



**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**60 metros - eliminatórias | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
344	Leonor Ferreira	SLB	JUN	00:00:07:65
319	Nádia Cruz	SLB	JUN	00:00:07:68
176	Rita Barbosa	ESCMOV	JUV	00:00:07:71
145	Thais Beranger	CFOD	JUV	00:00:07:72
322	Joana Dias	SLB	JUN	00:00:07:77
330	Djamiratu Embaló	SLB	JUN	00:00:07:82
234	Mariana Videira	JV	JUN	00:00:07:88
197	Lurdes Oliveira	GRE-AA	JUN	00:00:07:91
35	Beatriz Castelhana	ACDRA	JUV	00:00:07:91
200	Carolina Maio	GRECAS	JUN	00:00:07:93
55	Catarina Vieira	ADRAP	JUV	00:00:07:95
71	Marta Ribeiro Alves	AFS	JUV	00:00:07:97
349	Matilde Simões	SVB	JUV	00:00:07:98
324	Susana Torres	SLB	JUN	00:00:07:99
368	Mariana Marques	VTSC	JUN	00:00:08:00
106	Lara Pinto	CAOB-A	JUV	00:00:08:02
183	Beatriz Neves	GAF	JUN	00:00:08:03
60	Teresa Abade	AEAC	JUN	00:00:08:04
184	Bruna Seborro	GCAD	JUN	00:00:08:04
169	Bruna Pinto	DURIUS	JUV	00:00:08:05
257	Rita Fernandes	MAC	JUV	00:00:08:06
74	Mariana Tavares	AFSA	JUN	00:00:08:06
283	Alice Finisterra	SCBM	JUN	00:00:08:08
278	Ana Silva	SCA	JUV	00:00:08:09
68	Inês Almeida	AFS	JUV	00:00:08:09
326	Ana Oliveira	SLB	JUV	00:00:08:11
213	Cláudia Cristóvão	JOMA	JUV	00:00:08:12
102	Maria Vieira	CAOB-A	JUV	00:00:08:13
222	Carolina Castro	JV	JUV	00:00:08:14
95	Lara Rego	CAM-VC	JUN	00:00:08:15
348	Chloe Hosford	SLB	JUN	00:00:12:63

**Federados : 31**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Salto em Comprimento | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
336	Sisínio Ambriz	SLB	JUN	07.24
62	Simão Alexandre	AEAC	JUN	07.21
198	Pedro Pires	GRECAS	JUN	07.19
284	Marcus Vinícius	SCP	JUN	07.13
230	Eduardo Oliveira	JV	JUN	07.11
343	João Pinto	SLB	JUV	06.99
82	Xavier Outeiro	AJS	JUN	06.96
128	Tiago Pereira	CCDR	JUV	06.83
98	André Rodrigues	CAMG	JUN	06.82
91	Jocimar Neto	CAM-VC	JUN	06.77
364	Eduardo Oliveira	UFCT	JUN	06.67
93	João Fernandes	CAM-VC	JUN	06.58

**Federados : 12**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Lançamento do Peso | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
323	Frederico Pina	SLB	JUN	15.24
273	Eduardo Neves	NDJL-ST	JUV	14.58
238	Francisco Calhau	JV	JUV	13.98
57	Tiago Nunes	ADREP	JUN	13.93
78	José Silva	AJJ	JUV	13.35
54	Márcio Viveiros	ADRAP	JUN	13.21
47	Valdemar Dantas	ADCL	JUV	12.95
96	David Pereira	CAMG	JUN	12.47
275	Guilherme Enes	PLF	JUN	12.33
14	Bernardo Soares	AAC	JUN	12.27
272	Leonardo Silva	MKED	JUN	12.25

**Federados : 11**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Salto em Altura | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
145	Thais Beranger	CFOD	JUV	01.75
342	Gabriela Gorenco	SLB	JUV	01.70
116	Marta Araújo	CAOV	JUN	01.69
279	Elena Furk	SCA-T	JUN	01.60
217	Luana Figueira	JV	JUV	01.58
38	Rafaela Santos	ACPV	JUV	01.57
367	Maria Miguel Andrade	VTSC	JUN	01.56
309	Mariana Ribeiro	SCP	JUN	01.56
228	Ana Reis	JV	JUN	01.55
186	Lara Geirinhas	GCAD	JUV	01.55

