

110 Metros Barreiras 1,00 Vet 35/40/45 | VET - M | Dia 1

Série 1

DSQ Tiago Pires 1984 VET 35 ARCDVL x

100 Metros Barreiras 0,91 Vet 50/55 | VET - M | Dia 1

Série 1 v = -1.5 (Manual)

1 Carlos Canais 1969 VET 50 ARCDVL 21.38

80 M Barreiras 0,76 Vet 70/75 | VET - M | Dia 1

Série 1 v = -1.5 (Manual)

1 Vitor Mendes 1947 VET 75 CLUVE 21.02

Salto Comprimento | VET - F | Dia 1

Série 1

| | | | | | | |
|-----|---------------------|------|--------|--------|----------------|-----|
| 1 | Ana Morais | 1965 | VET 55 | SUOV | 3.54 v -0.32 | 208 |
| 2 | Suzana Santo | 1978 | VET 40 | ARCDVL | 2.96 v | 100 |
| 3 | Almira Mateus | 1960 | VET 60 | CLUVE | 2.68 v -1.9 | 57 |
| 4 | Cristina Serém | 1979 | VET 40 | GRE-AA | 2.68 v -0.1 | 57 |
| 5 | Catarina Zylberberg | 1971 | VET 50 | ARCDVL | 2.68 v -2.9 | 57 |
| 6 | Cidália Oliveira | 1969 | VET 50 | ARCDVL | 2.47 v -1.1 | 30 |
| 7 | Fátima Gramaxo | 1981 | VET 40 | ARCDVL | 2.36 v -0.2 | 18 |
| DNS | Gabriela Rodrigues | 1971 | VET 50 | ARCDVL | x v | |

80 Metros Barreiras 0,76 Vet 40/45/50/55 | VET - F | Dia 1

Série 1 v = -0.4 (Manual)

1 Andreia Pita 1980 VET 40 ARCDVL 28.52

100 Metros | VET - F | Dia 1

Série 1

| | | | | | |
|---|----------------|------|--------|--------|-------|
| 1 | Ana Morais | 1965 | VET 55 | SUOV | 15.82 |
| 2 | Liliana Silva | 1974 | VET 45 | CPTSC | 16.24 |
| 3 | Sara Martins | 1975 | VET 45 | CLUVE | 16.81 |
| 4 | Graça Simões | 1976 | VET 45 | ARCDVL | 17.83 |
| 5 | Judite Duarte | 1973 | VET 45 | ARCDVL | 18.98 |
| 6 | Cidália Canais | 1970 | VET 50 | ARCDVL | 19.17 |
| 7 | Fátima Gramaxo | 1981 | VET 40 | ARCDVL | 20.11 |

Série 2 v = -0.7 (Manual)

| | | | | | |
|-------|---------------------|------|--------|--------|---------------|
| 1 | Catarina Zylberberg | 1971 | VET 50 | ARCDVL | 17.67 |
| 2 | Suzana Santo | 1978 | VET 40 | ARCDVL | 18.02 |
| 3 | Paula Nunes | 1967 | VET 50 | ARCDVL | 19.27 |
| 4 | Maria Benquerença | 1974 | VET 45 | ARCDVL | 19.92 |
| 5 | Cristina Melo | 1971 | VET 50 | ARCDVL | 21.50 |
| 99999 | Cristina Serém | 1979 | VET 40 | GRE-AA | x RT (17.2.2) |

100 Metros - Prova Extra | JUV a SEN - F | Dia 1

Série 1 v = -1.9 (Manual)

| | | | | | |
|---|-------------------|------|-----|---------|-------|
| 1 | Beatriz Guimarães | 2005 | JUV | AAC | 15.00 |
| 2 | Catarina Correia | 1996 | SEN | AAC | 15.55 |
| 3 | Raquel Caires | 2003 | JUN | ARC-EAC | 16.42 |
| 4 | Teresa Botelho | 1989 | SEN | ADCX | 18.24 |

100 Metros | VET - M | Dia 1

Série 1 v = +1.1 (Manual)

1 Alexandre Flório 1982 VET 40 IND 12.49

| | | | | | |
|---|------------------|------|--------|-------|-------|
| 2 | Fernando Almeida | 1987 | VET 35 | GS | 12.55 |
| 3 | João Santos | 1971 | VET 50 | GCA | 13.05 |
| 4 | Fernando Ribeiro | 1956 | VET 65 | CLUVE | 15.67 |
| 5 | Fernando Silva | 1947 | VET 75 | CBA-S | 16.36 |
| 6 | Rui Silva | 1958 | VET 60 | CLUVE | 16.63 |
| 7 | Carlos Lopes | 1954 | VET 65 | CLUVE | 16.66 |
| 8 | Vitor Mendes | 1947 | VET 75 | CLUVE | 17.48 |

Série 2

| | | | | | |
|-----|-----------------|------|--------|--------|-------|
| 1 | Belmiro Parada | 1971 | VET 50 | CPTSC | 14.63 |
| 2 | Carlos Canais | 1969 | VET 50 | ARCDVL | 15.09 |
| 3 | Filipe Saltão | 1983 | VET 35 | ARCDVL | 15.47 |
| 4 | Pedro Caldeira | 1980 | VET 40 | CPTSC | 16.94 |
| 5 | Marcelo Ribeiro | 1953 | VET 65 | CLUVE | 20.07 |
| DNS | João Teles | 1974 | VET 45 | ADCX | x |
| DNS | Paulo Alves | 1977 | VET 40 | ARCDVL | x |

Série 3 v = -0.6 (Manual)

| | | | | | |
|-----|-------------------|------|--------|--------|-------|
| 1 | Paulo Curado | 1974 | VET 45 | ARCDVL | 14.92 |
| 2 | David Patrício | 1965 | VET 55 | CPTSC | 15.06 |
| 3 | Paulo Pinto | 1976 | VET 45 | ARSM | 15.13 |
| 4 | Fernando Teixeira | 1967 | VET 55 | CPTSC | 15.22 |
| 5 | Emanuel Manzarra | 1969 | VET 50 | GCA | 16.95 |
| DNS | Fernando Martins | 1957 | VET 60 | ARCDVL | x |
| DNS | Alberto Brandão | 1959 | VET 60 | CPTSC | x |

