

Federação Portuguesa de Atletismo
Estatística - Jovem

"Ranking" de P Coberta (Juniões) 2009 / 2010



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Linda-a-Velha, 07 Março de 2010



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

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FEMININOS

JUNIORES

60 Metros (até 8,54/7,84) CNJ 8,3/8,54							
7,57	Eva	Vital	08-07-92	SLB	3	Pombal	13.02
7,61		Vital			1	Pombal	23.01
7,61		Vital			1	Espinho	06.02
7,64		Vital			1 mf2	Pombal	23.01
7,65		Vital			2	Pombal	20.02
7,66		Vital			1 el1-ex	Pombal	16.01
7,66		Vital			1 el2	Pombal	20.02
7,67		Vital			1 el3	Espinho	27.02
7,68		Vital			1 mf2	Espinho	06.02
7,69		Vital			1 el3	Espinho	06.02
7,73		Vital			1 el5	Pombal	23.01
7,73		Vital			3	Espinho	28.02
7,77	Sara	Esteves	24-08-92	CAMz-VC	2	Pombal	23.01
7,77		Esteves			4	Espinho	06.02
7,78		Esteves			1 mf1	Espinho	06.02
7,78	Joana	Vitorino	30-05-92	CASM	2 el1	Espinho	27.02
7,79		Vitorino			3	Pombal	23.01
7,79		Vitorino			2 el3	Espinho	06.02
7,81		Vitorino			5	Espinho	28.02
7,82		Vitorino			3 mf2	Espinho	06.02
7,82		Vitorino			5	Espinho	06.02
7,83		Esteves			1 s2	Braga	12.12.2009
7,83		Esteves			1 mf1	Pombal	23.01
7,83	Débora	Clemente	09-11-94	SLB	3	Pombal	20.02
7,84		Vitorino			4 s1-ex	Pombal	09.01
7,84		Esteves			1A	Braga	16.01
7,84		Vitorino			1-ex	Pombal	31.01
7,90	Diana	Cerqueira	09-04-93	CAMz-VC	3 mf1	Pombal	23.01
7,93	Andreia	Crespo Oliveira	16-10-93	NDCG	5 el2	Espinho	27.02
7,98	Filipa	Martins	13-11-92	SLB	4 mf1	Espinho	06.02
8,01	Ilizandra	Lopes	28-02-92	CFB	5 el1	Espinho	27.02
8,02	Cristiana	Cunha	17-07-91	GS-RC	5 el3	Espinho	27.02
8,02	Joana	Lopes	13-10-91	CLAC	6 el3	Espinho	27.02
(10)							
8,04	Cátia	Jacinto	26-08-92	GCAD	1 s3	Pombal	09.01
8,04	Christina	Martinez	26-05-92	ACM-AH	3 el2	Espinho	06.02
8,07	Sara	Dias	06-11-92	ACV	2	Pombal	13.02
8,10	Sarah	Dias	15-02-95	JV	1 el1	Pombal	05.12.2009
8,12	Rafaela	Vitorino	18-08-95	SLB	1 s2-ex	Alpiarça	06.03
8,13	Dorothe	Évora	28-05-91	SLB	6 mf2	Espinho	06.02
8,13	Joana	Costa	10-11-95	UAP	1	Alpiarça	06.03
8,16	Larissa	Souza	BRA 11-04-92	JDAL	2A	Pombal	12.12.2009
8,16	Miriam	Tavares	14-05-91	ACDRA	1 s1	Pombal	31.01
8,17	Teresa	Carvalho	03-01-95	CASM	1 s1-ex	Alpiarça	06.03
(20)							
8,19	Verónika	Zhukova	UKR 12-03-93	JV	3-ex	Pombal	31.01
8,19	Larissa	Vieira	BRA 14-11-95	SCA	1	Alpiarça	13.02
8,20	Verónica	Cardoso	20-08-91	JOMA	1 s2-ex	Pombal	09.01
8,20	Tatiana	Rosário	94	GDRCC	3 el3	Pombal	23.01
8,21	Andreia	Pinto	16-04-93	CAMG-I	2 s1	Pombal	31.01
8,21	Rita	Schaller	07-08-94	SCP	ex-el2	Alpiarça	13.02
8,21	Inês	Bento	15-081-94	CPP	2	Alpiarça	06.03
8,22	Cátia	Azevedo	09-03-94	SCP	6 mf1	Pombal	23.01
8,23	Rafaela	Nogueira	16-04-94	SCP	6 mf2	Pombal	23.01
8,24	INF Elizandra	Alberto	ANG 15-12-97	AATC	1	Alpiarça	05.12.2009

