



MELHORES DO ANO

Table of 100m race results. Top performer: Ricardo Alves (81 TSU) with a time of 10.39. Other notable times include 10.40 by Vítor Jorge and 10.44 by Carlos Galado.

Table of 100m race results. Top performer: Pedro Silva (82 GDAS) with a time of 10.60. Other notable times include 10.65 by Ricardo Pacheco and 10.70 by Mário Barbossa.

Table of foreign athletes (Atletas estrangeiros) for the 100m race. Top performer: Francis Obikwelu (Nig) with a time of 9.97.



MELHORES DO ANO

Table of 200m race results. Top performer: Vítor Jorge (74 SCP) with a time of 20.78. Other notable times include 20.95 by Vítor Jorge and 21.00 by Ricardo Alves.

Table of 200m race results. Top performer: Rui Tavares (81 NAC) with a time of 21.79. Other notable times include 21.80 by Luís Freitas and 21.89pc by Luís Cunha.

Table of foreign athletes (Atletas estrangeiros) for the 200m race. Top performer: Francis Obikwelu (Nig) with a time of 20.01.



MELHORES DO ANO

Table of 400m race results. Top performer: Vítor Jorge (74 SCP) with a time of 46.61. Other notable times include 46.78 by Vítor Jorge and 47.37 by Pedro Rodrigues.

Table of 400m race results. Top performer: Rui Costa (75 SCP) with a time of 48.35. Other notable times include 48.36pc by Edivaldo Monteiro and 48.45 by Pedro Tubal.

Table of foreign athletes (Atletas estrangeiros) for the 400m race. Top performer: Sylvester Omodele (Nig) with a time of 46.08.



MELHORES DO ANO

Table of 800m race results. Top performer: Rui Silva (77 SCP) with a time of 1:45.29. Other notable times include 1:47.01 by Rui Silva and 1:47.05 by Rui Silva.

Table of 800m race results. Top performer: Bruno Silva (81 SCP) with a time of 1:50.13. Other notable times include 1:50.34 by Luís Feiteira and 1:50.58 by Luís Fonseca.

Table of foreign athletes (Atletas estrangeiros) for the 800m race. Top performer: Amikar Leal (Moc) with a time of 1:50.77.

Handwritten notes: 1.51.57 Renato Silva 81 GREE, 1.51.83 pc. Mário Silva 61 NAC



MELHORES DO ANO

Table of top athletes for 1500m, including Rui Silva (77 SCP), Manuel Damião (78 MCP), Luis Feiteira (73 SCP), António Travassos (71 SLB), Alberto Bispo (75 SCP), and others.

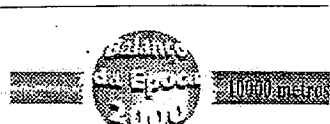
Atleta estrangeiro: 3.54,37 Leão Carvalho (CV) 80 1ºDEZ



MELHORES DO ANO

Table of top athletes for 5000m, including Helder Ornelas (74 SCP), José Ramos (68 GDRC), José Ramos (68 GDRC), and others.

Atleta estrangeiro: 14.12,79 Riad Mohamed (Mar) 71 SLB



MELHORES DO ANO

Table of top athletes for 10000m, including José Ramos (68 GDRC), José Ramos (68 GDRC), and others.

Atleta estrangeiro: 8.10,74pcRiad Mohamed (Mar) 71 SLB



MELHORES DO ANO

Table of top athletes for 4000m, including Manuel Silva (78 SCP), João Junqueira (65 MCP), and others.

Atleta estrangeiro: 9.18,60 Riad Mohamed (Mar) 71 SLB



110 marcos



110 marcos



110 marcos



110 marcos

MELHORES DO ANO

Table with 5 columns: Rank, Name, City, Score, and Club. Top entries include Rui Palma (78 SCP) and Edivaldo Monteiro (76 SCP).

Table with 5 columns: Rank, Name, City, Score, and Club. Continuation of the list, including João Lima (61 SCP) and Bruno Costa (80 CAS).

Atleta estrangeiro: 15,65 Arlindo Pinheiro (ST) 72 CABB

MELHORES DO ANO

Table with 5 columns: Rank, Name, City, Score, and Club. Top entries include Pedro Rodrigues (71 IND) and Edivaldo Monteiro (76 SCP).

Table with 5 columns: Rank, Name, City, Score, and Club. Continuation of the list, including Sérgio Duro (80 VFC) and Nuno Marques (83 GACV).

Atletas estrangeiros: 49,44 Sylvester Omodiale (Nig) 77 SCP; 52,93 William Laque (Gui) 77 GDN; 55,01 Arlindo Pinheiro (ST) 72 CABB

MELHORES DO ANO

Table with 5 columns: Rank, Name, City, Score, and Club. Top entries include Jonas Mattes (76 SCP) and Rafael Gonçalves (77 CAO).

