

**400 M Barreiras-0.76****(Fem)****Serie 1**

1 ^a	2300 Vera Barbosa	SPORTING C P	1989-01-13	Sen	5 8,63	8,0
2 ^a	1892 Juliana Guerreiro	SPORTING C P	2001-04-21	Jun	6 2,82	6,0
3 ^a	3005 Bruna Silva	JUV VIDIGALENSE X	1994-11-14	Sen	7 2,52	

Serie 2

1 ^a	1958 Andreia Crespo	SPORTING C P	1993-10-16	Sen	6 2,21	7,0
2 ^a	1849 Catarina Figueiredo	SPORTING C P	2002-08-31	Jun	7 1,94	5,0
3 ^a	1871 Catarina Neiva	SPORTING C P	2001-11-01	Jun	7 5,64	4,0

**400 M Barreiras-0.91****(Masc)****Serie 1**

1 ^o	2641 Jorge Paula	S CLUBE DE BRAGA X	1984-10-08	Vet	5 5,22	
2 ^o	2698 Edgar Remédios	G DESP ESTREITO X	1994-05-05	Sen	5 5,87	
3 ^o	1142 Alexandre Moreira	S L BENFICA	2002-12-01	Jun	6 2,96	6,0

Serie 2

1 ^o	1232 Diogo Mestre	S L BENFICA	1995-05-20	Sen	5 2,64	8,0
2 ^o	1188 Paulo Soares	S L BENFICA	2000-07-13	S23	5 4,78	7,0
	1250 Lucirio F Garrido	S L BENFICA	VEN 1988-10-04	Sen		

**Triplo Salto****(Fem)****Final 1**

1 ^a	2896 Lucinda Gomes	G DESP ESTREITO X	1995-04-16	Sen	12,84	- 1,4
2 ^a	1163 Rosa Djombate	S L BENFICA	GBS 2002-03-10	Jun	11,71	8,0 - 1,5
3 ^a	1844 Inês Gomes	SPORTING C P	2002-12-27	Jun	9,91	7,0 - 1,1
4 ^a	1781 Mayra Santos	J O MONTE ABRAÃO	CPV 2002-01-15	Jun	9,79	6,0 - 2,5

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 2896 Lucinda Gomes		12,62	12,80	12,84	X	X	12,83
		-0,9	-1,3	-1,4			-2,9
2 1163 Rosa Djombate		11,50	11,71	11,67	11,38	X	11,47
		0,0	-1,5	-1,3	-1,9		-3,6
3 1844 Inês Gomes		9,60	9,66	9,91	9,68	X	X
		-0,4	-1,8	-1,1	-1,4		
4 1781 Mayra Santos		X	9,18	9,54	9,61	9,79	9,72
			-1,0	-0,9	-2,4	-2,5	-1,9

**3.000 Mt. Obstáculos****(Fem)****Serie 1**

1 ^a	3001 D Jamila Tavares	A D R ÁGUA DE PENA X	STP 1994-11-17	Sen	1 2 0 7,30	
2 ^a	1994 Inês Pinto	S C REBOLEIRA DAMAIA	2001-01-31	Jun	1 3 5 3,07	8,0

**Lançam.Martelo-4Kg****(Fem)****Final 1**

1 ^a	1982 Vânia Silva	SPORTING C P	1980-06-08	V40	58,34	8,0
2 ^a	1204 Cecília Rebocho	S L BENFICA	1999-06-20	S23	46,32	7,0
3 ^a	1896 Margarida Feliciano	SPORTING C P	2001-03-21	Jun	39,16	6,0
4 ^a	1782 Tania Silva	J O MONTE ABRAÃO	CPV 2001-11-28	Jun	21,98	5,0

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1982 Vânia Silva		57,69	57,22	57,59	58,34	57,97	X
2 1204 Cecília Rebocho		X	45,08	46,32	45,58	X	X
3 1896 Margarida Feliciano		39,06	38,43	36,95	38,09	38,82	39,16
4 1782 Tania Silva		16,56	16,46	17,78	21,62	19,58	21,98

**Lançam.Martelo-7,26K****(Masc)****Final 1**

1 ^o	1928 Rúben Antunes	SPORTING C P	1999-05-05	S23	66,27	8,0
2 ^o	1169 Afonso Jantarada	S L BENFICA	2001-09-01	Jun	44,14	7,0

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1928 Rúben Antunes		64,33	66,16	X	X	66,27	X
2 1169 Afonso Jantarada		42,44	42,90	44,14	X	X	X

**3.000 Mt.Obstáculos****(Masc)****Serie 1**

1 ^o	1934 Ricardo Ferreira	SPORTING C P	1998-10-16	S23	9 2 6,86	8,0
2 ^o	2838 Afonso Simão	C A BAIXA BANHEIRA	X 1998-10-02	S23	9 5 3,24	
	1885 Manuel Oliveira	SPORTING C P	2001-06-15	Jun		

**Salto Com Vara****(Fem)****Final 1**

1 ^a	2643 Raquel Marques	G ATLETISMO FÁTIMA	X 1999-06-09	S23	2,90	
2 ^a	1160 Carla Rodrigues	S L BENFICA	2002-04-12	Jun	2,60	8,0

