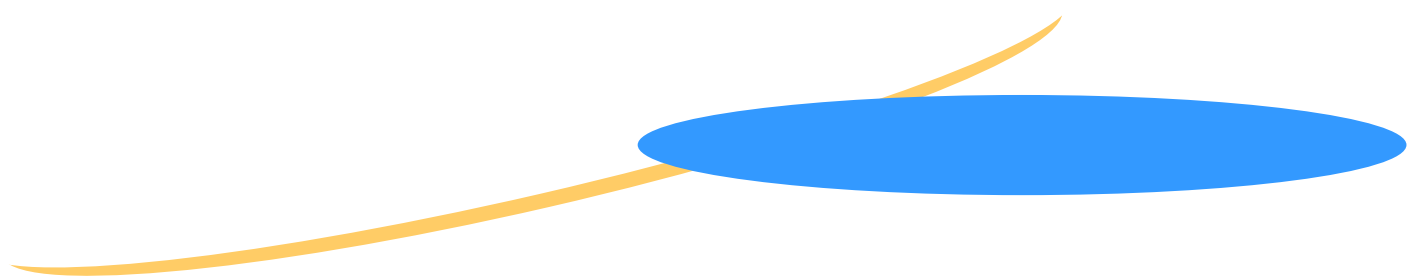


Rankings 2015/2016

PORTUGAL

Listas não oficiais da temporada de 2014/2015 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 |
|-------|------|-------------------|-----|------------------|-----|----------|------|------------|---------------------|-------|----------|
| 10,29 | 1,4 | David Lima | | Sporting CP | | 06-09-90 | 2h | | Clermont - Usa | 30-04 | 10,38-15 |
| 10,29 | 1,7 | Diogo Antunes | | SL Benfica | | 02-11-92 | 1 | C. Port | Maia | 25-06 | 10,38-14 |
| 10,30 | -0,8 | David Lima | | | | | 2h | | Salamanca - Esp | 04-06 | |
| 10,33 | 1,2 | Carlos Nascimento | S23 | Esc. Movimento | | 12-10-94 | 1 | S. António | Lisboa - U | 19-06 | 10,41-12 |
| 10,33 | 1,5 | David Lima | | | | | 4sf | C. Ing. | Bedford - GBR | 30-07 | |
| 10,34 | 0,6 | David Lima | | | | | 5s | | Londres - Gbr | 20-07 | |
| 10,35 | 1,2 | David Lima | | | | | 2 | S. António | Lisboa - U | 19-06 | |
| 10,37 | 1,7 | Ancuiam Lopes | | Juv. Vidigalense | | 06-03-91 | 2 | C. Port | Maia | 25-06 | 10,36-13 |
| 10,38 | 1,7 | David Lima | | | | | 3 | C. Port | Maia | 25-06 | |
| 10,39 | 1,8 | Diogo Antunes | | | | | 1mf | C. Port | Maia | 25-06 | |
| 10,40 | 1,3 | Carlos Nascimento | S23 | | | | 1rB | SL Benfica | Lisboa - I | 12-06 | |
| 10,41 | 1,0 | David Lima | | | | | 4s | | Genebra - Sui | 11-06 | |
| 10,42 | 1,7 | Francis Obikwelu | Vet | Sporting CP | | 22-11-78 | 4 | C. Port | Maia | 25-06 | 9,86-04 |
| 10,42 | 1,2 | David Lima | | | | | 3h | C. Ing. | Bedford - GBR | 30-07 | |
| 10,44 | 1,6 | David Lima | | | | | 3h | | Newham - Gbr | 25-05 | |
| 10,44 | 0,2 | David Lima | | | | | 2r10 | | Londres - Gbr | 20-07 | |
| 10,45 | 1,2 | Diogo Antunes | | | | | 3 | S. António | Lisboa - U | 19-06 | |
| 10,46 | 1,8 | Arnaldo Abrantes | | SL Benfica | | 27-11-86 | 2mf | C. Port | Maia | 25-06 | 10,19-09 |
| 10,47 | -0,8 | Carlos Nascimento | S23 | | | | 1h | | Salamanca - Esp | 04-06 | |
| 10,47 | 1,7 | Arnaldo Abrantes | | | | | 5 | C. Port | Maia | 25-06 | |
| 10,48 | 0,7 | Ancuiam Lopes | | | | | 3 | | Herouville - Fra | 16-06 | |
| 10,49 | 0,2 | Bruno Barros | | SL Benfica | BRA | 07-01-87 | 3h | SL Benfica | Lisboa - I | 12-06 | 10,16-09 |
| 10,49 | 1,2 | Ancuiam Lopes | | | | | 4 | S. António | Lisboa - U | 19-06 | |
| 10,50 | 0,8 | Diogo Antunes | | | | | 7sf | IberoAm | Rio de Janeiro- Bra | 14-05 | |
| 10,50 | 0,0 | Diogo Antunes | | | | | 2rA | SL Benfica | Lisboa - I | 12-06 | |
| 10,51 | -0,4 | Bruno Barros | | | BRA | | 3 | TCCE | Mersin - Tur | 28-05 | |
| 10,51 | 0,2 | Carlos Nascimento | S23 | | | | 4h | SL Benfica | Lisboa - I | 12-06 | |
| 10,51 | 1,4 | Ancuiam Lopes | | | | | 4h | | Herouville - Fra | 16-06 | |
| 10,51 | 1,9 | Diogo Antunes | | | | | 5h | C. Europa | Amesterdão - Hol | 06-07 | |
| 10,52 | -0,5 | Carlos Nascimento | S23 | | | | 1rA | Lisboa | Lisboa - I | 01-05 | |
| 10,52 | 0,4 | Carlos Nascimento | S23 | | | | 7sf | IberoAm | Rio de Janeiro- Bra | 14-05 | |
| 10,52 | 0,2 | Arnaldo Abrantes | | | | | 1 | | Lisboa - I | 10-06 | |
| 10,52 | 1,2 | Diogo Antunes | | | | | 1h | SL Benfica | Lisboa - I | 12-06 | |
| 10,52 | 1,2 | André Costa | | SL Benfica | | 09-05-92 | 2h | SL Benfica | Lisboa - I | 12-06 | 10,48-14 |
| 10,53 | 0,8 | Ancuiam Lopes | | | | | 1 | | Compiegne - Fra | 22-05 | |
| 10,54 | -0,2 | Carlos Nascimento | S23 | | | | 1h | Lisboa | Lisboa - I | 01-05 | |
| 10,54 | 0,8 | Diogo Antunes | | | | | 4h | | Salamanca - Esp | 04-06 | |
| 10,54 | 0,5 | Carlos Nascimento | S23 | | | | 7h | C. Europa | Amesterdão - Hol | 06-07 | |
| 10,56 | 0,0 | André Costa | | | | | 3rA | SL Benfica | Lisboa - I | 12-06 | |
| 10,56 | 2,0 | André Costa | | | | | 2rB | S. António | Lisboa - U | 19-06 | |
| 10,56 | 1,4 | Carlos Nascimento | S23 | | | | 5h | Madrid | Madrid - Esp | 23-06 | |
| 10,56 | 1,8 | José Pedro Lopes | S23 | SL Benfica | | 23-05-95 | 3mf | C. Port | Maia | 25-06 | 10,57-15 |
| 10,56 | 1,8 | Ancuiam Lopes | | | | | 4mf | C. Port | Maia | 25-06 | |
| 10,57 | 0,3 | Diogo Antunes | | | | | 3h | IberoAm | Rio de Janeiro- Bra | 14-05 | |
| 10,57 | 1,7 | Ricardo Pereira | S23 | SL Benfica | | 04-03-96 | 6 | C. Port | Maia | 25-06 | 10,45-14 |
| 10,57 | -3,6 | Ancuiam Lopes | | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 10,57 | -3,6 | David Lima | | | | | 2 | CNCI-1 | Setúbal | 16-07 | |
| 10,57 | 1,8 | Eduardo Sá | S23 | CCD Ribeirão | | 18-05-95 | 1 | C. Norte | Maia | 23-07 | 10,82-15 |
| 10,58 | -0,8 | Carlos Nascimento | S23 | | | | 3h | IberoAm | Rio de Janeiro- Bra | 14-05 | |
| 10,58 | 0,0 | Bruno Barros | | | BRA | | 4rA | SL Benfica | Lisboa - I | 12-06 | |
| 10,59 | 1,3 | Ricardo Pereira | S23 | | | | 2rB | SL Benfica | Lisboa - I | 12-06 | |
| 10,59 | 1,4 | Arnaldo Abrantes | | | | | 7h | Madrid | Madrid - Esp | 23-06 | |
| 10,59 | 1,8 | Pedro Bernardo | | Juv. Vidigalense | | 12-05-89 | 5mf | C. Port | Maia | 25-06 | 10,41-14 |
| 10,59 | 0,7 | Ancuiam Lopes | | | | | 1 | | Antony - Fra | 29-06 | |
| 10,59 | 1,5 | Frederico Curvelo | Jr | SL Benfica | | 11-07-97 | 1 | CN Jr | Viseu | 09-07 | 10,79-15 |
| 10,60 | -0,8 | Ricardo Pereira | S23 | | | | 2h | | Salamanca - Esp | 04-06 | |
| 10,60 | 1,8 | Edi Sousa | | SC Braga | | 11-07-89 | 6mf | C. Port | Maia | 25-06 | 10,53-14 |
| 10,61 | -0,8 | André Costa | | | | | 3h | | Salamanca - Esp | 04-06 | |
| 10,62 | -0,2 | André Costa | | | | | 2h | Lisboa | Lisboa - I | 01-05 | |

| | | | | | | | | | | | |
|-------|------|-------------------|-----|------------------|-----|----------|-----|-----------------|-----------------|-------|-------------|
| 10,62 | -0,1 | Ancuiam Lopes | | | | 1 | | Compiegne - Fra | 10-06 | | |
| 10,62 | 2,0 | Rafael Jorge | Jr | SL Benfica | | 01-03-97 | 3rB | S. António | Lisboa - U | 19-06 | 10,63-15 |
| 10,63 | -0,5 | Arnaldo Abrantes | | | | | 1rB | | Salamanca - Esp | 04-06 | |
| 10,63 | 0,1 | Ricardo Pereira | S23 | | | | 2h | SL Benfica | Lisboa - I | 12-06 | |
| 10,63 | 1,2 | Francis Obikwelu | Vet | | | | 5 | S. António | Lisboa - U | 19-06 | |
| 10,64 | -0,5 | Ancuiam Lopes | | | | | 2rA | Lisboa | Lisboa - I | 01-05 | |
| 10,64 | 1,6 | Rafael Jorge | Jr | | | | 1 | | Lisboa - MP | 14-05 | |
| 10,64 | 2,0 | Frederico Curvelo | Jr | | | | 3rC | S. António | Lisboa - U | 19-06 | |
| 10,64 | 1,0 | Rafael Jorge | Jr | | | | 2 | | Caceres - Esp | 29-06 | |
| 10,64 | 1,0 | João Barros | | SL Benfica | | 25-05-93 | 3 | | Caceres - Esp | 29-06 | 10,81-14 |
| 10,65 | -0,5 | André Costa | | | | | 3rA | Lisboa | Lisboa - I | 01-05 | |
| 10,65 | 1,5 | Francis Obikwelu | Vet | | | | 1h | | Maia | 04-06 | |
| 10,65 | -0,5 | Pedro Bernardo | | | | | 2rB | | Salamanca - Esp | 04-06 | |
| 10,65 | 1,8 | Edi Sousa | | | | | 2 | C. Norte | Maia | 23-07 | |
| 10,66 | -0,5 | André Costa | | | | | 3rB | | Salamanca - Esp | 04-06 | |
| 10,66 | -0,8 | Pedro Bernardo | | | | | 4h | | Salamanca - Esp | 04-06 | |
| 10,66 | 2,0 | Pedro Bernardo | | | | | 4rB | S. António | Lisboa - U | 19-06 | |
| 10,66 | 2,0 | João Esteves | Jr | SL Benfica | | 18-09-98 | 4rC | S. António | Lisboa - U | 19-06 | 11,06-15 |
| 10,67 | 2,0 | João Pinto | Jr | Sporting CP | | 12-06-97 | 5rC | S. António | Lisboa - U | 19-06 | 10,84-14/15 |
| 10,68 | 0,8 | Francis Obikwelu | Vet | | | | 1 | | Maia | 04-06 | |
| 10,68 | 1,2 | Arnaldo Abrantes | | | | | 6 | S. António | Lisboa - U | 19-06 | |
| 10,68 | 0,7 | Rafael Jorge | Jr | | | | 2h | | Caceres - Esp | 29-06 | |
| 10,68 | 1,7 | João Pinto | Jr | | | | 2h | | Caceres - Esp | 29-06 | |
| 10,68 | 1,5 | João Pinto | Jr | | | | 2 | CN Jr | Viseu | 09-07 | |
| 10,68 | 0,8 | Dany Gonçalves | | ACD Jardim Serra | | 14-03-85 | 1 | | Ribeira Brava | 13-07 | 10,39-09 |
| 10,68 | 1,7 | José Pedro Lopes | S23 | | | | 7 | C. Port | Maia | 25--6 | |
| 10,69 | -0,2 | Ancuiam Lopes | | | | | 3h | Lisboa | Lisboa - I | 01-05 | |
| 10,69 | 1,5 | João Esteves | Jr | | | | 2h | | Salamanca - Esp | 04-06 | |
| 10,69 | 1,5 | Rafael Jorge | Jr | | | | 3 | CN Jr | Viseu | 09-07 | |
| 10,69 | 0,4 | José Pedro Lopes | S23 | | | | 1 | | Lisboa - U | 13-07 | |
| 10,69 | 1,3 | Miguel Sambé | S23 | Sporting CP | | 20-11-95 | 1 | | Lisboa - I | 23-07 | 10,86-15 |
| 10,70 | 1,4 | Pedro Bernardo | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 10,70 | 1,0 | Dany Gonçalves | | | | | 1 | | Ribeira Brava | 04-06 | |
| 10,70 | -1,8 | Arnaldo Abrantes | | | | | 2h | | Salamanca - Esp | 04-06 | |
| 10,70 | 2,0 | José Pedro Lopes | S23 | | | | 5rB | S. António | Lisboa - U | 19-06 | |
| 10,70 | -1,6 | Edi Sousa | | | | | 1 | | Palência - Esp | 09-07 | |
| 10,70 | 1,3 | José Pedro Lopes | S23 | | | | 2 | | Lisboa - I | 23-07 | |
| 10,72 | 0,7 | João Pinto | Jr | | | | 1h | Lisboa | Lisboa - I | 01-05 | |
| 10,72 | -0,8 | Ricardo Ribeiro | S23 | ACD Jardim Serra | | 21-02-95 | 6h | | Salamanca - Esp | 04-06 | 10,66-14/15 |
| 10,72 | 0,2 | Ricardo Pereira | S23 | | | | 2 | | Lisboa - I | 10-06 | |
| 10,72 | 1,7 | Dany Gonçalves | | | | | 1 | | Ribeira Brava | 02-07 | |
| 10,72 | 0,1 | Miguel Sambé | S23 | | | | 1h | | Palência - Esp | 09-07 | |
| 10,73 | 0,1 | Frederico Curvelo | Jr | | | | 1h | CN Jr | Viseu | 09-07 | |
| 10,73 | 0,1 | Edi Sousa | | | | | 2h | | Palência - Esp | 09-07 | |
| 10,74 | 1,2 | João Esteves | Jr | | | | 4h | SL Benfica | Lisboa - I | 12-06 | |
| 10,74 | 0,1 | José Pedro Lopes | S23 | | | | 5h | SL Benfica | Lisboa - I | 12-06 | |
| 10,75 | -0,2 | Rafael Jorge | Jr | | | | 4h | Lisboa | Lisboa - I | 01-05 | |
| 10,75 | 0,8 | Eduardo Sá | S23 | | | | 2 | | Maia | 04-06 | |
| 10,75 | 0,8 | Ancuiam Lopes | | | | | 1h | | Meru - Fra | 12-06 | |
| 10,75 | 0,1 | Frederico Curvelo | Jr | | | | 5h | SL Benfica | Lisboa - I | 12-06 | |
| 10,75 | 2,0 | Miguel Cabral | Jr | Gira Sol | | 27-01-97 | 7sf | S. António | Lisboa - U | 19-06 | 10,82-15 |
| 10,75 | 2,0 | João Djibo | S23 | SL Benfica | GBS | 10-08-94 | 8rC | S. António | Lisboa - U | 19-06 | 10,88-14 |
| 10,75 | 1,7 | Ricardo Pereira | S23 | | | | 2 | | Ribeira Brava | 02-07 | |
| 10,76 | 0,8 | José Pedro Lopes | S23 | | | | 3 | | Maia | 04-06 | |
| 10,76 | 1,5 | José Pedro Lopes | S23 | | | | 2h | | Maia | 04-06 | |
| 10,77 | -0,5 | João Pinto | Jr | | | | 4rA | Lisboa | Lisboa - I | 01-05 | |
| 10,77 | 1,8 | João Djibo | S23 | | GBS | | 7mf | C. Port | Maia | 25-06 | |
| 10,77 | 0,1 | Ricardo Pereira | S23 | | | | 1h | | Caceres - Esp | 29-06 | |
| 10,78 | 0,1 | Rafael Jorge | Jr | | | | 5 | | Mersin - Tur | 28-05 | |
| 10,78 | 1,0 | João Pinto | Jr | | | | 4 | | Caceres - Esp | 29-06 | |
| 10,78 | 1,7 | João Barros | | | | | 1h | | Caceres - Esp | 29-06 | |
| 10,78 | -0,1 | José Pedro Lopes | S23 | | | | 1 | | Lisboa - I | 24-07 | |

| | | | | | | | | | | | |
|-------|------|----------------------|-----|-------------------|-----|----------|-----|------------|-------------------|-------|-----------|
| 10,79 | 1,6 | João Esteves | Jr | | | | 2 | | Lisboa - MP | 14-05 | |
| 10,79 | 1,3 | João Esteves | Jr | | | | 4rB | SL Benfica | Lisboa - I | 12-06 | |
| 10,79 | 1,5 | João Esteves | Jr | | | | 4 | CN Jr | Viseu | 09-07 | |
| 10,79 | 1,7 | João Pinto | Jr | | | | 1h | CN Jr | Viseu | 09-07 | |
| 10,80 | 0,8 | Edi Sousa | | | | | 4 | | Maia | 04-06 | |
| 10,80 | -0,6 | Frederico Curvelo | Jr | | | | 4h | | Salamanca - Esp | 04-06 | |
| 10,80 | 1,3 | Ernane Silva | | Sporting CP | | 19-09-92 | 3 | | Lisboa - I | 23-07 | 10,78-15 |
| 10,83 | 1,8 | Valter Pereira | S23 | SL Benfica | STP | 31-03-96 | 1h | | Lisboa - I | 10-06 | 10,81-15 |
| 10,84 | -2,1 | Ilirio Nazaré | Jv | UA Povoense | | 16-04-00 | 1h | CPLP | Sal - STP | 17-07 | |
| 10,89 | 1,6 | Tiago Silvestre | | SL Benfica | | 18-06-91 | 5 | | Lisboa - MP | 14-05 | 10,63-10 |
| 10,89 | 1,8 | Samuel Remédios | | SL Benfica | | 24-02-92 | Dec | C. Port | Maia | 25-06 | 10,68-14 |
| 10,94 | -1,1 | André Prazeres | Jv | SL Benfica | | 23-05-99 | 1 | CN Jv | Lagoa | 02-07 | 11,28-15 |
| 10,94 | 1,8 | Carlos Castro | Jr | CA Tamega | | 20-02-97 | 3 | C. Norte | Maia | 23-07 | 11,17-15 |
| 10,96 | 1,2 | Flávio Pereira | Jr | ACR Sra. Desterro | | 21-03-97 | 1 | | Braga | 13-07 | 11,20-15 |
| 10,97 | -0,7 | João Patrício | Jv | Vit. Setúbal | | 13-01-99 | 2 | | Lisboa - I | 29-04 | 11,13-15 |
| 10,99 | 0,4 | Claudino Tavares | | Juv. Vidigalense | CPV | 20-03-92 | 1 | | Fátima | 28-05 | 10,81-15 |
| 10,99 | 1,2 | Delvis Santos | Jv | SL Benfica | ANG | 27-06-99 | 2h | | Lisboa - I | 23-07 | |
| 11,00 | 1,7 | Tiago Gonçalves | Jr | AA Seixal | | 11-12-98 | 3h | CN Jr | Viseu | 09-07 | |
| 11,00 | 1,2 | Gil Manuel | S23 | SL Benfica | | 28-09-94 | 3h | | Lisboa - I | 23-07 | 11,18-14 |
| 11,01 | 0,4 | Wilson Martins | | Juv. Vidigalense | CPV | 01-03-88 | 2 | | Fátima | 28-05 | 11,11-15 |
| 11,05 | 0,9 | Rafael Oliveira | S23 | Sporting CP | | 06-06-96 | 2s | | Lisboa - I | 13-07 | 11,05-15 |
| 11,06 | 0,5 | Tito Fernandes | Jv | ADR Água Pena | | 02-06-99 | 3h | CN Jr | Viseu | 09-07 | |
| 11,07 | -0,1 | Bruno Vaz Moniz | | NA Cucujães | CPV | 10-07-88 | 1h | Lisboa | Lisboa - I | 01-05 | |
| 11,07 | 1,9 | Vanderlei Nascimento | S23 | SL Benfica | | 16-05-95 | 2h | V. Tavares | Faro | 15-06 | 11,23-15 |
| 11,09 | 1,8 | João Maciel | S23 | CA Mazarefes | | 17-05-95 | 4 | C. Norte | Maia | 23-07 | |
| 11,11 | 1,4 | Pedro Razori | Jr | Grecas | BRA | 17-07-97 | 4s | CNCI-Ap | Fátima | 28-05 | 11,27-15 |
| 11,13 | 1,9 | Sergio Chiu | S23 | Sporting CP | | 11-05-95 | 3h | V. Tavares | Faro | 15-06 | 11,30-15 |
| 11,14 | -0,8 | Ronaldinho Oliveira | Jr | Sporting CP | CPV | 29-09-97 | 1 | | Viseu | 25-04 | 11,24-15 |
| 11,14 | 1,2 | Marco Camara | Jv | Juv. Ilha Verde | | 17-01-00 | 4= | OJ | Abrantes | 12-06 | |
| 11,15 | 1,4 | Edgar Remédios | S23 | GA Fátima | | 05-05-94 | 5s | CNCI-Ap | Fátima | 28-05 | 11,17-15 |
| 11,16 | 1,8 | Rafael Neves | S23 | CPTS Ceira | | 18-08-95 | 1s | | Pombal | 11-06 | |
| 11,16 | 1,7 | Gracelino Barbosa | | ACR Sra. Desterro | CPV | 01-02-85 | 1s | Noite | Maia | 15-06 | 11,20-13 |
| 11,18 | 1,9 | Bruno Gualberto | | Juv. Vidigalense | | 01-08-88 | 1s | | Pombal | 30-04 | 10,90-07 |
| 11,18 | -1,1 | Carlos Veríssimo | Jv | SUO Vais | | 29-03-99 | 4 | CNjv | Lagoa | 02-07 | 11,04w-15 |
| 11,19 | -1,5 | Gui Boissy | | Sporting CP | SEN | 22-02-89 | 2 | | Lisboa - MP | 26-05 | |
| 11,19 | 1,2 | Rafael Ferreira | Jv | A 20Km Almeirim | | 21-10-99 | 7= | OJ | Abrantes | 12-06 | 11,24w-15 |
| 11,19 | 1,2 | Rodrigo Rosa | Jv | SL Benfica | | 26-11-00 | 1rB | | Lisboa - I | 23-07 | |
| 11,20 | 1,8 | Mário Neves | Jv | Cardes | | 11-01-00 | 1 | | Viseu | 01-05 | |
| 11,20 | 0,0 | Guilherme Mota | Jr | UA Povoense | | 22-08-97 | 1h | | Lisboa - MP | 04-06 | |
| 11,20 | 0,4 | Diogo Guerra | Jv | Maia AC | | 29-01-99 | 3s | Noite | Maia | 15-06 | 11,27-15 |
| 11,21 | -1,0 | Dylan Pedro | S23 | Juv. Vidigalense | | 04-01-95 | 2 | CNU | Leiria | 07-05 | 11,08-15 |
| 11,21 | 1,9 | Diogo Semedo | Jr | SL Benfica | | 20-05-97 | 4h | V. Tavares | Faro | 15-06 | |
| 11,21 | 1,7 | Lucas Dias | Jv | AC Vermoil | | 06-01-99 | 4h | CN Jr | Viseu | 09-07 | 11,27w-15 |
| 11,22 | 0,6 | Bernardo Pereira | Jr | GA Caranguejeira | | 26-10-97 | 5h | F. Alves | Marinha Grande | 21-05 | |
| 11,22 | 1,0 | Sérgio Mendes | | GD Estreito | | 09-01-93 | 2 | | Ribeira Brava | 04-06 | 10,91-12 |
| 11,23 | 1,7 | Ruben Grangeia | Jv | ACD Ilhavos | | 30-08-99 | 1h | | Vagos | 14-05 | |
| 11,23 | -0,2 | André Simões | | CA Seia | | 06-08-93 | 1s | CNCI-Ap | Fátima | 28-05 | 11,11w-14 |
| 11,24 | 0,8 | Alexandre Cardeira | S23 | ACDR Arneirense | | 02-12-94 | 3h | F. Alves | Marinha Grande | 21-05 | 11,16-14 |
| 11,24 | 0,4 | Pedro Trindade | Jv | SRM Trafarense | | 07-01-99 | 1s | | Lisboa - I | 13-07 | 11,09w-15 |
| 11,25 | 1,2 | Daniel Chagas | Jv | GD Pic-Nic | | 06-03-99 | 1 | | Quarteira | 14-05 | 11,20-15 |
| 11,26 | -0,9 | Hugo Silva | Jv | Maia AC | | 09-03-99 | 1h | | Maia | 04-06 | |
| 11,27 | 0,9 | João Vale | Jr | CA Mazarefes | | 14-04-98 | 1 | | Arcos de Valdevez | 12-03 | |
| 11,27 | -1,6 | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | Dec | CN Jr | Viseu | 09-07 | 11,26w-14 |
| 11,29 | 1,9 | Patrick Horta | S23 | NA Cucujães | CPV | 94 | 1h | | Vagos | 04-06 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|----------------|-----|----------|----|---------|-----------------|-------|----------|
| 10,20 | 5,4 | David Lima | | Sporting CP | | 06-09-90 | 1h | C. Port | Maia | 25-06 | 10,38-15 |
| 10,27 | 5,9 | Carlos Nascimento | S23 | Esc. Movimento | | 12-10-94 | 1h | C. Port | Maia | 25-06 | 10,41-12 |
| 10,34 | 5,9 | Arnaldo Abrantes | | SL Benfica | | 27-11-86 | 2h | C. Port | Maia | 25-06 | 10,19-09 |
| 10,51 | 5,4 | Edi Sousa | | SC Braga | | 11-07-89 | 3h | C. Port | Maia | 25-06 | 10,53-14 |
| 10,53 | 2,6 | Ricardo Pereira | S23 | SL Benfica | | 04-03-96 | 7 | | Salamanca - Esp | 04-06 | 10,45-14 |

| | | | | | | | | | | | |
|-------|-----|----------------------|-----|-------------------|-----|----------|-----|----------|------------------|-------|-------------|
| 10,53 | 3,5 | Frederico Curvelo | Jr | SL Benfica | | 11-07-97 | 1h | C. Port | Maia | 25-06 | 10,79-15 |
| 10,53 | 5,9 | Rafael Jorge | Jr | SL Benfica | | 01-03-97 | 3h | C. Port | Maia | 25-06 | 10,63-15 |
| 10,55 | 2,4 | Dany Gonçalves | | ACD Jardim Serra | | 14-03-85 | 1 | | Ribeira Brava | 18-06 | 10,39-09 |
| 10,57 | 2,3 | Ricardo Ribeiro | S23 | ACD Jardim Serra | | 21-02-95 | 1 | | Ribeira Brava | 21-05 | 10,66-14/15 |
| 10,58 | 3,5 | Pedro Bernardo | | Juv. Vidigalense | | 12-05-89 | 3h | C. Port | Maia | 25-06 | 10,41-14 |
| 10,62 | 5,9 | João Djibo | S23 | SL Benfica | GBS | 10-08-94 | 4h | C. Port | Maia | 25-06 | 10,88-14 |
| 10,65 | 4,2 | Valter Pereira | S23 | SL Benfica | STP | 31-03-96 | 1h | | Lisboa - MP | 02-07 | 10,81-15 |
| 10,66 | 5,4 | Miguel Cabral | Jr | Gira Sol | | 27-01-97 | 5h | C. Port | Maia | 25-06 | 10,82-15 |
| 10,68 | 3,5 | Ernane Silva | | Sporting CP | | 19-09-92 | 4h | C. Port | Maia | 25-06 | 10,78-15 |
| 10,77 | 5,9 | Wilson Martins | | Juv. Vidigalense | CPV | 01-03-88 | 6h | C. Port | Maia | 25-06 | 11,11-15 |
| 10,83 | 2,7 | Mauro Pereira | Jr | Gira Sol | | 27-03-98 | 2 | | Pombal | 11-06 | 11,09-15 |
| 10,84 | 3,7 | Carlos Veríssimo | Jv | SUO Vais | | 29-03-99 | 1 | | Aveiro | 18-06 | 11,04w-15 |
| 10,85 | 4,8 | Flávio Pereira | Jr | ACR Sra. Desterro | | 21-03-97 | 1 | | Guarda | 18-06 | 11,20-15 |
| 10,85 | 4,5 | Gil Manuel | S23 | SL Benfica | | 28-09-94 | 1h | | Lisboa - MP | 02-07 | 11,18-14 |
| 10,86 | 5,7 | Edgar Remédios | S23 | GA Fátima | | 05-05-94 | 1h | | Fátima | 18-06 | 11,17-15 |
| 10,87 | 3,5 | Tiago Silvestre | | SL Benfica | | 18-06-91 | 3h | C. Port | Maia | 25-06 | 10,63-10 |
| 10,88 | 3,5 | Gui Boissy | | Sporting CP | SEN | 22-02-89 | 4h | C. Port | Maia | 25-06 | |
| 10,89 | 5,4 | Rafael Oliveira | S23 | Sporting CP | | 06-06-96 | 7h | C. Port | Maia | 25-06 | 11,05-15 |
| 10,94 | 2,7 | João Patrício | Jv | Vit. Setúbal | | 13-01-99 | 2 | OJ | Abrantes | 12-06 | 11,13-15 |
| 10,95 | 3,5 | Rafael Silva | S23 | Gira Sol | | 20-04-96 | 2 | | Fátima | 02-07 | |
| 10,95 | 4,0 | Vanderlei Nascimento | S23 | SL Benfica | | 16-05-95 | 4 | | Lisboa - MP | 02-07 | 11,23-15 |
| 10,99 | 2,1 | Lucas Dias | Jv | AC Vermoil | | 06-01-99 | 2 | CNCI-3 | Vagos | 16-07 | 11,27w-15 |
| 11,00 | 3,0 | Bernardo Vedor | Jv | Sporting CP | | 25-04-99 | 1rB | | Lisboa - MP | 14-05 | 11,02w-15 |
| 11,00 | 3,7 | Alexandre Cardeira | S23 | ACDR Arneirense | | 02-12-94 | 1h | | Pombal | 11-06 | 11,16-14 |
| 11,01 | 3,0 | Sérgio Mendes | | GD Estreito | | 09-01-93 | 1 | | Ribeira Brava | 28-05 | 10,91-12 |
| 11,05 | 5,4 | Rafael Neves | S23 | CPTS Ceira | | 18-08-95 | 8h | C. Port | Maia | 25-06 | |
| 11,08 | 2,8 | Pedro Sousa | Jv | ACD Ilhavos | | 2000 | 4h | C. Norte | Maia | 23-07 | |
| 11,09 | 4,1 | Pedro Razori | Jr | Grecas | BRA | 17-07-97 | 1 | | Murtosa | 23-04 | 11,27-15 |
| 11,09 | 2,6 | João Pinto | | Juv. Vidigalense | | 28-02-93 | 2h | | Fátima | 18-06 | 11,35-12 |
| 11,11 | 3,4 | Filipe Santos | | GD Estreito | | 25-06-84 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 10,76-10 |
| 11,13 | 2,9 | Juary Tavares | S23 | CCSJ. Madeira | STP | 09-11-94 | 5h | C. Port | Maia | 25-06 | 11,22-14/15 |
| 11,14 | 2,7 | Erik Kostytsya | Jv | Juv. Vidigalense | | 18-09-99 | 4= | OJ | Abrantes | 12-06 | |
| 11,15 | 3,6 | Hugo Silva | Jv | Maia AC | | 09-03-99 | 1h | | Viana do Castelo | 18-06 | |
| 11,16 | 3,6 | Tiago Boucela | | Grecas | | 09-02-92 | 1 | Aveiro | Aveiro | 10-06 | 11,30w-15 |
| 11,19 | 2,7 | Mário Neves | Jv | Cardes | | 11-01-00 | 7= | OJ | Abrantes | 12-06 | |
| 11,20 | 4,4 | Rodrigo Ramos | Jr | ACD Jardim Serra | | 02-07-98 | Dec | | Ribeira Brava | 19-03 | 11,05w-15 |
| 11,20 | 3,0 | Valter Pinto | | SC Braga | | 19-01-93 | 1s | | Lisboa - I | 10-06 | 11,11-15 |
| 11,21 | 3,4 | Edgar Batista | | Esc. Movimento | | 12-07-91 | 1h | C. Norte | Maia | 23-07 | 10,93-14 |
| 11,22 | 3,9 | Miguel Lopes | Jr | Juv. Vidigalense | | 19-03-97 | 1h | | Pombal | 11-06 | |
| 11,22 | 3,6 | João Novo | Jr | CA Tamêga | | 08-05-97 | 2h | | Viana do Castelo | 18-06 | |
| 11,23 | 3,9 | Pedro Trindade | Jv | SRM Trafarense | | 07-01-99 | 1 | | Sobreda | 08-05 | 11,09w-15 |
| 11,23 | 3,6 | Luis Machado | Jr | SC Braga | | 22-02-97 | 3 | | Viana do Castelo | 18-06 | 11,12-15 |
| 11,23 | 4,3 | Sérgio Alves | Jr | SL Benfica | | 16-11-97 | 1 | | Vendas Novas | 24-06 | |
| 11,25 | 4,5 | Marco Rodrigues | S23 | ADR Água Pena | | 08-04-95 | 4h | | Lisboa - MP | 02-07 | 11,12-14 |
| 11,26 | 3,8 | João Ferreira | Jr | NA Cucujães | | 08-12-98 | 2 | | Aveiro | 18-06 | |
| 11,26 | 2,5 | Hugo Martinho | Jv | AEA Cartaxo | | 09-01-99 | 1 | | Fátima | 25-06 | |
| 11,27 | 3,9 | Tiago Tavares | Jr | GD Cavadas | | 20-07-98 | 2 | | Sobreda | 08-05 | 11,29-15 |
| 11,27 | 3,6 | João Santos | Jr | C+S Lavra | | 12-09-97 | 3h | | Viana do Castelo | 18-06 | |
| 11,27 | 3,3 | Ricardo Lemos | Vet | Sporting CP | | 30-01-73 | 1 | | Maia | 25-06 | 10,51-93 |
| 11,28 | 4,3 | Armando Assembleia | Jv | Vit. Setúbal | | 14-02-99 | 2 | | Vendas Novas | 24-06 | |
| 11,28 | 2,5 | Manuel Dias | Jv | UFC Tomar | | 28-02-99 | Dec | CE Jv | Tbilissi - Geo | 16-07 | |
| 11,28 | 2,6 | Pedro Silva | S23 | Esc. Movimento | | 18-01-94 | 1rB | C. Norte | Maia | 23-07 | |
| 11,29 | 3,6 | Tomás Batista | | Esc Movimento | | 21-12-92 | 1h | C. Norte | Maia | 23-07 | |
| 11,30 | 3,0 | José Fernandes | | ACD Jardim Serra | | 06-01-93 | 2 | | Ribeira Brava | 28-05 | 11,27-12 |
| 11,30 | 3,8 | João Silva | Jv | AC Vermoil | | 05-02-99 | 2 | | Pombal | 18-06 | |
| 11,30 | 4,2 | Tiago Santos | S23 | ACR Mealhada | | 01-10-96 | 4h | | Lisboa - MP | 02-07 | 11,23w-15 |

Sem medição de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------|-----|-------------|-----|-------|----|----------|--------------|-------|-----|
| 11,14 | s/v | João Geadas | Jv | AJ Estremoz | | 2000 | 1 | C. Alent | Vendas Novas | 18-06 | |

Marca muito duvidosa

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|---------------|-----|-------------|-----|----------|----|-------|-----------|-------|-----|
| 10,84 | -2,1 | Ilírio Nazaré | Jv | UA Povoense | | 16-04-00 | 1h | CPLP | Sal - Cvd | 17-07 | |

200 m- 22,30 - 23,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|-----------------------|-----|------------------|-----|----------|-----|-----------|---------------------|-------|-------------|
| 20,62 | 0,0 | David Lima | | Sporting CP | | 06-09-90 | 1 | | Salamanca - Esp | 04-06 | 20,72-12 |
| 20,68 | -0,6 | David Lima | | | | | 1rB | | Gainesville - Usa | 22-04 | |
| 20,76 | -0,5 | David Lima | | | | | 1rC | | Clermont - Usa | 30-04 | |
| 20,79 | 1,6 | David Lima | | | | | 5sf | IberoAm | Rio de Janeiro- Bra | 15-05 | |
| 20,82 | -0,1 | David Lima | | | | | 2h | C. Europa | Amesterdão - Hol | 07-07 | |
| 20,85 | 1,6 | David Lima | | | | | 2sf | C. Ing | Bedford - Gbr | 31-07 | |
| 20,86 | -0,1 | David Lima | | | | | 7sf | C. Europa | Amesterdão - Hol | 08-07 | |
| 20,87 | 0,8 | David Lima | | | | | 2h | IberoAm | Rio de Janeiro- Bra | 15-05 | |
| 20,88 | 0,3 | David Lima | | | | | 7 | IberoAm | Rio de Janeiro- Bra | 16-05 | |
| 20,88 | -1,8 | David Lima | | | | | 5 | | Genebra - Sui | 11-06 | |
| 21,01 | i | David Lima | | | | | 2 | | Mustasaari - Fin | 06-02 | |
| 21,12 | -0,4 | Bruno Barros | | SL Benfica | BRA | 07-01-87 | 2 | TCCE | Mersin - Tur | 29-05 | 20,16-11 |
| 21,19 | i | David Lima | | | | | 2mf | | Sheffield - Gbr | 28-02 | |
| 21,20 | i | David Lima | | | | | 2h | | Sheffield - Gbr | 28-02 | |
| 21,33 | 1,0 | Arnaldo Abrantes | | SL Benfica | | 27-11-86 | 1 | | Lisboa - I | 10-06 | 20,48-07 |
| 21,35 | i | David Lima | | | | | 3 | | Sheffield - Gbr | 28-02 | |
| 21,36 | i | David Lima | | | | | 1 | CNCI-1 | Pombal | 06-03 | |
| 21,39 | 0,6 | Ricardo Ribeiro | S23 | ACD Jardim Serra | | 21-02-95 | 1rB | | Salamanca - Esp | 04-06 | 21,39-15 |
| 21,39 | 0,1 | Eduardo Sá | S23 | CCD Ribeirão | | 18-05-95 | 1 | C. Norte | Maia | 24-07 | 21,73-15 |
| 21,41 | 2,0 | Ancuiam Lopes | | Juv. Vidigalense | | 06-03-91 | 1 | | Meru - Fra | 05-06 | 21,69-13 |
| 21,42 | -0,2 | André Costa | | SL Benfica | | 09-05-92 | 4sf | IberoAm | Rio de Janeiro- Bra | 15-05 | 21,50-14 |
| 21,42 | 0,6 | Miguel Sambé | S23 | Sporting CP | | 20-11-95 | 1 | | Lisboa - I | 24-07 | 21,65-15 |
| 21,43 | -3,9 | David Lima | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 21,44 | 0,6 | José Pedro Lopes | S23 | SL Benfica | | 23-05-95 | 2 | | Lisboa - I | 24-07 | 22,16-12 |
| 21,45 | 1,1 | André Costa | | | | | 4h | IberoAm | Rio de Janeiro- Bra | 15-05 | |
| 21,54 | 1,9 | André Costa | | | | | 1 | | Lisboa - MP | 31-01 | |
| 21,54 | 1,2 | Eduardo Sá | S23 | | | | 1 | CNCI-3 | Vagos | 17-07 | |
| 21,55 | 0,5 | André Marques | | SL Benfica | | 20-11-92 | 1 | | Fátima | 03-07 | 21,91-12/14 |
| 21,60 | i | André Costa | | | | | 2 | CNCI-1 | Pombal | 06-03 | |
| 21,60 | 1,5 | Victor Ricardo Santos | S23 | SL Benfica | | 18-12-94 | 5rB | | Newham - Gbr | 05-06 | 20,95-14 |
| 21,66 | i | André Costa | | | | | 1 | C. Port | Pombal | 21-02 | |
| 21,66 | 0,6 | João Pinto | Jr | Sporting CP | | 12-06-97 | 1 | CN Jr | Viseu | 10-07 | 21,81-15 |
| 21,69 | 1,0 | João Pinto | Jr | | | | 5 | C. Port | Maia | 26-06 | |
| 21,71 | 0,6 | Mauro Pereira | Jr | Gira Sol | | 27-03-98 | 2 | CN Jr | Viseu | 10-07 | 22,23-15 |
| 21,74 | i | Carlos Nascimento | S23 | Esc Movimento | | 12-10-94 | 1 | CNCI-2 | Pombal | 06-03 | 21,32-12 |
| 21,77 | 0,6 | Rafael Jorge | Jr | SL Benfica | | 01-03-97 | 3 | CN Jr | Viseu | 10-07 | 21,73-15 |
| 21,79 | 1,8 | Arnaldo Abrantes | | | | | 1 | | Lisboa - MP | 15-05 | |
| 21,80 | i | Carlos Nascimento | S23 | | | | 2 | C. Port | Pombal | 21-02 | |
| 21,80 | -1,6 | Mauro Pereira | Jr | | | | 1 | CNCI-2 | Setúbal | 17-07 | |
| 21,81 | i | André Costa | | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 21,81 | 1,8 | João Pinto | Jr | | | | 2 | | Lisboa - MP | 15-05 | |
| 21,81 | 0,6 | Ricardo Ribeiro | S23 | | | | 3ex | | Lisboa - I | 24-07 | |
| 21,83 | 2,0 | Miguel Sambé | S23 | | | | 1h | | Fátima | 19-06 | |
| 21,83 | -0,6 | Ricardo Ribeiro | S23 | | | | 1 | | Ribeira Brava | 03-07 | |
| 21,88 | -1,6 | Carlos Nascimento | S23 | | | | 2 | CNCI-2 | Setúbal | 17-07 | |
| 21,89 | i | Ricardo Ribeiro | S23 | | | | 3 | CNCI-1 | Pombal | 06-03 | |
| 21,89 | -0,2 | Eduardo Sá | S23 | | | | 1 | Guarda | Guarda | 08-07 | |
| 21,90 | i | Ricardo Ribeiro | S23 | | | | 1s | C. Port | Pombal | 21-02 | |
| 21,90 | 1,8 | Rafael Jorge | Jr | | | | 3 | | Lisboa - MP | 15-05 | |
| 21,90 | 0,4 | Carlos Nascimento | S23 | | | | 1s | CNCI-Ap | Viana do Castelo | 29-05 | |
| 21,90 | 0,4 | Eduardo Sá | S23 | | | | 2s | CNCI-Ap | Viana do Castelo | 29-05 | |
| 21,91 | 1,8 | Frederico Curvelo | Jr | SL Benfica | | 11-07-97 | 4 | | Lisboa - MP | 15-05 | 22,37-15 |
| 21,91 | 1,8 | Ricardo Pereira | S23 | SL Benfica | | 04-03-96 | 5 | | Lisboa - MP | 15-05 | 21,37-14 |
| 21,92 | -1,2 | Ricardo Ribeiro | S23 | | | | 1 | | Ribeira Brava | 19-06 | |
| 21,93 | i | Eduardo Sá | S23 | | | | 1s | C. Port | Pombal | 21-02 | |

| | | | | | | | | | | | |
|-------|------|---------------------|-----|-------------------|-----|----------|-----|----------|--------------------|-------|-------------|
| 21,94 | -0,1 | Miguel Sambé | S23 | | | | 1 | | Lisboa - MP | 03-07 | |
| 21,97 | i | João Pinto | Jr | | | | 2s | C. Port | Pombal | 21-02 | |
| 22,00 | i | Edi Sousa | | SC Braga | | 11-07-89 | 4 | CNCI-1 | Pombal | 06-03 | 21,73-08/10 |
| 22,00 | 0,0 | Eduardo Sá | S23 | | | | 1 | | Póvoa de Varzim | 25-05 | |
| 22,01 | 1,0 | Dany Gonçalves | | ACD Jardim Serra | | 14-03-85 | 13 | C. Port | Maia | 26-06 | 21,44-09 |
| 22,02 | 2,0 | Pedro Bernardo | | Juv. Vidigalense | | 12-05-89 | 1s | CNCI-Ap | Fátima | 29-05 | 21,31-14 |
| 22,03 | 1,0 | Miguel Sambé | S23 | | | | 2 | | Lisboa - I | 10-06 | |
| 22,07 | 1,8 | Miguel Sambé | S23 | | | | 6 | | Lisboa - MP | 15-05 | |
| 22,08 | -1,2 | Dany Gonçalves | | | | | 2 | | Ribeira Brava | 19-06 | |
| 22,09 | 1,6 | Tiago Gonçalves | Jr | AA Seixal | | 11-12-98 | 1 | | Amadora | 07-07 | 22,66-15 |
| 22,09 | 0,7 | Rafael Jorge | Jr | | | | 3 | TCCE Jr | Caatellon - Esp | 17-09 | |
| 22,11 | -2,9 | Ricardo Ribeiro | S23 | | | | 1 | | Ribeira Brava | 22-05 | |
| 22,13 | 0,6 | Frederico Curvelo | Jr | | | | 2rD | | Salamanca - Esp | 04-06 | |
| 22,15 | 0,6 | João Esteves | Jr | SL Benfica | | 18-09-98 | 4 | CN Jr | Viseu | 10-07 | 22,56-15 |
| 22,17 | i | Pedro Bernardo | | | | | 1s | C. Port | Pombal | 21-02 | |
| 22,17 | -0,2 | Eduardo Sá | S23 | | | | 1 | | Braga | 01-05 | |
| 22,18 | -1,5 | Ricardo Ribeiro | S23 | | | | 1 | | Ribeira Brava | 10-01 | |
| 22,18 | -1,0 | Ricardo Ribeiro | S23 | | | | 1 | | Ribeira Brava | 24-04 | |
| 22,18 | 0,5 | Pedro Bernardo | | | | | 1s | | Lisboa - MP | 15-05 | |
| 22,18 | 1,0 | Ronaldinho Oliveira | Jr | Sporting CP | CPV | 29-09-97 | 3 | | Lisboa - I | 10-06 | 22,28-15 |
| 22,19 | i | Frederico Curvelo | Jr | | | | 2s | C. Port | Pombal | 21-02 | |
| 22,19 | i | Mauro Pereira | Jr | | | | 5 | CNCI-1 | Pombal | 06-03 | |
| 22,20 | 0,0 | Ricardo Ribeiro | S23 | | | | 1 | | Ribeira Brava | 17-01 | |
| 22,20 | 2,0 | João Esteves | Jr | | | | 1s | | Lisboa - MP | 15-05 | |
| 22,21 | i | Rafael Jorge | Jr | | | | 7 | C. Port | Pombal | 21-02 | |
| 22,21 | i | Dylan Pedro | S23 | Juv. Vidigalense | | 04-01-95 | 8 | C. Port | Pombal | 21-02 | 22,27-15 |
| 22,23 | 0,6 | Ernane Silva | | Sporting CP | | 19-09-92 | 3 | | Lisboa - I | 24-07 | 21,51-15 |
| 22,24 | 1,9 | João Esteves | Jr | | | | 2 | | Lisboa - MP | 31-01 | |
| 22,24 | 0,2 | Tiago Gonçalves | Jr | | | | 1 | | Sobreda | 19-06 | |
| 22,25 | 1,2 | João Maciel | S23 | CA Mazarefes | | 17-05-95 | 2 | CNCI-3 | Vagos | 17-07 | |
| 22,26 | -0,2 | Valter Pereira | S23 | SL Benfica | STP | 31-03-96 | 2 | Guarda | Guarda | 08-07 | 22,64-14 |
| 22,26 | 0,7 | Eduardo Sá | S23 | | | | 1h | C. Norte | Maia | 24-07 | |
| 22,28 | -1,0 | Tiago Gonçalves | Jr | | | | 5 | CN Jr | Viseu | 10-07 | |
| 22,29 | 1,8 | Ernane Silva | | | | | 7s | | Lisboa - MP | 15-05 | |
| 22,30 | -1,4 | Tito Fernandes | Jv | ADR Água Pena | | 02-06-99 | 1 | CN Jv | Lagoa | 03-07 | |
| 22,31 | -1,0 | Miguel Alves | Jr | AC Mocidade - Aç | | 23-02-98 | 6 | CN Jr | Viseu | 10-07 | |
| 22,33 | 0,7 | Carlos Castro | Jr | CA Tamega | | 20-02-97 | 2h | C. Norte | Maia | 24-07 | 22,58-15 |
| 22,36 | i | Flávio Pereira | Jr | ACR Sra. Desterro | | 21-03-97 | 2 | CNCI-2 | Pombal | 06-03 | 22,78-15 |
| 22,41 | 1,8 | Milton Hassany | | CF Belenenses | ANG | 01-04-90 | 8s | | Lisboa - MP | 15-05 | 22,32-15 |
| 22,43 | 1,6 | Rafael Oliveira | S23 | Sporting CP | | 06-06-96 | 2s | | Amadora | 07-07 | 22,21w-15 |
| 22,44 | 0,5 | Wilson Martins | | Juv. Vidigalense | CPV | 01-03-88 | 2 | | Fátima | 03-07 | 22,55-15 |
| 22,50 | 2,0 | João Djibo | S23 | SL Benfica | GBS | 10-08-94 | 2s | | Lisboa - MP | 15-05 | 22,41-14 |
| 22,50 | -0,2 | Gracelino Barbosa | | ACR Sra. Desterro | CPV | 01-02-85 | 4 | Guarda | Guarda | 08-07 | 22,58i-11 |
| 22,58 | 1,6 | Carlos Veríssimo | Jv | SUO Vais | | 29-03-99 | 1 | | Vagos | 15-05 | |
| 22,62 | 0,3 | Tiago Jesus | S23 | Juv. Ilha Verde | | 18-07-96 | 1 | | Ponta Delgada | 09-01 | 22,98-15 |
| 22,62 | i | Pedro Razori | Jr | Grecas | BRA | 17-07-97 | 2s | CNCI-Ap | Pombal | 06-02 | 22,57-15 |
| 22,64 | i | André Simões | | CA Seia | | 06-08-93 | 1s | CNCI-Ap | Pombal | 07-02 | 22,63i-14 |
| 22,65 | 0,2 | Jorge Colaço | S23 | AAC Caparica | | 05-04-94 | 2 | | Sobreda | 19-06 | 22,64-15 |
| 22,67 | 2,0 | Alexandre Cardeira | S23 | ACDR Arneirense | | 02-12-94 | 2h | | Fátima | 19-06 | 22,88i-12 |
| 22,68 | 0,6 | Daniel Chagas | Jv | GD Pic-Nic | | 06-03-99 | 1 | | V. R. Sto. António | 16-01 | 22,39-15 |
| 22,68 | 0,1 | Diogo Guerra | Jv | Maia AC | | 29-01-99 | 4 | C. Norte | Maia | 24-07 | |
| 22,70 | 1,2 | Lucas Dias | Jv | AC Vermoil | | 06-01-99 | 3 | CNCI-3 | Vagos | 17-07 | 22,98-15 |
| 22,68 | -1,0 | David Sénica | Jr | CA Seia | | 27-01-97 | 8 | CN Jr | Viseu | 10-07 | 22,28-14 |
| 22,71 | 2,0 | Miguel Cabral | Jr | Gira Sol | | 27-01-97 | 2s | CNCI-Ap | Fátima | 29-05 | 22,26-15 |
| 22,71 | -2,3 | Hugo Silva | Jv | Maia AC | | 09-03-99 | 2 | CN Jv | Lagoa | 03-07 | |
| 22,71 | -1,0 | Ilírio Nazaré | Jv | UA Povoense | | 16-04-00 | 9 | CN Jr | Viseu | 10-07 | |
| 22,74 | i | Xavier Rato | Jv | Gira Sol | | 25-10-99 | 1 | CN Jv | Pombal | 31-01 | |
| 22,75 | -0,2 | José Carlos Pinto | Jr | ACR Sra. Desterro | | 03-05-97 | 1 | | Viseu | 19-12 | 22,54-15 |
| 22,76 | 0,1 | João Pedro Ferreira | S23 | SC Braga | | 09-09-96 | 5 | C. Norte | Maia | 24-07 | 22,89-15 |
| 22,78 | -1,4 | Pedro Trindade | Jv | AA Pinhalnovense | | 07-01-99 | 5 | CN Jv | Lagoa | 03-07 | 22,90-15 |
| 22,79 | i | Bruno Gualberto | | Juv. Vidigalense | | 01-08-88 | 2 | | Pombal | 17-01 | 21,69-07 |
| 22,79 | 2,0 | João Patrício | Jv | Vit. Setúbal | | 13-01-99 | 1 | | Odemira | 25-06 | |
| 22,88 | 1,2 | Rafael Ferreira | Jv | A 20Km Almeirim | | 21-10-99 | 4 | CNCI-3 | Vagos | 17-07 | |

| | | | | | | | | | | | |
|-------|------|---------------------|-----|-----------------|-----|----------|----|-----------|-------------|-------|----------|
| 22,90 | i | Edgar Remédios | S23 | GA Fátima | | 05-05-94 | 1 | | Pombal | 17-01 | 22,66-14 |
| 22,90 | 1,7 | Adilson Reis | | Sporting CP | | 90 | 1s | | Lisboa - MP | 31-01 | |
| 22,90 | 2,0 | Angelo Marques | S23 | SL Benfica | | 23-07-95 | 3s | | Lisboa - MP | 15-05 | 22,79-15 |
| 22,93 | 0,0 | Luís Gonçalves | | Sporting CP | | 12-10-87 | 2h | Mund. IPC | Doha - Qat | 28-10 | 22,72-09 |
| 22,94 | 1,7 | Bruno Vaz Moniz | | NA Cucujães | CPV | 88 | 1 | | Vagos | 05-06 | |
| 22,94 | 0,1 | Fábio Cunha | S23 | CA Mazarefes | | 23-08-94 | 1s | Guarda | Guarda | 08-07 | 22,72-15 |
| 22,94 | 1,2 | André Rodrigues | Jr | Juv. Ilha Verde | | 20-05-97 | 5 | CNCI-3 | Vagos | 17-07 | |
| 22,96 | -0,9 | Sérgio Alves | Jr | SL Benfica | | 16-11-97 | 11 | CN Jr | Viseu | 10-07 | |
| 22,97 | -2,3 | Tomás Gonçalves | Ini | AAC Caparica | | 02-02-01 | 7 | CN Jv | Lagoa | 03-07 | |
| 23,00 | 1,9 | José Carlos Tavares | S23 | SL Benfica | | 11-02-94 | 5s | | Lisboa - MP | 30-01 | 22,44-15 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|----------------|-----|-------------------|-----|----------|----|---------|------------------|-------|-------------|
| 22,54 | 0,4 | Edi Sousa | | SC Braga | | 11-07-89 | 3s | CNCI-Ap | Viana do Castelo | 29-05 | 21,73-08/10 |
| 22,64 | -1,0 | Flávio Pereira | Jr | ACR Sra. Desterro | | 21-03-97 | 7 | CN Jr | Viseu | 10-07 | 22,78-15 |
| 22,68 | 1,3 | André Simões | | CA Seia | | 06-08-93 | 2s | | Lisboa - I | 10-06 | 22,63i-14 |
| 22,75 | 2,0 | Pedro Razori | Jr | Greca | BRA | 17-07-97 | 3s | CNCI-Ap | Fátima | 29-05 | 22,57-15 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------------|-----|-------------------|-----|----------|----|----------|--------------------|-------|-------------|
| 20,60 | 2,6 | David Lima | | Sporting CP | | 06-09-90 | 1 | | Loughborough - Gbr | 22-05 | 20,72-12 |
| 21,26 | 3,3 | Ricardo Ribeiro | S23 | ACD Jardim Serra | | 21-02-95 | 1 | Abrantes | Abrantes | 10-06 | 21,39-15 |
| 21,45 | 3,3 | Mauro Pereira | Jr | Gira Sol | | 27-03-98 | 2 | C. Port | Maia | 26-06 | 22,23-15 |
| 21,66 | 3,2 | Ernane Silva | | Sporting CP | | 19-09-92 | 2 | | Palência - Esp | 09-07 | 21,51-15 |
| 21,68 | 3,2 | Edi Sousa | | SC Braga | | 11-07-89 | 2 | | Palência - Esp | 09-07 | 21,73-08/10 |
| 21,78 | 3,3 | Frederico Curvelo | Jr | SL Benfica | | 11-07-97 | 8 | C. Port | Maia | 26-06 | 22,37-15 |
| 21,84 | 3,3 | João Esteves | Jr | SL Benfica | | 18-09-98 | 10 | C. Port | Maia | 26-06 | 22,56-15 |
| 22,02 | 2,5 | Valter Pereira | S23 | SL Benfica | STP | 31-03-96 | ex | C. Port | Maia | 26-06 | 22,64-14 |
| 22,07 | 2,5 | Flávio Pereira | Jr | ACR Sra. Desterro | | 21-03-97 | 14 | C. Port | Maia | 26-06 | 22,78-15 |
| 22,08 | 3,3 | Ronaldinho Oliveira | Jr | Sporting CP | CPV | 29-09-97 | ex | C. Port | Maia | 26-06 | 22,28-15 |
| 22,16 | 2,5 | Carlos Castro | Jr | CA Tamega | | 20-02-97 | 18 | C. Port | Maia | 26-06 | 22,58-15 |
| 22,21 | 2,5 | Carlos Veríssimo | Jv | SUO Vais | | 29-03-99 | 1 | | Vagos | 23-07 | |
| 22,31 | 3,5 | João Djibo | S23 | SL Benfica | GBS | 10-08-94 | ex | C. Port | Maia | 26-06 | 22,41-14 |
| 22,34 | 3,3 | Jorge Colaço | S23 | AAC Caparica | | 05-04-94 | 19 | C. Port | Maia | 26-06 | 22,64-15 |
| 22,39 | 4,0 | Rafael Oliveira | S23 | Sporting CP | | 06-06-96 | 2s | | Lisboa - I | 10-06 | 22,21w-15 |
| 22,42 | 3,3 | David Sénica | Jr | CA Seia | | 27-01-97 | 6 | Abrantes | Abrantes | 10-06 | 22,28-14 |
| 22,46 | 4,0 | Alexandre Carreira | S23 | ACDR Arneirense | | 02-12-94 | 1s | Abrantes | Abrantes | 10-06 | 22,88i-12 |
| 22,51 | 3,3 | Fábio Cunha | S23 | CA Mazarefes | | 23-08-94 | 7s | Abrantes | Abrantes | 10-06 | 22,72-15 |
| 22,69 | 4,0 | Miguel Lopes | Jr | Juv. Vidigalense | | 19-03-97 | 2s | Abrantes | Abrantes | 10-06 | |
| 22,70 | 3,2 | Edgar Remédios | S23 | GA Fátima | | 05-05-94 | 4s | | Lisboa - MP | 31-01 | 22,66-14 |
| 22,83 | 2,2 | Marco Camara | Jv | Juv. Ilha Verde | | 17-01-00 | 2 | | Ponta Delgada | 19-06 | |
| 22,96 | 2,3 | Hélio Vaz | | CA Seia | | 01-05-91 | 1 | | Guarda | 19-06 | 22,69-15 |

300 m – 37,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------|-----|------------------|-----|----------|----|-------|---------------|-------|----------|
| 35,03 | | Ricardo Ribeiro | S23 | ACD Jardim Serra | | 21-02-95 | 1 | | Machico | 14-05 | |
| 35,62 | | Ronaldinho Oliveira | Jr | Sporting CP | CPV | 29-09-97 | 1 | | Lisboa - MP | 05-12 | |
| 35,72 | i | Mauro Pereira | Jr | Gira Sol | | 27-03-98 | 1 | | Pombal | 06-12 | 34,91-15 |
| 35,85 | | António Brás | Jv | SL Benfica | | 19-10-99 | 1 | CN Jv | Lagoa | 02-07 | |
| 35,90 | | João Pedro Ferreira | S23 | SC Braga | | 09-09-96 | 1 | | Braga | 16-04 | |
| 35,92 | | Tomás Gonçalves | Ini | AAC Caparica | | 02-02-01 | 2 | CN Jv | Lagoa | 02-07 | 36,23-15 |
| 35,94 | | António Moura | Jv | SFRA Amadora | | 15-04-99 | 3 | CN Jv | Lagoa | 02-07 | |
| 36,02 | | Jorge Colaço | S23 | AAC Caparica | | 05-04-94 | 1 | | Faro | 13-02 | 35,54-14 |
| 36,03 | | Muler Santos | | CCSJ. Madeira | GBS | 05-11-93 | 1 | | Aveiro | 12-12 | 36,90-15 |
| 36,08 | | Gui Boissy | | Sporting CP | SEN | 22-02-89 | 1s | | Lisboa - MP | 05-12 | |
| 36,08 | | Bruce da Silveira | Jv | N Sp. Faro | ITA | 29-10-00 | 1 | CN DE | Vagos | 22-05 | |
| 36,20 | | Daniel Chagas | Jv | GD Pic-Nic | | 06-03-99 | 1 | | Quarteira | 09-04 | 34,94-15 |
| 36,22 | | Roberto Faria | | ACD Jardim Serra | | 19-12-91 | 1 | | Ribeira Brava | 19-12 | |
| 36,22 | | Miguel Baptista | Jv | Juv. Vidigalense | | 03-03-99 | 5 | CN Jv | Lagoa | 02-07 | |
| 36,29 | | Fábio Filipe | S23 | FC Castrense | | 16-04-96 | 1 | | Odemira | 21-05 | 36,44-13 |
| 36,31 | | Paulo Soares | Jv | GCA Donas | | 13-07-00 | 6 | CN Jv | Lagoa | 02-07 | |

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|-------|---|-------------------|----|------------------|-----|----------|-----|-------|------------------|-------|----------|
| 36,32 | | Carlos Veríssimo | Jv | SUO Vais | | 29-03-99 | 1 | OJ | Abrantes | 11-06 | |
| 36,35 | | Marco Camara | Jv | Juv. Ilha Verde | | 17-01-00 | Oct | | Ponta Delgada | 23-04 | |
| 36,39 | | David Mateus | | C Bf. Faro | | 06-10-91 | 2 | | Odemira | 21-05 | 35,95-13 |
| 36,64 | | Hugo Silva | Jv | Maia AC | | 09-03-99 | 1 | | Maia | 14-05 | |
| 36,65 | i | João Esteves | Jr | SL Benfica | | 18-09-98 | 1s | | Pombal | 06-12 | 36,29-15 |
| 36,66 | | Pedro Moura | Jv | AEA Cartaxo | | 18-08-99 | 7 | CN Jv | Lagoa | 02-07 | |
| 36,68 | | Paulo Brito | Jv | CAA Valdevez | | 11-03-00 | 1 | | Viana do Castelo | 14-05 | |
| 36,69 | | José Mestre | Jv | C Areias S. João | | 18-09-99 | 8 | CN Jv | Lagoa | 02-07 | |
| 36,70 | | Pedro Trindade | Jv | SRM Trafarense | | 07-01-99 | 4 | OJ | Abrantes | 11-06 | |
| 36,87 | | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | 2 | | Lisboa - MP | 28-05 | |
| 36,92 | | Frederico Curvelo | Jr | SL Benfica | | 11-07-97 | 2s | | Lisboa - MP | 05-12 | 36,33-14 |
| 36,93 | i | Ivan Reves | Jv | FC Castrense | | 20-01-99 | 1 | CN Jv | Pombal | 30-01 | 36,51-15 |
| 36,95 | i | Xavier Rato | Jv | Gira Sol | | 25-10-99 | 1 | | Pombal | 09-01 | |

400 m– 49,20 – 52,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------------|-----|-------------------|-----|----------|-----|-------------|----------------------|-------|-----------|
| 47,52 | | Victor Ricardo Santos | S23 | SL Benfica | | 18-12-94 | 2h | Flandres | Kortrijk - Bel | 09-07 | 45,74-14 |
| 47,60 | | Victor Ricardo Santos | S23 | | | | 2 | | Newham - Gbr | 05-06 | |
| 48,05 | | Victor Ricardo Santos | S23 | | | | 1 | C. Port | Maia | 25-06 | |
| 48,10 | | Victor Ricardo Santos | S23 | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 48,11 | | André Marques | | SL Benfica | | 20-11-92 | 1 | Lisboa | Lisboa - I | 01-05 | 48,02-15 |
| 48,13 | | André Marques | | | | | 2 | C. Port | Maia | 25-06 | |
| 48,17 | | Sandy Martins | | Sporting CP | | 08-08-93 | 1 | V. Tavares | Faro | 15-06 | 47,69-14 |
| 48,20 | | André Marques | | | | | 1 | | Lisboa - I | 13-07 | |
| 48,21 | | André Marques | | | | | 1 | Guarda | Guarda | 08-07 | |
| 48,24 | | Mauro Pereira | Jr | Gira Sol | | 27-03-98 | 1 | CN Jr | Viseu | 09-07 | |
| 48,27 | | Ricardo Ribeiro | S23 | ACD Jardim Serra | | 21-02-95 | 2 | CNCI-1 | Setúbal | 16-07 | 48,96-15 |
| 48,28 | | André Marques | | | | | 2 | V. Tavares | Faro | 15-06 | |
| 48,30 | | Mauro Pereira | Jr | | | | 1 | CNCI-2 | Setúbal | 16-07 | |
| 48,34 | | André Marques | | | | | 2s | SL Benfica | Lisboa - I | 12-06 | |
| 48,37 | | André Marques | | | | | 4rB | | Salamanca - Esp | 04-06 | |
| 48,42 | | Ricardo Ribeiro | S23 | | | | 1 | | Ribeira Brava | 18-06 | |
| 48,43 | i | Victor Ricardo Santos | S23 | | | | 1 | | Portland - Usa | 29-01 | |
| 48,46 | i | Victor Ricardo Santos | S23 | | | | 1 | C. Port | Pombal | 20-02 | |
| 48,55 | | Gracelino Barbosa | | ACR Sra. Desterro | CPV | 01-02-85 | 3 | J ParaOlimp | Rio de Janeiro - Bra | 09-09 | 49,36-13 |
| 48,59 | | Sandy Martins | | | | | 1 | | Lisboa - I | 10-06 | |
| 48,67 | | Sandy Martins | | | | | 1s | CNCI-Ap | Setúbal | 28-05 | |
| 48,67 | | Mauro Pereira | Jr | | | | 1 | | Maia | 04-06 | |
| 48,75 | i | João Fonseca | S23 | Sporting CP | | 30-03-96 | 2 | C. Port | Pombal | 20-02 | 48,78-15 |
| 48,76 | | Sandy Martins | | | | | 1 | | Lisboa - I | 23-07 | |
| 48,77 | | Gracelino Barbosa | | | CPV | | 2h | J ParaOlimp | Rio de Janeiro - Bra | 08-09 | 49,36-13 |
| 48,83 | | Sandy Martins | | | | | 3 | CNCI-1 | Setúbal | 16-07 | |
| 48,84 | | Mauro Pereira | Jr | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 48,90 | i | João Fonseca | S23 | | | | 1 | CNCI-1 | Pombal | 05-03 | u |
| 48,91 | | Victor Ricardo Santos | S23 | | | | 6rA | SL Benfica | Lisboa - I | 12-06 | |
| 48,98 | | Milton Hassany | | CF Belenenses | ANG | 01-04-90 | 1 | | Lisboa - MP | 30-01 | 48,40-14 |
| 49,01 | i | André Marques | | | | | 3 | C. Port | Pombal | 20-02 | |
| 49,01 | | André Marques | | | | | 5 | TCCE | Mersin - Tur | 28-05 | |
| 49,03 | | Milton Hassany | | | ANG | | 2 | | Lisboa - I | 13-07 | |
| 49,04 | | Ricardo Lima | | SC Braga | | 02-01-85 | 1 | C. Norte | Maia | 23-07 | 48,26-13 |
| 49,10 | | António Rodrigues | | Sporting CP | | 25-09-88 | 1 | | Guarda | 15-05 | 47,20-09 |
| 49,13 | | Sandy Martins | | | | | 3 | C. Port | Maia | 25-06 | |
| 49,15 | | Ronaldinho Oliveira | Jr | Sporting CP | CPV | 29-09-97 | 2ex | CN Jr | Viseu | 09-07 | 50,52-15 |
| 49,17 | | Diogo Pinhão | Jr | SL Benfica | | 04-04-98 | 4 | TCCE Jr | Castellon - Esp | 17-09 | 50,05-15 |
| 49,18 | i | André Marques | | | | | 1 | T. Port | Pombal | 23-01 | |
| 49,32 | i | Diogo Mestre | S23 | SL Benfica | | 20-05-95 | 2 | T. Port | Pombal | 23-01 | 48,48-15 |
| 49,46 | | Jorge Colaço | S23 | AAC Caparica | | 05-04-94 | 6 | C. Port | Maia | 25-06 | 48,83-15 |
| 49,48 | | Bernardo Pereira | Jr | GA Caranguejeira | | 26-10-97 | 1 | CNU | Leiria | 07-05 | 50,56-15 |
| 49,50 | | Tiago Horta | S23 | Sporting CP | | 10-06-94 | 2 | | Lisboa - I | 10-06 | 48,86-15 |
| 49,55 | | Tiago Freire | S23 | Juv. Vidigalense | | 02-02-94 | 7 | C. Port | Maia | 25-06 | 49,05-15 |
| 49,57 | i | Matthew Lavoipierre | | Gira Sol | GBR | 26-10-93 | ex | C. Port | Pombal | 20-02 | 49,07i-15 |

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|-------|---|---------------------|-----|-------------------|-----|----------|-----|-----------|------------------|-------|-----------|
| 49,57 | | Gracelino Barbosa | | ACR Sra. Desterro | CPV | 01-02-85 | 4 | CNCI-1 | Setúbal | 16-07 | 49,36-13 |
| 49,67 | | Luís Gonçalves | | Sporting CP | | 12-10-87 | 1 | Mund. IPC | Doha - Qat | 25-10 | 49,38-12 |
| 49,67 | i | David Sénica | Jr | CA Seia | | 27-01-97 | 4 | CNCI-1 | Pombal | 05-03 | 49,21-15 |
| 49,90 | | Carlos Castro | Jr | CA Tamega | | 20-02-97 | 1 | | Braga | 13-07 | 51,84-15 |
| 49,96 | | Sérgio Silva | S23 | Juv. Ilha Verde | | 04-05-96 | 1 | CNCI-3 | Vagos | 16-07 | 48,33-15 |
| 49,99 | | João Pedro Ferreira | S23 | SC Braga | | 09-09-96 | 2 | | Braga | 13-07 | 50,25-15 |
| 50,02 | | Bruno Gualberto | | Juv. Vidigalense | | 01-08-88 | 3 | CNU | Leiria | 07-05 | 48,40-09 |
| 50,07 | | João Vidais | Jr | AEA Cartaxo | | 24-02-97 | 3 | CN Jr | Viseu | 09-07 | 49,95-14 |
| 50,10 | | João Maciel | S23 | CA Mazarefes | | 17-05-95 | 3 | | Braga | 13-07 | 50,80-13 |
| 50,13 | | Miguel Alves | Jr | AC Mocidade - Aç | | 23-02-98 | 4 | CN Jr | Viseu | 09-07 | |
| 50,15 | | Marcos Ramos | S23 | Juv. Vidigalense | | 29-12-96 | 10 | C. Port | Maia | 25-06 | 49,24-14 |
| 50,17 | i | João Delgado | | CA Seia | | 08-01-90 | 2 | | Pombal | 09-01 | 49,55-12 |
| 50,24 | | João Esteves | Jr | SL Benfica | | 18-09-98 | 3 | | Lisboa - I | 13-07 | |
| 50,25 | | Rui Matos | | Grecas | | 09-09-92 | 3ex | C. Norte | Maia | 23-07 | 50,68-15 |
| 50,26 | | José Carlos Tavares | S23 | SL Benfica | | 11-02-94 | 13 | C. Port | Maia | 25-06 | 49,14-15 |
| 50,26 | | António Moura | Jv | SFRA Amadora | | 15-04-99 | 1s | | Lisboa - I | 23-07 | 51,22-15 |
| 50,32 | | Cesar Pedreira | | AA Pinhalnovense | | 20-08-87 | 2 | | Sobreda | 18-06 | 49,31-07 |
| 50,33 | | Luís Lopes | | Pedro Pessoa EA | | 30-10-91 | 3 | | Sobreda | 18-06 | 51,02-14 |
| 50,39 | | Bruno Silva | S23 | AR Luz e Vida | | 27-12-95 | 1 | | Maia | 21-05 | 50,19-14 |
| 50,39 | | Eustáquio Sá | | CF Belenenses | | 03-12-90 | 1ex | | Lisboa - MP | 04-06 | 50,99-15 |
| 50,40 | i | Miguel Sambé | S23 | Sporting CP | | 20-11-95 | 1s | T. Port | Pombal | 23-01 | 51,97i-15 |
| 50,41 | | Angelo Marques | S23 | SL Benfica | | 23-07-95 | 4 | | Faro | 15-06 | 49,19-15 |
| 50,42 | i | Edgar Remédios | S23 | GA Fátima | | 05-05-94 | 3 | Pombal | Pombal | 27-02 | 49,42-15 |
| 50,44 | | Paulo Rosário | S23 | Sporting CP | | 21-04-94 | 2 | | Braga | 08-05 | |
| 50,45 | | Hugo Gil | Jr | Ingleses FC | | 25-06-97 | 2 | | Lisboa - MP | 04-06 | 50,12-15 |
| 50,53 | | André Sá | S23 | SL Benfica | | 01-06-95 | 14 | C. Port | Maia | 25-06 | 50,10-15 |
| 50,57 | | António Cunha | Jr | CPTS Ceira | | 07-04-98 | 5= | CN Jr | Viseu | 09-07 | |
| 50,64 | | Roberto Faria | | ACD Jardim Serra | | 19-12-91 | 1 | | Ribeira Brava | 04-06 | 50,85-15 |
| 50,67 | | José Barbosa | Jr | ADRE Palhaça | | 09-09-98 | 1r3 | | Berna - Sui | 28-05 | 51,47-15 |
| 50,67 | | Adam Ferreira | S23 | SL Benfica | | 10-05-96 | 1s | | Lisboa - I | 23-07 | |
| 50,68 | | Duarte Santos | Jr | SL Benfica | | 17-08-98 | 7 | CN Jr | Viseu | 09-07 | |
| 50,68 | | José Spencer Fortes | | ACR Sra. Desterro | | 04-12-92 | ex | | Lisboa - I | 23-07 | 50,48-15 |
| 50,73 | | Pedro Fontes | | Juv. Vidigalense | | 08-06-88 | 1ex | | Fátima | 18-06 | 48,23-13 |
| 50,74 | | Sérgio Mendes | | GD Estreito | | 09-01-93 | 1 | | Ribeira Brava | 09-07 | 49,92-14 |
| 50,76 | | Sérgio Alves | Jr | SL Benfica | | 16-11-97 | 8 | CN Jr | Viseu | 09-07 | |
| 50,77 | | Tiago Boucela | | Grecas | | 09-02-92 | 1ex | | Aveiro | 18-06 | 51,35-15 |
| 50,79 | | Daniel Reis | S23 | Esc. Movimento | | 03-01-95 | 4 | CNU | Leiria | 07-05 | 49,72-12 |
| 50,80 | i | Fábio Filipe | S23 | FC Castrense | | 16-04-96 | 12 | C. Port | Pombal | 20-02 | 50,24-15 |
| 50,85 | i | Tomás Batista | | Esc Movimento | | 21-12-92 | 1s | T. Port | Pombal | 23-01 | 50,75-15 |
| 50,95 | i | David Silva | Jr | SL Benfica | | 27-01-97 | 1s | | Pombal | 09-01 | 50,10-15 |
| 50,95 | | David Mateus | | C Bf. Faro | | 06-10-91 | 1 | | Faro | 18-06 | 49,55-13 |
| 50,97 | | Pedro Oliveira | Jr | SL Benfica | | 30-11-98 | 10 | CN Jr | Viseu | 09-07 | |
| 50,99 | | Bruce da Silveira | Jv | N Sp. Faro | ITA | 29-10-00 | 1 | | Faro | 25-05 | |
| 51,00 | | Daniel Chagas | Jv | GD Pic-Nic | | 06-03-99 | 1 | | Faro | 23-01 | 50,86-15 |
| 51,03 | | David Barros | Jr | SL Benfica | | 29-09-97 | 12 | CN Jr | Viseu | 09-07 | |
| 51,09 | i | Manuel Cunha | S23 | SL Benfica | | 06-12-96 | 1s | C. Port | Pombal | 20-02 | 50,59-15 |
| 51,17 | i | André Lima | | CA Seia | | 19-04-91 | 1s | Pombal | Pombal | 27-02 | 50,61-15 |
| 51,23 | | Paulino Caroné | S23 | AA Pinhalnovense | | 11-10-96 | 4 | | Sobreda | 18-06 | 51,47-15 |
| 51,27 | | Luís Monteiro | Jr | SL Benfica | | 13-05-98 | 3s | | Lisboa - I | 23-07 | |
| 51,31 | i | André Simões | | CA Seia | | 06-08-93 | 2s | CNU | Braga | 28-02 | 50,66-14 |
| 51,36 | | Pedro A. Freitas | S23 | GD Estreito | | 08-02-96 | 3 | | Ribeira Brava | 18-06 | 50,74-15 |
| 51,39 | i | Tiago Gonçalves | Jr | AA Seixal | | 11-12-98 | 2s | T. Port | Pombal | 23-01 | |
| 51,39 | | António Brás | Jv | SL Benfica | | 19-10-99 | 4s | | Lisboa - I | 23-07 | |
| 51,54 | i | Joel Oliveira | S23 | NA Cucujães | | 01-03-95 | 2s | CNCI-Ap | Braga | 06-02 | 50,40-15 |
| 51,60 | | André Rodrigues | Jr | Juv. Ilha Verde | | 20-05-97 | 2 | | Ponta Delgada | 09-01 | |
| 51,62 | | Rodrigo Toste | S23 | Juv. Ilha Verde | | 21-06-96 | 3 | | Ponta Delgada | 09-01 | |
| 51,65 | i | Rui Almeida | S23 | Grecas | | 12-09-96 | 3s | CNCI-Ap | Pombal | 06-02 | 50,16-14 |
| 51,65 | | Muler Santos | | CCSJ. Madeira | GBS | 05-11-93 | 4s | CNCI-Ap | Viana do Castelo | 28-05 | 48,86-14 |
| 51,67 | | José Maria Tavares | S23 | Sporting CP | | 11-02-94 | 2s | | Lisboa - I | 13-07 | 51,90-13 |
| 51,68 | | Nuno Graça | S23 | Sporting CP | | 15-10-96 | 3s | | Lisboa - I | 13-07 | |
| 51,72 | | Manuel Dias | Jv | UFC Tomar | | 28-02-99 | Dec | CE Jv | Tbilissi - Geo | 16-07 | |
| 51,76 | i | Pedro Freitas | Jr | Sporting CP | | 31-03-98 | 4 | CNCI-2 | Pombal | 05-03 | |
| 51,8 | | João Lopes | Jr | SC Braga | | 24-10-98 | 4 | | Braga | 13-07 | |

| | | | | | | | | | | | |
|-------|---|------------------|-----|------------------|--|----------|-----|----------|---------------|-------|-----------|
| 51,84 | i | Miguel Figueira | S23 | Gira Sol | | 26-07-95 | 5s | C. Port | Pombal | 20-02 | 51,25i-15 |
| 51,89 | | Pedro Vila Verde | S23 | Sporting CP | | 21-12-94 | 5 | | Lisboa - I | 10-06 | 51,60-15 |
| 51,93 | | Diogo Guerra | Jv | Maia AC | | 29-01-99 | 1rB | C. Norte | Maia | 23-07 | 51,20-15 |
| 51,96 | | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | Dec | CN Jr | Viseu | 09-07 | 51,73-13 |
| 51,99 | | Davide Teixeira | | ACD Jardim Serra | | 22-11-92 | 3 | | Ribeira Brava | 16-01 | 51,85-14 |
| 51,99 | | Tony Calvo | | Esc. Movimento | | 07-06-81 | 1 | CN Vet | Lisboa - U | 09-07 | 51,37-10 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|---------------|-----|----------|----|---------|-------------|-------|-----------|
| 49,42 | | João Fonseca | S23 | Sporting CP | | 30-03-96 | 5 | C. Port | Maia | 25-06 | 48,78-15 |
| 50,21 | | David Sénica | Jr | CA Seia | | 27-01-97 | 12 | C. Port | Maia | 25-06 | 49,21-15 |
| 50,32 | | João Delgado | | CA Seia | | 08-01-90 | 1 | | Guarda | 02-07 | 49,55-12 |
| 50,84 | | Fábio Filipe | S23 | FC Castrense | | 16-04-96 | 17 | C. Port | Maia | 25-06 | 50,24-15 |
| 50,90 | | Miguel Sambé | S23 | Sporting CP | | 20-11-95 | 1 | | Lisboa - MP | 02-07 | 51,97i-15 |
| 50,90 | | Tomás Batista | | Esc Movimento | | 21-12-92 | 3 | | Maia | 21-05 | 50,75-15 |
| 50,94 | | Edgar Remédios | S23 | GA Fátima | | 05-05-94 | 3 | Guarda | Guarda | 08-07 | 49,42-15 |
| 51,01 | | David Silva | Jr | SL Benfica | | 27-01-97 | 1s | | Lisboa - MP | 04-06 | 50,10-15 |
| 51,54 | | Manuel Cunha | S23 | SL Benfica | | 06-12-96 | 2 | | Lisboa - MP | 24-01 | 50,59-15 |