Table with 5 columns: Rank, Name, City, Score, and Club. Continuation of the list, including Carlos Pires (82 GREC) and Miguel Raposo (74 CNRM).

Atleta estrangeiro: 1,98 Nelson Evora CM) 84 SLB

MELHORES DO ANO

Table with 5 columns: Rank, Name, City, Score, and Club. Top entries include João André (76 SCP) and Nuno Fernandes (69 FCP).

Table with 5 columns: Rank, Name, City, Score, and Club. Continuation of the list, including Ricardo Ventura (81 JOMA) and Miguel Carvalho (69 NAC).

(em itálico: provas de exibição, não oficiais, em parêntesis)



Comprimido

MELHORES DO ANO

Table of athletes and their scores for the 'Comprimido' category. Includes names like Carlos Calado, Paulo Castelbranco, and Rui Carrudo with their respective scores and team abbreviations.

Atleta estrangeiro: 6,94 Nelson Evora (CM) 84 SLB



Tapalimão

MELHORES DO ANO

Table of athletes and their scores for the 'Tapalimão' category. Includes names like Carlos Calado, Eduardo Martingo, and Rui Carrudo with their respective scores and team abbreviations.

Atletas estrangeiros: 14,93pc Nelson Evora (CM) 84 SLB, 13,89 Jan Mattes (Ale) 76 COD



Peso

MELHORES DO ANO

Table of athletes and their scores for the 'Peso' category. Includes names like Fernando Alves, Marco Fortes, and L. Herédio Costa with their respective scores and team abbreviations.

Atleta estrangeiro: 51,00 Vladimir Zinchenko (Ucr) 59 SCP



Discos

MELHORES DO ANO

Table of athletes and their scores for the 'Discos' category. Includes names like Paulo Bernardo, António Peixoto, and Hugo Silva with their respective scores and team abbreviations.

Atleta estrangeiro: 51,00 Vladimir Zinchenko (Ucr) 59 SCP



Martão

MELHORES DO ANO

Table of top athletes for the year, including names like Vitor Costa, António Peixoto, Sérgio Coelho, Mário Rocha, and André Vital Silva, with their respective scores and categories.

Continuation of the top athletes list, including names like Nuno Coelho, Fernando Alves, Dário Manso, Vitor Rodrigues, and Luís Jesus, with their scores and categories.



Dardo

MELHORES DO ANO

Table of top athletes for the year, including names like Filipe Ventura, João Reis, André Medeiros, and Carlos Cunha, with their scores and categories.

Continuation of the top athletes list, including names like Manuel Oliveira, Ricardo Conde, Vitor D. Freitas, Carlos Dinis, and L. Herédia Costa, with their scores and categories.



Marcha

20 KM MARCHA

Table of 20 KM Marcha results, listing names like João Vieira, Jorge Costa, José Urbano, Sérgio Vieira, Virgílio Soares, Augusto Cardoso, Pedro Martins, Acácio Diogo, Luís Silva, and Dionísio Ventura, with their scores and categories.

50 KM MARCHA

Table of 50 KM Marcha results, listing names like Pedro Martins, Virgílio Soares, José Magalhães, Jorge Costa, José Urbano, Luís Gil, and António Pereira, with their scores and categories.



Decatlo

MELHORES DO ANO

Table of top athletes for the year in Decathlon, including names like Mário Aníbal, Carlos Dinis, Alberto Fraga, Carlos Sá 81, Sérgio Vicente, and Luís Silva 80, with their scores and categories.

Continuation of the top athletes list, including names like José Pinto, Mário Contreiras, António Pereira, Celso Martinho, Nuno Raimundo, Luís Gil, Luís Fraga, Mário Madeira, Bruno Marques, Eduardo Mota, Claudio Estrela, Gonçalo Fonseca, Rogério Filipe, Daniel Neves, Pedro Veríssimo, João Dias, Cláudio Gonçalves, Aurélio Costa, and Angelo Meneses, with their scores and categories.



4x100 METROS

Table of 4x100m relay results with columns for time, club, and athlete names.

4x400 METROS

Table of 4x400m relay results with columns for time, club, and athlete names.

MARCAS MANUAIS E COM VENTO ANTI-REGULAMENTAR

100 metros

Table of 100m manual and anti-regulation records.

200 metros

Table of 200m manual and anti-regulation records.

Table of 100m records with columns for time, name, and club.

400 metros

Table of 400m manual records.

110 m barreiras

Table of 110m hurdle manual records.



3000m -> a seguir as 10000m

100 jardas

Table of 100 yard results.

300 jardas

Table of 300 yard results.

500 metros

Table of 500m results.

1000 metros

Table of 1000m results.

MILHA

Table of mile results.

2000 metros

Table of 2000m results.

200 m barreiras

Table of 200m hurdle results.

Atleta estrangeiro:

Table of foreign athlete results.

5000 m marcha

Table of 5000m march results.