100 Metros - Prova Extra | JUV a SEN - M | Dia 1

Série 1 v = +1.7 (Manual)

| | | | | | |
|---|-------------------|------|-----|--------|-------|
| 1 | Pedro Bernardo | 1989 | SEN | SCP | 10.87 |
| 2 | Miguel Tapadas | 1998 | SEN | ADRAP | 11.10 |
| 3 | Diogo Da Luísa | 1994 | SEN | GS | 11.64 |
| 4 | Alexandre Silva | 2004 | JUN | LLFC | 11.77 |
| 5 | Bernardo Ferreira | 2006 | JUV | NDAP | 11.85 |
| 6 | Duarte Cruz | 2004 | JUN | SGAMES | 12.17 |

1.500 Metros | VET - F | Dia 1

Série 1

| | | | | | |
|---|-------------------|------|--------|---------|---------|
| 1 | Célia Alves | 1978 | VET 40 | ARC-EAC | 5:35.03 |
| 2 | Zenaide Alves | 1974 | VET 45 | ARSM | 6:32.29 |
| 3 | Maria Benquerença | 1974 | VET 45 | ARCDVL | 7:21.73 |
| 4 | Cristina Melo | 1971 | VET 50 | ARCDVL | 8:03.05 |
| 5 | Rosa Ferreira | 1973 | VET 45 | ADCX | 9:07.83 |
| 6 | Arabela Fabre | 1969 | VET 50 | ADCX | 9:21.56 |

1.500 Metros - Prova Extra | JUV a SEN - F | Dia 1

Série 1

| | | | | | |
|-----|----------------|------|-----|-------|---------|
| 1 | Teresa Botelho | 1989 | SEN | ADCX | 6:29.47 |
| DNS | Joana Martinho | 2006 | JUV | CLUVE | x |

Dardo 800 gr Vet 35/40/45 | VET - M | Dia 1

Série 1

| | | | | | |
|---|-----------------|------|--------|--------|-------|
| 1 | Nuno Serra | 1974 | VET 45 | CPTSC | 30.38 |
| 2 | Paulo Curado | 1974 | VET 45 | ARCDVL | 27.21 |
| 3 | Carlos Costa | 1973 | VET 45 | ADCX | 20.90 |
| 4 | Nuno Correia | 1979 | VET 40 | ADCX | 20.88 |
| 5 | Filipe Saltão | 1983 | VET 35 | ARCDVL | 14.87 |
| 6 | Gonçalo Fonseca | 1979 | VET 40 | ARCDVL | 10.82 |

| | | | | | |
|-----|-------------|------|--------|--------|---|
| NM | Vítor Santo | 1978 | VET 40 | ARCDVL | x |
| NM | Tiago Pires | 1984 | VET 35 | ARCDVL | x |
| DNS | Paulo Alves | 1977 | VET 40 | ARCDVL | x |
| DNS | Jody Rato | 1975 | VET 45 | ARCDVL | x |
| DNS | João Teles | 1974 | VET 45 | ADCX | x |

Dardo 700 gr Vet 50/55 | VET - M | Dia 1

Série 1

| | | | | | |
|---|-----------------|------|--------|--------|-------|
| 1 | Paulo Cavaleiro | 1964 | VET 55 | IND | 27.34 |
| 2 | Arlindo Ribeiro | 1969 | VET 50 | ARCDVL | 23.41 |

Dardo 600 gr Vet 60/65 | VET - M | Dia 1

Série 1

| | | | | | |
|---|-------------------|------|--------|-------|-------|
| 1 | Fernando Ribeiro | 1956 | VET 65 | CLUVE | 34.41 |
| 2 | Augusto Cavaleiro | 1961 | VET 60 | CPTSC | 34.30 |
| 3 | Álvaro Coelho | 1953 | VET 65 | CPTSC | 20.78 |

Dardo 500 gr Vet 70/75 | VET - M | Dia 1

Série 1

| | | | | | |
|---|-------------------|------|--------|-------|-------|
| 1 | João Matos Santos | 1950 | VET 70 | CLUVE | 32.26 |
| 2 | José Marques | 1949 | VET 70 | CLUVE | 19.80 |

Dardo 400 gr Vet 80/85/90/95 | VET - M | Dia 1

Série 1

| | | | | | |
|---|----------------|------|--------|-------|------|
| 1 | António Mateus | 1935 | VET 85 | CLUVE | 9.51 |
|---|----------------|------|--------|-------|------|

Dardo 600 gr Vet 35/40/45 | VET - F | Dia 1

Série 1

| | | | | | |
|-----|-----------------|------|--------|--------|----------------------|
| 1 | Anabela Marques | 1982 | VET 35 | ADCX | 11.35 |
| 2 | Cristina Serém | 1979 | VET 40 | GRE-AA | 10.31 |
| 5 | Judite Duarte | 1973 | VET 45 | ARCDVL | 8.16 |
| 6 | Rosa Ferreira | 1973 | VET 45 | ADCX | 8.10 |
| DSQ | Suzana Santo | 1978 | VET 40 | ARCDVL | 8.82 (ponto 7 - Reg) |
| DSQ | Fátima Gramaxo | 1981 | VET 40 | ARCDVL | 8.45 (ponto 7 - Reg) |

Dardo 500 gr Vet 50/55/60/65/70 | VET - F | Dia 1

Série 1

| | | | | | |
|-----|------------------|------|--------|--------|-----------------------|
| 1 | Paula Martinho | 1954 | VET 65 | CLUVE | 21.79 |
| 3 | Cidália Oliveira | 1969 | VET 50 | ARCDVL | 10.04 |
| 4 | Nilza Ribeiro | 1950 | VET 70 | CLUVE | 9.99 |
| 5 | Arabela Fabre | 1969 | VET 50 | ADCX | 7.97 |
| 6 | Cidália Canais | 1970 | VET 50 | ARCDVL | 7.45 |
| DSQ | Cristina Melo | 1971 | VET 50 | ARCDVL | 10.94 (ponto 7 - Reg) |

1.500 Metros Vet 55+ | VET - M | Dia 1

Série 1

| | | | | | |
|-----|------------------|------|--------|---------|---------|
| 1 | Mário Silva | 1963 | VET 55 | ACRS | 5:05.42 |
| 2 | Luís Oliveira | 1967 | VET 55 | ARC-EAC | 5:06.88 |
| 3 | Álvaro Coelho | 1953 | VET 65 | CPTSC | 6:01.58 |
| 4 | Silvino Lemos | 1962 | VET 55 | GRE-AA | 6:14.88 |
| 5 | José Abade | 1945 | VET 75 | CLUVE | 6:20.22 |
| 6 | Basílio Simões | 1967 | VET 55 | ARCDVL | 6:24.57 |
| 7 | Carlos Garrido | 1959 | VET 60 | CPTSC | 6:30.17 |
| 8 | Jorge Justo | 1961 | VET 60 | CPTSC | 6:31.27 |
| 9 | José Sequeira | 1950 | VET 70 | ARSM | 6:40.50 |
| DNS | Carlos Quinteiro | 1966 | VET 55 | ARCDVL | x |
| DNS | José Correia | 1964 | VET 55 | ARSM | x |