Classf / Dorsal / Atleta	SERIES	2,00	2,15	2,30	2,45	2,60	2,75	2,90	3,10
1 2643 Raquel Marques		---	---	---	o	o	---	xo	xxx
2 1160 Carla Rodrigues		---	---	---	o	o			

**800 Metros****(Fem)**

**800 Metros****(Fem)****Serie 1**

1 ^a	1937 Lara Glória	SPORTING C P	1998-09-18	S23	2 2 5,26	7,0
2 ^a	1867 Carolina Marçal	SPORTING C P	2002-01-09	Jun	2 2 5,47	6,0
3 ^a	1821 Beatriz Aranha	MARATONA C P	2002-10-27	Jun	2 4 6,15	2,0
4 ^a	1400 Maria Luís Santos	RUN TEJO - CM SOCKS	2001-03-26	Jun	2 4 9,38	1,0

Serie 2

1 ^a	2634 Inês Borba	A C D JARDIM SERRA X	2002-04-28	Jun	2 1 4,21	
2 ^a	1863 Beatriz Mendes	SPORTING C P	2002-02-05	Jun	2 2 7,53	5,0
3 ^a	1824 Inês Saraiva	MARATONA C P	2002-08-22	Jun	2 2 9,74	4,0
4 ^a	288 Mariana Penteado	S L BENFICA	2003-01-12	Juv	2 3 3,93	3,0

Serie 3

1 ^a	1945 Salomé Afonso	SPORTING C P	1997-11-19	Sen	2 0 7,68	8,0
2 ^a	2633 Margarida Silva	A C D JARDIM SERRA X	2000-04-02	S23	2 2 3,72	
	2382 Marta Pen Freitas	S L BENFICA	1993-07-31	Sen		DNF
	1160 Carla Rodrigues	S L BENFICA	2002-04-12	Jun		DNS

**800 Metros****(Masc)****Serie 1**

1 ^o	1587 João Pedro Pinto	A DESP NOVAS LUZES	2001-11-21	Jun	2 0 3,53	
2 ^o	1887 Pedro Carvalho	SPORTING C P	2001-05-30	Jun	2 0 5,20	
3 ^o	1450 Jean Gonçalves	C F OS BELENESES	BRA 1998-12-29	S23	2 0 6,02	

Serie 2

1 ^o	1854 Jacinto Gaspar	SPORTING C P	2002-07-04	Jun	1 5 7,57	4,0
2 ^o	831 João Pereira	SPORTING C P	2003-02-19	Juv	2 0 2,74	1,0
3 ^o	1851 Pedro Neves	SPORTING C P	2002-08-21	Jun	2 0 6,83	

Serie 3

1 ^o	1153 Hugo Cruz	S L BENFICA	2002-08-05	Jun	1 5 8,77	3,0
2 ^o	2286 Adíven Lopes	C F OS BELENESES	CPV 1996-03-04	Sen	2 0 0,70	2,0
3 ^o	2111 Celso Pinto	C F OS BELENESES	1984-10-22	V35	2 0 9,04	

Serie 4

1 ^o	1939 Luís Monteiro	SPORTING C P	1998-05-13	S23	1 5 3,30	8,0
2 ^o	2004 Diogo Pinhão	S L BENFICA	1998-04-04	S23	1 5 4,10	7,0
3 ^o	827 David Garcia	SPORTING C P	2003-03-15	Juv	1 5 6,07	6,0
4 ^o	1157 Gabriel Ludwick	S L BENFICA	2002-06-11	Jun	1 5 7,30	5,0

**Salto Com Vara****(Masc)**



Salto Com Vara

(Masc)

Final 1

1 ^o	1248	Diogo Ferreira	SL BENFICA	1990-07-30	Sen	5,10	8,0
2 ^o	1901	Carlos Pitra	SPORTING C P	2000-12-23	S23	4,80	7,0
3 ^o	1944	Rui Marques	SPORTING C P	1998-01-16	S23	4,40	6,0
4 ^o	2865	Gonçalo Uva	Individual-Lisboa	1998-04-30	S23	4,20	

Classf / Dorsal / Atleta	SERIES	2,80	3,00	3,15	3,30	3,45	3,60	3,70	3,80	3,90	4,00	4,10	4,20	4,30
1 1248 Diogo Ferreira		---	---	---	---	---	---	---	---	---	---	---	---	---
		---	---	o	xo	o	o	o	xo	xxx				
2 1901 Carlos Pitra		---	---	---	---	---	---	---	---	---	---	---	o	---
		o	---	xo	xo	xo	xxx							
3 1944 Rui Marques		---	---	---	---	---	---	---	---	---	---	---	---	xo
		xo	---	xxx										
4 2865 Gonçalo Uva		---	---	---	---	---	---	---	---	---	---	---	xxxo	---
		xxx												



Disco 1 Kg

(Fem)