(30)							
8,24	Susana	Azevedo	04-11-91	ARCBV	6 el2	Espinho	06.02
8,25	Sofia	Duarte	07-11-96	AATC	1	Alpiarça	05.12.2009
8,25	Cíntia	Ferreira	28-05-92	SVB	6 el1	Espinho	06.02
8,25	Vera	Castro	23-10-92	EBPGS	1 s1	Braga	13.02
8,26	Daniela	França	02-08-95	FCP	1	Braga	12.02
8,27	Maria Goreti	Silveira	25-10-91	JDAL	1 el1	Alpiarça	05.12.2009
8,28	Patrícia	Vaz	23-06-96	GS-RC	ta	Espinho	23.01
8,29	Cátia	Garcia dos Santos	13-05-94	SLB	2 s1-ex	Alpiarça	06.03
8,30	Victoria	Sanha Te	GBS 31-01-94	CAMG-I	1 el4	Pombal	05.12.2009
8,31	Diana	Nunes	01-01-92	ADRAB	3 el5	Pombal	23.01
(40)							
8,31	Nídia	Encarnação	13-05-91	GDE	3	Espinho	30.01
8,31	Ana João	Oliveira	30-03-94	SCB	3 s1	Braga	13.02
8,32	Beatriz	Bengalinha	27-04-93	SLB-F	1	V.R.S.António	16.01
8,33	Bruna	Monteiro	10-02-92	GCB	2 el4	Espinho	16.01
8,33	Elsa	França	28-08-93	ARLVG	3 el2	Pombal	23.01
8,35	Marlene	Bastos	20-08-92	JAM	7 el3	Espinho	06.02
8,35	Tânia	Rocha	02-03-95	CAAV	1 s1	Braga	13.02
8,36	Vanessa	Henriques	21-01-92	GAF	2 el3	Alpiarça	13.02
8,38	Flávia	Ribeiro	06-11-94	ESJD	2 el3	Espinho	16.01
8,38	Ana Margarida	Oliveira	18-07-95	GAF	1 el3	Alpiarça	13.02
(50)							
8,39	Ana Catarina	Almeida	21-01-94	CAMz-VC	3 el1	Braga	16.01
8,39	Mariana	Cavaleiro Estevão	09-03-94	AATC	4	Alpiarça	13.02
8,41	Cátia	Lourenço	30-08-92	CBF	2	V.R.S.António	16.01
8,41	Alexandra	Meira	16-04-94	CAMz-VC	4 s1	Braga	13.02
8,41	Sofia	Santos	02-06-94	ADRAP	4	Alpiarça	06.03
8,42	Ana	Silva	03-09-93	ARLVG	1B	Braga	16.01
8,43	Telma	Neto	12-10-92	ACRVC	4	Espinho	09.01
8,43	Teresa	Costa	96	EAMS	1 s1	Braga	23.01
8,44	Elsa	Francisco	27-04-93	UDZA	5 s1	Pombal	31.01
8,45	Sílvia	Soares	23-03-92	GS-RC	1 el3	Pombal	12.12.2009
(60)							
8,46	Susana	Nosdiba	COD 92	CDFFXI	1 s1	Pombal	30.01
8,46	Cátia	Rodrigues	05-10-92	ADREP	6	Pombal	13.02
8,47	Jennifer	Gomes	21-03-95	ESJD	ta	Espinho	23.01
8,47	Elisabete	Silva	25-04-92	COD	7 el1	Espinho	06.02
8,47	Cíntia	Costa	96	EAMS	2 s1	Braga	13.02
8,48	Joana	Villar	03-05-94	GDRCC	5 el5	Pombal	23.01
8,48	Flávia	Taveira	96	SCB	ta	Alpiarça	06.02
8,48	Simone	Silva	18-01-93	GAF	2	Alpiarça	20.02
8,49	Soraia	Carnide	14-09-95	JV	ta	Pombal	27.12.2009
8,50	Débora	Tavares	11-05-93	GCDS	2 el1	Espinho	16.01
(70)							
8,50	Maria Manuel	Silva	11-05-95	ACM-C	3 s2-ex	Alpiarça	06.03
8,51	Cyntia	Silva	21-07-91	CAMG-I	3 s5	Pombal	09.01
8,51	Ana	Monjane	01-01-93	SCB	3 el2	Braga	16.01
8,51	Susana	Rodrigues	92	NACH	2B	Braga	16.01
8,52	Ana Rita	Sebastião	91	CLAC	1B	Pombal	12.12.2009
8,52	Alexandra	Carvalho	24-07-95	ACM-C	1 el4	Pombal	05.12.2009
8,52	Jessica	Ferrero	ANG 22-02-93	AAPL	6 s2	Pombal	30.01
8,53	Sara	Martins	13-11-91	FCP	3B	Braga	16.01
8,53	Ana	Costa	91	GRECAS	6	Pombal	16.01
8,53	Jessica	Coutinho	25-09-94	CNRM	2 s1-ex	Alpiarça	20.02
(80)							
8,53	Olga	Santos	07-03-93	UDZA	1 s2	Alpiarça	20.02
8,54	Ana Rita	Pedreiras	27-01-93	GS-RC	6 s4	Pombal	09.01

Com marcas manuais

7,9	Joana	Costa	10-11-95	UAP	1 s1	Pombal	28.02
8,0	Débora	Tavares	11-05-93	GCDS	2 el1	Espinho	09.01
8,3	Rita	Santos	24-06-94	ACDCVC	1	Espinho	13.01

Atletas juniores até 31-12-2009

8,13	Catarina	Silva	03-04-90	JAM	3 s2	Braga	12.12.2009
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200 Metros (até 28,54/26,04) CNJ 28,3/28,54

25,95	Sara	Dias	06-11-92	ACV	1 s1	Pombal	31.01
26,03		Dias			2 s4	Espinho	07.02
26,08	Dorothe	Évora	28-05-91	SLB	1 s3	Espinho	07.02
26,09	Miriam	Tavares	14-05-91	ACDRA	2 s1	Pombal	31.01
26,20	Joana	Vitorino	30-05-92	CASM	1 s1	Espinho	28.02
26,36	Débora	Clemente	09-11-94	SLB	3 s1	Espinho	28.02
26,37	Diana	Cerqueira	09-04-93	CAMz-VC	2 s6	Pombal	24.01
26,41	Andreia	Crespo Oliveira	16-10-93	NDCG	1 s5	Pombal	24.01
26,41	Cátia	Jacinto	26-08-92	GCAD	1 s7	Pombal	24.01
26,49	Catarina	Amorim	03-05-92	SLB	3 s2	Espinho	28.02
26,51	Joana	Lopes	13-10-91	CLAC	3 s3	Espinho	07.02
(10)							
26,53	Cristiana	Cunha	17-07-91	GS-RC	1 s1	Espinho	02.01
26,70	Anais	Baptista	25-06-94	JV	1 s1	Pombal	07.03
26,79	Filipa	Martins	13-11-92	SLB	4 s5	Espinho	07.02
26,83	Vera	Castro	23-10-92	EBPGS	1 s1	Espinho	07.02
26,85	Carla	Santos	12-03-91	JV	2 s1	Pombal	13.12.2009
26,85	Tatiana	Rosário	05-04-94	GDRCC	1 s3	Pombal	24.01
26,92	Maria Goreti	Silveira	25-10-91	JDAL	2 s1	Pombal	13.12.2009
26,92	Cátia	Azevedo	09-03-94	SCP	3 s5	Pombal	24.01
26,98	Larissa	Souza	BRA 11-04-92	JDAL	1 s2	Pombal	13.12.2009
27,06	Daniela	França	02-08-95	FCP	1	Espinho	21.02
(20)							
27,11	Sara	Martins	13-11-91	FCP	3 s1	Espinho	07.02
27,11	Ilizandra	Lopes	28-02-92	CFB	3 s2	Espinho	07.02
27,11	Marlene	Bastos	20-08-92	JAM	2 s1	Espinho	20.02
27,19	Nídia	Encarnação	13-05-91	GDE	4 s2	Pombal	14.02
27,20	Cyntia	Silva	21-07-91	CAMG-I	1 s1	Pombal	14.02
27,34	Olga	Santos	07-03-93	UDZA	1 s2	Pombal	24.01
27,39	Cátia	Rodrigues	05-10-92	ADREP	3 s1	Pombal	14.02
27,43	Inês	Bento	15-081-94	CPP	2 s3	Pombal	24.01
27,47	Inês	Correia	07-10-94	NDCG	1 s1	Pombal	24.01
27,48	Telma	Neto	12-10-92	ACRVC	2 s1	Espinho	10.01
(30)							
27,52	Daniela	Pereira	30-03-94	JV	3 s1	Pombal	07.03
27,53	Victoria	Sanha Te	GBS 31-01-94	CAMG-I	2 s1	Pombal	24.01
27,56	Susana	Azevedo	04-11-91	ARCBV	2 s2	Pombal	24.01
27,59	Ana Cláudia	Almeida	04-04-91	GRECAS	3 s2	Pombal	24.01
27,61	Diana	Nunes	01-01-92	ADRAB	1 s1	Pombal	30.01
27,72	Liliane	Amaro	23-10-92	JDN	2 s2	Pombal	30.01
27,89	Ana	Silva	03-09-93	ARLVG	2 el4	Braga	17.01
27,90	Verónika	Zhukova	UKR 12-03-93	JV	1 s4	Pombal	17.01
27,99	Ana Rita	Rodrigues	30-07-92	NAC	1 s2	Pombal	07.03
28,02	Cláudia	Oliveira	24-04-95	GRECAS	1 s5	Espinho	02.01
(40)							
28,06	Alícia	Figueira	91	AAPL	2 s1	Pombal	30.01
28,15	Ana Rita	Queirós	28-08-95	Lavra	2 s5	Espinho	02.01
28,16	Jessica	Coutinho	25-07-94	CNRM	4 s2	Pombal	31.01
28,17	Ana Rita	Pedreiras	27-01-93	GS-RC	4 s1	Espinho	02.01
28,18	Sthephany	Simões	08-10-94	GRECAS	1 s3	Espinho	02.01
28,22	Ana Rita	Queirós	28-08-95	Lavra	1 s1	Braga	13.02
28,25	Andreia	Pinto	16-04-93	CAMG-I	2 s2	Pombal	17.01
28,33	Bruna	Silva	14-11-94	JV	5 s1	Pombal	07.03
28,36	Ana João	Oliveira	30-03-94	SCB	3 el1	Braga	17.01
28,47	Verónica	Cardoso	20-08-91	JOMA	5 s3	Espinho	07.02
(50)							
28,53	Filipa	Pinto da Silva	28-11-94	FCCL	1 s2	Espinho	20.02
28,54	Ana Catarina	Almeida	21-01-94	CAMz-VC	2 el3	Braga	17.01

