

RANKING ABSOLUTO FEMININO 2016

| Ord | Marca | Nome do Atleta | Data Nasc. | CLUBE | Data | Local |
|------------------|--------------|-----------------------|-------------------|--------------|-------------|--------------|
| 50 METROS | | | | | | |
| 7,2 | 0,6 | Lurdes Oliveira | 06.03.04 | UCE | 21.11.15 | Coimbra |
| 7,4 | -0,7 | Rafaela Marques | 18.11.05 | CMP | 12.03.16 | Coimbra |
| 7,7 | -2,3 | Margarida Oliveira | 31.07.08 | UCE | 24.01.16 | Coimbra |
| 7,8 | -0,7 | Leonor Saraiva | 12.11.07 | UCE | 12.03.16 | Coimbra |
| 7,8 | -1,3 | Joana Rodrigues | 23.07.05 | CDP-C | 12.03.16 | Coimbra |
| 8,0 | 0,6 | Bianca Augusto | 03.08.04 | UCE | 21.11.15 | Coimbra |
| 8,1 | -2,3 | Mariana Costa | 04.06.05 | CPTSC | 24.01.16 | Coimbra |
| 8,1 | -0,7 | Maria Neves | 27.01.05 | CPTSC | 12.03.16 | Coimbra |
| 8,2 | 0,0 | Neide Guedes | 18.07.06 | ASCV | 12.03.16 | Coimbra |
| 8,2 | -0,7 | Bruna Penetra | 10.04.06 | CDP-C | 12.03.16 | Coimbra |
| 8,3 | -2,3 | Rita Abrantes | 08.03.07 | CDP-C | 24.01.16 | Coimbra |
| 8,4 | 0,7 | Constança Ribeiro | 02.03.04 | ARC-EAC | 21.11.15 | Coimbra |
| 8,5 | -1,3 | Jéssica Mateus | 22.03.07 | CCX | 12.03.16 | Coimbra |
| 8,6 | -0,7 | Laura Ferro | 05.05.05 | CCX | 12.03.16 | Coimbra |
| 8,6 | 0,0 | Matilde dos Santos | 02.06.05 | AMCRS | 12.03.16 | Coimbra |
| 8,6 | 0,0 | Cassandra Rosa | 27.12.05 | CDP-C | 12.03.16 | Coimbra |
| 8,7 | 0,7 | Beatriz Marques | 12.10.06 | CDP-C | 21.11.15 | Coimbra |
| 8,8 | -2,3 | Laura Cardadeiro | 09.04.07 | GS-RC | 24.01.16 | Coimbra |
| 8,9 | -0,7 | Beatriz Cunha | 17.11.06 | CDP-C | 12.03.16 | Coimbra |
| 9,1 | -1,3 | Margarida Leite | 08.09.05 | AAC | 12.03.16 | Coimbra |
| 9,3 | 0,0 | Filipa Ribeiro | 02.02.07 | UCE | 12.03.16 | Coimbra |
| 9,7 | 0,0 | Alice Simões | 23.11.08 | CCX | 12.03.16 | Coimbra |
| 10,0 | 0,6 | Inês Almeida | 13.02.06 | CDP-C | 21.11.15 | Coimbra |
| 10,2 | -1,3 | Sara Marques | 18.12.07 | CLUVE | 12.03.16 | Coimbra |
| 10,5 | 0,0 | Vitória Ribeiro | 26.09.05 | UCE | 12.03.16 | Coimbra |
| 11,4 | 0,6 | Inês Cunha | 25.09.07 | CDP-C | 21.11.15 | Coimbra |

60 METROS

| | | | | | | | |
|------|------|-------------------|----------|-------|----------|----------|-----------------|
| 7,91 | | Erica Grangeia | 15.08.00 | GSOL | 05.03.16 | Pombal | RD-JV-PC |
| 8,21 | | Bruna Varela | 15.04.97 | GSOL | 13.02.16 | Braga | |
| 8,22 | | Marta Morgado | 06.03.95 | UCE | 05.03.16 | Pombal | |
| 8,26 | | Diana Almeida | 30.08.97 | GSOL | 12.12.15 | Alpiarça | |
| 8,28 | | Inês Arada | 24.03.98 | GSOL | 05.03.16 | Pombal | |
| 8,29 | | Sofia Castanhas | 09.09.00 | GSOL | 13.02.16 | Braga | |
| 8,32 | | Bárbara Santiago | 18.12.98 | GSOL | 09.01.16 | Pombal | |
| 8,1 | -1,3 | Sara Seabra | 19.12.01 | GSOL | 24.01.16 | Coimbra | |
| 8,38 | 1,8 | Alice Finisterra | 18.03.04 | GSOL | 23.04.16 | Febres | |
| 8,45 | 1,8 | Lurdes Oliveira | 06.03.04 | UCE | 23.04.16 | Febres | |
| 8,53 | | Nadiane Lopes | 23.04.99 | UCE | 30.01.16 | Pombal | |
| 8,74 | | Jandira Silva | 17.06.93 | CPTSC | 13.02.16 | Pombal | |
| 8,5 | 1,7 | Regina Amado | 11.05.01 | CPTSC | 24.01.16 | Coimbra | |
| 8,75 | 0,2 | Cláudia Conceição | 08.02.04 | CLUVE | 16.07.16 | Coimbra | |
| 8,76 | | Mariana Veloso | 14.03.00 | UCE | 09.01.16 | Pombal | |
| 8,83 | 1,9 | Catarina Marques | 04.01.03 | GSOL | 26.06.16 | Febres | |
| 8,87 | 1,9 | Cintia Correia | 05.04.03 | CLUVE | 26.06.16 | Febres | |
| 8,89 | 0,4 | Solange Carvalho | 15.10.03 | GSOL | 25.04.16 | Viseu | |
| 8,98 | | Joana Santos | 20.12.97 | GSOL | 09.01.16 | Pombal | |
| 8,8 | 1,7 | Francisca Reis | 26.01.01 | GSOL | 24.01.16 | Coimbra | |
| 8,8 | -1,3 | Mariana Reis | 31.08.01 | CPTSC | 24.01.16 | Coimbra | |
| 8,9 | 1,2 | Inês Rodrigues | 12.04.03 | CCX | 12.03.16 | Coimbra | |
| 9,16 | | Sara Jesus | 13.09.00 | GSOL | 16.01.16 | Pombal | |
| 9,19 | 1,9 | Daniela Santos | 10.04.03 | UFC | 26.06.16 | Febres | |
| 9,26 | | Carolina Antunes | 25.02.99 | CLUVE | 16.01.16 | Pombal | |
| 9,30 | | Carina Monteiro | 03.07.00 | CLUVE | 16.01.16 | Pombal | |
| 9,33 | | Beatriz Santos | 06.11.02 | GSOL | 20.12.15 | Braga | |
| 9,36 | -0,3 | Carolina Carraca | 23.10.05 | CPTSC | 05.06.16 | Febres | |
| 9,38 | 0,8 | Diana Laranjeira | 06.01.05 | CLUVE | 26.06.16 | Febres | |
| 9,43 | 0,8 | Joana Rodrigues | 23.07.05 | CDP-C | 26.06.16 | Febres | |

| | | | | | | | |
|-------|------|--------------------|------------|-------|----------|---------|-----|
| 9,2 | -1,3 | Beatriz Fernandes | 21.12.02 | UCE | 24.01.16 | Coimbra | |
| 9,2 | 1,7 | Patrícia Costa | 14.01.02 | UCE | 24.01.16 | Coimbra | |
| 9,45 | 1,9 | Bárbara Santos | 05.04.03 | CLUVE | 26.06.16 | Febres | |
| 9,52 | 1,8 | Diana Martins | 06.11.03 | CLUVE | 23.04.16 | Febres | |
| 9,58 | | Luísa Lourenço | 24.05.00 | GSOL | 16.01.16 | Pombal | |
| 9,4 | 0,0 | Maria Stam | 19.11.03 | AAC | 12.03.16 | Coimbra | |
| 9,5 | 1,7 | Beatriz Sousa | 10.12.01 | CPTSC | 24.01.16 | Coimbra | |
| 9,75 | 1,9 | Diana Fernandes | 08.08.03 | CPTSC | 26.06.16 | Febres | |
| 9,76 | 0,2 | Inês Folques | 09.05.03 | CLUVE | 16.07.16 | Coimbra | |
| 9,82 | | Silvia Rodrigues | 17.02.00 | CDP-C | 09.01.16 | Pombal | |
| 9,83 | -0,3 | Margarida Oliveira | 31.07.08 | UCE | 05.06.16 | Febres | |
| 9,6 | -1,3 | Olívia Monteiro | 19.12.01 | CLUVE | 24.01.16 | Coimbra | |
| 9,6 | 0,0 | Bianca Augusto | 03.08.04 | UCE | 12.03.16 | Coimbra | |
| 9,99 | 1,9 | Natália Pinto | 04.08.03 | AMCRS | 26.06.16 | Febres | |
| 9,8 | 0,0 | Rita Barreiros | 21.01.03 | AAC | 12.03.16 | Coimbra | |
| 9,9 | 1,2 | Inês Ferreira | 01.11.04 | CDP-C | 12.03.16 | Coimbra | |
| 10,22 | -0,3 | Laura Cardadeiro | 09.04.07 | GSOL | 05.06.16 | Febres | |
| 10,23 | | Sara Martins | V29.04.75 | CLUVE | 29.03.16 | Ancona | |
| 10,23 | 0,2 | Beatriz Carvalho | 01.05.03 | CLUVE | 16.07.16 | Coimbra | |
| 10,31 | -0,3 | Juliana Neves | 2008 | CLUVE | 05.06.16 | Febres | N/F |
| 10,33 | 0,8 | Bruna Penetra | 10.04.06 | CDP-C | 26.06.16 | Febres | |
| 10,40 | -0,3 | Matilde dos Santos | 02.06.05 | AMCRS | 05.06.16 | Febres | |
| 10,2 | 1,2 | Matilde Silva | 15.12.03 | AAC | 12.03.16 | Coimbra | |
| 10,49 | 0,8 | Beatriz Marques | 12.10.06 | CDP-C | 26.06.16 | Febres | |
| 10,55 | | Almira Mateus | V29.03.60 | CLUVE | 12.03.16 | Pombal | |
| 10,4 | -1,3 | Inês Silva | 02.06.02 | CDP-C | 24.01.16 | Coimbra | |
| 10,65 | 0,8 | Maria Neves | 27.01.05 | CPTSC | 26.06.16 | Febres | |
| 11,08 | | Emília Nunes | V02.09.54 | CLUVE | 12.03.16 | Pombal | |
| 10,9 | -1,3 | Jéssica Borges | 20.08.01 | CLUVE | 24.01.16 | Coimbra | |
| 11,30 | 0,8 | Inês Almeida | 13.02.06 | CDP-C | 26.06.16 | Febres | |
| 11,33 | 0,8 | Beatriz Cunha | 17.11.06 | CDP-C | 26.06.16 | Febres | |
| 11,35 | | Isabel Costa | V 29.05.62 | CLUVE | 12.03.16 | Pombal | |
| 11,43 | | Paula Martinho | V10.12.54 | CLUVE | 12.03.16 | Pombal | |
| 11,6 | 1,3 | Inês Domingues | 19.10.03 | AAC | 24.01.16 | Coimbra | |

