

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



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MASCULINOS

JUVENIS

60 Metros (até 7,70/7,20)							
7,02	Carlos	Nascimento	12-10-94	ESCMOV	2 el1	Espinho	27.02
7,04		Nascimento			3	Espinho	28.02
7,07		Nascimento			4	Pombal	23.01
7,10		Nascimento			1-ex	Espinho	31.01
7,11		Nascimento			3 mf1	Pombal	23.01
7,11	Artur	Koshchuk	UKR 05-03-94	JV	4 s1	Pombal	13.02
7,12		Nascimento			2 s3	Pombal	09.01
7,12		Nascimento			3 s2	Espinho	31.01
7,13		Nascimento			1 el1	Braga	16.01
7,14		Nascimento			1 el5	Pombal	23.01
7,14	António	Vieira	05-11-93	GAF	1 s3-ex	Alpiarça	06.03
7,15		Koshchuk			5 mf1	Pombal	23.01
7,15		Vieira			1	Alpiarça	06.03
7,17		Koshchuk			3-ex	Pombal	31.01
7,17		Vieira			4	Alpiarça	13.02
7,19	Daniel	Mimoso	05-07-93	ACDRA	2A	Pombal	16.01
7,20		Vieira			2 s2	Alpiarça	20.02
7,22	José	Viegas	01-03-93	GJPB	3	Espinho	09.01
7,22	Valter	Pinto	19-01-93	ADCPF	3 el1	Pombal	23.01
7,23	Filipe	Santos	17-04-93	JOMA	1 s1-ex	Alpiarça	06.03
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
(10)							
7,35	Renato	Feliciano	22-04-93	CPA-S	2 s1	Pombal	30.01
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	Bruno	Giesteira	21-01-93	SCB	1B	Braga	16.01
7,38	Pedro	Ferreira	12-08-93	SUOV	5	Alpiarça	06.03
7,44	Diogo	Marques	93	CNRM	2 el2	Pombal	12.12.2009
7,44	Luis	Silva	11-07-93	ESL	3 mf1	Espinho	09.01
7,44	Jorge	Lopes	93	ADA	8A	Braga	16.01
7,45	Ricardo	Ferreira	11-02-95	SLB	3 s3-ex	Alpiarça	06.03
(20)							
7,48	Dylan	Silva	16-07-93	CAMG-I	3	Pombal	05.12.2009
7,48	Ivo Duarte	Pais	17-12-93	NAC	4 mf2	Espinho	09.01
7,48	José	Macedo	21-06-94	JUNI	2B	Braga	16.01
7,48	João	Maia	01-03-94	Lavra	2 s1	Espinho	31.01
7,50	André	Araújo	17-06-93	SCB	3	Braga	23.01
7,51	Henrique Pedro	Água-Doce	25-09-94	BNSC	5 s3-ex	Alpiarça	06.03
7,52	Miguel	Oliveira	26-03-93	MAC	5 el3	Braga	16.01
7,53	Paulo	Henriques	10-02-93	CLAC	3 el3	Pombal	12.12.2009
7,53	Roberto Filipe	Nascimento	01-02-93	JAM	4 s6	Braga	12.12.2009
7,53	Gonçalo	Encarnação	01-01-94	GRQL	3 s1	Pombal	30.01
(30)							
7,54	Jorge	Correia dos Santos	27-06-93	CBF	1B	V.R.S.Amtónio	16.01
7,54	Francisco	Villar	94	UDZA	3 s1	Pombal	31.01
7,54	Hélder	Pinto	07-04-93	SCB	1 s3	Braga	13.02
7,55	Davide	Caetano	07-06-94	CBF	4A	V.R.S.Amtónio	16.01
7,55	Carlos	Graça	14-05-94	GRECAS	1 s2-ex	Espinho	23.01
7,56	Erick	Oliveira	11-01-95	EBMDS	1	Alpiarça	06.03
7,57	Hugo	Espírito Santo	30-05-93	SCP	6 el7	Pombal	23.01
7,57	João	Taylor	24-01-95	CDFFXI	ta	Alpiarça	06.02
7,57	Ariclenes	Francisco	ANG 09-01-96	ACM-C	2	Alpiarça	06.03
7,58	Miguel António	Silva	03-02-94	NAC	4 el2	Espinho	16.01

PISTA COBERTA

juvenis

(40)							
7,58	Cláudio	Ferreira	94	ACBU	6 mf2	Espinho	16.01
7,58	Ruben	Oliveira	21-11-93	GDL	4 s1	Espinho	31.01
7,58	Cristian	Rosa	16-04-95	CNRM	3	Alpiarça	06.03
7,59	Kévin	dos Santos	20-03-93	ACV	3B	Pombal	12.12.2009
7,59	Francisco Gil	Azevedo	10-08-94	CAMz-VC	1 el4	Braga	16.01
7,59	Miguel	Cabral	15-04-94	CAS	el1-ex	Pombal	16.01
7,61	Alexandre	Cardeira	02-12-94	ACDRA	4	Pombal	05.12.2009
7,61	Ricardo	Bárbara	02-03-96	JV	4	Alpiarça	06.03
7,62	António	Ferreira	22-04-93	CFB	5 s-ex	Espinho	16.01
7,63	Francisco	Araújo	28-11-93	EBPGS	2 s7	Braga	12.12.2009
(50)							
7,63	João	Moniz	17-11-94	JV	2 el3	Pombal	12.12.2009
7,63	Fábio	Cunha	23-08-94	JUNI	1 s2	Braga	06.02
7,63	Guilherme	Marques	06-10-93	CLAC	2 s2-ex	Alpiarça	20.02
7,64	Maichel	Serpa	20-01-94	GS-RC	2 el5	Pombal	16.01
7,65	Pedro	Ferreira	21-02-96	Lavra	ta	Alpiarça	06.02
7,65	Alexandre	Piçarra	27-06-94	BNSC	7	Alpiarça	06.03
7,66	João	Pereira	14-04-93	CAMG-I	2 el1	Pombal	16.01
7,66	Tiago	Dias	14-01-94	MAC	3 s2	Braga	30.01
7,66	José Filipe	Rodrigues	93	EBPGS	4 s2	Braga	30.01
7,66	Gabriel	Henriques	21-02-95	GAF	1	Alpiarça	13.02
(60)							
7,67	Gustavo	Aguiar	10-05-93	GRECAS	8 mf1	Espinho	09.01
7,67	Ivo	Martins	21-02-94	NSF	4B	V.R.S.Amtónio	16.01
7,67	Pedro	Novais	20-07-93	EBPGS	3 el2	Braga	23.01
7,67	Ricardo	Carrilho	29-01-93	A20Km	2 s1	Alpiarça	20.02
7,68	Guilherme	Pires	01-12-94	SCA	6	Alpiarça	05.12.2009
7,69	Marco	Andrade	93	DE-ESEST	1 s2	Espinho	02.02