300 Metros (até 47,44)

43,76	Vera	Castro	23-10-92	EBPGS	1 s3	Braga	12.12.2009
44,86	Sara	Esteves	24-08-92	CAMz-VC	1 s1	Braga	12.12.2009
45,40	Sara	Martins	13-11-91	FCP	2 s1	Braga	12.12.2009
46,08	Débora	Gonçalves	02-06-92	CAC-VC	2 s3	Braga	12.12.2009
46,10	Rita	Araújo	01-01-96	CAAV	1 s2	Braga	30.01

Com marcas manuais

43,7	Ana Queiroz	Alves	07-10-94	JV	1 s1	Pombal	05.12.2009
44,1	Olga	Santos	07-03-93	UDZA	ex	Pombal	05.12.2009
46,2	Sara	Oliveira	28-12-93	CAMG-I	2 s1	Pombal	05.12.2009

47,1	Soraia	Carnide	14-09-95	JV	1 s3	Pombal	05.12.2009
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Atletas juniores até 31-12-2009

45,31	Ana Cristina	Carvalho	23-08-90	GJPB	2 s1	Espinho	27.12.2009
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400 Metros (até 64,24/58,54) CNJ 63,0/63,14

58,48	Marta	Pen Freitas	31-07-93	EBMDS	1 s3	Pombal	23.01
58,52	Dorothe	Évora	28-05-91	SLB	1 s4	Pombal	23.01
58,98	Miriam	Tavares	14-05-91	ACDRA	1 s2	Espinho	28.02
59,64	Cristiana	Cunha	17-07-91	GS-RC	2 s3	Pombal	23.01
60,13	Catarina	Amorim	03-05-92	SLB	1 s2	Espinho	06.02
60,50	Ana Cláudia	Almeida	04-04-91	GRECAS	1	Espinho	31.01
60,56	Cátia	Jacinto	26-08-92	GCAD	1 s1	Espinho	06.02
60,58	Mariana	Brás	29-11-93	SCUT	3 s3	Pombal	23.01
60,77	Vera	Castro	23-10-92	EBPGS	2 s1	Espinho	06.02
60,91	Olga	Santos	07-03-93	UDZA	1 s2	Pombal	23.01
(10)							
61,12	Sara	Martins	13-11-91	FCP	4 s1	Espinho	06.02
61,35	Sara	Dias	06-11-92	ACV	4 s3	Pombal	09.01
61,52	Daniela	Pereira	30-03-94	JV	1 s1	Pombal	31.01
61,54	Fani	Ferreira	16-07-92	ACV	2 s1	Pombal	31.01
61,67	Carla	Santos	12-03-91	JV	4 s4	Pombal	23.01
62,15	Vanda	Pinto	15-09-93	SCB	4	Espinho	30.01
62,19	Cátia	Rodrigues	05-10-92	ADREP	1 s1	Espinho	09.01
62,24	Daniela	Lopes	02-03-91	GS-RC	2 s1	Pombal	23.01
62,31	Ana Rita	Fernandes	20-04-93	ACDRA	3 s2	Pombal	31.01
62,76	Cátia	Jacinto	26-08-92	GCAD	1 s1	Pombal	16.01
(20)							
62,86	Cyntia	Silva	21-07-91	CAMG-I	4 s1	Pombal	13.02
63,08	Ana Rita	Rodrigues	30-07-92	NAC	5	Espinho	30.01
63,58	Catarina	Rodrigues	21-07-94	SCB	1 el3	Braga	16.01
63,95	Carla	Oliveira	15-09-93	CNC	2	Braga	23.01

Com marcas manuais

57,1	Marta	Pen Freitas	31-07-93	EBMDS	1 s2	Pombal	20.02
58,7	Miriam	Tavares	14-05-91	ACDRA	3 s2	Pombal	20.02
61,4	Maria Goreti	Silveira	25-10-91	JDAL	1 s1	Pombal	12.12.2009
62,4	Joana	Lopes	13-10-91	CLAC	1 s2	Pombal	12.12.2009

800 Metros (até 2.32,00/2.17,00) CNJ 2.26,00

2.14,42	Mariana	Brás	29-11-93	SCUT	7	Espinho	28.02
2.15,19	Marta	Pen Freitas	31-07-93	EBMDS	1	Pombal	24.01
2.15,25	Diana	Soares	02-08-92	SLB	2	Pombal	24.01
2.15,44	Susana	Godinho	05-07-92	SLB	3	Pombal	14.02
2.15,47		Brás			2	Pombal	20.02
2.15,91	Liliana	Cabral	24-04-95	SLB	1	Pombal	20.02
2.16,03		Soares			3 s2	Espinho	07.02
2.16,18	Ana Queiroz	Alves	07-10-94	JV	3	Pombal	24.01
2.16,22		Brás			1 s1-ex	Espinho	17.01
2.19,46	Ana Rita	Fernandes	20-04-93	ACDRA	9	Espinho	28.02
2.20,07	Ana Patrícia	Caldas	31-10-94	SCB	4 s1	Braga	17.01
2.20,98	Solange	Fernandes	31-07-91	JOMA	2 s1	Espinho	07.02
2.21,03	Diana	Freitas	01-11-91	SLB	2	Pombal	30.01
(10)							
2.21,44	Joana	Domingos	15-11-93	ACDRA	3	Pombal	31.01
2.22,17	Daniela	Lopes	02-03-91	GS-RC	6	Pombal	20.02
2.24,16	Silvana	Dias	05-06-94	UDV	1 s2	Braga	17.01
2.24,26	Vanda	Pinto	15-09-93	SCB	7	Pombal	24.01
2.24,70	Rita	Gomes	16-10-92	CASM	8	Pombal	24.01
2.24,74	Sandra	Monteiro	05-09-92	CAA	2-ex	Braga	20.12.2009
2.24,84	Ana Catarina	Fernandes	22-05-95	FCV	1	Braga	06.02
2.25,68	Bárbara	Ferreira	09-12-91	SCB	5 s1	Braga	17.01
2.26,13	Carla	Oliveira	15-09-93	CNC	1	Braga	30.01
2.26,30	Catarina	Rodrigues	21-07-94	SCB	7 s1	Braga	17.01
(20)							
2.27,12	Sandra	Almeida	17-06-95	ACBU	1	Espinho	02.02
2.27,70	Susana	Rosa	27-07-91	ADERCUS	2	Espinho	10.01

