

CAMPEONATO REGIONAL MASTER 2021

Complexo Desportivo de Lousada - (18/09/2021 - 19/09/2021)

MARTELO 7.260kg 1 M35/M40/M45 1 | VET - M | Dia 1

Série 1

1	Nuno Rocha	1984	VET 35	MAC	50.18
2	José Alberto Silva	1978	VET 40	CDCNAV	31.19
3	Hélder Silva	1977	VET 40	CFOD	18.90
4	Amândio Costa	1976	VET 45	BFC	13.01
5	Jóice Jesus	1975	VET 45	NPCAD	6.27
DNS	Pedro Guimarães	1981	VET 40	ESCMOV	x
DNS	José Araújo	1972	VET 45	AMONT	x

MARTELO 5kg 1 M60/M65 1 | VET - M | Dia 1

Série 1

1	Augusto Cavaleiro	1961	VET 60	CPTSC	48.86
2	Álvaro Almeida	1960	VET 60	ESCMOV	25.52
3	Fernando Pereira	1955	VET 65	NPCAD	12.12

MARTELO 3kg 1 F50/F55/F60 1 | VET - F | Dia 1

Série 1

1	Teresa Tavares	1968	VET 50	ESCMOV	21.22
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MARTELO 4kg 1 F35/F40/F45 1 | VET - F | Dia 1

Série 1

1	Joana Silva	1984	VET 35	CDP	29.62
2	Sónia Eusébio	1983	VET 35	CDP	17.13
3	Carla Rodrigues	1972	VET 45	CFOD	16.84
4	Cláudia Vilarinho	1978	VET 40	CFOD	13.64
5	Anabela Ribeiro	1976	VET 45	BFC	6.35
DNS	Olga Neves	1978	VET 40	ESCMOV	x
DNS	Fernanda Angélica	1975	VET 45	ACPV	x

MARTELO 4kg 1 M70/M75 1 | VET - M | Dia 1

MARTELO 6kg 1 M50/M55 1 | VET - M | Dia 1

Série 1

1	Carlos Tavares	1968	VET 50	RUNRIVER	17.69
2	Joaquim Pereira	1968	VET 50	CFOD	11.77
DNS	Manuel Sousa	1970	VET 50	CAP	x
DNS	Francisco Mesquita	1963	VET 55	NPCAD	x

110M BAR 1 M35/M40/M45 1 | VET - M | Dia 2

VARA | VET - F | Dia 2

Série 1

1	Bárbara Moreira	1974	VET 45	ESCMOV	1.90
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VARA | VET - M | Dia 2

Série 1

1	Gilberto Enes	1975	VET 45	PLF	3.00
2	Carlos Eusébio	1972	VET 45	CDCNAV	2.90
3	Pedro Gonçalves	1978	VET 40	CDPRI	1.90

DARDO 800G 1 M35/M40/M45 1 | VET - M | Dia 2

Série 1

1	José Alberto Silva	1978	VET 40	CDCNAV	30.74
2	Rui Costa	1981	VET 40	CDCNAV	28.70
3	Pedro Marques	1979	VET 40	RUNRIVER	27.48
4	António Morais	1980	VET 40	CFOD	26.77

5	Luís Silva	1973	VET 45	ACPV	25.54
6	Hélder Ribeiro	1976	VET 45	CFOD	21.95
7	José Araújo	1972	VET 45	AMONT	20.49
8	Salvador Silva	1972	VET 45	CFOD	20.31
9	Hélder Silva	1977	VET 40	CFOD	19.02
10	Jorge Lopes	1977	VET 40	CFOD	15.23

L. PESO 4Kg 1 F35/F40/F45 1 | VET - F | Dia 2

Série 1

1	Sónia Eusébio	1983	VET 35	CDP	7.47
2	Cláudia Vilarinho	1978	VET 40	CFOD	7.07
3	Ana Cerqueira	1976	VET 45	ESCMOV	6.60
4	Joana Silva	1984	VET 35	CDP	6.51
5	Ana Vieira	1979	VET 40	CFOD	5.84
6	Anabela Ribeiro	1980	VET 40	CFOD	5.37
7	Andreia Ribeiro	1976	VET 45	BFC	4.62
8	Susana De Jesus	1977	VET 40	NPCAD	4.16

L. PESO 4Kg 1 M70/M75 1 | VET - M | Dia 2

Série 1

1	José Maria Costa	1947	VET 70	CDPRI	6.44
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100 M BAR 1 M50/M55 1 | VET - M | Dia 2

Série 1

1	Serafim Gadelho	1968	VET 50	ESCMOV	20.30
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100 M BAR 1 M60/M65 1 | VET - M | Dia 2

100 M BAR 1 F35 1 | VET - F | Dia 2

Série 1

1	Ana Carneiro	1986	VET 35	CFOD	23.50
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80M BAR 1 F40/F45 1 | VET - F | Dia 2

80M BAR 1 M70/M75 1 | VET - M | Dia 2

80M BAR 1 F50/F55 1 | VET - F | Dia 2

80M BAR 1 F60 1 | VET - F | Dia 2

100 M 1 F35/F40 1 | VET - F | Dia 2

Série 1

1	Sandra Borges	1983	VET 35	CFOD	13.50
2	Isabel Gama	1977	VET 40	CFOD	13.90
3	Cristina Coutinho	1981	VET 35	ESCMOV	14.20
4	Filipa Cancela	1983	VET 35	SCBM	14.30
5	Carla Ferreira	1978	VET 40	CFOD	15.60
6	Mariana Magalhaes	1978	VET 40	CFOD	16.40

100 M 1 F45/F50/F55/F60 1 | VET - F | Dia 2

Série 1

1	Ana Neves	1975	VET 45	CDP	14.90
2	Ana Cerqueira	1976	VET 45	ESCMOV	16.60
3	Ana Guedes	1973	VET 45	BFC	18.40
4	Sónia Santos	1974	VET 45	CFOD	18.90

Série 2 v = +0.6 (Manual)

