



CAMPEONATO REGIONAL DE LANÇAMENTOS LONGOS + PROVAS EXTRAS

FPA COMPETIÇÕES

Pista Mun. Atle. Alberto Chaiça - Almada - (04/02/2023 - 05/02/2023)

Vara - Extra | JUV a VET - F | Dia 1

Série 1

| | | | | |
|---|-------------------|----------|------|------|
| 1 | Jéssica Agostinho | 2005 JUN | ADTT | 2.60 |
|---|-------------------|----------|------|------|

Vara - Extra | JUV a VET - M | Dia 1

Altura - Extra | JUV a VET - M | Dia 1

Martelo (Sub23/Sénior/M35-40-45) | SUB-23 a VET - M | Dia 1

Série 1

| | | | | |
|---|-------------------|-------------|-------|-------|
| 1 | Bernardo Oliveira | 1999 SEN | CAS | 51.20 |
| 2 | Pedro Lopes | 2003 SUB-23 | AACC | 37.96 |
| 3 | Afonso Santos | 2002 SUB-23 | AACC | 31.63 |
| 4 | Jorge Teles | 1980 VET 40 | GDQFP | 13.38 |

Martelo (Júnior/M50-55) | JUN a VET - M | Dia 1

Série 1

| | | | | |
|---|-------------|-------------|---------|-------|
| 1 | Miguel Rus | 2005 JUN | ROU QFC | 46.94 |
| 2 | João Coelho | 1965 VET 55 | GDC | 34.00 |
| 3 | André Silva | 2005 JUN | SLA | 33.94 |

Martelo (Juvenil/M60-65) | JUV a VET - M | Dia 1

Série 1

| | | | | |
|---|---------------|-------------|---------|-------|
| 1 | Micael David | 2007 JUV | QFC | 44.60 |
| 2 | Carlos Cunha | 1962 VET 60 | NDJL-ST | 32.52 |
| 3 | Armando Maia | 1954 VET 65 | GDIS | 21.91 |
| 4 | Vitor Correia | 1958 VET 65 | GDQFP | 15.16 |

Martelo (Iniciados) | INI - M | Dia 1

Série 1

| | | | | |
|----|-----------------|----------|-------|-------|
| 1 | Francisco Sousa | 2009 INI | QFC | 21.27 |
| 2 | Dinis Santos | 2009 INI | ADTT | 14.08 |
| 3 | Dinis Teles | 2009 INI | GDQFP | 10.50 |
| NM | Henrique Teles | 2009 INI | GDQFP | x |

60 Metros - Extra | JUV a VET - M | Dia 1

Série 1 v = +0.0

| | | | | |
|---|------------------|-------------|-------|------|
| 1 | Tiago Freire | 1994 SEN | GDC | 7.31 |
| 2 | Nelson Parrançã | 2001 SUB-23 | SLA | 8.24 |
| 3 | António Mouro | 1976 VET 45 | ANE | 8.35 |
| 4 | Tiago Gonçalves | 2006 JUV | CPPEA | 8.51 |
| 5 | Sérgio Fernandes | 1960 VET 60 | GRQL | 9.94 |

Série 2 v = +0.2

| | | | | |
|---|------------------|-------------|----------|------|
| 1 | Rafael Gonçalves | 2005 JUN | CPPEA | 7.52 |
| 2 | Mateus Oliveira | 2005 JUN | BRA AACC | 7.62 |
| 3 | João Chalaça | 2005 JUN | ADTT | 7.72 |
| 4 | Rúben Barros | 2007 JUV | SLA | 7.72 |
| 5 | Carlos Costa | 1970 VET 50 | ANE | 8.00 |

Série 3 v = +1.2

| | | | | |
|----|-------------------|-------------|----------|------|
| 1 | Élvio Almeida | 2003 SUB-23 | GDC | 6.91 |
| 2 | Diogo Teixeira | 2007 JUV | CBSEIXAL | 7.33 |
| 3 | Rodrigo Russo | 2005 JUN | ADTT | 7.43 |
| 4 | Rodrigo Português | 2007 JUV | ADTT | 7.54 |
| FS | Ivan Pedro | 2004 JUN | NSCPSX | x |

60 Metros - extra | JUV a VET - F | Dia 1

Série 1 v = +1.1

| | | | | |
|-----|---------------------|-------------|----------|------|
| 1 | Raquel Oliveira | 2002 SUB-23 | AACC | 8.55 |
| 2 | Aline Penelas | 2005 JUN | CBSEIXAL | 9.37 |
| 3 | Teresa Paula Coelho | 1968 VET 50 | VFC | 9.82 |
| DNS | Liana Tavares | 2007 JUV | IND | x |

Série 2 v = +0.5

| | | | | |
|----|------------------|-------------|---------|------|
| 1 | Ana Rita Pires | 2005 JUN | CPPEA | 8.37 |
| 2 | Carolina Seleiro | 2005 JUN | CPPEA | 8.57 |
| 3 | Eliane Barros | 2005 JUN | NDJL-ST | 8.60 |
| 4 | Maria Lança | 2005 JUN | NDJL-ST | 8.66 |
| FS | Daniela Amaro | 2001 SUB-23 | GDC | x |

