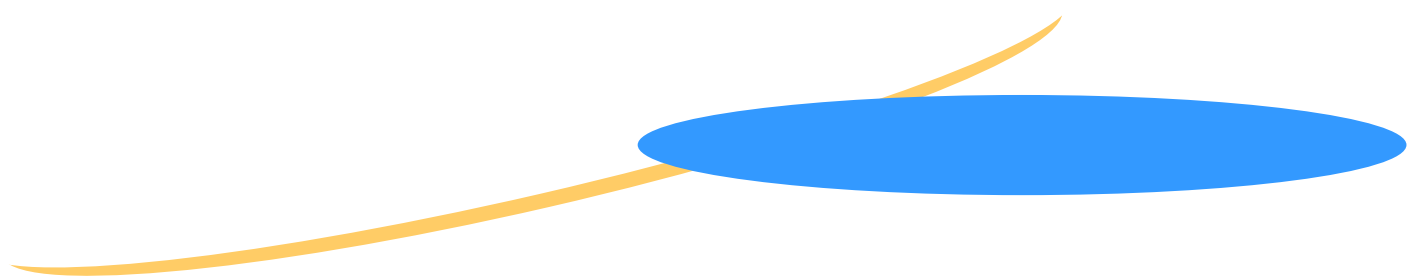




PORTUGAL 2016/2017

*Listas não oficiais da temporada de
2016/2017 elaboradas por **Fernando
Martins** em colaboração com **Arons
de Carvalho***



Masculinos

Época 2015/2016



100 m – 10,80 – 11,30

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|---------------------|-----|-------------|-----|----------|-----|------------|-------------------|-------|----------|
| 10,05 | 2,0 | David Lima | | SL Benfica | | 06-09-90 | 2h | Madrid | Madrid - Esp | 14-07 | 10,29-16 |
| 10,14 | 1,4 | David Lima | | | | | 1 | | La Chaux Fonds | 02-07 | |
| 10,21 | 1,4 | David Lima | | | | | 1h | SLB | Lisboa - I | 17-06 | |
| 10,25 | -0,8 | David Lima | | | | | 5 | Madrid | Madrid - Esp | 14-07 | |
| 10,27 | 1,7 | Diogo Antunes | | SL Benfica | | 02-11-92 | 1 | | Salamanca - Esp | 03-06 | 10,29-16 |
| 10,29 | 0,6 | David Lima | | | | | 2h | | La Chaux Fonds | 02-07 | |
| 10,30 | 0,9 | David Lima | | | | | 1 | SLB | Lisboa - I | 17-06 | |
| 10,30 | 1,0 | David Lima | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 10,35 | 1,0 | David Lima | | | | | 1s | Tom Jones | Gainesville - Usa | 28-04 | |
| 10,35 | 0,7 | David Lima | | | | | 1 | | Yate - Gbr | 03-06 | |
| 10,35 | 0,3 | Diogo Antunes | | | | | 1h | SLB | Lisboa - I | 17-06 | |
| 10,38 | 1,7 | Carlos Nascimento | | Sporting CP | | 12-10-94 | 3 | | Salamanca - Esp | 03-06 | 10,33-16 |
| 10,39 | 0,7 | Yazaldes Nascimento | | SL Benfica | | 17-04-86 | 1h | SLB | Lisboa - I | 17-06 | 10,16-15 |
| 10,41 | 1,7 | Ricardo Pereira | S23 | SL Benfica | | 04-03-96 | 4 | | Salamanca - Esp | 03-06 | 10,45-14 |
| 10,41 | 1,7 | Rafael Jorge | S23 | SL Benfica | | 01-03-97 | 5 | | Salamanca - Esp | 03-06 | 10,62-16 |
| 10,41 | -0,6 | David Lima | | | | | 7h | C. Mundo | Londres - Gbr | 04-08 | |
| 10,42 | 0,9 | David Lima | | | | | 6 | | Roveretto - Ita | 29-08 | |
| 10,45 | 1,7 | Yazaldes Nascimento | | | | | 2 | Avila | Avila - Esp | 15-07 | |
| 10,45 | 1,0 | Carlos Nascimento | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 10,46 | 2,0 | David Lima | | | | | 2h | | Clermont - Usa | 15-04 | |
| 10,46 | 0,0 | Diogo Antunes | | | | | 1 | | Lisboa - I | 29-07 | |
| 10,47 | 0,8 | Carlos Nascimento | | | | | 1 | Maia | Maia | 08-07 | |
| 10,48 | 0,7 | Ricardo Pereira | S23 | | | | 2h | SLB | Lisboa - I | 17-06 | |
| 10,48 | 1,1 | Dorian Keletela | Jr | Sporting CP | CGO | 11-06-99 | 1 | Lx/Md | Lisboa - I | 29-07 | |
| 10,48 | 1,2 | Ancuiam Lopes | | Sporting CP | | 06-03-91 | 3 | | Schiffange - Lux | 30-07 | 10,36-13 |
| 10,48 | 0,4 | Diogo Antunes | | | | | 3qf | Univ | Taipei | 23-08 | |
| 10,49 | 1,7 | Diogo Antunes | | | | | 3 | Avila | Avila - Esp | 15-07 | |
| 10,50 | -1,5 | Dorian Keletela | Jr | | CGO | | 1h | Lx/Md | Lisboa - I | 29-07 | |
| 10,51 | 0,3 | Ancuiam Lopes | | | | | 1h | | Tergnier - Fra | 25-05 | |
| 10,51 | 0,3 | André Costa | | SL Benfica | | 09-05-92 | 1rB | | Salamanca - Esp | 03-06 | 10,48-14 |
| 10,51 | 0,2 | José Pedro Lopes | S23 | SL Benfica | | 23-05-95 | 1rB | SLB | Lisboa - I | 17-06 | 10,56-16 |
| 10,51 | 0,8 | José Pedro Lopes | S23 | | | | 5mf | CE23 | Bydgoszcz - Pol | 13-07 | |
| 10,51 | -0,6 | Ancuiam Lopes | | | | | 4h | C. Fra | Marselha - Fra | 15-07 | |
| 10,51 | -0,1 | Diogo Antunes | | | | | 1h | Univ | Taipei | 23-08 | |
| 10,52 | 0,3 | Ancuiam Lopes | | | | | 5 | | Bruxelas - Bel | 09-07 | |
| 10,53 | 1,6 | Rafael Jorge | S23 | | | | 4mf | CE23 | Bydgoszcz - Pol | 13-07 | |
| 10,54 | 1,0 | Rafael Jorge | S23 | | | | 1 | | Maia | 20-05 | |
| 10,54 | 1,3 | Ancuiam Lopes | | | | | 1 | | Tergnier - Fra | 25-05 | |
| 10,54 | 0,9 | Ricardo Pereira | S23 | | | | 2 | SLB | Lisboa - I | 17-06 | |
| 10,54 | 1,7 | Pedro Bernardo | | SL Benfica | | 12-05-89 | 1 | F. Ribeiro | Maia | 12-07 | 10,41-14 |
| 10,54 | 1,5 | José Pedro Lopes | S23 | | | | 5h | CE23 | Bydgoszcz - Pol | 13-07 | |
| 10,54 | 0,0 | Edi Sousa | | SC Braga | | 11-07-89 | 2 | | Lisboa - I | 29-07 | 10,53-14 |
| 10,54 | 0,0 | Yazaldes Nascimento | | | | | 3 | | Lisboa - I | 29-07 | |
| 10,54 | 0,0 | Diogo Antunes | | | | | 8mf | Univ | Taipei | 24-08 | |
| 10,55 | -0,3 | André Costa | | | | | 1h | | Salamanca - Esp | 03-06 | |
| 10,56 | 0,1 | Diogo Antunes | | | | | 1 | CNU | Faro | 14-05 | |
| 10,56 | 1,7 | Carlos Nascimento | | | | | 1s | | Maia | 20-05 | |
| 10,56 | 0,5 | David Lima | | | | | 2s | | Lee Valley - Gbr | 24-05 | |
| 10,56 | 0,3 | José Pedro Lopes | S23 | | | | 2rB | | Salamanca - Esp | 03-06 | |
| 10,56 | -0,4 | Ancuiam Lopes | | | | | 1h | | Schiffange - Lux | 30-07 | |
| 10,57 | 0,7 | Ricardo Pereira | S23 | | | | 1h | Lisboa | Lisboa - I | 01-05 | |
| 10,57 | 1,2 | André Costa | | | | | 1 | V. Tavares | Faro | 13-05 | |
| 10,57 | -0,3 | José Pedro Lopes | S23 | | | | 2h | | Salamanca - Esp | 03-06 | |
| 10,57 | 0,3 | Rafael Jorge | S23 | | | | 3h | SLB | Lisboa - I | 17-06 | |
| 10,57 | -2,0 | Yazaldes Nascimento | | | | | 1 | Caceres | Plasencia - Esp | 28-06 | |
| 10,58 | 1,4 | José Pedro Lopes | S23 | | | | 2h | SLB | Lisboa - I | 17-06 | |
| 10,58 | 1,7 | Dorian Keletela | Jr | | CGO | | 4 | Avila | Avila - Esp | 15-07 | |
| 10,59 | 0,5 | Rafael Jorge | S23 | | | | 3h | CE23 | Bydgoszcz - Pol | 13-07 | |

| | | | | | | | | | | | |
|-------|------|---------------------|-----|----------------|-----|----------|-----|------------|------------------|-------|-------------|
| 10,60 | 0,9 | William Reais | Jr | Suiça | | 04-05-99 | 2 | | Zofingen - Sui | 03-06 | 10,87-16 |
| 10,60 | 0,3 | Edi Sousa | | | | | 3rB | | Salamanca - Esp | 03-06 | |
| 10,60 | 1,4 | Ancuiam Lopes | | | | | 3 | | Herouville - Fra | 15-06 | |
| 10,60 | 1,7 | Wilson Pedro | Jr | CA Bx Banheira | | 05-03-98 | 2 | F. Ribeiro | Maia | 12-07 | |
| 10,60 | 1,5 | Ricardo Pereira | S23 | | | | 7mf | CE23 | Bydgoszcz - Pol | 13-07 | |
| 10,62 | 1,5 | Ricardo Pereira | S23 | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 10,62 | 1,0 | Wilson Pedro | Jr | | | | 2s | | Maia | 20-05 | |
| 10,62 | 1,5 | Ancuiam Lopes | | | | | 4h | | Herouville - Fra | 15-06 | |
| 10,62 | 0,9 | Yazaldes Nascimento | | | | | 4 | SLB | Lisboa - I | 17-06 | |
| 10,62 | 1,0 | William Reais | Jr | | | | 1h | | Mannheim - Ale | 01-07 | |
| 10,62 | 2,0 | Carlos Nascimento | | | | | 1h | Maia | Maia | 08-07 | |
| 10,62 | 0,9 | Ricardo Pereira | S23 | | | | 5h | CE23 | Bydgoszcz - Pol | 13-07 | |
| 10,62 | 1,4 | Francis Obikwelu | Vet | Sporting CP | | 22-11-78 | 1 | | Lisboa - I | 15-07 | 9,86-04 |
| 10,62 | 0,0 | José Pedro Lopes | S23 | | | | 4 | | Lisboa - I | 29-07 | |
| 10,64 | 1,9 | Carlos Nascimento | | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 10,64 | -1,3 | Diogo Antunes | | | | | 6 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 10,65 | 1,5 | José Pedro Lopes | S23 | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 10,65 | 0,9 | Rafael Jorge | S23 | | | | 5 | SLB | Lisboa - I | 17-06 | |
| 10,65 | 1,5 | Ricardo Pereira | S23 | | | | 1h | CN23 | Pombal | 01-07 | |
| 10,65 | 1,7 | Pedro Bernardo | | | | | 1h | Maia | Maia | 08-07 | |
| 10,65 | 1,4 | Pedro Bernardo | | | | | 2 | | Lisboa - I | 15-07 | |
| 10,66 | 1,0 | Holder da Silva | | Sporting CP | GBS | 22-01-88 | 3s | | Maia | 20-05 | 10,36-09 |
| 10,66 | 0,3 | Ricardo Ribeiro | S23 | Sporting CP | | 21-02-95 | 5rB | | Salamanca - Esp | 03-06 | 10,66-14/15 |
| 10,67 | 1,0 | João Esteves | Jr | SL Benfica | | 18-09-98 | 4s | | Maia | 20-05 | 10,66-16 |
| 10,67 | 0,7 | William Reais | Jr | | | | 3h | | Zofingen - Sui | 03-06 | |
| 10,67 | 0,3 | Pedro Bernardo | | | | | 6rB | | Salamanca - Esp | 03-06 | |
| 10,67 | 0,8 | Edi Sousa | | | | | 3 | Maia | Maia | 08-07 | |
| 10,67 | 1,2 | Ricardo Ribeiro | S23 | | | | 7 | | Schiffange - Lux | 30-07 | |
| 10,68 | 0,6 | Delvis Santos | Jr | SL Benfica | ANG | 27-06-99 | 1s | | Maia | 20-05 | 10,99-16 |
| 10,68 | 1,2 | Francis Obikwelu | Vet | | | | 1 | | Vendas Novas | 27-05 | |
| 10,68 | 1,2 | Carlos Nascimento | | | | | 1 | | Castellon - Esp | 04-07 | |
| 10,68 | 2,0 | Wilson Pedro | Jr | | | | 1h | CNJ | Marinha Grande | 08-07 | |
| 10,68 | -0,4 | Ricardo Ribeiro | S23 | | | | 4h | | Schiffange - Lux | 30-07 | |
| 10,69 | 0,1 | Rafael Jorge | S23 | | | | 2 | CNU | Faro | 14-05 | |
| 10,69 | -1,2 | Diogo Antunes | | | | | 1h | CNU | Faro | 14-05 | |
| 10,69 | 0,7 | Ancuiam Lopes | | | | | 1 | | Tours - Fra | 21-05 | |
| 10,70 | 1,2 | Holder da Silva | | | GBS | | 2 | V. Tavares | Faro | 13-05 | |
| 10,70 | 1,3 | Pedro Bernardo | | | | | 1h | | Orense - Esp | 13-05 | |
| 10,71 | 1,7 | Mauro Pereira | Jr | SL Benfica | | 27-03-98 | 3s | | Maia | 20-05 | 11,09-15 |
| 10,71 | 0,2 | Pedro Bernardo | | | | | 3rB | SLB | Lisboa - I | 17-06 | |
| 10,71 | 1,0 | William Reais | Jr | | | | 1rB | | Mannheim - Ale | 01-07 | |
| 10,71 | 0,8 | Pedro Bernardo | | | | | 4 | Maia | Maia | 08-07 | |
| 10,71 | 1,2 | Edi Sousa | | | | | 2h | Maia | Maia | 08-07 | |
| 10,71 | 1,7 | Dorian Keletela | Jr | | CGO | | 3 | F. Ribeiro | Maia | 12-07 | |
| 10,71 | 1,0 | Edi Sousa | | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 10,72 | -0,7 | Diogo Antunes | | | | | 3h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 10,72 | 1,5 | Dorian Keletela | Jr | | CGO | | 2h | CN23 | Pombal | 01-07 | |
| 10,72 | 0,1 | William Reais | Jr | | | | 8rB | | Lausana - Sui | 06-07 | |
| 10,72 | 0,1 | Pedro Bernardo | | | | | 1h | F. Ribeiro | Maia | 12-07 | |
| 10,73 | 1,0 | Ricardo Ribeiro | S23 | | | | 5s | | Maia | 20-05 | |
| 10,73 | 1,7 | Ricardo Ribeiro | S23 | | | | 2h | Maia | Maia | 08-07 | |
| 10,74 | 1,7 | José Pedro Lopes | S23 | | | | 1h | Lisboa | Lisboa - I | 01-05 | |
| 10,74 | 0,1 | André Costa | | | | | 3 | CNU | Faro | 14-05 | |
| 10,74 | 1,4 | Pedro Bernardo | | | | | 4h | SLB | Lisboa - I | 17-06 | |
| 10,74 | 1,4 | João Esteves | Jr | | | | 3 | | Lisboa - I | 15-07 | |
| 10,76 | -1,2 | Rafael Jorge | S23 | | | | 2h | CNU | Faro | 14-05 | |
| 10,76 | 1,9 | Wilson Pedro | Jr | | | | 2s | CNCI-Ap | Vendas Novas | 27-05 | |
| 10,76 | 0,7 | João Esteves | Jr | | | | 4h | SLB | Lisboa - I | 17-06 | |
| 10,76 | -2,0 | Francis Obikwelu | Vet | | | | 2 | Caceres | Plasencia - Esp | 28-06 | |
| 10,76 | 1,0 | Wilson Pedro | Jr | | | | 1h | F. Ribeiro | Maia | 12-07 | |
| 10,76 | -1,4 | Ancuiam Lopes | | | | | 8 | C. Fra | Marselha - Fra | 15-07 | |
| 10,76 | 0,0 | Pedro Bernardo | | | | | 1rB | | Schiffange - Lux | 30-07 | |

| | | | | | | | | | | | |
|-------|------|-----------------------|-----|------------------|-----|----------|-----|------------|--------------------|-------|----------|
| 10,77 | 1,5 | Francis Obikwelu | Vet | | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 10,77 | 1,7 | Ancuam Lopes | | | | | 6 | | Salamanca - Esp | 03-06 | |
| 10,77 | 1,7 | Francis Obikwelu | Vet | | | | 3h | Maia | Maia | 08-07 | |
| 10,78 | 1,2 | Claudino Tavares | | Juv. Vidigalense | CPV | 20-03-92 | 3 | V. Tavares | Faro | 13-05 | 10,81-15 |
| 10,78 | 0,0 | João Esteves | Jr | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 10,78 | 0,3 | João Esteves | Jr | | | | 3mf | CE Jr | Grosseto - Ita | 20-07 | |
| 10,78 | -1,8 | Wilson Pedro | Jr | | | | 5mf | CE Jr | Grosseto - Ita | 20-07 | |
| 10,78 | 1,1 | Wilson Pedro | Jr | | | | 2 | Lx/Md | Lisboa - I | 29-07 | |
| 10,78 | -1,5 | Tiago Gonçalves | Jr | CA Seia | | 11-12-98 | 2h | Lx/Md | Lisboa - I | 29-07 | 11,00-16 |
| 10,78 | 0,5 | Wilson Pedro | Jr | | | | 2h | Lx/Md | Lisboa - I | 29-07 | |
| 10,79 | 0,7 | Dorian Keletela | Jr | | CGO | | 2h | Lisboa | Lisboa - I | 01-05 | |
| 10,79 | 0,8 | Francis Obikwelu | Vet | | | | 5 | Maia | Maia | 08-07 | |
| 10,79 | 1,0 | Dorian Keletela | Jr | | CGO | | 2h | F. Ribeiro | Maia | 12-07 | |
| 10,80 | -0,7 | Pedro Bernardo | | | | | 2 | | Orense - Esp | 13-05 | |
| 10,80 | 0,6 | Dorian Keletela | Jr | | CGO | | 2s | | Maia | 20-05 | |
| 10,80 | -2,3 | William Reais | Jr | | | | 6rB | | Genebra - Sui | 10-06 | |
| 10,80 | 0,2 | João Esteves | Jr | | | | 6rB | SLB | Lisboa - I | 17-06 | |
| 10,80 | 1,4 | Delvis Santos | Jr | | ANG | | 4 | | Lisboa - I | 15-07 | |
| 10,81 | -1,2 | André Costa | | | | | 1h | V. Tavares | Faro | 13-05 | |
| 10,81 | 1,4 | João Barros | | C Bf. Faro | | 25-05-93 | 5h | SLB | Lisboa - I | 17-06 | 10,64-16 |
| 10,81 | 0,2 | Wilson Pedro | Jr | | | | 5h | CE Jr | Grosseto - Ita | 20-07 | |
| 10,82 | 0,1 | William Reais | Jr | | | | 1 | | Kreuzlingen - Sui | 25-05 | |
| 10,82 | 0,5 | Dorian Keletela | Jr | | CGO | | 5h | | Salamanca - Esp | 03-06 | |
| 10,82 | -2,0 | Pedro Bernardo | | | | | 5 | Caceres | Plasencia - Esp | 28-06 | |
| 10,82 | -0,5 | João Esteves | Jr | | | | 6h | CE Jr | Grosseto - Ita | 20-07 | |
| 10,82 | 1,1 | João Esteves | Jr | | | | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 10,83 | -0,5 | Wilson Pedro | Jr | | | | 1 | | Setúbal | 29-04 | |
| 10,83 | -0,2 | Holder da Silva | | | GBS | | 1h | V. Tavares | Faro | 13-05 | |
| 10,83 | 1,5 | Soufiane Bouhadda | | Sporting CP | ALG | 08-06-90 | 1 | | Maia | 14-06 | 10,63-15 |
| 10,84 | -0,2 | Francis Obikwelu | Vet | | | | 2h | V. Tavares | Faro | 13-05 | |
| 10,84 | -4,0 | Yazaldes Nascimento | | | | | 1h | Caceres | Plasencia - Esp | 28-06 | |
| 10,85 | 0,6 | Victor Ricardo Santos | | SL Benfica | | 18-12-94 | 3s | | Jacksonville - Usa | 08-04 | 10,60-15 |
| 10,85 | 0,9 | Eduardo Sá | S23 | SC Braga | | 18-05-95 | 1 | | Guimarães | 27-05 | 10,57-16 |
| 10,85 | 1,5 | Edi Sousa | | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 10,85 | 1,4 | Miguel Sambé | S23 | Sporting CP | | 20-11-95 | 5 | | Lisboa - I | 15-07 | 10,69-16 |
| 10,85 | 1,1 | Tiago Gonçalves | Jr | | | | 4 | Lx/Md | Lisboa - I | 29-07 | |
| 10,85 | 0,6 | Pedro Bernardo | | | | | 4h | | Schiffange - Lux | 30-07 | |
| 10,86 | 2,0 | João Barros | | | | | 2h | Maia | Maia | 08-07 | |
| 10,86 | 1,2 | João Pinto | S23 | Sporting CP | | 12-06-97 | 3h | Maia | Maia | 08-07 | 10,67-16 |
| 10,87 | 1,7 | João Djibo | | SL Benfica | GBS | 10-08-94 | 2h | Lisboa | Lisboa - I | 01-05 | 10,75-16 |
| 10,87 | 0,2 | Wilson Martins | | Juv. Vidigalense | CPV | 01-03-88 | 1 | F. Alves | Marinha Grande | 20-05 | 11,01-16 |
| 10,87 | 0,7 | Delvis Santos | Jr | | ANG | | 5h | SLB | Lisboa - I | 17-06 | |
| 10,88 | 1,5 | Dorian Keletela | Jr | | CGO | | 4 | Lisboa | Lisboa - I | 01-05 | |
| 10,88 | 1,2 | Delvis Santos | Jr | | ANG | | 4 | V. Tavares | Faro | 13-05 | |
| 10,88 | 1,1 | João Esteves | Jr | | | | 1h | Fortunato | Torres Vedras | 21-05 | |
| 10,88 | 1,7 | João Pinto | S23 | | | | 5 | F. Ribeiro | Maia | 12-07 | |
| 10,88 | 1,0 | João Esteves | Jr | | | | 3h | F. Ribeiro | Maia | 12-07 | |
| 10,88 | -2,9 | Edi Sousa | | | | | 1 | C. Norte | Maia | 15-07 | |
| 10,88 | -1,2 | Edi Sousa | | | | | 1h | C. Norte | Maia | 15-07 | |
| 10,89 | 1,0 | Pedro Bernardo | | | | | 6s | | Maia | 20-05 | |
| 10,89 | 1,1 | Tiago Gonçalves | Jr | | | | ex | | Lisboa - I | 24-06 | |
| 10,89 | -2,0 | Dorian Keletela | Jr | | CGO | | 8 | Caceres | Plasencia - Esp | 28-06 | |
| 10,89 | 2,0 | Jordin Andrade | | Sporting CP | CPV | 05-05-92 | 3h | Maia | Maia | 08-07 | |
| 10,90 | 0,7 | Delvis Santos | Jr | | ANG | | 3h | Lisboa | Lisboa - I | 01-05 | |
| 10,90 | 1,7 | Frederico Curvelo | S23 | SL Benfica | | 11-07-97 | 3h | Lisboa | Lisboa - I | 01-05 | 10,59-16 |
| 10,90 | 1,2 | Dorian Keletela | Jr | | CGO | | 2 | | Vendas Novas | 27-05 | |
| 10,90 | 1,7 | João Esteves | Jr | | | | 6 | F. Ribeiro | Maia | 12-07 | |
| 10,91 | 0,0 | João Djibo | | | GBS | | 2 | Fortunato | Torres Vedras | 21-05 | |
| 10,91 | 1,0 | João Pinto | S23 | | | | 4h | F. Ribeiro | Maia | 12-07 | |
| 10,92 | 0,6 | Delvis Santos | Jr | | ANG | | 1 | | Lisboa - I | 24-06 | |
| 10,92 | -2,1 | Pedro Bernardo | | | | | 1h | Caceres | Plasencia - Esp | 28-06 | |
| 10,93 | 1,2 | Wilson Martins | | | CPV | | 5 | V. Tavares | Faro | 13-05 | |

| | | | | | | | | | | | |
|-------|------|-------------------|-----|-----------------|-----|----------|-----|------------|------------------|-------|-----------|
| 10,93 | 0,1 | Wilson Martins | | | CPV | | 4 | CNU | Faro | 14-05 | |
| 10,93 | 1,7 | Eduardo Sá | S23 | | | | 4s | | Maia | 20-05 | |
| 10,94 | 1,2 | Dorian Keletela | Jr | | CGO | | 6 | V. Tavares | Faro | 13-05 | |
| 10,94 | 0,8 | João Barros | | | | | 6 | Maia | Maia | 08-07 | |
| 10,94 | 1,0 | João Barros | | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 10,95 | 2,0 | Wilson Martins | | | CPV | | 1h | F. Alves | Marinha Grande | 20-05 | |
| 10,96 | 0,8 | João Pinto | S23 | | | | 7 | Maia | Maia | 08-07 | |
| 10,97 | -0,2 | Delvis Santos | Jr | | ANG | | 3h | V. Tavares | Faro | 13-05 | |
| 10,97 | 0,6 | Sérgio Silva | S23 | Juv. Ilha Verde | | 04-05-96 | 3s | | Maia | 20-05 | 10,99-15 |
| 10,97 | 0,0 | João Barros | | | | | 3 | Fortunato | Torres Vedras | 21-05 | |
| 10,97 | 1,9 | João Barros | | | | | 3s | CNCI-Ap | Vendas Novas | 27-05 | |
| 10,97 | -1,8 | William Reais | Jr | | | | 2 | | Rapperswil - Sui | 18-06 | |
| 10,97 | 2,0 | Xavier Rato | Jr | Gira Sol | | 25-10-99 | 2h | CNJ | Marinha Grande | 08-07 | |
| 10,97 | 1,0 | Claudino Tavares | | | CPV | | 4 | CNCI-1 | Leiria | 22-07 | |
| 10,98 | 0,2 | João Barros | | | | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 10,98 | 1,4 | Gil Manuel | | Sporting CP | | 28-09-94 | 6 | | Lisboa - I | 15-07 | 11,00-16 |
| 10,99 | -1,2 | Dorian Keletela | Jr | | CGO | | 2h | V. Tavares | Faro | 13-05 | |
| 10,99 | 1,5 | Xavier Rato | Jr | | | | 2 | | Maia | 14-06 | |
| 10,99 | 1,5 | Eduardo Sá | S23 | | | | 3 | | Maia | 14-06 | |
| 10,99 | 1,2 | Carlos Nascimento | | | | | 2h | | Castellon - Esp | 04-07 | |
| 10,99 | 2,0 | Tiago Crespo | Jr | SL Benfica | | 14-12-98 | 3h | CNJ | Marinha Grande | 08-07 | |
| 10,99 | 2,0 | Gil Manuel | | | | | 4h | Maia | Maia | 08-07 | |
| 10,99 | -2,2 | Pedro Bernardo | | | | | 1 | Hernandez | Pamplona - Esp | 27-07 | |
| 11,00 | -2,1 | Claudino Tavares | | | CPV | | 1h | V. Tavares | Faro | 13-05 | |
| 11,00 | 0,6 | João Pinto | S23 | | | | 2 | | Lisboa - I | 24-06 | |
| 11,00 | 1,9 | Xavier Rato | Jr | | | | 1h | | Vagos | 15-07 | |
| 11,00 | 1,0 | André Prazeres | Jr | JOMA | | 23-05-99 | 2 | CNCI-3 | Leiria | 22-07 | 10,94-16 |
| 11,01 | 0,0 | Valter Pinto | | SC Braga | | 19-01-93 | 4 | Fortunato | Torres Vedras | 21-05 | 11,11-15 |
| 11,01 | -4,0 | Dorian Keletela | Jr | | CGO | | 4h | Caceres | Plasencia - Esp | 28-06 | |
| 11,01 | -0,4 | Samuel Remédios | | SL Benfica | | 24-02-92 | Dec | ETC - 1 | Monzon - Esp | 01-07 | 10,68-14 |
| 11,02 | 1,3 | Wilson Pedro | Jr | | | | 1h | | Sobreda | 17-06 | |
| 11,02 | 0,9 | Edgar Batista | | Esc. Movimento | | 12-07-91 | 1 | | Braga | 21-06 | 10,93-14 |
| 11,03 | 0,0 | Tiago Gonçalves | Jr | | | | 5 | Fortunato | Torres Vedras | 21-05 | |
| 11,04 | -0,2 | André Marques | | SL Benfica | | 20-11-92 | 1 | | Fátima | 27-05 | 11,10-15 |
| 11,04 | 1,9 | André Prazeres | Jr | | | | 4s | CNCI-Ap | Vendas Novas | 27-05 | |
| 11,04 | 1,2 | Edgar Batista | | | | | 4h | Maia | Maia | 08-07 | |
| 11,05 | 1,5 | João Djibo | | | GBS | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 11,05 | -2,1 | Ricardo Ribeiro | S23 | | | | 2h | V. Tavares | Faro | 13-05 | |
| 11,05 | -1,2 | Wilson Martins | | | CPV | | 3h | V. Tavares | Faro | 13-05 | |
| 11,05 | 0,5 | Wilson Martins | | | CPV | | 1h | CNU | Faro | 14-05 | |
| 11,05 | 1,7 | Xavier Rato | Jr | | | | 7 | F. Ribeiro | Maia | 12-07 | |
| 11,05 | 0,1 | Xavier Rato | Jr | | | | 2h | F. Ribeiro | Maia | 12-07 | |
| 11,06 | -0,3 | João Geadas | Jv | AJ Estremoz | | 14-06-00 | 1 | | Vendas Novas | 22-04 | 11,14w-16 |
| 11,06 | -1,9 | Tiago Gonçalves | Jr | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 11,06 | 0,9 | Carlos Castro | S23 | CA Mazarefes | | 20-02-97 | 2 | | Braga | 21-06 | 10,94-16 |
| 11,06 | 1,1 | João Pinto | S23 | | | | 1h | | Lisboa - I | 24-06 | |
| 11,06 | -0,7 | João Esteves | Jr | | | | 1h | Lx/Md | Lisboa - I | 29-07 | |
| 11,07 | 2,0 | João Barros | | | | | 2h | F. Alves | Marinha Grande | 20-05 | |
| 11,07 | 0,4 | Tiago Gonçalves | Jr | | | | 1h | Fortunato | Torres Vedras | 21-05 | |
| 11,07 | 1,3 | Adam Ferreira | S23 | C Bf. Faro | | 10-05-96 | ex | | Lisboa - I | 24-06 | 11,30-14 |
| 11,08 | 0,0 | Xavier Rato | Jr | | | | 1 | DE | Marinha Grande | 06-05 | |
| 11,09 | 0,7 | Tomás Gonçalves | Jv | AA Ch. Caparica | | 02-02-01 | 1s | | Setúbal | 29-04 | |
| 11,09 | 0,5 | Edgar Remédios | | GA Fátima | | 05-05-94 | 1h | CNU | Maia | 14-05 | 11,15-16 |
| 11,09 | 1,5 | Carlos Castro | S23 | | | | 4 | | Maia | 14-06 | |
| 11,09 | 1,7 | Pedro Silva | | Esc. Movimento | | 18-01-94 | 8 | F. Ribeiro | Maia | 12-07 | 11,28w-16 |
| 11,10 | 0,5 | João Patrício | Jr | Vit. Setúbal | | 13-01-99 | 1 | DE | Lisboa - I | 26-04 | 10,97-16 |
| 11,10 | 0,5 | João Pinto | S23 | | | | 2h | CNU | Faro | 14-05 | |
| 11,10 | 1,3 | Tito Fernandes | Jr | ADR Água Pena | | 02-06-99 | 1 | | Ribeira Brava | 20-05 | 11,06-16 |
| 11,10 | 1,2 | Tiago Crespo | Jr | | | | 1h | Fortunato | Torres Vedras | 21-05 | |
| 11,10 | 1,9 | Herodes Santo | Jr | CP Corroios | | 19-12-99 | 5s | CNCI-Ap | Vendas Novas | 27-05 | |
| 11,10 | 1,5 | Edgar Batista | | | | | 5 | | Maia | 14-06 | |
| 11,10 | 1,9 | Tito Fernandes | Jr | | | | 1 | | Ribeira Brava | 17-06 | |

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|-------|------|-------------------|-----|-------------------|-----|----------|-----|------------|-------------------|-------|----------|
| 11,10 | 1,0 | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | 1s | SLB | Lisboa - I | 17-06 | |
| 11,10 | 0,3 | Tiago Crespo | Jr | | | | 5h | SLB | Lisboa - I | 17-06 | |
| 11,11 | 1,4 | Xavier Rato | Jr | | | | 1 | Viseu | Viseu | 22-04 | |
| 11,11 | 1,1 | Tito Fernandes | Jr | | | | 1 | | Ribeira Brava | 06-05 | |
| 11,11 | -1,9 | Sérgio Silva | S23 | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 11,11 | 2,0 | David Martinho | Jv | ACDR Arneirense | | 16-03-01 | 4h | CNJ | Marinha Grande | 08-07 | |
| 11,12 | 0,5 | Ilírio Nazaré | Jv | Sporting CP | | 16-04-00 | 2 | DE | Lisboa - I | 26-04 | 11,07-16 |
| 11,12 | 2,0 | Bernardo Pereira | S23 | ACD Jardim Serra | | 26-10-97 | 3h | F. Alves | Marinha Grande | 20-05 | 11,22-16 |
| 11,12 | -2,4 | Claudino Tavares | | | CPV | | 1 | | Fátima | 27-05 | |
| 11,12 | 1,2 | Gil Manuel | | | | | 3 | | Vendas Novas | 27-05 | |
| 11,12 | 0,8 | Edgar Batista | | | | | 1 | | Braga | 05-07 | |
| 11,12 | 1,7 | Edgar Remédios | | | | | 4h | Maia | Maia | 08-07 | 11,15-16 |
| 11,12 | 2,0 | Valter Pinto | | | | | 5h | Maia | Maia | 08-07 | |
| 11,13 | 0,0 | Tiago Crespo | Jr | | | | 6 | Fortunato | Torres Vedras | 21-05 | |
| 11,13 | 0,2 | Valter Pinto | | | | | 1h | Fortunato | Torres Vedras | 21-05 | |
| 11,13 | 1,2 | João Barros | | | | | 2h | Fortunato | Torres Vedras | 21-05 | |
| 11,13 | 1,5 | Edgar Batista | | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 11,13 | -0,4 | Guilherme Santos | Jv | Esc. Movimento | | 10-09-00 | 1 | | Maia | 10-06 | |
| 11,13 | 2,0 | Micael Franco | S23 | ADR Água Pena | | 31-08-95 | 1 | CNCI-2 | Leiria | 22-07 | 11,09-15 |
| 11,14 | 0,5 | Dany Gonçalves | | ACD Jardim Serra | | 14-03-85 | 1 | | Ribeira Brava | 20-05 | 10,39-09 |
| 11,14 | 0,5 | Tito Fernandes | Jr | | | | 2 | | Ribeira Brava | 20-05 | |
| 11,14 | -1,6 | Xavier Rato | Jr | | | | 1h | CN DE | Maia | 20-05 | |
| 11,14 | 0,4 | Bruno Vaz Moniz | | CCSJ. Madeira | CPV | 10-07-88 | 1s | CNCI-Ap | Fátima | 27-05 | 11,07-16 |
| 11,14 | -1,9 | Wilson Martins | | | CPV | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 11,14 | 1,0 | Eugénio Junior | Jv | EMD. Saraiva | | 05-08-00 | 2s | SLB | Lisboa - I | 17-06 | |
| 11,14 | -1,2 | Samuel Remédios | | | | | Dec | Univ | Taipei | 24-08 | |
| 11,15 | 0,1 | Tiago Gonçalves | Jr | | | | 5 | CNU | Faro | 14-05 | |
| 11,15 | 0,1 | João Pinto | | | | | 6 | CNU | Faro | 14-05 | |
| 11,15 | -1,4 | André Costa | | | | | 1h | CNU | Faro | 14-05 | |
| 11,15 | -0,4 | André Prazeres | Jr | | | | 1h | CN DE | Maia | 20-05 | |
| 11,15 | 1,5 | Miguel Sambé | S23 | | | | 3h | CN23 | Pombal | 01-07 | |
| 11,15 | 2,0 | Xavier Rato | Jr | | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 11,16 | 1,6 | Edgar Batista | | | | | 1h | C. Norte | Maia | 15-07 | |
| 11,17 | 1,2 | Sérgio Silva | S23 | | | | 1 | | Ponta Delgada | 11-03 | |
| 11,17 | -1,2 | Valter Pinto | | | | | 4h | V. Tavares | Faro | 13-05 | |
| 11,17 | 0,9 | Guilherme Santos | Jv | | | | 2 | | Guimarães | 27-05 | |
| 11,17 | 0,9 | Valter Pinto | | | | | 3s | | Guimarães | 27-05 | |
| 11,17 | -1,9 | Xavier Rato | Jr | | | | 4s | CNCI-Ap | Fátima | 27-05 | |
| 11,17 | 0,1 | Pedro Silva | | | | | 4h | F. Ribeiro | Maia | 12-07 | |
| 11,18 | 0,9 | Miguel Alves | Jr | AC Mocidade - Aç | | 23-02-98 | 1 | | Angra do Heroísmo | 22-03 | 11,10-15 |
| 11,18 | 1,4 | Hélio Vaz | | SL Benfica | | 01-05-91 | 2 | Viseu | Viseu | 22-04 | 11,20-15 |
| 11,18 | 0,2 | Bernardo Pereira | S23 | | | | 3 | F. Alves | Marinha Grande | 20-05 | |
| 11,18 | 0,3 | João Djibo | | | GBS | | 1h | Fortunato | Torres Vedras | 21-05 | |
| 11,18 | 0,3 | João Geadas | Jv | | | | 1 | | Vendas Novas | 18-06 | |
| 11,18 | -2,9 | Edgar Batista | | | | | 2 | C. Norte | Maia | 15-07 | |
| 11,18 | 1,0 | Carlos Castro | S23 | | | | 3 | CNCI-3 | Leiria | 22-07 | |
| 11,19 | 0,4 | Tito Fernandes | Jr | | | | 1 | | Ribeira Brava | 06-05 | |
| 11,19 | 1,1 | Rodrigo Agostinho | Jv | Juv. Vidigalense | | 25-04-01 | 6 | OJ | Braga | 03-06 | |
| 11,19 | 0,8 | Pedro Silva | | | | | 2 | | Braga | 05-07 | |
| 11,19 | 2,0 | Pedro Silva | | | | | 6h | Maia | Maia | 08-07 | |
| 11,19 | 1,5 | Ivo Barros | Jv | ACA Lourocoop | | 06-07-99 | 1h | | Vagos | 15-07 | |
| 11,19 | 1,0 | Carlos Veríssimo | Jr | CA Seia | | 29-03-99 | 5 | CNCI-1 | Leiria | 22-07 | 11,18-16 |
| 11,20 | 0,1 | Wilson Pedro | Jr | | | | 1 | | Sobreda | 06-05 | |
| 11,20 | -2,5 | Gil Manuel | | | | | 1 | | Torres Vedras | 09-05 | |
| 11,20 | -0,2 | João Djibo | | | GBS | | 4h | V. Tavares | Faro | 13-05 | |
| 11,20 | -1,6 | Tomás Gonçalves | Jv | | | | 1 | | Setúbal | 21-05 | |
| 11,20 | -1,1 | Xavier Rato | Jr | | | | 3 | CM Esc. | Nancy - Fra | 27-06 | |
| 11,21 | 1,9 | Ivo Barros | Jr | | | | 1 | | Vagos | 27-05 | |
| 11,21 | 2,0 | Nelson Pereira | Jr | França | | 25-09-98 | 2 | | Bernay - Fra | 27-05 | |
| 11,21 | 0,4 | Gracelino Barbosa | | ACR Sra. Desterro | CPV | 01-02-85 | 2s | CNCI-Ap | Fátima | 27-05 | 11,16-16 |
| 11,21 | 0,0 | Gonçalo Gonçalves | Jv | SUO Vais | | 02-08-01 | 1 | | Luso | 17-06 | |
| 11,21 | 1,0 | Rodrigo Rosa | Jv | SL Benfica | | 26-11-00 | 3s | SLB | Lisboa - I | 17-06 | 11,19-16 |

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|-------|------|---------------------|-----|------------------|-----|----------|-----|----------|-----------------|-------|-----------|
| 11,21 | -0,9 | Sérgio Silva | S23 | | | | 1 | | Ponta Delgada | 14-07 | |
| 11,22 | -1,2 | Tiago Gonçalves | Jr | | | | 3h | CNU | Faro | 14-05 | |
| 11,22 | -0,1 | Eugénio Junior | Jv | | | | 1h | CN DE | Maia | 20-05 | |
| 11,22 | -0,4 | Diogo Guerra | Jr | SL Benfica | | 29-01-99 | 2h | CN DE | Maia | 20-05 | 11,20-16 |
| 11,22 | -0,1 | Guilherme Santos | Jv | | | | 2h | CN DE | Maia | 20-05 | |
| 11,22 | -0,2 | Muler Santos | | CCSJ. Madeira | GBS | 05-11-93 | 2 | | Fátima | 27-05 | 11,15-14 |
| 11,22 | 1,3 | Nelson Pereira | Jr | | | | 1h | | Bernay - Fra | 27-05 | |
| 11,22 | 0,6 | Sergio Chiu | S23 | Sporting CP | | 11-05-95 | 3 | | Lisboa - I | 24-06 | 11,13-16 |
| 11,22 | -1,2 | Pedro Silva | | | | | 2h | C. Norte | Maia | 15-07 | |
| 11,22 | 0,2 | Rodrigo Agostinho | Jv | | | | 4h | FOJE | Gyor - Hun | 24-07 | |
| 11,23 | 1,4 | Mário Neves | Jv | Cardes | | 11-01-00 | 3 | Viseu | Viseu | 22-04 | 11,20-16 |
| 11,23 | 0,5 | Rodrigo Ramos | Jr | ACD Jardim Serra | | 02-07-98 | 3 | | Ribeira Brava | 20-05 | 11,05w-15 |
| 11,23 | 0,0 | Edgar Batista | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 11,23 | 1,5 | Carlos Castro | S23 | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 11,23 | 1,5 | Pedro Silva | | | | | 6 | | Maia | 14-06 | |
| 11,23 | 1,1 | Tiago Crespo | Jr | | | | 2h | | Lisboa - I | 24-06 | |
| 11,23 | 1,1 | André Silva | | Esc. Movimento | | 18-07-94 | 1h | C. Norte | Maia | 15-07 | |
| 11,23 | 1,0 | Dany Gonçalves | | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 11,24 | 1,7 | João Patrício | Jr | | | | 1h | DE | Lisboa - I | 26-04 | |
| 11,24 | -1,0 | Guilherme Santos | Jv | Esc. Movimento | | 10-09-00 | 1 | | Maia | 13-05 | |
| 11,24 | 1,5 | Miguel Tapadas | Jr | Sporting CP | | 23-04-98 | 7 | | Maia | 14-06 | |
| 11,25 | 1,2 | Sergio Chiu | S23 | | | | 4 | | Vendas Novas | 27-05 | |
| 11,25 | -1,2 | Eugénio Junior | Jv | | | | 1h | SLB | Lisboa - I | 17-06 | |
| 11,25 | 2,0 | Bruno Vaz Moniz | | | CPV | | 1h | | Vagos | 15-07 | |
| 11,25 | 2,0 | Pedro Silva | | | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 11,26 | -0,1 | Ronaldinho Oliveira | S23 | CCSJ. Madeira | CPV | 29-09-97 | Dec | | Lagos | 01-04 | 11,14-16 |
| 11,26 | 1,4 | Carlos Veríssimo | Jr | | | | 4 | Viseu | Viseu | 22-04 | |
| 11,26 | 0,0 | Carlos Veríssimo | Jr | | | | 2 | De | Marinha Grande | 06-05 | |
| 11,26 | 1,9 | Rafael Ferreira | Jr | A 20Km Almeirim | | 21-10-99 | Dec | T. Nac | Luso | 20-05 | 11,19-16 |
| 11,26 | 0,9 | Pedro Silva | | | | | 3 | | Braga | 21-06 | |
| 11,26 | -6,5 | Francis Obikwelu | Vet | | | | 1h | Caceres | Plasencia - Esp | 28-06 | |
| 11,26 | 1,6 | Flávio Silva | Jv | CA Mazarefes | | 27-05-00 | 2h | C. Norte | Maia | 15-07 | |
| 11,27 | 1,1 | Daniel Reves | Jv | JD Neves | | 19-04-01 | 9 | OJ | Braga | 03-06 | |
| 11,27 | 1,3 | Sergio Chiu | S23 | | | | 1h | | Lisboa - I | 24-06 | |
| 11,27 | 1,5 | Tiago Crespo | Jr | | | | 4h | CN23 | Pombal | 01-07 | |
| 11,27 | 1,9 | Muler Santos | | | GBS | | 2h | | Vagos | 15-07 | |
| 11,28 | -0,1 | Joaquim Cabral | | CO Pechão | | 17-04-88 | Dec | | Lagos | 01-04 | 11,08-09 |
| 11,28 | 0,6 | Mário Neves | Jv | | | | Dec | | Viseu | 08-04 | |
| 11,28 | 1,3 | Rodrigo Ramos | Jr | | | | 2 | | Ribeira Brava | 20-05 | |
| 11,28 | 2,0 | Miguel Tapadas | Jr | | | | 5h | CNJ | Marinha Grande | 08-07 | |
| 11,28 | 2,0 | Bruno Vaz Moniz | | | CPV | | 4 | CNCI-2 | Leiria | 22-07 | |
| 11,29 | -2,7 | Micael Franco | S23 | | | | 1 | CFB | Lisboa - MP | 10-05 | |
| 11,29 | 0,1 | Rafael Neves | S23 | CPTS Ceira | | 18-08-95 | 7 | CNU | Faro | 14-05 | 11,16-16 |
| 11,29 | 2,0 | Lucas Dias | Jr | AC Vermoil | | 06-01-99 | 4h | F. Alves | Marinha Grande | 20-05 | 11,21-16 |
| 11,29 | 1,2 | Nelson Pereira | Jr | | | | 1 | | Tourville - Fra | 21-05 | |
| 11,29 | 1,3 | Nelson Pereira | Jr | | | | 1 | | Fougeres - Fra | 24-06 | |
| 11,29 | 1,8 | Herodes Santo | Jr | | | | 1 | | Setúbal | 15-07 | |
| 11,29 | 0,0 | Sergio Chiu | S23 | | | | 5 | | Lisboa - I | 29-07 | |
| 11,30 | 0,2 | André Prazeres | Jr | | | | 1h | DE | Lisboa - I | 26-04 | |
| 11,30 | -2,0 | João Geadas | Jv | | | | 1 | C. Alent | Elvas | 13-05 | |
| 11,30 | 0,6 | Miguel Tapadas | Jr | | | | 1 | | Sobreda | 11-06 | |
| 11,30 | 1,2 | Sergio Chiu | S23 | | | | 5h | Maia | Maia | 08-07 | |
| 11,30 | -4,4 | David Martinho | Jv | | | | 1 | | Maia | | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|-------------|-----|----------|----|---------|-----------------|-------|----------|
| 10,10 | 2,9 | Diogo Antunes | | SL Benfica | | 02-11-92 | 1 | C. Port | Vagos | 10-06 | 10,29-16 |
| 10,23 | 2,9 | Carlos Nascimento | | Sporting CP | | 12-10-94 | 3 | C. Port | Vagos | 10-06 | 10,33-16 |
| 10,28 | 3,1 | Ricardo Pereira | S23 | SL Benfica | | 04-03-96 | 1 | CN23 | Pombal | 01-07 | 10,45-14 |
| 10,31 | 2,9 | André Costa | | SL Benfica | | 09-05-92 | 4 | C. Port | Vagos | 10-06 | 10,48-14 |
| 10,34 | 3,7 | Aniciam Lopes | | Sporting CP | | 06-03-91 | 4h | | Salamanca - Esp | 03-06 | 10,36-13 |

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|-------|-----|---------------------|-----|------------------|-----|----------|-----|---------|-----------------|-------|-------------|
| 10,35 | 2,9 | Rafael Jorge | S23 | SL Benfica | | 01-03-97 | 6 | C. Port | Vagos | 10-06 | 10,62-16 |
| 10,37 | 2,5 | Yazaldes Nascimento | | SL Benfica | | 17-04-86 | 1h | C. Port | Vagos | 10-06 | 10,16-15 |
| 10,45 | 4,1 | Francis Obikwelu | Vet | Sporting CP | | 22-11-78 | 3h | C. Port | Vagos | 10-06 | 9,86-04 |
| 10,46 | 3,1 | José Pedro Lopes | S23 | SL Benfica | | 23-05-95 | 3 | CN23 | Pombal | 01-07 | 10,56-16 |
| 10,54 | 2,1 | Ricardo Ribeiro | S23 | Sporting CP | | 21-02-95 | 3h | | Salamanca - Esp | 03-06 | 10,66-14/15 |
| 10,56 | 3,4 | Wilson Pedro | Jr | CA Bx Banheira | | 05-03-98 | 3h | C. Port | Vagos | 10-06 | |
| 10,58 | 3,1 | Tiago Gonçalves | Jr | CA Seia | | 11-12-98 | 4 | CN23 | Pombal | 01-07 | 11,00-16 |
| 10,59 | 4,1 | Holder da Silva | | Sporting CP | GBS | 22-01-88 | 5h | C. Port | Vagos | 10-06 | 10,36-09 |
| 10,78 | 3,6 | Wilson Martins | | Juv. Vidigalense | CPV | 01-03-88 | 1 | | Marinha Grande | 03-06 | 11,01-16 |
| 10,79 | 3,9 | João Pinto | | Juv. Vidigalense | | 28-02-93 | 2 | CN23 | Pombal | 01-07 | 11,35-12 |
| 10,80 | 5,3 | Samuel Remédios | | SL Benfica | | 24-02-92 | Dec | C. Port | Vagos | 10-06 | 10,68-14 |
| 10,81 | 2,8 | Tomás Gonçalves | Jv | AA Ch. Caparica | | 02-02-01 | 1 | OJ | Braga | 03-06 | |
| 10,84 | 5,6 | Edgar Batista | | Esc. Movimento | | 12-07-91 | 2 | Aveiro | Aveiro | 24-06 | 10,93-14 |
| 10,85 | 4,7 | João Djibo | | SL Benfica | GBS | 10-08-94 | 1 | | Lisboa - MP | 19-02 | 10,75-16 |
| 10,86 | 3,5 | Xavier Rato | Jr | Gira Sol | | 25-10-99 | 1 | CN DE | Maia | 20-05 | |
| 10,88 | 2,8 | Gil Manuel | | Sporting CP | | 28-09-94 | 1 | | Lisboa - MP | 03-06 | 11,00-16 |
| 10,90 | 2,7 | Micael Franco | S23 | ADR Água Pena | | 31-08-95 | 1 | CNCI-Ap | Ribeira Brava | 27-05 | 11,09-15 |
| 10,92 | 3,2 | João Geadas | Jv | AJ Estremoz | | 14-06-00 | 1 | CNjv | Abrantes | 24-06 | 11,14w-16 |
| 10,94 | 5,6 | Pedro Silva | | Esc. Movimento | | 18-01-94 | 3 | Aveiro | Aveiro | 24-06 | 11,28w-16 |
| 10,96 | 2,8 | Ernane Silva | | Sporting CP | | 19-09-92 | 2 | | Lisboa - MP | 03-06 | 10,78-15 |
| 10,97 | 3,5 | Miguel Alves | Jr | AC Mocidade - Aç | | 23-02-98 | 2h | CNJ | Marinha Grande | 08-07 | 11,10-15 |
| 10,98 | 2,8 | Guilherme Santos | Jv | Esc. Movimento | | 10-09-00 | 3 | OJ | Braga | 03-06 | |
| 10,99 | 6,0 | Ivo Barros | Jv | ACA Lourocoop | | 06-07-99 | 1h | | Vagos | 01-07 | |
| 11,00 | 2,7 | Dany Gonçalves | | ACD Jardim Serra | | 14-03-85 | 2s | CNCI-Ap | Ribeira Brava | 27-05 | 10,39-09 |
| 11,00 | 2,8 | Valter Pinto | | SC Braga | | 19-01-93 | 3 | | Lisboa - MP | 03-06 | 11,11-15 |
| 11,00 | 3,3 | Herodes Santo | Jr | CP Corroios | | 19-12-99 | 2h | CNJ | Marinha Grande | 08-07 | |
| 11,01 | 3,2 | Rodrigo Rosa | Jv | SL Benfica | | 26-11-00 | 2 | CNjv | Abrantes | 24-06 | 11,19-16 |
| 11,03 | 2,8 | Eugénio Junior | Jv | EMD. Saraiva | | 05-08-00 | 4 | OJ | Braga | 03-06 | |
| 11,03 | 4,1 | Carlos Castro | S23 | CA Mazarefes | | 20-02-97 | 7h | C. Port | Vagos | 10-06 | 10,94-16 |
| 11,05 | 2,9 | Tito Fernandes | Jr | ADR Água Pena | | 02-06-99 | 3h | CN23 | Pombal | 01-07 | 11,06-16 |
| 11,06 | 3,6 | Lucas Dias | Jr | AC Vermoil | | 06-01-99 | 2 | | Marinha Grande | 03-06 | 11,21-16 |
| 11,06 | 5,3 | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | Dec | C. Port | Vagos | 10-06 | 11,18-12 |
| 11,06 | 3,2 | David Martinho | Jv | ACDR Arneirense | | 16-03-01 | 3 | CNjv | Abrantes | 24-06 | |
| 11,08 | 3,1 | Carlos Verissimo | Jr | CA Seia | | 29-03-99 | 1ex | | Guarda | 17-06 | 11,18-16 |
| 11,11 | 2,8 | Mário Neves | Jv | Cardes | | 11-01-00 | 5 | OJ | Braga | 03-06 | 11,20-16 |
| 11,11 | 5,6 | André Silva | | Esc. Movimento | | 18-07-94 | 5 | Aveiro | Aveiro | 24-06 | |
| 11,11 | 2,4 | Rafael Ferreira | Jr | A 20Km Almeirim | | 21-10-99 | Dec | CNJ | Marinha Grande | 08-07 | 11,19-16 |
| 11,12 | 2,6 | Bruno Vaz Moniz | | CCSJ. Madeira | CPV | 10-07-88 | 1 | | Vagos | 15-07 | 11,07-16 |
| 11,13 | 3,2 | Flávio Silva | Jv | CA Mazarefes | | 27-05-00 | 5 | CNjv | Abrantes | 24-06 | |
| 11,13 | 2,5 | Marco Veloso | Vet | CF Belenenses | | 07-03-79 | 1 | CN Vet | Torres Vedras | 08-07 | |
| 11,14 | 2,8 | Ronaldinho Oliveira | S23 | CCSJ. Madeira | CPV | 29-09-97 | 4 | | Lisboa - MP | 03-06 | 11,14-16 |
| 11,15 | 2,8 | Bernardo Vedor | Jr | Sporting CP | | 25-04-99 | 5 | | Lisboa - MP | 03-06 | 11,02w-15 |
| 11,16 | 3,9 | Manuel Dias | Jr | Sporting CP | | 28-02-99 | Dec | | Rio Maior | 29-04 | 11,28w-16 |
| 11,17 | 3,6 | Pedro Fernando | S23 | ACDR Arneirense | | 20-03-97 | 3 | | Marinha Grande | 03-06 | 11,21-15 |
| 11,17 | 2,8 | Muler Santos | | CCSJ. Madeira | GBS | 05-11-93 | 6 | | Lisboa - MP | 03-06 | 11,15-14 |
| 11,18 | 2,7 | Filipe Santos | | GD Estreito | | 25-06-84 | 3s | CNCI-Ap | Ribeira Brava | 27-05 | 10,76-10 |
| 11,19 | 3,9 | Yuben Munary | Jr | SL Benfica | | 25-09-99 | Dec | | Rio Maior | 29-04 | |
| 11,19 | 5,2 | João Maciel | S23 | CA Mazarefes | | 17-05-95 | 1h | Aveiro | Aveiro | 24-06 | 11,09-16 |
| 11,19 | 5,2 | Rúben Barros | Jr | ACA Lourocoop | | 06-07-99 | 2h | Aveiro | Aveiro | 24-06 | |
| 11,19 | 2,6 | Sergio Chiu | S23 | Sporting CP | | 11-05-95 | 4h | CN23 | Pombal | 01-07 | 11,13-16 |
| 11,21 | 4,6 | Sérgio Alves | S23 | CDR Ribeirinho | | 16-11-97 | 1s | | Lisboa - MP | 19-02 | 11,23w-16 |
| 11,21 | 2,7 | Ricardo Lemos | Vet | SL Benfica | | 30-01-73 | 1 | CN Vet | Torres Vedras | 01-07 | 10,51-93 |
| 11,26 | 5,6 | José Santos | Jr | Juv. Vidigalense | | 06-05-99 | 1 | | Fátima | 01-07 | |
| 11,28 | 2,8 | Paulo Soares | Jv | GCA Donas | | 13-07-00 | 10 | OJ | Braga | 03-06 | |
| 11,28 | 3,5 | Eduardo Gaspar | Jv | Juv. Vidigalense | | 15-09-00 | 3h | CNjv | Abrantes | 24-06 | |
| 11,28 | 5,6 | João Silva | Jr | AC Vermoil | | 05-02-99 | 2 | | Fátima | 01-07 | 11,30w-16 |
| 11,29 | 2,8 | Rui Corvelo | Jv | AJ Estremoz | | 03-03-01 | 3h | CNjv | Abrantes | 24-06 | |
| 11,29 | 2,6 | Pedro Razori | S23 | Grecas | BRA | 17-07-97 | 5 | | Vagos | 15-07 | 11,11-16 |
| 11,30 | 2,6 | Diogo Carvalho | | CCSJ. Madeira | | 27-01-88 | 6 | | Vagos | 15-07 | 11,30-08/09 |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------|-----|----------------|-----|----------|----|-------|----------------|-------|----------|
| 11,11 | | Xavier Rato | Jr | | | | 1 | | Coimbra - ECC | 04-04 | |
| 11,16 | | Edson Gomes | Jr | SL Benfica | | 01-11-98 | 1 | | Luton - Gbr | 14-05 | 11,92-16 |
| 11,21 | | Guilherme Santos | Jv | Esc. Movimento | | 10-09-00 | 1h | | Arcos Valdevez | 29-04 | |
| 11,27 | | Carlos Veríssimo | Jr | | | | 2 | | Coimbra - ECC | 04-04 | 11,18-16 |

200 m- 22,30 - 23,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|-----------------------|-----|-----------------|------|----------|-----|-----------|--------------------|-------|-------------|
| 20,30 | 0,6 | David Lima | | SL Benfica | | 06-09-90 | 1 | | La Chaux Fonds | 02-07 | 20,62-16 |
| 20,54 | 0,7 | David Lima | | | | | 5h | C. Mundo | Londres - Gbr | 07-08 | |
| 20,67 | 1,6 | David Lima | | | | | 2s | Tom Jones | Gainesville - Usa | 28-04 | |
| 20,67 | 1,2 | David Lima | | | | | 1h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 20,83 | 0,6 | David Lima | | | | | 1 | | Yate - Gbr | 03-06 | |
| 20,87 | 1,3 | David Lima | | | | | 4 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 20,90 | 0,9 | David Lima | | | | | 2 | | Lee Valley - Gbr | 24-05 | |
| 21,03 | 2,0 | Victor Ricardo Santos | | SL Benfica | | 18-12-94 | 1rB | | Kortrijk - Bel | 08-07 | 20,95-14 |
| 21,10 | 0,8 | André Costa | | SL Benfica | | 09-05-92 | 1rB | | Salamanca - Esp | 03-06 | 21,42-16 |
| 21,14 | 0,8 | Rafael Jorge | S23 | SL Benfica | | 01-03-97 | 2rB | | Salamanca - Esp | 03-06 | 21,73-15 |
| 21,15 | 1,8 | William Reais | Jr | Suiça | | 04-05-99 | 1 | | Rapperswil - Sui | 18-06 | 21,89-16 |
| 21,15 | 1,0 | David Lima | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 21,16 | 0,8 | Ricardo Ribeiro | S23 | Sporting CP | | 21-02-95 | 3rB | | Salamanca - Esp | 03-06 | 21,39-15/16 |
| 21,18 | 0,8 | Rafael Jorge | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 21,19 | 0,0 | David Lima | | | | | 1 | | Lampeenranta - Fin | 26-08 | |
| 21,21 | 0,9 | Ricardo Ribeiro | S23 | | | | 4h | CE23 | Bydgoszcz - Pol | 14-07 | |
| 21,22 | 0,0 | Rafael Jorge | S23 | | | | 4h | CE23 | Bydgoszcz - Pol | 14-07 | |
| 21,22 | 0,9 | Ricardo Ribeiro | S23 | | | | 6mf | CE23 | Bydgoszcz - Pol | 15-07 | |
| 21,25 | 0,9 | Rafael Jorge | S23 | | | | 6mf | CE23 | Bydgoszcz - Pol | 15-07 | |
| 21,34 | -1,6 | William Reais | Jr | | | | 3 | | Berna - Sui | 28-05 | |
| 21,36 | 0,8 | Ricardo Ribeiro | S23 | | | | 2 | CN23 | Pombal | 02-07 | |
| 21,47 | i | David Lima | | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 21,47 | 1,5 | Rafael Jorge | S23 | | | | 1h | CN23 | Pombal | 02-07 | |
| 21,47 | 0,4 | Ricardo Ribeiro | S23 | | | | 3 | | Schiffange - Lux | 30-07 | |
| 21,50 | i | Ancuiam Lopes | | Sporting CP | | 06-03-91 | 1 | | Val de Reuil - Fra | 15-01 | 21,41-16 |
| 21,51 | 0,1 | Ancuiam Lopes | | | | | 4 | | Tergnier - Fra | 25-05 | |
| 21,52 | 0,8 | Mauro Pereira | Jr | SL Benfica | | 27-03-98 | 4rB | | Salamanca - Esp | 03-06 | 21,71-16 |
| 21,56 | i | Eduardo Sá | S23 | SC Braga | | 18-05-95 | 2 | CNCI-1 | Pombal | 19-02 | 21,39-16 |
| 21,58 | i | Carlos Nascimento | | Sporting CP | | 12-10-94 | 1 | C. Port | Pombal | 12-02 | 21,32-12 |
| 21,58 | 0,7 | Sérgio Silva | S23 | Juv. Ilha Verde | | 04-05-96 | 1 | CNCI-3 | Leiria | 23-07 | 22,20-15 |
| 21,58 | -1,9 | Pedro Bernardo | | SL Benfica | | 12-05-89 | 1 | Hernandez | Pamplona - Esp | 27-07 | 21,31-14 |
| 21,59 | 0,4 | Ricardo Ribeiro | S23 | | | | 1 | Guarda | Guarda | 07-07 | |
| 21,62 | i | Ancuiam Lopes | | | | | 1 | | Nogent sur Oise-Fr | 22-01 | |
| 21,66 | i | Ancuiam Lopes | | | | | 1 | | Nogent sur Oise-Fr | 08-01 | |
| 21,66 | i | Mauro Pereira | Jr | | RNji | | 2 | C. Port | Pombal | 12-02 | |
| 21,66 | -0,5 | William Reais | Jr | | | | 1 | | Kreuzlingen - Sui | 25-05 | |
| 21,66 | 0,9 | Tiago Gonçalves | Jr | CA Seia | | 11-12-98 | 1rC | | Salamanca - Esp | 03-06 | 22,09-16 |
| 21,67 | i | Eduardo Sá | S23 | | | | 3 | C. Port | Pombal | 12-02 | |
| 21,68 | i | Eduardo Sá | S23 | | | | 1 | CN23 | Pombal | 26-02 | |
| 21,71 | 0,8 | Eduardo Sá | S23 | | | | 3 | CN23 | Pombal | 02-07 | |
| 21,73 | 1,0 | Carlos Nascimento | | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 21,74 | -0,2 | William Reais | Jr | | | | 1 | | Lugano - Sui | 14-05 | |
| 21,75 | 0,0 | Mauro Pereira | Jr | | | | 1h | CN23 | Pombal | 02-07 | |
| 21,77 | 0,9 | Pedro Bernardo | | | | | 1rB | | Schiffange - Lux | 30-07 | |
| 21,78 | 0,8 | Miguel Sambé | S23 | Sporting CP | | 20-11-95 | 4 | CN23 | Pombal | 02-07 | 21,42-16 |
| 21,79 | 1,5 | Ricardo Ribeiro | S23 | | | | 2h | CN23 | Pombal | 02-07 | |
| 21,83 | i | Ancuiam Lopes | | | | | 2 | | Val de Reuil - Fra | 15-01 | |
| 21,83 | i | David Lima | | | | | 1s | CNCI-Ap | Pombal | 22-01 | |
| 21,83 | 1,8 | Jordin Andrade | | Sporting CP | CPV | 05-05-92 | 1 | | Torres Vedras | 18-06 | 21,86-14 |
| 21,85 | 1,1 | João Esteves | Jr | SL Benfica | | 18-09-98 | 1 | | Lisboa - I | 16-07 | 22,15-16 |
| 21,86 | 0,8 | João Pinto | S23 | Sporting CP | | 12-06-97 | 5 | CN23 | Pombal | 02-07 | 21,66-16 |

| | | | | | | | | | | | |
|-------|------|-----------------------|-----|-----------------|-----|----------|-----|----------|--------------------|-------|-------------|
| 21,87 | -2,1 | Victor Ricardo Santos | | | | | 4 | | Sheffield - Gbr | 06-05 | |
| 21,88 | i | Ancuam Lopes | | | | | 4 | C. Port | Pombal | 12-02 | |
| 21,92 | 1,2 | Eduardo Sá | S23 | | | | 2 | | Orense - Esp | 13-05 | |
| 21,92 | -1,7 | Tiago Gonçalves | Jr | | | | 5h | CE Jr | Grosseto - Ita | 21-07 | |
| 21,93 | 1,8 | Tiago Gonçalves | Jr | | | | 2 | | Torres Vedras | 18-06 | |
| 21,94 | 1,1 | Miguel Sambé | S23 | | | | 2 | | Lisboa - I | 16-07 | |
| 21,96 | i | Miguel Sambé | S23 | | | | 5 | C. Port | Pombal | 12-02 | |
| 21,96 | 1,2 | Pedro Bernardo | | | | | 3 | | Orense - Esp | 13-05 | |
| 21,97 | i | José Pedro Lopes | S23 | SL Benfica | | 23-05-95 | 6 | C. Port | Pombal | 12-02 | 21,44-16 |
| 21,97 | -3,3 | Tiago Gonçalves | Jr | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 21,97 | 0,4 | Eduardo Sá | S23 | | | | 1 | | Braga | 21-06 | |
| 21,98 | -0,3 | Tiago Gonçalves | Jr | | | | 1 | | Lisboa - I | 25-06 | |
| 21,99 | 0,0 | João Pinto | S23 | | | | 2h | CN23 | Pombal | 02-07 | |
| 22,00 | -1,1 | Ricardo Ribeiro | S23 | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 22,03 | i | Ancuam Lopes | | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 22,05 | 0,0 | Eduardo Sá | S23 | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 22,06 | i | João Pinto | S23 | | | | 7 | C. Port | Pombal | 12-02 | |
| 22,06 | 0,9 | Holder da Silva | | Sporting CP | GBS | 22-01-88 | 1 | | Torres Vedras | 29-04 | 21,01-09 |
| 22,06 | 0,5 | Miguel Sambé | S23 | | | | 1h | CN23 | Pombal | 02-07 | |
| 22,07 | i | Ricardo Ribeiro | S23 | | | | 8 | C. Port | Pombal | 12-02 | |
| 22,10 | i | Sérgio Silva | S23 | | | | 1 | CNCI-2 | Pombal | 19-02 | |
| 22,10 | i | Rafael Jorge | S23 | | | | 2 | CN23 | Pombal | 26-02 | |
| 22,10 | 0,0 | Micael Franco | S23 | ADR Água Pena | | 31-08-95 | 3h | CN23 | Pombal | 02-07 | 22,06-13 |
| 22,12 | i | William Reais | Jr | | | | 1h | C. Sui | Maggingen - Sui | 19-02 | |
| 22,12 | 0,5 | João Esteves | Jr | | | | 2h | CN23 | Pombal | 02-07 | |
| 22,12 | 1,5 | Tiago Gonçalves | Jr | | | | 3h | CN23 | Pombal | 02-07 | |
| 22,13 | i | William Reais | Jr | | | | 3 | | St. Gallen - Sui | 11-02 | |
| 22,13 | 0,3 | Ancuam Lopes | | | | | 3 | | Bruay le Buisserie | 07-05 | |
| 22,14 | i | William Reais | Jr | | | | 1h | | St. Gallen - Sui | 11-02 | |
| 22,15 | 1,8 | Gil Manuel | | Sporting CP | | 28-09-94 | 3 | | Torres Vedras | 18-06 | |
| 22,15 | 1,9 | Miguel Sambé | S23 | | | | 1 | | Lisboa - I | 25-06 | |
| 22,16 | 0,4 | Carlos Castro | S23 | CA Mazarefes | | 20-02-97 | 2 | | Braga | 21-06 | 22,33-16 |
| 22,18 | i | Eduardo Sá | S23 | | | | 1 | C. Norte | Braga | 08-01 | |
| 22,18 | 0,6 | Sérgio Silva | S23 | | | | 1 | | Ponta Delgada | 08-07 | |
| 22,21 | 1,5 | Delvis Santos | Jr | SL Benfica | ANG | 27-06-99 | 4h | CN23 | Pombal | 02-07 | |
| 22,21 | 1,1 | Gil Manuel | | | | | 3 | | Lisboa - I | 16-07 | |
| 22,24 | i | Eduardo Sá | S23 | | | | 1s | CNCI-Ap | Braga | 21-01 | |
| 22,25 | 0,9 | Ricardo Ribeiro | S23 | | | | 2 | | Torres Vedras | 29-04 | |
| 22,27 | i | José Pedro Lopes | S23 | | | | 3 | CN23 | Pombal | 26-02 | |
| 22,28 | i | William Reais | Jr | | | | 2rB | | Maggingen - Sui | 04-02 | |
| 22,30 | 1,0 | Eduardo Sá | S23 | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 22,32 | i | William Reais | Jr | | | | 1 | | St. Gallen - Sui | 22-01 | |
| 22,33 | -0,3 | Micael Franco | S23 | | | | 2 | | Lisboa - I | 25-06 | |
| 22,34 | 1,9 | Delvis Santos | Jr | | ANG | | 2 | | Lisboa - I | 25-06 | |
| 22,35 | 1,9 | João Pinto | S23 | | | | 3 | | Lisboa - I | 25-06 | |
| 22,35 | 0,1 | Tomás Gonçalves | Jv | AA Ch. Caparica | | 02-02-01 | 3 | Go Fit | Avila - Esp | 01-07 | 22,97-16 |
| 22,35 | 0,7 | Carlos Castro | S23 | | | | 2 | CNCI-3 | Leiria | 23-07 | |
| 22,36 | 0,9 | João Esteves | Jr | | | | 3 | | Torres Vedras | 29-04 | |
| 22,39 | 0,7 | Micael Franco | S23 | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 22,40 | -3,3 | Sérgio Silva | S23 | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 22,41 | 0,7 | Xavier Rato | Jr | Gira Sol | | 25-10-99 | 2 | CNCI-2 | Leiria | 23-07 | 22,74i-16 |
| 22,42 | -0,2 | Carlos Castro | S23 | | | | 1 | C. Norte | Maia | 16-07 | |
| 22,43 | 1,2 | Eduardo Sá | S23 | | | | 1h | CN23 | Pombal | 02-07 | |
| 22,44 | i | João Pinto | S23 | | | | 4 | CN23 | Pombal | 26-02 | |
| 22,44 | -0,1 | Edi Sousa | | SC Braga | | 11-07-89 | 1 | | Lisboa - MP | 03-05 | 21,73-08/10 |
| 22,44 | 1,8 | Adam Ferreira | S23 | C Bf. Faro | | 10-05-96 | 4 | | Torres Vedras | 18-06 | |
| 22,46 | 1,1 | Tomás Gonçalves | Jv | | | | 1 | CNJv | Abrantes | 25-06 | |
| 22,47 | 0,6 | Luís Gonçalves | | Sporting CP | | 12-10-87 | 2mf | CM IPC | Londres - Gbr | 20-07 | 22,72-09 |
| 22,48 | 1,0 | Xavier Rato | Jr | | | | 1 | | Vagos | 02-07 | |
| 22,49 | i | Miguel Sambé | S23 | | | | 1s | CNCI-Ap | Pombal | 21-01 | |
| 22,49 | -0,9 | Jorge Colaço | | AA Ch. Caparica | | 05-04-94 | 1 | | Setúbal | 16-07 | 22,64-15 |
| 22,49 | 0,7 | Ronaldinho Oliveira | S23 | CCSJ. Madeira | CPV | 29-09-97 | 3 | CNCI-2 | Leiria | 23-07 | 22,18-16 |

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|-------|------|---------------------|-----|-------------------|-----|----------|------|-------------|-------------------|-------|----------|
| 22,51 | i | Miguel Alves | Jr | AC Mocidade - Aç | | 23-02-98 | 9 | C. Port | Pombal | 12-02 | 22,31-16 |
| 22,51 | i | Sérgio Silva | S23 | | | | 5 | CN23 | Pombal | 26-02 | |
| 22,51 | -0,1 | Delvis Santos | Jr | | ANG | | 2 | | Lisboa - MP | 03-05 | |
| 22,52 | i | Wilson Martins | | Juv. Vidigalense | CPV | 01-03-88 | 11ex | C. Port | Pombal | 12-02 | 22,44-16 |
| 22,52 | -2,4 | Sérgio Silva | S23 | | | | 1 | | Ponta Delgada | 14-07 | |
| 22,53 | 1,8 | Miguel Sambé | S23 | | | | 5 | | Torres Vedras | 18-06 | |
| 22,54 | -0,2 | João Pedro Ferreira | S23 | SC Braga | | 09-09-96 | 2 | C. Norte | Maia | 16-07 | 22,76-16 |
| 22,55 | -0,6 | Tiago Horta | | Sporting CP | | 10-06-94 | 1s | | Lisboa - I | 16-07 | 48,86-15 |
| 22,56 | i | Miguel Alves | Jr | | | | 6 | CN23 | Pombal | 26-02 | |
| 22,56 | -0,6 | Francis Obikwelu | Vet | Sporting CP | | 22-11-78 | 2s | | Lisboa - I | 16-07 | 19,84-99 |
| 22,57 | 0,1 | Carlos Claro | Jv | RD Agueda | | 03-04-01 | 4 | Go Fit | Avila - Esp | 01-07 | |
| 22,59 | i | Tomás Gonçalves | Jv | | | | 1 | CNJv | Pombal | 05-02 | |
| 22,59 | i | Wilson Martins | | | CPV | | 4 | CNCI-1 | Pombal | 19-02 | |
| 22,59 | i | João Pedro Ferreira | S23 | | | | 7 | CN23 | Pombal | 26-02 | |
| 22,59 | 0,3 | Wilson Pedro | Jr | CA Bx Banheira | | 05-03-98 | 1 | | Setúbal | 18-06 | |
| 22,60 | 0,1 | João Esteves | Jr | | | | 1 | | Lisboa - MP | 15-01 | |
| 22,60 | 1,9 | Marcos Ramos | S23 | SL Benfica | | 29-12-96 | 4 | | Lisboa - I | 25-06 | 22,83-14 |
| 22,61 | 0,5 | Ronaldinho Oliveira | S23 | | CPV | | 3h | CN23 | Pombal | 02-07 | |
| 22,62 | 1,8 | Hugo Silva | Jr | Maia AC | | 09-03-99 | 7 | CNJ | Marinha Grande | 09-07 | 22,71-16 |
| 22,63 | i | Edgar Remédios | | GA Fátima | | 05-05-94 | 2 | CNCI-2 | Pombal | 19-02 | 22,66-14 |
| 22,63 | i | David Sénica | S23 | CA Seia | | 27-01-97 | 5 | CNCI-1 | Pombal | 19-02 | 22,28-14 |
| 22,63 | i | Tiago Gonçalves | Jr | | | | 8 | CN23 | Pombal | 26-02 | |
| 22,63 | 0,5 | Marcos Ramos | S23 | | | | 4h | CN23 | Pombal | 02-07 | |
| 22,64 | 0,5 | João Pedro Ferreira | S23 | | | | 5h | CN23 | Pombal | 02-07 | |
| 22,65 | 1,8 | Tomás Gonçalves | Jv | | | | 1 | | Setúbal | 29-04 | |
| 22,65 | 0,4 | João Pedro Ferreira | S23 | | | | 3 | | Braga | 21-06 | |
| 22,65 | 0,0 | Carlos Castro | S23 | | | | 4h | CN23 | Pombal | 02-07 | |
| 22,65 | 1,0 | Wilson Martins | | | CPV | | 4 | CNCI-1 | Leiria | 23-07 | |
| 22,66 | i | Rodrigo Belo | S23 | Juv. Vidigalense | | 13-06-95 | 9 | CN23 | Pombal | 26-02 | 22,51-15 |
| 22,66 | 0,2 | Ricardo Reis | Jr | Maia AC | | 20-07-98 | 1 | C. Norte Jr | Braga | 18-06 | |
| 22,67 | i | David Sénica | S23 | | | | 10 | C. Port | Pombal | 12-02 | |
| 22,67 | i | Ronaldinho Oliveira | S23 | | CPV | | 3 | CNCI-2 | Pombal | 19-02 | |
| 22,67 | i | William Reais | Jr | | | | 2rB | C. Sui | Maggingen - Sui | 19-02 | |
| 22,68 | 1,8 | Sergio Chiu | S23 | Sporting CP | | 11-05-95 | 6 | | Torres Vedras | 18-06 | 22,61-15 |
| 22,68 | 1,2 | Daniel Reves | Jv | JD Neves | | 19-04-01 | 2 | CNjv | Abrantes | 25-06 | |
| 22,69 | 1,8 | Adam Ferreira | S23 | | | | 1 | | Lisboa - MP | 05-02 | |
| 22,69 | 2,0 | Sérgio Silva | S23 | | | | 1 | | Angra do Heroísmo | 18-06 | |
| 22,70 | 1,6 | Jorge Colaço | | | | | 1 | | Sobreda | 07-05 | |
| 22,70 | 0,7 | João Barros | | C Bf. Faro | | 25-05-93 | 3 | CNCI-3 | Leiria | 23-07 | 22,80-11 |
| 22,71 | -1,1 | João Pedro Ferreira | S23 | | | | 1 | | Braga | 05-07 | |
| 22,72 | i | Sérgio Silva | S23 | | | | 1s | CNCI-Ap | Pombal | 21-01 | |
| 22,72 | 1,5 | Xavier Rato | Jr | | | | 1 | | Guarda | 18-06 | |
| 22,72 | -0,1 | João Pedro Ferreira | S23 | | | | 1h | C. Norte | Maia | 16-07 | |
| 22,72 | 1,0 | Milton Hassany | | ACR Sra. Desterro | ANG | 01-04-90 | 5 | CNCI-1 | Leiria | 23-07 | 22,32-15 |
| 22,73 | i | João Pedro Ferreira | S23 | | | | 11 | C. Port | Pombal | 12-02 | |
| 22,73 | -1,1 | Miguel Alves | Jr | | | | 1 | | Angra do Heroísmo | 02-04 | |
| 22,74 | i | Edgar Remédios | | | | | 1 | | Pombal | 29-01 | |
| 22,74 | 1,1 | Carlos Castro | S23 | | | | 1 | | Lousada | 04-06 | |
| 22,74 | -2,1 | Tito Fernandes | Jr | ADR Água Pena | | 02-06-99 | 1 | | Ribeira Brava | 18-06 | 22,30-16 |
| 22,74 | -0,1 | Carlos Castro | S23 | | | | 2h | C. Norte | Maia | 16-07 | |
| 22,75 | -3,1 | Tito Fernandes | Jr | | | | 1 | CNCI-Ap | Ribeira Brava | 28-05 | |
| 22,75 | -0,2 | Edgar Batista | | Esc. Movimento | | 12-07-91 | 3 | C. Norte | Maia | 16-07 | 22,34-10 |
| 22,76 | -1,1 | Edgar Batista | | | | | 2 | | Braga | 05-07 | |
| 22,78 | -0,6 | Luís Gonçalves | | | | | 3 | CM IPC | Londres - Gbr | 21-07 | |
| 22,79 | 1,2 | Carlos Veríssimo | Jr | CA Seia | | 29-03-99 | 2h | CN23 | Pombal | 02-07 | 22,58-16 |
| 22,80 | i | João Pedro Ferreira | S23 | | | | 2 | C. Norte | Braga | 08-01 | |
| 22,80 | i | Rodrigo Belo | S23 | | | | 1 | | Pombal | 29-01 | |
| 22,80 | -0,6 | Guilherme Santos | Jv | Esc. Movimento | | 10-09-00 | 1 | | Maia | 07-05 | |
| 22,80 | 0,0 | Carlos Claro | Jv | | | | 1 | | Luso | 07-05 | |
| 22,80 | -0,6 | Bruce da Silveira | Jv | C Bf. Faro | ITA | 29-10-00 | 5 | | Lagoa | 07-05 | |
| 22,81 | -0,7 | Ronaldinho Oliveira | S23 | | CPV | | 1ex | | Abrantes | 21-05 | |
| 22,82 | i | Wilson Martins | | | CPV | | 1s | | Pombal | 29-01 | |

| | | | | | | | | | | | |
|-------|------|---------------------|-----|-------------------|-----|----------|-----|-------------|------------------|-------|-----------|
| 22,82 | 1,8 | Tiago Crespo | Jr | SL Benfica | | 14-12-98 | 2 | | Lisboa - MP | 05-02 | |
| 22,82 | 0,7 | André Prazeres | Jr | JOMA | | 23-05-99 | 4 | CNCI-3 | Leiria | 23-07 | |
| 22,83 | 1,8 | Tiago Crespo | Jr | | | | 1s | | Lisboa - MP | 15-01 | |
| 22,83 | 1,8 | Daniel Chagas | Jr | Sporting CP | | 06-03-99 | 3 | | Lisboa - MP | 05-02 | 22,39-15 |
| 22,83 | i | João Esteves | Jr | | | | 10 | CN23 | Pombal | 26-02 | |
| 22,83 | 1,0 | José Santos | Jr | Juv. Vidigalense | | 06-05-99 | 1 | | Fátima | 02-07 | |
| 22,84 | i | Carlos Veríssimo | Jr | | | | 1s | CNCI-Ap | Pombal | 22-01 | |
| 22,84 | i | Milton Hassany | | | ANG | | 6 | CNCI-1 | Pombal | 19-02 | |
| 22,84 | 0,4 | Edgar Batista | | | | | 4 | | Braga | 21-06 | |
| 22,84 | 0,4 | David Sénica | S23 | | | | 2 | Guarda | Guarda | 07-07 | |
| 22,84 | 1,1 | Luis Gonçalves | | | | | 2h | CM IPC | Londres - Gbr | 19-07 | |
| 22,85 | -2,3 | Bruce da Silveira | Jv | | ITA | | 1 | | Lagoa | 18-06 | |
| 22,85 | 1,1 | João Geadas | Jv | AJ Estremoz | | 14-06-00 | 3 | CNJv | Abrantes | 25-06 | |
| 22,85 | -0,2 | Ricardo Reis | Jr | | | | 4 | C. Norte | Maia | 16-07 | |
| 22,85 | 1,1 | Daniel Chagas | Jr | | | | 4 | | Lisboa - I | 16-07 | |
| 22,86 | i | Tiago Gonçalves | Jr | | | | 12 | C. Port | Pombal | 12-02 | |
| 22,86 | 1,9 | Sergio Chiu | S23 | | | | 4 | | Lisboa - I | 25-06 | |
| 22,87 | 2,0 | Tomás Gonçalves | Jv | | | | 1 | | Setúbal | 15-01 | |
| 22,87 | 1,8 | Dorian Keletela | Jr | Sporting CP | CGO | 11-06-99 | 2s | | Lisboa - MP | 15-01 | |
| 22,87 | 1,1 | Flávio Silva | Jv | CA Mazarefes | | 27-05-00 | 4 | CNJv | Abrantes | 25-06 | |
| 22,88 | i | Bruno Gualberto | | Juv. Vidigalense | | 01-08-88 | 1s | CNCI-Ap | Pombal | 22-01 | 21,69-07 |
| 22,88 | 1,8 | Ernane Silva | | Sporting CP | | 19-09-92 | 4 | | Lisboa - MP | 05-02 | 21,51-15 |
| 22,88 | 0,9 | Daniel Chagas | Jr | | | | 4 | | Torres Vedras | 29-04 | |
| 22,88 | 0,0 | Carlos Castro | S23 | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 22,88 | -0,2 | Pedro Silva | | Esc. Movimento | | 18-01-94 | 5 | C. Norte | Maia | 16-07 | |
| 22,89 | -0,9 | Tomás Gonçalves | Jv | | | | 1 | | Sobreda | 23-04 | |
| 22,90 | 1,3 | Jorge Colaço | | | | | 1s | | Setúbal | 15-01 | |
| 22,92 | i | Adam Ferreira | S23 | | | | 11 | CN23 | Pombal | 26-02 | |
| 22,92 | 0,0 | Paulo Neto | S23 | ACD Jardim Serra | | 11-03-97 | 2 | | Luso | 07-05 | |
| 22,92 | 1,5 | Miguel Alves | Jr | | | | 5h | CN23 | Pombal | 02-07 | |
| 22,93 | i | Jorge Colaço | | | | | 13 | C. Port | Pombal | 12-02 | |
| 22,93 | i | Tito Fernandes | Jr | | | | 13 | C. Port | Pombal | 12-02 | |
| 22,93 | -1,7 | João Pedro Ferreira | S23 | | | | 1 | | Braga | 30-04 | |
| 22,93 | 0,4 | Hélio Vaz | | SL Benfica | | 01-05-91 | 3 | Guarda | Guarda | 07-07 | 22,69-15 |
| 22,93 | 0,0 | André Prazeres | Jr | | | | 1s | | Lisboa - I | 16-07 | |
| 22,94 | 0,8 | Flávio Silva | Jv | | | | 1 | | Viana do Castelo | 13-06 | |
| 22,94 | 1,8 | Daniel Chagas | Jr | | | | 11 | CNJ | Marinha Grande | 09-07 | |
| 22,94 | 1,8 | José Santos | Jr | | | | 11 | CNJ | Marinha Grande | 09-07 | |
| 22,94 | -0,9 | Sérgio Alves | S23 | CDR Ribeirinho | | 16-11-97 | 2 | | Setúbal | 16-07 | 22,96-16 |
| 22,95 | 1,3 | Paulo Soares | Jv | GCA Donas | | 13-07-00 | 1 | | Guarda | 17-12 | |
| 22,95 | 1,2 | Rui Corvelo | Jv | AJ Estremoz | | 03-03-01 | 5 | CNJv | Abrantes | 25-06 | |
| 22,95 | -0,6 | Sergio Chiu | S23 | | | | 3s | | Lisboa - I | 16-07 | |
| 22,95 | 0,7 | Pedro Razori | S23 | Grecas | BRA | 17-07-97 | 4 | CNCI-2 | Leiria | 23-07 | 22,57-15 |
| 22,95 | 0,7 | Cristian Rosa | S23 | CN Rio Maior | | 16-04-95 | 5 | CNCI-3 | Leiria | 23-07 | 22,54-11 |
| 22,96 | i | Carlos Veríssimo | Jr | | | | 12 | CN23 | Pombal | 26-02 | |
| 22,96 | 0,3 | João Geadas | Jv | | | | 1 | C. Alent | Elvas | 13-05 | |
| 22,97 | i | Hugo Silva | Jr | | | | 4 | CNCI-2 | Pombal | 19-02 | |
| 22,97 | -0,6 | Diogo Guerra | Jr | SL Benfica | | 29-01-99 | 2 | | Maia | 07-05 | 22,68-16 |
| 22,98 | i | João Pedro Ferreira | S23 | | | | 2 | | Braga | 18-12 | |
| 22,98 | i | Bernardo Pereira | S23 | ACD Jardim Serra | | 26-10-97 | 13 | CN23 | Pombal | 26-02 | 23,42i-16 |
| 22,98 | i | Tito Fernandes | Jr | | | | 13 | CN23 | Pombal | 26-02 | |
| 22,98 | -4,5 | João Esteves | Jr | | | | 1 | | Fátima | 07-05 | |
| 22,98 | -0,7 | Muler Santos | | CCSJ. Madeira | GBS | 05-11-93 | 2ex | | Abrantes | 21-05 | 22,00-14 |
| 22,98 | 0,2 | Flávio Silva | Jv | | | | 2 | C. Norte Jr | Braga | 18-06 | |
| 22,98 | 1,2 | David Sénica | S23 | | | | 3h | CN23 | Pombal | 02-07 | |
| 22,98 | 0,4 | Carlos Veríssimo | Jr | | | | 4 | Guarda | Guarda | 07-07 | |
| 22,99 | -3,3 | Milton Hassany | | | ANG | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 22,99 | 0,2 | António Gomes | S23 | CA Seia | | 04-11-95 | 1rB | Guarda | Guarda | 07-07 | |
| 22,99 | -0,6 | Marco Ribeiro | S23 | ACR Sra. Desterro | | 08-11-97 | ex | | Lisboa - I | 16-07 | |
| 23,00 | 0,4 | Ronaldinho Oliveira | S23 | | CPV | | 1 | | Vagos | 08-01 | |
| 23,00 | i | Ilírio Nazaré | Jv | Sporting CP | | 16-04-00 | 2 | CNJv | Pombal | 05-02 | 22,71-16 |
| 23,00 | i | Guilherme Santos | Jv | | | | 5 | CNCI-2 | Pombal | 19-02 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------------|-----|------------------|-----|----------|-----|----------|-----------------|-------|-------------|
| 20,80 | 6,2 | André Costa | | SL Benfica | | 09-05-92 | 1h | C. Port | Vagos | 11-06 | 21,42-16 |
| 21,02 | 6,2 | Ricardo Ribeiro | S23 | Sporting CP | | 21-02-95 | 2h | C. Port | Vagos | 11-06 | 21,39-15/16 |
| 21,10 | 5,0 | Rafael Jorge | S23 | SL Benfica | | 01-03-97 | 3 | C. Port | Vagos | 11-06 | 21,73-15 |
| 21,18 | 6,2 | Mauro Pereira | Jr | SL Benfica | | 27-03-98 | 3h | C. Port | Vagos | 11-06 | 21,71-16 |
| 21,29 | 2,4 | Pedro Bernardo | | SL Benfica | | 12-05-89 | 2s | | Salamanca - Esp | 03-06 | 21,31-14 |
| 21,39 | 4,3 | Carlos Nascimento | | Sporting CP | | 12-10-94 | 3h | C. Port | Vagos | 11-06 | 21,32-12 |
| 21,39 | 6,2 | Holder da Silva | | Sporting CP | GBS | 22-01-88 | 4h | C. Port | Vagos | 11-06 | 21,01-09 |
| 21,40 | 5,0 | Eduardo Sá | S23 | SC Braga | | 18-05-95 | 5 | C. Port | Vagos | 11-06 | 21,39-16 |
| 21,58 | 2,9 | Tiago Gonçalves | Jr | CA Seia | | 11-12-98 | 1 | CNJ | Marinha Grande | 09-07 | 22,09-16 |
| 21,62 | 6,2 | João Pinto | S23 | Sporting CP | | 12-06-97 | 5h | C. Port | Vagos | 11-06 | 21,97i-16 |
| 21,72 | 2,9 | João Esteves | Jr | SL Benfica | | 18-09-98 | 2 | CNJ | Marinha Grande | 09-07 | 22,15-16 |
| 21,88 | 4,5 | André Marques | | SL Benfica | | 20-11-92 | 2 | Abrantes | Abrantes | 03-06 | 21,55-16 |
| 21,92 | 2,9 | Delvis Santos | Jr | SL Benfica | ANG | 27-06-99 | 3 | CNJ | Marinha Grande | 09-07 | |
| 21,97 | 2,1 | Gil Manuel | | Sporting CP | | 28-09-94 | 1 | | Torres Vedras | 02-07 | |
| 22,02 | 4,5 | Xavier Rato | Jr | Gira Sol | | 25-10-99 | 3 | Abrantes | Abrantes | 03-06 | 22,74i-16 |
| 22,11 | 4,1 | Tiago Crespo | Jr | SL Benfica | | 14-12-98 | 1 | | Torres Vedras | 02-07 | |
| 22,13 | 6,2 | Wilson Martins | | Juv. Vidigalense | CPV | 01-03-88 | 7h | C. Port | Vagos | 11-06 | 22,44-16 |
| 22,14 | 4,3 | Tito Fernandes | Jr | ADR Água Pena | | 02-06-99 | 7h | C. Port | Vagos | 11-06 | 22,30-16 |
| 22,22 | 2,9 | Wilson Pedro | Jr | CA Bx Banheira | | 05-03-98 | 4 | CNJ | Marinha Grande | 09-07 | |
| 22,22 | 2,1 | Ronaldinho Oliveira | S23 | CCSJ. Madeira | CPV | 29-09-97 | 1 | | Vagos | 16-07 | 22,18-16 |
| 22,26 | 5,6 | Bernardo Pereira | S23 | ACD Jardim Serra | | 26-10-97 | 1ex | | Marinha Grande | 04-06 | 23,42i-16 |
| 22,35 | 2,8 | Adam Ferreira | S23 | C Bf. Faro | | 10-05-96 | 2 | | Lisboa - MP | 03-06 | |
| 22,37 | 2,8 | Muler Santos | | CCSJ. Madeira | GBS | 05-11-93 | 3 | | Lisboa - MP | 03-06 | 22,00-14 |
| 22,38 | 4,2 | Lucirio Garrido | | SL Benfica | VEN | 04-10-88 | 1 | | Lisboa - MP | 17-05 | |
| 22,39 | 2,9 | Miguel Alves | Jr | AC Mocidade - Aç | | 23-02-98 | 5 | CNJ | Marinha Grande | 09-07 | 22,31-16 |
| 22,41 | 2,8 | Ernane Silva | | Sporting CP | | 19-09-92 | 4 | | Lisboa - MP | 03-06 | 21,51-15 |
| 22,42 | 4,5 | José Carlos Tavares | | SL Benfica | | 11-02-94 | 5 | Abrantes | Abrantes | 03-06 | 22,44-15 |
| 22,58 | 5,8 | Bernardo Vedor | Jr | Sporting CP | | 25-04-99 | 1s | | Lisboa - MP | 03-06 | |
| 22,62 | 2,8 | Sergio Chiu | S23 | Sporting CP | | 11-05-95 | 5s | | Lisboa - MP | 03-06 | 22,61-15 |
| 22,76 | 5,6 | Alexandre Cardeira | | ACDR Arneirense | | 02-12-94 | 1 | | Marinha Grande | 04-06 | 22,49-14 |
| 22,77 | 3,1 | Eugénio Junior | Jv | EMD. Saraiva | | 05-08-00 | 8 | CNJ | Marinha Grande | 09-07 | |
| 22,79 | 3,1 | João Pires | Jv | AJ Malarranha | | 12-10-00 | 9 | CNJ | Marinha Grande | 09-07 | |
| 22,81 | 3,2 | Marco Veloso | Vet | CF Belenenses | | 07-03-79 | 1 | CN Vet | Torres Vedras | 09-07 | |
| 22,85 | 2,1 | Bruno Vaz Moniz | | CCSJ. Madeira | CPV | 10-07-88 | 3 | | Vagos | 16-07 | 22,94-16 |
| 22,87 | 4,4 | Rodrigo Agostinho | Jv | Juv. Vidigalense | | 25-04-01 | 1 | | Pombal | 10-06 | |
| 22,89 | 3,1 | Ivo Barros | Jv | ACA Lourocoop | | 06-07-99 | 10 | CNJ | Marinha Grande | 09-07 | |
| 22,91 | 3,3 | David Mateus | | C Bf. Faro | | 06-10-91 | 1s | | Faro | 15-01 | 22,80-11 |
| 22,95 | 5,6 | Lucas Dias | Jr | AC Vermoil | | 06-01-99 | 2 | | Marinha Grande | 04-06 | 22,70-16 |
| 22,99 | 3,5 | David Reis | Jv | Fundação CEBI | | 08-10-00 | 1s | | Torres Vedras | 18-06 | |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------|-----|-------|-----|-------|----|----------|-------|-------|-----|
| 22,89 | | Hugo Silva | Jr | | | | 6 | C. Norte | Maia | 16-07 | |

300 m – 37,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|-----------------|-----|----------|----|--------|------------|-------|----------|
| 33,99 | | Mauro Pereira | Jr | SL Benfica | | 27-03-98 | 1 | Lisboa | Lisboa - I | 01-05 | 34,91-15 |
| 34,00 | | Diogo Antunes | | SL Benfica | | 02-11-92 | 2 | Lisboa | Lisboa - I | 01-05 | |
| 34,11 | | Rafael Jorge | S23 | SL Benfica | | 01-03-97 | 3 | Lisboa | Lisboa - I | 01-05 | 36,34-14 |
| 34,48 | | André Marques | | SL Benfica | | 20-11-92 | 1s | Lisboa | Lisboa - I | 01-05 | 36,46-09 |
| 34,85 | | André Costa | | SL Benfica | | 09-05-92 | 5s | Lisboa | Lisboa - I | 01-05 | |
| 34,87 | | Tomás Gonçalves | Jv | AA Ch. Caparica | | 02-02-01 | 1 | | Setúbal | 20-05 | 35,92-16 |
| 35,06 | | João Esteves | Jr | SL Benfica | | 18-09-98 | 2s | Lisboa | Lisboa - I | 01-05 | 36,29-15 |
| 35,19 | | Tomás Gonçalves | Jv | | | | 1 | OJ | Braga | 04-06 | |
| 35,21 | i | Tomás Gonçalves | Jv | | | | 1 | CNJv | Pombal | 04-02 | |
| 35,24 | | Jorge Colaço | S23 | AA Ch. Caparica | | 05-04-94 | 3s | Lisboa | Lisboa - I | 01-05 | 35,54-14 |

| | | | | | | | | | | | |
|-------|---|---------------------|-----|------------------|-----|----------|-----|-----------|-----------------|-------|-----------|
| 35,44 | | Delvis Santos | Jr | SL Benfica | ANG | 27-06-99 | 1s | Lisboa | Lisboa - I | 01-05 | |
| 35,48 | | Carlos Nascimento | S23 | Sporting CP | | 12-10-94 | 1 | | Póvoa de Varzim | 27-11 | 35,27-11 |
| 35,50 | | Adam Ferreira | S23 | C Bf. Faro | | 10-05-96 | 1 | | Faro | 18-12 | 36,46-14 |
| 35,55 | | Pedro Bernardo | | SL Benfica | | 12-05-89 | 6s | Lisboa | Lisboa - I | 01-05 | |
| 35,61 | | Jorge Colaço | S23 | | | | 1 | | Sobreda | 11-12 | |
| 35,72 | | Tiago Horta | | Sporting CP | | 10-06-94 | 1 | Fortunato | Torres Vedras | 21-05 | 36,69-14 |
| 35,76 | | Tomás Gonçalves | Jv | | | | 1 | | Sobreda | 08-04 | |
| 35,76 | | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | 2 | OJ | Braga | 04-06 | 36,87-16 |
| 35,77 | | João Pedro Ferreira | S23 | SC Braga | | 09-09-96 | 1 | | Braga | 23-04 | 35,90-16 |
| 35,83 | | Bruce da Silveira | Jv | C Bf. Faro | ITA | 29-10-00 | 2 | | Faro | 18-12 | 36,08-16 |
| 35,87 | | André Sá | S23 | SL Benfica | | 01-06-95 | 2 | Fortunato | Torres Vedras | 21-05 | 36-58-14 |
| 35,87 | | Tomás Gonçalves | Jv | | | | 1 | | Abrantes | 24-06 | |
| 35,90 | | Carlos Claro | Jv | RD Agueda | | 03-04-01 | 1 | | Luso | 17-06 | |
| 35,91 | | Rodrigo Belo | S23 | Juv. Vidigalense | | 13-06-95 | 2 | | Sobreda | 11-12 | 36,48-14 |
| 36,01 | | João Pires | Jv | AJ Malarranha | | 12-10-00 | 3 | OJ | Braga | 04-06 | |
| 36,05 | i | Bruce da Silveira | Jv | | ITA | | 2 | CNJv | Pombal | 04-02 | |
| 36,05 | | Edgar Campré | Jv | | STP | | 1 | | Lisboa - MP | 14-05 | |
| 36,13 | | Daniel Reves | Jv | JD Neves | | 19-04-01 | 4 | OJ | Braga | 04-06 | |
| 36,15 | | Filipe Almeida | S23 | AA Ch. Caparica | | 23-10-95 | 1s | | Sobreda | 11-12 | 36,68-12 |
| 36,16 | | Marco Camara | Jv | Juv. Ilha Verde | | 17-01-00 | 2 | CNJv | Abrantes | 24-06 | 36,35-16 |
| 36,19 | | Gil Manuel | | Sporting CP | | 28-09-94 | 1s | Lisboa | Lisboa - I | 01-05 | |
| 36,20 | | Flávio Silva | Jv | CA Mazarefes | | 27-05-00 | 5 | OJ | Braga | 04-06 | |
| 36,31 | | Daniel Reis | S23 | Esc. Movimento | | 03-01-95 | 1 | SLB | Lisboa - I | 17-06 | 35,99-12 |
| 36,36 | | Daniel Reves | Jv | | | | 3 | CNJv | Abrantes | 24-06 | |
| 36,38 | i | Paulo Soares | Jv | GCA Donas | | 13-07-00 | 3 | CNJv | Pombal | 04-02 | 36,31-16 |
| 36,40 | | Adam Ferreira | S23 | | | | 1 | | Lisboa - MP | 26-11 | |
| 36,50 | | Gonçalo Gonçalves | Jv | SUO Vais | | 02-08-01 | 6 | OJ | Braga | 04-06 | |
| 36,54 | | David Reis | Jv | Fundação CEBI | | 08-10-00 | 4 | CNJv | Abrantes | 24-06 | |
| 36,57 | | António Brás | Jv | SL Benfica | | 19-10-99 | 1 | | Lisboa - MP | 19-11 | 35,85-16 |
| 36,58 | | Miguel Silva | Jv | Juv. Vidigalense | | 20-05-00 | 1 | | Pombal | 10-06 | |
| 36,61 | | Miguel Silva | Jv | | | | 1 | | Marinha Grande | 20-05 | |
| 36,62 | | Matheus Moura | Ini | Espanha | | 10-02-02 | 1 | | Ibiza - Esp | 29-04 | 37,13-16 |
| 36,69 | | Matheus Moura | Ini | | | | 1 | | Ibiza - Esp | 13-05 | |
| 36,70 | | João Pires | Jv | | | | 5 | CNJv | Abrantes | 24-06 | |
| 36,72 | | Tiago Crespo | Jr | SL Benfica | | 14-12-98 | 2 | | Lisboa - MP | 26-11 | |
| 36,74 | i | Rafael Ramusga | Jv | Juv. Vidigalense | | 29-11-00 | 4 | CNJv | Pombal | 04-02 | |
| 36,74 | | Délcio Martins | S23 | GA Fátima | ANG | 11-05-95 | 2s | Lisboa | Lisboa - I | 01-05 | |
| 36,76 | i | João Pires | Jv | | | | 5 | CNJv | Pombal | 04-02 | |
| 36,77 | | Gustavo Oliveira | Jr | JUN Ideal | | 09-05-99 | 2 | | Braga | 23-04 | |
| 36,77 | | Duarte Vidais | Jr | SL Benfica | | 17-08-98 | 2s | Lisboa | Lisboa - I | 01-05 | |
| 36,78 | | Guilherme Santos | Jv | Esc. Movimento | | 10-09-00 | 1 | | Maia | 14-05 | |
| 36,82 | | Edgar Campré | Jv | | STP | | Oct | | Lisboa - MP | 22-04 | |
| 36,85 | | Guilherme Santos | Jv | | | | 7 | OJ | Braga | 04-06 | |
| 36,87 | i | Miguel Baptista | Jv | Juv. Vidigalense | | 03-03-99 | 1 | | Pombal | 17-12 | 36,22-16 |
| 36,87 | | Nuno Pereira | Jv | GD Estreito | | 27-11-00 | 8 | OJ | Braga | 04-06 | |
| 36,89 | | Éndryl Rodrigues | Jv | SL Benfica | BRA | 25-04-00 | 6 | CNjr | Abrantes | 24-06 | |
| 36,92 | | Valter Pinto | | SC Braga | | 19-01-93 | 3s | Lisboa | Lisboa - I | 01-05 | |
| 36,93 | | Eduardo Oliveira | Jv | Bairro Anjos | | 13-10-00 | 2 | | Marinha Grande | 20-05 | |
| 36,94 | i | Rodrigo Ferreira | Jv | GAU Bajouca | | 28-09-00 | 6 | CNJv | Pombal | 04-02 | 38,18i-16 |
| 36,97 | | Paulino Caroné | S23 | AA Pinhalnovense | | 11-10-96 | 3s | | Sobreda | 11-12 | |
| 36,97 | | Éndryl Rodrigues | Jv | | BRA | | 9 | OJ | Braga | 04-06 | |
| 36,98 | | João Santos | Jr | C+S Lavra | | 12-09-97 | 2 | | Póvoa de Varzim | 27-11 | |
| 36,98 | | Tomás Batista | | Esc Movimento | | 21-12-92 | 3 | | Póvoa de Varzim | 27-11 | |
| 36,98 | | Pedro Vilas Boas | Jv | SC Braga | | 02-04-01 | 1 | | Braga | 14-05 | |
| 37,00 | | Miguel Silva | Jv | | | | 7 | CNJv | Abrantes | 24-06 | |

400 m– 49,20 – 52,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------------|-----|------------|-----|----------|----|--------|----------------|-------|----------|
| 46,43 | | Victor Ricardo Santos | | SL Benfica | | 18-12-94 | 4s | IFAM | Oordegem - Bel | 27-05 | 45,74-14 |
| 46,44 | | Victor Ricardo Santos | | | | | 6 | Madrid | Madrid - Esp | 14-07 | |
| 46,50 | | Victor Ricardo Santos | | | | | 1 | IFAM | Oordegem - Bel | 27-05 | |

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|-------|---|-----------------------|-----|------------------|-----|----------|---------|------------------|------------------|-------|-----------|
| 46,96 | | Victor Ricardo Santos | | | | 2 | | Kortryjk - Bel | 08-07 | | |
| 47,36 | | Victor Ricardo Santos | | | | 3 | SLB | Lisboa - I | 17-06 | | |
| 47,36 | | Victor Ricardo Santos | | | | 4h | ETC - 1 | Vaasa - Fin | 23-06 | | |
| 47,50 | | Victor Ricardo Santos | | | | 1s | | Loughborough-Gbr | 21-05 | | |
| 47,50 | | Victor Ricardo Santos | | | | 4 | | Lee Valley - Gbr | 03-06 | | |
| 47,77 | | Ricardo Ribeiro | S23 | Sporting CP | | 21-02-95 | 1 | CNCI-1 | Leiria | 22-07 | 48,27-16 |
| 47,80 | | Victor Ricardo Santos | | | | | 2s | | Bedford - Gbr | 15-07 | |
| 47,84 | | Victor Ricardo Santos | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 47,85 | i | Victor Ricardo Santos | | | | | 1 | CNCI-1 | Pombal | 18-02 | |
| 47,97 | | Soufiane Bouhadda | | Sporting CP | ALG | 08-06-90 | 1ex | C. Port | Vagos | 10-06 | 46,02-15 |
| 48,19 | | Victor Ricardo Santos | | | | | 7 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 48,31 | i | Mauro Pereira | Jr | SL Benfica | | 27-03-98 | 1 | C. Port | Pombal | 11-02 | 48,24-16 |
| 48,34 | | Victor Ricardo Santos | | | | | 1 | C. Port | Vagos | 10-06 | |
| 48,43 | | Jorge Colaço | | AA Ch. Caparica | | 05-04-94 | 1 | Maia | Maia | 08-07 | 48,83-15 |
| 48,44 | i | Victor Ricardo Santos | | | | | 2 | | Lee Valley - Gbr | 28-01 | |
| 48,45 | | Marcos Ramos | S23 | SL Benfica | | 29-12-96 | 1rB | SLB | Lisboa - I | 17-06 | 49,24-14 |
| 48,59 | | Bernardo Pereira | S23 | ACD Jardim Serra | | 26-10-97 | 1 | V. Tavares | Faro | 13-05 | 49,48-16 |
| 48,59 | | Lucirio Garrido | | SL Benfica | VEN | 04-10-88 | 6s | | Salamanca - Esp | 03-06 | 48,33-07 |
| 48,60 | | Ricardo Ribeiro | S23 | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 48,61 | | André Marques | | SL Benfica | | 20-11-92 | 2 | V. Tavares | Faro | 13-05 | 48,02-15 |
| 48,62 | | Sandy Martins | | Sporting CP | | 08-08-93 | 1 | | Lisboa - I | 24-06 | 47,69-14 |
| 48,64 | | Sérgio Silva | S23 | Juv. Ilha Verde | | 04-05-96 | 2 | C. Port | Vagos | 10-06 | 48,33-15 |
| 48,67 | | Bernardo Pereira | S23 | | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 48,67 | | Ricardo Ribeiro | S23 | | | | 1 | Guarda | Guarda | 07-07 | |
| 48,70 | | Tiago Horta | | Sporting CP | | 10-06-94 | 2 | | Schiffange - Lux | 30-07 | 48,86-15 |
| 48,75 | | Jorge Colaço | | | | | 1 | | Setúbal | 15-07 | |
| 48,77 | | Mauro Pereira | Jr | | | | 3 | C. Port | Vagos | 10-06 | |
| 48,78 | | Diogo Mestre | S23 | SL Benfica | | 20-05-95 | 2rB | SLB | Lisboa - I | 17-06 | 48,48-15 |
| 48,80 | | Sandy Martins | | | | | 2 | Maia | Maia | 08-07 | |
| 48,80 | | Lucirio Garrido | | | VEN | | 5 | | Pamplona - Esp | 27-07 | |
| 48,83 | | Mauro Pereira | Jr | | | | 4 | SLB | Lisboa - I | 17-06 | |
| 48,85 | | Jorge Colaço | | | | | 1 | CNU | Faro | 14-05 | |
| 48,90 | | Pedro Oliveira | Jr | SL Benfica | | 30-11-98 | 1 | Lisboa | Lisboa - I | 01-05 | 50,97-16 |
| 48,95 | | Diogo Pinhão | Jr | SL Benfica | | 04-04-98 | 1 | | Torres Vedras | 09-05 | 49,17-16 |
| 48,95 | | Tiago Horta | | | | | 3rB | | Salamanca - Esp | 03-06 | |
| 48,97 | | Ricardo Ribeiro | S23 | | | | 3 | V. Tavares | Faro | 13-05 | |
| 48,98 | | Tiago Freire | | Juv. Vidigalense | | 02-02-94 | 1 | | Setúbal | 20-05 | 49,05-15 |
| 48,99 | | Ricardo Ribeiro | S23 | | | | 4 | C. Port | Vagos | 10-06 | |
| 49,01 | i | Sérgio Silva | S23 | | | | 1 | CN23 | Pombal | 25-02 | |
| 49,03 | | Lucirio Garrido | | | VEN | | 4 | V. Tavares | Faro | 13-05 | |
| 49,03 | | Ricardo Ribeiro | S23 | | | | 1s | Maia | Maia | 08-07 | |
| 49,07 | i | João Fonseca | S23 | SL Benfica | | 30-03-96 | 2 | C. Port | Pombal | 11-02 | 48,75i-16 |
| 49,11 | | Sandy Martins | | | | | 8s | | Salamanca - Esp | 03-06 | |
| 49,14 | | Tiago Freire | | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 49,15 | | André Marques | | | | | 3rB | SLB | Lisboa - I | 17-06 | |
| 49,18 | | Mauro Pereira | Jr | | | | 1 | | Pombal | 25-04 | |
| 49,18 | | Sandy Martins | | | | | 1 | | Lisboa - MP | 01-07 | |
| 49,22 | | Ronaldinho Oliveira | S23 | CCSJ. Madeira | CPV | 29-09-97 | ex | | Lisboa - I | 24-06 | 49,15-16 |
| 49,25 | | Bernardo Pereira | S23 | | | | 2 | CNU | Faro | 14-05 | |
| 49,25 | | Bernardo Pereira | S23 | | | | 1 | Abrantes | Abrantes | 03-06 | |
| 49,27 | | Bernardo Pereira | S23 | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 49,30 | | Sérgio Silva | S23 | | | | 1 | | Ponta Delgada | 08-06 | |
| 49,30 | | António Rodrigues | | Sporting CP | | 25-09-88 | 6rB | Ibero | Huelva - Esp | 14-06 | 47,20-09 |
| 49,30 | | Adam Ferreira | S23 | C Bf. Faro | | 10-05-96 | 3s | Maia | Maia | 08-07 | 50,67-16 |
| 49,31 | i | João Pedro Ferreira | S23 | SC Braga | | 09-09-96 | 2 | CN23 | Pombal | 25-02 | 49,99-16 |
| 49,32 | i | Sandy Martins | | | | | 2 | CNCI-1 | Pombal | 18-02 | |
| 49,33 | i | Mauro Pereira | Jr | | | | 1 | CNJ | Braga | 28-01 | |
| 49,34 | | Jorge Colaço | | | | | 5 | V. Tavares | Faro | 13-05 | |
| 49,34 | | Luis Gonçalves | | Sporting CP | | 12-10-87 | 2 | CM IPC | Londres - Gbr | 18-07 | 49,38-12 |
| 49,35 | i | Bernardo Pereira | S23 | | | | 3 | CN23 | Pombal | 25-02 | |
| 49,35 | | Sérgio Silva | S23 | | | | 1 | CN23 | Pombal | 01-07 | |
| 49,36 | i | Sérgio Silva | S23 | | | | 1 | CNCI-2 | Pombal | 18-02 | |
| 49,40 | | Bernardo Pereira | S23 | | | | 5 | C. Port | Vagos | 10-06 | |

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|-------|---|---------------------|-----|-------------------|----------|----------|------------|-------------------|---------------|----------|----------|
| 49,40 | | Jorge Colaço | | | | 5 | C. Port | Vagos | 10-06 | | |
| 49,41 | i | João Fonseca | S23 | | | 4 | CN23 | Pombal | 25-02 | | |
| 49,44 | i | Sandy Martins | | | | 3 | C. Port | Pombal | 11-02 | | |
| 49,45 | | Marcos Ramos | S23 | | | 2 | Lisboa | Lisboa - I | 01-05 | | |
| 49,46 | | Bruno Silva | S23 | AR Luz e Vida | 27-12-95 | 1 | | Maia | 28-06 | 50,19-14 | |
| 49,46 | | João Pedro Ferreira | S23 | | | 1 | C. Norte | Maia | 15-07 | | |
| 49,48 | | Milton Hassany | | ACR Sra. Desterro | ANG | 01-04-90 | 2s | CNCI-Ap | Fátima | 27-05 | 48,40-14 |
| 49,49 | | Tiago Horta | | | | 7 | C. Port | Vagos | 10-06 | | |
| 49,52 | | António Rodrigues | | | | 4rB | Avila | Avila - Esp | 15-07 | | |
| 49,54 | | Marcos Ramos | S23 | | | 2 | Guarda | Guarda | 07-07 | | |
| 49,55 | | Sérgio Silva | S23 | | | 1 | | Angra do Heroísmo | 17-06 | | |
| 49,57 | | João Pedro Ferreira | S23 | | | 4s | Maia | Maia | 08-07 | | |
| 49,59 | i | João Pedro Ferreira | S23 | | | 3 | CNCI-1 | Pombal | 18-02 | | |
| 49,59 | | Ronaldinho Oliveira | S23 | | CPV | 1s | Lisboa | Lisboa - I | 01-05 | | |
| 49,59 | | Ricardo Ribeiro | S23 | | | 2 | CN23 | Pombal | 01-07 | | |
| 49,60 | | João Pedro Ferreira | S23 | | | 1s | CNCI-Ap | Guimarães | 27-05 | | |
| 49,62 | i | Mauro Pereira | Jr | | | 1 | T.Port | Braga | 14-01 | | |
| 49,62 | | Ricardo Ribeiro | S23 | | | 2s | Lisboa | Lisboa - I | 01-05 | | |
| 49,62 | | Edgar Remédios | | GA Fátima | 05-05-94 | 3s | CNCI-Ap | Fátima | 27-05 | 49,42-15 | |
| 49,63 | i | Bernardo Pereira | S23 | | | 4 | C. Port | Pombal | 11-02 | | |
| 49,63 | | Adam Ferreira | S23 | | | 2s | CNCI-Ap | Vendas Novas | 27-05 | | |
| 49,63 | | Tiago Freire | | | | 8 | C. Port | Vagos | 10-06 | | |
| 49,66 | i | Sandy Martins | | | | 1 | Pombal | Pombal | 04-02 | | |
| 49,66 | | José Carlos Tavares | | SL Benfica | | 11-02-94 | 4rB | SLB | Lisboa - I | 17-06 | 49,14-15 |
| 49,68 | | Milton Hassany | | | ANG | 4 | CNCI-1 | Leiria | 22-07 | | |
| 49,70 | | Jorge Colaço | | | | 1 | | Setúbal | 29-04 | | |
| 49,71 | | João Fonseca | S23 | | | 6rB | | Salamanca - Esp | 03-06 | | |
| 49,73 | i | Jorge Colaço | | | | 5 | C. Port | Pombal | 11-02 | | |
| 49,75 | | Sandy Martins | | | | 6 | V. Tavares | Faro | 13-05 | | |
| 49,75 | | João Pedro Ferreira | S23 | | | 5 | CNCI-1 | Leiria | 22-07 | | |
| 49,77 | i | André Marques | | | | 1s | CNCI-Ap | Pombal | 22-01 | | |
| 49,77 | i | Bernardo Pereira | S23 | | | 1 | CNU | Pombal | 05-03 | | |
| 49,77 | | André Marques | | | | 2 | Abrantes | Abrantes | 03-06 | | |
| 49,80 | | Marcos Ramos | S23 | | | 9 | C. Port | Vagos | 10-06 | | |
| 49,81 | | Tiago Horta | | | | 7 | V. Tavares | Faro | 13-05 | | |
| 49,81 | | Pedro Oliveira | Jr | | | 1 | | Lisboa - I | 24-06 | | |
| 49,82 | i | Bernardo Pereira | S23 | | | 4 | CNCI-1 | Pombal | 18-02 | | |
| 49,82 | i | Rodrigo Belo | S23 | Juv. Vidigalense | 13-06-95 | 5 | CN23 | Pombal | 25-02 | 49,90-15 | |
| 49,82 | | Jorge Colaço | | | | 5rB | SLB | Lisboa - I | 17-06 | | |
| 49,83 | | Ronaldinho Oliveira | S23 | | CPV | 1 | | Vagos | 15-07 | | |
| 49,84 | i | José Carlos Pinto | S23 | SL Benfica | | 03-05-97 | 2 | CNU | Pombal | 05-03 | 49,17-15 |
| 49,84 | | Marcos Ramos | S23 | | | 3 | CN23 | Pombal | 01-07 | | |
| 49,84 | | Luís Gonçalves | | | | 2h | CM IPC | Londres - Gbr | 17-07 | | |
| 49,85 | | Marcos Ramos | S23 | | | 3 | Abrantes | Abrantes | 03-06 | | |
| 49,86 | | João Fonseca | S23 | | | 4 | CN23 | Pombal | 01-07 | | |
| 49,88 | | Ronaldinho Oliveira | S23 | | CPV | 4s | CNCI-Ap | Fátima | 27-05 | | |
| 49,88 | | Diogo Pinhão | Jr | | | 1 | CNJ | Marinha Grande | 08-07 | | |
| 49,92 | | Tiago Horta | | | | 2 | | Lisboa - I | 24-06 | | |
| 49,93 | i | David Sénica | S23 | CA Seia | 27-01-97 | 5 | CNCI-1 | Pombal | 18-02 | 49,21-15 | |
| 49,95 | i | Diogo Pinhão | Jr | | | 6 | CN23 | Pombal | 25-02 | | |
| 49,96 | | Paulo Soares | Jv | GCA Donas | 13-07-00 | 3 | Go Fit | Avila - Esp | 01-07 | | |
| 49,97 | i | Rodrigo Belo | S23 | | | 6 | CNCI-1 | Pombal | 18-02 | | |
| 49,98 | | João Esteves | Jr | SL Benfica | | 18-09-98 | 1s | V. Tavares | Faro | 13-05 | 50,24-16 |
| 49,98 | | Ronaldinho Oliveira | S23 | | CPV | 1ex | | Abrantes | 20-05 | | |
| 49,98 | | Gracelino Barbosa | | ACR Sra. Desterro | CPV | 01-02-85 | 2h | CM IPC | Londres - Gbr | 16-07 | 48,55-16 |
| 49,99 | i | Rodrigo Belo | S23 | | | 6 | C. Port | Pombal | 11-02 | | |
| 50,00 | | Adam Ferreira | S23 | | | 5 | CN23 | Pombal | 01-07 | | |
| 50,02 | | Bruce da Silveira | Jv | C Bf. Faro | ITA | 29-10-00 | 2s | V. Tavares | Faro | 13-05 | 50,99-16 |
| 50,02 | | Lucirio Garrido | | | VEN | 1 | | Lisboa - MP | 17-05 | | |
| 50,02 | | José Carlos Pinto | S23 | | | 3 | Guarda | Guarda | 07-07 | | |
| 50,04 | | David Sénica | S23 | | | 5s | Maia | Maia | 08-07 | | |
| 50,05 | | João Fonseca | S23 | | | 2 | | Pombal | 25-04 | | |
| 50,05 | | David Sénica | S23 | | | 3rC | Avila | Avila - Esp | 15-07 | | |

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|-------|---|---------------------|-----|-----------------|-----|----------|-----|-------------|---------------------|-------|-----------|
| 50,07 | i | Bernardo Pereira | S23 | | | | 2 | Pombal | Pombal | 04-02 | |
| 50,08 | | João Pedro Ferreira | S23 | | | | 10 | C. Port | Vagos | 10-06 | |
| 50,09 | i | João Pedro Ferreira | S23 | | | | 7 | C. Port | Pombal | 11-02 | |
| 50,12 | i | Milton Hassany | | | ANG | | 1s | CNCI-Ap | Pombal | 21-01 | |
| 50,13 | | Adam Ferreira | S23 | | | | 3 | CNU | Faro | 14-05 | |
| 50,13 | | António Moura | Jr | Sporting CP | | 15-04-99 | 1 | | Lisboa - I | 24-06 | 50,26-16 |
| 50,15 | | José Carlos Tavares | | | | | 3s | Lisboa | Lisboa - I | 01-05 | |
| 50,15 | | António Cunha | Jr | CPTS Ceira | | 07-04-98 | 5s | CNCI-Ap | Fátima | 27-05 | 50,57-16 |
| 50,16 | | José Carlos Pinto | S23 | | | | 4 | CNU | Faro | 14-05 | |
| 50,16 | | Ricardo Reis | Jr | Maia AC | | 20-07-98 | 1 | C. Norte Jr | Braga | 17-06 | 51,34-15 |
| 50,16 | | Gracelino Barbosa | | | CPV | | 2 | | Maia | 28-06 | |
| 50,16 | | Gracelino Barbosa | | | CPV | | 4 | CM IPC | Londres - Gbr | 17-07 | |
| 50,17 | | Adam Ferreira | S23 | | | | 11 | C. Port | Vagos | 10-06 | |
| 50,18 | | Tiago Freire | | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 50,20 | i | Miguel Sambé | S23 | Sporting CP | | 20-11-95 | 8 | C. Port | Pombal | 11-02 | 50,40i-16 |
| 50,22 | | António Moura | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 50,22 | | Edgar Remédios | | | | | 6s | Maia | Maia | 08-07 | |
| 50,24 | | Luís Lopes | | Pedro Pessoa EA | | 30-10-91 | 2 | | Setúbal | 15-07 | 50,33-16 |
| 50,24 | | Ronaldinho Oliveira | S23 | | CPV | | 1 | CNCI-2 | Leiria | 22-07 | |
| 50,25 | i | João Pedro Ferreira | S23 | | | | 1s | CNCI-Ap | Braga | 21-01 | |
| 50,27 | i | Jorge Colaço | | | | | 3 | Pombal | Pombal | 04-02 | |
| 50,27 | | Tiago Freire | | | | | 1ex | | Setúbal | 29-04 | |
| 50,28 | i | Milton Hassany | | | ANG | | 7 | CNCI-1 | Pombal | 18-02 | |
| 50,28 | | David Sénica | S23 | | | | 7 | CNCI-1 | Leiria | 22-07 | |
| 50,29 | i | Tiago Horta | | | | | 9 | C. Port | Pombal | 11-02 | |
| 50,29 | i | Daniel Chagas | Jr | Sporting CP | | 06-03-99 | 7 | CN23 | Pombal | 25-02 | 50,86-15 |
| 50,30 | i | André Sá | S23 | SL Benfica | | 01-06-95 | 3 | CNU | Pombal | 05-03 | 50,10-15 |
| 50,30 | | João Pedro Ferreira | S23 | | | | 4 | Abrantes | Abrantes | 03-06 | |
| 50,30 | | Diogo Mestre | S23 | | | | 6 | CN23 | Pombal | 01-07 | |
| 50,30 | | Ricardo Reis | Jr | | | | 2 | C. Norte | Maia | 15-07 | |
| 50,34 | i | Tiago Horta | | | | | 1s | Pombal | Pombal | 04-02 | |
| 50,34 | | Ronaldinho Oliveira | S23 | | CPV | | 7ex | CN23 | Pombal | 01-07 | |
| 50,34 | | Adam Ferreira | S23 | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 50,38 | i | André Sá | S23 | | | | 1s | Pombal | Pombal | 04-02 | |
| 50,38 | | David Sénica | S23 | | | | 5s | CNCI-Ap | Fátima | 27-05 | |
| 50,39 | | Nuno Pereira | Jv | GD Estreito | | 27-11-00 | 1 | | Ribeira Brava | 15-07 | |
| 50,41 | | António Cunha | Jr | | | | 3 | | Maia | 28-06 | |
| 50,42 | i | Jorge Colaço | | | | | 4 | CNU | Pombal | 05-03 | |
| 50,42 | | Pedro Oliveira | Jr | | | | 2 | | Lisboa - MP | 17-05 | |
| 50,44 | i | David Sénica | S23 | | | | 10 | C. Port | Pombal | 11-02 | |
| 50,45 | i | José Carlos Pinto | S23 | | | | 8 | CN23 | Pombal | 25-02 | |
| 50,47 | | Manuel Dias | Jr | Sporting CP | | 28-02-99 | Dec | | Arona - Esp | 03-06 | 51,72-16 |
| 50,48 | | José Carlos Tavares | | | | | 1 | | Lisboa - MP | 15-01 | |
| 50,48 | i | Bernardo Pereira | S23 | | | | 2s | CNCI-Ap | Braga | 21-01 | |
| 50,48 | | David Sénica | S23 | | | | 7 | CN23 | Pombal | 01-07 | |
| 50,49 | | João Fonseca | S23 | | | | 12 | C. Port | Vagos | 10-06 | |
| 50,50 | i | Ricardo Ribeiro | S23 | | | | 2s | CNCI-Ap | Pombal | 21-01 | |
| 50,52 | i | João Pedro Ferreira | S23 | | | | 1 | T. Natal | Braga | 22-12 | |
| 50,52 | | Ricardo Reis | Jr | | | | 4 | | Maia | 28-06 | |
| 50,54 | i | David Sénica | S23 | | | | 2s | CNCI-Ap | Pombal | 22-01 | |
| 50,54 | i | Rodrigo Belo | S23 | | | | 1s | CNCI-Ap | Pombal | 22-01 | |
| 50,55 | | Tomás Gonçalves | Jv | AA Ch. Caparica | | 02-02-01 | 1 | | Sobreda | 17-06 | |
| 50,58 | i | Edgar Remédios | | | | | 1s | | Pombal | 28-01 | |
| 50,58 | i | António Cunha | Jr | | | | 9 | CN23 | Pombal | 25-02 | |
| 50,58 | | José Carlos Pinto | S23 | | | | 4s | Lisboa | Lisboa - I | 01-05 | |
| 50,58 | | Duarte Vidais | Jr | SL Benfica | | 17-08-98 | 3 | CNJ | Marinha Grande | 08-07 | 50,68-16 |
| 50,58 | | Cristian Rosa | S23 | CN Rio Maior | | 16-04-95 | 2 | CNCI-3 | Leiria | 22-07 | 50,36-11 |
| 50,59 | | José Carlos Pinto | S23 | | | | 13 | C. Port | Vagos | 10-06 | |
| 50,61 | | António Moura | Jr | | | | 3s | V. Tavares | Faro | 13-05 | |
| 50,61 | | Ricardo Reis | Jr | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 50,62 | | Adam Ferreira | S23 | | | | 1 | | Lisboa - MP | 03-06 | |
| 50,64 | | Marco Camara | Jv | Juv. Ilha Verde | | 17-01-00 | 1 | J.Illhas | Riviere Salee - Fra | 11-05 | |

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|-------|---|---------------------|-----|-------------------|-----|----------|-----|-------------|----------------|-------|-----------|
| 50,65 | | Daniel Reis | S23 | Esc. Movimento | | 03-01-95 | 1 | | Braga | 21-06 | 49,72-12 |
| 50,65 | | Cristian Rosa | S23 | | | | 1 | | Rio Maior | 09-07 | |
| 50,66 | | Alexandre Gameiro | | ACR Sra. Desterro | | 04-05-92 | 5 | CNU | Faro | 05-03 | 51,51-13 |
| 50,68 | i | Bernardo Pereira | S23 | | | | 2 | T. Port | Braga | 14-01 | |
| 50,68 | | Adam Ferreira | S23 | | | | 1 | | Faro | 29-04 | |
| 50,68 | | Marcos Ramos | S23 | | | | 8s | V. Tavares | Faro | 13-05 | |
| 50,69 | i | David Sénica | S23 | | | | 5 | CNU | Pombal | 05-03 | |
| 50,69 | | Edgar Remédios | | | | | 6 | CNU | Faro | 14-05 | |
| 50,69 | | António Cunha | Jr | | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 50,71 | | Marcos Ramos | S23 | | | | 2 | | Lisboa - MP | 15-01 | |
| 50,73 | | Tiago Horta | | | | | 3 | | Lisboa - MP | 15-01 | |
| 50,73 | i | Miguel Alves | Jr | AC Mocidade - Aç | | 23-02-98 | 10 | CN23 | Pombal | 25-02 | 50,13-16 |
| 50,74 | i | António Cunha | Jr | | | | 3s | CNCI-Ap | Pombal | 22-01 | |
| 50,74 | i | António Cunha | Jr | | | | 11 | C. Port | Pombal | 11-02 | |
| 50,74 | | Sandro Baessa | Jr | CF Oliv. Douro | CPV | 29-03-99 | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 50,75 | | Jorge Colaço | | | | | 1 | | Setúbal | 14-01 | |
| 50,75 | | João Pedro Ferreira | S23 | | | | 8 | CN23 | Pombal | 01-07 | |
| 50,75 | | Samuel Remédios | | SL Benfica | | 24-02-92 | Dec | ETC - 1 | Monzon - Esp | 01-07 | 50,00-13 |
| 50,75 | | Pedro Oliveira | Jr | | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 50,77 | i | João Pedro Ferreira | S23 | | | | 1s | T. Port | Braga | 14-01 | |
| 50,77 | | Cesar Pedreira | | AA Pinhalnoven | | 20-08-87 | 3s | CNCI-Ap | Vendas Novas | 27-05 | 49,31-07 |
| 50,77 | | Ricardo Reis | Jr | | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 50,78 | | Luís Gonçalves | | | | | 14 | C. Port | Vagos | 10-06 | |
| 50,78 | | Tomás Batista | | Esc Movimento | | 21-12-92 | 2 | | Braga | 21-06 | 50,75-15 |
| 50,78 | | Sérgio Alves | S23 | CDR Ribeirinho | | 16-11-97 | 3 | | Setúbal | 15-07 | 50,76-16 |
| 50,79 | | José Carlos Pinto | S23 | | | | 9 | CN23 | Pombal | 01-07 | |
| 50,79 | | Daniel Chagas | Jr | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 50,80 | i | Tiago Freire | | | | | 12 | C. Port | Pombal | 11-02 | |
| 50,81 | | Tiago Boucela | | Grecas | | 09-02-92 | 1 | | Vagos | 07-01 | 50,77-16 |
| 50,81 | i | Edgar Remédios | | | | | 2 | CNCI-2 | Pombal | 18-02 | |
| 50,81 | | António Cunha | Jr | | | | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 50,82 | | Daniel Chagas | Jr | | | | 10 | CN23 | Pombal | 01-07 | |
| 50,89 | | Cristian Rosa | S23 | | | | 1rB | Guarda | Guarda | 07-07 | |
| 50,91 | i | Duarte Vidais | Jr | | | | 11 | CN23 | Pombal | 25-02 | |
| 50,93 | i | Daniel Reis | S23 | | | | 12 | CN23 | Pombal | 25-02 | |
| 50,93 | | Adam Ferreira | S23 | | | | 3 | | Lisboa - MP | 17-05 | |
| 50,94 | | António Brás | Jr | SL Benfica | | 19-10-99 | 8 | CNJ | Marinha Grande | 08-07 | 51,39-16 |
| 50,95 | | Ricardo Reis | Jr | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 50,95 | | Nuno Pereira | Jv | | | | 2s | Maia | Maia | 08-07 | |
| 50,96 | | Daniel Reis | S23 | | | | 7 | CNU | Faro | 14-05 | |
| 50,96 | | Marcelo Pereira | Jv | NA Taipas | | 27-05-00 | 1 | | Braga | 21-05 | |
| 50,97 | i | António Moura | Jr | | | | 2 | CNJ | Braga | 28-01 | |
| 50,98 | | António Moura | Jr | | | | 4 | | Lisboa - MP | 15-01 | |
| 50,98 | | David Sénica | S23 | | | | 15 | C. Port | Vagos | 10-06 | |
| 51,00 | i | Tiago Gonçalves | Jr | CA Seia | | 11-12-98 | 6 | CNU | Pombal | 05-03 | 51,39i-16 |
| 51,01 | | Daniel Reis | S23 | | | | 3 | C. Norte | Maia | 15-07 | |
| 51,03 | | Marcelo Pereira | Jv | | | | 2 | C. Norte Jr | Braga | 17-06 | |
| 51,04 | | José Carlos Tavares | | | | | 5 | Abrantes | Abrantes | 03-06 | |
| 51,04 | | Pedro Oliveira | Jr | | | | 11 | CN23 | Pombal | 01-07 | |
| 51,05 | | Tomás Batista | | | | | 1 | | Braga | 05-07 | |
| 51,06 | | Bernardo Pereira | S23 | | | 26-10-97 | 1 | | Ribeira Brava | 06-01 | |
| 51,06 | | Pedro Martins | S23 | CDC Navais | | 28-06-96 | 4 | C. Norte | Maia | 15-07 | 50,25-14 |
| 51,07 | i | Tomás Batista | | | | | 13 | C. Port | Pombal | 11-02 | |
| 51,07 | | Rui Matos | | CCSJ. Madeira | | 09-09-92 | 1 | | Braga | 14-05 | 50,25-16 |
| 51,09 | | Romeu Gomes | Jr | CCSJ. Madeira | | 05-09-98 | 2 | | Vagos | 15-07 | |
| 51,10 | | Marcelo Gameiro | Jr | NS Torres Novas | | 24-02-99 | 1 | | Abrantes | 20-05 | |
| 51,10 | | António Brás | Jr | | | | 3 | | Lisboa - I | 24-06 | |
| 51,10 | | Felisberto Alves | S23 | CDUL | | 05-12-97 | 3 | | Lisboa - I | 24-06 | |
| 51,11 | | Sandro Baessa | Jr | | CPV | | 5 | | Maia | 28-06 | |
| 51,13 | i | David Sénica | S23 | | | | 2s | Pombal | Pombal | 04-02 | |
| 51,13 | i | Marcos Ramos | S23 | | | | 13 | CN23 | Pombal | 25-02 | |
| 51,14 | i | João Pedro Ferreira | S23 | | | | 1 | C. Norte | Braga | 07-01 | |
| 51,14 | | André Sá | S23 | | | | 5 | | Lisboa - MP | 15-01 | |

| | | | | | | | | | | | |
|-------|---|---------------------|-----|-------------------|-----|----------|----------|----------|----------------|-------|----------|
| 51,15 | | David Sénica | S23 | | | 6 | Abrantes | Abrantes | 03-06 | | |
| 51,15 | | Marco Ribeiro | S23 | ACR Sra. Desterro | | 08-11-97 | ex | | Lisboa - I | 24-06 | |
| 51,17 | | Ronaldinho Oliveira | S23 | | CPV | | 2 | | Vagos | 07-01 | |
| 51,17 | | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | Dec | CNjv | Abrantes | 24-06 | |
| 51,19 | i | Adam Ferreira | S23 | | | | 7 | CNU | Pombal | 05-03 | |
| 51,19 | | Tito Fernandes | Jr | ADR Água Pena | | 02-06-99 | 1 | | Ribeira Brava | 17-06 | |
| 51,19 | | Sandro Baessa | Jr | | CPV | | 9ex | CNJ | Marinha Grande | 08-07 | |
| 51,20 | i | André Sá | S23 | | | | 14 | CN23 | Pombal | 25-02 | |
| 51,20 | | Sandro Baessa | Jr | | CPV | | 1 | | Lousada | 23-04 | |
| 51,23 | i | Tomás Batista | | | | | 3 | CNCI-2 | Pombal | 18-02 | |
| 51,24 | i | Daniel Chagas | Jr | | | | 3 | CNJ | Braga | 28-01 | |
| 51,24 | | António Moura | Jr | | | | 2 | | Lisboa - MP | 03-06 | |
| 51,25 | | António Brás | Jr | | | | 6 | | Lisboa - MP | 15-01 | |
| 51,26 | i | Ronaldinho Oliveira | S23 | | CPV | | 3 | CNCI-2 | Pombal | 18-02 | |
| 51,26 | | Luís Gonçalves | | | | | 1 | | Portalegre | 01-07 | |
| 51,27 | i | António Cunha | Jr | | | | 4 | CNJ | Braga | 28-01 | |
| 51,27 | i | Duarte Vidais | Jr | | | | 4 | CNJ | Braga | 28-01 | |
| 51,27 | | Cristian Rosa | S23 | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 51,28 | i | Daniel Reis | S23 | | | | 8 | CNU | Pombal | 05-03 | |
| 51,29 | i | Eustáquio Sá | | NA Cucujães | | 03-12-90 | 4 | CNCI-2 | Pombal | 18-02 | 50,39-16 |
| 51,29 | | Hugo Gil | S23 | Ingleses FC | | 25-06-97 | 4 | | Lisboa - I | 24-06 | 50,12-15 |
| 51,29 | | Paulino Caroné | S23 | AA Pinhalnovense | | 11-10-96 | ex | | Lisboa - I | 24-06 | 51,23-16 |
| 51,30 | | David Barros | S23 | SL Benfica | | 29-09-97 | 7 | | Lisboa - MP | 15-01 | 51,03-16 |
| 51,30 | | João Maciel | S23 | CA Mazarefes | | 17-05-95 | 4s | CNCI-Ap | Guimarães | 27-05 | 50,10-16 |
| 51,31 | i | Edgar Remédios | | | | | 4s | CNCI-Ap | Pombal | 22-01 | |
| 51,32 | | Manuel Dias | Jr | | | | Dec | | Rio Maior | 29-04 | |
| 51,32 | | João Peixoto | Jv | SC Braga | | 15-09-01 | 4 | | Braga | 21-06 | |
| 51,33 | | Daniel Reis | S23 | | | | 5s | CNCI-Ap | Guimarães | 27-05 | |
| 51,33 | | Tomás Batista | | | | | 5 | C. Norte | Maia | 15-07 | |
| 51,34 | i | Adam Ferreira | S23 | | | | 2s | Pombal | Pombal | 04-02 | |
| 51,34 | i | António Brás | Jr | | | | 15 | CN23 | Pombal | 25-02 | |
| 51,36 | i | Sérgio Silva | S23 | | | | 14 | C. Port | Pombal | 11-02 | |
| 51,37 | i | Manuel Dias | Jr | | | 28-02-99 | 16 | CN23 | Pombal | 25-02 | |
| 51,38 | | Felisberto Alves | S23 | | | | 2 | | Lisboa - MP | 01-07 | |
| 51,41 | | Daniel Antunes | Jv | AC Vermoil | | 09-03-99 | 3 | CNCI-2 | Leiria | 22-07 | |
| 51,42 | | Romeu Gomes | Jr | | | | 3 | | Vagos | 07-01 | |
| 51,43 | | Marco Camara | Jv | | | | 3 | CNCI-3 | Leiria | 22-07 | |
| 51,44 | | Nuno Graça | S23 | JOMA | | 15-10-96 | 4s | CNCI-Ap | Vendas Novas | 27-05 | 51,68-16 |
| 51,45 | i | Adam Ferreira | S23 | | | | 17 | CN23 | Pombal | 25-02 | |
| 51,45 | | Tomás Batista | | | | | Dec | | Maia | 06-05 | |
| 51,46 | | Luís Lopes | | | | | 1s | Abrantes | Abrantes | 03-06 | |
| 51,46 | | Samuel Remédios | | | | | Dec | C. Port | Vagos | 10-06 | |
| 51,46 | | António Brás | Jr | | | | 1 | | Lisboa - MP | 01-07 | |
| 51,48 | i | Rui Matos | | | | | 15 | C. Port | Pombal | 11-02 | |
| 51,49 | | Daniel Reis | S23 | | | | 4 | CNCI-2 | Leiria | 22-07 | |
| 51,50 | | Luís Monteiro | Jr | SL Benfica | | 13-05-98 | 4 | | Lisboa - MP | 17-05 | 51,27-16 |
| 51,51 | | Edgar Campré | Jv | | STP | | Dec | CNJ | Marinha Grande | 08-07 | |
| 51,52 | | Vadym Parkhomchuk | Jr | GD Estreito | | 09-08-98 | 1 | | Ribeira Brava | 10-06 | |
| 51,53 | | Tomás Batista | | | | | 6 | | Maia | 28-06 | |
| 51,53 | | Ulisses Tavares | | ADR Água Pena | CPV | 18-10-92 | 2 | | Ribeira Brava | 15-07 | |
| 51,55 | | Filipe Magalhães | Jr | UD Varzea | | 05-01-99 | 5 | | Braga | 21-06 | |
| 51,56 | | Nuno Graça | S23 | | | | 5 | | Lisboa - I | 24-06 | |
| 51,56 | | António Moura | Jr | | | | 12 | CN23 | Pombal | 01-07 | |
| 51,57 | i | António Cunha | Jr | | | | 1 | | Pombal | 07-01 | |
| 51,57 | | Jorge Batista | | ADRE Palhaça | | 06-06-91 | 7s | CNCI-Ap | Guimarães | 27-05 | 49,17-10 |
| 51,58 | | Romeu Gomes | Jr | | | | 1 | | Aveiro | 17-12 | |
| 51,58 | | João Teixeira | Jr | A 20Km Almeirim | | 16-09-98 | 2 | | Abrantes | 20-05 | |
| 51,58 | | António Cunha | Jr | | | | 13 | CN23 | Pombal | 01-07 | |
| 51,60 | | Paulino Caroné | S23 | | | | 2 | | Setúbal | 29-04 | |
| 51,61 | i | Tomás Batista | | | | | 2 | C. Norte | Braga | 07-01 | |
| 51,61 | | Pedro Mirassol | Jr | Grecas | | 17-09-99 | 3 | | Vagos | 15-07 | |
| 51,62 | | Miguel Roque | | CCSJ. Madeira | | 19-04-92 | 4 | | Vagos | 15-07 | 49,37-12 |
| 51,64 | | Paulo Soares | Jv | | | | Dec | T. Nac | Luso | 20-05 | |

| | | | | | | | | | | | |
|-------|---|-------------------|-----|--------------------|-----|----------|-----|----------|--------------------|-------|----------|
| 51,64 | | João Delgado | | CA Seia | | 08-01-90 | 3s | Maia | Maia | 08-07 | 49,55-12 |
| 51,65 | | Daniel Antunes | Jv | | | | 1 | | Pombal | 18-06 | |
| 51,67 | i | António Brás | Jr | | | | 6 | CNJ | Braga | 28-01 | |
| 51,67 | | Luís Lopes | | | | | 2 | | Setúbal | 20-05 | |
| 51,68 | | José Mestre | Jr | C Bf. Faro | | 18-09-99 | 2 | | Faro | 29-04 | |
| 51,68 | | Ulisses Tavares | | | CPV | | 1 | | Ribeira Brava | 06-05 | |
| 51,68 | | Davide Teixeira | | ACD Jardim Serra | | 22-11-92 | 1 | | Ribeira Brava | 07-07 | 51,85-14 |
| 51,68 | | Pedro Mirassol | Jr | | | | 5 | CNCI-2 | Leiria | 22-07 | |
| 51,69 | | Sérgio Silva | S23 | | | | 1 | | Ponta Delgada | 11-03 | |
| 51,70 | i | Rodrigo Ferreira | Jv | GAU Bajouca | | 28-09-00 | 1 | | Pombal | 28-01 | |
| 51,70 | i | Alexandre Gameiro | | | | | 9 | CNU | Pombal | 05-03 | |
| 51,71 | i | Micael Seixeiro | S23 | Grecas | | 20-07-95 | 3s | T. Port | Braga | 14-01 | |
| 51,71 | i | Adam Ferreira | S23 | | | | 3s | CNCI-Ap | Pombal | 21-01 | |
| 51,71 | | João Delgado | | | | | 1 | | Guarda | 21-05 | |
| 51,72 | i | Romeu Gomes | Jr | | | | 1s | T. Natal | Braga | 22-12 | |
| 51,72 | i | António Cunha | Jr | | | | 1s | T. Port | Braga | 14-01 | |
| 51,75 | i | Romeu Gomes | Jr | | | | 7 | CNJ | Braga | 28-01 | |
| 51,75 | | Carlos Prino | S23 | GA Fátima | | 13-06-97 | Dec | | Rio Maior | 29-04 | |
| 51,76 | | Adam Ferreira | S23 | | | | 1 | | V. R. Sto. António | 14-01 | |
| 51,76 | | João Teixeira | Jr | | | | 1 | | Fátima | 22-04 | |
| 51,78 | | David Silva | S23 | SL Benfica | | 27-01-97 | 1 | | Lisboa - MP | 04-02 | 50,10-15 |
| 51,78 | | Carlos Prino | S23 | | | | Dec | T. Natal | Luso | 20-05 | |
| 51,81 | | Micael Seixeiro | S23 | | | | 4 | | Vagos | 07-01 | |
| 51,81 | | Ulisses Tavares | | | CPV | | 2s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 51,81 | | João Cruz | | Maia AC | | 12-04-94 | 6 | C. Norte | Maia | 15-07 | 51,96-14 |
| 51,82 | | Luís Lopes | | | | | 2s | | Setúbal | 29-04 | |
| 51,82 | | Romeu Gomes | Jr | | | | 9 | CNJ | Marinha Grande | 08-07 | |
| 51,84 | | Miguel Silva | Jv | Juv. Vidigalense | | 20-05-00 | 1 | | Fátima | 01-07 | |
| 51,86 | | José Mestre | Jr | | | | 1 | | Faro | 20-05 | |
| 51,87 | | Carlos Prino | S23 | | | | 1s | | Pombal | 25-04 | |
| 51,87 | | Tiago Vieira | S23 | UD Santiago Guarda | | 24-09-96 | 8 | CNU | Faro | 14-05 | |
| 51,88 | | Marco Ribeiro | S23 | | | | 2rB | Guarda | Guarda | 07-07 | |
| 51,90 | | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | Dec | ETC - 1 | Monzon - Esp | 01-07 | |
| 51,91 | i | Rui Matos | | | | | 2s | T. Port | Braga | 14-01 | |
| 51,91 | i | Sérgio Alves | S23 | | | | 18 | CN23 | Pombal | 25-02 | |
| 51,94 | | José Mestre | Jr | | | | 1 | | Faro | 17-06 | |
| 51,94 | | Tiago Boucela | | | | | Dec | ETC - 1 | Monzon - Esp | 01-07 | |
| 51,95 | i | Daniel Reis | S23 | | | | 4s | T. Port | Braga | 14-01 | |
| 51,95 | i | Daniel Reis | S23 | | | | 1s | CNCI-Ap | Braga | 21-01 | |
| 51,95 | i | David Sénica | S23 | | | | 19 | CN23 | Pombal | 25-02 | |
| 51,97 | i | Diogo Pinhão | Jr | | | | 8 | CNJ | Braga | 28-01 | |
| 51,97 | | Pedro Martins | S23 | | | | 1s | | Maia | 28-06 | |
| 51,98 | | Carlos Prino | S23 | | | | 2 | | Fátima | 22-04 | |
| 51,99 | | Tomás Batista | | | | | 1 | | Maia | 18-03 | |
| 52,00 | | Paulo Soares | Jv | | | | 1 | | Guarda | 17-12 | |
| 52,00 | | Nuno Graça | S23 | | | | 4 | CNCI-3 | Leiria | 22-07 | |
| 52,01 | | Diogo Oliveira | S23 | CA Seia | | 03-09-97 | 1 | Viseu | Viseu | 22-04 | |

Marcas duvidosas

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|--------------|-----|-----------------|-----|----------|----|-------|---------------|-------|-----|
| 50,32 | | João Melo | Jr | Juv. Ilha Verde | | 06-12-98 | 2 | | Ponta Delgada | 08-06 | |
| 50,91 | | João Janeiro | Jv | Juv. Ilha Verde | | 28-09-00 | 3 | | Ponta Delgada | 08-06 | |

800 m – 1.53,0 – 2.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|----------------|-----|-------------|-----|----------|-----|---------|-----------------|-------|------------|
| 1.49,10 | | Emanuel Rolim | | SL Benfica | | 03-01-93 | 3 | | Radom - Pol | 04-06 | 1.49,68-13 |
| 1.49,18 | | Emanuel Rolim | | | | | 2 | SLB | Lisboa - I | 17-06 | |
| 1.49,71 | | Sandy Martins | | Sporting CP | | 08-08-93 | 4 | Caceres | Plasencia - Esp | 28-06 | 1.47,74-14 |
| 1.49,94 | | Samuel Freire | | SL Benfica | CPV | 28-08-90 | 4 | SLB | Lisboa - I | 17-06 | 1.52,55-14 |
| 1.49,95 | | Miguel Moreira | | SL Benfica | | 04-02-91 | 5 | SLB | Lisboa - I | 17-06 | 1.47,96-14 |
| 1.49,99 | | Miguel Moreira | | | | | 3rB | | Kortrijk - Bel | 08-07 | |

| | | | | | | | | | | | |
|---------|---|-------------------|-----|------------------|--|----------|------|------------|------------------|-------|-------------|
| 1.50,00 | | João Fonseca | S23 | SL Benfica | | 30-03-96 | 6 | SLB | Lisboa - I | 17-06 | 1.49,95i-15 |
| 1.50,55 | | Sandy Martins | | | | | 6 | | Schiffange - Lux | 30-07 | |
| 1.50,68 | | Miguel Moreira | | | | | 7 | | Bilbau - Esp | 24-06 | |
| 1.50,84 | | Sandy Martins | | | | | 1 | | Torres Vedras | 18-06 | |
| 1.50,85 | | Bruno Silva | S23 | AR Luz e Vida | | 27-12-95 | 1 | | Maia | 25-06 | 1.53,31-16 |
| 1.50,92 | | Sandy Martins | | | | | 9rB | Ibero | Huelva - Esp | 14-06 | |
| 1.51,03 | i | Miguel Moreira | | | | | 4 | | Gotemburgo - Sue | 02-02 | |
| 1.51,14 | i | Sandy Martins | | | | | 5rB | | Madrid - Esp | 24-02 | |
| 1.51,25 | i | João Fonseca | S23 | | | | 1 | Pombal | Pombal | 04-02 | |
| 1.51,25 | | António Moura | Jr | Sporting CP | | 15-04-99 | 5 | Caceres | Plasencia - Esp | 28-06 | 1.53,74-16 |
| 1.51,35 | | João Fonseca | S23 | | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 1.51,37 | | Miguel Moreira | | | | | 11rB | Ibero | Huelva - Esp | 14-06 | |
| 1.51,79 | | Miguel Moreira | | | | | 9s | IFAM | Oordegem - Bel | 27-05 | |
| 1.51,97 | | Bruno Silva | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 1.51,97 | | Sandy Martins | | | | | 2 | Avila | Avila - Esp | 15-07 | |
| 1.51,98 | | António Rodrigues | | Sporting CP | | 25-09-88 | 9 | Caceres | Plasencia - Esp | 28-06 | 1.49,52-11 |
| 1.51,99 | | Diogo Pinhão | Jr | SL Benfica | | 04-04-98 | 2 | | Marinha Grande | 20-05 | 1.52,64-16 |
| 1.52,07 | | Miguel Moreira | | | | | 1 | V. Tavares | Faro | 13-05 | |
| 1.52,08 | | José Barbosa | Jr | ADRE Palhaça | | 09-09-98 | 4 | | Thun - Sui | 21-06 | 1.52,32-16 |
| 1.52,33 | | Luís Monteiro | Jr | SL Benfica | | 13-05-98 | 2 | V. Tavares | Faro | 13-05 | 1.55,15-16 |
| 1.52,34 | | Samuel Freire | | CPV | | | 3 | F. Alves | Marinha Grande | 20-05 | |
| 1.52,42 | | António Moura | Jr | | | | 2 | | Torres Vedras | 18-06 | |
| 1.52,45 | | Emanuel Rolim | | | | | 10 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 1.52,66 | | José Barbosa | Jr | | | | 5s | IFAM | Oordegem - Bel | 27-05 | |
| 1.52,68 | | Luís Monteiro | Jr | | | | 3 | | Torres Vedras | 18-06 | |
| 1.52,75 | | Wilson Conniot | | ACD Jardim Serra | | 05-11-93 | 1rB | SLB | Lisboa - I | 17-06 | 1.53,51-15 |
| 1.52,78 | i | João Fonseca | S23 | | | | 1 | | Pombal | 14-01 | |
| 1.53,04 | i | Miguel Moreira | | | | | 2 | | Pombal | 14-01 | |
| 1.53,05 | i | Guilherme Pinto | | Sporting CP | | 10-02-94 | 2 | Pombal | Pombal | 04-02 | 1.50,45-12 |
| 1.53,09 | | Nuno Pereira | Jv | GD Estreito | | 27-11-00 | 1 | | Ribeira Brava | 16-07 | |
| 1.53,17 | | José Barbosa | Jr | | | | 6 | | Zofingen - Sui | 03-06 | |
| 1.53,24 | | Luís Monteiro | Jr | | | | 7 | SLB | Lisboa - I | 17-06 | |
| 1.53,27 | | Diogo Pinhão | Jr | | | | 1 | | Lisboa - I | 16-07 | |
| 1.53,29 | i | António Moura | Jr | | | | 3 | Pombal | Pombal | 04-02 | |
| 1.53,33 | | João Fonseca | S23 | | | | 2 | CN23 | Pombal | 02-07 | |
| 1.53,38 | | António Rodrigues | | | | | 1 | Guarda | Guarda | 07-07 | |
| 1.53,39 | | Marcelo Pereira | Jv | NA Taipas | | 27-05-00 | 1 | | Maia | 07-05 | |
| 1.53,47 | | Marcelo Pereira | Jv | | | | 1 | Go Fit | Avila - Esp | 01-07 | |
| 1.53,48 | | Tomas Silva | Jr | Grecas | | 20-09-98 | 1 | | Luso | 07-05 | 1.56,21-16 |
| 1.53,55 | i | Sandy Martins | | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 1.53,62 | i | Miguel Moreira | | | | | 2 | CNCI-1 | Pombal | 19-02 | |
| 1.53,62 | | José Carlos Pinto | S23 | SL Benfica | | 03-05-97 | 4 | F. Alves | Marinha Grande | 20-05 | |
| 1.53,62 | | António Rodrigues | | | | | 1 | | Lousada | 04-06 | |
| 1.53,63 | i | Miguel Moreira | | | | | 6rB | | Gent - Bel | 11-02 | |
| 1.53,63 | i | João Fonseca | S23 | | | | 1 | CN23 | Pombal | 26-02 | |
| 1.53,63 | | Luís Monteiro | Jr | | | | 2 | | Lisboa - I | 16-07 | |
| 1.53,65 | | Isaac Nader | Jr | SL Benfica | | 17-08-99 | 3 | V. Tavares | Faro | 13-05 | |
| 1.53,65 | | Sandy Martins | | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 1.53,67 | | Jorge Batista | | ADRE Palhaça | | 06-06-91 | 2 | | Luso | 07-05 | 1.50,91i-11 |
| 1.53,68 | | Marcelo Pereira | Jv | | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 1.53,77 | | Pedro Oliveira | Jr | SL Benfica | | 30-11-98 | 4 | V. Tavares | Faro | 13-05 | |
| 1.53,77 | | Luís Monteiro | Jr | | | | 10 | Caceres | Plasencia - Esp | 28-06 | |
| 1.53,78 | | Hugo Ganchas | S23 | SL Benfica | | 05-07-96 | 2rB | SLB | Lisboa - I | 17-06 | 1.53,93-16 |
| 1.53,79 | | Pedro Oliveira | Jr | | | | 5 | F. Alves | Marinha Grande | 20-05 | |
| 1.53,80 | | Paulo Rosário | | Sporting CP | | 21-04-94 | 1ex | C. Norte | Maia | 16-07 | 1.49,61-16 |
| 1.53,82 | i | Sandy Martins | | | | | 1 | C. Port | Pombal | 12-02 | |
| 1.53,84 | | Gonçalo Casimiro | S23 | Fundação CEBI | | 24-03-95 | 6 | F. Alves | Marinha Grande | 20-05 | 1.55,75-16 |
| 1.53,85 | | João Fonseca | S23 | | | | 11 | Caceres | Plasencia - Esp | 28-06 | |
| 1.53,85 | | João Delgado | | CA Seia | | 08-01-90 | 2 | Guarda | Guarda | 07-07 | 1.51,76-13 |
| 1.53,91 | | Duarte Vidais | Jr | SL Benfica | | 17-08-98 | 5 | V. Tavares | Faro | 13-05 | 1.58,19i-15 |
| 1.53,91 | | Gonçalo Casimiro | S23 | | | | 1 | | Lisboa - I | 25-06 | |
| 1.53,93 | | António Moura | Jr | | | | 5rB | | Schiffange - Lux | 30-07 | |
| 1.54,02 | i | Emanuel Rolim | | | | | 2 | C. Port | Pombal | 12-02 | |

