

100 m – 10,80 – 11,30

10,30	1,0	Ricardo Monteiro	SL Benfica		02-10-85	1	Caja Duero	Salamanca	12-06	10,53-12
10,36	0,0	Ancuiam Lopes	SL Benfica	GBS	06-03-91	1h	Caja Duero	Salamanca	12-06	10,48-10
10,42	0,9	Francis Obikwelu	Sporting CP		22-11-78	3		Copenhaga - DIN	01-08	9,86-04
10,44	1,5	Yazaldes Nascimento	SL Benfica		17-04-86	3rB		Madrid	13-07	10,37-12
10,44	-0,7	Yazaldes Nascimento				1	C. Port	Leiria	27-07	
10,45	1,0	Yazaldes Nascimento				1h		Lisboa - U	23-07	
10,45	1,2	Francis Obikwelu				2h		Copenhaga - DIN	01-08	
10,47	-0,3	Yazaldes Nascimento				1rC		Lucerna - SUI	17-07	
10,48	1,3	Pedro Bernardo	Juv. Vidigalense		12-05-89	1	CNU	Guimarães	12-05	10,60-12
10,48	0,0	Ricardo Monteiro				4h	Caja Duero	Salamanca	12-06	
10,49	0,5	Ancuiam Lopes			06-03-91	1		Lisboa - I	11-05	
10,51	0,5	Ricardo Monteiro				2		Lisboa - I	11-05	
10,51	-0,7	Ricardo Monteiro				2	C. Port	Leiria	27-07	
10,52	0,4	Francis Obikwelu				1h	C. Port	Leiria	27-07	
10,53	-0,4	Ancuiam Lopes			06-03-91	1h	C. Port	Leiria	27-07	
10,54	1,2	Ancuiam Lopes			06-03-91	1h		Leiria	15-06	
10,54	-1,6	Ancuiam Lopes			06-03-91	1	CN23	Quarteira	29-06	
10,54	0,4	Ricardo Monteiro				2h	C. Port	Leiria	27-07	
10,54	-0,4	Yazaldes Nascimento				2h	C. Port	Leiria	27-07	
10,55	1,5	Holder da Silva	CF Belenenses	GBS	22-01-88	1	Sintra	Massamá	29-06	10,36-09
10,57	1,0	Diogo Antunes	SL Benfica		02-11-92	5	Caja Duero	Salamanca	12-06	10,56-12
10,57	-1,6	Diogo Antunes				2	CN23	Quarteira	29-06	
10,57	0,0	Pedro Bernardo				1		Lisboa - I	17-07	
10,57	1,0	Diogo Antunes				2h		Lisboa - U	23-07	
10,58	1,5	Ricardo Monteiro				5rB		Madrid	13-07	
10,58	-0,7	Diogo Antunes				3	C. Port	Leiria	27-07	
10,59	0,0	Diogo Antunes				1h	Caja Duero	Salamanca	12-06	
10,59	-0,4	Holder da Silva				2h	C. Mundo	Moscovo - RUS	10-08	
10,60	0,8	Pedro Bernardo				1s		Lisboa - I	17-07	
10,61	0,0	Holder da Silva				6h	Caja Duero	Salamanca	12-06	
10,61	-0,9	Holder da Silva				1		Caceres	19-06	
10,61	-1,3	Diogo Antunes				3h	CE U23	Tampere - Fin	11-07	
10,61	0,0	Francis Obikwelu				2rB		Lucerna - SUI	17-07	
10,62	0,9	Ancuiam Lopes			06-03-91	1		Leiria	15-06	
10,62	-1,1	Diogo Antunes				5mf	CE U23	Tampere - Fin	11-07	
10,62	0,6	Carlos Nascimento	Sporting CP		12-10-94	4h	CE Jr	Rieti - ITA	18-07	10,41-12
10,62	0,7	Pedro Bernardo				ex		Luso	20-07	
10,62	1,0	Pedro Bernardo				3h		Lisboa - U	23-07	
10,63	0,4	Diogo Antunes				3h	C. Port	Leiria	27-07	
10,64	1,0	Holder da Silva				6	Caja Duero	Salamanca	12-06	
10,64	0,3	Arnaldo Abrantes	SL Benfica		27-11-86	8h	Resisprint	La Chaux-de-Fonds	07-07	10,19-09
10,64	-0,3	Arnaldo Abrantes				3rC		Lucerna - SUI	17-07	
10,64	1,0	Francis Obikwelu				4h		Lisboa - U	23-07	
10,65	-0,7	Ancuiam Lopes			06-03-91	ex	C. Port	Leiria	27-07	
10,66	1,5	Holder da Silva				1h	Sintra	Massamá	29-06	
10,68	1,8	Holder da Silva				1s	CNCI-Ap	Lisboa - U	25-05	
10,68	-1,6	Carlos Nascimento				3	CN23	Quarteira	29-06	
10,68	-0,3	Diogo Antunes				4rC		Lucerna - SUI	17-07	
10,69	-0,8	David Lima	Sporting CP		06-09-90	3h		Geneva - SUI	01-06	10,68-11
10,69	1,2	Diogo Antunes				2h		Leiria	15-06	
10,69	-0,2	Francis Obikwelu				3rB		Ljubljana - SLO	13-07	
10,70	-0,2	David Lima				5		Loughborough - GBR	19-05	
10,70	0,0	Pedro Bernardo				1s	CNCI-Ap	Leiria	25-05	
10,70	1,2	Pedro Bernardo				6rB		Geneva - SUI	01-06	
10,70	0,9	Diogo Antunes				2		Leiria	15-06	
10,70	-1,6	Bruno Fernandes	SL Benfica		26-05-91	4	CN23	Quarteira	29-06	10,64-12
10,70	-0,4	David Lima				4h	C. Port	Leiria	27-07	
10,70	-0,1	Holder da Silva				8h	C. Mundo	Moscovo - RUS	10-08	
10,71	-0,3	Pedro Bernardo				4qf	WUC	Kazan - RUS	07-07	

10,72	0,5		Holder da Silva			3		Lisboa - I	11-05	
10,72	0,5	José Pedro Lopes		SL Benfica	23-05-95	4		Lisboa - I	11-05	10,96-12
10,72	1,1		Pedro Bernardo			1h	CNU	Guimarães	12-05	
10,72	-0,4		Pedro Bernardo			5h		Geneva - SUI	01-06	
10,72	0,0		Holder da Silva			1h		Caceres	19-06	
10,72	1,5	Ricardo Pereira		SL Benfica	04-03-96	2	Sintra	Massamá	29-06	10,77-12
10,72	-0,7		Pedro Bernardo			4	C. Port	Leiria	27-07	
10,73	0,4		Pedro Bernardo			3h	C. Port	Leiria	27-07	
10,74	0,8	Xavier Mendes		Sporting CP	04-02-95	1ex		Lisboa - U	25-05	11,15-12
10,74	1,0		Ancuam Lopes		06-03-91	8	Caja Duero	Salamanca	12-06	
10,74	0,9		Arnaldo Abrantes			3		Leiria	15-06	
10,75	0,9		Pedro Bernardo			4		Leiria	15-06	
10,75	-0,2		Francis Obikwelu			2h		Ljubljana - SLO	13-07	
10,76	1,2		Pedro Bernardo			3h		Leiria	15-06	
10,76	-1,6	António Brandão		CCSJ. Madeira	08-09-92	5	CN23	Quarteira	29-06	10,57-12
10,77	0,8		Bruno Fernandes			1h		Lisboa - I	11-05	
10,77	0,4	André Costa		SL Benfica	09-05-92	4h	C. Port	Leiria	27-07	10,70-12
10,78	0,5	Tiago Silvestre		SL Benfica	18-06-91	5		Lisboa - I	11-05	10,63-10
10,78	0,5		Tiago Silvestre			1h		Lisboa - I	02-06	
10,78	-3,6		Ricardo Monteiro			6	CE Eq	Dublin	22-06	
10,79	1,5		José Pedro Lopes			3		Lisboa - I	22-06	
10,79	1,9		Tiago Silvestre			1h		Lisboa - I	22-06	
10,79	1,5		Ricardo Pereira			2h	Sintra	Massamá	29-06	
10,79	0,3		Ricardo Pereira			4mf	CM Jv	Donetsk - UKR	11-07	
10,79	0,9		António Brandão			1		Luso	20-07	
10,81	0,8	Edi Sousa		Sporting CP	11-07-89	2ex		Lisboa - U	25-05	10,54-12
10,83	0,8	Marcos Caldeira		SL Benfica	27-02-88	2s		Lisboa - I	17-07	10,89-10
10,88	2,0	Ricardo Amaral		SL Benfica	17-08-97	1h	CN DE	Vendas Novas	10-05	
10,89	0,8	Ivo Vital		ACDR Arneirense	09-08-88	1	CNCI-3	Abrantes	08-06	10,65-09/10
10,89	1,1	Eduardo Sá		CCD Ribeirão	18-05-95	1	C. Norte	Guimarães	20-07	11,23-12
10,89	0,4	João Gonçalves		SL Benfica	31-12-93	6h	C. Port	Leiria	27-07	10,91-12
10,93	0,0	Giziel Lima		Juv. Vidigalense	11-01-92	2h		Birmingham - GBR	22-06	11,21-12
10,94	1,0	Samuel Remédios		GA Fátima	24-02-92	Dec	C. Port	Leiria	27-07	11,16-09
10,95	0,9	João Barros		Sporting CP	STP	25-05-93	1s	Lisboa - I	17-07	11,05-12
10,98	1,8	André Leal		CP Corroios	28-11-95	2s	CNCI-Ap	Leiria	25-05	11,26-12
10,99	0,8	Nuno Batista		Sporting CP	10-04-91	4s		Lisboa - I	17-07	10,79-12
11,00	1,1	Francisco Cordoeiro		Esc Movimento	09-05-92	2	C. Norte	Guimarães	20-07	11,36w-11
11,01	1,5	Tomás Borges		Sporting CP	23-01-95	3	Sintra	Massamá	29-06	
11,01	0,0	Joel Jesus		Gira Sol RC	08-12-95	1	C. Beiras	Leiria	13-07	11,19-12
11,02	1,2	João Ferreira		Individual - Lx	20-10-86	7h		Leiria	15-06	10,55-08
11,03	1,3	Edgar Batista		Esc Movimento	12-07-91	2	CNU	Guimarães	12-05	11,06-10
11,04	-0,9	Paulo Gomes		CA Bx Banheira	16-03-93	2ex		Setubal	04-05	10,89-11
11,06	0,8	Ricardo Pinto		Sporting CP	18-04-93	4		Lisboa - U	25-05	10,89-12
11,07	-0,5	Ricardo Ribeiro		GD Pavia	21-02-95	1	C. Alentejo	Vendas Novas	04-05	11,40-12
11,09	1,8	Francisco Villar		GA Fátima	13-07-94	1h		Fátima	13-07	11,43-12
11,11	0,9	Abel Pereira		ACR Sra. Desterro	01-05-86	1		Seia	15-06	11,05w-10
11,12	-0,4	Pedro Cabral		C Operário D	10-03-93	7h	C. Port	Leiria	27-07	11,52-12
11,13	-1,6	Luis Neves		SL Benfica	22-05-95	2		Quarteira	01-05	10,83-11
11,13	1,9	Bernardo Chambel		Sporting CP	15-05-96	1h	Sintra	Massamá	29-06	
11,14	-2,3	Luís Silva		CC SJ. Madeira	11-07-93	1ex		Guimarães	25-05	11,10-12
11,14	0,4	Helder Pinto		Gira Sol RC	07-04-93	2ex		Lisboa - U	09-06	10,99-11
11,15	1,3	João Dias		Gira Sol RC	01-06-84	3	CNU	Guimarães	12-05	
11,15	1,4	Patricio Oliveira		C Operário D	29-11-91	1		Angra do Heroísmo	15-06	
11,17	0,0	Miguel Sambé		CF Belenenses	20-11-95	2h		Lisboa - I	02-06	
11,17	1,5	Luís Ribeiro		SL Benfica	31-07-96	4h	Sintra	Massamá	29-06	
11,18	1,7	Raul Veloso		CCD Ribeirão	01-10-81	3s		Braga	01-06	10,79-03
11,18	1,3	Marco Rodrigues		Juv. Vidigalense	08-04-95	3h		Caceres	19-06	11,30-12
11,19	1,7	João Djiibo		SL Benfica	GBS	10-08-94	2h	Lisboa - I	22-06	
11,19	-0,8	Tiago Marto		GA Fátima	05-05-86	Dec	T. Europa	Ribeira Brava	29-06	11,02-10
11,20	0,2	Gracelino Barbosa		ACR Sra. Desterro	CPV	01-02-85	3s	Maia	26-06	
11,20	-0,2	Fernando Almeida		GD Estreito	10-10-92	1		Ribeira Brava	27-06	11,11-12
11,21	1,8	Pedro Ferreira		EC+S Lavra	21-02-96	1h	CN jv	Guimarães	22-06	11,18-12

11,22	0,4	Sérgio Mendes	GD Estreito	09-01-93	7ex		Lisboa - U	09-06	10,91-12	
11,23	0,2	Diogo Guerreiro	BNS Conceição	08-01-94	1h	C. Alentejo	Vendas Novas	04-05		
11,23	1,8	Rafael Martins	Gira Sol RC	31-07-96	2	CN DE	Vendas Novas	11-05	11,09-11	
11,23	-0,9	Bruno Ferreira	ACDR Armeirense	27-05-90	3h		Leiria	15-06	10,71-09	
11,23	1,8	João Pinto	CA Marinha Grande	12-06-97	2h	CN jv	Guimarães	22-06		
11,24	0,6	Sérgio Silva	GRECAS	31-07-92	1		Febres	20-04	11,26-11	
11,25	-0,2	Micael Franco	ADR Agua Pena	31-08-95	3		Ribeira Brava	27-06	11,51-12	
11,26	1,2	David Sénica	UD Zona Alta	27-01-97	1		Abrantes	04-05		
11,26	1,8	Florentin Rata	AA Pinhalnovenso	ROM	28-03-96	3	CN DE	Vendas Novas	11-05	11,39-12
11,27	1,1	Fábio Cunha	JUN Ideal		23-08-94	4	C. Norte	Guimarães	20-07	
11,29	0,2	João Gradiz	BNS Conceição		02-05-89	2h	C. Alentejo	Vendas Novas	04-05	11,07-08
11,29	1,7	Vanderlei Nascimento	ADL Apelaçõenses	ANG	16-05-95	3h		Lisboa - I	22-06	11,48-12
11,30	0,0	Alexandre Cardeira	ACDR Armeirense		02-12-94	3	C. Beiras	Leiria	13-07	11,29-12

Com vento anti regulamentar

10,40	3,0	Yazaldes Nascimento	SL Benfica	17-04-86	1		Lisboa - U	23-07	10,37-12	
10,45	4,8	Pedro Bernardo	Juv. Vidigalense	12-05-89	2	CNCI-1	Lisboa - U	08-06	10,60-12	
10,46	3,0	Diogo Antunes	SL Benfica	02-11-92	2		Lisboa - U	23-07	10,56-12	
10,49	4,8	David Lima	Sporting CP	06-09-90	3	CNCI-1	Lisboa - U	08-06	10,68-11	
10,55	2,2	Bruno Fernandes	SL Benfica	26-05-91	1h		Lisboa - I	22-06	10,64-12	
10,57	2,2	Carlos Nascimento	Sporting CP	12-10-94	1	CNJ	Fátima	06-07	10,41-12	
10,61	2,2	André Leal	CP Corroios	28-11-95	2	CNJ	Fátima	06-07	11,26-12	
10,62	2,2	Xavier Mendes	Sporting CP	04-02-95	3	CNJ	Fátima	06-07	11,15-12	
10,66	2,2	Ricardo Pereira	SL Benfica	04-03-96	4	CNJ	Fátima	06-07	10,77-12	
10,66	2,2	José Pedro Lopes	SL Benfica	23-05-95	5	CNJ	Fátima	06-07	10,96-12	
10,72	2,6	António Brandão	CCSJ. Madeira	08-09-92	1	CNCI-2	Lisboa - U	08-06	10,57-12	
10,74	5,7	Samuel Remédios	GA Fátima	24-02-92	Dec		Fátima	27-04	11,16-09	
10,81	4,3	Nuno Batista	Sporting CP	10-04-91	1rB		Lisboa - I	22-06	10,79-12	
10,82	5,3	Francisco Villar	GA Fátima	13-07-94	1s		Fátima	15-06	11,43-12	
10,83	2,6	Ivo Vital	ACDR Armeirense	09-08-88	5h		Lisboa - I	02-06	10,65-09/10	
10,83	3,0	Paulo Gomes	CA Bx Banheira	16-03-93	7		Lisboa - U	23-07	10,89-11	
10,84	4,3	João Barros	Sporting CP	STP	25-05-93	2rB	Lisboa - I	22-06	11,05-12	
10,89	5,2	Abel Pereira	ACR Sra. Desterro		01-05-86	1	Vagos	27-04	11,05w-10	
10,91	3,4	Sérgio Mendes	GD Estreito	09-01-93	1		Ribeira Brava	12-05	10,91-12	
10,91	5,3	Marco Rodrigues	Juv. Vidigalense	08-04-95	1s		Fátima	15-06	11,30-12	
10,93	2,2	Joel Jesus	Gira Sol RC	08-12-95	6	CNJ	Fátima	06-07	11,19-12	
10,95	2,2	Pedro Ferreira	EC+S Lavra	21-02-96	7	CNJ	Fátima	06-07	11,18-12	
10,96	5,3	Alexandre Cardeira	ACDR Armeirense	02-12-94	2s		Fátima	15-06	11,29-12	
10,96	2,4	Ricardo Pinto	Sporting CP	18-04-93	1h		Lisboa - I	22-06	10,89-12	
10,97	5,2	Luís Silva	CC SJ. Madeira	11-07-93	2		Vagos	27-04	11,10-12	
10,98	5,2	Sérgio Silva	GRECAS	31-07-92	3		Vagos	27-04	11,26-11	
11,02	4,3	João Djiibo	SL Benfica	GBS	10-08-94	3rB	Lisboa - I	22-06		
11,03	2,2	Ricardo Ribeiro	GD Pavia	21-02-95	8	CNJ	Fátima	06-07	11,40-12	
11,04	5,3	João Marques	GUA Bajouca	07-07-95	3s		Fátima	15-06		
11,04	4,9	Bruno Ferreira	ACDR Armeirense	27-05-90	ex		Fátima	15-06	10,71-09	
11,06	2,6	Fernando Almeida	GD Estreito	10-10-92	3	CNCI-2	Lisboa - U	08-06	11,11-12	
11,09	4,4	Fábio Cunha	JUN Ideal	23-08-94	1		Viana do Castelo	15-06		
11,10	4,3	Vanderlei Nascimento	ADL Apelaçõenses	ANG	16-05-95	4rB	Lisboa - I	22-06	11,48-12	
11,11	7,4	Pedro Cardoso	SL Benfica	29-05-93	Dec		Lisboa - MP	06-04	11,39-12	
11,11	4,8	Micael Franco	ADR Agua Pena	31-08-95	7	CNCI-1	Lisboa - U	08-06	11,51-12	
11,14	2,3	Miguel Sambé	CF Belenenses	20-11-95	3		Lisboa - MP	15-06		
11,16	2,3	Luís Ribeiro	SL Benfica	31-07-96	1s		Lisboa - MP	20-04		
11,16	3,7	David Mateus	CRD Santaluziense	06-10-91	1		Lagoa	11-05	11,29-12	
11,16	4,7	Dylan Pedro	Juv. Vidigalense	04-01-95	4s		Marinha Grande	11-05	11,72-12	
11,18	5,1	João Pinto	CA Marinha Grande	12-06-97	1s		Marinha Grande	11-05		
11,18	2,3	Tiago Marto	GA Fátima	05-05-86	Dec		Lisboa - U	18-05	11,02-10	
11,20	2,4	André Andrade	CF Belenenses	CPV	08-03-84	2h	Lisboa - I	11-05		
11,23	2,8	David Mendes	GDRC Coia	25-05-96	2		Setubal	15-06	11,73-12	
11,25	7,4	Tiago Pereira	SL Benfica	19-09-93	Dec		Lisboa - MP	06-04		
11,25	2,6	Florentin Rata	AA Pinhalnovenso	ROM	28-03-96	4	CNCI-2	Lisboa - U	08-06	11,39-12
11,26	2,3	Natanael Mendonça	SL Benfica		02-08-94	6		Lisboa - MP	15-06	11,33-12
11,27	4,4	Guilherme Telo	AE Mogadouro		19-01-97	3		Viana do Castelo	15-06	

11,28	3,8	Miguel Cabral	IPS Bustos	27-01-97	1		Pombal	27-04	
11,28	6,7	João Marreiros	AC Vermoil	27-03-94	1s		Marinha Grande	11-05	
11,29	2,1	Diogo Maçarico	Sporting CP	23-12-95	1h		Lisboa - U	23-07	11,43-12
11,30	4,3	Fábio Martins	CLAC	11-01-97	1		Abrantes	24-03	11,52w-12
11,30	2,8	Erico Mvemba	AA Pinhalnovense	GBS	23-12-95	3	Setubal	15-06	

Marcas posteriormente anuladas (zona de actuação do anemometro não impedida)

10,59	1,5	Bruno Fernandes	SL Benfica	26-05-91	1		Lisboa - I	22-06	10,64-12
10,71	1,5	Tiago Silvestre	SL Benfica	18-06-91	2		Lisboa - I	22-06	10,63-10
10,84	1,5	João Gonçalves	SL Benfica	31-12-93	4		Lisboa - I	22-06	10,91-12
11,03	1,5	Ricardo Pinto	Sporting CP	18-04-93	6		Lisboa - I	22-06	10,89-12

200 m- 22,30 – 23,00

21,00	-0,5	Yazaldes Nascimento	SL Benfica	17-04-86	1s	C. Port	Leiria	28-07	20,87-11	
21,06	-0,1	Arnaldo Abrantes	SL Benfica	27-11-86	4rB	Resisprint	La Chaux-de-Fonds	07-07	20,48-07	
21,09	1,1	David Lima	Sporting CP	06-09-90	4		Loughborough - GBR	19-05	20,72-12	
21,10	0,8	David Lima			4qf	WUC	Kazan - RUS	09-07		
21,24	-0,6	David Lima			2rB		Geneva - SUI	01-06		
21,30	i	Arnaldo Abrantes			1	C. Port	Pombal	17-02		
21,42	1,1	David Lima			1h	WUC	Kazan - RUS	09-07		
21,43	0,9	Bruno Fernandes	SL Benfica	26-05-91	1		Lisboa - I	12-05	21,39-10	
21,46	1,4	João Ferreira	Individual - Lx	20-10-86	5	Caja Duero	Salamanca	12-06	21,03-08	
21,47	0,9	Luis Neves	SL Benfica	22-05-95	1		Lisboa - MP	25-06	21,64-12	
21,49	1,2	Holder da Silva	CF Belenenses	GBS	22-01-88	1s	CNCI-Ap	Lisboa - U	26-05	21,01-09
21,52	-0,5	David Lima			2s	C. Port	Leiria	28-07		
21,55	i	Yazaldes Nascimento			1s	CNCI-1	Pombal	10-02		
21,55	0,9	João Ferreira			2		Lisboa - I	12-05		
21,56	0,3	David Lima			5	CE Eq	Dublin	23-06		
21,59	-0,2	Luis Neves			1	CNJ	Fátima	07-07		
21,60	i	Bruno Fernandes			2	C. Port	Pombal	17-02		
21,63	i	David Lima			1h		Birmingham - GBR	03-02		
21,66	-0,5	David Lima			2		Birmingham - GBR	21-04		
21,66	1,4	Holder da Silva			6	Caja Duero	Salamanca	12-06		
21,66	-0,5	João Ferreira			3s	C. Port	Leiria	28-07		
21,66	-0,5	Pedro Bernardo	Juv. Vidigalense	12-05-89	4s	C. Port	Leiria	28-07	21,49-12	
21,67	1,1	Pedro Bernardo			4h	WUC	Kazan - RUS	09-07		
21,68	0,9	Luis Neves			3		Lisboa - I	12-05		
21,69	-2,7	Ancuam Lopes	SL Benfica	GBS	06-03-91	1	CN23	Quarteira	30-06	21,73-10
21,70	0,6	Victor Soares	Sporting CP	18-12-94	1s		Altamonte Sp - USA	27-04	22,39-12	
21,71	-0,3	Ancuam Lopes			1h	CN23	Quarteira	30-06		
21,73	-0,4	Luis Neves			3h	CE Jr	Rieti - ITA	19-07		
21,73	0,9	Tiago Silvestre	SL Benfica	18-06-91	1s	C. Port	Leiria	28-07	22,21-12	
21,73	-0,5	Luis Neves			5s	C. Port	Leiria	28-07		
21,75	-2,0	Yazaldes Nascimento			4	ECCC	V. R. Sto. António	26-05		
21,76	1,2	Eduardo Sá	CCD Ribeirão	18-05-95	1	C. Norte	Guimarães	21-07	22,99-12	
21,78	i	Arnaldo Abrantes			1s	CNCI-Ap	Pombal	27-01		
21,82	-0,2	Xavier Mendes	Sporting CP	04-02-95	2	CNJ	Fátima	07-07	23,72-12	
21,83	-0,3	Pedro Bernardo			2s		Geneva - SUI	01-06		
21,89	1,2	Edi Sousa	Sporting CP	11-07-89	2s	CNCI-Ap	Lisboa - U	26-05	21,73-08/10	
21,89	0,0	Diogo Marouco	Juv. Vidigalense	27-12-87	1		Guarda	20-07	22,11-09	
21,91	-0,3	Luis Neves			2h	CN23	Quarteira	30-06		
21,92	i	David Lima			2s	CNCI-1	Pombal	10-02		
21,92	0,7	António Brandão	CCSJ. Madeira	08-09-92	1		Luso	16-06	21,48-12	
21,92	-0,2	Eduardo Sá			3	CNJ	Fátima	07-07		
21,92	0,4	Pedro Bernardo			8qf	WUC	Kazan - RUS	09-07		
21,93	1,2	Ricardo Pereira	SL Benfica	04-03-96	2h	CM Jv	Donetsk - UKR	12-07	22,02-12	
21,94	0,4	Bruno Fernandes			1h		Lisboa - I	12-05		
21,95	-0,2	André Leal	CP Corroios	28-11-95	4	CNJ	Fátima	07-07	23,79-12	
21,96	i	Bruno Fernandes			1s	CN23	Pombal	03-02		
21,96	2,0	Bruno Fernandes			2		Lisboa - MP	25-06		
21,96	1,5	Luis Neves			1h		Lisboa - MP	25-06		
22,00	-2,7	Luis Neves			2	CN23	Quarteira	30-06		

22,01	0,1	Jorge Paula		SL Benfica	08-10-84	1h		Massamá	20-07	21,98-04
22,02	1,4		Ricardo Pereira			1	CN jv	Guimarães	23-06	
22,02	-0,3	Giziel Lima		Juv. Vidigalense	11-01-92	3h	CN23	Quarteira	30-06	22,59-12
22,03	1,4		Bruno Fernandes			7	Caja Duero	Salamanca	12-06	
22,03	0,9	Carlos Nascimento		Sporting CP	12-10-94	1h	CN23	Quarteira	30-06	21,32-12
22,04	-0,5		Eduardo Sá			6s	C. Port	Leiria	28-07	
22,05	-2,9		Luis Neves			1h	CNJ	Fátima	07-07	
22,06	i		Arnaldo Abrantes			1h	C. Port	Pombal	17-02	
22,06	1,2		André Leal			3s	CNCI-Ap	Lisboa - U	26-05	
22,06	-0,2	Micael Franco		ADR Agua Pena	31-08-95	5	CNJ	Fátima	07-07	23,24-12
22,09	0,0		Diogo Marouco			ex		Seia	16-06	
22,11	-2,7		Giziel Lima			3	CN23	Quarteira	30-06	
22,13	1,1		Luis Neves			1h		Lisboa - I	12-05	
22,15	i		Carlos Nascimento			1s	CNJ	Pombal	20-01	
22,15	0,0		Tiago Silvestre			2		Guarda	20-07	
22,17	0,6		Eduardo Sá			1s	CNCI-Ap	Guimarães	26-05	
22,18	0,4		Xavier Mendes			2h		Lisboa - I	12-05	
22,19	i		Ricardo Pereira			1h	C. Port	Pombal	17-02	
22,20	-3,0		Ricardo Pereira			6mf	CM Jv	Donetsk - UKR	13-07	
22,21	i		Luis Neves			3	C. Port	Pombal	17-02	
22,21	0,9		André Leal			2h	CN23	Quarteira	30-06	
22,22	0,6	Dany Gonçalves		SL Benfica	14-03-85	ex		Ribeira Brava	10-02	21,44-09
22,22	0,9		Xavier Mendes			4		Lisboa - I	12-05	
22,22	0,9	José Pedro Lopes		SL Benfica	23-05-95	5		Lisboa - I	12-05	22,16-12
22,22	0,7		Tiago Silvestre			1h		Lisboa - I	12-05	
22,23	i		Luis Neves			2h	C. Port	Pombal	17-02	
22,24	i		Ricardo Pereira			4	C. Port	Pombal	17-02	
22,25	-0,5		André Leal			7s	C. Port	Leiria	28-07	
22,26	0,9		Xavier Mendes			3h	CN23	Quarteira	30-06	
22,26	-2,1		Xavier Mendes			1h	CNJ	Fátima	07-07	
22,28	-2,1		Carlos Nascimento			2h	CNJ	Fátima	07-07	
22,30	?		Victor Soares			5		Cardiff - GBR	11-05	
22,32	0,9	Sérgio Silva		GRECAS	31-07-92	2s	C. Port	Leiria	28-07	22,31-12
22,33	0,6	Joel Jesus		Gira Sol RC	08-12-95	1s	C. Beiras	Leiria	14-07	22,67-12
22,43	2,0	Ricardo Amaral		SL Benfica	17-08-97	8	FOJE	Utrecht - HOL	17-07	
22,44	0,9	Francisco Villar		GA Fátima	13-07-94	4s	C. Port	Leiria	28-07	22,88-11
22,47	1,2	Edgar Batista		Esc Movimento	12-07-91	2	C. Norte	Guimarães	21-07	22,34-10
22,48	i	André Marques		Sporting CP	20-11-92	1s	CNCI-Ap	Pombal	26-01	21,91-12
22,53	1,3	Ricardo Ribeiro		GD Pavia	21-02-95	1	C. Alentejo	Vendas Novas	04-05	23,60-12
22,58	-1,0	Ivo Vital		ACDR Arreirense	09-08-88	2s	CNCI-Ap	Leiria	26-05	21,73-09
22,60	1,2	Ricardo Pinto		Sporting CP	18-04-93	2h		Lisboa - MP	25-06	22,05-12
22,61	1,2	Rodrigo Belo		AA Pinhalnovoense	13-06-95	4s	CNCI-Ap	Lisboa - U	26-05	22,97i-12
22,63	-0,2	Pedro Ferreira		EC+S Lavra	21-02-96	6	CNJ	Fátima	07-07	
22,67	2,0	Ricardo Garcia		ACR Mealhada	25-04-93	5		Lisboa - MP	25-06	22,99-12
22,71	2,0	João Djibo		SL Benfica	GBS 10-08-94	7		Lisboa - MP	25-06	23,52w-12
22,71	1,2	Francisco Cordoeiro		Esc Movimento	09-05-92	3	C. Norte	Guimarães	21-07	
22,73	i	Nuno Batista		Sporting CP	10-04-91	2s	CN23	Pombal	03-02	22,22-10
22,73	-1,4	Muler Santos		GCA Donas	GBS 05-11-93	ex		Fátima	14-07	23,61-12
22,78	0,6	Pedro Fontes		Juv. Vidigalense	08-06-88	3s	C. Beiras	Leiria	14-07	22,30-06
22,82	1,5	João Barros		Sporting CP	STP 25-05-93	2h		Lisboa - MP	25-06	22,80-11
22,83	i	Miguel Roque		CCSJ. Madeira	19-04-92	2s	CNCI-1	Pombal	10-02	22,48-12
22,83	1,5	José Fidalgo		Sporting CP	ESP 05-09-94	3h		Lisboa - MP	25-06	
22,85	0,1	Miguel Sambé		CF Belenenses	20-11-95	2h		Massamá	20-07	
22,86	-0,6	David Mateus		CRD Santaluziense	06-10-91	1s	CNCI-Ap	V. R. Sto. António	26-05	22,80-11
22,86	1,2	Fábio Cunha		JUN Ideal	23-08-94	4	C. Norte	Guimarães	21-07	23,60-12
22,89	i	Gracelino Barbosa		ACR Sra. Desterro	CPV 01-02-85	2s	CNCI-2	Pombal	10-02	22,58i-11
22,89	0,0	Marco Rodrigues		Juv. Vidigalense	08-04-95	1s	C. Beiras	Leiria	14-07	11,30-12
22,89	0,6	Alexandre Carreira		ACDR Arreirense	02-12-94	4s	C. Beiras	Leiria	14-07	22,88i-12
22,91	i	Ermane Silva		Sporting CP	GBS 19-09-92	2		Val de Reuil - FRA	09-02	22,35-11
22,91	1,4	Marcos Ramos		CP Corroios	29-12-96	3	CN jv	Guimarães	23-06	24,17-12
22,94	1,5	David Sénica		UD Zona Alta	27-01-97	1s		Abrantes	05-05	23,43w-12
22,96	0,6	Sérgio Mendes		GD Estreito	09-01-93	2		Ribeira Brava	10-02	22,74-12