2.27,72	Joana	Fernandes	11-09-92	SCB	8 s1	Braga	17.01
2.27,96	Elsa	Gomes	27-01-96	SCB	2	Braga	06.02
2.28,13	Jessica	Pires	10-12-93	ADREP	5	Pombal	14.02
2.28,23	Filipa	Eutiquio	22-03-96	CBA	2	Pombal	20.02
2.28,26	Tânia	Antunes	17-04-94	CPC	9	Pombal	24.01
2.28,75	Daniela	Gonçalves	09-06-93	CAA	3 s2	Braga	17.01
2.29,97	Virgínia	Delgado	12-04-93	CAAV	4 s2	Braga	17.01
2.30,83	Sarah	Aleixo	09-04-91	UDZA	6	Pombal	31.01
(30)							
2.31,85	Diana	Moniz	15-10-93	GRQL	4	Pombal	30.01
2.30,29	Sara	Marinho	11-11-93	ARLVG	1 s3	Braga	17.01
2.30,56	Ana Cláudia	Ribeiro	03-05-95	FCV	2 s1	Braga	12.12.2009
2.30,92	Neuza	Oliveira	08-08-95	SLB	3	Pombal	20.02
2.31,85	Diana	Moniz	15-10-93	GRQL	4	Pombal	30.01

1000 Metros (até 3.10,00/3.00,00)

3.01,70	Liliana	Cabral	24-04-95	SLB	1	Braga	30.01
3.05,51	Sara	Sousa	16-05-95	ARLVG	1 s1	Braga	19.12.2009
3.06,94	Sandra	Almeida	17-06-95	ACBU	1 s1	Espinho	26.12.2009
3.06,97	Jéssica	Serra	06-01-95	CDP	2 s1	Braga	19.12.2009
3.08,09	Sueli	Gomes	31-10-94	UDV	1 s1	Braga	19.12.2009
3.08,23	Elsa	Gomes	27-01-96	SCB	1 s2	Braga	12.02
3.08,64	Elsa	Maia	10-03-96	GT	3 s1	Braga	19.12.2009
3.09,01	Eugénia	Peixoto	10-06-93	UDV	2 s1	Braga	19.12.2009
3.09,17	Catarina	Rodrigues	21-07-94	SCB	3 s1	Braga	19.12.2009
3.09,36	Rita	Lopes	18-03-94	SCB	4 s1	Braga	19.12.2009
(10)							
3.09,99	Sónia	Pinto	24-05-92	AMFC	2-ex	Braga	19.12.2009

1500 Metros (até 5.07,00/4.40,00) CNJ 5.00,00

4.29,80	Susana	Godinho	05-07-92	SLB	5	Espinho	27.02
4.34,53	Diana	Soares	02-08-92	SLB	4	Pombal	13.02
4.36,98		Godinho			4	Espinho	06.02
4.37,89		Soares			1	Espinho	02.01
4.38,64		Soares			1	Pombal	23.01
4.39,83	Diana	Freitas	01-11-91	SLB	5	Espinho	06.02
4.40,56	Ana Queiroz	Alves	07-10-94	JV	2	Pombal	23.01
4.41,85	Ana Patrícia	Caldas	31-10-94	SCB	1	Espinho	30.01
4.47,2	Catarina	Carvalho	01-03-92	UDZA	1	Pombal	12.12.2009
4.47,83	Marta	Martins	15-01-92	FCP	7	Espinho	06.02
4.51,21	Mariana	Brás	29-11-93	SCUT	1 s-ex	Espinho	09.01
4.51,51	Joana	Domingos	15-11-93	ACDRA	6	Pombal	23.01
4.51,84	Rita	Lopes	18-03-94	SCB	2 s2	Braga	16.01
(10)							
4.51,86	Bárbara	Ferreira	09-12-91	SCB	7	Pombal	23.01
4.54,37	Silvana	Dias	05-06-94	UDV	9	Pombal	23.01
4.56,01	Sandra	Almeida	17-06-95	ACBU	1	Espinho	02.01
4.59,75	Ana Carolina	Matias	06-12-91	ACV	3	Pombal	13.02
5.00,45	Sara	Barreto	17-02-92	ADREP	4	Pombal	13.02
5.01,32	Susana	Rosa	27-07-91	ADERCUS	2	Espinho	09.01
5.01,68	Sofia	Almeida	30-04-91	FCV	4 s2	Braga	16.01
5.03,34	Joana	Fernandes	11-09-92	SCB	5 s2	Braga	16.01
5.03,78	Cátia	Santos Leitão	09-10-92	CABB	11	Pombal	23.01
5.04,07	Carla	Oliveira	05-09-93	CNC	6 s2	Braga	16.01
(20)							
5.04,14	Ana Catarina	Fernandes	22-05-95	FCV	1	Braga	23.01
5.05,1	Inês	Nobre	30-04-92	JV	2	Pombal	12.12.2009
5.05,90	Lúcia	Ribeiro	03-01-91	CAOV	7 s2	Braga	16.01

Atletas juniores até 31-12-2009

4.47,41	Sónia Catarina	Lima	10-05-90	UDV	2-ex	Braga	20.12.2009
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Milha

