



Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
Martelo 4kg | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
282	Raquel Figueira	JDAL	JUN	34.01
352	Eliana Pereira	MAC	JUN	37.65
239	Nádia Delgado	GDC	JUN	39.10
33	Leonor Belchior	ACDRA	JUV	39.12
112	Inaya Yayo	CANAZ	JUV	39.80
283	Matilde Silva	JDAL	JUN	40.60
242	Joana Mendes	GDC	JUV	40.71
231	Rita Paciência	GAF	JUN	40.79
307	Beatriz Silva	JV	JUN	41.58
166	Beatriz Nascimento	CDRR	JUN	41.78
85	Ana Fernandes	AJS	JUV	42.23
127	Catarina Flor	CAP	JUV	48.25
332	Márcia Maketa	JV	JUV	50.80
50	Mariana Gonçalves	ADCL	JUN	52.16

Federados : 14





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
100 metros - eliminatórias | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
368	Paulo Pereira	MAC	JUN	00:00:10:65
461	Sisínio Ambriz	SLB	JUN	00:00:10:70
86	Xavier Outeiro	AJS	JUN	00:00:10:76
300	David Landim	JOMA	JUV	00:00:10:81
68	Simão Alexandre	AEAC	JUN	00:00:10:83
262	Pedro Pires	GRECAS	JUN	00:00:10:84
76	João Maria Santos	AFS	JUV	00:00:10:96
396	Gabriel Maia	SCB	JUN	00:00:10:99
100	Jocimar Neto	CAM-VC	JUN	00:00:10:99
491	Martim Estanislau	VFC	JUN	00:00:11:13
245	César Duarte	GDC	JUN	00:00:11:15
347	Alexandre Silva	LLFC	JUN	00:00:11:16
104	Duarte Ferreira	CAM-VC	JUN	00:00:11:16
25	Tomás Areias	ACB-L	JUN	00:00:11:18
277	Gabriel Gonçalves	GS	JUV	00:00:11:20
253	Lourenço Viveiros	GDE	JUV	00:00:11:21
15	Alexandre Babych	AAADP	JUV	00:00:11:25
471	João Pinto	SLB	JUV	00:00:11:26
447	João Penacho	SLB	JUV	00:00:11:27
405	Pedro Tavares	SCP	JUV	00:00:11:28
246	Oswaldo Barbosa	GDC	JUN	00:00:11:28
287	Rodrigo Medeiros	JIV	JUN	00:00:11:29
335	Ernesto Rodrigues	JV	JUV	00:00:11:30

Não Federados

Dorsal	Nome	Clube	Ano	Marca
389	Leon Seale	POR-EST	2000	00:00:10:93

Federados : 23

Não Federados : 1





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
100 metros - eliminatórias | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
441	Nádia Cruz	SLB	JUN	00:00:11:75
472	Leonor Ferreira	SLB	JUN	00:00:11:83
222	Rita Barbosa	ESCMOV	JUV	00:00:12:14
35	Beatriz Castelhana	ACDRA	JUV	00:00:12:14
493	Mariana Marques	VTSC	JUN	00:00:12:21
261	Lurdes Oliveira	GRE-AA	JUN	00:00:12:28
477	Matilde Simões	SVB	JUV	00:00:12:31
325	Mariana Videira	JV	JUN	00:00:12:32
444	Joana Dias	SLB	JUN	00:00:12:34
446	Susana Torres	SLB	JUN	00:00:12:46
77	Marta Ribeiro Alves	AFS	JUV	00:00:12:54
476	Chloe Hosford	SLB	JUN	00:00:12:63
375	Alzira Gomes	MKED	JUV	00:00:12:64
355	Rita Fernandes	MAC	JUV	00:00:12:64
75	Inês Almeida	AFS	JUV	00:00:12:64
265	Carolina Maio	GRECAS	JUN	00:00:12:65
66	Teresa Abade	AEAC	JUN	00:00:12:66
105	Lara Rego	CAM-VC	JUN	00:00:12:67
227	Raquel Silva	ESMAIA	JUV	00:00:12:67
81	Mariana Tavares	AFSA	JUN	00:00:12:69
83	Matilde Feiteirona	AJJ	JUV	00:00:12:73
313	Carolina Castro	JV	JUV	00:00:12:75
178	Matilde Lameiras	CFOD	JUV	00:00:12:78
458	Diana Sousa	SLB	JUV	00:00:12:80

Federados : 24





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
Peso 6kg | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
58	Miguel Azevedo	ADRAP	JUN	12.12
89	Bruno Faria	AJS	JUN	12.13
18	Bernardo Soares	AAC	JUN	12.27
379	Eduardo Neves	NDJL-ST	JUV	12.94
49	Valdemar Dantas	ADCL	JUV	12.95
386	Guilherme Enes	PLF	JUN	12.97
374	Leonardo Silva	MKED	JUN	13.54
445	Frederico Pina	SLB	JUN	13.63
106	David Pereira	CAMG	JUN	14.41
62	Tiago Nunes	ADREP	JUN	14.89

Federados : 10





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
456	Mariana Araújo	SLB	JUV	05.32
34	Sofia Quintino	ACDRA	JUV	05.38
336	Vera Goucha	JV	JUV	05.41
319	Margarida Santos	JV	JUN	05.41
302	Inês Vicente	JOMA	JUN	05.45
237	Helena Safta	GCAD	JUV	05.48
326	Joana Gameiro	JV	JUN	05.48
66	Teresa Abade	AEAC	JUN	05.50
441	Nádia Cruz	SLB	JUN	05.54
399	Matilde Fernandes	SCB	JUV	05.56
427	Sofia Lavreshina	SCP	JUN	05.59
448	Ana Oliveira	SLB	JUV	05.61
42	Rafaela Santos	ACPV	JUV	05.62
261	Lurdes Oliveira	GRE-AA	JUN	05.68
124	Marta Araújo	CAOV	JUN	05.86

Federados : 15





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
43	Rafael Santos	ACRDE	JUV	03.55
308	Luca Cruz	JV	JUV	03.65
57	Artur Martins	ADRAP	JUV	03.70
12	João Apolinário	A20KM	JUV	03.80
44	Tomás Filipe	ACRSD	JUN	03.82
484	Tiago Costa	UFCT	JUV	03.85
412	Afonso Almeida	SCP	JUN	04.40
454	Rodrigo Alcobia	SLB	JUV	04.70

Federados : 8





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
171	Rodrigo Caetano	CFB	JUN	00:00:48:28
354	Daniel Silva	MAC	JUN	00:00:49:07
135	Guilherme Faias	CAS	JUN	00:00:49:13
294	Jociley Pereira	JOMA	JUN	00:00:49:44
431	David Garcia	SCP	JUN	00:00:49:50
196	André Franco	CPPEA	JUN	00:00:49:53
172	José Ferreira	CFB	JUN	00:00:49:62
165	Afonso Godinho	CDQ	JUN	00:00:50:09
447	João Penacho	SLB	JUV	00:00:50:19
70	Rodrigo Almeida	AFIS	JUN	00:00:50:40
451	Diogo Barrigana	SLB	JUN	00:00:50:84
16	Marco Nobre	AABV	JUN	00:00:51:06
40	Ricardo Pereira	ACFR	JUN	00:00:51:39
108	Miguel Marques	CAMG	JUV	00:00:51:42
53	Edson Carvalho	ADNO	JUN	00:00:51:55
366	Miguel Regalo	MAC	JUN	00:00:51:59
187	Leonardo Sola	COP	JUN	00:00:51:65
233	Tomás Silva	GCAD	JUV	00:00:51:69