22,96	2,0	Alexandre Marques	C+S Lavra	11-10-94	1		Maia	28-04	
22,97	0,7	Henrique Marques	Gira Sol RC	22-06-93	1s		Luso	16-06	22,90w-12

Melhor marca ao ar livre de atletas com melhor marca indoor

22,90	-0,3	Nuno Batista	Sporting CP	10-04-91	6h	CN23	Quarteira	30-06	22,22-10
22,49	0,6	Sérgio Silva	GRECAS	31-07-92	2s	C. Beiras	Leiria	14-07	22,31-12

Com vento anti regulamentar

22,20	2,2	Francisco Villar	GA Fátima	13-07-94	1		Fátima	14-07	22,88-11
22,27	5,7	Sérgio Mendes	GD Estreito	09-01-93	2s	CNCl-Ap	Ribeira Brava	26-05	22,74-12
22,54	3,4	Rodrigo Belo	AA Pinhalnovense	13-06-95	1s		Setubal	13-01	22,97i-12
22,60	2,2	Edgar Remédios	GA Fátima	05-05-94	2		Fátima	14-07	23,18-12
22,62	2,2	João Djibo	SL Benfica	GBS 10-08-94	2h		Lisboa - MP	25-06	23,52w-12
22,63	2,2	Tomás Borges	Sporting CP	23-01-95	3h		Lisboa - MP	25-06	
22,65	6,5	Paulo Rodrigues	GDRC Coima	17-04-93	1s		Setubal	13-01	
22,68	3,5	Dylan Pedro	Juv. Vidigalense	04-01-95	1s		Fátima	16-06	23,61-12
22,70	3,2	David Mateus	CRD Santaluziense	06-10-91	3s	Guadiana	V. R. Sto. António	06-04	22,80-11
22,70	3,7	Bruno Ferreira	ACDR Armeirense	27-05-90	2	CNCl-3	Abrantes	09-06	21,54-09
22,78	2,2	Marco Rodrigues	Juv. Vidigalense	08-04-95	ex		Lisboa - MP	25-06	11,30-12
22,81	2,2	Florentin Rata	AA Pinhalnovense	ROM 28-03-96	1		Setubal	05-05	23,32-12
22,83	3,5	Alexandre Cardeira	ACDR Armeirense	02-12-94	2s		Fátima	16-06	22,88i-12
22,90	2,2	Natanael Mendonça	SL Benfica	02-08-94	4h		Lisboa - MP	25-06	23,32w-12
22,91	2,6	Diogo Mestre	CA Bx Banheira	20-05-95	ex		Setubal	05-05	23,30-12
22,91	2,6	Luis Fernandes	Gira Sol RC	31-05-82	ex		Setubal	05-05	21,90-04
22,92	3,4	Paulo Gomes	CA Bx Banheira	16-03-93	2s		Setubal	13-01	
22,93	2,1	Pedro Cardoso	SL Benfica	29-05-93	3h		Lisboa - MP	13-01	22,95w-12
22,93	3,7	André Simões	GCA Donas	06-08-93	3	CNCl-3	Abrantes	09-06	22,77w-11
22,95	3,2	Joaquim Cabral	CRCD Luzense	17-04-88	4s	Guadiana	V. R. Sto. António	06-04	22,81-12

300 m – 37,00

33,70	i	Arnaldo Abrantes	SL Benfica	27-11-86	3		Gent - BEL	02-02	33,86-12
35,00		Luis Neves	SL Benfica	22-05-95	1s		Quarteira	01-05	34,68-12
35,22		Ricardo Pereira	SL Benfica	04-03-96	1		Lisboa - I	17-07	36,14-12
35,31		Ricardo Amaral	SL Benfica	17-08-97	1s	CN jv	Guimarães	22-06	
35,38		Jonathan Puemi	SL Benfica	SUI 07-04-91	2s		Quarteira	01-05	
35,70		Gracelino Barbosa	ACR Sra. Desterro	CPV 01-02-85	1s		Maia	20-04	36,46i-10
35,95		David Mateus	CRD Santaluziense	06-10-91	3s		Quarteira	01-05	35,96-12
35,97		Sérgio Silva	GRECAS	31-07-92	1		Aveiro	09-12	36,76-09
36,02		Pedro Fontes	Juv. Vidigalense	08-06-88	1		Beja	18-05	35,54-06
36,08		Marcos Ramos	CP Corroios	29-12-96	2		Lisboa - I	17-07	
36,18		Tomás Kapancioglu	SL Benfica	18-01-96	1s	CN jv	Guimarães	22-06	37,79-12
36,20		Francisco Évora	C+S Lavra	11-12-91	2s		Maia	20-04	
36,21		David Sénica	UD Zona Alta	27-01-97	1s		Abrantes	11-05	
36,22		Hugo Casaca	CUA Benaventense	18-12-96	1		Rio Maior	20-04	37,18-12
36,42		André Eleutério	UD Santiago Guarda	23-09-97	1		Leira	26-05	37,97-12
36,43		João Fonseca	Gira Sol RC	30-03-96	1s	OJ	Fátima	01-06	
36,43		Fábio Martins	CLAC	11-01-97	Oct		Abrantes	29-06	38,7-12
36,44		Fábio Filipe	FC Castrense	16-04-96	3s	CN jv	Guimarães	22-06	37,87-12
36,51		Angelo Marques	SL Benfica	23-07-95	1s		Sobreda	23-03	36,70-12
36,51		Tiago Silvestre	SL Benfica	18-06-91	4s		Quarteira	01-05	
36,51		Florentin Rata	AA Pinhalnovense	ROM 28-03-96	2		Setubal	18-05	37,61-12
36,55		Rodrigo Belo	AA Pinhalnovense	13-06-95	1s		Sobreda	23-03	36,94-11
36,56		Micael Franco	ADR Agua Pena	31-08-95	1		Ribeira Brava	13-04	35,90-12
36,56		Marco Moreira	CDC Navais	16-07-97	1		Maia	29-06	
36,57		João Delgado	CA Seia	08-01-90	1		Seia	27-04	
36,58		Miguel Cabral	CA Seia	15-04-94	2		Seia	27-04	35,83-11
36,66		André Eleutério	UD Santiago Guarda	23-09-97	1		Marinha Grande	18-05	37,97-12
36,70		Alexandre Marques	C+S Lavra	11-10-94	3s		Maia	20-04	
36,70		Daniel Reis	SL Benfica	03-01-95	4s		Maia	20-04	35,99-12
36,78		Paulo Neto	ACRD Escapães	11-03-97	Oct	C. Nac	Lisboa - U	18-05	
36,79		Carlos Garrido	E Grão Vasco	14-04-95	1		Viseu	24-11	36,04-12

36,84	Cesar Pedreira	AA Pinhalnovense		20-08-87	1s		Lisboa - MP	22-12	34,99-07
36,85	Eduardo Valério	Juv. Vidigalense		07-02-96	Oct		Marinha Grande	20-04	37,20-12
36,87	Ivo Martins	C Bf. Faro		21-02-94	1s		Quarteira	01-05	
36,92	Tiago Ferreira	ADRE Palhaça		27-11-95	1		Aveiro	16-02	
36,92	Pedro Longo	Individual - CB		25-02-96	Oct		Luso	04-05	38,30-12
36,93	Mauricio Alves	CO Pechão	CPV	05-01-94	2		V. R. Sto. António	23-12	37,38-12
36,94	Pedro Abreu	ACD Jardim Serra		11-06-96	1		Ribeira Brava	18-05	38,18-12
36,94	Pedro Vilacova	EC+S Lavra		18-04-96	Oct	C. Nac	Lisboa - U	18-05	37,16-12
36,97	Victor Korst	AA Pinhalnovense	NED	21-10-96	1s		Sobreda	23-03	
37,00	Pedro Silva	Maia AC		28-02-96	1		Maia	08-06	

400 m- 49,20 – 52,00

46,90	Victor Soares	Sporting CP	RNJ	18-12-94	1rB		Gainesville - USA	20-04	47,73-12
47,21	Victor Soares				7	Ibero	Huelva - ESP	12-06	
47,47	João Ferreira	Individual - Lx		20-10-86	1s		Leiria	15-06	46,66-09
47,52	Victor Soares				1	CNCI-1	Lisboa - U	08-06	
47,63	Jorge Paula	SL Benfica		08-10-84	1s		Lisboa - I	17-07	46,89-11
47,76	i Arnaldo Abrantes	SL Benfica		27-11-86	1s	C. Port	Pombal	16-02	48,19i-12
48,05	Victor Soares				1h		Bedford - GBR	16-06	
48,08	i Arnaldo Abrantes				1s	CNCI-1	Pombal	09-02	
48,23	Pedro Fontes	Juv. Vidigalense		08-06-88	2s		Leiria	15-06	49,08-12
48,26	Ricardo Lima	Sporting CP		02-01-85	3s		Leiria	15-06	48,87i-12
48,30	Jorge Paula				1		Faro	13-07	
48,34	Jorge Paula				4s		Leiria	15-06	
48,35	i Victor Soares				4		Birmingham - GBR	24-02	
48,43	Ricardo Lima				1s		Lisboa - I	02-06	
48,52	António Rodrigues	SL Benfica		25-09-88	1	Caja Duero	Salamanca	12-06	47,20-09
48,60	Luis Neves	SL Benfica		22-05-95	1s	CNJ	Fátima	06-07	49,89-12
48,61	Mauricio Alves	CO Pechão	CPV	05-01-94	1ex	C. Port	Leiria	27-07	50,82-12
48,65	Arnaldo Abrantes				2	CNCI-1	Lisboa - U	08-06	
48,67	Pedro Fontes				3	CNCI-1	Lisboa - U	08-06	
48,67	Luis Neves				5s		Leiria	15-06	
48,72	i Victor Soares				2		Lee Valley - GBR	26-01	
48,74	Fábio Weber	Sporting CP		26-05-94	2	Caja Duero	Salamanca	12-06	48,50-12
48,74	Fábio Weber				6s		Leiria	15-06	
48,80	António Rodrigues				1	C. Port	Leiria	27-07	
48,83	Pedro Fontes				2	C. Port	Leiria	27-07	
48,86	Mauricio Alves				1s	CN23	Quarteira	29-06	
48,87	Fábio Weber				2s		Lisboa - I	02-06	
48,93	Ricardo Lima				1s		Lisboa - I	18-05	
49,01	Arnaldo Abrantes				2rB		Pavia - ITA	05-05	
49,14	Jonathan Puemi	SL Benfica	SUI	07-04-91	7s		Leiria	15-06	
49,14	António Rodrigues				ex	C. Beiras	Leiria	13-07	
49,15	i Victor Soares				1		Birmingham - GBR	17-02	
49,17	i Victor Soares				2mf		Birmingham - GBR	23-02	
49,17	Mauricio Alves				2s	CNJ	Fátima	06-07	
49,27	i André Marques	Sporting CP		20-11-92	1s	CN23	Pombal	02-02	48,18-12
49,36	Gracelino Barbosa	ACR Sra. Desterro	CPV	01-02-85	1	CNCI-2	Lisboa - U	08-06	49,49-11
49,42	José Gomes	AA Pinhalnovense	GBS	25-04-83	ex	C. Port	Leiria	27-07	48,99-08
49,45	Sérgio Silva	GRECAS		31-07-92	1		Luso	15-06	49,98-11
49,47	Muler Santos	GCA Donas	GBS	05-11-93	2s		Lisboa - I	17-07	51,33-12
49,55	David Mateus	CRD Santaluziense		06-10-91	2s	CNCI-Ap	V. R. Sto. António	25-05	50,05-12
49,59	Diogo Mestre	CA Bx Banheira		20-05-95	1s	CN23	Quarteira	29-06	49,76-12
49,62	Diogo Marouco	Juv. Vidigalense		27-12-87	ex		Seia	15-06	51,19-09
49,71	Henrique Marques	Gira Sol RC		22-06-93	4	CNCI-1	Lisboa - U	08-06	50,28-12
49,72	Sandy Martins	Sporting CP		08-08-93	2s		Lisboa - I	11-05	50,61-12
49,78	João Delgado	CA Seia		08-01-90	3	C. Port	Leiria	27-07	49,55-12
49,81	Daniel Reis	SL Benfica		03-01-95	1s	CNJ	Fátima	06-07	49,72-12
49,83	Carlos Lopes	SL Benfica		29-12-94	5s	CNJ	Fátima	06-07	52,59-12
49,86	Edgar Remédios	GA Fátima		05-05-94	1s	CNCI-Ap	Leiria	25-05	51,48-11
49,86	Miguel Moreira	SL Benfica		04-02-91	2s	CN23	Quarteira	29-06	49,77-12
49,89	Hugo Coutinho	Sporting CP		12-03-93	3s	CN23	Quarteira	29-06	50,07-12

50,00	Samuel Remédios	GA Fátima	24-02-92	Dec	T. Europa	Ribeira Brava	29-06	51,64-11
50,02	Sérgio Mendes	GD Estreito	09-01-93	1		Ribeira Brava	12-07	50,91-12
50,07	Paulo Lima	ACD Jardim Serra	01-05-93	2		Ribeira Brava	12-07	50,75-11
50,10	Angelo Marques	SL Benfica	23-07-95	1s		Lisboa - I	17-07	52,23-12
50,15	Tiago Cipriano	GRECAS	27-03-95	6s	CN23	Quarteira	29-06	51,41-12
50,46	Marcos Ramos	CP Corroios	29-12-96	1s	CNJ	Fátima	06-07	
50,50	Miguel Roque	CCSJ. Madeira	19-04-92	3	CNCI-2	Lisboa - U	08-06	49,37-12
50,54	Hugo Silva	CS Marítimo	04-01-91	ex		Ribeira Brava	15-06	50,18-12
50,54	Cesar Pedreira	AA Pinhalnovoense	20-08-87	1		Sobreda	19-07	49,31-07
50,57	Tiago Freire	Juv. Vidigalense	02-02-94	1		Setubal	13-07	52,05-12
50,61	Francisco Évora	C+S Lavra	11-12-91	1		Maia	04-05	50,80-12
50,61	Edi Sousa	Sporting CP	11-07-89	3	CNU	Guimarães	12-05	
50,66	Yannick Medina	CA Bx Banheira	24-10-91	2s		Lisboa - I	02-06	50,64-10
50,67	Paulo Antunes	SL Benfica	06-01-92	3s		Lisboa - MP	12-01	50,93-12
50,67	Ivo Martins	C Bf. Faro	21-02-94	2s	CNJ	Fátima	06-07	52,47-12
50,70	João Fonseca	Gira Sol RC	30-03-96	1s		Luso	15-06	52,22-12
50,73	Miguel Cabral	CA Seia	15-04-94	1s		Maia	26-06	50,51-11
50,80	João Maciel	CA Mazarefes	17-05-95	1	C. Norte	Guimarães	20-07	52,24-12
50,84	Celso Pinto	JOMA	22-10-84	3		Setubal	30-06	51,22-08
50,86	i Dylan Pedro	Juv. Vidigalense	04-01-95	1s	CN23	Pombal	02-02	
50,86	Tiago Marto	GA Fátima	05-05-86	Dec	T. Europa	Ribeira Brava	29-06	50,49-04
50,93	André Eleutério	UD Santiago Guarda	23-09-97	3s	CNJ	Fátima	06-07	
50,93	Mário Santos Mendes	GA Fátima	28-07-88	2		Fátima	13-07	49,76-07
50,97	i João Moniz	Juv. Vidigalense	17-11-94	1s	CNJ	Pombal	19-01	49,35-12
50,99	Pedro Cardoso	SL Benfica	29-05-93	1s		Lisboa - I	11-05	51,57-12
51,01	Rui Matos	GRECAS	09-09-92	2		Luso	20-07	51,28-12
51,06	André Sá	SL Benfica	01-06-95	1s		Lisboa - I	17-07	
51,07	Filipe Almeida	AAC Caparica	23-10-95	2		Setubal	15-06	
51,07	José Carlos Tavares	SL Benfica	11-02-94	2s	CNJ	Fátima	06-07	
51,08	Fábio Filipe	FC Castrense	16-04-96	4s	CNJ	Fátima	06-07	
51,18	Micael Franco	ADR Agua Pena	31-08-95	1		Ribeira Brava	20-04	
51,21	Alexandre Marques	C+S Lavra	11-10-94	2		Maia	04-05	52,00-11
51,22	i Bruno Ferreira	ACDR Arneirense	27-05-90	4s	CNCI-Ap	Pombal	27-01	50,61-09
51,22	Diogo Luz	JD Neves	12-05-95	1		Beja	16-06	
51,23	Ricardo Ribeiro	GD Pavia	21-02-95	1h		Lisboa - I	11-05	
51,24	i Joel Oliveira	Gira Sol RC	01-03-95	3s	Taça FPA	Pombal	05-01	51,59i-12
51,25	Rui Almeida	CR Estarreja	12-09-96	1	Marnoto	Aveiro	29-06	
51,26	Francisco Cordoeiro	Esc Movimento	09-05-92	3		Maia	04-05	51,86-11
51,30	i Hugo Santos	CA Riachense	05-01-91	1s	Taça FPA	Pombal	05-01	49,76-09
51,31	Luís Lopes	C Bf. C. Caparica	30-10-91	1		Setubal	04-05	51,96-12
51,36	Jorge Colaço	CD Faro XXI	05-04-94	4s		Lisboa - I	02-06	50,99-12
51,38	i Ricardo Pereira	SL Benfica	04-03-96	2s	CNJ	Pombal	19-01	
51,41	José Cruz	AC Bunheirense	01-07-96	1s	C. Beiras	Leiria	13-07	
51,51	Alexandre Gameiro	CP Alcanena	04-05-92	3		Fátima	13-07	51,75-12
51,62	Holder da Silva	CF Belenenses	GBS 22-01-88	2s		Lisboa - MP	12-01	
51,65	i Edgar Rodrigues	CA Seia	25-04-95	1s	CNCI-Ap	Pombal	27-01	52,69-12
51,65	Raul Veloso	CCD Ribeirão	01-10-81	6	CNCI-2	Lisboa - U	08-06	
51,68	Elmano Tavares	CF Belenenses	20-02-87	3s		Lisboa - I	17-07	51,67-12
51,73	Daniel Silva	CCSJ. Madeira	03-07-93	4s		Maia	26-06	51,42-12
51,73	Paulo Neto	ACRD Escapães	11-03-97	1	Marnoto	Aveiro	29-06	
51,74	José Spencer	C Bf. C. Caparica	04-12-92	5		Setubal	12-01	51,08-12
51,74	Marco Moreira	CDC Navais	16-07-97	2		Viana do Castelo	15-06	
51,76	i Mark Rosnovskiy	ADRE Palhaça	29-08-94	3s	CN23	Pombal	02-02	51,48-12
51,78	Tony Calvo	Esc Movimento	07-06-81	2	C. Norte	Gainesville - USA	20-07	51,37-10
51,81	José Araújo	CCD Ribeirão	13-01-83	1		Braga	01-06	50,71-10
51,81	Pedro Martins	CDC Navais	28-06-96	3	C. Norte	Guimarães	20-07	
51,81	Ivo Pais	NA Cucujães	17-12-93	4		Luso	20-07	51,58-12
51,88	i David Bernardo	Juv. Vidigalense	26-01-90	4		Eaubonne - FRA	02-02	51,89-06
51,88	Pedro Abreu	ACD Jardim Serra	11-06-96	2		Ribeira Brava	15-06	54,03-12
51,90	i Miguel Figueira	Gira Sol RC	26-07-95	2s	CN23	Pombal	02-02	51,57-12
51,90	Tiago Boucela	Sporting CP	09-02-92	ex		Povoia de Varzim	22-06	
51,90	José Maria Tavares	CF Belenenses	11-02-94	5s	CNJ	Fátima	06-07	
51,90	Hugo Gil	CDUL	25-06-97	ex		Setubal	13-07	

51,95	i	Sérgio Duro	GDRC Coina	19-02-80	4s	Taça FPA	Pombal	05-01	46,77-04
51,95		Pedro Silva	Maia AC	22-12-82	3s	CNCI-Ap	Guimarães	25-05	50,45-03
51,95		Anselmo Ramos	CD Póvoa	06-05-92	5s		Maia	26-06	
51,99	i	João Vidais	AEA Rui Silva	24-02-97	1s		Pombal	12-01	
51,99		Davide Teixeira	ACD Jardim Serra	22-11-92	ex		Ribeira Brava	15-06	
51,99		Ricardo Paixão	GDRC Coina	01-04-86	5		Setubal	13-07	

Melhor marca ao ar livre de atletas com melhor marca indoor

50,14		André Marques	Sporting CP	20-11-92	4s		Lisboa - I	02-06	48,18-12
51,42		Dylan Pedro	Juv. Vidigalense	04-01-95	5s	CNCI-Ap	Leiria	25-05	
51,21		João Moniz	Juv. Vidigalense	17-11-94	8s		Leiria	15-06	49,35-12
51,87		Mark Rosnovskiy	ADRE Palhaça	29-08-94	4		Aveiro	12-05	51,48-12

800 m – 1.53,0 – 1.57,0

1.49,38		Miguel Moreira	SL Benfica	04-02-91	6		Salzburgo - AUT	15-06	1.49,09-12
1.49,68		Emanuel Rolim	SL Benfica	03-01-93	1s		Lisboa - I	02-06	1.51,04-11
1.49,68		Miguel Moreira			2s		Lisboa - I	02-06	
1.50,05		Miguel Moreira			1s	CN23	Quarteira	30-06	
1.50,24		António Rodrigues	SL Benfica	25-09-88	1		Guarda	20-07	1.49,52-11
1.50,28		João Brás	Sporting CP	13-08-89	3s		Lisboa - I	02-06	1.50,28-12
1.50,37		Emanuel Rolim			2s	CN23	Quarteira	30-06	
1.50,68		Mauricio Alves	CO Pechão	CPV 05-01-94	4s		Lisboa - I	02-06	1.54,98-12
1.50,69		Miguel Moreira			1		Lisboa - I	18-05	
1.50,95		António Rodrigues			ex	C. Beiras	Leiria	14-07	
1.51,02		Fernando Silva	Sporting CP	23-08-82	2		Lisboa - I	18-05	1.49,89-12
1.51,10		João Brás			ex	C. Beiras	Leiria	14-07	
1.51,17		António Rodrigues			2rA		Caceres	19-06	
1.51,18		Miguel Moreira			1s	C. Port	Leiria	28-07	
1.51,27		Guilherme Pinto	Sporting CP	10-02-94	3s		Lisboa - I	18-05	1.50,45-12
1.51,29	i	João Brás			1s	C. Port	Pombal	17-02	
1.51,3		António Rodrigues			1		Viseu	14-06	
1.51,41		Guilherme Pinto			9rB	Ibero	Huelva - ESP	12-06	
1.51,50	i	Helio Gomes	SL Benfica	27-12-84	2s	C. Port	Pombal	17-02	1.49,52-12
1.51,52		Fernando Silva			4rA		Caceres	19-06	
1.51,52		António Rodrigues			1		Maia	26-06	
1.51,65		António Rodrigues			5s		Lisboa - I	02-06	
1.51,69		Fernando Silva			2s	C. Port	Leiria	28-07	
1.51,76		Mauricio Alves			3s	CN23	Quarteira	30-06	
1.51,76		João Delgado	CA Seia	08-01-90	1	C. Beiras	Leiria	14-07	1.52,68-09
1.51,83		Guilherme Pinto			4s	CN23	Quarteira	30-06	
1.51,93		João Brás			3s	C. Port	Leiria	28-07	
1.51,98	i	António Rodrigues			1s		Pombal	24-02	
1.52,08		Miguel Moreira			1		Lisboa - I	12-05	
1.52,10		Mauricio Alves			5		Caceres	19-06	
1.52,12		Ricardo Paixão	GDRC Coina	01-04-86	6s		Lisboa - I	02-06	1.50,07-12
1.52,14		António Rodrigues			4s	C. Port	Leiria	28-07	
1.52,28		Helio Fumo	SL Benfica	11-02-83	7rB		Bilbao - ESP	21-06	1.50,06-09
1.52,29	i	António Rodrigues			3s	C. Port	Pombal	17-02	
1.52,30		António Rodrigues			1		Seia	13-04	
1.52,32		João Brás			1s		Lisboa - I	17-07	
1.52,43		Miguel Moreira			9	CE Eq	Dublin	23-06	
1.52,43		João Delgado			2		Maia	26-06	
1.52,54		Miguel Moreira			1	CNCI-1	Lisboa - U	09-06	
1.52,56		Fernando Silva			2		Lisboa - I	12-05	
1.52,61		Pedro Alexandre Santos	SL Benfica	12-04-95	7s		Lisboa - I	02-06	1.52,94i-12
1.52,62		António Rodrigues			3		Lisboa - I	12-05	
1.52,62		Miguel Moreira			6	ECCC	V. R. Sto. António	26-05	
1.52,66		João Delgado			2		Guarda	20-07	
1.52,89		Pedro Alexandre Santos			5s	CN23	Quarteira	30-06	
1.52,89		Bruno Varela	SL Benfica	30-10-94	2		Lisboa - I	17-07	1.55,21-12
1.52,98		João Delgado			8rA		Caceres	19-06	

1.53,2	Celso Pinto	JOMA	22-10-84	1		Lisboa - N	01-06	1.52,00-08
1.53,35	Tiago Freire	Juv. Vidigalense	02-02-94	3s		Lisboa - I	17-07	1.58,06-12
1.53,35	Samuel Freire	Sporting CP	28-08-90	4s		Lisboa - I	17-07	
1.53,39	Fernando Silva	França	07-12-88	5		St. Etienne - FRA	22-06	1.55,71-10
1.53,56	Mário Santos Mendes	GA Fátima	28-07-88	6s		Lisboa - I	17-07	1.50,58-12
1.53,64	José Martins	Gira Sol RC	28-04-86	3	CNCI-1	Lisboa - U	09-06	1.51,85i-11
1.53,67	Hugo Coutinho	Sporting CP	12-03-93	2		Lisboa - MP	25-06	1.53,52-11
1.53,99	Oswald Freitas	CN Rio Maior	08-02-96	7s		Lisboa - I	17-07	1.56,46-12
1.54,07	Francisco Rodrigues	SC Braga	24-05-95	4ex	C. Beiras	Leiria	14-07	1.54,27-12
1.54,27	Bruno Moniz	ADR Agua Pena	08-10-91	5	CNCI-1	Lisboa - U	09-06	
1.54,30	Rui Almeida	CR Estarreja	12-09-96	4		Maia	26-06	1.57,77-12
1.54,32	i Ricardo Fernandes	Juv. Vidigalense	04-07-91	5s	C. Port	Pombal	17-02	1.53,01-12
1.54,37	Hugo Gil	CDUL	25-06-97	8s		Lisboa - I	17-07	2.09,83-12
1.54,46	i Paulo Antunes	SL Benfica	06-01-92	3s	CN23	Pombal	03-02	1.53,62-12
1.54,46	João Leal	Juv. Vidigalense	04-04-91	2	C. Beiras	Leiria	14-07	1.55,34-12
1.54,64	Nuno Lopes	CA Seia	11-08-87	3	C. Beiras	Leiria	14-07	
1.54,80	Artur Paulino	C Operário D	06-06-85	3s	C. Port	Leiria	28-07	1.53,48-06
1.54,84	Edgar Rodrigues	CA Seia	25-04-95	7	CNCI-1	Lisboa - U	09-06	1.56,79-12
1.54,98	Sandy Martins	Sporting CP	08-08-93	1s	CN23	Quarteira	30-06	2.01,09-12
1.55,07	Fábio Weber	Sporting CP	26-05-94	2rB		Caceres	19-06	1.54,99-12
1.55,59	Fernando Anselmo	CRD Arrudense	14-01-96	9s		Lisboa - I	17-07	
1.55,64	José Spencer	C Bf. C. Caparica	04-12-92	2		Setubal	14-07	
1.55,67	Ricardo Pereira	ACR Cambra	12-08-90	5	C. Beiras	Leiria	14-07	
1.55,73	João Fonseca	Gira Sol RC	30-03-96	6	C. Beiras	Leiria	14-07	1.57,52-12
1.55,79	i Wilson Conniot	AC Vermoil	05-11-93	5s	CNCI-Ap	Pombal	27-01	1.57,15-12
1.55,91	Rafael Rucha	CRD Arrudense	28-03-95	4		Lisboa - MP	25-06	
1.55,96	Paulo Lima	ACD Jardim Serra	01-05-93	1		Ribeira Brava	16-06	1.56,07-12
1.56,00	Rodrigo Carrera	JOMA	31-07-86	2		Vendas Novas	29-06	1.56,73-08
1.56,05	Rui Matos	GRECAS	09-09-92	8	CNCI-1	Lisboa - U	09-06	1.55,20-12
1.56,09	Fernando Lemos	UD Varzea	03-11-83	1		Povoa de Varzim	12-06	
1.56,10	Hugo Almeida	CCSJ. Madeira	01-09-88	1		Luso	21-07	1.56,50i-11
1.56,18	Paulo Palmeirim	AAC Caparica	31-03-96	3		Vendas Novas	29-06	2.02,02-12
1.56,29	Ruben Silva	SL Benfica	16-05-93	1s		Lisboa - I	17-07	
1.56,57	Nuno Paulo	ACD S. João	24-07-93	1		Ribeira Brava	07-07	1.54,53-12
1.56,59	Pedro Silva	Maia AC	28-02-96	2		Povoa de Varzim	12-06	1.59,35-12
1.56,61	João Parreira	CA Bx Banheira	11-01-95	2s		Lisboa - I	17-07	2.01,50-12
1.56,71	Bruno Silva	ACD Jardim Serra	10-02-89	2		Ribeira Brava	19-05	
1.56,76	Davide Teixeira	ACD Jardim Serra	22-11-92	3		Ribeira Brava	19-05	
1.56,86	Bruno Silva	AR Luz e Vida	27-12-95	2	C. Norte	Guimarães	21-07	

Melhor marca ao ar livre de atletas com melhor marca indoor

1.54,55	Paulo Antunes	SL Benfica	06-01-92	4		Lisboa - I	18-05	1.53,62-12
1.56,53	Wilson Conniot	AC Vermoil	05-11-93	1	CNCI-3	Abrantes	09-06	1.57,15-12

1000 m – 2.39,0

2.24,56	Miguel Moreira	SL Benfica	04-02-91	1		Lisboa - I	13-04	2.27,98-12	
2.25,88	António Rodrigues	SL Benfica	25-09-88	1		Guarda	20-04		
2.27,13	Nuno Lopes	CA Seia	11-08-87	2		Guarda	20-04		
2.29,93	João Delgado	CA Seia	08-01-90	3		Guarda	20-04	2.31,41-12	
2.30,30	Paulo Antunes	SL Benfica	06-01-92	2		Lisboa - I	13-04	2.34,43-12	
2.30,36	Edgar Rodrigues	CA Seia	25-04-95	4		Guarda	20-04	2.35,16-12	
2.30,49	i Paulo Pinheiro	SL Benfica	09-07-89	5h		Manhattan - USA	19-01		
2.31,46	Fernando Silva	França	07-12-88	3		Caluire Cuire - FRA	19-04	2.29,62-12	
2.32,24	Rafael Rucha	CRD Arrudense	28-03-95	3		Lisboa - I	13-04	2.37,07-12	
2.34,03	Hugo Coutinho	Sporting CP	12-03-93	4		Lisboa - I	13-04	2.32,15-10	
2.34,16	Pedro Silva	Maia AC	28-02-96	1s	Km Nac	Febres	11-05	2.38,91-12	
2.34,22	Hugo Santos	CA Riachense	05-01-91	1		Leiria	13-04	2.32,90-09	
2.34,46	Cristian Scutaru	Maratona CP	MDA	24-02-96	2s	Km Nac	Febres	11-05	2.43,11-12
2.34,54	Artur Paulino	C Operário D	06-06-85	1		Ponta Delgada	27-04		
2.34,71	Humberto Francês	Maratona CP	CPV	31-08-94	5		Lisboa - I	13-04	
2.35,15	João Fonseca	Gira Sol RC	30-03-96	3s	Km Nac	Febres	11-05	2.39,04-12	

