

CAMPEONATO NACIONAL 30-39 anos Femininos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	1(1)	3047	Ana Gomes	22 Caminhense	F 07:52.1	30
2	1(2)	5978	Marta Queiroz	16 CP Cacia	F 09:27.0 01:34.9	28
3	1(3)	5678	Cremilde Tavares	16 CP Cacia	F 10:13.7 02:21.6	26

3

CAMPEONATO NACIONAL 40-49 anos Femininos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	1(6)	5374	Anabela Pereira	9 Galitos	F 07:42.3	30
2	1(9)	5809	Maria Figueiredo	22 Caminhense	F 07:59.1 00:16.8	28
3	1(7)	5371	Fernanda Soares	9 Galitos	F 08:07.7 00:25.4	26
4	1(8)	3424	Fernanda Vasco	17 Ginásio	F 08:16.2 00:33.9	24
5	1(5)	498	Ana Mendes	17 Ginásio	F 08:29.0 00:46.7	22
6	1(4)	6287	Ana Lagoa	14 Praia Mira	F 09:16.6 01:34.3	20
7	1(10)	6282	Sandra Jesus	14 Praia Mira	F 09:27.4 01:45.1	18
8	1(11)	6146	Susana Santos	16 CP Cacia	F 10:43.0 03:00.7	16

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CAMPEONATO NACIONAL 50-54 anos Femininos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	1(14)	1238	Maria Tavares	11 Infante	F 07:49.4	30
2	1(13)	519	Licinia Ferreira	17 Ginásio	F 08:09.1 00:19.7	28
3	1(12)	4054	Dina Rocha	9 Galitos	F 08:59.2 01:09.8	26

3

CAMPEONATO NACIONAL 65-69 anos Femininos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	1(15)	3384	Suzana Almeida	17 Ginásio	F 11:28.3	30

1

CAMPEONATO NACIONAL 40-49 anos L Femininos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	1(16)	3396	Carla Sousa	11 Infante	F 07:55.9	30
2	1(17)	4871	Paula Rocha	11 Infante	F 09:07.3 01:11.4	28

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CAMPEONATO NACIONAL 30-39 anos Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	2(1)	4532	António Neves	14 Praia Mira	M 06:50.0	30
2	2(2)	6254	Augusto Neves	9 Galitos	M 07:29.0 00:39.0	28

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CAMPEONATO NACIONAL 40-49 anos Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	3(1)	5469	Luís Barquinha	21 Fluvial	M 06:31.7	30
2	2(5)	1052	Hugo Pinto	11 Infante	M 06:39.4 00:07.7	28
3	2(10)	1860	José Sousa	8 Vilacondense	M 06:43.5 00:11.8	26
4	2(9)	3777	José Santos	10 Barreirense	M 06:55.1 00:23.4	24
5	2(4)	3733	Hélio Paulino	17 Ginásio	M 06:57.7 00:26.0	22
6	2(8)	5821	José Martins	17 Ginásio	M 07:08.5 00:36.8	20
7	2(7)	5671	José Faustino	17 Ginásio	M 07:10.7 00:39.0	18
8	3(7)	5988	Pedro Vicente	79 ARTejo	M 07:15.0 00:43.3	16
9	3(4)	4868	Rodrigo Frade	9 Galitos	M 08:07.7 01:36.0	14
10	3(3)	4867	Pedro Vilarinho	9 Galitos	M 08:51.6 02:19.9	12
	2(6)	5373	João Santos	9 Galitos	M	DNS
	3(2)	2707	Miguel Oliveira	21 Fluvial	M	DNS
	3(5)	3385	Rui Ferreira	16 CP Cacia	M	DNS
	3(6)	2173	Sérgio Barbosa	21 Fluvial	M	DNS

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CAMPEONATO NACIONAL 30-39 anos L Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	2(3)	737	Rui Rosa	9 Galitos	M 06:52.9	30

1

CAMPEONATO NACIONAL 40-49 anos L Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	3(8)	3596	Carlos Gil	81 Naval	M 07:03.2	30
2	3(9)	5038	Jorge Lúcio	5 ANL Lisboa	M 07:50.5 00:47.3	28
3	3(11)	4685	Nuno Horta	5 ANL Lisboa	M 07:57.4 00:54.2	26
	3(10)	980	José Esmeriz	11 Infante	M	DNS

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CAMPEONATO NACIONAL

19-01-2020

50-54 anos Masculinos

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	4(2)	3418	Francisco Veríssimo	14 Praia Mira	M 06:37.1	30
2	4(4)	889	José Silva	81 Naval	M 06:58.8 00:21.7	28
3	4(6)	4080	Vítor Cunha	21 Fluvial	M 07:09.1 00:32.0	26
4	4(3)	2140	José Amaro	9 Galitos	M 07:42.7 01:05.6	24
5	4(5)	6165	Júlio Cipriano	16 CP Cacia	M 08:23.5 01:46.4	22
	4(1)	6274	Adriano Miranda	25 VR Lima	M	DNS

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CAMPEONATO NACIONAL

19-01-2020

55-59 anos Masculinos

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	4(9)	1151	José Esteves	25 VR Lima	M 07:00.0	30
2	4(8)	3345	Carlos Ferreira	17 Ginásio	M 07:18.7 00:18.7	28
3	4(10)	5125	Nuno Silvestre	12 CNL	M 07:23.5 00:23.5	26
4	4(7)	3825	Artur Silva	17 Ginásio	M 07:31.3 00:31.3	24
	4(11)	3379	Vítor Faria	17 Ginásio	M	DNS

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CAMPEONATO NACIONAL 60-64 anos Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	5(2)	3755	Rui Sousa	25 VR Lima	M 07:20.8	30
2	5(3)	3837	Florival Serrabulho	79 ARTejo	M 07:41.3 00:20.5	28
	5(1)	3389	João Simões	16 CP Cacia	M	DNS

3

CAMPEONATO NACIONAL 65-69 anos Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	5(5)	5284	Mark Alloway	17 Ginásio	M 06:56.6	30
2	5(6)	1342	Orlando Silva	12 CNL	M 07:41.2 00:44.6	28
3	5(4)	1216	José Tomé	17 Ginásio	M 07:54.7 00:58.1	26
4	5(7)	1477	Rui Faria	10 Barreirense	M 08:43.2 01:46.6	24
5	5(8)	5372	Vitor Tavares	9 Galitos	M 08:50.7 01:54.1	22

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CAMPEONATO NACIONAL 70+ anos Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	5(9)	1425	António Moura	16 CP Cacia	M 07:57.3	30

1

CAMPEONATO NACIONAL

Benjamim Femininos

19-01-2020

250m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	6(2)	6098	Carolina Rodrigues	11 Infante	F 01:11.4	30
2	6(4)	6059	Sofia Oliveira	81 Naval	F 01:20.3 00:08.9	28
3	6(3)	6072	Inês Almeida	16 CP Cacia	F 01:25.8 00:14.4	26
4	6(13)	5825	Sara Neves	70 A. E. Avis	F 01:27.2 00:15.8	24
5	6(12)	5788	Maria Varela	70 A. E. Avis	F 01:36.5 00:25.1	22
6	6(1)	6069	Carolina Lopes	16 CP Cacia	F 01:39.4 00:28.0	20