Final 1

1 ^a	2140	Irina Rodrigues	SPORTING C P	1991-02-05	Sen	58,31	8,0
2 ^a	1598	Liliana cá	A DESP NOVAS LUZES	1986-11-05	Sen	57,33	7,0
3 ^a	1179	Ivanilda Lopes	SL BENFICA	2000-11-18	S23	43,10	6,0
4 ^a	2359	Francislaine Serra	SPORTING C P	1994-01-10	Sen	40,71	5,0
5 ^a	1948	Jessica Include	SPORTING C P	1996-03-25	Sen	39,82	4,0
6 ^a	2839	Inês Diogo	N D JUV LARANJEIRO	2002-11-09	Jun	35,11	

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 2140 Irina Rodrigues		54,65	X	56,89	58,31	56,78	58,31
2 1598 Liliana cá		X	X	X	X	X	57,33
3 1179 Ivanilda Lopes		33,19	X	X	X	43,10	X
4 2359 Francislaine Serra		X	38,90	40,71	37,39	38,79	X
5 1948 Jessica Include		X	X	39,82	X	X	X
6 2839 Inês Diogo		31,14	X	X	X	X	35,11



Salto em Comprimento

(Masc)

**Salto em Comprimento****(Masc)****Final 1**

1º	2860 Danilo Almeida	CASA BENFICA FARO	X	1996-12-09	Sen	6,98	- 1,3
2º	1193 André Rangel	S L BENFICA		2000-03-23	S23	6,88	8,0 - 0,3
3º	2871 Válter Pinto	S CLUBE DE BRAGA	X	1993-01-19	Sen	6,81	- 1,6
4º	2886 Gil Manuel	JUV VIDIGALENSE	X	1994-09-28	Sen	6,80	- 3,5
5º	2836 Gonçalo Santos	ASS 20KM ALMEIRIM	X	2000-10-06	Sen	6,53	- 0,2
6º	2125 Bruno Pinto	SPORTING C P		1993-09-20	Sen	6,48	7,0 - 0,9
7º	1185 Rinelmo Sami	S L BENFICA	GBS	2000-08-04	S23	6,41	6,0 - 0,9

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 2860 Danilo Almeida		X	6,94	X	X	6,98	X
			-1,2			-1,3	
2 1193 André Rangel		6,88	X	6,77	6,57	X	6,60
		-0,3		-1,3	-2,7		-3,0
3 2871 Válter Pinto		6,43	6,72	6,81	X	6,40	6,76
		-1,6	-2,6	-1,6		-3,4	-2,6
4 2886 Gil Manuel		6,55	6,58	6,35	6,48	X	6,80
		-2,0	-1,9	-1,8	-2,5		-3,5
5 2836 Gonçalo Santos		6,45	6,53	5,04	X	X	6,49
		-0,7	-0,2	-2,1			-3,0
6 2125 Bruno Pinto		6,38	X	6,48	6,31	6,28	6,13
		-0,8		-0,9	-1,3	-2,6	-2,3
7 1185 Rinelmo Sami		6,41	-	X	6,38	4,45	X
		-0,9			-2,3	-3,3	

**Salto em Altura****(Fem)****Final 1**

1ª	2642 Kidline Gomes	C S MARÍTIMO	CPV	1998-01-18	S23	1,53	8,0
2ª	275 Catarina Gomes	S L BENFICA		2003-09-26	Juv	1,45	
	2121 Catarina Cunha	C F OS BELENENSES		2000-02-16	S23		SM

Classf / Dorsal / Atleta	SERIES	1,40	1,45	1,50	1,53	1,56
1 2642 Kidline Gomes		---	xo	xo	xxxo	xxx
2 275 Catarina Gomes		o	o	xxx		
2121 Catarina Cunha		xxx				

**100 Metros planos****(Fem)****Serie 1**

1ª	820 Maria Neto	SPORTING C P		2003-05-26	Juv	13,24	Desf: - 1,6
2ª	1776 Andreia Carvalho	J O MONTE ABRAÃO		2002-04-25	Jun	13,31	1,0
3ª	1463 Sandra Carvalho	C F OS BELENENSES		1971-07-13	V45	16,08	



100 Metros planos

(Fem)

Serie 2

				Vento:	Desf: - 2,7
1 ^a 1947 Sofia Duarte	SPORTING C P	1996-11-07	Sen	1 2,42	6,0
2 ^a 2150 Beatriz Andrade	SPORTING C P	2001-10-31	Jun	1 2,43	4,0
3 ^a 1919 Matilde Sousa	SPORTING C P	2000-04-14	S23	1 3,43	
1172 Sara Pereira	S L BENFICA	2001-05-05	Jun		

Serie 3

				Vento:	Desf: - 1,8
1 ^a 1978 Lorene Bazolo	SPORTING C P	1983-05-04	V35	1 1,88	8,0
2 ^a 1230 Tamiris De Liz	S L BENFICA	BRA 1995-11-18	Sen	1 1,99	7,0
3 ^a 1195 Catarina Lourenço	S L BENFICA	2000-02-12	S23	1 2,42	5,0
4 ^a 1822 Luisa Juiz	MARATONA C P	2002-09-11	Jun	1 3,18	3,0



100 Metros planos

(Masc)

Serie 1

				Vento:	Desf: - 2,1
1 ^o 1898 Rui Corvelo	SPORTING C P	2001-03-03	Jun	1 1,15	3,0
2 ^o 1166 Gonçalo Moreno	S L BENFICA	2002-01-02	Jun	1 1,32	1,0
3 ^o 1672 Igor Oliveira	FUNDAÇÃO SALESIANOS	2001-02-09	Jun	1 1,46	
4 ^o 1861 Guilherme Mendo	SPORTING C P	2002-02-24	Jun	1 1,76	