80 METROS

| | | | | | | | |
|-------|------|--------------------|----------|-------|----------|---------|--|
| 10,39 | 1,8 | Sara Seabra | 19.12.01 | GSOL | 05.06.16 | Febres | |
| 10,74 | 1,8 | Lurdes Oliveira | 06.03.04 | UCE | 05.06.16 | Febres | |
| 11,06 | 1,3 | Regina Amado | 11.05.01 | CPTSC | 05.06.16 | Febres | |
| 11,15 | 1,8 | Patrícia Costa | 14.01.02 | UCE | 05.06.16 | Febres | |
| 11,24 | 1,8 | Cláudia Conceição | 08.02.04 | CLUVE | 05.06.16 | Febres | |
| 11,30 | 1,8 | Francisca Reis | 26.01.01 | GSOL | 05.06.16 | Febres | |
| 11,2 | -0,2 | Matilde Pereira | 14.12.02 | GSOL | 12.03.16 | Coimbra | |
| 11,54 | 0,4 | Cintia Correia | 05.04.03 | CLUVE | 05.06.16 | Febres | |
| 11,58 | 1,8 | Beatriz Silva | 04.09.02 | CPTSC | 05.06.16 | Febres | |
| 11,60 | 1,3 | Beatriz Saraiva | 19.08.02 | UCE | 05.06.16 | Febres | |
| 11,63 | 1,0 | Solange Carvalho | 15.10.03 | GSOL | 05.06.16 | Febres | |
| 11,4 | -0,2 | Beatriz Sousa | 10.12.01 | CPTSC | 12.03.16 | Coimbra | |
| 11,6 | -0,2 | Virgínia Gonçalves | 20.07.01 | CCX | 12.03.16 | Coimbra | |
| 11,93 | 1,0 | Mariana Reis | 31.08.01 | CPTSC | 05.06.16 | Febres | |
| 11,96 | 0,4 | Mariana Pereira | 21.10.03 | CPTSC | 05.06.16 | Febres | |
| 12,05 | 1,3 | Beatriz Sousa | 10.12.01 | CPTSC | 05.06.16 | Febres | |
| 12,16 | 0,4 | Diana Martins | 06.11.03 | CLUVE | 05.06.16 | Febres | |
| 12,18 | 0,4 | Beatriz Ferreira | 10.10.03 | CPTSC | 05.06.16 | Febres | |
| 12,31 | 0,4 | Maria Stam | 19.11.03 | AAC | 05.06.16 | Febres | |
| 12,1 | -0,1 | Beatriz Marques | 28.09.01 | CMP | 12.03.16 | Coimbra | |
| 12,37 | 0,4 | Bárbara Correia | 05.04.03 | CLUVE | 05.06.16 | Febres | |
| 12,40 | 1,0 | Jéssica Borges | 20.08.01 | CLUVE | 05.06.16 | Febres | |
| 12,2 | 0 | Maria Pessoa | 22.02.01 | SUOV | 12.04.16 | Coimbra | |
| 12,45 | 0,4 | Inês Folques | 09.05.03 | CLUVE | 05.06.16 | Febres | |
| 12,47 | 1,0 | Verónica Breia | 21.09.04 | GSOL | 05.06.16 | Febres | |
| 12,50 | 0,1 | Sara Rocha | 11.01.01 | CLUVE | 16.07.16 | Coimbra | |
| 13,2 | 0,1 | Olívia Monteiro | 19.12.01 | CLUVE | 12.03.16 | Coimbra | |
| 13,68 | 1,3 | Rita Barreiros | 31.03.02 | ASCV | 05.06.16 | Febres | |
| 13,8 | -0,2 | Inês Silva | 02.06.02 | CDP-C | 12.03.16 | Coimbra | |
| 14,50 | 1,0 | Leonor Marques | 30.07.03 | AAC | 05.06.16 | Febres | |

17,6 -0,2 Inês Clemente

10.05.01 CDP-C

12.03.16 Coimbra

100 METROS

| | | | | |
|-------|------------------------|-----------------|------------------|--------------|
| 12,43 | 1,9 Erica Grangeia | 15.08.00 GSOL | 21.05.16 Vagos | RD JV |
| 12,88 | 1,3 Inês Arada | 24.03.98 GSOL | 11.06.16 Pombal | |
| 13,04 | 1,3 Marta Morgado | 06.03.95 UCE | 11.06.16 Pombal | |
| 13,06 | 1,9 Bárbara Santiago | 18.12.98 GSOL | 21.05.16 Vagos | |
| 13,11 | -0,2 Diana Almeida | 30.08.97 GSOL | 25.04.16 Viseu | |
| 13,5 | 0,0 Francisca Cantante | 18.12.99 UCE | 12.04.16 Coimbra | |
| 14,13 | 1,3 Sara Jesus | 13.09.00 GSOL | 04.06.16 Vagos | |
| 14,1 | 0,1 Diana Santos | 22.03.00 GSOL | 12.03.16 Coimbra | |
| 14,2 | -4,0 Kátia Semedo | 26.02.89 UCE | 16.07.16 Setúbal | |
| 14,2 | 0,1 Carolina Antunes | 25.02.99 CLUVE | 12.03.16 Coimbra | |
| 14,42 | 1,4 Jandira Silva | 17.06.93 CPTSC | 11.06.16 Pombal | |
| 14,44 | 0,9 Carina Monteiro | 03.07.00 CLUVE | 16.07.16 Coimbra | |
| 14,82 | -1,0 Nadiane Lopes | 23.04.99 UCE | 07.05.16 Luso | |
| 15,15 | -1,0 Mariana Veloso | 14.03.00 UCE | 07.05.16 Luso | |
| 15,72 | -1,0 Diana Santos | 22.03.00 GSOL | 07.05.16 Luso | |
| 17,04 | 1,7 Sara Martins | V29.04.75 CLUVE | 16.07.16 Coimbra | |
| 17,4 | 1,7 Graça Sêco | V30.10.77 CDP-C | 25.06.16 Febres | |
| 19,16 | 1 Teresa Mendes | V13.05.64 CLUVE | 09.07.16 Lisboa | |

150 METROS

| | | | |
|-------|------------------------|----------------|------------------|
| 20,94 | 1,5 Alice Finisterra | 18.03.04 GSOL | 25.06.16 Febres |
| 21,06 | -0,9 Lurdes Oliveira | 06.03.04 UCE | 16.07.16 Coimbra |
| 21,3 | 0,8 Iris Martins | 13.09.03 GSOL | 21.11.15 Coimbra |
| 21,66 | 1,5 Cintia Correia | 05.04.03 CLUVE | 25.06.16 Febres |
| 21,87 | 1,5 Solange Carvalho | 15.10.03 GSOL | 25.06.16 Febres |
| 22,16 | -0,9 Cláudia Conceição | 08.02.04 CLUVE | 16.07.16 Coimbra |
| 22,34 | 1,5 Verónica Breia | 21.09.04 GSOL | 25.06.16 Febres |
| 22,2 | 0,8 Catarina Gonçalves | 20.05.03 CDP-C | 21.11.15 Coimbra |
| 22,85 | 1,5 Mariana Pereira | 21.10.03 CPTSC | 25.06.16 Febres |
| 23,50 | -0,9 Diana Laranjeira | 06.01.05 CLUVE | 16.07.16 Coimbra |
| 23,9 | 0,0 Inês Ferreira | 01.11.04 CDP-C | 24.01.16 Coimbra |
| 24,77 | -0,9 Inês Folques | 09.05.03 CLUVE | 16.07.16 Coimbra |
| 25,3 | 0,0 Mónica Rodrigues | 09.01.03 UCE | 24.01.16 Coimbra |
| 26,53 | -0,9 Beatriz Carvalho | 01.05.03 CLUVE | 16.07.16 Coimbra |

200 METROS

| | | | | |
|-------|----------------------|------------------|-----------------|------------------------------------|
| 25,57 | 0,0 Erica Grangeia | 15.08.00 GSOL | 05.06.16 Vagos | RD JV RD JV+JN-PC |
| 26,05 | Erica Grangeia | 15.08.00 GSOL | 10.01.16 Pombal | |
| 25,83 | 0,7 Elisabete Silva | 10.12.98 UCE | 23.07.16 Vagos | |
| 26,56 | Diana Almeida | 30.08.97 GSOL | 07.02.16 Pombal | |
| 26,84 | 1,7 Inês Arada | 24.03.98 GSOL | 19.06.16 Aveiro | |
| 27,20 | 0,3 Rute Lopes | 17.02.92 UCE | 30.07.16 Leiria | |
| 27,21 | Márcia Martins | 15.01.92 GSOL | 05.06.16 Vagos | |
| 27,36 | 1,7 Bárbara Santiago | 18.12.98 GSOL | 19.06.16 Aveiro | |
| 27,48 | Sofia Castanhas | 09.09.00 GSOL | 17.01.16 Pombal | |
| 27,66 | Marta Morgado | 06.03.95 UCE | 06.03.16 Pombal | |
| 27,96 | 0,4 Bruna Varela | 15.04.97 GSOL | 19.03.16 Lagos | |
| 28,02 | 1,7 Mariana Veloso | 14.03.00 UCE | 19.06.16 Aveiro | |
| 28,10 | Nadiane Lopes | 23.04.99 UCE | 31.01.16 Pombal | |
| 28,87 | Rita Lopes | 15.04.98 UCE | 14.02.16 Braga | |
| 29,45 | Joana Marques | 17.01.94 UCE | 10.01.16 Pombal | |
| 29,7 | 1,1 Francisca Reis | 26.01.01 GSOL | 15.05.16 Vagos | |
| 29,89 | 0,9 Carina Monteiro | 03.07.00 CLUVE | 26.06.16 Febres | |
| 30,19 | 1,1 Diana Santos | 22.03.00 GSOL | 15.05.16 Vagos | |
| 31,04 | Sara Jesus | 13.09.00 GSOL | 17.01.16 Pombal | |
| 33,64 | Luísa Lourenço | 24.05.00 GSOL | 17.01.16 Pombal | |
| 35,62 | Sara Martins | V 29.04.75 CLUVE | 12.03.16 Pombal | |
| 40,99 | 0,9 Graça Sêco | V30.10.77 CDP-C | 26.06.16 Febres | |
| 45,05 | 0,9 Teresa Mendes | V13.05.64 CLUVE | 26.06.16 Febres | |

250 METROS

| | | | |
|-------|----------------------|----------------|------------------|
| 34,61 | Erica Grangeia | 15.08.00 GSOL | 20.12.15 Braga |
| 37,72 | Beatriz Sousa | 10.12.01 CPTSC | 23.04.16 Febres |
| 37,83 | Sofia Castanhas | 09.09.00 GSOL | 20.12.15 Braga |
| 38,0 | Francisca Reis | 26.01.01 GSOL | 04.06.16 Febres |
| 38,69 | Beatriz Silva | 04.09.02 CPTSC | 16.07.16 Coimbra |
| 39,6 | Ana Carolina Batista | 02.08.00 CMP | 21.11.15 Coimbra |
| 39,76 | Beatriz Santos | 06.11.02 GSOL | 24.01.16 Pombal |
| 41,7 | Carina Monteiro | 03.07.00 CLUVE | 21.11.15 Coimbra |
| 41,8 | Mariana Reis | 31.08.01 CPTSC | 24.01.16 Coimbra |
| 42,05 | Regina Amado | 11.05.01 CPTSC | 16.07.16 Coimbra |
| 43,1 | Jéssica Borges | 20.08.01 CLUVE | 04.06.16 Febres |
| 43,69 | Sara Rocha | 11.01.01 CLUVE | 16.07.16 Coimbra |
| 45,6 | Olívia Monteiro | 19.12.01 CLUVE | 04.06.16 Febres |
| 48,4 | Rita Barreiros | 31.03.02 ASCV | 04.06.16 Febres |