1.500 Metros Vet 35/40/45/50 | VET - M | Dia 1

Série 1

| | | | | | |
|-----|------------------|------|--------|---------|---------|
| 1 | Hugo Coelho | 1969 | VET 50 | CLUVE | 4:42.67 |
| 2 | Ricardo Germano | 1986 | VET 35 | GRE-AA | 4:43.63 |
| 3 | Vítor Pleno | 1983 | VET 35 | CPTSC | 4:50.06 |
| 4 | Vítor Godinho | 1972 | VET 50 | ARC-EAC | 4:54.48 |
| 5 | Nuno Sousa | 1974 | VET 45 | ADR4E | 5:11.15 |
| 6 | Carlos Costa | 1973 | VET 45 | ADCX | 5:35.60 |
| 7 | Rui Figueiredo | 1975 | VET 45 | CPTSC | 6:20.89 |
| 8 | Nuno Correia | 1979 | VET 40 | ADCX | 7:19.73 |
| DNS | Yevhen Kovaliukh | | VET 40 | IND | x |
| DNS | Lourenço Leitão | 1970 | VET 50 | GRE-AA | x |

1.500 Metros - Prova Extra | JUV a SEN - M | Dia 1

400 Metros | VET - F | Dia 1

Série 1

| | | | | | |
|-----|------------------|------|--------|--------|-----------------------|
| 1 | Liliana Manhente | 1985 | VET 35 | GRE-AA | 64.21 |
| 2 | Liliana Silva | 1974 | VET 45 | CPTSC | 81.67 |
| 3 | Sara Martins | 1975 | VET 45 | CLUVE | 84.32 |
| 4 | Helena Mourão | 1960 | VET 60 | ACRS | 87.29 |
| 6 | Graça Simões | 1976 | VET 45 | ARCDVL | 1:41.72 |
| DSQ | Cidália Oliveira | 1969 | VET 50 | ARCDVL | 94.73 (ponto 7 - Reg) |

Série 2

| | | | | | |
|-----|---------------------|------|--------|--------|-------------------------|
| 1 | Andreia Pita | 1980 | VET 40 | ARCDVL | 79.31 |
| 3 | Paula Nunes | 1967 | VET 50 | ARCDVL | 97.96 |
| DSQ | Catarina Zylberberg | 1971 | VET 50 | ARCDVL | 82.99 (ponto 7 - Reg) |
| DSQ | Maria Benquerença | 1974 | VET 45 | ARCDVL | 1:41.78 (ponto 7 - Reg) |
| DNS | Gabriela Rodrigues | 1971 | VET 50 | ARCDVL | x |

400 Metros - Prova Extra | JUV a SEN - F | Dia 1

Série 2

| | | | | | |
|---|----------------|------|-----|------|-------|
| 1 | Teresa Botelho | 1989 | SEN | ADCX | 88.63 |
|---|----------------|------|-----|------|-------|

400 Metros | VET - M | Dia 1

Série 1

| | | | | | |
|-----|------------------|------|--------|--------|------------------------|
| 1 | Fernando Almeida | 1987 | VET 35 | GS | 56.22 |
| 2 | Paulo Garcia | 1968 | VET 50 | SGAMES | 58.58 |
| 3 | Vítor Pleno | 1983 | VET 35 | CPTSC | 64.70 |
| 4 | David Patrício | 1965 | VET 55 | CPTSC | 71.16 |
| DSQ | Filipe Saltão | 1983 | VET 35 | ARCDVL | 77.17 (Ponto 7 - reg.) |
| DNS | Carlos Quinteiro | 1966 | VET 55 | ARCDVL | x |
| DNS | Gonçalo Fonseca | 1979 | VET 40 | ARCDVL | x |

Série 2

| | | | | | |
|-----|----------------------|------|--------|-------|-------|
| 1 | António José Almeida | 1974 | VET 45 | ADCX | 64.15 |
| 2 | Paulo Pinto | 1976 | VET 45 | ARSM | 68.84 |
| 3 | José Féteira | 1967 | VET 50 | ARSM | 70.99 |
| 4 | Fernando Teixeira | 1967 | VET 55 | CPTSC | 71.18 |
| 5 | Pedro Caldeira | 1980 | VET 40 | CPTSC | 78.77 |
| 6 | Rui Silva | 1958 | VET 60 | CLUVE | 91.53 |
| DNS | Alberto Brandão | 1959 | VET 60 | CPTSC | x |

Série 3

| | | | | | |
|-----|------------------|------|--------|--------|-------|
| 1 | Yevhen Kovaliukh | | VET 40 | IND | 56.67 |
| 2 | Basílio Simões | 1967 | VET 55 | ARCDVL | 86.11 |
| 3 | Arlindo Ribeiro | 1969 | VET 50 | ARCDVL | 87.35 |
| DNS | Lourenço Leitão | 1970 | VET 50 | GRE-AA | x |
| DNS | Paulo Alves | 1977 | VET 40 | ARCDVL | x |
| DNS | Jody Rato | 1975 | VET 45 | ARCDVL | x |



FEDERAÇÃO
PORTUGUESA
ATLETISMO

100 ANOS
1921 - 2021

400 Metros - Prova Extra | JUV a SEN - M | Dia 1

Série 1

| | | | | |
|---|------------------|----------|---------|-------|
| 1 | Elias Castela | 2003 JUN | CATUNES | 53.06 |
| 2 | João Garcia | 1994 SEN | CPTSC | 53.85 |
| 3 | Afonso Oliveira | 2005 JUV | CPTSC | 55.00 |
| 4 | Francisco Graça | 2003 JUN | ASCV | 56.22 |
| 5 | Bernardo Salgado | 2006 JUV | CPTSC | 58.52 |

