

Nº FPR	Nome	Clube	Peso	Cat.	Drag	Parcial Médio	Voga Média	Média Watts	Resultado Final	WBT	% WBT
296	Cláudia Figueiredo	Cerveira	79,2	JF	110	01:56.9	26	219	19:29.3	16:02.5	82%
110	Ines Oliveira	CNIDH	57.8	JF	110	01:57.8	30	214	19:38.0	16:02.5	82%
2489	Ana Frutuoso	VRL	73,9	JF	110	01:59.9	27	203	19:59.5	16:02.5	80%
1488	Maria Francisca Castro	CNIDH	67.5	JF	110	02:00.0	30	202	20:00.0	16:02.5	80%
3354	Ana Silva	Caminhense	61,9	JF	114	02:01.7	27	194	20:17.3	16:02.5	79%
1955	Alexandra Casaleiro	GCF	60.2	JF	115	02:02.6	28	190	20:26.2	16:02.5	78%
1145	Antónia Fernandes	RCFP	59.0	JF	120	02:05.5	27	177	20:55.0	16:02.5	77%
3664	Carolina Carvalho	AAC	65.4	JF	109	02:05.6	27	176	20:56.6	16:02.5	77%
1923	Beatriz Pinto	GCF	54.0	JF	115	02:06.0	28	175	21:00.0	16:02.5	76%
1830	Claudia Robinson	AAC	58.3	JF	109	02:06.7	25	172	21:07.7	16:02.5	76%
3512	Taisiya Sazonova	AAC	63.9	JF	109	02:07.2	26	170	21:12.4	16:02.5	76%
2160	Melissa Robinson	AAC	69.9	JF	108	02:07.2	25	170	21:12.8	16:02.5	76%
3150	Inês Cardo	CFP	57,6	JF	122	02:08.0	25	167	21:20.4	16:02.5	75%
57	Gonçalo Delgado	AAC	83.3	JM	110	01:41.1	27	338	16:51.2	14:01.5	83%
503	Tiago Silva	GCF	83.4	JM	123	01:41.8	27	332	16:58.2	14:01.5	83%
1308	Rodrigo Silva	CDUP	88.5	JM	115	01:44.4	28	307	17:24.0	14:01.5	81%
1359	Dinis Costa	CNS	69.7	JM	112	01:45.2	32	300	17:32.6	14:01.5	80%
2679	Gonçalo Guedes	RCFP	71.1	JM	130	01:45.3	28	300	17:33.0	14:01.5	80%
267	João Carvalho	SCC	85.6	JM	115	01:45.4	28	298	17:34.7	14:01.5	80%
3411	Francisco Santos	SCP	81.4	JM	110	01:45.5	27	298	17:35.0	14:01.5	80%
2279	Renato Galhós	GDFB	77.0	JM	135	01:45.8	26	295	17:38.6	14:01.5	79%
2596	Christopher Gadzinski	AAC	72.5	JM	121	01:47.2	26	284	17:52.2	14:01.5	78%
659	Eduardo Gonçalves	SCC	83.1	JM	112	01:47.3	29	283	17:53.9	14:01.5	78%
2388	Eduardo Vieira	Cacia	77.9	JM	110	01:47.6	26	281	17:56.0	14:01.5	78%
75	André Malheiro	RCFP	89.9	JM	130	01:47.6	26	280	17:56.0	14:01.5	78%
431	André Marques	CERVEIRA	76.0	JM	115	01:47.7	28	280	17:57.3	14:01.5	78%
2496	André Araújo	VRL	73.2	JM	113	01:47.7	31	280	17:57.6	14:01.5	78%
1181	Pedro Bandeira	CNIDH	78.2	JM	110	01:47.8	28	279	17:58.0	14:01.5	78%
1527	Nuno Gonçalves	CERVEIRA	86.3	JM	115	01:47.9	28	278	17:59.8	14:01.5	78%
