

23,08	+0.2	Lorène Bazolo	83	Sporting CP	1		Madrid-ESP	14-07
23,28	+1.1	Lorène Bazolo	83	Sporting CP	1		Salamanca-ESP	03-06
23,39	-0.5	Lorène Bazolo	83	Sporting CP	1	CN I Div.	Leiria	23-07
23,50	+1.5	Lorène Bazolo	83	Sporting CP	1		Palafrugell-ESP	27-05
23,62	-0.4	Lorène Bazolo	83	Sporting CP	1el	C Eur. Sel.	Vaasa-FIN	23-06
23,76	-1.3	Lorène Bazolo	83	Sporting CP	3	C Eur. Sel.	Vaasa-FIN	25-06
23,85	-0.6	Lorène Bazolo	83	Sporting CP	6el	C. Mundo	Londres-GBR	08-08
23,89	p.c.	Rivinilda Mentai	94	SL Benfica	1	CN I Div.	Pombal	19-02
23,97	+0.1	Marisa V. Carvalho	99	JN SL Benfica	2	Meet. SLB	Lisboa-I	17-06
23,98	p.c.	Lorene Bazolo	83	Sporting CP	2	CN I Div.	Pombal	19-02
24,04	+1.1	Rivinilda Mentai	94	SL Benfica	2		Salamanca-ESP	03-06
24,20	p.c.	Rivinilda Mentai	94	SL Benfica	1	C Portugal	Pombal	12-02
24,32	-1.6	Rivinilda Mentai	94	SL Benfica	1	CN Cl-ap	Vendas Novas	28-05
24,37	-0.1	Rivinilda Mentai	94	SL Benfica	1		Lisboa-I	16-07
24,47	+1.5	Rivinilda Mentai	94	SL Benfica	1		Guarda	07-07
24,53	+0.1	Carina V. Pereira	98	JN SL Benfica	3s	Meet. SLB	Lisboa-I	17-06
24,53	+0.1	Cátia Santos	94	SL Benfica	3s	Meet. SLB	Lisboa-I	17-06
24,54	+0.3	Catarina Lourenço	00	JV CA Sal. Manique	2s	Meet. SLB	Lisboa-I	17-06
24,54	+0.1	Tatiana Rosário	94	GA Fátima	5s	Meet. SLB	Lisboa-I	17-06
24,54	-1.9	Catarina Lourenço	00	JV CJ Sal. Manique	5el	CE Jun.	Grosseto-ITA	21-07
24,54	-0.7	Catarina Lourenço	00	JV CJ Sal. Manique	8m	CE Jun.	Grosseto-ITA	22-07
24,58	+1.1	Carina V. Pereira	98	JN SL Benfica	1		Torres Vedras	18-06
24,60	-0.5	Rivinilda Mentai	94	SL Benfica	2	CN I Div.	Leiria	23-07
24,61	+0.4	Marisa V. Carvalho	99	JN SL Benfica	H		Arona-ESP	03-06
24,63	p.c.	Rivinilda Mentai	94	SL Benfica	1	CN Cl-ap	Pombal	22-01
24,63	-0.5	Rosalina Santos	98	JN GD Estreito	3	CN I Div.	Leiria	23-07
24,64	+2.0	Adriana Alves	95	S23 SL Benfica	1ex	CN s'23	Pombal	02-07
24,73	p.c.	Sofia Duarte	96	S23 Sporting CP	1	CN s'23	Pombal	26-02
24,74	p.c.	Carina V. Pereira	98	JN SL Benfica	2	CN s'23	Pombal	26-02
24,80	+1.1	Adriana Alves	95	S23 SL Benfica	1		Lisboa-I	25-06
24,82		Sofia Duarte	96	S23 Sporting CP	2		Lisboa-I	16-07
24,84	+1.5	Cátia Santos	94	SL Benfica	2		Guarda	07-07
24,85	p.c.	Lorene Bazolo	83	Sporting CP	1	CN Cl-ap	Pombal	21-01
24,88	+0.3	Tatiana Rosário	94	GA Fátima	1	CN II Div.	Leiria	23-07
24,91	p.c.	Cátia Santos	94	SL Benfica	2	C Portugal	Pombal	12-02
24,92	+2.0	Sofia Duarte	96	S23 Sporting CP	1	CN s'23	Pombal	02-07
24,93	p.c.	Carina V. Pereira	98	JN SL Benfica	3	C Portugal	Pombal	12-02
24,94	p.c.	Cátia Azevedo	94	Sporting CP	4	C Portugal	Pombal	12-02
24,97	+1.1	Sofia Duarte	96	S23 Sporting CP	2		Torres Vedras	18-06
24,98	0.0	Lecabela Quaresma	89	SL Benfica	H		Kladno-CHE	17-06
(até 25,00)								
(39 marcas / 10 atletas)								
25,03	p.c.	Filipa Martins	92	Sporting CP	5	C Portugal	Pombal	12-02
25,04	+1.0	Carla Gama	90	Sporting CP	4		Ávila-ESP	15-07
25,12	+1.1	Andreia Crespo	93	Sporting CP	4		Salamanca-ESP	03-06
25,17	p.c.	Fatoumata Diallo	00	JV CO Pechão	1	CN II Div.	Pombal	19-02
25,37	+0.6	Beatriz Andrade	01	JV SCU Torreense	1	Esp-Por	Ávila-ESP	01-07
25,38	+0.5	Ana Costa	02	IN CA Tâmega	1		Maia	11-06
25,42	p.c.	Joana Carlos	99	JN J Vidigalense	3	CN Jun.	Pombal	19-02
25,44	+0.6	Carolina Duarte	90	Sporting CP	1s		Torres Vedras	18-06
25,55	+0.3	Carina Silva	01	JV ACDR Arneirense ex			Lisboa-I	16-07