Atletas juvenis até 31-12-2009

7,12	Samuel	Remédios	24-02-92	GAF	1 el2	Pombal	12.12.2009
7,20	João	Portela	25-07-92	ADREP	Hep	Espinho	26.12.2009
7,27	André	Marques	20-11-92	UDZA	2	Alpiarça	05.12.2009
7,27	Pedro	Lopes	04-07-92	JV	2A	Pombal	12.12.2009
7,33	Ariel	Pereira	30-01-92	ADREP	Hep	Espinho	26.12.2009
7,35	João	Marques	23-03-92	JV	4A	Pombal	12.12.2009
7,38	André Daniel	Moreira	29-07-92	FCP	7 s5	Braga	12.12.2009
7,44	Luís	Camilo	10-10-92	CNRM	3	Alpiarça	05.12.2009

200 Metros (até 24,84/23,24)

23,00	José	Viegas	01-03-93	GJPB	1 s2	Espinho	30.01
23,12		Viegas			1 s1	Espinho	20.02
23,26	Filipe	Cunha	15-07-94	SLB	1 s2	Pombal	24.01
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
23,78	Miguel	Semião	05-09-93	AAPL	2 s1		
23,80	Sérgio	Mendes	09-01-93	GDE	3 s2	Pombal	24.01
23,89	Ricardo	Barros	12-01-93	FCP	1B	Braga	17.01
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
(10)							
24,05	Carlos	Nascimento	12-10-94	ESCMOV	1 s8-ex	Braga	20.12.2009
24,06	António	Vieira	05-11-93	GAF	3 s2	Pombal	30.01
24,10	Pedro	Novais	20-07-93	EBPGS	1 s1	Braga	13.02
24,11	João	Moniz	17-11-94	JV	1 s6	Pombal	17.01
24,23	José	Macedo	21-06-94	JUNI	1 s3	Braga	14.02
24,29	Diogo	Marques	93	CNRM	1 s7	Pombal	17.01
24,29	Bruno	Giesteira	21-01-93	SCB	3 s1	Espinho	30.01
24,31	Renato	Feliciano	22-04-93	CPA-S	2 s5	Pombal	17.01
24,31	Taras	Datsyuk	UKR 03-06-93	NDCG	3 s3-ex	Espinho	17.01
24,31	João	Pereira	14-04-93	CAMG-I	3 s1	Pombal	31.01
(20)							
24,42	André	Simões	93	ADREP	1 s3	Espinho	20.02
24,45	Edgar	Remédios	05-05-94	GAF	2 s7	Pombal	17.01
24,45	Francisco	Villar	94	UDZA	4 s2	Pombal	31.01
24,47	Luís	Silva	11-07-93	ESL	2 s8	Espinho	02.01
24,53	Cláudio	Ferreira	94	ACBU	1 s6	Espinho	17.01
24,55	Daniel	Silva	93	ACRDE	2 s3	Espinho	20.02
24,57	Ruben	Oliveira	21-11-93	GDL	4 s1	Espinho	20.02
24,60	Miguel	Oliveira	26-03-93	MAC	1 el12	Braga	17.01
24,65	Ivo Duarte	Pais	17-12-93	NAC	2 s2-ex	Espinho	24.01

24,66 (30)	Ricardo	Carrilho	29-01-93	A20Km	1 s8	Pombal	17.01
24,74	Carlos	Graça	14-05-94	GRECAS	1 s11	Espinho	02.01
24,76	Joel	Gomes	06-07-94	ACV	1 s11	Pombal	17.01
24,77	Hélder	Pinto	07-04-93	SCB	1 el7	Braga	17.01
24,78	Miguel	Costa	02-09-94	ADREP	1 s10	Espinho	02.01
24,80	Alexandre	Cardeira	02-12-94	ACDRA	2 s6	Pombal	13.12.2009
24,81	Francisco	Araújo	28-11-93	EBPGS	2 s9	Espinho	02.01
24,82	Henrique	Marques	22-06-93	GS-RC	2 s11	Espinho	02.01

Atletas juvenis até 31-12-2009

23,25	André	Marques	20-11-92	UDZA	1 s4	Pombal	13.12.2009
23,53	Pedro	Lopes	04-07-92	JV	1 s2	Pombal	13.12.2009
23,61	Miguel	Roque	19-04-92	AAC	2 el1	Pombal	13.12.2009

