

MASCULINOS

60 metros

| | | | | | | |
|-------|-------|---------------------|----|---------|----------|----------|
| 7.11 | | Paulo Dias | 89 | GS-RC | 28.02.09 | Pombal |
| 7.14 | | Guilherme Amaral | 88 | GS-RC | 01.02.09 | Pombal |
| 7.22 | | Lenine Cunha | 82 | AAC | 05.03.09 | Reims |
| 7.27 | | Rui Esteves | 91 | AAC | 19.12.08 | Pombal |
| 7.32 | | Diogo Almeida | 81 | GS-RC | 17.01.09 | Espinho |
| 7.37 | | Vitor Rodrigues | 84 | SUOVais | 27.12.08 | Pombal |
| 7.42 | | Pedro Ferreira | 93 | SUOVais | 07.03.09 | Alpiarça |
| 7.51 | | Miguel Roque | 92 | AAC | 06.12.08 | Pombal |
| 7.52 | | Francisco Mouraz | 92 | GS-RC | 06.12.08 | Pombal |
| 7.66 | | Pedro Cardoso | 90 | AAC | 19.12.08 | Pombal |
| 7.66 | | Carlos Ramos | 94 | GS-RC | 07.03.09 | Alpiarça |
| 7.71 | | João Góis | 90 | ASCV | 03.01.09 | Pombal |
| 7.73 | | Pedro Mossâmedes | 91 | SUOVais | 27.12.08 | Pombal |
| 7.75 | | André Paiva | 93 | GS-RC | 06.12.08 | Pombal |
| 7.75 | | Ricardo Carvalho | 91 | AAFLL | 27.12.08 | Pombal |
| 7.81 | | Maichel Serpa | 94 | GS-RC | 06.12.08 | Pombal |
| 7.86 | | Henrique Marques | 93 | GS-RC | 07.03.09 | Alpiarça |
| 7.96 | - 0.7 | Ariclenes Francisco | 96 | ACM | 27.06.09 | Coimbra |
| 7.98 | | Miguel Nora | 93 | GS-RC | 06.02.09 | Pombal |
| 8.00 | | Arnaldo Figueiredo | 94 | GS-RC | 24.01.09 | Pombal |
| 8.11 | | Luís Cardoso | 95 | SUOVais | 07.02.09 | Alpiarça |
| 8.20 | | Telmo Brandão | 93 | AAC | 19.12.08 | Pombal |
| 8.22 | | Ricardo Pires | 92 | AAC | 19.12.08 | Pombal |
| 8.33 | 1.3 | Pedro Cruz | 96 | GS-RC | 06.06.09 | Luso |
| 8.80 | 0.4 | Pedro Afonso | 97 | EBALH | 06.06.09 | Luso |
| 9.01 | 0.6 | Henrique Gonçalves | 96 | GS-RC | 04.04.09 | Luso |
| 12.08 | 0.4 | Pedro Vaz | 97 | AAC | 23.05.09 | Coimbra |

80 metros

| | | | | | | |
|-------|-----|--------------------|----|-------|----------|-------------|
| 9.97 | 1.7 | Maichel Serpa | 94 | GS-RC | 04.04.09 | Luso |
| 10.00 | 1.7 | Luís Cardoso | 95 | SUOV | 25.04.09 | Mar. Grande |
| 10.17 | 1.2 | Carlos Ramos | 94 | GS-RC | 24.05.09 | Coimbra |
| 10.34 | 1.7 | André Pina | 94 | AAFLL | 04.04.09 | Luso |
| 10.35 | 0.1 | Arnaldo Figueiredo | 94 | GS-RC | 18.04.09 | Luso |
| 10.40 | 0.7 | Carlos Bornes | 94 | GS-RC | 10.05.09 | Leiria |
| 10.50 | 0.1 | Wesler Octávio | 94 | EBALH | 18.04.09 | Luso |
| 10.51 | 1.3 | Pedro Sequeira | 95 | GS-RC | 15.07.09 | Maia |
| 10.60 | 1.2 | Joel Godinho | 95 | EBALH | 24.05.09 | Coimbra |
| 10.71 | 0.4 | Jorge André | 94 | ASCV | 06.06.09 | Luso |
| 10.79 | 1.2 | Gonçalo Melo | 94 | GS-RC | 24.05.09 | Coimbra |
| 10.92 | 0.1 | Rafael Neves | 95 | AECEI | 18.04.09 | Luso |
| 10.97 | 1.2 | Gonçalo Melo | 96 | GS-RC | 24.05.09 | Coimbra |

100 metros

| | | | | | | |
|-------|-----------------|------------------|----|---------|----------|-----------|
| 10.91 | R JV 1.6 | Paulo Ceita | 92 | ACM | 18.07.09 | Seia |
| 11.12 | -0.2 | Rui Esteves | 91 | AAC | 11.07.09 | Lisboa |
| 11.23 | 1.1 | Paulo Dias | 89 | GS-RC | 30.05.09 | Viseu |
| 11.34 | 1.3 | Lenine Cunha | 82 | AAC | 01.07.09 | Maia |
| 11.44 | 1.8 | Miguel Roque | 92 | AAC | 18.05.09 | Albufeira |
| 11.50 | 0.7 | Tiago Diniz | 90 | GS-RC | 06.06.09 | Luso |
| 11.55 | 0.7 | Pedro Cardoso | 90 | AAC | 27.06.09 | Coimbra |
| 11.79 | 0.5 | Francisco Mouraz | 92 | GS-RC | 01.07.09 | Leiria |
| 11.84 | -1.5 | Pedro Ferreira | 93 | SUOVais | 19.04.09 | Luso |
| 11.85 | 0.0 | Guilherme Amaral | 88 | GS-RC | 09.05.09 | Luso |
| 11.85 | 0.5 | Diogo Almeida | 81 | GS-RC | 01.07.09 | Leiria |
| 12.02 | 0.0 | Bernardo Rainha | 92 | AAC | 09.05.09 | Luso |
| 12.04 | 1.3 | Henrique Marques | 93 | GS-RC | 04.04.09 | Luso |
| 12.05 | -1.1 | Helder Pato | 80 | GS-RC | 13.05.09 | Maia |
| 12.26 | 0.5 | André Monteiro | 92 | AAC | 01.07.09 | Leiria |

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|---|-------|-------|--------------------|----|-------|----------|---------|
| | 12.29 | 1.3 | Luís Nogueira | 93 | GS-RC | 04.04.09 | Luso |
| | 12.31 | 0.0 | André Paiva | 93 | GS-RC | 09.05.09 | Luso |
| | 12.40 | - 0.8 | João Amado | 91 | AAC | 23.05.09 | Coimbra |
| | 12.44 | - 0.2 | Miguel Nora | 93 | GS-RC | 23.05.09 | Coimbra |
| | 12.48 | - 0.2 | Kevin Caetano | 92 | GS-RC | 23.04.09 | Coimbra |
| | 12.52 | 0.0 | Ricardo Pires | 92 | AAC | 09.05.09 | Luso |
| M | 12.54 | 0.3 | Carlos Costa | 90 | AAC | 14.03.09 | Coimbra |
| M | 12.54 | 1.7 | Telmo Brandão | 93 | AAC | 14.03.09 | Coimbra |
| M | 12.64 | 0.1 | Arnaldo Figueiredo | 94 | GS-RC | 10.06.09 | Luso |
| M | 12.74 | 1.7 | Henrique Ribeiro | 91 | AAC | 14.03.09 | Coimbra |

150 metros

| | | | | | | | |
|---|-------|-----------------|---------------------|----|-------|----------|---------|
| | 18.81 | R IF 0.4 | Ariclenes Francisco | 96 | ACM | 27.06.09 | Coimbra |
| | 20.43 | 0.4 | Pedro Cruz | 96 | GS-RC | 27.06.09 | Coimbra |
| M | 20.54 | 0.1 | Pedro Afonso | 97 | EBALH | 10.06.09 | Luso |
| | 21.94 | 0.4 | Henrique Gonçalves | 96 | GS-RC | 27.06.09 | Coimbra |
| M | 22.44 | 0.1 | Ricardo Cruz | 96 | GS-RC | 10.06.09 | Luso |
| M | 22.74 | 0.1 | Rafael Silva | 96 | GS-RC | 10.06.09 | Luso |
| M | 23.84 | 0.1 | Frederico Curvelo | 97 | IND30 | 10.06.09 | Luso |
| M | 24.04 | 0.1 | Ruben Duarte | 98 | AAFFL | 10.06.09 | Luso |