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CAMPEONATO NACIONAL

Benjamim Masculinos

19-01-2020

250m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	6(6)	5655	João Pinto	22 Caminhense	M 01:02.4	30
2	6(10)	5607	Miguel Barbosa	11 Infante	M 01:05.9 00:03.5	28
3	6(7)	6193	João Seabra	23 Sport CP	M 01:07.9 00:05.5	26
4	6(5)	6096	Alexandre Tavares	11 Infante	M 01:11.5 00:09.1	24
5	6(9)	5899	José Sá	8 Vilacondense	M 01:13.5 00:11.1	22
6	6(8)	5970	José Félix	8 Vilacondense	M 01:17.4 00:15.0	20
	6(11)	6301	Artur Sousa	23 Sport CP	M	DNS

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CAMPEONATO NACIONAL Infantil Femininos

19-01-2020

500m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	7(4)	6134	Beatriz Matias	22 Caminhense	F 02:09.1	30
2	7(13)	5824	Madalena Coelho	70 A. E. Avis	F 02:10.5 00:01.4	28
3	7(6)	6120	Francisca Strauss	25 VR Lima	F 02:12.8 00:03.7	26
4	7(2)	4388	Ana Pinto	11 Infante	F 02:14.8 00:05.7	24
5	7(8)	4751	Joana Fernandes	14 Praia Mira	F 02:16.7 00:07.6	22
6	7(12)	6133	Mariana Verde	22 Caminhense	F 02:17.2 00:08.1	20
7	7(3)	5308	Angélica Oliveira	22 Caminhense	F 02:18.5 00:09.4	18
8	7(1)	6087	Ana Limões	9 Galitos	F 02:19.5 00:10.4	16
9	7(10)	4723	Maria Neno	14 Praia Mira	F 02:20.1 00:11.0	14
10	7(7)	5569	Inês Oliveira	17 Ginásio	F 02:34.9 00:25.8	12
11	7(11)	6057	Maria Santos	81 Naval	F 02:45.3 00:36.2	10
	7(5)	6210	Beatriz Reis	77 AE SGama	F	DNS
	7(9)	6272	Margarida Martins	77 AE SGama	F	DNS

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CAMPEONATO NACIONAL

Infantil Masculinos

19-01-2020

500m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	8(7)	5532	Carlos Cunha	17 Ginásio	M 01:50.0	30
2	9(11)	5592	Rodrigo Virtuoso	10 Barreirense	M 02:02.8 00:12.8	28
3	9(1)	5656	Jofre Pinto	22 Caminhense	M 02:05.8 00:15.8	26
4	8(10)	5791	Filipe Leigo	14 Praia Mira	M 02:06.1 00:16.1	24
4	9(9)	5527	Rodrigo Lopes	68 CBMV	M 02:06.1 00:16.1	24
6	9(10)	5204	Rodrigo Sousa	25 VR Lima	M 02:06.5 00:16.5	20
7	8(1)	5477	Afonso Alcaide	14 Praia Mira	M 02:10.5 00:20.5	18
8	8(13)	5894	Henrique Bartolo	23 Sport CP	M 02:10.8 00:20.8	16
9	9(13)	5660	Tomás Leopoldo	16 CP Cacia	M 02:14.6 00:24.6	14
10	8(14)	5620	Hugo Baeta	81 Naval	M 02:15.5 00:25.5	12
11	8(16)	5799	Guilherme Rosa	70 A. E. Avis	M 02:15.8 00:25.8	10
12	8(5)	5771	André Teixeira	11 Infante	M 02:18.0 00:28.0	8
13	9(15)	6081	Vasco Moreira	11 Infante	M 02:18.9 00:28.9	6
14	9(14)	4763	Tomás Silva	14 Praia Mira	M 02:21.3 00:31.3	4
15	8(11)	6060	Francisco Cruz	81 Naval	M 02:21.8 00:31.8	2
16	8(9)	6192	Eduardo Madureira	11 Infante	M 02:22.0 00:32.0	1
17	8(15)	5900	João Ribeiro	8 Vilacondense	M 02:28.3 00:38.3	1
18	9(2)	5723	José Azevedo	81 Naval	M 02:28.7 00:38.7	1
19	8(4)	5786	André Estrabocha	10 Barreirense	M 02:29.0 00:39.0	1
20	9(12)	5927	Santiago Pinto	8 Vilacondense	M 02:29.2 00:39.2	1
21	8(3)	5146	Alexandre Canhola	81 Naval	M 02:29.7 00:39.7	1
22	9(7)	6071	Rafael Almeida	16 CP Cacia	M 02:31.1 00:41.1	1
23	9(8)	5654	Rafael Silva	17 Ginásio	M 02:31.8 00:41.8	1
24	8(6)	6281	André Verissimo	14 Praia Mira	M 02:32.5 00:42.5	1
25	9(3)	6063	Lucas Cirino	9 Galitos	M 02:36.8 00:46.8	1
26	8(8)	6086	Duarte Ribeiro	9 Galitos	M 02:37.3 00:47.3	1
27	9(4)	6070	Martim Santos	16 CP Cacia	M 02:38.3 00:48.3	1
28	9(6)	5670	Miguel Santos	17 Ginásio	M 02:47.1 00:57.1	1
29	9(5)	6088	Miguel Ramos	9 Galitos	M 02:48.1 00:58.1	1
	8(2)	5442	Afonso Alves	11 Infante	M	DNS
	8(12)	5400	Gonçalo Maia	8 Vilacondense	M	DNS

CAMPEONATO NACIONAL

Iniciado Femininos

19-01-2020

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	10(4)	4072	Beatriz Rosa	10 Barreirense	F 03:43.5	30
2	11(5)	5227	Maria Barbosa	2 Cerveira	F 03:51.3 00:07.8	28
3	11(9)	5203	Marta Araújo	25 VR Lima	F 03:54.5 00:11.0	26
4	11(8)	3620	Mariana Torres	11 Infante	F 03:58.3 00:14.8	24
5	10(6)	6122	Carolina Lima	25 VR Lima	F 04:00.7 00:17.2	22
6	10(5)	4020	Carolina Cunha	22 Caminhense	F 04:02.1 00:18.6	20
7	10(8)	5604	Diana Silva	8 Vilacondense	F 04:09.4 00:25.9	18
8	10(2)	5606	Ana Matos	11 Infante	F 04:13.2 00:29.7	16
9	10(13)	5749	Joana Vaz	8 Vilacondense	F 04:14.0 00:30.5	14
10	11(3)	4619	Mafalda Oliveira	17 Ginásio	F 04:19.2 00:35.7	12
11	10(3)	4724	Beatriz Oliveira	14 Praia Mira	F 04:20.8 00:37.3	10
12	11(10)	5158	Marta Tavares	17 Ginásio	F 04:22.6 00:39.1	8
13	10(11)	5664	Jessica Silva	16 CP Cacia	F 04:25.3 00:41.8	6
14	10(1)	5608	Alexandra Santos	11 Infante	F 04:26.6 00:43.1	4
15	10(9)	4825	Inês Alcaide	14 Praia Mira	F 04:35.0 00:51.5	2
16	10(12)	5618	Joana Rocha	81 Naval	F 04:40.2 00:56.7	1
17	10(14)	5564	Lara Faustino	17 Ginásio	F 04:53.2 01:09.7	1
18	11(13)	5394	Sofia Oliveira	23 Sport CP	F 04:53.9 01:10.4	1
19	11(2)	5647	Letícia Cardoso	17 Ginásio	F 04:57.5 01:14.0	1
20	11(11)	6285	Matilde Pontes	8 Vilacondense	F 05:28.3 01:44.8	1
21	11(1)	5565	Leonor Carvalho	17 Ginásio	F 05:31.3 01:47.8	1
	10(7)	6205	Carolina Valido	77 AE SGama	F	DNS
	10(10)	6208	Inês Ferreira	77 AE SGama	F	DNS
	11(4)	6206	Magda Marcos	77 AE SGama	F	DNS
	11(6)	6204	Maria Mendes	77 AE SGama	F	DNS
	11(7)	6203	Maria Reis	77 AE SGama	F	DNS
	11(12)	6292	Nieves Martínez	2 Cerveira	F	DNS