300 Metros (até 42,04/37,54)

38,23	Pedro	Novais	20-07-93	EBPGS	1 s1	Braga	30.01
38,41	Cláudio	Ferreira	94	ACBU	1 s3	Espinho	27.12.2009
38,79	José	Viegas	01-03-93	GJPB	4 s1	Espinho	27.12.2009
39,00	Diogo	Machado	20-12-93	Lavra	1 s6	Espinho	27.12.2009
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
39,39	Ruben	Oliveira	21-11-93	GDL	1 s4	Espinho	27.12.2009
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
(10)							
39,76	Miguel	Oliveira	26-03-93	MAC	1 s5	Braga	12.12.2009
39,83	João	Pacheco	01-01-93	SCB	4 s1	Braga	30.01
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
40,40	Ricardo	Ferreira	24-04-95	SCB	1 s1	Braga	30.01
40,55	Filipe	Rodrigues	93	EBPGS	1 s9	Braga	12.12.2009
40,69	Diogo	Cruz	94	CCDR	3 s8	Braga	12.12.2009
40,72	Iuri	Costa	93	EBPGS	2 s2	Braga	30.01
40,82	Flávio	Ferreira	11-02-94	ACBU	5 s3	Espinho	27.12.2009
(20)							
41,06	Eduardo	Ribeiro	14-09-93	GDL	4 s4	Espinho	27.12.2009
41,15	Gabriel	Fernandes	17-10-93	EBPGS	3 s2	Braga	30.01
41,18	João	Ferreira	12-04-94	CAC-VC	3 s5	Braga	12.12.2009
41,25	Nuno	Costa	05-11-94	CCDR	1 s3	Braga	30.01
41,52	André	Araújo	17-06-93	SCB	2 s3	Braga	30.01
41,63	Diogo	Araújo	08-02-95	EAMS	2 s1	Braga	30.01
41,84	Victor	Biru	93	GJPB	1 s5	Espinho	27.12.2009
41,87	João	Maia	01-03-94	Lavra	2 s7	Espinho	27.12.2009
41,89	Jorge	Vilar	02-09-93	DG	2 s5	Espinho	27.12.2009
41,93	Tiago André	Fonseca	21-02-93	Lavra	4 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
40,2	Miguel	Nora	11-10-93	GS-RC	1 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
40,6	Maichel	Serpa	20-01-94	GS-RC	1 s2	Pombal	05.12.2009
40,7	João Pedro	Santos	25-06-93	UDZA	ex	Pombal	05.12.2009
40,8	Daniel	Murraças	01-09-94	CAN	2 s2	Pombal	05.12.2009
40,8	Peter	Pereira	94	GS-RC	2 s1	Pombal	05.12.2009
41,2	Oleh	Palamarchuk	UKR 16-02-94	CAMG-I	4 s1	Pombal	05.12.2009
41,2	Tiago	Costa	17-06-93	UDZA	ex	Pombal	05.12.2009

Atletas juvenis até 31-12-2009

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
38,83	Tomás	Baptista	21-12-92	ESCMOV	2 s3	Braga	12.12.2009
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

400 Metros (até 55,00)

52,29	Miguel António	Silva	03-02-94	NAC	2 s1	Espinho	13.02
52,88	Miguel	Cabral	15-04-94	CAS	3 s3	Pombal	20.02
54,33	João	Moniz	17-11-94	JV	1 s7	Pombal	16.01
54,80	Pedro	Novais	20-07-93	EBPGS	1 el12	Braga	16.01

Atletas juvenis até 31-12-2009

51,6	André	Marques	20-11-92	UDZA	1 s1	Pombal	13.12.2009
51,9	Thibaut	Junqueira	17-02-92	2AP	1 s2	Pombal	13.12.2009
53,01	Eliseu	Ribeiro	08-02-92	GJPB	2 s2	Espinho	26.12.2009
54,3	Luís	Silva	23-12-92	SLB	5 s1	Espinho	26.12.2009

800 Metros (até 2.07,00/2.01,54)

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
1.59,13	Luis	Fernandes	11-12-93	LPSC	2 s3	Pombal	24.01
1.59,76	Samuel	Barata	19-07-93	GDACB	7 s4	Pombal	24.01
2,00,79		Bernardo			1 s2	Pombal	17.01
2.01,74	Francisco	Rodrigues	24-05-95	GRAC	1	Braga	06.02
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	Davide	Caetano	07-06-94	CBF	4 s1	Pombal	24.01
2.04,72	Tiago	Silva	07-05-94	NAC	1 s2-ex	Espinho	24.01
2.04,98	Sérgio	Teixeira	24-02-94	CSGaia	1 s4	Braga	17.01
(10)							
2.05,14	Helder	Costa	95	GRAC	2	Braga	06.02
2.05,15	Rui Filipe	Oliveira	21-07-94	CDP	6	Espinho	31.01
2.05,17	Wilson	Conniott	05-11-93	ACV	2 s1	Pombal	13.12.2009
2.06,60	Ricardo	Vaz	94	ACDRA	2 s3	Pombal	17.01

Atletas juvenis até 31-12-2009

1.57,8	Thibaut	Junqueira	17-02-92	2AP	3-ex	Pombal	05.12.2009
2.01,46	Luís	Silva	23-12-92	SLB	2 s1-ex	Braga	20.12.2009
2.01,77	José	Martins	10-02-92	SLB	3 s1-ex	Braga	20.12.2009