Federados : 18





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
427	Sofia Lavreshina	SCP	JUN	00:00:54:75
472	Leonor Ferreira	SLB	JUN	00:00:55:48
280	Sofia Rosado	JDAL	JUN	00:00:58:60
440	Yaros Yalysovetska	SLB	JUN	00:00:59:23
191	Lúcia Martinha	CPA-S	JUV	00:00:59:55
291	Inês Ávila	JIV	JUV	00:00:59:57
317	Mariana Vidinha	JV	JUN	00:00:59:82
190	Clara Martinha	CPA-S	JUV	00:00:60:12
117	Lara Pinto	CAOB-A	JUV	00:00:60:32
322	Lara Duarte	JV	JUN	00:00:60:37
370	Flávia Silva	MAC	JUN	00:00:60:55
435	Lwena Cardoso	SFRAA	JUV	00:00:60:65
114	Hanifa El Khatib	CAOB-A	JUN	00:00:60:74
298	Cláudia Cristóvão	JOMA	JUV	00:00:60:92
464	Luana Soares	SLB	JUN	00:00:61:16
339	Marta Lobo	LAVRA	JUN	00:00:61:24
26	Viviane Cunha	ACDAV	JUN	00:00:61:25
432	Margarida Félix	SCP	JUV	00:00:61:31
167	Gabriela Sobral	CDUL	JUN	00:00:61:36

Federados : 19





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
Disco 1kg | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
240	Maria Carmo Andrade	GDC	JUN	31.42
111	Rita Oliveira	CANAZ	JUV	31.66
284	Maria João Cabral	JDAL	JUN	32.34
443	Catarina Sousa	SLB	JUN	32.55
248	Francisca Pestana	GDE	JUN	33.27
109	Camélia Terentiy	CAMG	JUN	33.69
37	Petra Sillankorva	ACFR	JUN	35.59
352	Eliana Pereira	MAC	JUN	35.62
394	Catarina Cardoso	SCA-T	JUN	35.76
84	Inês Abreu	AJS	JUN	38.09
408	Clara Rodrigues	SCP	JUN	38.97
125	Ana Júlia Ferreira	CAP	JUN	39.24
156	Letícia Lopes	CDQ	JUN	39.68
439	Shakina Andrade	SLB	JUV	40.69
332	Márcia Maketa	JV	JUV	41.37
321	Raquel Gomes	JV	JUN	43.11

Federados : 16





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
425	Rodrigo Lima	SCP	JUN	00:03:48:93
198	Alexandre Lucas	CPTSC	JUV	00:03:52:49
118	João Pedro Santos	CAOB-A	JUN	00:03:55:55
189	João Brito	COP	JUV	00:03:56:71
216	Francisco Silva	EAROS	JUN	00:03:56:97
483	Júlio Couceiro	UFCT	JUN	00:03:59:20
69	Eduardo Beça	AFIS	JUN	00:04:00:14
436	André Freitas	SFRAA	JUV	00:04:00:29
406	João Pereira	SCP	JUN	00:04:00:61
54	Miguel Aguiar	ADNO	JUV	00:04:03:81
460	Rodrigo Freitas	SLB	JUN	00:04:04:19
201	João Albano	CPTSC	JUN	00:04:04:47
116	Matheus Pinto	CAOB-A	JUV	00:04:05:55
97	Francisco Graça	ASCV	JUN	00:04:05:66
255	Daniel Salvadinho	GDIB	JUN	00:04:05:91
485	Miguel Mendes	UFCT	JUN	00:04:06:16
346	Eduardo Salazar	LFC-F	JUN	00:04:06:24
56	Santiago Agatão	ADNO	JUV	00:04:07:09
218	João Rodrigues	EAROS	JUN	00:04:07:35
489	Rodrigo Martins	UFCT	JUV	00:04:07:71
41	Guilherme Moreira	ACPV	JUN	00:04:07:72
152	Daniel Cruz	CDFE	JUV	00:04:07:97

Federados : 22





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
422	Rita Figueiredo	SCP	JUN	00:04:24:49
275	Stela Fernandes	GS	JUV	00:04:30:62
481	Diana Fernandes	UDV	JUN	00:04:31:49
55	Beatriz Fernandes	ADNO	JUN	00:04:31:59
215	Ana Marinho	EAROS	JUN	00:04:33:35
120	Beatriz Azevedo	CAOB-A	JUV	00:04:34:78
480	Lara Costa	UDV	JUV	00:04:36:99
426	Marta Castro	SCP	JUN	00:04:37:89
96	Lara Machado	ARLVG	JUV	00:04:47:72
217	Ana Faria	EAROS	JUV	00:04:48:58
420	Clara Barbosa	SCP	JUV	00:04:48:65
384	Carlota Almeida	NSCS	JUV	00:04:49:90
371	Beatriz Rocha	MAC	JUV	00:04:51:08
449	Rita Costa	SLB	JUN	00:04:51:78
312	Eduarda Silva	JV	JUV	00:04:54:85

Federados : 15





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
140	Alexandra Monteiro	CBF	JUV	01.50
464	Luana Soares	SLB	JUN	01.52
297	Catarina Gomes	JOMA	JUN	01.53
90	Eliana Fernandes	AJS	JUV	01.53
146	Joana Marques	CCDR	JUV	01.53
456	Mariana Araújo	SLB	JUV	01.54
123	Rita Brochado	CAOV	JUV	01.54
423	Anastácia Gula	SCP	JUV	01.55
20	Raquel Conceição	AACC	JUV	01.55
181	Rita Carrilho	CLAC	JUV	01.55
194	Sofia Martins	CPPEA	JUV	01.55
318	Ana Reis	JV	JUN	01.55
336	Vera Goucha	JV	JUV	01.56
393	Elena Furk	SCA-T	JUN	01.57
42	Rafaela Santos	ACPV	JUV	01.59
11	Edmara Chete	A20KM	JUV	01.59
304	Luana Figueira	JV	JUV	01.59
430	Mariana Ribeiro	SCP	JUN	01.60
235	Lara Geirinhas	GCAD	JUV	01.60
322	Lara Duarte	JV	JUN	01.65
124	Marta Araújo	CAOV	JUN	01.70
467	Gabriela Gorencó	SLB	JUV	01.70

Federados : 22





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
3.000m Obstáculos | JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
433	Leandro Monteiro	SCP	JUN	00:09:16:94
290	Lourenço Rodrigues	JIV	JUN	00:09:25:72
251	Pedro Monteiro	GDE	JUN	00:09:39:83
460	Rodrigo Freitas	SLB	JUN	00:09:41:35
206	Mauro Simões	CPTSC	JUN	00:10:01:28
19	Guilherme Martins	AAC	JUN	00:10:07:15
228	Gabriel Leite	FCV	JUN	00:10:15:39

Federados : 7





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
Dardo 800g | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
303	Daniel Rizzi	JV	JUN	43.00
478	André Osório	SVB	JUV	43.27
52	João Fragoso	ADCV	JUN	43.41
254	Lucas Faria	GDE	JUV	43.96
58	Miguel Azevedo	ADRAP	JUN	44.71
285	Tomás Alves	JIV	JUN	45.05
333	João Santos	JV	JUV	45.66
182	Afonso Fernandes	CLUVE	JUN	45.79
192	Leandro Matos	CPA-S	JUN	46.80
49	Valdemar Dantas	ADCL	JUV	49.67
82	Guilherme Velez	AJJ	JUV	50.71
374	Leonardo Silva	MKED	JUN	51.58
382	Miguel Costa	NLUZ	JUV	52.74
380	João Fernandes	NLUZ	JUV	58.12