**Federados : 10**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**60 metros - eliminatórias | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
336	Sisínio Ambriz	SLB	JUN	00:00:06:85
62	Simão Alexandre	AEAC	JUN	00:00:06:95
267	Paulo Pereira	MAC	JUN	00:00:07:02
76	Guilherme Ribeiro	AGDAK	JUN	00:00:07:09
195	Lourenço Viveiros	GDE	JUV	00:00:07:09
82	Xavier Outeiro	AJS	JUN	00:00:07:10
70	João Maria Santos	AFS	JUV	00:00:07:10
256	Daniel Silva	MAC	JUN	00:00:07:12
89	Miguel Costa	BFC	JUV	00:00:07:15
198	Pedro Pires	GRECAS	JUN	00:00:07:15
91	Jocimar Neto	CAM-VC	JUN	00:00:07:16
192	Oswaldo Barbosa	GDC	JUN	00:00:07:18
142	Francisco Marques	CFB	JUN	00:00:07:19
343	João Pinto	SLB	JUV	00:00:07:20
140	Haivan Almeida	CFB	JUN	00:00:07:21
281	Gabriel Maia	SCB	JUN	00:00:07:21
190	Élvio Almeida	GDC	JUN	00:00:07:22
204	Gabriel Gonçalves	GS	JUV	00:00:07:22
215	David Landim	JOMA	JUV	00:00:07:23
230	Eduardo Oliveira	JV	JUN	00:00:07:23
69	Martim Sousa	AFS	JUN	00:00:07:25
253	Alexandre Silva	LLFC	JUN	00:00:07:27
366	Diogo Vaz	VTSC	JUV	00:00:07:28
24	Tomás Areias	ACB-L	JUN	00:00:07:28
174	André Fraga	EBMDS	JUV	00:00:07:28
94	Duarte Ferreira	CAM-VC	JUN	00:00:07:29
208	Diogo Tejo	JIV	JUV	00:00:07:29
179	Vasco Rocha	ESMAIA	JUN	00:00:07:30
191	César Duarte	GDC	JUN	00:00:07:30
194	Bruno Pita	GDE	JUN	00:00:07:30
356	Luís Victoriano	UFCT	JUN	00:00:07:32
295	Mauro Silva	SCP	JUV	00:00:07:32
33	Hugo Távares	ACDRA	JUV	00:00:07:33
325	João Penacho	SLB	JUV	00:00:07:33
73	Tomás Gonçalves	AFSA	JUV	00:00:07:35

**Não Federados**

Dorsal	Nome	Clube	Ano	Marca
276	Leon Seale	POR-EST	2003	00:00:06:97

**Federados : 35**

**Não Federados : 1**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Salto com Vara | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
81	Diogo Martins	AJS	JUN	04.60
331	Rodrigo Alcobia	SLB	JUV	04.40
289	Afonso Almeida	SCP	JUN	04.40
236	Guilherme Pereira	JV	JUN	04.30
361	Tiago Costa	UFCT	JUV	03.80
41	Tomás Filipe	ACRSD	JUN	03.70
52	Artur Martins	ADRAP	JUV	03.65
219	Luca Cruz	JV	JUV	03.65
40	Rafael Santos	ACRDE	JUV	03.50
241	André Petriv	JV	JUN	03.40

**Federados : 10**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**5.000m Marcha | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
160	Pedro Dias	COP	JUN	00:21:21:01
123	Tiago Ramos	CATUNES	JUN	00:21:50:51
185	Tiago Sucena	GCAD	JUN	00:23:31:12
294	Guilherme Rodrigues	SCP	JUN	00:23:37:52
86	Rodrigo Araújo	AMONT	JUV	00:23:40:58
119	Bruno Coelho	CAS	JUV	00:25:25:29
224	Eduardo Camarate	JV	JUV	00:25:45:87
207	João Correia	JIV	JUV	00:25:47:32
218	David Gregório	JV	JUV	00:53:50:00

**Federados : 9**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**3.000m Marcha | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
369	Inês Mendes	IND	JUN	00:13:35:05
43	Carina Ferreira	ADCCJC	JUN	00:14:24:94
168	Samanta Zueva	CSGAIA	JUV	00:14:55:23
318	Carolina Dias	SLA	JUV	00:15:03:80
201	Beatriz Gonçalves	GRECAS	JUN	00:15:18:05
146	Marta Freitas	CFOD	JUN	00:15:36:98
199	Mariana Serrão	GRECAS	JUN	00:15:57:62
303	Matilde Sousa	SCP	JUV	00:27:22:00
135	Oriana Sousa	CDQ	JUV	00:28:36:85
159	Mariana Mestre	COP	JUN	00:29:03:00