500 m – 1.07,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|--------|---|-------------|-----|---------------|-----|----------|----|-------|-----------------|-------|-----|
| 1.07,0 | | Bruno Silva | S23 | AR Luz e Vida | | 27-12-95 | 1 | | Póvoa de Varzim | 03-04 | |

800 m – 1.53,0 – 1.57,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|------------------|-----|----------|----|------------|------------------|-------|-------------|
| 1.49,39 | | Sandy Martins | | Sporting CP | | 08-08-93 | 1 | | Lisboa - I | 24-07 | 1.47,74-14 |
| 1.49,61 | | Paulo Rosário | S23 | Sporting CP | | 21-04-94 | 4 | S. António | Lisboa - U | 19-06 | 1.52,06-15 |
| 1.49,63 | | Paulo Rosário | S23 | | | | 1 | | Braga | 21-05 | |
| 1.49,84 | | Sandy Martins | | | | | 1 | | Palência - Esp | 09-07 | |
| 1.50,11 | | Sandy Martins | | | | | 2 | | Caceres - Esp | 29-06 | |
| 1.50,30 | | Sandy Martins | | | | | 5 | S. António | Lisboa - U | 19-06 | |
| 1.50,31 | | Sandy Martins | | | | | 4 | | Schiffange - Lux | 31-07 | |
| 1.50,72 | | Sandy Martins | | | | | 1 | | Lisboa - MP | 14-05 | |
| 1.50,78 | | Fernando Silva | | Sporting CP | | 23-08-82 | 6 | S. António | Lisboa - U | 19-06 | 1.49,89-12 |
| 1.50,82 | | Hugo Gil | Jr | Ingleses FC | | 25-06-97 | 7 | S. António | Lisboa - U | 19-06 | 1.50,48-15 |
| 1.50,89 | | Fernando Silva | | | | | 3 | | Palência - Esp | 09-07 | |
| 1.51,06 | | João Fonseca | S23 | Sporting CP | | 30-03-96 | 8 | S. António | Lisboa - U | 19-06 | 1.49,55i-15 |
| 1.51,19 | | Hugo Gil | Jr | | | | 10 | | Mataró - Esp | 06-07 | |
| 1.51,34 | i | Sandy Martins | | | | | 1 | Pombal | Pombal | 27-02 | |
| 1.51,39 | | Emanuel Rolim | | SL Benfica | | 03-01-93 | 2 | TCCE | Mersin - Tur | 29-05 | 1.49,68-13 |
| 1.51,43 | i | Miguel Moreira | | SL Benfica | | 04-02-91 | 1 | C. Port | Pombal | 21-02 | 1.47,96-14 |
| 1.51,48 | i | Paulo Rosário | S23 | | | | 2 | C. Port | Pombal | 21-02 | |
| 1.51,50 | i | Guilherme Pinto | S23 | Juv. Vidigalense | | 10-02-94 | 2 | Pombal | Pombal | 27-02 | 1.50,45-12 |
| 1.51,59 | i | Miguel Moreira | | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 1.51,88 | | António Rodrigues | | Sporting CP | | 25-09-88 | 4 | | Caceres - Esp | 29-06 | 1.49,52-11 |
| 1.51,89 | | Fernando Silva | | | | | 5 | | Caceres - Esp | 29-06 | |
| 1.51,89 | | João Fonseca | S23 | | | | 1 | Guarda | Guarda | 08-07 | |
| 1.51,91 | i | Guilherme Pinto | S23 | | | | 2s | CNCI-Ap | Pombal | 07-02 | |
| 1.52,07 | | Sandy Martins | | | | | 1 | C. Port | Maia | 26-06 | |
| 1.52,10 | | Emanuel Rolim | | | | | 2 | C. Port | Maia | 26-06 | |
| 1.52,32 | | José Barbosa | Jr | ADRE Palhaça | | 09-09-98 | 5 | | Thun - Sui | 22-06 | 1.54,96-15 |
| 1.52,37 | | Francisco Rodrigues | S23 | SC Braga | | 24-05-95 | 1 | | Braga | 22-06 | 1.53,86-14 |
| 1.52,51 | | Hugo Gil | Jr | | | | 6 | | Caceres - Esp | 29-06 | |
| 1.52,57 | | José Barbosa | Jr | | | | 7 | | Nottwil - Sui | 02-07 | |
| 1.52,59 | | João Fonseca | S23 | | | | 3 | C. Port | Maia | 26-06 | |
| 1.52,64 | | Diogo Pinhão | Jr | SL Benfica | | 04-04-98 | 1 | | Lisboa - I | 13-07 | 1.55,54-15 |
| 1.52,76 | | Ricardo Paixão | | GA Fátima | | 01-04-86 | 7 | | Caceres - Esp | 29-06 | 1.50,07-12 |
| 1.52,86 | i | João Fonseca | S23 | | | | 3 | C. Port | Pombal | 21-02 | |
| 1.52,91 | | Carlos Rodrigues | | CSRDC Santiago | | 10-03-93 | 2 | | Braga | 22-06 | |
| 1.52,92 | i | João Delgado | | CA Seia | | 08-01-90 | 3s | CNCI-Ap | Pombal | 07-02 | 1.51,76-13 |

| | | | | | | | | | | | |
|---------|---|---------------------|-----|-------------------|--|----------|----|----------|-----------------|-------|---------------|
| 1.52,93 | | Hugo Rocha | Jr | SL Benfica | | 27-06-97 | 2 | | Lisboa - I | 13-07 | 1.54,1-15 |
| 1.52,99 | | Sandy Martins | | | | | 1s | CNCI-Ap | Setúbal | 29-05 | |
| 1.53,31 | | Bruno Silva | S23 | AR Luz e Vida | | 27-12-95 | 1 | | Póvoa de Varzim | 25-05 | 1.53,80-14 |
| 1.53,73 | | Nuno Lopes | | CA Seia | | 11-08-87 | 4 | Guarda | Guarda | 08-07 | 1.53,69-15 |
| 1.53,74 | | António Moura | Jv | SFRA Amadora | | 15-04-99 | 1 | CN Jv | Lagoa | 03-07 | |
| 1.53,93 | | Hugo Ganchas | S23 | SL Benfica | | 05-07-96 | 3 | | Lisboa - I | 13-07 | 1.55,71-15 |
| 1.53,93 | | João Bernardo | | Gira Sol | | 06-09-93 | 5 | Guarda | Guarda | 08-07 | 1.56,63-11/14 |
| 1.53,94 | | Tiago Freire | S23 | Juv. Vidigalense | | 02-02-94 | 6 | C. Port | Maia | 26-06 | 1.51,47-15 |
| 1.53,95 | | Wilson Conriot | | ACD Jardim Serra | | 05-11-93 | 6 | Guarda | Guarda | 08-07 | 1.53,51-15 |
| 1.53,98 | | Filipe Magalhães | Jv | UD Varzea | | 05-01-99 | 1s | | Braga | 22-06 | |
| 1.54,08 | | Celso Pinto | | Individual - Lx | | 22-10-84 | 2 | | Lisboa - I | 24-07 | 1.52,00-08 |
| 1.54,41 | | Rui Matos | | Greca | | 09-09-92 | 1 | | Aveiro | 19-06 | 1.55,20-12 |
| 1.54,58 | | Bruno Moniz | | ADR Água Pena | | 08-10-91 | 1s | CNCI-Ap | Ribeira Brava | 29-05 | 1.52,66-15 |
| 1.54,72 | | João Cruz | S23 | Maia AC | | 12-04-94 | 10 | C. Port | Maia | 26-06 | 1.52,88-15 |
| 1.54,95 | i | Gil Machado | | Grã Bretanha | | 25-02-89 | 3s | | Sheffield - Gbr | 20-02 | 1.56,25-06 |
| 1.55,15 | | Luís Monteiro | Jr | SL Benfica | | 13-05-98 | 4 | | Lisboa - I | 24-07 | |
| 1.55,33 | | Pedro Silva | S23 | AC Póvoa Varzim | | 28-02-96 | 2 | C. Norte | Maia | 24-07 | 1.55,96-14 |
| 1.55,59 | | Marco Tavares | | CDR Ribeirinho | | 01-08-92 | 1 | | Sobreda | 08-05 | 1.55,51-15 |
| 1.55,69 | | José Spencer Fortes | | ACR Sra. Desterro | | 04-12-92 | 5 | | Lisboa - I | 13-07 | 1.54,81-14 |
| 1.55,70 | i | Miguel Figueira | S23 | Gira Sol | | 26-07-95 | 5s | CNCI-Ap | Pombal | 07-02 | 1.57,65i-14 |
| 1.55,75 | | Gonçalo Casimiro | S23 | Fundação CEBI | | 24-03-95 | 6 | | Lisboa - I | 13-07 | 1.56,89-14 |
| 1.56,21 | | Tomas Silva | Jr | ACR Valdágua | | 20-09-98 | 4 | | Lousada | 08-06 | 2.36,05-15 |
| 1.56,36 | | Sérgio Teixeira | S23 | NA Cucujães | | 24-02-94 | 3s | | Braga | 22-06 | 1.55,64-12 |
| 1.56,63 | | Erick Araújo | S23 | SC Braga | | 14-06-96 | 4s | | Braga | 22-06 | |
| 1.56,79 | | José Cruz | S23 | Esc. Movimento | | 01-07-96 | 5 | | Lousada | 08-06 | 51,41-13 |
| 1.56,96 | | João Lopes | Jr | SC Braga | | 24-10-98 | 5s | | Braga | 22-06 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-----------------|-----|------------------|-----|----------|----|--------|-------------------|-------|------------|
| 1.53,17 | | Guilherme Pinto | S23 | Juv. Vidigalense | | 10-02-94 | 7 | | Schifflange - Lux | 31-07 | 1.50,45-12 |
| 1.53,59 | | João Delgado | | CA Seia | | 08-01-90 | 3 | Guarda | Guarda | 08-07 | 1.51,76-13 |

1000 m – 2.39,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|--------------------|-----|------------------|-----|----------|-----|------------|------------------|-------|------------|
| 2.29,10 | | José Barbosa | Jr | Suiça | | 09-09-98 | 4 | | Langenthal - Sui | 05-05 | 2.33,27-15 |
| 2.31,56 | | Luís Monteiro | Jr | SL Benfica | | 13-05-98 | 1 | SL Benfica | Lisboa - I | 12-06 | |
| 2.32,57 | | Humberto Francês | S23 | Maratona CP | CPV | 31-08-94 | 1 | | Lisboa - MP | 12-03 | 2.34,5-15 |
| 2.32,88 | | Isaac Nader | Jv | C Areias S. João | | 17-08-99 | 1 | CN DE | Vagos | 22-05 | |
| 2.32,91 | | Miguel Mascarenhas | Jr | SL Benfica | | 25-07-98 | 2 | SL Benfica | Lisboa - I | 12-06 | |
| 2.33,35 | | Gonçalo Casimiro | S23 | Fundação CEBI | | 24-03-95 | 2 | | Lisboa - MP | 12-03 | |
| 2.33,85 | | José Magalhães | Jv | ES Lixa | | 99 | 2 | CN DE | Vagos | 22-05 | 2.33,81-15 |
| 2.33,85 | | Luís Miguel Pinto | | Sporting CP | | 05-01-83 | 1 | | Lisboa - MP | 05-12 | 2.25,96-04 |
| 2.34,08 | | Jorge Aido | Jv | Maia AC | | 29-03-99 | 3 | CN DE | Vagos | 22-05 | |
| 2.34,64 | | Tomas Silva | Jr | ACR Valdágua | | 20-09-98 | 4 | CN DE | Vagos | 22-05 | 2.36,05-15 |
| 2.34,95 | | Diogo Baptista | Jr | NucleOeiras | | 14-09-98 | 3 | | Lisboa - MP | 12-03 | |
| 2.35,09 | | Duarte Santos | Jr | SL Benfica | | 17-08-98 | 3 | SL Benfica | Lisboa - I | 12-06 | |
| 2.35,22 | | Luís Fernandes | | Juv. Vidigalense | | 01-12-93 | 2 | | Lisboa - MP | 05-12 | 2.34,77-12 |
| 2.35,26 | | Cristian Scutaru | S23 | Maratona CP | MDA | 24-02-96 | 1s | | Lisboa - MP | 12-03 | 2.34,46-13 |
| 2.36,48 | | Pedro Vila Verde | S23 | Sporting CP | | 21-12-94 | 3 | | Lisboa - MP | 05-12 | |
| 2.36,5 | | Filipe Magalhães | Jv | UD Varzea | | 05-01-99 | 1 | | Lousada | 07-05 | |
| 2.37,2 | | Ruben Sousa | Jv | C Bf. Paredes | | 29-09-99 | 2 | | Lousada | 07-05 | |
| 2.37,93 | | Bruno Silva | | ACD Jardim Serra | | 10-02-89 | 1 | | Ribeira Brava | 05-12 | 2.34,12-15 |
| 2.38,36 | i | Tiago Boucela | | Greca | | 09-02-92 | Hep | C. Port | Pombal | 21-02 | |
| 2.38,69 | | António Moura | Jv | SFRA Amadora | | 15-04-99 | 1 | | Lisboa - MP | 12-03 | 2.38,30-14 |
| 2.38,72 | | Cesar Soares | Jr | CDA Alpiarça | | 08-03-98 | 1 | | Abrantes | 10-04 | 2.38,84-14 |
| 2.38,77 | | Isaias Gomes | S23 | CF Belenenses | CPV | 21-11-94 | 4s | | Lisboa - MP | 12-03 | |

1500 m – 3.50,0 – 4.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|-------------------|-----|----------|------|------------|---------------------|-------|-------------|
| 3.37,74 | | Helio Gomes | | SL Benfica | | 27-12-84 | 6 | | Huelva - Esp | 03-06 | 3.37,50-13 |
| 3.38,36 | | Helio Gomes | | | | | 4 | | Nijmegen - Hol | 18-05 | |
| 3.40,34 | | Emanuel Rolim | | SL Benfica | | 03-01-93 | 5 | SL Benfica | Lisboa - I | 12-06 | 3.38,66-14 |
| 3.40,47 | | Emanuel Rolim | | | | | 3 | | Bilbau - Esp | 25-06 | |
| 3.41,46 | | Emanuel Rolim | | | | | 2rB | | Huelva - Esp | 03-06 | |
| 3.41,77 | i | Emanuel Rolim | | | | | 1 | A.Monteiro | Pombal | 13-02 | |
| 3.41,85 | | Helio Gomes | | | | | 2 | TCCE | Mersin - Tur | 28-05 | |
| 3.43,34 | | Paulo Rosário | S23 | Sporting CP | | 21-04-94 | 9 | | Bilbau - Esp | 25-06 | 3.41,84-15 |
| 3.43,69 | i | Paulo Rosário | S23 | | | | 2 | | Valência - Esp | 13-02 | |
| 3.44,80 | i | Emanuel Rolim | | | | | 4 | | Madrid - Esp | 26-02 | |
| 3.44,82 | | Helio Gomes | | | | | 9 | Flandres | Kortrijk - Bel | 09-07 | |
| 3.45,04 | | Emanuel Rolim | | | | | 1 | F. Alves | Marinha Grande | 21-05 | |
| 3.45,28 | | Emanuel Rolim | | | | | 3 | | Mataró - Esp | 06-07 | |
| 3.46,07 | | Hugo Rocha | Jr | SL Benfica | | 27-06-97 | 4rD | | Oordegem - Bel | 28-05 | 3.53,1-15 |
| 3.46,66 | | Helio Gomes | | | | | 11h | C. Europa | Amesterdão - Hol | 07-07 | |
| 3.47,72 | | Helio Gomes | | | | | 12 | | Sollentuna - Swe | 28-06 | |
| 3.48,27 | | Hugo Rocha | Jr | | | | 1rD | | Manchester - Gbr | 14-05 | |
| 3.48,52 | | Nuno Lopes | | CA Seia | | 11-08-87 | 9 | SL Benfica | Lisboa - I | 12-06 | 3.51,20-14 |
| 3.48,59 | | Hugo Rocha | Jr | | | | 2 | F. Alves | Marinha Grande | 21-05 | |
| 3.48,70 | | Emanuel Rolim | | | | | 1 | | Caceres - Esp | 29-06 | |
| 3.48,82 | | Hugo Ganchas | S23 | SL Benfica | | 05-07-96 | 10 | SL Benfica | Lisboa - I | 12-06 | 3.59,49-15 |
| 3.48,83 | i | Paulo Rosário | S23 | | | | 9 | | Madrid - Esp | 26-02 | |
| 3.49,00 | | Fernando Serrão | | Sporting CP | | 03-04-93 | 1 | Noite | Maia | 15-06 | 3.56,04-14 |
| 3.49,00 | | Guilherme Pinto | S23 | Juv. Vidigalense | | 10-02-94 | 1 | | Vagos | 21-05 | 3.46,51-13 |
| 3.49,08 | | Samuel Freire | | Sporting CP | CPV | 28-08-90 | 2 | | Vagos | 21-05 | 3.48,56-14 |
| 3.49,43 | | Nuno Lopes | | | | | 2 | | Caceres - Esp | 29-06 | |
| 3.49,52 | | Francisco Rodrigues | S23 | SC Braga | | 24-05-95 | 11 | SL Benfica | Lisboa - I | 12-06 | 3.50,56-15 |
| 3.49,89 | | Samuel Freire | | | CPV | | 1 | | Maia | 04-06 | |
| 3.49,90 | | João Cruz | S23 | Maia AC | | 12-04-94 | 1 | | Braga | 13-07 | 3.47,19-15 |
| 3.50,01 | | Hugo Almeida | | Sporting CP | | 01-09-88 | 2 | Noite | Maia | 15-06 | 3.48,37-13 |
| 3.50,02 | | Nuno Lopes | | | | | 3 | F. Alves | Marinha Grande | 21-05 | |
| 3.51,25 | | Paulo Pinheiro | | SL Benfica | | 09-07-89 | 15rB | | Manchester - Gbr | 14-05 | 3.46,68-12 |
| 3.52,83 | | André Pereira | S23 | SL Benfica | | 10-08-95 | 2 | | Braga | 13-07 | 3.58,25-15 |
| 3.53,5 | | Miguel Moreira | | SL Benfica | | 04-02-91 | 1 | | Lisboa - MP | 19-12 | 3.45,82-15 |
| 3.53,89 | | Hugo Correia | | Sporting CP | | 17-11-91 | 6 | | Caceres - Esp | 29-06 | 3.52,36i-13 |
| 3.53,99 | | Ricardo Paixão | | GA Fátima | | 01-04-86 | 1 | Lisboa | Lisboa - I | 01-05 | 3.47,04-10 |
| 3.54,96 | | Sérgio Teixeira | S23 | NA Cucujães | | 24-02-94 | 4 | | Vagos | 21-05 | 3.55,59i-15 |
| 3.55,39 | | Helder Santos | | Maia AC | | 06-10-83 | 3 | C. Norte | Maia | 23-07 | 3.53,03-10 |
| 3.55,49 | | Hugo Gil | Jr | Ingleses FC | | 25-06-97 | 12 | SL Benfica | Lisboa - I | 12-06 | |
| 3.55,74 | | Roberto Prioste | | GD Estreito | | 15-07-83 | 1 | | Ribeira Brava | 16-01 | |
| 3.56,55 | | Adrião Rodrigues | | NA Cucujães | | 16-10-93 | 5 | Noite | Maia | 15-06 | 3.55,20-11 |
| 3.57,56 | i | Ricardo Pereira | | ACD Jardim Serra | | 12-08-90 | 5 | C. Port | Pombal | 20-02 | 3.51,78-15 |
| 3.57,57 | i | Wilson Conniot | | ACD Jardim Serra | | 05-11-93 | 6 | C. Port | Pombal | 20-02 | 3.56,33-14 |
| 3.57,70 | i | Cristiano Pereira | S23 | CP Mangualde | | 02-05-96 | 8 | C. Port | Pombal | 20-02 | 3.58,16-15 |
| 3.57,80 | i | Johan Caldeira | | CCSJ. Madeira | | 08-03-93 | 9 | C. Port | Pombal | 20-02 | 3.57,24-15 |
| 3.58,40 | i | Luís Mendes | | ACR Sra. Desterro | | 10-06-90 | 3 | CNCI-2 | Pombal | 05-03 | 3.55,06-09 |
| 3.58,60 | i | Luís Miguel Borges | S23 | SL Benfica | | 04-10-94 | 11 | C. Port | Pombal | 20-02 | 3.52,96-14 |
| 3.58,82 | | Filipe Magalhães | Jv | UD Varzea | | 05-01-99 | 2 | | Braga | 01-05 | |
| 3.59,21 | | Ricardo Barbosa | S23 | SL Benfica | | 09-12-95 | 2 | | Seyne sur mer - Fra | 26-03 | 3.57,03-15 |
| 3.59,25 | | António Rocha | | Gira Sol | | 04-08-92 | 1 | | Lousada | 08-06 | 3.53,19-13 |
| 3.59,30 | | Fábio Gomes | Jr | SL Benfica | | 20-05-97 | 3 | | Braga | 01-05 | 3.57,78-14 |
| 3.59,56 | | Pedro Silva | S23 | AC Póvoa Varzim | | 28-02-96 | 4 | C. Norte | Maia | 23-07 | |
| 3.59,76 | | Ricardo Ferreira | Jr | Ingleses FC | | 16-10-98 | 4 | Lisboa | Lisboa - I | 01-05 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-------------------|-----|------------------|-----|----------|-----|----------|---------------|-------|------------|
| 3.57,95 | i | Cristiano Pereira | S23 | CP Mangualde | | 02-05-96 | 6ex | C. Norte | Maia | 23-07 | 3.58,16-15 |
| 3.58,96 | | Wilson Conniot | | ACD Jardim Serra | | 05-11-93 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 3.56,33-14 |
| 3.59,96 | | Johan Caldeira | | CCSJ. Madeira | | 08-03-93 | 1 | | Vagos | 09-01 | 3.57,24-15 |

Milha – 4.35,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-----------------|-----|-------------|-----|----------|----|-------|---------------|-------|-----|
| 4.17,22 | | Roberto Prioste | | GD Estreito | | 15-07-83 | 1 | | Ribeira Brava | 24-04 | |

3000 m – 8.20,0 – 8.40,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|-------------------|-----|----------|-----|------------|------------------|-------|-------------|
| 7.56,62 | | Helio Gomes | | SL Benfica | | 27-12-84 | 2 | TCCE | Mersin - Tur | 29-05 | 8.07,72i-15 |
| 8.01,96 | | Eduardo Mbengani | | Sporting CP | | 08-01-85 | 7 | Madrid | Madrid - Esp | 23-06 | 8.01,34-15 |
| 8.06,31 | i | Emanuel Rolim | | SL Benfica | | 03-01-93 | 1 | C. Port | Pombal | 21-02 | 8.08,72i-15 |
| 8.06,34 | i | Paulo Pinheiro | | SL Benfica | | 09-07-89 | 2 | C. Port | Pombal | 21-02 | 8.05,06i-13 |
| 8.12,28 | i | Nuno Lopes | | CA Seia | | 11-08-87 | 3 | C. Port | Pombal | 21-02 | 8.24,78-15 |
| 8.12,97 | | Rui Pinto | | SL Benfica | | 18-11-92 | 2 | | Vigo - Esp | 15-05 | 8.07,73-13 |
| 8.13,65 | | Samuel Freire | | Sporting CP | CPV | 28-08-90 | 1 | | Lisboa - I | 10-06 | 8.31,81-15 |
| 8.14,77 | i | Ricardo Pereira | | ACD Jardim Serra | | 12-08-90 | 4 | C. Port | Pombal | 21-02 | 8.11,94-15 |
| 8.17,66 | i | Luís Miguel Borges | S23 | SL Benfica | | 04-10-94 | 5 | C. Port | Pombal | 21-02 | 8.10,48i-15 |
| 8.18,78 | i | Rui Silva | Vet | Sporting CP | | 03-08-77 | 1 | CNCI-1 | Pombal | 06-03 | 7.39,44i-00 |
| 8.21,04 | | Bruno Albuquerque | | SL Benfica | | 10-01-89 | 1 | | Brugg - Sui | 28-06 | 8.08,37i-12 |
| 8.22,44 | i | João Cruz | S23 | Maia AC | | 12-04-94 | 6 | C. Port | Pombal | 21-02 | 8.09,81i-15 |
| 8.22,97 | i | Hugo Correia | | Sporting CP | | 17-11-91 | 7 | C. Port | Pombal | 21-02 | 8.10,89-15 |
| 8.23,31 | i | Hugo Almeida | | Sporting CP | | 01-09-88 | 8 | C. Port | Pombal | 21-02 | 8.11,41-13 |
| 8.23,79 | i | Ruben Pessoa | S23 | SL Benfica | | 11-09-94 | 9 | C. Port | Pombal | 21-02 | |
| 8.24,62 | i | António Rocha | | Gira Sol | | 04-08-92 | 10 | C. Port | Pombal | 21-02 | 8.36,87i-15 |
| 8.25,33 | i | Oswald Freitas | S23 | CN Rio Maior | | 08-02-96 | 11 | C. Port | Pombal | 21-02 | |
| 8.25,84 | i | João Valente | | Sporting CP | | 26-09-93 | 12 | C. Port | Pombal | 21-02 | 8.28,11i-15 |
| 8.27,07 | i | Gonçalo Jesus | | Sporting CP | | 04-01-92 | 13 | C. Port | Pombal | 21-02 | 8.25,02-15 |
| 8.27,18 | | António Silva | | Sporting CP | | 26-03-87 | 1rB | | Watford - Gbr | 07-05 | 8.12,65-08 |
| 8.27,23 | | Hugo Ganchas | S23 | SL Benfica | | 05-07-96 | 2 | | Lisboa - MP | 14-05 | |
| 8.28,42 | i | Adrião Rodrigues | | NA Cucujães | | 16-10-93 | 14 | C. Port | Pombal | 21-02 | 8.31,99i-11 |
| 8.28,64 | i | Bruno Moniz | | ADR Agua Pena | | 08-10-91 | 15 | C. Port | Pombal | 21-02 | 8.32,09-15 |
| 8.29,19 | i | André Pereira | S23 | SL Benfica | | 10-08-95 | 1s | CNCI-Ap | Pombal | 07-02 | 8.29,99-15 |
| 8.29,70 | i | Roberto Prioste | | GD Estreito | | 15-07-83 | 1 | CNCI-2 | Pombal | 06-03 | 8.30,37-15 |
| 8.29,83 | i | Cristiano Pereira | S23 | CP Mangualde | | 02-05-96 | 16 | C. Port | Pombal | 21-02 | |
| 8.32,06 | | Miguel Moreira | | SL Benfica | | 04-02-91 | 1 | | Lisboa - MP | 31-01 | |
| 8.32,67 | i | Marco Pinto | | ACR Sra. Desterro | | 11-10-86 | 2 | CNCI-2 | Pombal | 06-03 | 8.18,32i-11 |
| 8.33,97 | i | Ruben Silva | | Juv. Vidigalense | | 16-05-93 | 1 | | Pombal | 17-01 | 8.30,14i-15 |
| 8.34,05 | i | Daniel Gregório | | CA Seia | | 07-09-89 | 2s | CNCI-Ap | Pombal | 07-02 | 8.26,14i-12 |
| 8.34,32 | | Helder Santos | | Maia AC | | 06-10-83 | 1s | CNCI-Ap | Viana do Castelo | 29-05 | 8.16,47-11 |
| 8.35,13 | i | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 18 | C. Port | Pombal | 21-02 | 8.45,82i-15 |
| 8.35,43 | | Bruno Paixão | | Beja AC | | 30-08-84 | 1 | Abrantes | Abrantes | 10-06 | |
| 8.36,13 | i | João Bértolo | S23 | Juv. Vidigalense | | 10-02-94 | 6 | CNCI-1 | Pombal | 06-03 | |
| 8.37,66 | | Mussa Djau | S23 | Beja AC | | 03-05-95 | 2s | CNCI-Ap | Setúbal | 29-05 | |
| 8.37,99 | i | Bruno Baptista | S23 | CN Rio Maior | | 26-01-96 | 19 | C. Port | Pombal | 21-02 | 8.39,53i-15 |
| 8.38,40 | | Pedro Cruz | | GD Cruz e Irmãos | | 15-08-82 | 2 | | Vagos | 05-06 | 8.16,28i-07 |
| 8.38,76 | | Luís Saraiva | | CTM VP Aguiar | | 11-11-93 | 1 | | Orense - Esp | 29-05 | |
| 8.38,86 | | Avelino Eusébio | | AC Povia | | 19-04-91 | 1s | CNCI-Ap | Viana do Castelo | 29-05 | 8.32,62i-14 |
| 8.38,96 | i | Hugo Rocha | Jr | SL Benfica | | 27-06-97 | 1 | Pombal | Pombal | 27-02 | |
| 8.39,12 | | Jorge Robalo Varela | Vet | CDA S. João | | 02-01-80 | 1 | V. Tavares | Faro | 15-06 | 8.21,25i-01 |
| 8.39,23 | i | Fábio Silva | | AR Casaense | | 11-11-91 | 1 | | Pombal | 17-01 | 8.29,64-13 |
| 8.39,94 | | Isaac Nader | Jv | C Areias S. João | | 17-08-99 | 2 | V. Tavares | Faro | 15-06 | |
| 8.44,76 | | Miguel Marques | S23 | SL Benfica | | 10-01-95 | 2 | | Lisboa - I | 24-07 | 8.34,70i-15 |
| 8.47,10 | | Filipe Ferreira | | ACR Vale Cambra | | 02-04-89 | 2ex | | Lisboa - I | 24-07 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-----------------|-----|---------------|-----|----------|----|---------|---------------|-------|-------------|
| 8.27,00 | | Hugo Correia | | Sporting CP | | 17-11-91 | 1 | | Lisboa - MP | 14-05 | 8.10,89-15 |
| 8.30,32 | | Roberto Prioste | | GD Estreito | | 15-07-83 | 1 | | Ribeira Brava | 17-01 | 8.30,37-15 |
| 8.30,58 | | Nuno Lopes | | CA Seia | | 11-08-87 | 1s | CNCI-Ap | Fátima | 29-05 | 8.24,78-15 |
| 8.35,61 | | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 1 | | Vagos | 05-06 | 8.45,82i-15 |
| 8.37,63 | | João Cruz | S23 | Maia AC | | 12-04-94 | 1 | | Lousada | 30-04 | 8.09,81i-15 |

| | | | | | | | | | | | |
|---------|--|--------------------|-----|-------------|--|----------|---|--|-------------|-------|-------------|
| 8.38,49 | | João Valente | | Sporting CP | | 26-09-93 | 3 | | Lisboa - MP | 14-05 | 8.28,11i-15 |
| 8.40,39 | | Luís Miguel Borges | S23 | SL Benfica | | 04-10-94 | 1 | | Maia | 21-05 | 8.10,48i-15 |

5000 m – 14.30,0 – 15.10,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-------------------|-----|-------------------|-----|----------|-----|------------|------------------|-------|-------------|
| 13.49,79 | | Eduardo Mbengani | | Sporting CP | | 08-01-85 | 21 | | Oordegem - Bel | 28-05 | 13.35,29-10 |
| 13.56,43 | | Samuel Barata | | SL Benfica | | 19-07-93 | 15 | | Huelva - Esp | 03-06 | 14.14,17-15 |
| 14.01,71 | | Samuel Barata | | | | | 1rC | | Oordegem - Bel | 28-05 | |
| 14.04,34 | | Tiago Costa | | SL Benfica | | 03-03-88 | 1 | | Maia | 04-06 | 14.03,25-14 |
| 14.08,42 | | Nuno Lopes | | CA Seia | | 11-08-87 | 3 | | Maia | 04-06 | 14.56,09-15 |
| 14.11,36 | | António Rocha | | Gira Sol | | 04-08-92 | 6 | | Maia | 04-06 | 14.42,09-15 |
| 14.13,74 | | Eduardo Mbengani | | | | | 1 | C. Port | Maia | 25-06 | |
| 14.17,76 | | Nuno Lopes | | | | | 2 | C. Port | Maia | 25-06 | |
| 14.19,55 | | Samuel Barata | | | | | 3 | C. Port | Maia | 25-06 | |
| 14.20,22 | | Hugo Correia | | Sporting CP | | 17-11-91 | 4 | C. Port | Maia | 25-06 | 14.18,66-15 |
| 14.23,12 | | Hugo Almeida | | Sporting CP | | 01-09-88 | 7 | | Maia | 04-06 | 14.27,9-13 |
| 14.23,56 | | Nuno Lopes | | | | | 4 | S. António | Lisboa - U | 19-06 | |
| 14.24,49 | | João Valente | | Sporting CP | | 26-09-93 | 8 | | Maia | 04-06 | 8.28,11i-15 |
| 14.24,61 | | Eduardo Mbengani | | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 14.24,85 | | Rui Pinto | | SL Benfica | | 18-11-92 | 3 | TCCE | Mersin - Tur | 28-05 | 13.59,48-14 |
| 14.26,20 | | Nuno Lopes | | | | | 1 | | Luso | 30-04 | |
| 14.26,81 | | Hugo Correia | | | | | 5 | S. António | Lisboa - U | 19-06 | |
| 14.28,08 | | Paulo Pinheiro | | SL Benfica | | 09-07-89 | 5 | C. Port | Maia | 25-06 | 14.04,08-12 |
| 14.28,76 | | Nelson Cruz | Vet | Pedro Pessoa EA | | 31-12-77 | 6 | S. António | Lisboa - U | 19-06 | 14.16,01-04 |
| 14.28,92 | | Tiago Costa | | | | | 2 | CNCI-1 | Setúbal | 16-07 | |
| 14.28,93 | | Bruno Paixão | | Beja AC | | 30-08-84 | 6 | C. Port | Maia | 25-06 | 15.03,24-11 |
| 14.35,66 | | Miguel Marques | S23 | SL Benfica | | 10-01-95 | 7 | C. Port | Maia | 25-06 | 14.57,43-14 |
| 14.36,50 | | Andralino Furtado | | Sporting CP | | 02-10-92 | 8 | S. António | Lisboa - U | 19-06 | 14.40,0-15 |
| 14.39,43 | | Samuel Freire | | Sporting CP | CPV | 28-08-90 | 9 | S. António | Lisboa - U | 19-06 | 14.59,48-15 |
| 14.42,71 | | João Bértolo | S23 | Juv. Vidigalense | | 10-02-94 | 10 | C. Port | Maia | 25-06 | 15.03,45-15 |
| 14.45,09 | | Mussa Djau | S23 | Beja AC | | 03-05-95 | 9 | | Maia | 04-06 | |
| 14.47,44 | | Luís Saraiva | | CTM VP Aguiar | | 11-11-93 | 11 | C. Port | Maia | 25-06 | |
| 14.47,62 | | João Pereira | S23 | SL Benfica | | 26-02-96 | 12 | C. Port | Maia | 25-06 | |
| 14.49,97 | | Luís Mendes | | ACR Sra. Desterro | | 10-06-90 | 10 | | Maia | 04-06 | 14.38,76-10 |
| 14.50,66 | | Nuno Carraça | | URC Abrunheira | | 17-08-89 | 11 | | Maia | 04-06 | 14.53,6-15 |
| 14.51,54 | | Paulo Barbosa | S23 | CRDC Santiago | | 04-06-94 | 13 | C. Port | Maia | 25-06 | 15.02,23-15 |
| 14.51,78 | | Oswald Freitas | S23 | CN Rio Maior | | 08-02-96 | 13 | | Maia | 04-06 | |
| 14.56,3 | | Ricardo Mateus | | Sporting CP | | 05-01-88 | 3s | CNCI-Ap | Setúbal | 28-05 | 14.07,66-13 |
| 14.56,45 | | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 1 | CNCI-2 | Setúbal | 16-07 | 15.01,17-15 |
| 14.58,05 | | Hugo Ganchas | S23 | SL Benfica | | 05-07-96 | 10 | S. António | Lisboa - U | 19-06 | |
| 14.58,18 | | Bruno Baptista | S23 | CN Rio Maior | | 26-01-96 | 15 | | Maia | 04-06 | |
| 14.58,90 | | Adelino Oliveira | | ACR Cambra | | 03-05-91 | 16 | | Maia | 04-06 | |
| 14.59,15 | | Vítor Oliveira | | Maia AC | | 28-06-81 | 2 | CNCI-2 | Setúbal | 16-07 | 14.30,72-06 |
| 15.00,60 | | António Silva | | Sporting CP | | 26-03-87 | 2s | | Bromley - Gbr | 02-07 | 14.17,74-07 |
| 15.01,75 | | Ricardo Pereira | | ACD Jardim Serra | | 12-08-90 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 14.19,28-15 |
| 15.08,19 | | Paulo Macedo | | ADR Água Pena | | 09-03-93 | 4 | CNCI-2 | Setúbal | 16-07 | |
| 15.08,42 | | Roberto Prioste | | GD Estreito | | 15-07-83 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 14.52,72-15 |
| 15.09,36 | | Ricardo Vale | | SC Braga | | 09-06-88 | 3s | CNCI-Ap | Viana do Castelo | 28-05 | 14.56,59-12 |

10.000 m – 30.00,0 – 33.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-------------------|-----|------------------|-----|----------|-------|-------------|------------|-------|-------------|
| 29.07,10 | | Bruno Albuquerque | | SL Benfica | | 10-01-89 | 1/5 | C.Port/T.Ib | Maia | 09-04 | 29.40,20-13 |
| 29.15,76 | | Miguel Ribeiro | | CAO Vianense | | 06-06-87 | 2/7 | C.Port/T.Ib | Maia | 09-04 | 14.44,10-11 |
| 29.19,22 | | Helder Santos | | Maia AC | | 06-10-83 | 3/8 | C.Port/T.Ib | Maia | 09-04 | 30.52,40-10 |
| 29.25,74 | | Bruno Albuquerque | | | | | 2 | | Thun - Sui | 19-06 | 29.40,20-13 |
| 30.12,06 | | André Pereira | S23 | SL Benfica | | 10-08-95 | 4/14 | C.Port/T.Ib | Maia | 09-04 | 30.26,88-15 |
| 30.14,57 | | Miguel Marques | S23 | SL Benfica | | 10-01-95 | 5 | SL Benfica | Lisboa - I | 12-06 | 30.23,50-14 |
| 30.22,37 | | Ruben Pessoa | S23 | SL Benfica | | 11-09-94 | 5/1s | C.Port/T.Ib | Maia | 09-04 | 30.31,30-15 |
| 30.24,78 | | Pedro Cruz | | GD Cruz e Irmãos | | 15-08-82 | 6/2s | C.Port/T.Ib | Maia | 09-04 | 30.31,83-09 |
| 30.26,93 | | Nuno Lopes | | CA Seia | | 11-08-87 | 7/14s | C.Port/T.Ib | Maia | 09-04 | 14.56,09-15 |

| | | | | | | | | | | | |
|----------|--|--------------------|-----|------------------|--|----------|--------|-------------|-----------------|-------|-------------|
| 30.28,42 | | Roberto Prioste | | GD Estreito | | 15-07-83 | 8/7s | C.Port/T.Ib | Maia | 09-04 | 31.50,88-15 |
| 30.43,57 | | Nuno Carraça | | URC Abrunheira | | 17-08-89 | 10/11s | C.Port/T.Ib | Maia | 09-04 | 30.54,88-15 |
| 30.49,24 | | Filipe Fialho | Jr | GD Diana | | 22-08-97 | 28 | CM Jr | Bydgoszcz - Pol | 19-07 | |
| 30.59,89 | | Cristiano Pereira | S23 | CP Mangualde | | 02-05-96 | 11/14s | C.Port/T.Ib | Maia | 09-04 | |
| 31.01,40 | | Bruno Baptista | S23 | CN Rio Maior | | 26-01-96 | 12/16s | C.Port/T.Ib | Maia | 09-04 | |
| 31.03,99 | | Miguel Quaresma | | Ingleses FC | | 10-06-83 | 13/17s | C.Port/T.Ib | Maia | 09-04 | 31.18,46-13 |
| 31.07,41 | | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 1 | | Luso | 16-04 | 32.03,00-14 |
| 31.08,93 | | Luís Miguel Borges | S23 | SL Benfica | | 04-10-94 | 14/20s | C.Port/T.Ib | Maia | 09-04 | |
| 31.13,99 | | Fernando Lemos | | Grecas | | 03-11-83 | 2 | | Luso | 16-04 | 31.50,09-15 |
| 31.16,08 | | João Pereira | S23 | SL Benfica | | 26-02-96 | 16/22s | C.Port/T.Ib | Maia | 09-04 | 31.00,96-15 |
| 31.16,11 | | Bruno Moniz | | ADR Água Pena | | 08-10-91 | 17/23s | C.Port/T.Ib | Maia | 09-04 | 31.48,96-15 |
| 31.18,55 | | Adrião Rodrigues | | NA Cucujães | | 16-10-93 | 3 | | Luso | 16-04 | |
| 31.18,60 | | Artur Rodrigues | Vet | GDC Guilhovai | | 23-06-75 | 18/23s | C.Port/T.Ib | Maia | 09-04 | 30.16,17-13 |
| 31.23,89 | | Pedro Ferreira | Jr | SL Benfica | | 20-01-98 | 19/23s | C.Port/T.Ib | Maia | 09-04 | |
| 31.48,55 | | Luís Martins | | CA Seia | | 07-02-93 | 4ex | | Luso | 16-04 | |
| 31.58,72 | | Davide Figueiredo | Vet | A Figueiredo Run | | 71 | 21/2s | C.Port/T.Ib | Maia | 09-04 | |
| 31.59,13 | | Paulo Mendes | | CA Seia | | 24-01-92 | 22/29s | C.Port/T.Ib | Maia | 09-04 | 32.05,64-14 |
| 32.05,64 | | Carlos Freitas | | RC Travel | | 17-01-84 | 2 | | Ribeira Brava | 19-03 | 32.26,67-12 |
| 32.09,63 | | Paulo Macedo | | ADR Água Pena | | 09-03-93 | 3 | | Ribeira Brava | 19-03 | 32.16,87-15 |
| 32.15,54 | | António Fernandes | Vet | ACR Vale Cambra | | 17-06-67 | 4 | | Luso | 16-04 | 31.02,04-04 |
| 32.27,39 | | André Marques | | ACR Vale Cambra | | 16-06-86 | 5 | | Luso | 16-04 | 31.32,39-12 |
| 32.27,46 | | Edwin Nunes | | ADR Água Pena | | 01-05-89 | 4 | | Ribeira Brava | 19-03 | 32.45,61-13 |
| 32.30,17 | | Carlos Rodrigues | | CSRDC Santiago | | 93 | 1 | | Maia | 19-03 | |
| 32.31,47 | | Luís Saraiva | | CTM VP Aguiar | | 11-11-93 | 23/1s | C.Port/T.Ib | Maia | 09-04 | |
| 32.38,40 | | Tiago Madureira | | CCRD Pedrulha | | 28-12-89 | 6 | | Luso | 16-04 | |
| 32.45,51 | | Paulo Barbosa | S23 | CRDC Santiago | | 04-06-94 | 2 | | Maia | 19-03 | |
| 32.45,88 | | Sérgio Rodrigues | | Grecas | | 28-03-85 | 7 | | Luso | 16-04 | 31.22,42-14 |

Maratona – 2:35.00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|------------------|-----|----------|-----|-------|--------------------|-------|------------|
| 2.13,21 | | Ricardo Ribas | Vet | SL Benfica | | 08-10-77 | 4 | | Dusseldorf - Ale | 24-04 | 2.14,14-12 |
| 2.15,09 | | José Moreira | Vet | Sporting CP | | 05-05-80 | 12 | | Valência Esp | 15-11 | 2.13,37-10 |
| 2.15,48 | | Hermano Ferreira | | Sporting CP | | 16-11-82 | 10 | | Viena - Aut | 10-04 | 2.13,28-10 |
| 2.20,46 | | Pedro Ribeiro | | Sporting CP | | 25-03-81 | 38 | | Hamburgo - Ale | 17-04 | |
| 2.21,28 | | Nelson Cruz | Vet | Pedro Pessoa EA | | 31-12-77 | 12 | | Prga - Cze | 08-05 | 2.17,39-06 |
| 2.21,38 | | Bruno Paixão | | Beja AC | | 30-08-84 | 1 | | Badajoz - Esp | 13-03 | 2.29,03-15 |
| 2.22,01 | | Jorge Robalo Varela | Vet | CDA S. João | | 02-01-80 | 5 | | Lisboa | 18-10 | 2.24,57-15 |
| 2.23,13 | | Paulo Gomes | Vet | CUA Benaventense | | 15-05-73 | 5 | | Porto | 08-11 | 2.12,51-07 |
| 2.23,46 | | Augusto Costa | Vet | Amigos Montanha | | 08-12-69 | 44 | | Hamburgo - Ale | 17-04 | 2.28,01-15 |
| 2.24,36 | | Nelson Cruz | Vet | | | | 28 | | Sevilha - Esp | 21-02 | |
| 2.25,03 | | Rui Muga | | CA Mogadouro | | 18-03-84 | 27 | | Valência Esp | 15-11 | 2.29,41-14 |
| 2.26,41 | | Luís Pereira | Vet | CA Tamega | | 11-03-81 | 59 | | Roterdão - Hol | 10-04 | |
| 2.27,10 | | Carlos Silva | | GDR Reboleira | | 09-03-83 | 6 | | Lisboa | 18-10 | 2.24,29-14 |
| 2.27,50 | | Rui Muga | | | | | 55 | | Hamburgo - Ale | 17-04 | |
| 2.28,58 | | Tiago Silva | | ADR Água Pena | | 31-05-86 | 8 | | Macau | 06-12 | 2.19,31-14 |
| 2.29,13 | | Mihail Lalev | | SC Braga | BUL | 01-04-82 | 2 | | Badajoz - Esp | 13-03 | 2.29,22-14 |
| 2.29,18 | | Miguel Quaresma | | Ingleses FC | | 10-06-83 | 9 | | Macau | 06-12 | 2.23,53-15 |
| 2.30,18 | | Ricardo Espada | | SC Braga | | 18-07-84 | 37 | | Amesterdão - Hol | 18-10 | |
| 2.30,41 | | Gil Ferreira | Vet | Adercus | | 04-09-71 | 3 | | Badajoz - Esp | 13-03 | 2.26,06-09 |
| 2.30,42 | | Paulo Soares | Vet | CDA S. João | | 04-01-75 | 7 | | Lisboa | 18-10 | 2.34,57-10 |
| 2.30,52 | | Rui Pedro Silva | | SL Benfica | | 06-05-81 | 123 | JO | Rio de Janeiro-Bra | 21-08 | 2.12,15-12 |
| 2.31,43 | | Jorge Cruz | Vet | Mafra com Vento | | 65 | 83 | | Roterdão - Hol | 10-04 | 2.32,35-15 |
| 2.31,56 | | Nuno Romão | Vet | GDR Reboleira | | 03-01-73 | 50 | | Valência Esp | 15-11 | 2.31,42-15 |
| 2.32,13 | | Bruno Fraga | Vet | GDR Reboleira | | 14-05-77 | 8 | | Lisboa | 18-10 | 2.23,03-12 |
| 2.33,49 | | Ricardo Espada | | | | | 71 | | Hamburgo - Ale | 17-04 | |
| 2.33,51 | | António Moreira | | NA Cucujães | | 26-06-87 | 3 | | La Coruña - Esp | 17-04 | 2.31,40-15 |
| 2.34,47 | | Paulo Pereira | Vet | CA Barreira | | 76 | 6 | | Badajoz - Esp | 13-03 | 2.33,41-15 |

3000 m Obst. – 9.05,0 – 10.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|--------------------|-----|------------------|-----|----------|-----|----------|------------------|-------|------------|
| 8.50,99 | | Luís Miguel Borges | S23 | SL Benfica | | 04-10-94 | 12 | | Bilbau - Esp | 25-06 | 8.49,08-15 |
| 8.51,53 | | Luís Miguel Borges | S23 | | | | 1 | | Vigo - Esp | 15-05 | |
| 8.53,19 | | Fernando Serrão | | Sporting CP | | 03-04-93 | 6rB | | Huelva - Esp | 03-06 | 8.52,54-14 |
| 8.53,64 | | André Pereira | S23 | SL Benfica | | 10-08-95 | 2 | | Vigo - Esp | 15-05 | 8.56,27-15 |
| 8.55,55 | | Luís Miguel Borges | S23 | | | | 3 | TCCE | Mersin - Tur | 29-05 | |
| 8.56,02 | | Fernando Serrão | | | | | 1ex | C. Norte | Maia | 24-07 | |
| 8.58,24 | | André Pereira | S23 | | | | 1 | C. Port | Maia | 26-06 | |
| 8.58,32 | | Fernando Serrão | | | | | 4 | | Vigo - Esp | 15-05 | |
| 9.03,35 | | Fernando Serrão | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 9.04,55 | | Daniel Gregório | | CA Seia | | 07-09-89 | 2 | CNCI-1 | Setúbal | 17-07 | 8.52,26-12 |
| 9.06,86 | | Alberto Paulo | | SL Benfica | | 03-10-85 | 3 | CNCI-1 | Setúbal | 17-07 | 8.22,41-11 |
| 9.07,83 | | Adrião Rodrigues | | NA Cucujães | | 16-10-93 | 3 | C. Port | Maia | 26-06 | 9.11,59-13 |
| 9.14,80 | | Jorge Santa Cruz | | SC Braga | | 20-07-89 | 1s | CNCI-Ap | Viana do Castelo | 29-05 | 8.55,39-09 |
| 9.15,10 | | Miguel Marques | S23 | SL Benfica | | 10-01-95 | 1 | | Lisboa - MP | 03-07 | |
| 9.17,29 | | Fernando Lemos | | Grecas | | 03-11-83 | 2 | | Vagos | 21-05 | 9.22,85-15 |
| 9.17,42 | | Ricardo Barbosa | S23 | SL Benfica | | 09-12-95 | 1 | | La Garde - Fra | 28-05 | 9.06,48-15 |
| 9.19,40 | | Jorge Moreira | Jr | SL Benfica | | 23-05-97 | 1 | Noite | Maia | 15-06 | 9.43,61-15 |
| 9.20,20 | | Pedro Ferreira | Jr | SL Benfica | | 20-01-98 | 2 | Noite | Maia | 15-06 | |
| 9.21,69 | | João Bernardo | | Gira Sol | | 06-09-93 | 5 | C. Port | Maia | 26-06 | 9.21,95-15 |
| 9.27,56 | | Adelino Oliveira | | ACR Cambra | | 03-05-91 | 3 | | Vagos | 21-05 | 9.48,13-13 |
| 9.29,43 | | Abílio Gonçalves | | ACR Cambra | | 04-12-89 | 1s | CNCI-Ap | Fátima | 29-05 | 9.10,14-12 |
| 9.34,74 | | João Valente | | Sporting CP | | 26-09-93 | 1s | CNCI-Ap | Setúbal | 29-05 | 9.19,91-14 |
| 9.35,11 | | Davide Silva | S23 | CCSJ. Madeira | | 07-03-95 | 3s | CNCI-Ap | Viana do Castelo | 29-05 | 9.42,98-14 |
| 9.36,13 | | Bruno Silva | | ACD Jardim Serra | | 10-02-89 | 1s | CNCI-Ap | Ribeira Brava | 29-05 | 9.30,17-12 |
| 9.37,11 | | Ruben Silva | | Juv. Vidigalense | | 16-05-93 | 8 | C. Port | Maia | 26-06 | 8.57,41-14 |
| 9.39,02 | | Artur Rodrigues | Vet | GDC Guilhovai | | 23-06-75 | 9 | C. Port | Maia | 26-06 | 9.17,74-05 |
| 9.40,94 | | José Junior | S23 | GD Diana | | 02-12-95 | 4 | | Vagos | 21-05 | 9.34,72-13 |
| 9.41,18 | | Paulo Mendes | | CA Seia | | 24-01-92 | 5s | CNCI-Ap | Fátima | 29-05 | 9.32,50-15 |
| 9.43,80 | | Fábio Gomes | Jr | SL Benfica | | 20-05-97 | 2 | | Póvoa de Varzim | 25-05 | |
| 9.45,54 | | João Ferreira | S23 | AC Póvoa Varzim | | 22-02-96 | 1 | CNCI-3 | Vagos | 17-07 | |
| 9.45,89 | | Américo Moreira | | CD Póvoa | | 05-04-89 | 4s | CNCI-Ap | Viana do Castelo | 29-05 | 9.29,05-11 |
| 9.46,82 | | Filipe Fialho | Jr | GD Diana | | 22-08-97 | 5 | | Vagos | 21-05 | 9.48,48-15 |
| 9.47,97 | | Manuel Fernandes | | GD Estreito | | 16-03-92 | 2s | CNCI-Ap | Ribeira Brava | 29-05 | 9.04,93-11 |
| 9.48,48 | | Luís Rações | Vet | CF Belenenses | | 28-01-76 | 2s | CNCI-Ap | Setúbal | 29-05 | 9.12,98-04 |
| 9.49,10 | | Gonçalo Varela | Jr | GD Diana | | 27-10-97 | 3 | CN Jr | Viseu | 10-07 | 9.55,19-15 |
| 9.50,27 | | Luís Costa | S23 | CCD Ribeirão | | 01-06-96 | 4 | | Póvoa de Varzim | 25-05 | 9.55,05-15 |
| 9.53,36 | | Vítor Amorim | | França | | 29-06-87 | 4 | | Sotheville - Fra | 08-05 | 9.24,69-09 |
| 9.55,67 | | Miguel Mascarenhas | Jr | SL Benfica | | 25-07-98 | 4 | CN Jr | Viseu | 10-07 | |
| 9.57,93 | | Joaquim Antunes | Jr | UD Varzea | | 02-02-97 | 5 | | Póvoa de Varzim | 25-05 | |
| 9.58,60 | | David Varela | Jr | NucleOeiras | | 31-10-98 | 1 | | Lisboa - MP | 04-06 | |
| 9.59,96 | | André Costa | | CDR Ribeirinho | | 06-10-90 | 2ex | | Lisboa - MP | 04-06 | |

110 m B – 15,00 – 17,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|--------------|-----|------------------|-----|----------|-----|---------|---------------------|-------|----------|
| 14,07 | 0,8 | Rasul Dabo | | SL Benfica | | 14-02-89 | 1 | | Caceres - Esp | 29-06 | 13,52-13 |
| 14,10 | 1,2 | Rasul Dabo | | | | | 3 | | Salamanca - Esp | 04-06 | |
| 14,11 | 0,8 | Rasul Dabo | | | | | 1h | | Caceres - Esp | 29-06 | |
| 14,14 | 1,7 | Rasul Dabo | | | | | 4 | | Heroville - Fra | 16-06 | |
| 14,20 | 1,4 | Rasul Dabo | | | | | 2h | | Salamanca - Esp | 04-06 | |
| 14,21 | 0,8 | João Fontela | | Juv. Vidigalense | | 07-08-91 | 2h | | Caceres - Esp | 29-06 | 14,24-12 |
| 14,22 | -1,2 | Rasul Dabo | | | | | 3h | IberoAm | Rio de Janeiro- Bra | 15-05 | |
| 14,25 | 0,7 | Rasul Dabo | | | | | 7 | IberoAm | Rio de Janeiro- Bra | 16-05 | |
| 14,27 | 0,3 | Rasul Dabo | | | | | 4 | TCCE | Mersin - Tur | 29-05 | |
| 14,31 | 1,6 | Rasul Dabo | | | | | 7h | Madrid | Madrid - Esp | 23-06 | |
| 14,31 | 0,8 | João Fontela | | | | | 2 | | Caceres - Esp | 29-06 | |
| 14,34 | 1,7 | Hélio Vaz | | CA Seia | | 01-05-91 | 1h | C. Port | Maia | 26-06 | 14,39-15 |
| 14,37 | 1,5 | Rasul Dabo | | | | | 4h | | Heroville - Fra | 16-06 | |
| 14,40 | 0,9 | João Fontela | | | | | 2rB | | Nivelles - Bel | 18-06 | |

| | | | | | | | | | | | |
|-------|------|-------------------|-----|------------------|-----|----------|-----|---------|------------------|-------|----------|
| 14,46 | 1,3 | Rasul Dabo | | | | | 6 | | Nivelles - Bel | 18-06 | |
| 14,48 | -3,3 | Rasul Dabo | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 14,52 | 1,2 | João Fontela | | | | | 5 | | Salamanca - Esp | 04-06 | |
| 14,59 | 0,8 | Hélio Vaz | | | | | 4 | | Caceres - Esp | 29-06 | |
| 14,59 | -3,3 | João Fontela | | | | | 2 | CNCI-1 | Setúbal | 17-07 | |
| 14,65 | -0,1 | João Fontela | | | | | 1s | CNCI-Ap | Fátima | 29-05 | |
| 14,70 | -3,3 | Hélio Vaz | | | | | 3 | CNCI-1 | Setúbal | 17-07 | |
| 14,71 | 1,7 | Rafael Correia | | Sporting CP | | 31-12-93 | 2h | C. Port | Maia | 26-06 | 14,84-15 |
| 14,72 | -2,1 | João Fontela | | | | | 3h | | Salamanca - Esp | 04-06 | |
| 14,74 | 1,5 | Rafael Correia | | | | | 1ex | | Fátima | 19-06 | |
| 14,76 | -0,1 | Hélio Vaz | | | | | 2s | CNCI-Ap | Fátima | 29-05 | |
| 14,80 | 1,4 | Hélio Vaz | | | | | 6h | | Salamanca - Esp | 04-06 | |
| 14,87 | 1,5 | Reinaldo Moniz | Jr | Juv. Ilha Verde | | 26-03-98 | 1 | | Ponta Delgada | 04-06 | 15,85-15 |
| 14,98 | 0,8 | Hélio Vaz | | | | | 3h | | Caceres - Esp | 29-06 | |
| 15,00 | 0,7 | Yvan Ribeiro | Jv | França | | 05-03-99 | 3 | | Sotteville - Fra | 22-05 | 15,50-15 |
| 15,00 | 0,8 | António Gomes | S23 | CA Seia | | 04-11-95 | 5 | | Caceres - Esp | 29-06 | 15,52-14 |
| 15,07 | -3,3 | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | 4 | CNCI-1 | Setúbal | 17-07 | 14,96-14 |
| 15,10 | 1,7 | Bruno Pinto | | Sporting CP | | 20-09-93 | 3h | C. Port | Maia | 26-06 | 16,02-15 |
| 15,12 | 0,5 | Brandon Silvestre | S23 | SL Benfica | | 28-03-95 | 1 | | Feignies - Fra | 08-05 | 15,10-14 |
| 15,12 | 1,7 | Rafael Oliveira | S23 | Sporting CP | | 06-06-96 | 4h | C. Port | Maia | 26-06 | 16,12-13 |
| 15,12 | -3,3 | Ricardo Lima | | SC Braga | | 02-01-85 | 5 | CNCI-1 | Setúbal | 17-07 | 14,64-04 |
| 15,35 | 1,1 | Tiago Boucela | | Grecas | | 09-02-92 | 1 | Noite | Maia | 15-06 | 15,26-14 |
| 15,35 | -3,0 | Edivaldo Monteiro | Vet | CDR Ribeirinho | | 28-04-76 | 1 | | Sobreda | 25-06 | 14,41-00 |
| 15,42 | 0,8 | Carlos Lopes | | GA Fátima | | 13-03-83 | 7 | | Caceres - Esp | 29-06 | 15,29-14 |
| 15,45 | 1,8 | Rodrigo Dionisio | | GD Estreito | | 25-06-85 | 1s | CNCI-Ap | Ribeira Brava | 29-05 | 14,56-09 |
| 15,58 | 1,7 | Mauro Fonseca | S23 | Sporting CP | STP | 02-02-95 | 5h | C. Port | Maia | 26-06 | |
| 15,66 | 0,5 | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | Dec | C. Port | Maia | 26-06 | 15,83-14 |
| 15,83 | 1,6 | Matias Damião | | Grã Bretanha | | 10-06-93 | 1 | | Cudworth - Gbr | 15-05 | 15,65-15 |
| 15,98 | -0,1 | Luís Fernandes | | Gira Sol | | 31-05-82 | 4s | CNCI-Ap | Fátima | 29-05 | 14,43-05 |
| 15,99 | 0,5 | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | Dec | C. Port | Maia | 26-06 | 15,81-15 |
| 16,03 | 1,1 | Joaquim Moreira | | NA Cucujães | | 30-01-93 | 2 | Noite | Maia | 15-06 | 16,18-15 |
| 16,05 | 0,0 | Isaac Lopes | | CA Seia | | 08-02-90 | 2 | CNU | Leiria | 07-05 | 15,75-14 |
| 16,07 | 1,8 | Ulisses Tavares | | ADR Água Pena | CPV | 18-10-92 | 2s | CNCI-Ap | Ribeira Brava | 29-05 | 16,66-15 |
| 16,49 | 0,4 | Fábio Martins | Jr | SC Braga | | 11-01-97 | 2s | CNCI-Ap | Viana do Castelo | 29-05 | |
| 16,56 | 0,9 | João Silva | Jv | AC Vermoil | | 05-02-99 | 1 | CNCI-3 | Vagos | 17-07 | 16,70-15 |
| 16,58 | -0,8 | Joaquim Cabral | | CO Pechão | | 17-04-88 | Dec | | Quarteira | 20-03 | 16,08-15 |
| 16,59 | -4,3 | André Silva | S23 | Esc. Movimento | | 18-07-94 | 6 | CNCI-2 | Setúbal | 17-07 | 16,35-13 |
| 16,68 | -4,3 | Filipe Guerreiro | Jr | CCSJ. Madeira | | 06-02-97 | 7 | CNCI-2 | Setúbal | 17-07 | |
| 16,69 | -1,2 | Tito Fernandes | Jv | ADR Água Pena | | 02-06-99 | 1 | | Ribeira Brava | 19-06 | |
| 16,85 | 1,1 | Paulo Ornelas | | GD Estreito | | 31-05-93 | Dec | | Ribeira Brava | 20-03 | 16,10-14 |
| 16,90 | -3,0 | Edjoy Almeida | Jr | GD Cavadas | | 20-05-97 | 2 | | Sobreda | 25-06 | |
| 16,92 | -0,1 | Carlos Santos | | CP Alcanena | | 10-05-86 | 6s | CNCI-Ap | Fátima | 29-05 | 15,10-12 |
| 16,99 | -1,0 | Pedro Lopes | S23 | AA Pinhalnove | | 01-04-96 | 2s | CNCI-Ap | Setúbal | 29-05 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|------------------|-----|-------------|-----|----------|----|----------|----------|-------|----------|
| 15,29 | 2,4 | Rodrigo Dionisio | | GD Estreito | | 25-06-85 | 3h | C. Port | Maia | 26-06 | 14,56-09 |
| 15,80 | 2,4 | Ruben Conchinho | S23 | Sporting CP | | 01-05-95 | 5h | C. Port | Maia | 26-06 | 15,85-15 |
| 14,96 | 3,8 | António Gomes | S23 | CA Seia | | 04-11-95 | 4 | C. Port | Maia | 26-06 | 15,52-14 |
| 15,02 | 3,8 | Bruno Pinto | | Sporting CP | | 20-09-93 | 5 | C. Port | Maia | 26-06 | 16,02-15 |
| 15,62 | 4,6 | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | 4 | Abrantes | Abrantes | 10-06 | 15,81-15 |
| 14,30 | 5,6 | Hélio Vaz | | CA Seia | | 01-05-91 | 1 | Abrantes | Abrantes | 10-06 | 14,39-15 |
| 14,56 | 5,6 | Rafael Correia | | Sporting CP | | 31-12-93 | 2 | Abrantes | Abrantes | 10-06 | 14,84-15 |
| 15,43 | 5,6 | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | 3 | Abrantes | Abrantes | 10-06 | 15,83-14 |

110 m B (1,00 m) – 15,00 – 17,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|---------------|-----|----------|-----|----------|----|-------|------------------|-------|-----------|
| 14,30 | 0,2 | Diogo Guerra | Jv | Maia AC | | 29-01-99 | 1 | CN Jr | Viseu | 10-07 | |
| 14,46 | -1,2 | Diogo Guerra | Jv | | | | 1 | | Viana do Castelo | 19-06 | |
| 14,60 | -1,2 | Fábio Martins | Jr | SC Braga | | 11-01-97 | 2 | | Viana do Castelo | 19-06 | 14,72w-15 |
| 14,69 | -0,6 | Diogo Guerra | Jv | | | | 1h | CN Jr | Viseu | 10-07 | |

| | | | | | | | | | | | |
|-------|------|---------------------|----|------------------|-----|----------|-----|---------|-----------------|-------|-----------|
| 14,80 | -1,8 | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | Dec | CN Jr | Viseu | 10-07 | 14,88-14 |
| 14,82 | 0,4 | Edson Gomes | Jr | SL Benfica | | 01-11-98 | 3h | | Bedford - Gbr | 19-06 | |
| 15,01 | -2,1 | Reinaldo Moniz | Jr | Juv. Ilha Verde | | 26-03-98 | Dec | | Ponta Delgada | 20-03 | 15,14-15 |
| 15,04 | 2,0 | Carlos Prino | Jr | GA Fátima | | 13-06-97 | 1 | | Fátima | 19-06 | 15,53-15 |
| 15,12 | 0,2 | Edjoy Almeida | Jr | GD Cavadas | | 20-05-97 | 3 | CN Jr | Viseu | 10-07 | 15,76-15 |
| 15,21 | 0,2 | João Silva | Jv | AC Vermoil | | 05-02-99 | 4 | CN Jr | Viseu | 10-07 | 15,45w-15 |
| 15,33 | 0,2 | José Matos | Jv | SC Abrantes | | 03-01-00 | 5 | CN Jr | Viseu | 10-07 | |
| 15,36 | 0,2 | André Prazeres | Jv | SL Benfica | | 23-05-99 | 6 | CN Jr | Viseu | 10-07 | |
| 15,58 | -1,5 | Armando Assembleia | Jv | Vit. Setúbal | | 14-02-99 | 1 | | Sobreda | 04-06 | |
| 15,71 | 0,0 | Tito Fernandes | Jv | ADR Água Pena | | 02-06-99 | 1 | | Ribeira Brava | 22-05 | |
| 15,92 | 0,2 | Jin Xin | Jr | Esc. Grão Vasco | CHN | 07-04-98 | 7ex | CN Jr | Viseu | 10-07 | 16,69-15 |
| 15,93 | 1,2 | Pedro Silva | Jv | Maia AC | | 21-06-99 | 1h | CN Jr | Viseu | 10-07 | |
| 16,27 | -1,8 | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | Dec | CN Jr | Viseu | 10-07 | |
| 16,38 | -1,4 | António Chaves | Jr | SL Benfica | | 07-01-98 | 6 | TCCE Jr | Castellon - Esp | 17-09 | |
| 16,45 | 0,2 | Miguel Marta | Jr | Grecas | | 12-02-98 | 4h | CN Jr | Viseu | 10-06 | 15,99-15 |
| 16,52 | 0,2 | David Neves | Jr | GA Fátima | | 07-05-98 | 5h | CN Jr | Viseu | 10-07 | |
| 16,79 | 0,6 | Tiago Tavares | Jr | GD Cavadas | | 20-07-98 | 1 | | Sobreda | 20-03 | |
| 16,84 | 0,4 | João Pinto | Jv | ADRE Palhaça | | 16-02-00 | 1 | | Aveiro | 18-06 | |
| 16,99 | 0,2 | Francisco Rodrigues | Jr | Juv. Vidigalense | | 10-05-97 | Dec | | Leiria | 31-07 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-----------------|-----|-------------|-----|----------|----|-------|-----------|-------|-----------|
| 16,78 | 2,3 | Ricardo Madeira | Jv | NDC Gouveia | | 02-11-99 | 1 | | Guarda | 15-05 | |
| 14,44 | 3,0 | Fábio Martins | Jr | SC Braga | | 11-01-97 | 1 | | Rio Maior | 05-06 | 14,72w-15 |
| 15,10 | 3,0 | João Silva | Jv | AC Vermoil | | 05-02-99 | 1 | | Rio Maior | 05-06 | 15,45w-15 |
| 15,14 | 3,0 | José Matos | Jv | SC Abrantes | | 03-01-00 | 2 | | Rio Maior | 05-06 | |

400 m B/H – 53,00 – 60,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-------------------|-----|-------------------|-----|----------|----|----------|------------------|-------|----------|
| 51,68 | | Ricardo Lima | | SC Braga | | 02-01-85 | 1 | C. Port | Maia | 26-06 | 50,44-07 |
| 52,01 | | Ricardo Lima | | | | | 4B | | Grenoble - Fra | 10-07 | |
| 52,05 | | Ricardo Lima | | | | | 1 | C. Norte | Maia | 23-07 | |
| 52,30 | | Ricardo Lima | | | | | 3s | | Tarare - Fra | 02-07 | |
| 52,55 | | Ricardo Lima | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 52,61 | | Ricardo Lima | | | | | 1 | | Maia | 04-06 | |
| 53,54 | | André Sá | S23 | SL Benfica | | 01-06-95 | 2 | C. Port | Maia | 26-06 | 53,56-14 |
| 53,98 | | Bruno Gualberto | | Juv. Vidigalense | | 01-08-88 | 1s | CNCI-Ap | Fátima | 29-05 | 51,14-09 |
| 53,99 | | Edgar Remédios | S23 | GA Fátima | | 05-05-94 | 2s | CNCI-Ap | Fátima | 29-05 | 52,82-15 |
| 54,12 | | António Rodrigues | | Sporting CP | | 25-09-88 | 1 | Guarda | Guarda | 08-07 | 52,09-06 |
| 54,30 | | Tiago Horta | S23 | Sporting CP | | 10-06-94 | 1 | | Lisboa - I | 24-07 | 54,41-15 |
| 54,84 | | Gracelino Barbosa | | ACR Sra. Desterro | CPV | 01-02-85 | 4 | CNCI-1 | Setúbal | 17-07 | 55,00-13 |
| 54,85 | | Ricardo Ribeiro | S23 | ACD Jardim Serra | | 21-02-95 | 1s | CNCI-Ap | Ribeira Brava | 29-05 | 56,24-13 |
| 55,21 | | Sérgio Silva | S23 | Juv. Ilha Verde | | 04-05-96 | 1 | CNCI-3 | Vagos | 17-07 | 54,47-15 |
| 55,38 | | Diogo Guerra | Jv | Maia AC | | 29-01-99 | 2s | CNCI-Ap | Viana do Castelo | 29-05 | |
| 55,70 | | Daniel Reis | S23 | Esc. Movimento | | 03-01-95 | 6 | C. Port | Maia | 26-06 | 56,66-14 |
| 55,77 | | Tomás Batista | | Esc. Movimento | | 21-12-92 | 2 | | Maia | 04-06 | 55,67-15 |
| 56,17 | | Marco Ribeiro | Jr | SL Benfica | | 08-11-97 | 4 | TCCE Jr | Castellon - Esp | 17-09 | 59,09-15 |
| 56,52 | | Davide Anselmo | | CA Seia | | 26-05-89 | 1s | CNCI-Ap | Fátima | 29-05 | |
| 56,80 | | Miguel Figueira | S23 | Gira Sol | | 26-07-95 | 3 | CNCI-2 | Setúbal | 17-07 | 55,82-15 |
| 56,86 | | Mauro Fonseca | S23 | Sporting CP | STP | 02-02-95 | 2 | | Lisboa - MP | 05-06 | 57,36-15 |
| 57,17 | | Edivaldo Monteiro | Vet | CDR Ribeirinho | | 28-04-76 | 1 | CN Vet | Lisboa - U | 10-07 | 49,10-04 |
| 57,24 | | Yuben Munary | Jv | SL Benfica | CPV | 25-09-99 | 2 | CN Jr | Viseu | 10-07 | |
| 57,34 | | Joaquim Moreira | | NA Cucujães | | 30-01-93 | 4 | CNCI-2 | Setúbal | 17-07 | 57,04-13 |
| 57,66 | | Gonçalo Rodrigo | S23 | Juv. Vidigalense | | 16-09-96 | 9 | C. Port | Maia | 26-06 | 57,22-14 |
| 57,79 | | Adam Ferreira | S23 | SL Benfica | | 10-05-96 | 2 | | Lisboa - I | 24-07 | |
| 57,81 | | Paulo Ornelas | | GD Estreito | | 31-05-93 | 1 | | Ribeira Brava | 19-06 | 57,33-13 |
| 57,87 | | Roberto Faria | | ACD Jardim Serra | | 19-12-91 | 2 | | Ribeira Brava | 19-06 | 59,72-15 |
| 57,91 | | André Rodrigues | Jr | Juv. Ilha Verde | | 20-05-97 | 1 | | Ponta Delgada | 04-06 | 58,90-15 |
| 58,02 | | João Teixeira | Jr | A 20Km Almeirim | | 16-09-98 | 1 | | Rio Maior | 05-06 | |
| 58,23 | | Romeu Gomes | Jr | CCSJ. Madeira | | 05-09-98 | 3 | CN Jr | Viseu | 10-07 | 57,93-15 |
| 58,35 | | Andre Gomes | Jr | AC Povia | | 21-01-98 | 2 | CNCI-3 | Vagos | 17-07 | 58,76-15 |

| | | | | | | | | | | | |
|-------|--|-----------------|-----|-----------------|-----|----------|----|----------|------------------|-------|----------|
| 58,48 | | Duarte Santos | Jr | SL Benfica | | 17-08-98 | 2 | | Lisboa - MP | 05-06 | |
| 58,70 | | Paulo Soares | Jv | GCA Donas | | 13-07-00 | 4 | CN Jr | Viseu | 10-07 | |
| 58,95 | | Viktor Zombori | Jr | CCD Ribeirão | | 08-01-98 | 1 | | Viana do Castelo | 18-06 | |
| 59,18 | | David Sénica | Jr | CA Seia | | 27-01-97 | 5 | F. Alves | Marinha Grande | 21-05 | |
| 59,34 | | Pedro Freitas | | CS Marítimo | | 10-05-89 | 3 | | Ribeira Brava | 19-06 | 59,12-06 |
| 59,35 | | Edjoy Almeida | Jr | GD Cavadas | | 20-05-97 | 1 | | Sobreda | 20-03 | 57,31-15 |
| 59,57 | | Ulisses Tavares | | ADR Água Pena | CPV | 18-10-92 | 3s | CNCI-Ap | Ribeira Brava | 29-05 | |
| 59,67 | | Marco Camara | Jv | Juv. Ilha Verde | | 17-01-00 | 7 | CN Jr | Viseu | 10-07 | |
| 59,77 | | Luís Rafael | Jr | GDP Chão Duro | | 04-06-97 | 2 | | Vendas Novas | 24-06 | |
| 59,92 | | David Ferreira | Jr | Pedro Pessoa EA | | 28-12-98 | 2 | | Sobreda | 20-03 | |
| 59,92 | | Juary Tavares | S23 | CCSJ. Madeira | STP | 09-11-94 | 1s | CNCI-Ap | Viana do Castelo | 29-05 | |

