCP	2 s1-ex	Maia	01.05
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**Com marcas manuais**

36,5		Cristian	Rosa		16-04-95	CNRM	1 s2	Rio Maior	08.05
36,5		Miguel	Roque		19-04-92	AAC	1-ex	Luso	01.05
36,8		Ricardo	Carrilho		29-01-93	A20Km	2 s2	Rio Maior	08.05
37,3		Pedro	Cabral		10-03-93	CAT	1	A.Heroísmo	20.03
37,3		Samuel	Barata		19-07-93	GDACB	1	C.Branco	14.05
37,5		Guilherme	Pires		01-12-94	SCA	Oc-ex	Lisboa (I)	10.04

**Atletas Juniores até 31-12-2009**

37,35	(pc)	Luis	Oliveira Phalempin	12-11-90	CCSJM	2 s1	Espinho	27.12.2009
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**400 Metros (até 52,64/49,99) CNJ 51,5/51,64**

49,23	(pc)	Paulo	Pinto	03-05-91	FCP	4 s4	Espinho	06.02
49,25		José	Miranda	22-08-91	SLB	2 s1	Leiria	22.05
49,39			Pinto			3 s1	Leiria	22.05
49,40	(pc)		Pinto			1	Espinho	28.02
49,48	(pc)		Pinto			2 s2	Pombal	13.02
49,64	(pc)	Diogo Filipe	Santos	03-05-91	FCP	1 s2	Espinho	31.01
49,64			Miranda			1 s1	Maia	19.05
49,79	(pc)		Pinto			1 s2	Pombal	09.01
49,94	(pc)	Diogo F.	Santos			2 s1	Pombal	20.02
49,94	(pc)	Diogo F.	Santos			1 s1	Pombal	21.02
49,96	(pc)		Pinto			3 s1	Pombal	20.02
50,36		Jorge	Batista	06-06-91	ADREP	1 s2	P.Varzim	29.05
50,45	(pc)	Hugo	Santos	05-01-91	CAR-S	3 s2	Pombal	31.01
50,48		André	Marques	20-11-92	UDZA	1 s1	Leiria	15.05
50,61		Hugo	Silva	04-01-91	CSM	1 s2	Ribeira Brava	16.01
50,63		Roberto	Nóbrega	31-05-92	ADRAP	2 s2	Ribeira Brava	16.01
50,91		Sérgio	Silva	31-07-92	CENAP	1 s1	Luso	08.05
51,06		Eliseu	Ribeiro	08-02-92	GJPB	2 s1	Luso	08.05
<b>(10)</b>								
51,10		Hugo	Coutinho	12-03-93	AAPL	1 s2	Lisboa (U)	29.05
51,20		David	Santinho	28-08-91	GDRCC	3 s2	Lisboa (U)	29.05
51,22		Diego	Mateus Manjate	16-08-91	FCP	3 s2	Leiria	22.05
51,27	(pc)	Thibaut	Junqueira	17-02-92	2AP	1 s1	Espinho	06.02
51,48		Miguel	Roque	19-04-92	AAC	6 s1	Leiria	22.05
51,81	(pc)	Rui	Matos	09-09-92	CENAP	4 s1	Espinho	06.02
51,87		Samuel	Remédios	24-02-92	GAF	d	Lisboa (U)	22.05
52,23	(pc)	António	Jesus	23-03-92	GDE	1 s1	Pombal	13.02
52,29	(pc)	Miguel António	Silva	03-02-94	NAC	2 s1	Espinho	13.02
52,31	(pc)	John	Martins	13-05-92	ADREP	2 s1	Espinho	09.01
<b>(20)</b>								
52,33		Bruno	Marques	30-04-92	NSF	1	Quarteira	22.05
52,39		Pedro	Cabral	10-03-93	CAT	1 s1	P.Delgada	27.05
52,41		Diogo	Silva	07-11-91	CBF	2 s2	V.R.S.António	16.01
52,56		Yannick	Medina	91	GRQL	1 s1	Seixal	22.05
52,57	(pc)	Diogo	Miranda	31-07-92	CCDR	4	Braga	16.01
52,58	(pc)	Kevin	Gaspar	15-03-91	ACV	1 s3	Pombal	16.01

**Ao ar Livre:**

50,61		Hugo	Santos	05-01-91	CAR-S	1 s2	Alcanena	07.03
50,90		Diogo Filipe	Santos	03-05-91	FCP	1 s1	P.Varzim	24.04
51,55		André	Marques	20-11-92	UDZA	d	Rio Maior	24.04
51,57		Thibaut	Junqueira	17-02-92	2AP	6 s2	Leiria	22.05

**Com marcas manuais**

51,9		Bruno	Andrade	CPV 28-02-92	SLB	3 s1-ex	Lisboa (I)	10.04
52,5	(pc)	Francisco	Évora	11-12-91	Lavra	2 s1	Espinho	26.12.2009

**500 Metros (até 1.16,0)**

1.05,0		José	Miranda	22-08-91	SLB	1	Lisboa (AL)	02.05
1.08,6		Aider	Mohamed	27-03-91	MCP	2	Lisboa (AL)	02.05
1.09,21		Davide	Caetano	07-06-94	CBF	2 s2	Lagos	20.12.2009
1.10,12		Francisco	Évora	11-12-91	Lavra	1-ex	Maia	12.12.2009
1.11,19		Diogo	Silva	07-11-91	CBF	3 s2	Lagos	20.12.2009
1.13,01		Bruno	Marques	30-04-92	NSF	4 s2	Lagos	20.12.2009
1.14,59		André	Silva	27-01-91	NSF	2 s1	Lagos	20.12.2009
1.15,80		Diogo	Neto	11-10-91	GDPN	4 s1	Lagos	20.12.2009

**600 Metros (até 1.35,0)**

1.24,95		Jorge	Batista	06-06-91	ADREP	1 s1	Maia	28.11.2009
1.26,9		Luis	Fernandes	11-12-93	LPSC	1 s1	Lisboa (AL)	28.11.2009
1.28,30		Pedro	Vieira	27-01-92	ADREP	2 s1	Maia	28.11.2009
1.29,32		John	Martins	13-05-92	ADREP	4 s1	Maia	28.11.2009
1.29,8		Mamadou	Candé	06-04-93	SLB	2 s1	Lisboa (AL)	28.11.2009
1.29,89		Pedro	Catulo	25-05-93	NSF	3-ex	Faro	03.01
1.30,0		Bruno	Pereira	21-05-94	LPSC	3 s1	Lisboa (AL)	28.11.2009
1.30,10		Pedro Alexandre	Santos	12-04-95	CPC	1 s1	Seixal	20.12.2009
1.31,31		Nuno	Matias	14-12-93	NSF	5-ex	Faro	03.01
1.32,30		Filipe	Correia	24-05-93	NSF	6-ex	Faro	03.01

<b>(10)</b>							
1.32,89		Pedro	Martins	05-10-93	NSF	7-ex	Faro
1.33,72		Fábio	Rocha	08-02-92	SLB-F	3 s2	Lisboa (U)
1.34,39		Bruno	Silva	27-12-95	FCP	1	Maia
1.34,53		David	Rego	27-12-91	ESCMOV	2 s2	Maia
							03.01
							20.12.2008
							28.11.2009
							28.11.2009

### 800 Metros ( até 2.02,44/1.53,0) CNJ 2.00,00

1.52,91	(pc)	Jorge	Batista	06-06-91	ADREP	2 s4	Espinho	07.02
1.55,26		Ricardo Alexandre	Fernandes	04-07-91	JV	2 s1	Maia	19.05
1.55,3		Hugo	Coutinho	12-03-93	AAPL	1	Setúbal	16.05
1.55,64		Emanuel	Rolim	03-01-93	SLB	1 s1	Lisboa (U)	16.05
1.55,79		Thibaut	Junqueira	17-02-92	2AP	3 s2	Abrantes	30.05
1.55,8		Miguel	Moreira	04-02-91	AAPGL	1-ex	Lisboa (I)	11.04
1.56,27	(pc)	Hugo	Santos	05-01-91	CAR-S	6 s4	Espinho	07.02
1.56,28	(pc)	Paulo	Pinto	03-05-91	FCP	1 s3	Espinho	07.02
1.56,59		Diego	Mateus Manjate	16-08-91	FCP	3	P.Varzim	30.05
1.56,90		João	Leal	04-04-91	JV	5 s1	Maia	19.05
<b>(10)</b>								
1.57,7		João	Caeiro	06-11-93	CNALV	1-ex	Beja	29.05
1.57,9		Sérgio	Pinho	30-07-92	NSSMSM	2	Lajedo	20.01
1.58,23		Emanuel	Loureiro	17-05-92	OCL	2 s2	V.R.S.Amtónio	17.01
1.58,32		Luís	Fernandes	11-12-93	LPSC	2 s1	Lisboa (U)	16.05
1.58,46		Paulo	Lima	93	ADRAP	2 s2	Lisboa (U)	30.05
1.58,57		João	Cruz	12-04-94	MAC	1	Ourense	29.05
1.58,63	(pc)	José	Rocha	17-08-92	CENAP	4 s4	Pombal	24.01
1.58,93		Wilson	Connott	05-11-93	ACV	5 s2	Abrantes	30.05
1.59,00		José João	Santos	30-07-93	SFRAA	3 s1	Lisboa (U)	16.05
1.59,12	(pc)	João	Bernardo	06-09-93	GS-RC	3 s2	Pombal	20.02
<b>(20)</b>								
1.59,20	(pc)	José	Martins	10-02-92	SLB	2 s2	Espinho	07.02
1.59,6		Andrelino	Furtado	CPV 02-10-92	EBMDS	2-ex	Lisboa (I)	11.04
1.59,67	(pc)	Diogo Mesquita	Santos	27-09-92	SLB	3 s3	Pombal	24.01
1.59,76	(pc)	Samuel	Barata	19-07-93	GDACB	7 s4	Pombal	24.01
1.59,79		Pedro Alexandre	Santos	12-04-95	CPC	2 s1	Sobreda	09.05
1.59,90	(pc)	Luís	Silva	23-12-92	SLB	1 s2	Pombal	24.01
2.00,08	(pc)	Rui	Matos	09-09-92	CENAP	2 s1	Espinho	10.01
2.00,15		Eusébio	Oliveira	20-07-93	ADAM	8 s1	Maia	19.05
2.00,24	(pc)	David	Santinho	28-08-91	GDRCC	2 s1	Espinho	07.02
2.00,28		Hugo	Silva	04-01-91	CSM	1	Ribeira Brava	03.01
<b>(30)</b>								
2.00,29		Ruben Manuel	Laurindo	30-03-94	CAO-F	1	Quarteira	13.05
2.00,39		Helder	Costa	95	GRAC	1	Guimarães	22.05
2.00,5		Bruno	Varela	CPV 30-10-94	NO	1 s1	Lisboa (AL)	24.04
2.00,7		Bruno	Taveira	19-01-92	SLB	5 s1	Lisboa (U)	17.01
2.00,79		Sérgio	Teixeira	24-02-94	CSGaia	5 s1-ex	Guimarães	18.04
2.00,83		Adrião	Rodrigues	16-03-93	NAC	1 s1	Aveiro	16.05
2.00,9		Ruben	Silva	16-05-93	NO	2 s1	Lisboa (AL)	24.04
2.01,07	(pc)	Ricardo	Coroa	18-10-91	FCP	2 s2	Pombal	24.01
2.01,29		Ruben	Parreira	11-04-95	EBMDS	4 s1	Lisboa (U)	16.05
2.01,32	(pc)	Daniel	Fortes	CPV 29-05-91	GRQL	7	Pombal	30.01
<b>(40)</b>								
2.01,35	(pc)	Kevin	Gaspar	15-03-91	ACV	6	Pombal	31.01
2.01,40		André	Silva	31-05-92	LFC-F	10 s1	Maia	19.05
2.01,48		José João	Pereira	10-03-95	NSF	2	Quarteira	16.05
2.01,58	(pc)	Sérgio	Pinho	30-07-92	NSSMSM	5 s2	Espinho	07.02
2.01,74	(pc)	Francisco	Rodrigues	24-05-95	GRAC	1	Braga	06.02
2.01,86		Tiago	Silva	07-05-94	NAC	7	P.Varzim	30.05
2.01,88		Dinarte	Gomes	11-05-91	AJS	2-ex	Machico	16.05
2.02,12	(pc)	Tiago	Silva	07-11-92	SLB	1 s1	Pombal	24.01
2.02,32	(pc)	Fábio	Silva	11-11-91	GRECAS	7 s1	Espinho	17.01
2.02,4		Paulo	Alves	15-05-93	CDUL	3 s1	Lisboa (AL)	24.04

### Ao ar Livre:

1.53,52		Jorge	Batista	06-06-91	ADREP	1	P.Varzim	30.05
1.57,40		Hugo	Santos	05-01-91	CAR-S	1 s1	Leiria	16.05
1.58,39		José	Rocha	17-08-92	CENAP	4	Luso	23.05
2.00,25		David	Santinho	28-08-91	GDRCC	3 s2	Lisboa (U)	30.05
2.00,8		Luís	Silva	23-12-92	SLB	6 s1	Lisboa (U)	17.01
2.01,26		Diogo Mesquita	Santos	27-09-92	SLB	1 s-ex	Sobreda	09.05
2.01,78		Francisco	Rodrigues	24-05-95	GRAC	1 s2	Braga	01.05
2.01,88		Daniel	Fortes	CPV 29-05-91	GRQL	2	Seixal	16.01
2.02,15		Rui	Matos	09-09-92	CENAP	2	Luso	09.05