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CAMPEONATO NACIONAL

Iniciado Masculinos

19-01-2020

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	13(7)	5600	José Sousa	11 Infante	M 03:31.9	30
2	13(1)	6294	Jacobo Guerreiro	2 Cerveira	M 03:34.1 00:02.2	28
3	13(2)	4799	João Araújo	25 VR Lima	M 03:35.4 00:03.5	26
4	12(11)	5649	Dinis Encarnação	17 Ginásio	M 03:42.9 00:11.0	24
5	12(8)	5004	Daniel Merten	2 Cerveira	M 03:45.1 00:13.2	22
6	14(10)	5188	Telmo Silva	16 CP Cacia	M 03:47.8 00:15.9	20
7	12(1)	6293	Alexandre Herchuk	2 Cerveira	M 03:50.1 00:18.2	18
8	12(14)	4410	Gabriel Afonso	22 Caminhense	M 03:50.2 00:18.3	16
9	13(9)	5633	Luís Ferreira	25 VR Lima	M 03:51.3 00:19.4	14
10	12(9)	4234	Daniel Oliveira	9 Galitos	M 03:52.9 00:21.0	12
11	12(4)	5642	Bernardo Cruz	81 Naval	M 03:54.5 00:22.6	10
11	14(7)	6055	Ruben Figueiredo	17 Ginásio	M 03:54.5 00:22.6	10
13	14(2)	5323	Pedro Silva	22 Caminhense	M 03:56.1 00:24.2	6
14	14(13)	4788	Ulysse Cancela	22 Caminhense	M 03:58.4 00:26.5	4
15	12(10)	5663	Dinis Caeiro	17 Ginásio	M 03:58.6 00:26.7	2
16	13(4)	3968	João Castro	11 Infante	M 04:00.0 00:28.1	1
17	13(14)	4730	Pedro Magalhães	11 Infante	M 04:02.5 00:30.6	1
18	12(12)	5145	Dinis Lagem	81 Naval	M 04:02.9 00:31.0	1
19	13(13)	5674	Pedro Cardoso	9 Galitos	M 04:03.4 00:31.5	1
20	13(8)	5883	Leonardo Lucena	23 Sport CP	M 04:08.7 00:36.8	1
21	12(17)	5801	Nelson Neves	70 A. E. Avis	M 04:11.5 00:39.6	1
22	12(7)	5156	Daniel Azevedo	17 Ginásio	M 04:13.0 00:41.1	1
22	14(5)	5112	Rodrigo Boeiro	17 Ginásio	M 04:13.0 00:41.1	1
24	14(1)	4318	Pedro Rego	2 Cerveira	M 04:15.0 00:43.1	1
25	12(6)	5143	Daniel Alexandre	81 Naval	M 04:15.4 00:43.5	1
26	12(15)	4765	Guilherme Almeida	9 Galitos	M 04:16.7 00:44.8	1
27	12(16)	5645	Eduardo Almeida	23 Sport CP	M 04:21.9 00:50.0	1
28	12(13)	6058	Dinis Oliveira	81 Naval	M 04:25.8 00:53.9	1
29	14(3)	5992	Rafael Martins	17 Ginásio	M 04:26.7 00:54.8	1
30	14(6)	4647	Rodrigo Verdete	81 Naval	M 04:28.0 00:56.1	1
31	14(15)	6065	Vicente Antunes	9 Galitos	M 04:32.9 01:01.0	1
32	13(11)	5189	Martim Lopes	16 CP Cacia	M 04:36.1 01:04.2	1
33	14(8)	5661	Simão Cipriano	16 CP Cacia	M 04:39.2 01:07.3	1
34	12(5)	6073	Carlos Rodrigues	16 CP Cacia	M 04:43.2 01:11.3	1
35	13(10)	5513	Martim Alves	23 Sport CP	M 04:45.4 01:13.5	1
36	13(6)	5616	José Loureiro	81 Naval	M 04:58.6 01:26.7	1
37	12(2)	6056	André Vaz	17 Ginásio	M 05:11.3 01:39.4	1
38	14(4)	6067	Rodrigo Amorim	17 Ginásio	M 05:11.5 01:39.6	1
39	12(3)	4971	António Varela	70 A. E. Avis	M 05:20.9 01:49.0	1
40	14(11)	5990	Tiago Monteiro	17 Ginásio	M 05:24.7 01:52.8	1
	13(3)	6246	João Barbosa	17 Ginásio	M	DNS
	13(5)	6235	João Lopes	77 AE SGama	M	DNS
	13(12)	5514	Matias Dias	23 Sport CP	M	DNS
	14(9)	5515	Simão Dias	23 Sport CP	M	DNS
	14(12)	6094	Tomás Lemos	9 Galitos	M	DNS
	14(14)	4304	Vasco Castanheira	11 Infante	M	DNS

19-01-2020

CAMPEONATO NACIONAL
Adaptado A Femininos

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	15(1)	2987	Etelvina Vieira	11 Infante	F 06:40.1	30

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19-01-2020

CAMPEONATO NACIONAL
Adaptado A Masculinos

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	15(5)	3981	Pedro Marques	11 Infante	M 04:50.3	30
2	15(4)	3489	João Ribeiro	25 VR Lima	M 04:56.3 00:06.0	28
3	15(2)	3260	Filipe Cerqueira	25 VR Lima	M 05:04.8 00:14.5	26
4	15(3)	2985	Hugo Moreira	11 Infante	M 07:08.1 02:17.8	24

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19-01-2020

CAMPEONATO NACIONAL
Adaptado LTA Masculinos

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	15(6)	6274	Adriano Miranda	25 VR Lima	M 03:26.1	30
2	15(7)	4403	André Teixeira	11 Infante	M 03:26.6 00:00.5	28
3	15(8)	6189	Bruno Leal	11 Infante	M 04:12.7 00:46.6	26
4	15(9)	6290	Francisco Coelho	11 Infante	M 04:58.6 01:32.5	24

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19-01-2020

CAMPEONATO NACIONAL
Adaptado TA Femininos

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	15(10)	5301	Beatriz Alves	11 Infante	F 06:05.1	30
2	15(11)	5087	Sandra Pinto	15 CN Setubalense	F 06:54.7 00:49.6	28

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19-01-2020

CAMPEONATO NACIONAL
Adaptado TA Masculinos

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	15(12)	3004	Laurent Lecuyer	11 Infante	M 03:57.0	30

