

Federação Portuguesa de Atletismo
Estatística - Jovem

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



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

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MASCULINOS

JUNIORES

60 Metros (até 7,44/7,09) CNJ 7,2/7,44							
6,93	Tiago	Silvestre	18-06-91	SLB	1	Pombal	23.01
6,96	Nuno	Baptista	10-04-91	JOMA	2	Espinho	06.02
6,97		Silvestre			3	Espinho	06.02
6,99	Nuno	Baptista			1 el1	Espinho	06.02
7,00	Nuno	Baptista			2 mf2	Espinho	06.02
7,01	Nuno	Baptista			1 mf3	Pombal	23.01
7,01	Nuno	Baptista			2	Pombal	23.01
7,01		Silvestre			3 mf2	Espinho	06.02
7,02		Silvestre			3	Pombal	13.02
7,02	Carlos	Nascimento	12-10-94	ESCMOV	2 el1	Espinho	27.02
7,02	Bruno	Fernandes	26-05-91	SLB	4 el2	Espinho	27.02
7,04	Aucuim	Lopes	GBS 06-03-91	SLB	1 s3	Pombal	09.01
7,04	Samuel	Remédios	24-02-92	GAF	1A	Pombal	16.01
7,04	Nuno	Baptista			1 el4	Pombal	23.01
7,04	Samuel	Remédios			3	Pombal	23.01
7,04	Nuno	Baptista			3 s1-ex	Pombal	13.02
7,04		Remédios			1	Alpiarça	13.02
7,04	Rui	Esteves	03-06-91	AAC	2	Pombal	21.02
7,04	Nuno	Baptista			3 el1	Espinho	27.02
7,04		Nascimento			3	Espinho	28.02
7,05		Silvestre			1 mf1	Pombal	23.01
7,05	Samuel	Remédios			1 mf2	Pombal	23.01
7,05	Nuno	Baptista			3 s2	Pombal	30.01
7,05	Nuno	Baptista			4	Espinho	28.02
7,05		Fernandes			5	Espinho	28.02
7,06	Samuel	Remédios			1 el3	Pombal	23.01
7,07		Silvestre			1 el2	Pombal	23.01
7,07		Nascimento			4	Pombal	23.01
7,07	Nuno	Baptista			1 el3	Pombal	20.02
7,07	Nuno	Baptista			3	Pombal	20.02
7,07	Edgar	Batista	12-07-91	ESCMOV	3	Pombal	21.02
7,08	António	Brandão	08-09-92	ACBU	2 mf1	Pombal	23.01
7,08		Fernandes			5	Espinho	06.02
7,09		Brandão			5	Pombal	23.01
7,09		Fernandes			4 mf2	Espinho	06.02
7,09	Samuel	Remédios			1 s1-ex	Alpiarça	20.02
7,10	Célio	Inácio	ANG 10-06-91	FCP	2 s5	Braga	12.12.2009
(10)							
7,11	Artur	Koshchuk	UKR 05-03-94	JV	4 s1	Pombal	13.02
7,13	Diogo Filipe	Santos	03-05-91	FCP	3 s5	Braga	12.12.2009
7,13	André	Marques	20-11-92	UDZA	1 s2	Alpiarça	20.02
7,14	João	Lopes Rocha	15-04-92	SLB	4 mf1	Pombal	23.01
7,14	António	Vieira	05-11-93	GAF	1 s3-ex	Alpiarça	06.03
7,16	André	Costa	09-05-92	GDRCC	4 mf3	Pombal	23.01
7,16	Francisco	Casegas	07-01-92	CASM	6 mf1	Espinho	06.02
7,18	Bruno	Duarte	16-07-92	CPC	6 mf2	Espinho	06.02
7,19	Daniel	Mimoso	05-07-93	ACDRA	2A	Pombal	16.01
7,20	João	Portela	25-07-92	ADREP	Hep	Espinho	26.12.2009
(20)							
7,22	José	Viegas	01-03-93	GJPB	3	Espinho	09.01
7,22	Pedro	Lopes	04-07-92	JV	1B	Pombal	16.01
7,22	Valter	Pinto	19-01-93	ADCPF	3 el1	Pombal	23.01
7,22	Paulo	Ceita	STP 22-06-92	SLB	2 el3	Pombal	23.01
7,22	Pedro	Pinto Machado	14-11-91	FCP	4 s2	Espinho	31.01
7,23	Filipe	Santos	17-04-93	JOMA	1 s1-ex	Alpiarça	06.03
7,27	João	Marques	23-03-92	JV	3 el1	Pombal	20.02
7,27	Sérgio	Mendes	09-01-93	GDE	2 s3-ex	Alpiarça	06.03

7,28	Ricardo	Pinto	18-04-93	GRQL	5 el2	Pombal	23.01
7,30	Ricardo	Barros	12-01-93	FCP	1 s6	Braga	12.12.2009
(30)							
7,31	Ricardo	Santos	01-05-92	CBF	2A	V.R.S.Amtónio	16.01
7,32	Ariel	Pereira	30-01-92	ADREP	5 s2	Espinho	31.01
7,33	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	09.01
7,35	António	Jesus	23-03-92	GDE	4 el4	Pombal	23.01
7,35	Renato	Feliciano	22-04-93	CPA-S	2 s1	Pombal	30.01
7,36	Raúl	Fernandes	ANG 22-04-92	SCP	4 el7	Pombal	23.01
7,37	Edgar	Remédios	05-05-94	GAF	2	Alpiarça	05.12.2009
7,37	Filipe	Cunha	15-07-94	SLB	3 el6	Pombal	23.01
7,37	Miguel	Semião	05-09-93	AAPL	6 s2	Pombal	30.01
7,38	André Daniel	Moreira	29-07-92	FCP	7 s5	Braga	12.12.2009
(40)							
7,38	Bruno	Giesteira	21-01-93	SCB	1B	Braga	16.01
7,38	Miguel	Roque	19-04-92	AAC	1 el4	Pombal	16.01
7,38	Roberto	Antunes	21-04-92	JDN	5 el1	Pombal	23.01
7,38	Pedro	Ferreira	12-08-93	SUOV	5	Alpiarça	06.03
7,39	Luís	Camilo	10-10-92	CNRM	7-ex	Pombal	31.01
7,40	Bruno	Marques	30-04-92	NSF	4 el6	Pombal	23.01
7,41	Paulo	Oliveira	16-10-91	JDAL	1B	Pombal	12.12.2009
7,41	Fábio	Teixeira	91	CAMz-VC	1 el3	Braga	16.01
7,41	Diogo	Silva	07-11-91	CBF	3B	V.R.S.Amtónio	16.01
7,44	Diogo	Marques	93	CNRM	2 el2	Pombal	12.12.2009
(50)							
7,44	Luís	Silva	11-07-93	ESL	3 mf1	Espinho	09.01
7,44	Jorge	Lopes	93	ADA	8A	Braga	16.01
7,44	Sérgio	Paulo	14-06-92	GRQL	3 el2	Pombal	20.02