60 Metros (Iniciados) - extra | INI - M | Dia 1

Série 1 v = +0.6

| | | | | |
|---|-------------------|----------|-------|-------|
| 1 | Simão Fernandes | 2008 INI | ACDC | 8.24 |
| 2 | Guilherme Ramalho | 2008 INI | GRQL | 8.43 |
| 3 | Afonso Chouzende | 2008 INI | GRQL | 8.82 |
| 4 | Afonso Sá | 2008 INI | URJFF | 10.32 |

Série 2 v = -0.1

| | | | | |
|---|-------------------|----------|-------|------|
| 1 | Kelvin Tavares | 2008 INI | GRQL | 8.80 |
| 2 | Marco Ferreira | 2009 INI | GRQL | 8.84 |
| 3 | Gabriel Gonçalves | 2008 INI | GRQL | 8.92 |
| 4 | Diogo Vicente | 2009 INI | URJFF | 9.82 |

Série 3 v = +1.0

| | | | | |
|---|-------------------|----------|---------|------|
| 1 | Duarte Figueiredo | 2008 INI | VFC | 8.06 |
| 2 | Rafael Cardoso | 2009 INI | NDJL-ST | 8.34 |
| 3 | Afonso Madureira | 2009 INI | AACC | 8.43 |
| 4 | David Vargas | 2009 INI | CPPEA | 8.79 |

Série 4 v = +1.0

| | | | | |
|---|--------------------|----------|----------|------|
| 1 | Lucca Reis | 2008 INI | BRA GRQL | 7.38 |
| 2 | Daniel René Santos | 2009 INI | SLA | 7.66 |
| 3 | Lucas Chouriço | 2008 INI | GDIB | 7.67 |
| 4 | António Semedo | 2008 INI | GRQL | 7.83 |

60 Metros (Iniciadas) - extra | INI - F | Dia 1

Série 1 v = +1.0

| | | | | |
|---|----------------|----------|----------|-------|
| 1 | Lara Barroso | 2008 INI | CPPEA | 8.75 |
| 2 | Mariana Costa | 2009 INI | CBSEIXAL | 9.29 |
| 3 | Camila Fonseca | 2008 INI | AACC | 9.65 |
| 4 | Inês Pereira | 2008 INI | CPPEA | 9.75 |
| 5 | Marta Araújo | 2008 INI | URJFF | 10.93 |

Série 2 v = +0.1

| | | | | |
|---|--------------------|----------|-------|-------|
| 1 | Matilde Guerreiro | 2008 INI | CPPEA | 8.92 |
| 2 | Patrícia Sebastião | 2008 INI | GRQL | 9.12 |
| 3 | Clara Madureira | 2009 INI | AACC | 9.56 |
| 4 | Mafalda Brazão | 2008 INI | AACC | 9.57 |
| 5 | Ester Dias | 2009 INI | CPPEA | 10.41 |

Série 3 v = +0.1

| | | | | |
|---|----------------|----------|------|------|
| 1 | Iara Vacondeus | 2008 INI | GDIB | 8.13 |
| 2 | Eulália Borges | 2008 INI | GRQL | 8.46 |



100 ANOS 1921 - 2021

| | | | | | |
|---|-----------------|------|-----|----------|------|
| 3 | Joana Miguel | 2008 | INI | CBSEIXAL | 8.48 |
| 4 | Cândida Piedade | 2008 | INI | SLA | 8.70 |
| 5 | Eliéta Mendes | 2008 | INI | NSCPSX | 8.94 |

Quadruplo Salto (Iniciadas) - Extra | INI - F | Dia 1

Série 1

| | | | | | |
|---|-----------------|------|-----|--------|----------------|
| 1 | Cândida Piedade | 2008 | INI | SLA | 10.86 v 0.50 |
| 2 | Eliéta Mendes | 2008 | INI | NSCPSX | 10.66 v 0.20 |

Altura - Extra | JUV a VET - F | Dia 1

Série 1

| | | | | | |
|---|------------------|------|-----|-------|------|
| 1 | Raquel Conceição | 2005 | JUN | AACC | 1.57 |
| 2 | Joana Rosa | 2007 | JUV | CPPEA | 1.39 |

Dardo (Júnior/Sub23/Sénior/M35-40-45) | JUN a VET - M | Dia 1

Série 1

| | | | | | |
|---|----------------------|------|--------|----------|-------|
| 1 | João Oliveira | 2002 | SUB-23 | NDJL-ST | 48.77 |
| 2 | Nuno Cidade Do Carmo | 2002 | SUB-23 | CPPEA | 44.55 |
| 3 | Fábio Lima | 1985 | VET 35 | CCRAM | 39.38 |
| 4 | António Mouro | 1976 | VET 45 | ANE | 23.44 |
| 5 | Mateus Oliveira | 2005 | JUN | BRA AACC | 19.32 |
| 6 | Jorge Teles | 1980 | VET 40 | GDQFP | 18.75 |

