

Marca	Atleta	Nac	D.N.	Escalão	Clube	Obs	Local	Data
<b>60 m</b>								
7,00	David Martinho		16/03/01	s20	AJS		Braga	23-01-2019
7,06	Xavier Outeiro		08/08/03	s20	AJS		Braga	12-02-2022
7,08	Ricardo Ribeiro		21/02/95	s20	AJS		Pombal	08-02-2014
7,13	Tito Fernandes		02/06/99	s20	ADRAP		Braga	28-01-2017
7,19	Paulo Neto		11/03/97	s20	AJS		Salamanca /ESP	20-02-2016
7,23	Sérgio Mendes		09/01/93	s20	GDE		Pombal	21-01-2012
7,23	André Jerónimo		09/07/02	s18	AJS		Alpiarça	21-12-2019
7,24	Victor Rodrigues		20/05/88	s20	CSM		Espinho	11-02-2007
7,25	Rodrigo Ramos		02/07/98	s20	AJS		Pombal	20-02-2016
7,28	Filipe Santos		25/06/84	s20	CSM		Alpiarça	15-02-2003
<b>200 m</b>								
22,65	Ricardo Ribeiro		21/02/95	s20	AJS		Pombal	16-02-2014
22,69	Roberto Aguiar		08/08/84	s20	GDE		Espinho	16-02-2003
22,93	Tito Fernandes		02/06/99	s20	ADRAP		Pombal	12-02-2017
22,97	Ivo Graça		22/03/84	s20	CSM		Espinho	16-02-2003
23,04	André Jerónimo		09/07/02	s18	AJS		Pombal	29-12-2019
23,06	Bruno Santos		02/04/85	s20	CSM		Espinho	07-03-2004
23,13	José Moura		20/01/86	s20	CSM		Espinho	07-03-2004
23,18	Micael Franco		31/08/95	s20	ADRAP		Pombal	16-02-2014
23,21	Bernardo Pereira		26/01/97	s20	AJS		Pombal	17-12-2016
23,28	João Santos		11/03/83	s20	GDE		Espinho	03-02-2002
<b>400 m</b>								
50,07	Roberto Aguiar		08/08/84	s20	GDE		Espinho	15-02-2003
50,19	Bruno Santos		02/04/85	s20	CSM		Espinho	06-03-2004
50,45	João Santos		11/03/83	s20	GDE		Espinho	23-02-2002
50,53	Ivo Graça		22/03/84	s20	CSM		Espinho	15-02-2003
50,86	Roberto Nóbrega		31/05/92	s20	ADRAP		Pombal	08-01-2011
51,04	Hugo Silva		04/01/91	s20	CSM		Espinho	06-02-2010
51,09	Eurico Teixeira		01/06/80	s20	GDE		Espinho	31-01-1998
51,58	Hermano Gouveia		21/03/81	s20	CSM		Espinho	05-02-2000
52,23	António Jesus		23/03/92	s20	GDE		Pombal	13-02-2010
52,71	Manuel Vieira		15/02/03	s20	ADRAP		Braga	12-02-2022

