

SENIOR - F

Prova	Atleta	Marca	Data	Local	Org.
60 M	PC Joana Vitorino	7.67	2013-02-23	Pombal	FADU
200 M	PC Joana Vitorino	26.20	2010-02-27	Espinho	FPA
400 M	PC Solange Fernandes	61.10	2011-01-29	Pombal	FPA
800 M	PC Solange Fernandes	2 13.73	2011-02-27	Pombal	FPA
1500 M	PC Solange Fernandes	4 46.68	2012-01-29	Pombal	FPA
3000 M	PC Solange Fernandes	10 57.66	2013-01-27	Pombal	FPA
60 MB	PC Stenia Betuncal	8.76	2010-02-20	Pombal	ADAL
Altura	PC Marisa Anselmo	1.71	2003-02-16	Espinho	???
Comprimento	PC Teresa Carvalho	5.68	2011-01-22	Pombal	FPA
Triplo	PC Soraya Betuncal	11.79	2015-01-11	CAR	FPA
Peso	PC Catarina Bastos	10.25	2004-02-15	Espinho	FPA
Pentatlo	PC Catarina Bastos	3317	2004-02-15	Espinho	FPA
4x200 M	PC Rita Gomes	1 52.45	2010-01-09	Pombal	FPA
	PC Joana Vitorino				
	PC Stenia Betuncal				
	PC Diana Vale				
4x400 M	PC Solange Fernandes	4 16.53	2011-02-13	Pombal	FPA
	PC Rita Gomes				
	PC Stenia Betuncal				
	PC Inês Neves				