Federados : 14





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
3.000m Obstáculos | JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
419	Beatriz Rios	SCP	JUN	00:10:53:55
151	Margarida Oliveira	CDFE	JUN	00:11:49:24
351	Mafalda Assis	MAC	JUN	00:11:53:33
28	Daniela Fornelos	ACDAV	JUN	00:11:56:51
367	Beatriz Geada	MAC	JUN	00:12:06:11
48	Sara Sousa	ADCCJC	JUN	00:12:30:27
176	Gabriela Almeida	CFOD	JUN	00:12:45:47
188	Lara Sofia Martins	COP	JUN	00:13:03:60
207	Maria Lavos	CRDP	JUN	00:13:34:06
211	Mariana Tavares	CSGAIA	JUN	00:13:49:61

Federados : 10





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
102	João Fernandes	CAM-VC	JUN	06.66
488	Eduardo Oliveira	UFCT	JUN	06.67
87	Omar Jesus	AJS	JUV	06.68
342	Rafael Jesus	LAVRA	JUN	06.71
71	Ricardo Silva	AFIS	JUV	06.73
64	Luiz Silva	AEAC	JUN	06.77
100	Jocimar Neto	CAM-VC	JUN	06.77
241	Gabriel Oliveira	GDC	JUV	06.79
108	Miguel Marques	CAMG	JUV	06.80
107	André Rodrigues	CAMG	JUN	06.82
309	João Martins	JV	JUV	06.84
244	Élvio Almeida	GDC	JUN	06.91
259	Bernardo Cunha	GDP-L	JUV	06.93
86	Xavier Outeiro	AJS	JUN	06.96
471	João Pinto	SLB	JUV	06.99
147	Tiago Pereira	CCDR	JUV	07.07
403	Marcus Vinícius	SCP	JUN	07.13
262	Pedro Pires	GRECAS	JUN	07.16
68	Simão Alexandre	AEAC	JUN	07.39

Federados : 19





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
5.000 metros | JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
234	Miguel Pires	GCAD	JUN	00:09:14:19
157	Igor Varela	CDQ	JUN	00:09:17:01
391	Eduardo Estima	RDA	JUN	00:09:22:82
429	Duarte Santos	SCP	JUN	00:14:34:85
479	Rúben Pires	UDV	JUN	00:14:42:40
460	Rodrigo Freitas	SLB	JUN	00:15:16:92
183	Tomás Cerveira	CNRM	JUN	00:15:28:35
409	Lourenço Ferreira	SCP	JUN	00:15:46:52
201	João Albano	CPTSC	JUN	00:15:50:39
377	Rodrigo Ribeiro	NDA	JUN	00:16:10:27
92	João Magalhães	AMA-P	JUN	00:16:18:76
376	Tiago Nunes	NBA	JUN	00:16:21:61
229	José Pinto	FCV	JUN	00:16:25:25
392	Romeu Estima	RDA	JUN	00:16:27:25
95	Miguel Rodrigues	ARC-EAC	JUN	00:16:32:34
402	Rui Ferreira	SCE	JUN	00:16:35:68

Federados : 16





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
5.000 metros | JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
46	Ana Pereira	ADCCJC	JUN	00:10:39:69
236	Matilde Marcelino	GCAD	JUN	00:11:13:05
481	Diana Fernandes	UDV	JUN	00:16:59:53
362	Ana Silva	MAC	JUN	00:17:52:25
94	Lara Costa	ARAC	JUN	00:19:23:36
188	Lara Sofia Martins	COP	JUN	00:19:58:22

Federados : 6





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
4x100 metros | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
273	Marcelo Silva	GRECAS	JUV	00:00:00:00
274	Manuel Silva	GRECAS	JUV	00:00:00:00
285	Tomás Alves	JIV	JUN	00:00:00:00
287	Rodrigo Medeiros	JIV	JUN	00:00:00:00
334	André Petriv	JV	JUN	00:00:00:00
335	Ernesto Rodrigues	JV	JUV	00:00:00:00
340	Pedro Ribeiro	LAVRA	JUV	00:00:00:00
341	João Zamith	LAVRA	JUN	00:00:00:00
405	Pedro Tavares	SCP	JUV	00:00:00:00
414	Lucas Cristo	SCP	JUV	00:00:00:00
415	Martim Gonçalves	SCP	JUN	00:00:00:00
447	João Penacho	SLB	JUV	00:00:00:00
451	Diogo Barrigana	SLB	JUN	00:00:00:00
454	Rodrigo Alcobia	SLB	JUV	00:00:00:00
132	Guilherme Barros	CAP	JUV	00:00:00:00
131	Erick Gomes	CAP	JUN	00:00:00:00
134	Sérgio Almeida	CAP	JUN	00:00:00:00
129	David Silva	CAP	JUN	00:00:00:00
104	Duarte Ferreira	CAM-VC	JUN	00:00:00:00
101	Alex Quaresma	CAM-VC	JUN	00:00:00:00
100	Jocimar Neto	CAM-VC	JUN	00:00:00:00
103	Rodrigo Ferreira	CAM-VC	JUN	00:00:00:00
102	João Fernandes	CAM-VC	JUN	00:00:00:00
308	Luca Cruz	JV	JUV	00:00:00:00
358	Gustavo Rocha	MAC	JUV	00:00:00:00
366	Miguel Regalo	MAC	JUN	00:00:00:00
361	Guilherme Viana	MAC	JUN	00:00:00:00
353	José Carlos Nunes	MAC	JUN	00:00:00:00
359	Simeão Rolo	MAC	JUN	00:00:00:00
70	Rodrigo Almeida	AFIS	JUN	00:00:00:00
71	Ricardo Silva	AFIS	JUV	00:00:00:00
72	Gustavo Costa	AFIS	JUN	00:00:00:00
73	Tomás Pereira	AFIS	JUV	00:00:00:00
74	Guilherme Ferreira	AFIS	JUV	00:00:00:00
288	Diogo Tejo	JIV	JUV	00:00:00:00
342	Rafael Jesus	LAVRA	JUN	00:00:00:00
292	Tiago Branco	JIV	JUV	00:00:00:00
329	Francisco Calhau	JV	JUV	00:00:00:00
311	Diogo Camacho	JV	JUN	00:00:00:00
309	João Martins	JV	JUV	00:00:00:00
293	André Cordeiro	JIV	JUN	00:00:00:00
463	Ângelo Antunes	SLB	JUV	00:00:00:00
461	Sisínio Ambriz	SLB	JUN	00:00:00:00
459	Duarte Alves	SLB	JUN	00:00:00:00
457	Lício Tavares	SLB	JUV	00:00:00:00
163	Rodrigo Diniz	CDQ	JUN	00:00:00:00
160	Filipe Fernandes	CDQ	JUV	00:00:00:00
158	Tomás Alexandre	CDQ	JUN	00:00:00:00
157	Igor Varela	CDQ	JUN	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
474	Diogo Sequeira	SLB	JUV	00:00:00:00
471	João Pinto	SLB	JUV	00:00:00:00
465	Bubacar Júnior	SLB	JUV	00:00:00:00
442	Martim Valente	SLB	JUN	00:00:00:00
428	Miguel Batista	SCP	JUV	00:00:00:00
417	Mauro Silva	SCP	JUV	00:00:00:00
368	Paulo Pereira	MAC	JUN	00:00:00:00
354	Daniel Silva	MAC	JUN	00:00:00:00
344	José Passo	LAVRA	JUV	00:00:00:00
267	Pedro Correia	GRECAS	JUV	00:00:00:00
165	Afonso Godinho	CDQ	JUN	00:00:00:00
268	João Anjos	GRECAS	JUN	00:00:00:00
270	António Oliveira	GRECAS	JUV	00:00:00:00
272	Ivo Marcelino	GRECAS	JUN	00:00:00:00

