

# RANKINS VETERANOS 2019/2020 – ADAC

(Apoio ANAV)

## PISTA COBERTA

### FEMININOS

#### W40

Prova	Esc	Marca	Atleta	Equipa	Nasc.	Evento	Local	Dt.Prova	Class.	Age Grade	Ranking
60 Metros	W40	10.24	Sara Martins	CLUVE	29-04-1975	Camp. Nacional Pista Coberta	Pombal	07-03-2020	9	9.77	1
60 Metros	W40	13.95	Alda Ferreira	CLUVE	06-09-1976	Camp. Nacional Pista Coberta	Pombal	07-03-2020	13	13.31	2

400 Metros	W40	1:22.41	Sara Martins	CLUVE	29-04-1975	Camp. Nacional Pista Coberta	Pombal	07-03-2020	7	1:17.40	1
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1500 Metros	W40	6:32.92	Sara Martins	CLUVE	29-04-1975	Campeonato Nacional De Clubes Em Pista Coberta - Apuramento	Braga / Pombal	02-02-2020	F 7	6:11.59	1
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Peso 4kg	W40	6.17	Alda Ferreira	CLUVE	06-09-1976	Camp. Nacional Pista Coberta	Pombal	07-03-2020	7	6.84	1
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#### W45

Prova	Esc	Marca	Atleta	Equipa	Nasc.	Evento	Local	Dt.Prova	Class.	Age Grade	Ranking
60 Metros	W45	12.07	Ana Reginaldo	CLUVE	06-08-1972	Camp. Nacional Pista Coberta	Pombal	07-03-2020	7	11.09	1

Peso 4kg	W45	9.91	Sónia Grácio	SMOV	26-03-1974	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	11.83	1
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Peso 4kg	W45	6.16	Ana Reginaldo	CLUVE	06-08-1972	Camp. Nacional Pista Coberta	Pombal	07-03-2020	4	7.35	2
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#### W50

Prova	Esc	Marca	Atleta	Equipa	Nasc.	Evento	Local	Dt.Prova	Class.	Age Grade	Ranking
60 Metros	W50	9.48	Ana Morais	SUOV	08-11-1965	Camp. Nacional Pista Coberta	Pombal	07-03-2020	5	8.38	1

200 Metros	W50	31.25	Ana Morais	SUOV	08-11-1965	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	26.95	1
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200 Metros	W50	43.50	Manuela Gil	CLUVE	25-06-1967	Camp. Nacional Pista Coberta	Pombal	08-03-2020	10	37.51	2
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1500 Metros	W50	6:56.76	Luísa Silva	CLUVE	11-02-1970	Camp. Nacional Pista Coberta	Pombal	07-03-2020	11	5:59.54	1
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3000 Metros	W50	14:14.03	Luísa Silva	CLUVE	11-02-1970	Camp. Nacional Pista Coberta	Pombal	08-03-2020	5	12:24.38	1
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3000 Marcha	W50	19:39.76	Lídia Pereira	GRE-AA	07-04-1967	Campeonato Nacional Clubes Em Pista Coberta - li Divisão	Braga	22-02-2020	5	17:27.04	1
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Peso 3kg	W50	6.91	Manuela Gil	CLUVE	25-06-1967	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	8.71	1
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4x200 Metros	W50	2:56.44	Isabel Costa Luísa Silva Manuela Gil Teresa Mendes	CLUVE	-----	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	2:32.13	1
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Comprimento	W50	4.01	Ana Morais	SUOV	08-11-1965	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	5.02	1
Comprimento	W50	2.96	Manuela Gil	CLUVE	25-06-1967	Camp. Nacional Pista Coberta	Pombal	07-03-2020	7	3.71	2

Triplo	W50	8.41	Ana Morais	SUOV	08-11-1965	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	10.26	1
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### W55

3000 Marcha	W55	18:30.23	Teresa Mendes	CLUVE	13-05-1964	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	15.41.70	1
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Peso 3kg	W55	10.21	Céu Cunha	CLUVE	13-12-1962	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	13.99	1
Peso 3kg	W55	8.32	Isabel Costa	CLUVE	29-05-1962	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	11.40	2
Peso 3kg	W55	6.60	Teresa Mendes	CLUVE	13-05-1964	Camp. Nacional Pista Coberta	Pombal	07-03-2020	4	9.04	3
Peso 3kg	W55	4.73	MARIA JOÃO GOMES	CLUVE	18-02-1964	Camp. Nacional Pista Coberta	Pombal	07-03-2020	5	6.48	4
Peso 3kg	W55	4.70	Alice Cerqueira	CLUVE	18-04-1963	Camp. Nacional Pista Coberta	Pombal	07-03-2020	6	6.44	5