1000 Metros (até 2.59,00/2.35,00)

2.38,29	Eusébio	Oliveira	20-07-93	ADAM	1 s1	Braga	19.12.2009
2.40,33	João	Cruz	12-04-94	MAC	2 s1	Braga	19.12.2009
2.40,96	Adrião	Rodrigues	16-03-93	NAC	9 s1	Espinho	26.12.2009
2.41,44	Francisco	Rodrigues	24-05-95	GRAC	1 s1	Braga	19.12.2009
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
2.48,97	Hélder	Rocha	27-06-93	CAAV	4 s1	Braga	19.12.2009
2.49,27	Joaquim	Moreira	30-01-93	CDP	1 s2	Braga	19.12.2009
2.49,99	Emanuel	Oliveira	27-03-93	FCV	5 s1	Braga	19.12.2009
(10)							
2.50,20	André	Pereira	10-08-95	AMFC	2 s1	Braga	19.12.2009
2.50,34	Guilherme	Rodrigues	14-07-94	CAMz-VC	6 s1	Braga	19.12.2009
2.51,80	Rui Filipe	Oliveira	21-07-94	CDP	2 s2	Braga	19.12.2009
2.52,4	Ricardo	Ribeiro	94	DE-EBSMAP	1	Espinho	26.02
2.52,79	Rui	Ribeiro	17-06-93	AMFC	3 s2	Braga	19.12.2009
2.53,46	Alexandre	Marques	11-10-94	Lavra	6 s2	Espinho	26.12.2009
2.54,4	Marco	Costa	93	DE-ESL	2	Espinho	26.02
2.54,44	Tiago	Silva	95	EBPGS	1 s2	Braga	12.02
2.54,73	Cristiano	Neves	17-05-94	CCSJM	8 s2	Espinho	26.12.2009
2.54,85	Leandro	Silva	95	CASG	1	Pombal	07.03
(20)							
2.54,9	Jorge	Silva	95	DE-ESVC	1	Espinho	26.02
2.54,99	Daniel	Oliveira	15-07-94	CAMz-VC	4 s2	Braga	19.12.2009
2.55,22	Nuno	Carvalho	95	DE-Real	2 s2	Braga	12.02
2.55,76	Tiago	Fonseca	21-02-93	Lavra	9 s2	Espinho	26.12.2009
2.56,05	João Paulo	dos Santos	12-02-95	ACCAR	2	Pombal	07.03
2.56,25	Luís	Moura	07-02-96	ADAM	3 s1	Braga	19.12.2009
2.57,09	Gonçalo	Gonçalves	18-07-94	CAOV	5 s2	Braga	19.12.2009
2.57,30	Ruben	Costa	29-01-95	CCDL	1 s3	Espinho	26.12.2009
2.57,65	Diogo	Cruz	94	CCDR	6 s2	Braga	19.12.2009
2.57,86	André	Gomes	02-06-93	CAOV	7 s2	Braga	19.12.2009
(30)							
2.58,12	Gabriel	Fernandes	17-10-93	EBPGS	8 s2	Braga	19.12.2009
2.58,83	Paulo	Cunha	01-09-95	CNC	1	Braga	30.01

2.58,85	João Pedro	Correia	03-06-94	CDMAR	7 s1	Braga	19.12.2009
2.58,98	Rui	Alves	31-05-95	CCDL	2 s3	Espinho	26.12.2009

Atletas juvenis até 31-12-2009

2.37,59	André	Silva	31-05-92	LFC-F	2-ex	Braga	19.12.2009
2.40,23	João	Pires	09-03-92	GJPB	7 s1	Espinho	26.12.2009

1500 Metros (até 4.32,00/4.05,00)

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
4.08,56	Luís 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	Luís	Fernandes	11-12-93	LPSC	3 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
4.16,40	Wilson	Conniott	05-11-93	ACV	6	Pombal	31.01
4.17,42	Tiago	Santos	07.12-93	AATC	1 S4	Pombal	16.01
(10)							
4.19,83	Francisco	Rodrigues	24-05-95	GRAC	1	Braga	23.01
4.20,02	Angelo	Ribeiro	18-06-93	GDUC	4 s1	Braga	23.01
4.20,94	Paulo	Ferreira	29-06-94	ARAC	7 s2	Espinho	16.01
4.22,90	Fernando	Pinto	12-01-94	SCB	2 s2	Braga	06.02
4.23,52	Luís	Silva	94	AAPL	9	Pombal	30.01
4.23,91	Cláudio	Gonçalves	03-05-93	CUAB	4 s2	Pombal	16.01
4.25,40	André	Nogueira	93	SSSJM	8 s1	Espinho	09.01
4.25,41	Sérgio	Teixeira	24-02-94	CSGaia	3 s4	Braga	16.01
4.29,66	Joaquim	Moreira	30-01-93	CDP	7	Espinho	31.01

Atletas juvenis até 31-12-2009

4.15,1	José Miguel	Neves	09-07-92	JV	2 s1	Pombal	12.12.2009
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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
4.59,23	Eusébio	Salvador	26-07-94	CASG	1	Pombal	07.03

3000 Metros (até 9.35,00/8.55,00)

8.50,93	Adrião	Rodrigues	16-03-93	NAC	6	Pombal	24.01
8.52,57	Luís Miguel	Borges	04-10-94	CBPAR	7	Pombal	24.01
9.16,44	Ângelo	Ribeiro	18-06-93	GDUC	7 s2	Braga	12.12.2009
9.20,40	Fernando	Mendonça	06-06-93	AACC	14	Pombal	24.01
9.31,51	Carlos	Rodrigues	10-03-93	FCPAR	4 s2	Braga	17.01

Atletas juvenis até 31-12-2009

8.33,33	Rui	Pinto	18-11-92	UDV	1-ex	Braga	20.12.2009
8.52,73	Diogo	Lourenço	23-01-92	CAOV	2-ex	Braga	20.12.2009
8.58,74	Pedro	Santos	09-10-92	JV	2	Pombal	13.12.2009
8.59,32	André	Silva	31-05-92	LFC-F	4 s2	Braga	12.12.2009
9.11,08	Gonçalo	Jesus	04-01-92	GS-RC	1	Pombal	13.12.2009