Federados : 63



FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
1921 - 2021



Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
4x100 metros | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
162	Oriana Sousa	CDQ	JUV	00:00:00:00
423	Anastácia Gula	SCP	JUV	00:00:00:00
458	Diana Sousa	SLB	JUV	00:00:00:00
418	Beatriz Soares	SCP	JUN	00:00:00:00
400	Estela Bento	SCB	JUV	00:00:00:00
343	Beatriz Adão	LAVRA	JUV	00:00:00:00
339	Marta Lobo	LAVRA	JUN	00:00:00:00
338	Matilde Lobo	LAVRA	JUN	00:00:00:00
337	Chelsia Nogueira	LAVRA	JUN	00:00:00:00
226	Marta Dias	ESCMOV	JUV	00:00:00:00
225	Rita Martins	ESCMOV	JUN	00:00:00:00
223	Joana Sousa	ESCMOV	JUV	00:00:00:00
222	Rita Barbosa	ESCMOV	JUV	00:00:00:00
221	Beatriz Soares	ESCMOV	JUN	00:00:00:00
220	Bruna Oliveira	ESCMOV	JUN	00:00:00:00
476	Chloe Hosford	SLB	JUN	00:00:00:00
473	Sofia Marques	SLB	JUN	00:00:00:00
472	Leonor Ferreira	SLB	JUN	00:00:00:00
469	Constança Faustino	SLB	JUV	00:00:00:00
466	Clara Morais	SLB	JUV	00:00:00:00
464	Luana Soares	SLB	JUN	00:00:00:00
453	Djamiratu Embaló	SLB	JUN	00:00:00:00
452	Margarida Álvares	SLB	JUV	00:00:00:00
448	Ana Oliveira	SLB	JUV	00:00:00:00
446	Susana Torres	SLB	JUN	00:00:00:00
444	Joana Dias	SLB	JUN	00:00:00:00
441	Nádia Cruz	SLB	JUN	00:00:00:00
440	Yaros Yalysovetska	SLB	JUN	00:00:00:00
432	Margarida Félix	SCP	JUV	00:00:00:00
427	Sofia Lavreshina	SCP	JUN	00:00:00:00
413	Sara Pinheiro	SCP	JUV	00:00:00:00
410	Marta Semblano	SCP	JUV	00:00:00:00
407	Mariana Vieira	SCP	JUN	00:00:00:00
401	Beatriz Ribeiro	SCB	JUV	00:00:00:00
399	Matilde Fernandes	SCB	JUV	00:00:00:00
398	Marta Pinto	SCB	JUV	00:00:00:00
397	Eduarda Serafim	SCB	JUN	00:00:00:00
372	Matilde Caldas	MAC	JUV	00:00:00:00
369	Diana Silva	MAC	JUN	00:00:00:00
360	Inês Fonseca	MAC	JUV	00:00:00:00
357	Matilde Pereira	MAC	JUN	00:00:00:00
345	Filipa Maravalhas	LAVRA	JUV	00:00:00:00
336	Vera Goucha	JV	JUV	00:00:00:00
326	Joana Gameiro	JV	JUN	00:00:00:00
325	Mariana Videira	JV	JUN	00:00:00:00
322	Lara Duarte	JV	JUN	00:00:00:00
319	Margarida Santos	JV	JUN	00:00:00:00
318	Ana Reis	JV	JUN	00:00:00:00
271	Maria João Vieira	GRECAS	JUN	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
269	Beatriz Pequeno	GRECAS	JUV	00:00:00:00
265	Carolina Maio	GRECAS	JUN	00:00:00:00
263	Mariana Freire	GRECAS	JUN	00:00:00:00
164	Lara Bernardo	CDQ	JUN	00:00:00:00
161	Carolina Pinheiro	CDQ	JUN	00:00:00:00
159	Matilde Borges	CDQ	JUV	00:00:00:00
79	Tatiana Pereira	AFS	JUV	00:00:00:00
77	Marta Ribeiro Alves	AFS	JUV	00:00:00:00
75	Inês Almeida	AFS	JUV	00:00:00:00
31	Regina Amorim	ACDAV	JUV	00:00:00:00
30	Benedita Amorim	ACDAV	JUN	00:00:00:00
78	Andreia Oliveira	AFS	JUV	00:00:00:00
27	Letícia Rodrigues	ACDAV	JUV	00:00:00:00
29	Carolina Sousa	ACDAV	JUV	00:00:00:00
26	Viviane Cunha	ACDAV	JUN	00:00:00:00
155	Sofia Barros	CDQ	JUN	00:00:00:00
355	Rita Fernandes	MAC	JUV	00:00:00:00
313	Carolina Castro	JV	JUV	00:00:00:00

Federados : 67



FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
1921 - 2021



Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
10.000 metros Marcha | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
45	Gabriela Santos	ACRSD	JUV	00:24:24:38
438	Carolina Dias	SLA	JUV	00:25:04:42
257	Isa Ferreira	GDP-L	JUV	00:25:42:68
424	Matilde Sousa	SCP	JUV	00:28:50:94
279	Inês Mendes	IND	JUN	00:47:49:42
47	Carina Ferreira	ADCCJC	JUN	00:51:50:11
173	Marta Freitas	CFOD	JUN	00:54:59:08
264	Mariana Serrão	GRECAS	JUN	00:56:41:42
184	Mariana Mestre	COP	JUN	00:58:18:00
238	Carolina Neto	GCVR	JUN	01:03:59:92

Federados : 10





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
10.000 metros Marcha | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
315	Eduardo Camarate	JV	JUV	00:24:28:52
258	André Moreira	GDP-L	JUV	00:25:40:58
185	Pedro Dias	COP	JUN	00:43:28:03
139	Tiago Ramos	CATUNES	JUN	00:44:44:39
416	Guilherme Rodrigues	SCP	JUN	00:46:12:00
232	Tiago Sucena	GCAD	JUN	00:48:11:32
137	Bruno Coelho	CAS	JUV	00:52:40:86
306	David Gregório	JV	JUV	00:53:50:00

Federados : 8





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
Martelo 6kg | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
281	Rafael Pereira	JDAL	JUN	40.21
288	Diogo Tejo	JIV	JUV	42.35
495	Tiago Maia	LAVRA	JUN	42.36
286	Manuel Janeiro	JIV	JUN	42.54
256	Daniel Raposo	GDP-L	JUN	42.66
128	Francisco Pereira	CAP	JUV	43.62
390	Miguel Rus	QFC	JUV	44.46
21	Pedro Lopes	AACC	JUN	45.69
153	Diogo Gonçalves	CDP	JUN	45.71
329	Francisco Calhau	JV	JUV	54.13
210	Diogo Gomes	CSGAIA	JUV	54.29
89	Bruno Faria	AJS	JUN	58.12
249	Francisco Pereira	GDE	JUN	60.88