**Sub-20 (juniores) Masculinos**

Marca	Atleta	Nac	D.N.	Escalão	Clube	Obs	Local	Data
<b>800 m</b>								
1 51,84	Nuno Pereira		27/11/00	s20	GDE		Pombal	18-02-2018
1 55,13	Diogo Sousa		28/11/83	s20	GDE		Espinho	10-02-2002
1 55,65	Pedro Monteiro		03/02/04	s20	ADRAP		Pombal	13-12-2023
1 56,65	Eduardo Pestana		06/08/02	s23	AJS		Pombal	20-02-2022
1 56,77	Rui Paulo Silva		20/11/84	s20	CSM		Espinho	16-02-2003
1 58,98	Rúben Alves		01/02/83	s20	CSM		Espinho	24-02-2002
1 59,40	Tomás Rosário		02/01/04	s20	ADRAP		Pombal	28-01-2023
1 59,66	Hermano Gouveia		21/03/81	s20	CSM		Espinho	06-02-2000
2 00,60	Paulo Lima		01/05/93	s20	ADRAP		Pombal	23-01-2011
2 02,92	Dinarte Gomes		11/05/91	s20	AJS		Pombal	24-01-2010
<b>1.500 m</b>								
3 49,18	Nuno Pereira		27/11/00	s20	GDE		Pombal	17-02-2018
3 54,48	Diogo Sousa		28/11/83	s20	GDE		Espinho	09-02-2002
3 58,17	Eduardo M'bengani	CGO	08/01/85	s20	CSM		Espinho	06-03-2004
3 59,25	Eduardo Pestana		06/08/02	s20	AJS		Braga	07-03-2020
4 00,51	Rui Paulo Silva		20/11/84	s20	CSM		Espinho	18-01-2003
4 02,17	Samuel Rios		29/04/01	s20	ADRAP		Braga	07-03-2020
4 02,41	Manuel Fernandes		16/03/92	s20	CSM		Pombal	22-01-2011
4 02,62	Pedro Monteiro		03/02/04	s20	ADRAP		Pombal	28-01-2023
4 04,41	Nuno Paulo		24/07/93	s20	ACDSJ		Pombal	22-01-2011
4 05,31	Alberto Paulo		03/10/85	s20	CSM		Espinho	06-03-2004
<b>3.000 m</b>								
8 32,64	Eduardo M'bengani	CGO	08/01/85	s20	CSM		Espinho	07-03-2004
8 35,35	Samuel Rios		29/04/01	s20	ADRAP		Braga	23-02-2020
8 38,76	Manuel Fernandes		16/03/92	s20	CSM		Pombal	23-01-2011
8 38,91	Alberto Paulo		03/10/85	s20	CSM		Espinho	07-03-2004
8 40,89	Eduardo Pestana		06/08/02	s20	AJS		Braga	08-03-2020
8 46,17	Pedro Monteiro		03/02/04	s20	ADRAP		Pombal	12-02-2023
8 49,79	Nuno Paulo		24/07/93	s20	ACDSJ		Pombal	23-01-2011
9 02,03	Fábio Fernandes		16/08/95	s20	GDE		Pombal	25-01-2014
9 06,20	Francisco Luís		29/04/98	s20	LCM-M		Braga	29-01-2017
9 09,96	Christian Prell		02/04/04	s18	ADRAP		Braga	09-02-2020

Marca	Atleta	Nac	D.N.	Escalão	Clube	Obs	Local	Data
<b>60 m barreiras</b>								
5b / 0,99m - 13,72 + 9,14m								
8,18	Paulo Neto		11/03/97	s20	AJS		Lisboa (CAR)	16-01-2016
8,50	Francisco Palmeira		24/11/05	s20	AJS		Braga	25-02-2024
8,58	Pedro Buaró		14/06/01	s20	GDE		Pombal	16-02-2020
8,66	Roberto Gonçalves		24/02/89	s20	GDE	1,067m	Espinho	10-02-2008
8,97	Filipe Mendonça		20/03/85	s20	CSM	1,067m	Espinho	07-03-2004
8,97	Tito Fernandes		02/06/99	s18	ADRAP		Braga	14-02-2016
8,99	Hugo Silva		04/01/91	s20	CSM	1,067m	Pombal	14-02-2010
9,09	Manuel Vieira		15/02/03	s20	ADRAP		Braga	16-01-2022
9,11	Alberto Fraga		29/02/80	s20	CSM	1,067m	Espinho	28-02-1999
9,15	Francisco Gonçalves		14/05/81	s20	CSM	1,067m	Espinho	06-02-2000

**Salto em ALTURA**

2,04	Frederico Spínola		03/03/78	s20	GDE		Braga	01-02-1997
2,04	Paulo Neto		11/03/97	s20	AJS		Braga	13-02-2016
1,95	Jorge Abreu		29/10/93	s20	AJS		Pombal	23-01-2011
1,95	Pedro Buaró		14/06/01	s18	GDE		Pombal	14-01-2018
1,94	Rui Sousa		01/01/77	s20	CSM		Braga	10-02-1996
1,91	Manuel Vieira		15/02/03	s18	ADRAP		Braga	09-02-2020
1,89	Pedro Freitas		10/05/89	s18	CSM		Espinho	18-02-2006
1,89	Tiago Martins		05/03/97	s20	ADRAP		Braga	17-12-2016
1,85	Renato Jesus		06/04/81	s20	GDE		Espinho	05-02-2000
1,85	Pedro Pereira		09/02/84	s20	GDE		Alpiarça	15-12-2002
1,85	Bruno Costa		03/05/92	s20	CSM		Pombal	19-02-2011