**Federados : 10**







**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Salto em Comprimento | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
116	Marta Araújo	CAOV	JUN	05.86
72	Tatiana Pereira	AFS	JUV	05.72
197	Lurdes Oliveira	GRE-AA	JUN	05.66
176	Rita Barbosa	ESCMOV	JUV	05.62
326	Ana Oliveira	SLB	JUV	05.61
319	Nádia Cruz	SLB	JUN	05.54
60	Teresa Abade	AEAC	JUN	05.50
235	Joana Gameiro	JV	JUN	05.48
187	Helena Safta	GCAD	JUV	05.48
216	Inês Vicente	JOMA	JUN	05.45
145	Thais Beranger	CFOD	JUV	05.44

**Federados : 11**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**1.500 metros | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
301	Rita Figueiredo	SCP	JUN	00:04:24:74
50	Beatriz Fernandes	ADNO	JUN	00:04:31:59
261	Beatriz Pereira	MAC	JUN	00:04:32:30
262	Ana Silva	MAC	JUN	00:04:33:12
170	Ana Marinho	EAROS	JUN	00:04:36:93
353	Lara Costa	UDV	JUV	00:04:36:99
354	Diana Fernandes	UDV	JUN	00:04:39:22
109	Beatriz Azevedo	CAOB-A	JUV	00:04:40:02
202	Stela Fernandes	GS	JUV	00:04:41:12
277	Carolina Ribeiro	RDA	JUN	00:04:41:87
161	Rita Nunes	CPC	JUN	00:04:48:09
172	Ana Faria	EAROS	JUV	00:04:48:58
355	Lara Sampaio	UDV	JUV	00:04:50:22
305	Marta Castro	SCP	JUN	00:04:50:29
87	Lara Machado	ARLVG	JUV	00:04:50:57
156	Maria João Pimentel	CFOD	JUV	00:04:51:05
297	Beatriz Rios	SCP	JUN	00:04:51:36
327	Rita Costa	SLB	JUN	00:04:51:78
265	Teresa Macedo	MAC	JUV	00:04:53:40
221	Eduarda Silva	JV	JUV	00:04:54:85
270	Beatriz Rocha	MAC	JUV	00:04:58:16
307	Inês Lopes	SCP	JUV	00:04:58:44

**Federados : 22**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**1.500 metros | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
304	Rodrigo Lima	SCP	JUN	00:03:53:27
308	Duarte Santos	SCP	JUN	00:03:56:93
171	Francisco Silva	EAROS	JUN	00:03:56:97
310	David Garcia	SCP	JUN	00:03:57:15
107	João Pedro Santos	CAOB-A	JUN	00:03:58:62
163	Alexandre Lucas	CPTSC	JUV	00:03:59:96
286	João Pereira	SCP	JUN	00:04:02:99
358	Júlio Couceiro	UFCT	JUN	00:04:03:08
335	Rodrigo Freitas	SLB	JUN	00:04:04:19
49	Miguel Aguiar	ADNO	JUV	00:04:04:98
88	Francisco Graça	ASCV	JUN	00:04:05:66
362	Miguel Mendes	UFCT	JUN	00:04:06:16
63	Eduardo Beça	AFIS	JUN	00:04:07:95
165	João Albano	CPTSC	JUN	00:04:09:81
203	André Ferreira	GS	JUV	00:04:10:48
180	José Pinto	FCV	JUN	00:04:10:71
111	Duarte Oliveira	CAOV	JUN	00:04:11:11

**Não Federados**

Dorsal	Nome	Clube	Ano	Marca
10	Thomas Marques	POR-EST	2004	00:03:53:46

**Federados : 17**

**Não Federados : 1**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**400 metros | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
344	Leonor Ferreira	SLB	JUN	00:00:55:48
206	Sofia Rosado	JDAL	JUN	00:00:58:60
261	Beatriz Pereira	MAC	JUN	00:00:58:89
302	Inês Alves	SCP	JUV	00:00:59:16
210	Inês Ávila	JIV	JUV	00:00:59:57
227	Mariana Vidinha	JV	JUN	00:00:60:17
269	Flávia Silva	MAC	JUN	00:00:60:55
235	Joana Gameiro	JV	JUN	00:00:61:06
100	Hanifa El Khatib	CAOB-A	JUN	00:00:61:13
38	Rafaela Santos	ACPV	JUV	00:00:61:17
244	Marta Lobo	LAVRA	JUN	00:00:61:24
252	Magali Melo	LLFC	JUN	00:00:61:50
340	Luana Soares	SLB	JUN	00:00:61:96
164	Daniela Assunção	CPTSC	JUN	00:00:62:47