Federados : 13





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
452	Margarida Álvares	SLB	JUV	10.86
148	Alessandra Silva	CCDR	JUN	10.93
235	Lara Geirinhas	GCAD	JUV	11.04
469	Constança Faustino	SLB	JUV	11.08
105	Lara Rego	CAM-VC	JUN	11.14
423	Anastácia Gula	SCP	JUV	11.21
413	Sara Pinheiro	SCP	JUV	11.27
66	Teresa Abade	AEAC	JUN	11.33
34	Sofia Quintino	ACDRA	JUV	11.33
318	Ana Reis	JV	JUN	11.43
230	Madalena Velez	GAF	JUN	11.45
393	Elena Furk	SCA-T	JUN	11.67
302	Inês Vicente	JOMA	JUN	12.01
79	Tátiana Pereira	AFS	JUV	12.05
319	Margarida Santos	JV	JUN	12.06
427	Sofia Lavreshina	SCP	JUN	12.11
179	Inês Santos	CFOD	JUV	12.22

Federados : 17





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
Peso 4kg | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
65	Filipa Afonso	AEAC	JUN	10.60
316	Carolina Caseiro	JV	JUN	10.67
125	Ana Júlia Ferreira	CAP	JUN	10.73
61	Carolina Nolasco	ADREP	JUN	10.73
240	Maria Carmo Andrade	GDC	JUN	10.90
84	Inês Abreu	AJS	JUN	10.92
336	Vera Goucha	JV	JUV	11.04
408	Clara Rodrigues	SCP	JUN	11.19
332	Márcia Maketa	JV	JUV	11.29
321	Raquel Gomes	JV	JUN	11.34
443	Catarina Sousa	SLB	JUN	11.41
177	Mariana Camara	CFOD	JUV	11.76
394	Catarina Cardoso	SCA-T	JUN	12.78
156	Leticia Lopes	CDQ	JUN	13.54

Federados : 14





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
349	André Barbosa	LSC	JUV	00:08:22:76
433	Leandro Monteiro	SCP	JUN	00:08:36:86
479	Rúben Pires	UDV	JUN	00:08:38:23
429	Duarte Santos	SCP	JUN	00:08:41:20
460	Rodrigo Freitas	SLB	JUN	00:08:44:11
489	Rodrigo Martins	UFCT	JUV	00:08:44:80
201	João Albano	CPTSC	JUN	00:08:45:25
218	João Rodrigues	EAROS	JUN	00:08:50:30
323	Tiago Jorge	JV	JUV	00:08:51:09
219	João Azevedo	EAROS	JUV	00:08:51:36
56	Santiago Agatão	ADNO	JUV	00:08:52:89
41	Guilherme Moreira	ACPV	JUN	00:08:55:73
409	Lourenço Ferreira	SCP	JUN	00:08:57:69
421	Díogo Clara	SCP	JUN	00:08:59:04
216	Francisco Silva	EAROS	JUN	00:08:59:71
214	Leandro Gonçalves	EAROS	JUV	00:08:59:74
278	Manuel Dos Santos	GS	JUV	00:09:01:53
486	João Ferreira	UFCT	JUV	00:09:05:87
19	Guilherme Martins	AAC	JUN	00:09:09:26

Federados : 19





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
362	Ana Silva	MAC	JUN	00:09:47:47
481	Diana Fernandes	UDV	JUN	00:09:49:16
480	Lara Costa	UDV	JUV	00:09:49:23
55	Beatriz Fernandes	ADNO	JUN	00:09:52:68
215	Ana Marinho	EAROS	JUN	00:09:59:92
449	Rita Costa	SLB	JUN	00:10:02:27
180	Maria João Pimentel	CFOD	JUV	00:10:07:14
371	Beatriz Rocha	MAC	JUV	00:10:24:91
420	Clara Barbosa	SCP	JUV	00:10:25:95
419	Beatriz Rios	SCP	JUN	00:10:27:58
195	Ema Simão	CPPEA	JUV	00:10:33:86
46	Ana Pereira	ADCCJC	JUN	00:10:39:69
312	Eduarda Silva	JV	JUV	00:10:43:14
98	Joana Duarte	BA	JUN	00:10:50:29
301	Carolina Monteiro	JOMA	JUN	00:10:52:24
94	Lara Costa	ARAC	JUN	00:10:56:21
295	Arina Stonozhenko	JOMA	JUN	00:10:57:31

Federados : 17





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
466	Clara Morais	SLB	JUV	02.40
23	Vera Duque	ACB-L	JUN	02.40
212	Mariana Monteiro	CSGAIA	JUV	02.40
364	Ana Silva	MAC	JUN	02.40
31	Regina Amorim	ACDAV	JUV	02.42
305	Catarina Silva	JV	JUV	02.50
32	Mariana Santos	ACDI	JUV	02.50
174	Fabiana Lucart	CFOD	JUN	02.57
63	Jéssica Agostinho	ADTT	JUV	02.60
221	Beatriz Soares	ESCMOV	JUN	02.69
252	Catherine Serrão	GDE	JUV	02.75
331	Filipa Dinis	JV	JUV	02.90
209	Joana Rocha	CSGAIA	JUN	02.90
410	Marta Semblano	SCP	JUV	03.00
30	Benedita Amorim	ACDAV	JUN	03.10
473	Sofia Marques	SLB	JUN	03.20
320	Bruna Santos	JV	JUN	03.20
299	Joana Barreto	JOMA	JUN	03.30
91	Sara Pereira	AJS	JUN	03.60

Federados : 19





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
110m barr. 1.00 - eliminatórias | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
461	Sisínio Ambriz	SLB	JUN	00:00:13:56
170	Francisco Marques	CFB	JUN	00:00:14:04
451	Diogo Barrigana	SLB	JUN	00:00:14:51
168	Haivan Almeida	CFB	JUN	00:00:14:62
484	Tiago Costa	UFCT	JUV	00:00:15:07
289	Bernardo Raimundo	JIV	JUV	00:00:15:20
108	Miguel Marques	CAMG	JUV	00:00:15:36
340	Pedro Ribeiro	LAVRA	JUV	00:00:15:89
43	Rafael Santos	ACRDE	JUV	00:00:15:94
459	Duarte Alves	SLB	JUN	00:00:16:16
341	João Zamith	LAVRA	JUN	00:00:16:40
88	Francisco Palmeira	AJS	JUV	00:00:16:71

Federados : 12





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
Disco 1.75kg | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
103	Rodrigo Ferreira	CAM-VC	JUN	34.57
126	Bernardo Sousa Rio	CAP	JUN	34.59
495	Tiago Maia	LAVRA	JUN	35.27
93	Luís Cardoso	AMONT	JUN	36.18
150	Nuno Oliveira	CCSJM	JUV	36.53
334	André Petriv	JV	JUN	36.61
329	Francisco Calhau	JV	JUV	36.65
386	Guilherme Enes	PLF	JUN	37.21
89	Bruno Faria	AJS	JUN	38.29
281	Rafael Pereira	JDAL	JUN	38.43
445	Frederico Pina	SLB	JUN	38.63
379	Eduardo Neves	NDJL-ST	JUV	38.84
249	Francisco Pereira	GDE	JUN	39.41
153	Diogo Gonçalves	CDP	JUN	42.55
62	Tiago Nunes	ADREP	JUN	47.81