**Salto com VARA**

4,90	Pedro Buaró		14/06/01	s20	GDE		Pombal	28-12-2019
4,60	Diogo Martins		03/08/03	s20	AJS		Pombal	19-02-2022
4,18	Renato Araújo		08/09/93	s20	CSM		Espinho	18-02-2012
4,16	Diogo Branco		10/03/85	s20	CSM		Espinho	07-03-2004
4,10	Alberto Fraga		29/02/80	s20	GDE		Espinho	28-02-1999
4,02	Décio Faria		23/07/91	s20	AJS		Pombal	24-01-2010
4,02	António Castro		18/12/94	s20	GDE		Pombal	21-01-2012
3,97	Artur Martins		22/01/05	s20	ADRAP		Pombal	25-02-2023
3,80	Moisés Freitas		12/08/91	s20	GDE		Espinho	30-01-2010
3,75	Manuel Vieira		15/02/03	s18	ADRAP		Braga	08-02-2020

Marca	Atleta	Nac	D.N.	Escalão	Clube	Obs	Local	Data
<b>Salto em COMPRIMENTO</b>								
7,03	Bruno Costa		03/05/92	s20	CSM		Pombal	19-02-2011
7,02	Alberto Fraga		29/02/80	s20	GDE		Espinho	07-02-1999
6,93	João Frias		09/01/91	s20	ADRAP		Espinho	25-01-2009
6,90	Xavier Outeiro		08/08/03	s20	AJS		Braga	12-02-2022
6,85	Luís Bernardo		15/02/86	s20	CIA		Espinho	05-03-2005
6,78	Roberto Aguiar		08/08/84	s20	GDE		Espinho	01-02-2003
6,56	Omar Jesus		07/10/05	s20	AJS		Braga	28-01-2023
6,55	Paulo Neto		11/03/97	s20	AJS		Pombal	14-02-2015
6,52	Manuel Vieira		15/02/03	s20	ADRAP		Braga	15-01-2022
6,42	Roberto Nóbrega		31/05/92	s18	ADRAP		Espinho	11-01-2009

<b>TRIPLO Salto</b>								
14,50	Bruno Costa		03/05/92	s20	CSM		Pombal	06-02-2011
14,43	Renato Araújo		08/09/93	s20	CSM		Pombal	22-01-2012
14,23	Pedro Freitas		10/05/89	s20	CSM		Espinho	17-02-2007
14,04	Alberto Fraga		29/02/80	s20	GDE		Braga	14-02-1999
13,97	Vítor Viveiros		18/03/84	s20	CSM		Espinho	27-01-2002
13,73	Décio Faria		23/07/91	s20	AJS		Pombal	23-01-2010
13,33	João Frias		09/01/91	s18	ADRAP		Alpiarça	16-02-2008
13,31	Jorge Abreu		29/10/93	s20	CSM		Pombal	22-01-2012
13,08	Simão Viveiros		29/11/92	s20	GDE		Pombal	23-01-2010
13,08	Xavier Outeiro		08/08/03	s20	AJS		Braga	13-02-2022

<b>Lançamento do PESO</b>								
<b>6 kg</b>								
16,38	Marçal Rodrigues		10/07/90	s20	CSM		Espinho	25-02-2009
15,87	André Gonçalves		14/04/86	s18	CSM		Espinho	16-02-2003
15,02	Alex Linenburg		11/04/01	s20	GDE		Pombal	16-02-2020
14,49	Miguel Pinto		13/06/84	s20	CSM		Espinho	16-02-2003
13,75	Moisés Faria		13/03/02	s20	GDE		Pombal	16-02-2020
13,58	Luís Miguel Silva		28/08/02	s20	AJS		Pombal	16-02-2020
13,30	J. Leonardo Abreu		14/10/99	s18	ADRAP		Braga	14-02-2016
13,12	Diogo Branco		10/03/85	s20	CSM		Espinho	07-03-2004
12,94	Márcio Viveiros		03/04/03	s20	ADRAP		Braga	12-02-2022
12,93	Décio Andrade		25/01/97	s20	GDE	7,26k	Pombal	06-03-2016

Marca	Atleta	Nac	D.N.	Escalão	Clube	Obs	Local	Data
<b>5.000 m MARCHA</b>								
23 02,31	Diogo E. Fernandes		01/04/01	s20	AJS		Braga	07-03-2020
23 09,77	Francisco Henriques		29/01/01	s20	GDE		Pombal	15-02-2020
23 14,26	Xavier Sousa		20/10/96	s20	AJS		Braga	07-02-2015
23 53,73	Afonso Nóbrega		16/11/08	s18	AJS		Braga	04-02-2024
25 03,04	Daniel Neves		20/10/82	s20	GDE		Espinho	15-02-2000