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| 1.54,06 | i | António Moura | Jr | | | | 2 | CN23 | Pombal | 26-02 | |
| 1.54,15 | | Gonçalo Casimiro | S23 | | | | 3rB | SLB | Lisboa - I | 17-06 | |
| 1.54,25 | | Nuno Lopes | | CA Seia | | 11-08-87 | 3 | Guarda | Guarda | 07-07 | 1.53,69-15 |
| 1.54,25 | | Gonçalo Casimiro | S23 | | | | 3 | | Lisboa - I | 16-07 | |
| 1.54,30 | | Sérgio Teixeira | | Maia AC | | 24-02-94 | 2 | | Maia | 07-05 | 1.55,64-12 |
| 1.54,30 | | José Carlos Pinto | S23 | | | | 6 | V. Tavares | Faro | 13-05 | |
| 1.54,31 | i | João Bernardo | | Juv. Vidigalense | | 06-09-93 | 3 | CNCI-1 | Pombal | 19-02 | 1.53,93-16 |
| 1.54,34 | | João Cruz | | Maia AC | | 12-04-94 | 1 | C. Norte | Maia | 16-07 | 1.52,88-15 |
| 1.54,35 | | Luis Monteiro | Jr | | | | 2 | | Lisboa - I | 25-06 | |
| 1.54,36 | | Wilson Conniot | | | | | 3ex | C. Norte | Maia | 16-07 | |
| 1.54,41 | | Jorge Batista | | | | | 7 | V. Tavares | Faro | 13-05 | |
| 1.54,46 | | António Moura | Jr | | | | 2 | CNJ | Marinha Grande | 09-07 | |
| 1.54,49 | | José Carlos Pinto | S23 | | | | 4rB | SLB | Lisboa - I | 17-06 | |
| 1.54,51 | | Isaac Nader | Jr | | | | 4 | CM Esc | Nancy - Fra | 26-06 | |
| 1.54,51 | | Mário Mendes | | SL Benfica | | 28-07-88 | 4 | | Lisboa - I | 16-07 | 1.50,58-12 |
| 1.54,53 | i | João Fonseca | S23 | | | | 3 | C. Port | Pombal | 12-02 | |
| 1.54,55 | | Jorge Pereira | Jv | C Bf. Paredes | | 09-10-01 | 3 | | Maia | 07-05 | |
| 1.54,55 | | Wilson Conniot | | | | | 1rB | Caceres | Plasencia - Esp | 28-06 | |
| 1.54,56 | | Pedro Martins | S23 | CDC Navais | | 28-06-96 | 2 | | Maia | 25-06 | 1.53,90-14 |
| 1.54,61 | | Pedro Martins | S23 | | | | 2 | | Orense - Esp | 13-05 | |
| 1.54,61 | | Miguel Moreira | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 1.54,67 | i | Tomás Silva | Jr | | | | 3 | CN23 | Pombal | 26-02 | |
| 1.54,70 | | Pedro Silva | S23 | AC Póvoa Varzim | | 28-02-96 | 1s | CNCI-Ap | Guimarães | 28-05 | 1.55,33-16 |
| 1.54,77 | | Tiago Freire | | Juv. Vidigalense | | 02-02-94 | 2 | CNCI-1 | Leiria | 23-07 | 1.51,47-15 |
| 1.54,79 | | Pedro Oliveira | Jr | | | | 5rB | SLB | Lisboa - I | 17-06 | |
| 1.54,79 | | Pedro Silva | S23 | | | | 2 | C. Norte | Maia | 16-07 | |
| 1.54,81 | | Rui Matos | | CCSJ. Madeira | | 09-09-92 | 1 | | Vagos | 29-07 | 1.54,41-16 |
| 1.54,87 | | Filipe Magalhães | Jr | UD Varzea | | 05-01-99 | 4 | | Maia | 07-05 | 1.53,98-16 |
| 1.54,87 | | Pedro Martins | S23 | | | | 3 | C. Norte | Maia | 16-07 | |
| 1.54,89 | | Wilson Conniot | | | | | 1ex | | Marinha Grande | 04-06 | |
| 1.54,89 | | Sandy Martins | | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 1.54,90 | | José Carlos Pinto | S23 | | | | 3 | CN23 | Pombal | 02-07 | |
| 1.54,92 | | Duarte Vidais | Jr | | | | 6rB | SLB | Lisboa - I | 17-06 | |
| 1.54,92 | | Tomas Silva | Jr | | | | 4 | CN23 | Pombal | 02-07 | |
| 1.54,93 | | Cesar Soares | Jr | CN Rio Maior | | 08-03-98 | 1 | | Rio Maior | 10-06 | 1.56,91-15 |
| 1.54,93 | | Rui Matos | | | | | 3 | | Maia | 25-06 | |
| 1.54,95 | i | João Delgado | | | | | 3 | | Pombal | 14-01 | |
| 1.54,95 | i | João Bernardo | | | | | 4 | C. Port | Pombal | 12-02 | |
| 1.54,98 | i | Nuno Lopes | | | | | 4 | CNCI-1 | Pombal | 19-02 | |
| 1.54,99 | | João Delgado | | | | | 12 | Caceres | Plasencia - Esp | 28-06 | |
| 1.54,99 | | António Moura | Jr | | | | 5 | CN23 | Pombal | 02-07 | |
| 1.55,08 | | Luis Monteiro | Jr | | | | 1 | | Torres Vedras | 29-04 | |
| 1.55,11 | | João Cruz | | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 1.55,12 | | Humberto Francês | | Maratona CP | | 31-08-94 | 1 | | Lisboa - MP | 05-02 | 1.55,7-15 |
| 1.55,13 | | Pedro Silva | S23 | | | | 5 | | Maia | 07-05 | |
| 1.55,14 | i | Francisco Rodrigues | S23 | SC Braga | | 24-05-95 | 5 | CNCI-1 | Pombal | 19-02 | 1.52,37-16 |
| 1.55,15 | i | Diogo Pinhão | Jr | | | | 4 | CN23 | Pombal | 26-02 | |
| 1.55,17 | i | Bruno Silva | S23 | | | | 4 | Pombal | Pombal | 04-02 | |
| 1.55,18 | | Pedro Martins | S23 | | | | 6 | CN23 | Pombal | 02-07 | |
| 1.55,26 | i | Wilson Conniot | | | | | 6 | CNCI-1 | Pombal | 19-02 | |
| 1.55,26 | | Pedro Oliveira | Jr | | | | 2 | | Torres Vedras | 29-04 | |
| 1.55,29 | | Duarte Vidais | Jr | | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 1.55,29 | | Nuno Pereira | Jv | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 1.55,33 | | Luis Monteiro | Jr | | | | 1 | | Lisboa - MP | 19-02 | |
| 1.55,33 | | Ruben Sousa | Jr | Sporting CP | | 29-09-99 | 7 | CN23 | Pombal | 02-07 | |
| 1.55,34 | | José Barbosa | Jr | | | | 9 | | Langenthal - Sui | 03-06 | |
| 1.55,35 | | João Delgado | | | | | 8 | Avila | Avila - Esp | 15-07 | |
| 1.55,36 | i | Pedro Oliveira | Jr | | | | 5 | CN23 | Pombal | 26-02 | |
| 1.55,37 | | Miguel Moreira | | | | | 1 | C. Port | Vagos | 11-06 | |
| 1.55,37 | | Tomas Silva | Jr | | | | 4 | CNJ | Marinha Grande | 09-07 | |
| 1.55,41 | i | Wilson Conniot | | | | | 4 | | Pombal | 14-01 | |
| 1.55,42 | | Tomas Silva | Jr | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 1.55,43 | | Paulo Pinheiro | | Sporting CP | | 09-07-89 | 1 | | Torres Vedras | 02-07 | 1.53,04-10 |

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| 1.55,44 | | António Moura | Jr | | | | 6h | CE Jr | Gosseto - Ita | 21-07 | |
| 1.55,46 | i | Wilson Conniot | | | | | 1 | CNU | Pombal | 05-03 | |
| 1.55,47 | i | Miguel Moreira | | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 1.55,49 | | João Bernardo | | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 1.55,51 | i | Samuel Freire | | | CPV | | 5 | | Pombal | 14-01 | |
| 1.55,51 | | João Peixoto | Jv | SC Braga | | 15-09-01 | 6 | FOJE | Gyor - Hun | 29-07 | |
| 1.55,53 | | Mário Mendes | | | | | 7rB | SLB | Lisboa - I | 17-06 | |
| 1.55,54 | i | Wilson Conniot | | | | | 5 | Pombal | Pombal | 04-02 | |
| 1.55,59 | i | Sandy Martins | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 1.55,61 | | Duarte Vidais | Jr | | | | 8 | CN23 | Pombal | 02-07 | |
| 1.55,63 | | Nuno Pereira | Jv | | | | 5 | CNJ | Marinha Grande | 09-07 | |
| 1.55,63 | | Wilson Conniot | | | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 1.55,64 | | Nuno Pereira | Jv | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 1.55,65 | | Cristian Rosa | S23 | CN Rio Maior | | 16-04-95 | 9 | CN23 | Pombal | 02-07 | |
| 1.55,70 | | Isaac Nader | Jr | | | | 10 | CN23 | Pombal | 02-07 | |
| 1.55,71 | i | Sérgio Teixeira | | | | | 1s | Pombal | Pombal | 04-02 | |
| 1.55,72 | | Filipe Magalhães | Jr | | | | 1 | | Braga | 20-05 | |
| 1.55,74 | | José Barbosa | Jr | | | | 1 | | Lausana - Sui | 03-09 | |
| 1.55,76 | i | Rodrigo Almeida | Jr | Gira Sol | | 02-01-98 | 7 | CNCI-1 | Pombal | 19-02 | |
| 1.55,77 | i | Hugo Rocha | S23 | SL Benfica | | 27-06-97 | 6 | CN23 | Pombal | 26-02 | 1.52,93-16 |
| 1.55,78 | | Duarte Vidais | Jr | | | | 7 | F. Alves | Marinha Grande | 20-05 | |
| 1.55,79 | | Sérgio Teixeira | | | | | 4 | C. Norte | Maia | 16-07 | |
| 1.55,80 | i | Bruno Silva | S23 | | | | 7 | CN23 | Pombal | 26-02 | |
| 1.55,81 | i | José Spencer Fortes | | ACR Sra. Desterro | | 04-12-92 | 8 | CNCI-1 | Pombal | 19-02 | 1.54,81-14 |
| 1.55,86 | | Sérgio Teixeira | | | | | 1 | | Maia | 20-05 | |
| 1.55,86 | | Etson Barros | Jv | CO Pechão | | 16-03-01 | 6 | CNJ | Marinha Grande | 09-07 | |
| 1.55,87 | i | Rodrigo Almeida | Jr | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 1.55,87 | i | Tiago Freire | | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 1.55,92 | | António Cunha | Jr | CPTS Ceira | | 07-04-98 | 4s | CNCI-Ap | Fátima | 28-05 | |
| 1.55,93 | i | António Moura | Jr | | | | 5 | C. Port | Pombal | 12-02 | |
| 1.55,94 | | João Delgado | | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 1.55,95 | | Romeu Gomes | Jr | CCSJ. Madeira | | 05-09-98 | 4 | | Maia | 25-06 | |
| 1.55,96 | | Pedro Vilas Boas | Jv | SC Braga | | 02-04-01 | 3s | CNCI-Ap | Guimarães | 28-05 | |
| 1.55,97 | | Luís Monteiro | Jr | | | | 11 | CN23 | Pombal | 02-07 | |
| 1.56,00 | | António Rodrigues | | | | | 2 | C. Port | Vagos | 11-06 | |
| 1.56,01 | | Cristian Rosa | S23 | | | | 2 | | Rio Maior | 10-06 | |
| 1.56,04 | | João Peixoto | Jv | | | | 2h | FOJE | Gyor - Hun | 28-07 | |
| 1.56,05 | | Filipe Magalhães | Jv | | | | 2 | | Lousada | 04-06 | |
| 1.56,06 | | João Fonseca | S23 | | | | 3 | C. Port | Vagos | 11-06 | |
| 1.56,09 | i | João Delgado | | | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 1.56,10 | | Duarte Vidais | Jr | | | | 2 | | Lisboa - MP | 19-02 | |
| 1.56,10 | i | Francisco Rodrigues | S23 | | | | 5 | C. Norte | Maia | 16-07 | |
| 1.56,17 | | Luís Monteiro | Jr | | | | 4 | C. Port | Vagos | 11-06 | |
| 1.56,17 | | António Cunha | Jr | | | | 7 | CNJ | Marinha Grande | 09-07 | |
| 1.56,18 | | Sandy Martins | | | | | 5 | C. Port | Vagos | 11-06 | |
| 1.56,18 | | João Lopes | Jr | SC Braga | | 24-10-98 | 12 | CN23 | Pombal | 02-07 | 1.56,96-16 |
| 1.56,20 | | Pedro Silva | S23 | | | | 13 | CN23 | Pombal | 02-07 | |
| 1.56,32 | | Marcelo Pereira | Jv | | | | 1 | | Maia | 11-06 | |
| 1.56,32 | | Diogo Baptista | Jr | NucleOeiras | | 14-09-98 | 5 | | Lisboa - I | 16-07 | |
| 1.56,33 | | Nuno Pereira | Jv | | | | 1 | | Ribeira Brava | 06-05 | |
| 1.56,39 | i | Rui Matos | | | | | 6 | C. Port | Pombal | 12-02 | |
| 1.56,39 | | Tomas Silva | Jr | | | | 2 | | Maia | 20-05 | |
| 1.56,40 | i | Pedro Martins | S23 | | | | 6 | Pombal | Pombal | 04-02 | |
| 1.56,40 | | Claussandro Moreira | Jr | JOMA | CPV | 30-06-98 | 3 | | Lisboa - I | 25-06 | |
| 1.56,41 | | Marcelo Pereira | Jv | | | | 1 | CNJv | Abrantes | 25-06 | |
| 1.56,44 | i | Pedro Silva | S23 | | | | 8 | CN23 | Pombal | 26-02 | |
| 1.56,45 | | António Cunha | Jr | | | | 1ex | | Vagos | 16-07 | |
| 1.56,48 | | Nuno Pereira | Jv | | | | 2 | CNJv | Abrantes | 25-06 | |
| 1.56,51 | i | Filipe Magalhães | Jv | | | | 1 | | Braga | 03-12 | |
| 1.56,54 | | Tiago Vieira | S23 | UD Santiago Guarda | | 24-09-96 | 8 | F. Alves | Marinha Grande | 20-05 | 1.55,41-15 |
| 1.56,55 | | Rodrigo Almeida | Jr | | | | 6s | CNCI-Ap | Fátima | 28-05 | |
| 1.56,57 | | Ricardo Paixão | | GA Fátima | | 01-04-86 | 7s | CNCI-Ap | Fátima | 28-05 | 1.50,07-12 |

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|---------|---|---------------------|-----|-----------------|-----|----------|-------------|----------------|-------------------|-------|------------|
| 1.56,58 | i | Samuel Freire | | | CPV | 7s | Pombal | Pombal | 04-02 | | |
| 1.56,60 | | Filipe Magalhães | Jv | | | 14 | CN23 | Pombal | 02-07 | | |
| 1.56,63 | | Rui Matos | | | | 8s | CNCI-Ap | Fátima | 28-05 | | |
| 1.56,64 | i | Rodrigo Almeida | Jr | | | 9 | CN23 | Pombal | 26-02 | | |
| 1.56,64 | | Pedro Martins | S23 | | | 4 | Guarda | Guarda | 07-07 | | |
| 1.56,65 | | Hugo Gil | S23 | Ingleses FC | | 25-06-97 | 13 | Caceres | Plasencia - Esp | 28-06 | 1.50,48-15 |
| 1.56,68 | | Filipe Magalhães | Jv | | | 1 | C. Norte Jr | Braga | 18-06 | | |
| 1.56,68 | | José Barbosa | Jr | | | 8 | CNJ | Marinha Grande | 09-07 | | |
| 1.56,69 | | João Lopes | Jr | | | 6 | CNCI-1 | Leiria | 23-07 | | |
| 1.56,70 | | Etson Barros | Jv | | | 8 | V. Tavares | Faro | 13-05 | | |
| 1.56,71 | i | António Moura | Jr | | | 1 | CNJ | Braga | 29-01 | | |
| 1.56,71 | | Tomas Silva | Jr | | | 1 | | Vagos | 16-07 | | |
| 1.56,72 | | Tiago Vieira | S23 | | | 15 | CN23 | Pombal | 02-07 | | |
| 1.56,74 | | Wilson Conniot | | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | | |
| 1.56,76 | | Cesar Soares | Jr | | | 9 | CNJ | Marinha Grande | 09-07 | | |
| 1.56,76 | | Rodrigo Serra | S23 | Individual - Lx | | 08-04-96 | 6 | | Lisboa - I | 16-07 | |
| 1.56,78 | | Claussandro Moreira | Jr | | CPV | 3 | | Torres Vedras | 18-06 | | |
| 1.56,80 | | Miguel Mascarenhas | Jr | SL Benfica | | 25-07-98 | 3 | | Lisboa - MP | 19-02 | 1.55,67-16 |
| 1.56,83 | | Tomas Silva | Jr | | | 1 | | Aveiro | 14-05 | | |
| 1.56,85 | | Isaac Nader | Jr | | | 6 | C. Port | Vagos | 11-06 | | |
| 1.56,88 | | Daniel Silva | | CCSJ. Madeira | | 03-07-93 | 5 | | Maia | 25-06 | |
| 1.56,89 | i | Tomás Silva | Jr | | | 2 | CNJ | Braga | 29-01 | | |
| 1.56,92 | | Alejandro Pereira | Jv | Espanha | | 04-11-00 | 7s | | S. Fernando - Esp | 03-06 | 1.57,14-16 |
| 1.56,93 | | João Cruz | | | | 1 | CNCI-2 | Leiria | 23-07 | | |
| 1.56,95 | i | Pedro Martins | S23 | | | 10 | CN23 | Pombal | 26-02 | | |
| 1.56,95 | | Sandro Baessa | Jr | CF Oliv. Douro | CPV | 29-03-99 | 2 | | Braga | 20-05 | |
| 1.56,95 | | Jorge Batista | | | | 8 | C. Port | Vagos | 11-06 | | |
| 1.56,95 | | Nuno Graça | S23 | JOMA | | 15-10-96 | 4 | | Lisboa - I | 25-06 | |
| 1.56,99 | | Gonçalo Casimiro | S23 | | | 16 | CN23 | Pombal | 02-07 | | |
| 1.57,00 | | Pedro Oliveira | Jr | | | 10 | CNJ | Marinha Grande | 09-07 | | |
| 1.57,01 | | Edwin Nunes | | ADR Água Pena | | 01-05-89 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 1.57,01 | | João Peixoto | Jv | | | 11 | CNJ | Marinha Grande | 09-07 | | |
| 1.57,02 | i | Tiago Vieira | S23 | | | 2 | CNU | Pombal | 05-03 | | |
| 1.57,03 | | José Spencer Fortes | | | | 7 | CNCI-1 | Leiria | 23-07 | | |
| 1.57,04 | | Bruno Silva | S23 | | | 8 | C. Port | Vagos | 11-06 | | |
| 1.57,04 | | Sandro Baessa | Jr | | CPV | 2 | C. Norte Jr | Braga | 18-06 | | |
| 1.57,08 | i | Luís Monteiro | Jr | | | 11 | CN23 | Pombal | 26-02 | | |
| 1.57,11 | i | João Delgado | | | | 8s | Pombal | Pombal | 04-02 | | |
| 1.57,12 | i | Luís Monteiro | Jr | | | 3 | CNJ | Braga | 29-01 | | |
| 1.57,12 | i | António Cunha | Jr | | | 12 | CN23 | Pombal | 26-02 | | |
| 1.57,16 | | Pedro Silva | S23 | | | 1 | CNCI-3 | Leiria | 23-07 | | |
| 1.57,21 | i | João Lopes | Jr | | | 3 | CNU | Pombal | 05-03 | | |
| 1.57,22 | | João Lopes | Jr | | | 6 | C. Norte | Maia | 16-07 | | |
| 1.57,23 | i | Bruno Silva | S23 | | | 1 | T. Natal | Braga | 22-12 | | |
| 1.57,23 | | Nuno Graça | S23 | | | 17 | CN23 | Pombal | 02-07 | | |
| 1.57,26 | | Rodrigo Serra | S23 | | | 2 | | Torres Vedras | 02-07 | | |
| 1.57,27 | | Tomas Silva | Jr | | | 2 | CNCI-2 | Leiria | 23-07 | | |
| 1.57,28 | | Cristian Rosa | S23 | | | 7ex | | Lisboa - I | 16-07 | | |
| 1.57,32 | | Ruben Sousa | Jr | | | 3 | | Lousada | 04-06 | | |
| 1.57,51 | i | Pedro Silva | S23 | | | 1 | C. Norte | Braga | 08-01 | | |
| 1.57,54 | | João Peixoto | Jv | | | 3 | CNjv | Abrantes | 25-06 | | |
| 1.57,55 | i | Bruno Silva | S23 | | | 2 | C. Norte | Braga | 08-01 | | |
| 1.57,57 | | Cristiano Silva | | C Bf. Faro | | 10-05-85 | 9 | V. Tavares | Faro | 13-05 | 1.51,99-12 |
| 1.57,57 | i | Jorge Batista | | | | 3s | CNCI-Ap | Fátima | 28-05 | | |
| 1.57,59 | | Pedro Varela | S23 | JOMA | | 10-09-96 | 5 | | Torres Vedras | 18-06 | |
| 1.57,60 | i | João Delgado | | | | 7 | C. Port | Pombal | 12-02 | | |
| 1.57,60 | i | Tiago Vieira | S23 | | | 13 | CN23 | Pombal | 26-02 | | |
| 1.57,61 | | Rui Matos | | | | 1 | | Vagos | 09-07 | | |
| 1.57,63 | | Pedro Martins | S23 | | | 4s | CNCI-Ap | Guimarães | 28-05 | | |
| 1.57,64 | | Gonçalo Casimiro | S23 | | | 9 | C. Port | Vagos | 11-06 | | |
| 1.57,64 | | Ricardo Paixão | | | | 9 | C. Port | Vagos | 11-06 | | |
| 1.57,64 | | Rui Matos | | | | 2 | | Vagos | 16-07 | | |

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|---------|---|---------------------|-----|-------------------|-----|----------|----------|-----------------|-----------------|-------|-------------|
| 1.57,67 | | Jorge Pereira | Jv | | | 4 | CNjv | Abrantes | 25-06 | | |
| 1.57,69 | | João Peixoto | Jv | | | 1 | | Arcos Valdevez | 29-04 | | |
| 1.57,73 | | José Carlos Pinto | S23 | | | 11 | C. Port | Vagos | 11-06 | | |
| 1.57,73 | | Tiago Horta | | Sporting CP | | 10-06-94 | 14 | Caceres | Plasencia - Esp | 28-06 | |
| 1.57,74 | | Cristian Rosa | S23 | | | 1 | | Abrantes | 21-05 | | |
| 1.57,75 | | Claussandro Moreira | Jr | | CPV | 7 | | Lisboa - I | 16-07 | | |
| 1.57,76 | i | Cristian Rosa | S23 | | | 14 | CN23 | Pombal | 26-02 | | |
| 1.57,77 | | Rodrigo Serra | S23 | | | 2 | | Lisboa - MP | 05-02 | | |
| 1.57,77 | | João Lopes | Jr | | | 12 | CNJ | Marinha Grande | 09-07 | | |
| 1.57,79 | i | Pedro Silva | S23 | | | 1 | CNCI-Ap | Braga | 21-01 | | |
| 1.57,82 | i | Celso Pinto | | Individual - Lx | | 22-10-84 | 8 | C. Port | Pombal | 12-02 | 1.52,00-08 |
| 1.57,82 | | Pedro Vilas Boas | Jv | | | 3 | | Braga | 20-05 | | |
| 1.57,85 | | Luís Monteiro | Jr | | | 13 | CNJ | Marinha Grande | 09-07 | | |
| 1.57,89 | | António Moura | Jr | | | 12 | C. Port | Vagos | 11-06 | | |
| 1.57,89 | | Cesar Soares | Jr | | | 2 | CNCI-3 | Leiria | 23-07 | | |
| 1.57,92 | i | Rui Matos | | | | 2s | Pombal | Pombal | 04-02 | | |
| 1.57,93 | i | Duarte Vidais | Jr | | | 4 | CNJ | Braga | 29-01 | | |
| 1.57,99 | | João Lopes | Jr | | | 5 | | Orense - Esp | 13-05 | | |
| 1.58,02 | | Nuno Pereira | Jv | | | 1 | | Ribeira Brava | 15-01 | | |
| 1.58,02 | i | Jorge Batista | | | | 3s | Pombal | Pombal | 04-02 | | |
| 1.58,02 | | Martim Monteiro | Jv | C Bf. Algueirão | | 03-09-00 | 8 | | Lisboa - I | 16-07 | |
| 1.58,05 | | Vasco Rosa | | NS Torres Novas | | 29-12-93 | 9 | F. Alves | Marinha Grande | 20-05 | |
| 1.58,05 | | João Delgado | | | | 8 | CNCI-1 | Leiria | 23-07 | | |
| 1.58,08 | | Hugo Ganchas | S23 | | | 1 | | Lisboa - MP | 17-05 | | |
| 1.58,08 | | João Ferreira | Jr | AC Vermoil | | 28-09-99 | 9rB | Caceres | Plasencia - Esp | 28-06 | |
| 1.58,11 | i | Tomás Silva | Jr | | | 2 | CNCI-Ap | Pombal | 21-01 | | |
| 1.58,11 | | Claussandro Moreira | Jr | | CPV | 14 | CNJ | Marinha Grande | 09-07 | | |
| 1.58,12 | i | Marcelo Pereira | Jv | | | 1 | CNJv | Pombal | 05-02 | | |
| 1.58,15 | i | Wilson Conniot | | | | 2 | CNCI-Ap | Braga | 21-01 | | |
| 1.58,18 | | Bruno Moniz | | ADR Água Pena | | 08-10-91 | 1 | | Ribeira Brava | 13-05 | 1.52,66-15 |
| 1.58,20 | | Hugo Ganchas | S23 | | | 18 | CN23 | Pombal | 02-07 | | |
| 1.58,21 | | Alejandro Pereira | Jv | | | 4 | | Carmona - Esp | 27-05 | | |
| 1.58,21 | | Cristiano Silva | | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | | |
| 1.58,21 | | José Spencer Fortes | | | | 9s | CNCI-Ap | Fátima | 28-05 | | |
| 1.58,22 | | Daniel Silva | | | | 4 | | Braga | 20-05 | | |
| 1.58,23 | i | Carlos Rodrigues | | CSRDC Santiago | | 10-03-93 | 3 | C. Norte | Braga | 08-01 | 1.52,91-16 |
| 1.58,28 | | Hugo Ganchas | S23 | | | 13 | C. Port | Vagos | 11-06 | | |
| 1.58,29 | | Claussandro Moreira | Jr | | CPV | 3 | CNCI-3 | Leiria | 23-07 | | |
| 1.58,30 | | Tomas Silva | Jr | | | 1 | | Vagos | 08-01 | | |
| 1.58,30 | | Cesar Soares | Jr | | | 2 | | Abrantes | 21-05 | | |
| 1.58,34 | i | Ricardo Paixão | | | | 5 | CNCI-Ap | Pombal | 22-01 | | |
| 1.58,34 | | Marco Tavares | | ACR Sra. Desterro | | 01-08-92 | 1 | | Sobreda | 06-05 | 1.55,51-15 |
| 1.58,36 | | Bruno Moniz | | | | 1 | | Ribeira Brava | 07-01 | | |
| 1.58,36 | | André Oliveira | S23 | Maratona CP | | 06-06-97 | 6 | | Torres Vedras | 18-06 | 1.56,75-15 |
| 1.58,39 | | Paulino Caroné | S23 | AA Pinhalvovense | | 11-10-96 | 2 | | Sobreda | 06-05 | |
| 1.58,42 | i | Diogo Pinhão | Jr | | | 6 | | Pombal | 14-01 | | |
| 1.58,44 | | Rui Matos | | | | 3 | CNCI-2 | Leiria | 23-07 | | |
| 1.58,45 | i | Romeu Gomes | Jr | | | 15 | CN23 | Pombal | 26-02 | | |
| 1.58,46 | i | Nuno Pereira | Jv | | | 2 | CNJv | Pombal | 05-02 | | |
| 1.58,48 | | Cesar Soares | Jr | | | 1s | CNCI-Ap | Fátima | 28-05 | | |
| 1.58,48 | | Duarte Vidais | Jr | | | 14 | C. Port | Vagos | 11-06 | | |
| 1.58,50 | | Ruben Sousa | Jr | | | 6 | | Maia | 07-05 | | |
| 1.58,52 | | João Delgado | | | | 15 | C. Port | Vagos | 11-06 | | |
| 1.58,55 | | Isaias Gomes | | CF Belenenses | CPV | 21-11-94 | 3s | CNCI-Ap | Vendas Novas | 28-05 | |
| 1.58,56 | | João Ferreira | Jr | | | 15 | CNJ | Marinha Grande | 09-07 | | |
| 1.58,57 | i | Pedro Oliveira | Jr | | | 19 | CN23 | Pombal | 02-07 | | |
| 1.58,61 | | Ruben Faria | Jv | UD Varzea | | 02-11-00 | 5 | | Braga | 20-05 | |
| 1.58,62 | i | Francisco Rodrigues | S23 | | | 4 | C. Norte | Braga | 08-01 | | |
| 1.58,70 | i | Pedro Vilas Boas | Jv | | | 3 | CNJv | Pombal | 05-02 | | |
| 1.58,71 | i | Alejandro Pereira | Jv | | | 8s | | Antequera - Esp | 18-02 | | |
| 1.58,72 | i | Rodrigo Almeida | Jr | | | 5 | CNJ | Braga | 29-01 | | |
| 1.58,8 | | Gil Machado | | Grã Bretanha | | 25-02-89 | 1rB | | Londres - Gbr | 17-06 | 1.54,95i-16 |

| | | | | | | | | | | | |
|---------|---|---------------------|-----|------------------|-----|----------|-----|---------------|-----------------|-------|------------|
| 1.58,80 | | Wilson Conniot | | | | 2 | | Ribeira Brava | 07-01 | | |
| 1.58,82 | | Etson Barros | Jv | | | 1 | | Lagoa | 18-06 | | |
| 1.58,84 | | Miguel Silva | Jv | Juv. Vidigalense | | 20-05-00 | 5 | CNjv | Abrantes | 25-06 | |
| 1.58,87 | i | Jorge Batista | | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 1.58,90 | | Edwin Nunes | | | | | 5 | CNCI-2 | Leiria | 23-07 | |
| 1.58,90 | | Rodrigo Almeida | Jr | | | | 4 | CNCI-2 | Leiria | 23-07 | |
| 1.58,91 | | Romeu Gomes | Jr | | | | 2 | | Vagos | 29-07 | |
| 1.58,96 | | Isaac Nader | Jr | | | | 1 | | Quarteira | 04-06 | |
| 1.59,00 | | Vasco Rosa | | | | | 3 | | Torres Vedras | 02-07 | |
| 1.59,01 | | Alejandro Pereira | Jv | | | | 1s | | Huelva - Esp | 19-05 | |
| 1.59,01 | | Oswald Freitas | S23 | CN Rio Maior | | 08-02-96 | 3 | | Abrantes | 21-05 | 1.53,90-14 |
| 1.59,09 | i | Mateus Pereira | Jv | NA Taipas | | 27-05-00 | 2 | | Braga | 03-12 | |
| 1.59,13 | i | Tomás Silva | Jr | | | | 4 | CNU | Pombal | 05-03 | |
| 1.59,13 | | Bruno Moniz | | | | | 16 | C. Port | Vagos | 11-06 | |
| 1.59,16 | i | João Lopes | Jr | | | | 6 | CNJ | Braga | 29-01 | |
| 1.59,18 | i | Cristian Rosa | S23 | | | | 1 | | Pombal | 29-01 | |
| 1.59,18 | | Sérgio Teixeira | | | | | 17 | C. Port | Vagos | 11-06 | |
| 1.59,22 | | Bruno Moniz | | | | | 1 | | Ribeira Brava | 21-05 | |
| 1.59,23 | i | Jorge Aido | Jr | Maia AC | | 29-03-99 | 7 | CNJ | Braga | 29-01 | |
| 1.59,30 | | Etson Barros | Jv | | | | 1 | | Faro | 08-04 | |
| 1.59,30 | | Claussandro Moreira | Jr | | CPV | | 1 | | Torres Vedras | 02-07 | |
| 1.59,31 | | Romeu Gomes | Jr | | | | 2 | | Vagos | 08-01 | |
| 1.59,32 | i | João Lopes | Jr | | | | 3 | CNCI-Ap | Braga | 21-01 | |
| 1.59,33 | i | Romeu Gomes | Jr | | | | 8 | CNJ | Braga | 29-01 | |
| 1.59,35 | | Vadym Parkhomchuk | Jr | GD Estreito | | 09-08-98 | 2 | | Ribeira Brava | 13-05 | |
| 1.59,37 | | Miguel Silva | Jv | | | | 16 | CNJ | Marinha Grande | 09-07 | |
| 1.59,40 | | David Duarte | Jv | CD Feirense | | 08-01-00 | 1 | | Luso | 18-06 | |
| 1.59,46 | | Diogo Baptista | Jr | | | | 5 | | Lisboa - I | 25-06 | |
| 1.59,46 | | João Ferreira | Jr | | | | 6 | CNCI-2 | Leiria | 23-07 | |
| 1.59,50 | i | João Peixoto | Jv | | | | 4 | CNJv | Pombal | 05-02 | |
| 1.59,51 | | Miguel Moreira | Jv | CP Corroios | | 24-11-00 | 4s | CNCI-Ap | Vendas Novas | 28-05 | |
| 1.59,58 | | Martim Monteiro | Jv | | | | 1 | | Lisboa - MP | 13-05 | |
| 1.59,6 | | António Cunha | Jr | | | | 1 | | Febres | 21-05 | |
| 1.59,60 | | João Ferreira | Jr | | | | 3 | | Torres Vedras | 29-04 | |
| 1.59,61 | i | Rodrigo Almeida | Jr | | | | 1 | | Pombal | 08-01 | |
| 1.59,64 | | Pedro Varela | S23 | | | | 5s | CNCI-Ap | Vendas Novas | 28-05 | |
| 1.59,66 | i | Marcelo Pereira | Jv | | | | 5 | C. Norte | Braga | 08-01 | |
| 1.59,69 | | David Oliveira | Jv | NucleOeiras | | 04-06-01 | 6 | CNjv | Abrantes | 25-06 | |
| 1.59,70 | | Vasco Rosa | | | | | 7 | | Torres Vedras | 18-06 | |
| 1.59,71 | i | João Lopes | Jr | | | | 16 | CN23 | Pombal | 26-02 | |
| 1.59,77 | | Etson Barros | Jv | | | | 1 | | Faro | 28-02 | |
| 1.59,77 | | Daniel Silva | | | | | 7 | | Maia | 07-05 | |
| 1.59,79 | | Joaquim Antunes | S23 | UD Varzea | | 02-02-97 | 6 | | Braga | 20-05 | |
| 1.59,79 | | Alejandro Pereira | Jv | | | | 14s | Ibero | Huelva - Esp | 14-06 | |
| 1.59,81 | i | Pedro Martins | S23 | | | | 4 | CNCI-Ap | Braga | 21-01 | |
| 1.59,81 | | João Ferreira | S23 | NA Cucujães | | 25-01-95 | 1 | | Pombal | 18-06 | |
| 1.59,85 | i | Ivo Capelo | S23 | A 20Km Almeirim | | 04-05-97 | 2 | | Pombal | 29-01 | |
| 1.59,86 | i | Pedro Martins | S23 | | | | 6 | C. Norte | Braga | 08-01 | |
| 1.59,86 | i | António Cunha | Jr | | | | 4s | Pombal | Pombal | 04-02 | |
| 1.59,86 | | Pedro Martins | S23 | | | | 18 | C. Port | Vagos | 11-06 | |
| 1.59,89 | i | Sérgio Teixeira | | | | | 7 | C. Norte | Braga | 08-01 | |
| 1.59,92 | i | Alejandro Pereira | Jv | | | | 2s | | Antequera - Esp | 07-01 | |
| 1.59,92 | | João Ferreira | S23 | | | | 5s | CNCI-Ap | Guimarães | 28-05 | |
| 1.59,94 | | Luís Fernandes | | GA Fátima | | 01-12-93 | 4 | | Torres Vedras | 02-07 | 1.55,73-11 |
| 1.59,94 | | Francisco Lopes | | Esc. Movimento | | 14-06-83 | 7 | C. Norte | Maia | 16-07 | |
| 1.59,96 | | Jorge Pereira | Jv | | | | 1 | OJ | Braga | 03-06 | |
| 1.59,98 | | Matheus Roichman | Jr | CN Alvito | BRA | 10-05-99 | 8 | | Torres Vedras | 18-06 | |
| 1.59,98 | | Gabriel Ribeiro | Jr | UD Varzea | | 10-01-98 | 6 | | Maia | 25-06 | |

1000 m – 2.39,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|------------------|-----|----------|----|----------|-------------------|-------|------------|
| 2.24,41 | | Miguel Moreira | | SL Benfica | | 04-02-91 | 1 | | Lousada | 23-04 | 2.24,56-13 |
| 2.28,37 | | Humberto Francês | | Maratona CP | | 31-08-94 | 1 | | Torres Vedras | 18-03 | 2.32,57-16 |
| 2.28,83 | | Sérgio Teixeira | | Maia AC | | 24-02-94 | 2 | | Lousada | 23-04 | 2.35,94-13 |
| 2.28,99 | | Hugo Gil | S23 | Inglese FC | | 25-06-97 | 1 | CFB | Lisboa - MP | 10-05 | 2.33,66-14 |
| 2.29,23 | | Bruno Silva | S23 | AR Luz e Vida | | 27-12-95 | 3 | | Lousada | 23-04 | |
| 2.29,48 | | Matheus Moura | Ini | Espanha | | 10-02-02 | 1 | | Ibiza - Esp | 12-07 | 2.35,63-16 |
| 2.29,67 | | Luís Miguel Borges | | SL Benfica | | 04-10-94 | 4 | | Lousada | 23-04 | |
| 2.31,64 | | Miguel Mascarenhas | Jr | SL Benfica | | 25-07-98 | 2 | CFB | Lisboa - MP | 10-05 | |
| 2.32,35 | | Simão Bastos | Jr | CF Oliv. Douro | | 26-10-99 | 5 | | Lousada | 23-04 | |
| 2.32,55 | | José Barbosa | Jr | Suiça | | 09-09-98 | 3 | | Pliezhausen - Sui | 14-05 | 2.29,10-16 |
| 2.32,60 | | Edwin Nunes | | ADR Água Pena | | 01-05-89 | 1 | | Ribeira Brava | 04-02 | |
| 2.32,86 | | André Oliveira | S23 | Maratona CP | | 06-06-97 | 2 | | Torres Vedras | 18-03 | 2.35,2-15 |
| 2.33,09 | | Roberto Prioste | | GD Estreito | | 15-07-83 | 1 | | Ribeira Brava | 10-12 | |
| 2.33,14 | | Etson Barros | Jv | CO Pechão | | 16-03-01 | 1 | Km Jovem | Évora | 17-06 | |
| 2.33,62 | | David Ferreira | Jr | Inglese FC | | 28-12-98 | 3 | CFB | Lisboa - MP | 10-05 | |
| 2.34,22 | | Rui Matos | | CCSJ. Madeira | | 09-09-92 | 1 | | Coimbra - ECC | 07-05 | |
| 2.34,77 | | Tomás Silva | Jr | Grecas | | 20-09-98 | 1 | | Aveiro | 25-03 | 2.34,64-16 |
| 2.34,78 | | Isaac Nader | Jr | SL Benfica | | 17-08-99 | 1 | CN DE | Maia | 21-05 | 2.32,88-16 |
| 2.34,99 | | Martim Monteiro | Jv | C Bf. Algueirão | | 03-09-00 | 2 | CN DE | Maia | 20-05 | |
| 2.35,17 | | João Peixoto | Jv | SC Braga | | 15-09-01 | 2 | Km Jovem | Évora | 17-06 | |
| 2.35,39 | | Alfredo Alves | Jr | Maia AC | | 26-06-99 | 6 | | Lousada | 23-04 | |
| 2.35,74 | | Claussandro Moreira | Jr | JOMA | CPV | 30-06-98 | 4 | CFB | Lisboa - MP | 10-05 | |
| 2.35,88 | | Nuno Pereira | Jv | GD Estreito | | 27-11-00 | 2 | | Ribeira Brava | 10-12 | |
| 2.35,89 | | Daniel Silva | | CCSJ. Madeira | | 03-07-93 | 7 | | Lousada | 23-04 | |
| 2.35,96 | | Etson Barros | Jv | | | | | Tet | Faro | 11-06 | |
| 2.36,2 | | Filipe Fraqueiro | | UA Povoense | | 17-02-94 | 1 | | Covilhã | 22-04 | |
| 2.36,59 | | Nuno Pereira | Jv | | | | 1 | Km Jovem | Évora | 17-06 | |
| 2.36,63 | | Nuno Paulo | | GD Estreito | | 24-07-93 | 3 | | Ribeira Brava | 10-12 | 2.36,74-10 |
| 2.36,80 | | Nuno Graça | S23 | JOMA | | 15-10-96 | 5 | CFB | Lisboa - MP | 10-05 | |
| 2.37,10 | | David Duarte | Jv | CD Feirense | | 08-01-00 | 2 | Km Jovem | Évora | 17-06 | |
| 2.37,11 | | Miguel Moreira | Jv | CP Corroios | | 24-11-00 | 3 | Km Jovem | Évora | 17-06 | |
| 2.37,20 | | Cristiano Silva | | C Bf. Faro | | 10-05-85 | 1 | | Faro | 15-04 | 2.28,80-11 |
| 2.37,41 | | Cristian Rosa | S23 | CN Rio Maior | | 16-04-95 | 1 | | Fátima | 22-04 | 2.36,80-11 |
| 2.37,54 | | João Pedro Casal | Jr | Maia AC | | 10-02-99 | 8 | | Lousada | 23-04 | |
| 2.37,58 | | Celso Pinto | | Individual - Lx | | 22-10-84 | 1 | | Lisboa - MP | 26-11 | 2.31,13-07 |
| 2.37,60 | | Luís Oliveira | Jr | CD Feirense | | 05-09-99 | 2 | | Aveiro | 25-03 | |
| 2.37,91 | | Miguel Moreira | Jv | | | | 1 | | Sobreda | 14-04 | |
| 2.38,10 | | Samuel Rios | Jv | CJ Sal. Arouca | | 29-04-01 | 3 | Km Jovem | Évora | 17-06 | |
| 2.38,19 | | Bruno Silva | | ACD Jardim Serra | | 10-02-89 | 2 | | Ribeira Brava | 04-02 | 2.34,12-15 |
| 2.38,33 | | Etson Barros | Jv | | | | 1 | | Faro | 15-04 | |
| 2.38,33 | | Miguel Ribeiro | Jv | SL Benfica | | 25-06-00 | 4 | Km Jovem | Évora | 17-06 | |
| 2.38,44 | | Cesar Soares | Jr | CN Rio Maior | | 08-03-98 | 2 | | Fátima | 22-04 | 2.38,72-16 |
| 2.38,51 | | Sebastião Silva | Jv | CF Oliv. Douro | | 19-11-01 | 4 | Km Jovem | Évora | 17-06 | |
| 2.38,58 | | Nuno Pereira | Jv | | | | 1 | | Camara de Lobos | 22-03 | |
| 2.38,61 | | Tiago Guilherme | Jr | Maratona CP | | 05-08-99 | 6 | CFB | Lisboa - MP | 10-05 | |
| 2.38,70 | | Jonathan Rosa | Ini | SCR Damaia | USA | 10-03-03 | 1 | Km Jovem | Évora | 17-06 | |
| 2.38,77 | | Isaias Gomes | | CF Belenenses | CPV | 21-11-94 | 7 | CFB | Lisboa - MP | 10-05 | 2.38,77-16 |
| 2.38,80 | | Etson Barros | Jv | | | | | Oct | Faro | 02-04 | |
| 2.38,89 | | Etson Barros | Ini | | | | 1 | | Quarteira | 08-12 | |

1500 m – 3.50,0 – 4.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------|-----|------------|-----|----------|----|-------|----------------|-------|------------|
| 3.37,16 | | Emanuel Rolim | | SL Benfica | | 03-01-93 | 3 | IFAM | Oordegem - Bel | 27-05 | 3.38,66-14 |
| 3.38,46 | | Emanuel Rolim | | | | | 12 | Ibero | Huelva - Esp | 14-06 | |
| 3.42,14 | | Emanuel Rolim | | | | | 11 | | Pádua - Ita | 16-07 | |
| 3.42,28 | | Hugo Rocha | S23 | SL Benfica | | 27-06-97 | 2s | IFAM | Oordegem - Bel | 27-05 | 3.46,07-16 |
| 3.43,17 | i | Emanuel Rolim | | | | | 1 | | Pombal | 28-01 | |
| 3.44,34 | | Rui Pinto | | SL Benfica | | 18-11-92 | 10 | | Bilbau - Esp | 24-06 | 3.44,60-15 |

| | | | | | | | | | | | |
|---------|---|---------------------|-----|------------------|-----|----------|-----|------------|-----------------|-------|------------|
| 3.44,37 | | Paulo Rosário | | Sporting CP | | 21-04-94 | 1 | F. Ribeiro | Maia | 12-07 | 3.41,84-15 |
| 3.44,63 | | Rui Pinto | | | | | 6 | JA Pena | Ordizia - Esp | 01-07 | 3.44,60-15 |
| 3.45,25 | i | Emanuel Rolim | | | | | 1 | CNCI-1 | Pombal | 18-02 | |
| 3.45,44 | | Miguel Moreira | | SL Benfica | | 04-02-91 | 2 | F. Ribeiro | Maia | 12-07 | 3.45,82-15 |
| 3.45,85 | | Paulo Pinheiro | | Sporting CP | | 09-07-89 | 4 | F. Ribeiro | Maia | 12-07 | 3.46,68-12 |
| 3.45,94 | | Samuel Freire | | SL Benfica | CPV | 28-08-90 | 11 | | Bilbau - Esp | 24-06 | 3.48,56-14 |
| 3.46,31 | | Rui Pinto | | | | | 10 | | Kortryjk - Bel | 08-07 | 3.44,60-15 |
| 3.46,74 | | Miguel Moreira | | | | | 12 | JA Pena | Ordizia - Esp | 01-07 | |
| 3.46,92 | | Paulo Pinheiro | | | | | 1 | | Lisboa - I | 29-07 | |
| 3.46,96 | i | Emanuel Rolim | | | | | 3h | C. Europa | Belgrado - Srb | 03-03 | |
| 3.47,20 | | Samuel Freire | | | CPV | | 4rC | Ibero | Huelva - Esp | 14-06 | |
| 3.47,30 | i | Emanuel Rolim | | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 3.48,03 | | Emanuel Rolim | | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 3.48,1 | | Samuel Freire | | | CPV | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 3.48,13 | | Luís Miguel Borges | | SL Benfica | | 04-10-94 | 13 | JA Pena | Ordizia - Esp | 01-07 | 3.52,96-14 |
| 3.48,49 | | Samuel Freire | | | CPV | | 9 | F. Ribeiro | Maia | 12-07 | |
| 3.48,59 | | Samuel Barata | | SL Benfica | | 19-07-93 | 2 | | Lisboa - I | 29-07 | 3.50,61-15 |
| 3.48,65 | | Hugo Ganchas | S23 | SL Benfica | | 05-07-96 | 14 | | Bilbau - Esp | 24-06 | 3.48,82-16 |
| 3.48,92 | | Nuno Lopes | | CA Seia | | 11-08-87 | 1 | Maia | Maia | 08-07 | 3.48,52-16 |
| 3.49,06 | i | Paulo Pinheiro | | | | | 11 | | Sabadell - Esp | 07-02 | |
| 3.49,39 | | Samuel Freire | | | CPV | | 1 | | Lisboa - MP | 03-06 | |
| 3.49,44 | | Nuno Lopes | | | | | 1 | | Salamanca - Esp | 03-06 | |
| 3.49,49 | | Fernando Serrão | | Sporting CP | | 03-04-93 | 10 | F. Ribeiro | Maia | 12-07 | 3.49,00-16 |
| 3.49,57 | | João Cruz | | Maia AC | | 12-04-94 | 11 | F. Ribeiro | Maia | 12-07 | 3.47,19-15 |
| 3.49,71 | | Nuno Lopes | | | | | 1 | Caceres | Plasencia - Esp | 28-06 | |
| 3.49,77 | | Hugo Rocha | S23 | | | | 2 | Fortunato | Torres Vedras | 21-05 | |
| 3.50,5 | | Hugo Gil | S23 | Ingleses FC | | 25-06-97 | 2 | Lisboa | Lisboa - I | 01-05 | 3.55,49-16 |
| 3.50,52 | i | Guilherme Pinto | | Sporting CP | | 10-02-94 | 2 | CNCI-1 | Pombal | 18-02 | 3.46,51-13 |
| 3.50,58 | | João Bernardo | | Juv. Vidigalense | | 06-09-93 | 12 | F. Ribeiro | Maia | 12-07 | 3.56,73-13 |
| 3.50,8 | | Hugo Almeida | | Sporting CP | | 01-09-88 | 1 | | Braga | 21-06 | 3.48,37-13 |
| 3.50,83 | i | Guilherme Pinto | | | | | 2 | | Pombal | 28-01 | |
| 3.50,90 | i | Nuno Lopes | | | | | 3 | CNCI-1 | Pombal | 18-02 | |
| 3.51,15 | | Hugo Almeida | | | | | 1 | | Maia | 14-06 | |
| 3.51,19 | | Paulo Pinheiro | | | | | 2 | Maia | Maia | 08-07 | |
| 3.51,23 | i | Guilherme Pinto | | | | | 1 | C. Port | Pombal | 11-02 | |
| 3.51,3 | | Ruben Sousa | Jr | Sporting CP | | 29-09-99 | 2 | | Braga | 21-06 | |
| 3.51,35 | i | Emanuel Rolim | | | | | 2 | C. Port | Pombal | 11-02 | |
| 3.51,35 | | Nuno Lopes | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 3.51,36 | | Eduardo Mbengani | | SL Benfica | | 08-01-85 | 3 | Maia | Maia | 08-07 | 3.47,00-09 |
| 3.51,39 | i | João Bernardo | | | | | 4 | CNCI-1 | Pombal | 18-02 | |
| 3.51,50 | | Francisco Rodrigues | S23 | SC Braga | | 24-05-95 | 2 | | Orense - Esp | 13-05 | 3.49,52-16 |
| 3.52,00 | i | Paulo Pinheiro | | | | | 3 | C. Port | Pombal | 11-02 | |
| 3.52,00 | | Samuel Freire | | | CPV | | 5 | Maia | Maia | 08-07 | |
| 3.52,00 | | Eduardo Mbengani | | | | | 3 | | Lisboa - I | 29-07 | |
| 3.52,1 | | João Bernardo | | | | | 3 | | Braga | 21-06 | |
| 3.52,17 | | Wilson Conriot | | ACD Jardim Serra | | 05-11-93 | 13 | F. Ribeiro | Maia | 12-07 | 3.56,33-14 |
| 3.52,26 | | João Cruz | | | | | 2 | | Maia | 14-06 | |
| 3.52,77 | | João Bernardo | | | | | 3 | | Maia | 14-06 | |
| 3.52,86 | | João Cruz | | | | | 3 | | Orense - Esp | 13-05 | |
| 3.53,00 | | Sérgio Teixeira | | Maia AC | | 24-02-94 | 6 | Maia | Maia | 08-07 | 3.54,96-16 |
| 3.53,05 | i | Francisco Rodrigues | S23 | | | | 5 | CNCI-1 | Pombal | 18-02 | |
| 3.53,06 | i | Wilson Conriot | | | | | 3 | | Pombal | 28-01 | |
| 3.53,15 | | João Cruz | | | | | 2 | | Póvoa de Varzim | 24-05 | |
| 3.53,16 | | Tomas Silva | Jr | Grecas | | 20-09-98 | 14 | F. Ribeiro | Maia | 12-07 | 4.02,89-16 |
| 3.53,28 | i | João Bernardo | | | | | 4 | C. Port | Pombal | 11-02 | |
| 3.53,40 | | Ricardo Barbosa | S23 | SL Benfica | | 09-12-95 | 1 | | Marselha - Esp | 03-06 | 3.57,03-15 |
| 3.53,58 | | Hugo Ganchas | S23 | | | | 7 | Maia | Maia | 08-07 | |
| 3.53,7 | | Gonçalo Casimiro | S23 | Fundação CEBI | | 24-03-95 | 3 | Lisboa | Lisboa - I | 01-05 | |
| 3.53,73 | | João Bernardo | | | | | 8 | Maia | Maia | 08-07 | |
| 3.53,81 | | David Ferreira | Jr | Ingleses FC | | 28-12-98 | 1 | | Lisboa - I | 24-06 | |
| 3.53,87 | | João Bernardo | | | | | 3 | | Póvoa de Varzim | 24-05 | |
| 3.53,87 | | Eduardo Mbengani | | | | | 5 | Caceres | Plasencia - Esp | 28-06 | |
| 3.53,98 | | André Pereira | S23 | SL Benfica | | 10-08-95 | 4 | | Maia | 14-06 | 3.52,83-16 |

| | | | | | | | | | | |
|---------|---|---------------------|-----|------------------|----------|-----|----------|-----------------|-------|-------------|
| 3.54,0 | | Tomas Silva | Jr | | | 4 | | Braga | 21-06 | |
| 3.54,03 | | Hugo Almeida | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 3.54,05 | | Hugo Ganchas | S23 | | | 1 | CN23 | Pombal | 01-07 | |
| 3.54,08 | | Ruben Sousa | Jr | | | 12h | CE Jr | Grosseto - Ita | 20-07 | |
| 3.54,16 | | Isaac Nader | Jr | SL Benfica | 17-08-99 | 1ex | | Faro | 17-06 | |
| 3.54,25 | | Gonçalo Casimiro | S23 | | | 9 | Maia | Maia | 08-07 | |
| 3.54,30 | | Sérgio Teixeira | | | | 5 | | Maia | 14-06 | |
| 3.54,31 | | Sérgio Teixeira | | | | 4 | | Póvoa de Varzim | 24-05 | |
| 3.54,39 | | Fernando Serrão | | | | 5 | | Póvoa de Varzim | 24-05 | |
| 3.54,50 | | Ruben Sousa | Jr | | | 6 | | Maia | 14-06 | |
| 3.54,58 | | Hugo Ganchas | S23 | | | 6 | Caceres | Plasencia - Esp | 28-06 | |
| 3.54,6 | | Luís Monteiro | Jr | SL Benfica | 13-05-98 | 4 | Lisboa | Lisboa - I | 01-05 | |
| 3.54,60 | | Ruben Sousa | Jr | | | 6 | | Póvoa de Varzim | 24-05 | |
| 3.54,69 | | André Pereira | S23 | | | 2 | CN23 | Pombal | 01-07 | |
| 3.54,92 | i | Nuno Lopes | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 3.54,93 | i | Francisco Rodrigues | S23 | | | 1 | C. Norte | Braga | 07-01 | |
| 3.54,93 | | Cesar Soares | Jr | CN Rio Maior | 08-03-98 | 7 | Caceres | Plasencia - Esp | 28-06 | |
| 3.54,94 | | Bruno Moniz | | ADR Água Pena | 08-10-91 | 1 | | Ribeira Brava | 15-07 | 3.52,38-15 |
| 3.55,09 | i | Wilson Conriot | | | | 6 | CNCI-1 | Pombal | 18-02 | |
| 3.55,12 | | Cesar Soares | Jr | | | 7 | | Maia | 14-06 | |
| 3.55,14 | i | Samuel Freire | | CPV | | 4 | | Pombal | 28-01 | |
| 3.55,21 | | Tomas Silva | Jr | | | 3 | CN23 | Pombal | 01-07 | |
| 3.55,24 | | Hugo Ganchas | S23 | | | 2 | | Lisboa - MP | 03-06 | |
| 3.55,27 | | Pedro Silva | S23 | AC Póvoa Varzim | 28-02-96 | 8 | | Maia | 14-06 | 3.59,56-16 |
| 3.55,39 | | Cristiano Pereira | S23 | CP Mangualde | 02-05-96 | 2 | CM IPC | Londres - Gbr | 17-07 | 3.57,70i-16 |
| 3.55,44 | i | Roberto Prioste | | GD Estreito | 15-07-83 | 5 | C. Port | Pombal | 11-02 | 3.55,74-16 |
| 3.55,46 | i | Sérgio Teixeira | | | | 2 | C. Norte | Braga | 07-01 | |
| 3.55,49 | | Hugo Rocha | S23 | | | 12h | Univ | Taipei | 23-08 | |
| 3.55,59 | | Paulo Rosário | | | | 1 | CNCI-1 | Leiria | 22-07 | 3.41,84-15 |
| 3.55,60 | i | Guilherme Pinto | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 3.55,82 | | Ruben Sousa | Jr | | | 2ex | | Faro | 17-06 | |
| 3.55,83 | | Nuno Pereira | Jv | GD Estreito | 27-11-00 | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 3.55,87 | | Isaac Nader | Jr | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 3.55,96 | | Marcelo Pereira | Jv | NA Taipas | 27-05-00 | 4 | | Lisboa - I | 29-07 | |
| 3.56,04 | | Emanuel Rolim | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 3.56,06 | | André Pereira | S23 | | | 7 | | Póvoa de Varzim | 24-05 | |
| 3.56,08 | | Nuno Lopes | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 3.56,16 | | Pedro Silva | S23 | | | 4 | CN23 | Pombal | 01-07 | |
| 3.56,18 | | Bruno Silva | S23 | AR Luz e Vida | 27-12-95 | 8 | | Póvoa de Varzim | 24-05 | |
| 3.56,23 | | Bruno Moniz | | | | 1 | | Ribeira Brava | 06-01 | |
| 3.56,27 | | Roberto Prioste | | | | 2 | | Ribeira Brava | 15-07 | |
| 3.56,49 | | Tomas Silva | Jr | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 3.56,53 | | Ricardo Pereira | | ACD Jardim Serra | 12-08-90 | 2 | | Ribeira Brava | 06-01 | 3.51,78-15 |
| 3.56,60 | i | Sérgio Teixeira | | | | 6 | C. Port | Pombal | 11-02 | |
| 3.56,62 | | Edwin Nunes | | ADR Água Pena | 01-05-89 | 2s | CNCI-Ap | Ribeira Brava | 27-05 | 3.58,98-12 |
| 3.56,63 | | Luís Monteiro | Jr | | | 5 | CN23 | Pombal | 01-07 | |
| 3.56,66 | | Bruno Moniz | | | | 1 | | Ribeira Brava | 22-04 | |
| 3.56,67 | i | João Cruz | | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 3.56,73 | | Johan Caldeira | | CCSJ. Madeira | 08-03-93 | 4 | | Pezenas - Fra | 10-06 | 3.57,24-15 |
| 3.56,78 | | Cesar Soares | Jr | | | 6 | CN23 | Pombal | 01-07 | |
| 3.56,82 | | Jorge Pereira | Jv | C Bf. Paredes | 09-10-01 | 1s | | Póvoa de Varzim | 24-05 | |
| 3.56,9 | | Isaac Nader | Jr | | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 3.56,94 | | João Lopes | Jr | SC Braga | 24-10-98 | 9s | | Póvoa de Varzim | 24-05 | |
| 3.57,0 | | Miguel Mascarenhas | Jr | SL Benfica | 25-07-98 | 6 | Lisboa | Lisboa - I | 01-05 | |
| 3.57,0 | | João Lopes | Jr | | | 5 | | Braga | 21-06 | |
| 3.57,03 | | Ruben Sousa | Jr | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 3.57,17 | | Wilson Conriot | | | | 11 | Maia | Maia | 08-07 | |
| 3.57,2 | | Marcelo Pereira | Jv | | | 7 | Lisboa | Lisboa - I | 01-05 | |
| 3.57,21 | i | Francisco Rodrigues | S23 | | | 2 | CNCI-Ap | Braga | 21-01 | |
| 3.57,31 | | Ruben Sousa | Jr | | | 7 | CN23 | Pombal | 01-07 | |
| 3.57,35 | | Nuno Lopes | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 3.57,55 | | Wilson Conriot | | | | 3s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 3.57,62 | | Emanuel Rolim | | | | 1 | C. Port | Vagos | 10-06 | |

| | | | | | | | | | | | |
|---------|---|---------------------|-----|------------------|-----|----------|------|-----------|-------------------|-------|------------|
| 3.57,67 | i | João Bernardo | | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 3.57,73 | | João Lopes | Jr | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 3.57,79 | | Isaac Nader | Jr | | | | 17rC | Ibero | Huelva - Esp | 14-06 | |
| 3.58,10 | | Ricardo Ferreira | Jr | Ingleses FC | | 16-10-98 | 3 | | Lisboa - MP | 03-06 | 3.59,76-16 |
| 3.58,12 | | João Bernardo | | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 3.58,13 | i | Pedro Silva | S23 | | | | 1 | CN23 | Pombal | 25-02 | |
| 3.58,18 | | Pedro Silva | S23 | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 3.58,21 | | Marcelo Pereira | Jv | | | | 3 | | Salamanca - Esp | 03-06 | |
| 3.58,30 | | Humberto Francês | | Maratona CP | | 31-08-94 | 3 | Fortunato | Torres Vedras | 21-05 | 3.58,35-15 |
| 3.58,31 | i | Hugo Rocha | S23 | | | | 2 | CN23 | Pombal | 25-02 | |
| 3.58,36 | | João Lopes | Jr | | | | 8 | CN23 | Pombal | 01-07 | |
| 3.58,41 | i | Ricardo Barbosa | S23 | | | | 1 | | Montpellier - Fra | 29-01 | |
| 3.58,48 | i | Francisco Rodrigues | S23 | | | | 3 | CN23 | Pombal | 25-02 | |
| 3.58,49 | | Pedro Silva | S23 | | | | 12 | Maia | Maia | 08-07 | |
| 3.58,50 | | Samuel Freire | | | CPV | | 2ex | C. Port | Vagos | 10-06 | |
| 3.58,52 | | Jorge Pereira | Jv | | | | 9 | | Maia | 14-06 | |
| 3.58,56 | | Miguel Mascarenhas | Jr | | | | 4 | | Lisboa - MP | 03-06 | |
| 3.58,62 | i | Cristiano Pereira | S23 | | | | 3ex | C. Norte | Braga | 07-01 | |
| 3.58,70 | | Roberto Prioste | | | | | 3 | | Ribeira Brava | 06-01 | |
| 3.58,70 | | João Cruz | | | | | 2 | C. Port | Vagos | 10-06 | |
| 3.58,74 | | Isaac Nader | Jr | | | | 9 | CN23 | Pombal | 01-07 | |
| 3.58,8 | | Humberto Francês | | | | | 8 | Lisboa | Lisboa - I | 01-05 | |
| 3.58,8 | | Gabriel Ribeiro | Jr | UD Varzea | | 10-01-98 | 6 | | Braga | 21-06 | |
| 3.58,80 | | João Bernardo | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 3.58,86 | | Eduardo Mbengani | | | | | 5 | | Lisboa - MP | 03-06 | |
| 3.58,93 | | Gonçalo Casimiro | S23 | | | | 1 | CNU | Faro | 14-05 | |
| 3.58,93 | | Hugo Almeida | | | | | 3 | C. Port | Vagos | 10-06 | |
| 3.58,95 | i | Pedro Silva | S23 | | | | 3 | CNCI-Ap | Braga | 21-01 | |
| 3.58,95 | | João Delgado | | CA Seia | | 08-01-90 | 10s | | Póvoa de Varzim | 24-05 | 3.58,22-13 |
| 3.59,02 | | Edwin Nunes | | | | | 2 | | Ribeira Brava | 22-04 | |
| 3.59,09 | | Johan Caldeira | | | | | 1 | | Perpignan - Fra | 04-06 | |
| 3.59,12 | | Tomas Silva | Jr | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 3.59,13 | | Luís Macau | | Juv. Vidigalense | | 24-02-89 | 5 | | Lisboa - I | 29-07 | |
| 3.59,23 | i | Sérgio Teixeira | | | | | 1 | CNCI-2 | Pombal | 18-02 | |
| 3.59,25 | | João Cruz | | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 3.59,27 | | Hugo Rocha | S23 | | | | 10 | CN23 | Pombal | 01-07 | |
| 3.59,32 | | Fernando Serrão | | | | | 1 | | Maia | 23-03 | |
| 3.59,34 | | Wilson Coniot | | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 3.59,37 | | Johan Caldeira | | | | | 1 | | Toulouse - Fra | 14-05 | |
| 3.59,38 | | Isaias Gomes | | CF Belenenses | CPV | 21-11-94 | 6 | | Lisboa - I | 29-07 | |
| 3.59,41 | | Cesar Soares | Jr | | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 3.59,47 | i | Paulo Barbosa | | CRDC Santiago | | 04-06-94 | 3 | C. Norte | Braga | 07-01 | |
| 3.59,47 | | André Pereira | S23 | | | | 6 | | Orense - Esp | 13-05 | |
| 3.59,55 | | Nuno Pereira | Jv | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 3.59,56 | | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 13 | Maia | Maia | 08-07 | |
| 3.59,65 | | Sérgio Teixeira | | | | | 4 | C. Port | Vagos | 10-06 | |
| 3.59,71 | | Wilson Coniot | | | | | 2 | CNU | Faro | 14-05 | |
| 3.59,78 | i | João Lopes | Jr | | | | 4 | CN23 | Pombal | 25-02 | |
| 3.59,80 | | Rui Matos | | CCSJ. Madeira | | 09-09-92 | 11s | | Póvoa de Varzim | 24-05 | |
| 3.59,83 | | Wilson Coniot | | | | | 4 | | Ribeira Brava | 06-01 | |
| 3.59,84 | i | Adrião Rodrigues | | CCSJ. Madeira | | 16-10-93 | 4 | CNCI-Ap | Braga | 21-01 | 3.55,20-11 |
| 3.59,91 | | João Lopes | Jr | | | | 18rC | Ibero | Huelva - Esp | 14-06 | |
| 3.59,93 | i | Tomás Silva | Jr | | | | 2 | CNCI-2 | Pombal | 18-02 | |
| 3.59,99 | | Francisco Rodrigues | S23 | | | | 7 | CNCI-1 | Leiria | 22-07 | |

Milha – 4.35,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-------------|-----|---------------|-----|----------|----|-------|---------------|-------|-----|
| 4.20,53 | | Edwin Nunes | | ADR Água Pena | | 01-05-89 | 1 | | Ribeira Brava | 01-04 | |
| 4.22,74 | | Bruno Moniz | | ADR Água Pena | | 08-10-91 | 2 | | Ribeira Brava | 01-04 | |

2000 m - 6.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-------------------|-----|-------------------|-----|----------|----|-------|--------------------|-------|-------------|
| 5.12,86 | i | Emanuel Rolim | | SL Benfica | | 03-01-93 | 5 | | Val de Reuil - Fra | 06-02 | 8.06,31i-16 |
| 5.41,90 | | Marco Tavares | | ACR Sra. Desterro | | 01-08-92 | 1 | | Sobreda | 11-12 | |
| 5.43,13 | | Marco Teixeira | | ACR Sra. Desterro | | 19-03-92 | 2 | | Sobreda | 11-12 | |
| 5.52,11 | | Isaac Nader | Jv | SL Benfica | | 17-08-99 | 2 | | Faro | 18-12 | 8.39,94-16 |
| 5.56,20 | | Roberto Reigado | S23 | C Areias S. João | | 13-08-95 | 3 | | Faro | 18-12 | |
| 5.56,51 | | Fábio Mascarenhas | S23 | C Areias S. João | | 21-08-96 | 4 | | Faro | 18-12 | |
| 5.58,54 | | Miguel Moreira | Jv | CP Corroios | | 24-11-00 | 3 | | Sobreda | 11-12 | |

3000 m - 8.20,0 - 8.40,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|-------------------|-----|----------|-----|-----------|-----------------|-------|-------------|
| 7.51,19 | | Helio Gomes | | Sporting CP | | 27-12-84 | 1 | | Huizingen - Bel | 10-06 | 7.56,62-16 |
| 7.55,94 | | Helio Gomes | | | | | 1 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 8.04,49 | i | Emanuel Rolim | | SL Benfica | | 03-01-93 | 1 | | Pombal | 08-01 | 8.06,31i-16 |
| 8.09,83 | | Rui Pinto | | SL Benfica | | 18-11-92 | 1 | | Maia | 07-05 | 8.07,73-13 |
| 8.11,86 | | Luís Miguel Borges | | SL Benfica | | 04-10-94 | 2 | | Maia | 07-05 | 8.10,48i-15 |
| 8.13,19 | | Rui Pinto | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 8.13,64 | | Nuno Lopes | | CA Seia | | 11-08-87 | 2 | CNCI-1 | Leiria | 23-07 | 8.12,28i-16 |
| 8.15,03 | | Nuno Lopes | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 8.15,99 | | Ricardo Pereira | | ACD Jardim Serra | | 12-08-90 | 3 | | Maia | 07-05 | 8.11,94-15 |
| 8.16,37 | | Hugo Almeida | | Sporting CP | | 01-09-88 | 1 | | Braga | 30-04 | 8.11,41-13 |
| 8.16,60 | | Fernando Serrão | | Sporting CP | | 03-04-93 | 2 | | Braga | 30-04 | 8.22,04-15 |
| 8.18,58 | | Eduardo Mbengani | | SL Benfica | | 08-01-85 | 1 | CFB | Lisboa - MP | 10-05 | 8.01,34-15 |
| 8.19,25 | | Samuel Freire | | SL Benfica | CPV | 28-08-90 | 2 | CFB | Lisboa - MP | 10-05 | 8.13,65-16 |
| 8.21,72 | | António Silva | | Sporting CP | | 26-03-87 | 1rB | | Bedford - Gbr | 15-07 | 8.12,65-08 |
| 8.22,01 | i | Hugo Correia | | Sporting CP | | 17-11-91 | 1 | C. Port | Pombal | 12-02 | 8.10,89-15 |
| 8.22,47 | i | Paulo Pinheiro | | Sporting CP | | 09-07-89 | 6 | | Saragoça - Esp | 04-02 | 8.05,06i-13 |
| 8.22,55 | i | Nuno Lopes | | | | | 2 | C. Port | Pombal | 12-02 | |
| 8.22,86 | i | Bruno Albuquerque | | Sporting CP | | 10-01-89 | 3 | C. Port | Pombal | 12-02 | 8.08,37i-12 |
| 8.23,53 | i | Paulo Pinheiro | | | | | 4 | C. Port | Pombal | 12-02 | |
| 8.24,24 | i | Paulo Pinheiro | | | | | 7 | Chamartin | Madrid - Esp | 02-02 | |
| 8.24,95 | | Hugo Ganchas | S23 | SL Benfica | | 05-07-96 | 1 | Lisboa | Lisboa - I | 01-05 | 8.27,23-16 |
| 8.26,49 | | Francisco Rodrigues | S23 | SC Braga | | 24-05-95 | 3 | | Braga | 30-04 | |
| 8.26,52 | | Francisco Rodrigues | S23 | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 8.26,62 | i | Paulo Pinheiro | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 8.26,99 | | Hugo Almeida | | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 8.27,22 | i | Hugo Correia | | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 8.27,59 | i | Emanuel Rolim | | | | | 2 | CNCI-1 | Pombal | 19-02 | |
| 8.28,38 | i | Oswald Freitas | S23 | CN Rio Maior | | 08-02-96 | 1 | CN23 | Pombal | 26-02 | 8.25,33i-16 |
| 8.28,69 | i | Daniel Gregório | | CA Seia | | 07-09-89 | 1 | CNCI-Ap | Pombal | 22-01 | 8.26,14i-12 |
| 8.28,79 | i | Daniel Gregório | | | | | 5 | C. Port | Pombal | 12-02 | |
| 8.29,09 | i | Ricardo Pereira | | | | | 6 | C. Port | Pombal | 12-02 | |
| 8.29,11 | i | Luís Saraiva | | SC Braga | | 11-11-93 | 7 | C. Port | Pombal | 12-02 | 8.38,76-16 |
| 8.29,12 | i | Francisco Rodrigues | S23 | | | | 2 | CN23 | Pombal | 26-02 | |
| 8.29,20 | i | Roberto Prioste | | GD Estreito | | 15-07-83 | 8 | C. Port | Pombal | 12-02 | 8.29,70i-16 |
| 8.29,41 | | Ruben Sousa | Jr | Sporting CP | | 29-09-99 | 1 | CNJ | Marinha Grande | 09-07 | |
| 8.29,46 | i | Daniel Gregório | | | | | 3 | CNCI-1 | Pombal | 19-02 | |
| 8.29,8 | i | Sérgio Teixeira | | Maia AC | | 24-02-94 | 1 | CNCI-Ap | Braga | 21-01 | 8.55,91i-16 |
| 8.29,84 | i | António Rocha | | Gira Sol | | 04-08-92 | 4 | CNCI-1 | Pombal | 19-02 | 8.24,62i-16 |
| 8.30,14 | i | João Bernardo | | Juv. Vidigalense | | 06-09-93 | 1 | | Pombal | 29-01 | 8.36,57i-13 |
| 8.30,50 | i | Samuel Freire | | | CPV | | 9ex | C. Port | Pombal | 12-02 | |
| 8.30,9 | i | Ricardo Pereira | | | | | 2 | CNCI-Ap | Braga | 21-01 | |
| 8.31,4 | i | Jorge Santa Cruz | | SC Braga | | 20-07-89 | 3 | CNCI-Ap | Braga | 21-01 | 8.16,38i-12 |
| 8.31,53 | i | João Cruz | S23 | Maia AC | | 12-04-94 | 1 | T. Natal | Braga | 22-12 | 8.09,81i-15 |
| 8.31,59 | i | Samuel Freire | | | CPV | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 8.31,85 | | Andralino Furtado | | Sporting CP | | 02-10-92 | 2 | Lisboa | Lisboa - I | 01-05 | |
| 8.32,1 | i | Hugo Daniel Santos | | ACD S. João Serra | | 25-07-90 | 4 | CNCI-Ap | Braga | 21-01 | 8.27,55i-13 |
| 8.32,20 | i | João Cruz | | | | | 1 | CNCI-2 | Pombal | 19-02 | |
| 8.32,22 | | Filipe Vitorino | Jr | CN Rio Maior | | 13-05-98 | 2 | CNJ | Marinha Grande | 09-07 | |

| | | | | | | | | | | | |
|---------|---|----------------------|-----|---------------------|--|----------|----|----------|-----------------|-------|-------------|
| 8.32,3 | i | Avelino Eusébio | | AC Póvoa | | 19-04-91 | 5 | CNCI-Ap | Braga | 21-01 | 8.32,62i-14 |
| 8.32,45 | i | Jorge Moreira | S23 | Sporting CP | | 23-05-97 | 3 | CN23 | Pombal | 26-02 | |
| 8.32,52 | i | Ricardo Pereira | | | | | 5 | CNCI-1 | Pombal | 19-02 | |
| 8.32,90 | i | Luís Macau | | Juv. Vidigalense | | 24-02-89 | 6 | CNCI-1 | Pombal | 19-02 | |
| 8.32,93 | i | António Rocha | | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 8.33,05 | i | Adrião Rodrigues | | CCSJ. Madeira | | 16-10-93 | 9 | C. Port | Pombal | 12-02 | 8.28,42i-16 |
| 8.33,31 | i | Sérgio Teixeira | S23 | | | | 2 | T. Natal | Braga | 22-12 | |
| 8.33,48 | i | Nuno Carraça | | URC Abrunheira | | 17-08-89 | 10 | C. Port | Pombal | 12-02 | |
| 8.33,96 | | João Bértolo | | Maratona CP | | 10-02-94 | 3 | Lisboa | Lisboa - I | 01-05 | 8.36,13i-16 |
| 8.34,14 | i | Luís Macau | | | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 8.34,67 | i | Luís Saraiva | | | | | 1 | C. Norte | Braga | 08-01 | |
| 8.35,00 | i | Oswald Freitas | S23 | | | | 2 | | Pombal | 08-01 | |
| 8.35,06 | | Roberto Prioste | | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 8.35,09 | | João Bernardo | | | | | 1 | Abrantes | Abrantes | 03-06 | |
| 8.35,12 | i | João Ferreira | S23 | AC Póvoa Varzim | | 22-02-96 | 4 | CN23 | Pombal | 26-02 | |
| 8.35,23 | i | Jorge Santa Cruz | | | | | 2 | C. Norte | Braga | 08-01 | |
| 8.35,29 | | Alexandre Figueiredo | Jr | Maratona C Vila Chã | | 04-10-99 | 3 | CNJ | Marinha Grande | 09-07 | |
| 8.35,29 | i | Bruno Baptista | S23 | CN Rio Maior | | 26-01-96 | 11 | C. Port | Pombal | 12-02 | 8.37,99i-16 |
| 8.35,32 | | António Silva | | | | | 3s | | Sheffield - Gbr | 06-05 | |
| 8.35,82 | i | Gonçalo Casimiro | S23 | Fundação CEBI | | 24-03-95 | 5 | CN23 | Pombal | 26-02 | |
| 8.35,87 | i | Oswald Freitas | S23 | | | | 1 | | Pombal | 29-01 | |
| 8.35,94 | | Bruno Moniz | | ADR Água Pena | | 08-10-91 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 8.28,64i-16 |
| 8.36,12 | i | Miguel Mascarenhas | Jr | SL Benfica | | 25-07-98 | 3 | | Pombal | 08-01 | |
| 8.36,13 | | André Pereira | S23 | SL Benfica | | 10-08-95 | 4 | | Braga | 30-04 | 8.29,19i-16 |
| 8.36,20 | i | Bruno Baptista | S23 | | | | 2 | | Pombal | 29-01 | |
| 8.36,36 | i | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 12 | C. Port | Pombal | 12-02 | 8.35,13i-16 |
| 8.36,39 | | Tomas Silva | Jr | Grecas | | 20-09-98 | 2 | Abrantes | Abrantes | 03-06 | |
| 8.36,45 | i | Bruno Moniz | | | | | 13 | C. Port | Pombal | 12-02 | |
| 8.36,70 | i | Luís Macau | | | | | 14 | C. Port | Pombal | 12-02 | |
| 8.38,51 | | Paulo Rosário | | Sporting CP | | 21-04-94 | 3 | CNCI-1 | Leiria | 23-07 | 8.29,09i-13 |
| 8.38,84 | i | Luís Oliveira | Jr | CD Feirense | | 05-09-99 | 4 | | Pombal | 08-01 | |
| 8.38,98 | | Helder Santos | | Sporting CP | | 06-10-83 | 5 | | Braga | 30-04 | 8.16,47-11 |
| 8.39,13 | i | Adrião Rodrigues | | | | | 2 | CNCI-2 | Pombal | 19-02 | |
| 8.39,25 | | Davide Silva | S23 | | | | 1 | | Vagos | 08-01 | |
| 8.39,41 | | João Ferreira | S23 | | | | 4 | | Maia | 07-05 | |
| 8.39,82 | i | Paulo Barbosa | | CRDC Santiago | | 04-06-94 | 3 | C. Norte | Braga | 08-01 | |
| 8.39,91 | i | Nuno Carraça | | | | | 5 | | Pombal | 08-01 | |
| 8.39,93 | | Nuno Carraça | | | | | 4 | Lisboa | Lisboa - I | 01-05 | |
| 8.40,41 | | Adrião Rodrigues | | | | | 2 | | Vagos | 08-01 | |

5000 m – 14.30,0 – 15.10,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-------------------|-----|--------------|-----|----------|----|------------|---------------|-------|-------------|
| 13.35,00 | | Helio Gomes | | Sporting CP | | 27-12-84 | 7 | Ibero | Huelva - Esp | 14-06 | |
| 13.58,29 | | Samuel Barata | | SL Benfica | | 19-07-93 | 4 | | Ninove - Bel | 15-07 | 13.56,43-16 |
| 13.59,45 | | Rui Pinto | | SL Benfica | | 18-11-92 | 17 | Ibero | Huelva - Esp | 14-06 | 13.59,48-14 |
| 14.06,62 | | Samuel Barata | | | | | 4 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 14.13,68 | | Samuel Barata | | | | | 1 | C. Port | Vagos | 10-06 | |
| 14.14,08 | | Eduardo Mbengani | | SL Benfica | | 08-01-85 | 3 | SLB | Lisboa - I | 17-06 | 13.35,29-10 |
| 14.15,14 | | Eduardo Mbengani | | | | | 2 | C. Port | Vagos | 10-06 | |
| 14.19,43 | | Rui Pinto | | | | | 3 | C. Port | Vagos | 10-06 | |
| 14.22,03 | | Samuel Barata | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 14.25,50 | | Nuno Lopes | | CA Seia | | 11-08-87 | 4 | C. Port | Vagos | 10-06 | 14.08,42-16 |
| 14.28,19 | | Hugo Correia | | Sporting CP | | 17-11-91 | 5 | C. Port | Vagos | 10-06 | 14.18,66-15 |
| 14.29,80 | | Cristiano Pereira | S23 | CP Mangualde | | 02-05-96 | 1 | CM IPC | Londres - Gbr | 23-07 | |
| 14.30,05 | | Bruno Albuquerque | | Sporting CP | | 10-01-89 | 2 | CNCI-1 | Leiria | 22-07 | 13.52,66-12 |
| 14.34,42 | | Miguel Marques | S23 | Sporting CP | | 10-01-95 | 1 | V. Tavares | Faro | 13-05 | 14.35,66-16 |
| 14.37,55 | | Andralino Furtado | | Sporting CP | | 02-10-92 | 1 | | Lisboa - I | 16-07 | 14.36,50-16 |
| 14.39,42 | | Miguel Marques | S23 | | | | 6 | C. Port | Vagos | 10-06 | |
| 14.40,14 | | Andralino Furtado | | | | | 7 | C. Port | Vagos | 10-06 | |
| 14.40,21 | | Andralino Furtado | | | | | 1 | Maia | Maia | 08-07 | |
| 14.40,34 | | Luís Saraiva | | SC Braga | | 11-11-93 | 3 | CNCI-1 | Leiria | 22-07 | 14.47,44-16 |

| | | | | | | | | | | | |
|----------|--|----------------------|-----|---------------------|-----|----------|-----|------------|------------------|-------|-------------|
| 14.40,37 | | Rui Pedro Silva | Vet | Sporting CP | | 06-05-81 | 1s | CNCI-Ap | Vendas Novas | 27-05 | 13.44,23-04 |
| 14.41,49 | | Nuno Lopes | | | | | 4 | SLB | Lisboa - I | 17-06 | |
| 14.43,04 | | Miguel Marques | S23 | | | | 1 | CN23 | Pombal | 01-07 | |
| 14.43,05 | | Johan Caldeira | | CCSJ. Madeira | | 08-03-93 | 2 | Maia | Maia | 08-07 | 14.58,92-15 |
| 14.43,88 | | Paulo Pinheiro | | Sporting CP | | 09-07-89 | 2 | | Lisboa - I | 16-07 | 14.04,08-12 |
| 14.44,33 | | António Silva | | Sporting CP | | 26-03-87 | 1rB | | Lee Valley - Gbr | 03-06 | 14.17,74-07 |
| 14.45,85 | | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 2 | CN23 | Pombal | 01-07 | 14.56,45-16 |
| 14.48,08 | | Jorge Santa-Cruz | | SC Braga | | 20-07-89 | 1 | | Maia | 14-06 | 14.23,79-09 |
| 14.49,50 | | Miguel Ribeiro | | CAO Vianense | | 06-06-87 | 1s | CNCI-Ap | Guimarães | 27-05 | 14.44,10-11 |
| 14.49,88 | | Roberto Prioste | | GD Estreito | | 15-07-83 | 4 | CNCI-1 | Leiria | 22-07 | 14.52,72-15 |
| 14.51,45 | | João Bértolo | | Maratona CP | | 10-02-94 | 8 | C. Port | Vagos | 10-06 | 14.42,71-16 |
| 14.52,34 | | Roberto Prioste | | | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 14.52,37 | | Ricardo Pereira | | ACD Jardim Serra | | 12-08-90 | 5 | CNCI-1 | Leiria | 22-07 | 14.19,28-15 |
| 14.52,41 | | Jorge Robalo Varela | Vet | CDA S. João | | 02-01-80 | 2 | V. Tavares | Faro | 13-05 | 14.10,37-02 |
| 14.52,44 | | Filipe Vitorino | Jr | CN Rio Maior | | 13-05-98 | 2 | | Maia | 14-06 | |
| 14.53,09 | | Nuno Carraça | | URC Abrunheira | | 17-08-89 | 3 | V. Tavares | Faro | 13-05 | 14.50,66-16 |
| 14.53,21 | | Bruno Baptista | S23 | CN Rio Maior | | 26-01-96 | 3 | | Maia | 14-06 | 14.58,18-16 |
| 14.53,92 | | Luís Macau | | Juv. Vidigalense | | 24-02-89 | 6 | CNCI-1 | Leiria | 22-07 | |
| 14.55,55 | | Bruno Baptista | S23 | | | | 3 | CN23 | Pombal | 01-07 | |
| 14.55,94 | | Bruno Moniz | | ADR Agua Pena | | 08-10-91 | 2s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 14.56,17 | | Luís Saraiva | | | | | 1 | | Braga | 21-05 | |
| 14.56,89 | | Alexandre Figueiredo | Jr | Maratona C Vila Chã | | 04-10-99 | 1 | CNJ | Marinha Grande | 08-07 | |
| 14.57,80 | | Bruno Baptista | S23 | | | | 3ex | | Lisboa - I | 16-07 | |
| 14.59,10 | | Bruno Baptista | S23 | | | | 3 | Maia | Maia | 08-07 | |
| 14.59,37 | | Filipe Fialho | S23 | GD Diana | | 22-08-97 | 6 | SLB | Lisboa - I | 17-06 | |
| 14.59,39 | | Cristiano Pereira | S23 | CP Mangualde | | 02-05-96 | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 15.00,77 | | Avelino Eusébio | | AC Povia | | 19-04-91 | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 15.02,21 | | Eduardo Mbengani | | | | | 3 | | Lisboa - I | 16-07 | |
| 15.02,81 | | Simão Bastos | Jr | CF Oliv. Douro | | 26-10-99 | 2 | CNJ | Marinha Grande | 08-07 | |
| 15.03,13 | | Filipe Fialho | S23 | | | | 2s | CNCI-Ap | Vendas Novas | 27-05 | |
| 15.03,26 | | Luís Mendes | | Maia AC | | 10-06-90 | 4s | CNCI-Ap | Guimarães | 27-05 | 14.38,76-10 |
| 15.04,94 | | Davide Silva | S23 | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 15.05,61 | | Nuno Carraça | | | | | 7 | SLB | Lisboa - I | 17-06 | |
| 15.05,94 | | Mihail Lalev | | SC Braga | BUL | 01-04-82 | 2 | | Braga | 21-05 | |
| 15.06,14 | | Gonçalo Varela | S23 | GD Diana | | 27-10-97 | 1 | C. Alent | Elvas | 13-05 | |
| 15.06,35 | | Filipe Vitorino | Jr | | | | 4 | CN23 | Pombal | 01-07 | |
| 15.07,32 | | Filipe Fialho | S23 | | | | 2 | C. Alent | Elvas | 13-05 | |
| 15.08,46 | | Luís Saraiva | | | | | 1 | C. Norte | Maia | 15-07 | |
| 15.08,68 | | Nuno Carraça | | | | | 4 | | Lisboa - I | 16-07 | |
| 15.09,01 | | Luís Macau | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 15.09,19 | | Luís Oliveira | Jr | CD Feirense | | 05-09-99 | 3 | CNJ | Marinha Grande | 08-07 | |
| 15.09,21 | | Bruno Baptista | S23 | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 15.09,73 | | Nuno Carraça | | | | | 1 | | Lisboa - MP | 03-05 | |

10.000 m – 30.00,0 – 33.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-------------------|-----|----------------|-----|----------|----|------------|-----------------|-------|-------------|
| 28.40,19 | | Samuel Barata | | SL Benfica | | 19-07-93 | 3 | | Londres - Gbr | 20-05 | 29.26,96-15 |
| 29.06,13 | | Bruno Albuquerque | | Sporting CP | | 10-01-89 | 1 | C. Port | Huelva - Esp | 08-04 | 29.07,10-16 |
| 29.40,92 | | António Silva | | Sporting CP | | 26-03-87 | 21 | | Londres - Gbr | 20-05 | 29.09,45-15 |
| 29.50,71 | | Nuno Lopes | | CA Seia | | 11-08-87 | 5 | F. Ribeiro | Maia | 12-07 | 30.26,93-16 |
| 29.51,27 | | Miguel Marques | S23 | Sporting CP | | 10-01-95 | 2 | C. Port | Huelva - Esp | 08-04 | 30.14,57-16 |
| 29.54,89 | | Samuel Barata | | | | | 5 | Univ | Taipei | 24-08 | |
| 30.00,20 | | Nuno Lopes | | | | | 3 | C. Port | Huelva - Esp | 08-04 | |
| 30.20,21 | | Miguel Ribeiro | | CAO Vianense | | 06-06-87 | 4 | C. Port | Huelva - Esp | 08-04 | 29.15,76-16 |
| 30.38,07 | | Hugo Correia | | Sporting CP | | 17-11-91 | 5 | C. Port | Huelva - Esp | 08-04 | 14.18,66-15 |
| 30.46,12 | | Nuno Carraça | | URC Abrunheira | | 17-08-89 | 6 | C. Port | Huelva - Esp | 08-04 | 30.43,57-16 |
| 30.49,82 | | Roberto Prioste | | GD Estreito | | 15-07-83 | 1 | | Ribeira Brava | 18-03 | 30.28,42-16 |
| 30.55,70 | | Bruno Moniz | | ADR Água Pena | | 08-10-91 | 2 | | Ribeira Brava | 18-03 | 31.16,11-16 |
| 31.00,08 | | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 1 | | Luso | 22-04 | 31.07,41-16 |
| 31.05,73 | | Filipe Vitorino | Jr | CN Rio Maior | | 13-05-98 | 1 | | Maia | 06-05 | |
| 31.08,92 | | Miguel Marques | S23 | | | | 18 | CE23 | Bydgoszcz - Pol | 13-07 | |
| 31.16,92 | | Carlos Rodrigues | | CSRDC Santiago | | 10-03-93 | 1 | | Maia | 25-03 | 32.30,17-16 |

| | | | | | | | | | | |
|----------|----------------------|-----|---------------------|--|----------|-----|---------|----------------|-------|-------------|
| 31.21,94 | Mussa Djau | S23 | Beja AC | | 03-05-95 | 7 | C. Port | Huelva - Esp | 08-04 | |
| 31.23,12 | Jorge Moreira | S23 | Sporting CP | | 23-05-97 | 8 | C. Port | Huelva - Esp | 08-04 | 31.43,58-15 |
| 31.23,52 | Filipe Vitorino | Jr | | | | 1Jr | C. Port | Huelva - Esp | 08-04 | |
| 31.26,41 | Alexandre Figueiredo | Jr | Maratona C Vila Chã | | 04-10-99 | 2 | | Maia | 06-05 | |
| 31.36,41 | Paulo Barbosa | | CRDC Santiago | | 04-06-94 | 2 | | Maia | 25-03 | 32.45,51-16 |
| 31.44,98 | Filipe Vitorino | Jr | | | | 6 | CE Jr | Grosseto - Ita | 20-07 | |
| 31.50,40 | Alexandre Figueiredo | Jr | | | | 2Jr | C. Port | Huelva - Esp | 08-04 | |
| 31.54,26 | Simão Bastos | Jr | CF Oliv. Douro | | 26-10-99 | 3 | | Maia | 06-05 | |
| 32.13,29 | Nelson Cruz | Vet | Pedro Pessoa EA | | 31-12-77 | 1vt | | Setúbal | 14-05 | 29.09,51-08 |
| 32.28,40 | Simão Bastos | Jr | | | | 3Jr | C. Port | Huelva - Esp | 08-04 | |
| 32.29,01 | André Marques | | ACR Vale Cambra | | 16-06-86 | 2 | | Luso | 22-04 | 31.32,39-12 |
| 32.29,09 | Paulo Mendes | | CA Seia | | 24-01-92 | 9 | C. Port | Huelva - Esp | 08-04 | 31.59,13-16 |
| 32.30,40 | Nelson Oliveira | Vet | A Ac. Coimbra | | 26-08-81 | 1 | | Lisboa - N | 01-04 | 31.08,18-13 |
| 32.30,88 | Marco Miguel | | CDR Ribeirinho | | 26-07-90 | 1 | | Setúbal | 14-05 | |
| 32.31,73 | Miguel Quaresma | | Inglese FC | | 10-06-83 | 10 | C. Port | Huelva - Esp | 08-04 | 31.03,99-16 |
| 32.41,10 | Filipe Ferreira | | ACR Vale Cambra | | 02-04-89 | 3 | | Luso | 22-04 | 31.27,96-14 |
| 32.44,05 | Fernando Lemos | | ACD S. João Serra | | 03-11-83 | 3 | | Maia | 25-03 | 31,13,99-16 |
| 32.44,67 | Luís Rações | Vet | Inglese FC | | 28-01-76 | 1 | | Lisboa - N | 01-04 | |
| 32.45,23 | Pedro Ferreira | Jr | SL Benfica | | 20-01-98 | 4 | | Maia | 06-05 | 31.23,89-16 |
| 32.47,27 | Edwin Nunes | | ADR Água Pena | | 01-05-89 | 3 | | Ribeira Brava | 18-03 | 32.27,46-16 |
| 32.49,49 | Luís Oliveira | Jr | CD Feirense | | 05-09-99 | 4 | | Luso | 22-04 | |
| 32.53,16 | Sérgio Rodrigues | | ACD S. João Serra | | 28-03-85 | 4 | | Maia | 25-03 | 31.22,42-14 |
| 32.56,15 | Paulo Macedo | | ADR Água Pena | | 09-03-93 | 4 | | Ribeira Brava | 18-03 | 32.09,63-16 |

Maratona – 2:35.00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|------------------|-----|-------------------|-----|----------|-----|--------|------------------|-------|------------|
| 2.16,11 | | José Moreira | Vet | Sporting CP | | 05-05-80 | 3 | EDP | Porto | 06-11 | 2.13,37-10 |
| 2.20,38 | | José Moreira | Vet | | | | 20 | Haspa | Hamburgo - Ale | 23-04 | |
| 2.20,42 | | Rui Pinto | | SL Benfica | | 18-11-92 | 24 | | Valência - Esp | 20-11 | |
| 2.21,17 | | Rui Muga | | CA Mogadouro | | 18-03-84 | 25 | | Valência - Esp | 20-11 | 2.25,03-16 |
| 2.26,27 | | Bruno Paixão | | Beja AC | | 30-08-84 | 1 | | Badajoz - Esp | 12-03 | 2.21,38-16 |
| 2.26,57 | | Vitor Barbosa | | GDR Retorta | | 27-08-83 | 9 | EDP | Porto | 06-11 | 2.27,20-14 |
| 2.27,44 | | José Carvalho | Vet | CA Mogadouro | | 13-02-77 | 10 | EDP | Porto | 06-11 | |
| 2.28,17 | | Luís Pereira | Vet | CA Tamega | | 11-03-81 | 11 | EDP | Porto | 06-11 | 2.26,41-16 |
| 2.28,34 | | Carlos Lopes | Vet | CA Mogadouro | | 15-03-81 | 12 | EDP | Porto | 06-11 | |
| 2.29,30 | | Bruno Ferreira | | ACD S. João Serra | | 23-06-85 | 13 | EDP | Porto | 06-11 | 2.33,12-16 |
| 2.30,11 | | Daniel Pinheiro | | Maia AC | | 09-08-83 | 14 | EDP | Porto | 06-11 | 2.23,00-12 |
| 2.30,17 | | Luís Pereira | Vet | | | | 202 | NN | Roterdão - Hol | 09-04 | |
| 2.30,33 | | Ricardo Ribas | Vet | SL Benfica | | 08-10-77 | 15 | EDP | Porto | 06-11 | 2.13,21-16 |
| 2.32,33 | | Fernando Lemos | | ACD S. João Serra | | 03-11-83 | 16 | EDP | Porto | 06-11 | |
| 2.32,47 | | Mihail Lalev | | SC Braga | BUL | 01-04-82 | 3 | | Badajoz - Esp | 12-03 | 2.29,13-16 |
| 2.33,04 | | Filipe Ferreira | | ACR Vale Cambra | | 02-04-89 | 57 | | Paris - Fra | 09-04 | |
| 2.33,20 | | Miguel Gonçalves | | ADR Água Pena | | 24-08-81 | 35 | Zurich | Sevilha / Esp | 18-02 | |
| 2.33,38 | | Rafael Oliveira | | | | | 116 | Virgin | Londres - Gbr | 23-04 | |
| 2.33,41 | | António Sousa | Vet | C Olímp. Oeiras | | 26-02-70 | 43 | Haspa | Hamburgo - Ale | 23-04 | 2.13,00-02 |
| 2.33,55 | | Abilio Costa | Vet | CDSS Campo | | 10-04-65 | 17 | EDP | Porto | 06-11 | |
| 2.34,07 | | Marco Ferreira | Vet | Red Line | | 26-05-76 | 18 | EDP | Porto | 06-11 | |
| 2.34,17 | | António Sousa | Vet | | | | 13 | | Zurique - Sui | 09-04 | |
| 2.34,26 | | Rogério Marques | Vet | Cyclones AC | | 13-10-74 | 20 | EDP | Porto | 06-11 | |
| 2.34,29 | | Diogo Nogueira | | Maia AC | | 21-04-86 | 21 | EDP | Porto | 06-11 | |
| 2.34,41 | | Telmo Veloso | Vet | Porto Runners | | 75 | 26 | Zurich | Barcelona - Esp | 12-03 | |
| 2.34,52 | | Marco Mello | | Adercus | | 27-06-83 | 12 | | Dusseldorf - Ale | 30-04 | 2.34,31-14 |
| 2.34,57 | | António Silva | Vet | CDSS Campo | | 11-12-70 | 22 | EDP | Porto | 06-11 | |
| 3.24,26 | | Helder Ferreira | Vet | UFC Tomar | | 29-03-75 | 23 | Zurich | Barcelona - Esp | 12-03 | 2.31,32-11 |

3000 m Obst. – 9.05,0 – 10.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|--------------------|-----|------------|-----|----------|----|---------|----------------|-------|------------|
| 8.38,40 | | Luís Miguel Borges | | SL Benfica | | 04-10-94 | 16 | Ibero | Huelva - Esp | 14-06 | 8.49,08-15 |
| 8.41,99 | | Luís Miguel Borges | | | | | 5 | | Kortrijk - Bel | 08-07 | |
| 8.49,67 | | Luís Miguel Borges | | | | | 6 | ETC - 1 | Vaasa - Fin | 25-06 | |

| | | | | | | | | | | | |
|---------|--|--------------------|-----|------------------|--|----------|-----|----------|-------------------|-------|------------|
| 8.50,53 | | Fernando Serrão | | Sporting CP | | 03-04-93 | 4s | IFAM | Oordegem - Bel | 27-05 | 8.52,54-14 |
| 8.51,75 | | Fernando Serrão | | | | | 20 | Ibero | Huelva - Esp | 14-06 | |
| 8.54,67 | | Luís Miguel Borges | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 8.55,77 | | André Pereira | S23 | SL Benfica | | 10-08-95 | 7h | CE23 | Bydgoszcz - Pol | 14-07 | 8.53,64-16 |
| 8.57,79 | | André Pereira | S23 | | | | 11 | IFAM | Oordegem - Bel | 27-05 | |
| 9.00,79 | | Alberto Paulo | | SL Benfica | | 03-10-85 | 6 | | S. Caetano - Bra | 03-06 | 8.22,41-11 |
| 9.05,55 | | André Pereira | S23 | | | | 8 | | Bilbau - Esp | 24-06 | |
| 9.06,58 | | Ricardo Barbosa | S23 | SL Benfica | | 09-12-95 | 1 | CN23 | Pombal | 02-07 | 9.06,48-15 |
| 9.07,10 | | Ricardo Barbosa | S23 | | | | 10h | CE23 | Bydgoszcz - Pol | 14-07 | |
| 9.08,12 | | Fernando Serrão | | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 9.08,40 | | Fernando Serrão | | | | | 1 | | Maia | 06-05 | |
| 9.08,64 | | David Ferreira | Jr | Ingleses FC | | 28-12-98 | 3 | Caceres | Plasencia - Esp | 28-06 | |
| 9.09,18 | | Ricardo Barbosa | S23 | | | | 5 | | Albi - Fra | 09-07 | |
| 9.09,68 | | João Bernardo | | Juv. Vidigalense | | 06-09-93 | 3 | CNCI-1 | Leiria | 23-07 | 9.21,69-16 |
| 9.09,85 | | Ricardo Barbosa | S23 | | | | 1 | | Monaco | 17-06 | |
| 9.11,32 | | Daniel Gregório | | CA Seia | | 07-09-89 | 4 | CNCI-1 | Leiria | 23-07 | 8.52,26-12 |
| 9.13,69 | | Ricardo Barbosa | S23 | | | | 1 | | Aubagne - Fra | 25-05 | |
| 9.16,39 | | Pedro Ferreira | Jr | SL Benfica | | 20-01-98 | 2 | CN23 | Pombal | 02-07 | 9.20,20-16 |
| 9.16,87 | | David Ferreira | Jr | | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 9.17,29 | | Miguel Mascarenhas | Jr | SL Benfica | | 25-07-98 | 2 | CNJ | Marinha Grande | 09-07 | 9.55,67-16 |
| 9.17,41 | | Jorge Santa Cruz | | SC Braga | | 20-07-89 | 1s | CNCI-Ap | Guimarães | 28-05 | 8.55,39-09 |
| 9.18,81 | | Daniel Gregório | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 9.18,84 | | André Pereira | S23 | | | | 1 | C. Port | Vagos | 11-06 | |
| 9.20,02 | | João Bernardo | | | | | 2 | C. Port | Vagos | 11-06 | |
| 9.20,18 | | João Ferreira | S23 | AC Póvoa Varzim | | 22-02-96 | 3 | CN23 | Pombal | 02-07 | 9.45,54-16 |
| 9.21,39 | | Ricardo Barbosa | S23 | | | | 1 | | Salon de Provence | 06-05 | |
| 9.22,04 | | Joaquim Antunes | S23 | UD Varzea | | 02-02-97 | 4 | CN23 | Pombal | 01-07 | 9.57,93-16 |
| 9.22,65 | | Adrião Rodrigues | | CCSJ. Madeira | | 16-10-93 | 2s | CNCI-Ap | Fátima | 28-05 | 9.07,83-16 |
| 9.22,76 | | Fernando Serrão | | | | | 3 | C. Port | Vagos | 11-06 | |
| 9.23,16 | | David Ferreira | Jr | | | | 9h | CE Jr | Grosseto - Ita | 21-07 | |
| 9.23,30 | | Joaquim Antunes | S23 | | | | 1 | C. Norte | Maia | 16-07 | |
| 9.24,01 | | Miguel Mascarenhas | Jr | | | | 5 | CN23 | Pombal | 02-07 | |
| 9.24,27 | | Daniel Gregório | | | | | 4 | C. Port | Vagos | 11-06 | |
| 9.24,75 | | Jorge Moreira | S23 | Sporting CP | | 23-05-97 | 2 | | Maia | 06-05 | 9.19,40-16 |
| 9.25,03 | | João Ferreira | S23 | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 9.26,05 | | Ricardo Barbosa | S23 | | | | 2 | | Orange - Fra | 21-05 | |
| 9.26,05 | | Jorge Moreira | S23 | | | | 6 | CN23 | Pombal | 02-07 | |
| 9.26,45 | | Miguel Ribeiro | | CAO Vianense | | 06-06-87 | 3s | CNCI-Ap | Guimarães | 28-05 | 9.37,16-11 |
| 9.27,18 | | Adrião Rodrigues | | | | | 1 | | Vagos | 16-07 | |
| 9.27,66 | | Gonçalo Varela | S23 | GD Diana | | 27-10-97 | 1s | CNCI-Ap | Vendas Novas | 28-05 | 9.49,10-16 |
| 9.30,59 | | Jorge Moreira | S23 | | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 9.30,59 | | Adrião Rodrigues | | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 9.31,28 | | Ricardo Barbosa | S23 | | | | 1 | | Marselha - Fra | 28-04 | |
| 9.31,83 | | Pedro Ferreira | Jr | | | | 1 | | Lousada | 03-06 | |
| 9.33,58 | | João Ferreira | S23 | | | | 2 | C. Norte | Maia | 16-07 | |
| 9.34,50 | | João Ferreira | S23 | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 9.34,52 | | Pedro Ferreira | Jr | | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 9.34,59 | | Jorge Santa Cruz | | | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 9.35,40 | | David Ferreira | Jr | | | | 1 | | Lisboa - MP | 17-05 | |
| 9.37,29 | | Adelino Oliveira | | Gira Sol | | 03-05-91 | 3s | CNCI-Ap | Fátima | 28-05 | 9.27,56-16 |
| 9.37,31 | | Ricardo Barbosa | S23 | | | | 5 | C. Port | Vagos | 11-06 | |
| 9.38,03 | | Manuel Fernandes | | GD Estreito | | 16-03-92 | 6 | CNCI-1 | Leiria | 23-07 | 9.04,93-11 |
| 9.38,76 | | Simão Bastos | Jr | CF Oliv. Douro | | 26-10-99 | 4 | CNJ | Marinha Grande | 09-07 | |
| 9.38,92 | | Simão Bastos | Jr | | | | 7 | CN23 | Pombal | 02-07 | |
| 9.38,99 | | Adelino Oliveira | | | | | 6 | C. Port | Vagos | 11-06 | |
| 9.40,49 | | Joaquim Antunes | S23 | | | | 2 | | Lousada | 03-06 | |
| 9.40,71 | | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 7 | C. Port | Vagos | 11-06 | 9.35,11-16 |
| 9.40,89 | | João Ferreira | S23 | | | | 8 | C. Port | Vagos | 11-06 | |
| 9.41,41 | | Bruno Silva | | ACD Jardim Serra | | 10-02-89 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 9.30,17-12 |
| 9.41,99 | | João Melgo | Jr | GC Bragança | | 21-06-99 | 5 | CNJ | Marinha Grande | 09-07 | |
| 9.42,01 | | Gonçalo Varela | S23 | | | | 8 | CN23 | Pombal | 02-07 | |
| 9.42,36 | | Bruno Silva | | | | | 7 | CNCI-1 | Leiria | 23-07 | |

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|---------|--------------------|------------------|-----|-------------------|-----|----------|-----|----------|------------------|-------|------------|
| 9.42,91 | | Simão Bastos | Jr | | | | 4s | CNCI-Ap | Guimarães | 28-05 | |
| 9.43,20 | | Bruno Silva | | | | | 1 | | Ribeira Brava | 16-07 | |
| 9.45,55 | José Oliveira | | Jr | Ingleses FC | | 28-08-99 | 6 | CNJ | Marinha Grande | 09-07 | |
| 9.45,62 | | Bruno Silva | | | | | 1 | | Ribeira Brava | 18-06 | |
| 9.48,18 | | Jorge Santa Cruz | | | | | 3 | C. Norte | Maia | 16-07 | |
| 9.48,30 | | Manuel Fernandes | | | | | 2 | | Ribeira Brava | 16-07 | |
| 9.48,37 | Ruben Cardoso | | Jr | Pedro Pessoa EA | | 08-07-99 | 7 | CNJ | Marinha Grande | 09-07 | |
| 9.48,56 | Filipe Fraqueiro | | | UA Povoense | | 17-02-94 | 1 | CNU | Faro | 14-05 | |
| 9.48,67 | | Manuel Fernandes | | | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 9.48,70 | Filipe Rosa | | | ADR Águas Belas | | 14-07-84 | 1 | | Abrantes | 21-05 | 9.10,65-11 |
| 9.49,50 | Abilio Gonçalves | | | ACR Sra. Desterro | | 04-12-89 | 8 | CNCI-1 | Leiria | 23-07 | 9.10,14-12 |
| 9.50,55 | Vítor Amorim | | | França | | 29-06-87 | 8 | | Sotheville - Fra | 07-05 | 9.24,69-09 |
| 9.50,70 | | João Melgo | Jr | | | | 9 | CN23 | Pombal | 02-07 | |
| 9.52,36 | | Vítor Amorim | | | | | 7 | | Antony - Fra | 21-05 | 9.24,69-09 |
| 9.52,63 | Gelson Furtado | | Jr | UC Eirense | CPV | 07-05-99 | 8ex | CNJ | Marinha Grande | 09-07 | |
| 9.53,27 | Ruben Silva | | | Juv. Vidigalense | | 16-05-93 | 4s | CNCI-Ap | Fátima | 28-05 | 8.57,41-14 |
| 9.53,43 | | Adelino Oliveira | | | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 9.54,24 | Alexandre Venâncio | | Jr | CCDL Floresta | | 07-12-98 | 8 | CNJ | Marinha Grande | 09-07 | |
| 9.54,43 | Tony Calvo | | Vet | Esc. Movimento | | 07-06-81 | 3 | CNCI-2 | Leiria | 23-07 | 9.54,29-15 |
| 9.55,4 | | Adelino Oliveira | | | | | 1 | | Febres | 21-05 | |
| 9.56,36 | | Simão Bastos | Jr | | | | 4 | C. Norte | Maia | 16--7 | |
| 9.56,78 | Luís Rações | | Vet | Ingleses FC | | 28-01-76 | 1 | | Lisboa - I | 15-07 | 9.12,98-04 |
| 9.57,14 | David Varela | | Jr | NucleOeiras | | 31-10-98 | 1 | | Lisboa - I | 25-06 | 9.58,60-16 |
| 9.57,19 | Leandro Rosas | | S23 | CD Penacova | | 01-06-97 | 10 | CN23 | Pombal | 02-07 | |
| 9.57,66 | Leandro Martins | | S23 | EA Rosa Oliveira | | 24-07-95 | 11 | CN23 | Pombal | 02-07 | |
| 9.58,02 | Paulinho Macedo | | | ADR Água Pena | | 09-03-93 | 4 | CNCI-2 | Leiria | 23-07 | |
| 9.58,46 | | Ruben Cardoso | Jr | | | | 1 | | Setúbal | 16-07 | |
| 9.58,51 | Rui Gominho | | | Fundação CEBI | | 05-12-94 | 2 | CNU | Faro | 14-05 | |
| 9.59,05 | | Abilio Gonçalves | | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 9.59,6 | | Leandro Rosas | S23 | | | | 2 | | Febres | 21-05 | |
| 9.59,87 | | Leandro Martins | S23 | | | | 1 | | Braga | 21-06 | |

110 m B – 15,00 – 17,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|-----------------|-----|------------------|-----|----------|-----|---------|------------------|-------|----------|
| 13,74 | -0,6 | Rasul Dabó | | Sporting CP | | 14-02-89 | 3rB | Madrid | Madrid - Esp | 14-07 | 13,52-13 |
| 13,84 | 1,2 | Rasul Dabó | | | | | 2 | | Castres - Fra | 26-07 | |
| 13,88 | 1,0 | Rasul Dabó | | | | | 1 | Avila | Avila - Esp | 15-07 | |
| 13,92 | -2,1 | Rasul Dabó | | | | | 1 | Caceres | Plasencia - Esp | 28-06 | |
| 13,94 | 1,4 | Rasul Dabó | | | | | 1h | | Monachil - Esp | 07-07 | |
| 13,94 | -0,3 | Rasul Dabó | | | | | 2 | | Nove Mesto - Cze | 29-07 | |
| 13,99 | 0,4 | Rasul Dabó | | | | | 2 | | Salamanca - Esp | 03-06 | |
| 13,99 | 1,9 | Rasul Dabó | | | | | 1 | | Monachil - Esp | 07-07 | |
| 14,01 | 1,1 | Rasul Dabó | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 14,11 | -1,9 | Rasul Dabó | | | | | 5 | Ibero | Huelva - Esp | 14-06 | |
| 14,14 | 1,1 | Rasul Dabó | | | | | 1h | | Salamanca - Esp | 03-06 | |
| 14,23 | -0,2 | Hélio Vaz | | SL Benfica | | 01-05-91 | 3 | ETC - 1 | Vaasa - Fin | 25-06 | 14,34-16 |
| 14,25 | 0,4 | Hélio Vaz | | | | | 3 | | Salamanca - Esp | 03-06 | |
| 14,27 | 1,1 | Hélio Vaz | | | | | 2h | | Salamanca - Esp | 03-06 | |
| 14,37 | 1,1 | Hélio Vaz | | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 14,42 | 1,7 | Paulo Neto | S23 | ACD Jardim Serra | | 11-03-97 | 1 | CN23 | Pombal | 02-07 | 14,96-14 |
| 14,45 | 1,1 | João Fontela | | Juv. Vidigalense | | 07-08-91 | 3 | CNCI-1 | Leiria | 23-07 | 14,21-16 |
| 14,51 | -0,3 | Hélio Vaz | | | | | 2h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 14,51 | 1,7 | António Gomes | S23 | CA Seia | | 04-11-95 | 2 | CN23 | Pombal | 02-07 | 15,00-16 |
| 14,52 | -5,0 | Rasul Dabó | | | | | 2h | Caceres | Plasencia - Esp | 28-06 | |
| 14,53 | 0,4 | Abdel Larrinaga | | SL Benfica | CUB | 13-07-94 | 6 | | Salamanca - Esp | 03-06 | 14,30-16 |
| 14,66 | 1,1 | Abdel Larrinaga | | | CUB | | 3h | | Salamanca - Esp | 03-06 | |
| 14,67 | -0,6 | Hélio Vaz | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 14,69 | -0,8 | Samuel Remédios | | SL Benfica | | 24-02-92 | Dec | ETC - 1 | Monzon - Esp | 02-07 | 14,23-13 |
| 14,70 | 1,1 | Paulo Neto | S23 | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 14,77 | 1,9 | António Gomes | S23 | | | | 1 | | Maia | 20-05 | |
| 14,77 | 0,0 | Paulo Neto | S23 | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |

| | | | | | | | | | | | |
|-------|------|-------------------|-----|-------------------|-----|----------|-----|----------|------------------|-------|----------|
| 14,79 | 1,0 | António Gomes | S23 | | | | 4 | Avila | Avila - Esp | 15-07 | |
| 14,80 | -0,9 | João Fontela | | | | | 1 | | Pontevedra - Esp | 07-07 | |
| 14,83 | 1,5 | Yvan Ribeiro | Jr | França | | 05-03-99 | 2 | | Nice | 21-05 | 15,00-16 |
| 14,87 | 1,1 | António Gomes | S23 | | | | 4h | | Salamanca - Esp | 03-06 | |
| 14,88 | 0,6 | António Gomes | S23 | | | | 1h | CN23 | Pombal | 02-07 | |
| 14,92 | 0,5 | António Gomes | S23 | | | | 2rB | | Salamanca - Esp | 03-06 | |
| 14,92 | -5,0 | João Fontela | | | | | 3h | Caceres | Plasencia - Esp | 28-06 | |
| 14,92 | 1,1 | António Gomes | S23 | | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 14,93 | -2,9 | Hélio Vaz | | | | | 1 | | Guarda | 29-04 | |
| 14,98 | -2,7 | João Fontela | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 14,99 | 0,7 | Paulo Neto | S23 | | | | 1 | | Luso | 07-05 | |
| 15,05 | -2,1 | António Gomes | S23 | | | | 4 | Caceres | Plasencia - Esp | 28-06 | |
| 15,12 | 2,0 | Paulo Neto | S23 | | | | 1h | CN23 | Pombal | 02-07 | |
| 15,15 | 1,7 | Diogo Oliveira | S23 | CA Seia | | 03-09-97 | 3 | CN23 | Pombal | 02-07 | 15,36-15 |
| 15,17 | 1,0 | Rafael Correia | | Sporting CP | | 31-12-93 | 1 | | Lisboa - I | 16-07 | 14,71-16 |
| 15,22 | 1,7 | Edjoy Almeida | S23 | GD Cavadas | | 20-05-97 | 4 | CN23 | Pombal | 02-07 | 16,90-16 |
| 15,22 | 0,6 | Mauro Fonseca | S23 | Gira Sol | STP | 02-02-95 | 2h | CN23 | Pombal | 02-07 | 15,58-16 |
| 15,25 | -0,6 | António Gomes | S23 | | | | 2 | | Póvoa de Varzim | 24-05 | |
| 15,29 | 2,0 | Diogo Oliveira | S23 | | | | 2h | CN23 | Pombal | 02-07 | |
| 15,30 | 1,9 | Rafael Correia | | | | | 2 | | Maia | 20-05 | |
| 15,30 | -5,0 | António Gomes | S23 | | | | 5h | Caceres | Plasencia - Esp | 28-06 | |
| 15,39 | -0,6 | Mauro Fonseca | S23 | | STP | | 1 | CNCI-2 | Leiria | 23-07 | |
| 15,44 | -2,9 | António Gomes | S23 | | | | 2 | | Guarda | 29-04 | |
| 15,44 | -0,3 | Mauro Fonseca | S23 | | STP | | 1ex | | Lisboa - I | 25-06 | |
| 15,44 | -0,3 | Edjoy Almeida | S23 | | | | 2ex | | Lisboa - I | 25-06 | |
| 15,46 | -2,7 | António Gomes | S23 | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 15,46 | 2,0 | Edjoy Almeida | S23 | | | | 3h | CN23 | Pombal | 02-07 | |
| 15,48 | 1,0 | Diogo Oliveira | S23 | | | | 6 | Avila | Avila - Esp | 15-07 | |
| 15,50 | 0,1 | Reinaldo Moniz | Jr | Juv. Ilha Verde | | 26-03-98 | 1 | | Ponta Delgada | 14-07 | 14,87-16 |
| 15,53 | -2,1 | Diogo Oliveira | S23 | | | | 5 | Caceres | Plasencia - Esp | 28-06 | |
| 15,57 | 1,9 | Diogo Oliveira | S23 | | | | 3 | | Maia | 20-05 | |
| 15,61 | 0,0 | Reinaldo Moniz | Jr | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 15,73 | -1,2 | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | Dec | ETC - 1 | Monzon - Esp | 02-07 | 15,66-16 |
| 15,77 | -2,1 | Carlos Lopes | | GA Fátima | | 13-03-83 | 6 | Caceres | Plasencia - Esp | 28-06 | 15,29-14 |
| 15,78 | -3,6 | Edivaldo Monteiro | Vet | CDR Ribeirinho | | 28-04-76 | 1 | | Setúbal | 15-07 | 14,41-00 |
| 15,80 | -0,6 | Filipe Guerreiro | S23 | CCSJ. Madeira | | 06-02-97 | 2 | CNCI-2 | Leiria | 23-07 | 16,68-16 |
| 15,82 | -0,6 | Carlos Lopes | | | | | 3 | CNCI-2 | Leiria | 23-07 | |
| 15,87 | -0,6 | João Silva | Jr | AC Vermoil | | 05-02-99 | 4 | CNCI-2 | Leiria | 23-07 | 16,56-16 |
| 15,89 | -2,0 | Joaquim Moreira | | CD Póvoa | | 30-01-93 | 1 | C. Norte | Maia | 16-07 | 16,03-16 |
| 15,92 | -2,0 | André Silva | | Esc. Movimento | | 18-07-94 | 2 | C. Norte | Maia | 16-07 | 16,35-13 |
| 15,94 | 0,0 | Rodrigo Dionisio | | CS Marítimo | | 25-06-85 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 14,56-09 |
| 15,95 | 1,0 | Filipe Guerreiro | S23 | | | | 1 | | Vagos | 16-07 | |
| 16,00 | -0,3 | Ruben Couchinho | S23 | Sporting CP | | 01-05-95 | 1 | | Lisboa - I | 25-06 | 15,85-15 |
| 16,04 | -2,7 | Mauro Fonseca | S23 | | STP | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 16,07 | 1,1 | Marco Ribeiro | S23 | ACR Sra. Desterro | | 08-11-97 | 6 | CNCI-1 | Leiria | 23-07 | |
| 16,08 | 0,3 | Joaquim Moreira | | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 16,14 | -0,8 | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | 1 | CNU | Faro | 14-05 | 15,81-15 |
| 16,17 | -0,8 | Joaquim Moreira | | | | | 2 | | Maia | 14-05 | |
| 16,19 | -2,7 | Carlos Lopes | | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 16,21 | -5,0 | Diogo Oliveira | S23 | | | | 6h | Caceres | Plasencia - Esp | 28-06 | |
| 16,21 | 1,7 | Ruben Couchinho | S23 | | | | 5 | CN23 | Pombal | 02-07 | |
| 16,22 | 0,6 | Joaquim Moreira | | | | | 1 | | Maia | 07-05 | |
| 16,24 | -2,7 | Pedro Ferreira | S23 | | | | Dec | T. Nac | Luso | 21-05 | |
| 16,25 | 1,9 | Filipe Guerreiro | S23 | | | | 4 | | Maia | 20-05 | |
| 16,25 | -3,6 | Rafael Correia | | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 16,25 | -3,6 | Edjoy Almeida | S23 | | | | 2 | | Setúbal | 15-07 | |
| 16,27 | -2,7 | Filipe Guerreiro | S23 | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 16,32 | -2,7 | Carlos Prino | S23 | GA Fátima | | 13-06-97 | Dec | T. Nac | Luso | 21-05 | |
| 16,35 | -1,9 | Carlos Prino | S23 | | | | Dec | | Rio Maior | 30-04 | |
| 16,40 | 0,0 | Tito Fernandes | Jr | ADR Água Pena | | 02-06-99 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 16,69-16 |
| 16,40 | -0,6 | Ulisses Tavares | | ADR Água Pena | CPV | 18-10-92 | 5 | CNCI-2 | Leiria | 23-07 | 16,07-16 |
| 16,41 | -3,6 | Lúis Fernandes | | GD Cavadas | | 31-05-82 | 3 | | Setúbal | 15-07 | 14,43-05 |

| | | | | | | | | | | | |
|-------|------|-------------------|-----|-------------------|-----|----------|-----|----------|---------------|-------|----------|
| 16,43 | 1,0 | Ulisses Tavares | | | CPV | | 1 | | Ribeira Brava | 16-07 | |
| 16,49 | 0,3 | Pedro Silva | Jr | Maia AC | | 21-06-99 | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 16,52 | 0,6 | Ruben Couchinho | S23 | | | | 3h | CN23 | Pombal | 02-07 | |
| 16,58 | 0,0 | Filipe Guerreiro | S23 | | | | 1H | | Vagos | 16-07 | |
| 16,58 | -0,6 | Pedro Silva | Jr | | | | 6 | CNCI-2 | Leiria | 23-07 | |
| 16,60 | -3,6 | Luciano Lima | S23 | CDR Ribeirinho | | 12-12-96 | 4 | | Setúbal | 15-07 | |
| 16,61 | -0,3 | Diogo Pacheco | Jr | SL Benfica | | 12-06-99 | 2 | | Lisboa - I | 25-06 | |
| 16,67 | -2,9 | Diogo Oliveira | S23 | | | | 2 | | Guarda | 29-04 | |
| 16,70 | 0,3 | Pedro Ferreira | S23 | | | | 3s | CNCI-Ap | Guimarães | 28-05 | |
| 16,70 | -0,5 | Tiago Boucela | | Grecas | | 09-02-92 | Dec | ETC - 1 | Monzon - Esp | 02-07 | 15,26-14 |
| 16,72 | -3,6 | Luis Fernandes | | | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 16,73 | -2,7 | Gracelino Barbosa | | ACR Sra. Desterro | CPV | 01-02-85 | 1s | CNCI-Ap | Fátima | 28-05 | 15,52-11 |
| 16,73 | 1,1 | Rafael Vilas Boas | S23 | SC Braga | | 01-02-95 | 7 | CNCI-1 | Leiria | 23-07 | |
| 16,76 | 0,3 | Rafael Vilas Boas | S23 | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 16,78 | -2,7 | Tiago Boucela | | | | | 6s | CNCI-Ap | Fátima | 28-05 | |
| 16,84 | 0,3 | Miguel Pereira | Jr | CAO Vianense | | 06-01-98 | 2s | CNCI-Ap | Guimarães | 28-05 | 15,65-15 |
| 16,91 | 1,1 | Paulo Ornelas | | GD Estreito | | 31-05-93 | 8 | CNCI-1 | Leiria | 23-07 | 16,10-14 |
| 16,92 | -0,6 | Afonso Caetano | Jv | Esc. Movimento | | 30-03-01 | 7 | CNCI-2 | Leiria | 23-07 | |
| 16,93 | 1,9 | Rodrigo Toste | S23 | Juv. Ilha Verde | | 21-06-96 | 1 | | Ponta Delgada | 22-06 | |
| 17,00 | -2,0 | Afonso Caetano | Jv | | | | 3 | C. Norte | Maia | 16-07 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|------------------|-----|----------|-----|----------|----------|-------|----------|
| 13,87 | 3,5 | Hélio Vaz | | SL Benfica | | 01-05-91 | 1 | C. Port | Vagos | 11-06 | 14,34-16 |
| 14,06 | 3,5 | João Fontela | | Juv. Vidigalense | | 07-08-91 | 3 | C. Port | Vagos | 11-06 | 14,21-16 |
| 14,33 | 3,5 | Paulo Neto | S23 | ACD Jardim Serra | | 11-03-97 | 4 | C. Port | Vagos | 11-06 | 14,96-14 |
| 14,63 | 6,1 | Samuel Remédios | | SL Benfica | | 24-02-92 | 2 | Abrantes | Abrantes | 03-06 | 14,23-13 |
| 14,70 | 2,2 | Yvan Ribeiro | Jr | França | | 05-03-99 | 5 | | Nice | 07-05 | 15,00-16 |
| 14,80 | 6,1 | Rafael Correia | | Sporting CP | | 31-12-93 | 3 | Abrantes | Abrantes | 03-06 | 14,71-16 |
| 15,69 | 3,5 | Carlos Lopes | | GA Fátima | | 13-03-83 | 8 | C. Port | Vagos | 11-06 | 15,29-14 |
| 16,05 | 6,1 | Rafael Vilas Boas | S23 | SC Braga | | 01-02-95 | 5 | Abrantes | Abrantes | 03-06 | |
| 16,57 | 3,6 | Joaquim Cabral | | CO Pechão | | 17-04-88 | Dec | C. Port | Vagos | 11-06 | 16,08-15 |
| 16,61 | 3,6 | Eduardo Valério | S23 | Juv. Vidigalense | | 07-02-96 | Dec | C. Port | Vagos | 11-06 | 16,87-15 |

110 m B (1,00 m) – 15,00 – 17,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|----------------|-----|--------------|-----|----------|-----|-------------|----------------|-------|----------|
| 14,23 | 1,3 | Yvan Ribeiro | Jr | França | | 05-03-99 | 1h | | Nice | 23-06 | 15,00-16 |
| 14,27 | 1,8 | Yvan Ribeiro | Jr | | | | 1 | | Nice | 23-06 | |
| 14,29 | 1,5 | Diogo Guerra | Jr | SL Benfica | | 29-01-99 | 1 | CNJ | Marinha Grande | 09-07 | 14,30-16 |
| 14,37 | -0,2 | Edson Gomes | Jr | SL Benfica | | 01-11-98 | 5 | | Bedford - Gbr | 18-06 | 14,82-16 |
| 14,37 | 1,0 | Diogo Guerra | Jr | | | | 1 | | Braga | 05-07 | |
| 14,43 | 1,2 | Yvan Ribeiro | Jr | | | | 1h | C. Fr. Jr | Dreux - Fra | 01-07 | |
| 14,43 | 1,0 | Miguel Pereira | Jr | CAO Vianense | | 06-01-98 | 2 | | Braga | 05-07 | 14,44-15 |
| 14,44 | 0,0 | Yuben Munary | Jr | SL Benfica | | 25-09-99 | 1 | Lx/Md | Lisboa - I | 29-07 | |
| 14,46 | 1,8 | Edson Gomes | Jr | | | | 1h | CNJ | Marinha Grande | 09-07 | |
| 14,48 | 0,3 | Edson Gomes | Jr | | | | 2 | | Bromley - Gbr | 28-05 | |
| 14,50 | -0,5 | Yvan Ribeiro | Jr | | | | 1 | | Monaco | 26-04 | |
| 14,51 | 0,3 | Yvan Ribeiro | Jr | | | | 3mf | C. Fr. Jr | Dreux - Fra | 01-07 | |
| 14,51 | 1,0 | Pedro Silva | Jr | | | | 4 | | Braga | 05-07 | 15,93-16 |
| 14,58 | -1,9 | Diogo Guerra | Jr | | | | 1 | | Torres Vedras | 02-07 | |
| 14,61 | 0,0 | André Prazeres | Jr | JOMA | | 23-05-99 | 2 | Lx/Md | Lisboa - I | 29-07 | 15,36-16 |
| 14,63 | 1,3 | Yuben Munary | Jr | | | | 1 | | Lisboa - MP | 20-05 | |
| 14,63 | -1,9 | André Prazeres | Jr | | | | 2 | | Torres Vedras | 02-07 | |
| 14,65 | 1,5 | Yuben Munary | Jr | | | | 2 | CNJ | Marinha Grande | 09-07 | |
| 14,71 | -0,5 | Diogo Guerra | Jr | | | | 1ex | C. Norte Jr | Braga | 18-06 | |
| 14,73 | 1,0 | Yuben Munary | Jr | | | | 3 | | Braga | 05-07 | |
| 14,80 | -0,5 | Miguel Pereira | Jr | | | | 1 | C. Norte Jr | Braga | 18-06 | |
| 14,85 | -1,9 | Yuben Munary | Jr | | | | 3 | | Torres Vedras | 02-07 | |
| 14,91 | -1,6 | Yuben Munary | Jr | | | | 1 | | Lisboa - MP | 13-06 | |
| 14,91 | 1,5 | André Prazeres | Jr | | | | 3 | CNJ | Marinha Grande | 09-07 | |

| | | | | | | | | | | | |
|-------|------|--------------------|----|-----------------|-----|----------|-----|-------------|------------------|-------|----------|
| 14,92 | -1,5 | Miguel Pereira | Jr | | | | 1 | | Viana do Castelo | 28-06 | |
| 14,95 | -1,5 | Diogo Guerra | Jr | | | | 5h | CE Jr | Grosseto - Ita | 21-07 | |
| 15,01 | 0,0 | Manuel Dias | Jr | Sporting CP | | 28-02-99 | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 15,02 | -1,5 | Miguel Pereira | Jr | | | | 6h | CE Jr | Grosseto - Ita | 21-07 | |
| 15,07 | 0,5 | Diogo Guerra | Jr | | | | 1 | | Braga | 30-04 | |
| 15,10 | 0,2 | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | 2rB | Lx/Md | Lisboa - I | 29-07 | 16,27-16 |
| 15,13 | 1,3 | Edgar Campré | Jv | | STP | | 2 | | Lisboa - MP | 20-05 | |
| 15,15 | 0,0 | Manuel Dias | Jr | | | | Dec | | Arona - Esp | 04-06 | |
| 15,16 | -2,0 | Yuben Munary | Jr | | | | Dec | | Rio Maior | 30-04 | |
| 15,40 | 0,0 | Rafael Ferreira | Jr | A 20Km Almeirim | | 21-10-99 | 5 | Lx/Md | Lisboa - I | 29-07 | |
| 15,42 | 1,8 | José Matos | Jv | SC Abrantes | | 03-01-00 | 2h | CNJ | Marinha Grande | 09-07 | 15,33-16 |
| 15,45 | -1,6 | Edgar Campré | Jv | | STP | | 2 | | Lisboa - MP | 13-06 | |
| 15,46 | -2,2 | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | Dec | | Faro | 02-04 | |
| 15,49 | -1,8 | João Silva | Jr | AC Vermoil | | 05-02-99 | 1 | | Fátima | 02-07 | 15,21-16 |
| 15,50 | -0,5 | Pedro Silva | Jr | Maia AC | | 21-06-99 | 2 | C. Norte Jr | Braga | 18-06 | 15,93-16 |
| 15,62 | -2,6 | Pedro Pinheiro | Jr | | | | 1 | | Lagoa | 18-06 | |
| 15,63 | 1,8 | Diogo Pacheco | Jr | SL Benfica | | 12-06-99 | 3h | CNJ | Marinha Grande | 09-07 | |
| 15,71 | 0,7 | Armando Assembleia | Jr | Vit. Setúbal | | 14-02-99 | 1 | | Setúbal | 29-04 | 15,58-16 |
| 15,85 | 1,3 | Diogo Pacheco | Jr | | | | 3 | | Lisboa - MP | 20-05 | |
| 15,85 | -1,9 | Diogo Pacheco | Jr | | | | 4 | | Torres Vedras | 02-07 | |
| 15,99 | 1,5 | Diogo Pacheco | Jr | | | | 4 | CNJ | Marinha Grande | 09-07 | |
| 16,08 | 0,7 | Tiago Tavares | Jr | GD Cavadas | | 20-07-98 | 2 | | Setúbal | 29-04 | 16,79-16 |
| 16,11 | 1,5 | Francisco Ferraz | Jv | Sporting CP | | 29-08-00 | 5 | CNJ | Marinha Grande | 09-07 | |
| 16,17 | -2,0 | Manuel Dias | Jr | | | | Dec | | Rio Maior | 30-04 | |
| 16,21 | 0,0 | Diogo Pacheco | Jr | | | | 6 | Lx/Md | Lisboa - I | 29-07 | |
| 16,27 | 1,8 | Wilsuel Mata | Jr | EBMD Saraiva | | 03-11-98 | 4h | CNJ | Marinha Grande | 09-07 | |
| 16,28 | -0,1 | Rafael Ferreira | Jr | | | | Dec | T. Nac | Luso | 21-05 | |
| 16,35 | 0,2 | André Oliveira | Jv | Sporting CP | | 22-01-00 | 3rB | Lx/Md | Lisboa - I | 29-07 | |
| 16,36 | -1,6 | Diogo Pacheco | Jr | | | | 3 | | Lisboa - MP | 13-06 | |
| 16,50 | 1,3 | Francisco Ferraz | Jv | | | | 4 | | Lisboa - MP | 20-05 | |
| 16,59 | 0,5 | Tito Fernandes | Jr | ADR Água Pena | | 02-06-99 | Dec | | Ribeira Brava | 02-04 | 15,71-16 |
| 16,66 | 1,8 | Miguel Marta | Jr | Grecas | | 12-02-98 | 5h | CNJ | Marinha Grande | 09-07 | 15,99-15 |
| 16,67 | -0,5 | Afonso Caetano | Jv | Esc. Movimento | | 30-03-01 | 3 | C. Norte Jr | Braga | 18-06 | |
| 16,81 | -0,5 | Miguel Marta | Jr | | | | 5ex | C. Norte Jr | Braga | 18-06 | |
| 16,85 | 0,2 | Tiago Tavares | Jr | | | | Dec | | Sobreda | 07-05 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------|-----|----------------|-----|----------|----|-------|----------------|-------|----------|
| 14,04 | 2,1 | Yvan Ribeiro | Jr | França | | 05-03-99 | 2 | | Nice | 18-06 | 15,00-16 |
| 14,14 | 2,4 | Edson Gomes | Jr | SL Benfica | | 01-11-98 | 4 | | Bedford - Gbr | 18-06 | 14,82-16 |
| 16,84 | 3,1 | Jin Xin | Jr | CJ Sal. Arouca | CHN | 07-04-98 | 7h | CNJ | Marinha Grande | 09-07 | 15,92-16 |
| 16,25 | 3,1 | João Pinto | Jv | ADRE Palhaça | | 16-02-00 | 6h | CNJ | Marinha Grande | 09-07 | 16,84-16 |
| 15,32 | 3,1 | João Silva | Jr | AC Vermoil | | 05-02-99 | 4h | CNJ | Marinha Grande | 09-07 | 15,21-16 |
| 16,96 | 4,5 | Luís Ialá | Jv | SL Benfica | | 07-03-00 | 4s | | Lisboa - MP | 02-07 | |
| 16,73 | 4,5 | Miguel Afonso | Jv | SL Benfica | | 19-07-01 | 2s | | Torres Vedras | 02-07 | |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-------------|-----|-------|-----|-------|----|-------|---------------|-------|-----|
| 15,05 | | Edson Gomes | Jr | | | | 1 | | Norwich - Gbr | 30-04 | |

200 m B – 28,00

Sem medição de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-------------|-----|---------------|-----|----------|----|-------|--------|-------|-----|
| 26,82 | | Romeu Gomes | Jr | CCSJ. Madeira | | 05-09-98 | 1 | | Aveiro | 25-03 | |

400 m B/H – 53,00 – 60,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|-------------------|-----|----------|-----|------------|--------------------|-------|----------|
| 49,52 | | Jordin Andrade | | Sporting CP | CPV | 05-05-92 | 2rB | | Lucerna - Sui | 11-07 | 49,24-15 |
| 49,65 | | Jordin Andrade | | | CPV | | 1 | Ibero | Huelva - Esp | 14-06 | |
| 49,66 | | Jordin Andrade | | | CPV | | 1 | J. Franco | Abidjan - CIV | 24-07 | |
| 50,13 | | Lucirio Garrido | | SL Benfica | VEN | 04-10-88 | 1h | C. Esp | Barcelona - Esp | 22-07 | 49,66-14 |
| 50,32 | | Jordin Andrade | | | CPV | | 6h | C. Mundo | Londres - Gbr | 06-08 | |
| 50,50 | | Lucirio Garrido | | | VEN | | 1 | | Kessel-Lo - Bel | 19-08 | |
| 50,53 | | Lucirio Garrido | | | VEN | | 7 | | Madrid - Esp | 14-07 | |
| 50,73 | | Lucirio Garrido | | | VEN | | 2rB | | Huelva - Esp | 14-06 | |
| 50,80 | | Lucirio Garrido | | | VEN | | 4 | | Castellon - Esp | 04-07 | |
| 50,90 | | Jordin Andrade | | | CPV | | 7 | Gyulai | Szekesfeharvar-Hun | 04-07 | |
| 50,96 | | Lucirio Garrido | | | VEN | | 5 | | Oordegem - Bel | 27-05 | |
| 51,00 | | Lucirio Garrido | | | VEN | | 2 | | Monachil - Esp | 07-07 | |
| 51,04 | | Jordin Andrade | | | CPV | | 5rB | Madris | Madrid | 14-07 | |
| 51,20 | | Jordin Andrade | | | CPV | | 4 | Guarda | Solletuna - Swe | 29-06 | |
| 51,53 | | Diogo Mestre | S23 | SL Benfica | | 20-05-95 | 1 | | Lisboa - MP | 13-06 | 52,07-15 |
| 51,74 | | Lucirio Garrido | | | VEN | | 1 | V. Tavares | Faro | 13-05 | |
| 51,75 | | Jordin Andrade | | | CPV | | 1 | Guarda | Guarda | 07-07 | |
| 52,00 | | Diogo Mestre | S23 | | | | 4h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 52,00 | | Diogo Mestre | S23 | | | | 6h | CE23 | Bydgoszcz - Pol | 14-07 | |
| 52,20 | | Diogo Mestre | S23 | | | | 2 | Guarda | Guarda | 07-07 | |
| 52,28 | | Diogo Mestre | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 52,42 | | Jordin Andrade | | | CPV | | 1ex | C. Port | Vagos | 11-06 | |
| 52,52 | | Diogo Mestre | S23 | | | | 2 | V. Tavares | Faro | 13-05 | |
| 52,65 | | Edgar Remédios | | GA Fátima | | 05-05-94 | 3 | Avila | Avila - Esp | 15-07 | 52,82-15 |
| 52,70 | | Diogo Mestre | S23 | | | | 7 | | Salamanca - Esp | 03-06 | |
| 53,01 | | Diogo Mestre | S23 | | | | 1 | C. Port | Vagos | 11-06 | |
| 53,03 | | Diogo Mestre | S23 | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 53,06 | | André Sá | S23 | SL Benfica | | 01-06-95 | 2 | | Lisboa - MP | 13-06 | 53,54-16 |
| 53,15 | | Ricardo Lima | | SC Braga | | 02-01-85 | 1ex | | Marinha Grande | 04-06 | 50,44-07 |
| 53,16 | | Edgar Remédios | | | | | 1rB | | Salamanca - Esp | 03-06 | |
| 53,26 | | Ricardo Lima | | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 53,29 | | Edgar Remédios | | | | | 3 | V. Tavares | Faro | 13-05 | |
| 53,34 | | Ricardo Lima | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 53,37 | | Edgar Remédios | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 53,51 | | André Sá | S23 | | | | 1 | | Lisboa - I | 25-06 | |
| 53,51 | | Manuel Dias | Jr | Sporting CP | | 28-02-99 | 6h | CE Jr | Grosseto - Ita | 21-07 | 56,72-15 |
| 53,72 | | Manuel Dias | Jr | | | | 2 | CN23 | Pombal | 02-07 | |
| 53,85 | | Edgar Remédios | | | | | 3 | Guarda | Guarda | 07-07 | |
| 53,90 | | André Sá | S23 | | | | 3rB | | Salamanca - Esp | 03-06 | |
| 53,93 | | André Sá | S23 | | | | 1 | | Lisboa - I | 16-07 | |
| 54,00 | | Tiago Horta | | Sporting CP | | 10-06-94 | 2 | | Lisboa - I | 16-07 | 54,30-16 |
| 54,14 | | Edgar Remédios | | | | | 1 | | Abrantes | 21-05 | |
| 54,17 | | Edgar Remédios | | | | | 2 | C. Port | Vagos | 11-06 | |
| 54,30 | | Edgar Remédios | | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 54,43 | | Bruno Gualberto | | Juv. Vidigalense | | 01-08-88 | 2 | CNCI-1 | Leiria | 23-07 | 51,14-09 |
| 54,49 | | Daniel Chagas | Jr | Sporting CP | | 06-03-99 | 3 | | Lisboa - I | 16-07 | |
| 54,62 | | André Sá | S23 | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 54,65 | | Daniel Chagas | Jr | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 54,77 | | Marco Ribeiro | S23 | ACR Sra. Desterro | | 08-11-97 | 4 | CNCI-1 | Leiria | 23-07 | 56,17-16 |
| 54,81 | | Marco Ribeiro | S23 | | | | 3 | | Lisboa - MP | 13-06 | |
| 54,85 | | Manuel Dias | Jr | | | | 2 | | Lisboa - I | 25-06 | |
| 54,88 | | André Sá | S23 | | | | 4 | V. Tavares | Faro | 13-05 | |
| 54,89 | | André Lima | | CA Seia | | 19-04-91 | 5 | CNCI-1 | Leiria | 23-07 | 54,77-15 |
| 54,99 | | Marco Ribeiro | S23 | | | | 3 | CN23 | Pombal | 02-07 | |
| 55,00 | | Ricardo Lima | | | | | 3 | C. Port | Vagos | 11-06 | |
| 55,02 | | Marco Ribeiro | S23 | | | | 4 | Guarda | Guarda | 07-07 | |
| 55,03 | | André Lima | | | | | 2ex | | Marinha Grande | 04-06 | |
| 55,09 | | Adam Ferreira | S23 | C Bf. Faro | | 10-05-96 | 1 | | Braga | 05-07 | 57,79-16 |
| 55,11 | | Bruno Gualberto | | | | | 2s | CNCI-Ap | Fátima | 28-05 | |

| | | | | | | | | | | | |
|-------|-------------------|------------------|-----|-------------------|-----|----------|---------|-----------------|---------------------|-------|----------|
| 55,16 | | Tiago Horta | | | | 1rC | | Salamanca - Esp | 03-06 | | |
| 55,16 | | Adam Ferreira | S23 | | | 4 | CN23 | Pombal | 02-07 | | |
| 55,32 | | André Lima | | | | 5 | Guarda | Guarda | 07-07 | | |
| 55,39 | | Tiago Horta | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | | |
| 55,40 | Romeu Gomes | | Jr | CCSJ. Madeira | | 05-09-98 | 1 | | Vagos | 16-07 | 57,93-15 |
| 55,47 | | André Lima | | | | | 1 | | Maia | 14-06 | |
| 55,57 | | Adam Ferreira | S23 | | | | 4 | | Lisboa - MP | 13-06 | |
| 55,62 | | Adam Ferreira | S23 | | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 55,66 | | André Sá | S23 | | | | 4 | C. Port | Vagos | 11-06 | |
| 55,74 | | Marco Ribeiro | S23 | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 55,74 | Marco Camara | | Jv | Juv. Ilha Verde | | 17-01-00 | 1 | CNJ | Marinha Grande | 09-07 | 59,67-16 |
| 55,77 | | Adam Ferreira | S23 | | | | 3ex | | Lisboa - I | 25-06 | |
| 55,79 | | Marco Ribeiro | S23 | | | | 5 | C. Port | Vagos | 11-06 | |
| 55,85 | Tomás Batista | | | Esc. Movimento | | 21-12-92 | 1 | | Póvoa de Varzim | 24-05 | 55,67-15 |
| 55,89 | | Tomás Batista | | | | | 2 | | Maia | 14-06 | |
| 56,04 | | Tomás Batista | | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 56,08 | | André Lima | | | | | 5 | V. Tavares | Faro | 13-05 | |
| 56,08 | | Tomás Batista | | | | | 2 | | Braga | 05-07 | |
| 56,09 | | Marco Ribeiro | S23 | | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 56,10 | Paulo Soares | | Jv | GCA Donas | | 13-07-00 | 2 | CNJ | Marinha Grande | 09-07 | 58,70-16 |
| 56,11 | | Tomás Batista | | | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 56,17 | | Tiago Horta | | | | | 6 | C. Port | Vagos | 11-06 | |
| 56,20 | | Romeu Gomes | Jr | | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 56,24 | | Adam Ferreira | S23 | | | | 4ex | | Lisboa - I | 16-07 | |
| 56,26 | Paulo Neto | | S23 | ACD Jardim Serra | | 11-03-97 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 55,97-14 |
| 56,42 | Andre Gomes | | Jr | AC Povo | | 21-01-98 | 4 | CNJ | Marinha Grande | 09-07 | 58,35-16 |
| 56,46 | Gracelino Barbosa | | | ACR Sra. Desterro | CPV | 01-02-85 | 1 | INAS | Bangkok - Tha | 17-05 | 54,84-16 |
| 56,52 | | Paulo Neto | S23 | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 56,53 | | Tomás Batista | | | | | 1 | C. Norte | Maia | 15-07 | |
| 56,58 | Sérgio Silva | | S23 | Juv. Ilha Verde | | 04-05-96 | 7 | C. Port | Vagos | 11-06 | 54,47-15 |
| 56,58 | | Romeu Gomes | Jr | | | | 3 | CNCI-2 | Leiria | 23-07 | |
| 56,60 | | Marco Camara | Jv | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 56,67 | | Adam Ferreira | S23 | | | | 6 | V. Tavares | Faro | 13-05 | |
| 56,68 | | Adam Ferreira | S23 | | | | 2 | CNCI-3 | Leiria | 23-07 | |
| 56,69 | | Adam Ferreira | S23 | | | | 8 | C. Port | Vagos | 11-06 | |
| 56,74 | | Andre Gomes | Jr | | | | 5 | CN23 | Pombal | 02-07 | |
| 56,81 | | André Sá | S23 | | | | 6 | CN23 | Pombal | 02-07 | |
| 56,87 | | Marco Camara | Jv | | | | 1 | J. Ilhas | Riviere Salee - Fra | 12-05 | |
| 56,88 | | Tomás Batista | | | | | 1 | | Maia | 24-06 | |
| 56,89 | Sandro Gonçalves | | Jr | CD Póvoa | | 15-05-99 | 5 | CNJ | Marinha Grande | 09-07 | |
| 56,94 | | Andre Gomes | Jr | | | | 1 | C. Norte Jr | Braga | 17-06 | |
| 57,03 | | Tomás Batista | | | | | 1 | | Povo de Varzim | 08-04 | |
| 57,11 | | Tomás Batista | | | | | 9 | C. Port | Vagos | 11-06 | |
| 57,18 | Diogo Oliveira | | S23 | CA Seia | | 03-09-97 | 1s | CNCI-Ap | Fátima | 28-05 | 58,35-15 |
| 57,19 | | Andre Gomes | Jr | | | | 3 | CNCI-3 | Leiria | 23-07 | |
| 57,21 | | Diogo Oliveira | S23 | | | | 2 | | Póvoa de Varzim | 24-05 | |
| 57,25 | | Andre Gomes | Jr | | | | 3s | CNCI-Ap | Guimarães | 28-05 | |
| 57,28 | | Sandro Gonçalves | Jr | | | | 2 | C. Norte Jr | Braga | 17-06 | |
| 57,51 | | Adam Ferreira | S23 | | | | 1 | | Faro | 30-04 | |
| 57,64 | | Romeu Gomes | Jr | | | | 3 | | Maia | 14-06 | |
| 57,65 | Pedro Silva | | Jr | Maia AC | | 21-06-99 | 3 | | Póvoa de Varzim | 24-05 | |
| 57,67 | Ulisses Tavares | | | ADR Água Pena | CPV | 18-10-92 | 4 | CNCI-2 | Leiria | 23-07 | 59,57-16 |
| 57,69 | Daniel Antunes | | Jv | AC Vermoil | | 09-03-99 | 6 | CNJ | Marinha Grande | 09-07 | |
| 57,86 | | Ulisses Tavares | | | CPV | | 1 | | Ribeira Brava | 16-07 | |
| 57,96 | | Romeu Gomes | Jr | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 58,04 | | Marco Camara | Jv | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 58,08 | Samuel Remédios | | | SL Benfica | | 24-02-92 | 7 | CNCI-1 | Leiria | 23-07 | |
| 58,10 | | Sandro Gonçalves | Jr | | | | 2 | | Povo de Varzim | 08-04 | |
| 58,10 | Cristian Rosa | | S23 | CN Rio Maior | | 16-04-95 | 2s | CNCI-Ap | Fátima | 28-05 | 54,84-11 |
| 58,18 | | Daniel Antunes | Jv | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 58,28 | | Romeu Gomes | Jr | | | | 1 | | Vagos | 02-07 | |
| 58,37 | João Teixeira | | Jr | A 20Km Almeirim | | 16-09-98 | 1 | | Fátima | 07-05 | 58,02-16 |

| | | | | | | | | | | | |
|-------|--|------------------|-----|----------------|-----|----------|-----|-------------|-------------------|-------|----------|
| 58,38 | | Ulisses Tavares | | | CPV | | 1 | | Ribeira Brava | 22-04 | |
| 58,40 | | Sandro Gonçalves | Jr | | | | 4s | CNCI-Ap | Guimarães | 28-05 | |
| 58,42 | | Sandro Baessa | Jr | CF Oliv. Douro | CPV | 29-03-99 | 1s | | Maia | 14-06 | |
| 58,50 | | Pedro Silva | Jr | | | | 2 | C. Norte | Maia | 15-07 | |
| 58,54 | | Ulisses Tavares | | | CPV | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 58,55 | | João Teixeira | Jr | | | | 2 | | Abrantes | 21-05 | |
| 58,63 | | Sandro Gonçalves | Jr | | | | 4s | | Maia | 14-06 | |
| 58,65 | | Éndryl Rodrigues | Jv | SL Benfica | BRA | 25-04-00 | 4 | | Lisboa - I | 16-07 | |
| 58,69 | | Edjoy Almeida | S23 | GD Cavadas | | 20-05-97 | 1 | | Sobreda | 10-06 | 57,31-15 |
| 58,71 | | Diogo Guerra | Jr | SL Benfica | | 29-01-99 | 4 | | Póvoa de Varzim | 24-05 | 55,38-16 |
| 58,77 | | Joaquim Moreira | | CD Póvoa | | 30-01-93 | 3 | | Povoa de Varzim | 08-04 | 57,04-13 |
| 58,78 | | Edjoy Almeida | S23 | | | | 1 | | Setúbal | 29-04 | |
| 58,81 | | Pedro Silva | Jr | | | | 5 | CNCI-2 | Leiria | 23-07 | |
| 58,83 | | Henrique Eugénio | Jr | Grecas | | 29-10-99 | 6 | CNCI-2 | Leiria | 23-07 | |
| 58,88 | | Pedro Silva | Jr | | | | 5s | | Maia | 14-06 | |
| 58,88 | | Xavier Teixeira | Jv | CN Rio Maior | | 09-04-01 | 4 | CNCI-3 | Leiria | 23-07 | |
| 58,99 | | António Brás | Jr | SL Benfica | | 19-10-99 | 3 | | Lisboa - I | 25-06 | |
| 58,99 | | João Teixeira | Jr | | | | 9 | CNJ | Marinha Grande | 09-07 | |
| 59,00 | | Eduardo Oliveira | Jv | Bairro Anjos | | 13-10-00 | 1 | | Fátima | 02-07 | |
| 59,01 | | Pedro Silva | Jr | | | | 3 | C. Norte Jr | Braga | 17-06 | |
| 59,01 | | David Ferreira | Jr | Inglese FC | | 28-12-98 | 1 | | Torres Vedras | 02-07 | 59,92-16 |
| 59,08 | | Daniel Antunes | Jv | | | | 7 | CNCI-2 | Leiria | 23-07 | |
| 59,11 | | António Brás | Jr | | | | 5 | | Lisboa - MP | 13-06 | |
| 59,14 | | Davide Anselmo | | CA Seia | | 26-05-89 | 5 | | Póvoa de Varzim | 24-05 | 56,52-16 |
| 59,14 | | Edjoy Almeida | S23 | | | | 3s | CNCI-Ap | Vendas Novas | 28-05 | |
| 59,14 | | Xavier Teixeira | Jv | | | | 1 | | Fátima | 02-07 | |
| 59,15 | | Éndryl Rodrigues | Jv | | BRA | | 2 | | Torres Vedras | 02-07 | |
| 59,24 | | José Mestre | Jr | C Bf. Faro | | 18-09-99 | 1s | V. Tavares | Faro | 13-05 | |
| 59,28 | | António Brás | Jr | | | | 4 | Lisboa | Lisboa - I | 01-05 | |
| 59,38 | | Daniel Antunes | Jv | | | | 2 | | Fátima | 02-07 | |
| 59,38 | | Mauro Fonseca | S23 | Gira Sol | STP | 02-02-95 | 8 | CNCI-2 | Leiria | 23-07 | 56,86-16 |
| 59,45 | | Romeu Gomes | Jr | | | | 1 | Aveiro | Aveiro | 24-06 | |
| 59,48 | | Andre Gomes | Jr | | | | 6 | | Póvoa de Varzim | 24-05 | |
| 59,57 | | Pedro Silva | Jr | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 59,61 | | José Gomes | | CF Belenenses | GBS | 25-04-83 | 1s | CNCI-Ap | Vendas Novas | 28-05 | 55,04-13 |
| 59,63 | | Paulo Ornelas | | GD Estreito | | 31-05-93 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 57,33-13 |
| 59,63 | | Henrique Eugénio | Jr | | | | 2 | | Vagos | 16-07 | |
| 59,70 | | Marco Camara | Jv | | | | 1 | | Angra do Heroísmo | 18-06 | |
| 59,83 | | Dinis Luís | Jv | CDR Ribeirinho | | 29-11-00 | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 59,88 | | Sandro Baessa | Jr | | CPV | | 8ex | CNJ | Marinha Grande | 09-07 | |
| 59,93 | | Daniel Antunes | Jv | | | | 1 | | Marinha Grande | 04-06 | |
| 59,99 | | Sandro Baessa | Jr | | CPV | | 4 | C. Norte Jr | Braga | 17-06 | |

Altura / High Jump – 2.00 –1,83

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-------------------|-----|-------------|-----|----------|-----|------------|--------------|-------|------------|
| 2,21 | | Paulo Conceição | | SL Benfica | | 29-12-93 | 1 | Lisboa | Lisboa - I | 01-05 | 2,24i-16 |
| 2,20 | i | Paulo Conceição | | | | | 1 | Pombal | Pombal | 04-02 | |
| 2,20 | i | Paulo Conceição | | | | | 1 | C. Port | Pombal | 12-02 | |
| 2,20 | i | Paulo Conceição | | | | | 1 | CNCI-1 | Pombal | 18-02 | |
| 2,17 | i | Paulo Conceição | | | | | 1 | CNU | Pombal | 05-03 | |
| 2,15 | i | Paulo Conceição | | | | | 1 | M. Pereira | Lisboa - CAR | 07-01 | |
| 2,15 | i | Paulo Conceição | | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 2,15 | i | Paulo Conceição | | | | | 1 | | Lisboa - CAR | 23-02 | |
| 2,15 | | Paulo Conceição | | | | | 1 | CNU | Faro | 14-05 | |
| 2,15 | | Paulo Conceição | | | | | 3 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 2,10 | i | Rafael Vilas Boas | S23 | SC Braga | | 01-02-95 | 1 | CN23 | Pombal | 26-02 | 2,02-12/13 |
| 2,10 | | Paulo Conceição | | | | | 1 | | Lisboa - I | 16-07 | |
| 2,10 | | Paulo Conceição | | | | | 14q | Univ | Taipei | 23-08 | |
| 2,09 | i | Tiago Boucela | | Grecas | | 09-02-92 | Hep | C. Port | Pombal | 11-02 | 2,12i-14 |
| 2,07 | i | Francisco Barreto | S23 | Sporting CP | | 31-08-96 | 2 | C. Port | Pombal | 12-02 | 2,06-14 |
| 2,07 | i | Francisco Barreto | S23 | | | | 2 | CNCI-1 | Pombal | 18-02 | |

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|------|---|-------------------|-----|-------------------|--------------|-----|------------|-------------------|-------|------------|
| 2,07 | | Paulo Conceição | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 2,06 | | Filipe Guerreiro | S23 | CCSJ. Madeira | 06-02-97 | 1 | | Vagos | 16-07 | 2,03-15 |
| 2,05 | i | Tiago Boucela | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 2,05 | | Paulo Conceição | | | | 5 | | Palafrugell - Esp | 27-05 | |
| 2,05 | | Tiago Pereira | | SL Benfica | 19-09-93 | 1 | Maia | Maia | 08-07 | 2,21-15 |
| 2,04 | i | Tiago Boucela | | | | 2 | Pombal | Pombal | 04-02 | |
| 2,04 | i | Marcos Maio | S23 | CAO Vianense | 07-01-97 | 2 | CN23 | Pombal | 26-02 | 2,07-15 |
| 2,03 | i | Francisco Barreto | S23 | | | 2 | M. Pereira | Lisboa - CAR | 07-01 | |
| 2,03 | | Filipe Guerreiro | S23 | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 2,03 | | Tiago Boucela | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 2,03 | | Cláudio Freixo | | NA Cucujães | 04-07-91 | 2 | | Vagos | 16-07 | 2,03-14 |
| 2,03 | | Nelson Pinto | Jr | Sporting CP | 24-12-98 | 2 | CNCI-1 | Leiria | 23-07 | 2,05-16 |
| 2,02 | i | Tiago Boucela | | | | 1 | CNCI-2 | Pombal | 19-02 | |
| 2,02 | | Pedro Pinheiro | Jr | SL Benfica | 29-03-98 | 1 | C. Port | Vagos | 11-06 | 1,95i-15 |
| 2,02 | | Carlos Gomes | S23 | SC Braga | 17-03-97 | 1 | | Braga | 21-06 | 2,03-15 |
| 2,02 | | Nelson Pinto | Jr | | | 1 | | Coimbra - ECC | 15-07 | |
| 2,02 | | Rafael Vilas Boas | S23 | | | 1 | C. Norte | Maia | 15-07 | |
| 2,02 | | Francisco Barreto | S23 | | | 2 | | Lisboa - I | 16-07 | |
| 2,02 | | Nelson Pinto | Jr | | | 3 | | Lisboa - I | 16-07 | |
| 2,01 | i | Erico Sequeira | S23 | França | 23-12-95 | 3 | | Lyon - Fra | 17-12 | 1,96-15 |
| 2,01 | i | Erico Sequeira | S23 | | | 5 | | Lyon - Fra | 14-01 | |
| 2,01 | i | Francisco Barreto | S23 | | | 3 | CN23 | Pombal | 26-02 | |
| 2,01 | | Simão Pereira | Jv | GCA Donas | 16-10-00 | 1 | OJ | Braga | 03-06 | 1,94-16 |
| 2,01 | | Erico Sequeira | S23 | | | 2 | | Venissieux - Fra | 03-06 | |
| 2,01 | | Filipe Guerreiro | S23 | | | 5 | SLB | Lisboa - I | 17-06 | |
| 2,01 | | Paulo Conceição | | | | 6 | SLB | Lisboa - I | 17-06 | |
| 2,01 | | Tiago Boucela | | | | Dec | ETC - 1 | Monzon - Esp | 01-07 | |
| 2,01 | | Filipe Guerreiro | S23 | | | 1 | CN23 | Pombal | 02-07 | |
| 2,01 | | Francisco Barreto | S23 | | | 2 | CN23 | Pombal | 02-07 | |
| 2,01 | | Erico Sequeira | S23 | | | 10 | | Albi - Fra | 08-07 | |
| 2,01 | | Pedro Pinheiro | Jr | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 2,01 | | Nelson Pinto | Jr | | | 2 | CNJ | Marinha Grande | 09-07 | |
| 2,01 | | Simão Pereira | Jv | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 2,00 | i | Nelson Pinto | Jr | | | 1 | CNJ | Braga | 29-01 | |
| 2,00 | i | Francisco Barreto | S23 | | | 3 | Pombal | Pombal | 04-02 | |
| 2,00 | | Simão Pereira | Jv | | | 1 | | Covilhã | 29-04 | |
| 2,00 | | Simão Pereira | Jv | | | 1 | | Covilhã | 06-05 | |
| 2,00 | | Erico Sequeira | S23 | | | 4 | | Venissieux - Fra | 07-05 | |
| 2,00 | | Simão Pereira | Jv | | | 2 | Go Fit | Avila - Esp | 01-07 | |
| 2,00 | | Abdel Larrinaga | | SL Benfica | CUB 13-07-94 | 2 | Maia | Maia | 08-07 | 2,07-11/13 |
| 2,00 | | Rafael Vilas Boas | S23 | | | 3 | Maia | Maia | 08-07 | |
| 2,00 | | Cláudio Freixo | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 2,00 | | Nelson Pinto | Jr | | | 1 | Lx/Md | Lisboa - I | 29-07 | |
| 1,99 | i | Erico Sequeira | S23 | | | 2 | | Lyon - Fra | 10-12 | |
| 1,99 | i | Roman Guliy | Vet | Sporting CP | 07-04-79 | 3 | C. Port | Pombal | 12-02 | 2,21-99 |
| 1,99 | i | Marcos Maio | S23 | | | 4 | C. Port | Pombal | 12-02 | |
| 1,99 | i | Carlos Gomes | S23 | | | 3 | CNCI-1 | Pombal | 18-02 | |
| 1,99 | | Filipe Guerreiro | S23 | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 1,99 | | Pedro Pinheiro | Jr | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 1,99 | | Erico Sequeira | S23 | | | 2 | | Venissieux - Fra | 28-05 | |
| 1,99 | | Cláudio Freixo | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 1,99 | | Stephane Varela | | Sporting CP | 30-09-90 | 2 | C. Port | Vagos | 11-06 | 2,02-16 |
| 1,99 | | Nelson Pinto | Jr | | | 3 | C. Port | Vagos | 11-06 | |
| 1,99 | | Erico Sequeira | S23 | | | 2 | | Valence - Fra | 17-06 | |
| 1,99 | | Filipe Guerreiro | S23 | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 1,98 | i | Marcos Maio | S23 | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 1,98 | i | Carlos Gomes | S23 | | | 2 | CNCI-Ap | Braga | 21-01 | |
| 1,98 | i | Filipe Grilate | | ACR Sra. Desterro | 28-12-91 | 2 | CNCI-Ap | Pombal | 21-01 | 1,96-12/16 |
| 1,98 | i | Paulo Neto | S23 | ACD Jardim Serra | 11-03-97 | 2 | CNCI-Ap | Braga | 21-01 | 2,04i-16 |
| 1,98 | i | Francisco Barreto | S23 | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 1,98 | i | Filipe Guerreiro | S23 | | | 2 | CNCI-2 | Pombal | 19-02 | |
| 1,98 | i | Carlos Gomes | S23 | | | 4 | CN23 | Pombal | 26-02 | |

