

| Marca        | Atleta                            | Nac | D.N.                     | Escalão | Clube                 | Obs | Local                  | Data                       |
|--------------|-----------------------------------|-----|--------------------------|---------|-----------------------|-----|------------------------|----------------------------|
| <b>60 m</b>  |                                   |     |                          |         |                       |     |                        |                            |
| 7,23         | André Jerónimo                    |     | 09/07/02                 | Juv     | AJS                   |     | Alpiarça               | 21-12-2019                 |
| 7,27         | Sérgio Mendes                     |     | 09/01/93                 | Juv     | GDE                   |     | Alpiarça               | 06-03-2010                 |
| 7,31         | Tito Fernandes                    |     | 02/06/99                 | Juv     | ADRAP                 |     | Braga                  | 13-02-2016                 |
| 7,36         | Bruno Pita                        |     | 14/03/03                 | Juv     | GDE                   |     | Alpiarça               | 02-03-2019                 |
| 7,37         | Filipe Goulart                    |     | 27/03/87                 | Juv     | ADRAP                 |     | Espinho                | 06-03-2004                 |
| 7,39         | António Jesus                     |     | 23/03/92                 | Juv     | GDE                   |     | Espinho                | 24-01-2009                 |
| 7,41         | Diogo Alves                       |     | 08/03/89                 | Juv     | CSM                   |     | Espinho                | 11-02-2006                 |
| 7,43         | <a href="#">Manuel Vieira</a>     |     | <a href="#">15/02/03</a> | Juv     | <a href="#">ADRAP</a> |     | <a href="#">Pombal</a> | <a href="#">11-01-2020</a> |
| 7,44         | João Frias                        |     | 09/01/91                 | Juv     | ADRAP                 |     | Alpiarça               | 16-02-2008                 |
| 7,44         | Rodrigo Ramos                     |     | 02/07/98                 | Juv     | AJS                   |     | Braga                  | 07-02-2015                 |
| <b>200 m</b> |                                   |     |                          |         |                       |     |                        |                            |
| 23,04        | André Jerónimo                    |     | 09/07/02                 | Juv     | AJS                   |     | Pombal                 | 29-12-2019                 |
| 23,69        | João Duarte                       |     | 12/03/99                 | Juv     | ACDSJ                 |     | Braga                  | 31-01-2016                 |
| 23,80        | Sérgio Mendes                     |     | 09/01/93                 | Juv     | GDE                   |     | Pombal                 | 24-01-2010                 |
| 25,44        | David Câmara                      |     | 21/03/95                 | Juv     | ADRAP                 |     | Braga                  | 29-01-2011                 |
| <b>300 m</b> |                                   |     |                          |         |                       |     |                        |                            |
| 37,56        | Nuno Pereira                      |     | 27/11/00                 | Juv     | GDE                   |     | Pombal                 | 04-02-2017                 |
| 37,76        | <a href="#">Tiago Camacho</a>     |     | <a href="#">31/03/03</a> | Juv     | <a href="#">CSM</a>   |     | <a href="#">Braga</a>  | <a href="#">09-02-2020</a> |
| 37,83        | <a href="#">Bruno Pita</a>        |     | <a href="#">14/03/03</a> | Juv     | <a href="#">GDE</a>   |     | <a href="#">Braga</a>  | <a href="#">09-02-2020</a> |
| 38,49        | <a href="#">Francisco Nóbrega</a> |     | <a href="#">21/12/03</a> | Juv     | <a href="#">AJS</a>   |     | <a href="#">Braga</a>  | <a href="#">09-02-2020</a> |
| 39,05        | João Duarte                       |     | 12/03/99                 | Juv     | ACDSJ                 |     | Braga                  | 17-01-2015                 |
| <b>400 m</b> |                                   |     |                          |         |                       |     |                        |                            |
| 52,40        | Roberto Nóbrega                   |     | 31/05/92                 | Juv     | ADRAP                 |     | Espinho                | 24-01-2009                 |