### 1000 Metros ( até 2.42,00/2.34,00)

2.30,46		José	Martins	10-02-92	SLB	3-ex	Maia	16.05
2.32,10	(pc)	Jorge	Batista	06-06-91	ADREP	1 s1	Espinho	26.12.2009
2.32,15		Hugo	Coutinho	12-03-93	AAPL	1 s2	Lisboa (U)	22.05
2.32,27		Samuel	Barata	19-07-93	GDACB	2 s2	Lisboa (U)	22.05

2.32,59		João	Caeiro	06-11-93	CNALV	3 s2	Lisboa (U)	22.05
2.33,73			Barata			1	Viseu	24.04
2.33,76		Emanuel	Loureiro	17-05-92	OCL	1	Quarteira	08.12.2009
2.34,44		Paulo	Pinto	13-05-91	FCP	1-ex	Faro	03.01
2.34,61		Adrião	Rodrigues	16-03-93	NAC	4 s2	Lisboa (U)	22.05
2.34,62		José	Costa	30-04-91	FCP	5	Maia	16.05
2.34,70		Francisco	Rodrigues	24-05-95	GRAC	1	Lisboa (U)	22.05
<b>(10)</b>								
2.34,88		João	Bernardo	06-09-93	GS-RC	2	Viseu	24.04
2.35,06		Luís	Silva	23-12-92	SLB	6-ex	Maia	16.05
2.35,29		Pedro Alexandre	Santos	12-04-95	CPC	1	Setúbal	16.05
2.35,73		José João	Pereira	10-03-95	NSF	2	Lisboa (U)	22.05
2.36,39		Miguel	Marques	23-07-95	AAMT	2	Setúbal	16.05
2.36,74		Nuno	Paulo	24-07-93	ACDSJ	1	Machico	24.04
2.37,53		António	Rocha	04-08-92	CDD	1-ex	Viseu	24.04
2.37,59	(pc)	André	Silva	31-05-92	LFC-F	2-ex	Braga	19.12.2009
2.37,60		Sérgio	Teixeira	24-02-94	CSGai	6 s2	Lisboa (U)	22.05
2.37,88		Wilson	Connott	05-11-93	ACV	4	Viseu	24.04
<b>(20)</b>								
2.37,90		Rúben	Felizardo	17-06-91	CAS	1	Guarda	17.04
2.38,29	(pc)	Eusébio	Oliveira	20-07-93	ADAM	1 s1	Braga	19.12.2009
2.38,73		Paulo	Lima	93	ADRAP	7 s2	Lisboa (U)	22.05
2.38,99		Tiago	Santos	07.12-93	AATC	1	Rio Maior	25.04
2.39,03		Henrique	Matinhos	20-09-93	GDPAV	s2	Lisboa (U)	22.05
2.39,14		Dinarte	Gomes	11-05-91	AJS	1	Machico	24.04
2.39,20		Ruben Manuel	Laurindo	30-03-94	CAO-F	9 s2	Lisboa (U)	22.05
2.39,38		Samuel R.	Freitas	12-09-91	CSM	2	Machico	24.04
2.39,52		Tiago	Silva	07-05-94	NAC	5	Viseu	24.04
2.39,78		Cristian	Rosa	16-04-95	CNRM	4	Lisboa (U)	22.05
<b>(30)</b>								
2.39,99		João	Valente	26-09-93	CAFZ	2	Rio Maior	25.04
2.40,05		José João	Santos	30-07-93	SFRAA	2	Setúbal	08.05
2.40,18		André	Morais	11-08-94	CAC-VC	12 s2	Lisboa (U)	22.05
2.40,23	(pc)	João	Pires	09-03-92	GJPB	7 s1	Espinho	26.12.2009
2.40,33	(pc)	João	Cruz	12-04-94	MAC	2 s1	Braga	19.12.2009
2.40,39		António	Rocha	04-08-92	CDD	2-ex	Viseu	13.02
2.40,82	(pc)	Rui	Matos	09-09-92	CENAP	8 s1	Espinho	26.12.2009
2.40,88	(pc)	Ricardo	Coroa	18-10-91	FCP	3-ex	Braga	19.12.2009
2.41,5		Angelo	Guerra	20-05-93	CABB	2	Setúbal	02.05
2.41,9		Gonçalo	Silva	19-05-94	SFRAA	1	Massamá	12.05

**Ao ar Livre:**

2.39,83		Eusébio	Oliveira	20-07-93	ADAM	1	Braga	08.05
2.40,68		João	Cruz	12-04-94	MAC	2	Braga	08.05

**1500 Metros ( até 4.13,00/3.56,00) CNJ 4.09,00**

3.47,62		Miguel	Moreira	04-02-91	AAPGL	2 s1	Leiria	22.05
3.48,92		Rui	Pinto	18-11-92	UDV	6 s1	Leiria	22.05
3.52,81	(pc)		Pinto			6	Espinho	27.02
3.54,34	(pc)		Pinto			1 s2	Pombal	23.01
<b>3.55,92</b>		<b>José</b>	<b>Costa</b>	<b>30-04-91</b>	<b>FCP</b>	<b>1</b>	<b>P.Varzim</b>	<b>29.05</b>
3.58,89	(pc)	Rúben	Felizardo	17-06-91	CAS	5	Pombal	13.02
3.59,47	(pc)	Nuno	Santos	07-01-92	ARCVR	2 s2	Pombal	23.01
3.59,62		Emanuel	Rolim	03-01-93	SLB	1 s2	Leiria	22.05
3.59,96	(pc)	Ricardo Alexandre	Fernandes	04-07-91	JV	8	Espinho	06.02
4.01,63	(pc)	Jorge	Batista	06-06-91	ADREP	2 s1	Espinho	02.01
4.02,18		João	Leal	04-04-91	JV	6 s2	Leiria	22.05
4.02,50		José	Martins	10-02-92	SLB	7 s2	Leiria	22.05
<b>(10)</b>								
4.02,63	(pc)	Diogo	Lourenço	23-01-92	CAOV	7 s1	Braga	16.01
4.04,04	(pc)	Diego	Mateus Manjate	<b>MOZ</b> 16-08-91	FCP	5 s2	Pombal	23.01
4.04,39		António	Rocha	04-08-92	CDD	9 s2	Leiria	22.05
<b>4.05,25</b>	(pc)	<b>João</b>	<b>Pires</b>	<b>09-03-92</b>	<b>GJPB</b>	<b>4</b>	<b>P.Varzim</b>	<b>29.05</b>
4.05,60		Manuel	Fernandes	16-03-92	CSM	1-ex	Machico	15.05
4.05,99		João	Cruz	12-04-94	MAC	1	Luso	23.05
4.06,09		José João	Santos	30-07-93	SFRAA	1 s2	Lisboa (U)	15.05
4.06,36	(pc)	André	Silva	31-05-92	LFC-F	2 s1	Braga	06.02
4.06,44		Luís	Fernandes	11-12-93	LPSC	2	Luso	23.05
4.06,68		Adrião	Rodrigues	16-03-93	NAC	3	Luso	23.05
<b>(20)</b>								
4.06,94		João	Bernardo	06-09-93	GS-RC	1	Luso	08.05
4.07,66		Emanuel	Loureiro	17-05-92	OCL	3	V.R.S.António	16.01
4.08,41	(pc)	Joaquim	Sousa	04-01-91	CBPAR	3 s1	Braga	06.02
4.08,56	(pc)	Luís Miguel	Borges	04-10-94	CBPAR	4 s1	Braga	06.02
4.09,2		João	Caeiro	06-11-93	CNALV	1	Beja	24.04
<b>4.09,74</b>		<b>Samuel</b>	<b>Barata</b>	<b>19-07-93</b>	<b>GDACB</b>	<b>1-ex</b>	<b>Guarda</b>	<b>29.05</b>
4.09,91		Wilson	Connott	05-11-93	ACV	4	Luso	23.05
4.10,02	(pc)	Ricardo	Teixeira	05-09-92	FCP	3 s2	Braga	16.01
4.10,59	(pc)	Fábio	Silva	11-11-91	GRECAS	1 s2	Espinho	02.01
4.11,44		Diogo Mesquita	Santos	27-09-92	SLB	13 s2	Leiria	22.05

<b>(30)</b>								
4.11,55		Thibaut	Junqueira	17-02-92	2AP	2	Leiria	15.05
4.11,66	(pc)	Ricardo	Coroa	18-10-91	FCP	11 s2	Pombal	23.01
4.12,03		Pedro	Quina	19-12-91	GRQL	2 s1	Seixal	12.12.2009
4.12,3	(pc)	Hugo	Santos	05-01-91	CAR-S	1 s1	Pombal	12.12.2009
4.12,70		Helder	Costa	95	GRAC	1	Guimarães	23.05

**Ao ar Livre:**

4.01,71		Rúben	Felizardo	17-06-91	CAS	5 s2	Leiria	22.05
4.05,71		Diogo	Lourenço	23-01-92	CAOV	3 s1-ex	Guimarães	17.04
4.07,19		Ricardo Alexandre	Fernandes	04-07-91	JV	1	Leiria	15.05
4.07,58		João	Pires	09-03-92	GJPB	2	Luso	08.05
4.08,01		André	Silva	31-05-92	LFC-F	4 s1-ex	Guimarães	17.04
4.10,89		Adrião	Rodrigues	16-03-93	NAC	3	Luso	08.05
4.11,00		João	Cruz	12-04-94	MAC	1	Maia	24.04

**Milha**

4.24,0		Miguel	Moreira	04-02-91	AAPGL	1	Lisboa (I)	20.03
4.35,14	(pc)	Francisco	Rodrigues	24-05-95	GRAC	1	Braga	13.02
4.40,58		José	Martins	10-02-92	SLB	1-ex	Maia	12.12.2009
4.45,23	(pc)	Helder	Costa	95	GRAC	2	Braga	13.02
4.49,8		Bruno	Taveira	19-01-92	SLB	1	Lisboa (AL)	05.12.2009
4.50,7		Bruno	Pereira	21-05-94	LPSC	3	Lisboa (I)	20.03
4.56,49		Sérgio	Teixeira	24-02-94	CSGaia	2-ex	Maia	12.12.2009
4.57,6		Edmir	Correia	09-11-91	GSDS	4	Lisboa (I)	20.03

**2000 Metros**

5.46,89		Emanuel	Loureiro	17-05-92	OCL	2	Lagos	20.12.2009
6.12,87		Pedro	Amaral	14-09-91	GRECAS	1	Maia	28.11.2009
6.13,59		André	Costa	25-10-92	ACRC	3	Viseu	28.11.2009
6.24,12		Ruben	Oliveira	31-12-92	ARLVG	2	Maia	28.11.2009
6.31,52		João	Aleixo	29-10-92	UAP	1	Lisboa (I)	27.03
6.33,39		Fábio	Lourenço	93	CRCDL	6	Lagos	20.12.2009
6.33,41		Ricardo	Guedes	18-02-93	ARLVG	3	Maia	28.11.2009
6.35,18		Carlos	Figueiredo	14-05-92	ACRM	2	Lisboa (I)	27.03
6.35,51		João Pedro	Correia	03-06-94	CDMAR	4	Maia	28.11.2009
6.37,99		Tiago	Coelho	21-07-93	AMFC	5	Maia	28.11.2009