Altura / High Jump – 2.00 –1,83

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-------------------|-----|------------------|-------|----------|-----|------------|---------------------|-------|----------|
| 2,24 | i | Paulo Conceição | | SL Benfica | RNi | 29-12-93 | 1 | CNCI-1 | Pombal | 06-03 | 2,20-14 |
| 2,23 | | Paulo Conceição | | | | | 1 | | Salamanca - Esp | 04-06 | |
| 2,23 | | Paulo Conceição | | | | | 1 | SL Benfica | Lisboa - I | 12-06 | |
| 2,22 | | Paulo Conceição | | | | | 2 | TCCE | Mersin - Tur | 28-05 | |
| 2,20 | i | Paulo Conceição | | | | | 1 | T. Port | Pombal | 23-01 | |
| 2,20 | i | Paulo Conceição | | | | | 1 | C. Port | Pombal | 21-02 | |
| 2,20 | | Tiago Pereira | | SL Benfica | | 19-09-93 | 1 | Lisboa | Lisboa - I | 01-05 | 2,21-15 |
| 2,20 | | Paulo Conceição | | | | | 6 | | Zoetermeer - Hol | 22-06 | |
| 2,19 | i | Paulo Conceição | | | | | 1 | J. Soares | Lisboa - CAR | 10-02 | |
| 2,18 | | Paulo Conceição | | | | | 4 | | Herouville - Fra | 16-06 | |
| 2,17 | i | Paulo Conceição | | | RNi23 | | 1 | | V. R. Sto. António | 27-12 | |
| 2,17 | | Paulo Conceição | | | | | 1 | C. Port | Maia | 26-06 | |
| 2,17 | | Paulo Conceição | | | | | 2 | | Schiffange - Lux | 31-07 | |
| 2,16 | i | Paulo Conceição | | | | | 1 | CNU | Braga | 28-02 | |
| 2,16 | | Paulo Conceição | | | | | 2 | | Caceres - Esp | 29-06 | |
| 2,16 | | Tiago Pereira | | | | | 3 | | Caceres - Esp | 29-06 | |
| 2,15 | i | Paulo Conceição | | | | | 1 | Pombal | Pombal | 27-02 | |
| 2,15 | | Paulo Conceição | | | | | 6 | IberoAm | Rio de Janeiro- Bra | 16-05 | |
| 2,15 | | Tiago Pereira | | | | | 6 | IberoAm | Rio de Janeiro- Bra | 16-05 | |
| 2,15 | | Tiago Pereira | | | | | 1 | | Vagos | 21-05 | |
| 2,15 | | Tiago Pereira | | | | | 5 | SL Benfica | Lisboa - I | 12-06 | |
| 2,15 | | Paulo Conceição | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 2,14 | | Tiago Pereira | | | | | 2 | S. António | Lisboa - U | 19-06 | |
| 2,14 | | Tiago Pereira | | | | | 2 | C. Port | Maia | 26-06 | |
| 2,12 | i | Paulo Conceição | | | | | 1 | | Lisboa - CAR | 20-12 | |
| 2,12 | | Paulo Conceição | | | | | 1 | | Lisboa - MP | 30-01 | |
| 2,12 | | Tiago Pereira | | | | | 1 | | Maia | 04-06 | |
| 2,11 | i | Paulo Conceição | | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 2,10 | i | Paulo Conceição | | | | | 1 | A.Monteiro | Pombal | 13-02 | |
| 2,10 | | Paulo Conceição | | | | | 3 | S. António | Lisboa - U | 19-06 | |
| 2,10 | | Tiago Pereira | | | | | 2 | | Palência - Esp | 09-07 | |
| 2,08 | i | Paulo Conceição | | | | | 1 | M. Pereira | Lisboa - CAR | 09-01 | |
| 2,08 | i | Tiago Boucela | | Grecas | | 09-02-92 | 1s | CNCI-Ap | Pombal | 06-02 | 2,12i-14 |
| 2,07 | | Paulo Conceição | | | | | 3 | | Palência - Esp | 09-07 | |
| 2,06 | i | Victor Korst | S23 | SL Benfica | | 21-10-96 | 2 | | Lisboa - CAR | 20-12 | 2,20-15 |
| 2,05 | i | Tiago Boucela | | | | | Hep | C. Port | Pombal | 20-02 | |
| 2,05 | | Nelson Pinto | Jr | CA Seia | | 24-12-98 | 3 | C. Port | Maia | 26-06 | 1,96-15 |
| 2,04 | i | Tiago Boucela | | | | | Hep | C. Norte | Braga | 26-12 | |
| 2,04 | i | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | Hep | CN Jr | Braga | 13-02 | 2,01-14 |
| 2,04 | | Nelson Pinto | Jr | | | | 1 | CN Jr | Viseu | 10-07 | |
| 2,03 | i | Roman Guliy | Vet | Sporting CP | | 07-04-79 | 3 | CNCI-1 | Pombal | 06-03 | 2,21-99 |
| 2,03 | i | Tiago Boucela | | | | | 2 | CNCI-1 | Pombal | 06-03 | |
| 2,03 | | Tiago Boucela | | | | | 1 | | Vagos | 05-06 | |
| 2,03 | | Roman Guliy | Vet | | | | 2 | CNCI-1 | Setúbal | 17-07 | |
| 2,02 | i | Roman Guliy | Vet | | | | 2s | CNCI-Ap | Pombal | 06-02 | |
| 2,02 | i | Paulo Neto | Jr | | | | Hep | | Salamanca - Esp | 20-02 | |
| 2,02 | | Francisco Barreto | S23 | CAS Manique | | 31-08-96 | 4 | C. Port | Maia | 26-06 | 2,06-14 |

| | | | | | | | | | | | |
|------|---|-------------------|-----|-------------------|-----|----------|-----|------------|----------------|-------|---------------|
| 2,02 | | Stephane Varela | | Sporting CP | CPV | 30-09-90 | 5ex | C. Port | Maia | 26-06 | 1,98i-13 |
| 2,01 | i | Tiago Boucela | | | | | 1 | | Braga | 19-12 | |
| 2,01 | | Tiago Boucela | | | | | 1s | CNCI-Ap | Fátima | 29-05 | |
| 2,01 | | Carlos Gomes | Jr | SC Braga | | 17-03-97 | 2 | CN Jr | Viseu | 10-07 | 2,03-15 |
| 2,01 | | Nelson Pinto | Jr | | | | 3 | CNCI-1 | Setúbal | 17-07 | |
| 2,01 | | Rodrigo Dionisio | | GD Estreito | | 25-06-85 | 3 | CNCI-1 | Setúbal | 17-07 | 2,07-04/10 |
| 2,00 | i | Marcos Maio | Jr | AD Affense | | 07-01-97 | 2 | M. Pereira | Lisboa - CAR | 09-01 | 2,07-15 |
| 2,00 | i | Carlos Gomes | Jr | | | | 1 | C. Norte | Braga | 16-01 | |
| 2,00 | i | Samuel Remédios | | SL Benfica | | 24-02-92 | Hep | | Pombal | 16-01 | 1,98-14 |
| 2,00 | i | Victor Korst | S23 | | | | 2 | C. Port | Pombal | 21-02 | |
| 2,00 | | Roman Guliy | Vet | | | | 1ex | | Lisboa - MP | 05-06 | |
| 1,99 | | Wilson Vieira | | ACR Sra. Desterro | | 15-05-91 | 5 | CNCI-1 | Setúbal | 17-07 | 2,05i-14 |
| 1,98 | i | Ricardo Mendes | S23 | Juv. Vidigalense | | 30-05-94 | 2s | CNCI-Ap | Pombal | 07-02 | 2,08i-14 |
| 1,98 | i | Oscar Vilaça | | Esc Movimento | | 08-02-92 | 1 | CNCI-2 | Pombal | 06-03 | 2,01-11/12/14 |
| 1,97 | | Tiago Martins | Jr | NA Cucujães | | 05-03-97 | 2 | | Vagos | 21-05 | 1,96i-15 |
| 1,97 | | Denys Vatamanyuk | S23 | C Bf. Faro | | 15-10-96 | 1 | CNCI-3 | Vagos | 17-07 | 2,01-15 |
| 1,97 | | Filipe Guerreiro | Jr | CCSJ. Madeira | | 06-02-97 | 3 | CNCI-2 | Setúbal | 17-07 | 2,03-15 |
| 1,96 | | Ailton Fernandes | Jv | SL Benfica | | 13-05-99 | 1 | | Lisboa - I | 29-04 | |
| 1,96 | | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 1ex | | Faro | 11-06 | 1,95i-15 |
| 1,96 | | Filipe Grilate | | CF Belenenses | | 28-12-91 | 1 | | Lisboa - I | 24-07 | 1,96-12 |
| 1,96 | | Pedro Fernandes | S23 | Juv. Vidigalense | | 03-10-96 | ex | | Lisboa - I | 24-07 | 2,04-15 |
| 1,94 | | Simão Pereira | Jv | GCA Donas | | 16-10-00 | 1 | | Castelo Branco | 12-12 | 1,86-15 |
| 1,94 | i | Cláudio Freixo | | CAS Manique | | 04-07-91 | 4s | CNCI-Ap | Pombal | 06-02 | 2,03-14 |
| 1,94 | i | Carlos Serrano | Jr | Gira Sol | | 18-09-97 | 4 | CN Jr | Braga | 14-02 | 1,93-15 |
| 1,94 | | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 3s | CNCI-Ap | Fátima | 29-05 | 1,92i-14 |
| 1,94 | | André Leite | Jv | CDC Navais | | 21-08-99 | 2 | CNCI-3 | Vagos | 17-07 | 1,86-15 |
| 1,94 | | Rafael Vilas Boas | S23 | SC Braga | | 01-02-95 | 1 | C. Norte | Maia | 23-07 | 2,02-12/13 |
| 1,93 | i | Erico Sequeira | S23 | França | | 23-12-95 | 1 | | Lyon - Fra | 03-01 | 1,96-15 |
| 1,93 | | Edson Gomes | Jr | SL Benfica | | 01-11-98 | 2 | | Lisboa - I | 13-07 | |
| 1,92 | | Alexandre Lucas | S23 | CA Mar. Grande | | 09-02-95 | 1 | | Pombal | 11-06 | 1,94i-14 |
| 1,91 | | Rodrigo Toste | S23 | Juv. Ilha Verde | | 21-06-96 | 1 | | Ponta Delgada | 04-06 | 1,90-15 |
| 1,90 | i | Diogo Guerra | Jv | Maia AC | | 29-01-99 | TT | | Lisboa - CAR | 27-02 | 1,83-15 |
| 1,90 | | Yuben Munary | Jv | SL Benfica | CPV | 25-09-99 | 2 | | Lisboa - MP | 29-05 | |
| 1,89 | | António Chaves | Jr | SL Benfica | | 07-01-98 | 3 | | Lisboa - MP | 05-06 | 1,91-15 |
| 1,88 | | João Bento | | ACR Sra. Desterro | | 28-08-92 | Hep | | Vagos | 02-01 | 1,95-14 |
| 1,88 | | Rafael Ferreira | Jv | A 20Km Almeirim | | 21-10-99 | 2 | OJ | Abrantes | 12-06 | |
| 1,88 | | Sandro Gonçalves | Jv | CD Póvoa | | 15-05-99 | 3 | OJ | Abrantes | 12-06 | 1,83-15 |
| 1,88 | | Tomás Ferreira | Jv | ACRD Escapães | | 10-09-00 | 4 | OJ | Abrantes | 12-06 | |
| 1,87 | i | Ivan Santos | S23 | AD Novas Luzes | | 12-04-94 | PT | | Lisboa - CAR | 16-01 | 1,95-15 |
| 1,87 | i | Joel Pereira | S23 | SL Benfica | | 14-02-95 | Hep | C. Port | Pombal | 20-02 | 1,90i-14 |
| 1,87 | i | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | Hep | C. Port | Pombal | 20-02 | |
| 1,85 | i | João Duarte | S23 | Maia AC | | 13-09-96 | 3 | CNU | Braga | 28-02 | 1,89-15 |
| 1,85 | | Danilo Almeida | S23 | SL Benfica | | 02-12-96 | 5 | Lisboa | Lisboa - I | 01-05 | 1,90-15 |
| 1,85 | | Filipe Guedes | Jv | CD Quarteira | | 03-07-99 | 3 | CN Jv | Lagoa | 03-07 | |
| 1,83 | | Rodrigo Capeloa | Jv | Grecas | | 16-01-99 | Dec | CN Jv | Lagoa | 02-07 | |
| 1,83 | | Carlos Prino | Jr | GA Fátima | | 13-06-97 | Dec | | Leiria | 30-07 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|------------------|-----|----------|----|-------------|------------------|-------|---------------|
| 1,97 | | Oscar Vilaça | | Esc Movimento | | 08-02-92 | 2s | A. Monteiro | Viana do Castelo | 29-05 | 2,01-11/12/14 |
| 1,97 | | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | 2s | CNCI-Ap | Ribeira Brava | 29-05 | 2,01-14 |
| 1,95 | | Marcos Maio | Jr | AD Affense | | 07-01-97 | 9 | C. Port | Maia | 26-06 | 2,07-15 |
| 1,94 | | Carlos Serrano | Jr | Gira Sol | | 18-09-97 | 4 | CNCI-2 | Setúbal | 17-07 | 1,93-15 |
| 1,85 | | Cláudio Freixo | | CAS Manique | | 04-07-91 | 2 | | Lisboa - MP | 30-01 | 2,03-14 |
| 1,85 | | Ricardo Mendes | S23 | Juv. Vidigalense | | 30-05-94 | 2 | F. Alves | Marinha Grande | 21-05 | 2,08i-14 |
| 1,85 | | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | 4s | CNCI-Ap | Viana do Castelo | 29-05 | |
| 1,85 | | João Duarte | S23 | Maia AC | | 13-09-96 | 4 | C. Norte | Maia | 23-07 | 1,89-15 |

Vara / Pole Vault – 4,70 – 3,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|-------------|------|----------|-----|------------|------------------|-------|------------|
| 5,55 | | Diogo Ferreira | | SL Benfica | | 30-07-90 | 1 | | Fátima | 19-05 | 5,67-14 |
| 5,55 | | Diogo Ferreira | | | | | 1 | TCCE | Mersin - Tur | 29-05 | |
| 5,55 | | Diogo Ferreira | | | | | 3 | | Silandro - Ita | 22-07 | |
| 5,53 | i | Diogo Ferreira | | | | | 2 | | Madrid - Esp | 26-02 | |
| 5,50 | i | Diogo Ferreira | | | | | 1 | J. Soares | Lisboa - CAR | 10-02 | |
| 5,50 | i | Edi Maia | | SL Benfica | | 10-11-87 | 1 | C. Port | Pombal | 20-02 | 5,70-13/14 |
| 5,50 | | Edi Maia | | | | | 1 | | Pombal (rua) | 04-06 | |
| 5,50 | | Diogo Ferreira | | | | | 1= | Madrid | Madrid - Esp | 23-06 | |
| 5,50 | | Diogo Ferreira | | | | | 1 | | Fátima | 02-07 | |
| 5,50 | | Diogo Ferreira | | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 5,46 | | Icaro Miranda | S23 | SL Benfica | RN23 | 13-12-94 | 1 | | Setúbal | 23-06 | 5,30-15 |
| 5,45 | i | Diogo Ferreira | | | | | 1 | | Nastola - Fin | 09-01 | |
| 5,45 | i | Diogo Ferreira | | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 5,45 | i | Diogo Ferreira | | | | | 2 | C. Port | Pombal | 20-02 | |
| 5,45 | | Diogo Ferreira | | | | | 2 | S. António | Lisboa - U | 19-06 | |
| 5,45 | | Edi Maia | | | | | 1 | S. António | Lisboa - U | 19-06 | |
| 5,40 | i | Diogo Ferreira | | | | | 2 | | Lisboa - CAR | 20-12 | |
| 5,40 | i | Diogo Ferreira | | | | | 1 | A.Monteiro | Pombal | 13-02 | |
| 5,40 | i | Edi Maia | | | | | 2 | A.Monteiro | Pombal | 13-02 | |
| 5,40 | i | Diogo Ferreira | | | | | 1 | CNCI-1 | Pombal | 05-03 | |
| 5,40 | i | Diogo Ferreira | | | | | 1 | | Lisboa - CAR | 21-05 | |
| 5,40 | | Diogo Ferreira | | | | | 2 | | Barcelona - Esp | 10-07 | |
| 5,35 | | Diogo Ferreira | | | | | 19q | C. Europa | Amesterdão - Hol | 06-07 | |
| 5,30 | i | Edi Maia | | | | | 1 | T. Port | Pombal | 23-01 | |
| 5,30 | i | Icaro Miranda | S23 | | | | 2 | T. Port | Pombal | 23-01 | |
| 5,30 | | Diogo Ferreira | | | | | 2 | | Pombal (rua) | 04-06 | |
| 5,30 | | Edi Maia | | | | | 3 | | Fátima | 02-07 | |
| 5,30 | | Icaro Miranda | S23 | | | | 2 | | Fátima | 02-07 | |
| 5,25 | i | Edi Maia | | | | | 1 | | Lisboa - CAR | 30-01 | |
| 5,25 | | Edi Maia | | | | | 3 | | Fátima | 19-05 | |
| 5,25 | | Icaro Miranda | S23 | | | | 3 | | Fátima | 19-05 | |
| 5,25 | | Edi Maia | | | | | 2 | | Setúbal | 23-06 | |
| 5,25 | | Diogo Ferreira | | | | | 1 | C. Port | Maia | 25-06 | |
| 5,20 | i | Edi Maia | | | | | 3 | | Nastola - Fin | 09-01 | |
| 5,20 | i | Diogo Ferreira | | | | | 1 | Gromicho | Lisboa - CAR | 02-02 | |
| 5,20 | i | Icaro Miranda | S23 | | | | 1 | | Pombal | 12-03 | |
| 5,20 | | Edi Maia | | | | | 1 | V. Tavares | Faro | 15-06 | |
| 5,20 | | Diogo Ferreira | | | | | 2 | | Barcelona - Esp | 09-07 | |
| 5,15 | i | Diogo Ferreira | | | | | 2 | | Lisboa - CAR | 30-01 | |
| 5,15 | i | Icaro Miranda | S23 | | | | 3 | C. Port | Pombal | 20-02 | |
| 5,15 | i | Icaro Miranda | S23 | | | | 1 | Pombal | Pombal | 27-02 | |
| 5,10 | i | Icaro Miranda | S23 | | | | 4 | | Lisboa - CAR | 20-12 | |
| 5,10 | | Diogo Ferreira | | | | | 1 | | Lisboa - N2 | 14-05 | |
| 5,10 | i | Edi Maia | | | | | 8 | | Lisboa - CAR | 21-05 | |
| 5,05 | i | Icaro Miranda | S23 | | | | 10 | | Nastola - Fin | 09-01 | |
| 5,05 | i | Ruben Miranda | | Sporting CP | | 10-06-93 | 1s | CNCI-Ap | Pombal | 06-02 | 5,45-13/15 |
| 5,05 | i | Ruben Miranda | | | | | 2 | CNCI-1 | Pombal | 05-03 | |
| 5,05 | | Edi Maia | | | | | 2 | C. Port | Maia | 25-06 | |
| 5,00 | i | Edi Maia | | | | | 10 | | Merzig - Ale | 16-01 | |
| 5,00 | i | Icaro Miranda | S23 | | | | 2 | Gromicho | Lisboa - CAR | 02-02 | |
| 5,00 | i | Icaro Miranda | S23 | | | | 3 | A.Monteiro | Pombal | 13-02 | |
| 5,00 | | Edi Maia | | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 5,00 | | Edi Maia | | | | | 2 | | Lisboa - N2 | 14-05 | |
| 5,00 | | Ruben Miranda | | | | | 1s | CNCI-Ap | Setúbal | 28-05 | |
| 5,00 | | Edi Maia | | | | | 3 | SL Benfica | Lisboa - I | 12-06 | |
| 5,00 | | Icaro Miranda | S23 | | | | 2 | SL Benfica | Lisboa - I | 12-06 | |
| 5,00 | | Icaro Miranda | S23 | | | | 2 | V. Tavares | Faro | 15-06 | |
| 4,96 | | Icaro Miranda | S23 | | | | 4 | Med S23 | Tunis - Tun | 05-06 | |
| 4,95 | i | Samuel Remédios | | SL Benfica | | 24-02-92 | Hep | | Pombal | 17-01 | 5,00-15 |

| | | | | | | | | | | | |
|------|---|---------------------|-----|-------------------|-----|----------|--------|------------|------------------|-------|------------|
| 4,95 | i | Edi Maia | | | | 2 | Pombal | Pombal | 27-02 | | |
| 4,90 | | Andreas Gjasdal | S23 | Noruega | | 22-11-95 | 2 | | Bruxelas - Bel | 19-06 | 4,80i-15 |
| 4,85 | i | Icaro Miranda | S23 | | | | 3 | | Lisboa - CAR | 30-01 | |
| 4,85 | i | Samuel Remédios | | | | | Hep | C. Port | Pombal | 21-02 | |
| 4,85 | | Icaro Miranda | S23 | | | | 1 | | Lisboa - I | 23-07 | |
| 4,80 | i | Andreas Gjasdal | S23 | | | | 4 | | Baerum - Nor | 06-03 | |
| 4,80 | | Icaro Miranda | S23 | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 4,80 | | Diogo Ferreira | | | | | 3 | V. Tavares | Faro | 15-06 | |
| 4,80 | | Icaro Miranda | S23 | | | | 3 | S. António | Lisboa - U | 19-06 | |
| 4,80 | | Icaro Miranda | S23 | | | | 3 | C. Port | Maia | 25-06 | |
| 4,65 | i | Gonçalo Lopes | | CA Seia | | 14-03-88 | 3 | T. Port | Pombal | 23-01 | 4,64-15 |
| 4,60 | i | António Magro | S23 | SL Benfica | | 13-01-96 | 6 | | Lisboa - CAR | 20-12 | 4,70-15 |
| 4,55 | i | Filipe Corceiro | Jr | SL Benfica | | 10-05-98 | 1 | CN Jr | Braga | 13-02 | 4,55-15 |
| 4,50 | i | Duarte Eusébio | Jr | Juv. Vidigalense | | 06-08-97 | Hep | CN Jr | Braga | 14-02 | 4,35-15 |
| 4,50 | i | Helder Fernandes | Vet | ACD Jardim Serra | | 02-03-77 | 3 | CNCI-1 | Pombal | 05-03 | 5,00-01 |
| 4,50 | | Tomas Marreiros | Jr | AC Vermoil | | 20-04-98 | 1s | CNCI-Ap | Fátima | 28-05 | 4,36-15 |
| 4,38 | | Rui Marques | Jr | GAU Bajouca | | 16-01-98 | 2 | CN Jr | Viseu | 09-07 | 4,70-15 |
| 4,30 | i | Pedro Soares | | GD Estreito | | 19-06-93 | 2s | CNCI-Ap | Pombal | 06-02 | 4,80i-15 |
| 4,25 | i | Emerson Évora | | CCSJ. Madeira | GBS | 30-04-93 | 5ex | | Lisboa - CAR | 30-01 | 4,20-14 |
| 4,25 | i | Gonçalo Uva | Jr | Sporting CP | | 30-04-98 | 3 | CN Jr | Braga | 13-02 | 4,48-15 |
| 4,25 | | Celso Almeida | | Grecas | | 21-11-93 | 1 | Guarda | Guarda | 08-07 | 4,24-15 |
| 4,25 | | André Silva | | C Bf. Faro | | 27-01-91 | 1 | CNCI-3 | Vagos | 16-07 | 4,40-12/14 |
| 4,20 | i | Manuel Dias | Jv | UFC Tomar | | 28-02-99 | Hep | POR/ESP | Salamanca - Esp | 21-02 | 3,80-15 |
| 4,10 | | Samuel Leal | | NA Cucujães | | 12-09-92 | 1 | | Vagos | 04-06 | 4,15i-14 |
| 4,06 | | Filipe Lara Ramos | Vet | SC Braga | | 10-09-78 | 5 | CNCI-1 | Setúbal | 16-07 | 5,00-98 |
| 4,06 | | Gonçalo Pacheco | Vet | Gira Sol | | 17-02-78 | 2 | CNCI-2 | Setúbal | 16-07 | 4,60-05 |
| 4,05 | i | Alexandre Gameiro | | GCA Donas | | 04-05-92 | Hep | | Pombal | 17-01 | 4,30i-14 |
| 4,00 | i | Ivan Santos | S23 | AD Novas Luzes | | 12-04-94 | 1 | M. Pereira | Lisboa - CAR | 09-01 | 4,20i-15 |
| 4,00 | i | Vitor Hugo Pereira | Jv | Luxemburgo | | 99 | 3 | | Coque - Lux | 23-01 | 4,00i-15 |
| 4,00 | i | Diogo Costa | | Esc Movimento | | 12-01-93 | 2s | CNCI-Ap | Braga | 06-02 | 4,46-14 |
| 4,00 | | Joel Pereira | S23 | SL Benfica | | 14-02-95 | 3 | | Lisboa - N2 | 14-05 | 3,65i-14 |
| 3,92 | | Pedro Gomes | Jr | GD Cavadas | | 20-03-97 | 6 | CN Jr | Viseu | 09-07 | |
| 3,82 | | André F. Santos | | OC Lagos | | 04-04-91 | 3s | CNCI-Ap | Setúbal | 28-05 | 4,20i-11 |
| 3,82 | | Gilberto Carvalho | | AC Póvoa Varzim | | 14-01-93 | 3 | CNCI-3 | Vagos | 16-07 | 3,50-15 |
| 3,80 | | George Silva | Vet | Individual - Lei | | 05-01-76 | 2 | | Pombal | 11-06 | 4,30-99 |
| 3,80 | | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | Dec | CN Jr | Viseu | 10-07 | |
| 3,80 | | Francisco Rodrigues | Jr | Juv. Vidigalense | | 10-05-97 | Dec | | Leiria | 31-07 | 3,70-15 |
| 3,76 | | Filipe Almeida | Jv | Esc. Movimento | | 22-05-00 | 2 | CN Jv | Lagoa | 02-07 | |
| 3,75 | | André Rangel | Jv | AA Pinhalnovense | | 23-03-00 | 1 | | Sobreda | 04-06 | |
| 3,75 | | Tiago F. Silva | S23 | AA Pinhalnovense | | 31-05-94 | ex | | Sobreda | 04-06 | 3,90-13/14 |
| 3,70 | | Carlos Prino | Jr | GA Fátima | | 13-06-97 | Dec | | Leiria | 31-07 | |
| 3,65 | i | Tiago Boucela | | Grecas | | 09-02-92 | 2ex | C. Norte | Braga | 17-01 | 3,55-15 |
| 3,65 | i | Daniel Coelho | S23 | GD Cavadas | | 30-09-96 | Hep | C. Port | Pombal | 21-02 | 3,90-14 |
| 3,65 | | João Pereira | Jr | SL Benfica | | 21-12-98 | 1ex | | Lisboa - MP | 25-06 | |
| 3,65 | | André Oliveira | Jv | Sporting CP | | 22-01-00 | 9 | CN Jr | Viseu | 09-07 | 3,70-15 |
| 3,60 | i | Miguel Lopes | Jr | Juv. Vidigalense | | 19-03-97 | 9 | C. Port | Pombal | 20-02 | 4,20i-15 |
| 3,60 | | Stelvio Lemos | S23 | Grã Bretanha | | 03-07-95 | 8 | | Baginstoke - Gbr | 10-07 | 4,40-15 |
| 3,60 | | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | Dec | | Leiria | 31-07 | |
| 3,55 | i | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | Hep | C. Port | Pombal | 21-02 | 3,50i-15 |
| 3,55 | | Luís Silva | Vet | ACR Sra. Desterro | | 26-05-80 | 8 | CNCI-1 | Setúbal | 16-07 | 4,70-00 |
| 3,50 | i | Eduardo Valério | S23 | SL Benfica | | 07-02-96 | 9 | | Lisboa - CAR | 20-12 | 3,70i-15 |
| 3,50 | | Milton Ferreira | Jr | ADR Água Pena | | 24-09-98 | 2 | | Ribeira Brava | 13-05 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------|-----|------------------|-----|----------|-----|---------|-----------------|-------|----------|
| 4,40 | | Helder Fernandes | Vet | ACD Jardim Serra | | 02-03-77 | 1 | | Ribeira Brava | 18-06 | 5,00-01 |
| 4,40 | | Filipe Corceiro | Jr | SL Benfica | | 10-05-98 | 5 | TCCE Jr | Castellon - Esp | 17-09 | 4,55-15 |
| 4,30 | | Gonçalo Lopes | | CA Seia | | 14-03-88 | 3 | CNCI-1 | Setúbal | 16-07 | 4,64-15 |
| 4,25 | | Gonçalo Uva | Jr | Sporting CP | | 30-04-98 | 4 | | Pombal (rua) | 04-06 | 4,48-15 |
| 4,20 | | Manuel Dias | Jv | UFC Tomar | | 28-02-99 | Dec | | Abrantes | 22-05 | 3,80-15 |
| 4,20 | | Pedro Soares | | GD Estreito | | 19-06-93 | 2 | | Ribeira Brava | 18-06 | 4,80i-15 |
| 4,06 | | Duarte Eusébio | Jr | Juv. Vidigalense | | 06-08-97 | 5 | CNCI-1 | Setúbal | 16-07 | 4,35-15 |

| | | | | | | | | | | | |
|------|--|--------------------|-----|---------------|--|----------|----|---------|------------------|-------|----------|
| 3,94 | | Diogo Costa | | Esc Movimento | | 12-01-93 | 2s | CNCI-Ap | Viana do Castelo | 28-05 | 4,46-14 |
| 3,80 | | Alexandre Gameiro | | GCA Donas | | 04-05-92 | 1 | | Castelo Branco | 12-12 | 4,30i-14 |
| 3,80 | | Vitor Hugo Pereira | Jv | Luxemburgo | | 99 | 2 | | Grevenmacher-Lux | 07-05 | 4,00i-15 |
| 3,60 | | Daniel Coelho | S23 | GD Cavadas | | 30-09-96 | 1 | | Sobreda | 30-01 | 3,90-14 |
| 3,55 | | Tiago Boucela | | Grecas | | 09-02-92 | 3 | Aveiro | Aveiro | 10-06 | 3,55-15 |

Comprimento / Long Jump – 7,20 – 6,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|-----------------------|-----|-------------------|-----|----------|-----|------------|---------------------|-------|----------|
| 7,85 | 0,6 | Marcos Chuva | | SL Benfica | | 08-08-89 | 1 | S. António | Lisboa - U | 19-06 | 8,34-11 |
| 7,81 | 0,8 | Marcos Chuva | | | | | 2 | SL Benfica | Lisboa - I | 12-06 | |
| 7,78 | 1,0 | Bruno Costa | | SL Benfica | | 03-05-92 | 1 | | Lisboa - I | 23-07 | 7,71i-14 |
| 7,76 | i | Marcos Chuva | | | | | 1 | Pombal | Pombal | 27-02 | |
| 7,76 | i | Marcos Chuva | | | | | 1 | CNCI-1 | Pombal | 05-03 | |
| 7,75 | 1,3 | Nelson Évora | | SL Benfica | | 20-04-84 | 1 | C. Port | Maia | 26-06 | 8,10-07 |
| 7,72 | i | Marcos Chuva | | | | | 1 | C. Port | Pombal | 20-02 | |
| 7,66 | 1,3 | Nelson Évora | | | | | 4 | SL Benfica | Lisboa - I | 12-06 | |
| 7,65 | i | Marcos Chuva | | | | | 1 | T. Port | Pombal | 23-01 | |
| 7,64 | 0,2 | Marcos Chuva | | | | | 4 | IberoAm | Rio de Janeiro- Bra | 15-05 | |
| 7,62 | 1,0 | Marcos Chuva | | | | | 1 | | Maia | 04-06 | |
| 7,58 | 1,3 | Bruno Costa | | | | | 3 | C. Port | Maia | 26-06 | |
| 7,57 | i | Marcos Chuva | | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 7,57 | 1,9 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 1 | Lisboa | Lisboa - I | 01-05 | 7,36i-15 |
| 7,55 | 1,6 | Carlos Veiga | | Sporting CP | | 22-02-89 | 1 | | Lisboa - MP | 14-05 | 7,39-10 |
| 7,55 | 0,6 | Miguel Marques | S23 | | | | 1 | F. Alves | Marinha Grande | 21-05 | |
| 7,54 | i | Bruno Costa | | | | | 2 | Pombal | Pombal | 27-02 | |
| 7,53 | 0,2 | Marcos Caldeira | | SL Benfica | | 27-02-88 | 5 | SL Benfica | Lisboa - I | 12-06 | 7,83-12 |
| 7,52 | 1,3 | Marcos Caldeira | | | | | 2 | | Maia | 04-06 | |
| 7,51 | 1,2 | Marcos Caldeira | | | | | 2 | S. António | Lisboa - U | 19-06 | |
| 7,50 | i | Miguel Marques | S23 | | | | 2 | CNCI-1 | Pombal | 05-03 | |
| 7,50 | 1,8 | Gui Boissy | | Sporting CP | SEN | 22-02-89 | 2 | | Lisboa - MP | 14-05 | 7,69-11 |
| 7,47 | i | Bruno Costa | | | | | 2 | C. Port | Pombal | 20-02 | |
| 7,45 | i | Gui Boissy | | | SEN | | 3ex | C. Port | Pombal | 20-02 | |
| 7,43 | 1,3 | Marcos Caldeira | | | | | 5 | C. Port | Maia | 26-06 | |
| 7,42 | -0,9 | Marcos Chuva | | | | | 4 | TCCE | Mersin - Tur | 28-05 | |
| 7,40 | 0,3 | Miguel Marques | S23 | | | | 6 | Med S23 | Tunis - Tun | 04-06 | |
| 7,39 | i | Gui Boissy | | | SEN | | 3 | CNCI-1 | Pombal | 05-03 | |
| 7,38 | i | Miguel Marques | S23 | | | | 3 | C. Port | Pombal | 20-02 | |
| 7,38 | 1,3 | Gui Boissy | | | SEN | | 1 | | Vagos | 21-05 | |
| 7,37 | i | Samuel Remédios | | SL Benfica | | 24-02-92 | Hep | C. Port | Pombal | 20-02 | 7,42-14 |
| 7,36 | 0,3 | Gui Boissy | | | SEN | | 1 | | Palência - Esp | 09-07 | |
| 7,35 | i | Gui Boissy | | | SEN | | 1 | Gromicho | Lisboa - CAR | 02-02 | |
| 7,34 | i | Carlos Veiga | | | | | 2 | Gromicho | Lisboa - CAR | 02-02 | |
| 7,34 | i | Miguel Marques | S23 | | | | 2s | CNCI-Ap | Pombal | 07-02 | |
| 7,34 | i | Miguel Marques | S23 | | | | 3 | Pombal | Pombal | 27-02 | |
| 7,33 | i | Oleksandr Lyashchenko | Jr | Sporting CP | | 18-01-97 | 4 | C. Port | Pombal | 20-02 | 7,48-15 |
| 7,33 | i | Marcos Caldeira | | | | | 4 | Pombal | Pombal | 27-02 | |
| 7,33 | 1,9 | Bruno Costa | | | | | 1 | Guarda | Guarda | 08-07 | |
| 7,33 | 1,6 | Bruno Costa | | | | | 2 | | Palência - Esp | 09-07 | |
| 7,32 | -0,3 | Bruno Costa | | | | | 8 | FBKG | Hengelo - Hol | 22-05 | |
| 7,32 | 2,0 | Yuben Munary | Jv | SL Benfica | CPV | 25-09-99 | 1 | CN Jv | Lagoa | 02-07 | |
| 7,31 | 0,9 | Bruno Costa | | | | | 1 | | Caceres - Esp | 29-06 | |
| 7,30 | i | Carlos Veiga | | | | | 1 | M. Pereira | Lisboa - CAR | 09-01 | |
| 7,29 | 1,8 | Oleksandr Lyashchenko | Jr | | | | 1ex | CNU | Leiria | 07-05 | |
| 7,28 | -0,2 | Gui Boissy | | | SEN | 22-02-89 | 1 | | Lisboa - MP | 31-01 | |
| 7,27 | i | Valter Pinto | | SC Braga | | 19-01-93 | 2 | T. Port | Pombal | 23-01 | 7,29-15 |
| 7,27 | i | Samuel Remédios | | | | | Hep | | Reims - Fra | 30-01 | |
| 7,27 | 0,0 | Bruno Costa | | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 7,24 | i | Oleksandr Lyashchenko | Jr | | | | 3 | T. Port | Pombal | 23-01 | |
| 7,24 | 1,4 | Marcos Caldeira | | | | | 2 | Lisboa | Lisboa - I | 01-05 | |
| 7,23 | 1,0 | Oleksandr Lyashchenko | Jr | | | | 1ex | | Pombal | 11-06 | |
| 7,21 | i | Sérgio Silva | | ACR Sra. Desterro | | 22-11-85 | 1 | CNCI-2 | Pombal | 05-03 | 7,22-12 |

| | | | | | | | | | | | |
|------|------|---------------------|-----|------------------|-----|----------|-----|-----------|--------------------|-------|----------|
| 7,20 | 2,0 | Yuben Munary | Jv | | CPV | | 2 | | Lisboa - I | 23-07 | |
| 7,15 | 0,5 | Yvan Ribeiro | Jv | França | | 05-03-99 | 2 | | Valence - Fra | 18-06 | 6,70-15 |
| 7,15 | 1,7 | Tiago Pereira | | SL Benfica | | 19-09-93 | 2 | Guarda | Guarda | 08-07 | 7,24-14 |
| 7,15 | 1,0 | Danilo Almeida | S23 | SL Benfica | | 02-12-96 | 3 | | Lisboa - I | 23-07 | 7,01-15 |
| 7,12 | i | Eusébio Cá | | Grã Bretanha | | 24-09-91 | 5 | | Sheffield - Gbr | 21-02 | 7,34-15 |
| 7,08 | i | Gaspar Araújo | | NA Cucujães | | 17-12-81 | 2 | CNCI-2 | Pombal | 05-03 | 8,10-04 |
| 7,07 | 1,5 | Lenine Cunha | | SC Lenine Cunha | | 04-12-82 | 4 | Mund. IPC | Doha - Qat | 24-10 | 7,16-05 |
| 7,07 | 0,5 | Bruno Pinto | | Sporting CP | | 20-09-93 | 4 | | Lisboa - I | 23-07 | 6,83-15 |
| 7,03 | 1,3 | Francisco Barreto | S23 | CAS Manique | | 31-08-96 | 5 | | Lisboa - MP | 14-05 | 6,62-15 |
| 6,98 | i | Hildegberto Almeida | Vet | SL Benfica | | 08-08-78 | 7 | C. Port | Pombal | 20-02 | 7,87-07 |
| 6,97 | -0,1 | Hugo Brigido | Jr | GA Caranguejeira | | 13-06-98 | 1 | | Rio Maior | 04-06 | |
| 6,97 | 0,7 | Juary Tavares | S23 | CCSJ. Madeira | STP | 09-11-94 | 4ex | | Lisboa - I | 23-07 | 7,02-15 |
| 6,96 | i | João Pinto | Jr | Sporting CP | | 12-06-97 | 2 | | Pombal | 20-01 | 6,75i-15 |
| 6,96 | 1,9 | Ivo Tavares | S23 | CCSJ. Madeira | | 31-01-96 | 4 | Guarda | Guarda | 08-07 | 7,08-15 |
| 6,94 | i | Isaac Lopes | | CA Seia | | 08-02-90 | 4s | CNCI-Ap | Pombal | 07-02 | 7,06i-15 |
| 6,93 | 1,9 | André Silva | S23 | Esc. Movimento | | 18-07-94 | 1s | CNCI-Ap | Viana do Castelo | 28-05 | 7,32-13 |
| 6,92 | i | Gil Manuel | S23 | SL Benfica | | 28-09-94 | 3 | Gromicho | Lisboa - CAR | 02-02 | 7,07-15 |
| 6,88 | i | Fábio Martins | Jr | SC Braga | | 11-01-97 | 2 | CN Jr | Braga | 13-02 | 7,20-15 |
| 6,86 | i | Francisco Cordoeiro | | ACD Jardim Serra | | 09-05-92 | 5 | CNCI-1 | Pombal | 05-03 | 7,25i-13 |
| 6,85 | i | Carlos Nascimento | S23 | Esc Movimento | | 12-10-94 | 8 | T. Port | Pombal | 23-01 | 7,30-15 |
| 6,84 | 0,1 | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 3 | CN Jr | Viseu | 09-07 | 6,78w-15 |
| 6,83 | i | Ricardo Mendes | S23 | Juv. Vidigalense | | 30-05-94 | 2 | | Pombal | 16-01 | 6,92-14 |
| 6,82 | i | Ailton Fernandes | Jv | SL Benfica | | 13-05-99 | 1 | CN Jv | Pombal | 30-01 | |
| 6,82 | 1,8 | Filipe Corceiro | Jr | SL Benfica | | 10-05-98 | 2 | | Lisboa - MP | 31-01 | 6,65-15 |
| 6,82 | i | Tiago Boucela | | Grecas | | 09-02-92 | Hep | C. Port | Pombal | 20-02 | 6,68-12 |
| 6,78 | i | Joaquim Cabral | | CO Pechão | | 17-04-88 | 1 | | V. R. Sto. António | 16-01 | 6,93-12 |
| 6,78 | i | Carlos Lopes | | GA Fátima | | 13-03-83 | 5s | CNCI-Ap | Pombal | 07-02 | 7,01-00 |
| 6,78 | -0,8 | Carlos Prino | Jr | GA Fátima | | 13-06-97 | 1 | | Amarante | 01-05 | 6,63i-15 |
| 6,77 | i | Miguel Pereira | Jr | SL Benfica | | 06-01-98 | Hep | C. Norte | Braga | 26-12 | 6,86-15 |
| 6,77 | 2,0 | Rodrigo Agostinho | Ini | Juv. Vidigalense | RNi | 25-04-01 | 1 | OJ | Abrantes | 12-06 | |
| 6,74 | i | Yaroslav Kolodiy | Jv | C Elvense Nat | | 02-01-99 | 2 | CN Jv | Pombal | 30-01 | 6,62-14 |
| 6,72 | 1,7 | Kevin Santos | | AC Vermoil | | 20-03-93 | 6 | Guarda | Guarda | 08-07 | 6,85-12 |
| 6,70 | i | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | Hep | C. Port | Pombal | 20-02 | 6,75i-15 |
| 6,70 | 1,1 | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | Dec | | Leiria | 30-07 | 6,56i-15 |
| 6,69 | i | Tomas Dinis | Jv | Maia AC | | 30-10-00 | 4 | CN Jv | Pombal | 30-01 | |
| 6,68 | 1,1 | Bryan Rodrigues | Jr | AC Vermoil | | 16-03-98 | 2 | | Rio Maior | 04-06 | 6,85-15 |
| 6,67 | i | Eduardo Jafono | | SL Benfica | | 24-10-91 | 4 | Gromicho | Lisboa - CAR | 02-02 | |
| 6,65 | i | Diogo Espinha | | GD Estreito | | 08-10-87 | 3 | CNCI-2 | Pombal | 05-03 | 7,41-08 |
| 6,65 | 0,6 | António Chaves | Jr | SL Benfica | | 07-01-98 | 2 | | Lisboa - MP | 04-06 | |
| 6,65 | 1,9 | Bruno Vaz Moniz | | NA Cucujães | CPV | 10-07-88 | 3 | | Vagos | 04-06 | |
| 6,64 | 0,4 | Denil Baia | Jr | CP Corroios | | 22-09-98 | 1 | | Sobreda | 18-06 | |
| 6,62 | 1,1 | Manuel Dias | Jv | UFC Tomar | | 28-02-99 | Dec | CE Jv | Tbilissi - Geo | 16-07 | |
| 6,61 | 1,9 | Ruben Grangeia | Jv | ACD Ilhavos | | 30-08-99 | 1 | | Vagos | 14-05 | 6,58-15 |
| 6,61 | 1,1 | Eder Pires | | ADR Água Pena | CPV | 01-11-90 | 1 | | Ribeira Brava | 18-06 | 7,09-12 |
| 6,60 | i | Diogo Guerra | Jv | Maia AC | | 29-01-99 | Hep | | Pombal | 30-01 | 6,68-15 |
| 6,60 | 0,0 | João Alexandre | | Juv. Vidigalense | | 01-09-90 | 7 | Lisboa | Lisboa - I | 01-05 | 6,96-11 |
| 6,59 | 0,1 | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | Dec | CN Jr | Viseu | 09-07 | 6,77-14 |
| 6,58 | 0,0 | Vítor Viveiros | | ACD Jardim Serra | | 18-03-84 | 6 | CNCI-1 | Setúbal | 16-07 | 7,02i-13 |
| 6,57 | 1,5 | André Pimenta | Ini | Juv. Vidigalense | | 10-08-01 | Hep | | Pombal | 30-04 | |
| 6,56 | i | Ivan Santos | S23 | AD Novas Luzes | | 12-04-94 | PT | | Lisboa - CAR | 16-01 | 6,89-15 |
| 6,56 | i | Adam Ferreira | S23 | SL Benfica | | 10-05-96 | 2 | CNU | Braga | 28-02 | 6,76-14 |
| 6,54 | i | Mauro Rodrigues | | Gira Sol | | 02-10-93 | 7 | CNCI-1 | Pombal | 05-03 | 6,96-14 |
| 6,53 | 1,0 | Francisco Serra | S23 | GD Cavadas | | 21-02-95 | 7ex | | Lisboa - I | 23-07 | |
| 6,52 | i | Hugo Simões | Jr | Juv. Vidigalense | | 16-03-98 | 2 | | Pombal | 06-12 | |
| 6,51 | -1,3 | Gonçalo Lopes | | CA Seia | | 14-03-88 | ex | | Lisboa - MP | 24-01 | 6,84-12 |
| 6,50 | -0,3 | João Oliveira | S23 | UC Eirense | | 17-12-94 | 4 | | Amarante | 01-05 | 6,57-12 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------|-----|-------------------|-----|----------|----|---------|---------|-------|---------|
| 7,12 | 0,9 | Sérgio Silva | | ACR Sra. Desterro | | 22-11-85 | 6 | C. Port | Maia | 26-06 | 7,22-12 |
| 7,06 | 1,7 | Gaspar Araújo | | NA Cucujães | | 17-12-81 | 1 | | Vagos | 04-06 | 8,10-04 |
| 6,99 | 0,0 | Valter Pinto | | SC Braga | | 19-01-93 | 3 | CNCI-1 | Setúbal | 16-07 | 7,29-15 |

| | | | | | | | | | | | |
|------|-----|---------------------|-----|------------------|--|----------|----|---------|------------------|-------|----------|
| 6,91 | 0,5 | João Pinto | Jr | Sporting CP | | 12-06-97 | 1 | CNU | Leiria | 07-05 | 6,75i-15 |
| 6,90 | 0,0 | Eusébio Cá | | Grã Bretanha | | 24-09-91 | 1s | | Manchester - Gbr | 04-06 | 7,34-15 |
| 6,85 | 0,4 | Isaac Lopes | | CA Seia | | 08-02-90 | 2s | CNCI-Ap | Fátima | 28-05 | 7,06i-15 |
| 6,80 | 0,6 | Francisco Cordoeiro | | ACD Jardim Serra | | 09-05-92 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 7,25i-13 |
| 6,72 | 0,1 | Gil Manuel | S23 | SL Benfica | | 28-09-94 | 1 | | Lisboa - MP | 05-12 | 7,07-15 |
| 6,71 | 1,6 | Tiago Boucela | | Grecas | | 09-02-92 | 4 | | Vagos | 04-06 | 6,68-12 |
| 6,66 | 0,0 | Eduardo Jafono | | SL Benfica | | 24-10-91 | 2 | | Lisboa - MP | 05-12 | |
| 6,52 | 1,0 | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | 3 | Noite | Maia | 15-06 | 6,75i-15 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-----------------------|-----|-------------------|-----|----------|-----|-----------|-----------------------|-------|----------|
| 7,77 | 2,6 | Nelson Évora | | SL Benfica | | 20-04-84 | 1 | C. Port | Maia | 26-06 | 8,10-07 |
| 7,48 | 2,5 | Oleksandr Lyashchenko | Jr | Sporting CP | | 18-01-97 | 4 | C. Port | Maia | 26-06 | 7,48-15 |
| 7,47 | 3,5 | Daniilo Almeida | S23 | SL Benfica | | 02-12-96 | 1 | | Lisboa - MP | 02-07 | 7,01-15 |
| 7,36 | 4,6 | Carlos Nascimento | S23 | Esc Movimento | | 12-10-94 | 1 | C. Norte | Maia | 23-07 | 7,30-15 |
| 7,27 | 5,9 | Ivo Tavares | S23 | CCSJ. Madeira | | 31-01-96 | 1 | CNCI-2 | Setúbal | 16-07 | 7,08-15 |
| 7,26 | 3,3 | Sérgio Silva | | ACR Sra. Desterro | | 22-11-85 | 6 | C. Port | Maia | 26-06 | 7,22-12 |
| 7,24 | 2,5 | André Silva | S23 | Esc. Movimento | | 18-07-94 | 7 | C. Port | Maia | 26-06 | 7,32-13 |
| 7,20 | 5,4 | Gil Manuel | S23 | SL Benfica | | 28-09-94 | 2 | | Lisboa - MP | 02-07 | 7,07-15 |
| 7,18 | 3,6 | Yvan Ribeiro | Jv | França | | 05-03-99 | 2 | | Aix en Provence - Fra | 08-05 | 6,70-15 |
| 7,12 | 3,0 | Juary Tavares | S23 | CCSJ. Madeira | STP | 09-11-94 | 4ex | | Lisboa - I | 23-07 | 7,02-15 |
| 7,08 | 2,3 | Lenine Cunha | | SC Lenine Cunha | | 04-12-82 | 4 | Mund. IPC | Doha - Qat | 24-10 | 7,16-05 |
| 7,08 | 3,4 | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 1ex | | Faro | 19-06 | 6,78w-15 |
| 6,95 | 5,1 | Yaroslav Kolodiy | Jv | C Elvense Nat | | 02-01-99 | 2 | OJ | Abrantes | 11-06 | 6,62-14 |
| 6,95 | 3,2 | Joaquim Cabral | | CO Pechão | | 17-04-88 | Dec | C. Port | Maia | 25-06 | 6,93-12 |
| 6,88 | 3,7 | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | 2 | Abrantes | Abrantes | 10-06 | 6,56i-15 |
| 6,86 | 4,5 | Francisco Serra | S23 | GD Cavadas | | 21-02-95 | 1 | | Sobreda | 25-06 | |
| 6,85 | 5,5 | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | Dec | C. Port | Maia | 25-06 | 6,75i-15 |
| 6,84 | 2,6 | Denil Baia | Jr | CP Corroios | | 22-09-98 | 1 | | Sobreda | 18-06 | |
| 6,84 | 4,5 | António Magro | S23 | SL Benfica | | 13-01-96 | 3 | | Lisboa - MP | 02-07 | |
| 6,82 | 4,0 | Rodrigo Agostinho | Ini | Juv. Vidigalense | | 25-04-01 | 1 | | Marinha Grande | 15-05 | |
| 6,82 | 3,1 | Miguel Pereira | Jr | SL Benfica | | 06-01-98 | 3 | Abrantes | Abrantes | 10-06 | 6,86-15 |
| 6,79 | 4,6 | João Pereira | Jr | SL Benfica | | 21-12-98 | 4 | | Lisboa - MP | 02-07 | |
| 6,78 | 5,6 | Adam Ferreira | S23 | SL Benfica | | 10-05-96 | 5 | | Lisboa - MP | 02-07 | 6,76-14 |
| 6,77 | 2,9 | Bruno Vaz Moniz | | NA Cucujães | CPV | 10-07-88 | 3 | | Vagos | 04-06 | |
| 6,77 | 5,5 | André Luz | | CCSJ. Madeira | | 21-01-93 | 7ex | | Lisboa - MP | 02-07 | 7,23-14 |
| 6,69 | 3,4 | Ruben Grangeia | Jv | ACD Ilhavos | | 30-08-99 | 1 | | Vagos | 14-05 | 6,58-15 |
| 6,65 | 4,0 | Filipe Guedes | Jv | CD Quarteira | | 03-07-99 | 4 | CN Jv | Lagoa | 02-07 | |
| 6,64 | 5,8 | João Marto | Jr | GA Fátima | | 13-03-97 | 1 | | Fátima | 18-06 | |
| 6,61 | 2,8 | Micael Seixeiro | S23 | Grecas | | 20-07-95 | 5 | CNCI-2 | Setúbal | 16-07 | 6,88i-13 |
| 6,59 | 3,0 | André Pimenta | Ini | Juv. Vidigalense | | 10-08-01 | 2 | | Marinha Grande | 15-05 | |
| 6,59 | 5,2 | João Patrício | Jv | Vit. Setúbal | | 13-01-99 | 3 | | Sobreda | 18-06 | |
| 6,57 | 5,6 | Bernardo Colaço | Jv | FC Castrense | | 02-03-99 | 4 | OJ | Abrantes | 11-06 | |
| 6,55 | 2,7 | Ruben Victorino | Ini | GD Cavadas | | 17-03-01 | 5 | CN Jv | Lagoa | 02-07 | |
| 6,55 | 5,6 | Tiago Santos | S23 | ACR Mealhada | | 01-10-96 | 6 | | Lisboa - MP | 02-07 | |
| 6,55 | 3,8 | Pedro Machado | | AC F. Ribeiro | | 14-11-91 | 4 | C. Norte | Maia | 23-07 | 7,02-10 |
| 6,53 | 3,2 | Pedro Freitas | Jr | Sporting CP | | 31-03-98 | 9 | | Lisboa - MP | 14-05 | 6,71-15 |
| 6,53 | 3,8 | Helder Coutinho | | CA Mazarefes | | 05-06-90 | 5 | C. Norte | Maia | 23-07 | 6,61-12 |
| 6,50 | 2,5 | Diogo Saldanha | Ini | CF Oliveira Douro | | 06-02-01 | 6 | CN Jv | Lagoa | 02-07 | |
| 6,50 | 3,1 | António Costa Moraes | Vet | CCD Ribeirão | | 23-12-80 | 6 | C. Norte | Maia | 23-07 | 7,22-08 |

Sem medição de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------|-----|--------------|-----|----------|-----|-------|---------------|-------|----------|
| 6,95 | s/v | Eusébio Cá | | Grã Bretanha | | 24-09-91 | 1 | | Londres - Gbr | 20-07 | 7,34-15 |
| 6,56 | s/v | Jorge Freitas | Jr | SUO Vais | | 20-06-98 | 1 | | Coimbra - ECC | 12-04 | 6,51w-15 |
| 6,52 | s/v | Hélio Vaz | | CA Seia | | 01-05-91 | 1ex | | Viseu | 17-01 | 6,62-08 |

Triplo / Triple Jump – 14,70 – 13,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|-----------------------|-----|------------------|-----|----------|-----|-----------|--------------------|-------|-----------|
| 17,03 | 0,1 | Nelson Évora | | SL Benfica | | 20-04-84 | 6 | JO | Rio de Janeiro-Bra | 16-08 | 17,74-07 |
| 16,99 | -0,3 | Nelson Évora | | | | | 4q | JO | Rio de Janeiro-Bra | 15-08 | |
| 16,89 | i | Nelson Évora | | | | | 4 | C. Mundo | Portland - Eua | 19-03 | |
| 16,72 | 1,8 | Nelson Évora | | | | | 3 | FBKG | Hengelo - Hol | 22-05 | |
| 16,71 | i | Nelson Évora | | | | | 1 | CNCI-1 | Pombal | 06-03 | |
| 16,65 | i | Nelson Évora | | | | | 3 | IPM | Karlsruhe - Ger | 06-02 | |
| 16,64 | i | Nelson Évora | | | | | 1 | C. Port | Pombal | 21-02 | |
| 16,60 | 1,6 | Nelson Évora | | | | | 1 | C. Port | Maia | 25-06 | |
| 16,51 | i | Nelson Évora | | | | | 1 | T. Port | Pombal | 23-01 | |
| 16,48 | -0,6 | Nelson Évora | | | | | 8 | WK | Zurique - Sui | 01-09 | |
| 16,41 | i | Nelson Évora | | | | | 1 | Pombal | Pombal | 27-02 | |
| 16,38 | 0,7 | Nelson Évora | | | | | 7 | Bislett | Oslo - Nor | 09-06 | |
| 16,27 | 1,1 | Nelson Évora | | | | | 17q | C. Europa | Amesterdão - Hol | 07-07 | |
| 16,26 | 0,0 | Nelson Évora | | | | | 2 | TCCE | Mersin - Tur | 29-05 | |
| 16,01 | 0,0 | Ricardo Jaquité | | Grã Bretanha | | 17-08-89 | 2 | | Manchester - Gbr | 04-06 | 15,94i-13 |
| 16,00 | 0,9 | Carlos Veiga | | Sporting CP | | 22-02-89 | 3 | | Salamanca - Esp | 04-06 | 16,36-15 |
| 15,98 | 0,6 | Nelson Évora | | | | | 11 | Paris | Paris - Fra | 27-08 | |
| 15,97 | 1,5 | Marcos Caldeira | | SL Benfica | | 27-02-88 | 2 | C. Port | Maia | 25-06 | 16,44-12 |
| 15,96 | i | Carlos Veiga | | | | | 2 | T. Port | Pombal | 23-01 | |
| 15,94 | 0,2 | Tiago Pereira | | SL Benfica | | 19-09-93 | 1 | | Lisboa - I | 13-07 | 16,05-14 |
| 15,93 | i | Carlos Veiga | | | | | 1 | | Lisboa - CAR | 30-01 | |
| 15,87 | 0,8 | Tiago Pereira | | | | | 1 | | Lisboa - I | 24-07 | |
| 15,85 | 0,4 | Marcos Caldeira | | | | | 1 | | Lisboa - I | 10-06 | |
| 15,82 | i | Marcos Caldeira | | | | | 2 | C. Port | Pombal | 21-02 | |
| 15,70 | 0,5 | Ricardo Jaquité | | | | | 1 | | Londres - Gbr | 06-08 | |
| 15,69 | 1,8 | Tiago Pereira | | | | | 3 | | Lisboa - I | 10-06 | |
| 15,60 | i | Carlos Veiga | | | | | 1 | J. Soares | Lisboa - CAR | 10-02 | |
| 15,60 | 1,5 | Oleksandr Lyashchenko | Jr | Sporting CP | | 18-01-97 | 3 | C. Port | Maia | 25-06 | 15,08i-15 |
| 15,59 | 1,0 | João Alexandre | | Juv. Vidigalense | | 01-09-90 | 4 | C. Port | Maia | 25-06 | 15,43-15 |
| 15,57 | i | Gui Boissy | | Sporting CP | SEN | 22-02-89 | 3ex | C. Port | Pombal | 21-02 | 15,91-11 |
| 15,57 | 0,0 | Ricardo Jaquité | | | | | 1 | | Eton - Gbr | 07-05 | |
| 15,45 | i | Carlos Veiga | | | | | 2 | CNCI-1 | Pombal | 06-03 | |
| 15,45 | 0,8 | Carlos Veiga | | | | | 2 | | Lisboa - I | 10-06 | |
| 15,43 | i | Carlos Veiga | | | | | 2 | Pombal | Pombal | 27-02 | |
| 15,41 | i | Ricardo Jaquité | | | | | 2 | | Londres - Gbr | 30-01 | |
| 15,36 | i | João Alexandre | | | | | 3 | C. Port | Pombal | 21-02 | |
| 15,34 | i | Marcos Caldeira | | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 15,29 | i | Ricardo Mendes | S23 | Juv. Vidigalense | | 30-05-94 | 4 | C. Port | Pombal | 21-02 | 15,14i-14 |
| 15,28 | i | Carlos Veiga | | | | | 1s | CNCI-Ap | Pombal | 06-02 | |
| 15,24 | i | João Alexandre | | | | | 3 | CNCI-1 | Pombal | 06-03 | |
| 15,23 | i | Oleksandr Lyashchenko | Jr | | | | 5 | C. Port | Pombal | 21-02 | |
| 15,21 | 1,8 | Iuri Santos | | CA Bx Banheira | | 11-04-85 | 5 | C. Port | Maia | 25-06 | 15,60-12 |
| 15,21 | 2,0 | Tiago Pereira | | | | | 1ex | | Lisboa - MP | 03-07 | |
| 15,21 | 0,2 | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 1 | CN Jr | Viseu | 10-07 | 14,56-15 |
| 15,20 | 0,0 | Oleksandr Lyashchenko | Jr | | | | 2 | CN Jr | Viseu | 10-07 | |
| 15,19 | i | Ricardo Mendes | S23 | | | | 2s | CNCI-Ap | Pombal | 07-02 | |
| 15,19 | i | Iuri Santos | | | | | 6 | C. Port | Pombal | 21-02 | |
| 15,17 | i | Marcos Caldeira | | | | | 3 | T. Port | Pombal | 23-01 | |
| 15,17 | i | Carlos Veiga | | | | | 7 | C. Port | Pombal | 21-02 | |
| 15,14 | i | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 3 | Pombal | Pombal | 27-02 | 14,56i-14 |
| 15,14 | i | Ricardo Jaquité | | | | | 9 | CN GB | Sheffield - Gbr | 27-02 | |
| 15,13 | 1,6 | Oleksandr Lyashchenko | Jr | | | | 27q | CM Jr | Bydgoszcz - Pol | 20-07 | |
| 15,10 | i | Ricardo Mendes | S23 | | | | 4 | T. Port | Pombal | 23-01 | |
| 15,03 | 1,3 | João Alexandre | | | | | 4 | | Lisboa - I | 10-06 | |
| 15,00 | 0,8 | Pedro Pinheiro | Jr | | | | 1 | | Lisboa - MP | 03-07 | |
| 14,95 | i | Iuri Santos | | | | | 4 | Pombal | Pombal | 27-02 | |
| 14,95 | 1,1 | Iuri Santos | | | | | 3ex | | Lisboa - MP | 03-07 | |
| 14,92 | 2,0 | Pedro Pinheiro | Jr | | | | 1 | | Faro | 18-06 | |
| 14,91 | i | Ricardo Mendes | S23 | | | | 1 | | Pombal | 10-01 | |

| | | | | | | | | | | | |
|-------|------|-----------------------|-----|-------------------|-----|----------|-----|-----------|-----------------|-------|-----------|
| 14,91 | i | Ricardo Mendes | S23 | | | | 1 | | Pombal | 17-01 | |
| 14,84 | 0,8 | Pedro Pinheiro | Jr | | | | 6 | C. Port | Maia | 25-06 | |
| 14,78 | i | Oleksandr Lyashchenko | Jr | | | | 1 | CN Jr | Braga | 14-02 | |
| 14,77 | i | Iuri Santos | | | | | 2s | CNCI-Ap | Pombal | 06-02 | |
| 14,77 | -1,4 | Pedro Pinheiro | Jr | | | | 1 | TCCE Jr | Castellon - Esp | 17-09 | |
| 14,76 | i | Pedro Pinheiro | Jr | | | | 2 | J. Soares | Lisboa - CAR | 10-02 | |
| 14,75 | i | Danilo Almeida | S23 | SL Benfica | | 02-12-96 | 8 | C. Port | Pombal | 21-02 | 13,57-13 |
| 14,75 | -2,9 | Iuri Santos | | | | | 1 | | Sobreda | 04-06 | |
| 14,75 | 1,9 | Gil Manuel | S23 | SL Benfica | | 28-09-94 | 7 | C. Port | Maia | 25-06 | 15,16-15 |
| 14,72 | i | João Alexandre | | | | | 3 | J. Soares | Lisboa - CAR | 10-02 | |
| 14,71 | 1,7 | Ricardo Mendes | S23 | | | | 1 | CNU | Leiria | 07-05 | |
| 14,61 | 1,9 | Gaspar Araújo | | NA Cucujães | | 17-12-81 | 1 | CNCI-2 | Setúbal | 17-07 | 16,04i-03 |
| 14,54 | i | Diogo Espinha | | GD Estreito | | 08-10-87 | 1 | CNCI-2 | Pombal | 06-03 | 15,39-08 |
| 14,50 | i | Isaac Lopes | | CA Seia | | 08-02-90 | 5 | T. Port | Pombal | 23-01 | 14,57i-15 |
| 14,43 | 0,3 | Rafael Vilas Boas | S23 | SC Braga | | 01-02-95 | 1 | C. Norte | Maia | 24-07 | 14,74-14 |
| 14,34 | i | Sérgio Silva | | ACR Sra. Desterro | | 22-11-85 | 2 | CNCI-2 | Pombal | 06-03 | 14,50-09 |
| 14,31 | 1,5 | Adam Ferreira | S23 | SL Benfica | | 10-05-96 | 2 | | Lisboa - MP | 03-07 | 14,20-15 |
| 14,25 | 1,7 | Júlio Almeida | Jv | SL Benfica | | 19-07-00 | 1 | | Lisboa - MP | 19-06 | |
| 14,19 | -0,2 | Denil Baia | Jr | CP Corroios | | 22-09-98 | 3 | CN Jr | Viseu | 10-07 | |
| 14,16 | 0,8 | Lenine Cunha | | SC Lenine Cunha | | 04-12-82 | 1 | Mund. IPC | Doha - Qat | 30-10 | 14,61-09 |
| 14,15 | i | Pedro Gonçalves | | Esc Movimento | | 08-12-90 | 3 | CNCI-2 | Pombal | 06-03 | 14,05i-11 |
| 14,06 | 0,8 | Hugo Simões | Jr | Juv. Vidigalense | | 16-03-98 | 4 | CN Jr | Viseu | 10-07 | 13,29-15 |
| 14,05 | 1,7 | Micael Seixeiro | S23 | Grecas | | 20-07-95 | 2 | | Vagos | 05-06 | 14,02-13 |
| 13,98 | 0,0 | Fábio Pires | Jr | CIA Ilha Azul | | 19-10-98 | 5 | CN Jr | Viseu | 10-07 | 13,19-15 |
| 13,96 | 0,0 | Francisco Rodrigues | Jr | Juv. Vidigalense | | 10-05-97 | 6 | CN Jr | Viseu | 10-07 | 13,19i-15 |
| 13,91 | i | Bruno Pinto | | Sporting CP | | 20-09-93 | 6 | J. Soares | Lisboa - CAR | 10-02 | 14,42-15 |
| 13,91 | 1,2 | Juary Tavares | S23 | CCSJ. Madeira | STP | 09-11-94 | 5ex | | Lisboa - MP | 03-07 | 13,87-15 |
| 13,91 | 0,5 | André Silva | S23 | Esc. Movimento | | 18-07-94 | 2 | C. Norte | Maia | 24-07 | 13,54i-13 |
| 13,88 | 1,2 | Célio Khibo | | CCSJ. Madeira | | 27-06-86 | 3 | | Vagos | 05-06 | 14,41-09 |
| 13,85 | i | Eduardo Jafono | | SL Benfica | | 24-10-91 | 7 | J. Soares | Lisboa - CAR | 10-02 | 13,67w-15 |
| 13,83 | 1,0 | Vítor Viveiros | | ACD Jardim Serra | | 18-03-84 | 1 | | Ribeira Brava | 19-06 | 14,32-12 |
| 13,80 | i | Mauro Rodrigues | | Gira Sol | | 02-10-93 | 8 | T. Port | Pombal | 23-01 | 14,19-15 |
| 13,80 | -0,7 | Mário Pamente | S23 | Sporting CP | | 11-11-94 | 3 | | Lisboa - I | 24-07 | 14,23-15 |
| 13,75 | i | João Marto | Jr | GA Fátima | | 13-03-97 | 5 | CN Jr | Braga | 14-02 | 13,30-14 |
| 13,74 | 1,7 | Edgar Campre | Jv | SL Benfica | STP | 29-04-00 | 2 | | Lisboa - MP | 05-06 | |
| 13,72 | -0,4 | Eder Pires | | ADR Água Pena | CPV | 01-11-90 | 2 | | Ribeira Brava | 19-06 | 14,60-12 |
| 13,71 | 1,8 | David Ferreira | | CCSJ. Madeira | | 04-04-89 | 5 | | Vagos | 05-06 | 14,35-10 |
| 13,70 | -0,8 | Bryan Rodrigues | Jr | AC Vermoil | | 16-03-98 | 1 | CNCI-3 | Vagos | 17-07 | 13,62-15 |
| 13,69 | i | Angelo Santos | S23 | CA Mar. Grande | | 13-04-96 | 5s | CNCI-Ap | Pombal | 07-02 | 13,97-14 |
| 13,66 | 1,9 | João Aguilár | Jv | SC Braga | | 10-04-00 | 2 | CN Jv | Lagoa | 03-07 | |
| 13,63 | 2,0 | Renato Miranda | S23 | CCD Ribeirão | | 19-10-94 | 2 | CNCI-3 | Vagos | 17-07 | |
| 13,61 | 0,5 | Alexandre Santos | | França | | 01-08-84 | 4 | | Montereau - Fra | 07-05 | |
| 13,53 | i | Nelson Pinto | Jr | CA Seia | | 24-12-98 | 10 | T. Port | Pombal | 23-01 | 13,36-15 |
| 13,52 | 1,4 | Helder Coutinho | | CA Mazarefes | | 05-06-90 | 3 | CNCI-3 | Vagos | 17-07 | 13,26-15 |
| 13,51 | 1,6 | Yuben Munary | Jv | SL Benfica | CPV | 25-09-99 | 3 | | Lisboa - MP | 24-04 | |
| 13,48 | i | Carlos Gomes | | SC Braga | | 29-11-89 | 2 | C. Norte | Braga | 16-01 | 13,80-07 |
| 13,44 | 1,4 | Tito Fernandes | Jv | ADR Água Pena | | 02-06-99 | 2 | OJ | Abrantes | 12-06 | |
| 13,43 | 0,6 | Luís Miguel Santos | S23 | OC Lagos | | 06-07-93 | 1 | | Faro | 23-01 | 13,23i-14 |
| 13,32 | 0,2 | Henrique Marques | | Gira Sol | | 22-06-93 | 6s | CNCI-Ap | Fátima | 29-05 | |
| 13,31 | 1,9 | André Leite | Jv | CDC Navais | | 21-08-99 | 4 | OJ | Abrantes | 12-06 | |
| 13,30 | i | Pedro Freitas | Jr | Sporting CP | | 31-03-98 | 19 | C. Port | Pombal | 21-02 | 13,50i-15 |
| 13,30 | 1,5 | Martim Faustino | Jv | Sporting CP | | 26-05-00 | 6 | CN Jv | Lagoa | 03-07 | |
| 13,29 | 0,1 | João Oliveira | S23 | UC Eirense | | 17-12-94 | 8s | CNCI-Ap | Fátima | 29-05 | 13,58i-12 |
| 13,24 | 1,6 | Vasco Alves | Jv | NA Cucujães | | 15-03-99 | 1 | | Vagos | 15-05 | |
| 13,22 | -0,8 | Diogo Saldanha | Ini | CF Oliveira Douro | | 06-02-01 | 1 | | Maia | 05-06 | |
| 13,22 | 0,0 | Artur Koshchuk | S23 | Juv. Vidigalense | UKR | 05-03-94 | 1ex | | Fátima | 19-06 | 13,00-11 |
| 13,20 | 2,0 | Filipe Ferreira | Jv | ACRD Escapães | | 09-07-00 | 6 | | Vagos | 05-06 | |
| 13,06 | 1,5 | Ruben Grangeia | Jv | ACD Ilhaves | | 30-08-99 | 8 | CN Jv | Lagoa | 03-07 | |
| 13,05 | 0,1 | Joaquim Cabral | | CO Pechão | | 17-04-88 | 2 | | Faro | 23-01 | 13,55-05 |
| 13,05 | 1,0 | João Pereira | Jr | SL Benfica | | 21-12-98 | 4 | | Lisboa - MP | 24-04 | |
| 13,04 | 1,4 | Alexandre Gameiro | | GCA Donas | | 04-05-92 | 1 | | Covilhã | 28-11 | 13,40-14 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|----------------|-----|-------------------|-----|----------|----|---------|---------------|-------|-----------|
| 14,54 | 1,2 | Danilo Almeida | S23 | SL Benfica | | 02-12-96 | 8 | C. Port | Maia | 25-06 | 13,57-13 |
| 14,29 | 0,7 | Diogo Espinha | | GD Estreito | | 08-10-87 | 1 | | Ribeira Brava | 17-01 | 15,39-08 |
| 13,52 | 0,0 | João Marto | Jr | GA Fátima | | 13-03-97 | 7 | CN Jr | Viseu | 10-07 | 13,30-14 |
| 13,47 | 0,1 | Isaac Lopes | | CA Seia | | 08-02-90 | 3s | CNCI-Ap | Fátima | 29-05 | 14,57i-15 |
| 13,34 | 1,6 | Sérgio Silva | | ACR Sra. Desterro | | 22-11-85 | 7 | CNCI-1 | Setúbal | 17-07 | 14,50-09 |
| 13,08 | 0,2 | Pedro Freitas | Jr | Sporting CP | | 31-03-98 | 3 | | Ribeira Brava | 19-06 | 13,50i-15 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|-------------------|-----|----------|-----|---------|----------------|-------|-----------|
| 15,85 | 5,5 | João Alexandre | | Juv. Vidigalense | | 01-09-90 | 1 | CNCI-1 | Setúbal | 17-07 | 15,43-15 |
| 15,52 | 3,1 | Miguel Marques | S23 | Juv. Vidigalense | | 23-05-95 | 1ex | | Marinha Grande | 15-05 | 14,56i-14 |
| 15,48 | 2,6 | Iuri Santos | | CA Bx Banheira | | 11-04-85 | 5 | C. Port | Maia | 25-06 | 15,60-12 |
| 14,50 | 3,8 | Rafael Vilas Boas | S23 | SC Braga | | 01-02-95 | 4 | CNCI-1 | Setúbal | 17-07 | 14,74-14 |
| 14,45 | 3,5 | Micael Seixeiro | S23 | Grecas | | 20-07-95 | 2 | CNCI-2 | Setúbal | 17-07 | 14,02-13 |
| 14,37 | 3,5 | Mário Pamente | S23 | Sporting CP | | 11-11-94 | 4 | | Lisboa - MP | 15-05 | 14,23-15 |
| 14,36 | 3,1 | Fábio Pires | Jr | CIA Ilha Azul | | 19-10-98 | 1 | | Ponta Delgada | 18-06 | 13,19-15 |
| 14,34 | 2,9 | Pedro Gonçalves | | Esc Movimento | | 08-12-90 | 3 | CNCI-2 | Setúbal | 17-07 | 14,05i-11 |
| 13,95 | 3,3 | João Marto | Jr | GA Fátima | | 13-03-97 | 4 | CNCI-2 | Setúbal | 17-07 | 13,30-14 |
| 13,81 | 2,3 | David Ferreira | | CCSJ. Madeira | | 04-04-89 | 6ex | | Lisboa - MP | 03-07 | 14,35-10 |
| 13,80 | 3,4 | João Aguilár | Jv | SC Braga | | 10-04-00 | 2 | CN Jv | Lagoa | 03-07 | |
| 13,79 | 2,7 | Yuben Munary | Jv | SL Benfica | CPV | 25-09-99 | 2 | | Lisboa - MP | 19-06 | |
| 13,62 | 2,3 | Diogo Saldanha | Ini | CF Oliveira Douro | | 06-02-01 | 3 | CN Jv | Lagoa | 03-07 | |
| 13,60 | 2,5 | Fábio Vera Cruz | Jv | UC Eirense | CPV | 28-05-00 | 4 | CN Jv | Lagoa | 03-07 | |
| 13,35 | 2,5 | Tiago Martins | Jr | NA Cucujães | | 05-03-97 | 1 | | Aveiro | 24-01 | 13,10-15 |
| 13,25 | 3,1 | Nicolas Silva | Jr | GDP Chão Duro | | 06-08-97 | 3s | CNCI-Ap | Setúbal | 29-05 | |
| 13,11 | 5,6 | Ruben Grangeia | Jv | ACD Ilhaves | | 30-08-99 | 1 | | Aveiro | 05-03 | |

Sem medição de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|------------|-----|--------------|-----|----------|----|-------|--------------|-------|----------|
| 13,02 | s/v | Eusébio Cá | | Grã Bretanha | | 24-09-91 | 4s | | Hendon - Gbr | 06-08 | 12,90-15 |

Peso / Shot Put- 15,00 – 11,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|------------|-----|----------|-----|------------|-------------------|-------|-----------|
| 20,59 | | Tsanko Amaudov | | SL Benfica | | 14-03-92 | 3 | C. Europa | Amesterdão - Hol | 10-07 | 21,06-15 |
| 20,42 | | Tsanko Amaudov | | | | | 4q | C. Europa | Amesterdão - Hol | 09-07 | |
| 20,22 | i | Tsanko Amaudov | | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 20,04 | | Tsanko Amaudov | | | | | 1 | TCCE | Mersin - Tur | 28-05 | |
| 20,00 | | Tsanko Amaudov | | | | | 1 | | Leiria - CNL | 24-05 | |
| 19,93 | | Marco Fortes | | SL Benfica | | 26-09-82 | 3 | SL Benfica | Lisboa - I | 12-06 | 21,02-12 |
| 19,93 | | Tsanko Amaudov | | | | | 1 | C. Port | Maia | 26-06 | |
| 19,93 | | Tsanko Amaudov | | | | | 1 | TI Lanç | Leiria - CNL | 24-07 | |
| 19,85 | | Tsanko Amaudov | | | | | 1 | TE Lanç | Arad - Rom | 13-03 | |
| 19,78 | | Tsanko Amaudov | | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 19,73 | | Marco Fortes | | | | | 2 | C. Port | Maia | 26-06 | |
| 19,70 | | Tsanko Amaudov | | | | | 1 | | Leiria - CNL | 29-06 | |
| 19,69 | i | Tsanko Amaudov | | | | | 1 | CNCI-1 | Pombal | 06-03 | |
| 19,64 | | Tsanko Amaudov | | | | | 1 | | Lisboa - MP | 15-05 | |
| 19,58 | i | Tsanko Amaudov | | | | | 1 | C. Port | Pombal | 21-02 | |
| 19,58 | | Francisco Belo | | SL Benfica | | 27-03-91 | 2 | | Lisboa - MP | 15-05 | 18,64i-12 |
| 19,55 | i | Tsanko Amaudov | | | | | 1 | A.Monteiro | Pombal | 13-02 | |
| 19,54 | i | Tsanko Amaudov | | | | | 1 | Pombal | Pombal | 27-02 | |
| 19,54 | | Marco Fortes | | | | | 3 | | Chula Vista - Usa | 21-04 | |
| 19,51 | | Francisco Belo | | | | | 3 | S. António | Lisboa - U | 19-06 | |
| 19,49 | | Tsanko Amaudov | | | | | 1ex | | Lisboa - MP | 03-07 | |
| 19,47 | | Francisco Belo | | | | | 1 | | Salamanca - Esp | 04-06 | |
| 19,45 | | Tsanko Amaudov | | | | | 2 | TI Lanç | Leiria - CNL | 23-07 | |
| 19,43 | | Tsanko Amaudov | | | | | 1 | | Leiria - CNL | 22-06 | |
| 19,41 | | Marco Fortes | | | | | 7 | | La Jolla - Usa | 23-04 | |
| 19,38 | | Tsanko Amaudov | | | | | 2 | | Salamanca - Esp | 04-06 | |

| | | | | | | | | | | |
|-------|---|----------------------|-----|-------------------|----------|-----|------------|----------------------|-------|-----------|
| 19,37 | | Tsanko Amaudov | | | | 4 | SL Benfica | Lisboa - I | 12-06 | |
| 19,36 | | Francisco Belo | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 19,34 | | Tsanko Amaudov | | | | 4 | S. António | Lisboa - U | 19-06 | |
| 19,34 | | Tsanko Amaudov | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 19,26 | | Tsanko Amaudov | | | | 4 | | Biberach - Ale | 11-07 | |
| 19,24 | | Francisco Belo | | | | 2 | | Leiria - CNL | 24-05 | |
| 19,21 | | Tsanko Amaudov | | | | 1 | F. Alves | Marinha Grande | 21-05 | |
| 19,14 | | Francisco Belo | | | | 2ex | | Lisboa - MP | 03-07 | |
| 19,12 | i | Tsanko Amaudov | | | | 1 | | Lisboa - CAR | 30-01 | |
| 19,08 | | Francisco Belo | | | | 6 | | Usti Nad Labem - Cze | 19-07 | |
| 19,05 | | Marco Fortes | | | | 2 | IberoAm | Rio de Janeiro- Bra | 14-05 | |
| 19,02 | i | Marco Fortes | | | | 6 | | Estocolmo - Swe | 17-02 | |
| 19,02 | | Marco Fortes | | | | 2 | | Leiria - CNL | 22-06 | |
| 19,01 | | Marco Fortes | | | | 5 | | Irvine - Usa | 30-04 | |
| 18,91 | i | Marco Fortes | | | | 2 | | Estocolmo - Swe | 06-02 | |
| 18,88 | | Tsanko Amaudov | | | | 29q | JO | Rio de Janeiro- Bra | 18-08 | |
| 18,87 | | Marco Fortes | | | | 5 | S. António | Lisboa - U | 19-06 | |
| 18,79 | | Francisco Belo | | | | 3 | C. Port | Maia | 26-06 | |
| 18,78 | | Francisco Belo | | | | 3 | | Leiria - CNL | 22-06 | |
| 18,64 | | Marco Fortes | | | | 24q | C. Europa | Amesterdão - Hol | 09-07 | |
| 18,61 | | Marco Fortes | | | | 5 | | Dakar - Sen | 25-05 | |
| 18,58 | | Francisco Belo | | | | 2 | F. Alves | Marinha Grande | 21-05 | |
| 18,55 | | Marco Fortes | | | | 6 | | Chula Vista - Usa | 07-05 | |
| 18,47 | i | Francisco Belo | | | | 2 | C. Port | Pombal | 21-02 | |
| 18,46 | i | Marco Fortes | | | | 2 | | Tartu - Est | 09-02 | |
| 18,45 | | Francisco Belo | | | | 5 | TI Lanç | Leiria - CNL | 24-07 | |
| 18,44 | | Francisco Belo | | | | 4 | TI Lanç | Leiria - CNL | 23-07 | |
| 18,40 | | Marco Fortes | | | | 2 | | Leiria - CNL | 29-06 | |
| 18,34 | | Francisco Belo | | | | 3 | | Leiria - CNL | 29-06 | |
| 18,14 | | Francisco Belo | | | | 1 | Guarda | Guarda | 08-07 | |
| 18,06 | | Francisco Belo | | | | 8 | TE Lanç | Arad - Rom | 13-03 | |
| 17,96 | i | Francisco Belo | | | | 2 | A.Monteiro | Pombal | 13-02 | |
| 17,48 | i | Marco Fortes | | | | 5 | | Vaxjo - Swe | 13-02 | |
| 17,41 | i | Francisco Belo | | | | 2 | | Lisboa - CAR | 30-01 | |
| 15,90 | i | Adriano Lopes | | SC Braga | 22-10-91 | 2 | CNCI-1 | Pombal | 06-03 | 16,00-13 |
| 15,80 | i | Adriano Lopes | | | | 2 | Pombal | Pombal | 27-02 | |
| 15,71 | i | Adriano Lopes | | | | 3 | C. Port | Pombal | 21-02 | |
| 15,65 | | José Pinho | S23 | NA Cucujães | 20-03-95 | 1 | CNCI-2 | Setúbal | 16-07 | 15,58i-15 |
| 15,55 | | Filipe Vítal e Silva | | Espanha | 27-01-83 | 3 | Guarda | Guarda | 08-07 | 16,88-09 |
| 15,47 | | Filipe Vítal e Silva | | | | 1 | | Braga | 13-07 | |
| 15,44 | | Filipe Vítal e Silva | | | | 1 | | Amarante | 01-05 | |
| 15,37 | i | Adriano Lopes | | | | 1s | CNCI-Ap | Viana do Castelo | 28-05 | |
| 15,35 | | Filipe Vítal e Silva | | | | 3 | C Esp Cl | San Sebastian - Esp | 21-05 | |
| 15,33 | | Adriano Lopes | | | | 4 | C. Port | Maia | 26-06 | |
| 15,31 | i | Natã lé | S23 | CAS Manique | 29-02-96 | 3 | | Lisboa - CAR | 30-01 | 13,86i-15 |
| 15,31 | i | Adriano Lopes | | | | 1s | CNCI-Ap | Braga | 06-02 | |
| 15,29 | i | Adriano Lopes | | | | 1 | | Braga | 19-12 | |
| 15,25 | i | José Pinho | S23 | | | 4 | C. Port | Pombal | 21-02 | |
| 15,16 | | José Pinho | S23 | | | 2s | CNCI-Ap | Viana do Castelo | 28-05 | |
| 15,16 | | José Pinho | S23 | | | 1 | | Vagos | 04-06 | |
| 15,14 | i | Adriano Lopes | | | | 1 | | Braga | 23-12 | |
| 15,14 | | Adriano Lopes | | | | 2 | | Lovelhe | 24-04 | |
| 15,13 | | Otoniel Badjana | Jr | SL Benfica | 18-12-98 | 5 | C. Port | Maia | 26-06 | 15,79i-15 |
| 15,12 | | Adriano Lopes | | | | 2 | | Amarante | 01-05 | |
| 15,09 | | Adriano Lopes | | | | 2 | CNCI-1 | Setúbal | 16-07 | |
| 15,03 | | Adriano Lopes | | | | 2 | | Lovelhe | 28-06 | |
| 15,01 | i | Otoniel Badjana | Jr | | | 5 | C. Port | Pombal | 21-02 | |
| 15,01 | i | Otoniel Badjana | Jr | SL Benfica | 18-12-98 | 5 | C. Port | Pombal | 21-02 | 15,79i-15 |
| 15,01 | i | José Pinho | S23 | | | 1 | CNCI-2 | Pombal | 06-03 | |
| 14,91 | i | Luis Herédio Costa | Vet | Sporting CP | 30-10-71 | 3 | Pombal | Pombal | 27-02 | 17,44-98 |
| 14,81 | i | Alexandre Almeida | | GCA Donas | 17-08-93 | 1s | CNCI-Ap | Pombal | 06-02 | 12,93i-14 |
| 14,75 | i | Bruno Abel Martins | | ACR Sra. Desterro | 09-01-82 | 2 | CNCI-2 | Pombal | 06-03 | 14,50i-14 |

| | | | | | | | | | | | |
|-------|---|---------------------|-----|-------------------|--|----------|-----|------------|------------------|-------|--------------|
| 14,55 | | Vítor Rodrigues | | CA Seia | | 25-02-84 | 7 | C. Port | Maia | 26-06 | 16,44-14 |
| 14,42 | | EduJosé Lima | S23 | Sporting CP | | 02-03-96 | 1s | CNCI-Ap | Setúbal | 28-05 | 13,68-15 |
| 14,26 | | Luís Melo | | Juv. Ilha Verde | | 18-01-87 | 1 | CNCI-3 | Vagos | 16-07 | 15,80-13 |
| 14,10 | | Daniel Santiago | S23 | Gira Sol | | 03-01-96 | 9 | C. Port | Maia | 26-06 | 12,16-15 |
| 14,05 | i | Bernardo Lopes | | Gira Sol | | 26-01-93 | 4 | CNCI-1 | Pombal | 06-03 | 13,52i-12 |
| 14,01 | i | Pedro Veloso | Vet | SC Braga | | 03-10-77 | 7 | C. Port | Pombal | 21-02 | 14,77i-14 |
| 14,00 | | Marçal Rodrigues | | GD Estreito | | 10-07-90 | 1s | CNCI-Ap | Funchal | 28-05 | 16,04-10 |
| 13,83 | | Paulo Gonçalves | | ACD Jardim Serra | | 27-09-88 | 2 | | Funchal | 18-06 | 14,85i-09 |
| 13,60 | | Nuno Serra | Vet | A Ac. Coimbra | | 27-06-74 | 3s | CNCI-Ap | Fátima | 28-05 | 16,77-97 |
| 13,56 | | André Gonçalves | | ADR Água Pena | | 14-04-86 | 3 | | Funchal | 18-06 | 15,69-11 |
| 13,55 | | Remi Lima | | CA Mazarefes | | 26-11-92 | 1 | | Viana do Castelo | 29-06 | 13,34-15 |
| 13,48 | i | Samuel Remédios | | SL Benfica | | 24-02-92 | Hep | C. Mundo | Portalnd Eua | 18-03 | 12,39-14 |
| 13,36 | i | Tiago Pereira | | AC Vermoil | | 15-01-91 | 3s | CNCI-Ap | Pombal | 07-02 | 14,59-15 |
| 13,35 | i | Tiago Marto | | GA Fátima | | 05-05-86 | 4 | CNCI-2 | Pombal | 06-03 | 14,23i-13 |
| 13,25 | | Miguel Pinto | | GD Estreito | | 17-06-84 | 4 | | Funchal | 18-06 | 13,73-09 |
| 13,22 | i | Miguel Carreira | S23 | Juv. Vidigalense | | 12-03-96 | 1 | | Pombal | 16-01 | 13,36-14 |
| 13,10 | | Francisco Fernandes | S23 | Sporting CP | | 01-06-96 | 10 | TI Lanç | Leiria - CNL | 24-07 | 11,88-15 |
| 13,04 | i | Paulo Pereira | | CCSJ. Madeira | | 12-02-84 | 5 | CNCI-2 | Pombal | 06-03 | 15,25i-06 |
| 12,93 | i | Décio Andrade | Jr | GD Estreito | | 25-01-97 | 6 | CNCI-2 | Pombal | 06-03 | 12,63-15 |
| 12,90 | | Eduardo Sanca | Vet | Sporting CP | | 13-11-78 | 4ex | | Lisboa - MP | 03-07 | 12,72-15 |
| 12,89 | | Tiago Vieira | S23 | CDC Navais | | 22-11-95 | 1 | | Lousada | 10-04 | |
| 12,66 | | Luís Assunção | Vet | NA Cucujães | | 03-09-78 | 1 | | Aveiro | 06-03 | 13,01i-06 |
| 12,48 | | Gonçalo Cruz | S23 | JD Neves | | 07-02-94 | 2 | | Castro Verde | 22-05 | 11,69-13 |
| 12,48 | | Bruno Melo | | Juv. Ilha Verde | | 03-09-91 | 2 | | Ponta Delgada | 19-06 | 12,95-15 |
| 12,47 | i | José Gonçalves | S23 | CCSJ. Madeira | | 27-09-95 | 5 | CNU | Braga | 28-02 | 12,57-14 |
| 12,34 | i | Ricardo Freitas | | Grecas | | 14-11-93 | 5s | CNCI-Ap | Pombal | 06-02 | 14,11-14 |
| 12,27 | | Nuno São João | | Castelo Branco SC | | 25-04-87 | 1 | | Horta | 06-02 | 11,56-09 |
| 12,25 | | José Silva | Vet | CDC Navais | | 14-10-78 | 2 | | Lousada | 10-04 | 12,35-15 |
| 12,20 | | João Lopes | | CO Pechão | | 11-10-90 | 1 | V. Tavares | Faro | 15-06 | 12,80-10 |
| 12,16 | i | Daniel Leandro | | A20Km Almeirim | | 04-07-84 | 7s | CNCI-Ap | Pombal | 07-02 | 12,15-11 |
| 11,98 | | Rui Fernandes | Vet | CCSJ. Madeira | | 08-05-80 | 4 | | Vagos | 04-06 | 13,69-08 |
| 11,95 | i | Tiago Ferrão | Jr | CA Seia | | 18-04-98 | 14 | C. Port | Pombal | 21-02 | |
| 11,89 | | Philippe Pereira | | AC Póvoa Varzim | | 19-07-89 | 1 | | Braga | 22-06 | |
| 11,85 | | João Moreira | | AA Pinhalnovense | | 24-06-93 | 1 | | Sobreda | 25-06 | 13,30-14 |
| 11,84 | i | Gonçalo Lopes | | CA Seia | | 14-03-88 | PT | | Lisboa - CAR | 16-01 | 11,61-14/185 |
| 11,84 | i | Ivan Santos | S23 | AD Novas Luzes | | 12-04-94 | PT | | Lisboa - CAR | 16-01 | 11,98-15 |
| 11,82 | | José Rosa | | GD Cavadas | | 12-01-90 | 1 | | Seixal | 23-01 | 12,58i-11 |
| 11,73 | | Francisco Costa | Jr | Esc. Movimento | | 25-02-97 | 5 | C. Norte | Maia | 23-07 | 11,71-15 |
| 11,72 | i | Carlos Bornes | S23 | Gira Sol | | 09-04-94 | 6 | CNU | Braga | 28-02 | 11,96-12 |
| 11,70 | | António Torrão | | AC Povia | | 12-09-82 | 2 | | Póvoa de Varzim | 25-05 | |
| 11,63 | i | Vyacheslav Smirnov | Vet | CN Rio Maior | | 25-09-76 | 7s | CNCI-Ap | Pombal | 06-02 | 11,07i-12 |
| 11,59 | i | João Ferreira | Jr | CA Mar. Grande | | 29-08-97 | 9s | CNCI-Ap | Pombal | 07-02 | 12,33-15 |
| 11,25 | i | Tiago Boucela | | Grecas | | 09-02-92 | Hep | C. Port | Pombal | 20-02 | |
| 11,00 | i | Joaquim Cabral | | CO Pechão | | 17-04-88 | Hep | C. Port | Pombal | 20-02 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|--------------------|-----|-------------------|-----|----------|-----|----------|----------------|-------|--------------|
| 14,50 | | Luís Herédio Costa | Vet | Sporting CP | | 30-10-71 | 1 | CN Vet | Lisboa - U | 09-07 | 17,44-98 |
| 14,20 | | Natã Ié | S23 | CAS Manique | | 29-02-96 | 5 | Lisboa | Lisboa - I | 01-05 | 13,86i-15 |
| 13,79 | | Pedro Veloso | Vet | SC Braga | | 03-10-77 | 3 | | Lovelhe | 23-04 | 14,77i-14 |
| 13,72 | | Bruno Abel Martins | | ACR Sra. Desterro | | 09-01-82 | 6 | CNCI-1 | Setúbal | 16-07 | 14,66-14 |
| 13,47 | | Alexandre Almeida | | GCA Donas | | 17-08-93 | 3 | CNU | Leiria - CNL | 07-05 | 12,93i-14 |
| 13,26 | | Tiago Pereira | | AC Vermoil | | 15-01-91 | 3 | F. Alves | Marinha Grande | 21-05 | 14,59-15 |
| 12,77 | | Paulo Pereira | | CCSJ. Madeira | | 12-02-84 | 2 | | Vagos | 04-06 | 15,25i-06 |
| 12,50 | | Bernardo Lopes | | Gira Sol | | 26-01-93 | 6s | CNCI-Ap | Fátima | 28-05 | 13,52i-12 |
| 12,48 | | Tiago Marto | | GA Fátima | | 05-05-86 | 4 | CNCI-2 | Setúbal | 16-07 | 14,23i-13 |
| 12,29 | | Ricardo Freitas | | Grecas | | 14-11-93 | 3 | | Vagos | 04-06 | 14,11-14 |
| 11,69 | i | Miguel Carreira | S23 | Juv. Vidigalense | | 12-03-96 | 7 | CNCI-1 | Setúbal | 16-07 | 13,36-14 |
| 11,62 | | José Gonçalves | S23 | CCSJ. Madeira | | 27-09-95 | 5 | CNU | Leiria - CNL | 07-05 | 12,57-14 |
| 11,62 | | Gonçalo Lopes | | CA Seia | | 14-03-88 | 8ex | | Lisboa - MP | 15-05 | 11,61-14/185 |
| 11,50 | | Décio Andrade | Jr | GD Estreito | | 25-01-97 | 3 | | Funchal | 16-01 | 12,63-15 |