Salto Comprimento | VET - M | Dia 1

Série 1

| | | | | |
|-----|----------------------|-------------|--------|-----------------------------|
| 2 | António José Almeida | 1974 VET 45 | ADCX | 4.09 v -1.5 |
| 3 | Augusto Cavaleiro | 1961 VET 60 | CPTSC | 3.89 v |
| 4 | Vitor Santo | 1978 VET 40 | ARCDVL | 3.55 v -1 |
| 5 | Silvino Lemos | 1962 VET 55 | GRE-AA | 3.28 v -0.4 |
| 6 | Marcelo Ribeiro | 1953 VET 65 | CLUVE | 3.05 v -2.4 |
| 7 | Carlos Garrido | 1959 VET 60 | CPTSC | 2.97 v -0.9 |
| 8 | António Mateus | 1935 VET 85 | CLUVE | 1.14 v -1.5 |
| DSQ | Paulo Curado | 1974 VET 45 | ARCDVL | 4.22 v -2 (ponto 7 - Reg) |

4 x 100 Metros | VET - F | Dia 1

Série 1

| | | | | |
|---|---------------------|----|--------|-------|
| 1 | ARCD VENDA DA LUÍSA | ND | ARCDVL | 79.08 |
|---|---------------------|----|--------|-------|

4 x 100 Metros | VET - M | Dia 1

Série 1

| | | | | |
|-----|---------------------|----|--------|-------|
| 1 | ARCD VENDA DA LUÍSA | ND | ARCDVL | 61.84 |
| 2 | C P T SOBRAL CEIRA | ND | CPTSC | 65.57 |
| DNS | ACAD DESP CONDEIXA | ND | ADCX | x |

3.000 Metros Marcha | VET - F | Dia 1

Série 1

| | | | | |
|---|---------------|-------------|--------|----------|
| 1 | Lídia Pereira | 1967 VET 55 | GRE-AA | 16:30:59 |
|---|---------------|-------------|--------|----------|

3.000 Metros Marcha | VET - M | Dia 1

Série 1

| | | | | |
|---|------------|-------------|------|----------|
| 1 | Luís Sousa | 1974 VET 45 | SUOV | 16:09:54 |
|---|------------|-------------|------|----------|

5.000 Metros Vet 35/40/45/50 | VET - M | Dia 2

Série 1

| | | | | |
|-----|-----------------|-------------|-------------|------------|
| 1 | Hugo Coelho | 1969 VET 50 | CLUVE | 0:17:33:00 |
| 2 | Vitor Gonçalves | 1975 VET 45 | ARC-EAC | 0:17:50 |
| 3 | Vitor Godinho | 1972 VET 50 | ARC-EAC | 0:18:03:59 |
| 4 | Carlos Pagaimo | 1973 VET 45 | SUOV | 0:18:19:49 |
| 5 | Ricardo Saraiva | 1970 VET 50 | GRE-AA | 0:19:00:05 |
| 6 | Luc Hennetier | 1973 VET 45 | FRA ARC-EAC | 0:20:37:57 |
| 7 | José Féteira | 1967 VET 50 | ARSM | 0:20:38:78 |
| 8 | Rui Figueiredo | 1975 VET 45 | CPTSC | 0:22:07:47 |
| 9 | João Salustiano | 1971 VET 50 | ARSM | 0:23:00:80 |
| 10 | Jorge Henriques | 1967 VET 50 | CPTSC | 0:28:29:15 |
| DNS | Jorge Alves | 1969 VET 50 | ARC-EAC | 0:00:00 |

5.000 Metros - Prova Extra | JUN a SEN - M | Dia 2

Série 1

| | | | | |
|-----|------------------|-------------|---------|----------|
| 1 | João Albano | 2003 JUN | CPTSC | 15:50.39 |
| 2 | Miguel Rodrigues | 2004 JUN | ARC-EAC | 16:32.34 |
| DNF | Rogério Amaral | 2001 SUB-23 | CPTSC | x |

Série 1

| | | | | |
|-----|---------------|-------------|--------|-------|
| 1 | Nuno Serra | 1974 VET 45 | CPTSC | 13.21 |
| 2 | Luís Assunção | 1978 VET 40 | GRE-AA | 10.88 |
| 3 | Nuno Correia | 1979 VET 40 | ADCX | 7.12 |
| 4 | Paulo Pinto | 1976 VET 45 | ARSM | 6.88 |
| 5 | André Santos | 1981 VET 40 | ARCDVL | 5.74 |
| 6 | Jody Rato | 1975 VET 45 | ARCDVL | 5.04 |
| DNS | Tiago Pires | 1984 VET 35 | ARCDVL | x |

Peso 6 Kg Vet 50/55 | VET - M | Dia 2

Série 1

| | | | | |
|---|-----------------|-------------|--------|------|
| 1 | Paulo Cavaleiro | 1964 VET 55 | IND | 8.10 |
| 2 | Arlindo Ribeiro | 1969 VET 50 | ARCDVL | 6.60 |

Peso 5 Kg Vet 60/65 | VET - M | Dia 2

Série 1

| | | | | |
|----|-------------------|-------------|--------|-------|
| 1 | Augusto Cavaleiro | 1961 VET 60 | CPTSC | 12.64 |
| 2 | Fonseca Antunes | 1960 VET 60 | SUOV | 9.35 |
| 3 | José Moura Távora | 1956 VET 65 | CLUVE | 6.06 |
| NM | Fernando Martins | 1957 VET 60 | ARCDVL | x |

Peso 4 Kg Vet 70/75 | VET - M | Dia 2

Série 1

| | | | | |
|---|-------------------|-------------|-------|-------|
| 1 | João Matos Santos | 1950 VET 70 | CLUVE | 10.04 |
| 2 | José Marques | 1949 VET 70 | CLUVE | 7.15 |
| 3 | Jorge Carvalho | 1948 VET 70 | CLUVE | 5.85 |

Tripla Salto | VET - F | Dia 2

Série 1

| | | | | |
|---|------------|-------------|------|---------------|
| 1 | Ana Morais | 1965 VET 55 | SUOV | 7.78 v -0.7 |
|---|------------|-------------|------|---------------|

5.000 Metros | VET - F | Dia 2

Série 1

| | | | | |
|-----|-------------------|-------------|-----------|----------|
| 1 | Célia Alves | 1978 VET 40 | ARC-EAC | 20:24:24 |
| 2 | Lídia Pereira | 1967 VET 55 | GRE-AA | 20:57:44 |
| 3 | Dilía Santos | 1982 VET 40 | ARSM | 21:59:04 |
| 4 | Zenaide Alves | 1974 VET 45 | ARSM | 22:50:54 |
| 5 | Carla Reis | 1973 VET 45 | ARSM | 23:17:50 |
| 6 | Kim Howes | 1964 VET 55 | GBR CLUVE | 23:30:58 |
| 7 | Cristina Melo | 1971 VET 50 | ARCDVL | 27:52:05 |
| 8 | Rosa Ferreira | 1973 VET 45 | ADCX | 30:42:24 |
| 9 | Arabela Fabre | 1969 VET 50 | ADCX | 32:06:90 |
| DNS | Maria Benquerença | 1974 VET 45 | ARCDVL | x |

