

Campeonato Nacional 2016  
C3x40 Homens Abs



Place	Name	Nr.	Club							Res.	Innerten
1	Afonso CARVALHO	10274	GCP	93	91	92	87	97	97		
				97	97	87	94	90	93	1115	(30x)
2	Goncalo DIOGO	10273	SCP	87	87	93	88	96	98		
				99	95	91	89	90	90	1103	(28x)
3	Carlos PINHEIRO	861	CAPPSP	89	89	92	90	95	97		
				96	97	87	80	94	78	1084	(15x)
4	Luis BASTOS	10814	GNR	87	89	91	88	96	93		
				96	92	89	82	84	89	1076	(24x)
5	Nelson FREITAS	7975	ETE	90	87	95	93	97	96		
				96	97	88	80	79	78	1076	(24x)
6	Daniel BERNARDO	3624	CAPPSP	87	90	97	94	93	95		
				93	92	76	88	86	82	1073	(18x)
7	Carlos CASTRO	1098	CAPPSP	91	90	91	90	97	98		
				92	94	80	86	81	76	1066	(20x)
8	Helder RAPOSO	935	ATPD	83	92	90	89	98	90		
				94	96	82	83	82	77	1056	(19x)
9	Helio ROLDAO	10683	ETE	85	88	85	91	93	93		
				90	93	81	84	85	85	1053	(19x)
10	Rui ALVES	162	SCP	89	85	86	87	96	94		
				95	95	83	80	79	76	1045	(19x)
11	Jose TEIXEIRA	1687	ETE	83	91	83	90	94	96		
				96	94	79	82	73	79	1040	(22x)
12	Marcelo CAZASSA	13649	AF	89	82	86	83	96	93		
				95	97	76	78	80	75	1030	(11x)
13	Jose ALEXANDRE	1807	ETE	82	81	84	83	96	92		
				96	96	82	75	75	79	1021	(12x)
14	Antonio DIOGO	10272	SCP	82	80	73	71	89	93		
				94	91	80	78	83	83	997	(10x)
15	Jorge ALONSO	10965	ATPD	70	72	76	79	85	93		
				92	93	65	77	70	72	944	(8x)
16	Rui FONTES	11167	ATPD	83	81	86	77	88	91		
				87	92	70	59	59	59	932	(8x)
17	Rogério PUGA	13186	ACC	82	73	77	78	84	90		
				82	83	64	58	60	74	905	(10x)

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Place	Team	Result	
1	CAPPSP	3223	(53x)
	Carlos PINHEIRO	1084	
	Daniel BERNARDO	1073	
	Carlos CASTRO	1066	
2	ETE	3169	(65x)
	Nelson FREITAS	1076	
	Helio ROLDAO	1053	
	Jose TEIXEIRA	1040	
3	SCP	3145	(57x)
	Goncalo DIOGO	1103	
	Rui ALVES	1045	
	Antonio DIOGO	997	
4	ATPD	2932	(35x)
	Helder RAPOSO	1056	
	Jorge ALONSO	944	
	Rui FONTES	932	

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Place	Name	Nr.	Club							Res.	Innerten
1	Helio ROLDAO	10683	ETE	85	88	85	91	93	93		
				90	93	81	84	85	85	1053	(19x)
2	Rui ALVES	162	SCP	89	85	86	87	96	94		
				95	95	83	80	79	76	1045	(19x)
3	Jose ALEXANDRE	1807	ETE	82	81	84	83	96	92		
				96	96	82	75	75	79	1021	(12x)
4	Antonio DIOGO	10272	SCP	82	80	73	71	89	93		
				94	91	80	78	83	83	997	(10x)
5	Rogério PUGA	13186	ACC	82	73	77	78	84	90		
				82	83	64	58	60	74	905	(10x)

Campeonato Nacional 2016  
C3x20 Senhoras Abs



Place	Name	Nr.	Club							Res.	Innerten
1	Sara ANTUNES	533	GCP	88	95	98	98	90	91	560	(12x)
2	Sara MARQUES	13486	GNR	80	85	89	91	82	79	506	(7x)
3	Sonia SILVA	12400	ETE	82	84	89	96	66	70	487	(4x)
4	Joana SILVA	13837	GNR	90	87	89	90	58	64	478	(6x)
5	Sonia SILVA	10393	GNR	82	80	89	79	70	70	470	(4x)