

SÉNIORES MASCULINOS

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|-------------|----------|----------------------|----------|-------------|--------------|
| 100 m | 11.25 | Bruno Miguel/75 | SBCB | 16.06.94 | Viseu |
| 200 m | 22.48 | Vitor Jorge/74 | ADCPN | 19.07.91 | Bruxelas |
| 400 m | 48.63 | Vitor Jorge/74 | ADCPN | 22.07.91 | Maia |
| 800 m | 1.55.81 | Daniel Ponte/80 | VALONGO | 16.05.98 | Viseu |
| 1.500 m | 4.02.11 | Nuno Maia/75 | JOANES | 31.07.93 | Lx N |
| 3.000 m | 8.35.17 | José Morgado/75 | APA/VA | 24.07.99 | Viseu |
| 5.000 m | 14.40.64 | João Serralheiro/70 | ESNA | 08.04.95 | Viseu |
| 10.000 m | 31.06.20 | Orlando Francisco/69 | ESNA | 16.05.96 | Viseu |
| 110 mb | 15.68 | Daniel Casteleira/73 | ESNA | 25.07.92 | Lx N |
| 400 mb | 55.44 | Bruno Gamboa/78 | ESNA | 05.07.97 | Viseu |
| 3.000 m obs | 9.22.14 | João Serralheiro/70 | ESNA | 08.04.95 | Viseu |
| 5.000 mm | 24.20.0 | Domingos Reis/80 | VALONGO | 29.05.99 | Viseu |
| 10.000 mm | 50.29.12 | Domingos Reis/80 | VALONGO | 03.07.99 | Guarda |
| 4 X 100 m | 44.54 | | SEL AACB | 27.07.94 | Viseu |
| | 44.92 | | ESNA | 10.06.94 | Viseu |
| 4 X 200 m | 1.36.66 | | ESNA | 02.07.97 | Lx U |
| 4 X 400 m | 3.30.96 | | ESNA | 10.06.94 | Viseu |
| Comprimento | 7.11 | Rui Beato/76 | ESNA | 25.07.98 | T. Monfort. |
| Triplo | 14.50 | Rui Beato/76 | ESNA | 03.96.99 | Coimbra |
| Altura | 2.02 | Bruno Miguel/75 | SBCB | 02.07.94 | Maia |
| Vara | 3.25 | António Paulo/52 | ESNA | 01.05.95 | Viseu |
| Peso | 11.66 | Mário Macedo/56 | ESNA | 21.06.97 | Guarda |
| Disco | 36.69 | Dino Santos/77 | VALONGO | 11.07.99 | C. Branco |
| Dardo | 51.70 | Daniel Casteleira/73 | ESNA | 09.06.91 | Lx N |
| Martelo | 39.40 | Gonçalo Teixeira/76 | VALONGO | 10.06.99 | C. Branco |
| Decatlo | 5386 P | Gilberto Enes/75 | ESNA | 10/11.04.99 | Coimbra |
| 20 Km | 1.04.36 | Orlando Francisco/70 | ESNA | 21.01.96 | Almeirim |
| M. Maratona | 1.05.22 | Orlando Francisco/70 | ESNA | 17.12.95 | Tondela |
| Maratona | 2.20.29 | João Serralheiro/70 | MATA | 24.11.02 | S. Sebastian |

