

ABSOLUTOS - Femininos



TEMPO LIVRE

pista de atletismo

FEMININOS	R.Mundial	RN	RECORDES ABSOLUTOS PISTA DE ATLETISMO GÉMEOS CASTRO					
prova			marca	atleta	A.N.	ano	Clube	Data
100m	10.49	11.30	12.07	Carla Tavares	SEN	82	COD	04,06,05
200m	21.34	22.88	24.63	Carla Tavares	SEN	82	FCP	24,05,08
400m	47.6	51.92	56.83	Joana Frias	JUN	88	CAM	08,07,06
800m	1,53,28	1,58,94	2,12,42	Liliana Silva	SEN	82	COD	06,06,04
1000m	2,28,98	2,34,85						
1500m	3,50,46	3,57,71	4,27,22	Lídia Sousa	JUN	88	BFC	08,07,06
Milha	4,12,56	4,23,41						
2000m	5,25,36	5,37,88						
3000m	8,06,11	8,30,22	9,34,17	Leonor Carneiro	SEN	78	BFC	05,06,05
5000m	14,16,63	14,36,45	16,15,19	Ana Dias	SEN	74	CBF	04,06,05
10000m	29,31,78	30,22,88						
20000m	1,05,26,6	1,06,55,6						
Hora	18,340m							
25000m	1,27,05,9							
30000m	1,45,50,0							
2000m obst			8,32,80	Joana Paco	JUN	84	ADAF	15,06,03
3000m obst	9,01,59	9,39,21	10,33,48	Sara Moreira	SEN	85	GDE	16,07,05
100m bar	12.21	13.14	14.44	Patrícia Mamona	JUN	88	JOMA	09,07,06
200m bar		27.29						
400m bar	52.34	56.25	63.12	Susana Estriga	SEN	75	FCP	16,07,05
altura	2.09	1.88	1.79	Marisa Anselmo	JUN	87	JOMA	09,07,06
vara	5.01	4.32	4.02	Sandra Tavares	SEN	82	FCP	24,05,03
comprimento	7.52	6.89	6.06	Marta Godinho	SEN	80	FCP	24,05,08
triplo	15.5	13.57	13.16	Marta Godinho	SEN	80	FCP	24,05,08
peso 3Kg		15.76	15.54	Carla Almeida	JUV	84	FCP	22,06,02
peso4Kg	22.63	17.18	15.05	Teresa Machado	SEN	69	COD	06,06,04
disco 1kg	76.8	65.40	59.18	Teresa Machado	SEN	69	COD	05,06,04
martelo 3kg			60.05	Ana Durão	JUV	86	ADRCL	23,06,02
martelo 4kg	77.8	68.82	61.16	Maria José Conde	SEN	80	SCB	17,07,05
dardo 600g	71.7	59.74	44.77	Marisela Silva	JUN	85	GDE	12,07,03
hexatlo			2783pts	Anabela Enes	JUV	86	CYCLO	10,05,03
heptatlo	7291pts	6160pts	4311pts	Susana Estriga	SEN	75	FCP	11,05,03
Decatlo	8358pts							
3000 marcha			13,56,86	Cláudia Conceição	JUN	89	SCB	24,05,08
5000 marcha		20,40,24	26,08,87	Cristinana Vaz	JUV	87	ASAS	17,05,03
10000m marcha	41,56,23	43,44,65	48,50,89	Ana Cabecinha	JUN	84	COP	12,07,03
20000m marcha	1,26,52,3	1,29,36,40						
4x100m				Ana Marques		80	FCP	24,05,03
	41.37	44.75	48.55	Rafaela Almeida		83		
				Tatiana Orcy		72		
				Sandra Cruz		80		
4x200m	1,27,46	1,39,60						
4x400m				Mafalda Oliveira		82	FCP	25,05,03
	3,15,17	3,29,38	3,58,37	Carina Marques		86		
				Ana Marques		80		
				Tatiana Orcy		72		
4x800m	7,50,17	8,33,0						