Federados : 15





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
100m barr. 0.84 - eliminatórias | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
124	Marta Araújo	CAOV	JUN	00:00:14:66
67	Margarida Patrício	AEAC	JUN	00:00:14:71
296	Maria Pedro	JOMA	JUN	00:00:14:74
458	Diana Sousa	SLB	JUV	00:00:14:75
476	Chloe Hosford	SLB	JUN	00:00:14:94
375	Alzira Gomes	MKED	JUV	00:00:15:23
453	Djamiratu Embaló	SLB	JUN	00:00:15:25
130	Melissa Sereno	CAP	JUV	00:00:15:32
456	Mariana Araújo	SLB	JUV	00:00:15:35
11	Edmara Chete	A20KM	JUV	00:00:15:66
179	Inês Santos	CFOD	JUV	00:00:15:67
83	Matilde Feiteirona	AJJ	JUV	00:00:15:78
133	Joana Almeida	CAP	JUV	00:00:15:91
327	Sara Brites	JV	JUV	00:00:15:93
81	Mariana Tavares	AFSA	JUN	00:00:16:09
174	Fabiana Lucart	CFOD	JUN	00:00:16:18
178	Matilde Lameiras	CFOD	JUV	00:00:16:54
105	Lara Rego	CAM-VC	JUN	00:00:16:66
208	Ana Bárbara Lopes	CRDS	JUN	00:00:16:73
149	Raquel Tavares	CCSJM	JUV	00:00:16:90
487	Marisa Nunes	UFCT	JUV	00:00:17:06

Federados : 21





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
484	Tiago Costa	UFCT	JUV	01.80
205	Pedro Rui Gomes	CPTSC	JUV	01.80
175	Vasco Cardoso	CFOD	JUN	01.80
224	Miguel Hora	ESCMOV	JUN	01.80
24	Gabriel Borges	ACB-L	JUN	01.80
457	Lício Tavares	SLB	JUV	01.80
247	Fernando Nóbrega	GDE	JUN	01.81
43	Rafael Santos	ACRDE	JUV	01.84
344	José Passo	LAVRA	JUV	01.85
334	André Petriv	JV	JUN	01.85
267	Pedro Correia	GRECAS	JUV	01.85
192	Leandro Matos	CPA-S	JUN	01.86
14	Tiago Gama	AAADP	JUN	01.86
147	Tiago Pereira	CCDR	JUV	01.88
363	Rui Vilas Boas	MAC	JUN	01.88
71	Ricardo Silva	AFIS	JUV	01.90
59	Manuel Vieira	ADRAP	JUN	01.90
22	Tiago Gomes	ACB-L	JUV	01.90
465	Bubacar Júnior	SLB	JUV	01.93
454	Rodrigo Alcobia	SLB	JUV	01.94
136	Gonçalo Cardoso	CAS	JUN	02.00
404	Bohdan Zmiivskyi	SCP	JUN	02.16

Federados : 22





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
200 metros | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
368	Paulo Pereira	MAC	JUN	00:00:21:65
354	Daniel Silva	MAC	JUN	00:00:22:03
461	Sisínio Ambriz	SLB	JUN	00:00:22:18
396	Gabriel Maia	SCB	JUN	00:00:22:20
68	Simão Alexandre	AEAC	JUN	00:00:22:35
101	Alex Quaresma	CAM-VC	JUN	00:00:22:37
80	Tomás Gonçalves	AFSA	JUV	00:00:22:66
171	Rodrigo Caetano	CFB	JUN	00:00:22:67
196	André Franco	CPPEA	JUN	00:00:22:68
491	Martim Estanislau	VFC	JUN	00:00:22:73
294	Jociley Pereira	JOMA	JUN	00:00:22:74
447	João Penacho	SLB	JUV	00:00:22:79
15	Alexandre Babych	AAADP	JUV	00:00:22:82
366	Miguel Regalo	MAC	JUN	00:00:22:82
104	Duarte Ferreira	CAM-VC	JUN	00:00:22:89
245	César Duarte	GDC	JUN	00:00:22:91
202	André Reis	CPTSC	JUV	00:00:22:92
471	João Pinto	SLB	JUV	00:00:22:95
253	Lourenço Viveiros	GDE	JUV	00:00:22:97
293	André Cordeiro	JIV	JUN	00:00:23:01
405	Pedro Tavares	SCP	JUV	00:00:23:04

Não Federados

Dorsal	Nome	Clube	Ano	Marca
389	Leon Seale	POR-EST	2000	00:00:21:82

Federados : 21

Não Federados : 1





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
200 metros | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
472	Leonor Ferreira	SLB	JUN	00:00:24:28
441	Nádia Cruz	SLB	JUN	00:00:24:36
222	Rita Barbosa	ESCMOV	JUV	00:00:25:32
261	Lurdes Oliveira	GRE-AA	JUN	00:00:25:48
77	Marta Ribeiro Alves	AFS	JUV	00:00:25:51
444	Joana Dias	SLB	JUN	00:00:25:64
35	Beatriz Castelhana	ACDRA	JUV	00:00:25:79
227	Raquel Silva	ESMAIA	JUV	00:00:25:81
493	Mariana Marques	VTSC	JUN	00:00:25:82
325	Mariana Videira	JV	JUN	00:00:25:82
375	Alzira Gomes	MKED	JUV	00:00:25:96
117	Lara Pinto	CAOB-A	JUV	00:00:25:98
66	Teresa Abade	AEAC	JUN	00:00:25:99
280	Sofia Rosado	JDAL	JUN	00:00:26:08
298	Cláudia Cristóvão	JOMA	JUV	00:00:26:10
476	Chloe Hosford	SLB	JUN	00:00:26:11
373	Joana Barreto Santos	MC	JUV	00:00:26:17
458	Diana Sousa	SLB	JUV	00:00:26:20
477	Matilde Simões	SVB	JUV	00:00:26:22
355	Rita Fernandes	MAC	JUV	00:00:26:24
190	Clara Martinha	CPA-S	JUV	00:00:26:43
124	Marta Araújo	CAOV	JUN	00:00:26:54

Federados : 22





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
400m barreiras 0.91 | JUV a JUN - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
451	Diogo Barrigana	SLB	JUN	00:00:52:86
434	João Pedro Martins	SCS	JUN	00:00:57:60
108	Miguel Marques	CAMG	JUV	00:00:57:64
186	Ricardo Tomé	COP	JUN	00:00:57:73
276	André Graça	GS	JUN	00:00:57:91
243	Timóteo Patience	GDC	JUN	00:00:58:14
197	Rodrigo Ganância	CPPEA	JUN	00:00:58:51
122	Daniel Silva	CAOV	JUN	00:00:58:67
385	Simão Bernardo	NSLF	JUN	00:00:59:03
450	Francisco Miguel	SLB	JUN	00:00:59:09