3000 Metros (até 11.20,00/9.59,99) CNJ 11.10,0

9.52,60	Diana	Soares	02-08-92	SLB	5	Pombal	14.02
10.02,24	Susana	Godinho	05-07-92	SLB	2	Espinho	03.01
10.07,91	Catarina	Carvalho	01-03-92	UDZA	5	Espinho	07.02
10.07,93	Marta	Martins	15-01-92	FCP	6	Espinho	07.02
10.09,11	Eugénia	Peixoto	10-06-93	UDV	4 s1	Braga	17.01
10.24,92	Débora	Santos	30-12-92	ADERCUS	5	Pombal	24.01
10.25,40	Sara	Barreto	17-02-92	ADREP	2	Pombal	14.02
10.30,38	Sueli	Gomes	31-10-94	UDV	6 s1	Braga	17.01
10.35,67	Bárbara	Ferreira	09-12-91	SCB	2-ex	Braga	09.01
10.39,84	Susana	Rosa	27-07-91	ADERCUS	3	Espinho	03.01
(10)							
10.36,22	Diana	Almeida	18-09-94	CBPAR	7	Pombal	24.01
10.45,65	Catarina	Pereira	25-08-94	UDV	10	Pombal	24.01
10.51,70	Sofia	Almeida	30-04-91	FCV	8 s1	Braga	17.01
10.52,58	Fiona	Fernandes	05-10-93	CAC-VC	2 s2	Braga	17.01
10.53,69	Lúcia	Ribeiro	03-01-91	CAOV	3 s2	Braga	17.01
10.56,21	Rita	Lopes	18-03-94	SCB	3-ex	Braga	09.01
10.57,65	Sandra	Costa Monteiro	05-09-92	CAA	4 s2	Braga	17.01
10.57,73	Inês	Nobre	30-04-92	JV	8	Pombal	14.02
10.59,62	Carla	Oliveira	05-09-93	CNC	2	Braga	12.12.2009
11.01,76	Ana Carolina	Matias	06-12-91	ACV	4	Pombal	14.02
(20)							
11.04,79	Joana	Fernandes	11-09-92	SCB	4-ex	Braga	09.01
11.10,88	Helena	Alves	04-11-92	FCV	5 s2	Braga	17.01
11.13,8 a)	Ana Queiroz	Alves	07-10-94	JV	1	Pombal	13.12.2009
11.14,37	Carla	Covelo	26-10-94	CDFFXI	4	Pombal	30.01
11.16,95	Carla	Santos	22-06-91	ADREP	3	Espinho	31.01
11.17,82	Ana	Alarico	94	UDZA	2	Pombal	17.01

a) Percorreram mais 1 volta

60 Metros Barreiras(0,84) (até 10,74/9,24) CNJ 10,2/10,44							
8,37	Eva	Vital	08-07-92	SLB	1	Pombal	14.02
8,44		Vital			1	Espinho	28.02
8,48		Vital			1 s1	Pombal	09.01
8,50		Vital			1	Espinho	07.02
8,54		Vital			1 el1	Espinho	28.02
8,55		Vital			1 s2	Pombal	30.01
8,61		Vital			1 s-ex	Pombal	30.01
8,76	Stenia	Bentugal	GBS 25-11-92	CASM	1	Pombal	20.02
8,86		Vital			1 el2	Espinho	07.02
8,93		Bentugal			2-ex	Pombal	20.02
8,95		Bentugal			2 el2	Espinho	28.02
8,97		Bentugal			2	Espinho	28.02
9,07	Cristiana	Cunha	17-07-91	GS-RC	5	Espinho	28.02
9,08		Bentugal			3	Espinho	07.02
9,11	Shaina Anthony	Mags	NGR 11-04-92	SCP	1 s2	Pombal	09.01
9,13		Bentugal			2 s1-ex	Pombal	09.01
9,14		Bentugal			2 s2	Pombal	31.01
9,16		Mags			2 el1	Espinho	07.02
9,19		Cunha			3 s2	Pombal	31.01
9,22		Cunha			2	Pombal	20.02
9,23		Bentugal			1-ex	Pombal	31.01
9,24		Bentugal			2 s2	Pombal	09.01
9,24		Cunha			1 el1	Pombal	24.01
9,30	Fani	Ferreira	16-07-92	ACV	2	Pombal	24.01
9,33	Anais	Baptista	25-06-94	JV	4	Pombal	14.02
9,41	Sara	Esteves	24-08-92	CAMz-VC	1	Espinho	31.01
9,55	Ana	Vasconcelos	18-07-92	ACDRA	1 s1	Pombal	31.01
9,57	Andreia	Crespo Oliveira	16-10-93	NDCG	5 el2	Espinho	28.02
9,63	Ana Rita	Pedreiras	27-01-93	GS-RC	3 el1	Espinho	28.02
(10)							
9,64	Sthephany	Simões	08-10-94	ACDI	2 el1	Pombal	24.01
9,67	Vera	Castro	23-10-92	EBPGS	p	Espinho	27.02
9,78	Joana	Lopes	13-10-91	CLAC	1	Alpiarça	20.02
9,80	Sandra	Moreira	CPV 19-02-93	SCP	7	Pombal	24.01
9,80	Valdínia	Carvalho	06-07-93	GRQL	3	Pombal	14.02
9,82	Magali	Gomes	01-01-91	SLB	6 s2	Pombal	09.01
9,87	Anabela	Neto	25-03-91	SCP	p	Espinho	27.12.2009
10,14	Thais	Mendes	26-12-94	COD	4 el1	Pombal	24.01
10,19	Ana Rita	Rodrigues	30-07-92	NAC	1	Espinho	17.01
10,24	Joana	Sá	19-02-93	JDAL	5 el1	Pombal	24.01

(20)							
10,25	Jussara	Spencer Silva	14-01-93	EBMDS	6 el1	Pombal	24.01
10,26	Elisabete	Silva	25-04-92	COD	4 el2	Pombal	24.01
10,28	Ana	Monjane	01-01-93	SCB	3	Espinho	30.01
10,33	Verónika	Zhukova	UKR 12-03-93	JV	4A	Pombal	17.01
10,36	Rute	Lopes	17-02-92	GS-RC	p	Pombal	26.12.2009
10,40	Soraia	Ferreira	27-09-92	JV	5 el3	Pombal	24.01
10,40	Jessica	Coutinho	25-07-94	CNRM	3	Alpiarça	20.02
10,43	Débora	Tavares	11-05-93	GCDS	3	Espinho	17.01
10,46	Telma	Neto	12-10-92	ACRVC	3	Espinho	03.01
10,47	Sofia	Melo	20-01-92	COD	5 el1	Espinho	07.02
(30)							
10,50	Joana	Villar	03-05-94	GDRCC	5 el2	Pombal	24.01
10,57	Marlene	Bastos	20-08-92	JAM	4	Espinho	17.01
10,57	Jessica	Marques Viegas	16-08-94	ACDC	6 el2	Pombal	24.01
10,65	Joana	Lopes	13-10-91	CLAC	1B	Pombal	17.01
10,65	Vanessa	Henriques	21-01-92	GAF	4	Alpiarça	20.02
10,67	Teresa	Paulo	ANG 21-07-92	SCB	2	Braga	23.01
10,68	Ania	Marouço	07-05-93	CAMG-I	3A	Pombal	13.12.2009
10,68	Mariana	Pinto	21-05-94	ESCMOV	3	Braga	17.01
10,69	Ana Filipa	Silva	09-03-93	CAMG-I	6	Pombal	14.02
10,73	Anna	Hurlebaus	UKR 18-06-94	CNRM	2A	Pombal	17.01