2.35,20	Fernando Anselmo	CRD Arrudense	14-01-96	2		Lisboa - MP	13-04	
2.35,27	Gonçalo Claudio	CRD Arrudense	20-02-95	6		Lisboa - I	13-04	2.42,07-12
2.35,49	Fábio Gomes	UD Varzea	20-05-97	2s		Maia	20-04	2.38,10-12
2.35,76	Tiago Vieira	Juv. Vidigalense	24-09-96	4	Km Nac	Febres	11-05	2.40,38-12
2.35,94	Sérgio Teixeira	NA Cucujães	24-02-94	1		Maia	16-03	2.37,60-10
2.36,48	Rui Almeida	CR Estarreja	12-09-96	6s	Km Nac	Febres	11-05	2.44,10-12
2.36,59	Daniel Moreira	ADERCUS	01-12-96	7s	Km Nac	Febres	11-05	
2.36,75	Paulo Palmeirim	AAC Caparica	31-03-96	1		Sobreda	27-04	2.44,40-12
2.37,06	João Vidais	AEA Rui Silva	24-02-97	1		Abrantes	24-03	2.52,43-12
2.37,21	David Fernandes	EBPG Sampaio	01-02-97	3		Guimarães	03-07	2.49,72-12
2.37,27	João Ramos	CD Quarteira	23-01-92	1s		Quarteira	13-04	
2.37,57	Pedro Braz Correia	PN Descobertas	17-09-86	2s		Quarteira	13-04	2.33,84-11
2.37,58	Oswald Freitas	CN Rio Maior	08-02-96	2		Abrantes	24-03	2.36,55-12
2.37,65	David Mateus	CRD Santaluziense	06-10-91	3s		Quarteira	13-04	
2.37,85	David Fortes	GR Qt. Lomba	CPV	16-03-97	8s	Km Nac	Febres	11-05
2.37,95	Dinis Rodrigues	CA Seia	25-04-98	1		Seia	16-06	2.43,72-12
2.37,98	Manuel Martins	CD Quarteira	21-09-94	1s		Quarteira	13-04	
2.38,10	Tiago Silva	Juv. Vidigalense	07-11-92	2		Leiria	13-04	
2.38,21	André Oliveira	Maratona CP	06-06-97	3		Lisboa - MP	13-04	
2.38,37	Francisco Évora	C+S Lavra	11-12-91	2		Maia	16-03	
2.38,46	Adrião Rodrigues	SL Benfica	16-10-93	1		Aveiro	23-03	2.34,61-10
2.38,52	António Silva	CDA S. João	20-01-70	4s		Quarteira	13-04	
2.38,62	Joaquim Antunes	C Bf. Paredes	02-02-97	3s		Maia	20-04	2.42,00-12
2.38,67	Alexandre Marques	C+S Lavra	11-10-94	3		Maia	16-03	

1500 m – 3.50,0 – 4.00,0

3.37,50	Helio Gomes	SL Benfica	27-12-84	5rA	Ibero	Huelva - ESP	12-06	3.38,49-12	
3.38,28		Helio Gomes		11	KBC	Heusden - Bel	13-07		
3.39,46	i	Helio Gomes		6	C. Euro	Gotemburgo - SWE	03-03		
3.40,82	i	Helio Gomes		4h	C. Euro	Gotemburgo - SWE	02-03		
3.41,02		Helio Gomes		1	C. Port	Leiria	27-07		
3.43,20	i	Helio Gomes		2		Gent - BEL	02-02		
3.43,33	Emanuel Rolim	SL Benfica	03-01-93	2	C. Port	Leiria	27-07	3.44,91-11	
3.43,39		Emanuel Rolim		11		Bilbao - ESP	21-06		
3.44,66	João Brás	Sporting CP	13-08-89	3rC	Ibero	Huelva - ESP	12-06	3.47,35-10	
3.45,33		Emanuel Rolim		4rB	Ibero	Huelva - ESP	12-06		
3.46,03	Fernando Silva	França	07-12-88	7		Decines - FRA	15-06	3.45,31-12	
3.46,37		Emanuel Rolim		8h	CE U23	Tampere - Fin	13-07		
3.46,43	i	Helio Gomes		1s	CNCl-Ap	Pombal	27-01		
3.46,5	i	João Brás		1		Pombal	24-02		
3.46,51	Guilherme Pinto	Sporting CP	10-02-94	ex	C. Beiras	Leiria	13-07	3.49,67-12	
3.46,96		Helio Gomes		3	CE Eq	Dublin	22-06		
3.47,35	i	João Brás		1	C. Port	Pombal	16-02		
3.47,94		Guilherme Pinto		1		Leiria	15-06		
3.48,02		Fernando Silva		3		Oyonnax - FRA	29-06		
3.48,20	i	João Brás		1s	CNCl-Ap	Pombal	26-01		
3.48,35		Helio Gomes		1	CNCl-1	Lisboa - U	08-06		
3.48,37	Hugo Almeida	CCSJ. Madeira	01-09-88	1		Maia	26-06	3.49,09-12	
3.48,46		Helio Gomes		3		V. R. Sto. António	25-05		
3.49,30		Fernando Silva		4		Bron - FRA	02-07		
3.49,39		João Brás		2	CNCl-1	Lisboa - U	08-06		
3.49,54	Samuel Freire	Sporting CP	28-08-90	8h	Franco	Nice	13-09	3.53,77-12	
3.49,64		Guilherme Pinto		3	C. Port	Leiria	27-07		
3.50,69	Miguel Moreira	SL Benfica	04-02-91	ex	C. Beiras	Leiria	13-07	3.46,46-10	
3.50,92	Fernando Silva	Sporting CP	23-08-82	2		Lisboa - MP	12-01	3.47,16-11	
3.52,16	Helio Fumo	SL Benfica	11-02-83	2	Caja Duero	Salamanca	12-06	3.48,95-06	
3.52,25	Nuno Lopes	CA Seia	11-08-87	2		Maia	26-06	3.57,01-12	
3.52,27	Abilio Gonçalves	ACR Cambra	04-12-89	ex		Luso	20-07		
3.52,36	i	Hugo Correia	Sporting CP	17-11-91	3	CN23	Pombal	02-02	3.55,35-12
3.52,38	Ricardo Paixão	GDRC Coina	01-04-86	3	Caja Duero	Salamanca	12-06	3.47,04-10	
3.52,38	Francisco Rodrigues	SC Braga	24-05-95	3		Maia	26-06	3.54,65-12	

3.53,14	Paulo Pinheiro	SL Benfica	09-07-89	7		Fayetteville - USA	30-03	3.46,68-12
3.53,19	António Rocha	ACR Cambra	04-08-92	2	C. Beiras	Leiria	13-07	
3.53,61	Ricardo Mateus	Sporting CP	05-01-88	ex	C. Beiras	Leiria	13-07	3.50,41-10
3.53,77	Ricardo Pereira	ACR Cambra	12-08-90	ex		Luso	20-07	3.57,44-12
3.53,82	i Rui Silva	Sporting CP	03-08-77	1	CNCI-1	Pombal	09-02	3.30,07-01
3.54,11	Alberto Paulo	SL Benfica	03-10-85	1		Ribeira Brava	26-01	3.52,20-07
3.54,16	Luís Miguel Borges	SL Benfica	04-10-94	4		Maia	26-06	3.54,23-12
3.54,45	i Ruben Silva	SL Benfica	16-05-93	5	CN23	Pombal	02-02	3.57,65i-12
3.54,51	Nuno Paulo	ACD S. João	24-07-93	2		Ribeira Brava	26-01	3.53,50-12
3.55,13	Bruno Moniz	ADR Agua Pena	08-10-91	3	CNCI-1	Lisboa - U	08-06	
3.55,27	Fábio Silva	Gira Sol RC	11-11-91	5	C. Port	Leiria	27-07	
3.55,39	i Ricardo Fernandes	Juv. Vidigalense	04-07-91	6	CN23	Pombal	02-02	3.49,98-12
3.56,12	Bruno Varela	SL Benfica	30-10-94	3		Lisboa - I	11-05	3.54,21-12
3.56,13	Ricardo Ribas	SL Benfica	08-10-77	1		Braga	17-07	3.43,97-02
3.56,38	i Helder Costa	SL Benfica	04-07-95	1		Braga	28-12	3.56,93-12
3.56,44	i João Cruz	SL Benfica	12-04-94	4	CNJ	Pombal	19-01	3.51,48-12
3.56,73	João Bernardo	Gira Sol RC	06-09-93	3		Leiria	15-06	3.59,14i-12
3.57,11	Samuel Barata	SL Benfica	19-07-93	2	CNU	Guimarães	12-05	3.58,35-10
3.57,31	Fernando Lemos	UD Varzea	03-11-83	4		Leiria	15-06	
3.57,61	Luís Fernandes	Maratona CP	01-12-93	ex	C. Beiras	Leiria	13-07	3.59,09-11
3.57,97	António Silva	ACR Sra. Desterro	26-03-87	1		Seia	15-06	3.54,28-08
3.58,22	João Delgado	CA Seia	08-01-90	5		Leiria	15-06	4.06,16-07
3.58,46	Fábio Gomes	UD Varzea	20-05-97	6		Maia	26-06	4.04,91-12
3.58,75	Igor Valente	JU Fornos	25-01-96	1		Luso	18-05	4.03,15-12
3.59,10	Adrião Rodrigues	SL Benfica	16-10-93	ex		Luso	20-07	3.55,20-11
3.59,39	Samuel Freitas	CS Marítimo	12-09-91	3	CMDI	Praga	13-06	
3.59,47	Rafael Rucha	CRD Arrudense	28-03-95	2		Lisboa - I	22-06	4.08,96-12
3.59,79	Luciano Teixeira	UD Varzea	01-04-92	7		Maia	26-06	
3.59,79	Luís Miguel Pinto	Sporting CP	05-01-83	4	Sintra	Massamá	29-06	3.46,54-02

Melhor marca ao ar livre de atletas com melhor marca indoor

3.53,44	Hugo Correia	Sporting CP	17-11-91	1		Lisboa - I	22-06	3.55,35-12
3.56,93	João Cruz	SL Benfica	12-04-94	14rC	Ibero	Huelva - ESP	12-06	3.51,48-12
3.58,49	Luís Fernandes	Maratona CP	01-12-93	6		Leiria	15-06	3.59,09-11
3.56,65	Ruben Silva	SL Benfica	16-05-93	2		Lisboa - I	02-06	3.57,65i-12

Milha – 4.35,0

4.05,07	Emanuel Rolim	SL Benfica	03-01-93	9	CityS	Cork - IRL	02-07	
4.06,51	i Paulo Pinheiro	SL Benfica	09-07-89	10		Notre Dame - USA	02-02	4.02,89i-12

2000 m - 6.00,0

5.38,85	Marco Pinto	CA Seia	11-10-86	1		Seia	27-04	5.30,70-06
5.43,44	João Ramos	CD Quarteirense	23-01-92	1		V. R. Sto. António	23-12	
5.50,48	Avelino Eusébio	CD Póvoa	19-04-91	1		Maia	24-11	
5.57,19	David Lucas	CO Pechão	24-04-95	2		V. R. Sto. António	23-12	

3000 m – 8.15,0 – 8.35,0

8.05,06	i Paulo Pinheiro	SL Benfica	09-07-89	2		Fayetteville - USA	09-02	8.11,13i-12
8.07,73	Rui Pinto	SL Benfica	18-11-92	1	CNCI-1	Lisboa - U	09-06	8.10,47i-11
8.08,00	Rui Silva	Sporting CP	03-08-77	2	CNCI-1	Lisboa - U	09-06	7.39,44i-00
8.08,91	Bruno Albuquerque	Sporting CP	10-01-89	1		Langenthal - SUI	09-05	8.08,37i-12
8.11,41	Hugo Almeida	CCSJ. Madeira	01-09-88	1	CNCI-2	Lisboa - U	09-06	8.20,10i-11
8.14,37	Ricardo Mateus	Sporting CP	05-01-88	1		Lisboa - I	18-05	8.14,02-10
8.15,92	Fernando Silva	França	07-12-88	1		Bourgoin Jallieu-FRA	10-07	8.30,67-10
8.16,45	António Silva	ACR Sra. Desterro	26-03-87	2	CNCI-2	Lisboa - U	09-06	8.12,65-08
8.17,61	Alberto Paulo	SL Benfica	03-10-85	ex		Ribeira Brava	10-02	8.04,48-11
8.18,37	i Hugo Correia	Sporting CP	17-11-91	3	C. Port	Pombal	17-02	8.25,85-12
8.19,78	i Sérgio Silva	Sporting CP	03-04-83	4	C. Port	Pombal	17-02	8.13,53i-07
8.21,26	i Mário Teixeira	Sporting CP	20-09-74	5	C. Port	Pombal	17-02	8.03,27i-04

8.21,56		Marco Pinto	CA Seia	11-10-86	3	CNCI-1	Lisboa - U	09-06	8.18,32i-11
8.23,73	i	Ricardo Pereira	ACR Cambra	12-08-90	6	C. Port	Pombal	17-02	8.40,42i-12
8.27,55	i	Hugo Daniel Santos	Maia AC	25-07-90	7	C. Port	Pombal	17-02	8.34,13i-12
8.29,09		Paulo Rosário	SC Braga	21-04-94	1s	CNCI-Ap	Guimarães	26-05	8.34,98i-12
8.29,26	i	Leonel Fernandes	CC SJ. Madeira	20-03-87	1s	CNCI-Ap	Braga	26-01	8.21,37-08
8.29,64		Fábio Silva	Gira Sol RC	11-11-91	1		Luso	21-07	
8.29,74	i	João Cruz	SL Benfica	12-04-94	1	CN23	Pombal	03-02	8.34,06-11
8.29,77	i	Samuel Barata	SL Benfica	19-07-93	8	C. Port	Pombal	17-02	8.31,37-12
8.29,88		Pedro Cruz	GD Cruz e Irmãos	15-08-82	2		Luso	21-07	8.16,28i-07
8.30,10		Fábio Gomes	UD Varzea	20-05-97	2		Povoa de Varzim	12-06	
8.30,23	i	Filipe Rosa	GA Fátima	14-07-84	9	C. Port	Pombal	17-02	8.26,39i-09
8.30,45	i	Nuno Paulo	ACD S. João	24-07-93	3	CN23	Pombal	03-02	8.32,51-12
8.30,80	i	Abilio Gonçalves	ACR Cambra	04-12-89	10	C. Port	Pombal	17-02	8.40,05i-11
8.31,64		Carlos M. Silva	Sporting CP	03-09-83	3		Lisboa - MP	13-01	8.05,74-06
8.31,86	i	Ricardo Vale	Sporting CP	09-06-88	12	C. Port	Pombal	17-02	8.35,23i-12
8.31,86	i	Daniel Gregório	Sporting CP	07-09-89	13	C. Port	Pombal	17-02	8.26,14i-12
8.32,15	i	Gonçalo Jesus	Gira Sol RC	04-01-92	6	CNCI-1	Pombal	10-02	8.39,52i-12
8.33,88		Ruben Silva	SL Benfica	16-05-93	4		Lisboa - MP	13-01	8.33,92i-12
8.34,20		Luís Miguel Pinto	Sporting CP	05-01-83	1s	CNCI-Ap	Lisboa - U	26-05	8.09,83i-11
8.34,36	i	José Carvalho	NA Vila Real	13-02-77	1	C. Norte	Braga	13-01	8.20,37i-06
8.34,6		Luís Miguel Borges	SL Benfica	04-10-94	1		Maia	08-06	8.47,54i-12
8.34,68		Igor Valente	JU Fornos	25-01-96	1		Aveiro	11-05	8.59,14-12

Melhor marca ao ar livre de atletas com melhor marca indoor

8.29,45		Hugo Correia	Sporting CP	17-11-91	2		Lisboa - MP	13-01	8.25,85-12
8.32,93		Mário Teixeira	Sporting CP	20-09-74	ex		Luso	21-07	8.03,27i-04

5000 m – 14.30,0 – 15.10,0

13.57,68		Bruno Albuquerque	Sporting CP	10-01-89	9	Ibero	Huelva - ESP	12-06	13.52,66-12
14.02,30		Rui Pedro Silva	SL Benfica	06-05-81	2	ECCC	V. R. Sto. António	25-05	13.44,23-04
14.06,9		Rui Pedro Silva			1		Maia	15-05	
14.07,66		Ricardo Mateus	Sporting CP	05-01-88	1		Lisboa - I	11-05	14.17,65-09
14.08,2		Rui Pinto	SL Benfica	18-11-92	2		Maia	15-05	14.11,67-11
14.13,86		Ricardo Mateus			1		Lisboa - I	17-07	
14.17,35		Paulo Pinheiro	SL Benfica	09-07-89	6		Des Moines - USA	24-04	14.04,08-12
14.18,13		Ricardo Mateus			10	Ibero	Huelva - ESP	12-06	
14.18,84		Paulo Pinheiro			2		Lisboa - I	17-07	
14.19,38		Rui Silva	Sporting CP	03-08-77	1	CNCI-1	Lisboa - U	08-06	13.19,20-04
14.20,81		Paulo Pinheiro			10	Folksam	Gotemburgo - SWE	15-06	
14.21,45		António Silva	ACR Sra. Desterro	26-03-87	3rB	BMC	Wattford - GBR	30-06	14.17,74-07
14.22,20		Rui Pedro Silva			2	CNCI-1	Lisboa - U	08-06	
14.23,16		Hugo Correia	Sporting CP	17-11-91	3		Lisboa - I	17-07	14.19,69-12
14.23,6		José Moreira	SL Benfica	05-05-80	3		Maia	15-05	14.16,13-09
14.23,64	i	Paulo Pinheiro			2		Birmingham - USA	23-02	
14.25,14		António Silva			1	CNCI-2	Lisboa - U	08-06	
14.26,72		Paulo Pinheiro			1	C. Port	Leiria	27-07	
14.27,69		Hugo Correia			2	C. Port	Leiria	27-07	
14.27,9		Hugo Almeida	CCSJ. Madeira	01-09-88	4		Maia	15-05	
14.29,7		Daniel Pinheiro	Maia AC	09-08-83	5		Maia	15-05	14.31,29-06
14.29,88		Hugo Almeida			3	C. Port	Leiria	27-07	
14.32,09		Nelson Cruz	CR Praia Salema	31-12-77	4		Lisboa - I	17-07	14.16,01-04
14.33,66		Pedro Cruz	GD Cruz e Irmãos	15-08-82	5	C. Port	Leiria	27-07	14.36,47-06
14.36,47		Ricardo Pereira	ACR Cambra	12-08-90	6	C. Port	Leiria	27-07	14.53,22-12
14.39,38		Miguel Quaresma	GCA Donas	10-06-83	2s	CNCI-Ap	Leiria	25-05	14.43,74-11
14.40,89		Carlos M. Silva	Sporting CP	03-09-83	2		Lisboa - I	11-05	14.15,50-07
14.43,20		Gonçalo Jesus	Gira Sol RC	04-01-92	3s	CNCI-Ap	Leiria	25-05	15.01,28-12
14.45,01		Paulo Rosário	SC Braga	21-04-94	3	CN23	Quarteira	29-06	15.34,80-12
14.46,16		Nelson Oliveira	AA Coimbra	26-08-81	4s	CNCI-Ap	Leiria	25-05	14.29,99-06
14.49,75		Artur Rodrigues	NA Cucujães	23-06-75	2s	CNCI-Ap	Guimarães	25-05	14.46,50-10
14.52,4		Helder Costa	SL Benfica	04-07-95	6		Maia	15-05	
14.56,60		Filipe Ferreira	França	21-03-81	1		St. Maur des Fosses	05-06	14.28,20-09

14.57,18	Filipe Rosa	GA Fátima	14-07-84	5s	CNCI-Ap	Leiria	25-05	14.46,6-11
15.02,05	José Costa	SL Benfica	30-04-91	4	CN23	Quarteira	29-06	14.12,95-11
15.02,3	Abílio Gonçalves	ACR Cambra	04-12-89	3		Viseu	14-06	15.02,02-12
15.02,97	André Aniceto Marques	ACR Vale Cambra	16-06-86	3	C. Beiras	Leiria	13-07	14.46,67-10
15.03,54	Paulo Alves	Sporting CP	15-05-93	5	CN23	Quarteira	29-06	
15.04,2	Adrião Rodrigues	SL Benfica	16-10-93	7		Maia	15-05	14.54,43-12
15.06,14	Filipe Ferreira	ACR Vale Cambra	02-04-89	4	C. Beiras	Leiria	13-07	15.00,76-10
15.07,31	Fábio Silva	Gira Sol RC	11-11-91	6	CN23	Quarteira	29-06	14.51,13-12
15.08,91	Marco Pinto	CA Seia	11-10-86	1		Seia	15-06	14.23,29-06

10.000 m – 30.00,0 – 33.00,0

29.22,64	José Moreira	SL Benfica	05-05-80	10	T. Europa	Pravets - BUL	08-06	29.37,06-09
29.30,95	Tiago Costa	SC Braga	03-03-88	5	T. Iberico	Mataró - ESP	06-04	28.52,11-11
29.32,21	José Moreira			6	T. Iberico	Mataró - ESP	06-04	
29.37,57	António Silva	ACR Sra. Desterro	26-03-87	8	T. Iberico	Mataró - ESP	06-04	29.38,2-07
29.40,20	Bruno Albuquerque	Sporting CP	10-01-89	1		Brugges - Bel	25-06	13.52,66-12
29.40,76	José Costa	SL Benfica	30-04-91	2		Brugges - Bel	25-06	29.49,76-11
29.59,27	Daniel Pinheiro	Maia AC	09-08-83	1	C. Port	Febres	11-05	29.32,98-11
30.01,98	Filipe Rosa	GA Fátima	14-07-84	1		Fátima	27-04	31.17,7-08
30.16,17	Artur Rodrigues	NA Cucujães	23-06-75	2	C. Port	Febres	11-05	30.29,48-09
30.20,77	Nelson Cruz	CR Praia Salema	31-12-77	3	C. Port	Febres	11-05	29.09,51-08
30.27,25	Paulo Pinheiro	SL Benfica	09-07-89	1		Houston - USA	12-05	30.38,41-11
30.28,52	Ricardo Pereira	ACR Cambra	12-08-90	2		Fátima	27-04	
30.32,81	Ricardo Vale	Sporting CP	09-06-88	4	C. Port	Febres	11-05	
30.33,41	Ricardo Ribas	SL Benfica	08-10-77	5	C. Port	Febres	11-05	28.47,16-12
30.34,09	Paulo Rosário	SC Braga	21-04-94	6	C. Port	Febres	11-05	
30.48,83	Paulo Alves	Sporting CP	15-05-93	7	C. Port	Febres	11-05	32.30,71-11
30.53,86	Tiago Silva	ADR Agua Pena	31-05-86	1		Ribeira Brava	13-04	31.02,30-11
31.08,18	Nelson Oliveira	AA Coimbra	26-08-81	1		Luso	06-04	31.18,6-04
31.18,44	Pedro Cruz	GD Cruz e Irmãos	15-08-82	1		Luso	06-04	30.31,83-09
31.18,46	Miguel Quaresma	GCA Donas	10-06-83	10	C. Port	Febres	11-05	14.43,74-11
31.22,91	André Pereira	SL Benfica	10-08-95	ex		Luso	06-04	
31.33,61	António Fernandes	ACR Vale Cambra	17-06-67	2		Luso	06-04	31.02,04-04
31.41,55	Adelino Oliveira	ACR Cambra	03-05-91	3		Fátima	27-04	
31.43,35	Nuno Carraça	URC Abrunheira	17-08-89	11	C. Port	Febres	11-05	32.41,16-11
31.48,50	João Figueiredo	CN Alvito	19-03-92	12	C. Port	Febres	11-05	
31.50,64	Sérgio Rodrigues	GRECAS	28-03-85	3		Luso	06-04	31.30,74-12
31.53,61	Paulo Soares	CDA S. João	04-01-75	1		Faro	14-05	31.43,48-04
31.58,13	Bruno Vieira	GDC Castelo Paiva	01-11-95	4		Luso	06-04	
31.59,86	Johan Caldeira	CD Campinho	08-03-93	5		Luso	06-04	30.34,9-06
32.02,60	Fernando Lemos	UD Varzea	03-11-83	1		Maia	16-03	32.20,34-11
32.16,92	Joel Martins	CUA Benaventense	26-10-77	4		Fátima	27-04	32.32,14-11
32.23,95	Ricardo Dias	GRECAS	28-03-85	6		Luso	06-04	31.45,92-12
32.36,50	Carlos Freitas	ADR Agua Pena	17-01-84	2		Ribeira Brava	13-04	32.26,67-12
32.38,01	Luís Silva	ADERCUS	04-10-75	1	CN Vet	Febres	22-09	31.23,26-08
32.44,34	Paulo Pereira	NA Cucujães	12-12-76	7		Luso	06-04	32.22,98-09
32.44,59	Vitor Barbosa	GDR Retorta	27-08-83	2		Maia	16-03	31.04,10-12
32.45,40	Roberto Prioste	CA Funchal	15-07-83	3		Ribeira Brava	13-04	
32.45,61	Edwin Nunes	CA Funchal	01-05-89	4		Ribeira Brava	13-04	
32.49,71	Luís Barbosa	CO Pechão	17-04-83	2		Faro	14-05	32.03,90-11
32.51,33	Henrique Vilaça	CCSJ. Madeira	07-04-90	8		Luso	06-04	
32.51,62	Angelo Ribeiro	AM Vermoim	18-06-93	14	C. Port	Febres	11-05	
32.52,15	Vitor Barbosa	GDC Castelo Paiva	27-06-80	9		Luso	06-04	

Maratona – 2:35.00

2.14,53	Hermano Ferreira	GDR Conforlimpa	16-11-82	13		Roma	17-03	2.13,28-10
2.15,43	Ricardo Ribas	SL Benfica	08-10-77	9		Hamburgo - GER	21-04	2.14,14-12
2.17,25	Luís Feiteira	Individual - Lx	21-04-73	11		Dusseldorf - GER	28-04	2.11,57-09
2.22,10	Alberto Chaíça	SU Caparica	17-09-73	12		Sevilha	24-02	2.09,25-03
2.23,03	Bruno Fraga	GDR Reboleira	14-05-77	2	Seaside	Lisboa	09-12	
2.25,11	Daniel Pinheiro	Maia AC	09-08-83	6		Porto	26-10	2.23,00-12

2.27,13	Daniel Peixoto	CCSJ. Madeira	16-04-82	7		Porto	26-10	2.23,18-11
2.28,07	Aires Sousa	FC Penafiel	27-12-71	4	Seaside	Lisboa	09-12	2.32,25-08
2.29,20	António Sousa	C Olímp. Oeiras	26-02-70	5	Seaside	Lisboa	09-12	2.13,00-02
2.29,33	Gil Ferreira	ADERCUS	04-09-71	6	Seaside	Lisboa	09-12	2.26,06-09
2.29,39		Alberto Chaiça		8		Porto	26-10	
2.30,11	Custódio António	CP Exercito	01-01-77	7	Seaside	Lisboa	09-12	2.34,19-06
2.31,03	Carlos Freitas	ADR Agua Pena	17-01-84	8	Seaside	Lisboa	09-12	
2.31,40	Eusébio Rosa	SU Caparica	25-08-68	27		Sevilha	24-02	2.21,44-04
2.32,45	Helder Ferreira	UFC Tomar	29-03-75	9		Porto	26-10	2.31,32-11
2.33,06	Bruno Paixão	AC Portalegre	30-08-84	34		Sevilha	24-02	30.45,4-07
2.33,55	Nuno Romão	GDR Reboleira	03-01-73	16		Madrid	28-04	2.32,11-07
2.34,20	Luís Mota	CAF Zezere	09-07-70	41		Sevilha	24-02	

3000 m Obst. – 9.05,0 – 10.00,0

8.33,09	Alberto Paulo	SL Benfica	03-10-85	11	Ibero	Huelva - ESP	12-06	8.22,41-11
8.40,97		Alberto Paulo		2	ECCC	V. R. Sto. António	26-05	
8.44,89		Alberto Paulo		1	CNCI-1	Lisboa - U	09-06	
8.53,78	Daniel Gregório	Sporting CP	07-09-89	1		Ribeira Brava	27-06	8.52,26-12
8.53,83		Alberto Paulo		2	CE Eq	Dublin	23-06	
8.55,84	Nuno Paulo	ACD S. João	24-07-93	2		Ribeira Brava	27-06	8.57,51-12
8.58,39		Daniel Gregório		1	C. Port	Leiria	28-07	
8.58,39	Mário Teixeira	Sporting CP	20-09-74	2	C. Port	Leiria	28-07	8.25,64-04
9.02,36		Nuno Paulo		ex		Ribeira Brava	16-06	
9.02,69		Daniel Gregório		1		Leiria	15-06	
9.05,60	Luís Miguel Borges	SL Benfica	04-10-94	2		Leiria	15-06	9.10,41-12
9.08,19	André Pereira	SL Benfica	10-08-95	1		Maia	26-06	
9.11,44	Abilio Gonçalves	ACR Cambra	04-12-89	3	C. Port	Leiria	28-07	9.27,00-10
9.11,59	Adrião Rodrigues	SL Benfica	16-10-93	3		Leiria	15-06	9.19,72-11
9.15,24	Carlos Costa	CUA Benaventense	03-02-86	2		Maia	26-06	9.13,47-11
9.19,18	Ruben Silva	SL Benfica	16-05-93	1		Lisboa - I	12-05	9.10,59-12
9.20,60	Nuno Lopes	CA Seia	11-08-87	3	CNCI-1	Lisboa - U	09-06	
9.20,96	Artur Rodrigues	NA Cucujães	23-06-75	1	CNCI-2	Lisboa - U	09-06	9.17,74-05
9.21,55	Márcio Azevedo	C Operário D	01-06-83	5	C. Port	Leiria	28-07	9.29,95-10
9.23,54	Ricardo Pereira	ACR Cambra	12-08-90	6	C. Port	Leiria	28-07	9.30,2-12
9.25,56	João Valente	CAF Zezere	26-09-93	7	C. Port	Leiria	28-07	9.55,55-12
9.26,50	Diogo Lourenço	Juv. Vidigalense	23-01-92	3		Maia	26-06	9.08,25-11
9.28,27	Filipe Ferreira	França	21-03-81	5		Montbeliard - FRA	19-05	9.16,18-12
9.30,87	Bruno Silva	ACD Jardim Serra	10-02-89	2	CNCI-2	Lisboa - U	09-06	9.30,17-12
9.31,50	José Manuel Gomes	ADR Agua Pena	09-04-94	1		Ribeira Brava	13-07	
9.33,67	João Bernardo	Gira Sol RC	06-09-93	2s	CNCI-Ap	Leiria	26-05	9.27,91-11
9.34,72	José Junior	Juv. Vidigalense	02-12-95	5	CN23	Quarteira	30-06	
9.36,29	Manuel Fernandes	GD Estreito	16-03-92	3		Ribeira Brava	27-06	9.04,93-11
9.36,64	Ivo Mota	CA Bx Banheira	04-11-94	6	CN23	Quarteira	30-06	9.57,95-12
9.38,06	Fernando Serrão	ACR Sra. Desterro	03-04-93	3	CNCI-2	Lisboa - U	09-06	9.24,94-11
9.38,08	Bruno Varela	SL Benfica	30-10-94	3	CNJ	Fátima	07-07	9.39,48-12
9.39,26	Américo Moreira	CD Póvoa	05-04-89	3s	CNCI-Ap	Guimarães	26-05	9.29,05-11
9.40,58	Filipe Rosa	GA Fátima	14-07-84	3s	CNCI-Ap	Leiria	26-05	9.10,65-11
9.41,56	Nataniel Lopes	Juv. Vidigalense	20-06-81	5	CNCI-1	Lisboa - U	09-06	9.41,95-12
9.41,81	Hugo Pinto	França	18-04-84	1		Montereau - FRA	27-04	9.08,91-12
9.41,86	Leonel Fernandes	CC SJ. Madeira	20-03-87	1		Luso	21-07	9.04,54-08
9.43,03	Fábio Fernandes	ACD S. João	16-08-95	5		Ribeira Brava	27-06	
9.43,85	Luís Rações	AA Pinhalnense	28-01-76	3s	CNCI-Ap	Lisboa - U	26-05	9.12,98-04
9.47,95	Ruben Reis	ADRE Palhaça	22-08-94	2		Luso	21-07	10.05,42-12
9.48,13	Adelino Oliveira	ACR Cambra	03-05-91	2	C. Beiras	Leiria	14-07	
9.48,72	Vitor Silva	ADR Agua Pena	28-05-90	3		Ribeira Brava	13-07	
9.49,21	Tiago Marques	AC Vermoil	17-04-83	1	CNU	Guimarães	12-05	
9.54,71	Ricardo Barbosa	SL Benfica	09-12-95	6	CNJ	Fátima	07-07	
9.55,62	Davide Silva	CCSJ. Madeira	07-03-95	7	CNCI-2	Lisboa - U	09-06	

