



TABELAS e MARCAS

VETERANOS

Marcas Mínimas de Pontuação (MMP) – Pista Coberta – Masculinos

	Seniores	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
Especialidades	300 pts.	Marca											
60m	00:08,61	00:08,73	00:09,00	00:09,28	00:09,58	00:09,90	00:10,25	00:10,63	00:11,08	00:11,64	00:12,38	00:13,43	00:15,04
200m	00:28,28	00:28,75	00:29,66	00:30,62	00:31,65	00:32,76	00:33,94	00:35,32	00:37,01	00:39,20	00:42,23	00:46,74	00:54,06
400m	01:03,11	01:05,37	01:07,47	01:09,70	01:12,09	01:14,65	01:17,40	01:20,54	01:24,60	01:30,36	01:39,18	01:53,75	02:20,71
800m	02:25,01	02:26,22	02:31,68	02:37,57	02:43,91	02:50,80	02:58,30	03:06,48	03:15,19	03:29,43	03:50,87	04:24,71	05:22,39
1000m	03:08,67	03:10,04	03:17,83	03:26,29	03:35,50	03:45,55	03:56,78	04:09,53	04:25,32	04:46,38	05:16,99	06:06,14	07:37,16
1500m	05:01,48	05:04,13	05:16,71	05:30,39	05:45,30	06:00,45	06:19,75	06:40,43	07:05,88	07:39,85	08:29,26	09:48,71	12:16,21
3000m	10:50,13	10:50,13	11:13,57	11:38,76	12:05,92	12:35,26	13:07,08	13:43,16	14:28,35	15:30,62	17:04,31	19:38,84	24:28,22
60m bar.	00:11,05	00:11,23	00:11,67	00:12,15	00:12,39	00:12,92	00:13,29	00:13,92	00:14,32	00:15,08	00:16,19	00:17,89	00:22,10
Salto alt.	1,28	1,25	1,22	1,16	1,10	1,04	0,98	0,92	0,86	0,80	0,74	0,68	0,62
Salto à vara	2,35	2,31	2,18	2,05	1,91	1,78	1,65	1,52	1,39	1,25	1,12	0,99	0,86
Salto em comp.	4,01	3,89	3,68	3,47	3,26	3,06	2,85	2,64	2,43	2,23	2,02	1,81	1,60
Triplo salto	8,59	8,53	8,08	7,62	7,17	6,71	6,26	5,80	5,35	4,90	4,42	3,91	3,33
Peso/7,250kg	6,11		5,49	5,08	4,68	4,27	3,87	3,46					
6,000kg					5,21	4,81	4,40						
5,000kg							4,90	4,49	4,09				
4,000kg									4,77	4,37	3,96	3,52	3,03
3,000kg											4,06	3,62	3,13
Pentatlo		1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500
3000 marcha	19:11.47	19:11.47	19:43.15	20:28.17	21:18.03	22:13.64	23:15.83	24:25.58	25:44.33	27:13.63	28:55.73	30:53.49	