* não pode ser homologado como recorde da Portugal por escassez de juizes credenciados

10000 m marcha

Table of 10000m march results.

Em estrada:

Table of road race results.

30 Km marcha

Table of 30km march results.

3000m -> juiz a ras 10000m

Table of 100m records with columns for time, name, and club.

400 m barreiras

Table of 400m hurdle results.

Comprimento

Table of length records.

300 metros

Table of 300m manual records.



MELHORES DO ANO

Table of top 100 meters results, including names like Severina Cravid, Patricia Lopes, and Patricia Rebelo.

Table of top 100 meters results, including names like Sandra Almeida, Patricia Lopes, and Natália Moura.

Table of top 100 meters results, including names like Eusébia Injaio, Cátia Ferreira, and Carla Tavares.

Table of top 100 meters results, including names like Susana Estriga, Maria Sousa, and Cátia Santos.

Table of top 100 meters results, including names like Sofia Chagas, Artimiza Sá, and Patrícia Vieira.

Table of top 100 meters results, including names like Vânia Monteiro, Marlene Ferreira, and Rafaela Almeida.

Table of top 100 meters results, including names like Carine Silva, Catarina Ramos, and Mercy Nku.

Table of top 100 meters results, including names like Tatyana Oray, Sandra Almeida, and Joana Arduíno.

MELHORES DO ANO

Table of top 100 meters results, including names like Severina Cravid, Carmo Tavares, and Patricia Lopes.

Table of top 100 meters results, including names like Joana Arduíno, Sandra Almeida, and Liliana Correia.

Table of top 100 meters results, including names like Alexandra Pina, Ilda Bartolomeu, and Eusébia Injaio.

Table of top 100 meters results, including names like Cátia Santos, Maria Sousa, and Rute Duarte.

Table of top 100 meters results, including names like Ana Marques, Susana Silva, and Ana Pacheco.

Table of top 100 meters results, including names like Mª José Valamalos, Sandra Neiva, and Artimiza Sá.

Table of top 100 meters results, including names like Catarina Ramos, Sandra Ribeiro, and Susana Estriga.

Table of top 100 meters results, including names like Inês Allen, Marisa Almeida, and Neide Vieira.

MELHORES DO ANO

Table of top 100 meters results, including names like Carmo Tavares, Espinho, and Vic.

Table of top 100 meters results, including names like Natália Moura, V.R.Sª Anª, and Oslo.

Table of top 100 meters results, including names like Joana Arduíno, Marta Ferreira, and Sónia Fernandes.

Table of top 100 meters results, including names like Ana Marques, Susana Silva, and Susana Estriga.

Table of top 100 meters results, including names like Sara Fernandes, Carla Tavares, and Eugénia Teixeira.

Table of top 100 meters results, including names like Mª José Valamalos, Filipa Farinha, and Atletas estrangeiras.

Table of top 100 meters results, including names like Delfina Joaquim, Rachel Holt, and Anhel Capé.

Table of top 100 meters results, including names like Sara Fernandes, Ana Costa, and Mª José Valamalos.

MELHORES DO ANO

Table of top 100 meters results, including names like Carla Sacramento, Nêdia Semedo, and Cuxhaven.

Table of top 100 meters results, including names like Cátia Nunes, Neide Vieira, and Jessica Augusto.

Table of top 100 meters results, including names like Rita Ribeiro, Vanda Ribeiro, and Inês Monteiro.

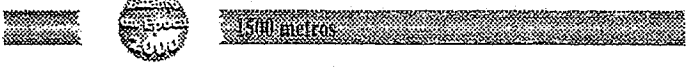
Table of top 100 meters results, including names like Rosário Pais, Lilian Silva, and Renata Fernandes.

Table of top 100 meters results, including names like Clarisse Cruz, Teresa Marinho, and Cláudia Pereira.

Table of top 100 meters results, including names like Filipa Farinha, Luzia Dias, and Sónia Fernandes.

Table of top 100 meters results, including names like Carla Martinho, Susana Adelino, and Isabel Sousa.

Table of top 100 meters results, including names like Patrícia Pereira, Luísa Coelho, and Carla Moreira.



MELHORES DO ANO

Table of top 1500 meters results, including names like Carla Sacramento, Bruxelas, and Oslo.

Table of top 1500 meters results, including names like Ana Dias, Jessica Augusto, and Clarisse Cruz.

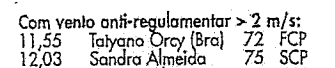


Table of top 100 meters results, including names like Tatyana Oray, Sandra Almeida, and Joana Arduíno.

Table of top 100 meters results, including names like Ilda Bartolomeu, Cátia Ferreira, and Rute Duarte.

Table of top 100 meters results, including names like Maria Sousa, Vânia Monteiro, and Marlene Ferreira.

Table of top 100 meters results, including names like Rafaela Almeida, Carine Silva, and Catarina Ramos.