Serie 2

				Vento:	Desf: - 0,4
1 ^o 2297 Dorian Keletela	SPORTING C P	CGO 1999-02-06	S23	1 0,79	5,0
2 ^o 857 Sisínio Ambriz	S L BENFICA	2004-07-12	Juv	1 1,03	4,0
3 ^o 1999 João Manero	S L BENFICA	2001-02-20	Jun	1 1,40	
4 ^o 1228 Ricardo Pereira	S L BENFICA	1996-03-04	Sen	1 1,47	

Serie 3

				Vento:	Desf: - 2,1
1 ^o 1242 Diogo Antunes	S L BENFICA	1992-11-02	Sen	1 0,71	8,0
2 ^o 1219 Frederico Curvelo	S L BENFICA	1997-07-11	Sen	1 0,74	7,0
3 ^o 2005 José Pedro Lopes	S L BENFICA	1995-05-23	Sen	1 0,75	6,0
4 ^o 1205 André Prazeres	S L BENFICA	1999-05-23	S23	1 1,16	2,0



Disco 2 KgS

(Masc)

**Disco 2 KgS****(Masc)****Final 1**

1 ^o	1951 Edujose Lima	SPORTING C P	1996-03-02	Sen	56,31	8,0
2 ^o	1207 Emanuel Sousa	S L BENFICA	1999-04-04	S23	52,24	7,0
3 ^o	1936 Mykyta Sudashov	SPORTING C P	1998-09-28	S23	47,90	6,0
4 ^o	2139 André Jidkov	SPORTING C P	2001-01-31	Jun	32,99	5,0
	1893 Tomás Rodrigues	SPORTING C P	2001-04-20	Jun		SM

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1951 Edujose Lima		X	X	52,18	53,76	56,31	52,24
2 1207 Emanuel Sousa		X	X	X	51,60	52,24	52,14
3 1936 Mykyta Sudashov		47,12	46,00	46,88	X	47,90	X
4 2139 André Jidkov		30,54	X	X	32,99	X	X
1893 Tomás Rodrigues		X	X	X	X	X	X

**100 M Barreiras-0.84****(Fem)****Serie 1****Vento:** Desf: - 3,0

1 ^a	1953 Olímpia Barbosa	SPORTING C P	1995-02-28	Sen	14,34	8,0
2 ^a	1186 Fatumata Balde	S L BENFICA	2000-07-29	S23	14,53	7,0

**110 M Barreiras-1.06****(Masc)****Serie 1****Vento:** Desf: - 1,3

1 ^o	1243 João Vitor Oliveira	S L BENFICA	1992-05-15	Sen	14,37	8,0
2 ^o	2821 Tiago Rocha	C ATLETISMO DE SEIA	2001-04-28	Jun	16,80	
3 ^o	1911 Francisco Ferraz	SPORTING C P	2000-08-29	S23	17,24	7,0

**Dardo 500 Gr****(Fem)****Prova Extra 1**

1 ^a	348 Inês Custódio	A DESP NOVAS LUZES	X	2005-06-03	Ini	42,48	RR Ini-RR In
2 ^a	347 Marta Trovoada	A DESP NOVAS LUZES	X	2005-10-30	Ini	37,35	

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
348 Inês Custódio		41,33	40,93	38,76	41,98	X	42,48
2 347 Marta Trovoada		33,54	34,43	36,02	37,35	35,60	34,63

**Dardo 600 Gr****(Fem)****Final 1**

1 ^a	2599 Marlene Araújo	S CLUBE DE BRAGA	X	1993-02-19	Sen	47,44	
2 ^a	1998 Aleida Mendes	S L BENFICA		2001-05-07	Jun	36,36	8,0

**Dardo 600 Gr****(Fem)****Triplo Salto****(Masc)****Final 1**

1º	1959	Tiago Luís Pereira	SPORTING C P	1993-09-19	Sen	16,48	8,0 + 2,3 v
2º	2125	Bruno Pinto	SPORTING C P	1993-09-20	Sen	13,87	7,0 + 2,7 v
3º	2548	Marcus Vinícius	SPORTING C P	BRA 2004-01-22	Juv	13,59	6,0 + 1,5
	1185	Rinelmo Sami	S L BENFICA	GBS 2000-08-04	S23		SM

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1959 Tiago Luís Pereira		X	16,21	16,43	16,31	16,48	15,89
			+1,5	+1,5	+2,6	+2,3	+1,8
2 2125 Bruno Pinto		X	X	13,87	X	X	-
				+2,7			
3 2548 Marcus Vinícius		X	X	13,10	13,59	X	X
				+1,8	+1,5		
1185 Rinelmo Sami		X	X	X	X	X	X

**200 Metros****(Fem)**

						Vento:	Desf: - 2,1
1ª	2150	Beatriz Andrade	SPORTING C P	2001-10-31	Jun	2 5,36	
2ª	280	Beatriz Farinha	S L BENFICA	X 2003-08-12	Juv	2 6,65	
3ª	905	Chloe Hosford	S L BENFICA	X GBR 2004-08-01	Juv	2 6,93	

