

Época	Tipo	#Teste	Definição	Data	Local						
2015/2016	Testes Nacionais - Aferição	3	Testes de Água, 6Km	25/10/2015	Albufeira da Barragem do Maranhão, Avis						
Número	Nome	Clube	Peso	Cat.	Drag	Parcial Médio	Voga Média	Média Watts	Resultado Final	WBT	% WBT
406	Cláudia Figueiredo	Cerveira	78	JW		01:58.4	26	211	19:44.2	16:02.5	81%
110	Inês Oliveira	Infante	57	JW	110	02:00.2	29	201	20:02.3	16:02.5	80%
2489	Ana Frutuoso	VRL	74.1	JW		02:00.6	27	199	20:06.9	16:02.5	80%
1488	Francisca Castro	Infante	64	JW	110	02:00.7	29	199	20:07.7	16:02.5	80%
1955	Alexandra Casaleiro	Ginásio	29.4	JW	115	02:04.6	27	181	20:46.4	16:02.5	77%
1145	Antonia Fernandes	Fluival	59.4	JW	120	02:06.6	26	172	21:06.1	16:02.5	76%
3354	Ana Silva	Caminhense	60.9	JW		02:06.6	27	172	21:06.8	16:02.5	76%
1830	Claudia Robinson	Académica	58.4	JW	106	02:07.1	24	170	21:11.9	16:02.5	76%
3150	Inês Cardoso	Ferrovíarios	53	JW	110	02:07.2	24	170	21:12.2	16:02.5	76%
3512	Taisiya Sazonova	Académica	61.6	JW	106	02:07.4	25	169	21:14.0	16:02.5	76%
3664	Carolina Carvalho	Académica	65.1	JW	106	02:07.6	24	168	21:16.0	16:02.5	75%
1923	Beatriz Pinto	Ginásio	52.1	JW	115	02:09.3	28	162	21:23.9	16:02.5	75%
2160	Melissa Robinson	Académica	70.4	JW	106	02:09.2	24	162	21:32.2	16:02.5	74%
503	Tiago Silva	Ginásio	82.5	JM	120	01:41.5	28	334	16:55.7	14:01.5	83%
57	Gonçalo Delgado	Académica	82.6	JM	110	01:41.9	27	331	16:59.1	14:01.5	83%
1308	Rodrigo Silva	CDUP	87.7	JM		01:42.7	29	323	17:07.6	14:01.5	82%
267	João Carvalho	Caminhense	86.2	JM		01:44.6	27	306	17:26.2	14:01.5	80%
3411	Francisco Santos	SCP	80.8	JM	110	01:45.7	26	296	17:37.2	14:01.5	80%
2679	Gonçalo Guedes	RCFP	71.2	JM	130	01:46.1	26	292	17:41.1	14:01.5	79%
2450	João Varela	CNIDH	82.5	JM	110	01:46.6	27	289	17:46.4	14:01.5	79%
2674	Tomas Barreto	RCFP	65.1	JM	130	01:46.8	26	287	17:48.5	14:01.5	79%
2596	Christopher Gadzinski	Académica	71	JM	119	01:46.9	24	286	17:49.1	14:01.5	79%
1359	Dinis Costa	CN Setubalense	68.5	JM	112	01:47.4	30	282	17:54.3	14:01.5	78%
75	André Malheiro	RCPF	89.5	JM	130	01:47.4	26	282	17:54.9	14:01.5	78%
659	Eduardo Gonçalves	Caminhense	83.6	JM		01:47.8	27	279	17:58.6	14:01.5	78%
1621	Rodrigo Romão	CFV	69.2	JM	115	01:48.1	28	276	18:01.9	14:01.5	78%
431	André Marques	Cerveira	74.7	JM		01:48.2	27	276	18:02.0	14:01.5	78%
2496	André Araújo	VRL	72.9	JM		01:48.2	29	276	18:02.2	14:01.5	78%
2279	Renato Galhós	Ferr. Barreiro	77.6	JM	110	01:48.3	25	275	18:03.9	14:01.5	78%
1527	Nuno Gonçalves	Cerveira	86.7	JM		01:48.6	27	273	18:06.0	14:01.5	77%
2388	Eduardo Vieira	CP Cacia	79	JM	110	01:48.9	24	271	18:09.2	14:01.5	77%