MELHORES DO ANO

Table with columns for time, name, and club. Entries include Fernanda Ribeiro (69 FCP), Ana Dias (74 SCP), Mónica Rosa (78 MCM), Anália Torre (76 CAOV), Anália Rosa (76 ADRP), Helena Sampaio (73 MCM), Claudia Pereira (76 FCP), Carla Sacramento (71 MCM), Clarisse Cruz (78 CAO), Inês Monteiro (80 SCP), Adélia Elias (74 ADRP), Manuela Machado (63 SCB), Fátima Cabral (72 SCB), Olga Machado (78 SCB), Lusaletta Mineiro (68 JOMA), Sameiro Oliveira (74 SCB), Fátima Silva (70 CDP), Patrícia Pereira (81 SCB), Madalena Carricho (79 BFC), Leonor Carneiro (70 BFC), Iurdes Vaz (73 BFC), Ana Paula Oliveira (70 FCP), Luzia Dias (70 SCP), Sandro Dias (80 SCP), Patrícia Antunes (78 SCP), Olga Pinto (75 GDE), Vitorina Mourato (67 ACP), Isabel Gouveia (78 CAM), Elisa Rodrigues (70 CSG), Anabela Pereira (60 CSM).

MELHORES DO ANO

Table with columns for time, name, and club. Entries include Isabel Abrantes (73 JOMA), Sandra Turpin (76 SCP), Sónia Machado (77 BFC), Fernanda Borba (81 COD), Sónia Carvalho (77 SCP), Patrícia Vieira (79 CSM), Sara Fernandes (74 JOMA), Sara Fernandes (70 BFC), Mónica Sousa (74 GDC), Sara Borges (78 SCP), Susana Estriga (75 TSU), Carina Gomes (81 ECSL), Eloísa Alves (82 CDP), Carmo Lima (75 ACMAH), Cátia Ferreira (83 JV), Celsa Gomes (81 SNAC), Mª João Sousa (80 GDC), Ana Pacheco (80 SCB), Cristino Ferreira (79 CAM), Mª José Valamatos (71 COD), Márcia Mafias (80 CDD), Elisa Semedo (81 SCP), Susana Monteiro (82 QFC), Susana Costa (84 GDIS), Rute Moedas (79 CSM), Daniela Rodrigues (84 ECSL), Sandra S. Tavares (84 Fr), Sara Oliveira (77 CAO), Mafalda Oliveira (82 CSJM), Cláudia Ribeiro (84 GDE).

Atletas estrangeiras: Patience Itanyi (Nig) 73 SCP, Enezenaide Gomes (ST) 79 SCP, Delfina Joaquim (Ang) 80 SCP, Alda Domingos (Ang) 77 PCPF.

Marcas manuais: Mafalda Oliveira 82 CSJM, Márcia Moreira 81 CSJM.

Com vento anti-regulamentar > 2m /s: Susana Estriga 75 TSU, Eloísa Alves 82 CDP, Ana Pacheco 80 SCB, Mafalda Oliveira 82 CSJM, Susana Costa 84 GDIS.

MELHORES DO ANO

Table with columns for time, name, and club. Entries include Fernanda Ribeiro (69 FCP), Ana Dias (74 SCP), Marina Bastos (71 MCM), Anália Torre (76 CAOV), Gorette Oliveira (68 ACRVC), Cristina Ferreira (81 FCP), Felismino Silva (66 GDL), Ana Helena Vieira (68 ACDRA), Angelina Silva (69 ACRVC), Odele Brago (63 COD), Teresa Ramos (75 CAO), Carina Correia (81 FCP), Elsa Pinheiro (79 ARLVG), Paula Silva (73 CAMG), Mercedes M. Fernandes (Esp) 74 JV.

MELHORES DO ANO

Table with columns for time, name, and club. Entries include Patricia Lopes (82 JOMA), Tânia Freitas (80 CAM), Sónia Fernandes (71 SCP), Mª José Valamatos (71 COD), Marta Ferreira (82 FCP), Ana Pacheco (80 SCB), Sara Fernandes (70 BFC).

Table with columns for time, name, and club. Entries include Ana Costa (77 IND), Mafalda Oliveira (82 CSJM), Elisa Semedo (81 SCP), Filipa Farinha (83 JOMA), Sandra Ribeiro (79 CDD), Ana Ferreira (83 FCP), Albertina Pinto (81 JOMA), Rute Moedas (79 CAM), Carla Moreira (82 ADCU), Gorette Baptista (82 CAM), Elisa Cruz (85 CDM), Alexandra Pina (72 BFC), Célia Gonçalves (83 GACY), Vera Carvalho (82 FSC), Carina Gomes (81 ECSL), Sílvia Figueiredo (81 CAMG), Cláudia Fernandes (78 CDP), ngela Gomes (80 CAT), Elisabete Monteiro (76 JV), Sandra Nelo (73 INAT), Luísa Santos (86 JOMA), Silvino Morgado (82 TSU), Barbara Bitú (81 GREC), Delfina Joaquim (Ang) 80 SCP, Alda Domingos (Ang) 77 PCPF.