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|------|---|-------------------|-----|-----------------|-----|----------|-----|------------|-----------------|-------|---------------|
| 1,98 | | Ailton Fernandes | Jr | SL Benfica | | 13-05-99 | 1 | | Lens - Fra | 04-06 | 1,96-16 |
| 1,97 | i | Samuel Remédios | | SL Benfica | | 24-02-92 | Hep | C. Port | Pombal | 11-02 | 2,00i-16 |
| 1,97 | | Francisco Barreto | S23 | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 1,97 | | Erico Sequeira | S23 | | | | 1 | | Chassieu - Fra | 28-06 | |
| 1,97 | | Nelson Pinto | Jr | | | | 3 | CN23 | Pombal | 02-07 | |
| 1,97 | | Carlos Gomes | S23 | | | | 4 | CN23 | Pombal | 02-07 | |
| 1,97 | | Carlos Gomes | S23 | | | | 1 | | Braga | 05-07 | |
| 1,97 | | Tiago Boucela | | | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 1,97 | | Carlos Gomes | S23 | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 1,97 | | Pedro Catarino | S23 | Esc. Movimento | | 20-10-90 | 3 | CNCI-2 | Leiria | 23-07 | |
| 1,96 | i | Francisco Barreto | S23 | | | | 1 | T. Port | Alpiarça | 15-01 | |
| 1,96 | i | Stephane Varela | | | CPV | | 2 | T. Port | Alpiarça | 15-01 | |
| 1,95 | i | Carlos Gomes | S23 | | | | 1 | C. Norte | Braga | 07-01 | |
| 1,95 | i | Simão Pereira | Jv | | | | 1 | CNJv | Pombal | 05-02 | |
| 1,95 | i | Carlos Gomes | S23 | | | | 5 | C. Port | Pombal | 12-02 | |
| 1,95 | i | Nelson Pinto | Jr | | | | 6 | C. Port | Pombal | 12-02 | |
| 1,95 | i | Rafael Vilas Boas | S23 | | | | 3 | CNU | Pombal | 05-03 | |
| 1,95 | | Simão Pereira | Jv | | | | 1 | | Covilhã | 22-04 | |
| 1,95 | | Roman Guliy | Vet | | | | 4 | Lisboa | Lisboa - I | 01-05 | |
| 1,95 | | Nelson Pinto | Jr | | | | 3 | CNU | Faro | 14-05 | |
| 1,95 | | Pedro Catarino | S23 | | | | 4 | CNU | Faro | 14-05 | |
| 1,95 | | Rafael Vilas Boas | S23 | | | | 1 | | Braga | 21-05 | |
| 1,95 | | Erico Sequeira | S23 | | | | 6 | | Nice - Fra | 21-05 | |
| 1,95 | | Carlos Gomes | S23 | | | | 1ex | | Abrantes | 21-05 | |
| 1,95 | | Filipe Guerreiro | S23 | | | | 4 | C. Port | Vagos | 11-06 | |
| 1,95 | | Oscar Vilaça | | CA Seia | | 08-02-92 | 4 | C. Port | Vagos | 11-06 | 2,01-11/12/14 |
| 1,95 | | Erico Sequeira | S23 | | | | 1 | | Bourgoin - Fra | 14-06 | |
| 1,95 | | Ailton Fernandes | Jr | | | | 7 | | Lens - Fra | 18-06 | |
| 1,95 | | Filipe Guerreiro | S23 | | | | 2 | Caceres | Plasencia - Esp | 28-06 | |
| 1,95 | | Paulo Conceição | | | | | 4 | Maia | Maia | 08-07 | |
| 1,94 | | Cláudio Freixo | | | | | 1 | | Vagos | 07-01 | |
| 1,94 | | Tiago Boucela | | | | | 2 | | Vagos | 07-01 | |
| 1,94 | i | Filipe Guerreiro | S23 | | | | 4 | CNCI-Ap | Braga | 21-01 | |
| 1,94 | i | Cláudio Freixo | | | | | 5 | CNCI-Ap | Braga | 21-01 | |
| 1,94 | i | Rodrigo Toste | S23 | Juv. Ilha Verde | | 21-06-96 | 3 | CNCI-2 | Pombal | 19-02 | 1,91-16 |
| 1,94 | | Carlos Gomes | S23 | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 1,94 | | Pedro Catarino | S23 | | | | 3s | CNCI-Ap | Guimarães | 28-05 | |
| 1,94 | | Simão Pereira | Jv | | | | 1 | CNJv | Abrantes | 25-06 | |
| 1,94 | | Carlos Gomes | S23 | | | | 2 | C. Norte | Maia | 15-07 | |
| 1,94 | | Denys Vatamanyuk | S23 | C Bf. Faro | | 15-10-96 | 2 | CNCI-3 | Leiria | 23-07 | 2,01-15 |
| 1,94 | | Oscar Vilaça | | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 1,93 | | Diogo Espinha | | GD Estreito | | 08-10-87 | 1 | | Ribeira Brava | 07-01 | 2,04-14 |
| 1,93 | | Oscar Vilaça | | | | | Dec | | Maia | 06-05 | |
| 1,93 | | João Pedro Buaró | Jv | GD Estreito | | 14-06-01 | 1 | | Ribeira Brava | 11-06 | |
| 1,93 | | Rafael Vilas Boas | S23 | | | | 5 | CN23 | Pombal | 02-07 | |
| 1,93 | | Marcos Maio | S23 | | | | 6 | CN23 | Pombal | 02-07 | |
| 1,93 | | Pedro Pinheiro | Jr | | | | 6 | CN23 | Pombal | 02-07 | |
| 1,92 | i | André Leite | Jv | CDC Navais | | 21-08-99 | Hep | C. Norte | Braga | 17-12 | 1,94-16 |
| 1,92 | i | Tiago Boucela | | | | | Hep | C. Norte | Braga | 17-12 | |
| 1,92 | i | Marcos Maio | S23 | | | | 3 | M. Pereira | Lisboa - CAR | 07-01 | |
| 1,92 | i | Nelson Pinto | Jr | | | | 3 | M. Pereira | Lisboa - CAR | 07-01 | |
| 1,92 | i | Carlos Gomes | S23 | | | | 3 | T. Port | Alpiarça | 15-01 | |
| 1,92 | i | Nelson Pinto | Jr | | | | 3 | T. Port | Alpiarça | 15-01 | |
| 1,92 | | Pedro Pinheiro | Jr | | | | Dec | | Lagos | 01-04 | |
| 1,92 | | Erico Sequeira | S23 | | | | 2 | | Feyzin - Fra | 24-06 | |
| 1,92 | | Samuel Remédios | | | | | Dec | ETC - 1 | Monzon - Esp | 01-07 | |
| 1,91 | | Filipe Guerreiro | S23 | | | | 3 | | Vagos | 07-01 | |
| 1,91 | i | Oscar Vilaça | | | | | 7 | C. Port | Pombal | 12-02 | |
| 1,91 | i | Filipe Guerreiro | S23 | | | | 8 | C. Port | Pombal | 12-02 | |
| 1,91 | i | Stephane Varela | | | CPV | | 7ex | C. Port | Pombal | 12-02 | |
| 1,91 | | Diogo Espinha | | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 1,91 | | Marco Ferreira | Jv | SUO Vais | | 31-05-00 | 2 | OJ | Braga | 03-06 | |
| 1,91 | | Carlos Gomes | S23 | | | | 6 | C. Port | Vagos | 11-06 | |

| | | | | | | | | | | |
|------|---|-------------------|-----|------------------|----------|-----|----------|-----------------|-------|----------|
| 1,91 | | Cláudio Freixo | | | | 7 | C. Port | Vagos | 11-06 | |
| 1,91 | | Oscar Vilaça | | | | 2 | | Braga | 21-06 | |
| 1,91 | | Rafael Vilas Boas | S23 | | | 3 | | Braga | 21-06 | |
| 1,91 | | João Pedro Buaró | Jv | | | 2 | CNjv | Abrantes | 25-06 | |
| 1,91 | | Tomás Ferreira | Jv | ACRD Escapães | 10-09-00 | 3 | CNjv | Abrantes | 25-06 | 1,88-16 |
| 1,91 | | Rafael Vilas Boas | S23 | | | 2 | | Braga | 05-07 | |
| 1,91 | | João Duarte | S23 | Maia AC | 13-09-96 | 3 | | Braga | 05-07 | 1,89-15 |
| 1,91 | | Rodrigo Toste | S23 | | | 3 | CNCI-3 | Leiria | 23-07 | |
| 1,91 | | João Duarte | S23 | | | 4 | CNCI-2 | Leiria | 23-07 | |
| 1,90 | | Tiago Martins | Jr | ADR Água Pena | 05-03-97 | 1 | | Póvoa de Varzim | 27-11 | 1,97-16 |
| 1,90 | | Pedro Pinheiro | Jr | | | 1 | | Lagoa | 10-12 | |
| 1,90 | i | Sandro Gonçalves | Jv | CD Póvoa | 15-05-99 | 1 | | Braga | 10-12 | 1,88-16 |
| 1,90 | i | André Leite | Jv | | | 2 | | Braga | 10-12 | |
| 1,90 | | Simão Pereira | Jv | | | 1 | | Covilhã | 07-01 | |
| 1,90 | | Paulo Neto | S23 | | | 2 | | Ribeira Brava | 07-01 | |
| 1,90 | i | Rodrigo Toste | S23 | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 1,90 | | Stephane Varela | | | CPV | 1 | | Lisboa - MP | 04-02 | |
| 1,90 | i | Marcos Maio | S23 | | | 4 | Pombal | Pombal | 04-02 | |
| 1,90 | i | Nelson Pinto | Jr | | | 5 | Pombal | Pombal | 04-02 | |
| 1,90 | i | Oscar Vilaça | | | | 4 | CNCI-1 | Pombal | 18-02 | |
| 1,90 | i | Filipe Grilate | | | | 5 | CNCI-1 | Pombal | 18-02 | |
| 1,90 | i | Cláudio Freixo | | | | 4 | CNCI-2 | Pombal | 19-02 | |
| 1,90 | i | João Duarte | S23 | | | 4 | CNCI-2 | Pombal | 19-02 | |
| 1,90 | i | Ivan Santos | | GA Fátima | 12-04-94 | 6 | CNCI-2 | Pombal | 19-02 | 1,95-15 |
| 1,90 | i | Rodrigo Toste | S23 | | | 5 | CN23 | Pombal | 26-02 | |
| 1,90 | i | Nelson Pinto | Jr | | | 6 | CN23 | Pombal | 26-02 | |
| 1,90 | i | Nelson Pinto | Jr | | | 4 | CNU | Pombal | 05-03 | |
| 1,90 | i | Alexandre Lucas | S23 | CA Mar. Grande | 09-02-95 | 5 | CNU | Pombal | 05-03 | 1,94i-14 |
| 1,90 | i | Oscar Vilaça | | | | 6 | CNU | Pombal | 05-03 | |
| 1,90 | | Pedro Pinheiro | Jr | | | 1 | | Faro | 15-04 | |
| 1,90 | | Oscar Vilaça | | | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 1,90 | | André Pimenta | Jv | Juv. Vidigalense | 10-08-01 | 1 | | Pombal | 13-05 | |
| 1,90 | | Simão Pereira | Jv | | | 1 | | Covilhã | 13-05 | |
| 1,90 | | Alexandre Lucas | S23 | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 1,90 | | Pedro Pinheiro | Jr | | | 1 | | Quarteira | 04-06 | |
| 1,90 | | João Pedro Buaró | Jv | | | 1 | | Ribeira Brava | 18-06 | |
| 1,90 | | Rodrigo Toste | S23 | | | 1 | | Ponta Delgada | 22-06 | |
| 1,90 | | Ailton Fernandes | Jr | | | 10 | | Dreux - Fra | 30-06 | |
| 1,90 | | Francisco Barreto | S23 | | | 5 | Maia | Maia | 08-07 | |
| 1,90 | | Cláudio Freixo | | | | 6 | Maia | Maia | 08-07 | |
| 1,90 | | Stephane Varela | | | CPV | 7 | Maia | Maia | 08-07 | |
| 1,90 | | Simão Pereira | Jv | | | 1 | | Castelo Branco | 12-07 | |
| 1,90 | | Rodrigo Toste | S23 | | | 1 | | Ponta Delgada | 14-07 | |
| 1,89 | i | Tiago Martins | Jr | ADR Água Pena | 05-03-97 | Hep | C. Norte | Braga | 17-12 | |
| 1,89 | i | Rafael Ferreira | Jr | A 20Km Almeirim | 21-10-99 | 1 | | Pombal | 07-01 | 1,83i-16 |
| 1,89 | i | Erico Sequeira | S23 | | | 8 | | Lyon - Fra | 29-01 | |
| 1,89 | | Rodrigo Toste | S23 | | | 8 | CN23 | Pombal | 02-07 | |
| 1,88 | i | André Leite | Jv | | | 1 | | Braga | 03-12 | |
| 1,88 | i | Pedro Pinheiro | Jr | | | 2 | CNJ | Braga | 29-01 | |
| 1,88 | i | Simão Pereira | Jv | | | 2 | CNJ | Braga | 29-01 | 1,90i-16 |
| 1,88 | i | André Leite | Jr | | | 4 | CNJ | Braga | 29-01 | |
| 1,88 | i | Daniel Silva | S23 | NA Cucujães | 10-05-97 | 1 | | Braga | 04-02 | 1,90-14 |
| 1,88 | | André Leite | Jr | | | 1 | | Maia | 25-03 | |
| 1,88 | | João Pedro Buaró | Jv | | | Dec | | Ribeira Brava | 01-04 | |
| 1,88 | | Marco Ferreira | Jv | | | 1 | DE | Marinha Grande | 06-05 | |
| 1,88 | | Tomás Ferreira | Jv | | | Dec | | Luso | 07-05 | |
| 1,88 | | Marco Ferreira | Jv | | | 1 | CN DE | Maia | 20-05 | |
| 1,88 | | João Pombal | Jv | C Spiridon Gaia | 29-02-00 | 2 | CN DE | Maia | 20-05 | |
| 1,88 | | João Duarte | S23 | | | 4s | CNCI-Ap | Guimarães | 28-05 | |
| 1,88 | | João Pedro Buaró | Jv | | | 3 | OJ | Braga | 03-06 | |
| 1,88 | | Samuel Remédios | | | | Dec | C. Port | Vagos | 10-06 | |
| 1,88 | | João Pombal | Jv | | | 1 | | Maia | 11-06 | |

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|------|---|----------------------|-----|------------------|-----|----------|-----|-------------|----------------|-------|----------|
| 1,88 | | Tomás Ferreira | Jv | | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 1,88 | | Diogo Oliveira | Jv | Afis - Ovar | | 09-05-01 | 4 | | Braga | 05-07 | |
| 1,88 | | João Duarte | S23 | | | | 3 | C. Norte | Maia | 15-07 | |
| 1,88 | | Luís Ialá | Jv | SL Benfica | | 07-03-00 | 4 | | Lisboa - I | 16-07 | |
| 1,88 | | Stephane Varela | | | CPV | | 4 | | Lisboa - I | 16-07 | |
| 1,88 | | André Oliveira | Jv | Sporting CP | | 22-01-00 | 6 | | Lisboa - I | 16-07 | |
| 1,88 | | Filipe Grilate | | | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 1,88 | | Diogo Espinha | | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 1,88 | | Tomás Ferreira | Jv | | | | 1 | | Vagos | 29-07 | |
| 1,87 | i | João Pombal | Jv | | | | 3 | | Braga | 10-12 | |
| 1,87 | | Tiago Martins | | | | | 3 | | Ribeira Brava | 07-01 | |
| 1,87 | i | Eduardo Valério | S23 | Juv. Vidigalense | | 07-02-96 | Hep | | Pombal | 14-01 | 1,85-14 |
| 1,87 | i | Rafael Ferreira | Jr | | | | Hep | | Pombal | 14-01 | |
| 1,87 | i | Filipe Grilate | | | | | 9 | C. Port | Pombal | 12-02 | |
| 1,87 | | Francisco Barreto | S23 | | | | 8 | C. Port | Vagos | 11-06 | |
| 1,87 | | Mohamed Younes Idris | | Sporting CP | SUD | 15-09-89 | 9ex | C. Port | Vagos | 11-06 | 2,28-15 |
| 1,86 | i | Miguel Alves | Jr | AC Mocidade - Aç | | 23-02-98 | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 1,86 | | Tomás Ferreira | Jv | | | | 1 | | Vagos | 14-01 | |
| 1,86 | i | Cláudio Freixo | | | | | 5 | T. Port | Alpiarça | 15-01 | |
| 1,86 | i | Filipe Guerreiro | S23 | | | | 5 | T. Port | Alpiarça | 15-01 | |
| 1,86 | i | Alexandre Lucas | S23 | | | | 7 | CN23 | Pombal | 26-02 | |
| 1,86 | i | André Leite | Jr | | | | 7 | CN23 | Pombal | 26-02 | |
| 1,86 | i | João Duarte | S23 | | | | 7 | CN23 | Pombal | 26-02 | |
| 1,86 | | João Pombal | Jv | | | | Oct | | Maia | 19-03 | |
| 1,86 | | João Pombal | Jv | | | | 1 | C. Norte Jr | Braga | 17-06 | |
| 1,86 | | Lourenço Santos | Jv | ADR Água Pena | | 19-10-00 | 1 | | Ribeira Brava | 16-07 | |
| 1,86 | | João Pedro Buaró | Jv | | | | 2 | | Ribeira Brava | 16-07 | |
| 1,85 | | Rodrigo Toste | S23 | | | | 1 | | Ponta Delgada | 19-11 | |
| 1,85 | i | André Leite | Jr | | | | 2 | C. Norte | Braga | 07-01 | |
| 1,85 | i | Sandro Gonçalves | Jr | | | | 3 | C. Norte | Braga | 07-01 | |
| 1,85 | | Tomás Ferreira | Jv | | | | 4 | | Vagos | 07-01 | |
| 1,85 | i | Oscar Vilaça | | | | | 3ex | C. Norte | Braga | 07-01 | |
| 1,85 | i | João Duarte | S23 | | | | 6 | CNCI-Ap | Braga | 21-01 | |
| 1,85 | i | Sandro Gonçalves | Jr | | | | 7 | CNCI-Ap | Braga | 21-01 | |
| 1,85 | i | André Leite | Jr | | | | 8 | CNCI-Ap | Braga | 21-01 | |
| 1,85 | i | Ivan Santos | | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 1,85 | i | Oscar Vilaça | | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 1,85 | i | Carlos Serrano | S23 | Gira Sol | | 18-09-97 | 4 | CNCI-Ap | Pombal | 22-01 | 1,94i-16 |
| 1,85 | i | Carlos Prino | S23 | GA Fátima | | 13-06-97 | Hep | C. Port | Pombal | 11-02 | 1,83-16 |
| 1,85 | i | Eduardo Valério | S23 | | | | Hep | C. Port | Pombal | 11-02 | |
| 1,85 | i | Miguel Barrigana | S23 | C Bf. Faro | | 03-07-96 | Hep | C. Port | Pombal | 11-02 | 1,90-14 |
| 1,85 | i | Carlos Serrano | S23 | | | | 6 | CNCI-1 | Pombal | 18-02 | |
| 1,85 | i | Daniel Silva | S23 | | | | 7 | CNU | Pombal | 05-03 | |
| 1,85 | i | João Duarte | S23 | | | | 7 | CNU | Pombal | 05-03 | |
| 1,85 | | Diogo Oliveira | Jv | | | | 1 | | Vagos | 21-04 | |
| 1,85 | | João Pedro Buaró | Jv | | | | 1 | | Ribeira Brava | 22-04 | |
| 1,85 | | Lourenço Santos | Jv | | | | 2 | | Ribeira Brava | 22-04 | |
| 1,85 | | Tomás Ferreira | Jv | | | | 1 | | Aveiro | 13-05 | |
| 1,85 | | João Duarte | S23 | | | | 5 | CNU | Faro | 14-05 | |
| 1,85 | | Alexandre Lucas | S23 | | | | 6 | CNU | Faro | 14-05 | |
| 1,85 | | Eduardo Valério | S23 | | | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 1,85 | | João Pedro Buaró | Jv | | | | 1 | | Ribeira Brava | 21-05 | |
| 1,85 | | Filipe Grilate | | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 1,85 | | Alexandre Lucas | S23 | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 1,85 | | João Pombal | Jv | | | | 5s | CNCI-Ap | Guimarães | 28-05 | |
| 1,85 | | Marcos Maio | S23 | | | | 5s | CNCI-Ap | Guimarães | 28-05 | |
| 1,85 | | Rodrigo Toste | S23 | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 1,85 | | Oscar Vilaça | | | | | 6s | CNCI-Ap | Fátima | 28-05 | |
| 1,85 | | Pedro Ferreira | | EC+S Lavra | | 12-08-93 | Dec | C. Port | Vagos | 10-06 | 1,91-13 |
| 1,85 | | André Espinhosa | Jv | Maia AC | | 14-03-01 | 1 | | Maia | 11-06 | |
| 1,85 | | Tiago Tavares | Jr | GD Cavadas | | 20-07-98 | 1 | | Setúbal | 18-06 | 1,83-15 |
| 1,85 | | João Duarte | S23 | | | | 1 | | Braga | 21-06 | |

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|------|---|--------------------|-----|------------------|--|----------|-----|-------------|--------------------|-------|---------|
| 1,85 | | João Duarte | S23 | | | | 1 | | Maia | 25-06 | |
| 1,85 | | João Pombal | Jv | | | | 4 | CNjv | Abrantes | 25-06 | |
| 1,85 | | Diogo Oliveira | Jv | | | | 5 | CNJv | Abrantes | 25-06 | |
| 1,85 | | Rodrigo Toste | S23 | | | | 1 | | Ponta Delgada | 29-06 | |
| 1,85 | | Rodrigo Toste | S23 | | | | 1 | | Ponta Delgada | 08-07 | |
| 1,85 | | João Pombal | Jv | | | | 4 | C. Norte | Maia | 15-07 | |
| 1,84 | i | Alexandre Lucas | S23 | | | | 1 | | Pombal | 29-01 | |
| 1,84 | | André Pimenta | Jv | | | | Oct | | Pombal | 23-04 | |
| 1,84 | | Carlos Prino | S23 | | | | Dec | T. Nac | Luso | 20-05 | |
| 1,84 | | João Duarte | S23 | | | | 9 | CN23 | Pombal | 02-07 | |
| 1,84 | | Tomás Ferreira | Jv | | | | 4 | CNJ | Marinha Grande | 09-07 | |
| 1,84 | | João Pedro Buaró | Jv | | | | 5 | CNJ | Marinha Grande | 09-07 | |
| 1,83 | i | Luís Miguel Santos | | OC Lagos | | 06-07-93 | 1 | | V. R. Sto. António | 14-01 | 1,93-13 |
| 1,83 | i | Tomás Ferreira | Jv | | | | 2 | CNJv | Pombal | 05-02 | |
| 1,83 | i | Diogo Oliveira | Jv | | | | 3 | CNJv | Pombal | 05-02 | |
| 1,83 | | Sandro Gonçalves | Jr | | | | Dec | | Maia | 06-05 | |
| 1,83 | | André Espinhosa | Jv | | | | 1 | | Maia | 13-05 | |
| 1,83 | | João Pombal | Jv | | | | 2 | | Maia | 13-05 | |
| 1,83 | | Miguel José | Jv | C Torre D. Chama | | 2001 | 4 | OJ | Braga | 03-06 | |
| 1,83 | | Miguel José | Jv | | | | 2 | C. Norte Jr | Braga | 17-06 | |
| 1,83 | | Marco Ferreira | Jv | | | | 5 | CM Esc | Nancy - Fra | 26-06 | |
| 1,83 | | Pedro Pinheiro | Jr | | | | Dec | ETC - 1 | Monzon - Esp | 01-07 | |
| 1,83 | | Rafael Ferreira | Jr | | | | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 1,83 | | André Oliveira | Jv | | | | 2jv | Lx/Md | Lisboa - I | 29-07 | |

Vara / Pole Vault – 4,70 – 3,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|----------------|-----|-------------|-----|----------|-----|------------|------------------|-------|------------|
| 5,71 | | Diogo Ferreira | | SL Benfica | | 30-07-90 | 1 | SLB | Lisboa - I | 17-06 | 5,67-14 |
| 5,55 | rua | Diogo Ferreira | | | | | 1 | | Pombal (rua) | 03-06 | |
| 5,55 | | Diogo Ferreira | | | | | 1 | Univ | Taipei | 27-08 | |
| 5,54 | i | Diogo Ferreira | | | | | 1 | C. Port | Pombal | 11-02 | |
| 5,50 | i | Diogo Ferreira | | | | | 1 | | Lisboa - CAR | 23-02 | |
| 5,50 | | Diogo Ferreira | | | | | 1 | V. Tavares | Faro | 13-05 | |
| 5,50 | | Diogo Ferreira | | | | | 5 | | Landau - Ale | 28-06 | |
| 5,45 | | Diogo Ferreira | | | | | 1 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 5,44 | i | Edi Maia | | SL Benfica | | 10-11-87 | 2 | C. Port | Pombal | 11-02 | 5,70-13/14 |
| 5,41 | i | Diogo Ferreira | | | | | 1 | | Lisboa - CAR | 25-01 | |
| 5,40 | i | Diogo Ferreira | | | | | 1 | CNCI-1 | Pombal | 18-02 | |
| 5,40 | i | Edi Maia | | | | | 2 | | Lisboa - CAR | 23-02 | |
| 5,40 | | Edi Maia | | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 5,40 | | Diogo Ferreira | | | | | 1 | CNU | Faro | 14-05 | |
| 5,40 | | Diogo Ferreira | | | | | 1 | C. Port | Vagos | 10-06 | |
| 5,40 | | Diogo Ferreira | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 5,35 | i | Edi Maia | | | | | 2s | | Nevers - Fra | 21-01 | |
| 5,35 | i | Diogo Ferreira | | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 5,35 | | Edi Maia | | | | | 2 | SLB | Lisboa - I | 17-06 | |
| 5,30 | | Diogo Ferreira | | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 5,30 | | Edi Maia | | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 5,30 | | Diogo Ferreira | | | | | 1 | | Saragoça - Esp | 27-05 | |
| 5,30 | | Diogo Ferreira | | | | | 4 | | Barcelona - Esp | 31-05 | |
| 5,30 | | Diogo Ferreira | | | | | 10q | Univ | Taipei | 25-08 | |
| 5,25 | | Edi Maia | | | | | 2 | V. Tavares | Faro | 13-05 | |
| 5,25 | | Edi Maia | | | | | 1 | | Lisboa - I | 15-07 | |
| 5,20 | i | Icaro Miranda | | SL Benfica | | 13-12-94 | 3 | C. Port | Pombal | 11-02 | 5,46-16 |
| 5,20 | i | Icaro Miranda | | | | | 3 | | Lisboa - CAR | 23-02 | |
| 5,20 | | Edi Maia | | | | | 1 | | Lisboa - MP | 13-06 | |
| 5,20 | | Diogo Ferreira | | | | | 7 | IAAF | Rabat - Mar | 16-07 | |
| 5,20 | | Ruben Miranda | | Sporting CP | | 10-06-93 | 1 | | Novo Mesto - Slo | 19-07 | 5,45-13/15 |
| 5,15 | i | Diogo Ferreira | | | | | 1 | Pombal | Pombal | 04-02 | |
| 5,15 | i | Icaro Miranda | | | | | 2 | Pombal | Pombal | 04-02 | |
| 5,15 | | Ruben Miranda | | | | | 1 | | Ljubljana - Slo | 20-06 | |

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|------|-----|------------------|-----|------------------|----------|-----|-------------|------------------|-------|------------|
| 5,10 | i | Diogo Ferreira | | | | 1 | M. Pereira | Lisboa - CAR | 07-01 | |
| 5,10 | i | Icaro Miranda | | | | 2 | M. Pereira | Lisboa - CAR | 07-01 | |
| 5,10 | | Edi Maia | | | | 6 | | Praga - Cze | 20-06 | |
| 5,10 | | Ruben Miranda | | | | 1 | | Kapfenberg - Ale | 02-07 | |
| 5,10 | | Samuel Remédios | | SL Benfica | 24-02-92 | Dec | ETC - 1 | Monzon - Esp | 02-07 | 5,00-15 |
| 5,05 | i | Icaro Miranda | | | | 1 | T. Port | Alpiarça | 15-01 | |
| 5,05 | i | Icaro Miranda | | | | 1 | A. Monteiro | Pombal | 26-02 | |
| 5,05 | | Edi Maia | | | | 2 | C. Port | Vagos | 10-06 | |
| 5,05 | | Ruben Miranda | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 5,00 | rua | Icaro Miranda | | | | 2 | | Pombal (rua) | 03-06 | |
| 5,00 | | Ruben Miranda | | | | 3 | | Velenje - Slo | 20-06 | |
| 5,00 | | Ruben Miranda | | | | 1 | | Ried - Aut | 30-06 | |
| 5,00 | | Ruben Miranda | | | | 2 | | Zagreb - Cro | 09-07 | |
| 4,96 | i | Ruben Miranda | | | | 4 | C. Port | Pombal | 11-02 | |
| 4,90 | | Ruben Miranda | | | | 3 | C. Port | Vagos | 10-06 | |
| 4,90 | | Icaro Miranda | | | | 4 | SLB | Lisboa - I | 17-06 | |
| 4,80 | i | Ruben Miranda | | | | 2 | CNCI-1 | Pombal | 18-02 | |
| 4,80 | | Ruben Miranda | | | | 3 | V. Tavares | Faro | 13-05 | |
| 4,80 | | Filipe Corceiro | Jr | SL Benfica | 10-05-98 | 2 | CNU | Faro | 14-05 | 4,55-15/16 |
| 4,80 | rua | Tomás Marreiros | Jr | SC Braga | 20-04-98 | 4 | | Pombal (rua) | 03-06 | 4,50-16 |
| 4,75 | i | Ruben Miranda | | | | 3 | M. Pereira | Lisboa - CAR | 07-01 | |
| 4,75 | i | Tomás Marreiros | Jr | | | 1 | CN23 | Pombal | 25-02 | |
| 4,72 | i | Tomás Marreiros | Jr | | | 5 | C. Port | Pombal | 11-02 | |
| 4,70 | i | Filipe Corceiro | Jr | | | 1 | CNU | Pombal | 05-03 | |
| 4,70 | | Tomás Marreiros | Jr | | | 1 | | Pombal | 25-04 | |
| 4,70 | | Ruben Miranda | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 4,65 | i | Filipe Corceiro | Jr | | | 2 | CN23 | Pombal | 25-02 | |
| 4,65 | | Filipe Corceiro | Jr | | | 4 | V. Tavares | Faro | 13-05 | |
| 4,65 | | Rui Marques | Jr | Sporting CP | 16-01-98 | 1 | | Lisboa - I | 24-06 | 4,70-15 |
| 4,60 | i | Gonçalo Uva | Jr | Sporting CP | 30-04-98 | 6 | C. Port | Pombal | 11-02 | 4,48-15 |
| 4,60 | i | Filipe Corceiro | Jr | | | 7 | C. Port | Pombal | 11-02 | |
| 4,60 | i | Tomás Marreiros | Jr | | | 2ex | CNU | Pombal | 05-03 | |
| 4,60 | | Rui Marques | Jr | | | 2 | Fortunato | Torres Vedras | 21-05 | |
| 4,60 | | Filipe Corceiro | Jr | | | 3 | Fortunato | Torres Vedras | 21-05 | |
| 4,60 | rua | Filipe Corceiro | Jr | | | 5 | | Pombal (rua) | 03-06 | |
| 4,60 | | Tomás Marreiros | Jr | | | 5 | SLB | Lisboa - I | 17-06 | |
| 4,60 | | Tomás Marreiros | Jr | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 4,55 | i | Ruben Miranda | | | | 2 | T. Port | Alpiarça | 15-01 | |
| 4,55 | i | Tomás Marreiros | Jr | | | 1 | CNJ | Braga | 28-01 | |
| 4,55 | i | Gonçalo Uva | Jr | | | 3 | Pombal | Pombal | 04-02 | |
| 4,50 | i | Ruben Miranda | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 4,50 | i | Tomás Marreiros | Jr | | | 3 | CNCI-1 | Pombal | 18-02 | |
| 4,50 | i | Gonçalo Uva | Jr | | | 3 | CN23 | Pombal | 25-02 | |
| 4,50 | i | Gonçalo Uva | Jr | | | 2 | CNU | Pombal | 05-03 | |
| 4,50 | | Manuel Dias | Jr | Sporting CP | 28-02-99 | 1 | | Marinha Grande | 20-05 | 4,20i-16 |
| 4,50 | | Rui Marques | Jr | | | 4 | C. Port | Vagos | 10-06 | |
| 4,50 | | Manuel Dias | Jr | | | 2 | | Lisboa - I | 24-06 | |
| 4,50 | | Rui Marques | Jr | | | 1 | CN23 | Pombal | 01-07 | |
| 4,50 | | Helder Fernandes | Vet | ACD Jardim Serra | 02-03-77 | 4 | CNCI-1 | Leiria | 22-07 | 5,00-01 |
| 4,45 | i | Tomás Marreiros | Jr | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 4,45 | i | Gonçalo Uva | Jr | | | 2 | CNJ | Braga | 28-01 | |
| 4,45 | i | Filipe Corceiro | Jr | | | 3 | CNJ | Braga | 28-01 | |
| 4,45 | i | Rui Marques | Jr | | | 8 | C. Port | Pombal | 11-02 | |
| 4,40 | i | Gonçalo Uva | Jr | | | 2 | | Lisboa - CAR | 25-01 | |
| 4,40 | i | Rui Marques | Jr | | | 3 | CNU | Pombal | 05-03 | |
| 4,40 | | Filipe Corceiro | Jr | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 4,40 | | Gonçalo Uva | Jr | | | 4 | Lisboa | Lisboa - I | 01-05 | |
| 4,40 | | Manuel Dias | Jr | | | 1 | | Fátima | 06-05 | |
| 4,40 | | Rui Marques | Jr | | | 3 | CNU | Faro | 14-05 | |
| 4,40 | | Gonçalo Uva | Jr | | | 4 | CNU | Faro | 14-05 | |
| 4,40 | | Tomás Marreiros | Jr | | | 4 | Fortunato | Torres Vedras | 21-05 | |
| 4,40 | | Gonçalo Uva | Jr | | | 5 | Fortunato | Torres Vedras | 21-05 | |
| 4,40 | | Rui Marques | Jr | | | 6 | | Pombal (rua) | 03-06 | |

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|------|-----|-------------------|-----|-------------------|--|----------|-----|------------|-----------------|-------|------------|
| 4,38 | | Gonçalo Uva | Jr | | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 4,38 | | Tomás Marreiros | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 4,35 | i | Gonçalo Uva | Jr | | | | 3 | T. Port | Alpiarça | 15-01 | |
| 4,35 | i | Manuel Dias | Jr | | | | Hep | C. Port | Pombal | 12-02 | |
| 4,35 | i | Rui Marques | Jr | | | | 4 | CN23 | Pombal | 25-02 | |
| 4,35 | | Tomás Marreiros | Jr | | | | 5 | C. Port | Vagos | 10-06 | |
| 4,35 | | Filipe Corceiro | Jr | | | | 6 | C. Port | Vagos | 10-06 | |
| 4,35 | | Helder Fernandes | Vet | | | | 1 | | Ribeira Brava | 17-06 | |
| 4,35 | | Manuel Dias | Jr | | | | 2 | CN23 | Pombal | 01-07 | |
| 4,30 | i | Duarte Eusébio | S23 | Juv. Vidigalense | | 06-08-97 | 4 | M. Pereira | Lisboa - CAR | 07-01 | 4,50i-16 |
| 4,30 | i | Gonçalo Uva | Jr | | | | 5 | M. Pereira | Lisboa - CAR | 07-01 | |
| 4,30 | i | Helder Fernandes | Vet | | | | 2 | CNCI-Ap | Braga | 21-01 | |
| 4,30 | i | Duarte Eusébio | S23 | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 4,30 | | Tomás Marreiros | Jr | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 4,30 | | Helder Fernandes | Vet | | | | 1 | | Ribeira Brava | 15-07 | |
| 4,26 | | João Pedro Buaró | Jv | GD Estreito | | 14-06-01 | 3 | Go Fit | Avila - Esp | 01-07 | 3,40-16 |
| 4,25 | i | Celso Almeida | | Grecas | | 21-11-93 | 1 | CNCI-2 | Pombal | 18-02 | 4,25-16 |
| 4,25 | | André Silva | | C Bf. Faro | | 27-01-91 | 1 | | Faro | 29-04 | 4,40-12/14 |
| 4,25 | | João Pedro Buaró | Jv | | | | 1 | CNjv | Abrantes | 24-06 | |
| 4,20 | | Helder Fernandes | Vet | | | | 1 | | Ribeira Brava | 06-01 | |
| 4,20 | i | Rui Marques | Jr | | | | 3 | | Lisboa - CAR | 25-01 | |
| 4,20 | i | Filipe Corceiro | Jr | | | | 4 | | Lisboa - CAR | 25-01 | |
| 4,20 | i | Manuel Dias | Jr | | | | Hep | CNJ | Braga | 29-01 | |
| 4,20 | i | Helder Fernandes | Vet | | | | 4 | CNCI-1 | Pombal | 18-02 | |
| 4,20 | | Helder Fernandes | Vet | | | | 1 | | Ribeira Brava | 13-05 | |
| 4,20 | | Rui Marques | Jr | | | | 5 | V. Tavares | Faro | 13-05 | |
| 4,20 | | Celso Almeida | | | | | 5 | CNU | Faro | 14-05 | |
| 4,20 | | Celso Almeida | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 4,20 | rua | Gonçalo Uva | Jr | | | | 7 | | Pombal (rua) | 03-06 | |
| 4,20 | rua | Samuel Leal | | NA Cucujães | | 12-09-92 | 8 | | Pombal (rua) | 03-06 | 4,15i-14 |
| 4,20 | | Rui Marques | Jr | | | | 2 | | Lisboa - MP | 13-06 | |
| 4,20 | | Celso Almeida | | | | | 2 | | Maia | 14-06 | |
| 4,20 | | Tomás Marreiros | Jr | | | | 3 | CN23 | Pombal | 01-07 | |
| 4,20 | | Samuel Leal | | | | | 1 | | Vagos | 15-07 | |
| 4,20 | | Celso Almeida | | | | | 2 | | Vagos | 15-07 | |
| 4,20 | | João Pedro Buaró | Jv | | | | 2 | | Ribeira Brava | 15-07 | |
| 4,20 | | João Pereira | Jr | SL Benfica | | 21-12-98 | 2 | | Lisboa - I | 15-07 | 3,65-16 |
| 4,20 | | João Pedro Buaró | Jv | | | | 10q | FOJE | Gyor - Hun | 24-07 | |
| 4,18 | | Gonçalo Lopes | | CA Seia | | 14-03-88 | 1s | CNCI-Ap | Fátima | 27-05 | 4,65i-16 |
| 4,18 | | Helder Fernandes | Vet | | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 4,18 | | André Silva | | | | | 2s | CNCI-Ap | Vendas Novas | 27-05 | |
| 4,18 | | Celso Almeida | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 4,18 | | Alexandre Gameiro | | ACR Sra. Desterro | | 04-05-92 | 3s | CNCI-Ap | Fátima | 27-05 | 4,30i-14 |
| 4,18 | | Alexandre Gameiro | | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 4,18 | | Duarte Eusébio | S23 | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 4,16 | | Rui Marques | Jr | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 4,15 | i | Duarte Eusébio | S23 | | | | 4 | T. Port | Alpiarça | 15-01 | |
| 4,15 | i | André Silva | | | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 4,15 | i | Gonçalo Lopes | | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 4,15 | i | Rui Marques | Jr | | | | 4 | CNJ | Braga | 28-01 | |
| 4,15 | i | Celso Almeida | | | | | 9 | C. Port | Pombal | 11-02 | |
| 4,15 | i | Manuel Dias | Jr | | | | 5 | CN23 | Pombal | 25-02 | |
| 4,15 | | João Pedro Buaró | Jv | | | | 1 | | Ribeira Brava | 23-04 | |
| 4,15 | | André Silva | | | | | 1ex | | Faro | 17-06 | |
| 4,10 | i | Tomás Marreiros | Jr | | | | 1 | C. Norte | Braga | 08-01 | |
| 4,10 | i | Duarte Eusébio | S23 | | | | 1 | | Pombal | 28-01 | |
| 4,10 | i | Rui Marques | Jr | | | | 4 | Pombal | Pombal | 04-02 | |
| 4,10 | i | Manuel Dias | Jr | | | | 5 | Pombal | Pombal | 04-02 | |
| 4,10 | i | André Silva | | | | | 6 | Pombal | Pombal | 04-02 | |
| 4,10 | i | Celso Almeida | | | | | 4 | CNU | Pombal | 05-03 | |
| 4,10 | | Manuel Dias | Jr | | | | Dec | | Arona - Esp | 04-06 | |
| 4,10 | | João Pereira | Jr | | | | 3 | | Lisboa - I | 24-06 | |

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|------|-----|-------------------|-----|------------------|-----|----------|-----|------------|----------------|-------|----------|
| 4,10 | | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | Dec | CNjv | Abrantes | 25-06 | 3,80-16 |
| 4,10 | | João Pedro Buaró | Jv | | | | 10 | FOJE | Gyor - Hun | 26-07 | |
| 4,06 | | João Pedro Buaró | Jv | | | | 2s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 4,06 | | Carlos Prino | S23 | GA Fátima | | 13-06-97 | 4s | CNCI-Ap | Fátima | 27-05 | 3,70-16 |
| 4,06 | | Duarte Eusébio | S23 | | | | 1 | | Tomar | 20-07 | |
| 4,06 | | André Silva | | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 4,06 | | Celso Almeida | | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 4,06 | | George Silva | Vet | AC Vermoil | | 05-01-76 | 2 | CNCI-2 | Leiria | 22-07 | 4,30-99 |
| 4,06 | | Samuel Leal | | | | | 2 | CNCI-3 | Leiria | 22-07 | |
| 4,05 | | Gonçalo Uva | Jr | | | | 4 | CN23 | Pombal | 01-07 | |
| 4,04 | | João Pereira | Jr | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 4,00 | i | Tomás Marreiros | Jr | | | | 1 | | Pombal | 17-12 | |
| 4,00 | i | André Silva | | | | | 6 | M. Pereira | Lisboa - CAR | 07-01 | |
| 4,00 | | Celso Almeida | | | | | 1 | | Vagos | 08-01 | |
| 4,00 | | André Silva | | | | | 1 | | Faro | 15-01 | |
| 4,00 | i | George Silva | Vet | | | | Hep | | Pombal | 15-01 | |
| 4,00 | i | Celso Almeida | | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 4,00 | i | George Silva | Vet | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 4,00 | i | Edgar Campré | Jv | | STP | | Hep | T. Iberico | Pombal | 05-03 | |
| 4,00 | i | Luís Silva | Vet | ADR Água Pena | | 26-05-80 | 1 | CN Vet | Pombal | 18-03 | 4,70-00 |
| 4,00 | | André Silva | | | | | Dec | | Faro | 02-04 | |
| 4,00 | | André Silva | | | | | 6 | V. Tavares | Faro | 13-05 | |
| 4,00 | | André Silva | | | | | 1 | | Faro | 20-05 | |
| 4,00 | rua | George Silva | Vet | | | | 10 | | Pombal (rua) | 03-06 | |
| 4,00 | rua | Filipe Almeida | Jv | Esc. Movimento | | 22-05-00 | 11 | | Pombal (rua) | 03-06 | 3,76-16 |
| 4,00 | | Filipe Almeida | Jv | | | | 1 | | Maia | 10-06 | |
| 4,00 | | João Pedro Buaró | Jv | | | | 1 | | Ribeira Brava | 17-06 | |
| 4,00 | | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | Dec | ETC - 1 | Monzon - Esp | 02-07 | 3,55i-16 |
| 4,00 | | Celso Almeida | | | | | 1 | | Vagos | 08-07 | |
| 4,00 | | André Rangel | Jv | AA Pinhalnovense | | 23-03-00 | 1 | | Setúbal | 16-07 | 3,75-16 |
| 3,95 | i | George Silva | Vet | | | | 2 | CNCI-2 | Pombal | 18-02 | |
| 3,95 | i | George Silva | Vet | | | | 2 | CNCI-2 | Pombal | 18-02 | |
| 3,95 | i | Carlos Prino | S23 | | | | 3 | CNCI-2 | Pombal | 18-02 | |
| 3,95 | | André Rangel | Jv | | | | 1 | | Setúbal | 14-05 | |
| 3,94 | | George Silva | Vet | | | | 5s | CNCI-Ap | Fátima | 27-05 | |
| 3,92 | | André Oliveira | Jv | Sporting CP | | 22-01-00 | 2 | CNjv | Abrantes | 24-06 | 3,70-15 |
| 3,90 | i | Manuel Dias | Jr | | | | 5 | T. Port | Alpiarça | 15-01 | |
| 3,90 | i | Gilberto Carvalho | | CDC Navais | | 14-01-93 | 6 | T. Port | Alpiarça | 15-01 | 3,82-16 |
| 3,90 | i | João Pereira | Jr | | | | 5 | CNJ | Braga | 28-01 | |
| 3,90 | i | Edgar Campré | Jv | | STP | | Hep | CNJv | Pombal | 05-02 | |
| 3,90 | | André Rangel | Jv | | | | 1 | | Sobreda | 18-03 | |
| 3,90 | | André F. Santos | | CF Belenenses | | 04-04-91 | Dec | | Faro | 02-04 | 4,20i-11 |
| 3,90 | | Gilberto Carvalho | | | | | 1 | | Maia | 07-05 | |
| 3,90 | | Gilberto Carvalho | | | | | 1 | | Maia | 07-05 | |
| 3,90 | | Pedro Ferreira | S23 | | | | Dec | T. Nac | Luso | 21-05 | |
| 3,90 | | João Pedro Buaró | Jv | | | | 1 | | Ribeira Brava | 10-06 | |
| 3,90 | | Edgar Campré | Jv | | STP | | 1 | | Lisboa - MP | 15-06 | |
| 3,90 | | Duarte Eusébio | S23 | | | | 5 | CN23 | Pombal | 01-07 | |
| 3,85 | | André Rangel | Jv | | | | 1 | | Setúbal | 14-01 | |
| 3,85 | | Pedro Ferreira | S23 | | | | Hep | C. Port | Vagos | 11-06 | |
| 3,83 | i | Filipe Almeida | Jv | | | | 1 | CNJv | Pombal | 04-02 | |
| 3,82 | | Filipe Almeida | Jv | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 3,82 | | Filipe Almeida | Jv | | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 3,82 | | Luís Silva | Vet | | | | 4 | CNCI-2 | Leiria | 22-07 | |
| 3,80 | | André F. Santos | | | | | 1 | | Faro | 18-12 | |
| 3,80 | i | Filipe Almeida | Jv | | | | Hep | C. Norte | Braga | 18-12 | |
| 3,80 | i | Filipe Almeida | Jv | | | | 2 | C. Norte | Braga | 08-01 | |
| 3,80 | i | Samuel Leal | | | | | 3 | CNCI-Ap | Braga | 21-01 | |
| 3,80 | i | Alexandre Gameiro | | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 3,80 | i | André F. Santos | | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 3,80 | i | Filipe Almeida | Jv | | | | 4 | CNCI-Ap | Braga | 21-01 | |
| 3,80 | i | Carlos Prino | S23 | | | | 5 | CNCI-Ap | Pombal | 22-01 | |

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|------|---|---------------------|-----|------------------|-----|----------|-----|-------------|-----------------|-------|----------|
| 3,80 | i | Edgar Campré | Jv | | STP | | 5 | | Lisboa - CAR | 25-01 | |
| 3,80 | i | Samuel Leal | | | | | 4 | CNCI-2 | Pombal | 18-02 | |
| 3,80 | i | Alexandre Gameiro | | | | | 5 | CNCI-1 | Pombal | 18-02 | |
| 3,80 | i | Francisco Rodrigues | S23 | Juv. Vidigalense | | 10-05-97 | 6 | CNCI-1 | Pombal | 18-02 | 3,80-16 |
| 3,80 | | João Pedro Buaró | Jv | | | | Dec | | Ribeira Brava | 02-04 | |
| 3,80 | | André Silva | | | | | 1 | | Faro | 08-04 | |
| 3,80 | | Manuel Dias | Jr | | | | 2 | | Pombal | 25-04 | |
| 3,80 | | André F. Santos | | | | | 2ex | | Faro | 29-04 | |
| 3,80 | | Manuel Dias | Jr | | | | Dec | | Rio Maior | 30-04 | |
| 3,80 | | André Oliveira | Jv | | | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 3,80 | | André F. Santos | | | | | 2 | | Faro | 20-05 | |
| 3,80 | | Joaquim Cabral | | CO Pechão | | 17-04-88 | 3 | | Faro | 20-05 | 3,55-15 |
| 3,80 | | Filipe Almeida | Jv | | | | 2 | | Póvoa de Varzim | 24-05 | |
| 3,80 | | João Pereira | Jr | | | | 3 | | Lisboa - MP | 13-06 | |
| 3,76 | | Filipe Almeida | Jv | | | | 3 | CNjv | Abrantes | 24-06 | |
| 3,76 | | João Albasini Nunes | Jv | Juv. Vidigalense | | 26-10-00 | 2 | | Tomar | 20-07 | |
| 3,75 | i | João Pereira | Jr | | | | 7 | M. Pereira | Lisboa - CAR | 07-01 | |
| 3,75 | i | João Pedro Buaró | Jv | | | | 6 | CNJ | Braga | 28-01 | |
| 3,75 | i | Carlos Prino | S23 | | | | Hep | C. Port | Pombal | 12-02 | |
| 3,75 | i | Pedro Ferreira | S23 | | | | Hep | C. Port | Pombal | 12-02 | |
| 3,75 | i | Tiago Boucela | | Greças | | 09-02-92 | Hep | C. Port | Pombal | 12-02 | 3,65i-16 |
| 3,75 | | João Albasini Nunes | Jv | | | | 1 | | Pombal | 10-06 | |
| 3,75 | | André Oliveira | Jv | | | | 2 | | Lisboa - MP | 15-06 | |
| 3,75 | | João Pereira | Jr | | | | 6 | CN23 | Pombal | 01-07 | |
| 3,73 | i | João Pedro Buaró | Jv | | | | 2 | CNJv | Pombal | 04-02 | |
| 3,73 | i | André Rangel | Jv | | | | 3 | CNJv | Pombal | 04-02 | |
| 3,70 | | João Pedro Buaró | Ini | | | | Hep | | Ribeira Brava | 11-12 | |
| 3,70 | | João Pedro Buaró | Jv | | | | 2 | | Ribeira Brava | 06-01 | |
| 3,70 | i | Francisco Rodrigues | S23 | | | | Hep | | Pombal | 15-01 | |
| 3,70 | | Samuel Leal | | | | | Hep | | Vagos | 15-01 | |
| 3,70 | i | Pedro Santos | | CP Alcanena | | 01-01-88 | 1 | | Pombal | 28-01 | 4,25-12 |
| 3,70 | i | Eduardo Valério | S23 | Juv. Vidigalense | | 07-02-96 | 2 | | Pombal | 28-01 | 3,70i-15 |
| 3,70 | | André F. Santos | | | | | 2 | | Faro | 08-04 | |
| 3,70 | | Gilberto Carvalho | | | | | 1 | | Lousada | 23-04 | |
| 3,70 | | Edgar Campré | Jv | | STP | | Dec | | Rio Maior | 30-04 | |
| 3,70 | | Carlos Prino | S23 | | | | Dec | T. Nac | Luso | 21-05 | |
| 3,70 | | Daniel Coelho | S23 | GD Cavadas | | 30-09-96 | 3s | CNCI-Ap | Vendas Novas | 27-05 | 3,90-14 |
| 3,70 | | Luís Silva | Vet | | | | 3s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 3,70 | | Joaquim Cabral | | | | | 4s | CNCI-Ap | Vendas Novas | 27-05 | |
| 3,70 | | Francisco Rodrigues | S23 | | | | 6s | CNCI-Ap | Fátima | 27-05 | |
| 3,70 | | Ruben Ventura | | Juv. Ilha Verde | | 28-12-89 | 7s | CNCI-Ap | Fátima | 27-05 | 3,80-15 |
| 3,70 | | Daniel Coelho | S23 | | | | 1 | | Sobreda | 10-06 | |
| 3,65 | i | Joaquim Cabral | | | | | Hep | C. Port | Pombal | 11-02 | |
| 3,65 | i | Filipe Almeida | Jv | | | | 5 | CNCI-2 | Pombal | 18-02 | |
| 3,65 | | Eduardo Valério | S23 | | | | Dec | C. Port | Vagos | 11-06 | |
| 3,63 | i | João Albasini Nunes | Jv | | | | 4 | CNJv | Pombal | 04-02 | |
| 3,60 | | Celso Almeida | | | | | 1 | | Aveiro | 17-12 | |
| 3,60 | | André Silva | | | | | 2 | | Faro | 18-12 | |
| 3,60 | i | Tiago Boucela | | | | | Hep | C. Norte | Braga | 18-12 | |
| 3,60 | | Samuel Leal | | | | | 2 | | Vagos | 08-01 | |
| 3,60 | | João Pedro Buaró | Jv | | | | 1 | | Ribeira Brava | 13-01 | |
| 3,60 | | Daniel Coelho | S23 | | | | 2 | | Setúbal | 14-01 | |
| 3,60 | | André F. Santos | | | | | 2ex | | Faro | 15-01 | |
| 3,60 | i | Luís Miguel Santos | | OC Lagos | | 06-07-93 | 6 | CNCI-Ap | Pombal | 21-01 | 4,10i-13 |
| 3,60 | i | Edgar Campré | Jv | | STP | | 7 | CNJ | Braga | 28-01 | |
| 3,60 | i | Gilberto Carvalho | | | | | 2 | A. Monteiro | Pombal | 26-02 | |
| 3,60 | i | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | 5 | CNU | Pombal | 05-03 | 3,60-16 |
| 3,60 | i | André Oliveira | Jv | | | | Hep | T. Iberico | Pombal | 05-03 | |
| 3,60 | | Daniel Coelho | S23 | | | | 2 | | Sobreda | 18-03 | |
| 3,60 | | Daniel Coelho | S23 | | | | 1 | | Setúbal | 30-04 | |
| 3,60 | | Filipe Almeida | Jv | | | | 2 | | Maia | 07-05 | |
| 3,60 | | Francisco Rodrigues | S23 | | | | 6 | Fortunato | Torres Vedras | 21-05 | |

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|------|-----|---------------------|-----|-------------------|--|----------|-----|----------|----------------|-------|----------|
| 3,60 | rua | André Oliveira | Jv | | | | 13 | | Pombal (rua) | 03-06 | |
| 3,60 | | Samuel Leal | | | | | 3 | | Maia | 14-06 | |
| 3,60 | | Samuel Leal | | | | | 2 | | Vagos | 08-07 | |
| 3,60 | | Filipe Almeida | Jv | | | | 1 | C. Norte | Maia | 16-07 | |
| 3,60 | | João Albasini Nunes | Jv | | | | Dec | | Leiria | 30-07 | |
| 3,56 | | Francisco Ribeiro | Jv | CA Marinha Grande | | 19-12-00 | 4 | CNjv | Abrantes | 24-06 | |
| 3,55 | | Gilberto Carvalho | | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 3,50 | | Joaquim Cabral | | | | | 3 | | Faro | 18-12 | |
| 3,50 | i | Gilberto Carvalho | | | | | 3 | C. Norte | Braga | 08-01 | |
| 3,50 | i | Ruben Ventura | | | | | 6 | CNCI-2 | Pombal | 18-02 | |
| 3,50 | i | Miguel Lopes | S23 | Juv. Vidigalense | | 19-03-97 | 6 | CNU | Pombal | 05-03 | 4,20i-15 |
| 3,50 | | Miguel Jorge | Vet | Espanha | | 02-08-76 | 3 | | Tenerife - Esp | 22-04 | 3,80-13 |
| 3,50 | | Francisco Rodrigues | S23 | | | | 3 | | Pombal | 25-04 | |
| 3,50 | | João Albasini Nunes | Jv | | | | 2 | | Marinha Grande | 20-05 | |
| 3,50 | | Gabriel Santos | Jv | Juv. Vidigalense | | 14-10-00 | 1 | | Fátima | 01-07 | |
| 3,50 | | André Oliveira | Jv | | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 3,50 | | Pedro Gonçalves | Jv | AFI Semana | | 16-09-00 | 3 | | Vagos | 15-07 | |

Comprimento / Long Jump – 7,20 – 6,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|-----------------|-----|------------------|-----|----------|-----|------------|------------------|-------|----------|
| 8,00 | 1,4 | Marcos Chuva | | SL Benfica | | 08-08-89 | 1 | | Maia | 20-05 | 8,34-11 |
| 7,92 | 0,6 | Marcos Chuva | | | | | 1 | SLB | Lisboa - I | 17-06 | |
| 7,91 | i | Marcos Chuva | | | | | 1 | C. Port | Pombal | 12-02 | |
| 7,85 | 1,5 | Marcos Chuva | | | | | 2 | | Salamanca - Esp | 03-06 | |
| 7,84 | i | Marcos Chuva | | | | | 1 | Chamartin | Madrid - Esp | 02-02 | |
| 7,73 | i | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 1 | | Amesterdão - Hol | 28-01 | 7,50i-16 |
| 7,71 | 0,0 | Marcos Chuva | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 7,67 | 1,1 | Ivo Tavares | S23 | CCSJ. Madeira | | 31-01-96 | 1 | | Maia | 14-06 | 7,08-15 |
| 7,60 | 0,2 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 2 | SLB | Lisboa - I | 17-06 | 7,57-16 |
| 7,59 | 2,0 | Marcos Chuva | | | | | 5 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 7,58 | -1,4 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 12q | CE23 | Bydgoszcz - Pol | 13-07 | 7,57-16 |
| 7,58 | 0,4 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 6 | CE23 | Bydgoszcz - Pol | 14-07 | 7,57-16 |
| 7,57 | -1,3 | Nelson Évora | | Sporting CP | | 20-04-84 | 2 | CNCI-1 | Leiria | 22-07 | 8,10-07 |
| 7,49 | 2,0 | Marcos Chuva | | | | | 1 | C. Port | Vagos | 11-06 | |
| 7,48 | i | Marcos Chuva | | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 7,48 | 1,0 | Marcos Chuva | | | | | 1 | Maia | Maia | 08-07 | |
| 7,48 | 0,0 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 3 | CNCI-1 | Leiria | 22-07 | 7,57-16 |
| 7,43 | 0,9 | André Silva | | Esc. Movimento | | 18-07-94 | 2 | | Maia | 14-06 | 7,32-13 |
| 7,43 | -1,6 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 1 | CN23 | Pombal | 02-07 | 7,57-16 |
| 7,42 | 0,0 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 1 | Lisboa | Lisboa - I | 01-05 | 7,57-16 |
| 7,42 | 1,6 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 3 | C. Port | Vagos | 11-06 | 7,57-16 |
| 7,41 | i | Samuel Remédios | | SL Benfica | | 24-02-92 | Hep | C. Port | Pombal | 11-02 | 7,42-14 |
| 7,39 | i | Ivo Tavares | S23 | | | | 1 | CNU | Pombal | 05-03 | |
| 7,37 | i | Ivo Tavares | S23 | | | | 1 | CN23 | Pombal | 25-02 | |
| 7,37 | 2,0 | Marcos Caldeira | | Sporting CP | | 27-02-88 | 1s | CNCI-Ap | Vendas Novas | 27-05 | 7,83-12 |
| 7,35 | 0,0 | Ivo Tavares | S23 | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 7,35 | 0,7 | Marcos Caldeira | | | | | 5 | | Salamanca - Esp | 03-06 | |
| 7,35 | 1,3 | Denil Baia | Jr | CP Corroios | | 22-09-98 | 1 | | Sobreda | 17-06 | 6,64-16 |
| 7,35 | 1,3 | André Silva | | | | | 1 | C. Norte | Maia | 15-07 | |
| 7,34 | 1,8 | Ivo Tavares | S23 | | | | 2 | CN23 | Pombal | 02-07 | |
| 7,32 | i | Nelson Évora | | | | | 1 | CNCI-1 | Pombal | 18-02 | |
| 7,32 | 1,1 | Ivo Tavares | S23 | | | | 4 | SLB | Torres Vedras | 17-06 | |
| 7,31 | i | Ivo Tavares | S23 | | | | 2 | C. Port | Pombal | 12-02 | |
| 7,31 | 0,7 | Marcos Caldeira | | | | | 2 | Maia | Maia | 08-07 | |
| 7,30 | 0,0 | André Silva | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 7,28 | 1,6 | André Silva | | | | | 6 | SLB | Torres Vedras | 17-06 | |
| 7,27 | i | Miguel Marques | S23 | | | | 1 | T. Port | Alpiarça | 15-01 | |
| 7,27 | i | Ivo Tavares | S23 | | | | 1 | CNCI-2 | Pombal | 18-02 | |
| 7,27 | 1,9 | Ivo Tavares | S23 | | | | 2 | C. Port | Vagos | 11-06 | |
| 7,26 | -0,4 | Ricardo Jaquité | | SC Braga | | 17-08-89 | 1 | V. Tavares | Faro | 13-05 | 7,29-14 |
| 7,24 | i | Miguel Marques | S23 | | | | 2 | CNCI-Ap | Pombal | 22-01 | |

| | | | | | | | | | | | |
|------|------|-----------------------|-----|-------------------|-----|----------|-----|-------------|----------------|-------|---------|
| 7,24 | i | Danilo Almeida | S23 | SL Benfica | | 02-12-96 | 1 | | Lisboa - CAR | 25-01 | 7,15-16 |
| 7,24 | 0,3 | Danilo Almeida | S23 | | | | 7 | SLB | Lisboa - I | 17-06 | |
| 7,23 | 1,0 | Marcos Caldeira | | | | | 1 | | Lisboa - I | 15-07 | |
| 7,23 | 0,4 | Ricardo Jaquité | | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 7,22 | 0,0 | Bruno Costa | | Sporting CP | | 03-05-92 | 2 | | Lisboa - I | 15-07 | 7,78-16 |
| 7,21 | -0,8 | Ivo Tavares | S23 | | | | 2 | V. Tavares | Faro | 13-05 | |
| 7,20 | 0,9 | Yvan Ribeiro | Jr | França | | 05-03-99 | 2 | | Nice - Fra | 07-05 | 7,15-16 |
| 7,19 | i | Ivo Tavares | S23 | | | | 1 | T. Natal | Braga | 22-12 | |
| 7,17 | i | Carlos Prino | S23 | GA Fátima | | 13-06-97 | 2 | CNCI-2 | Pombal | 18-02 | 6,78-16 |
| 7,16 | i | Yvan Ribeiro | Jr | | | | 1 | | Nantes - Fra | 11-02 | |
| 7,16 | 1,8 | Marcos Caldeira | | | | | 5 | C. Port | Vagos | 11-06 | |
| 7,16 | 0,7 | Samuel Remédios | | | | | Dec | ETC - 1 | Monzon - Esp | 01-07 | |
| 7,15 | 0,4 | Ivo Tavares | S23 | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 7,14 | i | Danilo Almeida | S23 | | | | 3 | C. Port | Pombal | 12-02 | |
| 7,14 | i | Hugo Brigido | Jr | GA Caranguejeira | | 13-06-98 | 2 | CN23 | Pombal | 25-02 | 6,97-16 |
| 7,13 | -1,3 | André Silva | | | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 7,12 | i | Carlos Prino | S23 | | | | 2 | | Lisboa - CAR | 25-01 | |
| 7,12 | i | Carlos Veiga | | Sporting CP | | 22-02-89 | 4 | C. Port | Pombal | 12-02 | 7,55-16 |
| 7,12 | 0,3 | Yvan Ribeiro | Jr | | | | 5q | C. Fr. Jr | Dreux - Fra | 30-06 | |
| 7,12 | 0,4 | André Silva | | | | | 3 | Maia | Maia | 08-07 | |
| 7,11 | i | Oleksandr Lyashchenko | S23 | Sporting CP | | 18-01-97 | 1 | CNCI-Ap | Pombal | 21-01 | 7,48-15 |
| 7,11 | i | Yvan Ribeiro | Jr | | | | 3 | | Halle - Ale | 04-03 | |
| 7,10 | i | Ivo Tavares | S23 | | | | 2 | T. Port | Alpiarça | 15-01 | |
| 7,10 | i | Marcos Caldeira | | | | | 3 | T. Port | Alpiarça | 15-01 | |
| 7,10 | i | Ricardo Jaquité | | | | | 3 | | Lisboa - CAR | 25-01 | |
| 7,10 | i | Valter Pinto | | SC Braga | | 19-01-93 | 4 | | Lisboa - CAR | 25-01 | 7,29-15 |
| 7,09 | 1,8 | Francisco Barreto | S23 | Sporting CP | | 31-08-96 | 3 | CN23 | Pombal | 02-07 | 7,03-16 |
| 7,08 | i | Yvan Ribeiro | Jr | | | | 1 | | Nice - Fra | 07-01 | |
| 7,08 | 1,5 | André Rangel | Jv | AA Pinhalnovense | | 23-03-00 | 2 | | Sobreda | 17-06 | |
| 7,08 | 0,9 | Yuben Munary | Jr | SL Benfica | | 25-09-99 | 1 | | Lisboa - I | 24-06 | 7,32-16 |
| 7,07 | i | Yvan Ribeiro | Jv | | | | 1 | | Lyon - Fra | 28-01 | |
| 7,07 | i | Valter Pinto | | | | | 2 | CNCI-1 | Pombal | 18-02 | |
| 7,06 | i | Ricardo Jaquité | | | | | 5 | C. Port | Pombal | 12-02 | |
| 7,06 | i | Danilo Almeida | S23 | | | | 3 | CN23 | Pombal | 25-02 | |
| 7,05 | i | Yuben Munary | Jr | | | | 4 | CN23 | Pombal | 25-02 | |
| 7,05 | i | André Silva | | | | | 1 | A. Monteiro | Pombal | 26-02 | |
| 7,04 | i | Bruno Pinto | | Sporting CP | | 20-09-93 | 5 | | Lisboa - CAR | 25-01 | 7,07-16 |
| 7,04 | i | Carlos Prino | S23 | | | | 5 | CN23 | Pombal | 25-02 | |
| 7,03 | 0,7 | Danilo Almeida | S23 | | | | 4 | CN23 | Pombal | 02-07 | |
| 7,02 | 2,0 | Valter Pinto | | | | | 9 | SLB | Lisboa - I | 17-06 | |
| 7,01 | i | Juary Tavares | | CCSJ. Madeira | STP | 09-11-94 | 6 | | Lisboa - CAR | 25-01 | 7,02-15 |
| 7,01 | i | Gui Boissy | | Sporting CP | SEN | 22-02-89 | 6ex | C. Port | Pombal | 12-02 | 7,69-11 |
| 7,01 | i | André Silva | | | | | 2 | CNU | Pombal | 05-03 | |
| 7,01 | 0,8 | Yvan Ribeiro | Jv | | | | 1 | | Monaco | 26-04 | |
| 7,00 | i | Sérgio Silva | | ACR Sra. Desterro | | 22-11-85 | 3 | CNCI-1 | Pombal | 18-02 | 7,22-12 |
| 7,00 | i | Ivo Tavares | S23 | | | | 2 | A. Monteiro | Pombal | 26-02 | |
| 7,00 | 0,1 | Ricardo Jaquité | | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 7,00 | 0,9 | André Silva | | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 6,98 | 0,6 | Bruno Pinto | | | | | 1 | | Lisboa - MP | 05-02 | |
| 6,98 | 1,0 | André Rangel | Jv | | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 6,97 | i | Yvan Ribeiro | Jv | | | | 2 | | Nice - Fra | 17-12 | |
| 6,97 | i | Ivo Tavares | S23 | | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 6,97 | i | André Silva | | | | | 3 | CNCI-2 | Pombal | 18-02 | |
| 6,96 | 0,3 | Luís Ialá | Jv | SL Benfica | | 07-03-00 | 3 | | Lisboa - I | 15-07 | |
| 6,95 | i | Sérgio Silva | | | | | 6 | C. Port | Pombal | 12-02 | |
| 6,95 | 1,7 | Rodrigo Agostinho | Jv | Juv. Vidigalense | | 25-04-01 | 2 | CNjv | Abrantes | 24-06 | 6,77-16 |
| 6,95 | 1,7 | André Pimenta | Jv | Juv. Vidigalense | | 10-08-01 | 3 | CNjv | Abrantes | 24-06 | 6,57-16 |
| 6,95 | 1,0 | Sérgio Silva | | | | | 4 | Maia | Maia | 08-07 | |
| 6,94 | 0,9 | Ivo Tavares | S23 | | | | 1 | | Vagos | 08-01 | |
| 6,94 | i | Valter Pinto | | | | | 7 | C. Port | Pombal | 12-02 | |
| 6,94 | 1,1 | André Silva | | | | | 4 | C. Port | Vagos | 11-06 | |
| 6,94 | -0,2 | Hemilton Costa | | Esc. Movimento | | 29-06-91 | 1 | Guarda | Guarda | 07-07 | |
| 6,93 | 1,2 | Sérgio Silva | | | | | 4 | | Maia | 20-05 | |

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|------|------|-----------------------|-----|-----------------|-----|----------|-----|-------------|---------------------|-------|----------|
| 6,93 | 2,0 | Denil Baia | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 6,92 | i | Juary Tavares | | | STP | | 9ex | C. Port | Pombal | 12-02 | |
| 6,92 | 0,0 | Yuben Munary | Jr | | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 6,92 | 1,4 | Bruno Costa | | | | | 1 | | Viana do Castelo | 19-07 | |
| 6,92 | -0,8 | João Alexandre | | GD Estreito | | 01-01-90 | 5 | CNCI-1 | Leiria | 22-07 | 6,96-11 |
| 6,91 | i | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 6 | CN23 | Pombal | 25-02 | 6,84-16 |
| 6,91 | i | Hugo Brigido | Jr | | | | 3 | A. Monteiro | Pombal | 26-02 | |
| 6,91 | -0,5 | Valter Pinto | | | | | 5 | Maia | Maia | 08-07 | |
| 6,90 | 0,1 | Tiago Pereira | | SL Benfica | | 19-09-93 | 4 | Lisboa | Lisboa - I | 01-05 | 7,24-14 |
| 6,90 | 0,9 | Danilo Almeida | S23 | | | | 4 | | Lisboa - I | 15-07 | |
| 6,89 | i | Oleksandr Lyashchenko | S23 | | | | 4 | T. Port | Alpiarça | 15-01 | |
| 6,88 | i | Bruno Pinto | | | | | 8 | C. Port | Pombal | 12-02 | |
| 6,88 | 1,9 | André Rangel | Jv | | | | 1 | | Setúbal | 13-05 | |
| 6,88 | 1,1 | Hemilton Costa | | | | | 3 | | Maia | 14-06 | |
| 6,88 | 0,9 | Fábio Pires | Jr | CIA Ilha Azul | | 19-10-98 | 1 | | Angra do Heroísmo | 18-06 | |
| 6,88 | 1,9 | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | Dec | CNjv | Abrantes | 24-06 | |
| 6,88 | 0,8 | Yuben Munary | Jr | | | | 2 | Lx/Md | Lisboa - I | 29-07 | |
| 6,87 | i | Samuel Remédios | | | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 6,86 | 2,0 | Pedro Pinheiro | Jr | | | | 5 | | Maia | 20-05 | |
| 6,85 | i | Ivo Tavares | S23 | | | | 1 | | Braga | 04-02 | |
| 6,85 | 1,0 | Simão Pereira | Jv | GCA Donas | | 16-10-00 | 1 | | Covilhã | 19-05 | |
| 6,85 | 1,5 | Miguel Pereira | Jr | CAO Vianense | | 06-01-98 | 3 | CNJ | Marinha Grande | 08-07 | 6,86-15 |
| 6,84 | -2,2 | André Rangel | Jv | | | | 7 | CM Esc | Nancy - Fra | 26-06 | |
| 6,83 | i | Hugo Brigido | Jr | | | | 1 | CNJ | Braga | 28-01 | |
| 6,83 | 0,0 | Rodrigo Agostinho | Jv | | | | 1 | Go Fit | Avila - Esp | 01-07 | |
| 6,83 | 0,0 | Sérgio Silva | | | | | 1 | | Braga | 05-07 | |
| 6,83 | 1,8 | Yuben Munary | Jr | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 6,82 | 0,7 | Manuel Dias | Jr | Sporting CP | | 28-02-99 | Dec | | Arona - Esp | 03-06 | 6,62-16 |
| 6,82 | 1,7 | Yuben Munary | Jr | | | | 10 | SLB | Lisboa - I | 17-06 | |
| 6,82 | 1,1 | Danilo Almeida | S23 | | | | 6 | Maia | Maia | 08-07 | |
| 6,81 | i | Sérgio Silva | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 6,81 | i | Bryan Rodrigues | Jr | AC Vermoil | | 16-03-98 | 3 | CNCI-Ap | Pombal | 22-01 | 6,85-15 |
| 6,81 | i | João Pinto | S23 | Sporting CP | | 12-06-97 | 3 | CNU | Pombal | 05-03 | 6,96i-16 |
| 6,81 | -0,7 | Yvan Ribeiro | Jv | | | | 10 | C. Fr. Jr | Dreux - Fra | 01-07 | |
| 6,81 | 0,7 | Hemilton Costa | | | | | 4q | Deaflympics | Samsun - Tur | 25-07 | |
| 6,80 | 1,5 | Yvan Ribeiro | Jv | | | | 9 | | Nice - Fra | 21-05 | |
| 6,80 | 1,3 | Bryan Rodrigues | Jr | | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 6,79 | -1,6 | Pedro Pinheiro | Jr | | | | 4 | V. Tavares | Faro | 13-05 | |
| 6,79 | 1,4 | André Pimenta | Jv | | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 6,79 | 1,3 | David Sebag | Jv | Juv. Ilha Verde | | 23-05-01 | 1 | | Ponta Delgada | 22-06 | |
| 6,79 | 1,2 | Sérgio Silva | | | | | 3 | Vigo | Vigo - Esp | 01-07 | |
| 6,79 | -0,1 | André Pimenta | Jv | | | | 6 | FOJE | Gyor - Hun | 26-07 | |
| 6,78 | i | Yuben Munary | Jr | | | | 5 | T. Port | Alpiarça | 15-01 | |
| 6,78 | i | Yuben Munary | Jr | | | | 2 | CNJ | Braga | 28-01 | |
| 6,78 | i | André Pimenta | Jv | | | | Hep | CNJv | Pombal | 04-02 | |
| 6,78 | 0,5 | Pedro Pinheiro | Jr | | | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 6,78 | 1,3 | David Sebag | Jv | | | | 1 | J. Ilhas | Riviere Salee - Fra | 11-05 | |
| 6,78 | 0,7 | Danilo Almeida | S23 | | | | 2 | | Lisboa - I | 24-06 | |
| 6,78 | -0,3 | Bryan Rodrigues | Jr | | | | 2 | Caceres | Plasencia - Esp | 28-06 | |
| 6,77 | i | Valter Pinto | | | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 6,77 | i | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | 7 | CN23 | Pombal | 25-02 | 6,75i-15 |
| 6,77 | 0,9 | Francisco Serra | S23 | GD Cavadas | | 21-02-95 | 1 | | Seixal | 02-04 | 6,53-16 |
| 6,77 | 1,4 | Danilo Almeida | S23 | | | | 6 | Lisboa | Lisboa - I | 01-05 | |
| 6,77 | 1,3 | André Pimenta | Jv | | | | 1 | | Pombal | 10-06 | |
| 6,76 | i | Bryan Rodrigues | Jr | | | | 4 | CNCI-2 | Pombal | 18-02 | |
| 6,76 | 1,6 | Sérgio Silva | | | | | 1 | | Guarda | 29-04 | |
| 6,76 | 1,0 | Yuben Munary | Jr | | | | 1 | | Lisboa - MP | 20-05 | |
| 6,76 | 0,4 | Yuben Munary | Jr | | | | 5 | | Lisboa - I | 15-07 | |
| 6,75 | i | João Pinto | S23 | | | | 6 | T. Port | Alpiarça | 15-01 | |
| 6,75 | i | João Pinto | S23 | | | | 8 | CN23 | Pombal | 25-02 | |
| 6,75 | 1,6 | Manuel Dias | Jr | | | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 6,74 | i | Tomas Dinis | Jv | Maia AC | | 30-10-00 | 1 | CNJv | Pombal | 04-02 | 6,69i-16 |
| 6,74 | 0,1 | Ivo Tavares | S23 | | | | 1 | CNU | Faro | 14-05 | |

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|------|------|---------------------|-----|------------------|-----|----------|-----|-------------|--------------------|-------|----------|
| 6,74 | 1,1 | Pedro Razori | S23 | Greca | BRA | 17-07-97 | 4 | | Maia | 14-06 | |
| 6,74 | 0,0 | Tomas Dinis | Jv | | | | 2 | CM Esc | Nancy - Fra | 26-06 | |
| 6,74 | 0,0 | Bryan Rodrigues | Jr | | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 6,74 | 1,6 | Hemilton Costa | | | | | 7 | Deaflympics | Samsun - Tur | 26-07 | |
| 6,74 | 1,4 | Manuel Dias | Jr | | | | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 6,73 | 0,1 | Hemilton Costa | | | | | 5 | V. Tavares | Faro | 13-05 | |
| 6,73 | 1,7 | Luis lalá | Jv | | | | 2 | CN DE | Maia | 20-05 | |
| 6,73 | 1,3 | João Pereira | Jr | SL Benfica | | 21-12-98 | 4 | Lx/Md | Lisboa - I | 29-07 | |
| 6,72 | i | Hemilton Costa | | | | | 9 | C. Port | Pombal | 12-02 | |
| 6,72 | 1,0 | André Rangel | Jv | | | | 1 | DE | Lisboa - I | 26-04 | |
| 6,72 | 0,7 | Yuben Munary | Jr | | | | 5 | CN23 | Pombal | 02-07 | |
| 6,72 | -0,6 | Sérgio Silva | | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 6,72 | 1,2 | Luis lalá | Jv | | | | 1jv | Lx/Md | Lisboa - I | 29-07 | |
| 6,71 | i | Sérgio Silva | | | | | 1 | | Braga | 17-12 | |
| 6,71 | i | Carlos Prino | S23 | | | | Hep | C. Port | Pombal | 11-02 | |
| 6,71 | 0,2 | Mamadú Jaló | Jv | SL Benfica | | 07-08-01 | 3 | | Lisboa - MP | 20-05 | |
| 6,71 | 0,9 | Francisco Cordoeiro | | ACD Jardim Serra | | 09-05-92 | 2s | CNCI-Ap | Ribeira Brava | 27-05 | 7,25i-13 |
| 6,71 | 1,2 | Luis lalá | Jv | | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 6,70 | 1,7 | Joaquim Cabral | | CO Pechão | | 17-04-88 | 1 | | Lagoa | 10-12 | 6,93-12 |
| 6,70 | i | Tomás Ferreira | Jv | ACRD Escapães | | 10-09-00 | 3 | CNJ | Braga | 28-01 | |
| 6,70 | i | Tomás Ferreira | Jv | | | | 2 | CNJv | Pombal | 04-02 | |
| 6,70 | 1,9 | Joaquim Cabral | | | | | 1 | | Faro | 29-04 | |
| 6,70 | 1,7 | Carlos Prino | S23 | | | | Dec | T. Nac | Luso | 20-05 | |
| 6,70 | 0,6 | Yuben Munary | Jr | | | | 2 | | Braga | 05-07 | |
| 6,69 | -0,7 | Denil Baia | Jr | | | | 1 | | Sobreda | 11-12 | |
| 6,69 | i | Sérgio Silva | | | | | 2 | T. Natal | Braga | 22-12 | |
| 6,69 | i | Miguel Barrigana | S23 | C Bf. Faro | | 03-07-96 | 1 | | V. R. Sto. António | 14-01 | 6,94i-14 |
| 6,69 | i | André Rangel | Jv | | | | 3 | CNJv | Pombal | 04-02 | |
| 6,68 | 1,9 | Tomas Dinis | Jv | | | | Oct | | Maia | 18-03 | |
| 6,68 | 1,2 | Luis lalá | Jv | | | | 7 | Lisboa | Lisboa - I | 01-05 | |
| 6,68 | -3,7 | Júlio Almeida | Jv | SL Benfica | | 19-07-00 | 1 | | Lisboa - MP | 14-05 | |
| 6,68 | 0,0 | Miguel Pereira | Jr | | | | 1 | C. Norte Jr | Braga | 17-06 | |
| 6,67 | i | Ivo Tavares | S23 | | | | Hep | | Braga | 17-12 | |
| 6,67 | i | Denil Baia | Jr | | | | 9 | CN23 | Pombal | 25-02 | |
| 6,67 | 0,0 | David Sebag | Jv | | | | 1 | | Ponta Delgada | 11-03 | |
| 6,67 | 0,0 | Juary Tavares | | | STP | | 8 | Lisboa | Lisboa - I | 01-05 | |
| 6,67 | 1,1 | Sérgio Silva | | | | | Dec | | Maia | 06-05 | |
| 6,67 | -0,2 | André Oliveira | Jv | Sporting CP | | 22-01-00 | 6 | | Lisboa - I | 15-07 | |
| 6,66 | i | António Chaves | Jr | SL Benfica | | 07-01-98 | 7 | | Lisboa - CAR | 25-01 | 6,65-16 |
| 6,66 | i | Bryan Rodrigues | Jr | | | | 10 | CN23 | Pombal | 25-02 | |
| 6,66 | 1,9 | Tomas Dinis | Jv | | | | 3 | CN DE | Maia | 20-05 | |
| 6,66 | 1,9 | Mamadú Jaló | Jv | | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 6,66 | 0,0 | Sérgio Silva | | | | | 2 | | Viana do Castelo | 19-07 | |
| 6,66 | 1,0 | Sérgio Silva | | | | | 3 | | Vagos | 29-07 | |
| 6,65 | -1,1 | João Patrício | Jr | Vit. Setúbal | | 13-01-99 | 2 | DE | Lisboa - I | 26-04 | 6,59w-16 |
| 6,65 | 0,0 | Denil Baia | Jr | | | | 1 | | Setúbal | 30-04 | |
| 6,65 | 0,5 | Sérgio Silva | | | | | 2 | | Póvoa de Varzim | 24-05 | |
| 6,65 | -1,3 | Edgar Campre | Jv | | STP | | Tet | | Lisboa - MP | 28-05 | |
| 6,65 | 0,3 | Pedro Pinheiro | Jr | | | | 8 | CN23 | Pombal | 02-07 | |
| 6,65 | 1,4 | Pedro Pinheiro | Jr | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 6,65 | 1,9 | Bruno Vaz Moniz | | CCSJ. Madeira | CPV | 10-07-88 | 1 | | Vagos | 15-07 | 6,65-16 |
| 6,64 | i | Yvan Ribeiro | Jv | | | | 1 | | Nice - Fra | 27-11 | |
| 6,64 | i | Joaquim Cabral | | | | | 2 | | V. R. Sto. António | 14-01 | |
| 6,64 | -0,4 | Yuben Munary | Jr | | | | Dec | | Rio Maior | 29-04 | |
| 6,64 | 0,5 | Danilo Almeida | S23 | | | | 6 | V. Tavares | Faro | 13-05 | |
| 6,64 | 1,4 | Gui Boissy | | | SEN | | 7 | Maia | Maia | 08-07 | |
| 6,63 | i | Bryan Rodrigues | Jr | | | | 1 | | Pombal | 07-01 | |
| 6,63 | -0,5 | Abdel Larrinaga | | SL Benfica | CUB | 13-07-94 | 7 | V. Tavares | Faro | 13-05 | 7,28-13 |
| 6,63 | -0,3 | Yuben Munary | Jr | | | | 8 | V. Tavares | Faro | 13-05 | |
| 6,63 | 0,4 | Denil Baia | Jr | | | | 2 | | Angra do Heroismo | 18-06 | |
| 6,62 | i | Eusébio Cá | | Grã Bretanha | | 24-09-91 | 4q | | Sheffield - Gbr | 18-02 | 7,34-15 |
| 6,62 | 0,8 | Francisco Serra | S23 | | | | 3ex | | Lisboa - I | 24-06 | |

| | | | | | | | | | | |
|------|------|---------------------|-----|-----------------|----------|-----|-------------|-----------------|-------|----------|
| 6,62 | 0,3 | Denil Baia | Jr | | | 25q | CE Jr | Grosseto - Ita | 20-07 | |
| 6,61 | i | Francisco Barreto | S23 | | | 11 | CNC23 | Pombal | 25-02 | |
| 6,61 | 1,5 | Carlos Prino | S23 | | | Dec | | Rio Maior | 29-04 | |
| 6,61 | 1,9 | Danilo Almeida | S23 | | | 6 | C. Port | Vagos | 11-06 | |
| 6,60 | i | Hugo Brigido | Jr | | | 2 | | Pombal | 07-01 | |
| 6,60 | 1,0 | Rodrigo Agostinho | Jv | | | Oct | | Pombal | 22-04 | |
| 6,60 | 1,5 | Bryan Rodrigues | Jr | | | 3 | F. Alves | Marinha Grande | 20-05 | |
| 6,60 | 1,8 | João Alexandre | | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 6,60 | 0,1 | Tomas Dinis | Jv | | | 2 | C. Norte Jr | Braga | 17-06 | |
| 6,59 | 1,1 | Daniel Leite | Jv | AE S. Odivelas | | 3 | DE | Lisboa - I | 26-04 | |
| 6,59 | -0,5 | Rodrigo Agostinho | Jv | | | 2 | | Pombal | 10-06 | |
| 6,59 | 0,9 | Gonçalo Ferreira | Jr | CO Pechão | 02-12-99 | 1 | | Faro | 17-06 | |
| 6,59 | 1,9 | Martim Faustino | Jv | Sporting CP | 26-05-00 | 5 | CNjv | Abrantes | 24-06 | |
| 6,59 | 0,8 | Francisco Serra | S23 | | | 6 | CNC23 | Pombal | 02-07 | |
| 6,59 | 1,3 | Juary Tavares | | | STP | 2 | | Vagos | 15-07 | |
| 6,58 | i | André Oliveira | Jv | | | 8 | | Lisboa - CAR | 25-01 | |
| 6,58 | i | Gil Manuel | | Sporting CP | 28-09-94 | 10 | C. Port | Pombal | 12-02 | 7,07-15 |
| 6,58 | 0,9 | João Pereira | Jr | | | 7 | | Lisboa - I | 15-07 | |
| 6,57 | -1,8 | André Rangel | Jv | | | 2 | | Sobreda | 11-12 | |
| 6,57 | i | António Chaves | Jr | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 6,57 | i | Yuben Munary | Jr | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 6,57 | -2,1 | Simão Pereira | Jv | | | 1 | | Covilhã | 07-06 | |
| 6,57 | 0,8 | Rafael Ferreira | Jr | A 20Km Almeirim | 21-10-99 | Dec | CNJ | Marinha Grande | 08-07 | |
| 6,56 | i | Francisco Cordoeiro | | | | 4 | CNCI-1 | Pombal | 18-02 | |
| 6,56 | i | André Pimenta | Jv | | | 5 | CNCI-1 | Pombal | 18-02 | |
| 6,56 | 1,7 | André Rangel | Jv | | | 1 | CN DE | Maia | 20-05 | |
| 6,56 | 1,2 | Rodrigo Agostinho | Jv | | | 4 | F. Alves | Marinha Grande | 20-05 | |
| 6,56 | 0,0 | Miguel Pereira | Jr | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 6,55 | i | Tomas Dinis | Jv | | | 5 | CNCI-2 | Pombal | 18-02 | |
| 6,55 | -1,7 | Tomas Dinis | Jv | | | 1 | | Maia | 14-05 | |
| 6,55 | 1,1 | Pedro Ferreira | S23 | | | Dec | T. Nac | Luso | 20-05 | |
| 6,55 | 1,8 | Francisco Serra | S23 | | | 3s | CNCI-Ap | Vendas Novas | 27-05 | |
| 6,55 | 0,8 | Tomas Dinis | Jv | | | 2 | C. Norte | Maia | 15-07 | |
| 6,54 | i | Sérgio Silva | | | | 1ex | C. Natal | Braga | 08-01 | |
| 6,54 | i | Carlos Prino | S23 | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 6,54 | i | Marcos Chuva | | | | 6 | CNCI-1 | Pombal | 18-02 | |
| 6,54 | 0,0 | Hemilton Costa | | | | 3 | | Póvoa de Varzim | 24-05 | |
| 6,54 | 1,3 | Carlos Lopes | | GA Fátima | 13-03-83 | 7s | CNCI-Ap | Fátima | 27-05 | 7,01-00 |
| 6,54 | 0,9 | Renato Miranda | | Esc. Movimento | 19-10-94 | 5 | | Maia | 14-06 | |
| 6,54 | -0,1 | João Pereira | Jr | | | 3 | | Lisboa - I | 24-06 | |
| 6,54 | 1,4 | Nuno Alexandrino | Jr | Esc. Movimento | 15-05-98 | 8 | CNJ | Marinha Grande | 08-07 | |
| 6,53 | i | Denil Baia | Jr | | | 4 | CNJ | Braga | 28-01 | |
| 6,53 | -0,2 | Rodrigo Agostinho | Jv | | | 1 | OJ | Braga | 04-06 | |
| 6,52 | -0,8 | Francisco Serra | S23 | | | 3 | | Sobreda | 11-12 | |
| 6,52 | i | Pedro Ferreira | S23 | | | 7 | T. Port | Alpiarça | 15-01 | |
| 6,52 | i | Pedro Ferreira | S23 | | | Hep | C. Port | Pombal | 11-02 | |
| 6,52 | 0,9 | Edgar Camparé | Jv | | STP | Dec | CNJ | Marinha Grande | 08-07 | |
| 6,51 | i | Tomas Dinis | Jv | | | 5 | CNJ | Braga | 28-01 | |
| 6,51 | i | Júlio Almeida | Jv | | | 4 | CNJv | Pombal | 04-02 | |
| 6,51 | i | Tiago Boucela | | Grecas | 09-02-92 | Hep | C. Port | Pombal | 11-02 | 6,82i-16 |
| 6,51 | 1,5 | João Patrício | Jr | | | 6 | CN DE | Maia | 20-05 | |
| 6,51 | 0,4 | Hugo Duarte | Jv | Grecas | 12-06-99 | 6 | | Maia | 14-06 | |
| 6,51 | 2,0 | Nuno Alexandrino | Jr | | | 7 | | Maia | 14-06 | |
| 6,50 | 1,3 | Tomás Ferreira | Jv | | | 1 | | Aveiro | 17-12 | |
| 6,50 | 0,9 | André Rangel | Jv | | | 1 | | Setúbal | 15-01 | |
| 6,50 | i | Miguel Barrigana | S23 | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 6,50 | i | Tomas Dinis | Jv | | | Tri | | Alpiarça | 04-03 | |
| 6,50 | 1,6 | Pedro Pinheiro | Jr | | | Dec | | Lagos | 01-04 | |
| 6,50 | 1,4 | David Sebag | Jv | | | 1 | | Ponta Delgada | 07-05 | |
| 6,50 | -3,5 | Miguel Marques | S23 | | | 9 | V. Tavares | Faro | 13-05 | |
| 6,50 | 0,4 | Rodrigo Agostinho | Jv | | | 1 | | Pombal | 14-05 | |
| 6,50 | 0,1 | Henrique Durão | Jr | Sporting CP | 05-06-99 | 2 | | Lisboa - MP | 01-07 | |

| | | | | | | | | | | | |
|------|-----|--------------|-----|--|-----|--|---|--|---------------|-------|--|
| 6,50 | 0,1 | David Sebag | Jv | | | | 1 | | Ponta Delgada | 14-07 | |
| 6,50 | 1,2 | Pedro Razori | S23 | | BRA | | 3 | | Vagos | 15-07 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|-------------------|-----|----------|-----|------------|-----------------|-------|----------|
| 7,78 | 2,8 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 1 | CN23 | Pombal | 02-07 | 7,50i-16 |
| 7,45 | 3,3 | André Silva | | Esc. Movimento | | 18-07-94 | 1 | Aveiro | Aveiro | 24-06 | 7,32-13 |
| 7,27 | 2,5 | Yvan Ribeiro | Jr | França | | 05-03-99 | 2 | | Nice - Fra | 07-05 | 7,15-16 |
| 7,23 | 3,4 | Yuben Munary | Jr | SL Benfica | | 25-09-99 | 1 | | Lisboa - MP | 20-05 | 7,32-16 |
| 7,17 | 3,6 | Mamadú Jaló | Jv | SL Benfica | | 07-08-01 | 1 | CNjv | Abrantes | 24-06 | |
| 7,15 | 3,2 | Sérgio Silva | | ACR Sra. Desterro | | 22-11-85 | 3 | Abrantes | Abrantes | 03-06 | 7,22-12 |
| 7,15 | 2,9 | André Rangel | Jv | AA Pinhalovense | | 23-03-00 | 2 | | Sobreda | 17-06 | |
| 7,06 | 3,7 | Rodrigo Agostinho | Jv | Juv. Vidigalense | | 25-04-01 | 2 | CNjv | Abrantes | 24-06 | 6,77-16 |
| 7,00 | 4,6 | João Alexandre | | GD Estreito | | 01-01-90 | 1s | CNCI-Ap | Ribeira Brava | 27-05 | 6,96-11 |
| 7,00 | 4,2 | Bryan Rodrigues | Jr | AC Vermoil | | 16-03-98 | 2 | Aveiro | Aveiro | 24-06 | 6,85-15 |
| 6,97 | 4,5 | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 5 | Abrantes | Abrantes | 03-06 | 6,84-16 |
| 6,96 | 3,0 | André Pimenta | Jv | Juv. Vidigalense | | 10-08-01 | 7q | FOJE | Gyor - Hun | 25-07 | 6,57-16 |
| 6,86 | 4,6 | Gil Manuel | | Sporting CP | | 28-09-94 | 2 | | Torres Vedras | 02-07 | 7,07-15 |
| 6,80 | 2,3 | Martim Faustino | Jv | Sporting CP | | 26-05-00 | 2 | | Lisboa - MP | 15-06 | |
| 6,80 | 5,1 | Tomas Dinis | Jv | Maia AC | | 30-10-00 | Tet | Tet. Jovem | Torres Vedras | 01-07 | 6,69i-16 |
| 6,79 | 4,3 | Joaquim Cabral | | CO Pechão | | 17-04-88 | 1 | | Faro | 29-04 | 6,93-12 |
| 6,78 | 5,5 | Francisco Serra | S23 | GD Cavadas | | 21-02-95 | 6 | Abrantes | Abrantes | 03-06 | 6,53-16 |
| 6,77 | 2,3 | Isaac Lopes | | CA Seia | | 08-02-90 | 4s | CNCI-Ap | Fátima | 27-05 | 7,06i-15 |
| 6,74 | 6,8 | António Morais | Vet | EA Tamêga | | 23-12-80 | 1 | | Póvoa de Varzim | 01-07 | 7,22-08 |
| 6,69 | 5,2 | Rafael Ferreira | Jr | A 20Km Almeirim | | 21-10-99 | 7 | Abrantes | Abrantes | 03-06 | |
| 6,69 | 3,2 | Júlio Almeida | Jv | SL Benfica | | 19-07-00 | 4 | CNjv | Abrantes | 24-06 | |
| 6,67 | 3,5 | Gonçalo Ferreira | Jr | CO Pechão | | 02-12-99 | 1 | | Quarteira | 04-06 | |
| 6,63 | 6,9 | David Martinho | Jv | ACDR Arneirense | | 16-03-01 | 2 | | Marinha Grande | 04-06 | |
| 6,61 | 3,6 | Hugo Duarte | Jv | Grecas | | 12-06-99 | 4 | Aveiro | Aveiro | 24-06 | |
| 6,60 | 3,9 | Ruben Victorino | Jv | GD Cavadas | | 17-03-01 | 2 | | Setúbal | 13-05 | 6,55w-16 |
| 6,60 | 2,4 | Gonçalo Santos | Jv | Sporting CP | | 06-10-00 | 3 | | Lisboa - MP | 15-06 | |
| 6,58 | 5,9 | Nuno Alexandrino | Jr | Esc. Movimento | | 15-05-98 | 8 | Abrantes | Abrantes | 03-06 | |
| 6,53 | 4,5 | Rafael Neves | S23 | CPTS Ceira | | 18-08-95 | 8s | CNCI-Ap | Fátima | 27-05 | |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|--------------|-----|--------------|-----|----------|----|-------|------------------|-------|---------|
| 7,09 | | Yvan Ribeiro | Jr | | | | 1 | | Monaco | 17-06 | |
| 6,80 | | Yuben Munary | Jr | | | | 2 | | Lisboa - MP | 05-02 | |
| 6,80 | | Edson Gomes | Jr | SL Benfica | | 01-11-98 | 2 | | Norwich - Gbr | 30-04 | 6,44-16 |
| 6,79 | | Edson Gomes | Jr | | | | 2 | | Bromley - Gbr | 28-05 | |
| 6,72 | | Sérgio Silva | | | | | 1 | Viseu | Viseu | 22-04 | 7,22-12 |
| 6,64 | | Eusébio Cá | | Grã Bretanha | | 24-09-91 | 5s | | Lee Valley - Gbr | 03-06 | 7,34-15 |
| 6,63 | | Tomas Dinis | Jv | | | | 1 | | Lousada | 22-04 | |
| 6,52 | | Edson Gomes | Jr | | | | 2 | | Reading - Gbr | 25-06 | |

Triplo / Triple Jump – 14,70 – 13,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|----------------|-----|-------------|-----|----------|----|--------------|---------------------|-------|----------|
| 17,60 | -0,3 | Pedro Pichardo | | SL Benfica | CUB | 30-06-93 | 1 | Athletissima | Lausana - Sui | 06-07 | 18,08-15 |
| 17,32 | 0,2 | Pedro Pichardo | | | | | 4 | Van Damme | Bruxelas - Bel | 01-09 | |
| 17,20 | i | Nelson Évora | | Sporting CP | | 20-04-84 | 1 | C. Europa | Belgrado - Sbr | 05-03 | 17,74-07 |
| 17,19 | -0,1 | Nelson Évora | | | | | 3 | C. Mundo | Londres - Gbr | 10-08 | |
| 17,05 | -1,0 | Pedro Pichardo | | | | | 4 | Meet Paris | Paris - Fra | 01-07 | |
| 17,04 | 0,1 | Pedro Pichardo | | | | | 1 | SLB | Lisboa - I | 17-06 | |
| 16,94 | 0,1 | Nelson Évora | | | | | 4q | C. Mundo | Londres - Gbr | 07-08 | |
| 16,91 | 0,4 | Nelson Évora | | | | | 6 | Meet Paris | Paris - Fra | 01-07 | |
| 16,79 | i | Nelson Évora | | | | | 5q | C. Europa | Belgrado - Sbr | 03-03 | |
| 16,78 | 1,5 | Nelson Évora | | | | | 1 | C. Port | Vagos | 10-06 | |
| 16,77 | -0,1 | Nelson Évora | | | | | 4 | | Baie Manhault - Fra | 17-05 | |
| 16,75 | i | Nelson Évora | | | | | 4 | | Madrid - Esp | 24-02 | |

| | | | | | | | | | | | |
|-------|------|-----------------------|-----|------------------|-----|----------|-----|------------|--------------------|-------|-----------|
| 16,61 | 0,0 | Nelson Évora | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 16,57 | i | Nelson Évora | | | | | 1 | | Val de Reuil - Fra | 06-02 | |
| 16,55 | i | Nelson Évora | | | | | 1 | C. Port | Pombal | 11-02 | |
| 16,55 | i | Nelson Évora | | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 16,45 | -0,6 | Nelson Évora | | | | | 2 | | Andujar - Esp | 02-06 | |
| 16,12 | -0,3 | Ricardo Jaquité | | SC Braga | | 17-08-89 | 4 | SLB | Lisboa - I | 17-06 | 16,01-16 |
| 15,98 | i | Carlos Veiga | | Sporting CP | | 22-02-89 | 1 | M. Pereira | Lisboa - CAR | 07-01 | 16,36-15 |
| 15,94 | 1,2 | Tiago Pereira | | SL Benfica | | 19-09-93 | 1 | F. Ribeiro | Maia | 12-07 | 16,05-14 |
| 15,92 | 0,0 | Ricardo Jaquité | | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 15,90 | i | Ricardo Jaquité | | | | | 2 | C. Port | Pombal | 11-02 | |
| 15,86 | i | Ricardo Jaquité | | | | | 2 | M. Pereira | Lisboa - CAR | 07-01 | |
| 15,80 | 1,5 | Carlos Veiga | | | | | 2 | F. Ribeiro | Maia | 12-07 | |
| 15,78 | i | Tiago Pereira | | | | | 3 | M. Pereira | Lisboa - CAR | 07-01 | |
| 15,76 | i | Ricardo Jaquité | | | | | 1 | T. Port | Alpiarça | 15-01 | |
| 15,75 | i | Carlos Veiga | | | | | 1 | | Lisboa - CAR | 04-02 | |
| 15,74 | 0,8 | Marcos Caldeira | | Sporting CP | | 27-02-88 | 1 | | Lisboa - I | 16-07 | 16,44-12 |
| 15,71 | -0,2 | Marcos Caldeira | | | | | 3 | F. Ribeiro | Maia | 12-07 | 16,44-12 |
| 15,65 | i | Carlos Veiga | | | | | 2 | T. Port | Alpiarça | 15-01 | |
| 15,58 | i | Ricardo Jaquité | | | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 15,55 | i | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 4 | M. Pereira | Lisboa - CAR | 07-01 | 15,14i-16 |
| 15,52 | i | Carlos Veiga | | | | | 3 | C. Port | Pombal | 11-02 | |
| 15,51 | i | Marcos Caldeira | | | | | 5 | M. Pereira | Lisboa - CAR | 07-01 | 16,44-12 |
| 15,51 | 1,4 | Ricardo Jaquité | | | | | 2ex | | Lisboa - I | 16-07 | |
| 15,50 | i | Carlos Veiga | | | | | 7 | | Madrid - Esp | 24-02 | |
| 15,50 | 1,1 | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 4 | F. Ribeiro | Maia | 12-07 | 15,21-16 |
| 15,50 | 0,5 | Ricardo Jaquité | | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 15,46 | i | Ricardo Jaquité | | | | | 1 | Pombal | Pombal | 04-02 | |
| 15,43 | i | Ricardo Jaquité | | | | | 2 | CNCI-1 | Pombal | 19-02 | |
| 15,42 | i | Gui Boissy | | Sporting CP | SEN | 22-02-89 | 3 | T. Port | Alpiarça | 15-01 | 15,91-11 |
| 15,38 | 1,6 | Pedro Pinheiro | Jr | | | | 1 | CN23 | Pombal | 01-07 | |
| 15,35 | -2,0 | Tiago Pereira | | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 15,34 | i | João Alexandre | | GD Estreito | | 01-01-90 | 4 | C. Port | Pombal | 11-02 | 15,59-16 |
| 15,32 | 0,9 | Ricardo Jaquité | | | | | 9 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 15,31 | i | João Alexandre | | | | | 2 | Pombal | Pombal | 04-02 | |
| 15,30 | i | João Alexandre | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 15,30 | 1,1 | Carlos Veiga | | | | | 2 | | Lisboa - I | 16-07 | |
| 15,26 | 0,5 | Pedro Pinheiro | Jr | | | | 7 | SLB | Lisboa - I | 17-06 | |
| 15,23 | 0,6 | Pedro Pinheiro | Jr | | | | 14q | CE Jr | Grosseto - Ita | 22-07 | |
| 15,12 | i | Gui Boissy | | | SEN | | 5ex | C. Port | Pombal | 11-02 | |
| 15,10 | i | Miguel Marques | S23 | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 15,08 | 0,0 | Miguel Marques | S23 | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 15,07 | -1,0 | João Alexandre | | | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 15,03 | 2,0 | Júlio Almeida | Jv | SL Benfica | | 19-07-00 | 1 | | Torres Vedras | 18-06 | 14,25-16 |
| 15,01 | 2,0 | Marcos Caldeira | | | | | 3 | C. Port | Vagos | 10-06 | |
| 15,01 | 1,7 | Denil Baia | Jr | CP Corroios | | 22-09-98 | 2 | CNJ | Marinha Grande | 09-07 | 14,19-16 |
| 14,99 | 1,5 | Denil Baia | Jr | | | | 6 | C. Port | Vagos | 10-06 | |
| 14,98 | i | Pedro Pinheiro | Jr | | | | 1 | CN23 | Pombal | 26-02 | |
| 14,98 | 0,4 | João Alexandre | | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 14,96 | 1,1 | Pedro Pinheiro | Jr | | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 14,95 | 1,7 | Oleksandr Lyashchenko | S23 | Sporting CP | | 18-01-97 | 1 | | Lisboa - I | 25-06 | 15,60-16 |
| 14,95 | 1,1 | Júlio Almeida | Jv | | | | 1 | CNjv | Abrantes | 25-07 | |
| 14,94 | i | Pedro Pinheiro | Jr | | | | 5 | C. Port | Pombal | 11-02 | |
| 14,94 | 1,3 | Denil Baia | Jr | | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 14,94 | 1,5 | Júlio Almeida | Jv | | | | 1 | Go Fit | Avila - Esp | 01-07 | |
| 14,92 | 1,2 | Oleksandr Lyashchenko | S23 | | | | 3 | CN23 | Pombal | 01-07 | |
| 14,88 | i | Gui Boissy | | | SEN | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 14,85 | 0,0 | Marcos Caldeira | | | | | 1ex | | Setúbal | 18-06 | |
| 14,77 | 1,3 | Danilo Almeida | S23 | SL Benfica | | 02-12-96 | 4 | CN23 | Pombal | 01-07 | 14,75i-16 |
| 14,76 | 0,1 | Pedro Pinheiro | Jr | | | | 1 | | Faro | 08-04 | |
| 14,76 | -1,0 | André Silva | | Esc. Movimento | | 18-07-94 | 1 | CNCI-2 | Leiria | 23-07 | 13,91-16 |
| 14,75 | 1,3 | Marcos Caldeira | | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 14,75 | 1,2 | Denil Baia | Jr | | | | 1 | | Setúbal | 18-06 | |
| 14,71 | 1,1 | Oleksandr Lyashchenko | S23 | | | | 4 | F. Ribeiro | Maia | 12-07 | |

| | | | | | | | | | | | |
|-------|------|-----------------------|-----|-------------------|-----|----------|-----|------------|-------------------|-------|-----------|
| 14,70 | i | Pedro Pinheiro | Jr | | | | 2 | | Lisboa - CAR | 04-02 | |
| 14,70 | i | Tiago Pereira | | | | | 6 | C. Port | Pombal | 11-02 | |
| 14,69 | i | Danilo Almeida | S23 | | | | 7 | M. Pereira | Lisboa - CAR | 07-01 | |
| 14,69 | 1,5 | Júlio Almeida | Jv | | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 14,62 | i | Pedro Pinheiro | Jr | | | | 3 | Pombal | Pombal | 04-02 | |
| 14,60 | -1,5 | Oleksandr Lyashchenko | S23 | | | | 1 | CNU | Faro | 14-05 | |
| 14,57 | -0,1 | André Silva | | | | | 1 | C. Norte | Maia | 16-07 | |
| 14,55 | 1,4 | Denil Baia | Jr | | | | 1 | | Setúbal | 30-04 | |
| 14,55 | -0,7 | Denil Baia | Jr | | | | 25q | CE Jr | Grosseto - Ita | 22-07 | |
| 14,52 | -0,4 | Júlio Almeida | Jv | | | | 26q | CE Jr | Grosseto - Ita | 22-07 | |
| 14,50 | i | Paulo Conceição | | SL Benfica | | 29-12-93 | 8 | M. Pereira | Lisboa - CAR | 07-01 | 13,48i-15 |
| 14,48 | i | Denil Baia | Jr | | | | 2 | CN23 | Pombal | 26-02 | |
| 14,47 | -1,3 | Denil Baia | Jr | | | | 1 | | Sobreda | 18-03 | |
| 14,45 | i | Pedro Pinheiro | Jr | | | | 1 | CNJ | Braga | 29-01 | |
| 14,44 | 1,3 | Denil Baia | Jr | | | | 2 | CN23 | Pombal | 01-07 | |
| 14,43 | i | Iuri Santos | | CA Bx Banheira | | 11-04-85 | 3 | CNCI-Ap | Pombal | 21-01 | 15,60-12 |
| 14,42 | 0,0 | Iuri Santos | | | | | 2 | | Sobreda | 18-03 | |
| 14,40 | i | Paulo Conceição | | | | | 3 | CNCI-1 | Pombal | 19-02 | |
| 14,38 | 0,8 | Iuri Santos | | | | | 2 | | Setúbal | 30-04 | |
| 14,35 | 1,9 | Fábio Pires | Jr | CIA Ilha Azul | | 19-10-98 | 1 | | Angra do Heroísmo | 17-06 | 13,98-16 |
| 14,35 | -0,5 | Danilo Almeida | S23 | | | | 3 | | Lisboa - I | 16-07 | |
| 14,34 | i | Pedro Pinheiro | Jr | | | | 4 | T. Port | Alpiarça | 15-01 | |
| 14,32 | -1,6 | Paulo Conceição | | | | | 2 | CNU | Faro | 14-05 | |
| 14,29 | i | Denil Baia | Jr | | | | 2 | CNJ | Braga | 29-01 | |
| 14,28 | i | Júlio Almeida | Jv | | | | 1 | CNJv | Pombal | 05-02 | |
| 14,20 | 0,5 | David Ferreira | | CF Belenenses | | 04-04-89 | 1 | | Lisboa - MP | 15-01 | 14,35-10 |
| 14,19 | i | Denil Baia | Jr | | | | 7 | C. Port | Pombal | 11-02 | |
| 14,18 | i | Gil Manuel | | Sporting CP | | 28-09-94 | 3 | | Lisboa - CAR | 04-02 | 15,16-15 |
| 14,16 | 1,8 | Júlio Almeida | Jv | | | | 2 | | Lisboa - MP | 15-01 | |
| 14,14 | i | Danilo Almeida | S23 | | | | 3 | CN23 | Pombal | 26-02 | |
| 14,14 | 1,3 | Iuri Santos | | | | | 5ex | | Lisboa - I | 16-07 | |
| 14,13 | i | Iuri Santos | | | | | 9 | M. Pereira | Lisboa - CAR | 07-01 | |
| 14,13 | i | Bryan Rodrigues | Jr | AC Vermoil | | 16-03-98 | 1 | CNCI-2 | Pombal | 19-02 | 13,70-16 |
| 14,10 | 0,0 | Fábio Pires | Jr | | | | 1 | | Horta | 24-03 | |
| 14,09 | i | Denil Baia | Jr | | | | 10 | M. Pereira | Lisboa - CAR | 07-01 | |
| 14,09 | 0,5 | David Ferreira | | | | | 4 | | Lisboa - I | 16-07 | |
| 14,08 | 2,0 | Denil Baia | Jr | | | | 1 | | Setúbal | 16-07 | |
| 14,05 | i | Micael Seixeiro | S23 | Grecas | | 20-07-95 | 2 | CNCI-2 | Pombal | 19-02 | 14,05-16 |
| 14,05 | -3,5 | Miguel Marques | S23 | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 14,04 | 1,2 | Denil Baia | Jr | | | | 1 | | Setúbal | 14-01 | |
| 14,01 | i | Júlio Almeida | Jv | | | | 3 | CNJ | Braga | 29-01 | |
| 14,01 | i | David Ferreira | | | | | 4 | CN23 | Lisboa - CAR | 04-02 | |
| 14,00 | 2,0 | Iuri Santos | | | | | 2 | | Setúbal | 16-07 | |
| 13,99 | i | Isaac Lopes | | CA Seia | | 08-02-90 | 4 | CNCI-1 | Pombal | 19-02 | 14,57i-15 |
| 13,99 | 1,4 | Iuri Santos | | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 13,96 | i | Fábio Pires | Jr | | | | 4 | CNJ | Braga | 29-01 | |
| 13,95 | 0,5 | Juary Tavares | | CCSJ. Madeira | STP | 09-11-94 | 1 | | Vagos | 07-01 | 13,91-16 |
| 13,94 | -2,8 | Isaac Lopes | | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 13,93 | i | Francisco Rodrigues | S23 | Juv. Vidigalense | | 10-05-97 | 4 | CN23 | Pombal | 26-02 | 13,96-16 |
| 13,93 | 1,5 | Fábio Pires | Jr | | | | 4 | CNJ | Marinha Grande | 09-07 | |
| 13,91 | 0,3 | Rafael Vilas Boas | S23 | SC Braga | | 01-02-95 | 1 | | Braga | 23-04 | 14,74-14 |
| 13,89 | 2,0 | Adam Ferreira | S23 | C Bf. Faro | | 10-05-96 | 1 | | Faro | 15-01 | 14,31-16 |
| 13,89 | i | Sérgio Silva | | ACR Sra. Desterro | | 22-11-85 | 5 | CNCI-1 | Pombal | 19-02 | 14,50-09 |
| 13,87 | -0,7 | Sérgio Silva | | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 13,86 | i | Fábio Pires | Jr | | | | 5 | CN23 | Pombal | 26-02 | |
| 13,85 | i | Micael Seixeiro | S23 | | | | 6 | CN23 | Pombal | 26-02 | |
| 13,85 | 0,7 | David Ferreira | | | | | 7 | C. Port | Vagos | 10-06 | |
| 13,84 | i | Fábio Pires | Jr | | | | 6 | T. Port | Alpiarça | 15-01 | |
| 13,82 | i | Isaac Lopes | | | | | 8 | C. Port | Pombal | 11-02 | |
| 13,81 | i | Rafael Vilas Boas | S23 | | | | 1 | | Braga | 03-12 | |
| 13,81 | i | Sérgio Silva | | | | | 1ex | C. Norte | Braga | 07-01 | |
| 13,81 | 1,0 | Vítor Viveiros | | ACD Jardim Serra | | 18-03-84 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 14,32-12 |

| | | | | | | | | | | | |
|-------|------|---------------------|-----|----------------|-----|----------|-----|-------------|-----------------|-------|-----------|
| 13,79 | i | Sérgio Silva | | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 13,79 | 0,0 | Mamadú Jaló | Jv | SL Benfica | | 07-08-01 | 3 | CNjv | Abrantes | 25-06 | |
| 13,78 | 0,0 | Márcio Horta | Ini | NDJ Laranjeiro | RNi | 03-06-02 | 2ex | | Sobreda | 10-06 | |
| 13,75 | -1,2 | Isaac Lopes | | | | | 7 | CNCI-1 | Leiria | 23-07 | |
| 13,74 | i | Joel Pereira | S23 | GA Fátima | | 14-02-95 | 3 | CNCI-2 | Pombal | 19-02 | 14,11-14 |
| 13,70 | i | David Ferreira | | | | | 11 | M. Pereira | Lisboa - CAR | 07-01 | |
| 13,70 | i | David Ferreira | | | | | 5 | CNCI-Ap | Pombal | 21-01 | |
| 13,70 | -0,5 | Helder Coutinho | | CA Mazarefes | | 05-06-90 | 2 | C. Norte | Maia | 16-07 | 13,52-16 |
| 13,70 | 0,7 | Mário Pamente | | JOMA | | 11-11-94 | 5 | | Lisboa - I | 16-07 | 14,23-15 |
| 13,68 | -3,6 | Sérgio Silva | | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 13,66 | i | Joel Pereira | S23 | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 13,64 | i | Adam Ferreira | S23 | | | | 6 | CNCI-Ap | Pombal | 21-01 | |
| 13,64 | 0,8 | Henrique Fortes | Jv | SL Benfica | | 19-12-00 | 2 | | Torres Vedras | 18-06 | |
| 13,64 | 0,7 | Henrique Fortes | Jv | | | | 4 | CNjv | Abrantes | 25-06 | |
| 13,64 | 1,8 | Fábio Pires | Jr | | | | 5 | CN23 | Pombal | 01-07 | |
| 13,63 | 1,4 | Márcio Horta | Ini | | | | 5 | CNjv | Abrantes | 25-06 | |
| 13,61 | i | Rafael Vilas Boas | S23 | | | | 1 | C. Norte | Braga | 07-01 | |
| 13,61 | 1,3 | Mamadú Jaló | Jv | | | | 3 | | Torres Vedras | 18-06 | |
| 13,57 | 1,8 | Henrique Fortes | Jv | | | | 6 | CNJ | Marinha Grande | 09-07 | |
| 13,56 | i | Joaquim Moreira | | CD Póvoa | | 30-01-93 | 2 | | Braga | 03-12 | 13,51-15 |
| 13,56 | -2,4 | Renato Miranda | | Esc. Movimento | | 19-10-94 | 3 | C. Norte | Maia | 16-07 | 13,63-16 |
| 13,55 | 1,6 | Mário Pamente | | | | | 4s | CNCI-Ap | Vendas Novas | 28-05 | |
| 13,55 | 0,0 | Célio Khibo | | CCSJ. Madeira | | 27-06-86 | 1 | | Vagos | 16-07 | 14,41-09 |
| 13,54 | i | Isaac Lopes | | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 13,54 | i | Juary Tavares | | | STP | | 4 | CNCI-2 | Pombal | 19-02 | |
| 13,54 | i | Vítor Viveiros | | | | | 6 | CNCI-1 | Pombal | 19-02 | |
| 13,52 | i | Juary Tavares | | | STP | | 2 | CNCI-Ap | Braga | 21-01 | |
| 13,49 | 0,3 | Henrique Durão | Jr | Sporting CP | | 05-06-99 | 2 | | Lisboa - I | 25-06 | |
| 13,48 | 1,9 | Henrique Durão | Jr | | | | 2 | | Torres Vedras | 02-07 | |
| 13,48 | 1,1 | Vasco Alves | Jr | NA Cucujães | | 15-03-99 | 2 | | Vagos | 16-07 | 13,24-16 |
| 13,47 | i | Francisco Rodrigues | S23 | | | | 7 | CNCI-1 | Pombal | 19-02 | |
| 13,43 | 1,2 | Edgar Camparé | Jv | SL Benfica | STP | 29-04-00 | 3 | | Lisboa - MP | 15-01 | 13,74-16 |
| 13,43 | -1,9 | Micael Seixeiro | S23 | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 13,41 | i | Mário Pamente | | | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 13,40 | 0,7 | Renato Miranda | | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 13,39 | i | Nuno Sénica | Jv | UD Zona Alta | | 29-10-00 | 2 | CNJv | Pombal | 05-02 | 12,84-16 |
| 13,39 | 0,7 | João Aguilar | Jv | SC Braga | | 10-04-00 | 2 | CNjv | Abrantes | 25-06 | 13,66-16 |
| 13,39 | 1,8 | Martim Faustino | Jv | Sporting CP | | 26-05-00 | 5 | CNJ | Marinha Grande | 09-07 | 13,30-16 |
| 13,37 | 0,0 | Renato Miranda | | | | | 1 | | Braga | 05-07 | |
| 13,36 | 0,6 | Hugo Duarte | Jv | Grecas | | 12-06-99 | 1 | | Vagos | 02-07 | |
| 13,36 | 0,0 | João Duarte | S23 | Maia AC | | 13-09-96 | 2 | | Braga | 05-07 | 13,12i-15 |
| 13,35 | i | João Duarte | S23 | | | | 5 | CNCI-2 | Pombal | 19-02 | |
| 13,35 | 1,3 | Mamadú Jaló | Jv | | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 13,33 | -0,3 | Nuno Sénica | Jv | | | | 1 | | Abrantes | 20-05 | |
| 13,33 | 0,0 | Carlos Santos | | CP Alcanena | | 10-05-86 | 2 | | Abrantes | 20-05 | 14,35-12 |
| 13,33 | 1,3 | Henrique Durão | Jr | | | | 7 | CNJ | Marinha Grande | 09-07 | |
| 13,32 | -1,5 | João Aguilar | Jv | | | | 1 | C. Norte Jr | Braga | 18-06 | |
| 13,30 | i | Joaquim Moreira | | | | | 3 | CNCI-Ap | Braga | 21-01 | |
| 13,30 | 1,0 | Vasco Alves | Jr | | | | 2 | | Vagos | 02-07 | |
| 13,30 | 0,0 | Juary Tavares | | | STP | | 3 | | Vagos | 16-07 | |
| 13,30 | -0,9 | Sérgio Silva | | | | | 4ex | C. Norte | Maia | 16-07 | |
| 13,29 | 0,6 | Renato Miranda | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 13,27 | 1,5 | Vítor Viveiros | | | | | 1ex | | Ribeira Brava | 15-01 | |
| 13,27 | 1,6 | João Aguilar | Jv | | | | 1 | | Braga | 27-06 | |
| 13,27 | -1,7 | João Duarte | S23 | | | | 4 | C. Norte | Maia | 16-07 | |
| 13,25 | i | Vítor Viveiros | | | | | 4 | CNCI-Ap | Braga | 21-01 | |
| 13,25 | i | Henrique Durão | Jr | | | | 5 | CNJ | Braga | 29-01 | |
| 13,25 | 1,0 | Rafael Vilas Boas | S23 | | | | 4 | | Orense - Esp | 13-05 | |
| 13,25 | 0,0 | Nelson Pinto | Jr | Sporting CP | | 24-12-98 | 1 | | Febres | 21-05 | 13,53i-16 |
| 13,23 | 0 | Samuel Leal | | NA Cucujães | | 12-09-92 | 4 | | Vagos | 16-07 | 13,34-15 |
| 13,21 | i | Henrique Durão | Jr | | | | 12 | M. Pereira | Lisboa - CAR | 07-01 | |
| 13,21 | i | Edgar Camparé | Jv | | STP | | 6 | CNJ | Braga | 29-01 | |
| 13,20 | 0,9 | Nelson Pinto | Jr | | | | 3 | CNU | Faro | 14-05 | |

| | | | | | | | | | | | |
|-------|------|---------------------|-----|-------------------|--|----------|----|----------|-------------------|-------|----------|
| 13,16 | -0,1 | Vitor Viveiros | | | | | 1 | | Ribeira Brava | 18-06 | |
| 13,16 | -1,0 | Hugo Duarte | Jv | | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 13,15 | -1,1 | Bryan Rodrigues | Jr | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 13,14 | 1,2 | David Ferreira | | | | | 5s | CNCI-Ap | Vendas Novas | 28-05 | 14,35-10 |
| 13,14 | 1,8 | Mamadú Jaló | Jv | | | | 9 | CNJ | Marinha Grande | 09-07 | |
| 13,13 | i | Yuben Munary | Jr | SL Benfica | | 25-09-99 | 5 | | Lisboa - CAR | 04-02 | 13,51-16 |
| 13,13 | -3,3 | Joel Pereira | S23 | | | | 6s | CNCI-Ap | Fátima | 28-05 | |
| 13,13 | 1,6 | Diogo Saldanha | Jv | CF Oliveira Douro | | 06-02-01 | 2 | | Maia | 28-06 | 13,22-16 |
| 13,12 | 0,1 | João Duarte | S23 | | | | 3s | CNCI-Ap | Guimarães | 28-05 | |
| 13,12 | -0,1 | Nuno Sénica | Jv | | | | 1 | | Abrantes | 18-06 | |
| 13,12 | -0,6 | Joel Pereira | S23 | | | | 3 | CNCI-2 | Leiria | 23-07 | |
| 13,10 | 1,6 | Pedro Costa | | AA Pinhalnovense | | 11-05-92 | 6s | CNCI-Ap | Vendas Novas | 28-05 | 13,87-11 |
| 13,09 | i | Bryan Rodrigues | Jr | | | | 1 | | Pombal | 08-01 | |
| 13,09 | 1,8 | Hugo Duarte | Jv | | | | 8 | CNJ | Marinha Grande | 09-07 | |
| 13,08 | 0,1 | Vasco Alves | Jr | | | | 2 | | Febres | 21-05 | |
| 13,08 | 1,1 | Nuno Sénica | Jv | | | | 10 | CNJ | Marinha Grande | 09-07 | |
| 13,08 | -1,1 | Célio Khibo | | | | | 4 | CNCI-2 | Leiria | 23-07 | |
| 13,07 | -1,0 | Diogo Saldanha | Jv | | | | 6 | CNJv | Abrantes | 25-06 | |
| 13,06 | 1,8 | Emanuel Silva | Jr | AC Póvoa Varzim | | 27-01-99 | 3 | | Maia | 28-06 | |
| 13,05 | 0,0 | Daniel Candé | Jv | C Bf. Faro | | 26-10-00 | 1 | | Lagoa | 18-06 | |
| 13,05 | 0,2 | Vitor Viveiros | | | | | 1 | | Ribeira Brava | 16-07 | |
| 13,04 | -3,5 | Diogo Espinha | | GD Estreito | | 08-10-87 | 1 | | Ribeira Brava | 07-01 | 15,39-08 |
| 13,04 | i | Martim Faustino | Jv | | | | 7 | CNJ | Braga | 29-01 | |
| 13,04 | 0,2 | Vitor Viveiros | | | | | 1 | | Ribeira Brava | 02-07 | |
| 13,03 | i | Francisco Rodrigues | S23 | | | | 1 | | Pombal | 29-01 | |
| 13,03 | i | Nuno Sénica | Jv | | | | 1 | | Pombal | 29-01 | |
| 13,03 | 0,1 | Vasco Alves | Jr | | | | 4s | CNCI-Ap | Guimarães | 28-05 | |
| 13,03 | -1,4 | Renato Miranda | | | | | 2 | Vigo | Vigo - Esp | 01-07 | |
| 13,03 | 0,0 | Emanuel Silva | Jr | | | | 3 | | Braga | 05-07 | |
| 13,03 | 0,0 | Hugo Duarte | Jv | | | | 5 | | Vagos | 16-07 | |
| 13,03 | 0,1 | Lenine Cunha | | SC Lenine Cunha | | 04-12-82 | 2 | CM IPC | Londres - Gbr | 18-07 | 14,61-09 |
| 13,02 | i | Mauro Rodrigues | | Gira Sol | | 02-10-93 | 8 | CNCI-1 | Pombal | 19-02 | 14,19-15 |
| 13,02 | -0,7 | Kevin Santos | | AC Vermoil | | 20-03-93 | 5 | CNCI-2 | Leiria | 23-07 | |
| 13,01 | i | Renato Miranda | | | | | 7 | T. Port | Alpiarça | 15-01 | |
| 13,01 | i | Renato Miranda | | | | | 6 | CNCI-2 | Pombal | 19-02 | |
| 13,01 | 1,3 | João Aguilar | Jv | | | | 12 | CNJ | Marinha Grande | 09-07 | |
| 13,01 | -1,9 | João Duarte | S23 | | | | 6 | CNCI-2 | Leiria | 23-07 | |
| 13,00 | i | Renato Miranda | | | | | 2 | C. Norte | Braga | 07-01 | |
| 13,00 | 0,9 | Helder Coutinho | | | | | 5s | CNCI-Ap | Guimarães | 28-05 | |
| 13,00 | 2,0 | David Sebag | Jv | Juv. Ilha Verde | | 23-05-01 | 2 | | Angra do Heroísmo | 17-06 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-----------------------|-----|------------------|-----|----------|----|---------|----------------|-------|----------|
| 16,18 | 3,4 | Ricardo Jaquité | | SC Braga | | 17-08-89 | 2 | C. Port | Vagos | 10-06 | 16,01-16 |
| 15,51 | 2,4 | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 4 | C. Port | Vagos | 10-06 | 15,21-16 |
| 15,19 | 3,4 | Júlio Almeida | Jv | SL Benfica | | 19-07-00 | 1 | | Torres Vedras | 18-06 | 14,25-16 |
| 15,16 | 2,6 | Denil Baia | Jr | CP Corroios | | 22-09-98 | 2 | CN23 | Pombal | 01-07 | 14,19-16 |
| 15,10 | 2,6 | Oleksandr Lyashchenko | S23 | Sporting CP | | 18-01-97 | 4 | C. Port | Vagos | 10-06 | 15,60-16 |
| 14,98 | 5,0 | Iuri Santos | | CA Bx Banheira | | 11-04-85 | 2 | | Lisboa - MP | 17-05 | 15,60-12 |
| 13,88 | 2,7 | Henrique Fortes | Jv | SL Benfica | | 19-12-00 | 1 | | Torres Vedras | 02-07 | |
| 13,84 | 2,7 | João Aguilar | Jv | SC Braga | | 10-04-00 | 2 | CNJv | Abrantes | 25-06 | 13,66-16 |
| 13,71 | 2,5 | Mário Pamente | | JOMA | | 11-11-94 | 4s | CNCI-Ap | Vendas Novas | 28-05 | 14,23-15 |
| 13,70 | 3,0 | Martim Faustino | Jv | Sporting CP | | 26-05-00 | 5 | CNJ | Marinha Grande | 09-07 | 13,30-16 |
| 13,63 | 4,3 | Henrique Durão | Jr | Sporting CP | | 05-06-99 | 2 | | Torres Vedras | 02-07 | |
| 13,48 | 2,3 | Lenine Cunha | | SC Lenine Cunha | | 04-12-82 | 1 | | Maia | 28-06 | 14,61-09 |
| 13,45 | 2,2 | André Espinhosa | Jv | Maia AC | | 14-03-01 | 1 | | Maia | 11-06 | |
| 13,34 | 3,9 | Gonçalo Santos | Jv | Sporting CP | | 06-10-00 | 4 | | Torres Vedras | 18-06 | |
| 13,28 | 5,9 | Alexandre Cardeira | | ACDR Ameirense | | 02-12-94 | 1 | | Marinha Grande | 03-06 | |
| 13,26 | 2,7 | Pedro Costa | | AA Pinhalnovense | | 11-05-92 | 6s | CNCI-Ap | Vendas Novas | 28-05 | 13,87-11 |
| 13,12 | 4,5 | Ruben Victorino | Jv | GD Cavadas | | 17-03-01 | 1 | | Setúbal | 13-05 | |
| 13,00 | 2,2 | Miguel Fernandes | Jv | Maia AC | | 04-11-01 | 3 | | Maia | 11-06 | |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|---------------|-----|----------|----|-------|----------------|-------|-----|
| 13,26 | | Miguel Sanches | Jr | CTM VP Aguiar | | 28-12-99 | 1 | | Vila Real | 27-05 | |
| 13,19 | | Simão Pereira | Jv | GCA Donas | | 16-10-00 | 1 | | Castelo Branco | 12-07 | |

Peso / Shot Put– 15,00 – 11,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|-------------|-----|----------|-----|--------------|---------------------|-------|----------|
| 21,56 | | Tsanko Amaudov | | SL Benfica | RN | 14-03-92 | 1 | ETC - 1 | Vaasa - Fin | 24-06 | 21,06-15 |
| 21,08 | i | Tsanko Amaudov | | | RNi | | 4 | C. Europa | Belgrado - Srb | 04-03 | |
| 21,06 | | Tsanko Amaudov | | | | | 2 | | Usti Nad Labem-Cze | 11-07 | |
| 20,98 | | Tsanko Amaudov | | | | | 2 | | Bibarach - Ale | 10-07 | |
| 20,86 | | Francisco Belo | | SL Benfica | | 27-03-91 | 1 | Univ | Taipei | 23-08 | 19,58-16 |
| 20,85 | | Francisco Belo | | | | | 3 | | Biberach - Ale | 10-07 | |
| 20,81 | | Tsanko Amaudov | | | | | 2 | | Thum - Ale | 18-08 | |
| 20,80 | | Tsanko Amaudov | | | | | 7 | Athletissima | Lausanne - Sui | 06-07 | |
| 20,79 | | Tsanko Amaudov | | | | | 1 | C. Port | Vagos | 10-06 | |
| 20,72 | | Tsanko Amaudov | | | | | 1 | SLB | Lisboa - I | 17-06 | |
| 20,71 | | Tsanko Amaudov | | | | | 1 | T. Int | Leiria - CNL | 29-07 | |
| 20,53 | i | Tsanko Amaudov | | | | | 1 | Pombal | Pombal | 04-02 | |
| 20,52 | i | Tsanko Amaudov | | | | | 5q | C. Europa | Belgrado - Srb | 04-03 | |
| 20,52 | | Francisco Belo | | | | | 3 | TE Lanç | Las Palmas - Esp | 12-03 | |
| 20,35 | i | Francisco Belo | | | | | 1 | | Lisboa - CAR | 04-02 | |
| 20,31 | | Tsanko Amaudov | | | | | 3 | | Andujar - Esp | 02-06 | |
| 20,25 | | Tsanko Amaudov | | | | | 4 | TE Lanç | Las Palmas - Esp | 12-03 | |
| 20,19 | i | Tsanko Amaudov | | | | | 1 | C. Port | Pombal | 12-02 | |
| 20,08 | | Tsanko Amaudov | | | | | 1 | | Torres Vedras | 09-05 | |
| 20,08 | | Tsanko Amaudov | | | | | 17q | C. Mundo | Londres - Gbr | 05-08 | |
| 20,04 | i | Francisco Belo | | | | | 2 | Pombal | Pombal | 04-02 | |
| 19,99 | | Tsanko Amaudov | | | | | 7 | IAAF | Berlim - Ale | 27-08 | |
| 19,93 | i | Tsanko Amaudov | | | | | 4 | | Madrid - Esp | 24-02 | |
| 19,90 | | Tsanko Amaudov | | | | | 1 | 1-cnvl | Leiria | 22-07 | |
| 19,81 | | Tsanko Amaudov | | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 19,77 | i | Tsanko Amaudov | | | | | 2 | | Chemnitz - Ale | 28-01 | |
| 19,76 | | Francisco Belo | | | | | 3 | T. Int | Leiria - CNL | 29-07 | |
| 19,75 | | Francisco Belo | | | | | 4q | Univ | Taipei | 23-08 | |
| 19,69 | i | Tsanko Amaudov | | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 19,55 | i | Francisco Belo | | | | | 15q | C. Europa | Belgrado - Srb | 04-03 | |
| 19,55 | | Francisco Belo | | | | | 2 | | Torres Vedras | 09-05 | |
| 19,53 | | Francisco Belo | | | | | 5 | | Baie-Manhault - Fra | 17-05 | |
| 19,48 | | Francisco Belo | | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 19,47 | | Francisco Belo | | | | | 29q | C. Mundo | Londres - Gbr | 05-08 | |
| 19,41 | | Tsanko Amaudov | | | | | 1 | V. Tavares | Faro | 13-05 | |
| 19,36 | | Francisco Belo | | | | | 3 | SLB | Lisboa - I | 17-06 | |
| 19,34 | | Francisco Belo | | | | | 2 | C. Port | Vagos | 10-06 | |
| 19,15 | | Francisco Belo | | | | | 1 | | Lisboa - MP | 15-01 | |
| 19,14 | i | Francisco Belo | | | | | 3 | | Chemnitz - Ale | 28-01 | |
| 19,08 | | Francisco Belo | | | | | 9 | | Usti Nad Labem-Cze | 11-07 | |
| 19,05 | | Francisco Belo | | | | | 6 | | Andujar - Esp | 02-06 | |
| 19,02 | | Tsanko Amaudov | | | | | 2 | | Lisboa - MP | 15-01 | |
| 18,80 | i | Francisco Belo | | | | | 2 | C. Port | Pombal | 12-02 | |
| 18,79 | | Marco Fortes | | Sporting CP | | 26-09-82 | 3 | C. Port | Vagos | 10-06 | 21,02-12 |
| 18,48 | i | Francisco Belo | | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 18,44 | | Marco Fortes | | | | | 1 | | Salamanca - Esp | 03-06 | |
| 17,98 | | Marco Fortes | | | | | 2 | | Irvine - Usa | 29-04 | |
| 17,72 | | Marco Fortes | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 17,42 | | Marco Fortes | | | | | 1 | Caceres | Plasencia - Esp | 28-06 | |
| 17,36 | | Marco Fortes | | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 17,29 | | Marco Fortes | | | | | 3 | | Bruay - Fra | 04-07 | |
| 17,14 | | Marco Fortes | | | | | 1 | Guarda | Guarda | 07-07 | |

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|-------|---|----------------------|-----|-------------------|--|----------|----|----------------|----------------|----------|-----------|
| 16,39 | | Marco Fortes | | | | 19 | | La Jolla - Usa | 22-04 | | |
| 16,20 | | Otoniel Badjana | Jr | SL Benfica | | 18-12-98 | 1 | Lisboa - MP | 23-06 | 15,13-16 | |
| 15,94 | i | Otoniel Badjana | Jr | | | | 4 | Pombal | Pombal | 04-02 | |
| 15,93 | | Marco Fortes | | | | | 1 | Maia | Maia | 08-07 | |
| 15,65 | | Filipe Vital e Silva | | Espanha | | 27-01-83 | 1 | T. Int | Leiria - CNL | 30-07 | 16,88-09 |
| 15,55 | i | Marco Fortes | | | | | 2 | CNCI-1 | Pombal | 19-02 | |
| 15,55 | | Edujose Lima | S23 | Sporting CP | | 02-03-96 | 1 | CN23 | Pombal | 01-07 | 14,42-16 |
| 15,54 | i | Filipe Vital e Silva | | | | | 1 | T. Natal | Braga | 22-12 | |
| 15,54 | | José Pinho | S23 | NA Cucujães | | 20-03-95 | 2 | Maia | Maia | 08-07 | 15,65-16 |
| 15,52 | | Edujose Lima | S23 | | | | 4 | C. Port | Vagos | 10-06 | |
| 15,45 | | Filipe Vital e Silva | | | | | 3 | C.Esp.Cl | Soria - Esp | 20-05 | |
| 15,38 | i | Adriano Lopes | | SC Braga | | 22-10-91 | 3 | CNCI-1 | Pombal | 19-02 | 16,00-13 |
| 15,35 | | José Pinho | S23 | | | | 1 | F. Ribeiro | Maia | 12-07 | |
| 15,34 | i | Adriano Lopes | | | | | 3 | C. Port | Pombal | 12-02 | |
| 15,28 | | José Pinho | S23 | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 15,27 | | Filipe Vital e Silva | | | | | 2 | Guarda | Guarda | 07-07 | |
| 15,19 | | Otoniel Badjana | Jr | | | | 2 | CN23 | Pombal | 01-07 | |
| 15,19 | | José Pinho | S23 | | | | 3 | CN23 | Pombal | 01-07 | |
| 15,16 | | Adriano Lopes | | | | | 3 | Maia | Maia | 08-07 | |
| 15,15 | | Otoniel Badjana | Jr | | | | 5 | SLB | Lisboa - I | 17-06 | |
| 15,15 | | Otoniel Badjana | Jr | | | | 2 | F. Ribeiro | Maia | 12-07 | |
| 15,13 | | Daniel Santiago | S23 | Gira Sol | | 03-01-96 | 2 | T. Int | Leiria - CNL | 30-07 | 14,10-16 |
| 15,07 | i | Otoniel Badjana | Jr | | | | 1 | A. Monteiro | Pombal | 26-02 | |
| 15,04 | | Otoniel Badjana | Jr | | | | 5 | C. Port | Vagos | 10-06 | |
| 15,04 | | Daniel Santiago | S23 | | | | 6 | C. Port | Vagos | 10-06 | |
| 15,03 | i | Adriano Lopes | | | | | 1 | | Braga | 17-12 | |
| 15,02 | | Adriano Lopes | | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 15,02 | | Daniel Santiago | S23 | | | | 4 | T. Int | Leiria - CNL | 29-07 | |
| 14,96 | i | Luis Melo | | Juv. Ilha Verde | | 18-01-87 | 1 | CNCI-2 | Pombal | 19-02 | 15,80-13 |
| 14,95 | | Marçal Rodrigues | | GD Estreito | | 10-07-90 | 1s | CNCI-Ap | Funchal | 27-05 | 16,04-10 |
| 14,95 | | José Pinho | S23 | | | | 7 | C. Port | Vagos | 10-06 | |
| 14,93 | | Filipe Vital e Silva | | | | | 3 | C.Esp.Cl | Saragoça - Esp | 29-04 | |
| 14,93 | | Luis Melo | | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 14,92 | | Adriano Lopes | | | | | 3 | F. Ribeiro | Maia | 12-07 | |
| 14,91 | | Otoniel Badjana | Jr | | | | 3 | T. Int | Leiria - CNL | 30-07 | |
| 14,88 | i | Edujose Lima | S23 | | | | 1 | CN23 | Pombal | 26-02 | |
| 14,87 | | Adriano Lopes | | | | | 1 | | Braga | 05-07 | |
| 14,86 | | José Pinho | S23 | | | | 1 | | Lourosa | 10-11 | |
| 14,84 | i | Adriano Lopes | | | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 14,84 | | Daniel Santiago | S23 | | | | 4 | CN23 | Pombal | 01-07 | |
| 14,84 | | Adriano Lopes | | | | | 1 | C. Norte | Maia | 16-07 | |
| 14,83 | i | Luis Melo | | | | | 4 | C. Port | Pombal | 12-02 | |
| 14,83 | i | José Pinho | S23 | | | | 2 | CN23 | Pombal | 26-02 | |
| 14,82 | i | Otoniel Badjana | Jr | | | | 3 | CN23 | Pombal | 26-02 | |
| 14,81 | | Adriano Lopes | | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 14,80 | i | Vitor Rodrigues | | CA Seia | | 25-02-84 | 4 | CNCI-1 | Pombal | 19-02 | 16,44-14 |
| 14,79 | i | Adriano Lopes | | | | | 1 | | Braga | 03-12 | |
| 14,77 | i | Alexandre Almeida | | ACR Sra. Desterro | | 17-08-93 | 5 | CNCI-1 | Pombal | 19-02 | 14,81i-16 |
| 14,76 | | Daniel Santiago | S23 | | | | 1 | | Leiria - CNL | 29-06 | |
| 14,74 | | José Pinho | S23 | | | | 1 | | Vagos | 15-07 | |
| 14,72 | | Daniel Santiago | S23 | | | | 4 | Maia | Maia | 08-07 | |
| 14,71 | | José Pinho | S23 | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 14,70 | | Adriano Lopes | | | | | 1 | | Lovelhe | 23-04 | |
| 14,70 | | Otoniel Badjana | Jr | | | | 1 | | Leiria - CNL | 20-07 | |
| 14,61 | i | Luis Herédio Costa | Vet | Sporting CP | | 30-10-71 | 2 | | Lisboa - CAR | 04-02 | 17,44-98 |
| 14,59 | i | Otoniel Badjana | Jr | | | | 5 | C. Port | Pombal | 12-02 | |
| 14,55 | i | Otoniel Badjana | Jr | | | | 3 | | Lisboa - CAR | 04-02 | |
| 14,53 | | Daniel Santiago | S23 | | | | 1 | CNU | Faro | 14-05 | |
| 14,52 | | Daniel Santiago | S23 | | | | 1 | | Febres | 21-05 | |
| 14,51 | i | Daniel Santiago | S23 | | | | 6 | C. Port | Pombal | 12-02 | |
| 14,51 | | Daniel Santiago | S23 | | | | 3 | Guarda | Guarda | 07-07 | |
| 14,51 | | Daniel Santiago | S23 | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 14,50 | i | Adriano Lopes | | | | | 2 | T. Natal | Braga | 22-12 | |

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| 14,48 | i | José Pinho | S23 | | | | 2 | CNCI-2 | Pombal | 19-02 | |
| 14,46 | | Daniel Santiago | S23 | | | | 4 | F. Ribeiro | Maia | 12-07 | |
| 14,44 | i | José Pinho | S23 | | | | 2 | CNCI-Ap | Braga | 21-01 | |
| 14,41 | i | Luís Herédio Costa | Vet | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 14,41 | | Marçal Rodrigues | | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 14,39 | i | Daniel Santiago | S23 | | | | 6 | CNCI-1 | Pombal | 19-02 | |
| 14,39 | i | Alexandre Almeida | | | | | 1 | CNU | Pombal | 05-03 | |
| 14,37 | | José Pinho | S23 | | | | 1 | | Vagos | 08-01 | |
| 14,29 | | Remi Lima | | CA Mazarefes | | 26-11-92 | 1 | | Viana do Castelo | 06-05 | 13,55-16 |
| 14,28 | | Alexandre Almeida | | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 14,27 | i | Daniel Santiago | S23 | | | | 4 | CN23 | Pombal | 26-02 | |
| 14,26 | i | Daniel Santiago | S23 | | | | 2 | CNU | Pombal | 05-03 | |
| 14,26 | | Daniel Santiago | S23 | | | | 2 | V. Tavares | Faro | 13-05 | |
| 14,22 | i | Daniel Santiago | S23 | | | | 5 | Pombal | Pombal | 04-02 | |
| 14,22 | | Adriano Lopes | | | | | 1 | | Braga | 20-05 | |
| 14,19 | i | Luís Herédio Costa | Vet | | | | 2 | A. Monteiro | Pombal | 26-02 | |
| 14,19 | | Daniel Santiago | S23 | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 14,18 | | Filipe Vital e Silva | | | | | 1 | | Braga | 21-06 | |
| 14,14 | | Bruno Abel Martins | | ACR Sra. Desterro | | 09-01-82 | PL | | Coimbra - ECC | 10-06 | 14,75i-16 |
| 14,13 | | Bruno Abel Martins | | | | | 1 | CN Vet | Torres Vedras | 08-07 | |
| 14,11 | i | Natã Ié | S23 | Juv. Vidigalense | | 29-02-96 | 6 | Pombal | Pombal | 04-02 | 15,31i-16 |
| 14,10 | i | Adriano Lopes | | | | | 1 | C. Norte | Braga | 08-01 | |
| 14,10 | | Bruno Abel Martins | | | | | 1 | | Febres | 14-05 | |
| 14,09 | i | Pedro Veloso | Vet | Esc. Movimento | | 03-10-77 | 3 | CNCI-Ap | Braga | 21-01 | 14,77i-14 |
| 14,07 | i | Alexandre Almeida | | | | | 7 | C. Port | Pombal | 12-02 | |
| 14,06 | i | Pedro Veloso | Vet | | | | 2 | | Braga | 03-12 | |
| 14,02 | | José Pinho | S23 | | | | 1 | | Aveiro | 25-03 | |
| 14,02 | | Alexandre Almeida | | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 14,02 | | Adriano Lopes | | | | | 2 | | Braga | 21-06 | |
| 14,00 | | Otoniel Badjana | Jr | | | | 1 | | Lisboa - MP | 14-07 | |
| 14,00 | | Nuno Lopes | | C Bf. Faro | | 24-10-82 | 2 | CNCI-3 | Leiria | 22-07 | 15,40-06 |
| 13,99 | i | Luís Melo | | | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 13,99 | | Daniel Santiago | S23 | | | | 2ex | | Vagos | 15-07 | |
| 13,98 | | Luís Herédio Costa | Vet | | | | 2 | | Lisboa - MP | 14-07 | |
| 13,96 | | Marçal Rodrigues | | | | | 1 | | Funchal | 15-07 | |
| 13,95 | i | Daniel Santiago | S23 | | | | 1 | | Pombal | 28-01 | |
| 13,94 | | Tiago Pereira | | AC Vermoil | | 15-01-91 | 1 | F. Alves | Marinha Grande | 20-05 | 14,59-15 |
| 13,93 | i | Remi Lima | | | | | 3 | CNU | Pombal | 05-03 | |
| 13,92 | | Luís Herédio Costa | Vet | | | | 1 | | Sobreda | 15-06 | |
| 13,91 | | Remi Lima | | | | | 2 | | Lovelhe | 23-04 | |
| 13,90 | | Alexandre Almeida | | | | | 2 | CNU | Faro | 14-05 | |
| 13,88 | i | Daniel Santiago | S23 | | | | 3 | A. Monteiro | Pombal | 26-02 | |
| 13,88 | | Luís Herédio Costa | Vet | | | | 1 | CN Vet | Torres Vedras | 08-07 | |
| 13,87 | i | Bruno Abel Martins | | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 13,87 | i | Bruno Abel Martins | | | | | 4 | A. Monteiro | Pombal | 26-02 | |
| 13,86 | i | Daniel Santiago | S23 | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 13,83 | | Mykyta Sudashov | Jr | Sporting CP | | 23-09-98 | 2 | | Leiria - CNL | 20-07 | 10,31-16 |
| 13,80 | | Natã Ié | S23 | | | | 3 | | Lisboa - MP | 15-01 | |
| 13,77 | | Luís Herédio Costa | Vet | | | | 1 | | Torres Vedras | 04-04 | |
| 13,77 | | Remi Lima | | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 13,76 | i | Bruno Abel Martins | | | | | 1 | CN Vet | Pombal | 18-03 | |
| 13,74 | | Mykyta Sudashov | Jr | | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 13,69 | i | Natã Ié | S23 | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 13,67 | | Daniel Santiago | S23 | | | | 2ex | | Vagos | 08-01 | |
| 13,64 | | Mykyta Sudashov | Jr | | | | 5 | F. Ribeiro | Maia | 12-07 | |
| 13,60 | | Remi Lima | | | | | 3 | CNCI-3 | Leiria | 22-07 | |
| 13,56 | i | Pedro Veloso | Vet | | | | 8 | C. Port | Pombal | 12-02 | |
| 13,56 | | Bruno Abel Martins | | | | | 1 | | Coimbra - ECC | 07-05 | |
| 13,53 | | Remi Lima | | | | | 8 | C. Port | Vagos | 10-06 | |
| 13,51 | | Tiago Pereira | | | | | 3 | | Leiria - CNL | 15-04 | |
| 13,48 | | Remi Lima | | | | | 5 | Maia | Maia | 08-07 | |
| 13,47 | i | Pedro Veloso | Vet | | | | 2 | C. Norte | Braga | 08-01 | |

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| 13,45 | | Tiago Pereira | | | | 3 | | Leiria - CNL | 08-04 | |
| 13,45 | | Remi Lima | | | | 2 | C. Norte | Maia | 16-07 | |
| 13,44 | | Paulo Gonçalves | | ACD Jardim Serra | 27-09-88 | 1 | | Funchal | 07-01 | 14,85i-09 |
| 13,44 | | André Gonçalves | | ADR Água Pena | 14-04-86 | 2s | CNCI-Ap | Funchal | 27-05 | 15,69-11 |
| 13,44 | | Remi Lima | | | | 1 | | Viana do Castelo | 13-06 | |
| 13,41 | i | Remi Lima | | | | 3 | C. Norte | Braga | 08-01 | |
| 13,41 | | Mykyta Sudashov | Jr | | | 5 | CN23 | Pombal | 01-07 | |
| 13,38 | | Tiago Pereira | | | | 4s | CNCI-Ap | Fátima | 27-05 | |
| 13,37 | | Pedro Veloso | Vet | | | 1 | | Braga | 23-04 | |
| 13,35 | | Pedro Veloso | Vet | | | 4s | CNCI-Ap | Guimarães | 27-05 | |
| 13,34 | | Remi Lima | | | | 3 | V. Tavares | Faro | 13-05 | |
| 13,33 | i | Remi Lima | | | | 4 | CNCI-Ap | Braga | 21-01 | |
| 13,33 | | Tiago Pereira | | | | 1 | | Marinha Grande | 04-06 | |
| 13,33 | | Bruno Melo | | Juv. Ilha Verde | 03-09-91 | 1 | | Angra do Heroísmo | 17-06 | 12,95-15 |
| 13,33 | | Luís Melo | | | | 1 | | Angra do Heroísmo | 17-06 | |
| 13,33 | | Francisco Fernandes | S23 | Sporting CP | 01-06-96 | 6 | CN23 | Pombal | 01-07 | 13,10-16 |
| 13,33 | | Mykyta Sudashov | Jr | | | 4 | T. Int | Leiria - CNL | 30-07 | |
| 13,32 | i | Tiago Pereira | | | | 7 | Pombal | Pombal | 04-02 | |
| 13,31 | | Paulo Gonçalves | | | | 3s | CNCI-Ap | Funchal | 27-05 | |
| 13,30 | | André Gonçalves | | | | 2 | | Funchal | 07-01 | |
| 13,29 | i | Pedro Veloso | Vet | | | 3 | T. Natal | Braga | 22-12 | |
| 13,29 | | Tiago Pereira | | | | 2 | | Leiria - CNL | 29-06 | |
| 13,29 | | Rodolfo Garcia | Jr | SL Benfica | 06-11-99 | 3 | | Lisboa - MP | 14-07 | |
| 13,27 | i | Pedro Veloso | Vet | | | 1 | | Braga | 04-02 | |
| 13,27 | i | Tiago Pereira | | | | 5 | A. Monteiro | Pombal | 26-02 | |
| 13,26 | | Tiago Pereira | | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 13,20 | i | Pedro Veloso | Vet | | | 3 | CNCI-2 | Pombal | 19-02 | |
| 13,20 | i | Pedro Veloso | Vet | | | 2 | CN Vet | Pombal | 18-03 | |
| 13,18 | i | Pedro Veloso | Vet | | | 2 | | Braga | 17-12 | |
| 13,17 | | Décio Andrade | S23 | GD Estreito | 25-01-97 | 3 | | Funchal | 07-01 | 12,93i-16 |
| 13,16 | | Natã lé | S23 | | | 5s | CNCI-Ap | Fátima | 27-05 | |
| 13,13 | | Pedro Veloso | Vet | | | 1 | | Lousada | 14-01 | |
| 13,13 | i | Tiago Pereira | | | | 1 | | Pombal | 28-01 | |
| 13,12 | i | Bernardo Lopes | | Gira Sol | 26-01-93 | 2 | | Pombal | 28-01 | 14,05i-16 |
| 13,12 | i | Natã lé | S23 | | | 7 | CNCI-1 | Pombal | 19-02 | |
| 13,11 | i | Pedro Veloso | Vet | | | 1 | | Braga | 22-01 | |
| 13,10 | | Kevin Wilson | | Grã Bretanha | 06-01-90 | 1 | | Chelmsford - Gbr | 08-07 | 13,58-16 |
| 13,08 | | Samuel Remédios | | SL Benfica | 24-02-92 | Dec | ETC - 1 | Monzon - Esp | 01-07 | 13,48i-16 |
| 13,08 | | Mykyta Sudashov | Jr | | | 4 | | Lisboa - MP | 14-07 | |
| 13,07 | | Kevin Wilson | | | | 1 | | Chelmsford - Gbr | 17-06 | |
| 13,05 | i | João Ferreira | | CA Mazarefes | 12-04-94 | 4 | C. Norte | Braga | 08-01 | 12,96-13 |
| 13,05 | | Mykyta Sudashov | Jr | | | 2 | | Lisboa - MP | 23-06 | |
| 13,04 | | Remi Lima | | | | 3 | CNU | Faro | 14-05 | |
| 13,04 | | Pedro Veloso | Vet | | | 1 | | Faro | 17-06 | |
| 13,03 | i | Samuel Remédios | | | | Hep | C. Port | Pombal | 11-02 | |
| 13,02 | | André Gonçalves | | | | 2 | | Funchal | 15-07 | |
| 13,00 | | Remi Lima | | | | 1 | | Lovelhe | 10-12 | |
| 13,00 | | Pedro Veloso | Vet | | | 2 | | Braga | 20-05 | |
| 12,99 | i | Tiago Vieira | S23 | CDC Navais | 22-11-95 | 5 | CN23 | Pombal | 26-02 | 12,89-16 |
| 12,97 | | Natã lé | S23 | | | 4 | CNU | Faro | 14-05 | |
| 12,96 | | Samuel Remédios | | | | Dec | C. Port | Vagos | 10-06 | |
| 12,95 | | Remi Lima | | | | 1 | | Viana do Castelo | 15-06 | |
| 12,94 | i | Tiago Vieira | S23 | | | 5 | CNCI-Ap | Braga | 21-01 | |
| 12,94 | i | Vitor Rodrigues | | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 12,90 | i | Samuel Remédios | | | | Hep | | Praga - Cze | 28-01 | |
| 12,90 | | Francisco Fernandes | S23 | | | 3 | | Leiria - CNL | 20-07 | |
| 12,88 | | Natã lé | S23 | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 12,87 | | André Gonçalves | | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 12,85 | i | Tiago Vieira | S23 | | | 3 | | Braga | 17-12 | |
| 12,84 | i | Tiago Vieira | S23 | | | 3 | | Braga | 03-12 | |
| 12,84 | i | Tiago Marto | | GA Fátima | 05-05-86 | 5 | CNCI-Ap | Pombal | 22-01 | 14,23i-13 |
| 12,80 | i | Bruno Abel Martins | | | | 8 | Pombal | Pombal | 04-02 | |

| | | | | | | | | | | | |
|-------|---|---------------------|-----|-----------------|-----|----------|-----|-------------|------------------|-------|-----------|
| 12,78 | | Eduardo Sanca | Vet | Sporting CP | | 13-11-78 | 1 | | Bilbao - Esp | 21-05 | 12,90-16 |
| 12,72 | i | Tiago Vieira | S23 | | | | 5 | C. Norte | Braga | 08-01 | |
| 12,71 | | Tiago Vieira | S23 | | | | 7 | CN23 | Pombal | 01-07 | |
| 12,67 | | Kevin Wilson | | | | | 3 | | Yeovil - Gbr | 06-05 | |
| 12,65 | | Tiago Pereira | | | | | PL | | Coimbra - ECC | 10-06 | |
| 12,64 | | Abdel Larrinaga | | SL Benfica | CUB | 13-07-94 | 4 | Guarda | Guarda | 07-07 | 13,73-13 |
| 12,62 | | Francisco Fernandes | S23 | | | | 1 | | Lisboa - MP | 20-05 | |
| 12,60 | i | Philippe Pereira | | AC Póvoa Varzim | | 19-07-89 | 4 | | Braga | 03-12 | 11,89-16 |
| 12,60 | | Francisco Fernandes | S23 | | | | 3 | | Lisboa - MP | 23-06 | |
| 12,57 | | Tiago Vieira | S23 | | | | 1 | | Braga | 14-01 | |
| 12,57 | i | Tiago Pereira | | | | | 4 | CNCI-2 | Pombal | 19-02 | |
| 12,52 | | Eduardo Sanca | Vet | | | | ex | | Lisboa - MP | 23-06 | |
| 12,51 | i | Tiago Pereira | | | | | 6 | CNCI-Ap | Pombal | 22-01 | |
| 12,48 | | Eduardo Sanca | Vet | | | | 1 | | Lisboa - MP | 03-06 | |
| 12,47 | | Eduardo Sanca | Vet | | | | 9 | CM IPC | Londres - Gbr | 22-07 | |
| 12,44 | | Vitor Rodrigues | | | | | 6s | CNCI-Ap | Fátima | 27-05 | |
| 12,44 | | Francisco Fernandes | S23 | | | | 2 | | Lisboa - MP | 03-06 | |
| 12,44 | | Kevin Wilson | | | | | 5 | | Chelmsford - Gbr | 03-06 | |
| 12,43 | i | Tiago Marto | | | | | 5 | CNCI-2 | Pombal | 19-02 | |
| 12,41 | | Pedro Veloso | Vet | | | | 3 | C. Norte | Maia | 16-07 | |
| 12,40 | | Eduardo Sanca | Vet | | | | 4 | Lisboa | Lisboa - I | 01-05 | |
| 12,38 | | Tiago Marto | | | | | 4 | CNCI-2 | Leiria | 22-07 | |
| 12,28 | i | Tiago Vieira | S23 | | | | 6 | A. Monteiro | Pombal | 26-02 | |
| 12,22 | i | Samuel Remédios | | | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 12,19 | | Tiago Pereira | | | | | 1 | | Coimbra - U | 03-12 | |
| 12,19 | i | Paulo Gonçalves | | | | | 8 | CNCI-1 | Pombal | 19-02 | |
| 12,15 | i | Philippe Pereira | | | | | 6 | CNCI-Ap | Braga | 21-01 | |
| 12,15 | | Reinaldo Moniz | Jr | Juv. Ilha Verde | | 26-03-98 | 4 | CNCI-3 | Leiria | 22-07 | |
| 12,14 | | Paulo Gonçalves | | | | | 3 | | Funchal | 15-07 | |
| 12,14 | | Rafael Costa | Jr | AC Póvoa Varzim | | 13-09-99 | 5 | T. Int | Leiria - CNL | 30-07 | |
| 12,12 | | Paulo Pereira | | CCSJ. Madeira | | 12-02-84 | 2 | | Vagos | 08-01 | 15,25i-06 |
| 12,11 | | José Gonçalves | S23 | CCSJ. Madeira | | 27-09-95 | 3 | | Vagos | 08-01 | 12,57-14 |
| 12,02 | | Rafael Costa | Jr | | | | 6 | F. Ribeiro | Maia | 12-07 | |
| 12,01 | | João Ferreira | | | | | 1 | | Viana do Castelo | 28-06 | |
| 12,00 | | Paulo Pereira | | | | | 7s | CNCI-Ap | Fátima | 27-05 | |
| 11,94 | i | Paulo Pereira | | | | | 6 | CNCI-2 | Pombal | 19-02 | |
| 11,94 | | Hugo Batista | Vet | CF Belenenses | | 05-07-73 | 1 | | Coimbra - ECC | 22-07 | 12,84i-10 |
| 11,91 | | Eduardo Silva | Vet | França | | 08-05-80 | 2 | | Montereau - Fra | 21-05 | 11,11-16 |
| 11,90 | | Tiago Marto | | | | | 8s | CNCI-Ap | Fátima | 27-05 | |
| 11,89 | | Luís Assunção | Vet | NA Cucujães | | 03-09-78 | 1 | | Vagos | 15-01 | 13,01i-06 |
| 11,89 | i | Paulo Pereira | | | | | 7 | CNCI-Ap | Braga | 21-01 | |
| 11,88 | | Carlos Bornes | | Gira Sol | | 09-04-94 | 5 | CNU | Faro | 14-05 | 11,96-12 |
| 11,82 | | Luís Assunção | Vet | | | | 4 | | Vagos | 08-01 | |
| 11,82 | | João Ferreira | | | | | 4 | C. Norte | Maia | 16-07 | |
| 11,80 | | José Leonardo Abreu | Jr | ADR Água Pena | | 14-10-99 | 4 | | Funchal | 15-07 | |
| 11,77 | i | João Ferreira | S23 | CA Mar. Grande | | 29-08-97 | 2 | | Pombal | 28-01 | 12,33-15 |
| 11,77 | | Rafael Costa | Jr | | | | 5 | C. Norte | Maia | 16-07 | |
| 11,75 | | Francisco Fernandes | S23 | | | | 4 | | Lisboa - MP | 15-01 | |
| 11,75 | | Kevin Wilson | | | | | 4 | | Chelmsford - Gbr | 13-05 | |
| 11,71 | i | João Ferreira | S23 | | | | 7 | CNCI-Ap | Pombal | 22-01 | |
| 11,71 | | Eduardo Sanca | Vet | | | | 1Vt | C. Port | Vagos | 10-06 | |
| 11,70 | i | Hugo Batista | Vet | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 11,70 | i | Hugo Batista | Vet | | | | 1 | CN Vet | Pombal | 18-03 | |
| 11,68 | | Carlos Prino | S23 | GA Fátima | | 13-06-97 | Dec | T. Nac | Luso | 20-05 | |
| 11,67 | i | Francisco Fernandes | S23 | | | | 6 | CN23 | Pombal | 26-02 | |
| 11,67 | | Rafael Costa | Jr | | | | 2 | | Braga | 05-07 | |
| 11,65 | i | José Silva | Vet | CDC Navais | | 14-10-78 | 4 | T. Natal | Braga | 22-12 | 12,35-15 |
| 11,64 | | Rafael Costa | Jr | | | | 5s | CNCI-Ap | Guimarães | 27-05 | |
| 11,64 | | Hugo Batista | Vet | | | | PL | | Coimbra - ECC | 10-06 | |
| 11,62 | | Paulo Pereira | | | | | 5 | CNCI-2 | Leiria | 22-07 | |
| 11,60 | | Micael Nobrega | | JD Neves | | 28-04-87 | 1 | | Odemira | 21-01 | 12,93-11 |
| 11,60 | | Luís Assunção | Vet | | | | 2 | | Vagos | 15-07 | |

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|-------|---|-----------------|-----|--------------|--|----------|----|-------------|-----------|-------|-----------|
| 11,59 | | Carlos Silva | Vet | CAO Vianense | | 14-06-73 | 6s | CNCI-Ap | Guimarães | 27-05 | 15,72-08 |
| 11,57 | i | José Silva | Vet | | | | 4 | | Braga | 17-12 | |
| 11,57 | i | José Silva | Vet | | | | 2 | | Braga | 04-02 | |
| 11,57 | i | Mykyta Sudashov | Jr | | | | 7 | A. Monteiro | Pombal | 26-02 | |
| 11,54 | | José Rosa | | GD Cavadas | | 12-01-90 | 1 | | Sobreda | 10-06 | 12,58i-11 |
| 11,53 | i | José Silva | Vet | | | | 5 | | Braga | 03-12 | |
| 11,53 | | Paulo Pereira | | | | | 3 | | Vagos | 15-07 | |
| 11,52 | | José Silva | Vet | | | | 6 | C. Norte | Maia | 16-07 | |
| 11,51 | | Luis Assunção | Vet | | | | 1 | | Vagos | 01-07 | |