1	Isabel Ferreira	1968	VET 50	ESCMOV	14.40
2	Fernanda Borges	1967	VET 50	ESCMOV	15.05
3	Ana Paula Mota	1961	VET 60	ESCMOV	15.17

4	Paula Gonçalves	1970	VET 50	CDCNAV	17.91
5	Nilza Ribeiro	1950	VET 70	CLUVE	22.22

100 M 1 M35/M40 1 | VET - M | Dia 2

Série 1 v = -0.4 (Manual)

1	Lenine Cunha	1982	VET 35	CFOD	12.51
2	Hugo Fernandes	1985	VET 35	RUNRIVER	13.42
3	Ludgero Moreira	1982	VET 35	EAT	14.18
4	Samuel Marques	1986	VET 35	CFOD	14.38

Série 2 v = +1.6 (Manual)

1	Andre Assuncao	1977	VET 40	CFOD	12.13
2	Fernando Patricio	1979	VET 40	CFOD	13.53
3	Helder Silva	1980	VET 40	CFOD	14.08
4	Agostinho Figueiredo	1979	VET 40	AFR&F	14.50

100 M 1 M45/M50 1 | VET - M | Dia 2

Série 1 v = +0.0 (Manual)

1	Fernando Pereira	1975	VET 45	ESCMOV	12.10
2	Selwin Wever	1974	VET 45	CFB	12.16
3	Paulo Costa	1976	VET 45	CDP	13.15
4	Jose Carlos Sousa	1975	VET 45	CDP	13.61
5	Alvaro Monteiro	1975	VET 45	VIZELA	14.17
6	Carlos Eusebio	1972	VET 45	CDCNAV	14.19
7	Patricio Castro	1976	VET 45	ACVSM	16.51

Série 4 v = +1.4 (Manual)

1	Eugenio Costa	1969	VET 50	ESCMOV	12.03
2	Miguel Nascimento	1970	VET 50	ESCMOV	12.10
3	Paulo Viana	1968	VET 50	ESCMOV	12.56
4	Luis Inocencio	1968	VET 50	CFB	13.58
5	Jose Cunha	1971	VET 50	ESCMOV	13.66
6	Fernando Costa	1971	VET 50	CDP	13.95
7	Fernando Almeida	1969	VET 50	IND	14.08
8	Americo Pereira	1971	VET 50	CFOD	16.15

100 M 1 M55/M60/M65/M70/M75 1 | VET - M | Dia 2

Série 1 v = +2.2 (Manual)

1	Jorge Silva Santos	1966	VET 55	SCBM	12.86
2	Carlos Pereira	1963	VET 55	ESCMOV	13.10
3	Jose Pedro Vieira	1966	VET 55	CSGAIA	13.25
4	Paulo Vilaça	1964	VET 55	ESCMOV	13.35
5	Joao Guimaraes	1966	VET 55	ADL-P	14.17
6	Paulo Cardoso	1965	VET 55	BFC	14.30
7	Luis Guimaraes	1962	VET 55	ESCMOV	14.74
8	Antonio Nascimento	1963	VET 55	CFOD	15.61

Série 2 v = +1.4 (Manual)

1	Alberto Sampaio	1961	VET 60	BFC	14.41
2	Domingos Pinto	1959	VET 60	CFOD	16.36
3	Jose Monteiro	1957	VET 60	CPTBC	16.99
4	Anselmo Moreira	1954	VET 65	CFOD	17.59
5	Jose Maria Costa	1947	VET 70	CDPRI	22.80

COMPRIMENTO | VET - F | Dia 2

Série 1

1	Sandra Borges	1983	VET 35	CFOD	4.69 v 0.9
2	Isabel Gama	1977	VET 40	CFOD	4.21 v 0
3	Carina Pinto	1981	VET 40	LAVRA	3.98 v 0.8
4	Isabel Ferreira	1968	VET 50	ESCMOV	3.91 v 0.7
5	Ana Carneiro	1986	VET 35	CFOD	3.90 v 1.4

6	Sónia Eusébio	1983	VET 35	CDP	3.40 v 0
7	Bárbara Moreira	1974	VET 45	ESCMOV	3.30 v 2
8	Ana Vieira	1979	VET 40	CFOD	2.86 v 0.5
9	Susana De Jesus	1977	VET 40	NPCAD	2.27 v 0.9

DARDO 600g 1 F35/F40/F45 1 | VET - F | Dia 2

Série 1

1	Carina Pinto	1981	VET 40	LAVRA	25.99
2	Cláudia Vilarinho	1978	VET 40	CFOD	21.93
3	Joana Silva	1984	VET 35	CDP	16.51
4	Carla Ferreira	1978	VET 40	CFOD	15.29
5	Ana Guedes	1973	VET 45	BFC	13.99
6	Andreia Ribeiro	1980	VET 40	CFOD	11.43
7	Anabela Ribeiro	1976	VET 45	BFC	1.89

DARDO 600g 1 M60/M65 1 | VET - M | Dia 2

Série 1

1	Fernando Ribeiro	1956	VET 60	CLUVE	34.89
2	Camilo Rego	1959	VET 60	ESCMOV	31.06
3	Reinaldo Vieira	1955	VET 65	CLUVE	23.91
4	Arménio Carvalhais	1953	VET 65	CAP	9.89

L. PESO 6kg 1 M50/M55 1 | VET - M | Dia 2

Série 1

1	Manuel Sousa	1970	VET 50	CAP	9.52
2	Rui Nogueira	1967	VET 50	ESCMOV	8.16
3	Fernando Ribeiro	1966	VET 55	RUNRIVER	7.17
4	José Cunha	1971	VET 50	ESCMOV	6.99
5	Carlos Tavares	1968	VET 50	RUNRIVER	6.76
6	Francisco Carvalho	1966	VET 55	CFOD	5.38
7	Fromentino Guimarães	1966	VET 55	ESCMOV	5.06