						Vento:	Desf: - 0,9
1ª	1230	Tamiris De Liz	S L BENFICA	BRA 1995-11-18	Sen	2 4,30	
2ª	680	Leonor Ferreira	MARATONA C P	X 2004-09-03	Juv	2 4,91	
3ª	1195	Catarina Lourenço	S L BENFICA	2000-02-12	S23	2 5,00	
4ª	284	Joana Dias	S L BENFICA	X 2003-03-09	Juv	2 6,70	

**200 Metros****(Masc)**

						Vento:	Desf: - 0,7
1º	281	João Magalhães	S L BENFICA	X 2003-05-31	Juv	2 2,91	
2º	1144	Tiago Santos	S L BENFICA	X 2002-11-14	Jun	2 3,63	
3º	1861	Guilherme Mendo	SPORTING C P	2002-02-24	Jun	2 4,40	

						Vento:	Desf: - 2,5
1º	857	Sisínio Ambriz	S L BENFICA	2004-07-12	Juv	2 2,48	
2º	1166	Gonçalo Moreno	S L BENFICA	2002-01-02	Jun	2 3,08	
3º	1999	João Manero	S L BENFICA	2001-02-20	Jun	2 3,34	

						Vento:	Desf: - 2,0
1º	1203	Delvis Santos	S L BENFICA	1999-06-27	S23	2 1,93	
2º	1205	André Prazeres	S L BENFICA	1999-05-23	S23	2 2,62	
	1219	Frederico Curvelo	S L BENFICA	1997-07-11	Sen		DNS

**200 Metros****(Masc)****Lançamento Peso-4Kg****(Fem)****Final 1**

1 ^a	2198 Auriol Dongmo	SPORTING C P	1990-08-03	Sen	18,04	8,0
2 ^a	1227 Eliana Bandeira	S L BENFICA	1996-07-01	Sen	16,69	7,0
3 ^a	1948 Jessica Inlude	SPORTING C P	1996-03-25	Sen	16,53	6,0
4 ^a	2359 Francislaine Serra	SPORTING C P	1994-01-10	Sen	16,05	5,0
5 ^a	1190 Margarida Ferreira	S L BENFICA	2000-06-07	S23	13,02	4,0

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
2198 Auriol Dongmo		X	X	X	X	X	18,04
2 1227 Eliana Bandeira		16,32	16,69	X	X	X	X
3 1948 Jessica Inlude		16,53	X	X	16,40	X	X
4 2359 Francislaine Serra		15,39	15,50	15,80	X	X	16,05
5 1190 Margarida Ferreira		12,82	12,39	13,02	12,73	12,39	11,91

**400 Metros Planos****(Fem)****Serie 1**

1 ^a	1964 Dorothe Évora	SPORTING C P	1991-05-28	Sen	5 5,53	7,0
2 ^a	820 Maria Neto	SPORTING C P	2003-05-26	Juv	6 3,65	5,0
	1700 Sara Santos	C DESP UNIV LISBOA	2002-10-27	Jun		DNS

Serie 2

1 ^a	2263 Cátia Azevedo	SPORTING C P	1994-03-09	Sen	5 3,82	8,0
2 ^a	1773 Domícia Cabambe	J O MONTE ABRAÃO	ANG 2002-11-08	Jun	7 0,35	1,0
	1463 Sandra Carvalho	C F OS BELENENSES	1971-07-13	V45		DNS

Serie 3

1 ^a	1867 Carolina Marçal	SPORTING C P	2002-01-09	Jun	6 3,01	6,0
2 ^a	1181 Luana Crisóstomo	S L BENFICA	2000-10-09	S23	6 4,02	4,0
3 ^a	833 Marta Castro	SPORTING C P	2003-02-07	Juv	6 5,86	3,0
4 ^a	2595 Luísa Coelho	Individual-Lisboa	1963-09-08	V55	6 9,56	2,0

**400 Metros Planos****(Masc)****Serie 1**

1 ^o	1153 Hugo Cruz	S L BENFICA	2002-08-05	Jun	5 1,53	1,0
2 ^o	1462 Ricardo Carvalho	C F OS BELENENSES	1976-12-25	V40	5 3,70	
3 ^o	1702 Joel Ponces	C DESP UNIV LISBOA	2001-09-01	Jun	5 5,15	
	1144 Tiago Santos	S L BENFICA	X 2002-11-14	Jun		DNS

**400 Metros Planos****(Masc)****Serie 2**

1 °	2547 Luis Gonçalves	SPORTING C P	1987-10-12	Sen	5 1,51	2,0
2 °	287 José Ferreira	S L BENFICA	2003-01-15	Juv	5 1,82	
3 °	1774 Umáro Jaló	J O MONTE ABRAÃO	GBS 2002-10-05	Jun	5 2,12	
4 °	1180 João Pires	S L BENFICA	2000-10-12	S23	5 2,55	