200 Metros (até 24,04/22,74) CNJ 23,3/23,54

22,08	Diogo Filipe	Santos	03-05-91	FCP	1 s1	Pombal	14.02
22,21		Santos			1 s5	Pombal	24.01
22,28		Santos			1 s2	Espinho	31.01
22,36	Bruno	Fernandes	26-05-91	SLB	3 s2	Espinho	28.02
22,37		Santos			4 s2	Espinho	28.02
22,38		Santos			1 s3	Espinho	07.02
22,42		Santos			1 s17	Espinho	02.01
22,42		Fernandes			3 s2	Pombal	14.02
22,52		Fernandes			3 s4	Espinho	07.02
22,58		Fernandes			2 s5	Pombal	24.01
22,62		Santos			1 el2	Braga	17.01
22,68	Tiago	Silvestre	18-06-91	SLB	3 s5	Pombal	24.01
22,68		Silvestre			1 s2	Espinho	07.02
22,77	António	Brandão	08-09-92	ACBU	1 s1	Espinho	07.02
22,80	Rui	Esteves	03-06-91	AAC	1 s1	Pombal	14.02
22,98	Edgar	Batista	12-07-91	ESCMOV	1 s1	Espinho	31.01
23,00	José	Viegas	01-03-93	GJPB	1 s2	Espinho	30.01
23,02	Nuno	Baptista	10-04-91	JOMA	2 s4	Pombal	24.01
23,04	Célio	Inácio	ANG 10-06-91	FCP	2 s17	Espinho	02.01
23,06	Samuel	Remédios	24-02-92	GAF	1 s1	Pombal	07.03
(10)							
23,07	Pedro	Lopes	04-07-92	JV	1 s1	Pombal	24.01
23,15	André	Marques	20-11-92	UDZA	2 s1	Pombal	24.01
23,26	Filipe	Cunha	15-07-94	SLB	1 s2	Pombal	24.01
23,37	Eliseu	Ribeiro	08-02-92	GJPB	2 s2	Pombal	24.01
23,41	Pedro	Pinto Machado	14-11-91	FCP	3 s17	Espinho	02.01
23,50	Miguel	Roque	19-04-92	AAC	1 s7	Espinho	02.01
23,52	João	Marques	23-03-92	JV	2 s1	Pombal	07.03
23,54	Miguel António	Silva	03-02-94	NAC	1 s1	Espinho	30.01
23,58	Daniel	Mimoso	05-07-93	ACDRA	3 s3	Pombal	24.01
23,66	Artur	Koshchuk	UKR 05-03-94	JV	1 s4	Pombal	17.01
(20)							
23,68	Sérgio	Paulo	14-06-92	GRQL	1 s1	Pombal	30.01
23,74	Francisco	Casegas	07-01-92	CASM	1 s1	Pombal	31.01
23,78	Miguel	Semião	05-09-93	AAPL	2 s1	Pombal	30.01
23,80	Sérgio	Mendes	09-01-93	GDE	3 s2	Pombal	24.01
23,81	João	Portela	25-07-92	ADREP	2 s4	Espinho	02.01
23,87	Ariel	Pereira	30-01-92	ADREP	3 s4	Espinho	02.01
23,89	Ricardo	Barros	12-01-93	FCP	1B	Braga	17.01
23,92	Luís	Camilo	10-10-92	CNRM	1 s4	Pombal	17.01
23,93	John	Martins	13-05-92	ADREP	1 s5	Espinho	02.01
23,97	Fernando	Almeida	10-10-92	GDE	4 s2	Pombal	24.01
(30)							
23,98	João	Nogueira	07-05-92	ADREP	2 s7	Espinho	02.01
23,98	Miguel	Cabral	15-04-94	CAS	s5-ex	Pombal	17.01
23,99	Kévin	dos Santos	20-03-93	ACV	1 s2	Pombal	07.03

24,01	Francisco	Mouraz	30-04-92	GS-RC	1 s4	Pombal	17.01
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300 Metros (até 40,64)

35,32	Diogo Filipe	Santos	03-05-91	FCP	1 s1	Braga	12.12.2009
37,34	Eliseu	Ribeiro	08-02-92	GJPB	1 s1	Espinho	27.12.2009
37,66	Jorge	Batista	06-06-91	ADREP	1 s2	Espinho	27.12.2009
37,79	Célio	Inácio	ANG 10-06-91	FCP	1 s2	Braga	12.12.2009
38,23	Pedro	Novais	20-07-93	EBPGS	1 s1	Braga	30.01
38,28	Francisco	Évora	11-12-91	Lavra	2 s2	Espinho	27.12.2009
38,41	Cláudio	Ferreira	94	ACBU	1 s3	Espinho	27.12.2009
38,55	Diogo	Miranda	31-07-92	CCDR	1 s4	Braga	12.12.2009
38,67	André Daniel	Moreira	29-07-92	FCP	1 s3	Braga	12.12.2009
38,74	Rui	Matos	09-09-92	CENAP	3 s2	Espinho	27.12.2009
(10)							
38,79	José	Viegas	01-03-93	GJPB	4 s1	Espinho	27.12.2009
38,83	Tomás	Baptista	21-12-92	ESCMOV	2 s3	Braga	12.12.2009
39,00	Diogo	Machado	20-12-93	Lavra	1 s6	Espinho	27.12.2009
39,04	Duarte	Silva	05-10-92	CCDR	2 s6	Braga	12.12.2009
39,13	António	Brandão	08-09-92	ACBU	5 s1	Espinho	27.12.2009
39,17	Marcelino	Vieira	08-10-91	SCB	2 s4	Braga	12.12.2009
39,18	José	Macedo	21-06-94	JUNI	2 s1	Braga	30.01
39,21	Francisco	Araújo	28-11-93	EBPGS	3 s1	Braga	30.01
39,26	Sérgio	Silva	31-07-92	CENAP	4 s2	Espinho	27.12.2009
39,39	Ruben	Oliveira	21-11-93	GDL	1 s4	Espinho	27.12.2009
(20)							
39,50	Daniel	Santos	23-04-93	NAC	3 s3	Espinho	27.12.2009
39,56	Miguel António	Silva	03-02-94	NAC	1 s8	Espinho	27.12.2009
39,66	José Filipe	Rodrigues	93	EBPGS	1 s2	Braga	30.01
39,76	Miguel	Oliveira	25-03-93	MAC	1 s5	Braga	12.12.2009
39,83	João	Pacheco	01-01-93	SCB	4 s1	Braga	30.01
39,87	Patrick	Correia	12-10-91	CCSJM	2 s4	Espinho	27.12.2009
40,03	Roberto Filipe	Nascimento	01-02-93	JAM	2 s6	Espinho	27.12.2009
40,18	Ivo Duarte	Pais	17-12-93	NAC	4 s3	Espinho	27.12.2009
40,20	Carlos	Graça	14-05-94	GRECAS	3 s6	Espinho	27.12.2009
40,21	Rafel	Pinto	92	GCDS	2 s8	Espinho	27.12.2009
(30)							
40,40	Ricardo	Ferreira	24-04-95	SCB	1 s1	Braga	30.01
40,55	Ruben	Carneiro	92	GCDS	3 s8	Espinho	27.12.2009

Com marcas manuais

39,5	Ivan	Mendes	31-03-93	2AP	1 s1	Pombal	05.12.2009
39,7	Joel	Gomes	06-07-94	ACV	1 s4	Pombal	05.12.2009
40,0	João	Pereira	14-04-93	CAMG-I	2 s1	Pombal	05.12.2009
40,3	Christophe	Capitão	15-10-93	JV	3 s1	Pombal	05.12.2009
40,3	David	Mota	11-10-93	JV	1 s2	Pombal	05.12.2009

Atletas Juniores até 31-12-2009

37,35	Luís	Oliveira Phalempin	12-11-90	CCSJM	2 s1	Espinho	27.12.2009
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400 Metros (até 53,84/50,64) CNJ 52.0/52,14