**3000 Metros ( até 9.15,00/8.45,00) CNJ 8.58,00**

8.13,94		José	Costa	30-04-91	FCP	2 s1	Maia	19.05
8.22,69	(pc)		Costa			1	Espinho	07.02
8.26,01	(pc)	Nuno	Santos	07-01-92	ARCVR	5	Espinho	07.02
8.29,31	(pc)		Costa			3	Pombal	14.02
8.29,69	(pc)	Rui	Pinto	18-11-92	UDV	1	Pombal	24.01
8.33,33	(pc)		Pinto			1-ex	Braga	20.12.2009
8.35,21	(pc)		Santos			2	Pombal	24.01
8.37,36	(pc)	Diogo	Lourenço	23-01-92	CAOV	2 s1	Braga	17.01
8.37,84			Lourenço			7 s1	Maia	19.05
8.39,44		Manuel	Fernandes	16-03-92	CSM	7	Luso	23.05
8.40,47	(pc)		Costa			3	Pombal	24.01
8.40,85	(pc)	Rúben	Felizardo	17-06-91	CAS	ex	Pombal	17.01
8.41,01		Luis Miguel	Borges	04-10-94	CBPAR	10 s1	Maia	19.05
8.42,53	(pc)		Felizardo			4	Pombal	24.01
8.42,6			Santos			3 s1	Lisboa (AL)	02.05
8.43,12	(pc)		Fernandes			5	Pombal	24.01
8.43,36	(pc)		Felizardo			11	Espinho	07.02
8.47,7		Miguel	Moreira	04-02-91	AAPGL	4 s1	Lisboa (AL)	02.05
8.48,7		José João	Santos	30-07-93	SFRAA	5 s1	Lisboa (AL)	02.05
8.50,5		Nuno	Cardoso	91	GDRC	6 s1	Lisboa (AL)	02.05
<b>(10)</b>								
8.50,93	(pc)	Adrião	Rodrigues	16-03-93	NAC	6	Pombal	24.01
8.53,07	(pc)	João	Leal	04-04-91	JV	8	Pombal	24.01
8.53,69		Emanuel	Loureiro	17-05-92	OCL	4	Quarteira	13.05
8.53,9		Isaac	Gonçalves	23-08-92	GDRC	7 s1	Lisboa (AL)	02.05
8.54,49	(pc)	Fábio	Silva	11-11-91	GRECAS	9	Pombal	24.01
8.54,83	(pc)	Pedro	Santos	09-10-92	JV	4	Pombal	17.01
8.54,9		Hugo	Correia	17-11-91	AAPGL	8 s1	Lisboa (AL)	02.05
8.56,85	(pc)	Gonçalo	Jesus	04-01-92	GS-RC	10	Pombal	24.01
8.59,32	(pc)	André	Silva	31-05-92	LFC-F	4 s2	Braga	12.12.2009
9.01,69	(pc)	Joaquim	Sousa	04-01-91	CBPAR	11	Pombal	24.01
<b>(20)</b>								
9.02,03		Alexandre	Santos	93	NO	1	Lisboa (U)	15.05
9.02,84		João	Cruz	12-04-94	MAC	1	Maia	16.05
9.08,23		Ivan	Ferreira	91	CRCDL	6	Quarteira	13.05
9.09,02		Tiago	Silva	07-05-94	NAC	1	Aveiro	01.05
9.09,70	(pc)	José	Martins	10-02-92	SLB	12	Pombal	24.01
9.10,45	(pc)	Pedro Miguel	Faria	29-10-92	FCV	1 s2	Braga	17.01

9.10,54	Tiago André	Pereira	21-10-92	CBF	1	Faro	27.03
9.12,2	José Miguel	Neves	09-07-92	JV	1	Leiria	16.05
9.13,2	Ruben	Silva	16-05-93	NO	10 s1	Lisboa (AL)	02.05
9.13,8	Andreilino	Furtado	CPV 02-10-92	EBMDS	2 s2	Lisboa (AL)	02.05

**Ao ar Livre:**

8.57,91	Fábio	Silva	11-11-91	GRECAS	1	Luso	09.05
9.00,6	Gonçalo	Jesus	04-01-92	GS-RC	2-ex	Luso	02.05
9.03,36	Adrião	Rodrigues	16-03-93	NAC	2	Luso	09.05

**5000 Metros ( até 16.30,00/15.00,00) CNJ 16.10,00**

15.39,62	Gonçalo	Jesus	04-01-92	GS-RC	1	Luso	08.05
15.39,87	Fábio	Silva	11-11-91	GRECAS	5	P.Varzim	29.05
15.40,95	Emanuel	Loureiro	17-05-92	OCL	6	Lisboa (U)	29.05
16.15,47	João	Leal	04-04-91	JV	1	Leiria	15.05
16.19,73	André	Costa	25-10-92	ACRC	1	Viseu	08.05

**10000 Metros ( até 38.00,00)**

30.06,27	José	Costa	30-04-91	FCP	1	Braga	08.05
34.33,56	Valter	Laranjeira	02-04-91	ACDCVC	6	Luso	10.04
35.17,96	Nuno	Pinho	25-09-92	JAM	7	Luso	10.04
36.12,68	Tiago	Ferreira	29-10-91	CFUL	8	Luso	10.04
36.20,93	Ilídio	Dias	22-05-92	ACV	6	Rio Maior	24.04
37.34,97	Rafael	Lopes	02-01-92	GDCCP	11	Luso	10.04

**2000 met-obstáculos ( até 6.25,00)**

6.03,10	João	Bernardo	06-09-93	GS-RC	1-ex	Luso	27.03
6.09,05	Luis Miguel	Borges	04-10-94	CBPAR	1	Maia	01.05
6.09,20	Adrião	Rodrigues	16-03-93	NAC	1	Aveiro	02.05
6.11,99	Nuno	Paulo	24-07-93	ACDSJ	1-ex	Machico	10.04
6.19,1	Ruben	Silva	16-05-93	NO	1	Lisboa (AL)	17.04
6.21,37	João	Valente	26-09-93	CAFZ	1	Abrantes	17.04
6.21,49	João	Cruz	12-04-94	MAC	2	Maia	01.05

**3000 met-obstáculos ( até 10.40,00/9.25,0) CNJ 10.15,00**

9.21,04	Pedro	Santos	09-10-92	JV	8	Leiria	22.05
9.25,56	Diogo	Lourenço	23-01-92	CAOV	1	A.Valdevez	30.05
9.37,67	Manuel	Fernandes	16-03-92	CSM	1-ex	Machico	09.05
9.45,28	João	Pires	09-03-92	GJPB	1	Luso	09.05
9.52,31	Emanuel	Loureiro	17-05-92	OCL	6	Lisboa (U)	30.05
10.03,44	André	Costa	25-10-92	ACRC	7	P.Varzim	30.05
10.09,29	Ricardo	Teixeira	05-09-92	FCP	8	P.Varzim	30.05
10.10,17	Homilizio	Santos	STP 10-07-92	SLB	16	Leiria	22.05
10.15,29	Helton	Leal	CPV 22-08-92	GRQL	8	Lisboa (U)	30.05
10.15,37	Nuno	Pinho	25-09-92	JAM	9	P.Varzim	30.05
(10)							
10.35,82	Tiago André	Pereira	21-10-92	CBF	2	Quarteira	23.05

**60 Metros Barreiras (0,99/1,00) ( até 9,84/8,34)**

8,19	(pc)	André	Lima	19-04-91	SCP	1	Pombal	24.01
8,22	(pc)	Hélio	Vaz	01-05-91	NDCG	1 el1	Pombal	24.01
8,26	(pc)		Vaz			2	Pombal	24.01
8,28	(pc)		Lima			1 el2	Pombal	24.01
8,31	(pc)	Samuel	Remédios	24-02-92	GAF	3	Pombal	24.01
8,47	(pc)	João	Fontela	07-08-91	CCSJM	4	Pombal	24.01
8,55	(pc)	João	Lopes Rocha	15-04-92	SLB	1 el4	Pombal	24.01
8,58	(pc)	Ricardo	Fernandes	CPV 01-01-91	JOMA	5	Pombal	24.01
8,59	(pc)	João	Martins	25-02-92	CASM	3 s1-ex	Pombal	09.01
8,64	(pc)	Tiago	Boucela	09-12-92	GRECAS	7	Pombal	24.01
8,66	(pc)	André	Costa	09-05-92	GDRCC	1 s2-ex	Pombal	09.01
8,90	(pc)	Ruben	Lopes	30-01-92	GRECAS	8	Pombal	24.01
(10)								
8,98	(pc)	Bruno	Costa	03-05-92	FCP	2 s2-ex	Pombal	09.01
9,06	(pc)	Miguel	Pedro	ANG 10-12-92	EBMDS	2 el2	Pombal	24.01
9,09	(pc)	Duarte	Silva	05-10-92	CCDR	1-ex	Braga	09.01
9,09	(pc)	Edgar	Azevedo	10-03-91	Lavra	2 el1	Pombal	24.01
9,10	(pc)	Elton	Ingrês	02-04-91	CAMG-I	1	Pombal	13.12.2009
9,10	(pc)	Pedro	Picado	08-09-92	JDN	3 el3	Pombal	24.01
9,12	(pc)	John	Martins	13-05-92	ADREP	3 el2	Pombal	24.01
9,14	(pc)	Jonhy	Machado	03-09-91	ADA	Hep	Braga	20.12.2009
9,17	(pc)	Kévin	dos Santos	20-03-93	ACV	2	Pombal	13.12.2009
9,17	(pc)	Carlos	Resende	10-09-92	NAC	4 el4	Pombal	24.01
(20)								
9,23	(pc)	Ricardo	Mendes	30-05-94	JV	4 el2	Pombal	24.01
9,34	(pc)	Eduardo	Domingues	03-09-92	ACV	Hep	Pombal	27.12.2009

9,35	(pc)	Roman	Leyukh	UKR	26-10-92	A20Km	Hep	Pombal	27.12.2009
9,43	(pc)	Francisco	Évora		11-12-91	Lavra	3 el5	Pombal	24.01
9,43	(pc)	Anselmo	Ramos		06-05-92	CDP	Hep	Braga	20.12.2009
9,50	(pc)	John	Martins		13-05-92	ADREP	Hep	Espinho	27.12.2009
9,61	(pc)	Joaquim	Moreira		30-01-93	CDP	4 el5	Pombal	24.01
9,69	(pc)	João	Bento		10-12-92	ACRDE	2 s2	Espinho	03.01
9,73	(pc)	Pedro	Ferreira		02-11-92	CPA-S	2	Pombal	13.12.2009
9,76	(pc)	João Paulo	Raposo		24-09-94	CEDA	3 el1	Pombal	24.01
<b>(20)</b>									
9,83	(pc)	David Duarte	Henriques		28-05-92	CNRM	1 el1	Pombal	13.12.2009
9,84	(pc)	Alexandre	Gameiro		04-05-92	CPA-S	3	Pombal	13.12.2009

**Ao ar Livre:**

9,53	(1,4)	John	Martins		13-05-92	ADREP	1	Aveiro	12.12.2009
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**Com marcas manuais**

9,2	(-1,8)	José Décio	Faria		23-07-91	AJS	Hep	Ribeira Brava	20.12.2009
9,5	(-1,8)	João	Gonçalves		24-05-91	AJS	Hep	Ribeira Brava	20.12.2009
9,7	(-0,3)	Miguel	Almeida		28-02-91	CPQR	1	A.Heroísmo	19.12.2009

**Sem controlo de anemómetro**

9,6		Miguel	Almeida		28-02-91	CPQR	1-ex	A.Heroísmo	12.12.2009
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**Com vento favorável > 2 m /s**

8,40	(2,2)	Hélio	Vaz		01-05-91	NDCG	1	Guarda	19.12.2009
8,72	(2,2)	João	Martins		25-02-92	CASM	1	Lisboa (AL)	19.12.2009
9,08	(2,2)	Hugo	Espírito Santo		30-05-93	SCP	2	Lisboa (AL)	19.12.2009

**60 Metros Barreiras (1,06) ( até 10,04/8,44)**

8,41	(pc)	Hélio	Vaz		01-05-91	NDCG	2 el1	Espinho	28.02
8,43	(pc)		Vaz				3	Espinho	28.02
8,49	(pc)	Samuel	Remédios		24-02-92	GAF	3	Espinho	07.02
8,52	(pc)	João	Fontela		07-08-91	CCSJM	4	Espinho	28.02
8,65	(pc)	André	Costa		09-05-92	GDRCC	3 s2	Pombal	30.01
8,77	(pc)	João	Lopes Rocha		15-04-92	SLB	2 s-ex	Pombal	30.01
8,88	(pc)	Ricardo	Fernandes	CPV	01-01-91	JOMA	6 s1	Pombal	09.01
8,89	(pc)	João	Martins		25-02-92	CASM	4 s2	Pombal	09.01
8,99	(-1,0)	Hugo	Silva		04-01-91	CSM	1	Ribeira Brava	16.01
9,08	(pc)	Edgar	Azevedo		10-03-91	Lavra	1 s1	Espinho	31.01
9,13	(pc)	Kévin	dos Santos		20-03-93	ACV	4	Pombal	31.01
<b>(10)</b>									
9,16	(1,7)	Hugo	Silva		04-01-91	CSM	1	Ribeira Brava	03.01
9,21	(1,7)	Roberto	Nóbrega		31-05-92	ADRAP	2	Ribeira Brava	03.01
9,24	(pc)	Roberto	Nascimento		01-02-93	JAM	3	Espinho	17.01
9,26	(pc)	Bruno	Costa		03-05-92	FCP	2	Braga	17.01
9,33	(pc)	Tiago	Boucela		09-12-92	GRECAS	4 el2	Espinho	07.02
9,33	(pc)	Ernest	Kibungo	CGO	03-07-92	ACV	Hep	Pombal	10.01
9,35	(pc)	Ricardo	Santos		01-05-92	CBF	Hep	Espinho	28.02
9,37	(pc)	Ruben	Lopes		30-01-92	GRECAS	4 el5	Espinho	07.02
9,44	(pc)	Carlos	Resende		10-09-92	NAC	5	Espinho	17.01
9,47	(pc)	John	Martins		13-05-92	ADREP	2 s1	Espinho	31.01
<b>(120)</b>									
9,48	(pc)	Filipe	Morim		13-01-91	CDP	4 s2	Espinho	31.01
9,49	(pc)	Duarte	Silva		05-10-92	CCDR	5 s2	Espinho	30.01
9,54	(pc)	João	Gonçalves		24-05-91	AJS	Hep	Espinho	28.02
9,62	(pc)	Carlos	Patrício		20-03-91	OCL	4	Pombal	21.02
9,73	(pc)	Tiago	Carvalho		08-07-92	CASM	6	Pombal	31.01
9,76	(pc)	José Décio	Faria		23-07-91	AJS	Hep	Espinho	28.02
9,92	(pc)	Roman	Leyukh	UKR	26-10-92	A20Km	5-ex	Alpiarça	20.02