Serie 3

1 °	1237 José Tavares	S L BENFICA	1994-02-11	Sen	5 0,09	6,0
2 °	1930 António Moura	SPORTING C P	1999-04-15	S23	5 0,74	4,0
3 °	827 David Garcia	SPORTING C P	2003-03-15	Juv	5 1,23	3,0
4 °	1152 Ivo Cruz	S L BENFICA	2002-08-05	Jun	5 1,75	

Serie 4

1 °	1872 Omar Elkhatib	SPORTING C P	STP 2001-10-19	Jun	4 8,53	8,0
2 °	2004 Diogo Pinhão	S L BENFICA	1998-04-04	S23	4 9,58	7,0
3 °	1890 Leandro Fevereiro	SPORTING C P	2001-05-04	Jun	5 0,69	5,0
	1216 Mauro Pereira	S L BENFICA	1998-03-27	S23		DNS

**Dardo 600 Gr****(Masc)****Prova Extra 1**

1 °	349 João Fernandes	A DESP NOVAS LUZES	X	2005-04-30	Ini	56,33
2 °	246 Miguel Costa	S L BENFICA	X	2005-02-17	Ini	49,05
3 °	248 Rodrigo Alcobia	S L BENFICA	X	2005-01-28	Ini	38,96

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 349 João Fernandes		48,31	51,25	X	49,45	56,33	X
2 246 Miguel Costa		46,80	46,70	49,05	47,57	46,68	46,15
3 248 Rodrigo Alcobia		35,02	33,59	38,96	31,90	35,46	37,49

**Dardo 800 Gr****(Masc)****Final 1**

1 °	1918 Ilírio Nazaré	SPORTING C P	2000-04-16	S23	59,79	8,0
2 °	1158 Dinis Rainha	S L BENFICA	2002-05-24	Jun	57,30	7,0
3 °	1593 Francisco Fernandes	A DESP NOVAS LUZES	1996-06-01	Sen	52,42	6,0
4 °	1252 Alexandr Soltan	S L BENFICA	1985-06-19	V35	42,98	5,0

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1918 Ilírio Nazaré		47,86	58,32	57,45	56,83	55,40	59,79
2 1158 Dinis Rainha		X	55,59	57,30	54,04	X	53,83
3 1593 Francisco Fernandes		51,59	48,70	X	51,49	X	52,42
4 1252 Alexandr Soltan		41,45	42,98	X	42,78	42,22	40,83

**Salto em Comprimento****(Fem)****Final 1**

1 ^a	1972 Patrícia Mamona	SPORTING C P	1988-11-21	Sen	6,11	8,0 +2,2 v
2 ^a	1234 Teresa Vaz Carvalho	S L BENFICA	1995-01-03	Sen	5,97	7,0 + 1,2
3 ^a	1186 Fatumata Balde	S L BENFICA	2000-07-29	S23	5,63	6,0 +2,3 v
4 ^a	1966 Marta Onofre	SPORTING C P	1991-01-28	Sen	5,49	5,0 + 1,3
5 ^a	256 Inês Vicente	S L BENFICA	2004-09-23	Juv	4,93	4,0 + 1,9
6 ^a	275 Catarina Gomes	S L BENFICA	2003-09-26	Juv	4,85	3,0 + 1,4
7 ^a	253 Luana Soares	S L BENFICA	2004-11-10	Juv	4,74	2,0 + 1,1

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1972 Patrícia Mamona		X	X	X	5,78	6,11	X
					+1,9	+2,2	
2 1234 Teresa Vaz Carvalho		5,69	5,77	5,97	5,80	5,93	5,83
		+1,6	+1,8	+1,2	+1,9	+1,7	+1,7
3 1186 Fatumata Balde		5,63	5,60	-	5,35	-	-
		+2,3	+2,0		+1,6		
4 1966 Marta Onofre		5,18	X	X	5,49	X	5,38
		+1,6			+1,3		+2,3
5 256 Inês Vicente		4,78	X	4,91	4,93	4,70	X
		+1,5		+1,2	+1,9	+1,4	
6 275 Catarina Gomes		4,68	4,61	4,85	4,79	4,85	-
		+1,8	+1,6	+1,4	+1,6	+1,3	
7 253 Luana Soares		4,64	4,63	4,57	4,49	4,56	4,74
		+1,7	+2,1	+1,3	+0,6	+2,0	+1,1

**Salto em Altura****(Masc)****Final 1**

1 ^o	1196 Gerson Baldé	S L BENFICA	2000-01-28	S23	2,19	8,0
2 ^o	2870 Francisco Barreto	S CLUBE DE BRAGA	1996-08-31	Sen	2,10	
3 ^o	2824 André Oliveira	JUV VIDIGALENSE	2000-01-22	S23	1,65	

Classf / Dorsal / Atleta	SERIES	1,60	1,65	1,70	1,73	1,76	1,79	1,82	1,84	1,86	1,88	1,90	1,92	1,94
1196 Gerson Baldé		---	---	xo	---	---	o	---	xo	---	xo	xxo	xxo	xxx
2 2870 Francisco Barreto		---	---	o	---	---	xxo	---	o	---	xxx	---	---	o
3 2824 André Oliveira		---	o	---	xxx									