L. PESO 3Kg 1 F50/F5/F60 1 | VET - F | Dia 2

Série 1

1	Ana Paula Mota	1961	VET 60	ESCMOV	7.20
2	Paula Martinho	1954	VET 65	CLUVE	6.96
3	Marília Santos	1965	VET 55	ESCMOV	6.72
4	Rosa Pinto	1961	VET 55	NPCAD	6.12
5	Nilza Ribeiro	1950	VET 70	CLUVE	5.99
6	Maria Fernandes	1969	VET 50	ACFR	5.92
7	Fernanda Borges	1967	VET 50	ESCMOV	5.89
8	Cecília Sá	1964	VET 55	CAP	4.60
9	Cláudia Pimentel	1971	VET 50	CFOD	4.41

1500 M | VET - F | Dia 2

Série 1

1	Estela Melo	1976	VET 45	UDV	5:05.65
2	Tânia Fernandes	1985	VET 35	LSC	5:15.00
3	Fátima Silva	1970	VET 50	CDP	5:42.58
4	Sónia Félix	1982	VET 35	RUNRIVER	5:44.26
5	Elisabete Nunes	1973	VET 45	SCS	5:50.77
6	Alice Couto	1967	VET 50	CFOD	6:04.12
7	Daniela Soares	1980	VET 40	RUNRIVER	6:08.39
8	Sandra Campos	1977	VET 40	ACPV	6:09.09
9	Rosa Pinto	1961	VET 55	NPCAD	6:21.09
10	Carla Marques	1977	VET 40	ESCMOV	6:47.97

1500 M | VET - M | Dia 2

Série 1

1	Tony Calvo	1981	VET 40	CDP	4:19.73
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2	Mihail Lalev	1982	VET 35	SCB	4:21.33
3	Sérgio Neto	1983	VET 35	MAC	4:24.12
4	Pedro Maravilhas	1976	VET 40	CDSSC	4:28.46
5	Miguel Maia	1979	VET 40	ACPV	4:33.73
6	Nuno Queiroz	1977	VET 40	CDSSC	4:35.68
7	Jorge Neto	1982	VET 35	NBA	4:38.30
8	Jorge Cunha	1977	VET 40	UDV	4:40.98
9	Jorge Fontes	1981	VET 35	CDCNAV	4:49.52
10	Ramiro Ribeiro	1980	VET 40	NBA	4:52.82
11	Samuel Marques	1986	VET 35	CFOD	4:57.84
12	Ricardo Fernandes	1984	VET 35	BFC	4:59.30
13	Paulo Martins	1982	VET 35	VIZELA	4:59.91
14	Agostinho Figueiredo	1979	VET 40	AFR&F	5:01.21
15	Ricardo Carvalho	1983	VET 35	RUNRIVER	5:05.11
16	Sérgio Silva	1979	VET 40	RUNRIVER	5:23.51
17	Vítor Rodrigues	1982	VET 35	CDP	5:47.84
18	Marco Vaz	1978	VET 40	NBA	6:09.90

Série 2

1	João Carlos Gomes	1969	VET 50	CFB	4:28.67
2	Paulo Ribeiro	1972	VET 45	MACIEIRA	4:29.97
3	João Cavadas	1967	VET 50	IND	4:39.95
4	José Moreira	1970	VET 50	CDSSC	4:43.92
5	Manuel Silva	1975	VET 45	CFOD	4:50.33
6	Adelino Fernandes	1964	VET 55	LFC-F	4:51.01
7	Augusto Cardoso	1970	VET 50	ACRSD	4:58.69
8	Manuel Costa	1963	VET 55	ADL-P	4:59.10
9	Jorge Luz	1964	VET 55	NPCAD	4:59.93
10	Luís Oliveira	1967	VET 50	ESCMOV	5:02.09
11	Jorge Campos	1975	VET 45	CDSSC	5:07.60
12	Patrício Castro	1976	VET 45	ACVSM	5:08.97
13	José Pedrosa	1976	VET 45	NBA	5:09.07
14	Alexandre Ferreira	1962	VET 55	VIZELA	5:09.23
15	Fernando Figueiredo	1964	VET 55	AFR&F	5:10.48
16	Salvador Silva	1972	VET 45	CFOD	5:11.84
17	Adérito Alves	1951	VET 70	SCS	5:32.72
18	Flávio Fernandes	1968	VET 50	NBA	5:33.67
19	Joaquim Pereira	1951	VET 70	CDSSC	5:34.74
20	José Gomes	1953	VET 65	CDCNAV	6:07.07
21	Diamantino Coelho	1948	VET 70	IND	6:16.93
DNF	Manuel Cardoso	1970	VET 50	ESCMOV	x
DNF	Zeferino Neto	1969	VET 50	CDSSC	x

400 M 1 F35/F40/F45 1 | VET - F | Dia 2

Série 1

1	Tânia Fernandes	1985	VET 35	LSC	65.69
2	Cristina Coutinho	1981	VET 35	ESCMOV	67.30
3	Sónia Félix	1982	VET 35	RUNRIVER	74.77
4	Filipa Cancela	1983	VET 35	SCBM	74.99

Série 2

1	Conceição Santos	1977	VET 40	CDP	75.79
2	Mariana Magalhaes	1978	VET 40	CFOD	83.80
3	Carla Rodrigues	1972	VET 45	CFOD	85.23
4	Carla Marques	1977	VET 40	ESCMOV	88.32
5	Sónia Santos	1974	VET 45	CFOD	95.72

400 M 1 F50/F55/F60 1 | VET - F | Dia 2

Série 1

1	Fátima Silva	1970	VET 50	CDP	77.74
2	Paula Gonçalves	1970	VET 50	CDCNAV	83.25

3	Alice Couto	1967	VET 50	CFOD	88.81
DNF	Maria Fernandes	1969	VET 50	ACFR	x

400 M 1 M35/M40/M45 1 | VET - M | Dia 2

Série 1

1	Hugo Fernandes	1985	VET 35	RUNRIVER	61.69
2	Ludgero Moreira	1982	VET 35	EAT	63.69
3	Jorge Fontes	1981	VET 35	CDCNAV	66.61
4	Vítor Rodrigues	1982	VET 35	CDP	70.87
99999	Jorge Silva_Santos	1966	VET 55	SCBM	x