**Federados : 14**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**400 metros | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
117	Guilherme Faias	CAS	JUN	00:00:49:13
143	Rodrigo Caetano	CFB	JUN	00:00:49:26
310	David Garcia	SCP	JUN	00:00:49:50
144	José Ferreira	CFB	JUN	00:00:49:62
256	Daniel Silva	MAC	JUN	00:00:49:80
53	Manuel Vieira	ADRAP	JUN	00:00:50:24
162	André Franco	CPPEA	JUN	00:00:50:52
329	Diogo Barrigana	SLB	JUN	00:00:50:84
13	Marco Nobre	AABV	JUN	00:00:51:06
64	Rodrigo Almeida	AFIS	JUN	00:00:51:19
136	Afonso Godinho	CDQ	JUN	00:00:51:36
211	Jociley Pereira	JOMA	JUN	00:00:51:79
177	Nuno Beirão	ESCMOV	JUN	00:00:51:82
225	Francisco Silva	JV	JUN	00:00:51:92
90	Rui Serras	CAB	JUV	00:00:52:03
89	Miguel Costa	BFC	JUV	00:00:52:17
120	Elias Castela	CATUNES	JUN	00:00:52:54
108	Ricardo Martins	CAOB-A	JUN	00:00:52:60
114	Daniel Silva	CAOV	JUN	00:00:52:80
166	Afonso Oliveira	CPTSC	JUV	00:00:53:03
313	Gonçalo Cunha	SCS	JUN	00:00:53:10

**Federados : 21**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**3.000 metros | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
262	Ana Silva	MAC	JUN	00:09:47:47
353	Lara Costa	UDV	JUV	00:09:51:64
50	Beatriz Fernandes	ADNO	JUN	00:09:53:26
354	Diana Fernandes	UDV	JUN	00:09:55:27
327	Rita Costa	SLB	JUN	00:10:02:27
170	Ana Marinho	EAROS	JUN	00:10:03:29
297	Beatriz Rios	SCP	JUN	00:10:15:00
156	Maria João Pimentel	CFOD	JUV	00:10:17:52
109	Beatriz Azevedo	CAOB-A	JUV	00:10:17:91
355	Lara Sampaio	UDV	JUV	00:10:29:01
265	Teresa Macedo	MAC	JUV	00:10:35:34
270	Beatriz Rocha	MAC	JUV	00:10:37:52
132	Margarida Oliveira	CDFE	JUN	00:10:39:50
42	Ana Pereira	ADCCJC	JUN	00:10:39:69
97	Catarina Ferreira	CAMG	JUN	00:10:41:89
221	Eduarda Silva	JV	JUV	00:10:43:14
266	Beatriz Geada	MAC	JUN	00:10:55:13
138	Inês Dias	CDRR	JUN	00:10:58:39

**Federados : 18**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Triplo Salto | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
155	Inês Santos	CFOD	JUV	12.22
326	Ana Oliveira	SLB	JUV	11.93
229	Margarida Santos	JV	JUN	11.82
279	Elena Furk	SCA-T	JUN	11.67
216	Inês Vicente	JOMA	JUN	11.53
182	Madalena Velez	GAF	JUN	11.45
228	Ana Reis	JV	JUN	11.38
60	Teresa Abade	AEAC	JUN	11.33
197	Lurdes Oliveira	GRE-AA	JUN	11.21
75	Beatriz Barrenho	AGDAK	JUV	11.19
154	Carina Mendes	CFOD	JUN	11.14
32	Sofia Quintino	ACDRA	JUV	11.12

**Federados : 12**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**3.000 metros | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
254	André Barbosa	LSC	JUV	00:08:28:47
181	Tiago Silva	GAC-L	JUN	00:08:37:07
308	Duarte Santos	SCP	JUN	00:08:37:37
335	Rodrigo Freitas	SLB	JUN	00:08:48:04
350	Rúben Pires	UDV	JUN	00:08:51:69
358	Júlio Couceiro	UFCT	JUN	00:08:55:19
37	Guilherme Moreira	ACPV	JUN	00:08:55:73
304	Rodrigo Lima	SCP	JUN	00:08:56:37
287	Lourenço Ferreira	SCP	JUN	00:08:57:69
51	Santiago Agatão	ADNO	JUV	00:08:57:99
312	Leandro Monteiro	SCP	JUN	00:08:58:49
300	Díogo Clara	SCP	JUN	00:08:59:04
124	Vasco Tita	CBF	JUN	00:09:00:11
365	Rodrigo Martins	UFCT	JUV	00:09:02:63
165	João Albano	CPTSC	JUN	00:09:02:84
205	Manuel Dos Santos	GS	JUV	00:09:05:58
173	João Rodrigues	EAROS	JUN	00:09:08:90

**Federados : 17**







**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Salto em Altura | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
118	Gonçalo Cardoso	CAS	JUN	02.00
249	Rafael Jesus	LAVRA	JUN	01.97
331	Rodrigo Alcobia	SLB	JUV	01.94
53	Manuel Vieira	ADRAP	JUN	01.90
263	Rui Vilas Boas	MAC	JUN	01.88
274	Vinicius Santos	PLF	JUN	01.88
12	Tiago Gama	AAADP	JUN	01.86
341	Bubacar Júnior	SLB	JUV	01.85