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19-01-2020

PROMOÇÃO
Adaptado LTAI Femininos

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	
1	16(3)		Ana Farinha	1020 SCM_Galizes	F 05:19.5	
2	16(2)		Ana Martins	1020 SCM_Galizes	F 05:29.1	00:09.6
3	16(5)		Isabel Garcia	992 CERCIMIRA	F 05:31.9	00:12.4
4	16(4)		Inês Morgado	992 CERCIMIRA	F 06:03.2	00:43.7
5	16(1)		Ana Jesus	992 CERCIMIRA	F 06:24.2	01:04.7
6	16(6)		Sandra Diniz	992 CERCIMIRA	F 06:43.9	01:24.4
7	16(7)		Sandra Silva	992 CERCIMIRA	F 07:08.9	01:49.4
	16(8)		Cátia Martinho	35 APPACDMCoimbra	F	DNS

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19-01-2020

PROMOÇÃO
Adaptado LTAI Masculinos

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	
1	17(10)		Nuno Santos	75 Clube Gaia	M 03:50.4	
2	17(4)		Fernando Simões	992 CERCIMIRA	M 04:18.7	00:28.3
3	17(7)		Luis Manata	992 CERCIMIRA	M 04:40.0	00:49.6
4	17(3)		Eurico Maltez	992 CERCIMIRA	M 04:53.9	01:03.5
5	17(8)		Luis Pinho	992 CERCIMIRA	M 04:56.1	01:05.7
6	17(14)		Sérgio Cunha	1020 SCM_Galizes	M 04:58.6	01:08.2
7	17(12)		Ricardo Viegas	992 CERCIMIRA	M 05:15.2	01:24.8
8	17(1)		André Fernandes	992 CERCIMIRA	M 05:18.4	01:28.0
9	17(11)		Paulo Martins	992 CERCIMIRA	M 05:18.8	01:28.4
10	17(9)		Norberto Santos	992 CERCIMIRA	M 05:29.7	01:39.3
11	17(2)		Armando Rocha	992 CERCIMIRA	M 05:40.5	01:50.1
12	17(13)		Sandro Rocha	1020 SCM_Galizes	M 05:46.6	01:56.2
13	17(5)		João Paradinha	992 CERCIMIRA	M 07:29.1	03:38.7
14	17(6)		Jorge Reigota	992 CERCIMIRA	M 07:32.3	03:41.9
	17(15)		Bruno Martinho	35 APPACDMCoimbra	M	DNS
	17(16)		Rui Sousa	35 APPACDMCoimbra	M	DNS
	17(17)		Ricardo Henriques	35 APPACDMCoimbra	M	DNS

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CAMPEONATO NACIONAL Adaptado LTAI Femininos

19-01-2020

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	18(15)	3747	Carla Silva	17 Ginásio	F 04:32.5	30
2	18(3)	4820	Inês Pereira	11 Infante	F 04:39.6 00:07.1	28
3	18(2)	5820	Fátima Graça	17 Ginásio	F 05:08.1 00:35.6	26
4	18(5)	6245	Vanessa Neto	17 Ginásio	F 05:24.8 00:52.3	24
5	18(4)	6169	Susana Alípio	78 APCEvora	F 05:33.9 01:01.4	22
6	18(1)	6218	Daniela Direitinho	78 APCEvora	F 06:28.0 01:55.5	20

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CAMPEONATO NACIONAL Adaptado LTAI Masculinos

19-01-2020

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	18(16)	3259	Tiago Duarte	17 Ginásio	M 03:51.6	30
2	18(12)	3603	Pedro Coelho	11 Infante	M 04:12.7 00:21.1	28
3	18(17)	4441	Rui Pereira	17 Ginásio	M 04:28.4 00:36.8	26
4	18(13)	6243	Pedro Rosa	78 APCEvora	M 04:32.2 00:40.6	24
5	18(6)	6217	Alexandre Antunes	78 APCEvora	M 04:40.1 00:48.5	22
6	18(9)	6238	David Vareta	78 APCEvora	M 04:44.8 00:53.2	20
7	18(8)	3746	Carlos Silva	17 Ginásio	M 04:47.7 00:56.1	18
8	18(11)	6216	Micael Mira	78 APCEvora	M 04:49.3 00:57.7	16
9	18(7)	4439	António Silva	17 Ginásio	M 04:54.7 01:03.1	14
10	18(14)	6215	Rui Guerra	78 APCEvora	M 05:08.5 01:16.9	12
11	18(10)	4438	Luís Oliveira	17 Ginásio	M 05:30.9 01:39.3	10
12	18(18)	6085	Gonçalo Mota	9 Galitos	M 06:13.4 02:21.8	8

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CAMPEONATO NACIONAL

Juvenil Femininos

19-01-2020

1500m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	19(11)	5667	Marta Condeço	9 Galitos	F 05:42.6	30
2	19(15)	4615	Matilde Pereira	17 Ginásio	F 05:43.7 00:01.1	28
3	19(19)	5479	Tânia Mendes	2 Cerveira	F 05:47.2 00:04.6	26
4	19(17)	3621	Rita Quesado	25 VR Lima	F 05:55.8 00:13.2	24
5	19(2)	6029	Beatriz Alonso	2 Cerveira	F 05:56.3 00:13.7	22
6	19(10)	4359	Mariana Oliveira	11 Infante	F 06:00.6 00:18.0	20
7	19(9)	5030	Mariana Estrabocha	10 Barreirense	F 06:02.0 00:19.4	18
8	19(3)	3402	Carolina Silva	14 Praia Mira	F 06:02.1 00:19.5	16
9	19(7)	5163	Madalena Peça	81 Naval	F 06:04.1 00:21.5	14
10	19(12)	4747	Matilde Carlos	17 Ginásio	F 06:07.6 00:25.0	12
11	19(18)	5595	Sofia Tavares	11 Infante	F 06:08.0 00:25.4	10
12	19(8)	3957	Mafalda Amaro	9 Galitos	F 06:12.9 00:30.3	8
13	19(4)	5619	Inês Mendes	81 Naval	F 06:22.5 00:39.9	6
14	19(1)	3607	Ana Azevedo	11 Infante	F 06:27.1 00:44.5	4
15	19(16)	4854	Raquel Ferrolho	81 Naval	F 06:28.7 00:46.1	2
16	19(5)	3261	Inês Santos	8 Vilacondense	F 06:35.6 00:53.0	1
17	19(14)	3707	Matilde Fernandes	14 Praia Mira	F 06:36.2 00:53.6	1
18	19(6)	4243	Leonor Nogueiro	14 Praia Mira	F 06:45.8 01:03.2	1
19	19(13)	6061	Matilde Cavaco	81 Naval	F 07:09.6 01:27.0	1