2674	Tomás Barreto	RCFP	64.1	JM	30	01:48.6	27	273	18:06.0	14:01.5	77%
156	João Borlido	VRL	72.9	JM	110	01:49.3	30	268	18:13.6	14:01.5	77%
3714	Marco Costa	VRL	74.9	JM	110	01:49.7	30	264	18:17.9	14:01.5	77%
55	João Gomes	AAC	67.7	JM	110	01:50.2	26	261	18:22.9	14:01.5	76%
282	Diogo Pereira	VRL	71.4	JM	110	01:50.5	29	259	18:25.4	14:01.5	76%
435	David Cerqueira	SCC	66.7	JM	115	01:52.1	28	248	18:41.3	14:01.5	75%
2863	Tiago Castanheira	GDFB	74.0	JM	130	01:52.2	26	248	18:42.1	14:01.5	75%
2068	Rafael Lamego	GDFB	65.3	JM	120	01:56.0	27	224	19:20.2	14:01.5	73%
1621	Rodrigo Romão	CFV		JM					AM		
3042	António Bezerra	Caminhense		JM					AM		
2450	Joao Varela	CNIDH	82.5	JM	110	01:46.6			DES		
853	Diogo Almeida	CNIDH	74.1	U23 LM	120	01:43.9	30	312	34:39.1	29:43.5	86%
1428	João Oliveira	Galitos	71.3	U23 LM	108	01:44.5	30	306	34:50.5	29:43.5	85%
17	Tiago Susano	AAC	73.4	U23 LM	108	01:44.7	28	305	34:54.3	29:43.5	85%
340	Paulo Veloso	GCF	75.0	U23 LM	120	01:45.0	30	302	35:00.1	29:43.5	85%
1360	Afonso Costa	CNS	73.0	U23 LM	110	01:45.9	29	294	35:18.6	29:43.5	84%
488	Diogo Coelho	SPORT	71.7	U23 LM	110	01:47.2	29	284	35:44.3	29:43.5	83%
604	Duarte Pinheiro	CNIDH	73.5	U23 LM	112	01:47.4	27	282	35:48.9	29:43.5	83%
843	Miguel Costa	GDFB	72.0	U23 LM	130	01:47.8	26	279	35:57.0	29:43.5	83%
603	Tiago Costa	CNIDH	74.3	U23 LM	105	01:47.9	29	278	35:58.5	29:43.5	83%
79	Duarte Meneses	CDUP	71.5	U23 LM	115	01:48.6	29	273	36:12.2	29:43.5	82%
849	Eduardo Sousa	GDFB	68.8	U23 LM	110	01:50.6	26	259	36:52.0	29:43.5	81%
115	Ricardo Castro	CNIDH	73,5	U23 LM	110	01:51.6	27	251	37:13.7	29:43.5	80%
1054	Nuno Coelho	RCFP	74.1	LM	115	01:43.0	29	320	34:21.5	29:43.5	87%
904	Carlos Cruz	VRL	73.9	LM	110	01:43.2	29	318	34:25.9	29:43.5	86%
???	Jorge Correia	CR Miño	72.7	LM	115	01:44.7	28	305	34:55.0	29:43.5	85%
3371	André Gonçalves	CFP	74,4	LM	120	01:48.2	29	276	36:04.3	29:43.5	82%
	João Raposinho	CNIDH	96,0	U23					DES		
296	Claudia Pinto	CNIDH	61.2	U23 LW					DES		
8	Inês Pocinho	AAC		U23 LW					DES		

Standards mínimos ergo 27-Jan

JF
JM
U23 LM
U23
U23 LW
LM
M

02:04.0
01:48.0
01:48.0
01:43.0
02:02.0
01:45.0
01:40.0

2.5
2.5
5
5
5
5
5

WBT

06:25.0
05:36.6
05:56.7
05:36.6
06:54.7
05:56.7
05:36.6

16:02.5
14:01.5
29:43.5
28:03.0
34:33.5
29:43.5
28:03.0