



COMITÊ PARALÍMPICO
BRASILEIRO



ÍNDICES "A" – ATLETISMO 2026

MASCULINO

PROVAS	ÍNDICE A 2026
Men's 100 m T11	0:11.02
Men's 100 m T12	0:10.53
Men's 100 m T13	0:10.69
Men's 100 m T33	0:19.22
Men's 100 m T34	0:14.77
Men's 100 m T35	0:11.61
Men's 100 m T36	0:11.78
Men's 100 m T37	0:11.17
Men's 100 m T38	0:10.80
Men's 100 m T44	0:11.11
Men's 100 m T43	0:11.11
Men's 100 m T47	0:10.68
Men's 100 m T45	0:10.68
Men's 100 m T46	0:10.68
Men's 100 m T51	0:20.11
Men's 100 m T52	0:16.56
Men's 100 m T53	0:14.63
Men's 100 m T54	0:13.67
Men's 100 m T63	0:12.05
Men's 100 m T42	0:12.05
Men's 100 m T64	0:10.67
Men's 100 m T62	0:10.67
Men's 100 m T71	0:21.83
Men's 100 m T72	0:15.51
Men's 200 m T35	0:23.32
Men's 200 m T37	0:22.89
Men's 200 m T44	0:23.24
Men's 200 m T51	0:37.95
Men's 200 m T64	0:21.87
Men's 400 m T11	0:51.15
Men's 400 m T12	0:48.99
Men's 400 m T13	0:48.46

FEMININO

PROVAS	ÍNDICE A 2026
Women's 100 m T11	0:11.96
Women's 100 m T12	0:11.99
Women's 100 m T13	0:11.90
Women's 100 m T33	0:24.23
Women's 100 m T34	0:17.60
Women's 100 m T35	0:14.02
Women's 100 m T36	0:13.82
Women's 100 m T37	0:12.79
Women's 100 m T38	0:12.43
Women's 100 m T44	0:13.25
Women's 100 m T43	0:13.25
Women's 100 m T47	0:12.15
Women's 100 m T45	0:12.15
Women's 100 m T46	0:12.15
Women's 100 m T53	0:15.72
Women's 100 m T51	0:15.72
Women's 100 m T52	0:15.72
Women's 100 m T54	0:15.51
Women's 100 m T63	0:14.37
Women's 100 m T42	0:14.37
Women's 100 m T64	0:12.50
Women's 100 m T62	0:12.50
Women's 100 m T71	0:23.75
Women's 100 m T72	0:17.91
Women's 200 m T11	0:24.85
Women's 200 m T12	0:24.33
Women's 200 m T13	0:25.02
Women's 200 m T35	0:29.46
Women's 200 m T36	0:28.37
Women's 200 m T37	0:26.83
Women's 200 m T38	0:25.87
Women's 200 m T44	0:27.63
Women's 200 m T47	0:24.73
Women's 200 m T45	0:24.73
Women's 200 m T46	0:24.73
Women's 200 m T64	0:26.21
Women's 400 m T11	0:57.97
Women's 400 m T12	0:55.68
Women's 400 m T13	0:55.59