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

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------|-----|-------------------|-----|----------|-----|----------|------------------|-------|-----------|
| 16,69 | i | Otoniel Badjana | Jr | SL Benfica | | 18-12-98 | 1 | CN Jr | Braga | 14-02 | 17,44-15 |
| 16,44 | | Otoniel Badjana | Jr | | | | 1 | TI Lanç | Leiria - CNL | 23-07 | 17,44-15 |
| 15,57 | | Otoniel Badjana | Jr | | | | 2 | TCCE Jr | Castellon - Esp | 17-09 | 17,44-15 |
| 15,42 | | Otoniel Badjana | Jr | | | | 1 | CN Jr | Viseu | 09-07 | 17,44-15 |
| 15,19 | | Otoniel Badjana | Jr | | | | 1 | | Lisboa - MP | 05-06 | 17,44-15 |
| 14,67 | | Leandro Ramos | Jv | Gira Sol | | 21-09-00 | 2 | CN Jr | Viseu | 09-07 | |
| 14,64 | | Edujosé Lima | S23 | Sporting CP | | 02-03-96 | 1 | | Lisboa - MP | 19-12 | 15,00-15 |
| 14,04 | | João Ferreira | Jr | CA Mar. Grande | | 29-08-97 | 1 | | Rio Maior | 04-06 | 13,26-15 |
| 13,92 | i | António Chaves | Jr | SL Benfica | | 07-01-98 | PT | | Lisboa - CAR | 16-01 | |
| 13,89 | i | Tiago Ferrão | Jr | CA Seia | | 18-04-98 | 3 | CN Jr | Braga | 14-02 | 12,36i-15 |
| 13,53 | | Rafael Costa | Jv | AC Póvoa Varzim | | 13-09-99 | 1 | | Viana do Castelo | 18-06 | |
| 13,51 | | Emanuel Sousa | Jv | SL Benfica | STP | 04-04-99 | 4 | CN Jr | Viseu | 09-07 | |
| 13,30 | i | José Leonardo Abreu | Jv | ADR Água Pena | | 14-10-99 | 5 | CN Jr | Braga | 14-02 | |
| 13,08 | i | Catalin Bivol | Jv | CO Pechão | | 23-02-99 | 6 | CN Jr | Braga | 14-02 | 12,98i-15 |
| 12,93 | | Francisco Fernandes | Jr | Sporting CP | | 01-06-96 | 2 | | Lisboa - MP | 19-12 | 13,65i-15 |
| 12,90 | | Daniel Santiago | Jr | Gira Sol | | 03-01-96 | 3 | | Lisboa - MP | 19-12 | 13,60-15 |
| 12,78 | | Décio Andrade | Jr | GD Estreito | | 25-01-97 | 1 | | Funchal | 09-01 | 14,10-15 |
| 12,73 | i | Eduardo Encamação | Jr | CLAC | | 02-03-98 | 1 | | Alpiarça | 12-12 | 12,63-15 |
| 12,70 | i | João Espinhosa | Jr | Maia AC | | 29-10-97 | 8 | CN Jr | Braga | 14-02 | 11,59-15 |
| 12,49 | | Adriano Morais | Jv | C. Torre D. Chama | | 28-10-98 | 2 | | Viana do Castelo | 18-06 | |
| 12,29 | | Adeonaldo Freitas | Jv | SL Benfica | STP | 01-07-99 | 4 | | Lisboa - MP | 05-06 | |
| 12,27 | | Reinaldo Moniz | Jr | Juv. Ilha Verde | | 26-03-98 | Dec | | Ponta Delgada | 19-03 | |
| 12,16 | i | Rui Sá | Jv | A 20Km Almeirim | | 02-06-00 | 10 | CN Jr | Braga | 14-02 | |
| 12,07 | | Carlos Prino | Jr | GA Fátima | | 13-06-97 | Dec | | Arona - Esp | 04-06 | 11,46i-15 |
| 12,06 | i | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | Hep | | Salamanca - Esp | 20-02 | |
| 11,99 | | João Dias | Jr | CA Seia | | 28-01-97 | 10 | CN Jr | Viseu | 09-07 | 13,10-14 |
| 11,95 | i | Tiago Tavares | Jr | GD Cavadas | | 20-07-98 | PT | | Lisboa - CAR | 16-01 | |
| 11,77 | | João Domingues | Jr | CPR A-Do-Barbas | | 28-12-98 | 2 | | Rio Maior | 04-06 | |
| 11,76 | | Ricardo Branquinho | Jr | AJ Estremoz | | 29-07-98 | 1 | | Vendas Novas | 05-06 | |
| 11,73 | | Diogo Esteves | S23 | ACR Sra. Desterro | | 27-04-96 | 4 | | Lisboa - MP | 19-12 | 13,00-15 |
| 11,62 | i | Pedro Ferreira | Jr | EC+S Lavra | | 21-02-96 | Hep | C. Norte | Braga | 26-12 | 12,26i-15 |
| 11,62 | | João Matias | Jr | SL Benfica | | 30-07-97 | 1 | | Lisboa - MP | 10-01 | 12,26-14 |
| 11,29 | i | Bernardo Neves | Jr | Mira Mar SC | | 09-04-98 | PT | | Lisboa - CAR | 16-01 | 11,51-15 |
| 11,15 | i | Oleksandr Tsynchuk | Jr | Juv. Vidigalense | UKR | 21-09-98 | 3 | | Pombal | 03-02 | |

A verde os atletas que ainda eram juniores até 31-12-2015

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------|-----|------------------|-----|----------|-----|-------|-------------|-------|-----------|
| 12,95 | | António Chaves | Jr | SL Benfica | | 07-01-98 | 3 | | Lisboa - MP | 05-06 | |
| 12,69 | | Tiago Ferrão | Jr | CA Seia | | 18-04-98 | 6 | CN Jr | Viseu | 09-07 | 12,36i-15 |
| 12,68 | | José Leonardo Abreu | Jv | ADR Água Pena | | 14-10-99 | 1 | | Funchal | 21-05 | |
| 12,64 | | Catalin Bivol | Jv | CO Pechão | | 23-02-99 | 7 | CN Jr | Viseu | 09-07 | 12,98i-15 |
| 12,60 | | Eduardo Encamação | Jr | CLAC | | 02-03-98 | 1 | | Rio Maior | 04-06 | 12,63-15 |
| 11,86 | | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | Dec | CN Jr | Viseu | 09-07 | |
| 11,72 | | Rui Sá | Jv | A 20Km Almeirim | | 02-06-00 | 2 | | Rio Maior | 04-06 | |

Disco / Discus – 50,00 – 34,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------------|-----|------------|-----|----------|----|---------|--------------|-------|----------|
| 58,55 | | Filipe Vital e Silva | | Espanha | | 27-01-83 | 4 | TI Lanç | Leiria - CNL | 23-07 | 59,06-14 |
| 57,86 | | Filipe Vital e Silva | | | | | 1 | | Aveiro | 02-07 | |
| 57,03 | | Filipe Vital e Silva | | | | | 4 | | Leiria - CNL | 22-06 | |
| 56,70 | | Filipe Vital e Silva | | | | | 4 | TI Lanç | Leiria - CNL | 24-07 | |
| 56,40 | | Filipe Vital e Silva | | | | | 1 | C. Port | Maia | 25-06 | |
| 56,36 | | Jorge Grave | | SL Benfica | | 05-09-82 | 1 | | Lisboa - MP | 15-05 | 61,00-13 |
| 55,63 | | Jorge Grave | | | | | 1 | CN Lanç | Leiria - CNL | 27-02 | |
| 55,62 | | Francisco Belo | | SL Benfica | | 27-03-91 | 2 | | Lisboa - MP | 15-05 | 56,15-15 |
| 55,47 | | Tsanko Amaudov | | SL Benfica | | 14-03-92 | 2 | | Leiria - CNL | 29-06 | 54,87-15 |
| 55,45 | | Filipe Vital e Silva | | | | | 1 | | Leiria - CNL | 06-07 | |

| | | | | | | | | | | | |
|-------|--|---------------------|----------------------|-------------------|-----|----------|-----|------------|---------------------|-------|----------|
| 55,42 | | | Francisco Belo | | | | 2 | | Leiria - CNL | 27-02 | |
| 55,39 | | | Francisco Belo | | | | 6 | TI Lanç | Leiria - CNL | 24-07 | |
| 55,00 | | | Jorge Grave | | | | 4 | TCCE | Mersin - Tur | 29-05 | |
| 54,99 | | | Filipe Vital e Silva | | | | 5 | C. Esp Cl | Castellon - Esp | 11-06 | |
| 54,88 | | | Jorge Grave | | | | 5 | | Leiria - CNL | 22-06 | |
| 54,67 | | | Jorge Grave | | | | 2 | C. Port | Maia | 25-06 | |
| 54,43 | | | Francisco Belo | | | | 1 | Guarda | Guarda | 08-07 | |
| 54,22 | | | Filipe Vital e Silva | | | | 1 | | Viana do Castelo | 05-06 | |
| 54,17 | | | Jorge Grave | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 54,03 | | Edujosé Lima | S23 | Sporting CP | | 02-03-96 | 3 | | Leiria - CNL | 29-06 | 53,15-15 |
| 53,94 | | | Jorge Grave | | | | 13 | TE Lanç | Arad - Rom | 12-03 | |
| 53,90 | | | Filipe Vital e Silva | | | | 1 | C. Esp Cl | San Sebastian - Esp | 21-05 | |
| 53,84 | | | Tsanko Amaudov | | | | 6 | | Leiria - CNL | 22-06 | |
| 53,74 | | | Filipe Vital e Silva | | | | 2 | Guarda | Guarda | 08-07 | |
| 53,58 | | | Jorge Grave | | | | 4 | | Leiria - CNL | 29-06 | |
| 53,58 | | | Filipe Vital e Silva | | | | 1 | | Braga | 13-07 | |
| 53,19 | | | Francisco Belo | | | | 14 | TE Lanç | Arad - Rom | 12-03 | |
| 53,13 | | | Francisco Belo | | | | 1 | | Lisboa - MP | 16-04 | |
| 52,84 | | | Jorge Grave | | | | 7 | TI Lanç | Leiria - CNL | 23-07 | |
| 52,79 | | | Francisco Belo | | | | 7 | | Leiria - CNL | 22-06 | |
| 52,71 | | | Edujosé Lima | S23 | | | 3 | CN Lanç | Leiria - CNL | 27-02 | |
| 52,61 | | | Filipe Vital e Silva | | | | 2 | C. Esp Cl | Saragoça - Esp | 30-04 | |
| 52,17 | | | Edujosé Lima | S23 | | | 3 | C. Port | Maia | 25-06 | |
| 52,00 | | Marco Fortes | | SL Benfica | | 26-09-82 | 8 | TI Lanç | Leiria - CNL | 23-07 | 58,32-09 |
| 51,64 | | | Tsanko Amaudov | | | | 2 | | Lisboa - MP | 16-04 | |
| 51,58 | | | Tsanko Amaudov | | | | 1 | | Lisboa - MP | 30-01 | |
| 51,28 | | | Francisco Belo | | | | 4 | C. Port | Maia | 25-06 | |
| 51,05 | | | Francisco Belo | | | | 2 | | Lisboa - MP | 30-01 | |
| 50,54 | | | Tsanko Amaudov | | | | 1 | | Lisboa - N2 | 20-07 | |
| 49,67 | | Vítor Rodrigues | | CA Seia | | 25-02-84 | 5 | C. Port | Maia | 25-06 | 52,15-13 |
| 47,88 | | José Pinho | S23 | NA Cucujães | | 20-03-95 | 1 | Aveiro | Aveiro | 10-06 | 49,89-15 |
| 47,55 | | Luís Herédio Costa | Vet | Sporting CP | | 30-10-71 | 2 | | Lisboa - N2 | 20-07 | 55,46-00 |
| 46,54 | | Otoniel Badjana | Jr | SL Benfica | | 18-12-98 | 3 | TI Lanç | Leiria - CNL | 24-07 | |
| 45,83 | | Luís Fernandes | | Juv. Vidigalense | | 26-12-88 | 6 | | Leiria - CNL | 29-06 | 44,40-09 |
| 45,83 | | Remi Lima | | CA Mazarefes | | 26-11-92 | 1 | CNCI-3 | Vagos | 17-07 | 43,04-15 |
| 45,50 | | Alexandre Almeida | | GCA Donas | | 17-08-93 | 1 | CNU | Leiria - CNL | 07-05 | 40,66-13 |
| 44,77 | | Adriano Lopes | | SC Braga | | 22-10-91 | 1 | C. Norte | Maia | 23-07 | 45,10-11 |
| 44,60 | | Luís Melo | | Juv. Ilha Verde | | 18-01-87 | 1 | | Ponta Delgada | 18-06 | 44,20-13 |
| 43,93 | | Ricardo Freitas | | Grecas | | 14-11-93 | 2 | | Aveiro | 20-02 | 48,60-13 |
| 43,90 | | Diogo Esteves | S23 | ACR Sra. Desterro | | 27-04-96 | 7 | | Leiria - CNL | 29-06 | 40,19-14 |
| 43,34 | | Bernardo Lopes | | Gira Sol | | 26-01-93 | 2ex | | Leiria - CNL | 20-02 | 44,47-13 |
| 41,40 | | Bruno Melo | | Juv. Ilha Verde | | 03-09-91 | 2 | | Ponta Delgada | 18-06 | 41,48-15 |
| 41,30 | | Décio Andrade | Jr | GD Estreito | | 25-01-97 | 1 | | Funchal | 19-06 | 42,76-15 |
| 40,53 | | Daniel Santiago | S23 | Gira Sol | | 03-01-96 | 5ex | | Lisboa - MP | 15-05 | 38,49-15 |
| 40,49 | | Tiago Vieira | S23 | CDC Navais | | 22-11-95 | 3 | C. Norte | Maia | 23-07 | |
| 40,37 | | Paulo Pereira | | CCSJ. Madeira | | 12-02-84 | 3 | | Vagos | 05-06 | 48,36-08 |
| 39,84 | | Braulio Silva | Vet | CA Seia | | 20-09-71 | 1 | | Braga | 26-03 | 51,64-01 |
| 39,45 | | Bruno Abel Martins | | ACR Sra. Desterro | | 09-01-82 | 1 | | Guarda | 19-06 | 40,40-14 |
| 39,32 | | Rafael Venade | | CCD Ribeirão | | 12-09-92 | 5s | CNCI-Ap | Viana do Castelo | 29-05 | 40,08-11 |
| 38,72 | | Tiago Marto | | GA Fátima | | 05-05-86 | 3 | CNCI-2 | Setúbal | 17-07 | 43,80-14 |
| 38,70 | | João Espinhosa | Jr | Maia AC | | 29-10-97 | 4 | CNCI-2 | Setúbal | 17-07 | 36,40-14 |
| 38,66 | | Catalin Bivol | Jv | CO Pechão | | 23-02-99 | 1 | V. Tavares | Faro | 15-06 | |
| 38,52 | | Angelino Gonçalves | Vet | ACD Jardim Serra | | 30-12-70 | 8 | CNCI-1 | Setúbal | 17-07 | 48,26-00 |
| 38,06 | | Miguel Pinto | | GD Estreito | | 17-06-84 | 2 | | Funchal | 16-01 | 49,07-08 |
| 37,88 | | André Gonçalves | | ADR Água Pena | | 14-04-86 | 6 | CNCI-2 | Setúbal | 17-07 | 40,03-07 |
| 37,84 | | José Gonçalves | S23 | CCSJ. Madeira | | 27-09-95 | 4 | | Vagos | 05-06 | |
| 37,77 | | Francisco Fernandes | S23 | Sporting CP | | 01-06-96 | 1 | | Lisboa - MP | 04-06 | |
| 37,17 | | João Matias | Jr | SL Benfica | | 30-07-97 | 3 | | Lisboa - MP | 02-07 | 36,82-15 |
| 36,38 | | Rui Fernandes | Vet | CCSJ. Madeira | | 08-05-80 | 3 | | Aveiro | 20-02 | 41,82-10 |
| 35,84 | | Oleksandr Tsynchyk | Jr | Juv. Vidigalense | UKR | 21-09-98 | 5 | | Quinta do Anjo | 13-03 | |
| 35,61 | | Nuno São João | | Castelo Branco SC | | 25-04-87 | 1 | | Horta | 06-02 | 39,44-06 |
| 35,58 | | Miguel Almeida | S23 | Esc. Movimento | | 30-10-95 | 7 | CNCI-2 | Setúbal | 17-07 | 35,05-14 |

| | | | | | | | | | | |
|-------|-----------------|-----|------------------|--|----------|----|-----------|-----------------|-------|----------|
| 35,31 | Paulo Gonçalves | | ACD Jardim Serra | | 27-09-88 | 4 | | Funchal | 16-01 | 40,06-09 |
| 35,17 | João Dias | S23 | ADC Lovelhe | | 27-09-96 | 6 | | Lovelhe | 23-04 | |
| 35,15 | Eduardo Sanca | Vet | Sporting CP | | 13-11-78 | 11 | Mund. IPC | Doha - Qat | 31-10 | 12,72-15 |
| 35,06 | Roque Semedo | | ADR Água Pena | | 16-08-90 | 1 | | Funchal | 09-07 | |
| 34,94 | João Ferreira | Jr | CA Mar. Grande | | 29-08-97 | 8s | CNCI-Ap | Fátima | 29-05 | 35,87-15 |
| 34,83 | Rafael Costa | Jv | AC Póvoa | | 13-09-99 | 5 | C. Norte | Maia | 23-07 | |
| 34,51 | Eduardo Silva | | França | | 08-05-80 | 4 | | Montereau - Fra | 07-05 | |
| 34,51 | Pedro Veloso | Vet | SC Braga | | 03-10-77 | 1 | CN Vet | Lisboa - U | 10-07 | 38,59-13 |
| 34,42 | Tiago Boucela | | Grecas | | 09-02-92 | 2 | | Vagos | 14-05 | 35,59-15 |
| 34,13 | André Oliveira | Jr | SC Braga | | 15-04-98 | 5 | | Lovelhe | 28-06 | |

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

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|--------------------|-----|------------------|-----|----------|-----|---------|------------------|-------|----------|
| 52,39 | | Otoniel Badjana | Jr | SL Benfica | | 18-12-98 | 1 | TI Lanç | Leiria - CNL | 23-07 | 41,10-15 |
| 45,48 | | Emanuel Sousa | Jv | SL Benfica | STP | 04-04-99 | 2 | CN Jr | Viseu | 10-07 | |
| 44,98 | | Décio Andrade | Jr | GD Estreito | | 25-01-97 | 3 | CN Jr | Viseu | 10-07 | 44,55-13 |
| 43,92 | | João Ferreira | Jr | CA Mar. Grande | | 29-08-97 | 3 | TI Lanç | Leiria - CNL | 23-07 | 39,03-15 |
| 42,34 | | João Espinhosa | Jr | Maia AC | | 29-10-97 | 4 | CN Jr | Viseu | 10-07 | 45,58-15 |
| 42,29 | | João Matias | Jr | SL Benfica | | 30-07-97 | 4 | TI Lanç | Leiria - CNL | 23-07 | 40,60-15 |
| 40,16 | | Tiago Ferrão | Jr | CA Seia | | 18-04-98 | 1 | | Guarda | 15-05 | 40,59-15 |
| 38,96 | | Eduardo Encarnação | Jr | CLAC | | 02-03-98 | 1ex | | Aveiro | 19-06 | 35,26-15 |
| 38,59 | | Rúben Antunes | Jv | Juv. Vidigalense | | 05-05-99 | 2 | | Rio Maior | 05-06 | |
| 38,30 | | Leandro Ramos | Jv | Gira Sol | | 21-09-00 | 1 | | Aveiro | 19-06 | |
| 38,12 | | Oleksandr Tsynchyk | Jr | Juv. Vidigalense | UKR | 21-09-98 | 1 | | Leiria - CNL | 23-04 | |
| 37,68 | | Rafael Costa | Jv | AC Póvoa | | 13-09-99 | 1 | | Viana do Castelo | 19-06 | 36,03-15 |
| 37,57 | | José Gonçalves | Jr | ADC Lovelhe | | 03-04-97 | 1 | | Lovelhe | 23-04 | 38,35-15 |
| 37,21 | | Antonio Costa | Jr | ADC Lovelhe | | 28-06-97 | 2 | | Lovelhe | 23-04 | 37,90-15 |
| 37,15 | | Joshua Egbeama | Jr | SL Benfica | NGR | 20-05-98 | 4 | | Lisboa - MP | 04-06 | 37,01-15 |
| 36,30 | | Rodolfo Garcia | Jv | SA Figueirinhas | | 99 | 1 | | Sobreda | 19-06 | |
| 35,05 | | Pedro Dias | Jv | CA Bx Banheira | | 30-05-99 | 2 | | Sobreda | 19-06 | |
| 34,18 | | André Oliveira | Jr | SC Braga | | 15-04-98 | 6 | | Leiria - CNL | 30-04 | |
| 34,03 | | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | Dec | CN Jr | Viseu | 10-07 | |

Martelo / Hammer – 60,00 – 33,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------------|-----|------------------|-----|----------|----|---------|--------------|-------|----------|
| 70,06 | | António Vital e Silva | | SL Benfica | | 23-01-88 | 1 | CNCI-1 | Setúbal | 17-07 | 69,50-15 |
| 69,41 | | António Vital e Silva | | | | | 1 | | Leiria - CNL | 22-06 | |
| 68,51 | | Dário Manso | | Sporting CP | | 01-07-82 | 1 | | Lousada | 02-07 | 74,98-07 |
| 68,05 | | António Vital e Silva | | | | | 1 | CN Lanç | Leiria - CNL | 27-02 | |
| 68,00 | | António Vital e Silva | | | | | 1 | | Leiria - CNL | 05-03 | |
| 67,78 | | António Vital e Silva | | | | | 1 | C. Port | Maia | 26-06 | |
| 67,53 | | António Vital e Silva | | | | | 2 | TI Lanç | Leiria - CNL | 23-07 | |
| 67,29 | | Dário Manso | | | | | 1 | | Lovelhe | 28-06 | |
| 66,95 | | Dário Manso | | | | | 2 | CNCI-1 | Setúbal | 17-07 | |
| 66,83 | | António Vital e Silva | | | | | 1 | | Lovelhe | 06-02 | |
| 65,90 | | Dário Manso | | | | | 1 | | Porto - I | 01-05 | |
| 65,83 | | António Vital e Silva | | | | | 1 | | Leiria - CNL | 06-07 | |
| 65,58 | | Dário Manso | | | | | 2 | C. Port | Maia | 26-06 | |
| 65,47 | | António Vital e Silva | | | | | 2 | | Lovelhe | 28-06 | |
| 65,33 | | António Vital e Silva | | | | | 4 | TCCE | Mersin - Tur | 28-05 | |
| 64,27 | | António Vital e Silva | | | | | 1 | Aveiro | Aveiro | 10-06 | |
| 63,93 | | António Vital e Silva | | | | | 1 | | Lovelhe | 27-07 | |
| 63,80 | | Dário Manso | | | | | 1s | CNCI-Ap | Setúbal | 29-05 | |
| 63,65 | | António Vital e Silva | | | | | 1 | | Lisboa - N2 | 20-07 | |
| 63,53 | | António Vital e Silva | | | | | 2 | | Lousada | 02-07 | |
| 63,16 | | Miguel Carreira | S23 | Juv. Vidigalense | | 12-03-96 | 1 | | Leiria - CNL | 20-02 | 59,68-15 |
| 62,85 | | Miguel Carreira | S23 | | | | 1 | | Leiria - CNL | 29-06 | |
| 62,49 | | Miguel Carreira | S23 | | | | 1s | CNCI-Ap | Fátima | 29-05 | |
| 62,06 | | Miguel Carreira | S23 | | | | 2 | CN Lanç | Leiria - CNL | 27-02 | |
| 61,87 | | António Vital e Silva | | | | | 1 | | Lovelhe | 21-05 | |

| | | | | | | | | | | | |
|-------|----------------------|-----------------|-----|-------------------|--|----------|-------|----------|-------------------|-------|----------|
| 61,38 | | Miguel Carreira | S23 | | | | 2 | | Leiria - CNL | 06-07 | |
| 60,82 | | Miguel Carreira | S23 | | | | 2 | | Leiria - CNL | 22-06 | |
| 60,80 | | Miguel Carreira | S23 | | | | 11s23 | TE Lanç | Arad - Rom | 12-03 | |
| 60,67 | João Venade | | | SC Braga | | 25-01-88 | 3 | CNCI-1 | Setúbal | 17-07 | 62,11-13 |
| 60,63 | | Miguel Carreira | S23 | | | | 2 | | Leiria - CNL | 24-05 | |
| 60,17 | | Miguel Carreira | S23 | | | | 6 | TI Lanç | Leiria - CNL | 24-07 | |
| 59,20 | Décio Andrade | | Jr | GD Estreito | | 25-01-97 | 5 | CNCI-1 | Setúbal | 17-07 | 50,85-15 |
| 57,69 | André Vital e Silva | | Vet | CCSJ. Madeira | | 13-02-80 | 1Vet | | Lovelhe | 21-05 | 67,17-06 |
| 51,82 | João Ferreira | | Jr | CA Mar. Grande | | 29-08-97 | 6 | C. Port | Maia | 26-06 | 48,39-15 |
| 50,65 | Luís Cardoso | | S23 | CA Seia | | 11-02-95 | 9 | TI Lanç | Leiria - CNL | 23-07 | 49,72-15 |
| 50,16 | Pedro Santos | | S23 | NDJ Laranjeiro | | 25-12-94 | 1 | | Seixal | 23-01 | 51,82-15 |
| 49,80 | Rodrigo Costa Santos | | | Greças | | 04-07-90 | 2 | CNCI-2 | Setúbal | 17-07 | 51,20-15 |
| 48,19 | Bernardo Lopes | | | Gira Sol | | 26-01-93 | 3ex | | Leiria - CNL | 20-02 | 49,94-12 |
| 47,75 | Bruno Abel Martins | | | ACR Sra. Desterro | | 09-01-82 | 7 | CNCI-1 | Setúbal | 17-07 | 51,58-14 |
| 46,27 | Luís Assunção | | Vet | NA Cucujães | | 03-09-78 | 1 | | Aveiro | 20-02 | 48,73-15 |
| 44,27 | Agostinho Silva | | | CA Terceira | | 27-10-81 | 1 | | Angra do Heroísmo | 05-02 | |
| 43,53 | Rafael Teixeira | | Jr | Juv. Vidigalense | | 04-03-98 | 10 | TI Lanç | Leiria - CNL | 24-07 | |
| 43,42 | Leandro Gonçalves | | S23 | NA Cucujães | | 08-11-96 | 2 | | Aveiro | 20-02 | 46,79-15 |
| 43,30 | André Oliveira | | | Esc. Movimento | | 18-07-91 | 3s | CNCI-Ap | Viana do Castelo | 29-05 | 46,71-14 |
| 43,26 | Bruno Gomes | | | CCD Ribeirão | | 22-01-92 | 1 | CNCI-3 | Vagos | 17-07 | 50,72-12 |
| 42,69 | José Pinho | | S23 | NA Cucujães | | 20-03-95 | 3 | | Vagos | 05-06 | 42,80-15 |
| 42,68 | Tiago Pereira | | | AC Vermoil | | 15-01-91 | 4 | | Leiria - CNL | 22-06 | 42,93-15 |
| 42,23 | Sérgio Silva | | Vet | ACR Sra. Desterro | | 09-07-77 | 2 | | Guarda | 19-06 | 40,37-11 |
| 42,15 | António Fernandes | | | ACD Jardim Serra | | 28-01-88 | 2s | CNCI-Ap | Funchal | 29-05 | 42,74-10 |
| 42,01 | Augusto Cavaleiro | | Vet | A Ac. Coimbra | | 10-02-61 | 1 | | Aveiro | 19-06 | 51,30-85 |
| 41,87 | Bruno Melo | | | Juv. Ilha Verde | | 03-09-91 | 1 | | Ponta Delgada | 19-06 | |
| 41,50 | André Picanço | | Jr | AC Mocidade - Aç | | 30-11-97 | 1 | | Angra do Heroísmo | 07-05 | 41,19-15 |
| 40,64 | Sérgio Carvalho | | | CDC Navais | | 30-09-93 | 6s | CNCI-Ap | Viana do Castelo | 29-05 | 41,46-15 |
| 39,01 | Francisco Costa | | Jr | Esc. Movimento | | 25-02-97 | 4 | C. Norte | Maia | 23-07 | 40,98-15 |
| 38,64 | João Coelho | | Vet | GD Cavadas | | 03-07-65 | 2 | | Sobreda | 26-05 | 35,13-15 |
| 38,40 | Tiago R. Pereira | | | C Bf. Faro | | 07-01-93 | 2s | CNCI-Ap | Setúbal | 29-05 | 42,21-14 |
| 38,38 | João Matias | | Jr | SL Benfica | | 30-07-97 | 1 | | Lisboa - MP | 24-04 | 33,60-15 |
| 38,22 | Luís Fernandes | | | Juv. Vidigalense | | 26-12-88 | 3 | CNU | Leiria - CNL | 07-05 | 39,03-15 |
| 37,85 | Simão Borges | | | AC Mocidade-Aç | | 31-01-92 | 2 | | Angra do Heroísmo | 05-12 | 37,66-12 |
| 37,78 | Daniel Leandro | | | A 20Km Almeirim | | 04-07-84 | 1 | | Fátima | 06-02 | 38,59-13 |
| 37,33 | Manuel Pereira | | Vet | ACR Valdágua | | 14-06-73 | 4 | | Vagos | 05-06 | 44,38-04 |
| 37,09 | Pedro Faria | | S23 | AC Póvoa Varzim | | 29-01-94 | 7s | CNCI-Ap | Viana do Castelo | 29-05 | 45,81-15 |
| 36,40 | Luís Neves | | Jv | AAC Caparica | | 03-08-98 | 3 | | Sobreda | 19-06 | |
| 36,26 | Aristides Pestana | | Vet | CF Belenenses | | 12-09-71 | 1 | | Lisboa - MP | 31-01 | 47,56-10 |
| 36,10 | José Mário Mendes | | Jr | GD Estreito | | 01-09-97 | 3 | | Funchal | 18-06 | 36,86-15 |
| 35,76 | Vasco Macedo | | Jr | Maia AC | | 09-11-98 | 8s | CNCI-Ap | Viana do Castelo | 29-05 | |
| 34,10 | Roque Semedo | | | ADR Água Pena | | 16-08-90 | 1 | | Funchal | 23-01 | 33,98-15 |
| 34,08 | Ricardo Conceição | | | Ondasólida | | 27-03-82 | 1 | | Faro | 18-06 | 36,90-08 |
| 33,31 | Francisco Pacheco | | Vet | GD Independente | | 02-03-74 | 2 | | Sobreda | 04-06 | |

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

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | Cl | Prova | Local | Data | MMP |
|-------|-----------------|---------------|-----|------------------|-----|----------|----|---------|--------------|-------|----------|
| 68,22 | | Décio Andrade | Jr | GD Estreito | | 25-01-97 | 1 | | Funchal | 15-07 | 60,27-15 |
| 66,31 | | Décio Andrade | Jr | | | | 1 | | Lovelhe | 28-06 | |
| 65,34 | | Décio Andrade | Jr | | | | 1 | | Leiria - CNL | 24-05 | |
| 65,20 | | Décio Andrade | Jr | | | | 1 | | Funchal | 04-06 | |
| 65,08 | | Décio Andrade | Jr | | | | 1 | CN Jr | Viseu | 09-07 | |
| 64,97 | | Décio Andrade | Jr | | | | 1 | | Lovelhe | 06-07 | |
| 64,26 | | Décio Andrade | Jr | | | | 1 | | Leiria - CNL | 29-06 | |
| 64,20 | Rúben Antunes | | Jv | Juv. Vidigalense | | 05-05-99 | 1 | TI Lanç | Leiria - CNL | 23-07 | 55,56-15 |
| 63,66 | | Décio Andrade | Jr | | | | 1 | | Funchal | 02-07 | |
| 63,49 | | Décio Andrade | Jr | | | | 1 | | Leiria - CNL | 23-04 | |
| 62,90 | Miguel Carreira | | Jr | Juv. Vidigalense | | 12-03-96 | 1 | | Leiria - CNL | 12-12 | 68,38-15 |
| 62,66 | | Décio Andrade | Jr | | | | 1 | | Funchal | 14-05 | |
| 62,51 | | Décio Andrade | Jr | | | | 1 | | Leiria - CNL | 05-03 | |
| 62,38 | | Décio Andrade | Jr | | | | 1 | CN Lanç | Leiria - CNL | 27-02 | |

| | | | | | | | | | | | |
|-------|-------------------|---------------|----|------------------|--|----------|---|---------|-------------------|-------|----------|
| 62,38 | | Décio Andrade | Jr | | | | 1 | | Funchal | 30-04 | |
| 61,94 | João Ferreira | | Jr | CA Mar. Grande | | 29-08-97 | 2 | CN Lanç | Leiria - CNL | 27-02 | 58,61-15 |
| 61,77 | | Décio Andrade | Jr | | | | 1 | | Leiria - CNL | 22-06 | |
| 61,73 | | João Ferreira | Jr | | | | 2 | | Leiria - CNL | 05-03 | |
| 61,00 | | Décio Andrade | Jr | | | | 1 | | Funchal | 20-02 | |
| 60,62 | | Rúben Antunes | Jv | | | | 2 | CN Jr | Viseu | 09-07 | |
| 60,52 | | João Ferreira | Jr | | | | 2 | | Leiria - CNL | 23-04 | |
| 60,48 | | João Ferreira | Jr | | | | 3 | CN Jr | Viseu | 09-07 | |
| 52,05 | Rafael Teixeira | | Jr | Juv. Vidigalense | | 04-03-98 | 3 | CN Lanç | Leiria - CNL | 27-02 | 48,98-15 |
| 47,98 | Rafael Costa | | Jv | AC Póvoa | | 13-09-99 | 5 | CN Jr | Viseu | 09-07 | 37,63-15 |
| 47,35 | André Picanço | | Jr | AC Mocidade - Aç | | 30-11-97 | 1 | | Angra do Heroísmo | 14-05 | 45,94-15 |
| 47,12 | Bernardo Oliveira | | Jv | CA Bx Banheira | | 17-05-99 | 1 | | Sobreda | 04-06 | 39,43-15 |
| 44,15 | Tiago Assunção | | Jv | AA Pinhalnovense | | 28-05-00 | 2 | | Sobreda | 04-06 | |
| 44,05 | João Espinhosa | | Jr | Maia AC | | 29-10-97 | 2 | | Viana do Castelo | 18-06 | 33,38-13 |
| 43,91 | João Matias | | Jr | SL Benfica | | 30-07-97 | 4 | | Leiria - CNL | 05-03 | 37,94-15 |
| 43,50 | Francisco Costa | | Jr | Esc. Movimento | | 25-02-97 | 1 | | Porto - I | 24-01 | 47,10-15 |
| 43,03 | Luis Neves | | Jr | AAC Caparica | | 03-08-98 | 2 | | Sobreda | 26-05 | 40,53-15 |
| 41,84 | Pedro Antunes | | Jr | CDRC Amarense | | 03-06-97 | 5 | CN Lanç | Leiria - CNL | 27-02 | 41,11-15 |
| 41,23 | Vasco Macedo | | Jr | Maia AC | | 09-11-98 | 9 | CN Jr | Viseu | 09-07 | |
| 38,14 | Rui Sá | | Jv | A 20Km Almeirim | | 02-06-00 | 5 | TI Lanç | Leiria - CNL | 23-07 | |
| 37,10 | Vasco Alves | | Jv | NA Cucujães | | 15-03-99 | 4 | | Viana do Castelo | 18-06 | |
| 34,00 | Iuri Pires | | Jv | A 20Km Almeirim | | 01-05-99 | 2 | | Rio Maior | 05-06 | |

A verde os atletas que ainda eram juniores até 31-12-2015

Dardo / Javelin – 57,00 – 45,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----------------------|----------------|-----|-----------------|-----|----------|-----|------------|----------------|-------|----------|
| 73,02 | | Tiago Aperta | | SL Benfica | | 15-01-92 | 1 | CNCI-1 | Setúbal | 16-07 | 75,55-12 |
| 70,36 | | Tiago Aperta | | | | | 2 | | Palência - Esp | 09-07 | |
| 69,13 | | Tiago Aperta | | | | | 1 | | Lisboa - N2 | 20-07 | |
| 67,61 | | Tiago Aperta | | | | | 2 | Abrantes | Abrantes | 10-06 | |
| 67,24 | | Tiago Aperta | | | | | 2ex | | Leiria - CNL | 20-02 | |
| 67,19 | Luis Almeida | | | Sporting CP | | 28-03-84 | 2 | CNCI-1 | Setúbal | 16-07 | 72,42-13 |
| 66,66 | | Luis Almeida | | | | | 3 | S. António | Lisboa - U | 19-06 | |
| 66,18 | | Luis Almeida | | | | | 1 | | Lisboa - N2 | 14-05 | |
| 65,24 | Egner Tavares | | | Sporting CP | CPV | 30-01-93 | 1 | | Lisboa - MP | 05-12 | 65,54-14 |
| 64,90 | João Fernandes | | | AD Novas Luzes | | 03-03-91 | 1 | CN Lanç | Leiria - CNL | 27-02 | 69,22-13 |
| 64,08 | | Tiago Aperta | | | | | 4 | S. António | Lisboa - U | 19-06 | |
| 64,00 | | Tiago Aperta | | | | | 1 | | Leiria - CNL | 29-06 | |
| 63,91 | | João Fernandes | | | | | 17 | TE Lanç | Arad - Rom | 13-03 | |
| 63,71 | | Luis Almeida | | | | | 2 | | Lisboa - MP | 05-12 | |
| 63,64 | | João Fernandes | | | | | 1 | | Leiria - CNL | 30-04 | |
| 62,81 | | Tiago Aperta | | | | | 1ex | | Lisboa - MP | 03-07 | |
| 62,43 | | João Fernandes | | | | | 1 | | Viseu | 25-04 | |
| 61,98 | | Tiago Aperta | | | | | 1 | C. Port | Maia | 25-06 | |
| 61,41 | Mário Marques | | | CCSJ. Madeira | | 19-06-93 | 1 | | Aveiro | 20-02 | 60,53-14 |
| 61,01 | Helder Pestana | | | GD Estreito | | 11-02-87 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 71,67-14 |
| 60,51 | | João Fernandes | | | | | 3 | | Maia | 04-06 | |
| 59,83 | | João Fernandes | | | | | 5 | S. António | Lisboa - U | 19-06 | |
| 59,77 | | João Fernandes | | | | | 2 | C. Port | Maia | 25-06 | |
| 59,74 | Pedro Custódio | | | AD Novas Luzes | | 05-08-87 | 1 | | Sobreda | 26-05 | 59,83-13 |
| 59,51 | | Luis Almeida | | | | | 3 | C. Port | Maia | 25-06 | |
| 59,23 | Ruben Ventura | | | Juv. Ilha Verde | | 28-12-89 | 1 | | Ponta Delgada | 18-06 | 63,65-15 |
| 59,09 | Oleksandr Lyashchenko | | Jr | Sporting CP | | 18-01-97 | 1 | CN Jr | Viseu | 09-07 | 55,29-15 |
| 58,64 | | Mário Marques | | | | | 4 | | Maia | 04-06 | |
| 58,63 | | Pedro Custódio | | | | | 2 | | Leiria - CNL | 29-06 | |
| 58,46 | | Mário Marques | | | | | 1 | CNCI-2 | Setúbal | 16-07 | |
| 58,40 | | João Fernandes | | | | | 1 | | Lisboa - MP | 17-04 | |
| 58,04 | | Pedro Custódio | | | | | 2 | CN Lanç | Leiria - CNL | 27-02 | |
| 57,79 | Carlos Tribuna | | Vet | Gira Sol | | 26-06-80 | 3 | CN Lanç | Leiria - CNL | 27-02 | 67,80-08 |
| 57,70 | | Pedro Custódio | | | | | 3 | TI Lanç | Leiria - CNL | 24-07 | |
| 57,69 | | João Fernandes | | | | | 3 | Abrantes | Abrantes | 10-06 | |

| | | | | | | | | | | | |
|-------|--|---------------------|-----|-------------------|-----|----------|-----|----------|------------------|-------|----------|
| 57,65 | | Tiago Pires | Jr | Juv. Vidigalense | | 28-02-98 | 3 | CNCI-1 | Setúbal | 16-07 | 55,98-15 |
| 57,49 | | João Fernandes | | | | | 3 | | Leiria - CNL | 29-06 | |
| 57,44 | | João Fernandes | | | | | 2 | | Lisboa - N2 | 20-07 | |
| 57,39 | | Leandro Ramos | Jv | Gira Sol | | 21-09-00 | 2 | CN Jr | Viseu | 09-07 | |
| 57,35 | | Pedro Custódio | | | | | 4 | C. Port | Maia | 25-06 | |
| 57,14 | | Mário Marques | | | | | 5 | C. Port | Maia | 25-06 | |
| 57,09 | | Mário Marques | | | | | 2 | | Sobreda | 26-05 | |
| 57,06 | | José Gonçalves | S23 | CCSJ. Madeira | | 27-09-95 | 5 | | Maia | 04-06 | 56,26-15 |
| 56,62 | | Paulo Cesar Silva | S23 | CDRC Amarense | | 08-05-94 | 6 | C. Port | Maia | 25-06 | 57,60-13 |
| 55,07 | | Bruno Mineiro | | SL Benfica | | 16-05-92 | 3 | | Lisboa - MP | 17-04 | 63,28-14 |
| 54,01 | | Esmeraldino Trigo | S23 | Sporting CP | ANG | 22-07-96 | 1 | | Lisboa - MP | 03-07 | |
| 53,51 | | Nuno Carvalho | S23 | Juv. Vidigalense | | 12-12-96 | 1 | | Leiria - CNL | 05-03 | 51,74-15 |
| 53,41 | | Hugo Silva | | CCD Ribeirão | | 09-01-90 | 2 | CNCI-3 | Vagos | 16-07 | 56,51-12 |
| 53,16 | | Kevin Pedro | | Juv. Vidigalense | | 18-03-93 | 1 | | Leiria - CNL | 24-05 | 53,58-14 |
| 52,71 | | Otoniel Badjana | Jr | SL Benfica | | 18-12-98 | 2 | | Lisboa - N2 | 14-05 | 47,30-15 |
| 51,28 | | José Rosa | | GD Cavadas | | 12-01-90 | 1 | | Seixal | 23-01 | 53,18-15 |
| 51,12 | | Filipe Medeiros | S23 | NA Cucujães | | 24-05-94 | 3 | | Aveiro | 20-02 | 51,40-14 |
| 50,89 | | Mauro Fonseca | S23 | Sporting CP | STP | 02-02-95 | 1 | | Lisboa - MP | 19-06 | 50,52-15 |
| 50,88 | | Joshua Egbeama | Jr | SL Benfica | NGR | 20-05-98 | 2ex | CN Lanç | Leiria - CNL | 27-02 | |
| 50,56 | | Francisco Fernandes | S23 | Sporting CP | | 01-06-96 | 5 | TI Lanç | Leiria - CNL | 24-07 | 47,54-14 |
| 50,25 | | Luis Herédio Costa | Vet | Sporting CP | | 30-10-71 | 1 | CN Vet | Lisboa - U | 09-07 | 65,52-97 |
| 50,00 | | João Dias | Jr | CA Seia | | 28-01-97 | 4 | CNCI-1 | Setúbal | 16-07 | 47,61-15 |
| 49,95 | | Marco Santos | | SC Braga | | 28-04-93 | 5 | CNCI-1 | Setúbal | 16-07 | 51,29-13 |
| 49,71 | | José Leonardo Abreu | Jv | ADR Água Pena | | 14-10-99 | 2 | | Ribeira Brava | 17-01 | 45,82-15 |
| 49,48 | | João Guerreiro | Jv | C Bf. Faro | | 23-06-99 | 4 | CN Jr | Viseu | 09-07 | |
| 49,47 | | Miguel Lavrador | S23 | Juv. Vidigalense | | 13-07-95 | 4 | | Leiria - CNL | 30-04 | 54,42-13 |
| 49,08 | | Carlos Bornes | S23 | Gira Sol | | 09-04-94 | 2 | CNCI-2 | Setúbal | 16-07 | 51,71-12 |
| 48,72 | | Bernardo Coelho | Jr | Juv. Vidigalense | | 05-05-98 | 2jr | TI Lanç | Leiria - CNL | 23-07 | 47,87-15 |
| 48,67 | | Miguel Almeida | S23 | Esc. Movimento | | 30-10-95 | 3 | CNCI-2 | Setúbal | 16-07 | 53,68-13 |
| 48,58 | | Rui Santos | S23 | ACR Sra. Desterro | | 24-10-96 | 1ex | | Aveiro | 20-02 | 55,23-15 |
| 47,99 | | José Silva | Vet | CA Tunes | CPV | 01-02-81 | 1 | | Faro | 13-02 | 49,88-00 |
| 47,18 | | Tiago Boucela | | Grecas | | 09-02-92 | 1 | | Póvoa de Varzim | 25-05 | |
| 47,16 | | Sérgio Abreu | Vet | GD Estreito | | 24-01-68 | 3 | | Ribeira Brava | 17-01 | 62,56-97 |
| 47,13 | | Armindo Pestana | Vet | CF Belenenses | | 12-09-71 | 2 | | Lisboa - MP | 24-01 | 53,34-04 |
| 46,98 | | Pedro Santos | | CP Alcanena | | 01-01-88 | 1 | | Fátima | 06-02 | 54,92-11 |
| 46,96 | | Daniel Coelho | S23 | GD Cavadas | | 30-09-96 | 2 | | Seixal | 23-01 | 48,22-14 |
| 46,92 | | Carlos Cunha | Vet | Pedro Pessoa EA | | 28-01-62 | 2 | | Sobreda | 18-06 | 70,46-92 |
| 46,79 | | Carlos Santos | | CP Alcanena | | 10-05-86 | 2 | | Fátima | 06-02 | 48,49-13 |
| 46,35 | | Aristides Pestana | Vet | CF Belenenses | | 12-09-71 | 2 | | Lisboa - U | 09-07 | 47,25-02 |
| 46,34 | | Vítor Viveiros | | ACD Jardim Serra | | 18-03-84 | 1 | | Funchal | 18-06 | 52,74-12 |
| 45,80 | | João Espinhosa | Jr | Maia AC | | 29-10-97 | 1 | | Viana do Castelo | 18-06 | |
| 45,66 | | Ruben Fernandes | | S Lagos Bf | | 08-12-89 | 2 | Custódio | Faro | 30-04 | 52,72-11 |
| 45,09 | | João Martins | Jr | SL Benfica | | 24-05-98 | 2 | | Quarteira | 24-06 | 45,02-15 |

Decatlo – 5000 - 4000

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-------------------|-----|-----------------|-----|----------|----|---------|------------------|-------|---------|
| 5.949 | | Pedro Vila Cova | S23 | EC+S Lavra | | 18-04-96 | 1 | | Leiria | 31-07 | 5604-15 |
| 5.948 | | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | 1 | C. Port | Maia | 26-06 | 5588-14 |
| 5.914 | | Joaquim Cabral | | CO Pechão | | 17-04-88 | 1 | | Lagos/Quarteira | 20-03 | 5905-15 |
| 5.886 | | Joaquim Cabral | | | | | 2 | C. Port | Maia | 26-06 | |
| 5.850 | | Pedro Vila Cova | S23 | | | | 3 | C. Port | Maia | 26-06 | 5604-15 |
| 4.890 | | André F. Santos | | OC Lagos | | 04-04-91 | 2 | | Lagos/Quarteira | 20-03 | 5657-11 |
| 4.668 | | Gilberto Carvalho | | AC Póvoa Varzim | | 14-01-93 | 1 | | Luso | 03-04 | 4221-15 |
| 4.636 | | André Silva | | C Bf. Faro | | 27-01-91 | 3 | | Lagos/Quarteira | 20-03 | 5256-14 |
| 4.519 | | Paulo Ornelas | | GD Estreito | | 31-05-93 | 1 | | Funchal/R. Brava | 20-03 | |
| 4.150 | | Ulisses Tavares | | ADR Água Pena | CPV | 18-10-92 | 2 | | Funchal/R. Brava | 20-03 | |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|------------|-----|----------|----|---------|-------|-------|---------|
| 6.139 | w | Pedro Ferreira | S23 | EC+S Lavra | | 21-02-96 | 1 | C. Port | Maia | 26-06 | 5588-14 |

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 |
|-------|---|-----------------|-----|------------------|-----|----------|-----|-------|------------------|-------|---------|
| 6.331 | | Paulo Neto | Jr | ACD Jardim Serra | | 11-03-97 | 1 | CN Jr | Viseu | 10-07 | 5156-15 |
| 6.207 | | Carlos Prino | Jr | GA Fátima | | 13-06-97 | 5 | | Arona - Esp | 05-06 | 5915-15 |
| 5.990 | | Carlos Prino | Jr | | | | 1 | | Leiria | 31-07 | 5915-15 |
| 5.682 | | Edgar Campré | Jv | SL Benfica | STP | 29-04-00 | 2 | CN Jr | Viseu | 10-07 | |
| 5.620 | | Reinaldo Moniz | Jr | Juv. Ilha Verde | | 26-03-98 | 1 | | Ponta Delgada | 20-03 | |
| 4.831 | | Romeu Gomes | Jr | CCSJ. Madeira | | 05-09-98 | 1 | | Luso | 03-04 | |
| 4.790 | | Pedro Pinheiro | Jr | SL Benfica | | 29-03-98 | 1ex | | Lagos/Quarteira | 20-03 | |
| 4.195 | | Tiago Martins | Jr | NA Cucujães | | 05-03-97 | 2 | | Luso | 03-04 | |
| 4.126 | | Milton Ferreira | Jr | ADR Água Pena | | 24-09-98 | 1 | | Funchal/R. Brava | 20-03 | |

5000 m M – 25.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-------------------------|-----|-------------------|-----|----------|----|-------------|--------------------|-------|--------------|
| 19.43,92 | i | Sérgio Vieira | Vet | SL Benfica | | 20-02-76 | 1s | CNCI-Ap | Pombal | 07-02 | 19.01,8-99 |
| 19.44,17 | i | Pedro Isidro | | SL Benfica | | 17-07-85 | 2 | C. Port | Pombal | 20-02 | 20.00,59i-14 |
| 19.58,10 | i | João Vieira | Vet | Sporting CP | | 20-02-76 | 1s | CNCI-Ap | Pombal | 06-02 | 18.33,16-99 |
| 20.56,84 | i | Miguel Rodrigues | S23 | CN Rio Maior | | 01-11-96 | 2s | CNCI-Ap | Pombal | 06-02 | 21.48,46i-14 |
| 21.03 | | Miguel Carvalho | S23 | SL Benfica | | 02-09-94 | tp | IAAF | La Corunha - Esp | 28-05 | 20.05,65i-15 |
| 21.06,80 | | Christian Curopos Costa | S23 | Espanha | | 06-08-94 | 1 | C.Esp CI | San Sebastian-Esp | 21-05 | 21.42,21-15 |
| 21.17,85 | i | Rui Coelho | S23 | CA Seia | | 26-09-94 | 5 | C. Port | Pombal | 20-02 | 21.15,77-15 |
| 21.31,8 | | Helder Santos Leitão | S23 | Gira Sol | | 07-03-96 | 1 | Galinheiras | Lisboa - MP | 14-11 | 21.54,59-15 |
| 21.39,98 | i | Amaro Teixeira | | Leiria Marcha | | 08-07-89 | 6 | C. Port | Pombal | 20-02 | 21.48,11i-15 |
| 21.50,39 | | Dionisio Ventura | Vet | CA Tunes | | 13-12-79 | 1 | | V. R. Sto. António | 16-01 | 20.30,34i-13 |
| 21.50,42 | i | António Pereira | Vet | SC Braga | | 10-07-75 | 4 | CNCI-1 | Pombal | 05-03 | 20.23,37i-10 |
| 21.52,83 | i | Pedro Martins | Vet | CA Seia | | 12-01-68 | 7 | C. Port | Pombal | 20-02 | 20.45,47i-99 |
| 21.53,92 | | Xavier Sousa | S23 | ACD Jardim Serra | | 20-10-96 | 1 | | Ribeira Brava | 04-06 | 22.08,30-15 |
| 21.56,4 | | Augusto Cardoso | Vet | ACR Sra. Desterro | | 13-12-70 | 1 | CN vet | Lisboa - U | 09-07 | 19.40,72-99 |
| 22.00,25 | i | Cristiano António | | AC Vermoil | | 15-10-88 | 2 | | Pombal | 16-01 | 21.23,16i-13 |
| 22.01,27 | i | Luís Silva | Vet | Leiria Marcha | | 26-08-70 | 8 | C. Port | Pombal | 20-02 | 20.42,49-06 |
| 22.01,6 | | Acacio Diogo | Vet | CA Bx Banheira | | 08-07-80 | 2 | Galinheiras | Lisboa - MP | 14-11 | 20.38-90i-99 |
| 22.15,77 | i | Luís Pássaro | S23 | CCSJ. Madeira | | 15-11-94 | 9 | C. Port | Pombal | 20-02 | 21.26,1-15 |
| 22.22,72 | i | Pedro Miguel Santos | | Juv. Vidigalense | | 15-11-92 | 7 | CNCI-1 | Pombal | 05-03 | 22.13,21-15 |
| 22.24 | | João Martins | S23 | CAF Zezere | | 20-03-95 | tp | IAAF | Rio Maior | 09-04 | 22.16,06i-15 |
| 22.24,76 | i | Marco Amaral | | Juv. Ilha Verde | | 16-07-93 | 3 | CNCI-2 | Pombal | 05-03 | 21.22,96-15 |
| 22.25,49 | i | Luís Gil | Vet | GD Estreito | | 06-04-75 | 4 | CNCI-2 | Pombal | 05-03 | 21.14,65-11 |
| 22.26,60 | | Paulo Martins | Jv | Sporting CP | | 15-01-99 | 1s | CNCI-Ap | Setúbal | 28-05 | 23.35,3-15 |
| 22.27,95 | | Rodrigo Marques | Jv | CO Pechão | | 16-09-99 | 2s | CNCI-Ap | Setúbal | 28-05 | 23.36,70-15 |
| 22.42 | | Pedro Amaral | Jr | Juv. Ilha Verde | | 02-10-97 | tp | IAAF | Rio Maior | 09-04 | 22.29,10-15 |
| 22.46,04 | i | Vítor Ramos | Jr | SL Benfica | | 22-07-97 | 1 | CN Jr | Braga | 13-02 | 24.28,0-15 |
| 22.56 | | Pedro Marcelo Santos | | CA Seia | | 25-04-86 | tp | C. Amaral | Celorico da Beira | 05-12 | 21.38,57-14 |
| 23.18,44 | i | Ruben Santos | Jv | CF Oliv. Douro | | 05-06-00 | 2 | CN jv | Pombal | 30-01 | |
| 23.48,25 | | Cláudio Cotrim | S23 | CP Alcanena | | 26-04-96 | 6s | CNCI-Ap | Fátima | 28-05 | 24.39,70i-15 |
| 23.50,43 | i | Vítor Cabral | Jr | CF Oliv. Douro | | 01-05-98 | 3s | CNCI-Ap | Braga | 06-02 | |
| 23.52 | | Fábio Conceição | | CO Pechão | | 05-07-93 | tp | | Rio Maior | 31-01 | 22.25-15 |
| 23.57 | | Francisco Reis | Vet | Grã-Bretanha | | 14-08-60 | 2 | Euro Mast | Ancona - Ita | 02-04 | 20.47,9-86 |
| 24.03,75 | i | José Silva | | NA Cucujães | | 16-01-85 | 4s | CNCI-Ap | Braga | 06-02 | 22.41,04i-13 |
| 24.05,34 | | Daniel Gouveia | Jv | CA Seia | | 30-07-00 | 3 | CN Jv | Lagoa | 02-07 | |
| 24.07,76 | i | Eduardo Cardoso | | CCD Ribeirão | | 09-03-92 | 5s | CNCI-Ap | Braga | 06-02 | 23.12,93-10 |
| 24.16,23 | | Jaime Santos | Vet | Grecas | | 22-05-72 | 7s | CNCI-Ap | Fátima | 28-05 | 22.32,33i-05 |
| 24.24,64 | i | Samuel Pereira | | CA Seia | | 25-11-93 | 13 | C. Port | Pombal | 20-02 | 21.18,29-12 |
| 24.34,68 | | Carlos Paiva | Vet | CA Galinheiras | | 21-03-69 | 2 | | Lisboa - MP | 30-01 | 24.37-08 |
| 24.38 | | Júlio Teran | Jv | CP Corroios | VEN | 20-01-99 | tp | IAAF | Rio Maior | 09-04 | 24.50,59-15 |
| 24.38,41 | | Vítor Silva | | ADR Água Pena | | 28-05-90 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 23.20,98-11 |
| 24.40,21 | | Sidney Santos | Jv | CA Galinheiras | STP | 01-10-99 | tp | V. Tavares | Faro | 15-06 | |
| 24.54 | | Ricardo Bernardino | Jv | CP Corroios | | 09-06-99 | 5 | | Rio Maior | 09-04 | 24.43,39-15 |
| 24.54,68 | | André Antunes | Jr | CP Corroios | | 03-02-97 | 2 | | Sobreda | 09-01 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|---------------------|-----|------------------|-----|----------|-----|-------------|-------------------|-------|--------------|
| 20.11,45 | | Pedro Isidro | | SL Benfica | | 17-07-85 | 1 | | Lisboa - MP | 30-01 | 20.00,59i-14 |
| 20.23,70 | | João Vieira | Vet | Sporting CP | | 20-02-76 | 1 | CNCI-1 | Setúbal | 16-07 | 18.33,16-99 |
| 20.28,87 | | Sérgio Vieira | Vet | SL Benfica | | 20-02-76 | 2 | CNCI-1 | Setúbal | 16-07 | 19.01,8-99 |
| 21.43,70 | | Rui Coelho | S23 | CA Seia | | 26-09-94 | 1s | CNCI-Ap | Fátima | 28-05 | 21.15,77-15 |
| 21.46,59 | | Miguel Rodrigues | S23 | CN Rio Maior | | 01-11-96 | 1 | | Fátima | 18-06 | 21.48,46i-14 |
| 22.04,21 | | Cristiano António | | AC Vermoil | | 15-10-88 | 1 | | Pombal | 11-06 | 21.23,16i-13 |
| 22.24 | | Amaro Teixeira | | Leiria Marcha | | 08-07-89 | tp | IAAF | Rio Maior | 09-04 | 21.48,11i-15 |
| 22.28,41 | | Luís Gil | Vet | GD Estreito | | 06-04-75 | 5 | CNCI-1 | Setúbal | 16-07 | 21.14,65-11 |
| 22.33,35 | | Marco Amaral | | Juv. Ilha Verde | | 16-07-93 | 1 | | Ponta Delgada | 09-01 | 21.22,96-15 |
| 22.35 | | Luís Silva | Vet | Leiria Marcha | | 26-08-70 | 1 | Euro Mast | Ancona - Ita | 02-04 | 20.42,49-06 |
| 22.35,8 | | Luís Pássaro | S23 | CCSJ. Madeira | | 15-11-94 | 5 | Galinheiras | Lisboa - MP | 14-11 | 21.26,1-15 |
| 22.45,03 | | Pedro Miguel Santos | | Juv. Vidigalense | | 15-11-92 | 5s | CNCI-Ap | Fátima | 28-05 | 22.13,21-15 |
| 22.49,15 | | António Pereira | Vet | SC Braga | | 10-07-75 | 1s | CNCI-Ap | Viana do Castelo | 28-05 | 20.23,37i-10 |
| 23.50 | | Pedro Martins | Vet | CA Seia | | 12-01-68 | 1 | C. Amaral | Celorico da Beira | 05-12 | 20.45,47i-99 |
| 23.55 | | Ruben Santos | Jv | CF Oliv. Douro | | 05-06-00 | 1jv | | Oliveira do Douro | 03-01 | |
| 23.55,93 | | Vitor Cabral | Jr | CF Oliv. Douro | | 01-05-98 | 2s | CNCI-Ap | Viana do Castelo | 28-05 | |
| 24.14 | | Vitor Ramos | Jr | SL Benfica | | 22-07-97 | 1Jr | | Tunes | 03-01 | 24.28,0-15 |
| 24.23,59 | | José Silva | | NA Cucujães | | 16-01-85 | 3s | CNCI-Ap | Viana do Castelo | 28-05 | 22.41,04i-13 |

10 Km M – 50:00.0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-------------------------|-----|-------------------|-----|----------|-----|------------|--------------------|-------|-------------|
| 40.50 | | João Vieira | Vet | Sporting CP | | 20-02-76 | tp | IAAF | La Corunha - Esp | 28-05 | 39.06-10 |
| 41.24 | | Sérgio Vieira | Vet | SL Benfica | | 20-02-76 | 1 | | Oliveira do Douro | 03-01 | 40.02,93-13 |
| 41.54,29 | | Pedro Isidro | | SL Benfica | | 17-07-85 | 3 | C. Port | Maia | 25-06 | 41.30,71-15 |
| 43.05,97 | | Miguel Carvalho | S23 | SL Benfica | | 02-09-94 | 3 | C. Port | Maia | 25-06 | 41.57,22-15 |
| 43.12,72 | | Miguel Rodrigues | S23 | CN Rio Maior | | 01-11-96 | 4 | C. Port | Maia | 25-06 | 43.47-15 |
| 43.22,96 | | Christian Curopos Costa | S23 | Espanha | | 06-08-94 | 4 | C Esp S23 | Toledo-Esp | 25-06 | 44.06-15 |
| 43.42 | | Rui Coelho | S23 | CA Seia | | 26-09-94 | 3 | | Oliveira do Douro | 03-01 | 43.15,80-15 |
| 44.07,1 | | Helder Santos Leitão | S23 | Gira Sol | | 07-03-96 | 3 | | Vendas Novas | 14-05 | 44.25,85-14 |
| 44.53,31 | | João Martins | S23 | CAF Zezere | | 20-03-95 | 3 | T. Port | Vagos | 19-03 | 44.57-15 |
| 45.08 | | Augusto Cardoso | Vet | ACR Sra. Desterro | | 13-12-70 | 4 | | Oliveira do Douro | 03-01 | 41.26,8-99 |
| 45.09,76 | | Xavier Sousa | S23 | ACD Jardim Serra | | 20-10-96 | 8 | C. Port | Maia | 25-06 | 46.09,56-15 |
| 45.18,67 | | Amaro Teixeira | | Leiria Marcha | | 08-07-89 | 4 | T. Port | Vagos | 19-03 | 44.54,44-15 |
| 45.21,30 | | Marco Amaral | | Juv. Ilha Verde | | 16-07-93 | 5 | T. Port | Vagos | 19-03 | 44.58,25-13 |
| 45.26,08 | | Pedro Miguel Santos | | Juv. Vidigalense | | 15-11-92 | 4 | | Vendas Novas | 14-05 | 46.02,64-15 |
| 45.35 | | Dionisio Ventura | Vet | CA Tunes | | 13-12-79 | 1 | | Tunes | 03-01 | 42.22-07 |
| 45.44 | | Pedro Marcelo Santos | | CA Seia | | 25-04-86 | 3 | C. Amaral | Celorico da Beira | 05-12 | 44.42,21-10 |
| 45.49,78 | | Pedro Amaral | Jr | Juv. Ilha Verde | | 02-10-97 | 1Jr | | Vendas Novas | 14-05 | 44.47-15 |
| 45.56,90 | | Paulo Martins | Jv | Sporting CP | | 15-01-99 | 1Jv | | Vendas Novas | 14-05 | |
| 46.04 | | Pedro Martins | Vet | CA Seia | | 12-01-68 | 6 | | Oliveira do Douro | 03-01 | 42.31,0-04 |
| 46.05 | | Cristiano António | | AC Vermoil | | 15-10-88 | 7 | | Oliveira do Douro | 03-01 | 44.47,80-10 |
| 46.13 | | António Pereira | Vet | SC Braga | | 10-07-75 | 1 | Euro Mast | V. R. Sto. António | 20-05 | 41.36,72-08 |
| 46.23 | | Vitor Ramos | Jr | SL Benfica | | 22-07-97 | 1Jr | | Baixa da Banheira | 16-01 | 49.12-15 |
| 46.52 | | Luís Correia | Vet | Leiria Marcha | | 09-10-78 | 3 | Euro Mast | V. R. Sto. António | 20-05 | 43.59-15 |
| 46.53 | | Luís Silva | Vet | Leiria Marcha | | 26-08-70 | 4 | Euro Mast | V. R. Sto. António | 20-05 | 43.59-06 |
| 46.56,92 | | Rodrigo Marques | Jv | CO Pechão | | 16-09-99 | 2Jv | | Vendas Novas | 14-05 | 48.25,23-15 |
| 47.18 | | Fábio Conceição | | CO Pechão | | 05-07-93 | tp | | Rio Maior | 31-01 | 44.57-15 |
| 48.22,04 | | Ruben Santos | Jv | CF Oliv. Douro | | 05-06-00 | 1 | | Viana do Castelo | 18-06 | |
| 48.54 | | Vasco Santos | Jr | CA Mar. Grande | | 20-07-98 | 1 | | Rio Maior | 31-01 | 47.53,20-14 |
| 49.02,51 | | Cláudio Cotrim | S23 | CP Alcanena | | 26-04-96 | 12 | C. Port | Maia | 25-06 | |
| 49.08,58 | | Sidney Santos | Jv | CA Galinheiras | STP | 01-10-99 | 2 | V. Tavares | Faro | 15-06 | |
| 49.10 | | Francisco Reis | Vet | Grã-Bretanha | | 14-08-60 | 5 | | Coventry - Gbr | 06-03 | 49.40-15 |
| 49.12 | | Daniel Gouveia | Jv | CA Seia | | 30-07-00 | 7Jr | IAAF | Rio Maior | 09-04 | |
| 49.29,04 | | Samuel Pereira | | CA Seia | | 25-11-93 | 13 | C. Port | Maia | 25-06 | 44.07,84-12 |
| 49.32,23 | | Vitor Cabral | Jr | CF Oliv. Douro | | 01-05-98 | 2 | | Viana do Castelo | 18-06 | |
| 49.58 | | Luís Pássaro | S23 | CCSJ. Madeira | | 15-11-94 | tp | | Rio Maior | 31-01 | 45.00-15 |

20 Km M – 1:30,00 - 2:00,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-------------------------|-----|------------------|-----|----------|------|----------|--------------------|-------|--------------|
| 1.22,34 | | João Vieira | Vet | Sporting CP | | 20-02-76 | 16 | IAAF | La Corunha - Esp | 28-05 | 1.20,09-06 |
| 1.22,39 | | João Vieira | Vet | | | | 30 | C. Mundo | Roma - Ita | 07-05 | |
| 1.23,03 | | João Vieira | Vet | | | | 31 | JO | Rio de Janeiro-Bra | 12-08 | |
| 1.24,25 | | João Vieira | Vet | | | | 11 | IAAF | Rio Maior | 09-04 | |
| 1.25,08 | | Pedro Isidro | | SL Benfica | | 17-07-85 | 1 | C. Nac | Batalha | 28-02 | 1.24,53-15 |
| 1.25,11 | | Sérgio Vieira | Vet | SL Benfica | | 20-02-76 | 2 | C. Nac | Batalha | 28-02 | 1.20,58-97 |
| 1.25,43 | | Pedro Isidro | | | | | 12 | IAAF | Rio Maior | 09-04 | |
| 1.27,39 | | Sérgio Vieira | Vet | | | | 53 | JO | Rio de Janeiro-Bra | 12-08 | 1.20,58-97 |
| 1.27,51 | | Miguel Carvalho | S23 | SL Benfica | | 02-09-94 | 16 | IAAF | Rio Maior | 09-04 | 1.25,40-15 |
| 1.28,03 | | Miguel Carvalho | S23 | | | | 74 | C. Mundo | Roma - Ita | 07-05 | |
| 1.28,40 | | Miguel Rodrigues | S23 | CN Rio Maior | | 01-11-96 | 19 | IAAF | Rio Maior | 09-04 | 1.30,57-15 |
| 1.29,23 | | Rui Coelho | S23 | CA Seia | | 26-09-94 | 22 | IAAF | Rio Maior | 09-04 | 1.28,39-15 |
| 1.30,19 | | Christian Curopos Costa | S23 | Espanha | | 06-08-94 | 2s23 | C. Esp | Cáceres-Esp | 20-03 | 1.35,01-15 |
| 1.32,43 | | Helder Santos Leitão | S23 | Gira Sol | | 07-03-96 | 24 | IAAF | Rio Maior | 09-04 | |
| 1.32,54 | | João Martins | S23 | CAF Zezere | | 20-03-95 | 25 | IAAF | Rio Maior | 09-04 | 1.29,49-15 |
| 1.33,08 | | Amaro Teixeira | | Leiria Marcha | | 08-07-89 | 5 | C. Nac | Batalha | 28-02 | 1.33,36.2-15 |
| 1.34,37 | | Dionisio Ventura | Vet | CA Tunes | | 13-12-79 | tp | C. Nac | Porto de Mós | 23-01 | 1.27,38-07 |
| 1.35,07 | | Luís Correia | Vet | Suiça | | 09-10-78 | tp | C. Nac | Porto de Mós | 23-01 | 1.29,46-15 |
| 1.36,44 | | Luís Pássaro | S23 | CCSJ. Madeira | | 15-11-94 | 10 | C. Nac | Batalha | 28-02 | 1.31,45-15 |
| 1.36,57 | | Cristiano António | | AC Vermoil | | 15-10-88 | 2 | | Porto de Mós | 23-01 | 1.31,33-14 |
| 1.36,59 | | Luís Silva | Vet | Leiria Marcha | | 26-08-70 | 28 | IAAF | Rio Maior | 09-04 | 1.30,37,7-06 |
| 1.37,21 | | Marco Amaral | | Juv. Ilha Verde | | 16-07-93 | 29 | IAAF | Rio Maior | 09-04 | 1.34,31-15 |
| 1.37,46 | | Pedro Martins | Vet | CA Seia | | 12-01-68 | 11 | C. Nac | Batalha | 28-02 | 1.26,31-97 |
| 1.37,49 | | Pedro Marcelo Santos | | CA Seia | | 25-04-86 | 4 | | Leiria | 22-11 | 1.31,49,1-06 |
| 1.41,34 | | Pedro Miguel Santos | | Juv. Vidigalense | | 15-11-92 | 30 | IAAF | Rio Maior | 09-04 | 1.41,57-14 |
| 1.47,28 | | Cláudio Cotrim | S23 | CP Alcanena | | 26-04-96 | 14 | C. Nac | Batalha | 28-02 | |
| 1.47,44 | | Samuel Pereira | | CA Seia | | 25-11-93 | 15 | C. Nac | Batalha | 28-02 | 1.31,34-13 |
| 1.48,11 | | Henrique Santos | Vet | GD Diana | | 27-05-65 | 31 | IAAF | Rio Maior | 09-04 | 1.54,43-15 |
| 1.51,16 | | Paulo Afonso | S23 | GA Fátima | | 05-10-95 | 3 | | Porto de Mós | 23-01 | 1.48,41-15 |
| 1.51,25 | | Francisco Reis | Vet | Grã-Bretanha | | 14-08-60 | 1 | | Coventry-Gbr | 10-07 | 1.28,49-85 |
| 1.53,28 | | Carlos Paiva | Vet | CA Galinheiras | | 21-03-69 | 33 | IAAF | Rio Maior | 09-04 | 1.44,00-87 |
| 1.59,51 | | Vitor Guedes | S23 | CDC Navais | | 01-05-96 | 17 | C. Nac | Batalha | 28-02 | |