| Marca                             | Atleta            | Nac | D.N.     | Escalão | Clube | Obs | Local       | Data       |
|-----------------------------------|-------------------|-----|----------|---------|-------|-----|-------------|------------|
| <b>800 m</b>                      |                   |     |          |         |       |     |             |            |
| 1 58,46                           | Nuno Pereira      |     | 27/11/00 | Juv     | GDE   |     | Pombal      | 05-02-2017 |
| 2 00,97                           | Pedro Monteiro    |     | 03/02/04 | Juv     | GDE   |     | Pombal      | 16-02-2020 |
| 2 06,11                           | Tomás Rosário     |     | 02/01/04 | Juv     | ADRAP |     | Braga       | 09-02-2020 |
| 2 07,02                           | Rodolfo Silva     |     | 03/04/98 | Juv     | CSM   |     | Pombal      | 06-12-2015 |
| 2 07,47                           | Tiago Freitas     |     | 16/12/02 | Juv     | GDE   |     | Pombal      | 03-02-2019 |
| <b>1.500 m</b>                    |                   |     |          |         |       |     |             |            |
| 4 11,80                           | Eduardo Pestana   |     | 06/08/02 | Juv     | AJS   |     | Pombal      | 19-01-2019 |
| 4 23,52                           | Diogo Sousa       |     | 28/11/83 | Juv     | GDE   |     | Espinho     | 08-01-2000 |
| <b>3.000 m</b>                    |                   |     |          |         |       |     |             |            |
| 9 09,96                           | Christian Prell   |     | 02/04/04 | Juv     | ADRAP |     | Braga       | 09-02-2020 |
| 9 12,99                           | Eduardo Pestana   |     | 06/08/02 | Juv     | AJS   |     | Pombal      | 03-02-2019 |
| 9 41,51                           | Francisco Luís    |     | 29/04/98 | Juv     | LCM-M |     | Braga       | 18-01-2015 |
| 9 42,40                           | Gonçalo Luís      |     | 16/11/99 | Juv     | LCM-M |     | Braga       | 31-01-2016 |
| <b>60 m barreiras</b>             |                   |     |          |         |       |     |             |            |
| 5b / <b>0,91m</b> - 13,72 + 9,14m |                   |     |          |         |       |     |             |            |
| 8,52                              | Tito Fernandes    |     | 02/06/99 | Juv     | ADRAP |     | Braga       | 31-01-2016 |
| 8,71                              | Magno Mendes      |     | 04/08/89 | Juv     | CSM   |     | Alpiarça    | 28-01-2006 |
| 8,81                              | Filipe Mendonça   |     | 20/03/85 | Juv     | CSM   |     | Alpiarça    | 09-02-2002 |
| 8,96                              | Roberto Nóbrega   |     | 31/05/92 | Juv     | ADRAP |     | Alpiarça    | 07-02-2009 |
| 9,02                              | Roberto Gonçalves |     | 24/02/89 | Juv     | CAM   |     | Alpiarça    | 28-01-2006 |
| 9,02                              | João Gonçalves    |     | 24/05/91 | Juv     | AJS   |     | Alpiarça    | 02-02-2008 |
| 9,05                              | Tiago Camacho     |     | 31/03/03 | Juv     | CSM   |     | Pombal      | 03-02-2019 |
| 9,07                              | Paulo Ornelas     |     | 31/05/93 | Juv     | GDE   |     | Alpiarça    | 06-03-2010 |
| 9,17                              | Manuel Vieira     |     | 15/02/03 | Juv     | ADRAP |     | Madrid /ESP | 26-01-2020 |
| 9,18                              | Pedro Freitas     |     | 10/05/89 | Juv     | CSM   |     | Braga       | 11-02-2006 |