CENTRO DE TREINAMENTO PARALÍMPICO BRASILEIRO
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PROVAS	ÍNDICE A 2026	PROVAS	ÍNDICE A 2026
Men's 400 m T20	0:47.21	Women's 400 m T20	0:55.35
Men's 400 m T34	0:48.62	Women's 400 m T34	0:58.85
Men's 400 m T33	0:48.62	Women's 400 m T37	1:03.10
Men's 400 m T36	0:52.59	Women's 400 m T38	0:59.70
Men's 400 m T37	0:50.49	Women's 400 m T36	0:59.70
Men's 400 m T38	0:49.16	Women's 400 m T47	0:56.37
Men's 400 m T35	0:49.16	Women's 400 m T45	0:56.37
Men's 400 m T47	0:47.40	Women's 400 m T46	0:56.37
Men's 400 m T45	0:47.40	Women's 400 m T53	0:52.07
Men's 400 m T46	0:47.40	Women's 400 m T51	0:52.07
Men's 400 m T52	0:54.06	Women's 400 m T52	0:52.07
Men's 400 m T51	0:54.06	Women's 400 m T54	0:51.35
Men's 400 m T53	0:47.51	Women's 400 m T72	1:18.23
Men's 400 m T54	0:44.88		
Men's 400 m T62	0:46.35		
Men's 400 m T43	0:46.35		
Men's 400 m T72	1:06.89		
Men's 800 m T20	1:52.77	Women's 800 m T34	1:56.40
Men's 800 m T34	1:36.22	Women's 800 m T33	1:56.40
Men's 800 m T33	1:36.22	Women's 800 m T53	1:43.69
Men's 800 m T53	1:35.06	Women's 800 m T51	1:43.69
Men's 800 m T51	1:35.06	Women's 800 m T52	1:43.69
Men's 800 m T52	1:35.06	Women's 800 m T54	1:43.55
Men's 800 m T54	1:28.74		
Men's 1500 m T11	4:02.57	Women's 1500 m T11	4:45.88
Men's 1500 m T13	3:45.73	Women's 1500 m T13	4:28.79
Men's 1500 m T12	3:45.73	Women's 1500 m T12	4:28.79
Men's 1500 m T20	3:47.76	Women's 1500 m T20	4:28.02
Men's 1500 m T38	3:54.31	Women's 1500 m T54	3:08.39
Men's 1500 m T37	3:54.31	Women's 1500 m T53	3:08.39
Men's 1500 m T46	3:51.40		
Men's 1500 m T45	3:51.40		
Men's 1500 m T52	3:29.49		
Men's 1500 m T51	3:29.49		
Men's 1500 m T54	2:46.45		
Men's 1500 m T53	2:46.45		
Men's 5000 m T11	15:06.68	Women's 5000 m T54	10:37.79
Men's 5000 m T13	14:40.21	Women's 5000 m T53	10:37.79
Men's 5000 m T12	14:40.21		
Men's 5000 m T54	9:21.34		
Men's 5000 m T53	9:21.34		
Men's Long Jump T11	6,67	Women's Long Jump T11	4,89
Men's Long Jump T12	7,07	Women's Long Jump T12	5,46

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PROVAS	ÍNDICE A 2026	PROVAS	ÍNDICE A 2026
Men's Long Jump T13	7,14	Women's Long Jump T20	5,95
Men's Long Jump T20	7,45	Women's Long Jump T37	4,93
Men's Long Jump T36	5,99	Women's Long Jump T38	5,41
Men's Long Jump T37	6,41	Women's Long Jump T36	5,41
Men's Long Jump T38	6,64	Women's Long Jump T47	6,03
Men's Long Jump T35	6,64	Women's Long Jump T45	6,03
Men's Long Jump T44	6,85	Women's Long Jump T46	6,03
Men's Long Jump T43	6,85	Women's Long Jump T63	5,35
Men's Long Jump T47	7,43	Women's Long Jump T42	5,35
Men's Long Jump T45	7,43	Women's Long Jump T61	5,35
Men's Long Jump T46	7,43	Women's Long Jump T64	6,00
Men's Long Jump T63	7,42	Women's Long Jump T43	6,00
Men's Long Jump T42	7,42	Women's Long Jump T44	6,00
Men's Long Jump T61	7,42	Women's Long Jump T62	6,00
Men's Long Jump T64	8,14		
Men's Long Jump T62	8,14		
Men's High Jump T47	2,07		
Men's High Jump T45	2,07		
Men's High Jump T46	2,07		
Men's High Jump T63	1,89		
Men's High Jump T42	1,89		
Men's High Jump T64	2,03		
Men's High Jump T44	2,03		
Men's Club Throw F32	39,60	Women's Club Throw F32	28,91
Men's Club Throw F31	39,60	Women's Club Throw F31	28,91
Men's Club Throw F51	34,54	Women's Club Throw F51	21,84
Men's Discus Throw F11	42,19	Women's Discus Throw F11	39,48
Men's Discus Throw F37	55,18	Women's Discus Throw F38	37,81
Men's Discus Throw F44	59,28	Women's Discus Throw F37	37,81
Men's Discus Throw F42	59,28	Women's Discus Throw F41	33,43
Men's Discus Throw F43	59,28	Women's Discus Throw F40	33,43
Men's Discus Throw F52	23,27	Women's Discus Throw F44	42,52
Men's Discus Throw F51	23,27	Women's Discus Throw F43	42,52
Men's Discus Throw F56	44,68	Women's Discus Throw F52	13,60
Men's Discus Throw F54	44,68	Women's Discus Throw F51	13,60
Men's Discus Throw F55	44,68	Women's Discus Throw F53	14,68
Men's Discus Throw F57	45,36	Women's Discus Throw F55	26,59
Men's Discus Throw F64	56,84	Women's Discus Throw F54	26,59
Men's Discus Throw F62	56,84	Women's Discus Throw F57	32,79
Men's Discus Throw F63	56,84	Women's Discus Throw F56	32,79
		Women's Discus Throw F64	36,31
		Women's Discus Throw F62	36,31
		Women's Javelin F13	40,94
Men's Javelin F13	66,84		