Peso / Shot Put (6 Kg) – 15,00 – 11,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------|-----|-----------------|-----|----------|-----|-------------|----------------|-------|-----------|
| 18,33 | | Otoniel Badjana | Jr | SL Benfica | | 18-12-98 | 1 | CNJ | Marinha Grande | 08-07 | 17,44-15 |
| 18,02 | | Otoniel Badjana | Jr | | | | 1 | | Torres Vedras | 09-05 | |
| 17,17 | i | Otoniel Badjana | Jr | | | | 1 | CNJ | Braga | 29-01 | |
| 16,90 | | Otoniel Badjana | Jr | | | | 1 | | Sobreda | 15-06 | |
| 16,71 | | Otoniel Badjana | Jr | | | | 1 | | Leiria - CNL | 06-05 | |
| 16,37 | | Otoniel Badjana | Jr | | | | 1 | T. Int | Leiria - CNL | 29-07 | |
| 15,57 | | Mykyta Sudashov | Jr | Sporting CP | | 23-09-98 | 1 | | Lisboa - MP | 20-05 | 11,71-15 |
| 15,56 | | Emanuel Sousa | Jr | SL Benfica | | 04-04-99 | 2 | CNJ | Marinha Grande | 08-07 | 13,51-16 |
| 15,16 | | Mykyta Sudashov | Jr | | | | 1 | | Lisboa - MP | 03-06 | |
| 14,96 | | Rodolfo Garcia | Jr | SL Benfica | | 06-11-99 | 3 | CNJ | Marinha Grande | 08-07 | 12,45-16 |
| 14,94 | | Mykyta Sudashov | Jr | | | | 2 | T. Int | Leiria - CNL | 29-07 | |
| 14,92 | | Mykyta Sudashov | Jr | | | | 2 | | Sobreda | 15-06 | |
| 14,90 | | Mykyta Sudashov | Jr | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 14,79 | | Mykyta Sudashov | Jr | | | | 1 | | Leiria - CNL | 15-04 | |
| 14,64 | | Mykyta Sudashov | Jr | | | | 1 | | Torres Vedras | 04-04 | |
| 14,63 | | Leandro Ramos | Jv | Gira Sol | | 21-09-00 | 5 | CNJ | Marinha Grande | 08-07 | 14,67-16 |
| 14,54 | | Mykyta Sudashov | Jr | | | | 2 | | Leiria - CNL | 08-04 | |
| 14,35 | | Rafael Costa | Jr | AC Póvoa Varzim | | 13-09-99 | 6 | CNJ | Marinha Grande | 08-07 | 13,53-16 |
| 14,34 | | Mykyta Sudashov | Jr | | | | 1 | | Leiria - CNL | 29-06 | |
| 14,25 | | Mykyta Sudashov | Jr | | | | 2 | | Torres Vedras | 09-05 | |
| 14,24 | | Emanuel Sousa | Jr | | | | 3 | T. Int | Leiria - CNL | 29-07 | |
| 14,12 | i | Leandro Ramos | Jv | | | | 1 | | Pombal | 08-01 | |
| 14,04 | | Emanuel Sousa | Jr | | | | 1 | | Torres Vedras | 02-07 | |
| 13,97 | | Emanuel Sousa | Jr | | | | 2 | | Leiria - CNL | 15-04 | |
| 13,94 | | Rafael Costa | Jr | | | | 1 | C. Norte Jr | Braga | 17-06 | |
| 13,92 | | Emanuel Sousa | Jr | | | | 2 | | Lisboa - MP | 03-06 | |
| 13,89 | | Mykyta Sudashov | Jr | | | | 2 | | Leiria - CNL | 06-05 | |
| 13,79 | i | Rafael Costa | Jr | | | | 2 | CNJ | Braga | 29-01 | |
| 13,50 | | Rodolfo Garcia | Jr | | | | 2 | | Lisboa - MP | 20-05 | |
| 13,48 | i | Manuel Dias | Jr | Sporting CP | | 28-02-99 | Hep | CNJ | Braga | 28-01 | |
| 13,34 | i | Leandro Ramos | Jv | | | | 3 | CNJ | Braga | 29-01 | |
| 13,28 | | Rafael Costa | Jv | | | | 1 | | Porto - I | 04-12 | |
| 13,25 | i | Tomás Rodrigues | Jv | SL Benfica | | 20-04-01 | 4 | CNJ | Braga | 29-01 | |
| 13,24 | | Rafael Costa | Jr | | | | 4 | T. Int | Leiria - CNL | 29-07 | |
| 13,23 | | Rodolfo Garcia | Jr | | | | 3 | | Leiria - CNL | 15-04 | |
| 13,20 | i | Tiago Ferrão | Jr | CA Seia | | 18-04-98 | 5 | CNJ | Braga | 29-01 | 13,89i-16 |
| 13,17 | | José Leonardo Abreu | Jr | ADR Água Pena | | 14-10-99 | 1 | | Funchal | 14-01 | 13,30i-16 |
| 13,13 | i | António Chaves | Jr | SL Benfica | | 07-01-98 | PT | T. Nac | Lisboa - CAR | 08-01 | 13,92i-16 |
| 13,07 | | Vasco Macedo | Jr | Maia AC | | 09-11-98 | 2 | C. Norte Jr | Braga | 17-06 | |
| 13,05 | i | Emanuel Sousa | Jr | | | | 6 | CNJ | Braga | 29-01 | |
| 12,95 | | Rodolfo Garcia | Jr | | | | 1 | | Vendas Novas | 12-02 | |
| 12,92 | | Adeonaldo Freitas | Jr | SL Benfica | STP | 01-07-99 | 3 | | Lisboa - MP | 03-06 | 12,29-16 |
| 12,83 | | Vasco Macedo | Jr | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 12,80 | i | Tiago Tavares | Jr | GD Cavadas | | 20-07-98 | Hep | CNJ | Braga | 28-01 | 11,95i-16 |
| 12,79 | | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | Dec | CNJ | Marinha Grande | 08-07 | |
| 12,73 | | Miguel Sanches | Jr | CTM VP Aguiar | | 28-12-99 | 1 | | Vila Real | 27-05 | |
| 12,72 | i | Manuel Dias | Jr | | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 12,64 | | Rafael Costa | Jr | | | | 1 | | Braga | 14-01 | |
| 12,59 | | Tiago Tavares | Jr | | | | Dec | | Sobreda | 06-05 | |

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|-------|---|---------------------|----|-------------------|-----|----------|-----|-------------|------------------|-------|----------|
| 12,58 | i | João Domingues | Jr | Juv. Vidigalense | | 28-12-98 | 1 | | Pombal | 08-01 | 11,77-16 |
| 12,58 | | Miguel Sanches | Jr | | | | 8 | CNJ | Marinha Grande | 08-07 | |
| 12,57 | | Rafael Pedra | Jv | CAO Vianense | | 21-11-00 | 1 | | Viana do Castelo | 06-05 | |
| 12,54 | | André Oliveira | Jr | SC Braga | | 15-04-98 | 1 | | Braga | 23-04 | |
| 12,44 | | Joel Mataloto | Jr | AJ Estremoz | | 09-07-99 | 1 | | Vendas Novas | 18-06 | |
| 12,41 | | Alex Linenburg | Jv | ACD S. João Serra | | 11-04-01 | 9 | CNJ | Marinha Grande | 08-07 | |
| 12,39 | i | André Oliveira | Jr | | | | 3 | C. Norte Jr | Braga | 17-06 | |
| 12,38 | | Alex Linenburg | Jv | | | | 1 | | Funchal | 17-06 | |
| 12,30 | i | Rui Sá | Jv | | | | 1 | | Pombal | 08-01 | |
| 12,27 | | Luís Raposo | Jr | Juv. Ilha Verde | | 04-01-99 | 1 | | Ponta Delgada | 22-06 | |
| 12,18 | | Mykyta Sudashov | Jr | | | | 1 | | Seixal | 28-01 | |
| 12,18 | | Bernardo Oliveira | Jr | CA Bx Banheira | | 17-05-99 | 1 | | Sobreda | 17-06 | |
| 12,11 | i | André Oliveira | Jr | | | | Hep | C. Norte | Braga | 17-12 | |
| 12,07 | i | André Oliveira | Jr | | | | 1 | | Braga | 04-02 | |
| 12,07 | | João Domingues | Jr | | | | 3 | | Leiria - CNL | 06-05 | |
| 12,07 | | Manuel Dias | Jr | | | | Dec | | Arona - Esp | 03-06 | |
| 12,04 | | Tiago Tavares | Jr | | | | 3 | | Sobreda | 15-06 | |
| 12,02 | | Joel Mataloto | Jr | | | | 10 | CNJ | Marinha Grande | 08-07 | |
| 11,99 | | João Domingues | Jr | | | | 5 | T. Int | Leiria - CNL | 29-07 | |
| 11,98 | | Adriano Morais | Jr | CA Mirandela | | 28-10-98 | 4 | C. Norte Jr | Braga | 17-06 | 12,49-16 |
| 11,96 | | João Domingues | Jr | | | | 4 | | Sobreda | 15-06 | |
| 11,91 | i | José Leonardo Abreu | Jr | | | | 7 | CNJ | Braga | 29-01 | |
| 11,90 | | Mykyta Sudashov | Jr | | | | 1 | | Lisboa - MP | 15-01 | |
| 11,88 | | Adeonaldo Freitas | Jr | | STP | | 2 | | Lisboa - MP | 15-01 | |
| 11,88 | | João Domingues | Jr | | | | 11 | CNJ | Marinha Grande | 08-07 | |
| 11,81 | i | André Oliveira | Jr | | | | 1 | T. Natal | Braga | 22-12 | |
| 11,81 | | Manuel Dias | Jr | | | | Dec | | Rio Maior | 29-04 | |
| 11,76 | | Ricardo Branquinho | Jr | AJ Estremoz | | 29-07-98 | 2 | | Vendas Novas | 12-02 | 11,76-16 |
| 11,76 | | Tomás Rodrigues | Jv | SL Benfica | | 20-04-01 | 12 | CNJ | Marinha Grande | 08-07 | |
| 11,75 | | João Domingues | Jr | | | | 1 | | Fátima | 01-07 | |
| 11,75 | | Luís Raposo | Jr | | | | 1 | | Ponta Delgada | 08-07 | |
| 11,74 | | Diogo Mota | Jr | CA Mazarefes | | 1999 | 5 | C. Norte Jr | Braga | 17-06 | |
| 11,73 | | Joel Mataloto | Jr | | | | Dec | | Vendas Novas | 22-04 | |
| 11,64 | | Rodolfo Garcia | Jr | | | | 3 | | Lisboa - MP | 15-01 | |
| 11,62 | i | Tiago Tavares | Jr | | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 11,62 | i | Adeonaldo Freitas | Jr | | STP | | 8 | CNJ | Braga | 29-01 | |
| 11,62 | | Bernardo Oliveira | Jr | | | | 2 | Lx/Md | Lisboa - I | 29-07 | |
| 11,58 | i | Carlos Costa | Jv | SUO Vais | | 26-10-00 | 2 | | Pombal | 08-01 | 12,03-16 |
| 11,57 | | André Oliveira | Jr | | | | 13 | CNJ | Marinha Grande | 08-07 | |
| 11,55 | i | André Oliveira | Jr | | | | 1 | | Braga | 03-12 | |
| 11,55 | | Luís Raposo | Jr | | | | 1 | | Ponta Delgada | 07-01 | |
| 11,46 | i | Miguel Pereira | Jr | CAO Vianense | | 06-01-98 | Hep | C. Norte | Braga | 17-12 | |
| 11,36 | i | André Oliveira | Jr | | | | 9 | CNJ | Braga | 29-01 | |
| 11,36 | i | Rui Sá | Jv | | | | 10 | CNJ | Braga | 29-01 | |
| 11,31 | i | Miguel Sanches | Jr | | | | 11 | CNJ | Braga | 29-01 | |
| 11,26 | i | Rodolfo Garcia | Jr | | | | 12 | CNJ | Braga | 29-01 | |
| 11,25 | i | Rui Sá | Jv | | | | 1 | | Alpiarça | 17-12 | |

Disco / Discus – 50,00 – 34,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|------------|-----|----------|----|-----------|------------------|-------|----------|
| 62,01 | | Francisco Belo | | SL Benfica | RN | 27-03-91 | 1 | C. Port | Vagos | 11-06 | 56,15-15 |
| 61,55 | | Francisco Belo | | | RN | | 1 | CN Lanç | Leiria - CNL | 25-02 | |
| 61,44 | | Francisco Belo | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 61,34 | | Francisco Belo | | | | | 3 | T. Int | Leiria - CNL | 29-07 | |
| 60,22 | | Francisco Belo | | | | | 3 | T. Int | Leiria - CNL | 30-07 | |
| 60,09 | | Francisco Belo | | | | | 1 | | Leiria - CNL | 18-02 | |
| 59,78 | | Francisco Belo | | | | | 5 | Univ | Taipei | 28-08 | |
| 59,62 | | Francisco Belo | | | | | 6 | TE Lanç | Las Palmas - Esp | 11-03 | |
| 58,58 | | Francisco Belo | | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 58,47 | | Francisco Belo | | | | | 1 | | Lisboa - MP | 14-07 | |
| 58,32 | | Francisco Belo | | | | | 1 | | Sobreda | 15-06 | |

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|-------|--|-----------------------|-----|-------------------|----------|-------|----------|------------------|-------|----------|
| 57,73 | | Francisco Belo | | | | 7q | Univ | Taipei | 26-08 | |
| 57,26 | | Francisco Belo | | | | 5 | | Andujar - Esp | 02-06 | |
| 55,86 | | Edujose Lima | S23 | Sporting CP | 02-03-96 | 2 | | Lovelhe | 23-04 | 54,03-16 |
| 55,31 | | Filipe Vital e Silva | | Espanha | 27-01-83 | 1 | Aveiro | Aveiro | 24-06 | 59,06-14 |
| 55,15 | | Edujose Lima | S23 | | | 2 | C. Port | Vagos | 11-06 | |
| 55,14 | | Filipe Vital e Silva | | | | 1 | C.Esp.Cl | Soria - Esp | 20-05 | |
| 54,90 | | Filipe Vital e Silva | | | | 8 | T. Int | Leiria - CNL | 30-07 | |
| 54,84 | | Filipe Vital e Silva | | | | 1 | | Lovelhe | 22-06 | |
| 54,82 | | Filipe Vital e Silva | | | | 8 | T. Int | Leiria - CNL | 29-07 | |
| 54,58 | | Edujose Lima | S23 | | | 2 | CN Lanç | Leiria - CNL | 25-02 | |
| 54,52 | | Filipe Vital e Silva | | | | 3 | C. Port | Vagos | 11-06 | |
| 54,28 | | Filipe Vital e Silva | | | | 3 | C.Esp.Cl | Castellon - Esp | 10-06 | |
| 54,13 | | Edujose Lima | S23 | | | 11U23 | TE Lanç | Las Palmas - Esp | 11-03 | |
| 53,39 | | Edujose Lima | S23 | | | 17q | CE23 | Bydgoszcz - Pol | 15-07 | |
| 53,19 | | Filipe Vital e Silva | | | | 2 | | Leiria - CNL | 20-07 | |
| 52,94 | | Filipe Vital e Silva | | | | 2 | C.Esp.Cl | Saragoça - Esp | 29-04 | |
| 52,77 | | Edujose Lima | S23 | | | 1 | | Torres Vedras | 18-06 | |
| 52,73 | | Filipe Vital e Silva | | | | 1 | Guarda | Guarda | 07-07 | |
| 52,63 | | Filipe Vital e Silva | | | | 1 | | Braga | 21-06 | |
| 52,58 | | Edujose Lima | S23 | | | 1 | | Fátima | 04-02 | |
| 52,13 | | Edujose Lima | S23 | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 52,10 | | Francisco Belo | | | | 1 | | Leiria - CNL | 29-06 | |
| 51,97 | | Filipe Vital e Silva | | | | 1 | | Viana do Castelo | 27-05 | |
| 51,70 | | Filipe Vital e Silva | | | | 1 | | Aveiro | 13-05 | |
| 51,60 | | Edujose Lima | S23 | | | 1 | CN23 | Pombal | 02-07 | |
| 51,52 | | Filipe Vital e Silva | | | | 1 | | Luso | 07-05 | |
| 51,40 | | Edujose Lima | S23 | | | 11s | | Halle - Ale | 21-05 | |
| 50,96 | | Francisco Belo | | | | 11 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 50,80 | | Edujose Lima | S23 | | | 1 | | Lovelhe | 22-04 | |
| 50,74 | | Filipe Vital e Silva | | | | 1ex | C. Norte | Maia | 15-07 | |
| 50,55 | | Edujose Lima | S23 | | | 10 | T. Int | Leiria - CNL | 29-07 | |
| 50,38 | | Edujose Lima | S23 | | | 2 | | Leiria - CNL | 29-06 | |
| 50,30 | | Edujose Lima | S23 | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 49,21 | | Emanuel Sousa | Jr | SL Benfica | 04-04-99 | 2 | | Lisboa - MP | 14-07 | |
| 48,47 | | Rodolfo Garcia | Jr | SL Benfica | 06-11-99 | 3 | | Lisboa - MP | 14-07 | |
| 48,30 | | Remi Lima | | CA Mazarefes | 26-11-92 | 4 | C. Port | Vagos | 11-06 | 45,83-16 |
| 48,09 | | Otoniel Badjana | Jr | SL Benfica | 18-12-98 | 3 | | Leiria - CNL | 20-07 | 46,54-16 |
| 47,95 | | Luís Herédio Costa | Vet | Sporting CP | 30-10-71 | 1cB | T. Int | Leiria - CNL | 30-07 | 55,46-00 |
| 47,63 | | Emanuel Sousa | Jr | | | 4 | | Leiria - CNL | 20-07 | |
| 47,48 | | Otoniel Badjana | Jr | | | 4 | | Lisboa - MP | 14-07 | |
| 47,42 | | Marco Fortes | | Sporting CP | 26-09-82 | 2 | Guarda | Guarda | 07-07 | 58,32-09 |
| 47,11 | | Emanuel Sousa | Jr | | | 1 | | Lisboa - MP | 23-06 | |
| 46,75 | | Rodolfo Garcia | Jr | | | 2 | | Lisboa - MP | 23-06 | |
| 46,63 | | Luís Herédio Costa | Vet | | | 2 | | Leiria - CNL | 22-06 | |
| 46,56 | | José Pinho | S23 | NA Cucujães | 20-03-95 | 3 | CN Lanç | Leiria - CNL | 25-02 | 49,89-15 |
| 46,27 | | António Vital e Silva | | SL Benfica | 23-01-88 | 2 | | Lovelhe | 05-07 | 55,86-10 |
| 46,18 | | Otoniel Badjana | Jr | | | 3 | | Lisboa - MP | 23-06 | |
| 46,00 | | Luís Herédio Costa | Vet | | | 3 | | Leiria - CNL | 29-06 | |
| 45,69 | | José Pinho | S23 | | | 1 | | Vagos | 16-07 | |
| 45,63 | | Otoniel Badjana | Jr | | | 2 | CN23 | Pombal | 02-07 | |
| 45,57 | | Luís Herédio Costa | Vet | | | 2 | | Sobreda | 15-06 | |
| 45,48 | | Luís Herédio Costa | Vet | | | 5 | | Lisboa - MP | 14-07 | |
| 45,21 | | Luís Herédio Costa | Vet | | | 1 | | Lisboa - MP | 03-05 | |
| 45,17 | | Bernardo Lopes | | Gira Sol | 26-01-93 | 2 | | Leiria - CNL | 18-02 | 44,47-13 |
| 44,90 | | Ricardo Freitas | | Greças | 14-11-93 | 1 | CNCI-2 | Leiria | 23-07 | 48,60-13 |
| 44,78 | | Tiago Vieira | S23 | CDC Navais | 22-11-95 | 4 | CN Lanç | Leiria - CNL | 25-02 | 40,49-16 |
| 44,78 | | José Pinho | S23 | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 44,68 | | Luís Herédio Costa | Vet | | | 5 | | Leiria - CNL | 20-07 | |
| 44,44 | | Alexandre Almeida | | ACR Sra. Desterro | 17-08-93 | 1 | CNU | Faro | 14-05 | 45,50-16 |
| 44,44 | | Adriano Lopes | | SC Braga | 22-10-91 | 1 | C. Norte | Maia | 15-07 | 45,10-11 |
| 44,28 | | José Pinho | S23 | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 44,27 | | Remi Lima | | | | 5 | CN Lanç | Leiria - CNL | 25-02 | |

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|-------|---------------------|--------------------|-----|-------------------|-----|----------|---------|--------------|------------------|-------|----------|
| 44,09 | | Remi Lima | | | | 5 | | Lovelhe | 23-04 | | |
| 43,97 | | José Pinho | S23 | | | 3 | CN23 | Pombal | 02-07 | | |
| 43,95 | | Remi Lima | | | | 5 | | Lovelhe | 22-04 | | |
| 43,95 | | Luís Herédio Costa | Vet | | | 3 | | Leiria - CNL | 06-05 | | |
| 43,94 | | Remi Lima | | | | 2s | CNCI-Ap | Guimarães | 28-05 | | |
| 43,89 | | Remi Lima | | | | 2 | CNCI-3 | Leiria | 23-07 | | |
| 43,79 | Luís Fernandes | | | Juv. Vidigalense | | 24-12-88 | 5 | C. Port | Vagos | 11-06 | 45,83-16 |
| 43,77 | | Ricardo Freitas | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 43,77 | Nuno Lopes | | | C Bf. Faro | | 24-10-82 | 3 | CNCI-3 | Leiria | 23-07 | 49,42-09 |
| 43,74 | | Remi Lima | | | | | 2 | C. Norte | Maia | 15-07 | |
| 43,73 | | Remi Lima | | | | | 3 | | Lovelhe | 05-07 | |
| 43,57 | Kevin Wilson | | | Grã Bretanha | | 06-01-90 | 2 | | Chelmsford - Gbr | 03-06 | 44,05-16 |
| 43,56 | | Ricardo Freitas | | | | | 6 | CN Lanç | Leiria - CNL | 25-02 | |
| 43,53 | | Rodolfo Garcia | Jr | | | | 4 | CN23 | Pombal | 02-07 | |
| 43,50 | | Luís Herédio Costa | Vet | | | | 7 | CN Lanç | Leiria - CNL | 25-02 | |
| 43,48 | | Alexandre Almeida | | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 43,43 | | Otoniel Badjana | Jr | | | | 6 | C. Port | Vagos | 11-06 | |
| 43,39 | | Ricardo Freitas | | | | | 3 | | Vagos | 16-07 | |
| 43,28 | | Tiago Vieira | S23 | | | | 7 | C. Port | Vagos | 11-06 | |
| 43,11 | | Remi Lima | | | | | 3cB | T. Int | Leiria - CNL | 30-07 | |
| 42,98 | | Rodolfo Garcia | Jr | | | | 6 | | Leiria - CNL | 20-07 | |
| 42,96 | | Adriano Lopes | | | | | 1 | | Braga | 05-07 | |
| 42,95 | | José Pinho | S23 | | | | 1 | | Aveiro | 04-02 | |
| 42,95 | | Tiago Vieira | S23 | | | | 1 | | Porto - I | 18-02 | |
| 42,89 | | José Pinho | S23 | | | | 2 | | Aveiro | 13-05 | |
| 42,85 | Vítor Rodrigues | | | CA Seia | | 25-02-84 | 3s | CNCI-Ap | Fátima | 28-05 | 52,15-13 |
| 42,84 | | Bernardo Lopes | | | | | 8 | CN Lanç | Leiria - CNL | 25-02 | |
| 42,67 | | Remi Lima | | | | | 4 | | Lovelhe | 18-02 | |
| 42,61 | | Remi Lima | | | | | 2 | CNU | Faro | 14-05 | |
| 42,54 | | Kevin Wilson | | | | | 1 | | Yeovil - Gbr | 06-05 | |
| 42,50 | Mykyta Sudashov | Jr | | Sporting CP | | 23-09-98 | 4cB | T. Int | Leiria - CNL | 30-07 | |
| 42,48 | | Kevin Wilson | | | | | 2 | | Chelmsford - Gbr | 08-07 | |
| 42,34 | | Remi Lima | | | | | 1 | | Lovelhe | 10-12 | |
| 42,15 | | Mykyta Sudashov | Jr | | | | 6 | | Lisboa - MP | 14-07 | |
| 42,09 | | Kevin Wilson | | | | | 1 | | Chelmsford - Gbr | 17-06 | |
| 41,96 | | Luís Herédio Costa | Vet | | | | 1 | CN Lanç | Leiria - CNL | 26-02 | |
| 41,92 | | Alexandre Almeida | | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 41,81 | | Kevin Wilson | | | | | 3 | | Chelmsford - Gbr | 13-05 | |
| 41,81 | | Adriano Lopes | | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 41,73 | | Mykyta Sudashov | Jr | | | | 5 | CN23 | Pombal | 02-07 | |
| 41,61 | | Bernardo Lopes | | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 41,43 | | Tiago Vieira | S23 | | | | 1 | | Porto - I | 22-01 | |
| 41,13 | | Bernardo Lopes | | | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 41,03 | | Adriano Lopes | | | | | 2 | | Braga | 21-06 | |
| 40,84 | | Luís Fernandes | | | | | 2cB | T. Int | Leiria - CNL | 29-07 | |
| 40,82 | | Luís Fernandes | | | | | 3 | | Leiria - CNL | 22-06 | |
| 40,73 | | Luís Fernandes | | | | | 5 | | Leiria - CNL | 29-06 | |
| 40,69 | | Tiago Vieira | S23 | | | | 2 | | Lovelhe | 10-12 | |
| 40,64 | | Remi Lima | | | | | 2ex | | Aveiro | 04-02 | |
| 40,56 | | Tiago Vieira | S23 | | | | 6 | CN23 | Pombal | 02-07 | |
| 40,50 | | Luís Fernandes | | | | | 1 | V. Tavares | Faro | 13-05 | |
| 40,34 | | Mykyta Sudashov | Jr | | | | 4 | | Lisboa - MP | 23-06 | |
| 40,32 | Roque Semedo | | | ADR Água Pena | CPV | 16-08-90 | 1 | | Funchal | 22-04 | 35,06-16 |
| 40,31 | Bruno Abel Martins | | | ACR Sra. Desterro | | 09-01-82 | 1 | | Febres | 13-05 | 40,40-14 |
| 40,29 | Francisco Fernandes | S23 | | Sporting CP | | 01-06-96 | 3cB | T. Int | Leiria - CNL | 29-07 | 37,77-16 |
| 40,14 | | José Pinho | S23 | | | | 1 | | Aveiro | 25-03 | |
| 40,02 | Décio Andrade | S23 | | GD Estreito | | 25-01-97 | 1 | | Funchal | 16-07 | 42,76-15 |
| 39,96 | | Luís Fernandes | | | | | 5cB | T. Int | Leiria - CNL | 30-07 | |
| 39,90 | | Remi Lima | | | | | 2 | V. Tavares | Faro | 13-05 | |
| 39,87 | | Luís Fernandes | | | | | 1 | | Marinha Grande | 03-06 | |
| 39,77 | | Luís Fernandes | | | | | 3 | Guarda | Guarda | 07-07 | |
| 39,71 | | Roque Semedo | | | CPV | | 1s | CNCI-Ap | Funchal | 28-05 | |

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|-------|--|---------------------|-----|------------------|-----|----------|-----|-----------|-------------------|-------|----------|
| 39,70 | | Francisco Fernandes | S23 | | | | 7 | | Leiria - CNL | 20-07 | |
| 39,67 | | Luís Fernandes | | | | | 8 | | Leiria - CNL | 20-07 | |
| 39,17 | | Samuel Remédios | | SL Benfica | | 24-02-92 | 1 | | Fátima | 22-04 | 39,76-14 |
| 39,11 | | Adriano Lopes | | | | | 1 | | Braga | 21-05 | |
| 39,10 | | Mykyta Sudashov | Jr | | | | 9 | | Leiria - CNL | 20-07 | |
| 39,03 | | Tiago Marto | | GA Fátima | | 05-05-86 | 3 | CNCI-2 | Leiria | 23-07 | 43,80-14 |
| 38,91 | | Adriano Lopes | | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 38,82 | | Francisco Fernandes | S23 | | | | 6cB | T. Int | Leiria - CNL | 30-07 | |
| 38,80 | | Samuel Remédios | | | | | 3 | CNU | Faro | 14-05 | |
| 38,72 | | Roque Semedo | | | CPV | | 4 | CNCI-2 | Leiria | 23-07 | |
| 38,71 | | Francisco Fernandes | S23 | | | | 7 | CN23 | Pombal | 02-07 | |
| 38,67 | | Tiago Vieira | S23 | | | | 7 | | Lovelhe | 23-04 | |
| 38,56 | | Natã lé | S23 | Juv. Vidigalense | | 29-02-96 | 4 | CNU | Faro | 14-05 | 37,02-15 |
| 38,48 | | Luís Fernandes | | | | | 5 | CNU | Faro | 14-05 | |
| 38,35 | | João Matias | S23 | SL Benfica | | 30-07-97 | 1 | | Lisboa - MP | 19-02 | 37,17-16 |
| 38,22 | | Paulo Pereira | | CCSJ. Madeira | | 12-02-84 | 5 | CNCI-2 | Leiria | 23-07 | 48,36-08 |
| 38,17 | | João Matias | S23 | | | | 2 | | Leiria - CNL | 06-05 | |
| 38,15 | | João Ferreira | S23 | CA Mar. Grande | | 29-08-97 | 5s | CNCI-Ap | Fátima | 28-05 | 35,87-15 |
| 38,15 | | João Matias | S23 | | | | 3 | | Sobreda | 15-06 | |
| 38,15 | | Paulo Pereira | | | | | 3 | | Vagos | 16-07 | |
| 38,08 | | João Matias | S23 | | | | 2 | | Torres Vedras | 18-06 | |
| 37,68 | | Miguel Pinto | | GD Estreito | | 17-06-84 | 5 | CNCI-1 | Leiria | 23-07 | 49,07-08 |
| 37,67 | | João Matias | S23 | | | | 4 | | Leiria - CNL | 22-04 | |
| 37,63 | | Décio Andrade | S23 | | | | 1 | | Funchal | 04-02 | |
| 37,40 | | Tiago Vieira | S23 | | | | 1 | | Porto - I | 04-12 | |
| 37,33 | | Adriano Lopes | | | | | 9 | | Lovelhe | 23-04 | |
| 37,22 | | Bruno Abel Martins | | | | | PL | | Coimbra - ECC | 10-06 | |
| 37,21 | | Bruno Melo | | Juv. Ilha Verde | | 03-09-91 | 4 | CNCI-3 | Leiria | 23-07 | 41,48-15 |
| 37,17 | | João Matias | S23 | | | | 5 | | Lisboa - MP | 23-06 | |
| 37,16 | | Francisco Fernandes | S23 | | | | 2 | Fortunato | Torres Vedras | 21-05 | |
| 37,15 | | Roque Semedo | | | CPV | | 1 | | Funchal | 21-05 | |
| 36,98 | | Pedro Veloso | Vet | Esc. Movimento | | 03-10-77 | 1 | | Braga | 30-04 | 38,59-13 |
| 36,95 | | Tiago Marto | | | | | 6s | CNCI-Ap | Fátima | 28-05 | |
| 36,92 | | Francisco Fernandes | S23 | | | | 2 | | Lisboa - MP | 03-05 | |
| 36,80 | | Rui Fernandes | Vet | CCSJ. Madeira | | 08-05-80 | 1 | | Vagos | 01-07 | 41,82-10 |
| 36,72 | | Miguel Pinto | | | | | 2s | CNCI-Ap | Funchal | 28-05 | |
| 36,69 | | João Matias | S23 | | | | 8 | CN23 | Pombal | 02-07 | |
| 36,55 | | Angelino Gonçalves | Vet | ACD Jardim Serra | | 30-12-70 | 2 | | Funchal | 16-07 | 48,26-00 |
| 36,49 | | Luís Fernandes | | | | | 7s | CNCI-Ap | Fátima | 28-05 | |
| 36,44 | | Nelson Mateus | S23 | Sporting CP | | 05-01-96 | 4cB | T. Int | Leiria - CNL | 29-07 | |
| 36,43 | | João Matias | S23 | | | | 1 | | Setúbal | 13-05 | |
| 36,38 | | Natã lé | S23 | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 36,33 | | Nelson Mateus | S23 | | | | 7 | | Lisboa - MP | 14-07 | |
| 36,26 | | Roque Semedo | | | CPV | | 1 | | Funchal | 16-02 | |
| 36,04 | | Philippe Pereira | | AC Póvoa Varzim | | 19-07-89 | 5 | CNCI-3 | Leiria | 23-07 | |
| 36,02 | | Angelino Gonçalves | Vet | | | | 3s | CNCI-Ap | Funchal | 28-05 | |
| 35,97 | | Angelino Gonçalves | Vet | | | | 7 | CNCI-1 | Leiria | 23-07 | |
| 35,95 | | Nelson Mateus | S23 | | | | 1 | | Leiria - CNL | 04-03 | |
| 35,94 | | Nelson Mateus | S23 | | | | 7cB | T. Int | Leiria - CNL | 30-07 | |
| 35,85 | | Bruno Melo | | | | | 1 | | Angra do Heroísmo | 18-06 | |
| 35,84 | | Roque Semedo | | | CPV | | 1 | | Funchal | 15-01 | |
| 35,72 | | Tiago Boucela | | Grecas | | 09-02-92 | Dec | ETC - 1 | Monzon - Esp | 02-07 | 35,59-15 |
| 35,71 | | Tiago Ferrão | Jr | CA Seia | | 18-04-98 | 1ex | | Febres | 20-05 | 37,10-14 |
| 35,67 | | Luís Melo | | Juv. Ilha Verde | | 18-01-87 | 8s | CNCI-Ap | Fátima | 28-05 | 44,60-16 |
| 35,62 | | Paulo Pereira | | | | | 9s | CNCI-Ap | Fátima | 28-05 | |
| 35,61 | | Bruno Abel Martins | | | | | 1 | CN Lanç | Leiria - CNL | 26-02 | |
| 35,55 | | Nelson Mateus | S23 | | | | 10 | | Lovelhe | 23-04 | |
| 35,54 | | Francisco Fernandes | S23 | | | | 8 | | Lisboa - MP | 14-07 | |
| 35,50 | | João Espinhosa | S23 | Maia AC | | 29-10-97 | 6 | CNU | Faro | 14-05 | 38,70-16 |
| 35,48 | | Vyacheslav Smimov | Vet | CN Rio Maior | MDA | 25-09-76 | 6 | CNCI-3 | Leiria | 23-07 | 35,19-11 |
| 35,34 | | Nelson Mateus | S23 | | | | 1 | | Leiria - CNL | 08-02 | |
| 35,12 | | Roque Semedo | | | CPV | | 2 | | Funchal | 04-02 | |

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|-------|--|-----------------|-----|------------------|--|----------|-----|----------|--------------|-------|----------|
| 35,10 | | José Gonçalves | S23 | CCSJ. Madeira | | 27-09-95 | 4 | | Vagos | 16-07 | 37,84-16 |
| 35,05 | | Pedro Veloso | Vet | | | | 3 | C. Norte | Maia | 15-07 | |
| 34,91 | | Samuel Remédios | | | | | Dec | ETC - 1 | Monzon - Esp | 02-07 | |
| 34,74 | | Rui Fernandes | Vet | | | | 5 | | Vagos | 16-07 | |
| 34,72 | | Tiago Tavares | Jr | GD Cavadas | | 20-07-98 | 7 | CNU | Faro | 14-05 | |
| 34,69 | | Rui Fernandes | Vet | | | | 2 | Aveiro | Aveiro | 24-06 | |
| 34,58 | | Nelson Mateus | S23 | | | | 2 | | Fátima | 04-02 | |
| 34,56 | | João Domingues | Jr | Juv. Vidigalense | | 28-12-98 | 8cB | T. Int | Leiria - CNL | 30-07 | |
| 34,42 | | João Domingues | Jr | | | | 10 | | Leiria - CNL | 20-07 | |
| 34,36 | | Pedro Veloso | Vet | | | | 1 | | Braga | 21-05 | |
| 34,05 | | Rui Fernandes | Vet | | | | 2 | CN Lanç | Leiria - CNL | 26-02 | |
| 34,02 | | Tiago Pereira | | AC Vermoil | | 15-01-91 | 3 | Aveiro | Aveiro | 24-06 | 36,25-11 |
| 34,01 | | Pedro Veloso | Vet | | | | 4s | CNCI-Ap | Guimarães | 28-05 | |
| 34,01 | | Rui Fernandes | Vet | | | | 1 | | Vagos | 08-07 | |

Disco / Discus (1,750 Kg)– 50,00 – 34,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|-----------------|-----|----------|-----|-----------|----------------|-------|----------|
| 55,70 | | Otoniel Badjana | Jr | SL Benfica | RNJ | 18-12-98 | 1 | | Sobreda | 15-06 | 52,39-16 |
| 52,38 | | Otoniel Badjana | Jr | | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 52,15 | | Emanuel Sousa | Jr | SL Benfica | | 04-04-99 | 2 | CNJ | Marinha Grande | 09-07 | 45,48-16 |
| 52,06 | | Emanuel Sousa | Jr | | | | 2 | | Sobreda | 15-06 | |
| 51,61 | | Otoniel Badjana | Jr | | | | 1 | CN Lanç | Leiria - CNL | 25-02 | |
| 51,37 | | Emanuel Sousa | Jr | | | | 1 | | Leiria - CNL | 04-03 | |
| 51,34 | | Emanuel Sousa | Jr | | | | 1 | | Lisboa - MP | 01-07 | |
| 50,53 | | Emanuel Sousa | Jr | | | | 1 | T. Int | Leiria - CNL | 29-07 | |
| 49,70 | | Emanuel Sousa | Jr | | | | 2 | CN Lanç | Leiria - CNL | 25-02 | |
| 49,60 | | Emanuel Sousa | Jr | | | | 1 | | Lisboa - MP | 19-02 | |
| 49,27 | | Emanuel Sousa | Jr | | | | 2 | | Leiria - CNL | 22-04 | |
| 48,35 | | Otoniel Badjana | Jr | | | | 1 | | Castro Verde | 11-12 | |
| 48,23 | | Emanuel Sousa | Jr | | | | 1 | | Braga | 05-07 | |
| 48,19 | | Rodolfo Garcia | Jr | SL Benfica | | 06-11-99 | 3 | | Leiria - CNL | 15-04 | 36,30-16 |
| 48,03 | | Otoniel Badjana | Jr | | | | 1 | | Leiria - CNL | 29-06 | |
| 47,90 | | Otoniel Badjana | Jr | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 47,81 | | Rodolfo Garcia | Jr | | | | 3 | | Sobreda | 15-06 | |
| 47,67 | | Emanuel Sousa | Jr | | | | 1 | | Leiria - CNL | 06-05 | |
| 47,19 | | Mykyta Sudashov | Jr | Sporting CP | | 23-09-98 | 2 | T. Int | Leiria - CNL | 29-07 | |
| 47,16 | | Rodolfo Garcia | Jr | | | | 2 | | Leiria - CNL | 06-05 | |
| 47,12 | | Emanuel Sousa | Jr | | | | 4 | | Leiria - CNL | 15-04 | |
| 46,89 | | Rodolfo Garcia | Jr | | | | 2 | | Leiria - CNL | 29-06 | |
| 46,87 | | Emanuel Sousa | Jr | | | | 1 | | Lisboa - MP | 03-05 | |
| 45,91 | | Mykyta Sudashov | Jr | | | | 5 | | Leiria - CNL | 15-04 | |
| 45,85 | | Mykyta Sudashov | Jr | | | | 3 | | Leiria - CNL | 06-05 | |
| 45,78 | | Mykyta Sudashov | Jr | | | | 4 | | Sobreda | 15-06 | |
| 45,70 | | Rodolfo Garcia | Jr | | | | 2 | | Leiria - CNL | 04-03 | |
| 45,64 | | Rodolfo Garcia | Jr | | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 45,28 | | Emanuel Sousa | Jr | | | | 1 | | Leiria - CNL | 18-02 | |
| 45,25 | | Rodolfo Garcia | Jr | | | | 2 | | Lisboa - MP | 19-02 | |
| 45,10 | | Mykyta Sudashov | Jr | | | | 3 | | Leiria - CNL | 29-06 | |
| 44,66 | | Rodolfo Garcia | Jr | | | | 2 | Fortunato | Torres Vedras | 21-05 | |
| 44,35 | | Rodolfo Garcia | Jr | | | | 3 | | Leiria - CNL | 24-06 | |
| 43,91 | | Mykyta Sudashov | Jr | | | | 1 | | Leiria - CNL | 22-06 | |
| 43,42 | | Mykyta Sudashov | Jr | | | | 3 | Fortunato | Torres Vedras | 21-05 | |
| 43,04 | | Rodolfo Garcia | Jr | | | | 1ex | | Setúbal | 18-06 | |
| 42,74 | | Rodolfo Garcia | Jr | | | | 3 | CN Lanç | Leiria - CNL | 25-02 | |
| 42,52 | | Mykyta Sudashov | Jr | | | | 2 | | Lisboa - MP | 03-05 | |
| 40,76 | | Tomás Coelho | Jv | Quintanjense FC | | 08-06-01 | 1 | | Setúbal | 18-06 | |
| 40,12 | | Cleide Lopes | Jv | Sporting CP | | 20-08-00 | 4 | | Leiria - CNL | 06-05 | |
| 40,00 | | Manuel Dias | Jr | Sporting CP | | 28-02-99 | 1 | | Leiria - CNL | 29-06 | |
| 39,68 | | Manuel Dias | Jr | | | | 3 | | Leiria - CNL | 04-03 | |
| 39,65 | | Mykyta Sudashov | Jr | | | | 4 | CN Lanç | Leiria - CNL | 25-02 | |
| 39,55 | | Mykyta Sudashov | Jr | | | | 1 | | Leiria - CNL | 08-04 | |

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|-------|---------------------|--------------|----|------------------|--|----------|-----|-------------|-------------------|-------|----------|
| 39,44 | | Cleide Lopes | Jv | | | | 4 | CNJ | Marinha Grande | 09-07 | |
| 39,41 | Rúben Antunes | | Jr | Juv. Vidigalense | | 05-05-99 | 5 | CN Lanç | Leiria - CNL | 25-02 | 38,59-16 |
| 39,31 | João Domingues | | Jr | Juv. Vidigalense | | 28-12-98 | 5 | CNJ | Marinha Grande | 09-07 | |
| 39,14 | Tiago Tavares | | Jr | GD Cavadas | | 20-07-98 | 5 | | Sobreda | 15-06 | |
| 39,00 | Mykyta Sudashov | | Jr | | | | 3 | | Lisboa - MP | 19-02 | |
| 38,93 | João Domingues | | Jr | | | | 2 | | Leiria - CNL | 22-06 | |
| 38,78 | João Domingues | | Jr | | | | 3 | T. Int | Leiria - CNL | 29-07 | |
| 38,43 | João Domingues | | Jr | | | | 5 | | Leiria - CNL | 29-06 | |
| 38,36 | Manuel Dias | | Jr | | | | | Dec | Rio Maior | 30-04 | |
| 38,00 | Pedro Pinto | | Jv | GD Estreito | | 16-01-00 | 1 | | Funchal | 18-06 | |
| 37,92 | Rodolfo Garcia | | Jr | | | | 1 | | Sobreda | 18-03 | |
| 37,89 | Rúben Antunes | | Jr | | | | 6 | CNJ | Marinha Grande | 09-07 | |
| 37,81 | João Domingues | | Jr | | | | 6 | CN Lanç | Leiria - CNL | 25-02 | |
| 37,42 | Pedro Dias | | Jr | CA Bx Banheira | | 30-05-99 | 7 | CN Lanç | Leiria - CNL | 25-02 | 35,05-16 |
| 37,22 | João Domingues | | Jr | | | | 2 | | Leiria - CNL | 18-02 | |
| 37,06 | Pedro Pinto | | Jv | | | | 7 | CNJ | Marinha Grande | 09-07 | |
| 36,86 | André Oliveira | | Jr | SC Braga | | 15-04-98 | 2 | | Braga | 05-07 | 34,18-16 |
| 36,79 | Rafael Costa | | Jr | AC Póvoa | | 13-09-99 | 1 | C. Norte Jr | Braga | 18-06 | 37,68-16 |
| 36,78 | Rafael Costa | | Jr | | | | 8 | CN Lanç | Leiria - CNL | 25-02 | |
| 36,75 | João Domingues | | Jr | | | | 1 | | Fátima | 02-07 | |
| 36,69 | Pedro Dias | | Jr | | | | 2 | | Setúbal | 18-06 | |
| 36,66 | Mykyta Sudashov | | Jr | | | | 1 | | Torres Vedras | 18-03 | |
| 36,66 | André Oliveira | | Jr | | | | 9 | CNJ | Marinha Grande | 09-07 | |
| 36,65 | Tiago Tavares | | Jr | | | | 3 | | Setúbal | 18-06 | |
| 36,61 | Manuel Dias | | Jr | | | | | Dec | Arona - Esp | 04-06 | |
| 36,26 | João Domingues | | Jr | | | | 4 | | Leiria - CNL | 04-03 | |
| 36,20 | Rafael Costa | | Jr | | | | 1 | | Lousada | 04-06 | |
| 36,08 | Pedro Dias | | Jr | | | | 8 | CNJ | Marinha Grande | 09-07 | |
| 36,05 | Pedro Dias | | Jr | | | | 2 | | Sobreda | 18-03 | |
| 35,96 | Tiago Tavares | | Jr | | | | | Dec | Sobreda | 07-05 | |
| 35,70 | Tiago Tavares | | Jr | | | | 10 | CNJ | Marinha Grande | 09-07 | |
| 35,63 | André Oliveira | | Jr | | | | 1 | | Lovelhe | 22-06 | |
| 35,52 | Gonçalo Bettencourt | | Jv | AC Mocidade - Aç | | 18-07-00 | 1 | | Angra do Heroísmo | 28-05 | |
| 35,36 | Rúben Antunes | | Jr | | | | 3 | | Leiria - CNL | 18-02 | |
| 35,22 | Rafael Costa | | Jr | | | | 11 | CNJ | Marinha Grande | 09-07 | |
| 35,08 | Rafael Costa | | Jr | | | | 1 | | Porto - I | 22-01 | |
| 35,03 | João Brito | | Jv | Quintanjense FC | | 13-10-01 | 4 | | Setúbal | 18-06 | |
| 35,01 | João Domingues | | Jr | | | | 1 | | Leiria - CNL | 08-02 | |
| 34,75 | André Oliveira | | Jr | | | | 2 | C. Norte Jr | Braga | 18-06 | |
| 34,73 | Edgar Pereira | | Jr | UFC Tomar | | 30-03-99 | 1 | | Fátima | 02-07 | |
| 34,72 | André Oliveira | | Jr | | | | 1 | | Braga | 30-04 | |
| 34,32 | Pedro Dias | | Jr | | | | 1 | | Seixal | 28-01 | |
| 34,12 | André Oliveira | | Jr | | | | 1ex | | Vagos | 02-07 | |

Martelo / Hammer – 60,00 – 33,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|-------------|-----------------------|-----|------------|-----|----------|-----|----------|----------------|-------|----------|
| 71,48 | | António Vital e Silva | | SL Benfica | | 23-01-88 | 1 | CNCI-1 | Leiria | 23-07 | 70,06-16 |
| 70,64 | | António Vital e Silva | | | | | 1 | | Lovelhe | 23-04 | |
| 70,38 | | António Vital e Silva | | | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 69,61 | | António Vital e Silva | | | | | 1 | | Lovelhe | 22-04 | |
| 69,48 | | António Vital e Silva | | | | | 3 | T. Int | Leiria - CNL | 29-07 | |
| 69,32 | | António Vital e Silva | | | | | 1 | | Lovelhe | 08-06 | |
| 68,95 | | António Vital e Silva | | | | | 1ex | | Vagos | 16-07 | |
| 68,69 | Dário Manso | | | SL Benfica | | 01-07-82 | 1 | C. Port | Vagos | 11-06 | 74,98-07 |
| 68,63 | | Dário Manso | | | | | 2 | | Lovelhe | 08-06 | |
| 68,54 | | Dário Manso | | | | | 1 | | Leiria - CNL | 22-06 | |
| 68,54 | | António Vital e Silva | | | | | 1ex | C. Norte | Maia | 15-07 | |
| 68,40 | | António Vital e Silva | | | | | 1 | | Porto - I | 01-05 | |
| 68,39 | | Dário Manso | | | | | 1 | | Sobreda | 15-06 | |
| 68,00 | | Dário Manso | | | | | 2ex | C. Norte | Maia | 15-07 | |
| 67,88 | | António Vital e Silva | | | | | 2 | T. Int | Leiria - CNL | 30-07 | |

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|-------|-----------------|-----------------------|-----|------------------|--|----------|---------|------------------|------------------|-------|----------|
| 66,64 | | Dário Manso | | | | 1ex | | Póvoa de Varzim | 01-07 | | |
| 66,19 | | Dário Manso | | | | 1 | | Leiria - CNL | 04-03 | | |
| 66,16 | | António Vital e Silva | | | | 1 | | Pontevedra - Esp | 07-07 | | |
| 66,02 | | Dário Manso | | | | 2 | | Lovelhe | 23-04 | | |
| 65,87 | | António Vital e Silva | | | | 1 | | Lovelhe | 29-06 | | |
| 65,82 | | António Vital e Silva | | | | 1 | | Vagos | 09-07 | | |
| 65,79 | | António Vital e Silva | | | | 1 | | Lovelhe | 18-02 | | |
| 65,75 | | António Vital e Silva | | | | 19 | TE Lanç | Las Palmas - Esp | 12-03 | | |
| 65,69 | | António Vital e Silva | | | | 1 | CN Lanç | Leiria - CNL | 25-02 | | |
| 65,66 | Miguel Carreira | | S23 | Sporting CP | | 12-03-96 | 2 | CN Lanç | Leiria - CNL | 25-02 | 63,16-16 |
| 65,42 | | António Vital e Silva | | | | | 2 | C. Port | Vagos | 11-06 | |
| 65,00 | | Dário Manso | | | | | 1 | Abrantes | Abrantes | 03-06 | |
| 64,31 | | António Vital e Silva | | | | | 2 | | Leiria - CNL | 04-03 | |
| 64,24 | | António Vital e Silva | | | | | 7 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 64,13 | | Miguel Carreira | S23 | | | | 5 | T. Int | Leiria - CNL | 29-07 | |
| 64,06 | | Miguel Carreira | S23 | | | | 5 | T. Int | Leiria - CNL | 30-07 | |
| 63,76 | | António Vital e Silva | | | | | 1 | | Leiria - CNL | 08-02 | |
| 63,59 | | Miguel Carreira | S23 | | | | 6s | | Halle - Ale | 21-05 | |
| 63,43 | | Miguel Carreira | S23 | | | | 2 | Caceres | Plasencia - Esp | 28-06 | |
| 63,31 | | Miguel Carreira | S23 | | | | 1 | | Leiria - CNL | 20-07 | |
| 63,02 | | António Vital e Silva | | | | | 1 | | Lovelhe | 10-12 | |
| 62,77 | | Miguel Carreira | S23 | | | | 2 | | Leiria - CNL | 22-06 | |
| 62,63 | | Miguel Carreira | S23 | | | | 8U23 | TE Lanç | Las Palmas - Esp | 11-03 | |
| 62,02 | | Miguel Carreira | S23 | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 61,68 | | Miguel Carreira | S23 | | | | 1 | | Leiria - CNL | 18-02 | |
| 61,47 | João Venade | | | SC Braga | | 25-01-88 | 4 | | Lovelhe | 23-04 | 62,11-13 |
| 61,45 | | Miguel Carreira | S23 | | | | 6 | Ibero | Huelva - Esp | 14-06 | |
| 61,37 | | João Venade | | | | | 3 | C. Port | Vagos | 11-06 | |
| 61,25 | | Miguel Carreira | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 61,09 | | Miguel Carreira | S23 | | | | 2 | | Leiria - CNL | 08-02 | |
| 61,06 | Décio Andrade | | S23 | GD Estreito | | 25-01-97 | 2 | CN23 | Pombal | 02-07 | 59,20-16 |
| 60,87 | | Décio Andrade | S23 | | | | 1 | | Funchal | 10-07 | |
| 60,71 | | João Venade | | | | | 3 | | Lovelhe | 22-04 | |
| 60,39 | | Miguel Carreira | S23 | | | | 26q | CE23 | Bydgoszcz - Pol | 13-07 | |
| 60,17 | | Miguel Carreira | S23 | | | | 4 | C. Port | Vagos | 11-06 | |
| 60,11 | | Décio Andrade | S23 | | | | 1 | | Funchal | 15-07 | |
| 60,00 | | Décio Andrade | S23 | | | | 6 | T. Int | Leiria - CNL | 29-07 | |
| 59,65 | | João Venade | | | | | 3 | | Lovelhe | 08-06 | |
| 59,49 | | Décio Andrade | S23 | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 59,38 | | Décio Andrade | S23 | | | | 1s | | Funchal | 28-05 | |
| 59,32 | | João Venade | | | | | 3 | CN Lanç | Leiria - CNL | 25-02 | |
| 59,29 | | João Venade | | | | | 2 | | Lovelhe | 18-02 | |
| 58,95 | Rúben Antunes | | Jr | Juv. Vidigalense | | 05-05-99 | 1s | CNCI-Ap | Fátima | 28-05 | |
| 58,81 | | Décio Andrade | S23 | | | | 6 | T. Int | Leiria - CNL | 30-07 | |
| 58,75 | | Décio Andrade | S23 | | | | 4 | | Lovelhe | 08-06 | |
| 58,68 | | Décio Andrade | S23 | | | | 2 | | Sobreda | 15-06 | |
| 58,68 | | Décio Andrade | S23 | | | | 3 | | Lovelhe | 29-06 | |
| 58,56 | | Décio Andrade | S23 | | | | 5 | C. Port | Vagos | 11-06 | |
| 58,46 | | Décio Andrade | S23 | | | | 1 | | Funchal | 17-06 | |
| 57,85 | | João Venade | | | | | 4 | | Lovelhe | 29-06 | |
| 57,72 | | Décio Andrade | S23 | | | | 1 | | Funchal | 24-06 | |
| 57,15 | | Décio Andrade | S23 | | | | 1 | | Funchal | 20-05 | |
| 56,89 | | João Venade | | | | | 1 | C. Norte | Maia | 15-07 | |
| 56,73 | Pedro Capela | | | CCSJ. Madeira | | 08-05-91 | 1 | | Setúbal | 13-05 | 61,83-13 |
| 56,47 | | João Venade | | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 56,19 | | João Venade | | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 55,75 | | Pedro Capela | | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 54,25 | | Rúben Antunes | Jr | | | | 8 | T. Int | Leiria - CNL | 30-07 | |
| 54,17 | João Ferreira | | S23 | CA Mar. Grande | | 29-08-97 | 3 | | Leiria - CNL | 04-03 | 51,82-16 |
| 53,99 | | Décio Andrade | S23 | | | | 1 | | Funchal | 16-02 | |
| 51,94 | | Pedro Capela | | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 51,75 | | João Ferreira | S23 | | | | 3 | | Leiria - CNL | 08-02 | |

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|-------|--|----------------------|-----|-------------------|--|----------|---------|--------------|-------------------|-------|----------|
| 50,38 | | João Ferreira | S23 | | | 4 | CN Lanç | Leiria - CNL | 25-02 | | |
| 50,00 | | Bernardo Lopes | | Gira Sol | | 26-01-93 | 2 | | Leiria - CNL | 18-02 | 49,94-12 |
| 49,45 | | Bernardo Lopes | | | | | 5 | CN Lanç | Leiria - CNL | 25-02 | |
| 48,66 | | Rodrigo Costa Santos | | Greca | | 04-07-90 | 2 | CNCI-2 | Leiria | 23-07 | 51,20-15 |
| 48,50 | | Bruno Abel Martins | | ACR Sra. Desterro | | 09-01-82 | 3s | CNCI-Ap | Fátima | 28-05 | 51,58-14 |
| 48,38 | | João Ferreira | S23 | | | | 3 | | Leiria - CNL | 18-02 | |
| 48,37 | | João Ferreira | S23 | | | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 47,98 | | Bruno Abel Martins | | | | | 6 | CN Lanç | Leiria - CNL | 25-02 | |
| 47,96 | | Rodrigo Costa Santos | | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 47,91 | | Bruno Abel Martins | | | | | PL | | Coimbra - ECC | 10-06 | |
| 47,85 | | Pedro Santos | | NDJ Laranjeiro | | 25-12-94 | 3 | | Sobreda | 15-06 | 51,82-15 |
| 47,77 | | Bruno Abel Martins | | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 47,68 | | Bruno Abel Martins | | | | | 1 | CN Lanç | Leiria - CNL | 26-02 | |
| 47,58 | | Bernardo Lopes | | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 47,50 | | Michael Fonseca | | Juv. Vidigalense | | 15-01-93 | 4 | | Sobreda | 15-06 | 54,79-15 |
| 47,00 | | Leandro Gonçalves | S23 | NA Cucujães | | 08-11-96 | 1 | | Aveiro | 25-03 | 46,79-15 |
| 46,90 | | Bruno Abel Martins | | | | | 1 | | Febres | 14-05 | |
| 46,60 | | Bruno Abel Martins | | | | | 1 | CN Vet | Torres Vedras | 08-07 | |
| 46,54 | | Agostinho Silva | Vet | CA Terceira | | 27-10-81 | 1 | | Angra do Heroísmo | 01-04 | 44,27-16 |
| 46,44 | | Bernardo Oliveira | Jr | CA Bx Banheira | | 17-05-99 | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 46,13 | | Bernardo Oliveira | Jr | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 46,08 | | Bernardo Lopes | | | | | 3 | CNCI-2 | Leiria | 23-07 | |
| 46,04 | | Agostinho Silva | Vet | | | | 7 | CN Lanç | Leiria - CNL | 25-02 | |
| 46,01 | | Rafael Teixeira | Jr | Juv. Vidigalense | | 04-03-98 | 5 | CNCI-1 | Leiria | 23-07 | 43,53-16 |
| 45,49 | | Leandro Gonçalves | S23 | | | | 5 | | Lovelhe | 22-04 | |
| 45,39 | | Augusto Cavaleiro | Vet | A Ac. Coimbra | | 10-02-61 | 2 | Abrantes | Abrantes | 03-06 | 51,30-85 |
| 45,38 | | Leandro Gonçalves | S23 | | | | 3 | CN23 | Pombal | 02-07 | |
| 45,33 | | Leandro Gonçalves | S23 | | | | 8 | | Lovelhe | 23-04 | |
| 45,24 | | Agostinho Silva | Vet | | | | 1 | | Angra do Heroísmo | 20-05 | |
| 45,16 | | Bernardo Oliveira | Jr | | | | 1 | | Setúbal | 16-07 | |
| 45,14 | | Agostinho Silva | Vet | | | | 6 | C. Port | Vagos | 11-06 | |
| 45,13 | | Rafael Teixeira | Jr | | | | 3 | F. Alves | Marinha Grande | 20-05 | |
| 44,92 | | Leandro Gonçalves | S23 | | | | 8 | CN Lanç | Leiria - CNL | 25-02 | |
| 44,92 | | José Pinho | S23 | NA Cucujães | | 20-03-95 | 1 | | Vagos | 16-07 | 42,80-15 |
| 44,91 | | Leandro Gonçalves | S23 | | | | 1 | Aveiro | Aveiro | 24-06 | |
| 44,86 | | Leandro Gonçalves | S23 | | | | 7 | C. Port | Vagos | 11-06 | |
| 44,55 | | Leandro Gonçalves | S23 | | | | 2 | CNCI-3 | Leiria | 23-07 | |
| 44,47 | | Agostinho Silva | Vet | | | | 1 | | Angra do Heroísmo | 11-02 | |
| 44,40 | | Leandro Gonçalves | S23 | | | | 1 | | Aveiro | 04-02 | |
| 44,38 | | Luís Cardoso | S23 | CA Seia | | 11-02-95 | 4 | CN23 | Pombal | 02-07 | 50,65-16 |
| 44,37 | | José Pinho | S23 | | | | 2 | | Aveiro | 25-03 | |
| 44,36 | | Luís Cardoso | S23 | | | | 9 | CN Lanç | Leiria - CNL | 25-02 | |
| 44,21 | | Leandro Gonçalves | S23 | | | | 2 | | Vagos | 16-07 | |
| 44,13 | | Agostinho Silva | Vet | | | | 1 | | Angra do Heroísmo | 27-05 | |
| 44,08 | | Leandro Gonçalves | S23 | | | | 2 | | Porto - I | 01-05 | |
| 44,07 | | Agostinho Silva | Vet | | | | 1 | | Angra do Heroísmo | 18-06 | |
| 44,07 | | Luís Cardoso | S23 | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 43,87 | | Leandro Gonçalves | S23 | | | | 1ex | | Febres | 21-05 | |
| 43,71 | | Sérgio Carvalho | | CDC Navais | | 30-09-93 | 2 | C. Norte | Maia | 15-07 | 41,46-15 |
| 43,67 | | Bernardo Oliveira | Jr | | | | 5 | CN23 | Pombal | 02-07 | |
| 43,55 | | Leandro Gonçalves | S23 | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 43,49 | | Leandro Gonçalves | S23 | | | | 1 | | Marinha Grande | 03-06 | |
| 43,45 | | Augusto Cavaleiro | Vet | | | | 2 | | Febres | 14-05 | |
| 43,43 | | Tiago Pereira | | AC Vermoil | | 15-01-91 | 1 | | Leiria - CNL | 29-06 | 42,93-15 |
| 43,42 | | José Pinho | S23 | | | | 2 | | Aveiro | 04-02 | |
| 43,08 | | Agostinho Silva | Vet | | | | 2 | CN Lanç | Leiria - CNL | 26-02 | |
| 43,08 | | Tiago Pereira | | | | | 2 | | Leiria - CNL | 15-04 | |
| 43,00 | | Sérgio Carvalho | | | | | 1 | | Póvoa de Varzim | 01-07 | |
| 42,99 | | Rafael Teixeira | Jr | | | | 6 | CN23 | Pombal | 02-07 | |
| 42,96 | | Tiago Pereira | | | | | 4 | F. Alves | Marinha Grande | 20-05 | |
| 42,79 | | Sérgio Carvalho | | | | | 9 | T. Int | Leiria - CNL | 30-07 | |
| 42,77 | | Augusto Cavaleiro | Vet | | | | 5 | F. Alves | Marinha Grande | 20-05 | |

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|-------|---------------------|-----|------------------|--|----------|-----|----------|-------------------|-------|----------|
| 42,75 | André Oliveira | | Esc. Movimento | | 18-07-91 | 3 | Abrantes | Abrantes | 03-06 | 46,71-14 |
| 42,75 | Rafael Teixeira | Jr | | | | 10 | T. Int | Leiria - CNL | 30-07 | |
| 42,65 | Bruno Gomes | | CA Mazarefes | | 22-01-92 | 3s | CNCI-Ap | Guimarães | 28-05 | 50,72-12 |
| 42,64 | João Ferreira | S23 | | | | 6s | CNCI-Ap | Fátima | 28-05 | |
| 42,50 | Tiago Pereira | | | | | 4 | | Leiria - CNL | 18-02 | |
| 42,50 | André Picanço | S23 | AC Mocidade - Aç | | 30-11-97 | 2 | | Angra do Heroismo | 20-05 | 41,50-16 |
| 42,44 | Tiago Pereira | | | | | 2 | | Marinha Grande | 03-06 | |
| 42,32 | André Picanço | S23 | | | | 2 | | Angra do Heroismo | 18-06 | |
| 42,28 | Luís Cardoso | S23 | | | | 7s | CNCI-Ap | Fátima | 28-05 | |
| 41,94 | Sérgio Carvalho | | | | | 7 | T. Int | Leiria - CNL | 29-07 | |
| 41,90 | André Picanço | S23 | | | | 2 | | Angra do Heroismo | 27-05 | |
| 41,22 | Augusto Cavaleiro | Vet | | | | 1 | | Febres | 21-05 | |
| 41,22 | José Leonardo Abreu | Jr | ADR Água Pena | | 14-10-99 | 2s | CNCI-Ap | Funchal | 28-05 | |
| 41,19 | Tiago Pereira | | | | | 4 | | Leiria - CNL | 04-03 | |
| 41,16 | Tiago Pereira | | | | | 2 | Aveiro | Aveiro | 24-06 | |
| 41,07 | André Picanço | S23 | | | | 2 | | Angra do Heroismo | 01-04 | |
| 41,04 | Sérgio Carvalho | | | | | 1 | | Braga | 22-04 | |
| 41,03 | Sérgio Carvalho | | | | | 3 | Aveiro | Aveiro | 24-06 | |
| 41,03 | André Oliveira | | | | | 4 | CNCI-2 | Leiria | 23-07 | |
| 40,83 | André Oliveira | | | | | 3 | | Porto - I | 01-05 | |
| 40,71 | Rafael Teixeira | Jr | | | | 3 | | Marinha Grande | 03-06 | |
| 40,64 | Sérgio Carvalho | | | | | 4s | CNCI-Ap | Guimarães | 28-05 | |
| 40,50 | Leandro Gonçalves | S23 | | | | 1ex | | Braga | 14-01 | |
| 40,48 | Tiago Pereira | | | | | 8s | CNCI-Ap | Fátima | 28-05 | |
| 40,47 | Sérgio Carvalho | | | | | 6 | | Lovelhe | 22-04 | |
| 40,44 | Agostinho Silva | Vet | | | | 1 | | Angra do Heroismo | 10-12 | |
| 40,30 | Sérgio Carvalho | | | | | 1 | | Braga | 14-01 | |
| 40,22 | José Leonardo Abreu | Jr | | | | 2 | | Funchal | 16-02 | |
| 40,22 | André Oliveira | | | | | 3 | C. Norte | Maia | 15-07 | |
| 39,75 | Sérgio Carvalho | | | | | 10 | | Lovelhe | 23-04 | |
| 39,66 | João Matias | S23 | SL Benfica | | 30-07-97 | 1 | | Seixal | 28-01 | 38,38-16 |
| 39,62 | Francisco Costa | S23 | Esc. Movimento | | 25-02-97 | 5s | CNCI-Ap | Guimarães | 28-05 | 40,98-15 |
| 39,61 | Bruno Melo | | Juv. Ilha Verde | | 03-09-91 | 3 | CNCI-3 | Leiria | 23-07 | 41,87-16 |
| 39,58 | Vasco Alves | Jr | CD Póvoa | | 22-02-99 | 6s | CNCI-Ap | Guimarães | 28-05 | |
| 39,50 | Vasco Alves | Jr | | | | 7 | | Lovelhe | 22-04 | |
| 39,41 | Vasco Alves | Jr | | | | 1Jr | | Lovelhe | 08-06 | |
| 39,36 | Sérgio Carvalho | | | | | 4 | | Porto - I | 01-05 | |
| 39,22 | Vasco Alves | Jr | | | | 4 | C. Norte | Maia | 15-07 | |
| 39,21 | José Leonardo Abreu | Jr | | | | 7 | CN23 | Pombal | 02-07 | |
| 39,12 | Agostinho Silva | Vet | | | | 1 | | Angra do Heroismo | 03-12 | |
| 39,05 | José Leonardo Abreu | Jr | | | | 2 | | Funchal | 15-07 | |
| 39,03 | Tiago Pereira | | | | | 5 | CNCI-2 | Leiria | 23-07 | |
| 39,02 | António Fernandes | | ACD Jardim Serra | | 28-01-88 | 3 | | Funchal | 15-07 | 42,74-10 |
| 39,01 | André Picanço | S23 | | | | 8 | CN23 | Pombal | 02-07 | |
| 38,95 | André Picanço | S23 | | | | 1 | | Angra do Heroismo | 22-03 | |
| 38,87 | Francisco Costa | S23 | | | | 1 | CNU | Faro | 14-05 | |
| 38,81 | Bruno Melo | | | | | 3 | | Angra do Heroismo | 18-06 | |
| 38,51 | Sérgio Carvalho | | | | | 1 | | Porto - I | 18-02 | |
| 38,49 | André Picanço | S23 | | | | 1 | | Angra do Heroismo | 29-04 | |
| 38,41 | André Picanço | S23 | | | | 2 | | Angra do Heroismo | 03-12 | |
| 38,24 | André Picanço | S23 | | | | 1 | | Angra do Heroismo | 13-01 | |
| 38,24 | António Fernandes | | | | | 3s | CNCI-Ap | Funchal | 28-05 | |
| 37,82 | Luís Fernandes | | Juv. Vidigalense | | 24-12-88 | 2 | CNU | Faro | 14-05 | 39,03-15 |
| 37,68 | João Coelho | Vet | GD Cavadas | | 03-07-65 | 2 | | Setúbal | 13-05 | 38,64-16 |
| 37,66 | Tiago Pereira | | | | | PL | | Coimbra - ECC | 10-06 | |
| 37,64 | Vasco Macedo | Jr | Maia AC | | 09-11-98 | 7s | CNCI-Ap | Guimarães | 28-05 | 35,76-16 |
| 37,63 | Vasco Alves | Jr | | | | 11 | T. Int | Leiria - CNL | 30-07 | |
| 37,55 | André Oliveira | | | | | 2 | | Braga | 14-01 | |
| 37,55 | João Matias | S23 | | | | 3 | | Setúbal | 13-05 | |
| 37,53 | Vasco Macedo | Jr | | | | 6 | CNCI-2 | Leiria | 23-07 | |
| 37,38 | José Leonardo Abreu | Jr | | | | 2 | | Funchal | 20-05 | |
| 36,80 | Luís Assunção | Vet | NA Cucujães | | 03-09-78 | 3 | | Vagos | 16-07 | 48,73-15 |

| | | | | | | | | | | | |
|-------|--|---------------------|-----|-------------------|-----|----------|------|----------|----------------|-------|----------|
| 36,52 | | António Fernandes | | | | | 3 | | Funchal | 20-05 | |
| 36,49 | | Luís Fernandes | | | | | 4 | | Marinha Grande | 03-06 | |
| 36,44 | | Rafael Costa | Jr | AC Póvoa | | 13-09-99 | 8s | CNCI-Ap | Guimarães | 28-05 | |
| 36,44 | | Roque Semedo | | ADR Água Pena | CPV | 16-08-90 | 4 | | Funchal | 15-07 | 34,10-16 |
| 36,37 | | Ricardo Conceição | Vet | Ondasólida | | 27-03-82 | 1 | | Faro | 29-04 | 36,90-08 |
| 36,24 | | Luís Assunção | Vet | | | | 1 | | Vagos | 02-07 | |
| 36,22 | | João Moreira | Jv | GD Pedreiras | | 26-03-01 | 6 | F. Alves | Marinha Grande | 20-05 | |
| 36,15 | | José Leonardo Abreu | Jr | | | | 1 | | Funchal | 13-05 | |
| 36,11 | | Ricardo Conceição | | | | | 1 | | Faro | 18-02 | |
| 36,06 | | João Coelho | Vet | | | | 3s | CNCI-Ap | Vendas Novas | 28-05 | |
| 35,80 | | Hugo Batista | Vet | CF Belenenses | | 05-07-73 | PL | | Coimbra - ECC | 10-06 | 39,69-10 |
| 35,79 | | Sérgio Silva | Vet | ACR Sra. Desterro | | 09-07-77 | PL | | Coimbra - ECC | 10-06 | 42,23-16 |
| 35,71 | | António Fernandes | | | | | 7 | CNCI-1 | Leiria | 23-07 | |
| 35,63 | | João Coelho | Vet | | | | 5 | | Sobreda | 15-06 | |
| 35,49 | | João Coelho | Vet | | | | 2 | | Setúbal | 16-07 | |
| 35,29 | | Manuel Pereira | Vet | CCSJ. Madeira | | 14-06-73 | 4 | | Vagos | 16-07 | 44,38-04 |
| 35,21 | | Sérgio Silva | Vet | | | | 3ex | | Aveiro | 04-02 | |
| 35,20 | | Ricardo Conceição | | | | | 1 | | Faro | 02-07 | |
| 34,85 | | Aristides Pestana | Vet | CF Belenenses | | 12-09-71 | 1vet | | Seixal | 28-01 | 47,56-10 |
| 34,80 | | Vasco Macedo | Jr | | | | 5 | C. Norte | Maia | 15-07 | |
| 34,76 | | Ricardo Conceição | | | | | 1 | | Faro | 17-06 | |
| 34,69 | | Tomás Gonçalves | S23 | JD Almansor | | 28-10-97 | 1 | | Abrantes | 21-05 | |
| 34,69 | | Manuel Pereira | Vet | | | | 1 | | Vagos | 02-07 | |
| 34,63 | | João Matias | S23 | | | | 6 | | Sobreda | 15-06 | |
| 34,48 | | Daniel Leandro | | A 20Km Almeirim | | 04-07-84 | 1 | | Fátima | 04-02 | 38,59-13 |
| 34,10 | | Aristides Pestana | Vet | | | | 1 | CN Lanç | Leiria - CNL | 26-01 | |
| 34,09 | | Sérgio Silva | Vet | | | | 2 | CN Vet | Torres Vedras | 08-07 | |
| 33,91 | | Sérgio Silva | Vet | | | | 3 | CN Lanç | Leiria - CNL | 26-02 | |
| 33,65 | | Rafael Costa | Jr | | | | 4 | CNCI-3 | Leiria | 23-07 | |
| 33,46 | | Hugo Batista | Vet | | | | 1 | CN Vet | Torres Vedras | 08-07 | |

Martelo - / Hammer (6 Kg) – 60,00 – 33,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------|-----|------------------|-----|----------|-----|-------------|----------------|-------|----------|
| 66,66 | | Rúben Antunes | Jr | Juv. Vidigalense | | 05-05-99 | 1 | | Leiria - CNL | 04-03 | 64,20-16 |
| 65,48 | | Rúben Antunes | Jr | | | | 1 | CN Lanç | Leiria - CNL | 25-02 | |
| 64,02 | | Rúben Antunes | Jr | | | | 1 | | Leiria - CNL | 08-02 | |
| 63,92 | | Rúben Antunes | Jr | | | | 1 | | Leiria - CNL | 18-02 | |
| 62,84 | | Rúben Antunes | Jr | | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 61,44 | | Rúben Antunes | Jr | | | | 4 | T. Int | Leiria - CNL | 29-07 | |
| 61,28 | | Rúben Antunes | Jr | | | | 19q | CE Jr | Grosseto - Ita | 20-07 | |
| 52,91 | | Bernardo Oliveira | Jr | CA Bx Banheira | | 17-05-99 | 2 | CNJ | Marinha Grande | 08-07 | 47,12-16 |
| 51,10 | | Rafael Teixeira | Jr | Juv. Vidigalense | | 04-03-98 | 2 | | Leiria - CNL | 08-02 | 52,05-16 |
| 50,89 | | Rafael Teixeira | Jr | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 50,84 | | Rafael Teixeira | Jr | | | | 1 | | Leiria - CNL | 20-07 | |
| 49,51 | | Bernardo Oliveira | Jr | | | | 2 | CN Lanç | Leiria - CNL | 25-02 | |
| 49,28 | | Rafael Teixeira | Jr | | | | 1 | | Sobreda | 15-06 | |
| 49,18 | | Bernardo Oliveira | Jr | | | | 1 | | Lovelhe | 29-06 | |
| 48,77 | | Rafael Teixeira | Jr | | | | 2 | | Leiria - CNL | 04-03 | |
| 48,66 | | Bernardo Oliveira | Jr | | | | 2 | | Sobreda | 15-06 | |
| 48,60 | | Rafael Teixeira | Jr | | | | 1 | | Leiria - CNL | 22-06 | |
| 48,53 | | Rafael Teixeira | Jr | | | | 2 | | Leiria - CNL | 18-02 | |
| 48,36 | | Bernardo Oliveira | Jr | | | | 1 | | Sobreda | 17-06 | |
| 48,23 | | Bernardo Oliveira | Jr | | | | 1 | | Setúbal | 20-05 | |
| 46,54 | | Bernardo Oliveira | Jr | | | | 1 | | Seixal | 28-01 | |
| 46,52 | | Rafael Teixeira | Jr | | | | 3 | CN Lanç | Leiria - CNL | 25-02 | |
| 46,21 | | José Leonardo Abreu | Jr | ADR Água Pena | | 14-10-99 | 4 | CNJ | Marinha Grande | 08-07 | |
| 46,14 | | Vasco Alves | Jr | CD Póvoa | | 22-02-99 | 5 | CNJ | Marinha Grande | 08-07 | 37,10-16 |
| 45,45 | | Vasco Alves | Jr | | | | 7 | T. Int | Leiria - CNL | 29-07 | |
| 45,07 | | José Leonardo Abreu | Jr | | | | 1 | | Funchal | 04-02 | |
| 44,61 | | Tiago Assunção | Jv | AA Pinhalnovense | | 28-05-00 | 6 | CNJ | Marinha Grande | 08-07 | 44,15-16 |
| 43,72 | | Vasco Macedo | Jr | Maia AC | | 09-11-98 | 1 | C. Norte Jr | Braga | 17-06 | 41,23-16 |

| | | | | | | | | | | | |
|-------|--|---------------------|----|-----------------|--|----------|---|-------------|-----------------|-------|----------|
| 43,70 | | Vasco Alves | Jr | | | | 2 | | Lovelhe | 29-06 | |
| 43,52 | | Vasco Alves | Jr | | | | 2 | C. Norte Jr | Braga | 17-06 | |
| 43,24 | | Vasco Alves | Jr | | | | 1 | | Póvoa de Varzim | 01-07 | |
| 42,75 | | José Leonardo Abreu | Jr | | | | 1 | | Funchal | 07-01 | |
| 42,40 | | Vasco Alves | Jr | | | | 1 | | Braga | 14-01 | |
| 42,23 | | Vasco Alves | Jr | | | | 3 | | Leiria - CNL | 04-03 | |
| 42,02 | | José Leonardo Abreu | Jr | | | | 1 | | Funchal | 29-04 | |
| 41,76 | | Afonso Jantarada | Jv | NDJ Laranjeiro | | 01-09-01 | 2 | | Setúbal | 20-05 | 43,09-15 |
| 41,45 | | Rafael Costa | Jr | AC Póvoa | | 13-09-99 | 4 | CN Lanç | Leiria - CNL | 25-02 | 47,98-16 |
| 41,40 | | Vasco Alves | Jr | | | | 1 | | Porto - I | 18-02 | |
| 41,07 | | Vasco Alves | Jv | | | | 1 | | Porto - I | 04-12 | |
| 40,99 | | Tiago Assunção | Jv | | | | 3 | | Setúbal | 20-05 | |
| 40,91 | | Vasco Alves | Jr | | | | 1 | | Lovelhe | 23-04 | |
| 40,75 | | Vasco Alves | Jr | | | | 1 | | Porto - I | 01-05 | |
| 40,68 | | Rafael Costa | Jv | | | | 2 | | Porto - I | 04-12 | |
| 40,42 | | Vasco Alves | Jv | | | | 1 | | Lovelhe | 10-12 | |
| 40,22 | | Vasco Macedo | Jr | | | | 3 | | Porto - I | 04-12 | |
| 40,04 | | José Leonardo Abreu | Jr | | | | 1 | | Funchal | 14-01 | |
| 39,98 | | Vasco Macedo | Jr | | | | 2 | | Braga | 14-01 | |
| 39,93 | | José Leonardo Abreu | Jr | | | | 5 | CN Lanç | Leiria - CNL | 25-02 | |
| 39,25 | | Vasco Macedo | Jr | | | | 2 | | Porto - I | 01-05 | |
| 39,19 | | José Leonardo Abreu | Jr | | | | 1 | | Funchal | 17-06 | |
| 39,09 | | Afonso Jantarada | Jv | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 38,16 | | Manuel Azevedo | Jr | EC+S Lavra | | 17-10-99 | 3 | | Porto - I | 01-05 | |
| 37,96 | | Iuri Pires | Jr | A 20Km Almeirim | | 01-05-99 | 3 | | Sobreda | 15-06 | 34,00-16 |
| 37,95 | | Vasco Macedo | Jr | | | | 1 | | Braga | 10-12 | |
| 37,77 | | Vasco Macedo | Jr | | | | 6 | CN Lanç | Leiria - CNL | 25-02 | |
| 37,64 | | Afonso Jantarada | Jv | | | | 2 | | Sobreda | 17-06 | |
| 37,53 | | Vasco Alves | Jr | | | | 2 | | Leiria - CNL | 20-07 | |
| 36,80 | | Vasco Macedo | Jr | | | | 8 | CNJ | Marinha Grande | 08-07 | |
| 36,65 | | Manuel Azevedo | Jr | | | | 3 | | Braga | 14-01 | |
| 36,58 | | Iuri Pires | Jr | | | | 8 | T. Int | Leiria - CNL | 29-07 | |
| 36,34 | | Manuel Azevedo | Jr | | | | 2 | | Porto - I | 18-02 | |
| 36,34 | | Iuri Pires | Jr | | | | 3 | | Leiria - CNL | 20-07 | |
| 35,67 | | Manuel Azevedo | Jv | | | | 4 | | Porto - I | 04-12 | |
| 35,59 | | Manuel Azevedo | Jr | | | | 3 | C. Norte Jr | Braga | 17-06 | |
| 34,42 | | Juvenal Figueira | Jv | GD Estreito | | 11-10-00 | 2 | | Funchal | 17-06 | |

Dardo / Javelin – 57,00 – 45,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|------------------|-----|----------|-----|----------|------------------|-------|----------|
| 75,01 | | Tiago Aperta | | Individual - Lx | | 15-01-92 | 1 | C. Port | Vagos | 10-06 | 75,55-12 |
| 72,51 | | Tiago Aperta | | | | | 1 | Abrantes | Abrantes | 03-06 | |
| 68,54 | | Tiago Aperta | | | | | 13 | TE Lanç | Las Palmas - Esp | 11-03 | |
| 64,90 | | Joshua Egbeama | Jr | SL Benfica | NGR | 20-05-98 | 1Jr | T. Int | Leiria | 29-07 | 50,88-16 |
| 64,65 | | Mário Marques | | SC Braga | | 19-06-93 | 2 | C. Port | Vagos | 10-06 | 61,41-16 |
| 64,55 | | Mário Marques | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 64,01 | | Luís Almeida | | Sporting CP | | 28-03-84 | 2 | CNCI-1 | Leiria | 22-07 | 72,42-13 |
| 63,84 | | Tiago Aperta | | | | | 3 | T. Int | Leiria | 29-07 | |
| 63,67 | | Mário Marques | | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 63,65 | | Leandro Ramos | Jv | Gira Sol | | 21-09-00 | 1 | | Vagos | 09-07 | 57,39-16 |
| 63,51 | | Helder Pestana | | SL Benfica | | 11-02-87 | 3 | CNCI-1 | Leiria | 22-07 | 71,67-14 |
| 63,47 | | Mário Marques | | | | | 1 | C. Norte | Maia | 16-07 | |
| 63,24 | | Tiago Aperta | | | | | 1 | Maia | Maia | 08-07 | |
| 62,84 | | Mário Marques | | | | | 1 | | Sobreda | 15-06 | |
| 62,83 | | Mário Marques | | | | | 1 | | Vagos | 29-04 | |
| 62,80 | | Luís Almeida | | | | | 1 | CN Lanç | Leiria - CNL | 25-02 | |
| 62,54 | | Leandro Ramos | Jv | | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 61,88 | | Leandro Ramos | Jv | | | | 2 | | Vagos | 29-04 | |
| 61,85 | | Helder Pestana | | | | | 2 | CN Lanç | Leiria - CNL | 25-02 | |
| 61,80 | | Carlos Tribuna | Vet | Gira Sol | | 26-06-80 | 3 | C. Port | Vagos | 10-06 | 67,80-08 |
| 61,77 | | Tiago Pires | Jr | Juv. Vidigalense | | 28-02-98 | 3 | | Leiria - CNL | 15-04 | 57,65-16 |

| | | | | | | | | | | | |
|-------|-------------------|-------------------|-----|-----------------|-----|----------|---------|-------------|-------------------|-------|----------|
| 61,75 | | Mário Marques | | | | 12 | ETC - 1 | Vaasa - Fin | 25-06 | | |
| 61,61 | | Tiago Pires | Jr | | | 4 | C. Port | Vagos | 10-06 | | |
| 61,44 | | Mário Marques | | | | 1 | | Maia | 20-05 | | |
| 61,27 | João Fernandes | | | SL Benfica | | 03-03-91 | 3 | CN Lanç | Leiria - CNL | 25-02 | 69,22-13 |
| 61,01 | Esmeraldino Trigo | S23 | | SL Benfica | ANG | 22-07-96 | 1 | | Lisboa - MP | 14-07 | 54,01-16 |
| 60,81 | | Leandro Ramos | Jv | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 60,74 | | Tiago Aperta | | | | | 1 | CNU | Faro | 14-05 | |
| 60,67 | | João Fernandes | | | | | 5 | C. Port | Vagos | 10-06 | |
| 60,53 | | Tiago Pires | Jr | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 60,39 | Bruno Mineiro | | | CA Seia | | 16-05-92 | 4 | CN Lanç | Leiria - CNL | 25-02 | 63,28-14 |
| 60,28 | | Mário Marques | | | | | 2 | Maia | Maia | 08-07 | |
| 60,23 | | Joshua Egbeama | Jr | | NGR | | 1Jr | | Sobreda | 15-06 | |
| 59,93 | | Tiago Pires | Jr | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 59,77 | | Joshua Egbeama | Jr | | NGR | | 2 | Abrantes | Abrantes | 03-06 | |
| 59,62 | | Carlos Tribuna | Vet | | | | 2 | Viseu | Viseu | 22-04 | |
| 59,59 | | Leandro Ramos | Jv | | | | 1 | | Leiria - CNL | 08-02 | |
| 59,47 | | Joshua Egbeama | Jr | | NGR | | 2ex | CNJ | Marinha Grande | 08-07 | |
| 59,46 | | Mário Marques | | | | | 3 | Viseu | Viseu | 22-04 | |
| 59,19 | | Mário Marques | | | | | 4 | T. Int | Leiria | 29-07 | |
| 59,06 | | Joshua Egbeama | Jr | | NGR | | 6ex | C. Port | Vagos | 10-06 | |
| 59,04 | | Leandro Ramos | Jv | | | | 2 | | Vagos | 15-07 | |
| 59,00 | | Tiago Pires | Jr | | | | 1 | | Leiria - CNL | 22-06 | |
| 58,93 | | Tiago Pires | Jr | | | | 2 | | Leiria - CNL | 08-02 | |
| 58,72 | | Leandro Ramos | Jv | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 58,28 | | Mário Marques | | | | | 5 | CN Lanç | Leiria - CNL | 25-02 | |
| 58,24 | | Tiago Pires | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 57,63 | | Tiago Pires | Jr | | | | 2 | T. Int | Leiria | 29-07 | |
| 57,43 | | Tiago Pires | Jr | | | | 1 | | Leiria - CNL | 06-05 | |
| 57,40 | | Tiago Pires | Jr | | | | 1 | | Marinha Grande | 04-06 | |
| 57,37 | Ruben Ventura | | | Juv. Ilha Verde | | 28-12-89 | 6 | C. Port | Vagos | 10-06 | 63,65-15 |
| 57,22 | | Tiago Pires | Jr | | | | 2Jr | | Sobreda | 15-06 | |
| 57,08 | | Ruben Ventura | | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 56,98 | | Leandro Ramos | Jv | | | | 4 | Viseu | Viseu | 22-04 | |
| 56,72 | | Leandro Ramos | Jv | | | | 1 | | Febres | 13-05 | |
| 56,64 | | Tiago Pires | Jr | | | | 8Jr | | Halle - Ale | 20-05 | |
| 56,62 | | Joshua Egbeama | Jr | | NGR | | 2 | | Leiria - CNL | 06-05 | |
| 56,53 | | Joshua Egbeama | Jr | | NGR | | 3 | T. Int | Leiria | 30-07 | |
| 56,52 | | Bruno Mineiro | | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 56,50 | | Esmeraldino Trigo | S23 | | ANG | | 1 | | Lisboa - MP | 23-06 | |
| 56,39 | | Leandro Ramos | Jv | | | | 2 | | Leiria - CNL | 22-06 | |
| 56,27 | | Tiago Pires | Jr | | | | 1 | CN23 | Pombal | 01-07 | |
| 56,15 | | Ruben Ventura | | | | | 6 | CN Lanç | Leiria - CNL | 25-02 | |
| 55,85 | | Bruno Mineiro | | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 55,82 | | Joshua Egbeama | Jr | | NGR | | 2ex | CN23 | Pombal | 01-07 | |
| 55,79 | Adeonaldo Freitas | Jr | | SL Benfica | STP | 01-07-99 | 3 | | Leiria - CNL | 06-05 | |
| 55,73 | José Gonçalves | S23 | | CCSJ. Madeira | | 27-09-95 | 3 | Maia | Maia | 08-07 | 57,06-16 |
| 55,68 | | Tiago Pires | Jr | | | | 1Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 55,41 | | Esmeraldino Trigo | S23 | | ANG | | 3 | Abrantes | Abrantes | 03-06 | |
| 55,27 | | Esmeraldino Trigo | S23 | | ANG | | 3ex | CN23 | Pombal | 01-07 | |
| 55,25 | | Egner Tavares | | | CPV | | 7ex | CN Lanç | Leiria - CNL | 25-02 | |
| 55,17 | Pedro Custódio | | | AD Novas Luzes | | 05-08-87 | 4 | Abrantes | Abrantes | 03-06 | 59,83-13 |
| 55,13 | | Carlos Tribuna | Vet | | | | 3 | | Leiria - CNL | 08-02 | |
| 54,88 | | Joshua Egbeama | Jr | | NGR | | 5 | Viseu | Viseu | 22-04 | |
| 54,87 | | José Gonçalves | S23 | | | | 2 | CNU | Faro | 14-05 | |
| 54,76 | | Pedro Custódio | | | | | 7 | CN Lanç | Leiria - CNL | 25-02 | |
| 54,50 | | Pedro Custódio | | | | | 1 | | Leiria - CNL | 18-02 | |
| 54,33 | | Leandro Ramos | Jv | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 54,11 | Egner Tavares | | | Sporting CP | CPV | 30-01-93 | 1 | | Lisboa - MP | 21-01 | 65,54-14 |
| 54,05 | | Ruben Ventura | | | | | 1 | | Angra do Heroísmo | 17-06 | |
| 54,03 | | Esmeraldino Trigo | S23 | | ANG | | 2 | | Sobreda | 15-06 | |
| 54,00 | Roque Semedo | | | ADR Água Pena | CPV | 16-08-90 | 2 | CNCI-2 | Leiria | 22-07 | |
| 53,79 | | Mário Marques | | | | | 1ex | | Aveiro | 04-02 | |

| | | | | | | | | | | | |
|-------|-----------------------|-----------------------|-----|-------------------|-----|----------|------|----------|-----------------|-------|----------|
| 53,76 | | Ruben Ventura | | | | | 1 | | Ponta Delgada | 06-05 | |
| 53,75 | | José Gonçalves | S23 | | | | 5 | Abrantes | Abrantes | 03-06 | |
| 53,57 | Rui Santos | | S23 | ACR Sra. Desterro | | 24-10-96 | 6 | Viseu | Viseu | 22-04 | 55,23-15 |
| 53,37 | | José Gonçalves | S23 | | | | 3 | | Sobreda | 15-06 | |
| 53,34 | João Guerreiro | | Jr | C Bf. Faro | | 23-06-99 | 1 | | Faro | 29-04 | 49,48-16 |
| 53,24 | | Carlos Tribuna | Vet | | | | 2 | | Póvoa de Varzim | 24-05 | |
| 52,97 | | José Gonçalves | S23 | | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 52,87 | | Ruben Ventura | | | | | 1 | | Lisboa - MP | 26-11 | |
| 52,86 | | José Gonçalves | S23 | | | | 1 | | Aveiro | 04-02 | |
| 52,66 | | José Gonçalves | S23 | | | | 8 | CN Lanç | Leiria - CNL | 25-02 | |
| 52,65 | | Esmeraldino Trigo | S23 | | ANG | | 10ex | CN Lanç | Leiria - CNL | 25-02 | |
| 52,59 | Francisco Fernandes | | S23 | Sporting CP | | 01-06-96 | 4 | | Sobreda | 15-06 | 50,56-16 |
| 52,55 | | João Guerreiro | Jr | | | | 1 | | Lagoa | 18-06 | |
| 52,55 | João Dias | | S23 | CA Seia | | 28-01-97 | 4 | T. Int | Leiria | 30-07 | 50,00-16 |
| 52,45 | | Ruben Ventura | | | | | 4s | CNCI-Ap | Fátima | 27-05 | |
| 52,36 | | José Gonçalves | S23 | | | | 1 | | Leiria - CNL | 04-03 | |
| 52,07 | | Joshua Egbeama | Jr | | NGR | | 2Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 52,07 | | Pedro Custódio | | | | | 7 | C. Port | Vagos | 10-06 | |
| 52,04 | Hugo Silva | | | AC Póvoa Varzim | | 09-01-90 | 2s | CNCI-Ap | Guimarães | 27-05 | 56,51-12 |
| 52,00 | Oleksandr Lyashchenko | | S23 | Sporting CP | | 18-01-97 | 4 | | Leiria - CNL | 06-05 | 59,09-16 |
| 51,99 | | José Gonçalves | S23 | | | | 1 | | Vagos | 15-07 | |
| 51,94 | | Francisco Fernandes | S23 | | | | 2 | | Lisboa - MP | 14-07 | |
| 51,88 | | Francisco Fernandes | S23 | | | | 5 | T. Int | Leiria | 30-07 | |
| 51,83 | | Francisco Fernandes | S23 | | | | 2 | | Lisboa - MP | 23-06 | |
| 51,68 | | Francisco Fernandes | S23 | | | | 1 | | Torres Vedras | 29-04 | |
| 51,65 | | José Gonçalves | S23 | | | | 8 | C. Port | Vagos | 10-06 | |
| 51,49 | | Roque Semedo | | | CPV | | 1 | | Ribeira Brava | 07-07 | |
| 51,44 | | Oleksandr Lyashchenko | S23 | | | | 3 | CNU | Faro | 14-05 | |
| 51,24 | Nuno Carvalho | | S23 | Juv. Vidigalense | | 12-12-96 | 2 | | Leiria - CNL | 04-03 | 53,51-16 |
| 51,17 | | José Gonçalves | S23 | | | | 5s | CNCI-Ap | Fátima | 27-05 | |
| 51,14 | | Francisco Fernandes | S23 | | | | 1 | | Torres Vedras | 18-02 | |
| 50,95 | | Carlos Tribuna | Vet | | | | 2 | | Leiria - CNL | 18-02 | |
| 50,93 | Miguel Almeida | | S23 | Esc. Movimento | | 30-10-95 | 2 | C. Norte | Maia | 16-07 | 53,68-13 |
| 50,89 | | Carlos Tribuna | Vet | | | | 3 | | Vagos | 29-04 | |
| 50,75 | | Oleksandr Lyashchenko | S23 | | | | 2 | CN23 | Pombal | 01-07 | |
| 50,59 | | Francisco Fernandes | S23 | | | | 6 | T. Int | Leiria | 29-07 | |
| 50,44 | | João Guerreiro | Jr | | | | 3 | CN23 | Pombal | 01-07 | |
| 50,42 | | José Gonçalves | S23 | | | | 4 | CN23 | Pombal | 01-07 | |
| 50,36 | | Esmeraldino Trigo | S23 | | ANG | | 1 | | Lisboa - MP | 17-05 | |
| 50,12 | | Hugo Silva | | | | | 2 | CNCI-3 | Leiria | 22-07 | |
| 50,09 | José Rosa | | | GD Cavadas | | 12-01-90 | 5 | | Sobreda | 15-06 | 53,18-15 |
| 50,08 | | José Rosa | | | | | 1 | | Seixal | 28-01 | |
| 50,04 | Carlos Bornes | | | Gira Sol | | 09-04-94 | 4 | CNU | Faro | 14-05 | 51,71-12 |
| 49,96 | Edgar Campré | | Jv | SL Benfica | STP | 29-04-00 | Dec | CNJ | Marinha Grande | 09-07 | |
| 49,90 | Luís Herédio Costa | | Vet | Sporting CP | | 30-10-71 | 5 | | Leiria - CNL | 06-05 | 65,52-97 |
| 49,80 | | João Guerreiro | Jr | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 49,77 | | Joshua Egbeama | Jr | | NGR | | 2 | | Torres Vedras | 29-04 | |
| 49,77 | | José Rosa | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 49,54 | | Francisco Fernandes | S23 | | | | 5 | CN23 | Pombal | 01-07 | |
| 49,47 | | Esmeraldino Trigo | S23 | | ANG | | 2 | | Seixal | 28-01 | |
| 49,45 | Daniel Coelho | | S23 | GD Cavadas | | 30-09-96 | 2 | | Lisboa - MP | 17-05 | 48,22-14 |
| 49,44 | | João Guerreiro | Jr | | | | 1 | | Faro | 15-04 | |
| 49,38 | | Miguel Almeida | S23 | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 49,32 | | Adeonaldo Freitas | Jr | | STP | | 8ex | CN23 | Pombal | 01-07 | |
| 49,30 | | João Guerreiro | Jr | | | | 1 | | Lagos | 24-06 | |
| 49,29 | | Adeonaldo Freitas | Jr | | STP | | 4ex | CNJ | Marinha Grande | 08-07 | |
| 49,28 | | Roque Semedo | | | CPV | | 1 | | Ribeira Brava | 06-05 | |
| 49,28 | | Adeonaldo Freitas | Jr | | STP | | 3 | | Sobreda | 15-06 | |
| 49,27 | José Leonardo Abreu | | Jr | ADR Água Pena | | 14-10-99 | 2Jr | CN Lanç | Leiria - CNL | 25-02 | 49,71-16 |
| 49,24 | | Roque Semedo | | | CPV | | 1 | | Ribeira Brava | 15-07 | |
| 49,14 | | Miguel Almeida | S23 | | | | 4 | CNCI-2 | Leiria | 22-07 | |
| 49,03 | | Hugo Silva | | | | | 1 | | Lovelhe | 23-04 | |

| | | | | | | | | | | | |
|-------|-----------------|---------------------|-----|------------------|-----|----------|-----|-------------|------------------|-------|----------|
| 49,02 | | Adeonaldo Freitas | Jr | | STP | | 3 | | Lisboa - MP | 23-06 | |
| 48,94 | | Adeonaldo Freitas | Jr | | STP | | 2 | | Lisboa - MP | 21-01 | |
| 48,90 | | João Guerreiro | Jr | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 48,85 | | Carlos Tribuna | Vet | | | | 3 | | Leiria - CNL | 22-06 | |
| 48,78 | José Silva | | Vet | CA Tunes | CPV | 01-02-81 | 1 | | Faro | 18-02 | 49,88-00 |
| 48,68 | | Pedro Custódio | | | | | 3 | | Torres Vedras | 29-04 | |
| 48,66 | Manuel Dias | | Jr | Sporting CP | | 28-02-99 | Dec | | Arona - Esp | 04-06 | |
| 48,66 | | Adeonaldo Freitas | Jr | | STP | | 2 | | Lisboa - MP | 14-07 | |
| 48,54 | Álvaro Pereira | | Jr | C. Spiridon Gaia | | 27-10-99 | 2 | C. Norte Jr | Braga | 17-06 | |
| 48,13 | | Francisco Fernandes | S23 | | | | 3 | | Lisboa - MP | 21-01 | |
| 47,77 | | Francisco Fernandes | S23 | | | | 3 | | Lisboa - MP | 17-05 | |
| 47,38 | | José Gonçalves | S23 | | | | Dec | | Luso | 07-05 | |
| 47,35 | | Hugo Silva | | | | | 3 | C. Norte | Maia | 16-07 | |
| 47,34 | Vítor Viveiros | | | ACD Jardim Serra | | 18-03-84 | 2 | | Ribeira Brava | 15-07 | 52,74-12 |
| 47,33 | | José Leonardo Abreu | Jr | | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 47,24 | | Pedro Custódio | | | | | 1 | | Faro | 20-05 | |
| 47,18 | Bernardo Coelho | | Jr | Juv. Vidigalense | | 05-05-98 | 3 | T. Int | Leiria | 29-07 | 48,72-16 |
| 47,09 | | Francisco Fernandes | S23 | | | | 6 | | Leiria - CNL | 06-05 | |
| 47,00 | Armindo Pestana | | Vet | CF Belenenses | | 12-09-71 | 1 | CN Lanç | Leiria - CNL | 26-02 | 53,34-04 |
| 46,99 | | José Silva | Vet | | CPV | | 2 | | Faro | 29-04 | |
| 46,78 | | José Leonardo Abreu | Jr | | | | 1 | | Ribeira Brava | 15-01 | |
| 46,66 | Pedro Peres | | Jr | AEA Cartaxo | | 31-10-99 | 1 | | Fátima | 01-07 | |
| 46,60 | | Francisco Fernandes | S23 | | | | 2 | | Lisboa - MP | 26-11 | |
| 46,49 | André F. Santos | | | CF Belenenses | | 04-04-91 | 1 | Atletis | Lagoa | 25-03 | 48,88-10 |
| 46,49 | Eduardo Silva | | Vet | França | | 08-05-80 | 4 | | Montereau - Fra | 21-05 | |
| 46,47 | Pedro Vicente | | | GA Fátima | | 31-08-91 | 5 | CNCI-2 | Leiria | 22-07 | 52,69-10 |
| 46,42 | | José Leonardo Abreu | Jr | | | | 1 | | Ribeira Brava | 04-02 | |
| 46,35 | | João Guerreiro | Jr | | | | 3 | CNCI-3 | Leiria | 22-07 | |
| 46,24 | Pedro Santos | | | CP Alcanena | | 01-01-88 | 1 | | Abrantes | 20-04 | 54,92-11 |
| 46,23 | | Pedro Peres | Jr | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 46,19 | Sérgio Abreu | | Vet | GD Estreito | | 24-01-68 | 2s | CNCI-Ap | Ribeira Brava | 27-05 | 62,56-97 |
| 46,18 | | Álvaro Pereira | Jr | | | | 1 | | Braga | 20-05 | |
| 46,13 | | Hugo Silva | | | | | 1 | | Viana do Castelo | 07-05 | |
| 46,12 | | João Guerreiro | Jr | | | | Dec | | Faro | 02-04 | |
| 46,06 | João Martins | | Jr | C Bf. Faro | | 24-05-98 | Dec | | Faro | 02-04 | 45,09-16 |
| 45,97 | | João Guerreiro | Jr | | | | 1Jr | | Faro | 18-02 | |
| 45,95 | | André F. Santos | | | | | 2 | | Faro | 15-04 | |
| 45,95 | Luis Pereira | | S23 | GA Fátima | | 13-11-97 | 2 | | Abrantes | 20-05 | 53,66-15 |
| 45,93 | | Daniel Coelho | S23 | | | | 6 | | Sobreda | 15-06 | |
| 45,90 | Fábio Viana | | | Individual - VC | | 90 | 1 | | Lovelhe | 22-04 | |
| 45,85 | João Ferreira | | | CA Mazarefes | | 12-04-94 | 4s | CNCI-Ap | Guimarães | 27-05 | 46,47-15 |
| 45,82 | Pedro Moura | | Jr | AEA Cartaxo | | 18-08-99 | 4 | | Torres Vedras | 29-04 | |
| 45,82 | | Daniel Coelho | S23 | | | | 6 | CN23 | Pombal | 01-07 | |
| 45,81 | | Álvaro Pereira | Jr | | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 45,78 | | José Gonçalves | S23 | | | | 1 | | Ribeira Brava | 17-06 | |
| 45,73 | Ruben Fernandes | | | S Lagos Bf | | 08-12-89 | 2 | Atletis | Lagoa | 25-03 | 52,72-11 |
| 45,59 | | José Silva | Vet | | CPV | | 1 | CN Lanç | Leiria - CNL | 26-02 | |
| 45,56 | | Rui Santos | S23 | | | | 6s | CNCI-Ap | Fátima | 27-05 | |
| 45,54 | | João Guerreiro | Jr | | | | 3 | Atletis | Lagoa | 25-03 | |
| 45,52 | | Pedro Vicente | | | | | 1 | | Fátima | 04-02 | |
| 45,46 | | Luis Pereira | S23 | | | | 6 | Abrantes | Abrantes | 03-06 | |
| 45,44 | | José Rosa | | | | | 1 | | Setúbal | 14-05 | |
| 45,38 | | Rui Santos | S23 | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 45,36 | | Roque Semedo | | | CPV | | 1 | | Ribeira Brava | 02-04 | |
| 45,36 | | João Ferreira | | | | | 4 | CNCI-3 | Leiria | 22-07 | 46,47-15 |
| 45,27 | | Daniel Coelho | S23 | | | | 1 | | Setúbal | 15-07 | |
| 45,27 | | João Dias | S23 | | | | 1 | | Coimbra - ECC | 15-07 | |
| 45,26 | | Vítor Viveiros | | | | | 7 | CNCI-1 | Leiria | 22-07 | |
| 45,10 | Filipe Guedes | | Jr | CD Quarteira | | 03-07-99 | 4 | Atletis | Lagoa | 25-03 | |
| 45,06 | | Armindo Pestana | Vet | | | | 3s | CNCI-Ap | Vendas Novas | 27-05 | |
| 45,04 | | Pedro Moura | Jr | | | | 3 | | Abrantes | 20-05 | |
| 45,01 | | Carlos Bornes | | | | | 4 | | Vagos | 29-04 | |

| | | | | | | | | | | |
|-------|--|----------------|----|--|--|----|---------|-----------|-------|--|
| 45,00 | | Álvaro Pereira | Jr | | | 5s | CNCI-Ap | Guimarães | 27-05 | |
|-------|--|----------------|----|--|--|----|---------|-----------|-------|--|

Decatlo – 5000 - 4000

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------|-----|----------------|-----|----------|-----|---------|--------------|-------|---------|
| 7.378 | | Samuel Remédios | | SL Benfica | | 24-02-92 | 6 | ETC - 1 | Monzon - Esp | 02-07 | 7369-14 |
| 6.324 | | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | 24 | ETC - 1 | Monzon - Esp | 02-07 | 5948-16 |
| 6.202 | | Carlos Prino | S23 | GA Fátima | | 13-06-97 | 1 | T. Nac | Luso | 21-05 | |
| 6.153 | | Pedro Ferreira | S23 | | | | 2 | T. Nac | Luso | 21-05 | |
| 5.928 | | Tiago Boucela | | Grecas | | 09-02-92 | 25 | ETC - 1 | Monzon - Esp | 02-07 | 6463-15 |
| 5.510 | | Carlos Santos | | CP Alcanena | | 10-05-86 | 1 | | Rio Maior | 30-04 | 6499-14 |
| 5.397 | | Joaquim Moreira | | CD Póvoa | | 30-01-93 | 1 | | Maia | 07-05 | 5190-14 |
| 5.048 | | André Silva | | C Bf. Faro | | 27-01-91 | 1 | | Lagos/Faro | 02-04 | 5256-14 |
| 4.876 | | Gilberto Carvalho | | CDC Navais | | 14-01-93 | 2 | | Maia | 07-05 | 4668-16 |
| 4.789 | | André F. Santos | | CF Belenenses | | 04-04-91 | 2ex | | Lagos/Faro | 02-04 | 5657-11 |
| 4.706 | | Tomás Batista | | Esc Movimento | | 21-12-92 | 3 | | Maia | 07-05 | |
| 4.700 | | José Gonçalves | S23 | CCSJ. Madeira | | 27-09-95 | 1 | | Luso | 07-05 | |
| 4.671 | | Gilberto Carvalho | | | | | 3 | T. Nac | Luso | 21-05 | |
| 4.578 | | Samuel Leal | | NA Cucujães | | 12-09-92 | 2 | | Luso | 07-05 | |
| 4.565 | | Pedro Guimarães | S23 | Esc. Movimento | | 18-07-97 | 4 | | Maia | 07-05 | |
| 4.286 | | Pedro Costa | | AA Pinhalnense | | 11-05-92 | 3ex | | Lagos/Faro | 02-04 | 4340-14 |
| 4.271 | | Jorge Afonso | | JA Mozelense | | 09-05-93 | 3 | | Luso | 07-05 | |
| 4.223 | | Ronaldinho Oliveira | S23 | CCSJ. Madeira | CPV | 29-09-97 | 4ex | | Lagos/Faro | 02-04 | |
| 4.202 | | Bruno Marques | | C Bf. Faro | | 30-04-92 | 2 | | Lagos/Faro | 02-04 | 4073-12 |

Com vento anti regulamentar (soma de ventos superior a 6m/s)

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|------------------|-----|----------|----|---------|-------|-------|---------|
| 5.869 | w | Eduardo Valério | S23 | Juv. Vidigalense | | 07-02-96 | 1 | C. Port | Vagos | 11-06 | 5558-15 |
| 5.186 | w | Joaquim Cabral | | CO Pechão | | 17-04-88 | 3 | C. Port | Vagos | 11-06 | 5914-16 |

Decatlo – 5000 - 4000 (110m Barreiras 1,00m - Peso 6 Kg - Disco 1,75 Kg)

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------|-----|-----------------|-----|----------|-----|--------|------------------|-------|---------|
| 6.927 | | Manuel Dias | Jr | Sporting CP | | 28-02-99 | 5 | | Arona - Esp | 04-06 | |
| 6.476 | | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | 1 | CNJ | Marinha Grande | 09-07 | 5682-16 |
| 5.807 | | Rafael Ferreira | Jr | A 20Km Almeirim | | 21-10-99 | 1 | T. Nac | Luso | 21-05 | |
| 5.786 | | Manuel Dias | Jr | | | | 1ex | | Rio Maior | 30-04 | |
| 5.561 | | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 1ex | | Lagos/Faro | 02-04 | 4790-16 |
| 5.403 | | Tiago Tavares | Jr | GD Cavadas | | 20-07-98 | 1 | | Sobreda | 07-05 | |
| 4.874 | | Gonçalo Rocchi | Jr | EC+S Lavra | | 02-02-99 | 2 | T. Nac | Luso | 21-05 | |
| 4.790 | | Sandro Gonçalves | Jr | CD Póvoa | | 15-05-99 | 1 | | Maia | 07-05 | |
| 4.759 | | Filipe Guedes | Jr | CD Quarteira | | 03-07-99 | 1 | | Lagos/Faro | 02-04 | |
| 4.579 | | Tito Fernandes | Jr | ADR Água Pena | | 02-06-99 | 1 | | R. Brava/Funchal | 02-04 | |
| 4.404 | | Nuno Barros | Jr | CD Quarteira | | 25-07-99 | 2 | | Lagos/Faro | 02-04 | |
| 4.346 | | Ruben Grangeia | Jr | ACD Ilhavo | | 30-08-99 | 1 | | Luso | 07-05 | |
| 4.051 | | Edgar Pereira | Jr | UFC Tomar | | 30-03-99 | 1 | | Rio Maior | 30-04 | |

5000 m M – 25.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-----------------|-----|-------------|-----|----------|----|-----------|-----------------|-------|--------------|
| 19.32,08 | i | João Vieira | Vet | Sporting CP | | 20-02-76 | 1 | CNCI-1 | Pombal | 18-02 | 18.33,16-99 |
| 19.54,29 | i | João Vieira | Vet | | | | 1 | C. Port | Pombal | 11-02 | |
| 19.54,67 | | João Vieira | Vet | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 19.57,83 | i | Miguel Carvalho | | SL Benfica | | 02-09-94 | 2 | CNCI-1 | Pombal | 18-02 | 20.05,65i-15 |
| 20.08,90 | | João Vieira | Vet | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 20.23,00 | i | Miguel Carvalho | | | | | 2 | C. Port | Pombal | 11-02 | |
| 20.28,26 | | Miguel Carvalho | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 20.35 | | João Vieira | Vet | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 20.37,98 | i | Sérgio Vieira | Vet | SL Benfica | | 20-02-76 | 3 | C. Port | Pombal | 11-02 | 19.01,8-99 |
| 20.43,12 | | Rui Coelho | | CA Seia | | 26-09-94 | 1s | CNCI-Ap | Fátima | 27-05 | 21.15,77-15 |
| 20.44 | | Miguel Carvalho | | | | | tp | IAAF | Corunha - Esp | 03-06 | |

| | | | | | | | | | | | |
|----------|---|-------------------------|-----|-------------------|--|----------|----|-----------|-----------------|-------|--------------|
| 20.45,09 | i | Pedro Isidro | | SL Benfica | | 17-07-85 | 1 | CNCI-Ap | Pombal | 22-01 | 19.44,17i-16 |
| 20.48 | | Miguel Carvalho | | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 20.56,30 | | Rui Coelho | | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 20.59,10 | | Rui Coelho | | | | | 5 | Caceres | Plasencia - Esp | 28-06 | |
| 21.04 | | João Vieira | Vet | | | | tp | C. Port | Vagos | 10-06 | |
| 21.04,97 | i | Amaro Teixeira | | CA Seia | | 08-07-89 | 4 | C. Port | Pombal | 11-02 | 21.39,98i-16 |
| 21.06,45 | | Pedro Isidro | | | | | 1 | | Lisboa - MP | 04-02 | |
| 21.10,33 | i | Miguel Rodrigues | S23 | SL Benfica | | 01-11-96 | 1 | CN23 | Pombal | 25-02 | 20.56,84i-16 |
| 21.10,99 | i | Rui Coelho | | | | | 5 | C. Port | Pombal | 11-02 | |
| 21.16 | | Miguel Carvalho | | | | | tp | C. Port | Vagos | 10-06 | |
| 21.16 | | Miguel Rodrigues | S23 | | | | tp | C. Port | Vagos | 10-06 | |
| 21.17,14 | i | Rui Coelho | | | | | 3 | CNCI-1 | Pombal | 18-02 | |
| 21.20 | | Miguel Rodrigues | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 21.22 | | Rui Coelho | | | | | tp | C. Port | Vagos | 10-06 | |
| 21.26 | | Miguel Rodrigues | S23 | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 21.26,88 | i | Miguel Rodrigues | S23 | | | | 6 | C. Port | Pombal | 11-02 | |
| 21.27 | | João Vieira | Vet | | | | 1 | J. Costa | Olhão | 12-05 | |
| 21.27,42 | i | Pedro Martins | Vet | CA Seia | | 12-01-68 | 7 | C. Port | Pombal | 11-02 | 20.45,47i-99 |
| 21.29,43 | i | Paulo Martins | Jr | Sporting CP | | 15-01-99 | 2 | CN23 | Pombal | 25-02 | 22.26,60-16 |
| 21.40 | | Miguel Carvalho | | | | | 2 | J. Costa | Olhão | 12-05 | |
| 21.41 | | Miguel Carvalho | | | | | tp | IAAF | Rio Maior | 01-04 | |
| 21.41 | | Miguel Rodrigues | S23 | | | | tp | IAAF | Rio Maior | 01-04 | |
| 21.41 | | Rui Coelho | | | | | tp | IAAF | Rio Maior | 01-04 | |
| 21.41 | | Miguel Rodrigues | S23 | | | | 3 | J. Costa | Olhão | 12-05 | |
| 21.42 | | Pedro Isidro | | | | | tp | IAAF | Rio Maior | 01-04 | |
| 21.42 | | Rui Coelho | | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 21.44,28 | | Augusto Cardoso | Vet | ACR Sra. Desterro | | 13-12-70 | 1 | CN Vet | Torres Vedras | 08-07 | 19.40,72-99 |
| 21.44,35 | | António Pereira | Vet | SC Braga | | 10-07-75 | 1 | CN Vet | Torres Vedras | 08-07 | 20.23,37i-10 |
| 21.44,42 | | Augusto Cardoso | Vet | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 21.45,04 | i | Pedro Martins | Vet | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 21.46 | | Helder Santos Leitão | S23 | Leiria Marcha | | 07-03-96 | tp | CE23 | Bydgoszcz - Pol | 16-07 | 21.31,8-16 |
| 21.49,23 | | Pedro Marcelo Santos | | SC Braga | | 25-04-86 | 6 | Caceres | Plasencia - Esp | 28-06 | 21.38,57-14 |
| 21.49,56 | | António Pereira | Vet | | | | 2 | CE Vet | Aarhus - Din | 31-07 | |
| 21.50,42 | i | Paulo Martins | Jr | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 21.52,76 | i | António Pereira | Vet | | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 21.53,26 | | Ruben Santos | Jv | CF Oliv. Douro | | 05-06-00 | 3 | Go Fit | Avila - Esp | 01-07 | 23.18,44i-16 |
| 21.53,27 | i | Pedro Miguel Santos | | Juv. Vidigalense | | 15-11-92 | 3 | CNCI-Ap | Pombal | 22-01 | 22.13,21-15 |
| 21.55,21 | | Augusto Cardoso | Vet | | | | 1 | | Maia | 13-05 | |
| 21.56,88 | | António Pereira | Vet | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 21.57,54 | | Ruben Santos | Jv | | | | 2 | | Maia | 13-05 | |
| 21.59 | | João Vieira | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 21.59,18 | | Amaro Teixeira | | | | | 8 | Caceres | Plasencia - Esp | 28-06 | |
| 22.04,36 | i | António Pereira | Vet | | | | 4 | CNCI-1 | Pombal | 18-02 | |
| 22.05,43 | i | Augusto Cardoso | Vet | | | | 5 | CNCI-1 | Pombal | 18-02 | |
| 22.06,64 | i | Pedro Marcelo Santos | | | | | 8 | C. Port | Pombal | 11-02 | |
| 22.09 | | Amaro Teixeira | | | | | tp | C. Port | Vagos | 10-06 | |
| 22.09,44 | i | António Pereira | Vet | | | | 1 | C. Norte | Braga | 07-01 | |
| 22.10 | | Pedro Martins | Vet | | | | tp | C. Port | Vagos | 10-02 | |
| 22.10,50 | | Pedro Martins | Vet | | | | 2 | CN Vet | Torres Vedras | 08-07 | |
| 22.11 | | Paulo Martins | Jr | | | | tp | C. Port | Vagos | 10-06 | |
| 22.12 | | Amaro Teixeira | | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 22.14,31 | | Christian Curopos Costa | | Espanha | | 06-08-94 | 1 | | Barcelona - Esp | 17-12 | 21.06,80-16 |
| 22.14,40 | i | Pedro Marcelo Santos | | | | | 2 | C. Norte | Braga | 07-01 | |
| 22.15,71 | i | Rodrigo Marques | Jr | CO Pechão | | 16-09-99 | 2 | CNCI-Ap | Pombal | 21-01 | 22.27,95-16 |
| 22.16,77 | i | Paulo Martins | Jr | | | | 1 | CNJ | Braga | 28-01 | |
| 22.21 | | João Martins | S23 | CAF Zezere | | 20-03-95 | tp | Albisseti | Lugano - Sui | 19-03 | 22.16,06i-15 |
| 22.22 | | Sérgio Vieira | Vet | | | | 1 | | Alvaiazere | 05-11 | |
| 22.22 | | Paulo Martins | Jr | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.23,82 | | António Pereira | Vet | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 22.26,00 | i | Xavier Sousa | S23 | ACD Jardim Serra | | 20-10-96 | 3 | CN23 | Pombal | 25-02 | 21.53,92-16 |
| 22.28 | | Pedro Isidro | | | | | 1 | | Loures | 22-10 | |
| 22.28,10 | i | Rodrigo Marques | Jr | | | | 2 | CNJ | Braga | 28-01 | |
| 22.29,67 | i | Ruben Santos | Jv | | | | 3 | C. Norte | Braga | 07-01 | |

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|----------|---|-------------------------|-----|-----------------|-----|----------|------|-----------|-------------------|-------|--------------|
| 22.35,74 | i | Cristiano António | | AC Vermoil | | 15-10-88 | 1 | | Pombal | 28-01 | 21.23,16i-13 |
| 22.36 | | Pedro Martins | Vet | | | | 2 | | Loures | 22-10 | |
| 22.36,74 | i | Amaro Teixeira | | | | | 1 | CNU | Pombal | 05-03 | |
| 22.38,74 | | Augusto Cardoso | Vet | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 22.40,01 | i | Cristiano António | | | | | 9 | C. Port | Pombal | 11-02 | |
| 22.41,94 | i | Cristiano António | | | | | 1 | CNCI-2 | Pombal | 18-02 | |
| 22.44 | | Miguel Carvalho | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.44 | | Pedro Isidro | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.44 | | Rui Coelho | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.44 | | Sérgio Vieira | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.44,06 | i | Daniel Gouveia | Jv | CA Seia | | 30-07-00 | 3 | CNJ | Braga | 28-01 | 24.05,34-16 |
| 22.45 | | Miguel Rodrigues | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.45,54 | | Cristiano António | | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 22.47,78 | | Elias Couto | Vet | França | | 10-07-71 | 3 | | Antony - Fra | 21-05 | 21.54,57-15 |
| 22.49,20 | | Pedro Miguel Santos | | | | | 6 | CNCI-1 | Leiria | 22-01 | |
| 22.51,58 | | Paulo Martins | Jr | | | | 1 | Lx/Md | Lisboa - I | 29-07 | |
| 22.52 | | Dionisio Ventura | Vet | CA Tunes | | 13-12-79 | 1 | | Pechão | 22-01 | 20.30,34i-13 |
| 22.52 | | Amaro Teixeira | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.52 | | Helder Santos Leitão | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.55 | | Rui Coelho | S23 | | | | tp | C. Amaral | Celorico da Beira | 03-12 | |
| 22.56,46 | | Ruben Santos | Jv | | | | 1 | | Maia | 11-06 | |
| 22.57 | | Paulo Martins | Jr | | | | tp | | Rio Maior | 01-04 | |
| 22.58 | | Amaro Teixeira | | | | | tp | C. Amaral | Celorico da Beira | 03-12 | |
| 22.58 | | Pedro Martins | Vet | | | | 1Vet | C. Amaral | Celorico da Beira | 03-12 | |
| 22.58 | | Rodrigo Marques | Jr | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 22.58,31 | | Ruben Santos | Jv | | | | 1 | CNjv | Abrantes | 24-06 | |
| 22.59,29 | i | Vitor Cabral | Jr | CF Oliv. Douro | | 01-05-98 | 4 | C. Norte | Braga | 07-01 | 23.50,43i-16 |
| 23.00 | | Christian Curopos Costa | | | | | 6 | | Manresa - Esp | 27-11 | |
| 23.00 | | Dionisio Ventura | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 23.00 | | Pedro Martins | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 23.00,70 | | Ruben Santos | Jv | | | | 1 | OJ | Braga | 03-06 | |
| 23.01 | | João Martins | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 23.01,06 | i | Cláudio Cotrim | S23 | CP Alcanena | | 26-04-96 | 4 | CN23 | Pombal | 25-02 | 23.48,25-16 |
| 23.04 | | Amaro Teixeira | | | | | tp | IAAF | Rio Maior | 01-04 | |
| 23.04,12 | | Pedro Miguel Santos | | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 23.06 | | Daniel Gouveia | Jv | | | | 1Jv | C. Amaral | Celorico da Beira | 03-12 | |
| 23.06,35 | i | Cláudio Cotrim | S23 | | | | 9 | C. Port | Pombal | 11-02 | |
| 23.07,04 | i | Ruben Santos | Jv | | | | 4 | CNJ | Braga | 28-01 | |
| 23.11 | | Rodrigo Marques | Jr | | | | tp | | Rio Maior | 01-04 | |
| 23.11,52 | | Sidney Santos | Jr | Sporting CP | STP | 01-10-99 | 1ex | | Setúbal | 14-01 | 24.40,21-16 |
| 23.11,96 | | João Bernardo | Jv | Penta C Covilhã | | 14-11-01 | 2 | CNjv | Abrantes | 24-06 | |
| 23.13 | | Ruben Santos | Jv | | | | 2jv | C. Amaral | Celorico da Beira | 03-12 | |
| 23.15,45 | | Vitor Cabral | Jr | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 23.15,86 | i | Cláudio Cotrim | S23 | | | | 1 | | Pombal | 17-12 | |
| 23.16,54 | | Dionisio Ventura | Vet | | | | 1 | | Faro | 15-01 | |
| 23.17,45 | | Luís Gil | Vet | GD Estreito | | 06-04-75 | 1s | CNCI-Ap | Ribeira Brava | 27-05 | 21.14,65-11 |
| 23.17,64 | i | Ricardo Bernardino | Jr | Sporting CP | | 09-06-99 | 5 | CNJ | Braga | 28-01 | 24.43,39-15 |
| 23.19,43 | | Xavier Sousa | S23 | | | | 1 | | Ribeira Brava | 06-01 | |
| 23.22,15 | | Rodrigo Marques | Jr | | | | 2 | | Faro | 15-01 | |
| 23.24,15 | | Vitor Cabral | Jr | | | | 3 | | Maia | 13-05 | |
| 23.24,35 | i | Vitor Cabral | Jr | | | | 2 | CNCI-Ap | Braga | 21-01 | |
| 23.26,97 | i | Daniel Gouveia | Jv | | | | 2 | | Pombal | 17-12 | |
| 23.28,33 | | Marco Amaral | | Juv. Ilha Verde | | 16-07-93 | 4s | CNCI-Ap | Fátima | 27-05 | 21.22,96-15 |
| 23.30 | | Pedro Marcelo Santos | | | | | tp | C. Amaral | Celorico da Beira | 03-12 | |
| 23.30,28 | i | Cláudio Cotrim | S23 | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 23.31,52 | i | Vitor Cabral | Jr | | | | 6 | CNJ | Braga | 28-01 | |
| 23.31,80 | | Luís Gil | Vet | | | | 2 | | Ribeira Brava | 06-01 | |
| 23.32,42 | | Xavier Sousa | S23 | | | | 1 | | Ribeira Brava | 06-05 | |
| 23.33,48 | | Cláudio Cotrim | S23 | | | | 5s | CNCI-Ap | Fátima | 27-05 | |
| 23.34,97 | i | Pedro Miguel Santos | | | | | 6 | CNCI-1 | Pombal | 18-02 | |
| 23.36,47 | | Ricardo Bernardino | Jr | | | | 2ex | | Setúbal | 14-01 | |
| 23.37 | | Daniel Gouveia | Jv | | | | tp | | Rio Maior | 01-04 | |

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|----------|---|----------------------|-----|-------------------|-----|----------|-----|-----------|------------------|-------|--------------|
| 23.37,95 | i | Augusto Cardoso | Vet | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 23.38,8 | | João Bernardo | Jv | | | | 1 | | Castelo Branco | 06-05 | |
| 23.40 | | Daniel Gouveia | Jv | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 23.40,59 | | Jaime Santos | Vet | Greças | | 22-05-72 | 6s | CNCI-Ap | Fátima | 27-05 | 22.32,33i-05 |
| 23.41 | | Pedro Marcelo Santos | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 23.41 | | Ruben Santos | Jv | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 23.41,80 | | Xavier Sousa | S23 | | | | 8 | CNCI-1 | Leiria | 22-07 | |
| 23.42 | | Daniel Gouveia | Jv | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 23.42,04 | | Elias Couto | Vet | | | | 1 | | Tremblay - Fra | 07-05 | |
| 23.42,41 | | Rodrigo Marques | Jr | | | | 1 | | Faro | 17-06 | |
| 23.42,87 | | Luís Gil | Vet | | | | 7 | CNCI-1 | Leiria | 22-07 | |
| 23.43 | | Ruben Santos | Jv | | | | 1Jv | | Rio Maior | 01-04 | |
| 23.44 | | Vitor Cabral | Jr | | | | tp | C. Port | Vagos | 10-06 | |
| 23.45,46 | i | Daniel Gouveia | Jv | | | | 1 | CNJv | Pombal | 04-02 | |
| 23.46,00 | i | Ruben Santos | Jv | | | | 2 | CNJv | Pombal | 04-02 | |
| 23.46,76 | | João Bernardo | Jv | | | | 2 | OJ | Braga | 03-06 | |
| 23.47 | | Rodrigo Marques | Jv | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 23.47,15 | | Daniel Gouveia | Jv | | | | 1Jv | T. Port | Luso | 23-04 | |
| 23.48 | | Cláudio Cotrim | S23 | | | | 2 | | Alvaiazere | 05-11 | |
| 23.48 | | Pedro Isidro | | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 23.50,96 | | Francisco Reis | Vet | Gira Sol | | 14-08-60 | 1 | CE Vet | Aarhus - Din | 31-07 | 20.47,9-86 |
| 23.52,75 | | Francisco Reis | Vet | | | | 8 | | Birmingham - Gbr | 02-07 | |
| 23.53,41 | i | Sidney Santos | Jr | | STP | | 7 | CNJ | Braga | 28-01 | |
| 23.55 | | Ruben Santos | Jv | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 23.56,08 | i | Diogo Peixoto | Jr | ACD S. João Serra | | 28-01-99 | 8 | CNJ | Braga | 28-01 | |
| 23.56,93 | i | Marco Amaral | | | | | 2 | CNCI-2 | Pombal | 18-02 | |
| 23.57 | | Rodrigo Marques | Jv | | | | 1 | | Pechão | 22-01 | |
| 23.59,5 | | João Bernardo | Jv | | | | 1 | | Covilhã | 13-05 | |
| 24.00,25 | i | Jaime Santos | Vet | | | | 3 | CN Vet | Torres Vedras | 08-07 | |
| 24.01,11 | i | Xavier Sousa | S23 | | | | 7 | CNCI-1 | Pombal | 18-02 | |
| 24.02,76 | | Xavier Sousa | S23 | | | | 2s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 24.03,12 | i | Xavier Sousa | S23 | | | | 3 | CNCI-Ap | Braga | 21-01 | |
| 24.05,21 | i | José Silva | | NA Cucujães | | 16-01-85 | 3 | CNCI-2 | Pombal | 18-02 | 22.41,04i-13 |
| 24.06,35 | | Rodrigo Marques | Jr | | | | 1 | | Faro | 29-04 | |
| 24.06,90 | | Luís Correia | Vet | Suiça | | 09-10-78 | tp | | Montreux - Sui | 23-04 | 21.33,45i-09 |
| 24.07 | | João Vieira | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 24.07 | | Miguel Carvalho | | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 24.07 | | Miguel Rodrigues | S23 | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 24.07 | | Pedro Isidro | | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 24.11 | | Ruben Santos | Jv | | | | 1Jv | | S. João Madeira | 26-02 | |
| 24.12 | | Cláudio Cotrim | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.12 | | Cristiano António | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.12 | | Vitor Cabral | Jr | | | | tp | | Rio Maior | 01-04 | |
| 24.12,54 | | Diogo Fernandes | Jv | ACD Jardim Serra | | 01-04-01 | 1 | | Ribeira Brava | 20-05 | |
| 24.17,24 | | José Silva | | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 24.18,59 | i | Jaime Santos | Vet | | | | 4 | CNCI-2 | Pombal | 18-02 | |
| 24.21 | | António Pereira | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.21 | | Sidney Santos | Jr | | STP | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.21 | | Vitor Cabral | Jr | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.22 | | Ricardo Bernardino | Jr | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.23,15 | i | Francisco Reis | Vet | | | | 8 | CNCI-1 | Pombal | 18-02 | |
| 24.25 | | Rodrigo Marques | Jr | | | | 1Jr | J. Costa | Olhão | 12-05 | |
| 24.25,06 | | Luís Pássaro | | CCSJ. Madeira | | 15-11-94 | 1 | | Vagos | 07-01 | 21.26,1-15 |
| 24.25,87 | | Paulo Martins | Jr | | | | 2 | | Lisboa - MP | 04-02 | |
| 24.26 | | Francisco Reis | Vet | | | | 1vt | | Rio Maior | 01-04 | |
| 24.26,25 | | Sidney Santos | Jr | | STP | | 3 | | Lisboa - MP | 04-02 | |
| 24.27,27 | | André Antunes | S23 | CF Belenenses | | 03-02-97 | 4 | | Lisboa - MP | 04-02 | 24.54,68-16 |
| 24.28,06 | | Diogo Fernandes | Jv | | | | 1 | | Ribeira Brava | 02-04 | |
| 24.28,35 | | Ricardo Bernardino | Jr | | | | 5 | | Lisboa - MP | 04-02 | |
| 24.29,22 | | Rodrigo Marques | Jv | | | | 1 | | Faro | 18-12 | |
| 24.30,42 | | Xavier Sousa | S23 | | | | 1 | | Ribeira Brava | 17-12 | |
| 24.31,04 | i | Sidney Santos | Jr | | STP | | 5 | CN23 | Pombal | 25-02 | |

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|----------|---|-------------------------|-----|----------------|-----|----------|------|-----------|-------------------|-------|-------------|
| 24.32,23 | i | Jaime Santos | Vet | | | | 5 | CNCI-Ap | Pombal | 21-01 | |
| 24.32,68 | | José Silva | | | | | 2 | | Vagos | 07-01 | |
| 24.33,47 | | João Bernardo | Jv | | | | 2Jv | T. Port | Luso | 23-04 | |
| 24.33,86 | | Jaime Santos | Vet | | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 24.34 | | António Pereira | Vet | | | | 2vet | C. Amaral | Celorico da Beira | 03-12 | |
| 24.34,34 | | Marco Amaral | | | | | 1 | | Ponta Delgada | 11-02 | |
| 24.34,45 | i | João Bernardo | Jv | | | | 1 | | Pombal | 28-01 | |
| 24.36,43 | | Ricardo Santos | Vet | GDP Chão Duro | | 22-02-75 | 1 | | Setúbal | 14-01 | |
| 24.38 | | Jaime Santos | Vet | | | | 2vt | | Rio Maior | 01-04 | |
| 24.38,15 | | Diogo Peixoto | Jr | | | | 4 | | Maia | 13-05 | |
| 24.41 | | Sidney Santos | Jr | | STP | | tp | | Rio Maior | 01-04 | |
| 24.41,16 | i | Marco Amaral | | | | | 11 | C. Port | Pombal | 11-02 | |
| 24.41,51 | | Diogo Fernandes | Jv | | | | 3 | | Ribeira Brava | 06-01 | |
| 24.42,15 | | Diogo Fernandes | Jv | | | | 3Jv | T. Port | Luso | 23-04 | |
| 24.42,76 | i | Manuel Marques | Vet | CF Oliv. Douro | | 04-09-78 | 4 | C. Norte | Braga | 07-01 | |
| 24.44,3 | | Christian Curopos Costa | | | | | 5 | | Castellon - Esp | 06-05 | |
| 24.47,41 | i | Ricardo Santos | Vet | GDP Chão Duro | | 22-02-75 | 4 | CNCI-Ap | Pombal | 22-01 | |
| 24.47,67 | | Luís Silva | Vet | Leiria Marcha | | 26-08-70 | 4 | CN Vet | Torres Vedras | 08-07 | 20.42,49-06 |
| 24.49,16 | | Ricardo Bernardino | Jr | | | | 5 | Lx/Md | Lisboa - I | 29-07 | |
| 24.50,09 | i | Cláudio Cotrim | S23 | | | | 1 | | Pombal | 28-01 | |
| 24.52 | | Cristiano António | | | | | tp | IAAF | Rio Maior | 01-04 | |
| 24.53 | | Jaime Santos | Vet | | | | 1vt | | S. João Madeira | 26-02 | |
| 24.54,33 | i | José Silva | | | | | 4 | CNCI-Ap | Braga | 21-01 | |
| 24.56 | | Pedro Miguel Santos | | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 24.57,52 | | Diogo Fernandes | Jv | | | | 1 | | Ribeira Brava | 17-06 | |
| 24.58 | | Vitor Cabral | Jr | | | | 1Jr | | Alvaiazere | 05-11 | |
| 24.58,32 | i | Diogo Peixoto | Jr | | | | 5 | CNCI-Ap | Braga | 21-01 | |
| 24.58,67 | | Luís Bidarra | Vet | CA Seia | | 05-04-71 | 5 | CN Vet | Torres Vedras | 08-07 | |
| 25.00 | | Francisco Reis | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 25.01 | | João Bernardo | Jv | | | | 1jv | C. Nac | Porto de Mós | 15-01 | |

20 Km M – 1:30,00 - 2:00,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|----------------------|-----|---------------|-----|----------|------|-----------|-----------------|-------|------------|
| 1.22,42 | | João Vieira | Vet | Sporting CP | | 20-02-76 | 14 | T. Europa | Podebrady - Cze | 21-05 | 1.20,09-06 |
| 1.23,31 | | Miguel Carvalho | | SL Benfica | | 02-09-94 | 22 | T. Europa | Podebrady - Cze | 21-05 | 1.25,40-15 |
| 1.23,46 | | João Vieira | Vet | | | | 1 | C. Nac | S. João Madeira | 04-03 | |
| 1.26,05 | | Miguel Rodrigues | S23 | SL Benfica | | 01-11-96 | 11 | CE23 | Bydgoszcz - Pol | 16-07 | 1.28,40-16 |
| 1.26,44 | | Miguel Carvalho | | | | | 30 | IAAF | Corunha - Esp | 03-06 | |
| 1.26,49 | | Miguel Rodrigues | S23 | | | | 31 | IAAF | Corunha - Esp | 03-06 | |
| 1.27,00 | | Helder Santos Leitão | S23 | Leiria Marcha | | 07-03-96 | 14 | CE23 | Bydgoszcz - Pol | 16-07 | 1.32,43-16 |
| 1.27,23 | | Miguel Rodrigues | S23 | | | | 12 | IAAF | Rio Maior | 01-04 | |
| 1.27,48 | | Rui Coelho | | CA Seia | | 26-09-94 | 35 | IAAF | Corunha - Esp | 03-06 | 1.28,39-15 |
| 1.28,06 | | Miguel Carvalho | | | | | 2 | C. Nac | S. João Madeira | 04-03 | |
| 1.28,35 | | Pedro Isidro | | SL Benfica | | 17-07-85 | 3 | C. Nac | S. João Madeira | 04-03 | 1.24,53-15 |
| 1.28,59 | | Miguel Carvalho | | | | | 14 | IAAF | Rio Maior | 01-04 | |
| 1.29,11 | | Helder Santos Leitão | S23 | | | | 16 | Albisseti | Lugano - Sui | 19-03 | |
| 1.29,13 | | Rui Coelho | | | | | 4 | C. Nac | S. João Madeira | 04-03 | |
| 1.29,26 | | Rui Coelho | S23 | | | | 15 | IAAF | Rio Maior | 01-04 | |
| 1.29,38 | | Miguel Carvalho | S23 | | | | 1 | | Leiria | 11-12 | |
| 1.29,43 | | Amaro Teixeira | | CA Seia | | 08-07-89 | 40 | IAAF | Corunha - Esp | 03-06 | 1.33,08-16 |
| 1.29,46 | | Miguel Rodrigues | S23 | | | | 2 | | Leiria | 11-12 | |
| 1.29,51 | | Miguel Rodrigues | S23 | | | | 1s23 | C. Nac | S. João Madeira | 04-03 | |
| 1.30,57 | | Rui Coelho | S23 | | | | 3 | | Leiria | 11-12 | |
| 1.31,51 | | Pedro Isidro | | | | | 16 | IAAF | Rio Maior | 01-04 | |
| 1.31,84 | | Helder Santos Leitão | S23 | | | | 2s23 | C. Nac | S. João Madeira | 04-03 | |
| 1.32,54 | | João Vieira | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.33,32 | | António Pereira | Vet | SC Braga | | 10-07-75 | 2 | CE Vet | Aarhus - Din | 03-08 | 1.25,34-09 |
| 1.33,34 | | Miguel Rodrigues | S23 | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.33,35 | | Miguel Carvalho | | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.33,57 | | Pedro Isidro | | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.34,30 | | Pedro Martins | Vet | CA Seia | | 12-01-68 | 5 | C. Nac | S. João Madeira | 04-03 | 1.26,31-97 |

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|---------|----------------------|-----|----------------|--|----------|------|-----------|-----------------|-------|--------------|
| 1.34,51 | João Martins | S23 | CAF Zezere | | 20-03-95 | 19 | Albisseti | Lugano - Sui | 19-03 | 1.29,49-15 |
| 1.35,06 | Pedro Martins | Vet | | | | 4 | | Leiria | 11-12 | |
| 1.35,24 | Pedro Isidro | | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 1.35,45 | Pedro Marcelo Santos | | SC Braga | | 25-04-86 | 6 | C. Nac | S. João Madeira | 04-03 | 1.31.49,1-06 |
| 1.37,06 | Amaro Teixeira | | | | | 5 | | Leiria | 11-12 | |
| 1.37,12 | Cristiano António | | AC Vermoil | | 15-10-88 | 18 | IAAF | Rio Maior | 01-04 | 1.31,33-14 |
| 1.38,32 | Amaro Teixeira | | | | | 19 | IAAF | Rio Maior | 01-04 | |
| 1.39,15 | Amaro Teixeira | | | | | 7 | C. Nac | S. João Madeira | 04-03 | |
| 1.39,27 | Cristiano António | | | | | 8 | C. Nac | S. João Madeira | 04-03 | |
| 1.40,55 | Vitor Cabral | Jr | CF Oliv. Douro | | 01-05-98 | 1s23 | C. Nac | Porto de Mós | 15-01 | |
| 1.42,55 | Pedro Martins | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.43,29 | Francisco Reis | Vet | Gira Sol | | 14-08-60 | 1 | CE Vet | Aarhus - Din | 03-08 | 1.28,49-85 |
| 1.43,39 | Amaro Teixeira | | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.44,18 | João Martins | S23 | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.44,33 | Francisco Reis | Vet | | | | 8 | | Leeds - Gbr | 25-06 | |
| 1.44,47 | Cristiano António | | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.47,47 | Cláudio Cotrim | S23 | CP Alcanena | | 26-04-96 | 3s23 | C. Nac | S. João Madeira | 04-03 | 1.47,28-16 |
| 1.48,06 | Henrique Santos | Vet | GD Diana | | 27-05-65 | 20 | IAAF | Rio Maior | 01-04 | 1.48,11-16 |
| 1.48,33 | Luís Bidarra | Vet | CA Seia | | 05-04-71 | 6 | | Leiria | 11-12 | |
| 1.48,44 | Ricardo Santos | Vet | GDP Chão Duro | | 22-02-75 | 7 | | Leiria | 11-12 | |
| 1.49,28 | Francisco Reis | Vet | | | | 1 | | Coventry - Gbr | 09-07 | |
| 1.50,11 | Henrique Santos | Vet | | | | 8 | | Leiria | 11-12 | |
| 1.54,38 | Luís Bidarra | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.54,58 | Ricardo Santos | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.56,29 | Henrique Santos | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |

50 Km M – 5:10.0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-----------------|-----|-------------|-----|----------|----|-----------|-----------------|-------|------------|
| 3.45,28 | | João Vieira | Vet | Sporting CP | | 20-02-76 | 11 | C. Mundo | Londres - Gbr | 13-08 | 3.45,17-12 |
| 3.56,38 | | Pedro Isidro | | SL Benfica | | 17-07-85 | 8 | T. Europa | Podebrady - Cze | 21-05 | 3.55,44-15 |
| 4.02,30 | | Pedro Isidro | | | | | 32 | C. Mundo | Londres - Gbr | 13-08 | |
| 4.56,53 | | Amaro Teixeira | | CA Seia | | 08-07-89 | 1 | C. Nac | Porto de Mós | 15-01 | 4.46,34-16 |
| 5.00,12 | | Henrique Santos | Vet | GD Diana | | 27-05-65 | 2 | C. Nac | Porto de Mós | 15-01 | 5.06,05-16 |

4 x 100 m – 43,50 – 45,00

| Marca | V | Clube | Esc | Atletas | Obs | CI | Prova | Local | Data |
|-------|---|----------------------------|-----|---|-----|-----|----------|-------------------|-------|
| 39,29 | | Equipa Nacional/SI Benfica | | D. Antunes, D. Lima, R. Pereira, Y. Nascimento | | 2 | Muller's | Londres - Gbr | 09-07 |
| 39,55 | | Seleção Nacional Sub 23 | S23 | JP Lopes, R. Jorge, R. Pereira, R. Ribeiro | | 3h | CE23 | Bydgoszcz - Pol | 16-07 |
| 39,88 | | Seleção Nacional Sub 23 | S23 | JP Lopes, R. Jorge, R. Pereira, R. Ribeiro | | 5 | CE23 | Bydgoszcz - Pol | 16-07 |
| 39,89 | | Seleção Nacional | | D. Antunes, D. Lima, R. Pereira, C. Nascimento | | 2 | ETC - 1 | Vaasa - Fin | 24-06 |
| 39,93 | | SL Benfica | | D. Antunes, D. Lima, R. Jorge, Y. Nascimento | | 1 | CNCI-1 | Leiria | 22-07 |
| 39,94 | | SL Benfica | | A. Costa, R. Pereira, D. Antunes, P. Bernardo | | 1 | C. Port | Maia | 20-05 |
| 40,08 | | Sporting CP | | A. Lopes, C. Nascimento, F. Obikwelu, R. Ribeiro | | 2 | CNCI-1 | Leiria | 22-07 |
| 40,66 | | Seleção Nacional Sub 23 | S23 | R. Jorge, JP Lopes, E. Sá, S. Silva | | 2ex | C. Port | Maia | 20-05 |
| 40,89 | | Sporting CP | | H. Silva, C. Nascimento, R. Ribeiro, J. Pinto | | 2 | C. Port | Maia | 20-05 |
| 41,17 | | SL Benfica | S23 | JP Lopes, R. Jorge, R. Pereira, J. Esteves | | 1 | CN23 | Pombal | 01-07 |
| 41,21 | | Sporting CP | | H. Silva, C. Nascimento, R. Ribeiro, F. Obikwelu | | 1s | CNCI-Ap | Vendas Novas | 27-05 |
| 41,46 | | Equipa Nacional Junior | Jr | W. Pedro, J. Esteves, M. Pereira, D. Santos | | 4ex | C. Port | Maia | 20-05 |
| 42,29 | | SC Braga | | L. Machado, E. Sousa, E. Sá, V. Pinto | | 1s | CNCI-Ap | Guimarães | 27-05 |
| 42,45 | | Juventude Vidigalense | | W. Martins, B. Gualberto, E. Valério, C. Tavares | * | 3 | CNCI-1 | Leiria | 22-07 |
| 42,55 | | SC Braga | | V. Pinto, E. Sousa, E. Sá, R. Jaquite | | 4 | CNCI-1 | Leiria | 22-07 |
| 42,72 | | ACD Jardim Serra | | R. Ramos, D. Gonçalves, P. Neto, F. Cordoeiro | | 1s | CNCI-Ap | Ribeira Brava | 27-05 |
| 43,00 | | Sporting CP | Jr | D. Chagas, D. Keletela, M. Tapadas, A. Oliveira | * | 1 | CNJ | Marinha Grande | 08-07 |
| 43,16 | | CA Seia | S23 | A. Gomes, D. Senica, C. Verissimo, T. Gonçalves | | 1s | CNCI-Ap | Fátima | 27-05 |
| 43,27 | | Escola do Movimento | | P. Silva, E. Ferreira, G. Santos, E. Batista | | 2s | CNCI-Ap | Guimarães | 27-05 |
| 43,28 | | Seleção Nacional Juvenil | Jv | J. Pires, J. Geadas, C. Claro, R. Agostinho | | 2 | Go Fit | Avila - Esp | 01-07 |
| 43,29 | | Sporting CP | S23 | D. Keletela, J. Pinto, M. Sanbé, S. Chiu | * | 2 | CN23 | Pombal | 01-07 |
| 43,41 | | CA Seia | S23 | A. Gomes, D. Senica, D. Oliveira, C. Verissimo | | 5 | CNCI-1 | Leiria | 22-07 |
| 43,44 | | Seleção Évora | Jv | B. Campino, J. Pires, R. Corvelo, J. Geadas | | 1 | OJ | Braga | 04-06 |
| 43,45 | | AC Vermoil | Jr | J. Silva, L. Dias, B. Rodrigues, D. Antunes | | 1 | CNJ | Marinha Grande | 08-07 |
| 43,47 | | Escola do Movimento | | E. Guedelha, E. Baptista, A. Silva, P. Silva | | 1 | C. Norte | Maia | 15-07 |
| 43,49 | | Escola do Movimento | | E. Baptista, E. Ferreira, T. Baptista, P. Silva | | 3 | C. Port | Maia | 20-05 |
| 43,59 | | Seleção Lisboa | Jr | Y. Munary, E. Campre, R. Rosa, M. Dias | * | 3 | Lx/Md | Lisboa - I | 29-07 |
| 43,67 | | CC S. João da Madeira | | D. Carvalho, M. Roque, M. Santos, BV Moniz | * | 1 | CNCI-2 | Leiria | 22-07 |
| 43,69 | | Casa Bf Faro | | J. Mestre, M. Barrigana, A. Ferreira, J. Barros | | 2s | CNCI-Ap | Vendas Novas | 27-05 |
| 43,69 | | Seleção Lisboa | Jv | M. Jaló, R. Rosa, E. Campré, I. Nazaré | * | 2 | OJ | Braga | 04-06 |
| 43,76 | | GD Estreito | | P. Freitas, S. Mendes, P. Ornelas, F. Santos | | 2s | CNCI-Ap | Ribeira Brava | 27-05 |
| 43,77 | | GA Fátima | | C. Lopes, E. Remédios, F. Pereira, C. Prino | | 2s | CNCI-Ap | Fátima | 27-05 |
| 43,78 | | Juventude Ilha Verde | Jr | D. Sebag, R. Moniz, J. Melo, M. Camara | | 2 | CNJ | Marinha Grande | 08-07 |
| 43,85 | | AC Vermoil | | J. Silva, L. Dias, D. Santos, K. Santos | | 2 | CNCI-2 | Leiria | 22-07 |
| 43,85 | | Seleção Nacional Juvenil | Jv | JP Buaró, A. Pimenta, R. Agostinho, T. Gonçalves | | 6 | FOJE | Gyor - Hun | 29-07 |
| 43,88 | | CA Seia | | A. Gomes, D. Senica, D. Anselmo, A. Jordão | | 4 | C. Port | Maia | 20-05 |
| 43,89 | | Juventude Vidigalense | Jr | R. Ramusga, R. Agostinho, M. Batista, J. Santos | | 3 | CNJ | Marinha Grande | 08-07 |
| 43,90 | | CA Mazarefes | S23 | J. Vale, F. Silva, J. Maciel, C. Castro | | 2 | C. Norte | Maia | 15-07 |
| 43,91 | | ACDR Arneirense | | P. Fernando, D. Martinho, A. Carreira, W. Andrade | | 1 | | Marinha Grande | 03-06 |
| 43,97 | | ACR Sra. Desterro | | S. Silva, A. Varão, JM Salgado, M. Ribeiro | | 6 | CNCI-1 | Leiria | 22-07 |
| 44,03 | | Gira Sol | | R. Silva, M. Cabral, R. Trancho, X. Rato | | 3 | CNCI-2 | Leiria | 22-07 |
| 44,07 | | Juventude Ilha Verde | S23 | R. Toste, A. Rodrigues, J. Melo, R. Moniz | | 1 | CNCI-3 | Leiria | 22-07 |
| 44,09 | | ES Maia | Jr | T. Dinis, G. Santos, H. Silva, D. Guerra | | 1 | | Lousada | 22-04 |
| 44,09 | | Escola do Movimento | | G. Santos, A. Silva, F. Ponces, P. Silva | | 4 | CNCI-2 | Leiria | 22-07 |
| 44,14 | | Juventude Ilha Verde | S23 | J. Melo, A. Rodrigues, R. Toste, S. Silva | | 1 | | Angra do Heroísmo | 17-06 |
| 44,17 | | CC S. João da Madeira | | J. Gonçalves, D. Carvalho, M. Santos, BV Moniz | * | 1s | CNCI-Ap | Fátima | 27-05 |
| 44,18 | | Seleção D. Esc. Lisboa VT | Jr | A. Rangel, A. Assembleia, I. Nazaré, J. Patrício | * | 1 | CN DE | Maia | 20-05 |
| 44,18 | | AC Vermoil | | J. Silva, L. Dias, K. Santos, V. Marreiros | | 3s | CNCI-Ap | Fátima | 27-05 |
| 44,19 | | Juventude Ilha Verde | S23 | R. Toste, R. Moniz, A. Rodrigues, S. Silva | | 3 | CN23 | Pombal | 01-07 |
| 44,22 | | CA Mazarefes | S23 | M. Teixeira, J. Vale, J. Maciel, C. Castro | | 3s | CNCI-Ap | Guimarães | 27-05 |
| 44,29 | | CA Mazarefes | S23 | M. Teixeira, J. Vale, J. Maciel, C. Castro | | 5 | C. Port | Maia | 20-05 |
| 44,32 | | Juventude Ilha Verde | S23 | D. Sebag, M. Costa, S. Silva, M. Camara | | 1 | | Ponta Delgada | 14-07 |
| 44,34 | | Maia AC | Jr | J. Perdigão, H. Silva, T. Dinis, R. Reis | | 3 | C. Norte | Maia | 15-07 |
| 44,35 | | CC S. João da Madeira | | D. Carvalho, J. Gonçalves, M. Santos, I. Tavares | * | 1 | | Vagos | 29-04 |
| 44,39 | | Juventude Vidigalense | S23 | P. Silva, E. Valério, M. Baptista, J. Santos | | 4 | CN23 | Pombal | 01-07 |
| 44,41 | | Grecas | | P. Razori, M. Marta, D. Almeida, T. Boucela | * | 5 | CNCI-2 | Leiria | 22-07 |
| 44,43 | | Juventude Vidigalense | | E. Valério, P. Silva, C. Madeira, W. Martins | * | 2 | | Marinha Grande | 03-06 |

| | | | | | | | | | |
|-------|--|--------------------------|-----|--|---|----|---------|----------------|-------|
| 44,45 | | ACR Sra. Desterro | | J. Salgado, A. Varão, A. Gonçalves, G. Barbosa | * | 4s | CNCI-Ap | Fátima | 27-05 |
| 44,48 | | AC Vermoil | | J. Silva, L. Dias, K. Santos, V. Marreiros | | 3 | | Marinha Grande | 03-06 |
| 44,49 | | CA Mazarefes | S23 | M. Teixeira, F. Silva, J. Vale, C. Castro | | 2 | CNCI-3 | Leiria | 22-07 |
| 44,62 | | Seleção Leiria | Jv | J. Nunes, A. Pimenta, R. Agostinho, R. Ferreira | | 3 | OJ | Braga | 04-06 |
| 44,62 | | CCD Ribeirinho | S23 | J. Gomes, S. Alves, D. Luís, F. Pires | | 1 | | Sobreda | 10-06 |
| 44,64 | | ES Maia | Jv | J. Pombal, T. Dinis, G. Santos, D. Guerra | | 1 | CN DE | Maia | 20-05 |
| 44,64 | | JOMA | | P. Gomez, J. Barros, R. Fernandes, A. Prazeres | | 3 | CNCI-3 | Leiria | 22-07 |
| 44,69 | | Seleção Nacional Juvenil | Jv | JP Buaró, A. Pimenta, R. Agostinho, T. Gonçalves | | 4h | FOJE | Gyor - Hun | 28-07 |
| 44,71 | | SL Benfica | Jv | M. Jaló, R. Rosa, E. Rodrigues, M. Afonso | * | 1 | CNjv | Abrantes | 24-06 |
| 44,73 | | Juventude Ilha Verde | S23 | R. Toste, A. Rodrigues, J. Melo, R. Moniz | | 2 | | Ponta Delgada | 14-07 |
| 44,74 | | Gira Sol | | L. Soares, R. Silva, L. Silva, X. Rato | | 5s | CNCI-Ap | Fátima | 27-05 |
| 44,78 | | CCD Ribeirinho | | J. Gomes, S. Alves, E. Monteiro, P. Gomes | | 1 | | Setúbal | 15-07 |
| 44,83 | | Maia AC | Jr | T. Dinis, H. Silva, A. Espinhosa, P. Silva | | 4 | CNJ | Marinha Grande | 08-07 |
| 44,84 | | Seleção Santarém | Jv | J. Matos, N. Sénica, S. Neves, J. Vieira | | 4 | OJ | Braga | 04-06 |
| 44,88 | | GD Estreito | | P. Freitas, P. Ornelas, F. Santos, J. Teixeira | | 1 | | Ribeira Brava | 15-07 |
| 44,91 | | AA Pinhalnovense | S23 | A. Carvalho, A. Rangel, P. Caroné, P. Trindade | | 2 | | Sobreda | 10-06 |
| 44,93 | | Escola do Movimento | Jv | J. Ribeiro, E. Guedelha, F. Ponces, G. Santos | | 1 | | Maia | 14-05 |
| 44,95 | | EB MD Saraiva | Jv | J. Pinto, L. Iala, E. Junior, A. Prazeres | | 2 | CN DE | Maia | 20-05 |
| 44,95 | | CCD Ribeirinho | | J. Gomes, S. Alves, D. Luís, L. Lima | | 1s | CNCI-Ap | Vendas Novas | 27-05 |
| 44,97 | | Juventude Ilha Verde | S23 | J. Melo, A. Rodrigues, J. Carreiro, R. Toste | | 6s | CNCI-Ap | Fátima | 27-05 |