200 metros

| | | | | | | | |
|---|-------|-------|------------------|----|-------|----------|---------|
| | 22.79 | | Guilherme Amaral | 88 | GS-RC | 15.02.09 | Pombal |
| | 22.91 | 0.6 | Lenine Cunha | 82 | AAC | 08.07.09 | Liberec |
| | 22.92 | 0.0 | Rui Esteves | 91 | AAC | 14.06.09 | Leiria |
| | 22.97 | - 1.2 | Miguel Roque | 92 | AAC | 19.07.09 | Seia |
| | 23.06 | | Vitor Ferreira | 78 | GS-RC | 04.01.09 | Pombal |
| | 23.09 | - 1.2 | Fernando Almeida | 87 | GS-RC | 19.07.09 | Seia |
| | 23.39 | - 0.7 | Pedro Cardoso | 90 | AAC | 08.07.09 | Leiria |
| M | 23.74 | 0.0 | Paulo Ceita | 92 | ACM | 11.06.09 | Luso |
| | 24.00 | - 1.8 | Francisco Mouraz | 92 | GS-RC | 10.05.09 | Luso |
| | 24.27 | - 0.7 | Tiago Dinis | 90 | GS-RC | 08.07.09 | Leiria |
| | 24.57 | | Bruno Bessa | 91 | GS-RC | 20.12.08 | Pombal |
| | 24.10 | | João Góis | 90 | ASCV | 18.01.09 | Espinho |
| | 24.78 | - 0.7 | Diogo Almeida | 81 | GS-RC | 08.07.09 | Leiria |
| | 25.10 | - 0.2 | André Paiva | 93 | GS-RC | 10.05.09 | Luso |
| | 24.99 | 0.0 | Bernardo Rainha | 92 | AAC | 24.05.09 | Coimbra |
| | 25.21 | 0.0 | André Monteiro | 92 | AAC | 24.05.09 | Coimbra |
| | 25.44 | - 1.6 | Luís Nogueira | 93 | GS-RC | 21.06.09 | Aveiro |
| M | 25.64 | 0.0 | Óscar Fernandes | 93 | GS-RC | 11.06.09 | Luso |
| M | 25.74 | | Maichel Serpa | 94 | GS-RC | 07.12.08 | Pombal |
| | 25.78 | - 0.7 | Jorge Scevola | 89 | GS-RC | 08.07.09 | Leiria |
| | 26.10 | | Pedro Morgado | 91 | ASCV | 20.12.08 | Pombal |
| | 26.18 | | Miguel Nora | 93 | GS-RC | 20.12.08 | Pombal |
| M | 26.44 | 0.0 | Carlos Ramos | 94 | GS-RC | 11.06.09 | Luso |
| | 26.47 | - 1.2 | Ricardo Pires | 92 | AAC | 10.05.09 | Luso |
| | 27.10 | | Telmo Brandão | 93 | AAC | 20.12.08 | Pombal |
| M | 27.64 | | Diogo Almeida | 93 | AAC | 07.12.08 | Pombal |
| | 27.67 | - 0.2 | Henrique Ribeiro | 91 | AAC | 10.05.09 | Luso |

250 metros

| | | | | | | | |
|---|-------|--|--------------------|----|-------|----------|---------|
| M | 33.34 | | Maichel Serpa | 94 | GS-RC | 14.03.09 | Coimbra |
| | 33.57 | | Pedro Sequeira | 95 | GS-RC | 08.07.09 | Viseu |
| | 33.28 | | Arnaldo Figueiredo | 94 | GS-RC | 23.05.09 | Coimbra |
| | 33.91 | | Marco Ferreira | 94 | GS-RC | 23.05.09 | Coimbra |
| | 34.77 | | Guilherme Graça | 94 | ACM | 23.05.09 | Coimbra |
| | 35.39 | | Ruben Monteiro | 94 | ASCV | 23.05.09 | Coimbra |

300 metros

| | | | | | | | |
|--|-------|-------------|------------------|----|-------|----------|------|
| | 36.45 | R JV | Miguel Roque | 92 | AAC | 27.06.09 | Luso |
| | 37.70 | | Francisco Mouraz | 92 | GS-RC | 27.06.09 | Luso |

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|---|-------|--------------------|----|-------|----------|--------|
| | 38.44 | Henrique Marques | 93 | GS-RC | 18.04.09 | Luso |
| M | 39.04 | Bernardo Rainha | 92 | AAC | 10.06.09 | Luso |
| M | 39.94 | André Paiva | 93 | GS-RC | 10.06.09 | Luso |
| M | 40.34 | Luís Nogueira | 93 | GS-RC | 10.06.09 | Luso |
| | 40.49 | André Paiva | 93 | GS-RC | 18.04.09 | Luso |
| | 40.68 | Luís Nogueira | 93 | GS-RC | 04.04.09 | Luso |
| | 40.96 | Carlos José | 92 | ASCV | 24.01.09 | Pombal |
| | 41.05 | Miguel Nora | 93 | GS-RC | 18.04.09 | Luso |
| M | 41.14 | Pedro Sequeira | 95 | GS-RC | 10.06.09 | Luso |
| | 41.78 | Pedro Sequeira | 95 | GS-RC | 24.01.09 | Pombal |
| M | 41.84 | Marco Ferreira | 94 | GS-RC | 10.06.09 | Luso |
| | 42.37 | Jorge Scevola | 89 | GS-RC | 18.04.09 | Luso |
| | 43.36 | Arnaldo Figueiredo | 94 | GS-RC | 24.01.09 | Pombal |
| | 43.35 | Telmo Brandão | 93 | AAC | 18.04.09 | Luso |
| M | 44.34 | Diogo Almeida | 93 | AAC | 06.12.08 | Pombal |

400 metros

| | | | | | | |
|---|-------|------------------|----|-------|----------|----------|
| | 49.85 | Fernando Almeida | 87 | GS-RC | 18.07.09 | Seia |
| | 50.13 | Miguel Roque | 92 | AAC | 18.07.09 | Seia |
| | 50.65 | José Martins | 86 | GS-RC | 23.05.09 | Luso |
| | 51.71 | Hélder Pato | 80 | GS-RC | 10.01.09 | Espinho |
| | 53.06 | João Góis | 90 | ASCV | 17.01.09 | Espinho |
| | 53.13 | Pedro Cardoso | 90 | AAC | 26.07.09 | Seia |
| | 53.31 | António Oliveira | 66 | AAC | 27.06.09 | Braga |
| | 53.58 | Lenine Cunha | 82 | AAC | 27.06.09 | Braga |
| | 54.32 | Rider Costa | 80 | GS-RC | 08.03.09 | Alcanena |
| | 54.55 | Bruno Bessa | 91 | GS-RC | 03.01.09 | Pombal |
| | 54.93 | Henrique Marques | 93 | GS-RC | 09.05.09 | Luso |
| | 55.01 | Carlos Costa | 90 | AAC | 03.01.09 | Pombal |
| | 55.16 | Pedro Morgado | 91 | ASCV | 03.01.09 | Pombal |
| | 56.21 | Vitor Pleno | 83 | AAC | 09.05.09 | Coimbra |
| | 56.73 | Marco Cruz | 93 | GS-RC | 09.05.09 | Luso |
| | 56.89 | João Pontes | 90 | AAC | 27.06.09 | Coimbra |
| | 57.53 | Jorge Scevola | 89 | GS-RC | 01.07.09 | Leiria |
| M | 58.74 | Miguel Nora | 93 | GS-RC | 14.03.09 | Coimbra |
| | 58.98 | Márcio Pereira | 79 | AAC | 01.07.09 | Leiria |
| M | 59.44 | André Paiva | 93 | GS-RC | 14.03.09 | Coimbra |
| | 59.46 | Luís Nogueira | 93 | GS-RC | 13.05.09 | Maia |
| M | 62.74 | Telmo Brandão | 93 | AAC | 14.03.09 | Coimbra |
| M | 64.84 | Bernardo Rainha | 92 | AAC | 14.03.09 | Coimbra |
| M | 68.64 | Henrique Ribeiro | 91 | AAC | 14.03.09 | Coimbra |

600 metros

| | | | | | | |
|--|--------|--------------------|----|-------|----------|---------|
| | 1.46.0 | Ricardo Sérgio | 96 | ASCV | 10.06.09 | Luso |
| | 1.49.4 | Guilherme Portugal | 96 | GS-RC | 07.12.08 | Pombal |
| | 1.59.6 | Henrique Gonçalves | 96 | GS-RC | 07.12.08 | Pombal |
| | 1.57.8 | Pedro Cruz | 96 | GS-RC | 14.03.09 | Coimbra |
| | 2.05.2 | Frederico Curvelo | 97 | IND30 | 10.06.09 | Luso |
| | 2.09.5 | Luís Fernandes | 98 | AAFFL | 14.03.09 | Coimbra |
| | 2.09.9 | Francisco Silva | 96 | GS-RC | 14.03.09 | Coimbra |

800 metros

| | | | | | | |
|--|---------|------------------|----|-------|----------|---------|
| | 1.53.29 | José Martins | 86 | GS-RC | 14.06.09 | Leiria |
| | 1.57.91 | António Oliveira | 66 | AAC | 14.06.09 | Leiria |
| | 1.58.15 | Luís Rações | 76 | GS-RC | 18.01.09 | Espinho |
| | 2.01.02 | João Bernardo | 93 | GS-RC | 19.07.09 | Seia |
| | 2.02.08 | Hélder Pato | 80 | GS-RC | 04.01.09 | Pombal |
| | 2.03.99 | Gonçalo Jesus | 92 | GS-RC | 18.04.09 | Luso |
| | 2.07.15 | Vitor Pleno | 83 | AAC | 21.06.09 | Aveiro |
| | 2.07.22 | João Góis | 90 | ASCV | 20.12.08 | Pombal |
| | 2.07.73 | José Sousa | 89 | ACC | 04.01.09 | Pombal |

