



# AS MELHORES DO ANO EM PISTA COBERTA

## 60 METROS

7.48	Lucrécia Jardim	71	SLB	Braga	17-2
7.48	Jardim			Glasgow	3-3
7.58	Jardim			Braga	17-2
7.59	Jardim			Braga	17-2
7.68	Carmo Prazeres	67	OS	Braga	17-2
7.69	Prazeres			Braga	17-2
7.75	Cristina Regalo	69	FCP	Braga	17-2
7.78	Prazeres			Braga	17-2
7.77	Regalo			Braga	17-2
7.82	Sandra Barreiro	71	SCP	Braga	17-2
	(4/10)				
7.84	Sandra Veiga	70	IND	Braga	17-2
7.90	Isabel Velloso	66	CSM	Braga	17-2
7.93	Cláudia Gomes	66	AAC	Braga	17-2
7.94	Eduarda Coelho	66	CIPA	Aveiro	20-1
8.00	Ana Oliveira	63	IND	Aveiro	20-1

## 200 METROS

24.40	Lucrécia Jardim	71	SLB	Braga	18-2	
24.73	Jardim			Braga	18-2	
24.85	Carmo Prazeres	67	OS	Braga	18-2	
25.12	Cristina Regalo	69	FCP	Braga	18-2	
25.27	Prazeres			Braga	18-2	
25.33	Regalo			Braga	11-2	
25.33	Regalo			Braga	18-2	
25.43	Eduarda Coelho	66	CIPA	Braga	11-2	
25.43	Graziela Guerreiro	64	SLB	Braga	18-2	
25.58	Albina Gavina	6/10	73	BFC	Braga	11-2
	(8/10)					
25.5m	Elsa Amaral	66	FCP	Braga	30-12	
26.61	Sandra Castilho	75	GDAS	Braga	18-2	
26.9m	Isabel Rodrigues	73	CIPA	Braga	17-12	

## 400 METROS

54.87	Elsa Amaral	66	FCP	Braga	17-2
54.99	Amaral			Braga	10-2
55.95	Eduarda Coelho	68	CIPA	Braga	17-2
56.0m	Amaral			Braga	30-12
56.42	Coelho			Braga	10-2
56.45	M. J. Valamatos	74	SLB	Braga	17-2
56.8m	Coelho			Braga	13-1
57.1m	Valamatos			Braga	13-1
57.19	Amaral			Braga	17-2
57.52	Coelho			Braga	17-2
	(3-10)				
59.54	Albina Gavina	73	BFC	Braga	17-2
60.13	Madsena Fernandes	63	COLI	Braga	17-2
60.45	Cláudia Sá	73	VEC	Braga	17-2
60.6m	Verónica Costa	67	SCB	Braga	27-1
60.9m	Margarida Silva	73	SCB	Braga	30-12
61.18	Amélia Freitas	71	IND	Braga	10-2
62.06	Sandra Lage	72	CAP	Braga	10-2

## 800 METROS

2.08.71	Elsa Amaral	66	FCP	Braga	11-2
2.08.5m	Amaral			Braga	13-1
2.08.56	Marina Bastos	71	CBP	Braga	11-2
2.09.98	Amaral			Braga	18-2
2.10.95	Verónica Costa	67	SCB	Braga	18-2
2.11.68	Amaral			Glasgow	3-3
2.11.68	Eduarda Coelho	66	CIPA	Braga	18-2
2.11.7m	Amaral			Braga	6-1
2.12.0m	Costa			Braga	13-1
	(5-10)				

2.12.15	Dores Leal	69	FCP	Braga	18-2
2.13.6m	M. João Valamatos	71	SLB	Braga	6-1
2.15.22	Ana P. Mota	61	CAP	Braga	18-2
2.16.24	Manuela Oliveira	70	SCB	Braga	17-12
2.16.4m	Margarida Silva	73	SCB	Braga	10-12
2.24.5m	Cláudia Pereira	76	SCB	Braga	10-12

## 1500 METROS

4.25.08	Marina Bastos	71	CBP	Braga	17-2
4.34.22	Dores Leal	69	FCP	Braga	10-2
4.36.91	Leal			Braga	17-2
4.37.40	Ana P. Mota	61	CAP	Braga	17-2
4.38.1m	Leal			Braga	13-1
4.39.4m	Manuela Oliveira	70	SCB	Braga	9-12
4.39.4m	Oliveira			Braga	13-1
	(4/7)				
4.40.84	Fátima Santos	67	COLI	Braga	17-2
4.46.71	Santos		VSC	Braga	10-2
4.47.49	Lucinda Moreiras	68	GCB	Braga	17-2
4.52.9m	Rosa Costa	74	SCB	Braga	9-12
4.54.3m	Leocádia Novais	74	SCB	Braga	9-12
4.55.5	Cristina Ribeiro	75	CAFm	Braga	9-12