60 Metros Barreiras (0,91) (até 9,44/8,44)

8,28	Hugo	Espírito Santo	30-05-93	SCP	1	Alpiarça	06.03
8,30		Espírito Santo			1 s-ex	Alpiarça	06.03
8,75	Paulo	Conceição	29-12-93	EBMDS	t	Alpiarça	06.02
8,78	Ricardo	Pinto	18-04-93	GRQL	1-ex	Pombal	09.01
8,78	Ricardo	Mendes	30-05-94	JV	2-ex	Pombal	09.01
8,79	Afonso	Fernandes	02-02-94	GDD	t	Alpiarça	06.02
8,82	Kévin	dos Santos	20-03-93	ACV	t	Pombal	26.12.2009
8,88	Hélder	Pinto	07-04-93	SCB	t	Braga	16.01
8,93	Guilherme	Pires	01-12-94	SCA	t	Alpiarça	06.02
8,94	Pedro	Ferreira	12-08-93	SUOV	t	Alpiarça	06.02
8,95	Edgar	Remédios	05-05-94	GAF	t-ex	Pombal	26.12.2009
(10)							
9,01	Henrique Pedro	Água-Doce	25-09-94	BNSC	4	Alpiarça	06.03
9,02	Artur	Koshchuk	UKR 05-03-94	JV	t	Pombal	26.12.2009
9,03	Fábio	Verde	21-02-93	ADA	t	Braga	16.01
9,05	Roberto Filipe	Nascimento	01-02-93	JAM	t	Espinho	26.12.2009
9,07	João Miguel	Silva	12-06-94	JV	5	Alpiarça	06.03
9,07	Paulo	Ornelas	31-05-93	GDE	4 s-ex	Alpiarça	06.03

9,08	Luís	Silva	11-07-93	ESL	t	Espinho	23.01
9,08	João Paulo	Raposo	24-09-94	CEDA	t	Alpiarça	06.02
9,13	José	António	93	ESAL	t	Espinho	23.01
9,13	João	Simões	25-01-94	CDFXXI	t	Alpiarça	06.02
(20)							
9,15	Henrique	Marques	22-06-93	GS-RC	t	Espinho	23.01
9,24	Arnaldo	Figueiredo	14-09-94	GS-RC	1	Pombal	05.12.2009
9,29	João	Moniz	17-11-94	JV	2	Pombal	05.12.2009
9,34	Joaquim	Moreira	30-01-93	CDP	t	Braga	16.01
9,35	Miguel	Cabral	15-04-94	CAS	t	Espinho	23.01
9,41	João	Fernandes	93	DE-EBVALON	1	Espinho	21.02
9,41	André	Luz	21-01-93	SLB	5 s-ex	Alpiarça	06.03

* - com barreiras de 1,00 mt

** - com barreiras de 1,06 mt

Altura (até 1,72/1,92)							
1,92	Ricardo	Mendes	30-05-94	JV	t	Alpiarça	06.02
1,92	Paulo	Conceição	29-12-93	EBMDS	t	Alpiarça	06.02
1,88	Pedro	Ferreira	12-08-93	SUOV	t	Espinho	23.01
1,85	Fábio	Verde	21-02-93	ADA	1	Braga	19.12.2009
1,84	José Rafael	Vilas Boas	01-02-95	SCB	1	Braga	30.01
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	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
(10)							
1,76	Eduardo	Valério	07-02-96	JV	1	Alpiarça	06.03
1,75	Daniel	Reis	03-01-95	CSGaia	2	Braga	19.12.2009
1,75	Nuno	Cunha	22-01-94	ESJD	t	Espinho	26.12.2009
1,75	João	Moniz	17-11-94	JV	t	Pombal	26.12.2009
1,75	Luís Miguel	Santos	06-07-93	OCL	4	V.R.S.Amtónio	16.01
1,75	Ruben	Santos	04-03-94	AAPL	8	Pombal	30.01
1,74	Ricardo	Ferreira	17-12-93	ACRDE	1	Espinho	20.02
1,73	Nelson	Carneiro	14-03-93	ESCMOV	t	Braga	16.01
1,73	Joel	Pereira	14-02-95	GAF	2	Alpiarça	06.03
1,73	Miguel	Barrigana	03-07-96	EBMDS	3	Alpiarça	06.03
(20)							
1,73	José	António	93	ARCBV	3	Pombal	07.03
1,72	Diogo	Costa	12-01-93	ESCMOV	t	Alpiarça	06.02
1,72	João	Simões	25-01-94	CDFXXI	t	Alpiarça	06.02
1,72	Guilherme	Pires	01-12-94	SCA	t	Alpiarça	06.02
1,72	Pedro	Ferreira	21-02-96	Lavra	ta	Alpiarça	06.02

Atletas juvenis até 31-12-2009

1,95	Bruno	Costa	03-05-92	FCP	Hep	Espinho	26.12.2009
1,89	Tiago	Boucela	09-12-92	GRECAS	Hep	Espinho	26.12.2009
1,87	Samuel	Remédios	24-02-92	GAF	1	Alpiarça	05.12.2009
1,86	Luís	Santos	14-05-92	NACVS	Hep	Braga	19.12.2009
1,83	Oscar	Vilaça	08-02-92	ESCMOV	2-ex	Braga	20.12.2009

