

62,63	Irina Rodrigues	91	Sporting CP	2	ML J Vid.	Leiria-CNL	29-07
62,24	Irina Rodrigues	91	Sporting CP	3	ML J Vid.	Leiria-CNL	30-07
61,10	Irina Rodrigues	91	Sporting CP	1		Lovelhe	05-07
60,62	Irina Rodrigues	91	Sporting CP	1		Leiria-CNL	15-04
60,45	Irina Rodrigues	91	Sporting CP	1		Leiria-CNL	20-07
59,62	Irina Rodrigues	91	Sporting CP	1	C Eur. Sel.	Vaasa-FIN	25-06
59,30	Irina Rodrigues	91	Sporting CP	1		Vagos	09-07
59,29	Irina Rodrigues	91	Sporting CP	1	C Portugal	Vagos	10-06
59,17	Irina Rodrigues	91	Sporting CP	1		Leiria-CNL	29-06
57,90	Irina Rodrigues	91	Sporting CP	9		Halle-ALE	20-05
57,51	Irina Rodrigues	91	Sporting CP	1	CN I Div.	Leiria	22-07
57,00	Irina Rodrigues	91	Sporting CP	6		Montreuil-FRA	01-06
56,98	Irina Rodrigues	91	Sporting CP	21c	C. Mundo	Londres-GBR	11-08
56,79	Irina Rodrigues	91	Sporting CP	1		Lisboa-AL	14-07
56,52	Liliana Cá	86	AD Novas Luzes	1		Leiria-CNL	22-06
55,03	Liliana Cá	86	AD Novas Luzes	2	C Portugal	Vagos	10-06
54,04	Liliana Cá	86	AD Novas Luzes	1		Leiria-CNL	06-05
53,37	Liliana Cá	86	AD Novas Luzes	2		Lisboa-AL	14-07
53,24	Liliana Cá	86	AD Novas Luzes	2		Leiria-CNL	29-06
53,12	Liliana Cá	86	AD Novas Luzes	1		Leiria-CNL	08-04
52,19	Liliana Cá	86	AD Novas Luzes	1		Torres Vedras	18-03
51,04	Juliana Pereira	95	S23 SL Benfica	1	CN Lanç.	Leiria-CNL	25-02
50,66	Liliana Cá	86	AD Novas Luzes	1		Torres Vedras	21-05
50,58	Liliana Cá	86	AD Novas Luzes	2	CN Lanç.	Leiria-CNL	25-05
50,38	Liliana Cá	86	AD Novas Luzes	1		Lisboa-AL	19-02
50,23	Jessica Include	96	S23 Sporting CP	1	J. Islâmicos	Baku-AZE	19-05
50,07	Liliana Cá	86	AD Novas Luzes	1		Almada	15-06
49,57	Juliana Pereira	95	S23 SL Benfica	9	ML J Vid.	Leiria-CNL	30-07
49,48	Ophélie Oliveira	96	S23 J Vidigalense	15c	CE s'23	Bydgoszcz-POL	13-07
49,47	Ophélie Oliveira	95	S23 J Vidigalense	3		Venissieux-FRA	07-05
49,37	Liliana Cá	86	AD Novas Luzes	1		Seixal	28-01
49,19	Jessica Include	96	S23 Sporting CP	2		Leiria-CNL	06-05
49,11	Jessica Include	96	S23 Sporting CP	3	CN Lanç.	Leiria-CNL	25-02
48,97	Ophélie Oliveira	96	S23 J Vidigalense	3	C Portugal	Vagos	10-06
48,91	Ophélie Oliveira	96	S23 J Vidigalense	1B	ML J Vid.	Leiria-CNL	30-07
48,90	Ophélie Oliveira	96	S23 J Vidigalense	9	ML J Vid.	Leiria-CNL	29-07
48,75	Jessica Include	96	S23 Sporting CP	4	C Portugal	Vagos	10-06
48,55	Juliana Pereira	95	S23 SL Benfica	1	CN s'23	Pombal	01-07
48,49	Juliana Pereira	95	S23 SL Benfica	10	ML J Vid.	Leiria-CNL	29-07
48,48	Ophélie Oliveira	96	S23 J Vidigalense	4		Saint-Louis-FRA	16-06
48,47	Jessica Include	96	S23 Sporting CP	1		Lisboa-AL	23-06
48,27	Ophélie Oliveira	96	S23 J Vidigalense	1		Venissieux-FRA	31-05
48,13	Jessica Include	96	S23 Sporting CP	2	CN s'23	Pombal	01-07
47,96	Jessica Include	96	S23 Sporting CP	2		Almada	15-06
47,96	Ophélie Oliveira	96	S23 J Vidigalense	1		Bourg Bresse-FR,	24-06
47,88	Ophélie Oliveira	96	S23 J Vidigalense	5		Aix-les-Bains-FR/	21-05
47,84	Juliana Pereira	95	S23 SL Benfica	1		Leiria-CNL	04-03
47,78	Juliana Pereira	95	S23 SL Benfica	5	C Portugal	Vagos	10-06
47,62	Teresa Silva	97	S23 SL Benfica	1		Leiria-CNL	18-02
47,55	Juliana Pereira	95	S23 SL Benfica	2	CN I Div.	Leiria	22-07