Dardo (Juvenil/M50/55) | JUV a VET - M | Dia 1

Série 1

| | | | | | |
|---|---------------|------|--------|------|-------|
| 1 | Carlos Ripado | 1973 | VET 50 | JDAL | 34.66 |
| 2 | Rúben Barros | 2007 | JUV | SLA | 21.08 |

150 Metros - extra | JUV a VET - M | Dia 1

Série 1 v = -0.4

| | | | | | |
|---|-------------------|------|-----|-------|-------|
| 1 | Rodrigo Português | 2007 | JUV | ADTT | 17.98 |
| 2 | David Talete | 2006 | JUV | GDIB | 21.05 |
| 3 | Vasco Costa Lopes | 2007 | JUV | CPPEA | 22.35 |

Série 2 v = +0.1

| | | | | | |
|-----|------------------|------|--------|------|-------|
| 1 | Rafael Alves | 2006 | JUV | GDIB | 18.00 |
| 2 | João Chalaça | 2005 | JUN | ADTT | 18.39 |
| DNS | Sérgio Fernandes | 1960 | VET 60 | GRQL | x |

Série 3 v = +1.2

| | | | | | |
|---|---------------|------|-----|-------|-------|
| 1 | Cláudio Revés | 2005 | JUN | AACC | 19.33 |
| 2 | Fábio Santos | 2007 | JUV | AACC | 20.56 |
| 3 | Diogo Pinto | 2007 | JUV | CPPEA | 21.67 |

Série 4 v = +0.4

| | | | | | |
|---|----------------|------|--------|----------|-------|
| 1 | Tiago Freire | 1994 | SEN | GDC | 17.21 |
| 2 | Diogo Teixeira | 2007 | JUV | CBSEIXAL | 17.76 |
| 3 | Ivan Pedro | 2004 | JUN | NSCPSX | 17.80 |
| 4 | Carlos Costa | 1970 | VET 50 | ANE | 19.45 |

150 Metros - extra | JUV a VET - F | Dia 1

Série 1 v = +0.2

| | | | | | |
|-----|-------------------|------|-----|----------|-------|
| 1 | Aline Penelas | 2005 | JUN | CBSEIXAL | 23.85 |
| 2 | Vivianne Ferreira | 2006 | JUV | GDIB | 27.56 |
| DNS | Liana Tavares | 2007 | JUV | IND | x |

Série 2 v = +0.1

| | | | | | |
|---|---------------------|------|--------|---------|-------|
| 1 | Maria Lança | 2005 | JUN | NDJL-ST | 20.77 |
| 2 | Eliane Barros | 2005 | JUN | NDJL-ST | 20.98 |
| 3 | Teresa Paula Coelho | 1968 | VET 50 | VFC | 24.64 |

150 Metros (Iniciados) - extra | INI - M | Dia 1

Série 1 v = +0.1

| | | | | | |
|---|-------------------|------|-----|-------|-------|
| 1 | Kelvin Tavares | 2008 | INI | GRQL | 21.08 |
| 2 | Gabriel Gonçalves | 2008 | INI | GRQL | 21.29 |
| 3 | Afonso Sá | 2008 | INI | URJFF | 27.88 |

Série 2 v = +0.0

| | | | | | |
|---|-------------------|------|-----|-------|-------|
| 1 | Duarte Figueiredo | 2008 | INI | VFC | 19.80 |
| 2 | Guilherme Ramalho | 2008 | INI | GRQL | 20.26 |
| 3 | Afonso Chouzende | 2008 | INI | GRQL | 20.98 |
| 4 | Diogo Vicente | 2009 | INI | URJFF | 24.29 |

Série 3 v = -0.4

| | | | | | |
|---|------------------|------|-----|-------|-------|
| 1 | Afonso Madureira | 2009 | INI | AACC | 20.51 |
| 2 | Marco Ferreira | 2009 | INI | GRQL | 21.24 |
| 3 | Mateus Amaro | 2009 | INI | AAPL | 21.66 |
| 4 | David Vargas | 2009 | INI | CPPEA | 22.06 |

Série 4 v = -0.2

| | | | | | |
|---|----------------|------|-----|----------|-------|
| 1 | Lucca Reis | 2008 | INI | BRA GRQL | 17.78 |
| 2 | Lucas Chouriço | 2008 | INI | GDIB | 18.61 |
| 3 | António Semedo | 2008 | INI | GRQL | 19.03 |
| 4 | Afonso Santos | 2009 | INI | ADTT | 19.82 |

150 Metros (Iniciadas) - extra | INI - F | Dia 1

Série 1 v = +0.0

| | | | | | |
|---|---------------|------|-----|----------|-------|
| 1 | Mariana Costa | 2009 | INI | CBSEIXAL | 23.03 |
| 2 | Inês Pereira | 2008 | INI | CPPEA | 24.25 |
| 3 | Ester Dias | 2009 | INI | CPPEA | 25.94 |

Série 2 v = -0.1

| | | | | | |
|---|------------------|------|-----|-------|-------|
| 1 | Leonor Fernandes | 2009 | INI | GRQL | 21.62 |
| 2 | Ana Sofia Santos | 2009 | INI | CPPEA | 22.88 |
| 3 | Clara Madureira | 2009 | INI | AACC | 23.26 |