Vara (até 2,40/4,00)							
4,48	Ruben	Miranda	10-06-93	SLB	4	Espinho	27.02
4,25		Miranda			3	Pombal	20.02
4,14		Miranda			2	Pombal	24.01
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	Celso	Almeida	21-11-93	GRECAS	13	Pombal	24.01
3,20	Ricardo	Silva	16-11-93	ACV	3	Pombal	13.12.2009
3,00	Filipe	Nogueira	18-10-93	GRECAS	5	Espinho	17.01
3,00	Pedro M.	Soares	19-06-93	CAMG-I	6	Pombal	17.01
2,90	Bruno	Lopes	19-09-93	JV	2	Pombal	05.12.2009
2,80	Tiago	Silva	03-03-94	AAPL	9	Pombal	30.01
2,60	António	Carvalho	06-10-94	A20Km	1	Alpiarça	13.02
(10)							
2,60	José	Santos	14-01-95	A20Km	2	Alpiarça	13.02
2,40	Miguel	Pinheiro	21-07-96	ACV	3	Pombal	05.12.2009
2,40	Tiago	Vicente	94	ACV	8	Pombal	17.01
2,40	Bruno	Estevão	93	CPA-S	3	Alpiarça	13.02
2,40	Alexandre	Santos	10-01-95	CPA-S	4	Alpiarça	13.02

Atletas juvenis até 31-12-2009

4,05	Luis	Ferreira		27-01-92	JV	1	Pombal	13.12.2009
3,00	Bruno	Silva		24-05-92	JV	4	Pombal	13.12.2009

Comprimento (até 5,80/6,50)

6,80	Pedro	Ferreira		12-08-93	SUOV	1	Pombal	17.01
6,69		Ferreira				4	Pombal	24.01
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
6,22	Ricardo	Pinto		18-04-93	GRQL	8	Pombal	30.01
6,16	Eduardo	Ribeiro		14-09-93	GDL	1	Espinho	10.01
6,12	Paulo	Henriques		10-02-93	CLAC	1	Pombal	13.12.2009
6,12	Dylan	Silva		16-07-93	CAMG-I	3	Pombal	17.01
6,09	Roberto Filipe	Nascimento		01-02-93	JAM	7	Espinho	17.01
5,96	André	Santos		11-01-95	ACDI	t	Espinho	26.12.2009
5,96	Filipe	Cunha		15-07-94	SLB	15	Pombal	24.01
(10)								
5,88	Edgar	Remédios		05-05-94	GAF	3	Pombal	13.12.2009
5,86	Eduardo	Valério		07-02-96	JV	t	Pombal	26.12.2009
5,85	Miguel	Costa		02-09-94	ADREP	4	Espinho	10.01
5,84	João	Moniz		17-11-94	JV	5	Pombal	13.12.2009
5,83	Daniel	Reis		03-01-95	CSGaia	t	Braga	16.01
5,82	Ricardo	Ferreira		17-12-93	ACRDE	3	Espinho	13.02
5,81	Joel	Pereira		14-02-95	GAF	t	Alpiarça	03.01

Atletas juvenis até 31-12-2009

6,43	Bruno	Costa		03-05-92	FCP	Hep	Braga	19.12.2009
6,43	Ernest	Kibungo	CGO	03-07-92	ACV	Hep	Pombal	26.12.2009
6,31	Tiago	Boucela		09-12-92	GRECAS	Hep	Espinho	26.12.2009

Triplo (até 11,80/13,40)

13,49	Pedro	Ferreira		12-08-93	SUOV	1	Alpiarça	06.03
13,43		Ferreira				2	Pombal	16.01
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	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
12,98	Ricardo	Pinto		18-04-93	GRQL	9	Pombal	30.01
12,89	Tiago	Dias		14-01-94	MAC	1	Braga	30.01
12,86	Eduardo	Ribeiro		14-09-93	GDL	2	Espinho	09.01
12,72	Ruben	Pereira		31-08-93	FCCL	3	Espinho	09.01
(10)								
12,71	Ricardo	Mendes		30-05-94	JV	2	Pombal	05.12.2009
12,53	Miguel	Carreira		12-03-96	JV	1	Pombal	07.03
12,46	Paulo	Barreto		29-06-93	ACRASX	1	Espinho	20.02
12,33	João	Oliveira		17-12-94	CNRM	5	Pombal	16.01
12,28	Paulo	Henriques		10-02-93	CLAC	3	Alpiarça	13.02
12,23	Andriy	Bokhonskyy	UKR	04-02-94	JDAL	4	Alpiarça	13.02
12,21	Dylan	Silva		16-07-93	CAMG-I	5	Pombal	16.01
12,18	José Rafael	Vilas Boas		01-02-95	SCB	3	Braga	30.01
12,17	Ricardo	Araújo		93	ACRDE	5	Espinho	09.01
12,12	Pedro	Martins		93	ACRDE	10	Espinho	16.01
(20)								
12,09	Francisco	Videira		11-08-95	JDAL	5	Alpiarça	13.02
12,06	Ruben	Santos		04-03-94	AAPL	11	Pombal	30.01
12,02	Kévin	dos Santos		20-03-93	ACV	6	Pombal	16.01
11,98	João	Marreiros		27-03-94	ACV	6	Pombal	12.12.2009
11,94	Joaquim	Moreira		30-01-93	CDP	11	Braga	16.01
11,93	Edgar	Remédios		05-05-94	GAF	6	Alpiarça	13.02
11,91	Axel	Teixeira		16-02-96	CAMG-I	2	Pombal	07.03
11,90	Hélder	Pinto		07-04-93	SCB	8	Espinho	30.01
11,89	Gabriel	Brito		12-10-95	CAMG-I	3	Pombal	07.03
11,83	João Pedro	Rodrigues		17-06-93	CAR-S	7	Alpiarça	13.02

Atletas juvenis até 31-12-2009

12,96	Ernest	Kibungo	CGO	03-07-92	ACV	1	Pombal	12.12.2009
12,93	Miguel	Guerreiro		03-07-92	JDAL	1	Pombal	12.12.2009