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CAMPEONATO NACIONAL

Juvenil Masculinos

19-01-2020

1500m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	20(1)	4182	Afonso Fernandes	22 Caminhense	M 04:59.0	30
1	23(1)	6062	Pedro Rodrigues	81 Naval	M 04:59.0 00:00.0	30
3	23(4)	4321	Pedro Tomás	10 Barreirense	M 05:00.7 00:01.7	26
4	21(2)	5622	Diogo Ferreira	81 Naval	M 05:01.8 00:02.8	24
5	23(15)	5055	Tomás Rodrigues	17 Ginásio	M 05:03.2 00:04.2	22
6	20(2)	5693	Afonso Ribas	2 Cerveira	M 05:06.1 00:07.1	20
7	23(6)	4405	Rui Barros	25 VR Lima	M 05:07.1 00:08.1	18
8	23(12)	3932	Tomás Marques	25 VR Lima	M 05:08.7 00:09.7	16
9	22(13)	5184	Leonardo Pagaimo	17 Ginásio	M 05:13.0 00:14.0	14
10	20(3)	5940	Afonso Rosado	15 CN Setubalense	M 05:19.4 00:20.4	12
11	20(7)	5219	André Agante	21 Fluvial	M 05:19.8 00:20.8	10
12	22(2)	3478	Guilherme Romão	8 Vilacondense	M 05:22.0 00:23.0	8
13	21(4)	4833	Diogo Gonçalves	17 Ginásio	M 05:22.5 00:23.5	6
14	23(10)	5191	Tomás Correia	16 CP Cacia	M 05:23.5 00:24.5	4
15	22(10)	3606	João Silva	11 Infante	M 05:24.3 00:25.3	2
15	22(11)	4905	Joel Rebelo	2 Cerveira	M 05:24.3 00:25.3	2
17	23(16)	2881	Tomás Silveira	9 Galitos	M 05:24.7 00:25.7	1
18	22(3)	4548	Guilherme Teles	23 Sport CP	M 05:25.5 00:26.5	1
19	20(12)	4853	Bernardo Cruz	11 Infante	M 05:26.2 00:27.2	1
20	23(5)	5666	Rodrigo Bio	9 Galitos	M 05:26.5 00:27.5	1
21	20(11)	6295	Anxo Álvarez	2 Cerveira	M 05:29.3 00:30.3	1
22	23(9)	6064	Tiago Lemos	9 Galitos	M 05:30.1 00:31.1	1
23	23(7)	5283	Simão Machado	9 Galitos	M 05:31.4 00:32.4	1
24	21(13)	6089	Gonçalo Romão	9 Galitos	M 05:31.8 00:32.8	1
25	20(10)	3610	António Lopes	11 Infante	M 05:33.1 00:34.1	1
26	21(8)	6052	Fábio Neves	8 Vilacondense	M 05:35.7 00:36.7	1
26	22(6)	4210	João Capucho	9 Galitos	M 05:35.7 00:36.7	1
28	21(7)	6296	Eduardo Fernandez	2 Cerveira	M 05:37.7 00:38.7	1
29	20(4)	5652	Afonso Santos	16 CP Cacia	M 05:39.3 00:40.3	1
30	20(14)	3577	Henrique Pinho	81 Naval	M 05:39.8 00:40.8	1
31	22(5)	4007	Ivo Vilaça	2 Cerveira	M 05:39.9 00:40.9	1
32	21(10)	4475	Francisco Neves	9 Galitos	M 05:40.3 00:41.3	1
33	21(5)	4816	Diogo Sousa	11 Infante	M 05:43.5 00:44.5	1
34	20(13)	5694	Daniel Barbosa	2 Cerveira	M 05:43.7 00:44.7	1
35	20(5)	5197	Alexandre Cardoso	14 Praia Mira	M 05:46.1 00:47.1	1
36	20(6)	3933	Alexandre Patricio	2 Cerveira	M 05:46.3 00:47.3	1
37	23(2)	5650	Pedro Silva	16 CP Cacia	M 05:46.8 00:47.8	1
38	21(12)	6092	Gabriel Silva	9 Galitos	M 05:49.2 00:50.2	1
39	22(9)	5332	João Oliveira	81 Naval	M 05:50.6 00:51.6	1
40	23(8)	5594	Tiago Carapuça	10 Barreirense	M 05:51.3 00:52.3	1
41	22(1)	3946	Guilherme Maia	8 Vilacondense	M 05:51.5 00:52.5	1
42	20(8)	4996	André Miguel	15 CN Setubalense	M 05:53.8 00:54.8	1
43	21(3)	5939	Diogo Ferreira	15 CN Setubalense	M 05:56.2 00:57.2	1
44	22(12)	5012	José Ribeiro	68 CBMV	M 05:58.3 00:59.3	1
45	22(4)	4648	Daniel Silva	81 Naval	M 05:58.9 00:59.9	1
46	23(14)	5631	Tomás Ribeiro	8 Vilacondense	M 05:59.6 01:00.6	1
47	23(11)	6283	Tomás Freixo	15 CN Setubalense	M 06:00.5 01:01.5	1
48	20(9)	4995	André Ramos	15 CN Setubalense	M 06:03.0 01:04.0	1
49	22(15)	4655	Miguel Raposo	9 Galitos	M 06:05.0 01:06.0	1
50	20(17)	5921	José Valente	23 Sport CP	M 06:05.4 01:06.4	1
51	22(14)	5615	Manuel Baeta	81 Naval	M 06:05.7 01:06.7	1

CAMPEONATO NACIONAL

Juvenil Masculinos

19-01-2020

1500m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
52	21(9)	6090	Francisco Melo	9 Galitos	M 06:13.7 01:14.7	1
53	22(8)	4157	João Oliveira	68 CBMV	M 06:16.9 01:17.9	1
54	20(16)	5813	Diogo Barbosa	16 CP Cacia	M 06:17.8 01:18.8	1
55	20(15)	5651	David Pereira	16 CP Cacia	M 06:27.0 01:28.0	1
56	21(11)	3704	Gabriel Machado	14 Praia Mira	M 06:47.7 01:48.7	1
57	23(13)	6288	Tomas Pereira	14 Praia Mira	M 06:47.8 01:48.8	1
58	21(1)	6068	Diogo Fernandes	16 CP Cacia	M 06:53.5 01:54.5	1
59	22(16)	6091	Miguel Sá	9 Galitos	M 07:28.7 02:29.7	1
	21(6)	5147	Duarte Pires	81 Naval	M	DNS
	22(7)	5938	João Martins	15 CN Setubalense	M	DNS
	23(3)	5043	Pedro Sousa	23 Sport CP	M	DNS

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CAMPEONATO NACIONAL

Júnior Femininos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	24(4)	4741	Beatriz Varela	11 Infante	F 07:27.7	30
2	24(5)	2890	Bruna Parente	25 VR Lima	F 07:35.8 00:08.1	28
3	24(12)	4798	Leonor Melo	11 Infante	F 07:41.7 00:14.0	26
4	24(18)	5180	Rita Faria	11 Infante	F 07:47.2 00:19.5	24
5	24(13)	3953	Maria Marques	23 Sport CP	F 07:48.8 00:21.1	22
6	24(16)	2603	Mariana Teixeira	23 Sport CP	F 07:54.6 00:26.9	20
7	24(1)	3987	Ana Letra	1 Académica	F 08:02.1 00:34.4	18
8	24(17)	2776	Mariana Virtuoso	10 Barreirense	F 08:07.4 00:39.7	16
9	24(11)	3681	Leonor Lages	2 Cerveira	F 08:17.9 00:50.2	14
10	24(3)	5851	Bárbara Alves	21 Fluvial	F 08:21.1 00:53.4	12
11	24(19)	5192	Rita Velhinho	9 Galitos	F 08:22.0 00:54.3	10
12	24(8)	5031	Catarina Bernardo	10 Barreirense	F 08:22.5 00:54.8	8
13	24(15)	3711	Maria Vaz	25 VR Lima	F 08:24.6 00:56.9	6
14	24(2)	5153	Ana Martins	17 Ginásio	F 08:27.8 01:00.1	4
15	24(7)	3930	Carolina Souto	2 Cerveira	F 08:32.4 01:04.7	2
16	24(9)	2609	Francisca Vilarinho	9 Galitos	F 08:33.6 01:05.9	1
17	24(14)	5045	Maria Pedroto	23 Sport CP	F 08:35.9 01:08.2	1
18	24(10)	4008	Joana Ferreira	16 CP Cacia	F 09:27.0 01:59.3	1
	24(6)	6236	Carolina Carapinha	77 AE SGama	F	DNS