<b>HEPTATLO</b>								
60m + Comprimento + Peso (6) + Altura / 60m barr.(99) + Vara + 1000m								
4 951 p	Paulo Neto		11/03/97	s20	AJS		Braga	14-02-2016
	7,29 . 6,46 . 11,94 . 2,04 / 8,18 . 3,20 . 2.56,85							
4 684 p	Alberto Fraga		29/02/80	s20	GDE	Hp senior	Espinho	28-02-1999
	7,33 . 6,62 . 11,50 . 1,81 / 9,11 . 4,10 . 3.05,58							
4 559 p	Diogo Branco		10/03/85	s20	CSM	Hp senior	Espinho	15-02-2004
	7,44 . 6,33 . 11,00 . 1,75 / 9,18 . 4,10 . 2.57,85							
4 555 p	Manuel Vieira		15/02/03	s20	ADRAP		Braga	16-01-2022
	7,38 . 6,52 . 10,74 . 1,80 / 9,09 . 3,60 . 2.55,50							
4 006 p	João Gonçalves		24/05/91	s20	AJS	Hp senior	Pombal	01-03-2009
	7,52 . 5,87 . 8,52 . 1,80 / 9,67 . 3,30 . 2.58,32							
3 415 p	Pedro Pereira		09/02/84	s20	GDE	Hp senior	Espinho	23-02-2003
	7,49 . 6,26 . 9,33 . 1,75 / 9,36 . 3,00 . 0							
3 373 p	Décio Faria		23/07/91	s20	AJS	Hp senior	Espinho	28-02-2010
	7,82 . 6,13 . 9,35 . 0 / 9,76 . 3,80 . 3.12,31							

<b>4 x 400 m</b>								
3 28,21	Estreito			s20	GDE		Espinho	24-02-2002
	Filipe Santos 84 + Diogo Sousa 83 + João Santos 84 + Roberto Aguiar 84							
3 30,12	Marítimo			s20	CSM		Espinho	07-03-2004
	Filipe Mendonça 85 + Bruno Santos 85 + José Moura 86 + José Quintal 87							
3 30,84	Marítimo			s20	CSM		Espinho	16-02-2003
	Filipe Santos 84 + Ivo Graça 84 + Rui Paulo Silva 84 + Bruno Santos 85							
3 34,27	Água de Pena			s20	ADRAP		Braga	29-01-2011
	Wilson Barros 94 + Paulo Lima 93 + Belarmino Silva 94 + Roberto Nóbrega 92							
3 35,68	Marítimo			s20	CSM		Espinho	24-02-2002
	Filipe Mendonça 85 + Rúben Alves 83 + Bruno Santos 85 + Rui Paulo Silva 84							
3 42,44	Estreito			s20	GDE		Braga	14-02-1999
	Nelson Silva 81 + Eurico Teixeira 80 + Ricardo Jesus 81 + Renato Jesus 82							
3 46,90	Jardim da Serra			s20	AJS		Espinho	25-01-2009
	Décio Faria 91 + Dinarte Gomes 91 + Renato Araújo 93 + João Gonçalves 91							
3 49,04	Estreito			s20	GDE		Pombal	16-02-2020
	Bruno Pita 03, Moisés Faria 02, Francisco Henriques 01, Pedro Buaró 01							

Marca	Atleta	Nac	D.N.	Escalão	Clube	Obs	Local	Data
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### Outras Provas

#### 60 m barreiras

Seniores: 5b / 1,067m - 13,72 + 9,14m								
8,27	Paulo Neto		11/03/97	s20	AJS	1,067m	Pombal	06-03-2016
8,66	Roberto Gonçalves		24/02/89	s20	GDE	1,067m	Espinho	10-02-2008
8,87	Francisco Palmeira		24/11/05	s20	AJS	1,067m	Pombal	10-02-2024
8,97	Filipe Mendonça		20/03/85	s20	CSM	1,067m	Espinho	07-03-2004
8,99	Hugo Silva		04/01/91	s20	CSM	1,067m	Pombal	14-02-2010
9,11	Alberto Fraga		29/02/80	s20	CSM	1,067m	Espinho	28-02-1999
9,15	Francisco Gonçalves		14/05/81	s20	CSM	1,067m	Espinho	06-02-2000
9,18	Diogo Branco		10/03/85	s20	CSM	1,067m	Espinho	15-02-2004
9,36	Pedro Pereira		09/02/84	s20	GDE	1,067m	Espinho	23-02-2003
9,54	João Gonçalves		24/05/91	s20	AJS	1,067m	Espinho	28-02-2010