**RD INI
PC+AL****300 METROS**

| | | | |
|-------|-----------------|----------------|-----------------|
| 42,66 | Elisabete Silva | 10.12.98 UCE | 06.12.15 Pombal |
| 42,75 | Erica Grangeia | 15.08.00 GSOL | 09.01.16 Pombal |
| 43,30 | Erica Grangeia | 15.08.00 GSOL | 06.12.15 Pombal |
| 44,36 | Diana Almeida | 30.08.97 GSOL | 05.12.15 Lisboa |
| 44,61 | Inês Arada | 24.03.98 GSOL | 06.12.15 Pombal |
| 44,75 | Sofia Castanhas | 09.09.00 GSOL | 30.01.16 Pombal |
| 45,30 | Nadiane Lopes | 23.04.99 UCE | 06.12.15 Pombal |
| 46,13 | Mariana Veloso | 14.03.00 UCE | 14.05.16 Vagos |
| 50,39 | Francisca Reis | 26.01.01 GSOL | 14.05.16 Vagos |
| 50,71 | Sara Jesus | 13.09.00 GSOL | 06.12.15 Pombal |
| 51,7 | Carina Monteiro | 03.07.00 CLUVE | 09.01.16 Pombal |

**RD JV+JN+AB-
PC****RD INI PC****400 METROS**

| | | | |
|--------|-----------------|------------------|------------------|
| 57,79 | Elisabete Silva | 10.12.98 UCE | 09.07.16 Viseu |
| 58,95 | Elisabete Silva | 10.12.98 UCE | 20.02.16 Pombal |
| 61,50 | Márcia Martins | 15.01.92 GSOL | 05.06.16 Vagos |
| 61,64 | Rute Lopes | 17.02.92 UCE | 25.06.16 Febres |
| 63,30 | Diana Almeida | 30.08.97 GSOL | 13.02.16 Braga |
| 64,01 | Mariana Veloso | 14.03.00 UCE | 16.07.16 Setúbal |
| 64,15 | Rita Costa | 28.12.97 UCE | 18.06.16 Aveiro |
| 64,46 | Rita Lopes | 15.04.98 UCE | 13.02.16 Braga |
| 66,20 | Sofia Rodrigues | 09.09.00 GSOL | 16.01.16 Pombal |
| 66,93 | Joana Marques | 17.01.94 UCE | 09.01.16 Pombal |
| 67,66 | Diana Guerra | 11.02.97 GSOL | 11.06.16 Pombal |
| 71,59 | Carolina Costa | 14.11.99 UCE | 18.06.16 Aveiro |
| 72,0 | Sara Martins | V 29.04.75 CLUVE | 24.01.16 Coimbra |
| 75,8 | Carina Monteiro | 03.07.00 CLUVE | 24.01.16 Coimbra |
| 101,96 | Rosa Gomes | V28.03.65 SUOV | 12.03.16 Pombal |

RD JN-PC**600 METROS**

| | | | |
|---------|--------------------|----------------|------------------|
| 1.59,81 | Joana Rodrigues | 23.07.05 CDP-C | 25.06.16 Febres |
| 2.01,7 | Mariana Pereira | 21.10.03 CPTSC | 22.05.16 Coimbra |
| 2.06,9 | Diana Laranjeira | 06.01.05 CLUVE | 04.06.16 Febres |
| 2.07,5 | Beatriz Ferreira | 10.10.03 CPTSC | 22.05.16 Coimbra |
| 2.08,92 | Inês Precatado | 01.11.04 CDP-C | 19.12.15 Pombal |
| 2.10,0 | Margarida Oliveira | 31.07.08 UCE | 04.06.16 Febres |
| 2.10,2 | Cintia Correia | 05.04.03 CLUVE | 05.12.15 Coimbra |
| 2.10,72 | Inês Ferreira | 01.11.04 CDP-C | 25.06.16 Febres |
| 2.11,09 | Carolina Carraca | 23.10.05 CPTSC | 25.06.16 Febres |
| 2.11,1 | Carina Monteiro | 03.07.00 CLUVE | 05.12.15 Coimbra |
| 2.13,3 | Bárbara Santos | 05.04.03 CLUVE | 05.12.15 Coimbra |
| 2.14,6 | Rita Abrantes | 08.03.07 CDP-C | 22.05.16 Coimbra |
| 2.15,6 | Bruna Penetra | 10.04.06 CDP-C | 22.05.16 Coimbra |
| 2.15,9 | Laura Cardadeiro | 09.04.07 GS-RC | 22.05.16 Coimbra |
| 2.17,6 | Matilde dos Santos | 02.06.05 AMCRS | 04.06.16 Febres |
| 2.18,8 | Leonor Saraiva | 12.11.07 UCE | 22.05.16 Coimbra |
| 2.20,0 | Mariana Costa | 04.06.05 CPTSC | 22.05.16 Coimbra |

| | | | |
|---------|------------------|----------------|------------------|
| 2.20,6 | Inês Folques | 09.05.03 CLUVE | 05.12.15 Coimbra |
| 2.24,20 | Cassandra Rosa | 27.12.05 CDP-C | 19.12.15 Pombal |
| 2.30,2 | Diana Martins | 06.11.03 CLUVE | 05.12.15 Coimbra |
| 2.35,8 | Maria Neves | 27.01.05 CPTSC | 22.05.16 Coimbra |
| 2.52,3 | Beatriz Ferreira | 30.12.08 CLUVE | 05.12.15 Coimbra |

800 METROS

| | | | |
|---------|--------------------|------------------|-------------------|
| 2.22,73 | Francisca Cantante | 18.12.99 UCE | 17.07.16 Setúbal |
| 2.26,91 | Ana Almeida | 04.04.91 UCE | 07.02.16 Pombal |
| 2.28,32 | Márcia Martins | 15.01.92 GSOL | 06.03.16 Pombal |
| 2.30,88 | Rita Costa | 28.12.97 UCE | 06.03.16 Pombal |
| 2.31,28 | Cláudia Estarreja | 02.02.01 GSOL | 05.06.16 Febres |
| 2.31,96 | Mariana Veloso | 14.03.00 UCE | 12.06.16 Abrantes |
| 2.35,46 | Rute Lopes | 17.02.92 UCE | 31.07.16 Leiria |
| 2.36,26 | Denise Cabral | 24.04.98 UCE | 12.06.16 Pombal |
| 2.36,49 | Beatriz Silva | 04.09.02 CPTSC | 15.05.16 Vagos |
| 2.37,16 | Beatriz Sousa | 10.12.01 CPTSC | 05.06.16 Febres |
| 2.37,4 | Diana Guerra | 11.02.97 GSOL | 22.05.16 Coimbra |
| 2.39,78 | Marta Lobo | 01.04.94 AAC | 12.06.16 Pombal |
| 2.44,26 | Carolina Costa | 14.11.99 UCE | 23.07.16 Vagos |
| 2.47,0 | Célia Alves | V31.07.78 CDP-C | 12.03.16 Coimbra |
| 2.48,06 | Bruna Varela | 15.04.97 GSOL | 21.02.16 Pombal |
| 2.50,41 | Rute Lopes | 17.02.92 UCE | 17.01.16 Pombal |
| 2.52,66 | Sílvia Rodrigues | 17.02.00 CDP-C | 12.06.16 Pombal |
| 2.55,81 | Mariana Pereira | 21.10.03 CPTSC | 05.06.16 Febres |
| 2.57,3 | Matilde Pereira | 14.12.02 GS-RC | 12.03.16 Coimbra |
| 2.57,86 | Diana Almeida | 30.08.97 GSOL | 20.03.16 Lagos |
| 2.59,78 | Beatriz Saraiva | 19.08.02 UCE | 30.07.16 Leiria |
| 3.04,37 | Sara Martins | V 29.04.75 CLUVE | 12.03.16 Pombal |
| 3.09,44 | Ana Morais | V08.11.65 ARSM | 16.07.16 Coimbra |
| 3.10,74 | Nadiane Lopes | 23.04.99 UCE | 10.01.16 Pombal |
| 3.12,52 | Bruna Marques | 27.11.00 UCE | 19.06.16 Aveiro |
| 3.18,06 | Beatriz Ferreira | 10.10.03 CPTSC | 05.06.16 Febres |
| 3.18,64 | Patrícia Costa | 14.01.02 UCE | 30.07.16 Leiria |
| 3.24,69 | Ana Pedrosa | 16.08.90 ARSM | 26.06.16 Febres |
| 3.33,55 | Graça Sêco | V30.10.77 CDP-C | 26.06.16 Febres |

1.000 METROS

| | | | | |
|---------|--------------------|----------------|-------------------|----------------|
| 3.13,99 | Cláudia Estarreja | 02.02.01 GS-RC | 12.06.16 Abrantes | |
| 3.14,64 | Francisca Cantante | 18.12.99 UCE | 16.04.16 Lagoa | |
| 3.23,3 | Beatriz Sousa | 10.12.01 CPTSC | 22.05.16 Coimbra | |
| 3.23,81 | Beatriz Silva | 04.09.02 CPTSC | 08.05.16 Luso | |
| 3.24,5 | Inês Pereira | 07.03.98 GS-RC | 16.03.16 Coimbra | |
| 3.27,7 | Andreia Eliseu | 26.03.01 UCE | 16.03.16 Coimbra | |
| 3.27,99 | Inês Rodrigues | 12.04.03 CCX | 23.04.16 Febres | |
| 3.28,3 | Tatiana Ferreira | 2001 EBCOLIV | 16.03.16 Coimbra | Escolar |
| 3.31,7 | Denise Cabral | 24.04.98 UCE | 16.03.16 Coimbra | |
| 3.34,4 | Beatriz Godinho | 2004 EBSQF | 16.03.16 Coimbra | Escolar |
| 3.36,5 | Beatriz Barroco | 2003 EBTAV | 16.03.16 Coimbra | Escolar |
| 3.37,3 | Sara Portugal | 2002 IEL | 16.03.16 Coimbra | Escolar |
| 3.41,2 | Beatriz Lopes | 2005 EBJB | 16.03.16 Coimbra | Escolar |
| 3.44,00 | Lurdes Oliveira | 06.03.04 UCE | 30.07.16 Leiria | |
| 3.44,0 | Cintia Correia | 05.04.03 CLUVE | 16.01.16 Coimbra | |
| 3.49,5 | Carolina Francisco | 2004 AEL | 12.04.16 Coimbra | Escolar |
| 3.51,1 | Rafaela Marques | 18.11.05 CMP | 16.03.16 Coimbra | |
| 3.51,42 | Beatriz Marques | 12.10.06 CDP-C | 26.06.16 Febres | |
| 3.54,92 | Verónica Breia | 21.09.04 GSOL | 03.07.16 Fátima | |
| 3.58,91 | Catarina Gonçalves | 20.05.03 CDP-C | 26.06.16 Febres | |
| 3.59,66 | Mariana Pereira | 21.10.03 CPTSC | 26.06.16 Febres | |
| 4.02,85 | Bárbara Santos | 05.04.03 CLUVE | 03.07.16 Fátima | |
| 4.03,0 | Carina Monteiro | 03.07.00 CLUVE | 31.10.15 Coimbra | |
| 4.14,14 | Catarina Marques | 04.01.03 GSOL | 03.07.16 Fátima | |
| 4.16,25 | Bruna Penetra | 10.04.06 CDP-C | 26.06.16 Febres | |
| 4.24,13 | Inês Folques | 09.05.03 CLUVE | 03.07.16 Fátima | |

| | | | |
|---------|------------------|----------------|------------------|
| 4.32,0 | Carolina Antunes | 25.02.99 CLUVE | 31.10.15 Coimbra |
| 4.34,0 | Diana Martins | 06.11.03 CLUVE | 16.01.16 Coimbra |
| 4.35,72 | Beatriz Cunha | 17.11.06 CDP-C | 26.06.16 Febres |
| 4.42,8 | Beatriz Carvalho | 01.05.03 CLUVE | 20.02.16 Coimbra |