Federados : 10





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
468	Diogo Parreira	SLB	JUN	13.07
36	Diogo Chaves	ACDRA	JUV	13.07
241	Gabriel Oliveira	GDC	JUV	13.25
187	Leonardo Sola	COP	JUN	13.31
363	Rui Vilas Boas	MAC	JUN	13.36
64	Luiz Silva	AEAC	JUN	13.41
387	Francisco Mendes	PLF	JUV	13.42
102	João Fernandes	CAM-VC	JUN	13.42
107	André Rodrigues	CAMG	JUN	13.50
262	Pedro Pires	GRECAS	JUN	13.54
415	Martim Gonçalves	SCP	JUN	13.59
38	Francisco Carneiro	ACFR	JUN	13.64
39	Paulo Freitas	ACFR	JUV	13.71
13	Afonso Marques	AAADP	JUN	13.77
86	Xavier Outeiro	AJS	JUN	13.83
342	Rafael Jesus	LAVRA	JUN	14.13
403	Marcus Vinícius	SCP	JUN	14.35
244	Élvio Almeida	GDC	JUN	14.46
147	Tiago Pereira	CCDR	JUV	14.56

Federados : 19





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
400m Barreiras 0.76 | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
440	Yaros Yalysovetska	SLB	JUN	00:00:59:54
427	Sofia Lavreshina	SCP	JUN	00:00:59:83
322	Lara Duarte	JV	JUN	00:00:64:85
326	Joana Gameiro	JV	JUN	00:00:64:94
378	Inês Rafael	NDJL-ST	JUN	00:00:65:82
435	Lwena Cardoso	SFRAA	JUV	00:00:65:99
291	Inês Ávila	JIV	JUV	00:00:66:05
297	Catarina Gomes	JOMA	JUN	00:00:67:96
26	Viviane Cunha	ACDAV	JUN	00:00:68:67
456	Mariana Araújo	SLB	JUV	00:00:69:00
494	Leonor Dias	IND	JUV	00:00:69:31
339	Marta Lobo	LAVRA	JUN	00:00:69:58
260	Francisca Antunes	GDUC	JUN	00:00:69:62
324	Margarida Santos	JV	JUV	00:00:70:42
370	Flávia Silva	MAC	JUN	00:00:70:73

Federados : 15





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
431	David Garcia	SCP	JUN	00:01:50:22
425	Rodrigo Lima	SCP	JUN	00:01:51:74
118	João Pedro Santos	CAOB-A	JUN	00:01:52:90
198	Alexandre Lucas	CPTSC	JUV	00:01:53:83
216	Francisco Silva	EAROS	JUN	00:01:54:56
189	João Brito	COP	JUV	00:01:54:67
116	Matheus Pinto	CAOB-A	JUV	00:01:55:39
406	João Pereira	SCP	JUN	00:01:55:75
172	José Ferreira	CFB	JUN	00:01:55:85
203	Afonso Oliveira	CPTSC	JUV	00:01:56:51
69	Eduardo Beça	AFIS	JUN	00:01:56:90
485	Miguel Mendes	UFCT	JUN	00:01:57:13
251	Pedro Monteiro	GDE	JUN	00:01:57:23
142	Tiago Maniés	CBTV	JUN	00:01:57:69
314	Nuno Cordeiro	JV	JUV	00:01:57:70
54	Miguel Aguiar	ADNO	JUV	00:01:58:41
141	André Pereira	CBF	JUN	00:01:58:45
437	Duarte Lima	SLA	JUN	00:01:58:59
53	Edson Carvalho	ADNO	JUN	00:01:58:74
97	Francisco Graça	ASCV	JUN	00:01:58:87
388	Ricardo Vieira	PLF	JUV	00:01:59:03
138	João Santos	CATUNES	JUN	00:01:59:38
152	Daniel Cruz	CDFE	JUV	00:01:59:50
483	Júlio Couceiro	UFCT	JUN	00:01:59:54
276	André Graça	GS	JUN	00:01:59:73
411	Miguel Massaça	SCP	JUN	00:01:59:80
255	Daniel Salvadinho	GDIB	JUN	00:01:59:86
60	Tomás Rosário	ADRAP	JUN	00:01:59:90

Federados : 28





Listagem de Atletas inscritos
Campeonatos Nacionais de Sub-20
Dardo 600g | JUV a JUN - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
31	Regina Amorim	ACDAV	JUV	29.66
492	Leonor Viamonte	VTSC	JUN	30.50
213	Joana Viveiros	CSM	JUN	31.64
490	Maria Leonor Silva	VFC	JUV	31.99
51	Carolina Barbosa	ADCL	JUN	32.30
310	Beatriz Cordeiro	JV	JUV	32.59
110	Eva Varela	CANAZ	JUV	32.86
482	Raquel Machado	UFCT	JUN	32.97
37	Petra Sillankorva	ACFR	JUN	32.99
365	Inês Guerra	MAC	JUN	34.19
155	Sofia Barros	CDQ	JUN	34.57
65	Filipa Afonso	AEAC	JUN	34.77
383	Marta Trovoada	NLUZ	JUV	35.98
381	Inês Custódio	NLUZ	JUV	38.14
316	Carolina Caseiro	JV	JUN	38.74
395	Yaroslava Apolosova	SCB	JUN	40.80
250	Marta Faria	GDE	JUN	45.75

Federados : 17





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
422	Rita Figueiredo	SCP	JUN	00:02:06:37
275	Stela Fernandes	GS	JUV	00:02:13:72
356	Maria Avelino	MAC	JUV	00:02:14:85
426	Marta Castro	SCP	JUN	00:02:14:96
120	Beatriz Azevedo	CAOB-A	JUV	00:02:15:39
215	Ana Marinho	EAROS	JUN	00:02:15:95
193	Rita Nunes	CPC	JUN	00:02:16:96
384	Carlota Almeida	NSCS	JUV	00:02:17:73
217	Ana Faria	EAROS	JUV	00:02:18:22
96	Lara Machado	ARLVG	JUV	00:02:19:26
200	Daniela Assunção	CPTSC	JUN	00:02:19:43
328	Carlota Ferreira	JV	JUV	00:02:19:90