**Federados : 8**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Salto com Vara | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
84	Sara Pereira	AJS	JUN	03.43
231	Bruna Santos	JV	JUN	03.25
345	Sofia Marques	SLB	JUN	03.20
27	Benedita Amorim	ACDAV	JUN	03.05
299	Maria Chambel	SCP	JUV	03.00
214	Joana Barreto	JOMA	JUN	02.93
167	Joana Rocha	CSGAIA	JUN	02.90
239	Filipa Dinis	JV	JUV	02.90
175	Beatriz Soares	ESCMOV	JUN	02.69
242	Vera Goucha	JV	JUV	02.65

**Federados : 10**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**60m barreiras - eliminatórias | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
145	Thais Beranger	CFOD	JUV	00:00:08:79
348	Chloe Hosford	SLB	JUN	00:00:08:90
212	Maria Pedro	JOMA	JUN	00:00:09:06
330	Djamiratu Embaló	SLB	JUN	00:00:09:13
61	Margarida Patrício	AEAC	JUN	00:00:09:17
116	Marta Araújo	CAOV	JUN	00:00:09:20
333	Mariana Araújo	SLB	JUV	00:00:09:38
319	Nádia Cruz	SLB	JUN	00:00:09:41
151	Matilde Lameiras	CFOD	JUV	00:00:09:41
77	Letícia Rosário	AGDAK	JUV	00:00:09:43
242	Vera Goucha	JV	JUV	00:00:09:46
367	Maria Miguel Andrade	VTSC	JUN	00:00:09:51
147	Fabiana Lucart	CFOD	JUN	00:00:09:64
184	Bruna Seborro	GCAD	JUN	00:00:09:64
155	Inês Santos	CFOD	JUV	00:00:09:65
229	Margarida Santos	JV	JUN	00:00:09:69
334	Diana Sousa	SLB	JUV	00:00:09:69
74	Mariana Tavares	AFSA	JUN	00:00:09:77
79	Matilde Feiteirona	AJJ	JUV	00:00:09:77
95	Lara Rego	CAM-VC	JUN	00:00:09:86
243	Matilde Lobo	LAVRA	JUN	00:00:09:94
235	Joana Gameiro	JV	JUN	00:00:15:62

**Federados : 22**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**60m barreiras - eliminatórias | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
142	Francisco Marques	CFB	JUN	00:00:07:85
329	Diogo Barrigana	SLB	JUN	00:00:08:18
70	João Maria Santos	AFS	JUV	00:00:08:27
40	Rafael Santos	ACRDE	JUV	00:00:08:33
140	Haivan Almeida	CFB	JUN	00:00:08:34
361	Tiago Costa	UFCT	JUV	00:00:08:48
73	Tomás Gonçalves	AFSA	JUV	00:00:08:56
209	Bernardo Raimundo	JIV	JUV	00:00:08:62
83	Francisco Palmeira	AJS	JUV	00:00:08:66
343	João Pinto	SLB	JUV	00:00:08:71
99	Miguel Marques	CAMG	JUV	00:00:08:83
246	Pedro Ribeiro	LAVRA	JUV	00:00:08:85
275	Guilherme Enes	PLF	JUN	00:00:08:86
23	Gabriel Borges	ACB-L	JUN	00:00:08:86
317	João Pedro Martins	SCS	JUN	00:00:09:06
248	João Zamith	LAVRA	JUN	00:00:09:19
241	André Petriv	JV	JUN	00:00:09:27
236	Guilherme Pereira	JV	JUN	00:00:09:34
339	André Drozdovskiy	SLB	JUN	00:00:16:03

**Federados : 19**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**800 metros | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
301	Rita Figueiredo	SCP	JUN	00:02:06:37
261	Beatriz Pereira	MAC	JUN	00:02:12:59
262	Ana Silva	MAC	JUN	00:02:13:61
202	Stela Fernandes	GS	JUV	00:02:14:82
170	Ana Marinho	EAROS	JUN	00:02:15:95
305	Marta Castro	SCP	JUN	00:02:17:72
172	Ana Faria	EAROS	JUV	00:02:18:22
277	Carolina Ribeiro	RDA	JUN	00:02:18:27
252	Magali Melo	LLFC	JUN	00:02:18:93
87	Lara Machado	ARLVG	JUV	00:02:19:26
48	Maria Aguiar	ADNO	JUN	00:02:19:82
237	Carlota Ferreira	JV	JUV	00:02:19:90
282	Mara Rodrigues	SCB	JUV	00:02:19:93
164	Daniela Assunção	CPTSC	JUN	00:02:20:52
227	Mariana Vidinha	JV	JUN	00:02:20:78