Série 2

1	Jorge Lopes	1977	VET 40	CFOD	64.09
2	Ramiro Ribeiro	1980	VET 40	NBA	64.20
3	Hélder Silva	1980	VET 40	CFOD	64.60
4	Marco Faria	1976	VET 40	VIZELA	67.92
DNS	Fernando Almeida	1969	VET 50	IND-P	x

Série 3

1	Ernesto Pinto	1971	VET 45	ESCMOV	60.10
2	José Carlos Sousa	1975	VET 45	CDP	60.61
3	Paulo Costa	1976	VET 45	CDP	60.90
4	Telmo Cardoso	1975	VET 45	ADL-P	62.90
5	Manuel Silva	1975	VET 45	CFOD	63.96
6	Jorge Campos	1975	VET 45	CDSSC	68.50

400 M 1 M50/M55 1 | VET - M | Dia 2

Série 1

1	Serafim Gadelho	1968	VET 50	ESCMOV	58.65
2	José Moreira	1970	VET 50	CDSSC	62.94
3	Paulo Silva	1971	VET 50	CDP	63.65
4	Fernando Costa	1971	VET 50	CDP	64.63
5	Manuel Cardoso	1970	VET 50	ESCMOV	65.43
DNS	Luís Oliveira	1967	VET 50	ESCMOV	x

Série 2

1	Joao Guimaraes	1966	VET 55	ADL-P	64.29
2	Paulo Vilaça	1964	VET 55	ESCMOV	64.72
3	Fernando Silva	1965	VET 55	CDCNAV	67.12
4	Fromentino Guimarães	1966	VET 55	ESCMOV	67.76
5	António Nascimento	1963	VET 55	CFOD	68.34
6	Jose Moreira	1965	VET 55	SCS	68.76

2000M OBSTACULOS | VET - F | Dia 2

Série 1

1	Ana Neves	1975	VET 45	CDP	9:36.38
2	Conceição Santos	1977	VET 40	CDP	10:06.56

Série 2

400 M 1 M60/M65/M70/M75 1 | VET - M | Dia 2

Série 1

1	Jorge Silva_Santos	1966	VET 55	SCBM	61.84
2	Alberto Sampaio	1961	VET 60	BFC	65.18
3	Fernando Almeida	1969	VET 50	IND-P	65.98
4	José Monteiro	1957	VET 60	CPTBC	76.00
5	Anselmo Moreira	1954	VET 65	CFOD	82.95
6	Fernando Pereira	1955	VET 65	NPCAD	90.21

2000M OBST. 1 M60/M65/M70/M75 1 | VET - M | Dia 2**Série 1**

1	Domingos Pinto	1959	VET 60	CFOD	9:16.13
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COMPRIMENTO | VET - M | Dia 2**Série 1**

1	Camilo Rego	1959	VET 60	ESCMOV	7.39 v 0.8
2	Lenine Cunha	1982	VET 35	CFOD	6.10 v
3	António Morais	1980	VET 40	CFOD	6.04 v 1.6
4	André Assunção	1977	VET 40	CFOD	5.74 v 0
5	Carlos Pereira	1963	VET 55	ESCMOV	5.37 v 3.4
6	Paulo Viana	1968	VET 50	ESCMOV	5.30 v 2.1
7	Fernando Pereira	1975	VET 45	ESCMOV	5.28 v 0.2
8	Ernesto Pinto	1971	VET 45	ESCMOV	5.06 v 0.7
9	Eugenio Costa	1969	VET 50	ESCMOV	4.99 v 1.1
10	Fernando Patrício	1979	VET 40	CFOD	4.54 v 1.4
11	Hélder Ribeiro	1976	VET 45	CFOD	4.25 v 0.8
12	Fernando Figueiredo	1964	VET 55	AFRF	2.93 v 1.1
13	Francisco Mesquita	1963	VET 55	NPCAD	2.62 v -
DNS	Agostinho Figueiredo	1979	VET 40	AFRF	x v

DARDO 500g 1 F50/F55/F60 1 | VET - F | Dia 2**Série 1**

1	Paula Martinho	1954	VET 65	CLUVE	23.50
2	Marília Santos	1965	VET 55	ESCMOV	14.41
3	Cecília Sá	1964	VET 55	CAP	11.82
4	Cláudia Pimentel	1971	VET 50	CFOD	8.29

DARDO 500g 1 M70/M75 1 | VET - M | Dia 2**DARDO 700g 1 M50/M55 1 | VET - M | Dia 2****Série 1**

1	Manuel Sousa	1970	VET 50	CAP	31.29
2	Rui Nogueira	1967	VET 50	ESCMOV	25.14
3	Miguel Nascimento	1970	VET 50	ESCMOV	24.69
4	Carlos Tavares	1968	VET 50	RUNRIVER	18.98
5	Joaquim Pereira	1968	VET 50	CFOD	16.06
6	Américo Pereira	1971	VET 50	CFOD	12.39

Série 2

1	Luis Guimarães	1962	VET 55	ESCMOV	24.28
2	Fernando Ribeiro	1966	VET 55	RUNRIVER	23.70
3	Manuel Figueiredo	1965	VET 55	AFRF	23.49
4	Francisco Mesquita	1963	VET 55	NPCAD	18.18
5	José Pacheco	1963	VET 55	SCS	17.73
6	Francisco Carvalho	1966	VET 55	CFOD	12.86
7	Paulo Cardoso	1965	VET 55	BFC	10.90

L. PESO 7.26Kg 1 M35/M40/M45 1 | VET - M | Dia 2**Série 1**

1	José Alberto Silva	1978	VET 40	CDCNAV	10.04
2	Pedro Marques	1979	VET 40	RUNRIVER	9.28
3	Hélder Silva	1977	VET 40	CFOD	8.39
4	Rui Costa	1981	VET 40	CDCNAV	8.14
5	Luís Silva	1973	VET 45	ACPV	7.72
6	José Araújo	1972	VET 45	AMONT	7.38
7	Amândio Costa	1976	VET 45	BFC	6.85
8	Eduardo Brandão	1982	VET 35	RUNRIVER	5.38
9	Jóice Jesus	1975	VET 45	NPCAD	5.00