5.000 Metros Vet 55 + | VET - M | Dia 2

Série 1

| | | | | |
|-----|--------------------|-------------|---------|----------|
| 1 | Mário Silva | 1963 VET 55 | ACRS | 18:12:12 |
| 2 | Luís Oliveira | 1967 VET 55 | ARC-EAC | 19:46:76 |
| 3 | Basilio Simões | 1967 VET 55 | ARCDVL | 20:24:24 |
| 4 | Fausto Carvalho | 1955 VET 65 | ARSM | 22:58:49 |
| 5 | José Abade | 1945 VET 75 | CLUVE | 23:08:28 |
| 6 | Carlos Garrido | 1959 VET 60 | CPTSC | 24:02:47 |
| 7 | Jorge Justo | 1961 VET 60 | CPTSC | 28:29:15 |
| DNS | Mário Carapinheiro | 1964 VET 55 | AAC | x |
| DNS | Adérito Fontes | 1962 VET 60 | ARC-EAC | x |

400 Metros Barreiras 0,91 Vet 35/40/45 | VET - M | Dia 2**Série 1**

| | | | | | |
|-----|------------------|------|--------|--------|---------|
| 1 | Fernando Almeida | 1987 | VET 35 | GS | 65.83 |
| 2 | Paulo Curado | 1974 | VET 45 | ARCDVL | 1:42.99 |
| DNF | Ricardo Santo | 1980 | VET 40 | ARCDVL | x |

400 Metros Barreiras 0,84 Vet 50/55 | VET - M | Dia 2**300 Metros Barreiras 0.76 Vet 60/65 | VET - M | Dia 2****Série 1**

| | | | | | |
|---|-----------|------|--------|-------|-------|
| 1 | Rui Silva | 1958 | VET 60 | CLUVE | 96.74 |
|---|-----------|------|--------|-------|-------|

300 Metros Barreiras 0.68 Vet 70/75 | VET - M | Dia 2**Triplo Salto | VET - M | Dia 2****Série 1**

| | | | | | |
|-----|------------------|------|--------|--------|---------------|
| 1 | Ricardo Santo | 1980 | VET 40 | ARCDVL | 9.27 v 0.70 |
| 2 | Fernando Ribeiro | 1956 | VET 65 | CLUVE | 7.68 v -0.4 |
| 3 | Basílio Simões | 1967 | VET 55 | ARCDVL | 6.14 v -1.3 |
| DNS | Vítor Santo | 1978 | VET 40 | ARCDVL | x v |

Peso 4 Kg Vet 35/40/45 | VET - F | Dia 2**Série 1**

| | | | | | |
|-----|----------------|------|--------|--------|------|
| 1 | Graça Simões | 1976 | VET 45 | ARCDVL | 3.34 |
| NM | Ana Rodrigues | 1984 | VET 35 | ARCDVL | x |
| DNS | Fernanda Silva | 1981 | VET 40 | GRE-AA | x |

Peso 3 Kg Vet 50/55/60/65/70 | VET - F | Dia 2**Série 1**

| | | | | | |
|---|--------------------|------|--------|--------|-------|
| 1 | Céu Cunha | 1962 | VET 55 | CLUVE | 10.85 |
| 2 | Isabel Costa | 1962 | VET 60 | CLUVE | 7.83 |
| 3 | Paula Martinho | 1954 | VET 65 | CLUVE | 6.73 |
| 4 | Nilza Ribeiro | 1950 | VET 70 | CLUVE | 6.41 |
| 5 | Natércia Rodrigues | 1969 | VET 50 | GRE-AA | 5.97 |
| 6 | Paula Nunes | 1967 | VET 50 | ARCDVL | 5.95 |
| 7 | Cristina Melo | 1971 | VET 50 | ARCDVL | 5.28 |
| 8 | Cidália Canais | 1970 | VET 50 | ARCDVL | 4.81 |

Peso 2 Kg Vet 75/80/85/90/95 | VET - F | Dia 2**Série 1**

| | | | | | |
|---|------------|------|--------|-------|------|
| 1 | Ivone Lobo | 1936 | VET 85 | CLUVE | 4.33 |
|---|------------|------|--------|-------|------|

200 Metros | VET - F | Dia 2**Série 1**

| | | | | | |
|-----|---------------------|------|--------|--------|-------|
| 1 | Liliana Silva | 1974 | VET 45 | CPTSC | 34.49 |
| 2 | Graça Simões | 1976 | VET 45 | ARCDVL | 37.54 |
| 3 | Rute Aguiar De Melo | 1980 | VET 40 | ADCX | 39.58 |
| 4 | Cidália Canais | 1970 | VET 50 | ARCDVL | 41.85 |
| 5 | Ana Rodrigues | 1984 | VET 35 | ARCDVL | 46.79 |
| 6 | Rosa Ferreira | 1973 | VET 45 | ADCX | 49.54 |
| DNS | Maria Benquerença | 1974 | VET 45 | ARCDVL | x |

Série 2 v = +0.7 (Manual)

| | | | | | |
|-----|--------------------|------|--------|--------|-------|
| 1 | Ana Morais | 1965 | VET 55 | SUOV | 33.54 |
| 2 | Anabela Marques | 1982 | VET 35 | ADCX | 34.18 |
| 3 | Cristina Serém | 1979 | VET 40 | GRE-AA | 39.51 |
| 4 | Paula Nunes | 1967 | VET 50 | ARCDVL | 40.26 |
| 5 | Arabela Fabre | 1969 | VET 50 | ADCX | 53.86 |
| DNS | Gabriela Rodrigues | 1971 | VET 50 | ARCDVL | x |

200 Metros - Prova Extra | JUV a SEN - F | Dia 2**Série 1 v = +0.5 (Manual)**

| | | | | | |
|-----|----------------|------|-----|---------|-------|
| 1 | Bruna Santa | 2004 | JUN | MC | 28.44 |
| 2 | Teresa Botelho | 1989 | SEN | ADCX | 37.18 |
| DNS | Raquel Caires | 2003 | JUN | ARC-EAC | x |