#### Lançamento do PESO

Seniores: 7,26 kg								
15,12	André Gonçalves		14/04/86	s20	CSM	7,26k	Espinho	06-03-2005
14,48	Marçal Rodrigues		10/07/90	s20	CSM	7,26k	Pombal	08-02-2009
12,93	Décio Andrade		25/01/97	s20	GDE	7,26k	Pombal	06-03-2016
12,86	Luís Miguel Silva		28/08/02	s20	AJS	7,26k	Pombal	13-03-2021
12,45	Paulo Gonçalves		27/09/88	s20	CSM	7,26k	Espinho	04-02-2007
12,36	Alex Linenburg		11/04/01	s20	GDE	7,26k	Braga	08-03-2020
11,50	Alberto Fraga		29/02/80	s20	GDE	7,26k	Espinho	27-02-1999
11,50	Paulo Henriques		04/05/82	s20	GDE	7,26k	Espinho	25-02-2001
11,00	Diogo Branco		10/03/85	s20	CSM	7,26k	Espinho	14-02-2004

#### PENTATLO TÉCNICO

60m + Comprimento + Peso (6) + 60m barr.(99) + Altura								
3 722 p	Paulo Neto		11/03/97	s20	AJS		Lisboa (CAR)	16-01-2016
								7,28 . 6,48 . 11,35 . 8,18 . 1,93
3 166 p	Diogo Branco		10/03/85	s20	CSM	Pt-T senior	Alpiarça	10-01-2004
								7,47 . 6,18 . 10,77 . 9,33 . 1,78
3 057 p	Pedro Pereira		09/02/84	s20	GDE	Pt-T senior	Alpiarça	04-01-2003
								7,51 . 6,01 . 9,98 . 9,38 . 1,78

Marca	Atleta	Nac	D.N.	Escalão	Clube	Obs	Local	Data
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### HEPTATLO - Seniores

60m + Comprimento + Peso (7,26) + Altura / 60m barr.(1,067) + Vara + 1000m								
4 869 p	Paulo Neto		11/03/97	s20	AJS	Hp senior	Pombal	15-02-2015
	7,35 . 6,55 . 10,08 . 1,99 / 8,49 . 3,60 . 2.52,17							
4 684 p	Alberto Fraga		29/02/80	s20	GDE	Hp senior	Espinho	28-02-1999
	7,33 . 6,62 . 11,50 . 1,81 / 9,11 . 4,10 . 3.05,58							
4 559 p	Diogo Branco		10/03/85	s20	CSM	Hp senior	Espinho	15-02-2004
	7,44 . 6,33 . 11,00 . 1,75 / 9,18 . 4,10 . 2.57,85							
4 006 p	João Gonçalves		24/05/91	s20	AJS	Hp senior	Pombal	01-03-2009
	7,52 . 5,87 . 8,52 . 1,80 / 9,67 . 3,30 . 2.58,32							
3 415 p	Pedro Pereira		09/02/84	s20	GDE	Hp senior	Espinho	23-02-2003
	7,49 . 6,26 . 9,33 . 1,75 / 9,36 . 3,00 . 0							
3 373 p	Décio Faria		23/07/91	s20	AJS	Hp senior	Espinho	28-02-2010
	7,82 . 6,13 . 9,35 . 0 / 9,76 . 3,80 . 3.12,31							

### 4 x 200 m

1 34,58	Estreito			s20			Pombal	24-01-2010
	Sérgio Mendes 93 + António Jesus 92 + Paulo Ornelas 93 + Fernando Almeida 92							
1 38,10	Jardim da Serra			s20			Pombal	24-01-2010
	João Gonçalves 91 + Dinarte Gomes 91 + Roberto Faria 91 + Davide Teixeira 92							
1 38,26	ADRAP			s20			Pombal	12-01-2008
	João Frias 91 + Roberto Nóbrega 92 + Germano Oliveira 89 + Helder Santos 90							