| Marca                  | Atleta                        | Nac | D.N.     | Escalão | Clube | Obs | Local    | Data       |
|------------------------|-------------------------------|-----|----------|---------|-------|-----|----------|------------|
| <b>Salto em ALTURA</b> |                               |     |          |         |       |     |          |            |
| 1,95                   | João Pedro Buaró              |     | 14/06/01 | Juv     | GDE   |     | Pombal   | 14-01-2018 |
| 1,91                   | <a href="#">Manuel Vieira</a> |     | 15/02/03 | Juv     | ADRAP |     | Braga    | 09-02-2020 |
| 1,89                   | Pedro Freitas                 |     | 10/05/89 | Juv     | CSM   |     | Espinho  | 18-02-2006 |
| 1,79                   | Filipe Mendonça               |     | 20/03/85 | Juv     | CSM   |     | Alpiarça | 09-02-2002 |
| 1,76                   | Pedro Vasconcelos             |     | 17/01/89 | Juv     | ADRAP |     | Braga    | 29-01-2005 |
| 1,75                   | Renato Jesus                  |     | 06/04/81 | Juv     | GDE   |     | Braga    | 24-01-1998 |
| 1,72                   | João Gonçalves                |     | 24/05/91 | Juv     | AJS   |     | Alpiarça | 03-02-2007 |
| 1,72                   | Lourenço Santos               |     | 19/10/00 | Juv     | ADRAP |     | Pombal   | 05-02-2017 |
| 1,65                   | Roberto Nóbrega               |     | 31/05/92 | Juv     | ADRAP |     | Alpiarça | 07-02-2009 |
| 1,65                   | Jorge Abreu                   |     | 29/10/93 | Juv     | AJS   |     | Alpiarça | 07-03-2009 |

|                       |                                  |  |          |     |       |  |          |            |
|-----------------------|----------------------------------|--|----------|-----|-------|--|----------|------------|
| <b>Salto com VARA</b> |                                  |  |          |     |       |  |          |            |
| 4,50                  | João Pedro Buaró                 |  | 14/06/01 | Juv | GDE   |  | Pombal   | 20-01-2018 |
| 4,15                  | <a href="#">Diogo Martins</a>    |  | 03/08/03 | Juv | AJS   |  | Braga    | 08-02-2020 |
| 3,75                  | <a href="#">Manuel Vieira</a>    |  | 15/02/03 | Juv | ADRAP |  | Braga    | 08-02-2020 |
| 3,60                  | Renato Araújo                    |  | 08/09/93 | Juv | AJS   |  | Pombal   | 24-01-2010 |
| 3,60                  | António Castro                   |  | 18/12/94 | Juv | GDE   |  | Pombal   | 12-02-2011 |
| 3,50                  | Diogo Branco                     |  | 10/03/85 | Juv | CSM   |  | Espinho  | 24-02-2002 |
| 3,50                  | Paulo Santos                     |  | 16/02/87 | Juv | CSM   |  | Espinho  | 07-03-2004 |
| 3,40                  | Décio Faria                      |  | 23/07/91 | Juv | AJS   |  | Alpiarça | 24-02-2007 |
| 3,30                  | <a href="#">Flávio Fernandes</a> |  | 28/03/03 | Juv | AJS   |  | Braga    | 08-02-2020 |
| 3,20                  | Herculano Jesus                  |  | 09/01/90 | Juv | ADRAP |  | Alpiarça | 14-01-2007 |

|                             |                                      |  |          |      |       |  |             |            |
|-----------------------------|--------------------------------------|--|----------|------|-------|--|-------------|------------|
| <b>Salto em COMPRIMENTO</b> |                                      |  |          |      |       |  |             |            |
| 6,42                        | Roberto Nóbrega                      |  | 31/05/92 | Juv  | ADRAP |  | Espinho     | 11-01-2009 |
| 6,41                        | Francisco Gonçalves                  |  | 14/05/81 | Juv  | CSM   |  | Espinho     | 17-01-1998 |
| 6,25                        | Pedro Vasconcelos                    |  | 17/01/89 | Juv  | ADRAP |  | Alpiarça    | 19-02-2005 |
| 6,05                        | <a href="#">Manuel Vieira</a>        |  | 15/02/03 | Juv  | ADRAP |  | Madrid /ESP | 25-01-2020 |
| 6,04                        | <a href="#">Bruno Pita</a>           |  | 14/03/03 | Juv  | GDE   |  | Alpiarça    | 29-02-2020 |
| 6,00                        | Tito Fernandes                       |  | 02/06/99 | Juv  | ADRAP |  | Braga       | 30-01-2016 |
| 5,75                        | Vítor Viveiros                       |  | 18/03/84 | Inic | CAM   |  | Braga       | 23-01-1999 |
| 5,75                        | João Ramos                           |  | 14/01/86 | Inic | GDE   |  | Braga       | 27-01-2001 |
| 5,51                        | João Pedro Sousa                     |  | 10/01/96 | Inic | ACDSJ |  | Alpiarça    | 05-02-2011 |
| 5,51                        | <a href="#">Tiago Afonso Martins</a> |  | 10/01/05 | Inic | CSM   |  | Alpiarça    | 29-02-2020 |