200 Metros | VET - M | Dia 2**Série 1 v = +1.5 (Manual)**

| | | | | | |
|-----|------------------|------|--------|--------|-------|
| 1 | Fernando Almeida | 1987 | VET 35 | GS | 25.85 |
| 2 | João Santos | 1971 | VET 50 | GCA | 27:06 |
| 3 | Carlos Canais | 1969 | VET 50 | ARCDVL | 31.54 |
| 4 | Jody Rato | 1975 | VET 45 | ARCDVL | 37.10 |
| 5 | André Santos | 1981 | VET 40 | ARCDVL | 41.70 |
| DNS | Carlos Quinteiro | 1966 | VET 55 | ARCDVL | x |
| DNS | Ricardo Santo | 1980 | VET 40 | ARCDVL | x |

Série 2

| | | | | | |
|-----|-----------------|------|--------|--------|-------|
| 1 | Carlos Costa | 1973 | VET 45 | ADCX | 29.65 |
| 2 | Paulo Pinto | 1976 | VET 45 | ARSM | 30.59 |
| 3 | Paulo Curado | 1974 | VET 45 | ARCDVL | 33.89 |
| 4 | Pedro Caldeira | 1980 | VET 40 | CPTSC | 34.74 |
| 5 | Carlos Lopes | 1954 | VET 65 | CLUVE | 36.23 |
| 6 | Vitor Mendes | 1947 | VET 75 | CLUVE | 37.05 |
| DNS | Tiago Pires | 1984 | VET 35 | ARCDVL | x |
| DNF | Marcelo Ribeiro | 1953 | VET 65 | CLUVE | x |

Série 3 v = +1.5 (Manual)

| | | | | | |
|-----|------------------|------|--------|--------|-------|
| 1 | Bruno Bernardes | 1983 | VET 35 | CLUVE | 31.66 |
| 2 | Arlindo Ribeiro | 1969 | VET 50 | ARCDVL | 36.94 |
| 3 | Rui Silva | 1958 | VET 60 | CLUVE | 38.48 |
| DNS | Fernando Martins | 1957 | VET 60 | ARCDVL | x |

200 Metros - Prova Extra | JUV a SEN - M | Dia 2**Série 1 v = +0.7 (Manual)**

| | | | | | | |
|-----|-------------------|------|-----|--------|-------|---|
| 1 | Alexandre Silva | 2004 | JUN | LLFC | 23.37 | |
| 2 | Bernardo Ferreira | 2006 | JUV | NDAP | 23.69 | |
| 3 | João Garcia | 1994 | SEN | CPTSC | 24.01 | |
| 4 | Diogo Da Luísa | 1994 | SEN | GS | 24.05 | |
| 5 | André Marques | 1999 | SEN | AAC | 26.19 | |
| DNS | Duarte Cruz | 2004 | JUN | SGAMES | x | |
| DNS | Bruno Guilherme | 2003 | JUN | CPV | CLUVE | x |
| DNS | Evandro Duarte | 1989 | SEN | CPTSC | x | |

800 Metros | VET - F | Dia 2**Série 1**

| | | | | | |
|---|---------------------|------|--------|--------|---------|
| 1 | Anabela Marques | 1982 | VET 35 | ADCX | 2:57.82 |
| 2 | Sofia Lourenço | 1973 | VET 45 | ARSM | 3:02.71 |
| 3 | Manuela Gonçalves | 1970 | VET 50 | CPTSC | 3:13.03 |
| 4 | Rute Aguiar De Melo | 1980 | VET 40 | ADCX | 3:13.40 |
| 5 | Helena Mourão | 1960 | VET 60 | ACRSD | 3:23.90 |
| 6 | Natércia Rodrigues | 1969 | VET 50 | GRE-AA | 3:45.58 |
| 7 | Ana Rodrigues | 1984 | VET 35 | ARCDVL | 4:07.63 |

800 Metros - Prova Extra | JUV a SEN - F | Dia 2**Série 1**

| | | | | | |
|---|----------------|------|-----|-------|---------|
| 1 | Teresa Botelho | 1989 | SEN | ADCX | 3:09.19 |
| 2 | Joana Martinho | 2006 | JUV | CLUVE | 3:09.74 |



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800 Metros | VET - M | Dia 2**Série 1**

| | | | | |
|-----|------------------|-------------|--------|-------------------------|
| 1 | Yevhen Kovaliukh | VET 40 | IND | 2:10.14 |
| 2 | Paulo Garcia | 1968 VET 50 | SGAMES | 2:15.46 |
| 3 | Nuno Sousa | 1974 VET 45 | ADR4E | 2:22.49 |
| 4 | Gonçalo Dias | 1976 VET 45 | AAC | 2:29.07 |
| 5 | Carlos Costa | 1973 VET 45 | ADCX | 2:35.84 |
| 6 | Luís Amaro | 1973 VET 45 | ARSM | 2:38.24 |
| 7 | Luís Costa | 1971 VET 50 | CLUVE | 2:42.25 |
| 8 | Bruno Bernardes | 1983 VET 35 | CLUVE | 2:45.59 |
| 9 | Pedro Roque | 1968 VET 50 | CPTSC | 2:53.65 |
| DSQ | Arlindo Ribeiro | 1969 VET 50 | ARCDVL | 3:02.01 (ponto 7 - Reg) |
| DSQ | Jody Rato | 1975 VET 45 | ARCDVL | 3:05.73 (ponto 7 - Reg) |
| DNS | Carlos Quinteiro | 1966 VET 55 | ARCDVL | x |
| DNS | Fernando Martins | 1957 VET 60 | ARCDVL | x |
| DNS | Vítor Santo | 1978 VET 40 | ARCDVL | x |

800 Metros - Prova Extra | JUV a SEN - M | Dia 2**Série 1**

| | | | | |
|-------|---------------------|----------|--------|---------|
| 1 | Vasco Rosa | 1993 SEN | UFCT | 1:58.84 |
| 2 | Júlio Couceiro | 2003 JUN | UFCT | 2:00.48 |
| 3 | Miguel Mendes | 2004 JUN | UFCT | 2:01.69 |
| 4 | Afonso Oliveira | 2005 JUV | CPTSC | 2:03.56 |
| 5 | Diogo Silva | 2003 JUN | UFCT | 2:03.97 |
| 6 | Francisco Graça | 2003 JUN | ASCV | 2:04.61 |
| 7 | Guilherme Martins | 2004 JUN | AAC | 2:04.95 |
| 8 | Bernardo Salgado | 2006 JUV | CPTSC | 2:10.46 |
| 9 | Guilherme Fernandes | 2005 JUV | ACDRSQ | 2:15.61 |
| 10 | João Pato | 1988 SEN | CLUVE | 2:22.35 |
| 99999 | Evandro Duarte | 1989 SEN | CPTSC | x |
| 99999 | Ricardo Gonçalves | 1994 SEN | AAC | x |