Altura (até 1,48/1,61) CNJ 1,50

1,68	Ana Margarida	Oliveira	18-07-95	GAF	ta	Alpiarça	06.02
1,68	Ana	Monjane	01-01-93	SCB	4	Pombal	14.02
1,67	Anabela	Neto	25-03-91	SCP	1	Pombal	24.01
1,66		Neto			p	Espinho	27.12.2009
1,66		Oliveira			1-ex	Alpiarça	23.01
1,65	Ana Rita	Pereira	14-05-91	SCB	1	Braga	12.12.2009
1,65		Monjane			t	Alpiarça	06.02
1,64		Monjane			t	Braga	16.01
1,64	Magali	Gomes	01-01-91	SLB	2	Pombal	24.01
1,64		Pereira			2	Pombal	24.01
1,64		Monjane			3	Espinho	27.02
1,62		Oliveira			ta	Pombal	27.12.2009
1,58	Ana	Vasconcelos	18-07-92	ACDRA	p	Espinho	27.02
1,57	Camila	Lucena	07-08-94	CSM	2	Espinho	30.01
1,57	Joana	Vitorino	30-05-92	CASM	3	Pombal	31.01
1,54	Rute	Lopes	17-02-92	GS-RC	1	Pombal	14.02
1,54	Patrícia	Carreira	26-05-93	GAF	1	Alpiarça	20.02
(10)							
1,53	Filipa	Pinto da Silva	28-11-94	FCCL	t	Alpiarça	06.02
1,53	Inês	Dias	20-05-94	CARDES	1	Pombal	07.03
1,51	Ana Rita	Pedreiras	27-01-93	GS-RC	t	Pombal	27.12.2009
1,51	Larissa	Souza	BRA 11-04-92	JDAL	4	Pombal	31.01
1,50	Ana	Silva	96	UDCA	1	Braga	19.12.2009
1,50	Vanessa	Alves	13-09-93	GRECAS	2	Pombal	07.03
1,49	Marlene	Chaves	11-02-94	SCB	t	Braga	16.01
1,49	Thais	Mendes	26-12-94	COD	t	Alpiarça	06.02
1,49	Sofia	Melo	20-01-92	COD	7	Espinho	07.02
1,48	Isabel	Vieira	25-02-93	FCP	6	Pombal	24.01
(20)							
1,48	Cárin	Duarte	09-08-93	CDFXXI	7	Pombal	24.01
1,48	Flávia	Costa	15-06-94	ADREP	4	Pombal	14.02

Vara (até 2,00/3,00) CNJ 2,20

3,12	Isabel	Vieira	25-02-93	FCP	5	Espinho	28.02
2,80	Carolina	Pandeirada	21-10-93	GRECAS	2	Pombal	23.01
2,78	Ana	Vasconcelos	18-07-92	ACDRA	5	Espinho	06.02
2,75	Camila	Lucena	07-08-94	CSM	2	Espinho	30.01
2,75	Ana Filipa	Silva	09-03-93	CAMG-I	3	Pombal	31.01
2,68	Mónica	Rino	06-06-94	JV	4	Pombal	23.01
2,51	Sara	Mendes	16-04-95	NDJL	1-ex	Alpiarça	27.02
2,50	Ana Patrícia	Silva	28-11-93	CAMG-I	5	Pombal	16.01
2,50	Ana Margarida	Pereira	09-04-92	CAR-S	1	Pombal	16.01
2,42	Alina	Zhepko	UKR 23-06-93	ACM-AH	7	Pombal	23.01
(10)							
2,42	Brenda	Vicente	12-06-94	AAPL	8	Pombal	23.01
2,40	Sara	Sousa	14-08-93	CSM	8	Alpiarça	10.01
2,30	Ana Isabel	Casimiro	94	A20Km	2	Pombal	12.12.2009

2,30	Andreia	Gracio	17-09-96	ADRAB	2-ex	Alpiarça	27.02
2,28	Sara	Espinha	26-08-93	CAMG-I	10	Pombal	23.01
2,20	Catarina	Nunes	01-01-92	ADRAB	3	Pombal	12.12.2009
2,20	Nelma	Matos	94	CDFXXI	3	Pombal	30.01
2,20	Cristiana	Cardoso	13-07-91	JAM	3	Espinho	31.01
2,20	Verónica	Jerónimo	14-01-91	SLB	7	Pombal	13.02
2,14	Lídia Nicole	Alberto	ANG 15-02-93	JV	12	Pombal	23.01
(20)							
2,00	Mariana	Simões	23-06-94	JV	6	Pombal	05.12.2009
2,00	Cláudia	Oliveira	24-04-95	GRECAS	7	Espinho	02.01

Comprimento (até 4,90/5,60) CNJ 5,00

5,95	Shaina Anthony	Mags	NIG 11-04-92	SCP	2	Espinho	27.02
5,94		Mags		SCP	1	Espinho	06.02
5,55	Sara	Esteves	24-08-92	CAMz-VC	1	Pombal	23.01
5,54	Stenia	Bentugal	GBS 25-11-92	CASM	5	Espinho	27.02
5,50	Ana Margarida	Oliveira	18-07-95	GAF	1	Alpiarça	06.03
5,45	Marta	Onofre	28-01-91	U	2	Pombal	21.02
5,41	Teresa	Carvalho	03-01-95	CASM	2	Alpiarça	06.03
5,37	Anais	Baptista	25-06-94	JV	3	Pombal	23.01
5,33	Sarah	Dias	15-02-95	JV	t	Espinho	23.01
5,32	Anabela	Neto	25-03-91	SCP	1	Espinho	02.01
5,24	Ana	Vasconcelos	18-07-92	ACDRA	p	Espinho	28.02
(10)							
5,21	Claudina	Borges	CPV 14-08-91	SLB	4	Pombal	23.01
5,16	Filipa	Pinto da Silva	28-11-94	FCCL	1	Espinho	16.01
5,15	Jussara	Spencer Silva	14-01-93	EBMDS	6	Pombal	23.01
5,11	Vanessa	Henriques	21-01-92	GAF	7	Pombal	23.01
5,06	Mónica	Rino	06-06-94	JV	3	Pombal	16.01
5,04	Cátia	Lourenço	30-08-92	CBF	1	V.R.S.António	16.01
5,04	Camila	Lucena	07-08-94	CSM	7	Pombal	13.02
5,01	Ana Patrícia	Silva	28-11-93	CAMG-I	4	Pombal	16.01
5,00	Patrícia	Vaz	23-06-96	GS-RC	ta	Espinho	23.01
4,99	Rafaela	Vitorino	18-08-95	SLB	t	Alpiarça	06.02
(20)							
4,95	Débora	Tavares	11-05-93	GCDS	3	Espinho	16.01
4,95	Vera	Castro	23-10-92	EBPGS	p	Espinho	27.02
4,91	Rute	Lopes	17-02-92	GS-RC	p	Pombal	26.12.2009
4,90	Daniela	Pereira	30-03-94	JV	3	Pombal	12.12.2009