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|---------|-----------------|----|-------|----------|---------|
| 2.07.77 | João Pontes | 90 | AAC | 08.07.09 | Leiria |
| 2.07.95 | Carlos Costa | 90 | AAC | 20.12.08 | Pombal |
| 2.12.2 | Marcio Pereira | 79 | AAC | 10.05.09 | Coimbra |
| 2.13.56 | Marco Cruz | 93 | GS-RC | 10.05.09 | Luso |
| 2.13.77 | André Dias | 95 | GS-RC | 21.02.09 | Pombal |
| 2.15.18 | Rafael Matias | 93 | GS-RC | 20.12.08 | Pombal |
| 2.16.2 | Ruben Monteiro | 94 | ASCV | 11.06.09 | Luso |
| 2.17.38 | Samuel Marques | 92 | GS-RC | 18.04.09 | Luso |
| 2.18.8 | Marco Ferreira | 94 | GS-RC | 11.06.09 | Luso |
| 2.25.67 | Miguel Figueira | 94 | ACT | 24.5.09 | Coimbra |

1.000 metros

| | | | | | |
|---------|--------------------|----|---------|----------|-----------|
| 2.39.38 | João Bernardo | 93 | GS-RC | 08.05.09 | Seixal |
| 2.40.62 | Gonçalo Jesus | 92 | GS-RC | 11.04.09 | Luso |
| 2.45.72 | Helder Pato | 80 | GS-RC | 19.04.09 | Luso |
| 2.49.64 | João Pontes | 90 | AAC | 29.07.09 | Aveiro |
| 2.51.6 | Alberto Silva | 93 | AEZUFF | 22.04.09 | Coimbra |
| 2.51.8 | Telmo Cruz | 93 | IPH | 22.04.09 | Coimbra |
| 2.52.94 | André Dias | 95 | GS-RC | 08.03.09 | Alcanena |
| 2.53.9 | David Silva | 93 | GS-RC | 22.04.09 | Coimbra |
| 2.53.95 | Rafael Matias | 92 | GS-RC | 11.04.09 | Luso |
| 2.54.87 | Marco Ferreira | 94 | GS-RC | 17.05.09 | Albufeira |
| 2.56.05 | Carlos Costa | 90 | AAC | 19.04.09 | Luso |
| 2.57.12 | Lenine Cunha | 82 | AAC | 05.03.09 | Reims |
| 2.58.64 | Miguel Roque | 90 | AAC | 29.07.09 | Aveiro |
| 2.59.57 | Marco Cruz | 93 | GS-RC | 11.04.09 | Luso |
| 3.00.25 | Ruben Monteiro | 95 | ASCV | 01.05.09 | Leiria |
| 3.01.7 | Nuno Rodrigues | 95 | EBRSI | 22.04.09 | Coimbra |
| 3.02.1 | Miguel Vaz | 94 | AEA | 22.04.09 | Coimbra |
| 3.04.2 | João Reis | 95 | AECAR | 22.04.09 | Coimbra |
| 3.06.0 | Diogo Lima | 94 | AEB | 22.04.09 | Coimbra |
| 3.06.18 | Henrique Marques | 93 | GS-RC | 05.04.09 | Luso |
| 3.08.11 | Pedro Cardoso | 90 | AAC | 29.07.09 | Aveiro |
| 3.11.11 | Leonardo Cruz | 96 | AEMC | 08.05.09 | Seixal |
| 3.14.05 | César Encarnação | 95 | EBALH | 19.04.09 | Luso |
| 3.14.98 | Vitor Rodrigues | 84 | SUOVais | 28.12.08 | Pombal |
| 3.15.25 | José Penacho | 95 | ASCV | 11.04.09 | Luso |
| 3.17.06 | Ricardo Carvalho | 91 | AAFFL | 28.12.08 | Pombal |
| 3.17.79 | Miguel Figueira | 95 | ACT | 05.04.09 | Luso |
| 3.19.43 | Samuel Marques | 92 | GS-RC | 11.04.09 | Luso |
| 3.21.69 | Rafael Oliveira | 96 | EBPMA | 22.04.09 | Coimbra |
| 3.21.72 | Naznul Alam | 96 | EBRSI | 22.04.09 | Coimbra |
| 3.24.37 | Arnaldo Figueiredo | 94 | GS-RC | 26.04.09 | Guarda |
| 3.25.06 | João Perdigão | 97 | IEL | 22.04.09 | Coimbra |
| 3.26.38 | Pedro Cruz | 96 | GS-RC | 05.04.09 | Luso |
| 3.28.39 | Maichel Serpa | 94 | GS-RC | 05.04.09 | Luso |
| 3.28.54 | Leandro Simões | 98 | IEL | 08.05.09 | Seixal |
| 3.30.12 | Pedro Mossâmedes | 91 | SUOVais | 28.12.08 | Pombal |
| 3.31.1 | Rui Santos | 96 | EBALH | 11.03.09 | Coimbra |
| 3.31.71 | Jorge André | 94 | ASCV | 05.04.09 | Luso |
| 3.32.31 | Guilherme Portugal | 96 | GS-RC | 01.05.09 | Leiria |
| 3.32.81 | Ricardo Sérgio | 96 | ASCV | 06.06.09 | Luso |

1.500 metros

| | | | | | |
|---------|------------------|----|--------|----------|---------|
| 3.59.01 | Luís Rações | 76 | GS-RC | 25.07.09 | Seixal |
| 4.02.94 | António Oliveira | 66 | AAC | 13.06.09 | Leiria |
| 4.03.57 | Nelson Oliveira | 81 | GS-RC | 30.05.09 | Viseu |
| 4.07.04 | Pedro Fernandes | 83 | GS-RC | 17.01.09 | Espinho |
| 4.09.06 | João Rui Silva | 84 | AAC | 27.06.09 | Coimbra |
| 4.09.93 | João Rodrigues | 85 | AAC | 17.01.09 | Espinho |
| 4.10.65 | Hugo Fontes | 89 | ACCORD | 09.05.09 | Luso |

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|---------|----------------|----|---------|----------|---------|
| 4.11.1 | Vitor Pleno | 83 | AAC | 16.05.09 | Luso |
| 4.12.19 | Gonçalo Jesus | 92 | GS-RC | 09.05.09 | Luso |
| 4.13.88 | João Bernardo | 93 | GS-RC | 01.07.09 | Leiria |
| 4.17.28 | José Sousa | 89 | ACCORD | 03.01.09 | Pombal |
| 4.24.96 | Pedro Ferreira | 89 | ACCORD | 06.06.09 | Luso |
| 4.32.77 | Marco Martins | 77 | GS-RC | 23.05.09 | Coimbra |
| 4.32.9 | Alberto Silva | 93 | SUOVais | 10.06.09 | Luso |
| 4.38.3 | Rafael Matias | 92 | GS-RC | 06.12.08 | Pombal |
| 4.34.31 | João Pontes | 90 | AAC | 23.05.09 | Coimbra |
| 4.39.8 | Telmo Cruz | 93 | IPH | 11.03.09 | Coimbra |
| 4.43.02 | Márcio Pereira | 79 | AAC | 06.06.09 | Luso |
| 4.43.3 | David Silva | 93 | GS-RC | 10.06.09 | Luso |
| 4.44.5 | Ruben Monteiro | 94 | ASCV | 10.06.09 | Luso |
| 5.04.58 | Lenine Cunha | 82 | AAC | 08.07.09 | Liberec |

3.000 metros

| | | | | | |
|----------|-----------------|----|--------|----------|---------|
| 8.28.60 | Nelson Oliveira | 81 | GS-RC | 15.02.09 | Espinho |
| 8.51.84 | João Rodrigues | 85 | AAC | 31.01.09 | Pombal |
| 8.55.02 | Pedro Fernandes | 83 | GS-RC | 14.06.09 | Leiria |
| 9.02.2 | Luís Catarino | 82 | GS-RC | 10.06.09 | Luso |
| 9.04.15 | João Rui Silva | 84 | AAC | 18.01.09 | Espinho |
| 9.04.23 | Pedro Ferreira | 89 | ACC | 04.01.09 | Pombal |
| 9.07.05 | Gonçalo Jesus | 92 | GS-RC | 18.01.09 | Espinho |
| 9.09.02 | Vitor Pleno | 83 | AAC | 18.01.09 | Espinho |
| 9.12.93 | Hugo Fontes | 89 | ACC | 20.05.09 | Luso |
| 9.16.69 | Luís Eva | 69 | ACCORD | 20.05.09 | Luso |
| 9.39.00 | Messias Dias | 72 | GS-RC | 05.07.09 | Luso |
| 9.53.55 | Pedro Morgado | 91 | ASCV | 04.01.09 | Pombal |
| 10.07.3 | Marco Martins | 77 | GS-RC | 14.03.09 | Coimbra |
| 10.25.6 | João Pontes | 90 | AAC | 29.11.08 | Coimbra |
| 10.31.54 | Gonçalo Cardoso | 91 | AAC | 20.12.08 | Pombal |
| 10.37.79 | David Silva | 93 | GS-RC | 19.04.09 | Luso |
| 11.16.41 | Samuel Marques | 92 | GS-RC | 19.04.09 | Luso |