110 m B – 15,00 – 17,00

13,52	1,0	Rasul Dabo	SL Benfica	14-02-89	2	Resisprint	La Chaux-de-Fonds	07-07	13,64-12
13,56	1,0	Rasul Dabo			1h	Caja Duero	Salamanca	12-06	
13,57	0,2	Rasul Dabo			1	C. Port	Leiria	28-07	
13,61	-0,4	Rasul Dabo			1		Loughborough - GBR	23-07	
13,61	1,9	Rasul Dabo			2h		Loughborough - GBR	23-07	
13,62	0,0	Rasul Dabo			1	Caja Duero	Salamanca	12-06	
13,64	0,7	Rasul Dabo			1h	C. Port	Leiria	28-07	
13,67	-0,4	Rasul Dabo			2rB		Lucerna - SUI	17-07	
13,72	-2,8	Rasul Dabo			1	Folksam	Gotemburgo - SWE	15-06	
13,78	1,3	Rasul Dabo			1	CNCI-1	Lisboa - U	09-06	
13,79	-1,7	Rasul Dabo			1	ECCC	V. R. Sto. António	26-05	
13,81	-0,2	Rasul Dabo			1		Lisboa - I	12-05	
13,81	1,5	Rasul Dabo			4s		Geneva - SUI	01-06	
13,81	0,8	Rasul Dabo			5	CE Eq	Dublin	23-06	
13,91	0,0	Rasul Dabo			4h		Geneva - SUI	01-06	
14,23	1,2	Samuel Remédios	GA Fátima	24-02-92	1		Lisboa - I	02-06	14,95-11
14,32	0,2	João Fontela	Sporting CP	07-08-91	2	C. Port	Leiria	28-07	14,24-12
14,33	0,2	João Almeida	Sporting CP	05-04-88	3	C. Port	Leiria	28-07	13,47-12
14,33	0,7	João Fontela			2h	C. Port	Leiria	28-07	
14,42	1,4	Samuel Remédios			1h		Lisboa - I	02-06	
14,42	1,3	João Fontela			2	CNCI-1	Lisboa - U	09-06	
14,43	1,3	Samuel Remédios			3	CNCI-1	Lisboa - U	09-06	
14,44	0,2	Samuel Remédios			Dec	T. Europa	Ribeira Brava	30-06	
14,51	0,3	João Fontela			ex		Luso	21-07	
14,52	1,2	João Fontela			2		Lisboa - I	02-06	
14,60	-0,2	João Fontela			1s		Lisboa - I	17-07	
14,61	0,2	André Costa			4	C. Port	Leiria	28-07	
14,61	0,5	André Costa	SL Benfica	09-05-92	1h	C. Port	Leiria	28-07	14,66-12
14,62	-0,2	Tiago Marto	GA Fátima	05-05-86	2		Lisboa - I	12-05	14,63-06/08
14,62	0,7	João Fontela			2h		Caceres	19-06	
14,63	0,8	Tiago Marto			Dec	T. Europa	Ribeira Brava	30-06	
14,67	1,0	João Fontela			5h	Caja Duero	Salamanca	12-06	
14,67	-1,9	João Fontela			1	CN23	Quarteira	30-06	
14,69	0,6	João Fontela			3		Caceres	19-06	
14,72	1,4	André Costa			1		Lisboa - I	22-06	
14,74	1,3	Luis Fernandes	Gira Sol RC	31-05-82	4	CNCI-1	Lisboa - U	09-06	14,43-05
14,74	-0,2	Hugo Espirito Santo	Sporting CP	30-05-93	2s		Lisboa - I	17-07	15,06-11
14,74	0,2	Hugo Espirito Santo			5	C. Port	Leiria	28-07	
14,76	1,0	Samuel Remédios			6h	Caja Duero	Salamanca	12-06	
14,77	-0,2	João Fontela			3		Lisboa - I	12-05	
14,77	2,0	João Fontela			2		Lisboa - I	22-06	
14,78	1,4	João Fontela			2h		Lisboa - I	02-06	
14,79	-1,9	André Costa			2	CN23	Quarteira	30-06	
14,80	0,0	Hélio Vaz	CA Seia	01-05-91	1	C. Beiras	Leiria	13-07	14,81-10
14,83	0,8	Tiago Marto			Dec	C. Port	Leiria	28-07	
14,84	0,5	Samuel Remédios			1	CNU	Guimarães	12-05	
14,84	0,4	João Fontela			1s		Leiria	15-06	
14,84	0,5	João Almeida			2h	C. Port	Leiria	28-07	
14,86	0,7	Hélio Vaz			3h	C. Port	Leiria	28-07	
14,88	-0,8	André Costa			1h	CN23	Quarteira	30-06	
14,88	-2,7	Samuel Remédios			8h	CE U23	Tampere - Fin	12-07	
14,88	0,5	Hugo Espirito Santo			3h	C. Port	Leiria	28-07	
14,89	1,4	André Costa			3h		Lisboa - I	02-06	
14,90	1,0	João Fontela			1s	CNCI-Ap	Lisboa - U	26-05	
14,90	0,3	Hélio Vaz			ex		Luso	21-07	
14,94	1,6	João Fontela			1		Castelo de Vide	13-07	
14,95	1,3	Hélio Vaz			5	CNCI-1	Lisboa - U	09-06	
14,95	2,0	Hugo Espirito Santo			3		Lisboa - I	22-06	
14,96	-0,2	João Almeida			3s		Lisboa - I	17-07	
14,97	0,9	Samuel Remédios			1s	CNCI-Ap	Leiria	26-05	

14,99	0,6		Hélio Vaz			5		Caceres		19-06	
14,99	-0,7		João Fontela			1h	CN23	Quarteira		30-06	
15,00	1,6		Hélio Vaz			2h		Caceres		19-06	
15,00	-0,2		Tiago Marto			4s		Lisboa - I		17-07	
15,06	1,1	Rodrigo Dionisio		GD Estreito		25-06-85	1	CNCI-2	Lisboa - U	09-06	14,56-09
15,12	1,4	Pedro Cardoso		SL Benfica		29-05-93	4h		Lisboa - I	02-06	15,15-12
15,27	1,1	José Gomes		AA Pinhalnoven	GBS	25-04-83	2	CNCI-2	Lisboa - U	09-06	15,64-08
15,35	0,3	Carlos Santos		CP Alcanena		10-05-86	Dec	T. Europa	Ribeira Brava	30-06	15,10-12
15,42	0,0	Daniel Gaspar		Juv. Vidigalense		07-11-87	1h	C. Beiras	Leiria	13-07	15,61-07
15,54	0,4	Rafael Correia		ACDR Arreirense		31-12-93	4h	C. Port	Leiria	28-07	16,84-12
15,62	0,9	Pedro Silva		SC Braga		21-03-95	1s	CNCI-Ap	Guimarães	26-05	
15,65	-1,9	Daniel Dias		AJ Cortiçadas		10-11-92	5	CN23	Quarteira	30-06	16,00-12
15,68	1,0	Carlos Lopes		GDRC Coia		13-03-83	3s	CNCI-Ap	Lisboa - U	26-05	16,79-12
15,71	1,1	Brandon Silvestre		Sporting CP		28-03-95	1s		Lisboa - I	17-07	
15,95	1,9	Rui Fontes		GD Cavadas		05-11-90	1h		Lisboa - I	02-06	15,67-09
16,08	1,1	João Bento		CCSJ. Madeira		28-08-92	3	CNCI-2	Lisboa - U	09-06	16,16-12
16,08	0,8	Ivan Santos		ADL Apelaçonen		12-04-94	Dec	C. Port	Leiria	28-07	
16,11	0,0	Pedro Vilacova		EC+S Lavra		18-04-96	1	C. Norte	Guimarães	21-07	16,41-12
16,12	1,1	Rafael Oliveira		AA Seixal		06-06-96	2s		Lisboa - I	17-07	
16,14	0,0	Ricardo Mendes		Juv. Vidigalense		30-05-94	3h	C. Beiras	Leiria	13-07	16,12-11
16,14	0,5	Joel Pereira		GA Fátima		14-02-95	2		Fátima	14-07	16,13-12
16,18	0,0	Henrique Marques		Gira Sol RC		22-06-93	4	C. Beiras	Leiria	13-07	
16,19	0,0	Hugo Silva		CS Maritimo		04-01-91	1		Ribeira Brava	19-05	15,72-09
16,20	1,7	André Garcia		C Operário D		05-09-94	1		Ponta Delgada	05-06	16,73w-12
16,23	1,6	David Bernardo		França		26-01-90	3s		Montmagny - FRA	31-05	14,53-11
16,24	1,9	Diogo Fernando		CF Belenenses		21-12-72	3h		Lisboa - I	02-06	14,44-99
16,32	-1,0	Miguel Machado		Juv. Ilha Verde		04-03-91	1		Ponta Delgada	25-05	
16,35	0,9	André Silva		Esc Movimento		18-07-94	2	CNCI-Ap	Guimarães	26-05	
16,35	1,9	Bruno Pinto		Sporting CP		20-09-93	4h		Lisboa - I	02-06	17,19-12
16,35	1,1	Fábio Teixeira		ACR Sra. Desterro		22-02-95	4	CNCI-2	Lisboa - U	09-06	16,20-11
16,35	0,0	António Gomes		CA Seia		04-11-95	6	C. Beiras	Leiria	13-07	
16,36	1,1	Carlos Resende		NA Cucujães		10-09-92	5	CNCI-2	Lisboa - U	09-06	16,11-12
16,36	0,8	Gonçalo Lopes		CA Seia		14-03-88	Dec	C. Port	Leiria	28-07	16,85-11
16,45	1,1	Ruben Coucinho		Sporting CP		01-05-95	4s		Lisboa - I	17-07	
16,48	1,1	João Ferreira		AD 4 Ribeiras		15-10-94	1		Angra do Heroismo	16-06	16,41-12
16,51	2,0	Paulo Ornelas		GD Estreito		31-05-93	1		Ribeira Brava	13-07	
16,51	0,3	Tiago Cipriano		GRECAS		27-03-95	1		Luso	21-07	
16,60	1,5	Lucas Silvestre		NDET Cabreira	BRA	13-01-94	1s	CNCI-Ap	V. R. Sto. António	26-05	17,24-12
16,60	0,0	Diogo Oliveira		CA Seia		03-09-97	7	C. Beiras	Leiria	13-07	
16,64	0,5	Joaquim Moreira		CD Póvoa		30-01-93	3	CNU	Guimarães	12-05	16,42-12
16,66	2,0	José Décio Faria		ACD Jardim Serra		23-07-91	2		Ribeira Brava	13-07	
16,67	0,9	Micael Seixeiro		GRECAS		20-07-95	6s	CNCI-Ap	Leiria	26-05	16,85-12
16,73	1,8	Helder Santos		ADR Agua Pena		20-03-90	Dec		Ribeira Brava	05-05	16,54w-12
16,74	0,0	Tiago Pereira		SL Benfica		19-09-93	Dec		Lisboa - MP	07-04	16,47w-12
16,74	-1,4	Luis Miguel Santos		SL Benfica		06-07-93	1		Quarteira	21-04	16,84-12
16,81	-0,2	José Fidalgo		Sporting CP	ESP	05-09-94	4		Lisboa - I	12-05	16,59w-12
16,91	1,6	Jorge Pinto		CP Corroios		11-04-95	3s	CNCI-Ap	Lisboa - U	26-05	
16,91	1,1	Tiago Costa		CCD Ribeirão		08-05-94	6	CNCI-2	Lisboa - U	09-06	17,43-12

Com vento anti regulamentar

13,41	2,7	Rasul Dabo		SL Benfica		14-02-89	2h	Resisprint	La Chau-de-Fonds	07-07	13,64-12
14,27	2,4	João Almeida		Sporting CP		05-04-88	1		Lisboa - U	23-07	13,47-12
14,51	2,4	André Costa		SL Benfica		09-05-92	3		Lisboa - U	23-07	14,66-12
14,57	2,4	Hugo Espírito Santo		Sporting CP		30-05-93	4		Lisboa - U	23-07	15,06-11
15,13	3,8	Paulo Conceição		SL Benfica		29-12-93	1		Lisboa - MP	20-04	15,23-12
15,39	2,4	Carlos Lopes		GDRC Coia		13-03-83	5		Lisboa - U	23-07	16,79-12
15,51	4,5	Pedro Silva		SC Braga		21-03-95	1	CNCI-3	Abrantes	09-06	
15,68	3,8	Tiago Pereira		SL Benfica		19-09-93	3		Lisboa - MP	20-04	16,47w-12
15,81	4,5	André Silva		Esc Movimento		18-07-94	3	CNCI-3	Abrantes	09-06	
16,24	2,2	Joaquim Moreira		CD Póvoa		30-01-93	3		Maia	26-06	16,42-12
16,29	3,5	Mauricio Alves		CO Pechão	CPV	05-01-94	1		Lagoa	11-05	
16,32	2,2	António Gomes		CA Seia		04-11-95	4		Maia	26-06	

16,63	3,1	Ricardo Araújo	GRECAS	25-10-93	2	Aveiro	11-05
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110 m B (1,00 m) – 15,00 – 17,00

14,97	-0,4	Ivan Santos	ADL Apelaçõenses	12-04-94	1h	Lisboa - I	02-06	16,16-12
14,99	1,7	Pedro Silva	SC Braga	21-03-95	1	Lisboa - I	02-06	15,42-12
15,06	1,7	Joel Pereira	GA Fátima	14-02-95	2	Lisboa - I	02-06	15,02-12
15,15	-2,0	Brandon Silvestre	Sporting CP	28-03-95	3	CNJ Fátima	07-07	
15,20	1,7	José Fidalgo	Sporting CP	ESP 05-09-94	3	Lisboa - I	02-06	15,46-12
15,24	-2,0	Fábio Teixeira	ACR Sra. Desterro	22-02-95	4	CNJ Fátima	07-07	16,20-11
15,34	-2,0	Rafael Oliveira	AA Seixal	06-06-96	6	CNJ Fátima	07-07	
15,39	0,9	Paulo Neto	ACRD Escapães	11-03-97	1	Luso	16-06	
15,47	-2,0	Pedro Vilacova	EC+S Lavra	18-04-96	7	CNJ Fátima	07-07	
15,73	-1,1	Pedro Ferreira	EC+S Lavra	21-02-96	3	Viana do Castelo	16-06	
15,75	-0,4	António Gomes	CA Seia	04-11-95	1	Seia	15-06	
15,87	-1,1	André Silva	Esc Movimento	18-07-94	4	Viana do Castelo	16-06	17,02-12
15,90	0,3	Ruben Coucinho	Sporting CP	01-05-95	1h	Lisboa - I	02-06	
16,00	0,3	André Sá	SL Benfica	01-06-95	2h	Lisboa - I	02-06	
16,26	0,0	Miguel Barrigana	SL Benfica	03-07-96	5	ECCC Jr Leiria	21-09	16,20-12
16,34	0,0	Eduardo Valério	Juv. Vidigalense	07-02-96	6ex	ECCC Jr Leiria	21-09	
16,37	0,3	Eduardo Lima	SL Benfica	20-08-96	3h	Lisboa - I	02-06	16,91-12
16,45	-1,4	Jorge Pinto	CP Corroios	11-04-95	2	Sobreda	11-05	
16,55	0,0	Lucas Silvestre	NDET Cabreira	BRA 13-01-94	1	Lagos	05-05	16,14-12
16,66	-2,8	Mauricio Alves	CO Pechão	CPV 05-01-94	Dec	Lagos	30-03	
16,72	-1,4	Tiago Silva	AA Pinhalnovenso	03-03-94	3	Sobreda	11-05	16,98-12
16,72	-2,9	Diogo Oliveira	CA Seia	03-09-97	6h	CNJ Fátima	07-07	
16,73	0,0	Davidson Borges	SL Benfica	31-05-95	Dec	Lisboa - MP	07-04	15,71-12

Com vento anti regulamentar

15,02	2,4	José Fidalgo	Sporting CP	ESP 05-09-94	1	Lisboa - MP	15-06	15,46-12
15,61	2,3	Ruben Coucinho	Sporting CP	01-05-95	2h	Lisboa - MP	15-06	
15,92	3,6	Roberto Carneiro	Sporting CP	27-07-96	2h	Lisboa - MP	15-06	
16,13	2,3	Miguel Barrigana	SL Benfica	03-07-96	4h	Lisboa - MP	15-06	16,20-12
16,23	3,6	Pedro Castro	SL Benfica	13-10-96	3h	Lisboa - MP	15-06	
16,29	2,4	Eduardo Lima	SL Benfica	20-08-96	6	Lisboa - MP	15-06	16,91-12

200 m B – 28,00

23,79		João Ferreira	Individual - Lx	20-10-86	1	Quarteira	01-05	
26,20		Ivo Martins	C Bf. Faro	21-02-94	2	Quarteira	01-05	
26,36		Miguel Mascarenhas	NDET Cabreira	12-12-97	3	Quarteira	01-05	
27,44		Lucas Silvestre	NDET Cabreira	BRA 13-01-94	4	Quarteira	01-05	

400 m B/H – 53,00 – 60,00

50,47		Jorge Paula	SL Benfica	08-10-84	1	C. Port Leiria	28-07	49,72-11
50,65		Ricardo Lima	Sporting CP	02-01-85	2	Ibero Huelva - ESP	12-06	50,44-07
50,82		Jonathan Puemi	SL Benfica	SUI 07-04-91	5	Resisprint La Chaux-de-Fonds	07-07	51,21-12
50,96		Ricardo Lima			1	CNCI-1 Lisboa - U	09-06	
51,02		Jorge Paula			3	Ibero Huelva - ESP	12-06	
51,30		Jorge Paula			2	CNCI-1 Lisboa - U	09-06	
51,69		Jonathan Puemi			1s	Lisboa - I	12-05	
51,73		João Ferreira	Individual - Lx	20-10-86	1s	Tarare - FRA	29-06	49,63-11
51,74		Ricardo Lima			1s	CNCI-Ap Lisboa - U	26-05	
51,74		Jonathan Puemi			8rB	Lucerna - SUI	17-07	
51,99		João Ferreira			1	V. Tavares Faro	13-07	
52,08		Jonathan Puemi			8	CE Eq Dublin	22-06	
52,41		João Ferreira			8	Naimette - Bel	10-07	
52,56		Ricardo Lima			9	CE Eq Dublin	22-06	
52,88		Ricardo Lima			2s	Lisboa - I	12-05	
53,04		Jorge Paula			7	Baie Mahault - FRA	08-05	
53,21		Pedro Cardoso	SL Benfica	29-05-93	3s	Lisboa - I	12-05	54,72-12

53,58	Diogo Mestre	CA Bx Banheira		20-05-95	3	C. Port	Leiria	28-07	55,52-12
54,86	Edgar Remédios	GA Fátima		05-05-94	4	C. Port	Leiria	28-07	55,32-11
55,00	Gracelino Barbosa	ACR Sra. Desterro	CPV	01-02-85	1	CNCI-2	Lisboa - U	09-06	
55,02	Hugo Silva	CS Marítimo		04-01-91	5	C. Port	Leiria	28-07	53,58-10
55,04	José Gomes	AA Pinhalnovense	GBS	25-04-83	2	CNCI-2	Lisboa - U	09-06	55,20-08
55,05	Tiago Cipriano	GRECAS		27-03-95	3	CNCI-1	Lisboa - U	09-06	55,61-12
55,36	Mauricio Alves	CO Pechão	CPV	05-01-94	1		Faro	04-05	56,82-12
56,01	João Moniz	Juv. Vidigalense		17-11-94	1s	CNCI-Ap	Leiria	26-05	56,15-12
56,14	André Sá	SL Benfica		01-06-95	4s		Lisboa - I	12-05	57,79-12
56,16	Joel Pereira	GA Fátima		14-02-95	1		Fátima	13-07	
56,20	Anselmo Ramos	CD Póvoa		06-05-92	4s	CN23	Quarteira	30-06	
56,24	Ivo Martins	C Bf. Faro		21-02-94	2		Faro	04-05	56,80-12
56,24	Ricardo Ribeiro	GD Pavia		21-02-95	1s	CNJ	Fátima	07-07	
56,36	Paulo Neto	ACRD Escapães		11-03-97	2s	CNJ	Fátima	07-07	
56,77	Daniel Reis	SL Benfica		03-01-95	3s	CNJ	Fátima	07-07	
56,83	João Delgado	CA Seia		08-01-90	5	CNCI-1	Lisboa - U	09-06	
57,04	Joaquim Moreira	CD Póvoa		30-01-93	1s	CNCI-Ap	Guimarães	26-05	58,22-12
57,33	Paulo Ornelas	GD Estreito		31-05-93	3	CNCI-2	Lisboa - U	09-06	58,11-12
57,36	Alexandre Marques	C+S Lavra		11-10-94	1		Povo de Varzim	12-06	52,00-11
57,39	Paulo Lima	ACD Jardim Serra		01-05-93	2s	CNCI-Ap	Ribeira Brava	26-05	
57,58	Luis Fernandes	Gira Sol RC		31-05-82	1		Setubal	14-07	
57,61	Helder Pato	Gira Sol RC		22-01-80	6	CNCI-1	Lisboa - U	09-06	52,70-06
57,62	João Pinto	CA Marinha Grande		12-06-97	1s	CNCI-Ap	Leiria	26-05	
57,79	Roberto Nobrega	ADR Agua Pena		31-05-92	7	CNCI-1	Lisboa - U	09-06	54,41-10
57,93	André Lima	Sporting CP		19-04-91	4s		Sobreda	21-06	55,10-12
57,97	Diogo Correia	SFRA Amadora		01-06-96	4s	CNJ	Fátima	07-07	
57,98	Sandy Martins	Sporting CP		08-08-93	5s		Lisboa - I	12-05	
58,00	Alexandre Gameiro	CP Alcanena		04-05-92	3s	CN23	Quarteira	30-06	57,55-12
58,01	João Tavares	ACDR Armeirense		18-10-92	2	CNCI-3	Abrantes	09-06	58,77-10
58,02	Jorge Colaço	CD Faro XXI		05-04-94	3		Faro	04-05	56,91-12
58,03	Miguel Figueira	Gira Sol RC		26-07-95	1s		Luso	16-06	
58,24	Rafael Lopes	CCSJ. Madeira		21-02-88	4	CNCI-2	Lisboa - U	09-06	55,93-11
58,33	Tiago Horta	SFRA Amadora	CPV	10-06-94	2		Lisboa - MP	25-06	
58,40	Henrique Marques	Gira Sol RC		22-06-93	1		Luso	21-07	59,88-12
58,77	Bruno Pinto	Sporting CP		20-09-93	3		Lisboa - MP	25-06	58,26-12
58,89	Ruben Couchinho	Sporting CP		01-05-95	3		Lisboa - MP	16-06	60,83-12
58,90	Sérgio Silva	Juv. Ilha Verde		04-05-96	1		Ponta Delgada	27-06	
58,92	Rafael Rodrigues	CA Bx Banheira		29-05-95	2		Setubal	16-06	
58,92	Pedro Vilacova	EC+S Lavra		18-04-96	2	C. Norte	Guimarães	20-07	
58,95	José João Pereira	NDET Cabreira		10-03-95	2		Faro	20-04	57,78-12
58,95	Tomás Batista	Esc Movimento		21-12-92	3	C. Norte	Guimarães	20-07	57,59-12
59,01	David Bernardo	França		26-01-90	4		Francoville - FRA	28-04	
59,03	Diogo Cruz	CCD Ribeirão		08-01-94	6	CNCI-2	Lisboa - U	09-06	58,74-12
59,48	Eduardo Lima	SL Benfica		20-08-96	4		Lisboa - MP	16-06	
59,52	João Vicente	GCA Donas		25-09-93	3	CNCI-3	Abrantes	09-06	58,58-11
59,61	Rui Gomes	CCD Ribeirão		19-06-87	5	C. Norte	Guimarães	20-07	55,98-08
59,79	Paulo Palmeirim	AAC Caparica		31-03-96	3		Setubal	14-07	
59,85	Pedro Silva	SC Braga		21-03-95	4	CNCI-3	Abrantes	09-06	
59,88	Gonçalo Figueiredo	CF Belenenses		13-10-93	1s	CNCI-Ap	Lisboa - U	26-05	
59,96	Daniel Soares	Esc Movimento		21-12-91	5	CNCI-3	Abrantes	09-06	
59,98	Sérgio Teixeira	NA Cucujães		24-02-94	7	CNCI-2	Lisboa - U	09-06	59,41-12

Altura / High Jump – 2.00 –1,83

2,19	Paulo Conceição	SL Benfica	RN23	29-12-93	1		Lisboa - I	12-05	2,04-11
2,16		Paulo Conceição			1	C. Port	Leiria	28-07	
2,15	Roman Guliy	Sporting CP		07-04-79	2		Lisboa - I	12-05	2,21-99
2,15	Tiago Pereira	SL Benfica		19-09-93	3		Lisboa - I	12-05	2,05-12
2,14		Roman Guliy			2		Caceres	19-06	
2,13	i	Roman Guliy			1	CNCI-1	Pombal	10-02	
2,13		Paulo Conceição			19q	CE U23	Tampere - Fin	12-07	
2,12	i	Paulo Conceição			1	Taça FPA	Jamor	06-01	

2,12		Paulo Conceição				1	CNCI-1	Lisboa - U	09-06	
2,12		Roman Guliy				5	Ibero	Huelva - ESP	12-06	
2,12		Roman Guliy				1		Faro	13-07	
2,11		Paulo Conceição				5	ECCC	V. R. Sto. António	25-05	
2,11	Paulo Gonçalves		SL Benfica		05-03-85	3		Caceres	19-06	2,21i-08
2,10	i	Roman Guliy				1s	CNCI-Ap	Pombal	26-01	
2,10	i	Tiago Pereira				1	CN23	Pombal	03-02	
2,10	i	Paulo Conceição				1	C. Port	Pombal	17-02	
2,10	i	Paulo Gonçalves				2	C. Port	Pombal	17-02	
2,10		Paulo Conceição				1	CN23	Quarteira	30-06	
2,10		Tiago Pereira				2	CN23	Quarteira	30-06	
2,09		Roman Guliy				1		Lisboa - MP	12-01	
2,09		Roman Guliy				2	CNCI-1	Lisboa - U	09-06	
2,09		Paulo Gonçalves				2		Faro	13-07	
2,08		Tiago Pereira				1		Lisboa - MP	29-12	
2,08	i	Tiago Pereira				1		Jamor	21-02	
2,08		Roman Guliy				1		Lisboa - I	02-06	
2,08	i	Victor Korst	AA Pinhalnovense	NED	21-10-96	1		Setubal	13-07	1,92i-12
2,08		Tiago Boucela	Sporting CP		09-02-92	2	C. Port	Leiria	28-07	2,07i-11
2,07	i	Paulo Conceição				1s	CNCI-Ap	Pombal	27-01	
2,07	i	Roman Guliy				3	C. Port	Pombal	17-02	
2,07	i	Tiago Pereira				4	C. Port	Pombal	17-02	
2,07		Paulo Gonçalves				10	Ibero	Huelva - ESP	12-06	
2,07		Tiago Boucela				1		Maia	26-06	
2,07	Tiago Costa		CCD Ribeirão		08-05-94	1	CNJ	Fátima	07-07	2,01-12
2,06	i	Paulo Conceição				2	CN23	Pombal	03-02	
2,06		Tiago Costa				1	CNCI-2	Lisboa - U	09-06	
2,06		Roman Guliy				1		Leiria	15-06	
2,06		Tiago Boucela				ex		Povoa de Varzim	22-06	
2,05	i	Tiago Boucela				1		Braga	30-12	
2,05		Tiago Pereira				2		Lisboa - MP	12-01	
2,05		Roman Guliy				1s	CNCI-Ap	Lisboa - U	26-05	
2,05		Tiago Costa				1s	CNCI-Ap	Guimarães	26-05	
2,05		Tiago Boucela				1		Povoa de Varzim	12-06	
2,05	Rodolfo Brites		SL Benfica		27-03-91	5		Caceres	19-06	2,10-11
2,05		Tiago Pereira				1		Lisboa - I	22-06	
2,05		Paulo Conceição				12	CE Eq	Dublin	22-06	
2,05		Tiago Pereira				28q	CE U23	Tampere - Fin	12-07	
2,04	i	Roman Guliy				2	Taça FPA	Jamor	06-01	
2,04	i	Tiago Boucela				1		Braga	19-01	
2,04	i	Tiago Costa				1s	CNCI-Ap	Braga	26-01	
2,04	i	Tiago Boucela				3	CN23	Pombal	03-02	
2,04	i	Tiago Costa				5	C. Port	Pombal	17-02	
2,04	i	Tiago Boucela				6	C. Port	Pombal	17-02	
2,04	i	Victor Korst				TT		Alpiarça	23-02	
2,04		Paulo Gonçalves				1		Braga	01-06	
2,04		Tiago Boucela				2		Braga	01-06	
2,04		Paulo Conceição				2		Lisboa - I	02-06	
2,04		Tiago Costa				3	CN23	Quarteira	30-06	
2,04		Tiago Boucela				4	CN23	Quarteira	30-06	
2,04		Tiago Pereira				3	C. Port	Leiria	28-07	
2,04		Roman Guliy				4	C. Port	Leiria	28-07	
2,04		Victor Korst				4	C. Port	Leiria	28-07	
2,03	Stephane Varela		Gira Sol RC	CPV	30-09-90	4		Lisboa - I	12-05	2,03-11
2,03		Rodolfo Brites				2		Leiria	15-06	
2,03		Tiago Boucela				3		Leiria	15-06	
2,03		Victor Korst				Oct	Atl. Comp.	Guarda	21-07	
2,02	i	Tiago Boucela				Hep		Pombal	22-12	
2,02	i	Tiago Costa				1	CNJ	Pombal	20-01	
2,02	i	Ricardo Mendes	Juv. Vidigalense		30-05-94	2	CNJ	Pombal	20-01	2,02i-12
2,02	i	Rafael Vilas Boas	SC Braga		01-02-95	3	CNJ	Pombal	20-01	2,02-12
2,02		Ricardo Araújo	GRECAS		25-10-93	1s	CNCI-Ap	Leiria	26-05	1,93-12

2,02		Victor Korst			Oct		Setubal		30-06	
2,01	i	Pedro Cardoso	SL Benfica	29-05-93	3	Taça FPA	Jamor		06-01	1,94i-12
2,01	i	Ricardo Mendes			1		Pombal		13-01	
2,01		Victor Korst			1		Setubal		13-01	
2,01	i	Tiago Costa			4	CN23	Pombal		03-02	
2,01	i	Ricardo Mendes			5	CN23	Pombal		03-02	
2,01	i	Tiago Costa			1	CNCI-2	Pombal		10-02	
2,01		Paulo Conceição			1		Lisboa - MP		28-04	
2,01		Wilson Vieira	CA Bx Banheira	15-05-91	1ex		Setubal		05-05	2,00-11
2,01		Ricardo Mendes			5	CN23	Quarteira		30-06	
2,01		Fábio Martins	CLAC	11-01-97	Oct		Abrantes		30-06	1,94-12
2,00		Ricardo Araújo			1	CNCI-1	Maia		24-11	
2,00	i	Paulo Conceição			2	CNCI-1	Pombal		10-02	
2,00	i	Paulo Neto	ACRD Escapães	11-03-97	TT		Alpiarça		23-02	1,87-12
2,00		Tiago Pereira			Dec		Lisboa - MP		06-04	
2,00		Tiago Costa			1		Braga		11-05	
2,00		Rodolfo Brites			1	CNU	Guimarães		12-05	
2,00		Tiago Pereira			3		Lisboa - I		02-06	
2,00		Ricardo Mendes			3	CNCI-1	Lisboa - U		09-06	
2,00		Ricardo Araújo			4	CNCI-1	Lisboa - U		09-06	1,93-12
2,00		Tiago Pereira			4		Leiria		15-06	
2,00		Wilson Vieira			2		Setubal		13-07	
2,00		Tiago Boucela			1		Braga		17-07	
2,00		Tiago Boucela			1ex		Luso		21-07	
2,00		Tiago Costa			5	C. Port	Leiria		28-07	
2,00		Ricardo Mendes			2ex	ECCC Jr	Leiria		21-09	
1,99	i	Oscar Vilaça	Esc Movimento	08-02-92	1	CNU	Pombal		23-02	2,01-11/12
1,99		Cláudio Freixo	CAS Manique	04-07-91	5		Lisboa - I		12-05	2,01-11/12
1,98	i	Tiago Marto	GA Fátima	05-05-86	Hep	C. Port	Pombal		16-02	1,98i-09/10/12
1,96	i	João Alexandre	Juv. Vidigalense	01-09-90	2	CNU	Pombal		23-02	2,04i-10
1,96		Denys Vatamanyuk	NDET Cabreira	UKR 15-10-96	1s	CNCI-Ap	V. R. Sto. António		26-05	1,83-12
1,96		Rodrigo Dionisio	GD Estreito	25-06-85	1s	CNCI-Ap	Ribeira Brava		26-05	2,07i-04/10
1,95		Helder Santos	ADR Agua Pena	20-03-90	1		Ribeira Brava		15-12	1,96-11
1,95	i	Samuel Remédios	GA Fátima	24-02-92	Hep	Taça FPA	Pombal		05-01	1,97i-12
1,95		Edmir Varela	SL Benfica	STP 16-01-94	1		Lisboa - I		18-05	
1,95		Marcos Maio	AD Affense	07-01-97	1	CN jr	Guimarães		23-06	1,80-12
1,94		Filipe Guerreiro	CF Belenenses	06-02-97	1		Lisboa - MP		05-05	
1,94		Francisco Barreto	CAS Manique	31-08-96	2		Lisboa - MP		05-05	1,86-12
1,93		João Bento	CCSJ. Madeira	28-08-92	2		Aveiro		12-01	1,91i-11
1,93		Jorge Abreu	ACD Jardim Serra	29-10-93	1		Ribeira Brava		10-02	1,97-11
1,93	i	Sérgio Cruz	SUO Vais	26-03-97	1		Febres		21-04	1,83-12
1,93		Luís Miguel Santos	SL Benfica	06-07-93	ex		Lagoa		11-05	1,90i-12
1,93		Carlos Gomes	CLAC	17-03-97	Oct		Abrantes		30-06	1,81-12
1,92	i	Carlos Santos	CP Alcanena	10-05-86	2s	CNCI-Ap	Pombal		26-01	1,96-11
1,91	i	Oleksandr Lyashchenko	CA Marinha Grande	UKR 18-01-97	1		Pombal		09-03	1,75i-12
1,91		Erico Mvemba	AA Pinhalnovenso	GBS 23-12-95	3		Setubal		13-07	
1,91		Pedro Ferreira	EC+S Lavra	21-02-96	Oct	Atl. Comp.	Guarda		21-07	1,83-12
1,90	i	Alexandre Lucas	CA Marinha Grande	09-02-95	2		Pombal		13-01	1,77i-12
1,90	i	Pedro Ferreira	CA Seia	12-08-93	ex		Pombal		13-01	1,92-10/11
1,90		Ivan Santos	ADL Apelaçonenses	12-04-94	Dec		Lisboa - MP		06-04	1,90-12
1,90		Rui Fontes	GD Cavadas	05-11-90	1		Setubal		20-04	1,94-10
1,90		Fábio Almeida	Gira Sol RC	27-09-96	2	CN DE	Vendas Novas		11-05	1,83-12
1,90		Henrique Marques	Gira Sol RC	22-06-93	Dec		Lisboa - U		18-05	1,90-11
1,89		Miguel Marques	Juv. Vidigalense	23-05-95	6	CNJ	Fátima		07-07	1,85-12
1,88	i	Joel Pereira	GA Fátima	14-02-95	5s	CNCI-Ap	Pombal		26-01	1,88i-11
1,87		Pedro Pinheiro	NDET Cabreira	29-03-98	1s	OJ	Fátima		01-06	
1,86	i	Pedro Santos	CP Alcanena	01-01-88	1		Riachos		17-11	1,94i-11
1,86	i	Lucas Silvestre	NDET Cabreira	BRA 13-01-94	1s		V. R. Sto. António		14-12	1,88-12
1,86		Diogo Luz	JD Neves	12-05-95	1		Castro Verde		02-02	1,91-12
1,86		Tiago Martins	ES Júlio Dinis - Ovar	05-03-97	1		Luso		19-05	1,68-12
1,86		Miguel Barrigana	SL Benfica	03-07-96	2	FISEC	Kecskemet - HUN		09-07	1,86-12
1,85		Rafael Freire	Sporting CP	23-06-96	4		Lisboa - MP		12-01	1,76-12

