

20,30	+0.6	David Lima	90		SL Benfica	1	
20,54	-0.6	David Lima	90		SL Benfica	5el	C. Mundo
20,67	+1.6	David Lima	90		SL Benfica	2s	
20,67	+1.2	David Lima	90		SL Benfica	1el	T Eur. Sel.
20,83	+0.6	David Lima	90		SL Benfica	1	
20,87	+1.3	David Lima	90		SL Benfica	4	T Eur. Sel.
20,90	+0.9	David Lima	90		SL Benfica	2	
21,03	+2.0	Vítor Ricardo Santos	94		SL Benfica	1B	
21,10	+0.8	André Costa	92		SL Benfica	1s	
21,14	+0.8	Rafael Jorge	97	S23	SL Benfica	2s	
21,15	+1.8	William Reais	99	JN	(Suiça)	1el	
21,15	+1.0	David Lima	90		SL Benfica	1	CN I Div.
21,16	+0.8	Ricardo Ribeiro	95	S23	Sporting CP	3s	
21,18	+0.8	Rafael Jorge	97	S23	SL Benfica	1	CN s'23
21,19	0.0	David Lima	90		SL Benfica	1	
21,21	+0.9	Ricardo Ribeiro	95	S23	Sporting CP	4el	CE s'23
21,22	0.0	Rafael Jorge	97	S23	SL Benfica	4el	CE s'23
21,22	+0.9	Ricardo Ribeiro	95	S23	Sporting CP	6mf	CE s'23
21,25	+0.9	Rafael Jorge	97	S23	SL Benfica	6mf	CE s'23
21,34	-1.6	William Reais	99	JN	(Suiça)	3	
21,36	+0.8	Ricardo Ribeiro	95	S23	Sporting CP	2	CN s'23
21,47	p.c.	David Lima	90		SL Benfica	1	CN I Div.
21,47	+1.5	Rafael Jorge	97	S23	SL Benfica	1el	CN s'23
21,47	+0.4	William Reais	99	JN	(Suiça)	3	
21,50	p.c.	Ancuiam Lopes	91		Sporting CP	1	
21,51	+0.1	Ancuiam Lopes	91		Sporting CP	4	
21,52	+0.8	Mauro Pereira	98	JN	SL Benfica	4s	
21,56	p.c.	Eduardo Sá	95	S23	SC Braga	2	CN I Div.
21,58	p.c.	Carlos Nascimento	94		Sporting CP	1	C Portugal
21,58	+0.7	Sérgio Silva	96	S23	Juv Ilha Verde	1	CN III Div.
21,58	-1.9	Pedro Bernardo	89		SL Benfica	1	
21,59	+0.4	Ricardo Ribeiro	95	S23	Sporting CP	1	
21,62	p.c.	Ancuiam Lopes	91		Sporting CP	1	
21,66	p.c.	Ancuiam Lopes	91		Sporting CP	1	
21,66	p.c.	Mauro Pereira	98	JN	SL Benfica	2	C Portugal
21,66	-0.5	William Reais	99	JN	(Suiça)	1el	
21,66	+0.9	Tiago Gonçalves	98	JN	CA Seia	1s	
21,67	p.c.	Eduardo Sá	95	S23	SC Braga	3	C Portugal
21,68	p.c.	Eduardo Sá	95	S23	SC Braga	1	CN s'23
21,71	+0.8	Eduardo Sá	95	S23	SC Braga	3	CN s'23
21,73	+1.0	Carlos Nascimento	94		Sporting CP	2	CN I Div.
21,74	-0.2	William Reais	99	JN	(Suiça)	2el	
21,75	0.0	Mauro Pereira	98	JN	SL Benfica	1el	CN s'23
21,77	+0.9	Pedro Bernardo	89		SL Benfica	1s	
21,78	+0.8	Miguel Sambé	95	S23	Sporting CP	4	CN s'23
21,79	+1.5	Ricardo Ribeiro	95	S23	Sporting CP	2el	CN s'23
(até 21,80)							
(46 marcas / 14 atletas)							
21,85	+1.1	João A. Esteves	98	JN	SL Benfica	1	
21,86	+0.8	João Pinto	97	S23	Sporting CP	5	CN s'23
21,97	p.c.	José Pedro Lopes	95	S23	SL Benfica	6	C Portugal
22,10	0.0	Micael Franco	95	S23	ADR Ag Pena	3el	CN s'23
22,15	+1.8	Gil Manuel	94		Sporting CP	3	
22,16	+0.4	Carlos Castro	97	S23	CA Mazarefes	2	