**Ao ar Livre:**

8,96	(-2,3)	André	Costa		09-05-92	GDRCC	1	Seixal	16.01
9,70	(-1,0)	João	Gonçalves		24-05-91	AJS	4	Ribeira Brava	16.01
9,89	(-3,6)	Ricardo	Santos		01-05-92	CBF	Hep	Faro	03.01

**Com marcas manuais**

9,5	(1,2)	Daniel	Dias		10-11-92	ASJC	1	V.Novas	19.12.2009
9,8	(0,8)	João Paulo	Raposo		24-09-94	CEDA	1	Ribeira Grande	16.01

110 Metros Barreiras (1/0,99) ( até 17,74/14,84) CNJ 16,7/16,94									
15,05	(-2,8)	Samuel	Remédios		24-02-92	GAF	d	Lisboa (U)	23.05
15,07	(-0,4)	Hélio	Vaz		01-05-91	NDCG	d	Guarda	18.04
15,25	(-0,3)	João	Fontela		07-08-91	ESL	1	Luso	09.05
16,29	(0,0)	Ernest	Kibungo	CGO	03-07-92	ACV	d	Rio Maior	25.04
16,34	(0,0)	Daniel	Dias		10-11-92	ASJC	d	Rio Maior	25.04
16,44	(0,2)	Bruno	Costa		03-05-92	FCP	d	Luso	25.04
16,44	(-0,3)	Tiago	Boucela		09-12-92	GRECAS	2	Luso	09.05
16,79	(1,2)	Pedro	Picado		08-09-92	JDN	d	Rio Maior	25.04
16,81	(0,2)	Anselmo	Ramos		06-05-92	CDP	d	Luso	25.04
16,82	(0,0)	Roman	Leyukh	UKR	26-10-92	A20Km	2	Leiria	16.05
<b>(10)</b>									
16,92	(-2,8)	Jonhy	Machado		03-09-91	ADA	d	Lisboa (U)	23.05
16,93	(1,2)	João	Gonçalves		24-05-91	AJS	d	Machico	25.04
16,94	(-2,8)	Ricardo	Santos		01-05-92	CBF	d	Lisboa (U)	23.05
17,13	(1,2)	José Décio	Faria		23-07-91	AJS	d	Machico	25.04
17,19	(-1,0)	Luis Miguel	Santos		06-07-93	OCL	1	Quarteira	23.05
17,24	(-0,3)	Ruben	Lopes		30-01-92	GRECAS	3	Luso	09.05
17,28	(1,4)	Duarte	Silva		05-10-92	CCDR	1-ex	Guimarães	22.05
17,49	(0,2)	Carlos	Resende		10-09-92	NAC	d	Luso	25.04
17,53	(0,0)	Pedro	Ferreira		02-11-92	CPA-S	1 el2	Leiria	16.05
17,66	(0,2)	João	Bento		09-04-92	ACRDE	d	Luso	25.04

#### Com marcas manuais

15,6	(-2,6)	André	Costa		09-05-92	GDRCC	1	Seixal	22.05
16,3	(1,0)	Raúl	Fernandes	ANG	22-04-92	SCP	1-ex	Lisboa (I)	11.04
16,5	(-2,6)	Daniel	Dias		10-11-92	ASJC	ex	Seixal	22.05
16,6	(1,0)	Miguel	Pedro	ANG	10-12-92	EBMDS	2-ex	Lisboa (I)	11.04
16,9	(1,0)	João	Tomé		07-03-92	ACRM	3-ex	Lisboa (I)	11.04

#### Com vento favorável > 2 m /s

14,62	(3,4)	A	Hélio	Vaz	01-05-91	NDCG	1	Guarda	30.05
17,01	(2,6)		Fábio	Verde	21-02-93	ADA	1	A.Valdevez	30.05

110 Metros Barreiras (1,06) ( até 17,74) CNJ 16,7/16,94									
15,24	(-0,4)	A	Hélio	Vaz	01-05-91	NDCG	1-ex	Guarda	01.05
15,61	(1,4)		Samuel	Remédios	24-02-92	GAF	2 s1	Alcanena	07.03
15,95	(0,9)		André	Costa	09-05-92	GDRCC	3 s3	Lisboa (U)	29.05
16,01	(-3,4)		Hugo	Silva	04-01-91	CSM	2-ex	Machico	15.05
16,18	(1,7)		João	Martins	25-02-92	CASM	6 s1	Lisboa (U)	29.05
16,92	(-2,3)		Edgar	Azevedo	10-03-91	Lavra	1 s1	P.Varzim	29.05
17,00	(1,2)		Tiago	Boucela	09-12-92	GRECAS	1 s2	Maia	19.05
17,29	(-0,3)		John	Martins	13-05-92	ADREP	4 s2	P.Varzim	29.05
17,55	(-2,3)		Duarte	Silva	05-10-92	CCDR	2 s1	P.Varzim	29.05

#### Com marcas manuais

17,3	(-1,4)		Samuel	Lemos	07-05-94	CAT	1-ex	A.Heroísmo	16.05
17,5	(-1,4)		Nelson	Rosa	25-08-93	CAT	2-ex	A.Heroísmo	16.05

#### Com vento favorável > 2 m /s

16,57	(2,4)		Kévin	dos Santos	20-03-93	ACV	1 s1	Abrantes	29.05
16,78	(2,4)		Roman	Leyukh	UKR 26-10-92	A20Km	2 s1	Abrantes	29.05

### 300 Metros Barreiras (0,91)

400 Metros Barreiras (0,91) ( até 63,00/55,64) CNJ 58,8/58,94									
53,81			Hugo	Silva	04-01-91	CSM	2 s1	Lisboa (U)	30.05
54,73				Silva			2 s2	Luso	23.05
54,75			Diogo Filipe	Santos	03-05-91	FCP	2 s1	Leiria	22.05
54,84			Ricardo	Fernandes	CPV 01-01-91	JOMA	3 s1	Lisboa (U)	30.05
55,61				Silva			1-ex	Machico	16.05
55,80			Roberto	Nóbrega	31-05-92	ADRAP	4 s1	Lisboa (U)	30.05
56,61			João	Fernandes	03-03-91	SLB	4 s1	Leiria	22.05
57,35			John	Martins	13-05-92	ADREP	3 s2	P. Varzim	30.05
58,01			João	Moniz	17-11-94	JV	1 s2	Leiria	22.05
58,29			Alexandre	Gameiro	04-05-92	CPA-S	1 s1	Abrantes	30.05
58,45			Simão	Viveiros	29-11-92	GDE	5 s1	Lisboa (U)	30.05
58,46			Daniel	Dias	10-11-92	ASJC	ex	Seixal	23.05
<b>(10)</b>									

58,77		Pedro	Catulo	25-05-93	NSF	2 s3	Lisboa (U)	30.05
58,97		Eliseu	Ribeiro	08-02-92	GJPB	4 s2	P. Varzim	30.05
59,04		Francisco	Évora	11-12-91	Lavra	1 s1	P. Varzim	30.05
59,36		Yannick	Medina	91	GRQL	1	Seixal	23.05
59,40		João	Fontela	07-08-91	CCSJM	2 s1	P. Varzim	30.05
59,70		João Pedro	Tavares	18-10-92	ACDRA	1	Leiria	15.05
60,27		João	Mosca	30-10-91	QFC	2	Seixal	23.05
60,31		Jonhy	Machado	03-09-91	ADA	1	A.Valdevez	29.05
60,33		Joaquim	Moreira	30-01-93	CDP	6 s2	P. Varzim	30.05
60,59		Fábio	Oliveira	09-01-92	CPA-S	2 s1	Leiria	15.05
(20)								
60,76		Roberto	Baptista	91	CAMz-VC	3 s1	Lisboa (U)	30.05
60,94		João	Martins	25-02-92	CASM	3 s3	Lisboa (U)	30.05
61,17		Tiago	Boucela	09-12-92	GRECAS	1 s2-ex	Aveiro	16.05
61,52		João Pedro	Rodrigues	17-06-93	CAR-S	3 s1	Leiria	15.05
61,82		Tomás	Batista	21-12-92	ESCMOV	5	Maia	19.05
62,38		Kleyton	Júnior	94	OCL	3 s2	Lisboa (U)	30.05
62,60		João	Nogueira	07-05-92	ADREP	3 s2-ex	Aveiro	16.05
62,62		Pedro	Martins	18-06-93	ACRDE	1	Luso	08.05
62,63		Gonçalo	Gonçalves	18-07-94	CAOV	2	A.Valdevez	29.05
62,31		Fábio	Costa	92	JV	5 s1	Leiria	22.05
(30)								
62,88		João Miguel	Silva	12-06-94	JV	6 s1	Leiria	22.05

**Altura ( até 1,78/2,00) CNJ 1,85**

2,00	(pc)	Rodolfo	Brites	27-03-91	GS-RC	1	Pombal	12.12.2009
2,00	(pc)	Bruno	Costa	03-05-92	FCP	1	Pombal	23.01
1,99		Tiago	Boucela	09-12-92	GRECAS	2	P.Varzim	29.05
1,95	(pc)	Pedro	Mossamedes	03-02-91	CAS	3	Pombal	23.01
1,95	(pc)	Cláudio	Freixo	04-07-91	CASM	4	Pombal	31.01
1,95		Paulo	Conceição	29-12-93	EBMDS	Oc	Lisboa (I)	11.04
1,94		Ricardo	Mendes	30-05-94	JV	Oc	Luso	11.04
1,93		Tiago	Pereira	19-09-93	EBMDS	2	Lisboa (U)	16.05
1,92		Pedro	Ferreira	12-08-93	SUOV	1	Luso	01.05
1,90	(pc)	Elton	Ingrês	02-04-91	CAMG-I	1	Óbidos	28.11.2009
(10)								
1,89	(pc)	Filipe	Grilate	28-12-91	EBMDS	4	Pombal	23.01
1,88	(pc)	Samuel	Remédios	24-02-92	GAF	4	Pombal	30.01
1,88	(pc)	Oscar	Vilaça	08-02-92	ESCMOV	4	Espinho	31.01
1,88		José Rafael	Vilas Boas	01-02-95	SCB	Hep	Guimarães	18.04
1,88		Fábio	Verde	21-02-93	ADA	OcT	Luso	24.04
1,87	(pc)	Desejado	Sedi	GBS 15-01-93	ADCPF	1	V.R.S.António	20.03
1,87		Wilson	Vieira	91	CABB	ex	Sobreda	09.05
1,86		Ervin	Nongo	ANG 29-09-92	SLB	1	Lisboa (AL)	05.12.2009
1,86	(pc)	Luís	Santos	14-05-92	NACVS	Hep	Braga	19.12.2009
1,86	(pc)	André	F. Santos	04-04-91	OCL	1	V.R.S.António	16.01
(20)								
1,85		Filipe	Correia	24-05-93	NSF	1	Quarteira	16.05
1,84		João Paulo	Raposo	24-09-94	CEDA	Oc	Lisboa (U)	23.05
1,84		Jorge	Abreu	29-10-93	AJS	4	P.Delgada	29.05
1,83	(pc)	Jonhy	Machado	03-09-91	ADA	Hep	Braga	19.12.2009
1,83		Joel	Pereira	14-02-95	GAF	Hep	Rio Maior	21.03
1,83		Diogo	Costa	12-01-93	ESCMOV	1	Maia	02.05
1,83		Manuel	Ricardo	06-03-91	CBF	1	Quarteira	13.05
1,82		Henrique	Marques	22-06-93	GS-RC	Oc	Luso	11.04
1,82		Ricardo	Santos	01-05-92	CBF	ex	Quarteira	16.05
1,82		Vicente	Andrade	91	GDE	2	Machico	16.05
(30)								
1,82		Daniel	Reis	03-01-95	CSGaia	2	P. Varzim	23.05
1,81	(pc)	João	Bento	10-12-92	ACRDE	6	Espinho	02.01
1,81	(pc)	Francisco	Cordoeiro	09-05-92	ESCMOV	Hep	Pombal	09.01
1,81		João	Gonçalves	24-05-91	AJS	d	Lisboa (U)	22.05
1,81		Guilherme	Pires	01-12-94	SCA	Oc	Lisboa (U)	23.05
1,80		Nuno	Cunha	22-01-94	ESJD	1	Aveiro	26.11.2009
1,80	(pc)	Daviney	Ponces	STP 10-08-93	EBMDS	t	Alpiarça	19.12.2009
1,80	(pc)	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	26.12.2009
1,80	(pc)	Hélder	Pinto	07-04-93	SCB	7	Espinho	30.01
1,80		Pedro	Picado	08-09-92	JDN	1	Beja	27.02
(40)								
1,80		Henrique Pedro	Água-Doce	25-09-94	BNSC	2	Beja	27.02
1,80	(pc)	Tiago André	Pereira	21-10-92	CBF	3	V.R.S.António	20.03
1,79	(pc)	Ricardo	Silva	16-11-93	ACV	t	Pombal	26.12.2009
1,79		Miguel	Costa	93	ADREP	1	Luso	17.03
1,79		Mário	Alonso	18-01-93	Lavra	3	P. Varzim	23.05
1,78		Edgar	Remédios	05-05-94	GAF	Oc	Rio Maior	21.03
1,78		José António	Antunes	02-07-93	ARCBV	Oc	Luso	11.04
1,78		Miguel	Barrigana	03-07-96	EBMDS	3	Lisboa (U)	16.05

