



5.000 Metros Marcha

(Masc)

Serie 1

1 ^o	30 Vítor Ramos	S L BENFICA	1997-07-22	Jun	2 2 4 6,04	12,0	< ~
2 ^o	20 Rodrigo Marques	C ORIENTAL PECHÃO	1999-09-16	Juv	2 2 5 0,92	11,0	
3 ^o	29 Paulo Martins	SPORTING C P	1999-01-15	Juv	2 3 0 5,85	10,0	~
4 ^o	16 Rúben Santos	C F OLIVEIRA DOURO	2000-06-05	Juv	2 3 1 8,90	9,0	~
5 ^o	15 Vítor Cabral	C F OLIVEIRA DOURO	1998-05-01	Jun	2 4 0 7,23	8,0	< ~
6 ^o	22 André Antunes	CASA POVO CORROIOS	1997-02-03	Jun	2 5 3 7,37	7,0	<
7 ^o	23 Júlio Teran	CASA POVO CORROIOS	VEN 1999-01-20	Juv	2 5 5 6,55	6,0	



3.000 Metros Marcha

(Fem)

Serie 1

1 ^a	17 Carolina Costa	C ORIENTAL PECHÃO	1998-03-12	Jun	1 4 3 8,31	12,0	
2 ^a	28 Inês Reis	PENTA CLUBE COVILHÃ	1999-07-17	Juv	1 4 5 5,70	11,0	
3 ^a	24 Rita Vazão	G DESP PEDREIRAS	1999-06-13	Juv	1 5 2 7,70	10,0	
4 ^a	21 Mafalda Marques	CASA POVO CORROIOS	1997-11-27	Jun	1 5 4 0,09	9,0	<
5 ^a	27 Maria Bernardo	N S LEÕES FRONTEIRA	1999-10-19	Juv	1 5 5 9,74	8,0	<
6 ^a	18 Ednice Barros	C ORIENTAL PECHÃO	1999-02-01	Juv	1 6 0 9,52	7,0	
7 ^a	26 Tânia Pires	JUV VIDIGALENSE	1999-10-05	Juv	1 6 2 1,20	6,0	<
8 ^a	11 Lara Martins	C DESP DO CANDAL	1999-12-28	Juv	1 6 2 4,90	5,0	
9 ^a	12 Jéssica Rosa	C D C NAVAIS	1997-06-11	Jun	1 6 2 7,42	4,0	
10 ^a	14 Ana Leonor	C D R RIBEIRINHO	1998-01-25	Jun	1 6 3 8,15	3,0	<
11 ^a	19 Bruna Colónia	C ORIENTAL PECHÃO	1999-09-28	Juv	1 6 5 2,50	2,0	
	13 Catarina Anastácio	C D R RIBEIRINHO	1997-08-26	Jun			~ ~ ~-DSQ R. 230.6a