Salto Altura | VET - F | Dia 2**Série 1**

| | | | | |
|-----|--------------------|-------------|--------|------|
| 1 | Almira Mateus | 1960 VET 60 | CLUVE | 0.90 |
| DNS | Gabriela Rodrigues | 1971 VET 50 | ARCDVL | SM |

Salto Altura | VET - M | Dia 2**Série 1**

| | | | | |
|-----|------------------|-------------|--------|----------------------|
| 1 | Nuno Correia | 1979 VET 40 | ADCX | 1.40 |
| 2 | Fernando Ribeiro | 1956 VET 65 | CLUVE | 1.35 |
| 3 | Carlos Canais | 1969 VET 50 | ARCDVL | 1.30 |
| 4 | Marcelo Ribeiro | 1953 VET 65 | CLUVE | 1.15 |
| DSQ | André Santos | 1981 VET 40 | ARCDVL | 1.00 (ponto 7 - Reg) |

Salto Altura - Prova Extra | INF - M | Dia 2**Série 1**

| | | | | |
|---|--------------|----------|------|---------|
| 1 | João Paulino | 2009 INF | SUOV | 1.59.00 |
|---|--------------|----------|------|---------|

4 x 400 Metros | VET - F | Dia 2**Série 1**

| | | | | |
|---|--------------------|----|------|---------|
| 1 | ACAD DESP CONDEIXA | ND | ADCX | 7:28.83 |
|---|--------------------|----|------|---------|

4 x 400 Metros | VET - M | Dia 2**Série 1**

| | | | | |
|---|--------------------|----|-------|---------|
| 1 | C P T SOBRAL CEIRA | ND | CPTSC | 7:28.96 |
|---|--------------------|----|-------|---------|

Martelão 5.450 Vet 60/65/70 | VET - F | Dia 3**Série 1**

| | | | | |
|-----|-----------------|-------------|-------|------|
| 1 | Nilza Ribeiro | 1950 VET 70 | CLUVE | 7.89 |
| 2 | Isabel Costa | 1962 VET 60 | CLUVE | 7.48 |
| 3 | Helena Carvalho | 1950 VET 70 | CLUVE | 6.22 |
| DNS | Paula Martinho | 1954 VET 65 | CLUVE | x |

Martelão 4.000 Vet 75/80/85/90/95 | VET - F | Dia 3**Série 1**

| | | | | |
|---|------------|-------------|-------|------|
| 1 | Ivone Lobo | 1936 VET 85 | CLUVE | 5.19 |
|---|------------|-------------|-------|------|

Martelão 15.880 Vet 35/40/45 | VET - M | Dia 3**Série 1**

| | | | | |
|---|---------------|-------------|--------|-------|
| 1 | Luís Assunção | 1978 VET 40 | GRE-AA | 12.51 |
|---|---------------|-------------|--------|-------|

Martelão 11.340 Vet 50/55 | VET - M | Dia 3**Série 1**

| | | | | |
|---|---------------|-------------|------|------|
| 1 | Vítor Pimenta | 1966 VET 55 | ARSM | 8.66 |
|---|---------------|-------------|------|------|

Martelão 9.080 Vet 60/65 | VET - M | Dia 3**Martelo 3 Kg Vet 50/55/60/65/70 | VET - F | Dia 3****Série 1**

| | | | | |
|---|-----------------|-------------|-------|-------|
| 1 | Céu Cunha | 1962 VET 55 | CLUVE | 29.14 |
| 2 | Isabel Costa | 1962 VET 60 | CLUVE | 20.88 |
| 3 | Helena Carvalho | 1950 VET 70 | CLUVE | 16.66 |

Martelo 2 Kg Vet 75/80/85/90/95 | VET - F | Dia 3**Série 1**

| | | | | |
|---|------------|-------------|-------|-------|
| 1 | Ivone Lobo | 1936 VET 85 | CLUVE | 12.96 |
|---|------------|-------------|-------|-------|

Martelo 7 Kg Vet 35/40/45 | VET - M | Dia 3**Série 1**

| | | | | |
|---|---------------|-------------|--------|-------|
| 1 | Luís Assunção | 1978 VET 40 | GRE-AA | 41.06 |
|---|---------------|-------------|--------|-------|

Martelo 5 Kg Vet 60/65 | VET - M | Dia 3**Série 1**

| | | | | |
|---|-------------------|-------------|-------|-------|
| 1 | Augusto Cavaleiro | 1961 VET 60 | CPTSC | 50.90 |
| 2 | José Moura Távora | 1956 VET 65 | CLUVE | 18.12 |

Disco 2 Kg Vet 35/40/45 | VET - M | Dia 3**Série 1**

| | | | | |
|---|---------------|-------------|--------|-------|
| 1 | Luís Assunção | 1978 VET 40 | GRE-AA | 30.99 |
|---|---------------|-------------|--------|-------|

Disco 1,5 Kg Vet 50/55 | VET - M | Dia 3**Série 1**

| | | | | |
|---|-----------------|-------------|-----|-------|
| 1 | Paulo Cavaleiro | 1964 VET 55 | IND | 25.49 |
|---|-----------------|-------------|-----|-------|

Disco 1 Kg Vet 60 a 95 | VET - M | Dia 3**Série 1**

| | | | | |
|---|-------------------|-------------|-------|-------|
| 1 | Augusto Cavaleiro | 1961 VET 60 | CPTSC | 40.96 |
| 2 | Fonseca Antunes | 1960 VET 60 | SUOV | 31.06 |
| 3 | José Marques | 1949 VET 70 | CLUVE | 18.20 |
| 4 | José Moura Távora | 1956 VET 65 | CLUVE | 15.32 |

Disco 1 Kg Vet 35 a 70 | VET - F | Dia 3**Série 1**

| | | | | |
|---|--------------|-------------|-------|-------|
| 1 | Céu Cunha | 1962 VET 55 | CLUVE | 23.85 |
| 2 | Isabel Costa | 1962 VET 60 | CLUVE | 17.55 |

Série 1

1 Ivone Lobo

1936 VET 85

CLUVE

10.25



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Femininos

| Posicao | Clube | Pontos |
|---------|---------|--------|
| 1 | CLUVE | 156.0 |
| 2 | ARCDVL | 113.0 |
| 3 | ADCX | 57.0 |
| 4 | GRE-AA | 47.0 |
| 5 | SUOV | 32.0 |
| 6 | ARSM | 29.0 |
| 7 | CPTSC | 25.0 |
| 8 | ARC-EAC | 16.0 |