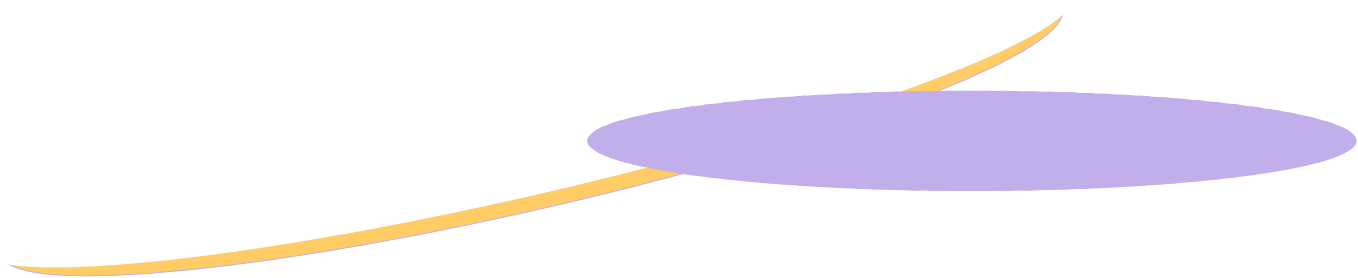
(*) com atletas estrangeiros

4 x 400 m – 3.25,0 – 3.35,0

| Marca | V | Clube | Esc | Atletas | Obs | CI | Prova | Local | Data |
|---------|---|-----------------------|-----|--|-----|----|---------|----------------|-------|
| 3.12,74 | | Seleção Nacional | | S. Silva, M. Pereira, R. Ribeiro, VR Santos | | 10 | ETC - 1 | Vaasa - Fin | 25-06 |
| 3.14,88 | | Sporting CP | | T. Horta, S. Martins, A. Rodrigues, R. Ribeiro | | 1 | CNCI-1 | Leiria | 23-07 |
| 3.16,02 | | SL Benfica | | R. Jorge, J. Fonseca, VR Santos, M. Afonso | | 2 | CNCI-1 | Leiria | 23-07 |
| 3.16,91 | i | SL Benfica | | M. Pereira, J. Tavares, A. Marques, VR. Santos | | 1 | CNCI-1 | Pombal | 19-02 |
| 3.18,49 | i | Sporting CP | | M. Sambé, R. Ribeiro, G. Pinto, S. Martins | | 2 | CNCI-1 | Pombal | 19-02 |
| 3.19,83 | | SL Benfica | S23 | A. Sá, M. Ramos, JC Pinto, D. Mestre | | 1 | CN23 | Pombal | 02-07 |
| 3.20,37 | | Sporting CP | | T. Horta, S. Martins, A. Rodrigues, A. Moura | | 1s | CNCI-Ap | Vendas Novas | 28-05 |
| 3.20,52 | i | Sporting CP | | A. Moura, R. Ribeiro, T. Horta, S. Martins | | 1 | C. Port | Pombal | 12-02 |
| 3.21,55 | i | SL Benfica | | J. Tavares, M. Pereira, D. Pinhão, J. Fonseca | | 1s | CNCI-Ap | Pombal | 22-01 |
| 3.22,97 | i | Juventude Vidigalense | | T. Freire, B. Gualberto, M. Silva, R. Belo | | 3 | CNCI-1 | Pombal | 19-02 |
| 3.23,31 | i | ACR Sra. Desterro | | M. Ribeiro, J. Fortes, M. Hassany, G. Barbosa | * | 4 | CNCI-1 | Pombal | 19-02 |
| 3.23,73 | i | CA Seia | | A. Jordão, J. Delgado, T. Gonçalves, D. Sénica | | 5 | CNCI-1 | Pombal | 19-02 |
| 3.23,84 | | Juventude Vidigalense | | M. Baptista, M. Silva, B. Gualberto, T. Freire | | 1s | CNCI-Ap | Fátima | 28-05 |
| 3.24,02 | i | Sporting CP | | D. Chagas, T. Horta, A. Moura, S. Martins | | 1s | CNCI-Ap | Pombal | 21-01 |
| 3.24,08 | | SC Braga | S23 | J. Alves, JP Ferreira, R. Lima, E. Sá | | 3 | CNCI-1 | Leiria | 23-07 |
| 3.24,30 | i | SC Braga | S23 | J. Alves, JP Ferreira, F. Rodrigues, E. Sá | | 6 | CNCI-1 | Pombal | 19-02 |
| 3.24,49 | | Juventude Vidigalense | | M. Baptista, B. Gualberto, M. Silva, T. Freire | | 4 | CNCI-1 | Leiria | 23-07 |
| 3.24,76 | | CC S. João Madeira | | M. Santos, M. Roque, R. Matos, R. Gomes | * | 1 | CNCI-2 | Leiria | 23-07 |
| 3.24,80 | | CC S. João Madeira | | M. Santos, R. Oliveira, R. Matos, R. Gomes | * | 2s | CNCI-Ap | Fátima | 28-05 |
| 3.24,98 | | Sporting CP | Jr | M. Tapadas, D. Chagas, M. Faustino, A. Moura | | 1 | CNJ | Marinha Grande | 09-07 |
| 3.25,32 | | SC Braga | S23 | R. Vilas Boas, J. Peixoto, J. Lopes, JP Ferreira | | 1s | CNCI-Ap | Guimarães | 28-05 |
| 3.25,34 | | Escola do Movimento | | E. Baptista, D. Reis, E. Ferreira, T. Baptista | | 1 | C. Port | Maia | 20-05 |
| 3.25,35 | | ACD Jardim Serra | | R. Faria, D. Teixeira, W. Connriott, B. Pereira | | 5 | CNCI-1 | Leiria | 23-07 |
| 3.25,40 | i | SC Braga | S23 | J. Lopes, JP Ferreira, F. Rodrigues, E. Sá | | 2 | C. Port | Pombal | 12-02 |
| 3.25,55 | | SL Benfica | Jr | D. Pinhão, D. Guerra, A. Rainha, D. Vidais | | 2 | CNJ | Marinha Grande | 09-07 |
| 3.25,97 | | CA Seia | | D. Senica, A. Jordão, D. Anselmo, J. Delgado | | 3s | CNCI-Ap | Fátima | 28-05 |
| 3.25,99 | i | CA Seia | | J. Delgado, A. Jordão, D. Anselmo, D. Sénica | | 3 | C. Port | Pombal | 12-02 |
| 3.26,05 | i | ACR Sra. Desterro | | A. Gameiro, J. Fortes, M. Tavares, M. Hassany | * | 6 | CNCI-1 | Leiria | 23-07 |
| 3.26,10 | | CA Seia | | D. Senica, A. Lima, D. Oliveira, N. Lopes | | 7 | CNCI-1 | Leiria | 23-07 |
| 3.26,15 | | Escola do Movimento | | E. Baptista, D. Reis, E. Ferreira, T. Baptista | | 2s | CNCI-Ap | Guimarães | 28-05 |
| 3.26,15 | | Escola do Movimento | | E. Ferreira, D. Reis, J. Cruz, T. Baptista | | 2 | CNCI-2 | Leiria | 23-07 |
| 3.26,27 | i | Escola do Movimento | | D. Rego, D. Reis, T. Calvo, T. Baptista | | 4 | C. Port | Pombal | 12-02 |
| 3.26,32 | | CA Seia | | D. Senica, D. Anselmo, A. Jordão, D. Oliveira | | 2 | C. Port | Maia | 20-05 |
| 3.27,14 | | Sporting CP | S23 | M. Sambé, A. Moura, D. Chagas, R. Ribeiro | | 2 | CN23 | Pombal | 02-07 |

| | | | | | | | | | |
|---------|---|-----------------------|-----|--|---|----|----------|----------------|-------|
| 3.27,20 | i | CC S. João Madeira | | R. Oliveira, M. Santos, R. Matos, R. Gomes | * | 1 | CNCI-2 | Pombal | 19-02 |
| 3.27,21 | | CC S. João Madeira | | M. Santos, R. Matos, D. Silva, R. Oliveira | * | 1 | | Vagos | 29-04 |
| 3.27,80 | | Escola do Movimento | | A. Caetano, A. Silva, D. Reis, T. Baptista | | 1 | C. Norte | Maia | 16-07 |
| 3.27,87 | i | Juventude Vidigalense | | B. Gualberto, R. Belo, M. Silva, T. Freire | | 2s | CNCI-Ap | Pombal | 22-01 |
| 3.28,20 | | CC S. João Madeira | | M. Santos, C. Resende, R. Matos, R. Gomes | * | 1 | | Vagos | 08-01 |
| 3.28,38 | i | Escola do Movimento | | E. Baptista, D. Reis, D. Rego, T. Baptista | | 2 | CNCI-2 | Pombal | 19-02 |
| 3.28,40 | | Grecas | | D. Almeida, T. Silva, M. Marta, P. Mirassol | | 3 | CNCI-2 | Leiria | 23-07 |
| 3.28,58 | i | SC Braga | S23 | J. Lopes, JP Ferreira, F. Rodrigues, E. Sá | | 1s | CNCI-Ap | Braga | 21-01 |
| 3.29,17 | | ACD Jardim Serra | | R. Faria, W. Conniott, D. Sousa, B. Pereira | | 1s | CNCI-Ap | Ribeira Brava | 28-05 |
| 3.29,98 | | Maia AC | | R. Reis, J. Aido, T. Dinis, J. Cruz | | 3s | CNCI-Ap | Guimarães | 28-05 |
| 3.30,06 | | Juventude Ilha Verde | S23 | R. Toste, A. Rodrigues, J. Melo, S. Silva | | 1 | CNCI-3 | Leiria | 23-07 |
| 3.30,11 | | Maia AC | | H. Silva, B. Borges, J. Aido, R. Reis | | 3 | CNJ | Marinha Grande | 09-07 |
| 3.30,3 | | AA Ch. Caparica | | J. Colaço, E. Veloso, P. Palmeirim, T. Gonçalves | | 1 | | Sobreda | 18-03 |
| 3.30,30 | i | Escola do Movimento | | E. Baptista, D. Reis, D. Rego, T. Baptista | | 2s | CNCI-Ap | Braga | 21-01 |
| 3.31,02 | i | CC S. João Madeira | | M. Santos, C. Resende, R. Matos, R. Gomes | * | 3s | CNCI-Ap | Braga | 21-01 |
| 3.31,26 | i | NA Cucujães | | D. Magalhães, R. Gonçalves, J. Oliveira, E. Sá | | 3 | CNCI-2 | Pombal | 19-02 |
| 3.31,46 | | GA Fátima | | C. Prino, H. Santos, R. Paixão, D. Martins | | 4s | CNCI-Ap | Fátima | 28-05 |
| 3.31,48 | | JO Monte Abrão | | N. Graça, C. Moreira, P. Varela, R. Carrera | | 2 | CNCI-3 | Leiria | 23-07 |
| 3.31,53 | | NA Cucujães | | D. Magalhães, J. Ferreira, J. Ferreira, R. Gonçalves | | 2 | | Vagos | 29-04 |
| 3.31,62 | | AA Pinhalnovense | | A. Pereira, C. Pedreira, A. Carvalho, P. Caroné | | 2s | CNCI-Ap | Vendas Novas | 28-05 |
| 3.31,63 | i | Casa Bf Faro | | D. Mateus, B. Marques, J. Mestre, A. Ferreira | | 5 | C. Port | Pombal | 12-02 |
| 3.31,78 | | AC Póvoa | | A. Gomes, J. Silva, P. Silva, A. Magalhães | | 3 | CNCI-3 | Leiria | 23-07 |
| 3.32,08 | i | ACR Sra. Desterro | | M. Ribeiro, A. Gameiro, A. Rodrigues, J. Fortes | | 2s | CNCI-Ap | Pombal | 21-01 |
| 3.32,14 | | Maia AC | | T. Dinis, J. Aido, S. Teixeira, J. Cruz | | 2 | C. Norte | Maia | 16-07 |
| 3.32,17 | i | CA Seia | | D. Anselmo, A. Jordão, D. Rodrigues, E. Rebelo | | 3s | CNCI-Ap | Pombal | 22-01 |
| 3.32,36 | | Juventude Vidigalense | | R. Ramusga, M. Baptista, J. Santos, R. Agostinho | | 4 | CNJ | Marinha Grande | 09-07 |
| 3.32,38 | | CA Mazarefes | S23 | M. Teixeira, J. Vale, FI Silva, J. Maciel | | 4 | CNCI-3 | Leiria | 23-07 |
| 3.32,41 | i | ACD Jardim Serra | | W. Conniott, B. Silva, D. Sousa, B. Pereira | | 7 | CNCI-1 | Pombal | 19-02 |
| 3.32,54 | | ACR Sra. Desterro | | M. Ribeiro, J. Fortes, A. Gameiro, M. Hassany | * | 1s | CNCI-Ap | Fátima | 28-05 |
| 3.32,94 | i | GA Fátima | | C. Prino, G. Pires, D. Martins, E. Remédios | | 4 | CNCI-2 | Pombal | 19-02 |
| 3.33,0 | | AA Pinhalnovense | | A. Pereira, C. Pedreira, T. Martins, P. Caroné | | 2 | | Sobreda | 18-03 |
| 3.33,05 | i | Grecas | | R. Capelo, T. Silva, H. Eugénio, T. Boucela | | 3s | CNCI-Ap | Pombal | 21-01 |
| 3.33,45 | i | Grecas | S23 | R. Capelo, H. Eugénio, M. Marta, M. Seixeiro | | 5 | CNCI-2 | Pombal | 19-02 |
| 3.33,54 | | JO Monte Abrão | | N. Graça, P. Varela, C. Moreira, R. Carrera | | 3s | CNCI-Ap | Vendas Novas | 28-05 |
| 3.33,54 | | AC Póvoa | | A. Gomes, J. Silva, P. Silva, A. Magalhães | | 3 | C. Norte | Maia | 16-07 |
| 3.33,64 | | Grecas | S23 | P. Carvalho, T. Silva, P. Mirassol, P. Razori | | 2s | CNCI-Ap | Fátima | 28-05 |
| 3.33,70 | | Inglese FC | | D. Tavares, J. Oliveira, L. Rações, H. Gil | | 1 | | Lisboa - I | 16-07 |
| 3.33,72 | | NA Cucujães | | J. Ferreira, D. Peixoto, J. Ferreira, J. Oliveira | | 2 | | Vagos | 08-01 |
| 3.33,73 | | Casa Bf Faro | | B. Martins, C. Silva, J. Mestre, B. Silveira | * | 1 | | Faro | 30-04 |
| 3.33,80 | | Juventude Ilha Verde | S23 | J. Melo, R. Toste, A. Rodrigues, S. Silva | | 5s | CNCI-Ap | Fátima | 28-05 |
| 3.33,82 | i | Maia AC | | R. Reis, D. Santos, H. Silva, S. Teixeira | | 6 | CNCI-2 | Pombal | 19-02 |
| 3.33,92 | | Grecas | | P. Carvalho, H. Eugénio, M. Marta, T. Boucela | | 3 | | Vagos | 29-04 |
| 3.33,96 | i | GA Fátima | | D. Martins, E. Remédios, G. Pires, C. Prino | | 4s | CNCI-Ap | Pombal | 22-01 |
| 3.33,96 | | Casa Bf Faro | S23 | B. Martins, M. Barrigana, J. Mestre, A. Ferreira | | 5 | CNCI-3 | Leiria | 23-07 |
| 3.34,04 | | NA Cucujães | | J. Ferreira, E. Araujo, J. Ferreira, D. Magalhães | | 4s | CNCI-Ap | Guimarães | 28-05 |
| 3.34,08 | i | Casa Bf Faro | | D. Mateus, B. Marques, J. Mestre, B. Silveira | * | 1s | CNCI-Ap | Pombal | 21-01 |
| 3.34,38 | | GA Fátima | | H. Santos, D. Martins, C. Lopes, E. Remédios | | 4 | CNCI-2 | Leiria | 23-07 |

(*) com atletas estrangeiros



femininos

Época 2015/2016



100 m – 12,30 - 13,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|------|----------------------|-----|-----------------|-----|----------|-----|------------|-------------------|-------|----------|
| 11,37 | 0,5 | Lorene Dorcas Bazolo | | Sporting CP | | 04-05-83 | 2 | | Salamanca - Esp | 03-06 | 11,21-16 |
| 11,42 | 1,3 | Lorene Dorcas Bazolo | | | | | 1h | Maia | Maia | 08-07 | |
| 11,42 | 1,3 | Lorene Dorcas Bazolo | | | | | 1 | F. Ribeiro | Maia | 12-07 | |
| 11,43 | -0,2 | Lorene Dorcas Bazolo | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 11,45 | -0,5 | Lorene Dorcas Bazolo | | | | | 2 | | Atenas - Gre | 31-05 | |
| 11,47 | 1,6 | Lorene Dorcas Bazolo | | | | | 1 | | Palafrugell - Esp | 27-05 | |
| 11,47 | 0,0 | Lorene Dorcas Bazolo | | | | | 1h | | Salamanca - Esp | 03-06 | |
| 11,47 | 0,3 | Lorene Dorcas Bazolo | | | | | 1h | F. Ribeiro | Maia | 12-07 | |
| 11,49 | -0,3 | Lorene Dorcas Bazolo | | | | | 1 | | Lisboa - I | 15-07 | |
| 11,52 | 0,8 | Lorene Dorcas Bazolo | | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 11,53 | 0,1 | Lorene Dorcas Bazolo | | | | | 1h | V. Tavares | Faro | 13-05 | |
| 11,56 | 0,5 | Lorene Dorcas Bazolo | | | | | 1 | Maia | Maia | 08-07 | |
| 11,65 | 1,0 | Lorene Dorcas Bazolo | | | | | 1 | V. Tavares | Faro | 13-05 | |
| 11,72 | -0,6 | Lorene Dorcas Bazolo | | | | | 1h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 11,73 | 1,2 | Marisa Carvalho | Jr | SL Benfica | | 15-11-99 | 1 | Lx/Md | Lisboa - I | 29-07 | 11,65-16 |
| 11,74 | -1,2 | Lorene Dorcas Bazolo | | | | | 3 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 11,78 | 0,5 | Adriana Alves | S23 | SL Benfica | ANG | 13-09-95 | 4 | | Salamanca - Esp | 03-06 | 12,13-15 |
| 11,80 | 1,7 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 1 | | Ribeira Brava | 06-05 | 11,80-16 |
| 11,80 | 0,5 | Cátia Garcia Santos | | SL Benfica | | 13-05-94 | 5 | | Salamanca - Esp | 03-06 | 11,82-16 |
| 11,82 | 0,0 | Marisa Carvalho | Jr | | | | 1h | Lx/Md | Lisboa - I | 29-07 | |
| 11,84 | 0,7 | Cátia Garcia Santos | | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 11,85 | 2,0 | Cátia Garcia Santos | | | | | 1h | C. Port | Vagos | 10-06 | |
| 11,86 | 0,7 | Adriana Alves | S23 | | ANG | | 2 | Fortunato | Torres Vedras | 21-05 | |
| 11,86 | 1,9 | Rosalina Santos | Jr | | RSA | | 1ex | CNJ | Marinha Grande | 08-07 | |
| 11,89 | 1,8 | Rosalina Santos | Jr | | RSA | | 1h | | Ribeira Brava | 15-07 | |
| 11,92 | 0,4 | Adriana Alves | S23 | | ANG | | 1 | | Lisboa - I | 24-06 | |
| 11,92 | 0,9 | Catarina Lourenço | Jv | CAS Manique | | 12-02-00 | 1h | Lx/Md | Lisboa - I | 29-07 | 12,31-16 |
| 11,93 | 1,0 | Olimpia Barbosa | S23 | Sporting CP | | 28-02-95 | 2 | V. Tavares | Faro | 13-05 | 11,75-15 |
| 11,93 | 0,0 | Cátia Garcia Santos | | | | | 6h | | Salamanca - Esp | 03-06 | |
| 11,96 | 1,9 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 22-04 | |
| 11,96 | 0,8 | Olimpia Barbosa | S23 | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 11,96 | 0,0 | Adriana Alves | S23 | | ANG | | 7h | | Salamanca - Esp | 03-06 | |
| 11,97 | 1,3 | Rivinilda Mentai | | SL Benfica | | 01-04-94 | 1 | F. Alves | Marinha Grande | 20-05 | 12,02-16 |
| 11,97 | 0,5 | Rosalina Santos | Jr | | RSA | | 1 | | Maia | 14-06 | |
| 11,98 | 2,0 | Tatiana Rosário | | GA Fátima | | 05-04-94 | 2h | C. Port | Vagos | 10-06 | 12,09-15 |
| 11,98 | 1,2 | Nkansa Delphine | Jv | Pedro Pessoa EA | BEL | 21-09-01 | 2 | Lx/Md | Lisboa - I | 29-07 | |
| 12,01 | -1,4 | Rivinilda Mentai | | | | | 1 | | Torres Vedras | 09-05 | |
| 12,01 | 1,0 | Adriana Alves | S23 | | ANG | | 1h | V. Tavares | Faro | 13-05 | |
| 12,01 | 0,0 | Rivinilda Mentai | | | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 12,01 | 1,3 | Catarina Lourenço | Jv | | | | 3 | F. Ribeiro | Maia | 12-07 | |
| 12,02 | 0,8 | Nkansa Delphine | Jv | | BEL | | 1 | SLB | Lisboa - I | 17-06 | |
| 12,02 | 1,3 | Catarina Lourenço | Jv | | | | 2h | F. Ribeiro | Maia | 12-07 | |
| 12,03 | 0,0 | Adriana Alves | S23 | | ANG | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 12,03 | -0,8 | Cátia Garcia Santos | | | | | 1h | Fortunato | Torres Vedras | 21-05 | |
| 12,03 | -2,6 | Tatiana Rosário | | | | | 2h | Caceres | Plasencia - Esp | 28-06 | |
| 12,05 | 1,8 | Adriana Alves | S23 | | ANG | | 1h | Fortunato | Torres Vedras | 21-05 | |
| 12,05 | 1,8 | Yariadmis Arguelles | | SL Benfica | CUB | 18-04-84 | 2h | Maia | Maia | 08-07 | |
| 12,05 | 1,3 | Adriana Alves | S23 | | ANG | | 3h | Maia | Maia | 08-07 | |
| 12,06 | 2,0 | Rosalina Santos | Jr | | RSA | | 3h | C. Port | Vagos | 10-06 | |
| 12,06 | 0,5 | Yariadmis Arguelles | | | CUB | | 4 | Maia | Maia | 08-07 | |
| 12,07 | 1,2 | Catarina Lourenço | Jv | | | | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 12,08 | -1,0 | Olimpia Barbosa | S23 | | | | 1h | Lisboa | Lisboa - I | 01-05 | |
| 12,08 | 0,5 | Adriana Alves | S23 | | ANG | | 1h | | Lisboa - I | 24-06 | |
| 12,08 | 1,9 | Nkansa Delphine | Jv | | BEL | | 1 | CNJ | Marinha Grande | 08-07 | |
| 12,09 | 1,0 | Adriana Alves | S23 | | ANG | | 3 | V. Tavares | Faro | 13-05 | |
| 12,09 | 1,3 | Adriana Alves | S23 | | ANG | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 12,09 | 1,3 | Cátia Garcia Santos | | | | | 3 | F. Alves | Marinha Grande | 20-05 | |
| 12,09 | 0,9 | Carla Gama | | Sporting CP | | 24-11-90 | 1rB | | Salamanca - Esp | 03-06 | 11,93-15 |
| 12,09 | 0,9 | Nkansa Delphine | Jv | | BEL | | 1h | CNJ | Marinha Grande | 08-07 | |

| | | | | | | | | | | | |
|-------|------|---------------------|-----|------------------|-----|----------|-----|-------------|------------------|-------|----------|
| 12,10 | 1,8 | Cátia Garcia Santos | | | | | 3h | Maia | Maia | 08-07 | |
| 12,11 | 1,5 | Tatiana Rosário | | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 12,11 | 1,5 | Tatiana Rosário | | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 12,11 | -2,5 | Tatiana Rosário | | | | | 2 | Caceres | Plasencia - Esp | 28-06 | |
| 12,11 | 1,3 | Nkansa Delphine | Jv | | BEL | | 4 | F. Ribeiro | Maia | 12-07 | |
| 12,11 | 0,3 | Catarina Karas | Jv | Sporting CP | | 23-05-00 | 2h | F. Ribeiro | Maia | 12-07 | 12,17-16 |
| 12,12 | 0,8 | Adriana Alves | S23 | | ANG | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 12,12 | -2,3 | Cátia Garcia Santos | | | | | 1h | Lisboa | Lisboa - I | 01-05 | |
| 12,12 | 0,4 | Sofia Duarte | S23 | Sporting CP | | 07-11-96 | 2 | | Lisboa - I | 24-06 | 11,98-16 |
| 12,13 | 1,6 | Joana Carlos | Jr | Juv. Vidigalense | | 25-03-99 | 1h | CNJ | Marinha Grande | 08-07 | 12,04-16 |
| 12,13 | 1,3 | Sofia Duarte | S23 | | | | 4h | Maia | Maia | 08-07 | |
| 12,14 | 1,3 | Nkansa Delphine | Jv | | BEL | | 3h | F. Ribeiro | Maia | 12-07 | |
| 12,15 | -0,3 | Catarina Lourenço | Jv | | | | 2 | | Lisboa - I | 15-07 | |
| 12,16 | 1,0 | Olimpia Barbosa | S23 | | | | 2h | V. Tavares | Faro | 13-05 | |
| 12,16 | 0,8 | Catarina Lourenço | Jv | | | | 2 | SLB | Lisboa - I | 17-06 | |
| 12,16 | 1,9 | Joana Carlos | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 12,17 | -1,0 | Eva Vital | | Sporting CP | | 08-07-92 | 2h | Lisboa | Lisboa - I | 01-05 | 11,83-13 |
| 12,17 | -1,0 | Catarina Karas | Jv | | | | 3h | Lisboa | Lisboa - I | 01-05 | |
| 12,17 | -2,6 | Andreia Felisberto | | JOMA | | 22-06-86 | 3h | Caceres | Plasencia - Esp | 28-06 | 11,87-12 |
| 12,17 | -2,6 | Sofia Duarte | S23 | | | | 4h | Caceres | Plasencia - Esp | 28-06 | |
| 12,17 | 1,9 | Catarina Lourenço | Jv | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 12,18 | -1,4 | Adriana Alves | S23 | | ANG | | 2 | | Torres Vedras | 09-05 | |
| 12,18 | 0,7 | Beatriz Andrade | Jv | SCU Torreense | | 31-10-01 | 1 | Go Fit | Avila - Esp | 01-07 | 12,50-16 |
| 12,18 | 1,3 | Catarina Karas | Jv | | | | 5 | F. Ribeiro | Maia | 12-07 | |
| 12,19 | 0,8 | Catarina Karas | Jv | | | | 4 | Lisboa | Lisboa - I | 01-05 | |
| 12,19 | -2,5 | Andreia Felisberto | | | | | 3 | Caceres | Plasencia - Esp | 28-06 | |
| 12,19 | 0,5 | Adriana Alves | S23 | | ANG | | 5 | Maia | Maia | 08-07 | |
| 12,20 | 0,9 | Eva Vital | | | | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 12,20 | 2,0 | Carla Gama | | | | | 4h | C. Port | Vagos | 10-06 | |
| 12,20 | 0,9 | Sofia Duarte | S23 | | | | 1h | | Lisboa - I | 24-06 | |
| 12,21 | -2,5 | Sofia Duarte | S23 | | | | 4 | Caceres | Plasencia - Esp | 28-06 | |
| 12,21 | 1,9 | Catarina Karas | Jv | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 12,21 | 0,3 | Catarina Lourenço | Jv | | | | 1h | CNJ | Marinha Grande | 08-07 | |
| 12,22 | -2,3 | Adriana Alves | S23 | | ANG | | 2h | Lisboa | Lisboa - I | 01-05 | |
| 12,23 | -0,4 | Catarina Lourenço | Jv | | | | 1h | SLB | Lisboa - I | 17-06 | |
| 12,23 | 0,3 | Carla Gama | | | | | 3h | F. Ribeiro | Maia | 12-07 | |
| 12,24 | -1,1 | Catarina Lourenço | Jv | | | | 1 | CN DE | Maia | 20-05 | |
| 12,26 | 0,8 | Beatriz Andrade | Jv | | | | 3 | SLB | Lisboa - I | 17-06 | |
| 12,26 | 0,9 | Nkansa Delphine | Jv | | BEL | | 2h | Lx/Md | Lisboa - I | 29-07 | |
| 12,27 | -0,1 | Catarina Lourenço | Jv | | | | 1 | DE | Lisboa - I | 26-04 | |
| 12,27 | 2,0 | Catarina Lourenço | Jv | | | | 1h | DE | Lisboa - I | 26-04 | |
| 12,27 | 1,9 | Beatriz Andrade | Jv | | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 12,27 | 0,5 | Sofia Duarte | S23 | | | | 6 | Maia | Maia | 08-07 | |
| 12,28 | -1,9 | Nkansa Delphine | Jv | | BEL | | 1 | | Setúbal | 13-05 | |
| 12,28 | -0,2 | Adriana Alves | S23 | | ANG | | 2 | CNCI-1 | Leiria | 22-07 | |
| 12,29 | -1,4 | Catarina Lourenço | Jv | | | | 1h | CN DE | Maia | 20-05 | |
| 12,30 | 1,0 | Carla Gama | | | | | 4 | V. Tavares | Faro | 13-05 | |
| 12,30 | 0,6 | Andreia Felisberto | | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 12,30 | -0,5 | Carla Gama | | | | | 2h | | Schiffange - Lux | 30-07 | |
| 12,31 | -0,7 | Catarina Lourenço | Jv | | | | 3 | CM Esc | Nancy - Fra | 27-06 | |
| 12,31 | -0,1 | Beatriz Andrade | Jv | | | | 5mf | FOJE | Gyor - Hun | 24-07 | |
| 12,33 | 0,9 | Beatriz Andrade | Jv | | | | 2h | CNJ | Marinha Grande | 08-07 | |
| 12,34 | -2,0 | Sara Moreira | Jv | C+S Lavra | | 22-01-01 | 4 | CM Esc | Nancy - Fra | 27-06 | 12,54-16 |
| 12,36 | 1,1 | Jessica Neto | Jr | SC Braga | | 12-05-99 | 1h | C. Norte Jr | Braga | 17-06 | 12,42-16 |
| 12,37 | -1,2 | Nkansa Delphine | Jv | | BEL | | 1 | | Setúbal | 21-05 | |
| 12,37 | -0,4 | Nkansa Delphine | Jv | | BEL | | 2h | SLB | Lisboa - I | 17-06 | |
| 12,37 | 1,3 | Jessica Neto | Jr | | | | 4h | F. Ribeiro | Maia | 12-07 | |
| 12,39 | 1,2 | Beatriz Andrade | Jv | | | | 1 | | Torres Vedras | 18-03 | |
| 12,39 | -0,3 | Sofia Duarte | S23 | | | | 3 | | Lisboa - I | 15-07 | |
| 12,40 | 0,6 | Joana Carlos | Jr | | | | 1 | | Braga | 05-07 | |
| 12,40 | 1,6 | Jessica Neto | Jr | | | | 2h | CNJ | Marinha Grande | 08-07 | |
| 12,42 | -1,0 | Catarina Lourenço | Jv | | | | 1 | | Lisboa - MP | 13-05 | |

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|-------|------|---------------------|-----|------------------|-----|----------|----|-------------|-----------------|-------|-----------|
| 12,42 | 1,3 | Joana Carlos | Jr | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 12,42 | 1,9 | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 1h | CNjv | Abrantes | 24-06 | 12,43-16 |
| 12,42 | 2,0 | Carina Silva | Jv | ACDR Ameirense | | 24-01-01 | 1h | CNJ | Abrantes | 24-06 | |
| 12,42 | 0,3 | Mariana António | Jr | Sporting CP | | 09-06-98 | 2h | CNJ | Maia | 08-07 | 12,54-14 |
| 12,42 | 1,6 | Ema Camacho | Jv | GD Estreito | | 21-05-00 | 3h | CNJ | Marinha Grande | 08-07 | 12,57-16 |
| 12,43 | 0,0 | Carolina Duarte | | Sporting CP | | 08-01-90 | 4 | CM IPC | Londres - Gbr | 17-07 | 12,17-10 |
| 12,43 | -0,2 | Beatriz Andrade | Jv | | | | 3h | FOJE | Gyor - Hun | 24-07 | |
| 12,44 | 0,1 | Nkansa Delphine | Jv | | BEL | | 1 | | Sobreda | 26-02 | |
| 12,44 | 2,0 | Catarina Silva | | Grecas | | 03-04-90 | 5h | C. Port | Vagos | 10-06 | 12,54-16 |
| 12,45 | -0,1 | Carina Silva | Jv | | | | 2 | DE | Lisboa - I | 26-04 | |
| 12,45 | -2,3 | Beatriz Andrade | Jv | | | | 3h | Lisboa | Lisboa - I | 01-05 | |
| 12,46 | -1,0 | Beatriz Andrade | Jv | | | | 2 | | Lisboa - MP | 13-05 | |
| 12,46 | 0,0 | Ema Camacho | Jv | | | | 1 | | Ribeira Brava | 20-05 | |
| 12,46 | -1,1 | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 2 | CN DE | Maia | 20-05 | 12,95w-16 |
| 12,46 | 0,0 | Cátia Garcia Santos | | | | | 3 | F. Alves | Marinha Grande | 20-05 | |
| 12,46 | 1,3 | Jessica Neto | Jr | | | | 6 | F. Ribeiro | Maia | 12-07 | |
| 12,47 | 1,3 | Catarina Silva | | | | | 1 | | Luso | 22-04 | |
| 12,47 | 1,1 | Ema Camacho | Jv | | | | 1 | | Ribeira Brava | 06-05 | |
| 12,48 | 1,9 | Ema Camacho | Jv | | | | 2 | | Ribeira Brava | 22-04 | |
| 12,48 | -2,3 | Beatriz Andrade | Jv | | | | 1s | | Torres Vedras | 09-05 | |
| 12,49 | 1,9 | Jessica Neto | Jr | | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 12,49 | 1,9 | Ema Camacho | Jv | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 12,50 | -0,2 | Jessica Neto | Jr | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 12,50 | 1,2 | Carina Silva | Jv | | | | 5 | Lx/Md | Lisboa - I | 29-07 | |
| 12,51 | 1,0 | Catarina Silva | | | | | 1h | | Vagos | 15-07 | |
| 12,52 | -2,3 | Ana Costa | Ini | | | | 1 | | Lousada | 22-04 | |
| 12,52 | -1,1 | Érica Gangeia | Jv | | | | 3 | CN DE | Maia | 20-05 | |
| 12,52 | -1,4 | Ana Costa | Ini | | | | 2h | CN DE | Maia | 20-05 | |
| 12,53 | 0,4 | Jessica Neto | Jr | | | | 1 | CNCI-Ap | Guimarães | 27-05 | |
| 12,53 | 0,5 | Catarina Silva | | | | | 2 | | Maia | 14-06 | |
| 12,53 | 0,7 | Ema Camacho | Jv | | | | 3 | Go Fit | Avila - Esp | 01-07 | |
| 12,53 | 0,3 | Sara Moreira | Jv | | | | 4h | F. Ribeiro | Maia | 12-07 | |
| 12,54 | 0,1 | Carla Gama | | | | | 2h | V. Tavares | Faro | 13-05 | |
| 12,54 | 1,3 | Catarina Silva | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 12,55 | -1,5 | Beatriz Andrade | Jv | | | | 1 | CFB | Lisboa - MP | 10-05 | |
| 12,56 | -0,8 | Érica Gangeia | Jv | | | | 1h | CN DE | Maia | 20-05 | |
| 12,57 | 0,2 | Carina Silva | Jv | | | | 1h | DE | Lisboa - I | 26-04 | |
| 12,57 | 1,9 | Carina Silva | Jv | | | | 1h | | Pombal | 10-06 | |
| 12,57 | -1,0 | Sara Moreira | Jv | | | | 1 | C. Norte Jr | Braga | 17-06 | |
| 12,57 | 0,9 | Carina Silva | Jv | | | | 3h | Lx/Md | Lisboa - I | 29-07 | |
| 12,58 | -1,8 | Carina Silva | Jv | | | | 1 | | Pombal | 13-05 | |
| 12,58 | 0,4 | Mariana António | Jr | | | | 3 | | Lisboa - I | 24-06 | |
| 12,59 | 0,4 | Sara Moreira | Jv | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 12,59 | 1,3 | Érica Gangeia | Jv | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 12,59 | -2,6 | Joana Carlos | Jr | | | | 5h | Caceres | Plasencia - Esp | 28-06 | |
| 12,60 | 0,6 | Lecabela Quaresma | | SL Benfica | | 26-12-89 | 1 | | Maromme - Fra | 29-04 | 25,19-15 |
| 12,60 | -1,4 | Catarina Lourenço | Jv | | | | 1h | | Lisboa - MP | 13-05 | |
| 12,60 | 1,1 | Catarina Silva | | | | | 1 | | Braga | 21-06 | |
| 12,60 | 0,9 | Mariana António | Jr | | | | 2h | | Lisboa - I | 24-06 | |
| 12,60 | -0,3 | Mariana António | Jr | | | | 4 | | Lisboa - I | 15-07 | |
| 12,62 | 1,0 | Rita Faria | Jr | Sporting CP | | 16-05-98 | 5 | V. Tavares | Faro | 13-05 | 12,62-16 |
| 12,64 | 0,2 | Sara Moreira | Jv | | | | 1 | | Maia | 25-03 | |
| 12,64 | 0,3 | Alina Humenyuk | Jv | Juv. Vidigalense | UKR | 27-10-00 | 1 | | Pombal | 25-04 | |
| 12,64 | -3,4 | Nkansa Delphine | Jv | | BEL | | 1 | | Setúbal | 13-05 | |
| 12,65 | -1,4 | Carina Silva | Jv | | | | 1h | | Pombal | 13-05 | |
| 12,65 | 0,3 | Joana Carlos | Jr | | | | 5h | F. Ribeiro | Maia | 12-07 | |
| 12,66 | 1,0 | Rita Faria | Jr | | | | 3h | V. Tavares | Faro | 13-05 | |
| 12,66 | -0,6 | Andreia Felisberto | | | | | 1h | Fortunato | Torres Vedras | 21-05 | |
| 12,66 | 0,4 | Érica Gangeia | Jv | | | | 1s | | Maia | 14-06 | |
| 12,66 | 1,5 | Beatriz Andrade | Jv | | | | 1h | SLB | Lisboa - I | 17-06 | |
| 12,66 | 0,6 | Catarina Silva | | | | | 2 | | Braga | 05-07 | |
| 12,66 | 1,3 | Sara Moreira | Jv | | | | 7 | F. Ribeiro | Maia | 12-07 | |

| | | | | | | | | | | |
|-------|------|----------------------|-----|-------------------|--------------|----|-------------|------------------|-------|-------------|
| 12,66 | -0,2 | Catarina Silva | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 12,66 | -0,2 | Ana Moreira | Jr | Juv. Vidigalense | 27-06-98 | 5 | CNCI-1 | Leiria | 22-07 | 12,25-15 |
| 12,67 | -0,1 | Vitória Monteiro | Jr | AA Pinhalnovense | 24-05-99 | 1 | | Sobreda | 23-04 | 12,61w-15 |
| 12,67 | 1,1 | Carina Silva | Jv | | | 4 | CN DE | Maia | 20-05 | |
| 12,67 | -1,0 | Jessica Neto | Jr | | | 2 | C. Norte Jr | Braga | 17-06 | |
| 12,67 | 2,0 | Carmo Juiz | Ini | Maratona CP | 11-09-02 | 2h | CNjv | Abrantes | 24-06 | |
| 12,67 | 1,8 | Maria João Barbosa | Jv | CCD Ribeirão | 08-03-01 | 4h | Maia | Maia | 08-07 | |
| 12,68 | 0,9 | Rita Faria | Jr | | | 3h | CNJ | Marinha Grande | 08-07 | |
| 12,69 | 0,9 | Ana Costa | Ini | | | 2 | | Maia | 25-03 | |
| 12,69 | -1,4 | Carina Silva | Jv | | | 3h | CN DE | Maia | 20-05 | |
| 12,69 | 1,4 | Maria João Barbosa | Jv | | | 1h | C. Norte | Maia | 15-07 | |
| 12,70 | -0,5 | Érica Gangeia | Jv | | | 1 | | Póvoa de Varzim | 24-05 | |
| 12,70 | 1,5 | Cristiana Cunha | | ACR Sra. Desterro | 17-07-91 | 2s | CNCI-Ap | Fátima | 27-05 | 12,72-11/13 |
| 12,70 | 0,5 | Vitória Monteiro | Jr | | | ex | | Lisboa - I | 24-06 | |
| 12,70 | -2,6 | Margarida Monteiro | S23 | SL Benfica | 30-11-97 | 6h | Caceres | Plasencia - Esp | 28-06 | 12,09-16 |
| 12,71 | -0,7 | Vitória Monteiro | Jr | | | 1 | | Sobreda | 06-05 | |
| 12,71 | 0,3 | Vitória Monteiro | Jr | | | 3h | CNJ | Marinha Grande | 08-07 | |
| 12,72 | -1,4 | Beatriz Andrade | Jv | | | 2h | | Lisboa - MP | 13-05 | |
| 12,72 | 0,3 | Érica Gangeia | Jv | | | 1h | | Luso | 17-06 | |
| 12,73 | 1,7 | Catarina Silva | | | | 1 | | Lousada | 23-04 | |
| 12,73 | 1,9 | Margarida Figueiredo | Jv | S. Viseu Bf | 14-03-01 | 2h | CNjv | Abrantes | 24-06 | |
| 12,74 | -1,5 | Alina Humenyuk | Jv | | UKR | 1h | | Pombal | 13-05 | |
| 12,74 | -1,1 | Vitória Monteiro | Jr | | | 1 | | Setúbal | 21-05 | |
| 12,74 | 1,1 | Vera Monteiro | ini | EA Rio Tinto | 15-11-02 | 1 | | Maia | 10-06 | |
| 12,74 | 0,9 | Rute Mota | Jr | GAU Bajouca | 25-03-99 | 4h | CNJ | Marinha Grande | 08-07 | |
| 12,74 | 0,0 | Fatumata Baldé | Jv | CAS Manique | GBS 29-07-00 | 5h | Lx/Md | Lisboa - I | 29-07 | 12,57-16 |
| 12,75 | -2,3 | Sara Moreira | Jv | | | 2 | | Lousada | 22-04 | |
| 12,75 | 0,3 | Rafaela Hora | Jr | EC+S Lavra | 11-09-98 | 4h | CNJ | Marinha Grande | 08-07 | 12,82w-15 |
| 12,75 | 0,3 | Alina Humenyuk | Jv | | UKR | 5h | CNJ | Marinha Grande | 08-07 | |
| 12,75 | 1,3 | Catarina Silva | | | | 5h | F. Ribeiro | Maia | 12-07 | |
| 12,76 | 1,3 | Vera Lima | | Grecas | 08-12-89 | 2 | | Luso | 22-04 | 12,64-11 |
| 12,76 | 0,5 | Maria João Barbosa | Jv | | | 7 | Maia | Maia | 08-07 | |
| 12,77 | -1,8 | Margarida Figueiredo | Jv | | | 1 | DE | Marinha Grande | 06-05 | |
| 12,77 | 1,1 | Cátia Jacinto | | Juv. Vidigalense | 26-08-92 | 1 | | Fátima | 27-05 | 12,19-11 |
| 12,77 | 2,0 | Ana Moreira | Jr | | | 6h | C. Port | Vagos | 10-06 | |
| 12,77 | 0,8 | Carmo Juiz | Ini | | | 4 | SLB | Lisboa - I | 17-06 | |
| 12,78 | 1,6 | Margarida Figueiredo | Jv | | | 1 | Viseu | Viseu | 22-04 | |
| 12,78 | -2,3 | Catarina Silva | | | | 1 | | Aveiro | 13-05 | |
| 12,78 | 0,1 | Sara Moreira | Jv | | | 1h | C. Norte Jr | Braga | 17-06 | |
| 12,78 | -2,5 | Joana Carlos | Jr | | | 5 | Caceres | Plasencia - Esp | 28-06 | |
| 12,78 | 1,5 | Fátima Coutinho | Jr | CA Mazarefes | 01-04-99 | 1h | C. Norte | Maia | 15-07 | 12,55-15 |
| 12,79 | -2,1 | Nkansa Delphine | Jv | | BEL | 1h | | Setúbal | 21-05 | |
| 12,79 | 0,4 | Rita Faria | Jr | | | 4 | | Lisboa - I | 24-06 | |
| 12,79 | 1,8 | Lidiane Lopes | | SL Benfica | CPV 01-09-94 | 5h | Maia | Maia | 08-07 | |
| 12,79 | -0,2 | Ema Camacho | Jv | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 12,80 | -0,8 | Catarina Silva | | | | 1s | | Maia | 24-05 | |
| 12,81 | 1,2 | Ema Carvão | Jv | ACD Jardim Serra | 05-05-01 | 1 | | Ribeira Brava | 28-04 | 13,00-16 |
| 12,81 | -0,5 | Rafaela Hora | Jr | | | 1s | | Maia | 14-06 | |
| 12,81 | -0,4 | Fatumata Baldé | Jv | | GBS | 3h | SLB | Lisboa - I | 17-06 | |
| 12,81 | -0,2 | Ema Carvão | Jv | | | 7 | CNCI-1 | Leiria | 22-07 | |
| 12,82 | -0,6 | Patrícia Alminhas | Jv | Vit. Setúbal | 04-02-00 | 1s | | Setúbal | 29-04 | 12,82-16 |
| 12,82 | -0,7 | Patrícia Alminhas | Jv | | | 2 | | Sobreda | 06-05 | |
| 12,83 | -1,8 | Alina Humenyuk | Jv | | UKR | 2 | | Pombal | 13-05 | |
| 12,83 | 1,1 | Rute Mota | Jr | | | 2 | | Fátima | 27-05 | |
| 12,83 | 1,8 | Ema Carvão | Jv | | | 2h | | Ribeira Brava | 15-07 | |
| 12,84 | 1,3 | Matilde Sousa | Jv | A 20Km Almeirim | 14-04-00 | 1 | | Abrantes | 17-06 | 12,84-16 |
| 12,85 | 1,8 | Samira Gomes | Jv | França | 24-07-01 | 1 | | Lillebonne - Fra | 17-06 | 13,89-16 |
| 12,85 | 0,5 | Rita Faria | Jr | | | 2h | | Lisboa - I | 24-06 | |
| 12,85 | 0,6 | Fátima Coutinho | Jr | | | 2 | CNCI-3 | Leiria | 22-07 | |
| 12,86 | -2,3 | Catarina Fernandes | Jr | Sporting CP | 16-02-98 | 4h | Lisboa | Lisboa - I | 01-05 | |
| 12,86 | -0,5 | Catarina Queirós | Jr | ACD Jardim Serra | 23-01-98 | 1 | | Braga | 13-05 | 12,72-16 |
| 12,86 | 0,3 | Sara Seabra | Jv | UC Eirense | 19-12-01 | 2h | | Luso | 17-06 | |

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|-------|------|-----------------------|-----|------------------|--|----------|----|-------------|-------------------|-------|----------|
| 12,87 | 1,2 | Nicolle Santos | | SCU Torreense | | 19-04-94 | 2 | | Torres Vedras | 18-03 | 12,78-15 |
| 12,87 | -0,1 | Patrícia Alminhas | Jv | | | | 3 | CN DE | Lisboa - I | 26-04 | |
| 12,87 | 1,2 | Camila Lucena | | GD Estreito | | 07-08-94 | 2 | | Ribeira Brava | 28-04 | 12,91-16 |
| 12,87 | -1,0 | Carolina Narciso | Jr | CS Marítimo | | 04-12-99 | 4h | Lisboa | Lisboa - I | 01-05 | 12,65-16 |
| 12,87 | 1,1 | Ema Carvão | Jv | | | | 2 | | Ribeira Brava | 06-05 | |
| 12,87 | 1,7 | Camila Lucena | | | | | 2 | | Ribeira Brava | 06-05 | |
| 12,87 | 1,6 | Bárbara Mota | Jv | AC Vermoil | | 04-04-00 | 4h | CNJ | Marinha Grande | 08-07 | 12,76-16 |
| 12,87 | -1,5 | Maria João Barbosa | Jv | | | | 1 | C. Norte | Maia | 15-07 | |
| 12,87 | 1,5 | Liliana Manhente | | SC Braga | | 30-03-85 | 2h | C. Norte | Maia | 15-07 | 12,90-12 |
| 12,87 | 0,6 | Diana Oliveira | S23 | NA Cucujães | | 25-08-97 | 3 | CNCI-3 | Leiria | 22-07 | 12,67-16 |
| 12,88 | 0,2 | Patrícia Alminhas | Jv | | | | 2h | DE | Lisboa - I | 26-04 | |
| 12,88 | -1,0 | Rafaela Hora | Jr | | | | 3 | C. Norte Jr | Braga | 17-06 | |
| 12,88 | 0,6 | Fátima Coutinho | Jr | | | | 3 | | Braga | 05-07 | |
| 12,89 | -1,4 | Margarida Figueiredo | Jv | | | | 4h | CN DE | Maia | 20-05 | |
| 12,89 | 1,3 | Nicolle Santos | | | | | 5h | Maia | Maia | 08-07 | |
| 12,90 | 0,7 | Samira Gomes | Jv | | | | 1 | | Le Havre - Fra | 10-06 | 13,89-16 |
| 12,91 | -3,4 | Inês Santos | Jv | Pedro Pessoa EA | | 21-01-02 | 2h | | Setúbal | 13-05 | |
| 12,91 | 1,6 | Maria João Esteves | Jv | CA Mar. Grande | | 13-02-01 | 5h | CNJ | Marinha Grande | 08-07 | |
| 12,91 | 1,5 | Maria João Silva | Jr | Maia AC | | 25-03-98 | 3h | C. Norte | Maia | 15-07 | 12,76-15 |
| 12,92 | -1,8 | Sara Moreira | Jv | | | | 1h | CN DE | Maia | 20-05 | |
| 12,92 | -1,0 | Fátima Coutinho | Jr | | | | 4 | C. Norte Jr | Braga | 17-06 | |
| 12,93 | -1,8 | Sara Seabra | Jv | | | | 2 | DE | Marinha Grande | 06-05 | |
| 12,93 | 0,6 | Bruna Silva | | Juv. Vidigalense | | 14-11-94 | 4 | | Braga | 05-07 | |
| 12,93 | -1,5 | Fátima Coutinho | Jr | | | | 2 | C. Norte | Maia | 15-07 | |
| 12,94 | 1,6 | Andreia Nicolau | | CA Seia | | 01-02-91 | 2 | Viseu | Viseu | 22-04 | |
| 12,94 | 1,3 | Elisabete Silva | Jr | UC Eirense | | 10-12-98 | 3 | | Luso | 22-04 | 12,93-14 |
| 12,94 | -0,8 | Inês Barros | Jv | EMD. Saraiva | | 06-05-00 | 2h | CN DE | Maia | 20-05 | |
| 12,94 | 0,1 | Rafaela Hora | Jr | | | | 1h | C. Norte Jr | Braga | 17-06 | |
| 12,94 | 0,2 | Fátima Coutinho | Jr | | | | 1h | C. Norte Jr | Braga | 17-06 | |
| 12,94 | 0,0 | Gisela Cruz | Jr | SL Benfica | | 17-08-99 | 6h | Lx/Md | Lisboa - I | 29-07 | |
| 12,95 | 1,7 | Elisa Freitas | | ADR Água Pena | | 06-11-94 | 3 | | Ribeira Brava | 06-05 | |
| 12,95 | -1,9 | Patrícia Alminhas | Jv | | | | 2 | | Setúbal | 13-05 | |
| 12,95 | 0,0 | Ema Carvão | Jv | | | | 2 | | Ribeira Brava | 20-05 | |
| 12,95 | 0,4 | Fátima Coutinho | Jr | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 12,96 | -3,0 | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 1 | Atletis | Lagoa | 25-03 | 12,61-16 |
| 12,96 | -0,1 | Gisela Cruz | Jr | | | | 4 | DE | Lisboa - I | 26-04 | |
| 12,96 | -1,0 | Rita Faria | Jr | | | | 5h | Lisboa | Lisboa - I | 01-05 | |
| 12,96 | 1,2 | Francisca Silva | Jv | SC Braga | | 19-04-00 | 1 | | Braga | 21-06 | |
| 12,96 | 1,1 | Liliana Manhente | | | | | 2 | | Braga | 21-06 | |
| 12,96 | 1,9 | Matilde Sousa | Jv | | | | 3h | CNjv | Abrantes | 24-06 | |
| 12,96 | -1,0 | Maria João Barbosa | Jv | | | | 1h | | Braga | 27-06 | |
| 12,96 | 0,6 | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 1s | | Braga | 05-07 | |
| 12,97 | 0,3 | Ana Catarina Oliveira | Ini | EMD. Saraiva | | 28-05-02 | 1h | DE | Lisboa - I | 26-04 | |
| 12,97 | 1,3 | Gisela Cruz | Jr | | | | 1h | DE | Lisboa - I | 26-04 | |
| 12,97 | -0,8 | Fatoumata Baldé | Jv | GBS | | | 1 | | Faro | 20-05 | |
| 12,97 | 0,2 | Carmo Juiz | Ini | | | | 1s | Fortunato | Torres Vedras | 21-05 | |
| 12,97 | -2,1 | Vitória Monteiro | Jr | | | | 1 | | Setúbal | 15-07 | |
| 12,98 | 2,0 | Inês Barros | Jv | | | | 2h | DE | Lisboa - I | 26-04 | |
| 12,98 | -3,7 | Fatoumata Diallo | Jv | | | | 1 | | Faro | 29-04 | |
| 12,98 | -0,9 | Francisca Silva | Jv | | | | 1h | | Guimarães | 06-05 | |
| 12,98 | -1,1 | Margarida Figueiredo | Jv | | | | 5 | CN DE | Maia | 20-05 | |
| 12,98 | 1,1 | Jessica Conceição | S23 | SL Benfica | | 23-06-97 | 1h | Fortunato | Torres Vedras | 21-05 | 12,89-15 |
| 12,98 | -0,3 | Laura Cordeiro | S23 | Juv. Vidigalense | | 05-05-97 | 1 | | Saint Renan - Fra | 28-05 | 12,54-15 |
| 12,98 | -0,4 | Carmo Juiz | Ini | | | | 4h | SLB | Lisboa - I | 17-06 | |
| 12,98 | 1,8 | Evanilde Correia | S23 | França | | 21-09-96 | 6 | | Pontoise - Fra | 24-06 | 13,27-16 |
| 12,98 | 2,0 | Ana Catarina Oliveira | Ini | | | | 3h | CNjv | Abrantes | 24-06 | |
| 12,99 | 1,6 | Daniela Matos | Jv | ACR Cambra | | 23-03-00 | 3 | Viseu | Viseu | 22-04 | |
| 12,99 | 1,9 | Ema Carvão | Jv | | | | 3 | | Ribeira Brava | 22-04 | |
| 12,99 | -1,2 | Patrícia Alminhas | Jv | | | | 2 | | Setúbal | 21-05 | |
| 12,99 | 1,2 | Carlota Ribeiro | Ini | JUN Ideal | | 17-08-02 | 2 | | Braga | 21-06 | |
| 12,99 | 0,0 | Daniela Henriques | Jv | Grecas | | 02-01-01 | 1h | | Vagos | 15-07 | |
| 12,99 | 1,0 | Flávia Ribeiro | | Grecas | | 06-11-94 | 2h | | Vagos | 15-07 | 12,07-12 |

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|-------|------|--------------------|-----|--------------|-----|----------|----|-------------|----------------|-------|----------|
| 13,00 | -2,3 | Fátima Coutinho | Jr | | | | 3 | | Lousada | 22-04 | |
| 13,00 | -1,0 | Fatmata Baldé | Jv | | GBS | | 3 | | Lisboa - MP | 13-05 | |
| 13,00 | 0,1 | Ana Moreira | Jr | | | | 3h | V. Tavares | Faro | 13-05 | |
| 13,00 | 1,3 | Maria João Esteves | Jv | | | | 4 | F. Alves | Marinha Grande | 20-05 | |
| 13,00 | 1,9 | Samira Gomes | Jv | | | | 4 | | Bernay - Fra | 27-05 | 13,89-16 |
| 13,00 | 0,4 | Diana Oliveira | S23 | | | | 4s | CNCl-Ap | Guimarães | 27-05 | |
| 13,00 | 0,5 | Cátia Rodrigues | Jr | ADRE Palhaça | | 21-02-99 | 3s | | Maia | 14-06 | 12,72-16 |
| 13,00 | 1,1 | Cláudia Teixeira | Jv | CA Mazarefes | | 06-10-00 | 2h | C. Norte Jr | Braga | 17-06 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|-----|-----------------------|-----|-------------------|-----|----------|-----|---------|-----------------|-------|-----------|
| 11,16 | 2,9 | Lorene Dorcas Bazolo | | Sporting CP | | 04-05-83 | 1 | C. Port | Vagos | 10-06 | 11,21-16 |
| 11,63 | 2,9 | Adriana Alves | S23 | SL Benfica | ANG | 13-09-95 | 2ex | C. Port | Vagos | 10-06 | 12,13-15 |
| 11,76 | 2,9 | Olimpia Barbosa | S23 | Sporting CP | | 28-02-95 | 2 | C. Port | Vagos | 10-06 | 11,75-15 |
| 11,80 | 2,9 | Tatiana Rosário | | GA Fátima | | 05-04-94 | 3 | C. Port | Vagos | 10-06 | 12,09-15 |
| 11,82 | 3,3 | Nkansa Delphine | Jv | Pedro Pessoa EA | BEL | 21-09-01 | 1 | OJ | Braga | 03-06 | |
| 11,96 | 3,5 | Carla Gama | | Sporting CP | | 24-11-90 | 1h | | Salamanca - Esp | 03-06 | 11,93-15 |
| 12,04 | 3,3 | Sofia Duarte | S23 | Sporting CP | | 07-11-96 | 2 | CN23 | Pombal | 01-07 | 11,98-16 |
| 12,14 | 2,8 | Eva Vital | | Sporting CP | | 08-07-92 | 4h | C. Port | Vagos | 10-06 | 11,83-13 |
| 12,18 | 2,5 | Ema Camacho | Jv | GD Estreito | | 21-05-00 | 1 | CNCl-Ap | Ribeira Brava | 27-05 | 12,57-16 |
| 12,28 | 2,2 | Carina Pereira | Jr | SL Benfica | | 01-06-98 | 3 | | Maia | 20-05 | 12,15-16 |
| 12,29 | 3,3 | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 4 | OJ | Braga | 03-06 | 12,43-16 |
| 12,31 | 4,0 | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 5 | OJ | Braga | 03-06 | 12,61-16 |
| 12,32 | 2,2 | Filipa Martins | | Sporting CP | | 13-11-92 | 4 | | Maia | 20-05 | 12,01-14 |
| 12,32 | 2,8 | Catarina Silva | | Grecas | | 03-04-90 | 1 | | Vagos | 15-07 | 12,54-16 |
| 12,33 | 3,2 | Mariana António | Jr | Sporting CP | | 09-06-98 | 2h | Lisboa | Lisboa - I | 01-05 | 12,54-14 |
| 12,34 | 2,6 | Carina Silva | Jv | ACDR Arneirense | | 24-01-01 | 1 | | Pombal | 10-06 | |
| 12,35 | 2,8 | Jessica Neto | Jr | SC Braga | | 12-05-99 | 5h | C. Port | Vagos | 10-06 | 12,42-16 |
| 12,37 | 2,4 | Alina Humenyuk | Jv | Juv. Vidigalense | UKR | 27-10-00 | 1h | CNjv | Abrantes | 24-06 | |
| 12,38 | 2,8 | Rita Faria | Jr | Sporting CP | | 16-05-98 | 6h | C. Port | Vagos | 10-06 | 12,62-16 |
| 12,40 | 3,2 | Andreia Crespo | | Sporting CP | | 16-10-93 | 3h | Lisboa | Lisboa - I | 01-05 | 12,32-10 |
| 12,43 | 2,7 | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 2 | | Lisboa - MP | 15-06 | 12,95w-16 |
| 12,53 | 3,6 | Cátia Jacinto | | Juv. Vidigalense | | 26-08-92 | 1 | Aveiro | Aveiro | 24-06 | 12,19-11 |
| 12,54 | 4,5 | Vera Monteiro | ini | EA Rio Tinto | | 15-11-02 | 1h | | Maia | 10-06 | |
| 12,56 | 2,1 | Sara Seabra | Jv | UC Eirense | | 19-12-01 | 2h | CNjv | Abrantes | 24-06 | |
| 12,59 | 3,9 | Rafaela Hora | Jr | EC+S Lavra | | 11-09-98 | 4h | CN23 | Pombal | 01-07 | 12,82w-15 |
| 12,60 | 3,0 | Carolina Narciso | Jr | CS Marítimo | | 04-12-99 | 2 | | Lisboa - MP | 19-02 | 12,65-16 |
| 12,60 | 2,6 | Vitória Monteiro | Jr | AA Pinhalhovense | | 24-05-99 | 1 | | Setúbal | 29-04 | 12,61w-15 |
| 12,60 | 4,8 | Daniela Amaro | Jv | GD Cavadas | | 10-06-01 | 2h | CNjv | Abrantes | 24-06 | |
| 12,65 | 6,6 | Lidiane Lopes | | SL Benfica | CPV | 01-09-94 | 2 | | Lisboa - MP | 03-06 | |
| 12,68 | 3,9 | Rute Mota | Jr | GAU Bajouca | | 25-03-99 | 5h | CN23 | Pombal | 01-07 | |
| 12,68 | 2,7 | Margarida Figueiredo | Jv | S. Viseu Bf | | 14-03-01 | 4h | CNJ | Marinha Grande | 08-07 | |
| 12,69 | 3,0 | Nicolle Santos | | SCU Torreense | | 19-04-94 | 3 | | Lisboa - MP | 19-02 | 12,78-15 |
| 12,71 | 2,1 | Ema Carvão | Jv | ACD Jardim Serra | | 05-05-01 | 2 | | Ribeira Brava | 06-05 | 13,00-16 |
| 12,72 | 3,0 | Fátima Coutinho | Jr | CA Mazarefes | | 01-04-99 | 3h | CNJ | Marinha Grande | 08-07 | 12,55-15 |
| 12,73 | 3,0 | Elisa Freitas | | ADR Água Pena | | 06-11-94 | 1 | | Ribeira Brava | 10-06 | |
| 12,73 | 3,6 | Cátia Rodrigues | Jr | ADRE Palhaça | | 21-02-99 | 2 | Aveiro | Aveiro | 24-06 | 12,72-16 |
| 12,73 | 4,8 | Bárbara Mota | Jv | AC Vermoil | | 04-04-00 | 3h | CNjv | Abrantes | 24-06 | 12,76-16 |
| 12,76 | 3,3 | Francisca Silva | Jv | SC Braga | | 19-04-00 | 9 | OJ | Braga | 03-06 | |
| 12,77 | 4,1 | Matilde Sousa | Jv | A 20Km Almeirim | | 14-04-00 | 1 | | Fátima | 01-07 | 12,84-16 |
| 12,78 | 3,5 | Camila Lucena | | GD Estreito | | 07-08-94 | 1 | | Ribeira Brava | 07-07 | 12,91-16 |
| 12,79 | 4,5 | Sara Silva | Jv | CA Avintes | | 19-06-00 | 2h | | Maia | 10-06 | 12,95w-16 |
| 12,80 | 4,9 | Diana Oliveira | S23 | NA Cucujães | | 25-08-97 | 4h | CN23 | Pombal | 01-07 | 12,67-16 |
| 12,81 | 4,6 | Daniela Henriques | Jv | Grecas | | 02-01-01 | 2 | | Vagos | 01-07 | |
| 12,82 | 3,3 | Julia Dégardin | Jv | GCA Donas | | 09-10-01 | 9 | OJ | Braga | 03-06 | |
| 12,83 | 2,9 | Maria Neto | Ini | Sporting CP | | 26-05-03 | 1s | | Lisboa - MP | 15-06 | |
| 12,84 | 2,5 | Carlota Ribeiro | Ini | JUN Ideal | | 17-08-02 | 1h | | Maia | 10-06 | |
| 12,84 | 2,7 | Ana Catarina Oliveira | Jr | EMD. Saraiva | | 28-05-02 | 3s | | Lisboa - MP | 15-06 | |
| 12,84 | 4,9 | Patrícia Rodrigues | Jr | SL Benfica | | 24-02-99 | 5h | CN23 | Pombal | 01-07 | 12,43-16 |
| 12,85 | 2,4 | Ana Nadais | Jv | CF Oliveira Douro | | 19-10-01 | 2h | CNjv | Abrantes | 24-06 | |
| 12,86 | 5,5 | Milena Lucena | Ini | GD Estreito | | 03-09-02 | 1 | | Ribeira Brava | 27-05 | |

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|-------|-----|---------------------|-----|------------------|-----|----------|----|--------|-------------------|-------|-----------|
| 12,86 | 3,8 | Liliana Manhente | | SC Braga | | 30-03-85 | 2h | Aveiro | Aveiro | 24-06 | 12,90-12 |
| 12,87 | 2,8 | Maria Inês Teixeira | Ini | CA Mar. Grande | | 12-02-02 | 1h | | Pombal | 10-06 | |
| 12,88 | 4,8 | Sarta Sani | Ini | Juv. Vidigalense | GBS | 15-11-02 | 5h | CNjv | Abrantes | 24-06 | |
| 12,89 | 2,1 | Joana Palma | Jv | C Bf. Faro | | 02-10-01 | 4h | CNjv | Abrantes | 24-06 | |
| 12,89 | 5,0 | Inês Barros | Jv | EMD. Saraiva | | 06-05-00 | 1 | | Lisboa - MP | 01-07 | |
| 12,89 | 2,7 | Cláudia Teixeira | Jv | CA Mazarefes | | 06-10-00 | 5h | CNJ | Marinha Grande | 08-07 | |
| 12,92 | 2,5 | Francisca Oliveira | Jv | JUN Ideal | | 22-03-00 | 3h | | Maia | 10-06 | 12,80w-16 |
| 12,94 | 4,4 | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | 1 | | Angra do Heroísmo | 27-05 | |
| 12,94 | 4,0 | Daniela Matos | Jv | ACR Cambra | | 23-03-00 | 11 | OJ | Braga | 03-06 | |
| 12,94 | 3,9 | Marta Morgado | S23 | UC Eirense | | 06-03-95 | 2h | Aveiro | Aveiro | 24-06 | 12,97w-16 |
| 12,95 | 3,0 | Maria Luís Santos | Jr | SL Benfica | | 26-11-99 | 4 | | Lisboa - MP | 19-02 | 12,94-16 |
| 12,97 | 4,1 | Carolina Neves | Jv | GA Fátima | | 27-01-01 | 2 | | Fátima | 01-07 | |
| 12,99 | 4,5 | Mónica Rodrigues | Jv | EA Trofa | | 25-10-01 | 3h | | Maia | 10-06 | |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|------------------|-----|----------|----|-------|-------------------|-------|----------|
| 12,49 | | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 1 | | Vagos | 21-04 | 12,43-16 |
| 12,53 | | Ana Costa | Ini | | | | 1h | | Lousada | 22-04 | |
| 12,74 | | Sara Moreira | Jv | | | | 1h | | Lousada | 22-04 | |
| 12,77 | | Francisca Silva | Jv | SC Braga | | 19-04-00 | 1h | | Lousada | 22-04 | |
| 12,80 | | Sara Seabra | Jv | UC Eirense | | 19-12-01 | 1 | | Coimbra - ECC | 04-04 | |
| 12,89 | | Cátia Rodrigues | Jr | ADRE Palhaça | | 21-02-99 | 2 | | Vagos | 21-04 | 12,72-16 |
| 12,95 | | Laura Cordeiro | S23 | Juv. Vidigalense | | 05-05-97 | 1 | | Saint Renan - Fra | 28-05 | 12,54-15 |

200 m– 25,50 – 27,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|----------------------|-----|-------------|-----|----------|-----|----------|-------------------|-------|----------|
| 23,08 | 0,2 | Lorene Dorcas Bazolo | | Sporting CP | | 04-05-83 | 1 | Madrid | Madrid - Esp | 14-07 | 23,01-16 |
| 23,28 | 1,1 | Lorene Dorcas Bazolo | | | | | 1 | | Salamanca - Esp | 03-06 | |
| 23,39 | -0,5 | Lorene Dorcas Bazolo | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 23,50 | 1,5 | Lorene Dorcas Bazolo | | | | | 1 | | Palafrugell - Esp | 27-05 | |
| 23,62 | -0,4 | Lorene Dorcas Bazolo | | | | | 1h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 23,76 | -1,3 | Lorene Dorcas Bazolo | | | | | 3 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 23,85 | -0,6 | Lorene Dorcas Bazolo | | | | | 6h | C. Mundo | Londres - Gbr | 08-08 | |
| 23,89 | i | Rivinilda Mentai | | SL Benfica | | 01-04-94 | 1 | CNCI-1 | Pombal | 19-02 | 23,74-15 |
| 23,97 | 0,1 | Marisa Vaz Carvalho | Jr | SL Benfica | | 15-11-99 | 2 | SLB | Lisboa - I | 17-06 | 24,12-15 |
| 23,98 | i | Lorene Dorcas Bazolo | | | | | 2 | CNCI-1 | Pombal | 19-02 | |
| 24,04 | 1,1 | Rivinilda Mentai | | | | | 2 | | Salamanca - Esp | 03-06 | |
| 24,19 | 0,3 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 1rB | SLB | Lisboa - I | 17-06 | 24,54-16 |
| 24,20 | i | Rivinilda Mentai | | | | | 1 | C. Port | Pombal | 12-02 | |
| 24,32 | -1,6 | Rivinilda Mentai | | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 24,37 | -0,1 | Rivinilda Mentai | | | | | 1 | | Lisboa - I | 16-07 | |
| 24,47 | 1,5 | Rivinilda Mentai | | | | | 1 | Guarda | Guarda | 07-07 | |
| 24,48 | 1,7 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 07-01 | |
| 24,53 | 0,1 | Carina Pereira | Jr | SL Benfica | | 01-06-98 | 3rA | SLB | Lisboa - I | 17-06 | 24,94-16 |
| 24,53 | 0,1 | Cátia Garcia Santos | | SL Benfica | | 13-05-94 | 3rA | SLB | Lisboa - I | 17-06 | 24,04-15 |
| 24,54 | 0,3 | Catarina Lourenço | Jv | CAS Manique | | 12-02-00 | 2rB | SLB | Lisboa - I | 17-06 | 25,37-16 |
| 24,54 | 0,1 | Tatiana Rosário | | GA Fátima | | 05-04-94 | 5rA | SLB | Lisboa - I | 17-06 | 24,96-15 |
| 24,54 | -1,9 | Catarina Lourenço | Jv | | | | 5h | CE Jr | Grosseto - Ita | 21-07 | |
| 24,54 | -0,7 | Catarina Lourenço | Jv | | | | 8mf | CE Jr | Grosseto - Ita | 22-07 | |
| 24,58 | 1,1 | Carina Pereira | Jr | | | | 1 | | Torres Vedras | 18-06 | |
| 24,60 | -0,5 | Rivinilda Mentai | | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 24,61 | 0,4 | Marisa Vaz Carvalho | Jr | | | | Hep | | Arona - Esp | 03-06 | |
| 24,61 | 0,3 | Adriana Alves | S23 | SL Benfica | ANG | 13-09-95 | 3rB | SLB | Lisboa - I | 17-06 | 25,14-15 |
| 24,63 | i | Rivinilda Mentai | | | | | 1s | CNCI-Ap | Pombal | 22-01 | |
| 24,63 | -0,5 | Rosalina Santos | Jr | | RSA | | 3 | CNCI-1 | Leiria | 23-07 | |
| 24,64 | 2,0 | Adriana Alves | S23 | | ANG | | 1ex | CN23 | Pombal | 02-07 | |
| 24,71 | -1,4 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 16-07 | |
| 24,73 | i | Sofia Duarte | S23 | Sporting CP | | 07-11-96 | 1 | CN23 | Pombal | 26-02 | 24,79-16 |
| 24,74 | i | Carina Pereira | Jr | | | | 2 | CN23 | Pombal | 26-02 | |
| 24,75 | i | Rosalina Santos | Jr | | RSA | | 2ex | C. Port | Pombal | 12-02 | |

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|-------|------|----------------------|-----|------------------|-----|----------|-----|----------|------------------|-------|-----------|
| 24,80 | 1,1 | Adriana Alves | S23 | | ANG | | 1ex | | Lisboa - I | 25-06 | |
| 24,81 | -2,0 | Rosalina Santos | Jr | | RSA | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 24,82 | -0,1 | Sofia Duarte | S23 | | | | 2 | | Lisboa - I | 16-07 | |
| 24,83 | 0,1 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 15-01 | |
| 24,84 | 1,5 | Cátia Garcia Santos | | | | | 2 | Guarda | Guarda | 07-07 | |
| 24,85 | i | Lorene Dorcas Bazolo | | | | | 1s | CNCI-Ap | Pombal | 21-01 | |
| 24,88 | 0,3 | Tatiana Rosário | | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 24,91 | i | Cátia Garcia Santos | | | | | 2 | C. Port | Pombal | 12-02 | |
| 24,92 | 2,0 | Sofia Duarte | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 24,93 | i | Carina Pereira | Jr | | | | 3 | C. Port | Pombal | 12-02 | |
| 24,94 | i | Cátia Azevedo | | Sporting CP | | 09-03-94 | 4 | C. Port | Pombal | 12-02 | 23,84-14 |
| 24,97 | 1,1 | Sofia Duarte | S23 | | | | 2 | | Torres Vedras | 18-06 | |
| 24,98 | 0,0 | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | | Kladno - Cze | 17-06 | 25,19-15 |
| 25,02 | 1,1 | Sofia Duarte | S23 | | | | 2ex | | Lisboa - I | 25-06 | |
| 25,03 | i | Filipa Martins | | Sporting CP | | 13-11-92 | 5 | C. Port | Pombal | 12-02 | 24,63-14 |
| 25,04 | -1,9 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 18-06 | |
| 25,04 | 1,5 | Sofia Duarte | S23 | | | | 3 | Guarda | Guarda | 07-07 | |
| 25,04 | 1,0 | Carla Gama | | Sporting CP | | 24-11-90 | 4 | Avila | Avila - Esp | 15-07 | 24,61-15 |
| 25,06 | -1,9 | Rivinilda Mentai | | | | | 1 | | Lisboa - MP | 05-02 | |
| 25,10 | -0,1 | Carla Gama | | | | | 3 | | Lisboa - I | 16-07 | |
| 25,12 | 1,1 | Andreia Crespo | | Sporting CP | | 16-10-93 | 4 | | Salamanca - Esp | 03-06 | 25,10i-14 |
| 25,14 | -1,9 | Cátia Garcia Santos | | | | | 2 | | Lisboa - MP | 05-02 | |
| 25,17 | i | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 1 | CNCI-2 | Pombal | 19-02 | 25,66-16 |
| 25,20 | -0,3 | Carla Gama | | | | | 2 | | Schiffange - Lux | 30-07 | |
| 25,22 | -0,1 | Andreia Crespo | | | | | 4 | | Lisboa - I | 16-07 | |
| 25,25 | 1,1 | Adriana Alves | S23 | | ANG | | 1h | CN23 | Pombal | 02-07 | |
| 25,28 | 0,7 | Catarina Lourenço | Jv | | | | 1 | | Lisboa - MP | 15-01 | |
| 25,30 | 0,7 | Carina Pereira | Jr | | | | 2 | | Lisboa - MP | 15-01 | |
| 25,33 | i | Catarina Lourenço | Jv | | | | 2 | CNCI-2 | Pombal | 19-02 | |
| 25,35 | 1,8 | Sofia Duarte | S23 | | | | 1h | CN23 | Pombal | 02-07 | |
| 25,36 | i | Sofia Duarte | S23 | | | | 1 | | Pombal | 17-12 | |
| 25,37 | 0,6 | Beatriz Andrade | Jv | SCU Torreense | | 31-10-01 | 1 | Go Fit | Avila - Esp | 01-07 | 26,18-16 |
| 25,38 | 0,5 | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 1 | | Maia | 11-06 | 26,00-16 |
| 25,38 | -0,3 | Lecabela Quaresma | | | | | Hep | C. Mundo | Londres - Gbr | 05-08 | |
| 25,40 | -1,9 | Filipa Martins | | | | | 3 | | Lisboa - MP | 05-02 | |
| 25,41 | 0,9 | Nkansa Delphine | Jv | Pedro Pessoa EA | BEL | 21-09-01 | 1 | | Setúbal | 18-06 | |
| 25,42 | i | Joana Carlos | Jr | Juv. Vidigalense | | 25-03-99 | 3 | CNCI-1 | Pombal | 19-02 | 25,26-15 |
| 25,42 | -1,7 | Ana Costa | Ini | | | | 1 | CN DE | Maia | 21-05 | |
| 25,44 | 0,6 | Carolina Duarte | | Sporting CP | | 08-01-90 | 1s | | Torres Vedras | 18-06 | 24,52-12 |
| 25,46 | i | Catarina Lourenço | Jv | | | | 1 | CNJv | Pombal | 05-02 | |
| 25,49 | i | Carla Gama | | | | | 6 | C. Port | Pombal | 12-02 | |
| 25,51 | 0,7 | Beatriz Andrade | Jv | | | | 3 | | Lisboa - MP | 15-01 | |
| 25,55 | 0,3 | Carina Silva | Jv | ACDR Arneirense | | 24-01-01 | ex | | Lisboa - I | 16-07 | |
| 25,56 | 1,6 | Fatoumata Diallo | Jv | | | | 1 | | Faro | 15-01 | |
| 25,57 | 1,7 | Bárbara Silva | Jr | ACD Jardim Serra | | 25-02-99 | 2 | | Ribeira Brava | 07-01 | 26,32-16 |
| 25,57 | i | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 3 | CNCI-2 | Pombal | 19-02 | 25,57-16 |
| 25,57 | i | Joana Carlos | Jr | | | | 3 | CN23 | Pombal | 26-02 | |
| 25,57 | 0,3 | Sara Moreira | Jv | C+S Lavra | | 22-01-01 | 2 | CNCI-2 | Leiria | 23-07 | 25,98-16 |
| 25,59 | 1,5 | Lecabela Quaresma | | | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 25,60 | i | Adriana Alves | S23 | | ANG | | 7ex | C. Port | Pombal | 12-02 | |
| 25,61 | i | Joana Carlos | Jr | | | | 1 | | Pombal | 08-01 | |
| 25,62 | 0,6 | Érica Gangeia | Jv | | | | 3 | Go Fit | Avila - Esp | 01-07 | |
| 25,64 | i | Carina Pereira | Jr | | | | 1 | CNJ | Braga | 29-01 | |
| 25,67 | i | Margarida Monteiro | S23 | SL Benfica | | 30-11-97 | 4 | CN23 | Pombal | 26-02 | 25,16-16 |
| 25,67 | -0,7 | Beatriz Andrade | Jv | | | | 1 | | Lisboa - MP | 03-05 | |
| 25,72 | -3,4 | Tatiana Rosário | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 25,72 | 1,5 | Carla Gama | | | | | 4 | Guarda | Guarda | 07-07 | |
| 25,74 | -3,4 | Nkansa Delphine | Jv | | BEL | | 1 | | Setúbal | 14-05 | |
| 25,75 | i | Érica Gangeia | Jv | | | | 2s | CNCI-Ap | Pombal | 22-01 | |
| 25,78 | i | Érica Gangeia | Jv | | | | 2 | CNJv | Pombal | 05-02 | |
| 25,78 | 1,8 | Carina Silva | Jv | | | | 5 | CNJv | Abrantes | 25-06 | |
| 25,79 | -1,9 | Carla Gama | | | | | 4 | | Lisboa - MP | 05-02 | |

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|-------|------|------------------------|-----|------------------|-----|----------|-----|-------------|-------------------|-------|-----------|
| 25,80 | 0,8 | Ana Costa | Ini | | | | 1ex | | Vagos | 15-01 | |
| 25,80 | i | Jessica Neto | Jr | SC Braga | | 12-05-99 | 5 | CN23 | Pombal | 26-02 | 26,30-15 |
| 25,80 | 2 | Jessica Neto | Jr | | | | 2 | CN23 | Pombal | 02-07 | |
| 25,81 | i | Jessica Neto | Jr | | | | 7 | C. Port | Pombal | 12-02 | |
| 25,82 | -1,9 | Ema Camacho | Jv | GD Estreito | | 21-05-00 | 2 | | Ribeira Brava | 18-06 | 26,65-16 |
| 25,83 | 1,8 | Carolina Duarte | | | | | 1ex | | Lisboa - I | 25-06 | |
| 25,84 | 1,8 | Érica Gangeia | Jv | | | | 2ex | | Maia | 11-06 | |
| 25,85 | 0,3 | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | Hep | CE Jr | Grosseto - Ita | 20-07 | 26,49-15 |
| 25,87 | 2,0 | Beatriz Andrade | Jv | | | | 1 | | Torres Vedras | 29-04 | |
| 25,88 | i | Jessica Neto | Jr | | | | 4 | CNCI-1 | Pombal | 19-02 | |
| 25,88 | 0,6 | Beatriz Andrade | Jv | | | | 1 | | Torres Vedras | 04-04 | |
| 25,88 | 0,9 | Sara Moreira | Jv | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 25,90 | i | Fatoumata Diallo | Jv | | | | 3 | CNJv | Pombal | 05-02 | |
| 25,95 | 1,1 | Jessica Neto | Jr | | | | 2h | CN23 | Pombal | 02-07 | |
| 25,95 | 0,5 | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 1 | | Braga | 05-07 | |
| 25,96 | 0,0 | Vera Lima | | Grecas | | 08-12-89 | 1 | | Luso | 07-05 | 25,99-13 |
| 25,97 | i | Bárbara Silva | Jr | | | | 5 | CNCI-1 | Pombal | 19-02 | |
| 25,97 | 0,2 | Rafaela Hora | Jr | EC+S Lavra | | 11-09-98 | 1h | C. Norte | Maia | 16-07 | 26,22-16 |
| 25,99 | -3,1 | Lecabela Quaresma | | | | | 1 | | Maromme - Fra | 29-04 | |
| 26,00 | -0,5 | Jessica Neto | Jr | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 26,01 | i | Fatoumata Diallo | Jv | | | | 2 | CNJ | Braga | 29-01 | |
| 26,01 | 0,6 | Fatoumata Diallo | Jv | | | | 1 | | Faro | 28-02 | |
| 26,01 | -0,1 | Rita Faria | Jr | Sporting CP | | 16-05-98 | 5 | | Lisboa - I | 16-07 | 25,82-16 |
| 26,02 | i | Nkansa Delphine | Jv | | BEL | | 4 | CNJv | Pombal | 05-02 | |
| 26,03 | 0,3 | Érica Gangeia | Jv | | | | 3 | CNCI-2 | Leiria | 23-07 | |
| 26,04 | -1,6 | Fatoumata Diallo | Jv | | | | 1 | | Lagoa | 10-12 | |
| 26,06 | 1,7 | Laura Cordeiro | S23 | Juv. Vidigalense | | 05-05-97 | 1 | | Pont L'abbe - Fra | 11-06 | 25,39-16 |
| 26,06 | -2,2 | Fatoumata Diallo | Jv | | | | 1 | | Lagoa | 18-06 | |
| 26,08 | i | Ana Costa | Ini | | | | Pen | C. Norte | Braga | 18-12 | |
| 26,08 | i | Catarina Silva | | Grecas | | 03-04-90 | 6 | CNCI-1 | Pombal | 19-02 | 25,96i-13 |
| 26,09 | i | Catarina Silva | | | | | 8 | C. Port | Pombal | 12-02 | |
| 26,10 | i | Adriana Alves | S23 | | ANG | | 6ex | CN23 | Pombal | 26-02 | |
| 26,10 | 1,3 | Catarina Silva | | | | | 1 | | Lousada | 04-06 | |
| 26,10 | 1,2 | Rafaela Vitorino | S23 | Individual - Lx | | 18-08-95 | Hep | CE23 | Bydgoszcz - Pol | 13-07 | 25,89-15 |
| 26,11 | 0,3 | Joana Carlos | Jr | | | | 4rB | SLB | Lisboa - I | 17-06 | |
| 26,12 | i | Sara Moreira | Jv | | | | 5 | CNJv | Pombal | 05-02 | |
| 26,12 | -0,4 | Bruna Silva | | Juv. Vidigalense | | 14-11-94 | 1 | | Pombal | 18-06 | 26,24-16 |
| 26,13 | -0,4 | Cátia Jacinto | | Juv. Vidigalense | | 26-08-92 | 2 | | Pombal | 18-06 | 24,89-12 |
| 26,14 | i | Vera Lima | | | | | 9 | C. Port | Pombal | 12-02 | |
| 26,15 | 0,7 | Rafaela Vitorino | S23 | | | | Hep | T. Nac | Luso | 20-05 | |
| 26,15 | -0,9 | Érica Gangeia | Jv | | | | 1 | | Luso | 18-06 | |
| 26,15 | 1 | Rafaela Hora | Jr | | | | 1 | C. Norte Jr | Braga | 18-06 | |
| 26,17 | 0,9 | Jessica Neto | Jr | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 26,18 | i | Joana Carlos | Jr | | | | 3 | CNJ | Braga | 29-01 | |
| 26,18 | 0,9 | Daniela Amaro | Jv | GD Cavadas | | 10-06-01 | 2 | | Setúbal | 18-06 | |
| 26,18 | 0,5 | Bruna Silva | | | | | 2 | | Braga | 05-07 | |
| 26,19 | i | Carolina Ribeiro | Jv | GA Fátima | | 13-01-00 | 7 | CNCI-1 | Pombal | 19-02 | 26,40-16 |
| 26,19 | 0,6 | Diana Afonso | Jr | SL Benfica | | 08-06-98 | 2s | | Torres Vedras | 18-06 | |
| 26,20 | 1,8 | Alina Humenyuk | Jv | Juv. Vidigalense | UKR | 27-10-00 | 9 | CNJv | Abrantes | 25-06 | |
| 26,21 | -2,0 | Bárbara Silva | Jr | | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 26,21 | 0,3 | Diana Afonso | Jr | | | | 1s | | Lisboa - I | 16-07 | |
| 26,23 | i | Catarina Karas | Jv | Sporting CP | | 23-05-00 | 4 | CNJ | Braga | 29-01 | 25,71-16 |
| 26,23 | 1,1 | Catarina Fernandes | Jr | | | | 3s | | Torres Vedras | 18-06 | |
| 26,24 | -0,5 | Rafaela Vitorino | S23 | | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 26,25 | 0,6 | Catarina Fernandes | Jr | | | | 2 | | Faro | 28-02 | |
| 26,25 | 0,3 | Mariana Novo | Jv | | | | 1s | | Braga | 21-06 | |
| 26,25 | -2,7 | Carina Silva | Jv | | | | 1 | | Fátima | 02-07 | |
| 26,25 | 0,5 | Catarina Silva | | | | | 3 | | Braga | 05-07 | |
| 26,26 | 2,0 | Diana Afonso | Jr | | | | 3 | CN23 | Pombal | 02-07 | |
| 26,27 | 0,0 | Catarina Silva | | | | | Hep | | Luso | 06-05 | |
| 26,27 | 0,7 | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | Hep | T. Nac | Luso | 20-05 | 25,57-15 |
| 26,28 | i | Érica Gangeia | Jv | | | | 5 | CNJ | Braga | 29-01 | |

| | | | | | | | | | | | |
|-------|------|------------------------|-----|-------------------|--|----------|-----|-------------|-------------------|-------|-----------|
| 26,29 | 1,1 | Joana Carlos | Jr | | | | 3h | CN23 | Pombal | 02-07 | |
| 26,30 | 1,6 | Jessica Viegas | | GD Cavadas | | 16-08-94 | 1 | | Sobreda | 07-05 | 25,06-15 |
| 26,30 | -1,6 | Jessica Viegas | | | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 26,31 | i | Rafaela Hora | Jr | | | | 10 | C. Port | Pombal | 12-02 | |
| 26,32 | -1,2 | Fatoumata Diallo | Jv | | | | 1 | | Faro | 30-04 | |
| 26,32 | 1,0 | Francisca Silva | Jv | SC Braga | | 19-04-00 | 2 | C. Norte Jr | Braga | 18-06 | 26,92-16 |
| 26,34 | -1,7 | Érica Gangeia | Jv | | | | 2 | CN DE | Maia | 21-05 | |
| 26,34 | -3,4 | Érica Gangeia | Jv | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 26,34 | 1,8 | Diana Afonso | Jr | | | | 2h | CN23 | Pombal | 02-07 | |
| 26,35 | i | Beatriz Andrade | Jv | | | | 6 | CNJv | Pombal | 05-02 | |
| 26,35 | -0,7 | Cátia Jacinto | | | | | 2 | | Lisboa - MP | 03-05 | |
| 26,35 | 0,8 | Carolina Ribeiro | Jv | | | | Hep | T. Nac | Luso | 20-05 | |
| 26,35 | 2 | Joana Carlos | Jr | | | | 4 | CN23 | Pombal | 02-07 | |
| 26,36 | 1,8 | Catarina Fernandes | Jr | | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 26,37 | -1,9 | Ema Carvão | Jv | ACD Jardim Serra | | 05-05-01 | 3 | | Ribeira Brava | 18-06 | |
| 26,37 | 0,6 | Gisela Cruz | Jr | SL Benfica | | 17-08-99 | 3s | | Torres Vedras | 18-06 | |
| 26,39 | i | Érica Gangeia | Jv | | | | 1 | | Pombal | 08-01 | |
| 26,39 | -1,9 | Ema Camacho | Jv | | | | 1 | | Ribeira Brava | 23-04 | |
| 26,41 | -0,7 | Sara Moreira | Jv | | | | Hep | BA | Leiria | 29-07 | |
| 26,42 | 0,4 | Margarida Figueiredo | Jv | S. Viseu Bf | | 14-03-01 | Hep | | Viseu | 08-04 | 26,22-16 |
| 26,42 | -3,0 | Jessica Viegas | | | | | 1 | | Sobreda | 10-06 | |
| 26,43 | i | Elisabete Silva | Jr | UC Eirense | | 10-12-98 | 1s | CNCI-Ap | Pombal | 22-01 | 25,83-16 |
| 26,44 | i | Loanne Pinto | Jr | Esc. Movimento | | 12-10-99 | 4 | CNCI-2 | Pombal | 19-02 | 26,43-16 |
| 26,45 | i | Francisca Silva | Jv | | | | 7 | CNJv | Pombal | 05-02 | |
| 26,45 | 1,1 | Rita Faria | Jr | | | | 4h | CN23 | Pombal | 02-07 | |
| 26,46 | i | Érica Gangeia | Jv | | | | 1 | | Pombal | 15-01 | |
| 26,46 | i | Carolina Duarte | | | | | 11 | C. Port | Pombal | 12-02 | |
| 26,47 | i | Jessica Neto | Jr | | | | 1 | C. Norte | Braga | 08-01 | |
| 26,47 | -0,2 | Laura Cordeiro | S23 | | | | 2 | | Saint Renan - Fra | 28-05 | 25,39-16 |
| 26,48 | i | Rita Faria | Jr | | | | 6 | CN23 | Pombal | 26-02 | |
| 26,48 | 0,3 | Nicolle Santos | | SCU Torreense | | 19-04-94 | 5rB | SLB | Lisboa - I | 17-06 | 26,53-16 |
| 26,48 | 1,8 | Ana Moreira | Jr | Juv. Vidigalense | | 27-06-98 | 3h | CN23 | Pombal | 02-07 | 25,87-15 |
| 26,50 | i | Jessica Neto | Jr | | | | 1s | CNCI-Ap | Braga | 21-01 | |
| 26,50 | i | Carina Silva | Jv | | | | 1 | | Pombal | 29-01 | |
| 26,50 | -3,4 | Catarina Silva | | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 26,51 | 0,0 | Daniela Henriques | Jv | Grecas | | 02-01-01 | 1 | | Vagos | 02-07 | |
| 26,52 | i | Rafaela Hora | Jr | | | | 1 | | Braga | 18-12 | |
| 26,53 | 0,3 | Ana Moreira | Jr | | | | ex | | Lisboa - I | 16-07 | |
| 26,54 | i | Jessica Neto | Jr | | | | 1h | C. Norte | Braga | 08-01 | |
| 26,54 | i | Jessica Neto | Jr | | | | 6 | CNJ | Braga | 29-01 | |
| 26,54 | 0,0 | Daniela Henriques | Jv | | | | 1 | | Luso | 18-06 | |
| 26,54 | 1,0 | Joana Palma | Jv | C Bf. Faro | | 02-10-01 | 11 | CNJv | Abrantes | 25-06 | |
| 26,55 | -1,6 | Ana Margarida Oliveira | S23 | | | | 1 | | Fátima | 07-05 | |
| 26,56 | i | Rute Limpo | | ACR Sra. Desterro | | 23-12-90 | 2s | CNCI-Ap | Pombal | 21-01 | 25,05-15 |
| 26,57 | 0,3 | Nicolle Santos | | | | | 2s | | Lisboa - I | 16-07 | |
| 26,58 | -0,7 | Catarina Fernandes | Jr | | | | 3 | | Lisboa - MP | 03-05 | |
| 26,59 | i | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | 8 | CNJv | Pombal | 05-02 | 26,93i-16 |
| 26,59 | 1,8 | Margarida Figueiredo | Jv | | | | 12 | CNJv | Abrantes | 25-06 | |
| 26,60 | 1,8 | Jessica Barreira | S23 | Sporting CP | | 29-01-97 | Hep | | Tucson - Usa | 06-04 | 26,34-14 |
| 26,61 | 1,6 | Patrícia Alminhas | Jv | Vit. Setúbal | | 04-02-00 | 2 | | Sobreda | 07-05 | 26,46-16 |
| 26,61 | -1,3 | Francisca Silva | Jv | | | | 1 | C. Norte | Maia | 16-07 | |
| 26,62 | 0,1 | Maria João Barbosa | Jv | CCD Ribeirão | | 08-03-01 | 1 | | Braga | 12-07 | |
| 26,63 | i | Rute Mota | Jr | GAU Bajouca | | 25-03-99 | 7 | CN23 | Pombal | 26-02 | |
| 26,63 | 0,9 | Fátima Coutinho | Jr | CA Mazarefes | | 01-04-99 | 3s | CNCI-Ap | Guimarães | 28-05 | 26,09-16 |
| 26,64 | 1,0 | Fátima Coutinho | Jr | | | | 3 | C. Norte Jr | Braga | 18-06 | |
| 26,64 | 1,1 | Camila Santos | Jr | Sporting CP | | 19-01-98 | 4s | | Torres Vedras | 18-06 | 26,35-15 |
| 26,65 | i | Sofia Almeida | Ini | RD Águeda | | 08-01-02 | Pen | C. Norte | Braga | 18-12 | |
| 26,65 | i | Rafaela Hora | Jr | | | | 7 | CNJ | Braga | 29-01 | |
| 26,65 | i | Carina Silva | Jv | | | | 9 | CNJv | Pombal | 05-02 | |
| 26,65 | 0,2 | Jessica Viegas | | | | | 1 | | Setúbal | 29-04 | |
| 26,65 | 0,2 | Fátima Coutinho | Jr | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 26,66 | -1,9 | Nicolle Santos | | | | | 5 | | Lisboa - MP | 05-02 | |

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|-------|------|----------------------|-----|------------------|-----|----------|-----|-------------|-------------------|-------|-----------|
| 26,67 | i | Bruna Silva | | | | | 2 | | Pombal | 29-01 | |
| 26,67 | -3,0 | Vitória Monteiro | Jr | AA Pinhalnovense | | 24-05-99 | 2 | | Sobreda | 10-06 | |
| 26,68 | -1,7 | Valeriya Semenikhina | Jr | SL Benfica | | 19-05-99 | Hep | | Rio Maior | 29-04 | |
| 26,68 | 0,2 | Francisca Silva | Jv | | | | 1h | C. Norte Jr | Braga | 18-06 | |
| 26,69 | 2,0 | Rita Faria | Jr | | | | 5 | CN23 | Pombal | 02-07 | |
| 26,70 | i | Sara Moreira | Jv | | | | 8 | CNJ | Braga | 29-01 | |
| 26,70 | -1,7 | Margarida Figueiredo | Jv | | | | 3 | CN DE | Maia | 21-05 | |
| 26,72 | i | Ana Moreira | Jr | | | | 12 | C. Port | Pombal | 12-02 | |
| 26,73 | 1,6 | Daniela Amaro | Jv | | | | 3 | | Sobreda | 07-05 | |
| 26,74 | i | Beatriz Gameiro | Jv | | | | 1 | | Pombal | 08-01 | |
| 26,74 | 0,8 | Sofia Almeida | Ini | | | | 2 | | Vagos | 15-01 | |
| 26,74 | 1,6 | Sara Moreira | Jv | | | | Hep | | Maia | 18-03 | |
| 26,74 | 0,3 | Camila Santos | Jr | | | | 3s | | Lisboa - I | 16-07 | |
| 26,74 | 0,2 | Diana Oliveira | S23 | NA Cucujães | | 25-08-97 | 2 | CNCI-3 | Leiria | 23-07 | 26,03-16 |
| 26,75 | i | Catarina Silva | | | | | 1s | CNCI-Ap | Pombal | 21-01 | |
| 26,76 | i | Ana Moreira | Jr | | | | 8 | CN23 | Pombal | 26-02 | |
| 26,76 | 0,0 | Anabela Neto | | Sporting CP | | 25-03-91 | Hep | | Luso | 06-05 | |
| 26,76 | -2,2 | Joana Palma | Jv | | | | 2 | | Lagoa | 18-06 | |
| 26,76 | 2,0 | Luisa Juiz | Ini | Maratona CP | | 11-09-02 | 1s | | Torres Vedras | 18-06 | |
| 26,76 | 1,8 | Diana Afonso | Jr | | | | 1 | | Lisboa - I | 25-06 | |
| 26,77 | i | Catarina Augusto | S23 | CA Seia | | 13-12-97 | 1s | CNCI-Ap | Pombal | 22-01 | 26,35i-16 |
| 26,77 | 2,0 | Nicolle Santos | | | | | 2 | | Torres Vedras | 29-04 | |
| 26,77 | 1,8 | Francisca Silva | Jv | | | | 13 | CNjv | Abrantes | 25-06 | |
| 26,78 | -1,9 | Ema Carvão | Jv | | | | 2 | | Ribeira Brava | 23-04 | |
| 26,79 | i | Beatriz Gameiro | Jv | | | | 1 | | Pombal | 15-01 | |
| 26,79 | 0,1 | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | Hep | T. Nac | Luso | 20-05 | 26,92-16 |
| 26,79 | -1,4 | Ema Carvão | Jv | | | | 2 | | Ribeira Brava | 16-07 | |
| 26,79 | -0,5 | Alina Humenyuk | Jv | | UKR | | 5 | CNCI-1 | Leiria | 23-07 | |
| 26,81 | 0,0 | Vera Lima | | | | | 1 | | Vagos | 08-01 | |
| 26,82 | i | Paula Brito | S23 | Juv. Vidigalense | CPV | 23-06-97 | 3 | | Pombal | 29-01 | |
| 26,83 | i | Elisabete Silva | Jr | | | | 3 | | Pombal | 17-12 | |
| 26,83 | 0,0 | Catarina Silva | | | | | 2 | | Vagos | 08-01 | |
| 26,84 | i | Maria João Silva | Jr | Maia AC | | 25-03-98 | 5 | CNCI-2 | Pombal | 19-02 | |
| 26,84 | 0,5 | Francisca Silva | Jv | | | | 4 | | Braga | 05-07 | |
| 26,86 | -1,3 | Fátima Coutinho | Jr | | | | 2 | C. Norte | Maia | 16-07 | |
| 26,87 | i | Alina Humenyuk | Jv | | UKR | | 3s | CNCI-Ap | Pombal | 22-01 | |
| 26,88 | i | Cátia Jacinto | | | | | 1s | | Pombal | 17-12 | |
| 26,88 | i | Carolina Narciso | Jr | CS Marítimo | | 04-12-99 | 9 | CN23 | Pombal | 26-02 | 26,47-16 |
| 26,89 | 1,1 | Ema Camacho | Jv | | | | 1 | | Ribeira Brava | 11-12 | |
| 26,90 | i | Loanne Pinto | Jr | | | | 10 | CN23 | Pombal | 26-02 | |
| 26,90 | 0,5 | Fátima Coutinho | Jr | | | | 1 | | Viana do Castelo | 28-06 | |
| 26,91 | i | Bárbara Silva | Jr | | | | 1s | CNCI-Ap | Braga | 21-01 | |
| 26,91 | 1,8 | Luisa Pereira | S23 | UC Eirense | | 13-09-97 | 4h | CN23 | Pombal | 02-07 | 26,30-15 |
| 26,91 | 0,2 | Fátima Coutinho | Jr | | | | 2h | C. Norte | Maia | 16-07 | |
| 26,92 | i | Diana Oliveira | S23 | | | | 6 | CNCI-2 | Pombal | 19-02 | |
| 26,92 | 0,0 | Francisca Silva | Jv | | | | 1 | | Braga | 30-04 | |
| 26,92 | -3,4 | Alina Humenyuk | Jv | | UKR | | 4s | CNCI-Ap | Fátima | 28-05 | 26,84w-16 |
| 26,92 | 0,3 | Beatriz Gameiro | Jv | | | | 1 | | Abrantes | 18-06 | |
| 26,93 | 0,0 | Jennifer Gomes | S23 | Grecas | | 21-03-95 | Hep | | Luso | 06-05 | 26,92w-15 |
| 26,93 | 1,8 | Vera Monteiro | ini | EA Rio Tinto | | 15-11-02 | 2s | | Maia | 11-06 | |
| 26,93 | 0,3 | Luisa Pereira | S23 | | | | 4 | CNCI-2 | Leiria | 23-07 | |
| 26,94 | i | Luisa Pereira | S23 | | | | 7 | CNCI-2 | Pombal | 19-02 | |
| 26,95 | -2,7 | Rute Mota | Jr | | | | 2 | | Fátima | 02-07 | |
| 26,96 | i | Mariana Fernandes | Jv | SL Benfica | | 15-03-01 | 10 | CNJv | Pombal | 05-02 | |
| 26,96 | 1,8 | Luisa Juiz | Ini | | | | 14 | CNJv | Abrantes | 25-06 | |
| 26,98 | 1,4 | Fátima Coutinho | Jr | | | | 1h | C. Norte Jr | Braga | 18-06 | |
| 26,98 | 1,8 | Camila Santos | Jr | | | | 2 | | Lisboa - I | 25-06 | |
| 26,98 | -0,1 | Beatriz Rebelo | Jr | SL Benfica | | 27-05-99 | 6s | | Lisboa - I | 16-07 | |
| 26,99 | i | Rita Faria | Jr | | | | 9 | CNJ | Braga | 29-01 | |
| 26,99 | 1,2 | Beatriz Gameiro | Jv | | | | Hep | | Rio Maior | 29-04 | |
| 26,99 | 1,7 | Fátima Coutinho | Jr | | | | 1 | | Viana do Castelo | 13-06 | |
| 26,99 | -2,0 | Dania Furk | Jv | | | | 1 | | Angra do Heroísmo | 18-06 | |

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|-------|------|--------------------|----|--|--|--|----|-------------|---------------|-------|--|
| 26,99 | 1,7 | Rafaela Hora | Jr | | | | 1h | C. Norte Jr | Braga | 18-06 | |
| 26,99 | -1,3 | Maria João Barbosa | Jv | | | | 3 | C. Norte | Maia | 16-07 | |
| 26,99 | -0,5 | Daniela Henriques | Jv | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 27,00 | 0,8 | Nicolle Santos | | | | | 1s | | Torres Vedras | 04-04 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-----------------------|-----|------------------|-----|----------|-----|----------|----------------|-------|-----------|
| 23,59 | 3,7 | Rivinilda Mentai | | SL Benfica | | 01-04-94 | 2 | C. Port | Vagos | 11-06 | 23,74-15 |
| 24,28 | 2,6 | Cátia Azevedo | | Sporting CP | | 09-03-94 | 1 | | Monachil - Esp | 07-07 | 23,84-14 |
| 24,44 | 3,7 | Carina Pereira | Jr | SL Benfica | | 01-06-98 | 3 | C. Port | Vagos | 11-06 | 24,94-16 |
| 24,46 | 3,7 | Tatiana Rosário | | GA Fátima | | 05-04-94 | 4 | C. Port | Vagos | 11-06 | 24,96-15 |
| 24,91 | 2,2 | Nkansa Delphine | Jv | Pedro Pessoa EA | BEL | 21-09-01 | 1 | CNjv | Abrantes | 25-06 | |
| 25,26 | 3,6 | Ema Camacho | Jv | GD Estreito | | 21-05-00 | 1 | | Ribeira Brava | 21-05 | 26,65-16 |
| 25,29 | 2,8 | Carina Silva | Jv | ACDR Arneirense | | 24-01-01 | 1 | | Pombal | 11-06 | |
| 25,30 | 2,2 | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 2 | CNjv | Abrantes | 25-06 | 26,00-16 |
| 25,38 | 2,7 | Sara Moreira | Jv | C+S Lavra | | 22-01-01 | 3 | CNJ | Marinha Grande | 09-07 | 25,98-16 |
| 25,43 | 2,1 | Catarina Karas | Jv | Sporting CP | | 23-05-00 | 4 | CNJ | Marinha Grande | 09-07 | 25,71-16 |
| 25,59 | 2,7 | Alina Humenyuk | Jv | Juv. Vidigalense | UKR | 27-10-00 | 1 | | Marinha Grande | 04-06 | 26,84w-16 |
| 25,68 | 2,7 | Bruna Silva | | Juv. Vidigalense | | 14-11-94 | 2 | | Marinha Grande | 04-06 | 26,24-16 |
| 25,69 | 3,7 | Rita Faria | Jr | Sporting CP | | 16-05-98 | 6 | C. Port | Vagos | 11-06 | 25,82-16 |
| 25,74 | 3,3 | Jessica Neto | Jr | SC Braga | | 12-05-99 | 1 | | Maia | 28-06 | 26,30-15 |
| 25,91 | 3,5 | Carmo Juiz | Ini | Maratona CP | | 11-09-02 | 3 | | Torres Vedras | 18-06 | |
| 25,96 | 3,7 | Mafalda Marques | Jv | SL Benfica | | 18-04-01 | 1 | | Torres Vedras | 02-07 | |
| 26,09 | 2,2 | Rute Mota | Jr | GAU Bajouca | | 25-03-99 | 9 | CNJ | Marinha Grande | 09-07 | |
| 26,11 | 3,3 | Cátia Jacinto | | Juv. Vidigalense | | 26-08-92 | 2 | | Maia | 28-06 | 24,89-12 |
| 26,14 | 3,4 | Jessica Viegas | | GD Cavadas | | 16-08-94 | 2 | | Lisboa - MP | 17-05 | 25,06-15 |
| 26,29 | 3,5 | Ana Catarina Oliveira | Ini | EBMD Saraiva | | 28-05-02 | 4 | | Torres Vedras | 18-06 | |
| 26,30 | 3,6 | Ema Carvão | Jv | ACD Jardim Serra | | 05-05-01 | 2 | | Ribeira Brava | 21-05 | |
| 26,34 | 2,2 | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | 13 | CNJ | Marinha Grande | 09-07 | 26,93i-16 |
| 26,38 | 3,7 | Ana Moreira | Jr | Juv. Vidigalense | | 27-06-98 | 7 | C. Port | Vagos | 11-06 | 25,87-15 |
| 26,40 | 2,2 | Nicolle Santos | | SCU Torreense | | 19-04-94 | 1 | | Torres Vedras | 02-07 | 26,53-16 |
| 26,44 | 2,2 | Joana Palma | Jv | C Bf. Faro | | 02-10-01 | 15 | CNJ | Marinha Grande | 09-07 | |
| 26,46 | 3,8 | Daniela Henriques | Jv | Grecas | | 02-01-01 | 1 | | Vagos | 29-07 | |
| 26,48 | 2,2 | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | 18 | CNJ | Marinha Grande | 09-07 | 26,92-16 |
| 26,63 | 2,7 | Maria João Esteves | Jv | CA Mar. Grande | | 13-02-01 | 3 | | Marinha Grande | 04-06 | |
| 26,71 | 5,7 | Nadine Ferro | Ini | BNS Conceição | | 24-02-02 | 1 | | Torres Vedras | 02-07 | |
| 26,74 | 2,4 | Andreia Nicolau | | CA Seia | | 01-02-91 | Hep | C. Port | Vagos | 10-06 | |
| 26,96 | 5,4 | Rita Vasco | Jr | A 20Km Almeirim | | 23-01-98 | 3 | Abrantes | Abrantes | 03-06 | 26,78-16 |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------------|-----|-------|-----|-------|----|-------|-------|-------|-----|
| 26,85 | | Margarida Figueiredo | Jv | | | | 1 | | Viseu | 18-06 | |

300 m – 44,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------|-----|-----------------|-----|----------|-----|--------|-------------|-------|----------|
| 38,67 | | Rivinilda Mentai | | SL Benfica | | 01-04-94 | 1 | Lisboa | Lisboa - I | 01-05 | 39,13-16 |
| 39,63 | | Marisa Vaz Carvalho | Jr | SL Benfica | | 15-11-99 | 2 | Lisboa | Lisboa - I | 01-05 | 39,09-16 |
| 39,79 | | Cátia Garcia Santos | | SL Benfica | | 13-05-94 | 3 | Lisboa | Lisboa - I | 01-05 | 41,72-14 |
| 40,03 | | Catarina Lourenço | Jv | CAS Manique | | 12-02-00 | 1 | OJ | Braga | 04-06 | 42,21-16 |
| 40,19 | | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 2 | OJ | Braga | 04-06 | 40,58-15 |
| 40,23 | | Fatoumata Diallo | Jv | | | | 1 | CNjv | Abrantes | 24-06 | |
| 40,25 | | Carina Pereira | Jr | SL Benfica | | 01-06-98 | 4 | Lisboa | Lisboa - I | 01-05 | 41,36-15 |
| 40,35 | | Fatoumata Diallo | Jv | | | | 1 | | Quarteira | 06-05 | |
| 40,35 | | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 1 | | Maia | 10-06 | 41,71-16 |
| 40,40 | | Nkansa Delphine | Jv | Pedro Pessoa EA | BEL | 21-09-01 | 1s | Lisboa | Lisboa - I | 01-05 | |
| 40,43 | i | Fatoumata Diallo | Jv | | | | 1 | CNjv | Pombal | 04-02 | |
| 40,53 | | Ana Costa | Ini | | | | 2 | CNjv | Abrantes | 24-06 | |
| 40,54 | | Ana Costa | Ini | | | | 1ex | | Lisboa - MP | 15-06 | |
| 40,58 | | Beatriz Andrade | Jv | SCU Torreense | | 31-10-01 | 1 | SLB | Lisboa - I | 17-06 | |

| | | | | | | | | | | | |
|-------|---|----------------------|-----|------------------|-----|----------|-----|-----------|---------------|-------|-----------|
| 40,61 | | Juliana Guerreiro | Jv | C Bf. Faro | | 21-04-01 | 2 | | Quarteira | 06-05 | 43,67-15 |
| 40,65 | | Nkansa Delphine | Jv | | BEL | | 3 | OJ | Braga | 04-06 | |
| 40,87 | | Beatriz Andrade | Jv | | | | 2 | | Lisboa - MP | 15-06 | |
| 40,88 | | Beatriz Andrade | Jv | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 41,13 | | Beatriz Andrade | Jv | | | | 1 | | Lisboa - MP | 14-05 | |
| 41,23 | | Beatriz Andrade | Jv | | | | 3 | CNJv | Abrantes | 24-06 | |
| 41,27 | | Juliana Guerreiro | Jv | | | | 4 | CNJv | Abrantes | 24-06 | |
| 41,31 | | Ana Costa | Ini | | | | 1ex | | Vagos | 14-01 | |
| 41,31 | | Fatoumata Diallo | Jv | | | | 1 | Atletis | Lagoa | 25-03 | |
| 41,35 | i | Ana Costa | Ini | | | | 1 | | Braga | 10-12 | |
| 41,37 | | Carolina Duarte | | Sporting CP | | 08-01-90 | 1s | Lisboa | Lisboa - I | 01-05 | 42,92-07 |
| 41,52 | i | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | 2 | CNJv | Pombal | 04-02 | 43,35-16 |
| 41,66 | | Carina Silva | Jv | ACDR Arneirense | | 24-01-01 | 1 | | Pombal | 14-05 | |
| 41,70 | i | Joana Carlos | Jv | Juv. Vidigalense | | 25-03-99 | 1 | | Pombal | 17-12 | |
| 41,75 | i | Mafalda Marques | Jv | SL Benfica | | 18-04-01 | 3 | CNJv | Pombal | 04-02 | 42,47-16 |
| 41,77 | | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 4 | OJ | Braga | 04-06 | 42,75i-16 |
| 41,78 | | Carina Silva | Jv | | | | 5 | OJ | Braga | 04-06 | |
| 41,82 | | Ema Camacho | Jv | GD Estreito | | 21-05-00 | 1 | | Ribeira Brava | 20-05 | 42,95-16 |
| 41,87 | | Milca Francisco | S23 | SL Benfica | | 14-06-96 | 2 | Fortunato | Torres Vedras | 21-05 | 42,44-14 |
| 41,97 | | Inês Santos | Ini | Pedro Pessoa EA | | 21-01-02 | 2 | Lisboa | Lisboa - I | 01-05 | |
| 41,97 | | Margarida Figueiredo | Jv | S. Viseu Bf | | 14-03-01 | 6 | OJ | Braga | 04-06 | |
| 41,99 | | Mafalda Marques | Jv | | | | 2 | SLB | Lisboa - I | 17-06 | |
| 42,10 | | Francisca Silva | Jv | SC Braga | | 19-04-00 | 1 | | Braga | 23-04 | |
| 42,10 | | Francisca Silva | Jv | | | | 1 | | Braga | 14-05 | |
| 42,12 | | Ema Camacho | Jv | | | | 7 | OJ | Braga | 04-06 | |
| 42,17 | i | Sofia Almeida | Ini | RD Águeda | | 08-01-02 | 1 | | Braga | 22-01 | |
| 42,17 | | Mafalda Marques | Jv | | | | 1s | Lisboa | Lisboa - I | 01-05 | |
| 42,19 | | Raquel Anjos | Ini | SCU Torreense | | 15-09-03 | 1 | | Torres Vedras | 04-04 | |
| 42,23 | | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 1 | | Maia | 14-05 | |
| 42,26 | | Beatriz Gameiro | Jv | | | | 1 | | Abrantes | 17-06 | |
| 42,36 | | Francisca Silva | Jv | | | | 1 | | Braga | 27-06 | |
| 42,47 | | Rosa Djombate | Ini | CAS Manique | GBS | 10-03-02 | 3 | SLB | Lisboa - I | 17-06 | |
| 42,48 | | Alina Humenyuk | Jv | Juv. Vidigalense | UKR | 27-10-00 | 2 | | Pombal | 14-05 | |
| 42,48 | | Mariana Novo | Jv | | | | 8 | OJ | Braga | 04-06 | |
| 42,52 | | Beatriz Rebelo | Jr | SL Benfica | | 27-05-99 | 1s | Lisboa | Lisboa - I | 01-05 | 42,91-15 |
| 42,54 | | Ema Camacho | Jv | | | | 1 | | Ribeira Brava | 13-05 | |
| 42,68 | | Fatoumata Diallo | Jv | | | | 1 | | Faro | 18-12 | |
| 42,70 | | Margarida Figueiredo | Jv | | | | 1 | | Viseu | 28-05 | |
| 42,70 | | Mafalda Marques | Jv | | | | 5 | CNJv | Abrantes | 24-06 | |
| 42,71 | | Ema Camacho | Jv | | | | 3 | | Ribeira Brava | 01-04 | |
| 42,73 | | Margarida Figueiredo | Jv | | | | 1 | | Viseu | 13-05 | |
| 42,77 | | Sofia Almeida | Ini | | | | 1 | | Vagos | 14-01 | |
| 42,79 | | Francisca Silva | Jv | | | | 1 | | Guimarães | 06-05 | |
| 42,79 | | Gisela Cruz | Jr | SL Benfica | | 17-08-99 | 3 | Fortunato | Torres Vedras | 21-05 | 43,28-16 |
| 42,81 | i | Alina Humenyuk | Jv | | UKR | | 1 | | Pombal | 14-01 | |
| 42,81 | i | Beatriz Gameiro | Jv | | | | 1 | | Pombal | 14-01 | |
| 42,81 | | Mafalda Marques | Jv | | | | 1 | | Lisboa - MP | 21-01 | |
| 42,82 | | Edna Bernardino | Jv | GD S. Domingos | | 01-10-01 | 1s | SLB | Lisboa - I | 17-06 | |
| 42,83 | | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | 9 | OJ | Braga | 04-06 | 43,95-16 |
| 42,86 | i | Érica Gangeia | Jv | | | | 2 | | Pombal | 17-12 | |
| 42,91 | | Beatriz Gameiro | Jv | | | | 6 | CNJv | Abrantes | 24-06 | |
| 42,93 | | Renata Rocha | Jr | GD Estreito | | 12-03-99 | 1 | | Ribeira Brava | 13-05 | |
| 42,94 | | Joycelene Barros | Jv | NucleOeiras | | 17-12-01 | 3 | | Lisboa - MP | 15-06 | |
| 42,98 | | Carmo Juiz | Ini | Maratona CP | | 11-09-02 | 2s | Lisboa | Lisboa - I | 01-05 | |
| 43,05 | | Carolina Narciso | Jr | CS Marítimo | | 04-12-99 | 2s | Lisboa | Lisboa - I | 01-05 | 43,44-15 |
| 43,06 | | Catarina Neiva | Jv | S Almada F | | 01-11-01 | 1 | | Setúbal | 20-05 | |
| 43,17 | | Francisca Silva | Jv | | | | 10 | OJ | Braga | 04-06 | |
| 43,20 | | Mafalda Marques | Jv | | | | 4 | | Lisboa - MP | 15-06 | |
| 43,22 | | Matilde Sousa | Jv | A 20Km Almeirim | | 14-04-00 | 11 | OJ | Braga | 04-06 | |
| 43,24 | | Inês Farias | Jv | CO Pechão | | 05-09-01 | 7 | CNJv | Abrantes | 24-06 | 43,18-16 |
| 43,26 | | Francisca Silva | Jv | | | | 7 | CNJv | Abrantes | 24-06 | |
| 43,33 | | Inês Farias | Jv | | | | 1 | | Faro | 20-05 | |

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|-------|---|--------------------|-----|------------------|--|----------|-----|--------|-------------------|-------|----------|
| 43,33 | | Matilde Reis | Ini | SCU Torreense | | 23-02-02 | 9 | CNjv | Abrantes | 24-06 | |
| 43,35 | | Marta Castro | Ini | SL Benfica | | 07-02-03 | 4s | SLB | Lisboa - I | 17-06 | |
| 43,37 | | Laura Ramos | Ini | CPR A das Barbas | | 31-05-02 | 1 | | Marinha Grande | 20-05 | 43,69-16 |
| 43,37 | | Margarida Veiga | Ini | UA Povoense | | 11-09-02 | 5s | SLB | Lisboa - I | 17-06 | |
| 43,45 | i | Angélica Neves | Jv | Maia AC | | 21-08-00 | 4 | CNjv | Pombal | 04-02 | 43,37-16 |
| 43,47 | | Matilde Reis | Ini | | | | 2 | | Lisboa - MP | 21-01 | |
| 43,55 | | Rita Ribeiro | Jr | Sporting CP | | 13-02-98 | 3s | Lisboa | Lisboa - I | 01-05 | 42,62-15 |
| 43,56 | i | Inês Farias | Jv | | | | 5 | CNjv | Pombal | 04-02 | |
| 43,59 | | Matilde Sousa | Jv | | | | 1 | | Rio Maior | 14-05 | |
| 43,61 | | Mariana Novo | Jv | | | | 1 | | Póvoa de Varzim | 27-11 | |
| 43,64 | | Debora Silva | | ADR Água Pena | | 31-07-89 | 1 | | Ribeira Brava | 17-12 | |
| 43,67 | | Carla Rodrigues | Ini | SL Benfica | | 12-04-02 | 3 | | Lisboa - MP | 21-01 | |
| 43,69 | | Rita Figueiredo | Ini | GD Ribeirinhos | | 22-07-03 | 2 | | Viseu | 28-05 | |
| 43,72 | | Daniela Amaro | Jv | GD Cavadas | | 10-06-01 | 2 | | Setúbal | 20-05 | |
| 43,74 | | Daniela Henriques | Jv | Greca | | 02-01-01 | 10 | CNjv | Abrantes | 24-06 | |
| 43,74 | | Sofia Almeida | Ini | | | | 10 | CNjv | Abrantes | 24-06 | |
| 43,75 | | Margarida Veiga | Ini | | | | 12 | CNjv | Abrantes | 24-06 | |
| 43,77 | | Mafalda Marques | Jv | | | | 2 | | Lisboa - MP | 13-05 | |
| 43,77 | | Nadine Ferro | Ini | BNS Conceição | | 24-02-02 | 5ex | | Lisboa - MP | 15-06 | |
| 43,81 | | Anna Machado | Jv | AA Ch. Caparica | | 19-07-00 | 3 | | Setúbal | 20-05 | |
| 43,84 | | Maria João Esteves | Jv | CA Mar. Grande | | 13-02-01 | 3 | | Pombal | 14-05 | |
| 43,85 | | Angélica Neves | Jv | | | | 2 | | Maia | 10-06 | |
| 43,85 | | Bruna Embaló | Ini | SFRA Amadora | | 03-09-03 | 1s | | Lisboa - MP | 15-06 | |
| 43,87 | | Dania Furk | Jv | | | | 1 | | Angra do Heroísmo | 30-04 | |
| 43,87 | | Mariana Fernandes | Jv | SL Benfica | | 15-03-01 | 12 | OJ | Braga | 04-06 | 42,98-16 |
| 43,88 | | Daniela Henriques | Jv | | | | 13 | OJ | Braga | 04-06 | |
| 43,88 | | Margarida Veiga | Ini | | | | 1s | | Lisboa - MP | 15-06 | |
| 43,88 | | Sofia Almeida | Ini | | | | 1 | | Luso | 17-06 | |
| 43,90 | i | Loanne Pinto | Jv | Esc. Movimento | | 12-10-99 | 2s | | Braga | 10-12 | 41,97-16 |
| 43,91 | | Ana Ferreira | Ini | GD Estreito | | 04-09-02 | 2 | | Ribeira Brava | 20-05 | |
| 43,91 | | Marta Castro | Ini | | | | 13 | CNjv | Abrantes | 24-06 | |
| 43,93 | | Mariana Almeida | Jr | SL Benfica | | 25-11-99 | 1 | | Lisboa - MP | 26-11 | 43,54-15 |
| 43,96 | | Tânia Rodrigues | Jv | Bairro Anjos | | 26-11-01 | 2 | | Marinha Grande | 20-05 | |

400 m– 57,00 - 61,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------|-----|-------------|-----|----------|-----|----------|-----------------|-------|----------|
| 51,90 | | Cátia Azevedo | | Sporting CP | | 09-03-94 | 5 | Madrid | Madrid - Esp | 14-07 | 51,63-16 |
| 52,04 | | Cátia Azevedo | | | | | 2 | IFAM | Oordegem - Bel | 27-05 | |
| 52,18 | | Cátia Azevedo | | | | | 1 | | Munique - Ale | 03-06 | |
| 52,27 | | Cátia Azevedo | | | | | 1h | Univ | Taipei | 23-08 | |
| 52,30 | | Cátia Azevedo | | | | | 1 | Avila | Avila - Esp | 15-07 | |
| 52,39 | | Cátia Azevedo | | | | | 5 | Univ | Taipei | 25-08 | |
| 52,52 | | Cátia Azevedo | | | | | 1mf | Univ | Taipei | 24-08 | |
| 52,67 | | Cátia Azevedo | | | | | 1 | CNU | Faro | 14-05 | |
| 52,67 | | Cátia Azevedo | | | | | 1 | | Castres - Fra | 26-07 | |
| 52,71 | | Cátia Azevedo | | | | | 3 | | Rehlingen - Ale | 05-06 | |
| 52,73 | | Cátia Azevedo | | | | | 3 | Ibero | Huelva - Esp | 14-06 | |
| 52,76 | | Cátia Azevedo | | | | | 3 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 52,79 | | Cátia Azevedo | | | | | 7h | C. Mundo | Londres - Gbr | 06-08 | |
| 53,18 | | Cátia Azevedo | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 53,23 | | Cátia Azevedo | | | | | 1h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 53,78 | i | Cátia Azevedo | | | | | 1 | CNCI-1 | Pombal | 18-02 | |
| 53,87 | | Cátia Azevedo | | | | | 1 | C. Port | Vagos | 10-06 | |
| 54,05 | | Vera Barbosa | | Sporting CP | | 13-01-89 | 6 | Ibero | Huelva - Esp | 14-06 | 53,08-12 |
| 54,10 | i | Cátia Azevedo | | | | | 3 | | Madrid - Esp | 24-02 | |
| 54,17 | | Rivinilda Mentai | | SL Benfica | | 01-04-94 | 2 | CNU | Faro | 14-05 | 53,96-15 |
| 54,38 | i | Dorothe Évora | | SL Benfica | | 28-05-91 | 1rB | | Madrid - Esp | 24-02 | 54,43-14 |
| 54,52 | | Dorothe Évora | | | | | 3 | | Salamanca - Esp | 03-06 | |
| 54,52 | | Rivinilda Mentai | | | | | 1 | Maia | Maia | 08-07 | |
| 54,61 | | Rivinilda Mentai | | | | | 2 | C. Port | Vagos | 10-06 | |
| 54,63 | | Filipa Martins | | Sporting CP | | 13-11-92 | 2 | Maia | Maia | 08-07 | 54,19-16 |

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|-------|----|-------------------|-------------------|------------------|--|----------|-----|------------|-------------------|-------|----------|
| 54,64 | i | | Dorothe Évora | | | | 2 | CNCI-1 | Pombal | 18-02 | |
| 54,65 | i | | Cátia Azevedo | | | | 1s | CNCI-Ap | Pombal | 21-01 | |
| 54,86 | | | Dorothe Évora | | | | 4rB | Ibero | Huelva - Esp | 14-06 | |
| 54,91 | i | | Cátia Azevedo | | | | 1 | C. Port | Pombal | 11-02 | |
| 54,96 | | | Filipa Martins | | | | 3 | CNU | Faro | 14-05 | |
| 55,00 | i | | Dorothe Évora | | | | 2 | C. Port | Pombal | 11-02 | |
| 55,53 | | | Filipa Martins | | | | 3 | C. Port | Vagos | 10-06 | |
| 55,54 | | | Filipa Martins | | | | 1 | V. Tavares | Faro | 13-05 | |
| 55,57 | i | | Dorothe Évora | | | | 1s | CNCI-Ap | Pombal | 22-01 | |
| 55,68 | | | Dorothe Évora | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 55,93 | i | | Filipa Martins | | | | 3 | C. Port | Pombal | 11-02 | |
| 56,13 | | | Dorothe Évora | | | | 4 | C. Port | Vagos | 10-06 | |
| 56,28 | i | Carina Pereira | Jr | SL Benfica | | 01-06-98 | 4 | C. Port | Pombal | 11-02 | 57,44-16 |
| 56,55 | | | Carina Pereira | Jr | | | 2 | V. Tavares | Faro | 13-05 | |
| 56,56 | i | | Carina Pereira | Jr | | | 1 | CN23 | Pombal | 25-02 | |
| 56,58 | | Andreia Crespo | | Sporting CP | | 16-10-93 | 5 | C. Port | Vagos | 10-06 | 54,70-14 |
| 56,68 | | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 3 | V. Tavares | Faro | 13-05 | 56,90-16 |
| 56,83 | mx | Joceline Monteiro | | Grã Bretanha | | 10-05-90 | 5 | | Dartford - Gbr | 26-07 | 54,29-09 |
| 56,84 | | | Carina Pereira | Jr | | | 1 | Abrantes | Abrantes | 03-06 | |
| 56,84 | | | Rivindla Mentai | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 56,87 | i | | Fatoumata Diallo | Jv | | RNIJv | 1 | CNCI-2 | Pombal | 18-02 | |
| 56,91 | | | Fatoumata Diallo | Jv | | | 2s | CNCI-Ap | Vendas Novas | 27-05 | |
| 56,92 | | | Carina Pereira | Jr | | | 1 | | Lisboa - I | 24-06 | |
| 57,12 | i | | Fatoumata Diallo | Jv | | | 2s | CNCI-Ap | Pombal | 21-01 | |
| 57,15 | | | Fatoumata Diallo | Jv | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 57,17 | | | Carina Pereira | Jr | | | 6 | C. Port | Vagos | 10-06 | |
| 57,18 | | | Andreia Crespo | | | | 4 | CNU | Faro | 14-05 | |
| 57,18 | | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 5h | FOJE | Gyor - Hun | 26-07 | |
| 57,20 | | | Fatoumata Diallo | Jv | | | 3 | Go Fit | Avila - Esp | 01-07 | |
| 57,22 | | | Fatoumata Diallo | Jv | | | 1 | | Faro | 29-04 | |
| 57,30 | i | | Andreia Crespo | | | | 1 | Pombal | Pombal | 04-02 | |
| 57,31 | i | | Andreia Crespo | | | | 1 | CNU | Pombal | 05-03 | |
| 57,34 | i | | Carina Pereira | Jr | | | 2 | Pombal | Pombal | 04-02 | |
| 57,38 | | Juliana Guerreiro | Jv | C Bf. Faro | | 21-04-01 | 3s | CNCI-Ap | Vendas Novas | 27-05 | |
| 57,39 | | | Juliana Guerreiro | Jv | | | 2 | | Faro | 29-04 | |
| 57,47 | | Rafaela Hora | Jr | EC+S Lavra | | 11-09-98 | 1 | C. Norte | Maia | 15-07 | 58,44-16 |
| 57,47 | | | Fatoumata Diallo | Jv | | | 2 | Lx/Md | Lisboa - I | 29-07 | |
| 57,52 | | | Carina Pereira | Jr | | | 1 | | Lisboa - MP | 15-01 | |
| 57,52 | | Carolina Duarte | | Sporting CP | | 08-01-90 | 3 | CM IPC | Londres - Gbr | 19-07 | 54,47-12 |
| 57,81 | i | | Carina Pereira | Jr | | | 1 | CNJ | Braga | 28-01 | |
| 57,99 | i | Laura Cordeiro | S23 | Juv. Vidigalense | | 05-05-97 | 2 | CN23 | Pombal | 25-02 | 57,41-16 |
| 58,01 | | Patrícia Silva | Jr | SL Benfica | | 09-12-99 | 1 | CN23 | Pombal | 01-07 | 58,12-16 |
| 58,13 | i | Elisabete Silva | Jr | UC Eirense | | 10-12-98 | 3 | CN23 | Pombal | 25-02 | 57,79-16 |
| 58,15 | i | | Elisabete Silva | Jr | | | 2 | CNCI-2 | Pombal | 18-02 | |
| 58,16 | | | Laura Cordeiro | S23 | | | 3 | | Poitiers - Fra | 03-06 | |
| 58,16 | | | Carolina Duarte | | | | ex | | Lisboa - I | 24-06 | |
| 58,18 | | | Elisabete Silva | Jr | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 58,31 | | | Laura Cordeiro | S23 | | | 5 | | Pont L'abbe - Fra | 10-06 | |
| 58,33 | i | | Fatoumata Diallo | Jv | | | 2 | CNJ | Braga | 28-01 | |
| 58,38 | | | Rafaela Hora | Jr | | | 1 | | Maia | 28-06 | |
| 58,40 | | | Rafaela Hora | Jr | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 58,42 | | Marta Pen Freitas | | SL Benfica | | 31-07-93 | 7 | C. Port | Vagos | 10-06 | 57,32-15 |
| 58,46 | | | Laura Cordeiro | S23 | | | 2 | | Landerneau - Fra | 16-06 | |
| 58,52 | | Bruna Silva | | Juv. Vidigalense | | 14-11-94 | 1s | CNCI-Ap | Fátima | 27-05 | 59,44-16 |
| 58,59 | | | Bruna Silva | | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 58,61 | i | | Elisabete Silva | Jr | | | 2 | CNU | Pombal | 05-03 | |
| 58,66 | | Patrícia Lopes | | Sporting CP | | 11-07-82 | 1s | Maia | Maia | 08-07 | 53,05-09 |
| 58,68 | | | Patrícia Silva | Jr | | | 1 | | Pombal | 25-04 | |
| 58,72 | i | | Elisabete Silva | Jr | | | 3s | Pombal | Pombal | 04-02 | |
| 58,72 | | Vera Lima | | Grecas | | 08-12-89 | 2 | Abrantes | Abrantes | 03-06 | 58,15-13 |
| 58,72 | | Tânia Freitas | Vet | GD Estreito | | 17-06-80 | 1 | | Ribeira Brava | 15-07 | 54,80-02 |
| 58,75 | i | | Rafaela Hora | Jr | | | 3 | CNJ | Braga | 28-01 | |

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|-------|---|------------------------|-----|------------------|-----|----------|----------|-------------------|----------------|----------|----------|
| 58,77 | i | Vera Lima | | | | 1s | Pombal | Pombal | 04-02 | | |
| 58,78 | i | Cátia Jacinto | | Juv. Vidigalense | | 26-08-92 | 1 | Pombal | 28-01 | 55,75-12 | |
| 58,84 | | Bruna Silva | | | | 2 | | Maia | 28-06 | | |
| 58,86 | i | Cátia Jacinto | | | | 2s | Pombal | Pombal | 04-02 | | |
| 58,88 | i | Laura Cordeiro | S23 | | | 1 | | Rennes - Fra | 28-01 | | |
| 58,88 | | Patrícia Silva | Jr | | | 3 | CNJ | Marinha Grande | 08-07 | | |
| 58,91 | | Vera Lima | | | | 2s | CNCI-Ap | Vendas Novas | 27-05 | | |
| 58,94 | i | Cátia Jacinto | | | | 3 | CNCI-1 | Pombal | 18-02 | | |
| 58,95 | | Vera Lima | | | | 1 | | Lousada | 23-04 | | |
| 58,95 | | Rafaela Hora | Jr | | | 3 | Abrantes | Abrantes | 03-06 | | |
| 59,08 | i | Rafaela Hora | Jr | | | 4 | CN23 | Pombal | 25-02 | | |
| 59,09 | i | Laura Cordeiro | S23 | | | 1 | | Rennes - Fra | 14-01 | | |
| 59,11 | i | Vera Lima | | | | 4 | CNCI-1 | Pombal | 18-02 | | |
| 59,14 | | Vera Lima | | | | 8 | C. Port | Vagos | 10-06 | | |
| 59,16 | i | Laura Cordeiro | S23 | | | 4s | | Lyon - Fra | 04-02 | | |
| 59,18 | i | Vera Lima | | | | 5 | C. Port | Pombal | 11-02 | | |
| 59,19 | | Laura Cordeiro | S23 | | | 1 | | Pont L'abbe - Fra | 07-05 | | |
| 59,19 | | Rafaela Hora | Jr | | | 1 | | Braga | 14-05 | | |
| 59,21 | | Bruna Silva | | | | 9 | C. Port | Vagos | 10-06 | | |
| 59,31 | i | Cátia Jacinto | | | | 6 | C. Port | Pombal | 11-02 | | |
| 59,32 | | Bruna Silva | | | | 3 | CNCI-1 | Leiria | 22-07 | | |
| 59,34 | | Carolina Duarte | | | | 10 | C. Port | Vagos | 10-06 | | |
| 59,35 | | Tânia Freitas | Vet | | | 1 | | Ribeira Brava | 07-07 | | |
| 59,41 | | Vera Lima | | | | 1 | | Vagos | 15-07 | | |
| 59,42 | i | Paula Brito | S23 | Juv. Vidigalense | CPV | 23-06-97 | 5ex | CN23 | Pombal | 25-02 | |
| 59,46 | | Vera Lima | | | | 1 | | Braga | 21-06 | | |
| 59,50 | i | Laura Cordeiro | Jr | | | 1 | | Rennes - Fra | 03-12 | | |
| 59,52 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 1 | | Ribeira Brava | 01-07 | 59,52-16 |
| 59,52 | | Tânia Freitas | Vet | | | 4 | CNCI-1 | Leiria | 22-07 | | |
| 59,53 | | Vera Lima | | | | 1 | | Vagos | 07-01 | | |
| 59,53 | i | Elisabete Silva | Jr | | | 4 | CNJ | Braga | 28-01 | | |
| 59,53 | i | Carolina Duarte | | | | 7 | C. Port | Pombal | 11-02 | | |
| 59,55 | i | Rafaela Hora | Jr | | | 1s | CNCI-Ap | Braga | 21-01 | | |
| 59,55 | i | Paula Brito | S23 | | CPV | 2 | | Pombal | 28-01 | | |
| 59,57 | | Diana Afonso | Jr | SL Benfica | | 08-06-98 | 5 | Lx/Md | Lisboa - I | 29-07 | |
| 59,59 | | Sara Martins | | ACD Jardim Serra | | 13-11-91 | 5 | CNCI-1 | Leiria | 22-07 | 58,11-16 |
| 59,62 | | Francisca Martins | Jr | Grecas | | 08-10-98 | 1 | | Vagos | 15-07 | 58,69-16 |
| 59,63 | i | Vera Lima | | | | 3s | CNCI-Ap | Braga | 21-01 | | |
| 59,63 | | Milca Francisco | S23 | SL Benfica | ANG | 14-06-96 | 2 | CN23 | Pombal | 01-07 | 57,90-14 |
| 59,64 | | Beatriz Andrade | Jv | SCU Torreense | | 31-10-01 | 1 | | Torres Vedras | 18-03 | |
| 59,66 | i | Bruna Silva | | | | 8 | C. Port | Pombal | 11-02 | | |
| 59,66 | | Nicolle Santos | | SCU Torreense | | 19-04-94 | 2s | Maia | Maia | 08-07 | |
| 59,72 | | Luisa Pereira | S23 | UC Eirense | | 13-09-97 | 3 | CN23 | Pombal | 01-07 | 59,53-15 |
| 59,72 | | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | 6 | Lx/Md | Lisboa - I | 29-07 | |
| 59,73 | i | Vera Lima | | | | 1 | T. Port | Braga | 14-01 | | |
| 59,77 | | Bruna Silva | | | | 5 | CNU | Faro | 14-05 | | |
| 59,77 | | Luisa Pereira | S23 | | | 4 | Abrantes | Abrantes | 03-06 | | |
| 59,80 | | Beatriz Rodrigues | Jr | RD Águeda | | 22-04-99 | 1 | | Lousada | 04-06 | 60,74-15 |
| 59,81 | | Mafalda Marques | Jv | SL Benfica | | 18-04-01 | 4 | CNJ | Marinha Grande | 08-07 | |
| 59,84 | | Laura Cordeiro | S23 | | | 1 | | Saint Renan - Fra | 21-05 | | |
| 59,86 | | Olga Serbyn | | GA Fátima | | 12-09-92 | 1 | CNCI-2 | Leiria | 22-07 | 58,45-11 |
| 59,88 | | Vera Lima | | | | 1 | | Braga | 05-07 | | |
| 59,95 | | Elisabete Silva | Jr | | | 7 | CNU | Faro | 14-05 | | |
| 59,96 | | Beatriz Gameiro | Jv | | | 1 | | Fátima | 22-04 | | |
| 59,97 | i | Carolina Duarte | | | | 2 | T. Port | Braga | 14-01 | | |
| 59,98 | i | Rafaela Hora | Jr | | | 1s | T. Port | Braga | 14-01 | | |
| 60,02 | | Fatoumata Diallo | Jv | | | 1 | | Faro | 28-02 | | |
| 60,03 | i | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 1 | | Pombal | 28-01 | |
| 60,03 | | Francisca Martins | Jr | | | 4 | CN23 | Pombal | 01-07 | | |
| 60,04 | | Debora Silva | | ADR Água Pena | | 31-07-89 | 1 | | Ribeira Brava | 20-05 | 59,89-15 |
| 60,06 | | Elisabete Silva | Jr | | | 2 | | Pombal | 25-04 | | |
| 60,09 | i | Bruna Silva | | | | 3s | Pombal | Pombal | 04-02 | | |

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|-------|---|---------------------|-----|------------------|----------|-----|----------|----------------|-------|-----------|
| 60,09 | | Olga Serbyn | | | | 4s | Maia | Maia | 08-07 | |
| 60,13 | | Cátia Jacinto | | | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 60,15 | | Luisa Pereira | S23 | | | 11 | C. Port | Vagos | 10-06 | |
| 60,17 | | Sara Martins | | | | 5s | Maia | Maia | 08-07 | |
| 60,20 | | Jessica Viegas | | GD Cavadas | 16-08-94 | 1 | | Setúbal | 20-05 | 57,69-11 |
| 60,21 | i | Rafaela Hora | Jr | | | 1 | C. Norte | Braga | 07-01 | |
| 60,21 | | Sara Martins | | | | 2ex | C. Norte | Maia | 15-07 | |
| 60,23 | i | Bruna Silva | | | | 3 | CNU | Pombal | 05-03 | |
| 60,23 | | Olga Serbyn | | | | 5 | Abrantes | Abrantes | 03-06 | |
| 60,28 | | Luisa Pereira | S23 | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 60,29 | i | Luisa Pereira | S23 | | | 5 | CN23 | Pombal | 25-02 | |
| 60,29 | i | Francisca Martins | Jr | | | 6 | CN23 | Pombal | 25-02 | |
| 60,29 | i | Francisca Martins | Jr | | | 6 | CN23 | Pombal | 25-02 | |
| 60,30 | | Luisa Pereira | S23 | | | 3s | CNCI-Ap | Vendas Novas | 27-05 | |
| 60,32 | | Luisa Pereira | S23 | | | 1 | Viseu | Viseu | 22-04 | |
| 60,34 | i | Mafalda Marques | Jv | | | 5 | CNJ | Braga | 28-01 | |
| 60,38 | | Cátia Santos Leitão | | | | 1 | | Ribeira Brava | 06-01 | |
| 60,41 | | Beatriz Gameiro | Jv | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 60,42 | i | Beatriz Gameiro | Jv | | | 2s | CNCI-Ap | Pombal | 22-01 | |
| 60,48 | | Margarida Silva | Jv | Vit. Setúbal | 02-04-00 | 1 | | Setúbal | 15-07 | |
| 60,51 | i | Beatriz Gameiro | Jv | | | 6 | CNJ | Braga | 28-01 | |
| 60,52 | | Mafalda Marques | Jv | | | 2 | | Lisboa - MP | 15-01 | |
| 60,54 | i | Beatriz Rebelo | Jr | SL Benfica | 27-05-99 | 7 | CN23 | Pombal | 25-02 | |
| 60,58 | i | Rafaela Hora | Jr | | | 1 | T. Natal | Braga | 22-12 | |
| 60,58 | i | Loanne Pinto | Jr | Esc. Movimento | 12-10-99 | 3 | CNCI-2 | Pombal | 18-02 | 60,60-16 |
| 60,60 | i | Elisabete Silva | Jr | | | 1 | | Pombal | 07-01 | |
| 60,60 | | Margarida Silva | Jv | | | 1rB | Lx/Md | Lisboa - I | 29-07 | |
| 60,61 | | Debora Silva | | | | 1 | | Ribeira Brava | 04-02 | |
| 60,62 | i | Luisa Pereira | S23 | | | 4s | Pombal | Pombal | 04-02 | |
| 60,62 | | Rafaela Morgado | Jr | GD Cavadas | 27-12-98 | 2 | | Setúbal | 20-05 | |
| 60,63 | i | Lara Glória | Jr | CP Corroios | 18-09-98 | 8 | CN23 | Pombal | 25-02 | 62,53i-16 |
| 60,65 | | Ana Moreira | Jr | Juv. Vidigalense | 27-06-98 | 5 | CNJ | Marinha Grande | 08-07 | 61,00-16 |
| 60,70 | | Beatriz Gameiro | Jv | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 60,72 | | Tânia Freitas | Vet | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 60,79 | | Francisca Martins | Jr | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 60,81 | | Debora Silva | | | | 2 | | Ribeira Brava | 06-01 | |
| 60,84 | i | Rafaela Hora | Jr | | | 1 | | Braga | 03-12 | |
| 60,84 | | Francisca Martins | Jr | | | 12 | C. Port | Vagos | 10-06 | |
| 60,85 | | Francisca Martins | Jr | | | 8 | CNU | Faro | 14-05 | |
| 60,88 | | Francisca Cantante | Jr | UC Eirense | 18-12-99 | 8 | CNJ | Marinha Grande | 08-07 | |
| 60,90 | i | Luisa Pereira | S23 | | | 1 | | Pombal | 28-01 | |
| 60,94 | | Olga Serbyn | | | | 4s | CNCI-Ap | Vendas Novas | 27-05 | |
| 60,98 | | Amélia Vitorino | | Sporting CP | 30-04-94 | 3 | | Lisboa - MP | 15-01 | 58,56-16 |
| 60,98 | i | Bruna Silva | | | | 3s | CNCI-Ap | Pombal | 22-01 | |

800m - 2.13,0 - 2.25,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|---------|---|-------------------|-----|--------------|-----|----------|----|------------|-------------------|-------|------------|
| 2.03,60 | | Marta Pen Freitas | | SL Benfica | | 31-07-93 | 4 | | Gainesville - Usa | 31-03 | 2.03,42-14 |
| 2.04,06 | | Marta Pen Freitas | | | | | 2 | SLB | Lisboa - I | 17-06 | |
| 2.05,74 | | Joceline Monteiro | | Grã Bretanha | | 10-05-90 | 6 | | Loughborough-Gbr | 08-07 | 2.03,6-16 |
| 2.05,92 | | Joceline Monteiro | | | | | 1 | | Watford - Gbr | 14-06 | |
| 2.06,11 | | Cátia Azevedo | | Sporting CP | | 09-03-94 | 1 | V. Tavares | Faro | 13-05 | 2.08,40-15 |
| 2.06,20 | | Salomé Afonso | S23 | Sporting CP | | 19-11-97 | 4 | | Castres - Fra | 26-07 | 2.06,05-16 |
| 2.06,56 | | Marta Pen Freitas | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 2.06,60 | | Salomé Afonso | S23 | | | | 4s | IFAM | Oordegem - Bel | 27-05 | |
| 2.06,96 | | Salomé Afonso | S23 | | | | 4 | | Nivelles - Bel | 24-06 | |
| 2.06,97 | | Salomé Afonso | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 2.06,99 | | Salomé Afonso | S23 | | | | 2 | V. Tavares | Faro | 13-05 | |
| 2.07,06 | | Joceline Monteiro | | | | | 4 | | Loughborough-Gbr | 21-05 | |
| 2.07,06 | | Joceline Monteiro | | | | | 4 | | Manchester - Gbr | 27-05 | |
| 2.07,10 | | Salomé Afonso | S23 | | | | 4h | CE23 | Bydgoszcz - Pol | 13-07 | |

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|---------|---|---------------------|-----|------------------|-------|----------|--------|---------------|------------------|-------|-------------|
| 2.07,30 | | Joceline Monteiro | | | | 5 | | Leiden - Hol | 17-06 | | |
| 2.07,39 | | Salomé Afonso | S23 | | | 7 | Ibero | Huelva - Esp | 14-06 | | |
| 2.07,40 | i | Salomé Afonso | S23 | | | 1 | CNCI-1 | Pombal | 19-02 | | |
| 2.07,66 | | Joceline Monteiro | | | | 2 | | Watford - Gbr | 12-07 | | |
| 2.07,85 | i | Amélia Vitorino | | Sporting CP | | 30-04-94 | 7 | | Sabadell - Esp | 07-02 | 2.05,75-16 |
| 2.08,47 | | Noelie Yarigo | | Sporting CP | BEN | 26-12-85 | 1ex | C. Port | Vagos | 11-06 | 1.59,12-16 |
| 2.08,48 | i | Salomé Afonso | S23 | | | | 1 | CN23 | Pombal | 26-02 | |
| 2.08,48 | | Patrícia Silva | Jr | SL Benfica | | 09-12-99 | 2 | CN23 | Pombal | 02-07 | 2.11,31-16 |
| 2.08,50 | | Marta Pen Freitas | | | | | 10 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 2.08,88 | i | Amélia Vitorino | | | | | 1ex | CNU | Pombal | 05-03 | |
| 2.08,93 | | Beatriz Rodrigues | Jr | RD Águeda | | 22-04-99 | 3 | CN23 | Pombal | 02-07 | 2.12,13-16 |
| 2.09,09 | i | Amélia Vitorino | | | | | 3 | Chamartin | Madrid - Esp | 02-02 | |
| 2.09,13 | | Joceline Monteiro | | | | | 1 | | Chelmsford - Gbr | 13-05 | |
| 2.09,36 | i | Salomé Afonso | S23 | | | | 1 | C. Port | Pombal | 12-02 | |
| 2.09,40 | i | Amélia Vitorino | | | | | 1 | | Saragoça - Esp | 04-02 | |
| 2.09,43 | i | Patrícia Silva | Jr | | | | 2 | CNCI-1 | Pombal | 19-02 | |
| 2.09,68 | | Joceline Monteiro | | | | | 9 | | Merksem - Bel | 29-07 | |
| 2.09,69 | i | Carla Mendes | | Juv. Vidigalense | | 09-11-94 | 2ex | CNU | Pombal | 05-03 | 2.09,35-15 |
| 2.09,84 | i | Amélia Vitorino | | | | | 2 | C. Port | Pombal | 12-02 | |
| 2.09,85 | i | Mariana Machado | Jv | SC Braga | RNiJr | 12-11-00 | 3 | CNCI-1 | Pombal | 19-02 | 2.12,04-16 |
| 2.09,97 | i | Salomé Afonso | S23 | | | | 1 | Pombal | Pombal | 04-02 | |
| 2.10,08 | | Salomé Afonso | S23 | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 2.10,11 | | Salomé Afonso | S23 | | | | 1 | Guarda | Guarda | 07-07 | |
| 2.10,13 | | Carla Mendes | | | | | 1 | | Salamanca - Esp | 03-06 | |
| 2.10,37 | i | Patrícia Silva | Jr | | | | 2 | CN23 | Pombal | 26-02 | |
| 2.10,47 | i | Salomé Afonso | S23 | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 2.10,62 | | Carla Mendes | | | | | 4 | | Valence - Fra | 08-07 | |
| 2.11,03 | | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | | Kladno - Cze | 18-06 | 2.12,36-15 |
| 2.11,21 | | Amélia Vitorino | | | | | 2 | F. Ribeiro | Maia | 12-07 | |
| 2.11,33 | | Rita Ribeiro | Jr | Sporting CP | | 13-02-98 | 2 | | Salamanca - Esp | 03-06 | 2.13,72i-16 |
| 2.11,33 | | Beatriz Rodrigues | Jr | | | | 3 | F. Ribeiro | Maia | 12-07 | |
| 2.11,45 | i | Solange Fernandes | | CA Sal. Manique | | 31-07-91 | 1 | CNU | Pombal | 05-03 | 2.13,73i-11 |
| 2.11,45 | | Beatriz Rodrigues | Jr | | | | 3 | CM Esc | Nancy - Fra | 26-06 | |
| 2.11,61 | i | Beatriz Rodrigues | Jr | | | | 3 | CN23 | Pombal | 26-02 | |
| 2.11,71 | | Carla Mendes | | | | | 2 | | Bilbau - Esp | 24-06 | |
| 2.11,79 | | Amélia Vitorino | | | | | 4 | | Salamanca - Esp | 03-06 | |
| 2.12,15 | | Mariana Machado | Jv | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 2.12,19 | | Carla Mendes | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 2.12,36 | | Mariana Machado | Jv | | | | 4 | CM Esc | Nancy - Fra | 26-06 | |
| 2.12,43 | | Patrícia Silva | Jr | | | | 6h | CE Jr | Grosseto - Ita | 21-07 | |
| 2.12,75 | | Salomé Afonso | S23 | | | | 1 | C. Port | Vagos | 11-06 | |
| 2.12,81 | | Rita Ribeiro | Jr | | | | 3 | | Bilbau - Esp | 24-06 | |
| 2.12,83 | i | Mariana Machado | Jv | | | | 1 | CNJv | Pombal | 05-02 | |
| 2.12,93 | i | Neide Dias | | SL Benfica | | 11-08-87 | 3 | C. Port | Pombal | 12-02 | 2.07,01-14 |
| 2.13,05 | | Rita Ribeiro | Jr | | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 2.13,07 | | Joceline Monteiro | | | | | 1 | | Wingan - Gbr | 07-05 | |
| 2.13,14 | | Carla Mendes | | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 2.13,17 | i | Carla Mendes | | | | | 4 | CNCI-1 | Pombal | 19-02 | |
| 2.13,21 | | Beatriz Rodrigues | Jr | | | | 2 | CNJ | Marinha Grande | 09-07 | |
| 2.13,29 | | Solange Fernandes | | | | | 5 | | Salamanca - Esp | 03-06 | |
| 2.13,33 | i | Beatriz Rodrigues | Jr | | | | 4 | C. Port | Pombal | 12-02 | |
| 2.13,49 | | Carla Mendes | | | | | 4 | F. Ribeiro | Maia | 12-07 | |
| 2.13,50 | i | Carla Mendes | | | | | 3 | Pombal | Pombal | 04-02 | |
| 2.13,65 | | Francisca Martins | Jr | Greca | | 08-10-98 | 5 | F. Ribeiro | Maia | 12-07 | 2.14,36-16 |
| 2.13,68 | i | Mariana Machado | Jv | | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 2.13,77 | | Patrícia Silva | Jr | | | | 5 | SLB | Lisboa - I | 17-06 | |
| 2.13,78 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 1 | | Ribeira Brava | 02-07 | 2.16,23-14 |
| 2.13,97 | i | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 5 | CNCI-1 | Pombal | 19-02 | 2.14,35-14 |
| 2.14,06 | i | Carla Mendes | | | | | 1 | | Pombal | 29-01 | |
| 2.14,06 | | Lecabela Quaresma | | | | | Hep | C. Mundo | Londres - Gbr | 06-08 | |
| 2.14,12 | i | Patrícia Silva | Jr | | | | 1 | CNJ | Braga | 29-01 | |
| 2.14,15 | | Beatriz Rodrigues | Jr | | | | 7h | CE Jr | Grosseto - Ita | 21-07 | |

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|---------|---|---------------------|-----|---------------|----------|-----|------------|-----------------|-------|-------------|
| 2.14,16 | | Joana Soares | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 2.14,31 | i | Carla Mendes | | | | 5 | C. Port | Pombal | 12-02 | |
| 2.14,33 | | Patrícia Silva | Jr | | | 2 | C. Port | Vagos | 11-06 | |
| 2.14,36 | | Cátia Santos Leitão | | | | 6 | SLB | Lisboa - I | 17-06 | |
| 2.14,37 | | Helena Alves | S23 | UD Varzea | 15-06-97 | 1 | | Braga | 20-05 | 2.22,60-13 |
| 2.14,38 | | Carla Reis | S23 | ADRE Palhaça | 20-01-97 | 6 | F. Ribeiro | Maia | 12-07 | 2.18,00i-16 |
| 2.14,40 | | Rita Ribeiro | Jr | | | 4 | CN23 | Pombal | 02-07 | |
| 2.14,53 | | Francisca Martins | Jr | | | 5 | CN23 | Pombal | 02-07 | |
| 2.14,72 | i | Solange Fernandes | | | | 4 | Pombal | Pombal | 04-02 | |
| 2.14,76 | | Carla Mendes | | | | 3 | C. Port | Vagos | 11-06 | |
| 2.14,84 | | Susana Godinho | | Sporting CP | 05-07-92 | 7 | F. Ribeiro | Maia | 12-07 | 2.10,27-10 |
| 2.15,08 | i | Beatriz Rodrigues | Jr | | | 5 | Pombal | Pombal | 04-02 | |
| 2.15,19 | | Rita Ribeiro | Jr | | | 4 | C. Port | Vagos | 11-06 | |
| 2.15,24 | | Cátia Santos Leitão | | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 2.15,36 | | Sandra Teixeira | Vet | Sporting CP | 13-03-78 | 1 | | Lisboa - I | 16-07 | 2.01,55-06 |
| 2.15,63 | | Beatriz Rodrigues | Jr | | | 1 | | Aveiro | 18-12 | |
| 2.15,63 | i | Mariana Machado | Jv | | | 1 | C. Norte | Braga | 08-01 | |
| 2.15,63 | | Joycelene Barros | Jv | NucleOeiras | 17-12-01 | 2 | | Lisboa - I | 16-07 | 2.22,88-16 |
| 2.15,64 | | Cátia Santos Leitão | | | | 1 | | Ribeira Brava | 16-07 | |
| 2.15,65 | | Francisca Martins | Jr | | | 1 | | Vagos | 16-07 | |
| 2.15,77 | | Patrícia Oliveira | | Grecas | 28-06-94 | 8 | F. Ribeiro | Maia | 12-07 | 2.17,22-15 |
| 2.15,79 | | Francisca Martins | Jr | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 2.15,82 | | Joycelene Barros | Jv | | | 1 | CNjv | Abrantes | 25-06 | |
| 2.15,84 | | Joycelene Barros | Jv | | | 1 | | Lisboa - MP | 13-05 | |
| 2.16,00 | i | Solange Fernandes | | | | 1 | CNCI-2 | Pombal | 19-02 | |
| 2.16,09 | | Cátia Santos Leitão | | | | 1 | | Ribeira Brava | 13-05 | |
| 2.16,11 | | Joycelene Barros | Jv | | | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 2.16,17 | i | Neide Dias | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 2.16,24 | i | Cátia Santos Leitão | | | | 6 | C. Port | Pombal | 12-02 | |
| 2.16,26 | | Beatriz Rodrigues | Jr | | | 5 | C. Port | Vagos | 11-06 | |
| 2.16,28 | | Lecabela Quaresma | | | | Hep | ETC - 1 | Monzon - Esp | 02-07 | |
| 2.16,32 | i | Beatriz Rodrigues | Jr | | | 2 | CNJ | Braga | 29-01 | |
| 2.16,40 | i | Francisca Martins | Jr | | | 4 | CN23 | Pombal | 26-02 | |
| 2.16,49 | i | Lecabela Quaresma | | | | Pen | C. Europa | Belgrado - Srb | 03-03 | |
| 2.16,53 | i | Francisca Martins | Jr | | | 2 | CNU | Pombal | 05-03 | |
| 2.16,55 | i | Ana Sofia Ribeiro | S23 | Maia AC | 11-03-97 | 2 | CNCI-2 | Pombal | 19-02 | 2.18,76i-16 |
| 2.16,61 | | Francisca Martins | Jr | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 2.16,77 | | Beatriz Rodrigues | Jr | | | 1 | | Vagos | 08-01 | |
| 2.16,80 | | Patrícia Oliveira | | | | 1 | | Maia | 20-05 | |
| 2.16,84 | | Olga Serbyn | | GA Fátima | 12-09-92 | 1 | Caceres | Plasencia - Esp | 28-06 | 2.14,67-11 |
| 2.17,11 | | Francisca Borges | Jr | Sporting CP | 09-11-98 | 1 | | Maia | 07-05 | 2.17,19-16 |
| 2.17,12 | | Olga Serbyn | | | | 3ex | | Lisboa - I | 16-07 | |
| 2.17,13 | | Beatriz Rebelo | Jr | SL Benfica | 27-05-99 | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 2.17,21 | | Joana Soares | | | | 1 | | Ribeira Brava | 15-01 | |
| 2.17,21 | i | Carla Reis | S23 | | | 3 | CNCI-2 | Pombal | 19-02 | |
| 2.17,25 | | Joana Soares | | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 2.17,35 | | Silvana Dias | | SL Benfica | 05-06-94 | 7 | SLB | Lisboa - I | 17-06 | 2.19,10-10 |
| 2.17,37 | | Lia Lemos | Jv | Maia AC | 13-07-01 | 4 | CNJ | Marinha Grande | 09-07 | |
| 2.17,47 | | Lia Lemos | Jv | | | 2 | | Maia | 07-05 | |
| 2.17,54 | i | Mariana Machado | Jv | | | 1 | T. Natal | Braga | 22-12 | |
| 2.17,54 | | Margarida Silva | Jv | Vit. Setúbal | 02-04-00 | 2 | CNjv | Abrantes | 25-06 | 2.21,58-15 |
| 2.17,59 | | Debora Silva | | ADR Água Pena | 31-07-89 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 2.16,12-14 |
| 2.17,60 | i | Lecabela Quaresma | | | | Pen | C. Fra | Bordeus - Fra | 19-02 | |
| 2.17,60 | | Francisca Borges | Jr | | | 3 | | Lisboa - I | 16-07 | |
| 2.17,65 | i | Rita Ribeiro | Jr | | | 6 | Pombal | Pombal | 04-02 | |
| 2.17,88 | | Beatriz Rodrigues | Jr | | | 1 | CN DE | Maia | 21-05 | |
| 2.17,92 | | Francisca Martins | Jr | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 2.17,93 | i | Cátia Santos Leitão | | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 2.17,95 | i | Francisca Martins | Jr | | | 6 | CNCI-1 | Pombal | 19-02 | |
| 2.17,97 | | Marisa Vaz Carvalho | Jr | SL Benfica | 15-11-99 | Hep | | Arona - Esp | 04-06 | 2.24,03-15 |
| 2.18,07 | i | Cátia Santos Leitão | | | | 7 | Pombal | Pombal | 04-02 | |
| 2.18,08 | | Joycelene Barros | Jv | | | 5 | CNJ | Marinha Grande | 09-07 | |

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| 2.18,13 | | Francisca Martins | Jr | | | 6 | C. Port | Vagos | 11-06 | |
| 2.18,15 | | Solange Jesus | | Sporting CP | 07-01-87 | 9 | F. Ribeiro | Maia | 12-07 | 2.16,84-09 |
| 2.18,17 | | Joycelene Barros | Jv | | | 1 | | Torres Vedras | 18-06 | |
| 2.18,24 | | Ana Lopes | | Grecas | 21-03-91 | 2 | | Vagos | 16-07 | 2.15,60-14 |
| 2.18,28 | | Francisca Borges | Jr | | | 1 | | Maia | 25-06 | |
| 2.18,30 | | Beatriz Rebelo | Jr | | | 6 | CN23 | Pombal | 02-07 | |
| 2.18,30 | | Mafalda Marques | Jv | SL Benfica | 18-04-01 | 6 | CNJ | Marinha Grande | 09-07 | |
| 2.18,34 | | Rafaela Vitorino | S23 | Individual - Lx | 18-08-95 | Hep | ETC - 1 | Monzon - Esp | 02-07 | 2.13,91-15 |
| 2.18,48 | | Beatriz Fernandes | Ini | EA Rosa Oliveira | 27-10-02 | 3 | CNjv | Abrantes | 25-06 | 2.24,89-16 |
| 2.18,53 | i | Carla Mendes | | | | 8 | Pombal | Pombal | 04-02 | |
| 2.18,70 | | Debora Silva | | | | 2 | | Ribeira Brava | 13-05 | |
| 2.18,77 | | Sara Inácio | S23 | GD Diana | 27-09-95 | 1 | CNCI-3 | Leiria | 23-07 | 2.18,10-11 |
| 2.18,79 | | Edna Vidigal | Jv | NS Lourinhã | 23-05-00 | 3 | Go Fit | Avila - Esp | 01-07 | 2.19,66-16 |
| 2.18,81 | | Maria Carvalho | Jr | Maia AC | 29-03-99 | 2 | | Maia | 25-06 | 2.22,01-16 |
| 2.18,86 | | Beatriz Fernandes | Ini | | | 1 | | Braga | 21-05 | |
| 2.18,94 | | Cátia Santos Leitão | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 2.18,96 | | Ana Marinho | Ini | EA Rosa Oliveira | 11-10-03 | 4 | CNjv | Abrantes | 25-06 | |
| 2.19,00 | | Beatriz Rebelo | Jr | | | 7 | CNJ | Marinha Grande | 09-07 | |
| 2.19,08 | | Ana Marinho | Ini | | | 1 | | Braga | 27-06 | |
| 2.19,14 | i | Mariana Machado | Jv | | | 1 | | Braga | 03-12 | |
| 2.19,15 | | Joana Soares | | | | Hep | | Ribeira Brava | 02-04 | |
| 2.19,18 | | Sara Inácio | S23 | | | 7 | C. Port | Vagos | 11-06 | |
| 2.19,22 | i | Francisca Cantante | Jr | UC Eirense | 18-12-99 | 4 | CNCI-2 | Pombal | 19-02 | 2.22,73-16 |
| 2.19,24 | | Patricia Oliveira | | | | 8 | C. Port | Vagos | 11-06 | |
| 2.19,25 | i | Margarida Raimundo | Jv | SL Benfica | 24-03-00 | 2 | CNJv | Pombal | 05-02 | 2.15,97-16 |
| 2.19,29 | i | Francisca Martins | Jr | | | 7 | C. Port | Pombal | 12-02 | |
| 2.19,50 | | Matilde Reis | Ini | SCU Torreense | 23-02-02 | 1 | | Torres Vedras | 02-07 | 2.23,31-16 |
| 2.19,58 | | Cátia Santos Leitão | | | | 2 | | Ribeira Brava | 15-01 | |
| 2.19,58 | | Cátia Santos Leitão | | | | 1 | | Ribeira Brava | 25-06 | |
| 2.19,62 | | Margarida Silva | Jv | | | 1 | | Setúbal | 21-05 | |
| 2.19,66 | | Sara Carvalho | | ACR Sra. Desterro | 24-12-88 | 10 | F. Ribeiro | Maia | 12-07 | 2.19,62-12 |
| 2.19,73 | | Margarida Silva | Jv | | | 1 | | Setúbal | 16-07 | |
| 2.19,75 | | Joycelene Barros | Jv | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 2.19,76 | | Daniela Sousa | | GD Estreito | 14-09-93 | 2 | | Ribeira Brava | 25-06 | 2.20,14-15 |
| 2.19,88 | i | Francisca Cantante | Jr | | | 8 | C. Port | Pombal | 12-02 | |
| 2.19,88 | | Edna Vidigal | Jv | | | 1 | | Torres Vedras | 29-04 | |
| 2.19,88 | | Joana Veiga | Jv | UA Povoense | 18-05-01 | 2 | | Lisboa - MP | 13-05 | 2.22,39-16 |
| 2.19,88 | | Olga Serbyn | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 2.19,92 | | Joana Veiga | Jv | | | 5 | CNjv | Abrantes | 25-06 | |
| 2.19,95 | | Beatriz Rios | Ini | Amigos Montanha | 11-02-03 | 1 | | Arcos Valdevez | 29-04 | |
| 2.19,97 | | Sara Inácio | S23 | | | 1 | C. Alent | Elvas | 13-05 | |
| 2.20,00 | | Joana Soares | | | | Pen | | Ribeira Brava | 10-12 | |
| 2.20,05 | | Beatriz Rios | Ini | | | 2 | | Braga | 21-05 | |
| 2.20,08 | i | Ana Lopes | | | | 3 | CNU | Pombal | 05-03 | |
| 2.20,08 | | Olga Serbyn | | | | 1ex | | Marinha Grande | 04-06 | |
| 2.20,10 | | Maria Carvalho | Jr | | | 1 | C. Norte | Maia | 16-07 | |
| 2.20,13 | | Sara Inácio | S23 | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 2.20,18 | i | Carla Reis | S23 | | | 9 | C. Port | Pombal | 12-02 | |
| 2.20,26 | | Sandra Protásio | | JOMA | 05-07-89 | 4 | | Lisboa - I | 16-07 | 2.16,07-11 |
| 2.20,27 | | Francisca Martins | Jr | | | 2 | | Aveiro | 18-12 | |
| 2.20,27 | | Nádia Carvalho | Jv | NS Torres Novas | 05-04-01 | 1 | | Abrantes | 18-06 | 2.21,41-15 |
| 2.20,28 | | Ana Marinho | Ini | | | 3 | | Braga | 21-05 | |
| 2.20,29 | i | Carla Reis | S23 | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 2.20,31 | | Mariana Ferreira | Ini | ADRE Palhaça | 15-08-02 | 1 | | Vagos | 09-07 | 2.24,13-16 |
| 2.20,37 | i | Francisca Cantante | Jr | | | 5 | CN23 | Pombal | 26-02 | |
| 2.20,39 | | Edna Bernardino | Jv | GD S. Domingos | 01-10-01 | 6 | CNjv | Abrantes | 25-06 | |
| 2.20,40 | | Beatriz Fernandes | Ini | | | 2 | | Braga | 27-06 | |
| 2.20,44 | | Francisca Martins | Jr | | | 2 | | Vagos | 08-01 | |
| 2.20,46 | | Mariana Machado | Jv | | | 1 | OJ | Braga | 03-06 | |
| 2.20,59 | | Joycelene Barros | Jv | | | 2 | | Torres Vedras | 29-04 | |
| 2.20,59 | | Joana Veiga | Jv | | | 2 | | Torres Vedras | 18-06 | |
| 2.20,59 | | Inês Cunha | Jr | CN Rio Maior | 05-12-99 | 7 | CN23 | Pombal | 02-07 | 2.19,79-16 |