L. PESO 5Kg 1 M60/F65 1 | VET - M | Dia 2**Série 1**

1	Augusto Cavaleiro	1961	VET 60	CPTSC	13.23
2	Fernando Ribeiro	1956	VET 60	CLUVE	9.77
3	Reinaldo Vieira	1955	VET 65	CLUVE	7.17
4	Fernando Pereira	1955	VET 65	NPCAD	5.92

3000M OBST. 1 M35/M40/M45/M50/M55 1 | VET - M | Dia 2**Série 1**

1	Helder Carminé	1979	VET 40	ANE	11:20.30
2	Paulo Silva	1971	VET 50	CDP	11:44.67
3	Marco Faria	1976	VET 40	VIZELA	11:47.46
4	Ricardo Carvalho	1983	VET 35	RUNRIVER	12:34.85
5	Fernando Silva	1965	VET 55	CDCNAV	13:37.63

4x100 | VET - F | Dia 2**Série 1****4x100 | VET - M | Dia 2****TRIPLO SALTO | VET - F | Dia 3****Série 1**

1	Sandra Borges	1983	VET 35	CFOD	9.73 v 0
2	Isabel Gama	1977	VET 40	CFOD	8.90 v 0.1
3	Carina Pinto	1981	VET 40	LAVRA	8.60 v 0
4	Bárbara Moreira	1974	VET 45	ESCMOV	7.35 v 0
DNS	Cláudia Vilarinho	1978	VET 40	CFOD	x v

400 M BAR 1 M35/M40/M45 1 | VET - M | Dia 3**Série 1**

1	Paulo Costa	1976	VET 45	CDP	75.68
2	Hélder Silva	1980	VET 40	CFOD	82.65

ALTURA | VET - M | Dia 3**Série 1**

1	José Pereira	1976	VET 45	PLF	1.75
2	Lenine Cunha	1982	VET 35	CFOD	1.65
3	André Assunção	1977	VET 40	CFOD	1.65
4	Carlos Pereira	1963	VET 55	ESCMOV	1.65
5	Fernando Pereira	1975	VET 45	ESCMOV	1.60
6	António Morais	1980	VET 40	CFOD	1.50
7	Camilo Rego	1959	VET 60	ESCMOV	1.45
8	Jose Pedro Vieira	1966	VET 55	CSGAIA	1.45
9	Ludgero Moreira	1982	VET 35	EAT	1.35
10	Fernando Patrício	1979	VET 40	CFOD	1.30
11	Miguel Nascimento	1970	VET 50	ESCMOV	1.25
12	Rui Nogueira	1967	VET 50	ESCMOV	1.20
13	Joaquim Pereira	1968	VET 50	CFOD	1.15
14	José Pacheco	1963	VET 55	SCS	1.10
15	Amândio Costa	1976	VET 45	BFC	1.00
DNS	Ernesto Pinto	1971	VET 45	ESCMOV	SM
DNS	Manuel Cardoso	1970	VET 50	ESCMOV	SM

DISCO 2KG 1 M35/M40/M45 1 | VET - M | Dia 3**Série 1**

1	José Alberto Silva	1978	VET 40	CDCNAV	26.84
2	Hélder Silva	1977	VET 40	CFOD	23.12
3	Luís Silva	1973	VET 45	ACPV	22.07
4	Rui Costa	1981	VET 40	CDCNAV	19.65
5	Hélder Ribeiro	1976	VET 45	CFOD	17.61

6	Pedro Gonçalves	1978	VET 40	CDPRI	17.01
7	Salvador Silva	1972	VET 45	CFOD	14.40
8	Amândio Costa	1976	VET 45	BFC	12.59

400 M BAR I M50/M55 I | VET - M | Dia 3

Série 1

1	Serafim Gadelho	1968	VET 50	ESCMOV	70.63
2	Paulo Silva	1971	VET 50	CDP	74.75
3	Paulo Vilaça	1964	VET 55	ESCMOV	77.53
4	Fernando Silva	1965	VET 55	CDCNAV	83.09

400 M BAR I F35/F40/F45 I | VET - F | Dia 3

Série 1

1	Ana Carneiro	1986	VET 35	CFOD	94.40
2	Conceição Santos	1977	VET 40	CDP	99.60

300M BAR I M60/M65 I | VET - M | Dia 3

300M BAR I F50/F55 I | VET - F | Dia 3

300M BAR I F60 I | VET - F | Dia 3

300M BAR I M70/M75 I | VET - M | Dia 3

3000 M | VET - F | Dia 3

Série 1

1	Fátima Silva	1970	VET 50	CDP	12:14.29
2	Alice Couto	1967	VET 50	CFOD	12:54.46
3	Daniela Soares	1980	VET 40	RUNRIVER	12:59.39
4	Fátima Galdes	1969	VET 50	CAP	13:10.59
DNF	Tânia Fernandes	1985	VET 35	LSC	x
DNF	Maria José Lopes	1977	VET 40	NBA	x

DISCO 1,50kg I M50/M55 I | VET - M | Dia 3

Série 1

1	Manuel Sousa	1970	VET 50	CAP	27.49
2	Paulo Viana	1968	VET 50	ESCMOV	24.42
3	Rui Nogueira	1967	VET 50	ESCMOV	23.84
4	Luis Guimarães	1962	VET 55	ESCMOV	22.46
5	Américo Pereira	1971	VET 50	CFOD	19.55
6	Paulo Cardoso	1965	VET 55	BFC	17.42
7	Carlos Tavares	1968	VET 50	RUNRIVER	16.51
8	Joaquim Pereira	1968	VET 50	CFOD	16.33
9	José Cunha	1971	VET 50	ESCMOV	14.44
10	Fromentino Guimarães	1966	VET 55	ESCMOV	14.33
11	Francisco Carvalho	1966	VET 55	CFOD	12.97
DNS	Manuel Figueiredo	1965	VET 55	AFRF	x

