



JUNIORES

FEMININOS	RN	RECORDES JUNIORES PISTA DE ATLETISMO GEMEOS CASTRO				
prova		marca	atleta	A.N.	clube	data
100m	11.52	12.31	Inês Oliveira	86	SCB	16,07,05
200m	23.26	25.55	Joana Frias	88	CAM	09,07,06
400m	55.09	56.83	Joana Frias	88	CAM	08,07,06
800m	2,03,89	2,15,11	Neide Dias	87	JOMA	09,07,03
1000m	2.48,2					
1500m	4,14,09	4,27,22	Lídia Sousa	88	BFC	08,07,06
Milha	4.41,39					
3000m	8,56,33	9,48,99	Laura Silva	84	SCB	13,07,03
5000m	15,44,81	24,26,32	Inês Condinho	86	CBF	05,06,04
10000m	32,26,41					
2000 obs		8,32,80	Joana Paco	84	ADAF	15,06,02
3000m obst	10,44,24	11,11,53	Solange Jesus	87	ADERCU	08,07,06
100m bar	13.79	14.44	Patrícia Mamona	88	JOMA	09,07,06
400m bar	57.93	63.89	Alexandra Silva	85	SCB	12,07,03
altura	1.84	1.79	Marisa Anselmo	87	JOMA	09,07,06
vara	3.90	3.60	Sara Negrões	86	SCB	19,06,04
comprimento	6.44	5.83	Patrícia Mamona	88	JOMA	09,07,06
triplo	13.37	13.04	Patrícia Mamona	88	JOMA	08,07,06
peso3Kg						
peso4Kg	15.54	13.63	Isabel Ribeiro	88	SCB	09,07,06
disco 1 kg	53.88	46.66	Liliana Ca	86	GRQL	05,06,04
martelo 3 kg						
martelo 4 kg	61.47	57.60	Ana Durão	86	LOVE	20,06,04
dardo 600g	50.81	44.77	Marisela Silva	85	GDE	12,07,03
hexatlo						
heptatlo	5271pts	3548pts	Daniela Rodrigues	84	FCP	10,05,03
3000 marcha		13,56,86	Cláudia Conceição	89	SCB	24,05,08
5000 marcha	21,01,80	27,11,83	Márcia Silva	89	BFC	25,06,06
10000 marcha	45,17,7	48,50,89	Ana Cabecinha	84	COP	12,07,03
20000 marcha						
4x100m	46.98	51.96	Cizina Pestana Jessica Gouveia Ana Martins Tânia Vieira	85 86 87 85	GDE	12,07,03
4x400m	3,43,68	4,06,52	Liliana Barbosa Ana Abreu Lisandra Lopes Tânia António	87 88 88 87	GRECAS	09,07,06
MASCULINOS						
100m	10.39	10.82	Ricardo Martins	85	GDC	12,07,03
200m	20.89	22.10	Carlos Pinheiro	88	SLB	09,07,06
400m	47.20	49.56	Carlos Pinheiro	88	SLB	08,07,06
800m	1,47,65	1,53,35	Hélio Gomes	84	CAC	13,07,03
1000m	2.23,5					
1500m	3,40,09	3,52,50	Bruno Albuquerque	89	CPM	08,07,06
Milha	4.08,15					
3000m	8.08,2	8,29,54	Pedro Martins	84	MAC	13,07,02
5000m	13,54,54	14,57,32	Alberto Paulo	85	CSM	12,07,02
10000m	29,25,10					
3000m obst	8,44,60	9,30,46	Leonel Fernandes	87	AFIS	09,07,06
110m bar	14.03	14.13	João Almeida	88	SCP	09,07,06
400m bar	50.27	52.91	Ricardo Lima	85	GDC	12,07,03
altura	2.13	2.12	Carlos Pereira	87	JV	08,07,06
vara	4.95	4.60	Edi Maia	87	GDIS	09,07,06
comprimento	7.83	7.46	Marcos Caldeira	88	SLB	08,07,06
triplo	16.43	15.48	Nelson Évora	84	FCP	13,07,03
peso 7,26	18.02	10.02	Ricardo Faria	87	GT	16,07,05
peso 6kg	19.81	19.02	António Vital e Silva	88	SLB	08,07,06
disco 2kg	51.9	37.88	Paulo Pereira	84	NAC	25,05,03
disco 1,750 kg	59.19	53.02	Hugo Caldeira	84	SCP	13,07,03
martelo 7,26kg	69.56	28.45	João Oliveira	86	JUNI	16,07,05
martelo 6kg	76.30	62.39	Nuno Rocha	84	FCP	15,06,02
dardo 800g	69.77	60.04	Helder Pestana	87	GDE	08,07,06
Decatlo	7377	5447 pts	Rui Pereira	85	FCP	10,05,03
10km marcha	41,21,31	44,47,15	Diogo Martins	84	CPA-S	12,07,03
20km marcha	1.30,24					
4x100m	40.58	43.98	César Pedreira Marcos Coelho Tiago Carvalheiro André Rodrigues	87 88 88 88	CFB	08,07,06
4x400m	3,15,56	3,21,10	Filipe Santos Ivo Graça Bruno Santos José Moura	84 84 85 86	CSM	13,07,03
5000 marcha	19.52,98	22,11,74	Gonçalo Beijinha	86	JDN	04,06,05
			Ivo Graça	84		
			Bruno Santos	85		
			José Moura	86		