1.500 METROS

| | | | | |
|---------|--------------------|-----------------|------------------|-----------------|
| 4.54,51 | Andreia Silva | 21.10.88 GS | 05.03.16 Pombal | |
| 4.56,83 | Francisca Cantante | 18.12.99 UCE | 14.05.16 Vagos | |
| 5.06,64 | Francisca Cantante | 18.12.99 UCE | 20.01.16 Pombal | RD JV PC |
| 5.13,21 | Cláudia Estarreja | 02.02.01 GS-RC | 14.05.16 Vagos | |
| 5.22,31 | Marta Lobo | 01.04.94 AAC | 11.06.16 Pombal | |
| 5.33,08 | Denise Cabral | 24.04.98 UCE | 11.06.16 Pombal | |
| 5.33,61 | Beatriz Silva | 04.09.02 CPTSC | 14.05.16 Vagos | |
| 5.44,81 | Mafalda Fernando | 25.12.95 AAC | 11.06.16 Pombal | |
| 5.45,5 | Matilde Sousa | 2000 ESJC | 12.04.16 Coimbra | Escolar |
| 5.49,00 | Diana Guerra | 11.02.97 GSOL | 28.05.16 Fátima | |
| 5.49,36 | Célia Alves | V31.07.78 CDP-C | 16.01.16 Pombal | |
| 5.56,90 | Sílvia Rodrigues | 17.02.00 CDP-C | 18.06.16 Aveiro | |
| 5.58,0 | Vera Simões | 2002 ESMMV | 12.04.16 Coimbra | Escolar |
| 6.08,88 | Carolina Costa | 14.11.99 UCE | 14.05.16 Vagos | |
| 6.09,66 | Maria João Gomes | 14.10.00 SUOV | 14.05.16 Vagos | |
| 6.10,9 | Mariana Pereira | 21.10.03 CPTSC | 12.04.16 Coimbra | |
| 6.13,38 | Luísa Lourenço | 24.05.00 GS-RC | 21.05.16 Vagos | |
| 6.21,4 | Matilde Pereira | 14.12.02 GS-RC | 12.04.16 Coimbra | |
| 6.45,0 | Sara Martins | V29.04.75 CLUVE | 16.01.16 Coimbra | |
| 7.22,82 | Graça Sêco | V30.10.77 CDP-C | 25.06.16 Febres | |

MILHA (1609,33M)

| | | | |
|--------|--------------|-----------------|------------------|
| 7.34,2 | Sara Martins | V29.04.75 CLUVE | 20.02.16 Coimbra |
|--------|--------------|-----------------|------------------|

3.000 METROS

| | | | | |
|----------|--------------------|-----------------|-------------------|-----------------|
| 10.58,50 | Andreia Silva | 21.10.88 GSOL | 29.05.16 Fátima | |
| 11.05,91 | Francisca Cantante | 18.12.99 UCE | 12.06.16 Abrantes | |
| 11.30,25 | Marta Lobo | 01.04.94 AAC | 17.01.16 Pombal | |
| 11.32,88 | Francisca Cantante | 18.12.99 UCE | 06.03.16 Pombal | RD JV PC |
| 12.02,85 | Mafalda Fernando | 25.12.95 UCE | 07.02.16 Pombal | |
| 12.53,78 | Denise Cabral | 24.04.98 UCE | 17.01.16 Pombal | |
| 14.02,23 | Maria João Gomes | 14.10.00 SUOV | 15.05.16 Vagos | |
| 14.03,84 | Sílvia Rodrigues | 17.02.00 CDP-C | 19.06.16 Aveiro | |
| 14.29,99 | Odeta Cruz | V26.07.66 GSOL | 26.06.16 Febres | |
| 15.05,0 | Sara Martins | V29.04.75 CLUVE | 31.10.15 Coimbra | |
| 15.05,27 | Diana Guerra | 11.02.97 GSOL | 17.07.16 Setúbal | |

5.000 METROS

| | | | |
|----------|------------------|----------------|------------------|
| 20.23,78 | Andreia Silva | 21.10.88 GS-RC | 16.07.16 Setúbal |
| 20.29,2 | Marta Lobo | 01.04.94 AAC | 25.06.16 Febres |
| 20.56,50 | Mafalda Fernando | 25.12.95 UCE | 28.05.16 Fátima |
| 23.05,9 | Ana Eustáquio | 05.07.78 AAC | 25.06.16 Febres |

10.000 METROS

| | | | |
|----------|------------------|----------------|-----------------|
| 41.28,54 | Andreia Silva | 21.10.88 GS-RC | 23.04.16 Febres |
| 45.44,26 | Mafalda Fernando | 25.12.95 AAC | 23.04.16 Febres |

4 X 60 METROS

| | | | |
|-------|------------------|----------------|-----------------|
| 34,73 | Verónica Breia | 21.09.04 GSOL | 21.05.16 Vagos |
| | Catarina Marques | 04.01.03 | |
| | Solange Carvalho | 15.10.03 | |
| | Alice Finisterra | 18.03.04 | |
| 48,30 | Beatriz Marques | 12.10.06 CDP-C | 25.06.16 Febres |
| | Beatriz Cunha | 17.11.06 | |
| | Inês Almeida | 13.02.06 | |
| | Bruna Penetra | 10.04.06 | |

4 X 80 METROS

| | | | | |
|-------|---|--|--|-------------------|
| 43,95 | Regina Amado Beatriz Santos Francisca Reis Sara Seabra | 11.05.01 ADAC 06.11.02 26.01.01 19.12.01 | | 11.06.16 Abrantes |
| 44,65 | Verónica Breia Catarina Marques Francisca Reis Sara Seabra | 21.09.04 GS-RC 04.01.03 26.01.01 19.12.01 | | 05.06.16 Febres |
| 47,25 | Mariana Reis Beatriz Sousa Beatriz Silva Regina Amado | 31.08.01 CPTSC 10.12.01 04.09.02 11.05.01 | | 05.06.16 Febres |
| 48,54 | Bárbara Santos Inês Folques Diana Martins Cintia Correia | 05.04.03 CLUVE 09.05.03 06.11.03 05.04.03 | | 05.06.16 Febres |
| 52,42 | Leonor Marques Matilde Silva Sofia Gomes Maria Stamm | 30.07.03 AAC 15.12.03 28.12.03 19.11.03 | | 05.06.16 Febres |

4 X 100 METROS

| | | | | | |
|----------|---|--|--|-------------------|---------------|
| 50,09 JN | Diana Almeida Inês Arada Bruna Varela Érica Grangeia | 30.08.97 GSOL 24.03.98 15.04.97 15.08.00 | | 09.07.16 Viseu | RD JN |
| 51,11 | Elisabete Silva Rita Costa Rita Lopes Rute Lopes | 10.12.98 UCE 28.12.97 15.04.98 17.02.92 | | 21.05.16 Vagos | |
| 52,20 JV | Sara Seabra Érica Grangeia Sofia Castanhas Cláudia Estarreja | 19.12.01 GSOL 15.08.00 09.09.00 02.02.01 | | 02.07.16 Lagoa | |
| 53,21 | Sara Jesus Sofia Castanhas Mariana Veloso Érica Grangeia | 13.09.00 ADAC 09.09.00 14.03.00 15.08.00 | | 12.06.16 Abrantes | |
| 53,33 JV | Nadiane Lopes Francisca Cantante Mariana Veloso Patrícia Costa | 23.04.99 UCE 18.12.99 14.03.00 14.01.02 | | 02.07.16 Lagoa | |
| 1.11,00 | Helena Carvalho Almira Mateus Isabel Costa Emília Nunes | V24.12.50 CLUVE V29.03.60 V29.05.62 V02.09.54 | | 09.07.16 Lisboa | RN F50 |

4 X 200 METROS

| | | | | |
|------------|---|---|--|------------------|
| 1.50,42 | Diana Almeida Bruna Varela Inês Arada Bárbara Santiago | 30.08.97 GSOL 15.04.97 24.03.98 18.12.98 | | 16.01.016 Pombal |
| 1.59,18 JV | Luísa Lourenço Sara Jesus Sofia Rodrigues Erica Grangeia | 24.05.00 GSOL 13.09.00 09.09.00 15.08.00 | | 16.01.016 Pombal |
| 2.00,86 | Mariana Veloso Sara Batista Bruna Marques Nadiane Lopes | 14.03.00 UCE 05.07.00 27.11.00 23.04.99 | | 31.01.16 Pombal |

EST. MEDDLEY

| | | | | |
|-------------------|-----------------|----------|-----|----------------|
| 2.23,45 | Rita Lopes | 15.04.98 | UCE | 21.05.16 Vagos |
| | Rute Lopes | 17.02.92 | | |
| | Rita Costa | 28.12.97 | | |
| | Elisabete Silva | 10.12.98 | | |
| 2.36,64 JV | Patrícia Costa | 14.01.02 | UCE | 21.05.16 Vagos |
| | Nadiane Lopes | 23.04.99 | | |
| | Carolina Costa | 14.11.99 | | |
| | Mariana Veloso | 14.03.00 | | |

4 X 400 METROS

| | | | | |
|-------------------|--------------------|-----------|-------|-----------------|
| 4.03,12 | Marta Morgado | 06.03.95 | UCE | 26.06.16 Maia |
| | Rita Costa | 28.12.97 | | |
| | Rute Lopes | 17.02.92 | | |
| | Elisabete Silva | 10.12.98 | | |
| 4.05,99 JN | Mariana Veloso | 14.03.00 | UCE | 10.07.16 Viseu |
| | Rita Costa | 28.12.97 | | |
| | Francisca Cantante | 18.12.99 | | |
| | Elisabete Silva | 10.12.98 | | |
| 4.18,65 | Diana Almeida | 30.08.97 | GSOL | 06.03.16 Pombal |
| | Sofia Castanhas | 09.09.00 | | |
| | Bruna Varela | 15.04.97 | | |
| | Márcia Martins | 15.01.92 | | |
| 9.04,53 | Teresa Mendes | V13.05.64 | CLUVE | 10.07.16 Lisboa |
| | Almira Mateus | V29.03.60 | | |
| | Isabel Costa | V29.05.62 | | |
| | Emília Nunes | V02.09.54 | | |