5.000 metros

| | | | | | |
|----------|-----------------|----|-------|----------|---------|
| 15.22.60 | Luís Catarino | 82 | GS-RC | 13.06.09 | Leiria |
| 15.35.04 | João Rodrigues | 85 | AAC | 08.07.09 | Leiria |
| 15.56.96 | Pedro Ferreira | 89 | ACCOR | 17.06.09 | Luso |
| 16.03.11 | Pedro Fernandes | 83 | GS-RC | 30.05.09 | Viseu |
| 16.09.9 | Messias Dias | 72 | GS-RC | 08.07.09 | Leiria |
| 16.27.9 | Hugo Fontes | 89 | ACCOR | 28.03.09 | Coimbra |
| 16.43.7 | Bruno Andrade | 89 | ACCOR | 28.03.09 | Coimbra |
| 17.27.9 | Marco Martins | 77 | GS-RC | 28.03.09 | Coimbra |
| 17.47.7 | António Silva | 73 | GS-RC | 08.07.09 | Leiria |
| 18.06.3 | Gonçalo Cardoso | 91 | AAC | 28.03.09 | Coimbra |

10.000 metros

| | | | | | |
|----------|---------------------|----|-------|----------|-------|
| 33.55.23 | Messias Dias | 72 | GS-RC | 08.09.09 | Taipé |
| 37.55.12 | António Pedro Silva | 73 | GS-RC | 11.04.09 | Luso |
| 38.03.68 | Paulo Figueira | 71 | GS-RC | 11.04.09 | Luso |
| 39.10.25 | João Silva | 74 | AAC | 11.04.09 | Luso |
| 41.37.37 | Adérito Curto | 60 | GS-RC | 11.04.09 | Luso |

4 x 60 metros

| | | | | | | |
|-------|----------|----------------------|----|-------|----------|--------|
| 32.53 | R | Sérgio Cruz | 96 | ADAC | 01.05.09 | Leiria |
| | | Pedro Afonso | 97 | | | |
| | | Pedro Cruz | 97 | | | |
| | | Ariclenes Franscisco | 96 | | | |
| 35.0 | | Pedro Afonso | 97 | EBALH | 10.06.09 | Luso |
| | | Sérgio Cruz | 96 | | | |

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|--|---------|--------------------|----|-------|----------|-------------|
| | | João Dias | 97 | | | |
| | | Gonçalo Azenha | 97 | | | |
| 4 x 80 metros | | | | | | |
| | 41.73 | Luís Cardoso | 95 | EBALH | 25.04.09 | Mar. Grande |
| | | Wesler Octávio | 94 | | | |
| | | Joel Godinho | 95 | | | |
| | | Pedro Afonso | 97 | | | |
| | 40.96 | Carlos Ramos | 94 | GS-RC | 23.05.09 | Coimbra |
| | | Marco Ferreira | 94 | | | |
| | | Pedro Cruz | 96 | | | |
| | | Arnaldo Figueiredo | 94 | | | |
| 4 x 100 metros | | | | | | |
| | 43.65 | Rui Esteves | 91 | AAC | 05.06.09 | Leiria |
| | | Miguel Roque | 92 | | | |
| | | Pedro Cardoso | 90 | | | |
| | | Lenine Cunha | 82 | | | |
| | 43.90 | R JN | 92 | AAC | 11.07.09 | Lisboa |
| | | Bernardo Rainha | 92 | | | |
| | | Miguel Roque | 92 | | | |
| | | Pedro Cardoso | 90 | | | |
| | | Rui Esteves | 91 | | | |
| | 43.96 | Rui Esteves | 91 | ADAC | 23.05.09 | Luso |
| | | Miguel Roque | 92 | | | |
| | | Guilherme Amaral | 88 | | | |
| | | Paulo Dias | 89 | | | |
| | 44.05 | Diogo Almeida | 81 | GS-RC | 13.06.09 | Leiria |
| | | Guilherme Amaral | 88 | | | |
| | | Francisco Mouraz | 92 | | | |
| | | Fernando Almeida | 87 | | | |
| | 45.64 | JV | 93 | ADAC | 19.04.09 | Luso |
| | | Pedro Ferreira | 93 | | | |
| | | Francisco Mouraz | 92 | | | |
| | | Henrique Marques | 93 | | | |
| | | Miguel Roque | 92 | | | |
| 4 x 400 metros | | | | | | |
| | 3.24.86 | Vitor Ferreira | 78 | GS-RC | 18.01.09 | Pombal |
| | | Helder Pato | 80 | | | |
| | | José Martins | 86 | | | |
| | | Fernando Almeida | 87 | | | |
| | 3.35.59 | Pedro Cardoso | 90 | AAC | 14.06.09 | Leiria |
| | | Vitor Pleno | 83 | | | |
| | | António Oliveira | 66 | | | |
| | | Miguel Roque | 92 | | | |
| | 3.36.46 | JN | 90 | AAC | 12.07.09 | Lisboa |
| | | Pedro Cardoso | 90 | | | |
| | | Carlos Costa | 90 | | | |
| | | Miguel Roque | 92 | | | |
| | | João Pontes | 90 | | | |
| Estafeta Sueca (400-300-200-100 m) | | | | | | |
| | 2.06.8 | JN | 92 | AAC | 06.06.09 | Luso |
| | | Miguel Roque | 92 | | | |
| | | Rui Esteves | 91 | | | |
| | | Pedro Cardoso | 90 | | | |
| | | Bernardo Rainha | 92 | | | |
| 1.500 metros obstáculos | | | | | | |
| | 5.00.61 | Ruben Monteiro | 94 | ASCV | 24.05.09 | Coimbra |
| | 5.09.70 | Marco Ferreira | 94 | GS-RC | 18.04.09 | Luso |
| | 5.20.75 | André Oliveira | 94 | AAFFL | 18.04.09 | Luso |
| | 5.26.83 | Élio Fonseca | 94 | EBALH | 24.05.09 | Coimbra |
| | 5.36.29 | Tiago Santos | 94 | GS-RC | 18.04.09 | Luso |

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|----------------------------------|-------|--------------------|----|---------|----------|----------|
| 5.48.85 | | André Andrade | 94 | ACT | 24.05.09 | Coimbra |
| 2.000 metros obstáculos | | | | | | |
| 6.33.75 | | Alberto Silva | 93 | SUOVais | 28.06.09 | Luso |
| 6.47.9 | | David Silva | 93 | GS-RC | 11.06.09 | Luso |
| 6.53.84 | | Rafael Matias | 93 | GS-RC | 18.04.09 | Luso |
| 7.19.26 | | Marco Cruz | 93 | GS-RC | 18.04.09 | Luso |
| 3.000 metros obstáculos | | | | | | |
| 9.22.54 | | Luís Rações | 76 | GS-RC | 14.06.09 | Leiria |
| 9.39.77 | | Luís Catarino | 82 | GS-RC | 01.07.09 | Maia |
| 9.46.29 | | João Rui Silva | 84 | AAC | 14.06.09 | Leiria |
| 10.50.48 | | Messias Dias | 72 | GS-RC | 01.07.09 | Leiria |
| 11.38.57 | | Pedro Silva | 73 | GS-RC | 01.07.09 | Leiria |
| 60 metros barreiras 076 | | | | | | |
| 10.94 | 1.8 | Sérgio Cruz | 96 | GS-RC | 01.05.09 | Leiria |
| 10.94 | - 0.6 | Pedro Cruz | 96 | GS-RC | 05.07.09 | Leiria |
| 11.66 | | João Rosa | 96 | GS-RC | 27.12.08 | Pombal |
| 11.71 | 0.0 | Henrique Gonçalves | 96 | GS-RC | 05.07.09 | Leiria |
| 11.76 | | Pedro Afonso | 97 | EBALH | 27.12.08 | Pombal |
| 60 metros bar. (0,84) | | | | | | |
| 9.74 | | Arnaldo Figueiredo | 94 | GS-RC | 06.02.09 | Pombal |
| 10,31 | | Luís Cardoso | 95 | EBALH | 27.12.08 | Pombal |
| 10.61 | | Carlos Bornes | 94 | GS-RC | 07.02.09 | Alpiarça |
| 11.18 | | André Pina | 94 | AAFFL | 27.12.08 | Pombal |
| 60 metros bar. (0,91) | | | | | | |
| 9,16 | | Henrique Marques | 93 | GS-RC | 24.01.09 | Pombal |
| 9.19 | | Pedro Ferreira | 93 | SUOVais | 07.02.09 | Alpiarça |
| 9.57 | | Francisco Mouraz | 92 | GS-RC | 06.02.09 | Pombal |
| 11.34 | | Telmo Brandão | 93 | AAC | 27.12.08 | Pombal |
| 60 metros bar. (1.00) | | | | | | |
| 9.95 | | Pedro Mossâmedes | 91 | SUOVais | 28.12.08 | Pombal |
| 10.31 | | João Amado | 91 | AAC | 20.12.08 | Pombal |
| 10.53 | | Ricardo Carvalho | 91 | AAFFL | 28.12.08 | Pombal |
| 60 metros bar. (1.06) | | | | | | |
| 8.67 | | Helder Pato | 80 | GS-RC | 01.02.09 | Pombal |
| 9.14 | | Vitor Rodrigues | 84 | SUOVais | 28.12.08 | Pombal |
| 11.82 | | João Amado | 91 | AAC | 04.01.09 | Pombal |
| 100 metros barreiras 084 | | | | | | |
| 15.58 | - 0.3 | Arnaldo Figueiredo | 94 | GS-RC | 23.05.09 | Coimbra |
| 18.57 | - 1.2 | Maichel Serpa | 94 | GS-RC | 05.04.09 | Luso |
| 19.48 | - 1.2 | Jorge André | 94 | ASCV | 05.04.09 | Luso |
| 20.56 | 1.2 | José Mouzinho | 94 | AAFFL | 19.04.09 | Luso |
| 20.74 | - 1.2 | Miguel Figueira | 95 | ACT | 05.04.09 | Luso |
| 110 metros barreiras 091 | | | | | | |
| 16.25 | 0.1 | Henrique Marques | 93 | GS-RC | 18.04.09 | Luso |
| 19.25 | 0.1 | Luís Nogueira | 93 | GS-RC | 18.04.09 | Luso |
| 19.28 | 0.0 | André Paiva | 93 | GS-RC | 05.04.09 | Luso |
| 110 metros barreiras 1.00 | | | | | | |
| 19.09 | R 0.0 | Henrique Marques | 93 | GS-RC | 10.05.09 | Luso |
| 20.65 | 0.0 | João Amado | 91 | AAC | 10.05.09 | Luso |
| 110 metros barreiras 1.06 | | | | | | |
| 15.64 | 0.0 | Hélder Pato | 80 | GS-RC | 14.06.09 | Leiria |