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| 2.20,59 | | Joana Veiga | Jv | | | 5 | Lx/Md | Lisboa - I | 29-07 | |
| 2.20,61 | | Maria Carvalho | Jr | | | 1 | | Lousada | 04-06 | |
| 2.20,63 | | Alice Oliveira | Jv | EA Trofa | 07-12-00 | 2 | | Braga | 20-05 | |
| 2.20,65 | | Carla Rodrigues | Ini | SL Benfica | 12-04-02 | 2 | | Torres Vedras | 02-07 | 2.23,2-16 |
| 2.20,69 | | Maria Carvalho | Jr | | | 8 | CNJ | Marinha Grande | 09-07 | |
| 2.20,73 | | Carla Reis | S23 | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 2.20,75 | | Matilde Reis | Ini | | | 3 | | Torres Vedras | 18-06 | |
| 2.20,77 | i | Solange Fernandes | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 2.20,82 | | Debora Silva | | | | 9 | C. Port | Vagos | 11-06 | |
| 2.20,82 | | Marta Lourenço | Jv | Maia AC | 05-04-01 | 2 | C. Norte | Maia | 16-07 | |
| 2.20,89 | i | Lecabela Quaresma | | | | Pen | | Mondeville - Fra | 18-12 | |
| 2.20,96 | | Catarina Neiva | Jv | S Almada F | 01-11-01 | 2 | | Setúbal | 21-05 | |
| 2.20,98 | | Mafalda Marques | Jv | | | 3 | | Lisboa - MP | 13-05 | |
| 2.21,00 | | Inês Borba | Ini | Vitória FC | 28-04-02 | 7 | CNjv | Abrantes | 25-06 | |
| 2.21,04 | | Patrícia Oliveira | | | | 3 | | Vagos | 16-07 | |
| 2.21,05 | | Francisca Cantante | Jr | | | 8 | CN23 | Pombal | 02-07 | |
| 2.21,11 | | Olga Serbyn | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 2.21,14 | i | Cátia Jacinto | | Juv. Vidigalense | 26-08-92 | 2 | | Pombal | 29-01 | 2.20,49-16 |
| 2.21,14 | | Ana Marinho | Ini | | | 2 | | Maia | 29-04 | |
| 2.21,20 | | Inês Cunha | Jr | | | 1 | | Abrantes | 21-05 | |
| 2.21,21 | | Leila Semedo | Jv | SCR Damaia | 01-09-01 | 5 | | Lisboa - I | 16-07 | 2.21,07-16 |
| 2.21,29 | | Matilde Reis | Ini | | | 8 | CNjv | Abrantes | 25-06 | |
| 2.21,29 | | Joana Veiga | Jv | | | 9 | CNJ | Marinha Grande | 09-07 | |
| 2.21,30 | | Tânia Silva | | Liberdade FC | 24-05-88 | 3 | C. Norte | Maia | 16-07 | 2.15,07i-09 |
| 2.21,31 | | Adília Fernandes | | ACD Jardim Serra | 11-07-89 | 3 | | Ribeira Brava | 15-01 | 2.21,90-16 |
| 2.21,41 | | Bruna Ortiga | Jv | EA Rosa Oliveira | 19-11-01 | 3 | | Braga | 20-05 | |
| 2.21,42 | | Joycelene Barros | Jv | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 2.21,51 | i | Cátia Jacinto | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 2.21,57 | | Debora Silva | | | | 1 | | Ribeira Brava | 07-01 | |
| 2.21,65 | | Joana Veiga | Jv | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 2.21,67 | i | Inês Cunha | Jr | | | 1 | | Pombal | 29-01 | |
| 2.21,71 | i | Francisca Cantante | Jr | | | 3 | CNJ | Braga | 29-01 | |
| 2.21,76 | | Juliana Guerreiro | Jv | C Bf. Faro | 21-04-01 | 1 | | Faro | 28-02 | |
| 2.21,79 | | Beatriz Fernandes | Ini | | | 3 | | Arcos Valdevez | 29-04 | |
| 2.21,88 | i | Laura Taborda | Jr | CCD Leões Floresta | 01-01-99 | 3 | CNCI-Ap | Pombal | 22-01 | 2.22,8-16 |
| 2.21,88 | | Rafaela Vitorino | S23 | | | Hep | T. Nac | Luso | 21-05 | |
| 2.21,93 | i | Juliana Guerreiro | Jv | | | 3 | CNjv | Pombal | 05-02 | |
| 2.21,94 | | Beatriz Rebelo | Jr | | | 10 | C. Port | Vagos | 11-06 | |
| 2.21,99 | i | Rute Simões | S23 | Grecas | 14-02-95 | 2c | CNCI-Ap | Pombal | 21-01 | 2.18,66i-15 |
| 2.22,02 | | Bruna Ortiga | Jv | | | 4 | C. Norte | Maia | 16-07 | |
| 2.22,04 | | Leila Semedo | Jv | | | 3 | | Torres Vedras | 29-04 | |
| 2.22,05 | | Juliana Guerreiro | Jv | | | 2 | OJ | Braga | 03-06 | |
| 2.22,13 | | Beatriz Rios | Ini | | | 3 | | Braga | 27-06 | |
| 2.22,18 | | Beatriz Rios | Ini | | | 9 | CNjv | Abrantes | 25-06 | |
| 2.22,20 | i | Inês Cunha | Jr | | | 6 | CN23 | Pombal | 26-02 | |
| 2.22,20 | | Francisca Borges | Jr | | | 1 | | Braga | 30-04 | |
| 2.22,33 | | Marta Lourenço | | | | 1 | | Maia | 11-06 | |
| 2.22,36 | | Mafalda Marques | Jv | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 2.22,39 | | Sónia Catarina Lima | | UD Varzea | 10-05-90 | 3 | | Maia | 07-05 | 2.14,11-12 |
| 2.22,46 | | Matilde Reis | Ini | | | 4 | | Torres Vedras | 29-04 | |
| 2.22,47 | | Carla Reis | S23 | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 2.22,50 | | Andreia Pinguero | Jr | C Elvense Nat | 22-09-98 | 10 | CNJ | Marinha Grande | 09-07 | |
| 2.22,55 | | Margarida Silva | Jv | | | 11 | CNJ | Marinha Grande | 09-07 | |
| 2.22,56 | | Daniela Sousa | | | | 11 | F. Ribeiro | Maia | 12-07 | |
| 2.22,59 | | Daniela Gordino | Jr | Ingleses FC | 28-06-99 | 12 | CNJ | Marinha Grande | 09-07 | 2.23,55-16 |
| 2.22,64 | | Leila Semedo | Jv | | | 6 | Lx/Md | Lisboa - I | 29-07 | |
| 2.22,68 | | Sofia Almeida | Ini | RD Águeda | 08-01-02 | 1 | | Luso | 18-06 | |
| 2.22,70 | | Bruna Ortiga | Jv | | | 4 | | Braga | 27-06 | |
| 2.22,72 | | Daniela Gordino | Jr | | | 7 | Lx/Md | Lisboa - I | 29-07 | |
| 2.22,75 | i | Francisca Cantante | Jr | | | 1 | | Pombal | 08-01 | |
| 2.22,80 | | Sara Inácio | S23 | | | 9 | CN23 | Pombal | 02-07 | |
| 2.22,82 | i | Francisca Cantante | Jr | | | 4 | CNCI-Ap | Pombal | 22-01 | |

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| 2.22,82 | | Daniela Gordino | Jr | | | | 6 | | Lisboa - I | 16-07 | | |
| 2.22,92 | i | Rita Ribeiro | Jr | | | | 4 | CNJ | Braga | 29-01 | | |
| 2.22,93 | | Celma Bonfim | Vet | JOMA | STP | 23-12-77 | 2 | CNCI-3 | Leiria | 23-07 | 2.15,09i-08 | |
| 2.23,08 | | Inês Borba | Ini | | | | 1 | CN DE | Lagoa | 30-06 | | |
| 2.23,11 | | Beatriz Fernandes | Ini | | | | 1 | | Maia | 09-04 | | |
| 2.23,12 | | Beatriz Rebelo | Jr | | | | 8 | SLB | Lisboa - I | 17-06 | | |
| 2.23,16 | i | Olga Serbyn | | | | | 5 | CNCI-Ap | Pombal | 22-01 | | |
| 2.23,16 | | Sofia Almeida | Ini | | | | 1 | | Vagos | 09-07 | | |
| 2.23,19 | | Mariana Mendonça | | ACD Jardim Serra | | 24-01-88 | 4 | | Ribeira Brava | 15-01 | | |
| 2.23,19 | | Beatriz Gomes | Jv | SL Benfica | | 31-05-01 | 4 | | Lisboa - MP | 20-05 | | |
| 2.23,26 | | Joycelene Barros | Jv | | | | 3 | OJ | Braga | 03-06 | | |
| 2.23,28 | | Sónia Catarina Lima | | | | | 2 | | Lousada | 04-06 | | |
| 2.23,34 | | Carla Rodrigues | Ini | | | | | Hep | CNjv | Abrantes | 25-06 | 2.23,2-16 |
| 2.23,35 | | Mariana Mendonça | | | | | 2 | | Ribeira Brava | 07-01 | | |
| 2.23,35 | | Mariana Mendonça | | | | | 2 | | Ribeira Brava | 16-07 | | |
| 2.23,38 | i | Ana Lidia Nunes | Jr | AD Lustosa | | 17-09-99 | 5 | CNJ | Braga | 29-01 | 2.22,75-16 | |
| 2.23,39 | | Cristina Rodrigues | | CA Mazarefes | | 19-10-91 | 3 | CNCI-3 | Leiria | 23-07 | 2.24,26-16 | |
| 2.23,41 | | Eva Carvalho | Jr | NS Torres Novas | | 13-07-99 | 1 | | Fátima | 02-07 | | |
| 2.23,42 | | Tatiana Costa | Jv | UD Varzea | | 03-08-01 | 4 | | Braga | 20-05 | | |
| 2.23,43 | | Adilia Fernandes | | | | | 3 | | Ribeira Brava | 16-07 | | |
| 2.23,44 | | Inês Borba | Ini | | | | 1 | | Setúbal | 14-05 | | |
| 2.23,45 | | Laura Regalado | Jr | Grecas | | 03-01-98 | 2 | | Maia | 20-05 | 2.19,48-15 | |
| 2.23,53 | | Mafalda Marques | Jv | | | | 10 | CNjv | Abrantes | 25-06 | | |
| 2.23,57 | | Sara Inácio | S23 | | | | 1 | | Odemira | 06-05 | | |
| 2.23,58 | | Joana Branco | Jv | NA Penteado | | 21-01-01 | 2 | | Setúbal | 14-05 | 2.24,55-15 | |
| 2.23,63 | | Maria Carvalho | Jr | | | | 3 | CNCI-2 | Leiria | 23-07 | | |
| 2.23,70 | i | Beatriz Fernandes | Ini | | | | 1 | | Braga | 22-01 | | |
| 2.23,71 | i | Joycelene Barros | Jv | | | | 4 | CNJv | Pombal | 05-02 | | |
| 2.23,72 | | Bárbara Neiva | Jv | S Almada F | | 01-11-01 | 9h | FOJE | Gyor - Hun | 25-07 | | |
| 2.23,79 | | Inês Cunha | Jr | | | | 13 | CNJ | Marinha Grande | 09-07 | | |
| 2.23,80 | | Beatriz Rebelo | Jr | | | | 1 | | Lisboa - MP | 05-02 | | |
| 2.23,80 | | Mariana Mendonça | | | | | 3 | | Ribeira Brava | 24-06 | | |
| 2.23,82 | i | Mariana Castanheira | Jr | Maia AC | | 16-12-99 | 2 | | Braga | 10-12 | 2.20,86-16 | |
| 2.23,82 | i | Silvia Silva | Jr | ARC Ag. Alvelos | | 18-01-99 | 1 | | Braga | 10-12 | 2.23,60-16 | |
| 2.23,84 | | Raquel Batista | Jr | GD Cavadas | | 25-07-98 | 1 | | Sobreda | 18-06 | 2.23,27-15 | |
| 2.23,85 | i | Cátia Coelho | Jr | CD Feirense | | 22-09-98 | 6 | CNJ | Braga | 29-01 | 2.22,74-16 | |
| 2.23,90 | | Vanda Ribeiro | Vet | Grecas | | 02-04-75 | 3 | | Vagos | 08-01 | 2.06,90-98 | |
| 2.23,93 | | Tatiana Costa | Jv | | | | 2 | | Maia | 11-06 | | |
| 2.23,95 | | Raquel Batista | Jr | | | | 14 | CNJ | Marinha Grande | 09-07 | | |
| 2.24,02 | | Inês Silva | Ini | UD Varzea | | 27-10-03 | 4 | | Arcos Valdevez | 29-04 | | |
| 2.24,06 | | Mariana Mendonça | | | | | 2 | | Ribeira Brava | 02-07 | | |
| 2.24,11 | | Leila Semedo | Jv | | | | 1 | | Lisboa - MP | 03-05 | | |
| 2.24,12 | | Adilia Fernandes | | | | | 3 | | Ribeira Brava | 08-01 | | |
| 2.24,18 | | Inês Silva | Ini | | | | 1 | | Maia | 28-05 | | |
| 2.24,20 | | Tatiana Costa | Jv | | | | 11 | CNjv | Abrantes | 25-06 | | |
| 2.24,23 | | Bruna Ortiga | Jv | | | | 12 | CNJv | Abrantes | 25-06 | | |
| 2.24,37 | | Tatiana Costa | Jv | | | | 3 | | Lousada | 04-06 | | |
| 2.24,37 | | Mariana Castanheira | Jr | | | | 18 | CNJ | Marinha Grande | 09-07 | | |
| 2.24,38 | i | Ana Lidia Nunes | Jr | | | | 7 | CN23 | Pombal | 26-02 | | |
| 2.24,40 | | Inês Silva | Ini | | | | 5 | | Braga | 20-05 | | |
| 2.24,41 | | Angélica Neves | Jv | Maia AC | | 21-08-00 | 4 | | Lousada | 04-06 | | |
| 2.24,42 | | Mariana Castanheira | Jr | | | | 1 | C. Norte Jr | Braga | 18-06 | | |
| 2.24,45 | | Raquel Batista | Jr | | | | 1 | | Sobreda | 10-06 | | |
| 2.24,45 | | Catalina Turcu | Jv | BNS Conceição | | 26-03-00 | 1 | | Torres Vedras | 02-07 | 2.24,21-16 | |
| 2.24,47 | | Daniela Gordino | Jr | | | | 1 | | Torres Vedras | 02-07 | | |
| 2.24,49 | i | Inês Cunha | Jr | | | | 1 | | Pombal | 07-01 | | |
| 2.24,49 | i | Bruna Ortiga | Jv | | | | 5 | CNJv | Pombal | 05-02 | | |
| 2.24,49 | i | Cátia Coelho | Jr | | | | 8 | CN23 | Pombal | 26-02 | | |
| 2.24,53 | | Raquel Batista | Jr | | | | 2 | | Setúbal | 16-07 | | |
| 2.24,57 | | Diana Santos | Jv | Juv. Vidigalense | | 16-08-01 | 4 | OJ | Braga | 03-06 | | |
| 2.24,58 | | Francisca Cantante | Jr | | | | 4 | CNCI-2 | Leiria | 23-07 | | |
| 2.24,61 | | Lia Lemos | Jv | | | | 5 | OJ | Braga | 03-06 | | |

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| 2.24,61 | | Luana Solé | Ini | SCR Damaia | | 08-11-02 | 1 | | Lisboa - MP | 10-06 | |
| 2.24,62 | | Edna Bernardino | Jv | | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 2.24,62 | | Ana Luisa Pedrosa | Jr | AC Vermoil | | 25-12-99 | 1 | | Fátima | 02-07 | |
| 2.24,70 | i | Silvia Silva | Jr | | | | 4 | | Braga | 03-12 | |
| 2.24,72 | | Mariana Quaresma | S23 | Sporting CP | | 23-06-97 | 4 | Lisboa | Lisboa - I | 01-05 | 2.18,42-15 |
| 2.24,76 | | Adília Fernandes | | | | | 3 | | Ribeira Brava | 02-07 | |
| 2.24,82 | | Matilde Rodrigues | Jr | SL Benfica | | 16-09-98 | 16 | CNJ | Marinha Grande | 09-07 | 2.20,62i-16 |
| 2.24,86 | | Lara Ribeiro | Ini | CDA Alpiarça | | 06-11-02 | 2 | | Abrantes | 18-06 | |
| 2.24,93 | | Cátia Coelho | Jr | | | | 4 | | Vagos | 08-01 | |
| 2.24,93 | | Cátia Coelho | Jr | | | | 4 | | Vagos | 16-07 | |
| 2.25,01 | | Alice Oliveira | Jv | | | | 1 | | Guimarães | 06-05 | |

1000 m – 3.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|------------------|-----|----------|----|----------|---------------|-------|------------|
| 2.50,36 | | Mariana Machado | Jv | SC Braga | | 12-11-00 | 1 | | Braga | 23-04 | |
| 2.53,26 | | Patrícia Silva | Jr | SL Benfica | | 09-12-99 | 1 | CFB | Lisboa - MP | 10-05 | 2.58,56-14 |
| 2.58,02 | | Inês Borba | Ini | Vitória FC | | 28-04-02 | 1 | KM Jovem | Évora | 17-06 | |
| 2.58,33 | | Carla Reis | S23 | ADRE Palhaça | | 20-01-97 | 1 | | Coimbra - ECC | 07-05 | |
| 2.59,09 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 1 | | Ribeira Brava | 04-02 | |
| 2.59,23 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 1 | | Ribeira Brava | 10-12 | |
| 2.59,38 | | Nádia Carvalho | Jv | NS Torres Novas | | 05-04-01 | 1 | KM Jovem | Évora | 17-06 | |
| 2.59,95 | | Edna Vidigal | Jv | NS Lourinhã | | 23-05-00 | 1 | KM Jovem | Évora | 17-06 | |

1500 m – 4.30,0 - 5.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-------------------|-----|------------------|-------|----------|------|-------------|------------------|-------|------------|
| 4.05,71 | | Marta Pen Freitas | | SL Benfica | | 31-07-93 | 1 | | Greenville - Usa | 03-06 | 4.06,54-16 |
| 4.07,10 | | Marta Pen Freitas | | | | | 3 | | Pádua - Ita | 16-07 | |
| 4.08,11 | | Marta Pen Freitas | | | | | 5 | | Eagle Rock - Usa | 18-05 | |
| 4.09,22 | | Marta Pen Freitas | | | | | 6 | | Eugene - Usa | 26-05 | |
| 4.10,22 | | Marta Pen Freitas | | | | | 8h | C. Mundo | Londres - Gbr | 04-08 | |
| 4.17,66 | | Marta Pen Freitas | | | | | 5 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 4.19,38 | | Marta Pen Freitas | | | | | 11 | | Des Moines - Usa | 28-04 | |
| 4.21,31 | i | Amélia Vitorino | | Sporting CP | | 30-04-94 | 1 | A. Monteiro | Pombal | 26-02 | 4.24,43-16 |
| 4.23,65 | | Carla Mendes | | Juv. Vidigalense | | 09-11-94 | 5rB | Ibero | Huelva - Esp | 14-06 | 4.27,91-16 |
| 4.25,57 | | Patrícia Silva | Jr | SL Benfica | | 09-12-99 | 7rB | Ibero | Huelva - Esp | 14-06 | 4.45,22-16 |
| 4.25,88 | | Mariana Machado | Jv | SC Braga | | 12-11-00 | 1 | | Orense - Esp | 13-05 | 4.35,54-16 |
| 4.25,93 | | Mariana Machado | Jv | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 4.26,20 | i | Amélia Vitorino | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 4.26,72 | | Amélia Vitorino | | | | | 1 | | Lisboa - I | 15-07 | |
| 4.26,90 | | Mariana Machado | Jv | | | | 9rB | Ibero | Huelva - Esp | 14-06 | |
| 4.27,21 | | Marta Pen Freitas | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 4.27,97 | | Susana Francisco | | Sporting CP | | 10-05-91 | 2 | | Lisboa - I | 15-07 | 4.28,96-16 |
| 4.27,98 | | Rita Ribeiro | Jr | Sporting CP | | 13-02-98 | 10rB | Ibero | Huelva - Esp | 14-06 | 4.39,21-16 |
| 4.28,06 | | Susana Godinho | | Sporting CP | | 05-07-92 | 11rB | Ibero | Huelva - Esp | 14-06 | 4.27,72-11 |
| 4.28,60 | | Mariana Machado | Jv | | | 12-11-00 | 7h | CE Jr | Grosseto - Ita | 21-07 | |
| 4.28,82 | i | Carla Mendes | | | | | 2 | A. Monteiro | Pombal | 26-02 | |
| 4.28,91 | | Rita Ribeiro | Jr | | | | 9h | CE Jr | Grosseto - Ita | 21-07 | |
| 4.29,02 | | Amélia Vitorino | | | | | 1 | CNU | Faro | 14-05 | |
| 4.29,32 | | Carla Mendes | | | | | 3ex | | Lisboa - I | 15-07 | |
| 4.29,52 | i | Salomé Afonso | S23 | Sporting CP | | 19-11-97 | 7 | | Madrid - Esp | 24-02 | 4.22,68-16 |
| 4.29,53 | i | Mariana Machado | Jv | | RNiJv | 12-11-00 | 1 | CNCI-1 | Pombal | 18-02 | |
| 4.29,74 | | Beatriz Rodrigues | Jr | RD Águeda | | 22-04-99 | 1 | | Maia | 14-06 | 4.48,47-16 |
| 4.29,96 | | Susana Godinho | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 4.30,13 | i | Amélia Vitorino | | | | | 2 | CNCI-1 | Pombal | 18-02 | |
| 4.30,34 | | Beatriz Rodrigues | Jr | | | | 2 | | Póvoa de Varzim | 24-05 | |
| 4.30,46 | | Daniela Cunha | | Sporting CP | | 30-04-90 | 3 | | Póvoa de Varzim | 24-05 | 4.17,71-11 |
| 4.30,62 | | Helena Alves | S23 | UD Varzea | | 15-06-97 | 4 | | Póvoa de Varzim | 24-05 | 4.44,70-14 |
| 4.31,68 | | Salomé Afonso | S23 | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 4.32,12 | i | Carla Mendes | | | | | 3 | CNCI-1 | Pombal | 18-02 | |
| 4.32,39 | | Patrícia Oliveira | | Grecas | | 28-06-94 | 2 | | Maia | 14-06 | 4.39,35-16 |

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|---------|---|---------------------|-----|-------------------|--|----------|----|-------------|-----------------|-------|-------------|
| 4.33,29 | i | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 4 | CNCI-1 | Pombal | 18-02 | 4.34,43-16 |
| 4.33,37 | | Carla Mendes | | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 4.33,44 | | Carla Mendes | | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 4.33,46 | | Rita Ribeiro | Jr | | | | 2 | CNU | Faro | 14-05 | |
| 4.33,65 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 3 | | Maia | 14-06 | 4.33,87-16 |
| 4.33,70 | | Solange Jesus | | Sporting CP | | 07-01-87 | 5 | | Póvoa de Varzim | 24-05 | 4.31,88-11 |
| 4.33,89 | | Patrícia Silva | Jr | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 4.33,99 | | Cátia Santos Leitão | | | | | 2 | Maia | Maia | 08-07 | |
| 4.34,11 | | Salomé Afonso | S23 | | | | 1 | CN23 | Pombal | 01-07 | |
| 4.34,16 | i | Amélia Vitorino | | | | | 1 | C. Port | Pombal | 11-02 | |
| 4.34,45 | i | Patrícia Silva | Jr | | | | 1 | CN23 | Pombal | 25-02 | |
| 4.35,03 | | Carla Reis | S23 | ADRE Palhaça | | 20-01-97 | 1 | | Vagos | 15-07 | 4.49,61-16 |
| 4.35,39 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 4 | | Maia | 14-06 | 4.40,16-16 |
| 4.35,54 | | Carla Mendes | | | | | 1 | C. Port | Vagos | 10-06 | |
| 4.35,54 | | Rute Simões | S23 | Grecas | | 14-02-95 | 5 | | Maia | 14-06 | 4.35,17-16 |
| 4.35,78 | | Helena Alves | S23 | | | | 2 | C. Port | Vagos | 10-06 | |
| 4.35,93 | | Beatriz Rodrigues | Jr | | | | 3 | C. Port | Vagos | 10-06 | |
| 4.36,22 | i | Rute Simões | S23 | | | | 2 | CN23 | Pombal | 25-02 | |
| 4.36,23 | | Sara Carvalho | | ACR Sra. Desterro | | 24-12-88 | 6 | | Póvoa de Varzim | 24-05 | 4.38,97-13 |
| 4.36,24 | | Cátia Santos Leitão | | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 4.36,30 | i | Neide Dias | | SL Benfica | | 11-08-87 | 2 | C. Port | Pombal | 11-02 | 4.39,18i-14 |
| 4.36,43 | | Ana Lopes | | Grecas | | 21-03-91 | 2 | | Vagos | 15-07 | 4.41,02-14 |
| 4.36,52 | i | Helena Alves | S23 | | | | 3 | CN23 | Pombal | 25-02 | |
| 4.36,53 | i | Neide Dias | | | | | 5 | CNCI-1 | Pombal | 18-02 | |
| 4.36,55 | | Cátia Santos Leitão | | | | | 1 | | Ribeira Brava | 15-07 | |
| 4.36,72 | | Susana Godinho | | | | | 1 | | Maia | 23-03 | |
| 4.36,82 | i | Cátia Santos Leitão | | | | | 3 | C. Port | Pombal | 11-02 | |
| 4.36,86 | | Inês Monteiro | Vet | CA Seia | | 18-05-80 | 1 | | Guarda | 29-04 | 4.11,87i-09 |
| 4.36,91 | i | Sara Carvalho | | | | | 6 | CNCI-1 | Pombal | 18-02 | |
| 4.36,99 | i | Joana Soares | | | | | 4 | C. Port | Pombal | 11-02 | |
| 4.37,16 | | Mariana Machado | Jv | | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 4.37,20 | i | Mariana Machado | Jv | | | | 1 | CNJv | Pombal | 04-02 | |
| 4.37,28 | | Patrícia Oliveira | | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 4.37,31 | i | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 3 | A. Monteiro | Pombal | 26-02 | 4.37,17-15 |
| 4.37,31 | | Sandra Teixeira | Vet | Sporting CP | | 13-03-78 | 2 | | Lisboa - I | 15-07 | 4.10,28-05 |
| 4.37,54 | | Mariana Machado | Jv | | | | 1 | CN DE | Maia | 20-05 | |
| 4.37,63 | | Helena Alves | S23 | | | | 2 | CN23 | Pombal | 01-07 | |
| 4.37,93 | | Sara Carvalho | | | | | 3 | Maia | Maia | 08-07 | |
| 4.38,04 | | Marta Martins | | ACR Sra. Desterro | | 15-01-92 | 6 | | Maia | 14-06 | 4.36,18-14 |
| 4.38,06 | | Solange Jesus | | | | | 2 | | Maia | 23-03 | |
| 4.38,06 | | Rita Ribeiro | Jr | | | | 4 | C. Port | Vagos | 10-06 | |
| 4.38,10 | | Beatriz Rodrigues | Jr | | | | 1 | DE | Marinha Grande | 06-05 | |
| 4.38,20 | | Beatriz Rodrigues | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 4.38,34 | | Carla Reis | S23 | | | | 4 | Maia | Maia | 08-07 | |
| 4.38,56 | i | Carla Mendes | | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 4.38,58 | | Patrícia Oliveira | | | | | 5 | C. Port | Vagos | 10-06 | |
| 4.38,62 | i | Rute Simões | S23 | | | | 5 | C. Port | Pombal | 11-02 | |
| 4.38,67 | | Sara Carvalho | | | | | 6 | C. Port | Vagos | 10-06 | |
| 4.38,81 | i | Solange Fernandes | | CA Sal. Manique | | 31-07-91 | 1 | CNCI-2 | Pombal | 18-02 | 4.46,68i-12 |
| 4.39,05 | i | Helena Alves | S23 | | | | 6 | C. Port | Pombal | 11-02 | |
| 4.39,21 | | Patrícia Oliveira | | | | | 1 | | Vagos | 07-01 | |
| 4.39,60 | i | Ana Cabecinha | | CO Pechão | | 29-04-84 | 2 | CNCI-2 | Pombal | 18-02 | 4.31,73-07 |
| 4.39,63 | | Beatriz Rodrigues | Jr | | | | 2 | CN DE | Maia | 20-05 | |
| 4.39,72 | | Mariana Machado | Jv | | | | 1 | | Lousada | 22-04 | |
| 4.39,84 | | Lilia Martins | S23 | Sporting CP | | 31-03-97 | 4 | | Lisboa - I | 15-07 | 4.42,98-16 |
| 4.40,06 | i | Carla Reis | S23 | | | | 4 | CN23 | Pombal | 25-02 | |
| 4.40,21 | | Lia Lemos | Jv | Maia AC | | 13-07-01 | 7 | | Póvoa de Varzim | 24-05 | |
| 4.40,38 | | Patrícia Oliveira | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 4.40,46 | | Daniela Sousa | | | | | 5 | Maia | Maia | 08-07 | |
| 4.40,54 | | Rita Ribeiro | Jr | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 4.40,60 | | Catarina Carvalho | | | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 4.40,62 | | Daniela Sousa | | | | | 8 | | Póvoa de Varzim | 24-05 | |

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|---------|---|---------------------|-----|------------------|--|----------|----|----------|-------------------|-------|-------------|
| 4.40,73 | | Marta Lourenço | Jv | Maia AC | | 05-04-01 | 2 | | Lousada | 22-04 | |
| 4.40,74 | | Rita Ribeiro | Jr | | | | 3 | CN23 | Pombal | 01-07 | |
| 4.40,92 | i | Patricia Silva | Jr | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 4.41,28 | i | Carla Reis | S23 | | | | 3 | CNCI-2 | Pombal | 18-02 | |
| 4.41,33 | | Lia Lemos | Jv | | | | 1 | CNjv | Abrantes | 24-06 | |
| 4.41,53 | | Inês Borba | Ini | Vitória FC | | 28-04-02 | 2 | CNjv | Abrantes | 24-06 | |
| 4.41,64 | | Carla Reis | S23 | | | | 1 | | Braga | 21-06 | |
| 4.41,73 | i | Patricia Oliveira | | | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 4.41,76 | | Ana Marinho | Ini | EA Rosa Oliveira | | 11-10-03 | 1 | | Braga | 12-07 | |
| 4.41,84 | | Sara Carvalho | | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 4.42,05 | | Sandra Protásio | | JOMA | | 05-07-89 | 1 | | Lisboa - MP | 20-05 | 4.40,22-13 |
| 4.42,09 | | Beatriz Rios | Ini | Amigos Montanha | | 11-02-03 | 3 | CNjv | Abrantes | 24-06 | |
| 4.42,22 | | Lilia Martins | S23 | | | | 4 | CN23 | Pombal | 01-07 | |
| 4.42,43 | | Sara Carvalho | | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 4.42,43 | | Lia Lemos | Jv | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 4.42,52 | i | Sara Carvalho | | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 4.42,52 | i | Sara Carvalho | | | | | 7 | C. Port | Pombal | 11-02 | |
| 4.42,59 | | Cátia Santos Leitão | | | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 4.42,67 | | Marta Lourenço | | | | | 4 | CNjv | Abrantes | 24-06 | |
| 4.42,73 | | Francisca Borges | Jr | Sporting CP | | 09-11-98 | 5 | | Lisboa - I | 15-07 | 4.39,92-16 |
| 4.43,00 | | Joana Soares | | | | | 1 | | Ribeira Brava | 22-04 | |
| 4.43,17 | | Lilia Martins | S23 | | | | 1 | | Lisboa - I | 24-06 | |
| 4.43,22 | | Rute Simões | S23 | | | | 5 | CN23 | Pombal | 01-07 | |
| 4.43,32 | | Joana Soares | | | | | 1 | | Ribeira Brava | 06-01 | |
| 4.43,34 | | Rute Simões | S23 | | | | 2 | | Vagos | 07-01 | |
| 4.43,39 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 6 | | Lisboa - I | 15-07 | 4.40,30-16 |
| 4.43,52 | | Patricia Silva | Jr | | | | 1 | | Lisboa - MP | 15-01 | |
| 4.43,74 | | Susana Cunha | | | | | 1 | | Lisboa - MP | 04-02 | |
| 4.43,76 | | Francisca Borges | Jr | | | | 9 | | Póvoa de Varzim | 24-05 | |
| 4.44,01 | | Daniela Sousa | | | | | 1 | | Braga | 21-05 | |
| 4.44,26 | | Ana Lopes | | | | | 3 | | Vagos | 07-01 | |
| 4.44,41 | | Lia Lemos | Jv | | | | 7h | FOJE | Gyor - Hun | 27-07 | |
| 4.44,42 | | Carla Reis | S23 | | | | 1 | Abrantes | Abrantes | 03-06 | |
| 4.44,44 | | Maria Carvalho | Jr | Maia AC | | 29-03-99 | 5 | CNJ | Marinha Grande | 08-07 | |
| 4.44,53 | | Carla Reis | S23 | | | | 4 | | Vagos | 07-01 | |
| 4.44,55 | | Nádia Carvalho | Jv | NS Torres Novas | | 05-04-01 | 1 | DE | Lisboa - I | 26-04 | 4.49,60-15 |
| 4.44,66 | | Patricia Oliveira | | | | | 7 | Maia | Maia | 08-07 | |
| 4.44,84 | | Laura Regalado | Jr | Grecas | | 03-01-98 | 2 | | Braga | 21-06 | 4.43,14-16 |
| 4.45,15 | i | Lilia Martins | S23 | | | | 5 | CN23 | Pombal | 25-02 | |
| 4.45,30 | | Marta Lourenço | | | | | 3 | CN DE | Maia | 20-05 | |
| 4.45,43 | | Tânia Silva | | Liberdade FC | | 24-05-88 | 1 | | Braga | 14-05 | 4.30,73i-09 |
| 4.45,52 | | Maria Carvalho | Jr | | | | 2 | | Braga | 14-05 | |
| 4.45,78 | | Marta Lourenço | | | | | 3 | Go Fit | Avila - Esp | 01-07 | |
| 4.45,84 | i | Laura Regalado | Jr | | | | 6 | CN23 | Pombal | 25-02 | |
| 4.45,90 | | Bárbara Neiva | Jv | S Almada F | | 01-11-01 | 2 | DE | Maia | 26-04 | |
| 4.45,92 | | Patricia Oliveira | | | | | 3 | | Vagos | 15-07 | |
| 4.46,09 | | Margarida Raimundo | Jv | SL Benfica | | 24-03-00 | 2 | | Lisboa - MP | 15-01 | 4.43,01-16 |
| 4.46,19 | | Beatriz Rios | Ini | | | | 2 | | Braga | 12-07 | |
| 4.46,27 | | Catarina Carvalho | | | | | 1 | Aveiro | Aveiro | 24-06 | |
| 4.46,52 | | Luana Solé | Ini | SCR Damaia | | 08-11-02 | 5 | CNjv | Abrantes | 24-06 | |
| 4.46,55 | i | Helena Alves | S23 | | | | 1 | C. Norte | Braga | 07-01 | |
| 4.46,64 | | Sofia Teixeira | S23 | UD Varzea | | 26-02-97 | 7 | C. Port | Vagos | 10-06 | 4.37,25-16 |
| 4.47,03 | i | Patricia Oliveira | | | | | 7 | CNCI-1 | Pombal | 18-02 | |
| 4.47,09 | | Sandra Teixeira | Vet | | | | 2 | Abrantes | Abrantes | 03-06 | |
| 4.47,11 | | Beatriz Rios | Ini | | | | 1 | | Braga | 20-05 | |
| 4.47,17 | | Marta Lourenço | | | | | 1 | | Maia | 10-06 | |
| 4.47,31 | i | Lia Lemos | Jv | | | | 2 | CNjv | Pombal | 04-02 | |
| 4.47,53 | | Laura Regalado | Jr | | | | 6 | CN23 | Pombal | 01-07 | |
| 4.47,55 | | Anais Silva | S23 | Juv. Vidigalense | | 15-04-97 | 10 | | Bowling Green-Usa | 08-04 | 4.39,49-15 |
| 4.47,57 | i | Tânia Silva | | | | | 2 | | Braga | 17-12 | |
| 4.47,72 | i | Sofia Teixeira | S23 | | | | 7 | CN23 | Pombal | 25-02 | |
| 4.48,11 | | Sandra Protásio | | | | | 3 | Abrantes | Abrantes | 03-06 | |

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|---------|---|---------------------|-----|--------------------|-----|----------|-----|----------|-------------------|-------|------------|
| 4.48,35 | i | Francisca Borges | Jr | | | | 8 | CN23 | Pombal | 25-02 | |
| 4.48,54 | | Laura Regalado | Jr | | | | 5 | | Vagos | 07-01 | |
| 4.48,59 | i | Ana Lopes | | | | | 1 | | Braga | 04-02 | |
| 4.48,61 | | Inês Borba | Ini | | | | 1 | CN DE | Lagoa | 28-06 | |
| 4.48,62 | | Bárbara Neiva | Jv | | | | 4 | CN DE | Maia | 20-05 | |
| 4.48,64 | i | Patrícia Oliveira | | | | | 8 | C. Port | Pombal | 11-02 | |
| 4.48,72 | | Maria Carvalho | Jr | | | | 10 | | Póvoa de Varzim | 24-05 | |
| 4.48,81 | | Celma Bonfim | Vet | JOMA | STP | 23-12-77 | 7 | | Lisboa - I | 15-07 | 4.35,09-09 |
| 4.49,01 | i | Inês Cunha | Jr | CN Rio Maior | | 05-12-99 | 9 | CN23 | Pombal | 25-02 | |
| 4.49,17 | | Anais Silva | S23 | | | | 9 | | La Norville - Fra | 11-06 | |
| 4.49,18 | | Beatriz Rios | Ini | | | | 2 | CN DE | Lagoa | 28-06 | |
| 4.49,19 | | Leila Semedo | Jv | SCR Damaia | | 01-09-01 | 1 | Lisboa | Lisboa - I | 01-05 | |
| 4.49,31 | | Ana Marinho | Ini | | | | 6 | CNjv | Abrantes | 24-06 | |
| 4.49,50 | | Nádia Carvalho | Jv | | | | 5 | CN DE | Maia | 20-05 | |
| 4.49,55 | | Joceline Monteiro | | Grã Bretanha | | 10-05-90 | 3 | | Wigan - Gbr | 07-05 | 4.28,78-16 |
| 4.49,83 | | Maria Carvalho | Jr | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 4.49,95 | | Ana Marinho | Ini | | | | 2 | | Maia | 10-06 | |
| 4.50,27 | | Laura Regalado | Jr | | | | 7 | | Maia | 14-06 | |
| 4.50,32 | | Beatriz Rios | Ini | | | | 1 | | Lousada | 22-04 | |
| 4.50,54 | i | Laura Taborda | Jr | CCD Leões Floresta | | 01-01-99 | 10 | CN23 | Pombal | 25-02 | |
| 4.50,84 | | Laura Regalado | Jr | | | | 3 | CNU | Faro | 14-05 | |
| 4.51,16 | | Bruna Ortiga | Jv | EA Rosa Oliveira | | 19-11-01 | 3 | | Braga | 12-07 | |
| 4.51,28 | i | Patrícia Silva | Jr | | | | 1 | CNJ | Braga | 28-01 | |
| 4.51,37 | | Eduarda Barbosa | Jr | Sporting CP | | 02-05-98 | 6 | CNJ | Marinha Grande | 08-07 | 4.47,77-15 |
| 4.51,41 | | Luana Solé | Ini | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 4.51,42 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | 1 | | Faro | 29-04 | 4.46,07-16 |
| 4.51,64 | i | Francisca Cantante | Jr | UC Eirense | | 18-12-99 | 4 | CNCI-2 | Pombal | 18-02 | |
| 4.51,90 | | Vera Fernandes | | AA Bela Vista | | 16-11-85 | 2 | | Faro | 29-04 | 4.49,82-16 |
| 4.51,92 | | Anais Silva | S23 | | | | 1 | | Vincennes - Usa | 06-04 | |
| 4.51,99 | | Inês Cunha | Jr | | | | 8 | | Maia | 14-06 | |
| 4.52,10 | i | Edna Barros | S23 | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 4.52,13 | | Marta Lourenço | | | | | 1 | | Maia | 25-03 | |
| 4.52,15 | | Joana Veiga | Jv | UA Povoense | | 18-05-01 | 3 | DE | Lisboa - I | 26-04 | |
| 4.52,20 | i | Tânia Silva | | | | | 2 | C. Norte | Braga | 07-01 | |
| 4.52,21 | i | Mariana Machado | Jv | | | | 2 | CNJ | Braga | 28-01 | |
| 4.52,29 | | Sara Inácio | S23 | GD Diana | | 27-09-95 | 2s | CNCI-Ap | Vendas Novas | 27-05 | 4.49,96-11 |
| 4.52,32 | | Inês Cunha | Jr | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 4.52,39 | | Leila Semedo | Jv | | | | 1 | | Lisboa - MP | 15-06 | |
| 4.52,61 | i | Celma Bonfim | Vet | | STP | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 4.52,61 | | Luana Solé | Ini | | | | 2 | | Lisboa - MP | 15-06 | |
| 4.52,74 | | Beatriz Rios | Ini | | | | 1 | | Braga | 25-03 | |
| 4.52,78 | | Anais Silva | S23 | | | | 1 | | Vincennes - Usa | 25-03 | |
| 4.52,82 | | Leila Semedo | Jv | | | | 4 | DE | Lisboa - I | 26-04 | |
| 4.53,04 | | Lara Ribeiro | Ini | CDA Alpiarça | | 06-11-02 | 3 | Lisboa | Lisboa - I | 01-05 | |
| 4.53,28 | | Ana Marinho | Ini | | | | 2 | | Braga | 20-05 | |
| 4.53,49 | | Maria Carvalho | Jr | | | | 2 | | Maia | 25-03 | |
| 4.53,72 | | Maria Carvalho | Jr | | | | 1 | C. Norte | Maia | 15-07 | |
| 4.53,74 | | Mariana Castanheira | Jr | Maia AC | | 16-12-99 | 8 | CNJ | Marinha Grande | 08-07 | |
| 4.53,75 | | Matilde Reis | Ini | SCU Torreense | | 23-02-02 | 4 | Lisboa | Lisboa - I | 01-05 | |
| 4.53,82 | | Laura Regalado | Jr | | | | 1 | | Vagos | 29-04 | |
| 4.53,99 | | Sara Inácio | S23 | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 4.54,09 | | Sara Duarte | Jr | UD Varzea | | 25-05-99 | 11 | | Póvoa de Varzim | 24-05 | 4.37,56-16 |
| 4.54,13 | | Lília Martins | S23 | | | | 1 | | Lisboa - MP | 03-06 | |
| 4.54,42 | | Francisca Cantante | Jr | | | | 4s | CNCI-Ap | Fátima | 27-05 | |
| 4.54,46 | | Margarida Silva | Jv | Vit. Setúbal | | 02-04-00 | 9 | CNJ | Marinha Grande | 08-07 | |
| 4.54,74 | | Margarida Dionisio | | ACR Sra. Desterro | | 09-03-87 | 9ex | | Lisboa - I | 15-07 | 4.48,1-14 |
| 4.54,79 | i | Tânia Silva | | | | | 1 | | Braga | 22-01 | |
| 4.54,80 | i | Nádia Carvalho | Jv | | | | 1 | | Pombal | 14-01 | |
| 4.55,00 | | Leila Semedo | Jv | | | | 10 | CNJ | Marinha Grande | 08-07 | |
| 4.55,47 | | Tatiana Costa | Jv | UD Varzea | | 03-08-01 | 11 | CNJ | Marinha Grande | 08-07 | |
| 4.55,57 | | Maria Carvalho | Jr | | | | 9 | | Maia | 14-06 | |
| 4.55,64 | i | Francisca Cantante | Jr | | | | 1 | | Pombal | 07-01 | |

| | | | | | | | | | | | |
|---------|---|---------------------|-----|------------------|-----|----------|-----|----------|-----------------|-------|------------|
| 4.55,65 | | Adília Fernandes | | ACD Jardim Serra | | 11-07-89 | 2 | | Ribeira Brava | 15-07 | |
| 4.55,88 | i | Fabiana Sousa | Jv | NS Torres Novas | | 12-10-00 | 1s | | Pombal | 14-01 | |
| 4.55,91 | | Mariana Castanheira | Jr | | | | 2 | C. Norte | Maia | 15-07 | |
| 4.56,02 | i | Inês Cunha | Jr | | | | 1 | | Pombal | 28-01 | |
| 4.56,06 | | Daniela Sousa | | | | | 2 | | Ribeira Brava | 06-01 | |
| 4.56,07 | | Tatiana Costa | Jv | | | | 1s | | Maia | 14-06 | |
| 4.56,08 | | Adília Fernandes | | | | | 7 | CNCI-1 | Leiria | 22-07 | |
| 4.56,09 | | Margarida Silva | Jv | | | | 7 | CNjv | Abrantes | 24-06 | |
| 4.56,11 | | Sandra Protásio | | | | | 2 | CNCI-3 | Leiria | 22-07 | |
| 4.56,27 | | Laura Regalado | Jr | | | | 4 | | Vagos | 15-07 | |
| 4.56,38 | | Eduarda Barbosa | Jr | | | | 3 | | Maia | 23-03 | |
| 4.56,57 | | Alice Oliveira | Jv | EA Trofa | | 07-12-00 | 2s | | Maia | 14-06 | |
| 4.56,87 | | Bárbara Oliveira | S23 | CD Feirense | | 30-10-96 | 3 | | Braga | 21-06 | |
| 4.56,91 | | Margarida Silva | Jv | | | | 5 | DE | Lisboa - I | 26-04 | |
| 4.56,92 | | Soraia Tavares | Jr | GD Cavadas | | 16-11-99 | ex | | Lisboa - I | 24-06 | |
| 4.56,99 | | Sara Carvalho | | | | | 2 | | Guarda | 29-04 | |
| 4.57,41 | i | Francisca Borges | Jr | | | | 3 | CNJ | Braga | 28-01 | |
| 4.57,48 | | Mónica Rosa | Vet | CA Mar. Grande | | 05-05-78 | 2 | F. Alves | Marinha Grande | 20-05 | 4.15,40-00 |
| 4.57,70 | i | Eduarda Barbosa | Jr | | | | 4 | CNJ | Braga | 28-01 | |
| 4.57,80 | | Tânia Silva | | | | | 3 | C. Norte | Maia | 15-07 | |
| 4.57,85 | | Lília Martins | S23 | | | | 1 | | Torres Vedras | 18-02 | |
| 4.58,01 | i | Ana Marta Pinto | | ADRE Palhaça | | 23-10-91 | 9 | C. Port | Pombal | 11-02 | 4.44,17-11 |
| 4.58,01 | | Mariana Castanheira | Jr | | | | 10s | | Maia | 14-06 | |
| 4.58,03 | | Mariana Regalo | Jv | Maia AC | | 13-09-01 | 12 | CNJ | Marinha Grande | 08-07 | |
| 4.58,19 | i | Laura Regalado | Jr | | | | 5 | CNJ | Braga | 28-01 | |
| 4.58,65 | | Inês Borba | Ini | | | | 1 | DE | Lisboa - I | 26-04 | |
| 4.58,80 | | Beatriz Guimarães | Inf | AR Luz e Vida | | 20-01-04 | 1 | | Maia | 25-03 | |
| 4.59,01 | | Jessica Pontes | S23 | Liberdade FC | | 05-03-95 | 2 | | Braga | 21-05 | |
| 4.59,05 | i | Mariana Castanheira | Jr | | | | 3 | C. Norte | Braga | 07-01 | |
| 4.59,16 | | Mariana Castanheira | Jr | | | | 12 | | Póvoa de Varzim | 24-05 | |
| 4.59,19 | | Cátia Pereira | Jv | ACD Cotovia | | 15-08-01 | 1 | | Sobreda | 01-07 | |
| 4.59,21 | | Ana Lidia Nunes | Jr | AD Lustosa | | 17-09-99 | 3s | | Maia | 14-06 | |
| 4.59,26 | | Laura Bernard | | CDUL | FRA | 12-09-89 | 2 | | Lisboa - MP | 20-05 | |
| 4.59,26 | | Beatriz Fernandes | Ini | EA Rosa Oliveira | | 27-10-02 | 4 | | Braga | 12-07 | |
| 4.59,37 | | Mariana Castanheira | Jr | | | | 3 | | Braga | 14-05 | |
| 4.59,43 | | Beatriz Gomes | Jv | SL Benfica | | 31-05-01 | 3 | | Lisboa - MP | 20-05 | |
| 4.59,63 | | Alexandra Oliveira | | CP Alcanena | | 18-10-93 | 4 | Abrantes | Abrantes | 03-06 | |
| 4.59,66 | i | Alexandra Oliveira | | | | | 2 | | Pombal | 28-01 | |
| 4.59,69 | | Matilde Reis | Ini | | | | 2 | | Lisboa - I | 26-04 | |
| 4.59,82 | | Margarida Silva | Jv | | | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 4.59,85 | | Mariana Regalo | Jv | | | | 4s | | Maia | 14-06 | |
| 4.59,88 | | Cátia Coelho | Jr | CD Feirense | | 22-09-98 | 5s | | Maia | 14-06 | 2.22,74-16 |

Milha – 5.30,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|---------|---|-------------|-----|------------------|-----|----------|----|-------|--------------------|-------|-----|
| 5.14,60 | i | Anais Silva | S23 | Juv. Vidigalense | | 15-04-97 | 1 | | Angola - Usa | 17-02 | |
| 5.17,53 | i | Anais Silva | S23 | | | | 13 | | Pittsburg - Usa | 04-03 | |
| 5.20,93 | i | Anais Silva | S23 | | | | 6 | | Indianapolis - Usa | 21-01 | |

2 000 m – 7.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|---------|---|----------------|-----|---------------|-----|----------|----|-------|-------|-------|-----|
| 6.40,91 | | Vera Fernandes | | AA Bela Vista | | 16-11-85 | 1 | | Faro | 18-12 | |

3000 m – 9.50,0 - 11.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|---------|---|-------------------|-----|-------------|-----|----------|----|---------|-----------------|-------|-------------|
| 9.10,98 | | Sara Moreira | | Sporting CP | | 17-10-85 | 1 | CNCI-1 | Leiria | 23-07 | 8.42,69-10 |
| 9.14,59 | | Inês Monteiro | Vet | CA Seia | | 18-05-80 | 1 | Caceres | Plasencia - Esp | 28-06 | 8.52,47-02 |
| 9.15,50 | i | Marta Pen Freitas | | SL Benfica | | 31-07-93 | 1 | | Boston - Usa | 04-02 | 9.22,18i-16 |

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|----------|---|----------------------|-----|--------------------|--|----------|-----|---------|-----------------|-------|--------------|
| 9.23,08 | | Ana Mafalda Ferreira | | Sporting CP | | 22-04-88 | 1 | | Bilbau - Esp | 24-06 | 9.28,68-12 |
| 9.24,60 | i | Marta Pen Freitas | | | | | 1 | | Nashville - Usa | 11-02 | |
| 9.26,32 | | Susana Francisco | | Sporting CP | | 10-05-91 | 4 | | Bilbau - Esp | 24-06 | 9.35,66-16 |
| 9.27,78 | i | Inês Monteiro | Vet | | | | 1 | C. Port | Pombal | 12-02 | |
| 9.33,94 | i | Marta Pen Freitas | | | | | 9 | | Nashville - Usa | 24-02 | |
| 9.33,98 | i | Inês Monteiro | Vet | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 9.35,92 | i | Ana Mafalda Ferreira | | | | | 2 | C. Port | Pombal | 12-02 | |
| 9.36,50 | | Susana Godinho | | Sporting CP | | 05-07-92 | 10 | ETC - 1 | Vaasa - Fin | 24-06 | 9.40,71i-11 |
| 9.37,13 | | Silvana Dias | | SL Benfica | | 05-06-94 | 2 | CNCI-1 | Leiria | 23-07 | 9.34,23i-16 |
| 9.39,87 | | Susana Godinho | | | | | 1 | | Braga | 30-04 | |
| 9.40,41 | i | Emilia Kumos Piseiro | | CAP Emilia Piseiro | | 09-01-86 | 3 | C. Port | Pombal | 12-02 | 9.45,20i-16 |
| 9.40,73 | i | Ana Mafalda Ferreira | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 9.41,71 | i | Sandra Teixeira | Vet | Sporting CP | | 13-03-78 | 4 | C. Port | Pombal | 12-02 | 9.08,85-09 |
| 9.41,91 | | Solange Jesus | | Sporting CP | | 07-01-87 | 2 | | Braga | 30-04 | 9.31,19-11 |
| 9.43,70 | i | Ana Mafalda Ferreira | | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 9.44,14 | i | Silvana Dias | | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 9.44,76 | i | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 5 | C. Port | Pombal | 12-02 | 9.35,91i-15 |
| 9.44,81 | i | Ana Cabecinha | | CO Pechão | | 29-04-84 | 2 | CNCI-Ap | Pombal | 21-01 | 9.42,35-15 |
| 9.45,13 | | Catarina Carvalho | | | | | 1 | | Braga | 05-07 | |
| 9.45,41 | | Filomena Costa | | ACD Jardim Serra | | 22-02-85 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 9.36,68-14 |
| 9.45,54 | | Filomena Costa | | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 9.45,68 | | Ana Lopes | | Grecas | | 21-03-91 | 2 | | Braga | 05-07 | 10.18,42-14 |
| 9.45,80 | i | Solange Jesus | | | | | 6 | C. Port | Pombal | 12-02 | |
| 9.45,86 | i | Marta Martins | | ACR Sra. Desterro | | 15-01-92 | 2 | CNCI-1 | Pombal | 19-02 | 9.46,11i-13 |
| 9.46,21 | i | Rute Simões | S23 | Grecas | | 14-02-95 | 3 | CNCI-1 | Pombal | 19-02 | 9.49,77i-16 |
| 9.46,54 | i | Filomena Costa | | | | | 4 | CNCI-1 | Pombal | 19-02 | |
| 9.47,93 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 2 | | Maia | 28-06 | 9.50,97-16 |
| 9.48,25 | i | Susana Godinho | | | | | 7 | C. Port | Pombal | 12-02 | |
| 9.50,99 | i | Rute Simões | S23 | | | | 1 | CN23 | Pombal | 26-02 | |
| 9.52,79 | i | Silvana Dias | | | | | 5 | CNCI-1 | Pombal | 19-02 | |
| 9.53,17 | | Marta Lourenço | | Maia AC | | 05-04-01 | 4 | FOJE | Gyor - Hun | 26-07 | |
| 9.53,58 | i | Ana Lopes | | | | | 1 | CNU | Pombal | 05-03 | |
| 9.53,78 | i | Ana Lopes | | | | | 8 | C. Port | Pombal | 12-02 | |
| 9.54,17 | | Ana Lopes | | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 9.54,87 | | Patrícia Oliveira | | Grecas | | 28-06-94 | 1 | | Vagos | 08-01 | 10.03,14-16 |
| 9.55,81 | i | Sandra Teixeira | Vet | | | | 2 | Caceres | Plasencia - Esp | 28-06 | |
| 9.56,40 | i | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 9 | C. Port | Pombal | 12-02 | 9.36,52-15 |
| 9.57,57 | i | Joana Soares | | | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 9.58,09 | i | Helena Alves | S23 | UD Varzea | | 15-06-97 | 2 | CN23 | Pombal | 26-02 | 10.34,35-16 |
| 9.58,11 | | Rute Simões | S23 | | | | 2 | | Vagos | 08-01 | |
| 9.58,13 | | Joana Soares | | | | | 1 | | Ribeira Brava | 16-07 | |
| 9.59,54 | | Ana Lopes | | | | | 3 | | Maia | 28-06 | |
| 10.00,33 | | Marta Martins | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 10.00,41 | | Marta Lourenço | | | | | 1 | | Maia | 14-05 | |
| 10.00,88 | i | Sandra Protásio | | JOMA | | 05-07-89 | 10 | C. Port | Pombal | 12-02 | 10.11,52i-16 |
| 10.01,13 | | Ana Lopes | | | | | 3 | | Vagos | 08-01 | |
| 10.01,38 | | Marta Lourenço | | | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 10.01,55 | | Catarina Carvalho | | | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 10.01,94 | | Laura Regalado | Jr | Grecas | | 03-01-98 | 2 | CNJ | Marinha Grande | 09-07 | 10.13,52-16 |
| 10.02,02 | | Sara Carvalho | | ACR Sra. Desterro | | 24-12-88 | 5 | CNCI-1 | Leiria | 23-07 | 9.56,59i-13 |
| 10.02,39 | i | Micaela Lopes | | Juv. Vidigalense | | 08-05-92 | 11 | C. Port | Pombal | 12-02 | 9.45,30-15 |
| 10.02,54 | | Joana Carvalho | | SC Braga | | 04-11-91 | 6 | CNCI-1 | Leiria | 23-07 | |
| 10.02,87 | | Lia Lemos | Jv | Maia AC | | 13-07-01 | 1 | | Maia | 11-06 | |
| 10.02,88 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 1 | | Lisboa - MP | 05-02 | 10.02,8-16 |
| 10.02,95 | | Joana Soares | | | | | 1 | | Ribeira Brava | 07-01 | |
| 10.03,12 | | Marta Lourenço | | | | | 1 | OJ | Braga | 04-06 | |
| 10.03,55 | i | Lilia Martins | S23 | Sporting CP | | 31-03-97 | 3 | CN23 | Pombal | 26-02 | 10.23,55-16 |
| 10.05,53 | i | Ana Lopes | | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 10.05,91 | i | Daniela Sousa | | | | | 12 | C. Port | Pombal | 12-02 | |
| 10.06,24 | | Lia Lemos | Jv | | | | 2 | | Maia | 14-05 | |
| 10.06,27 | | Daniela Sousa | | | | | 3s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 10.06,54 | i | Anais Silva | S23 | Juv. Vidigalense | | 15-04-97 | 13s | | Allendale - Usa | 10-02 | 10.08,39-15 |

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|----------|---|--------------------|-----|--------------------|--|----------|-----|----------|-----------------|-------|--------------|
| 10.06,74 | | Mariana Vargem | Jv | Ludens C Machico | | 30-01-01 | 2 | OJ | Braga | 04-06 | |
| 10.06,80 | i | Micaela Lopes | | | | | 6 | CNCI-1 | Pombal | 19-02 | |
| 10.07,01 | | Lia Lemos | Jv | | | | 1 | CNjv | Abrantes | 25-06 | |
| 10.07,08 | i | Helena Alves | S23 | | | | 13 | C. Port | Pombal | 12-02 | |
| 10.07,17 | i | Joana Carvalho | | | | | 2 | CNCI-Ap | Braga | 21-01 | |
| 10.07,24 | i | Sandra Protásio | | | | | 2ex | CNU | Pombal | 05-03 | |
| 10.08,64 | | Ana Cabecinha | | | | | 1 | | Faro | 30-04 | |
| 10.09,19 | i | Sara Duarte | Jr | UD Varzea | | 25-05-99 | 1 | CNJ | Braga | 29-01 | 9.49,42-16 |
| 10.09,22 | | Marta Lourenço | | | | | 2 | CNjv | Abrantes | 25-06 | |
| 10.10,25 | i | Lia Lemos | Jv | | | | 2 | CNJ | Braga | 29-01 | |
| 10.10,40 | i | Ana Cabecinha | | | | | 1 | CNCI-2 | Pombal | 19-02 | |
| 10.10,92 | | Daniela Sousa | | | | | 3 | | Braga | 30-04 | |
| 10.11,14 | i | Carla Nunes | S23 | AD Lustosa | | 26-06-96 | 4 | CN23 | Pombal | 26-02 | 10.27,42-16 |
| 10.11,35 | i | Sara Duarte | Jr | | | | 1 | C. Norte | Braga | 08-01 | |
| 10.12,65 | i | Eduarda Barbosa | Jr | Sporting CP | | 02-05-98 | 5 | CN23 | Pombal | 26-02 | 10.20,74-15 |
| 10.12,73 | i | Helena Alves | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 10.12,98 | | Francisca Borges | Jr | Sporting CP | | 09-11-98 | 4 | | Maia | 28-06 | 10.09,72-16 |
| 10.13,02 | | Daniela Sousa | | | | | 7 | CNCI-1 | Leiria | 23-07 | |
| 10.13,15 | | Carla Nunes | S23 | | | | 1 | | Vagos | 16-07 | |
| 10.13,84 | i | Laura Regalado | Jr | | | | 3 | CNJ | Braga | 29-01 | |
| 10.14,26 | i | Patrícia Rosado | | Juv. Vidigalense | | 18-07-88 | 14 | C. Port | Pombal | 12-02 | 10.17,45i-16 |
| 10.14,35 | | Lia Lemos | Jv | | | | 2 | Go Fit | Avila - Esp | 01-07 | |
| 10.15,15 | i | Catarina Guerreiro | Jr | Sporting CP | | 05-06-98 | 6 | CN23 | Pombal | 26-02 | 10.49,89-15 |
| 10.15,19 | i | Sara Duarte | Jv | | | | 1jv | | Braga | 03-12 | |
| 10.15,45 | i | Ana Catarina Dias | | NDC Odemira | | 12-06-94 | 1ex | CN Vet | Pombal | 19-03 | 10.32,83i-13 |
| 10.16,33 | i | Lia Lemos | Jv | | | | 2 | C. Norte | Braga | 08-01 | |
| 10.17,27 | | Rute Simões | S23 | | | | 2 | CN23 | Pombal | 02-07 | |
| 10.17,32 | i | Laura Regalado | Jr | | | | 15 | C. Port | Pombal | 12-02 | |
| 10.17,64 | i | Francisca Borges | Jr | | | | 4 | CNJ | Braga | 29-01 | |
| 10.17,65 | i | Sandra Protásio | | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 10.18,01 | i | Joana Carvalho | | | | | 7 | CNCI-1 | Pombal | 19-02 | |
| 10.18,41 | i | Tânia Silva | | Liberdade FC | | 24-05-88 | 3 | C. Norte | Braga | 08-01 | 10.01,89i-15 |
| 10.18,70 | | Lilia Martins | S23 | | | | 3 | CN23 | Pombal | 02-07 | |
| 10.18,87 | | Francisca Borges | Jr | | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 10.19,35 | i | Telma Silva | | GCA Donas | | 01-04-83 | 4 | CNCI-Ap | Pombal | 22-01 | 10.42,37i-09 |
| 10.19,42 | | Daniela Sousa | | | | | 2 | | Ribeira Brava | 16-07 | |
| 10.20,45 | i | Mariana Vargem | Jv | | | | 5 | CNJ | Braga | 29-01 | |
| 10.20,58 | i | Sara Duarte | Jv | | | | 16 | C. Port | Pombal | 12-02 | |
| 10.20,78 | i | Joana Carvalho | | | | | 4 | C. Norte | Braga | 08-01 | |
| 10.20,91 | | Sandra Protásio | | | | | 1 | CFB | Lisboa - MP | 10-05 | |
| 10.21,04 | | Laura Regalado | Jr | | | | 2 | | Vagos | 16-07 | |
| 10.21,10 | | Rute Simões | S23 | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 10.21,60 | i | Margarida Raimundo | Jv | SL Benfica | | 24-03-00 | 6 | CNJ | Braga | 29-01 | 10.16,24-16 |
| 10.21,77 | | Vera Fernandes | | AA Bela Vista | | 16-11-85 | 2 | | Faro | 30-04 | 9.55,34i-16 |
| 10.22,60 | i | Catarina Guerreiro | Jr | | | | 7 | CNJ | Braga | 29-01 | |
| 10.23,20 | i | Anais Silva | S23 | | | | 7 | | Pittsburg - Usa | 03-03 | |
| 10.23,74 | i | Lia Lemos | Jv | | | | 1 | CNjv | Pombal | 05-02 | |
| 10.23,80 | | Francisca Borges | Jr | | | | 4 | CN23 | Pombal | 02-07 | |
| 10.24,13 | i | Helena Alves | Jr | | | | 2 | | Braga | 03-12 | |
| 10.24,67 | | Catarina Guerreiro | Jr | | | | 4 | CNJ | Marinha Grande | 09-07 | |
| 10.25,31 | | Laura Regalado | Jr | | | | 5 | CN23 | Pombal | 02-07 | |
| 10.25,64 | | Tânia Silva | | | | | 4 | | Braga | 30-04 | |
| 10.26,04 | | Nádia Carvalho | Jv | NS Torres Novas | | 05-04-01 | 3 | OJ | Braga | 04-06 | |
| 10.26,28 | | Eduarda Barbosa | Jr | | | | 5 | CNJ | Marinha Grande | 09-07 | |
| 10.27,05 | i | Diana Almeida | | Sporting CP | | 08-09-94 | 17 | C. Port | Pombal | 12-02 | 9.55,08i-13 |
| 10.27,52 | i | Laura Taborda | Jr | CCD Leões Floresta | | 01-01-99 | 8 | CNJ | Braga | 29-01 | 10.36,75-16 |
| 10.28,33 | | Nádia Carvalho | Jv | | | | 6 | CNJ | Marinha Grande | 09-07 | |
| 10.29,39 | | Bárbara Oliveira | S23 | CD Feirense | | 30-10-96 | 5 | | Maia | 28-06 | |
| 10.29,42 | i | Laura Regalado | Jr | | | | 2 | CNU | Pombal | 05-03 | |
| 10.29,47 | i | Patrícia Oliveira | | | | | 18 | C. Port | Pombal | 12-02 | |
| 10.29,65 | i | Laura Taborda | Jr | | | | 19 | C. Port | Pombal | 12-02 | |
| 10.29,67 | | Manuela Martins | Jr | Maratona CP | | 10-09-98 | 7 | CNJ | Marinha Grande | 09-07 | |

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|----------|---|---------------------|-----|-------------------|-----|----------|-----|-------------|-----------------|-------|--------------|
| 10.29,97 | | Nádia Carvalho | Jv | | | | 3 | CNJv | Abrantes | 25-06 | |
| 10.30,17 | i | Fabiana Sousa | Jv | NS Torres Novas | | 12-10-00 | 9 | CNJ | Braga | 29-01 | 10.05,18i-16 |
| 10.31,23 | | Catarina Carvalho | | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 10.31,24 | i | Margarida Dionisio | | ACR Sra. Desterro | | 09-03-87 | 4 | CNCI-Ap | Pombal | 21-01 | 10.06,66-14 |
| 10.31,76 | | Mónica Silva | Jv | GDU Cano | | 10-04-00 | 8 | CNJ | Marinha Grande | 09-07 | 10.59,93-16 |
| 10.32,15 | | Sandra Protásio | | | | | 3 | Caceres | Plasencia - Esp | 28-06 | |
| 10.32,22 | i | Sofia Marmelo | | SL Benfica | | 09-07-93 | 20 | C. Port | Pombal | 12-02 | 10.16,02i-16 |
| 10.32,23 | | Catarina Guerreiro | Jr | | | | 2 | | Lisboa - MP | 04-02 | |
| 10.32,80 | | Daniela Sousa | | | | | 2 | | Ribeira Brava | 07-01 | |
| 10.32,85 | | Joana Costa | | SL Benfica | | 12-05-88 | 1s | CNCI-Ap | Vendas Novas | 28-05 | 9.57,72-07 |
| 10.33,86 | | Helena Alves | S23 | UD Varzea | | 15-06-97 | 1 | | Lousada | 04-06 | |
| 10.33,90 | | Sara Duarte | Jr | | | | 2 | | Lousada | 04-06 | |
| 10.33,97 | | Ana Cabecinha | | | | | 1 | | Faro | 15-01 | |
| 10.34,36 | | Laura Regalado | Jr | | | | 4 | | Vagos | 08-01 | |
| 10.34,47 | | Sónia Ferreira | S23 | UD Varzea | | 08-07-95 | 6 | CN23 | Pombal | 02-07 | 9.58,96i-16 |
| 10.34,86 | i | Mariana Castanheira | Jr | Maia AC | | 16-12-99 | 2 | CNCI-2 | Pombal | 19-02 | |
| 10.34,96 | i | Ana Marta Pinto | | ADRE Palhaça | | 23-10-91 | 3 | CNCI-2 | Pombal | 19-02 | 10.17,57-11 |
| 10.35,39 | | Ana Marta Pinto | | | | | 5 | | Vagos | 08-01 | |
| 10.35,49 | | Ana Marta Pinto | | | | | 6 | | Maia | 28-06 | |
| 10.35,65 | | Mónica Costa | Jv | Amigos Montanha | | 05-09-01 | 4 | CNjv | Abrantes | 25-06 | |
| 10.36,04 | | Mariana Vargem | Jv | | | | 3 | | Ribeira Brava | 07-01 | |
| 10.36,32 | | Diana Almeida | | | | | 5 | | Braga | 30-04 | |
| 10.36,38 | | Bárbara Oliveira | S23 | | | | 3 | | Lousada | 04-06 | |
| 10.36,76 | | Joana Veiga | Jv | UA Povoense | | 18-05-01 | 4 | OJ | Braga | 04-06 | |
| 10.38,11 | i | Carla Nunes | S23 | | | | 3 | CNU | Pombal | 05-03 | |
| 10.38,30 | i | Laura Regalado | Jr | | | | 2 | T. Natal | Braga | 22-12 | |
| 10.38,32 | | Bárbara Oliveira | S23 | | | | 3 | | Vagos | 16-07 | |
| 10.38,97 | i | Ana Marta Pinto | | | | | 5 | CNCI-Ap | Pombal | 21-01 | |
| 10.39,13 | | Mónica Silva | Jv | | | | 1 | C. Norte Jr | Braga | 18-06 | |
| 10.39,20 | i | Alexandra Oliveira | | CP Alcanena | | 18-10-93 | 1 | | Pombal | 29-01 | 10.30,44i-16 |
| 10.39,50 | | Sofia Marmelo | | | | | 1 | | Lisboa - MP | 21-01 | |
| 10.39,68 | i | Laura Tabora | Jr | | | | 7 | CN23 | Pombal | 26-02 | |
| 10.39,86 | i | Nádia Carvalho | Jv | | | | 2 | CNJv | Pombal | 05-02 | |
| 10.40,25 | i | Eduarda Barbosa | Jr | | | | 10 | CNJ | Braga | 29-01 | |
| 10.40,73 | | Laura Tabora | Jr | | | | 9 | CNJ | Marinha Grande | 09-07 | |
| 10.41,23 | | Raquel Cabaço | | GD Diana | | 07-04-87 | 2s | CNCI-Ap | Vendas Novas | 28-05 | 10.38,36i-16 |
| 10.41,80 | i | Ana Marta Pinto | | | | | 3 | T. Natal | Braga | 22-12 | |
| 10.41,91 | i | Cátia Costa | | Maia AC | | 04-09-89 | 4 | | Braga | 03-12 | 10.42,35i-16 |
| 10.41,96 | | Lara Glória | Jr | CP Corroios | | 18-09-98 | 1 | | Setúbal | 16-07 | |
| 10.41,97 | i | Bruna Meirinhos | Jr | Juv. Vidigalense | | 08-08-99 | 11 | CNJ | Braga | 29-01 | |
| 10.42,16 | | Catarina Guerreiro | Jr | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 10.43,02 | i | Nádia Carvalho | Jv | | | | 1 | | Pombal | 07-01 | |
| 10.44,05 | | Catarina Guerreiro | Jr | | | | 7 | CN23 | Pombal | 02-07 | |
| 10.44,06 | | Rita Ribeiro | Jr | Sporting CP | | 13-02-98 | 2 | | Lisboa - MP | 21-01 | 4.39,21-16 |
| 10.44,07 | | Mónica Silva | Jv | | | | 1 | | Guimarães | 06-05 | |
| 10.44,09 | | Catarina Guerreiro | Jr | | | | 3 | | Lisboa - MP | 21-01 | |
| 10.44,33 | | Cristina Nascimento | Vet | ACD Jardim Serra | | 23-10-79 | 4 | | Ribeira Brava | 07-01 | 19.14,1-13 |
| 10.44,60 | | Mónica Costa | Jv | | | | 1 | | Arcos Valdevez | 29-04 | |
| 10.45,15 | i | Bárbara Oliveira | S23 | | | | 4 | CNU | Pombal | 05-03 | |
| 10.45,22 | | Mariana Vargem | Jv | | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 10.45,29 | i | Cátia Costa | | | | | 3 | CNCI-Ap | Braga | 21-01 | |
| 10.45,42 | i | Fabiana Sousa | Jv | | | | 3 | CNJv | Pombal | 05-02 | |
| 10.45,77 | i | Alexandra Oliveira | | | | | 6 | CNCI-Ap | Pombal | 21-01 | |
| 10.45,94 | | Bruna Meirinhos | Jr | | | | 10 | CNJ | Marinha Grande | 09-07 | |
| 10.46,09 | | Celma Bonfim | Vet | JOMA | STP | 23-12-77 | 3s | CNCI-Ap | Vendas Novas | 28-05 | 9.48,97i-08 |
| 10.46,78 | | Ana Marta Pinto | | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 10.47,20 | | Laura Bernard | | CDUL | FRA | 12-09-89 | 4s | CNCI-Ap | Vendas Novas | 28-05 | 10.23,86-16 |
| 10.47,85 | | Ana Marta Pinto | | | | | 4 | | Vagos | 16-07 | |
| 10.48,46 | | Anais Silva | S23 | | | | 8 | CNCI-1 | Leiria | 23-07 | |
| 10.49,05 | | Sandra Protásio | | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 10.49,50 | | Catarina Guerreiro | Jr | | | | 2ex | | Faro | 15-01 | |
| 10.49,51 | i | Andreia Silva | | Gira Sol | | 21-10-88 | 4 | CNCI-2 | Pombal | 19-02 | 10.30,52i-13 |

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|----------|---|---------------------|-----|--------------------|-----|----------|----|-------------|-----------------|-------|--------------|
| 10.49,62 | | Maria Carvalho | Jr | Maia AC | | 29-03-99 | 1 | CNCI-Ap | Guimarães | 28-05 | |
| 10.49,80 | i | Carla Nunes | S23 | | | | 5 | C. Norte | Braga | 08-01 | |
| 10.49,80 | | Maria Carvalho | Jr | | | | 7 | | Maia | 28-06 | |
| 10.49,87 | | Raquel Cabaço | | | | | 1 | C. Alent | Elvas | 13-05 | |
| 10.49,93 | | Leila Semedo | Jv | SCR Damaia | | 01-09-01 | 5 | CNjv | Abrantes | 25-06 | |
| 10.49,94 | | Bárbara Oliveira | S23 | | | | 8 | CN23 | Pombal | 02-07 | |
| 10.50,39 | | Leila Semedo | Jv | | | | 2 | CFB | Lisboa - MP | 10-05 | |
| 10.51,12 | | Maria Carvalho | Jr | | | | 2 | C. Norte Jr | Braga | 18-06 | |
| 10.51,15 | | Carla Faria | Jr | Boavista FC | | 14-09-98 | 11 | CNJ | Marinha Grande | 09-07 | 10.47,72i-16 |
| 10.51,25 | i | Andreia Silva | | | | | 1 | | Pombal | 29-01 | |
| 10.51,45 | | Raquel Cabaço | | | | | 2 | CNCI-3 | Leiria | 23-07 | |
| 10.51,78 | | Cátia Costa | | | | | 6 | | Braga | 30-04 | |
| 10.52,20 | | Manuela Martins | Jr | | | | 1 | | Lisboa - I | 25-06 | |
| 10.53,01 | i | Ana Raimundo | Jr | Electrico FC | | 30-08-99 | 12 | CNJ | Braga | 29-01 | |
| 10.53,92 | | Alexandra Oliveira | | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 10.54,50 | | Fátima Pinho | Vet | Grecas | | 22-02-63 | 6 | | Vagos | 08-01 | 10.38,12i-05 |
| 10.54,79 | | Maria Carvalho | Jr | | | | 1 | | Maia | 07-05 | |
| 10.55,00 | | Bárbara Oliveira | S23 | | | | 7 | | Vagos | 08-01 | |
| 10.55,49 | | Lília Martins | S23 | | | | 4 | Caceres | Plasencia - Esp | 28-06 | |
| 10.56,27 | | Mónica Silva | Jv | | | | 6 | CNjv | Abrantes | 25-06 | |
| 10.56,91 | | Ana Catarina Dias | | | | | 1 | | Odemira | 21-01 | |
| 10.57,05 | | Margarida Silva | Jv | Vit. Setúbal | | 02-04-00 | 5 | OJ | Braga | 04-06 | |
| 10.57,28 | | Diana Pereira | Jr | GRE Bomfim | | 18-10-98 | 8 | | Maia | 28-06 | |
| 10.57,31 | | Carla Faria | Jr | | | | 7 | | Braga | 30-04 | |
| 10.58,16 | | Alice Oliveira | Jv | EA Trofa | | 07-12-00 | 3 | | Maia | 14-05 | |
| 10.58,71 | | Ana Carolina Matias | | AC Vermoil | | 06-12-91 | 5s | CNCI-Ap | Fátima | 28-05 | |
| 10.58,80 | i | Daniela Cardoso | | Individual - Lei | | 15-12-91 | 1 | | Pombal | 29-01 | |
| 10.58,80 | | Laura Bernard | | | FRA | | 3 | CFB | Lisboa - MP | 10-05 | |
| 10.58,80 | | Laura Regalado | Jr | | | | 1 | | Aveiro | 18-12 | |
| 10.59,08 | i | Mariana Castanheira | Jv | | | | 2 | | Braga | 03-12 | |
| 10.59,14 | | Mónica Silva | Jv | | | | 1 | | Braga | 14-05 | |
| 10.59,24 | | Mónica Costa | Jv | | | | 1 | | Braga | 12-07 | |
| 10.59,39 | | Joana Fernandes | | SC Braga | | 11-09-92 | 2s | CNCI-Ap | Guimarães | 28-05 | 10.20,54i-13 |
| 10.59,51 | | Inês Reis | Jr | CCD Leões Floresta | | 17-07-99 | 6s | CNCI-Ap | Fátima | 28-05 | |
| 10.59,52 | | Rita Miranda | Jv | SL Benfica | | 28-02-01 | 7 | CNjv | Abrantes | 25-06 | |
| 10.59,59 | i | Mónica Costa | Jv | | | | 4 | CNJv | Pombal | 05-02 | |
| 10.59,93 | i | Raquel Cabaço | | | | | 7 | CNCI-Ap | Pombal | 21-01 | |

5000 m – 17.00,0 - 20.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|----------|---|----------------------|-----|------------------|-----|----------|----|---------|---------------|-------|-------------|
| 15.39,95 | | Sara Moreira | | Sporting CP | | 17-10-85 | 1 | Maia | Maia | 08-07 | 14.54,71-10 |
| 16.21,73 | | Susana Godinho | | Sporting CP | | 05-07-92 | 3 | Maia | Maia | 08-07 | 16.43,89-14 |
| 16.26,34 | | Susana Francisco | | Sporting CP | | 10-05-91 | 4 | Maia | Maia | 08-07 | 16.41,98-16 |
| 16.30,94 | | Ana Mafalda Ferreira | | Sporting CP | | 22-04-88 | 1 | | Maia | 14-06 | 16.03,23-12 |
| 16.33,65 | | Silvana Dias | | SL Benfica | | 05-06-94 | 1s | CNCI-Ap | Vendas Novas | 27-05 | 16.27,41-14 |
| 16.34,91 | | Susana Godinho | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 16.35,31 | | Silvana Dias | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 16.40,63 | | Daniela Cunha | | Sporting CP | | 30-04-90 | 9 | ETC - 1 | Vaasa - Fin | 25-06 | 16.07,94-16 |
| 16.41,96 | | Filomena Costa | | ACD Jardim Serra | | 22-02-85 | 3 | CNCI-1 | Leiria | 22-07 | 16.14,46-14 |
| 16.50,80 | | Filomena Costa | | | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 16.51,77 | | Ana Mafalda Ferreira | | | | | 1 | C. Port | Vagos | 11-06 | |
| 17.00,39 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 5 | Maia | Maia | 08-07 | 17.12,23-16 |
| 17.03,36 | | Ana Lopes | | Grecas | | 21-03-91 | 6 | Maia | Maia | 08-07 | 19.35,55-12 |
| 17.06,36 | | Joana Carvalho | | SC Braga | | 04-11-91 | 4 | CNCI-1 | Leiria | 22-07 | |
| 17.06,77 | | Sandra Teixeira | Vet | Sporting CP | | 13-03-78 | 7 | Maia | Maia | 08-07 | |
| 17.08,01 | | Ana Lopes | | | | | 2 | | Maia | 14-06 | |
| 17.12,95 | | Rute Simões | S23 | Grecas | | 14-02-95 | 5 | CNCI-1 | Leiria | 22-07 | 17.04,42-16 |
| 17.14,55 | | Susana Francisco | | | | | 2 | C. Port | Vagos | 11-06 | |
| 17.17,79 | | Susana Cunha | | | | 04-09-88 | 3 | C. Port | Vagos | 11-06 | |
| 17.25,50 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 4 | C. Port | Vagos | 11-06 | 17.03,44-14 |
| 17.27,74 | | Rute Simões | S23 | | | | 5 | C. Port | Vagos | 11-06 | |

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|----------|---|---------------------|-----|-------------------|-----|----------|-----|----------|--------------------|-------|--------------|
| 17.30,02 | | Sara Carvalho | | ACR Sra. Desterro | | 24-12-88 | 3 | | Maia | 14-06 | 17.23,5-12 |
| 17.33,03 | | Anais Silva | S23 | Juv. Vidigalense | | 15-04-97 | 22 | | Carquefou - Fra | 23-06 | 17.51,89i-16 |
| 17.36,57 | | Anais Silva | S23 | | | | 2 | | Louisville - Usa | 31-03 | |
| 17.45,49 | | Vera Fernandes | | AA Bela Vista | | 16-11-85 | 6 | C. Port | Vagos | 11-06 | 16.58,68-16 |
| 17.45,71 | | Margarida Dionisio | | ACR Sra. Desterro | | 09-03-87 | 1s | CNCI-Ap | Fátima | 27-05 | 17.50,77-14 |
| 17.47,65 | | Francisca Borges | Jr | Sporting CP | | 09-11-98 | 4 | | Maia | 14-06 | |
| 17.55,95 | | Cátia Santos Leitão | | | | | 1 | | Ribeira Brava | 15-07 | |
| 17.58,27 | | Ana Lopes | | | | | 1 | CNU | Faro | 14-05 | |
| 18.02,18 | | Ana Lopes | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 18.03,51 | | Margarida Dionisio | | | | | 1 | | Lisboa - MP | 03-05 | |
| 18.06,09 | | Sandra Protásio | | JOMA | | 05-07-89 | 2s | CNCI-Ap | Vendas Novas | 27-05 | |
| 18.09,68 | | Margarida Dionisio | | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 18.10,58 | | Anais Silva | S23 | | | | 11 | | Albi - Fra | 08-07 | |
| 18.13,08 | | Catarina Guerreiro | Jr | Sporting CP | | 05-06-98 | 1 | | Lisboa - I | 24-06 | |
| 18.14,40 | | Anais Silva | S23 | | | | 5 | | Hutchinson - Usa | 20-05 | |
| 18.15,11 | i | Anais Silva | S23 | | | | 2 | | Indianapolis - Usa | 27-01 | |
| 18.19,78 | | Celma Bonfim | Vet | JOMA | STP | 23-12-77 | 1 | CNCI-3 | Leiria | 22-07 | 17.25,99-08 |
| 18.24,01 | | Raquel Cabaço | | GD Diana | | 07-04-87 | 2 | CNCI-3 | Leiria | 22-07 | 18.41,48-15 |
| 18.27,68 | | Raquel Cabaço | | | | | 3s | CNCI-Ap | Vendas Novas | 27-05 | |
| 18.29,44 | | Patrícia Rosado | | Juv. Vidigalense | | 18-07-88 | 7 | CNCI-1 | Leiria | 22-07 | 17.47,95-16 |
| 18.29,72 | | Catarina Guerreiro | Jr | | | | 2 | CNU | Faro | 14-05 | |
| 18.33,42 | | Joana Carvalho | | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 18.33,58 | | Ana Marta Pinto | | ADRE Palhaça | | 23-10-91 | 3s | CNCI-Ap | Fátima | 27-05 | |
| 18.34,45 | | Sara Duarte | Jr | UD Varzea | | 25-05-99 | 5 | | Maia | 14-06 | |
| 18.37,70 | | Eduarda Barbosa | Jr | Sporting CP | | 02-05-98 | 3 | CNU | Faro | 14-05 | |
| 18.47,17 | | Carla Nunes | S23 | AD Lustosa | | 26-06-96 | 6 | | Maia | 14-06 | 18.34,58-16 |
| 18.48,63 | | Cristina Nascimento | Vet | ACD Jardim Serra | | 23-10-79 | 2 | | Ribeira Brava | 15-07 | 19.14,1-13 |
| 18.48,73 | | Lara Glória | Jr | CP Corroios | | 18-09-98 | 2ex | | Lisboa - I | 24-06 | |
| 18.49,88 | | Carla Faria | Jr | Boavista FC | | 14-09-98 | 4 | CNU | Faro | 14-05 | |
| 18.50,92 | | Bárbara Oliveira | S23 | CD Feirense | | 30-10-96 | 7 | | Maia | 14-06 | 19.27,57-14 |
| 18.51,16 | | Alexandra Oliveira | | CP Alcanena | | 18-10-93 | 4s | CNCI-Ap | Fátima | 27-05 | 17.16,6-16 |
| 18.52,62 | | Carla Faria | Jr | | | | 8 | | Maia | 14-06 | |
| 18.56,81 | | Ana Marta Pinto | | | | | 1 | | Pombal | 25-04 | |
| 19.01,71 | | Bárbara Oliveira | S23 | | | | 5 | CNU | Faro | 14-05 | |
| 19.05,61 | | Cátia Costa | | Maia AC | | 04-09-89 | 1 | C. Norte | Maia | 16-07 | 18.49,60-16 |
| 19.09,21 | | Fátima Pinho | Vet | Grecas | | 22-02-63 | 1 | | Vagos | 15-07 | 18.34,85-12 |
| 19.09,88 | | Ana Marta Pinto | | | | | 8 | Maia | Maia | 08-07 | |
| 19.10,02 | | Lara Glória | Jr | | | | 1 | | Setúbal | 13-05 | |
| 19.11,16 | | Jessica Pontes | S23 | Liberdade FC | | 05-03-95 | 2 | C. Norte | Maia | 16-07 | |
| 19.12,90 | | Luisa Freitas | Vet | GD Estreito | | 29-11-79 | 8 | CNCI-1 | Leiria | 22-07 | 18.05,00-02 |
| 19.14,22 | | Luisa Freitas | Vet | | | | 2s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 19.14,32 | | Celma Bonfim | Vet | | STP | | 1 | | Lisboa - I | 15-07 | |
| 19.19,77 | | Diana Pereira | Jr | GRE Bomfim | | 18-10-98 | 9 | | Maia | 14-06 | |
| 19.21,90 | | Cátia Costa | | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 19.22,14 | | Cátia Costa | | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 19.23,11 | | Soraia Tavares | Jr | GD Cavadas | | 16-11-99 | 4s | CNCI-Ap | Vendas Novas | 27-05 | |
| 19.23,63 | | Bárbara Oliveira | S23 | | | | 2 | | Vagos | 15-07 | |
| 19.24,06 | | Ana Carolina Matias | | AC Vermoil | | 06-12-91 | 2 | | Pombal | 25-04 | 19.46,00-11 |
| 19.24,55 | | Ana Marta Pinto | | | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 19.31,60 | | Alexandra Oliveira | | | | | 1 | | Abrantes | 21-05 | |
| 19.32,37 | | Carla Mendes | Vet | Esc. Movimento | | 06-10-71 | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 19.32,43 | | Madalena Carriço | Vet | CS Maritimo | | 06-01-79 | 3s | CNCI-Ap | Ribeira Brava | 27-05 | 16.24,05-02 |
| 19.32,62 | | Diana Pereira | Jr | | | | 3 | C. Norte | Maia | 16-07 | |
| 19.33,19 | | Juliana Silva | S23 | CD Feirense | | 10-04-96 | 3 | | Vagos | 15-07 | |
| 19.33,76 | | Ana Eustáquio | Vet | A Ac. Coimbra | | 05-07-78 | 1 | CN Vet | Torres Vedras | 09-07 | |
| 19.34,11 | | Carla Machado | Vet | UD Varzea | | 02-02-70 | 1 | CN Vet | Torres Vedras | 09-07 | 17.51,69-11 |
| 19.38,29 | | Luisa Viveiros | | ADR Água Pena | | 19-12-80 | 4s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 19.38,36 | | Fátima Silva | Vet | CD Póvoa | | 06-05-70 | 4s | CNCI-Ap | Guimarães | 27-05 | 16.05,22-97 |
| 19.43,07 | | Telma Silva | | GCA Donas | | 01-04-83 | 5s | CNCI-Ap | Fátima | 27-05 | 19.41,2-10 |
| 19.43,84 | | Madalena Carriço | Vet | | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 19.46,04 | | Marisa Costa | Vet | UA Povoense | | 11-10-79 | 9 | CE Vet | Aarhus - Din | 02-08 | |
| 19.48,31 | | Benvinda Santos | | Juv. Vidigalense | | 25-04-94 | 6s | CNCI-Ap | Fátima | 27-05 | |

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|----------|--|-----------------------|-----|--------------------|--|----------|----|----------|---------------|-------|------------|
| 19.49,56 | | Carla Mendes | Vet | | | | 4 | C. Norte | Maia | 16-07 | |
| 19.51,11 | | Mariana Silva | S23 | CD Feirense | | 10-04-96 | 6 | CNU | Febres | 14-05 | |
| 19.51,50 | | Juliana Silva | S23 | | | | 6 | CNU | Faro | 14-05 | |
| 19.53,57 | | Carla Mendes | Vet | | | | 3 | CNCI-3 | Leiria | 22-07 | |
| 19.53,6 | | Inês Reis | Jr | CCD Leões Floresta | | 17-07-99 | 1 | | Covilhã | 30-06 | |
| 19.54,06 | | Deonilde Costa | | AC Vermoil | | 19-09-74 | 7s | CNCI-Ap | Fátima | 27-05 | |
| 19.55,5 | | Telma Silva | | | | | 1 | | Covilhã | 19-05 | |
| 19.56,51 | | Susana Marina Ribeiro | S23 | NA Cucujães | | 11-11-95 | 5s | CNCI-Ap | Guimarães | 27-05 | |
| 19.56,85 | | Lucília Soares | Vet | CA Galinheiras | | 10-01-62 | 1 | CN Vet | Torres Vedras | 09-07 | 16.19,6-85 |
| 19.59,3 | | Marta Lobo | | A Ac. Coimbra | | 01-04-94 | 1 | | Febres | 20-05 | |

10.000 m – 45.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|----|-----------------------|-----|-------------------|-----|----------|----|------------|------------------|-------|-------------|
| 32.03,57 | | Sara Moreira | | Sporting CP | | 17-10-85 | 1 | T. Europa | Minsk - Blr | 10-06 | 31.12,93-15 |
| 32.07,62 | | Carla Salomé Rocha | | Individual - Br | | 25-04-90 | 1 | F. Ribeiro | Maia | 12-07 | 32.05,82-16 |
| 32.17,73 | | Carla Salomé Rocha | | | | | 1 | C. Port | Huelva - Esp | 08-04 | |
| 32.27,88 | | Sara Catarina Ribeiro | | Individual - Pt | | 31-05-90 | 2 | C. Port | Huelva - Esp | 08-04 | 32.31,18-16 |
| 32.40,84 | | Inês Monteiro | Vet | CA Seia | | 18-05-80 | 3 | C. Port | Huelva - Esp | 08-04 | 31.13,58-10 |
| 32.52,71 | | Carla Salomé Rocha | | | | | 28 | C. Mundo | Londres - Gbr | 05-08 | |
| 33.10,43 | | Carla Salomé Rocha | | | | | 7 | T. Europa | Minsk - Blr | 10-06 | |
| 33.48,57 | | Daniela Cunha | | Sporting CP | | 30-04-90 | 4 | C. Port | Huelva - Esp | 08-04 | 33.07,20-16 |
| 33.53,70 | | Sara Catarina Ribeiro | | | | | 18 | | Londres - Gbr | 20-05 | |
| 34.00,03 | | Susana Godinho | | Sporting CP | | 05-07-92 | 1 | | Maia | 06-05 | 34.10,09-15 |
| 34.04,30 | | Susana Godinho | | | | | 5 | C. Port | Huelva - Esp | 08-04 | |
| 34.06,16 | | Ana Mafalda Ferreira | | Sporting CP | | 22-04-88 | 6 | C. Port | Huelva - Esp | 08-04 | 33.36,08-12 |
| 34.28,84 | | Daniela Cunha | | | | | 15 | T. Europa | Minsk - Blr | 10-06 | |
| 34.42,65 | | Susana Godinho | | | | | 26 | T. Europa | Minsk - Blr | 10-06 | |
| 34.59,66 | | Sandra Teixeira | Vet | Sporting CP | | 13-03-78 | 7 | C. Port | Huelva - Esp | 08-04 | 4.10,28-05 |
| 35.10,35 | | Marta Martins | | ACR Sra. Desterro | | 15-01-92 | 8 | C. Port | Huelva - Esp | 08-04 | 34.17,64-13 |
| 35.25,33 | | Rute Simões | S23 | Grecas | | 14-02-95 | 16 | CE23 | Bydgoszcz - Pol | 14-07 | 36.42,66-16 |
| 35.38,36 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 1 | | Ribeira Brava | 18-03 | 36.24,71-13 |
| 35.56,90 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 2 | | Ribeira Brava | 18-03 | 37.13,41-16 |
| 36.02,14 | | Helena Alves | S23 | UD Varzea | | 15-06-97 | 2 | | Maia | 13-05 | |
| 36.04,89 | | Patrícia Serafim | | Beja AC | | 23-11-83 | 9 | C. Port | Huelva - Esp | 08-04 | |
| 36.13,92 | | Vera Fernandes | | AA Bela Vista | | 16-11-85 | 10 | C. Port | Huelva - Esp | 08-04 | 34.58,79-16 |
| 36.18,40 | | Helena Alves | S23 | | | | 20 | CE23 | Bydgoszcz - Pol | 14-07 | |
| 36.28,50 | | Rute Simões | S23 | | | | 11 | C. Port | Huelva - Esp | 08-04 | |
| 36.31,71 | | Silvana Dias | | SL Benfica | | 05-06-94 | 3 | | Maia | 06-05 | 35.29,16-15 |
| 36.31,74 | | Sónia Ferreira | S23 | UD Varzea | | 08-07-95 | 4 | | Maia | 06-05 | 35.35,9-16 |
| 36.47,94 | | Sónia Ferreira | S23 | | | | 12 | C. Port | Huelva - Esp | 08-04 | |
| 36.56,11 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 5 | | Maia | 06-05 | 39.29,88-16 |
| 37.41,24 | | Diana Almeida | | Sporting CP | | 08-09-94 | 6 | | Maia | 06-05 | 36.25,59-16 |
| 37.53,51 | | Anais Silva | S23 | Juv. Vidigalense | | 15-04-97 | 2 | | Marion - Usa | 22-04 | 37.24,32-16 |
| 37.53,54 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 3 | | Ribeira Brava | 18-03 | 36.47,56-15 |
| 38.01,99 | | Cristina Nascimento | Vet | ACD Jardim Serra | | 23-10-79 | 4 | | Ribeira Brava | 18-03 | 38.52,08-15 |
| 38.21,07 | | Rute Simões | S23 | | | | 1 | | Luso | 22-04 | |
| 38.38,28 | | Cátia Costa | | Maia AC | | 04-09-89 | 1 | | Maia | 25-03 | 38.58,55-16 |
| 38.48,72 | | Anais Silva | S23 | | | | 7 | | Hutchinson - Usa | 19-05 | |
| 39.32,94 | | Bárbara Oliveira | S23 | CD Feirense | | 30-10-96 | 2 | | Luso | 22-04 | 43.32,93-15 |
| 39.44,06 | mx | Sandra Cruz | Vet | RD Águeda | | 07-02-80 | 1 | CN Vet | Lisboa - N | 01-04 | |
| 40.48,51 | | Adília Fernandes | | ACD Jardim Serra | | 11-07-89 | 5 | | Ribeira Brava | 18-03 | |
| 40.48,61 | | Fátima Pinho | Vet | Grecas | | 22-02-63 | 3 | | Luso | 22-04 | 37.32,74-04 |
| 40.50,65 | | Luisa Freitas | Vet | GD Estreito | | 29-11-79 | 6 | | Ribeira Brava | 18-03 | |
| 41.09,14 | | Bárbara Correia | | CA Funchal | | 12-11-83 | 7 | | Ribeira Brava | 18-03 | |
| 41.10,01 | mx | Celina Rodrigues | | UA Povoense | | 24-01-89 | 1 | CN Vet | Lisboa - N | 01-04 | |
| 41.19,83 | mx | Deolinda Oliveira | Vet | EA Trofa | | 30-04-68 | 1 | CN Vet | Lisboa - N | 01-04 | 41.30,71-14 |
| 41.26,14 | | Fátima Costa | Jr | CA Tamêga | | 01-08-99 | 2 | | Maia | 25-03 | |
| 41.35,55 | | Amélia Vieira | | GDC Castelo Paiva | | 25-04-89 | 4 | | Luso | 22-04 | 40.22,10-09 |
| 41.39,65 | mx | Ana Eustáquio | Vet | A Ac. Coimbra | | 05-07-78 | 2 | CN Vet | Lisboa - N | 01-04 | |
| 41.40,23 | | Deolinda Oliveira | Vet | | | | 3 | | Maia | 25-03 | |
| 41.42,26 | | Cátia Coelho | Jr | CD Feirense | | 22-09-98 | 5 | | Luso | 22-04 | |

| | | | | | | | | | | | |
|----------|----|-----------------------|-----|------------------|--|----------|------|--------|---------------|-------|-------------|
| 41.54,35 | | Edna Neves | | ADRE Palhaça | | 29-01-83 | 6 | | Luso | 22-04 | 39.22,83-13 |
| 41.54,70 | | Joana Fortuna | | C Spiridon Gaia | | 27-07-91 | 4 | | Maia | 25-03 | 42.33,93-16 |
| 41.59,15 | | Juliana Silva | S23 | CD Feirense | | 10-04-96 | 7 | | Luso | 22-04 | |
| 42.06,21 | mx | Marisa Costa | Vet | UA Povoense | | 11-10-79 | 3 | CN Vet | Lisboa - N | 01-04 | |
| 42.12,15 | mx | Sofia Argentina | Vet | Linda Pastora SC | | 17-07-79 | 4 | CN Vet | Lisboa - N | 01-04 | |
| 42.18,92 | | Rute Soares | Jr | ACD Jardim Serra | | 04-06-99 | 8 | | Ribeira Brava | 18-03 | |
| 42.29,53 | | Mariana Silva | S23 | CD Feirense | | 10-04-96 | 8 | | Luso | 22-04 | |
| 42.46,33 | | Daniela Gregório | | AR Luz e Vida | | 08-03-94 | 5 | | Maia | 25-03 | |
| 42.56,87 | | Marta Marques | | Maia AC | | 25-08-85 | 6 | | Maia | 25-03 | |
| 43.06,30 | | Susana Marina Ribeiro | S23 | NA Cucujães | | 11-11-95 | 9 | | Luso | 22-04 | 43.58,97-14 |
| 43.24,05 | | Anabela Moreira | Vet | CO Pechão | | 19-08-70 | 1 | | Lagoa | 06-05 | 41.37,54-11 |
| 43.52,92 | | Maria José Jardim | Vet | CCDTH Funchal | | 08-01-60 | 9 | | Ribeira Brava | 18-03 | 44.01,26-16 |
| 43.53,47 | | Marta Lobo | | A Ac. Coimbra | | 01-04-94 | 10ex | | Luso | 22-04 | |
| 43.53,47 | | Marta Lobo | | | | | 10ex | | Luso | 22-04 | |
| 43.55,10 | mx | Conceição Pereira | Vet | CA Vale Figueira | | 24-12-61 | 1 | CN Vet | Lisboa - N | 01-04 | |
| 43.56,66 | | Paula Guedes | Vet | Maia AC | | 29-07-74 | 7 | | Maia | 25-03 | |
| 43.56,87 | | Jamila Dionisio | Vet | CD Quarteira | | 22-09-76 | 2 | | Lagoa | 06-05 | 44.49,62-15 |
| 44.03,95 | | Luisa Monteiro | Vet | UA Povoense | | 07-01-67 | 6 | CE Vet | Aarhus - Din | 28-07 | |
| 44.11,95 | mx | Luisa Monteiro | Vet | | | | 1 | CN Vet | Lisboa - N | 01-04 | |
| 44.12,73 | mx | Isabel Maldonado | Vet | GR Qt. Lomba | | 15-09-63 | 2 | CN Vet | Lisboa - N | 01-04 | |
| 44.12,90 | | Sofia Azevedo | Vet | Maia AC | | 11-12-79 | 8 | | Maia | 25-03 | 44.11,08-16 |
| 44.16,20 | | Eunice Fernandes | Vet | AA Bela Vista | | 24-12-74 | 3 | | Lagoa | 06-05 | |
| 44.27,79 | mx | Helena Mourão | Vet | EA Trofa | | 15-08-60 | 1 | CN Vet | Lisboa - N | 01-04 | 43.00,00-14 |
| 44.29,31 | | Lisandra Caires | | ADR Água Pena | | 14-04-87 | 10 | | Ribeira Brava | 18-03 | |
| 44.29,90 | mx | Adélia Tavares | Vet | ADCCJ Clark | | 06-03-67 | 3 | CN Vet | Lisboa - N | 01-04 | 42.56,78-15 |
| 44.55,42 | | Helena Mourão | Vet | | | | 9 | | Maia | 25-03 | |

Maratona – 3:30.00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|---------|---|-----------------------|-----|------------------|-----|----------|-----|-----------|-------------------|-------|------------|
| 2.25,30 | | Jessica Augusto | Vet | Sporting CP | | 08-11-81 | 1 | Haspa | Hamburgo - Ale | 23-04 | 2.24,25-14 |
| 2.27,08 | | Carla Salomé Rocha | | Individual - Br | | 25-04-90 | 6 | | Praga - Cze | 07-05 | |
| 2.30,10 | | Sara Catarina Ribeiro | | Individual - Pt | | 31-05-90 | 2 | EDP | Porto | 06-11 | |
| 2.30,27 | | Filomena Costa | | ACD Jardim Serra | | 22-02-85 | 3 | EDP | Porto | 06-11 | 2.28,00-15 |
| 2.32,00 | | Dorotheia Peixoto | | Amigos Montanha | | 07-04-83 | 1 | | Dusseldorf - Ale | 30-04 | 2.36,01-16 |
| 2.34,17 | | Vera Nunes | Vet | SL Benfica | | 27-01-80 | 1 | | Zurique - Sui | 09-04 | 2.37,11-16 |
| 2.36,42 | | Filomena Costa | | | | | 28 | C. Mundo | Londres - Gbr | 06-08 | |
| 2.39,03 | | Vera Nunes | Vet | | | | 3 | | Filadélfia - Usa | 20-11 | |
| 2.42,07 | | Vera Nunes | Vet | | | | 6 | | Macao | 04-12 | |
| 2.43,40 | | Rosa Madureira | Vet | FC Penafiel | | 12-04-77 | 6 | EDP | Porto | 06-11 | 2.43,14-13 |
| 2.47,54 | | Rosa Madureira | Vet | | | | 5 | Rock Roll | Lisboa | 02-10 | |
| 2.54,52 | | Carla Machado | Vet | UD Varzea | | 02-02-70 | 11 | Zurich | Sevilha - Esp | 18-02 | |
| 2.56,22 | | Paula Rios Marques | Vet | ED Viana Trail | | 25-01-73 | 43 | | Londres - Gbr | 23-04 | 3.16,07-15 |
| 2.56,55 | | Carla Machado | Vet | | | | 9 | | Wroclaw - Pol | 10-09 | |
| 2.58,34 | | Maria Helena Costa | | InvictaRunners | | 24-04-93 | 8 | EDP | Porto | 06-11 | |
| 2.59,16 | | Lidia Santos Pereira | Vet | GDR Granja | | 07-04-67 | 9 | EDP | Porto | 06-11 | 2.54,41-13 |
| 3.04,27 | | Lidia Santos Pereira | Vet | | | | 1 | | Badajoz - Esp | 12-03 | |
| 3.08,04 | | Lucinda Sousa | Vet | Gondomar FC | | 11-01-71 | 12 | EDP | Porto | 06-11 | 3.14,26-13 |
| 3.08,32 | | Tânia Pacheco | | | | | 149 | Virgin | Londres - Gbr | 23-04 | 3.12,29-16 |
| 3.08,41 | | Tânia Fernandes | | GC Bragança | | 16-10-85 | 3 | EDP | Madrid - Esp | 23-04 | 3.26,46-16 |
| 3.08,46 | | Sara Marinho | | Individual | | 24-07-90 | 4 | | Bilbau - Esp | 16-10 | 3.15,46-16 |
| 3.09,04 | | Cristina Vieira | Vet | | | | 130 | TCS | Nova Iorque - Usa | 06-11 | 2.58,51-15 |
| 3.09,15 | | Madalena Silva | Vet | ACR Conde | | 01-05-73 | 6 | Rock Roll | Lisboa | 02-10 | 3.09,08-15 |
| 3.09,31 | | Sara Marinho | | Individual | | | 7 | Rock Roll | Lisboa | 02-10 | |
| 3.12,04 | | Lia Ferreira | Vet | CAES Avenida | | 30-12-75 | 29 | Zurich | Sevilha - Esp | 18-02 | 3.23,18-16 |
| 3.13,07 | | Carla Ribeiro | | GFD Running | | | 55 | | Valência - Esp | 20-11 | |
| 3.13,25 | | Dulcineia Silva | | CD Ag. Alpiarça | | 03-12-83 | 33 | Zurich | Sevilha - Esp | 18-02 | 3.05,53-14 |
| 3.13,47 | | Brigitte Cardoso | | | | | 87 | | Paris - Fra | 09-04 | |
| 3.14,22 | | Eunice Fernandes | Vet | AA Bela Vista | | 24-12-74 | 38 | Zurich | Sevilha - Esp | 18-02 | 3.22,25-15 |
| 3.14,31 | | Isabel Lima | Vet | | | 24-06-76 | 15 | EDP | Porto | 06-11 | |
| 3.15,10 | | Ana Luisa Reis | Vet | Individual | | 30-04-80 | 65 | | Valência - Esp | 20-11 | 3.28,50-14 |
| 3.15,19 | | Maria da Cruz Lucas | Vet | Pumas Guincho | | 26-07-67 | 40 | Zurich | Sevilha - Esp | 18-02 | 3.17,16-16 |

| | | | | | | | | | |
|---------|---------------------|-----|------------------|----------|------|-----------|------------------|-------|------------|
| 3.15,41 | Isabel Silva | | Asics | 08-05-86 | 43 | Zurich | Sevilha - Esp | 18-02 | 3.15,38-16 |
| 3.16,03 | Rute Martins | | CAF Zezere | 04-01-85 | 17 | EDP | Porto | 06-11 | 2.55,03-12 |
| 3.16,12 | Paula Campos | Vet | | 10-09-79 | 18 | EDP | Porto | 06-11 | |
| 3.16,27 | Paula Rios Marques | Vet | | | 148 | | Frankfurt - Ale | 29-10 | |
| 3.18,46 | Susana Simões | Vet | Porto Runners | 22-09-72 | 49 | Zurich | Barcelona - Esp | 12-03 | 3.08,41-08 |
| 3.18,56 | Patrícia Carreira | | Juv. Vidigalense | 07-07-91 | 21 | EDP | Porto | 06-11 | 2.55,20-15 |
| 3.19,00 | Raquel Paiva | | Individual | 14-06-93 | 125 | | Paris - Fra | 09-04 | |
| 3.19,04 | Simone Paiva | | Individual | 14-06-93 | 126 | | Paris - Fra | 09-04 | |
| 3.19,16 | Tânia Fernandes | | | | 22 | EDP | Porto | 06-11 | |
| 3.19,28 | Ana Petinga | Vet | A Acad. Coimbra | 05-07-78 | 23 | EDP | Porto | 06-11 | |
| 3.20,38 | Isabel Moleiro | Vet | SS CGD | 30-11-67 | 55 | Zurich | Sevilha - Esp | 18-02 | 3.18,26-13 |
| 3.21,00 | Ana Rocha Gonçalves | | Alive Fitness | | 1363 | | Amesterdão - Hol | 16-10 | 3.29,36-16 |
| 3.21,13 | Lucia Oliveira | Vet | Generg | 27-03-79 | 94 | | Valência - Esp | 20-11 | 3.13,37-15 |
| 3.22,03 | Dulce Bastos | Vet | NA Cucujães | 18-05-73 | 25 | EDP | Porto | 06-11 | |
| 3.22,21 | Cristiana Esteves | | | 31-03-89 | 26 | EDP | Porto | 06-11 | |
| 3.22,41 | Ana Correia | Vet | AD Amarante | 03-05-74 | 27 | EDP | Porto | 06-11 | 3.21,37-12 |
| 3.23,09 | Maria João Figueira | | | | 78 | Zurich | Barcelona - Esp | 12-03 | |
| 3.23,37 | Janine Coelho | Vet | | 12-04-81 | 28 | EDP | Porto | 06-11 | 3.21,08-12 |
| 3.23,54 | Daniela Marinheiro | Vet | | 27-09-77 | 29 | EDP | Porto | 06-11 | |
| 3.24,13 | Rute Martins | | | | 10 | Rock Roll | Lisboa | 02-10 | |
| 3.24,24 | Ana Ribeiro | Vet | Individual | | 71 | Zurich | Sevilha - Esp | 18-02 | 3.24,55-16 |
| 3.25,15 | Célia Cecilio | Vet | | 72 | 79 | Zurich | Sevilha - Esp | 18-02 | |
| 3.26,18 | Cristina Gavinho | | Pumas Guincho | 76 | 83 | Zurich | Sevilha - Esp | 18-02 | |
| 3.27,06 | Carmo Pinto | Vet | | 14-08-70 | 18 | Rock Roll | Lisboa | 02-10 | 3.12,55-14 |
| 3.27,26 | Fernanda Marques | Vet | | | 19 | Rock Roll | Lisboa | 02-10 | |
| 3.27,33 | Graça Costa | Vet | | 12-07-63 | 32 | EDP | Porto | 06-11 | |
| 3.27,35 | Marta Andrade | Vet | SFRA Amadora | | 93 | Zurich | Sevilha - Esp | 18-02 | |
| 3.27,55 | Ana Clara Oliveira | | | | 28 | EDP | Madrid - Esp | 23-04 | |
| 3.28,42 | Maria Céu Nunes | Vet | Correr Lisboa | 17-09-76 | 23 | Rock Roll | Lisboa | 02-10 | 3.11,13-16 |
| 3.29,02 | Maria Duarte | Vet | | | 276 | | Frankfurt - Ale | 29-10 | |
| 3.29,20 | Paula Quintela | | | 15-09-64 | 25 | EDP | Porto | 06-11 | |
| 3.29,22 | Sofia Rodrigues | Vet | SS CGD | | 5 | | Badajoz - Esp | 12-03 | 3.04,36-14 |
| 3.29,40 | Paula Penedo | Vet | | | 1948 | | Amesterdão - Hol | 16-10 | |
| 3.29,42 | Ana Ribeiro | Vet | | | 273 | | Paris - Fra | 09-04 | |
| 3.29,45 | Ana Brás | Vet | CCD PM Cascais | | 6 | | Badajoz - Esp | 12-03 | |
| 3.29,52 | Graça Roldão | Vet | | | 7 | | Badajoz - Esp | 12-03 | |

3000 Obs / St - 11.00,00 - 13.00,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|----------|---|-------------------|-----|--------------------|-----|----------|-----|---------|----------------|-------|-------------|
| 10.20,29 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 14 | Ibero | Huelva - Esp | 14-06 | 10.18,95-16 |
| 10.23,64 | | Solange Jesus | | Sporting CP | | 07-01-87 | 1 | | Maia | 06-05 | 10.14,01-09 |
| 10.24,10 | | Joana Soares | | | | | 1 | C. Port | Vagos | 10-06 | |
| 10.25,39 | | Joana Soares | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 10.25,93 | | Joana Soares | | | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 10.28,27 | | Joana Soares | | | | | 8 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 10.29,32 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 2 | C. Port | Vagos | 10-06 | 10.28,48-15 |
| 10.30,66 | | Solange Jesus | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 10.32,99 | | Joana Soares | | | | | 1 | | Ribeira Brava | 15-07 | |
| 10.33,36 | | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 3 | C. Port | Vagos | 10-06 | 10.16,47-14 |
| 10.39,5 | | Solange Jesus | | | | | 1ex | | Febres | 20-05 | |
| 10.40,37 | | Catarina Carvalho | | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 10.42,44 | | Solange Jesus | | | | | 4 | C. Port | Vagos | 10-06 | |
| 10.42,87 | | Catarina Carvalho | | | | | 2s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 10.48,53 | | Daniela Sousa | | | | | 1 | CNU | Faro | 14-05 | |
| 10.48,81 | | Daniela Sousa | | | | | 2 | | Ribeira Brava | 15-07 | |
| 10.49,09 | | Daniela Sousa | | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 10.49,37 | | Carla Reis | S23 | ADRE Palhaça | | 20-01-97 | 2 | CNCI-2 | Leiria | 22-07 | 11.52,79-16 |
| 10.56,77 | | Daniela Sousa | | | | | 3 | CNCI-Ap | Ribeira Brava | 27-05 | |
| 11.05,14 | | Francisca Borges | Jr | Sporting CP | | 09-11-98 | 1 | CNJ | Marinha Grande | 08-07 | |
| 11.06,64 | | Carla Reis | S23 | | | | 5 | C. Port | Vagos | 10-06 | |
| 11.07,24 | | Laura Taborda | Jr | CCD Leões Floresta | | 01-01-99 | 6 | C. Port | Vagos | 10-06 | 10.36,75-16 |

| | | | | | | | | | | | |
|----------|-----------------------|---------------------|-----|-------------------|-----|----------|-----|-------------|----------------|-------|-------------|
| 11.09,19 | | Carla Reis | S23 | | | | 1 | CN23 | Pombal | 01-07 | |
| 11.09,70 | | Francisca Borges | Jr | | | | 2 | CN23 | Pombal | 01-07 | |
| 11.09,80 | | Laura Taborda | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 11.20,68 | Rita Mineiro | | S23 | CDUL | | 12-03-97 | 1 | | Lisboa - MP | 17-05 | 11.08,12-15 |
| 11.22,45 | | Laura Taborda | Jr | | | | 3 | CN23 | Pombal | 01-07 | |
| 11.22,78 | | Carla Reis | S23 | | | | 1 | CNCI-Ap | Fátima | 27-05 | |
| 11.23,25 | Lara Glória | | Jr | CP Corroios | | 18-09-98 | 3 | CNJ | Marinha Grande | 08-07 | |
| 11.26,77 | | Francisca Borges | Jr | | | | 1ex | C. Norte Jr | Braga | 17-06 | |
| 11.34,32 | | Rita Mineiro | S23 | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 11.35,90 | | Laura Taborda | Jr | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 11.40,20 | Laura Bernard | | | CDUL | FRA | 12-09-89 | 2 | | Lisboa - MP | 17-05 | 11.07,03-14 |
| 11.43,09 | Vanda Ribeiro | | Vet | Grecas | | 02-04-75 | 3s | CNCI-Ap | Fátima | 27-05 | 10.57,27-14 |
| 11.43,46 | | Vanda Ribeiro | Vet | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 11.44,41 | Bruna Meirinhos | | Jr | Juv. Vidigalense | | 08-08-99 | 5 | CNCI-1 | Leiria | 22-07 | |
| 11.46,82 | | Vanda Ribeiro | Vet | | | | 7 | C. Port | Vagos | 10-06 | |
| 11.50,52 | | Bruna Meirinhos | Jr | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 11.50,63 | | Laura Bernard | | | FRA | | 8ex | C. Port | Vagos | 10-06 | |
| 11.50,76 | | Bruna Meirinhos | Jr | | | | 1 | | Lisboa - I | 24-06 | |
| 11.52,75 | Sara Carvalho | | | ACR Sra. Desterro | | 24-12-88 | 4s | CNCI-Ap | Fátima | 27-05 | |
| 11.58,27 | Ana Carolina Matias | | | AC Vermoil | | 06-12-91 | 5s | CNCI-Ap | Fátima | 27-05 | 11.58,31-11 |
| 12.00,65 | Joana Fernandes | | | SC Braga | | 11-09-92 | 1s | CNCI-Ap | Guimarães | 27-05 | 11.31,10-12 |
| 12.08,12 | | Ana Carolina Matias | | | | | 8 | C. Port | Vagos | 10-06 | |
| 12.11,05 | Mariana Castanheira | | Jr | Maia AC | | 16-12-99 | 3 | CNCI-2 | Leiria | 22-07 | |
| 12.13,34 | Catarina Carmo | | Jr | Individual - Set | | 19-11-99 | 5 | CNJ | Marinha Grande | 08-07 | |
| 12.16,11 | Tatiana Silva | | Jv | ACR Cambra | | 10-05-99 | 6 | CNJ | Marinha Grande | 08-07 | |
| 12.23,59 | Andreia Silva | | | Gira Sol | | 21-10-88 | 4 | CNCI-2 | Leiria | 22-07 | 11.30,19-13 |
| 12.24,70 | Catarina Vieira | | Jr | SL Benfica | | 13-03-98 | 7 | CNJ | Marinha Grande | 08-07 | |
| 12.25,97 | | Tatiana Silva | Jv | | | | 1 | | Viseu | 29-04 | |
| 12.26,19 | | Ana Carolina Matias | | | | | 1 | | Marinha Grande | 03-06 | |
| 12.26,47 | Rute Ferreira | | Jr | CS Maritimo | | 23-07-98 | 4s | CNCI-Ap | Ribeira Brava | 27-05 | 11.53,72-16 |
| 12.30,43 | | Ana Carolina Matias | | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 12.31,87 | | Catarina Vieira | Jr | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 12.34,83 | | Catarina Vieira | Jr | | | | 2s | CNCI-Ap | Vendas Novas | 27-05 | |
| 12.38,99 | | Lara Glória | Jr | | | | 1 | | Setúbal | 18-06 | |
| 12.42,48 | Maria João Domingues | | Jr | Bairro Anjos | | 01-08-99 | 8 | CNJ | Marinha Grande | 08-07 | |
| 12.46,59 | | Rute Ferreira | Jr | | | | 5 | CNCI-2 | Leiria | 22-07 | |
| 12.47,84 | Oriane Riccitiello | | | UA Povoense | FRA | 09-08-93 | 3 | | Lisboa - MP | 17-05 | |
| 12.50,56 | Inês Santos | | S23 | CP Alcanena | | 08-07-96 | 4 | CN23 | Pombal | 01-07 | 12.18,97-14 |
| 12.51,53 | | Bruna Meirinhos | Jr | | | | 6s | CNCI-Ap | Fátima | 27-05 | |
| 12.53,17 | | Catarina Vieira | Jr | | | | 2 | | Maia | 06-05 | |
| 12.54,35 | Deolinda Oliveira | | Vet | EA Trofa | | 30-04-68 | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 12.54,56 | | Catarina Vieira | Jr | | | | 5 | CN23 | Pombal | 01-07 | |
| 12.55,39 | Susana Marina Ribeiro | | S23 | NA Cucujães | | 11-11-95 | 2 | CNCI-3 | Leiria | 22-07 | |
| 12.57,45 | Fátima Costa | | Jr | CA Tamêga | | 01-08-99 | 9 | CNJ | Marinha Grande | 08-07 | |

100 m B – 15,00 - 17,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|------|---------------------|-----|-------------|-----|----------|-----|--------|---------------------|-------|----------|
| 13,41 | 0,2 | Marisa Vaz Carvalho | Jr | SL Benfica | RNJ | 15-11-99 | 1 | SLB | Lisboa - I | 17-06 | |
| 13,46 | 0,8 | Olimpia Barbosa | S23 | Sporting CP | | 28-02-95 | 4mf | CE23 | Bydgoszcz - Pol | 14-07 | 13,67-16 |
| 13,51 | -1,4 | Marisa Vaz Carvalho | Jr | | | | 2mf | CE Jr | Grosseto - Ita | 21-07 | |
| 13,52 | 0,2 | Olimpia Barbosa | S23 | | | | 2h | CE23 | Bydgoszcz - Pol | 14-07 | |
| 13,56 | 1,9 | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | | Kladno - Cze | 17-06 | 13,63-16 |
| 13,60 | 0,1 | Marisa Vaz Carvalho | Jr | | | | 6 | CE Jr | Grosseto - Ita | 22-07 | |
| 13,61 | 1,3 | Olimpia Barbosa | S23 | | | | 1h | CN23 | Pombal | 02-07 | |
| 13,66 | 1,8 | Lecabela Quaresma | | | | | 3 | | Aix les Bains - Fra | 21-05 | |
| 13,66 | -0,3 | Marisa Vaz Carvalho | Jr | | | | Hep | | Arona - Esp | 03-06 | |
| 13,66 | 1,9 | Olimpia Barbosa | S23 | | | | 5 | | Castres - Fra | 26-07 | |
| 13,67 | 1,3 | Olimpia Barbosa | S23 | | | | 1 | | Maia | 20-05 | |
| 13,71 | -1,9 | Olimpia Barbosa | S23 | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 13,78 | -0,5 | Marisa Vaz Carvalho | Jr | | | | 1h | CE Jr | Grosseto - Ita | 21-07 | |
| 13,79 | -0,9 | Olimpia Barbosa | S23 | | | | 1ex | CNU | Faro | 14-05 | |

| | | | | | | | | | | |
|-------|------|------------------------|-----|-------------------|----------|------|----------|-----------------|-------|-----------|
| 13,80 | -0,9 | Lecabela Quaresma | | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 13,81 | -0,3 | Andreia Felisberto | | JOMA | 22-06-86 | 1h | | Lisboa - I | 16-07 | 13,42-12 |
| 13,94 | 1,3 | Andreia Felisberto | | | | 2 | | Maia | 20-05 | |
| 13,94 | 0,2 | Andreia Felisberto | | | | 4 | SLB | Lisboa - I | 17-06 | |
| 13,94 | 0,0 | Lecabela Quaresma | | | | Hep | C. Mundo | Londres - Gbr | 05-08 | |
| 13,98 | -0,9 | Eva Vital | | Sporting CP | 08-07-92 | 1 | CNU | Faro | 14-05 | 13,29-13 |
| 13,98 | 0,0 | Andreia Felisberto | | | | 1 | | Lisboa - I | 16-07 | |
| 13,99 | 1,3 | Andreia Felisberto | | | | 1 | | Lisboa - I | 25-06 | |
| 14,04 | -1,9 | Lecabela Quaresma | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 14,05 | -0,9 | Lecabela Quaresma | | | | 4h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 14,08 | -3,0 | Marisa Vaz Carvalho | Jr | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 14,11 | 1,3 | Marisa Vaz Carvalho | Jr | | | 3 | | Maia | 20-05 | |
| 14,19 | 0,7 | Catarina Queirós | Jr | ACD Jardim Serra | 23-01-98 | 1 | | Braga | 05-07 | 14,19-16 |
| 14,31 | 1,3 | Catarina Queirós | Jr | | | 2h | CN23 | Pombal | 02-07 | |
| 14,33 | -3,0 | Andreia Felisberto | | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 14,34 | -0,3 | Cristiana Cunha | | ACR Sra. Desterro | 17-07-91 | 2hex | | Lisboa - I | 16-07 | 14,54-15 |
| 14,34 | -0,2 | Catarina Fernandes | Jr | Sporting CP | 16-02-98 | Hep | CE Jr | Grosseto - Ita | 20-07 | 15,14-14 |
| 14,35 | 0,2 | Catarina Queirós | Jr | | | 5 | SLB | Lisboa - I | 17-06 | |
| 14,39 | 0,0 | Cristiana Cunha | | | | 2ex | | Lisboa - I | 16-07 | |
| 14,41 | 0,6 | Andreia Felisberto | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 14,43 | 0,2 | Bárbara Silva | Jr | ACD Jardim Serra | 25-02-99 | 6 | SLB | Lisboa - I | 17-06 | 14,98-16 |
| 14,43 | 0,5 | Catarina Queirós | Jr | | | 1 | | Maia | 25-06 | |
| 14,45 | 0,6 | Catarina Fernandes | Jr | | | 1 | Lx/Md | Lisboa - I | 29-07 | |
| 14,48 | 1,9 | Cristiana Cunha | | | | 3h | | Monachil - Esp | 07-07 | |
| 14,49 | 1,3 | Mariana António | Jr | Sporting CP | 09-06-98 | 4 | | Maia | 20-05 | 14,15-16 |
| 14,54 | -1,9 | Bárbara Silva | Jr | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 14,58 | 1,4 | Mariana António | Jr | | | 1 | | Lisboa - I | 25-06 | |
| 14,59 | 1,6 | Elisabete Silva | Jr | UC Eirense | 10-12-98 | 1 | CNCI-2 | Leiria | 23-07 | 14,62-16 |
| 14,60 | 0,0 | Mariana António | Jr | | | 2 | | Lisboa - I | 16-07 | |
| 14,61 | 0,0 | Catarina Queirós | Jr | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 14,61 | 0,7 | Anabela Neto | | Sporting CP | 25-03-91 | 2 | | Braga | 05-07 | 14,73-14 |
| 14,69 | 1,4 | Catarina Fernandes | Jr | | | 2 | | Lisboa - I | 25-06 | |
| 14,71 | 0,8 | Catarina Fernandes | Jr | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 14,72 | 0,6 | Mariana António | Jr | | | 2 | Lx/Md | Lisboa - I | 29-07 | |
| 14,73 | 0,0 | Rafaela Vitorino | S23 | Individual - Lx | 18-08-95 | Hep | T. Nac | Luso | 20-05 | 14,36-13 |
| 14,73 | 0,1 | Catarina Queirós | Jr | | | 8h | CE Jr | Grosseto - Ita | 21-07 | |
| 14,74 | 1,3 | Raquel Lourenço | S23 | Juv. Vidigalense | 11-10-96 | 2 | | Lisboa - I | 25-06 | 14,59-15 |
| 14,74 | -1,9 | Raquel Lourenço | S23 | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 14,78 | -0,4 | Anabela Neto | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 14,84 | 0,0 | Cristiana Cunha | | | | 3 | | Monachil - Esp | 07-07 | |
| 14,89 | 1,2 | Rafaela Vitorino | S23 | | | Hep | CE23 | Bydgoszcz - Pol | 13-07 | |
| 14,91 | 1,2 | Renata Rocha | Jr | GD Estreito | 12-03-99 | 1 | | Ribeira Brava | 16-07 | 15,47-16 |
| 14,94 | -2,1 | Anabela Neto | | | | Hep | | Luso | 06-05 | |
| 14,97 | -1,8 | Anabela Neto | | | | 1EX | | Vagos | 16-07 | |
| 15,03 | 1,3 | Andreia Nicolau | | CA Seia | 01-02-91 | 5 | | Maia | 20-05 | 15,29-16 |
| 15,03 | 0,6 | Teresa Mestre | | GD Diana | 18-07-92 | 2 | CNCI-3 | Leiria | 23-07 | 15,27-14 |
| 15,04 | 1,4 | Raquel Lourenço | S23 | | | 3ex | | Lisboa - I | 25-06 | |
| 15,09 | 0,0 | Ana Margarida Oliveira | S23 | GA Fátima | 18-07-95 | Hep | T. Nac | Luso | 20-05 | 14,69-14 |
| 15,09 | 0,0 | Renata Rocha | Jr | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 15,14 | 1,8 | Teresa Mestre | | | | 1 | | Lagos | 24-06 | |
| 15,15 | -0,2 | Teresa Mestre | | | | 1 | | Faro | 02-07 | |
| 15,17 | 0,7 | Raquel Lourenço | S23 | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 15,20 | 0,0 | Raquel Lourenço | S23 | | | 3ex | | Lisboa - I | 16-07 | |
| 15,24 | -0,9 | Teresa Mestre | | | | 2 | CNU | Faro | 14-05 | |
| 15,32 | 1,3 | Renata Rocha | Jr | | | 1 | | Ribeira Brava | 18-06 | |
| 15,37 | -0,3 | Raquel Lourenço | S23 | | | 3hex | | Lisboa - I | 16-07 | |
| 15,48 | 0,6 | Teresa Mestre | | | | Hep | | Vendas Novas | 22-04 | |
| 15,51 | 0,1 | Ana Margarida Oliveira | S23 | | | Hep | | Rio Maior | 29-04 | |
| 15,52 | 0,1 | Jessica Barreira | S23 | Sporting CP | 29-01-97 | Hep | | Tucson - Usa | 06-04 | 14,60w-13 |
| 15,52 | -2,3 | Juliana Guerreiro | Jv | C Bf. Faro | 21-04-01 | 1 | | Faro | 30-04 | |
| 15,52 | -0,4 | Andreia Nicolau | | | | 2 | | Póvoa de Varzim | 24-05 | |
| 15,52 | -0,3 | Mariana António | Jr | | | 2h | | Lisboa - I | 16-07 | |

| | | | | | | | | | | | | |
|-------|------|-------------------|------------------|-----------|-------------------|----------|----------|------|-------------|-------------------|-------|----------|
| 15,55 | -3,0 | | Teresa Mestre | | | | | 3s | CNCI-Ap | Vendas Novas | 28-05 | |
| 15,58 | -2,3 | | Teresa Mestre | | | | | 2 | | Faro | 30-04 | |
| 15,58 | 1,6 | Carolina Ribeiro | Jv | GA Fátima | | 13-01-00 | | 2 | CNCI-2 | Leiria | 23-07 | 15,55-16 |
| 15,59 | -3,1 | | Teresa Mestre | | | | | 1 | C. Alent | Elvas | 13-05 | |
| 15,61 | 0,3 | | Jessica Barreira | S23 | | | | 2s | | Tempe - Usa | 18-03 | |
| 15,62 | -0,9 | | Elisabete Silva | Jr | | | | 3 | CNU | Faro | 14-05 | |
| 15,62 | -1,9 | Mariana Conde | | S23 | Greca | | 01-04-97 | 6 | CNCI-1 | Leiria | 23-07 | 15,41-15 |
| 15,65 | 0,7 | Juliana Brites | | Jv | Juv. Vidigalense | | 22-04-00 | 2 | F. Alves | Marinha Grande | 20-05 | 15,69-16 |
| 15,77 | -1,9 | | Renata Rocha | Jr | | | | 7 | CNCI-1 | Leiria | 23-07 | |
| 15,78 | 1,8 | | Renata Rocha | Jr | | | | 1 | | Ribeira Brava | 21-05 | |
| 15,82 | -5,0 | | Elisabete Silva | Jr | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 15,91 | 1,2 | Tatiana Silva | | Jv | GD Estreito | | 09-05-00 | 2 | | Ribeira Brava | 16-07 | |
| 15,96 | 1,3 | | Mariana Conde | S23 | | | | 3h | CN23 | Pombal | 02-07 | |
| 15,96 | 1,6 | Catarina Rosa | | Jr | CS Maritimo | | 03-07-98 | 3 | CNCI-2 | Leiria | 23-07 | |
| 15,98 | -0,9 | | Raquel Lourenço | S23 | | | | 4 | CNU | Faro | 14-05 | |
| 16,06 | 0,0 | | Jessica Barreira | S23 | | | | 6s | | Tempe - Usa | 25-03 | |
| 16,08 | -1,4 | Sónia Santos | | | Grã Bretanha | | 13-09-91 | 2 | | Hull - Gbr | 04-06 | 15,67-14 |
| 16,10 | 0,0 | Larissa Vieira | | S23 | ADR Água Pena | | 14-11-95 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 14,34-14 |
| 16,11 | 1,8 | Angela Costa | | Jr | CDR Ribeirinho | | 12-01-99 | Hep | CNJ | Marinha Grande | 08-07 | |
| 16,12 | 0,2 | Ana Nadais | | Jv | CF Oliveira Douro | | 19-10-01 | 1 | C. Norte Jr | Braga | 18-06 | |
| 16,13 | -3,2 | | Andreia Nicolau | | | | | 1 | | Guarda | 29-04 | |
| 16,13 | -0,3 | Bruna Varela | | S23 | Gira Sol | | 15-04-97 | 5hex | | Lisboa - I | 16-07 | 16,43-16 |
| 16,18 | -0,4 | | Mariana Conde | S23 | | | | 3 | | Póvoa de Varzim | 24-05 | |
| 16,32 | -2,8 | Filipa McQueen | | S23 | ADC Praia Falésia | | 13-02-97 | 5h | | Bedford - Gbr | 01-05 | 16,87-16 |
| 16,44 | -3,5 | | Filipa McQueen | S23 | | | | 5h | | Bedford - Gbr | 30-04 | |
| 16,44 | -0,1 | | Ana Nadais | Jv | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 16,46 | -1,9 | Vera Castro | | | SC Braga | | 23-10-92 | 8 | CNCI-1 | Leiria | 23-07 | 15,94-14 |
| 16,49 | 1,2 | Emá Carvão | | Jv | ACD Jardim Serra | | 05-05-01 | 3 | | Ribeira Brava | 16-07 | |
| 16,50 | -1,7 | Maria Matos | | Jr | Juv. Ilha Verde | | 21-05-98 | 1 | | Angra do Heroísmo | 18-06 | 15,92-14 |
| 16,54 | -2,1 | Jennifer Gomes | | S23 | Greca | | 21-03-95 | Hep | | Luso | 06-05 | 16,48-14 |
| 16,54 | -5,0 | | Raquel Lourenço | S23 | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 16,54 | 0,1 | | Ana Nadais | Jv | | | | 1h | C. Norte Jr | Braga | 18-06 | |
| 16,56 | -5,0 | | Carolina Ribeiro | Jv | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 16,56 | 0,0 | Inês Mestre | | Jv | SL Benfica | | 10-01-02 | 3 | | Lisboa - I | 16-07 | |
| 16,65 | -0,9 | | Mariana Conde | S23 | | | | 5 | CNU | Faro | 14-05 | |
| 16,65 | -0,3 | | Inês Mestre | Jv | | | | 3h | | Lisboa - I | 16-07 | |
| 16,71 | 0,7 | Diana Morgado | | | CA Mar. Grande | | 16-11-89 | 3 | F. Alves | Marinha Grande | 20-05 | 16,26-13 |
| 16,71 | 0,9 | | Inês Mestre | Jv | | | | 3rB | Lx/Md | Lisboa - I | 29-07 | |
| 16,73 | 0,7 | Mariana Santos | | Jr | AC Vermoil | | 16-08-99 | 4 | F. Alves | Marinha Grande | 20-05 | |
| 16,74 | 1,3 | Raquel Marques | | Jr | SL Benfica | | 09-06-99 | 4h | CN23 | Pombal | 02-07 | 16,17-16 |
| 16,75 | 0,0 | | Angela Costa | Jr | | | | Hep | T. Nac | Luso | 20-05 | |
| 16,76 | 1,3 | Patrícia Carvalho | | S23 | GD Cavadas | | 31-01-97 | 3 | | Lisboa - I | 25-06 | |
| 16,77 | -4,9 | | Mariana Conde | S23 | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 16,82 | 1,8 | | Angela Costa | Jr | | | | 1 | | Setúbal | 29-04 | |
| 16,82 | -1,8 | | Mariana Conde | S23 | | | | 1 | | Vagos | 16-07 | |
| 16,83 | 0,7 | | Angela Costa | Jr | | | | Hep | | Sobreda | 06-05 | |
| 16,83 | -0,6 | | Vera Castro | | | | | 1 | C. Norte | Maia | 16-07 | |
| 16,83 | 0,6 | | Diana Morgado | | | | | 3 | CNCI-3 | Leiria | 23-07 | |
| 16,85 | 0,9 | Cintia Silvestre | | Jv | EBMD Saraiva | ANG | 21-12-00 | 4s | Lx/Md | Lisboa - I | 29-07 | |
| 16,88 | -2,2 | | Vera Castro | | | | | 1h | C. Norte | Maia | 16-07 | |
| 16,92 | 0,0 | | Catarina Rosa | Jr | | | | 4s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 16,97 | -5,0 | | Cristiana Cunha | | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 16,98 | -0,3 | | Vera Castro | | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 16,98 | -0,6 | Berenice Vila | | Jr | Esc. Movimento | | 06-04-99 | 2 | C. Norte | Maia | 16-07 | |
| 16,99 | -2,1 | Fabiana Ferreira | | S23 | Greca | | 29-03-95 | Hep | | Luso | 06-05 | 16,20-15 |
| 14,57 | -1,9 | | Cristiana Cunha | | | | | 4 | CNCI-1 | Leiria | 23-07 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------------|-----|-------------|-----|----------|----|-------|----------------|-------|----------|
| 13,37 | 4,0 | Marisa Vaz Carvalho | Jr | SL Benfica | | 15-11-99 | 1 | CNJ | Marinha Grande | 09-07 | |
| 13,39 | 2,1 | Olimpia Barbosa | S23 | Sporting CP | | 28-02-95 | 1 | CN23 | Pombal | 02-07 | 13,67-16 |

| | | | | | | | | | | | |
|-------|-----|------------------------|-----|-------------------|-----|----------|-----|----------|-----------------|-------|----------|
| 13,49 | 2,3 | Lecabela Quaresma | | SL Benfica | | 26-12-89 | 1 | C. Port | Vagos | 11-06 | 13,63-16 |
| 13,65 | 3,3 | Andreia Felisberto | | JOMA | | 22-06-86 | 2h | | Salamanca - Esp | 03-06 | 13,42-12 |
| 13,91 | 4,0 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 2 | CNJ | Marinha Grande | 09-07 | 14,19-16 |
| 13,98 | 4,0 | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 3 | CNJ | Marinha Grande | 09-07 | 15,14-14 |
| 14,14 | 4,0 | Mariana António | Jr | Sporting CP | | 09-06-98 | 4 | CNJ | Marinha Grande | 09-07 | 14,15-16 |
| 14,33 | 4,3 | Cristiana Cunha | | ACR Sra. Desterro | | 17-07-91 | 2ex | | Torres Vedras | 02-07 | 14,54-15 |
| 14,49 | 2,3 | Rafaela Vitorino | S23 | Individual - Lx | | 18-08-95 | Hep | ETC - 1 | Monzon - Esp | 01-07 | 14,36-13 |
| 14,51 | 3,2 | Elisabete Silva | Jr | UC Eirense | | 10-12-98 | 3h | CNJ | Marinha Grande | 09-07 | 14,62-16 |
| 14,60 | 2,1 | Raquel Lourenço | S23 | Juv. Vidigalense | | 11-10-96 | 5 | CN23 | Pombal | 02-07 | 14,59-15 |
| 14,78 | 4,8 | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 4 | Abrantes | Abrantes | 03-06 | 14,69-14 |
| 14,79 | 4,8 | Andreia Nicolau | | CA Seia | | 01-02-91 | 5 | Abrantes | Abrantes | 03-06 | 15,29-16 |
| 14,82 | 3,1 | Renata Rocha | Jr | GD Estreito | | 12-03-99 | 4h | C. Port | Vagos | 11-06 | 15,47-16 |
| 15,23 | 4,0 | Juliana Brites | Jv | Juv. Vidigalense | | 22-04-00 | 8 | CNJ | Marinha Grande | 09-07 | 15,69-16 |
| 15,61 | 4,8 | Mariana Conde | S23 | Grecas | | 01-04-97 | 7 | Abrantes | Abrantes | 03-06 | 15,41-15 |
| 15,96 | 3,3 | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | Hep | C. Port | Vagos | 10-06 | 16,20-15 |
| 16,03 | 3,2 | Ana Nadais | Jv | CF Oliveira Douro | | 19-10-01 | 5h | CNJ | Marinha Grande | 09-07 | |
| 16,05 | 3,2 | Maria Matos | Jr | Juv. Ilha Verde | | 21-05-98 | 6h | CNJ | Marinha Grande | 09-07 | 15,92-14 |
| 16,26 | 4,3 | Inês Mestre | Jv | SL Benfica | | 10-01-02 | 1 | | Torres Vedras | 02-07 | |
| 16,49 | 2,0 | Erica Júlia | Jv | CO Pechão | | 03-10-00 | 5h | CNJ | Marinha Grande | 09-07 | 16,62-16 |
| 16,84 | 4,3 | Cintia Silvestre | Jv | EBMD Saraiva | ANG | 21-12-00 | 2 | | Torres Vedras | 02-07 | |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|---|----------------|-----|-------------------|-----|----------|----|-------|-----------------|-------|-----|
| 16,03 | | Filipa McQueen | S23 | ADC Praia Falésia | | 13-02-97 | 1 | | Battersea - Gbr | 27-05 | |

400 m B/H – 63,00 – 70,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|---|-------------------|-----|------------------|-----|----------|----|------------|-------------------|-------|----------|
| 56,73 | | Vera Barbosa | | Sporting CP | | 13-01-89 | 1 | | Monachil - Esp | 07-07 | 55,22-12 |
| 56,86 | | Vera Barbosa | | | | | 2 | | Bruay - Fra | 04-07 | |
| 56,86 | | Vera Barbosa | | | | | 1 | Avila | Avila - Esp | 15-07 | |
| 56,93 | | Vera Barbosa | | | | | 3 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 56,94 | | Vera Barbosa | | | | | 1h | ETC - 1 | Vaasa - Fin | 23-06 | |
| 56,95 | | Vera Barbosa | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 57,13 | | Vera Barbosa | | | | | 5 | Madrid | Madrid - Esp | 14-07 | |
| 57,14 | | Vera Barbosa | | | | | 2 | IFAM | Oordegem - Bel | 27-05 | |
| 57,19 | | Vera Barbosa | | | | | 4 | | Rehlingen - Ale | 05-06 | |
| 57,56 | | Vera Barbosa | | | | | 3 | | Aarhus - Den | 02-06 | |
| 57,63 | | Vera Barbosa | | | | | 2 | | Genebra - Sui | 10-06 | |
| 57,94 | | Andreia Crespo | | Sporting CP | | 16-10-93 | 3 | | St. Egreve - Fra | 25-06 | 58,14-14 |
| 58,37 | | Andreia Crespo | | | | | 1 | | Lisboa - MP | 13-06 | |
| 59,06 | | Andreia Crespo | | | | | 2 | Avila | Avila - Esp | 15-07 | |
| 59,11 | | Vera Barbosa | | | | | 1 | C. Port | Vagos | 11-06 | |
| 59,23 | | Andreia Crespo | | | | | 1 | | Salamanca - Esp | 03-06 | |
| 59,25 | | Andreia Crespo | | | | | 1 | Maia | Maia | 08-07 | |
| 59,53 | | Andreia Crespo | | | | | 2 | C. Port | Vagos | 11-06 | |
| 59,67 | | Andreia Crespo | | | | | 4h | Univ | Taipei | 24-08 | |
| 59,72 | | Andreia Crespo | | | | | 1 | Guarda | Guarda | 07-07 | |
| 60,17 | | Andreia Crespo | | | | | 1 | V. Tavares | Faro | 13-05 | |
| 60,68 | | Andreia Crespo | | | | | 1 | | Palafrugell - Esp | 27-05 | |
| 61,30 | | Rafaela Hora | Jr | EC+S Lavra | | 11-09-98 | 1 | CN23 | Pombal | 02-07 | 63,86-16 |
| 61,66 | | Rafaela Hora | Jr | | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 61,78 | | Juliana Guerreiro | Jv | C Bf. Faro | | 21-04-01 | 2 | CNJ | Marinha Grande | 09-07 | |
| 62,04 | | Rafaela Hora | Jr | | | | 7h | CE Jr | Grosseto - Ita | 21-07 | |
| 62,25 | | Patrícia Lopes | | Sporting CP | | 11-07-82 | 1 | | Lisboa - I | 16-07 | 56,78-10 |
| 62,48 | | Milca Francisco | S23 | SL Benfica | | 14-06-96 | 2 | | Lisboa - MP | 13-06 | 61,79-16 |
| 62,75 | | Bruna Silva | | Juv. Vidigalense | | 14-11-94 | 2 | V. Tavares | Faro | 13-05 | 64,88-16 |
| 62,76 | | Juliana Guerreiro | Jv | | | | 3 | V. Tavares | Faro | 13-05 | |
| 62,77 | | Juliana Guerreiro | Jv | | | | 2 | Go Fit | Avila - Esp | 01-07 | |
| 62,82 | | Juliana Guerreiro | Jv | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 62,86 | | Patrícia Lopes | | | | | 2 | Maia | Maia | 08-07 | |

| | | | | | | | | | | | |
|-------|----------------------|----------------------|-----|-------------------|--------------|--|-----|-------------|-----------------|-------|----------|
| 62,88 | | Rafaela Hora | Jr | | | | 1 | | Maia | 14-06 | |
| 63,14 | | Patrícia Lopes | | | | | 3 | C. Port | Vagos | 11-06 | |
| 63,22 | | Milca Francisco | S23 | | | | 4 | | Salamanca - Esp | 03-06 | |
| 63,36 | Tânia Freitas | | Vet | GD Estreito | 17-06-80 | | 2 | CNCI-1 | Leiria | 23-07 | 59,47-00 |
| 63,44 | Elisabete Silva | | Jr | UC EireNSE | 10-12-98 | | 1s | CNCI-Ap | Fátima | 28-05 | 63,17-16 |
| 63,45 | | Bruna Silva | | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 63,52 | | Bruna Silva | | | | | 2 | Guarda | Guarda | 07-07 | |
| 63,53 | | Milca Francisco | S23 | | | | 1 | | Lisboa - I | 25-06 | |
| 63,54 | | Milca Francisco | S23 | | | | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 63,61 | | Milca Francisco | S23 | | | | 2 | | Lisboa - I | 16-07 | |
| 63,67 | | Tânia Freitas | Vet | | | | 1 | | Ribeira Brava | 16-07 | |
| 63,75 | | Milca Francisco | S23 | | | | 3 | Maia | Maia | 08-07 | |
| 63,79 | | Juliana Guerreiro | Jv | | | | 4mf | FOJE | Gyor - Hun | 27-07 | |
| 63,93 | | Milca Francisco | S23 | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 63,96 | | Elisabete Silva | Jr | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 64,00 | | Rafaela Hora | Jr | | | | 1 | C. Norte Jr | Braga | 17-06 | |
| 64,03 | | Milca Francisco | S23 | | | | 2 | CN23 | Pombal | 02-07 | |
| 64,05 | | Bruna Silva | | | | | 1rB | | Salamanca - Esp | 03-06 | |
| 64,37 | Vera Lima | | | Grecas | 08-12-89 | | 3s | CNCI-Ap | Fátima | 28-05 | 63,93-16 |
| 64,37 | Gisela Cruz | | Jr | SL Benfica | 17-08-99 | | 3 | CN23 | Pombal | 02-07 | |
| 64,38 | | Bruna Silva | | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 64,49 | | Rafaela Hora | Jr | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 64,60 | Cristiana Cunha | | | ACR Sra. Desterro | 17-07-91 | | 4 | CNCI-1 | Leiria | 23-07 | 62,08-10 |
| 64,64 | | Milca Francisco | S23 | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 64,88 | | Rafaela Hora | Jr | | | | 4 | C. Port | Vagos | 11-06 | |
| 64,97 | | Vera Lima | | | | | 3 | Guarda | Guarda | 07-07 | |
| 65,05 | | Vera Lima | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 65,22 | | Bruna Silva | | | | | 5 | C. Port | Vagos | 11-06 | |
| 65,33 | | Vera Lima | | | | | 2 | | Maia | 14-06 | |
| 65,39 | | Milca Francisco | S23 | | | | 6 | C. Port | Vagos | 11-06 | |
| 65,39 | | Bruna Silva | | | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 65,47 | Sara Martins | | | ACD Jardim Serra | 13-11-91 | | 1ex | C. Norte | Maia | 15-07 | 62,36-13 |
| 65,51 | | Tânia Freitas | Vet | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 66,04 | | Sara Martins | | | | | 4 | Maia | Maia | 08-07 | |
| 66,15 | | Vera Lima | | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 66,24 | | Sara Martins | | | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 66,39 | | Vera Lima | | | | | 1 | | Vagos | 16-07 | |
| 66,44 | | Vera Lima | | | | | 7 | C. Port | Vagos | 11-06 | |
| 66,47 | Susana Estriga | | Vet | ADR Água Pena | 16-07-75 | | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 61,18-06 |
| 66,64 | Ana Patrícia Ricardo | | S23 | NA Cucujães | 04-02-96 | | 1 | CNCI-3 | Leiria | 23-07 | 66,99-16 |
| 66,90 | | Ana Patrícia Ricardo | S23 | | | | 2 | | Vagos | 16-07 | |
| 66,91 | Carina Silva | | Jv | Juv. Vidigalense | 30-03-00 | | 3 | CNJ | Marinha Grande | 09-07 | |
| 66,97 | Catarina Neiva | | Jv | S Almada F | 01-11-01 | | 1 | | Setúbal | 29-04 | |
| 67,10 | | Sara Martins | | | | | 3 | | Maia | 14-06 | |
| 67,14 | | Sara Martins | | | | | 7 | CNCI-1 | Leiria | 23-07 | |
| 67,16 | | Gisela Cruz | Jr | | | | 2 | | Lisboa - I | 25-06 | |
| 67,23 | | Susana Estriga | Vet | | | | 1ex | | Abrantes | 28-05 | |
| 67,31 | | Sara Martins | | | | | 8 | C. Port | Vagos | 11-06 | |
| 67,38 | | Elisabete Silva | Jr | | | | 4 | CN23 | Pombal | 02-07 | |
| 67,47 | Mafalda Marques | | Jv | SL Benfica | 18-04-01 | | 3 | | Lisboa - I | 16-07 | |
| 67,64 | | Vera Lima | | | | | 1 | | Aveiro | 14-05 | |
| 67,68 | Vera Castro | | | SC Braga | 23-10-92 | | 1 | C. Norte | Maia | 15-07 | 65,67-10 |
| 67,71 | | Catarina Neiva | Jv | | | | 1 | | Sobreda | 10-06 | |
| 67,78 | | Gisela Cruz | Jr | | | | 3 | | Lisboa - MP | 13-06 | |
| 67,85 | | Catarina Neiva | Jv | | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 67,90 | | Susana Estriga | Vet | | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 67,98 | Cintia Silvestre | | Jv | EBMD Saraiva | ANG 21-12-00 | | 4 | | Lisboa - I | 16-07 | |
| 68,04 | | Ana Patrícia Ricardo | S23 | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 68,21 | | Gisela Cruz | Jr | | | | 4 | V. Tavares | Faro | 13-05 | |
| 68,24 | Ana Nadais | | Jv | CF Oliveira Douro | 19-10-01 | | 1s | | Maia | 14-06 | |
| 68,26 | | Elisabete Silva | Jr | | | | 4 | CNJ | Marinha Grande | 09-07 | |
| 68,27 | | Ana Patrícia Ricardo | S23 | | | | 5 | Maia | Maia | 08-07 | |

| | | | | | | | | | | | |
|-------|--|----------------------|-----|-------------------|--|----------|----|-------------|-----------------|-------|----------|
| 68,50 | | Inês Dias | S23 | ACR Sra. Desterro | | 06-11-97 | 4s | | Maia | 14-06 | 67,22-15 |
| 68,50 | | Inês Dias | S23 | | | | 1 | | Maia | 24-06 | |
| 68,50 | | Ana Nadais | Jv | | | | 5 | CNJ | Marinha Grande | 09-07 | |
| 68,71 | | Ana Patrícia Ricardo | S23 | | | | 5 | CN23 | Pombal | 02-07 | |
| 68,73 | | Juliana Guerreiro | Jv | | | | 1 | | Faro | 30-04 | |
| 68,81 | | Juliana Guerreiro | Jv | | | | 1 | | Lagoa | 18-06 | |
| 68,88 | | Carina Silva | Jv | | | | 1 | | Fátima | 02-07 | |
| 68,89 | | Ana Nadais | Jv | | | | 2 | C. Norte Jr | Braga | 17-06 | |
| 69,04 | | Renata Rocha | Jr | GD Estreito | | 12-03-99 | 1 | | Ribeira Brava | 22-04 | 69,45-16 |
| 69,39 | | Gisela Cruz | Jr | | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 69,39 | | Ana Nadais | Jv | | | | 2 | CNCI-3 | Leiria | 23-07 | |
| 69,46 | | Inês Dias | S23 | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 69,49 | | Inês Dias | S23 | | | | 6 | CN23 | Pombal | 02-07 | |
| 69,86 | | Carolina Sarabando | S23 | Grecas | | 03-07-97 | 3 | | Vagos | 16-07 | |
| 69,90 | | Gisela Cruz | Jr | | | | 1 | | Fátima | 07-05 | |
| 69,92 | | Inês Dias | S23 | | | | 6 | Maia | Maia | 08-07 | |
| 69,98 | | Liliana Manhente | | SC Braga | | 30-03-85 | 2 | | Póvoa de Varzim | 24-05 | 68,99-15 |

Altura / High Jump – 1,70 - 1,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|---|--------------------|-----|------------------|-----|----------|-----|-------------|---------------------|-------|------------|
| 1,85 | i | Anabela Neto | | Sporting CP | | 25-03-91 | 1 | C. Port | Pombal | 11-02 | |
| 1,85 | | Anabela Neto | | | | | Hep | | Luso | 06-05 | 1,83-15 |
| 1,83 | | Anabela Neto | | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 1,83 | | Anabela Neto | | | | | 1 | C. Port | Vagos | 10-06 | |
| 1,81 | i | Anabela Neto | | | | | 1 | CNCI-1 | Pombal | 18-02 | |
| 1,81 | i | Anabela Neto | | | | | 1 | A. Monteiro | Pombal | 26-02 | |
| 1,80 | | Anabela Neto | | | | | 1ex | | Vagos | 08-01 | |
| 1,80 | i | Anabela Neto | | | | | 1 | | Braga | 04-02 | |
| 1,80 | | Anabela Neto | | | | | 4 | Ibero | Huelva - Esp | 14-06 | |
| 1,80 | | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | | Kladno - Cze | 17-06 | 1,73-15 |
| 1,80 | | Anabela Neto | | | | | 1ex | | Vagos | 15-07 | |
| 1,78 | i | Anabela Neto | | | | | 1 | T. Port | Alpiarça | 15-01 | |
| 1,78 | i | Lecabela Quaresma | | | | | Pen | C. Europa | Belgrado - Srb | 03-03 | |
| 1,78 | | Rafaela Vitorino | S23 | Individual - Lx | | 18-08-95 | Hep | T. Nac | Luso | 20-05 | 1,77-13 |
| 1,78 | | Lecabela Quaresma | | | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 1,78 | | Rafaela Vitorino | S23 | | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 1,78 | | Anabela Neto | | | | | 1 | | Braga | 05-07 | |
| 1,78 | | Anabela Neto | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 1,77 | i | Anabela Neto | | | | | Pen | C. Norte | Braga | 18-12 | |
| 1,76 | i | Lecabela Quaresma | | | | | Pen | C. Fra | Bordeus - Fra | 19-02 | |
| 1,75 | i | Ana Sofia Silva | S23 | Maia AC | | 31-05-96 | 1 | CNCI-2 | Pombal | 18-02 | 1,70-15/16 |
| 1,75 | | Anabela Neto | | | | | 1 | | Aveiro | 14-05 | |
| 1,75 | | Lecabela Quaresma | | | | | 1 | | Aix les Bains - Fra | 21-05 | |
| 1,75 | | Anabela Neto | | | | | 7 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 1,74 | | Lecabela Quaresma | | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 1,74 | | Anabela Neto | | | | | 1 | F. Ribeiro | Maia | 12-07 | |
| 1,74 | | Lecabela Quaresma | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 1,73 | i | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 1 | CNJ | Braga | 28-01 | 1,72i-16 |
| 1,73 | | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 1 | Lx/Md | Lisboa - I | 29-07 | 1,70-16 |
| 1,72 | i | Anabela Neto | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 1,72 | i | Lecabela Quaresma | | | | | 1 | | Eaubonne - Fra | 22-01 | |
| 1,72 | i | Ana Sofia Silva | S23 | | | | 2 | A. Monteiro | Pombal | 26-02 | |
| 1,72 | i | Catarina Fernandes | Jr | | | | 1 | CNU | Pombal | 05-03 | |
| 1,72 | | Catarina Fernandes | Jr | | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 1,72 | | Anabela Neto | | | | | 1 | Guarda | Guarda | 07-07 | |
| 1,72 | | Rafaela Vitorino | S23 | | | | Hep | CE23 | Bydgoszcz - Pol | 13-07 | |
| 1,72 | | Catarina Fernandes | Jr | | | | Hep | CE Jr | Grosseto - Ita | 20-07 | |
| 1,71 | i | Catarina Fernandes | Jr | | | | Pen | C. Port | Pombal | 12-02 | |
| 1,71 | | Anabela Neto | | | | | 1 | Abrantes | Abrantes | 03-06 | |
| 1,71 | | Lecabela Quaresma | | | | | 2 | Abrantes | Abrantes | 03-06 | |
| 1,71 | | Catarina Queirós | Jr | | | | 2 | F. Ribeiro | Maia | 12-07 | |

| | | | | | | | | | | |
|------|---|------------------------|-----|-------------------|----------|-----|----------|--------------------|-------|------------|
| 1,71 | | Lecabela Quaresma | | | | Hep | C. Mundo | Londres - Gbr | 05-08 | |
| 1,70 | i | Ana Sofia Silva | S23 | | | 2 | T. Port | Alpiarça | 15-01 | |
| 1,70 | i | Ana Sofia Silva | S23 | | | 2 | | Braga | 04-02 | |
| 1,70 | i | Ana Sofia Silva | S23 | | | 2 | C. Port | Pombal | 11-02 | |
| 1,70 | | Ana Margarida Oliveira | S23 | GA Fátima | 18-07-95 | 1 | CNCI-2 | Leiria | 22-07 | 1,81-14 |
| 1,69 | i | Lecabela Quaresma | | | | 2 | | Val de Reuil - Fra | 07-01 | |
| 1,69 | i | Catarina Fernandes | Jr | | | 1 | CN23 | Pombal | 25-02 | |
| 1,69 | i | Jennifer Gomes | S23 | Greca | 21-03-95 | 2 | CN23 | Pombal | 25-02 | 1,75-14/15 |
| 1,69 | | Catarina Fernandes | Jr | | | Hep | C. Port | Vagos | 10-06 | |
| 1,68 | i | Jennifer Gomes | S23 | | | Pen | C. Norte | Braga | 18-12 | |
| 1,68 | i | Ana Margarida Oliveira | S23 | | | Pen | | Pombal | 15-01 | |
| 1,68 | i | Ana Sofia Silva | S23 | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 1,68 | i | Ana Margarida Oliveira | S23 | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 1,68 | i | Catarina Queirós | Jr | | | Pen | C. Port | Pombal | 12-02 | |
| 1,68 | i | Jennifer Gomes | S23 | | | 2 | CNCI-1 | Pombal | 18-02 | |
| 1,68 | i | Ana Margarida Oliveira | S23 | | | 3 | CNCI-1 | Pombal | 18-02 | |
| 1,68 | | Catarina Fernandes | Jr | | | 3 | Abrantes | Abrantes | 03-06 | |
| 1,67 | i | Ana Sofia Silva | S23 | | | 1 | C. Norte | Braga | 08-01 | |
| 1,67 | i | Ana Margarida Oliveira | S23 | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 1,67 | i | Catarina Fernandes | Jr | | | 3 | C. Port | Pombal | 11-02 | |
| 1,67 | | Joana Ogura | Jr | Sporting CP | 16-02-99 | 2 | Lx/Md | Lisboa - I | 29-07 | 1,62-16 |
| 1,66 | i | Lecabela Quaresma | | | | Pen | | Mondeville - Fra | 18-12 | |
| 1,66 | i | Catarina Fernandes | Jr | | | 3 | T. Port | Alpiarça | 15-01 | |
| 1,66 | i | Jennifer Gomes | S23 | | | 3 | T. Port | Alpiarça | 15-01 | |
| 1,66 | i | Catarina Queirós | Jr | | | 5 | T. Port | Alpiarça | 15-01 | |
| 1,66 | i | Bárbara Silva | Jr | ACD Jardim Serra | 25-02-99 | Pen | CNJ | Braga | 29-01 | 1,54-13 |
| 1,66 | i | Ana Sofia Silva | S23 | | | 3 | CN23 | Pombal | 25-02 | |
| 1,66 | | Ana Margarida Oliveira | S23 | | | Hep | T. Nac | Luso | 20-05 | |
| 1,66 | | Jennifer Gomes | S23 | | | 2 | CNCI-Ap | Fátima | 27-05 | |
| 1,66 | | Ana Margarida Oliveira | S23 | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 1,66 | | Miriam Tavares | Jv | Afis - Ovar | 24-04-00 | 2 | CM Esc | Nancy - Fra | 26-06 | 1,58-15 |
| 1,66 | | Ana Margarida Oliveira | S23 | | | 1 | CN23 | Pombal | 01-07 | |
| 1,66 | | Ana Sofia Silva | S23 | | | 2 | | Braga | 05-07 | |
| 1,66 | | Jennifer Gomes | S23 | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 1,66 | | Ana Monjane | | SC Braga | 13-05-93 | 4 | CNCI-1 | Leiria | 22-07 | 1,78-12 |
| 1,65 | | Jennifer Gomes | S23 | | | 1 | | Vagos | 08-01 | |
| 1,65 | i | Catarina Queirós | Jr | | | 4 | CNCI-1 | Pombal | 18-02 | |
| 1,65 | | Ana Margarida Oliveira | S23 | | | Hep | | Rio Maior | 29-04 | |
| 1,65 | | Jennifer Gomes | S23 | | | Hep | | Luso | 06-05 | |
| 1,65 | | Ana Sofia Silva | S23 | | | 2 | | Póvoa de Varzim | 24-05 | |
| 1,65 | | Ana Margarida Oliveira | S23 | | | 4 | Abrantes | Abrantes | 03-06 | |
| 1,65 | | Catarina Fernandes | Jr | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 1,65 | | Jennifer Gomes | S23 | | | 1 | | Vagos | 15-07 | |
| 1,64 | i | Catarina Queirós | Jr | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 1,64 | i | Cláudia Rodrigues | | ACR Sra. Desterro | 11-11-89 | 2 | CNCI-Ap | Pombal | 21-01 | 1,77-12 |
| 1,64 | i | Jennifer Gomes | S23 | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 1,64 | i | Joana Ogura | Jr | | | 2 | CNJ | Braga | 28-01 | |
| 1,64 | | Ana Sofia Silva | S23 | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 1,64 | | Catarina Queirós | Jr | | | 1s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 1,64 | | Cláudia Rodrigues | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 1,64 | | Marisa Vaz Carvalho | Jr | SL Benfica | 15-11-99 | Hep | | Arona - Esp | 03-06 | 1,62-15 |
| 1,64 | | Jennifer Gomes | S23 | | | 2 | C. Port | Vagos | 10-06 | |
| 1,64 | | Ana Sofia Silva | S23 | | | 3 | C. Port | Vagos | 10-06 | |
| 1,64 | | Ana Sofia Silva | S23 | | | 2 | Guarda | Guarda | 07-07 | |
| 1,64 | | Ana Sofia Silva | S23 | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 1,63 | | Catarina Queirós | Jr | | | 1 | | Ribeira Brava | 06-01 | |
| 1,63 | i | Jennifer Gomes | S23 | | | 4 | C. Port | Pombal | 11-02 | |
| 1,63 | | Ana Sofia Silva | S23 | | | 1 | | Maia | 20-05 | |
| 1,63 | | Joana Ogura | Jr | | | 2 | | Maia | 20-05 | |
| 1,63 | | Ana Sofia Silva | S23 | | | 2 | CN23 | Pombal | 01-07 | |
| 1,62 | i | Bárbara Silva | Jv | | | 1 | | Braga | 10-12 | |
| 1,62 | | Elena Furk | Ini | AC Mocidade-Aç | 10-02-03 | 1 | | Ponta Delgada | 07-01 | 1,55-16 |