JÚNIORES MASCULINOS

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|---------------|----------|-----------------------------|-----------------|----------|------------------|
| 100 m | 11.25 | Bruno Miguel/75 | SBCB | 16.06.94 | Viseu |
| 200 m | 22.48 | Vitor Jorge/74 | ADCPN | 19.07.91 | Bruxelas |
| 400 m | 48.63 | Vitor Jorge/74 | ADCPN | 27.07.91 | Maia |
| 1000 m | 2.35.3 | Daniel Ponte/80 | ESNA | 22.03.97 | Leiria |
| 800 m | 1.55.81 | Daniel Ponte/80 | VALONGO | 16.05.98 | Viseu |
| 1500 m | 4.02.11 | Nuno Maia/75 | JOANES | 31.07.93 | Lx N |
| 3000 m | 8.49.76 | Luis Leitão/81 | MATA | 09.05.99 | Aveiro |
| 3000 mobst | 9.30.0 | Nuno Curto/79 | MATA | 12.07.98 | Leiria |
| 5000 m | 15.12.09 | Nuno Maia/75 | JOANES | 17.07.93 | Viseu |
| 110 mbar 1.06 | 15.68 | Daniel Casteleira/73 | ESNA | 25.07.92 | Lx N |
| 110 mbar 1.00 | 15.84 | Daniel Casteleira/73 | ESNA | 11.07.92 | Viseu |
| 400 mbar | 55.44 | Bruno Gamboa/78 | ESNA | 05.07.97 | Viseu |
| 5000 marcha | 24.20.00 | Domingos Reis/80 | VALONGO | 29.05.99 | Viseu |
| 10000 march | 50.29.12 | Domingos Reis/80 | VALONGO | 03.07.99 | Guarda |
| Compriment. | 6.90 | Rui Beato/76 | ESNA | 10.06.94 | Viseu |
| Triplo | 14.09 | Abel Enfica/79 | ESAL | 01.07.97 | Guarda |
| Altura | 2.02 | Bruno Miguel/75 | SBCB | 07.03.94 | Maia |
| Vara | 3.10 | Carlos Nunes/80 | ESNA | 06.07.97 | Viseu |
| Peso 7260 kg | 10.65 | Gabriel Colchete/76 | SBCB | 10.06.94 | Viseu |
| Peso 6 kg | 13.73 | David Santos/83 | VALONGO | 19.03.02 | Guarda |
| Disco 1.750k | 28.50 | Helder Lourenço | IND. | 09.03.03 | C. Branco |
| 4 X 100 m | 44.54 | | SELECÇÃO | 27.07.94 | Viseu |
| | 44.92 | | ESNA | 10.06.94 | Viseu |
| 4 X 400 m | 3.34.10 | | ESNA | 03.07.94 | Maia |
| Ocatlo | 4703 p | Daniel Casteleira/73 | ESNA | 09.06.91 | Lx N |
| Decatlo | 4828 p | Daniel Casteleira/73 | ESNA | 21.06.92 | Lx A |

JUVENIS MASCULINOS

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|--------------|---------|-----------------------------|------------------|-------------|------------------|
| 100 m | 11.26 | Luis Cardoso/84 | IST | 25.06.01 | Maia |
| 200 m | 22.48 | Vitor Jorge/74 | ADCPN | 19.07.91 | Bruxelas |
| 400 m | 48.63 | Vitor Jorge/74 | ADCPN | 27.09.91 | Maia |
| 800 m | 1.57.21 | Vitor Jorge/74 | ADCPN | 27.07.91 | Maia |
| 1000 m | 2.35.3 | Daniel Ponte/80 | ESNA | 22.03.97 | Leiria |
| 1500 m | 4.07.84 | Daniel Ponte/80 | ESNA | 29.05.97 | Leiria |
| 3000 m | 8.53.98 | Bruno Fortunato/79 | ES FUNDÃO | 16.06.96 | Maia |
| 110 mbar | 16.02 | Tiago Patricio/77 | SBCB | 21.05.94 | Viseu |
| 400 mbar | 58.76 | Bruno Gamboa/78 | ESNA | 03.06.95 | Viseu |
| 2000 mobst | 6.14.85 | Hélio Barreto/86 | DONAS | 17.05.03 | Guimarães |
| 3000 m | 9.03.27 | Hélio Barreto/86 | DONAS | 18.05.03 | Guimarães |
| Compriment. | 6.78 | Rui Beato/76 | ESNA | 17.07.93 | Viseu |
| Altura | 1.93 | Abel Enfica/79 | ESAL | 29.06.96 | Viseu |
| Vara | 3.15 | Cristovão Afonso/88 | VALONGO | 15.03.03 | Abrantes |
| Triplo | 13.57 | Rui Beato/76 | ESNA | 20.06.93 | Maia |
| Disco 1.5 kg | 29.53 | Bruno Freitas/86 | VALONGO | 10.05.03 | C. Branco |
| Peso 5 kg | 13.01 | Marco Vilela/79 | CMCDVVR | 27.04.96 | VV Rodão |
| Martelo 5 kg | 31.91 | David Santos/83 | VALONGO | 18.06.00 | C. Branco |
| Dardo 600 gr | 53.18 | Daniel Casteleira/73 | ESNA | 03.06.90 | Lx N |
| Dardo 700 gr | 45.56 | Helder Lourenço/85 | VALONGO | 18.05.02 | Seixal |
| 5000 marcha | 26.06.5 | Ricardo Alves/82 | JFTEIXOSO | 27.06.99 | Aveiro |
| 4 X 100 m | 45.71 | | ESNA | 06.07.93 | Viseu |
| 4 X 400 m | 3.38.69 | | DONAS | 13.06.98 | Viseu |
| Heptatlo | 3850 P | Daniel Miguel/83 | ESAL | 12/13.03.00 | C. Branco |
| Octatlo | 3223 P | Luis Fevereiro/86 | VALONGO | 26/27.04.03 | Abrantes |