49,23	Paulo	Pinto	03-05-91	FCP	4 s4	Espinho	06.02
49,40		Pinto			1	Espinho	28.02
49,48		Pinto			2 s2	Pombal	13.02
49,64	Diogo Filipe	Santos	03-05-91	FCP	1 s2	Espinho	31.01
49,79		Pinto			1 s2	Pombal	09.01
49,94	Diogo F.	Santos			2 s1	Pombal	20.02
49,94	Diogo F.	Santos			1 s1	Pombal	21.02
49,96		Pinto			3 s1	Pombal	20.02
50,06		Pinto			1 s3	Pombal	23.01
50,08	Diogo F.	Santos			1 s3	Espinho	06.02
50,13	Diogo F.	Santos			2 s2	Pombal	09.01
50,13	José	Miranda	22-08-91	SLB	2 s3	Pombal	23.01
50,45	Hugo	Santos	05-01-91	CAR-S	3 s2	Pombal	31.01
50,50	Hugo	Santos			3 s3	Pombal	23.01
50,58	Diogo F.	Santos			4 s3	Pombal	23.01
50,82	Jorge	Batista	06-06-91	ADREP	1 s2	Espinho	06.02
51,04	Hugo	Silva	04-01-91	CSM	2 s2	Espinho	06.02
51,19	André	Marques	20-11-92	UDZA	2 s2	Pombal	23.01
51,25	Róberto	Nóbrega	31-05-92	ADRAP	3 s2	Espinho	06.02
51,27	Thibaut	Junqueira	17-02-92	2AP	1 s1	Espinho	06.02
51,76	Miguel	Roque	19-04-92	AAC	3 s2	Pombal	23.01
(10)							

51,81	Rui	Matos	09-09-92	CENAP	4 s1	Espinho	06.02
52,03	Eliseu	Ribeiro	08-02-92	GJPB	2 s1	Espinho	16.01
52,15	Diego	Mateus Manjate	MOZ 16-08-91	FCP	3	Braga	16.01
52,23	António	Jesus	23-03-92	GDE	1 s1	Pombal	13.02
52,29	Miguel António	Silva	03-02-94	NAC	2 s1	Espinho	13.02
52,31	John	Martins	13-05-92	ADREP	2 s1	Espinho	09.01
52,40	David	Santinho	28-08-91	GDRCC	2 s1	Pombal	23.01
52,57	Diogo	Miranda	31-07-92	CCDR	4	Braga	16.01
52,58	Kevin	Gaspar	15-03-91	ACV	1 s3	Pombal	16.01
52,86	Francisco	Évora	11-12-91	Lavra	2 s2-ex	Espinho	09.01
(20)							
52,88	Miguel	Cabral	15-04-94	CAS	3 s3	Pombal	20.02
52,89	António	Almeida	07-01-92	CNRM	3 s1	Pombal	13.02
53,29	Sérgio	Paulo	14-06-92	GRQL	4 s3	Pombal	20.02
53,61	Fábio	Oliveira	09-01-92	CPA-S	3 s1	Pombal	30.01

Com marcas manuais

52,5	Francisco	Évora	11-12-91	Lavra	2 s1	Espinho	26.12.2009
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800 Metros (até 2.04,00/1.55,0) CNJ 2.04,00

1.52,91	Jorge	Batista	06-06-91	ADREP	2 s4	Espinho	07.02
1.53,42		Batista			5	Pombal	20.02
1.54,45		Batista			1	Espinho	31.01
1.56,27	Hugo	Santos	05-01-91	CAR-S	6 s4	Espinho	07.02
1.56,28	Paulo	Pinto	03-05-91	FCP	1 s3	Espinho	07.02
1.56,75	Thibaut	Junqueira	17-02-92	2AP	2 s1	Pombal	17.01
1.56,88	Diego	Mateus Manjate	MOZ 16-08-91	FCP	6	Pombal	14.02
1.58,47	Ricardo Alexandre	Fernandes	04-07-91	JV	1 s2	Espinho	07.02
1.58,63	José	Rocha	17-08-92	CENAP	4 s4	Pombal	24.01
1.58,70	Emanuel	Loureiro	17-05-92	OCL	4	Pombal	30.01
1.58,93	Hugo	Coutinho	12-03-93	AAPL	1 s3	Pombal	24.01
1.59,12	João	Bernardo	06-09-93	GS-RC	3 s2	Pombal	20.02
(10)							
1.59,13	Luís	Fernandes	11-12-93	LPSC	2 s3	Pombal	24.01
1.59,20	José	Martins	10-02-92	SLB	2 s2	Espinho	07.02
1.59,67	Diogo Mesquita	Santos	27-09-92	SLB	3 s3	Pombal	24.01
1.59,76	Samuel	Barata	19-07-93	GDACB	7 s4	Pombal	24.01
1.59,90	Luís	Silva	23-12-92	SLB	1 s2	Pombal	24.01
2.00,08	Rui	Matos	09-09-92	CENAP	2 s1	Espinho	10.01
2.00,24	David	Santinho	28-08-91	GDRCC	2 s1	Espinho	07.02
2.01,07	Ricardo	Coroa	18-10-91	FCP	2 s2	Pombal	24.01
2.01,32	Daniel	Fortes	29-05-91	GRQL	7	Pombal	30.01
2.01,35	Kevin	Gaspar	15-03-91	ACV	6	Pombal	31.01
(20)							
2.01,58	Sérgio	Pinho	30-07-92	NSSMSM	5 s2	Espinho	07.02
2.01,65	Eusébio	Oliveira	20-07-93	ADAM	6 s1	Braga	17.01
2.01,74	Francisco	Rodrigues	24-05-95	GRAC	1	Braga	06.02
2.02,12	Tiago	Silva	07-11-92	SLB	1 s1	Pombal	24.01
2.02,32	Fábio	Silva	11-11-91	GRECAS	7 s1	Espinho	17.01
2.02,90	Pedro	Vieira	27-01-92	ADREP	1 s2	Espinho	17.01
2.02,92	Dinarte	Gomes	11-05-91	AJS	5 s2	Pombal	24.01
2.02,93	João	Pires	09-03-92	GJPB	6 s3	Pombal	24.01
2.03,46	Paulo	Mendes	92	GDUC	2 s2	Braga	17.01
2.03,50	José	Rocha	17-08-92	CENAP	8 s1-ex	Espinho	17.01
(30)							
2.03,64	Homilizio	Santos	STP 10-07-92	SLB	3 s1	Pombal	24.01
2.03,72	Adrião	Rodrigues	16-03-93	NAC	1	Espinho	02.02
2.03,78	João	Cruz	12-04-94	MAC	4 s1-ex	Braga	20.12.2009
2.03,84	Pedro	Amaral	14-09-91	GRECAS	5 s1-ex	Braga	20.12.2009
2.03,84	Davide	Caetano	07-06-94	CBF	4 s1	Pombal	24.01

1000 Metros (até 2.48,00)

2.32,10	Jorge	Batista	06-06-91	ADREP	1 s1	Espinho	26.12.2009
2.37,59	André	Silva	31-05-92	LFC-F	2-ex	Braga	19.12.2009
2.38,29	Eusébio	Oliveira	20-07-93	ADAM	1 s1	Braga	19.12.2009
2.40,23	João	Pires	09-03-92	GJPB	7 s1	Espinho	26.12.2009
2.40,33	João	Cruz	12-04-94	MAC	2 s1	Braga	19.12.2009
2.40,82	Rui	Matos	09-09-92	CENAP	8 s1	Espinho	26.12.2009
2.40,88	Ricardo	Coroa	18-10-91	FCP	3-ex	Braga	19.12.2009
2.40,96	Adrião	Rodrigues	16-03-93	NAC	9 s1	Espinho	26.12.2009
2.41,38	Tiago	Silva	07-11-92	SLB	10 s1	Espinho	26.12.2009
2.41,44	Francisco	Rodrigues	24-05-95	GRAC	1 s1	Braga	19.12.2009
(10)							
2.43,75	André	Nadais	28-09-92	ARAC	2 s2	Espinho	26.12.2009

2.44,06	Fernando	Serrão	03-04-93	UDCA	3 s1	Braga	19.12.2009
2.44,35	Paulo	Ferreira	29-06-94	ARAC	3 s2	Espinho	26.12.2009
2.44,68	Tiago	Silva	07-05-94	NAC	4 s2	Espinho	26.12.2009
2.43,56	Tiago	Ferreira	29-10-91	CFUL	Hep	Espinho	27.12.2009
2.45,84	John	Martins	13-05-92	ADREP	Hep	Espinho	27.12.2009
2.45,84	Nuno	Pinho	25-09-92	JAM	Hep	Espinho	27.12.2009
2.46,37	Kevin	Gaspar	15-03-91	ACV	Hep	Pombal	27.12.2009