Marcas Mínimas de Pontuação (MMP) – Pista Coberta – Femininos

	Seniores	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
Especialidades	300 pts.	Marca											
60m	00:10,53	00:10,65	00:11,04	00:11,46	00:11,92	00:12,41	00:12,95	00:13,54	00:14,26	00:15,17	00:16,43	00:18,31	00:21,50
200m	00:35,13	00:36,21	00:37,60	00:39,11	00:40,74	00:42,52	00:44,46	00:46,58	00:49,70	00:53,67	00:59,98	01:11,23	01:37,58
400m	01:21,49	01:23,16	01:26,77	01:30,72	01:35,03	01:39,78	01:45,63	01:53,16	02:03,43	02:18,38	02:42,14	03:25,32	05:05,78
800m	03:11,57	03:12,51	03:20,87	03:29,99	03:39,97	03:50,95	04:04,10	04:20,92	04:43,72	05:16,49	06:06,99	07:33,10	10:27,69
1000m	04:07,45	04:07,45	04:16,50	04:29,03	04:42,12	05:01,14	05:23,68	05:55,38	06:30,92	07:18,74	08:13,81	09:27,68	11:20,74
1500m	06:31,75	06:36,83	06:54,24	07:13,26	07:34,10	07:57,05	08:24,90	09:00,94	09:50,43	11:02,64	12:56,20	16:15,96	20:47,61
3000m	14:19,66	14:19,66	14:58,10	15:40,14	16:26,30	17:18,74	18:21,70	19:41,50	21:29,04	24:04,32	28:08,92	35:24,19	40:51,97
60m bar.	00:13,01	00:13,49	00:14,36	00:14,51	00:15,09	00:15,72	00:16,42	00:17,21	00:18,11	00:19,31	00:20,95	00:23,45	00:27,70
Salto alt.	1,03	0,98	0,93	0,89	0,84	0,79	0,75	0,70	0,65	0,60	0,55	0,50	0,44
Salto à vara	1,79	1,65	1,56	1,47	1,38	1,29	1,20	1,11	1,00	0,88	0,74	0,56	0,37
Salto em comp.	2,68	2,55	2,41	2,28	2,14	2,00	1,86	1,72	1,58	1,43	1,24	0,92	0,82
Triplo salto	5,73	5,63	5,32	5,01	4,70	4,39	4,08	3,77	3,41	2,99	2,45	1,75	1,71
Peso/4,000kg	5,34	5,15	4,81	4,47	4,13	3,79	3,45						
3,000kg					4,24	3,90	3,56	3,22	2,88	2,54	2,20	1,86	1,52
2,000kg										2,91	2,57	2,23	1,90
Pentatlo		1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500
3000 marcha	21:27.03	21:31.55	22:29.08	23:31.99	24:40.53	25:55.88	26:51.90	27:48.04	30:05.89	32:29.15	34:39.54	37:13.40	

Marcas Mínimas de Pontuação (MMP) – Pista Ar Livre – Masculinos

	Seniores	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
Especialidades	300	Marca											
100m	00:13,51	00:13,69	00:14,11	00:14,55	00:15,02	00:15,52	00:16,06	00:16,66	00:17,36	00:18,23	00:19,39	00:21,03	00:23,56
200m	00:27,81	00:28,27	00:29,16	00:30,11	00:31,13	00:32,21	00:33,38	00:34,73	00:36,39	00:38,54	00:41,53	00:45,96	00:53,16
400m	01:01,85	01:04,07	01:06,12	01:08,31	01:10,65	01:13,16	01:15,85	01:18,93	01:22,91	01:28,56	01:37,20	01:51,48	02:17,90
800m	02:23,07	02:24,27	02:29,65	02:35,46	02:41,72	02:48,52	02:55,91	03:03,99	03:12,58	03:26,63	03:47,78	04:21,17	05:18,07
1500m	04:59,10	05:01,73	05:14,21	05:27,78	05:42,57	05:57,60	06:16,75	06:37,26	07:02,52	07:36,22	08:25,24	09:44,07	12:10,40
110m <u>bar./1,067m</u>	00:19,54												
80m <u>bar./0686m</u>											00:21,93	00:23,42	00:26,07
80m <u>bar./0762m</u>									00:19,12	00:19,85			
100m <u>bar./0,838m</u>							00:21,68	00:22,62					
100m <u>bar./0,914m</u>					00:20,35	00:21,17							
110m <u>bar./0,991m</u>		00:19,74	00:20,51	00:21,35									
400m <u>bar./0,914m</u>	01:12,05	01:12,05	01:15,27	01:18,79									
200m <u>bar./0,686m</u>											01:10,98	01:17,09	01:29,72
300m <u>bar./0,686m</u>													
300m <u>bar./0,762m</u>							01:31,76	01:42,26	01:57,23				
400m <u>bar./0,839m</u>					01:22,66	01:26,93							
3000m <u>obst./0,914m</u>	12:36,35	12:36,35	13:12,90	13:53,17	14:37,74	15:27,35							
2000m <u>obst./0,762m</u>							10:08,29	10:53,60	11:50,52	13:04,35	14:45,03	17:12,70	20:45,64
Salto alt.	1,28	1,25	1,22	1,16	1,10	1,04	0,98	0,92	0,86	0,80	0,74	0,68	0,62
Salto à vara	2,35	2,31	2,18	2,05	1,91	1,78	1,65	1,52	1,39	1,25	1,12	0,99	0,86
Salto em <u>comp.</u>	4,01	3,89	3,68	3,47	3,26	3,06	2,85	2,64	2,43	2,23	2,02	1,81	1,60
Tripo salto	8,59	8,53	8,08	7,62	7,17	6,71	6,26	5,80	5,35	4,90	4,42	3,91	3,33