(20)							
22,21	+1.5	Delvis Santos	99	JN	SL Benfica	4el	CN s'23
22,35	+0.1	Tomás Gonçalves	01	JV	AA Ch Caparica	3	Esp-Por
22,41	+0.7	Xavier Rato	99	JN	Gira Sol	2	CN II Div.
22,44	-0.1	Edi Sousa	89		SC Braga	1	
22,44	+1.8	Adam Ferreira	96	S23	C Bf Faro	4	
22,47	+0.6	Luís Gonçalves	87		Sporting CP	2mf	CM IPC
22,49	-0.9	Jorge Colaço	94		AA Ch Caparica	1	
22,51	p.c.	Miguel Alves	98	JN	AC Mocidade-Aç	9	C Portugal
22,54	-0.2	João Ferreira	96	S23	SC Braga	2	C. Norte
22,55	-0.6	Tiago Horta	94		Sporting CP	1s	
(30)							

ATLETAS ESTRANGEIROS:

CBV	21,83	+1.8	Jordin Andrade	92		Sporting CP	1	
GBS	22,06	+0.9	Holder da Silva	88		Sporting CP	1	
CBV	22,49	+0.7	Ronaldinho Oliveira	97	S23	Campismo SJM	3	CN II Div.
CBV	22,52	p.c.	Wilson Martins	88		J Vidigalense	ex	C Portugal

Chaux-Fonds-SUI	02-07
Londres-GBR	07-08
Gainsville-EUA	28-04
Vaasa-FIN	23-06
Yate-GBR	03-06
Vaasa-FIN	25-06
Londres-GBR	24-05
Kortrijk-BEL	08-07
Salamanca-ESP	03-06
Salamanca-ESP	03-06
Jona-SUI	18-06
Leiria	23-07
Salamanca-ESP	03-06
Pombal	02-07
Lappeenranta-FIN	26-08
Bydgoszcz-POL	14-07
Bydgoszcz-POL	14-07
Bydgoszcz-POL	15-07
Bydgoszcz-POL	15-07
Berna-SUI	28-05
Pombal	02-07
Pombal	19-02
Pombal	02-07
Schifflange-LUX	30-07
Val de Reuil-FRA	15-01
Tergnier-FRA	25-05
Salamanca-ESP	03-06
Pombal	19-02
Pombal	12-02
Leiria	23-07
Pamplona-ESP	27-07
Guarda	07-07
Nogent s Oise-FRA	22-01
Nogent s Oise-FRA	08-01
Pombal	12-02
Kreuzlingen-SUI	26-05
Salamanca-ESP	03-06
Pombal	12-02
Pombal	26-02
Pombal	02-07
Leiria	23-07
Lugano	14-05
Pombal	02-07
Schifflange-LUX	30-07
Pombal	02-07
Pombal	02-07

Lisboa-I	16-07
Pombal	02-07
Pombal	12-02
Pombal	02-07
Torres Vedras	18-06
Braga	21-06

Pombal	02-07
Ávila-ESP	01-07
Leiria	23-07
Lisboa-AL	03-05
Torres Vedras	18-06
Londres-GBR	21-07
Setúbal	16-07
Pombal	12-02
Maia	16-07
Lisboa-I	16-07

Torres Vedras	18-06
Torres Vedras	29-04
Leiria	23-07
Pombal	12-02