1500 Metros (até 4.16,00/4.00,00) CNJ 4.15,00

3.52,81	Rui	Pinto	18-11-92	UDV	6	Espinho	27.02
3.54,34		Pinto			1 s2	Pombal	23.01
3.58,65	José	Costa	30-04-91	FCP	4	Espinho	06.02
3.58,89	Rúben	Felizardo	17-06-91	CAS	5	Pombal	13.02
3.59,08		Felizardo			5	Espinho	06.02
3.59,47	Nuno	Santos	07-01-92	ARCVR	2 s2	Pombal	23.01
3.59,96	Ricardo Alexandre	Fernandes	04-07-91	JV	8	Espinho	06.02
4.01,63	Jorge	Batista	06-06-91	ADREP	2 s1	Espinho	02.01
4.02,63	Diogo	Lourenço	23-01-92	CAOV	7 s1	Braga	16.01
4.04,04	Diego	Mateus Manjate	16-08-91	FCP	5 s2	Pombal	23.01
4.05,93	João	Leal	04-04-91	JV	1 s1	Pombal	23.01
4.06,21	João	Pires	09-03-92	GJPB	4	Espinho	30.01
(10)							
4.06,36	André	Silva	31-05-92	LFC-F	2 s1	Braga	06.02
4.06,69	Manuel	Fernandes	16-03-92	CSM	7 s2	Pombal	23.01
4.07,58	João	Bernardo	06-09-93	GS-RC	2 s1	Pombal	23.01
4.07,98	Adrião	Rodrigues	16-03-93	NAC	1	Espinho	13.02
4.08,30	Emanuel	Loureiro	17-05-92	OCL	8 s2	Pombal	23.01
4.08,41	Joaquim	Sousa	04-01-91	CBPAR	3 s1	Braga	06.02
4.08,56	Luis Miguel	Borges	04-10-94	CBPAR	4 s1	Braga	06.02
4.08,98	Emanuel	Rolim	03-01-93	SLB	9 s2	Pombal	23.01
4.09,39	João	Cruz	12-04-94	MAC	2 s2	Braga	16.01
4.09,56	Luis	Fernandes	11-12-93	LPSC	3 s1	Pombal	23.01
(20)							
4.10,02	Ricardo	Teixeira	05-09-92	FCP	3 s2	Braga	16.01
4.10,59	Fábio	Silva	11-11-91	GRECAS	1 s2	Espinho	02.01
4.11,66	Ricardo	Coroa	18-10-91	FCP	11 s2	Pombal	23.01
4.12,3	Hugo	Santos	05-01-91	CAR-S	1 s1	Pombal	12.12.2009
4.13,91	José	Martins	10-02-92	SLB	6 s1	Pombal	23.01
4.14,02	Pedro	Santos	09-10-92	JV	2 s2	Pombal	16.01
4.14,05	Nuno	Pinho	25-09-92	JAM	3	Espinho	13.02
4.14,11	Dinarte	Gomes	11-05-91	AJS	7 s1	Pombal	23.01
4.14,12	Tiago	Silva	07-05-94	NAC	4	Espinho	13.02
4.14,90	Samuel	Barata	19-07-93	GDACB	1 s1	Pombal	16.01
(30)							
4.15,1	José Miguel	Neves	09-07-92	JV	2 s1	Pombal	12.12.2009

Milha

4.35,14	Francisco	Rodrigues	24-05-95	GRAC	1	Braga	13.02
4.45,23	Helder	Costa	95	GRAC	2	Braga	13.02

3000 Metros (até 9.25,00/8.45,00) CNJ 9.20,00

8.22,69	José	Costa	30-04-91	FCP	1	Espinho	07.02
8.26,01	Nuno	Santos	07-01-92	ARCVR	5	Espinho	07.02
8.29,31		Costa			3	Pombal	14.02
8.29,69	Rui	Pinto	18-11-92	UDV	1	Pombal	24.01
8.33,33		Pinto			1-ex	Braga	20.12.2009
8.35,21		Santos			2	Pombal	24.01
8.37,36	Diogo	Lourenço	23-01-92	CAOV	2 s1	Braga	17.01
8.40,47		Costa			3	Pombal	24.01
8.40,85	Rúben	Felizardo	17-06-91	CAS	ex	Pombal	17.01
8.42,53		Felizardo			4	Pombal	24.01
8.43,12	Manuel	Fernandes	16-03-92	CSM	5	Pombal	24.01
8.43,36		Felizardo			11	Espinho	07.02
8.50,93	Adrião	Rodrigues	16-03-93	NAC	6	Pombal	24.01
8.52,57	Luis Miguel	Borges	04-10-94	CBPAR	7	Pombal	24.01
8.53,07	João	Leal	04-04-91	JV	8	Pombal	24.01
8.54,49	Fábio	Silva	11-11-91	GRECAS	9	Pombal	24.01
(10)							
8.54,83	Pedro	Santos	09-10-92	JV	4	Pombal	17.01
8.56,85	Gonçalo	Jesus	04-01-92	GS-RC	10	Pombal	24.01
8.59,32	André	Silva	31-05-92	LFC-F	4 s2	Braga	12.12.2009
9.01,69	Joaquim	Sousa	04-01-91	CBPAR	11	Pombal	24.01
9.09,70	José	Martins	10-02-92	SLB	12	Pombal	24.01
9.10,45	Pedro Miguel	Faria	29-10-92	FCV	1 s2	Braga	17.01
9.15,41	Tiago André	Pereira	21-10-92	CBF	13	Pombal	24.01
9.16,44	Ângelo	Ribeiro	18-06-93	GDUC	7 s2	Braga	12.12.2009
9.18,06	André	Nadais	28-09-92	ARAC	10 s1	Espinho	17.01
9.19,94	Paulo	Mendes	92	GDUC	2	Braga	13.02
(20)							

9.20,40	Fernando	Mendonça	06-06-93	AACC	14	Pombal	24.01
9.20,47	Nelson David	Cunha	20-09-91	UDV	3-ex	Braga	20.12.2009
9.22,29	Tiago	Ferreira	29-10-91	CFUL	1 s2	Espinho	17.01
9.23,30	João	Pires	09-03-92	GJPB	12 s1	Espinho	03.01