Marcas Mínimas de Pontuação (MMP) – Pista Ar Livre – Masculinos

Peso/7,250kg	6,11	5,89	5,49	5,08	4,68	4,27	3,87	3,46					
6,000kg					5,21	4,81	4,40						
5,000kg							4,90	4,49	4,09				
4,000kg									4,77	4,37	3,96	3,52	3,03
3,000kg											4,06	3,62	3,13
Disco/2,000kg	18,21	17,95	16,53	15,11	13,76	12,27	10,85						
1,500kg					17,82	16,40	14,98	13,56					
1,000kg							17,13	15,65	14,25	12,71	11,08	9,33	7,46
Martelo/7,250kg	21,36	20,74	18,98	17,23	15,48	13,72							
6,000kg					18,00	16,25	14,50						
5,000kg							16,33	14,57	12,82				
4,000kg									14,71	12,95	11,16	9,33	
3,000kg											11,45	9,62	7,73
Dardo/800g	23,1	22,81	21,27	19,72	18,17	16,62	15,07	13,53					
700g					18,81	17,26							
600g							16,34	14,79	13,24	11,69	10,11	8,46	6,67
500g									13,75	12,20	10,65		
400g											11,03	9,48	7,93
Pentatlo		1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500
Decatlo	3907	3 000	3 000	3 000	3 000	3 000	3 000	3 000	3 000	3 000	3 000	3 000	3 000
3000 marcha	19:11.47	19:11.47	19:43.15	20:28.17	21:18.03	22:13.64	23:15.83	24:25.58	25:44.33	27:13.63	28:55.73	30:53.49	
5000 metros	18:31.37	18:31.37	19:34.00	19:53.64	20:45.25	21:43.66	22:46.37	23:54.97	25:10.36	26:34.47	28:08.13	30:26.33	
10000 metros	00:39:53	00:40:18	00:41:53	00:43:34	00:45:21	00:47:16	00:49:18	00:51:30	00:53:51	00:56:23	00:59:33	01:05:57	
Martelão/15,880kg	5	5	4,68	4,38	5,00	4,67	4,96	4,60	4,87	4,45	4,74	4,15	3,51
Peso dos engenhos					11,34		9,08		7,26		5,45		
Especialidades	300	Marca	Marca										
	Seniores	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90

Marcas Mínimas de Pontuação (MMP) – Pista Ar Livre – Femininos

	Seniores	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80
Especialidades	300	Marca									
100m	00:16,50	00:16,67	00:17,28	00:17,96	00:18,66	00:19,43	00:20,27	00:21,19	00:22,31	00:23,74	00:25,70
200m	00:33,93	00:34,97	00:36,32	00:37,78	00:39,35	00:41,07	00:42,94	00:44,99	00:48,01	00:51,84	00:57,93
400m	01:20,07	01:21,71	01:25,26	01:29,14	01:33,38	01:38,04	01:43,78	01:51,19	02:01,28	02:15,97	02:39,31
800m	03:03,96	03:04,87	03:12,89	03:21,64	03:31,23	03:41,77	03:54,40	04:10,56	04:32,45	05:03,92	05:52,41
1500m	06:30,37	06:35,43	06:52,78	07:11,73	07:32,50	07:55,37	08:23,12	08:59,04	09:48,35	11:00,30	12:53,47
100m <u>bar./0,838m</u>	00:21,31	00:21,63									
80m <u>bar./0,762m</u>			00:18,01	00:19,53	00:19,44	00:21,22					
80m <u>bar./0,686m</u>							00:21,47	00:23,67	00:26,36	00:29,96	00:35,84
400m <u>bar./0,762m</u>	01:32,07	01:32,07	01:38,07	01:47,46							
300m <u>bar./0,762m</u>					01:15,85	01:20,85					
300m <u>bar./0,686m</u>							01:27,01	01:35,09			
200m <u>bar./0,686m</u>									01:02,23	01:06,23	01:13,60
2000m <u>obst./0,762m</u>	10:21,80	10:21,80	10:48,93	11:18,52	11:50,95	12:27,72	13:10,89	14:05,07	15:20,64	17:22,24	21:08,46
Salto alt.	1,03	0,98	0,93	0,89	0,84	0,79	0,75	0,70	0,65	0,60	0,55
Salto à vara	1,79	1,65	1,56	1,47	1,38	1,29	1,20	1,11	1,00	0,88	0,74
Salto em <u>comp.</u>	2,68	2,55	2,41	2,28	2,14	2,00	1,86	1,72	1,58	1,43	1,24
Triplo salto	5,73	5,63	5,32	5,01	4,70	4,39	4,08	3,77	3,41	2,99	2,45
Peso/4,000kg	5,34	5,15	4,81	4,47	4,13	3,79	3,45				