**Ao ar Livre:**

1,96		Tiago	Boucela	09-12-92	GRECAS	5	Leiria	22.05
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1,96	Rodolfo	Brites	27-03-91	GS-RC	6	Leiria	22.05
1,94	Bruno	Costa	03-05-92	FCP	d	Luso	24.04
1,85	André	F. Santos	04-04-91	OCL	1	Quarteira	08.12.2009
1,85	Cláudio	Freixo	04-07-91	CASM	2	Lisboa (I)	16.01
1,85	Fábio	Verde	21-02-93	ADA	Oc	V.Castelo	11.04
1,85	Filipe	Grilate	28-12-91	EBMDS	1-ex	Quarteira	22.05
1,84	Pedro	Mossamedes	03-02-91	CAS	4	Abrantes	29.05
1,84	Oscar	Vilaça	08-02-92	ESCMOV	4	P.Varzim	29.05
1,82	Desejado	Sedi	15-01-93	ADCPF	Oc	Faro	03.04
1,81	Samuel	Remédios	24-02-92	GAF	d	Rio Maior	24.04
1,80	Paulo	Conceição	29-12-93	EBMDS	t	Lisboa (U)	09.01
1,80	José Rafael	Vilas Boas	01-02-95	SCB	Hep	Braga	28.03
1,80	Ernest	Kibungo	03-07-92	ACV	5	Abrantes	29.05
1,79	Jonhy	Machado	03-09-91	ADA	d	Luso	24.04
1,79	João	Bento	10-12-92	ACRDE	d	Luso	24.04
1,79	Pedro	Ferreira	12-08-93	SUOV	2	Luso	08.05

**Vara ( até 3,05/4,40) CNJ 3,60**

4,80	Ruben	Miranda	10-06-93	SLB	1	Lisboa (U)	15.05	
4,70		Miranda			3	Lisboa (U)	12.05	
4,70		Miranda			3	Lisboa (U)	01.06	
4,60		Miranda			7q	Moscovo	22.05	
4,50		Miranda			3-ex	Lisboa (I)	10.04	
4,48	(pc)	Miranda			4	Espinho	27.02	
4,45		Miranda			2	Lisboa (U)	21.04	
4,40		Miranda			3	Lisboa (U)	05.05	
4,40		José Décio	Faria	23-07-91	AJS	2	Luso	23.05
4,35		Ricardo	Santos	01-05-92	CBF	1	Faro	13.02
4,26	(pc)	Luis	Ferreira	27-01-92	JV	1	Pombal	24.01
4,14	(pc)	Sérgio	Teixeira	10-01-91	ESCMOV	3	Pombal	24.01
3,90	(pc)	Ricardo	António	26-10-91	ACV	7	Pombal	20.02
3,80		André	F. Santos	04-04-91	OCL	Hep	Faro	03.01
3,80	(pc)	Moisés	Freitas	12-08-91	GDE	6	Espinho	30.01
3,80		Renato	Araújo	08-09-93	AJS	1-ex	Machico	10.04
3,80		Rodolfo Filipe	Brito	06-03-93	CBF	1-ex	Albufeira	18.04
(10)								
3,75		Icaro	Miranda	13-12-94	SLB	4-ex	Lisboa (I)	10.04
3,70	(pc)	José Miguel	Pereira	22-07-91	FCP	3	Espinho	02.01
3,60	(pc)	Emanuel	Vitório Ângelo	18-05-91	OCL	7	Pombal	24.01
3,50		João	Gonçalves	24-05-91	AJS	Hep	Ribeira Brava	20.12.2009
3,50		André Filipe	C. Silva	27-01-91	NSF	d	Albufeira	18.04
3,45	(pc)	Celso	Almeida	21-11-93	GRECAS	13	Pombal	24.01
3,40	(pc)	Alexandre	Gameiro	04-05-92	CPA-S	7	Pombal	30.01
3,40	(pc)	Anselmo	Ramos	06-05-92	CDP	5	Espinho	31.01
3,40		Samuel	Remédios	24-02-92	GAF	d	Lisboa (U)	23.05
3,30	(pc)	Jorge	Almeida	17-01-91	GRECAS	6	Espinho	02.01
3,25		César	Ornelas	29-10-92	AJS	4	Ribeira Brava	17.01
(20)								
3,20	(pc)	Ricardo	Silva	16-11-93	ACV	3	Pombal	13.12.2009
3,20		João Filipe	Rodrigues	22-07-93	AJS	2-ex	Machico	10.04
3,20		Filipe	Nogueira	18-10-93	GRECAS	2	Aveiro	01.05
3,20		Chen	Shenghva	02-09-92	A20Km	2	Leiria	16.05
3,20		Belarmino	Silva	03-05-94	ADRAP	4	P.Delgada	29.05
3,20		David	Teixeira	12-09-92	MKED	12	Lisboa (U)	30.05
3,10		Bruno	Silva	24-05-92	JV	3	Leiria	16.05
3,10		Alexandre	Granhão	01-02-93	ESCMOV	1	P. Varzim	22.05

**Ao ar Livre:**

4,22	Luis	Ferreira	27-01-92	JV	1	Abrantes	30.05
4,00	Sérgio	Teixeira	10-01-91	ESCMOV	2	Maia	19.05
3,80	Ricardo	António	26-10-91	ACV	3	Abrantes	30.05
3,60	Moisés	Freitas	12-08-91	GDE	1	Ribeira Brava	03.01
3,40	Emanuel	Vitório Ângelo	18-05-91	OCL	2	V.R.S.Amtónio	17.01
3,30	Celso	Almeida	21-11-93	GRECAS	1	Luso	09.05
3,30	Alexandre	Gameiro	04-05-92	CPA-S	1	Leiria	16.05
3,20	Anselmo	Ramos	06-05-92	CDP	d	Luso	25.04

**Comprimento ( até 6,25/6,90) CNJ 6,50**

7,15	(pc)	João	Lopes Rocha	15-04-92	SLB	2	Espinho	07.02
7,15	(0,0)		Lopes Rocha			3	Leiria	22.05
7,07	(pc)	José Miguel	Pereira	22-07-91	FCP	5	Espinho	07.02
7,03	(-0,5)	Raúl	Fernandes	22-04-92	SCP	4	Leiria	22.05
6,98	(pc)		Lopes Rocha			2	Pombal	20.02
6,97	(pc)		Pereira			1	Pombal	24.01
6,96	(-0,5)	Bruno	Costa	03-05-92	FCP	1	Braga	01.05
6,94	(-0,29)		Costa			1	Maia	16.05
6,90	(pc)		Pereira			3	Alpiarça	10.01
6,90	(pc)		Pereira			1	Pombal	21.02
6,85	(0,2)	Pedro	Pinto Machado	14-11-91	FCP	2	Maia	16.05

6,80	(pc)	Pedro	Ferreira		12-08-93	SUOV	1	Pombal	17.01
6,67	(pc)	Hugo	Espírito Santo		30-05-93	SCP	5	Pombal	24.01
6,64	(pc)	Artur	Koshchuk	UKR	05-03-94	JV	5	Pombal	13.02
6,63	(0,9)	Anselmo	Ramos		06-05-92	CDP	d	Lisboa (U)	22.05
6,59	(1,8)	Manuel	Ricardo		06-03-91	CBF	1 s2	Lisboa (U)	30.05
<b>(10)</b>									
6,58	(pc)	Samuel	Remédios		24-02-92	GAF	4	Pombal	17.01
6,55	(1,6)	João Paulo	Raposo		24-09-94	CEDA	-	P.Delgada	27.05
6,50	(0,7)	Miguel	Costa		02-09-94	ADREP	1	Luso	23.05
6,48	(0,0)	Pedro	Sousa		93	Ind-CB	1	C.Branco	14.05
6,47	(1,3)	Frederico	Eusébio	STP	27-10-92	JOMA	5	Alcanena	07.03
6,47	(-1,3)	Carlos	Nascimento		12-10-94	ESCMOV	Oc	Maia	27.03
6,44	(0,4)	Fábio	Verde		21-02-93	ADA	1	A.Valdevez	20.03
6,44	(0,0)	José António	Antunes		02-07-93	ARCBV	2	C.Branco	14.05
6,43	(pc)	Ernest	Kibungo	CGO	03-07-92	ACV	Hep	Pombal	26.12.2009
6,37	(pc)	Elton	Ingrês		02-04-91	CAMG-I	1	Pombal	13.12.2009
<b>(20)</b>									
6,37	(-0,7)	Edgar	Remédios		05-05-94	GAF	Oc	Faro	01.05
6,37	(1,2)	Ricardo	Pinto		18-04-93	GRQL	3 s2	Lisboa (U)	30.05
6,36	(1,1)	André	Costa		09-05-92	GDRCC	1	Seixal	22.05
6,36	(2,0)	João	Frias		09-01-91	ADRAP	-	Lisboa (U)	30.05
6,35	(0,9)	Jonhy	Machado		03-09-91	ADA	1	A.Valdevez	20.03
6,35	(1,8)	Valter	Pinto		19-01-93	ADCPF	2	Quarteira	22.05
6,34	(1,8)	Filipe	Cunha		15-07-94	SLB	-	Lisboa (AL)	22.05
6,34	(0,0)	Jorge	Lopes		93	ADA	1	A.Valdevez	29.05
6,32	(pc)	Pedro	Mossamedes		03-02-91	CAS	ex	Pombal	17.01
6,31	(pc)	Tiago	Boucela		09-12-92	GRECAS	Hep	Espinho	26.12.2009
<b>(30)</b>									
6,30	(0,9)	João Pedro	Rodrigues		17-06-93	CAR-S	8	Abrantes	30.05
6,29	(pc)	Francisco	Cordoeiro		09-05-92	ESCMOV	5	Braga	17.01
6,27	(pc)	Rui	Esteves		03-06-91	AAC	7	Pombal	21.02
6,27	(0,6)	Renato	Araújo		08-09-93	AJS	1	Machico	16.05

#### Ao ar Livre:

6,79	(-0,6)	José Miguel	Pereira		22-07-91	FCP	7	Leiria	22.05
6,65	(0,0)	Hugo	Espírito Santo		30-05-93	SCP	4	Lisboa (U)	17.01
6,64	(1,3)	Artur	Koshchuk	UKR	05-03-94	JV	Oc	Lisboa (U)	22.05
6,44	(1,4)	Samuel	Remédios		24-02-92	GAF	d	Rio Maior	24.04
6,36	(-1,5)	Ernest	Kibungo	CGO	03-07-92	ACV	2	Leiria	15.05
6,27	(1,9)	Manuel	Ricardo		06-03-91	CBF	1	Quarteira	13.05

#### Sem controlo de anemómetro

6,31		Davidson	Borges	CBV	31-05-95	EBMDS	1	Abrantes	24.04
6,29		Miguel	Barrigana		03-07-96	EBMDS	2	Abrantes	24.04
6,28		Pedro	Pereira		30-08-91	CAOV	2	A.Valdevez	29.05

#### Com vento favorável > a 2 m/s

7,27	(5,4)	Raúl	Fernandes	ANG	22-04-92	SCP	1	Lisboa (AL)	17.04
6,73	(3,3)	Hugo	Espírito Santo		30-05-93	SCP	5	Lisboa (AL)	19.12.2009
6,68	(3,2)	João Paulo	Raposo		24-09-94	CEDA	2	P.Delgada	27.05
6,60	(2,9)	Ernest	Kibungo	CGO	03-07-92	ACV	4	Abrantes	30.05
6,56	(3,8)	Filipe	Cunha		15-07-94	SLB	1	Lisboa (AL)	22.05
6,50	(6,0)	Manuel	Ricardo		06-03-91	CBF	1	Quarteira	22.05
6,49	(2,4)	André	Luz		21-01-93	SLB	1	Lisboa(U)	15.05
6,45	(4,3)	Ricardo	Pinto		18-04-93	GRQL	1	Setúbal	15.05
6,44	(2,5)	Paulo	Conceição		29-12-93	EBMDS	2	Lisboa(U)	15.05
6,42	(3,9)	Miguel	Costa		02-09-94	ADREP	1	Aveiro	01.05
6,36	(3,0)	João	Frias		09-01-91	ADRAP	4 s1	Lisboa (U)	30.05
6,37	(2,2)	Renato	Araújo		08-09-93	AJS	Oc	Machico	24.04
6,30	(3,5)	Miguel	Barrigana		03-07-96	EBMDS	1	Lisboa (AL)	20.03
6,28	(3,8)	Eduardo	Ribeiro		14-09-93	GDL	2	Aveiro	01.05
6,27	(4,2)	Ricardo	Ferreira		17-12-93	ACRDE	3	Aveiro	01.05

#### Triplo ( até 12,70/14,00) CNJ 13,10

14,80	(pc)	José Miguel	Pereira		22-07-91	FCP	1	Pombal	23.01
14,52	(0,2)	Bruno	Costa		03-05-92	FCP	1	Maia	19.05
14,42	(pc)		Pereira				1	Braga	16.01
14,39	(pc)	Frederico	Eusébio	STP	27-10-92	JOMA	2	Pombal	23.01
14,34	(pc)		Eusébio				6	Espinho	06.02
14,28	(0,2)		Costa				1	Braga	09.05
14,10	(pc)		Pereira				6	Pombal	14.02
14,07	(0,0)	Pedro	Ferreira		12-08-93	SUOV	3	Luso	23.05
14,04	(pc)		Costa				7	Espinho	06.02