50 M BAR 060

| | | | | |
|-------|------------------------|----------|-------|------------------|
| 10,36 | 0,1 Joana Rodrigues | 23.07.05 | CDP-C | 12.03.16 Coimbra |
| 10,38 | 0,1 Rafaela Marques | 18.11.05 | CMP | 12.03.16 Coimbra |
| 10,6 | 1,2 Rita Abrantes | 08.03.07 | CDP-C | 22.05.16 Coimbra |
| 10,6 | 1,2 Margarida Oliveira | 31.07.08 | UCE | 22.05.16 Coimbra |
| 10,8 | 1,2 Matilde dos Santos | 02.06.05 | AMCRS | 22.05.16 Coimbra |
| 10,9 | 1,2 Leonor Saraiva | 12.11.07 | UCE | 22.05.16 Coimbra |
| 11,1 | 1,2 Laura Cardadeiro | 09.04.07 | GS-RC | 22.05.16 Coimbra |
| 11,2 | 1,2 Bruna Penetra | 10.04.06 | CDP-C | 22.05.16 Coimbra |
| 11,75 | 0,1 Matilde dos Santos | 02.06.05 | AMCRS | 12.03.16 Coimbra |
| 11,95 | 0,1 Bruna Penetra | 10.04.06 | CDP-C | 12.03.16 Coimbra |
| 12,18 | 0,1 Beatriz Marques | 12.10.06 | CDP-C | 12.03.16 Coimbra |
| 12,0 | 1,2 Matilde Santos | 2006 | CDP-C | 22.05.16 Coimbra |
| 12,7 | 1,2 Beatriz Cunha | 17.11.06 | CDP-C | 22.05.16 Coimbra |

N/F**60 M BAR 076 - 1**

| | | | | |
|-------|----------------------|-----------|-------|------------------|
| 10,3 | 1,8 Catarina Marques | 04.01.03 | GSOL | 22.05.16 Coimbra |
| 10,84 | 0,4 Catarina Marques | 04.01.03 | GSOL | 13.02.16 Pombal |
| 11,16 | Beatriz Santos | 06.11.02 | GSOL | 06.12.15 Pombal |
| 11,20 | 0,1 Lurdes Oliveira | 06.03.04 | UCE | 12.03.16 Coimbra |
| 11,48 | 0,4 Cíntia Correia | 05.04.03 | CLUVE | 03.07.16 Fátima |
| 12,13 | 0,6 Verónica Breia | 21.09.04 | GSOL | 03.07.16 Fátima |
| 12,69 | Almira Mateus | V29.03.60 | CLUVE | 01.04.16 Ancona |
| 13,53 | Bárbara Santos | 05.04.03 | CLUVE | 13.02.16 Pombal |
| 13,4 | 0,0 Diana Fernandes | 08.08.03 | CPTSC | 12.03.16 Coimbra |
| 13,86 | 0,1 Beatriz Ferreira | 10.10.03 | CPTSC | 12.03.16 Coimbra |
| 13,8 | Mariana Pereira | 21.10.03 | CPTSC | 24.01.16 Coimbra |
| 14,3 | 0,0 Inês Ferreira | 01.11.04 | CDP-C | 12.03.16 Coimbra |
| 14,60 | 0,4 Inês Folques | 09.05.03 | CLUVE | 03.07.16 Fátima |
| 14,5 | 0,0 Leonor Marques | 30.07.03 | AAC | 12.03.16 Coimbra |
| 14,5 | 1,8 Natália Pinto | 04.08.03 | AMCRS | 22.05.16 Coimbra |
| 14,7 | 0,0 Matilde Leite | 18.09.03 | AAC | 12.03.16 Coimbra |
| 14,7 | 0,0 Rita Costa | 2003 | CCX | 12.03.16 Coimbra |
| 15,0 | 0,0 Beatriz Carvalho | 01.05.03 | CLUVE | 12.03.16 Coimbra |
| 15,25 | Diana Martins | 06.04.03 | CLUVE | 13.02.16 Pombal |
| 15,2 | 0,0 Rita Barreiros | 21.01.03 | AAC | 12.03.16 Coimbra |

N/F

60 M BAR 076 - 2

| | | | |
|-------|-----------------|----------------|-----------------|
| 9,76 | Sofia Castanhas | 09.09.00 GSOL | 06.12.15 Pombal |
| 11,07 | Beatriz Santos | 06.11.02 GSOL | 13.02.16 Pombal |
| 11,55 | Beatriz Saraiva | 19.08.02 UCE | 13.02.16 Pombal |
| 11,74 | Mariana Reis | 31.08.01 CPTSC | 13.02.16 Pombal |
| 12,44 | Beatriz Silva | 04.09.02 CPTSC | 13.02.16 Pombal |

60 M BAR 076 - 3

| | | | |
|-------|-----------------|---------------|-----------------|
| 9,20 | Elisabete Silva | 10.12.98 UCE | 06.12.15 Pombal |
| 9,85 | Sofia Rodrigues | 09.09.00 GSOL | 31.01.16 Pombal |
| 10,06 | Inês Arada | 24.03.98 GSOL | 06.12.15 Pombal |
| 12,43 | Nadiane Lopes | 23.04.99 UCE | 10.01.16 Pombal |

60 M BAR 084

| | | | |
|-------|-----------------|---------------|-----------------|
| 9,12 | Elisabete Silva | 10.12.98 UCE | 07.02.16 Pombal |
| 9,16 | Diana Almeida | 30.08.97 GSOL | 06.03.16 Pombal |
| 9,54 | Bruna Varela | 15.04.97 GSOL | 05.03.16 Pombal |
| 10,25 | Inês Arada | 24.03.98 GSOL | 14.02.16 Braga |

80 M BAR 076

| | | | |
|-------|----------------------|-----------------|-------------------|
| 13,7 | 1,9 Sara Seabra | 19.12.01 GSOL | 04.06.16 Febres |
| 14,10 | -2,8 Beatriz Santos | 06.11.02 GSOL | 12.06.16 Abrantes |
| 14,3 | 1,9 Catarina Marques | 04.01.03 GSOL | 04.06.16 Febres |
| 15,2 | 0,7 Mariana Reis | 31.08.01 CPTSC | 22.05.16 Coimbra |
| 15,6 | 0,7 Beatriz Silva | 04.09.02 CPTSC | 22.05.16 Coimbra |
| 15,9 | 0,8 Beatriz Saraiva | 19.08.02 UCE | 12.03.16 Coimbra |
| 16,18 | -0,9 Beatriz Silva | 04.09.02 CPTSC | 07.05.16 Luso |
| 17,1 | 1,9 Mariana Pereira | 21.10.03 CPTSC | 04.06.16 Febres |
| 17,87 | 0,9 Almira Mateus | V29.03.60 CLUVE | 09.07.16 Lisboa |
| 18,34 | 0,8 Patrícia Costa | 14.01.02 UCE | 30.07.16 Leiria |

100 M BAR 084

| | | | |
|-------|---------------------|---------------|-----------------|
| 14,62 | 2,0 Elisabete Silva | 10.12.98 UCE | 12.06.16 Pombal |
| 15,26 | 1,5 Diana Almeida | 30.08.97 GSOL | 26.06.16 Maia |
| 16,32 | 0,7 Inês Arada | 24.03.98 GSOL | 14.05.16 Vagos |
| 16,43 | -2,6 Bruna Varela | 15.04.97 GSOL | 19.03.16 Lagos |
| 17,06 | 0,1 Rute Lopes | 17.02.92 UCE | 30.07.16 Leiria |

250 M BAR 076

| | | | |
|-------|-----------------|----------------|-----------------|
| 44,89 | Beatriz Saraiva | 19.08.02 UCE | 05.06.16 Febres |
| 46,74 | Mariana Reis | 31.08.01 CPTSC | 05.06.16 Febres |

300 M BAR

| | | | |
|-------|-----------------|--------------|----------------|
| 55,66 | Beatriz Saraiva | 19.08.02 UCE | 15.05.16 Vagos |
|-------|-----------------|--------------|----------------|

400 M BAR

| | | | |
|-------|-----------------|---------------|-----------------|
| 63,17 | Elisabete Silva | 10.12.98 UCE | 12.06.16 Pombal |
| 67,53 | Inês Arada | 24.03.98 GSOL | 12.06.16 Pombal |
| 74,18 | Rita Lopes | 15.04.98 UCE | 29.05.16 Fátima |
| 89,14 | Carolina Costa | 14.11.99 UCE | 19.06.16 Aveiro |

1.500 M OBTS

| | | | |
|---------|----------------|--------------|-------------------|
| 5.43,00 | Andreia Eliseu | 26.03.01 UCE | 11.06.16 Abrantes |
|---------|----------------|--------------|-------------------|

2.000 M OBTS

| | | | |
|---------|---------------|---------------|----------------|
| 7.53,14 | Andreia Silva | 21.10.88 GSOL | 14.05.16 Vagos |
| 9.15,14 | Denise Cabral | 24.04.98 UCE | 14.05.16 Vagos |

3.000 M OBTS

| | | | |
|----------|---------------|---------------|------------------|
| 12.20,67 | Andreia Silva | 21.10.88 GSOL | 28.05.16 Fátima |
| 14.03,73 | Denise Cabral | 24.04.98 UCE | 16.07.16 Setúbal |

3.000 M MARCHA

| | | | |
|----------|--------------------|-----------------|-----------------|
| 18.15,43 | Teresa Mendes | V13.05.64 CLUVE | 31.03.16 Ancona |
| 20.07,07 | Elisabete Ferreira | 04.10.94 UCE | 05.03.16 Pombal |

4.000 M MARCHA

| | | | |
|----------|----------------|---------------|-----------------|
| 25.21,40 | Beatriz Simões | 09.06.01 ASCV | 04.06.16 Febres |
|----------|----------------|---------------|-----------------|

5.000 M MARCHA

| | | | |
|----------|--------------------|-----------------|-----------------|
| 32.31,01 | Teresa Mendes | V13.05.64 CLUVE | 11.06.16 Pombal |
| 35.14,76 | Elisabete Ferreira | 04.10.94 UCE | 19.12.15 Pombal |
| 36.22,90 | Jéssica Cardoso | 27.10.99 ASCV | 14.05.16 Vagos |
| 36.26,20 | Beatriz Simões | 09.06.01 ASCV | 14.05.16 Vagos |

5 KMS MARCHA

| | | | |
|---------|---------------|-----------------|-----------------|
| 30.58.0 | Teresa Mendes | V13.05.64 CLUVE | 02.04.16 Ancona |
|---------|---------------|-----------------|-----------------|

PESO 2

| | | | |
|------|------------------|-----------------|------------------|
| 8,62 | Natália Pinto | 04.08.03 AMCRS | 23.04.16 Febres |
| 8,54 | Catarina Marques | 04.01.03 GSOL | 03.07.16 Fátima |
| 7,22 | Lurdes Oliveira | 06.03.04 UCE | 30.07.16 Leiria |
| 7,17 | Cíntia Correia | 05.04.03 CLUVE | 13.02.16 Pombal |
| 6,96 | Daniela Santos | 10.04.03 UFC | 25.06.16 Febres |
| 6,42 | Mónica Rodrigues | 09.01.03 UCE | 13.02.16 Pombal |
| 6,14 | Diana Martins | 06.11.03 CLUVE | 13.02.16 Pombal |
| 6,11 | Luana Simões | 04.01.04 CDP-C | 24.01.16 Coimbra |
| 5,89 | Beatriz Ferreira | 10.10.03 CPTSC | 25.06.16 Febres |
| 5,64 | Verónica Breia | 21.09.04 GSOL | 03.07.16 Fátima |
| 5,59 | Ivone Lobo | V28.12.36 CLUVE | 16.07.16 Coimbra |
| 5,51 | Bárbara Santos | 05.04.03 CLUVE | 03.07.16 Fátima |
| 5,39 | Inês Oliveira | 16.04.04 UFC | 25.06.16 Febres |
| 5,30 | Diana Martins | 06.11.03 CLUVE | 24.01.16 Coimbra |
| 5,29 | Inês Folques | 09.05.03 CLUVE | 03.07.16 Fátima |
| 4,68 | Inês Almeida | 13.02.06 CDP-C | 25.06.16 Febres |
| 3,67 | Beatriz Cunha | 17.11.06 CDP-C | 25.06.16 Febres |