Marcas Mínimas de Pontuação (MMP) – Pista Ar Livre – Femininos

3,000kg					4,24	3,90	3,56	3,22	2,88	2,54	2,20
2,000kg										2,91	2,57
Disco/1,000kg	17,72	17,09	15,89	14,70	13,50	12,30	11,10	9,88	8,63	7,31	5,90
0,750kg										8,22	7,03
Martelo/4,000kg	20,43	18,67	17,37	16,07	14,76						
3,000kg					15,91	14,61	13,31	11,99	10,65	9,32	7,97
2,000kg										10,80	9,45
Dardo/600g	17,6	16,57	15,34	14,10	12,87	11,64	10,40	9,17	7,93		
500g					13,29	12,15	10,92	9,69	8,38		
400g							11,42	10,19	8,95	7,72	6,49
Pentatlo		1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500	1 500
Heptatlo		2 100	2 100	2 100	2 100	2 100	2 100	2 100	2 100	2 100	2 100
3000 marcha	21:27.03	21:31.55	22:29.08	23:31.99	24:40.53	25:55.88	26:51.90	27:48.04	30:05.89	32:29.15	34:39.54
5000 metros	24:50.66	24:54.65	25:51.95	26:56.73	28:10.14	29:34.00	31:09.74	32:59.87	35:07.39	37:41.74	40:32.13
10000 metros	52:56,2	53:42.15	55:36,5	57:50,3	01:00:21	01:03:40	01:06:29	01:10:13	01:14:33	01:19:35	01:25:30
Martelão/9,08kg	4	3,87	3,57	3,29	3,46	3,16	3,41	3,07	2,74	2,91	2,52
Peso dos engenhos					7,26kg			5,45kg		4,00Kg	
	Seniores	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80

Tabela de Pesos de Lançamentos Masters (Veteranos)

Sexo 	Escalao/Idade	Peso (kg)	Disco (kg)	Dardo (g)	Martelo (kg)	Martelo Pesado (kg)
M	M35-49	7,26	2,0	800	7,26	15,88
M	M50-59	6,00	1,5	700	6,00	11,34
M	M60-69	5,00	1,0	600	5,00	9,08
M	M70-79	4,00	1,0	500	4,00	7,26
M	M80+	3,00	1,0	400	3,00	5,45
F	F35-49	4,00	1,0	600	4,00	9,08
F	F50-59	3,00	1,0	500	3,00	7,26
F	F60-74	3,00	1,0	400	3,00	5,45
F	F75+	2,00	0,75	400	2,00	4,00

Provas de Barreiras (Pista)

Femininos (F)

Escalão	Prova	Altura (m)	1ª Barr. (m)	Entre (m)	Última/Meta (m)
F35-39	100m	0.838	13.00	8.50	10.50
F40-49	80m	0.762	12.00	7.00	19.00
F50-59	80m	0.762	12.00	7.00	19.00
F60+	80m	0.686	12.00	7.00	19.00
F35-49	400m	0.762	45.00	35.00	40.00
F50-59	300m	0.762	50.00	35.00	40.00
F60+	300m	0.686	50.00	35.00	40.00

Provas de Barreiras (Pista)

Masculinos (M)