1,85	i	Jorge Colaço	CD Faro XXI	05-04-94	2		Jamor	21-02	1,86-12
1,85		Davidson Borges	SL Benfica	31-05-95	Dec		Lisboa - MP	06-04	1,95-12
1,85		Elton Ramos	SL Benfica	10-03-95	Dec		Lisboa - MP	06-04	1,87-12
1,85		Ruben Fernandes	CRCD Luzense	08-12-89	1		Quarteira	01-05	1,90-10/11
1,85		Pedro Fernandes	SL Benfica	03-10-96	7		Lisboa - I	12-05	
1,85		Helder Coutinho	CA Mazarefes	05-06-90	4	C. Norte	Guimarães	20-07	1,88-11
1,84	i	André Correia	CD Póvoa	11-04-89	5s	CNCI-Ap	Braga	26-01	
1,84	i	Alexandre Almeida	GCA Donas	17-08-93	8s	CNCI-Ap	Pombal	27-01	1,85i-12
1,84	i	Francisco Cordoeiro	Esc Movimento	09-05-92	12	CN23	Pombal	03-02	1,90i-12
1,84		João Pinto	CA Marinha Grande	12-06-97	Oct		Luso	05-05	
1,84		Fábio Teixeira	ACR Sra. Desterro	22-02-95	4s	CNCI-Ap	Leiria	26-05	1,88-12
1,83	i	Miguel Pinheiro	Juv. Vidigalense	21-07-96	2		Pombal	29-12	1,86-12
1,82		Humberto Afonso	SL Benfica	11-09-96	11	CN jv	Guimarães	23-06	1,85-11
1,82		André F. Santos	SL Benfica	04-04-91	Dec	C. Port	Leiria	27-07	1,92i-12
1,82		Gonçalo Lopes	CA Seia	14-03-88	Dec	C. Port	Leiria	27-07	1,93-07

Melhor marca ao ar livre de atletas com melhor marca indoor

1,89		Alexandre Lucas	CA Marinha Grande	09-02-95	8	CNJ	Fátima	07-07	1,77i-12
1,90		Carlos Santos	CP Alcanena	10-05-86	Dec		Lisboa - U	18-05	1,96-11
1,85		Jorge Colaço	CD Faro XXI	05-04-94	2		Quarteira	16-06	1,86-12
1,82		Miguel Pinheiro	Juv. Vidigalense	21-07-96	9	CN jv	Guimarães	23-06	1,86-12
1,85		Oleksandr Lyashchenko	CA Marinha Grande	UKR	18-01-97	1	Marinha Grande	10-06	1,75i-12
1,95		Oscar Vilaça	Esc Movimento	08-02-92	ex		Povoia de Varzim	22-06	2,01-11/12
1,90		Paulo Neto	ACRD Escapães	11-03-97	TT		Maia	15-12	1,87-12
1,98		Pedro Cardoso	SL Benfica	29-05-93	2		Lisboa - MP	29-12	1,94i-12
1,98		Rafael Vilas Boas	SC Braga	01-02-95	1		Braga	20-04	2,02-12
1,92		Samuel Remédios	GA Fátima	24-02-92	Dec		Fátima	27-04	1,97i-12
1,91		Sérgio Cruz	SUO Vais	26-03-97	1s		Luso	16-06	1,83-12
1,95		Tiago Marto	GA Fátima	05-05-86	Dec	T. Europa	Ribeira Brava	29-06	1,98i-09/10/12

Vara / Pole Vault – 4,70 – 3,50

5,70		Edi Maia	Sporting CP	RN	10-11-87	1		Lisboa - I	02-06	5,64i-12
5,50	i	Edi Maia				2	Taça FPA	Jamor	06-01	
5,50	i	Edi Maia				1	C. Port	Pombal	16-02	
5,45		Edi Maia				1		Lisboa - U	02-05	
5,45		Ruben Miranda	SL Benfica	RN23	10-06-93	1		Lisboa - N2	04-07	5,20-11/12
5,45		Edi Maia				1	C. Port	Leiria	27-07	
5,42		Ruben Miranda				1		Lisboa - I	22-06	
5,40	i	Edi Maia				1s		Jamor	20-12	
5,40	i	Diogo Ferreira	SL Benfica		30-07-90	1	Taça FPA	Jamor	06-01	5,41-12
5,40	i	Edi Maia				1		Jamor	16-01	
5,40	i	Edi Maia				1	CNCI-1	Pombal	09-02	
5,40	i	Diogo Ferreira				1		Jamor	21-02	
5,40	i	Edi Maia				2		Jamor	21-02	
5,40		Edi Maia				1		Jamor	30-05	
5,40		Edi Maia				2=	CE Eq	Dublin	23-06	
5,40		Edi Maia				24q	C. Mundo	Moscovo - RUS	10-08	
5,35	i	Edi Maia				1		Pombal	24-02	
5,35		Diogo Ferreira				2		Lisboa - I	02-06	
5,35		Ruben Miranda				3		Lisboa - I	02-06	
5,35		Ruben Miranda				1	CN23	Quarteira	29-06	
5,30	i	Diogo Ferreira				1s	CNCI-Ap	Pombal	27-01	
5,30	i	Diogo Ferreira				2	CNCI-1	Pombal	09-02	
5,30		Edi Maia				4		Iberlândia - BRA	16-05	
5,30		Edi Maia				1s		Lisboa - U	25-05	
5,30		Ruben Miranda				2		Jamor	30-05	
5,30		Edi Maia				1	CNCI-1	Lisboa - U	08-06	
5,30		Edi Maia				1		Leiria	15-06	
5,30		Edi Maia				1		Lisboa - N2	19-06	
5,30		Ruben Miranda				2		Lisboa - N2	19-06	
5,30		Diogo Ferreira				1		Lisboa - I	17-07	

5,26	i	Diogo Ferreira				2	C. Port	Jamor		16-02	
5,25		Ruben Miranda				2		Lisboa - U		02-05	
5,20		Edi Maia				1		Lisboa - MP		13-01	
5,20	i	Diogo Ferreira				2		Jamor		16-01	
5,20	i	Edi Maia				6		Bordeus - FRA		26-01	
5,20	i	Edi Maia				22q	C. Euro	Gotemburgo - SWE		02-03	
5,20		Edi Maia				7		Belém - BRA		12-05	
5,20		Diogo Ferreira				3		Jamor		30-05	
5,20		Diogo Ferreira				2	CNCI-1	Lisboa - U		08-06	
5,20		Diogo Ferreira				2		Leiria		15-06	
5,15		Ruben Miranda				1		Lisboa - N2		12-05	
5,15	Icaro Miranda		SL Benfica	RNJ	13-12-94	5	CE Jr	Rieti - ITA		20-07	4,85-12
5,10	i	Diogo Ferreira				2s		Jamor		20-12	
5,10	i	Diogo Ferreira				1		Jamor		31-01	
5,10	i	Diogo Ferreira				ex	CNU	Pombal		23-02	
5,10	i	Ruben Miranda				2		Pombal		24-02	
5,10		Ruben Miranda				3		Leiria		15-06	
5,10		Diogo Ferreira				3		Lisboa - N2		19-06	
5,10	José Décio Faria		ACD Jardim Serra		23-07-91	1		Ribeira Brava		12-07	4,90-12
5,06	i	Icaro Miranda		RNji		3	C. Port	Pombal		16-02	
5,06	i	Ruben Miranda				3	C. Port	Pombal		16-02	
5,05		Icaro Miranda				2		Lisboa - I		22-06	
5,05		Icaro Miranda				11q	CE Jr	Rieti - ITA		18-07	
5,00	i	Diogo Ferreira				1s		Jamor		06-12	
5,00	i	Ruben Miranda				3s		Jamor		20-12	
5,00	i	Edi Maia				2		Jamor		31-01	
5,00	i	Ruben Miranda				3		Jamor		31-01	
5,00	i	Ruben Miranda				1	CN23	Pombal		02-02	
5,00		Icaro Miranda				4		Lisboa - I		02-06	
5,00		Icaro Miranda				4		Leiria		15-06	
5,00		José Décio Faria				1		Ribeira Brava		27-06	
5,00		José Décio Faria				2	CN23	Quarteira		29-06	
5,00		Diogo Ferreira				2		Lisboa - N2		04-07	
5,00		Ruben Miranda				2		Lisboa - I		17-07	
4,96		Ruben Miranda				2	C. Port	Leiria		27-07	
4,95		Ruben Miranda				24q	CE U23	Tampere - Fin		12-07	
4,90	i	Icaro Miranda				2	CN23	Pombal		02-02	
4,90	i	Ruben Miranda				3		Jamor		21-02	
4,90		Icaro Miranda				3	CN23	Quarteira		29-06	
4,80	i	Ruben Miranda				2s		Jamor		06-12	
4,80	i	Icaro Miranda				3		Jamor		16-01	
4,80	i	Ruben Miranda				4		Jamor		16-01	
4,80	i	Icaro Miranda				1	CNJ	Pombal		19-01	
4,76	Tiago Marto		GA Fátima		05-05-86	1s	CNCI-Ap	Leiria		25-05	4,60-12
4,75		José Décio Faria				1		Ribeira Brava		15-06	
4,70	i	Tiago Marto				Hep	C. Port	Pombal		17-02	
4,70	i	Tiago Marto				Hep	C. Euro	Gotemburgo - SWE		03-03	
4,70		Icaro Miranda				2		Lisboa - I		12-05	
4,70	Samuel Remédios		GA Fátima		24-02-92	Dec	T. Europa	Ribeira Brava		30-06	4,40i-12
4,70		Icaro Miranda				2	ECCC Jr	Leiria		21-09	
4,68	Pedro Soares		CA Marinha Grande		19-06-93	3	C. Port	Leiria		27-07	4,25-11
4,60	José Rosa		Sporting CP		12-01-90	5		Lisboa - I		02-06	4,85-12
4,50	Gonçalo Lopes		CA Seia		14-03-88	4	CNCI-1	Lisboa - U		08-06	4,55i-12
4,40	i	Alexandre Granhão			01-02-93	4	Taça FPA	Jamor		06-01	4,66-12
4,40	i	Luis Silva			26-05-80	2s	CNCI-Ap	Pombal		27-01	4,70-00
4,35	Helder Fernandes		CS Marítimo		02-03-77	2		Ribeira Brava		12-07	5,00-01
4,30	André Silva		N Sp. Faro		27-01-91	1		Quarteira		12-01	4,40-12
4,30	Andreas Gjasdal		Noruega		22-11-95	1		Lillehammer - NOR		22-06	3,80-12
4,25	António Magro		GDI Setubal		13-01-96	1		Setubal		29-06	3,90-12
4,20	Diogo Costa		Esc Movimento		12-01-93	1	CNU	Guimarães		12-05	4,24-11
4,20	Alexandre Gameiro		CP Alcanena		04-05-92	1		Fátima		14-07	3,90-12
4,19	Tiago Vicente		Juv. Vidigalense		08-11-94	1	C. Beiras	Leiria		13-07	4,06-12

4,14		Fábio Dias	AC Vermoil	03-05-97	2	CN jv	Guimarães	22-06	3,70-12
4,10	i	Pedro Santos	CP Alcanena	01-01-88	1		Alpiarça	24-11	4,25-12
4,10		Renato Araújo	ACD Jardim Serra	08-09-93	Hep		Ribeira Brava	16-12	4,41-12
4,10	i	Gonçalo Pacheco	Gira Sol RC	17-02-78	4	CNCI-1	Pombal	09-02	4,60-05
4,10	i	Ivan Santos	ADL Apelaçõenses	12-04-94	Hep	C. Port	Pombal	17-02	3,30i-12
4,10	i	Luís Miguel Santos	SL Benfica	06-07-93	Hep	C. Port	Pombal	17-02	4,06-12
4,10		Filipe Corceiro	Sporting CP	10-05-98	1s		Lisboa - U	02-05	3,60-12
4,00		Diogo Branco	ADR Agua Pena	10-03-85	2		Ribeira Brava	09-02	4,52-07
4,00		George Silva	Juv. Vidigalense	05-01-76	2		Marinha Grande	11-05	4,30-99
3,95		Samuel Leal	NA Cucujães	12-09-92	2s	CNCI-Ap	Guimarães	25-05	3,95i-12
3,90	i	André F. Santos	SL Benfica	04-04-91	5	CN23	Pombal	02-02	4,20i-11
3,90	i	Celso Almeida	GRECAS	21-11-93	8	CN23	Pombal	02-02	4,00i-12
3,90		Denys Vatamanyuk	NDET Cabreira	UKR	15-10-96	1	Quarteira	27-04	3,00-12
3,90		Tiago Silva	AA Pinhalnovense	03-03-94	3	CNJ	Fátima	06-07	3,70-12
3,80		Miguel Jorge	OC Lagos	02-08-76	2		Quarteira	12-01	3,70i-12
3,80		Hugo Valente	CCSJ. Madeira	13-12-82	Hep		Luso	03-02	4,20-10
3,80		Bruno Mineiro	Sporting CP	16-05-92	4		Lisboa - N2	12-05	3,80i-10
3,80		Adilson Horta	GD Cavadas	08-05-90	2s	CNCI-Ap	Lisboa - U	25-05	3,60-10
3,80		Emerson Évora	CA Bx Banheira	GBS	30-04-93	3s	CNCI-Ap	Lisboa - U	25-05
3,80		José Miguel Pereira	GRECAS	22-07-91	7s	CNCI-Ap	Leiria	25-05	3,80-08
3,80		Micael Seixeiro	GRECAS	20-07-95	1		Luso	20-07	3,64-11
3,75	i	Stelvio Lemos	SL Benfica	03-07-95	4	CNJ	Pombal	19-01	4,10-11
3,70		António Castro	GD Estreito	18-12-94	Dec		Ribeira Brava	05-05	4,35-12
3,65		Miguel Monteiro	CP Alcanena	21-08-96	4s	OJ	Fátima	02-06	3,40-12
3,60		David Camara	ACD Jardim Serra	21-03-95	Hep		Ribeira Brava	16-12	3,75-12
3,60	i	Carlos Santos	CP Alcanena	10-05-86	Hep		Pombal	23-12	3,60i-12
3,60	i	André Carvalho	Esc Movimento	05-09-88	2	CNU	Pombal	23-02	4,44-07
3,60	i	Christophe Capitão	Juv. Vidigalense	15-10-93	3	CNU	Pombal	23-02	3,50i-12
3,60		Kleyton Junior	S Lagos Bf	28-05-94	Dec		Lagos	30-03	3,70i-12
3,60		Henrique Marques	Gira Sol RC	22-06-93	Dec		Febres	21-04	3,60-12
3,60		Gonçalo Uva	Sporting CP	30-04-98	2s		Lisboa - U	02-05	3,40-12
3,60		João Almeida	Sporting CP	20-03-98	3s		Lisboa - U	02-05	3,65i-12
3,60		Daniel Coelho	GD Cavadas	30-09-96	2		Setubal	19-05	3,45-12
3,60		André Pedralva	GDRC Coina	23-08-90	4s	CNCI-Ap	Lisboa - U	25-05	
3,55		Isaac Lopes	CCSJ. Madeira	08-02-90	6	CNCI-2	Lisboa - U	08-06	4,78i-12
3,50		Ruben Ventura	N Sp. S. Miguel	28-12-89	1		Ponta Delgada	18-05	
3,50		Tomas Marreiros	AC Vermoil	20-04-98	1		Leiria	26-05	2,60i-12

Melhor marca ao ar livre de atletas com melhor marca indoor

3,50		André Carvalho	Esc Movimento	05-09-88	4	CNU	Guimarães	12-05	4,44-07
3,70		André F. Santos	SL Benfica	04-04-91	Dec	C. Port	Leiria	28-07	4,20i-11
3,95		Gonçalo Pacheco	Gira Sol RC	17-02-78	5s	CNCI-Ap	Leiria	25-05	4,60-05
3,80		Ivan Santos	ADL Apelaçõenses	12-04-94	Dec		Fátima	28-04	3,30i-12
3,90		Luís Miguel Santos	SL Benfica	06-07-93	ex		Faro	20-04	4,06-12
4,12		Luís Silva	ACR Sra. Desterro	26-05-80	2	CNCI-2	Lisboa - U	08-06	4,70-00

Comprimento / Long Jump – 7,20 – 6,50

8,15	1,2	Marcos Chuva	SL Benfica	08-08-89	3	WUC	Kazan - RUS	12-07	8,34-11
7,85	1,9	Marcos Chuva			4q	WUC	Kazan - RUS	11-07	
7,82	-0,2	Marcos Chuva			16q	C. Mundo	Moscovo - RUS	14-08	
7,66	1,9	Marcos Chuva			4	ECCC	V. R. Sto. António	25-05	
7,65	0,4	Marcos Chuva			1	C. Port	Leiria	27-07	
7,61	-0,1	Marcos Chuva			1	CNCI-1	Lisboa - U	08-06	
7,51	0,4	Marcos Caldeira	SL Benfica	27-02-88	2	C. Port	Leiria	27-07	7,83-12
7,44	-0,4	Marcos Chuva			2		Colonia - ALE	16-06	
7,42	1,4	Bruno Costa	SL Benfica	03-05-92	1		Lisboa - I	22-06	7,31-12
7,41	-0,2	Marcos Caldeira			16q	WUC	Kazan - RUS	11-07	
7,40	i	Marcos Caldeira			1	CNCI-1	Pombal	09-02	
7,40	1,0	Marcos Caldeira			1		Lisboa - I	17-07	
7,40	0,9	Bruno Costa			2		Lisboa - I	17-07	
7,34	1,2	Bruno Costa			3	C. Port	Leiria	27-07	

7,33	0,1		Bruno Costa			1		Faro	13-07	
7,32	i	Tiago Marto	GA Fátima	05-05-86	Hep	C. Port	Pombal		16-02	7,38-09
7,32	1,4	André Silva	Esc Movimento	18-07-94	1	CNJ	Fátima		06-07	6,86i-12
7,31	0,7		Marcos Caldeira			1	Lisboa - MP		13-01	
7,30	0,1	Gaspar Araújo	Sporting CP	17-12-81	3	CNCI-1	Lisboa - U		08-06	8,10-04
7,28	i	Miguel Marques	Juv. Vidigalense	23-05-95	1	C. Port	Pombal		16-02	6,88-12
7,28	-0,9		Bruno Costa			1	CN23	Quarteira	29-06	
7,26	1,6	Eusébio Cá	Grã Bretanha	24-09-91	3		Hendon - GBR		03-08	6,95-12
7,25	i	Francisco Cordoeiro	Esc Movimento	09-05-92	1	CNU	Pombal		23-02	7,11i-12
7,25	1,0		Eusébio Cá			2	Bedford - GBR		16-06	
7,24	i	Ricardo Jaquité	Sporting CP	17-08-89	2	CNCI-1	Pombal		09-02	7,14i-11
7,23	i		Bruno Costa			1	Taça FPA	Jamor	06-01	
7,22	i	João Dias	Gira Sol RC	01-06-84	3	CNCI-1	Pombal		09-02	7,25i-12
7,22	1,8	Ivan Martins	CA Bx Banheira	ANG	29-10-91	2	CN23	Quarteira	29-06	6,72-11/12
7,21	-0,2		Gaspar Araújo			4	C. Port	Leiria	27-07	
7,18	i	Samuel Remédios	GA Fátima	24-02-92	1	CN23	Pombal		02-02	6,93i-11
7,14	-1,3	Victor Korst	AA Pinhalnovense	NED	21-10-96	2	CNJ	Fátima	06-07	6,54-12
7,11	i	Miguel Costa	Gira Sol RC	02-09-94	2	CNU	Pombal		23-02	6,93-11
7,09	i	Pedro Oliveira	CA Seia	22-07-80	2	C. Port	Pombal		16-02	7,46-03
7,06	i	Carlos Santos	CP Alcanena	10-05-86	1		Pombal		24-02	7,22-09
7,02	i	Vitor Viveiros	ACD Jardim Serra	18-03-84	4	C. Port	Pombal		16-02	6,95-12
6,99	1,2	Isaac Lopes	CCSJ. Madeira	08-02-90	1		Luso		20-07	6,66i-11
6,97	0,0	Sérgio Silva	CCD Ribeirão	22-11-85	2	C. Norte	Guimarães		20-07	7,22-12
6,96	0,5	Pedro Cardoso	SL Benfica	29-05-93	Dec		Lisboa - MP		06-04	6,79w-12
6,95	i	João Alexandre	Juv. Vidigalense	01-09-90	3	CNU	Pombal		23-02	6,96-11
6,92	i	Tiago Pereira	SL Benfica	19-09-93	4	CN23	Pombal		02-02	6,72-12
6,92	1,8	Joaquim Cabral	CRCD Luzense	17-04-88	1		Faro		04-05	6,93-12
6,88	i	Micael Seixeiro	GRECAS	20-07-95	5	CN23	Pombal		02-02	6,74-12
6,82	i	Valter Pinto	Sporting CP	19-01-93	6	CN23	Pombal		02-02	7,12-12
6,78	0,6	Mauro Rodrigues	CRD Santaluziense	02-10-93	2		Faro		20-04	6,85-11
6,78	1,1	Lenine Cunha	AA Coimbra	04-12-82	2		Faro		04-05	7,15i-08
6,75	0,2	Fábio Martins	CLAC	11-01-97	1		Abrantes		04-05	6,72-12
6,72	1,6	João Frias	ADR Agua Pena	09-01-91	2s	CNCI-Ap	Ribreira Brava		25-05	7,00-09
6,67	-2,0	Oleksandr Lyashchenko	CA Marinha Grande	UKR	18-01-97	2	CN jv	Guimarães	22-06	5,66-12
6,67	1,5	Miguel Barrigana	SL Benfica	03-07-96	2	FISEC	Kecskemet - HUN		07-07	6,87-12
6,66	i	Daniel Gaspar	Juv. Vidigalense	07-11-87	5		Pombal		24-02	6,66-06/07
6,66	1,1	Ricardo Pinto	Sporting CP	18-04-93	8	CN23	Quarteira		29-06	6,80-12
6,65	1,9	Adam Ferreira	S Lagos Bf	10-05-96	3		Faro		20-04	6,52-12
6,63	1,0	Gonçalo Manteigas	Estrela FC	28-07-94	1		Vendas Novas		08-12	7,06-12
6,63	i	Kevin Santos	AC Vermoil	20-03-93	6		Pombal		24-02	6,85-12
6,60	i	Henrique Marques	Gira Sol RC	22-06-93	3		Pombal		13-01	6,38-12
6,59	1,8	Ivan Santos	ADL Apelaçõenses	12-04-94	Dec	C. Nac	Lisboa - U		18-05	
6,59	1,1	Ricardo Araújo	GRECAS	25-10-93	1		Luso		15-06	
6,58	-1,9	Ricardo Mendes	Juv. Vidigalense	30-05-94	4	CNJ	Fátima		06-07	6,78i-12
6,57	1,1	André Luz	SL Benfica	21-01-93	6		Lisboa - I		17-07	6,54-11
6,55	i	Alexandre Cardeira	ACDR Armeirense	02-12-94	2		Pombal		30-12	
6,53	1,3	David Ferreira	JOMA	04-04-89	8		Lisboa - I		17-07	
6,51	0,2	Jorge Abreu	ACD Jardim Serra	29-10-93	1		Ribreira Brava		12-01	6,48-12
6,51	-1,4	Paulo Neto	ACRD Escapães	11-03-97	2		Aveiro		13-01	6,49-12
6,51	i	João Oliveira	Gira Sol RC	17-12-94	5	CNJ	Pombal		19-01	6,57-12
6,50	i	Carlos Lopes	GDRC Coia	13-03-83	5s	CNCI-Ap	Pombal		26-01	7,01-00
6,50	0,6	Eder Pires	CS Marítimo	CPV	01-11-90	3s	CNCI-Ap	Ribreira Brava	25-05	7,09-12
6,50	0,8	Diogo Espinha	GD Estreito	08-10-87	5	CNCI-2	Lisboa - U		08-06	7,41-08

Melhor marca ao ar livre de atletas com melhor marca indoor

6,96	0,5	Carlos Santos	CP Alcanena	10-05-86	Dec	T. Europa	Ribeira Brava		29-06	7,22-09
7,16	0,0	Francisco Cordoeiro	Esc Movimento	09-05-92	1	CNCI-3	Abrantes		08-06	7,11i-12
6,51	-0,3	Henrique Marques	Gira Sol RC	22-06-93	Dec		Lisboa - U		18-05	6,38-12
6,81	0,1	João Alexandre	Juv. Vidigalense	01-09-90	4	CNU	Guimarães		12-05	6,96-11
7,17	0,4	João Dias	Gira Sol RC	01-06-84	4	CNCI-1	Lisboa - U		08-06	7,25i-12
7,13	1,6	Miguel Marques	Juv. Vidigalense	23-05-95	3	CNJ	Fátima		06-07	6,88-12
6,66	1,7	Micael Seixeiro	GRECAS	20-07-95	7	CNCI-1	Lisboa - U		08-06	6,74-12

6,72	-0,7	Pedro Oliveira	CA Seia		22-07-80	8		Leiria	15-06	7,46-03
7,04	-0,1	Samuel Remédios	GA Fátima		24-02-92	Dec	C. Port	Leiria	27-07	6,93i-11
7,15	0,5	Tiago Marto	GA Fátima		05-05-86	Dec	T. Europa	Ribeira Brava	29-06	7,38-09
6,90	2,0	Tiago Pereira	SL Benfica		19-09-93	Dec		Lisboa - MP	06-04	6,72-12
6,67	0,8	Valter Pinto	Sporting CP		19-01-93	3		Lisboa - MP	13-01	7,12-12
6,74	1,9	Vítor Viveiros	ACD Jardim Serra		18-03-84	1s	CNCI-Ap	Ribeira Brava	25-05	6,95-12

Sem medição de vento

7,62		Marcos Chuva				1		Lisboa - I	12-05	
7,28		Bruno Costa				2		Lisboa - I	12-05	
6,82		Fábio Martins	CLAC		11-01-97	1		Lisboa - MP	26-04	6,72-12

Com vento anti regulamentar

7,30	2,2	Miguel Marques	Juv. Vidigalense		23-05-95	2	CNCI-1	Lisboa - U	08-06	6,88-12
7,15	3,0	Victor Korst	AA Pinhalnovense	NED	21-10-96	1s	OJ	Fátima	01-06	6,54-12
7,12	3,2	Pedro Cardoso	SL Benfica		29-05-93	Dec		Lisboa - MP	06-04	6,79w-12
7,12	2,5	Tiago Pereira	SL Benfica		19-09-93	Dec		Lisboa - MP	06-04	6,72-12
7,10	2,5	Pedro Oliveira	CA Seia		22-07-80	5	CNCI-1	Lisboa - U	08-06	7,46-03
7,03	3,0	Joaquim Cabral	CRCD Luzense		17-04-88	1		Faro	04-05	6,93-12
6,99	5,1	Micael Seixeiro	GRECAS		20-07-95	7	CNCI-1	Lisboa - U	08-06	6,74-12
6,96	7,0	Fábio Martins	CLAC		11-01-97	2s	OJ	Fátima	01-06	6,72-12
6,87	2,8	Miguel Barrigana	SL Benfica		03-07-96	1		Lisboa - MP	15-06	6,87-12
6,78	3,3	Davidson Borges	SL Benfica		31-05-95	Dec		Lisboa - MP	06-04	1,95-12
6,76	2,1	Ricardo Mendes	Juv. Vidigalense		30-05-94	4	CNJ	Fátima	06-07	6,78i-12
6,74	3,3	Filipe Corceiro	Sporting CP		10-05-98	1		Lisboa - MP	25-05	
6,74	5,4	Oleksandr Lyashchenko	CA Marinha Grande	UKR	18-01-97	1s		Fátima	15-06	1,75i-12
6,73	5,4	Eduardo Valério	Juv. Vidigalense		07-02-96	3s	OJ	Fátima	01-06	6,45-12
6,73	5,2	Adam Ferreira	S Lagos Bf		10-05-96	4s	OJ	Fátima	01-06	6,52-12
6,71	2,7	Ivan Santos	ADL Apelaçõenses		12-04-94	Dec		Lisboa - MP	06-04	
6,65	4,7	Paulo Neto	ACRD Escapães		11-03-97	1		Vagos	27-04	6,49-12
6,65	3,3	José Miguel Pereira	GRECAS		22-07-91	2		Luso	20-07	7,08i-09
6,63	3,9	Carlos Lopes	GDRC Coina		13-03-83	4s	CNCI-Ap	Lisboa - U	25-05	7,01-00
6,62	3,9	Ricardo Araújo	GRECAS		25-10-93	1		Luso	15-06	
6,60	4,7	Guilherme Telo	AE Mogadouro		19-01-97	1s	OJ	Fátima	01-06	5,90-12
6,56	2,7	David Ferreira	JOMA		04-04-89	ex		Setubal	13-07	14,35-10
6,54	4,3	João Marreiros	AC Vermoil		27-03-94	2		Marinha Grande	11-05	
6,53	2,3	Xiao Yang Huang	CDC Navais		24-09-96	3		Viana do Castelo	15-06	
6,51	4,2	João Casegas	CAS Manique		24-08-95	5s	CNCI-Ap	Lisboa - U	25-05	6,21-12
6,50	7,8	Joel Pereira	GA Fátima		14-02-95	2s		Fátima	15-06	6,15-11

Triplo / Triple Jump – 14,70 – 13,00

16,68	1,9	Nelson Évora	SL Benfica		20-04-84	1	CNCI-1	Lisboa - U	09-06	17,74-07
16,41	-0,6	Nelson Évora				1	C. Port	Leiria	28-07	
16,33	1,7	Nelson Évora				3	ECCC	V. R. Sto. António	26-05	
16,23	1,0	Nelson Évora				2	Ibero	Huelva - ESP	12-06	
16,15	1,1	Marcos Caldeira	SL Benfica		27-02-88	3q	WUC	Kazan - RUS	07-07	16,44-12
16,02	1,1	Marcos Caldeira				1		Lisboa - I	11-05	
15,96	i	Marcos Caldeira				1	CNCI-1	Pombal	10-02	
15,95	-2,4	Nelson Évora				4	CE Eq	Dublin	23-06	
15,94	i	Ricardo Jaquité	Sporting CP		17-08-89	1	Taça FPA	Jamor	06-01	15,79-12
15,94	i	Marcos Caldeira				2	Taça FPA	Jamor	06-01	
15,87	1,8	Marcos Caldeira				8	WUC	Kazan - RUS	09-07	
15,83	i	Marcos Caldeira				1	C. Port	Pombal	17-02	
15,83	1,5	Ricardo Jaquité				1s	CNCI-Ap	Lisboa - U	26-05	
15,82	1,0	Marcos Caldeira				8	Ibero	Huelva - ESP	12-06	
15,73	i	Ricardo Jaquité				1		Jamor	16-01	
15,72	-0,1	Ricardo Jaquité				1		Lisboa - MP	12-01	
15,70	i	Ricardo Jaquité				2	C. Port	Pombal	17-02	
15,68	i	Ricardo Jaquité				2	CNCI-1	Pombal	10-02	
15,64	-0,5	Marcos Caldeira				2	C. Port	Leiria	28-07	
15,59	0,5	Carlos Veiga	Sporting CP		22-02-89	2		Lisboa - I	02-06	15,84-11

