

MARCAS DE QUALIFICAÇÃO – CAMPEONATOS NACIONAIS DE AR LIVRE 2022
SETOR MASCULINO

Disciplina	Sub 18	Sub 20	Sub 23	Camp. Portugal	
				Marcas de Qualificação	Marcas de Inscrição Condicional
100 m	11.60	11.30	11.10	10.90	11.10
200 m	23.70	23.10	22.70	22.30	22.70
300-400 m	38.00 -300 52.70 - 400	51.70	50.70	49.70	50.70
800 m	2:03.00	2:00.00	1:56.00	1:53.00	1:56.00
1500 m	4:16.00	4:08.00	4:00.00	3:50.00	3:53.00
3000 m	9:30.00	9:10.00	--	--	--
5000 m	---	16:40.00 9:25.00 (3000m)	15:10.00	14:45.00	15:00.00
2000-3000 m obstáculos	6:50.00	10:40.00 6:30.00 (2000m ob)	10:00.00	9:35.00	9:45.00
Marcha	29.30.00 23.00.00 (4000m mx)	57:30.00 25:45.00 (5000m mx)	55:30.00	49:00.00	51:00.00
110 m b	16.30	16.50 (1.00) 17.00 (1.06) 15.70 (0.91)	16.50	16.00	16.50
300 mb / 400 mb	43.00 (300mb) 61.00 (400mb)	60.00	58.50	57.00	58.50
Comprimento	6.20	6.60	6.95	7.15	7.00
Altura	1.72	1.80	1.85	1.95	1.90
Triplo	12.10	13.00	13.70	14.50	14.00
Vara	3.10	3.50	3.90	4.50	4.20
Peso	12.30	12.00	11.60	15.00	14.00
Disco	32.50	34.50	35.00	46.00	42.00
Martelo	33.00	37.00	36.00	52.00	50.00
Dardo	40.50	42.00	45.00	54.00	51.00
Decatlo	Decatlo 4500 Heptatlo 3500	Decatlo 4600 Heptatlo 3500	Decatlo 5100 Heptatlo 3900	Decatlo 5300 Heptatlo 4000	Decatlo 4500 Heptatlo 3500

SETOR FEMININO

Disciplina	Sub 18	Sub 20	Sub 23	Camp. Portugal	
				Marcas de Qualificação	Marcas de Inscrição Condicional
100 m	12.90	12.80	12.70	12.50	12.70
200 m	26.90	26.60	26.30	26.00	26.30
300-400 m	43.80 (300m) 62.50 (400m)	61.50	60.50	59.50	60.50
800 m	2:23.00	2:20.00	2:19.00	2:16.00	2:19.00
1500 m	5:04.00	4:55.00	4:50.00	4:30.00	4:45.00
3000 m	11:30.00	11:00.00	--	--	--
5000 m	---	20:00.00 11:25.00 (3000m)	19:10.00	17:30.00	18:15.00
2000-3000 m obstáculos	8:45.00	14:00.00 7:45.00 (2000 m ob)	12:00.00	11:00.00	12:00.00
Marcha	30:00.00 23:30.00 (4000m mx)	1:06.00 (10000m mx) 29:00.00 (5000m mx)	1:04.00	58:00.00	59:00.00
100 mb	16.30	17.20 (0.84) 16.00 (0.76)	16.60	16.00	16.60
300 / 400 mb	50.00 (300mb) 72.50 (400mb)	71.00	69.50	68.00	69.50
Comprimento	5.15	5.30	5.40	5.65	5.50
Altura	1.45	1.50	1.55	1.60	1.55
Triplo	10.30	10.80	11.25	12.20	11.85
Vara	2.10	2.40	2.60	3.00	2.80
Peso	11.00	10.50	11.10	13.20	11.50
Disco	27.50	30.50	35.00	42.00	38.00
Martelo	39.00	34.00	36.00	45.00	41.00
Dardo	28.50	28.50	33.00	38.00	35.00
Heptatlo	Heptatlo 3150 Pentatlo 2700	Heptatlo 3000 Pentatlo 2500	Heptatlo 3500 Pentatlo 2900	Heptatlo 3900 Pentatlo 3000	Heptatlo 3600 Pentatlo 2800