MELHORES DO ANO

Table with columns for time, name, and club. Entries include Sónia Carvalho (77 SCP), Sónia Machado (77 BFC), Sandra H. Tavares (82 Fr), Sara Borges (80 SCB), Sara Pacheco (80 SCB), Cláudia Gameiro (80 JV), Ana Rita Madail (83 GREC), Januária Silva (79 SCB), Marisa Vieira (79 CAM), Sabrina Sousa (82 AACC), Liliana Marta (82 SCP), Cristina Ferreira (79 CAM), Mª João Sousa (80 GDC), Mónica Sousa (74 GDC), Laura Santos (84 CISM), Susana Costa (84 GDIS), Marisa Anselmo (87 CISM), Rosana Teixeira (82 FCP), Márcia Pinto (81 CAO), Rosa Domingues (83 CC), Sandra Cruz (80 GREC), Cátia Ferreira (83 JV), Carla Fernandes (85 SCP), Eduardo Ribeiro (85 GDE), Sara Loureiro (81 BFC), Dina Palma (83 VFC), Alexandra Fernandes (84 BA), Vera Baptista (85 IFCT), Sandra Nelo (73 INAT), Diana Pinheiro (82 CISM), Patience Itanyi (Nig) 73 SCP.

Table with columns for time, name, and club. Entries include Marisa Vieira (79 CAM), Elizabeth Tavares (80 Fr), Januária Silva (79 SCB), Tânia Costa (78 JOMA), Eleanor Tavares (85 Fr), Paula Agostinho (76 SCP), Sara Loureiro (81 BFC), Rosana Teixeira (82 FCP), Joana Nascimento (80 SCP), Ana Rita Braga (80 SCB), Isabel Coelho (77 BFC), Filipa Freitas (84 CAM), Tânia Faria (78 GDE), Sandra S. Tavares (84 Fr), Ana Viegas (69 CNRM), Dina Pereira (77 ACMAH), Filipa Alves (84 CAM), Joana Areias (83 CEDA), Cláudia Ribeiro (78 JOMA), Liliana Gonçalves (80 CAO), Ana Magalhães (79 FCP), Tânia Vieira (85 JOMA), Flávia Vicente (84 CDAA), Célia Beato (80 BA), Ana Isabel Couto (81 JV), Sandra Cabral (74 CDP), Carla Costa (81 EDCB), Maria Pedrosa (83 SLB), Vera Diogo (80 OFC), Ana Cristina Pires (83 BA).

MELHORES DO ANO

53,22 Silvia Cruz 80 SCP
53,22 1 Lisboa-U 23.07
50,47 1 Lisboa-I 15.07
49,86 1 Almada 08.07
48,60 1 Coimbra 13.08
47,97 1 Lisboa-I 18.07
47,97 1 Maia 06.08
47,18 1 R.Maior 10.05
47,02 1 Lisboa-A 13.05
46,27 4 Lisboa-U 28.06
46,23 8 V.R.SiPAniP 27.05
50,27 Helena Gouveia 72 CSM
50,27 3 lx(N) 28.06
48,86 7 Oslo 08.07
48,01 1 Lisboa-U 28.05
47,51 2 Lisboa-I 18.07
47,33 1 Leiria 11.06
46,69 2 R.Maior 10.05
45,45 1 Funchal 25.06
45,41 1 Aveiro 25.03
45,36 1 Funchal 26.02
46,12 Alexandra Goncalves 79 SLB
46,12 2 Lisboa-U 23.07
(20 marcas / 3 atletas)

44,00 Cristina Ferreira 79 CAM
41,96 Joana Goncalves 83 JV
40,86 Mónica Sousa 74 GDC
39,49 Alda Alamo 74 ACM-AH
38,94 Joana Caldas 81 SCB
38,22 Sónia Rodrigues 82 COD
38,13 Cátia Silva 84 CAM
(10)
38,13 Cristina Almeida 75 BFC
37,91 Céu Cunha 63 INAT
37,55 Sandra Silva 79 SCP
37,02 Márcia Matias 80 CDD
36,85 Ana Paula Pimentel 63 CDP
36,37 Irina Sustelo 83 [Bel]
36,02 Catarina Pires 81 BA
35,90 Patrícia Serafim 84 CVT
35,39 Lara Almeida 80 CAO
35,37 Ana Inês 77 CNRM
35,31 Filipa Freitas 84 CAM
(20)
34,47 Cátia Mesquita 83 COP
34,41 Fernanda Angélica 75 BFC
34,22 Elisabete Ferreira 81 GREC
33,84 Susana Estriga 75 TSU
33,68 Sandra Cabral 74 CDP
33,47 Marisela Silva 85 GDE
33,05 Alexandra Fernandes 84 BA
32,81 Natércia Lopes 76 ARCBV
32,78 Isabel Araújo 67 CDD
32,73 Mafalda Oliveira 82 CSJM
(30)

