

	SM A	SM Sub23	SML	SML Sub23	SF	SF Sub23	SFL
10K 15/10 Out **	01:42,0	01:44,5	01:47,0	01:50,0	01:57,0	01:59,5	02:02,0
10K 3/12 Dez **	01:41,0	01:43,5	01:46,0	01:49,0	01:56,0	01:58,5	02:01,0
10K 21/1 Jan **	01:40,0	01:42,5	01:45,0	01:48,0	01:55,0	01:57,5	02:00,0
5K 25/2 Fev **	01:36,5	01:39,0	01:41,5	01:44,5	01:51,5	01:54,0	01:56,5
5K 8/4 Abr **	01:36,0	01:38,5	01:41,0	01:44,0	01:51,0	01:53,5	01:56,0

**** standard mínimos obrigatórios para continuar a participar no processo de seleção para a equij**

SFL Sub23	JM	JF
02:04,5	01:52,0	02:08,5
02:03,5	01:51,0	02:07,5
02:02,5	01:50,0	02:06,5
01:59,0	01:46,5	02:03,0
01:58,5	01:46,0	02:02,5

pa nacional.