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|------|---|------------------------|-----|------------------|----------|-----|------------|-------------------|-------|---------|
| 1,62 | | Catarina Fernandes | Jr | | | 1 | | Lisboa - MP | 05-02 | |
| 1,62 | i | Ana Margarida Oliveira | S23 | | | Pen | C. Port | Pombal | 12-02 | |
| 1,62 | i | Andreia Nicolau | | CA Seia | 01-02-91 | Pen | C. Port | Pombal | 12-02 | 1,62-15 |
| 1,62 | i | Marisa Vaz Carvalho | Jr | | | Pen | C. Port | Pombal | 12-02 | |
| 1,62 | i | Joana Ogura | Jr | | | 4 | CN23 | Pombal | 25-02 | |
| 1,62 | | Vânia Mendes | Jv | CP Alcanena | 13-09-00 | 1 | | Abrantes | 20-05 | |
| 1,62 | | Elena Furk | Ini | | | Hep | T. Nac | Luso | 20-05 | |
| 1,61 | i | Ana Leite | Jv | C+S Lavra | 08-09-01 | 3 | CNJ | Braga | 28-01 | 1,56-16 |
| 1,61 | i | Miriam Tavares | Jv | | | 1 | CNJv | Pombal | 04-02 | |
| 1,61 | i | Andreia Nicolau | | | | 2 | CNU | Pombal | 05-03 | |
| 1,61 | | Vânia Mendes | Jv | | | 4s | CNCI-Ap | Fátima | 27-05 | |
| 1,61 | | Vânia Mendes | Jv | | | 1 | OJ | Braga | 04-06 | |
| 1,61 | | Miriam Tavares | Jv | | | 2 | OJ | Braga | 04-06 | |
| 1,61 | | Elena Furk | Ini | | | 1 | CNjv | Abrantes | 24-06 | |
| 1,61 | | Vânia Mendes | Jv | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 1,61 | | Marta Vargues | S23 | CO Pechão | 15-10-97 | 1ex | | Lisboa - I | 15-07 | 1,65-16 |
| 1,61 | | Cláudia Rodrigues | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 1,60 | i | Joana Ogura | Jr | | | 6 | T. Port | Alpiarça | 15-01 | |
| 1,60 | i | Carolina Ribeiro | Jv | GA Fátima | 13-01-00 | Pen | | Pombal | 15-01 | 1,59-16 |
| 1,60 | i | Ana Leite | Jv | | | 3 | CNCI-Ap | Braga | 21-01 | |
| 1,60 | i | Andreia Nicolau | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 1,60 | i | Jennifer Gomes | S23 | | | 3 | | Braga | 04-02 | |
| 1,60 | i | Cláudia Rodrigues | | | | 5 | CNCI-1 | Pombal | 18-02 | |
| 1,60 | i | Valeriya Semenikhina | Jr | SL Benfica | 19-05-99 | 6 | CNCI-1 | Pombal | 18-02 | 1,67-14 |
| 1,60 | i | Carolina Ribeiro | Jv | | | Pen | T. Iberico | Pombal | 04-03 | |
| 1,60 | | Bárbara Silva | Jr | | | 1 | | Lousada | 22-04 | |
| 1,60 | | Elena Furk | Ini | | | Hep | | Angra do Heroísmo | 22-04 | |
| 1,60 | | Carolina Pandeirada | | Greças | 21-10-93 | 1 | CNU | Faro | 14-05 | 1,66-13 |
| 1,60 | | Camila Lucena | | GD Estreito | 07-08-94 | 2 | CNU | Faro | 14-05 | 1,60-09 |
| 1,60 | | Jennifer Gomes | S23 | | | 3 | | Maia | 20-05 | |
| 1,60 | | Jennifer Gomes | S23 | | | 3 | | Póvoa de Varzim | 24-05 | |
| 1,60 | | Miriam Tavares | Jv | | | 4 | | Póvoa de Varzim | 24-05 | |
| 1,60 | | Marta Vargues | S23 | | | 5 | Abrantes | Abrantes | 03-06 | |
| 1,60 | | Jennifer Gomes | S23 | | | 6 | Abrantes | Abrantes | 03-06 | |
| 1,60 | | Andreia Nicolau | | | | 7 | Abrantes | Abrantes | 03-06 | |
| 1,60 | | Andreia Nicolau | | | | Hep | C. Port | Vagos | 10-06 | |
| 1,60 | | Jennifer Gomes | S23 | | | 1 | Aveiro | Aveiro | 24-06 | |
| 1,60 | | Jennifer Gomes | S23 | | | 3 | CN23 | Pombal | 01-07 | |
| 1,60 | | Valeriya Semenikhina | Jr | | | 4 | CN23 | Pombal | 01-07 | |
| 1,60 | | Jennifer Gomes | S23 | | | 3 | | Braga | 05-07 | |
| 1,60 | | Andreia Nicolau | | | | 3 | F. Ribeiro | Maia | 12-07 | |
| 1,59 | i | Ana Leite | Ini | | | 2 | | Braga | 10-12 | |
| 1,59 | i | Joana Ogura | Jr | | | 5 | C. Port | Pombal | 11-02 | |
| 1,59 | | Eduarda Ferreira | Jv | Juv. Vidigalense | 25-04-01 | 1 | | Pombal | 14-05 | 1,54-16 |
| 1,59 | | Jennifer Gomes | S23 | | | 2 | | Aveiro | 14-05 | |
| 1,59 | | Elena Furk | Ini | | | 1 | | Angra do Heroísmo | 17-06 | |
| 1,58 | i | Bárbara Silva | Jv | | | Pen | C. Norte | Braga | 18-12 | |
| 1,58 | i | Ana Leite | Jv | | | 2 | CNJv | Pombal | 04-02 | |
| 1,58 | i | Carolina Ribeiro | Jv | | | Pen | CNJv | Pombal | 05-02 | |
| 1,58 | i | Bárbara Silva | Jr | | | 5 | CN23 | Pombal | 25-02 | |
| 1,58 | i | Margarida Mota | Ini | UFC Tomar | 30-07-02 | 1 | | Pombal | 25-03 | |
| 1,58 | | Miriam Tavares | Jv | | | 1 | CN DE | Maia | 20-05 | |
| 1,58 | | Marta Vargues | S23 | | | Hep | T. Nac | Luso | 20-05 | |
| 1,58 | | Camila Lucena | | | | 2s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 1,58 | | Ana Leite | Jv | | | 3 | OJ | Braga | 04-06 | |
| 1,58 | | Miriam Tavares | Jv | | | 1 | | Luso | 17-06 | |
| 1,58 | | Camila Lucena | | | | 1 | | Ribeira Brava | 24-06 | |
| 1,58 | | Vânia Mendes | Jv | | | 2 | CNjv | Abrantes | 24-06 | |
| 1,58 | | Carolina Ribeiro | Jv | | | Hep | CNJv | Abrantes | 24-06 | |
| 1,58 | | Vânia Mendes | Jv | | | 2 | Go Fit | Avila - Esp | 01-07 | |
| 1,57 | i | Eduarda Ferreira | Jv | | | Pen | T. Iberico | Pombal | 04-03 | |
| 1,57 | | Valeriya Semenikhina | Jr | | | Hep | | Rio Maior | 29-04 | |

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|------|---|-----------------------|-----|------------------|-----|----------|-----|-------------|-------------------|-------|-------------|
| 1,57 | | Vânia Mendes | Jv | | | | Hep | | Rio Maior | 29-04 | |
| 1,57 | | Miriam Tavares | Jv | | | | 1 | DE | Marinha Grande | 06-05 | |
| 1,57 | | Inês Pires | Ini | GCA Donas | | 21-06-02 | Hep | | Luso | 06-05 | 1,53-16 |
| 1,57 | | Vânia Mendes | Jv | | | | 1 | | Abrantes | 17-06 | |
| 1,57 | | Marta Vargues | S23 | | | | 1ex | | Lagoa | 17-06 | |
| 1,57 | | Marta Vargues | S23 | | | | 5 | CN23 | Pombal | 01-07 | |
| 1,57 | | Joana Ogura | Jr | | | | 6 | CN23 | Pombal | 01-07 | |
| 1,57 | | Ana Leite | Jv | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 1,57 | | Valeriya Semenikhina | Jr | | | | Hep | CNJ | Marinha Grande | 08-07 | |
| 1,57 | | Raquel Marques | Jr | SL Benfica | | 09-06-99 | 1 | | Lisboa - I | 15-07 | 1,56-16 |
| 1,56 | i | Ana Leite | Ini | | | | Pen | C. Norte | Braga | 18-12 | |
| 1,56 | i | Daniela Ferreira | | Juv. Vidigalense | | 22-06-89 | Pen | | Pombal | 15-01 | 1,61i-16 |
| 1,56 | i | Carolina Ribeiro | Jv | | | | 4 | CNJ | Braga | 28-01 | |
| 1,56 | i | Valeryia Semenikhina | Jr | | | | 5 | CNJ | Braga | 28-01 | |
| 1,56 | | Ana Leite | Jv | | | | Hep | | Maia | 06-05 | |
| 1,56 | | Ana Leite | Jv | | | | 1 | | Maia | 14-05 | |
| 1,56 | | Elena Furk | Ini | | | | 1 | OJ | Braga | 04-06 | |
| 1,56 | | Marta Vargues | S23 | | | | 4 | C. Port | Vagos | 10-06 | |
| 1,56 | | Bárbara Silva | Jv | | | | 5 | C. Port | Vagos | 10-06 | |
| 1,55 | i | Jessica Barreira | S23 | | | | 8 | | Flagstaff - Usa | 13-01 | |
| 1,55 | i | Jessica Barreira | S23 | Sporting CP | | 29-01-97 | 8 | | Flagstaff - Usa | 13-01 | 1,65-13 |
| 1,55 | i | Samaritana Cabral | S23 | C Bf. Faro | | 08-11-96 | 4 | CNCI-Ap | Pombal | 21-01 | 1,55-16 |
| 1,55 | i | Daniela Ferreira | | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 1,55 | i | Valeryia Semenikhina | Jr | | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 1,55 | i | Daniela Ferreira | | | | | 7 | CNCI-1 | Pombal | 18-02 | |
| 1,55 | i | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | 3 | CNU | Pombal | 05-03 | 1,60i-15/16 |
| 1,55 | | Jessica Barreira | S23 | | | | 10 | | Tempe - Usa | 25-03 | |
| 1,55 | | Elena Furk | Ini | | | | Hep | | Angra do Heroísmo | 01-04 | |
| 1,55 | | Carla Rodrigues | Ini | SL Benfica | | 12-04-02 | Hep | | Lisboa - MP | 22-04 | |
| 1,55 | | Tamara Antunes | ini | SL Benfica | | 06-06-03 | Hep | | Lisboa - MP | 22-04 | |
| 1,55 | | Sofia Lavreshina | Ini | AC Vermoil | | 14-06-03 | 1 | | Pombal | 25-04 | |
| 1,55 | | Camila Lucena | | | | | 1 | | Ribeira Brava | 20-05 | |
| 1,55 | | Bárbara Silva | Jr | | | | 2 | CN DE | Maia | 20-05 | |
| 1,55 | | Ana Leite | Jv | | | | 3 | CN DE | Maia | 20-05 | |
| 1,55 | | Sandra Helena Tavares | | França | | 29-05-82 | 7 | | Antony - Fra | 21-05 | 1,78-00 |
| 1,55 | | Ana Leite | Jv | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 1,55 | | Eduarda Ferreira | Jv | | | | 5s | CNCI-Ap | Fátima | 27-05 | |
| 1,55 | | Elena Furk | Ini | | | | 1 | | Angra do Heroísmo | 28-05 | |
| 1,55 | | Marta Vargues | S23 | | | | 1 | | Quarteira | 04-06 | |
| 1,55 | | Camila Lucena | | | | | 1 | | Ribeira Brava | 10-06 | |
| 1,55 | | Eduarda Ferreira | Jv | | | | 3 | CNjv | Abrantes | 24-06 | |
| 1,55 | | Margarida Mota | Ini | | | | 4 | CNjv | Abrantes | 24-06 | |
| 1,55 | | Camila Lucena | | | | | 1 | | Ribeira Brava | 01-07 | |
| 1,55 | | Miriam Tavares | Jv | | | | 1 | | Vagos | 01-07 | |
| 1,55 | | Sónia Machado | Jr | | | | 1 | | Fátima | 01-07 | |
| 1,55 | | Jessica Barreira | S23 | | | | 3 | Guarda | Guarda | 07-07 | |
| 1,55 | | Marta Vargues | S23 | | | | 4 | F. Ribeiro | Maia | 12-07 | |
| 1,55 | | Kidline Gomes | Jr | CDR Ribeirinho | CPV | 18-01-98 | 1 | | Setúbal | 16-07 | 1,55-16 |
| 1,55 | | Ana Leite | Jv | | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 1,55 | | Cláudia Fernandes | S23 | ACD Jardim Serra | | 27-03-97 | 6 | CNCI-1 | Leiria | 22-07 | |
| 1,55 | | Sónia Machado | Jr | | | | 7 | CNCI-1 | Leiria | 22-07 | |
| 1,54 | i | Marisa Vaz Carvalho | Jr | | | | 7 | T. Port | Alpiarça | 15-01 | |
| 1,54 | | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | Pen | | Vagos | 15-01 | 1,54i-15 |
| 1,54 | i | Sara Paulico | Jr | CAS Manique | | 26-03-99 | 2 | CNCI-2 | Pombal | 18-02 | 1,58-15 |
| 1,54 | | Jessica Barreira | S23 | | | | Hep | | Tucson - Usa | 06-04 | |
| 1,54 | | Sofia Lavreshina | Ini | | | | Hep | | Pombal | 22-04 | |
| 1,54 | | Marisa Vaz Carvalho | Jr | | | | 1 | | Lisboa - MP | 17-05 | |
| 1,54 | | Ana Alice Morais | Jv | BNS Conceição | | 27-06-00 | Hep | T. Nac | Luso | 20-05 | |
| 1,54 | | Carolina Ribeiro | Jv | | | | Hep | T. Nac | Luso | 20-05 | |
| 1,54 | | Miriam Tavares | Jv | | | | 1 | CN DE | Maia | 21-05 | |
| 1,54 | | Margarida Mota | Ini | | | | 2 | | Abrantes | 17-06 | |
| 1,54 | | Ana Leite | Jv | | | | 1 | C. Norte Jr | Braga | 18-06 | |

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|------|---|-------------------|-----|------------------|-----|----------|-----|-------------|-------------------|-------|----------|
| 1,54 | | Sofia Guedes | Jv | CD Quarteira | | 04-03-01 | 1 | | Lagoa | 18-06 | 1,51-16 |
| 1,54 | | Ana Leite | Jv | | | | 9 | CM Esc | Nancy - Fra | 26-06 | |
| 1,54 | | Margarida Mota | Ini | | | | Tet | Tet. Jovem | Torres Vedras | 01-07 | |
| 1,53 | | Miriam Tavares | Jv | | | | 1 | | Lourosa | 10-12 | |
| 1,53 | i | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | Pen | C. Norte | Braga | 18-12 | 1,53i-16 |
| 1,53 | i | Carolina Ribeiro | Jv | | | | TT | | Alpiarça | 10-02 | |
| 1,53 | i | Fabiana Ferreira | S23 | | | | Pen | C. Port | Pombal | 12-02 | |
| 1,53 | | Erica Júlia | Jv | CO Pechão | | 03-10-00 | 1 | | Faro | 15-04 | 1,52-16 |
| 1,53 | | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | Hep | | Rio Maior | 29-04 | 1,52-16 |
| 1,53 | | Margarida Mota | Ini | | | | Hep | | Rio Maior | 29-04 | |
| 1,53 | | Raquel Marques | Jr | | | | Hep | | Rio Maior | 29-04 | |
| 1,53 | | Miriam Tavares | Jv | | | | 1 | | Aveiro | 14-05 | |
| 1,53 | | Sofia Lavreshina | Ini | | | | 1 | | Pombal | 14-05 | |
| 1,53 | | Mariana Novo | Jv | | | | 2 | | Maia | 14-05 | |
| 1,53 | | Sofia Lavreshina | Ini | | | | 2 | OJ | Braga | 04-06 | |
| 1,53 | | Eduarda Ferreira | Jv | | | | 4 | OJ | Braga | 04-06 | |
| 1,53 | | Natacha Fonseca | Jv | ACR Cambra | | 06-06-00 | 5 | OJ | Braga | 04-06 | |
| 1,53 | | Carina Mendes | Ini | Esc. Movimento | | 21-07-03 | 1 | | Maia | 10-06 | |
| 1,53 | | Camila Lucena | | | | | 1 | | Ribeira Brava | 17-06 | |
| 1,53 | | Kidline Gomes | Jr | | CPV | | 1 | | Sobreda | 17-06 | |
| 1,53 | | Carolina Ribeiro | Jv | | | | 3 | Go Fit | Avila - Esp | 01-07 | |
| 1,53 | | Eduarda Ferreira | Jv | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 1,52 | i | Vânia Mendes | Jv | | | | 1 | | Pombal | 15-01 | |
| 1,52 | i | Eduarda Ferreira | Jv | | | | Pen | | Pombal | 15-01 | |
| 1,52 | i | Mariana Novo | Jv | | | | 3 | CNJv | Pombal | 04-02 | |
| 1,52 | | Sofia Guedes | Jv | | | | TT | | Faro | 25-02 | |
| 1,52 | i | Ana Alice Morais | Jv | | | | 1 | Inter Ass | Alpiarça | 18-03 | |
| 1,52 | i | Carolina Ribeiro | Jv | | | | 2 | Inter Ass | Alpiarça | 18-03 | |
| 1,52 | | Bárbara Silva | Jr | | | | 1 | | Maia | 25-03 | |
| 1,52 | | Sara Paulico | Jr | | | | 1 | DE | Lisboa - I | 26-04 | |
| 1,52 | | Milena Lucena | Ini | GD Estreito | | 03-09-02 | 1 | | Ribeira Brava | 20-05 | |
| 1,52 | | Kidline Gomes | Jr | | CPV | | 2s | CNCI-Ap | Vendas Novas | 27-05 | |
| 1,52 | | Samaritana Cabral | S23 | | | | 3s | CNCI-Ap | Vendas Novas | 27-05 | |
| 1,52 | | Carolina Neves | Jv | GA Fátima | | 27-01-01 | Hep | CNjv | Abrantes | 24-06 | |
| 1,52 | | Rita Ferraz | | Esc. Movimento | | 20-12-94 | 1 | CNCI-3 | Leiria | 22-07 | 1,57-13 |
| 1,52 | | Camila Lucena | | | | | 8 | CNCI-1 | Leiria | 22-07 | |
| 1,52 | | Sara Moreira | Jv | C+S Lavra | | 22-01-01 | Hep | BA | Leiria | 29-07 | |
| 1,51 | | Miriam Tavares | Jv | | | | 1 | | Aveiro | 17-12 | |
| 1,51 | i | Diana Batista | S23 | CD Póvoa | | 07-02-96 | 2 | C. Norte | Braga | 08-01 | 1,50-16 |
| 1,51 | i | Mariana Novo | Jv | | | | 3 | C. Norte | Braga | 08-01 | |
| 1,51 | i | Kidline Gomes | Jr | | CPV | | 6 | CNJ | Braga | 28-01 | |
| 1,51 | | Sara Paulico | Jr | | | | 2 | | Lisboa - MP | 05-02 | |
| 1,51 | i | Bárbara Silva | Jr | | | | 6 | C. Port | Pombal | 11-02 | |
| 1,51 | i | Erica Júlia | Jv | | | | 3 | CNCI-2 | Pombal | 18-02 | |
| 1,51 | | Bruna Riscado | Jv | Individual - CB | | 17-11-00 | 1 | | Covilhã | 22-04 | |
| 1,51 | | Samaritana Cabral | S23 | | | | 1 | | Faro | 30-04 | |
| 1,51 | | Vitória Monteiro | Jr | AA Pinhalnovense | | 24-05-99 | 1 | | Setúbal | 30-04 | 1,58-13 |
| 1,51 | | Fabiana Ferreira | S23 | | | | Hep | C. Port | Vagos | 10-06 | |
| 1,51 | | Sofia Lavreshina | Ini | | | | 1 | | Pombal | 17-06 | |
| 1,51 | | Beatriz Gameiro | Jv | | | | 3 | | Abrantes | 17-06 | |
| 1,51 | | Mariana Novo | Jv | | | | 2 | C. Norte Jr | Braga | 18-06 | |
| 1,51 | | Ana Alice Morais | Jv | | | | 5 | CNJv | Abrantes | 24-06 | |
| 1,51 | | Margarida Mota | Ini | | | | 1 | | Rio Maior | 08-07 | |
| 1,50 | i | Diana Batista | S23 | | | | 1 | | Braga | 03-12 | |
| 1,50 | | Elena Furk | Ini | | | | 1 | | Angra do Heroísmo | 03-12 | |
| 1,50 | i | Beatriz Gameiro | Jv | | | | 1 | | Alpiarça | 10-12 | |
| 1,50 | i | Catarina Oliveira | Jr | CD Póvoa | | 02-04-98 | 2 | | Braga | 10-12 | |
| 1,50 | | Fabiana Ferreira | S23 | | | | 2 | | Lourosa | 10-12 | |
| 1,50 | i | Adelaide Cadilhe | Jv | AC Póvoa Varzim | | 14-10-99 | 3 | | Braga | 10-12 | 1,55-16 |
| 1,50 | i | Vânia Mendes | Jv | | | | 2 | | Pombal | 07-01 | |
| 1,50 | i | Beatriz Domingues | Jr | CA Mar. Grande | | 27-07-98 | 1 | | Pombal | 08-01 | 1,64i-14 |
| 1,50 | i | Carolina Ribeiro | Jv | | | | 1 | | Pombal | 08-01 | |

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| 1,50 | i | Eduarda Ferreira | Jv | | | | 2 | | Pombal | 08-01 | |
| 1,50 | | Camila Lucena | | | | | 1 | | Ribeira Brava | 21-01 | |
| 1,50 | i | Adelaide Cadilhe | Jr | | | | 4 | CNCI-Ap | Braga | 21-01 | |
| 1,50 | i | Sara Paulico | Jr | | | | 5 | CNCI-Ap | Pombal | 21-01 | |
| 1,50 | i | Vânia Mendes | Jv | | | | 6 | CNCI-Ap | Pombal | 21-01 | |
| 1,50 | i | Beatriz Domingues | Jr | | | | 5 | CNCI-Ap | Pombal | 22-01 | |
| 1,50 | i | Catarina Monteiro | S23 | A 20Km Almeirim | | 29-12-96 | 1 | | Pombal | 28-01 | |
| 1,50 | i | Nadiane Lopes | Jr | UC Eirense | | 23-04-99 | 1 | | Pombal | 28-01 | 1,56-15 |
| 1,50 | i | Daniela Ferreira | | | | | Pen | C. Port | Pombal | 12-02 | |
| 1,50 | i | Raquel Costa | Jr | GA Fátima | | 22-10-99 | Pen | C. Port | Pombal | 12-02 | 1,53-16 |
| 1,50 | | Ana Leite | Jv | | | | TT | | Lousada | 12-02 | |
| 1,50 | i | Elena Furk | Ini | | | | 1 | | Angra do Heroísmo | 18-02 | |
| 1,50 | i | Fabiana Ferreira | S23 | | | | 4 | CNU | Pombal | 05-03 | |
| 1,50 | i | Carolina Pandeirada | | | | | 5 | CNU | Pombal | 05-03 | |
| 1,50 | i | Samaritana Cabral | S23 | | | | 5 | CNU | Pombal | 05-03 | |
| 1,50 | i | Beatriz Domingues | Jr | | | | 7 | CNU | Pombal | 05-03 | |
| 1,50 | | Jessica Barreira | S23 | | | | 13 | | Tempe - Usa | 18-03 | |
| 1,50 | | Miriam Tavares | Jv | | | | 1 | | Aveiro | 25-03 | |
| 1,50 | | Camila Lucena | | | | | | Hep | Ribeira Brava | 01-04 | |
| 1,50 | | Cláudia Fernandes | S23 | | | | | Hep | Ribeira Brava | 01-04 | |
| 1,50 | | Elisa Freitas | | GD Estreito | | 06-11-94 | Hep | | Ribeira Brava | 01-04 | 1,50-12 |
| 1,50 | | Mariana Truta | Ini | CF Oliveira Douro | | 22-07-02 | Tet | | Maia | 08-04 | |
| 1,50 | | Sofia Guedes | Jv | | | | 2 | | Faro | 15-04 | |
| 1,50 | | Miriam Tavares | Jv | | | | 1 | | Vagos | 21-04 | |
| 1,50 | | Ana Leite | Jv | | | | 2 | | Lousada | 22-04 | |
| 1,50 | | Carla Moreira | Jv | AE Serafim Leite | | 29-06-00 | 3 | | Lousada | 22-04 | |
| 1,50 | | Cláudia Rodrigues | | | | | 1 | | Guarda | 29-04 | |
| 1,50 | | Inês Pires | Ini | | | | Tet | | Covilhã | 29-04 | |
| 1,50 | | Elena Furk | Ini | | | | 1 | | Angra do Heroísmo | 30-04 | |
| 1,50 | | Sofia Lavreshina | Ini | | | | 1 | DE | Marinha Grande | 06-05 | |
| 1,50 | | Elena Furk | Ini | | | | 1 | | Ponta Delgada | 07-05 | |
| 1,50 | | Carolina Ribeiro | Jv | | | | 1 | | Rio Maior | 14-05 | |
| 1,50 | | Margarida Mota | Ini | | | | 1 | | Rio Maior | 14-05 | |
| 1,50 | | Elsa Gomes | S23 | ACR Sra. Desterro | | 27-01-96 | 3 | CNU | Faro | 14-05 | 1,53-11/12/13 |
| 1,50 | | Sara Paulico | Jr | | | | 4 | CN DE | Maia | 20-05 | |
| 1,50 | | Erica Júlia | Jv | | | | 5 | CN DE | Maia | 20-05 | |
| 1,50 | | Nádia Silva | Ini | CF Oliveira Douro | | 07-04-02 | 1 | | Maia | 27-05 | |
| 1,50 | | Marta Lameira | Ini | JD Neves | | 30-04-03 | 1 | | Castro Verde | 15-06 | |
| 1,50 | | Vitória Monteiro | Jr | | | | 2 | | Sobreda | 17-06 | |
| 1,50 | | Elena Furk | Ini | | | | Tet | Tet. Jovem | Torres Vedras | 01-07 | |
| 1,50 | | Ana Alice Morais | Jv | | | | 1 | | Torres Vedras | 02-07 | |
| 1,50 | | Natacha Fonseca | Jv | | | | 4 | Guarda | Guarda | 07-07 | |
| 1,50 | | Ana Sofia Silva | S23 | | | | 5 | F. Ribeiro | Maia | 12-07 | |
| 1,50 | | Ana Leite | Jv | | | | 6 | F. Ribeiro | Maia | 12-07 | |

Vara / Pole Vault – 4,00 - 2,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|-------------|-----|----------|----|-----------|-------------------|-------|------------|
| 4,40 | i | Marta Onofre | | Sporting CP | | 28-01-91 | 1 | | Lisboa - CAR | 25-01 | 4,51i-16 |
| 4,40 | | Marta Onofre | | | | | 3 | Univ | Taipei | 26-08 | |
| 4,35 | i | Eleonor Tavares | | França | | 24-09-85 | 2 | C. Fra | Bordeus - Fra | 18-02 | 4,50-11/16 |
| 4,35 | | Eleonor Tavares | | | | | 3 | | Aulnay s Bois-Fra | 05-07 | |
| 4,31 | | Eleonor Tavares | | | | | 3 | | Pontoise - Fra | 20-06 | |
| 4,31 | | Eleonor Tavares | | | | | 2 | | Moulins - Fra | 24-06 | |
| 4,30 | i | Marta Onofre | | | | | 3 | | Ulvunda - Swe | 28-01 | |
| 4,30 | i | Marta Onofre | | | | | 1 | Pombal | Pombal | 04-02 | |
| 4,30 | i | Eleonor Tavares | | | | | 1 | | Niort - Fra | 11-03 | |
| 4,30 | i | Eleonor Tavares | | | | | 5 | | La Riche - Fra | 18-03 | |
| 4,30 | | Cátia Pereira | | SL Benfica | | 05-07-89 | 1 | Fortunato | Torres Vedras | 21-05 | 4,35-14 |
| 4,30 | | Eleonor Tavares | | | | | 4 | | Aulnay s Bois-Fra | 07-06 | |
| 4,30 | | Eleonor Tavares | | | | | 6 | | Aulnay s Bois-Fra | 14-06 | |
| 4,30 | | Eleonor Tavares | | | | | 4 | C. Fra | Marselha - Fra | 15-07 | |

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|------|-----|-----------------------|-----|------------------|----------|-----|-------------|-------------------|-------|------------|
| 4,30 | | Eleonor Tavares | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 4,26 | i | Marta Onofre | | | | 1 | T. Port | Alpiarça | 15-01 | |
| 4,26 | i | Eleonor Tavares | | | | 2 | | Clermont Ferrand | 04-02 | |
| 4,25 | i | Marta Onofre | | | | 1 | | Lisboa - CAR | 23-02 | |
| 4,22 | | Marta Onofre | | | | 3 | | Blois - Fra | 17-06 | |
| 4,21 | i | Eleonor Tavares | | | | 2 | | Rennes - Fra | 17-12 | |
| 4,21 | i | Eleonor Tavares | | | | 2 | | Rennes - Fra | 17-12 | |
| 4,20 | i | Marta Onofre | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 4,20 | | Eleonor Tavares | | | | 1 | | Nice - Fra | 07-05 | |
| 4,20 | | Eleonor Tavares | | | | 1 | | Dijon - Fra | 21-05 | |
| 4,20 | rua | Cátia Pereira | | | | 1 | | Pombal (rua) | 03-06 | |
| 4,20 | | Cátia Pereira | | | | 1 | C. Port | Vagos | 11-06 | |
| 4,20 | | Eleonor Tavares | | | | 2 | | Bron - Fra | 06-07 | |
| 4,20 | | Cátia Pereira | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 4,15 | i | Marta Onofre | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 4,15 | i | Eleonor Tavares | | | | 9 | | Rouen - Fra | 28-01 | |
| 4,15 | | Cátia Pereira | | | | 1 | V. Tavares | Faro | 13-05 | |
| 4,15 | | Cátia Pereira | | | | 3 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 4,15 | | Cátia Pereira | | | | 1 | | Lisboa - I | 16-07 | |
| 4,12 | | Eleonor Tavares | | | | 4 | | Blois - Fra | 17-06 | |
| 4,10 | | Marta Onofre | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 4,10 | | Eleonor Tavares | | | | 2 | C. Port | Vagos | 11-06 | |
| 4,10 | | Cátia Pereira | | | | 1 | | Lisboa - MP | 13-06 | |
| 4,05 | i | Cátia Pereira | | | | 1 | A. Monteiro | Pombal | 26-02 | |
| 4,03 | i | Eleonor Tavares | | | | 1 | C. Port | Pombal | 11-02 | |
| 4,03 | | Marta Onofre | | | | 6 | Madrid | Madrid - Esp | 14-07 | |
| 4,01 | i | Marta Onofre | | | | 6 | | Tignes - Fra | 06-01 | |
| 4,00 | i | Cátia Pereira | | | | 2 | | Lisboa - CAR | 23-02 | |
| 4,00 | | Cátia Pereira | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 4,00 | | Marta Onofre | | | | 1 | CNU | Faro | 14-05 | |
| 4,00 | | Marta Onofre | | | | 2 | Fortunato | Torres Vedras | 21-05 | |
| 4,00 | | Cátia Pereira | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 4,00 | | Marta Onofre | | | | 3 | C. Port | Vagos | 11-06 | |
| 4,00 | | Marta Onofre | | | | 2 | | Lisboa - MP | 13-06 | |
| 4,00 | | Marta Onofre | | | | 1ex | | Lisboa - I | 24-06 | |
| 4,00 | | Cátia Pereira | | | | 1 | | Lisboa - MP | 01-07 | |
| 4,00 | | Marta Onofre | | | | 1q | Univ | Taipei | 24-08 | |
| 3,95 | i | Cátia Pereira | | | | 2 | CNCI-1 | Pombal | 19-02 | |
| 3,80 | i | Cátia Pereira | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 3,75 | | Andreia Grácio | S23 | Juv. Vidigalense | 17-09-96 | 3 | Fortunato | Torres Vedras | 21-05 | 3,80-16 |
| 3,69 | i | Cátia Pereira | | | | 2 | C. Port | Pombal | 11-02 | |
| 3,65 | | Sandra Helena Tavares | | França | 29-05-82 | 1 | | Aulnay s Bois-Fra | 28-05 | 4,35-08/09 |
| 3,60 | i | Sandra Helena Tavares | | | | 3 | | Eaubonne - Fra | 22-01 | |
| 3,60 | | Andreia Grácio | S23 | | | 1 | | Pombal | 25-04 | |
| 3,60 | | Andreia Grácio | S23 | | | 2 | V. Tavares | Faro | 13-05 | |
| 3,60 | | Andreia Grácio | S23 | | | 1 | CN23 | Pombal | 02-07 | |
| 3,58 | | Andreia Grácio | S23 | | | 4 | C. Port | Vagos | 11-06 | |
| 3,56 | | Andreia Grácio | S23 | | | 1 | | Tomar | 20-07 | |
| 3,55 | i | Beatriz Baptista | S23 | Esc. Movimento | 30-09-97 | 1 | CNCI-2 | Pombal | 19-02 | 3,34-16 |
| 3,55 | i | Andreia Grácio | S23 | | | 1 | CN23 | Pombal | 26-02 | |
| 3,55 | | Andreia Grácio | S23 | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 3,50 | i | Beatriz Baptista | S23 | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 3,50 | | Andreia Grácio | S23 | | | 2 | CNU | Faro | 14-05 | |
| 3,50 | rua | Andreia Grácio | S23 | | | 2 | | Pombal (rua) | 03-06 | |
| 3,50 | | Sandra Helena Tavares | | | | 4 | | Pontoise - Fra | 25-06 | |
| 3,45 | i | Sandra Helena Tavares | | | | 3 | | Aulnay s Bois-Fra | 14-12 | |
| 3,45 | i | Beatriz Baptista | S23 | | | 2 | T. Port | Alpiarça | 15-01 | |
| 3,45 | i | Beatriz Baptista | S23 | | | 3 | C. Port | Pombal | 11-02 | |
| 3,45 | | Andreia Grácio | S23 | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 3,45 | | Beatriz Baptista | S23 | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 3,43 | i | Beatriz Baptista | S23 | | | 2 | CN23 | Pombal | 26-02 | |
| 3,40 | i | Beatriz Baptista | S23 | | | 1 | CNU | Pombal | 05-03 | |

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|------|-----|-------------------|-----|------------------|----------|-----|-------------|----------------|-------|------------------|
| 3,40 | | Beatriz Baptista | S23 | | | 1 | C. Norte | Maia | 15-07 | |
| 3,40 | | Sara Sousa | | CS Marítimo | 14-08-93 | 1 | | Ribeira Brava | 16-07 | 3,45-13/15 |
| 3,35 | | Andreia Grácio | S23 | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 3,35 | | Sara Sousa | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 3,35 | | Sara Sousa | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 3,35 | | Bárbara Mota | Jv | AC Vermoil | 04-04-00 | 2 | CNCI-3 | Leiria | 23-07 | 3,40-16 |
| 3,30 | i | Andreia Grácio | S23 | | | 1 | | Pombal | 17-12 | |
| 3,30 | i | Bárbara Mota | Jv | | | 1 | CNJv | Pombal | 04-02 | |
| 3,30 | | Beatriz Baptista | S23 | | | 3 | CNU | Faro | 14-05 | |
| 3,25 | i | Bárbara Mota | Jv | | | 2 | A. Monteiro | Pombal | 26-02 | |
| 3,25 | | Beatriz Baptista | S23 | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 3,25 | | Carla Macedo | | ADR Água Pena | 22-10-90 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 3,20-11 |
| 3,20 | i | Beatriz Baptista | S23 | | | 1 | C. Norte | Braga | 07-01 | |
| 3,20 | | Carla Macedo | | | | 1 | | Ribeira Brava | 07-01 | |
| 3,20 | i | Bárbara Mota | Jv | | | 1 | | Pombal | 08-01 | |
| 3,20 | i | Tânia António | | Greca | 29-12-87 | 2 | CNCI-Ap | Pombal | 21-01 | 3,55-07 |
| 3,20 | i | Bárbara Mota | Jv | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 3,20 | | Sara Sousa | | | | 1 | | Ribeira Brava | 10-06 | |
| 3,20 | | Beatriz Baptista | S23 | | | 2 | CN23 | Pombal | 02-07 | |
| 3,18 | | Bárbara Mota | Jv | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 3,15 | i | Carla Macedo | | | | 4 | C. Port | Pombal | 11-02 | |
| 3,15 | | Carla Macedo | | | | 1 | | Ribeira Brava | 23-04 | |
| 3,15 | | Sara Sousa | | | | 1 | | Ribeira Brava | 21-05 | |
| 3,10 | i | Bárbara Mota | Jv | | | 1 | | Pombal | 15-01 | |
| 3,10 | i | Bárbara Mota | Jv | | | 1 | CNJ | Braga | 28-01 | |
| 3,10 | | Carla Macedo | | | | 1 | | Ribeira Brava | 18-03 | |
| 3,10 | | Sara Sousa | | | | 1 | | Ribeira Brava | 13-05 | |
| 3,10 | | Carla Macedo | | | | 2 | | Ribeira Brava | 13-05 | |
| 3,10 | rua | Bárbara Mota | Jv | | | 3 | | Pombal (rua) | 03-06 | |
| 3,06 | | Bárbara Mota | Jv | | | 3 | Go Fit | Avila - Esp | 01-07 | |
| 3,06 | | Sofia Carneiro | Jr | Maia AC | 12-03-98 | 2 | CNJ | Marinha Grande | 08-07 | 3,02-15 |
| 3,05 | i | Bárbara Mota | Jv | | | 2 | Pombal | Pombal | 04-02 | |
| 3,05 | i | Tânia António | | | | 3 | CNCI-1 | Pombal | 19-02 | |
| 3,05 | | Carla Macedo | | | | 2 | | Ribeira Brava | 21-05 | |
| 3,05 | | Tânia António | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 3,05 | | Joana Pinto | S23 | ACD Jardim Serra | 09-04-95 | 5 | CNCI-1 | Leiria | 23-07 | 2,93-16 |
| 3,00 | i | Camila Lucena | | GD Estreito | 07-08-94 | 5 | C. Port | Pombal | 11-02 | 3,30-12/13 |
| 3,00 | i | Ana Conde | Jr | Juv. Vidigalense | 13-04-98 | 6 | C. Port | Pombal | 11-02 | 3,00-16 |
| 3,00 | | Bárbara Mota | Jv | | | 4 | Lisboa | Lisboa - I | 01-05 | |
| 3,00 | | Joana Pinto | S23 | | | 2 | | Ribeira Brava | 10-06 | |
| 3,00 | | Camila Lucena | | | | 1 | | Vagos | 18-06 | |
| 3,00 | | Joana Pinto | S23 | | | 2 | | Ribeira Brava | 18-06 | |
| 3,00 | | Sofia Carneiro | Jr | | | 3 | CN23 | Pombal | 02-07 | |
| 2,96 | | Carlota Gonçalves | Jv | UFC Tomar | 14-12-01 | 2 | | Tomar | 20-07 | |
| 2,95 | i | Ana Conde | Jr | | | 2 | CNJ | Braga | 28-01 | |
| 2,95 | i | Sofia Carneiro | Jr | | | 2 | CNU | Pombal | 05-03 | |
| 2,95 | | Joana Pinto | S23 | | | 2 | | Ribeira Brava | 16-07 | |
| 2,94 | | Raquel Marques | Jr | SL Benfica | 09-06-99 | 3 | CNJ | Marinha Grande | 08-07 | |
| 2,93 | | Bárbara Mota | Jv | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 2,93 | | Sofia Carneiro | Jr | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 2,93 | | Camila Lucena | | | | 3s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 2,93 | | Tânia António | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 2,93 | | Joana Pinto | S23 | | | 4s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 2,93 | | Sofia Carneiro | Jr | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 2,93 | | Liliana Manhente | | SC Braga | 30-03-85 | 6 | CNCI-1 | Leiria | 23-07 | 2,80-08/12/14/15 |
| 2,93 | | Camila Lucena | | | | 7 | CNCI-1 | Leiria | 23-07 | |
| 2,92 | i | Ana Conde | Jr | | | 3 | CN23 | Pombal | 26-02 | |
| 2,92 | i | Joana Pinto | S23 | | | 4 | CN23 | Pombal | 26-02 | |
| 2,90 | | Carla Macedo | | | | 1ex | | Ribeira Brava | 15-01 | |
| 2,90 | | Camila Lucena | | | | 1 | | Ribeira Brava | 04-02 | |
| 2,90 | i | Ana Conde | Jr | | | 4 | CNCI-1 | Pombal | 19-02 | |
| 2,90 | i | Liliana Manhente | | | | 5 | CNCI-1 | Pombal | 19-02 | |

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|------|-----|---------------------|-----|----------------|----------|-----|-------------|----------------|-------|------------|
| 2,90 | i | Ana Conde | Jr | | | 3 | CNU | Pombal | 05-03 | |
| 2,90 | | Joana Pinto | S23 | | | 3 | | Ribeira Brava | 13-05 | |
| 2,90 | | Camila Lucena | | | | 4 | CNU | Faro | 14-05 | |
| 2,90 | | Ana Conde | Jr | | | 1 | | Marinha Grande | 20-05 | |
| 2,90 | rua | Ana Conde | Jr | | | 4 | | Pombal (rua) | 03-06 | |
| 2,90 | | Camila Lucena | | | | 3 | | Ribeira Brava | 10-06 | |
| 2,90 | | Catarina Rosa | Jr | CS Marítimo | 03-07-98 | 1 | | Ribeira Brava | 18-06 | 2,75-15/16 |
| 2,90 | | Sofia Rodrigo | Jr | UFC Tomar | 29-03-98 | 2ex | | Lisboa - I | 24-06 | |
| 2,90 | | Camila Lucena | | | | 1 | | Ribeira Brava | 02-07 | |
| 2,90 | | Sofia Rodrigo | Jr | | | 4 | CN23 | Pombal | 02-07 | |
| 2,90 | | Catarina Rosa | Jr | | | 5 | CN23 | Pombal | 02-07 | |
| 2,86 | | Carlota Gonçalves | Jv | | | 1 | CNjv | Abrantes | 24-06 | |
| 2,86 | | Carlota Gonçalves | Jv | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 2,85 | | Liliana Manhente | | | | 2 | C. Norte | Maia | 15-07 | |
| 2,82 | | Carlota Gonçalves | Jv | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 2,82 | | Catarina Rosa | Jr | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 2,81 | | Liliana Manhente | | | | 3s | CNCI-Ap | Guimarães | 28-05 | |
| 2,81 | | Sofia Rodrigo | Jr | | | 3 | | Tomar | 20-07 | |
| 2,80 | | Carla Macedo | | | | 1 | | Ribeira Brava | 11-12 | |
| 2,80 | i | Bárbara Mota | Jv | | | 2 | | Pombal | 17-12 | |
| 2,80 | | Joana Pinto | S23 | | | 2 | | Ribeira Brava | 15-01 | |
| 2,80 | i | Ana Conde | Jr | | | 3 | T. Port | Alpiarça | 15-01 | |
| 2,80 | i | Joana Pinto | S23 | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 2,80 | i | Liliana Manhente | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 2,80 | i | Ana Conde | Jr | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 2,80 | i | Sofia Carneiro | Jr | | | 3 | CNJ | Braga | 28-01 | |
| 2,80 | i | Catarina Rosa | Jr | | | 4 | CNJ | Braga | 28-01 | |
| 2,80 | | Carla Macedo | | | | 2 | | Ribeira Brava | 04-02 | |
| 2,80 | | Catarina Rosa | Jr | | | 3 | | Ribeira Brava | 04-02 | |
| 2,80 | | Joana Pinto | S23 | | | 4 | | Ribeira Brava | 04-02 | |
| 2,80 | i | Sofia Carneiro | Jr | | | 2 | CNCI-2 | Pombal | 19-02 | |
| 2,80 | | Joana Pinto | S23 | | | 2 | | Ribeira Brava | 18-03 | |
| 2,80 | | Marta Antunes | Jr | SL Benfica | 04-10-98 | 3 | V. Tavares | Faro | 13-05 | 2,70-16 |
| 2,80 | | Catarina Rosa | Jr | | | 4 | | Ribeira Brava | 13-05 | |
| 2,80 | | Sofia Carneiro | Jr | | | 5 | CNU | Faro | 14-05 | |
| 2,80 | | Bárbara Mota | Jv | | | 1 | | Pombal | 10-06 | |
| 2,80 | | Sofia Rodrigo | Jr | | | 2ex | | Lisboa - I | 16-07 | |
| 2,77 | i | Mónica Mota | S23 | AC Vermoil | 04-06-97 | 5 | CN23 | Pombal | 26-02 | 3,00-13/15 |
| 2,77 | i | Catarina Rosa | Jr | | | 6 | CN23 | Pombal | 26-02 | |
| 2,75 | | Camila Lucena | | | | 2 | | Ribeira Brava | 07-01 | |
| 2,75 | | Joana Pinto | S23 | | | 3 | | Ribeira Brava | 07-01 | |
| 2,75 | i | Joana Pinto | S23 | | | 6 | CNCI-1 | Pombal | 19-02 | |
| 2,75 | i | Sofia Carneiro | Jr | | | 3 | A. Monteiro | Pombal | 26-02 | |
| 2,75 | | Joana Pinto | S23 | | | 2 | | Ribeira Brava | 23-04 | |
| 2,75 | | Camila Lucena | | | | 3 | | Ribeira Brava | 23-04 | |
| 2,75 | | Camila Lucena | | | | 3 | | Ribeira Brava | 21-05 | |
| 2,75 | | Joana Pinto | S23 | | | 4 | | Ribeira Brava | 21-05 | |
| 2,75 | rua | Sofia Rodrigo | Jr | | | 5 | | Pombal (rua) | 03-06 | |
| 2,75 | rua | Marta Antunes | Jr | | | 6 | | Pombal (rua) | 03-06 | |
| 2,75 | | Raquel Marques | Jr | | | 3 | | Lisboa - MP | 13-06 | |
| 2,75 | | Sofia Carneiro | Jr | | | 1 | | Maia | 14-06 | |
| 2,75 | | Joana Pinto | S23 | | | 6 | CN23 | Pombal | 02-07 | |
| 2,75 | | Camila Lucena | | | | 3 | | Ribeira Brava | 16-07 | |
| 2,74 | | Bárbara Mota | Jv | | | 2 | CNjv | Abrantes | 24-06 | |
| 2,70 | | Joana Pinto | S23 | | | 2 | | Ribeira Brava | 11-12 | |
| 2,70 | i | Sofia Carneiro | Jr | | | 2 | C. Norte | Braga | 07-01 | |
| 2,70 | | Mara Magro | Ini | GD Ind Setúbal | 03-02-02 | 1 | | Setúbal | 15-01 | 2,80-16 |
| 2,70 | i | Rute Lopes | | UC Eirense | 17-02-92 | 3 | CNCI-2 | Pombal | 19-02 | 2,60i-16 |
| 2,70 | i | Carolina Pandeirada | | Grecas | 21-10-93 | 4 | CNU | Pombal | 05-03 | 2,94i-11 |
| 2,70 | i | Marta Antunes | Jr | | | 4 | CNU | Pombal | 05-03 | |
| 2,70 | i | Mónica Mota | S23 | | | 6 | CNU | Pombal | 05-03 | |
| 2,70 | | Sofia Carneiro | Jr | | | 1 | | Lousada | 23-04 | |

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|------|---|---------------------|-----|-------------------|--|----------|----|-----------|----------------|-------|---------|
| 2,70 | | Bárbara Mota | Jv | | | | 2 | | Pombal | 25-04 | |
| 2,70 | | Sofia Rodrigo | Jr | | | | 3 | | Pombal | 25-04 | |
| 2,70 | | Marta Antunes | Jr | | | | 6 | CNU | Faro | 14-05 | |
| 2,70 | | Catarina Rosa | Jr | | | | 4 | | Ribeira Brava | 10-06 | |
| 2,70 | | Sofia Rodrigo | Jr | | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 2,70 | | Sofia Carneiro | Jr | | | | 3 | C. Norte | Maia | 15-07 | |
| 2,69 | | Joana Fernandes | Jv | GD Cavadas | | 07-06-00 | 2s | CNCI-Ap | Vendas Novas | 28-05 | 2,55-16 |
| 2,69 | | Carla Macedo | | | | | 3 | CNCI-2 | Leiria | 23-07 | |
| 2,65 | i | Mónica Mota | S23 | | | | 1 | | Pombal | 28-01 | |
| 2,62 | i | Sofia Carneiro | Jr | | | | 7 | CN23 | Pombal | 26-02 | |
| 2,62 | | Diana Andrade | Jv | GD Estreito | | 07-03-01 | 3 | CNjv | Abrantes | 24-06 | |
| 2,62 | | Mara Magro | Ini | | | | 3 | CNjv | Abrantes | 24-06 | |
| 2,60 | | Catarina Rosa | Jr | | | | 4 | | Ribeira Brava | 07-01 | |
| 2,60 | | Catarina Rosa | Jr | | | | 1 | | Ribeira Brava | 15-01 | |
| 2,60 | i | Sofia Carneiro | Jr | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 2,60 | i | Sofia Rodrigo | Jr | | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 2,60 | i | Marta Antunes | Jr | | | | 2 | | Lisboa - CAR | 25-01 | |
| 2,60 | i | Marta Antunes | Jr | | | | 1 | | Lisboa - CAR | 04-02 | |
| 2,60 | i | Sara Mota | S23 | Juv. Vidigalense | | 30-07-97 | 7 | CNU | Pombal | 05-03 | 3,02-14 |
| 2,60 | | Mara Magro | Ini | | | | 1 | | Sobreda | 08-04 | |
| 2,60 | | Catarina Rosa | Jr | | | | 4 | | Ribeira Brava | 23-04 | |
| 2,60 | | Marta Antunes | Jr | | | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 2,60 | | Ana Conde | Jr | | | | 6 | Lisboa | Lisboa - I | 01-05 | |
| 2,60 | | Mara Magro | Ini | | | | 1 | | Setúbal | 13-05 | |
| 2,60 | | Ana Conde | Jr | | | | 7 | CNU | Faro | 14-05 | |
| 2,60 | | Carolina Pandeirada | | | | | 8 | CNU | Faro | 14-05 | |
| 2,60 | | Marta Antunes | Jr | | | | 4 | Fortunato | Torres Vedras | 21-05 | |
| 2,60 | | Joana Fernandes | Jv | | | | 1 | | Sobreda | 10-06 | |
| 2,60 | | Carlota Gonçalves | Jv | | | | 2 | | Pombal | 10-06 | |
| 2,60 | | Marta Antunes | Jr | | | | 4 | | Lisboa - MP | 13-06 | |
| 2,60 | | Diana Andrade | Jv | | | | 2 | | Ribeira Brava | 18-06 | |
| 2,60 | | Ana Conde | Jr | | | | 7 | CN23 | Pombal | 02-07 | |
| 2,60 | | Joana Fernandes | Jv | | | | 1 | | Setúbal | 15-07 | |
| 2,57 | | Rute Lopes | | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 2,57 | | Rute Lopes | | | | | 4 | CNCI-2 | Leiria | 23-07 | |
| 2,55 | i | Carlota Gonçalves | Jv | | | | 1 | | Pombal | 15-01 | |
| 2,55 | i | Sofia Carneiro | Jr | | | | 4 | T. Port | Alpiarça | 15-01 | |
| 2,55 | i | Marta Antunes | Jr | | | | 5 | T. Port | Alpiarça | 15-01 | |
| 2,55 | | Francisca Reis | Jv | Gira Sol | | 26-01-01 | 1 | | Vagos | 02-07 | |
| 2,55 | | Ana Conde | Jr | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 2,55 | | Joana Fernandes | Jv | | | | 8 | CNJ | Marinha Grande | 08-07 | |
| 2,55 | | Berenice Vila | Jr | Esc. Movimento | | 06-04-99 | 4 | C. Norte | Maia | 15-07 | 2,70-16 |
| 2,50 | i | Sara Mota | Jr | | | | 3 | | Pombal | 17-12 | |
| 2,50 | i | Mónica Mota | S23 | | | | 4 | | Pombal | 17-12 | |
| 2,50 | i | Sofia Rodrigo | Jr | | | | 1 | | Pombal | 07-01 | |
| 2,50 | i | Fátima Silva | Jr | CD Póvoa | | 01-05-98 | 3 | C. Norte | Braga | 07-01 | 2,57-16 |
| 2,50 | i | Catarina Barbosa | S23 | ACR Sra. Desterro | | 22-02-96 | 8 | CNU | Pombal | 05-03 | |
| 2,50 | | Mara Magro | Ini | | | | 1 | | Sobreda | 18-03 | |
| 2,50 | | Carlota Gonçalves | Jv | | | | 4 | | Pombal | 25-04 | |
| 2,50 | | Diana Andrade | Jv | | | | 1 | | Ribeira Brava | 13-05 | |
| 2,50 | | Diana Andrade | Jv | | | | 5 | | Ribeira Brava | 10-06 | |
| 2,50 | | Carla Rodrigues | Ini | SL Benfica | | 12-04-02 | 1 | | Lisboa - MP | 15-06 | |
| 2,50 | | Francisca Reis | Jv | | | | 5 | CNjv | Abrantes | 24-06 | |
| 2,50 | | Adriana Gonçalves | Jv | CA Mar. Grande | | 11-10-01 | 6 | CNjv | Abrantes | 24-06 | |
| 2,50 | | Leonor Suzano | Jv | Maia AC | | 15-05-01 | 7 | CNjv | Abrantes | 24-06 | |

Comprimento / Long Jump – 5,80 - 5,10

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|-----|---------------------|-----|------------------|-----|----------|----|-----------|-----------------|-------|----------|
| 6,56 | i | Yariadmis Arguelles | | SL Benfica | CUB | 18-04-84 | 1 | Chamartin | Madrid - Esp | 02-02 | 6,70A-15 |
| 6,47 | 0,8 | Evelise Veiga | S23 | Juv. Vidigalense | | 03-03-96 | 1 | CN23 | Pombal | 01-07 | 6,22i-16 |
| 6,43 | 1,0 | Evelise Veiga | S23 | | | | 5 | CE23 | Bydgoszcz - Pol | 16-07 | |

| | | | | | | | | | | | |
|------|------|------------------------|-----|-------------|-----|----------|-----|------------|--------------------|-------|----------|
| 6,42 | 0,9 | Evelise Veiga | S23 | | | | 5q | CE23 | Bydgoszcz - Pol | 15-07 | |
| 6,40 | 0,9 | Yariadmis Arguelles | | | CUB | | 4 | | Salamanca - Esp | 03-06 | |
| 6,39 | 0,9 | Yariadmis Arguelles | | | CUB | | 1 | | Vigo - Esp | 01-07 | |
| 6,36 | i | Yariadmis Arguelles | | | CUB | | 1 | Pombal | Pombal | 04-02 | |
| 6,36 | 1,9 | Evelise Veiga | S23 | | | | 2 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 6,36 | 0,6 | Yariadmis Arguelles | | | CUB | | 1 | Caceres | Plasencia - Esp | 28-06 | |
| 6,32 | 0,0 | Evelise Veiga | S23 | | | | 6 | | Salamanca - Esp | 03-06 | |
| 6,29 | -0,1 | Yariadmis Arguelles | | | CUB | | 1 | Guarda | Guarda | 07-07 | |
| 6,28 | i | Patrícia Mamona | | Sporting CP | | 21-11-88 | 1 | CNCI-1 | Pombal | 18-02 | 6,21-09 |
| 6,24 | 0,9 | Marisa Vaz Carvalho | Jr | SL Benfica | | 15-11-99 | 2 | CN23 | Pombal | 01-07 | 6,24-16 |
| 6,23 | i | Evelise Veiga | S23 | | | | 2 | CNCI-1 | Pombal | 18-02 | |
| 6,21 | i | Evelise Veiga | S23 | | | | 1 | M. Pereira | Lisboa - CAR | 07-01 | |
| 6,20 | 0,8 | Evelise Veiga | S23 | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 6,20 | 1,9 | Evelise Veiga | S23 | | | | 1 | C. Port | Vagos | 10-06 | |
| 6,20 | -0,7 | Yariadmis Arguelles | | | CUB | | 1 | SLB | Lisboa - I | 17-06 | |
| 6,20 | 1,9 | Teresa Carvalho | S23 | SL Benfica | | 03-01-95 | 14q | CE23 | Bydgoszcz - Pol | 15-07 | 6,52-14 |
| 6,18 | i | Evelise Veiga | S23 | | | | 3 | | Sabadell - Esp | 07-02 | |
| 6,15 | -2,1 | Teresa Carvalho | S23 | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 6,15 | 1,6 | Marisa Vaz Carvalho | Jr | | | | 1 | Lx/Md | Lisboa - I | 29-07 | |
| 6,13 | 1,3 | Marisa Vaz Carvalho | Jr | | | | Hep | | Arona - Esp | 04-06 | |
| 6,11 | i | Evelise Veiga | S23 | | | | 1 | C. Port | Pombal | 11-02 | |
| 6,10 | i | Evelise Veiga | S23 | | | | 2 | Pombal | Pombal | 04-02 | |
| 6,09 | i | Evelise Veiga | S23 | | | | 1 | | Pombal | 29-01 | |
| 6,09 | -0,3 | Marisa Vaz Carvalho | Jr | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 6,07 | 0,0 | Evelise Veiga | S23 | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 6,07 | 1,1 | Marisa Vaz Carvalho | Jr | | | | 16q | CE Jr | Grosseto - Ita | 22-07 | |
| 6,06 | i | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Pen | C. Fra | Bordeus - Fra | 19-02 | 6,13-15 |
| 6,06 | i | Evelise Veiga | S23 | | | | 1 | CN23 | Pombal | 25-02 | |
| 6,06 | 0,8 | Lecabela Quaresma | | | | | Hep | | Kladno - Cze | 18-06 | |
| 6,06 | 0,4 | Yariadmis Arguelles | | | CUB | | 1 | | Lisboa - I | 15-07 | |
| 6,05 | 2,0 | Marisa Vaz Carvalho | Jr | | | | 3 | C. Port | Vagos | 10-06 | |
| 6,05 | 0,7 | Teresa Carvalho | S23 | | | | 2 | SLB | Lisboa - I | 17-06 | |
| 6,02 | i | Marisa Vaz Carvalho | Jr | | | | Pen | C. Port | Pombal | 12-02 | |
| 6,01 | i | Evelise Veiga | S23 | | | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 5,98 | 0,6 | Teresa Carvalho | S23 | | | | 1 | V. Tavares | Faro | 13-05 | |
| 5,97 | i | Marisa Vaz Carvalho | Jr | | | | 3 | CNCI-1 | Pombal | 18-02 | |
| 5,96 | 1,7 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 1s | CNCI-Ap | Ribeira Brava | 27-05 | 5,78i-16 |
| 5,95 | i | Teresa Carvalho | S23 | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 5,94 | 1,6 | Shaina Anthony Mags | | Sporting CP | | 11-04-92 | 4 | C. Port | Vagos | 10-06 | 6,40i-14 |
| 5,93 | 0,0 | Jessica Barreira | S23 | Sporting CP | | 29-01-97 | Hep | | Tucson - Usa | 07-04 | 6,10-14 |
| 5,91 | i | Lecabela Quaresma | | | | | 3 | | Lyon - Fra | 04-02 | |
| 5,90 | i | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 3 | Pombal | Pombal | 04-02 | 6,20-14 |
| 5,90 | i | Teresa Carvalho | S23 | | | | 1 | CNU | Pombal | 05-03 | |
| 5,88 | -0,9 | Lecabela Quaresma | | | | | Hep | C. Mundo | Londres - Gbr | 06-08 | |
| 5,87 | i | Marisa Vaz Carvalho | Jr | | | | 1 | T. Port | Alpiarça | 15-01 | |
| 5,87 | i | Marisa Vaz Carvalho | Jr | | | | 4 | | Sabadell - Esp | 07-02 | |
| 5,86 | -0,7 | Teresa Carvalho | S23 | | | | 2 | Guarda | Guarda | 07-07 | |
| 5,85 | i | Ana Margarida Oliveira | S23 | | | | 1 | | Pombal | 29-01 | |
| 5,85 | 0,3 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 20-05 | |
| 5,84 | -0,9 | Rosalina Santos | Jr | | RSA | | 3 | SLB | Lisboa - I | 17-06 | |
| 5,84 | 2,0 | Rosalina Santos | Jr | | RSA | | 1ex | CNJ | Marinha Grande | 08-07 | |
| 5,82 | i | Lecabela Quaresma | | | | | 1 | | Val de Reuil - Fra | 07-01 | |
| 5,82 | i | Lecabela Quaresma | | | | | Pen | C. Europa | Belgrado - Srb | 03-03 | |
| 5,82 | -1,4 | Teresa Carvalho | S23 | | | | 1 | CNU | Faro | 14-05 | |
| 5,81 | i | Jessica Barreira | S23 | | | | 3 | | Flagstaff - Usa | 17-02 | |
| 5,80 | i | Jessica Barreira | S23 | | | | 6 | | Seattle - Usa | 24-02 | |
| 5,80 | 2,0 | Ana Margarida Oliveira | S23 | | | | 5 | C. Port | Vagos | 10-06 | |
| 5,79 | i | Ana Margarida Oliveira | S23 | | | | Pen | | Pombal | 15-01 | |
| 5,79 | 1,7 | Lecabela Quaresma | | | | | 1 | | Sotteville - Fra | 07-05 | |
| 5,79 | 1,3 | Lucinda Gomes | S23 | Sporting CP | | 16-04-95 | 3 | CN23 | Pombal | 01-07 | 6,12-14 |
| 5,79 | 0,9 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 15-07 | |
| 5,78 | 1,9 | Lucinda Gomes | S23 | | | | 9 | | Salamanca - Esp | 03-06 | |

| | | | | | | | | | | | |
|------|------|------------------------|-----|------------------|-----|----------|-----|------------|-------------------|-------|----------|
| 5,76 | -2,8 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 06-01 | |
| 5,76 | i | Shaina Anthony Mags | | | | | 2 | M. Pereira | Lisboa - CAR | 07-01 | |
| 5,76 | i | Andreia Gomes | Jr | Sporting CP | | 27-06-98 | 3 | M. Pereira | Lisboa - CAR | 07-01 | 5,76-16 |
| 5,76 | 1,2 | Lecabela Quaresma | | | | | Hep | ETC - 1 | Monzon - Esp | 02-07 | |
| 5,75 | 0,1 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 13-01 | |
| 5,75 | i | Rosalina Santos | Jr | | RSA | | 2ex | C. Port | Pombal | 11-02 | |
| 5,75 | 1,1 | Lucinda Gomes | S23 | | | | 2 | | Lisboa - I | 15-06 | |
| 5,73 | i | Shaina Anthony Mags | | | | | 2 | T. Port | Alpiarça | 15-01 | |
| 5,73 | 1,2 | Lucinda Gomes | S23 | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 5,73 | 0,7 | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 1 | | Lisboa - I | 24-06 | 5,76i-16 |
| 5,73 | 0,0 | Anabela Neto | | Sporting CP | | 25-03-91 | 3 | Guarda | Guarda | 07-07 | 5,62-15 |
| 5,72 | i | Ana Margarida Oliveira | S23 | | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 5,72 | i | Lucinda Gomes | S23 | | | | 2 | CN23 | Pombal | 25-02 | |
| 5,72 | 1,5 | Catarina Fernandes | Jr | | | | Hep | ETC - 1 | Monzon - Esp | 02-07 | |
| 5,71 | i | Suzana Cruz | Jr | CA Mar. Grande | | 12-11-98 | 3 | CNCI-Ap | Pombal | 22-01 | 5,74i-16 |
| 5,71 | -1,4 | Shaina Anthony Mags | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 5,70 | -0,2 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 4 | SLB | Lisboa - I | 17-06 | 5,78-16 |
| 5,69 | i | Jessica Barreira | S23 | | | | 5 | | Flagstaff - Usa | 13-01 | |
| 5,69 | 0,2 | Fatmata Baldé | Jv | CAS Manique | GBS | 29-07-00 | 1 | OJ | Braga | 03-06 | 5,19-16 |
| 5,69 | 0,9 | Rositinay Mata | Jr | GD Cavadas | STP | 29-01-99 | 4ex | CN23 | Pombal | 01-07 | 5,60-14 |
| 5,68 | -0,7 | Rosalina Santos | Jr | | RSA | | Pen | | Ribeira Brava | 10-12 | |
| 5,67 | i | Rosalina Santos | Jr | | RSA | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 5,67 | 0,6 | Anabela Neto | | | | | Hep | | Luso | 07-05 | |
| 5,66 | i | Suzana Cruz | Jr | | | | 2 | C. Port | Pombal | 11-02 | |
| 5,65 | 0,0 | Jessica Barreira | S23 | | | | 10 | | Tempe - Usa | 18-03 | |
| 5,65 | 0,0 | Suzana Cruz | Jr | | | | 3 | Lisboa | Lisboa - I | 01-05 | |
| 5,65 | 0,2 | Rafaela Vitorino | S23 | Individual - Lx | | 18-08-95 | Hep | CE23 | Bydgoszcz - Pol | 14-07 | 5,66-15 |
| 5,64 | i | Lucinda Gomes | S23 | | | | 3 | C. Port | Pombal | 11-02 | |
| 5,64 | 0,0 | Rafaela Vitorino | S23 | | | | Hep | T. Nac | Luso | 21-05 | |
| 5,64 | 0,1 | Rafaela Vitorino | S23 | | | | Hep | ETC - 1 | Monzon - Esp | 02-07 | |
| 5,64 | -2,4 | Rosalina Santos | Jr | | RSA | | 3 | CNCI-1 | Leiria | 22-07 | |
| 5,63 | i | Suzana Cruz | Jr | | | | 1 | CNJ | Braga | 28-01 | |
| 5,63 | 0,1 | Rositinay Mata | Jr | | STP | | 1 | | Setúbal | 18-06 | |
| 5,62 | i | Catarina Queirós | Jr | | | | 3 | CN23 | Pombal | 25-02 | |
| 5,62 | 1,8 | Catarina Karas | Jv | Sporting CP | | 23-05-00 | 1 | CNjv | Abrantes | 24-06 | 5,66-16 |
| 5,61 | i | Catarina Fernandes | Jr | | | | 4 | M. Pereira | Lisboa - CAR | 07-01 | |
| 5,61 | i | Andreia Gomes | Jr | | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 5,61 | 0,9 | Tânia Carvalho | S23 | SL Benfica | | 18-10-97 | 4 | Lisboa | Lisboa - I | 01-05 | 5,71-16 |
| 5,61 | 0,0 | Suzana Cruz | Jr | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 5,60 | i | Lecabela Quaresma | | | | | Pen | | Mondeville - Fra | 18-12 | |
| 5,60 | i | Jessica Barreira | S23 | | | | 5 | | College St. - Usa | 21-01 | |
| 5,60 | i | Suzana Cruz | Jr | | | | 4 | CN23 | Pombal | 25-02 | |
| 5,60 | 0,1 | Catarina Fernandes | Jr | | | | Hep | CE Jr | Grosseto - Ita | 21-07 | |
| 5,59 | 1,9 | Catarina Karas | Jv | | | | 2 | Go Fit | Avila - Esp | 01-07 | |
| 5,59 | 1,3 | Fatmata Baldé | Jv | | GBS | | 1 | CNJ | Marinha Grande | 08-07 | |
| 5,59 | 1,7 | Andreia Nicolau | | CA Seia | | 01-02-91 | 7 | Avila | Avila - Esp | 15-07 | 5,70-16 |
| 5,59 | 0,0 | Teresa Carvalho | S23 | | | | 4 | CNCI-1 | Leiria | 22-07 | |
| 5,59 | 0,9 | Mariana Bento | Jv | Sporting CP | | 22-11-01 | 11q | FOJE | Gyor - Hun | 24-07 | |
| 5,58 | i | Jessica Barreira | S23 | | | | Pen | | Lincoln - Usa | 03-02 | |
| 5,58 | i | Catarina Karas | Jv | | | | 1 | CNJv | Pombal | 04-02 | |
| 5,58 | i | Catarina Queirós | Jr | | | | Pen | C. Port | Pombal | 12-02 | |
| 5,57 | i | Vanessa Rocha | | GA Fátima | | 02-01-90 | 4 | CNCI-1 | Pombal | 18-02 | 5,78-12 |
| 5,57 | -0,6 | Lucinda Gomes | S23 | | | | 3 | V. Tavares | Faro | 13-05 | |
| 5,56 | i | Tânia Carvalho | S23 | | | | 4 | Pombal | Pombal | 04-02 | |
| 5,56 | i | Catarina Fernandes | Jr | | | | 4 | C. Port | Pombal | 11-02 | |
| 5,56 | i | Sofia Duarte | S23 | Sporting CP | | 07-11-96 | 2 | CNU | Pombal | 05-03 | 5,29i-15 |
| 5,56 | 0,7 | Fatmata Baldé | Jv | | GBS | | 1 | CN DE | Maia | 20-05 | |
| 5,55 | i | Anabela Neto | | | | | Pen | C. Norte | Braga | 18-12 | |
| 5,55 | 0,0 | Jessica Barreira | S23 | | | | 8 | | Tempe - Usa | 25-03 | |
| 5,54 | i | Raquel Marques | Jr | SL Benfica | | 09-06-99 | 5 | CN23 | Pombal | 25-02 | 5,56-16 |
| 5,54 | i | Suzana Cruz | Jr | | | | 3 | CNU | Pombal | 05-03 | |
| 5,54 | 2,0 | Lucinda Gomes | S23 | | | | 7 | C. Port | Vagos | 10-06 | |

| | | | | | | | | | | | |
|------|------|------------------------|-----|-------------------|----------|--|-----|------------|----------------|-------|------------|
| 5,54 | 1,8 | Raquel Marques | Jr | | | | 4 | CN23 | Pombal | 01-07 | |
| 5,54 | 0,6 | Suzana Cruz | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 5,53 | i | Tânia Carvalho | S23 | | | | 5 | C. Port | Pombal | 11-02 | |
| 5,53 | 1,0 | Cláudia Rodrigues | | ACR Sra. Desterro | 11-11-89 | | 3s | CNCI-Ap | Fátima | 27-05 | 5,90-13 |
| 5,53 | 0,1 | Raquel Marques | Jr | | | | 2 | | Lisboa - I | 24-06 | |
| 5,52 | i | Valeriya Semenikhina | Jr | SL Benfica | 19-05-99 | | 5 | Chamartin | Madrid - Esp | 02-02 | 5,55-13/14 |
| 5,52 | i | Catarina Fernandes | Jr | | | | Pen | C. Port | Pombal | 12-02 | |
| 5,52 | i | Valeriya Semenikhina | Jr | | | | 6 | CN23 | Pombal | 25-02 | |
| 5,52 | 1,9 | Eduarda Ferreira | Jv | Juv. Vidigalense | 25-04-01 | | 1 | | Pombal | 11-06 | 5,51-16 |
| 5,51 | i | Catarina Fernandes | Jr | | | | 5 | Pombal | Pombal | 04-02 | |
| 5,51 | i | Andreia Gomes | Jr | | | | 6 | C. Port | Pombal | 11-02 | |
| 5,51 | 0,0 | Carla Rodrigues | Ini | SL Benfica | 12-04-02 | | 2 | CN DE | Maia | 20-05 | |
| 5,51 | -0,2 | Ana Margarida Oliveira | S23 | | | | Hep | T. Nac | Luso | 21-05 | |
| 5,51 | 0,3 | Rositinay Mata | Jr | | STP | | 3ex | | Lisboa - I | 24-06 | |
| 5,50 | 2,0 | Suzana Cruz | Jr | | | | 6 | C. Port | Vagos | 10-06 | |
| 5,49 | 1,6 | Vanessa Rocha | | | | | 1 | | Évora | 15-01 | |
| 5,49 | i | Vanessa Rocha | | | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 5,49 | i | Suzana Cruz | Jr | | | | 6 | Pombal | Pombal | 04-02 | |
| 5,49 | 1,7 | Mariana Bento | Jv | | | | 1 | | Lisboa - MP | 20-05 | |
| 5,49 | 1,3 | Raquel Marques | Jr | | | | 4 | | Lisboa - I | 15-06 | |
| 5,48 | i | Suzana Cruz | Jr | | | | 1 | | Pombal | 17-12 | |
| 5,48 | i | Daniela Ferreira | | Juv. Vidigalense | 22-06-89 | | Pen | C. Port | Pombal | 12-02 | 5,52i-14 |
| 5,48 | -2,1 | Ana Margarida Oliveira | S23 | | | | 1 | | Fátima | 22-04 | |
| 5,48 | 1,0 | Andreia Nicolau | | | | | 4 | Guarda | Guarda | 07-07 | |
| 5,48 | 1,6 | Catarina Fernandes | Jr | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 5,48 | 0,9 | Erica Gomes | | Sporting CP | 09-05-94 | | 2 | CM IPC | Londres - Gbr | 17-07 | 5,15-11 |
| 5,47 | -0,9 | Mariana Novo | Jv | AC Póvoa Varzim | 18-05-00 | | 3 | CN DE | Maia | 20-05 | 5,14-16 |
| 5,46 | i | Catarina Queirós | Jr | | | | 3 | T. Port | Alpiarça | 15-01 | |
| 5,46 | -2,3 | Ana Margarida Oliveira | S23 | | | | Hep | | Rio Maior | 30-04 | |
| 5,46 | 0,0 | Valeriya Semenikhina | Jr | | | | Hep | | Rio Maior | 30-04 | |
| 5,46 | 0,7 | Mariana Novo | Jv | | | | 1 | | Maia | 13-05 | |
| 5,45 | i | Andreia Nicolau | | | | | Pen | C. Port | Pombal | 12-02 | |
| 5,45 | i | Carolina Ribeiro | Jv | GA Fátima | 13-01-00 | | Pen | T. Iberico | Pombal | 04-03 | 5,50i-16 |
| 5,45 | -0,3 | Margarida Figueiredo | Jv | S. Viseu Bf | 14-03-01 | | 4 | CN DE | Maia | 20-05 | 5,10-16 |
| 5,45 | 2,0 | Andreia Grácio | S23 | Juv. Vidigalense | 17-09-96 | | 5 | CN23 | Pombal | 01-07 | 5,56-16 |
| 5,44 | i | Catarina Karas | Jv | | | | 2 | | Pombal | 17-12 | |
| 5,44 | i | Bárbara Silva | Jr | ACD Jardim Serra | 25-02-99 | | Pen | CNJ | Braga | 29-01 | 5,52i-16 |
| 5,44 | -2,8 | Tânia Carvalho | S23 | | | | 5 | SLB | Lisboa - I | 17-06 | |
| 5,44 | 0,0 | Carolina Ribeiro | Jv | | | | Hep | CNjv | Abrantes | 25-06 | |
| 5,44 | 0,6 | Fatmata Baldé | Jv | | GBS | | 3 | | Lisboa - I | 15-07 | |
| 5,43 | -4,9 | Catarina Queirós | Jr | | | | 1 | | Maia | 06-05 | |
| 5,43 | -1,7 | Valeriya Semenikhina | Jr | | | | 4 | V. Tavares | Faro | 13-05 | |
| 5,43 | 0,8 | Tânia Carvalho | S23 | | | | 4 | | Lisboa - I | 24-06 | |
| 5,43 | 2,0 | Juliana Brites | Jv | Juv. Vidigalense | 22-04-00 | | 4 | CNjv | Abrantes | 24-06 | 5,37-15 |
| 5,42 | 1,9 | Raquel Marques | Jr | | | | 1 | | Lisboa - MP | 04-02 | |
| 5,42 | i | Scarlett Saleiro | Jr | CA Mazarefes | 27-05-98 | | 7 | C. Port | Pombal | 11-02 | 5,79-16 |
| 5,42 | 0,9 | Mariana Bento | Jv | | | | 3 | | Lisboa - MP | 15-06 | |
| 5,42 | 1,5 | Juliana Brites | Jv | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 5,42 | 1,6 | Lucinda Gomes | S23 | | | | 3 | | Lisboa - I | 24-06 | |
| 5,41 | 1,8 | Margarida Figueiredo | Jv | | | | 5 | CNjv | Abrantes | 24-06 | |
| 5,41 | 1,0 | Fatmata Baldé | Jv | | GBS | | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 5,40 | i | Bárbara Silva | Jr | | | | 1 | CNCI-Ap | Braga | 21-01 | |
| 5,40 | -0,2 | Mariana Bento | Jv | | | | 1 | | Massamá | 25-03 | |
| 5,40 | -1,5 | Jennifer Gomes | S23 | Grecas | 21-03-95 | | Hep | | Luso | 07-05 | 5,35-12 |
| 5,40 | -0,7 | Tânia Carvalho | S23 | | | | 5 | V. Tavares | Faro | 13-05 | |
| 5,40 | 1,2 | Bárbara Silva | Jr | | | | 2s | CNCI-Ap | Ribeira Brava | 27-05 | |
| 5,40 | 0,0 | Rositinay Mata | Jr | | STP | | 1 | | Setúbal | 16-07 | |
| 5,39 | 0,6 | Eduarda Ferreira | Jv | | | | Hep | | Pombal | 23-04 | |
| 5,39 | 1,0 | Fatmata Baldé | Jv | | GBS | | 1 | DE | Lisboa - I | 26-04 | |
| 5,39 | 0,2 | Sofia Duarte | S23 | | | | 5 | | Lisboa - I | 15-07 | |
| 5,38 | 1,5 | Bárbara Silva | Jr | | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 5,37 | -1,0 | Bárbara Silva | Jr | | | | 2 | | Ribeira Brava | 06-01 | |

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|------|------|----------------------|-----|----------------|-----|----------|-----|-------------|-------------------|-------|---------|
| 5,37 | i | Andreia Gomes | Jr | | | | 4 | T. Port | Alpiarça | 15-01 | |
| 5,37 | -1,1 | Mariana Bento | Jv | | | | 1 | | Lisboa - MP | 13-05 | |
| 5,37 | 1,4 | Mariana Costa | Jv | SC Braga | | 18-04-01 | 6 | CNjv | Abrantes | 24-06 | |
| 5,36 | i | Lucinda Gomes | S23 | | | | 5 | M. Pereira | Lisboa - CAR | 07-01 | |
| 5,36 | i | Raquel Marques | Jr | | | | 2 | CNJ | Braga | 28-01 | |
| 5,36 | i | Cláudia Rodrigues | | | | | 5 | CNCI-1 | Pombal | 18-02 | |
| 5,36 | 2,0 | Fatmata Baldé | Jv | | GBS | | 1 | | Lisboa - MP | 15-06 | |
| 5,36 | 1,1 | Mariana Novo | Jv | | | | 1 | C. Norte Jr | Braga | 18-06 | |
| 5,35 | -2,1 | Fatmata Baldé | Jv | | GBS | | 2 | | Lisboa - MP | 13-05 | |
| 5,34 | i | Raquel Marques | Jr | | | | 6 | M. Pereira | Lisboa - CAR | 07-01 | |
| 5,34 | i | Eduarda Ferreira | Jv | | | | 1 | A. Monteiro | Pombal | 26-02 | |
| 5,34 | i | Eduarda Ferreira | Jv | | | | Pen | T. Iberico | Pombal | 04-03 | |
| 5,34 | 0,0 | Rositinay Mata | Jr | | STP | | Hep | | Sobreda | 07-05 | |
| 5,34 | 1,0 | Mariana Novo | Jv | | | | 3 | CNjv | Abrantes | 24-06 | |
| 5,33 | i | Raquel Marques | Jr | | | | PT | T. Nac | Lisboa - CAR | 08-01 | |
| 5,33 | -0,9 | Catarina Fernandes | Jr | | | | 5 | Lisboa | Lisboa - I | 01-05 | |
| 5,33 | -1,5 | Bárbara Mota | Jv | AC Vermoil | | 04-04-00 | 5 | CN DE | Maia | 20-05 | |
| 5,33 | 1,7 | Cláudia Teixeira | Jv | CA Mazarefes | | 06-10-00 | 7 | CNjv | Abrantes | 24-06 | |
| 5,33 | 1,9 | Bruna Varela | S23 | Gira Sol | | 15-04-97 | 6ex | | Lisboa - I | 24-06 | 5,36-16 |
| 5,33 | -0,9 | Bárbara Silva | Jr | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 5,32 | -0,4 | Raquel Marques | Jr | | | | 1 | | Lisboa - MP | 26-11 | |
| 5,32 | i | Juliana Brites | Jv | | | | Pen | T. Iberico | Pombal | 04-03 | |
| 5,32 | -0,1 | Mariana Costa | Jv | | | | 1 | | Braga | 13-05 | |
| 5,32 | 0,2 | Mariana Bento | Jv | | | | Hep | CNjv | Abrantes | 25-06 | |
| 5,32 | 1,2 | Tânia Carvalho | S23 | | | | 6 | CN23 | Pombal | 01-07 | |
| 5,32 | 0,9 | Mariana Novo | Jv | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 5,31 | 0,2 | Catarina Fernandes | Jr | | | | 1 | | Lisboa - MP | 15-01 | |
| 5,31 | i | Valeryia Semenikhina | Jr | | | | 5 | T. Port | Alpiarça | 15-01 | |
| 5,31 | 0,2 | Mariana Bento | Jv | | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 5,30 | -1,0 | Raquel Marques | Jr | | | | Hep | | Rio Maior | 30-04 | |
| 5,29 | i | Carolina Ribeiro | Jv | | | | 1 | | Alpiarça | 17-12 | |
| 5,29 | i | Cláudia Rodrigues | | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 5,29 | i | Bárbara Silva | Jr | | | | 7 | Pombal | Pombal | 04-02 | |
| 5,29 | -0,5 | Eduarda Ferreira | Jv | | | | 1 | | Pombal | 13-05 | |
| 5,29 | 0,7 | Mariana Novo | Jv | | | | 1 | | Maia | 11-06 | |
| 5,29 | -1,0 | Cláudia Teixeira | Jv | | | | 1 | | Viana do Castelo | 13-06 | |
| 5,29 | 0,4 | Elisa Freitas | | GD Estreito | | 06-11-94 | 1 | | Ribeira Brava | 17-06 | 5,10-16 |
| 5,29 | 0,8 | Milena Lucena | Ini | GD Estreito | | 03-09-02 | 1 | | Ribeira Brava | 17-06 | |
| 5,29 | 0,9 | Mariana Costa | Jv | | | | 2 | C. Norte Jr | Braga | 18-06 | |
| 5,29 | 1,1 | Maria Inês Teixeira | Ini | CA Mar. Grande | | 12-02-02 | 8 | CNjv | Abrantes | 24-06 | |
| 5,29 | 0,3 | Carla Rodrigues | Ini | | | | Hep | CNjv | Abrantes | 25-06 | |
| 5,28 | i | Bárbara Silva | Jr | | | | 6 | CNCI-1 | Pombal | 18-02 | |
| 5,28 | -1,1 | Carolina Ribeiro | Jv | | | | 4s | CNCI-Ap | Fátima | 27-05 | |
| 5,28 | 1,7 | Eduarda Ferreira | Jv | | | | 3 | OJ | Braga | 03-06 | |
| 5,27 | i | Carolina Ribeiro | Jv | | | | Pen | CNjv | Pombal | 05-02 | |
| 5,27 | 1,5 | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | TT | | Coimbra - ECC | 11-02 | 5,35-16 |
| 5,27 | i | Sónia Marques | | SC Braga | | 06-07-86 | 7 | CNCI-1 | Pombal | 18-02 | 5,77-05 |
| 5,26 | 0,9 | Patricia Rodrigues | Jr | SL Benfica | | 24-02-99 | 2 | | Évora | 15-01 | 5,65-15 |
| 5,26 | -1,1 | Mariana Novo | Jv | | | | 1 | CN DE | Maia | 21-05 | |
| 5,26 | -0,2 | Rositinay Mata | Jr | | STP | | 2s | CNCI-Ap | Vendas Novas | 27-05 | |
| 5,26 | 0,0 | Mariana Costa | Jv | | | | 4 | OJ | Braga | 03-06 | |
| 5,26 | 0,7 | Margarida Figueiredo | Jv | | | | 5 | OJ | Braga | 03-06 | |
| 5,26 | 1,8 | Maria João Esteves | Jv | CA Mar. Grande | | 13-02-01 | 2 | | Pombal | 11-06 | |
| 5,26 | 0,8 | Ana Filipe | Jr | AC Mocidade-Aç | | 28-08-99 | 3 | CM IPC | Londres - Gbr | 17-07 | 5,11-16 |
| 5,25 | i | Jennifer Gomes | S23 | | | | Pen | C. Norte | Braga | 18-12 | |
| 5,25 | i | Patricia Rodrigues | Jr | | | | 7 | CN23 | Pombal | 25-02 | |
| 5,25 | 1,5 | Elena Furk | Ini | AC Mocidade-Aç | | 10-02-03 | 1 | | Angra do Heroísmo | 29-04 | |
| 5,25 | 0,4 | Mariana Novo | Jv | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 5,25 | 1,3 | Juliana Brites | Jv | | | | 3 | | Pombal | 10-06 | |
| 5,25 | 2,0 | Andreia Gomes | Jr | | | | 9 | C. Port | Vagos | 10-06 | |
| 5,25 | 0,9 | Bárbara Silva | Jr | | | | 13 | CM Esc | Nancy - Fra | 26-06 | |
| 5,25 | -0,6 | Mariana Novo | Jv | | | | 1 | C. Norte | Maia | 16-07 | |

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|------|------|----------------------|-----|-------------------|-----|----------|------|-------------|----------------|-------|----------|
| 5,24 | -0,7 | Maria João Esteves | Jv | | | | 2 | | Pombal | 13-05 | |
| 5,24 | 0,0 | Raquel Marques | Jr | | | | 6 | V. Tavares | Faro | 13-05 | |
| 5,24 | -1,7 | Carla Rodrigues | Ini | | | | 2 | CN DE | Maia | 21-05 | |
| 5,24 | 0,8 | Margarida Figueiredo | Jv | | | | 8 | CNJ | Marinha Grande | 08-07 | |
| 5,23 | i | Catarina Queirós | Jr | | | | 1 | | Braga | 03-12 | |
| 5,23 | i | Fatmata Baldé | Jv | | GBS | | 3 | CNJv | Pombal | 04-02 | |
| 5,23 | i | Eduarda Ferreira | Jv | | | | Pen | CNJv | Pombal | 05-02 | |
| 5,23 | i | Fabiana Ferreira | S23 | Greca | | 29-03-95 | 4 | CNU | Pombal | 05-03 | 5,28i-16 |
| 5,23 | -0,1 | Carolina Ribeiro | Jv | | | | 1 | | Rio Maior | 13-05 | |
| 5,23 | -1,1 | Carolina Neves | Jv | GA Fátima | | 27-01-01 | 2 | | Rio Maior | 13-05 | |
| 5,23 | 1,7 | Eduarda Ferreira | Jv | | | | 2 | CNJv | Abrantes | 24-06 | |
| 5,23 | 1,4 | Rositinay Mata | Jr | | STP | | 10ex | CNJ | Marinha Grande | 08-07 | |
| 5,22 | 1,2 | Carolina Coutinho | Ini | EC+S Lavra | | 12-02-03 | 1 | | Maia | 13-05 | |
| 5,22 | 0,7 | Jerusa Semedo | Jv | JUN Ideal | | 24-03-01 | 2 | | Braga | 13-05 | |
| 5,22 | 1,2 | Bruna Varela | S23 | | | | 1ex | | Abrantes | 20-05 | |
| 5,22 | -1,8 | Andreia Nicolau | | | | | 1 | | Guarda | 27-05 | |
| 5,22 | 0,6 | Sónia Marques | | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 5,22 | 1,9 | Maria Miguel Andrade | Ini | JUN Ideal | | 25-08-03 | 1 | OJ | Braga | 03-06 | |
| 5,22 | 0,9 | Ana Rita Silva | Jv | JA Mozelense | | 20-12-00 | 6 | OJ | Braga | 03-06 | 5,25-16 |
| 5,22 | 0,0 | Catarina Lourenço | Jv | CAS Manique | | 12-02-00 | 11 | CM Esc | Nancy - Fra | 26-06 | |
| 5,22 | -1,3 | Yolanda Xavier | | ACR Sra. Desterro | UKR | 21-01-94 | 6 | CNCI-1 | Leiria | 22-07 | 5,38-15 |
| 5,22 | 1,7 | Sara Moreira | Jv | C+S Lavra | | 22-01-01 | Hep | BA | Leiria | 30-07 | |
| 5,21 | i | Rositinay Mata | Jr | | STP | | 7 | M. Pereira | Lisboa - CAR | 07-01 | |
| 5,21 | i | Bruna Varela | S23 | | | | 8 | CN23 | Pombal | 25-02 | |
| 5,21 | -0,2 | Bárbara Mota | Jv | | | | 4 | | Pombal | 11-04 | |
| 5,21 | 0,0 | Jennifer Gomes | S23 | | | | 1 | | Braga | 21-06 | |
| 5,21 | 1,6 | Leonor Tiago | Ini | CDR Ribeirinho | | 22-07-02 | 10 | CNjv | Abrantes | 24-06 | |
| 5,21 | 1,3 | Erica Gomes | | | | | 7ex | | Lisboa - I | 24-06 | |
| 5,21 | 1,3 | Mariana Bento | Jv | | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 5,21 | 0,4 | Sónia Marques | | | | | 7 | CNCI-1 | Leiria | 22-07 | |
| 5,21 | 1,3 | Margarida Figueiredo | Jv | | | | 1 | | Vagos | 29-07 | |
| 5,20 | -0,6 | Alexandra Silva | Jv | CS Marítimo | | 11-09-01 | Pen | | Ribeira Brava | 10-12 | |
| 5,20 | 1,4 | Fatmata Baldé | Jv | | GBS | | 2 | | Lisboa - MP | 15-01 | |
| 5,20 | -0,5 | Carla Rodrigues | Ini | | | | 1 | | Lisboa - MP | 21-01 | |
| 5,20 | i | Juliana Brites | Jv | | | | 3 | CNJ | Braga | 28-01 | |
| 5,20 | -2,8 | Mariana Bento | Jv | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 5,20 | 1,2 | Joana Gonçalves | Jr | GD Estreito | | 06-05-99 | 1 | | Ribeira Brava | 06-05 | |
| 5,20 | 0,6 | Elisa Freitas | | | | | 2 | | Ribeira Brava | 20-05 | |
| 5,20 | 0,9 | Leonor Tiago | Ini | | | | 1 | | Sobreda | 17-06 | |
| 5,20 | 0,4 | Mariana Costa | Jv | | | | 1 | | Braga | 27-06 | |
| 5,20 | 0,0 | Bruna Varela | S23 | | | | 6ex | | Lisboa - I | 15-07 | |
| 5,19 | 2,0 | Patrícia Vaz | | FC Castrense | | 13-06-94 | 1 | | Odemira | 15-01 | 5,14-13 |
| 5,19 | 1,4 | Fabiana Ferreira | S23 | | | | Pen | | Vagos | 15-01 | |
| 5,19 | i | Alina Humenyuk | Jv | Juv. Vidigalense | UKR | 27-10-00 | 2 | A. Monteiro | Pombal | 26-02 | 5,16-16 |
| 5,19 | i | Maria Inês Teixeira | Ini | | | | 1 | | Pombal | 25-03 | |
| 5,19 | 0,4 | Bruna Varela | S23 | | | | 6 | Lisboa | Lisboa - I | 01-05 | |
| 5,19 | 1,5 | Sara Moreira | Jv | | | | 14 | CM Esc | Nancy - Fra | 26-06 | |
| 5,19 | 1,1 | Andreia Grácio | S23 | | | | 5 | Guarda | Guarda | 07-07 | 5,56-16 |
| 5,19 | 1,7 | Eduarda Ferreira | Jv | | | | 9 | CNJ | Marinha Grande | 08-07 | |
| 5,19 | 0,9 | Margarida Figueiredo | Jv | | | | 1 | | Coimbra - ECC | 15-07 | |
| 5,19 | -1,4 | Bruna Varela | S23 | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 5,18 | i | Scarlett Saleiro | Jr | | | | 4 | CNJ | Braga | 28-01 | |
| 5,18 | i | Erica Gomes | | | | | 9ex | CN23 | Pombal | 25-02 | |
| 5,18 | 0,5 | Maria João Esteves | Jv | | | | Hep | | Pombal | 23-04 | |
| 5,18 | 0,9 | Bárbara Mota | Jv | | | | Hep | | Pombal | 23-04 | |
| 5,18 | 1,8 | Maria João Esteves | Jv | | | | 11 | CNjv | Abrantes | 24-06 | |
| 5,18 | 1,0 | Carolina Ribeiro | Jv | | | | 10 | CNJ | Marinha Grande | 08-07 | |
| 5,17 | i | Eduarda Ferreira | Jv | | | | 5 | CNJ | Braga | 28-01 | |
| 5,17 | -1,8 | Maria João Esteves | Jv | | | | Hep | | Rio Maior | 30-04 | |
| 5,17 | -0,2 | Erica Gomes | | | | | 7 | Lisboa | Lisboa - I | 01-05 | |
| 5,17 | -1,3 | Bruna Varela | S23 | | | | 5s | CNCI-Ap | Fátima | 27-05 | |
| 5,17 | 1,6 | Carolina Neves | Jv | | | | Hep | CNjv | Abrantes | 25-06 | |

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|------|------|-----------------------|-----|-------------------|-----|----------|-----|------------|-------------------|-------|----------|
| 5,16 | i | Suzana Cruz | Jr | | | | 6 | T. Port | Alpiarça | 15-01 | |
| 5,16 | 0,6 | Scarlett Saleiro | Jr | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 5,16 | 2,0 | Catarina Lourenço | Jv | | | | 2 | | Lisboa - MP | 15-06 | |
| 5,15 | i | Patricia Rodrigues | Jr | | | | 6 | CNJ | Braga | 28-01 | |
| 5,15 | i | Catarina Queirós | Jr | | | | 8 | Pombal | Pombal | 04-02 | |
| 5,15 | -1,8 | Carla Rodrigues | Ini | | | | 1 | | Lisboa - MP | 13-05 | |
| 5,15 | -1,4 | Juliana Brites | Jv | | | | 3 | | Pombal | 13-05 | |
| 5,15 | 0,2 | Ana Catarina Oliveira | Ini | EMD. Saraiva | | 28-05-02 | 6 | CN DE | Maia | 20-05 | |
| 5,15 | 1,6 | Nádia Silva | Ini | CF Oliveira Douro | | 07-04-02 | 1 | | Maia | 27-05 | |
| 5,15 | 0,2 | Elisa Freitas | | | | | 1 | | Ribeira Brava | 10-06 | |
| 5,15 | 0,1 | Rute Lopes | | UC Eirense | | 17-02-92 | 2 | | Coimbra - ECC | 15-07 | 5,31i-12 |
| 5,15 | 1,0 | Joana Gonçalves | Jr | | | | 2 | | Ribeira Brava | 15-07 | |
| 5,15 | -2,1 | Rute Lopes | | | | | 2 | CNCI-2 | Leiria | 22-07 | |
| 5,14 | i | Carolina Ribeiro | Jv | | | | Pen | | Pombal | 15-01 | |
| 5,14 | i | Juliana Brites | Jv | | | | Pen | CNJv | Pombal | 05-02 | |
| 5,14 | i | Soraya Bentucal | S23 | CAS Manique | | 23-12-95 | 1 | CNCI-2 | Pombal | 18-02 | 5,50i-15 |
| 5,14 | -0,2 | Maria Inês Teixeira | Ini | | | | 1 | | Pombal | 13-05 | |
| 5,14 | 0,0 | Bárbara Mota | Jv | | | | 6s | CNCI-Ap | Fátima | 27-05 | |
| 5,13 | i | Rositinay Mata | Jr | | STP | | 7 | CNJ | Braga | 28-01 | |
| 5,13 | i | Margarida Figueiredo | Jv | | | | 3 | CNJv | Pombal | 04-02 | |
| 5,13 | i | Scarlett Saleiro | Jr | | | | 9 | CN23 | Pombal | 25-02 | |
| 5,13 | i | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | Pen | T. Iberico | Pombal | 04-03 | 5,28-16 |
| 5,13 | i | Cláudia Santos | | SC Lenine Cunha | | 13-01-89 | 2 | INAS | Praga - Cze | 11-03 | |
| 5,13 | -0,3 | Maria Inês Teixeira | Ini | | | | Hep | | Pombal | 23-04 | |
| 5,13 | 1,3 | Samaritana Cabral | S23 | C Bf. Faro | | 08-11-96 | 1 | | Faro | 29-04 | |
| 5,13 | -0,2 | Mariana Costa | Jv | | | | Tet | | Braga | 14-06 | |
| 5,13 | 0,0 | Miriam Tavares | Jv | Afis - Ovar | | 24-04-00 | 2 | | Braga | 21-06 | |
| 5,12 | 0,0 | Kidline Gomes | Jr | CDR Ribeirinho | CPV | 18-01-98 | 1 | | Sobreda | 11-12 | 5,31-15 |
| 5,12 | 0,0 | Andreia Lourenço | Jv | CP Corroios | | 19-10-00 | 2 | | Sobreda | 11-12 | |
| 5,12 | i | Raquel Costa | Jr | GA Fátima | | 22-10-99 | Pen | C. Port | Pombal | 12-02 | 5,19-16 |
| 5,12 | 1,1 | Patricia Rodrigues | Jr | | | | 11 | CNJ | Marinha Grande | 08-07 | |
| 5,11 | i | Fabiana Ferreira | S23 | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 5,11 | 0,4 | Bruna Varela | S23 | | | | 1 | | Setúbal | 30-04 | |
| 5,11 | -3,4 | Dania Furk | Jv | | | | 1 | | Ponta Delgada | 06-05 | |
| 5,11 | -2,2 | Dania Furk | Jv | | | | Hep | T. Nac | Luso | 21-05 | |
| 5,11 | 0,8 | Cláudia Teixeira | Jv | | | | 7 | OJ | Braga | 03-06 | |
| 5,11 | 1,1 | Erica Gomes | | | | | 1s | C. Port | Vagos | 10-06 | |
| 5,10 | i | Mariana Novo | Jv | | | | 1 | C. Norte | Braga | 07-01 | |
| 5,10 | i | Maria Vaz Guedes | S23 | SL Benfica | | 05-11-96 | 8 | M. Pereira | Lisboa - CAR | 07-01 | 5,58i-12 |
| 5,10 | i | Bruna Varela | S23 | | | | 5 | CNCI-Ap | Pombal | 22-01 | |
| 5,10 | i | Mariana Novo | Jv | | | | 4 | CNJv | Pombal | 04-02 | |
| 5,10 | i | Dania Furk | Jv | | | | Pen | CNJv | Pombal | 05-02 | |
| 5,10 | i | Margarida Figueiredo | Jv | | | | Tri | | Alpiarça | 04-03 | |
| 5,10 | 0,7 | Erica Gomes | | | | | 7 | V. Tavares | Faro | 13-05 | |
| 5,10 | 0,7 | Carolina Coutinho | Ini | | | | 2 | | Maia | 27-05 | |
| 5,10 | 0,5 | Maria Inês Teixeira | Ini | | | | 2 | OJ | Braga | 03-06 | |
| 5,10 | 1,4 | Ana Filipe | Jr | | | | 1 | | Angra do Heroísmo | 17-06 | |
| 5,10 | -0,1 | Beatriz Santos | Jv | SC Braga | | 16-07-00 | 3 | | Braga | 21-06 | |
| 5,10 | -0,4 | Mariana Costa | Jv | | | | 2 | C. Norte | Maia | 16-07 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|------------------|-----|----------|----|---------|-----------------|-------|----------|
| 6,13 | 2,4 | Lecabela Quaresma | | SL Benfica | | 26-12-89 | 2 | C. Port | Vagos | 10-06 | 6,13-15 |
| 5,84 | 2,1 | Catarina Karas | Jv | Sporting CP | | 23-05-00 | 1 | CNJv | Abrantes | 24-06 | 5,66-16 |
| 5,77 | 3,1 | Suzana Cruz | Jr | CA Mar. Grande | | 12-11-98 | 1 | | Marinha Grande | 03-06 | 5,74i-16 |
| 5,75 | 2,5 | Fatumata Baldé | Jv | CAS Manique | GBS | 29-07-00 | 1 | | Lisboa - MP | 15-06 | 5,19-16 |
| 5,66 | 3,2 | Catarina Lourenço | Jv | CAS Manique | | 12-02-00 | 2 | | Lisboa - MP | 15-06 | |
| 5,62 | 3,8 | Andreia Nicolau | | CA Seia | | 01-02-91 | 2 | Caceres | Plasencia - Esp | 28-06 | 5,70-16 |
| 5,54 | 2,2 | Eduarda Ferreira | Jv | Juv. Vidigalense | | 25-04-01 | 2 | CNJv | Abrantes | 24-06 | 5,51-16 |
| 5,52 | 3,2 | Mariana Bento | Jv | Sporting CP | | 22-11-01 | 3 | | Lisboa - MP | 15-06 | |
| 5,52 | 2,6 | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 3 | CNJv | Abrantes | 24-06 | 5,14-16 |

| | | | | | | | | | | | |
|------|-----|----------------------|-----|------------------|-----|----------|-----|----------|---------------------|-------|----------|
| 5,49 | 2,8 | Juliana Brites | Jv | Juv. Vidigalense | | 22-04-00 | 4 | CNjv | Abrantes | 24-06 | 5,37-15 |
| 5,49 | 2,4 | Margarida Figueiredo | Jv | S. Viseu Bf | | 14-03-01 | 5 | CNjv | Abrantes | 24-06 | 5,10-16 |
| 5,39 | 2,9 | Bruna Varela | S23 | Gira Sol | | 15-04-97 | 1 | | Torres Vedras | 02-07 | 5,36-16 |
| 5,35 | 5,0 | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | Hep | C. Port | Vagos | 11-06 | 5,28i-16 |
| 5,34 | 5,4 | Maria João Esteves | Jv | CA Mar. Grande | | 13-02-01 | 2 | | Marinha Grande | 03-06 | |
| 5,31 | 4,4 | Rosa Djombate | Ini | CAS Manique | GBS | 10-03-02 | 4 | | Lisboa - MP | 15-06 | |
| 5,30 | 4,5 | Marta Castro | Ini | SL Benfica | | 07-02-03 | 5 | | Lisboa - MP | 15-06 | |
| 5,29 | 2,6 | Ana Rita Silva | Jv | JA Mozelense | | 20-12-00 | 1 | | Vagos | 15-07 | 5,25-16 |
| 5,27 | 3,0 | Sara Seabra | Jv | UC Eirense | | 19-12-01 | 9 | CNjv | Abrantes | 24-06 | 5,16-16 |
| 5,24 | 3,0 | Ana Alice Morais | Jv | BNS Conceição | | 27-06-00 | 1 | | Odemira | 27-05 | |
| 5,24 | 4,5 | Catarina Cunha | Jv | JOMA | | 16-02-00 | 5 | | Lisboa - MP | 15-06 | |
| 5,18 | 2,6 | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | 4 | J. Ilhas | Riviere Salee - Fra | 12-05 | 5,28-16 |
| 5,15 | 2,5 | Beatriz Marcelo | Jr | JD Neves | | 13-09-99 | 1 | | Odemira | 20-05 | |
| 5,11 | 3,4 | Margarida Mascarenha | Jv | NDET Cabreira | | 07-01-00 | 1 | | Quarteira | 06-05 | 5,25-16 |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------------|-----|-------------|-----|----------|-----|--------|-------------|-------|---------|
| 5,72 | | Fatumata Baldé | Jv | CAS Manique | GBS | 29-07-00 | 4 | CM Esc | Nancy - Fra | 26-06 | 5,19-16 |
| 5,38 | | Andreia Nicolau | | | | | 1 | Viseu | Viseu | 22-04 | |
| 5,38 | | Mariana Novo | Jv | | | | 1 | | Porto - I | 01-05 | |
| 5,34 | | Sara Moreira | Jv | C+S Lavra | | 22-01-01 | 1 | | Lousada | 22-04 | |
| 5,29 | | Margarida Figueiredo | Jv | | | | Hep | | Viseu | 08-04 | |
| 5,29 | | Margarida Figueiredo | Jv | | | | 1 | | Viseu | 10-06 | |
| 5,23 | | Rositinay Mata | Jr | | STP | | 1 | | Setúbal | 14-01 | |
| 5,20 | | Beatriz Santos | Jv | SC Braga | | 16-07-00 | 2 | | Porto - I | 01-05 | |
| 5,19 | | Margarida Figueiredo | Jv | | | | 2 | | Viseu | 22-04 | |
| 5,16 | | Alina Humenyuk | Jv | | UKR | | Tet | | Pombal | 17-06 | 5,16-16 |

Triplo / Triple Jump – 12,00 - 10,80

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|-----------------|-----|-------------|-----|----------|----|-----------|--------------------|-------|----------|
| 14,42 | 1,0 | Patrícia Mamona | | Sporting CP | | 21-11-88 | 4 | GGala | Roma - Ita | 08-06 | 14,65-16 |
| 14,35 | 0,6 | Susana Costa | | SL Benfica | | 22-09-84 | 3q | C. Mundo | Londres - Gbr | 05-08 | 14,34-16 |
| 14,32 | i | Patrícia Mamona | | | | | 2 | C. Europa | Belgrado - Sbr | 04-03 | |
| 14,29 | 0,8 | Patrícia Mamona | | | | | 4q | C. Mundo | Londres - Gbr | 05-08 | |
| 14,18 | -0,3 | Patrícia Mamona | | | | | 4 | Herculis | Monaco | 21-07 | |
| 14,13 | i | Patrícia Mamona | | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 14,13 | 0,4 | Patrícia Mamona | | | | | 3 | Madrid | Madrid - Esp | 14-07 | |
| 14,12 | 0,8 | Patrícia Mamona | | | | | 1 | Maia | Maia | 08-07 | |
| 14,12 | 1,1 | Patrícia Mamona | | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 14,12 | 0,1 | Patrícia Mamona | | | | | 9 | C. Mundo | Londres - Gbr | 07-08 | |
| 14,11 | i | Patrícia Mamona | | | | | 1 | | Dusseldorf - Ale | 01-02 | |
| 14,10 | i | Patrícia Mamona | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 14,09 | 0,0 | Susana Costa | | | | | 4 | Madrid | Madrid - Esp | 14-07 | |
| 14,05 | i | Patrícia Mamona | | | | | 1 | C. Port | Pombal | 12-02 | |
| 14,03 | i | Patrícia Mamona | | | | | 7q | C. Europa | Belgrado - Sbr | 03-03 | |
| 14,01 | i | Patrícia Mamona | | | | | 1 | | Boston - Usa | 28-01 | |
| 13,99 | i | Susana Costa | | | | | 7 | C. Europa | Belgrado - Sbr | 04-03 | |
| 13,99 | 0,4 | Susana Costa | | | | | 11 | C. Mundo | Londres - Gbr | 07-08 | |
| 13,97 | i | Susana Costa | | | | | 8q | C. Europa | Belgrado - Sbr | 03-03 | |
| 13,94 | i | Susana Costa | | | | | 3 | | Dusseldorf - Ale | 01-02 | |
| 13,94 | -0,3 | Patrícia Mamona | | | | | 6 | IAAF | Rabat - Mar | 16-07 | |
| 13,85 | 1,0 | Patrícia Mamona | | | | | 6 | IAAF | Zurique - Sui | 24-08 | |
| 13,80 | 2,0 | Susana Costa | | | | | 2 | Maia | Maia | 08-07 | |
| 13,79 | i | Susana Costa | | | | | 2 | | Chemnitz - Ale | 28-01 | |
| 13,79 | 0,9 | Patrícia Mamona | | | | | 8 | IAAF | Birmingham - Gbr | 20-08 | |
| 13,75 | i | Susana Costa | | | | | 2 | C. Port | Pombal | 12-02 | |
| 13,75 | -1,1 | Susana Costa | | | | | 2 | CNCI-1 | Leiria | 23-07 | |
| 13,74 | i | Susana Costa | | | | | 4 | | Val de Reuil - Fra | 06-02 | |
| 13,70 | i | Susana Costa | | | | | 2 | CNCI-1 | Pombal | 19-02 | |
| 13,43 | i | Susana Costa | | | | | 1 | CNCI-Ap | Pombal | 22-01 | |

| | | | | | | | | | | | |
|-------|------|------------------------|-----|-------------------|-----|----------|----------|-----------------|-----------------|-------|-----------|
| 13,42 | -1,1 | Susana Costa | | | | 4 | C. Catal | Barcelona - Esp | 29-06 | | |
| 13,29 | -0,3 | Evelise Veiga | S23 | Juv. Vidigalense | | 03-03-96 | 7q | CE23 | Bydgoszcz - Pol | 13-07 | 13,09-16 |
| 13,18 | 0,3 | Susana Costa | | | | | 4 | | Atenas - Gre | 31-05 | |
| 13,03 | -1,9 | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 1 | CNCI-2 | Leiria | 23-07 | 12,16-11 |
| 13,00 | 0,4 | Evelise Veiga | S23 | | | | 12 | CE23 | Bydgoszcz - Pol | 14-07 | |
| 12,96 | 0,7 | Evelise Veiga | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 12,94 | i | Evelise Veiga | S23 | | | | 1 | CN23 | Pombal | 26-02 | |
| 12,93 | i | Evelise Veiga | S23 | | | | 3 | C. Port | Pombal | 12-02 | |
| 12,87 | i | Anabela Neto | | Sporting CP | | 25-03-91 | 4 | C. Port | Pombal | 12-02 | 12,95-14 |
| 12,82 | 1,0 | Ana Margarida Oliveira | S23 | | | | 2 | CN23 | Pombal | 02-07 | |
| 12,79 | i | Evelise Veiga | S23 | | | | 3 | CNCI-1 | Pombal | 19-02 | |
| 12,78 | -0,3 | Ana Margarida Oliveira | S23 | | | | 17q | CE23 | Bydgoszcz - Pol | 13-07 | |
| 12,76 | 1,5 | Anabela Neto | | | | | 1ex | | Vagos | 16-07 | |
| 12,65 | -0,9 | Lucinda Gomes | S23 | Sporting CP | | 16-04-95 | 3 | CN23 | Pombal | 02-07 | 12,72i-15 |
| 12,64 | 1,5 | Yolanda Xavier | | ACR Sra. Desterro | UKR | 21-01-94 | 3 | Maia | Maia | 08-07 | 12,71-16 |
| 12,62 | i | Yolanda Xavier | | | UKR | | 4 | CNCI-1 | Pombal | 19-02 | |
| 12,59 | 0,0 | Ana Margarida Oliveira | S23 | | | | 1ex | | Lisboa - I | 25-06 | |
| 12,58 | -1,0 | Yolanda Xavier | | | UKR | | 3 | CNCI-1 | Leiria | 23-07 | |
| 12,54 | i | Suzana Cruz | Jr | CA Mar. Grande | | 12-11-98 | 2 | CN23 | Pombal | 26-02 | 11,73-16 |
| 12,50 | i | Suzana Cruz | Jr | | | | 5 | C. Port | Pombal | 12-02 | |
| 12,50 | i | Yolanda Xavier | | | UKR | | 5ex | C. Port | Pombal | 12-02 | |
| 12,46 | -2,2 | Yolanda Xavier | | | UKR | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 12,46 | 0,3 | Yolanda Xavier | | | UKR | | 1ex | | Lisboa - I | 16-07 | |
| 12,44 | i | Yolanda Xavier | | | UKR | | 1ex | | Lisboa - CAR | 04-02 | |
| 12,40 | 1,0 | Yolanda Xavier | | | UKR | | 1 | | Guarda | 29-04 | |
| 12,30 | 2,0 | Lucinda Gomes | S23 | | | | 7 | C. Port | Vagos | 11-06 | |
| 12,28 | i | Vanessa Rocha | | GA Fátima | | 02-01-90 | 2 | CNCI-Ap | Pombal | 22-01 | 12,98-12 |
| 12,28 | 1,2 | Eduarda Ferreira | Jv | Juv. Vidigalense | | 25-04-01 | 1 | CNjv | Abrantes | 25-06 | 11,52-16 |
| 12,28 | 0,7 | Eduarda Ferreira | Jv | | | | 1 | Go Fit | Avila - Esp | 01-07 | |
| 12,27 | i | Lucinda Gomes | S23 | | | | 6 | C. Port | Pombal | 12-02 | |
| 12,25 | -1,4 | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 1 | C. Norte | Maia | 15-07 | 11,29i-16 |
| 12,24 | i | Lucinda Gomes | S23 | | | | 1 | | Lisboa - CAR | 25-01 | |
| 12,23 | 0,9 | Mariana Novo | Jv | | | | 1 | | Maia | 10-06 | |
| 12,20 | i | Lucinda Gomes | S23 | | | | 1 | | Lisboa - CAR | 04-02 | |
| 12,20 | 1,7 | Lucinda Gomes | S23 | | | | 6 | Ibero | Huelva - Esp | 14-06 | |
| 12,17 | i | Lucinda Gomes | S23 | | | | 3 | CN23 | Pombal | 26-02 | |
| 12,15 | i | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 4 | CN23 | Pombal | 26-02 | 12,30-16 |
| 12,14 | 0,5 | Suzana Cruz | Jr | | | | 4 | CN23 | Pombal | 02-07 | |
| 12,12 | -2,3 | Ana Margarida Oliveira | S23 | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 12,09 | -0,5 | Mariana Novo | Jv | | | | 1 | | Maia | 14-06 | |
| 12,05 | 0,0 | Mariana Novo | Jv | | | | 1 | C. Norte Jr | Braga | 17-06 | |
| 12,05 | 1,5 | Mariana Novo | Jv | | | | 2 | CNjv | Abrantes | 25-06 | |
| 12,03 | 0,9 | Tânia Carvalho | S23 | SL Benfica | | 18-10-97 | 5 | CN23 | Pombal | 02-07 | 11,86i-16 |
| 12,00 | 0,0 | Lucinda Gomes | S23 | | | | 1 | | Lisboa - I | 25-06 | |
| 12,00 | 1,2 | Lucinda Gomes | S23 | | | | 4 | Maia | Maia | 08-07 | |
| 11,97 | i | Maria Vaz Guedes | S23 | SL Benfica | | 05-11-96 | 7 | C. Port | Pombal | 12-02 | 12,07i-16 |
| 11,96 | i | Eduarda Ferreira | Jv | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 11,93 | i | Lucinda Gomes | S23 | | | | 1 | T. Port | Alpiarça | 15-01 | |
| 11,92 | i | Yolanda Xavier | | | UKR | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 11,92 | 0,2 | Ana Rita Silva | Jv | JA Mozelense | | 20-12-00 | 2 | | Maia | 14-06 | 11,11-16 |
| 11,90 | 2,0 | Eduarda Ferreira | Jv | | | | 1ex | | Abrantes | 17-06 | |
| 11,87 | i | Valeryia Semenikhina | Jr | SL Benfica | | 19-05-99 | 5 | CN23 | Pombal | 26-02 | 11,20i-15 |
| 11,87 | 1,0 | Mariana Novo | Jv | | | | 3 | Go Fit | Avila - Esp | 01-07 | |
| 11,86 | i | Suzana Cruz | Jr | | | | 1 | CNJ | Braga | 29-01 | |
| 11,85 | 0,6 | Suzana Cruz | Jr | | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 11,85 | 1,3 | Eduarda Ferreira | Jv | | | | 2 | CNJ | Marinha Grande | 09-07 | |
| 11,84 | i | Suzana Cruz | Jr | | | | 1 | | Pombal | 07-01 | |
| 11,84 | -3,7 | Suzana Cruz | Jr | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 11,84 | -0,8 | Maria Vaz Guedes | S23 | | | | 6 | CN23 | Pombal | 02-07 | |
| 11,82 | i | Yolanda Xavier | | | UKR | | 2 | T. Port | Alpiarça | 15-01 | |
| 11,82 | i | Suzana Cruz | Jr | | | | 4 | CNCI-Ap | Pombal | 22-01 | |
| 11,80 | -0,2 | Mariana Novo | Jv | | | | 1s | CNCI-Ap | Guimarães | 28-05 | |

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|-------|------|----------------------|-----|------------------|--|----------|-----|----------|-----------------|-------|-------------|
| 11,79 | i | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 2 | | Lisboa - CAR | 25-01 | 12,08-16 |
| 11,79 | i | Tânia Carvalho | S23 | | | | 6 | CN23 | Pombal | 26-02 | |
| 11,79 | 1,7 | Suzana Cruz | Jr | | | | 1 | CNU | Faro | 14-05 | |
| 11,79 | -1,8 | Eduarda Ferreira | Jv | | | | 1 | | Pombal | 10-06 | |
| 11,75 | i | Jessica Barreira | S23 | Sporting CP | | 29-01-97 | 7 | | Flagstaff - Usa | 17-02 | 12,76-13 |
| 11,75 | i | Patricia Rodrigues | Jr | SL Benfica | | 24-02-99 | 7 | CN23 | Pombal | 26-02 | 11,58-16 |
| 11,74 | i | Maria Vaz Guedes | S23 | | | | 3 | T. Port | Alpiarça | 15-01 | |
| 11,73 | 0,3 | Maria João Esteves | Jv | CA Mar. Grande | | 13-02-01 | 2 | | Pombal | 10-06 | |
| 11,73 | 1,9 | Eduarda Ferreira | Jv | | | | 10q | FOJE | Gyor - Hun | 26-07 | |
| 11,72 | 0,3 | Suzana Cruz | Jr | | | | 28q | CE Jr | Grosseto - Ita | 20-07 | |
| 11,71 | 0,0 | Mariana Novo | Jv | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 11,67 | i | Maria Vaz Guedes | S23 | | | | 3 | | Lisboa - CAR | 25-01 | |
| 11,66 | i | Joana Ogura | Jr | Sporting CP | | 16-02-99 | 2 | | Lisboa - CAR | 04-02 | 11,27-15/16 |
| 11,63 | i | Jessica Barreira | S23 | | | | 11 | | Seattle - Usa | 25-02 | |
| 11,59 | i | Eduarda Ferreira | Jv | | | | 2 | | Pombal | 07-01 | |
| 11,59 | i | Jennifer Gomes | S23 | Grecas | | 21-03-95 | 5 | CNCI-1 | Pombal | 19-02 | 12,02i-15 |
| 11,59 | 0,9 | Raquel Marques | Jr | SL Benfica | | 09-06-99 | 2 | | Lisboa - I | 25-06 | 11,74-16 |
| 11,57 | i | Vanessa Rocha | | | | | 6 | CNCI-1 | Pombal | 19-02 | |
| 11,57 | 1,5 | Ana Rita Silva | Jv | | | | 3 | CNjv | Abrantes | 25-06 | |
| 11,56 | i | Sónia Marques | | SC Braga | | 06-07-86 | 7 | CNCI-1 | Pombal | 19-02 | 12,20i-12 |
| 11,56 | 2,0 | Ana Rita Silva | Jv | | | | 4 | CNJ | Marinha Grande | 09-07 | |
| 11,55 | i | Catarina Queirós | Jr | | | | 2 | CNJ | Braga | 29-01 | |
| 11,54 | 0,5 | Ana Rita Silva | Jv | | | | 1 | | Vagos | 16-07 | |
| 11,53 | i | Catarina Fernandes | Jr | | | | 8 | CN23 | Pombal | 26-02 | |
| 11,53 | -1,6 | Eduarda Ferreira | Jv | | | | 1ex | | Torres Vedras | 18-06 | |
| 11,52 | i | Tânia Carvalho | S23 | | | | 4 | | Lisboa - CAR | 25-01 | |
| 11,52 | i | Raquel Marques | Jr | | | | 3 | CNJ | Braga | 29-01 | |
| 11,51 | 1,3 | Maria João Esteves | Jv | | | | 4 | CNjv | Abrantes | 25-06 | |
| 11,50 | 0,2 | Tânia Carvalho | S23 | | | | 3 | | Lisboa - I | 25-06 | |
| 11,49 | i | Raquel Marques | Jr | | | | 4 | T. Port | Alpiarça | 15-01 | |
| 11,49 | i | Joana Ogura | Jr | | | | 9 | CN23 | Pombal | 26-02 | |
| 11,49 | 1,1 | Juliana Brites | Jv | Juv. Vidigalense | | 22-04-00 | 5 | CNjv | Abrantes | 25-06 | 11,45-15 |
| 11,49 | -0,9 | Patricia Rodrigues | Jr | | | | 7 | CN23 | Pombal | 02-07 | |
| 11,47 | i | Mariana Novo | Jv | | | | 1 | CNjv | Pombal | 05-02 | |
| 11,45 | i | Bárbara Silva | Jr | ACD Jardim Serra | | 25-02-99 | 10 | CN23 | Pombal | 26-02 | 11,53-15 |
| 11,45 | 1,5 | Ana Rita Silva | Jv | | | | 1 | | Luso | 17-06 | |
| 11,45 | 0,3 | Cláudia Fernandes | S23 | ACD Jardim Serra | | 27-03-97 | 1 | | Ribeira Brava | 16-07 | 11,28-15 |
| 11,45 | 0,0 | Maria João Esteves | Jv | | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 11,44 | i | Patricia Rodrigues | Jr | | | | 4 | CNJ | Braga | 29-01 | |
| 11,44 | -0,7 | Jennifer Gomes | S23 | | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 11,43 | 1,4 | Joana Ogura | Jr | | | | 1 | | Lisboa - I | 16-07 | |
| 11,42 | 1,8 | Raquel Marques | Jr | | | | 7 | CNJ | Marinha Grande | 09-07 | |
| 11,41 | i | Valeryia Semenikhina | Jr | | | | 5 | | Lisboa - CAR | 25-01 | |
| 11,40 | 1,0 | Eduarda Ferreira | Jv | | | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 11,38 | 0,0 | Mariana Conde | S23 | Grecas | | 01-04-97 | 2 | | Póvoa de Varzim | 24-05 | |
| 11,38 | 0,5 | Candida Bairrada | | CS Marítimo | | 31-12-84 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 11,58-16 |
| 11,38 | -0,2 | Raquel Marques | Jr | | | | 8 | CN23 | Pombal | 02-07 | |
| 11,37 | 0,6 | Sónia Marques | | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 11,35 | 1,1 | Cláudia Fernandes | S23 | | | | 1 | | Ribeira Brava | 18-06 | |
| 11,33 | i | Joana Ogura | Jr | | | | 5 | CNJ | Braga | 29-01 | |
| 11,33 | 1,3 | Cláudia Fernandes | S23 | | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 11,32 | i | Valeryia Semenikhina | Jr | | | | 6 | CNJ | Braga | 29-01 | |
| 11,31 | -1,5 | Catarina Queirós | Jr | | | | 1 | | Ribeira Brava | 07-01 | |
| 11,30 | 0,9 | Maria João Esteves | Jv | | | | 3 | F. Alves | Marinha Grande | 20-05 | |
| 11,30 | 0,7 | Joana Gonçalves | Jr | GD Estreito | | 06-05-99 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 11,29 | i | Mariana Novo | Jv | | | | 7 | CNJ | Braga | 29-01 | |
| 11,29 | i | Juliana Brites | Jv | | | | 8 | CNJ | Braga | 29-01 | |
| 11,29 | 1,9 | Mariana Novo | Jv | | | | 1 | | Arcos Valdevez | 29-04 | |
| 11,29 | -2,3 | Eduarda Ferreira | Jv | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 11,29 | 0,3 | Maria Vaz Guedes | S23 | | | | 4 | | Lisboa - I | 25-06 | |
| 11,29 | 1,0 | Maria João Esteves | Jv | | | | 8 | CNJ | Marinha Grande | 09-07 | |
| 11,28 | 0,7 | Juliana Brites | Jv | | | | 4 | F. Alves | Marinha Grande | 20-05 | |

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|-------|------|--------------------|-----|-------------------|--------------|--|------|----------|-------------------|-------|-----------|
| 11,26 | i | Ana Rita Silva | Jv | | | | 1 | T. Natal | Braga | 22-12 | |
| 11,25 | -2,6 | Cláudia Fernandes | S23 | | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 11,23 | i | Juliana Brites | Jv | | | | 3 | | Pombal | 07-01 | |
| 11,22 | 2,0 | Miriam Tavares | Jv | Afis - Ovar | 24-04-00 | | 2 | | Luso | 17-06 | |
| 11,20 | i | Joana Vitorino | | CAS Manique | 30-05-92 | | 1 | CNCI-2 | Pombal | 19-02 | |
| 11,20 | 0,5 | Joana Gonçalves | Jr | | | | 2 | | Ribeira Brava | 16-07 | |
| 11,18 | i | Raquel Marques | Jr | | | | 3 | | Lisboa - CAR | 04-02 | |
| 11,17 | i | Erica Gomes | | Sporting CP | 09-05-94 | | 8 | C. Port | Pombal | 12-02 | 10,89-15 |
| 11,15 | 0,0 | Helena Gomes | | Gira Sol | 11-07-92 | | 2 | CNCI-2 | Leiria | 23-07 | 11,34i-15 |
| 11,14 | i | Mariana Novo | Jv | | | | 2 | T. Natal | Braga | 22-12 | |
| 11,14 | -0,9 | Ana Rita Silva | Jv | | | | 1 | | Vagos | 08-01 | |
| 11,14 | 1,1 | Joana Vitorino | | | | | 2 | | Lisboa - I | 16-07 | |
| 11,13 | i | Raquel Marques | Jr | | | | 11 | CN23 | Pombal | 26-02 | |
| 11,13 | 0,5 | Helena Gomes | | | | | 4ex | | Lisboa - I | 16-07 | |
| 11,12 | i | Mariana Novo | Jv | | | | 1 | C. Natal | Braga | 08-01 | |
| 11,12 | i | Maria João Esteves | Jv | CA Mar. Grande | 13-02-01 | | 2 | CNJv | Pombal | 05-02 | |
| 11,12 | -1,3 | Maria Matos | Jr | Juv. Ilha Verde | 21-05-98 | | 1 | | Angra do Heroísmo | 18-06 | 11,00-16 |
| 11,10 | -1,7 | Mariana Novo | Jv | | | | 1 | | Lousada | 23-04 | |
| 11,10 | 1,3 | Marta Vargues | S23 | CO Pechão | 15-10-97 | | 9 | CN23 | Pombal | 02-07 | 11,39-16 |
| 11,10 | 0,2 | Cláudia Fernandes | S23 | | | | 10 | CN23 | Pombal | 02-07 | |
| 11,10 | 0,8 | Joana Ogura | Jr | | | | 5 | CNJ | Marinha Grande | 09-07 | |
| 11,09 | 0,0 | Juliana Brites | Jv | | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 11,08 | i | Erica Gomes | | | | | 6 | | Lisboa - CAR | 25-01 | |
| 11,07 | i | Helena Gomes | | | | | 1 | | Pombal | 28-01 | |
| 11,07 | -0,7 | Joana Ogura | Jr | | | | 11 | CN23 | Pombal | 02-07 | |
| 11,06 | -1,2 | Cláudia Fernandes | S23 | | | | 1 | | Ribeira Brava | 21-05 | |
| 11,06 | 0,7 | Larissa Vieira | S23 | ADR Água Pena | 14-11-95 | | 4s | CNCI-Ap | Ribeira Brava | 28-05 | 11,34-15 |
| 11,06 | -1,7 | Joana Gonçalves | Jr | | | | 7 | CNCI-1 | Leiria | 23-07 | |
| 11,05 | 0,7 | Joana Gonçalves | Jr | | | | 1 | | Ribeira Brava | 18-06 | |
| 11,05 | 1,7 | Juliana Brites | Jv | | | | 6 | CNJ | Marinha Grande | 09-07 | |
| 11,04 | 0,0 | Ana Rita Silva | Jv | | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 11,03 | i | Beatriz Ferreira | S23 | SC Braga | 29-11-96 | | 7 | | Lisboa - CAR | 25-01 | 11,12-15 |
| 11,03 | 1,8 | Mariana Conde | S23 | | | | 2 | CNU | Faro | 14-05 | |
| 11,03 | 0,2 | Mariana Conde | S23 | | | | 12 | CN23 | Pombal | 02-07 | |
| 11,02 | i | Beatriz Ferreira | S23 | | | | 12 | CN23 | Pombal | 26-02 | |
| 11,01 | -1,1 | Mariana Conde | S23 | | | | 8 | CNCI-1 | Leiria | 23-07 | |
| 11,00 | 1,9 | Nádia Silva | Ini | CF Oliveira Douro | 07-04-02 | | 2 | | Maia | 10-06 | 10,92-16 |
| 11,00 | 0,1 | Joana Gonçalves | Jr | | | | 1 | | Ribeira Brava | 11-06 | |
| 11,00 | -2,7 | Candida Bairrada | | | | | 3 | CNCI-2 | Leiria | 23-07 | |
| 10,98 | i | Sofia Santos | | ACD Jardim Serra | 02-06-94 | | 1 | CNCI-Ap | Braga | 21-01 | 11,28-15 |
| 10,98 | i | Beatriz Ferreira | S23 | | | | 5ex | | Lisboa - CAR | 04-02 | |
| 10,98 | i | Erica Gomes | | | | | 12ex | CN23 | Pombal | 26-02 | |
| 10,97 | 0,0 | Beatriz Santos | Jv | SC Braga | 16-07-00 | | 1 | | Braga | 23-04 | |
| 10,97 | -0,4 | Palmira Martins | Jr | Esc. Movimento | 03-05-98 | | 2 | C. Norte | Maia | 15-07 | 11,05-15 |
| 10,96 | i | Palmira Martins | Jr | | | | 2 | CNCI-2 | Pombal | 19-02 | |
| 10,95 | i | Helena Gomes | | | | | 3 | CNCI-2 | Pombal | 19-02 | |
| 10,95 | 0,9 | Samaritana Cabral | S23 | C Bf. Faro | 08-11-96 | | 1 | | Faro | 29-04 | 10,73-12 |
| 10,95 | 1,2 | Sónia Marques | | | | | 3s | CNCI-Ap | Guimarães | 28-05 | |
| 10,95 | -1,1 | Juliana Brites | Jv | | | | 3 | | Pombal | 10-06 | |
| 10,94 | i | Ana Rita Silva | Jv | | | | 3 | CNJv | Pombal | 05-02 | |
| 10,93 | -0,4 | Nádia Silva | Ini | | | | 1ex | | Braga | 12-07 | |
| 10,92 | i | Jennifer Gomes | S23 | | | | 13 | CN23 | Pombal | 26-02 | |
| 10,92 | 0,5 | Beatriz Ferreira | S23 | | | | 6ex | | Lisboa - I | 25-06 | |
| 10,91 | i | Ana Rita Silva | Jv | | | | 2 | CNCI-Ap | Braga | 21-01 | |
| 10,91 | 1,4 | Ana Alice Morais | Jv | BNS Conceição | 27-06-00 | | 6 | CNJv | Abrantes | 25-06 | |
| 10,91 | 1,4 | Fatumata Baldé | Jv | CAS Manique | GBS 29-07-00 | | 3 | | Lisboa - I | 16-07 | 5,19-16 |
| 10,90 | i | Sofia Santos | | | | | 8 | CNCI-1 | Pombal | 19-02 | |
| 10,89 | i | Joana Vitorino | | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 10,89 | -0,8 | Ema Carvão | Jv | ACD Jardim Serra | 05-05-01 | | 1 | | Ribeira Brava | 21-05 | |
| 10,89 | 0,9 | Marta Vargues | S23 | | | | 6ex | | Lisboa - I | 16-07 | |
| 10,88 | i | Samaritana Cabral | S23 | | | | 4 | CNCI-Ap | Pombal | 21-01 | |
| 10,88 | i | Maria João Esteves | Jv | | | | 1 | | Pombal | 28-01 | |

| | | | | | | | | | | | |
|-------|------|----------------------|-----|----------------|--|----------|----|---------|-------------------|-------|-----------|
| 10,88 | -0,7 | Helena Morgado | Jv | AC Vermoil | | 15-04-01 | 4 | | Pombal | 10-06 | |
| 10,87 | 1,8 | Sofia Santos | | | | | 1 | | Ribeira Brava | 04-02 | |
| 10,87 | 1,4 | Maria Matos | Jr | | | | 1 | | Ponta Delgada | 22-06 | |
| 10,87 | 0,7 | Beatriz Ferreira | S23 | | | | 12 | CN23 | Pombal | 02-07 | |
| 10,86 | i | Valdénia Carvalho | | CDR Ribeirinho | | 06-07-93 | 5 | CNCI-Ap | Pombal | 21-01 | 11,69-13 |
| 10,86 | 1,3 | Palmira Martins | Jr | | | | 3 | | Maia | 14-06 | |
| 10,84 | -0,6 | Miriam Tavares | Jv | | | | 4 | | Maia | 14-06 | |
| 10,83 | i | Mariana Conde | S23 | | | | 5 | CNCI-Ap | Pombal | 21-01 | |
| 10,83 | 1,4 | Beatriz Santos | Jv | | | | 7 | CNjv | Abrantes | 25-06 | |
| 10,83 | 0,0 | Alessandra Silva | Ini | CCD Ribeirão | | 06-04-03 | 1 | | Braga | 12-07 | |
| 10,82 | i | Helena Gomes | | | | | 5 | CNCI-Ap | Pombal | 22-01 | |
| 10,82 | 0,9 | Elena Furk | Ini | AC Mocidade-Aç | | 10-02-03 | 1 | | Angra do Heroísmo | 22-03 | |
| 10,82 | 0,4 | Samaritana Cabral | S23 | | | | 1 | | Faro | 08-04 | |
| 10,81 | i | Sónia Marques | | | | | 3 | CNCI-Ap | Braga | 21-01 | |
| 10,81 | 0,1 | Palmira Martins | Jr | | | | 2 | | Braga | 05-07 | |
| 10,80 | i | Rute Lopes | | UC Eirense | | 17-02-92 | 4 | CNCI-2 | Pombal | 19-02 | 10,98i-16 |
| 10,80 | -1,3 | Nádia Silva | Ini | | | | 2 | | Lousada | 23-04 | |
| 10,80 | 0,0 | Beatriz Santos | Jv | | | | 1 | | Braga | 21-06 | |
| 10,80 | 0,4 | Maria Miguel Andrade | Ini | JUN Ideal | | 25-08-03 | 2 | | Braga | 12-07 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|-------------------|-----|----------|-----|----------|--------------|-------|-----------|
| 13,39 | 3,7 | Evelise Veiga | S23 | Juv. Vidigalense | | 03-03-96 | 3 | C. Port | Vagos | 11-06 | 13,09-16 |
| 13,08 | 4,5 | Anabela Neto | | Sporting CP | | 25-03-91 | 1 | Abrantes | Abrantes | 03-06 | 12,95-14 |
| 12,85 | 6,3 | Yolanda Xavier | | ACR Sra. Desterro | UKR | 21-01-94 | 5ex | C. Port | Vagos | 11-06 | 12,71-16 |
| 12,41 | 4,0 | Eduarda Ferreira | Jv | Juv. Vidigalense | | 25-04-01 | 6 | FOJE | Gyor - Hun | 28-07 | 11,52-16 |
| 12,25 | 3,1 | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 1 | | Maia | 10-06 | 11,29i-16 |
| 12,18 | 6,8 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 8 | C. Port | Vagos | 11-06 | 12,30-16 |
| 12,13 | 4,7 | Tânia Carvalho | S23 | SL Benfica | | 18-10-97 | 9 | C. Port | Vagos | 11-06 | 11,86i-16 |
| 11,53 | 2,1 | Ana Rita Silva | Jv | JA Mozelense | | 20-12-00 | 1 | | Luso | 17-06 | 11,11-16 |
| 11,28 | 4,1 | Rositinay Mata | Jr | GD Cavadas | STP | 29-01-99 | 1 | | Sobreda | 17-06 | |
| 11,20 | 2,4 | Nádia Silva | Ini | CF Oliveira Douro | | 07-04-02 | 2 | | Maia | 10-06 | 10,92-16 |
| 11,09 | 2,6 | Samaritana Cabral | S23 | C Bf. Faro | | 08-11-96 | 2s | CNCI-Ap | Vendas Novas | 28-05 | 10,73-12 |
| 10,98 | 4,1 | Kidline Gomes | Jr | CDR Ribeirinho | CPV | 18-01-98 | 2 | | Sobreda | 17-06 | |

Sem indicação de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|-------|-----|-------|----|---------|-------------|-------|-----|
| 14,02 | | Patrícia Mamona | | | | | 1 | ETC - 1 | Vaasa - Fin | 24-06 | |

Peso / Shot Put – 14,00 – 10,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|------------------|-------|----------|-----|-------------|--------------------|-------|-----------|
| 16,90 | i | Jessica Include | S23 | Sporting CP | RNi23 | 25-03-96 | 1 | C. Port | Pombal | 11-02 | 16,07-16 |
| 16,60 | | Jessica Include | S23 | | | | 1 | | Lisboa - MP | 23-06 | |
| 16,54 | i | Jessica Include | S23 | | | | 1 | CN23 | Pombal | 25-02 | |
| 16,45 | i | Jessica Include | S23 | | | | 1 | | Lisboa - CAR | 25-01 | |
| 16,24 | | Jessica Include | S23 | | | | 2 | | Salamanca - Esp | 03-06 | |
| 16,20 | i | Jessica Include | S23 | | | | 1 | A. Monteiro | Pombal | 26-02 | |
| 16,19 | | Jessica Include | S23 | | | | 5 | Gyulai | Szekesfehervar-Hun | 04-07 | |
| 16,16 | i | Jessica Include | S23 | | | | 1 | CNCI-1 | Pombal | 19-02 | |
| 16,11 | i | Jessica Include | S23 | | | | 1 | | Lisboa - CAR | 04-02 | |
| 16,01 | | Jessica Include | S23 | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 15,71 | i | Jessica Include | S23 | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 15,60 | | Jessica Include | S23 | | | | 5 | Ibero | Huelva - Esp | 14-06 | |
| 15,60 | | Jessica Include | S23 | | | | 2 | T. Int | Leiria - CNL | 30-07 | |
| 15,59 | | Jessica Include | S23 | | | | 1 | C. Port | Vagos | 11-06 | |
| 15,50 | | Jessica Include | S23 | | | | 1 | | Torres Vedras | 04-04 | |
| 15,50 | | Jessica Include | S23 | | | | 2 | T. Int | Leiria - CNL | 29-07 | |
| 15,46 | | Jessica Include | S23 | | | | 1 | CN23 | Pombal | 02-07 | |
| 15,21 | i | Eliana Bandeira | S23 | Juv. Vidigalense | BRA | 01-07-96 | 2ex | C. Port | Pombal | 11-02 | 13,70i-16 |

| | | | | | | | | | | | |
|-------|---|---------------------|-----|------------------|-----|----------|-------|-------------|----------------------|-------|-----------|
| 15,06 | i | Eliana Bandeira | S23 | | BRA | | 2 | | Lisboa - CAR | 25-01 | |
| 15,02 | | Jessica Include | S23 | | | | 2 | | Leiria - CNL | 29-06 | |
| 15,01 | | Jessica Include | S23 | | | | 1 | | Leiria - CNL | 20-07 | |
| 14,98 | i | Francislaine Serra | | Sporting CP | BRA | 10-01-94 | 3ex | C. Port | Pombal | 11-02 | 14,02-16 |
| 14,95 | | Jessica Include | S23 | | | | 5 | J. Islam | Baku - Aze | 17-05 | |
| 14,95 | | Jessica Include | S23 | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 14,94 | | Jessica Include | S23 | | | | 1 | | Sobreda | 15-06 | |
| 14,73 | i | Eliana Bandeira | S23 | | BRA | | 2 | A. Monteiro | Pombal | 26-02 | |
| 14,69 | | Francislaine Serra | | | BRA | | 1 | | Lovelhe | 22-04 | |
| 14,63 | | Jessica Include | S23 | | | | 30q | C. Mundo | Londres - Gbr | 08-08 | |
| 14,61 | | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | | Kladno - Cze | 17-06 | 14,29-16 |
| 14,58 | | Francislaine Serra | | | | | 4 | T. Int | Leiria - CNL | 30-07 | |
| 14,57 | | Francislaine Serra | | | BRA | | 1 | | Lovelhe | 23-04 | |
| 14,46 | | Antónia Borges | | CJS Arouca | | 11-10-83 | 2 | | Maisons Alfort - Fra | 27-05 | 16,25-10 |
| 14,45 | i | Antónia Borges | | | | | 2 | | Lyon - Fra | 04-02 | |
| 14,44 | i | Eliana Bandeira | S23 | | BRA | | 2ex | CN23 | Pombal | 25-02 | |
| 14,44 | | Eliana Bandeira | S23 | | BRA | | 4 | | Salamanca - Esp | 03-06 | |
| 14,29 | i | Eliana Bandeira | S23 | | BRA | | 2 | CNCI-1 | Pombal | 19-02 | |
| 14,29 | i | Lecabela Quaresma | | | | | Pen | C. Fra | Bordeus - Fra | 19-02 | |
| 14,28 | | Francislaine Serra | | | | | 2 | C. Port | Vagos | 11-06 | |
| 14,27 | | Francislaine Serra | | | | | 4 | T. Int | Leiria - CNL | 29-07 | |
| 14,25 | i | Lecabela Quaresma | | | | | Pen | C. Europa | Belgrado - Srb | 03-03 | |
| 14,25 | | Eliana Bandeira | S23 | | BRA | | 1 | | Leiria - CNL | 04-03 | |
| 14,22 | i | Francislaine Serra | | | BRA | | 3 | | Lisboa - CAR | 25-01 | |
| 14,21 | | Antónia Borges | | | | | 3 | | La Norville - Fra | 11-06 | |
| 14,19 | i | Eliana Bandeira | S23 | | BRA | | 1 | CNCI-Ap | Pombal | 22-01 | |
| 14,18 | i | Francislaine Serra | | | BRA | | 2 | | Lisboa - CAR | 04-02 | |
| 14,16 | i | Francislaine Serra | | | BRA | | 3 | A. Monteiro | Pombal | 26-02 | |
| 14,15 | i | Antónia Borges | | | | | 2 | C. Port | Pombal | 11-02 | |
| 14,14 | i | Antónia Borges | | | | | 1 | | Reims - Fra | 29-01 | |
| 14,12 | | Eliana Bandeira | S23 | | BRA | | 5 | T. Int | Leiria - CNL | 30-07 | |
| 14,09 | | Antónia Borges | | | | | 4 | | Pontoise - Fra | 25-06 | |
| 14,08 | | Antónia Borges | | | | | 1 | | Creteil - Fra | 07-05 | |
| 13,97 | i | Antónia Borges | | | | | 3 | | Eaubonne - Fra | 22-01 | |
| 13,97 | i | Antónia Borges | | | | | 8ex | C. Fra | Bordeus - Fra | 18-02 | |
| 13,95 | | Antónia Borges | | | | | 3 | | Albi - Fra | 09-07 | |
| 13,94 | | Antónia Borges | | | | | 10 | C. Fra | Marselha - Fra | 15-07 | |
| 13,93 | | Francislaine Serra | | | | | 1 | | Lisboa - MP | 14-07 | |
| 13,89 | | Francislaine Serra | | | BRA | | 1 | | Lisboa - MP | 20-05 | |
| 13,88 | i | Lecabela Quaresma | | | | | 2 | | Val de Reuil - Fra | 07-01 | |
| 13,85 | | Antónia Borges | | | | | 1 | | Antony - Fra | 20-05 | |
| 13,84 | | Eliana Bandeira | S23 | | BRA | | 5 | T. Int | Leiria - CNL | 29-07 | |
| 13,77 | | Eliana Bandeira | S23 | | BRA | | 2ex | CN23 | Pombal | 02-07 | |
| 13,75 | | Eliana Bandeira | S23 | | BRA | | 3 | | Leiria - CNL | 29-06 | |
| 13,73 | | Eliana Bandeira | S23 | | BRA | | 2 | CNCI-1 | Leiria | 23-07 | |
| 13,68 | | Marisa Vaz Carvalho | Jr | SL Benfica | | 15-11-99 | 2 | Lisboa | Lisboa - I | 01-05 | 12,75-16 |
| 13,68 | | Francislaine Serra | | | | | 4 | | Leiria - CNL | 29-06 | |
| 13,65 | i | Antónia Borges | | | | | 1 | | Val de Reuil - Fra | 15-01 | |
| 13,65 | | Francislaine Serra | | | BRA | | 1 | | Seixal | 28-01 | |
| 13,63 | | Eliana Bandeira | S23 | | BRA | | 3ex | C. Port | Vagos | 11-06 | |
| 13,60 | | Eliana Bandeira | S23 | | BRA | | 2 | | Leiria - CNL | 20-07 | |
| 13,59 | i | Antónia Borges | | | | | 3 | | Eaubonne - Fra | 27-11 | |
| 13,53 | | Lecabela Quaresma | | | | | Hep | ETC - 1 | Monzon - Esp | 01-07 | |
| 13,48 | | Ophelie Oliveira | S23 | Juv. Vidigalense | | 21-07-96 | 14U23 | | Las Palmas - Esp | 11-03 | 13,21i-16 |
| 13,48 | | Lecabela Quaresma | | | | | 1 | | Sotheville - Fra | 07-05 | |
| 13,48 | | Lecabela Quaresma | | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 13,48 | | Lecabela Quaresma | | | | | Hep | C. Mundo | Londres - Gbr | 05-08 | |
| 13,46 | | Eliana Bandeira | S23 | | BRA | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 13,43 | i | Ophelie Oliveira | S23 | | | | 2 | | Lyon - Fra | 05-02 | |
| 13,34 | | Lecabela Quaresma | | | | | 2 | | Sotheville - Fra | 26-04 | |
| 13,30 | i | Lecabela Quaresma | | | | | Pen | | Mondeville - Fra | 18-12 | |
| 13,30 | | Francislaine Serra | | | BRA | | 1ex | | Marinha Grande | 04-06 | |

| | | | | | | | | | | |
|-------|---|---------------------|-----|------------------|----------|-----|-------------|-------------------|-------|-----------|
| 13,27 | i | Antónia Borges | | | | 3 | | Paris - Fra | 11-12 | |
| 13,15 | | Ophelie Oliveira | S23 | | | 3 | C. Port | Vagos | 11-06 | |
| 13,07 | i | Marisa Vaz Carvalho | Jr | | | Pen | C. Port | Pombal | 12-02 | |
| 13,05 | i | Ophelie Oliveira | S23 | | | 4 | A. Monteiro | Pombal | 26-02 | |
| 12,98 | | Lecabela Quaresma | | | | 11 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 12,96 | | Ophelie Oliveira | S23 | | | 2 | | Venissieux - Fra | 31-05 | |
| 12,92 | i | Ophelie Oliveira | S23 | | | 2 | CN23 | Pombal | 25-02 | |
| 12,91 | | Ophelie Oliveira | S23 | | | 5 | | Saint Louis - Fra | 16-06 | |
| 12,89 | | Marisa Vaz Carvalho | Jr | | | Hep | | Arona - Esp | 03-06 | |
| 12,84 | | Ophelie Oliveira | S23 | | | 3 | | Romans s/ Isere-F | 27-06 | |
| 12,82 | i | Elsa Cruz | S23 | SC Braga | 10-01-97 | 1 | C. Norte | Braga | 07-01 | 12,93i-16 |
| 12,80 | | Fátima Ribeiro | | GD Estreito | 28-05-91 | 1s | CNCI-Ap | Funchal | 28-05 | 12,81-15 |
| 12,78 | i | Marisa Vaz Carvalho | Jr | | | 4 | | Lisboa - CAR | 25-01 | |
| 12,77 | | Ophelie Oliveira | S23 | | | 2 | CN23 | Pombal | 02-07 | |
| 12,76 | i | Elsa Cruz | S23 | | | 3 | CNCI-1 | Pombal | 19-02 | |
| 12,75 | | Ophelie Oliveira | S23 | | | 2 | | Leiria - CNL | 04-03 | |
| 12,74 | | Liliana Cá | | AD Novas Luzes | 05-11-86 | 2 | | Sobreda | 15-06 | 13,85-05 |
| 12,73 | i | Ophelie Oliveira | S23 | | | 4 | | Lyon - Fra | 28-01 | |
| 12,72 | i | Elsa Cruz | S23 | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 12,66 | | Jessica Barreira | S23 | Sporting CP | 29-01-97 | Hep | | Tucson - Usa | 06-04 | 10,58-13 |
| 12,63 | i | Teresa Silva | S23 | SL Benfica | 20-08-97 | 3 | CN23 | Pombal | 25-02 | 12,49i-16 |
| 12,63 | | Marisa Vaz Carvalho | Jr | | | 1 | CNJ | Marinha Grande | 09-07 | |
| 12,59 | i | Elsa Cruz | S23 | | | 3 | C. Port | Pombal | 11-02 | |
| 12,54 | | Ophelie Oliveira | S23 | | | 1 | | Bourg en Bresse-F | 24-06 | |
| 12,48 | | Elsa Cruz | S23 | | | 4 | C. Port | Vagos | 11-06 | |
| 12,39 | | Fátima Ribeiro | | | | 5 | C. Port | Vagos | 11-06 | |
| 12,35 | i | Marisa Vaz Carvalho | Jr | | | 1 | CNJ | Braga | 28-01 | |
| 12,32 | | Jessica Barreira | S23 | | | 17 | | Tempe - Usa | 18-03 | |
| 12,24 | | Ana Beatriz Gomes | Jv | CS Marítimo | 26-11-00 | 2s | CNCI-Ap | Funchal | 28-05 | 10,94-16 |
| 12,17 | i | Marisa Vaz Carvalho | Jr | | | 4 | CN23 | Pombal | 25-02 | |
| 12,12 | i | Fátima Ribeiro | | | | 4 | C. Port | Pombal | 11-02 | |
| 12,07 | | Fátima Ribeiro | | | | 1 | | Funchal | 20-05 | |
| 12,07 | | Marisa Vaz Carvalho | Jr | | | 3 | CN23 | Pombal | 02-07 | |
| 12,05 | i | Elsa Cruz | S23 | | | 5 | CN23 | Pombal | 25-02 | |
| 12,04 | | Fátima Ribeiro | | | | 1 | | Funchal | 17-06 | |
| 12,04 | | Fátima Ribeiro | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 12,00 | | Fátima Ribeiro | | | | 1 | | Funchal | 07-01 | |
| 11,96 | i | Teresa Silva | S23 | | | 4 | CNCI-1 | Pombal | 19-02 | |
| 11,95 | i | Ophelie Oliveira | S23 | | | 1 | | Lyon - Fra | 11-12 | |
| 11,95 | | Fátima Ribeiro | | | | 1 | | Funchal | 22-04 | |
| 11,94 | | Inês Carreira | Jv | Juv. Vidigalense | 03-04-00 | 2 | CNJ | Marinha Grande | 09-07 | 10,65-16 |
| 11,86 | | Fátima Ribeiro | | | | 1 | | Funchal | 15-07 | |
| 11,85 | | Fátima Ribeiro | | | | 1 | | Funchal | 14-01 | |
| 11,84 | | Elsa Cruz | S23 | | | 1 | | Braga | 13-05 | |
| 11,81 | | Catarina Fernandes | Jr | Sporting CP | 16-02-98 | Hep | ETC - 1 | Monzon - Esp | 01-07 | 10,51-16 |
| 11,80 | | Fátima Ribeiro | | | | 1 | | Funchal | 13-05 | |
| 11,79 | i | Inês Fernandes | | ADC Lovelhe | 28-06-88 | 4 | INAS | Praga - Cze | 12-03 | 12,35-16 |
| 11,78 | i | Jessica Barreira | S23 | | | Pen | | Lincoln - Usa | 03-02 | |
| 11,78 | | Inês Fernandes | | | | 6 | C. Port | Vagos | 11-06 | |
| 11,78 | | Sónia Borges | | França | 26-08-85 | 6 | | La Norville - Fra | 11-06 | 13,96-06 |
| 11,78 | | Elsa Cruz | S23 | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 11,73 | | Sónia Borges | | | | 1 | | Montereau - Fra | 06-05 | |
| 11,73 | | Sónia Borges | | | | 1 | | Montereau - Fra | 21-05 | |
| 11,73 | | Teresa Silva | S23 | | | 5 | CNCI-1 | Leiria | 23-07 | |
| 11,72 | i | Jessica Barreira | S23 | | | 14 | | Flagstaff - Usa | 13-01 | |
| 11,66 | | Inês Fernandes | | | | 2 | | Lovelhe | 22-06 | |
| 11,65 | i | Teresa Silva | S23 | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 11,64 | i | Daniela Carvalho | Vet | Esc. Movimento | 06-01-74 | 1 | CNCI-2 | Pombal | 18-02 | 12,53-93 |
| 11,63 | | Fátima Ribeiro | | | | 1 | | Funchal | 01-04 | |
| 11,63 | | Sónia Borges | | | | 7 | | Pontoise - Fra | 25-06 | |
| 11,62 | i | Érica Borges | Jv | CA Terceira | 23-08-00 | 2 | CNJ | Braga | 28-01 | 11,12-16 |
| 11,59 | | Cristiana Campos | S23 | Gira Sol | 16-01-95 | 2s | CNCI-Ap | Fátima | 28-05 | 12,44i-13 |

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|-------|---|---------------------------|-----|-------------------|----------|-----|------------|------------------|-------|-----------|
| 11,56 | i | Daniela Carvalho | Vet | | | 1 | CN Vet | Pombal | 18-03 | |
| 11,52 | | Inês Carreira | Jv | | | 6 | T. Int | Leiria - CNL | 29-07 | |
| 11,51 | | Purificação Fernandes | | ADRE Palhaça | 17-07-83 | 3 | | Lovelhe | 22-06 | 13,36-03 |
| 11,50 | | Inês Carreira | Jv | | | 3 | | Leiria - CNL | 20-07 | |
| 11,49 | | Elsa Cruz | S23 | | | 1s | CNCI-Ap | Guimarães | 28-05 | |
| 11,48 | | Purificação Fernandes | | | | 3 | | Lovelhe | 23-04 | |
| 11,47 | | Daniela Carvalho | Vet | | | Pen | | Luso | 06-05 | |
| 11,46 | i | Inês Carreira | Jv | | | 3 | CNJ | Braga | 28-01 | |
| 11,45 | | Fernanda Angélica Martins | Vet | CF Oliveira Douro | 02-04-75 | 1 | | Lousada | 14-01 | 13,08-10 |
| 11,44 | | Inês Fernandes | | | | 8 | CM IPC | Londres - Gbr | 18-07 | |
| 11,43 | | Ana Beatriz Gomes | Jv | | | 3 | CNJ | Marinha Grande | 09-07 | |
| 11,42 | | Inês Fernandes | | | | 3 | | Lovelhe | 22-04 | |
| 11,42 | | Ana Beatriz Gomes | Jv | | | 1 | | Funchal | 17-06 | |
| 11,41 | | Anabela Neto | | Sporting CP | 25-03-91 | Hep | | Luso | 06-05 | 11,21i-16 |
| 11,38 | | Inês Fernandes | | | | 5 | INAS | Bangkok - Tha | 17-05 | |
| 11,35 | | Inês Carreira | Jv | | | 1 | | Leiria - CNL | 22-04 | |
| 11,35 | | Catarina Fernandes | Jr | | | Hep | CE Jr | Grosseto - Ita | 20-07 | |
| 11,34 | i | Purificação Fernandes | | | | 2 | CNCI-2 | Pombal | 18-02 | |
| 11,34 | i | Valeriya Semenikhina | Jr | SL Benfica | 19-05-99 | 6 | CN23 | Pombal | 25-02 | |
| 11,34 | | Purificação Fernandes | | | | 4 | | Lovelhe | 22-04 | |
| 11,33 | i | Daniela Carvalho | Vet | | | 5 | C. Port | Pombal | 11-02 | |
| 11,32 | | Cristina Ferreira | Vet | ACD Jardim Serra | 22-11-79 | 3s | CNCI-Ap | Funchal | 28-05 | 13,10-99 |
| 11,32 | | Elsa Cruz | S23 | | | 1 | C. Norte | Maia | 15-07 | |
| 11,31 | | Inês Fernandes | | | | 1 | | Lovelhe | 05-07 | |
| 11,30 | | Cristiana Campos | S23 | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 11,29 | i | Fernanda Angélica Martins | Vet | | | 2 | C. Norte | Braga | 07-01 | |
| 11,28 | i | Purificação Fernandes | | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 11,26 | | Purificação Fernandes | | | | 7 | C. Port | Vagos | 11-06 | |
| 11,26 | | Purificação Fernandes | | | | 2 | CNCI-2 | Leiria | 23-07 | |
| 11,25 | | Daniela Carvalho | Vet | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 11,23 | | Micaela Sereno | Jv | Juv. Vidigalense | 14-04-00 | 4 | CNJ | Marinha Grande | 09-07 | 11,58-16 |
| 11,22 | i | Micaela Sereno | Jv | | | 4 | CNJ | Braga | 28-01 | |
| 11,21 | | Fátima Ribeiro | | | | 1 | | Funchal | 17-12 | |
| 11,21 | | Angela Costa | Jr | CDR Ribeirinho | 12-01-99 | Hep | CNJ | Marinha Grande | 08-07 | 10,60-16 |
| 11,20 | i | Jessica Barreira | S23 | | | 13 | | College St - Usa | 21-01 | |
| 11,19 | | Elsa Cruz | S23 | | | 1 | | Braga | 21-06 | |
| 11,17 | | Inês Fernandes | | | | 4 | | Lovelhe | 23-04 | |
| 11,16 | i | Inês Fernandes | | | | 1 | | Braga | 04-02 | |
| 11,16 | i | Cristiana Campos | S23 | | | 1 | CNU | Pombal | 05-03 | |
| 11,16 | i | Fernanda Angélica Martins | Vet | | | 2 | CN Vet | Pombal | 18-03 | |
| 11,16 | | Purificação Fernandes | | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 11,15 | | Ana Beatriz Gomes | Jv | | | 2 | | Funchal | 15-07 | |
| 11,14 | | Inês Fernandes | | | | 1 | ANDDI | Luso | 29-04 | |
| 11,13 | | Inês Fernandes | | | | 1 | | Lovelhe | 18-02 | |
| 11,13 | | Valeriya Semenikhina | Jr | | | 1 | V. Tavares | Faro | 13-05 | |
| 11,13 | | Cláudia Ferreira | Jr | Sporting CP | 03-10-98 | 5 | CNJ | Marinha Grande | 09-07 | 11,54-15 |
| 11,12 | | Ana Beatriz Gomes | Jv | | | 3 | CNCI-2 | Leiria | 23-07 | |
| 11,10 | i | Diana Hernandez | | ACR Sra. Desterro | 28-04-93 | 3s | CNCI-Ap | Pombal | 21-01 | 12,78-10 |
| 11,10 | | Catarina Fernandes | Jr | | | Hep | C. Port | Vagos | 10-06 | |
| 11,10 | | Teresa Silva | S23 | | | 4 | CN23 | Pombal | 02-07 | |
| 11,07 | | Catarina Fernandes | Jr | | | 2 | V. Tavares | Faro | 13-05 | |
| 11,07 | | Érica Borges | Jv | | | 6 | CNJ | Marinha Grande | 09-07 | |
| 11,06 | | Juliana Rei | Jr | Gira Sol | 22-08-99 | 7 | CNJ | Marinha Grande | 09-07 | |
| 11,05 | | Carolina Fernandes | Jv | SUO Vais | 20-02-01 | 8 | CNJ | Marinha Grande | 09-07 | |
| 11,03 | i | Anabela Neto | | | | Pen | C. Norte | Braga | 18-12 | |
| 11,00 | i | Rosário Silva | S23 | CCSJ Madeira | 03-06-96 | 7 | CN23 | Pombal | 25-02 | 11,10-16 |
| 11,00 | | Ana Morais | Vet | SL Benfica | 22-03-65 | 1 | | Torres Vedras | 09-05 | 12,20-86 |
| 11,00 | | Daniela Carvalho | Vet | | | 1 | | Coimbra - ECC | 22-07 | |
| 10,99 | i | Maria Céu Cunha | Vet | CV Coimbra | 13-12-62 | 1 | | Pombal | 28-01 | 12,30-06 |
| 10,99 | i | Catarina Fernandes | Jr | | | Pen | C. Port | Pombal | 12-02 | |
| 10,98 | i | Cláudia Ferreira | Jr | | | 5 | CNJ | Braga | 28-01 | |
| 10,98 | i | Cristina Ferreira | Vet | | | 5 | CNCI-1 | Pombal | 19-02 | |

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|-------|---|---------------------------|-----|------------------|-----|----------|---------|-----------------|-----------------|----------|-------------|
| 10,98 | | Diana Hernandez | | | | 4s | CNCI-Ap | Fátima | 28-05 | | |
| 10,96 | | Cristina Ferreira | Vet | | | 2 | | Funchal | 07-01 | | |
| 10,95 | | Fernanda Angélica Martins | Vet | | | 2 | CNCI-3 | Leiria | 23-07 | | |
| 10,94 | i | Fernanda Angélica Martins | Vet | | | 2 | CNCI-Ap | Braga | 21-01 | | |
| 10,94 | | Cristina Ferreira | Vet | | | 6 | CNCI-1 | Leiria | 23-07 | | |
| 10,93 | | Inês Fernandes | | | | 1 | | Lovelhe | 10-12 | | |
| 10,93 | | Inês Fernandes | | | | 2 | | Lovelhe | 29-06 | | |
| 10,92 | i | Carolina Fernandes | Jv | | | 2 | | Pombal | 28-01 | | |
| 10,89 | | Diana Hernandez | | | | 1 | CNU | Faro | 14-05 | | |
| 10,88 | i | Valeryia Semenikhina | Jr | | | 5 | | Lisboa - CAR | 25-01 | | |
| 10,85 | | Daniela Carvalho | Vet | | | 2 | | Lousada | 14-01 | | |
| 10,80 | | Juliana Rei | Jr | | | 7 | T. Int | Leiria - CNL | 29-07 | | |
| 10,77 | | Enya O Driscoll | Jv | EBMD Saraiva | IRL | 25-04-00 | 1 | Torres Vedras | 02-07 | | |
| 10,77 | | Juliana Rei | Jr | | | 1 | | Vagos | 02-07 | | |
| 10,74 | | Angela Costa | Jr | | | Hep | C. Port | Vagos | 10-06 | | |
| 10,73 | | Cláudia Ferreira | Jr | | | 2 | CNU | Faro | 14-05 | | |
| 10,73 | | Rosário Silva | S23 | | | 1 | Aveiro | Aveiro | 24-06 | | |
| 10,71 | | Valeryia Semenikhina | Jr | | | Hep | | Rio Maior | 29-04 | | |
| 10,71 | | Fernanda Angélica Martins | Vet | | | 1 | | Póvoa de Varzim | 01-07 | | |
| 10,70 | | Rosário Silva | S23 | | | 3 | CNU | Faro | 14-05 | | |
| 10,69 | | Rafaela Vitorino | S23 | Individual - Lx | | 18-08-95 | Hep | CE23 | Bydgoszcz - Pol | 13-07 | 11,30-15 |
| 10,68 | | Angela Costa | Jr | | | 1 | | Sobreda | 18-03 | | |
| 10,68 | | Fernanda Angélica Martins | Vet | | | 1 | CN Vet | Torres Vedras | 08-07 | | |
| 10,66 | | Rafaela Vitorino | S23 | | | Hep | T. Nac | Luso | 20-05 | | |
| 10,64 | | Catarina Abreu | S23 | JD Neves | | 29-03-96 | 1 | Odemira | 21-01 | 10,81-14 | |
| 10,62 | | Fernanda Angélica Martins | Vet | | | 2s | CNCI-Ap | Guimarães | 28-05 | | |
| 10,62 | | Rosário Silva | S23 | | | 1 | | Vagos | 16-07 | | |
| 10,57 | i | Carolina Fernandes | Jv | | | 1 | | Pombal | 07-01 | | |
| 10,57 | i | Ana Teresa Coelho | | ACR Valdágua | | 04-02-93 | 2 | CNU | Pombal | 05-03 | 10,84-11/14 |
| 10,56 | i | Rosário Silva | S23 | | | 1 | | Braga | 03-12 | | |
| 10,56 | i | Inês Carreira | Jv | | | 1 | | Pombal | 07-01 | | |
| 10,54 | | Rosário Silva | S23 | | | 1 | | Vagos | 07-01 | | |
| 10,53 | | Valeryia Semenikhina | Jr | | | Hep | CNJ | Marinha Grande | 08-07 | | |
| 10,52 | | Juliana Rei | Jr | | | 2 | Aveiro | Aveiro | 24-06 | | |
| 10,50 | i | Angela Costa | Jr | | | Pen | CNJ | Braga | 29-01 | | |
| 10,50 | i | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | 3 | CNU | Pombal | 05-03 | 12,02-16 |
| 10,50 | | Cristina Ferreira | Vet | | | 3 | | Funchal | 15-07 | | |