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|----------------------------------|----------|--------------------|----|-------|----------|------------|
| 18.31 | 0.0 | Ricardo Ferreira | 82 | AAC | 14.06.09 | Leiria |
| 250 metros barreiras 076 | | | | | | |
| 36.51 | R | Arnaldo Figueiredo | 94 | GS-RC | 01.05.09 | Leiria |
| 37.14 | | José Morezinho | 94 | AAFFL | 01.05.09 | Leiria |
| 37.61 | | Wesler Octávio | 94 | EBALH | 24.05.09 | Coimbra |
| 37.68 | | Jorge André | 94 | ASCV | 23.05.09 | Coimbra |
| 37.82 | | Pedro Sequeira | 95 | GS-RC | 01.05.09 | Leiria |
| 300 metros barreiras 084 | | | | | | |
| 41.85 | | Francisco Mouraz | 92 | GS-RC | 28.06.09 | Luso |
| M 42.94 | | Henrique Marques | 93 | GS-RC | 28.03.09 | Coimbra |
| 44.29 | | André Paiva | 93 | GS-RC | 28.06.09 | Luso |
| M 45.14 | | Arnaldo Figueiredo | 94 | GS-RC | 11.06.09 | Luso |
| M 45.54 | | Luís Nogueira | 93 | GS-RC | 28.03.09 | Coimbra |
| M 46.14 | | Pedro Sequeira | 95 | GS-RC | 11.06.09 | Luso |
| M 46.44 | | Marco Cruz | 93 | GS-RC | 11.06.09 | Luso |
| 400 metros barreiras 0.91 | | | | | | |
| 55.40 | | Hélder Pato | 80 | GS-RC | 30.05.09 | Viseu |
| M 56.64 | | Fernando Almeida | 87 | GS-RC | 10.05.09 | Coimbra |
| 57.96 | | Pedro Cardoso | 90 | AAC | 20.06.09 | Aveiro |
| 61.07 | | João Góis | 90 | ASCV | 08.07.09 | Leiria |
| M 63.54 | | Vitor Pleno | 83 | AAC | 28.03.09 | Coimbra |
| 66.48 | | Luís Nogueira | 93 | GS-RC | 20.05.09 | Luso |
| 3.000 metros marcha | | | | | | |
| 12.34.45 | | Luís Silva | 70 | AAC | 10.06.09 | Lisboa |
| 15.21.40 | | Ivo Ferreira | 85 | GS-RC | 05.03.09 | Reims |
| 5.000 metros marcha | | | | | | |
| 21.33.66 | | Luís Silva | 70 | AAC | 13.06.09 | Leiria |
| 25.26.73 | | Ivo Ferreira | 85 | GS-RC | 14.02.09 | Pombal |
| 10.000 metros marcha | | | | | | |
| 45.30.4 | | Luís Silva | 70 | AAC | 17.05.09 | Lisboa |
| 54.03.89 | | Ivo Ferreira | 85 | GS-RC | 07.07.09 | Liberec |
| 20.000 metros marcha | | | | | | |
| 1.37.52.41 | | Luís Silva | 70 | AAC | 02.05.09 | Luso |
| 1.56.14.88 | | Ivo Ferreira | 85 | GS-RC | 02.05.09 | Luso |
| 5 Kms marcha | | | | | | |
| 22.06.0 | | Luís Silva | 70 | AAC | 04.04.09 | Rio Maior |
| 29.10.0 | tp | Ivo Ferreira | 85 | GS-RC | 21.02.09 | V. N. Gaia |
| 10 Kms marcha | | | | | | |
| 46.53.0 | | Luís Silva | 70 | AAC | 21.02.09 | V. N. Gaia |
| 58.03.0 | tp | Ivo Ferreira | 85 | GS-RC | 21.02.09 | V. N. Gaia |
| 20 Kms marcha | | | | | | |
| 1.51.01.0 | | Luís Silva | 70 | AAC | 10.01.09 | M. Velho |
| 1.59.28.0 | | Ivo Ferreira | 85 | GS-RC | 21.02.09 | V. N. Gaia |
| Peso 3 | | | | | | |
| 10.76 | | João Dias | 97 | EBALH | 10.06.09 | Luso |
| 10.72 | | Henrique Gonçalves | 96 | GS-RC | 05.07.09 | Leiria |
| 10.01 | | Pedro Cruz | 96 | GS-RC | 27.06.09 | Coimbra |
| 9.69 | | Nuno Bonfim | 96 | IPH | 11.03.09 | Coimbra |
| 8.60 | | Rafael Oliveira | 96 | EBALH | 11.03.09 | Coimbra |
| 8.49 | | João Fagundo | 96 | AECAR | 11.03.09 | Coimbra |

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|------|--------------|----|-------|----------|---------|
| 7.84 | Daniel Cruz | 96 | IPH | 11.03.09 | Coimbra |
| 7.04 | Pedro Afonso | 97 | EBALH | 24.01.09 | Pombal |

Peso 4

| | | | | | |
|-------|--------------------|----|-------|----------|---------|
| 16.00 | Carlos Bornes | 94 | GS-RC | 24.01.09 | Pombal |
| 13.63 | Luís Cardoso | 95 | SUOV | 01.08.09 | Leiria |
| 10.86 | Antoine Almeida | 94 | GS-RC | 23.05.09 | Coimbra |
| 10.60 | Marco Ferreira | 94 | GS-RC | 23.05.09 | Coimbra |
| 10.34 | Arnaldo Figueiredo | 94 | GS-RC | 26.04.09 | Guarda |
| 10.14 | Élio Fonseca | 94 | EBALH | 23.05.09 | Coimbra |
| 9.90 | Rafael Mota | 94 | EBALH | 01.08.09 | Leiria |
| 9.83 | André Andrade | 94 | ACT | 14.03.09 | Coimbra |
| 9.74 | Henrique Gonçalves | 96 | GS-RC | 23.05.09 | Coimbra |
| 9.24 | José Mouzinho | 94 | AAFFL | 19.04.09 | Luso |
| 9.11 | Francisco Freitas | 94 | EBIC | 11.03.09 | Coimbra |
| 9.03 | Alexandre Tiago | 95 | ESJC | 11.03.09 | Coimbra |
| 8.72 | Michel Fernandes | 94 | GS-RC | 23.05.09 | Coimbra |
| 8.56 | Maichel Serpa | 94 | GS-RC | 05.04.09 | Luso |
| 8.50 | Tiago Santos | 94 | GS-RC | 23.05.09 | Coimbra |
| 8.43 | André Pina | 94 | AAFFL | 27.12.08 | Pombal |
| 8.25 | Jorge André | 94 | ASCV | 05.04.09 | Luso |