Escalão 	Prova	Altura (m)	1ª Barr. (m)	Entre (m)	Última/Meta (m)
M35-45	110m	0.991 (1,00)	13.72	9.14	14.02
M50-55	100m	0.914 (0,91)	13.00	8.50	11.50
M60-65	100m	0.838 (0,84)	12.00	8.00	16.00
M70-75	80m	0.762 (0,76)	12.00	7.00	19.00
M80+	80m	0.686 (0,69)	12.00	7.00	19.00
M35-45	400m	0.914	45.00	35.00	40.00
M50-55	400m	0.838	45.00	35.00	40.00
M60-65	300m	0.762	50.00	35.00	40.00
M70+	300m	0.686	50.00	35.00	40.00

Fator idade para provas combinadas Femininas

Age	60m	100m	200m	400m	800m	1000m	1500m	60m Hurdles	Short Hurdles
35	1.0000	1.0000	1.0000	0.9783	0.9929	0.9995	0.9812	1.0000	0.9932
40	0.9985	0.9810	0.9787	0.9441	0.9563	0.9624	0.9441	0.9288	1.1368
45	0.9613	0.9441	0.9411	0.9084	0.9192	0.9248	0.9069	0.8980	1.0971
50	0.9259	0.9080	0.9040	0.8711	0.8814	0.8869	0.8697	0.8861	1.0597
55	0.8922	0.8726	0.8673	0.8324	0.8432	0.8485	0.8324	0.8530	1.0188
60	0.8603	0.8379	0.8309	0.7924	0.8044	0.8098	0.7951	0.8192	0.9774
65	0.8300	0.8038	0.7950	0.7510	0.7651	0.7706	0.7576	0.7847	0.9355
70	0.8014	0.7705	0.7594	0.7084	0.7254	0.7312	0.7202	0.7438	0.8862
75	0.7743	0.7377	0.7242	0.6647	0.6848	0.6906	0.6812	0.6926	0.8249
80	0.7427	0.7040	0.6875	0.6148	0.6354	0.6407	0.6316	0.6311	0.7515
85	0.6977	0.6590	0.6374	0.5556	0.5746	0.5790	0.5698	0.5594	0.6661
90	0.6393	0.6011	0.5723	0.4869	0.5024	0.5056	0.4960	0.4776	0.5686
95	0.5673	0.5302	0.4920	0.4090	0.4188	0.4205	0.4102	0.3855	0.4592
100	0.4818	0.4464	0.3965	0.3219	0.3239	0.3237	0.3122	0.2834	0.3379
105	0.3827	0.3497	0.2858	0.2255	0.2176	0.2151	0.2021	0.1711	0.2046
110	0.2700	0.2400	0.1600	0.1200	0.1000	0.0943	0.0800	0.0487	0.0594

Age	High Jump	Pole Vault	Long Jump	Shot Put	Discus	Hammer	Javelin	Weight
35	1.0205	1.0024	1.0323	1.0368	1.0000	1.0573	1.0236	1.0355
40	1.0715	1.0637	1.0905	1.1164	1.0733	1.1616	1.1298	1.1186
45	1.1255	1.1306	1.1537	1.2062	1.1772	1.2787	1.2495	1.2126
50	1.1826	1.2037	1.2226	1.1330	1.2949	1.2225	1.2650	1.1544
55	1.2430	1.2840	1.2982	1.2347	1.4300	1.3551	1.4077	1.2633
60	1.3071	1.3728	1.3814	1.3534	1.5873	1.5099	1.5732	1.1715
65	1.3751	1.4715	1.4736	1.4938	1.7735	1.6940	1.7680	1.3004
70	1.4473	1.5819	1.5764	1.6631	1.9985	1.9176	2.0006	1.4577
75	1.5242	1.7128	1.6928	1.5282	1.9717	1.6730	2.0428	1.3741
80	1.6061	1.8944	1.8499	1.7433	2.2786	1.9458	2.3589	1.5846
85	1.7029	2.1559	2.0771	2.0244	2.6843	2.3110	2.7698	1.8666
90	1.8509	2.5533	2.4193	2.4079	3.2477	2.8273	3.3387	2.2647
95	2.0785	3.2130	2.9746	2.9631	4.0861	3.6161	4.1830	2.8706
100	2.4406	4.4938	4.0010	3.8399	5.4702	4.9754	5.5753	3.9056
105	3.0671	7.9701	6.4700	5.1792	8.2642	7.6645	8.3220	5.9984
110	4.3478	50.0000	20.0000	7.0711	17.3205	13.1951	16.3299	12.2297