50 Km M – 5:10.0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-------------------------|-----|---------------|-----|----------|----|--------|--------------------|-------|------------|
| 3.49,05 | | João Vieira | Vet | Sporting CP | | 20-02-76 | 8 | | Dudince - Svk | 19-03 | 3.45,17-12 |
| 4.00,47 | | Miguel Carvalho | S23 | SL Benfica | | 02-09-94 | 1 | | Leiria | 22-11 | |
| 4.03,42 | | Pedro Isidro | | SL Benfica | | 17-07-85 | 32 | JO | Rio de Janeiro-Bra | 19-08 | 3.55,44-15 |
| 4.08,16 | | Miguel Carvalho | S23 | | | | 36 | JO | Rio de Janeiro-Bra | 19-08 | |
| 4.09,40 | | Dionisio Ventura | Vet | CA Tunes | | 13-12-79 | 34 | | Dudince - Svk | 19-03 | 3.59,28-06 |
| 4.41,51 | | Christian Curopos Costa | S23 | Espanha | | 06-08-94 | 11 | C. Esp | Motril - Esp | 28-02 | |
| 4.46,34 | | Amaro Teixeira | | Leiria Marcha | | 08-07-89 | 2 | | Leiria | 22-11 | 5.04,28-15 |
| 5.01,38 | | Cristiano António | | AC Vermoil | | 15-10-88 | 3 | | Leiria | 22-11 | 4.40,28-14 |
| 5.06,05 | | Henrique Santos | Vet | GD Diana | | 27-05-65 | 4 | | Leiria | 22-11 | |

4 x 100 m – 43,50 – 45,00

| Marca | V | Clube | Esc | Atletas | Obs | CI | Prova | Local | Data |
|-------|---|-----------------------------|-----|---|-----|----|------------|------------------|-------|
| 38,95 | | Equipa Nacional | | D. Antunes, D. Lima, A. Abrantes, C. Nascimento | | 2 | S. António | Lisboa - U | 19-06 |
| 39,51 | | Seleção Nacional | | A. Lopes, F. Obikwelu, D. Lima, C. Nascimento | | 5h | C, Europa | Amsterdão - Hol | 09-07 |
| 39,69 | | Equipa Nacional | | A. Lopes, F. Obikwelu, A. Costa, P. Bernardo | | 3 | S. António | Lisboa - U | 19-06 |
| 39,79 | | Equipa Nacional | | D. Antunes, D. Lima, A. Costa, C. Nascimento | | 1 | | Salamanca - Esp | 04-06 |
| 40,05 | | Equipa Nacional | | A. Lopes, C. Nascimento, A. Costa, R. Pereira | | 1 | Lisboa | Lisboa - I | 01-05 |
| 40,18 | | Equipa Nacional Jr | Jr | F. Curvelo, R. Jorge, J. Pinto, J. Esteves | | 5 | S. António | Lisboa - U | 19-06 |
| 40,22 | | SL Benfica | | D. Antunes, B. Barros, A. Abrantes, A. Costa | * | 2 | TCCE | Mersin - Tur | 28-05 |
| 40,64 | | Seleção Nacional Junior | Jr | F. Curvelo, R. Jorge, J. Pinto, J. Esteves | | 6h | CE Jr | Bydgoszcz - Pol | 22-07 |
| 41,04 | | Sporting CP | | E. Silva, D. Lima, M. Sambé, F. Obikwelu | * | 1 | CNCI-1 | Setúbal | 16-07 |
| 41,09 | | Equipa Nacional Jr | Jr | F. Curvelo, R. Jorge, J. Pinto, M. Cabral | | 2 | Lisboa | Lisboa - I | 01-05 |
| 41,09 | | SL Benfica | | S. Remédios, A. Abrantes, R. Pereira, JP Lopes | | 2 | CNCI-1 | Setúbal | 16-07 |
| 41,10 | | Equipa Nacional Jr | Jr | F. Cuvelo, R. Jorge, J. Pinto, J. Esteves | | 4 | | Salamanca - Esp | 04-06 |
| 41,60 | | Juventude Vidigalense | | C. Tavares, P. Bernardo, B. Gualberto, W. Martins | * | 3 | CNCI-1 | Setúbal | 16-07 |
| 42,09 | | Juventude Vidigalense | | J. Pinto, P. Bernardo, A. Lopes, B. Gualberto | | 1 | C. Port | Maia | 25-06 |
| 42,78 | | Juventude Vidigalense | | C. Tavares, W. Martins, P. Bernardo, E. Kostrytsya | * | 1s | CNCI-Ap | Fátima | 28-05 |
| 42,80 | | Sporting CP | | M. Sambé, E. Silva, R. Oliveira, R. Oliveira | * | 1s | CNCI-Ap | Setúbal | 28-05 |
| 42,82 | | Escola do Movimento | | T. Baptista, E. Ferreira, G. Santos, C. Nascimento | | 1s | CNCI-Ap | Viana do Castelo | 28-05 |
| 42,84 | | SC Braga | | F. Martins, L. Machado, E. Sousa, R. Lima | | 2s | CNCI-Ap | Viana do Castelo | 28-05 |
| 42,95 | | SL Benfica | Jr | A. Prazeres, R. Jorge, F. Curvelo, J. Esteves | | 2 | TCCE Jr | Castellon - Esp | 17-09 |
| 43,06 | | Escola do Movimento | S23 | A. Ferrão, D. Reis, E. Ferreira, C. Nascimento | | 2 | C. Port | Maia | 25-06 |
| 43,08 | | ACD Jardim Serra | | F. Cordoeiro, D. Gonçalves, R. Faria, R. Ramos | | 1s | CNCI-Ap | Ribeira Brava | 28-05 |
| 43,09 | | SC Braga | | R. Lima, L. Machado, V. Pinto, E. Sousa | | 4 | CNCI-1 | Setúbal | 16-07 |
| 43,26 | | Gira Sol | | L. Fernandes, M. Pereira, R. Silva, M. Cabral | | 2s | CNCI-Ap | Fátima | 28-05 |
| 43,34 | | Juventude Ilha Verde | | J. Carreiro, M. Camara, A. Rodrigues, S. Silva | | 1 | | Ponta Delgada | 18-06 |
| 43,35 | | AA Pinhalnense | | P. Trindade, P. Caroné, P. Lopes, C. Pedreira | | 1 | | Sobreda | 25-06 |
| 43,38 | | Gira Sol | S23 | R. Tranco, M. Pereira, R. Silva, M. Cabral | | 3 | C. Port | Maia | 25-06 |
| 43,44 | | Seleção Setúbal | Jv | M. Valente, P. Trindade, A. Assembleia, J. Patricio | | 1 | OJ | Abrantes | 12-06 |
| 43,60 | | Seleção Leiria | Jv | J. Silva, L. Dias, E. Kostrytsya, M. Baptista | | 2 | OJ | Abrantes | 12-06 |
| 43,65 | | CC S. João da Madeira | | J. Gonçalves, A. Luz, J. Tavares, M. Santos | * | 1 | CNCI-2 | Setúbal | 16-07 |
| 43,66 | | GA Fátima | | C. Prino, E. Remédios, C. Lopes, J. Marto | | 2 | CNCI-2 | Setúbal | 16-07 |
| 43,71 | | GD Estreito | | P. Freitas, S. Mendes, P. Ornelas, R. Dionisio | | 1 | | Ribeira Brava | 18-06 |
| 43,85 | | Maia AC | Jv | D. Santos, H. Silva, P. Silva, D. Guerra | | 2 | CN Jr | Viseu | 09-07 |
| 43,91 | | GD Cavadas | | F. Serra, M. Valente, C. Sousa, E. Almeida | | 2 | | Sobreda | 25-06 |
| 44,01 | | ES Maia | Jr | N. Alexandrino, G. Santos, H. Silva, D. Guerra | | 1 | CN DE | Vagos | 21-05 |
| 44,02 | | AC Vermoil | Jr | J. Silva, L. Dias, B. Rodrigues, R. Ganso | | 4 | CN Jr | Viseu | 09-07 |
| 44,05 | | CA Mazarefes | | J. Vale, J. Maciel, F. Cunha, N. Sousa | | 3s | CNCI-Ap | Viana do Castelo | 28-05 |
| 44,07 | | CA Seia | | A. Gomes, H. Vaz, D. Anselmo, G. Lopes | | 6 | CNCI-1 | Setúbal | 16-07 |
| 44,12 | | Greças | | R Capeloa, M. Marta, P. Razori, T. Boucela | * | 1 | | Luso | 30-04 |
| 44,23 | | ADR Água Pena | | M. Rodrigues, U. Tavares, T. Fernandes, M. Franco | | 3s | CNCI-Ap | Ribeira Brava | 28-05 |
| 44,28 | | CCD Ribeirão | | D. Goncharuk, R. Miranda, M. Salgado, E. Sá | | 1 | CNCI-3 | Vagos | 16-07 |
| 44,58 | | UA Povoense | Jr | J. Henriques, G. Mota, Q. Rocha, I. Nazaré | | 3 | | Lisboa - MP | 04-06 |
| 44,72 | | Seleção Lisboa | Jv | A. Prazeres, A. Brás, Y. Munary, A. Fernandes | * | 3 | OJ | Abrantes | 12-06 |
| 44,82 | | NA Cucujães | | J. Ferreira, D. Magalhães, R. Gonçalves, G. Araújo | | 3 | | Luso | 30-04 |
| 44,90 | | Seleção Açores | Jv | A. Silva, R. Pimentel, J. Carreiro, M. Camara | | 4 | OJ | Abrantes | 12-06 |
| 44,97 | | AE Damião de Goes | Jv | A. Maia, J. Esteves, E. Rodrigues, P. Oliveira | * | 1 | | Lisboa - I | 29-04 |
| 44,97 | | Sel. Nacional Atl. Adaptado | | R. Alves, F. Batista, L. Gonçalves, G. Potra | | 2 | CE IPC | Grosseto - Ita | 16-06 |

(*) com atletas estrangeiros

4 x 400 m – 3.25,0 – 3.35,0

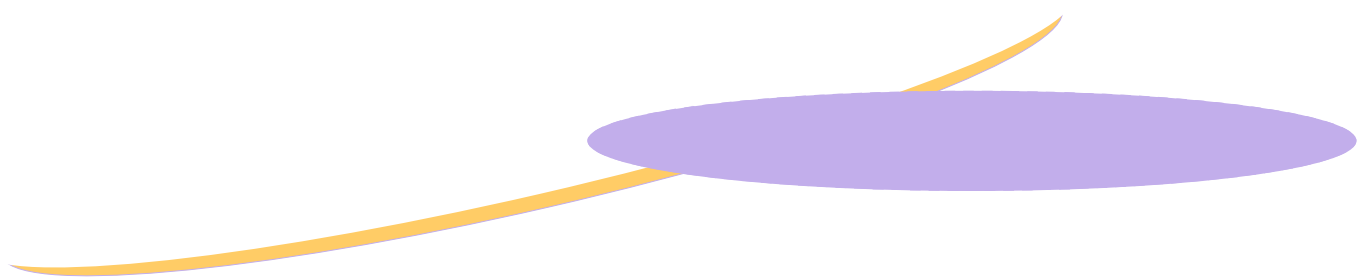
| Marca | V | Clube | Esc | Atletas | Obs | CI | Prova | Local | Data |
|---------|---|-------------|-----|--|-----|----|---------|--------------|-------|
| 3.12,42 | | SL Benfica | | And. Marques, D. Pinhão, VR Santos, A. Costa | | 3 | TCCE | Mersin - Tur | 29-05 |
| 3.15,60 | | SL Benfica | | And. Marques, D. Pinhão, VR Santos, T. Pereira | | 1 | CNCI-1 | Setúbal | 17-07 |
| 3.16,04 | | Sporting CP | | M. Sambé, S. Martins, T. Horta, A. Rodrigues | * | 2 | CNCI-1 | Setúbal | 17-07 |
| 3.18,31 | i | Sporting CP | | T. Horta, D. Lima, S. Martins, J. Fonseca | | 1 | CNCI-1 | Pombal | 06-03 |
| 3.19,16 | | SL Benfica | S23 | J. Tavares, A. Sá, Ang. Marques, VR. Santos | | 1 | C. Port | Maia | 26-06 |

| | | | | | | | | | |
|---------|---|-----------------------|-----|--|---|----|---------|------------------|-------|
| 3.20,90 | | Sporting CP | | M. Sambé, E. Silva, R. Oliveira, S. Martins | * | 1s | CNCI-Ap | Setúbal | 29-05 |
| 3.21,32 | i | SL Benfica | | Ang. Marques, A. Costa, J. Tavares, And. Marques | | 2 | CNCI-1 | Pombal | 06-03 |
| 3.21,57 | | Juventude Vidigalense | | M. Ramos, G. Pinto, B. Gualberto, T. Freire | | 3 | CNCI-1 | Setúbal | 17-07 |
| 3.22,30 | i | Sporting CP | | T. Horta, J. Fonseca, J. Tavares, S. Martins | | 1 | T. Port | Pombal | 23-01 |
| 3.22,42 | i | Sporting CP | | T. Horta, J. Tavares, J. Fonseca, S. Martins | | 1 | C. Port | Pombal | 21-02 |
| 3.22,89 | | SL Benfica | Jr | D. Silva, M. Ribeiro, D. Pinhão, D. Vidais | | 3 | TCCE Jr | Castellon - Esp | 17-09 |
| 3.23,30 | | Sporting CP | | M. Sanbé, P. Vilaverde, J. Fonseca, T. Horta | | 2 | C. Port | Maia | 26-06 |
| 3.23,70 | | SL Benfica | Jr | S. Alves, D. Barros, D. Santos, D. Pinhão | | 1 | CN Jr | Viseu | 10-07 |
| 3.23,89 | | CA Seia | | D. Sénica, A. Simões, D. Anselmo, J. Delgado | | 1s | CNCI-Ap | Fátima | 29-05 |
| 3.24,22 | i | SL Benfica | S23 | J. Tavares, Ang. Marques, D. Silva, And. Marques | | 1s | CNCI-Ap | Pombal | 07-02 |
| 3.24,26 | | Juventude Vidigalense | | M. Lopes, B. Gualberto, C. Farinha, G. Rodrigo | | 2s | CNCI-Ap | Fátima | 29-05 |
| 3.24,35 | | Escola do Movimento | | E. Ferreira, D. Reis, J. Cruz, T. Baptista | | 3 | C. Port | Maia | 26-06 |
| 3.24,75 | i | ACD Jardim Serra | | F. Cordoeiro, R. Faria, D. Teixeira, R. Ribeiro | | 3 | CNCI-1 | Pombal | 06-03 |
| 3.24,82 | i | CA Seia | | D. Anselmo, J. Delgado, A. Lima, D. Sénica | | 4 | CNCI-1 | Pombal | 06-03 |
| 3.25,46 | | SC Braga | | R. Vilas Boas, J. Ferreira, J. Lopes, R. Lima | | 1s | CNCI-Ap | Viana do Castelo | 29-05 |
| 3.27,03 | | ACR Sra. Desterro | | J. Pinto, A. Morais, J. Spencer, G. Barbosa | * | 4 | CNCI-1 | Setúbal | 17-07 |
| 3.27,04 | | Gira Sol | | M. Figueira, R. Trancho, J. Bernardo, M. Pereira | | 1 | CNCI-2 | Setúbal | 17-07 |
| 3.28,07 | i | AA Pinhalnense | | A. Pereira, C. Pedreira, P. Caroné, R. Belo | | 2s | CNCI-Ap | Pombal | 06-02 |
| 3.28,16 | i | Grecas | | J. Fresco, R. Almeida, R. Matos, T. Boucela | | 3s | CNCI-Ap | Pombal | 06-02 |
| 3.28,41 | | CC S. João Madeira | | M. Santos, M. Roque, C. Resende, D. Silva | | 2 | CNCI-2 | Setúbal | 17-07 |
| 3.29,66 | i | GA Fátima | | C. Prino, D. Martins, C. Lopes, E. Remédios | | 1 | CNCI-2 | Pombal | 06-03 |
| 3.30,47 | | GD Estreito | | S. Mendes, P. Oliveira, P. Ornelas, N. Paulo | | 7 | CNCI-1 | Setúbal | 17-07 |
| 3.30,96 | i | Juventude Ilha Verde | | R. Toste, M. Camara, A. Rodrigues, R. Moniz | | 3 | CNCI-2 | Pombal | 06-03 |
| 3.31,33 | | Casa Bf Faro | | D. Mateus, D. Cruz, D. Silva, B. Marques | | 2s | CNCI-Ap | Setúbal | 29-05 |
| 3.31,46 | | CA Tâmega | Jr | J. Novo, C. Castro, B. Oliveira, H. Ribeiro | | 3 | CN Jr | Viseu | 10-07 |
| 3.32,18 | | NA Cucujães | | D. Magalhães, J. Ferreira, S. Teixeira, R. Gonçalves | | 3s | CNCI-Ap | Viana do Castelo | 29-05 |
| 3.32,23 | | Pedro Pessoa EA | | R. Cardoso, D. Alexandre, R. Silva, F. Ramos | | 4 | CN Jr | Viseu | 10-07 |
| 3.32,35 | i | CA Mazarefes | | J. Vale, H. Coutinho, F. Cunha, J. Maciel | | 4 | C. Port | Pombal | 21-02 |
| 3.33,40 | | CF Belenenses | | E. Sá, D. Moniz, H. Augusto, M. Hassany | * | 1s | CNCI-Ap | Setúbal | 29-05 |
| 3.33,67 | | AC Póvoa | | F. Évora, A. Gomes, P. Silva, A. Magalhães | | 2 | CNCI-3 | Vagos | 17-07 |
| 3.34,09 | | CD C+S Lavra | S23 | J. Santos, P. Ferreira, G. Rocchi, P. Vila Cova | | 4s | CNCI-Ap | Viana do Castelo | 29-05 |
| 3.34,26 | | A 20Km Almeirim | Jr | I. Capelo, R. Ferreira, F. Gaio, J. Teixeira | | 5 | CN Jr | Viseu | 10-07 |

(*) com atletas estrangeiros

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Clube | Esc | Atletas | Obs | CI | Prova | Local | Data |
|---------|---|----------------------|-----|---|-----|----|---------|---------------|-------|
| 3.25,24 | | ACD Jardim Serra | | R. Faria, F. Cordoeiro, R. Ribeiro, W. Conniott | | 1s | CNCI-Ap | Ribeira Brava | 29-05 |
| 3.28,63 | | Grecas | | R. Capelo, R. Matos, M. Marta, M. Seixeiro | | 3 | CNCI-2 | Setúbal | 17-07 |
| 3.31,39 | | GA Fátima | | D. Martins, F. Pereira, C. Prino, R. Paixão | | 6s | CNCI-Ap | Fátima | 29-05 |
| 3.32,23 | | Juventude Ilha Verde | | J. Melo, A. Rodrigues, M. Amaral, S. Silva | | 1 | CNCI-3 | Vagos | 17-07 |
| 3.33,09 | | AA Pinhalnense | | T. Martins, P. Caroné, P. Lopes, C. Pedreira | | 3s | CNCI-Ap | Setúbal | 29-05 |
| 3.33,39 | | GD Estreito | | P. Freitas, P. Oliveira, P. Ornelas, S. Mendes | | 2s | CNCI-Ap | Ribeira Brava | 29-05 |



femininos

Época 2015/2016



100 m – 12,30 - 13,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|----------------------|-----|------------------|-----|----------|-----|------------|--------------------|-------|-------------|
| 11,21 | 1,9 | Lorene Dorcas Bazolo | | Sporting CP | RN | 04-05-83 | 1 | | Salamanca- Esp | 04-06 | 11,41-15 |
| 11,28 | 1,0 | Lorene Dorcas Bazolo | | | | | 3 | Madrid | Madrid - Esp | 23-06 | |
| 11,33 | 1,8 | Lorene Dorcas Bazolo | | | | | 2h | Madrid | Madrid - Esp | 23-06 | |
| 11,34 | 1,2 | Lorene Dorcas Bazolo | | | | | 1h | | Schiffange - Lux | 31-07 | |
| 11,39 | 0,6 | Lorene Dorcas Bazolo | | | CGO | | 2rA | Lisboa | Lisboa - I | 01-05 | |
| 11,39 | 0,1 | Lorene Dorcas Bazolo | | | | | 1 | | Schiffange - Lux | 31-07 | |
| 11,40 | 2,0 | Lorene Dorcas Bazolo | | | | | 1 | C. Port | Maia | 25-06 | |
| 11,43 | -0,2 | Lorene Dorcas Bazolo | | | CGO | | 1h | Lisboa | Lisboa - I | 01-05 | |
| 11,43 | 0,3 | Lorene Dorcas Bazolo | | | | | 4h | JO | Rio de Janeiro-Bra | 12-08 | |
| 11,44 | -1,0 | Lorene Dorcas Bazolo | | | | | 2h | C. Europa | Amesterdão - Hol | 07-07 | |
| 11,46 | -1,7 | Lorene Dorcas Bazolo | | | | | 1h | | Salamanca- Esp | 04-06 | |
| 11,47 | -1,4 | Lorene Dorcas Bazolo | | | | | 1 | | Vagos | 21-05 | |
| 11,57 | -0,4 | Lorene Dorcas Bazolo | | | | | 5sf | C. Europa | Amesterdão - Hol | 08-07 | |
| 11,62 | 2,0 | Carla Tavares | | Sporting CP | | 22-05-82 | 2 | C. Port | Maia | 25-06 | 11,48-14 |
| 11,65 | 1,4 | Marisa Carvalho | Jv | SL Benfica | RNj | 15-11-99 | 1rB | S. António | Lisboa - U | 19-06 | 12,03-15 |
| 11,67 | 1,7 | Carla Tavares | | | | | 2 | | Caceres - Esp | 29-06 | |
| 11,70 | -1,2 | Lorene Dorcas Bazolo | | | | | 1 | TCCE | Mersin - Tur | 28-05 | |
| 11,74 | 1,9 | Carla Tavares | | | | | 1h | | Caceres - Esp | 29-06 | |
| 11,79 | -3,7 | Lorene Dorcas Bazolo | | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 11,80 | 1,7 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 1rB | | Ribeira Brava | 04-06 | 11,92-15 |
| 11,82 | 0,6 | Cátia Garcia Santos | S23 | SL Benfica | | 13-05-94 | 4rA | Lisboa | Lisboa - I | 01-05 | 12,04-15 |
| 11,83 | 1,7 | Cátia Garcia Santos | S23 | | | | 3 | | Caceres - Esp | 29-06 | |
| 11,84 | 0,1 | Rosalina Santos | Jr | | RSA | | 1ex | CN Jr | Viseu | 09-07 | 11,92-15 |
| 11,84 | 0,5 | Carla Tavares | | | | | 1 | | Lisboa - I | 13-07 | |
| 11,85 | 1,5 | Rosalina Santos | Jr | | RSA | | 1rA | | Ribeira Brava | 04-06 | 11,92-15 |
| 11,91 | 1,7 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 23-04 | |
| 11,91 | 0,6 | Marisa Carvalho | Jv | | | | 6rA | Lisboa | Lisboa - I | 01-05 | |
| 11,93 | 0,6 | Cátia Garcia Santos | S23 | | | | 2h | Lisboa | Lisboa - I | 01-05 | |
| 11,95 | 0,7 | Cátia Garcia Santos | S23 | | | | 2h | | Caceres - Esp | 29-06 | |
| 11,96 | -0,5 | Marisa Carvalho | Jv | | | | 2h | Lisboa | Lisboa - I | 01-05 | |
| 11,96 | 0,5 | Cátia Garcia Santos | S23 | | | | 2 | | Lisboa - I | 13-07 | |
| 11,98 | 2,0 | Olimpia Barbosa | S23 | Sporting CP | | 28-02-95 | 3 | C. Port | Maia | 25-06 | 11,75-15 |
| 11,98 | 2,0 | Sofia Duarte | S23 | Sporting CP | | 07-11-96 | 4 | C. Port | Maia | 25-06 | 12,08-13/15 |
| 11,98 | 0,5 | Olimpia Barbosa | S23 | | | | 3 | | Lisboa - I | 13-07 | |
| 11,99 | 0,9 | Sofia Duarte | S23 | | | | 1h | | Caceres - Esp | 29-06 | |
| 12,00 | 1,4 | Sofia Duarte | S23 | | | | 1 | | Lisboa - I | 23-07 | |
| 12,01 | 1,7 | Sofia Duarte | S23 | | | | 4 | | Caceres - Esp | 29-06 | |
| 12,01 | 0,8 | Rosalina Santos | Jr | | RSA | | 1h | CN Jr | Viseu | 09-07 | |
| 12,02 | 0,3 | Sofia Duarte | S23 | | | | 2rB | Lisboa | Lisboa - I | 01-05 | |
| 12,02 | -0,3 | Carla Tavares | | | | | 1 | | Mersin - Tur | 28-05 | |
| 12,02 | 1,6 | Riviniilda Mentai | S23 | SL Benfica | | 01-04-94 | 1 | | Lisboa - I | 10-06 | 12,07-12 |
| 12,03 | -1,4 | Carla Tavares | | | | | 2 | | Vagos | 21-05 | |
| 12,04 | 0,6 | Joana Carlos | Jv | Juv. Vidigalense | | 25-03-99 | 2h | | Salamanca- Esp | 04-06 | 12,07-15 |
| 12,06 | 1,4 | Riviniilda Mentai | S23 | | | | 1 | | Lisboa - MP | 14-05 | |
| 12,08 | 0,4 | Carla Tavares | | | | | 1h | | Schiffange - Lux | 31-07 | |
| 12,09 | 0,5 | Margarida Monteiro | Jr | SL Benfica | | 30-11-97 | 1 | | Maia | 04-06 | 12,33-15 |
| 12,11 | -1,7 | Cátia Garcia Santos | S23 | | | | 5h | | Salamanca- Esp | 04-06 | |
| 12,11 | 0,1 | Margarida Monteiro | Jr | | | | 1 | CN Jr | Viseu | 09-07 | |
| 12,13 | 0,4 | Sofia Duarte | S23 | | | | 3h | Lisboa | Lisboa - I | 01-05 | |
| 12,13 | 1,3 | Joana Carlos | Jv | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 12,13 | 1,5 | Carla Gama | | Sporting CP | | 24-11-90 | 1h | V. Tavares | Faro | 15-06 | 11,93-15 |
| 12,15 | 1,9 | Carina Pereira | Jr | SL Benfica | | 01-06-98 | 1h | CN DE | Vagos | 20-05 | 12,71-15 |
| 12,15 | 2,0 | Susana Santos | | SL Benfica | | 20-09-90 | 5 | C. Port | Maia | 25-06 | 11,99-13 |
| 12,16 | -0,2 | Susana Santos | | | | | 2h | Lisboa | Lisboa - I | 01-05 | |
| 12,17 | 1,6 | Susana Santos | | | | | 2 | | Lisboa - I | 10-06 | |
| 12,17 | -1,8 | Catarina Karas | Jv | Sporting CP | | 23-05-00 | 1h | CPLP | Sal - CPV | 17-07 | |
| 12,18 | 0,3 | Susana Santos | | | | | 3rB | Lisboa | Lisboa - I | 01-05 | |
| 12,18 | -1,4 | Olimpia Barbosa | S23 | | | | 3 | | Vagos | 21-05 | |
| 12,18 | 1,5 | Susana Santos | | | | | 1h | | Lisboa - I | 10-06 | |

| | | | | | | | | | | | |
|-------|------|-------------------------|-----|-------------------|-----|----------|-----|------------|--------------------|-------|-----------|
| 12,18 | 2,0 | Adriana Alves | S23 | SL Benfica | ANG | 13-09-95 | 6ex | C. Port | Maia | 25-06 | 12,13-15 |
| 12,18 | 0,4 | Carla Gama | | | | | 2h | | Schiffange - Lux | 31-07 | |
| 12,19 | 1,0 | Carla Gama | | | | | 1 | V. Tavares | Faro | 15-06 | |
| 12,20 | 0,0 | Susana Santos | | | | | 1 | F. Alves | Marinha Grande | 21-05 | |
| 12,20 | -1,4 | Sofia Duarte | S23 | | | | 4s | | Vagos | 21-05 | |
| 12,20 | 1,7 | Susana Santos | | | | | 5 | | Caceres - Esp | 29-06 | |
| 12,20 | 1,9 | Susana Santos | | | | | 2h | | Caceres - Esp | 29-06 | |
| 12,20 | 0,1 | Carla Tavares | | | | | 3 | | Schiffange - Lux | 31-07 | |
| 12,21 | 1,0 | Rute Limpo | | ACR Sra. Desterro | | 23-12-90 | 2 | V. Tavares | Faro | 15-06 | 12,06-15 |
| 12,23 | 2,0 | Margarida Monteiro | Jr | | | | 6 | C. Port | Maia | 25-06 | |
| 12,24 | 0,6 | Susana Santos | | | | | 5h | | Salamanca- Esp | 04-06 | |
| 12,25 | 1,4 | Adriana Alves | S23 | | ANG | | 2 | | Lisboa - MP | 14-05 | |
| 12,26 | -0,3 | Olimpia Barbosa | S23 | | | | 2 | | Mersin - Tur | 28-05 | |
| 12,26 | 0,0 | Catarina Karas | Jv | | | | 1h | CN Jr | Viseu | 09-07 | |
| 12,27 | 1,4 | Susana Santos | | | | | 3 | | Lisboa - MP | 14-05 | |
| 12,27 | 0,1 | Joana Carlos | Jv | | | | 2 | CN Jr | Viseu | 09-07 | |
| 12,27 | 0,1 | Carla Gama | | | | | 4 | | Schiffange - Lux | 31-07 | |
| 12,28 | -3,9 | Cátia Garcia Santos | S23 | | | | 1s | CNCI-Ap | Setúbal | 28-05 | |
| 12,28 | 1,3 | Rute Limpo | | | | | 2s | CNCI-Ap | Fátima | 28-05 | |
| 12,30 | 1,5 | Carla Gama | | | | | 2h | | Lisboa - I | 10-06 | |
| 12,30 | 0,8 | Carla Tavares | | | | | 1 | | Lisboa - I | 24-07 | |
| 12,31 | -0,2 | Catarina Lourenço | Jv | CAS Manique | | 12-02-00 | 1 | CN Jv | Lagoa | 02-07 | |
| 12,42 | 2,0 | Jessica Neto | Jv | Maia AC | | 12-05-99 | 1 | C. Norte | Maia | 23-07 | 12,56-15 |
| 12,43 | 1,9 | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 2h | CN DE | Vagos | 20-05 | 12,53-15 |
| 12,43 | -0,2 | Patrícia Rodrigues | Jv | SL Benfica | | 24-02-99 | 3 | CN Jv | Lagoa | 02-07 | 12,64-15 |
| 12,48 | 1,4 | Ludmila Nascimento | S23 | Sporting CP | | 01-11-96 | 2 | | Lisboa - I | 23-07 | 12,63-14 |
| 12,48 | 0,5 | Carolina Duarte | | CS Marítimo | | 08-01-90 | 6 | J ParaOlim | Rio de Janeiro-Bra | 11-09 | 12,17-10 |
| 12,50 | -0,2 | Beatriz Andrade | Ini | SCU Torreense | | 31-10-01 | 4 | CN Jv | Lagoa | 02-07 | |
| 12,52 | 1,3 | Ana Moreira | Jr | Juv. Vidigalense | | 27-06-98 | 1 | | Pombal | 11-06 | 12,25-15 |
| 12,54 | 1,9 | Sara Moreira | Ini | AR Luz e Vida | | 22-01-01 | 3h | CN DE | Vagos | 20-05 | 26,66-15 |
| 12,54 | 0,5 | Catarina Silva | | Grecas | | 03-04-90 | 1 | | Vagos | 04-06 | 12,63-14 |
| 12,56 | 2,0 | Scarlett Saleiro | Jr | CA Mazarefes | | 27-05-98 | 2 | C. Norte | Maia | 23-07 | 12,95-15 |
| 12,57 | -0,5 | Debora Clemente | S23 | Sporting CP | | 09-11-94 | 3h | Lisboa | Lisboa - I | 01-05 | 12,11-10 |
| 12,57 | 1,7 | Ema Camacho | Jv | ACD S. João | | 21-05-00 | 1 | | Ribeira Brava | 04-06 | 12,74w-15 |
| 12,57 | -0,2 | Fatumata Baldé | Jv | CAS Manique | GBS | 29-07-00 | 5 | CN Jv | Lagoa | 02-07 | 12,84-15 |
| 12,59 | 1,2 | Fátima Coutinho | Jv | CA Mazarefes | | 01-04-99 | 1 | | Arcos de Valdevez | 12-03 | 12,55-15 |
| 12,60 | 1,3 | Laura Cordeiro | Jr | Juv. Vidigalense | | 05-05-97 | 1 | | Pont L'Abbe - Fra | 30-04 | 12,54-15 |
| 12,61 | 2,0 | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 6 | OJ | Abrantes | 12-06 | 12,69-15 |
| 12,62 | 0,2 | Rita Faria | Jr | Sporting CP | | 16-05-98 | 1h | | Lisboa - MP | 04-06 | 12,77-15 |
| 12,62 | 1,3 | Inês Aires | Jr | Maia AC | | 19-04-97 | 1h | | Viana do Castelo | 18-06 | 12,34-14 |
| 12,65 | 0,1 | Carolina Narciso | Jv | AA Seixal | | 04-12-99 | 1 | | Almada | 22-05 | |
| 12,67 | -0,2 | Maria da Silva Ferreira | Jv | Sporting CP | | 09-02-00 | 6 | CN Jv | Lagoa | 02-07 | |
| 12,67 | 0,1 | Diana Oliveira | Jr | NA Cucujães | | 25-08-97 | 6 | CN Jr | Viseu | 09-07 | 12,79-13 |
| 12,70 | 1,6 | Angela Monteiro | S23 | CF Belenenses | | 15-08-94 | 5h | | Maia | 04-06 | 12,48-15 |
| 12,70 | 2,0 | Sara Faria | Jr | EA Trofa | | 17-06-98 | 4 | C. Norte | Maia | 23-07 | 12,99w-15 |
| 12,72 | 2,0 | Cátia Rodrigues | Jv | ADRE Palhaça | | 21-02-99 | 7 | OJ | Abrantes | 12-06 | 12,77w-15 |
| 12,72 | 0,8 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 3 | Noite | Maia | 15-06 | |
| 12,74 | 2,0 | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | 5 | C. Norte | Maia | 23-07 | |
| 12,75 | -0,5 | Vera Fernandes | S23 | SL Benfica | | 24-02-94 | 4h | Lisboa | Lisboa - I | 01-05 | 12,08-15 |
| 12,76 | 2,0 | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | 1 | | Rio Maior | 04-06 | 12,76-15 |
| 12,76 | 1,8 | Bárbara Mota | Jv | AC Vermoil | | 04-04-00 | 1 | | Pombal | 18-06 | |
| 12,76 | 1,8 | Sara Rodrigues | Jv | SC Braga | | 05-07-99 | 2 | | Braga | 13-07 | 12,76w-15 |
| 12,77 | 0,0 | Catarina Augusto | Jr | CA Seia | | 13-12-97 | 4 | F. Alves | Marinha Grande | 21-05 | 12,90-15 |
| 12,80 | 1,5 | Diana Pereira | S23 | ACD Jardim Serra | | 30-04-96 | 2 | | Ribeira Brava | 04-06 | |
| 12,80 | 2,0 | Ana Mendes | Jr | GD Airão | | 14-04-98 | 6 | C. Norte | Maia | 23-07 | 12,85-15 |
| 12,81 | 0,6 | Andreia Felisberto | | Sporting CP | | 22-06-86 | 3h | Lisboa | Lisboa - I | 01-05 | 11,87-12 |
| 12,81 | 1,3 | Ilizandra Lopes | | CP Alcanena | | 28-02-92 | 5s | CNCI-Ap | Fátima | 28-05 | 12,45-10 |
| 12,82 | 1,6 | Patrícia Alminhas | Jv | Vit. Setúbal | | 04-02-00 | 1 | | Odemira | 25-06 | 12,95-14 |
| 12,83 | -0,2 | Loanne Pinto | Jv | Esc. Movimento | | 12-10-99 | 2 | | Maia | 15-05 | |
| 12,84 | 2,0 | Matilde Sousa | Jv | A 20Km Almeirim | | 14-04-00 | 2 | | Rio Maior | 04-06 | |
| 12,84 | 0,0 | Marta Laranjeira | Jr | AAC Caparica | | 27-10-98 | 3h | CN Jr | Viseu | 09-07 | 12,87w-15 |
| 12,85 | 0,5 | Irina Vitorino | Jv | JOMA | | 07-03-99 | 2 | | Lisboa - MP | 24-04 | 12,72w-15 |

| | | | | | | | | | | | |
|-------|------|-------------------|-----|------------------|--|----------|----|----------|---------------|-------|-----------|
| 12,87 | 1,8 | Inês Lopes | Jv | CA Mar. Grande | | 17-04-99 | 2 | | Pombal | 18-06 | |
| 12,87 | 0,1 | Nicolle Santos | S23 | SCU Torreense | | 19-04-94 | 2s | | Lisboa - I | 13-07 | 12,78-15 |
| 12,88 | 1,9 | Rita Parreira | Jr | SL Benfica | | 11-05-98 | 4h | CN DE | Vagos | 20-05 | 12,65-14 |
| 12,88 | 1,6 | Inês Matos Luís | S23 | Esc. Movimento | | 14-11-96 | 4 | | Maia | 21-05 | 12,60-15 |
| 12,88 | 1,3 | Inês Arada | Jr | Gira Sol | | 24-03-98 | 1 | | Pombal | 11-06 | |
| 12,89 | -0,3 | Andreia Gomes | Jr | JOMA | | 27-06-98 | 3 | | Lisboa - MP | 04-06 | |
| 12,91 | 1,4 | Camila Lucena | S23 | GD Estreito | | 07-08-94 | 3 | | Ribeira Brava | 02-07 | 12,93-12 |
| 12,94 | 0,6 | Maria Luís Santos | Jv | SL Benfica | | 26-11-99 | 5h | Lisboa | Lisboa - I | 01-05 | |
| 12,95 | 1,6 | Camila Santos | Jr | Sporting CP | | 19-01-98 | 6 | | Lisboa - I | 10-06 | 12,78w-15 |
| 12,97 | 2,0 | Liliana Manhente | | Individual - P | | 30-03-85 | 8 | C. Norte | Maia | 23-07 | 12,90-12 |
| 12,98 | 0,7 | Raquel Marques | Jv | SL Benfica | | 09-06-99 | 1s | | Lisboa - I | 13-07 | |
| 13,00 | 1,7 | Ema Carvão | Jv | ACD Jardim Serra | | 05-05-01 | 2 | | Ribeira Brava | 04-06 | |
| 13,00 | 0,2 | Mariza Santos | Jr | GD Estreito | | 22-04-97 | 2h | | Ribeira Brava | 18-06 | 12,95-12 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------------|-----|-------------------|-----|----------|-----|------------|-------------------|-------|-------------|
| 11,48 | 5,7 | Carla Tavares | | Sporting CP | | 22-05-82 | 1h | C. Port | Maia | 25-06 | 11,48-14 |
| 11,52 | 5,7 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 2h | C. Port | Maia | 25-06 | 11,92-15 |
| 11,59 | 3,2 | Cátia Garcia Santos | S23 | SL Benfica | | 13-05-94 | 1h | C. Port | Maia | 25-06 | 12,04-15 |
| 11,90 | 5,7 | Sofia Duarte | S23 | Sporting CP | | 07-11-96 | 3h | C. Port | Maia | 25-06 | 12,08-13/15 |
| 11,93 | 3,2 | Olimpia Barbosa | S23 | Sporting CP | | 28-02-95 | 2h | C. Port | Maia | 25-06 | 11,75-15 |
| 12,00 | 3,9 | Rivinilda Mentai | S23 | SL Benfica | | 01-04-94 | 1h | | Lisboa - I | 10-06 | 12,07-12 |
| 12,02 | 2,6 | Joana Carlos | Jv | Juv. Vidigalense | | 25-03-99 | 4rB | | Salamanca- Esp | 04-06 | 12,07-15 |
| 12,10 | 3,2 | Susana Santos | | SL Benfica | | 20-09-90 | 3h | C. Port | Maia | 25-06 | 11,99-13 |
| 12,16 | 5,7 | Adriana Alves | S23 | SL Benfica | ANG | 13-09-95 | 4h | C. Port | Maia | 25-06 | 12,13-15 |
| 12,17 | 2,7 | Filipa Martins | | Sporting CP | | 13-11-92 | 1s | | Vagos | 21-05 | 12,01-14 |
| 12,18 | 2,7 | Rute Limpo | | ACR Sra. Desterro | | 23-12-90 | 1h | V. Tavares | Faro | 15-06 | 12,06-15 |
| 12,33 | 4,3 | Ludmila Nascimento | S23 | Sporting CP | | 01-11-96 | 4h | C. Port | Maia | 25-06 | 12,63-14 |
| 12,34 | 4,1 | Fatmata Baldé | Jv | CAS Manique | GBS | 29-07-00 | 1rB | | Lisboa - MP | 14-05 | 12,84-15 |
| 12,36 | 2,7 | Vera Fernandes | S23 | SL Benfica | | 24-02-94 | 2s | | Vagos | 21-05 | 12,08-15 |
| 12,38 | 5,7 | Ana Moreira | Jr | Juv. Vidigalense | | 27-06-98 | 5h | C. Port | Maia | 25-06 | 12,25-15 |
| 12,40 | 5,5 | Diana Oliveira | Jr | NA Cucujães | | 25-08-97 | 1 | | Aveiro | 18-06 | 12,79-13 |
| 12,43 | 4,3 | Carolina Duarte | | CS Marítimo | | 08-01-90 | 5h | C. Port | Maia | 25-06 | 12,17-10 |
| 12,44 | 2,4 | Laura Cordeiro | Jr | Juv. Vidigalense | | 05-05-97 | 1 | | Pont L'Abbe - Fra | 30-04 | 12,54-15 |
| 12,44 | 6,0 | Inês Aires | Jr | Maia AC | | 19-04-97 | 1 | | Viana do Castelo | 18-06 | 12,34-14 |
| 12,47 | 3,4 | Ema Camacho | Jv | ACD S. João | | 21-05-00 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 12,74w-15 |
| 12,47 | 4,2 | Raquel Haar | Jv | GD Diana | | 25-10-99 | 1 | | Montemor-o-Novo | 23-07 | |
| 12,48 | 2,1 | Sara Moreira | Ini | AR Luz e Vida | | 22-01-01 | 1 | | Maia | 04-06 | 26,66-15 |
| 12,40 | 4,4 | Catarina Silva | | Greças | | 03-04-90 | 1 | | Murtosa | 23-04 | 12,63-14 |
| 12,53 | 4,8 | Cátia Rodrigues | Jv | ADRE Palhaça | | 21-02-99 | 1s | CNCI-Ap | Fátima | 28-05 | 12,77w-15 |
| 12,53 | 3,1 | Diana Pereira | S23 | ACD Jardim Serra | | 30-04-96 | 1 | CNCI-3 | Vagos | 16-07 | |
| 12,57 | 4,1 | Tânia Carvalho | Jr | SL Benfica | | 18-10-97 | 3 | | Lisboa - MP | 02-07 | 12,98w-15 |
| 12,58 | 4,4 | Vera Lima | | ACR Sra. Desterro | | 08-12-89 | 2 | | Murtosa | 23-04 | 12,64-11 |
| 12,58 | 2,7 | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 2h | V. Tavares | Faro | 15-06 | 12,69-15 |
| 12,66 | 4,8 | Catarina Augusto | Jr | CA Seia | | 13-12-97 | 2s | CNCI-Ap | Fátima | 28-05 | 12,90-15 |
| 12,66 | 6,0 | Ana Mendes | Jr | GD Airão | | 14-04-98 | 2 | | Viana do Castelo | 18-06 | 12,85-15 |
| 12,67 | 4,1 | Diana Rodrigues | Jv | Sporting CP | GBS | 01-10-99 | 4rB | | Lisboa - MP | 14-05 | 12,77-15 |
| 12,68 | 6,0 | Sara Faria | Jr | EA Trofa | | 17-06-98 | 3 | | Viana do Castelo | 18-06 | 12,99w-15 |
| 12,70 | 3,4 | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | 1h | C. Norte | Maia | 23-07 | |
| 12,71 | 5,3 | Matilde Sousa | Jv | A 20Km Almeirim | | 14-04-00 | 1h | | Fátima | 25-06 | |
| 12,72 | 4,8 | Inês Lopes | Jv | CA Mar. Grande | | 17-04-99 | 3s | CNCI-Ap | Fátima | 28-05 | |
| 12,74 | 3,2 | Nicolle Santos | S23 | SCU Torreense | | 19-04-94 | 5h | C. Port | Maia | 25-06 | 12,78-15 |
| 12,75 | 3,7 | Andreia Grácio | S23 | Juv. Vidigalense | | 17-09-96 | 1 | | Fátima | 02-07 | |
| 12,77 | 2,3 | Inês Arada | Jr | Gira Sol | | 24-03-98 | 1 | | Aveiro | 18-06 | |
| 12,77 | 2,6 | Liliana Manhente | | Individual - P | | 30-03-85 | 5h | C. Norte | Maia | 23-07 | 12,90-12 |
| 12,78 | 4,3 | Camila Lucena | S23 | GD Estreito | | 07-08-94 | 3 | | Ribeira Brava | 02-07 | 12,93-12 |
| 12,78 | 3,1 | Sofia Gomes | Jr | AC Vermoil | | 30-09-97 | 4 | CNCI-3 | Vagos | 16-07 | 12,68-15 |
| 12,79 | 4,3 | Inês Matos Luís | S23 | Esc. Movimento | | 14-11-96 | 6h | C. Port | Maia | 25-06 | 12,60-15 |
| 12,80 | 4,1 | Francisca Oliveira | Jv | JUN Ideal | | 22-03-00 | 1rB | C. Norte | Maia | 23-07 | |
| 12,85 | 2,8 | Raquel Costa | Jv | GA Fátima | | 22-10-99 | 1 | | Abrantes | 15-05 | |
| 12,85 | 3,4 | Candida Bairrada | | CS Marítimo | | 31-12-84 | 4s | CNCI-Ap | Ribeira Brava | 28-05 | 12,45-09 |
| 12,85 | 4,1 | Inês Dias | Jr | Maia AC | | 06-11-97 | 2rB | C. Norte | Maia | 23-07 | |

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|-------|-----|-------------------|-----|------------------|--|----------|----|--|---------------|-------|-----------|
| 12,87 | 5,1 | Carina Silva | Jv | Juv. Vidigalense | | 30-03-00 | 1h | | Fátima | 25-06 | |
| 12,89 | 2,8 | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | 2 | | Abrantes | 15-05 | |
| 12,90 | 3,9 | Camila Santos | Jr | Sporting CP | | 19-01-98 | 3h | | Lisboa - I | 10-06 | 12,78w-15 |
| 12,90 | 4,1 | Mariana Alves | Ini | Esc. Movimento | | 06-09-01 | ex | | Pombal | 18-06 | |
| 12,94 | 5,1 | Oceane Conceição | Jv | ADRE Palhaça | | 15-06-99 | 1h | | Aveiro | 18-06 | |
| 12,95 | 2,1 | Sara Silva | Jv | CA Avintes | | 19-06-00 | 3 | | Maia | 04-06 | |
| 12,97 | 3,2 | Marta Morgado | S23 | UC Eirense | | 06-03-95 | 1 | | Aveiro | 18-06 | |
| 12,97 | 4,1 | Beatriz Fernandes | Jv | ACDR Arneirense | | 14-07-00 | 2h | | Pombal | 18-06 | |
| 12,98 | 3,4 | Rita Vasco | Jr | A 20Km Almeirim | | 23-01-98 | 2 | | Fátima | 18-06 | 12,73w-15 |
| 12,99 | 3,5 | Cátia Silva | S23 | CA Terceira | | 12-02-96 | 1 | | Ponta Delgada | 18-06 | 12,84-12 |
| 13,00 | 5,5 | Beatriz Duarte | Jv | ACRD Escapães | | 17-08-99 | 3 | | Aveiro | 18-06 | |

Sem medição de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|------------------|-----|----------------|-----|----------|----|-------|----------|-------|----------|
| 12,73 | s/v | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | 1 | | Pombal | 25-04 | 12,76-15 |
| 12,95 | s/v | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 1 | | Amarante | 01-05 | |
| 12,99 | s/v | Liliana Manhente | | Individual - P | | 30-03-85 | 1h | | Amarante | 01-05 | 12,90-12 |

200 m– 25,50 – 27,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|----------------------|-----|-------------|-----|----------|-----|------------|------------------|-------|----------|
| 23,01 | 0,5 | Lorene Dorcas Bazolo | | Sporting CP | RN | 04-05-83 | 4h | JO | Rio de Janeiro | 15-08 | 23,34-15 |
| 23,11 | 0,7 | Lorene Dorcas Bazolo | | | RN | | 1 | | Salamanca - Esp | 04-06 | |
| 23,20 | 0,4 | Lorene Dorcas Bazolo | | | | | 1 | | Schiffange - Lux | 31-07 | |
| 23,74 | -4,3 | Lorene Dorcas Bazolo | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 23,81 | -0,2 | Lorene Dorcas Bazolo | | | | | 2 | TCCE | Mersin - Tur | 29-05 | |
| 23,97 | 1,3 | Rivinilda Mentai | S23 | SL Benfica | | 01-04-94 | 5 | Med S23 | Tunis - Tun | 05-06 | 23,74-15 |
| 24,07 | 1,8 | Rivinilda Mentai | S23 | | | | 3h | Med S23 | Tunis - Tun | 04-06 | |
| 24,08 | 0,4 | Rivinilda Mentai | S23 | | | | 2 | SL Benfica | Lisboa - I | 12-06 | |
| 24,11 | 0,6 | Cátia Azevedo | S23 | Sporting CP | | 09-03-94 | 2rB | | Nivelles - Bel | 18-06 | 23,84-14 |
| 24,12 | i | Rivinilda Mentai | S23 | | | | 1 | CNCI-1 | Pombal | 06-03 | |
| 24,21 | 0,2 | Carla Tavares | | Sporting CP | | 22-05-82 | 1 | Guarda | Guarda | 08-07 | 23,48-14 |
| 24,21 | i | Rivinilda Mentai | S23 | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 24,29 | 0,4 | Cátia Garcia Santos | S23 | SL Benfica | | 13-05-94 | 3 | SL Benfica | Lisboa - I | 12-06 | 24,04-15 |
| 24,29 | 1,4 | Carla Tavares | | | | | 1 | | Lisboa - I | 24-07 | |
| 24,40 | i | Lorene Dorcas Bazolo | | | CGO | | 1ex | C. Port | Pombal | 21-02 | |
| 24,43 | i | Rivinilda Mentai | S23 | | | | 1 | C. Port | Pombal | 21-02 | |
| 24,44 | -2,0 | Marisa Vaz Carvalho | Jv | SL Benfica | | 15-11-99 | 1 | CN Jr | Viseu | 10-07 | 24,12-15 |
| 24,47 | 0,2 | Cátia Garcia Santos | S23 | | | | 2 | Guarda | Guarda | 08-07 | |
| 24,49 | i | Lorene Dorcas Bazolo | | | CGO | | 1s | CNCI-Ap | Pombal | 06-02 | |
| 24,50 | i | Lorene Dorcas Bazolo | | | CGO | | 2 | CNCI-1 | Pombal | 06-03 | |
| 24,51 | i | Cátia Azevedo | S23 | | | | 2 | C. Port | Pombal | 21-02 | |
| 24,52 | -2,1 | Marisa Vaz Carvalho | Jv | | | | Hep | | Arona - Esp | 04-06 | |
| 24,54 | 0,9 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 1 | | Ribeira Brava | 17-01 | 24,75-15 |
| 24,55 | 0,7 | Cátia Garcia Santos | S23 | | | | 6 | | Salamanca - Esp | 04-06 | |
| 24,55 | 1,4 | Marisa Vaz Carvalho | Jv | | | | 2 | | Lisboa - I | 24-07 | |
| 24,60 | i | Rivinilda Mentai | S23 | | | | 1 | | Pombal | 03-02 | |
| 24,64 | 1,8 | Rivinilda Mentai | S23 | | | | 1 | | Lisboa - MP | 31-01 | |
| 24,65 | 0,6 | Dorothe Évora | | SL Benfica | | 28-05-91 | 1rB | SL Benfica | Lisboa - I | 12-06 | 24,97-10 |
| 24,69 | 1,4 | Filipa Martins | | Sporting CP | | 13-11-92 | 3 | | Lisboa - I | 24-07 | 24,63-14 |
| 24,75 | i | Carla Tavares | | | | | 3 | C. Port | Pombal | 21-02 | |
| 24,79 | 1,4 | Sofia Duarte | S23 | Sporting CP | | 07-11-96 | 4 | | Lisboa - I | 24-07 | 24,81-15 |
| 24,80 | -1,4 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 19-06 | |
| 24,82 | 0,4 | Carla Tavares | | | | | 2 | | Schiffange - Lux | 31-07 | |
| 24,94 | 0,0 | Carina Pereira | Jr | SL Benfica | | 01-06-98 | 1 | | Lisboa - MP | 03-07 | 26,18-15 |
| 24,97 | 0,2 | Sofia Duarte | S23 | | | | 3 | Guarda | Guarda | 08-07 | |
| 25,03 | -4,3 | Rivinilda Mentai | S23 | | | | 2 | CNCI-1 | Setúbal | 17-07 | |
| 25,03 | 1,8 | Tatiana Rosário | S23 | SL Benfica | | 05-04-94 | 2 | | Lisboa - MP | 31-01 | 24,96-15 |
| 25,10 | i | Sofia Duarte | S23 | | | | 4 | C. Port | Pombal | 21-02 | |
| 25,13 | i | Sofia Duarte | S23 | | | | 1 | | Pombal | 12-03 | |
| 25,15 | -3,6 | Rivinilda Mentai | S23 | | | | 1s | CNCI-Ap | Setúbal | 29-05 | |
| 25,15 | 0,0 | Adriana Alves | S23 | SL Benfica | ANG | 13-09-95 | 2 | | Lisboa - MP | 03-07 | 25,14-15 |
| 25,16 | -2,2 | Rosalina Santos | Jr | | RSA | | 1s | CNCI-Ap | Ribeira Brava | 29-05 | |

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|-------|------|-------------------------|-----|-------------------|-----|----------|-----|------------|---------------------|-------|-----------|
| 25,16 | 0,6 | Margarida Monteiro | Jr | SL Benfica | | 30-11-97 | 3rB | SL Benfica | Lisboa - I | 12-06 | 25,22-15 |
| 25,16 | i | Cátia Garcia Santos | S23 | | | | 5 | C. Port | Pombal | 21-02 | |
| 25,19 | 1,4 | Carina Pereira | Jr | | | | 5 | | Lisboa - I | 24-07 | |
| 25,28 | -0,1 | Joana Carlos | Jv | Juv. Vidigalense | | 25-03-99 | 1 | CN Jv | Lagoa | 03-07 | 25,26-15 |
| 25,28 | 1,1 | Carina Pereira | Jr | | | | 1 | | Lisboa - MP | 05-06 | |
| 25,29 | 2,0 | Carina Pereira | Jr | | | | 1rB | | Lisboa - MP | 15-05 | |
| 25,29 | i | Rute Limpo | | ACR Sra. Desterro | | 23-12-90 | 3 | CNCI-1 | Pombal | 06-03 | 25,05-15 |
| 25,32 | -1,1 | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | | Arona - Esp | 04-06 | 25,19-15 |
| 25,32 | 0,4 | Carla Gama | | Sporting CP | | 24-11-90 | 5 | | Schiffange - Lux | 31-07 | 24,61-15 |
| 25,35 | 0,6 | Carina Pereira | Jr | | | | 4rB | SL Benfica | Lisboa - I | 12-06 | |
| 25,37 | -0,1 | Catarina Lourenço | Jv | CAS Manique | | 12-02-00 | 2 | CN Jv | Lagoa | 03-07 | |
| 25,39 | 1,3 | Laura Cordeiro | Jr | Juv. Vidigalense | | 05-05-97 | 2 | | Vineuil - Fra | 29-05 | 25,49-15 |
| 25,43 | i | Rosalina Santos | Jr | | RSA | | 1 | CN Jr | Braga | 14-02 | |
| 25,43 | -1,5 | Jessica Viegas | S23 | Juv. Vidigalense | | 16-08-94 | 1 | | Amadora | 07-07 | 25,06-15 |
| 25,44 | -2,2 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 22-05 | |
| 25,45 | -2,0 | Carina Pereira | Jr | | | | 2 | CN Jr | Viseu | 10-07 | |
| 25,45 | i | Adriana Alves | S23 | | ANG | | ex | C. Port | Pombal | 21-02 | |
| 25,45 | i | Tatiana Rosário | S23 | | | | 6 | C. Port | Pombal | 21-02 | |
| 25,48 | -4,3 | Rosalina Santos | Jr | | RSA | | 3 | CNCI-1 | Setúbal | 17-07 | |
| 25,57 | 0,0 | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 1h | | Vagos | 05-06 | 26,03-15 |
| 25,57 | 0,6 | Susana Santos | | SL Benfica | | 20-09-90 | 5rB | SL Benfica | Lisboa - I | 12-06 | 25,31-13 |
| 25,66 | -0,1 | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 3 | CN Jv | Lagoa | 03-07 | 25,69-15 |
| 25,71 | 0,4 | Catarina Karas | Jv | Sporting CP | | 23-05-00 | 3 | CN Jr | Viseu | 10-07 | |
| 25,76 | -1,3 | Leslie Delgado | | Juv. Vidigalense | | 25-06-89 | 8 | | Swansea - Gbr | 04-06 | 25,03i-14 |
| 25,82 | 1,1 | Maria da Silva Ferreira | Jv | Sporting CP | | 09-02-00 | 2 | | Lisboa - MP | 05-06 | |
| 25,82 | 1,1 | Rita Faria | Jr | Sporting CP | | 16-05-98 | 3 | | Lisboa - MP | 05-06 | 26,39w-15 |
| 25,83 | 0,7 | Elisabete Silva | Jr | UC Eirense | | 10-12-98 | 1 | | Vagos | 23-07 | 26,55-14 |
| 25,94 | 0,0 | Ana Moreira | Jr | Juv. Vidigalense | | 27-06-98 | ex | | Lisboa - I | 24-07 | 25,87-15 |
| 25,98 | 1,9 | Sara Moreira | Ini | AR Luz e Vida | | 22-01-01 | 1ex | | Pombal | 19-06 | 26,66-15 |
| 26,00 | -0,6 | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 1 | | Maia | 05-06 | |
| 26,03 | 1,3 | Diana Oliveira | Jr | NA Cucujães | | 25-08-97 | 1 | | Vagos | 05-06 | 26,51-13 |
| 26,04 | i | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 1 | | Pombal | 17-01 | 25,57-15 |
| 26,09 | 0,5 | Fátima Coutinho | Jv | CA Mazarefes | | 01-04-99 | 1 | C. Norte | Maia | 24-07 | 26,70-15 |
| 26,12 | -0,8 | Inês Aires | Jr | Maia AC | | 19-04-97 | 1 | | Viana do Castelo | 19-06 | 25,29-14 |
| 26,13 | -1,3 | Carolina Duarte | | CS Marítimo | | 08-01-90 | 2 | CE IPC | Grosseto - Ita | 11-06 | 24,52-12 |
| 26,17 | 1,9 | Evelise Veiga | S23 | Juv. Vidigalense | | 03-03-96 | 1 | | Pombal | 12-06 | 25,46-15 |
| 26,18 | -0,1 | Beatriz Andrade | Ini | SCU Torreense | | 31-10-01 | 5 | CN Jv | Lagoa | 03-07 | |
| 26,18 | i | Márcia Cardoso | S23 | ADRE Palhaça | | 04-04-94 | 4 | CNCI-1 | Pombal | 06-03 | 25,32-13 |
| 26,19 | 2,0 | Vera Fernandes | S23 | SL Benfica | | 24-02-94 | 4rB | | Lisboa - MP | 15-05 | 25,54-13 |
| 26,22 | 1,8 | Margarida Figueiredo | Ini | S. Viseu Bf | | 14-03-01 | | | | | |
| 26,22 | 0,0 | Rafaela Hora | Jr | EC+S Lavra | | 11-09-98 | Hep | | Leiria | 30-07 | 26,39-15 |
| 26,23 | i | Catarina Silva | | Grecas | | 03-04-90 | 6 | CNCI-1 | Pombal | 06-03 | 25,96i-13 |
| 26,24 | 1,4 | Bruna Silva | S23 | Juv. Vidigalense | | 14-11-94 | 1 | | Fátima | 03-07 | 26,63-15 |
| 26,31 | -1,9 | Cátia Rodrigues | Jv | ADRE Palhaça | | 21-02-99 | 1 | | Vagos | 03-01 | |
| 26,32 | 0,5 | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | 2 | C. Norte | Maia | 24-07 | 26,53-15 |
| 26,34 | i | Vera Lima | | ACR Sra. Desterro | | 08-12-89 | 13 | C. Port | Pombal | 21-02 | 25,99-13 |
| 26,35 | i | Catarina Augusto | Jr | CA Seia | | 13-12-97 | 1s | CNCI-Ap | Pombal | 07-02 | 26,81-15 |
| 26,35 | i | Debora Clemente | S23 | Sporting CP | | 09-11-94 | 14 | C. Port | Pombal | 21-02 | 25,39-10 |
| 26,38 | 0,0 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | Hep | | Leiria | 30-07 | |
| 26,40 | 0,7 | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | Hep | CN Jr | Viseu | 09-07 | 25,88w-15 |
| 26,43 | -0,6 | Loanne Pinto | Jv | Esc. Movimento | | 12-10-99 | 2 | | Maia | 05-06 | 26,98-15 |
| 26,46 | -1,3 | Patrícia Alminhas | Jv | Vit. Setúbal | | 04-02-00 | 8 | CN Jv | Lagoa | 03-07 | 26,89-14 |
| 26,47 | 0,1 | Carolina Narciso | Jv | AA Seixal | | 04-12-99 | 9 | CN Jr | Viseu | 10-07 | |
| 26,50 | -1,3 | Jessica Neto | Jv | Maia AC | | 12-05-99 | 9 | CN Jv | Lagoa | 03-07 | 26,30-15 |
| 26,52 | 0,3 | Tânia Carvalho | Jr | SL Benfica | | 18-10-97 | 3 | | Lisboa - MP | 24-01 | |
| 26,53 | 0,6 | Nicolle Santos | S23 | SCU Torreense | | 19-04-94 | 6rB | SL Benfica | Lisboa - I | 12-06 | 26,61-14 |
| 26,53 | 1,8 | Patrícia Lopes | | Sporting CP | | 11-07-82 | 4 | | Lisboa - MP | 31-01 | 24,34i-09 |
| 26,55 | 1,5 | Joceline Monteiro | | Grã Bretanha | | 10-05-90 | 1rB | | Milton Keanes - Gbr | 16-04 | 24,82-09 |
| 26,56 | 1,1 | Camila Santos | Jr | Sporting CP | | 19-01-98 | 4s | | Lisboa - MP | 05-06 | 26,35-15 |
| 26,56 | i | Diana Almeida | Jr | Gira Sol | | 30-09-97 | 2s | CNCI-Ap | Pombal | 07-02 | 26,52-15 |
| 26,57 | 0,5 | Sara Martins | | ACD Jardim Serra | | 13-11-91 | 1h | C. Norte | Maia | 24-07 | 26,28-15 |
| 26,58 | 1,2 | Inês Lopes | Jv | CA Mar. Grande | | 17-04-99 | 1 | | Rio Maior | 05-06 | |

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|-------|------|--------------------|-----|------------------|--|----------|-----|---------|---------------|-------|-----------|
| 26,62 | 1,4 | Sara Ribeiro | Jr | GA Fátima | | 21-03-98 | 2 | | Fátima | 03-07 | 26,22w-15 |
| 26,65 | -1,5 | Ema Camacho | Jv | ACD S. João | | 21-05-00 | 1 | | Ribeira Brava | 10-01 | |
| 26,66 | i | Irina Vitorino | Jv | JOMA | | 07-03-99 | 2s | CNCI-Ap | Pombal | 06-02 | 26,98-15 |
| 26,67 | -1,4 | Ana Mendes | Jr | GD Airão | | 14-04-98 | 1 | | Braga | 09-04 | |
| 26,72 | i | Susana Estriga | Vet | SC Abrantes | | 16-07-75 | 1 | CN Vet | Pombal | 12-03 | 25,48-15 |
| 26,77 | -1,9 | Oceane Conceição | Jv | ADRE Palhaça | | 15-06-99 | 2 | | Vagos | 03-01 | |
| 26,78 | 1,4 | Rita Vasco | Jr | A 20Km Almeirim | | 23-01-98 | 3 | | Fátima | 03-07 | |
| 26,79 | -1,6 | Diana Pereira | S23 | ACD Jardim Serra | | 30-04-96 | 1 | | Ribeira Brava | 07-07 | |
| 26,91 | i | Sofia Rocha | S23 | Esc. Movimento | | 04-02-96 | 4 | CNCI-2 | Pombal | 06-03 | 26,29-14 |
| 26,92 | -1,4 | Francisca Silva | Jv | JUN Ideal | | 19-04-00 | Hep | | Braga | 09-04 | |
| 26,92 | 1,7 | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | Hep | CN Jv | Lagoa | 02-07 | |
| 26,92 | i | Patrícia Rodrigues | Jv | SL Benfica | | 24-02-99 | 1s | CN Jv | Pombal | 31-01 | 26,61-15 |
| 26,93 | i | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | 1s | | Pombal | 10-01 | |
| 26,93 | i | Sara Rodrigues | Jv | SC Braga | | 05-07-99 | 1s | CN Jv | Pombal | 31-01 | |
| 26,94 | -2,4 | Maria Luís Santos | Jv | SL Benfica | | 26-11-99 | 11 | CN Jv | Lagoa | 03-07 | |
| 26,94 | 1,2 | Matilde Sousa | Jv | A 20Km Almeirim | | 14-04-00 | 2 | | Rio Maior | 05-06 | |
| 26,95 | i | Sofia Gomes | Jr | AC Vermoil | | 30-09-97 | 2s | CNCI-Ap | Pombal | 07-02 | 26,16-15 |
| 26,98 | 0,3 | Juliana Gusmão | Jr | SL Benfica | | 98 | 4 | | Lisboa - MP | 24-01 | 12,63w-15 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|------------------|-----|-------------------|-----|----------|-----|-------|-----------------|-------|-----------|
| 25,78 | 1,3 | Rute Limpo | | ACR Sra. Desterro | | 23-12-90 | 1ex | | Lisboa - MP | 05-06 | 25,05-15 |
| 26,60 | -1,5 | Márcia Cardoso | S23 | ADRE Palhaça | | 04-04-94 | 1 | | Vagos | 10-01 | 25,32-13 |
| 26,68 | 0,4 | Vera Lima | | ACR Sra. Desterro | | 08-12-89 | 1 | | Braga | 01-05 | 25,99-13 |
| 26,77 | 0,4 | Catarina Augusto | Jr | CA Seia | | 13-12-97 | 5 | | Viseu | 25-04 | 26,81-15 |
| 26,88 | 0,4 | Diana Almeida | Jr | Gira Sol | | 30-09-97 | 6 | | Viseu | 25-04 | 26,52-15 |
| 26,98 | 0,0 | Catarina Silva | | Grecas | | 03-04-90 | 3 | | Póvoa de Varzim | 25-05 | 25,96i-13 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------------|-----|------------------|-----|----------|-----|----------|---------------|-------|-----------|
| 23,96 | 4,3 | Cátia Garcia Santos | S23 | SL Benfica | | 13-05-94 | 1 | Abrantes | Abrantes | 10-06 | 24,04-15 |
| 24,26 | 2,7 | Marisa Vaz Carvalho | Jv | SL Benfica | | 15-11-99 | 3 | | Lisboa - MP | 15-05 | 24,12-15 |
| 24,51 | 4,3 | Sofia Duarte | S23 | Sporting CP | | 07-11-96 | 2 | Abrantes | Abrantes | 10-06 | 24,81-15 |
| 24,57 | 2,6 | Filipa Martins | | Sporting CP | | 13-11-92 | 5 | C. Port | Maia | 26-06 | 24,63-14 |
| 25,25 | 2,7 | Carla Gama | | Sporting CP | | 24-11-90 | 6 | | Lisboa - MP | 15-05 | 24,61-15 |
| 25,28 | 2,6 | Jessica Viegas | S23 | Juv. Vidigalense | | 16-08-94 | 10 | C. Port | Maia | 26-06 | 25,06-15 |
| 25,50 | 4,2 | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 2 | CN DE | Vagos | 22-05 | 25,69-15 |
| 25,81 | 2,2 | Raquel Haar | Jv | GD Diana | | 25-10-99 | 1 | | Vendas Novas | 05-06 | |
| 26,01 | 2,1 | Catarina Augusto | Jr | CA Seia | | 13-12-97 | 1 | | Guarda | 15-05 | 26,81-15 |
| 26,12 | 4,2 | Rafaela Hora | Jr | EC+S Lavra | | 11-09-98 | 3 | CN DE | Vagos | 22-05 | 26,39-15 |
| 26,21 | 4,2 | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | Hep | | Abrantes | 21-05 | 25,88w-15 |
| 26,41 | 4,3 | Nicolle Santos | S23 | SCU Torreense | | 19-04-94 | 4 | Abrantes | Abrantes | 10-06 | 26,61-14 |
| 26,55 | 2,2 | Carla Ratão | | Juv. Vidigalense | | 06-06-82 | Hep | | Oyonnax - Fra | 14-05 | 24,56-07 |
| 26,73 | 2,4 | Cátia Silva | S23 | CA Terceira | | 12-02-96 | 1 | | Ponta Delgada | 19-06 | 26,20-13 |
| 26,80 | 3,2 | Francisca Silva | Jv | JUN Ideal | | 19-04-00 | 1 | | Lousada | 30-04 | |
| 26,82 | 4,3 | Matilde Sousa | Jv | A 20Km Almeirim | | 14-04-00 | 5 | Abrantes | Abrantes | 10-06 | |
| 26,84 | 4,2 | Alina Humenyuk | Jv | Juv. Vidigalense | UKR | 27-10-00 | Hep | | Pombal | 30-04 | |
| 26,89 | 2,4 | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | Hep | | Rio Maior | 04-06 | 26,49-15 |

300 m – 44,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------|-----|-------------------|-------|----------|----|-------|---------------|-------|-----------|
| 39,09 | | Marisa Vaz Carvalho | Jv | SL Benfica | RN Jv | 15-11-99 | 1 | CN Jv | Lagoa | 02-07 | |
| 39,13 | | Riviniida Mentai | S23 | SL Benfica | | 01-04-94 | 1 | | Lisboa - MP | 05-12 | |
| 40,73 | | Raquel Haar | Jv | GD Diana | | 25-10-99 | 1 | OJ | Abrantes | 11-06 | 42,30-15 |
| 40,82 | | Fatoumata Diallo | Jv | CO Pechão | | 06-04-00 | 2 | OJ | Abrantes | 11-06 | 40,58-15 |
| 41,15 | | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 1 | | Ribeira Brava | 23-04 | 41,41-15 |
| 41,51 | | Vera Lima | | ACR Sra. Desterro | | 08-12-89 | 1 | | Aveiro | 12-12 | 42,13i-13 |
| 41,70 | | Patrícia Silva | Jv | Individual - Lis | | 09-12-99 | 1 | | Lisboa - MP | 28-05 | 42,13-15 |
| 41,71 | | Ana Costa | Ini | CA Tamêga | | 17-07-02 | 1 | | Maia | 04-06 | |
| 41,96 | | Carina Pereira | Jr | SL Benfica | | 01-06-98 | 1 | | Lisboa - MP | 02-04 | 41,36-15 |
| 41,97 | | Loanne Pinto | Jv | Esc. Movimento | | 12-10-99 | 1 | | Maia | 14-05 | 42,23-15 |
| 42,09 | | Márcia Cardoso | S23 | ADRE Palhaça | | 04-04-94 | 2 | | Aveiro | 12-12 | 41,61-11 |

| | | | | | | | | | | | |
|-------|---|-------------------------|-----|------------------|-----|----------|----|-------|-------------------|-------|----------|
| 42,21 | | Catarina Lourenço | Jv | CAS Manique | | 12-02-00 | 1s | | Lisboa - MP | 28-05 | |
| 42,40 | | Maria da Silva Ferreira | Jv | Sporting CP | | 09-02-00 | 2s | | Lisboa - MP | 28-05 | |
| 42,47 | | Mafalda Marques | Ini | SL Benfica | | 18-04-01 | 1 | | Lisboa - I | 01-05 | |
| 42,58 | | Carla Gama | | Sporting CP | | 24-11-90 | 2 | | Lisboa - MP | 02-04 | |
| 42,62 | | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | 1 | | Pombal | 25-04 | |
| 42,66 | i | Elisabete Silva | Jr | UC Eirense | | 10-12-98 | 1 | | Pombal | 19-12 | 41,99-15 |
| 42,71 | | Oceane Conceição | Jv | ADRE Palhaça | | 15-06-99 | 3 | | Aveiro | 12-12 | |
| 42,74 | | Cátia Rodrigues | Jv | ADRE Palhaça | | 21-02-99 | 1 | | Vagos | 14-05 | |
| 42,75 | i | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 1 | | Pombal | 09-01 | |
| 42,79 | i | Irina Vitorino | Jv | JOMA | | 07-03-99 | 2s | CN Jv | Pombal | 30-01 | 42,29-15 |
| 42,95 | | Ema Camacho | Jv | ACD S. João | | 21-05-00 | 1 | | Ribeira Brava | 04-06 | |
| 42,98 | | Mariana Fernandes | Ini | SL Benfica | | 15-03-01 | 2 | | Lisboa - I | 01-05 | |
| 43,09 | | Beatriz Rebelo | Jv | Desp. C. Branco | | 27-05-99 | 1 | | Lisboa - I | 13-07 | 42,91-15 |
| 43,18 | | Inês Farias | Ini | CO Pechão | | 05-09-01 | 1 | | Faro | 18-06 | 43,90-15 |
| 43,22 | | Jalma Teixeira | | JOMA | | 16-11-89 | 2 | | Lisboa - MP | 05-12 | |
| 43,28 | | Gisela Cruz | Jv | SL Benfica | | 17-08-99 | 6 | CN Jv | Lagoa | 02-07 | |
| 43,33 | | Ana Barros | Ini | SCR Damaia | | 08-08-02 | 7 | CN Jv | Lagoa | 02-07 | |
| 43,35 | | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | 1 | | Abrantes | 14-05 | 43,70-15 |
| 43,37 | | Angélica Neves | Jv | Maia AC | | 21-08-00 | 2 | | Maia | 14-05 | |
| 43,45 | | Carolina Narciso | Jv | AA Seixal | | 04-12-99 | 7 | OJ | Abrantes | 11-06 | 43,44-15 |
| 43,50 | | Sara Monteiro | Jv | NucleOeiras | | 31-05-99 | 1 | | Lisboa - MP | 26-06 | 43,22-13 |
| 43,55 | | Beatriz Rodrigues | Jv | Adercus | | 22-04-99 | 2 | | Vagos | 14-05 | |
| 43,68 | | Inês Silva | Jv | SC Braga | | 18-01-99 | 1 | | Braga | 21-05 | |
| 43,68 | | Luana Crisostomo | Jv | GCA Donas | | 09-10-00 | 12 | CN Jv | Lagoa | 02-07 | 43,93-14 |
| 43,69 | | Laura Ramos | Ini | CPR A das Barbas | | 31-05-02 | 1 | | Pombal | 18-06 | |
| 43,71 | | Sara Moreira | Ini | AR Luz e Vida | | 22-01-01 | 13 | CN Jv | Lagoa | 02-07 | 42,26-15 |
| 43,84 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 1 | | Machico | 14-05 | 60,48-11 |
| 43,90 | | Giovana Machado | Jv | Sporting CP | BRA | 12-12-99 | 3s | | Lisboa - MP | 28-05 | |
| 43,94 | | Maria Luís Santos | Jv | SL Benfica | | 26-11-99 | 2s | | Lisboa - MP | 28-05 | |
| 43,95 | i | Lara Costa | Ini | SC Braga | | 19-12-01 | 2 | | Braga | 09-01 | 43,87-15 |
| 43,95 | | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | 1 | | Angra do Heroísmo | 14-05 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|----------|-----|----------|----|-------|-------------|-------|----------|
| 43,87 | | Irina Vitorino | Jv | JOMA | | 07-03-99 | 1 | | Lisboa - MP | 17-01 | 42,29-15 |
| 42,76 | | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 1 | | Vagos | 14-05 | |