15,57	0,5		Carlos Veiga			3	C. Port	Leiria	28-07	
15,51	-1,6		Marcos Caldeira			2		Lisboa - MP	12-01	
15,51	i		Marcos Caldeira			1		Jamor	21-02	
15,50	1,6		Ricardo Jaquité			2		Lisboa - I	11-05	
15,49	1,7		Ricardo Jaquité			1		Castelo de Vide	04-07	
15,43	0,8		Carlos Veiga			3		Lisboa - I	11-05	
15,43	-0,4		Ricardo Jaquité			1		Leiria	15-06	
15,41	0,8	João Dias		Gira Sol RC	01-06-84	3	CNCI-1	Lisboa - U	09-06	15,71i-10
15,27	i		Carlos Veiga			3	C. Port	Pombal	17-02	
15,26	i	João Alexandre		Juv. Vidigalense	01-09-90	3	CNCI-1	Pombal	10-02	15,15i-12
15,24	1,8	Tiago Pereira		SL Benfica	19-09-93	4		Lisboa - I	11-05	15,00-12
15,20	1,2	Iuri Santos		CA Bx Banheira	11-04-85	2s	CNCI-Ap	Lisboa - U	26-05	15,60-12
15,18	0,5		Marcos Caldeira			2		Leiria	15-06	
15,13	i		Tiago Pereira			3	Taça FPA	Jamor	06-01	
15,12	0,0		Carlos Veiga			3		Leiria	15-06	
15,10	1,4		João Alexandre			2	CNCI-1	Lisboa - U	09-06	
15,07	i		Tiago Pereira			1s	CNCI-Ap	Pombal	27-01	
15,07	0,9		Ricardo Jaquité			3		Quarteira	18-05	
15,07	-0,4		Marcos Caldeira			1		Lisboa - I	02-06	
15,01	1,9		Iuri Santos			4		Quarteira	18-05	
14,98	0,0		Tiago Pereira			1		Massamá	20-07	
14,91	i		João Dias			4	CNCI-1	Pombal	10-02	
14,90	i		Tiago Pereira			1	CN23	Pombal	03-02	
14,86	i		Iuri Santos			4	Taça FPA	Jamor	06-01	
14,86	1,9		João Dias			3		Lisboa - I	02-06	
14,85	i		João Alexandre			1		Pombal	12-01	
14,83	i		João Dias			2s	CNCI-Ap	Pombal	27-01	
14,82	i		Carlos Veiga			2		Jamor	21-02	
14,81	i		Iuri Santos			4	C. Port	Pombal	17-02	
14,80	i		João Alexandre			5	C. Port	Pombal	17-02	
14,80	-0,9		João Alexandre			4	C. Port	Leiria	28-07	
14,77	i		Iuri Santos			3		Jamor	21--2	
14,76	1,1		Ricardo Jaquité			4	CNCI-1	Lisboa - U	09-06	
14,71	-0,8		Iuri Santos			4		Leiria	15-06	
14,64	1,1	Oleksandr Lyashchenko		CA Marinha Grande	UKR 18-01-97	1	CNJ	Fátima	07-07	
14,63	1,3	Ricardo Mendes		Juv. Vidigalense	30-05-94	1		Marinha Grande	18-05	14,75i-12
14,61	i	António Gomes		Sporting CP	13-04-92	2	CN23	Pombal	03-02	14,32-12
14,50	i	Isaac Lopes		CCSJ. Madeira	08-02-90	5	CNCI-1	Pombal	10-02	14,43i-12
14,38	-0,5	Rafael Vilas Boas		SC Braga	01-02-95	3	CNJ	Fátima	07-07	14,58-12
14,34	0,6	José Décio Faria		ACD Jardim Serra	23-07-91	1		Ribeira Brava	13-07	13,92-11
14,33	1,7	David Ferreira		JOMA	04-04-89	3s	CNCI-Ap	Lisboa - U	26-05	14,35-10
14,33	-2,1	Miguel Marques		Juv. Vidigalense	23-05-95	1	CN23	Quarteira	30-06	13,94-12
14,32	-0,9	Gil Manuel		SL Benfica	28-09-94	4	CNJ	Fátima	07-07	12,82w-12
14,18	i	Ricardo Araújo		GRECAS	25-10-93	4	CN23	Pombal	03-02	14,22-12
14,18	0,2	Renato Araújo		ACD Jardim Serra	08-09-93	2		Ribeira Brava	13-07	14,43-12
14,17	1,3	Bruno Costa		SL Benfica	03-05-92	6		Lisboa - I	11-05	14,69-11
14,12	0,3	João Frias		ADR Agua Pena	09-01-91	1		Ribeira Brava	10-02	14,36-08
14,10	i	Carlos Santos		CP Alcanena	10-05-86	1		Pombal	12-01	14,35-12
14,06	1,8	José Miguel Pereira		GRECAS	22-07-91	5	CNCI-1	Lisboa - U	09-06	14,80i-10
14,05	1,2	André Luz		SL Benfica	21-01-93	7		Lisboa - I	11-05	14,66-12
14,04	0,5	Vítor Viveiros		ACD Jardim Serra	18-03-84	3		Ribeira Brava	13-07	14,32-12
14,02	-0,7	Micael Seixeiro		GRECAS	20-07-95	3	C. Beiras	Leiria	14-07	13,14-11
14,01	0,0	Sérgio Silva		CCD Ribeirão	22-11-85	1	C. Norte	Guimarães	21-07	14,50-09
13,92	i	Joel Pereira		GA Fátima	14-02-95	3	CNJ	Pombal	20-01	13,87-12
13,83	1,8	Bruno Pinto		Sporting CP	20-09-93	2		Lisboa - MP	25-06	
13,80	i	Gabriel Brito		CA Marinha Grande	12-10-95	4	CNJ	Pombal	20-01	13,62i-12
13,80	1,6	Tomás Militão		Juv. Ilha Verde	25-03-96	1		Ponta Delgada	20-06	13,35-12
13,79	i	Carlos Oliveira		CA Seia	24-05-79	5s	CNCI-Ap	Pombal	27-01	14,50-08
13,77	i	Alberto Nascé		AA Coimbra	ITA 06-01-91	4s	CNCI-Ap	Pombal	26-01	
13,76	i	Joel Gomes		AC Vermoil	06-07-94	2	CNCI-2	Pombal	10-02	13,11-12
13,75	-0,1	Victor Korst		AA Pinhalnovense	NED 21-10-96	2		Setubal	12-01	13,76-12
13,66	-2,4	Diogo Espinha		GD Estreito	08-10-87	1s	CNCI-Ap	Ribeira Brava	26-05	15,39-08

13,64	i	Fábio Martins	CLAC		11-01-97	3		Pombal	12-01	13,23-12
13,64	i	Ervin Nongo	SL Benfica	ANG	29-09-92	4		Jamor	16-01	14,27-11
13,58	1,3	Mauro Rodrigues	CRD Santaluziense		02-10-93	3	CNU	Guimarães	12-05	13,67-11
13,57	0,6	Danilo Almeida	ACR Mealhada		02-12-96	4	CN jv	Guimarães	23-06	
13,54	i	André Silva	Esc Movimento		18-07-94	3	CNCI-2	Pombal	10-02	13,01-10
13,53	i	Miguel Costa	Gira Sol RC		02-09-94	1		Pombal	29-12	13,92-12
13,50	1,7	António Magro	GDI Setubal		13-01-96	1		Setubal	16-06	12,76-12
13,49	0,0	Miguel Barrigana	SL Benfica		03-07-96	3	FISEC	Kecskemet - HUN	08-07	13,71-12
13,48	1,7	Pedro Costa	GCA Donas		11-05-92	ex		Lisboa - MP	25-06	13,87-11
13,44	0,8	Luís Silva	ACR Sra. Desterro		26-05-80	5	CNCI-2	Lisboa - U	09-06	14,66-10
13,44	1,9	Eduardo Valério	Juv. Vidigalense		07-02-96	5	CN jv	Guimarães	23-06	13,30-12
13,43	i	Lenine Cunha	AA Coimbra		04-12-82	2	INAS EC	Istambul - TUR	16-03	14,61-09
13,41	0,4	Diogo Costa	Esc Movimento		12-01-93	2s	CNCI-Ap	Guimarães	26-05	13,96-12
13,40	1,2	Pedro Pinheiro	NDET Cabreira		29-03-98	3	CN jv	Guimarães	23-06	
13,39	i	Daniel Fortes	GDRC Coina		29-05-91	7s	CNCI-Ap	Pombal	26-01	13,72-11
13,35	i	Eduardo Ribeiro	NA Cucujães		14-09-93	5s	CNCI-Ap	Pombal	26-01	13,63-12
13,29	1,3	João Marto	GA Fátima		13-03-97	2		Abrantes	05-05	
13,24	1,6	Pedro Nicolau	SL Benfica		28-05-94	4		Lisboa - MP	25-06	13,12-11
13,23	0,5	Adam Ferreira	S Lagos Bf		10-05-96	8	CN jv	Guimarães	23-06	13,24-12
13,23	-1,3	Angelo Santos	Juv. Vidigalense		13-04-96	9	CN jv	Guimarães	23-06	13,10-12
13,18	i	Miguel Morais	CA Marinha Grande		05-03-95	3		Pombal	29-12	13,03-12
13,18	i	João Oliveira	Gira Sol RC		17-12-94	2		Pombal	12-01	13,58i-12
13,18	-0,5	Pedro Pereira	CAO Vianense		30-08-91	4	CNU	Guimarães	12-05	13,46i-11
13,18	1,0	Carlos Gomes	CLAC		17-03-97	4		Fátima	14-07	11,93-12
13,16	0,1	Ricardo Beatriz	CA Bx Banheira		08-06-86	4		Setubal	12-01	13,67-11
13,12	1,4	Juary Tavares	SL Benfica	STP	09-11-94	5		Lisboa - MP	25-06	
13,10	1,0	Pedro Fernandes	SL Benfica		03-10-96	4		Lisboa - MP	16-06	12,13-12
13,02	0,1	Emanuel Neves	Individual - Pt		13-03-90	5	CNU	Guimarães	12-05	

Melhor marca ao ar livre de atletas com melhor marca indoor

14,42	-0,4	António Gomes	Sporting CP		13-04-92	5		Lisboa - I	02-06	14,32-12
13,57	0,8	Carlos Oliveira	CA Seia		24-05-79	8	CNCI-1	Lisboa - U	09-06	14,50-08
13,93	0,7	Carlos Santos	CP Alcanena		10-05-86	1		Fátima	14-07	14,35-12
13,33	0,0	Daniel Fortes	GDRC Coina		29-05-91	3		Setubal	12-01	13,72-11
13,06	0,9	Eduardo Ribeiro	NA Cucujães		14-09-93	5s	CNCI-Ap	Guimarães	26-05	13,63-12
13,63	1,3	Fábio Martins	CLAC		11-01-97	1		Abrantes	05-05	13,23-12
14,43	0,9	Isaac Lopes	CCSJ. Madeira		08-02-90	1		Luso	21-07	14,43i-12
13,86	0,0	Joel Pereira	GA Fátima		14-02-95	6	CNCI-1	Lisboa - U	09-06	13,87-12
14,11	0,0	Ricardo Araújo	GRECAS		25-10-93	1		Luso	16-06	14,22-12

Com vento anti regulamentar

15,58	2,1	João Alexandre	Juv. Vidigalense		01-09-90	2	CNCI-1	Lisboa - U	09-06	15,15i-12
15,29	3,7	Iuri Santos	CA Bx Banheira		11-04-85	1	CNCI-2	Lisboa - U	09-06	15,60-12
15,25	2,4	Tiago Pereira	SL Benfica		19-09-93	2		Quarteira	18-05	15,00-12
14,71	2,5	Oleksandr Lyashchenko	CA Marinha Grande	UKR	18-01-97	1	CN jv	Guimarães	23-06	
14,68	4,0	Rafael Vilas Boas	SC Braga		01-02-95	1	CNCI-3	Abrantes	09-06	14,58-12
14,67	2,6	Diogo Espinha	GD Estreito		08-10-87	2	CNCI-2	Lisboa - U	09-06	15,39-08
14,07	3,2	Diogo Costa	Esc Movimento		12-01-93	2	CNCI-3	Abrantes	09-06	13,96-12
13,93	3,1	Tomás Militão	N Sp. S. Miguel		25-03-96	1		Ponta Delgada	02-02	13,35-12
13,93	2,6	Victor Korst	AA Pinhalnovenese	NED	21-10-96	1		Setubal	05-05	13,76-12
13,66	3,4	Rodrigo Dionisio	GD Estreito		25-06-85	7		Lisboa - I	02-06	14,21-03
13,64	4,0	Pedro Costa	GCA Donas		11-05-92	3	CNCI-3	Abrantes	09-06	13,87-11
13,63	2,8	Pedro Pinheiro	NDET Cabreira		29-03-98	3	CN jv	Guimarães	23-06	
13,59	4,6	Miguel Barrigana	SL Benfica		03-07-96	2		Lisboa - MP	16-06	13,71-12
13,50	2,6	Eduardo Valério	Juv. Vidigalense		07-02-96	5	CN jv	Guimarães	23-06	13,30-12
13,48	2,5	Angelo Santos	Juv. Vidigalense		13-04-96	4s		Fátima	16-06	13,10-12
13,44	3,4	Célio Khibo	CCSJ. Madeira		27-06-86	6	CNCI-2	Lisboa - U	09-06	14,41-09
13,39	3,3	João Marques	GUA Bajouca		07-07-95	5s		Fátima	16-06	
13,32	4,1	Pedro Fernandes	SL Benfica		03-10-96	1		Lisboa - MP	27-04	12,13-12
13,32	2,5	Artur Koshchuk	Juv. Vidigalense	UKR	05-03-94	6s		Fátima	16-06	13,00-11
13,22	3,4	Miguel Morais	CA Marinha Grande		05-03-95	7s		Fátima	16-06	13,03-12
13,20	2,1	Pedro Gonçalves	Esc Movimento		08-12-90	3		Braga	01-06	14,05i-11

13,17	3,3	Jorge Cardoso	CCSJ. Madeira	30-10-88	3	Aveiro	12-01	13,70i-09
13,11	4,5	Duarte Fidelis	CAS Manique	05-09-90	9	Lisboa - I	11-05	

Peso / Shot Put- 15,00 – 11,50

20,22		Marco Fortes	SL Benfica	26-09-82	2	Dakar - SEN	12-06	21,02-12
20,04		Marco Fortes			3	CE Eq Dublin	22-06	
20,02	i	Marco Fortes			5	C. Euro Gotemburgo - SWE	01-03	
19,81		Marco Fortes			2	Lipu Maidla - EST	06-07	
19,79		Marco Fortes			6	Orlen Cup Plock - POL	19-06	
19,78	i	Marco Fortes			6q	C. Euro Gotemburgo - SWE	28-02	
19,72	i	Marco Fortes			1	C. Port Pombal	17-02	
19,57		Marco Fortes			1	C. Port Leiria	27-07	
19,46	i	Marco Fortes			2	Vaxjo-SWE	16-03	
19,38		Marco Fortes			16q	C. Mundo Moscovo - RUS	15-08	
19,35		Marco Fortes			11	GGala Roma - ITA	06-06	
19,32	i	Marco Fortes			6	Diamond Birmingham - GBR	30-06	
19,22		Marco Fortes			7	Madrid	13-07	
19,17	i	Marco Fortes			7	Nordhausen - GER	18-01	
19,15		Marco Fortes			7	Diamond Doha - QAT	10-05	
19,14		Marco Fortes			2	ECCC V. R. Sto. António	25-05	
19,09		Marco Fortes			1	Leiria	03-08	
18,97		Marco Fortes			1	CNCI-1 Lisboa - U	08-06	
18,90		Marco Fortes			9	Athletissima Lausanne - SUI	04-07	
18,81	i	Marco Fortes			1	CNCI-1 Pombal	10-02	
18,58		Marco Fortes			8	ISTAF Berlim	01-09	
18,45		Francisco Belo	Sporting CP	27-03-91	1	Lisboa - MP	25-06	18,64i-12
18,09	i	Francisco Belo			1	CNU Pombal	23-02	
18,09		Francisco Belo			1	Leiria	04-07	
18,05	i	Tsanko Amaudov	SL Benfica	14-03-92	1	CN23 Pombal	03-02	17,18-11
18,04	i	Francisco Belo			2	C. Port Pombal	17-02	
18,00		Tsanko Amaudov			1	Lisboa - MP	13-01	
17,90	i	Francisco Belo			2	CN23 Pombal	03-02	
17,89	i	Tsanko Amaudov			3	C. Port Pombal	17-02	
17,86		Francisco Belo			1	Leiria	27-06	
17,85	i	Francisco Belo			1	Pombal	24-02	
17,83		Francisco Belo			1	Jamor	24-07	
17,81		Francisco Belo			1	Lisboa - MP	11-05	
17,81		Tsanko Amaudov			1	Leiria	13-06	
17,76		Francisco Belo			1	Elvas	15-06	
17,69	i	Tsanko Amaudov			1	Leiria	02-03	
17,65	i	Tsanko Amaudov			1s	CNCI-Ap Pombal	27-01	
17,63		Francisco Belo			16q	CE U23 Tampere - Fin	11-07	
17,62		Francisco Belo			1	Lisboa - I	13-04	
17,58		Francisco Belo			1	CNU Guimarães	12-05	
17,57		Francisco Belo			1s	CNCI-Ap Lisboa - U	25-05	
17,53	i	Tsanko Amaudov			2	Pombal	24-02	
17,51		Francisco Belo			1	CN23 Quarteira	29-06	
17,38	i	Francisco Belo			2	CNCI-1 Pombal	10-02	
17,38		Francisco Belo			1	Leiria	22-05	
17,32	i	Francisco Belo			1s	CNCI-Ap Pombal	26-01	
17,28		Tsanko Amaudov			1	Lisboa - I	18-05	
17,26		Francisco Belo			2	Lisboa - MP	13-01	
17,24		Tsanko Amaudov			2	CN23 Quarteira	29-06	
17,21		Francisco Belo			2	C. Port Leiria	27-07	
17,18		Francisco Belo			9u23	TE Lanç Castellon - ESP	17-03	
17,18		Tsanko Amaudov			13	TE Lanç Castellon - ESP	17-03	
17,14		Tsanko Amaudov			22q	Tampere - Fin	11-07	
17,05		Francisco Belo			2	CNCI-1 Lisboa - U	08-06	
17,04		Tsanko Amaudov			3	C. Port Leiria	27-07	
16,77	i	António Vital e Silva	SL Benfica	23-01-88	1	Braga	19-01	18,48-10
16,77		Tsanko Amaudov			2	Lisboa - MP	11-05	

16,76		Tsanko Amaudov			2		Lisboa - MP	22-06		
16,11	Filipe Vital e Silva		Individual - P	27-01-83	1		Porto - I	14-04	16,88-09	
16,07	Herédio Costa		Sporting CP	30-10-71	2		Leiria	04-07	17,44-98	
16,00	Adriano Lopes		Juv. Vidigalense	22-10-91	1		Braga	10-07	15,84i-12	
15,97		Adriano Lopes			1		Lovelhe	24-07		
15,93		Filipe Vital e Silva			1		Lovelhe	25-06		
15,80	Luís Melo		C Operário D	18-01-87	1		Angra do Heroísmo	15-06	15,61-12	
15,77		Filipe Vital e Silva			2		Lovelhe	13-06		
15,75	Vítor Rodrigues		CA Seia	25-02-84	1s	CNCI-Ap	Leiria	25-05	16,07-09	
15,74		Adriano Lopes			4	C. Port	Leiria	27-07		
15,71		Adriano Lopes			3	CN23	Quarteira	29-06		
15,67		Luís Melo			2s	CNCI-Ap	Lisboa - U	25-05		
15,62		Luís Melo			1	CNCI-3	Abrantes	08-06		
15,54		Vítor Rodrigues			1		Febres	27-04		
15,54		Filipe Vital e Silva			4	CEspCI	Saragoza - ESP	18-05		
15,54		Herédio Costa			2		Jamor	24-07		
15,51	Marçal Rodrigues		GD Estreito	10-07-90	1		Ribeira Brava	13-07	16,04-10	
15,45		Herédio Costa			2		Leiria	27-06		
15,43		Marçal Rodrigues			1		Funchal	04-05		
15,42		Herédio Costa			2		Lisboa - I	18-05		
15,42		Luís Melo			5	C. Port	Leiria	27-07		
15,34		Vítor Rodrigues			3	CNCI-1	Lisboa - U	08-06		
15,33		Herédio Costa			6	C. Port	Leiria	27-07		
15,31		Adriano Lopes			1		Povoia de Varzim	12-06		
15,30		Herédio Costa			2		Elvas	15-06		
15,22	i	Vítor Rodrigues			3	CNCI-1	Pombal	10-02		
15,22		Filipe Vital e Silva			1		Porto - I	17-02		
15,21		Adriano Lopes			4	CNCI-1	Lisboa - U	08-06		
15,18	i	Adriano Lopes			3	CN23	Pombal	03-02		
15,15		Marçal Rodrigues			1		Funchal	27-04		
15,15		Adriano Lopes			2		Leiria	03-08		
15,12		Herédio Costa			2		Lisboa - I	13-04		
15,10	i	Adriano Lopes			4	CNCI-1	Pombal	10-02		
15,10		Marçal Rodrigues			1		Funchal	11-05		
15,06	i	Vítor Rodrigues			2s	CNCI-Ap	Pombal	27-01		
15,04		Marçal Rodrigues			1s	CNCI-Ap	Funchal	25-05		
15,03		Marçal Rodrigues			7	C. Port	Leiria	27-07		
15,02		Herédio Costa			3		Lisboa - MP	11-05		
14,48	José Pinho		NA Cucujães	20-03-95	1s	CNCI-Ap	Guimarães	25-05		
14,25	Bruno Abel Martins		Gira Sol RC	09-01-82	1	C. Beiras	Leiria	13-07	13,97-12	
14,23	i	Tiago Marto		GA Fátima	05-05-86	Hep	Taça FPA	Pombal	05-01	14,07i-09
14,20	Jorge Grave		SL Benfica	05-09-82	1		Faro	09-02	15,51-11	
14,00	André Gonçalves		CS Marítimo	14-04-86	2		Funchal	09-02	15,69-11	
13,86	Pedro Veloso		SC Braga	03-10-77	1		Lovelhe	24-07	14,41i-01	
13,80	Fábio Silva		SL Benfica	18-04-95	3		Lisboa - I	18-05		
13,75	Ricardo Freitas		GRECAS	14-11-93	2		Luso	20-07	12,03-12	
13,48	Nuno Serra		AA Coimbra	27-06-74	4s	CNCI-Ap	Leiria	25-05	16,77-97	
13,46	i	Bernardo Lopes		Juv. Vidigalense	26-01-93	4		Pombal	24-02	13,52i-12
13,37	Paulo Gonçalves		CS Marítimo	27-09-88	2		Ribeira Brava	12-07	14,85i-09	
13,24	Paulo Pereira		CCSJ. Madeira	12-02-84	3		Luso	20-07	15,25i-06	
13,12	i	Pedro Faria		CD Póvoa	29-01-94	2s	CNCI-Ap	Braga	26-01	12,45i-12
13,10	Tiago Pereira		Juv. Vidigalense	15-01-91	1		Leiria	15-12	13,57-11	
13,09	João Moreira		AA Pinhalnovoense	24-06-93	3s	CNCI-Ap	Lisboa - U	25-05	11,65-12	
12,81	Hugo Silva		GDRC Coia	29-09-82	1		Setubal	02-03	14,47-06	
12,78	Miguel Pinto		GD Estreito	17-06-84	3		Funchal	09-02	13,73-09	
12,73	i	Alexandre Almeida		GCA Donas	17-08-93	2	CNU	Pombal	23-02	11,78-12
12,67	Braulio Silva		CA Seia	20-09-71	1		Beja	13-04	14,73-02	
12,66	i	Steve Patrício		Juv. Vidigalense	17-09-88	5		Pombal	24-02	14,35-08
12,66	Alessandro Gonçalves		GA Fátima	28-02-94	1		Fátima	14-07	12,59i-12	
12,63	i	Renato Gomes		CA Bx Banheira	30-01-76	3s	CNCI-2	Pombal	10-02	13,67-10
12,54	Eduardo Sanca		CF Belenenses	13-11-78	1		Lagos	05-05		
12,42	i	Diogo Luz		JD Neves	12-05-95	Hep	C. Port	Pombal	16-02	

12,37	João Ferreira	Cyclones AC	12-04-94	3	CNU	Guimarães	12-05	11,61-12
12,36	Marco Jesus	AC Mocidade - Aç	01-03-92	1		Angra do Heroísmo	20-04	
12,28	José Silva	CDC Navais	14-10-78	1		Lovelhe	25-06	12,33-12
12,23	David Rocha	ACD Jardim Serra	27-02-94	3s	CNCI-Ap	Funchal	25-05	11,39-12
12,13	Diogo Branco	ADR Agua Pena	10-03-85	8	CNCI-1	Lisboa - U	08-06	11,71-12
12,13	Rui Fernandes	Gira Sol RC	08-05-80	4	C. Beiras	Leiria	13-07	13,69-08
12,12	Ricardo Silva	EC+S Lavra	06-05-79	5s	CNCI-Ap	Guimarães	25-05	
12,05	João Lopes	CO Pechão	11-10-90	2		Faro	09-02	12,80-10
12,05	Hugo Batista	CAS Manique	05-07-73	3		Lisboa - I	13-04	12,84i-10
12,00	Renato Costa	GRECAS	24-11-91	3		Aveiro	13-01	13,71i-09
11,97	Pedro Santos	CP Alcanena	01-01-88	2		Fátima	14-07	12,28-12
11,91	i Ricardo Monteiro	AA Coimbra	04-04-87	4	CNU	Pombal	23-02	12,11-06
11,86	Ricardo Marques	AA Coimbra	31-07-78	1	ANDDI	Braga	11-05	12,03-02
11,86	António Vergas	AEA Rui Silva	06-05-69	3		Fátima	14-07	
11,82	Micael Nobrega	JD Neves	28-04-87	2	C. Alentejo	Vendas Novas	04-05	12,93-11
11,82	Juan Pinho	GRECAS	20-05-86	4		Luso	20-07	13,84-04
11,69	Gonçalo Cruz	ACR Zona Azul	07-02-94	3	C. Alentejo	Vendas Novas	04-05	10,58-12
11,68	Pedro Lima	GDRC Coia	08-01-79	2		Seixal	09-02	12,76i-98
11,65	i Filipe Velosa	Juv. Vidigalense	30-05-95	3		Pombal	13-01	
11,65	i Rui Costa	SC Braga	10-04-95	5	C. Norte	Braga	13-01	
11,65	Bruno Ramos	CLAC	03-11-94	4		Fátima	14-07	
11,57	Márcio Martins	GDRC Coia	14-05-80	3		Setubal	13-01	14,75-02
11,55	i Carlos Santos	CP Alcanena	10-05-86	1		Alpiarça	15-12	11,65-12

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12,70	Alexandre Almeida	GCA Donas	17-08-93	2	CNU	Guimarães	12-05	11,78-12
12,33	Bernardo Lopes	Juv. Vidigalense	26-01-93	1		Porto - I	01-05	13,52i-12
11,49	Carlos Santos	CP Alcanena	10-05-86	Dec		Lisboa - U	18-05	11,65-12
12,27	Diogo Luz	JD Neves	12-05-95	7	CN23	Quarteira	29-06	
12,45	Pedro Faria	CD Póvoa	29-01-94	4s	CNCI-Ap	Guimarães	25-05	12,45i-12
11,63	Renato Gomes	CA Bx Banheira	30-01-76	2		Setubal	12-01	13,67-10
12,06	Steve Patricio	Juv. Vidigalense	17-09-88	2		Leiria	15-12	14,35-08
13,95	Tiago Marto	GA Fátima	05-05-86	Dec	T. Europa	Ribeira Brava	29-06	14,07i-09

Peso / Shot Put (6 Kg) – 15,00 – 11,50

16,07	José Pinho	NA Cucujães	20-03-95	1		Luso	15-06	15,27i-12
16,02		José Pinho		1		Lovelhe	24-07	
15,93		José Pinho		1	CNJ	Fátima	06-07	
15,53		José Pinho		1		Porto - I	17-02	
15,52		José Pinho		1		Leiria	13-06	
15,50	i	José Pinho		1	CNJ	Pombal	20-01	
14,58	João Ferreira	Cyclones AC	12-04-94	1		Viana do Castelo	29-06	12,69-12
14,40	i Pedro Faria	CD Póvoa	29-01-94	2	CNJ	Pombal	20-01	13,96-12
14,28	i Bernardo Lopes	Juv. Vidigalense	26-01-93	1		Pombal	30-12	15,15i-12
14,25	Fábio Silva	SL Benfica	18-04-95	2	CNJ	Fátima	06-07	13,13-12
14,05	Diogo Luz	JD Neves	12-05-95	4	CNJ	Fátima	06-07	13,80-12
13,92	Décio Andrade	GD Estreito	25-01-97	1		Funchal	15-06	
13,87	i Alessandro Gonçalves	GA Fátima	28-02-94	4	CNJ	Pombal	20-01	14,25-12
13,63	i Rui Costa	SC Braga	10-04-95	1		Braga	09-02	13,50i-12
13,57	Miguel Carreira	Juv. Vidigalense	12-03-96	6	CNJ	Fátima	06-07	13,92-12
13,42	David Rocha	ACD Jardim Serra	27-02-94	2		Funchal	15-06	13,63-11
13,40	Tiago Ferreira	ADRE Palhaça	27-11-95	Hep		Luso	02-02	13,35i-12
13,03	i Alexandre Almeida	GCA Donas	17-08-93	2		Braga	29-12	13,40-12
12,90	Gonçalo Cruz	ACR Zona Azul	07-02-94	1		Beja	12-05	12,59-12
12,80	João Dias	ADC Lovelhe	27-09-96	3		Viana do Castelo	15-06	
12,76	Delio Macedo	CDEL Pico	30-09-95	1		Angra do Heroísmo	16-06	11,43-12
12,72	Miguel Angelo Almeida	C Spiridon Gaia	30-10-95	1		Braga	01-06	
12,70	i Filipe Velosa	Juv. Vidigalense	30-05-95	8	CNJ	Pombal	20-01	
12,63	Edujosé Lima	SL Benfica	STP	02-03-96	2	Lisboa - MP	15-06	
12,56	i Daniel Correia	CP Alcanena	28-09-93	2		Alpiarça	15-12	12,93i-12
12,51	Rui Silva	ACR Sra. Desterro	27-02-95	1		Braga	23-03	

12,25	Natã Ié	CAS Manique	GBS	29-02-96	3		Lisboa - MP	15-06	
12,18	Francisco Costa	Esc Movimento		25-02-97	6		Viana do Castelo	15-06	
12,08	Carlos Fernandes	SL Benfica		15-07-94	2ex		Leiria	10-02	
12,06	Luís Pereira	GA Fátima		13-11-97	2s		Fátima	15-06	
12,01	Henrique Água-Doce	BNS Conceição		25-09-94	2		Beja	13-04	11,71-12
11,99	Vitor Augusto	CD Quarteira		30-08-94	1		Lagos	05-05	
11,97	Nuno Botelho	GRECAS		04-01-97	2		Luso	15-06	
11,95	Ivan Santos	ADL Apelaçonenses		12-04-94	Dec	C. Nac	Lisboa - U	18-05	12,10-12
11,87	Ricardo Mendes	Juv. Vidigalense		30-05-94	Dec		Fátima	27-04	
11,80	Samuel Ribeiro	OC Lagos		10-07-96	2		Lagos	05-05	11,32-12
11,77	Rafael Nunes	GD Cavadas		13-08-96	1		Setubal	15-06	
11,63	Daniel Santiago	Gira Sol RC		03-01-96	2		Luso	15-06	
11,53	Bruno Ramos	CLAC		03-11-94	3		Fátima	15-06	12,53-12
11,53	Pedro Santos	NDJ Laranjeiro		25-12-94	4		Lisboa - MP	15-06	11,44-12
11,51	Mike Azevedo	CD S. João		11-07-96	13	CNJ	Fátima	06-07	
11,49	Henorton Moreno	NDET Cabreira	CPV	19-03-94	3		Lagos	05-05	

