

SENIOR - M

Prova	Atleta	Marca	Data	Local	Org.
60 M	PC Francisco Casegas	7.16	2010-02-06	Espinho	FPA
200 M	PC David Silva	23.18	2015-01-25	Pombal	FPA
400 M	PC David Silva	50.54	2015-02-14	Pombal	FPA
800 M	PC Pedro Varela	2 01.99	2014-02-08	Pombal	FPA
1500 M	PC Pedro Varela	4 20.92	2013-01-27	Pombal	FPA
3000 M	PC Paulo Mota	9.04.86	2010-01-31	Pombal	FPA
60 MB	PC João Martins	8.89	2010-01-09	Pombal	FPA
Altura	PC Claudio Freixo	2.01	2012-01-29	Pombal	FPA
Vara	PC Hugo Serra	4.00	2015-01-25	Pombal	FPA
Comprimento	PC Marcos Caldeira	7.14	2005-02-13	Espinho	FPA
Triplo	PC Antonio Gomes	14.11	2012-02-05	Espinho	FPA
Peso	PC Natã Ié	13.86	2015-02-14	Pombal	FPA
4x200 M	PC Miguel Carvalho	1 36.63	2010-01-09	Pombal	FPA
	PC Francisco Casegas				
	PC Tiago Carvalho				
	PC João Martins				
4x400 M	PC Pedro Assis	3 44.85	2012-01-29	Pombal	FPA
	PC Henrique Silva				
	PC Tiago Esteves				
	PC Marcos Estrela				