Fator idade para provas combinadas Masculino

Age	60m	100m	200m	400m	800m	1000m	1500m	60m Hurdles	Short Hurdles
35	0.9991	0.9999	0.9791	0.9824	0.9965	0.9997	0.9849	1.0000	0.9957
40	0.9763	0.9668	0.9482	0.9513	0.9580	0.9629	0.9532	0.9698	0.9609
45	0.9526	0.9345	0.9179	0.9208	0.9205	0.9266	0.9206	0.9371	0.9244
50	0.9281	0.9031	0.8883	0.8909	0.8842	0.8908	0.8871	0.9132	0.9662
55	0.9029	0.8726	0.8594	0.8616	0.8489	0.8556	0.8527	0.8782	0.9230
60	0.8769	0.8429	0.8312	0.8329	0.8147	0.8208	0.8174	0.8732	0.9457
65	0.8502	0.8139	0.8035	0.8047	0.7814	0.7865	0.7814	0.8351	0.8958
70	0.8228	0.7858	0.7764	0.7770	0.7490	0.7527	0.7446	0.8174	1.0788
75	0.7946	0.7584	0.7500	0.7440	0.7169	0.7188	0.7070	0.7765	1.0111
80	0.7658	0.7317	0.7170	0.6970	0.6737	0.6756	0.6651	0.7249	0.9392
85	0.7264	0.6946	0.6669	0.6360	0.6156	0.6173	0.6076	0.6560	0.8483
90	0.6696	0.6396	0.5998	0.5609	0.5425	0.5436	0.5341	0.5699	0.7360
95	0.5956	0.5666	0.5156	0.4718	0.4544	0.4545	0.4446	0.4666	0.6025
100	0.5043	0.4757	0.4142	0.3686	0.3514	0.3500	0.3390	0.3461	0.4477
105	0.3958	0.3669	0.2957	0.2514	0.2332	0.2300	0.2175	0.2085	0.2719
110	0.2700	0.2400	0.1600	0.1200	0.1000	0.0939	0.0800	0.0538	0.0750

Age	High Jump	Pole Vault	Long Jump	Shot Put	Discus	Hammer	Javelin	Weight
35	1.0136	1.0129	1.0385	1.0462	1.0000	1.0000	1.0438	1.0000
40	1.0631	1.0708	1.0972	1.1125	1.0187	1.0496	1.1218	1.0668
45	1.1159	1.1351	1.1608	1.1867	1.0856	1.1190	1.2110	1.1405
50	1.1724	1.2070	1.2299	1.1551	1.0078	1.0911	1.2293	0.9978
55	1.2330	1.2881	1.3051	1.2420	1.0873	1.1783	1.3425	1.0704
60	1.2981	1.3800	1.3876	1.2252	0.9653	1.1709	1.3675	1.0071
65	1.3683	1.4854	1.4783	1.3317	1.0590	1.2865	1.5184	1.0854
70	1.4442	1.6073	1.5787	1.3036	1.1746	1.2785	1.5566	1.0263
75	1.5267	1.7502	1.6917	1.4385	1.3205	1.4403	1.7731	1.1233
80	1.6166	1.9199	1.8448	1.3885	1.5103	1.4301	1.8402	1.0544
85	1.7149	2.1548	2.0674	1.5671	1.7672	1.6779	2.1894	1.2044
90	1.8493	2.5212	2.4042	1.7971	2.1341	2.0327	2.6989	1.4230
95	2.0563	3.1395	2.9522	2.1043	2.7000	2.5823	3.4861	1.7680
100	2.3825	4.3531	3.9676	2.5361	3.6863	3.5446	4.7841	2.3883
105	2.9328	7.6795	6.4179	3.1876	5.8353	5.5959	7.2999	3.8185
110	4.0000	50.0000	20.0000	4.2841	14.1421	12.8565	14.1421	10.5283



FEDERAÇÃO
PORTUGUESA
ATLETISMO

MAIS Atletismo

www.fpatletismo.pt

PARCEIROS INSTITUCIONAIS



PATROCINADORES