CAMPEONATO NACIONAL

Sénior Femininos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	25(3)	1183	Beatriz Tavares	11 Infante	F 07:21.1	30
2	25(8)	789	Patrícia Batista	81 Naval	F 07:23.0 00:01.9	28
3	25(6)	5289	Inês Silva	23 Sport CP	F 07:37.2 00:16.1	26
4	25(4)	5861	Diana Almeida	10 Barreirense	F 07:43.0 00:21.9	24
5	25(2)	3047	Ana Gomes	22 Caminhense	F 07:45.7 00:24.6	22
6	25(5)	5728	Inês Romão	17 Ginásio	F 07:53.6 00:32.5	20
7	25(7)	3955	Mafalda Martins	23 Sport CP	F 08:15.3 00:54.2	18
8	25(1)	6257	Ana Alcaide	14 Praia Mira	F 10:23.6 03:02.5	16

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CAMPEONATO NACIONAL

Sénior L Femininos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	25(15)	1086	Joana Branco	11 Infante	F 07:18.4	30
2	25(12)	110	Inês Oliveira	23 Sport CP	F 07:36.4 00:18.0	28
3	25(10)	3847	Carla Mendes	21 Fluvial	F 07:44.0 00:25.6	26
4	25(17)	2678	Maria Rodrigues	23 Sport CP	F 07:58.1 00:39.7	24
5	25(18)	1139	Núria Almeida	21 Fluvial	F 08:01.0 00:42.6	22
6	25(19)	2486	Maria Leão	23 Sport CP	F 08:02.0 00:43.6	20
7	25(11)	4852	Catarina Vieira	23 Sport CP	F 09:01.5 01:43.1	18
	25(9)	4571	Benedita Bacelar	23 Sport CP	F	DNS
	25(13)	4152	Inês Reis	68 CBMV	F	DNS
	25(14)	2107	Inês Santos	21 Fluvial	F	DNS
	25(16)	4172	Mafalda Ferreira	11 Infante	F	DNS

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CAMPEONATO NACIONAL

Júnior Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	26(5)	5245	André Gonçalves	25 VR Lima	M 06:21.6	30
2	27(8)	4858	João Cabral	21 Fluvial	M 06:31.8 00:10.2	28
3	26(19)	4570	Gonçalo Coelho	5 ANL Lisboa	M 06:38.8 00:17.2	26
4	27(11)	5175	João Pereira	11 Infante	M 06:40.3 00:18.7	24
5	26(12)	4151	Diogo Carvalho	81 Naval	M 06:41.6 00:20.0	22
6	27(4)	6117	Iago González	2 Cerveira	M 06:42.7 00:21.1	20
7	28(15)	5630	Tiago Rufo	25 VR Lima	M 06:42.8 00:21.2	18
8	27(7)	5138	Jaime Gomes	17 Ginásio	M 06:44.6 00:23.0	16
9	28(6)	4710	Rafael Barbosa	2 Cerveira	M 06:47.2 00:25.6	14
10	26(15)	4309	Duarte Castro	11 Infante	M 06:49.3 00:27.7	12
11	27(1)	2371	Gonçalo Oliveira	17 Ginásio	M 06:49.7 00:28.1	10
12	28(8)	2520	Ricardo Heitor	10 Barreirense	M 06:51.1 00:29.5	8
13	27(17)	1779	Luís Amaro	9 Galitos	M 06:53.7 00:32.1	6
14	27(12)	2453	João Santos	11 Infante	M 06:54.0 00:32.4	4
15	28(10)	4160	Rogério Sousa	17 Ginásio	M 06:55.3 00:33.7	2
16	27(9)	5321	João Lima	2 Cerveira	M 06:57.5 00:35.9	1
17	27(2)	2775	Guilherme Carriço	10 Barreirense	M 06:58.4 00:36.8	1
18	26(11)	2964	David Silva	23 Sport CP	M 06:58.5 00:36.9	1
19	28(9)	4712	Ricardo Sousa	2 Cerveira	M 06:59.3 00:37.7	1
20	26(7)	6066	Andrés González	2 Cerveira	M 07:01.0 00:39.4	1
21	28(4)	2414	Pedro Seixo	10 Barreirense	M 07:02.8 00:41.2	1
22	26(14)	4907	Diogo Santos	8 Vilacondense	M 07:03.7 00:42.1	1
23	27(15)	2973	José Guedes	21 Fluvial	M 07:05.8 00:44.2	1
24	28(2)	4305	Nuno Paiva	11 Infante	M 07:06.6 00:45.0	1
25	26(4)	4420	André Ferreira	9 Galitos	M 07:06.8 00:45.2	1
26	27(10)	4537	João Pereira	8 Vilacondense	M 07:10.9 00:49.3	1
27	27(6)	4811	Iuri Gonçalves	2 Cerveira	M 07:11.8 00:50.2	1
28	27(16)	2591	José Pontes	9 Galitos	M 07:12.2 00:50.6	1
29	26(2)	4208	Alexandre Lameiro	9 Galitos	M 07:13.1 00:51.5	1
30	26(9)	4322	Bernardo Ramos	10 Barreirense	M 07:17.9 00:56.3	1
31	28(5)	5512	Pedro Sousa	8 Vilacondense	M 07:20.8 00:59.2	1
32	26(13)	4482	Diogo Miranda	16 CP Cacia	M 07:23.1 01:01.5	1
33	28(3)	5979	Pedro Bárto	23 Sport CP	M 07:23.9 01:02.3	1
34	26(16)	5081	Eduardo Silva	16 CP Cacia	M 07:30.3 01:08.7	1
35	26(17)	6239	Filipe Santos	23 Sport CP	M 07:31.5 01:09.9	1
36	26(6)	5195	André Oliveira	9 Galitos	M 07:32.3 01:10.7	1
37	28(7)	4826	Rafael Rita	68 CBMV	M 07:34.6 01:13.0	1
38	27(3)	4235	Henrique Oliveira	9 Galitos	M 07:37.5 01:15.9	1
39	28(18)	5922	Tomás Znachonak	23 Sport CP	M 07:38.1 01:16.5	1
40	28(12)	6093	Sérgio Limões	9 Galitos	M 07:41.9 01:20.3	1
41	27(19)	5665	João Santos	9 Galitos	M 07:42.8 01:21.2	1
42	27(13)	6233	Jorge Castro	23 Sport CP	M 07:43.1 01:21.5	1
43	28(16)	5882	Tomás Condeço	79 ARTejo	M 07:43.3 01:21.7	1
44	28(14)	4666	Tiago Ribeiro	8 Vilacondense	M 07:49.1 01:27.5	1
45	26(18)	5601	Francisco Silva	23 Sport CP	M 07:52.0 01:30.4	1
46	26(8)	6199	Bernardo Carvalho	23 Sport CP	M 07:54.2 01:32.6	1
47	27(18)	6053	Luis Lopes	8 Vilacondense	M 07:56.0 01:34.4	1
48	27(14)	6038	José Azambuja	68 CBMV	M 07:58.3 01:36.7	1
49	28(17)	5401	Tomás Seródio	15 CN Setubalense	M 07:59.5 01:37.9	1
50	28(13)	4563	Simão Passarinho	15 CN Setubalense	M 08:14.5 01:52.9	1
	26(1)	6271	Alexandre Gonçalves	77 AE SGama	M	DNS