### W60

60 Metros	W60	12.10	Fernanda Silva	CLUVE	05-08-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	9.84	1
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200 Metros	W60	43.25	Fernanda Silva	CLUVE	05-08-1956	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	34.18	1
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Peso 3kg	W60	7.28	Elisabete Cardoso	SUOV	02-06-1958	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	10.93	1
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Peso 3kg	W60	3.79	EMÍLIA SARAIVA	CLUVE	15-11-1955	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	5.69	2
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4x200 Metros	W60	3:30.69	Fernanda Silva Helena Carvalho Nilza Ribeiro Paula Martinho	CLUVE	-----	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	2:46.49	1
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### W65

60 Metros	W65	12.70	Nilza Ribeiro	CLUVE	14-04-1950	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	9.88	1
60 Metros	W65	14.19	Helena Carvalho	CLUVE	24-12-1950	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	11.04	2

200 Metros	W65	49.00	Nilza Ribeiro	CLUVE	14-04-1950	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	36.96	1
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Peso 3kg	W65	7.06	Paula Martinho	CLUVE	10-12-1954	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	11.71	1
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Peso 3kg	W65	5.79	Nilza Ribeiro	CLUVE	14-04-1950	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	9.61	2
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Comprimento	W65	2.33	Helena Carvalho	CLUVE	24-12-1950	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	3.62	1
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### W80

Peso 2kg	W80	4.74	Ivone Lobo	CLUVE	28-12-1936	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	9.83	1
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## MASCULINOS

### M35

Prova	Esc	Marca	Atleta	Equipa	Nasc.	Evento	Local	Dt.Prova	Class.	Age Grade	Ranking
1500 Metros	M35	5:25.46	Bruno Bernardes	CLUVE	09-07-1983	Campeonato Distrital Absoluto Em Pista Coberta	Pombal	26-01-2020	10	5:22.63	1

3000 Metros	M35	9:56.34	Vitor Pleno	CPTSC	08-10-1983	Campeonato Distrital Absoluto	Pombal	25-01-2020	F 1	9:56.34	1
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#### M40

60 Metros	M40	9.37	Nuno Miguel Cruz	CLUVE	21-08-1976	Camp. Nacional Pista Coberta	Pombal	07-03-2020	8	8.97	1
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400 Metros	M40	1:09.38	Nuno Miguel Cruz	CLUVE	21-08-1976	Camp. Nacional Pista Coberta	Pombal	07-03-2020	7	1:04.90	1
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Peso 7,26kg	M40	11.06	Luís Assunção	GRE-AA	03-09-1978	Campeonato Nacional De Clubes Em Pista Coberta - Apuramento	Braga / Pombal	02-02-2020	F 5	12.31	1
Peso 7,26kg	M40	9.69	Francisco Fachada	GRE-AA	08-06-1977	Campeonato Distrital Absoluto	Pombal	25-01-2020	5	10.79	2

#### M45

60 Metros	M45	9.88	Lourenço Leitão	GRE-AA	10-03-1970	Campeonato Distrital Absoluto Em Pista Coberta	Pombal	25-01-2020	F 4	9.17	1
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3000 Marcha	M45	13:55.15	Luís Sousa	SUOV	16-04-1974	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	12:40.41	1
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Peso 7,26kg	M45	13.80	Nuno Serra	CPTSC	27-06-1974	2ª Jornada Campeonato Distrital Sub-20 -Pc P. Extras Absolutos	Pombal	04-01-2020	1	16.59	1
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#### M50

60 Metros	M50	8.51	José Mendonça	CLUVE	21-06-1966	Camp. Nacional Pista Coberta	Pombal	07-03-2020	8	7.65	1
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800 Metros	M50	2:09.62	Paulo Garcia	ARC-EAC	28-01-1968	Camp. Nacional Pista Coberta	Pombal	08-03-2020	3	1:54.68	1
800 Metros	M50	2:22.80	Hugo Coelho	CLUVE	24-08-1969	Campeonato Nacional De Clubes Em Pista Coberta - Apuramento	Braga / Pombal	02-02-2020	F 6	2:06.34	2

1500 Metros	M50	4:38.93	Hugo Coelho	CLUVE	24-08-1969	Camp. Nacional Pista Coberta	Pombal	07-03-2020	5	4:03.54	1
1500 Metros	M50	4:46.24	Paulo Garcia	ARC-EAC	28-01-1968	Campeonato Distrital Absoluto	Pombal	26-01-2020	F 4	4:09.92	2

3000 Metros	M50	10:25.17	Hugo Coelho	CLUVE	24-08-1969	Campeonato Distrital Absoluto Em Pista Coberta	Pombal	25-01-2020	F 10	9:19.91	1
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Peso 6kg	M50	12.08	Jorge Santos	SUOV	09-02-1968	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	14.15	1
Peso 6kg	M50	9.57	Vitor Pimenta	ARSM	16-09-1966	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	11.21	2