**1.500 Metros****(Fem)****Serie 1**

1 ^a	268 Rita Costa	S L BENFICA	2004-03-31	Juv	4 4 8,84	4,0
2 ^a	1937 Lara Glória	SPORTING C P	1998-09-18	S23	5 0 3,06	3,0
3 ^a	1663 Sara Monteiro	A D NUCLEOEIRAS	1999-05-31	S23	5 1 2,52	1,0
4 ^a	2209 Filipa Eutíquio	A D NUCLEOEIRAS	1996-03-22	Sen	5 1 5,78	



1.500 Metros

(Fem)

Serie 2

1 ^a	2640	Susana Francisco	S CLUBE DE BRAGA	X	1991-05-10	Sen	4 3 1,52	
2 ^a	1870	Bárbara Neiva	SPORTING C P		2001-11-01	Jun	4 4 7,34	5,0
3 ^a	1860	Tatiana Moura	SPORTING C P		2002-03-01	Jun	5 0 7,77	2,0
4 ^a	2609	Soraia Tavares	CASA BENFICA FARO	X	1999-11-16	S23	5 1 0,25	

Serie 3

1 ^a	1246	Solange Fernandes	S L BENFICA		1991-07-31	Sen	4 4 1,53	8,0
2 ^a	1151	Camila Gomes	S L BENFICA		2002-08-17	Jun	4 4 3,56	7,0
3 ^a	1224	Carla Reis	S L BENFICA		1997-01-20	Sen	4 4 6,44	6,0



3.000 Metros Marcha

(Fem)

Serie 1

1 ^a	2875	Kristina Saltanovic	JUV VIDIGALENSE	X LTU	1975-02-20	Vet	1 4 4 9,02	
2 ^a	2638	Vera Portela	C S MARÍTIMO	X	1995-05-09	Sen	1 5 1 9,02	
3 ^a	3003	Alexandra Lamas	A C R SRA DESTERRO	X	1972-06-19	Vet	1 5 5 4,21	

Serie 2

1 ^a	1980	Vera Santos	SPORTING C P		1981-12-03	V35	1 3 4 1,27	8,0
2 ^a	1940	Carolina Costa	SPORTING C P		1998-03-12	S23	1 4 0 4,23	7,0
3 ^a	1233	Mara Ribeiro	S L BENFICA		1995-05-11	Sen	1 4 4 6,85	6,0



Lançamento Peso-7.26

(Masc)

**Lançamento Peso-7.26****(Masc)****Final 1**

1 °	1244 Tsanko Arnaudov	S L BENFICA	1992-03-14	Sen	20,68	8,0
2 °	2443 Marco Fortes	SPORTING C P	1982-09-26	V35	16,88	7,0
3 °	2592 Otoniel Badjana	S L BENFICA	1998-12-18	S23	16,05	6,0
4 °	1936 Mykyta Sudashov	SPORTING C P	1998-09-28	S23	13,12	5,0
5 °	1593 Francisco Fernandes	A DESP NOVAS LUZES	1996-06-01	Sen	12,55	4,0
6 °	1893 Tomás Rodrigues	SPORTING C P	2001-04-20	Jun	11,28	3,0
7 °	2139 André Jidkov	SPORTING C P	2001-01-31	Jun	10,30	2,0
8 °	2219 José Teixeira	J O MONTE ABRAÃO	1970-08-30	V45	10,05	1,0
	2006 Francisco Belo	S L BENFICA	1991-03-27	Sen		

SM

Classif / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1244 Tsanko Arnaudov		20,54	20,68	X	X	X	X
2 2443 Marco Fortes		16,64	X	16,64	15,82	16,59	16,88
3 2592 Otoniel Badjana		15,94	X	16,05	X	X	15,90
4 1936 Mykyta Sudashov		13,12	-	-	-	-	-
5 1593 Francisco Fernandes		X	11,95	X	12,18	12,55	X
6 1893 Tomás Rodrigues		10,75	X	X	11,28	10,50	X
7 2139 André Jidkov		9,60	9,96	10,30	10,20	X	10,05
8 2219 José Teixeira		9,57	9,65	10,05	10,05	9,58	8,14
2006 Francisco Belo		X	X	X			

**1.500 Metros****(Masc)****Serie 1**

1 °	789 Miguel Massuça	SPORTING C P	2004-12-10	Juv	4 1 6,42	
2 °	262 Rodrigo Freitas	S L BENFICA	2004-07-10	Juv	4 1 7,44	
3 °	1703 Tomás Feith	C DESP UNIV LISBOA	2000-09-24	S23	4 3 2,31	
	2400 Tiago Graça	Individual-Lisboa	1987-02-10	Sen		DNS

Serie 2

1 °	1659 Tiago Sabino	A D NUCLEOEIRAS	2001-09-26	Jun	4 0 3,07	4,0
2 °	1610 Gonçalo Cláudio	U A POVOENSE	1995-02-20	Sen	4 0 6,41	1,0
3 °	1191 Duarte Cunha	S L BENFICA	2000-05-07	S23	4 1 1,26	
	1450 Jean Gonçalves	C F OS BELENENSES	BRA 1998-12-29	S23		DNS

