

Camp. Regional Centro 27_28Abr13
C3x20 300m HS



Place	Name	Nr.	Club								Res.	
1	FREITAS Nelson	7975	ETE	88	88	97	98	71	80	522	(0x)	
2	TEIXEIRA Jose	1687	CDA	85	81	92	91	76	73	498	(0x)	
3	BASTOS Luis	10814	GNR	83	77	93	96	69	78	496	(0x)	
4	ROLDAO Helio	10683	ETE	85	78	91	91	72	69	486	(0x)	
5	ALEXANDRE Jose	1807	ETE	73	74	88	93	72	67	467	(0x)	

Camp. Regional Centro 27_28Abr13
C3x20 300m HS_Equipas



Place	Team	Result	
1	ETE	1475	(0x)
	FREITAS Nelson	522	
	ROLDAO Helio	486	
	ALEXANDRE Jose	467	



Place	Name	Nr.	Club							Res.	
1	CHURRO Antonio	3625	SCP	71	81	85	89	76	75	477	(0x)



Place	Name	Nr.	Club								Res.	
1	FLORIANO Bruno	3886	ARDBA	88	82	90	90	71	88	509	(0x)	