60 Metros Barreiras (1/0,99) (até 10,00/8,34) CNJ 9,6/9,84

8,19	André	Lima	19-04-91	SCP	1	Pombal	24.01
8,22	Hélio	Vaz	01-05-91	NDCG	1 el1	Pombal	24.01
8,26		Vaz			2	Pombal	24.01
8,28		Lima			1 el2	Pombal	24.01
8,31	Samuel	Remédios	24-02-92	GAF	3	Pombal	24.01
8,47	João	Fontela	07-08-91	CCSJM	4	Pombal	24.01
8,55	João	Lopes Rocha	15-04-92	SLB	1 el4	Pombal	24.01
8,58	Ricardo	Fernandes	CPV 01-01-91	JOMA	5	Pombal	24.01
8,59	João	Martins	25-02-92	CASM	3 s1-ex	Pombal	09.01
8,64	Tiago	Boucela	09-12-92	GRECAS	7	Pombal	24.01
8,66	André	Costa	09-05-92	GDRCC	1 s2-ex	Pombal	09.01
8,90	Ruben	Lopes	30-01-92	GRECAS	8	Pombal	24.01
(10)							
8,98	Bruno	Costa	03-05-92	FCP	2 s2-ex	Pombal	09.01
9,06	Miguel	Pedro	ANG 10-12-92	EBMDS	2 el2	Pombal	24.01
9,09	Duarte	Silva	05-10-92	CCDR	1-ex	Braga	09.01
9,09	Edgar	Azevedo	10-03-91	Lavra	2 el1	Pombal	24.01
9,10	Elton	Ingrês	02-04-91	CAMG-I	1	Pombal	13.12.2009
9,10	Pedro	Picado	08-09-92	JDN	3 el3	Pombal	24.01
9,12	John	Martins	13-05-92	ADREP	3 el2	Pombal	24.01
9,14	Jonhy	Machado	03-09-91	ADA	Hep	Braga	20.12.2009
9,17	Kévin	dos Santos	20-03-93	ACV	2	Pombal	13.12.2009
9,17	Carlos	Resende	10-09-92	NAC	4 el4	Pombal	24.01
(20)							
9,23	Ricardo	Mendes	30-05-94	JV	4 el2	Pombal	24.01
9,34	Eduardo	Domingues	03-09-92	ACV	Hep	Pombal	27.12.2009
9,35	Roman	Leyukh	UKR 26-10-92	A20Km	Hep	Pombal	27.12.2009
9,43	Anselmo	Ramos	06-05-92	CDP	Hep	Braga	20.12.2009
9,43	Francisco	Évora	11-12-91	Lavra	3 el5	Pombal	24.01
9,50	John	Martins	13-05-92	ADREP	Hep	Espinho	27.12.2009
9,61	Joaquim	Moreira	30-01-93	CDP	4 el5	Pombal	24.01
9,69	João	Bento	10-12-92	ACRDE	2 s2	Espinho	03.01
9,73	Pedro	Ferreira	02-11-92	CPA-S	2	Pombal	13.12.2009
9,76	João Paulo	Raposo	24-09-94	CEDA	3 el1	Pombal	24.01
(30)							
9,83	David Duarte	Henriques	28-05-92	CNRM	1 el1	Pombal	13.12.2009
9,84	Alexandre	Gameiro	04-05-92	CPA-S	3	Pombal	13.12.2009
9,92	João	Marques	23-03-92	JV	Hep	Pombal	27.12.2009
9,95	Miguel	Almeida	28-02-91	CPQR	5 el5	Pombal	24.01

60 Metros Barreiras (1,06) (até 10,24/8,74) CNJ 9,8/10,04

8,41	Hélio	Vaz	01-05-91	NDCG	2 el1	Espinho	28.02
8,43		Vaz			3	Espinho	28.02
8,49	Samuel	Remédios	24-02-92	GAF	3	Espinho	07.02
8,51		Remédios			Hep	Espinho	28.02
8,52	João	Fontela	07-08-91	CCSJM	4	Espinho	28.02
8,55		Remédios			2 el2	Pombal	17.01
8,56		Remédios			1-ex	Alpiarça	20.02
8,57		Remédios			2	Pombal	17.01
8,58		Fontela			1 el3	Espinho	28.02
8,59		Remédios			2 el3	Espinho	07.02
8,61		Fontela			2	Espinho	17.01
8,63		Fontela			2	Pombal	14.02
8,65	André	Costa	09-05-92	GDRCC	3 s2	Pombal	30.01
8,65		Fontela			3-ex	Pombal	20.02
8,66		Vaz			1 el1-ex	Espinho	17.01
8,67		Fontela			2 s2	Espinho	30.01
8,69		Costa			3 el1	Espinho	07.02
8,71		Remédios			Hep	Pombal	10.01
8,71		Fontela			4 s-ex	Espinho	30.01
8,72		Remédios			t	Alpiarça	19.12.2009
8,73		Fontela			2 el1	Espinho	17.01
8,73		Vaz			1-ex	Espinho	17.01
8,73		Fontela			7	Pombal	20.02
8,74		Fontela			2 s2	Pombal	09.01
8,77	João	Lopes Rocha	15-04-92	SLB	2 s-ex	Pombal	30.01
8,88	Ricardo	Fernandes	CPV 01-01-91	JOMA	6 s1	Pombal	09.01
8,89	João	Martins	25-02-92	CASM	4 s2	Pombal	09.01
8,99	Hugo	Silva	04-01-91	CSM	3	Pombal	14.02
9,08	Edgar	Azevedo	10-03-91	Lavra	1 s1	Espinho	31.01
9,13	Kévin	dos Santos	20-03-93	ACV	4	Pombal	31.01

(10)							
9,24	Roberto	Nascimento	01-02-93	JAM	3	Espinho	17.01
9,26	Bruno	Costa	03-05-92	FCP	2	Braga	17.01
9,33	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	10.01
9,33	Tiago	Boucela	09-12-92	GRECAS	4 el2	Espinho	07.02
9,35	Ricardo	Santos	01-05-92	CBF	Hep	Espinho	28.02
9,37	Ruben	Lopes	30-01-92	GRECAS	4 el5	Espinho	07.02
9,44	Carlos	Resende	10-09-92	NAC	5	Espinho	17.01
9,47	John	Martins	13-05-92	ADREP	2 s1	Espinho	31.01
9,48	Filipe	Morim	13-01-91	CDP	4 s2	Espinho	31.01
9,49	Duarte	Silva	05-10-92	CCDR	5 s2	Espinho	30.01
(20)							
9,54	João	Gonçalves	24-05-91	AJS	Hep	Espinho	28.02
9,62	Carlos	Patrício	20-03-91	OCL	4	Pombal	21.02
9,73	Tiago	Carvalho	08-07-92	CASM	6	Pombal	31.01
9,76	José Décio	Faria	23-07-91	AJS	Hep	Espinho	28.02
9,92	Roman	Leyukh	UKR 26-10-92	A20Km	5-ex	Alpiarça	20.02
10,07	Miguel Alexandre	Santos	25-02-94	CDQ	2	V.R.S.Amtónio	16.01
10,09	André	Silva	27-01-91	NSF	3	V.R.S.Amtónio	16.01
10,11	Roberto	Baptista	91	CAMz-VC	2	Braga	23.01
10,16	David Duarte	Henriques	28-05-92	CNRM	7	Pombal	31.01

Altura (até 1,77/1,98) CNJ 1,80

2,00	Rodolfo	Brites	27-03-91	GS-RC	1	Pombal	12.12.2009
2,00	Bruno	Costa	03-05-92	FCP	1	Pombal	23.01
1,98	Tiago	Boucela	09-12-92	GRECAS	2	Pombal	23.01
1,98		Boucela			1	Pombal	13.02
1,95	Pedro	Mossamedes	03-02-91	CAS	3	Pombal	23.01
1,95	Cláudio	Freixo	04-07-91	CASM	4	Pombal	31.01
1,92	Ricardo	Mendes	30-05-94	JV	t	Alpiarça	06.02
1,92	Paulo	Conceição	29-12-93	EBMDS	t	Alpiarça	06.02
1,90	Elton	Ingrês	02-04-91	CAMG-I	1	Óbidos	28.11.2009
1,89	Filipe	Grilate	28-12-91	EBMDS	4	Pombal	23.01
1,88	Pedro	Ferreira	12-08-93	SUOV	t	Espinho	23.01
(10)							
1,88	Samuel	Remédios	24-02-92	GAF	4	Pombal	30.01
1,88	Oscar	Vilaça	08-02-92	ESCMOV	4	Espinho	31.01
1,86	Luís	Santos	14-05-92	NACVS	Hep	Braga	19.12.2009
1,86	André	F. Santos	04-04-91	OCL	1	V.R.S.Amtónio	16.01
1,85	Fábio	Verde	21-02-93	ADA	1	Braga	19.12.2009
1,85	Ervin	Nongo	ANG 29-09-92	SLB	10	Alpiarça	10.01
1,84	José Rafael	Vilas Boas	01-02-95	SCB	1	Braga	30.01
1,83	Jonhy	Machado	03-09-91	ADA	Hep	Braga	19.12.2009
1,81	João	Bento	10-12-92	ACRDE	6	Espinho	02.01
1,81	Francisco	Cordoeiro	09-05-92	ESCMOV	Hep	Pombal	09.01
(20)							
1,80	Henrique	Marques	22-06-93	GS-RC	2	Pombal	05.12.2009
1,80	Daviney	Ponces	STP 10-08-93	EBMDS	t	Alpiarça	19.12.2009
1,80	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	26.12.2009
1,80	Hélder	Pinto	07-04-93	SCB	7	Espinho	30.01
1,79	Ricardo	Silva	16-11-93	ACV	t	Pombal	26.12.2009
1,77	Tiago	Pereira	07-01-93	EBMDS	t	Alpiarça	19.12.2009
1,77	Ruben	Lopes	30-01-92	GRECAS	Hep	Espinho	26.12.2009