Peso 5

| | | | | | |
|-------|------------------|----|---------|----------|----------|
| 13.69 | Carlos Bornes | 94 | GS-RC | 14.05.09 | Luso |
| 12.92 | Luís Cardoso | 95 | SUOVais | 11.06.09 | Luso |
| 11.33 | Pedro Ferreira | 93 | SUOVais | 07.02.09 | Alpiarça |
| 11.18 | Henrique Marques | 93 | GS-RC | 19.04.09 | Luso |
| 10.92 | David Tavares | 93 | GS-RC | 11.06.09 | Luso |
| 10.81 | Alexis Almeida | 92 | GS-RC | 19.04.09 | Luso |
| 10.58 | Sérgio Cruz | 93 | GS-RC | 23.05.09 | Coimbra |
| 10.29 | Telmo Brandão | 93 | AAC | 11.03.09 | Coimbra |
| 10.19 | André Santiago | 92 | IPH | 11.03.09 | Coimbra |
| 9.93 | Hélder Ferreira | 93 | AECAR | 11.03.09 | Coimbra |
| 9.83 | Sérgio Cruz | 93 | GS-RC | 11.06.09 | Luso |
| 9.58 | Luciano Morais | 93 | IPH | 11.03.09 | Coimbra |
| 9.53 | Antoine Almeida | 94 | GS-RC | 11.06.09 | Luso |
| 9.22 | Bernardo Rainha | 92 | AAC | 23.05.09 | Coimbra |
| 7.37 | Tiago Santos | 94 | GS-RC | 11.06.09 | Luso |
| 5.74 | Rafael Melo | 93 | AAC | 23.05.09 | Coimbra |

Peso 6

| | | | | | |
|-------|------------------|----|-------|----------|---------|
| 12.98 | Ismael Azambuja | 91 | ACT | 14.03.09 | Coimbra |
| 11.48 | Pedro Mossâmedes | 91 | SUOV | 27.12.08 | Pombal |
| 10.48 | Diogo Cavaco | 91 | AAC | 09.05.09 | Luso |
| 9.71 | Alexis Almeida | 92 | GS-RC | 07.12.08 | Pombal |
| 10.02 | Adrien Curto | 91 | GS-RC | 09.05.09 | Luso |
| 9.18 | Kevin Santos | 91 | GS-RC | 07.12.08 | Pombal |
| 8.93 | Telmo Brandão | 93 | AAC | 09.05.09 | Luso |
| 8.51 | Sérgio Cruz | 93 | GS-RC | 09.05.09 | Luso |
| 8.00 | Ricardo Carvalho | 91 | AAFFL | 27.12.08 | Pombal |

Peso 7

| | | | | | |
|-------|--------------------------|----|-------|----------|---------|
| 16.07 | R Vitor Rodrigues | 84 | SUOV | 23.05.09 | Luso |
| 13.20 | Bruno Abel | 82 | GS-RC | 18.01.09 | Espinho |
| 13.16 | Rui Fernandes | 80 | GS-RC | 14.06.09 | Leiria |
| 12.96 | Jorge Santos | 68 | AAC | 14.06.09 | Leiria |
| 12.70 | Hedson Trindade | 89 | GS-RC | 18.01.09 | Espinho |
| 11.84 | Carlos Tribuna | 80 | GS-RC | 17.06.09 | Luso |
| 11.75 | Ricardo Marques | 78 | AAC | 09.07.09 | Liberec |
| 11.13 | Hugo Simões | 79 | AAC | 31.01.09 | Pombal |
| 10.49 | Fonseca Antunes | 60 | SUOV | 05.07.09 | Luso |

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|--------------------|-------|--------------------|----|---------|----------|-----------|
| | 10.20 | Ricardo Monteiro | 87 | AAC | 28.02.09 | Coimbra |
| | 10.33 | João Pita | 89 | AAC | 17.06.09 | Luso |
| | 9.14 | Diogo Cavaco | 91 | AAC | 17.06.09 | Luso |
| | 9.05 | Lenine Cunha | 82 | AAC | 07.07.09 | Liberec |
| | 9.03 | Adrien Curto | 91 | GS-RC | 01.07.09 | Leiria |
| | 8.68 | Kevin Santos | 91 | GS-RC | 04.01.09 | Pombal |
| | 8.38 | Lenine Cunha | 82 | AAC | 05.03.09 | Reims |
| Disco 0.750 | | | | | | |
| | 33.24 | João Dias | 97 | EBALH | 06.06.09 | Luso |
| | 29.78 | Henrique Gonçalves | 96 | GS-RC | 06.06.09 | Luso |
| Disco 1 | | | | | | |
| | 46.61 | Luís Cardoso | 95 | SUOV | 01.08.09 | Leiria |
| | 42.93 | Carlos Bornes | 94 | GS-RC | 01.05.09 | Leiria |
| | 31.16 | Rafael Mota | 94 | EBALH | 01.08.09 | Leiria |
| | 25.29 | João Dias | 97 | EBALH | 24.05.09 | Coimbra |
| | 25.10 | Henrique Gonçalves | 96 | GS-RC | 24.05.09 | Coimbra |
| | 24.39 | Antoine Almeida | 94 | GS-RC | 24.05.09 | Coimbra |
| | 23.59 | Michael Fernandes | 94 | GS-RC | 24.05.09 | Coimbra |
| Disco 1.5 | | | | | | |
| | 35.46 | Pedro Ferreira | 93 | SUOVais | 16.05.09 | Albufeira |
| | 32.01 | Carlos Bornes | 94 | GS-RC | 10.06.09 | Luso |
| | 29.73 | Luís Cardoso | 95 | SUOVais | 10.06.09 | Luso |
| | 27.23 | Alexis Almeida | 92 | GS-RC | 18.04.09 | Luso |
| | 23.29 | Sérgio Cruz | 93 | GS-RC | 10.06.09 | Luso |
| | 22.59 | Rafael Mota | 94 | EBALH | 10.06.09 | Luso |
| | 18.42 | Antoine Almeida | 94 | GS-RC | 17.01.09 | Leiria |
| | 11.49 | Rafael Melo | 93 | AAC | 10.06.09 | Luso |
| Disco 1.750 | | | | | | |
| | 33.85 | Adrien Curto | 91 | GS-RC | 10.05.09 | Luso |
| | 24.62 | Diogo Cavaco | 91 | AAC | 10.05.09 | Luso |
| | 22.61 | Sérgio Cruz | 93 | GS-RC | 10.05.09 | Luso |
| | 22.22 | Alexis Almeida | 92 | GS-RC | 10.05.09 | Luso |
| | 18.83 | Bernardo Rainha | 92 | AAC | 10.05.09 | Luso |
| | 14.53 | Henrique Ribeiro | 91 | AAC | 10.05.09 | Luso |
| Disco 2 | | | | | | |
| | 46.71 | Vitor Rodrigues | 84 | SUOVais | 08.07.09 | Leiria |
| | 38.36 | Rui Fernandes | 80 | GS-RC | 13.06.09 | Leiria |
| | 35.60 | Bruno Abel | 82 | GS-RC | 08.07.09 | Leiria |
| | 34.96 | Fonseca Antunes | 60 | SUOVais | 08.07.09 | Leiria |
| | 33.49 | Ricardo Monteiro | 87 | AAC | 13.06.09 | Leiria |
| | 32.93 | Jorge Santos | 68 | AAC | 30.05.09 | Viseu |
| | 31.49 | Ricardo Marques | 78 | AAC | 12.07.09 | Liberec |
| | 31.17 | Hedson Trindade | 89 | GS-RC | 19.07.09 | Seia |
| | 29.51 | Adrien Curto | 91 | GS-RC | 06.06.09 | Luso |
| | 25.17 | Hugo Simões | 75 | GS-RC | 08.07.09 | Leiria |
| | 24.66 | João Pita | 89 | AAC | 06.06.09 | Luso |
| | 22.72 | Diogo Cavaco | 91 | AAC | 08.07.09 | Leiria |
| Dardo 500 | | | | | | |
| | 30.29 | João Dias | 97 | EBALH | 10.06.09 | Luso |
| | 20.22 | Ricardo Coutinho | 97 | EBALH | 10.06.09 | Luso |
| | 15.22 | Henrique Gonçalves | 96 | GS-RC | 15.02.09 | Leiria |
| | 13.35 | Vitor Costa | 96 | AAFFL | 10.06.09 | Luso |
| Dardo 600 | | | | | | |
| | 45.92 | Carlos Bornes | 94 | GS-RC | 10.05.09 | Leiria |
| | 26.66 | João Dias | 97 | EBALH | 23.05.09 | Coimbra |

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|-------|--------------------|----|-------|----------|---------|
| 24.25 | João Ferreira | 97 | EBALH | 23.05.09 | Coimbra |
| 24.08 | Maichel Serpa | 94 | GS-RC | 04.04.09 | Luso |
| 22.71 | Jorge André | 94 | ASCV | 04.04.09 | Luso |
| 22.19 | Tiago Santos | 94 | GS-RC | 23.05.09 | Coimbra |
| 21.78 | Marco Ferreira | 94 | GS-RC | 10.05.09 | Leiria |
| 20.68 | Arnaldo Figueiredo | 94 | GS-RC | 25.04.09 | Guarda |
| 18.44 | André Pina | 94 | AAFFL | 04.04.09 | Luso |

Dardo 700

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|-------|---------------------------|----|-------|----------|-----------|
| 50.93 | R JV Carlos Bornes | 94 | GS-RC | 20.07.09 | Lagos |
| 36.76 | Marco Cruz | 93 | GS-RC | 11.06.09 | Luso |
| 35.28 | Pedro Ferreira | 93 | SUOV | 17.05.09 | Albufeira |
| 31.94 | Henrique Marques | 93 | GS-RC | 05.04.09 | Luso |
| 31.45 | Telmo Brandão | 93 | AAC | 19.04.09 | Luso |
| 25.18 | Luís Nogueira | 93 | GS-RC | 05.04.09 | Luso |
| 24.69 | David Tavares | 93 | GS-RC | 11.06.09 | Luso |
| 21.07 | André Monteiro | 92 | AAC | 11.06.09 | Luso |
| 20.70 | Tiago Santos | 94 | GS-RC | 11.06.09 | Luso |
| 14.49 | Rafael Melo | 93 | AAC | 11.06.09 | Luso |