3000 M | VET - M | Dia 3

Série 1

1	Mihail Lalev	1982	VET 35	SCB	9:02.71
2	Miguel Maia	1979	VET 40	ACPV	10:02.00
3	Nuno Queiroz	1977	VET 40	CDSSC	10:02.13
4	Jorge Neto	1982	VET 35	NBA	10:02.48
5	João Pereira	1975	VET 45	CDSSC	10:03.84
6	Marco Ferreira	1976	VET 45	UDV	10:06.57
7	Carlos Costa	1974	VET 45	UDV	10:06.73
8	Marco Faria	1976	VET 40	VIZELA	10:14.02
9	Ramiro Ribeiro	1980	VET 40	NBA	10:35.53
10	Patrício Castro	1976	VET 45	ACVSM	10:35.55
11	Paulo Martins	1982	VET 35	VIZELA	10:46.14
12	Eduardo Brandão	1982	VET 35	RUNRIVER	10:58.53
13	Jose Costa	1980	VET 40	CDCNAV	11:00.86

14	Basílio Sousa	1975	VET 45	EAT	11:02.24
15	Artur Ferreira	1976	VET 45	RUNRIVER	11:19.10
16	Salvador Silva	1972	VET 45	CFOD	11:42.28
17	Paulo Araújo	1973	VET 45	GDRJR	12:06.32
18	António Rocha	1978	VET 40	RUNRIVER	13:58.73

Série 2

1	Gil Ferreira	1971	VET 50	CDSSC	9:29.04
2	João Cavadas	1967	VET 50	IND	10:06.50
3	Adelino Fernandes	1964	VET 55	LFC-F	10:33.88
4	Manuel Costa	1963	VET 55	ADL-P	10:46.27
5	Alexandre Ferreira	1962	VET 55	VIZELA	11:04.04
6	José Ferreira	1962	VET 55	ADL-P	11:35.56
7	Flávio Fernandes	1968	VET 50	NBA	11:58.58
8	Serafim Reis	1970	VET 50	CAP	12:18.14
9	Paulo Vilaça	1963	VET 55	CAP	12:20.46
10	Joaquim Figueiredo	1967	VET 50	CDSSC	12:55.04
11	José Gomes	1953	VET 65	CDCNAV	12:59.11
12	Manuel Sá	1959	VET 60	CAP	13:03.20
13	Américo Pereira	1971	VET 50	CFOD	14:46.75
14	Henrique Pestana	1946	VET 75	GDRJR	15:43.95
DNF	Zeferino Neto	1969	VET 50	CDSSC	x

TRIPLO SALTO | VET - M | Dia 3

Série 1

1	António Morais	1980	VET 40	CFOD	11.99 v 0
2	Selwin Wever	1974	VET 45	CFB	11.91 v 0
3	Lenine Cunha	1982	VET 35	CFOD	11.75 v -0.8
4	Eugenio Costa	1969	VET 50	ESCMOV	10.61 v 0
5	Fernando Patrício	1979	VET 40	CFOD	10.13 v -0.9
6	Camilo Rego	1959	VET 60	ESCMOV	9.19 v -1.1
7	Jorge Lopes	1977	VET 40	CFOD	8.70 v -0.4
DNS	Pedro Gonçalves	1978	VET 40	CDPRI	x v

200 M I F35/F40 I | VET - F | Dia 3

Série 1 v = -0.8 (Manual)

1	Sandra Borges	1983	VET 35	CFOD	28.95
2	Isabel Gama	1977	VET 40	CFOD	33.01
3	Conceição Santos	1977	VET 40	CDP	33.87
4	Carla Ferreira	1978	VET 40	CFOD	34.67
5	Mariana Magalhaes	1978	VET 40	CFOD	36.77
6	Carla Marques	1977	VET 40	ESCMOV	38.28

200 M I F45/F50/F55/F60 I | VET - F | Dia 3

Série 1 v = +0.0 (Manual)

1	Filipa Cancela	1983	VET 35	SCBM	31.09
2	Carla Rodrigues	1972	VET 45	CFOD	37.33
3	Ana Guedes	1973	VET 45	BFC	41.88
DNS	Ana Cerqueira	1976	VET 45	ESCMOV	x
DNS	Ana Neves	1975	VET 45	CDP	x

Série 2 v = -1.5 (Manual)

1	Isabel Ferreira	1968	VET 50	ESCMOV	31.10
2	Ana Paula Mota	1961	VET 60	ESCMOV	32.69
3	Fernanda Borges	1967	VET 50	ESCMOV	32.93
4	Paula Gonçalves	1970	VET 50	CDCNAV	39.04
5	Marília Santos	1965	VET 55	ESCMOV	43.41
6	Cláudia Pimentel	1971	VET 50	CFOD	44.16

ALTURA | VET - F | Dia 3**Série 1**

1	Isabel Ferreira	1968	VET 50	ESCMOV	1.30
2	Ana Carneiro	1986	VET 35	CFOD	1.25
2	Carina Pinto	1981	VET 40	LAVRA	1.25
4	Ana Vieira		None	CFOD	1.15
5	Bárbara Moreira	1974	VET 45	ESCMOV	1.00

DISCO 1kg 1 M60/M65/M70/M75 1 | VET - M | Dia 3**Série 1**

1	Álvaro Almeida	1960	VET 60	ESCMOV	29.50
2	Reinaldo Vieira	1955	VET 65	CLUVE	25.63
3	Arménio Carvalhais	1953	VET 65	CAP	21.07
4	José Maria Costa	1947	VET 70	CDPRI	16.52
5	Domingos Pinto	1959	VET 60	CFOD	13.30