Serie 3

1 °	1189 Miguel Ribeiro	S L BENFICA	2000-06-25	S23	4 0 4,56	3,0
2 °	1888 Pedro Saldanha	SPORTING C P	2001-05-30	Jun	4 0 5,09	2,0
3 °	1855 André Massuça	SPORTING C P	2002-06-29	Jun	4 0 9,32	
4 °	1913 Filipe Lopes	SPORTING C P	2000-06-14	S23	4 1 1,02	



1.500 Metros

(Masc)

Serie 4

1º	1220 Hugo Rocha	S L BENFICA	1997-06-27	Sen	3 5 0,09	8,0
2º	1239 Samuel Barata	S L BENFICA	1993-07-19	Sen	3 5 0,99	7,0
3º	1904 Miguel Moreira	SPORTING C P	2000-11-24	S23	3 5 5,95	6,0
4º	1731 Gonçalo Casimiro	FUNDAÇÃO CEBI	1995-03-24	Sen	3 5 9,75	5,0



3.000 Metros Marcha

(Masc)

Serie 1

1º	1914 Rúben Santos	SPORTING C P	2000-06-05	S23	1 3 3 1,58	7,0
2º	898 Guilherme Rodrigues	SPORTING C P	2004-04-14	Juv	1 4 1 4,61	6,0
3º	2151 Ricardo Bernardino	SPORTING C P	1999-06-09	S23	1 4 1 8,19	4,0

Serie 2

1º	1251 Pedro Isidro	S L BENFICA	1985-07-17	V35	1 3 2 5,37	8,0
2º	1089 André Antunes	C F OS BELENENSES	1997-02-03	Sen	1 4 1 8,10	5,0



Clube Participantes	Participações			Nr.Atletas			
	F	M	T	F	M	T	
<u>PORTUGAL</u>							
<u>ASSOCIACAO ATLETISMO LISBOA</u> Federado							
ADNO	A D NUCLEOEIRAS	2	1	3	2	1	3
AFS	FUNDAÇÃO SALESIANOS		1	1		1	1
CDUL	C DESP UNIV LISBOA	1	2	3	1	2	3
CEBI	FUNDAÇÃO CEBI		1	1		1	1
CFB	C F OS BELENENSES	3	6	9	2	5	7
IND-LX	Individual-Lisboa	1	2	3	1	2	3
JOMA	J O MONTE ABRAÃO	4	2	6	4	2	6
MCP	MARATONA C P	4		4	4		4
NLUZ	A DESP NOVAS LUZES	3	4	7	3	3	6
RUNTEJO	RUN TEJO - CM SOCKS	1		1	1		1
SCP	SPORTING C P	37	42	79	31	36	67
SCRD	S C REBOLEIRA DAMAIA	1		1	1		1
SLB	S L BENFICA	31	52	83	26	43	69
UAP	U A POVOENSE		1	1		1	1
<u>ASSOCIACAO ATLETISMO SANTAREM</u> Federado							
A20KM	ASS 20KM ALMEIRIM		1	1		1	1
GAF	G ATLETISMO FÁTIMA	1		1	1		1
<u>ASSOCIACAO ATLETISMO LEIRIA</u> Federado							
JV	JUV VIDIGALENSE	2	2	4	2	2	4
<u>ASSOCIACAO ATLETISMO SETUBAL</u> Federado							
CABB	C A BAIXA BANHEIRA		1	1		1	1
NDJL-ST	N D JUV LARANJEIRO	1		1	1		1
<u>ASSOCIACAO ATLETISMO BRAGA</u> Federado							
SCB	S CLUBE DE BRAGA	2	3	5	2	3	5
<u>ASSOCIACAO ATLETISMO GUARDA</u> Federado							
ACRSD	A C R SRA DESTERRO	1		1	1		1
CAS	C ATLETISMO DE SEIA		1	1		1	1
<u>ASSOCIACAO ATLETISMO ALGARVE</u> Federado							
CBF	CASA BENFICA FARO	1	1	2	1	1	2
<u>ASSOCIACAO DESPORTOS MADEIRA</u> Federado							
ADRAP	A D R ÁGUA DE PENHA	1		1	1		1
AJS	A C D JARDIM SERRA	2		2	2		2
CSM	C S MARÍTIMO	2		2	2		2
GDE	G DESP ESTREITO	1	1	2	1	1	2

Totais de participações	102	90
individuais + estafetas	124	107
	226	197

Participação por Escalão	Participações			Nr.Atletas		
	F	M	T	F	M	T
	2	3	5	2	3	5
	13	11	24	11	9	20
	30	34	64	27	27	54
	18	37	55	15	32	47
	31	32	63	28	29	57
	2	1	3	2	1	3
	2	4	6	2	4	6
	1	1	2	1	1	2
	2	1	3	1	1	2



Participação por Escalão	Participações			Nr.Atletas		
	F	M	T	F	M	T
	1		1	1		1

Totais de participações individuais + estafetas	102			90		
		124		107		
			226		197	

Recordes batidos na competição

Regional AAL

Dardo 500 Gr

Fem

Ini	Inês Custódio	2005	Ini	42,48
Ini	Inês Custódio	2005	Ini	42,48

Legendagem de Observações Codificadas

X	A Participar Extra Competição
DNF	Desistiu
DNS	Faltou
RR	Recorde Regional
SM	Sem Marca