Triplo (até 10,00/11,64) CNJ 10,50

12,22	Shaina Anthony	Mags	NGR 11-04-92	SCP	1	Pombal	24.01
12,07		Mags		SCP	3	Espinho	28.02
12,02	Anabela	Neto	25-03-91	SCP	1	Espinho	03.01
11,99		Mags			3	Pombal	14.02
11,91		Mags			2	Espinho	07.02
11,88		Mags			1	Pombal	31.01
11,79		Mags			3	Alpiarça	10.01
11,70	Claudina	Borges	CPV 14-08-91	SLB	2	Pombal	24.01
11,67		Neto			5	Espinho	28.02
11,60	Anais	Baptista	25-06-94	JV	3	Pombal	24.01
11,54	Mónica	Rino	06-06-94	JV	1	Pombal	17.01
11,45	Ana Margarida	Oliveira	18-07-95	GAF	1	Alpiarça	13.02
11,42	Stenia	Bentugal	GBS 25-11-92	CASM	2	Pombal	31.01
11,39	Sara	Esteves	24-08-92	CAMz-VC	1	Braga	17.01
11,27	Eliana	Rocha	19-02-93	SFRAA	4	Pombal	24.01
11,27	Ana	Vasconcelos	18-07-92	ACDRA	4	Espinho	07.02
(10)							
11,14	Ana Patrícia	Silva	28-11-93	CAMG-I	3	Pombal	17.01
11,03	Filipa	Pinto da Silva	28-11-94	FCCL	2	Espinho	03.01
10,93	Vanessa	Henriques	21-01-92	GAF	1	Alpiarça	20.02
10,92	Ilizandra	Lopes	28-02-92	CFB	3	Pombal	14.02
10,69	Christina	Martinez	26-05-92	ACM-AH	14	Alpiarça	10.01
10,62	Teresa	Paulo	ANG 21-07-92	SCB	3	Espinho	30.01
10,55	Sandra	Moreira	CPV 19-02-93	SCP	10	Pombal	24.01
10,40	Ana Filipa	Silva	09-03-93	CAMG-I	5	Pombal	17.01
10,35	Alexandra	Meira	16-04-94	CAMz-VC	15	Alpiarça	10.01
10,31	Lúcia	Serrão	08-01-91	AJS	8	Espinho	07.02
(20)							
10,26	Andreia	Reis	24-04-92	CLAC	2	Pombal	13.12.2009
10,24	Joana	Costa	10-11-95	UAP	ex	Alpiarça	13.02

10,23	Inês	Bola	13-05-94	GRECAS	3	Espinho	10.01
10,23	Marlene	Bastos	20-08-92	JAM	3	Espinho	31.01
10,20	Liliane	Amaro	23-10-92	JDN	18	Alpiarça	10.01
10,12	Sofia	Pereira	17-07-93	ACV	5	Pombal	31.01
10,11	Jessica	Ferrero	ANG 22-02-93	AAPL	6 s2	Pombal	30.01
10,08	Carolina	Pandeirada	21-10-93	GRECAS	8	Espinho	03.01
10,08	Débora	Tavares	11-05-93	GCDS	2	Espinho	20.02
10,03	Sílvia	Soares	23-03-92	GS-RC	1	Pombal	13.12.2009
(30)							
10,01	Inês	Bola	13-05-94	GRECAS	3	Espinho	20.02
10,00	Ana Rita	Queirós	28-08-95	Lavra	1	Espinho	03.01

Peso (4) (até 9,00/12,00) CNJ 9,80

13,90	Irina	Rodrigues	05-02-91	SCP	1	Pombal	23.01
13,33	Soraia	Ruas	07-01-92	ADREP	4	Pombal	20.02
13,25		Rodrigues			1	Espinho	06.02
12,99		Ruas			1	Espinho	16.01
12,76		Ruas			1	Pombal	13.02
12,53		Ruas			1	Espinho	31.01
12,49	Diana	Hernandez	01-01-93	GRECAS	2	Pombal	23.01
12,48		Ruas			1	Espinho	09.01
12,41		Hernandez			6	Espinho	27.02
12,35		Hernandez			6	Pombal	13.02
12,30		Ruas			3	Pombal	23.01
11,76	Ana Rita	Henriques	25-11-92	JV	3	Espinho	06.02
11,13	Vera	Pereira	25-09-92	SLB	5	Pombal	23.01
10,98	Carolina	Rodrigues	07-02-91	SLB	5	Espinho	06.02
10,72	Alda	Fernandes	28-05-93	SCB	6	Pombal	23.01
10,67	Ana Teresa	Coelho	04-02-93	ACRVD	7	Pombal	23.01
10,40	Verónica	Andrade	CPV 18-03-93	SLB	9	Pombal	23.01
10,08	Helena	Fernandes	15-03-93	CSPP	2	Pombal	12.12.2009
(10)							
10,07	Ana Patrícia	Garrido	03-12-91	ACBU	3	Espinho	16.01
10,04	Cláudia	Santos	07-02-92	SCB	4	Braga	16.01
9,91	Ana Lúcia	Viveiros	20-04-92	ADRAP	11	Pombal	23.01
9,89	Marta	Onofre	28-01-91	U	4	Pombal	21.02
9,87	Camila	Sousa	10-03-94	GS-RC	8	Pombal	20.02
9,86	Mariana	Cavaleiro Estevão	09-03-94	AATC	1	Pombal	16.01
9,76	Margarida	Ferreira	01-01-94	SCB	6	Braga	16.01
9,69	Anabela	Neto	25-03-91	SCP	p	Espinho	27.12.2009
9,68	Débora	Tavares	11-05-93	GCDS	2	Espinho	02.01
9,45	Delfina	Gomes	19-08-94	MKED	4	Pombal	30.01
(20)							
9,44	Patrícia	Penteado	14-09-92	SCA	1	Pombal	12.12.2009
9,42	Vera	Castro	23-10-92	EBPGS	p	Braga	20.12.2009
9,34	Paula	Pontes	29-04-92	CDP	8	Braga	16.01
9,23	Sofia	Melo	20-01-92	COD	p	Pombal	10.01
9,12	Andreia	Gomes	22-06-94	GCDS	5	Espinho	16.01
9,11	Delfina	Gomes	19-08-94	MKED	13	Pombal	23.01
9,09	Mónica	S. Silva	91	AJS	6	Pombal	13.02

Pentatlo (até 1900)

60 Bar(0,84)=altura=Peso(4)=Comp=800m.

2940	Ana	Vasconcelos	18-07-92	ACDRA	4	Espinho	28.02
			9,56-1,58-7,95-5,24-2.55,30				
2939	Vera	Castro	23-10-92	EBPGS	5	Espinho	28.02
			9,67-1,37-9,35-4,95-2.33,50				
2863	Anabela	Neto	25-03-91	SCP	1	Espinho	27.12.2009
			9,87-1,66-9,69-5,24-3.22,36				
2846	Sara	Esteves	24-08-92	CAMz-VC	1	Braga	20.12.2009
			9,52-1,41-8,29-5,11-2.45,41				
2699	Rute	Lopes	17-02-92	GS-RC	2	Pombal	26.12.2009
			10,36-1,43-8,25-4,91-2.41,33				
2604	Fani	Ferreira	16-07-92	ACV	3	Pombal	26.12.2009
			9,50-1,35-7,50-4,47-2.42,20				
2516	Sofia	Melo	20-01-92	COD	6	Pombal	10.01
			10,71-1,48-9,23-4,28-2.48,50				
2496	Rute	Lopes	17-02-92	GS-RC	7	Pombal	10.01
			11,59-1,48-8,63-4,78-2.45,40				
2445	Elisabete	Silva	25-04-92	COD	8	Pombal	10.01
			10,50-1,39-7,49-4,58-2.45,80				