A vermelho os atletas que ainda eram juniores até 31-12-2012

Melhor marca ao ar livre de atletas com melhor marca indoor

13,78	Alessandro Gonçalves	GA Fátima		28-02-94	5	CNJ	Fátima	06-07	14,25-12
12,93	Bernardo Lopes	Juv. Vidigalense		26-01-93	1		Leiria	15-12	15,15i-12
13,82	Pedro Faria	CD Póvoa		29-01-94	2		Viana do Castelo	15-06	13,96-12
13,55	Rui Costa	SC Braga		10-04-95	1		Lovelhe	03-07	13,50i-12

Disco / Discus – 50,00 – 34,00

61,00	Jorge Grave	SL Benfica	RN	05-09-82	1	CN Lanç	Leiria	23-02	60,89-12
59,51	Jorge Grave				1		Leiria	13-06	
58,90	Jorge Grave				1		Leiria	27-06	
58,57	Jorge Grave				1		Jamor	24-07	
58,38	Jorge Grave				2		Leiria	04-07	
58,25	Jorge Grave				2		Jamor	03-07	
57,90	Filipe Vital e Silva	Espanha		27-01-83	2		Lovelhe	24-07	58,67-12
57,51	Filipe Vital e Silva				2		Leiria	03-08	
57,41	Jorge Grave				1		Lisboa - I	12-05	
57,37	Jorge Grave				1		Faro	09-02	
57,28	Jorge Grave				1	CNCI-1	Lisboa - U	09-06	
57,18	Jorge Grave				1		Lisboa - N2	01-06	
57,18	Filipe Vital e Silva				3		Jamor	03-07	
57,08	Filipe Vital e Silva				1		Lovelhe	25-06	
57,00	Jorge Grave				16	TE Lanç	Castellon - ESP	16-03	
56,94	Filipe Vital e Silva				1	Marnoto	Aveiro	29-06	
56,91	Filipe Vital e Silva				1	C. Port	Leiria	28-07	
56,79	Jorge Grave				1		Lisboa - N	16-02	
56,58	Jorge Grave				1		Sobreda	11-05	
56,27	Jorge Grave				9	CE Eq	Dublin	23-06	
56,19	Jorge Grave				1		Leiria	02-03	
56,19	Filipe Vital e Silva				3		Lovelhe	18-07	
56,11	Jorge Grave				2	C. Port	Leiria	28-07	
56,10	Filipe Vital e Silva				3	CEspCI	Saragoza - ESP	08-06	
55,84	Jorge Grave				1	V. Tavares	Faro	13-07	
55,82	Filipe Vital e Silva				1		Lovelhe	13-06	
55,75	Filipe Vital e Silva				3		Leiria	04-07	
55,44	Jorge Grave				5	ECCC	V. R. Sto. António	26-05	
54,81	Filipe Vital e Silva				2		Leiria	04-08	
54,52	Filipe Vital e Silva				1	CEspCI	Saragoza - ESP	18-05	
54,07	Filipe Vital e Silva				1ex		Aveiro	06-07	
53,66	Francisco Belo	Sporting CP		27-03-91	11	TE Lanç	Castellon - ESP	16-03	54,98-12
53,64	Filipe Vital e Silva				ex		Aveiro	16-02	
53,24	Francisco Belo				4		Jamor	03-07	
52,15	Vitor Rodrigues	CA Seia		25-02-84	1		Febres	27-04	46,87-10
51,96	Francisco Belo				3	C. Port	Leiria	28-07	
51,78	Marco Fortes	SL Benfica		26-09-82	2		Lisboa - N2	12-05	58,32-09

50,84	Filipe Vital e Silva		2	CEspCI	Pamplona - ESP	27-04		
50,52	Francisco Belo		1		Leiria	22-05		
50,38	Francisco Belo		25q	CE U23	Tampere - Fin	11-07		
50,17	Francisco Belo		1	CNCI-Ap	Lisboa - U	26-05		
49,35	Tsanko Amaudov	SL Benfica	14-03-92	2	Leiria	13-06	50,04-12	
49,29	Herédio Costa	Sporting CP	30-10-71	2	Jamor	24-07	55,46-00	
48,60	Ricardo Freitas	GRECAS	14-11-93	1	Luso	21-07	44,32-12	
46,00	Pedro Faria	CD Póvoa	29-01-94	ex	Povoa de Varzim	22-06	40,54-12	
45,81	José Pinho	NA Cucujães	20-03-95	2	Luso	21-07	40,48-12	
44,73	Adriano Lopes	Juv. Vidigalense	22-10-91	3	Leiria	03-08	45,10-11	
44,47	Bernardo Lopes	Juv. Vidigalense	26-01-93	3	Leiria	04-08	44,38-12	
44,35	Paulo Pereira	CCSJ. Madeira	12-02-84	1	CNCI-2	Lisboa - U	09-06	48,36-08
44,20	Luís Melo	C Operário D	18-01-87	1	Angra do Heroísmo	16-06	40,04-06	
43,64	Marco Jesus	AC Mocidade - Aç	01-03-92	1	Angra do Heroísmo	12-12	37,60-12	
43,50	Tiago Marto	GA Fátima	05-05-86	1	Fátima	14-07	41,73-11	
42,91	Braulio Silva	CA Seia	20-09-71	ex	Beja	12-05	51,64-01	
42,74	Miguel Pinto	GD Estreito	17-06-84	3	CNCI-2	Lisboa - U	09-06	49,07-08
41,97	Marçal Rodrigues	GD Estreito	10-07-90	1	Ribeira Brava	13-07	43,78-10	
40,89	Fábio Silva	SL Benfica	18-04-95	5	Lisboa - I	12-05		
40,66	Alexandre Almeida	GCA Donas	17-08-93	1	Castelo Branco	20-04	35,41-12	
40,12	Ivan Santos	ADL Apelaçenenses	12-04-94	5	Jamor	24-07		
39,49	Rui Fernandes	Gira Sol RC	08-05-80	2	Marnoto	Aveiro	29-06	41,82-10
39,47	Pedro Capela	CA Bx Banheira	08-05-91	3s	CNCI-Ap	Lisboa - U	26-05	42,01-12
39,43	Renato Costa	GRECAS	24-11-91	3	Luso	21-07	43,81-12	
38,84	João Moreira	AA Pinhalnovense	24-06-93	2	Sobreda	11-05	34,43-12	
38,59	Pedro Veloso	SC Braga	03-10-77	3	CNCI-3	Abrantes	09-06	38,05-12
38,32	Pedro Santos	NDJ Laranjeiro	25-12-94	2	Lisboa - N2	23-06	38,59-12	
37,50	Bruno Abel Martins	Gira Sol RC	09-01-82	1	Coimbra	23-03	37,41-12	
37,47	André Gonçalves	CS Marítimo	14-04-86	2s	CNCI-Ap	Ribeira Brava	26-05	40,03-07
36,89	Ricardo Silva	EC+S Lavra	06-05-79	5s	CNCI-Ap	Guimarães	26-05	42,12-01
36,53	Samuel Remédios	GA Fátima	24-02-92	Dec	Lisboa - U	19-05		
36,35	Alessandro Gonçalves	GA Fátima	28-02-94	2	Fátima	14-07	40,07-12	
36,34	Carlos Santos	CP Alcanena	10-05-86	Dec	Fátima	28-04	37,59-12	
36,14	David Rocha	ACD Jardim Serra	27-02-94	1	Ribeira Brava	13-01	32,63-12	
35,87	Tiago Pereira	Juv. Vidigalense	15-01-91	5	Leiria	13-06	36,25-11	
35,80	João Almeida	ADR Agua Pena	24-03-86	3s	CNCI-Ap	Ribeira Brava	26-05	
35,69	Daniel Dias	CLAC	11-11-92	3	Fátima	14-07		
35,63	Pedro Santos	CP Alcanena	01-01-88	4	Fátima	14-07	37,99-11	
35,12	Mike Azevedo	CD S. João	11-07-96	3	Angra do Heroísmo	16-06	34,68-12	
34,84	João Mauricio	CRCD Luzense	30-07-79	1	Quarteira	15-06	34,18-03	
34,79	Elvis Matias	GRECAS	30-05-95	5	Luso	21-07	32,63-12	
34,74	Aristides Pestana	CF Belenenses	12-09-71	Dec	Lisboa - MP	07-04	40,48-00	
34,62	Ricardo Cruz	CCD Ribeirão	31-03-83	6s	CNCI-Ap	Guimarães	26-05	39,90-03
34,43	Rui Silva	ACR Sra. Desterro	27-02-95	6	CNCI-2	Lisboa - U	09-06	
34,35	Rafael Venade	ADC Lovelhe	12-09-92	10	Lovelhe	05-05	40,08-11	
34,22	Hugo Silva	GDRC Coia	29-09-82	3	Seixal	09-02	47,78-00	
34,03	João Espinhosa	Maia AC	29-10-97	3	C. Norte	Guimarães	20-07	
33,58	Daniel Leandro	A20Km Almeirim	04-07-84	1	Rio Maior	02-02	36,86-11	

Disco / Discus (1,750 Kg)– 50,00 – 34,00

53,33	Ricardo Freitas	GRECAS	14-11-93	1	Aveiro	29-12	52,96-12	
52,26	José Pinho	NA Cucujães	20-03-95	1	Lovelhe	18-07	46,55-12	
49,03	Pedro Faria	CD Póvoa	29-01-94	1	Lovelhe	13-06	47,03-12	
44,55	Décio Andrade	GD Estreito	25-01-97	3	CNJ	Fátima	07-07	
44,17	Miguel Carreira	Juv. Vidigalense	12-03-96	1s	Fátima	16-06	36,52-12	
42,52	Alessandro Gonçalves	GA Fátima	28-02-94	1s	Fátima	16-06	44,62-12	
42,07	Edujosé Lima	SL Benfica	STP	02-03-96	1	Lisboa - N	16-06	
41,97	Ivan Santos	ADL Apelaçenenses	12-04-94	Dec	C. Nac	Lisboa - U	19-05	34,39-12
41,75	Rui Silva	ACR Sra. Desterro	27-02-95	2	Lovelhe	25-06	32,24-12	
40,97	Fábio Silva	SL Benfica	18-04-95	5	CNJ	Fátima	07-07	36,12-12
39,97	João Espinhosa	Maia AC	29-10-97	3	Maia	26-06		

39,75	Pedro Santos	NDJ Laranjeiro	25-12-94	3		Lisboa - N	16-06	37,83-12
39,50	Alexandre Almeida	GCA Donas	17-08-93	1		Covilhã	15-12	39,61-12
38,38	João Pereira	Maia AC	12-11-96	2		Viana do Castelo	16-06	34,96-12
37,95	Filipe Velosa	Juv. Vidigalense	30-05-95	1		Leiria	02-03	
37,65	Daniel Santiago	Gira Sol RC	03-01-96	2	Marnoto	Aveiro	29-06	
37,54	Rafael Nunes	GD Cavadas	13-08-96	1		Setubal	16-06	35,64-12
37,35	João Dias	ADC Lovelhe	27-09-96	1		Lovelhe	03-07	
36,46	João Ferreira	Cyclones AC	12-04-94	1		Viana do Castelo	08-06	33,84-12
36,26	Elvis Matias	GRECAS	30-05-95	4	CN Lanç	Leiria	23-02	36,92-12
35,75	Henorton Moreno	NDET Cabreira	CPV 19-03-94	1		Faro	09-02	
35,59	Pedro Silva	GD Cavadas	16-03-97	2		Setubal	16-06	
34,72	Samuel Ribeiro	OC Lagos	10-07-96	1		Lagos	05-05	
34,66	David Rocha	ACD Jardim Serra	27-02-94	Dec		Ribeira Brava	05-05	38,52-12
34,61	Tiago Vieira	CDC Navais	22-11-95	5		Viana do Castelo	16-06	
34,35	Daniel André Costa	SC Braga	18-08-94	6		Viana do Castelo	16-06	37,68-12

A vermelho os atletas que ainda eram juniores até 31-12-2012

Martelo / Hammer – 60,00 – 33,00

71,14	Dário Manso	Sporting CP	01-07-82	1		Leiria	03-08	74,98-07
70,76		Dário Manso		1		Lovelhe	18-07	
70,38		Dário Manso		1		Lovelhe	24-07	
70,19		Dário Manso		1		Castelo de Vide	13-07	
69,41		Dário Manso		ex		Viana do Castelo	29-06	
69,15		Dário Manso		1	C. Port	Leiria	28-07	
68,82		Dário Manso		1		Lovelhe	13-06	
68,45		Dário Manso		2		Lovelhe	05-05	
68,44		Dário Manso		1		Lisboa - I	12-05	
68,32		Dário Manso		1	CN Lanç	Leiria	23-02	
68,01		Dário Manso		1		Lisboa - N	16-02	
67,70		Dário Manso		1s	CNCI-Ap	Lisboa - U	26-05	
66,71		Dário Manso		4	CE Eq	Dublin	22-06	
66,37		Dário Manso		1	CNCI-1	Lisboa - U	09-06	
66,14	António Vital e Silva	SL Benfica	23-01-88	1		Lovelhe	12-01	67,43-10
65,46		António Vital e Silva		2	CN Lanç	Leiria	23-02	
64,93		Dário Manso		18	TE Lanç	Castellon - ESP	16-03	
64,37		António Vital e Silva		2		Lisboa - N	16-02	
62,11	João Venade	Sporting CP	25-01-88	2		Lovelhe	24-07	61,59-12
61,83	Pedro Capela	CA Bx Banheira	08-05-91	3	CN Lanç	Leiria	23-02	59,33-12
61,57	André Vital e Silva	Individual - Pt	13-02-80	3		Lovelhe	24-07	67,17-06
61,29		João Venade		4		Lovelhe	18-07	
61,26		João Venade		2	C. Port	Leiria	28-07	
60,91		João Venade		2		Leiria	03-08	
60,81		Pedro Capela		ex		Lisboa - N	16-02	
60,80		André Vital e Silva		5		Lovelhe	18-07	
60,64		André Vital e Silva		3	C. Port	Leiria	28-07	
60,52		João Venade		4		Lovelhe	05-05	
60,50		João Venade		3		Lovelhe	03-07	
60,23		João Venade		ex		Viana do Castelo	29-06	
60,11		João Venade		3		Lovelhe	13-06	
60,11		João Venade		2		Lovelhe	25-06	
54,51	Vítor Tiago	ADC Lovelhe	16-09-90	6		Lovelhe	05-05	55,82-10
53,51	Flavio Azevedo	SL Benfica	14-02-85	5	CN Lanç	Leiria	23-02	55,35-07
50,73	Rodrigo Costa Santos	GRECAS	04-07-90	1		Angra do Heroísmo	20-04	51,01-10
50,52	Michael Fonseca	JD Almansor	15-01-93	2		Leiria	15-06	50,34-11
49,76	Pedro Santos	NDJ Laranjeiro	25-12-94	2		Sobreda	19-07	47,85-12
49,02	Bruno Abel Martins	Gira Sol RC	09-01-82	1	C. Beiras	Leiria	14-07	48,33-12
48,61	Bernardo Lopes	Juv. Vidigalense	26-01-93	3		Leiria	03-08	49,94-12
48,51	Bruno Gomes	ADC Lovelhe	22-01-92	6	CN Lanç	Leiria	23-02	50,72-12
48,28	Daniel Filipe Costa	AAC Caparica	16-08-92	2		Lisboa - N2	12-05	47,54-12
48,24	Firuz Akilov	Juv. Vidigalense	UZB 25-01-94	3		Leiria	15-06	39,65-12
48,11	Luís Cardoso	Sporting CP	11-02-95	4		Leiria	15-06	

46,54	Sérgio Coelho	CA Seia	29-01-81	5	CNCI-1	Lisboa - U	09-06	61,64-00
46,00	Alessandro Gonçalves	GA Fátima	28-02-94	1		Fátima	13-07	39,48-12
45,70	João Almeida	ADR Agua Pena	24-03-86	1		Funchal	09-02	53,94-06
44,39	André Oliveira	Esc Movimento	18-07-91	2		Porto - I	01-05	42,98-12
44,20	Luís Assunção	CCSJ. Madeira	03-09-78	6		Leiria	15-06	48,13-05
42,67	Marco Silva	CRCD Luzense	03-02-74	1		V. R. Sto. António	23-12	46,92-03
42,32	Tiago Pereira	Juv. Vidigalense	15-01-91	4		Leiria	27-06	40,20-12
41,86	Helder Serrão	CDRC Amarense	04-01-84	1	C. Norte	Guimarães	20-07	48,88-04
41,56	Tiago Chaves	GD Estreito	06-07-91	2		Funchal	09-02	50,60-10
41,00	António Fernandes	ACD Jardim Serra	28-01-88	3		Funchal	09-02	42,74-10
40,96	Tiago R. Pereira	C Bf. Faro	07-01-93	1		Faro	12-05	40,82-12
40,94	Aristides Pestana	CF Belenenses	12-09-71	1	CN Vet	Luso	13-07	47,56-10
39,83	Luís Almeida	Sporting CP	28-03-84	4		Lisboa - N2	12-05	48,31-08
38,89	Bernardo Brasil	Juv. Vidigalense	19-02-95	6	C. Beiras	Leiria	14-07	
38,88	José Pinho	NA Cucujães	20-03-95	3		Luso	21-07	40,48-12
38,79	José Henrique Silva	CD Póvoa	27-02-93	12	CN23	Quarteira	30-06	41,77-12
38,59	Daniel Leandro	A20Km Almeirim	04-07-84	2		Rio Maior	02-02	36,96-12
38,58	Pedro Aguiar	C Operário D	10-01-95	2		Angra do Heroísmo	20-04	
38,42	Manuel Pereira	ACR Valdagua	14-06-73	1		Aveiro	16-02	44,38-04
38,14	Braulio Silva	CA Seia	20-09-71	ex		Beja	09-02	53,33-03
38,02	Sérgio Carvalho	CDC Navais	30-09-93	3		Lovelhe	25-06	34,32-12
38,02	Renato Costa	GRECAS	24-11-91	5		Luso	21-07	37,50-09
37,77	Ricardo Monteiro	AA Coimbra	04-04-87	5s	CNCI-Ap	Leiria	26-05	40,76-12
37,36	Tiago Delgado	SL Benfica	21-07-85	5		Lisboa - N	16-02	
37,22	João Lopes	CO Pechão	11-10-90	1s	CNCI-Ap	V. R. Sto. António	26-05	40,83-12
37,05	Sérgio Silva	ACR Sra. Desterro	09-07-77	7s	CNCI-Ap	Leiria	26-05	40,37-11
36,49	Steve Patricio	Juv. Vidigalense	17-09-88	2		Leiria	15-12	43,58-08
35,78	José Luís Oliveira	CRCD Luzense	17-06-79	2		V. R. Sto. António	23-12	40,74-10
35,02	Daniel André Costa	SC Braga	18-08-94	4	CNCI-3	Abrantes	09-06	35,85-12
34,77	Rogério Jesus	ACD Jardim Serra	22-10-91	4		Funchal	09-02	36,04-10
34,15	Paulo Henriques	CS Marítimo	04-05-82	5		Funchal	09-02	40,45-03
33,79	João Coelho	GD Cavadas	03-07-65	4		Sobreda	19-07	33,76-09
33,47	José Silva	CDC Navais	14-10-78	4	C. Norte	Guimarães	20-07	33,51-11

Martelo / Hammer (6 Kg) – 60,00 – 33,00

59,30	Pedro Santos	NDJ Laranjeiro	25-12-94	1		Leiria	03-08	53,22-12
57,84	Décio Andrade	GD Estreito	25-01-97	1		Lovelhe	03-07	
55,50	Luís Cardoso	Sporting CP	11-02-95	1		Leiria	02-03	48,88-12
55,30	Miguel Carreira	Juv. Vidigalense	12-03-96	1s		Fátima	16-06	46,74-12
55,14	Firuz Akilov	Juv. Vidigalense	UZB 25-01-94	3		Leiria	04-08	45,75-12
52,49	Michael Fonseca	JD Almansor	15-01-93	ex		Leiria	15-12	55,67-12
48,24	Alessandro Gonçalves	GA Fátima	28-02-94	5	CNJ	Fátima	07-07	47,68-12
47,84	Bernardo Lopes	Juv. Vidigalense	26-01-93	1		Leiria	15-12	53,20-12
47,00	Pedro Aguiar	C Operário D	10-01-95	1		Angra do Heroísmo	02-03	46,47-12
45,24	José Pinho	NA Cucujães	20-03-95	1		Aveiro	16-02	45,75-12
45,08	Leandro Gonçalves	NA Cucujães	08-11-96	6	CNJ	Fátima	07-07	38,07-12
44,17	Bernardo Brasil	Juv. Vidigalense	19-02-95	7	CNJ	Fátima	07-07	44,78-12
43,83	Ricardo Mateus	A20Km Almeirim	20-08-95	2s		Fátima	16-06	34,46-12
43,18	Pedro Faria	CD Póvoa	29-01-94	1		Viana do Castelo	15-06	42,07-12
41,82	Daniel André Costa	SC Braga	18-08-94	2		Viana do Castelo	15-06	48,25-12
40,70	Tiago R. Pereira	C Bf. Faro	07-01-93	1		V. R. Sto. António	23-12	43,73-10
39,05	Gil Fernandes	ADC Lovelhe	05-02-95	1		Lovelhe	03-07	30,65-12
38,32	João Pereira	Maia AC	12-11-96	3		Viana do Castelo	15-06	38,73-12
37,95	Rafael Nunes	GD Cavadas	13-08-96	1		Setubal	16-06	
37,81	Rui Silva	ACR Sra. Desterro	27-02-95	1		Guimarães	04-05	39,82-12
36,96	João Gonçalves	ADC Lovelhe	26-10-94	5		Lovelhe	05-05	38,62-11
36,10	Valentyn Zavadsky	ACDR Arneirense	27-08-96	3s		Fátima	16-06	
35,29	Jorge Madeira	FC Castrense	06-07-95	1		Beja	12-05	32,81-12
35,03	João Dias	ADC Lovelhe	27-09-96	2		Viana do Castelo	29-06	
33,92	Francisco Costa	Esc Movimento	25-02-97	5		Viana do Castelo	15-06	
33,38	João Espinhosa	Maia AC	29-10-97	6		Viana do Castelo	15-06	

Dardo / Javelin – 55,00 – 45,00

74,13	Tiago Aperta	SL Benfica	15-01-92	1		Leiria	15-06	75,55-12
72,61		Tiago Aperta		3	ECCC	V. R. Sto. António	25-05	
72,42	Luís Almeida	Sporting CP	28-03-84	2		Leiria	15-06	72,22-10
71,56		Tiago Aperta		1		Lisboa - N	16-02	
70,89		Tiago Aperta		1		Leiria	02-03	
70,72		Luís Almeida		1	CNCI-1	Lisboa - U	08-06	
70,21		Tiago Aperta		1		Lisboa - MP	20-04	
69,88		Tiago Aperta		1	C. Port	Leiria	27-07	
69,83		Tiago Aperta		2	CNCI-1	Lisboa - U	08-06	
69,22	João Fernandes	SL Benfica	03-03-91	1		Castelo de Vide	13-07	65,37-12
68,31	Helder Pestana	Sporting CP	11-02-87	1		Leiria	03-08	68,41-07
68,22		Luís Almeida		2	C. Port	Leiria	27-07	
68,06		Tiago Aperta		5	CE Eq	Dublin	23-06	
67,78		Tiago Aperta		1		Leiria	04-08	
67,29		Tiago Aperta		1		Jamor	03-07	
66,85		Luís Almeida		1		Leiria	22-05	
66,58		Tiago Aperta		1		Luso	20-07	
66,42		Tiago Aperta		1	CN23	Quarteira	29-06	
66,27		Helder Pestana		2		Jamor	03-07	
65,93		Luís Almeida		2		Lisboa - MP	20-04	
65,84		Tiago Aperta		19q	CE U23	Tampere	11-07	
65,72		Helder Pestana		3	C. Port	Leiria	27-07	
65,66		Luís Almeida		2		Lisboa - N	16-02	
65,62		Luís Almeida		3		Jamor	03-07	
65,50		Helder Pestana		1	CN Lanç	Leiria	23-02	
65,47		João Fernandes		4	C. Port	Leiria	27-07	
65,04		Helder Pestana		2		Castelo de Vide	13-07	
64,92		Tiago Aperta		1		Lovelhe	18-07	
64,90		Tiago Aperta		1		Lisboa - MP	11-05	
64,80		Tiago Aperta		9u23	TE Lanç	Castellon - ESP	17-03	
64,35		Tiago Aperta		2		Leiria	03-08	
64,28		Luís Almeida		2		Lisboa - MP	11-05	
64,27		Luís Almeida		2		Leiria	02-03	
63,76		João Fernandes		3		Lisboa - N	16-02	
63,56		Helder Pestana		4		Lisboa - N	16-02	
63,48		Luís Almeida		2	CN Lanç	Leiria	23-02	
63,47		João Fernandes		4		Jamor	03-07	
63,29	Carlos Tribuna	Gira Sol RC	26-06-80	3	CN Lanç	Leiria	23-02	67,80-08
63,24		João Fernandes		4	CN Lanç	Leiria	23-02	
63,24		Luís Almeida		1		Lisboa - N2	01-06	
63,21		João Fernandes		2	CN23	Quarteira	29-06	
63,09		Luís Almeida		1		Amadora	05-06	
63,08		Luís Almeida		1s	CNCI-Ap	Lisboa - U	25-05	
62,81		João Fernandes		3		Leiria	02-03	
62,35	Egner Tavares	Sporting CP	CPV 30-01-93	1		Lisboa - MP	25-06	54,81-12
62,34		João Fernandes		3		Leiria	15-06	
62,24		Helder Pestana		2		Lisboa - N2	01-06	
61,99		Helder Pestana		2		Amadora	05-06	
61,90		Egner Tavares		4		Leiria	15-06	
61,89		Luís Almeida		1		Seixal	10-02	
61,83		Helder Pestana		2		Leiria	04-08	
61,52		Helder Pestana		5		Leiria	15-06	
61,26		João Fernandes		3		Amadora	05-06	
61,07		Egner Tavares		2		Leiria	22-05	
60,48		Egner Tavares		5		Jamor	03-07	
60,41		João Fernandes		3		Lisboa - N2	01-06	
60,15		Egner Tavares		4		Lisboa - N2	01-06	

60,10		Carlos Tribuna			1		Viseu	14-06	
59,98		Carlos Tribuna			1s	CNCI-Ap	Leiria	25-05	
59,83	Pedro Custódio		CF Belenenses	05-08-87	1		Faro	09-02	59,27-06
59,75		João Fernandes			2		Lisboa - MP	25-06	
59,56		Pedro Custódio			2s	CNCI-Ap	Lisboa - U	25-05	59,27-06
59,54		Egner Tavares			3	CN23	Quarteira	29-06	
59,41	Ruben Ventura		C Operário D	28-12-89	1		Ponta Delgada	02-02	57,47-11
59,35		João Fernandes			1	CNU	Guimarães	12-05	
59,14		Egner Tavares			4		Amadora	05-06	
59,10		Ruben Ventura			1		Ponta Delgada	27-04	
58,87	Bruno Mineiro		Sporting CP	16-05-92	6		Leiria	15-06	51,49-12
58,73		Egner Tavares			1		Leiria	04-07	
58,61		Ruben Ventura			1		Ponta Delgada	09-03	
58,44		Egner Tavares			3		Lisboa - MP	20-04	
58,43		Egner Tavares			5ex	C. Port	Leiria	27-07	
58,33		Bruno Mineiro			ex		Setubal	05-05	
58,28		Ruben Ventura			1		Ponta Delgada	02-03	
58,27	Tiago Marto		GA Fátima	05-05-86	3	CNCI-1	Lisboa - U	08-06	61,09-11
58,23		Bruno Mineiro			5	C. Port	Leiria	27-07	
58,00		Ruben Ventura			5	CN Lanç	Leiria	23-02	
57,74	Mário Marques		CCSJ. Madeira	19-06-93	1		Luso	20-07	52,26-12
57,73		Bruno Mineiro			4	CN23	Quarteira	29-06	
57,63		Pedro Custódio			7		Leiria	15-06	59,27-06
57,60	Paulo Cesar Silva		CDRC Amarense	08-05-94	2	CNU	Guimarães	12-05	52,12-12
57,32		Egner Tavares			3		Lisboa - MP	11-05	
57,26	Renato Costa		GRECAS	24-11-91	4	CNCI-1	Lisboa - U	08-06	57,25-12
57,16		Renato Costa			1		Luso	15-06	
56,86		Mário Marques			2		Luso	15-06	
56,77		Carlos Tribuna			5	CNCI-1	Lisboa - U	08-06	
56,67		Mário Marques			6	C. Port	Leiria	27-07	
56,44		Carlos Tribuna			1ex		Leiria	10-02	
56,33		Carlos Tribuna			ex		Aveiro	16-02	
56,33		Ruben Ventura			7	C. Port	Leiria	27-07	
56,22		João Fernandes			4		Lisboa - MP	11-05	
56,18		Carlos Tribuna			1	C. Beiras	Leiria	13-07	
56,10		Ruben Ventura			1		Ponta Delgada	18-05	
56,07		Egner Tavares			1		Jamor	24-07	
56,06		Carlos Tribuna			2		Leiria	04-07	
55,79	Márcio Fernandes		GD Cavadas	CPV 18-05-83	6		Jamor	03-07	53,79-12
55,59		Ruben Ventura			1		Ponta Delgada	04-07	
55,35		Bruno Mineiro			3		Lisboa - MP	25-06	
55,34		Mário Marques			1		Aveiro	16-02	
55,31		Pedro Custódio			5		Lisboa - MP	11-05	59,27-06
55,03		Paulo Cesar Silva			1 jr	CN Lanç	Leiria	23-02	
54,74	Oleksandr Lyashchenko	CA Marinha Grande	UKR	18-01-97	2	C. Beiras	Leiria	13-07	
54,42	Miguel Lavrador	Juv. Vidigalense		13-07-95	3		Leiria	04-07	52,04-12
53,68	Miguel Angelo Almeida	C Spiridon Gaia		30-10-95	1	CNJ	Fátima	06-07	40,75-12
53,33	Hugo Silva	CCD Ribeirão		09-01-90	8	C. Port	Leiria	27-07	55,39-11
53,19	Herédio Costa	Sporting CP		30-10-71	1		Elvas	15-06	65,52-97
51,75	Luís Miguel Santos	SL Benfica		06-07-93	7	CN23	Quarteira	29-06	50,66-11
51,63	Pedro Oliveira	CA Seia		22-07-80	7	CNCI-1	Lisboa - U	08-06	52,13-08
51,36	Bernardo Lopes	Juv. Vidigalense		26-01-93	6	C. Beiras	Leiria	13-07	50,38-10
51,29	Marco Santos	Gira Sol RC		23-04-93	2		Viseu	14-06	48,68-11
50,86	Ricardo Lopes	Luxemburgo		15-07-84	2		Dudelange - LUX	06-07	50,48-02
50,17	José Gonçalves	CCSJ. Madeira		27-09-95	3		Luso	20-07	46,19-12
50,06	Pedro Santos	CP Alcanena		01-01-88	8		Leiria	15-06	54,92-11
49,86	Micael Nobrega	JD Neves		28-04-87	1	C. Alentejo	Vendas Novas	04-05	57,15-09
49,36	Diogo Correia	Juv. Vidigalense		27-02-89	3		Leiria	22-05	52,91-12
49,21	Filipe Medeiros	Juv. Ilha Verde		24-05-94	2		Ponta Delgada	09-03	
49,19	Herculano Jesus	ADR Agua Pena		09-01-90	1		Ribeira Brava	12-01	49,40-12
48,91	Rui Santos	JA Mozelense		24-10-96	4		Luso	15-06	45,52-12
48,70	Vítor Viveiros	ACD Jardim Serra		18-03-84	1		Ribeira Brava	12-07	52,74-12