Série 3 v = +0.0

| | | | | | |
|---|----------------|------|-----|----------|-------|
| 1 | Iara Vacondeus | 2008 | INI | GDIB | 19.35 |
| 2 | Eulália Borges | 2008 | INI | GRQL | 20.75 |
| 3 | Joana Miguel | 2008 | INI | CBSEIXAL | 20.84 |
| 4 | Lara Barroso | 2008 | INI | CPPEA | 21.53 |

Série 4 v = -0.1

| | | | | | |
|---|--------------------|------|-----|------|-------|
| 1 | Patrícia Sebastião | 2008 | INI | GRQL | 22.41 |
|---|--------------------|------|-----|------|-------|

Dardo (Iniciadas) - Extra | INI - F | Dia 1

Série 1

| | | | | | |
|---|------------------|------|-----|---------|-------|
| 1 | Camila Fonseca | 2008 | INI | AACC | 23.85 |
| 2 | Carolina Cunha | 2009 | INI | NDJL-ST | 19.79 |
| 3 | Leonor Esteves | 2008 | INI | QFC | 14.65 |
| 4 | Mafalda Brazão | 2008 | INI | AACC | 13.65 |
| 5 | Leonor Fernandes | 2009 | INI | GRQL | 12.79 |

Quadruplo Salto (Iniciados) - Extra | INI - M | Dia 1

Série 1

| | | | | | |
|---|--------------------|------|-----|---------|----------------|
| 1 | Daniel René Santos | 2009 | INI | SLA | 13.05 v 0.10 |
| 2 | Afonso Santos | 2009 | INI | ADTT | 12.49 v 0.10 |
| 3 | Rafael Cardoso | 2009 | INI | NDJL-ST | 11.45 v -0.7 |
| 4 | Mateus Amaro | 2009 | INI | AAPL | 11.05 v -0.5 |
| 5 | Afonso Machado | 2009 | INI | SLA | 10.77 v -0.2 |



Disco (Sub23/Sénior/M35-40-45) | SUB-23 a VET - M | Dia 1**Série 1**

| | | | | | |
|---|---------------|------|--------|---------|-------|
| 1 | João Oliveira | 2002 | SUB-23 | NDJL-ST | 27.72 |
| 2 | Afonso Santos | 2002 | SUB-23 | AACC | 21.58 |
| 3 | Fábio Lima | 1985 | VET 35 | CCRAM | 19.06 |

Disco (Júnior) | JUN - M | Dia 1**Série 1**

| | | | | | |
|---|------------|------|-----|---------|-------|
| 1 | Miguel Rus | 2005 | JUN | ROU QFC | 26.60 |
|---|------------|------|-----|---------|-------|

Disco (Juvenil/M50/55) | JUV a VET - M | Dia 1**Série 1**

| | | | | | |
|---|--------------|------|--------|-----|-------|
| 1 | Micael David | 2007 | JUV | QFC | 26.34 |
| 2 | João Coelho | 1965 | VET 55 | GDC | 24.61 |

Disco (Iniciado) - Extra | INI - M | Dia 1**Série 1**

| | | | | | |
|---|-----------------|------|-----|-------|-------|
| 1 | Francisco Sousa | 2009 | INI | QFC | 25.20 |
| 2 | Gonçalo Matos | 2009 | INI | QFC | 18.12 |
| 3 | Dinis Teles | 2009 | INI | GDQFP | 10.41 |
| 4 | Henrique Teles | 2009 | INI | GDQFP | 9.52 |

Dardo (Iniciado) - extra | INI - M | Dia 2**Série 1**

| | | | | | |
|-----|--------------------|------|-----|---------|-------|
| 1 | Francisco Sousa | 2009 | INI | QFC | 29.60 |
| 2 | Rafael Cardoso | 2009 | INI | NDJL-ST | 25.14 |
| 3 | Gonçalo Matos | 2009 | INI | QFC | 24.69 |
| 4 | Dinis Santos | 2009 | INI | ADTT | 20.79 |
| 5 | Daniel René Santos | 2009 | INI | SLA | 20.41 |
| 6 | Diogo Vicente | 2009 | INI | URJFF | 14.29 |
| DNS | Mateus Amaro | 2009 | INI | AAPL | x |

Comprimento - extra | JUV a VET - F | Dia 2**Série 1**

| | | | | | |
|---|------------------|------|--------|---------|---------------|
| 1 | Eliane Barros | 2005 | JUN | NDJL-ST | 5.16 v 1.20 |
| 2 | Raquel Oliveira | 2002 | SUB-23 | AACC | 5.07 v -0.2 |
| 3 | Raquel Conceição | 2005 | JUN | AACC | 4.89 v |
| 4 | Joana Rosa | 2007 | JUV | CPPEA | 4.73 v 0.10 |
| 5 | Sofia Meira | 2007 | JUV | SLA | 3.58 v -0.2 |