## M55

60 Metros	M55	8.86	António L Martinho	CLUVE	03-09-1963	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	7.71	1
60 Metros	M55	9.49	Vitor Gomes	CLUVE	19-12-1962	Campeonato Nacional De Clubes Em Pista Coberta - Apuramento	Braga / Pombal	02-02-2020	F 7	8.26	2

200 Metros	M55	29.47	António L Martinho	CLUVE	03-09-1963	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	25.45	1
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400 Metros	M55	1:11.94	Vitor Gomes	CLUVE	19-12-1962	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	1:00.82	1
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800 Metros	M55	2:46.41	António L Martinho	CLUVE	03-09-1963	Camp. Nacional Pista Coberta	Pombal	08-03-2020	4	2:21.29	1
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3000 Metros	M55	12:05.81	Mário Cardoso	CLUVE	02-01-1961	Camp. Nacional Pista Coberta	Pombal	08-03-2020	5	10:24.78	1
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Altura	M55	1.29	Augusto Cavaleiro	CPTSC	10-02-1961	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	1.58	1
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Peso 7,26kg	M55	11.33	Augusto Cavaleiro	CPTSC	10-02-1961	Campeonato Distrital Absoluto Em Pista Coberta	Pombal	25-01-2020	5	14.39	1
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Comprimento	M55	4.12	António L Martinho	CLUVE	03-09-1963	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	5.40	1
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## M60

60 Metros	M60	10.29	Vitor Saraiva	CLUVE	26-08-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	4	8.65	1
60 Metros	M60	11.70	Moura Távora	CLUVE	03-07-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	5	9.84	2

400 Metros	M60	1:22.65	António Oliveira	CLUVE	20-04-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	7	1:07.40	1
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1500 Metros	M60	6:54.25	António Oliveira	CLUVE	20-04-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	9	5:28.88	1
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3000 Metros	M60	15:22.42	António Oliveira	CLUVE	20-04-1956	Campeonato Distrital Absoluto	Pombal	25-01-2020	F 4	12:41.92	1
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60 Bar (0,84)	M60	13.24	Fernando Ribeiro	CLUVE	14-10-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	11.01	1
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Altura	M60	1.29	Fernando Ribeiro	CLUVE	14-10-1956	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	1.68	1
Altura	M60	1.29	Vitor Saraiva	CLUVE	26-08-1956	Camp. Nacional Pista Coberta	Pombal	08-03-2020	3	1.68	1
Altura	M60	0.90	João Catalão	CLUVE	25-03-1956	Camp. Nacional Pista Coberta	Pombal	08-03-2020	4	1.17	3

Peso 5kg	M60	10.69	Fonseca Antunes	SUOV	08-02-1960	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	13.34	1
Peso 5kg	M60	10.48	Fernando Ribeiro	CLUVE	14-10-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	13.08	2
Peso 5kg	M60	9.41	Vitor Saraiva	CLUVE	26-08-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	11.74	3
Peso 5kg	M60	8.02	Reinaldo Vieira	CLUVE	07-05-1955	Camp. Nacional Pista Coberta	Pombal	07-03-2020	5	10.01	4
Peso 5kg	M60	7.18	Moura Távora	CLUVE	03-07-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	7	8.96	5

Comprimento	M60	3.33	João Catalão	CLUVE	25-03-1956	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	4.68	1
Comprimento	M60	2.04	Reinaldo Vieira	CLUVE	07-05-1955	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	2.87	2

Triplo	M60	8.40	João Catalão	CLUVE	25-03-1956	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	11.52	1
Triplo	M60	8.38	Fernando Ribeiro	CLUVE	14-10-1956	Camp. Nacional Pista Coberta	Pombal	08-03-2020	3	11.50	2

4x200 Metros	M60	2:38.98	Fernando Ribeiro José Ribeiro Marcelo Ribeiro Vitor Saraiva	CLUVE	-----	Camp. Nacional Pista Coberta	Pombal	08-03-2020	3	2:12.47	1
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## M65

60 Metros	M65	10.54	Marcelo Ribeiro	CLUVE	10-01-1953	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	8.54	1
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400 Metros	M65	1:16.84	José Ribeiro	CLUVE	29-03-1951	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	1:00.22	1
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800 Metros	M65	2:50.88	José Ribeiro	CLUVE	29-03-1951	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	2:12.88	1
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1500 Metros	M65	5:37.64	José Ribeiro	CLUVE	29-03-1951	Camp. Nacional Pista Coberta	Pombal	07-03-2020	4	4:14.21	1
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Altura	M65	1.14	José Ribeiro	CLUVE	29-03-1951	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	1.58	1
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Altura	M65	1.14	Marcelo Ribeiro	CLUVE	10-01-1953	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	1.58	1
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Peso 5kg	M65	7.83	António Silva	CLUVE	24-04-1950	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	10.65	1
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Comprimento	M65	3.21	Marcelo Ribeiro	CLUVE	10-01-1953	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	4.87	1
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Comprimento	M65	2.65	António Silva	CLUVE	24-04-1950	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	4.02	2
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Triplo	M65	6.50	Marcelo Ribeiro	CLUVE	10-01-1953	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	9.61	1
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## M70