Dardo 800

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|-------|------------------|----|---------|----------|-----------|
| 63.40 | Carlos Tribuna | 80 | GS-RC | 11.06.09 | Abrantes |
| 42.57 | Gonçalo Pacheco | 78 | GS-RC | 18.07.09 | Seia |
| 39.37 | Hugo Simões | 79 | AAC | 13.06.09 | Leiria |
| 39.12 | Pedro Nogueira | 87 | SUOVais | 19.04.09 | Coimbra |
| 35.69 | Ismael Azambuja | 91 | ACT | 14.03.09 | Coimbra |
| 35.43 | Hugo Simões | 75 | GS-RC | 01.07.09 | Leiria |
| 32.97 | Marco Cruz | 93 | GS-RC | 09.05.09 | Luso |
| 32.97 | Fonseca Antunes | 60 | SUOVais | 20.06.09 | P. Varzim |
| 32.50 | Bruno Abel | 82 | GS-RC | 10.06.09 | Coimbra |
| 32.45 | Ricardo Monteiro | 87 | AAC | 10.06.09 | Coimbra |
| 29.60 | Ricardo Carvalho | 94 | AAFFL | 14.03.09 | Coimbra |
| 28.91 | Lenine Cunha | 82 | AAC | 08.07.09 | Liberec |
| 28.79 | Telmo Brandão | 93 | AAC | 09.05.09 | Luso |
| 24.68 | Diogo Cavaco | 91 | AAC | 09.05.09 | Luso |
| 24.62 | Emanuel Oliveira | 91 | ASCV | 01.07.09 | Leiria |
| 23.08 | Pedro Morgado | 91 | ASCV | 09.05.09 | Luso |
| 22.33 | Ricardo Marques | 78 | AAC | 10.06.09 | Coimbra |
| 13.90 | João Pita | 89 | AAC | 10.06.09 | Coimbra |

Martelo 4

| | | | | | |
|-------|-----------------------|----|-------|----------|---------|
| 48.27 | R Luís Cardoso | 95 | SUOV | 08.07.09 | Leiria |
| 39.06 | Rafael Mota | 94 | EBALH | 08.07.09 | Leiria |
| 24.95 | João Dias | 97 | EBALH | 24.05.09 | Coimbra |
| 21.94 | Carlos Bornes | 94 | GS-RC | 13.06.09 | Aveiro |
| 19.35 | Tiago Santos | 94 | GS-RC | 24.05.09 | Coimbra |
| 19.25 | Antoine Almeida | 94 | GS-RC | 24.05.09 | Coimbra |

Martelo 5

| | | | | | |
|-------|----------------|----|-------|----------|------|
| 41.32 | Luís Cardoso | 95 | SUOV | 10.06.09 | Luso |
| 35.55 | Rafael Mota | 94 | EBALH | 10.06.09 | Luso |
| 25.56 | Alexis Almeida | 92 | GS-RC | 10.06.09 | Luso |
| 17.99 | Sérgio Cruz | 93 | GS-RC | 10.06.09 | Luso |
| 16.65 | José Melo | 92 | GS-RC | 10.06.09 | Luso |

Martelo 6

| | | | | | |
|-------|----------------|----|-------|----------|------|
| 24.26 | Adrien Curto | 91 | GS-RC | 09.05.09 | Luso |
| 19.75 | Alexis Almeida | 92 | GS-RC | 09.05.09 | Luso |
| 17.75 | Sérgio Cruz | 93 | GS-RC | 09.05.09 | Luso |

Martelo 7

| | | | | | |
|-------|------------|----|-------|----------|---------|
| 45.00 | Bruno Abel | 82 | GS-RC | 10.06.09 | Coimbra |
|-------|------------|----|-------|----------|---------|

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|-------|--|-------------------|----|-------|----------|---------|
| 38.43 | | Ricardo Monteiro | 87 | AAC | 17.06.09 | Luso |
| 35.05 | | Augusto Cavaleiro | 61 | AAC | 31.05.09 | Viseu |
| 31.19 | | Rui Fernandes | 80 | GS-RC | 08.07.09 | Leiria |
| 30.88 | | Ricardo Marques | 78 | AAC | 16.05.09 | Luso |
| 21.62 | | João Pita | 89 | AAC | 10.06.09 | Coimbra |

Comprimento

| | | | | | | |
|------|-------------|---------------------|----|---------|----------|----------|
| 7.12 | | Lenine Cunha | 82 | AAC | 21.02.09 | Pombal |
| 6.65 | 0.0 | Pedro Ferreira | 93 | SUOVais | 27.06.09 | Luso |
| 6.45 | R IN | | | | 06.12.08 | Pombal |
| 6.53 | | Paulo Dias | 89 | GS-RC | 14.02.09 | Pombal |
| 6.30 | | Pedro Mossâmedes | 91 | SUOVais | 27.12.08 | Pombal |
| 6.30 | 0.0 | Pedro Cardoso | 90 | AAC | 09.05.09 | Luso |
| 6.18 | | Vitor Rodrigues | 84 | SUOV | 27.12.08 | Pombal |
| 6.08 | -0.3 | Rui Esteves | 91 | AAC | 01.07.09 | Leiria |
| 5.94 | 0.3 | Tiago Diniz | 90 | GS-RC | 23.05.09 | Coimbra |
| 5.83 | 0.1 | Miguel Roque | 92 | AAC | 18.04.09 | Luso |
| 5.71 | | Carlos Ramos | 94 | GS-RC | 07.03.09 | Alpiarça |
| 5.71 | 1.9 | Henrique Marques | 93 | GS-RC | 14.03.09 | Coimbra |
| 5.57 | -0.4 | Francisco Mouraz | 92 | GS-RC | 01.07.09 | Leiria |
| 5.44 | -0.1 | Wesler Octávio | 94 | EBALH | 23.05.09 | Coimbra |
| 5.43 | 0.7 | Joel Godinho | 95 | EBALH | 23.05.09 | Coimbra |
| 5.38 | 0.9 | Vasco Felisberto | 89 | GS-RC | 14.03.09 | Coimbra |
| 5.37 | 0.3 | João Amado | 91 | AAC | 23.05.09 | Coimbra |
| 5.35 | | Ricardo Carvalho | 91 | AAFFL | 27.12.08 | Pombal |
| 5.31 | 0.8 | Guilherme Graça | 94 | ACM | 23.05.09 | Coimbra |
| 5.24 | | Diogo Almeida | 81 | GS-RC | 04.01.09 | Pombal |
| 5.08 | -0.1 | Luís Cardoso | 95 | SUOV | 18.04.09 | Luso |
| 5.08 | 0.3 | Arnaldo Figueiredo | 94 | GS-RC | 25.04.09 | Guarda |
| 5.06 | 0.0 | Ricardo Pires | 92 | AAC | 10.06.09 | Luso |
| 5.04 | | Maichel Serpa | 94 | GS-RC | 06.02.09 | Pombal |
| 5.03 | -0.6 | Jorge André | 94 | ASCV | 23.05.09 | Coimbra |
| 5.00 | -0.7 | Ariclenes Francisco | 96 | ACM | 06.06.09 | Luso |
| 4.99 | 1.3 | Pedro Sequeira | 94 | GS-RC | 10.05.09 | Leiria |
| 4.94 | 1.2 | Carlos Bornes | 94 | GS-RC | 24.05.09 | Seixal |
| 4.79 | -0.2 | Pedro Afonso | 97 | EBALH | 06.06.09 | Luso |
| 4.71 | -0.6 | Pedro Diniz | 97 | EBALH | 23.05.09 | Coimbra |
| 4.70 | | André Pina | 94 | AAFFL | 27.12.08 | Pombal |
| 4.63 | 0.1 | Rafael Neves | 95 | AECEI | 18.04.09 | Luso |
| 4.56 | -0.2 | José Melo | 92 | GS-RC | 10.06.09 | Luso |
| 4.52 | 1.8 | Pedro Cruz | 96 | GS-RC | 04.04.09 | Luso |
| 4.52 | 0.1 | Miguel Nora | 93 | GS-RC | 18.04.09 | Luso |
| 4.51 | -0.2 | Ruben Monteiro | 94 | ASCV | 23.05.09 | Coimbra |
| 4.49 | 0.1 | André Oliveira | 94 | AAFFL | 18.04.09 | Luso |
| 4.48 | | Luís Nogueira | 93 | GS-RC | 04.04.09 | Luso |
| 4.45 | | Diogo Almeida | 93 | AAC | 06.12.08 | Pombal |
| 4.37 | 0.0 | Henrique Ribeiro | 91 | AAC | 09.05.09 | Luso |
| 4.35 | 1.7 | Henrique Gonçalves | 96 | GS-RC | 04.04.09 | Luso |