PESO 3

| | | | |
|-------|--------------------|-----------------|------------------|
| 13,32 | Céu Cunha | V13.12.62 CLUVE | 12.03.16 Pombal |
| 12,49 | Carolina Fernandes | 20.02.01 SUOV | 14.05.16 Vagos |
| 12,32 | Juliana Rei | 22.08.99 GSOL | 20.05.16 Vagos |
| 9,11 | Mariana Freitas | 29.08.02 SUOV | 04.06.16 Febres |
| 8,98 | Isabel Costa | V29.05.62 CLUVE | 12.03.16 Pombal |
| 8,94 | Gabriela Couceiro | 16.08.99 UCE | 12.04.16 Coimbra |
| 8,56 | Paula Martinho | V10.12.54 CLUVE | 16.07.16 Coimbra |
| 8,13 | Carolina Antunes | 25.02.99 CLUVE | 12.03.16 Coimbra |
| 7,67 | Joana Gonçalves | 08.12.99 UCE | 25.06.16 Febres |
| 7,55 | Regina Amado | 11.05.01 CPTSC | 12.04.16 Coimbra |
| 7,44 | Sara Batista | 05.07.00 UCE | 21.11.15 Coimbra |
| 7,38 | Nadiane Lopes | 23.04.99 UCE | 10.01.16 Pombal |
| 6,68 | Teresa Mendes | V13.05.64 CLUVE | 12.03.16 Pombal |
| 6,60 | Diana Matias | 25.10.01 CPTSC | 24.01.16 Coimbra |
| 6,55 | Emília Nunes | V02.09.54 CLUVE | 12.03.16 Pombal |
| 6,52 | Natália Pinto | 04.08.03 AMCRS | 04.06.16 Febres |
| 6,08 | Ana Bela Ramos | V11.08.56 CLUVE | 10.06.16 Coimbra |
| 6,02 | Helena Carvalho | V24.12.50 CLUVE | 12.03.16 Pombal |
| 5,95 | Sílvia Rodrigues | 17.02.00 CDP-C | 07.05.16 Luso |
| 5,73 | Diana Matias | 25.10.01 CPTSC | 22.05.16 Coimbra |
| 5,68 | Beatriz Santos | 06.11.02 GSOL | 13.02.16 Pombal |
| 5,66 | Beatriz Saraiva | 19.08.02 UCE | 13.02.16 Pombal |
| 5,59 | Mariana Reis | 31.08.01 CPTSC | 13.02.16 Pombal |
| 5,17 | Beatriz Silva | 04.09.02 CPTSC | 13.02.16 Pombal |
| 5,07 | Patrícia Costa | 14.01.02 UCE | 30.07.16 Leiria |

W50-RNPC

| | | | |
|------|---------------|----------------|------------------|
| 4,80 | Inês Clemente | 10.05.01 CDP-C | 12.03.16 Coimbra |
| 4,68 | Ana Gomes | 10.07.02 UCE | 24.01.16 Coimbra |
| 4,21 | Inês Silva | 02.06.02 CDP-C | 12.03.16 Coimbra |

PESO 4

| | | | |
|-------|-------------------|------------------|------------------|
| 11,53 | Cristiana Campos | 16.01.95 GSOL | 17.07.16 Setúbal |
| 10,32 | Juliana Rei | 22.08.99 GSOL | 10.06.16 Aveiro |
| 10,31 | Céu Cunha | V 13.12.62 CLUVE | 24.01.16 Coimbra |
| 9,29 | Rute Lopes | 17.02.92 UCE | 30.07.16 Leiria |
| 9,00 | Sandra Santos | 10.04.84 UCE | 10.06.16 Coimbra |
| 8,88 | Bruna Varela | 15.04.97 GSOL | 19.03.16 Lagos |
| 8,48 | Mafalda Gonçalves | 19.02.98 CLUVE | 14.05.16 Coimbra |
| 8,06 | Patrícia Vaz | 23.06.96 UCE | 17.07.16 Setúbal |
| 7,95 | Diana Almeida | 30.08.97 GSOL | 19.03.16 Lagos |
| 7,27 | Gabriela Couceiro | 16.08.99 UCE | 29.05.16 Fátima |
| 7,14 | Carolina Antunes | 25.02.99 CLUVE | 16.01.16 Pombal |
| 6,53 | Joana Gonçalves | 08.12.99 UCE | 11.06.16 Pombal |
| 4,75 | Graça Sêco | V30.10.77 CDP-C | 12.03.16 Coimbra |
| 4,64 | Célia Alves | V31.07.78 CDP-C | 12.03.16 Coimbra |

DISCO 750

| | | | |
|-------|--------------------|-----------------|-----------------|
| 27,51 | Carolina Fernandes | 20.02.01 SUOV | 05.06.16 Febres |
| 25,80 | Mariana Freitas | 29.08.02 SUOV | 05.06.16 Febres |
| 18,00 | Natália Pinto | 04.08.03 AMCRS | 05.06.16 Febres |
| 14,55 | Ana Fonseca | 05.02.04 AMCRS | 26.06.16 Febres |
| 14,34 | Ivone Lobo | V28.12.36 CLUVE | 09.07.16 Lisboa |
| 14,25 | Cláudia Conceição | 08.02.04 CLUVE | 26.06.16 Febres |
| 9,76 | Luana Simões | 04.01.04 CDP-C | 26.06.16 Febres |
| 9,14 | Matilde dos Santos | 02.06.05 AMCRS | 26.06.16 Febres |
| 7,84 | Inês Almeida | 13.02.06 CDP-C | 26.06.16 Febres |

DISCO 1

| | | | |
|-------|--------------------|-----------------|----------------------|
| 36,62 | Cristiana Campos | 16.01.95 GSOL | 16.07.16 Setúbal |
| 33,19 | Juliana Rei | 22.08.99 GSOL | 18.06.16 Aveiro |
| 30,80 | Céu Cunha | V13.12.62 CLUVE | 20.02.16 Coimbra |
| 28,62 | Sandra Santos | 10.04.84 UCE | 10.06.16 Coimbra |
| 28,46 | Carolina Fernandes | 20.02.01 SUOV | 15.05.16 Vagos |
| 24,07 | Mariana Freitas | 29.08.02 SUOV | 15.05.16 Vagos |
| 22,52 | Tatiana Marques | 15.01.98 GSOL | 08.05.16 Luso |
| 20,11 | Paula Martinho | V10.12.54 CLUVE | 26.06.16 Febres |
| 19,90 | Mafalda Gonçalves | 19.02.98 CLUVE | 10.06.16 Coimbra |
| 19,98 | Isabel Costa | V29.05.62 CLUVE | 24.09.16 Mar. Grande |
| 17,45 | Joana Gonçalves | 08.12.99 UCE | 12.06.16 Pombal |
| 15,29 | Emília Nunes | V02.09.54 CLUVE | 26.06.16 Febres |
| 14,95 | Almira Mateus | V29.03.60 CLUVE | 09.07.16 Lisboa |
| 14,49 | Carolina Antunes | 25.02.99 CLUVE | 20.02.16 Coimbra |
| 14,12 | Helena Carvalho | V24.12.50 CLUVE | 26.06.16 Febres |
| 13,59 | Ana Bela Ramos | V11.08.56 CLUVE | 10.06.16 Coimbra |
| 9,78 | Patrícia Costa | 14.01.02 UCE | 15.05.16 Vagos |

AR. BOLA 1663

| | | | |
|-------|--------------------|----------------|-----------------|
| 19,72 | Matilde dos Santos | 02.06.05 AMCRS | 08.05.16 Luso |
| 13,32 | Margarida Oliveira | 31.07.08 UCE | 30.07.16 Leiria |
| 11,93 | Leonor Saraiva | 12.11.07 UCE | 30.07.16 Leiria |

DARDO 400

| | | | |
|-------|--------------------|-----------------|------------------|
| 18,37 | Natália Pinto | 04.08.03 AMCRS | 25.06.16 Febres |
| 15,58 | Matilde dos Santos | 02.06.05 AMCRS | 25.06.16 Febres |
| 13,98 | Cláudia Conceição | 08.02.04 CLUVE | 25.06.16 Febres |
| 12,82 | Ivone Lobo | V28.12.36 CLUVE | 16.07.16 Coimbra |
| 12,00 | Catarina Gonçalves | 20.05.03 CDP-C | 25.06.16 Febres |
| 11,10 | Mariana Pereira | 21.10.03 CPTSC | 25.06.16 Febres |
| 8,69 | Luana Simões | 04.01.04 CDP-C | 25.06.16 Febres |
| 6,03 | Bruna Penetra | 10.04.06 CDP-C | 25.06.16 Febres |

DARDO 500

| | | | | |
|-------|-------------------|------------------|----------------------|-----------------|
| 36,71 | Céu Cunha | V13.12.62 CLUVE | 29.03.16 Ancona | |
| 28,32 | Paula Martinho | V10.12.54 CLUVE | 01.04.16 Ancona | W60 - RN |
| 23,45 | Joana Gonçalves | 08.12.99 UCE | 25.06.16 Febres | |
| 23,05 | Mariana Freitas | 29.08.02 SUOVais | 04.06.16 Febres | |
| 16,98 | Natália Pinto | 04.08.03 AMCRS | 04.06.16 Febres | |
| 16,96 | Sílvia Rodrigues | 17.02.00 CDP-C | 14.05.16 Vagos | |
| 16,80 | Emília Nunes | V02.09.54 CLUVE | 25.06.16 Febres | |
| 17,11 | Isabel Costa | V29.05.62 CLUVE | 24.09.16 Mar. Grande | |
| 16,58 | Helena Carvalho | V24.12.50 CLUVE | 10.07.16 Lisboa | |
| 15,36 | Cláudia Conceição | 08.02.04 CLUVE | 04.06.16 Febres | |
| 15,08 | Teresa Mendes | V13.05.64 CLUVE | 10.07.16 Lisboa | |
| 13,71 | Carolina Antunes | 25.02.99 CLUVE | 20.02.16 Coimbra | |
| 12,08 | Diana Matias | 25.10.01 CPTSC | 04.06.16 Febres | |
| 11,20 | Ana Bela Ramos | V11.08.56 CLUVE | 10.06.16 Coimbra | |
| 10,88 | Almira Mateus | V29.03.60 CLUVE | 10.07.16 Lisboa | |
| 10,81 | Lurdes Oliveira | 06.03.04 UCE | 04.06.16 Febres | |