**Federados : 15**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**800 metros | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
310	David Garcia	SCP	JUN	00:01:50:22
304	Rodrigo Lima	SCP	JUN	00:01:51:55
107	João Pedro Santos	CAOB-A	JUN	00:01:54:07
163	Alexandre Lucas	CPTSC	JUV	00:01:54:43
171	Francisco Silva	EAROS	JUN	00:01:54:56
286	João Pereira	SCP	JUN	00:01:55:75
193	Pedro Monteiro	GDE	JUN	00:01:57:23
166	Afonso Oliveira	CPTSC	JUV	00:01:58:12
223	Nuno Cordeiro	JV	JUV	00:01:58:52
125	André Pereira	CBF	JUN	00:01:58:69
293	Duarte Grilo	SCP	JUN	00:01:58:81
88	Francisco Graça	ASCV	JUN	00:01:58:87
287	Lourenço Ferreira	SCP	JUN	00:01:59:42
133	Daniel Cruz	CDFE	JUV	00:01:59:50
358	Júlio Couceiro	UFCT	JUN	00:01:59:54
63	Eduardo Beça	AFIS	JUN	00:01:59:71
196	Daniel Salvadinho	GDIB	JUN	00:01:59:86
49	Miguel Aguiar	ADNO	JUV	00:02:00:54
122	João Santos	CATUNES	JUN	00:02:01:68
338	Ricardo Reis	SLB	JUV	00:02:01:77

**Não Federados**

Dorsal	Nome	Clube	Ano	Marca
10	Thomas Marques	POR-EST	2004	00:01:48:53

**Federados : 20**

**Não Federados : 1**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Triplo Salto | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
190	Élvio Almeida	GDC	JUN	14.09
128	Tiago Pereira	CCDR	JUV	14.07
62	Simão Alexandre	AEAC	JUN	14.03
249	Rafael Jesus	LAVRA	JUN	14.01
82	Xavier Outeiro	AJS	JUN	13.83
11	Afonso Marques	AAADP	JUN	13.68
284	Marcus Vinícius	SCP	JUN	13.62
292	Martim Gonçalves	SCP	JUN	13.49
58	Luiz Silva	AEAC	JUN	13.41
230	Eduardo Oliveira	JV	JUN	13.39
98	André Rodrigues	CAMG	JUN	13.38

**Federados : 11**





**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**Lançamento do Peso | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
242	Vera Goucha	JV	JUV	13.02
134	Letícia Lopes	CDQ	JUN	12.82
280	Catarina Cardoso	SCA-T	JUN	12.06
150	Mariana Camara	CFOD	JUV	11.76
321	Catarina Sousa	SLB	JUN	11.41
80	Inês Abreu	AJS	JUN	10.92
189	Maria Carmo Andrade	GDC	JUN	10.90
232	Raquel Gomes	JV	JUN	10.81
56	Carolina Nolasco	ADREP	JUN	10.73
226	Carolina Caseiro	JV	JUN	10.67
59	Filipa Afonso	AEAC	JUN	10.60
240	Márcia Maketa	JV	JUV	10.36