| Marca               | Atleta         | Nac | D.N.     | Escalão | Clube | Obs | Local    | Data       |
|---------------------|----------------|-----|----------|---------|-------|-----|----------|------------|
| <b>TRIPLO Salto</b> |                |     |          |         |       |     |          |            |
| 14,09               | Pedro Freitas  |     | 10/05/89 | Juv     | CSM   |     | Espinho  | 11-02-2006 |
| 13,43               | Renato Araújo  |     | 08/09/93 | Juv     | AJS   |     | Alpiarça | 06-03-2010 |
| 13,33               | João Frias     |     | 09/01/91 | Juv     | ADRAP |     | Alpiarça | 16-02-2008 |
| 12,88               | Manuel Vieira  |     | 15/02/03 | Juv     | ADRAP |     | Pombal   | 02-02-2019 |
| 12,76               | Tito Fernandes |     | 02/06/99 | Juv     | ADRAP |     | Braga    | 31-01-2016 |
| 12,43               | Paulo Santos   |     | 16/02/87 | Juv     | CSM   |     | Alpiarça | 22-02-2004 |
| 12,24               | Diogo Martins  |     | 03/08/03 | Juv     | AJS   |     | Braga    | 09-02-2020 |

| <b>Lançamento do PESO</b> |                   |  |          |     |       |     |          |            |
|---------------------------|-------------------|--|----------|-----|-------|-----|----------|------------|
| 5 kg                      |                   |  |          |     |       |     |          |            |
| 16,08                     | André Gonçalves   |  | 14/04/86 | Juv | CSM   |     | Alpiarça | 01-02-2003 |
| 14,66                     | Marçal Rodrigues  |  | 10/07/90 | Juv | CSM   |     | Alpiarça | 24-02-2007 |
| 14,14                     | J. Leonardo Abreu |  | 14/10/99 | Juv | ADRAP |     | Pombal   | 31-01-2016 |
| 13,74                     | Moisés Faria      |  | 13/03/02 | Juv | GDE   |     | Pombal   | 02-02-2019 |
| 13,68                     | Paulo Henriques   |  | 04/05/82 | Juv | GDE   |     | Braga    | 23-01-1999 |
| 13,65                     | Márcio Viveiros   |  | 03/04/03 | Juv | ADRAP |     | Braga    | 08-02-2020 |
| 13,08                     | Tiago Chaves      |  | 06/07/91 | Juv | GDE   |     | Alpiarça | 16-02-2008 |
| 13,04                     | Rui Nunes         |  | 14/07/89 | Juv | ADRAP |     | Alpiarça | 28-01-2006 |
| 12,76                     | Décio Andrade     |  | 25/01/97 | Juv | GDE   | 6 k | Pombal   | 09-02-2014 |
| 12,33                     | Hélder Pestana    |  | 11/02/87 | Juv | GDE   |     | Braga    | 31-01-2004 |

| <b>5.000 m MARCHA</b> |                    |  |          |     |     |  |        |            |
|-----------------------|--------------------|--|----------|-----|-----|--|--------|------------|
| 24 06,67              | Diogo E. Fernandes |  | 01/04/01 | Juv | AJS |  | Pombal | 27-01-2018 |
| 25 51,99              | Daniel Neves       |  | 20/10/82 | Juv | GDE |  | Braga  | 13-02-1999 |