Martelo (Júnior/Sub23/Sénior/F35-40-45) | JUN a VET - F | Dia 2**Série 1**

| | | | | | |
|---|------------|------|--------|---------|-------|
| 1 | Inês Diogo | 2002 | SUB-23 | NDJL-ST | 25.62 |
|---|------------|------|--------|---------|-------|

Martelo (M70+) | VET - M | Dia 2**Série 1**

| | | | | | |
|---|------------------|------|--------|------|-------|
| 1 | Valdemar Pereira | 1950 | VET 70 | GRQL | 26.88 |
|---|------------------|------|--------|------|-------|

Martelo (Juvenil/F50-55-60-65-70+) | JUV a VET - F | Dia 2**Série 1**

| | | | | | |
|---|-----------------|------|--------|------|-------|
| 1 | Joana Silva | 2006 | JUV | AACC | 26.37 |
| 2 | Catarina Dias | 2007 | JUV | AACC | 21.32 |
| 3 | Matilde Quita | 2006 | JUV | ADTT | 19.38 |
| 4 | Débora Almeida | 2007 | JUV | ADTT | 17.51 |
| 5 | Ângela Castro | 1959 | VET 60 | GRQL | 16.14 |
| 6 | Filomena Rebelo | 1973 | VET 50 | CPC | 14.29 |

Martelo (Iniciadas) - extra | INI - F | Dia 2**Série 1**

| | | | | | |
|---|----------------|------|-----|---------|-------|
| 1 | Beatriz Sobral | 2008 | INI | NDJL-ST | 44.24 |
| 2 | Carolina Sousa | 2009 | INI | QFC | 25.30 |
| 3 | Camila Fonseca | 2008 | INI | AACC | 15.91 |

60 Barreiras - extra | JUV a VET - M | Dia 2**Série 1 v = +1.5**

| | | | | | |
|-----|---------------|------|--------|---------|------|
| 1 | João Oliveira | 2002 | SUB-23 | NDJL-ST | 8.97 |
| 2 | Nicolas Silva | 1997 | SEN | CRDP | 9.43 |
| DNF | António Mouro | 1976 | VET 45 | ANE | x |

60 Barreiras (Júnior/M35-40-45) - extra | JUN a VET - M | Dia 2**60 Barreiras (Juvenil) - extra | JUV - M | Dia 2****60 Barreiras (Iniciados) - extra | INI - M | Dia 2****Série 1 v = +0.3**

| | | | | | |
|---|---------------|------|-----|-------|-------|
| 1 | Afonso Santos | 2009 | INI | ADTT | 9.99 |
| 2 | David Vargas | 2009 | INI | CPPEA | 11.69 |

60 Barreiras - extra | JUV a VET - F | Dia 2**Série 1 v = -0.1**

| | | | | | |
|---|------------|------|-----|-------|-------|
| 1 | Joana Rosa | 2007 | JUV | CPPEA | 11.56 |
|---|------------|------|-----|-------|-------|

Quadruplo Salto (Infantil) - Extra | INF - M | Dia 2**Série 1**

| | | | | | |
|---|-----------------|------|-----|----------|-----------|
| 1 | Rodrigo Xavier | 2010 | INF | AACC | 11.27 v |
| 2 | Vasco Rosa | 2011 | INF | CPPEA | 10.92 v |
| 3 | Gonçalo Mineiro | 2011 | INF | SLA | 10.55 v |
| 4 | André Santos | 2010 | INF | AACC | 10.49 v |
| 5 | Ícaro Dias | 2010 | INF | ANG GDRV | 10.36 v |

Dardo (Júnior/Sub23/Sénior/F35-40-45) | JUN a VET - F | Dia 2**Série 1**

| | | | | | |
|---|----------------|------|--------|------|-------|
| 1 | Carla Oliveira | 1980 | VET 40 | CDRR | 23.37 |
|---|----------------|------|--------|------|-------|

Dardo (M60-65) - extra | VET - M | Dia 2**Série 1**

| | | | | | |
|---|------------------|------|--------|---------|-------|
| 1 | Carlos Cunha | 1962 | VET 60 | NDJL-ST | 33.02 |
| 2 | Armando Maia | 1954 | VET 65 | GDIS | 15.32 |
| 3 | Vitor Correia | 1958 | VET 65 | GDQFP | 14.20 |
| 4 | Sérgio Fernandes | 1960 | VET 60 | GRQL | 14.08 |

Dardo (M70+) | VET - M | Dia 2**Série 1**

| | | | | | |
|---|---------------|------|--------|------|-------|
| 1 | Jaime Almeida | 1941 | VET 80 | MKED | 13.59 |
|---|---------------|------|--------|------|-------|

Dardo (Juvenil/F50-55-60-65-70+) | JUV a VET - F | Dia 2**Série 1**

| | | | | | |
|---|-----------------|------|--------|-----|-------|
| 1 | Filomena Rebelo | 1973 | VET 50 | CPC | 20.10 |
|---|-----------------|------|--------|-----|-------|