**Federados : 12**







**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**4x400 metros | JUV a JUN - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
147	Fabiana Lucart	CFOD	JUN	00:00:00:00
326	Ana Oliveira	SLB	JUV	00:00:00:00
344	Leonor Ferreira	SLB	JUN	00:00:00:00
340	Luana Soares	SLB	JUN	00:00:00:00
333	Mariana Araújo	SLB	JUV	00:00:00:00
348	Chloe Hosford	SLB	JUN	00:00:00:00
269	Flávia Silva	MAC	JUN	00:00:00:00
257	Rita Fernandes	MAC	JUV	00:00:00:00
155	Inês Santos	CFOD	JUV	00:00:00:00
154	Carina Mendes	CFOD	JUN	00:00:00:00
100	Hanifa El Khatib	CAOB-A	JUN	00:00:00:00
102	Maria Vieira	CAOB-A	JUV	00:00:00:00
110	Mariana Oliveira	CAOB-A	JUV	00:00:00:00
106	Lara Pinto	CAOB-A	JUV	00:00:00:00
103	Beatriz Branco	CAOB-A	JUV	00:00:00:00
16	Constança Anunciação	ACB-L	JUV	00:00:00:00
25	Diana Duarte	ACB-L	JUN	00:00:00:00
21	Vera Duque	ACB-L	JUN	00:00:00:00
19	Mariana Macedo	ACB-L	JUN	00:00:00:00
18	Erica Guedes	ACB-L	JUN	00:00:00:00
44	Helena Rodrigues	ADCCJC	JUV	00:00:00:00
45	Fátima Barbosa	ADCCJC	JUN	00:00:00:00
46	Sara Sousa	ADCCJC	JUN	00:00:00:00
43	Carina Ferreira	ADCCJC	JUN	00:00:00:00
258	Maria Avelino	MAC	JUV	00:00:00:00
235	Joana Gameiro	JV	JUN	00:00:00:00
234	Mariana Videira	JV	JUN	00:00:00:00
222	Carolina Castro	JV	JUV	00:00:00:00
227	Mariana Vidinha	JV	JUN	00:00:00:00
242	Vera Goucha	JV	JUV	00:00:00:00
237	Carlota Ferreira	JV	JUV	00:00:00:00
228	Ana Reis	JV	JUN	00:00:00:00
319	Nádia Cruz	SLB	JUN	00:00:00:00
330	Djamiratu Embaló	SLB	JUN	00:00:00:00
322	Joana Dias	SLB	JUN	00:00:00:00
151	Matilde Lameiras	CFOD	JUV	00:00:00:00
156	Maria João Pimentel	CFOD	JUV	00:00:00:00
342	Gabriela Gorencó	SLB	JUV	00:00:00:00
324	Susana Torres	SLB	JUN	00:00:00:00
268	Diana Silva	MAC	JUN	00:00:00:00
271	Matilde Caldas	MAC	JUV	00:00:00:00
259	Matilde Pereira	MAC	JUN	00:00:00:00
305	Marta Castro	SCP	JUN	00:00:00:00
101	Luciana Santos	CAOB-A	JUV	00:00:00:00
327	Rita Costa	SLB	JUN	00:00:00:00
345	Sofia Marques	SLB	JUN	00:00:00:00
311	Margarida Félix	SCP	JUV	00:00:00:00
301	Rita Figueiredo	SCP	JUN	00:00:00:00
306	Petra Pires Sequeira	SCP	JUV	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
288	Eva Moore	SCP	JUV	00:00:00:00
296	Maria Poppe	SCP	JUV	00:00:00:00
149	Gabriela Almeida	CFOD	JUN	00:00:00:00
298	Carolina Ferreira	SCP	JUV	00:00:00:00
243	Matilde Lobo	LAVRA	JUN	00:00:00:00
244	Marta Lobo	LAVRA	JUN	00:00:00:00
373	Matilde Tavares	LAVRA	JUN	00:00:00:00
374	Filipa Maravalhas	LAVRA	JUV	00:00:00:00