CAMPEONATO NACIONAL

Júnior Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
	26(3)	2704	André Costa	23 Sport CP	M	DNS
	26(10)	3684	Daniel Fernandes	2 Cerveira	M	DNS
	27(5)	6209	Isac Neves	77 AE SGama	M	DNS
	28(1)	3450	Marcelo Simões	15 CN Setubalense	M	DNS
	28(11)	6207	Rui Ferreira	77 AE SGama	M	DNS

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CAMPEONATO NACIONAL

Sénior Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	29(14)	720	Ricardo Paula	1 Académica	M 06:06.6	30
2	29(1)	2690	André Pinto	25 VR Lima	M 06:08.5 00:01.9	28
3	29(15)	17	Tiago Susano	1 Académica	M 06:12.9 00:06.3	26
4	29(12)	1123	Miguel Menezes	11 Infante	M 06:13.3 00:06.7	24
5	29(4)	6150	Bruno Silva	100 Individual	M 06:18.8 00:12.2	22
6	29(7)	1851	João Veríssimo	14 Praia Mira	M 06:31.5 00:24.9	20
7	29(8)	4343	José Canha	21 Fluvial	M 06:34.3 00:27.7	18
8	29(9)	5469	Luís Barquinha	21 Fluvial	M 06:34.7 00:28.1	16
9	29(13)	1813	Ricardo Palma	15 CN Setubalense	M 06:42.1 00:35.5	14
10	29(11)	71	Mateus Costa	21 Fluvial	M 06:43.4 00:36.8	12
11	29(10)	4361	Marcelo Munteanu	19 Fabril	M 06:45.6 00:39.0	10
12	29(5)	3044	Diogo Gonçalves	22 Caminhense	M 06:49.0 00:42.4	8
13	29(6)	594	João Simões	9 Galitos	M 06:55.6 00:49.0	6
14	29(2)	4770	André Santos	9 Galitos	M 07:22.1 01:15.5	4
	29(3)	6273	André Sobral	77 AE SGama	M	DNS

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CAMPEONATO NACIONAL

Sénior L Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	30(10)	1054	Nuno Coelho	21 Fluvial	M 06:23.2	30
2	30(1)	649	Cláudio Rodrigues	21 Fluvial	M 06:23.4 00:00.2	28
3	30(11)	390	Nuno Mendes	24 Sporting	M 06:24.0 00:00.8	26
4	30(13)	340	Paulo Veloso	21 Fluvial	M 06:27.0 00:03.8	24
4	30(19)	2673	Vasco Bessa	21 Fluvial	M 06:27.0 00:03.8	24
6	30(3)	849	Eduardo Sousa	1 Académica	M 06:27.8 00:04.6	20
7	30(17)	3447	Simão Simões	15 CN Setubalense	M 06:29.3 00:06.1	18
8	30(18)	2674	Tomás Barreto	21 Fluvial	M 06:29.4 00:06.2	16
9	30(12)	3035	Paulo Fidalgo	11 Infante	M 06:32.3 00:09.1	14
9	30(15)	79	Pedro Menezes	11 Infante	M 06:32.3 00:09.1	14
11	30(8)	575	João Vaz	9 Galitos	M 06:45.7 00:22.5	10
12	30(16)	1621	Rodrigo Romão	8 Vilacondense	M 06:50.4 00:27.2	8
13	29(17)	3371	André Gonçalves	10 Barreirense	M 06:51.4 00:28.2	6
14	30(7)	1405	João Teixeira	21 Fluvial	M 06:58.3 00:35.1	4
15	30(5)	5796	João Carvalho	9 Galitos	M 07:06.3 00:43.1	2
16	30(2)	2061	Daniel Moreira	9 Galitos	M 07:18.5 00:55.3	1
17	30(4)	1150	Gonçalo Mesquita	21 Fluvial	M 07:24.3 01:01.1	1
	29(16)	4943	Allison Russo	23 Sport CP	M	DNS
	30(6)	2377	João Soares	81 Naval	M	DNS
	30(9)	5467	Jorge Cardoso	8 Vilacondense	M	DNS
	30(14)	362	Pedro Fraga	24 Sporting	M	DNS

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CAMPEONATO NACIONAL

Benjamim Masculinos

19-01-2020

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	31(1)	6098 5607 6096 6083	Carolina Rodrigues / Miguel Barbosa / Alexandre Tavares / Tiago	11 Infante	05:34.7	30

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CAMPEONATO NACIONAL

Infantil Masculinos

19-01-2020

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	31(6)	6133 6134 5308 5656	Mariana Verde / Beatriz Matias / Angélica Oliveira / Jofre Pinto	22 Caminhense	04:30.4	30
2	31(2)	6100 4388 6081 5771	Francisco Marabuto da Silva / Ana Pinto / Vasco Moreira / André	11 Infante	04:40.5 00:10.1	28
3	31(5)	5569 5532 5670 5654	Inês Oliveira / Carlos Cunha / Miguel Santos / Rafael Silva	17 Ginásio	04:43.6 00:13.2	26
4	31(3)	5949 6120 5204 4695	Íris Barros / Francisca Strauss / Rodrigo Sousa / David Fernando	25 VR Lima	04:53.2 00:22.8	24
5	31(4)	6087 5769 6086 6063	Ana Limões / Simão Oliveira / Duarte Ribeiro / Lucas Cirino	9 Galitos	05:24.2 00:53.8	22

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CAMPEONATO NACIONAL

Iniciado Masculinos

19-01-2020

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	31(17)	5227 5004 6293 6294	Maria Rodrigues Barbosa / Daniel Merten / Alexandre Herchuk / J	2 Cerveira	03:41.4	30
2	31(8)	4020 5323 4410 4788	Carolina Cunha / Pedro Silva / Gabriel Afonso / Ulysse Cancela	22 Caminhense	03:46.4 00:05.0	28
3	31(10)	6122 5203 5633 4799	Carolina Lima / Marta Araújo / Luís Ferreira / João Araújo	25 VR Lima	03:47.4 00:06.0	26
4	31(15)	5600 5606 3968 3620	José Monteiro Sousa / Ana Matos / João Castro / Mariana Torres	11 Infante	03:50.0 00:08.6	24
5	31(9)	5649 5663 6055 5158	Dinis Encarnação / Dinis Caeiro / Ruben Figueiredo / Marta Tavar	17 Ginásio	03:51.5 00:10.1	22
6	31(12)	4234 4765 5674 5647	Daniel Oliveira / Guilherme Almeida / Pedro Cardoso / Letícia Car	999 Misto	04:03.2 00:21.8	20
7	31(13)	4212 6124 5842 5643	Brenda Parente / Maria Pousada Sousa / Jorge Castro / João Velo	25 VR Lima	04:07.5 00:26.1	18
8	31(7)	5112 5156 6067 4619	Rodrigo Boieiro / Daniel Azevedo / Rodrigo Amorim / Mafalda Oliv	17 Ginásio	04:14.6 00:33.2	16
9	31(14)	4772 4214 5360 5201	Ana Pinto / Miguel Marques / Miguel Lário / Afonso Calçada	25 VR Lima	04:19.1 00:37.7	14
10	31(16)	5883 5513 5645 5394	Leonardo Lucena / Martim Alves / Eduardo Almeida / Sofia Pinto	23 Sport CP	04:27.3 00:45.9	12
11	31(11)	5990 5992 5565 5564	Tiago Monteiro / Rafael Martins / Leonor Carvalho / Lara Faustinc	17 Ginásio	04:43.5 01:02.1	10