Masculinos

| Posicao | Clube | Pontos |
|---------|---------|--------|
| 1 | CLUVE | 151.0 |
| 2 | CPTSC | 126.0 |
| 3 | ARCDVL | 112.0 |
| 4 | ADCX | 54.0 |
| 5 | GRE-AA | 53.0 |
| 6 | IND | 40.0 |
| 6 | ARSM | 40.0 |
| 8 | ARC-EAC | 38.0 |
| 9 | GS | 30.0 |
| 10 | SUOV | 27.0 |
| 11 | SGAMES | 14.0 |
| 12 | ADR4E | 10.0 |
| 13 | AAC | 7.0 |



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Estatística Clubes

| Sigla | Nº atletas Masculino | Nº atletas Feminino | Nº atletas Total | Participações Masculino | Participações Feminino | Participações Total |
|--------------|----------------------|---------------------|------------------|-------------------------|------------------------|---------------------|
| AAC | 5 | 2 | 7 | 5 | 2 | 7 |
| ACDRSQ | 1 | 0 | 1 | 1 | 0 | 1 |
| ACRSQ | 1 | 1 | 2 | 2 | 2 | 4 |
| ADCX | 4 | 5 | 9 | 12 | 18 | 30 |
| ADR4E | 1 | 0 | 1 | 2 | 0 | 2 |
| ADRAP | 1 | 0 | 1 | 1 | 0 | 1 |
| ARC-EAC | 7 | 2 | 9 | 9 | 4 | 13 |
| ARCDVL | 14 | 13 | 27 | 54 | 45 | 99 |
| ARSM | 8 | 4 | 12 | 12 | 5 | 17 |
| ASCV | 1 | 0 | 1 | 2 | 0 | 2 |
| CATUNES | 1 | 0 | 1 | 1 | 0 | 1 |
| CBA-S | 1 | 0 | 1 | 1 | 0 | 1 |
| CLUVE | 16 | 10 | 26 | 37 | 27 | 64 |
| CPTSC | 20 | 2 | 22 | 40 | 4 | 44 |
| GCA | 2 | 0 | 2 | 3 | 0 | 3 |
| GRE-AA | 5 | 5 | 10 | 10 | 10 | 20 |
| GS | 2 | 0 | 2 | 6 | 0 | 6 |
| IND | 2 | 0 | 2 | 4 | 0 | 4 |
| LLFC | 1 | 0 | 1 | 2 | 0 | 2 |
| MC | 0 | 1 | 1 | 0 | 1 | 1 |
| NDAP | 1 | 0 | 1 | 2 | 0 | 2 |
| SCP | 1 | 0 | 1 | 1 | 0 | 1 |
| SGAMES | 2 | 0 | 2 | 4 | 0 | 4 |
| SUOV | 4 | 1 | 5 | 5 | 4 | 9 |
| UFCT | 4 | 0 | 4 | 4 | 0 | 4 |
| _NaoFederado | - | - | 7 | - | - | 9 |
| _Total | 105 | 46 | 158 | 220 | 122 | 351 |



Estatística Escalão

| Escalão | Nº atletas Masculino | Nº atletas Feminino | Nº atletas Total | Participações Masculino | Participações Feminino | Participações Total |
|--------------|----------------------|---------------------|------------------|-------------------------|------------------------|---------------------|
| INF | 1 | 0 | 1 | 1 | 0 | 1 |
| JUV | 4 | 2 | 6 | 7 | 3 | 10 |
| JUN | 11 | 2 | 13 | 14 | 3 | 17 |
| SUB-23 | 1 | 0 | 1 | 1 | 0 | 1 |
| SEN | 9 | 2 | 11 | 12 | 6 | 18 |
| VET 35 | 6 | 3 | 9 | 16 | 7 | 23 |
| VET 40 | 9 | 8 | 17 | 27 | 18 | 45 |
| VET 45 | 15 | 9 | 24 | 34 | 24 | 58 |
| VET 50 | 16 | 9 | 25 | 29 | 30 | 59 |
| VET 55 | 11 | 4 | 15 | 24 | 10 | 34 |
| VET 60 | 8 | 3 | 11 | 24 | 8 | 32 |
| VET 65 | 6 | 1 | 7 | 16 | 3 | 19 |
| VET 70 | 4 | 2 | 6 | 7 | 6 | 13 |
| VET 75 | 3 | 0 | 3 | 6 | 0 | 6 |
| VET 85 | 1 | 1 | 2 | 2 | 4 | 6 |
| _NaoFederado | - | - | 7 | - | - | 9 |



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Designação Clubes

| Sigla | Nome | Associação |
|---------|----------------------|------------|
| AAC | ASS ACAD COIMBRA | Coimbra |
| ACDRSQ | ACDRS QUINHENDROS | Coimbra |
| ACRSD | A C R SRA DESTERRO | Guarda |
| ADCX | ACAD DESP CONDEIXA | Coimbra |
| ADR4E | A D REC 4 ESTAÇÕES | Coimbra |
| ADRAP | A D R ÁGUA DE PENA | Madeira |
| ARCDVL | ARCD VENDA DA LUÍSA | Coimbra |
| ARC-EAC | A R CASAENSE - EAC | Coimbra |
| ARSM | ASS REC S. MIGUEL | Coimbra |
| ASCV | A S C VALEIRINHA | Coimbra |
| CATUNES | C ATLETISMO TUNES | Algarve |
| CBA-S | C BENFICA ABRANTES | Santarém |
| CLUVE | C VETERANOS COIMBRA | Coimbra |
| CPTSC | C P T SOBRAL CEIRA | Coimbra |
| GCA | GINÁSIO C ALCobaÇA | Leiria |
| GRE-AA | GRUPO REC EIRENSE | Coimbra |
| GS | GIRA SOL | Coimbra |
| IND | Individual | None |
| LLFC | LUSITÂNIA LOUROSA FC | Aveiro |
| MC | MONTANHA CLUBE | Coimbra |
| NDAP | N D AMADOR POMBAL | Leiria |
| SCP | SPORTING C P | Lisboa |
| SGAMES | SANDGAMES FIGUEIRA | Coimbra |
| SUOV | S U OPERÁRIA VAIS | Coimbra |
| UFCT | U F C TOMAR | Santarém |



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