Vara (até 3,00/4,40) CNJ 3,30

4,48	Ruben	Miranda	10-06-93	SLB	4	Espinho	27.02
4,26	Luís	Ferreira	27-01-92	JV	1	Pombal	24.01
4,20	Ricardo	Santos	01-05-92	CBF	Hep	Espinho	28.02
4,14	Sérgio	Teixeira	10-01-91	ESCMOV	3	Pombal	24.01
4,02	José Décio	Faria	23-07-91	AJS	4	Pombal	24.01
3,90	Ricardo	António	26-10-91	ACV	7	Pombal	20.02
3,80	Moisés	Freitas	12-08-91	GDE	6	Espinho	30.01
3,80	André	F. Santos	04-04-91	OCL	6	Pombal	30.01
3,70	José Miguel	Pereira	22-07-91	FCP	3	Espinho	02.01
3,60	Emanuel	Vitório Ângelo	18-05-91	OCL	7	Pombal	24.01
(10)							
3,60	Renato	Araújo	08-09-93	AJS	9	Pombal	24.01
3,45	Rodolfo Filipe	Brito	06-03-93	CBF	11	Pombal	24.01
3,45	João	Gonçalves	24-05-91	AJS	12	Pombal	24.01
3,45	Celso	Almeida	21-11-93	GRECAS	13	Pombal	24.01
3,40	Alexandre	Gameiro	04-05-92	CPA-S	7	Pombal	30.01
3,40	Anselmo	Ramos	06-05-92	CDP	5	Espinho	31.01
3,30	Jorge	Almeida	17-01-91	GRECAS	6	Espinho	02.01
3,20	Ricardo	Silva	16-11-93	ACV	3	Pombal	13.12.2009
3,00	Bruno	Silva	24-05-92	JV	4	Pombal	13.12.2009
3,00	Francisco	Cordoeiro	09-05-92	ESCMOV	Hep	Pombal	10.01
(20)							

3,00	Pedro M.	Soares	19-06-93	CAMG-I	6	Pombal	17.01
3,00	Bruno	Costa	03-05-92	FCP	Hep	Espinho	28.02

Comprimento (até 6,15/6,80) CNJ 6,25

7,15	João	Lopes Rocha	15-04-92	SLB	2	Espinho	07.02
7,07	José Miguel	Pereira	22-07-91	FCP	5	Espinho	07.02
6,98		Lopes Rocha			2	Pombal	20.02
6,97		Pereira			1	Pombal	24.01
6,90		Pereira			3	Alpiarça	10.01
6,90		Pereira			1	Pombal	21.02
6,89		Lopes Rocha			2	Pombal	24.01
6,89	Raúl	Fernandes	ANG 22-04-92	SCP	6	Espinho	07.02
6,88		Fernandes			3	Pombal	24.01
6,87		Lopes Rocha			5	Espinho	28.02
6,84		Pereira			1	Braga	17.01
6,80	Pedro	Ferreira	12-08-93	SUOV	1	Pombal	17.01
6,77	Bruno	Costa	03-05-92	FCP	Hep	Espinho	27.02
6,67	Hugo	Espírito Santo	30-05-93	SCP	5	Pombal	24.01
6,64	Artur	Koshchuk	UKR 05-03-94	JV	5	Pombal	13.02
6,58	Samuel	Remédios	24-02-92	GAF	4	Pombal	17.01
6,45	Manuel	Ricardo	06-03-91	CBF	6	Pombal	24.01
6,43	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	26.12.2009
(10)							
6,38	Pedro	Pinto Machado	14-11-91	FCP	8	Pombal	24.01
6,37	Elton	Ingrês	02-04-91	CAMG-I	1	Pombal	13.12.2009
6,35	João	Frias	09-01-91	ADRAP	4	Espinho	30.01
6,32	Pedro	Mossamedes	03-02-91	CAS	ex	Pombal	17.01
6,31	Tiago	Boucela	09-12-92	GRECAS	Hep	Espinho	26.12.2009
6,30	Frederico	Eusébio	STP 27-10-92	JOMA	11	Pombal	24.01
6,29	Francisco	Cordoeiro	09-05-92	ESCMOV	5	Braga	17.01
6,27	Rui	Esteves	03-06-91	AAC	7	Pombal	21.02
6,22	Ricardo	Pinto	18-04-93	GRQL	8	Pombal	30.01
6,16	Eduardo	Ribeiro	14-09-93	GDL	1	Espinho	10.01

Triplo (até 12,50/14,00) CNJ 12,70

14,80	José Miguel	Pereira	22-07-91	FCP	1	Pombal	23.01
14,42		Pereira			1	Braga	16.01
14,39	Frederico	Eusébio	STP 27-10-92	JOMA	2	Pombal	23.01
14,34		Eusébio			6	Espinho	06.02
14,10		Pereira			6	Pombal	14.02
14,04	Bruno	Costa	03-05-92	FCP	7	Espinho	06.02
14,01		Costa			3	Braga	16.01
13,73	José Décio	Faria	23-07-91	AJS	4	Pombal	23.01
13,65	Tiago	Boucela	09-12-92	GRECAS	2	Espinho	03.01
13,60	André	Costa	09-05-92	GDRCC	6	Pombal	30.01
13,49	Pedro	Ferreira	12-08-93	SUOV	1	Alpiarça	06.03
13,43	Renato	Araújo	08-09-93	AJS	2	Alpiarça	06.03
13,13	João	Moniz	17-11-94	JV	1	Pombal	05.12.2009
13,08	Simão	Viveiros	29-11-92	GDE	6	Pombal	23.01
(10)							
13,08	Joel	Pereira	14-02-95	GAF	1	Alpiarça	13.02
13,08	Renato	Feliciano	22-04-93	CPA-S	3	Alpiarça	06.03
13,08	André	Luz	21-01-93	SLB	4	Alpiarça	06.03
13,03	Miguel	Guerreiro	03-07-92	JDAL	4	Pombal	31.01
13,01	Samuel	Remédios	24-02-92	GAF	8	Pombal	30.01
13,00	Rodolfo	Brites	27-03-91	GS-RC	2	Pombal	12.12.2009
12,98	Ricardo	Pinto	18-04-93	GRQL	9	Pombal	30.01
12,96	Ernest	Kibungo	CGO 03-07-92	ACV	1	Pombal	12.12.2009
12,89	Eduardo	Domingues	03-09-92	ACV	3	Pombal	16.01
12,89	Tiago	Dias	14-01-94	MAC	1	Braga	30.01
(20)							
12,87	Anselmo	Ramos	06-05-92	CDP	14	Espinho	06.02
12,86	Eduardo	Ribeiro	14-09-93	GDL	2	Espinho	09.01
12,84	Pedro	Pereira	30-08-91	CAOV	7	Braga	16.01
12,73	David	Breda	04-06-91	ADREP	4	Espinho	03.01
12,72	Ruben	Pereira	31-08-93	FCCL	3	Espinho	09.01
12,71	Ricardo	Mendes	30-05-94	JV	2	Pombal	05.12.2009
12,66	Francisco	Serafim	92	ACDRA	4	Pombal	16.01
12,64	Filipe	Ramos	25-09-91	GCB	9	Braga	16.01
12,63	Pedro	Pires	04-01-91	Lavra	7	Espinho	31.01
12,50	Pedro	Mossamedes	03-02-91	CAS	ex	Pombal	16.01