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CAMPEONATO NACIONAL

Juvenil Masculinos

19-01-2020

1000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	32(14)	5479 5693 4905 6295	Tânia Mendes / Afonso Ribas / Joel Rebelo / Anxo Álvarez	2 Cerveira	03:23.9	30
2	32(8)	3621 3932 4688 4405	Rita Quesado / Tomás Marques / Diogo Nascimento / Rui Barros	25 VR Lima	03:24.8 00:00.9	28
3	32(5)	4876 5632 4689 3626	Mariana Oliveira / Daniel Branco / Francisco Gonçalves / Tiago Lázaro	25 VR Lima	03:25.3 00:01.4	26
4	32(6)	5163 5332 5622 6062	Madalena Peça / João Bento Oliveira / Diogo Perpétuo Ferreira / Fátima	81 Naval	03:26.4 00:02.5	24
5	32(13)	6029 3933 4007 5694	Beatriz Alonso / Alexandre Patricio / Ivo Vilaça / Daniel Barbosa	2 Cerveira	03:29.9 00:06.0	22
6	32(11)	2881 4210 5666 5667	Tomás Silveira / João Capucho / Rodrigo Bio / Marta Condeço	9 Galitos	03:32.2 00:08.3	20
7	32(12)	6115 4942 4494 5836	Rute Vieira / Tomás Sá / Duarte Pereira / Henrique Mendes	25 VR Lima	03:32.6 00:08.7	18
8	32(3)	3610 3606 4853 4359	António Lopes / João Silva / Bernardo Cruz / Mariana Oliveira	11 Infante	03:33.9 00:10.0	16
9	32(7)	4615 4833 5055 5184	Matilde Pereira / Diogo Gonçalves / Tomás Rodrigues / Leonardo	17 Ginásio	03:37.9 00:14.0	14
10	32(1)	5030 4072 4321 5594	Mariana Estrabocha / Beatriz Rosa / Pedro Tomás / Tiago Carapuça	10 Barreirense	03:39.5 00:15.6	12
11	32(4)	5283 4475 6089 3957	Simão Machado / Francisco Neves / Gonçalo Romão / Mafalda Aires	9 Galitos	03:43.1 00:19.2	10
12	32(9)	4995 5940 5939 5619	André Fonseca Ramos / Afonso Rosado / Diogo Rucha Ferreira / Ivo	999 Misto	03:43.3 00:19.4	8
13	32(2)	6064 6092 4655 4747	Tiago Lemos / Gabriel Silva / Miguel Raposo / Matilde Carlos	999 Misto	03:54.6 00:30.7	6
14	32(10)	3402 3707 4243 5197	Carolina Silva / Matilde Fernandes / Leonor Nogueiro / Alexandre	14 Praia Mira	04:01.3 00:37.4	4

CAMPEONATO NACIONAL

Júnior Masculinos

19-01-2020

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	33(4)	2890 5245 5630 5242	Bruna Parente / André Gonçalves / Tiago Rufo / Pedro Quesado	25 VR Lima	06:23.7	30
2	33(9)	3930 4712 4710 6117	Carolina Souto / Ricardo Sousa / Rafael Barbosa / Iago González	2 Cerveira	06:27.6	00:03.9 28
3	33(3)	3987 2371 5138 4160	Ana Letra / Gonçalo Oliveira / Jaime Gomes / Rogério Sousa	999 Misto	06:35.6	00:11.9 26
4	33(5)	4741 2453 5175 4309	Beatriz Varela / João Santos / João Pereira / Duarte Castro	11 Infante	06:37.8	00:14.1 24
5	33(8)	3681 4811 5321 6066	Leonor Lages / Iuri Gonçalves / João Lima / Andrés González	2 Cerveira	06:45.2	00:21.5 22
6	33(7)	2776 2775 2520 2414	Mariana Virtuoso / Guilherme Carriço / Ricardo Heitor / Pedro Sei	10 Barreirense	06:49.6	00:25.9 20
7	33(1)	5219 2973 4858 5851	André Agante / José Guedes / João Cabral / Bárbara Alves	21 Fluvial	06:54.0	00:30.3 18
8	33(2)	1779 4420 2591 5192	Luís Amaro / André Ferreira / José Pontes / Rita Velinho	9 Galitos	06:57.5	00:33.8 16
9	33(6)	2609 4208 6093 2161	Francisca Vilarinho / Alexandre Lameiro / Sérgio Limões / João V	9 Galitos	07:22.8	00:59.1 14

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CAMPEONATO NACIONAL

19-01-2020

Sénior Masculinos

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	34(5)	4998 2690 911 864	Maria Pimenta / André Pinto / João Costa / Roberto Rodrigues	25 VR Lima	06:09.9	30
2	34(4)	1123 853 79 1183	Miguel Menezes / Diogo Almeida / Pedro Menezes / Beatriz Tavar	11 Infante	06:15.4 00:05.5	28
3	34(1)	1139 649 1054 1405	Núria Almeida / Cláudio Rodrigues / Nuno Coelho / João Teixeira	21 Fluvial	06:30.4 00:20.5	26
4	34(3)	3847 71 5469 340	Carla Mendes / Mateus Costa / Luís Barquinha / Paulo Veloso	21 Fluvial	06:31.0 00:21.1	24
5	34(7)	2107 2673 2674 4343	Inês Santos / Vasco Bessa / Tomás Barreto / José Canha	21 Fluvial	06:35.2 00:25.3	22
6	34(6)	737 575 594 4809	Rui Rosa / João Vaz / João Simões / Maria Loura	9 Galitos	06:41.2 00:31.3	20
7	34(2)	5861 3777 4322 3371	Diana Almeida / Daniel Santos / Bernardo Ramos / André Gonçal	10 Barreirense	06:52.0 00:42.1	18
8	34(8)	5371 4867 5373 5372	Fernanda Soares / Pedro Vilarinho / João Santos / Vitor Tavares	9 Galitos	07:56.4 01:46.5	16

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CAMPEONATO NACIONAL

19-01-2020

40+ Masculinos

2000m

#	Reg(Erg)	N. Fed	Nome(s)	Clube	Tempo	Pts
1	34(10)	1238 1052 981 614	Maria Tavares / Hugo Pinto / Paulo Almeida / Fernando Pereira	11 Infante	06:45.5	30
2	34(11)	519 3733 5284 5671	Licinia Ferreira / Hélio Paulino / Mark Alloway / José Faustino	17 Ginásio	06:58.4 00:12.9	28
3	34(13)	498 1216 5821 3836	Ana Mendes / José Tomé / José Martins / Mário Santos	17 Ginásio	07:08.0 00:22.5	26
4	34(9)	3825 3345 494 3424	Artur Lemos da Silva / Carlos Ferreira / José Ferreira / Fernanda	17 Ginásio	07:19.2 00:33.7	24
5	34(14)	5374 4054 4868 2140	Anabela Pereira / Dina Rocha / Rodrigo Frade / José Amaro	9 Galitos	07:39.2 00:53.7	22
6	34(12)	6287 6282 6289 3418	Ana Lagoa / Sandra Jesus / Amélia Pereira / Francisco Veríssimo	14 Praia Mira	07:39.7 00:54.2	20

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