| <b>HEPTATLO</b>  |               |  |          |     |       |  |             |            |
|--|---------------|--|----------|-----|-------|--|-------------|------------|
| 60m + Comprimento + Peso 5 + Altura / 60m barr.91 + Vara + 1000m |               |  |          |     |       |  |             |            |
| 4 363 p  | Manuel Vieira |  | 15/02/03 | Juv | ADRAP |  | Madrid /ESP | 26-01-2020 |
| 7,44 . 6,05 . 9,89 . 1,86 / 9,17 . 3,53 . 2 58,69                |               |  |          |     |       |  |             |            |

| Marca                         | Atleta   | Nac | D.N.     | Escalão | Clube | Obs | Local    | Data       |
|-------------------------------|--|-----|----------|---------|-------|-----|----------|------------|
| <b>TRIATLO TÉCNICO</b>        |  |     |          |         |       |     |          |            |
| 60m barr.91 + Peso 5 + Altura |  |     |          |         |       |     |          |            |
| 1 921 p                       | Pedro Freitas<br>9,18 . 10,82 . 1,86   |     | 10/05/89 | Juv     | CSM   |     | Braga    | 11-02-2006 |
| 1 865 p                       | Manuel Vieira<br>9,26 . 10,47 . 1,84   |     | 15/02/03 | Juv     | ADRAP |     | Alpiarça | 29-02-2020 |
| 1 834 p                       | Filipe Mendonça<br>9,03 . 9,99 . 1,78  |     | 20/03/85 | Juv     | CSM   |     | Braga    | 05-01-2002 |
| 1 823 p                       | João Gonçalves<br>9,02 . 11,14 . 1,68  |     | 24/05/91 | Juv     | AJS   |     | Alpiarça | 02-02-2008 |
| 1 737 p                       | Hélder Pestana<br>9,25 . 12,33 . 1,54  |     | 11/02/87 | Juv     | GDE   |     | Braga    | 31-01-2004 |
| 1 736 p                       | João Pedro Buaró<br>9,26 . 8,89 . 1,80   |     | 14/06/01 | Juv     | GDE   |     | Alpiarça | 04-03-2017 |
| 1 733 p                       | Pedro Vasconcelos<br>9,35 . 9,72 . 1,76  |     | 17/01/89 | Juv     | ADRAP |     | Braga    | 29-01-2005 |
| 1 665 p                       | J. Tiago Henriques<br>9,65 . 11,23 . 1,64  |     | 05/07/96 | Juv     | CSM   |     | Alpiarça | 23-02-2013 |
| 1 566 p                       | Paulo Ornelas<br>9,32 . 9,99 . 1,52  |     | 31/05/93 | Juv     | GDE   |     | Alpiarça | 06-02-2010 |
| <b>TRIATLO B</b>              |  |     |          |         |       |     |          |            |
| Peso 5 + 60m + Comprimento    |  |     |          |         |       |     |          |            |
| 1 854 p                       | Bruno Pita<br>10,36 . 7,38 . 6,04  |     | 14/03/03 | Juv     | GDE   |     | Alpiarça | 29-02-2020 |
| <b>4 x 300 m</b>              |  |     |          |         |       |     |          |            |
| 2 37,68                       | GD Estreito<br>Tiago Freitas 02, Rúben Abreu 03, Moisés Faria 02, Bruno Pita 03                    |     |          | Juv     | GDE   |     | Pombal   | 02-02-2019 |
| 2 39,03                       | ADR Água de Pena<br>Miguel S. Abreu 03, Tomás Rosário 04, Manuel Vieira 03, Christian Prell 04     |     |          | Juv     | ADRAP |     | Braga    | 08-01-2020 |
| 2 42,50                       | ACD Jardim da Serra<br>Tiago Camacho 03, Bruno Faria 03, Francisco Nóbrega 03, Flávio Fernandes 03 |     |          | Juv     | AJS   |     | Braga    | 08-01-2020 |