INICIADOS MASCULINOS

| | | | | | |
|--------------|---------|----------------------------|----------------|----------|--------------------|
| 80 m | 9.54 | Sérgio Soares/81 | ESNA | 13.04.96 | Lx U |
| 100 mbar | 15.65 | Paulo Ricardo/81 | ESNA | 12.05.96 | Lx U |
| 300 m | 39.2 | Tiago Rato/88 | MATA | 04.05.03 | T. Monfort. |
| 300 mbar | 44.40 | José Henriques/80 | ESNA | 14.05.95 | Lx U |
| 800 m | 2.00.92 | Vitor Jorge/74 | ADCPN | 06.05.89 | Lx A |
| 1500 m | 4.22.34 | Nelson Correia/88 | MATA | 03.05.03 | Covilhã |
| Compriment. | 6.54 | Tiago Rato/88 | MATA | 22.03.03 | C. Branco |
| Altura | 1.70 | Luis Taborda | Esal | 03.06.00 | C. Branco |
| Vara | 3.15 | Cristovão Afonso/88 | VALONGO | 15.06.03 | Abrantes |
| Triplo | 12.35 | Tiago Rato/88 | MATA | 25.04.03 | Covilhã |
| Disco 1 Kg | 37.84 | Helder Lourenço/85 | VALONGO | 13.05.00 | C. Branco |
| Peso 4 Kg | 15.03 | Rui Osório/79 | SBCB | 07.05.94 | Lx U |
| Dardo 400 gr | 49.0 | Helder Lourenço/85 | VALONGO | 06.05.00 | T. Monfort |
| Martelo 4 Kg | 29.61 | Nuno Pires/87 | VALONGO | 12.02.02 | C. Branco |
| 4000 marcha | 26.41.9 | Óscar Daniel/80 | COVILHÃ | 13.05.95 | Lx U |
| 4 X 80 m | 38.07 | | ESNA | 13.05.95 | Lx U |
| 1000 m | 2.38.5 | Vitor Jorge/74 | ADCPN | 12.03.89 | Lx N |
| Hexatlo | 3136 P | Tiago Rato/88 | MATA | 26.04.03 | Abrantes |

INFANTIS MASCULINOS

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|---------------|--------|---------------------------|----------------|-------------|-------------------|
| 60 m | 7.63 | Tiago Rato/88 | MATA | 28.05.01 | Óbidos |
| 60 mbar | 10.37 | Ricardo Morgado/80 | C+S VVR | 08.05.93 | Lx N |
| 1000 m | 2.59.0 | Vitor Jorge/74 | ADCPN | 1987 | C. Branco |
| Altura | 1.52 | Tiago Rato | MATA | 07.04.01 | C. Branco |
| Compriment. | 6.04 | Tiago Rato/88 | MATA | 16.06.01 | C. Branco |
| Peso 3 Kg | 12.03 | Rui Osório/79 | ESAL | 11.04.92 | C. Branco |
| Disco 750 Gr | 20.84 | Sérgio Soares/81 | ESNA | 25.06.94 | C. Branco |
| Arr. Bola | 60.04 | Bruno Aparício/80 | SBCB | 01.05.93 | C. Branco |
| Vara | 1.95 | Carlos Nunes/80 | ESNA | 03.04.93 | C. Branco |
| 4 X 60 | 31.88 | | ESNA | 08.05.93 | C. Branco |
| Tetratlo | 1501 p | Rui Osório/79 | ESAL | 16.05.92 | VRStº Ant. |
| Tetratlo novo | 1431 p | Flávio Ramos/89 | DONAS | 18/19.05.02 | Seixal |