## 3000 METROS

9.38.74	Helena Lobo	68	SCB	Braga	18-2
9.40.76	Helena Silva	66	CBP	Braga	18-2
9.48.6	Silva			Braga	11-2
	(2/3)				
10.02.62	Fátima Novais	67	SCB	Braga	18-2
10.08.67	Fátima Silva	70	VSC	Braga	18-2
10.16.5m	Lucinda Moreiras	68	GCB	Braga	18-2
10.35.0m	Anabela Silva	74	VSC-G	Braga	11-2
10.52.8m	Celestina Silva	72	BFC	Braga	11-2
10.55.0m	Rosário Lopes	73	FCA	Braga	11-2

## 60 M BARREIRAS

8.58	Emília Tavares	64	IND	Braga	18-2
8.61	Tavares			S. Sebast.	20-2
8.64	Tavares			Braga	18-2
8.82	Tavares			Braga	18-2
8.85	Tavares			Braga	18-2
8.87	Ana Oliveira	63	IND	S. Sebast.	20-2
8.89	Oliveira			Aveiro	24-2
8.75	Oliveira			Braga	18-2
8.79	Oliveira			Glasgow	4-3
8.80	Oliveira			Braga	18-2
	(3/10)				
9.16	Isabel Pires	64	GRF	Braga	18-2
9.23	M. João Valamatos	71	SLB	Braga	18-2
9.23	Sónia Fernandes	71	SLB	Braga	18-2
9.30	Nora Araújo	59	IND	Aveiro	21-1
9.1m	M. João Valamatos	71	SLB	Braga	13-1
9.2m	Graça Borges	59	SLB	Braga	30-2
9.82	Isabel Almeida	72	DA	Aveiro	20-1

## ALTURA

1.73	Graça Borges	59	SLB	Braga	30-12
1.71	Borges			Braga	18-2
1.70	Borges			Braga	28-2
1.69	Isabel Branco	71	SLB	Braga	18-2
1.68	Branco			Aveiro	24-2
1.67	Borges			Braga	11-2

1.65	M. José Travessa	73	VEC	Braga	18-12
1.63	Borges			Braga	6-1
1.63	Travessa			Braga	18/2
	(3/10)				
1.61	Nora Araújo	59	IND	Aveiro	27/1
1.61	Ana Oliveira	63	IND	Aveiro	27-1
1.60	Karina Carvalho	75	UDI	Aveiro	24-2
1.57	Ana Cruz	75	JAA	Braga	18-12
1.57	Ana Pereira	73	SCP	Braga	18-12
1.57	Ana Mota	67	GDL	Braga	13-1
1.54	Sandra Neto	73	CBP	Braga	13-1

## COMPRIMENTO

6.33	Ana Oliveira	63	IND	Glasgow	3-3
6.31	Oliveira			Aveiro	24-2
6.28	Oliveira			Braga	17-2
6.23	Oliveira			S. Sebast.	20-2
6.16	Oliveira			Aveiro	27-1
6.02	Emília Tavares	64	IND	S. Sebast.	20-2
6.01	Tavares			Braga	17-2
5.72	Nora Araújo	59	IND	Aveiro	24-2
5.68	Cristina Morujão	73	CDE	Aveiro	24-2
	(4/10)				
5.56	Sandra Barreiro	71	SCP	Braga	17-2
5.38	M. José Travessa	73	VFC	Aveiro	27-1
5.38	Isabel Pires	64	GRF	Braga	17-2
5.37	Graça António	66	SLB	Aveiro	24-2
5.36	Isabel Pereira	73	SLB	Braga	17-2
5.32	Sandra Soares	74	NACA	Aveiro	13-2
5.32	Sandra Veiga	70	IND	Braga	17-2

## TRIPLO

13.44	Ana Oliveira	63	IND	Glasgow	4-3
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## PESO

16.41	Teresa Machado	69	SCP	Aveiro	24-2
16.09	Machado			Braga	10-2
15.97	Machado			Braga	17-2
15.82	Machado			Braga	13-1
15.28	Machado			Glasgow	3-3
	(4/10)				
12.08	Nora Araújo	59	IND	Aveiro	27-1
11.99	Sónia Grácio	74	SCFG	Braga	17-2
11.65	Helena Fernandes	73	CIPA	Braga	17-2
11.47	Luciana Silva	69	CAJO	Aveiro	24-2
11.25	Sofia Cardoso	73	UFCA	Aveiro	24-2
11.09	Cláudia Aleixo	67	IND	Braga	17-2
10.92	Paula Gonçalves	82	CSM	Braga	17-2
10.74	Daniela Carvalho	74	CIPA	Braga	10-2
10.35	Graça Borges	59	SLB	Braga	10-2

## 3000 M MARCHA

14.28.96	Isilda Gonçalves	69	UNMT	Braga	17-2
15.21.4m	Rosa Bastos	75	GDL	Braga	17-2
15.32.2m	Lídia Santos	67	BFC	Braga	17-2
15.49.0m	Rita Silva	73	ARCO	Braga	17-2
15.57.2m	Margarida Correia	76	CAG	Braga	17-2
16.11.5m	Sandra Silva	73	GDL	Braga	17-2
16.27.4m	Marina Costa	74	SCB	Braga	17-2
16.47.3m	Carla Leite	75	ACA	Braga	17-2
16.52.1m	Carla Gonçalves	74	CFOM	Braga	10-2
18.14.9m	Gracinda Pinto	69	CFOM	Braga	10-2