Disco/Discus – 50,00 – 31,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|----------------|-----|----------|-----|----------|-----------------|-------|----------|
| 62,63 | | Irina Rodrigues | | Sporting CP | | 05-02-91 | 2 | T. Int | Leiria - CNL | 29-07 | 63,96-16 |
| 62,24 | | Irina Rodrigues | | | | | 3 | T. Int | Leiria - CNL | 30-07 | |
| 61,10 | | Irina Rodrigues | | | | | 1 | | Lovelhe | 05-07 | |
| 60,62 | | Irina Rodrigues | | | | | 1 | | Leiria - CNL | 15-04 | |
| 60,45 | | Irina Rodrigues | | | | | 1 | | Leiria - CNL | 20-07 | |
| 59,62 | | Irina Rodrigues | | | | | 1 | ETC - 1 | Vaasa - Fin | 25-06 | |
| 59,30 | | Irina Rodrigues | | | | | 1 | | Vagos | 09-07 | |
| 59,29 | | Irina Rodrigues | | | | | 1 | C. Port | Vagos | 10-06 | |
| 59,17 | | Irina Rodrigues | | | | | 1 | | Leiria - CNL | 29-06 | |
| 57,90 | | Irina Rodrigues | | | | | 9 | | Halle - Ale | 20-05 | |
| 57,51 | | Irina Rodrigues | | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 57,00 | | Irina Rodrigues | | | | | 6 | | Montreuil - Fra | 01-06 | |
| 56,98 | | Irina Rodrigues | | | | | 21q | C. Mundo | Londres - Gbr | 11-08 | |
| 56,79 | | Irina Rodrigues | | | | | 1 | | Lisboa - MP | 14-07 | |
| 56,52 | | Liliana Cá | | AD Novas Luzes | | 05-11-86 | 1 | | Leiria - CNL | 22-06 | 59,33-10 |
| 55,03 | | Liliana Cá | | | | | 2 | C. Port | Vagos | 10-06 | |
| 54,04 | | Liliana Cá | | | | | 1 | | Leiria - CNL | 06-05 | |
| 53,37 | | Liliana Cá | | | | | 2 | | Lisboa - MP | 14-07 | |
| 53,24 | | Liliana Cá | | | | | 2 | | Leiria - CNL | 29-06 | |
| 53,12 | | Liliana Cá | | | | | 1 | | Leiria - CNL | 08-04 | |
| 52,19 | | Liliana Cá | | | | | 1 | | Torres Vedras | 18-03 | |

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|-------|--|------------------|-----|------------------|--|----------|-------|-----------|---------------------|-------|----------|
| 51,04 | | Juliana Pereira | S23 | SL Benfica | | 03-01-95 | 1 | CN Lanç | Leiria - CNL | 25-02 | 49,58-16 |
| 50,66 | | Liliana Cá | | | | | 1 | Fortunato | Torres Vedras | 21-05 | |
| 50,58 | | Liliana Cá | | | | | 2 | CN Lanç | Leiria - CNL | 25-02 | |
| 50,38 | | Liliana Cá | | | | | 1 | | Lisboa - MP | 19-02 | |
| 50,23 | | Jessica Include | S23 | Sporting CP | | 25-03-96 | 1 | J. Islam | Baku - aze | 19-05 | 50,29-16 |
| 50,07 | | Liliana Cá | | | | | 1 | | Sobreda | 15-06 | |
| 49,57 | | Juliana Pereira | S23 | | | | 9 | T. Int | Leiria - CNL | 30-07 | |
| 49,48 | | Ophelie Oliveira | S23 | Juv. Vidigalense | | 21-07-96 | 15q | CE23 | Bydgoszcz - Pol | 13-07 | 45,34-15 |
| 49,47 | | Ophelie Oliveira | S23 | | | | 3 | | Venissieux - Fra | 07-05 | |
| 49,37 | | Liliana Cá | | | | | 1 | | Seixal | 28-01 | |
| 49,19 | | Jessica Include | S23 | | | | 2 | | Leiria - CNL | 06-05 | |
| 49,11 | | Jessica Include | S23 | | | | 3 | CN Lanç | Leiria - CNL | 25-02 | |
| 48,97 | | Ophelie Oliveira | S23 | | | | 3 | C. Port | Vagos | 10-06 | |
| 48,91 | | Ophelie Oliveira | S23 | | | | 1cB | T. Int | Leiria - CNL | 30-07 | |
| 48,90 | | Ophelie Oliveira | S23 | | | | 9 | T. Int | Leiria - CNL | 29-07 | |
| 48,75 | | Jessica Include | S23 | | | | 4 | C. Port | Vagos | 10-06 | |
| 48,55 | | Juliana Pereira | S23 | | | | 1 | CN23 | Pombal | 01-07 | |
| 48,49 | | Juliana Pereira | S23 | | | | 10 | T. Int | Leiria - CNL | 29-07 | |
| 48,48 | | Ophelie Oliveira | S23 | | | | 4 | | Saint Louis - Fra | 16-06 | |
| 48,47 | | Jessica Include | S23 | | | | 1 | | Lisboa - MP | 23-06 | |
| 48,27 | | Ophelie Oliveira | S23 | | | | 1 | | Venissieux - Fra | 31-05 | |
| 48,13 | | Jessica Include | S23 | | | | 2 | CN23 | Pombal | 01-07 | |
| 47,96 | | Jessica Include | S23 | | | | 2 | | Sobreda | 15-06 | |
| 47,96 | | Ophelie Oliveira | S23 | | | | 1 | | Bourg en Bresse -F | 24-06 | |
| 47,88 | | Ophelie Oliveira | S23 | | | | 5 | | Aix les Bains - Fra | 21-05 | |
| 47,84 | | Juliana Pereira | S23 | | | | 1 | | Leiria - CNL | 04-03 | |
| 47,78 | | Juliana Pereira | S23 | | | | 5 | C. Port | Vagos | 10-06 | |
| 47,62 | | Teresa Silva | S23 | SL Benfica | | 20-08-97 | 1 | | Leiria - CNL | 18-02 | 47,20-16 |
| 47,55 | | Juliana Pereira | S23 | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 47,40 | | Ophelie Oliveira | S23 | | | | 3 | | Leiria - CNL | 29-06 | |
| 47,39 | | Ophelie Oliveira | S23 | | | | 2 | | Leiria - CNL | 04-03 | |
| 47,38 | | Ophelie Oliveira | S23 | | | | 4 | CN Lanç | Leiria - CNL | 25-02 | |
| 47,35 | | Teresa Silva | S23 | | | | 5 | CN Lanç | Leiria - CNL | 25-02 | |
| 47,33 | | Ophelie Oliveira | S23 | | | | 3 | CN23 | Pombal | 01-07 | |
| 47,30 | | Ophelie Oliveira | S23 | | | | 2 | | Geneve - Sui | 12-04 | |
| 47,19 | | Juliana Pereira | S23 | | | | 20q | CE23 | Bydgoszcz - Pol | 13-07 | |
| 47,11 | | Juliana Pereira | S23 | | | | 4 | | Leiria - CNL | 29-06 | |
| 47,02 | | Juliana Pereira | S23 | | | | 3 | | Leiria - CNL | 06-05 | |
| 46,76 | | Jessica Include | S23 | | | | 5 | | Leiria - CNL | 29-06 | |
| 46,74 | | Ophelie Oliveira | S23 | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 46,62 | | Teresa Silva | S23 | | | | 4 | | Leiria - CNL | 06-05 | |
| 46,41 | | Teresa Silva | S23 | | | | 3 | | Leiria - CNL | 04-03 | |
| 46,34 | | Jessica Include | S23 | | | | 3cB | T. Int | Leiria - CNL | 30-07 | |
| 46,20 | | Teresa Silva | S23 | | | | 4cB | T. Int | Leiria - CNL | 30-07 | |
| 46,15 | | Juliana Pereira | S23 | | | | 12U23 | TE Lanç | Las Palmas - Esp | 12-03 | |
| 46,15 | | Juliana Pereira | S23 | | | | 2 | | Lisboa - MP | 23-06 | |
| 46,13 | | Teresa Silva | S23 | | | | 3 | | Sobreda | 15-06 | |
| 46,00 | | Teresa Silva | S23 | | | | 1 | | Leiria - CNL | 08-02 | |
| 45,97 | | Juliana Pereira | S23 | | | | 2 | | Leiria - CNL | 08-02 | |
| 45,94 | | Micaela Sereno | Jv | Juv. Vidigalense | | 14-04-00 | 1 | CNJ | Marinha Grande | 08-07 | 43,46-16 |
| 45,92 | | Ophelie Oliveira | S23 | | | | 6 | | Romans s/ Isere-F | 27-06 | |
| 45,88 | | Ophelie Oliveira | S23 | | | | 1 | | Venissieux - Fra | 12-02 | |
| 45,81 | | Teresa Silva | S23 | | | | 6 | C. Port | Vagos | 10-06 | |
| 45,73 | | Juliana Pereira | S23 | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 45,66 | | Ophelie Oliveira | S23 | | | | 2 | | Aix les Bains - Fra | 23-06 | |
| 45,44 | | Teresa Silva | S23 | | | | 7 | | Leiria - CNL | 29-06 | |
| 45,27 | | Juliana Pereira | S23 | | | | 1 | CNU | Faro | 14-05 | |
| 45,22 | | Teresa Silva | S23 | | | | 2 | Fortunato | Torres Vedras | 21-05 | |
| 45,14 | | Jessica Include | S23 | | | | 2 | | Leiria - CNL | 20-07 | |
| 45,10 | | Ophelie Oliveira | S23 | | | | 2 | | Aix les Bains - Fra | 17-12 | |
| 45,09 | | Teresa Silva | S23 | | | | 11 | T. Int | Leiria - CNL | 29-07 | |
| 45,00 | | Jessica Include | S23 | | | | 12 | T. Int | Leiria - CNL | 29-07 | |

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|-------|--|---------------------------|-----|-------------------|-----|----------|-----|------------|-------------------|-------|----------|
| 44,93 | | Teresa Silva | S23 | | | | 1 | | Marinha Grande | 03-06 | |
| 44,92 | | Diana Hernandez | | ACR Sra. Desterro | | 28-04-93 | 4 | CNCI-1 | Leiria | 22-07 | 47,56-11 |
| 44,00 | | Jessica Include | S23 | | | | 2 | | Torres Vedras | 18-03 | |
| 44,00 | | Jessica Include | S23 | | | | 2 | | Leiria - CNL | 22-06 | |
| 43,42 | | Micaela Sereno | Jv | | | | 1jv | | Leiria - CNL | 29-06 | |
| 43,40 | | Teresa Silva | S23 | | | | 3 | | Leiria - CNL | 22-06 | |
| 43,35 | | Micaela Sereno | Jv | | | | 1 | F. Ribeiro | Maia | 12-07 | |
| 43,05 | | Micaela Sereno | Jv | | | | 1jv | | Leiria - CNL | 15-04 | |
| 42,93 | | Teresa Silva | S23 | | | | 4 | | Leiria - CNL | 22-04 | |
| 42,93 | | Micaela Sereno | Jv | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 42,47 | | Teresa Silva | S23 | | | | 2 | F. Ribeiro | Maia | 12-07 | |
| 42,17 | | Teresa Silva | S23 | | | | 4 | CN23 | Pombal | 01-07 | |
| 41,72 | | Teresa Silva | S23 | | | | 1 | Guarda | Guarda | 07-07 | |
| 41,60 | | Micaela Sereno | Jv | | | | 5 | | Leiria - CNL | 06-05 | |
| 41,60 | | Eliana Bandeira | S23 | Juv. Vidigalense | BRA | 01-07-96 | 4 | | Leiria - CNL | 22-06 | |
| 41,37 | | Fernanda Angélica Martins | Vet | CF Oliveira Douro | | 02-04-75 | 1s | CNCI-Ap | Guimarães | 27-05 | 47,28-05 |
| 41,36 | | Eliana Bandeira | S23 | | BRA | | 3 | | Leiria - CNL | 20-07 | |
| 41,09 | | Micaela Sereno | Jv | | | | 4 | | Leiria - CNL | 08-04 | |
| 41,01 | | Micaela Sereno | Jv | | | | 1 | Go Fit | Avila - Esp | 01-07 | |
| 40,46 | | Micaela Sereno | Jv | | | | 1 | CNjv | Abrantes | 24-06 | |
| 40,39 | | Margarida Borges | | AC Mocidade-Aç | | 08-07-92 | 7 | C. Port | Vagos | 10-06 | 35,14-12 |
| 40,38 | | Micaela Sereno | Jv | | | | 1 | | Pombal | 14-05 | |
| 40,27 | | Micaela Sereno | Jv | | | | 1jv | | Leiria - CNL | 18-02 | |
| 40,27 | | Fátima Ribeiro | | GD Estreito | | 28-05-91 | 1 | | Funchal | 21-05 | 40,50-15 |
| 40,26 | | Micaela Sereno | Jv | | | | 2Jr | T. Int | Leiria - CNL | 29-07 | |
| 40,24 | | Fátima Ribeiro | | | | | 1 | | Funchal | 01-04 | |
| 40,00 | | Diana Hernandez | | | | | 2 | CNU | Faro | 14-05 | |
| 39,94 | | Sónia Borges | | JOMA | | 26-08-85 | 1 | | Montereau - Fra | 06-05 | 49,81-06 |
| 39,84 | | Fernanda Angélica Martins | Vet | | | | 1 | CN Lanç | Leiria - CNL | 26-02 | |
| 39,82 | | Fernanda Angélica Martins | Vet | | | | 1 | | Porto - I | 22-01 | |
| 39,75 | | Micaela Sereno | Jv | | | | 1 | OJ | Braga | 04-06 | |
| 39,68 | | Fátima Ribeiro | | | | | 1s | CNCI-Ap | Funchal | 27-05 | |
| 39,68 | | Sónia Borges | | | | | 5 | | Pontoise - Fra | 25-06 | |
| 39,58 | | Sónia Borges | | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 39,54 | | Fátima Ribeiro | | | | | 1 | | Funchal | 18-06 | |
| 39,44 | | Fernanda Angélica Martins | Vet | | | | 3 | F. Ribeiro | Maia | 12-07 | |
| 39,35 | | Margarida Borges | | | | | 1 | | Angra do Heroísmo | 11-02 | |
| 39,35 | | Fernanda Angélica Martins | Vet | | | | 2 | CNCI-3 | Leiria | 22-07 | |
| 39,33 | | Inês Fernandes | | ADC Lovelhe | | 28-06-88 | 2 | INAS | Bangkok - Tha | 18-05 | 40,44-16 |
| 39,12 | | Micaela Sereno | Jv | | | | 4 | | Leiria - CNL | 04-03 | |
| 39,11 | | Margarida Borges | | | | | 1 | | Angra do Heroísmo | 30-04 | |
| 39,09 | | Margarida Borges | | | | | 6 | CN Lanç | Leiria - CNL | 25-02 | |
| 38,98 | | Inês Fernandes | | | | | 1 | | Lovelhe | 22-06 | |
| 38,96 | | Fátima Ribeiro | | | | | 1 | | Funchal | 16-07 | |
| 38,93 | | Micaela Sereno | Jv | | | | 1jr | | Leiria - CNL | 22-04 | |
| 38,86 | | Daniela Carvalho | Vet | Esc. Movimento | | 06-01-74 | 2s | CNCI-Ap | Guimarães | 27-05 | 40,86-92 |
| 38,80 | | Micaela Sereno | Jv | | | | 28q | CE Jr | Grosseto - Ita | 20-07 | |
| 38,71 | | Sónia Borges | | | | | 6 | | La Norville - Fra | 11-06 | |
| 38,51 | | Fátima Ribeiro | | | | | 1 | | Funchal | 04-02 | |
| 38,48 | | Inês Carreira | Jv | Juv. Vidigalense | | 03-04-00 | 1jv | | Leiria - CNL | 22-06 | 33,69-16 |
| 38,37 | | Fernanda Angélica Martins | Vet | | | | 1 | CN Vet | Torres Vedras | 09-07 | |
| 38,36 | | Inês Carreira | Jv | | | | 6 | | Leiria - CNL | 06-05 | |
| 38,36 | | Micaela Sereno | Jv | | | | 1jv | T. Int | Leiria - CNL | 30-07 | |
| 38,28 | | Inês Carreira | Jv | | | | 1jv | | Leiria - CNL | 20-07 | |
| 38,25 | | Micaela Sereno | Jv | | | | 1 | | Castro Verde | 11-12 | |
| 38,14 | | Sónia Borges | | | | | 1 | | Montereau - Fra | 21-05 | |
| 38,10 | | Cláudia Campos | S23 | Maia AC | | 26-02-97 | 7 | CN Lanç | Leiria - CNL | 25-02 | 39,24-16 |
| 37,98 | | Fátima Ribeiro | | | | | 1 | | Funchal | 22-04 | |
| 37,93 | | Cláudia Campos | S23 | | | | 8 | C. Port | Vagos | 10-06 | |
| 37,88 | | Fátima Ribeiro | | | | | 1 | | Funchal | 15-01 | |
| 37,84 | | Fátima Ribeiro | | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 37,81 | | Inês Carreira | Jv | | | | 2 | CNJ | Marinha Grande | 08-07 | |

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|-------|--|---------------------------|-----|------------------|-----|----------|-----|------------|-------------------|-------|----------|
| 37,70 | | Elsa Cruz | S23 | SC Braga | | 10-01-97 | 1 | C. Norte | Maia | 16-07 | 41,85-16 |
| 37,69 | | Eliana Bandeira | S23 | | BRA | | 5cB | T. Int | Leiria - CNL | 30-07 | |
| 37,64 | | Inês Fernandes | | | | | 1 | | Lovelhe | 23-04 | |
| 37,63 | | Inês Carreira | Jv | | | | 4 | F. Ribeiro | Maia | 12-07 | |
| 37,57 | | Margarida Borges | | | | | 1 | | Angra do Heroismo | 28-05 | |
| 37,54 | | Margarida Borges | | | | | 1 | | Angra do Heroismo | 21-05 | |
| 37,50 | | Margarida Borges | | | | | 1 | | Angra do Heroismo | 14-01 | |
| 37,34 | | Fernanda Angélica Martins | Vet | | | | 1 | | Póvoa de Varzim | 01-07 | |
| 37,25 | | Micaela Sereno | Jv | | | | 1jv | CN Lanç | Leiria - CNL | 26-02 | |
| 37,19 | | Inês Fernandes | | | | | 2 | | Lovelhe | 05-07 | |
| 37,10 | | Cecília Rebocho | Jr | NDJ Laranjeiro | | 20-06-99 | 1Jr | | Sobreda | 15-06 | 39,02-16 |
| 36,95 | | Cláudia Campos | S23 | | | | 1 | CNCI-2 | Leiria | 22-07 | |
| 36,93 | | Eva Gonçalves | Ini | NA Cucujães | | 17-04-02 | 2jv | CN Lanç | Leiria - CNL | 26-02 | 35,96-16 |
| 36,87 | | Diana Hernandez | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 36,83 | | Elsa Cruz | S23 | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 36,82 | | Fernanda Angélica Martins | Vet | | | | 2 | C. Norte | Maia | 16-07 | |
| 36,80 | | Inês Carreira | Jv | | | | 3Jr | T. Int | Leiria - CNL | 29-07 | |
| 36,78 | | Cláudia Campos | S23 | | | | 5 | CN23 | Pombal | 01-07 | |
| 36,74 | | Inês Fernandes | | | | | 8ex | CN Lanç | Leiria - CNL | 25-02 | |
| 36,73 | | Katy Soares | Jr | Juv. Vidigalense | | 02-02-98 | 4 | | Leiria - CNL | 20-07 | 37,48-16 |
| 36,61 | | Micaela Sereno | Jv | | | | 1jv | | Leiria - CNL | 08-02 | |
| 36,51 | | Elsa Cruz | S23 | | | | 1 | | Braga | 14-05 | |
| 36,44 | | Eliana Bandeira | S23 | | BRA | | 2 | Guarda | Guarda | 07-07 | |
| 36,42 | | Katy Soares | Jr | | | | 2Jr | | Sobreda | 15-06 | |
| 36,41 | | Inês Carreira | Jv | | | | 2jv | T. Int | Leiria - CNL | 30-07 | |
| 36,36 | | Fátima Ribeiro | | | | | 1 | | Funchal | 17-12 | |
| 36,26 | | Inês Carreira | Jv | | | | 5 | | Leiria - CNL | 04-03 | |
| 36,17 | | Inês Carreira | Jv | | | | 3jv | CN Lanç | Leiria - CNL | 26-02 | |
| 36,16 | | Mariana Bento | Jr | CA Mar. Grande | | 09-08-98 | 3 | CNCI-3 | Leiria | 22-07 | 40,64-16 |
| 36,05 | | Cláudia Campos | S23 | | | | 3 | C. Norte | Maia | 16-07 | |
| 36,04 | | Inês Carreira | Jv | | | | 1 | | Pombal | 10-06 | |
| 36,01 | | Eva Gonçalves | Ini | | | | 2 | CNjv | Abrantes | 24-06 | |
| 35,99 | | Elsa Cruz | S23 | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |
| 35,91 | | Inês Carreira | Jv | | | | 3 | Go Fit | Avila - Esp | 01-07 | |
| 35,81 | | Cláudia Campos | S23 | | | | 4s | CNCI-Ap | Guimarães | 27-05 | |
| 35,81 | | Inês Carreira | Jv | | | | 1 | | Sobreda | 15-06 | |
| 35,81 | | Elsa Cruz | S23 | | | | 5 | F. Ribeiro | Maia | 12-07 | |
| 35,74 | | Margarida Borges | | | | | 1 | | Angra do Heroismo | 17-06 | |
| 35,71 | | Katy Soares | Jr | | | | 6cB | T. Int | Leiria - CNL | 30-07 | |
| 35,65 | | Cecília Rebocho | Jv | | | | 2 | | Castro Verde | 11-12 | |
| 35,56 | | Inês Carreira | Jv | | | | 2 | | Pombal | 14-05 | |
| 35,54 | | Érica Borges | Jv | CA Terceira | | 23-08-00 | 1 | | Ponta Delgada | 07-05 | 36,20-16 |
| 35,44 | | Cecília Rebocho | Jr | | | | 1Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 35,38 | | Cláudia Campos | S23 | | | | 1 | | Braga | 05-07 | |
| 35,34 | | Katy Soares | Jr | | | | 2Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 35,28 | | Mariana Bento | Jr | | | | 3Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 35,20 | | Angela Costa | Jr | CDR Ribeirinho | | 12-01-99 | 3Jr | | Sobreda | 15-06 | 36,55-16 |
| 35,11 | | Katy Soares | Jr | | | | 3 | Guarda | Guarda | 07-07 | |
| 35,10 | | Eliana Bandeira | S23 | | BRA | | 6 | | Leiria - CNL | 04-03 | |
| 34,98 | | Fátima Ribeiro | | | | | 8 | CN Lanç | Leiria - CNL | 25-02 | |
| 34,98 | | Cecília Rebocho | Jr | | | | 1 | | Setúbal | 14-05 | |
| 34,91 | | Mariana Bento | Jr | | | | 3 | CNU | Faro | 14-05 | |
| 34,80 | | Ana Beatriz Gomes | Jv | CS Marítimo | | 26-11-00 | 2 | CNCI-2 | Leiria | 22-07 | |
| 34,77 | | Tânia Pinhão | | Grecas | | 01-06-88 | 7 | CNCI-1 | Leiria | 22-07 | 40,35-07 |
| 34,69 | | Katy Soares | Jr | | | | 6 | CN23 | Pombal | 01-07 | |
| 34,68 | | Inês Carreira | Jv | | | | 2 | | Leiria - CNL | 15-04 | |
| 34,68 | | Inês Fernandes | | | | | 1 | ANDDI | Luso | 30-04 | |
| 34,67 | | Inês Carreira | Jv | | | | 2jr | | Leiria - CNL | 22-04 | |
| 34,67 | | Eliana Bandeira | S23 | | BRA | | 8 | | Leiria - CNL | 29-06 | |
| 34,64 | | Ana Beatriz Gomes | Jv | | | | 3 | CNjv | Abrantes | 24-06 | |
| 34,57 | | Érica Borges | Jv | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 34,55 | | Iva Lopes | Jv | SL Benfica | | 18-11-00 | 4 | CNJ | Marinha Grande | 08-07 | |

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|-------|--------------------|--------------------|-----|------------------|----------|-----|------------|---------------------|-------|----------|
| 34,53 | | Katy Soares | Jr | | | 7 | | Leiria - CNL | 04-03 | |
| 34,53 | | Érica Borges | Jv | | | 2 | | Angra do Heroísmo | 17-06 | |
| 34,51 | | Cláudia Campos | S23 | | | 4 | CNU | Faro | 14-05 | |
| 34,51 | | Mariana Bento | Jr | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 34,38 | | Cláudia Campos | S23 | | | 6 | F. Ribeiro | Maia | 12-07 | |
| 34,37 | | Mariana Bento | Jr | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 34,35 | | Ana Beatriz Gomes | Jv | | | 1 | | Funchal | 11-06 | |
| 34,31 | | Érica Borges | Jv | | | 2 | J. Ilhas | Riviere Salee - Fra | 12-05 | |
| 34,30 | | Cláudia Campos | S23 | | | 2 | | Porto - I | 22-01 | |
| 34,27 | | Daniela Carvalho | Vet | | | 4 | CNCI-3 | Leiria | 22-07 | |
| 34,16 | Juliana Rei | | Jr | Gira Sol | 22-08-99 | 4Jr | T. Int | Leiria - CNL | 29-07 | 33,19-16 |
| 34,15 | | Cláudia Campos | S23 | | | 1 | | Braga | 10-12 | |
| 34,07 | | Tânia Pinhão | | | | 4s | CNCI-Ap | Fátima | 27-05 | |
| 34,06 | | Margarida Borges | | | | 1 | | Angra do Heroísmo | 22-03 | |
| 33,99 | Diana Rodrigues | | Jv | CA Mazarefes | 20-03-00 | 4 | CNjv | Abrantes | 24-06 | |
| 33,93 | | Inês Carreira | Jv | | | 5 | | Leiria - CNL | 08-04 | |
| 33,89 | | Cecília Rebocho | Jr | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 33,83 | Margarida Ferreira | | | NA Cucujães | 27-10-94 | 2 | | Lovelhe | 23-04 | 40,66-13 |
| 33,82 | | Inês Carreira | Jv | | | 2jv | | Leiria - CNL | 08-02 | |
| 33,81 | | Juliana Rei | Jr | | | 1 | Aveiro | Aveiro | 24-06 | |
| 33,80 | | Katy Soares | Jr | | | 2 | | Marinha Grande | 03-06 | |
| 33,76 | | Mariana Bento | Jr | | | 2 | | Leiria - CNL | 18-02 | |
| 33,76 | | Cláudia Campos | S23 | | | 4 | Guarda | Guarda | 07-07 | |
| 33,72 | | Katy Soares | Jr | | | 3 | | Leiria - CNL | 18-02 | |
| 33,63 | | Katy Soares | Jr | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 33,55 | | Juliana Rei | Jr | | | 8 | | Leiria - CNL | 04-03 | |
| 33,44 | Carolina Teixeira | | Jv | ACD Jardim Serra | 22-07-00 | 4jv | CN Lanç | Leiria - CNL | 26-02 | |
| 33,42 | | Daniela Carvalho | Vet | | | 2 | | Póvoa de Varzim | 01-07 | |
| 33,39 | | Ana Beatriz Gomes | Jv | | | 1 | | Funchal | 18-06 | |
| 33,35 | | Ana Beatriz Gomes | Jv | | | 1 | | Funchal | 21-05 | |
| 33,35 | | Margarida Ferreira | | | | 2 | Aveiro | Aveiro | 24-06 | 40,66-13 |
| 33,34 | | Katy Soares | Jr | | | 3 | | Leiria - CNL | 08-02 | |
| 33,23 | | Ana Beatriz Gomes | Jv | | | 2s | CNCI-Ap | Funchal | 27-05 | |
| 33,23 | Margarida Correia | | Jv | França | 24-09-00 | 2ex | | Seyne sur Mer - F | 03-06 | 33,55-16 |
| 33,21 | | Carolina Teixeira | Jv | | | 2 | | Funchal | 21-05 | |
| 33,10 | | Katy Soares | Jr | | | 5 | | Leiria - CNL | 22-06 | |
| 33,10 | | Ana Beatriz Gomes | Jv | | | 1 | | Lovelhe | 29-06 | |
| 33,04 | | Katy Soares | Jr | | | 7 | | Leiria - CNL | 06-05 | |
| 33,01 | | Diana Rodrigues | Jv | | | 5 | CNCI-3 | Leiria | 22-07 | |
| 32,86 | | Margarida Correia | Jv | | | 1 | | Nice - Fra | 18-06 | |
| 32,86 | | Juliana Rei | Jr | | | 6 | | Leiria - CNL | 22-06 | |
| 32,77 | | Juliana Rei | Jr | | | 1ex | | Vagos | 15-07 | |
| 32,72 | | Margarida Correia | Jv | | | 4 | | Nice - Fra | 15-01 | |
| 32,72 | | Cecília Rebocho | Jr | | | 7 | CN23 | Pombal | 01-07 | |
| 32,69 | | Cecília Rebocho | Jr | | | 1 | | Setúbal | 30-04 | |
| 32,65 | | Carolina Teixeira | Jv | | | 2 | | Funchal | 18-06 | |
| 32,61 | | Margarida Correia | Jv | | | 3 | | Marselha - Fra | 10-06 | |
| 32,54 | | Katy Soares | Jr | | | 9 | | Leiria - CNL | 29-06 | |
| 32,47 | | Cecília Rebocho | Jr | | | 1 | | Sobreda | 10-06 | |
| 32,43 | | Katy Soares | Jr | | | 5 | | Leiria - CNL | 22-04 | |
| 32,42 | | Inês Carreira | Jv | | | 2jv | | Leiria - CNL | 18-02 | |
| 32,39 | | Margarida Correia | Jv | | | 5 | | Nice - Fra | 07-05 | |
| 32,39 | | Juliana Rei | Jr | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 32,33 | | Margarida Ferreira | | | | 5s | CNCI-Ap | Guimarães | 27-05 | 40,66-13 |
| 32,31 | | Katy Soares | Jr | | | 5Jr | T. Int | Leiria - CNL | 29-07 | |
| 32,20 | | Érica Borges | Jv | | | 5 | CNjv | Abrantes | 24-06 | |
| 32,19 | | Érica Borges | Jv | | | 1Jv | | Angra do Heroísmo | 11-02 | |
| 31,98 | | Carolina Teixeira | Jv | | | 2 | | Funchal | 11-06 | |
| 31,95 | | Juliana Rei | Jr | | | 8 | CNJ | Marinha Grande | 08-07 | |
| 31,79 | Camila Carreira | | Jv | Juv. Vidigalense | 26-03-02 | 3jv | | Leiria - CNL | 15-04 | |
| 31,77 | | Margarida Correia | Jv | | | 1 | | Nice - Fra | 05-02 | |
| 31,71 | | Margarida Correia | Jv | | | 7 | C. Fr. Jr | Dreux - Fra | 01-07 | |

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|-------|---------------------|-------------------|-----|------------------|--|----------|------|----------|-------------------|-------|--|
| 31,68 | | Ana Beatriz Gomes | Jv | | | | 1 | | Funchal | 16-02 | |
| 31,64 | | Cecília Rebocho | Jv | | | | 1 | | Seixal | 17-12 | |
| 31,64 | | Juliana Rei | Jr | | | | 4Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 31,64 | | Cecília Rebocho | Jr | | | | 1 | | Setúbal | 15-07 | |
| 31,63 | | Daniela Carvalho | Vet | | | | 4 | C. Norte | Maia | 16-07 | |
| 31,59 | | Cecília Rebocho | Jr | | | | 1Jr | | Seixal | 28-01 | |
| 31,52 | | Juliana Rei | Jr | | | | 1 | | Febres | 13-05 | |
| 31,48 | | Érica Borges | Jv | | | | 1 | | Angra do Heroísmo | 26-11 | |
| 31,45 | | Carolina Teixeira | Jv | | | | 3s | CNCI-Ap | Funchal | 27-05 | |
| 31,40 | | Ana Beatriz Gomes | Jv | | | | 2 | | Funchal | 01-04 | |
| 31,38 | | Érica Borges | Jv | | | | 1Jv | | Castro Verde | 11-12 | |
| 31,31 | | Margarida Borges | | | | | 1s | | Angra do Heroísmo | 26-11 | |
| 31,27 | | Iva Lopes | Jv | | | | 1 | | Lisboa - MP | 14-05 | |
| 31,24 | | Carolina Teixeira | Jv | | | | 3 | | Funchal | 01-04 | |
| 31,23 | Margarida Feliciano | | Jv | Sporting CP | | 21-03-01 | 1jv | | Seixal | 28-01 | |
| 31,22 | | Camila Carreira | Jv | | | | 1Ini | | Sobreda | 15-06 | |
| 31,21 | | Érica Borges | Jv | | | | 5jv | CN Lanç | Leiria - CNL | 26-02 | |
| 31,21 | | Iva Lopes | Jv | | | | 6jv | CN Lanç | Leiria - CNL | 26-02 | |
| 31,20 | | Margarida Correia | Jv | | | | 2 | | Nice - Fra | 21-06 | |
| 31,06 | Laura Monteiro | | Jv | Juv. Vidigalense | | 29-07-01 | 3jv | | Leiria - CNL | 18-02 | |
| 31,03 | | Diana Rodrigues | Jv | | | | 3 | T. Int | Leiria - CNL | 30-07 | |
| 31,01 | | Laura Monteiro | Jv | | | | 3 | | Marinha Grande | 03-06 | |

Martelo / Hammer – 55,00 – 35,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|----------------------|-------------|-----|-------------------|-----|----------|-------|----------|------------------|-------|----------|
| 61,80 | | Vânia Silva | Vet | Sporting CP | | 08-06-80 | 1 | | Leiria - CNL | 04-03 | 69,55-11 |
| 61,39 | | Vânia Silva | Vet | | | | 2 | | Lovelhe | 22-04 | |
| 61,19 | | Vânia Silva | Vet | | | | 1 | | Lovelhe | 23-04 | |
| 60,99 | | Vânia Silva | Vet | | | | 1 | CN Lanç | Leiria - CNL | 25-02 | |
| 60,83 | | Vânia Silva | Vet | | | | 1 | | Sobreda | 15-06 | |
| 60,72 | | Vânia Silva | Vet | | | | 3 | T. Int | Leiria - CNL | 29-07 | |
| 60,30 | | Vânia Silva | Vet | | | | 1 | C. Port | Vagos | 10-06 | |
| 60,20 | | Vânia Silva | Vet | | | | 1 | | Leiria - CNL | 20-07 | |
| 59,92 | | Vânia Silva | Vet | | | | 3 | T. Int | Leiria - CNL | 30-07 | |
| 59,86 | | Vânia Silva | Vet | | | | 1 | CN Vet | Torres Vedras | 08-07 | |
| 59,78 | | Vânia Silva | Vet | | | | 9 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 59,29 | | Vânia Silva | Vet | | | | 1 | F. Alves | Marinha Grande | 20-05 | |
| 59,21 | | Vânia Silva | Vet | | | | 1 | | Leiria - CNL | 18-02 | |
| 58,80 | | Vânia Silva | Vet | | | | 24 | TE Lanç | Las Palmas - Esp | 11-03 | |
| 58,39 | | Vânia Silva | Vet | | | | 1 | | Leiria - CNL | 08-02 | |
| 58,36 | | Vânia Silva | Vet | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 58,25 | | Vânia Silva | Vet | | | | 2 | Caceres | Plasencia - Esp | 28-06 | |
| 57,53 | Ana Filipa Fernandes | | Jr | Sporting CP | | 31-01-98 | 1Jr | | Lovelhe | 22-04 | 57,72-16 |
| 56,96 | Daniela Paço | | S23 | Juv. Vidigalense | | 26-08-96 | 14U23 | TE Lanç | Las Palmas - Esp | 12-03 | 56,78-16 |
| 56,90 | Sónia Alves | | Vet | ACR Sra. Desterro | | 30-06-79 | 2 | CN Vet | Torres Vedras | 08-07 | 67,14-04 |
| 56,47 | Ana Filipa Fernandes | | Jr | | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 56,19 | Sónia Alves | | Vet | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 56,12 | Vânia Silva | | Vet | | | | 1 | Abrantes | Abrantes | 03-06 | |
| 55,91 | Daniela Paço | | S23 | | | | 2 | CN Lanç | Leiria - CNL | 25-02 | |
| 55,80 | Daniela Paço | | S23 | | | | 1 | | Lovelhe | 18-02 | |
| 54,97 | Andreia Venade | | | SC Braga | | 16-03-92 | 3 | | Lovelhe | 22-04 | 56,07-16 |
| 54,48 | Andreia Venade | | | | | | 3 | | Lovelhe | 23-04 | |
| 54,10 | Andreia Venade | | | | | | 2 | | Lovelhe | 18-02 | |
| 53,92 | Ana Filipa Fernandes | | Jr | | | | 4 | | Lovelhe | 23-04 | |
| 53,85 | Andreia Venade | | | | | | 3 | CN Lanç | Leiria - CNL | 25-02 | |
| 53,21 | Andreia Venade | | | | | | 1 | | Lovelhe | 05-07 | |
| 52,81 | Ana Filipa Fernandes | | Jr | | | | 1 | CN23 | Pombal | 01-07 | |
| 52,54 | Ana Filipa Fernandes | | Jr | | | | 1Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 51,73 | Milene Jesus | | Jr | ACD S. João | | 01-06-99 | 1Jr | | Lovelhe | 05-07 | 49,56-16 |
| 51,54 | Ana Filipa Fernandes | | Jr | | | | 10 | | Halle - Ale | 20-05 | |
| 51,44 | Ana Filipa Fernandes | | Jr | | | | 15q | CE Jr | Grosseto - Ita | 21-07 | |

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|-------|---------------------|----------------------|-----|------------------|--|----------|-----|----------|-----------------|-------|----------|
| 51,42 | | Ana Filipa Fernandes | Jr | | | | 2Jr | | Lovelhe | 05-07 | |
| 51,09 | | Andreia Venade | | | | | 2 | C. Port | Vagos | 10-06 | |
| 50,85 | | Andreia Venade | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 50,76 | | Ana Filipa Fernandes | Jr | | | | 1Jr | | Lovelhe | 29-06 | |
| 49,81 | | Milene Jesus | Jr | | | | 1 | | Funchal | 15-07 | |
| 49,68 | | Milene Jesus | Jr | | | | 1 | | Funchal | 24-06 | |
| 49,58 | | Andreia Venade | | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 49,46 | | Milene Jesus | Jr | | | | 1 | | Funchal | 17-06 | |
| 48,32 | Cecilia Rebocho | | Jr | NDJ Laranjeiro | | 20-06-99 | 2 | CNJ | Marinha Grande | 08-07 | 47,01-16 |
| 48,13 | | Milene Jesus | Jr | | | | 1 | | Funchal | 10-07 | |
| 47,94 | | Milene Jesus | Jr | | | | 1 | | Funchal | 13-05 | |
| 47,76 | | Milene Jesus | Jr | | | | 2Jr | | Lovelhe | 29-06 | |
| 47,76 | | Milene Jesus | Jr | | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 47,67 | | Andreia Venade | | | | | 1 | C. Norte | Maia | 15-07 | |
| 47,45 | | Milene Jesus | Jr | | | | 1 | | Funchal | 06-06 | |
| 47,16 | Sandra Santos | | | UC Eirense | | 10-04-84 | 1 | CNCI-2 | Leiria | 22-07 | 47,42-11 |
| 47,13 | | Milene Jesus | Jr | | | | 2 | CN23 | Pombal | 01-07 | |
| 47,05 | Rafaela Moutinho | | S23 | Sporting CP | | 02-01-97 | 4 | CN Lanç | Leiria - CNL | 25-02 | 48,13-16 |
| 46,93 | | Cecília Rebocho | Jr | | | | 3 | CN23 | Pombal | 01-07 | |
| 46,80 | Catarina Abreu | | S23 | JD Neves | | 29-03-96 | 5 | CN Lanç | Leiria - CNL | 25-02 | 48,08-16 |
| 46,72 | | Daniela Paço | S23 | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 46,58 | | Milene Jesus | Jr | | | | 1 | | Funchal | 10-06 | |
| 46,43 | | Catarina Abreu | S23 | | | | 1 | | Beja | 12-02 | |
| 46,42 | | Milene Jesus | Jr | | | | 2Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 46,41 | | Catarina Abreu | S23 | | | | 1ex | | Faro | 18-02 | |
| 46,21 | | Sandra Santos | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 46,14 | | Sandra Santos | | | | | 1 | | Febres | 21-05 | |
| 45,63 | Laura Monteiro | | Jv | Juv. Vidigalense | | 29-07-01 | 4 | CNJ | Marinha Grande | 08-07 | |
| 45,57 | | Milene Jesus | Jr | | | | 1 | | Funchal | 16-02 | |
| 45,37 | | Cecília Rebocho | Jr | | | | 1 | | Setúbal | 15-07 | |
| 45,31 | | Cecília Rebocho | Jr | | | | 1 | | Sobreda | 17-06 | |
| 45,26 | | Rafaela Moutinho | S23 | | | | 2 | | Leiria - CNL | 04-03 | |
| 45,11 | | Cecília Rebocho | Jr | | | | 1Jr | | Sobreda | 15-06 | |
| 45,02 | | Cecília Rebocho | Jr | | | | 3Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 45,02 | Ângela Silva | | Jv | ADR Água Pena | | 31-03-00 | 2 | | Funchal | 15-07 | |
| 44,99 | | Sandra Santos | | | | | 1 | | Coimbra - U | 12-11 | |
| 44,91 | | Laura Monteiro | Jv | | | | 8Jr | T. Int | Leiria - CNL | 29-07 | |
| 44,81 | | Milene Jesus | Jr | | | | 1 | | Funchal | 07-01 | |
| 44,78 | | Rafaela Moutinho | S23 | | | | 1 | | Lisboa - MP | 23-06 | |
| 44,72 | | Milene Jesus | Jr | | | | 1 | | Funchal | 04-02 | |
| 44,68 | | Sandra Santos | | | | | 3 | C. Port | Vagos | 10-06 | |
| 44,66 | Ana Chiu | | S23 | SL Benfica | | 27-02-97 | 1 | | Setúbal | 14-05 | 45,21-16 |
| 44,62 | Ana Granja | | Jr | CD Póvoa | | 25-10-99 | 2 | C. Norte | Maia | 15-07 | 43,18-16 |
| 44,54 | | Sandra Santos | | | | | 2 | Abrantes | Abrantes | 03-06 | |
| 44,46 | Maria Inês Domingos | | S23 | CA Mar. Grande | | 26-03-95 | 6 | CN Lanç | Leiria - CNL | 25-02 | 46,99-15 |
| 44,43 | | Cecília Rebocho | Jr | | | | 1Jr | | Beja | 12-02 | |
| 44,40 | | Rafaela Moutinho | S23 | | | | 1 | | Fátima | 04-02 | |
| 44,37 | | Milene Jesus | Jr | | | | 1 | | Funchal | 20-05 | |
| 44,20 | | Rafaela Moutinho | S23 | | | | 1 | | Seixal | 28-01 | |
| 44,10 | | Ana Chiu | S23 | | | | 2 | | Sobreda | 15-06 | |
| 43,99 | | Maria Inês Domingos | S23 | | | | 2 | F. Alves | Marinha Grande | 20-05 | |
| 43,95 | | Maria Inês Domingos | S23 | | | | 2 | | Leiria - CNL | 18-02 | |
| 43,89 | | Ângela Silva | Jv | | | | 1s | CNCI-Ap | Funchal | 27-05 | |
| 43,87 | | Catarina Abreu | S23 | | | | 6 | Caceres | Plasencia - Esp | 28-06 | |
| 43,83 | | Rafaela Moutinho | S23 | | | | 4 | | Lovelhe | 22-04 | |
| 43,74 | | Ana Chiu | S23 | | | | 7 | CN Lanç | Leiria - CNL | 25-02 | |
| 43,63 | | Catarina Abreu | S23 | | | | 1 | | Castro Verde | 28-05 | |
| 43,45 | | Ana Granja | Jr | | | | 3Jr | | Lovelhe | 05-07 | |
| 43,34 | | Catarina Abreu | S23 | | | | 1 | | Castro Verde | 21-05 | |
| 43,29 | | Ana Granja | Jr | | | | 10 | T. Int | Leiria - CNL | 30-07 | |
| 43,23 | | Maria Inês Domingos | S23 | | | | 1 | CNCI-3 | Leiria | 22-07 | |
| 43,19 | | Ana Granja | Jr | | | | 9Jr | T. Int | Leiria - CNL | 29-07 | |

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|-------|--|----------------------|-----|-------------------|--|----------|-----|-------------|----------------------|-------|----------|
| 43,09 | | Ana Granja | Jr | | | | 3Jr | | Lovelhe | 29-06 | |
| 43,02 | | Ana Granja | Jr | | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 42,74 | | Ângela Silva | Jv | | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 42,73 | | Ângela Silva | Jv | | | | 1Jv | | Lovelhe | 05-07 | |
| 42,68 | | Maria Inês Domingos | S23 | | | | 1 | | Marinha Grande | 03-06 | |
| 42,64 | | Cecília Rebocho | Jr | | | | 1Jr | | Seixal | 28-01 | |
| 42,55 | | Rafaela Moutinho | S23 | | | | 4 | CN23 | Pombal | 01-07 | |
| 42,49 | | Ângela Silva | Jv | | | | 2 | | Funchal | 10-07 | |
| 42,41 | | Rafaela Moutinho | S23 | | | | 5 | | Lovelhe | 23-04 | |
| 42,35 | | Catarina Abreu | S23 | | | | 4 | C. Port | Vagos | 10-06 | |
| 42,19 | | Rafaela Moutinho | S23 | | | | 2 | | Leiria - CNL | 08-02 | |
| 42,19 | | Laura Monteiro | Jv | | | | 3 | F. Alves | Marinha Grande | 20-05 | |
| 42,12 | | Maria Inês Domingos | S23 | | | | 3s | CNCI-Ap | Fátima | 27-05 | |
| 42,12 | | Ana Chiu | S23 | | | | 2 | | Lisboa - MP | 23-06 | |
| 42,03 | | Rafaela Moutinho | S23 | | | | 5 | C. Port | Vagos | 10-06 | |
| 41,98 | | Ângela Silva | Jv | | | | 2 | | Funchal | 17-06 | |
| 41,32 | | Ana Granja | Jr | | | | 5 | CN23 | Pombal | 01-07 | |
| 41,31 | | Rafaela Moutinho | S23 | | | | 1 | | Lisboa - MP | 14-07 | |
| 41,11 | | Catarina Abreu | S23 | | | | 6 | CN23 | Pombal | 01-07 | |
| 41,10 | | Ana Granja | Jr | | | | 6 | | Lovelhe | 23-04 | |
| 40,87 | | Ana Granja | Jr | | | | 2Jr | | Lovelhe | 22-04 | |
| 40,72 | | Fernanda Silva | Vet | NA Cucujães | | 18-11-81 | 1 | | Lovelhe | 08-06 | 47,02-03 |
| 40,61 | | Linda Mendes | Jv | ACD S. João | | 17-01-00 | 2 | | Funchal | 06-06 | |
| 40,56 | | Ana Granja | Jr | | | | 1Jr | | Leiria - CNL | 20-07 | |
| 40,50 | | Filipa Vasconcelos | | CS Marítimo | | 21-10-91 | 2s | CNCI-Ap | Funchal | 27-05 | 48,83-09 |
| 40,49 | | Fabiana Domingos | | CA Mar. Grande | | 05-04-93 | 3 | | Leiria - CNL | 18-02 | 43,34-10 |
| 40,22 | | Ana Chiu | S23 | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 40,17 | | Ana Chiu | S23 | | | | 2 | | Lisboa - MP | 14-07 | |
| 40,15 | | Rafaela Moutinho | S23 | | | | 4 | T. Int | Leiria - CNL | 29-07 | |
| 40,14 | | Sara Cardoso | Jr | AA Ch. Caparica | | 19-10-98 | 2 | | Setúbal | 15-07 | 40,69-16 |
| 40,10 | | Ana Granja | Jr | | | | 1Jr | | Porto - I | 01-05 | |
| 40,05 | | Telma Ferreira | Jr | AC Mocidade-Aç | | 12-12-98 | 1 | | Angra do Heroísmo | 01-04 | 37,60-16 |
| 39,96 | | Antónia Borges | | CJS Arouca | | 11-10-83 | 4 | | Maisons Alfort - Fra | 27-05 | 44,73-11 |
| 39,94 | | Inês Fernandes | | ADC Lovelhe | | 28-06-88 | 1 | CN ANDDI | Luso | 29-04 | 41,72-08 |
| 39,80 | | Sara Cardoso | Jr | | | | 4Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 39,79 | | Daniela Teixeira | | GD Estreito | | 14-07-91 | 3s | CNCI-Ap | Funchal | 27-05 | 45,71-09 |
| 39,78 | | Ângela Silva | Jv | | | | 3 | | Funchal | 06-06 | |
| 39,76 | | Diana Hernandez | | ACR Sra. Desterro | | 28-04-93 | 4 | CNCI-1 | Leiria | 22-07 | 37,46-13 |
| 39,75 | | Ana Granja | Jr | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 39,33 | | Sara Cardoso | Jr | | | | 2Jr | | Seixal | 28-01 | |
| 38,97 | | Ana Granja | Jr | | | | 1 | C. Norte Jr | Braga | 18-06 | |
| 38,81 | | Laura Monteiro | Jv | | | | 4s | CNCI-Ap | Fátima | 27-05 | |
| 38,63 | | Viviana Gonçalves | | ACD Jardim Serra | | 25-06-91 | 4s | CNCI-Ap | Funchal | 27-05 | 39,55-13 |
| 38,59 | | Sara Cardoso | Jr | | | | 2 | | Sobreda | 17-06 | |
| 38,52 | | Rafaela Moutinho | S23 | | | | 11 | T. Int | Leiria - CNL | 30-07 | |
| 38,49 | | Linda Mendes | Jv | | | | 2 | | Funchal | 16-02 | |
| 38,15 | | Sara Cardoso | Jr | | | | 2Jr | | Sobreda | 15-06 | |
| 37,98 | | Telma Ferreira | Jr | | | | 1 | | Angra do Heroísmo | 17-06 | |
| 37,89 | | Maria João Rodrigues | S23 | Gira Sol | | 01-07-96 | 2 | CNCI-2 | Leiria | 22-07 | 50,86-12 |
| 37,79 | | Laura Monteiro | Jv | | | | 3 | | Marinha Grande | 03-06 | |
| 37,75 | | Rafaela Moutinho | S23 | | | | 3ex | | Marinha Grande | 03-06 | |
| 37,66 | | Margarida Santos | Jr | CS Marítimo | | 15-12-99 | 3 | | Funchal | 17-06 | |
| 37,51 | | Telma Ferreira | Jr | | | | 7 | CNJ | Marinha Grande | 08-07 | |
| 37,45 | | Fernanda Silva | Vet | | | | 1 | | Vagos | 01-07 | |
| 37,36 | | Sara Cardoso | Jr | | | | 8 | CNJ | Marinha Grande | 08-07 | |
| 37,30 | | Telma Ferreira | Jr | | | | 1 | | Angra do Heroísmo | 20-05 | |
| 37,07 | | Fernanda Silva | Vet | | | | 2 | CNCI-3 | Leiria | 22-07 | |
| 37,06 | | Ana Granja | Jr | | | | 5Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 37,05 | | Sara Cardoso | Jr | | | | 1 | | Seixal | 17-12 | |
| 36,81 | | Fernanda Silva | Vet | | | | 5s | CNCI-Ap | Fátima | 27-05 | |
| 36,74 | | Fabiana Domingos | | | | | 3 | | Marinha Grande | 03-06 | |
| 36,64 | | Telma Ferreira | Jr | | | | 4 | | Funchal | 06-06 | |

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|-------|---------------------|---------------------|-----|-----------------|--|----------|------|----------|-------------------|-------|----------|
| 36,62 | | Viviana Gonçalves | | | | | 2 | | Funchal | 13-05 | |
| 36,54 | | Telma Ferreira | Jr | | | | 1 | | Angra do Heroísmo | 22-03 | |
| 36,54 | Beatriz Santos | | Jv | AA Ch. Caparica | | 21-08-00 | 3 | | Setúbal | 15-07 | |
| 36,51 | Catarina Granja | | | CA Mazarefes | | 23-05-92 | 8 | | Lovelhe | 23-04 | 40,73-10 |
| 36,41 | | Margarida Santos | Jr | | | | 4Jr | | Lovelhe | 29-06 | |
| 36,40 | | Telma Ferreira | Jr | | | | 1 | | Angra do Heroísmo | 03-12 | |
| 36,34 | Joana Rebelo | | | AC Mocidade-Aç | | 02-02-93 | 2 | | Angra do Heroísmo | 03-12 | 45,50-10 |
| 36,24 | Mariana Pinto | | | Esc. Movimento | | 21-05-94 | 1 | CNU | Faro | 14-05 | 42,04-14 |
| 36,21 | Margarida Borges | | | AC Mocidade-Aç | | 08-07-92 | 2 | | Angra do Heroísmo | 18-06 | 39,55-09 |
| 36,18 | Beatriz Vitoriano | | Jr | AA Ch. Caparica | | 24-04-98 | 6Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 36,18 | | Margarida Santos | Jr | | | | 2 | | Funchal | 24-06 | |
| 36,17 | | Mariana Pinto | | | | | 1 | | Porto - I | 01-05 | |
| 36,17 | | Beatriz Vitoriano | Jr | | | | 3Jr | | Sobreda | 15-06 | |
| 36,17 | Margarida Feliciano | | Jv | Sporting CP | | | 11Jr | T. Int | Leiria - CNL | 29-07 | |
| 36,15 | | Viviana Gonçalves | | | | | 5 | CNCI-1 | Leiria | 22-07 | |
| 36,09 | | Viviana Gonçalves | | | | | 3 | | Funchal | 15-07 | |
| 35,98 | | Fabiana Domingos | | | | | 4 | F. Alves | Marinha Grande | 20-05 | |
| 35,95 | | Ângela Silva | Jv | | | | 3 | CNCI-2 | Leiria | 22-07 | |
| 35,87 | | Beatriz Santos | Jv | | | | 3 | | Sobreda | 17-06 | |
| 35,84 | | Ana Granja | Jr | | | | 1 | | Porto - I | 18-02 | |
| 35,79 | | Margarida Borges | | | | | 1 | | Angra do Heroísmo | 29-04 | |
| 35,75 | | Catarina Granja | | | | | 3 | CNCI-3 | Leiria | 22-07 | |
| 35,72 | | Margarida Santos | Jr | | | | 3 | | Funchal | 13-05 | |
| 35,65 | | Mariana Pinto | | | | | 3 | C. Norte | Maia | 15-07 | |
| 35,60 | | Ângela Silva | Jv | | | | 1 | | Funchal | 29-04 | |
| 35,58 | | Ana Chiu | S23 | | | | 6 | CNCI-1 | Leiria | 22-07 | |
| 35,54 | | Margarida Santos | Jr | | | | 1 | | Funchal | 27-05 | |
| 35,39 | | Beatriz Vitoriano | Jr | | | | 9 | CNJ | Marinha Grande | 08-07 | |
| 35,37 | | Margarida Feliciano | Jv | | | | 5 | | Lisboa - MP | 14-07 | |
| 35,34 | | Telma Ferreira | Jr | | | | 1 | | Angra do Heroísmo | 13-01 | |
| 35,30 | | Beatriz Santos | Jv | | | | 10 | CNJ | Marinha Grande | 08-07 | |
| 35,18 | | Margarida Santos | Jr | | | | 3 | | Funchal | 10-07 | |
| 35,07 | | Margarida Santos | Jr | | | | 2 | | Funchal | 20-05 | |
| 35,05 | Joana Silva | | | CD Póvoa | | 09-03-84 | 4 | C. Norte | Maia | 15-07 | 47,95-03 |
| 35,03 | | Catarina Granja | | | | | 3s | CNCI-Ap | Guimarães | 27-05 | |

Dardo / Javelin – 43,00 - 32,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|---|------------------|-----|-------------|-----|----------|-----|---------|------------------|-------|----------|
| 51,50 | | Cláudia Ferreira | Jr | Sporting CP | | 03-10-98 | 1 | CN23 | Pombal | 02-07 | 49,85-16 |
| 50,26 | | Cláudia Ferreira | Jr | | | | 2 | T. Int | Leiria - CNL | 30-07 | |
| 49,97 | | Silvia Cruz | Vet | Sporting CP | | 29-12-80 | 3 | | Loughborough-Gbr | 28-05 | 59,76-08 |
| 49,49 | | Cláudia Ferreira | Jr | | | | 2 | T. Int | Leiria - CNL | 29-07 | |
| 49,09 | | Silvia Cruz | Vet | | | | 1 | CN Lanç | Leiria - CNL | 25-02 | |
| 48,54 | | Cláudia Ferreira | Jr | | | | 1 | | Braga | 23-04 | |
| 48,04 | | Cláudia Ferreira | Jr | | | | 1 | CNJ | Marinha Grande | 08-07 | |
| 48,02 | | Cláudia Ferreira | Jr | | | | 1 | | Viana do Castelo | 09-04 | |
| 48,01 | | Silvia Cruz | Vet | | | | 2 | | Leiria - CNL | 22-04 | |
| 47,92 | | Cláudia Ferreira | Jr | | | | 15 | TE Lanç | Las Palmas - Esp | 11-03 | |
| 47,90 | | Cláudia Ferreira | Jr | | | | 1 | | Viana do Castelo | 28-06 | |
| 47,85 | | Silvia Cruz | Vet | | | | 1 | C. Port | Vagos | 11-06 | |
| 47,70 | | Cláudia Ferreira | Jr | | | | 1 | | Póvoa de Varzim | 24-05 | |
| 47,42 | | Cláudia Ferreira | Jr | | | | 1Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 47,33 | | Cláudia Ferreira | Jr | | | | 14q | CE Jr | Grosseto - Ita | 20-07 | |
| 46,94 | | Cláudia Ferreira | Jr | | | | 2 | C. Port | Vagos | 11-06 | |
| 46,93 | | Cláudia Ferreira | Jr | | | | 1 | CNU | Faro | 14-05 | |
| 46,17 | | Marlene Araújo | | SL Benfica | | 19-02-93 | 4 | T. Int | Leiria - CNL | 29-07 | 43,83-16 |
| 45,99 | | Cláudia Ferreira | Jr | | | | 1 | | Leiria - CNL | 08-02 | |
| 45,78 | | Marlene Araújo | | | | | 3 | T. Int | Leiria - CNL | 30-07 | |
| 45,64 | | Silvia Cruz | Vet | | | | 10 | ETC - 1 | Vaasa - Fin | 24-06 | |
| 45,12 | | Silvia Cruz | Vet | | | | 1 | CNCI-1 | Leiria | 23-07 | |
| 44,95 | | Cláudia Ferreira | Jr | | | | 1 | | Maia | 14-06 | |

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|-------|-------------------|-----|-------------------|----------|-----|----------|-------------------|-------|----------|
| 44,09 | Jessica Barreira | S23 | Sporting CP | 29-01-97 | 6 | | Tempe - Usa | 24-03 | 43,37-16 |
| 44,05 | Marlene Araújo | | | | 2 | Maia | Maia | 08-07 | |
| 43,80 | Marlene Araújo | | | | 1s | CNCI-Ap | Vendas Novas | 28-05 | |
| 43,80 | Marlene Araújo | | | | 1 | | Lisboa - MP | 14-07 | |
| 43,45 | Cristina Ferreira | Vet | ACD Jardim Serra | 22-11-79 | 2 | CNCI-1 | Leiria | 23-07 | 52,52-03 |
| 43,29 | Cristina Ferreira | Vet | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 43,28 | Marlene Araújo | | | | 4 | | Leiria - CNL | 22-04 | |
| 43,18 | Cristina Ferreira | Vet | | | 3 | C. Port | Vagos | 11-06 | |
| 43,16 | Silvia Cruz | Vet | | | 3 | | Bromley - Gbr | 16-07 | |
| 42,86 | Jessica Barreira | S23 | | | 2 | | Tempe - Usa | 29-04 | |
| 42,70 | Silvia Cruz | Vet | | | 4 | | Birmingham - Gbr | 06-05 | |
| 42,64 | Elisabete Silva | | Juv. Ilha Verde | 25-04-92 | 4 | C. Port | Vagos | 11-06 | 50,06-11 |
| 42,47 | Nanci Sousa | | ACR Sra. Desterro | 28-09-90 | 1 | | Lee Valley - Gbr | 15-04 | 42,32-10 |
| 41,75 | Marlene Araújo | | | | 2 | CN Lanç | Leiria - CNL | 25-02 | |
| 41,74 | Marlene Araújo | | | | 1 | | Leiria - CNL | 04-03 | |
| 41,72 | Cristina Ferreira | Vet | | | 1 | | Ribeira Brava | 15-07 | |
| 41,67 | Elisabete Silva | | | | 1 | | Ponta Delgada | 18-02 | |
| 41,66 | Mariana Bento | Jr | CA Mar. Grande | 09-08-98 | 1 | F. Alves | Marinha Grande | 20-05 | 42,67-16 |
| 41,52 | Sara Firmino | Jr | SL Benfica | 28-08-98 | 2Jr | CN Lanç | Leiria - CNL | 25-02 | 38,37-16 |
| 41,48 | Marlene Araújo | | | | 1 | | Torres Vedras | 29-04 | |
| 41,12 | Silvia Cruz | Vet | | | 5 | | Eton - Gbr | 03-06 | |
| 40,99 | Jessica Barreira | S23 | | | 15 | | Tempe - Usa | 17-03 | |
| 40,86 | Catarina Monteiro | S23 | A 20Km Almeirim | 29-12-96 | 1 | | Sobreda | 15-06 | 37,80-13 |
| 40,85 | Elisabete Silva | | | | 3 | CN Lanç | Leiria - CNL | 25-02 | |
| 40,84 | Marlene Araújo | | | | 1 | | Sobreda | 18-03 | |
| 40,69 | Marlene Araújo | | | | 5 | C. Port | Vagos | 11-06 | |
| 40,68 | Nanci Sousa | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 40,61 | Nanci Sousa | | | | 5 | | Leiria - CNL | 22-04 | |
| 40,55 | Nanci Sousa | | | | 3 | CNCI-1 | Leiria | 23-07 | |
| 40,53 | Marlene Araújo | | | | 4 | CNCI-1 | Leiria | 23-07 | |
| 40,06 | Sara Firmino | Jr | | | 1Jr | | Sobreda | 15-06 | |
| 39,89 | Jessica Barreira | S23 | | | Hep | | Tucson - Usa | 07-04 | |
| 39,87 | Marlene Araújo | | | | ex | | Lisboa - MP | 23-06 | |
| 39,86 | Marlene Araújo | | | | 2 | | Sobreda | 15-06 | |
| 39,64 | Nanci Sousa | | | | 1 | | Lee Valley - Gbr | 09-04 | |
| 39,45 | Nanci Sousa | | | | 1 | | Mile End - Gbr | 21-05 | |
| 39,43 | Mariana Bento | Jr | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 39,31 | Sara Firmino | Jr | | | 7 | T. Int | Leiria - CNL | 29-07 | |
| 38,99 | Catarina Monteiro | S23 | | | 1 | | Abrantes | 21-05 | |
| 38,99 | Nanci Sousa | | | | 1s | | Bedford - Gbr | 03-06 | |
| 38,79 | Flávia Costa | | Gira Sol | 15-06-94 | 6 | C. Port | Vagos | 11-06 | 41,39-12 |
| 38,61 | Catarina Monteiro | S23 | | | 2 | CN23 | Pombal | 02-07 | |
| 38,57 | Flávia Costa | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 38,45 | Flávia Costa | | | | 1 | CNCI-2 | Leiria | 23-07 | |
| 38,34 | Nanci Sousa | | | | 1 | | Southampton - Gbr | 06-05 | |
| 38,29 | Sara Firmino | Jr | | | 7 | C. Port | Vagos | 11-06 | |
| 38,20 | Sara Firmino | Jr | | | 2 | CNU | Faro | 14-05 | |
| 38,19 | Teresa Ribeiro | | AC F. Ribeiro | 23-08-88 | 1 | C. Norte | Maia | 15-07 | 43,55-08 |
| 38,14 | Mariana Bento | Jr | | | 8 | C. Port | Vagos | 11-06 | |
| 38,09 | Catarina Monteiro | S23 | | | 1 | | Fátima | 22-04 | |
| 37,99 | Elisabete Silva | | | | 1 | | Angra do Heroísmo | 18-06 | |
| 37,79 | Beatriz Resendes | | Juv. Ilha Verde | 30-05-94 | 4 | CN Lanç | Leiria - CNL | 25-02 | 42,56-15 |
| 37,69 | Lecabela Quaresma | | SL Benfica | 26-12-89 | Hep | ETC - 1 | Monzon - Esp | 02-07 | 40,54-16 |
| 37,68 | Catarina Monteiro | S23 | | | 5 | CN Lanç | Leiria - CNL | 25-02 | |
| 37,59 | Mariana Bento | Jr | | | 1 | | Marinha Grande | 04-06 | |
| 37,41 | Nanci Sousa | | | | 6 | CN Lanç | Leiria - CNL | 25-02 | |
| 37,28 | Sara Firmino | Jr | | | 3 | CNJ | Marinha Grande | 08-07 | |
| 37,18 | Lecabela Quaresma | | | | Hep | | Kladno - Cze | 18-06 | |
| 37,01 | Maria Céu Cunha | Vet | CV Coimbra | 13-12-62 | 1 | | Febres | 20-05 | 41,49-04 |
| 36,91 | Bárbara Bica | Jv | C Spiridon Gaia | 19-05-01 | 4 | CNJ | Marinha Grande | 08-07 | |
| 36,79 | Mariana Bento | Jr | | | 1 | CNCI-3 | Leiria | 23-07 | |
| 36,71 | Lecabela Quaresma | | | | Hep | C. Mundo | Londres - Gbr | 06-08 | |

| | | | | | | | | | |
|-------|----------------------|-----|-------------------|----------|-----|----------|-------------------|-------|----------|
| 36,52 | Filipa Freitas | | CS Marítimo | 11-02-84 | 2 | CNCI-2 | Leiria | 23-07 | 40,81-03 |
| 36,40 | Filipa Freitas | | | | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 36,27 | Beatriz Amaral | Jr | GD Cavadas | 09-10-99 | 2 | | Sobreda | 18-03 | 35,66-16 |
| 36,26 | Sara Firmino | Jr | | | 2 | | Lisboa - MP | 14-07 | |
| 36,17 | Jessica Barreira | S23 | | | 10 | | Los Angeles - Usa | 15-04 | |
| 36,15 | Catarina Monteiro | S23 | | | 3s | CNCI-Ap | Fátima | 28-05 | |
| 36,14 | Mariana Bento | Jr | | | 3 | CNU | Faro | 14-05 | |
| 36,08 | Nanci Sousa | | | | 1s | | Lee Valley - Gbr | 17-06 | |
| 35,91 | Jennifer Gomes | S23 | Greca | 21-03-95 | 2 | | Póvoa de Varzim | 24-05 | 33,90-14 |
| 35,82 | Filipa Freitas | | | | 2 | | Ribeira Brava | 15-07 | |
| 35,72 | Angela Costa | Jr | CDR Ribeirinho | 12-01-99 | Hep | CNJ | Marinha Grande | 09-07 | 32,69-16 |
| 35,55 | Catarina Monteiro | S23 | | | Hep | | Rio Maior | 30-04 | |
| 35,51 | Sara Firmino | Jr | | | 3 | CN23 | Pombal | 02-07 | |
| 35,16 | Inês Carreira | Jv | Juv. Vidigalense | 03-04-00 | 5 | CNCI-1 | Leiria | 23-07 | 33,84-16 |
| 35,15 | Mariana Bento | Jr | | | 1 | | Leiria - CNL | 18-02 | |
| 35,09 | Jennifer Gomes | S23 | | | 1 | | Vagos | 29-04 | |
| 35,07 | Ana Cerqueira | | CF Oliveira Douro | 17-03-89 | 1s | CNCI-Ap | Guimarães | 28-05 | 38,30-06 |
| 35,06 | Cátia Costa | | Monte Kapa ED | 29-04-91 | 3 | | Sobreda | 18-03 | 42,95-11 |
| 35,06 | Jennifer Gomes | S23 | | | Hep | | Luso | 07-05 | |
| 35,06 | Cláudia Campos | S23 | Maia AC | 26-02-97 | 4 | CN23 | Pombal | 02-07 | 35,28-16 |
| 34,92 | Inês Carreira | Jv | | | 1 | CN DE | Maia | 21-05 | |
| 34,91 | Mariana Bento | Jr | | | 4s | CNCI-Ap | Fátima | 28-05 | |
| 34,89 | Fabiana Ferreira | S23 | Greca | 29-03-95 | Hep | C. Port | Vagos | 11-06 | 33,58-15 |
| 34,86 | Rita Pires | S23 | Esc. Movimento | 15-09-96 | 2 | | Lovelhe | 23-04 | 32,67-16 |
| 34,83 | Angela Costa | Jr | | | Hep | C. Port | Vagos | 11-06 | |
| 34,81 | Catarina Monteiro | S23 | | | 1 | | Fátima | 04-02 | |
| 34,76 | Marisa Vaz Carvalho | Jr | SL Benfica | 15-11-99 | 1 | | Lisboa - MP | 17-05 | 36,47-16 |
| 34,66 | Flávia Costa | | | | 1 | | Vila Real | 08-04 | |
| 34,63 | Mariana Bento | Jr | | | 3Jr | CN Lanç | Leiria - CNL | 25-02 | |
| 34,61 | Ana Cerqueira | | | | 2 | CNCI-3 | Leiria | 23-07 | |
| 34,53 | Cláudia Campos | S23 | | | 1 | | Maia | 20-05 | |
| 34,47 | Angela Costa | Jr | | | 5 | CN23 | Pombal | 02-07 | |
| 34,44 | Marisa Vaz Carvalho | Jr | | | Hep | | Arona - Esp | 04-06 | |
| 34,31 | Liliana Manhente | | SC Braga | 30-03-85 | 2 | | Lovelhe | 22-04 | 35,98-10 |
| 34,30 | Bárbara Bica | Jv | | | 2 | C. Norte | Maia | 15-07 | |
| 34,30 | Sónia Rodrigues | | ADRE Palhaça | 28-06-82 | 3 | CNCI-2 | Leiria | 23-07 | 39,42-07 |
| 34,26 | Angela Costa | Jr | | | Hep | | Sobreda | 07-05 | |
| 34,23 | Fabiana Ferreira | S23 | | | 6 | CN23 | Pombal | 02-07 | |
| 34,00 | Marta Batalha | Jr | GD Diana | 17-08-98 | 2s | CNCI-Ap | Vendas Novas | 28-05 | |
| 33,85 | Marta Batalha | Jr | | | 5 | CNJ | Marinha Grande | 08-07 | |
| 33,80 | Bárbara Bica | Jv | | | 2s | CNCI-Ap | Guimarães | 28-05 | |
| 33,78 | Inês Carreira | Jv | | | 6 | CNJ | Marinha Grande | 08-07 | |
| 33,78 | Fabiana Ferreira | S23 | | | 1 | | Vagos | 16-07 | |
| 33,70 | Angela Costa | Jr | | | 3s | CNCI-Ap | Vendas Novas | 28-05 | |
| 33,67 | Sónia Rodrigues | | | | 5s | CNCI-Ap | Fátima | 28-05 | |
| 33,64 | Carla Macedo | | ADR Água Pena | 22-10-90 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 40,44-08 |
| 33,58 | Cláudia Campos | S23 | | | 3 | Maia | Maia | 08-07 | |
| 33,53 | Inês Carreira | Jv | | | 6s | CNCI-Ap | Fátima | 28-05 | |
| 33,46 | Angela Costa | Jr | | | Hep | T. Nac | Luso | 21-05 | |
| 33,45 | Cláudia Campos | S23 | | | 3s | CNCI-Ap | Guimarães | 28-05 | |
| 33,44 | Catarina Monteiro | S23 | | | 9 | C. Port | Vagos | 11-06 | |
| 33,41 | Cláudia Campos | S23 | | | 3 | C. Norte | Maia | 15-07 | |
| 33,28 | Fabiana Ferreira | S23 | | | 6 | CNCI-1 | Leiria | 23-07 | |
| 33,26 | Fabiana Ferreira | S23 | | | 7s | CNCI-Ap | Fátima | 28-05 | |
| 33,21 | Lecabela Quaresma | | | | 3 | | Sotheville - Fra | 26-04 | |
| 33,15 | Angela Costa | Jr | | | 2Jr | | Sobreda | 15-06 | |
| 33,10 | Sofia Cordeiro | Jv | JA Mozelense | 27-08-01 | 1 | | Vagos | 02-07 | |
| 32,85 | Valeriya Semenikhina | Jr | SL Benfica | 19-05-99 | Hep | CNJ | Marinha Grande | 09-07 | |
| 32,63 | Catarina Fernandes | Jr | Sporting CP | 16-02-98 | Hep | CE Jr | Grosseto - Ita | 21-07 | |
| 32,59 | Beatriz Santos | Jv | ACRD Escapães | 27-12-00 | Hep | T. Nac | Luso | 21-05 | |
| 32,58 | Fabiana Ferreira | S23 | | | Hep | | Luso | 07-05 | |
| 32,57 | Liliana Manhente | | SC Braga | 30-03-85 | 4 | C. Norte | Maia | 15-07 | |

| | | | | | | | | | | | |
|-------|--|----------------------|-----|--------------|--|----------|---|--------|----------------|-------|--|
| 32,50 | | Raquel Ferreira | Jv | GD Estreito | | 12-09-01 | 1 | | Ribeira Brava | 10-06 | |
| 32,50 | | Liliana Manhente | | SC Braga | | 30-03-85 | 7 | CNCI-1 | Leiria | 23-07 | |
| 32,47 | | Marta Batalha | Jr | | | | 3 | CNCI-3 | Leiria | 23-07 | |
| 32,44 | | Valeriya Semenikhina | Jr | | | | | Hep | Rio Maior | 30-04 | |
| 32,42 | | Cláudia Campos | S23 | | | | 4 | CNU | Faro | 14-05 | |
| 32,30 | | Liliana Manhente | | SC Braga | | 30-03-85 | 1 | | Maia | 28-06 | |
| 32,28 | | Petra Sousa | Jv | JA Mozelense | | 21-04-01 | 7 | CNJ | Marinha Grande | 08-07 | |
| 32,13 | | Angela Costa | Jr | | | | 1 | | Sobreda | 17-06 | |

Heptatlo - 4000 - 3000

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------------|-----|-------------------|-----|----------|-----|----------|------------------|-------|---------|
| 6.174 | | Lecabela Quaresma | | SL Benfica | | 26-12-89 | 4 | | Kladno - Cze | 18-06 | 5802-16 |
| 5.861 | | Lecabela Quaresma | | | | | 3 | ETC - 1 | Monzon - Esp | 02-07 | |
| 5.788 | | Lecabela Quaresma | | | | | 22 | C. Mundo | Londres - Gbr | 06-08 | |
| 5.755 | | Marisa Vaz Carvalho | Jr | SL Benfica | | 15-11-99 | 1 | | Arona - Esp | 04-06 | |
| 5.224 | | Rafaela Vitorino | S23 | Individual - Lx | | 18-08-95 | 1 | T. Nac | Luso | 21-05 | 5347-15 |
| 5.127 | | Rafaela Vitorino | S23 | | | | 24 | ETC - 1 | Monzon - Esp | 02-07 | |
| 5.113 | | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 25 | ETC - 1 | Monzon - Esp | 02-07 | 4557-15 |
| 5.053 | | Anabela Neto | | Sporting CP | | 25-03-91 | 1ex | | Luso | 07-05 | 4844-15 |
| 4.983 | | Rafaela Vitorino | S23 | | | | 27 | CE23 | Bydgoszcz - Pol | 14-07 | |
| 4.807 | | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 2 | T. Nac | Luso | 21-05 | 5218-14 |
| 4.739 | | Jessica Barreira | S23 | Sporting CP | | 29-01-97 | 10 | | Tucson - Usa | 08-04 | |
| 4.494 | | Catarina Fernandes | Jr | | | | 25 | CE Jr | Grosseto - Ita | 21-07 | |
| 4.474 | | Jennifer Gomes | S23 | Grecas | | 21-03-95 | 1 | | Luso | 07-05 | 3947-14 |
| 4.361 | | Valeriya Semenikhina | Jr | SL Benfica | | 19-05-99 | 1Jr | | Rio Maior | 30-04 | |
| 4.175 | | Angela Costa | Jr | CDR Ribeirinho | | 12-01-99 | 1 | CNJ | Marinha Grande | 09-07 | |
| 3.998 | | Angela Costa | Jr | | | | 1Jr | T. Nac | Luso | 21-05 | |
| 3.942 | | Angela Costa | Jr | | | | 1Jr | | Sobreda | 07-05 | |
| 3.930 | | Valeriya Semenikhina | Jr | | | | 2 | CNJ | Marinha Grande | 09-07 | |
| 3.890 | | Teresa Mestre | | GD Diana | | 18-07-92 | 1 | | Vendas Novas | 23-04 | 3406-13 |
| 3.794 | | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | 2 | | Luso | 07-05 | 3941-15 |
| 3.622 | | Raquel Marques | Jr | SL Benfica | | 09-06-99 | 2Jr | | Rio Maior | 30-04 | 3700-16 |
| 3.607 | | Sofia Réma | Jr | CF Oliveira Douro | | 25-10-99 | 3 | CNJ | Marinha Grande | 09-07 | |
| 3.430 | | Bruna Varela | S23 | Gira Sol | | 15-04-97 | 1ex | | Lagos/Faro | 02-04 | 3774-16 |
| 3.415 | | Sofia Réma | Jr | | | | 2Jr | T. Nac | Luso | 21-05 | |
| 3.384 | | Rositinay Mata | Jr | GD Cavadas | STP | 29-01-99 | 2 | | Sobreda | 07-05 | |
| 3.366 | | Elisa Freitas | | GD Estreito | | 06-11-94 | 1 | | R. Brava/Funchal | 02-04 | 3116-12 |
| 3.343 | | Catarina Oliveira | Jr | CD Póvoa | | 02-04-98 | 4 | CNJ | Marinha Grande | 09-07 | 3114-16 |
| 3.335 | | Camila Lucena | | GD Estreito | | 07-08-94 | 2 | | R. Brava/Funchal | 02-04 | 3120-12 |
| 3.322 | | Sofia Réma | Jr | | | | 1Jr | | Maia | 07-05 | |
| 3.319 | | Jessica Serra | S23 | CD Póvoa | | 06-01-95 | 1 | | Maia | 07-05 | 3575-14 |
| 3.312 | | Catarina Oliveira | Jr | | | | 3Jr | T. Nac | Luso | 21-05 | |
| 3.268 | | Gabriela Cardoso | Jr | CO Pechão | | 25-09-98 | 5 | CNJ | Marinha Grande | 09-07 | |
| 3.226 | | Jessica Serra | S23 | | | | 3 | T. Nac | Luso | 21-05 | |
| 3.218 | | Marina Gomes | | ACR Cambra | | 02-10-93 | 1 | | Viseu | 30-04 | |
| 3.130 | | Catarina Oliveira | Jr | | | | 2Jr | | Maia | 07-05 | |
| 3.114 | | Gabriela Cardoso | Jr | | | | 4Jr | T. Nac | Luso | 21-05 | |
| 3.113 | | Gabriela Cardoso | Jr | | | | 3Jr | | Rio Maior | 30-04 | |
| 3.097 | | Catarina Silva | | Grecas | | 03-04-90 | 3 | | Luso | 07-05 | |
| 3.079 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 3 | | R. Brava/Funchal | 02-04 | 3115-12 |

Com vento anti regulamentar (soma de ventos superior a 6m/s)

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------|-----|---------|-----|----------|----|---------|-------|-------|---------|
| 4.448 | | Andreia Nicolau | | CA Seia | | 01-02-91 | 2 | C. Port | Vagos | 11-06 | 4265-16 |
| 3.995 | | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | 3 | C. Port | Vagos | 11-06 | 3941-15 |

3 000m M - 16.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|---------------|-----|-----------|-----|----------|----|---------|--------|-------|-------------|
| 12.48,33 | i | Ana Cabecinha | | CO Pechão | | 29-04-84 | 1 | C. Port | Pombal | 11-02 | 12.17,50-14 |

| | | | | | | | | | | | |
|----------|---|---------------------|-----|--------------------|-----|----------|-----|-----------|-----------------|-------|--------------|
| 13.04,60 | i | Edna Barros | S23 | CO Pechão | | 18-12-96 | 2 | C. Port | Pombal | 11-02 | 13.00,47i-16 |
| 13.04,63 | i | Edna Barros | S23 | | | | 1 | CN23 | Pombal | 25-02 | |
| 13.08,05 | i | Vitória Oliveira | | Sporting CP | | 30-08-92 | 3 | C. Port | Pombal | 11-02 | 13.02,26i-16 |
| 13.13,59 | i | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | 1 | CNCI-1 | Pombal | 18-02 | 13.18,78i-15 |
| 13.16,98 | i | Mara Ribeiro | S23 | | | | 4 | C. Port | Pombal | 11-02 | |
| 13.18,57 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | tp | | Faro | 18-12 | |
| 13.28,42 | i | Mara Ribeiro | S23 | | | | 2 | CN23 | Pombal | 25-02 | |
| 13.29 | | Ana Cabecinha | | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 13.33,12 | | Ana Cabecinha | | | | | 1 | | Faro | 15-01 | |
| 13.33,96 | i | Vitória Oliveira | | | | | 2 | CNCI-1 | Pombal | 18-02 | |
| 13.35,40 | i | Kristina Saltanovic | Vet | CA Seia | LTU | 20-02-75 | 1 | CNCI-Ap | Pombal | 22-01 | 12.47,01-02 |
| 13.38,18 | | Mara Ribeiro | S23 | | | | 1 | CNCI-1 | Leiria | 22-07 | |
| 13.46,78 | i | Inês Reis | Jr | CCD Leões Floresta | | 17-07-99 | 3 | CN23 | Pombal | 25-02 | 14.32,4-16 |
| 13.47,88 | i | Carolina Costa | Jr | CO Pechão | | 12-03-98 | 1 | CNJ | Braga | 28-01 | 14.30,32-16 |
| 13.51,51 | i | Vitória Oliveira | | | | | 1 | CNCI-Ap | Pombal | 21-01 | |
| 13.52,94 | i | Inês Reis | Jr | | | | 2 | CNCI-Ap | Pombal | 22-01 | |
| 13.53,31 | i | Mariana Mota | S23 | SL Benfica | | 27-05-95 | 4 | CN23 | Pombal | 25-02 | 13.47,24i-15 |
| 13.56,59 | i | Inês Reis | Jr | | | | 5 | C. Port | Pombal | 11-02 | |
| 13.57,57 | i | Inês Reis | Jr | | | | 2 | CNJ | Braga | 28-01 | |
| 14.00,47 | | Inês Reis | Jr | | | | 1s | CNCI-Ap | Fátima | 27-05 | |
| 14.03,27 | | Mariana Mota | S23 | | | | 1s | CNCI-Ap | Vendas Novas | 27-05 | |
| 14.07,22 | | Vitória Oliveira | | | | | 2 | CNCI-1 | Leiria | 22-07 | |
| 14.07,67 | i | Sandra Silva | Vet | CF Oliveira Douro | | 21-09-75 | 1 | CNCI-Ap | Braga | 21-01 | 13.51,45i-14 |
| 14.08 | | Edna Barros | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 14.08,49 | | Sandra Silva | Vet | | | | 1s | CNCI-Ap | Guimarães | 27-05 | |
| 14.10,03 | i | Laura Leal | S23 | CO Pechão | | 22-05-96 | 6 | C. Port | Pombal | 11-02 | 14.23,13i-16 |
| 14.11,52 | i | Mariana Mota | S23 | | | | 3 | CNCI-Ap | Pombal | 22-01 | |
| 14.12,25 | i | Carolina Costa | Jr | | | | 2 | CNCI-Ap | Pombal | 21-01 | |
| 14.12,44 | i | Sandra Silva | Vet | | | | 1 | C. Norte | Braga | 07-01 | |
| 14.14 | | Ana Cabecinha | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 14.14 | | Inês Henriques | Vet | CN Rio Maior | | 01-05-80 | tp | C. Nac | S. João Madeira | 04-03 | 12.25,36i-13 |
| 14.15 | | Kristina Saltanovic | Vet | | LTU | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 14.16 | | Mara Ribeiro | S23 | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 14.16,15 | i | Laura Leal | S23 | | | | 5 | CN23 | Pombal | 25-02 | |
| 14.17 | | Mara Ribeiro | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 14.18,73 | i | Sandra Silva | Vet | | | | 1 | CN Vet | Pombal | 18-03 | |
| 14.22,76 | | Edna Barros | S23 | | | | 2 | | Faro | 15-01 | |
| 14.24,98 | | Maria Bernardo | Jr | ADR Água Pena | | 19-10-99 | 1s | CNCI-Ap | Ribeira Brava | 27-05 | 15.33,21-16 |
| 14.25 | | Kristina Saltanovic | Vet | | LTU | | tp | C. Nac | S. João Madeira | 04-03 | |
| 14.26,26 | | Edna Barros | S23 | | | | tp | | Faro | 18-12 | |
| 14.27,17 | | Carolina Costa | Jr | | | | 3 | | Faro | 15-01 | |
| 14.33 | | Edna Barros | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 14.33,32 | i | Alexandra Lamas | Vet | GDP Chão Duro | | 19-06-72 | 2 | CN Vet | Pombal | 18-03 | 14.09,88i-14 |
| 14.34 | | Carolina Costa | Jr | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 14.34 | | Inês Reis | Jr | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 14.34,02 | i | Laura Leal | S23 | | | | 1 | CNCI-2 | Pombal | 18-02 | |
| 14.36 | | Sandra Silva | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 14.38,94 | | Alexandra Lamas | Vet | | | | 1 | | Sobreda | 01-07 | |
| 14.44,32 | i | Vera Portela | S23 | Leiria Marcha | | 09-05-95 | 6 | CN23 | Pombal | 25-02 | 14.39,76i-16 |
| 14.45,23 | i | Nádia Cancela | | Juv. Vidigalense | | 24-04-93 | 4 | CNCI-Ap | Pombal | 22-01 | 13.38,04-14 |
| 14.51 | | Mara Ribeiro | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 14.54,14 | | Carolina Costa | Jr | | | | tp | | Faro | 18-12 | |
| 14.54,82 | i | Alexandra Lamas | Vet | | | | 7 | C. Port | Pombal | 11-02 | |
| 14.56,76 | | Catarina Marques | S23 | CO Pechão | | 11-09-96 | tp | | Faro | 18-12 | 13.50,69-15 |
| 14.56,84 | | Nádia Cancela | | | | | 3 | CNCI-1 | Leiria | 22-07 | |
| 14.58,78 | i | Alexandra Lamas | Vet | | | | 5 | CNCI-Ap | Pombal | 22-01 | |
| 15.03 | | Mariana Mota | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 15.03,43 | i | Vera Portela | S23 | | | | 1 | | Pombal | 28-01 | |
| 15.04,90 | | Nádia Cancela | | | | | 2s | CNCI-Ap | Fátima | 27-05 | |
| 15.13 | | Alexandra Lamas | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 15.13,37 | | Alexandra Lamas | Vet | | | | 1ex | | Lisboa - MP | 04-02 | |
| 15.13,92 | i | Nádia Cancela | | | | | 3 | CNCI-1 | Pombal | 18-02 | |

| | | | | | | | | | | | |
|----------|---|-----------------------|-----|------------------|--|----------|----|---------|-----------------|-------|--------------|
| 15.14,63 | | Catarina Torres | Ini | AEA F. Mariano | | 25-06-03 | 1 | | Setúbal | 14-01 | 14.53-16 |
| 15.16,91 | i | Maria Bernardo | Jr | | | | 3 | CNJ | Braga | 28-01 | |
| 15.17,90 | i | Maria Bernardo | Jr | | | | 7 | CN23 | Pombal | 25-02 | |
| 15.18 | | Mara Ribeiro | S23 | | | | tp | Univ | Taipei | 26-08 | |
| 15.18,75 | i | Felicidade Rosa | Vet | CA Galinheiras | | 03-01-79 | 3 | CN Vet | Pombal | 18-03 | 14.54,5-94 |
| 15.25,43 | i | Ednice Barros | Jr | CO Pechão | | 01-02-99 | 4 | CNJ | Braga | 28-01 | |
| 15.27,51 | i | Laura Leal | S23 | | | | 1 | CNU | Pombal | 05-03 | |
| 15.29,44 | | Anabela Moreira | Vet | CO Pechão | | 19-08-70 | 4 | | Faro | 15-01 | 15.22,67-11 |
| 15.31,89 | i | Catarina Santos | Jv | Sporting CP | | 02-10-01 | 5 | CNJ | Braga | 28-01 | |
| 15.33 | | Mariana Mota | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 15.34,52 | i | Ednice Barros | Jr | | | | 8 | C. Port | Pombal | 11-02 | |
| 15.38,56 | i | Sandra Vieira Leitão | Vet | ADRE Palhaça | | 01-11-75 | 2 | CNCI-2 | Pombal | 18-02 | 13.38,54i-04 |
| 15.40,30 | i | Angela Carvalho | Jv | CN Rio Maior | | 06-06-00 | 1 | CNJv | Pombal | 04-02 | 15.33,77i-16 |
| 15.40,70 | i | Mafalda Marques | S23 | CP Corroios | | 27-11-97 | 8 | CN23 | Pombal | 25-02 | 15.26,93-15 |
| 15.40,83 | i | Maria Bernardo | Jr | | | | 9 | C. Port | Pombal | 11-02 | |
| 15.42,84 | i | Joana Pontes | Jv | GA Casais Vento | | 22-03-00 | 2 | CNJv | Pombal | 04-02 | |
| 15.44 | | Felicidade Rosa | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 15.46,73 | i | Sandra Vieira Leitão | Vet | | | | 3 | CNCI-Ap | Pombal | 21-01 | |
| 15.47,99 | | Sandra Vieira Leitão | Vet | | | | 1 | | Vagos | 14-01 | |
| 15.48 | | Laura Leal | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 15.49,56 | i | Angela Carvalho | Jv | | | | 1 | | Pombal | 28-01 | |
| 15.50,85 | | Sandra Vieira Leitão | Vet | | | | 1 | | Vagos | 07-01 | |
| 15.51,54 | i | Elisabete Pinho | S23 | C Spiridon Gaia | | 10-09-95 | 2 | CNCI-Ap | Pombal | 21-01 | 15.28,76i-13 |
| 15.52 | | Angela Carvalho | Jv | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 15.53,05 | i | Marisa Soares Pereira | Vet | SC Braga | | 16-09-80 | 3 | CNCI-Ap | Pombal | 21-01 | 14.34,20i-05 |
| 15.53,10 | | Maribel Gonçalves | Vet | GD Estreito | | 01-04-78 | 2s | CNCI-Ap | Ribeira Brava | 27-05 | 12.37,89-08 |
| 15.53,76 | i | Joana Pontes | Jv | | | | 1 | | Pombal | 14-01 | |
| 15.54,26 | | Andreia Freitas | | ACD Jardim Serra | | 02-04-83 | tp | | Ribeira Brava | 10-06 | 14.17,74i-09 |
| 15.54,45 | | Marisa Soares Pereira | Vet | | | | 2s | CNCI-Ap | Guimarães | 27-05 | |
| 15.56,36 | i | Sandra Vieira Leitão | Vet | | | | 4 | CN Vet | Pombal | 18-03 | |
| 15.57,35 | i | Marisa Soares Pereira | Vet | | | | 4 | CNCI-1 | Pombal | 18-02 | |
| 15.59,08 | i | Angela Carvalho | Jv | | | | 1 | | Pombal | 14-01 | |
| 16.00 | | Joana Pontes | Jv | | | | tp | C. Nac | S. João Madeira | 04-03 | |

5 Km M - 28.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|----------|---|---------------------|-----|--------------------|-----|----------|------|-----------|-------------------|-------|-------------|
| 21.44 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | 1 | J. Costa | Olhão | 12-04 | 21.21-12 |
| 21.58 | | Ana Cabecinha | | | | | tp | C. Port | Vagos | 10-06 | |
| 21.59 | | Inês Henriques | Vet | CN Rio Maior | | 01-05-80 | tp | C. Port | Vagos | 10-06 | 21.32,08-14 |
| 22.04,81 | | Ana Cabecinha | | | | | 1 | | Faro | 18-12 | |
| 22.08,38 | | Ana Cabecinha | | | | | 1 | | Faro | 29-04 | |
| 22.22 | | Ana Cabecinha | | | | | tp | C. Mundo | Londres - Gbr | 13-08 | |
| 22.24 | | Ana Cabecinha | | | | | 1 | | Pechão | 22-01 | |
| 22.33,18 | | Ana Cabecinha | | | | | tp | | Faro | 15-01 | |
| 22.37 | | Ana Cabecinha | | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 22.38 | | Inês Henriques | | | | | tp | IAAF | Corunha - Esp | 03-06 | 1.29,00-16 |
| 23.01 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | 2 | J. Costa | Olhão | 12-05 | 23.38,57-16 |
| 23.31 | | Edna Barros | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 23.40 | | Ana Cabecinha | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 23.41 | | Ana Cabecinha | | | | | tp | IAAF | Rio Maior | 01-04 | |
| 23.41 | | Inês Henriques | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 23.41 | | Inês Henriques | Vet | | | | tp | IAAF | Rio Maior | 01-04 | |
| 23.43 | | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | tp | T. Europa | Podebrady - Cze | 21-05 | 23.26,53-15 |
| 23.47 | | Vitória Oliveira | | Sporting CP | | 30-08-92 | 1 | | Alvaizere | 05-11 | 23.54,86-15 |
| 23.50 | | Edna Barros | S23 | | | | tp | C. Port | Vagos | 10-06 | |
| 23.51 | | Mara Ribeiro | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 23.54,84 | | Edna Barros | S23 | | | | tp | | Faro | 15-01 | |
| 23.56 | | Kristina Saltanovic | Vet | CA Seia | LTU | 20-02-75 | tp | T. Europa | Podebrady - Cze | 21-05 | 21.23-03 |
| 23.57 | | Edna Barros | S23 | | | | 1s23 | | Pechão | 22-01 | |
| 24.01 | | Kristina Saltanovic | Vet | | LTU | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.04 | | Inês Reis | Jr | CCD Leões Floresta | | 17-07-99 | 1jv | C. Amaral | Celorico da Beira | 03-12 | 23.58,55-16 |

| | | | | | | | | | | | |
|----------|------------------|---------------------|-----|-------------------|-----|----------|------|-----------|-------------------|-------|-------------|
| 24.09 | | Edna Barros | S23 | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 24.13 | Carolina Costa | | Jr | CO Pechão | | 12-03-98 | tp | T. Europa | Podebrady - Cze | 21-05 | 24.27,95-15 |
| 24.13 | | Inês Reis | Jr | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 24.16 | | Edna Barros | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.24 | | Mara Ribeiro | S23 | | | | 3 | J. Costa | Olhão | 12-05 | |
| 24.25 | | Vitória Oliveira | | | | | tp | C. Amaral | Celorico da Beira | 03-12 | |
| 24.26 | | Kristina Saltanovic | Vet | | LTU | | tp | C. Amaral | Celorico da Beira | 03-12 | |
| 24.26,19 | | Carolina Costa | Jr | | | | 1 | | Faro | 17-06 | |
| 24.33,73 | | Edna Barros | S23 | | | | 2 | | Faro | 18-12 | |
| 24.35 | Mariana Mota | | S23 | SL Benfica | | 27-05-95 | 4 | J. Costa | Olhão | 12-05 | 24.35-15 |
| 24.35 | | Mariana Mota | S23 | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 24.35 | | Vitória Oliveira | | | | | tp | C. Port | Vagos | 10-06 | |
| 24.37 | | Mara Ribeiro | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 24.37,48 | Sandra Silva | | Vet | CF Oliveira Douro | | 21-09-75 | 2 | CE Vet | Aarhus - Din | 31-07 | 24.11,80-14 |
| 24.38 | | Inês Reis | Jr | | | | tp | C. Port | Vagos | 10-06 | |
| 24.38 | | Kristina Saltanovic | Vet | | LTU | | 1 | | Loures | 22-10 | |
| 24.41,16 | | Carolina Costa | Jr | | | | tp | | Faro | 15-01 | |
| 24.43 | | Inês Henriques | Vet | | | | tp | C. Mundo | Londres - Gbr | 13-08 | |
| 24.45 | | Sandra Silva | Vet | | | | 1Vt | C. Nac | S. João Madeira | 04-03 | |
| 24.46 | | Carolina Costa | Jr | | | | tp | | Rio Maior | 01-04 | |
| 24.46 | | Edna Barros | S23 | | | | tp | IAAF | Rio Maior | 01-04 | |
| 24.46 | | Mara Ribeiro | S23 | | | | tp | IAAF | Rio Maior | 01-04 | |
| 24.48,28 | | Inês Reis | Jr | | | | 3 | Caceres | Plasencia - Esp | 28-06 | |
| 24.49 | | Carolina Costa | Jr | | | | 1Jr | J. Costa | Olhão | 12-05 | |
| 24.49,26 | | Sandra Silva | Vet | | | | 1 | CN Vet | Torres Vedras | 08-07 | |
| 24.52 | | Inês Henriques | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 24.54 | Laura Leal | | S23 | CO Pechão | | 22-05-96 | 5 | J. Costa | Olhão | 12-05 | 25.41-13 |
| 24.56 | Catarina Torres | | Ini | AEA F. Mariano | | 25-06-03 | 2jv | | Rio Maior | 01-04 | |
| 24.56,30 | | Sandra Silva | Vet | | | | 1 | | Maia | 13-05 | |
| 25.01,88 | Alexandra Lamas | | Vet | GDP Chão Duro | | 19-06-72 | 1 | CN Vet | Torres Vedras | 08-07 | 24.36,80-15 |
| 25.05 | | Inês Reis | Jr | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 25.11 | | Inês Reis | Jr | | | | tp | | Rio Maior | 01-04 | |
| 25.13,84 | | Alexandra Lamas | Vet | | | | 1 | | Setúbal | 15-07 | |
| 25.14,42 | Catarina Marques | | S23 | CO Pechão | | 11-09-96 | 3 | | Faro | 18-12 | 24.15-15 |
| 25.15 | | Sandra Silva | Vet | | | | tp | C. Port | Vagos | 10-06 | |
| 25.16,15 | | Alexandra Lamas | Vet | | | | 1 | | Lisboa - MP | 20-05 | |
| 25.23 | | Carolina Costa | Jr | | | | 1Jr | | Pechão | 22-01 | |
| 25.25 | | Alexandra Lamas | Vet | | | | 1vt | | Rio Maior | 01-04 | |
| 25.30,79 | | Carolina Costa | Jr | | | | 4 | | Faro | 18-12 | |
| 25.31 | | Mariana Mota | S23 | | | | 2 | | Alvaiazere | 05-11 | |
| 25.32 | | Mara Ribeiro | S23 | | | | tp | Univ | Taipei | 26-08 | |
| 25.33 | | Alexandra Lamas | Vet | | | | 2vt | C. Nac | S. João Madeira | 04-03 | |
| 25.35 | | Sandra Silva | Vet | | | | 1Vt | C. Amaral | Celorico da Beira | 03-12 | |
| 25.37,17 | Joana Pontes | | Jv | GA Casais Vento | | 22-03-00 | 1 | OJ | Braga | 03-06 | |
| 25.40,73 | | Joana Pontes | Jv | | | | 1 | CNjv | Abrantes | 24-06 | |
| 25.42,75 | Catarina Santos | | Jv | Sporting CP | | 02-10-01 | 2 | CNjv | Abrantes | 24-06 | |
| 25.44 | | Catarina Marques | S23 | | | | 2s23 | | Pechão | 22-01 | |
| 25.46 | | Sandra Silva | Vet | | | | 1Vt | | Alvaiazere | 05-11 | |
| 25.46,36 | | Joana Pontes | Jv | | | | 3 | Go Fit | Ávila - Esp | 01-07 | |
| 25.48,48 | | Catarina Santos | Jv | | | | 2 | OJ | Braga | 03-06 | |
| 25.59 | | Laura Leal | S23 | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 26.01,04 | | Alexandra Lamas | Vet | | | | 1 | CE Vet | Aarhus - Din | 31-07 | |
| 26.03 | | Joana Pontes | Jv | | | | 4Jv | | Rio Maior | 01-04 | |
| 26.03 | | Mariana Mota | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 26.04 | | Mariana Mota | S23 | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 26.04,59 | | Joana Pontes | Jv | | | | 2 | Lx/Md | Lisboa - I | 29-07 | |
| 26.04,81 | | Laura Leal | S23 | | | | 2 | | Faro | 29-04 | |
| 26.06,59 | | Joana Pontes | Jv | | | | 1 | | Porto de Mós | 13-05 | |
| 26.08 | Anabela Moreira | | Vet | CO Pechão | | 19-08-70 | 1vet | | Pechão | 22-01 | 25.50,70-11 |
| 26.10,83 | Angela Carvalho | | Jv | CN Rio Maior | | 06-06-00 | 3 | OJ | Braga | 03-06 | 26.40-16 |
| 26.15 | Vera Portela | | S23 | Leiria Marcha | | 09-05-95 | 3 | | Alvaiazere | 05-11 | 26.20,80-16 |
| 26.16 | | Mariana Mota | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |

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|----------|----------------------|----------------------|-----|-------------------|----------|------|-----------|-------------------|-------|-------------|
| 26.18,41 | | Joana Pontes | Jv | | | 1Jv | T. Port | Luso | 23-04 | |
| 26.22 | | Angela Carvalho | Jv | | | 1Jv | C. Nac | S. João Madeira | 04-03 | |
| 26.22 | | Laura Leal | S23 | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 26.30 | Maria Bernardo | | Jr | ADR Água Pena | 19-10-99 | 2jv | C. Amaral | Celorico da Beira | 03-12 | 26.18,24-16 |
| 26.31 | | Angela Carvalho | Jv | | | 5jv | | Rio Maior | 01-04 | |
| 26.33 | | Mariana Mota | S23 | | | tp | IAAF | Rio Maior | 01-04 | |
| 26.34,92 | | Angela Carvalho | Jv | | | 3 | CNjv | Abrantes | 24-06 | |
| 26.36 | Felicidade Rosa | | Vet | CA Galinheiras | 03-01-79 | 3Vt | C. Nac | S. João Madeira | 04-03 | 25.55,6-95 |
| 26.40 | | Joana Pontes | Jv | | | 2Jv | C. Nac | S. João Madeira | 04-03 | |
| 26.40 | | Laura Leal | S23 | | | 3s23 | | Pechão | 22-01 | |
| 26.48 | | Felicidade Rosa | Vet | | | 2vt | | Rio Maior | 01-04 | |
| 26.48,74 | | Felicidade Rosa | Vet | | | 2 | | Lisboa - MP | 20-05 | |
| 26.49 | | Maria Bernardo | Jr | | | tp | | Rio Maior | 01-04 | |
| 26.53,79 | Mariana Lopes | | Ini | ACD S. João Serra | 27-01-02 | 4 | CNjv | Abrantes | 24-06 | 27.30,59-16 |
| 26.55,41 | | Anabela Moreira | Vet | | | 5 | | Faro | 18-12 | |
| 26.55,62 | | Catarina Santos | Jv | | | 4 | Go Fit | Avila - Esp | 01-07 | |
| 26.56 | | Alexandra Lamas | Vet | | | 1vet | | Loures | 11-12 | |
| 26.58,30 | Ednice Barros | | Jr | CO Pechão | 01-02-99 | 2 | | Faro | 17-06 | 27.02,78-16 |
| 27.00,43 | | Felicidade Rosa | Vet | | | 1 | CN Vet | Torres Vedras | 08-07 | |
| 27.03 | | Vera Portela | S23 | | | tp | IAAF | Rio Maior | 01-04 | |
| 27.05 | | Vera Portela | S23 | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 27.06 | | Catarina Santos | Jv | | | 6Jv | | Rio Maior | 01-04 | |
| 27.07 | | Anabela Moreira | Vet | | | 3vt | | Rio Maior | 01-04 | |
| 27.07,91 | | Angela Carvalho | Jv | | | 1 | | Rio Maior | 13-05 | |
| 27.08,22 | | Joana Pontes | Jv | | | 1 | | Pombal | 10-06 | |
| 27.08,27 | Juliana Veríssimo | | Ini | CA Terceira | 25-06-02 | 1 | | Angra do Heroísmo | 17-06 | |
| 27.12,56 | | Angela Carvalho | Jv | | | 2Jv | T. Port | Luso | 23-04 | |
| 27.14,47 | | Juliana Veríssimo | Ini | | | 3Jv | T. Port | Luso | 23-04 | |
| 27.17,09 | Andreia Freitas | | | ACD Jardim Serra | 02-04-83 | 1 | | Ribeira Brava | 17-06 | 24.44,89-09 |
| 27.18,75 | | Catarina Santos | Jv | | | 3 | Lx/Md | Lisboa - I | 29-07 | |
| 27.20,95 | Joana Matos | | Jv | NSL Fronteira | 23-10-00 | 4 | OJ | Braga | 03-06 | |
| 27.22 | Sandra Vieira Leitão | | Vet | ADRE Palhaça | 01-11-75 | 1Vt | | S. João Madeira | 26-02 | 24.01,74-04 |
| 27.23,77 | | Mariana Lopes | Ini | | | 4Jv | T. Port | Luso | 23-04 | |
| 27.24 | | Catarina Santos | Jv | | | 3 | C. Nac | S. João Madeira | 04-03 | |
| 27.26,58 | | Ednice Barros | Jr | | | 1 | | Lagos | 24-06 | |
| 27.28 | Ana Raquel Marques | | | ACR Sra. Desterro | 21-09-83 | 3 | | Loures | 22-10 | 25.38-06 |
| 27.29,79 | | Juliana Veríssimo | Ini | | | 5 | CNjv | Abrantes | 24-06 | |
| 27.30,01 | | Ednice Barros | Jr | | | 1 | | Faro | 02-07 | |
| 27.31 | | Vera Portela | S23 | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 27.31,58 | | Laura Leal | S23 | | | tp | | Faro | 15-01 | |
| 27.31,99 | Sofia Marques | | Ini | CO Pechão | 23-09-02 | 6 | CNjv | Abrantes | 24-06 | |
| 27.33 | | Maria Bernardo | Jr | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 27.34 | | Vera Portela | S23 | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 27.34,86 | | Ednice Barros | Jr | | | 6 | | Faro | 18-12 | |
| 27.35,20 | Hirondina Casal | | Jv | CN Rio Maior | 02-02-01 | 7 | CNjv | Abrantes | 24-06 | |
| 27.37 | | Ednice Barros | Jr | | | 2Jr | | Pechão | 22-01 | |
| 27.39,44 | | Andreia Freitas | | | | 1 | | Ribeira Brava | 06-05 | |
| 27.40,25 | | Andreia Freitas | | | | tp | | Ribeira Brava | 10-06 | |
| 27.45,42 | | Angela Carvalho | Jv | | | 1 | | Abrantes | 20-05 | |
| 27.46,75 | | Catarina Santos | Jv | | | 5Jv | T. Port | Luso | 23-04 | |
| 27.48,99 | | Juliana Veríssimo | Ini | | | 1 | | Angra do Heroísmo | 20-05 | |
| 27.49 | | Anabela Moreira | Vet | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 27.49 | | Sandra Vieira Leitão | Vet | | | 4Vt | C. Nac | S. João Madeira | 04-03 | |
| 27.52,92 | | Juliana Veríssimo | Ini | | | 1 | | Angra do Heroísmo | 13-01 | |
| 27.53 | | Anabela Moreira | Vet | | | 1vet | J. Costa | Olhão | 12-05 | |
| 27.54 | | Ednice Barros | Jr | | | 1Jr | | Rio Maior | 01-04 | |
| 27.57 | | Ednice Barros | Jr | | | 2Jr | J. Costa | Olhão | 12-05 | |
| 27.58 | | Felicidade Rosa | Vet | | | 1vt | | Alvaizere | 05-11 | |
| 27.59,46 | | Andreia Freitas | | | | 1 | | Ribeira Brava | 02-04 | |

10 Km Marcha - 60:00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|----------|---|---------------------|-----|--------------------|-----|----------|-----|-----------|-------------------|-------|-------------|
| 43.18,72 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | 1 | C. Port | Vagos | 10-06 | 43.08,17-08 |
| 43.46,06 | | Inês Henriques | Vet | CN Rio Maior | | 01-05-80 | 2 | C. Port | Vagos | 10-06 | 43.09-10 |
| 44.10 | | Ana Cabecinha | | | | | tp | C. Mundo | Londres - Gbr | 13-08 | |
| 44.48 | | Ana Cabecinha | | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 44.55,63 | | Ana Cabecinha | | | | | 1 | | Faro | 15-01 | |
| 45.01 | | Inês Henriques | Vet | | | | tp | IAAF | Corunha | 03-06 | |
| 46.07,76 | | Ana Cabecinha | | | | | 1 | T. Port | Luso | 23-04 | |
| 46.08,97 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | 1 | CN23 | Pombal | 01-07 | 46.13,44-16 |
| 46.13,08 | | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | 2 | CN23 | Pombal | 01-07 | 46.45,94-16 |
| 46.24 | | Ana Cabecinha | | | | | tp | IAAF | Rio Maior | 01-04 | |
| 46.24 | | Inês Henriques | Vet | | | | tp | IAAF | Rio Maior | 01-04 | |
| 46.32 | | Daniela Cardoso | | Individual - Lei | | 15-12-91 | 1 | | Leiria | 11-12 | 46.03,44-16 |
| 47.08 | | Ana Cabecinha | | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 47.08 | | Inês Henriques | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 47.13,91 | | Edna Barros | S23 | | | | 2 | | Faro | 15-01 | |
| 47.22,75 | | Edna Barros | S23 | | | | 2 | T. Port | Luso | 23-04 | |
| 47.28 | | Mara Ribeiro | S23 | | | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 47.32 | | Edna Barros | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 47.41,93 | | Kristina Saltanovic | Vet | CA Seia | LTU | 20-02-75 | 3 | T. Port | Luso | 23-04 | 43.53-06 |
| 47.55 | | Kristina Saltanovic | Vet | | LTU | | tp | C. Nac | S. João Madeira | 04-03 | |
| 48.09 | | Edna Barros | S23 | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 48.12 | | Kristina Saltanovic | Vet | | LTU | | 1ex | | Quinta do Conde | 07-01 | |
| 48.24 | | Kristina Saltanovic | Vet | | LTU | | tp | T. Europa | Podebrady - Cze | 21-05 | |
| 48.28,12 | | Edna Barros | S23 | | | | 3 | C. Port | Vagos | 10-06 | |
| 48.42,43 | | Vitória Oliveira | | Sporting CP | | 30-08-92 | 4 | C. Port | Vagos | 10-06 | 46.46,29-16 |
| 48.43,21 | | Carolina Costa | Jr | CO Pechão | | 12-03-98 | 1 | CNJ | Marinha Grande | 08-07 | 50.25,05-16 |
| 48.43,51 | | Inês Reis | Jr | CCD Leões Floresta | | 17-07-99 | 5 | C. Port | Vagos | 10-06 | 51.21-16 |
| 48.48 | | Inês Reis | Jr | | | | 8 | T. Europa | Podebrady - Cze | 21-05 | |
| 48.57 | | Mara Ribeiro | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 49.01 | | Carolina Costa | Jr | | | | 5 | | Rio Maior | 01-04 | |
| 49.09 | | Mara Ribeiro | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 49.11 | | Mara Ribeiro | S23 | | | | tp | IAAF | Rio Maior | 01-04 | |
| 49.15 | | Carolina Costa | Jr | | | | 10 | T. Europa | Podebrady - Cze | 21-05 | |
| 49.19 | | Inês Henriques | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 49.22 | | Inês Henriques | Vet | | | | tp | C. Mundo | Londres - Gbr | 13-08 | |
| 49.28 | | Edna Barros | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 49.32 | | Vitória Oliveira | | | | | 1 | C. Amaral | Celorico da Beira | 03-12 | |
| 49.42 | | Mariana Mota | S23 | SL Benfica | | 27-05-95 | 29 | IAAF | Corunha - Esp | 03-06 | 49.07,82-14 |
| 49.50 | | Kristina Saltanovic | Vet | | LTU | | 2 | C. Amaral | Celorico da Beira | 03-12 | |
| 50.01,66 | | Carolina Costa | Jr | | | | 3 | | Faro | 15-01 | |
| 50.11 | | Sandra Silva | Vet | CF Oliveira Douro | | 21-09-75 | 2 | CE Vet | Aarhus - Din | 03-08 | 49.15-12 |
| 50.26,59 | | Laura Leal | S23 | CO Pechão | | 22-05-96 | 1 | CNU | Faro | 14-05 | 53.28,70-16 |
| 50.29,74 | | Carolina Costa | Jr | | | | 11 | CE Jr | Grosseto - Ita | 20-07 | |
| 50.34,67 | | Mariana Mota | S23 | | | | 3 | CN23 | Pombal | 01-07 | |
| 50.37,53 | | Inês Reis | Jr | | | | 2 | CNJ | Marinha Grande | 08-07 | |
| 50.41 | | Inês Reis | Jr | | | | 7 | | Rio Maior | 01-04 | |
| 50.47,06 | | Sandra Silva | Vet | | | | 6 | C. Port | Vagos | 10-06 | |
| 51.16 | | Mariana Mota | S23 | | | | tp | CE23 | Bydgoszcz - Pol | 16-07 | |
| 51.20 | | Carolina Costa | Jr | | | | 1Jr | C. Nac | S. João Madeira | 04-03 | |
| 51.33 | | Edna Barros | S23 | | | | tp | IAAF | Rio Maior | 01-04 | |
| 51.36 | | Inês Reis | Jr | | | | 2Jr | C. Nac | S. João Madeira | 04-03 | |
| 51.42 | | Mara Ribeiro | S23 | | | | tp | Univ | Taipei | 26-08 | |
| 51.48 | | Laura Leal | S23 | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 51.55,2 | | Inês Reis | Jr | | | | 1 | | Castelo Branco | 16-06 | |
| 52.03 | | Inês Reis | Jr | | | | 1Jr | C. Nac | Porto de Mós | 15-01 | |
| 52.03,67 | | Laura Leal | S23 | | | | 4 | T. Port | Luso | 23-04 | |
| 52.15,00 | | Inês Reis | Jr | | | | 17 | CE Jr | Grosseto - Ita | 20-07 | |
| 52.17,15 | | Maria Bernardo | Jr | ADR Água Pena | | 19-10-99 | 1ex | | Guarda | 29-04 | 56.32,31-16 |
| 52.27 | | Alexandra Lamas | Vet | GDP Chão Duro | | 19-06-72 | 1 | CE Vet | Aarhus - Din | 03-08 | 50.47,16-15 |

| | | | | | | | | | | | |
|----------|---------------------|-----------------|-----|------------------|--|----------|-----|---------|-------------------|-------|-------------|
| 52.27 | | Laura Leal | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 52.27 | | Mariana Mota | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 52.39 | | Mariana Mota | S23 | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 53.10 | | Mariana Mota | S23 | | | | tp | IAAF | Rio Maior | 01-04 | |
| 53.57,87 | | Carolina Costa | Jr | | | | 1Jr | T. Port | Luso | 23-04 | |
| 54.04,99 | Joana Pontes | | Jv | GA Casais Vento | | 22-03-00 | 3 | CNJ | Marinha Grande | 08-07 | |
| 54.07,38 | | Maria Bernardo | Jr | | | | 4 | CNJ | Marinha Grande | 08-07 | |
| 54.12,59 | | Laura Leal | S23 | | | | 4 | | Faro | 15-01 | |
| 54.17,29 | Vera Portela | | S23 | Leiria Marcha | | 09-05-95 | 5 | T. Port | Luso | 23-04 | 55.43,58-15 |
| 54.20 | | Maria Bernardo | Jr | | | | 2 | C. Nac | Porto de Mós | 15-01 | |
| 54.22 | | Maria Bernardo | Jr | | | | 8 | | Rio Maior | 01-04 | |
| 54.25 | | Maria Bernardo | Jr | | | | 3Jr | C. Nac | S. João Madeira | 04-03 | |
| 54.31 | | Vera Portela | S23 | | | | tp | IAAF | Corunha - Esp | 03-06 | |
| 54.42 | | Vera Portela | S23 | | | | tp | IAAF | Rio Maior | 01-04 | |
| 54.47,12 | Angela Carvalho | | Jv | CN Rio Maior | | 06-06-00 | 5 | CNJ | Marinha Grande | 08-07 | 56.52,02-16 |
| 55.07 | Nádia Cancela | | | Juv. Vidigalense | | 24-04-93 | 2 | | Leiria | 11-12 | 48.21,01-14 |
| 55.14 | | Vera Portela | S23 | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 55.16 | | Vera Portela | S23 | | | | 3 | | Leiria | 11-12 | |
| 55.16,21 | Felicidade Rosa | | Vet | CA Galinheiras | | 03-01-79 | 1 | | Lisboa - I | 15-07 | 55.47,10-16 |
| 55.20,03 | | Vera Portela | S23 | | | | 4 | CN23 | Pombal | 01-07 | |
| 55.32,96 | Anabela Moreira | | Vet | CO Pechão | | 19-08-70 | 6 | T. Port | Luso | 23-04 | 56.11,63-11 |
| 55.39,22 | | Maria Bernardo | Jr | | | | 5 | CN23 | Pombal | 01-07 | |
| 55.47,60 | | Maria Bernardo | Jr | | | | 1 | | Guarda | 17-06 | |
| 55.54,30 | Ednice Barros | | Jr | CO Pechão | | 01-02-99 | 6 | CNJ | Marinha Grande | 08-07 | |
| 56.28 | | Vera Portela | S23 | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 56.41 | | Anabela Moreira | Vet | | | | tp | C. Nac | S. João Madeira | 04-03 | |
| 57.02 | | Sandra Silva | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 57.04,53 | Raquel Pimentel | | Jv | Individual - Pt | | 26-06-01 | 7 | CNJ | Marinha Grande | 08-07 | |
| 57.29,78 | Bianca Amaral | | S23 | Juv. Ilha Verde | | 30-01-96 | 1 | | Angra do Heroísmo | 17-06 | 58.55,93-16 |
| 57.47,85 | Joana Matos | | Jv | NSL Fronteira | | 23-10-00 | 8 | CNJ | Marinha Grande | 08-07 | |
| 58.05 | | Ednice Barros | Jr | | | | 4 | C. Nac | S. João Madeira | 04-03 | |
| 58.12,38 | Ana Leonor | | Jr | CDR Ribeirinho | | 25-01-98 | 9 | CNJ | Marinha Grande | 08-07 | 55.04,23-15 |
| 58.13,35 | | Ednice Barros | Jr | | | | 3Jr | T. Port | Luso | 23-04 | |
| 58.19 | Bruna Colónia | | Jr | CO Pechão | | 28-09-99 | 5Jr | C. Nac | S. João Madeira | 04-03 | |
| 58.21,32 | Andreia Sousa | | Jr | Maia AC | | 01-12-98 | 10 | CNJ | Marinha Grande | 08-07 | |
| 58.34,66 | Andreia Freitas | | | ACD Jardim Serra | | 02-04-83 | 1 | | Ribeira Brava | 15-07 | 51.54,57-09 |
| 58.35,28 | Andreia Reis | | Jr | JOMA | | 12-11-99 | 11 | CNJ | Marinha Grande | 08-07 | |
| 58.49,87 | | Bruna Colónia | Jr | | | | 4Jr | T. Port | Luso | 23-04 | |
| 58.53,51 | | Andreia Reis | Jr | | | | 6 | CN23 | Pombal | 01-07 | |
| 59.00,90 | Hirondina Casal | | Jv | CN Rio Maior | | 02-02-01 | 12 | CNJ | Marinha Grande | 08-07 | |
| 59.08 | | Joana Pontes | Jv | | | | 1jv | | Leiria | 11-12 | |
| 59.19,57 | | Andreia Reis | Jr | | | | 2 | | Lisboa - I | 15-07 | |
| 59.22 | | Andreia Reis | Jr | | | | 6 | C. Nac | S. João Madeira | 04-03 | |
| 59.25 | Maria Orlete Mendes | | Vet | CA Galinheiras | | 25-09-51 | 1 | CE Vet | Aarhus - Din | 03-08 | |

20 Km M - 1:40.00 - 2:00.00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|--------------|-----|----------|-----|-----------|-----------------|-------|------------|
| 1.28,57 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | 6 | C. Mundo | Londres - Gbr | 13-08 | 1.27,46-08 |
| 1.29,44 | | Ana Cabecinha | | | | | 2 | T. Europa | Podebrady - Cze | 21-05 | |
| 1.30,44 | | Inês Henriques | Vet | CN Rio Maior | | 01-05-80 | 4 | IAAF | Corunha - Esp | 03-06 | 1.29,00-16 |
| 1.31,47 | | Ana Cabecinha | | | | | 3 | IAAF | C. Juarez - Mex | 12-03 | |
| 1.31,54 | | Ana Cabecinha | | | | | 3 | IAAF | Rio Maior | 01-04 | |
| 1.32,14 | | Ana Cabecinha | | | | | 1 | C. Nac | S. João Madeira | 04-03 | |
| 1.32,15 | | Inês Henriques | Vet | | | | 4 | IAAF | Rio Maior | 01-04 | |
| 1.32,28 | | Inês Henriques | Vet | | | | 2 | C. Nac | S. João Madeira | 04-03 | |
| 1.32,34 | | Inês Henriques | Vet | | | | 4 | IAAF | C. Juarez - Mex | 12-03 | |
| 1.32,40 | | Inês Henriques | Vet | | | | 1 | | Leiria | 11-12 | |
| 1.33,21 | | Inês Henriques | Vet | | | | 2 | IAAF | Monterey - Mex | 19-03 | |
| 1.34,16 | | Ana Cabecinha | | | | | 3 | IAAF | Monterey - Mex | 19-03 | |
| 1.35,45 | | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | 18 | T. Europa | Podebrady - Cze | 21-05 | 1.37,40-16 |
| 1.36,21 | | Kristina Saltanovic | Vet | CA Seia | LTU | 20-02-75 | 3ex | C. Nac | S. João Madeira | 04-03 | 1.30,44-02 |

| | | | | | | | | | | |
|---------|---------------------|-----|-------------------|-----|----------|------|-----------|-----------------|-------|------------|
| 1.37,23 | Edna Barros | S23 | CO Pechão | | 18-12-96 | 21 | IAAF | Corunha - Esp | 03-06 | 1.39,54-16 |
| 1.37,33 | Mara Ribeiro | S23 | | | | 3 | C. Nac | S. João Madeira | 04-03 | |
| 1.37,55 | Edna Barros | S23 | | | | 10 | CE23 | Bydgoszcz - Pol | 16-07 | |
| 1.37,57 | Inês Henriques | Vet | | | | tp | C. Nac | Porto de Mós | 15-01 | |
| 1.37,59 | Inês Henriques | Vet | | | | tp | C. Mundo | Londres - Gbr | 13-08 | |
| 1.38,58 | Kristina Saltanovic | Vet | | LTU | | 30 | T. Europa | Podebrady - Cze | 21-05 | |
| 1.39,00 | Mara Ribeiro | S23 | | | | 11 | IAAF | Rio Maior | 01-04 | |
| 1.40,47 | Mara Ribeiro | S23 | | | | 14 | CE23 | Bydgoszcz - Pol | 16-07 | |
| 1.42,35 | Mariana Mota | S23 | SL Benfica | | 27-05-95 | 29 | IAAF | Corunha - Esp | 03-06 | 1.42,41-15 |
| 1.43,31 | Edna Barros | S23 | | | | 4 | C. Nac | S. João Madeira | 04-03 | |
| 1.44,03 | Laura Leal | S23 | CO Pechão | | 22-05-96 | 30 | IAAF | Corunha - Esp | 03-06 | 1.49,43-16 |
| 1.44,14 | Mara Ribeiro | S23 | | | | 5 | Univ | Taipei | 26-08 | |
| 1.45,59 | Mariana Mota | S23 | | | | 18 | CE23 | Bydgoszcz - Pol | 16-07 | |
| 1.46,05 | Laura Leal | S23 | | | | 5 | C. Nac | S. João Madeira | 04-03 | |
| 1.47,09 | Edna Barros | S23 | | | | 13 | IAAF | Rio Maior | 01-04 | |
| 1.47,34 | Mariana Mota | S23 | | | | 14 | IAAF | Rio Maior | 01-04 | |
| 1.49,30 | Mariana Mota | S23 | | | | 6 | C. Nac | S. João Madeira | 04-03 | |
| 1.49,49 | Vera Portela | S23 | Leiria Marcha | | 09-05-95 | 1s23 | C. Nac | Porto de Mós | 15-01 | 1.53,44-16 |
| 1.50,09 | Vera Portela | S23 | | | | 32 | IAAF | Corunha - Esp | 03-06 | |
| 1.50,54 | Vera Portela | S23 | | | | 16 | IAAF | Rio Maior | 01-04 | |
| 1.51,40 | Vera Portela | S23 | | | | 2 | | Leiria | 11-12 | |
| 1.53,25 | Sandra Silva | Vet | CF Oliveira Douro | | 21-09-75 | tp | C. Nac | Porto de Mós | 15-01 | 1.42,09-14 |
| 1.55,24 | Vera Portela | S23 | | | | 7 | C. Nac | S. João Madeira | 04-03 | |

50 Km Marcha

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|---------|---|----------------|-----|--------------|-----|----------|----|----------|---------------|-------|-----|
| 4.05,56 | | Inês Henriques | Vet | CN Rio Maior | RM | 01-05-80 | 1 | C. Mundo | Londres - Gbr | 13-08 | |
| 4.08,26 | | Inês Henriques | Vet | | RM | | 1 | | Porto de Mós | 15-01 | |

4 x 100 m – 50,00 – 53,00

| Marca | V | Clube | Esc | Atletas | Obs | Cl | Prova | Local | Data |
|-------|---|---------------------------|-----|--|-----|-----|-------------|----------------|-------|
| 45,20 | | Seleção Nacional | | T. Rosario, L. Bazolo, O. Barbosa, C. Santos | | 4 | ETC - 1 | Vaasa - Fin | 24-06 |
| 45,35 | | Sporting CP | | F. Martins, L. Bazolo, O. Barbosa, C. Gama | | 1 | C. Port | Maia | 20-05 |
| 45,42 | | Seleção Nacional Junior | Jr | J. Carlos, M. Carvalho, C. Lourenço, C. Karas | RNJ | 4h | CE Jr | Grosseto - Ita | 23-07 |
| 45,83 | | Sporting CP | | S. Duarte, L. Bazolo, O. Barbosa, C. Gama | | 1 | CNCI-1 | Leiria | 22-07 |
| 46,11 | | SL Benfica | | A. Alves, C. Pereira, C. Santos, R. Mentai | * | 1s | CNCI-Ap | Vendas Novas | 27-05 |
| 47,09 | | Equipa Nacional Jr | Jr | C. Karas, M. Carvalho, C. Pereira, C. Lourenço | | 2ex | C. Port | Maia | 20-05 |
| 47,41 | | Sporting CP | S23 | R. Faria, O. Barbosa, S. Duarte, M. António | | 1 | CN23 | Pombal | 01-07 |
| 47,84 | | Sporting CP | Jr | R. Faria, C. Karas, M. António, M. Bento | | 1 | CNJ | Marinha Grande | 08-07 |
| 48,12 | | Seleção Lisboa | Jr | M. António, C. Lourenço, C. Fernandes, F. Baldé | * | 1 | Lx/Md | Lisboa - I | 29-07 |
| 48,19 | | Seleção Nacional Juvenil | Jv | M. Bento, J. Guerreiro, B. Andrade, A. Costa | | 4h | FOJE | Gyor - Hun | 28-07 |
| 48,56 | | Seleção Lisboa | Jv | M. Bento, C. Lourenço, F. Baldé, B. Andrade | | 1 | OJ | Braga | 04-06 |
| 48,61 | | Seleção Nacional Juvenil | Jv | M. Bento, E. Granjeia, E. Camacho, B. Andrade | | 2 | Go Fit | Avila - Esp | 01-07 |
| 48,67 | | Grecas | | F. Ribeiro, V. Lima, J. Gomes, C. Silva | | 2 | C. Port | Maia | 20-05 |
| 48,84 | | Juventude Vidigalense | | C. Silva, A. Humenyuk, A. Moreira, J. Carlos | | 2 | CNJ | Marinha Grande | 08-07 |
| 49,00 | | Juventude Vidigalense | | A. Moreira, C. Jacinto, E. Veiga, A. Humenyuk | | 1s | CNCI-Ap | Fátima | 27-05 |
| 49,05 | | Grecas | | F. Ribeiro, V. Lima, J. Gomes, C. Silva | | 1 | | Vagos | 29-04 |
| 49,20 | | GD Estreito | Jr | T. Silva, R. Rocha, C. Lucena, R. Santos | * | 1s | CNCI-Ap | Ribeira Brava | 27-05 |
| 49,38 | | Seleção D. Esc. Lisboa VT | Jv | A. Batista, C. Lourenço, C. Silva, F. Baldé | * | 1 | CN DE | Maia | 20-05 |
| 49,42 | | Seleção Setúbal | Jv | D. Amaro, N. Delphine, P. Alminhas, A. Machado | * | 2 | OJ | Braga | 04-06 |
| 49,43 | | Juventude Vidigalense | S23 | R. Lourenço, A. Grácio, A. Moreira, J. Carlos | | 2 | CN23 | Pombal | 01-07 |
| 49,44 | | SL Benfica | S23 | P. Rodrigues, A. Alves, D. Afonso, T. Carvalho | * | 3 | CN23 | Pombal | 01-07 |
| 49,51 | | GD Estreito | | T. Silva, R. Rocha, C. Lucena, R. Santos | * | 2 | CNCI-1 | Leiria | 22-07 |
| 49,54 | | GD Estreito | | T. Silva, E. Camacho, R. Rocha, C. Lucena | | 1 | | Ribeira Brava | 15-07 |
| 49,65 | | GD Estreito | Jr | R. Rocha, E. Camacho, J. Gonçalves, R. Santos | * | 1 | | Ribeira Brava | 29-04 |
| 49,72 | | Seleção Madeira | Jv | T. Silva, E. Camacho, E. Carvão, A. Silva | | 3 | OJ | Braga | 04-06 |
| 49,73 | | GA Fátima | | C. Neves, T. Rosário, S. Ribeiro, R. Costa | | 2s | CNCI-Ap | Fátima | 27-05 |
| 49,87 | | Juventude Vidigalense | S23 | R. Lourenço, A. Grácio, A. Moreira, A. Humenyuk | | 3 | CNCI-1 | Leiria | 22-07 |
| 49,91 | | Grecas | | F. Ribeiro, C. Sarabando, J. Gomes, C. Silva | | 3s | CNCI-Ap | Fátima | 27-05 |
| 50,10 | | GD Cavadas | | R. Mata, R. Morgado, J. Viegas, D. Amaro | | 1 | | Sobreda | 10-06 |
| 50,15 | | NA Cucujães | | A. Ricardo, D. Oliveira, | | | | | |
| 50,20 | | SC Braga | | A. Mendes, J. Neto, L. Manhente, M. Costa | | 4 | CNCI-1 | Leiria | 22-07 |
| 50,28 | | Seleção Porto | Jv | S. Silva, M. Novo, A. Leite, S. Moreira | | 4 | OJ | Braga | 04-06 |
| 50,33 | | SL Benfica | Jr | P. Rodrigues, M. Fernandes, D. Afonso, M. Marques | | 3 | CNJ | Marinha Grande | 08-07 |
| 50,39 | | Seleção Algarve | Jv | M. Mascarenha, J. Palma, J. Guerreiro, F. Diallo | | 5 | OJ | Braga | 04-06 |
| 50,41 | | ACD Jardim Serra | | J. Pinto, M. Mendonça, B. Silva, C. Queirós | | 2s | CNCI-Ap | Ribeira Brava | 27-05 |
| 50,44 | | Seleção Leiria | Jv | M. Sereno, E. Ferreira, J. Brites, C. Silva | | 6 | OJ | Braga | 04-06 |
| 50,44 | | Escola Sec. Maia | Jv | | | 1 | | Maia | 25-03 |
| 50,45 | | Colégio Novo Maia | Jv | M. Santos, B. Silva, A. Leire, S. Moreira | | 1 | CN DE | Maia | 20-05 |
| 50,54 | | Seleção D. Esc. Norte | Jv | R. Carvalho, M. Costa, F. Coutinho, A. Costa | | 2 | CN DE | Maia | 20-05 |
| 50,67 | | GD Estreito | Jr | T. Silva, E. Camacho, R. Rocha, J. Gonçalves | | 4 | CNJ | Marinha Grande | 08-07 |
| 50,88 | | SC Braga | | A. Mendes, M. Costa, F. Rodrigues, V. Castro | | 1 | C. Norte | Maia | 15-07 |
| 50,92 | | CD C+S Lavra | Jr | M. Grácio, R. Hora, A. Leite, S. Moreira | | 5 | CNJ | Marinha Grande | 08-07 |
| 50,99 | | SC Braga | Jr | S. Rodrigues, M. Costa, A. Mendes, J. Neto | | 1 | C. Norte Jr | Braga | 17-06 |
| 51,01 | | CD C+S Lavra | Jv | M. Santos, C. Coutinho, A. Leite, S. Moreira | | 1 | | Maia | 10-06 |
| 51,01 | | EB2,3 MD Saraiva | Jr | AC Oliveira, S. Soares, C. Silvestre, I. Barros | | 2 | CN DE | Maia | 20-05 |
| 51,06 | | Seleção Coimbra | Jv | V. Gonçalves, S. Seabra, S. Castanhas, E. Grangeia | | 7 | OJ | Braga | 04-06 |
| 51,06 | | CO Pechão | Jv | E. Julia, D. Semedo, I. Farias, F. Diallo | | 6 | CNJ | Marinha Grande | 08-07 |
| 51,07 | | JUN Ideal | Jv | C. Ribeiro, MM Andrade, J. Semedo, F. Oliveira | | 1 | CNJv | Abrantes | 24-06 |
| 51,08 | | Seleção Santarém | Jv | M. Sousa, C. Neves, V. Mendes, C. Ribeiro | | 8 | OJ | Braga | 04-06 |
| 51,12 | | SC Braga | Jr | A. Mendes, M. Costa, S. Rodrigues, J. Neto | | 1s | CNCI-Ap | Guimarães | 27-05 |
| 51,15 | | SC Braga | Jv | A. Mendes, B. Santos, M. Costa, F. Silva | | 7 | CNJ | Marinha Grande | 08-07 |
| 51,17 | | Seleção Viseu | Jv | M. Figueiredo, D. matos, N. Fonseca, A. Injai | | 9 | OJ | Braga | 04-06 |
| 51,19 | | Escola Salesianos Manique | Jv | H. Santos, C. Lourenço, S. Paulico, F. Baldé | * | 1 | DE | Lisboa - I | 26-04 |
| 51,23 | | UC Eirense | | M. Morgado, E. Silva, R. Costa, R. Lopes | | 1 | CNCI-2 | Leiria | 22-07 |
| 51,27 | | Juventude Vidigalense | Jv | M. Pires, S. Sani, A. Humenyuk, C. Silva | | 2 | CNJv | Abrantes | 24-06 |
| 51,28 | | ACD Jardim Serra | | J. Pinto, M. Mendonça, C. João, B. Silva | | 5 | CNCI-1 | Leiria | 22-07 |
| 51,30 | | CL DE Porto | Jv | B. Vila, A. Costa, M. Novo, A. Gomes | | 1 | | Lousada | 22-04 |
| 51,36 | | JUN Ideal | Jv | C. Ribeiro, MM Andrade, J. Semedo, F. Oliveira | | 1 | | Braga | 21-06 |

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|-------|--|-----------------------|-----|--|---|-----|----------|----------------|-------|
| 51,36 | | GA Fátima | | C. Luis, T. Rosário, S. Ribeiro, R. Costa | | 2 | CNCI-2 | Leiria | 22-07 |
| 51,40 | | CO Pechão | Jv | E. Conceição, D. Semedo, I. Farias, F. Diallo | | 3 | CNjv | Abrantes | 24-06 |
| 51,46 | | Gira Sol | S23 | D. Almeida, S. Castanhas, I. Arada, B. Varela | | 3 | CNCI-2 | Leiria | 22-07 |
| 51,48 | | ACDR Arneirense | Jv | B. Fernandes, M. Pereira, C. Silva, F. Bento | | 4 | CNjv | Abrantes | 24-06 |
| 51,51 | | SL Benfica | | C. Bernardo, M. Castro, B. Farinha, J. Dias | | 1 | | Lisboa - MP | 15-06 |
| 51,51 | | GD Estreito | Jv | C. Sá, E. Camacho, M. Lucena, A. Ferreira | | 1 | | Ribeira Brava | 28-04 |
| 51,53 | | A 20 Km Almeirim | Jv | M. Sousa, B. Gameiro, B. Barbosa, MJ Santos | | 5 | CNjv | Abrantes | 24-06 |
| 51,54 | | ACR Sra. Desterro | | C. Barbosa, I. Dias, Y. Xavier, C. Cunha | * | 1s | CNCI-Ap | Fátima | 27-05 |
| 51,57 | | SL Benfica | Jv | M. Castro, B. Farinha, J. Moreira, J. Dias | | 6 | CNjv | Abrantes | 24-06 |
| 51,58 | | ACD Jardim Serra | | J. Pinto, M. Mendonça, C. João, E. Carvão | | 2 | | Ribeira Brava | 15-07 |
| 51,61 | | ACR Sra. Desterro | | C. Barbosa, I. Dias, Y. Xavier, E. Gomes | * | 6 | CNCI-1 | Leiria | 22-07 |
| 51,66 | | GD Estreito | Jv | T. Silva, E. Camacho, C. Ferreira, M. Pinto | | 7 | CNjv | Abrantes | 24-06 |
| 51,66 | | Seleção D. Esc Centro | Jv | D. Matos, S. Seabra, B. Mota, M. Figueiredo | | 3 | CN DE | Maia | 20-05 |
| 51,67 | | JUN Ideal | Jv | C. Ribeiro, D. Vasconcelos, J. Semedo, F. Oliveira | | 2ex | | Maia | 10-06 |
| 51,69 | | Colégio Novo Maia | Jv | | | 2 | | Maia | 25-03 |
| 51,77 | | Seleção Aveiro | Jv | AR Silva, B. Santos, M. Tavares, D. Henriques | | 10 | OJ | Braga | 04-06 |
| 51,80 | | JO Monte Abraão | | S. Paula, A. Felisberto, A. Borges, I. Vitorino | | 1 | CNCI-3 | Leiria | 22-07 |
| 51,88 | | Maia AC | S23 | A. Santos, MJ Silva, S. Lascasas, I. Aires | | 2 | C. Norte | Maia | 15-07 |
| 51,89 | | Maia AC | S23 | S. Lascasas, MJ Silva, I. Aires, S. Vasconcelos | | 4 | CNCI-2 | Leiria | 22-07 |
| 51,94 | | S. Viseu Bf. | Jv | C. Figueiredo, I. Almeida, S. Pereira, M. Figueiredo | | 1 | | Viseu | 14-05 |
| 51,96 | | CA Mazarefes | | M. Gonçalves, C. Teixeira, C. Rodrigues, F. Coutinho | | 3 | C. Norte | Maia | 15-07 |
| 52,02 | | Grecas | S23 | C. Sarabando, F. Martins, M. Conde, J. Gomes | | 4 | CN23 | Pombal | 01-07 |
| 52,08 | | JO Monte Abraão | | A. Lourenço, A. Felisberto, A. Borges, S. Paula | | 2s | CNCI-Ap | Vendas Novas | 27-05 |
| 52,15 | | CF Oliveira do Douro | Jv | M. Truta, C. Pinho, N. Silva, A. Nadais | | 2 | | Maia | 10-06 |
| 52,18 | | IPS Bustos | Jv | S. Almeida, B. Santos, S. Castanhas, E. Grangeia | | 1 | DE | Marinha Grande | 06-05 |
| 52,20 | | CA Mar. Grande | | I. Lopes, S. Cruz, D. Morgado, MJ Esteves | | 2s | CNCI-Ap | Fátima | 27-05 |
| 52,24 | | ACR Cambra | Jv | D. Matos, A. Injai, N. Fonseca, V. Santos | | 9 | CNjv | Abrantes | 24-06 |
| 52,24 | | CF Oliveira do Douro | Jv | C. Azevedo, C. Pinho, M. Truta, A. Nadais | | 8 | CNjv | Abrantes | 24-06 |
| 52,27 | | EB2,3 MD Saraiva | Jr | C. Silvestre, C. Rodrigues, Ac Oliveira, B. Cruz | | 1s | DE | Lisboa - I | 26-04 |
| 52,32 | | Maia AC | Jr | A. Santos, MJ Silva, L. Suzano, A. Pereira | | 8 | CNJ | Marinha Grande | 08-07 |
| 52,33 | | IPS Bustos | Jv | S. Almeida, B. Santos, S. Castanhas, E. Grangeia | | 3 | CN DE | Maia | 20-05 |
| 52,34 | | CA Mazarefes | Jr | B. Cruz, S. Neiva, C. Teixeira, F. Coutinho | | 2s | CNCI-Ap | Guimarães | 27-05 |
| 52,34 | | CL DE Braga | Jv | I. Melo, M. Costa, I. Esteves, F. Silva | | 2 | | Lousada | 22-04 |
| 52,35 | | AEA Cartaxo | Jv | M. Gonçalves, C. Stoffel, M. Silva, C. Vergas | | 10 | CNjv | Abrantes | 24-06 |
| 52,37 | | ACR Cambra | Jv | D. Matos, A. Injai, N. Fonseca, L. Fontes | | 9 | CNJ | Marinha Grande | 08-07 |
| 52,41 | | ACR Sra. Desterro | | I. Dias, C. Rodrigues, C. Barbosa, E. Gomes | | 3 | C. Port | Maia | 20-05 |
| 52,53 | | BNS Conceição | Jv | S. Patola, N. Ferro, C. Turcu, AA Morais | | 11 | CNjv | Abrantes | 24-06 |
| 52,54 | | Gira Sol | | M. Martins, S. Castanhas, B. Varela, I. Arada | | 4s | CNCI-Ap | Fátima | 27-05 |
| 52,56 | | Maia AC | S23 | A. Santos, MJ Silva, C. Sequeira, S. Vasconcelos | | 4 | C. Port | Maia | 20-05 |
| 52,60 | | CS Marítimo | | T. Caires, C. Bairrada, S. Sousa, N. Nobrega | | 3s | CNCI-Ap | Ribeira Brava | 27-05 |
| 52,67 | | Colégio Novo Maia | Jv | A. Leite, B. Silva, M. Santos, S. Moreira | | 3 | | Lousada | 22-04 |
| 52,68 | | Escola do Movimento | | M. Rodrigues, B. Guedelha, B. Vila, F. Vilas-Boas | | 4 | C. Norte | Maia | 15-07 |
| 52,81 | | AA Pinhalvovense | S23 | C. Coelho, F. Domingos, I. Rangel, V. Monteiro | | 5 | CN23 | Pombal | 01-07 |
| 52,87 | | Maia AC | Jv | C. Oliveira, L. Suzano, F. Ferreira, A. Pereira | | 12 | CNjv | Abrantes | 24-06 |
| 52,99 | | ADR Água Pena | | C. Sousa, C. Macedo, S. Estriga, L. Vieira | | 4s | CNCI-Ap | Ribeira Brava | 27-05 |
| 53,01 | | SC Braga | Jv | M. Silva, M. Costa, F. Silva, I. Esteves | | 1 | | Braga | 27-06 |

(*) com atletas estrangeiros

4 x 400 m – 4.05,0 – 4.30,0

| Marca | V | Clube | Esc | Atletas | Obs | CI | Prova | Local | Data |
|---------|---|------------------|-----|---|-----|----|---------|--------------|-------|
| 3.36,44 | | Seleção Nacional | | C. Azevedo, F. Martins, R. Mentai, V. Barbosa | | 5 | ETC - 1 | Vaasa - Fin | 25-06 |
| 3.41,86 | i | Sporting CP | | A. Crespo, V. Barbosa, F. Martins, C. Azevedo | | 1 | CNCI-1 | Pombal | 19-02 |
| 3.42,46 | i | SL Benfica | | C. Santos, R. Mentai, C. Pereira, D. Évora | | 2 | CNCI-1 | Pombal | 19-02 |
| 3.43,33 | | Sporting CP | | P. Lopes, F. Martins, A. Crespo, V. Barbosa | | 1 | CNCI-1 | Leiria | 23-07 |
| 3.48,97 | i | Sporting CP | | F. Martins, A. Crespo, C. Azevedo, P. Lopes | | 1s | CNCI-Ap | Pombal | 21-01 |
| 3.55,48 | | SL Benfica | | C. Pereira, P. Silva, C. Santos, D. Évora | | 1s | CNCI-Ap | Vendas Novas | 28-05 |
| 3.56,03 | i | SL Benfica | | C. Pereira, C. Santos, R. Mentai, D. Évora | | 1s | CNCI-Ap | Pombal | 22-01 |
| 3.56,67 | | SL Benfica | | D. Afonso, M. Marques, C. Santos, R. Mentai | | 2 | CNCI-1 | Leiria | 23-07 |
| 3.58,11 | | SL Benfica | S23 | G. Cruz, B. Rebelo, M. Francisco, P. Silva | | 1 | CN23 | Pombal | 02-07 |
| 3.58,34 | | Sporting CP | S23 | S. Duarte, R. Faria, R. Ribeiro, S. Afonso | | 2 | CN23 | Pombal | 02-07 |

| | | | | | | | | |
|---------|---|-----------------------|-----|---|----|----------|----------------|-------|
| 4.00,70 | i | Juventude Vidigalense | | A. Moreira, B. Silva, C. Mendes, C. Jacinto | 1 | C. Port | Pombal | 12-02 |
| 4.01,42 | i | Juventude Vidigalense | | A. Moreira, C. Jacinto, P. Brito, B. Silva | 3 | CNCI-1 | Pombal | 19-02 |
| 4.02,72 | | GD Estreito | | T. Silva, R. Rocha, E. Camacho, C. Santos | 1s | CNCI-Ap | Ribeira Brava | 28-05 |
| 4.02,83 | | Juventude Vidigalense | | C. Silva, C. Mendes, A. Moreira, B. Silva | 3 | CNCI-1 | Leiria | 23-07 |
| 4.03,13 | i | Grecas | | C. Silva, C. Sarabando, F. Martins, V. Lima | 2 | C. Port | Pombal | 12-02 |
| 4.03,90 | | Grecas | | C. Silva, F. Martins, C. Sarabanso, V. Lima | 1 | C. Port | Maia | 20-05 |
| 4.04,02 | | Sporting CP | Jr | R. Faria, C. Santos, C. Karas, R. Ribeiro | 1 | CNJ | Marinha Grande | 09-07 |
| 4.04,06 | | Grecas | | C. Sarabando, P. Oliveira, F. Martins, V. Lima | 4 | CNCI-1 | Leiria | 23-07 |
| 4.04,29 | i | UC Eirense | | L. Pereira, F. Cantante, R. Lopes, E. Silva | 3 | C. Port | Pombal | 12-02 |
| 4.05,57 | | GD Estreito | | T. Silva, R. Rocha, E. Camacho, T. Freitas | 1 | | Ribeira Brava | 16-07 |
| 4.07,11 | | SL Benfica | Jr | D. Afonso, M. Fernandes, M. Rodrigues, B. Rebelo | 2 | CNJ | Marinha Grande | 09-07 |
| 4.07,19 | | Juventude Vidigalense | | A. Moreira, C. Jacinto, C. Silva, B. Silva | 1s | CNCI-Ap | Fátima | 28-05 |
| 4.07,20 | | CO Pechão | Jr | I. Farias, D. Semedo, L. Correia, F. Diallo | 3 | CNJ | Marinha Grande | 09-07 |
| 4.07,38 | | Juventude Vidigalense | | D. Melnik, A. Humeliuk, L. Santos, A. Moreira | * | CNJ | Marinha Grande | 09-07 |
| 4.07,59 | i | UC Eirense | S23 | L. Pereira, M. Veloso, F. Cantante, E. Silva | 1 | CNCI-2 | Pombal | 19-02 |
| 4.07,91 | | UC Eirense | S23 | M. Morgado, R. Costa, F. Cantante, L. Pereira | 1 | CNCI-2 | Leiria | 23-07 |
| 4.08,25 | | ACD Jardim Serra | | M. Mendonça, C. João, L. Santos, S. Martins | 2s | CNCI-Ap | Ribeira Brava | 28-05 |
| 4.09,28 | | Grecas | | C. Sarabando, F. Martins, L. Regalado, V. Lima | 2s | CNCI-Ap | Fátima | 28-05 |
| 4.09,30 | | GA Fátima | | B. Santos, A. Oliveira, S. Ribeiro, O. Serbyn | 2 | CNCI-2 | Leiria | 23-07 |
| 4.09,86 | i | UC Eirense | | L. Pereira, F. Cantante, R. Lopes, E. Silva | 2s | CNCI-Ap | Pombal | 22-01 |
| 4.09,97 | i | Grecas | | S. Neves, C. Sarabanso, F. Martins, V. Lima | 4 | CNCI-1 | Pombal | 19-02 |
| 4.10,01 | i | SC Braga | | J. Neto, F. Silva, L. Manhente, V. Castro | 5 | CNCI-1 | Pombal | 19-02 |
| 4.10,08 | i | ACR Sra. Desterro | | C. Cunha, S. Carvalho, C. Rodrigues, I. Dias | 6 | CNCI-1 | Pombal | 19-02 |
| 4.10,31 | | Grecas | | C. Silva, C. Sarabando, F. Martins, V. Lima | 1 | | Vagos | 29-04 |
| 4.10,89 | | Maia AC | S23 | A. Pereira, S. Vasconcelos, F. Silva, A. Ribeiro | 1s | CNCI-Ap | Guimarães | 28-05 |
| 4.10,94 | i | GA Fátima | | A. Oliveira, R. Costa, S. Ribeiro, O. Serbyn | 7 | CNCI-1 | Pombal | 19-02 |
| 4.11,06 | i | UC Eirense | | L. Pereira, F. Cantante, R. Lopes, E. Silva | 1 | T. Port | Braga | 14-01 |
| 4.11,07 | i | GA Fátima | | R. Costa, O. Serbyn, S. Ribeiro, AM. Oliveira | 3s | CNCI-Ap | Pombal | 22-01 |
| 4.11,15 | i | ACD Jardim Serra | | A. Fernandes, C. João, M. Mendonça, S. Martins | 8 | CNCI-1 | Pombal | 19-02 |
| 4.11,22 | | ACD Jardim Serra | | M. Mendonça, C. João, A. Fernandes, J. Soares | 2 | | Ribeira Brava | 16-07 |
| 4.12,09 | | ACD Jardim Serra | | M. Mendonça, A. Fernandes, L. Santos, S. Martins | 5 | CNCI-1 | Leiria | 23-07 |
| 4.12,26 | | Maia AC | S23 | A. Santos, S. Vasconcelos, F. Silva, A. Ribeiro | 2 | C. Port | Maia | 20-05 |
| 4.12,70 | i | Grecas | | C. Silva, F. Martins, C. Sarabando, V. Lima | 2 | T. Port | Braga | 14-01 |
| 4.12,98 | | UC Eirense | S23 | M. Morgado, R. Costa, F. Cantante, L. Pereira | 3s | CNCI-Ap | Fátima | 28-05 |
| 4.13,87 | i | Maia AC | S23 | A. Pereira, F. Silva, I. Aires, A. Ribeiro | 2 | CNCI-2 | Pombal | 19-02 |
| 4.14,63 | | SC Braga | Jr | B. Santos, M. Machado, I. Costa, F. Silva | 1s | CNCI-Ap | Guimarães | 28-05 |
| 4.15,08 | | GA Fátima | | B. Santos, A. Oliveira, C. Luís, O. Serbyn | 4s | CNCI-Ap | Fátima | 28-05 |
| 4.15,27 | i | CA Salesianos Manique | | J. Vitorino, S. Paulico, M. Luz, S. Fernandes | 3 | CNCI-2 | Pombal | 19-02 |
| 4.15,28 | | Maia AC | S23 | A. Pereira, F. Silva, M. Castanheira, M. Carvalho | 3 | CNCI-2 | Leiria | 23-07 |
| 4.15,34 | | ADR Água Pena | | D. Silva, E. Freitas, C. Carvalho, M. Bernardo | 3s | CNCI-Ap | Ribeira Brava | 28-05 |
| 4.15,46 | i | ACD Jardim Serra | | C. João, S. Martins, M. Mendonça, A. Fernandes | 1s | CNCI-Ap | Braga | 21-01 |
| 4.15,52 | | ACR Sra. Desterro | | E. Gomes, S. Carvalho, C. Rodrigues, C. Barbosa | 3 | C. Port | Maia | 20-05 |
| 4.15,98 | i | ADRE Palhaça | | R. Santos, C. Amorim, M. Simões, C. Reis | 4 | CNCI-2 | Pombal | 19-02 |
| 4.16,14 | | ACD Jardim Serra | | C. João, S. Martins, M. Mendonça, A. Fernandes | 1 | | Ribeira Brava | 07-01 |
| 4.16,28 | | Maia AC | Jr | A. Santos, MJ Silva, L. Suzano, A. Pereira | 5 | CNJ | Marinha Grande | 09-07 |
| 4.16,64 | i | Gira Sol | | I. Arada, M. Martins, D. Almeida, S. Castanhas | 5 | CNCI-2 | Pombal | 19-02 |
| 4.17,02 | i | Escola do Movimento | Jr | B. Vila, T. Vilaça, MJ Ferreira, L. Pinto | 6 | CNCI-2 | Pombal | 19-02 |
| 4.17,87 | i | ACR Sra. Desterro | | C. Cunha, M. Martins, S. Carvalho, I. Dias | 2s | CNCI-Ap | Pombal | 21-01 |
| 4.18,19 | | ACR Sra. Desterro | | C. Barbosa, C. Rodrigues, M. Martins, E. Gomes | 5s | CNCI-Ap | Fátima | 28-05 |
| 4.19,01 | i | Grecas | | C. Sarabanco, R. Simões, L. Regalado, V. Lima | 3s | CNCI-Ap | Pombal | 21-01 |
| 4.20,07 | | Grecas | | V. Lima, M. Maia, A. Rodrigues, F. Martins | 1 | | Vagos | 08-01 |
| 4.20,14 | | Grecas | S23 | S. Neves, F. Martins, C. Sarabanco, J. Gomes | 3 | CN23 | Pombal | 02-07 |
| 4.20,49 | | ACR Sra. Desterro | | I. Dias, M. Dionisio, C. Rodrigues, S. Carvalho | 6 | CNCI-1 | Leiria | 23-07 |
| 4.20,56 | | JO Monte Abraão | | S. Makiesse, S. protásio, C. Bonfim, E. Oliveira | * | CNCI-3 | Leiria | 23-07 |
| 4.21,10 | | SC Braga | | M. Machado, A. Ferreira, F. Silva, J. Matos | 7 | CNCI-1 | Leiria | 23-07 |
| 4.21,15 | i | Juventude Vidigalense | | C. Silva, P. Brito, A. Conde, B. Silva | 4s | CNCI-Ap | Pombal | 22-01 |
| 4.21,22 | | Gira Sol | | I. Arada, D. Almeida, B. Varela, M. Martins | 4 | CNCI-2 | Leiria | 23-07 |
| 4.21,39 | | CS Maritimo | S23 | T. Caires, C. Bairrada, S. Sousa, N. Nobrega | 5 | CNCI-2 | Leiria | 23-07 |
| 4.21,41 | | CO Pechão | Jr | I. Farias, D. Semedo, E. Barros, F. Diallo | 1 | | Lagoa | 18-06 |
| 4.21,52 | i | Maia AC | S23 | A. Santos, F. Silva, MJ Silva, A. Ribeiro | 1s | CNCI-Ap | Braga | 21-01 |
| 4.21,70 | | Maia AC | S23 | S. Vasconcelos, F. Silva, M. Castanheira, M. Carvalho | 1 | C. Norte | Maia | 16-07 |
| 4.22,17 | | GD Diana | | C. Ramalho, I. Piló, C. Escada, S. Inácio | 2s | CNCI-Ap | Vendas Novas | 28-05 |
| 4.22,70 | | ADR Água Pena | | P. Sousa, C. Macedo, S. Estriga, N. Freitas | 6 | CNCI-2 | Leiria | 23-07 |

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|---------|---|-----------------------|-----|--|----|----------|------------------|-------|
| 4.22,73 | | CS Marítimo | S23 | N. Nobrega, C. Spinola, C. Ferreira, R. Ferreira | 4s | CNCI-Ap | Ribeira Brava | 28-05 |
| 4.22,9 | | GD Cavadas | | P. Carvalho, Raquel Batista, B. Amaral, R. Morgado | 1 | | Sobreda | 18-03 |
| 4.23,59 | i | ADRE Palhaça | | C. Rodrigues, C. Amorim, M. Simões, C. Reis | 1s | CNCI-Ap | Pombal | 21-01 |
| 4.24,41 | i | SC Braga | | F. Silva, L. Manhente, J. Silva, A. Ferreira | 2s | CNCI-Ap | Braga | 21-01 |
| 4.24,90 | | ADRE Palhaça | | C. Amorim, AM Pinto, M. Simões, C. Reis | 7 | CNCI-2 | Leiria | 23-07 |
| 4.25,28 | | ADRE Palhaça | | C. Amorim, AM Pinto, M. Simões, C. Reis | 6s | CNCI-Ap | Fátima | 28-05 |
| 4.25,51 | i | Escola do Movimento | Jr | B. Vila, L. Pinto, MJ Ferreira, T. Vilaça | 2s | CNCI-Ap | Braga | 21-01 |
| 4.25,81 | | GD Diana | | A. Barroco, C. Escada, S. Inácio, I. Piló | 2 | CNCI-3 | Leiria | 23-07 |
| 4.25,85 | | Gira Sol | | I. Arada, C. Estarreja, A. Silva, M. Martins | 7s | CNCI-Ap | Fátima | 28-05 |
| 4.26,58 | | CA Mazarefes | | S. Neiva, B. Cruz, S. Ferreira, C. Rodrigues | 3 | CNCI-3 | Leiria | 23-07 |
| 4.27,11 | i | NA Cucujães | | R. Araujo, D. Bastos, D. Oliveira, A. Ricardo | 7 | CNCI-2 | Pombal | 19-02 |
| 4.27,17 | | CA Arcos Valdevez | | T. Anis, A. Fernandes, M. Costa, I. Amorim | 1 | | Viana do Castelo | 19-07 |
| 4.27,37 | | JO Monte Abraão | | C. Cunha, A. Reis, S. Potrásio, E. Oliveira | 3s | CNCI-Ap | Vendas Novas | 28-05 |
| 4.27,54 | i | CA Salesianos Manique | | J. Vitorino, M. Luz, R. Gomes, S. Fernandes | 4s | CNCI-Ap | Pombal | 21-01 |
| 4.27,62 | | AC Vermoil | | B. Duarte, C. Matias, A. Marreiros, AL Pedrosa | 8s | CNCI-Ap | Fátima | 28-05 |
| 4.28,06 | | Escola do Movimento | Jr | B. Vila, B. Guedelha, MJ Ferreira, T. Vilaça | 2s | CNCI-Ap | Guimarães | 28-05 |
| 4.28,10 | | Escola do Movimento | Jr | MJ Ferreira, T. Vilaça, B. Guedelha, L. Pinto | 4 | CNCI-3 | Leiria | 23-07 |
| 4.28,24 | | CA Mazarefes | S23 | S. Ferreira, B. Cruz, S. Neiva, S. Carvalho | 3s | CNCI-Ap | Guimarães | 28-05 |
| 4.28,72 | | NA Cucujães | | R. Araujo, R. Gilvaz, D. Oliveira, A. Ricardo | 4s | CNCI-Ap | Guimarães | 28-05 |
| 4.28,90 | | EA Trofa | Jv | M. Rodrigues, D. Rodrigues, S. Sá, A. Oliveira | 2 | C. Norte | Maia | 16-07 |
| 4.28,98 | | AA Bela Vista | Jr | S. Divegle, Z. Sousa, Mar. Duarte, Mag. Duarte | 6 | CNJ | Marinha Grande | 09-07 |
| 4.29,21 | | ADRE Palhaça | Jr | R. Santos, A. Caldeira, M. Duarte, C. Rodrigues | 2 | | Vagos | 29-04 |
| 4.29,33 | i | JO Monte Abraão | | A. Borges, A. Lourenço, S. Protásio, I. Vitorino | 1s | CNCI-Ap | Pombal | 22-01 |
| 4.29,87 | i | GD Diana | | I. Piló, C. Ramalho, C. Escada, S. Inácio | 5s | CNCI-Ap | Pombal | 21-01 |
| 4.29,9 | | UC Eirense | S23 | M. Veloso, D. Cabral, F. Cantante, L. Pereira | 1 | | Febres | 21-05 |
| 4.30,22 | i | CD Póvoa | | C. Oliveira, A. Leal, N. Laranjeira, J. Serra | 3s | CNCI-Ap | Braga | 21-01 |

(*) com atletas estrangeiros