ABSOLUTOS FEMININOS

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|--------------|----------|-----------------------------|------------------|----------|--------------------|
| 100 m | 12.43 | Sónia Tavares | IND. | 25.06.01 | Maia |
| 200 m | 25.2 | Sónia Tavares | REDGIMNO | 05.05.02 | C. Branco |
| 400 m | 59.43 | Catarina Ramos/81 | VALONGO | 20.05.00 | Maia |
| 800 m | 2.25.96 | Telma Silva/83 | MATA | 20.05.00 | Maia |
| 1500 m | 5.02.02 | Telma Silva/83 | MATA | 21.05.00 | Maia |
| 3000 m | 11.07.59 | Mª Jesus Martins/77 | VALONGO | 28.05.00 | Leiria |
| 5000 m | 18.55.14 | Mª. Jesus Martins/77 | VALONGO | 10.06.00 | Viseu |
| 100 mbar | 16.78 | Mª. João Próspero/81 | ESNA | 10.04.99 | Coimbra |
| 400 mbar | 71.98 | Ana P. Gonçalves/80 | VALONGO | 25.07.99 | Viseu |
| Altura | 1.54 | Mª. João Próspero/81 | ESNA | 10.04.99 | Coimbra |
| Compriment. | 5.47 | Natércia Lopes/76 | VALONGO | 16.06.01 | Guarda |
| Triplo | 11.69 | Natércia Lopes/76 | VALONGO | 25.01.03 | T. Monfort. |
| Peso 4 Kg | 9.76 | Carina Chaves/80 | VALONGO | 18.04.99 | C. Branco |
| Disco 1 Kg | 31.73 | Carina Chaves/80 | VALONGO | 10.06.00 | Viseu |
| Dardo 600 gr | 32.81 | Natércia Lopes/76 | VALONGO | 25.03.00 | Leiria |
| Martelo 4 Kg | 27.84 | Sara Oliveira/84 | VALONGO | 16.07.00 | Viseu |
| 3000 marcha | 18.55.28 | Luísa Cordeiro/80 | DONAS | 28.06.98 | Viseu |
| 5000 marcha | 31.24.3 | Luísa Cordeiro/78 | DONAS | 25.07.98 | T. Monfort. |
| 10000 mm | Vago | | | | |
| 4 X 100 m | 53.8 | | VALONGO | 10.07.99 | T. Monfort. |
| 4 X 400 m | 4.16.60 | | VALONGO | 28.05.00 | Leiria |
| Heptatlo | 3483 p | Mª. João Próspero/81 | ESNA | 11.04.99 | Coimbra |
| 1000 m | 3.12.9 | Silvia Alves/82 | ESNA | 22.03.97 | Leiria |
| Meia Marat.. | 1.38.13 | Sónia Cardoso | SERTANEN. | 24.03.02 | Lisboa |