Comprimento - Extra | JUV a VET - M | Dia 2**Série 1**

| | | | | | |
|---|-------------------|------|--------|------|---------------|
| 1 | Rafael Sá | 2005 | JUN | GDIB | 6.21 v |
| 2 | Nicolas Silva | 1997 | SEN | CRDP | 5.92 v 0.80 |
| 3 | Rodrigo Português | 2007 | JUV | ADTT | 5.90 v 1.10 |
| 4 | Nelson Parrança | 2001 | SUB-23 | SLA | 5.03 v 0.20 |
| 5 | Rúben Barros | 2007 | JUV | SLA | 4.99 v -0.4 |
| 6 | António Mouro | 1976 | VET 45 | ANE | 4.69 v 2.10 |



| | | | | |
|-----|--------------|----------|--------|---------------|
| 7 | João Chalaça | 2005 JUN | ADTT | 3.53 v -1.1 |
| DNS | Ivan Pedro | 2004 JUN | NSCPSX | x v |

60 Barreiras (Juvenil) - extra | JUV - F | Dia 2

Série 1 v = +1.1

| | | | | |
|---|-----------|----------|------|-------|
| 1 | Luna Dias | 2007 JUV | AACC | 11.18 |
|---|-----------|----------|------|-------|

60 Barreiras (Iniciadas) - extra | INI - F | Dia 2

Série 1 v = +0.9

| | | | | |
|---|----------------|----------|----------|-------|
| 1 | Iara Vacondeus | 2008 INI | GDIB | 9.33 |
| 2 | Lara Barroso | 2008 INI | CPPEA | 10.87 |
| 3 | Joana Miguel | 2008 INI | CBSEIXAL | 12.19 |
| 4 | Carolina Cunha | 2009 INI | NDJL-ST | 13.16 |
| 5 | Bruna Xavier | 2008 INI | CASJ | 16.20 |

60 Barreiras (Infantis) - extra | INF - M | Dia 2

Série 1 v = +1.5

| | | | | |
|---|----------------|----------|------|-------|
| 1 | Rodrigo Xavier | 2010 INF | AACC | 12.04 |
| 2 | André Santos | 2010 INF | AACC | 13.50 |
| 3 | Luca Ferreira | 2010 INF | QFC | 13.56 |

60 Barreiras (Infantis) - extra | INF - F | Dia 2

Série 1 v = +1.0

| | | | | |
|---|----------------|----------|----------|-------|
| 1 | Lara Simões | 2010 INF | CPPEA | 11.32 |
| 2 | Camila Jota | 2010 INF | CBSEIXAL | 11.51 |
| 3 | Irish Lobo | 2010 INF | NDJL-ST | 11.57 |
| 4 | Sofia Teixeira | 2010 INF | CBSEIXAL | 13.49 |
| 5 | Lara King | 2010 INF | QFC | 14.45 |

Série 2 v = +0.2

| | | | | |
|---|-----------------|----------|---------|-------|
| 1 | Matilde Macheta | 2010 INF | QFC | 11.08 |
| 2 | Alfícia Filipe | 2011 INF | NDJL-ST | 12.29 |
| 3 | Maria Marques | 2011 INF | QFC | 13.60 |
| 4 | Gabriela Paulin | 2011 INF | NDJL-ST | 13.61 |
| 5 | Inês Teixeira | 2010 INF | QFC | 15.21 |

Quadruplo Salto (Infantil) - Extra | INF - F | Dia 2

Série 1

| | | | | |
|----|----------------------|----------|---------|-----------|
| 1 | Lara Simões | 2010 INF | CPPEA | 10.96 v |
| 2 | Alfícia Filipe | 2011 INF | NDJL-ST | 10.89 v |
| 3 | Luana Espírito Santo | 2010 INF | SLA | 10.45 v |
| 4 | Irish Lobo | 2010 INF | NDJL-ST | 10.37 v |
| 5 | Diana Tubal | 2011 INF | NSCPSX | 10.11 v |
| 6 | Rita Dos Santos | 2010 INF | ADTT | 10.07 v |
| 7 | Gabriela Paulin | 2011 INF | NDJL-ST | 9.99 v |
| 8 | Mariana Santos | 2011 INF | ADTT | 9.81 v |
| 9 | Daniela Delgado | 2010 INF | GDRV | 9.22 v |
| 10 | Matilde Pais | 2011 INF | GDIB | 9.15 v |
| 11 | Maria Rito | 2010 INF | ADTT | 9.13 v |
| 12 | Larissa Gomes | 2011 INF | GDRV | 8.87 v |
| 13 | Matilde Viola | 2011 INF | GDIB | 8.53 v |
| 14 | Mariana Mendes | 2011 INF | GDRV | 8.38 v |

Disco (Juvenil/júnior/Sub23/Sénior/Ftodos) | JUV a VET - F | Dia 2

Série 1

| | | | | |
|---|-----------------|-------------|---------|-------|
| 1 | Inês Diogo | 2002 SUB-23 | NDJL-ST | 34.32 |
| 2 | Catarina Coelho | 1997 SEN | ADTT | 23.56 |
| 3 | Matilde Quita | 2006 JUV | ADTT | 17.09 |
| 4 | Carla Oliveira | 1980 VET 40 | CDRR | 15.96 |
| 5 | Ângela Castro | 1959 VET 60 | GRQL | 11.80 |

| | | | | |
|---|----------------|----------|------|-------|
| 6 | Débora Almeida | 2007 JUV | ADTT | 10.56 |
|---|----------------|----------|------|-------|