DISCO 1kg | VET - F | Dia 3**Série 1**

1	Cláudia Vilarinho	1978	VET 40	CFOD	20.81
2	Ana Paula Mota	1961	VET 60	ESCMOV	19.44
3	Sónia Eusébio	1983	VET 35	CDP	19.12
4	Carla Ferreira	1978	VET 40	CFOD	16.66
5	Teresa Tavares	1968	VET 50	ESCMOV	14.56
6	Ana Vieira		None	CFOD	13.87
7	Ana Cerqueira	1976	VET 45	ESCMOV	13.63
8	Cecília Sá	1964	VET 55	CAP	12.93
9	Anabela Ribeiro	1976	VET 45	BFC	12.83
10	Marília Santos	1965	VET 55	ESCMOV	12.73
11	Ana Guedes	1973	VET 45	BFC	12.53
12	Andreia Ribeiro	1980	VET 40	CFOD	10.66
13	Cláudia Pimentel	1971	VET 50	CFOD	6.90

200M 1 M35/M40 1 | VET - M | Dia 3**Série 1 v = +0.0 (Manual)**

1	Selwin Wever	1974	VET 45	CFB	25.13
2	Ludgero Moreira	1982	VET 35	EAT	28.94
3	Samuel Marques	1986	VET 35	CFOD	29.32
4	Carlos Eusébio	1972	VET 45	CDCNAV	29.54
5	Vítor Rodrigues	1982	VET 35	CDP	32.80
DQ	Álvaro Monteiro	1975	VET 45	VIZELA	x

Série 2 v = +0.0 (Manual)

1	André Assunção	1977	VET 40	CFOD	25.46
2	Jorge Silva Santos	1966	VET 55	SCBM	27.44
3	Rui Costa	1981	VET 40	CDCNAV	28.65
4	Jorge Lopes	1977	VET 40	CFOD	28.68
5	Hélder Silva	1980	VET 40	CFOD	29.11
6	Fernando Almeida	1969	VET 50	IND	30.26

200 M 1 M45/M50 1 | VET - M | Dia 3**Série 1 v = -1.4 (Manual)**

1	Fernando Pereira	1975	VET 45	ESCMOV	25.90
2	Paulo Costa	1976	VET 45	CDP	27.49
3	José Carlos Sousa	1975	VET 45	CDP	27.88
4	Manuel Silva	1975	VET 45	CFOD	29.00
5	Telmo Cardoso	1975	VET 45	ADL-P	29.01
DNS	Ernesto Pinto	1971	VET 45	ESCMOV	x

Série 2 v = -1.6 (Manual)

1	Eugenio Costa	1969	VET 50	ESCMOV	25.19
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2	Miguel Nascimento	1970	VET 50	ESCMOV	25.71
3	Paulo Viana	1968	VET 50	ESCMOV	25.85
4	José Cunha	1971	VET 50	ESCMOV	28.98
5	Paulo Silva	1971	VET 50	CDP	29.07
6	Fernando Costa	1971	VET 50	CDP	29.32

200 M 1 M55/M60/M65/M70/M75 1 | VET - M | Dia 3**Série 1 v = -0.9 (Manual)**

1	Jose Pedro Vieira	1966	VET 55	CSGAIA	27.63
2	Paulo Vilaça	1964	VET 55	ESCMOV	28.37
3	Joao Guimaraes	1966	VET 55	ADL-P	29.19
4	António Nascimento	1963	VET 55	CFOD	31.49
5	Luis Guimarães	1962	VET 55	ESCMOV	31.81
DNS	Paulo Cardoso	1965	VET 55	BFC	x

Série 2 v = -0.2 (Manual)

1	Carlos Pereira	1963	VET 55	ESCMOV	27.06
2	Alberto Sampaio	1961	VET 60	BFC	28.99
3	Adérito Alves	1951	VET 70	SCS	32.93
4	Domingos Pinto	1959	VET 60	CFOD	36.20
5	Anselmo Moreira	1954	VET 65	CFOD	36.32

800 M | VET - F | Dia 3**Série 1**

1	Estela Melo	1976	VET 45	UDV	2:26.98
2	Tânia Fernandes	1985	VET 35	LSC	2:29.32
3	Fátima Silva	1970	VET 50	CDP	2:52.94
4	Maria Fernandes	1969	VET 50	ACFR	2:54.90
5	Alice Couto	1967	VET 50	CFOD	3:10.69
6	Mariana Magalhaes	1978	VET 40	CFOD	3:11.78
7	Carla Rodrigues	1972	VET 45	CFOD	3:13.43
8	Carla Marques	1977	VET 40	ESCMOV	3:14.29
9	Paula Gonçalves	1970	VET 50	CDCNAV	3:31.20

800 M 1 M35/M40/M45 1 | VET - M | Dia 3**Série 1**

1	Tony Calvo	1981	VET 40	CDP	2:02.59
2	Pedro Maravilhas	1976	VET 40	CDSSC	2:11.87
4	Miguel Maia	1979	VET 40	ACPV	2:13.98
5	Jorge Neto	1982	VET 35	NBA	2:14.26
6	Manuel Silva	1975	VET 45	CFOD	2:21.36
7	Samuel Marques	1986	VET 35	CFOD	2:22.37
8	Ramiro Ribeiro	1980	VET 40	NBA	2:24.20
9	Telmo Cardoso	1975	VET 45	ADL-P	2:24.40
10	Marco Faria	1976	VET 40	VIZELA	2:27.21
11	Jose Costa	1980	VET 40	CDCNAV	2:29.88
12	José Carlos Sousa	1975	VET 45	CDP	2:29.93
13	Vítor Rodrigues	1982	VET 35	CDP	2:45.23
14	Patrício Castro	1976	VET 45	ACVSM	2:46.90
DNF	Paulo Ribeiro	1972	VET 45	MACIEIRA	x

800 M 1 M50/M55/M60/M65/M70/M75 1 | VET - M | Dia 3**Série 1**

1	João Carlos Gomes	1969	VET 50	CFB	2:08.59
2	Serafim Gadelho	1968	VET 50	ESCMOV	2:20.02
3	Abílio Costa	1965	VET 55	CDSSC	2:22.35
4	Manuel Cardoso	1970	VET 50	ESCMOV	2:24.84
5	Luís Oliveira	1967	VET 50	ESCMOV	2:29.31
6	Fernando Almeida	1969	VET 50	IND	2:35.66
7	Alberto Sampaio	1961	VET 60	BFC	2:36.80
8	Fernando Silva	1965	VET 55	CDCNAV	2:38.89