14,01	(pc)		Costa			3	Braga	16.01
13,73	(pc)	José Décio	Faria	23-07-91	AJS	4	Pombal	23.01
13,65	(pc)	Tiago	Boucela	09-12-92	GRECAS	2	Espinho	03.01
13,62	(1,4)	Tiago	Dias	14-01-94	MAC	-	Maia	02.05
13,60	(pc)	André	Costa	09-05-92	GDRCC	6	Pombal	30.01
13,60	(1,4)	Renato	Araújo	08-09-93	AJS	2	P. Delgada	28.05
13,58	(0,2)	Anselmo	Ramos	06-05-92	CDP	3	Maia	19.05
<b>(10)</b>								
13,53	(-0,4)	Ricardo	Mendes	30-05-94	JV	1	Leiria	16.05
13,49	(1,0)	André	Luz	21-01-93	SLB	1	Lisboa (U)	16.05
13,35	(0,4)	Miguel	Guerreiro	03-07-92	JDAL	1	Leiria	16.05
13,32	(0,0)	Tiago	Pereira	19-09-93	EBMDS	2	Lisboa (U)	16.05
13,26	(0,2)	Pedro	Pinto Machado	14-11-91	FCP	4	Maia	19.05
13,17	(0,3)	José António	Antunes	02-07-93	ARCBV	1	C.Branco	30.05
13,15	(0,9)	Mário	Florença	24-12-91	COD	1	Ribeira Grande	09.01
13,14	(0,0)	Pedro	Pereira	30-08-91	CAOV	1	A.Valdevez	30.05
13,13	(pc)	João	Moniz	17-11-94	JV	1	Pombal	05.12.2009
13,10	(0,6)	Francisco	Cordoeiro	09-05-92	ESCMOV	5	Maia	19.05
<b>(20)</b>								
13,08	(pc)	Simão	Viveiros	29-11-92	GDE	6	Pombal	23.01
13,08	(pc)	Joel	Pereira	14-02-95	GAF	1	Alpiarça	13.02
13,08	(pc)	Renato	Feliciano	22-04-93	CPA-S	3	Alpiarça	06.03
13,07	(1,5)	António	Gomes	13-04-92	CASM	7 s1	Lisboa (U)	29.05
13,01	(pc)	Samuel	Remédios	24-02-92	GAF	8	Pombal	30.01
13,00	(pc)	Rodolfo	Brites	27-03-91	GS-RC	2	Pombal	12.12.2009
13,00	(0,0)	David	Breda	04-06-91	ADREP	2	Luso	09.05
13,00	(0,5)	Ricardo	Pinto	18-04-93	GRQL	3 s2	Lisboa (U)	29.05
12,98	(0,3)	João	Frias	09-01-91	ADRAP	4	Ribeira Brava	17.01
12,97	(-2,2)	Marco	Rocha	09-06-92	GDC	2	Sobreda	10.04
<b>(30)</b>								
12,96	(pc)	Ernest	Kibungo	CGO 03-07-92	ACV	1	Pombal	12.12.2009
12,93	(1,7)	Diogo	Costa	12-01-93	ESCMOV	1	P. Varzim	23.05
12,91	(0,6)	João	Martins	25-02-92	CASM	8	Lisboa (I)	16.01
12,90	(1,9)	João	Pacheco	01-01-93	SCB	1	Guimarães	23.05
12,89	(pc)	Eduardo	Domingues	03-09-92	ACV	3	Pombal	16.01
12,89	(0,9)	Rúben	Santos	04-03-94	AAPL	5 s2	Lisboa (U)	29.05
12,86	(pc)	Eduardo	Ribeiro	14-09-93	GDL	2	Espinho	09.01
12,84	(-1,1)	Francisco	Serafim	92	ACDRA	7	Luso	23.05
12,77	(-1,4)	João Pedro	Rodrigues	17-06-93	CAR-S	2	Abrantes	18.04
12,72	(pc)	Ruben	Pereira	31-08-93	FCCL	3	Espinho	09.01
<b>(40)</b>								
12,72	(1,7)	José Luís	Viveiros	20-07-93	ADRAP	1	Machico	02.05
12,72	(1,9)	Mauro	Rodrigues	02-10-93	CRDS	1	Quarteira	23.05
12,72	(1,8)	João Paulo	Raposo	24-09-94	CEDA	4	P. Delgada	28.05
12,71	(0,0)	Ricardo	Araújo	25-10-93	ACRDE	3	Luso	09.05

#### Ao ar Livre:

13,82	(2,9)	Tiago	Dias	14-01-94	MAC	1	Maia	02.05
13,80	(0,0)	Frederico	Eusébio	27-10-92	JOMA	5	Lisboa (I)	16.01
13,65	(0,8)	José Décio	Faria	23-07-91	AJS	1	Ribeira Brava	17.01
13,48	(3,3)	Diogo	Costa	12-01-93	ESCMOV	2	Maia	02.05
13,13	(0,7)	André	Costa	09-05-92	GDRCC	-	Seixal	19.12.2009
13,10	(3,4)	Eduardo	Ribeiro	14-09-93	GDL	1	Aveiro	02.05
13,06	(-0,2)	Renato	Feliciano	22-04-93	CPA-S	1	Abrantes	18.04
13,00	(0,0)	Tiago	Boucela	09-12-92	GRECAS	1	Luso	09.05
12,98	(-1,3)	Simão	Viveiros	29-11-92	GDE	6	Luso	23.05
12,97	(1,4)	João	Moniz	17-11-94	JV	-	M.Grande	09.05
12,73	(-1,3)	Renato	Araújo	08-09-93	AJS	3	Ribeira Brava	03.01

#### Com vento favorável > a 2 m/s

13,82	(2,9)	Tiago	Dias	14-01-94	MAC	1	Maia	02.05
13,59	(3,9)	Rodolfo	Brites	27-03-91	GS-RC	4	Abrantes	29.05
13,36	(2,8)	André	Costa	09-05-92	GDRCC	2	Seixal	19.12.2009
13,32	(2,8)	Ricardo	Pinto	18-04-93	GRQL	2	Seixal	16.01
13,31	(3,3)	Edgar	Azevedo	10-03-91	Lavra	5	P.Varzim	29.05
13,10	(3,4)	Eduardo	Ribeiro	14-09-93	GDL	1	Aveiro	02.05
13,06	(2,2)	João	Moniz	17-11-94	JV	1	M.Grande	09.05
12,90	(5,1)	Elton	Ingrês	02-04-91	CAMG-I	6	Abrantes	29.05
12,70	(2,7)	Pedro	Mossamedes	03-02-91	CAS	7	Abrantes	29.05

#### Atletas Juniores até 31-12-2009

13,16	(pc)	Pedro	Gonçalves	08-12-90	ESCMOV	1-ex	Braga	20.12.2009
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Peso (6) ( até 11,00/15,60) CNJ 12,60								
18,15		Francisco	Belo	27-03-91	JV	1	Leiria	15.05
18,00			Belo			1-ex	Lisboa (AL)	17.04

17,18			Belo			1	C.Branco	02.04
16,48			Belo			1	Lisboa (AL)	19.12.2009
16,22	(pc)	Adriano	Lopes	22-10-91	FCP	1	Braga	23.01
16,22	(pc)		Lopes			1	Pombal	24.01
14,81	(pc)	Tsanko	Amavdov	BUL 14-03-92	SLB	2	Pombal	24.01
14,45		Fábio	de Sousa	08-03-91	CAL/D-Esp	1	Alicante	30.01
14,34		Tiago	Pereira	15-01-91	JV	2	Leiria	15.05
14,25	(pc)	Bernardo	Santos Lopes	26-01-93	JV	3	Pombal	24.01
14,18	(pc)	Tiago	Nascimento	04-09-92	QFC	4	Pombal	24.01
13,95		Renato	Costa	24-11-91	SLB	1	Guimarães	09.01
13,29		Ernest	Kibungo	CGO 03-07-92	ACV	d	Rio Maior	24.04
13,13	(pc)	Daniel	Nobre	31-08-93	GRQL	7	Pombal	24.01
<b>(10)</b>								
13,04	(pc)	Tiago	Aperta	15-01-92	SLB	8	Pombal	24.01
12,28	(pc)	Ricardo	Carrilho	29-01-93	A20Km	9	Pombal	24.01
12,27		Hélder	Martins	30-03-92	CDCNAV	2	Guimarães	28.11.2009
12,27		Michael	Fonseca	15-01-93	JDAL	1	Leiria	15.05
12,25	(pc)	Carlos	Bornes	09-04-94	GS-RC	1	Pombal	13.12.2009
12,20		Sérgio	Paulo	14-06-92	GRQL	2	Sobreda	28.02
12,18	(pc)	Fábio	Rodrigues	25-03-92	ADREP	Hep	Espinho	26.12.2009
12,16		Gonçalo	Gonçalves	16-01-93	JDAL	2	Leiria	15.05
11,94	(pc)	João	Fernandes	03-03-91	SLB	11	Pombal	24.01
11,92		Ricardo	Freitas	14-11-93	GRECAS	1	Luso	08.05
<b>(20)</b>								
11,90		Pedro	Picado	08-09-92	JDN	d	Rio Maior	24.04
11,86		Remi	Lima	26-11-92	CAMz-VC	1	Lovelhe	20.02
11,84		Miguel	Andrade	12-08-93	CAS	1	Guarda	29.05
11,83	(pc)	Pedro	Vicente	31-08-91	GAF	1	Alpiarça	13.02
11,82		Bruno	Melo	03-09-91	CDELP	1	A.Heroísmo	13.03
11,82		Ricardo	Santos	01-05-92	CBF	d	Rio Maior	24.04
11,73		Alessandro	Gonçalves	28-02-94	GAF	3	Leiria	15.05
11,69		Humberto	Oliveira	13-09-91	GAF	4	Leiria	15.05
11,65		José Décio	Faria	23-07-91	AJS	d	Machico	24.04
11,63		António	Rodrigues	92	ACDSJ	1-ex	Funchal (RG3)	15.05
<b>(30)</b>								
11,55		André	Santos	29-10-92	CCDR	3	Guimarães	28.11.2009
11,48		André F.	Santos	04-04-91	OCL	1	Faro	20.02
11,53		Johny	Machado	03-09-91	ADA	d	Lisboa (U)	22.05
11,34		Samuel	Remédios	24-02-92	GAF	d	Lisboa (U)	22.05
11,27	(pc)	Pedro	Faria	29-01-94	CDP	16	Pombal	24.01
11,18		Nuno	Cardoso	26-10-91	JOMA	ex	Sobreda	28.02
11,14		Pedro	Capela	08-05-91	CABB	3	Sobreda	28.02
11,10		Cláudio	Freixo	04-07-91	CASM	3	Lisboa (AL)	19.12.2009
11,06		João	Leiria	27-08-92	CBF	1	Faro	27.03
11,05		Vitor	Chaves	29-05-93	GDE	2-ex	Machico	24.04

#### Ao ar Livre:

15,50		Adriano	Lopes	22-10-91	SCB	1	Braga	01.05
14,81		Tsanko	Amavdov	BUL 14-03-92	SLB	2	Lisboa (AL)	17.04
13,65		Tiago	Nascimento	04-09-92	QFC	1	Seixal	23.05
12,55		Daniel	Nobre	31-08-93	GRQL	1	Sobreda	10.04
11,64		Fábio	Rodrigues	25-03-92	ADREP	2	Lovelhe	27.03

#### Atletas Juniores até 31-12-2009

16,03		Marçal	Rodrigues	10-07-90	CSM	1-ex	Ribeira Brava	20.12.2009
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#### Peso (7,26) ( até 10,00/14,40)

15,82		Francisco	Belo	27-03-91	JV	4	Q.Anjo	14.03
15,74			Belo			1	P.Varzim	24.04
15,64	(pc)		Belo			5	Espinho	28.02
15,56	(pc)		Belo			4	Pombal	20.02
15,52	(pc)		Belo			3	Pombal	14.02
15,49	(pc)		Belo			1	Pombal	17.01
15,48			Belo			4	Q.Anjo	13.03
15,43			Belo			1	Abrantes	30.05
15,38			Belo			3	Leiria	22.05
15,28	(pc)		Belo			1	Pombal	21.02
15,25	(pc)		Belo			2	Espinho	07.02
15,15	(pc)	Adriano	Lopes	22-10-91	FCP	4	Espinho	07.02
15,02	(pc)		Lopes			5	Pombal	14.02
14,99	(pc)		Lopes			6	Espinho	28.02
14,87	(pc)		Belo			2	Pombal	31.01
14,48			Lopes			1-ex	Braga	15.05
14,31		Tsanko	Amavdov	BUL 14-03-92	SLB	4	Leiria	22.05
13,07		Tiago	Pereira	15-01-91	JV	5	Leiria	22.05
12,11	(pc)	Renato	Costa	24-11-91	SLB	ex	Espinho	10.01
11,92	(pc)	Tiago	Nascimento	04-09-92	QFC	9	Espinho	07.02
11,05	(pc)	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	09.01