**Federados : 57**



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**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Sub-20 em Pista Coberta**  
**4x400 metros | JUV a JUN - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
114	Daniel Silva	CAOV	JUN	00:00:52:80
112	Rúben Sousa	CAOV	JUN	00:00:53:81
113	Gonçalo Pereira	CAOV	JUV	00:00:55:42
64	Rodrigo Almeida	AFIS	JUN	00:03:46:00
372	Leandro Gonçalves	EAROS	JUV	00:00:00:00
120	Elias Castela	CATUNES	JUN	00:00:00:00
122	João Santos	CATUNES	JUN	00:00:00:00
123	Tiago Ramos	CATUNES	JUN	00:00:00:00
121	Bernardo Freitas	CATUNES	JUN	00:00:00:00
325	João Penacho	SLB	JUV	00:00:00:00
329	Diogo Barrigana	SLB	JUN	00:00:00:00
328	Francisco Miguel	SLB	JUN	00:00:00:00
332	Rafael Fidalgo	SLB	JUV	00:00:00:00
267	Paulo Pereira	MAC	JUN	00:00:00:00
341	Bubacar Júnior	SLB	JUV	00:00:00:00
336	Sísíno Ambriz	SLB	JUN	00:00:00:00
264	Miguel Regalo	MAC	JUN	00:00:00:00
260	Simeão Rolo	MAC	JUN	00:00:00:00
255	José Carlos Nunes	MAC	JUN	00:00:00:00
157	André Campos	CFOD	JUV	00:00:00:00
153	João Macedra	CFOD	JUV	00:00:00:00
158	Nelson Barbosa	CFOD	JUN	00:00:00:00
148	Vasco Cardoso	CFOD	JUN	00:00:00:00
152	Rafael Rodrigues	CFOD	JUV	00:00:00:00
105	Matheus Pinto	CAOB-A	JUV	00:00:00:00
104	Leandro Correia	CAOB-A	JUN	00:00:00:00
108	Ricardo Martins	CAOB-A	JUN	00:00:00:00
107	João Pedro Santos	CAOB-A	JUN	00:00:00:00
34	Floriano Brujan	ACDRA	JUN	00:00:00:00
29	Tomás Casimiro	ACDRA	JUV	00:00:00:00
33	Hugo Tavares	ACDRA	JUV	00:00:00:00
28	Bruno Salustiano	ACDRA	JUN	00:00:00:00
36	Diogo Chaves	ACDRA	JUV	00:00:00:00
30	Diogo Nogueira	ACDRA	JUV	00:00:00:00
31	Rodrigo Almeida	ACDRA	JUV	00:00:00:00
17	Tiago Gomes	ACB-L	JUV	00:00:00:00
15	Edson Dias	ACB-L	JUV	00:00:00:00
22	Duarte F Rodrigues	ACB-L	JUN	00:00:00:00
23	Gabriel Borges	ACB-L	JUN	00:00:00:00
26	Ivo Gomes	ACB-L	JUV	00:00:00:00
20	Afonso Mourão	ACB-L	JUN	00:00:00:00
24	Tomás Areias	ACB-L	JUN	00:00:00:00
67	Guilherme Ferreira	AFIS	JUV	00:00:00:00
65	Ricardo Silva	AFIS	JUV	00:00:00:00
63	Eduardo Beça	AFIS	JUN	00:00:00:00
66	Tomás Pereira	AFIS	JUV	00:00:00:00
143	Rodrigo Caetano	CFB	JUN	00:00:00:00
144	José Ferreira	CFB	JUN	00:00:00:00
225	Francisco Silva	JV	JUN	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
241	André Petriv	JV	JUN	00:00:00:00
219	Luca Cruz	JV	JUV	00:00:00:00
220	João Martins	JV	JUV	00:00:00:00
233	Tiago Jorge	JV	JUV	00:00:00:00
236	Guilherme Pereira	JV	JUN	00:00:00:00
115	Diogo Araújo	CAOV	JUN	00:00:00:00
337	Miguel Wever	SLB	JUV	00:00:00:00
346	João Rodrigues	SLB	JUV	00:00:00:00
339	André Drozdovskiy	SLB	JUN	00:00:00:00
320	Martim Valente	SLB	JUN	00:00:00:00
315	Gaspar Oliveira	SCS	JUV	00:00:00:00
314	Miguel Costa	SCS	JUN	00:00:00:00
317	João Pedro Martins	SCS	JUN	00:00:00:00
313	Gonçalo Cunha	SCS	JUN	00:00:00:00
316	Dinis Noronha	SCS	JUV	00:00:00:00
256	Daniel Silva	MAC	JUN	00:00:00:00
363	João Ferreira	UFCT	JUV	00:00:00:00
361	Tiago Costa	UFCT	JUV	00:00:00:00
360	Manuel Cruz	UFCT	JUV	00:00:00:00
365	Rodrigo Martins	UFCT	JUV	00:00:00:00
364	Eduardo Oliveira	UFCT	JUN	00:00:00:00
359	Rodrigo Graça	UFCT	JUN	00:00:00:00
358	Júlio Couceiro	UFCT	JUN	00:00:00:00
362	Miguel Mendes	UFCT	JUN	00:00:00:00
356	Luís Victoriano	UFCT	JUN	00:00:00:00
357	Diogo Silva	UFCT	JUN	00:00:00:00
230	Eduardo Oliveira	JV	JUN	00:00:00:00
338	Ricardo Reis	SLB	JUV	00:00:00:00
141	Rúben Bari	CFB	JUN	00:00:00:00
343	João Pinto	SLB	JUV	00:00:00:00
130	Tomás Azevedo	CCDR	JUV	00:00:00:00
126	Pedro Rodrigues	CCDR	JUN	00:00:00:00
129	Rafael Carneiro	CCDR	JUN	00:00:00:00
310	David Garcia	SCP	JUN	00:00:00:00
295	Mauro Silva	SCP	JUV	00:00:00:00
304	Rodrigo Lima	SCP	JUN	00:00:00:00
291	Lucas Cristo	SCP	JUV	00:00:00:00
285	Pedro Tavares	SCP	JUV	00:00:00:00
140	Haivan Almeida	CFB	JUN	00:00:00:00
142	Francisco Marques	CFB	JUN	00:00:00:00
171	Francisco Silva	EAROS	JUN	00:00:00:00
128	Tiago Pereira	CCDR	JUV	00:00:00:00
173	João Rodrigues	EAROS	JUN	00:00:00:00
370	João Azevedo	EAROS	JUV	00:00:00:00
371	Luís Ribeiro	EAROS	JUN	00:00:00:00

**Federados : 94**



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