Atletas estrangeiras:
42,86 Enezaide Gomes (ST) 79 SCP
36,58 Patience Itanyi (Nig) 73 SCP

MELHORES DO ANO

5049 Sónia Carvalho 77 SCP
5049 13 Esbjerg 02.07
4670 Hep Lisboa-I 04.06
4925 Mónica Sousa 74 GDC
4925 1 Lisboa-I 04.06
4506 21 Esbjerg 02.07
4911 Sónia Machado 76 BFC
4911 1 C.Vide 30.04
4634 1 V.Castelo 16.04
4564 Cristina Ferreira 79 CAM
4564 3 Lisboa-I 04.06
4548 Susana Estriga 75 TSU
4548 4 Lisboa-I 04.06
4316 2 C.Vide 30.04
4431 Camo Lima 75ACM-AH
4431 5 Lisboa-I 04.06
4113 3 C.Vide 30.04
4283 Mª João Sousa 80 GDC
4283 6 Lisboa-I 04.06
(12 marcas / 7 atletas)
3980 Carina Gomes 81 ECSL
3975 Mafalda Oliveira 82 CSJM
3915 Rosa Domingues 83 CC
(10)
3854 Márcia Matias 80 CDD
3562 Silvia Figueiredo 81 CAMG
3305 Márcia Moreira 81 CSJM
3303 Márcia Pinto 81 CAO
3101 Elisa Alves 71 INAT
3060 Dino Pereira 77 ACM-AH

Atletas estrangeiras:
5671 Enezaide Gomes (ST) 79 SCP
5611 Patience Itanyi (Nig) 73 SCP

MELHORES DO ANO

1.28.19 Susana Feitor 75 CNRM
1.28.19 1 Hildesheim 09.07
1.32.20 4 R.Maior 15.04
1.33.53 14 Sydney 29.09
1.36.11,6p 2 Almada 04.08
1.36.34,7plisilda Goncalves 69 MCM
1.36.34,7p 3 Almada 04.08
1.37.23 1 Seúbal 09.07
1.39.00 1 P.Sór 05.03
1.39.38 18 Livingston 23.04
1.42.07 45 Eisenhuttenstadt 17.06
1.42.41 1 Porto 21.05
1.37.29,7p Sofia Avóia 76 CDM
1.37.29,7p 4 Almada 04.08
1.40.27 41 Eisenhuttenstadt 17.06
1.42.24 2 Seúbal 09.07
1.42.56 2 P.Sór 05.03
1.39.20,5p Vera Santos 81 CNRM
1.39.20,5p 5 Almada 04.08
1.45.38 8 R.Maior 15.04
1.41.09 Inês Henriques 80 CNRM
1.41.09 7 R.Maior 15.04
1.41.19 42 Eisenhuttenstadt 17.06
1.42.17,6 p. 6 Almada 04.08
1.43.56 3 P.Sór 05.03
(20 marcas / 5 atletas)

1.48.49 Cristina Almeida 76 BFC
1.50.06 Alice Fernandes 52 GDL
1.51.33 Maribel Goncalves 78 CSM
1.55.03 Mónica Pereira 78 GDE
1.57.15 Rita Goncalves 80 SCP
(10)
1.59.35 Marisa Soares 80 CDP
2.00.00 Paula Maurício 65 CNRM
2.03.30 Carla Soares 80 JV
2.05.04 Patrícia Dias 82 CDM
2.05.53 Noélia Guerra 80 CUAB
2.07.19 Rosa Bastos 75 GDL

Provas atléticas

100 JARDAS

11,49 Cátia Ferreira 83 JV
11,73 Ilda Bartolomeu 74 FCP
11,74 Eusébia Injaio 81 SCP
11,96 Ana Marques 80 FCP
12,08 Manuela Nunes 81 NAM
12,18 Ana Sofia Rosa 82 FCP
12,20 Ana Brás 82 JOMA
12,24 Carla Almeida 85 FCP
12,26 Carina Silva 84 CDUP
12,27 Joana Vindierinho 81 JV
12,27 Laura Santos 84 CSM

Marcas manuais:
11,5 Celina Carreira 80 JV
11,9 Carmo Lima 75ACM-AH
12,0 Artimiza Sá 84 CRUR
Com vento anti-regulamentar > 2 m/s:
11,96 Ana Marques 80 FCP

300 METROS

38,80pc Carmo Tavares 74 SCP
39,37pc Natália Moura 69 SCP
41,62 Ana Marques 80 FCP