DARDO 600

| | | | | |
|-------|----------------------|----------------|------------------|--|
| 27,11 | Rute Lopes | 17.02.92 UCE | 29.05.16 Fátima | |
| 26,00 | Bruna Varela | 15.04.97 GSOL | 25.04.16 Viseu | |
| 24,38 | Joana Gonçalves | 08.12.99 UCE | 11.06.16 Pombal | |
| 23,48 | Marisa Franco | 10.10.90 UCE | 17.07.16 Setúbal | |
| 19,80 | Diana Almeida | 30.08.97 GSOL | 20.03.16 Lagos | |
| 17,46 | Sandra Santos | 10.04.84 UCE | 10.06.16 Coimbra | |
| 17,00 | Sílvia Rodrigues | 17.02.00 CDP-C | 19.06.16 Aveiro | |
| 14,81 | Mafalda Gonçalves | 19.02.98 CLUVE | 20.02.16 Coimbra | |
| 10,41 | Bruna Marques | 27.11.00 UCE | 19.06.16 Aveiro | |
| 6,19 | Maria João Rodrigues | 01.07.96 GSOL | 17.07.16 Setúbal | |

MARTELO 2

| | | | | |
|-------|--------------------|-----------------|-----------------|-----------------|
| 18,44 | Luana Simões | 04.01.04 CDP-C | 26.06.16 Febres | |
| 17,18 | Ivone Lobo | V28.12.36 CLUVE | 31.03.16 Ancona | W75 - RN |
| 13,12 | Catarina Gonçalves | 20.05.03 CDP-C | 26.06.16 Febres | |

MARTELO 3

| | | | | |
|-------|--------------------|-----------------|------------------|-----------------|
| 40,10 | Céu Cunha | V13.12.62 CLUVE | 31.10.15 Coimbra | |
| 37,20 | Carolina Fernandes | 20.02.01 SUOV | 05.06.16 Febres | RD INI |
| 27,51 | Paula Martinho | V10.12.54 CLUVE | 26.06.16 Febres | W60 - RN |
| 26,56 | Juliana Rei | 22.08.99 GSOL | 23.07.16 Vagos | |
| 23,03 | Isabel Costa | V29.05.62 CLUVE | 16.01.16 Coimbra | |
| 18,78 | Ana Bela Ramos | V11.08.56 CLUVE | 10.06.16 Coimbra | |
| 15,42 | Carolina Antunes | 25.02.99 CLUVE | 31.10.15 Coimbra | |
| 15,11 | Helena Carvalho | V24.12.50 CLUVE | 26.06.16 Febres | W65 - RN |
| 13,86 | Helena Carvalho | V24.12.50 CLUVE | 31.10.15 Coimbra | |

MARTELO 4

| | | | | |
|-------|----------------------|----------------|------------------|--|
| 45,85 | Sandra Santos | 10.04.84 UCE | 28.05.16 Fátima | |
| 41,02 | Maria João Rodrigues | 01.07.96 GSOL | 17.07.16 Setúbal | |
| 21,69 | Juliana Rei | 22.08.99 GSOL | 18.06.16 Aveiro | |
| 20,02 | Mafalda Gonçalves | 19.02.98 CLUVE | 31.10.15 Coimbra | |

MARTELÃO

| | | | | |
|-------|-------------------|-----------------|--------------------|-----------------|
| 13,84 | Sandra Santos | 10.04.84 UCE | 10.06.16 Coimbra | |
| 13,71 | Céu Cunha | V13.12.62 CLUVE | 28.02.16 Leiria | W50 - RN |
| 10,47 | Paula Martinho | V10.12.54 CLUVE | 04.11.16 Austrália | |
| 7,07 | Isabel Costa | V29.05.62 CLUVE | 16.01.16 Coimbra | |
| 6,34 | Ana Bela Ramos | V11.08.56 CLUVE | 10.06.16 Coimbra | |
| 7,79 | Ivone Lobo | V28.12.36 CLUVE | 28.02.16 Leiria | |
| 6,13 | Mafalda Gonçalves | 19.02.98 CLUVE | 10.06.16 Coimbra | |

ALTURA

| | | | | |
|------|--------------------|-----------------|----------------------|-----------------|
| 1,52 | Nadiane Lopes | 23.04.99 UCE | 08.05.16 Luso | |
| 1,49 | Rute Lopes | 17.02.92 UCE | 30.07.16 Leiria | |
| 1,45 | Beatriz Cunha | 14.10.99 SUOV | 20.05.16 Vagos | |
| 1,45 | Diana Almeida | 30.08.97 GSOL | 25.04.16 Viseu | |
| 1,44 | Ana Rita Pedreiras | 27.01.93 GSOL | 16.07.16 Setúbal | |
| 1,40 | Joana Moreto | 17.03.98 GSOL | 20.05.16 Vagos | |
| 1,40 | Céu Cunha | V13.12.62 CLUVE | 01.04.16 Ancona | W50-RNPC |
| 1,40 | Ana Pinto | 20.03.01 SUOV | 04.06.16 Febres | |
| 1,39 | Bruna Varela | 15.04.97 GSOL | 19.03.16 Lagos | |
| 1,38 | Beatriz Santos | 11.06.02 GSOL | 20.12.15 Braga | |
| 1,35 | Lurdes Oliveira | 06.03.04 UCE | 04.06.16 Febres | |
| 1,30 | Cíntia Correia | 05.04.03 CLUVE | 06.02.16 Coimbra | |
| 1,30 | Mariana Veloso | 14.03.00 UCE | 06.02.16 Coimbra | |
| 1,30 | Catarina Marques | 04.01.03 GSOL | 04.06.16 Febres | |
| 1,24 | Beatriz Saraiva | 19.08.02 UCE | 06.02.16 Coimbra | |
| 1,20 | Mariana Pereira | 21.10.03 CPTSC | 26.06.16 Febres | |
| 1,20 | Diana Laranjeira | 06.01.05 CLUVE | 26.06.16 Febres | |
| 1,20 | Ana Fonseca | 05.02.04 AMCRS | 26.06.16 Febres | |
| 1,20 | Sofia Rodrigues | 09.09.00 GSOL | 07.05.16 Mar. Grande | |
| 1,15 | Diana Martins | 06.11.03 CLUVE | 06.02.16 Coimbra | |
| 1,15 | Bárbara Santos | 05.04.03 CLUVE | 26.06.16 Febres | |
| 1,15 | Beatriz Fernandes | 21.12.02 UCE | 06.02.16 Coimbra | |
| 1,15 | Carina Monteiro | 03.07.00 CLUVE | 26.06.16 Febres | |
| 1,08 | Inês Folques | 09.05.03 CLUVE | 06.02.16 Coimbra | |
| 1,05 | Jéssica Borges | 20.08.01 CLUVE | 06.02.16 Coimbra | |
| 1,05 | Eduarda Matos | 19.07.01 UCE | 06.02.16 Coimbra | |
| 1,05 | Mónica Rodrigues | 09.01.03 UCE | 06.02.16 Coimbra | |
| 1,05 | Diana Fernandes | 08.08.03 CPTSC | 26.06.16 Febres | |
| 1,04 | Emília Nunes | V02.09.54 CLUVE | 10.07.16 Lisboa | |
| 1,00 | Almira Mateus | V29.03.60 CLUVE | 16.07.16 Coimbra | |

COMPRIMENTO

| | | | | |
|------|----------------------|-----------------|------------------|-----------------|
| 5,36 | 1,6 Bruna Varela | 15.04.97 GSOL | 20.03.16 Lagos | |
| 5,35 | 1,5 Érica Granjeia | 15.08.00 GSOL | 21.05.16 Vagos | |
| 5,16 | 2,0 Sara Seabra | 19.12.01 GSOL | 05.06.16 Febres | |
| 5,14 | 0,0 Inês Arada | 24.03.98 GSOL | 25.04.16 Viseu | |
| 5,10 | 1,3 Diana Almeida | 30.08.97 GSOL | 20.03.16 Lagos | |
| 5,00 | -0,4 Rute Lopes | 17.02.92 UCE | 07.05.16 Leiria | |
| 4,92 | Elisabete Silva | 10.12.98 UCE | 07.02.16 Pombal | |
| 4,78 | 1,8 Kátia Semedo | 26.02.89 UCE | 28.05.16 Fátima | |
| 4,59 | 1,7 Catarina Marques | 04.01.03 GSOL | 25.06.16 Febres | |
| 4,58 | Joana Santos | 20.12.97 GSOL | 28.02.16 Braga | |
| 4,53 | Nadiane Lopes | 23.04.99 UCE | 06.12.15 Pombal | |
| 4,47 | 0,2 Beatriz Saraiva | 19.08.02 UCE | 22.05.16 Coimbra | |
| 4,44 | Rita Lopes | 15.04.98 UCE | 05.03.16 Pombal | |
| 4,40 | 1,2 Lurdes Oliveira | 06.03.04 UCE | 05.06.16 Febres | |
| 4,40 | Beatriz Santos | 06.11.02 GSOL | 13.02.16 Pombal | |
| 4,26 | 1,3 Francisca Reis | 26.01.01 GSOL | 24.01.16 Coimbra | |
| 4,24 | 0,5 Céu Cunha | V13.12.62 CLUVE | 12.03.16 Pombal | W50-RNPC |
| 4,22 | 0,1 Patrícia Costa | 14.01.02 UCE | 30.07.16 Leiria | |
| 4,18 | 0,2 Verónica Breia | 21.09.04 GSOL | 25.06.16 Febres | |
| 4,13 | 0,5 Diana Santos | 22.03.00 GSOL | 12.06.16 Pombal | |
| 4,12 | 1,2 Cíntia Correia | 05.04.03 CLUVE | 05.06.16 Febres | |
| 4,06 | Beatriz Silva | 04.09.02 CPTSC | 13.02.16 Pombal | |
| 4,04 | 1,4 Bárbara Santos | 05.04.03 CLUVE | 25.06.16 Febres | |