Melhores marcas desportivas na Pista de Atletismo Gémeos Castro

ABSOLUTOS - Masculinos

TEMPO LIVRE
pista de atletismo

MASCULINOS	R.Mundial	RN	RECORDES ABSOLUTOS PISTA DE ATLETISMO GÉMEOS CASTRO					
100m	9.74	9.86	10.79	Mário Barbosa	SEN	77	FCP	24,05,03
200m	19.32	20.01	21.20	Sérgio Duro	SEN	80	GDE	05,06,05
400m	43.18	46.11	48.10	Sérgio Duro	SEN	80	GDE	04,06,05
800m	1,41,11	1,44,91	1,51,75	Luís Fonseca	SEN	80	FCP	25,05,03
1000m	2,11,96	2,16,30						
1500m	3,26,00	3,30,07	3,51,39	António Travassos	SEN	71	MAC	24,05,03
Milha	3,43,13	3,49,50						
2000m	4,44,79							
3000m	7,20,67	7,52,11	8,14,95	Youssf El Kalai	SEN	81	NAC	05,06,05
5000m	12,37,35	13,02,86	14,07,23	Youssf El Kalai	SEN	81	mar/FCP	24,05,08
10000m	26,17,53	27,12,47	36,03,92	José Ribeiro	SEN	51	INAT	10,05,03
20000m	56,26,0	57,18,4						
Hora	21,285m	20,943m.						
25000m	1,13,55,8	1.18.58,2						
30000m	1,29,18,8	1.35.04,7						
2000obst			6,09,09	João Lopes	JUV	86	AAS	17,05,03
3000obst	7,53,63	8,19,82	9,00,08	Pedro Ribeiro	SEN	81	FCP	25,05,03
110m bar	2	13.62	13.87	Arnaldo Abrantes	JUV	86	AAL	17.05.03
400m bar	46.78	48.77	52.91	Ricardo Lima	JUN	85	GDC	12,07,03
altura	2.45	2.23	2.12	Carlos Pereira	JUN	87	JV	08,07,06
vara	6.14	5.66	4.60	Edi Maia	JUN	87	GDIS	09,07,06
comprimento	8.95	8.36	7.66	Gaspar Araújo	SEN	81	CAC-VC	24,05,03
triplo	18.29	17.74	16.11	Vlad Letnicov	SEN	81	CDE	05,06,05
peso 7,26		19.30	15.76	Nuno Serra	SEN	64	GSADF	04,06,05
peso 6kg	23.12	19.02	19.02	António Vital e Silva	JUN	88	SLB	08,07,06
peso 5kg		19.48	16.58	André Gonçalves	JUV	86	AARAM	18,05,03
disco 2kg		60.61	56.09	Paulo Bernardo	SEN	74	BA	06,06,04
disco 1,750 kg	74.08	56.08	53.02	Hugo Caldeira	JUN	84	SCP	13,07,03
disco 1,5 kg		59.57	44.04	André Gonçalves	JUV	86	AARAM	17,05,03
martelo 7,26		76.86	64.26	André Vital e Silva	SEN	80	FCP	16,07,05
martelo 6kg	86.74	76.30	62.39	Nuno Rocha	JUN	84	FCP	15,06,02
martelo 5kg		76.07	60.62	Flávio Azevedo	JUV	85	ACM-A	22,06,02
dardo 700g		63.80	57.39	Tiago Marto	JUV	86	AAS	17,05,03
dardo 800g	98.48	72.49	60.1	Elias Leal	SEN	77	FCP	24,05,08
Decatlo	9026pts	8213pts	5492pts	Ernesto Pereira	SEN	83	FCP	10,05,03
Octatlo		5636 pts	4953 pts	Miguel Pereira	JUV	91	AAP	20,04,08
5000 marcha		18.56,61	20.51,70	Augusto Cardoso	SEN	70	FCP	24.05.08
10000 marcha	38,46,4	39.55,9	44,47,15	Diogo Martins	JUN	84	CPA-S	12,07,03
20000 marcha	1,17,25,6	1,22,26,30						
30000 marcha	2,01,44,1	2.23.11,0						
50000marcha	3,40,57,9	3.57.29,5						
4x100m				Rafael Queiros		75	FCP	24,05,03
	37.4	39.18	42.75	Paulo S Ferreira		81		
				Mário Barbosa		77		
				Serafim Gadelho		68		
4x200m	1,18,68							
4x400m				Paulo Ferreira		75		25,05,03
	2,54,20	3,05,48	3,19,49	Luís Fonseca		80		
				Rafael Queiros		75		
				Paulo Ferreira		81		
4x800m	7,02,43	7.26,2						
4x1500m	14,38,8	15.05,01						