25,57	+1.7	Bárbara Silva	99	JN	A Jard. Serra	2		Ribeira Brava	07-01
(20)									
25,57	p.c.	Erica Granjeia	00	JV	Gira Sol	3	CN II Div.	Pombal	19-02
25,57	+0.3	Sara Moreira	01	JV	C+S Lavra	2	CN II Div.	Leiria	23-07
25,67	p.c.	Margarida Monteiro	97	S23	SL Benfica	4	CN s'23	Pombal	26-02
25,80	p.c.	Jéssica Neto	99	JN	SC Braga	5	CN s'23	Pombal	26-02
25,82	-1.9	Ema Camacho	00	JV	GD Estreito	2		Ribeira Brava	18-06
25,85	+0.3	Catarina Fernandes	98	JN	Sporting CP	H	CE Jun.	Grosseto-ITA	20-07
25,95	+0.5	Mariana Novo	00	JV	AC P Varzim	1		Braga	05-07
25,96	0.0	Vera Lima	89		Grecas	1		Luso	07-05
25,97	+0.2	Rafaela Hora	98	JN	C+S Lavra	1	C. Norte	Maia	16-07
26,01	-0.1	Rita Faria	98	JN	Sporting CP	5		Lisboa-I	16-07
(30)									

#### ATLETAS ESTRANGEIROS

24,19	+0.3	Rosalina Santos	AF 98	JN	GD Estreito	1s	Meet. SLB	Lisboa-I	17-06
24,61	+0.3	Adriana Alves	ANG 95	S23	SL Benfica	3s	Meet. SLB	Lisboa-I	17-06
25,41	+0.9	Nkansa Delphine	BI 01	JV	CI Pd. Pessoa	1		Setúbal	18-06

#### VENTO FAVORÁVEL

23,59	+3.7	Rivinilda Mentai	94		SL Benfica	2	C Portugal	Vagos	11-06
24,28	+2.6	Cátia Azevedo	94		Sporting CP	2		Monachil-ESP	07-07
24,44	+3.7	Carina V. Pereira	98	JN	SL Benfica	3	C Portugal	Vagos	11-06
24,46	+3.7	Tatiana Rosário	94		GA Fátima	4	C Portugal	Vagos	11-06
24,91	+2.2	Nkansa Delphine	BI 01	JV	C Pd Pessoa	1	CN Juv.	Abrantes	25-06
25,26	+3.6	Ema Camacho	00	JV	GD Estreito	1		Ribeira Brava	21-05
25,29	+2.8	Carina Silva	01	JV	ACDR Arneirense	1		Pombal	11-06
25,30	+2.2	Ana Costa	02	IN	CA Tâmega	2	CN Juv.	Abrantes	25-06
25,38	+2.7	Sara Moreira	01	JV	C+S Lavra	3	CN Jun.	Marinha Grande	09-07
25,43	+2.1	Catarina Karas	00	JV	Sporting CP	4	CN Jun.	Marinha Grande	09-07
25,59	+2.7	Alina Humanyuk	00	JV	J Vidigalense	1		Marinha Grande	04-06
25,68	+2.7	Bruna Silva	94		J Vidigalense	2		Marinha Grande	04-06
25,69	+3.7	Rita Faria	98	JN	Sporting CP	6	C Portugal	Vagos	11-06
25,74	+3.3	Jéssica Neto	99	JN	SC Braga	1		Maia	28-06
25,91	+3.5	Carmo Juiz	02	IN	Maratona CP	3		Torres Vedras	18-06
25,96	+3.7	Mafalda Marques	01	JV	SL Benfica	1		Torres Vedras	02-07