Peso (5) (até 11,40/13,80) CNJ 12,50

15,77	Bernardo	Santos Lopes		26-01-93	JV	1	Alpiarça	06.03
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14,33	Ricardo	Freitas	14-11-93	GRECAS	1	Espinho	02.01
14,25*		Santos Lopes			3	Pombal	24.01
14,10		Santos Lopes			1	Pombal	05.12.2009
13,73	Carlos	Bornes	09-04-94	GS-RC	2	Alpiarça	06.03
13,31	Ricardo	Carrilho	29-01-93	A20Km	3	Alpiarça	06.03
13,13*	Daniel	Nobre	31-08-93	GRQL	7	Pombal	24.01
12,99	Pedro	Faria	29-01-94	CDP	1-ex	Braga	20.12.2009
12,87	Alessandro	Gonçalves	28-02-94	GAF	4	Alpiarça	06.03
12,65	Heitor	Santos	07-04-93	FCCL	1-ex	Espinho	17.01
12,58	Michael	Fonseca	15-01-93	JDAL	2	Alpiarça	13.02
12,39	Paulo	Conceição	29-12-93	EBMDS	t	Alpiarça	06.02
(10)							
12,33	João	Ferreira	12-04-94	CAC-VC	1	Braga	12.12.2009
12,31	Pedro	Ferreira	12-08-93	SUOV	t	Espinho	23.01
12,25	José	Pinho	20-03-95	NAC	3	Espinho	02.01
12,25	Gonçalo	Gonçalves	16-01-93	JDAL	4	Alpiarça	13.02
11,88	Jorge	Rodrigues	94	CCDR	1	Braga	30.01
11,86	Renato	Araújo	08-09-93	AJS	5	Alpiarça	06.03
11,74	Cristiano	Santos	10-08-93	ACRDE	1	Espinho	13.01
11,54	Daniel	Costa	94	SCB	2	Braga	30.01
11,52	Guilherme	Pires	01-12-94	SCA	3	Alpiarça	05.12.2009

* - engenho de 5 Kg

Triatlo (até 1450)							
2163	Paulo	Conceição	29-12-93	EBMDS	1	Alpiarça	06.02
			8,75-12,39-1,92				
2072	Pedro	Ferreira	12-08-93	SUOV	2	Alpiarça	06.02
			8,94-12,17-1,88				
2049		Conceição			1-ex	Alpiarça	19.12.2009
			8,85-11,74-1,86				
2027		Ferreira			1	Pombal	26.12.2009
			9,06-12,01-1,87				
2037	Ricardo	Mendes	30-05-94	JV	3	Alpiarça	06.02
			8,86-10,72-1,92				
1957	Fábio	Verde	21-02-93	ADA	1	Braga	16.01
			9,03-11,31-1,83				
1946	Hélder	Pinto	07-04-93	SCB	2	Braga	16.01
			8,88-11,30-1,78				
1872	Guilherme	Pires	01-12-94	SCA	6	Alpiarça	06.02
			8,93-11,09-1,72				
1822	Henrique	Marques	22-06-93	GS-RC	2	Espinho	23.01
			9,15-11,05-1,72				
1801	João	Simões	25-01-94	CDFXXI	7	Alpiarça	06.02
			9,13-10,64-1,72				
1749	Ricardo	Pinto	18-04-93	GRQL	8	Alpiarça	06.02
			9,55-11,23-1,72				
1738	Artur	Koshchuk	UKR 05-03-94	JV	2	Pombal	26.12.2009
			9,02-9,85-1,67				
(10)							
1736	João Paulo	Raposo	24-09-94	CEDA	9	Alpiarça	06.02
			9,08-9,90-1,68				
1721	Henrique Pedro	Água-Doce	25-09-94	BNSC	10	Alpiarça	06.02
			9,26-10,82-1,64				
1716	Ricardo	Silva	16-11-93	ACV	3	Pombal	26.12.2009
			9,98-11,10-1,79				
1706	João	Moniz	17-11-94	JV	4	Pombal	26.12.2009
			9,52-10,01-1,75				
1696	Luís	Silva	11-07-93	ESL	3	Espinho	23.01
			9,08-9,23-1,68				
1690	Edgar	Remédios	05-05-94	GAF	2	Alpiarça	03.01
			9,03-8,96-1,68				
1686	Kévin	dos Santos	20-03-93	ACV	5	Pombal	26.12.2009
			8,82-9,28-1,59				
1662	José	António	93	ESAL	4	Espinho	23.01
			9,13-9,39-1,64				
1647	Afonso	Fernandes	02-02-94	GDD	11	Alpiarça	06.02
			8,,79-9,41-1,52				
1621	Diogo	Costa	12-01-93	ESCMOV	12	Alpiarça	06.02
			9,71-9,64-1,72				
(20)							
1605	Joaquim	Moreira	30-01-93	CDP	3	Braga	16.01
			9,34-9,95-1,58				
1585	Daviney	Ponces	STP 10-08-93	EBMDS	4-ex	Alpiarça	19.12.2009
			9,87-8,44-1,80				
1573	Pedro	Martins	18-06-93	ACRDE	6	Espinho	23.01
			10,13-10,70-1,68				