Federados : 12





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

Federados

Dorsal	Nome	Clube	Escalão	Marca
143	João Almeida	CBTV	JUV	00:00:00:00
334	André Petriv	JV	JUN	00:00:00:00
447	João Penacho	SLB	JUV	00:00:00:00
450	Francisco Miguel	SLB	JUN	00:00:00:00
314	Nuno Cordeiro	JV	JUV	00:00:00:00
293	André Cordeiro	JIV	JUN	00:00:00:00
292	Tiago Branco	JIV	JUV	00:00:00:00
172	José Ferreira	CFB	JUN	00:00:00:00
171	Rodrigo Caetano	CFB	JUN	00:00:00:00
475	João Rodrigues	SLB	JUV	00:00:00:00
474	Diogo Sequeira	SLB	JUV	00:00:00:00
471	João Pinto	SLB	JUV	00:00:00:00
470	Wagner Quinteira	SLB	JUN	00:00:00:00
465	Bubacar Júnior	SLB	JUV	00:00:00:00
463	Ângelo Antunes	SLB	JUV	00:00:00:00
462	Ricardo Reis	SLB	JUV	00:00:00:00
461	Sisínio Ambriz	SLB	JUN	00:00:00:00
460	Rodrigo Freitas	SLB	JUN	00:00:00:00
459	Duarte Alves	SLB	JUN	00:00:00:00
457	Lício Tavares	SLB	JUV	00:00:00:00
455	Rafael Fidalgo	SLB	JUV	00:00:00:00
454	Rodrigo Alcobia	SLB	JUV	00:00:00:00
451	Diogo Barrigana	SLB	JUN	00:00:00:00
431	David Garcia	SCP	JUN	00:00:00:00
425	Rodrigo Lima	SCP	JUN	00:00:00:00
366	Miguel Regalo	MAC	JUN	00:00:00:00
361	Guilherme Viana	MAC	JUN	00:00:00:00
359	Simeão Rolo	MAC	JUN	00:00:00:00
358	Gustavo Rocha	MAC	JUV	00:00:00:00
354	Daniel Silva	MAC	JUN	00:00:00:00
353	José Carlos Nunes	MAC	JUN	00:00:00:00
335	Ernesto Rodrigues	JV	JUV	00:00:00:00
330	Tiago Pereira	JV	JUN	00:00:00:00
290	Lourenço Rodrigues	JIV	JUN	00:00:00:00
288	Diogo Tejo	JIV	JUV	00:00:00:00
287	Rodrigo Medeiros	JIV	JUN	00:00:00:00
285	Tomás Alves	JIV	JUN	00:00:00:00
274	Manuel Silva	GRECAS	JUV	00:00:00:00
273	Marcelo Silva	GRECAS	JUV	00:00:00:00
272	Ivo Marcelino	GRECAS	JUN	00:00:00:00
270	António Oliveira	GRECAS	JUV	00:00:00:00
268	João Anjos	GRECAS	JUN	00:00:00:00
267	Pedro Correia	GRECAS	JUV	00:00:00:00
266	Gonçalo Silva	GRECAS	JUV	00:00:00:00
206	Mauro Simões	CPTSC	JUN	00:00:00:00
205	Pedro Rui Gomes	CPTSC	JUV	00:00:00:00
204	Miguel Antunes	CPTSC	JUV	00:00:00:00
202	André Reis	CPTSC	JUV	00:00:00:00
199	Bernardo Salgado	CPTSC	JUV	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
198	Alexandre Lucas	CPTSC	JUV	00:00:00:00
165	Afonso Godinho	CDQ	JUN	00:00:00:00
163	Rodrigo Diniz	CDQ	JUN	00:00:00:00
160	Filipe Fernandes	CDQ	JUV	00:00:00:00
158	Tomás Alexandre	CDQ	JUN	00:00:00:00
157	Igor Varela	CDQ	JUN	00:00:00:00
145	Lourenço Frazão	CBTV	JUV	00:00:00:00
144	Tarik Twabe	CBTV	JUV	00:00:00:00
142	Tiago Maniés	CBTV	JUN	00:00:00:00
119	Ricardo Martins	CAOB-A	JUN	00:00:00:00
118	João Pedro Santos	CAOB-A	JUN	00:00:00:00
74	Guilherme Ferreira	AFIS	JUV	00:00:00:00
73	Tomás Pereira	AFIS	JUV	00:00:00:00
71	Ricardo Silva	AFIS	JUV	00:00:00:00
60	Tomás Rosário	ADRAP	JUN	00:00:00:00
59	Manuel Vieira	ADRAP	JUN	00:00:00:00
58	Miguel Azevedo	ADRAP	JUN	00:00:00:00
57	Artur Martins	ADRAP	JUV	00:00:00:00
428	Miguel Batista	SCP	JUV	00:00:00:00
116	Matheus Pinto	CAOB-A	JUV	00:00:00:00
168	Haivan Almeida	CFB	JUN	00:00:00:00
170	Francisco Marques	CFB	JUN	00:00:00:00
169	Rúben Bari	CFB	JUN	00:00:00:00
70	Rodrigo Almeida	AFIS	JUN	00:00:00:00
69	Eduardo Beça	AFIS	JUN	00:00:00:00
411	Miguel Massuça	SCP	JUN	00:00:00:00
406	João Pereira	SCP	JUN	00:00:00:00
405	Pedro Tavares	SCP	JUV	00:00:00:00
308	Luca Cruz	JV	JUV	00:00:00:00
309	João Martins	JV	JUV	00:00:00:00
113	Fanilson Costa	CAOB-A	JUV	00:00:00:00

Federados : 80



FEDERAÇÃO
PORTUGUESA
ATLETISMO

100 ANOS
1921 - 2021



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

Federados

Dorsal	Nome	Clube	Escalão	Marca
370	Flávia Silva	MAC	JUN	00:00:00:00
372	Matilde Caldas	MAC	JUV	00:00:00:00
407	Mariana Vieira	SCP	JUN	00:00:00:00
410	Marta Semblano	SCP	JUV	00:00:00:00
418	Beatriz Soares	SCP	JUN	00:00:00:00
422	Rita Figueiredo	SCP	JUN	00:00:00:00
426	Marta Castro	SCP	JUN	00:00:00:00
446	Susana Torres	SLB	JUN	00:00:00:00
448	Ana Oliveira	SLB	JUV	00:00:00:00
453	Djamiratu Embaló	SLB	JUN	00:00:00:00
456	Mariana Araújo	SLB	JUV	00:00:00:00
458	Diana Sousa	SLB	JUV	00:00:00:00
159	Matilde Borges	CDQ	JUV	00:00:00:00
161	Carolina Pinheiro	CDQ	JUN	00:00:00:00
164	Lara Bernardo	CDQ	JUN	00:00:00:00
263	Mariana Freire	GRECAS	JUN	00:00:00:00
265	Carolina Maio	GRECAS	JUN	00:00:00:00
269	Beatriz Pequeno	GRECAS	JUV	00:00:00:00
271	Maria João Vieira	GRECAS	JUN	00:00:00:00
317	Mariana Vidinha	JV	JUN	00:00:00:00
325	Mariana Videira	JV	JUN	00:00:00:00
326	Joana Gameiro	JV	JUN	00:00:00:00
328	Carlota Ferreira	JV	JUV	00:00:00:00
472	Leonor Ferreira	SLB	JUN	00:00:00:00
466	Clara Morais	SLB	JUV	00:00:00:00
464	Luana Soares	SLB	JUN	00:00:00:00
452	Margarida Álvares	SLB	JUV	00:00:00:00
444	Joana Dias	SLB	JUN	00:00:00:00
114	Hanifa El Khatib	CAOB-A	JUN	00:00:00:00
313	Carolina Castro	JV	JUV	00:00:00:00
155	Sofia Barros	CDQ	JUN	00:00:00:00
162	Oriana Sousa	CDQ	JUV	00:00:00:00
355	Rita Fernandes	MAC	JUV	00:00:00:00
26	Viviane Cunha	ACDAV	JUN	00:00:00:00
29	Carolina Sousa	ACDAV	JUV	00:00:00:00
27	Letícia Rodrigues	ACDAV	JUV	00:00:00:00
30	Benedita Amorim	ACDAV	JUN	00:00:00:00
31	Regina Amorim	ACDAV	JUV	00:00:00:00
115	Luciana Santos	CAOB-A	JUV	00:00:00:00
117	Lara Pinto	CAOB-A	JUV	00:00:00:00
120	Beatriz Azevedo	CAOB-A	JUV	00:00:00:00
121	Mariana Oliveira	CAOB-A	JUV	00:00:00:00
441	Nádia Cruz	SLB	JUN	00:00:00:00
440	Yaros Yalysovetska	SLB	JUN	00:00:00:00
432	Margarida Félix	SCP	JUV	00:00:00:00
476	Chloe Hosford	SLB	JUN	00:00:00:00
336	Vera Goucha	JV	JUV	00:00:00:00
356	Maria Avelino	MAC	JUV	00:00:00:00
362	Ana Silva	MAC	JUN	00:00:00:00





FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
1921 - 2021