Atletas Juniores até 31-12-2009

13,16	Pedro	Gonçalves	08-12-90	ESCMOV	1-ex	Braga	20.12.2009
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Peso (6) (até 10,50/14,40) CNJ 12,00							
16,22	Adriano	Lopes	22-10-91	FCP	1	Braga	23.01
16,22		Lopes			1	Pombal	24.01
14,90		Lopes			1	Braga	12.12.2009
14,81	Tsanko	Amavdov	BUL 14-03-92	SLB	2	Pombal	24.01
14,25	Bernardo	Santos Lopes	26-01-93	JV	3	Pombal	24.01
14,18	Tiago	Nascimento	04-09-92	QFC	4	Pombal	24.01
13,86	Renato	Costa	24-11-91	SLB	5	Pombal	24.01
13,34	Tiago	Pereira	15-01-91	JV	2	Pombal	13.12.2009
13,13	Daniel	Nobre	31-08-93	GRQL	7	Pombal	24.01
13,04	Tiago	Aperta	15-01-92	SLB	8	Pombal	24.01
12,28	Ricardo	Carrilho	29-01-93	A20Km	9	Pombal	24.01
12,25	Carlos	Bornes	09-04-94	GS-RC	1	Pombal	13.12.2009
(10)							
12,18	Fábio	Rodrigues	25-03-92	ADREP	Hep	Espinho	26.12.2009
12,12	Hélder	Martins	30-03-92	CDCNAV	10	Pombal	24.01
11,94	João	Fernandes	03-03-91	SLB	11	Pombal	24.01
11,84	Sérgio	Paulo	14-06-92	GRQL	ex	Alpiarça	13.02
11,83	Pedro	Vicente	31-08-91	GAF	1	Alpiarça	13.02
11,79	Carlos	Bornes	09-04-94	GS-RC	12	Pombal	24.01
11,78	Gonçalo	Gonçalves	16-01-93	JDAL	13	Pombal	24.01
11,77	Michael	Fonseca	15-01-93	JDAL	14	Pombal	24.01
11,65	Humberto	Oliveira	13-09-91	GAF	2	Pombal	13.12.2009
11,64	Pedro	Vicente	31-08-91	GAF	3	Pombal	13.12.2009
(20)							
11,33	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	26.12.2009
11,28	Samuel	Remédios	24-02-92	GAF	3	Alpiarça	13.02
11,27	Pedro	Faria	29-01-94	CDP	16	Pombal	24.01
10,87	John	Martins	13-05-92	ADREP	Hep	Espinho	26.12.2009
10,85	Jonhy	Machado	03-09-91	ADA	Hep	Braga	19.12.2009
10,81	André	Santos	29-10-92	CCDR	2	Braga	12.12.2009

Peso (7,26) (até 10,00/14,00)							
15,64	Francisco	Belo	27-03-91	JV	5	Espinho	28.02
15,56		Belo			4	Pombal	20.02
15,52		Belo			3	Pombal	14.02
15,49		Belo			1	Pombal	17.01
15,28		Belo			1	Pombal	21.02
15,25		Belo			2	Espinho	07.02
15,15	Adriano	Lopes	22-10-91	FCP	4	Espinho	07.02
15,02		Lopes			5	Pombal	14.02
14,99		Lopes			6	Espinho	28.02
14,87		Belo			2	Pombal	31.01
14,07	Tsanko	Amavdov	BUL 14-03-92	SLB	6	Pombal	20.02
12,52	Tiago	Pereira	15-01-91	JV	7	Espinho	07.02
12,11	Renato	Costa	24-11-91	SLB	ex	Espinho	10.01
11,92	Tiago	Nascimento	04-09-92	QFC	9	Espinho	07.02
11,05	Ernest	Kibungo	CGO 03-07-92	ACV	Hep	Pombal	09.01
11,01	Fábio	Rodrigues	25-03-92	ADREP	5	Espinho	31.01
10,29	Francisco	Jorge	29-08-91	GCDS	2	Espinho	10.01
10,28	Hélder	Martins	30-03-92	CDCNAV	7	Braga	17.01
(10)							
10,27	Remi	Lima	26-11-92	CAMz-VC	5	Braga	06.02
10,25	Ricardo	Santos	01-05-92	CBF	Hep	Espinho	27.02
10,20	Samuel	Remédios	24-02-92	GAF	Hep	Espinho	27.02

Pentatlo Técnico Junior
60 m=Comp.=Peso(6)=60 Bar(1-0,99)=altura

Heptatlo Junior (até 2800) com barreiras de 1/0,99							
60 m=Comp.=Peso(6)=altura=60 Bar(1-0,99)=Vara=1000 m							
4385	Samuel	Remédios	24-02-92	GAF	2	Pombal	27.12.2009
4345	Bruno	Costa	03-05-92	FCP	1	Espinho	27.12.2009
4298	Tiago	Boucela	09-12-92	GRECAS	2	Espinho	27.12.2009
4286	Johny	Machado	03-09-91	ADA	1	Braga	20.12.2009
4048	John	Martins	13-05-92	ADREP	3	Espinho	27.12.2009
3711	Anselmo	Ramos	06-05-92	CDP	2	Braga	20.12.2009

3619	Duarte	Silva	05-10-92	CCDR	4	Braga	20.12.2009
			7,48-5,52-9,48-1,62-9,50-2,20-3.00,16				
3570	Francisco	Cordoeiro	09-05-92	ESCMOV	5	Braga	20.12.2009
			7,61-6,00-8,57-1,80-10,84-2,70-3.06,77				
3557	Roman	Leyukh	UKR 26-10-92	A20Km	3	Pombal	27.12.2009
			7,87-5,95-10,18-1,72-9,35-2,60-3.31,07				
3506	Alexandre	Gameiro	04-05-92	CPA-S	4	Pombal	27.12.2009
			7,81-5,35-8,36-1,60-10,17-3,00-2.54,31				
(10)							
3446	Eduardo	Domingues	03-09-92	ACV	5	Pombal	27.12.2009
			7,66-5,53-7,42-1,64-9,34-2,60-3.14,13				
3418	Ruben	Lopes	30-01-92	GRECAS	4	Espinho	27.12.2009
			7,73-5,85-9,16-1,77-9,20-x-3.19,59				
3261	João	Bento	10-12-92	ACRDE	5	Espinho	27.12.2009
			7,91-5,73-8,24-1,80-9,90-x-3.09,06				
2950	Fábio	Oliveira	09-01-92	CPA-S	10	Pombal	27.12.2009
			7,73-5,93-7,47-1,40-10,44-x-3.0393				
2924	Kevin	Gaspar	15-03-91	ACV	11	Pombal	27.12.2009
			7,69-4,81-6,81-1,52-10,67-x-2.46,37				
2869	Daniel	Soares	21-12-91	CSGaia	6	Braga	20.12.2009
			7,58-5,20-8,82-1,50-11,10-x-3.06,14				