| | | | | | | | |
|------|------|------------------------------|-----------|------------|----------|-------------|-----|
| 3,96 | 0,5 | Solange Carvalho | 15.10.03 | GSOL | 05.06.16 | Febres | |
| 3,95 | -0,7 | Inês Rodrigues | 12.04.03 | CCX | 12.03.16 | Coimbra | |
| 3,94 | 1,4 | Beatriz Marques | 28.09.01 | CMP | 12.03.16 | Coimbra | |
| 3,93 | 1,6 | Diana Laranjeira | 06.01.05 | CLUVE | 25.06.16 | Febres | |
| 3,90 | | Mariana Reis | 31.08.01 | CPTSC | 13.02.16 | Pombal | |
| 3,80 | 0,1 | Daniela Santos | 10.04.03 | UFC | 25.06.16 | Febres | |
| 3,78 | -2,0 | Bárbara Correia | 29.11.00 | CBFF | 06.05.16 | Mar. Grande | |
| 3,67 | 0,2 | Ana Fonseca | 05.02.04 | AMCRS | 25.06.16 | Febres | |
| 3,62 | 1,5 | Diana Martins | 06.04.03 | CLUVE | 05.06.16 | Febres | |
| 3,62 | 1,8 | Catarina Gonçalves | 20.05.03 | CDP-C | 12.03.16 | Coimbra | |
| 3,54 | 1,4 | Rafaela Marques | 18.11.05 | CMP | 12.03.16 | Coimbra | |
| 3,42 | 1,6 | Sara Rocha | 11.01.01 | CLUVE | 22.05.16 | Coimbra | |
| 3,38 | 0,5 | Cláudia Conceição | 08.02.04 | CLUVE | 05.06.16 | Febres | |
| 3,36 | 0,6 | Bianca Monteiro | 03.08.04 | UCE | 12.03.16 | Coimbra | |
| 3,36 | -0,3 | Carina Monteiro | 03.07.00 | CLUVE | 21.11.15 | Coimbra | |
| 3,33 | 2,0 | Diana Fernandes | 08.08.03 | CPTSC | 25.06.16 | Febres | |
| 3,31 | -1,1 | Rute Duarte | 14.01.03 | GSOL | 21.11.15 | Coimbra | |
| 3,30 | 0,1 | Sofia Gomes | 28.12.03 | AAC | 24.01.16 | Coimbra | |
| 3,27 | 0 | Inês Folques | 09.05.03 | CLUVE | 03.07.16 | Fátima | |
| 3,25 | | Almira Mateus | V29.03.60 | CLUVE | 12.03.16 | Pombal | |
| 3,23 | 1,0 | Joana Rodrigues | 23.07.05 | CDP-C | 25.06.16 | Febres | |
| 3,22 | 0,7 | Margarida Oliveira | 31.07.08 | UCE | 05.06.16 | Febres | |
| 3,22 | 0,3 | Mónica Rodrigues | 09.01.03 | UCE | 21.11.15 | Coimbra | |
| 3,19 | | Emília Nunes | V02.09.54 | CLUVE | 12.03.16 | Pombal | |
| 3,04 | 1,4 | Juliana Neves | | 2008 CLUVE | 05.06.16 | Febres | N/F |
| 3,00 | 0,6 | Olívia Monteiro | 19.12.01 | CLUVE | 12.03.16 | Coimbra | |
| 2,98 | 1,7 | Constança Ribeiro | 02.03.04 | ARC-EAC | 21.11.15 | Coimbra | |
| 2,93 | 1,7 | Laura Cardadeiro | 09.04.07 | GSOL | 05.06.16 | Febres | |
| 2,93 | | Isabel Costa | V29.05.62 | CLUVE | 12.03.16 | Pombal | |
| 2,88 | -0,6 | Beatriz Marques | 12.10.06 | CDP-C | 12.03.16 | Coimbra | |
| 2,88 | 0,4 | Matilde Silva | 15.12.03 | AAC | 05.06.16 | Febres | |
| 2,87 | 1,9 | Bruna Penetra | 10.04.06 | CDP-C | 12.03.16 | Coimbra | |
| 2,87 | 0,0 | Beatriz Carvalho | 01.05.03 | CLUVE | 12.03.16 | Coimbra | |
| 2,84 | 0,2 | M ^a inês Oliveira | 16.04.04 | UFC | 25.06.16 | Febres | |
| 2,83 | 0,5 | Jéssica Mateus | 22.03.07 | CCX | 12.03.16 | Coimbra | |
| 2,82 | 0,2 | Matilde dos Santos | 02.06.05 | AMCRS | 12.03.16 | Coimbra | |
| 2,82 | 0,7 | Natália Pinto | 04.08.03 | AMCRS | 22.05.16 | Coimbra | |
| 2,80 | 1,9 | Jéssica Borges | 20.08.01 | CLUVE | 05.06.16 | Febres | |
| 2,74 | | Teresa Mendes | V13.05.64 | CLUVE | 12.03.16 | Pombal | |
| 2,69 | -0,3 | Leonor Saraiva | 12.11.07 | UCE | 30.07.16 | Leiria | |
| 2,66 | 0,9 | Maria Neves | 27.01.05 | CPTSC | 24.01.16 | Coimbra | |
| 2,61 | 1,3 | Mariana Costa | 04.06.05 | CPTSC | 24.01.16 | Coimbra | |
| 2,56 | 1,7 | Carolina Carraca | 23.10.05 | CPTSC | 05.06.16 | Febres | |
| 2,48 | -0,5 | Sara Marques | 18.12.07 | CLUVE | 12.03.16 | Coimbra | |
| 2,40 | 0,7 | Laura Ferro | 05.05.05 | CCX | 12.03.16 | Coimbra | |
| 2,34 | 1,7 | Inês Clemente | 10.05.01 | CDP-C | 12.03.16 | Coimbra | |
| 2,31 | 1,0 | Filipa Ribeiro | 02.02.07 | UCE | 12.03.16 | Coimbra | |
| 2,08 | -0,1 | Vitória Ribeiro | 26.09.05 | UCE | 12.03.16 | Coimbra | |
| 2,04 | 0,7 | Inês Almeida | 13.02.06 | CDP-C | 21.11.15 | Coimbra | |
| 1,93 | 0,6 | Beatriz Cunha | 17.11.06 | CDP-C | 12.03.16 | Coimbra | |

TRIPLO

| | | | | |
|-------|-----|-----------------|-----------------|------------------|
| 11,05 | 1,5 | Bruna Varela | 15.04.97 GSOL | 17.07.16 Setúbal |
| 10,98 | | Rute Lopes | 17.02.92 UCE | 06.03.16 Pombal |
| 10,39 | 1,9 | Nadiane Lopes | 23.04.99 UCE | 17.07.16 Setúbal |
| 10,16 | | Joana Santos | 20.12.97 GSOL | 07.02.16 Pombal |
| 9,17 | 0,6 | Denise Cabral | 24.04.98 UCE | 19.06.16 Aveiro |
| 8,96 | 0,7 | Ana Pinto | 20.03.01 SUOV | 14.05.16 Vagos |
| 8,62 | | Céu Cunha | V13.12.62 CLUVE | 12.03.16 Pombal |
| 8,74 | 0,1 | Beatriz Saraiva | 19.08.02 UCE | 14.05.16 Vagos |
| 7,90 | 2,0 | Teresa Pinheiro | 18.07.99 UCE | 22.05.16 Coimbra |
| 6,31 | | Ana Pinto | 10.08.69 SUOV | 12.03.16 Pombal |

W50 - RN**QUADRUPLA**

| | | | | |
|-------|-----|-------------------|----------------|-----------------|
| 12,35 | 1,8 | Cláudia Conceição | 08.02.04 CLUVE | 25.06.16 Febres |
| 11,91 | 1,4 | Catarina Marques | 04.01.03 GSOL | 25.06.16 Febres |
| 11,64 | 1,8 | Lurdes Oliveira | 06.03.04 UCE | 25.06.16 Febres |
| 11,01 | 1,5 | Ana Pinto | 20.03.01 SUOV | 04.06.16 Febres |

RD INF**VARA**

| | | | | |
|------|--|--------------------|---------------|------------------|
| 2,69 | | Rute Lopes | 17.02.92 UCE | 17.07.16 Setúbal |
| 2,00 | | Ana Rita Pedreiras | 27.01.93 GSOL | 17.07.16 Setúbal |

TRIATLO - INF**PESO2-60MB076-COMPRIMENTO**

| | | | | |
|-------|--|------------------------|----------------|-----------------|
| 1.392 | | Catarina Marques | 04.01.03 GSOL | 13.02.16 Pombal |
| | | 8,26-10,84-4,44 | | |
| 1.095 | | Lurdes Oliveira | 06.03.04 UCE | 13.02.16 Pombal |
| 752 | | Cíntia Correia | 05.04.03 CLUVE | 13.02.16 Pombal |
| 602 | | Bárbara Santos | 05.04.03 CLUVE | 13.02.16 Pombal |
| 537 | | Diana Martins | 06.04.03 CLUVE | 13.02.16 Pombal |
| 448 | | Inês Folques | 09.05.03 CLUVE | 13.02.16 Pombal |

TRIATLO - INIC**COMPRIMENTO-60MB076-PESO3**

| | | | | |
|-------|--|------------------------|----------------|-----------------|
| 1.179 | | Beatriz Santos | 06.11.02 GSOL | 13.02.16 Pombal |
| | | 4,40-11,07-5,68 | | |
| 1.088 | | Beatriz Saraiva | 19.08.02 UCE | 13.02.16 Pombal |
| 951 | | Mariana Reis | 31.08.01 CPTSC | 13.02.16 Pombal |
| 865 | | Beatriz Silva | 04.09.02 CPTSC | 13.02.16 Pombal |

PENTATLO - INF**60M-PESO2-60MB76-COMPRIMENTO-1.000M**

| | | | | |
|-------|--|-------------------------------------|----------------|--------------------|
| 2.294 | | Catarina Marques | 04.01.03 GSOL | 02/03.07.16 Fátima |
| | | 8,77-8,54-10,96-4,41-4.14,14 | | |
| 2.156 | | Cíntia Correia | 05.04.03 CLUVE | 02/03.07.16 Fátima |
| 1.850 | | Verónica Breia | 21.09.04 GSOL | 02/03.07.16 Fátima |
| 1.509 | | Bárbara Santos | 05.04.03 CLUVE | 02/03.07.16 Fátima |
| 1.162 | | Inês Folques | 09.05.03 CLUVE | 02/03.07.16 Fátima |

PENTATLO - INIC**60M-PESO3-COMPRIMENTO-60MB76-1.000M**

| | | | | |
|-------|--|--------------------------------------|--------------|-----------------|
| 1.732 | | Beatriz Saraiva | 19.08.02 UCE | 30.07.16 Leiria |
| | | 12,08-5,31-4,20-16,49-2.59,78 | | |
| 1.473 | | Patrícia Costa | 14.01.02 UCE | 30.07.16 Leiria |

PENTATLO - JUV**60B076-ALT-PESO3-COMPR.-800M**

| | | | | |
|------|--|-------------------------------------|--------------|-----------------|
| 1956 | | Nadiane Lopes | 23.04.99 UCE | 10.01.16 Pombal |
| | | 12,43-1,48-7,38-4,39-3.10,74 | | |

PENTATLO LANÇ

| | | | |
|-------|--------------------------------------|-----------------|----------------------|
| 4.096 | Céu Cunha | V13.12.62 CLUVE | 10.06.16 Coimbra |
| | 38,47-12,79-30,23-34,67-12,92 | | |
| 3.186 | Paula Martinho | V10.12.54 CLUVE | 24.09.16 Mar. Grande |
| | 26,68-8,35-20,04-26,38-8,93 | | |
| 2.683 | Sandra Santos | 10.04.84 UCE | 10.06.16 Coimbra |
| | 44,59-9,00-28,62-17,46-13,84 | | |
| 2.279 | Ivone Lobo | V28.12.36 CLUVE | 24.09.16 Mar. Grande |
| | 16,21-5,25-12,71-11,88-6,46 | | |
| 2.120 | Isabel Costa | V29.05.62 CLUVE | 24.09.16 Mar. Grande |
| 1.706 | Ana Bela Ramos | V11.08.56 CLUVE | 10.06.16 Coimbra |
| | 18,78-6,08-13,59-11,20-6,34 | | |
| 1.370 | Mafalda Gonçalves | 19.02.98 CLUVE | 10.06.16 Coimbra |
| | 19,42-7,86-19,90-13,85-6,13 | | |

PENTATLO - JUN

| | | | |
|-------|------------------------------------|---------------|-----------------|
| 2.759 | Bruna Varela | 15.04.97 GSOL | 21.02.16 Pombal |
| | 9,84-1,37-8,33-5,26-2.48,06 | | |

HEPTATLO - JUN

| | | | |
|-------|---|---------------|--------------------|
| 3.774 | Bruna Varela | 15.04.97 GSOL | 19/20.03.16 Lagos |
| | 16,43-1,39-8,88-27,96-5,36-25,12-2.48,93 | | |
| 3.598 | Diana Almeida | 30.08.97 GSOL | 19/20.03.16 Lagos |
| 3.536 | Rute Lopes | 17.02.92 UCE | 30/31.07.16 Leiria |
| | 17,06-1,49-9,29-27,20-4,90-0-2.35,46 | | |

RD JN