Atleta estrangeira:
41,52pc Tatyana Orcy (Bra) 72 FCP

500 METROS

1.16,03 Patrícia Lopes 82 JOMA
1.17,61 Teresa Marinho 77 SCP
1.18,40 Elisa Semedo 81 SCP
1.19,25 Ana Ferreira 83 FCP
1.19,60 Ana Costa 77 IND
1.19,85 Ana Tralho 82 SLB

Atleta estrangeira:
1.13,90 Delfina Joaquim (Ang)80 SCP

4x100 METROS

45,78 Seleção nacional 7 Oslo 08.07
(Severina Cravid, Tânia Freitas, Natália Moura, Patrícia Rebelo)
46,16 Sporting 1 Lisboa-U 07.05
(Sandra Almeida, Mercy Nku - Nig., Natália Moura, Patrícia Rebelo)
46,81 Equipa mista 2 Lisboa-U 07.05
(Tatyana Orcy - Bra, Alexandra Pina, Ilda Bartolomeu, Severina Cravid)
47,19 Sporting 1 Lisboa-I 25.06
(Sandra Almeida, Sónia Fernandes, Natália Moura, Patrícia Rebelo)
47,22 Sporting 1el Lisboa-I 25.06
(Sandra Almeida, Sónia Fernandes, Natália Moura, Patrícia Rebelo)
47,34 Sporting 1 Leiria 10.06
(Sandra Almeida, Sónia Fernandes, Natália Moura, Patrícia Rebelo)
47,44 JOMA 3 Lisboa-U 07.05
(Marta Godinho, Rute Duarte, Isabel Abrantes, Carla Tavares)
47,46 Sporting 1 Lisboa-A 13.05
(Delfina Joaquim, Patience Itanyi - Nig., Sónia Carvalho, Patrícia Rebelo)
47,52 Sporting 1 Lisboa-U 22.07
(Sandra Almeida, Carmo Tavares, Natália Moura, Patrícia Rebelo)
47,94 JOMA 2 Leiria 10.06
(Marta Godinho, Rute Duarte, Patrícia Lopes, Carla Tavares)
48,50 C.A. Madeira 51,45 GD Cavadas
51,63 CD Póvoa
48,72 FC Porto (10 equipas)
48,97 Boavista 51,87 CD Drizes
49,48 J. Vidigalense 52,00 Grecas
49,54 Marilimo 52,00 Grecas
49,56 SC Braga 45,9 Sporting
47,7 FC Porto

4x400 METROS

3.36,37 Seleção nacional 5 Oslo 09.07
(Sandra Teixeira, Tânia Freitas, Nédia Semedo, Natália Moura)
3.41,78 Sporting 1 Lisboa-I 25.06
(Patrícia Rebelo, Sónia Fernandes, Sandra Teixeira, Natália Moura)
3.41,97 Sporting 5 V.R.SiPAniP 28.05
(Patrícia Rebelo, Sandra Teixeira, Sónia Fernandes, Natália Moura)
3.42,61 Sporting 1 Leiria 11.06
(Sónia Fernandes, Sandra Teixeira, Delfina Joaquim - Ang., Natália Moura)
3.43,34 Sporting 1 Maia 06.08
(Carmo Tavares, Delfina Joaquim - Ang., Natália Moura, Sandra Teixeira)
3.44,29pc Sporting 1 Espinho 23.01
(Sónia Fernandes, Sandra Teixeira, Natália Moura, Carmo Tavares)
3.45,96 CA Madeira 2 Leiria 11.06
(Joana Arduíno, Neide Vieira, Nédia Semedo, Tânia Freitas)
3.47,91 CA Madeira 2 Maia 06.08
(Joana Arduíno, Goretti Baptista, Neide Vieira, Nédia Semedo)
3.49,95 CA Madeira 2 Lisboa-I 25.06
(Neide Vieira, Tânia Freitas, Marisa Vieira, Nédia Semedo)
3.50,11 CA Madeira 1 Lisboa-U 28.05
(Joana Arduíno, Goretti Baptista, Neide Vieira, Tânia Freitas)
(10 marcas)
3.55,31 JOMA 4.10,04 Grecas
3.58,94 FC Porto 4.10,83 SC Reboleira
3.59,10pc Boavista 4.11,59 GD Estreito
4.01,63 SC Braga 4.11,62 Benfica
4.02,18 GD Cavadas 4.12,01 J. Vidigalense
4.02,43 CA Madeira 4.12,27 Marilimo
4.02,91pc Sel. Norte 4.14,19 CA Marinha Grande
(10 equipas) 4.15,65pc Sel. Beiras

1000 METROS

2.46,32 Sandra Teixeira 78 SCP
2.51,5 Luzia Dias 70 SCP
2.51,6 Susana Adelino 79 SCP
2.55,88pc Teresa Marinho 77 SCP
2.58,24pc Clarisse Cruz 78 CAO
2.58,98 Mª José Fritas 65 CAM
2.59,35pc Sónia Fernandes 83 FCP
2.59,53 Eugénia Teixeira 83 LPSC
Atleta estrangeira:
2.55,1 Delfina Joaquim (Ang) 80 SCP