Disco (M60-65-70+) | VET - M | Dia 2

Série 1

| | | | | |
|---|------------------|-------------|---------|-------|
| 1 | Carlos Cunha | 1962 VET 60 | NDJL-ST | 23.45 |
| 2 | Valdemar Pereira | 1950 VET 70 | GRQL | 22.87 |
| 3 | Armando Maia | 1954 VET 65 | GDIS | 19.02 |
| 4 | Sérgio Fernandes | 1960 VET 60 | GRQL | 16.18 |
| 5 | Jaime Almeida | 1941 VET 80 | MKED | 15.01 |

Disco (Iniciado) - Extra | INI - F | Dia 2

Série 1

| | | | | |
|---|----------------|----------|---------|-------|
| 1 | Beatriz Sobral | 2008 INI | NDJL-ST | 30.38 |
| 2 | Leonor Esteves | 2008 INI | QFC | 16.69 |
| 3 | Carolina Cunha | 2009 INI | NDJL-ST | 16.53 |
| 4 | Carolina Sousa | 2009 INI | QFC | 12.22 |

60 Metros (Infantis) - extra | INF - M | Dia 2

Série 1 v = +2.1

| | | | | |
|---|------------------|----------|-------|-------|
| 1 | Rafael Leal | 2011 INF | GDIB | 10.40 |
| 2 | Dinis Sá | 2011 INF | URJFF | 10.61 |
| 3 | Guilherme Santos | 2011 INF | URJFF | 11.01 |
| 4 | Gonçalo Carvalho | 2010 INF | GDIB | 11.94 |

Série 2 v = +1.1

| | | | | |
|---|-------------------|----------|----------|------|
| 1 | Francisco Sanches | 2011 INF | CPPEA | 8.91 |
| 2 | Gustavo Silva | 2011 INF | CPPEA | 9.26 |
| 3 | Gabriel Fontes | 2011 INF | CBSEIXAL | 9.42 |
| 4 | Ícaro Dias | 2010 INF | ANG GDRV | 9.59 |

60 Metros (Infantis) - extra | INF - F | Dia 2

Série 1 v = +1.9

| | | | | |
|---|----------------|----------|--------|-------|
| 1 | Matilde Silva | 2010 INF | ADTT | 9.01 |
| 2 | Diana Tubal | 2011 INF | NSCPSX | 9.76 |
| 3 | Beatriz Mendes | 2011 INF | CPPEA | 9.93 |
| 4 | Larissa Gomes | 2011 INF | GDRV | 10.66 |
| 5 | Matilde Viola | 2011 INF | GDIB | 10.68 |

Série 2 v = +0.1

| | | | | |
|---|-----------------|----------|-------|-------|
| 1 | Catarina Pinto | 2010 INF | QFC | 9.17 |
| 2 | Lara King | 2010 INF | QFC | 9.58 |
| 3 | Nicole Elmer | 2010 INF | CPPEA | 9.63 |
| 4 | Rita Mação | 2011 INF | CPPEA | 9.96 |
| 5 | Mariana Pereira | 2010 INF | CPPEA | 10.10 |

Série 3 v = +0.3

| | | | | |
|---|-----------------|----------|-------|------|
| 1 | Maria Gonçalves | 2010 INF | QFC | 8.96 |
| 2 | Mia Costa | 2011 INF | CPPEA | 9.10 |
| 3 | Inês Teixeira | 2010 INF | QFC | 9.15 |
| 4 | Leonor Bento | 2010 INF | QFC | 9.57 |
| 5 | Daniela Delgado | 2010 INF | GDRV | 9.63 |

Série 4 v = +0.0

| | | | | |
|---|----------------|----------|----------|------|
| 1 | Diana Miranda | 2010 INF | CPPEA | 8.25 |
| 2 | Alice Rocha | 2010 INF | CBSEIXAL | 8.66 |
| 3 | Carlota Calado | 2010 INF | VFC | 8.71 |
| 4 | Rita Melo | 2010 INF | QFC | 8.89 |
| 5 | Joana Serrano | 2010 INF | VFC | 9.04 |



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150 Metros (Infantis) - extra | INF - M | Dia 2**Série 1** v = +1.5

| | | | | | |
|---|------------------|------|-----|-------|-------|
| 1 | Rafael Leal | 2011 | INF | GDIB | 26.29 |
| 2 | Dinis Sá | 2011 | INF | URJFF | 27.53 |
| 3 | Gonçalo Carvalho | 2010 | INF | GDIB | 31.13 |

Série 2 v = +1.9

| | | | | | |
|---|------------------|------|-----|-------|-------|
| 1 | Vasco Rosa | 2011 | INF | CPPEA | 22.60 |
| 2 | Luca Ferreira | 2010 | INF | QFC | 23.30 |
| 3 | Guilherme Santos | 2011 | INF | URJFF | 27.77 |