60 Metros	M70	10.49	Vitor Mendes	CLUVE	12-01-1947	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	8.16	1
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60 Metros	M70	10.96	José Marques	CLUVE	17-02-1949	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	8.52	2
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60 Metros	M70	12.01	Jorge Carvalho	CLUVE	24-01-1948	Camp. Nacional Pista Coberta	Pombal	07-03-2020	4	9.34	3
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200 Metros	M70	36.71	Vitor Mendes	CLUVE	12-01-1947	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	28.06	1
400 Metros	M70	1:36.42	Afonso Macedo	CLUVE	22-12-1945	Camp. Nacional Pista Coberta	Pombal	07-03-2020	4	1:11.93	1
800 Metros	M70	3:32.14	Afonso Macedo	CLUVE	22-12-1945	Camp. Nacional Pista Coberta	Pombal	08-03-2020	5	2:37.41	1
1500 Metros	M70	7:06.93	Afonso Macedo	CLUVE	22-12-1945	Campeonato Distrital Absoluto	Pombal	26-01-2020	F 5	5:02.23	1
3000 Metros	M70	14:43.60	Afonso Macedo	CLUVE	22-12-1945	Camp. Nacional Pista Coberta	Pombal	08-03-2020	4	11:01.56	1
60 Bar (0,76)	M70	11.23	João Travessa	CLUVE	15-07-1949	Camp. Nacional De Pentatlo	Pombal	11-01-2020	PEN 1	8.67	1
Altura	M70	1.20	Leonardo Azevedo	CLUVE	20-10-1946	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	1.77	1
Altura	M70	1.14	João Travessa	CLUVE	15-07-1949	Camp. Nacional De Pentatlo	Pombal	11-01-2020	PEN 1	1.69	2
Peso 4kg	M70	8.80	João Travessa	CLUVE	15-07-1949	Camp. Nacional De Pentatlo	Pombal	11-01-2020	PEN 1	11.26	1
Peso 4kg	M70	7.96	José Marques	CLUVE	17-02-1949	Camp. Nacional Pista Coberta	Pombal	07-03-2020	4	10.19	2
Comprimento	M70	4.29	João Travessa	CLUVE	15-07-1949	Camp. Nacional De Pentatlo	Pombal	11-01-2020	PEN 1	7.07	1
Comprimento	M70	3.77	Leonardo Azevedo	CLUVE	20-10-1946	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	6.21	2
Comprimento	M70	1.80	Jorge Carvalho	CLUVE	24-01-1948	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	2.96	3
Tripló	M70	7.78	Leonardo Azevedo	CLUVE	20-10-1946	Camp. Nacional Pista Coberta	Pombal	08-03-2020	2	12.49	1
4x200 Metros	M70	2:38.95	Joaquim Carvalho José Marques Leonardo Azevedo Vitor Mendes	CLUVE	-----	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	2:01.47	1
Pentatlo PC	M70	3387	João Travessa	CLUVE	15-07-1949	Camp. Nacional De Pentatlo	Pombal	11-01-2020	1		1

### M 75

400 Metros	M75	1:33.70	Agostinho Moreira	CLUVE	27-04-1943	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	1:05.44	1
1500 Metros	M75	6:14.13	José Abade	CLUVE	21-01-1945	Camp. Nacional Pista Coberta	Pombal	07-03-2020	2	4:05.28	1
1500 Metros	M75	7:03.75	Agostinho Moreira	CLUVE	27-04-1943	Camp. Nacional Pista Coberta	Pombal	07-03-2020	3	4:37.82	2
3000 Metros	M75	12:51.22	José Abade	CLUVE	21-01-1945	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	8:58.78	1
3000 Metros	M75	14:38.40	Agostinho Moreira	CLUVE	27-04-1943	Camp. Nacional Pista Coberta	Pombal	08-03-2020	3	10:13.65	2

Peso 4kg	M75	6.89	Joaquim Carvalho	CLUVE	19-12-1941	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	9.64	1
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Comprimento	M75	2.83	Joaquim Carvalho	CLUVE	19-12-1941	Camp. Nacional Pista Coberta	Pombal	07-03-2020	1	5.09	1
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Triplo	M75	6.11	Joaquim Carvalho	CLUVE	19-12-1941	Camp. Nacional Pista Coberta	Pombal	08-03-2020	1	10.72	1
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ADAC

31 Dez 2020