MILHA

4.59,66 Cláudia Pereira 76 FCP

3000 METROS

8.34,99 Fernanda Ribeiro 69 FCP
8.52,74pc Carla Sacramento 71 MCM
9.04,01pc Ana Dias 74 SCP
9.04,14 Mónica Rosa 78 MCM
9.07,01pc Inês Monteiro 80 SCP
9.11,70 Analidia Torre 76 CAOY
9.14,69 Anália Rosa 76 ADRP
9.18,32 Cláudia Pereira 76 FCP
9.20,41 Jessica Augusto 81 SCB
9.22,80pc Clarisse Cruz 78 CAO
9.27,36pc Fátima Cabral 72 SCB
9.27,93 Nédia Semedo 78 CAM
9.29,73 Manuela Machado 63 SCB
9.32,12 Sandra Amaro 76 OFC
9.32,27 Leonor Carneiro 78 BFC
9.33,51 Madalena Carricho 79 BFC
9.33,73 Iurdas Vaz 73 BFC
9.35,20 Olga Machado 78 SCB
9.37,44 Patrícia Pereira 81 SCB
9.42,58 Fátima Silva 70 CDP
(20)
9.43,6 Samsiro Oliveira 74 SCB
9.45,40 Rosário Pais 81 BFC
9.46,74 Renata Fernandes 81 OFC
9.48,58pc Sandra Dias 80 SCP
9.48,72 Carla Marinho 76 ADREP
9.51,81 Sónia Fernandes 83 FCP
9.52,14pc Teresa Nunes 67 FCP
9.55,10pc Filipa Coelho 81 JOMA
3000 M. OBSTÁCULOS
10.12,57 Analidia Torre 76 CAOY
200 M. BARREIRAS
29,18 Patrícia Lopes 82 JOMA
Marcas manuais:
31,6 Carmo Lima 75ACM-AH
3000 M. MARCHA
12.28,78 Susana Feitor 75 CNRM
13.24,5 Vera Santos 81 CNRM
13.37,63 Inês Henriques 80 CNRM
13.37,78pc Sofia Avóia 76 CDM
13.41,40pc Isilda Goncalves 69 MCM
13.51,32 Cristina Almeida 76 BFC
14.00,67pc Carla Monteiro 82 CDCP
14.09,64 Maribel Goncalves 78 CSM
14.14,35pc Ana Cabecinha 84 COP
14.32,25 Sandra Vieira 75 ADREP

RANKINGS DA MARATONA 2000

MASCULINOS

FEMININOS

2.06.36	António Pinto (Maratona)	1	Londres	16-4	2.26.41	Manuela Machado (SC Braga)	9	Londres	16-4
2.11.29	Luís Novo (Terbel)	13	Roterdão	16-4	2.29.34	Helena Sampaio (Maratona)	6	Berlim	10-9
2.14.54	António Sousa (Barcelona'92)	16	Paris	9-4	2.32.29	Machado	21	Sydney	24-9
2.15.17	Pinto	11	Sydney	1-10	2.34.40	Fátima Silva (CD Póvoa)	1	Lisboa	26-11
2.16.15	Sousa	2	Lisboa	26-11	2.35.13	Machado	2	Lisboa	26-11
2.16.52	Domingos Castro (Maratona)	18	Sydney	1-10	2.44.56	Silva	16	Roterdão	16-4
2.19.26	Paulo Catarino (Maratona)	2	Macau	3-12	2.49.38	Goreti Oliveira (V. Cambra)	1	Badajoz	30-1
	(7 marcas)				2.52.39	Lucinda Moreiras (GC Bragança)	5	Lisboa	26-11
2.21.24	Henrique Crisóstomo (Terbel)	15	Macau	3-12	2.55.26	Alzira Lário (New Balance)	2	Badajoz	30-1
2.22.31	António Costa (Maconde)	19	Macau	3-12					
2.24.20	Eusébio Rosa (SU Caparica)	7	Lisboa	26-11					
2.24.31	Carlos Valente (N.ª Sr.ª Conceição)	86	Lisboa	26-11	3.15.37	Aida Martins (AFAP)	6	Lisboa	26-11
2.25.07	Carlos Marques (Campismo)	9	Lisboa	26-11	3.24.07	Elsa Dias (individual)	7	Lisboa	26-11
	(10 atletas)				3.30.35	Deolinda António (Pat. Vialonga)	9	Lisboa	26-11
2.30.14	Eugénio Alves (Val. Vouga)	10	Lisboa	26-11	3.35.12	Paula Santos (J. Vidigalense)	11	Lisboa	26-11 (10 atletas)
2.33.14	António Silvino (CA Barreira)	6	Badajoz	30-1					
2.33.45	Rui Belo (Alcoifão)	28	Madrid	30-4					

2.22.31