JÚNIORES FEMININOS

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|--------------|----------|-----------------------------------|----------|----------|-------------|
| 100 m | 12.43 | Sónia Tavares/86 | IND. | 25.06.01 | Maia |
| 200 m | 25.2 | Sónia Tavares/86 | REDGIMNO | 05.05.02 | C. Branco |
| 400 m | 59.43 | Catarina Ramos/81 | VALONGO | 20.05.00 | Leiria |
| 800 m | 2.25.96 | Telma Silva/84 | MATA | 20.05.00 | Maia |
| 1000 m | 3.12.9 | Silvia Alves/82 | ESNA | 22.03.97 | Leiria |
| 1500 m | 5.02.02 | Telma Silva/84 | MATA | 21.05.00 | Maia |
| 3000 m | 11.33.75 | Carina Moura/79 | MATA | 25.07.99 | Viseu |
| 5000 m | 22.02 | Ana Rodrigues/79 | DONAS | 21.06.97 | Guarda |
| 100 mbar | 16.78 | M ^a . João Próspero/81 | ESNA | 10.04.99 | Coimbra |
| 400 mbar | 71.98 | Ana P. Gonçalves/80 | VALONGO | 25.07.99 | Viseu |
| Altura | 1.54 | M ^a . João Próspero/81 | ESNA | 10.04.99 | Coimbra |
| Compriment. | 5.28 | M ^a . João Próspero/81 | ESNA | 02.05.99 | C. Branco |
| Triplo | 10.62 | M ^a . João Próspero/81 | ESNA | 10.06.99 | C. Branco |
| Peso 4 Kg | 9.76 | Carina Chaves/80 | VALONGO | 18.04.99 | C. Branco |
| Disco 1 Kg | 30.30 | Carina Chaves/80 | VALONGO | 10.06.99 | C. Branco |
| Dardo 600 gr | 31.20 | Natércia Lopes/76 | ESNA | 03.06.95 | Viseu |
| Martelo 4 Kg | 27.74 | Sara Oliveira/84 | VALONGO | 16.07.00 | Viseu |
| 3000 marcha | 18.55.28 | Luísa Cordeiro/80 | DONAS | 28.06.98 | Viseu |
| 5000 marcha | 31.24.3 | Luísa Cordeiro/80 | DONAS | 25.07.98 | T. Monfort. |
| 4 X 100 m | 55.27 | | DONAS | 13.06.98 | Viseu |
| 4 X 400 m | 4.30.56 | | VALONGO | 14.07.99 | Guarda |
| Heptatlo | 3483 p | M ^a . João Próspero/81 | ESNA | 11.04.99 | Coimbra |
| Meia Marat. | 1.41.25 | Natércia Lopes/76 | ESNA | 13.03.94 | Lx |

JUVENIS FEMININOS

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|--------------|----------|-----------------------------------|----------|----------|-----------|
| 100 m | 12.43 | Sónia Tavares/86 | IND. | 25.06.01 | Maia |
| 200 m | 25.2 | Sónia Tavares/86 | REDGIMNO | 05.05.02 | C. Branco |
| 400 m | 62.7 | Sónia Tavares/86 | REDGIMNO | 01.06.02 | C. Branco |
| 800 m | 2.25.96 | Telma Silva/84 | MATA | 20.05.00 | Maia |
| 1000 m | 3.08.4 | Vânia Amoreira/87 | DONAS | 29.03.03 | Obidos |
| 1500 m | 5.02.02 | Telma Silva/84 | MATA | 21.05.00 | Maia |
| 3000 m | 11.36.70 | Vânia Amoreira/87 | DONAS | 18.05.03 | Guimarães |
| 80 mbar | 13.5 | M ^a . João Próspero/81 | ESNA | 02.05.98 | Rio Maior |
| 100 mbar | 16.99 | Silvia Gonçalves/78 | ESNA | 13.05.95 | Lx U |
| 300 mbar | 51.53 | Patrícia Pina/82 | CMCDVVR | 04.05.97 | Lx U |
| 400 mbar | 75.37 | Helena Jacinto/86 | DONAS | 18.05.03 | Guimarães |
| Altura | 1.51 | M ^a . João Próspero/81 | ESNA | 12.05.96 | Lx U |
| Compriment. | 5.15 | Sónia Tavares/86 | REDGIMNO | 05.05.02 | C. Branco |
| Triplo | 10.41 | M. João Próspero/81 | ESNA | 07.07.96 | Lx U |
| Peso 3 Kg | 10.45 | Susana Lopes/72 | ESNA | | C. Branco |
| Peso 4 Kg | 8.17 | M ^a . João Próspero/81 | ESNA | 23.05.98 | Coimbra |
| Disco 1 Kg | 23.75 | M ^a . João Próspero/81 | ESNA | 15.07.97 | Viseu |
| Dardo 600 gr | 30.34 | Natércia Lopes/76 | ESNA | 29.06.93 | Guarda |
| Martelo 3 Kg | 25.41 | Sara Oliveira/84 | VALONGO | 03.06.00 | C. Branco |
| Martelo 4 Kg | 27.74 | Sara Oliveira/84 | DONAS | 16.07.00 | Viseu |
| Dardo 400 gr | 27.92 | Susana Lopes/72 | ESNA | 25.05.89 | Funchal |
| 4 X 100 m | 55.27 | | DONAS | 13.06.98 | Viseu |
| 4 X 400 m | 4.39.20 | | DONAS | 21.06.98 | Coimbra |
| | 4.49.33 | | DONAS | 13.06.98 | Viseu |
| 3000 marcha | 20.12.24 | Raquel Rondão/81 | DONAS | 04.07.98 | Viseu |
| 4000 marcha | 26.01.2 | Andreia Pina/80 | CMCDVVR | 03.05.97 | Lx U |

