

## JUVENIL - F

Prova	Atleta	Marca	Data	Local	Org.
60 M	PC Joana Vitorino	7.93	2009-02-21	Pombal	ADAL
100 M	Teresa Carvalho	12.35	2010-05-15	Lisboa(AL)	AAL
200 M	Joana Vitorino	26.36	2009-06-14	Lisboa(AL)	AAL
300 M	Stenia Betuncal	42.73	2009-05-02	Lisboa(AL)	AAL
400 M	Catarina Bastos	58.86	2003-06-28	Lisboa(U)	AAL
600 M	Rita Gomes	1 49.27	2008-12-20	Lisboa(U)	AAL
800 M	Solange Fernandes	2 14.96	2008-06-15	Luso	FPA
1000 M	Solange Fernandes	3 01.08	2008-06-10	Luso	FPA
1500 M	Solange Fernandes	4 52.16	2008-05-14	Caldas da Rainha	DE
Milha	Solange Fernandes	5 33.8	2007-12-08	Lisboa(I)	AAL
3000 M	Solange Fernandes	10 48.33	2008-07-18	Malta	FISEC
60 MB	Marisa Anselmo	9.40	2003-01-01	Lisboa(U)	AAL
60 MB(76)	PC Stenia Betuncal	9.11	2009-02-07	Alpiarça	FPA
80 MB(76)	Stenia Betuncal	11.93	2009-04-29	Seixal	DE
100 MB	Stenia Betuncal	14.76	2009-07-12	Lisboa(U)	FPA
100 MB(76)	Stenia Betuncal	14.57	2009-07-21	Lagos	FISEC
300 MB	Catarina Bastos	46.14	2002-07-23	Malta	FISEC
400 MB	Catarina Bastos	63.89	2003-06-22	Abrantes	FPA
Altura	Marisa Anselmo	1.79	2002-05-11	Funchal	AARAM
Comprimento	Teresa Carvalho	5.75	2010-05-16	Lisboa(AL)	AAL
Triplo	Marisa Anselmo	11.34	2004-05-18	Guimarães	FPA
Peso	PC Catarina Bastos	9.24	2003-02-23	Espinho	FPA
Peso(3)	Ana Emilia Silva	12.06	2002-05-29	Lisboa(I)	AAL
Disco	Marisa Luz	27.01	2012-05-13	Lisboa(U)	AAL
Martelo	Marisa Luz	15.76	2013-06-08	Abrantes	FPA
Dardo	Catarina Bastos	30.67	2003-05-03	Lisboa(U)	AAL
Heptatlo	Stenia Betuncal	3861	2009-04-06	Lisboa(U)	AAL
Triatlo	Catarina Bastos	2076	2002-12-14	Lisboa(U)	AAL
Pentatlo	PC Catarina Bastos	3004	2003-02-23	Espinho	FPA
4x100 M	Joana Vitorino	49.52	2009-05-23	Setúbal	DE
	Stenia Betuncal				
	Diana Vale				
	Inês Neves				
4x300 M	Stenia Betuncal	3 05.72	2008-06-29	Abrantes	FPA
	Joana Vitorino				
	Diana Vale				
	Vanessa Marques				
4x400 M	Ana Gil	4 21.22	2003-06-22	Abrantes	FPA
	Vanessa Pires				
	Andreia Serra				
	Barbara Oliveira				