Heptatlo Senior (até 2800) com barreiras de 1,06

60 m=Comp.=Peso(7)=altura=60 Bar(1,06)=Vara=1000 m

4480	Samuel	Remédios	24-02-92	GAF	5	Espinho	28.02
			7,19-6,52-10,20-1,80-8,51-2,90-3.01,88				
4323	Bruno	Costa	03-05-92	FCP	7	Espinho	28.02
			7,59-6,77-8,55-1,89-9,29-3,00-2.52,92				
4286		Remédios			4	Pombal	10.01
			7,15-6,22-8,79-1,87-8,71-2,60-3.01,88				
4280	Ricardo	Santos	01-05-92	CBF	8	Espinho	28.02
			7,49-5,74-10,25-1,74-9,35-4,20-3.05,49				
3955	André	F. Santos	04-04-91	OCL	7	Pombal	10.01
			7,70-5,80-8,87-1,81-10,59-3,70-2.52,71				
3828	João	Gonçalves	24-05-91	AJS	9	Espinho	28.02
			7,54-5,68-7,56-1,71-9,54-3,10-2.55,88				
3767	Ernest	Kibungo	CGO 03-07-92	ACV	8	Pombal	10.01
			7,33-5,11-11,05-1,75-9,33-2,30-3.08,25				
3602	Francisco	Cordoeiro	09-05-92	ESCMOV	10	Pombal	10.01
			7,51-5,97-7,09-1,81-10,38-3,00-3.13,82				
3425	Emanuel	Vitório Ângelo	18-05-91	OCL	12	Pombal	10.01
			7,85-5,37-8,64-1,63-10,95-3,30-2.59,76				
3410	Alexandre	Gameiro	04-05-92	CPA-S	13	Pombal	10.01
			7,72-5,54-7,38-1,69-11,64-3,20-2.53,35				
3373	José Décio	Faria	23-07-91	AJS	10	Espinho	28.02
			7,82-6,13-9,35-x-9,76-3,80-3.12,31				
(10)							
3017	Eduardo	Domingues	03-09-92	ACV	15	Pombal	10.01
			7,62-5,86-6,60-1,57-10,35-x-3.08,40				

5.000 Metros-Marcha (até 32.00,00/23.20,00) CNJ 25.30,00

22.37,34	Bruno	Gomes Pedro	12-10-93	GACV	1	Pombal	23.01
22.47,25	Diogo Duarte	Henriques	28-05-92	CNRM	2	Pombal	23.01
22.51,24		Henriques			2	Pombal	16.01
22.52,91	Samuel	Pereira	25-11-93	UAG	ex	Pombal	16.01
23.02,32		Henriques			5	Espinho	06.02
23.14,82		Pereira			3	Pombal	23.01
23.42,34	Diogo	Barreiros	05-11-92	CUAB	4	Pombal	23.01
24.11,57	Eduardo	Cardoso	09-03-92	CCDR	6	Pombal	13.02
24.27,48	Ricardo	Fernandes	10-07-92	JV	7	Espinho	06.02
24.57,25	Miguel	Carvalho	02-09-94	CNRM	6	Pombal	23.01
25.05,08	Pedro Miguel	Santos	15-11-92	CPC	7	Pombal	23.01
26.05,23	David	Mendes	30-07-91	SLB	8	Pombal	23.01
27.31,11	Samuel	Leal	12-09-92	NAC	2	Espinho	09.01
(10)							
28.48,40	Ruben	Castelo	26-07-93	A20Km	6	Pombal	16.01
29.33,97	Paulo	Cruz	09-11-94	ACRV	3	Espinho	09.01

4x200 metros

1.30,39			SLB	1 s4	Pombal	24.01
		Tiago Silvestre(91); José Miranda(91); Paulo Fernandes(91); Paulo Ceita*(92)				
1.30,98			FCP	2 s4	Pombal	24.01
		Ricardo Barros(93); Diogo Santos(91); Paulo Pinto(91); Pedro Machado(91)				
1.32,32			JV	3 s4	Pombal	24.01
		João Marques(92); João Moniz(94); Artur Koshchuk*(94); Pedro Lopes(92)				
1.33,64			ESCMOV	4 s4	Pombal	24.01

1.34,58	David Rego(91); Edgar Baptista(91); Tomás Baptista(92); Carlos Nascimento(94)	GDE	1 s3	Pombal	24.01
1.35,06	Sérgio Mendes(93); António Jesus(92); Paulo Ornelas(93); Fernando Almeida(92)	ADREP	3 s3	Espinho	07.02
1.35,25	John Martins(92); Ariel Pereira(92); João Nogueira(92); João Portela(92)	ACDRA	2 s3	Pombal	
1.36,14	João Tavares(92); Daniel Mimoso(93); Francisco Serafim(92); Alexandre Cardeira(94)	AAC	2 s2	Espinho	07.02
1.36,46	João Amado(91) ; Miguel Roque(92); Diogo Marques(91); Rui Esteves(91)	NSF	1 s1	Pombal	24.01
1.36,63	Ivo Martins(94); André Silva(91); Pedro Catulo(93); Bruno Marques(92)	CASM	3 s3	Pombal	09.01
(10)	Francisco Casegas(92); Tiago Carvalho(92); Miguel Carvalho(91); João Martins(92)				
1.37,41		UDZA	1 s2	Pombal	24.01
1.37,86	Francisco Villar(94); João Santos(93); Tiago Costa(93); André Marques(92)	ACV	2 s2	Pombal	24.01
1.38,10	Filipe Oliveira(91); João Ritto(92); João Marreiros(94); Kevin Santos(92); Joel Gomes(94)	AJS	2 s1	Pombal	24.01
1.38,82	João Gonçalves(91); Dinarte Gomes(91); Roberto Faria(91); Davide Teixeira(92)	GAF	s1-ex	Pombal	13.12.2009
1.39,12	António Vieira(93); Gil Conceição(93); Edgar Remédios(94); Samuel Remédios(92)	CNRM	1 s1	Pombal	13.12.2009
1.40,16	António Almeida(92); João Oliveira(94); Diogo Marques(93); David Henriques(92)	GJPB	3 s2	Pombal	24.01
1.40,36	José Viegas(93); Mário Marques(93); João Pires(92); Eliseu Ribeiro(92)	EBPGS	2	Braga	13.02
1.41,47	Francisco Araújo(93); José Rodrigues(93); Iuri Costa(93); Pedro Novais(93)	NAC	2 s2	Espinho	02.01
1.41,85	Ivo Pais(93); José Pinho(95); Daniel Santos(93); Miguel A. Silva(94)	GS-RC	1 s2	Pombal	13.12.2009
1.42,07	Miguel Nora(93); Malchel Serpa(94); José Ribeiro(93); Peter Ferreira(94)	CPA-S	5 s3	Pombal	09.01
(20)	Renato Feliciano(93); Rui Henriques(93); Bruno Estevão(93); Fábio Oliveira(92)				
1.42,56		CAR-S	2 s3	Pombal	13.12.2009
1.42,81	João Silva(93); Maryan Tereshkevych*(93); João Rodrigues(93); Hugo Santos(91)	GRECAS	4 s2	Espinho	02.01
1.44,68	Carlos Graça(94); Filipe Nogueira(93); Tiago Ladeira(94); Celso Almeida(93)	JDAL	1 s2	Pombal	13.12.2009
	Daniel Salvador(92); Sérgio Oliveira(91); Paulo Santana(93); Paulo Oliveira(91)				

4x400 metros

3.30,65		ADREP	3 s2	Espinho	28.02
3.38,87	João Nogueira(92); John Martins(92); Pedro Vieira(92); Jorge Batista(91)	NAC	2 s1	Espinho	10.01
3.44,57	Ivo Pais(93); Tiago Silva(94); Daniel Santos(93); Miguel A. Silva(94)	ACV	2 s1	Espinho	28.02
3.47,47	João Ritto(92); Eduardo Domingos(92); Joel Gomes(94); Kevin Santos(93)	JV	3 s1	Espinho	28.02
	David Mota(93); Artur Koshchuk*(94); Crisovão Capitão(93); João Moniz(94)				

Estafeta Sueca

2.15,12		ACRDE	2	Espinho	13.02
2.22,73	João Bento(92); Pedro Martins(93); Ricardo Ferreira(93); Ricardo Araújo(93)	AFIS	4	Espinho	13.02
2.22,80	Diogo Castro(95); Filipe Leite(95); Pedro Leal(94); Diogo Amaro(95)	CCDL	5	Espinho	13.02
	Ruben Costa(95); Rui Alves(95); Ricardo Marques(95); Eduardo Leça(97)				