11,01	(pc)	Fábio	Rodrigues	25-03-92	ADREP	5	Espinho	31.01
10,60		Tiago	Chaves	06-07-91	GDE	7 s1	Lisboa (U)	30.05
10,39		André	Santos	29-10-92	CCDR	2-ex	Braga	15.05
(10)								
10,34		Ricardo	Santos	01-05-92	CBF	3	V.R.S.Amtónio	17.01
10,30		Cláudio	Freixo	04-07-91	CASM	7	Lisboa (U)	17.01
10,29	(pc)	Francisco	Jorge	29-08-91	GCDS	2	Espinho	10.01
10,28	(pc)	Hélder	Martins	30-03-92	CDCNAV	7	Braga	17.01
10,27	(pc)	Remi	Lima	26-11-92	CAMz-VC	5	Braga	06.02
10,20	(pc)	Samuel	Remédios	24-02-92	GAF	Hep	Espinho	27.02

**Ao ar Livre:**

11,29		Tiago	Nascimento	04-09-92	QFC	1	Seixal	19.12.2009
10,64		Fábio	Rodrigues	25-03-92	ADREP	8	P. Varzim	30.05

**Disco (1,75) ( até 30,00/46,00) CNJ 35,50**

48,68		Francisco	Belo	27-03-91	JV	1	C.Branco	02.04
46,44			Belo			1	Leiria	06.03
45,26		Renato	Costa	24-11-91	SLB	1	Aveiro	12.12.2009
42,89		Adriano	Lopes	22-10-91	FCP	1	Guimarães	15.05
42,50		Rafael	Venade	12-09-92	ADCL	1	V.Castelo	26.05
37,86		Gonçalo	Gonçalves	16-01-93	JDAL	ex	Seixal	22.05
37,24		André	Santos	29-10-92	CCDR	2	Guimarães	27.12.2009
36,54		Tsanko	Amavdov	14-03-92	SLB	1	Lisboa (AL)	24.04
36,50		Hélder	Martins	30-03-92	CDCNAV	3	Lovelhe	27.03
36,40		Bruno	Melo	03-09-91	CDELP	4	Leiria	06.03
35,54		Tiago	Nascimento	04-09-92	QFC	1	Sobreda	27.02
(10)								
35,52		Tiago	Pereira	15-01-91	JV	5	Leiria	06.03
35,38		Remi	Lima	26-11-92	CAMz-VC	2	V.Castelo	26.05
33,23		Carlos	Resende	10-09-92	NAC	1	Luso	09.05
32,19		Carlos	Bornes	09-04-94	GS-RC	1	Luso	09.05
32,02		Luís	Batista	10-08-91	JV	3	Leiria	16.05
31,49		Adrien	Curto	25-03-91	GS-RC	2	Aveiro	12.12.2009
31,37		Tomás	Caldeira	11-10-92	QFC	2	Sobreda	27.02
31,23		Bruno	Morais Gomes	22-01-92	ADCL	3	V.Castelo	26.05
30,48		Pedro	Capela	08-05-91	CABB	2	Seixal	22.05
30,43		Miguel	Andrade	12-08-93	CAS	1	Guarda	30.05
(20)								
30,34		Mário	Marques	19-06-93	GJPB	2	Luso	09.05
30,17		Ricardo	Santos	01-05-92	CBF	d	Rio Maior	25.04
30,14		Samuel	Remédios	24-02-92	GAF	d	Rio Maior	25.04
30,14		João	Moreira	24-06-93	AAPL	3	Seixal	22.05

**Disco (2) ( até 28,00/43,00)**

48,14		Francisco	Belo	27-03-91	JV	1	Abrantes	29.05
46,53			Belo			8	Q.Anjo	13.03
41,13		Adriano	Lopes	22-10-91	SCB	1-ex	Braga	16.05
37,87		Renato	Costa	24-11-91	SLB	4 s1	Lisboa (U)	29.05
36,42		Ricardo	Freitas	14-11-93	GRECAS	3	P.Varzim	29.05
35,88		Gonçalo	Gonçalves	16-01-93	JDAL	5	Abrantes	29.05
32,62		André	Santos	29-10-92	CCDR	4-ex	Guimarães	23.05
32,58		Remi	Lima	26-11-92	CAMz-VC	6	P.Varzim	29.05
30,15		João	Moreira	24-06-93	AAPL	5 s2	Lisboa (U)	29.05
28,35		Daniel	Jerónimo	29-06-93	ACDRA	7	Abrantes	29.05
28,21		Rui	Lopes	30-09-92	NSF	7 s2	Lisboa (U)	29.05

**Martelo (6) ( até 30,00/56,00) CNJ 41,00**

57,58		Pedro	Capela	08-05-91	CABB	1	Seixal	22.05
54,36		Luís	Batista	10-08-91	JV	1	Aveiro	20.12.2009
52,92		Tiago	Chaves	06-07-91	GDE	1-ex	Funchal (RG3)	13.03
52,91		Bruno	Morais Gomes	22-01-92	ADCL	1	Leiria	06.03
50,59		Daniel	Costa	16-08-92	AACC	2	Seixal	22.05
45,80		Rui	Simões	27-12-91	QFC	3	Sobreda	09.05
45,76		Daniel	Nobre	31-08-93	GRQL	3	Seixal	22.05
45,58		Michael	Fonseca	15-01-93	JDAL	ex	Seixal	22.05
45,49		Rafael	Venade	12-09-92	ADCL	3	Porto (I)	01.05
44,47		Ricardo	Venade	17-08-92	ADCL	3	Lovelhe	06.02
(10)								
43,73		Tiago	Pereira	15-01-91	JV	6	Leiria	06.03
43,66		André	Oliveira	18-07-91	ESCMOV	1	Porto (I)	10.04
41,60		José Rogério	Jesus	22-10-91	GDE	1-ex	Funchal (RG3)	08.05
41,27		Alexandre	Ferreira	26-05-93	QFC	5	Sobreda	09.05
39,36		Tomás	Caldeira	11-10-92	QFC	3-ex	Seixal	23.01
38,14		Simão	Borges	31-01-92	ACM-AH	1-ex	A.Heroísmo	06.02
37,21		Gonçalo	Gonçalves	16-01-93	JDAL	2	Abrantes	02.05
36,29		Adriano	Lopes	22-10-91	FCP	2	Guimarães	21.03

34,47	André	Fernandes	17-10-92	ACRVD	1-ex	Luso	03.04
34,41	Tiago	Nascimento	04-09-92	QFC	5	Sobreda	27.02
(20)							
32,30	João	Leiria	27-08-92	CBF	1	V.R.S.António	20.03
32,07	Rafael	Mota	08-06-94	SUOV	1	Luso	08.05
31,19	Marco	Guerreiro	28-11-93	NARM	1-ex	Quarteira	22.05
31,01	Rudi	Pires	15-03-92	A20Km	3	Leiria	15.05
30,88	Hélio	Valente	91	AOA	2	V.R.S.António	20.03

#### Atletas Juniores até 31-12-2009

59,35	Vitor	Tiago	16-09-90	SLB	1	Lovelhe	12.12.2009
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#### Martelo (7,26) ( até 27,00/50,00)

51,24	Pedro	Capela	08-05-91	CABB	1	Sobreda	08.05
46,77	Luis	Batista	10-08-91	JV	6	Leiria	22.05
46,71	Tiago	Chaves	06-07-91	GDE	5 s1	Lisboa (U)	30.05
39,90	Daniel	Costa	16-08-92	AACC	2	Sobreda	08.05
37,55	André	Oliveira	18-07-91	ESCMOV	5-ex	P.Varzim	29.05
36,04	José Rogério	Jesus	22-10-91	GDE	6 s1	Lisboa (U)	30.05

#### Dardo (0,8) ( até 40,00/58,00) CNJ 45,00

68,08	Tiago	Aperta	15-01-92	SLB	1	Leiria	06.03
63,18		Aperta			12	Arles	20.03
63,07		Aperta			3	Lisboa (AL)	24.04
61,92		Aperta			2-ex	Lisboa (U)	16.05
61,81		Aperta			1 s1	Lisboa (U)	29.05
54,32	João	Fernandes	03-03-91	SLB	2-ex	Lisboa (I)	10.04
53,39	Rui	Sá	07-04-91	FCP	3	Maia	19.05
48,88	André F.	Santos	04-04-91	OCL	2	Leiria	06.03
48,01	Nuno	Cardoso	26-10-91	JOMA	7 s1	Lisboa (U)	29.05
47,73	Bernardo	Santos Lopes	26-01-93	JV	4-ex	M. Grande	09.05
47,65	Mário	Florença	24-12-91	COD	3	Leiria	06.03
46,82	Johny	Machado	03-09-91	ADA	1-ex	Guimarães	17.04
45,85	Carlos	Bornes	09-04-94	GS-RC	1	Luso	08.05
45,22	Ricardo	Santos	01-05-92	CBF	d	Lisboa (U)	23.05
(10)							
44,95	Henrique	Correia	18-11-92	COD	2	Lajedo	17.02
44,74	Kevin	Pedro	18-03-93	JV	5	Luso	23.05
44,60	Sérgio	Paulo	14-06-92	GRQL	1	Seixal	23.05
44,59	Pedro	Picado	08-09-92	JDN	3-ex	Quarteira	22.05
44,37	Luis Miguel	Santos	06-07-93	OCL	1	Quarteira	22.05
44,29	Mário	Marques	19-06-93	GJPB	5	P.Varzim	29.05
44,12	José	Oliveira	19-05-92	COD	4	Lajedo	17.02
44,11	Daniel	Jerónimo	29-06-93	ACDRA	4	Abrantes	29.05
43,90	Pedro	Vicente	31-08-91	GAF	3	Abrantes	13.03
42,45	João	Gonçalves	24-05-91	AJS	d	Machico	25.04
(20)							
41,63	Fábio	Rodrigues	25-03-92	ADREP	6	P.Varzim	29.05
41,44	Francisco	Jorge	29-08-91	GCDS	4	Aveiro	12.12.2009
41,19	Fábio	Paulo	10-04-91	GRQL	2	Sobreda	28.02
41,20	António	Jesus	23-03-92	GDE	2-ex	Machico	09.05
40,93	José Miguel	Pereira	22-07-91	FCP	6	P.Varzim	24.04
40,50	Bruno	Machado	07-03-91	CAT	1-ex	A.Heroísmo	20.03
40,50	André	Oostdijk	91	EPC-A	4	P.Delgada	17.04
40,00	Carlos	Dias	23-10-92	GDPAV	1	V.Novas	14.02

#### Decatlo Junior ( até 3500) CNJ 4900

<i>100 m=Comp.=Peso(6)=Altura=400 m=110 Bar(1/0,99)=Disco(1,75)=Vara=Dardo=1500 m</i>							
5859	Samuel	Remédios	24-02-92	GAF	1	Lisboa (U)	23.05
5673	Ricardo	Santos	01-05-92	CBF	2	Lisboa (U)	23.05
5644	Bruno	Costa	03-05-92	FCP	1	Luso	25.04
5616	Jonhy	Machado	03-09-91	ADA	3	Lisboa (U)	23.05
5556	João	Gonçalves	24-05-91	AJS	1	Machico	25.04
5351	José Décio	Faria	23-07-91	AJS	2	Machico	25.04
5271	Anselmo	Ramos	06-05-92	CDP	3	Luso	25.04
5135	Emanuel	Vitório Ângelo	18-05-91	OCL	5	Lisboa (U)	23.05
4900	André Filipe	C. Silva	27-01-91	NSF	2	Lagos/Albufeira	18.04
4877	Daniel	Dias	10-11-92	ASJC	3	Rio Maior	25.04

							11,79(1,9)-5,73(1,6)-9,90-1,66-54,62-16,34(0,0)-25,07-x-32,82-4.45,33
(10)							
4720	Alexandre	Gameiro	04-05-92	CPA-S	4	Rio Maior	25.04
							12,08(1,5)-5,84(0,6)-8,31-1,66-54,40-19,49-39,31-3,20-30,59-4.44,97
4715	André F.	Santos	04-04-91	OCL	6	Lisboa (U)	23.05
							12,53(-1,1)-5,65(0,7)-10,49-1,72-59,52-19,88(-2,8)-25,52-3,40-43,55-5.18,10
4691	Roman	Leyukh	UKR 26-10-92	A20Km	5	Rio Maior	25.04
							12,14(1,5)-5,90(1,8)-10,80-1,69-59,06-18,11(1,2)-28,71-2,60-36,44-5.34,33
4603	Ernest	Kibungo	CGO 03-07-92	ACV	6	Rio Maior	25.04
							11,72(1,9)-x-13,29-1,69-56,62-16,29(0,0)-28,23-2,50-30,22-5.16,89
4426	Hélio	Vaz	01-05-91	NDCG	1	Guarda	18.04
							11,95(-1,7)-5,95(-1,9)-9,67-1,66-60,91-15,07(-0,4)-24,33-x-34,02-5.56,97
4405	Miguel	Guerreiro	03-07-92	JDAL	7	Rio Maior	25.04
							11,85(1,5)-5,74(1,6)-9,33-1,51-57,23-19,33(1,2)-24,10-2,40-30,58-5.00,16
4399	Fábio	Oliveira	09-01-92	CPA-S	8	Rio Maior	25.04
							11,878(1,9)-5,68(1,2)-8,58-1,45-53,98-18,67(0,0)-25,14-x-35,04-4.51,88
4166	João	Bento	10-12-92	ACRDE	4	Luso	25.04
							12,51(-0,2)-5,43(0,1)-8,55-1,79-59,80-17,66(0,2)-20,02-2,00-36,97-5.42,48
4148	David Duarte	Henriques	28-05-92	CNRM	9	Rio Maior	25.04
							12,11(1,7)-5,36(2,0)-10,10-1,63-59,21-20,55(1,2)-20,68-2,30-31,29-5.03,80
3559	Nilson	Tavares	CPV 01-01-92	CDQ	3	Lagos/Albufeira	18.04
							13,05(-3,6)-4,75(-3,3)-7,10-1,35-55,90-21,42(2,3)-20,41-x-38,48-5.46,40
(20)							
3534	Nuno	Barros	91	A20Km	10	Rio Maior	25.04
							12,04(1,5)-5,40(0,3)-7,25-x-55,19-20,81(1,2)-27,21-2,60-x-5.00,82

