

Camp. Regional Centro 27\_28Abr13  
CD 300m HS



Place	Name	Nr.	Club								Res.	
1	FREITAS Nelson	7975	ETE	91	97	97	96	98	93	572	(0x)	
2	BASTOS Luis	10814	GNR	97	92	91	96	99	95	570	(0x)	
3	PIRES Pedro	6452	GNR	95	94	95	93	92	93	562	(0x)	
4	RATO Joao	374	ADRCB	95	93	95	91	91	91	556	(0x)	
5	TEIXEIRA Jose	1687	CDA	93	90	85	93	96	88	545	(0x)	
6	ALEXANDRE Jose	1807	ETE	84	92	89	96	93	88	542	(0x)	
7	FAUSTINO Jorge	10949	GNR	91	90	87	92	88	88	536	(0x)	
8	ROLDAO Helio	10683	ETE	86	91	86	91	94	87	535	(0x)	

Camp. Regional Centro 27\_28Abr13  
CD 300m HS\_Equipas



Place	Team	Result	
1	GNR	1668	(0x)
	BASTOS Luis	570	
	PIRES Pedro	562	
	FAUSTINO Jorge	536	
2	ETE	1649	(0x)
	FREITAS Nelson	572	
	ALEXANDRE Jose	542	
	ROLDAO Helio	535	

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CD 300m HV



Place	Name	Nr.	Club							Res.	
1	SEQUEIROS Antonio	7698	CFM		87	90	85	87	89	85	523 (0x)
2	CHURRO Antonio	3625	SCP		81	91	81	83	84	90	510 (0x)
3	SANTOS Eduardo	722	ST2		71	75	86	85	88	63	468 (0x)



Place	Name	Nr.	Club								Res.	
1	FLORIANO Bruno	3886	ARDBA	93	92	93	94	91	88	551	(0x)	