400 m- 57,00 - 61,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------|-----|-------------|-----|----------|-----|------------|--------------------|-------|----------|
| 51,63 | | Cátia Azevedo | S23 | Sporting CP | RN | 09-03-94 | 2 | Madrid | Madrid - Esp | 23-06 | 52,61-14 |
| 52,38 | | Cátia Azevedo | S23 | | | | 4h | JO | Rio de Janeiro-Bra | 13-08 | |
| 52,39 | | Cátia Azevedo | S23 | | | | 1 | | Castellon - Esp | 30-06 | |
| 52,46 | | Cátia Azevedo | S23 | | | | 4sf | C. Europa | Amsterdão - Hol | 07-07 | |
| 52,62 | | Cátia Azevedo | S23 | | | | 1 | S. António | Lisboa - U | 19-06 | |
| 52,90 | | Cátia Azevedo | S23 | | | | 1 | C. Port | Maia | 25-06 | |
| 52,96 | | Cátia Azevedo | S23 | | | | 2 | TCCE | Mersin - Tur | 28-05 | |
| 52,99 | | Cátia Azevedo | S23 | | | | 1 | | Vagos | 21-05 | |
| 53,09 | | Cátia Azevedo | S23 | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 53,30 | i | Cátia Azevedo | S23 | | | | 1 | | Madrid - Esp | 26-02 | |
| 53,53 | | Cátia Azevedo | S23 | | | | 4 | | Huelva - Esp | 03-06 | |
| 53,60 | | Cátia Azevedo | S23 | | | | 2 | | Namur - Bel | 25-05 | |
| 53,85 | | Cátia Azevedo | S23 | | | | 2r3 | | Genebra - Sui | 11-06 | |
| 53,94 | i | Cátia Azevedo | S23 | | | | 1s | CNCI-Ap | Pombal | 06-02 | |
| 54,09 | | Rivinilda Mentai | S23 | SL Benfica | | 01-04-94 | 1 | F. Alves | Marinha Grande | 21-05 | 53,96-15 |
| 54,19 | | Filipa Martins | | Sporting CP | | 13-11-92 | 2 | S. António | Lisboa - U | 19-06 | 54,62-14 |
| 54,37 | i | Cátia Azevedo | S23 | | | | 1 | C. Port | Pombal | 20-02 | |
| 54,41 | i | Rivinilda Mentai | S23 | | | | 1 | A.Monteiro | Pombal | 13-02 | |
| 54,44 | i | Cátia Azevedo | S23 | | | | 1 | CNCI-1 | Pombal | 05-03 | |
| 54,46 | | Dorothe Évora | | SL Benfica | | 28-05-91 | 1 | | Salamanca - Esp | 04-06 | 54,43-14 |
| 54,51 | | Filipa Martins | | | | | 2 | | Castellon - Esp | 30-06 | |
| 54,54 | i | Dorothe Évora | | | | | 2 | CNCI-1 | Pombal | 05-03 | |

| | | | | | | | | | | |
|-------|---|---------------------|-----|-------------------|--------------|-----|------------|-------------------|-------|-----------|
| 54,54 | | Rivinilda Mentai | S23 | | | 2 | CNCI-1 | Setúbal | 16-07 | |
| 54,68 | i | Dorothe Évora | | | | 1 | Pombal | Pombal | 27-02 | |
| 54,68 | | Filipa Martins | | | | 1 | V. Tavares | Faro | 15-06 | |
| 54,85 | i | Dorothe Évora | | | | 2 | A.Monteiro | Pombal | 13-02 | |
| 54,85 | i | Rivinilda Mentai | S23 | | | 2 | Pombal | Pombal | 27-02 | |
| 54,94 | | Filipa Martins | | | | 1 | | Lisboa - I | 23-07 | |
| 54,97 | | Filipa Martins | | | | 5rB | | Huelva - Esp | 03-06 | |
| 55,00 | | Dorothe Évora | | | | 2r5 | | Genebra - Sui | 11-06 | |
| 55,00 | | Dorothe Évora | | | | 3 | C. Port | Maia | 25-06 | |
| 55,00 | | Filipa Martins | | | | 2 | C. Port | Maia | 25-06 | |
| 55,01 | | Rivinilda Mentai | S23 | | | 4 | C. Port | Maia | 25-06 | |
| 55,21 | i | Cátia Azevedo | S23 | | | 1 | T. Port | Pombal | 23-01 | |
| 55,27 | i | Dorothe Évora | | | | 2 | T. Port | Pombal | 23-01 | |
| 55,27 | | Filipa Martins | | | | 1 | Abrantes | Abrantes | 10-06 | |
| 55,28 | | Miriam Tavares | | Sporting CP | 14-05-91 | 2 | | Salamanca - Esp | 04-06 | 54,79-14 |
| 55,34 | i | Miriam Tavares | | | | 3 | Pombal | Pombal | 27-02 | |
| 55,49 | | Filipa Martins | | | | 3 | | Vagos | 21-05 | |
| 55,51 | | Dorothe Évora | | | | 2 | F. Alves | Marinha Grande | 21-05 | |
| 55,55 | i | Rivinilda Mentai | S23 | | | 1s | T. Port | Pombal | 23-01 | |
| 55,55 | i | Dorothe Évora | | | | 2 | C. Port | Pombal | 20-02 | |
| 55,67 | i | Miriam Tavares | | | | 3 | A.Monteiro | Pombal | 13-02 | |
| 55,69 | i | Dorothe Évora | | | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 55,71 | | Dorothe Évora | | | | 1s | CNCI-Ap | Setúbal | 28-05 | |
| 55,86 | | Miriam Tavares | | | | 4 | | Vagos | 21-05 | |
| 55,90 | | Andreia Crespo | | Sporting CP | 16-10-93 | 5 | C. Port | Maia | 25-06 | 54,70-14 |
| 55,95 | i | Miriam Tavares | | | | 3s | T. Port | Pombal | 23-01 | |
| 56,23 | | Patrícia Lopes | | Sporting CP | 11-07-82 | 1 | Guarda | Guarda | 08-07 | 53,05-09 |
| 56,30 | | Patrícia Lopes | | | | 2 | | Lisboa - I | 23-07 | |
| 56,35 | i | Filipa Martins | | | | 3 | C. Port | Pombal | 20-02 | |
| 56,41 | | Vera Barbosa | | Sporting CP | 13-01-89 | 1s | | Vagos | 21-05 | 53,08-12 |
| 56,42 | | Patrícia Lopes | | | | 1 | | Lisboa - I | 10-06 | |
| 56,51 | | Miriam Tavares | | | | 3 | Abrantes | Abrantes | 10-06 | |
| 56,58 | i | Filipa Martins | | | | 4 | A.Monteiro | Pombal | 13-02 | |
| 56,61 | | Patrícia Lopes | | | | 6 | C. Port | Maia | 25-06 | |
| 56,67 | i | Andreia Crespo | | | | 4 | Pombal | Pombal | 27-02 | |
| 56,70 | | Andreia Crespo | | | | 5s | | Vagos | 21-05 | |
| 56,83 | i | Andreia Crespo | | | | 4 | C. Port | Pombal | 20-02 | |
| 56,90 | | Patrícia Lopes | | | | 2 | V. Tavares | Faro | 15-06 | |
| 56,90 | | Fatoumata Diallo | Jv | CO Pechão | 06-04-00 | 1 | CPLP | Sal - CPV | 17-07 | 57,54-15 |
| 56,99 | i | Andreia Crespo | | | | 5 | A.Monteiro | Pombal | 13-02 | |
| 57,33 | | Leslie Delgado | | Juv. Vidigalense | 25-06-89 | 2 | Guarda | Guarda | 08-07 | 55,76-12 |
| 57,41 | | Laura Cordeiro | Jr | Juv. Vidigalense | 05-05-97 | 1 | | Pont L'Abbe - Fra | 17-06 | 58,18-15 |
| 57,44 | | Carina Pereira | Jr | SL Benfica | 01-06-98 | 1 | | Lisboa - I | 13-07 | 60,21-15 |
| 57,48 | i | Margo van Puyvelde | S23 | UC Eireense | BEL 21-12-95 | 1 | | Pombal | 09-01 | 55,35-15 |
| 57,79 | | Elisabete Silva | Jr | UC Eireense | 10-12-98 | 2 | CN Jr | Viseu | 09-07 | |
| 57,89 | i | Cátia Garcia Santos | S23 | SL Benfica | 13-05-94 | 5 | Pombal | Pombal | 27-02 | 57,07-15 |
| 58,06 | | Milca Francisco | S23 | SL Benfica | 14-06-96 | 7 | C. Port | Maia | 25-06 | 57,90-14 |
| 58,11 | i | Carla Tavares | | Sporting CP | 22-05-82 | 3s | T. Port | Pombal | 23-01 | 54,88-07 |
| 58,11 | | Sara Martins | | ACD Jardim Serra | 13-11-91 | 1ex | C. Norte | Maia | 23-07 | 58,16-13 |
| 58,12 | | Patrícia Silva | Jv | Individual - Lis | 09-12-99 | 4 | CN Jr | Viseu | 09-07 | 59,29-15 |
| 58,16 | | Carolina Duarte | | CS Marítimo | 08-01-90 | 3 | CE IPC | Grosseto - Ita | 14-06 | 54,47-12 |
| 58,28 | | Neide Dias | | Sporting CP | 11-08-87 | 2 | | Schiffange - Lux | 31-07 | 57,47-15 |
| 58,44 | | Rafaella Hora | Jr | EC+S Lavra | 11-09-98 | 1s | CNCI-Ap | Viana do Castelo | 28-05 | 59,32-15 |
| 58,44 | | Vera Lima | | ACR Sra. Desterro | 08-12-89 | 2s | CNCI-Ap | Fátima | 28-05 | 58,15-13 |
| 58,51 | i | Márcia Cardoso | S23 | ADRE Palhaça | 04-04-94 | 3s | Pombal | Pombal | 27-02 | 56,29i-14 |
| 58,56 | | Amélia Vitorino | S23 | ACR Sra. Desterro | 30-04-94 | 3 | | Lisboa - I | 10-06 | 59,68-15 |
| 58,61 | i | Salomé Afonso | Jr | Sporting CP | 19-11-97 | 4s | T. Port | Pombal | 23-01 | 55,98-14 |
| 58,69 | | Francisca Martins | Jr | Grecas | 08-10-98 | 6 | CN Jr | Viseu | 09-07 | 60,74-15 |
| 59,01 | i | Elsa Gomes | S23 | SC Braga | 27-01-96 | 8 | C. Port | Pombal | 20-02 | 59,32-15 |
| 59,08 | | Cátia Jacinto | | Juv. Vidigalense | 26-08-92 | 3 | Guarda | Guarda | 08-07 | 55,75-12 |
| 59,38 | i | Rita Ribeiro | Jr | ACR Sra. Desterro | 13-02-98 | 10 | C. Port | Pombal | 20-02 | 59,34-15 |
| 59,44 | | Bruna Silva | S23 | Juv. Vidigalense | 14-11-94 | 4 | Guarda | Guarda | 08-07 | 60,79-15 |

| | | | | | | | | | | | |
|-------|---|---------------------|-----|------------------|--|----------|-----|---------|------------------|-------|-----------|
| 59,46 | i | Nádia Gaspar | | SL Benfica | | 07-10-90 | 11 | C. Port | Pombal | 20-02 | 56,29i-13 |
| 59,52 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 1 | | Ribeira Brava | 09-07 | 60,48-11 |
| 59,62 | | Jessica Viegas | S23 | Juv. Vidigalense | | 16-08-94 | 1ex | | Fátima | 18-06 | 57,69-11 |
| 59,63 | i | Susana Estriga | Vet | SC Abrantes | | 16-07-75 | 1s | Pombal | Pombal | 27-02 | 57,15-06 |
| 59,78 | i | Carla Mendes | S23 | Juv. Vidigalense | | 09-11-94 | 2s | T. Port | Pombal | 23-01 | 58,69-15 |
| 59,92 | | Tânia Freitas | Vet | GD Estreito | | 17-06-80 | 2 | | Ribeira Brava | 18-06 | 54,80-02 |
| 60,44 | | Debora Silva | | GD Estreito | | 31-07-89 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 59,89-15 |
| 60,51 | | Adília Fernandes | | ACD Jardim Serra | | 11-07-89 | 2 | | Ribeira Brava | 09-07 | 60,51-09 |
| 60,55 | | Oceane Conceição | Jv | ADRE Palhaça | | 15-06-99 | 8 | CN Jr | Viseu | 09-07 | 60,77i-15 |
| 60,56 | | Angélica Neves | Jv | Maia AC | | 21-08-00 | 1 | | Maia | 21-05 | |
| 60,60 | | Loanne Pinto | Jv | Esc. Movimento | | 12-10-99 | 1s | CNCI-Ap | Viana do Castelo | 28-05 | 61,00-15 |
| 60,51 | | Adília Fernandes | | ACD Jardim Serra | | 11-07-89 | 2 | | Ribeira Brava | 09-07 | 60,51-09 |
| 60,88 | | Beatriz Rodrigues | Jv | Adercus | | 22-04-99 | 2 | | Aveiro | 18-06 | 60,74-15 |
| 61,00 | | Ana Moreira | Jr | Juv. Vidigalense | | 27-06-98 | 4 | | Lisboa - I | 23-07 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|-------------------|-----|----------|----|----------|----------------|-------|-----------|
| 57,62 | | Andreia Crespo | | Sporting CP | | 16-10-93 | 1 | | Lisboa - MP | 30-01 | 54,70-14 |
| 59,33 | | Márcia Cardoso | S23 | ADRE Palhaça | | 04-04-94 | 3 | F. Alves | Marinha Grande | 21-05 | 56,29i-14 |
| 59,88 | | Rita Ribeiro | Jr | ACR Sra. Desterro | | 13-02-98 | 4 | | Lisboa - I | 10-06 | 59,34-15 |
| 60,11 | | Elsa Gomes | S23 | SC Braga | | 27-01-96 | 4 | | Maia | 04-06 | 59,32-15 |

500 m – 1.24,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-------------------|-----|--------|-----|----------|----|-------|-----------------|-------|-----|
| 83,30 | | Francisca Martins | Jr | Grecas | | 08-10-98 | 1 | | Póvoa de Varzim | 03-04 | |

800m - 2.13,0 - 2.25,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|----|-------------------|-----|-------------------|-------|----------|-----|------------|-------------------|-------|------------|
| 2.03,6 | mx | Joceline Monteiro | | Grã Bretanha | | 10-05-90 | 9s | | Eltham - Gbr | 22-06 | 2.07,21-14 |
| 2.03,77 | | Joceline Monteiro | | | | | 4 | | Solihull - Gbr | 09-07 | |
| 2.03,92 | | Marta Pen Freitas | | SL Benfica | | 31-07-93 | 1h | | Tuscaloosa - Usa | 12-05 | 2.03,42-14 |
| 2.04,16 | | Marta Pen Freitas | | | | | 2 | | Baton Rouge - Usa | 09-04 | |
| 2.04,92 | | Joceline Monteiro | | | | | 1 | | Manchester - Gbr | 07-08 | |
| 2.05,48 | | Joceline Monteiro | | | | | 1rD | BMC | Watford - Gbr | 28-05 | |
| 2.05,75 | | Amélia Vitorino | S23 | ACR Sra. Desterro | | 30-04-94 | 1ex | | Lisboa - I | 24-07 | 2.09,36-15 |
| 2.05,84 | | Joceline Monteiro | | | | | 2 | C. Ing | Bedford - Gbr | 30-07 | |
| 2.06,05 | | Salomé Afonso | Jr | Sporting CP | | 19-11-97 | 2 | | Nivelles - Bel | 18-06 | 2.07,62-15 |
| 2.06,13 | | Joceline Monteiro | | | | | 2 | | Watford - Gbr | 13-07 | |
| 2.07,28 | | Salomé Afonso | Jr | | | | 2 | S. António | Lisboa - U | 19-06 | |
| 2.07,62 | | Joceline Monteiro | | | | | 2 | | Londres - Gbr | 12-06 | |
| 2.07,63 | | Amélia Vitorino | S23 | | | | 3 | S. António | Lisboa - U | 19-06 | |
| 2.08,09 | | Salomé Afonso | Jr | | | | 8sf | CM Jr | Bydgoszcz - Pol | 20-07 | |
| 2.08,22 | | Amélia Vitorino | S23 | | | | 1 | | Amadora | 07-07 | |
| 2.08,36 | i | Salomé Afonso | Jr | | RN Jr | | 1 | Pombal | Pombal | 27-02 | |
| 2.08,38 | i | Salomé Afonso | Jr | | | | 1 | CNCI-1 | Pombal | 06-03 | |
| 2.08,48 | | Marta Pen Freitas | | | | | 6 | | Tuscaloosa - Usa | 14-05 | |
| 2.08,54 | | Salomé Afonso | Jr | | | | 1 | | Lisboa - MP | 22-05 | |
| 2.09,43 | | Salomé Afonso | Jr | | | | 4h | CM Jr | Bydgoszcz - Pol | 19-07 | |
| 2.09,64 | | Salomé Afonso | Jr | | | | 1 | | Lisboa - I | 10-06 | |
| 2.09,76 | | Cátia Azevedo | S23 | Sporting CP | | 09-03-94 | 1 | CNCI-1 | Setúbal | 17-07 | 2.08,40-15 |
| 2.09,77 | | Neide Dias | | Sporting CP | | 11-08-87 | 4 | S. António | Lisboa - U | 19-06 | 2.07,01-14 |
| 2.09,98 | i | Salomé Afonso | Jr | | | | 1 | CN Jr | Braga | 14-02 | |
| 2.10,08 | | Neide Dias | | | | | 7 | | Schiffange - Lux | 31-07 | |
| 2.10,20 | | Salomé Afonso | Jr | | | | 1 | CN Jr | Viseu | 10-07 | |
| 2.10,39 | | Salomé Afonso | Jr | | | | 4 | TCCE | Mersin - Tur | 29-05 | |
| 2.10,40 | i | Salomé Afonso | Jr | | | | 1s | CNCI-Ap | Pombal | 06-02 | |
| 2.10,70 | | Joceline Monteiro | | | | | 1 | | Chelmsford - Gbr | 05-06 | |
| 2.10,81 | | Salomé Afonso | Jr | | | | 1 | C. Port | Maia | 26-06 | |
| 2.10,84 | | Neide Dias | | | | | 4 | | Lillebonne - Fra | 18-06 | |
| 2.11,01 | | Carla Mendes | S23 | Juv. Vidigalense | | 09-11-94 | 4rB | | Huelva - Esp | 03-06 | 2.09,35-15 |
| 2.11,31 | | Patrícia Silva | Jv | Individual - Lis | | 09-12-99 | 5rB | | Huelva - Esp | 03-06 | 2.12,30-15 |

| | | | | | | | | | | | |
|---------|----|----------------------|-----|-------------------|--|----------|-----|------------|------------------|-------|-------------|
| 2.11,63 | | Amélia Vitorino | S23 | | | | 2 | C. Port | Maia | 26-06 | |
| 2.12,04 | | Mariana Machado | Jv | SC Braga | | 12-11-00 | 1 | | Braga | 22-06 | 2.21,81-15 |
| 2.12,04 | | Patrícia Silva | Jv | | | | 1 | CN Jv | Lagoa | 03-07 | |
| 2.12,07 | i | Joceline Monteiro | | | | | 1 | | Lee Valley - Gbr | 07-02 | |
| 2.12,13 | | Beatriz Rodrigues | Jv | Adercus | | 22-04-99 | 2 | CN Jv | Lagoa | 03-07 | 2.12,94-15 |
| 2.12,13 | | Joceline Monteiro | | | | | 10 | | Watford - Gbr | 18-05 | |
| 2.12,18 | | Carla Mendes | S23 | | | | 5 | S. António | Lisboa - U | 19-06 | |
| 2.12,30 | | Neide Dias | | | | | 3 | C. Port | Maia | 26-06 | |
| 2.12,52 | | Amélia Vitorino | S23 | | | | 2 | CNCI-1 | Setúbal | 17-07 | |
| 2.12,71 | i | Salomé Afonso | Jr | | | | 1 | C. Port | Pombal | 21-02 | |
| 2.12,88 | i | Cátia Azevedo | S23 | | | | 2 | C. Port | Pombal | 21-02 | |
| 2.12,89 | i | Nádia Gaspar | | SL Benfica | | 07-10-90 | 1s | CNCI-Ap | Pombal | 07-02 | 2.16,12-15 |
| 2.13,00 | i | Carla Mendes | S23 | | | | 2s | CNCI-Ap | Pombal | 07-02 | |
| 2.13,01 | | Carla Mendes | S23 | | | | 4 | C. Port | Maia | 26-06 | |
| 2.13,01 | mx | Joceline Monteiro | | | | | 1 | | Chelmsford - Gbr | 14-05 | |
| 2.13,19 | | Sandra Teixeira | Vet | Sporting CP | | 13-03-78 | 1ex | CN Vet | Lisboa - U | 10-07 | 2.01,55-06 |
| 2.13,72 | i | Rita Ribeiro | Jr | ACR Sra. Desterro | | 13-02-98 | 3 | C. Port | Pombal | 21-02 | 2.15,64-15 |
| 2.13,91 | | Susana Godinho | | Sporting CP | | 05-07-92 | 2 | | Braga | 22-06 | 2.10,27-10 |
| 2.14,05 | | Dorothe Évora | | SL Benfica | | 28-05-91 | 3 | CNCI-1 | Setúbal | 17-07 | |
| 2.14,36 | | Francisca Martins | Jr | Grecas | | 08-10-98 | 2 | CN Jr | Viseu | 10-07 | 2.15,91-15 |
| 2.14,62 | | Susana Francisco | | Juv. Vidigalense | | 10-05-91 | 4 | | Amadora | 07-07 | 2.18,05-12 |
| 2.14,85 | | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | | Arona - Esp | 05-06 | 2.12,36-15 |
| 2.15,38 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 6 | CNCI-1 | Setúbal | 17-07 | 2.14,35-14 |
| 2.15,56 | i | Miriam Tavares | | Sporting CP | | 14-05-91 | 2s | C. Port | Pombal | 21-02 | 2.11,36-12 |
| 2.15,89 | i | Elsa Gomes | S23 | SC Braga | | 27-01-96 | 5 | CNCI-1 | Pombal | 06-03 | 2.11,93-15 |
| 2.15,97 | | Margarida Raimundo | Jv | SL Benfica | | 24-03-00 | 3 | CN Jv | Lagoa | 03-07 | |
| 2.16,13 | i | Ana Queiroz Alves | S23 | ADR Mata | | 07-10-94 | 1 | CNU | Braga | 28-02 | 2.13,29-15 |
| 2.17,07 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 1 | | Ribeira Brava | 03-07 | 2.16,23-14 |
| 2.17,19 | | Francisca Borges | Jr | Maia AC | | 09-11-98 | 3 | | Braga | 22-06 | 2.22,91-12 |
| 2.18,00 | i | Carla Reis | Jr | ADRE Palhaça | | 20-01-97 | 3 | Pombal | Pombal | 27-02 | 2.19,14i-15 |
| 2.18,23 | | Sandra Protásio | | Sporting CP | | 05-07-89 | 7 | C. Port | Maia | 26-06 | 2.16,07-11 |
| 2.18,62 | | Patrícia Lopes | | Sporting CP | | 11-07-82 | 1 | V. Tavares | Faro | 15-06 | 2.11,03-12 |
| 2.18,76 | i | Ana Sofia Ribeiro | Jr | Maia AC | | 11-03-97 | 1 | CNCI-2 | Pombal | 06-03 | 2.20,38i-15 |
| 2.18,91 | i | Mariana Quaresma | Jr | GD Diana | | 23-06-97 | 2 | CNCI-2 | Pombal | 06-03 | 2.18,42-15 |
| 2.19,49 | | Debora Silva | | GD Estreito | | 31-07-89 | 2s | CNCI-Ap | Ribeira Brava | 29-05 | 2.16,12-14 |
| 2.19,66 | | Edna Vidigal | Ini | NS Lourinhã | | 23-05-00 | 4 | CN Jv | Lagoa | 03-07 | |
| 2.19,79 | | Inês Cunha | Jv | CN Rio Maior | | 05-12-99 | 1 | | Rio Maior | 05-06 | 2.24,17-15 |
| 2.20,35 | i | Cátia Ferreira | S23 | CS Marítimo | | 07-12-96 | 2s | CNCI-Ap | Pombal | 06-02 | 2.18,81-15 |
| 2.20,43 | | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 1 | CNCI-3 | Vagos | 17-07 | 2.19,36-11 |
| 2.20,49 | | Cátia Jacinto | | GCA Donas | | 26-08-92 | 4 | | Caceres - Esp | 29-06 | 55,75-12 |
| 2.20,62 | i | Matilde Rodrigues | Jr | CA Seia | | 16-09-98 | 11 | C. Port | Pombal | 21-02 | 2.21,24-15 |
| 2.20,86 | | Mariana Castanheira | Jv | Maia AC | | 16-12-99 | 5 | | Braga | 22-06 | |
| 2.20,91 | | Sofia Teixeira | Jr | UD Varzea | | 26-02-97 | 1 | | Lousada | 08-06 | 2.18,64-15 |
| 2.21,03 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 2 | | Ribeira Brava | 19-06 | 2.20,14-15 |
| 2.21,07 | | Leila Semedo | Ini | SCR Damaia | | 01-09-01 | 1 | | Lisboa - I | 01-05 | 2.23,77-15 |
| 2.21,2 | | Ana Vieira | Jr | C Bf. Paredes | | 13-03-98 | 3 | | Maia | 17-04 | 2.23,43-15 |
| 2.21,2 | | Eduarda Barbosa | Jr | Sporting CP | | 02-05-98 | 2 | | Maia | 17-04 | |
| 2.21,90 | | Adilia Fernandes | | ACD Jardim Serra | | 11-07-89 | 1 | | Ribeira Brava | 10-07 | |
| 2.22,01 | | Maria Carvalho | Jv | Maia AC | | 29-03-99 | 1 | | Maia | 15-05 | |
| 2.22,14 | | Marcia Reis | Jv | SL Benfica | | 15-10-99 | 2 | | Lisboa - I | 01-05 | 2.21,49-15 |
| 2.22,34 | i | Laura Silva Regalado | Jr | ACR Valdágua | | 03-01-98 | 2 | | Braga | 19-12 | 2.19,48-15 |
| 2.22,37 | i | Patrícia Oliveira | S23 | Grecas | | 28-06-94 | 3s | CNCI-Ap | Pombal | 06-02 | 2.17,22-15 |
| 2.22,39 | | Joana Veiga | Ini | UA Povoense | | 18-05-01 | 3 | | Lisboa - I | 01-05 | 2.24,28-15 |
| 2.22,66 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 1ex | | Lisboa - MP | 03-07 | |
| 2.22,73 | | Francisca Cantante | Jv | UC Eirense | | 18-12-99 | 2 | CNCI-2 | Setúbal | 17-07 | |
| 2.22,74 | | Cátia Coelho | Jr | CD Feirense | | 22-09-98 | 5 | CN Jr | Viseu | 10-07 | |
| 2.22,74 | i | Edna Barros | S23 | CO Pechão | | 18-12-96 | 4s | CNCI-Ap | Pombal | 06-02 | 2.22,17-15 |
| 2.22,74 | i | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | Pen | C. Port | Pombal | 21-02 | 2.13,91-15 |
| 2.22,75 | | Ana Lidia Nunes | Jv | AD Lustosa | | 17-09-99 | 2 | | Maia | 15-05 | 2.24,06-13 |
| 2.22,79 | | Helena Alves | Jr | UD Varzea | | 15-06-97 | 4 | | Maia | 04-06 | 2.22,60-13 |
| 2.22,8 | | Laura Taborda | Jv | Penta C Covilhã | | 01-01-99 | 1 | | Covilhã | 28-05 | |
| 2.22,88 | | Joycelene Barros | Ini | NucleOeiras | | 17-12-01 | 4 | | Lisboa - I | 01-05 | 2.24,32-15 |

| | | | | | | | | | | | |
|---------|---|---------------------|-----|------------------|--|----------|-----|----------|------------------|-------|-------------|
| 2.23,09 | | Ana Barros | Ini | SCR Damaia | | 08-08-02 | 6 | CN Jv | Lagoa | 03-07 | |
| 2.23,2 | | Carla Rodrigues | Ini | SL Benfica | | 12-04-02 | 2 | | Lisboa - MP | 19-06 | |
| 2.23,31 | | Matilde Reis | Ini | SCU Torreense | | 23-02-02 | 5 | | Lisboa - I | 01-05 | |
| 2.23,53 | | Nádia Carvalho | Ini | NS Torres Novas | | 05-04-01 | 7 | CN Jv | Lagoa | 03-07 | 2.21,41-15 |
| 2.23,55 | | Daniela Gordino | Jv | Ingleses FC | | 28-06-99 | 2 | | Lisboa - MP | 05-06 | |
| 2.23,57 | | Vera Fernandes | | AA Belavista | | 16-11-85 | 1 | | Lagoa | 19-06 | |
| 2.23,60 | | Silvia Silva | Jv | SC Braga | | 18-01-99 | 1 | | Lousada | 23-04 | |
| 2.23,80 | | Inês Silva | Jv | SC Braga | | 18-01-99 | 2 | | Lousada | 23-04 | |
| 2.23,94 | | Joana Monteiro | | Espanha | | 15-11-93 | 1 | | Avilés - Esp | 25-06 | 2.22,37-14 |
| 2.24,13 | | Mariana Ferreira | Ini | ADRE Palhaça | | 15-08-02 | 2 | | Vagos | 15-05 | |
| 2.24,21 | | Catalina Turcu | Jv | BNS Conceição | | 26-03-00 | 5 | OJ | Abrantes | 12-06 | |
| 2.24,22 | | Rute Ferreira | Jr | CS Marítimo | | 23-07-98 | 1ex | | Pombal | 12-06 | 2.21,79-15 |
| 2.24,24 | i | Anais Silva | Jr | Juv. Vidigalense | | 15-04-97 | 4 | | Charleston - Eua | 19-02 | |
| 2.24,26 | | Cristina Rodrigues | | CA Mazarefes | | 19-10-91 | 3 | CNCI-3 | Vagos | 17-07 | |
| 2.24,26 | i | Tânia Silva | | Liberdade FC | | 24-05-88 | 3 | | Braga | 19-12 | 2.15,07i-09 |
| 2.24,63 | | Sara Inácio | S23 | GD Diana | | 27-09-95 | 3 | C. Alent | Vendas Novas | 18-06 | 2.18,10-11 |
| 2.24,89 | | Beatriz Fernandes | Ini | EA Rosa Oliveira | | 27-10-02 | 1 | | Braga | 08-05 | |
| 2.25,04 | | Marisa Vaz Carvalho | Jv | SL Benfica | | 15-11-99 | Hep | | Arona - Esp | 05-06 | 2.24,03-15 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|----------------------|-----|-------------------|-----|----------|----|---------|------------------|-------|-------------|
| 2.14,18 | | Rita Ribeiro | Jr | ACR Sra. Desterro | | 13-02-98 | 2 | | Lisboa - I | 24-07 | 2.15,64-15 |
| 2.19,33 | | Mariana Quaresma | Jr | GD Diana | | 23-06-97 | 3 | CN Jr | Viseu | 10-07 | 2.18,42-15 |
| 2.20,45 | | Elsa Gomes | S23 | SC Braga | | 27-01-96 | 4 | | Braga | 22-06 | 2.11,93-15 |
| 2.21,28 | | Ana Sofia Ribeiro | Jr | Maia AC | | 11-03-97 | 1s | CNCI-Ap | Viana do Castelo | 29-05 | 2.20,38i-15 |
| 2.22,17 | | Carla Reis | Jr | ADRE Palhaça | | 20-01-97 | 1 | CNCI-2 | Setúbal | 17-07 | 2.19,14i-15 |
| 2.22,38 | | Nádia Gaspar | | SL Benfica | | 07-10-90 | 1 | | Lisboa - MP | 31-01 | 2.16,12-15 |
| 2.22,83 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | 3s | CNCI-Ap | Setúbal | 29-05 | 2.22,17-15 |
| 2.22,98 | | Laura Silva Regalado | Jr | ACR Valdágua | | 03-01-98 | 2 | | Aveiro | 19-06 | 2.19,48-15 |
| 2.23,96 | | Cátia Ferreira | S23 | CS Marítimo | | 07-12-96 | 8 | CNCI-1 | Setúbal | 17-07 | 2.18,81-15 |

1000 m – 3.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|-------------------|-----|--------------|-----|----------|----|-------|--------|-------|------------|
| 2.56,32 | | Joceline Monteiro | | Grã Bretanha | | 10-05-90 | 1 | | Faro | 26-03 | |
| 2.59,29 | | Beatriz Rodrigues | Jv | Adercus | | 22-04-99 | 1 | | Aveiro | 29-04 | 2.59,48-14 |

1500 m – 4.30,0 - 4.50,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|--------------------|-----|-------------------|-----|----------|-----|-----------|-----------------------|-------|------------|
| 4.06,54 | | Marta Pen Freitas | | SL Benfica | | 31-07-93 | 2 | | Barcelona - Esp | 30-06 | 4.10,98-15 |
| 4.09,53 | | Marta Pen Freitas | | | | | 1 | | Eugene - Usa | 11-06 | |
| 4.09,80 | | Marta Pen Freitas | | | | | 1q | NCAA | Jacksonville - Usa | 28-05 | |
| 4.11,52 | | Marta Pen Freitas | | | | | 1 | | Charlottesville - Usa | 23-04 | |
| 4.12,91 | | Marta Pen Freitas | | | | | 2 | | Gainesville - Usa | 31-03 | |
| 4.13,46 | | Marta Pen Freitas | | | | | 1 | | Starkville - Usa | 30-04 | |
| 4.13,74 | | Marta Pen Freitas | | | | | 4h | C. Europa | Amesterdão - Hol | 08-07 | |
| 4.15,52 | | Marta Pen Freitas | | | | | 1sf | NCAA | Eugene - Usa | 09-06 | |
| 4.15,94 | | Marta Pen Freitas | | | | | 10 | | Portland - Usa | 12-06 | |
| 4.16,00 | | Marta Pen Freitas | | | | | 1h | NCAA | Jacksonville - Usa | 26-05 | |
| 4.16,12 | | Marta Pen Freitas | | | | | 1 | C. Port | Maia | 25-06 | |
| 4.18,53 | | Marta Pen Freitas | | | | | 12h | JO | Rio de Janeiro-Bra | 12-08 | |
| 4.20,58 | | Svetlana Kudzelich | | Sporting CP | BLR | 07-05-87 | 2 | TCCE | Mersin - Tur | 29-05 | 4.10,76-14 |
| 4.22,68 | | Salomé Afonso | Jr | Sporting CP | | 19-11-97 | 8h | CM Jr | Bydgoszcz - Pol | 22-07 | 4.38,11-15 |
| 4.23,84 | | Salomé Afonso | Jr | | | | 1 | | Castellon - Esp | 30-06 | |
| 4.24,00 | | Marta Pen Freitas | | | | | 1 | | Tuscaloosa - Usa | 14-05 | |
| 4.24,43 | | Amélia Vitorino | S23 | ACR Sra. Desterro | | 30-04-94 | 13 | | Huelva - Esp | 03-06 | 4.35,34-15 |
| 4.24,51 | | Marta Pen Freitas | | | | | 1h1 | | Tuscaloosa - Usa | 13-05 | |
| 4.25,94 | | Amélia Vitorino | S23 | | | | 1ex | CN Vet | Lisboa - U | 09-07 | |
| 4.27,91 | | Carla Mendes | S23 | Juv. Vidigalense | | 09-11-94 | 2ex | CN Vet | Lisboa - U | 09-07 | 4.36,55-15 |
| 4.28,48 | | Amélia Vitorino | S23 | | | | 1ex | | Lisboa - MP | 02-07 | |
| 4.28,78 | | Joceline Monteiro | | Grã Bretanha | | 10-05-90 | 2 | | Manchester - Gbr | 07-08 | |
| 4.28,82 | i | Salomé Afonso | Jr | | | | 1 | C. Port | Pombal | 20-02 | |

| | | | | | | | | | | | |
|---------|---|---------------------------|-----|-------------------|-----|----------|-----|----------|------------------|-------|-------------|
| 4.28,96 | | Susana Francisco | | Juv. Vidigalense | | 10-05-91 | 2ex | | Lisboa - MP | 02-07 | 4.32,81-15 |
| 4.29,61 | | Susana Godinho | | Sporting CP | | 05-07-92 | 14 | | Huelva - Esp | 03-06 | 4.27,72-11 |
| 4.30,13 | | Neide Dias | | Sporting CP | | 11-08-87 | 11 | | Herouville - Fra | 16-06 | 4.31,12-15 |
| 4.33,87 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 1 | | Ribeira Brava | 21-05 | 4.39,53-14 |
| 4.34,28 | | Solange Jesus | | Sporting CP | | 07-01-87 | 1 | | Braga | 22-06 | 4.31,88-11 |
| 4.34,43 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 2 | | Ribeira Brava | 21-05 | 4.40,54-15 |
| 4.34,98 | | Sandra Teixeira | Vet | Sporting CP | | 13-03-78 | 3ex | CN Vet | Lisboa - U | 09-07 | 4.10,28-05 |
| 4.35,17 | | Rute Simões | S23 | Grecas | | 14-02-95 | 1 | Noite | Maia | 15-06 | 4.44,36-15 |
| 4.35,54 | | Mariana Machado | Jv | SC Braga | | 12-11-00 | 7 | CE Jv | Tbilissi - Geo | 17-07 | |
| 4.36,13 | | Daniela Cunha | | Sporting CP | | 30-04-90 | 1 | | Póvoa de Varzim | 25-05 | 4.17,71-11 |
| 4.36,62 | | Silvana Dias | S23 | SL Benfica | | 05-06-94 | 1s | CNCI-Ap | Setúbal | 28-05 | 4.33,10-12 |
| 4.37,12 | i | Ana Cabecinha | | CO Pechão | | 29-04-84 | 2s | CNCI-Ap | Pombal | 06-02 | 4.31,73-07 |
| 4.37,25 | | Sofia Teixeira | Jr | UD Varzea | | 26-02-97 | 2 | | Póvoa de Varzim | 25-05 | 4.40,06-14 |
| 4.37,56 | | Sara Duarte | Jv | UD Varzea | | 25-05-99 | 3 | | Póvoa de Varzim | 25-05 | |
| 4.37,80 | | Celma Bonfim | Vet | JOMA | STP | 23-12-77 | 2s | CNCI-Ap | Fátima | 28-05 | 4.35,09-09 |
| 4.37,94 | i | Ana Queirós Alves | S23 | ADR Mata | | 07-10-94 | 4 | C. Port | Pombal | 20-02 | 4.36,62-09 |
| 4.34,43 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 2 | | Ribeira Brava | 21-05 | 4.40,54-15 |
| 4.39,21 | | Rita Ribeiro | Jr | ACR Sra. Desterro | | 13-02-98 | 3 | CN Jr | Visou | 09-07 | 4.49,13-14 |
| 4.39,35 | | Patrícia Oliveira | S23 | Grecas | | 28-06-94 | 5 | Noite | Maia | 15-06 | 4.44,62-15 |
| 4.39,92 | | Francisca Borges | Jr | Maia AC | | 09-11-98 | 6 | Noite | Maia | 15-06 | |
| 4.40,16 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 4 | | Póvoa de Varzim | 25-05 | 4.46,33-14 |
| 4.40,30 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 3 | | Lisboa - MP | 14-05 | 4.49,79-15 |
| 4.40,30 | | Jessica Matos | S23 | SC Salgueiros 08 | | 15-04-94 | 5 | | Póvoa de Varzim | 25-05 | 4.40,16i-13 |
| 4.40,85 | | Sandra Protásio | | Sporting CP | | 05-07-89 | 4 | | Lisboa - MP | 14-05 | 4.40,22-13 |
| 4.42,58 | | Joana Monteiro | | Espanha | | 15-11-93 | 6 | | Gijon - Esp | 04-06 | 4.50,71-14 |
| 4.42,64 | i | Joana Costa | | SL Benfica | | 12-05-88 | 6 | CNCI-1 | Pombal | 05-03 | 4.21,81-10 |
| 4.42,92 | | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 1 | F. Alves | Marinha Grande | 21-05 | 4.37,17-15 |
| 4.42,98 | | Lília Martins | Jr | NS Lourinhã | | 31-03-97 | 4 | CN Jr | Visou | 09-07 | |
| 4.43,01 | | Margarida Raimundo | Jv | SL Benfica | | 24-03-00 | 2 | CN Jv | Lagoa | 02-07 | |
| 4.43,14 | | Laura Silva Regalado | Jr | ACR Valdágua | | 03-01-98 | 5 | CN Jr | Visou | 09-07 | 4.44,79-14 |
| 4.43,26 | i | Sónia Ferreira | S23 | UD Varzea | | 08-07-95 | 2 | | Braga | 26-12 | 4.42,13-12 |
| 4.44,25 | | Anais Silva | Jr | Juv. Vidigalense | | 15-04-97 | 4 | | Louisville - Eua | 23-04 | 4.39,49-15 |
| 4.45,22 | | Patrícia Silva | Jv | Individual - Lis | | 09-12-99 | 2 | | Lisboa - I | 23-07 | |
| 4.46,07 | | Sueli Gomes | S23 | UD Varzea | | 31-10-94 | 7 | | Póvoa de Varzim | 25-05 | 4.47,39-15 |
| 4.46,07 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | 3s | CNCI-Ap | Setúbal | 28-05 | |
| 4.46,84 | | Ercília Machado | | Sporting CP | | 24-12-86 | 1 | | Lisboa - MP | 14-02 | 4.16,14-11 |
| 4.47,09 | i | Ana Marta Pinto | | Grecas | | 23-10-91 | 4 | | Braga | 26-12 | 4.44,17-11 |
| 4.47,53 | | Elisabete Pereira Azevedo | | Adercus | | 24-06-81 | 8 | | Póvoa de Varzim | 25-05 | 4.39,74-13 |
| 4.48,47 | | Beatriz Rodrigues | Jv | Adercus | | 22-04-99 | 2 | CN DE | Vagos | 20-05 | |
| 4.48,62 | i | Vanda Ribeiro | Vet | Grecas | | 02-04-75 | 3s | CNCI-Ap | Pombal | 06-02 | 4.16,66-98 |
| 4.48,75 | i | Tânia Silva | | Liberdade FC | | 24-05-88 | 2 | C. Norte | Braga | 16-01 | 4.30,73i-09 |
| 4.49,5 | | Cristina Freitas | S23 | C Bf. Paredes | | 19-12-96 | 2 | | Maia | 16-04 | |
| 4.49,61 | | Carla Reis | Jr | ADRE Palhaça | | 20-01-97 | 9 | Noite | Maia | 15-06 | |
| 4.49,82 | | Vera Fernandes | | AA Belavista | | 16-11-85 | 1 | | Faro | 18-06 | |

Milha – 5.30,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|------------------|-----|----------|----|-------|--------------------|-------|-----|
| 4.38,21 | i | Marta Pen Freitas | | SL Benfica | | 31-07-93 | 1 | SEC | Fayetteville - Usa | 27-02 | |
| 4.55,28 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 1 | | Ribeira Brava | 24-04 | |
| 5.04,06 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 2 | | Ribeira Brava | 24-04 | |
| 5.16,95 | i | Anais Silva | Jr | Juv. Vidigalense | | 15-04-97 | 11 | | Allendale - Eua | 13-02 | |

2 000 m – 7.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|----------|-----|------------------|-----|----------|----|-------|-------|-------|-----|
| 6.37,45 | | Ana Dias | Vet | C Areias S. João | | 15-01-74 | 1 | | Faro | 13-02 | |

3000 m – 9.50,0 - 11.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|--------------|--------------|-------------|-----|----------|----|---------|--------------|-------|------------|
| 8.59,04 | i | Sara Moreira | | Sporting CP | | 17-10-85 | 1 | C. Port | Pombal | 21-02 | 8.42,69-10 |
| 9.05,50 | i | | Sara Moreira | | | | 1 | CNCI-1 | Pombal | 06-03 | |
| 9.07,93 | | | Sara Moreira | | | | 1 | TCCE | Mersin - Tur | 28-05 | |

| | | | | | | | | | | | |
|----------|---|----------------------|-----|-------------------|-----|----------|----|----------|--------------------|-------|--------------|
| 9.09,03 | | Jessica Augusto | | Sporting CP | | 08-11-81 | 1 | CNCI-1 | Setúbal | 17-07 | 8.41,53-07 |
| 9.19,97 | | Carla Salomé Rocha | | SL Benfica | | 25-04-90 | 2 | CNCI-1 | Setúbal | 17-07 | 9.10,86i-13 |
| 9.22,18 | i | Marta Pen Freitas | | SL Benfica | | 31-07-93 | 3 | SEC | Fayetteville - Usa | 26-02 | 9.47,96-12 |
| 9.29,30 | i | Marta Pen Freitas | | | | | 6 | | Nashville - Eua | 13-02 | |
| 9.33,20 | i | Ercilia Machado | | Sporting CP | | 24-12-86 | 2 | C. Port | Pombal | 21-02 | 9.05,87i-13 |
| 9.34,23 | i | Silvana Dias | S23 | SL Benfica | | 05-06-94 | 3 | C. Port | Pombal | 21-02 | 9.35,82i-15 |
| 9.35,66 | | Susana Francisco | | Juv. Vidigalense | | 10-05-91 | 1 | | Lisboa - I | 23-07 | 9.49,84-15 |
| 9.37,86 | i | Solange Jesus | | Sporting CP | | 07-01-87 | 4 | C. Port | Pombal | 21-02 | 9.31,19-11 |
| 9.41,63 | | Clarisse Cruz | Vet | SC Salgueiros 08 | | 09-07-78 | 1 | | Maia | 22-05 | 9.02,52-01 |
| 9.41,68 | | Susana Francisco | | | | | 3 | CNCI-1 | Setúbal | 17-07 | |
| 9.41,99 | i | Ercilia Machado | | | | | 1 | CNU | Braga | 28-02 | |
| 9.45,20 | i | Emilia Kumos | | SL Benfica | | 09-01-86 | 1s | CNCI-Ap | Pombal | 07-02 | 9.49,67i-15 |
| 9.48,38 | | Filomena Costa | | ACD Jardim Serra | | 22-02-85 | 1s | CNCI-Ap | Ribeira Brava | 29-05 | 9.36,68-14 |
| 9.48,48 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 1 | | Ribeira Brava | 04-06 | 9.39,52-15 |
| 9.48,59 | i | Inês Monteiro | Vet | CA Seia | | 18-05-80 | 2s | CNCI-Ap | Pombal | 07-02 | 8.52,47-02 |
| 9.48,99 | | Daniela Cunha | | Sporting CP | | 30-04-90 | 1 | | Lousada | 08-06 | 9.36,54-10 |
| 9.49,42 | | Sara Duarte | Jv | UD Varzea | | 25-05-99 | 2 | | Lousada | 08-06 | 10.33,75i-15 |
| 9.49,45 | i | Joana Soares | | | | | 5 | C. Port | Pombal | 21-02 | |
| 9.49,77 | i | Rute Simões | S23 | Grecas | | 14-02-95 | 6 | C. Port | Pombal | 21-02 | 10.19,95-15 |
| 9.50,97 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 3 | | Lousada | 08-06 | 10.01,08-15 |
| 9.55,34 | i | Vera Fernandes | | AA Belavista | | 16-11-85 | 7 | C. Port | Pombal | 21-02 | 10.19,83-15 |
| 9.56,5 | | Celma Bonfim | Vet | JOMA | STP | 23-12-77 | 1 | | Lisboa - MP | 24-04 | 9.48,97i-08 |
| 9.57,82 | i | Sandra Teixeira | Vet | Sporting CP | | 13-03-78 | 1s | CNCI-Ap | Pombal | 06-02 | 9.08,85-09 |
| 9.58,96 | i | Sónia Ferreira | S23 | UD Varzea | | 08-07-95 | 8 | C. Port | Pombal | 21-02 | 10.06,93i-13 |
| 9.59,19 | | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 2s | CNCI-Ap | Ribeira Brava | 29-05 | 9.35,91i-15 |
| 10.02,8 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 2 | | Lisboa - MP | 24-04 | 10.09,66-15 |
| 10.03,14 | | Patrícia Oliveira | S23 | Grecas | | 28-06-94 | 2s | CNCI-Ap | Fátima | 29-05 | 10.18,29-15 |
| 10.03,96 | | Marta Martins | | ACR Sra. Desterro | | 15-01-92 | 5 | CNCI-1 | Setúbal | 17-07 | 9.46,11i-13 |
| 10.05,18 | i | Fabiana Sousa | Jv | NS Torres Novas | | 12-10-00 | 1 | CN Jv | Pombal | 31-01 | |
| 10.07,69 | | Sofia Teixeira | Jr | UD Varzea | | 26-02-97 | 1 | CN Jr | Viseu | 10-07 | 10.23,77-15 |
| 10.09,72 | | Francisca Borges | Jr | Maia AC | | 09-11-98 | 2 | CN Jr | Viseu | 10-07 | |
| 10.09,88 | i | Anais Silva | Jr | Juv. Vidigalense | | 15-04-97 | 12 | | Allendale - Usa | 12-02 | 10.08,39-15 |
| 10.10,16 | i | Joana Monteiro | | Espanha | | 15-11-93 | 2 | | Oviedo - Esp | 07-02 | 10.23,18-15 |
| 10.10,36 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 2 | | Ribeira Brava | 17-01 | 9.47,36-14 |
| 10.11,52 | i | Sandra Protásio | | Sporting CP | | 05-07-89 | 4 | CNU | Braga | 28-02 | 10.30,00i-11 |
| 10.13,52 | | Laura Silva Regalado | Jr | ACR Valdágua | | 03-01-98 | 2 | | Vagos | 05-06 | 10.37,19-15 |
| 10.15,26 | i | Debora Santos | | Adercus | | 30-12-92 | 5 | CNU | Braga | 28-02 | 9.59,09-11 |
| 10.16,02 | i | Sofia Marmelo | | CAF Zezere | | 09-07-93 | 11 | C. Port | Pombal | 21-02 | |
| 10.16,24 | | Margarida Raimundo | Jv | SL Benfica | | 24-03-00 | 2 | | Lisboa - MP | 15-05 | |
| 10.17,45 | i | Patrícia Rosado | | ACDR Arneirense | | 18-07-88 | 12 | C. Port | Pombal | 21-02 | 10.52,78i-12 |
| 10.22,50 | i | Vanda Ribeiro | Vet | Grecas | | 02-04-75 | 13 | C. Port | Pombal | 21-02 | 9.22,80-98 |
| 10.23,55 | | Lília Martins | Jr | NS Lourinhã | | 31-03-97 | 5 | CN Jr | Viseu | 10-07 | |
| 10.23,92 | i | Ana Lopes | | Esc. Movimento | | 21-03-91 | 2s | CNCI-Ap | Braga | 06-02 | 10.18,42-14 |
| 10.27,66 | i | Carla Nunes | S23 | AD Lustosa | | 26-06-96 | 15 | C. Port | Pombal | 21-02 | 10.59,26i-15 |
| 10.27,90 | | Ana Marta Pinto | | Grecas | | 23-10-91 | 3 | | Vagos | 10-01 | 10.17,57-11 |
| 10.28,14 | | Diana Almeida | S23 | Sporting CP | | 08-09-94 | 3 | | Maia | 22-05 | 9.55,08i-13 |
| 10.28,30 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | 1 | | Lagoa | 19-06 | 9.42,35-15 |
| 10.29,28 | i | Tânia Silva | | Liberdade FC | | 24-05-88 | 3 | C. Norte | Braga | 17-01 | 10.01,89i-15 |
| 10.29,30 | i | Cristina Freitas | | C Bf. Paredes | | 19-12-88 | 16 | C. Port | Pombal | 21-02 | 10.28,64i-15 |
| 10.30,44 | i | Alexandra Oliveira | | GA Fátima | | 18-10-93 | 1 | | Pombal | 03-02 | 10.34,8-15 |
| 10.33,67 | i | Carla Machado | Vet | UD Varzea | | 02-02-70 | 1 | CN Vet | Pombal | 12-03 | 9.37,1-93 |
| 10.34,15 | | Eduarda Barbosa | Jr | Sporting CP | | 02-05-98 | 1 | | Lousada | 30-04 | 10.20,74-15 |
| 10.34,90 | | Cláudia Pereira | Vet | SC Salgueiros 08 | | 20-02-76 | 1 | | Lisboa - R | 18-05 | 9.08,15-01 |
| 10.35,20 | | Madalena Carriço | Vet | CS Marítimo | | 06-01-79 | 4s | CNCI-Ap | Ribeira Brava | 29-05 | 9.25,32i-06 |
| 10.36,75 | | Laura Taborda | Jv | Penta C Covilhã | | 01-01-99 | 2 | CN Jv | Lagoa | 03-07 | |
| 10.38,36 | i | Raquel Cabaço | | GD Diana | | 07-04-87 | 2 | CNCI-2 | Pombal | 06-03 | 10.45,21-15 |
| 10.39,64 | | Catarina Rodrigues | Jr | Adercus | | 11-01-97 | 4 | | Vagos | 05-06 | |
| 10.42,35 | i | Cátia Costa | | Maia AC | | 04-09-89 | 3 | CNCI-2 | Pombal | 06-03 | 10.59,52-15 |
| 10.42,84 | i | Carla Reis | Jr | ADRE Palhaça | | 20-01-97 | 3 | CN Jr | Braga | 14-02 | |
| 10.42,86 | | Helena Alves | Jr | UD Varzea | | 15-06-97 | 7 | CN Jr | Viseu | 10-07 | 10.34,41-14 |
| 10.43,55 | | Ana Catarina Dias | S23 | NDC Odemira | | 12-06-94 | 1 | | Odemira | 28-05 | 10.32,83i-13 |
| 10.46,28 | i | Ana Catarina Ribeiro | Jr | UD Varzea | | 17-09-98 | 5 | CN jr | Braga | 14-02 | 10.53,56i-15 |

| | | | | | | | | | | | |
|----------|---|-----------------------|-----|------------------|--|----------|----|----------|------------------|-------|--------------|
| 10.47,72 | i | Carla Faria | Jr | Boavista FC | | 14-09-98 | 7 | C. Norte | Braga | 17-01 | 10.51,36i-15 |
| 10.50,77 | i | Joana Caires | Jr | ACD Jardim Serra | | 02-03-98 | 7 | CN Jr | Braga | 14-02 | 10.59,50-15 |
| 10.52,30 | | Marcia Reis | Jv | SL Benfica | | 15-10-99 | 2 | | Lisboa - R | 18-05 | |
| 10.57,24 | i | Maria Rosário Martins | S23 | Juv. Vidigalense | | 14-06-95 | 2 | | Pombal | 17-01 | 10.18,95i-14 |
| 10.57,30 | i | Marta Silva | Jv | UD Varzea | | 23-07-00 | 9 | CN Jr | Braga | 14-02 | |
| 10.58,50 | | Andreia Silva | | Gira Sol | | 21-10-88 | 5s | CNCI-Ap | Fátima | 29-05 | 10.30,52i-13 |
| 10.59,93 | | Mónica Silva | Jv | GDU Cano | | 2000 | 1 | | Viana do Castelo | 19-06 | |
| 10.59,96 | | Susana Malheiro | Jv | Liberdade FC | | 17-03-99 | 1 | | Braga | 22-05 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|--------------------|-----|------------------|-----|----------|----|---------|--------------|-------|--------------|
| 10.10,41 | | Rute Simões | S23 | Grecas | | 14-02-95 | 1 | | Vagos | 10-01 | 10.19,95-15 |
| 10.11,92 | | Silvana Dias | S23 | SL Benfica | | 05-06-94 | 1s | CNCI-Ap | Setúbal | 29-05 | 9.35,82i-15 |
| 10.15,89 | | Sandra Protásio | | Sporting CP | | 05-07-89 | 1 | | Lisboa - MP | 15-05 | 10.30,00i-11 |
| 10.22,56 | | Joana Monteiro | | Espanha | | 15-11-93 | 1 | | Avilés - Esp | 15-06 | 10.23,18-15 |
| 10.24,10 | | Debora Santos | | Adercus | | 30-12-92 | 3 | | Vagos | 05-06 | 9.59,09-11 |
| 10.32,76 | | Fabiana Sousa | Jv | NS Torres Novas | | 12-10-00 | 1 | | Abrantes | 15-05 | |
| 10.37,50 | | Anais Silva | Jr | Juv. Vidigalense | | 15-04-97 | 6 | CN Jr | Viseu | 10-07 | 10.08,39-15 |
| 10.38,06 | | Alexandra Oliveira | | GA Fátima | | 18-10-93 | 4s | CNCI-Ap | Fátima | 29-05 | 10.34,8-15 |
| 10.40,24 | | Carla Nunes | S23 | AD Lustosa | | 26-06-96 | 2 | | Lousada | 30-04 | 10.59,26i-15 |
| 10.43,26 | | Raquel Cabaço | | GD Diana | | 07-04-87 | 2 | CNCI-3 | Vagos | 17-07 | 10.45,21-15 |
| 10.56,37 | | Carla Faria | Jr | Boavista FC | | 14-09-98 | 10 | CN Jr | Viseu | 10-07 | 10.51,36i-15 |

5000 m – 17.00,0 - 20.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-----------------------|-----|-------------------|-----|----------|----|------------|---------------------|-------|-------------|
| 15.34,93 | | Sara Moreira | | Sporting CP | | 17-10-85 | 1 | CNCI-1 | Setúbal | 16-07 | 14.54,71-10 |
| 15.37,12 | | Ana Dulce Felix | | SL Benfica | | 23-10-82 | 1 | SL Benfica | Lisboa - I | 12-06 | 15.08,02-09 |
| 15.40,33 | | Sara Moreira | | | | | 1 | IberoAm | Rio de Janeiro- Bra | 16-05 | |
| 15.52,53 | | Jessica Augusto | | Sporting CP | | 08-11-81 | 1 | TCCE | Mersin - Tur | 29-05 | 14.37,07-10 |
| 15.56,95 | | Carla Salomé Rocha | | SL Benfica | | 25-04-90 | 3 | SL Benfica | Lisboa - I | 12-06 | 15.52,17-14 |
| 16.07,94 | | Daniela Cunha | | Sporting CP | | 30-04-90 | 1 | | Maia | 04-06 | 17.27,53-14 |
| 16.22,14 | | Sara Catarina Ribeiro | | SL Benfica | | 31-05-90 | 4 | SL Benfica | Lisboa - I | 12-06 | 15.57,83-14 |
| 16.24,91 | | Mónica Silva | | SL Benfica | | 25-11-83 | 5 | SL Benfica | Lisboa - I | 12-06 | 17.56,21-01 |
| 16.29,95 | | Carla Salomé Rocha | | | | | 1 | C. Port | Maia | 26-06 | 15.52,17-14 |
| 16.33,30 | | Daniela Cunha | | | | | 2 | C. Port | Maia | 26-06 | |
| 16.38,15 | | Ana Mafalda Ferreira | | Sporting CP | | 22-04-88 | 3 | C. Port | Maia | 26-06 | 16.03,23-12 |
| 16.41,70 | | Filomena Costa | | ACD Jardim Serra | | 22-02-85 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 16.14,46-14 |
| 16.41,98 | | Susana Francisco | | Juv. Vidigalense | | 10-05-91 | 4 | C. Port | Maia | 26-06 | 17.29,27-14 |
| 16.42,05 | | Filomena Costa | | | | | 2 | CNCI-1 | Setúbal | 16-07 | |
| 16.45,10 | | Susana Francisco | | | | | 3 | CNCI-1 | Setúbal | 16-07 | |
| 16.57,28 | | Susana Francisco | | | | | 7 | SL Benfica | Lisboa - I | 12-06 | |
| 16.57,87 | | Susana Francisco | | | | | 1s | CNCI-Ap | Fátima | 28-05 | |
| 16.58,68 | | Vera Fernandes | | AA Bela Vista | | 16-11-85 | 3 | | Maia | 04-06 | 17.13,36-15 |
| 17.04,42 | | Rute Simões | S23 | Grecas | | 14-02-95 | 5 | C. Port | Maia | 26-06 | |
| 17.09,64 | | Sónia Ferreira | S23 | UD Varzea | | 08-07-95 | 6 | C. Port | Maia | 26-06 | 17.28,93-14 |
| 17.11,89 | | Marta Martins | | ACR Sra. Desterro | | 15-01-92 | 7 | C. Port | Maia | 26-06 | 16.41,37-14 |
| 17.12,23 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 8 | C. Port | Maia | 26-06 | 17.34,71-15 |
| 17.16,6 | | Alexandra Oliveira | | GA Fátima | | 18-10-93 | 1 | | Covilhã | 08-06 | 19.00,6-15 |
| 17.28,95 | | Silvana Dias | S23 | SL Benfica | | 05-06-94 | 1 | | Luso | 30-04 | 16.27,41-14 |
| 17.29,19 | | Diana Almeida | S23 | Sporting CP | | 08-09-94 | 5 | | Maia | 04-06 | |
| 17.30,34 | | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 1 | CNCI-3 | Vagos | 16-07 | 18.05,51-10 |
| 17.31,73 | | Cristiana Valente | | Adercus | | 09-06-85 | 2 | | Luso | 30-04 | |
| 17.31,85 | | Patrícia Oliveira | S23 | Grecas | | 28-06-94 | 2 | CNU | Leiria | 07-05 | 18.14,38-15 |
| 17.34,35 | | Jessica Matos | S23 | SC Salgueiros 08 | | 15-04-94 | 6 | | Maia | 04-06 | |
| 17.36,07 | | Emilia Kumos Piseiro | | SL Benfica | | 09-01-86 | 1s | CNCI-Ap | Setúbal | 28-05 | 17.16,11-15 |
| 17.47,95 | | Patrícia Rosado | | ACDR Arneirense | | 18-07-88 | 7 | | Maia | 04-06 | 18.38,09-15 |
| 17.48,91 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 17.03,44-14 |
| 17.51,50 | | Debora Santos | | Adercus | | 30-12-92 | 4 | | Luso | 30-04 | 17.47,52-10 |
| 17.51,56 | | Joana Monteiro | | Espanha | | 15-11-93 | 4 | | Gijon - Esp | 26-03 | 17.42,5-15 |
| 17.51,89 | i | Anais Silva | Jr | Juv. Vidigalense | | 15-04-97 | 2 | | Winston Salem - Usa | 04-03 | |
| 18.05,42 | | Sofia Teixeira | Jr | UD Varzea | | 26-02-97 | 3 | | Maia | 09-04 | |
| 18.16,06 | | Lília Martins | Jr | NS Lourinhã | | 31-03-97 | 6 | | Maia | 09-04 | |

| | | | | | | | | | | |
|----------|---------------------------|-----|-------------------|--|----------|----|---------|------------------|-------|-------------|
| 18.20,39 | Ana Cabecinha | | CO Pechão | | 29-04-84 | 2s | CNCI-Ap | Setúbal | 28-05 | 16.49,14-15 |
| 18.24,94 | Margarida Dionísio | | ACR Sra. Desterro | | 09-03-87 | 3s | CNCI-Ap | Fátima | 28-05 | 17.50,77-14 |
| 18.25,74 | Elisabete Pereira Azevedo | | Adercus | | 24-06-81 | 8 | | Maia | 04-06 | |
| 18.29,61 | Carla Machado | Vet | UD Varzea | | 02-02-70 | 1 | CN Vet | Lisboa - U | 10-07 | 17.51,69-11 |
| 18.34,47 | Madalena Carriço | Vet | CS Marítimo | | 06-01-79 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | 16.24,05-02 |
| 18.34,58 | Carla Nunes | S23 | AD Lustosa | | 26-06-96 | 12 | C. Port | Maia | 26-06 | |
| 18.42,14 | Catarina Rodrigues | Jr | Adercus | | 11-01-97 | 5 | | Luso | 30-04 | |
| 18.49,60 | Cátia Costa | | Maia AC | | 04-09-89 | 1 | CNCI-2 | Setúbal | 16-07 | 19.17,52-15 |
| 18.51,47 | Raquel Cabaço | | GD Diana | | 07-04-87 | 2 | CNCI-3 | Vagos | 16-07 | 18.41,48-15 |
| 19.17,74 | Helena Miranda | | AA Bela Vista | | 19-09-85 | 1 | | Faro | 18-06 | |
| 19.19,42 | Mónica Simões | | ADRE Palhaça | | 01-01-89 | 3 | CNCI-2 | Setúbal | 16-07 | |
| 19.22,10 | Carla Mendes | S23 | Juv. Vidigalense | | 09-11-94 | 2s | CNCI-Ap | Viana do Castelo | 28-05 | |
| 19.33,58 | Fátima Silva | Vet | CD Póvoa | | 06-05-70 | 3s | CNCI-Ap | Viana do Castelo | 28-05 | 16.05,22-97 |
| 19.36,00 | Fiona Gonçalves | Vet | ADC Praia Falésia | | 10-02-61 | 2 | | Faro | 18-06 | 19.03,82-11 |
| 19.36,25 | Tania Pereira | | ACR Cambra | | 01-01-90 | 6s | CNCI-Ap | Fátima | 28-05 | |
| 19.41,25 | Alice Basílio | Vet | AA Mafra | | 18-04-70 | 2 | CN Vet | Lisboa - U | 10-07 | |
| 19.43,23 | Fátima Pinho | Vet | Grecas | | 22-02-63 | 3 | | Vagos | 04-06 | 18.34,85-12 |
| 19.51,9 | Maria Soares | Jr | GCA Donas | | 23-05-97 | 1 | | Covilhã | 08-06 | |
| 19.53,70 | Marta Martins | S23 | SC Braga | | 02-04-96 | 4s | CNCI-Ap | Viana do Castelo | 28-05 | 19.38,63-15 |
| 19.56,79 | Cristina Nascimento | Vet | ACD Jardim Serra | | 23-10-79 | 1 | | Ribeira Brava | 18-06 | 19.14,1-13 |

10.000 m – 45.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-----------------------|-----|------------------|-----|----------|--------|-------------|--------------------|-------|-------------|
| 31.19,03 | | Ana Dulce Félix | | SL Benfica | | 23-10-82 | 2 | C. Europa | Amesterdão - Hol | 06-07 | 31.33,42-11 |
| 32.05,82 | | Carla Salomé Rocha | | SL Benfica | | 25-04-90 | 4 | | Londres | 21-05 | 32.19,98-14 |
| 32.06,05 | | Carla Salomé Rocha | | | | | 26 | JO | Rio de Janeiro-Bra | 12-08 | |
| 32.23,68 | | Carla Salomé Rocha | | | | | 1/2 | C.Port/T.Ib | Maia | 09-04 | |
| 32.30,71 | | Jessica Augusto | | Sporting CP | | 08-11-81 | 1 | | Braga | 22-06 | 31.19,16-10 |
| 32.31,18 | | Sara Catarina Ribeiro | | SL Benfica | | 31-05-90 | 2 | | Braga | 22-06 | 32.42,67-15 |
| 32.57,44 | | Carla Salomé Rocha | | | | | 12 | C. Europa | Amesterdão - Hol | 06-07 | |
| 33.07,20 | | Daniela Cunha | | Sporting CP | | 30-04-90 | 3 | | Braga | 22-06 | 33.36,22-15 |
| 33.38,93 | | Carla Martinho | Vet | Adercus | | 04-11-76 | 2/5 | C.Port/T.Ib | Maia | 09-04 | 34.41,86-14 |
| 34.08,71 | | Daniela Cunha | | | | | 3/9 | C.Port/T.Ib | Maia | 09-04 | |
| 34.23,24 | | Susana Godinho | | Sporting CP | | 05-07-92 | 4/11 | C.Port/T.Ib | Maia | 09-04 | 34.10,09-15 |
| 34.32,99 | | Susana Francisco | | Juv. Vidigalense | | 10-05-91 | 5/13 | C.Port/T.Ib | Maia | 09-04 | 36.00,60-14 |
| 34.58,79 | | Vera Fernandes | | AA Belavista | | 16-11-85 | 6/18 | C.Port/T.Ib | Maia | 09-04 | 36.31,18-15 |
| 35.28,89 | | Cristiana Valente | | Adercus | | 09-06-85 | 7/1s | C.Port/T.Ib | Maia | 09-04 | |
| 35.35,9 | | Sónia Ferreira | S23 | UD Varzea | | 08-07-95 | 1 | | Lousada | 07-05 | |
| 36.18,71 | | Sónia Ferreira | S23 | | | | 8/4s | C.Port/T.Ib | Maia | 09-04 | |
| 36.25,53 | | Susana Godinho | | | | | 2 | | Lousada | 07-05 | 34.10,09-15 |
| 36.25,59 | | Diana Almeida | S23 | Sporting CP | | 08-09-94 | 3 | | Lousada | 07-05 | |
| 36.30,37 | | Sónia Ferreira | S23 | | | | 1 | Med S23 | Tunis - Tun | 05-06 | |
| 36.42,66 | | Rute Simões | S23 | Grecas | | 14-02-95 | 1 | | Luso | 16-04 | |
| 36.50,44 | | Diana Almeida | S23 | | | | 10/10s | C.Port/T.Ib | Maia | 09-04 | |
| 36.58,70 | | Patrícia Oliveira | S23 | Grecas | | 28-06-94 | 2 | | Luso | 16-04 | |
| 37.13,41 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 1 | | Ribeira Brava | 19-03 | 38.52,08-15 |
| 37.18,80 | | Debora Santos | | Adercus | | 30-12-92 | 11/14s | C.Port/T.Ib | Maia | 09-04 | |
| 37.24,32 | | Anais Silva | Jr | Juv. Vidigalense | | 15-04-97 | 1 | | Marion - Eua | 15-04 | |
| 37.26,63 | | Rute Simões | S23 | | | | 12/15s | C.Port/T.Ib | Maia | 09-04 | |
| 37.27,63 | | Sofia Marmelo | | CAF Zezere | | 09-07-93 | 13/16s | C.Port/T.Ib | Maia | 09-04 | |
| 37.33,03 | | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 2 | | Ribeira Brava | 19-03 | |
| 37.36,93 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 14/17s | C.Port/T.Ib | Maia | 09-04 | 36.47,56-15 |
| 37.43,37 | | Cristina Freitas | | C Bf. Paredes | | 19-12-88 | 15/18s | C.Port/T.Ib | Maia | 09-04 | |
| 38.58,55 | | Cátia Costa | | Maia AC | | 04-09-89 | 1 | | Maia | 19-03 | 40.37,85-15 |
| 39.23,74 | | Daniela Sousa | | | | | 3 | | Ribeira Brava | 19-03 | |
| 39.29,88 | | Susana Cunha | | Linda Pastora SC | | 04-09-88 | 9/5s | C.Port/T.Ib | Maia | 09-04 | |
| 40.05,48 | | Carla Nunes | S23 | AD Lustosa | | 26-06-96 | 4 | | Lousada | 07-05 | |
| 40.15,85 | | Patrícia Oliveira | S23 | | | | 16/21s | C.Port/T.Ib | Maia | 09-04 | |
| 40.16,10 | | Filipa Martinho | | C. Bf. Abrantes | | 01-06-82 | 1 | | Febres | 23-04 | |
| 40.46,85 | | Cátia Santos Leitão | | GD Estreito | | 09-10-92 | 4 | | Ribeira Brava | 19-03 | 36.24,71-13 |
| 40.47,11 | | Cristina Nascimento | Vet | ACD Jardim Serra | | 23-10-79 | 5 | | Ribeira Brava | 19-03 | 38.52,08-15 |
| 40.47,14 | | Fátima Pinho | Vet | Grecas | | 22-02-63 | 3 | | Luso | 16-04 | 37.32,74-04 |

| | | | | | | | | | | | |
|----------|--|-------------------|-----|------------------|--|----------|--------|-------------|---------------|-------|-------------|
| 40.48,48 | | Carla Mendes | Vet | Esc. Movimento | | 06-10-71 | 17/22s | C.Port/T.lb | Maia | 09-04 | |
| 40.58,72 | | Fátima Pinho | Vet | | | | 18/23s | C.Port/T.lb | Maia | 09-04 | |
| 41.28,54 | | Andreia Silva | | Gira Sol | | 21-10-88 | 2 | | Febres | 23-04 | 39.40,85-14 |
| 41.57,52 | | Deolinda Oliveira | Vet | EA Trofa | | 30-04-68 | 2 | | Maia | 19-03 | 41.30,71-14 |
| 42.19,84 | | Carla Mendes | Vet | CA Avintes | | 09-01-78 | 3 | | Maia | 19-03 | |
| 42.33,93 | | Joana Fortuna | | C Spiridon Gaia | | 27-07-91 | 4 | | Maia | 19-03 | |
| 42.41,34 | | Melissa Maia | | Grecas | | 07-01-88 | 4 | | Luso | 16-04 | |
| 43.53,50 | | Catarina Dinis | | CA Funchal | | 21-12-87 | 6 | | Ribeira Brava | 19-03 | 43.04,94-15 |
| 43.54,89 | | Sandra Gonçalves | Vet | CA Funchal | | 29-05-79 | 7 | | Ribeira Brava | 19-03 | |
| 44.01,26 | | Maria José Jardim | Vet | CCDTH Funchal | | 08-01-60 | 8 | | Ribeira Brava | 19-03 | |
| 44.11,08 | | Sofia Azevedo | | Maia AC | | 11-12-79 | 5 | | Maia | 19-03 | |
| 44.33,86 | | Cátia Fiqueli | | CA Funchal | | 04-05-83 | 9 | | Ribeira Brava | 19-03 | |
| 44.37,20 | | Sara Rodrigues | | ACD Jardim Serra | | 26-03-93 | 10 | | Ribeira Brava | 19-03 | |
| 44.48,42 | | Cecília Andrade | Vet | CA Funchal | | 02-09-65 | 11 | | Ribeira Brava | 19-03 | 43.42,16-14 |

Maratona – 3:30.00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|----------------------|-----|-----------------|-----|----------|-----|--------|---------------------|-------|------------|
| 2.25,53 | | Sara Moreira | | Sporting CP | | 17-10-85 | 4 | TCS | Nova Iorque - Usa | 01-11 | 2.24,49-15 |
| 2.28,53 | | Jessica Augusto | | Sporting CP | | 08-11-81 | 10 | Virgin | Londres - Gbr | 24-04 | 2.24,25-14 |
| 2.30,39 | | Ana Dulce Felix | | SL Benfica | | 23-10-82 | 16 | JO | Rio de Janeiro-Bra | 14-08 | 2.25,15-15 |
| 2.31,25 | | Vanessa Fernandes | | SL Benfica | | 14-09-85 | 7 | | Valência - Esp | 15-11 | |
| 2.36,01 | | Doroteia Peixoto | | Amigos Montanha | | 07-04-83 | 5 | | Sevilha - Esp | 21-02 | 2.36,51-14 |
| 2.37,11 | | Vera Nunes | Vet | SL Benfica | | 27-01-80 | 2 | | Milão - Ita | 03-04 | 2.38,33-15 |
| 2.40,43 | | Vera Nunes | Vet | | | | 21 | | Valência - Esp | 15-11 | |
| 2.51,45 | | Joana Nunes | | Adercus | | 09-05-85 | 2 | | Porto | 08-11 | 2.50,23-14 |
| 2.52,08 | | Cátia Santos | | Correr Lisboa | | | 24 | | Sevilha - Esp | 21-02 | |
| 2.53,57 | | Rosa Madureira | Vet | FC Penafiel | | 12-04-77 | 4 | | Lisboa | 18-10 | 2.43,14-13 |
| 2.55,20 | | Rosa Madureira | Vet | | | | 1 | | Funchal | 31-01 | |
| 2.55,50 | | Rosa Madureira | Vet | | | | 3 | | Porto | 08-11 | |
| 2.56,10 | | Luísa Oliveira | Vet | Paredes Avent. | | 25-04-76 | 12 | | Macau | 06-12 | 2.39,40-15 |
| 3.07,50 | | Patrícia Carreira | | CA Barreira | | 07-07-91 | 1 | | Badajoz - Esp | 13-03 | 2.55,20-15 |
| 3.08,32 | | Lidia Santos Pereira | Vet | CP Mangualde | | 07-04-67 | 6 | | Porto | 08-11 | 2.54,41-13 |
| 3.09,08 | | Madalena Silva | Vet | ACR Conde | | 01-05-73 | 7 | | Porto | 08-11 | 3.18,14-14 |
| 3.11,13 | | Maria Céu Nunes | Vet | Correr Lisboa | | 17-09-76 | 50 | | Sevilha - Esp | 21-02 | 3.15,40-14 |
| 3.12,29 | | Tânia Pacheco | | | | | 39 | Zurich | Barcelona - Esp | 13-03 | |
| 3.13,37 | | Lucia Oliveira | Vet | Generg | | 27-03-79 | 83 | | Lisboa | 18-10 | 3.18,33-14 |
| 3.15,38 | | Isabel Silva | | Asics | | 08-05-86 | 27 | | Roma - Ita | 10-04 | |
| 3.15,46 | | Sara Marinho | | Individual | | 90 | 67 | | Sevilha - Esp | 21-02 | 3.24,16-15 |
| 3.15,55 | | Sara Marinho | | | | | 7 | | Lisboa | 18-10 | |
| 3.16,07 | | Paula Rios Marques | Vet | Garmin | | 25-01-73 | 22 | | San Sebastian - Esp | 29-11 | 3.25,04-14 |
| 3.16,25 | | Lucinda Sousa | Vet | Gondomar FC | | 11-01-71 | 8 | | Porto | 08-11 | 3.14,26-13 |
| 3.17,16 | | Maria da Cruz Lucas | Vet | Pumas Guincho | | 26-07-67 | 79 | | Sevilha - Esp | 21-02 | 3.18,22-15 |
| 3.17,44 | | Maria Céu Nunes | Vet | | | | 9 | | Lisboa | 18-10 | |
| 3.17,47 | | Carmo Pinto | Vet | | | 14-08-70 | 170 | | Frankfurt - Ale | 25-10 | 3.12,55-14 |
| 3.18,18 | | Lia Ferreira | Vet | Vitalis | | 30-12-75 | 35 | Zurich | Barcelona - Esp | 13-03 | |
| 3.18,21 | | Lucia Oliveira | Vet | | | | 86 | | Sevilha - Esp | 21-02 | |
| 3.19,09 | | Nicole Machado | Vet | P. Freitas PT | | 22-12-76 | 38 | | Roma - Ita | 10-04 | 3.23,27-14 |
| 3.19,11 | | Rosa Fontão | Vet | NA Taipas | | 08-10-74 | 10 | | Porto | 08-11 | |
| 3.21,19 | | Rita Ribeiro | | AEA Cartaxo | | 18-03-84 | 11 | | Porto | 08-11 | |
| 3.21,33 | | Zélia Borges | Vet | Maia AC | | 15-04-74 | 12 | | Porto | 08-11 | |
| 3.22,39 | | Carla Mendes | Vet | Esc. Movimento | | 06-10-71 | 13 | | Porto | 08-11 | 3.12,48-08 |
| 3.23,37 | | Isabel Silva | | | | | 14 | | Porto | 08-11 | |
| 3.24,23 | | Helena Lobo | Vet | NA Taipas | | 04-10-68 | 16 | | Porto | 08-11 | 3.08,49-12 |
| 3.24,49 | | Isabel Moleiro | Vet | SS CGD | | 30-11-67 | 111 | | Sevilha - Esp | 21-02 | 3.18,26-13 |
| 3.24,54 | | Amélie Gois | Vet | RC Travel | | 17-02-75 | 17 | | Porto | 08-11 | |
| 3.24,55 | | Ana Ribeiro | Vet | Individual | | | 171 | | Paris - Fra | 03-04 | 3.29,39-15 |
| 3.26,10 | | Inês Almeida | Vet | Não federada | | 30-05-74 | 18 | | Porto | 08-11 | |
| 3.26,17 | | Catarina Martins | Vet | SS CGD | | 02-09-72 | 19 | | Porto | 08-11 | |
| 3.26,46 | | Tânia Fernandes | | | | | 130 | | Sevilha - Esp | 21-02 | |
| 3.27,41 | | Paula Lage | Vet | Porto Runners | | 25-12-76 | 21 | | Porto | 08-11 | |
| 3.27,52 | | Luisa Marques | | | | | 220 | | Paris - Fra | 03-04 | |
| 3.27,56 | | Inês Parente | Vet | Sportzone RT | | 29-05-75 | 22 | | Porto | 08-11 | |

| | | | | | | | | | | | |
|---------|--|---------------------|-----|---------------|--|----------|-----|--|---------------|-------|------------|
| 3.28,09 | | Lia Ferreira | Vet | | | | 23 | | Porto | 08-11 | |
| 3.28,28 | | Maria João Cardoso | Vet | | | 25-02-73 | 25 | | Porto | 08-11 | |
| 3.28,50 | | Anabela Pereira | Vet | | | 25-11-58 | 26 | | Porto | 08-11 | |
| 3.29,15 | | Vitorina Mourato | Vet | AC Portalegre | | 09-11-64 | 142 | | Sevilha - Esp | 21-02 | |
| 3.29,25 | | Sofia Monteiro | | | | | 143 | | Sevilha - Esp | 21-02 | 3.04,36-14 |
| 3.29,28 | | Catarina Neves | | | | | 249 | | Paris - Fra | 03-04 | |
| 3.29,36 | | Isabel Areias | | Gira Sol | | 27-01-85 | 27 | | Porto | 08-11 | |
| 3.29,36 | | Ana Rocha Gonçalves | | Alive Fitness | | | 147 | | Sevilha - Esp | 21-02 | |

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

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|---------------------------|-----|-------------------|-----|----------|-----|---------|------------------|-------|-------------|
| 9.43,05 | | Svetlana Kudzelich | | Sporting CP | BLR | 07-05-87 | 1 | TCCE | Mersin - Tur | 28-05 | 9.27,95-14 |
| 10.18,95 | | Joana Soares | | ACD Jardim Serra | | 08-09-93 | 1 | | Ribeira Brava | 18-06 | 10.21,47-15 |
| 10.21,55 | | Joana Soares | | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 10.23,11 | | Solange Jesus | | Sporting CP | | 07-01-87 | 10 | | Huelva - Esp | 03-06 | 10.14,01-09 |
| 10.24,29 | | Joana Soares | | | | | 1 | C. Port | Maia | 25-06 | |
| 10.25,63 | | Solange Jesus | | | | | 1 | | Pombal | 01-05 | |
| 10.27,04 | | Carla Salomé Rocha | | SL Benfica | | 25-04-90 | 1s | CNCI-Ap | Setúbal | 28-05 | 9.51,91-12 |
| 10.30,50 | | Solange Jesus | | | | | 2 | C. Port | Maia | 25-06 | |
| 10.34,72 | | Catarina Carvalho | | ADR Água Pena | | 01-03-92 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 10.16,47-14 |
| 10.36,62 | | Daniela Sousa | | GD Estreito | | 14-09-93 | 3 | C. Port | Maia | 25-06 | 10.28,48-15 |
| 10.40,01 | | Sandra Teixeira | Vet | Sporting CP | | 13-03-78 | 12 | | Huelva - Esp | 03-06 | 10.00,69-08 |
| 10.43,50 | | Daniela Sousa | | | | | 3s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 10.46,75 | | Joana Soares | | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 10.53,16 | | Solange Jesus | | | | | 2 | CNCI-1 | Setúbal | 16-07 | |
| 10.54,95 | | Jessica Matos | S23 | SC Salgueiros 08 | | 15-04-94 | 1 | | Vagos | 21-05 | 10.33,33-13 |
| 10.57,73 | | Daniela Sousa | | | | | 2 | | Ribeira Brava | 18-06 | |
| 10.57,93 | | Sandra Teixeira | Vet | | | | 10 | | Genebra - Sui | 11-06 | |
| 11.06,05 | | Sofia Marmelo | | CAF Zezere | | 09-07-93 | 1 | | Pombal | 11-06 | |
| 11.07,98 | | Elisabete Pereira Azevedo | | Adercus | | 24-06-81 | 5 | C. Port | Maia | 25-06 | 10.34,68-13 |
| 11.09,74 | | Joana Carvalho | | Cyclones AC | | 04-11-91 | 6 | C. Port | Maia | 25-06 | |
| 11.19,57 | | Inês Marques | | ACR Sra. Desterro | | 10-04-93 | 1s | CNCI-Ap | Fátima | 28-05 | 11.10,32-15 |
| 11.25,61 | | Mariana Quaresma | Jr | GD Diana | | 23-06-97 | 2 | | Vagos | 21-05 | 11.06,82-15 |
| 11.25,62 | | Vanda Ribeiro | Vet | Grecas | | 02-04-75 | 2s | CNCI-Ap | Fátima | 28-05 | 10.57,27-14 |
| 11.44,86 | | Rita Mineiro | Jr | CDUL | | 12-03-97 | 1 | CN Jr | Viseu | 09-07 | 11.08,12-15 |
| 11.48,82 | | Filipa Eutiquio | S23 | NucleOeiras | | 22-03-96 | 1 | CNU | Leiria | 07-05 | 11.16,36-14 |
| 11.51,69 | | Anais Silva | Jr | Juv. Vidigalense | | 15-04-97 | 6 | CNCI-1 | Setúbal | 16-07 | |
| 11.52,79 | | Carla Reis | Jr | ADRE Palhaça | | 20-01-97 | 1 | CNCI-2 | Setúbal | 16-07 | |
| 11.53,72 | | Rute Ferreira | Jr | CS Marítimo | | 23-07-98 | 2ex | CNU | Leiria | 07-05 | |
| 12.16,98 | | Andreia Marçal | Jr | CCDPCM Sertã | | 25-07-98 | 4 | CN Jr | Viseu | 09-07 | |
| 12.19,47 | | Ana Vieira | Jr | C Bf. Paredes | | 13-03-98 | 1 | | Póvoa de Varzim | 25-05 | |
| 12.20,67 | | Andreia Silva | | Gira Sol | | 21-10-88 | 4s | CNCI-Ap | Fátima | 28-05 | 11.30,19-13 |
| 12.23,57 | | Bárbara Ferreira | | SC Braga | | 09-12-91 | 2s | CNCI-Ap | Viana do Castelo | 28-05 | 10.59,30-11 |
| 12.33,77 | | Joana Fortuna | | C Spiridon Gaia | | 27-07-91 | 2 | CNU | Leiria | 07-05 | 12.29,81-15 |
| 12.44,78 | | Tania Pereira | | ACR Cambra | | 01-01-90 | 1 | | Aveiro | 18-06 | |
| 12.46,26 | | Beatriz Francisco | Jv | Juv. Vidigalense | | 15-06-00 | 3 | TCCE Jr | Leiria | 17-09 | |
| 12.46,56 | | Inês Santos | S23 | NS Torres Novas | | 08-07-96 | 9 | C. Port | Maia | 25-06 | 12.18,97-14 |
| 12.48,62 | | Ana Carolina Matias | | AC Vermoil | | 06-12-91 | 2 | CNCI-3 | Vagos | 16-07 | 11.58,31-11 |
| 12.48,90 | | Catarina Marques | | NA Cucujães | | 06-06-91 | 4s | CNCI-Ap | Viana do Castelo | 28-05 | 12.43,18-13 |
| 12.55,05 | | Andreia Jesus | Jr | GDP Chão Duro | | 28-04-98 | 3s | CNCI-Ap | Setúbal | 28-05 | |
| 12.58,38 | | Patricia Carneiro | Jr | Maia AC | | 19-05-98 | 5s | CNCI-Ap | Viana do Castelo | 28-05 | |