### Decatlo Senior ( até 3500)

100 m=Comp.=Peso(7,2)=Altura=400 m=110 Bar(1,06)=Disco(2)=Vara=Dardo=1500 m

<b>5 Km-Marcha ( até 30.00)</b>							
22.48	Bruno	Gomes Pedro	12-10-93	GACV	1	Montemor-o-Velho	09.01
23.25	Diogo Duarte	Henriques	28-05-92	CNRM	1	F.Zézerre	28.03
23.36	Samuel	Pereira	25-11-93	UAG	2	F.Zézerre	28.03
24.42	Ricardo	Vieira Fernandes	10-07-92	JV	3	R.Maior	10.04
25.01	Pedro Miguel	Santos	15-11-92	CPC	5	R.Maior	10.04
25.15	David	Mendes	30-07-91	SLB	ex	Lisboa (U)	09.01
25.58	Miguel	Carvalho	02-09-94	CNRM	2	Montemor-o-Velho	09.01
25.28	Fábio	Conceição	05-07-93	AOA	1	Pechão	13.02
25.37	Eduardo	Cardoso	09-03-92	CCDR	7	R.Maior	10.04
27.37	Daniel	Sousa	24-01-94	CAFZ	3	Montemor-o-Velho	09.01
(10)							
28.19	David	Simões	22-03-93	GACV	4	Montemor-o-Velho	09.01
28.20	Carlos	Lopes	STP 29-02-94	SLB	1	Lisboa	13.12.2009
29.07	Paulo	Cruz	09-11-94	ACRV	1	V.N.Gaia	24.01
29.53	Marco	Silva	17-05-93	ADRAB	5	Montemor-o-Velho	09.01

<b>10 Km-Marcha ( até 1:05.0)</b>							
46.27	Samuel	Pereira	25-11-93	UAG	1	Montemor-o-Velho	09.01
46.49		Pereira			1	R.Maior	10.04
47.04		Pereira			1	Olhão	21.02
47.05	Bruno	Gomes Pedro	12-10-93	GACV	2	R.Maior	10.04
48.14	Diogo Duarte	Henriques	28-05-92	CNRM	3	R.Maior	10.04
49.23	Flávio	Silva	24-06-92	FCP	4	R.Maior	10.04
51.44	Diogo	Barreiros	05-11-92	CUAB	3	Montemor-o-Velho	09.01
51.45	Pedro Miguel	Santos	15-11-92	CPC	4	Montemor-o-Velho	09.01
52.33	Fábio	Conceição	05-07-93	AOA	3	Olhão	21.02
53.32	Miguel	Carvalho	02-09-94	CNRM	4	Olhão	21.02
56.20	Samuel	Leal	12-09-92	NAC	1	V.N.Gaia	24.01
1:02,18	Carlos	Lopes	STP 29-02-94	SLB	5	Olhão	21.02
(10)							
1:02,42	Marco	Silva	17-05-93	ADRAB	6	Olhão	21.02

<b>20 Km-Marcha</b>							
1:41.09	Diogo Duarte	Henriques	28-05-92	CNRM	1	Olhão	21.02
1:45.13	Flávio	Silva	24-06-92	FCP	2	Olhão	21.02
1:48.01	Pedro Miguel	Santos	15-11-92	CPC	3	Olhão	21.02
2:00,13	Eduardo	Cardoso	09-03-92	CCDR	4	Olhão	21.02
2:11.01	Samuel	Leal	12-09-92	NAC	5	Olhão	21.02

<b>5.000 Metros-Marcha ( até 28.00,00/23.00,00) CNJ 25.30,00</b>								
22.37,34	(pc)	Bruno	Gomes Pedro	12-10-93	GACV	1	Pombal	23.01
22.47,25	(pc)	Diogo Duarte	Henriques	28-05-92	CNRM	2	Pombal	23.01
22.51,24	(pc)		Henriques			2	Pombal	16.01

22.52,58		Samuel	Pereira	25-11-93	UAG	1	Seia	08.05
22.52,91	(pc)		Pereira			ex	Pombal	16.01
23.42,34	(pc)	Diogo	Barreiros	05-11-92	CUAB	4	Pombal	23.01
24.11,57	(pc)	Eduardo	Cardoso	09-03-92	CCDR	6	Pombal	13.02
24.27,48	(pc)	Ricardo	Fernandes	10-07-92	JV	7	Espinho	06.02
24.55,2		Pedro Miguel	Santos	15-11-92	CPC	2	Seixal	16.01
24.57,25	(pc)	Miguel	Carvalho	02-09-94	CNRM	6	Pombal	23.01
25.32,54		David	Mendes	30-07-91	SLB	1	Lisboa (AL)	19.12.2009
25.37,6		João	Martins	01-01-95	CAFZ	2	Rio Maior	08.05
<b>(10)</b>								
25.53,32		Edujosé	Lima	ANG 02-03-96	CAG	1	Lisboa (U)	15.05
25.58,69		André	Salgueiro	17-05-95	GDP-L	3	Rio Maior	01.05
26.18,45		Marco	Amaral	16-07-93	NSSMSM	4	Rio Maior	01.05
26.22,8		Miguel	Rodrigues	01-11-96	CNRM	3	Rio Maior	08.05
26.24,23		Carlos	Lopes	STP 29-02-94	SLB	2	Lisboa (U)	15.05
26.31,01		Fábio	Conceição	05-07-93	CBF	3	V.R.S.Amtónio	17.01
27.17,85		Marco	Silva	17-05-93	ADRAB	6	Rio Maior	01.05
27.28,56		Cláudio	Cotrim	26-04-96	ADRAB	7	Rio Maior	01.05
27.31,11	(pc)	Samuel	Leal	12-09-92	NAC	2	Espinho	09.01
27.41,54		Luís	Carneiro	30-08-94	EBPGS	1	Braga	08.05

**Ao ar Livre:**

23.12,72		Bruno	Gomes Pedro	12-10-93	GACV	1	Rio Maior	01.05
24.12,08		Eduardo	Cardoso	09-03-92	CCDR	2	P.Varzim	29.05
25.23,21		Ricardo	Fernandes	10-07-92	JV	6	Abrantes	29.05

**10.000 Metros-Marcha ( até 1:02.00,00) CNJ 57.00,00**

47.50,36		Bruno	Gomes Pedro	12-10-93	GACV	1	Leiria	15.05
48.36,04		Samuel	Pereira	25-11-93	UAG	1	Guarda	29.05
48.36,43		Diogo Duarte	Henriques	28-05-92	CNRM	1	Leiria	15.05
48.58,38			Henriques			1	Rio Maior	01.05
49.52,46		Eduardo	Cardoso	09-03-92	CCDR	2	Rio Maior	01.05
50.15,30		Pedro Miguel	Santos	15-11-92	CPC	3	Rio Maior	01.05
50.41,26		Ricardo	Fernandes	10-07-92	JV	2	Leiria	15.05
55.24,81		Diogo	Barreiros	05-11-92	CUAB	5	Rio Maior	01.05
55.29,50		Ruben	Violante	24-09-92	UDZA	6	Rio Maior	01.05
57.41,72		Samuel	Leal	12-09-92	NAC	3	Luso	03.04
1:01.56,25		Ruben	Castelo	26-07-93	A20Km	4	Leiria	15.05

**4x100 metros ( até 46,24)**

44,09				GRQL		4 s1	Lisboa (U)	29.05
		Yannick Medina(91); Sérgio Paulo(92); Ricardo Pinto(93); Gonçalo Encarnação(94)						
44,50				GDE		6 s1	Lisboa (U)	29.05
		Simão Viveiros(92); António Jesus(92); Fernando Almeida(92); Sérgio Mendes(93)						
44,77				Sel. Açores de Juv.		4	P.Delgada	27.05
		Décio Ferreira(93); Nelson Rosa(93); João Paulo Raposo(94); Pedro Cabral(93)						
44,92				CASM		7 s1	Lisboa (U)	29.05
		Francisco Casegas(92); João Martins(92); Tiago Carvalho(92); Ricardo Moreira(93)						
45,07				ADREP		1 s1	P.Varzim	29.05
		André Simões(93); Miguel Costa(94); Ariel Pereira(92); João Portela(92)						
45,0				CAT		1	A.Heroísmo	16.05
		Décio Ferreira(93); Nelson Rosa(93); Samuel Lemos(94); Pedro Cabral(93)						
45,42				DE-Sel. Centro		1 s2	Luso	22.05
		André Simões; Miguel Costa; Kevin Santos; Miguel Cabral						
45,62				JV		1	Leiria	15.05
		Valter Cruz(92); Telmo Filipe; João Marques(92); Pedro Lopes(92)						
45,64				Sel. Madeira de Juv.		5	P.Delgada	27.05
		Belarmino Silva(94); Paulo Ornelas(93); Renato Araújo(93); Jorge Abreu(93)						
45,96				AAPL		4 s2	Lisboa (U)	29.05
		Tiago Silva(94); Tiago F. Silva(94); Miguel Campino(93); Miguel Semião(93)						
<b>(10)</b>								
46,10				CPA-S		4	Leiria	22.05
		Alexandre Gameiro(92); Fábio Oliveira(92); Pedro Ferreira(92); Bruno Estevão(93)						
46,18				DE-EB23ARE		1	P.Varzim	15.05
		André Silva(93); Diogo Costa(93); Alexandre Granhão(93); Carlos Nascimento(93)						
46,18				DE-Sel. Lisboa e Vale do Tejo		2 s2	Luso	22.05
		Daviney Ponces*; Paulo Pinheiro; Pedro Assis; Francisco Villar						
46,23				DE-EBMDS		1	Abrantes	24.04
		Ruben Parreira(95); Miguel Barrigana(96); Davidson Borges(95); Erick Oliveira(95)						

**4x400 metros ( até 3.50,00)**

3.30,65	(pc)			ADREP		3 s2	Espinho	28.02
		João Nogueira(92); John Martins(92); Pedro Vieira(92); Jorge Batista(91)						
3.33,39				JV		1	Leiria	16.05
		Pedro Lopes(92); Ricardo A. Fernandes(92); Crisovão Capitão(93); João Leal(91)						
3.35,41				Sel. Açores de Juv.		3	P.Delgada	29.05
		Marco Amaral(93); Nelson Rosa(93); João Paulo Raposo(94); Pedro Cabral(93)						

3.35,82		AJS	3 s2	Ribeira Brava	17.01
3.36,09		Roberto Farioa(91); Dinarte Gomes(91); Davide Teixeira (92); João Gonçalves(91)	NSF	Lisboa (U)	30.05
3.38,87	(pc)	Pedro Catulo(93); André Silva(91); Filipe Correia(93); Bruno Marques(92)	NAC	Espinho	10.01
3.42,07		Ivo Pais(93); Tiago Silva(94); Daniel Santos(93); Miguel A. Silva(94)	Sel. Madeira de Juv.	P.Delgada	29.05
3.44,57	(pc)	Jorge Abreu(93); Paulo Ornelas(93);Marco Castro(93); Belarmino Silva(94)	ACV	Espinho	28.02
3.46,06		João Ritto(92); Eduardo Domingos(92); Joel Gomes(94); Kevin Santos(93)	CASM	Lisboa (U)	17.01
3.46,45		Tiago carvalho(92); Pedro Abreu(92); Ricardo Moreira(93); António Gomes(92)	A20Km	Leiria	16.05
(10)		Nuno Barros(92); André Costa(92); Roman Leyukh*(92); Ricardo Carrilho(93)			
3.47,63		Ruben Palma(93); Filipe Graça(93); João Gonçalves(93); Natanael Mendonça(94)	AACC	Seixal	23.05
3.49,15		David Uphill Mateus(91); Rafael Menau(93); Francisco Sousa(93); Mauro Rodrigues(93)	CRDS	Faro	26.05
3.49,20		Daniel Bastos(94); António Almeida(92); Pedro Beira(91); João Oliveira(94)	CNRM	Leiria	16.05
<b>Ao ar Livre:</b>					
3.33,59		Ariel Pereira(92); André Simões(93);John Martins(92); João Nogueira(92)	ADREP	P.Varzim	30.05