2232	Soraia	Ferreira	27-09-92	JV	4	Pombal	26.12.2009
			10,43-1,31-7,77-4,40-2.57,26				
(10)	Ana	Vasconcelos	18-07-92	ACDRA	5	Pombal	26.12.2009
			9,89-1,47-7,67-x-2.51,79				

3.000 Metros-Marcha (até 20.00,0/15.10,00) CNJ 17.30,00

14.40,02	Daniela	Cardoso	15-12-91	ACV	6	Espinho	27.02
15.06,68		Cardoso			1	Pombal	16.01
15.27,30	Sabrina	Oliveira	29-05-91	GRQL	3	Espinho	06.02
15.28,67	Nádia	Cancela	24-04-93	CBPAR	3	Braga	16.01
15.38,86	Joana	Monteiro	15-11-93	ACV	5	Pombal	13.02
15.39,50	Sandra	Costa Monteiro	05-09-92	CAA	3	Pombal	23.01
15.58,49	Anna	Hurlebaus	UKR 18-06-94	CNRM	1	Pombal	16.01
16.09,4	Rita	Rosa	15-03-92	JOMA	ex	Pombal	12.12.2009
16.12,5	Ana Bárbara	Canadas	19-11-93	CNRM	2	Pombal	16.01
16.16,14	Rubina	Soares	02-06-92	AJS	5	Espinho	06.02
16.37,90	Luciana	de Jesus	11-04-93	CAMG-I	6	Pombal	31.01
(10)							
16.39,6	Ana Marta	Mendes	29-08-92	UDZA	2	Pombal	12.12.2009
16.48,84	Andreia	Coelho	25-10-91	GDL	3	Espinho	16.01
16.51,9	Ágata	Mendes	25-07-95	GACV	2	Pombal	05.12.2009
16.59,89	Sofia	Almeida Silva	30-06-93	CAA	4	Braga	16.01
17.04,51	Marisa	de Jesus	11-04-93	CAMG-I	5	Pombal	16.01
17.07,76	Mariana	Mota	27-05-95	ADRAB	1	Espinho	02.01
17.32,60	Andreia	Coelho	25-10-91	GDL	1	Espinho	09.01
17.33,71	Mariana	Patrão	03-09-92	CAMz-VC	5	Braga	16.01
17.37,93	Vanessa	Silva Ribeiro	17-04-92	CAOV	6	Braga	16.01
17.41,0	Antónia	Ladeira Estevão	14-07-95	ASCV	1	Pombal	05.12.2009
(20)							
17.48,75	Mariana	Patrão	03-09-92	CAMz-VC	5	Espinho	31.01
17.50,43	Natacha	Casanova	29-09-93	ADCPF	4	Pombal	30.01
17.50,9	Adriana	Vieira	17-07-95	GDPL	4	Pombal	05.12.2009
18.01,85	INF Daniela	Godinho	07-04-97	ADRAB	3	Espinho	02.01
18.07,9	Bruna	Moreira	23-01-95	GDPL	5	Pombal	05.12.2009
18.24,16	Diana	Relvas	28-08-94	JAM	4	Espinho	09.01
18.40,6	Ana Elisabete	Tocha Ferreira	04-10-94	ASCV	2	Pombal	05.12.2009
18.51,29	Sara Cristina	Santos	14-07-94	GDL	5	Espinho	09.01
18.58,04	Joana	Marques	20-02-94	JV	7	Pombal	16.01
19.40,4	Daniela	Cordeiro	04-06-94	2AP	3	Pombal	12.12.2009
(30)							
19.58,0	Ana Raquel	Ferreira	27-10-94	UDZA	3	Pombal	12.12.2009

4x200 metros

1.45,75		SLB		1 s3	Pombal	24.01	RN
		Dorothe Évora(91); Filipa Martins(92); Catarina Amorim(92); Débora Clemente(94)					
1.49,60		GS-RC		2 s3	Pombal	24.01	
		Sílvia Soares(92); Rute Lopes(92); Daniela Lopes(91); Cristiana Cunha(91)					
1.50,24		JV		3 s3	Pombal	24.01	
		Bruna Silva(94); Inês Correia(94); Ana Morgado Amaro(93); Tânia Antunes(94)					
1.52,45		CASM		2 s4	Pombal	09.01	
		Joana Vitorino(92); Diana Vale(93); Sténia Bentugal*(92); Rita Gomes(92)					
1.52,54		NDCG		1 s2	Pombal	24.01	
		Joana Mira(92); Inês Correia(94); Mariana Correia(94); Andreia Crespo(93)					
1.52,89		CAMG-I		2 s2	Pombal	24.01	
		Vitoria Te*(94); Ana Filipa Silva(93); Andreia Pinto(93); Cyntia Silva(91)					
1.52,93		ACV		3 s2	Pombal	24.01	
		Fani Ferreira(92); Magda Gomes(94); Liliana Cardoso(92); Sara Dias(92)					
1.53,70		GRECAS		1 s1	Pombal	24.01	
		Cátia Coelho(93); Ana Almeida(91); Ana Costa(91); Sthephany Simões(94)					
1.55,18		UDZA		2 s1	Pombal	24.01	
		Elsa Francisco(93); Ana Carrelo(93); Sarah Aleixo(91); Olga Santos(93)					
1.55,19		ACDRA		3 s3	Pombal	09.01	
		Mirian Tavares(91); Ana R. Fernandes(93); Andreia André(91); Jéssica Ferreira(94)					
(10)							
1.55,45		SCB		4 s2	Pombal	24.01	
		Ana João Oliveira(94); Ana Monjane(93); Catarina Rodrigues(94); Ana Rita Pereira(91)					
1.57,1		ACM-C		1 s2	Pombal	05.12.2009	
		Patrícia Fonseca(94); Alexandra Carvalho(95); Marta Morgado(95); Maria M. Silva(95)					
1.57,32		CLAC		3 s1	Pombal	24.01	
		Andreia Reis(92); Raquel Sebastião(91); Nadine Conchinha(93); Joana Lopes(91)					

4x400 metros

4.21,60	UDZA	1 s1	Pombal	31.01
	Ana Carrêlo(93); Joana Correia(93); Sarah Aleixo(91); Olga Santos(93)			
4.21,63	ACV	2 s1	Pombal	31.01
	Fani Ferreira(92); Sara Dias(92); Magda Gomes(94); Liliana Cardoso(92)			
4.27,45	CAMG-I	3 s1	Pombal	14.02
	Cynthia Silva(91); Ana Patricia Silva(93); Sara Espinha(93); Ana Filipa Silva(93)			
4.43,16	CDFXXI	2 s1	Pombal	30.01
	Ana R. Ferreira(93); Susana Nodsiba*(92); Mariana Cabral(93); Nelma Matos(94)			