9	Fromentino Guimarães	1966	VET 55	ESCMOV	2:42.90
10	António Nascimento	1963	VET 55	CFOD	2:46.31
11	Adérito Alves	1951	VET 70	SCS	2:46.61
12	José Gomes	1953	VET 65	CDCNAV	3:07.16
13	Anselmo Moreira	1954	VET 65	CFOD	3:10.76

3000 M MARCHA | VET - M | Dia 3

Série 1

1	Hélder Ribeiro	1976	VET 45	CFOD	16:11.97
2	Aurélio Costa	1968	VET 50	ACA	16:41.78
3	Fernando Ferreira	1973	VET 45	ACA	16:57.67

4	Francisco Mateus	1965	VET 55	ACA	17:05.87
5	Paulo Abreu	1971	VET 45	ACVSM	19:15.42

3000 M MARCHA | VET - F | Dia 3

Série 1

1	Marisa Pereira	1980	VET 40	CDP	16:21.60
2	Sandra Campos	1977	VET 40	ACPV	17:51.89
3	Júlia Sousa	1969	VET 50	EAT	18:42.58
4	Andreia Ribeiro	1980	VET 40	CFOD	19:23.15

4x400 | VET - F | Dia 3

4x400 | VET - M | Dia 3

Estatística Clubes

Sigla	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
ACA	3	0	3	3	0	3
ACFR	0	1	1	0	3	3
ACPV	2	2	4	6	3	9
ACRSD	1	0	1	1	0	1
ACVSM	2	0	2	5	0	5
ADL-P	4	0	4	9	0	9
AFR&F	2	0	2	3	0	3
AFRF	1	0	1	4	0	4
AMONT	2	0	2	3	0	3
ANE	1	0	1	1	0	1
BFC	4	2	6	13	8	21
CAP	5	2	7	9	4	13
CDCNAV	7	1	8	22	4	26
CDP	6	6	12	21	19	40
CDPRI	2	0	2	6	0	6
CDSSC	9	0	9	15	0	15
CFB	3	0	3	6	0	6
CFOD	17	12	29	67	45	112
CLUVE	2	2	4	5	4	9
CPTBC	1	0	1	2	0	2
CPTSC	2	0	2	2	0	2
CSGAIA	1	0	1	3	0	3
EAT	2	1	3	5	1	6
ESCMOV	17	10	27	62	32	94
GDRJR	2	0	2	2	0	2
IND	3	0	3	6	0	6
IND-P	0	0	0	2	0	2
LAVRA	0	1	1	0	4	4
LFC-F	1	0	1	2	0	2
LSC	0	1	1	0	4	4
MAC	2	0	2	2	0	2
MACIEIRA	1	0	1	2	0	2
NBA	5	1	6	11	1	12
NPCAD	4	2	6	9	4	13
PLF	2	0	2	2	0	2
RUNRIVER	9	2	11	17	4	21
SCB	1	0	1	2	0	2
SCBM	1	1	2	4	3	7
SCS	3	1	4	6	1	7
UDV	3	1	4	3	2	5
VIZELA	4	0	4	10	0	10
_NaoFederado	-	-	0	-	-	2
_Total	137	49	186	353	146	501

Estatística Escalão

Escalão	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
VET 35	14	8	22	34	26	60
VET 40	24	15	39	65	44	109
VET 45	30	10	40	70	29	99
VET 50	25	10	35	75	30	105
VET 55	25	3	28	64	9	73
VET 60	9	1	10	21	4	25
VET 65	5	1	6	15	2	17
VET 70	4	1	5	8	2	10
VET 75	1	0	1	1	0	1
_NaoFederado	-	-	0	-	-	2

Designação Clubes

Sigla	Nome	Associação
ACA	A CLUBE ALFENENSE	Porto
ACFR	AC FERNANDA RIBEIRO	Porto
ACPV	A C PÓVOA DE VARZIM	Porto
ACRSD	A C R SRA DESTERRO	Guarda
ACVSM	A C VALE S MARTINHO	Braga
ADL-P	A DESP LUSTOSA	Porto
AFR&F	A FIGUEIREDO RUNNERS	Braga
AMONT	A.MONT/E LECLERC BCL	Braga
ANE	A NATUREZA ENSINA	Setúbal
BFC	BOAVISTA F C	Porto
CAP	C ATLETISMO DO PORTO	Porto
CDCNAV	C D C NAVAIS	Porto
CDP	CLUBE DESP DA PÓVOA	Porto
CDPRI	C D CULT DE PRISCOS	Braga
CDSSC	C D S SALVADOR CAMPO	Porto
CFB	C F OS BELENENSES	Lisboa
CFOD	C F OLIVEIRA DOURO	Porto
CLUVE	C VETERANOS COIMBRA	Coimbra
CPTBC	C P T Bº CARCAVELOS	Porto
CPTSC	C P T SOBRAL CEIRA	Coimbra
CSGAIA	C SPIRIDON DE GAIA	Porto
EAT	E ATLETISMO TROFA	Porto
ESCMOV	ESCOLA DO MOVIMENTO	Porto
GDRJR	G D R JUV RIBEIRAS	Porto
IND	Individual	None
LAVRA	C DESP C+S LAVRA	Porto
LFC-F	LIBERDADE F C	Braga
LSC	LEIXÕES SPORT CLUB	Porto
MAC	MAIA A C	Porto
MACIEIRA	A R D MACIEIRA	Porto
NBA	N BARROSAS AMADOR	Porto
NPCAD	NASCIDOS PARA CORRER	Porto
PLF	ASS PAPA LÉGUAS	Braga
RUNRIVER	RUNRIVER - RIO TINTO	Porto
SCB	S CLUBE DE BRAGA	Braga
SCBM	S C BEIRA-MAR	Aveiro
SCS	S C SALGUEIROS	Porto
UDV	U DESP DA VÁRZEA	Porto
VIZELA	VIZELA CORRE	Braga