47,40	Ophélie Oliveira	96	S23	J Vidigalense	3		Leiria-CNL	29-06
47,39	Ophélie Oliveira	96	S23	J Vidigalense	2		Leiria-CNL	04-03
47,38	Ophélie Oliveira	96	S23	J Vidigalense	4	CN Lanç.	Leiria-CNL	25-02
47,35	Teresa Silva	97	S23	SL Benfica	5	CN Lanç.	Leiria-CNL	25-02
47,33	Ophélie Oliveira	96	S23	J Vidigalense	3	CN s'23	Pombal	01-07
47,30	Ophélie Oliveira	96	S23	J Vidigalense	2		Genebra-SUI	12-04
47,19	Juliana Pereira	95	S23	SL Benfica	20c	CE s'23	Bydgoszcz-POL	13-07
47,11	Juliana Pereira	95	S23	SL Benfica	4		Leiria-CNL	29-06
47,02	Juliana Pereira	95	S23	SL Benfica	3		Leiria-CNL	06-05
46,76	Jessica Include	96	S23	Sporting CP	5		Leiria-CNL	29-06
46,74	Ophélie Oliveira	95	S23	J Vidigalense	3	CN I Div.	Leiria	22-07
46,62	Teresa Silva	97	S23	SL Benfica	4		Leiria-CNL	06-05
46,41	Teresa Silva	97	S23	SL Benfica	3		Leiria-CNL	04-03
46,34	Jessica Include	96	S23	Sporting CP	3B	ML J Vid.	Leiria-CNL	30-07
46,20	Teresa Silva	97	S23	SL Benfica	4	ML J Vid.	Leiria-CNL	30-07
46,15	Juliana Pereira	95	S23	SL Benfica	12	TE Lanç.	Las Palmas-ESP	12-03
46,15	Juliana Pereira	95	S23	SL Benfica	2		Lisboa-AL	23-06
46,13	Teresa Silva	97	S23	SL Benfica	3		Almada	15-06
46,00	Teresa Silva	97	S23	SL Benfica	1		Leiria-CNL	08-02
45,97	Juliana Pereira	95	S23	SL Benfica	2		Leiria-CNL	08-02
45,94	Micaela Sereno	00	JV	J Vidigalense	1	CN Jun.	Marinha Grande	08-07
45,92	Ophélie Oliveira	95	S23	J Vidigalense	6		Romans-FRA	27-06
45,88	Ophélie Oliveira	96	S23	J Vidigalense	1		Vénissieux-FRA	12-02
45,81	Teresa Silva	97	S23	SL Benfica	6	C Portugal	Vagos	10-06
45,73	Juliana Pereira	95	S23	SL Benfica	1	CN Cl-ap	Vendas Novas	27-05
45,66	Ophélie Oliveira	95	S23	J Vidigalense	2		Aix-les-Bains-FR/	23-06
45,44	Teresa Silva	97	S23	SL Benfica	7		Leiria-CNL	29-06
45,27	Juliana Pereira	95	S23	SL Benfica	1	CN Univ.	Faro	14-05
45,22	Teresa Silva	97	S23	SL Benfica	2		Torres Vedras	21-05
45,14	Jessica Include	96	S23	Sporting CP	2		Leiria-CNL	20-07
45,10	Ophélie Oliveira	95	S23	J Vidigalense	2		Aix-les-Bains-FR/	17-12
45,09	Teresa Silva	97	S23	SL Benfica	11	ML J Vid.	Leiria-CNL	29-07
45,00	Jessica Include	96	S23	Sporting CP	12	ML J Vid.	Leiria-CNL	29-07