Série 3 v = +0.8

| | | | | | |
|---|-------------------|------|-----|----------|-------|
| 1 | Francisco Sanches | 2011 | INF | CPPEA | 22.06 |
| 2 | Gustavo Silva | 2011 | INF | CPPEA | 22.70 |
| 3 | Gonçalo Mineiro | 2011 | INF | SLA | 23.10 |
| 4 | Gabriel Fontes | 2011 | INF | CBSEIXAL | 23.87 |

150 Metros (Infantis) - extra | INF - F | Dia 2**Série 1** v = +1.1

| | | | | | |
|---|-----------------|------|-----|-------|-------|
| 1 | Catarina Pinto | 2010 | INF | QFC | 22.71 |
| 2 | Mariana Pereira | 2010 | INF | CPPEA | 24.89 |
| 3 | Beatriz Mendes | 2011 | INF | CPPEA | 25.06 |

Série 2 v = +1.2

| | | | | | |
|---|--------------|------|-----|------|-------|
| 1 | Matilde Pais | 2011 | INF | GDIB | 25.22 |
|---|--------------|------|-----|------|-------|

| | | | | | |
|---|----------------|------|-----|-------|-------|
| 2 | Rita Mação | 2011 | INF | CPPEA | 25.44 |
| 3 | Mariana Mendes | 2011 | INF | GDRV | 25.80 |

Série 3 v = +1.8

| | | | | | |
|---|----------------------|------|-----|-------|-------|
| 1 | Maria Marques | 2011 | INF | QFC | 23.10 |
| 2 | Luana Espírito Santo | 2010 | INF | SLA | 23.51 |
| 3 | Nicole Elmer | 2010 | INF | CPPEA | 23.62 |

Série 4 v = +1.9

| | | | | | |
|---|-----------------|------|-----|----------|-------|
| 1 | Maria Gonçalves | 2010 | INF | QFC | 22.46 |
| 2 | Matilde Silva | 2010 | INF | ADTT | 22.66 |
| 3 | Leonor Bento | 2010 | INF | QFC | 23.37 |
| 4 | Sofia Teixeira | 2010 | INF | CBSEIXAL | 23.68 |

Série 5 v = +2.1

| | | | | | |
|---|---------------|------|-----|----------|-------|
| 1 | Alice Rocha | 2010 | INF | CBSEIXAL | 21.53 |
| 2 | Rita Melo | 2010 | INF | QFC | 22.04 |
| 3 | Joana Serrano | 2010 | INF | VFC | 22.28 |
| 4 | Mia Costa | 2011 | INF | CPPEA | 22.30 |

Série 6 v = +2.6

| | | | | | |
|---|-----------------|------|-----|----------|-------|
| 1 | Diana Miranda | 2010 | INF | CPPEA | 20.73 |
| 2 | Matilde Macheta | 2010 | INF | QFC | 21.21 |
| 3 | Carlota Calado | 2010 | INF | VFC | 21.36 |
| 4 | Camila Jota | 2010 | INF | CBSEIXAL | 21.51 |



Estatística Clubes

| Sigla | Associação | Nº atletas Masculino | Nº atletas Feminino | Nº atletas Total | Participações Masculino | Participações Feminino | Participações Total |
|-------|------------|-------------------------|------------------------|---------------------|----------------------------|---------------------------|------------------------|
|-------|------------|-------------------------|------------------------|---------------------|----------------------------|---------------------------|------------------------|



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PORTUGUESA
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ANOS
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Estatística Escalão

| Escalão | Nº atletas Masculino | Nº atletas Feminino | Nº atletas Total | Participações Masculino | Participações Feminino | Participações Total |
|---------|----------------------|---------------------|------------------|-------------------------|------------------------|---------------------|
| INF | 13 | 34 | 47 | 26 | 65 | 91 |
| INI | 24 | 22 | 46 | 53 | 45 | 98 |
| JUV | 10 | 9 | 19 | 16 | 14 | 30 |
| JUN | 9 | 7 | 16 | 15 | 12 | 27 |
| SUB-23 | 6 | 3 | 9 | 10 | 5 | 15 |
| SEN | 3 | 1 | 4 | 5 | 1 | 6 |
| VET 35 | 1 | 0 | 1 | 2 | 0 | 2 |
| VET 40 | 1 | 1 | 2 | 2 | 2 | 4 |
| VET 45 | 1 | 0 | 1 | 4 | 0 | 4 |
| VET 50 | 2 | 2 | 4 | 3 | 4 | 7 |
| VET 55 | 1 | 0 | 1 | 2 | 0 | 2 |
| VET 60 | 2 | 1 | 3 | 7 | 2 | 9 |
| VET 65 | 2 | 0 | 2 | 5 | 0 | 5 |
| VET 70 | 1 | 0 | 1 | 2 | 0 | 2 |
| VET 80 | 1 | 0 | 1 | 2 | 0 | 2 |



Designação Clubes

Sigla

Nome

Associação



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