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| Hexatlo | 2966 p | Susana Lopes/72 | ESNA | 25.06.89 | Funchal |
| Heptatlo | 2700 p | M^a. João Próspero/81 | ESNA | 02.05.98 | Rio Maior |

INICIADOS FEMININOS

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|--------------|---------|--|-----------------|----------|------------------|
| 80 m | 10.16 | Sónia Tavares/86 | VALONGO | 28.04.01 | Óbidos |
| 60 mbar | 10.25 | M^a. João Próspero/81 | ESNA | 14.04.96 | Lx U |
| 80 mbar | 14.53 | Witney Barata/88 | VALONGO | 17.05.03 | Guimarães |
| 300 m | 42.38 | Sónia Tavares/86 | VALONGO | 20.05.00 | Leiria |
| 300 mbar | 50.20 | Sónia Tavares/86 | VALONGO | 20.05.00 | Maia |
| 800 m | 2.24.63 | Manuela Bernardo/87 | REDGIMNO | 16.05.02 | Seixal |
| 1000 m | 3.09.77 | Manuela Bernardo/87 | REDGIMNO | 23.03.02 | C. Branco |
| 1500 m | 5.13.87 | Manuela Bernardo/87 | REDGIMNO | 19.05.01 | Leiria |
| Altura | 1.51 | M^a. João Próspero/81 | ESNA | 12.05.96 | Lx U |
| Compriment. | 5.13 | Sónia Tavares/86 | VALONGO | 20.04.01 | Guarda |
| Triplo | 10.41 | M^a. João Próspero/81 | ESNA | 06.07.96 | Lx U |
| Peso 3 Kg | 9.05 | Witney Barata/88 | VALONGO | 27.04.03 | Abrantes |
| Disco 750 gr | 22.56 | Cristina Mateus/82 | ESNA | 20.09.97 | C. Branco |
| Disco 1 Kg | 22.34 | Cristina Mateus/83 | ESNA | 15.07.97 | Viseu |
| Dardo 400 gr | 27.58 | Susana Silva/81 | DONAS | 15.06.96 | C. Branco |
| Martelo | 24.93 | Tânia Lourenço/88 | VALONGO | 14.06.03 | C. Branco |
| 3000 marcha | 22.15.3 | Cristina Guedes/85 | DONAS | 09.05.99 | Aveiro |
| 4 X 80 m | 45.2 | | ADCPN | 02.05.92 | Lx U |
| Hexatlo | 3212 p | M^a. João Próspero/81 | ESNA | 14.04.96 | Lx U |
| Pentatlo | 20.96 | Sandra Padrão/76 | ESNA | 14.07.91 | Lx N |
| Hexatlo novo | 2388 p | Witney Barata/88 | VALONGO | 26.04.03 | Abrantes |

INFANTIS FEMININOS

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|-------------|---------|--|------------------|-------------|------------------|
| 60 m | 8.76 | M^a. João Próspero/81 | ESNA | 18.12.94 | Viseu |
| | | Sónia Tavares/86 | VALONGO | 10.04.99 | Leiria |
| 60 mbar | 11.1 | Sónia Tavares/86 | VALONGO | 18.04.99 | C. Branco |
| 1000 m | 3.18.98 | Andreia Marques/89 | DONAS | 27/28.04.02 | Melgaço |
| Altura | 1.31 | M^a. João Próspero/81 | ESNA | 25.06.94 | C. Branco |
| Compriment. | 4.51 | Sónia Tavares/86 | VALONGO | 11.07.99 | C. Branco |
| Peso 2 Kg | 8.98 | Daniela Alves/84 | ESNA | 20.09.97 | C. Branco |
| Arrem. Bola | 38.64 | Liliana Gravito/97 | PALMEIRAS | 18.06.00 | C. Branco |
| 4 X 60 m | 34.33 | | ADCPN | 05.05.90 | Lx N |
| Tetratlo | 1752 p | Sónia Tavares/86 | VALONGO | 10.04.99 | Leiria |
| Triatlo | 274 p | Cláudia Pires/86 | ESNA | 17.01.99 | C. Branco |