(até 45,00)

(83 marcas / 7 atletas)

44,92	Diana Hernandez	93		ACR Sr <sup>a</sup> Desterr	4	CN I Div.	Leiria	22-07
41,37	Fernanda A. Martins	75	F40	CF Oliv. Douro	1	CN Cl-ap	Guimarães	27-05
40,39	Margarida Borges	92		AC Mocidade-Aç	7	C Portugal	Vagos	10-06
	(10)							
40,27	Fátima Ribeiro	91		GD Estreito	1		Funchal	21-05
39,94	Sónia Borges	85		JOMA	1		Montereau-FRA	06-05
39,33	Inês Fernandes	88		ADC Lovelhe	2	CM Def. Int.	Bangkok-TAI	18-05
38,86	Daniela Carvalho	74	F40	Esc Movimento	2	CN Cl-ap	Guimarães	27-05
38,48	Inês Carreira	00	JV	J Vidigalense	1		Leiria-CNL	22-06
38,10	Cláudia Campos	97	S23	Maia AC	7	CN Lanç.	Leiria-CNL	25-05
37,70	Elsa Cruz	97	S23	SC Braga	1	C. Norte	Maia	16-07
37,10	Cecília Rebocho	99	JN	NDJ Laranjeiro	1		Almada	15-06
36,93	Eva Gonçalves	02	IN	NA Cucujães	2	CN Lanç.	Leiria-CNL	26-02
36,73	Katy Soares	98	JN	J Vidigalense	4		Leiria-CNL	20-07

(20)

36,16	Mariana Bento	98	JN	CA M Grande	3	CN III Div.	Leiria	22-07
35,54	Erica Borges	00	JV	CA Terceira	1		Ponta Delgada	07-05
35,20	Ângela Costa	99	JN	CDR Ribeirinho	3		Almada	15-06
34,80	Ana Beatriz Gomes	00	JV	CS Marítimo	2	CN II Div	Leiria	22-07
34,77	Tânia Pinhão	88		Grecas	7	CN I Div.	Leiria	22-07
34,55	Ivanilda Semedo	00	JV	SL Benfica	4	CN Jun.	Marinha Grande	08-07
34,16	Juliana Rei	99	JN	Gira Sol	4	ML J Vid.	Leiria-CNL	29-07
33,99	Diana Rodrigues	00	JV	CA Mazarefes	4	CN Juv.	Abrantes	24-06
33,83	Margarida Ferreira	94		NA Cucujães	2		Lovelhe	23-04
33,44	Carolina Teixeira	00	JV	A Jardim Serra	4	CN Lanç.	Leiria-CNL	26-02

(30)

**ATLETAS ESTRANGEIRAS:**

45,60	Auriole Dongmo	CMR	90		Sporting CP	6	Leiria-CNL	29-06
41,60	Eliana Bandeira	BRA	96	S23	J Vidigalense	4	Leiria-CNL	22-06