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PROVAS	ÍNDICE A 2026	PROVAS	ÍNDICE A 2026
Men's Javelin F12	66,84	Women's Javelin F11	40,94
Men's Javelin F34	39,36	Women's Javelin F12	40,94
Men's Javelin F33	39,36	Women's Javelin F34	20,35
Men's Javelin F38	56,91	Women's Javelin F33	20,35
Men's Javelin F37	56,91	Women's Javelin F46	42,77
Men's Javelin F41	47,15	Women's Javelin F45	42,77
Men's Javelin F40	47,15	Women's Javelin F54	18,26
Men's Javelin F44	63,77	Women's Javelin F52	18,26
Men's Javelin F42	63,77	Women's Javelin F53	18,26
Men's Javelin F43	63,77	Women's Javelin F56	24,12
Men's Javelin F46	65,20	Women's Javelin F55	24,12
Men's Javelin F45	65,20		
Men's Javelin F54	31,38		
Men's Javelin F52	31,38		
Men's Javelin F53	31,38		
Men's Javelin F57	51,23		
Men's Javelin F56	51,23		
Men's Javelin F55	51,23		
Men's Javelin F64	55,46		
Men's Javelin F61	55,46		
Men's Javelin F62	55,46		
Men's Javelin F63	55,46		
Men's Shot Put F11	14,18	Women's Shot Put F12	13,61
Men's Shot Put F12	16,31	Women's Shot Put F11	13,61
Men's Shot Put F20	17,45	Women's Shot Put F20	14,73
Men's Shot Put F32	10,72	Women's Shot Put F32	7,97
Men's Shot Put F33	12,01	Women's Shot Put F33	8,00
Men's Shot Put F34	11,90	Women's Shot Put F34	8,41
Men's Shot Put F35	16,43	Women's Shot Put F35	11,05
Men's Shot Put F36	16,80	Women's Shot Put F36	7,58
Men's Shot Put F37	15,97	Women's Shot Put F37	13,41
Men's Shot Put F38	18,10	Women's Shot Put F40	9,13
Men's Shot Put F40	11,35	Women's Shot Put F41	10,24
Men's Shot Put F41	13,68	Women's Shot Put F44	12,41
Men's Shot Put F46	16,35	Women's Shot Put F42	12,41
Men's Shot Put F45	16,35	Women's Shot Put F43	12,41
Men's Shot Put F53	8,98	Women's Shot Put F46	12,89
Men's Shot Put F55	12,54	Women's Shot Put F45	12,89
Men's Shot Put F54	12,54	Women's Shot Put F54	7,78
Men's Shot Put F57	15,47	Women's Shot Put F53	7,78
Men's Shot Put F56	15,47	Women's Shot Put F57	11,11
Men's Shot Put F63	15,60	Women's Shot Put F56	11,11
Men's Shot Put F42	15,60	Women's Shot Put F55	11,11

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PROVAS	ÍNDICE A 2026	PROVAS	ÍNDICE A 2026
Men's Shot Put F61	15,60	Women's Shot Put F64	10,40
		Women's Shot Put F61	10,40
		Women's Shot Put F62	10,40
		Women's Shot Put F63	10,40



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