Triplo

| | | | | | | |
|-------|-------|------------------|----|-------|----------|---------|
| 14.61 | - 1.1 | Lenine Cunha | 82 | AAC | 14.06.09 | Leiria |
| 13.32 | | Pedro Ferreira | 93 | SUOV | 03.01.09 | Pombal |
| 13.16 | | Mário Felisberto | 83 | GS-RC | 15.02.09 | Pombal |
| 12.56 | - 1.2 | Pedro Mossâmedes | 91 | SUOV | 10.05.09 | Luso |
| 12.45 | -0.2 | Pedro Cardoso | 90 | AAC | 08.07.09 | Leiria |
| 11.14 | 0.0 | Ricardo Pires | 92 | AAC | 11.06.09 | Luso |
| 11.14 | | João Amado | 91 | AAC | 19.12.08 | Pombal |
| 11.06 | 1.3 | Vasco Felisberto | 89 | GS-RC | 28.03.09 | Coimbra |
| 10.98 | 0.0 | Wesler Octávio | 94 | EBALH | 11.06.09 | Luso |
| 10.30 | -0.3 | Ricardo Pires | 92 | AAC | 10.05.09 | Luso |
| 10.23 | 0.0 | Óscar Fernandes | 92 | GS-RC | 11.06.09 | Luso |

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|-------|-----|---------------|----|-------|----------|---------|
| 10.21 | 0.6 | Joel Godinho | 95 | EBALH | 24.05.09 | Coimbra |
| 10.01 | 0.0 | Rodrigo Rocha | 94 | EBALH | 24.05.09 | Coimbra |

Altura

| | | | | | | |
|------|-----|--------------------|----|---------|----------|-------------|
| 2.00 | R = | Hedson Trindade | 89 | GS-RC | 12.07.09 | Lisboa |
| 1.96 | | Pedro Mossâmedes | 91 | SUOVais | 18.07.09 | Seia |
| 1.93 | | Vitor Rodrigues | 84 | SUOVais | 27.12.08 | Pombal |
| 1.88 | | André Girão | 85 | AAC | 30.05.09 | Viseu |
| 1.87 | | Pedro Ferreira | 93 | SUOV | 07.03.09 | Alpiarça |
| 1.78 | | Lenine Cunha | 82 | AAC | 06.03.09 | Reims |
| 1.77 | | Henrique Marques | 93 | GS-RC | 09.05.09 | Luso |
| 1.70 | | Gonçalo Pacheco | 78 | GS-RC | 18.07.09 | Seia |
| 1.65 | | João Amado | 91 | AAC | 09.05.09 | Luso |
| 1.65 | | Micael Sousa | 93 | AECAR | 24.05.09 | Mar. Grande |
| 1.60 | | Lenon Andrade | 91 | ESJC | 11.03.09 | Coimbra |
| 1.60 | | José Martins | 86 | GS-RC | 01.07.09 | Leiria |
| 1.58 | | Rodrigo Rocha | 94 | EBALH | 16.05.09 | Albufeira |
| 1.57 | | Ricardo Carvalho | 91 | AAFFL | 27.12.08 | Pombal |
| 1.55 | | Diogo Dias | 93 | EBALH | 14.02.09 | Alhadas |
| 1.55 | | Rodrigo Santos | 94 | ESJC | 11.03.09 | Coimbra |
| 1.55 | | Hugo Simões | 75 | GS-RC | 01.07.09 | Leiria |
| 1.55 | | Jorge André | 94 | ASCV | 11.06.09 | Luso |
| 1.50 | | Telmo Brandão | 93 | AAC | 01.07.09 | Leiria |
| 1.50 | | César Encarnação | 95 | EBALH | 24.05.09 | Coimbra |
| 1.50 | | Valter Mesquita | 92 | AECAR | 11.03.09 | Coimbra |
| 1.48 | | Maichel Serpa | 94 | GS-RC | 05.04.09 | Luso |
| 1.45 | | Marcelo Dias | 95 | EBALH | 14.02.09 | Alhadas |
| 1.45 | | Renato Almeida | 94 | EBIC | 11.03.09 | Coimbra |
| 1.45 | | João Ferreira | 96 | EBALH | 14.02.09 | Alhadas |
| 1.40 | | Luís Nogueira | 93 | GS-RC | 05.04.09 | Luso |
| 1.40 | | Sérgio Cruz | 96 | GS-RC | 01.05.09 | Leiria |
| 1.40 | | Nuno Bonfim | 96 | IPH | 11.03.09 | Coimbra |
| 1.40 | | Rafael Neves | 95 | EBC | 11.03.09 | Coimbra |
| 1.34 | | Daniel Cruz | 96 | IPH | 11.03.09 | Coimbra |
| 1.32 | | José Mouzinho | 94 | AAFFL | 05.04.09 | Luso |
| 1.32 | | Arnaldo Figueiredo | 94 | GS-RC | 26.04.09 | Guarda |
| 1.30 | | Gonçalo Azenha | 97 | EBALH | 10.06.09 | Luso |

Vara

| | | | | | | |
|------|--|------------------|----|---------|----------|---------|
| 4.44 | | Gonçalo Pacheco | 78 | GS-RC | 14.06.09 | Leiria |
| 3.65 | | Ricardo Ferreira | 82 | AAC | 11.01.09 | Espinho |
| 3.30 | | Paulo Dias | 89 | GS-RC | 15.02.09 | Pombal |
| 3.30 | | Vitor Rodrigues | 84 | SUOVais | 28.12.08 | Pombal |
| 2.80 | | Pedro Mossâmedes | 91 | SUOVais | 28.12.08 | Pombal |
| 2.50 | | Telmo Brandão | 93 | AAC | 10.06.09 | Luso |

Triatlo (60mb076-Peso3-Comprimento)

| | | | | | |
|-----|--|----|-------|----------|--------|
| 815 | Pedro Afonso 11.76-4.37-6.70 | 97 | EBALH | 27.12.08 | Pombal |
| 697 | João Rosa | 96 | GS-RC | 27.12.08 | Pombal |

Triatlo (60mb084-Comprimento-Peso4)

| | | | | | |
|------|--|----|-------|----------|----------|
| 1543 | Carlos Bornes 10.61-4.86-14.43 | 94 | SUOV | 07.02.09 | Alpiarça |
| 1463 | Luís Cardoso | 95 | SUOV | 24.01.09 | Pombal |
| 1211 | Arnaldo Figueiredo | 94 | GS-RC | 27.12.08 | Pombal |
| 1058 | André Pina | 94 | AAFFL | 27.12.08 | Pombal |

Triatlo (60mb091-Peso5-Altura)

| | | | | | |
|-------|--|----|---------|----------|----------|
| 1.906 | Pedro Ferreira 9.19-11.33-1.81 | 93 | SUOVais | 07.02.09 | Alpiarça |
| 1771 | Henrique Marques | 93 | GS-RC | 24.01.09 | Pombal |
| 1026 | Telmo Brandão | 93 | AAC | 27.12.08 | Pombal |

Heptatlo Junior

| | | | | | |
|-------|--|----|---------|-------------|--------|
| 3.867 | Pedro Mossâmedes 7.73-6.30-11.48-1.93 9.95-2.80-3.30.12 | 91 | SUOVais | 27/28.12.08 | Pombal |
| 2.844 | Ricardo Carvalho | 91 | AAFFL | 27/28.12.08 | Pombal |

Heptatlo Sénior

| | | | | | |
|-------|---|----|---------|-------------|--------|
| 4.558 | Vitor Rodrigues 7.37-6.18-14.61-1.93 9.14-3.30-3.14.98 | 84 | SUOVais | 27/28.12.08 | Pombal |
|-------|---|----|---------|-------------|--------|

Pentatlo (60-Compr-60b076-Peso3-1.000)

| | | | | | |
|-------|--|----|-------|-------------|------|
| 1.894 | Pedro Cruz 8.45-4.52-11.59-9.48-3.23.38 | 96 | GS-RC | 04/05.04.09 | Luso |
| 1.510 | Henrique Gonçalves | 96 | GS-RC | | |

Heptatlo (80-Compr-Dardo6-100b084-Altura-Peso4-1.000)

| | | | | | |
|-------|--|----|-------|-------------|--------|
| 2.728 | Arnaldo Figueiredo 10.58-5.08-20.68-15.91-1.32-10.34- 3.24.37 | 94 | GS-RC | 25/26.04.09 | Guarda |
| 2.553 | Maichel Serpa | 94 | GS-RC | 04/05.04.09 | Luso |
| 2.241 | Jorge André | 94 | ASCV | 04/05.04.09 | Luso |
| 1.626 | Miguel Figueira | 95 | ACT | 04/05.04.09 | Luso |

Octatlo Nacional (100-Compr-Peso5-300-110b0914-Altura-Dardo7-1.000)

| | | | | | |
|-------|--|----|-------|-------------|------|
| 4.457 | Henrique Marques 12.04-5.71-10.44-39.97-16.49- 1.76-31.49-3.06.18 | 93 | GS-RC | 04/05.04.09 | Luso |
| 3.018 | Luís Nogueira | 93 | GS-RC | 04/05.04.09 | Luso |
| 2.676 | Telmo Brandão | 93 | AAC | 04/05.04.09 | Luso |