48,52	Davidson Borges	SL Benfica	31-05-95	6	CNJ	Fátima	06-07	53,68-12
48,49	Carlos Santos	CP Alcanena	10-05-86	Dec		Lisboa - U	19-05	46,43-08
48,09	Tiago Gamelas	CAP Pacense	01-11-90	5		Leiria	04-07	48,54-08
47,94	Carlos Cunha	NA Cucujães	28-01-62	3	CNCI-2	Lisboa - U	08-06	70,46-92
47,92	Pedro Cardoso	SL Benfica	29-05-93	6		Lisboa - MP	20-04	51,70-12
47,91	Kevin Pedro	Juv. Vidigalense	18-03-93	6		Leiria	04-07	50,34-11
47,76	Daniel Jeronimo	ACDR Arreirense	29-06-93	7s	CNCI-Ap	Leiria	25-05	51,86-12
47,70	Sérgio Abreu	GD Estreito	24-01-68	2s	CNCI-Ap	Ribeira Brava	25-05	62,56-97
47,68	Ivan Santos	ADL Apelaçenenses	12-04-94	Dec	C. Port	Leiria	28-07	49,02-12
47,61	Sérgio Paulo	CA Bx Banheira	14-06-92	4	CNCI-2	Lisboa - U	08-06	48,44-12
47,25	Ruben Fernandes	CRCD Luzense	08-12-89	1		Quarteira	16-06	52,72-11
47,22	Armindo Pestana	CF Belenenses	12-09-71	8		Lisboa - N2	01-06	53,34-04
46,89	José Décio Faria	ACD Jardim Serra	23-07-91	Dec		Ribeira Brava	05-05	
46,86	Ruben Santos	AA Pinhalnovense	04-03-94	5	CNCI-2	Lisboa - U	08-06	43,13-12
46,62	Daniel Roleira	ADC Lovelhe	15-12-95	1		Viana do Castelo	29-06	48,26-12
46,59	André F. Santos	SL Benfica	04-04-91	Dec	C. Port	Leiria	28-07	48,88-10
46,52	Eduardo Valério	Juv. Vidigalense	07-02-96	6		Leiria	03-08	
45,99	Miguel Jorge	OC Lagos	02-08-76	2		Quarteira	16-06	46,97-08
45,77	Jorge Madeira	FC Castrense	06-07-95	2	C. Alentejo	Vendas Novas	04-05	44,83-12
45,01	Jorge Vilar	JA Mozelense	02-09-93	4		Aveiro	16-02	

Decatlo – 5000 - 4000

7.603	Tiago Marto	GA Fátima	05-05-86	2	T. Europa	Ribeira Brava	30-06	7624-10
7.184		Tiago Marto		1	C. Port	Leiria	28-07	
7.146	Samuel Remédios	GA Fátima	24-02-92	5	T. Europa	Ribeira Brava	30-06	
6.421	Carlos Santos	CP Alcanena	10-05-86	9	T. Europa	Ribeira Brava	30-06	6317-11
6.260	Ivan Santos	ADL Apelaçenenses	12-04-94	2	C. Port	Leiria	28-07	
6.208		Carlos Santos		3	C. Port	Leiria	28-07	
6.159	Gonçalo Lopes	CA Seia	14-03-88	4	C. Port	Leiria	28-07	5617-11
5.882	Henrique Marques	Gira Sol RC	22-06-93	2		Lisboa - U	19-05	
5.398	Luís Miguel Santos	SL Benfica	06-07-93	5	C. Port	Leiria	28-07	5063-12
5.392		Luís Miguel Santos		ex		Faro/Lagos	30-03	
5.224	José Décio Faria	ACD Jardim Serra	23-07-91	1		Ribeira Brava	05-05	5386-12
4.997	André F. Santos	SL Benfica	04-04-91	6	C. Port	Leiria	28-07	5657-11
4.875	Helder Santos	ADR Agua Pena	20-03-90	2		Ribeira Brava	05-05	4410-12
4.869	Joaquim Moreira	CD Póvoa	30-01-93	1		Febres	21-04	
4.744	Oscar Vilaça	Esc Movimento	08-02-92	2		Febres	21-04	4497h-12
4.487	Sérgio Silva	GRECAS	31-07-92	3		Febres	21-04	
4.258	Pedro Costa	GCA Donas	11-05-92	2		Faro/Lagos	30-03	
4.141	Ruben Fernandes	CRCD Luzense	08-12-89	1		Faro/Lagos	30-03	
4.010	Paulo Lima	ACD Jardim Serra	01-05-93	3		Ribeira Brava	05-05	

Com vento anti regulamentar (soma de ventos superior a 6m/s)

6.903	w	Samuel Remédios	GA Fátima	24-02-92	1	Fátima	28-04	
6.593	w	Carlos Santos	CP Alcanena	10-05-86	1	Lisboa - U	19-05	6317-11
6.334	w	Carlos Santos	CP Alcanena	10-05-86	2	Fátima	28-04	6317-11
6.273	w	Pedro Cardoso	SL Benfica	29-05-93	1	Lisboa - MP	07-04	
4.614	w	Pedro Costa	GCA Donas	11-05-92	ex	Lisboa - MP	07-04	
4.513	w	Nuno Perdigo	AJ Cortiçadas	01-05-81	ex	Fátima	28-04	4842-11
4.069	w	Bruno Coelho	ACDR Arreirense	21-04-93	1s23	Fátima	28-04	
4.012	w	Aristides Pestana	CF Belenenses	12-09-71	2	Lisboa - MP	07-04	5507-02

Decatlo – 5000 - 4000 (110m Barreiras 1,00m - Peso 6 Kg - Disco 1,75 Kg)

5.166	Davidson Borges	SL Benfica	31-05-95	2		Lisboa - MP	07-04	
4.994	Maurício Alves	CO Pechão	CPV 05-01-94	1		Faro/Lagos	30-03	4859-12
4.841	Kleyton Junior	S Lagos Bf	28-05-94	2		Faro/Lagos	30-03	4722-12
4.698	Ricardo Ribeiro	GD Pavia	21-02-95	1		Vendas Novas	14-04	
4.498	José João Pereira	NDET Cabreira	10-03-95	3		Faro/Lagos	30-03	
4.400	António Castro	GD Estreito	18-12-94	1		Ribeira Brava	05-05	
4.316	David Rocha	ACD Jardim Serra	27-02-94	2		Ribeira Brava	05-05	

4.096	Micael Franco	ADR Agua Pena	31-08-95	3		Ribeira Brava	05-05	
4.073	David Camara	ACD Jardim Serra	21-03-95	4		Ribeira Brava	05-05	

Com vento anti regulamentar (soma de ventos superior a 6m/s)

6.490	w	Ivan Santos	ADL Apelaçõenses	12-04-94	1	C. Nac	Lisboa - U	19-05	5308-12
5.680	w	Joel Pereira	GA Fátima	14-02-95	2	C. Nac	Lisboa - U	19-05	
5.546		Davidson Borges	SL Benfica	31-05-95	2		Lisboa - MP	07-04	

5000 m M – 25.00,0

19.29,06	i	João Vieira	Sporting CP	20-02-76	1	C. Port	Pombal	16-02	18.33,16-99
19.31,32	i	Sérgio Vieira	SL Benfica	20-02-76	2	C. Port	Pombal	16-02	19.01,8-99
20.11,7		Pedro Isidro	SL Benfica	17-07-85	2		Lisboa - I	11-05	20.31,20i-10
20.30,34	i	Dionisio Ventura	FAMAFA	13-12-79	3	C. Port	Pombal	16-02	20.45,76-07
20.42,04	i	Miguel Carvalho	CN Rio Maior	02-09-94	5	C. Port	Pombal	16-02	21.17,68i-12
21.09		Luís Silva	Juv. Vidigalense	26-08-70	1	Euro Vet	San Sebastian	23-03	20.42,49-06
21.23,16	i	Cristiano António	AC Vermoil	15-10-88	6	C. Port	Pombal	16-02	21.24,57i-12
21.28,70	i	Pedro Martins	CA Seia	12-01-68	2s	CNCI-Ap	Pombal	27-01	20.45,47i-99
21.29,05	i	António Pereira	ACR Estr. Bagueim	10-07-75	1	C. Norte	Braga	12-01	20.23,37i-10
21.32,68	i	Rui Coelho	CA Seia	26-09-94	8	C. Port	Pombal	16-02	22.23,72i-12
21.35,9	i	Bruno Pedro	GA Casais Vento	11-10-93	2	CN23	Pombal	02-02	21.41,36i-12
21.46,21	i	Nuno Valente	CCSJ. Madeira	06-01-88	1s	CNCI-Ap	Braga	26-01	21.21,80i-11
22.01,10	i	Samuel Pereira	CA Seia	25-11-93	9	C. Port	Pombal	16-02	21.18,29-12
22.18,5		Helder Santos Leitão	GDP Chão Duro	07-03-96	1		Setubal	02-02	23.32,61-12
22.22,69	i	Augusto Cardoso	ACR Sra. Desterro	13-12-70	2	CNCI-2	Pombal	09-02	19.40,72-99
22.41,04	i	José Silva	NA Cucujães	16-01-85	3	CNCI-2	Pombal	09-02	23.08,12i-06
22.41,47	i	Luís Lopes	Gira Sol RC	01-01-90	5	CNCI-1	Pombal	09-02	21.18,84i-10
22.50,73		Miguel Rodrigues	CN Rio Maior	01-11-96	1s	OJ	Fátima	01-06	24.22,56-12
23.05,00		Pedro Amaral	Juv. Ilha Verde	02-10-97	1		Angra do Heroísmo	15-06	27.05,32-12
23.07,37	i	Nuno Santos	Sporting CP	29-11-88	11	C. Port	Pombal	16-02	22.05,24-10
23.21,6	i	Pedro Miguel Santos	SL Benfica	15-11-92	5	CN23	Pombal	02-02	22.43,08-12
23.28,99		Duarte Dias	ADR Agua Pena	07-01-86	ex		Ribeira Brava	18-05	
23.42,63		Joaquim Rodrigues	AC Bunheirense	02-11-96	4	CN jv	Guimarães	22-06	23.46,18i-12
23.42,63		Xavier Sousa	ACD Jardim Serra	20-10-96	3	CN jv	Guimarães	22-06	
23.52		Francisco Reis	Grã-Bretanha	14-08-60	2		Bexley - GBR	02-03	20.47,9-86
23.53,20	i	Eduardo Cardoso	CCD Ribeirão	09-03-92	1	C. Norte	Braga	12-01	23.12,93i-10
23.54,40		Marco Amaral	N Sp. S. Miguel	16-07-93	1		Ponta Delgada	18-05	23.41,48-12
23.59,96		Amaro Teixeira	GCA Donas	08-07-89	9		Caceres	19-06	
24.00,9	i	Ricardo Fernandes	Juv. Vidigalense	10-07-92	6	CN23	Pombal	02-02	23.09,34i-11
24.01		Grigore Navin	NDET Cabreira	18-01-95	1jv		Pechão	02-03	23.07,08-12
24.01,24	i	Tiago Miguel	CAF Zezere	20-08-88	2		Pombal	12-01	23.52,81-09
24.06,91		Marco Graça	CA Casais Vento	01-11-96	5	CN jv	Guimarães	22-06	
24.34		Fábio Conceição	Ondasólida	05-07-93	1		Quarteira	27-01	24.51,34-10
24.36,35		Jorge Costa	CO Pechão	20-03-61	1s	CNCI-Ap	V. R. Sto. António	25-05	20.25,81-01
24.40,6		Leonel Viegas	GDP Chão Duro	24-05-76	2		Setubal	02-02	
24.44,27		Daniel Sousa	CAF Zezere	24-01-94	1		Faro	12-06	24.34,96-09
24.51,93		Jaime Santos	GD Lourocoope	22-05-72	3		Aveiro	12-01	22.32,33i-05
24.53,27		André Pagaime	GDP Chão Duro	25-12-93	1		Setubal	13-07	
25.00		José Magalhães	AC Alfenense	30-10-54	2		Montemor o Velho	05-01	20.23,21i-92

Melhor marca ao ar livre de atletas com melhor marca indoor

21.33		António Pereira	ACR Estr. Bagueim	10-07-75	tp	IAAF	Rio Maior	06-04	20.23,37i-10
22.45,85		Augusto Cardoso	ACR Sra. Desterro	13-12-70	4s	CNCI-Ap	Leiria	25-05	19.40,72-99
22.32,03		Bruno Pedro	GA Casais Vento	11-10-93	1	C. Beiras	Leiria	14-07	21.41,36i-12
22.42,46		Cristiano António	AC Vermoil	15-10-88	3s	CNCI-Ap	Leiria	25-05	21.24,57i-12
21.35		Dionisio Ventura	FAMAFA	13-12-79	tp	IAAF	Rio Maior	06-04	20.45,76-07
24.49,09		Eduardo Cardoso	CCD Ribeirão	09-03-92	3	CNCI-2	Lisboa - U	08-06	23.12,93i-10
19.42,34		João Vieira	Sporting CP	20-02-76	1	CNCI-1	Lisboa - U	08-06	18.33,16-99
23.15,10		José Silva	NA Cucujães	16-01-85	2		Aveiro	12-01	23.08,12i-06
23.19,39		Luís Lopes	Gira Sol RC	01-01-90	5s	CNCI-Ap	Leiria	25-05	21.18,84i-10
21.05,63		Miguel Carvalho	CN Rio Maior	02-09-94	1		Fátima	15-06	21.17,68i-12
23.20,23		Nuno Santos	Sporting CP	29-11-88	4		Lisboa - MP	12-01	22.05,24-10

22.55,85	Nuno Valente	CCSJ. Madeira	06-01-88	1		Aveiro	12-01	21.21,80i-11
21.49,91	Pedro Martins	CA Seia	12-01-68	3	CNCI-1	Lisboa - U	08-06	20.45,47i-99
24.21,03	Pedro Miguel Santos	SL Benfica	15-11-92	5		Lisboa - MP	12-01	22.43,08-12
21.36,65	Rui Coelho	CA Seia	26-09-94	6		Caceres	19-06	22.23,72i-12
23.46,79	Samuel Pereira	CA Seia	25-11-93	4	C. Beiras	Leiria	14-07	21.18,29-12
19.46,77	Sérgio Vieira	SL Benfica	20-02-76	2	CNCI-1	Lisboa - U	08-06	19.01,8-99

10 Km M – 50:00.0

40.02,78	João Vieira	Sporting CP	20-02-76	1	C. Port	Leiria	27-07	39.06-10
40.02,93	Sérgio Vieira	SL Benfica	20-02-76	2	C. Port	Leiria	27-07	40.13-08
41.40,75	Pedro Isidro	SL Benfica	17-07-85	3	C. Port	Leiria	27-07	42.17,04-12
42.47,89	Miguel Carvalho	CN Rio Maior	02-09-94	1	Taça FPA	Quarteira	01-05	44.30,72-12
43.15	António Pereira	ACR Estr. Baguim	10-07-75	tp	IAAF	Rio Maior	06-04	41.36,72-08
43.54	Dionisio Ventura	FAMAFA	13-12-79	tp	IAAF	Rio Maior	06-04	42.22-07
44.58,25	Marco Amaral	N Sp. S. Miguel	16-07-93	1		Ponta Delgada	02-03	48.40,00-11
45.14	Rui Coelho	CA Seia	26-09-94	3	IAAF	Rio Maior	06-04	45.26,44-12
45.52	Cristiano António	AC Vermoil	15-10-88	3		Lourosa	23-02	44.47,80-10
46.07	Pedro Martins	CA Seia	12-01-68	tp		Montemor o Velho	05-01	42.31,0-04
46.09	Luís Gil	CS Maritimo	06-04-75	tp		Montemor o Velho	05-01	44.56,10-01
46.20	Helder Santos Leitão	GDP Chão Duro	07-03-96	4	IAAF	Rio Maior	06-04	
46.20	Samuel Pereira	CA Seia	25-11-93	tp		Montemor o Velho	05-01	44.07,84-12
46.20,21	Nuno Valente	CCSJ. Madeira	06-01-88	1	CNU	Guimarães	12-05	44.52,99-12
47.24	Miguel Rodrigues	CN Rio Maior	01-11-96	5	IAAF	Rio Maior	06-04	24.22,56-12
47.44,10	Luís Correia	Suiça	09-10-78	1		Chailly s/ Montreaux	27-04	46.16-09
48.25	Pedro Santos	GC Bragança	25-04-86	tp		Montemor o Velho	05-01	44.42,21-10
48.34	José Silva	NA Cucujães	07-10-85	4		Lourosa	23-02	48.10,42-12
49.48,91	Nuno Santos	Sporting CP	29-11-88	3	CNU	Guimarães	12-05	46.26,49-10
49.58,44	Francisco Reis	Grã-Bretanha	14-08-60	1		Horspath - GBR	23-06	

20 Km M – 1:30,00 - 2:00,00

1.21,08	João Vieira	Sporting CP	20-02-76	1	IAAF	Rio Maior	06-04	1.20,09-06
1.21,45		João Vieira		2		Corunha	01-06	
1.21,53	Sérgio Vieira	SL Benfica	20-02-76	2	IAAF	Rio Maior	06-04	1.20,58-97
1.22,05		João Vieira		4	C. Mundo	Moscovo - RUS	11-08	
1.23,04		João Vieira		7	T. Europa	Dudince - SVK	19-05	
1.24,28		João Vieira		5	IAAF	Sesto San Giovanni	01-05	
1.25,26	Pedro Isidro	SL Benfica	17-07-85	7	IAAF	Rio Maior	06-04	1.25,22-08
1.26,36		João Vieira		1	CN Estrada	Montijo	16-03	
1.26,57		Sérgio Vieira		2	CN Estrada	Montijo	16-01	
1.26,58		Pedro Isidro		3	CN Estrada	Montijo	16-03	
1.27,02	António Pereira	ACR Estr. Baguim	10-07-75	9	IAAF	Rio Maior	06-04	1.25,34-09
1.27,15		Sérgio Vieira		29	T. Europa	Dudince - SVK	19-05	
1.28,34		Sérgio Vieira		40	C. Mundo	Moscovo - RUS	11-08	
1.30,10	Miguel Carvalho	CN Rio Maior	02-09-94	13	IAAF	Rio Maior	06-04	
1.31,34	Samuel Pereira	CA Seia	25-11-93	3		Montemor o Velho	05-01	1.35,00-12
1.31,35	Dionisio Ventura	FAMAFA	13-12-79	14	IAAF	Rio Maior	06-04	1.27,38-07
1.32,25	Luís Gil	CS Maritimo	06-04-75	4		Montemor o Velho	05-01	1.30,46,2-12
1.32,31	Pedro Martins	CA Seia	12-01-68	5		Montemor o Velho	05-01	1.26,31-97
1.33,46	Cristiano António	AC Vermoil	15-10-88	4	CN Estrada	Montijo	16-01	1.32,12-10
1.39,13	Pedro Santos	GC Bragança	25-04-86	8		Montemor o Velho	05-01	1.31.49,1-06
1.39,14	Duarte Dias	ADR Agua Pena	07-01-86	5	CN Estrada	Montijo	16-03	
1.41,30	Luís Correia	Suiça	09-10-78	3		Yverdon - SUI	05-05	1.36,00-98
1.44,15	Pedro Miguel Santos	SL Benfica	15-11-92	7	CN Estrada	Montijo	16-03	1.42,37-12
1.48,42	Amaro Teixeira	GCA Donas	08-07-89	8	CN Estrada	Montijo	16-03	
1.48,47	Francisco Reis	Grã-Bretanha	14-08-60	1		Enfield - GBR	08-06	1.28,49-85
1.51,17	André Pagaime	GDP Chão Duro	25-12-93	9	CN Estrada	Montijo	16-03	
1.54,17	Marco Amaral	N Sp. S. Miguel	16-07-93	1		Ponta Delgada	16-03	
1.54,49	Eduardo Cardoso	CCD Ribeirão	09-03-92	10	CN Estrada	Montijo	16-03	1.54,15-11

50 Km M – 5:10.0

3.57,09	Pedro Isidro		SL Benfica	17-07-85	17	T. Europa	Dudince - SVK	19-05	3.58,00-12
3.57,30		Pedro Isidro			28	C. Mundo	Moscovo - RUS	14-08	
4.12,31	Luís Gil		CS Maritimo	06-04-75	1	CN Estrada	Montijo	16-01	4.07,46-12
4.12,38	Pedro Martins		CA Seia	12-01-68	24	T. Europa	Dudince - SVK	19-05	3.55,29-04
4.13,03		Luís Gil			25	T. Europa	Dudince - SVK	19-05	4.07,46-12
4.18,39		Pedro Martins			2	CN Estrada	Montijo	16-01	
4.25,34	Dionisio Ventura		FAMAFA	13-12-79	3	CN Estrada	Montijo	16-01	3.59,28-06
4.25,37		Dionisio Ventura			28	T. Europa	Dudince - SVK	19-05	

4 x 100 m – 43,50 – 45,00

39,23	Equipa Nacional	D. Antunes, F. Obikwelu, A. Abrantes, Y. Nascimento	1		Lucerna - SUI	17-07
39,77	Equipa Nacional	D. Antunes, F. Obikwelu, A. Abrantes, Y. Nascimento	1		Leiria	28-07
39,89	Seleção Nacional	D. Antunes, D. Lima, A. Abrantes, R. Monteiro	3	CE Eq	Dublin	22-06
40,27	SL Benfica	A. Lopes, B. Fernandes, R. Monteiro, Y. Nascimento	*	3	ECCC	V. R. Sto. António
40,32	Seleção Nacional Junior	X. Mendes, A. Leal, L. Neves, C. Nascimento	Jr	4h	CE Jr	Rieti - ITA
40,74	Seleção Nacional Sub 23	D. Antunes, T. Silvestre, A. Brandão, S. Remédios		5h	CE U23	Tampere - Fin
40,79	SL Benfica	A. Costa, R. Monteiro, D. Antunes, A. Lopes	*	1	CNCI-1	Lisboa - U
40,94	Seleção Nacional Junior	X. Mendes, A. Leal, L. Neves, C. Nascimento	Jr	8	CE Jr	Rieti - ITA
40,98	Sporting CP	X. Mendes, N. Batista, E. Sousa, D. Lima		2	CNCI-1	Lisboa - U
41,18	SL Benfica	A. Costa, T. Silvestre, D. Antunes, J. Lopes		1s	CN23	Quarteira
41,94	Sporting CP	X. Mendes, N. Batista, R. Pinto, E. Sousa		1s	CNCI-Ap	Lisboa - U
42,02	Sporting CP	X. Mendes, N. Batista, R. Pinto, J. Barros		1		Lisboa - I
42,06	Juventude Vidigalense	M. Rodrigues, P. Bernardo, D. Pedro, A. Koshchuk	*	3	CNCI-1	Lisboa - U
42,17	Sporting CP	X. Mendes, N. Batista, R. Pinto, J. Barros		2s	CN23	Quarteira
42,18	Juventude Vidigalense	M. Rodrigues, P. Bernardo, D. Marouco, A. Koshchuk	*	1s	CNCI-Ap	Leiria
42,31	SL Benfica	T. Silvestre, A. Costa, L. Neves, J. Tavares		2		Lisboa - I
42,31	SL Benfica	R. Amaral, J. Lopes, N. Mendonça, R. Pereira	Jr	1	CNJ	Fátima
42,60	Juventude Vidigalense	M. Rodrigues, J. Moniz, D. Pedro, P. Fontes		1	C. Port	Leiria
42,73	Sporting CP	X. Mendes, C. Nascimento, T. Borges, B. Chambel	Jr	2	CNJ	Fátima
42,81	Seleção Lisboa	L. Ribeiro, M. Barrigana, R. Amaral, R. Pereira	Juv	1s	OJ	Fátima
42,82	ACDR Arneirense	I. Vital, R. Correia, B. Ferreira, A. Cardeira		1s	CNCI-Ap	Leiria
42,92	GA Fátima	E. Remédios, T. Marto, J. Pereira, F. Villar		1		Fátima
42,98	GA Fátima	E. Remédios, J. Marto, J. Pereira, F. Villar	JUN	2	C. Port	Leiria
43,01	Gira Sol - RC	N. Cardoso, J. Jesus, H. Pinto, L. Fernandes		4	CNCI-1	Lisboa - U
43,05	Juventude Vidigalense	J. Alexandre, P. Fontes, J. Moniz, M. Rodrigues		1	C. Beiras	Leiria
43,06	Juventude Vidigalense	A. Lopes, J. Moniz, M. Rodrigues, G. Lima		1s	CN23	Quarteira
43,19	CC S. João da Madeira	J. Bento, M. Roque, D. Silva, A. Brandão		2s	CN23	Quarteira
43,22	Seleção Setúbal	F. Rata, V. Korst, M. Ramos, R. Oliveira	Juv	2s	OJ	Fátima
43,22	CCD Ribeirão	S. Silva, R. Veloso, J. Salgado, E. Sá		1	CNCI-2	Lisboa - U
43,30	Juventude Vidigalense	E. Valério, J. Moniz, D. Pedro, M. Rodrigues	Jr	3	CNJ	Fátima
43,32	GD Estreito	P. Freitas, S. Mendes, P. Ornelas, F. Almeida		1		Ribeira Brava
43,33	CCD Ribeirão	S. Silva, R. Veloso, J. Salgado, E. Sá		1s	CNCI-Ap	Guimarães
43,41	AA Pinhalnovense	F. Rata, V. Korst, R. Belo, E. Mvemba	Jr*	4	CNJ	Fátima
43,47	CC S. João da Madeira	D. Carvalho, J. Cardoso, J. Bento, A. Brandão		2	CNCI-2	Lisboa - U
43,48	Escola do Movimento	T. Baptista, , E. Baptista, A. Silva, F. Cordoeiro		3	C. Port	Leiria
43,50	SL Benfica	L. Ribeiro, R. Amaral, P. Castro, R. Pereira	juv	1		Lisboa - MP
43,81	CA Baixa da Banheira	I. Martins, D. Martins, R. Rodrigues, P. Gomes		3s	CN23	Quarteira
43,87	Seleção Leiria	J. Pinto, F. Dias, E. Valério, A. Eleutério	Juv	3s	OJ	Fátima
43,99	Seleção Santarém	F. Martins, H. Casaca, J. Marto, D. Sénica	Juv	4s	OJ	Fátima
44,00	ACR Sra. Desterro	F. Teixeira, A. Pereira, L. Silva, G. Barbosa	*	4	CNCI-2	Lisboa - U
44,07	GDR Covas de Coia	F. Serra, C. Lopes, A. Pedralva, D. Mendes		3s	CNCI-Ap	Lisboa - U
44,16	Seleção Algarve	M. Mascarenhas, J. Cunha, A. Santos, A. Ferreira	Juv	5s	OJ	Fátima
44,16	GRECAS	R. Matos, M. Seixeiro, R. Araujo, S. Silva		2	C. Beiras	Leiria
44,20	EB2,3 MD Saraiva	R. Amaral, A. Paiva, M. Barrigana, P. Castro		1	CN DE	Vendas Novas
44,23	NA Cucujães	I. Pais, C. Gonçalves, C. Resende, E. Ribeiro		3s	CNCI-Ap	Guimarães
44,37	CS Marítimo	J. Fernandes, H. Silva, R. Alves, R. Faria		2		Ribeira Brava
44,77	CP Corroios	J. Pinto, A. Leal, M. Ramos, M. Ferreira		4s	CNCI-Ap	Lisboa - U
44,84	Seleção Coimbra	A. Francisco, R. Guedes, R. Silva, M. Cabral	Juv	1s	OJ	Fátima
44,90	GCA Donas	P. Morgado, A. Borges, L. Crisostomo, M. Santos		3	C. Beiras	Leiria
44,92	Seleção Aveiro	R. Paiva, P. Neto, J. Cruz, R. Santos	Juv	2s	OJ	Fátima
44,94	ADR Água Pena	H. Santos, M. Franco, G. Oliveira, J. Frias		3		Ribeira Brava
44,96	CA Seia	A. Gomes, M. Cabral, P. Ferreira, H. Vaz		4s	CN23	Quarteira

(*) com atletas estrangeiros

4 x 400 m – 3.25,0 – 3.35,0

3.13,22		Sporting CP	S. Martins, F. Weber, R. Lima, V. Soares	1	CNCI-1	Lisboa - U	09-06	
3.14,08		SL Benfica	L. Neves, P. Cardoso, J. Paula, A. Rodrigues	2	CNCI-1	Lisboa - U	09-06	
3.15,76	i	SL Benfica	B. Fernandes, Y. Nascimento, A. Rodrigues, A. Abrantes	1	CNCI-1	Pombal	10-02	
3.15,81		SL Benfica	L. Neves, A. Rodrigues, R. Monteiro, J. Paula	5	ECCC	V. R. Sto. António	26-05	
3.16,35		Seleção Nacional	P. Fontes, J. Ferreira, R. Lima, A. Abrantes	10	CE Eq	Dublin	23-06	
3.17,74	i	Sporting CP	A. Marques, F. Weber, V. Soares, R. Lima	2	CNCI-1	Pombal	10-02	
3.18,80		Juventude Vidigalense	J. Moniz, T. Freire, D. Pedro, P. Fontes	3	CNCI-1	Lisboa - U	09-06	
3.19,61		Sporting CP	T. Boucela, H. Coutinho, F. Weber, S. Martins	1	CN23	Quarteira	30-06	
3.19,96		GRECAS	R. Matos, T. Cipriano, M. Seixeiro, S. Silva	1	C. Port	Leiria	28-07	
3.20,59	i	SL Benfica	B. Fernandes, M. Moreira, A. Abrantes, A. Rodrigues	1s	CNCI-Ap	Pombal	27-01	
3.20,79	i	Gira Sol - RC	H. Marques, L. Fernandes, J. Martins, J. Martins	4	CNCI-1	Lisboa - U	09-06	
3.22,46		SL Benfica	J. Tavares, D. Reis, A. Marques, A. Sá	Jr 1	CNJ	Fátima	07-07	
3.22,47	i	Gira Sol - RC	H. Marques, M. Figueira, J. Fonseca, J. Martins	3s	CNCI-1	Pombal	10-02	
3.22,68	i	Sporting CP	F. Weber, R. Lima, C. Pinheiro, S. Martins	1s	CNCI-Ap	Pombal	26-01	
3.22,82		AA Pinhalnovense	F. Rata, E. Mvemba, R. Belo, C. Pedreira	*	2	C. Port	Leiria	28-07
3.22,88	i	Sporting CP	T. Boucela, S. Martins, H. Coutinho, F. Weber	1	C. Port	Pombal	17-02	
3.22,95	i	Juventude Vidigalense	D. Bernardo, D. Pedro, R. Fernandes, P. Fontes	4s	CNCI-1	Pombal	10-02	
3.23,31		Sporting CP	H. Coutinho, F. Weber, S. Martins, R. Lima	1s	CNCI-Ap	Lisboa - U	26-05	
3.24,22		Escola em Movimento	E. Baptista, T. Calvo, T. Baptista, F. Cordoeiro	3	C. Port	Leiria	28-07	
3.24,33		Juventude Vidigalense	D. Silva, T. Freire, J. Moniz, P. Fontes	4	C. Port	Leiria	28-07	
3.24,39		AA Pinhalnovense	R. Belo, E. Mvemba, F. Rata, C. Pedreira	*	1s	CNCI-Ap	Lisboa - U	26-05
3.24,48		Sporting CP	T. Borges, G. Pinto, D. Maçarico, F. Weber	Jr 2	CNJ	Fátima	07-07	
3.24,63		SL Benfica	D. Reis, M. Moreira, A. Sá, P. Cardoso	2	CN23	Quarteira	30-06	
3.26,35		CA Seia	M. Cabral, E. Rodrigues, J. Delgado, N. Lopes	2s	CNCI-Ap	Leiria	26-05	
3.27,63		ADR Água Pena	R. Nobrega, G. Oliveira, B. Moniz, M. Franco	1		Ribeira Brava	13-07	
3.28,31		CCD Ribeirão	J. Simões, J. Araujo, R. Gomes, R. Veloso	2	CNCI-2	Lisboa - U	09-06	
3.28,33		ACD Jardim Serra	D. Teixeira, P. Abreu, B. Silva, P. Lima	3	CNCI-2	Lisboa - U	09-06	
3.28,79		CC S. João Madeira	R. Lopes, D. Silva, A. Brandão, M. Roque	4	CNCI-2	Lisboa - U	09-06	
3.29,21		JO Monte Abrão	J. Rato, I. Quintunda, R. Carreira, C. Pinto	*	5	C. Port	Leiria	28-07
3.29,83	i	GA Fátima	J. Cancela, T. Silva, G. Almeida, M. Mendes	1		Pombal	13-01	
3.30,02		ACDR Arneirense	J. Tavares, B. Ferreira, H. Santos, A. Cardeira	5s	CNCI-Ap	Leiria	26-05	
3.31,26		NA Cucujães	I. Pais, M. Silva, S. Teixeira, T. Silva	5	CNCI-2	Lisboa - U	09-06	
3.32,85		GDA Donas	A. Borges, A. Simões, G. Abade, M. Santos	2	CNCI-3	Abrantes	09-06	
3.33,31	i	CA Baixa Banheira	R. Beatriz, M. Tavares, D. Martins, D. Mestre	1s	CNCI-2	Pombal	10-02	
3.33,45		C Bf. C. Caparica	T. Morgado, D. Saragaço, J. Spencer, L. Lopes	2		Setubal	02-03	
3.34,51		CF Belenenses	G. Figueiredo, E. Sá, J. Tavares, M. Sambé	*	4		Lisboa - I	12-05
3.34,72		CD Póvoa	N. Costa, A. Ramos, A. Magalhães, J. Moreira	2s	CNCI-Ap	Guimarães	26-05	
3.34,88		CP Alcanena	m. Monteiro, C. Santos, F. Oliveira, A. Gameiro	2s	CNCI-Ap	Leiria	26-05	

(*) com atletas estrangeiros

Melhor marca ao ar livre de atletas com melhor marca indoor

3.34,37		CA Baixa Banheira	R. Beatriz, D. Martins, R. Martins, Y. Medina	2s	CNCI-Ap	Lisboa - U	26-05
3.30,44		GA Fátima	T. Marto, G. Almeida, J. Cancela, M. Mendes	6s	CNCI-Ap	Leiria	26-05