3042	António Bezerra	Caminhense	79	JM		01:49.4	27	267	18:14.1	14:01.5	77%
156	João Borlido	VRL	74.3	JM		01:49.9	29	263	18:19.7	14:01.5	77%
1181	Pedro Bandeira	CNIDH	78.8	JM	110	01:50.3	27	260	18:23.6	14:01.5	76%
282	Diogo Pereira	Caminhense	69.1	JM		01:50.8	30	257	18:28.6	14:01.5	76%
55	João Gomes	Académica	67.4	JM	110	01:51.3	25	253	18:33.6	14:01.5	76%
2863	Tiago Castanheira	Ferr. Barreiro	77.2	JM	110	01:51.4	27	253	18:34.9	14:01.5	75%
435	David Cerqueira	Caminhense	66.8	JM		01:51.6	29	251	18:36.9	14:01.5	75%
2451	João Rocha	CNIDH	66	JM	115	01:51.8	27	250	18:38.9	14:01.5	75%
2377	João Soares	Ginásio	69.8	JM	120	01:52.7	25	244	18:47.8	14:01.5	75%
3517	Leonardo Cavaleiro	CBMV	66.1	JM	114	01:53.2	25	241	18:52.0	14:01.5	74%
2564	Vasco Lemos	CN Setubalense	69.2	JM	112	01:55.0	29	230	19:10.0	14:01.5	73%
158	Miguel Machado	VRL	70.6	JM		01:55.5	28	227	19:15.3	14:01.5	73%
2068	Rafael Lamego	Ferr. Barreiro	65.1	JM	105	01:56.0	27	224	19:20.5	14:01.5	73%
92	Pedro Mateus	Académica	62.6	JM	110	01:56.1	24	224	19:22.2	14:01.5	72%
843	Miguel Costa	Ferr. Barreiro	72.8	JM	110	01:49.0	26	270	36:21.3	14:01.5	39%
296	Claudia Pinto	CNIDH	61.2	B LW	110	02:07.6	27	168	42:33.8	34:33.5	81%
853	Diogo Almeida	CNIDH	73.9	B LM	115	01:43.7	32	313	34:35.1	29:43.5	86%
488	Diogo Coelho	SCP	69	B LM	110	01:45.5	30	298	35:10.2	29:43.5	85%
1428	João Oliveira	Galitos	72.3	B LM	110	01:45.5	28	298	35:10.9	29:43.5	84%
17	Tiago Susano	Académica	73.7	B LM	110	01:45.7	23	296	35:15.4	29:43.5	84%
1360	Afonso Costa	CN Setubalense	70.7	B LM	110	01:46.8	28	287	35:37.6	29:43.5	83%
79	Pedro Menezes	CDUP	70.7	B LM	115	01:47.0	29	286	35:40.4	29:43.5	83%
340	Paulo Veloso	Ginásio	74	B LM	120	01:47.0	24	285	35:40.9	29:43.5	83%
115	Ricardo Castro	CNIDH	74.3	B LM	110	01:47.6	29	281	35:52.4	29:43.5	83%
3371	André Gonçalves	CFP	74	B LM	115	01:48.4	28	275	36:08.2	29:43.5	82%
604	Duarte Pinheiro	Infante	73	B LM	112	01:50.1	26	262	36:42.3	29:43.5	81%
849	Eduardo Sousa	Ferr. Barreiro	70	B LM	110	01:53.3	23	240	37:47.4	29:43.5	79%
850	João Raposinho	CNIDH	96	B M	124	01:44.6	25	305	34:53.9	28:03.0	80%
603	Tiago Costa	CNIDH	77.1	B M	105	01:47.8	29	279	35:57.5	28:03.0	78%
1054	Nuno Coelho	RCFP	74.4	LM	115	01:43.2	29	318	34:24.5	29:43.5	86%
904	Carlos Cruz	VRL	74.9	LM	0	01:43.9	28	312	34:38.0	29:43.5	86%
	Jorge André	CR Miño Tui	74.3	LM	0	01:45.2	25	300	35:04.3	29:43.5	85%

Standards mínimos ergo 9-Dez

			WBT	
JW	02:05.0	2.5	06:25.0	16:02.5
JM	01:49.0	2.5	05:36.6	14:01.5
B LM	01:49.0	5	05:56.7	29:43.5
B M	01:44.0	5	05:36.6	28:03.0
B LW	02:03.0	5	06:54.7	34:33.5
LM	01:46.0	5	05:56.7	29:43.5
M	01:41.0	5	05:36.6	28:03.0