1566	Paulo	Ornelas	31-05-93	GDE	13	Alpiarça	06.02
1553	Daniel	Vieira	9,32-9,99-1,52 09-07-94	EGV	14	Alpiarça	06.02
1531	João	Pereira	9,83-9,96-1,64 14-04-93	CAMG-I	7	Espinho	23.01
1529	Miguel	Cabral	10,21-11,31-1,60 15-04-94	CAS	8	Espinho	23.01
1526	Gonçalo	Gonçalves	9,35-9,98-1,48 16-01-93	JDAL	3	Alpiarça	03.01
1512	Jorge	Rodrigues	10,26-11,88-1,56 94	CCDR	3	Braga	09.01
1507	Ricardo	Ferreira	9,89-10,63-1,55 17-12-93	ACRDE	10	Espinho	23.01
(30)			10,35-10,28-1,68				
1499	Flávio	Ferreira	11-02-94	ACBU	2	Espinho	26.12.2009
1495	Dylan	Silva	9,61-10,48-1,47 16-07-93	CAMG-I	8	Pombal	26.12.2009
1486	João P.	Simões	9,94-9,49-1,63 94	CCDR	5	Braga	16.01
1467	Tiago	Pereira	9,64-9,01-1,58 07-01-93	EBMDS	5-ex	Alpiarça	19.12.2009
1466	Nelson	Carneiro	10,16-7,79-1,77 14-03-93	ESCMOV	6	Braga	16.01
1450	Miguel	Carvalho	10,26-8,63-1,73 02-09-94	CNRM	4	Alpiarça	03.01
			9,75-8,24-1,62				

Heptatlo

3.000 Metros-Marcha

13.48,6	Bruno	Pedro	12-10-93	GACV	1	Pombal	05.12.2009
16.42,9	David	Simões	22-03-93	GACV	2	Pombal	05.12.2009
16.58,0	Duarte	Vicente	29-12-95	ACV	3	Pombal	05.12.2009
17.05,53	Sócrates	Borras	08-07-96	ADREP	1	Espinho	02.01

5.000 Metros-Marcha (até 34.00,00/24.00,00)

22.37,34	Bruno	Gomes Pedro	12-10-93	GACV	1	Pombal	23.01
22.52,91	Samuel	Pereira	25-11-93	UAG	ex	Pombal	16.01
23.14,82		Pereira			3	Pombal	23.01
23.33,0		Gomes Pedro			1	Pombal	12.12.2009
23.34,50		Pereira			8	Espinho	28.02
24.57,25	Miguel	Carvalho	02-09-94	CNRM	6	Pombal	23.01
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
32.53,16	José António	Maltez	14-12-94	CAA	4	Braga	16.01

Atletas juvenis até 31-12-2009

23.35,4	Diogo Duarte	Henriques	28-05-92	CNRM	1	Pombal	12.12.2009
24.03,8	Diogo	Barreiros	05-11-92	CUAB	2	Pombal	12.12.2009
25.37,2	Ricardo	Fernandes	10-07-92	JV	2	Pombal	12.12.2009

4x200 metros

1.39,4		JV			1 s1	Pombal	05.12.2009
1.40,36		Miguel Carreira(96); Rafael Pires(94); João Moniz(94); Artur Koshchuk*(94)			2	Braga	13.02
1.41,4		Francisco Araújo(93); José Rodrigues(93); Iuri Costa(93); Pedro Novais(93)			2 s1	Pombal	05.12.2009
1.41,47		ACDRA			2 s2	Espinho	02.01
1.41,7		Francisco Ribeiro(93); Daniel Mimoso(93); Miguel Costa(94); Alexandre Carreira(94)			3 s1	Pombal	05.12.2009
1.41,85		Ivo Pais(93); José Pinho(95); Daniel Santos(93); Miguel A. Silva(94)			1 s2	Pombal	13.12.2009
1.42,0		Kévin Santos(93); Ricardo Silva(93); Vasco Marreiros(94); Joel Gomes(94)			1 s2	Pombal	05.12.2009
1.42,81		GS-RC			1 s2	Pombal	13.12.2009
		Miguel Nora(93); Malchel Serpa(94); José Ribeiro(93); Peter Ferreira(94)			1 s2	Pombal	05.12.2009
		Dylan Silva(93); João Pereira(93); Pedro M. Soares(93); Oleh Palamarchuk*(94)			4 s2	Espinho	02.01
		CAMG-I			4 s2	Espinho	02.01
		GRECAS			4 s2	Espinho	02.01
		Carlos Graça(94); Filipe Nogueira(93); Tiago Ladeira(94); Celso Almeida(93)					

1.44,9	GS-RC	1	Pombal	05.12.2009
	Henrique Marques(93); Meichel Serpa(94); Luís Nogueira(93); Arnaldo Figueiredo(94)			
1.48,94	CPA-S	3 s3	Pombal	13.12.2009
	Rui Henriques(93); Rodrigo Rodrigues(94); Bruno Estevão(93); Francisco Henriques(93)			

Atletas juvenis até 31-12-2009

1.38,82	GAF	s1-ex	Pombal	13.12.2009
	António Vieira(93); Gil Conceição(93); Edgar Remédios(94); Samuel Remédios(92)			
1.39,01	UDZA	1 s3	Pombal	13.12.2009
	Francisco Villar(94); João Santos(93); Tiago Costa(93); André Marques(92)			
1.39,12	CNRM	1 s1	Pombal	13.12.2009
	António Almeida(92); João Oliveira(94); Diogo Marques(93); David Henriques(92)			

4x300 metros

4x400 metros

3.38,87	NAC	2 s1	Espinho	10.01
	Ivo Pais(93); Tiago Silva(94); Daniel Santos(93); Miguel A. Silva(94)			
3.47,47	JV	3 s1	Espinho	28.02
	David Mota(93); Artur Koshchuk*(94); Crisovão Capitão(93); João Moniz(94)			

Estafeta Sueca

2.22,73	AFIS	4	Espinho	13.02
	Diogo Castro(95); Filipe Leite(95); Pedro Leal(94); Diogo Amaro(95)			
2.22,80	CCDL	5	Espinho	13.02
	Ruben Costa(95); Rui Alves(95); Ricardo Marques(95); Eduardo Leça(97)			