100 m B – 15,00 - 17,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|-------------|-----|----------|----|------------|-----------------|-------|----------|
| 13.59 | 1,0 | Adja Ndiaye | | Sporting CP | SEN | 26-02-84 | 2 | | Salamanca - Esp | 04-06 | 13,38-13 |
| 13.63 | 1,2 | Lecabela Quaresma | | SL Benfica | | 26-12-89 | 1 | S. António | Lisboa - U | 19-06 | 13,70-15 |
| 13.67 | 1,5 | Olimpia Barbosa | S23 | Sporting CP | | 28-02-95 | 1h | C. Port | Maia | 26-06 | 13,71-15 |
| 13.70 | 2,0 | Adja Ndiaye | | | SEN | | 1 | | Vagos | 21-05 | |
| 13.75 | 1,2 | Olimpia Barbosa | S23 | | | | 2 | S. António | Lisboa - U | 19-06 | |
| 13.79 | 0,3 | Adja Ndiaye | | | SEN | | 3 | TCCE | Mersin - Tur | 29-05 | |
| 13.85 | 1,9 | Lecabela Quaresma | | | | | 2 | SL Benfica | Lisboa - I | 12-06 | |

| | | | | | | | | | | | |
|-------|------|------------------------|-----|-------------------|-----|----------|-----|------------|---------------------|-------|-----------|
| 13,94 | 0,3 | Lecabela Quaresma | | | | | Hep | IberoAm | Rio de Janeiro- Bra | 15-05 | |
| 13,94 | 2,0 | Vera Fernandes | S23 | SL Benfica | | 24-02-94 | 2 | | Vagos | 21-05 | 13,66-15 |
| 13,98 | 0,6 | Adja Ndiaye | | | SEN | | 1h | | Salamanca - Esp | 04-06 | |
| 14,07 | 0,4 | Lecabela Quaresma | | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 14,11 | -4,2 | Olimpia Barbosa | S23 | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 14,14 | 1,0 | Olimpia Barbosa | S23 | | | | 4 | | Salamanca - Esp | 04-06 | |
| 14,15 | 1,2 | Mariana António | Jr | SC Abrantes | | 09-06-98 | 3 | S. António | Lisboa - U | 19-06 | 14,83-14 |
| 14,19 | 1,5 | Andreia Felisberto | | Sporting CP | | 22-06-86 | 2h | C. Port | Maia | 26-06 | 13,42-12 |
| 14,19 | -0,1 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 1 | | Vigo | 02-07 | 15,67-14 |
| 14,21 | 0,9 | Vera Fernandes | S23 | | | | 1 | | Maia | 04-06 | |
| 14,24 | -2,1 | Lecabela Quaresma | | | | | Hep | | Arona - Esp | 04-06 | |
| 14,27 | 1,2 | Catarina Queirós | Jr | | | | 4 | S. António | Lisboa - U | 19-06 | |
| 14,33 | 1,2 | Andreia Felisberto | | | | | 5 | S. António | Lisboa - U | 19-06 | |
| 14,33 | -0,6 | Mariana António | Jr | | | | 1 | CN Jr | Viseu | 10-07 | |
| 14,34 | 0,8 | Catarina Queirós | Jr | | | | 1s | CNCI-Ap | Ribeira Brava | 29-05 | |
| 14,34 | 1,2 | Vera Fernandes | S23 | | | | 6 | S. António | Lisboa - U | 19-06 | |
| 14,38 | 1,5 | Mariana António | Jr | | | | 1 | | Fátima | 19-06 | |
| 14,40 | -0,3 | Lecabela Quaresma | | | | | 1s | CNCI-Ap | Setúbal | 29-05 | |
| 14,42 | 1,5 | Ludmila Nascimento | S23 | Sporting CP | | 01-11-96 | 3h | C. Port | Maia | 26-06 | 14,46-13 |
| 14,43 | 2,0 | Ludmila Nascimento | S23 | | | | 3 | | Vagos | 21-05 | |
| 14,43 | 1,9 | Vera Fernandes | S23 | | | | 3 | SL Benfica | Lisboa - I | 12-06 | |
| 14,44 | 1,7 | Ludmila Nascimento | S23 | | | | 1 | | Lisboa - MP | 03-07 | |
| 14,47 | 0,1 | Mariana António | Jr | | | | 1 | | Rio Maior | 05-06 | |
| 14,47 | 0,1 | Mariana António | Jr | | | | 4 | SL Benfica | Lisboa - I | 12-06 | |
| 14,48 | -3,0 | Olimpia Barbosa | S23 | | | | 3h | | Salamanca - Esp | 04-06 | |
| 14,50 | -0,6 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 1 | | Ribeira Brava | 19-06 | 14,79-15 |
| 14,52 | 0,9 | Mariana António | Jr | | | | 1h | CN Jr | Viseu | 10-07 | |
| 14,53 | 0,7 | Catarina Queirós | Jr | | | | 6h | CM Jr | Bydgoszcz - Pol | 22-07 | |
| 14,57 | 1,2 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 22-05 | |
| 14,58 | -0,6 | Catarina Queirós | Jr | | | | 2 | CN Jr | Viseu | 10-07 | |
| 14,62 | 2,0 | Elisabete Silva | Jr | UC Eirense | | 10-12-98 | 1 | | Pombal | 12-06 | 15,38-15 |
| 14,65 | -1,5 | Rosalina Santos | Jr | | RSA | | 1 | | Ribeira Brava | 13-05 | |
| 14,66 | 0,9 | Ludmila Nascimento | S23 | | | | 2 | | Maia | 04-06 | |
| 14,74 | 2,0 | Olimpia Barbosa | S23 | | | | 4 | | Vagos | 21-05 | |
| 14,77 | 1,2 | Ludmila Nascimento | S23 | | | | 7 | S. António | Lisboa - U | 19-06 | |
| 14,80 | 2,0 | Mariana António | Jr | | | | 7h | CM Jr | Bydgoszcz - Pol | 22-07 | |
| 14,84 | 1,2 | Elisabete Silva | Jr | | | | 8 | S. António | Lisboa - U | 19-06 | |
| 14,87 | -3,0 | Andreia Felisberto | | | | | 4h | | Salamanca - Esp | 04-06 | |
| 14,92 | 1,5 | Cristiana Cunha | | ACR Sra. Desterro | | 17-07-91 | 4h | C. Port | Maia | 26-06 | 14,54-15 |
| 14,98 | -0,6 | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | 3 | CN Jr | Viseu | 10-07 | 17,00-15 |
| 15,00 | 1,5 | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 2 | | Fátima | 19-06 | 14,69-14 |
| 15,02 | 0,4 | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | 2 | Lisboa | Lisboa - I | 01-05 | 14,36-13 |
| 15,12 | 0,4 | Raquel Lourenço | S23 | Juv. Vidigalense | | 11-10-96 | 3 | Lisboa | Lisboa - I | 01-05 | 14,59-15 |
| 15,26 | 1,5 | Diana Almeida | Jr | Gira Sol | | 30-09-97 | 6h | C. Port | Maia | 26-06 | |
| 15,29 | 1,9 | Andreia Nicolau | | CA Seia | | 01-02-91 | 5 | SL Benfica | Lisboa - I | 12-06 | 15,76-15 |
| 15,35 | 0,2 | Larissa Vieira | S23 | ADR Água Pena | | 14-11-95 | 1 | CNCI-3 | Vagos | 17-07 | 14,34-14 |
| 15,47 | -0,6 | Renata Rocha | Jv | GD Estreito | | 12-03-99 | 2 | | Ribeira Brava | 19-06 | |
| 15,52 | -0,3 | Valdenia Carvalho | | CDR Ribeirinho | | 06-07-93 | 2s | CNCI-Ap | Setúbal | 29-05 | 14,70-13 |
| 15,55 | 1,1 | Carolina Ribeiro | Jv | Individual-Sant | | 13-01-00 | Hep | CN Jr | Viseu | 09-07 | |
| 15,63 | 0,2 | Scarlett Saleiro | Jr | CA Mazarefes | | 27-05-98 | 3 | CNCI-3 | Vagos | 17-07 | 16,06-15 |
| 15,69 | -1,5 | Juliana Brites | Jv | Juv. Vidigalense | | 22-04-00 | 1s | CNCI-Ap | Fátima | 29-05 | |
| 15,71 | 0,8 | Tânia Caires | | CS Maritimo | | 03-12-87 | 3s | CNCI-Ap | Ribeira Brava | 29-05 | 15,01-09 |
| 15,80 | 0,2 | Teresa Mestre | | GD Diana | | 18-07-92 | 4 | CNCI-3 | Vagos | 17-07 | 15,27-14 |
| 15,84 | 0,2 | Sara Ribeiro | Jr | GA Fátima | | 21-03-98 | Hep | | Leiria | 30-07 | 16,05-15 |
| 16,17 | 1,5 | Raquel Marques | Jv | SL Benfica | | 09-06-99 | 1 | | Lisboa - MP | 05-06 | 16,62w-15 |
| 16,28 | 0,7 | Sónia Santos | | Grã Bretanha | | 13-09-91 | 2 | | Sheffield - Gbr | 05-06 | 15,67-14 |
| 16,32 | 0,7 | Inês Arada | Jr | Gira Sol | | 24-03-98 | 1 | | Vagos | 14-05 | |
| 16,33 | 0,1 | Carla Ratão | | Juv. Vidigalense | | 06-06-82 | Hep | | Oyonnax - Fra | 14-05 | 16,43-15 |
| 16,38 | 0,2 | Rafaela Hora | Jr | EC+S Lavra | | 11-09-98 | Hep | | Leiria | 30-07 | |
| 16,39 | 0,1 | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | Hep | | Leiria | 30-07 | 16,20-15 |
| 16,41 | 1,4 | Maria Matos | Jr | Juv. Ilha Verde | | 21-05-98 | 1 | | Ponta Delgada | 04-06 | 15,92-14 |
| 16,43 | -2,6 | Bruna Varela | Jr | Gira Sol | | 15-04-97 | Hep | | Lagos | 19-03 | |

| | | | | | | | | | | | |
|-------|------|-----------------|-----|------------------|--|----------|-----|--------|--------------|-------|-----------|
| 16,44 | 1,1 | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | Hep | CN Jr | Viseu | 09-07 | 16,23-15 |
| 16,55 | 1,1 | Raquel Costa | Jv | GA Fátima | | 22-10-99 | Hep | CN Jr | Viseu | 09-07 | |
| 16,56 | -0,9 | Raquel Haar | Jv | GD Diana | | 25-10-99 | 1 | | Vendas Novas | 05-06 | 16,03w-15 |
| 16,62 | -0,6 | Erica Júlia | Jv | CD Faro XXI | | 03-10-00 | 7 | CN Jr | Viseu | 10-07 | |
| 16,65 | -3,7 | Vera Castro | | SC Braga | | 23-10-92 | 4 | CNCI-2 | Setúbal | 17-07 | 15,94-14 |
| 16,69 | -3,7 | Inês Dias | Jr | Maia AC | | 06-11-97 | 5 | CNCI-2 | Setúbal | 17-07 | 16,01-13 |
| 16,81 | 1,0 | Ana Rita Silva | Jv | JA Mozelense | | 20-12-00 | 1 | | Vagos | 05-06 | |
| 16,92 | 0,2 | Diana Morgado | | CA Mar. Grande | | 16-11-89 | 5 | CNCI-3 | Vagos | 17-07 | 16,26-13 |
| 16,99 | 0,9 | Angela Monteiro | S23 | CF Belenenses | | 15-08-94 | 4 | | Maia | 04-06 | 15,08-15 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------------|-----|-------------------|-----|----------|-----|----------|---------------|-------|----------|
| 13,46 | 4,5 | Olimpia Barbosa | S23 | Sporting CP | | 28-02-95 | 1 | C. Port | Maia | 26-06 | 13,71-15 |
| 13,54 | 3,1 | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | C. Port | Maia | 25-06 | 13,70-15 |
| 13,68 | 2,8 | Marisa Vaz Carvalho | Jv | SL Benfica | | 15-11-99 | 1 | | Lisboa - MP | 14-05 | |
| 13,88 | 4,5 | Vera Fernandes | S23 | SL Benfica | | 24-02-94 | 2 | C. Port | Maia | 26-06 | 13,66-15 |
| 13,91 | 3,4 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 1 | Abrantes | Abrantes | 10-06 | 15,67-14 |
| 14,06 | 4,5 | Andreia Felisberto | | Sporting CP | | 22-06-86 | 3 | C. Port | Maia | 26-06 | 13,42-12 |
| 14,12 | 4,5 | Mariana António | Jr | SC Abrantes | | 09-06-98 | 5 | C. Port | Maia | 26-06 | 14,83-14 |
| 14,22 | 2,8 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 2h | C. Port | Maia | 26-06 | 14,79-15 |
| 14,86 | 4,5 | Cristiana Cunha | | ACR Sra. Desterro | | 17-07-91 | 6 | C. Port | Maia | 26-06 | 14,54-15 |
| 14,91 | 3,1 | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | Hep | C. Port | Maia | 25-06 | 14,36-13 |
| 14,94 | 4,5 | Raquel Lourenço | S23 | Juv. Vidigalense | | 11-10-96 | 7 | C. Port | Maia | 26-06 | 14,59-15 |
| 14,98 | 4,7 | Andreia Nicolau | | CA Seia | | 01-02-91 | Hep | C. Port | Maia | 25-06 | 15,76-15 |
| 15,13 | 3,4 | Anabela Neto | | Sporting CP | | 25-03-91 | 1 | | Vagos | 23-07 | 14,73-14 |
| 15,71 | 4,7 | Fabiana Ferreira | S23 | Greca | | 29-03-95 | Hep | C. Port | Maia | 25-06 | 16,20-15 |
| 16,22 | 4,7 | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | Hep | C. Port | Maia | 25-06 | 16,23-15 |
| 16,95 | 3,1 | Filipa McQueen | Jr | ADC Praia Falésia | | 13-02-97 | 1 | | Londres - Gbr | 19-03 | 17,11-15 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|----------------|-----|-------------------|-----|----------|----|-------|-----------------|-------|----------|
| 16,87 | s/v | Filipa McQueen | Jr | ADC Praia Falésia | | 13-02-97 | 1 | | Battersea - Gbr | 28-05 | 17,11-15 |
| 16,07 | s/v | Sónia Santos | | Grã Bretanha | | 13-09-91 | 3 | | Blackburn - Gbr | 06-08 | 15,67-14 |

400 m B/H – 63,00 – 70,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------|-----|------------------|-----|----------|-----|------------|--------------------|-------|----------|
| 56,20 | | Vera Barbosa | | Sporting CP | | 13-01-89 | 1r2 | | Genebra - Sui | 11-06 | 55,22-12 |
| 57,28 | | Vera Barbosa | | | | | 3 | Nurmi | Turku - Fin | 29-06 | |
| 57,28 | | Vera Barbosa | | | | | 6h | JO | Rio de Janeiro-Bra | 15-08 | |
| 57,48 | | Vera Barbosa | | | | | 1 | TCCE | Mersin - Tur | 28-05 | |
| 57,51 | | Vera Barbosa | | | | | 1 | | Salamanca - Esp | 04-06 | |
| 57,70 | | Vera Barbosa | | | | | 1 | C. Port | Maia | 26-06 | |
| 57,84 | | Vera Barbosa | | | | | 3h | C. Europa | Amesterdão - Hol | 08-07 | |
| 57,92 | | Vera Barbosa | | | | | 8sf | C. Europa | Amesterdão - Hol | 09-07 | |
| 58,82 | | Vera Barbosa | | | | | 2 | | Namur - Bel | 25-05 | |
| 58,85 | | Andreia Crespo | | Sporting CP | | 16-10-93 | 1 | Guarda | Guarda | 08-07 | 58,14-14 |
| 58,88 | | Vera Barbosa | | | | | 2 | S. António | Lisboa - U | 19-06 | |
| 58,95 | | Andreia Crespo | | | | | 1 | | Lisboa - I | 24-07 | |
| 59,14 | | Leslie Delgado | | Juv. Vidigalense | | 25-06-89 | 2 | C. Port | Maia | 26-06 | 59,13-12 |
| 59,28 | | Andreia Crespo | | | | | 3 | | Nivelles - Bel | 18-06 | |
| 59,43 | | Andreia Crespo | | | | | 2 | V. Tavares | Faro | 15-06 | |
| 59,46 | | Andreia Crespo | | | | | 3 | C. Port | Maia | 26-06 | |
| 59,63 | | Andreia Crespo | | | | | 4 | S. António | Lisboa - U | 19-06 | |
| 59,79 | | Andreia Crespo | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 60,03 | | Andreia Crespo | | | | | 2s | | Salamanca - Esp | 04-06 | |
| 60,15 | | Andreia Crespo | | | | | 2 | | Lisboa - I | 10-06 | |
| 60,44 | | Patrícia Lopes | | Sporting CP | | 11-07-82 | 2 | | Lisboa - I | 24-07 | 56,78-10 |
| 60,59 | | Leslie Delgado | | | | | 1s | CNCI-Ap | Fátima | 29-05 | |
| 60,78 | | Patrícia Lopes | | | | | 4 | C. Port | Maia | 26-06 | |
| 60,78 | | Patrícia Lopes | | | | | 4 | C. Port | Maia | 26-06 | |
| 60,80 | | Patrícia Lopes | | | | | 2 | Guarda | Guarda | 08-07 | |
| 61,03 | | Patrícia Lopes | | | | | 5 | S. António | Lisboa - U | 19-06 | |

| | | | | | | | | | | |
|-------|----------------------|-----------------|-----|-------------------|--|----------|--------|-----------------|------------------|----------|
| 61,20 | | Leslie Delgado | | | | 2 | CNCI-1 | Setúbal | 17-07 | |
| 61,73 | | Leslie Delgado | | | | 7r4 | | Genebra - Sui | 11-06 | |
| 61,79 | Milca Francisco | | S23 | SL Benfica | | 14-06-96 | 1 | Maia | 04-06 | 63,64-15 |
| 61,82 | | Leslie Delgado | | | | | 3 | Guarda | 08-07 | |
| 61,88 | | Leslie Delgado | | | | | 6 | S. António | Lisboa - U | 19-06 |
| 61,90 | Nádia Gaspar | | | SL Benfica | | 07-10-90 | 1 | Lisboa - MP | 15-05 | 59,58-13 |
| 62,00 | | Milca Francisco | S23 | | | | 7 | S. António | Lisboa - U | 19-06 |
| 62,10 | | Milca Francisco | S23 | | | | 4 | Guarda | 08-07 | 63,64-15 |
| 62,27 | | Nádia Gaspar | | | | | 4s | Salamanca - Esp | 04-06 | |
| 63,12 | Raquel Haar | | Jv | GD Diana | | 25-10-99 | 1 | CN Jr | Viseu | 10-07 |
| 63,17 | Elisabete Silva | | Jr | UC Eirense | | 10-12-98 | 1 | | Pombal | 12-06 |
| 63,18 | Sara Martins | | | ACD Jardim Serra | | 13-11-91 | 2 | | Maia | 04-06 |
| 63,86 | Rafaela Hora | | Jr | EC+S Lavra | | 11-09-98 | 1s | CNCI-Ap | Viana do Castelo | 29-05 |
| 63,86 | Tânia Freitas | | Vet | GD Estreito | | 17-06-80 | 1 | | Ribeira Brava | 19-06 |
| 63,93 | Vera Lima | | | ACR Sra. Desterro | | 08-12-89 | 2s | CNCI-Ap | Fátima | 29-05 |
| 64,88 | Bruna Silva | | S23 | Juv. Vidigalense | | 14-11-94 | 9 | C. Port | Maia | 26-06 |
| 66,99 | Ana Patrícia Ricardo | | S23 | NA Cucujães | | 04-02-96 | 5 | | Maia | 04-06 |
| 67,04 | Vera Castro | | | SC Braga | | 23-10-92 | 6 | | Maia | 04-06 |
| 67,46 | Joana Soares | | | ACD Jardim Serra | | 08-09-93 | 2 | | Ribeira Brava | 19-06 |
| 67,53 | Inês Arada | | Jr | Gira Sol | | 24-03-98 | 2 | | Pombal | 12-06 |
| 68,23 | Inês Dias | | Jr | Maia AC | | 06-11-97 | 4 | CN Jr | Viseu | 10-07 |
| 69,31 | Tatiana Silva | | Jv | ACD S. João | | 09-05-00 | 1 | | Ribeira Brava | 22-05 |
| 69,45 | Renata Rocha | | Jv | GD Estreito | | 12-03-99 | 3 | | Ribeira Brava | 19-06 |
| 69,84 | Carlota Spínola | | Jr | CS Marítimo | | 18-05-97 | 7 | CNCI-1 | Setúbal | 17-07 |
| | | | | | | | | | | 64,64-15 |

Altura / High Jump – 1,70 - 1,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------------|-----|-------------------|-----|----------|-----|----------|---------------------|-------|------------|
| 1,79 | i | Anabela Neto | | Sporting CP | | 25-03-91 | PT | | Lisboa - CAR | 16-01 | 1,83-15 |
| 1,77 | | Anabela Neto | | | | | 1ex | | Vagos | 10-01 | |
| 1,76 | i | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | PT | | Lisboa - CAR | 16-01 | 1,81-14 |
| 1,76 | i | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | Pen | C. Port | Pombal | 21-02 | 1,77-13 |
| 1,75 | i | Anabela Neto | | | | | 1 | | Braga | 19-12 | |
| 1,75 | i | Anabela Neto | | | | | 1 | | Braga | 23-12 | |
| 1,75 | i | Anabela Neto | | | | | 1 | | V. R. Sto. António | 27-12 | |
| 1,75 | | Anabela Neto | | | | | 1 | | Vagos | 21-05 | |
| 1,75 | | Anabela Neto | | | | | 1 | Guarda | Guarda | 08-07 | |
| 1,74 | | Anabela Neto | | | | | Pen | | Vagos | 03-01 | |
| 1,74 | | Rafaela Vitorino | S23 | | | | Hep | | Arona - Esp | 04-06 | 1,77-13 |
| 1,72 | i | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | Pen | CN Jr | Braga | 14-02 | 1,70-14 |
| 1,72 | | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | IberoAm | Rio de Janeiro- Bra | 15-05 | 1,73-15 |
| 1,72 | | Catarina Queirós | Jr | | | | 1s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 1,72 | | Anabela Neto | | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 1,71 | i | Catarina Queirós | Jr | | | | Pen | C. Norte | Braga | 27-12 | |
| 1,71 | i | Jennifer Gomes | S23 | ACR Sra. Desterro | | 21-03-95 | 1 | T. Port | Pombal | 23-01 | 1,75-14/15 |
| 1,71 | i | Jennifer Gomes | S23 | | | | 1 | CNCI-1 | Pombal | 05-03 | |
| 1,70 | i | Ana Margarida Oliveira | S23 | | | | 1 | | Pombal | 10-01 | |
| 1,70 | i | Ana Margarida Oliveira | S23 | | | | Pen | C. Port | Pombal | 21-02 | |
| 1,70 | i | Lecabela Quaresma | | | | | Pen | C. Port | Pombal | 21-02 | |
| 1,70 | | Lecabela Quaresma | | | | | 1 | | Lisboa - I | 10-06 | |
| 1,70 | | Anabela Neto | | | | | 1 | | Aveiro | 02-07 | |
| 1,70 | | Jennifer Gomes | S23 | | | | 2 | | Aveiro | 02-07 | |
| 1,70 | | Ana Sofia Silva | S23 | Maia AC | | 31-05-96 | 2 | Guarda | Guarda | 08-07 | 1,70-15 |
| 1,70 | | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 1 | CN Jr | Viseu | 09-07 | 1,68-14 |
| 1,70 | | Ana Sofia Silva | S23 | | | | 1 | CNCI-2 | Setúbal | 16-07 | |
| 1,70 | | Rafaela Vitorino | S23 | | | | 2 | CNCI-1 | Setúbal | 16-07 | 1,77-13 |
| 1,70 | | Marisa Anselmo | | Juv. Vidigalense | | 06-09-87 | 3 | CNCI-1 | Setúbal | 16-07 | 1,84-06 |
| 1,67 | i | Raquel Haar | Jv | GD Diana | | 25-10-99 | Pen | Por/Esp | Salamanca - Esp | 21-02 | 1,63-15 |
| 1,65 | i | Ana Monjane | | SC Braga | | 13-05-93 | 1 | CNU | Braga | 28-02 | 1,78-12 |
| 1,65 | | Marta Vargues | Jr | SL Benfica | | 15-10-97 | 2 | CN Jr | Viseu | 09-07 | 1,61-15 |
| 1,62 | | Joana Ogura | Jv | Sporting CP | | 16-02-99 | 1 | | Lisboa - MP | 29-05 | 1,61-15 |
| 1,61 | i | Marisa Vaz Carvalho | Jv | SL Benfica | | 15-11-99 | PT | | Lisboa - CAR | 16-01 | 1,62-15 |
| 1,61 | i | Daniela Ferreira | | Juv. Vidigalense | | 22-06-89 | Pen | C. Port | Pombal | 21-02 | 1,60-11/14 |

| | | | | | | | | | | | |
|------|---|----------------------|-----|-------------------|-----|----------|-----|----------|-------------------|-------|------------|
| 1,61 | | Sara Ribeiro | Jr | GA Fátima | | 21-03-98 | Hep | CN Jr | Viseu | 09-07 | 1,62-15 |
| 1,60 | i | Beatriz Domingues | Jr | CA Mar. Grande | | 27-07-98 | 2 | | Pombal | 10-01 | 1,64i-14 |
| 1,60 | i | Andreia Nicolau | | CA Seia | | 01-02-91 | 5s | CNCI-Ap | Pombal | 07-02 | 1,62-15 |
| 1,60 | i | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | Pen | CN Jr | Braga | 14-02 | 1,60i-15 |
| 1,60 | | Jessica Barreira | Jr | Sporting CP | | 29-01-97 | 3 | | Tucson - Usa | 30-04 | 1,65-13 |
| 1,59 | | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | Hep | | Abrantes | 21-05 | 1,51-15 |
| 1,58 | | Andreia Gomes | Jr | JOMA | | 27-06-98 | 2s | CNCI-Ap | Setúbal | 28-05 | 1,57-14 |
| 1,58 | | Valeriya Semenikhina | Jv | SL Benfica | | 19-05-99 | 2 | CN Jv | Lagoa | 02-07 | 1,67-14 |
| 1,57 | | Miriam Tavares | Jv | ACR Valdágua | | 24-04-00 | 4 | CN Jr | Viseu | 09-07 | 1,58-15 |
| 1,56 | | Ana Leite | Ini | Maia AC | | 08-09-01 | 1 | | Póvoa de Varzim | 28-05 | 1,50-15 |
| 1,56 | | Raquel Marques | Jv | SL Benfica | | 09-06-99 | 2 | | Lisboa - MP | 29-05 | |
| 1,55 | i | Cecilia Costa | Jr | AC Póvoa Varzim | | 11-01-98 | 3 | | Braga | 19-12 | 1,56-14 |
| 1,55 | i | Bárbara Gama | Jv | GCA Donas | | 29-10-99 | 2 | CN Jv | Pombal | 30-01 | 1,51-14/15 |
| 1,55 | i | Carolina Pandeirada | | Grecas | | 21-10-93 | 2 | CNU | Braga | 28-02 | 1,66-13 |
| 1,55 | | Elena Furk | Inf | AC Mocidade-Aç | | 10-02-03 | 1 | | Angra do Heroísmo | 06-05 | |
| 1,55 | | Adelaide Cadilhe | Jv | AC Póvoa Varzim | | 14-10-99 | 1 | | Maia | 15-05 | 1,54-15 |
| 1,55 | | Samaritana Cabral | S23 | C Bf. Faro | | 08-11-96 | 3s | CNCI-Ap | Setúbal | 28-05 | 1,53-12 |
| 1,55 | | Sara Paulico | Jv | CAS Manique | | 26-03-99 | 3 | CN Jv | Lagoa | 02-07 | 1,58-15 |
| 1,55 | | Kidline Gomes | Jr | CDR Ribeirinho | CPV | 18-01-98 | 1 | CNCI-3 | Vagos | 16-07 | 1,52-14 |
| 1,55 | | Rita Fernandes | Jv | Esc. Movimento | | 20-01-99 | 3 | CNCI-2 | Setúbal | 16-07 | 1,54-15 |
| 1,54 | | Carolina Glória | Jr | CD Faro XXI | | 10-07-98 | 1 | CN DE | Vagos | 22-05 | 1,54-15 |
| 1,54 | | Eduarda Ferreira | Ini | Juv. Vidigalense | | 25-04-01 | 1 | OJ | Abrantes | 11-06 | |
| 1,53 | i | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 1 | | Braga | 09-01 | 1,50-14 |
| 1,53 | | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | Hep | | Luso | 02-04 | 1,54i-15 |
| 1,53 | | Inês Pires | Ini | Desp. C. Branco | | 21-06-02 | 1 | | Covilhã | 08-06 | |
| 1,53 | | Raquel Costa | Jv | GA Fátima | | 22-10-99 | Hep | CN Jv | Lagoa | 02-07 | |
| 1,52 | | Erica Júlia | Jv | CD Faro XXI | | 03-10-00 | TT | | Faro | 20-12 | 1,50-15 |
| 1,52 | | Vitória Monteiro | Jv | AA Pinhalnovenese | | 24-05-99 | 1 | | Sobreda | 03-01 | 1,58-13 |
| 1,52 | i | Maria Vaz Guedes | S23 | SL Benfica | | 05-11-96 | PT | | Lisboa - CAR | 16-01 | 1,60-11 |
| 1,52 | i | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | Pen | Por/Esp | Salamanca - Esp | 21-02 | 1,54-13 |
| 1,52 | | Beatriz Gameiro | Jv | A 20Km Almeirim | | 01-11-00 | 1 | | Abrantes | 15-05 | |
| 1,52 | | Camila Lucena | S23 | GD Estreito | | 07-08-94 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | 1,60-09 |
| 1,52 | | Mariana Conde | Jr | Grecas | | 01-04-97 | 5 | CNCI-1 | Setúbal | 16-07 | 1,56-15 |
| 1,51 | | Sofia Guedes | Ini | CD Quarteira | | 04-03-01 | 2 | OJ | Abrantes | 11-06 | 1,50-14 |
| 1,51 | | Nadiane Lopes | Jv | UC Eirense | | 23-04-99 | 6 | CN Jv | Lagoa | 02-07 | 1,56-15 |
| 1,50 | i | Sandra Simões | Jr | UFC Tomar | | 31-10-98 | 3 | | Pombal | 10-01 | 1,51-14 |
| 1,50 | i | Mariana Bento | Jr | CA Mar. Grande | | 09-08-98 | 2 | | Pombal | 16-01 | 1,58-13 |
| 1,50 | i | Erica Gomes | S23 | ADRE Palhaça | GBS | 09-05-94 | 3s | CNCI-Ap | Pombal | 06-02 | 1,60i-10 |
| 1,50 | i | Filipa Silva | S23 | ADRE Palhaça | | 28-11-94 | 3 | CNU | Braga | 28-02 | 1,55-11 |
| 1,50 | | Ana Morais | Ini | BNS Conceição | | 27-06-00 | 1 | | Castro Verde | 22-05 | 1,51-15 |
| 1,50 | | Diana Batista | S23 | CD Póvoa | | 07-02-96 | 2 | C. Norte | Maia | 24-07 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------------|-----|------------------|-----|----------|-----|---------|------------------|-------|------------|
| 1,69 | | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | Hep | | Rio Maior | 04-06 | 1,81-14 |
| 1,61 | | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | 1s | CNCI-Ap | Setúbal | 28-05 | 1,77-13 |
| 1,60 | | Andreia Nicolau | | CA Seia | | 01-02-91 | 2 | | Guarda | 18-06 | 1,62-15 |
| 1,58 | | Ana Monjane | | SC Braga | | 13-05-93 | 2s | CNCI-Ap | Viana do Castelo | 28-05 | 1,78-12 |
| 1,58 | | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | Hep | CN Jr | Viseu | 09-07 | 1,60i-15 |
| 1,55 | | Raquel Haar | Jv | GD Diana | | 25-10-99 | 3s | CNCI-Ap | Setúbal | 28-05 | 1,63-15 |
| 1,55 | | Beatriz Domingues | Jr | CA Mar. Grande | | 27-07-98 | 1 | | Pombal | 12-06 | 1,64i-14 |
| 1,53 | | Bárbara Gama | Jv | GCA Donas | | 29-10-99 | 1 | | Covilhã | 28-11 | 1,51-14/15 |
| 1,53 | | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | Hep | | Luso | 02-04 | 1,50-14 |
| 1,53 | | Marisa Vaz Carvalho | Jv | SL Benfica | | 15-11-99 | Hep | | Arona - Esp | 04-06 | 1,62-15 |
| 1,52 | | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | Dec | | Leiria | 30-07 | 1,54-13 |
| 1,50 | | Cecilia Costa | Jr | AC Póvoa Varzim | | 11-01-98 | 1 | | Maia | 05-12 | 1,56-14 |
| 1,50 | | Carolina Pandeirada | | Grecas | | 21-10-93 | 1 | CNU | Leiria | 07-05 | 1,66-13 |

Vara / Pole Vault – 4,00 - 2,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|-----------------|-----|-------------|-----|----------|----|--------|-------------------|-------|---------|
| 4,51 | i | Marta Onofre | | Sporting CP | RNi | 28-01-91 | 1 | CNCI-1 | Pombal | 06-03 | 4,36-15 |
| 4,50 | | Eleonor Tavares | | França | | 24-09-85 | 1 | | Francoville - Fra | 06-07 | 4,50-11 |

| | | | | | | | | | | | |
|------|---|----------------------|------------|------------------|----------|----------|-----|-----------|-----------------------|-------|---------|
| 4,45 | i | Marta Onofre | | | RNi | | 1s | CNCI-Ap | Pombal | 06-02 | |
| 4,40 | i | Marta Onofre | | | | | 1 | T. Port | Pombal | 23-01 | |
| 4,40 | i | Marta Onofre | | | | | 1 | C. Port | Pombal | 21-02 | |
| 4,40 | i | Eleonor Tavares | | | | | 2 | C. Port | Pombal | 21-02 | |
| 4,38 | | Marta Onofre | | | | | 1 | C. Port | Maia | 26-06 | |
| 4,36 | i | Eleonor Tavares | | | | | 2 | | Orleans - Fra | 16-01 | |
| 4,36 | | Eleonor Tavares | | | | | 1 | | Paris - Fra | 23-04 | |
| 4,35 | | Eleonor Tavares | | | | | 7 | | Aulnay Bois - Fra | 29-06 | |
| 4,35 | | Marta Onofre | | | | | 15q | C. Europa | Amesterdão - Hol | 07-07 | |
| 4,33 | i | Eleonor Tavares | | | | | 3 | | Zweibrucken - Ale | 30-01 | |
| 4,31 | | Eleonor Tavares | | | | | 2 | C. Port | Maia | 26-06 | |
| 4,30 | i | Marta Onofre | | | | | 1 | | Lisboa - CAR | 20-12 | |
| 4,30 | i | Marta Onofre | | | | | 1 | | Lisboa - CAR | 30-01 | |
| 4,30 | i | Marta Onofre | | | | | 3 | | Gent - Bel | 13-02 | |
| 4,30 | i | Eleonor Tavares | | | | | 4 | C. Fra | Aubiere - Fra | 28-02 | |
| 4,30 | | Marta Onofre | | | | | 1 | | Fátima | 19-05 | |
| 4,30 | | Marta Onofre | | | | | 1 | TCCE | Mersin - Tur | 28-05 | |
| 4,30 | | Eleonor Tavares | | | | | 1 | | Blois - Fra | 08-06 | |
| 4,30 | | Eleonor Tavares | | | | | 2 | | Aulnay Bois - Fra | 15-06 | |
| 4,30 | | Eleonor Tavares | | | | | 1 | | Montgeron - Fra | 03-07 | |
| 4,30 | | Marta Onofre | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 4,30 | | Marta Onofre | | | | | 24q | JO | Rio de Janeiro-Bra | 16-08 | |
| 4,28 | i | Eleonor Tavares | | | | | 6 | | Rouen - Fra | 23-01 | |
| 4,27 | i | Eleonor Tavares | | | | | 5 | | Eaubonne - Fra | 09-02 | |
| 4,25 | | Eleonor Tavares | | | | | 1 | | Aulnay Bois - Fra | 14-05 | |
| 4,25 | | Marta Onofre | | | | | 6 | FBKG | Hengelo - Hol | 22-05 | |
| 4,22 | i | Eleonor Tavares | | | | | 1 | | Eaubonne - Fra | 13-02 | |
| 4,21 | | Eleonor Tavares | | | | | 1 | | Aulnay Bois - Fra | 22-06 | |
| 4,20 | i | Marta Onofre | | | | | 3 | | Nastola - Fin | 09-01 | |
| 4,20 | i | Cátia Pereira | SL Benfica | | 05-07-89 | | 1 | Gromicho | Lisboa - CAR | 02-02 | 4,35-14 |
| 4,20 | i | Cátia Pereira | | | | | 1 | J. Soares | Lisboa - CAR | 10-02 | |
| 4,20 | i | Marta Onofre | | | | | 1 | Pombal | Pombal | 27-02 | |
| 4,20 | | Cátia Pereira | | | | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 4,20 | | Eleonor Tavares | | | | | 1 | | Aix en Provence - Fra | 22-05 | |
| 4,20 | | Eleonor Tavares | | | | | 4 | | Dakar - Sen | 25-05 | |
| 4,20 | | Eleonor Tavares | | | | | 2 | | Pezenas - Fra | 28-05 | |
| 4,20 | | Marta Onofre | | | | | 1 | | Pombal (rua) | 04-06 | |
| 4,20 | | Eleonor Tavares | | | | | 4 | | Angers - Fra | 25-06 | |
| 4,20 | | Marta Onofre | | | | | 1 | | Fátima | 02-07 | |
| 4,15 | | Eleonor Tavares | | | | | 2 | | Bron - Fra | 25-05 | |
| 4,15 | | Eleonor Tavares | | | | | 1 | | Schiffange - Lux | 31-07 | |
| 4,15 | | Eleonor Tavares | | | | | 29q | JO | Rio de Janeiro-Bra | 16-08 | |
| 4,10 | i | Marta Onofre | | | | | 2 | Gromicho | Lisboa - CAR | 02-02 | |
| 4,10 | i | Cátia Pereira | | | | | 3 | C. Port | Pombal | 21-02 | |
| 4,10 | | Eleonor Tavares | | | | | 5 | | Pierre Benité - Fra | 10-06 | |
| 4,10 | | Marta Onofre | | | | | 3 | | Hof - Ale | 11-06 | |
| 4,10 | | Marta Onofre | | | | | 3 | | Heroville - Fra | 16-06 | |
| 4,06 | i | Eleonor Tavares | | | | | 4 | | Aulnay Bois - Fra | 18-12 | |
| 4,05 | i | Cátia Pereira | | | | | 2 | T. Port | Pombal | 23-01 | |
| 4,00 | i | Cátia Pereira | | | | | 2 | | Lisboa - CAR | 30-01 | |
| 4,00 | | Cátia Pereira | | | | | 1s | CNCI-Ap | Setúbal | 29-05 | |
| 4,00 | | Cátia Pereira | | | | | 1ex | | Sobreda | 18-06 | |
| 4,00 | | Marta Onofre | | | | | 2ex | | Sobreda | 18-06 | |
| 4,00 | | Cátia Pereira | | | | | 3 | C. Port | Maia | 26-06 | |
| 4,00 | | Cátia Pereira | | | | | 2 | | Fátima | 02-07 | |
| 4,00 | | Cátia Pereira | | | | | 2 | CNCI-1 | Setúbal | 17-07 | |
| 3,80 | | Andreia Grácio | S23 | Juv. Vidigalense | | 17-09-96 | 4 | C. Port | Maia | 26-06 | 3,30-15 |
| 3,40 | | Bárbara Mota | Jv | AC Vermoil | | 04-04-00 | 1 | | Pombal | 18-06 | 2,96-15 |
| 3,34 | | Beatriz Baptista | Jr | Esc. Movimento | | 30-09-97 | 5 | C. Port | Maia | 26-06 | |
| 3,20 | i | Lidia Nicole Alberto | | Juv Vidigalense | ANG | 15-02-93 | 2 | | Lisboa - CAR | 20-12 | 3,60-15 |
| 3,15 | | Tânia António | | Grecas | | 29-12-87 | 2s | CNCI-Ap | Fátima | 29-05 | 3,55-07 |
| 3,06 | | Beatriz Spínola | Jv | CS Maritimo | | 13-05-00 | 3 | CN Jr | Viseu | 09-07 | 2,70-15 |

| | | | | | | | | | | | |
|------|---|---------------------|-----|-------------------|-----|----------|-----|---------|------------------|-------|------------|
| 3,00 | | Camila Lucena | S23 | GD Estreito | | 07-08-94 | 1 | | Ribeira Brava | 17-01 | 3,30-12/13 |
| 3,00 | | Carla Macedo | | ADR Água Pena | | 22-10-90 | 2 | | Ribeira Brava | 17-01 | 3,20-11 |
| 3,00 | i | Ana Patrícia Silva | | CA Mar. Grande | | 28-11-93 | 3s | CNCI-Ap | Pombal | 07-02 | 3,20i-15 |
| 3,00 | i | Diana Spencer | Jr | NDJ Laranjeiro | | 29-06-98 | 2 | CN Jr | Braga | 14-02 | 3,15-14 |
| 3,00 | | Ana Conde | Jr | Juv. Vidigalense | | 13-04-98 | 1ex | | Fátima | 18-06 | 2,70-15 |
| 2,93 | | Joana Pinto | S23 | ACD Jardim Serra | | 09-04-95 | 1s | CNCI-Ap | Ribeira Brava | 29-05 | 2,90-15 |
| 2,90 | | Sara Mota | Jr | Juv. Vidigalense | | 30-07-97 | 2 | | Pombal | 12-06 | 3,02-14 |
| 2,82 | | Sofia Carneiro | Jr | Maia AC | | 12-03-98 | 4 | CN Jr | Viséu | 09-07 | 3,02-15 |
| 2,80 | i | Mónica Mota | Jr | AC Vermoil | | 04-06-97 | 3 | CNU | Braga | 28-02 | 3,00-13/15 |
| 2,80 | | Mara Magro | Ini | GD Ind Setúbal | | 03-02-02 | 1 | | Setúbal | 23-06 | 2,60-15 |
| 2,75 | i | Maiara Silva | Jr | Bairro Anjos | BRA | 23-06-98 | 5 | T. Port | Pombal | 23-01 | 3,00-15 |
| 2,75 | | Catarina Rosa | Jr | CS Marítimo | | 03-07-98 | 4 | | Ribeira Brava | 19-06 | 2,75-15 |
| 2,70 | | Berenice Vila | Jv | Esc. Movimento | | 06-04-99 | 1 | | Maia | 22-05 | |
| 2,70 | | Marta Antunes | Jr | SL Benfica | | 04-10-98 | 2 | | Pombal (rua) | 04-06 | |
| 2,69 | | Rute Lopes | | UC Eirense | | 17-02-92 | 2 | CNCI-2 | CNCI-2 | 17-07 | 2,50i-12 |
| 2,60 | i | Carolina Pandeirada | | Grecas | | 21-10-93 | 5 | CNU | Braga | 28-02 | 2,94i-11 |
| 2,57 | | Fátima Silva | Jr | CD Póvoa | | 01-05-98 | 2s | CNCI-Ap | Viana do Castelo | 29-05 | |
| 2,55 | | Joana Fernandes | Jv | GD Cavadas | | 07-06-00 | 1 | | Sobreda | 18-06 | |
| 2,50 | i | Mariana Neves | Jv | Juv. Vidigalense | | 05-05-00 | 2 | | Pombal | 06-12 | |
| 2,50 | i | Nanci Sousa | | ACR Sra. Desterro | | 28-09-90 | 6 | CNCI-1 | Pombal | 06-03 | 3,10-09 |
| 2,50 | | Bruna Santos | Jr | Juv. Vidigalense | | 08-04-98 | 4 | | Pombal | 12-06 | |
| 2,50 | | Daria Melnyk | Jv | Juv. Vidigalense | UKR | 27-09-00 | 5 | CN Jv | Lagoa | 03-07 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|--------------------|-----|----------------|-----|----------|----|---------|---------|-------|------------|
| 2,81 | | Ana Patrícia Silva | | CA Mar. Grande | | 28-11-93 | 4s | CNCI-Ap | Fátima | 29-05 | 3,20i-15 |
| 2,80 | | Diana Spencer | Jr | NDJ Laranjeiro | | 29-06-98 | 1 | | Sobreda | 30-01 | 3,15-14 |
| 2,70 | | Mónica Mota | Jr | AC Vermoil | | 04-06-97 | 6 | CN Jr | Viséu | 09-07 | 3,00-13/15 |

Comprimento / Long Jump – 5,80 - 5,10

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|------------------------|-----|------------------|-----|----------|-----|-----------|----------------|-------|----------|
| 6,24 | -2,5 | Marisa Vaz Carvalho | Jv | SL Benfica | | 15-11-99 | 1 | | Lisboa - MP | 21-05 | 6,20-15 |
| 6,22 | i | Shaina Anthony Mags | | Sporting CP | | 11-04-92 | 1 | C. Port | Pombal | 21-02 | 6,40i-14 |
| 6,22 | i | Evelise Veiga | S23 | Juv. Vidigalense | | 03-03-96 | 1 | CNCI-1 | Pombal | 05-03 | 6,10i-15 |
| 6,21 | i | Shaina Anthony Mags | | | | | 1 | T. Port | Pombal | 23-01 | |
| 6,21 | 2,0 | Marisa Vaz Carvalho | Jv | | | | | Hep | Arona - Esp | 05-06 | |
| 6,19 | i | Shaina Anthony Mags | | | | | 2 | CNCI-1 | Pombal | 05-03 | |
| 6,15 | 1,6 | Marisa Vaz Carvalho | Jv | | | | 1 | | Lisboa - I | 23-07 | |
| 6,12 | i | Shaina Anthony Mags | | | | | 1s | CNCI-Ap | Pombal | 06-02 | |
| 6,10 | 1,6 | Shaina Anthony Mags | | | | | 2 | C. Port | Maia | 26-06 | |
| 6,09 | i | Evelise Veiga | S23 | | | | 2 | T. Port | Pombal | 23-01 | |
| 6,08 | -0,7 | Shaina Anthony Mags | | | | | 2 | | Caceres - Esp | 29-06 | |
| 6,08 | -1,9 | Marisa Vaz Carvalho | Jv | | | | 3 | CE Jv | Tbilissi - Geo | 17-07 | |
| 6,04 | i | Evelise Veiga | S23 | | | | 1 | J. Soares | Lisboa - CAR | 10-02 | |
| 6,04 | i | Shaina Anthony Mags | | | | | 2 | J. Soares | Lisboa - CAR | 10-02 | |
| 6,03 | i | Lecabela Quaresma | | SL Benfica | | 26-12-89 | 3 | T. Port | Pombal | 23-01 | 6,13-15 |
| 6,03 | 0,4 | Shaina Anthony Mags | | | | | 3 | TCCE | Mersin - Tur | 29-05 | |
| 6,02 | -0,4 | Lecabela Quaresma | | | | | | Hep | Arona - Esp | 05-06 | |
| 6,01 | i | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 1s | CNCI-Ap | Pombal | 07-02 | 6,20-14 |
| 6,01 | i | Lecabela Quaresma | | | | | 3 | J. Soares | Lisboa - CAR | 10-02 | |
| 6,00 | 0,8 | Marisa Vaz Carvalho | Jv | | | | 7q | CE Jv | Tbilissi - Geo | 16-07 | |
| 5,99 | -0,5 | Evelise Veiga | S23 | | | | 1 | Guarda | Guarda | 08-07 | |
| 5,98 | i | Evelise Veiga | S23 | | | | 2 | C. Port | Pombal | 21-02 | |
| 5,97 | 1,8 | Evelise Veiga | S23 | | | | 1 | | Lisboa - I | 10-06 | |
| 5,95 | 0,7 | Evelise Veiga | S23 | | | | 5 | Med S23 | Tunis - Tun | 05-06 | |
| 5,94 | 0,0 | Ana Margarida Oliveira | S23 | | | | 1 | | Fátima | 19-06 | |
| 5,93 | 1,7 | Evelise Veiga | S23 | | | | 1ex | | Marinha Grande | 14-05 | |
| 5,92 | i | Ana Margarida Oliveira | S23 | | | | PT | | Lisboa - CAR | 16-01 | |
| 5,92 | i | Lecabela Quaresma | | | | | 2s | CNCI-Ap | Pombal | 07-02 | |
| 5,89 | i | Evelise Veiga | S23 | | | | 1 | | Pombal | 16-01 | |
| 5,89 | 0,9 | Lucinda Gomes | S23 | Sporting CP | | 16-04-95 | 3 | C. Port | Maia | 26-06 | 6,12-14 |
| 5,88 | 0,0 | Shaina Anthony Mags | | | | | 1 | | Vagos | 21-05 | |

| | | | | | | | | | | | |
|------|------|------------------------|-----|-------------------|-----|----------|-----|------------|---------------------|-------|------------|
| 5,87 | i | Lecabela Quaresma | | | | | Pen | C. Fra | Aubiere - Fra | 27-02 | |
| 5,86 | i | Marisa Vaz Carvalho | Jv | | | | Pen | | Sheffield - Gbr | 12-03 | |
| 5,86 | 0,0 | Lecabela Quaresma | | | | | Hep | IberoAm | Rio de Janeiro- Bra | 16-05 | |
| 5,86 | -2,8 | Shaina Anthony Mags | | | | | 1 | V. Tavares | Faro | 15-06 | |
| 5,85 | i | Ana Margarida Oliveira | S23 | | | | Pen | C. Port | Pombal | 21-02 | |
| 5,85 | i | Lecabela Quaresma | | | | | 3 | CNCI-1 | Pombal | 05-03 | |
| 5,84 | i | Lecabela Quaresma | | | | | PT | | Lisboa - CAR | 16-01 | |
| 5,83 | 1,8 | Jessica Barreira | Jr | Sporting CP | | 29-01-97 | 4 | | Tucson - Usa | 30-04 | 6,10-14 |
| 5,82 | 0,0 | Ana Margarida Oliveira | S23 | | | | 1 | | Amarante | 01-05 | |
| 5,82 | -0,6 | Ana Margarida Oliveira | S23 | | | | Hep | | Rio Maior | 05-06 | |
| 5,80 | i | Lecabela Quaresma | | | | | Pen | C. Port | Pombal | 21-02 | |
| 5,79 | 0,5 | Scarlett Saleiro | Jr | CA Mazarefes | | 27-05-98 | 1 | | Vigo | 02-07 | 5,40-15 |
| 5,78 | i | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 3ex | C. Port | Pombal | 21-02 | 5,46-14 |
| 5,78 | -0,6 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 2 | | Amarante | 01-05 | 5,16-15 |
| 5,76 | i | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 5 | J. Soares | Lisboa - CAR | 10-02 | 5,69-15 |
| 5,76 | 1,3 | Andreia Gomes | Jr | JOMA | | 27-06-98 | 4 | C. Port | Maia | 26-06 | 5,61-14 |
| 5,74 | i | Suzana Cruz | Jr | CA Mar. Grande | | 12-11-98 | 1 | | Pombal | 16-01 | 5,57-15 |
| 5,71 | 1,1 | Tânia Carvalho | Jr | SL Benfica | | 18-10-97 | 1 | | Lisboa - MP | 30-01 | 5,69-15 |
| 5,70 | 0,9 | Andreia Nicolau | | CA Seia | | 01-02-91 | 2 | Guarda | Guarda | 08-07 | 5,40-09/14 |
| 5,67 | 1,5 | Mariana António | Jr | SC Abrantes | | 09-06-98 | 1 | | Rio Maior | 04-06 | 5,55-15 |
| 5,66 | -1,2 | Catarina Karas | Jv | Sporting CP | | 23-05-00 | 1 | CN Jv | Lagoa | 02-07 | 5,40-15 |
| 5,62 | 1,4 | Patricia Rodrigues | Jv | SL Benfica | | 24-02-99 | 1 | | Lisboa - MP | 18-06 | 5,65-15 |
| 5,61 | i | Raquel Haar | Jv | GD Diana | | 25-10-99 | Pen | CN Jv | Pombal | 31-01 | 5,25-15 |
| 5,57 | i | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | Pen | C. Port | Pombal | 21-02 | 5,66-15 |
| 5,56 | 1,8 | Andreia Grácio | S23 | Juv. Vidigalense | | 17-09-96 | 3 | | Pombal | 12-06 | 5,31-15 |
| 5,56 | -1,5 | Raquel Marques | Jv | SL Benfica | | 09-06-99 | 2 | CN Jv | Lagoa | 02-07 | 5,54-15 |
| 5,52 | i | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | Pen | Por/Esp | Salamanca - Esp | 21-02 | 5,38-15 |
| 5,51 | 0,5 | Eduarda Ferreira | Ini | Juv. Vidigalense | | 25-04-01 | 1 | OJ | Abrantes | 12-06 | |
| 5,50 | i | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | Pen | Por/Esp | Salamanca - Esp | 21-02 | 5,11-15 |
| 5,50 | i | Daniela Ferreira | | Juv. Vidigalense | | 22-06-89 | Pen | C. Port | Pombal | 21-02 | 5,52i-14 |
| 5,49 | -1,3 | Anabela Neto | | Sporting CP | | 25-03-91 | Pen | | Vagos | 03-01 | 5,62-15 |
| 5,46 | i | Cláudia Rodrigues | | ACR Sra. Desterro | | 11-11-89 | 5s | CNCI-Ap | Pombal | 07-02 | 5,90-13 |
| 5,36 | 1,6 | Bruna Varela | Jr | Gira Sol | | 15-04-97 | Hep | | Quarteira | 20-03 | 5,30-14 |
| 5,35 | 1,5 | Érica Gangeia | Jv | Gira Sol | | 15-08-00 | 3 | CN DE | Vagos | 20-05 | 5,19-15 |
| 5,35 | 0,0 | Rositinay Mata | Jv | GD Cavadas | STP | 29-01-99 | 1 | | Sobreda | 19-06 | 5,60-14 |
| 5,33 | -1,5 | Juliana Brites | Jv | Juv. Vidigalense | | 22-04-00 | 5 | CN Jv | Lagoa | 02-07 | 5,37-15 |
| 5,30 | i | Flávia Lopes | Jr | SC Braga | | 15-07-98 | 1 | C. Norte | Braga | 16-01 | 5,14-15 |
| 5,30 | 0,3 | Cristiana Bernardo | Ini | SL Benfica | | 02-02-01 | 1 | | Lisboa - MP | 29-05 | |
| 5,30 | 0,4 | Juliana Guerreiro | Ini | C Bf. Faro | | 21-04-01 | 2 | OJ | Abrantes | 12-06 | |
| 5,29 | i | Soraya Bentucal | S23 | CAS Manique | | 23-12-95 | 2s | CNCI-Ap | Pombal | 06-02 | 5,50i-15 |
| 5,29 | 0,5 | Tânia Caires | | CS Marítimo | | 03-12-87 | 1s | CNCI-Ap | Ribeira Brava | 28-05 | 5,31-09 |
| 5,28 | i | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | 6 | CNCI-1 | Pombal | 05-03 | 5,19i-15 |
| 5,28 | 1,6 | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | 1 | | Ponta Delgada | 19-06 | |
| 5,25 | 2,0 | Margarida Mascarenha | Jv | NDET Cabreira | | 07-01-00 | 1 | | Lagoa | 19-06 | 5,26w-14 |
| 5,25 | -0,8 | Ana Rita Silva | Jv | JA Mozelense | | 20-12-00 | 8 | CN Jv | Lagoa | 02-07 | 5,11-15 |
| 5,24 | i | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | Pen | | Salamanca - Esp | 20-02 | 5,41-15 |
| 5,24 | 0,0 | Sara Ribeiro | Jr | GA Fátima | | 21-03-98 | 3 | | Fátima | 19-06 | 5,49-14 |
| 5,21 | -0,7 | Sofia Santos | S23 | ACD Jardim Serra | | 02-06-94 | 2s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 5,20 | i | Jennifer Gomes | S23 | ACR Sra. Desterro | | 21-03-95 | PT | | Lisboa - CAR | 16-01 | 5,35-12 |
| 5,19 | 0,5 | Fatumata Baldé | Jv | CAS Manique | GBS | 29-07-00 | 1 | | Lisboa - MP | 24-01 | |
| 5,19 | i | Maria Vaz Guedes | S23 | SL Benfica | | 05-11-96 | 8 | J. Soares | Lisboa - CAR | 10-02 | 5,58i-12 |
| 5,19 | -0,5 | Raquel Costa | Jv | GA Fátima | | 22-10-99 | Hep | CN Jv | Lagoa | 03-07 | |
| 5,18 | -1,9 | Marta Vargues | Jr | SL Benfica | | 15-10-97 | 3 | | Lisboa - MP | 04-06 | 5,13i-15 |
| 5,16 | i | Inês Matos Luís | S23 | Esc. Movimento | | 14-11-96 | 8 | T. Port | Pombal | 23-01 | 5,23-15 |
| 5,16 | i | Yolanda Xavier | S23 | Juv. Vidigalense | UKR | 21-01-94 | 9ex | C. Port | Pombal | 21-02 | 5,38-15 |
| 5,16 | 1,1 | Joana Carlos | Jv | Juv. Vidigalense | | 25-03-99 | 2 | | Marinha Grande | 14-05 | 5,15-13 |
| 5,16 | 0,9 | Alina Humenyuk | Jv | Juv. Vidigalense | UKR | 27-10-00 | 3 | | Rio Maior | 04-06 | |
| 5,16 | 2,0 | Sara Seabra | Ini | Gira Sol | | 19-12-01 | 1 | | Febres | 05-06 | |
| 5,15 | 0,5 | Cláudia Santos | | SC Lenine Cunha | | 13-01-89 | 5 | Mund. IPC | Doha - Qat | 25-10 | |
| 5,15 | 0,1 | Camila Lucena | S23 | GD Estreito | | 07-08-94 | 1 | | Ribeira Brava | 16-01 | 5,36-13 |
| 5,15 | i | Bruna Silva | S23 | Juv. Vidigalense | | 14-11-94 | 5 | | Pombal | 03-02 | |
| 5,15 | 0,1 | Rute Lopes | | UC Eirense | | 17-02-92 | 7 | Guarda | Guarda | 08-07 | 5,31i-12 |

| | | | | | | | | | | | |
|------|------|----------------------|-----|-----------------|--|----------|-----|-----------|------------------|-------|---------|
| 5,14 | -1,6 | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 2 | | Viana do Castelo | 19-06 | |
| 5,13 | i | Susana Estriga | Vet | SC Abrantes | | 16-07-75 | Hep | Euro Mast | Ancona - Ita | 29-03 | 5,49-01 |
| 5,11 | 0,4 | Ana Filipe | Jv | AC Mocidade-Aç | | 28-08-99 | ex | Guarda | Guarda | 08-07 | |
| 5,10 | 1,2 | Elisa Freitas | S23 | GD Estreito | | 06-11-94 | 3s | CNCI-Ap | Ribeira Brava | 28-05 | |
| 5,10 | 1,6 | Margarida Figueiredo | Ini | AE Viso | | 2001 | 6 | OJ | Abrantes | 12-06 | 4,86-15 |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|------|--------------------|-----|----------------|-----|----------|-----|---------|--------------|-------|----------|
| 5,57 | 1,5 | Raquel Haar | Jv | GD Diana | | 25-10-99 | 1 | | Vendas Novas | 30-04 | 5,25-15 |
| 5,16 | 1,6 | Maria Vaz Guedes | S23 | SL Benfica | | 05-11-96 | 1 | | Lisboa - MP | 14-05 | 5,58i-12 |
| 5,45 | 1,7 | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | 1 | | Fátima | 26-06 | 5,11-15 |
| 5,66 | 1,9 | Suzana Cruz | Jr | CA Mar. Grande | | 12-11-98 | 1 | | Rio Maior | 04-06 | 5,57-15 |
| 5,72 | 0,4 | Rosalina Santos | Jr | GD Estreito | RSA | 18-02-98 | 1ex | CN Jr | Viseu | 09-07 | 5,46-14 |
| 5,23 | 0,7 | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | 3s | CNCI-Ap | Fátima | 28-05 | 5,19i-15 |
| 5,16 | 0,0 | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | Hep | | Arona - Esp | 05-06 | 5,66-15 |
| 5,35 | 0,0 | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | 3 | | Amarante | 01-05 | 5,38-15 |
| 5,58 | -0,1 | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 1 | | Lisboa - MP | 04-06 | 5,69-15 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|---------------------|-----|-------------------|-----|----------|----|----------|-------------------|-------|----------|
| 6,51 | 2,4 | Evelise Veiga | S23 | Juv. Vidigalense | | 03-03-96 | 1 | C. Port | Maia | 26-06 | 6,10i-15 |
| 6,30 | 3,7 | Shaina Anthony Mags | | Sporting CP | | 11-04-92 | 2 | C. Port | Maia | 26-06 | 6,40i-14 |
| 5,99 | 6,4 | Lucinda Gomes | S23 | Sporting CP | | 16-04-95 | 1 | | Lisboa - MP | 02-07 | 6,12-14 |
| 5,91 | 3,9 | Tânia Carvalho | Jr | SL Benfica | | 18-10-97 | 1 | | Lisboa - MP | 14-05 | 5,69-15 |
| 5,87 | 3,2 | Jessica Barreira | Jr | Sporting CP | | 29-01-97 | 4 | | Tucson - Usa | 30-04 | 6,10-14 |
| 5,77 | 3,4 | Andreia Gomes | Jr | JOMA | | 27-06-98 | 4 | C. Port | Maia | 26-06 | 5,61-14 |
| 5,77 | 3,4 | Andreia Grácio | S23 | Juv. Vidigalense | | 17-09-96 | 6 | C. Port | Maia | 26-06 | 5,31-15 |
| 5,74 | 5,0 | Patricia Rodrigues | Jv | SL Benfica | | 24-02-99 | 1 | | Lisboa - MP | 18-06 | 5,65-15 |
| 5,71 | 2,7 | Raquel Haar | Jv | GD Diana | | 25-10-99 | 1 | OJ | Abrantes | 11-06 | 5,25-15 |
| 5,70 | 5,4 | Raquel Marques | Jv | SL Benfica | | 09-06-99 | 2 | | Lisboa - MP | 18-06 | 5,54-15 |
| 5,69 | 2,9 | Rosítinay Mata | Jv | GD Cavadas | STP | 29-01-99 | 1 | | Sobreda | 25-06 | 5,60-14 |
| 5,69 | 3,5 | Maria Vaz Guedes | S23 | SL Benfica | | 05-11-96 | 2 | | Lisboa - MP | 14-05 | 5,58i-12 |
| 5,59 | 4,2 | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | 2 | OJ | Abrantes | 11-06 | 5,38-15 |
| 5,49 | 3,9 | Rute Lopes | | UC Eirense | | 17-02-92 | 1 | CNCI-2 | Setúbal | 16-07 | 5,31i-12 |
| 5,43 | 3,4 | Juliana Brites | Jv | Juv. Vidigalense | | 22-04-00 | 1 | | Marinha Grande | 14-05 | 5,37-15 |
| 5,41 | 3,3 | Vanessa Rocha | | GA Fátima | | 02-01-90 | 2 | CNCI-2 | Setúbal | 16-07 | 5,78-12 |
| 5,35 | 3,1 | Dania Furk | Jv | AC Mocidade-Aç | | 04-06-00 | 4 | OJ | Abrantes | 11-06 | |
| 5,34 | 2,7 | Isabel Santos | Jr | AC Mocidade-Aç | | 29-04-97 | 1 | | Angra do Heroísmo | 28-11 | 5,23-15 |
| 5,33 | 4,8 | Patrícia Vaz | S23 | FC Castrense | | 13-06-94 | 2 | C. Alent | Vendas Novas | 18-06 | 5,14-13 |
| 5,32 | 2,7 | Juliana Guerreiro | Ini | C Bf. Faro | | 21-04-01 | 2 | OJ | Abrantes | 12-06 | |
| 5,30 | 3,0 | Joana Carlos | Jv | Juv. Vidigalense | | 25-03-99 | 2 | | Marinha Grande | 14-05 | 5,15-13 |
| 5,27 | 3,2 | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | 3 | | Marinha Grande | 14-05 | 5,41-15 |
| 5,26 | 2,5 | Marta Vargues | Jr | SL Benfica | | 15-10-97 | 1 | | Lagos | 12-06 | 5,13i-15 |
| 5,26 | 2,7 | Sara Seabra | Ini | Gira Sol | | 19-12-01 | 3 | OJ | Abrantes | 12-06 | |
| 5,24 | 3,8 | Nidia Encarnação | | GD Estreito | | 13-05-91 | 4 | CNCI-1 | Setúbal | 16-07 | 5,28-14 |
| 5,23 | 3,9 | Fatumata Baldé | Jv | CAS Manique | GBS | 29-07-00 | 2 | | Lisboa - MP | 20-02 | |
| 5,22 | 5,4 | Inês Arada | Jr | Gira Sol | | 24-03-98 | 1 | CN DE | Vagos | 22-05 | |
| 5,21 | 2,1 | Larissa Vieira | S23 | ADR Água Pena | | 14-11-95 | 3 | CNCI-3 | Vagos | 16-07 | 5,19-11 |
| 5,21 | 3,7 | Jennifer Gomes | S23 | ACR Sra. Desterro | | 21-03-95 | 1 | | Vagos | 23-07 | 5,35-12 |
| 5,19 | 2,2 | Mariana Bento | Ini | Sporting CP | | 22-11-01 | 3 | | Lisboa - MP | 18-06 | |
| 5,13 | 5,0 | Inês Ferrão | Jr | Esc. Movimento | | 21-04-98 | 1 | Aveiro | Aveiro | 10-06 | |
| 5,12 | 3,9 | Catarina Augusto | Jr | CA Seia | | 13-12-97 | 1 | | Guarda | 15-05 | |
| 5,11 | 2,5 | Ana Leite | Ini | Maia AC | | 08-09-01 | 5 | OJ | Abrantes | 12-06 | |
| 5,10 | 2,6 | Nicol Agostinho | Jr | GCA Donas | ANG | 11-07-98 | 1 | | Covilhã | 28-05 | 5,29-14 |

Sem medição de vento

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|----------------------|-----|----------|-----|----------|----|-------|----------------|-------|---------|
| 5,14 | s/v | Inês Arada | Jr | Gira Sol | | 24-03-98 | 2 | | Viseu | 25-04 | |
| 5,21 | s/v | Margarida Figueiredo | Ini | AE Viso | | 2001 | 1 | | Marinha Grande | 07-05 | 4,86-15 |

Triplo / Triple Jump – 12,00 - 10,80

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------|-----|-------|-----|-------|----|-------|-------|------|-----|
|-------|---|------|-----|-------|-----|-------|----|-------|-------|------|-----|

| | | | | | | | | | | | |
|-------|------|---------------------|-----|------------------|-----|----------|-----|-------------|--------------------|-------|-----------|
| 14,65 | 0,1 | Patrícia Mamona | | Sporting CP | RN | 21-11-88 | 6 | JO | Rio de Janeiro-Bra | 14-08 | 14,52-12 |
| 14,58 | 0,8 | Patrícia Mamona | | | RN | | 1 | C. Europa | Amesterdão - Hol | 10-07 | |
| 14,34 | 0,0 | Susana Costa | | SL Benfica | | 22-09-84 | 5 | C. Europa | Amesterdão - Hol | 10-07 | 14,32-15 |
| 14,31 | 0,2 | Susana Costa | | | | | 2 | Madrid | Madrid - Esp | 23-06 | |
| 14,24 | 0,9 | Patrícia Mamona | | | | | 4 | Herculis | Monaco | 15-07 | |
| 14,18 | -0,6 | Patrícia Mamona | | | | | 9q | JO | Rio de Janeiro-Bra | 13-08 | |
| 14,17 | 0,4 | Patrícia Mamona | | | | | 4 | Madrid | Madrid - Esp | 23-06 | |
| 14,16 | 0,0 | Patrícia Mamona | | | | | 3 | ISTAF | Berlim - Ale | 09-09 | |
| 14,15 | 1,8 | Susana Costa | | | | | 1 | SL Benfica | Lisboa - I | 12-06 | |
| 14,13 | -0,5 | Patrícia Mamona | | | | | 3 | | Rabat - Mar | 22-05 | |
| 14,12 | -0,8 | Susana Costa | | | | | 11q | JO | Rio de Janeiro-Bra | 13-08 | |
| 14,12 | 0,6 | Susana Costa | | | | | 9 | JO | Rio de Janeiro-Bra | 14-08 | |
| 14,07 | 1,2 | Patrícia Mamona | | | | | 1 | TCCE | Mersin - Tur | 28-05 | |
| 14,05 | 0,8 | Patrícia Mamona | | | | | 4 | Atletissima | Lausana - Sui | 25-08 | |
| 14,00 | 1,6 | Patrícia Mamona | | | | | 1 | S. António | Lisboa - U | 19-06 | |
| 13,94 | 0,0 | Susana Costa | | | | | 8q | C. Europa | Amesterdão - Hol | 08-07 | |
| 13,91 | i | Patrícia Mamona | | | | | 1 | C. Port | Pombal | 20-02 | |
| 13,87 | 1,0 | Patrícia Mamona | | | | | 9q | C. Europa | Amesterdão - Hol | 08-07 | |
| 13,86 | i | Patrícia Mamona | | | | | 1 | Pombal | Pombal | 27-02 | |
| 13,84 | i | Patrícia Mamona | | | | | 1 | T. Port | Pombal | 23-01 | |
| 13,84 | i | Susana Costa | | | | | 2 | Pombal | Pombal | 27-02 | |
| 13,74 | i | Susana Costa | | | | | 2 | T. Port | Pombal | 23-01 | |
| 13,74 | 0,0 | Susana Costa | | | | | 2 | S. António | Lisboa - U | 19-06 | |
| 13,72 | 0,3 | Susana Costa | | | | | 5 | | Rabat - Mar | 22-05 | |
| 13,70 | 0,1 | Susana Costa | | | | | 2 | | Huelva - Esp | 03-06 | |
| 13,64 | i | Susana Costa | | | | | 2 | C. Port | Pombal | 20-02 | |
| 13,57 | i | Patrícia Mamona | | | | | 1 | CNCI-1 | Pombal | 06-03 | |
| 13,56 | i | Susana Costa | | | | | 2 | CNCI-1 | Pombal | 06-03 | |
| 13,55 | 0,0 | Susana Costa | | | | | 7 | ISTAF | Berlim - Ale | 09-09 | |
| 13,53 | 1,0 | Patrícia Mamona | | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 13,39 | i | Patrícia Mamona | | | | | 8 | PSD Bank | Dusseldorf - Ger | 03-02 | |
| 13,30 | i | Susana Costa | | | | | 9 | PSD Bank | Dusseldorf - Ger | 03-02 | |
| 13,27 | 1,8 | Shaina Anthony Mags | | Sporting CP | | 11-04-92 | 4 | S. António | Lisboa - U | 19-06 | 13,10i-12 |
| 13,20 | i | Susana Costa | | | | | 3 | | Madrid - Esp | 16-01 | |
| 13,09 | 0,0 | Evelise Veiga | S23 | Juv. Vidigalense | | 03-03-96 | 3 | S. António | Lisboa - U | 19-06 | 12,83-15 |
| 13,08 | 2,0 | Shaina Anthony Mags | | | | | 4 | C. Port | Maia | 25-06 | |
| 12,99 | 1,6 | Shaina Anthony Mags | | | | | 1 | | Maia | 04-06 | |
| 12,97 | i | Shaina Anthony Mags | | | | | 3 | Pombal | Pombal | 27-02 | |
| 12,94 | i | Evelise Veiga | S23 | | | | 3 | C. Port | Pombal | 20-02 | |
| 12,74 | 0,0 | Evelise Veiga | S23 | | | | 3 | CNCI-1 | Setúbal | 17-07 | |
| 12,73 | i | Shaina Anthony Mags | | | | | 1 | M. Pereira | Lisboa - CAR | 09-01 | |
| 12,71 | 1,2 | Yolanda Xavier | S23 | Juv. Vidigalense | UKR | 21-01-94 | 1ex | | Lisboa - MP | 03-07 | 12,25-15 |
| 12,61 | i | Lucinda Gomes | S23 | Sporting CP | | 16-04-95 | 4 | Pombal | Pombal | 27-02 | 12,72i-15 |
| 12,60 | 0,3 | Evelise Veiga | S23 | | | | 1 | F. Alves | Marinha Grande | 21-05 | |
| 12,57 | 1,6 | Yolanda Xavier | S23 | | UKR | | 2 | | Maia | 04-06 | |
| 12,51 | i | Shaina Anthony Mags | | | | | 1 | | Lisboa - CAR | 30-01 | |
| 12,51 | 0,6 | Lucinda Gomes | S23 | | | | 3 | | Maia | 04-06 | |
| 12,43 | 1,8 | Evelise Veiga | S23 | | | | 1s | CNCI-Ap | Fátima | 29-05 | |
| 12,38 | i | Yolanda Xavier | S23 | | UKR | | 1s | CNCI-Ap | Pombal | 07-02 | |
| 12,38 | 1,4 | Yolanda Xavier | S23 | | UKR | | 1ex | | Lisboa - I | 24-07 | |
| 12,33 | i | Lucinda Gomes | S23 | | | | 3 | T. Port | Pombal | 23-01 | |
| 12,33 | i | Yolanda Xavier | S23 | | UKR | | 5 | Pombal | Pombal | 27-02 | |
| 12,33 | i | Evelise Veiga | S23 | | | | 3 | CNCI-1 | Pombal | 06-03 | |
| 12,30 | i | Lucinda Gomes | S23 | | | | 2 | M. Pereira | Lisboa - CAR | 09-01 | |
| 12,30 | 0,7 | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 1 | Noite | Maia | 15-06 | 11,59-15 |
| 12,27 | i | Lucinda Gomes | S23 | | | | 4 | C. Port | Pombal | 20-02 | |
| 12,25 | 0,0 | Jessica Barreira | Jr | Sporting CP | | 29-01-97 | 9 | | Tempe - Usa | 09-04 | 12,76-13 |
| 12,25 | 0,0 | Yolanda Xavier | S23 | | UKR | | 5 | S. António | Lisboa - U | 19-06 | |
| 12,22 | 1,9 | Lucinda Gomes | S23 | | | | 1 | | Lisboa - MP | 15-05 | |
| 12,19 | i | Yolanda Xavier | S23 | | UKR | | 5ex | C. Port | Pombal | 20-02 | |
| 12,17 | 1,9 | Jessica Barreira | Jr | | | | 2 | | Tucson - Usa | 30-04 | |
| 12,14 | i | Lucinda Gomes | S23 | | | | 1s | CNCI-Ap | Pombal | 06-02 | |

| | | | | | | | | | | | |
|-------|------|----------------------|-----|-------------------|-----|----------|-----|------------|----------------|-------|-----------|
| 12,13 | -0,4 | Yolanda Xavier | S23 | | UKR | | 2 | F. Alves | Marinha Grande | 21-05 | |
| 12,08 | i | Yolanda Xavier | S23 | | UKR | | 3 | M. Pereira | Lisboa - CAR | 09-01 | |
| 12,08 | 1,8 | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 1 | | Lisboa - MP | 03-07 | 11,89-12 |
| 12,07 | i | Maria Vaz Guedes | S23 | SL Benfica | | 05-11-96 | 5 | C. Port | Pombal | 20-02 | |
| 12,07 | 0,0 | Jessica Barreira | Jr | | | | 1 | CN Jr | Visou | 10-07 | |
| 12,07 | -0,7 | Lucinda Gomes | S23 | | | | 1 | | Lisboa - I | 24-07 | |
| 12,05 | 0,6 | Jessica Barreira | Jr | | | | 7 | | Tempe - Usa | 26-03 | |
| 12,04 | -1,5 | Maria Vaz Guedes | S23 | | | | 2 | | Lisboa - I | 24-07 | |
| 12,02 | 0,8 | Soraya Bentucal | S23 | CAS Manique | | 23-12-95 | 4 | SL Benfica | Lisboa - I | 12-06 | 12,06-15 |
| 12,01 | 1,4 | Catarina Fernandes | Jr | | | | 3 | | Lisboa - I | 24-07 | |
| 11,86 | i | Tânia Carvalho | Jr | SL Benfica | | 18-10-97 | 6 | C. Port | Pombal | 20-02 | 11,56-15 |
| 11,81 | i | Vanessa Rocha | | GA Fátima | | 02-01-90 | 1 | CNCI-2 | Pombal | 06-03 | 12,98-12 |
| 11,74 | i | Sónia Marques | | SC Braga | | 06-07-86 | 4 | CNCI-1 | Pombal | 06-03 | 12,20i-12 |
| 11,74 | 0,9 | Raquel Marques | Jv | SL Benfica | | 09-06-99 | 1 | | Lisboa - MP | 19-06 | 10,96-15 |
| 11,73 | 0,0 | Suzana Cruz | Jr | CA Mar. Grande | | 12-11-98 | 4 | CN Jr | Visou | 10-07 | 11,08-14 |
| 11,71 | i | Albertina Santiago | S23 | Sporting CP | ANG | 03-03-96 | 4 | M. Pereira | Lisboa - CAR | 09-01 | 11,46-15 |
| 11,63 | i | Cláudia Rodrigues | | ACR Sra. Desterro | | 11-11-89 | 4s | CNCI-Ap | Pombal | 07-02 | 12,39-13 |
| 11,58 | 1,7 | Candida Bairrada | | CS Marítimo | | 31-12-84 | 1ex | | Pombal | 11-06 | 11,30-09 |
| 11,58 | -0,4 | Patricia Rodrigues | Jv | SL Benfica | | 24-02-99 | 2 | CN Jv | Lagoa | 03-07 | |
| 11,52 | -0,7 | Eduarda Ferreira | Ini | Juv. Vidigalense | | 25-04-01 | 3 | CN Jv | Lagoa | 03-07 | 10,98-15 |
| 11,49 | 2,0 | Bárbara Silva | Jv | EC+S Lavra | | 25-02-99 | 1 | | Maia | 04-06 | 11,53-15 |
| 11,41 | 1,3 | Juliana Brites | Jv | Juv. Vidigalense | | 22-04-00 | 2 | | Pombal | 19-06 | 11,45-15 |
| 11,39 | 0,4 | Marta Vargues | Jr | SL Benfica | | 15-10-97 | 7 | SL Benfica | Lisboa - I | 12-06 | 11,05-15 |
| 11,32 | i | Jennifer Gomes | S23 | ACR Sra. Desterro | | 21-03-95 | 5 | CNCI-1 | Pombal | 06-03 | 12,02i-15 |
| 11,29 | i | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 3 | CN Jr | Braga | 14-02 | |
| 11,27 | 0,8 | Joana Ogura | Jv | Sporting CP | | 16-02-99 | 4 | | Lisboa - I | 24-07 | 11,27-15 |
| 11,23 | i | Sandra Sofia Tavares | | França | | 09-02-84 | 10 | | Eaubonne - Fra | 06-02 | 13,13-06 |
| 11,18 | 0,3 | Cláudia Fernandes | Jr | ACD Jardim Serra | | 27-03-97 | 1 | | Ribeira Brava | 17-01 | 11,28-15 |
| 11,18 | 0,3 | Sofia Santos | S23 | ACD Jardim Serra | | 02-06-94 | 1 | | Ribeira Brava | 19-06 | 11,28-15 |
| 11,11 | 0,7 | Ana Rita Silva | Jv | JA Mozelense | | 20-12-00 | 1 | | Lourosa | 25-04 | |
| 11,09 | 0,0 | Beatriz Ferreira | S23 | GD Diana | | 29-11-96 | 4ex | | Lisboa - MP | 05-06 | 11,12-15 |
| 11,06 | 0,4 | Nidia Encarnação | | GD Estreito | | 13-05-91 | 2s | CNCI-Ap | Ribeira Brava | 29-05 | 11,66-09 |
| 11,05 | 1,5 | Bruna Varela | Jr | Gira Sol | | 15-04-97 | 2 | CNCI-2 | Setúbal | 17-07 | 10,90-12 |
| 11,01 | 0,1 | Filipa Silva | S23 | ADRE Palhaça | | 28-11-94 | 4s | CNCI-Ap | Fátima | 29-05 | 11,78-10 |
| 11,00 | 0,0 | Maria Matos | Jr | Juv. Ilha Verde | | 21-05-98 | 10 | CN Jr | Visou | 10-07 | |
| 10,98 | i | Rute Lopes | | UC Eirense | | 17-02-92 | 3 | CNCI-2 | Pombal | 06-03 | |
| 10,96 | 0,9 | Valdénia Carvalho | | CDR Ribeirinho | | 06-07-93 | 3s | CNCI-Ap | Setúbal | 29-05 | 11,69-13 |
| 10,95 | 1,2 | Ana Leite | Ini | Maia AC | | 08-09-01 | 1 | | Lousada | 07-05 | |
| 10,92 | 1,1 | Nádia Silva | Ini | CF Oliveira Douro | | 07-04-02 | 2 | | Maia | 04-06 | |
| 10,92 | 1,0 | Scarlett Saleiro | Jr | CA Mazarefes | | 27-05-98 | 3 | Noite | Maia | 15-06 | 11,03-15 |
| 10,89 | -0,5 | Erica Gomes | S23 | ADRE Palhaça | GBS | 09-05-94 | 2 | Mund. IPC | Doha - Qat | 30-10 | |
| 10,86 | 1,7 | Natacha Fonseca | Jv | ACR Cambra | | 2000 | 5 | OJ | Abrantes | 11-06 | |
| 10,85 | i | Flávia Lopes | Jr | SC Braga | | 15-07-98 | 1 | | Braga | 23-12 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|-------------------|-----|----------|----|------------|---------------|-------|----------|
| 11,86 | 1,0 | Tânia Carvalho | Jr | SL Benfica | | 18-10-97 | 6 | SL Benfica | Lisboa - I | 12-06 | 11,56-15 |
| 11,75 | 0,1 | Vanessa Rocha | | GA Fátima | | 02-01-90 | 1 | CNCI-2 | Setúbal | 17-07 | 12,98-12 |
| 11,37 | 1,7 | Cláudia Rodrigues | | ACR Sra. Desterro | | 11-11-89 | 2s | CNCI-Ap | Fátima | 29-05 | 12,39-13 |
| 11,00 | 0,4 | Sofia Santos | S23 | ACD Jardim Serra | | 02-06-94 | 2 | | Ribeira Brava | 17-01 | 11,28-15 |

Com vento anti regulamentar

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|-----|-------------------|-----|-------------------|-----|----------|-----|------------|------------|-------|-----------|
| 13,41 | 2,6 | Evelise Veiga | S23 | Juv. Vidigalense | | 03-03-96 | 3 | S. António | Lisboa - U | 19-06 | 12,83-15 |
| 12,77 | 3,1 | Yolanda Xavier | S23 | Juv. Vidigalense | UKR | 21-01-94 | 5ex | C. Port | Maia | 25-06 | 12,25-15 |
| 12,68 | 5,7 | Lucinda Gomes | S23 | Sporting CP | | 16-04-95 | 5 | C. Port | Maia | 25-06 | 12,72i-15 |
| 12,43 | 3,4 | Anabela Neto | | Sporting CP | | 25-03-91 | 1 | | Vagos | 23-07 | 12,95-14 |
| 12,40 | 4,3 | Maria Vaz Guedes | S23 | SL Benfica | | 05-11-96 | 6 | C. Port | Maia | 25-06 | |
| 11,75 | 4,5 | Cláudia Rodrigues | | ACR Sra. Desterro | | 11-11-89 | 4 | CNCI-1 | Setúbal | 17-07 | 12,39-13 |
| 11,67 | 2,9 | Ana Rita Silva | Jv | JA Mozelense | | 20-12-00 | 1 | OJ | Abrantes | 11-06 | |
| 11,46 | 4,8 | Juliana Brites | Jv | Juv. Vidigalense | | 22-04-00 | 3 | OJ | Abrantes | 11-06 | 11,45-15 |
| 11,44 | 3,5 | Mariana Novo | Jv | AC Póvoa Varzim | | 18-05-00 | 1 | C. Norte | Maia | 23-07 | |

| | | | | | | | | | | | |
|-------|-----|-------------------|-----|-------------------|--|----------|----|----------|------------------|-------|----------|
| 11,43 | 5,1 | Beatriz Ferreira | S23 | GD Diana | | 29-11-96 | 11 | C. Port | Maia | 25-06 | 11,12-15 |
| 11,42 | 3,1 | Marta Vargues | Jr | SL Benfica | | 15-10-97 | 2 | | Lisboa - MP | 24-04 | 11,05-15 |
| 11,38 | 2,6 | Joana Ogura | Jv | Sporting CP | | 16-02-99 | 3 | | Lisboa - MP | 19-06 | 11,27-15 |
| 11,37 | 4,3 | Palmira Martins | Jr | Esc. Movimento | | 03-05-98 | 2 | C. Norte | Maia | 23-07 | 11,05-15 |
| 11,30 | 2,9 | Scarlett Saleiro | Jr | CA Mazarefes | | 27-05-98 | 1 | | Viana do Castelo | 18-06 | 11,03-15 |
| 11,18 | 2,4 | Maria Matos | Jr | Juv. Ilha Verde | | 21-05-98 | 1 | | Ponta Delgada | 18-06 | |
| 11,12 | 3,7 | Valdénia Carvalho | | CDR Ribeirinho | | 06-07-93 | 3s | CNCI-Ap | Setúbal | 29-05 | 11,69-13 |
| 11,11 | 2,8 | Filipa Silva | S23 | ADRE Palhaça | | 28-11-94 | 4s | CNCI-Ap | Fátima | 29-05 | 11,78-10 |
| 11,06 | 2,9 | Bruna Varela | Jr | Gira Sol | | 15-04-97 | 2 | CNCI-2 | Setúbal | 17-07 | 10,90-12 |
| 11,01 | 4,4 | Joana Lopes | | CP Alcanena | | 13-10-91 | 1 | | Fátima | 18-06 | 11,35-10 |
| 10,99 | 2,2 | Nádia Silva | Ini | CF Oliveira Douro | | 07-04-02 | 2 | | Maia | 04-06 | |
| 10,99 | 3,7 | Samaritana Cabral | S23 | C Bf. Faro | | 08-11-96 | 1 | | Faro | 18-06 | 10,73-12 |
| 10,93 | 2,3 | Ana Monjane | | SC Braga | | 13-05-93 | 1s | CNCI-Ap | Viana do Castelo | 29-05 | 12,15-13 |
| 10,81 | 4,5 | Vera Lima | | ACR Sra. Desterro | | 08-12-89 | 2 | | Vagos | 23-07 | |

Peso / Shot Put – 14,00 – 10,50

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------------|-----|-------------------|-----|----------|-----|------------|--------------------|-------|--------------|
| 16,07 | | Jessica Include | S23 | Sporting CP | | 25-03-96 | 3 | TI Lanç | Leiria - CNL | 23-07 | 15,21i-15 |
| 16,02 | i | Jessica Include | S23 | | GBS | | 1 | CNCI-1 | Pombal | 05-03 | |
| 15,97 | | Jessica Include | S23 | | | | 1 | | Lisboa - MP | 03-07 | |
| 15,90 | | Jessica Include | S23 | | | | 1 | | Lisboa - I | 10-06 | |
| 15,81 | | Jessica Include | S23 | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 15,78 | | Jessica Include | S23 | | | | 1ex | | Lisboa - MP | 05-06 | |
| 15,75 | | Jessica Include | S23 | | GBS | | 1 | Lisboa | Lisboa - I | 01-05 | |
| 15,74 | | Jessica Include | S23 | | GBS | | 3 | TI Lanç | Leiria - CNL | 24-07 | |
| 15,73 | | Jessica Include | S23 | | GBS | | 1 | | Quinta do Anjo | 12-03 | |
| 15,73 | | Jessica Include | S23 | | GBS | | 4 | TCCE | Mersin - Tur | 29-05 | |
| 15,21 | | Jessica Include | S23 | | GBS | | 1 | | Lisboa - N2 | 20-07 | |
| 15,17 | i | Jessica Include | S23 | | GBS | | 1s | CNCI-Ap | Pombal | 06-02 | |
| 15,15 | | Jessica Include | S23 | | | | 1 | V. Tavares | Faro | 15-06 | |
| 15,15 | | Jessica Include | S23 | | | | 36q | JO | Rio de Janeiro-Bra | 12-08 | |
| 15,09 | | Jessica Include | S23 | | GBS | | 1 | | Quinta do Anjo | 13-03 | |
| 15,03 | i | Jessica Include | S23 | | GBS | | 1 | Pombal | Pombal | 27-02 | |
| 14,83 | i | Jessica Include | S23 | | GBS | | 1ex | C. Port | Pombal | 20-02 | |
| 14,55 | | Jessica Include | S23 | | GBS | | 1 | | Lisboa - MP | 15-05 | |
| 14,29 | | Lecabela Quaresma | | SL Benfica | | 26-12-89 | Hep | C. Port | Maia | 25-06 | 12,67-14 |
| 14,07 | | Jessica Include | S23 | | GBS | | 1 | | Lisboa - MP | 05-12 | |
| 14,02 | | Francislaine Serra | S23 | Juv. Vidigalense | BRA | 10-01-94 | 2 | | Quinta do Anjo | 12-03 | 12,75i-14/15 |
| 13,94 | | Antónia Borges | | Sporting CP | | 11-10-83 | 4 | | Vanves - Fra | 09-06 | 16,25-10 |
| 13,70 | i | Eliana Bandeira | S23 | Juv. Vidigalense | BRA | 01-07-96 | 3ex | C. Port | Pombal | 20-02 | 13,53-15 |
| 13,21 | i | Ophelie Oliveira | S23 | Juv. Vidigalense | | 21-07-96 | 3 | Pombal | Pombal | 27-02 | 12,89-15 |
| 13,08 | | Mariana Cerejo | Jr | Juv. Vidigalense | | 17-08-97 | 3 | | Quinta do Anjo | 13-03 | 11,56i-15 |
| 12,93 | i | Elsa Cruz | Jr | SC Braga | | 10-01-97 | 3 | CNCI-1 | Pombal | 05-03 | 12,11i-15 |
| 12,75 | | Marisa Vaz Carvalho | Jv | SL Benfica | | 15-11-99 | 1 | CN Jr | Viseu | 10-07 | 12,28-15 |
| 12,74 | | Fátima Ribeiro | | GD Estreito | | 28-05-91 | 1 | | Funchal | 09-01 | 12,81-15 |
| 12,49 | i | Teresa Silva | Jr | SL Benfica | | 20-08-97 | 1 | CN Jr | Braga | 13-02 | 12,21i-15 |
| 12,35 | | Inês Fernandes | | ADC Lovelhe | | 28-06-88 | 3 | CE IPC | Grosseto - Ita | 16-06 | 12,32-09 |
| 12,26 | | Silvia Cruz | Vet | Sporting CP | | 29-12-80 | 1 | | Grays - Gbr | 21-05 | 15,36-07 |
| 12,07 | | Sónia Borges | | França | | 26-08-85 | 4 | | Montgeron - Fra | 03-07 | 13,96-06 |
| 12,02 | | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | 5 | TI Lanç | Leiria - CNL | 24-07 | 10,67-15 |
| 11,85 | i | Diana Hernandez | | ACR Sra. Desterro | | 28-04-93 | 3s | CNCI-Ap | Pombal | 07-02 | 12,78-10 |
| 11,84 | i | Daniela Carvalho | Vet | Esc. Movimento | | 06-01-74 | 1 | CNCI-2 | Pombal | 05-03 | 12,53-93 |
| 11,72 | | Purificação Fernandes | | ADRE Palhaça | | 17-07-83 | 2s | CNCI-Ap | Fátima | 29-05 | 13,36-03 |
| 11,58 | | Micaela Sereno | Jv | Juv. Vidigalense | | 14-04-00 | 4 | | Quinta do Anjo | 12-03 | |
| 11,53 | | Cristiana Campos | S23 | Gira Sol | | 16-01-95 | 3 | CNCI-2 | Setúbal | 17-07 | 12,44i-13 |
| 11,32 | i | Fernanda Angélica Martins | Vet | Greecas | | 02-04-75 | 2 | CN Vet | Pombal | 12-03 | 13,08-10 |
| 11,28 | i | Juliana Pereira | S23 | SL Benfica | | 03-01-95 | 6 | C. Port | Pombal | 20-02 | 12,60i-12 |
| 11,21 | i | Anabela Neto | | Sporting CP | | 25-03-91 | PT | | Lisboa - CAR | 16-01 | 11,05-15 |
| 11,12 | | Érica Borges | Jv | CA Terceira | | 23-08-00 | 1 | | Ponta Delgada | 19-06 | |
| 11,10 | | Rosário Silva | S23 | ACR Valdágua | | 03-06-96 | 1 | | Vagos | 09-01 | 11,01i-15 |
| 11,06 | i | Cristiana Oliveira | | CA Mar. Grande | | 30-06-84 | 4s | CNCI-Ap | Pombal | 07-02 | 14,50-07 |
| 11,06 | | Cláudia Pereira | Jr | CO Pechão | | 07-10-97 | 1 | Atletis | Lagoa | 02-04 | |
| 11,04 | | Cristina Ferreira | Vet | ACD Jardim Serra | | 22-11-79 | 2s | CNCI-Ap | Ribeira Brava | 29-05 | 13,10-99 |
| 10,99 | i | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | Pen | C. Port | Pombal | 21-02 | 11,30-15 |
| 10,94 | | Ana Beatriz Gomes | Jv | CS Marítimo | | 26-11-00 | 1 | | Funchal | 21-05 | |
| 10,74 | | Catarina Abreu | S23 | JD Neves | | 29-03-96 | 2 | V. Tavares | Faro | 15-06 | 10,81-14 |
| 10,69 | | Ana Chiu | Jr | SL Benfica | | 27-02-97 | 3 | | Lisboa - N2 | 20-07 | 11,03-15 |
| 10,67 | i | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | PT | | Lisboa - CAR | 16-01 | 10,25i-15 |
| 10,67 | i | Jennifer Gomes | S23 | ACR Sra. Desterro | | 21-03-95 | PT | | Lisboa - CAR | 16-01 | |
| 10,65 | | Inês Carreira | Jv | Juv. Vidigalense | | 03-04-00 | 1 | | Rio Maior | 05-06 | |
| 10,62 | i | Isabel Soares | Jv | SC Braga | | 23-09-99 | 7 | CN Jr | Braga | 13-02 | |
| 10,62 | | Lúcia Santos | Jv | CO Pechão | ANG | 22-05-99 | 3 | V. Tavares | Faro | 15-06 | |
| 10,60 | | Angela Costa | Jv | AA Pinhalnovense | | 12-01-99 | 1 | | Sobreda | 19-06 | |
| 10,51 | | Diana Moniz | | CDR Ribeirinho | | 15-10-93 | 2 | | Sobreda | 26-05 | |
| 10,51 | | Catarina Fernandes | Jr | Sporting CP | | 16-02-98 | 3 | | Lisboa - I | 10-06 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------------|-----|-------------------|-----|----------|-----|---------|--------------|-------|-----------|
| 12,58 | | Ophelie Oliveira | S23 | Juv. Vidigalense | | 21-07-96 | 1 | C. Port | Maia | 26-06 | 12,89-15 |
| 12,37 | | Teresa Silva | Jr | SL Benfica | | 20-08-97 | 1s | CNCI-Ap | Setúbal | 29-05 | 12,21i-15 |
| 12,26 | | Elsa Cruz | Jr | SC Braga | | 10-01-97 | 1 | CNCI-2 | Setúbal | 17-07 | 12,11i-15 |
| 11,72 | | Daniela Carvalho | Vet | Esc. Movimento | | 06-01-74 | 1 | | Lousada | 02-07 | 12,53-93 |
| 11,21 | | Diana Hernandez | | ACR Sra. Desterro | | 28-04-93 | 1 | CNU | Leiria - CNL | 07-05 | 12,78-10 |
| 11,05 | | Juliana Pereira | S23 | SL Benfica | | 03-01-95 | 7 | C. Port | Maia | 26-06 | 12,60i-12 |
| 10,76 | | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | Hep | | Arona - Esp | 04-06 | 11,30-15 |
| 10,72 | | Cristiana Oliveira | | CA Mar. Grande | | 30-06-84 | 2 | CNCI-3 | Vagos | 17-07 | 14,50-07 |
| 10,63 | | Anabela Neto | | Sporting CP | | 25-03-91 | Pen | | Vagos | 03-01 | 11,05-15 |
| 10,58 | | Isabel Soares | Jv | SC Braga | | 23-09-99 | 6 | CN Jr | Viseu | 10-07 | |
| 10,57 | | Fernanda Angélica Martins | Vet | Grecas | | 02-04-75 | 3 | | Vagos | 09-01 | 13,08-10 |

Disco/Discus – 50,00 – 31,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|---------------------------|-----|-------------------|-----|----------|-----|------------|-----------------------|-------|----------|
| 63,96 | | Irina Rodrigues | | Sporting CP | | 05-02-91 | 1 | | Leiria - CNL | 05-03 | 63,25-15 |
| 63,57 | | Irina Rodrigues | | | | | 2 | | Leiria - CNL | 29-06 | |
| 61,73 | | Irina Rodrigues | | | | | 6 | | Halle - Ale | 21-05 | |
| 61,03 | | Irina Rodrigues | | | | | 1 | C. Port | Maia | 25-06 | |
| 59,81 | | Irina Rodrigues | | | | | 1 | TCCE | Mersin - Tur | 28-05 | |
| 58,14 | | Irina Rodrigues | | | | | 6 | IAAF | Londres - Gbr | 23-07 | |
| 57,36 | | Irina Rodrigues | | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 56,63 | | Irina Rodrigues | | | | | 1 | CN Lanç | Leiria - CNL | 27-02 | |
| 56,62 | | Irina Rodrigues | | | | | 1ex | | Leiria - CNL | 20-02 | |
| 56,17 | | Irina Rodrigues | | | | | 5 | IAAF | Estocolmo - Swe | 16-06 | |
| 50,40 | | Irina Rodrigues | | | | | 26q | C. Europa | Amsterdão - Hol | 06-07 | |
| 50,29 | | Jessica Inlude | S23 | Sporting CP | | 25-03-96 | 2 | TI Lanç | Leiria - CNL | 23-07 | 46,68-15 |
| 49,58 | | Juliana Pereira | S23 | SL Benfica | | 03-01-95 | 1 | | Leiria - CNL | 23-04 | 48,99-15 |
| 47,20 | | Teresa Silva | Jr | SL Benfica | | 20-08-97 | 1jr | TI Lanç | Leiria - CNL | 23-07 | 46,32-15 |
| 43,72 | | Ophelie Oliveira | S23 | Juv. Vidigalense | | 21-07-96 | 4 | | Aubagne - Fra | 17-07 | 45,34-15 |
| 43,46 | | Micaela Sereno | Jv | Juv. Vidigalense | | 14-04-00 | 4 | | Leiria - CNL | 22-06 | 41,27-15 |
| 42,72 | | Diana Hernandez | | ACR Sra. Desterro | | 28-04-93 | 3 | CNCI-1 | Setúbal | 16-07 | 47,56-11 |
| 41,85 | | Elsa Cruz | Jr | SC Braga | | 10-01-97 | 4 | C. Port | Maia | 25-06 | 40,42-15 |
| 41,81 | | Sónia Borges | | França | | 26-08-85 | 5 | | Aubagne - Fra | 16-07 | 49,81-06 |
| 41,15 | | Fernanda Angélica Martins | Vet | Grecas | | 02-04-75 | 1 | CN vet | Lisboa - U | 09-07 | 47,28-05 |
| 40,64 | | Mariana Bento | Jr | CA Mar. Grande | | 09-08-98 | 6 | | Leiria - CNL | 29-06 | 37,08-15 |
| 40,44 | | Inês Fernandes | | ADC Lovelhe | | 28-06-88 | 1 | | Lovelhe | 27-07 | 37,89-09 |
| 40,36 | | Fátima Ribeiro | | GD Estreito | | 28-05-91 | 1 | | Funchal | 23-01 | 40,50-15 |
| 39,24 | | Cláudia Campos | Jr | Maia AC | | 26-02-97 | 1 | | Viana do Castelo | 18-06 | 38,73-15 |
| 39,02 | | Cecília Rebocho | Jv | NDJ Laranjeiro | | 20-06-99 | 1 | | Sobreda | 18-06 | 35,60-15 |
| 38,64 | | Mariana Cerejo | Jr | Juv. Vidigalense | | 17-08-97 | 3 | | Quinta do Anjo | 13-03 | 34,88-15 |
| 37,48 | | Katy Soares | | Juv. Vidigalense | | 02-02-98 | 7 | | Leiria - CNL | 29-06 | |
| 36,65 | | Daniela Carvalho | Vet | Esc. Movimento | | 06-01-74 | 1 | CNCI-2 | Setúbal | 16-07 | 40,86-92 |
| 36,62 | | Cristiana Campos | S23 | Gira Sol | | 16-01-95 | 2 | CNCI-2 | Setúbal | 16-07 | 38,86-14 |
| 36,55 | | Angela Costa | Jv | AA Pinhalnense | | 12-01-99 | 5 | | Quinta do Anjo | 13-03 | 36,39-15 |
| 36,20 | | Érica Borges | Jv | CA Terceira | | 23-08-00 | 1 | | Ponta Delgada | 18-06 | |
| 35,96 | | Eva Gonçalves | Ini | NA Cucujães | | 17-04-02 | 1 | | Vagos | 15-05 | |
| 35,06 | | Margarida Ferreira | S23 | NA Cucujães | | 27-10-94 | 2 | | Lousada | 08-06 | 40,66-13 |
| 34,85 | | Margarida Borges | | AC Mocidade-Aç | | 08-07-92 | 1 | | Angra do Heroísmo | 27-06 | 35,14-12 |
| 33,69 | | Inês Carreira | Jv | Juv. Vidigalense | | 03-04-00 | 7 | | Leiria - CNL | 22-06 | |
| 33,55 | | Margarida Correia | Jv | França | | 24-09-00 | 3 | | Aix-en-Provence - Fra | 08-05 | |
| 33,19 | | Juliana Rei | Jv | Gira Sol | | 22-08-99 | 1 | | Aveiro | 18-06 | |
| 33,11 | | Mónica Silva | | ACD Jardim Serra | | 27-06-91 | 2 | | Funchal | 16-01 | 36,08-13 |
| 32,46 | | Ana Chiu | Jr | SL Benfica | | 27-02-97 | 7 | CN Jr | Viseu | 09-07 | 35,56-15 |
| 32,41 | | Jessica Gordo | S23 | CSP Paulo VI | | 29-04-94 | 2 | | Leiria - CNL | 20-02 | 31,69-13 |
| 32,32 | | Lúcia Santos | Jv | CO Pechão | ANG | 22-05-99 | 2 | V. Tavares | Faro | 15-06 | |
| 32,08 | | Carla Muriela Góis | | ADR Água Pena | | 09-02-91 | 2s | CNCI-Ap | Funchal | 28-05 | 33,97-11 |

Martelo / Hammer – 55,00 – 35,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|----------------------|-----|-------------------|-----|----------|-------|----------|-------------------|-------|----------|
| 60,11 | | Vânia Silva | Vet | Sporting CP | | 08-06-80 | 4 | TCCE | Mersin - Tur | 29-05 | 69,55-11 |
| 59,95 | | Vânia Silva | Vet | | | | 1 | | Leiria - CNL | 22-06 | |
| 59,64 | | Vânia Silva | Vet | | | | 1 | | Leiria - CNL | 30-04 | |
| 59,49 | | Vânia Silva | Vet | | | | 1 | | Leiria - CNL | 24-05 | |
| 58,53 | | Vânia Silva | Vet | | | | 1 | CNCI-1 | Setúbal | 16-07 | |
| 57,83 | | Sónia Alves | Vet | ACR Sra. Desterro | | 30-06-79 | 2 | CNCI-1 | Setúbal | 16-07 | 67,14-04 |
| 57,72 | | Ana Filipa Fernandes | Jr | Sporting CP | | 31-01-98 | 1Jr | | Lovelhe | 21-05 | 53,65-15 |
| 57,50 | | Vânia Silva | Vet | | | | 1 | CN Lanç | Leiria - CNL | 27-02 | |
| 57,35 | | Vânia Silva | Vet | | | | 1 | C. Port | Maia | 25-06 | |
| 56,88 | | Vânia Silva | Vet | | | | 1 | | Caceres - Esp | 29-06 | |
| 56,78 | | Daniela Paço | S23 | Juv. Vidigalense | | 26-08-96 | 1 | | Lovelhe | 06-07 | 55,57-15 |
| 56,74 | | Vânia Silva | Vet | | | | 1 | | Quinta do Anjo | 13-03 | |
| 56,18 | | Sónia Alves | Vet | | | | 2 | CN Lanç | Leiria - CNL | 27-02 | |
| 57,83 | | Sónia Alves | Vet | | | | 2 | CNCI-1 | Setúbal | 16-07 | |
| 56,07 | | Andreia Venade | | SC Braga | | 16-03-92 | 1 | | Lovelhe | 21-05 | 54,33-11 |
| 55,50 | | Daniela Paço | S23 | | | | 2 | | Lovelhe | 21-05 | |
| 55,49 | | Daniela Paço | S23 | | | | 3 | CNCI-1 | Setúbal | 16-07 | |
| 55,41 | | Daniela Paço | S23 | | | | 13s23 | TE Lanç | Arad - Rom | 13-03 | |
| 49,56 | | Milene Jesus | Jv | GD Estreito | | 01-06-99 | 1 | | Funchal | 21-05 | 43,91-15 |
| 48,98 | | Patrícia Penteado | | SL Benfica | | 14-09-92 | 1s | CNCI-Ap | Setúbal | 28-05 | 49,84-13 |
| 48,13 | | Rafaela Moutinho | Jr | SL Benfica | | 02-01-97 | 2 | | Leiria - CNL | 22-06 | 46,86-15 |
| 48,08 | | Catarina Abreu | S23 | JD Neves | | 29-03-96 | 4 | C. Port | Maia | 25-06 | 47,51-14 |
| 47,01 | | Cecília Rebocho | Jv | NDJ Laranjeiro | | 20-06-99 | 1 | | Sobreda | 18-06 | 42,44-15 |
| 45,85 | | Sandra Santos | | UC Eirense | | 10-04-84 | 2s | CNCI-Ap | Fátima | 28-05 | 47,42-11 |
| 45,21 | | Maria Inês Domingos | S23 | CA Mar. Grande | | 26-03-95 | 2 | CNU | Leiria - CNL | 07-05 | 46,99-15 |
| 45,21 | | Ana Chiu | Jr | SL Benfica | | 27-02-97 | 6 | C. Port | Maia | 25-06 | 40,81-15 |
| 43,18 | | Ana Granja | Jv | CD Póvoa | | 25-10-99 | 2 | C. Norte | Maia | 23-07 | |
| 42,59 | | Fernanda Silva | | NA Cucujães | | 18-11-81 | 6 | | Leiria - CNL | 05-03 | 47,02-03 |
| 42,04 | | Daniela Teixeira | | GD Estreito | | 14-07-91 | 2 | | Funchal | 18-06 | 45,71-09 |
| 41,02 | | Maria João Rodrigues | S23 | Gira Sol | | 01-07-96 | 3 | CNCI-2 | Setúbal | 16-07 | 50,86-12 |
| 40,69 | | Sara Cardoso | Jr | AAC Caparica | | 19-10-98 | 6 | CN Jr | Viseu | 09-07 | 37,39-15 |
| 40,37 | | Filipa Vasconcelos | | CS Marítimo | | 21-10-91 | 2s | CNCI-Ap | Funchal | 28-05 | 48,83-09 |
| 39,58 | | Maria José Conde | Vet | Maia AC | | 26-08-80 | 3s | CNCI-Ap | Viana do Castelo | 28-05 | 64,59-05 |
| 38,74 | | Sónia Grácio | Vet | ADR Água Pena | | 26-03-74 | 2 | | Coimbra - U | 10-06 | 54,73-99 |
| 37,93 | | Diana Spencer | Jr | NDJ Laranjeiro | | 29-06-98 | 3 | | Sobreda | 18-06 | |
| 37,60 | | Telma Ferreira | Jr | AC Mocidade-Aç | | 12-12-98 | 7 | CN Jr | Viseu | 09-07 | |
| 37,47 | | Tatiana Silva | | Juv. Vidigalense | | 17-06-97 | 2 | | Leiria - CNL | 20-02 | |
| 37,31 | | Fabiana Domingos | | CA Mar. Grande | | 05-04-93 | 3 | | Leiria - CNL | 20-02 | 43,34-10 |
| 37,13 | | Inês Fernandes | | ADC Lovelhe | | 28-06-88 | 1 | ANDDI | Luso | 07-05 | 41,72-08 |
| 38,74 | | Sónia Grácio | Vet | ADR Água Pena | | 26-03-74 | 2 | | Coimbra - U | 10-06 | 54,73-99 |
| 36,59 | | Catarina Granja | | ADC Lovelhe | | 23-05-92 | 8 | | Lovelhe | 24-04 | 40,73-10 |
| 36,47 | | Viviana Gonçalves | | ACD Jardim Serra | | 25-06-91 | 3s | CNCI-Ap | Funchal | 28-05 | 39,55-13 |
| 36,42 | | Sara Custódio | | JOMA | | 22-11-91 | 2 | | Lisboa - MP | 20-02 | 39,75-09 |
| 35,52 | | Joana Rebelo | | AC Mocidade-Aç | | 02-02-93 | 1 | | Angra do Heroísmo | 20-02 | 45,50-10 |
| 35,40 | | Florbela Mendes | Jr | Monte Kapa ED | | 21-08-97 | 4 | | Sobreda | 18-06 | |

Dardo / Javelin – 43,00 - 32,00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------|-----|-------------|-----|----------|-----|---------|------------------|-------|----------|
| 50,63 | | Silvia Cruz | Vet | Sporting CP | | 29-12-80 | 4 | TCCE | Mersin - Tur | 28-05 | 59,76-08 |
| 49,85 | | Cláudia Ferreira | Jr | Cyclones AC | | 03-10-98 | 1 | CN Jr | Viseu | 09-07 | 46,11-15 |
| 49,42 | | Silvia Cruz | Vet | | | | 1 | CNCI-1 | Setúbal | 17-07 | |
| 49,29 | | Silvia Cruz | Vet | | | | 1 | CN Lanç | Leiria - CNL | 27-02 | |
| 48,09 | | Cláudia Ferreira | Jr | | | | 27q | CM Jr | Bydgoszcz - Pol | 19-07 | |
| 47,80 | | Cláudia Ferreira | Jr | | | | 1 | C. Port | Maia | 26-06 | |
| 47,69 | | Silvia Cruz | Vet | | | | 1 | | Grays - Gbr | 21-05 | |
| 47,58 | | Cláudia Ferreira | Jr | | | | 1 | | Póvoa de Varzim | 25-05 | |
| 47,28 | | Cláudia Ferreira | Jr | | | | 2 | Noite | Maia | 15-06 | |
| 47,15 | | Cláudia Ferreira | Jr | | | | 1 | | Viana do Castelo | 19-06 | |
| 47,07 | | Silvia Cruz | Vet | | | | 1 | | Chelmsford - Gbr | 14-05 | |

| | | | | | | | | | | | |
|-------|---------------------|------------------|-----|-------------------|--|----------|-------|----------|---------------------|-------|----------|
| 46,36 | | Silvia Cruz | Vet | | | | 1 | | Manchester - Gbr | 07-08 | |
| 46,25 | Carla Ratão | | | Juv. Vidigalense | | 06-06-82 | 1 | | Valence - Fra | 19-06 | 52,29-07 |
| 46,21 | | Cláudia Ferreira | Jr | | | | 1 | | Braga | 01-05 | |
| 45,95 | | Cláudia Ferreira | Jr | | | | 13s23 | TE Lanç | Arad - Rom | 12-03 | |
| 45,93 | | Carla Ratão | | | | | 2 | C. Port | Maia | 26-06 | |
| 45,87 | | Cláudia Ferreira | Jr | | | | 1s | CNCI-Ap | Viana do Castelo | 29-05 | |
| 45,71 | | Cláudia Ferreira | Jr | | | | 1 | | Leiria - CNL | 29-06 | |
| 45,34 | | Silvia Cruz | Vet | | | | 1 | | Lee Valley - Gbr | 03-07 | |
| 45,11 | | Cláudia Ferreira | Jr | | | | 2 | | Lovelhe | 23-04 | |
| 44,98 | | Cláudia Ferreira | Jr | | | | 1 | | Viana do Castelo | 05-06 | |
| 44,83 | | Silvia Cruz | Vet | | | | 1 | | Lisboa - MP | 19-12 | |
| 44,80 | | Carla Ratão | | | | | 1 | | Cassieu - Fra | 29-06 | |
| 44,79 | | Silvia Cruz | Vet | | | | 1 | | Stoke Gifford - Gbr | 05-06 | |
| 44,52 | | Carla Ratão | | | | | 1 | | Venissieux - Fra | 05-06 | |
| 44,36 | Elisabete Silva | | | SL Benfica | | 25-04-92 | 2 | CN Lanç | Leiria - CNL | 27-02 | 50,06-11 |
| 44,16 | | Cláudia Ferreira | Jr | | | | 1 | | Viana do Castelo | 08-05 | |
| 43,83 | Marlene Araújo | | | SL Benfica | | 19-02-93 | 1 | | Sobreda | 26-05 | 40,67-14 |
| 43,78 | | Cláudia Ferreira | Jr | | | | 1 | Lima | Viana do Castelo | 14-06 | |
| 43,37 | Jessica Barreira | | Jr | Sporting CP | | 29-01-97 | 1 | | Tucson - Usa | 30-04 | 34,49-11 |
| 42,67 | Mariana Bento | | Jr | CA Mar. Grande | | 09-08-98 | 1 | F. Alves | Marinha Grande | 21-05 | 36,59-15 |
| 41,81 | Ana Pires | | | AC F. Ribeiro | | 10-12-87 | 6 | C. Port | Maia | 26-06 | 48,25-05 |
| 40,82 | Beatriz Resendes | | S23 | N Sp S. Miguel | | 30-05-94 | 4 | CN Lanç | Leiria - CNL | 27-02 | 42,56-15 |
| 40,72 | Cristina Ferreira | | Vet | ACD Jardim Serra | | 22-11-79 | 1s | CNCI-Ap | Ribeira Brava | 29-05 | 52,52-03 |
| 40,54 | Lecabela Quaresma | | | SL Benfica | | 26-12-89 | Hep | | Arona - Esp | 05-06 | 38,96-15 |
| 38,99 | Nanci Sousa | | | ACR Sra. Desterro | | 28-09-90 | 1s | CNCI-Ap | Fátima | 29-05 | 42,32-10 |
| 38,84 | Marisela Silva | | | GD Estreito | | 21-05-85 | 2 | | Ribeira Brava | 17-01 | 52,96-07 |
| 38,37 | Sara Firmino | | Jr | SL Benfica | | 28-08-98 | 7 | C. Port | Maia | 26-06 | 36,89-15 |
| 38,16 | Teresa Ribeiro | | | AC F. Ribeiro | | 23-08-88 | 8 | C. Port | Maia | 26-06 | 43,55-08 |
| 36,93 | Lara Almeida | | Vet | CDR Ribeirinho | | 14-05-80 | 2 | | Sobreda | 26-05 | 40,12-03 |
| 36,47 | Marisa Vaz Carvalho | | Jv | SL Benfica | | 15-11-99 | 4 | CN Jr | Viseu | 09-07 | |
| 36,33 | Filipa Freitas | | | CS Marítimo | | 11-02-84 | 3 | | Ribeira Brava | 17-01 | 40,81-03 |
| 35,66 | Beatriz Amaral | | Jv | GD Cavadas | | 09-10-99 | 1 | | Sobreda | 19-06 | 33,42-15 |
| 35,28 | Cláudia Campos | | Jr | Maia AC | | 26-02-97 | 1 | CNCI-2 | Setúbal | 17-07 | 35,05-14 |
| 35,09 | Cátia Costa | | | Monte Kapa ED | | 29-04-91 | 2 | | Sobreda | 19-06 | 42,95-11 |
| 34,64 | Liliana Manhente | | | Individual - P | | 30-03-85 | 1 | | Leiria - CNL | 06-07 | 35,98-10 |
| 34,47 | Carla Macedo | | | ADR Água Pena | | 22-10-90 | 1 | | Machico | 14-05 | 40,44-08 |
| 34,21 | Sónia Rodrigues | | | ADRE Palhaça | | 28-06-82 | 3s | CNCI-Ap | Fátima | 29-05 | 39,42-07 |
| 34,08 | Flávia Costa | | S23 | NA Cucujães | | 15-06-94 | 2s | CNCI-Ap | Viana do Castelo | 29-05 | 41,39-12 |
| 33,84 | Inês Carreira | | Jv | Juv. Vidigalense | | 03-04-00 | 7 | CN Jr | Viseu | 09-07 | |
| 33,11 | Fabiana Ferreira | | S23 | Grecas | | 29-03-95 | 1 | | Vagos | 23-07 | 33,58-15 |
| 33,05 | Sara Fragata | | Jr | AEA Cartaxo | | 28-03-98 | 1 | | Abrantes | 10-04 | |
| 32,69 | Angela Costa | | Jv | AA Pinhalvovense | | 12-01-99 | 3 | | Sobreda | 19-06 | |
| 32,67 | Rita Pires | | S23 | Esc. Movimento | | 15-09-96 | 3 | | Lovelhe | 23-04 | |

Heptatlo - 4000 - 3000

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|-------|---|------------------------|-----|------------------|-----|----------|-----|---------|---------------------|-------|---------|
| 5.802 | | Lecabela Quaresma | | SL Benfica | | 26-12-89 | 1 | C. Port | Maia | 26-06 | 5792-15 |
| 5.798 | | Lecabela Quaresma | | | | | 2 | | Arona - Esp | 05-06 | |
| 5.726 | | Lecabela Quaresma | | | | | 4 | IberoAm | Rio de Janeiro- Bra | 16-05 | |
| 4.820 | | Ana Margarida Oliveira | S23 | GA Fátima | | 18-07-95 | 1 | | Rio Maior | 05-06 | 5218-14 |
| 4.712 | | Rafaela Vitorino | S23 | SL Benfica | | 18-08-95 | 12 | | Arona - Esp | 05-06 | 5347-15 |
| 4.557 | | Rafaela Vitorino | S23 | | | | 2 | C. Port | Maia | 26-06 | |
| 4.482 | | Catarina Queirós | Jr | ACD Jardim Serra | | 23-01-98 | 1Jr | | Leiria | 31-07 | |
| 4.308 | | Carla Ratão | | Juv. Vidigalense | | 06-06-82 | 10 | | Oyonnax - Fra | 15-05 | 4693-15 |
| 4.284 | | Sónia Machado | Jr | Juv. Vidigalense | | 13-06-98 | 1 | CN Jr | Viseu | 10-07 | 4254-15 |
| 4.265 | | Andreia Nicolau | | CA Seia | | 01-02-91 | 3 | C. Port | Maia | 26-06 | 4060-15 |
| 4.193 | | Sónia Machado | Jr | | | | 1 | | Rio Maior | 05-06 | |
| 4.112 | | Sónia Machado | Jr | | | | 4 | C. Port | Maia | 26-06 | |
| 4.086 | | Sara Ribeiro | Jr | GA Fátima | | 21-03-98 | 2 | | Rio Maior | 05-06 | 3941-15 |
| 4.081 | | Sara Ribeiro | Jr | | | | 2Jr | | Leiria | 31-07 | |
| 4.017 | | Carolina Ribeiro | Jv | UFC Tomar | | 13-01-00 | 2 | CN Jr | Viseu | 10-07 | |
| 3.838 | | Fabiana Ferreira | S23 | Grecas | | 29-03-95 | 2 | | Leiria | 31-07 | 3941-15 |

| | | | | | | | | | | |
|-------|-------------------|-----|------------------|--|----------|-----|-------|-------------------|-------|----------|
| 3.774 | Bruna Varela | Jr | Gira Sol | | 15-04-97 | 1ex | | Lagos/Quarteira | 20-03 | |
| 3.707 | Raquel Costa | Jv | GA Fátima | | 22-10-99 | 3 | | Rio Maior | 05-06 | |
| 3.700 | Raquel Marques | Jv | SL Benfica | | 09-06-99 | 3 | CN Jr | Viseu | 10-07 | |
| 3.647 | Bruna Silva | S23 | Juv. Vidigalense | | 14-11-94 | 2 | | Rio Maior | 05-06 | 3643-15 |
| 3.598 | Diana Almeida | Jr | Gira Sol | | 30-09-97 | 2ex | | Lagos/Quarteira | 20-03 | |
| 3.586 | Rafaela Hora | Jr | EC+S Lavra | | 11-09-98 | 3Jr | | Leiria | 31-07 | |
| 3.536 | Rute Lopes | | UC Eirense | | 17-02-92 | 4 | | Leiria | 31-07 | 3260-12 |
| 3.504 | Marta Vargues | Jr | SL Benfica | | 15-10-97 | 3ex | | Lagos/Quarteira | 20-03 | 3124w-15 |
| 3.229 | Vitória Rodrigues | Jr | CA Terceira | | 06-12-97 | 1 | | Angra do Heroísmo | 20-03 | |
| 3.221 | Jessica Serra | S23 | CD Póvoa | | 06-01-95 | 1 | | Luso | 03-04 | 3575-14 |
| 3.114 | Catarina Oliveira | Jr | AC Póvoa Varzim | | 02-04-98 | 2 | | Luso | 03-04 | |
| 3.085 | Beatriz Santos | Jv | ACRD Escapães | | 27-12-00 | 5 | CN Jr | Viseu | 10-07 | |
| 3.030 | Cláudia Fernandes | Jr | ACD Jardim Serra | | 27-03-97 | 1Jr | | Ribeira Brava | 20-03 | |

3 000m M - 16.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-----------------------|-----|-------------------|-----|----------|----|----------|--------------------|-------|--------------|
| 12.25,23 | i | Ana Cabecinha | | CO Pechão | | 29-04-84 | 1 | C. Port | Pombal | 20-02 | 12.17,50-14 |
| 12.40,62 | i | Inês Henriques | Vet | CN Rio Maior | | 01-05-80 | 1 | | Pombal | 16-01 | 12.25,36i-13 |
| 12.49,18 | i | Daniela Cardoso | | Leiria Marcha | | 15-12-91 | 2 | C. Port | Pombal | 20-02 | 12.59,15i-15 |
| 13.00,47 | i | Edna Barros | S23 | CO Pechão | | 18-12-96 | 3 | C. Port | Pombal | 20-02 | 13.24,98-15 |
| 13.02,26 | i | Vitória Oliveira | | Sporting CP | | 30-08-92 | 4 | C. Port | Pombal | 20-02 | 13.16,72i-15 |
| 13.16,60 | | Kristina Saltanovic | Vet | SL Benfica | LTU | 20-02-75 | 1 | | Lisboa - MP | 30-01 | 12.47,01-02 |
| 13.25,40 | | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | 1s | CNCI-Ap | Setúbal | 28-05 | 13.18,78i-15 |
| 13.50,97 | i | Mariana Mota | S23 | SL Benfica | | 27-05-95 | 6 | C. Port | Pombal | 20-02 | 13.47,24i-15 |
| 14.14,85 | i | Sandra Silva | Vet | Grecas | | 21-09-75 | 3 | CNCI-1 | Pombal | 05-03 | 13.51,45i-14 |
| 14.18,42 | i | Nádia Cancela | | Juv. Vidigalense | | 24-04-93 | 4 | CNCI-1 | Pombal | 05-03 | 13.38,04-14 |
| 14.23,13 | i | Laura Leal | S23 | CO Pechão | | 22-05-96 | 8 | C. Port | Pombal | 20-02 | 14.49,34i-15 |
| 14.27,11 | i | Alexandra Lamas | Vet | GDP Chão Duro | | 19-06-72 | 2 | CN Vet | Pombal | 12-03 | 14.09,88i-14 |
| 14.27,70 | | Catarina Marques | S23 | CO Pechão | | 11-09-96 | tp | | Faro | 20-12 | 13.50,69-15 |
| 14.30,32 | | Carolina Costa | Jr | CO Pechão | | 12-03-98 | tp | | Faro | 20-12 | 14.37,71-15 |
| 14.32,4 | | Inês Reis | Jv | Penta C Covilhã | | 17-07-99 | 1 | | Covilhã | 28-11 | 14.50,10-15 |
| 14.39,76 | i | Vera Portela | S23 | Leiria Marcha | | 09-05-95 | 9 | C. Port | Pombal | 20-02 | 15.21,47-15 |
| 14.51,61 | i | Ana Raquel Marques | | ACR Sra. Desterro | | 21-09-83 | 5 | CNCI-1 | Pombal | 05-03 | 14.51,81i-06 |
| 14.53 | | Catarina Torres | Inf | AEA F. Mariano | | 25-06-03 | 1 | | La Corunha - Esp | 28-05 | |
| 15.27,70 | i | Rita Vazão | Jv | GD Pedreiras | | 13-06-99 | 3 | CN Jr | Braga | 13-02 | 15.42,95i-15 |
| 15.30,41 | | Felicidade Rosa | Vet | CA Galinheiras | | 03-01-79 | 1 | | Lisboa - MP | 02-07 | 15.47,71-15 |
| 15.32,93 | i | Elisabete Pinho | S23 | C Spiridon Gaia | | 10-09-95 | 11 | C. Port | Pombal | 20-02 | 15.28,76i-13 |
| 15.33,21 | | Maria Bernardo | JV | NSL Fronteira | | 19-10-99 | 2 | | Viseu | 19-12 | |
| 15.33,77 | i | Angela Carvalho | Jv | CN Rio Maior | | 06-06-00 | 2 | CN Jv | Pombal | 30-01 | |
| 15.37,94 | | Mafalda Marques | Jr | CP Corroios | | 27-11-97 | 1 | | Sobreda | 09-01 | 15.26,93-15 |
| 15.42,02 | | Liandra Gonçalves | S23 | CO Pechão | | 10-06-96 | 1 | | V. R. Sto. António | 16-01 | 15.32,82i-14 |
| 15.44,19 | | Sofia Avoila | Vet | JOMA | | 30-07-76 | 3s | CNCI-Ap | Setúbal | 28-05 | 12.53,10-95 |
| 15.52,16 | i | Marisa Soares Pereira | Vet | SC Braga | | 16-09-80 | 1 | C. Norte | Braga | 16-01 | 14.37,39i-08 |
| 15.55,94 | | Maribel Gonçalves | Vet | GD Estreito | | 01-04-78 | 6 | CNCI-1 | Setúbal | 16-07 | 12.37,89-08 |
| 15.58,57 | i | Andreia Freitas | | ACD Jardim Serra | | 02-04-83 | 6 | CNCI-1 | Pombal | 05-03 | 14.17,74i-09 |
| 15.58,59 | i | Tânia Pires | Jv | Juv. Vidigalense | | 05-10-99 | 5 | CN Jv | Pombal | 30-01 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|--------------------|-----|-------------------|-----|----------|----|---------|---------|-------|--------------|
| 13.14,45 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | tp | | Faro | 20-12 | 12.17,50-14 |
| 13.20,52 | | Vitória Oliveira | | Sporting CP | | 30-08-92 | 1 | CNCI-1 | Setúbal | 16-07 | 13.16,72i-15 |
| 14.18,65 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | tp | | Faro | 20-12 | 13.24,98-15 |
| 14.25,66 | | Sandra Silva | Vet | Grecas | | 21-09-75 | 1s | CNCI-Ap | Fátima | 28-05 | 13.51,45i-14 |
| 14.35,57 | | Nádia Cancela | | Juv. Vidigalense | | 24-04-93 | 4 | CNCI-1 | Setúbal | 16-07 | 13.38,04-14 |
| 14.55,42 | | Alexandra Lamas | Vet | GDP Chão Duro | | 19-06-72 | 1 | | Sobreda | 08-05 | 14.09,88i-14 |
| 15.42,88 | | Ana Raquel Marques | | ACR Sra. Desterro | | 21-09-83 | 2s | CNCI-Ap | Fátima | 28-05 | 14.51,81i-06 |

5 Km M - 28.00,0

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|----------------|-----|--------------|-----|----------|----|-------|--------|-------|-------------|
| 21.51,63 | | Inês Henriques | Vet | CN Rio Maior | | 01-05-80 | 1 | | Fátima | 18-06 | 21.32,08-14 |
| 21.53,13 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | 1 | | Faro | 20-12 | 21.21-12 |

| | | | | | | | | | | | |
|----------|---|----------------------|-----|-------------------|-----|----------|------|-------------|-------------------|-------|-------------|
| 22.48,67 | i | Daniela Cardoso | | Leiria Marcha | | 15-12-91 | 2 | | Pombal | 19-12 | 22.56,48-15 |
| 23.03 | | Kristina Saltanovic | Vet | SL Benfica | LTU | 20-02-75 | tp | IAAF | Rio Maior | 09-04 | 22.01-06 |
| 23.14 | | Vera Santos | | Sporting CP | | 03-12-81 | 5 | | Murcia - Esp | 24-04 | 21.01,43-10 |
| 23.33,93 | i | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | 3 | | Pombal | 19-12 | 23.26,53-15 |
| 23.38,57 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | 2 | | Faro | 20-12 | 24.31-15 |
| 23.58,55 | | Inês Reis | Jv | Penta C Covilhã | | 17-07-99 | 6 | CE Jv | Tbilissi - Geo | 14-07 | 26.34,75-15 |
| 24.18 | | Vitória Oliveira | | Sporting CP | | 30-08-92 | tp | C. Amaral | Celorico da Beira | 05-12 | 23.54,86-15 |
| 24.24,88 | | Sandra Silva | Vet | Grecas | | 21-09-75 | 1 | | Aveiro | 02-07 | 24.11,80-14 |
| 24.31,54 | | Carolina Costa | Jr | CO Pechão | | 12-03-98 | 3 | | Faro | 20-12 | 24.27,95-15 |
| 24.54 | | Catarina Marques | S23 | CO Pechão | | 11-09-96 | tp | IAAF | La Corunha - Esp | 28-05 | 24.15-15 |
| 24.58 | | Mariana Mota | S23 | SL Benfica | | 27-05-95 | 1 | | Alvaizere | 07-11 | 24.35-15 |
| 24.59 | | Nádia Cancela | | Juv. Vidigalense | | 24-04-93 | tp | IAAF | La Corunha - Esp | 28-05 | 25.23,29-11 |
| 25.18 | | Alexandra Lamas | Vet | GDP Chão Duro | | 19-06-72 | 2 | | Rio Maior | 09-04 | 24.36,80-15 |
| 24.58 | | Mariana Mota | S23 | SL Benfica | | 27-05-95 | 1 | | Alvaizere | 07-11 | 24.35-15 |
| 26.02,6 | | Felicidade Rosa | Vet | CA Galinheiras | | 03-01-79 | 1 | Galinheiras | Lisboa - MP | 14-11 | 27.10,05-15 |
| 26.18,24 | | Maria Bernardo | Jv | NSL Fronteira | | 19-10-99 | 2 | CN Jv | Lagoa | 02-07 | |
| 26.20,80 | | Vera Portela | S23 | Leiria Marcha | | 09-05-95 | 2 | | Pombal | 11-06 | 26.34,24-15 |
| 26.27 | | Rita Vazão | Jv | GD Pedreiras | | 13-06-99 | 2Jv | C. Nac | Batalha | 28-02 | 27.29,20-14 |
| 26.40 | | Angela Carvalho | Jv | CN Rio Maior | | 06-06-00 | 6 | | Rio Maior | 09-04 | |
| 26.40,9 | | Ana Raquel Marques | | ACR Sra. Desterro | | 21-09-83 | 2 | Galinheiras | Lisboa - MP | 14-11 | 25.38-06 |
| 26.41 | | Laura Leal | S23 | CO Pechão | | 22-05-96 | tp | IAAF | Rio Maior | 09-04 | 25.41-13 |
| 26.42 | | Catarina Anastácio | Jr | CDR Ribeirinho | | 26-08-97 | 1Jr | | Baixa da Banheira | 16-01 | 26.27,57-15 |
| 26.59 | | Mafalda Marques | Jr | CP Corroios | | 27-11-97 | 2 | | Baixa da Banheira | 16-01 | 26.52,82-15 |
| 27.02,78 | | Ednice Barros | Jv | CO Pechão | | 01-02-99 | 4 | CN Jv | Lagoa | 02-07 | |
| 27.06 | | Anabela Moreira | Vet | CO Pechão | | 19-08-70 | 7 | | Rio Maior | 09-04 | 25.50,70-11 |
| 27.18 | | Liandra Gonçalves | S23 | CO Pechão | | 10-06-96 | 4 | | Tunes | 03-01 | 26.35,34-14 |
| 27.30,59 | | Mariana Lopes | Ini | CD Candal | | 27-01-02 | 3jv | T. Port | Vagos | 15-03 | |
| 27.34 | | Bruna Colónia | Jv | CO Pechão | | 28-09-99 | 9 | | Rio Maior | 09-04 | |
| 27.41 | | Sandra Vieira Leitão | Vet | ADRE Palhaça | | 01-11-75 | 1Vet | | Oliveira do Douro | 03-01 | 24.01,74-04 |
| 27.43,67 | | Andreia Freitas | | ACD Jardim Serra | | 02-04-83 | 1 | | Ribeira Brava | 04-06 | 24.44,89-09 |
| 27.57 | | Lara Martins | Jv | CD Candal | | 28-12-99 | 2jv | | Oliveira do Douro | 03-01 | |
| 27.57,81 | | Ana Mestre | Ini | CO Pechão | | 27-05-02 | 5 | CN Jv | Lagoa | 02-07 | |

Melhor marca ao ar livre de atletas com melhor marca indoor

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|-----------------|-----|---------------|-----|----------|----|-------|-----------|-------|-------------|
| 22.52,84 | | Daniela Cardoso | | Leiria Marcha | | 15-12-91 | 2 | | Fátima | 18-06 | 22.56,48-15 |
| 24.24 | | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | tp | IAAF | Rio Maior | 09-04 | 23.26,53-15 |

10 Km Marcha - 60:00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|----------|---|---------------------|-----|------------------|-----|----------|------|---------|---------------------|-------|-------------|
| 43.29,57 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | 1 | C. Port | Maia | 25-06 | 43.08,17-08 |
| 43.52,80 | | Inês Henriques | Vet | CN Rio Maior | | 01-05-80 | 1 | T. Port | Vagos | 19-03 | 43.09-10 |
| 46.03,44 | | Daniela Cardoso | | Leiria Marcha | | 15-12-91 | 3 | IberoAm | Rio de Janeiro- Bra | 15-05 | 47.29-15 |
| 46.13,44 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | 3 | C. Port | Maia | 25-06 | 48.31,93-15 |
| 46.20 | | Kristina Saltanovic | Vet | SL Benfica | | 20-02-75 | tp | IAAF | Rio Maior | 09-04 | 43.53-06 |
| 46.45,94 | | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | 2 | | Vendas Novas | 14-05 | 47.48,33-14 |
| 46.46,29 | | Vitória Oliveira | | Sporting CP | | 30-08-92 | 5 | C. Port | Maia | 25-06 | 47.51,55-15 |
| 49.40 | | Susana Feitor | Vet | Leiria Marcha | | 28-01-75 | tp | | Porto de Mós | 23-01 | 42.39-01 |
| 50.25,05 | | Carolina Costa | Jr | CO Pechão | | 12-03-98 | 29 | CM Jr | Bydgoszcz - Pol | 19-07 | 53.53,00-14 |
| 50.36 | | Sandra Silva | Vet | Grecas | | 21-09-75 | 4 | | Oliveira do Douro | 03-01 | 49.15-12 |
| 50.43,07 | | Nádia Cancela | | Juv. Vidigalense | | 24-04-93 | 2ex | CNU | Leiria | 07-05 | 48.21,01-14 |
| 51.21 | | Inês Reis | Jv | Penta C Covilhã | | 17-07-99 | 6Jr | IAAF | Rio Maior | 09-04 | 54.35,60-15 |
| 51.59,04 | | Mariana Mota | S23 | SL Benfica | | 27-05-95 | 1 | CNU | Leiria | 07-05 | 49.07,82-14 |
| 52.07 | | Catarina Marques | S23 | CO Pechão | | 11-09-96 | tp | | Rio Maior | 31-01 | 48.47,65-15 |
| 52.51 | | Alexandra Lamas | Vet | GDP Chão Duro | | 19-06-72 | 3 | CE Vet | VR Sto. António | 19-05 | 50.47,16-15 |
| 53.28,70 | | Laura Leal | S23 | CO Pechão | | 22-05-96 | 5 | T. Port | Vagos | 19-03 | 53.43-15 |
| 54.30 | | Liliana Martins | | GCA Donas | | 20-07-90 | tp | | Rio Maior | 31-01 | 51.38,7-14 |
| 55.08,75 | | Mafalda Marques | Jr | CP Corroios | | 27-11-97 | 8 | C. Port | Maia | 25-06 | 55.22,54-15 |
| 55.47,10 | | Felicidade Rosa | Vet | CA Galinheiras | | 03-01-79 | 1Vet | | Vendas Novas | 14-05 | 56.59-06 |
| 56.04,50 | | Vera Portela | S23 | Leiria Marcha | | 09-05-95 | 6 | T. Port | Vagos | 19-03 | 55.43,58-15 |
| 56.20 | | Catarina Anastácio | Jr | CDR Ribeirinho | | 26-08-97 | 2Jr | C. Nac | Batalha | 28-02 | 56.18-15 |
| 56.22,63 | | Angela Carvalho | Jv | CN Rio Maior | | 06-06-00 | 2 | CN Jr | Viseu | 10-07 | |

| | | | | | | | | | | |
|----------|-------------------|-----|------------------|--|----------|-----|---------|---------------|-------|-------------|
| 56.25,22 | Anabela Moreira | Vet | CO Pechão | | 19-08-70 | 7 | T. Port | Vagos | 19-03 | 56.11,63-11 |
| 56.27,34 | Andreia Freitas | | ACD Jardim Serra | | 02-04-83 | 1 | | Ribeira Brava | 18-06 | 51.54,57-09 |
| 56.32,31 | Maria Bernardo | Jv | NSL Fronteira | | 19-10-99 | 1Jv | | Vendas Novas | 14-05 | |
| 57.38,33 | Liandra Gonçalves | S23 | CO Pechão | | 10-06-96 | 8 | T. Port | Vagos | 19-03 | 54.16,55-14 |
| 58.55,93 | Bianca Amaral | S23 | Juv. Ilha Verde | | 30-01-96 | 1 | | Ponta Delgada | 18-06 | 59.54,78-15 |

20 Km M - 1:40.00 - 2:00.00

| Marca | V | Nome | Esc | Clube | Obs | Nasc. | CI | Prova | Local | Data | MMP |
|---------|---|---------------------|-----|------------------|-----|----------|-----|-----------|--------------------|-------|-------------|
| 1.28,40 | | Ana Cabecinha | | CO Pechão | | 29-04-84 | 6 | C Mundo | Roma - Ita | 07-05 | 1.27,46-08 |
| 1.29,00 | | Inês Henriques | Vet | CN Rio Maior | | 01-05-80 | 8 | C Mundo | Roma - Ita | 07-05 | 1.29,30-13 |
| 1.29,11 | | Ana Cabecinha | | | | | 3 | IAAF | Dudince - Svk | 19-03 | |
| 1.29,14 | | Inês Henriques | Vet | | | | 5 | IAAF | Rio Maior | 09-04 | |
| 1.29,23 | | Ana Cabecinha | | | | | 6 | JO | Rio de Janeiro-Bra | 19-08 | |
| 1.29,28 | | Inês Henriques | Vet | | | | 4 | IAAF | La Corunha - Esp | 28-05 | |
| 1.30,52 | | Inês Henriques | Vet | | | | 1 | C. Port | Batalha | 28-02 | |
| 1.31,17 | | Ana Cabecinha | | | | | 9 | IAAF | Rio Maior | 09-04 | |
| 1.31,28 | | Inês Henriques | Vet | | | | 12 | JO | Rio de Janeiro-Bra | 19-08 | |
| 1.32,48 | | Inês Henriques | Vet | | | | 2 | IAAF | Chihuahua - Mex | 06-03 | |
| 1.33,34 | | Susana Feitor | Vet | Leiria Marcha | | 28-01-75 | 2 | C. Port | Batalha | 28-02 | 1.27,55-01 |
| 1.33,46 | | Daniela Cardoso | | Leiria Marcha | | 15-12-91 | 3 | C. Port | Batalha | 28-02 | 1.35,43-15 |
| 1.34,13 | | Daniela Cardoso | | | | | 1 | | Porto de Mós | 23-01 | |
| 1.34,14 | | Kristina Saltanovic | Vet | SL Benfica | LTU | 20-02-75 | 11 | IAAF | Rio Maior | 09-04 | 1.30,44-02 |
| 1.35,07 | | Inês Henriques | Vet | | | | tp | | Porto de Mós | 23-01 | |
| 1.35,18 | | Daniela Cardoso | | | | | 13 | IAAF | Rio Maior | 09-04 | |
| 1.35,37 | | Daniela Cardoso | | | | | 50 | C Mundo | Roma - Ita | 07-05 | |
| 1.36,13 | | Daniela Cardoso | | | | | 37 | JO | Rio de Janeiro-Bra | 19-08 | |
| 1.36,16 | | Kristina Saltanovic | Vet | | LTU | | 4ex | C. Port | Batalha | 28-02 | |
| 1.37,40 | | Mara Ribeiro | S23 | SL Benfica | | 11-05-95 | 14 | IAAF | Rio Maior | 09-04 | 1.39,33-15 |
| 1.38,21 | | Vitória Oliveira | | Sporting CP | | 30-08-92 | 15 | IAAF | Rio Maior | 09-04 | 1.46,18-14 |
| 1.38,42 | | Daniela Cardoso | | | | | 1 | | Leiria | 22-11 | |
| 1.39,30 | | Mara Ribeiro | S23 | | | | 4 | C. Port | Batalha | 28-02 | 1.39,33-15 |
| 1.39,37 | | Kristina Saltanovic | Vet | | LTU | | 1 | Euro Mast | V. R. Sto. António | 21-05 | |
| 1.39,54 | | Edna Barros | S23 | CO Pechão | | 18-12-96 | 5 | C. Port | Batalha | 28-02 | 48.31,93-15 |
| 1.40,27 | | Vera Santos | | Sporting CP | | 03-12-81 | 72 | C Mundo | Roma - Ita | 07-05 | 1.28,02-14 |
| 1.41,43 | | Nádia Cancela | | Juv. Vidigalense | | 24-04-93 | 33 | IAAF | La Corunha - Esp | 28-05 | 1.42,56-13 |
| 1.46,44 | | Catarina Marques | S23 | CO Pechão | | 11-09-96 | 37 | IAAF | Dudince - Svk | 19-03 | |
| 1.48,44 | | Sandra Silva | Vet | Grecas | | 21-09-75 | 2 | Euro Mast | V. R. Sto. António | 21-05 | 1.42,09-14 |
| 1.49,23 | | Mariana Mota | S23 | SL Benfica | | 27-05-95 | 7 | C. Port | Batalha | 28-02 | 1.42,41-15 |
| 1.49,43 | | Laura Leal | S23 | CO Pechão | | 22-05-96 | 8 | C. Port | Batalha | 28-02 | |
| 1.52,11 | | Alexandra Lamas | Vet | GDP Chão Duro | | 19-06-72 | 4 | Euro Mast | V. R. Sto. António | 21-05 | 1.47,46-14 |
| 1.53,44 | | Vera Portela | S23 | Leiria Marcha | | 09-05-95 | 20 | IAAF | Rio Maior | 09-04 | 55.43,58-15 |
| 1.56,47 | | Liandra Gonçalves | S23 | CO Pechão | | 10-06-96 | 10 | C. Port | Batalha | 28-02 | |

4 x 100 m – 50,00 – 53,00

| Marca | V | Clube | Esc | Atletas | Obs | Cl | Prova | Local | Data |
|-------|---|---------------------------|-----|---|-----|----|---------|---------------|-------|
| 44,85 | | Sporting CP | | S. Duarte, L. Bazolo, C. Tavares, O. Barbosa | | 1 | CNCI-1 | Setúbal | 16-07 |
| 45,95 | | Sporting CP | | A. N'Diaye, D. Bazolo, C. Tavares, O. Barbosa | * | 3 | TCCE | Mersin - Tur | 28-05 |
| 46,16 | | Sporting CP | | S. Mags, D. Bazolo, C. Tavares, O. Barbosa | * | 1 | | Vagos | 21-05 |
| 46,48 | | SL Benfica | | C. Pereira, C. Santos, S. Santos, M. Monteiro | | 2 | CNCI-1 | Setúbal | 16-07 |
| 46,76 | | SL Benfica | | A. Alves, C. Pereira, S. Santos, C. Santos | | 1s | CNCI-Ap | Setúbal | 28-05 |
| 46,78 | | Sporting CP | | S. Duarte, F. Martins, C. Gama, L. Nascimento | | 2 | | Vagos | 21-05 |
| 48,20 | | Juventude Vidigalense | | J. Viegas, A. Grácio, E. Veiga, A. Moreira | | 3 | CNCI-1 | Setúbal | 16-07 |
| 48,54 | | SL Benfica | S23 | V. Fernandes, C. Santos, MV Guedes, A. Alves | | 1 | C. Port | Maia | 25-06 |
| 48,99 | | Sporting CP | Jr | M. Silva, C. Karas, R. Faria, G. Machado | * | 1 | | Lisboa - M | 04-06 |
| 49,01 | | Juventude Vidigalense | S23 | A. Humenyuk, A. Grácio, E. Veiga, A. Moreira | | 1s | CNCI-Ap | Fátima | 28-05 |
| 49,10 | | ACR Sra. Desterro | | F. Ribeiro, C. Cunha, J. Gomes, R. Limpo | | 4 | CNCI-1 | Setúbal | 16-07 |
| 49,27 | | Seleção Lisboa | Jv | R. Marques, C. Karas, F. Baldé, P. Silva | * | 1 | OJ | Abrantes | 12-06 |
| 49,35 | | Sporting CP | Jr | C. Santos, C. Karas, R. Faria, J. Ogura | | 1 | CN Jr | Viseu | 09-07 |
| 49,55 | | Juventude Vidigalense | S23 | R. Lourenço, A. Grácio, B. Silva, J. Viegas | | 2 | C. Port | Maia | 25-06 |
| 49,61 | | Juventude Vidigalense | Jr | A. Humenyuk, L. Cordeiro, A. Moreira, J. Brites | | 2 | CN Jr | Viseu | 09-07 |
| 49,75 | | CA Sal. Manique | Jv | R. Djombate, C. Lourenço, S. Paulico, F. Baldé | * | 1 | CN Jv | Lagoa | 02-07 |
| 49,82 | | Sporting CP | Jv | M. Bento, M. Silva, D. Rodrigues, C. Karas | * | 2 | CN Jv | Lagoa | 02-07 |
| 50,07 | | Seleção D. Esc. Lisboa VT | Jr | M. António, C. Lourenço, B. Gameiro, F. Baldé | * | 1 | CN DE | Vagos | 21-05 |
| 50,09 | | Gira Sol | Jr | D. Almeida, I. Arada, B. Varela, E. Grangeia | | 4 | CN Jr | Viseu | 09-07 |
| 50,10 | | EB2,3 MD Saraiva | Jr | B. Cruz, C. Pereira, R. Pinheiro, R. Parreira | | 2 | CN DE | Vagos | 21-05 |
| 50,10 | | Maia AC | | S. Lascasas, I. Aires, J. Neto, I. Dias | | 1 | CNCI-2 | Setúbal | 16-07 |
| 50,35 | | Seleção Leiria | Jv | B. Mota, J. Brites, I. Lopes, J. Carlos | | 2 | OJ | Abrantes | 12-06 |
| 50,54 | | Seleção Setúbal | Jv | A. Costa, R. Mata, P. Alminhas, C. Narciso | | 3 | OJ | Abrantes | 12-06 |
| 50,65 | | JUN Ideal | Jv | C. Ribeiro, F. Silva, J. Semedo, F. Oliveira | | 3 | CN Jv | Lagoa | 02-07 |
| 50,77 | | IPS Bustos | Jr | I. Arada, B. Santiago, J. Moreto, E. Grangeia | | 3 | CN DE | Vagos | 21-05 |
| 50,80 | | GD Estreito | | R. Rocha, R. Santos, M. Santos, T. Freitas | * | 1s | CNCI-Ap | Ribeira Brava | 28-05 |
| 50,86 | | Seleção D. Esc. Norte | Jr | A. Mendes, F. Coutinho, R. Hora, S. Saleiro | | 4 | CN DE | Vagos | 21-05 |
| 51,11 | | UC Eirense | | E. Silva, R. Costa, Ri. Lopes, Ru. Lopes | | 3 | | Vagos | 21-05 |
| 51,17 | | Seleção Porto | Jv | M. Novo, B. Silva, L. Pinto, J. Neto | | 4 | OJ | Abrantes | 12-06 |
| 51,29 | | ADRE Palhaça | Jv | J. Vieira, M. Rodrigues, O. Conceição, C. Rodrigues | | 4 | CN Jv | Lagoa | 02-07 |
| 51,41 | | Greças | | S. Simões, S. Neves, F. Ferreira, C. Silva | | 5 | CNCI-1 | Setúbal | 16-07 |
| 51,44 | | ACD Jardim Serra | | C. Costa, D. Pereira, M. Mendonça, C. Queirós | | 2s | CNCI-Ap | Ribeira Brava | 28-05 |
| 51,63 | | Escola do Movimento | | B. Vila, M. Rodrigues, I. Ferrão, I. Luís | | 4 | CNCI-2 | Setúbal | 16-07 |
| 51,66 | | GD Cavadas | Jv | D. Amaro, J. Fernandes, M. Santos, R. Mata | * | 6 | CN Jv | Lagoa | 02-07 |
| 51,69 | | CA Mar. Grande | Jv | A. Frias, I. Lopes, C. Esteves, MI Teixeira | | 7 | CN Jv | Lagoa | 02-07 |
| 51,80 | | CA Seia | | J. Gomes, M. Rodrigues, A. Nicolau, C. Augusto | | 1 | | Guarda | 18-06 |
| 51,81 | | Seleção Aveiro | Jv | AR Silva, B. Santos, B. Duarte, C. Rodrigues | | 5 | OJ | Abrantes | 12-06 |
| 51,90 | | CS Marítimo | | T. Caires, C. Bairrada, V. Sousa, N. Nobrega | | 3s | CNCI-Ap | Ribeira Brava | 28-05 |
| 51,97 | | GA Fátima | | R. Costa, S. Ribeiro, V. Rocha, A. Oliveira | | 2s | CNCI-Ap | Fátima | 28-05 |
| 52,32 | | Seleção Algarve | Jv | Z. Sousa, M. Mascarenha, E. Carlos, F. Diallo | | 6 | OJ | Abrantes | 12-06 |
| 52,47 | | C. Bf. Faro | | A. Mendes, S. Cabral, A. Carrasqueiro, J. Melo | | 2s | CNCI-Ap | Setúbal | 28-05 |
| 52,47 | | CDR Ribeirinho | | N. Lourenço, V. Carvalho, D. Moniz, K. Gomes | * | 1 | CNCI-3 | Vagos | 16-07 |
| 52,48 | | JO Monte Abraão | | A. Borges, A. Gomes, C. Cunha, I. Vitorino | | 3s | CNCI-Ap | Setúbal | 28-05 |
| 52,60 | | Colégio Novo Maia | Jr | M. Grácio, B. Silva, A. Leite, S. Moreira | | 5 | CN DE | Vagos | 21-05 |
| 52,88 | | AA Pinhalovense | | A. Costa, I. Rangel, C. Coelho, F. Cardoso | | 2 | | Sobreda | 25-06 |
| 52,93 | | Seleção Braga | Jv | S. Rodrigues, F. Silva, R. Carvalho, F. Oliveira | | 7 | OJ | Abrantes | 12-06 |
| 52,97 | | AC Vermoil | | M. Santos, S. Gomes, M. Mota, C. Nogueira | | 2 | CNCI-3 | Vagos | 16-07 |
| 53,00 | | Seleção Santarém | Jv | A. Batista, C. Vergas, F. Clérigo, R. Costa | | 8 | OJ | Abrantes | 12-06 |

(*) com atletas estrangeiros

4 x 400 m – 4.05,0 – 4.30,0

| Marca | V | Clube | Esc | Atletas | Obs | Cl | Prova | Local | Data |
|---------|---|------------------|-----|--|-----|----|-----------|------------------|-------|
| 3.32,48 | | Seleção Nacional | | R. Mentai, F. Martins, C. Azevedo, D. Évora | | 7h | C. Europa | Amesterdão - Hol | 09-07 |
| 3.36,43 | | Sporting CP | | M. Tavares, V. Barbosa, F. Martins, C. Azevedo | | 1 | TCCE | Mersin - Tur | 29-05 |
| 3.41,54 | i | Sporting CP | | F. Martins, V. Barbosa, M. Tavares, C. Azevedo | RN | 1 | CNCI-1 | Pombal | 06-03 |

| | | | | | | | | | |
|---------|---|-----------------------|-----|---|---|----|----------|------------------|-------|
| 3.42,31 | | Sporting CP | | A. Crespo, P. Lopes, V. Barbosa, F. Martins | | 1 | CNCI-1 | Setúbal | 17-07 |
| 3.46,95 | | SL Benfica | | C. Santos, C. Pereira, R. Mentai, D. Évora | | 2 | CNCI-1 | Setúbal | 17-07 |
| 3.48,61 | i | SL Benfica | | M. Francisco, C. Santos, R. Mentai, D. Évora | | 2 | CNCI-1 | Pombal | 06-03 |
| 3.49,03 | i | Sporting CP | | F. Martins, V. Barbosa, A. Crespo, M. Tavares | | 1s | CNCI-Ap | Pombal | 06-02 |
| 3.49,08 | i | Sporting CP | | P. Lopes, M. Tavares, F. Martins, A. Crespo | | 1 | C. Port | Pombal | 21-02 |
| 3.49,72 | i | Sporting CP | | F. Martins, V. Barbosa, M. Tavares, C. Azevedo | | 1 | T. Port | Pombal | 23-01 |
| 3.55,22 | i | SL Benfica | | C. Santos, N. Gaspar, R. Mentai, D. Évora | | 1s | CNCI-Ap | Pombal | 07-02 |
| 3.57,83 | | SL Benfica | | C. Pereira, R. Vitorino, M. Francisco, R. Mentai | | 1s | CNCI-Ap | Setúbal | 29-05 |
| 4.01,20 | | Juventude Vidigalense | | A. Moreira, B. Silva, L. Delgado, C. Jacinto | | 3 | CNCI-1 | Setúbal | 17- |
| 4.01,26 | i | Juventude Vidigalense | | A. Moreira, L. Delgado, B. Silva, C. Jacinto | | 3 | CNCI-1 | Pombal | 06-03 |
| 4.02,01 | i | ACR Sra. Desterro | | C. Cunha, R. Ribeiro, A. Vitorino, V. Lima | | 4 | CNCI-1 | Pombal | 06-03 |
| 4.02,72 | | ACR Sra. Desterro | | C. Cunha, R. Ribeiro, A. Vitorino, V. Lima | | 1s | CNCI-Ap | Fátima | 29-05 |
| 4.02,72 | | ACR Sra. Desterro | | C. Cunha, R. Ribeiro, A. Vitorino, V. Lima | | 1s | CNCI-Ap | Fátima | 29-05 |
| 4.02,91 | | Maia AC | Jr | I. Dias, A. Ribeiro, I. Aires, A. Pereira | | 1 | CN Jr | Viseu | 10-07 |
| 4.03,95 | | Juventude Vidigalense | Jr | D. Melnik, A. Moreira, A. Humenyuk, L. Cordeiro | * | 2 | CN Jr | Viseu | 10-07 |
| 4.04,12 | i | SL Benfica | | M. Francisca, N. Gaspar, C. Vanessa, C. Santos | | 2 | T. Port | Pombal | 23-01 |
| 4.04,86 | i | SC Braga | | V. Castro, I. Silva, S. Silva, E. Gomes | | 5 | CNCI-1 | Pombal | 06-03 |
| 4.05,03 | | ACR Sra. Desterro | | C. Cunha, R. Ribeiro, A. Vitorino, V. Lima | | 4 | CNCI-1 | Setúbal | 17-07 |
| 4.05,22 | | ACD Jardim Serra | | A. Fernandes, M. Mendonça, S. Martins, J. Soares | | 1s | CNCI-Ap | Ribeira Brava | 29-05 |
| 4.05,99 | | UC Eirense | Jr | M. Veloso, R. Costa, F. cantante, E. Silva | | 3 | CN Jr | Viseu | 10-07 |
| 4.06,53 | i | ADRE Palhaça | | C. Rodrigues, M. Cardoso, C. Amorim, O. Conceição | | 6 | CNCI-1 | Pombal | 06-03 |
| 4.11,44 | | CS Marítimo | | N. Nobrega, C. Ferreira, R. Ferreira, C. Duarte | | 2s | CNCI-Ap | Ribeira Brava | 29-05 |
| 4.11,80 | | GD Estreito | | D. Silva, D. Sousa, M. Santos, C. Santos | | 3s | CNCI-Ap | Fátima | 29-05 |
| 4.12,23 | | UD Varzea | S23 | S. Ferreira, S. Duarte, S. Gomes, S. Teixeira | | 1 | C. Norte | Maia | 24-07 |
| 4.15,41 | i | GA Fátima | | B. Gomes, S. Ribeiro, B. Santos, A. Oliveira | | 2s | CNCI-Ap | Pombal | 07-02 |
| 4.15,54 | i | Grecas | | S. Neves, F. Martins, C. Sarabando, I. Sousa | | 3s | CNCI-Ap | Pombal | 06-02 |
| 4.16,26 | i | GD Diana | | A. Mendes, I. Piló, M. Quaresma, R. Haar | | 2 | CNCI-2 | Pombal | 06-03 |
| 4.16,50 | | GD Cavadas | Jr | R. Morgado, P. Carvalho, B. Meirinhos, B. Amaral | | 5 | CN Jr | Viseu | 10-07 |
| 4.17,44 | | CA Arcos Valdevez | Jr | T. alves, I. Silva, I. Amorim, A. Fernandes | | 2 | C. Norte | Maia | 24-07 |
| 4.18,65 | i | Gira Sol | | D. Almeida, S. Castanhas, B. Varela, M. Martins | | 3 | CNCI-2 | Pombal | 06-03 |
| 4.21,21 | i | Escola do Movimento | | S. Rocha, D. Amorim, C. Mendes, L. Pinto | | 6 | CNCI-2 | Pombal | 06-03 |
| 4.25,56 | i | CA Seia | | C. Costa, A. Nicolau, C. Augusto, M. Rodrigues | | 3s | CNCI-Ap | Pombal | 07-02 |
| 4.28,69 | i | CA Salesianos Manique | | J. Vitorino, B. Undonque, C. Lourenço, R. Gomes | | 1s | CNCI-Ap | Pombal | 06-02 |
| 4.29,41 | i | CO Pechão | | A. Pimenta, C. Marques, E. Barros, A. Cabecinha | | 5s | CNCI-Ap | Pombal | 06-02 |
| 4.29,85 | | AA Ch. Caparica | Jr | A. Machado, M. Pires, B. Santos, N. Laranjeira | | 2 | | Sobreda | 05-06 |
| 4.29,88 | | C Spiridon Gaia | | C. Barbosa, A. Cunha, J. Fortuna, A. Costa | | 3s | CNCI-Ap | Viana do Castelo | 29-05 |

(*) com atletas estrangeiros

Melhor marca ao ar livre de clubes com melhor marca indoor

| Marca | V | Clube | Esc | Atletas | Obs | Cl | Prova | Local | Data |
|---------|---|--------------|-----|--|-----|----|---------|------------------|-------|
| 4.08,97 | | SC Braga | S23 | J. Silva, S. Silva, M. Machado, E. Gomes | | 2s | CNCI-Ap | Viana do Castelo | 29-05 |
| 4.16,15 | | ADRE Palhaça | | C. Amorim, C. Reis, M. Simões, O. Conceição | | 2 | CNCI-2 | Setúbal | 17-07 |
| 4.21,47 | | Gira Sol | | D. Santos, D. Guerra, B. Santiago, M. Martins | | 5s | CNCI-Ap | Fátima | 29-05 |
| 4.21,50 | | Grecas | S23 | S. Simões, F. Martins, P. Oliveira, V. Ribeiro | | 8 | CNCI-1 | Setúbal | 17-07 |
| 4.29,35 | | GD Diana | | A. Mendes, A. Barroco, S. Inácio, M. Quaresma | | 1 | CNCI-3 | Vagos | 17-07 |