

Start List – SAW - Sprint

2023-12-16

FormM			1600 meters	Start 1
FR	14:00	Hugo Esteves	CPOC	240931
FR	14:02	Pedro Marques	COC	2032986
FormF			1200 meters	Start 1
FR	14:24	Valentina Esteves	CPOC	1381717
NF	14:26	Margarida Manso	ADN Sesimbra	
NF	14:28	Catarina Rosado	ADRAA Avis	242388
FR	14:30	Inês Pedro	CAOS	8171114
Juv M			1900 meters	Start 1
FR	14:17	David Marques	COC	8681430
NF	14:19	Henrique Bayan	GD4C	1968503
FR	14:21	António Oliveira	COC	8511665
FR	14:23	João Pedro	CAOS	8269013
Juv F			1900 meters	Start 1
FR	14:01	Juliana Pedro	CAOS	8511670
FR	14:03	Lisa Esteves	CPOC	1809321
FR	14:05	Maria Oliveira	COC	8511650
Jun M			2200 meters	Start 1
FR	14:20	Dinis Lopes	CAOS	8013490
FR	14:24	Pedro Lagarto	CLAC	8268897
Jun F			1700 meters	Start 1
NF	14:00	Sara Monteiro	CP Armada	2065665
Sen M			2700 meters	Start 1
FR	14:30	Ricardo Esteves Ferreira	ADFA	8161000
FR	14:32	Manuel Oliveira	COC	8024738
FR	14:34	Jose Martinho Silva	CAOS	8070540
FR	14:36	Jorge Rocha	ADRAA Avis	8067320
FNR	14:38	Pedro Duarte	ADFA	8508108
FR	14:40	Daniel Marques	COC	8072509
NF	14:42	Davide Manuel Barreiros Da Silva	Individual POR	
Sen F			1900 meters	Start 1
FR	14:25	Irina Soares	CAOS	8501913
NF	14:27	Patrícia Romão	Individual POR	
Vet 1M			2200 meters	Start 1
FR	14:00	Nelson Monteiro	CP Armada	8120357
FR	14:02	Hélder Machado	CAOS	8191200
FR	14:04	Sérgio Mónica	COALA	2016760
FR	14:08	Arlindo Varela	CAOS	8067087
FR	14:10	João Esteves	CPOC	241000
FR	14:12	Paulo Batista	CM Arrábida	1421970
FR	14:14	Nuno Pedro	CAOS	8269034
FR	14:16	António Aires	CPOC	8024714
FR	14:18	Jorge Oliveira	COC	8151978
NF	14:22	João Pereira	Individual POR	1110235
FR	14:26	Nuno Rebelo	Ori-Estarreja	8001325
FR	14:54	António Baptista	ATV	8308839

Vet 1F			1700 meters	Start 1
FR	14:04	Angela Pedro	CAOS	8005379
FR	14:06	Magda Marques	AFAP	8004063
FR	14:08	Suzana Lampreia	CP Armada	7022031
FR	14:10	Marina Guilherme	COC	2077079
Vet 2M			1900 meters	Start 1
FR	14:01	Nuno Carvalho	AFAP	8004062
FR	14:29	Joaquim Vidal Pereira	CAOS	8459049
FR	14:31	Arménio Mendes	CPOC	8117778
FR	14:33	Luís Quinta-Nova	ADFA	8261166
FR	14:35	Carlos Coelho	CPOC	259704
FR	14:37	Paulo Ferreira	CP Armada	8239617
FR	14:39	Vitor Rodrigues	CPOC	8246408
FR	14:41	Joaquim Oliveira	GD4C	8010465
FR	14:43	Júlio Oliveira	CP Armada	242149
FR	14:45	Rui Oliveira	CPOC	8009465
FR	14:49	Carlos Serra	ADADesnível	8002810
Vet 2F			1900 meters	Start 1
FR	14:11	Fátima Emauz	CPOC	8005378
FR	14:13	Alexandra Coelho	GD4C	8501690
Vet 3M			1700 meters	Start 1
FR	14:14	António Reyes	COALA	1954428
FR	14:16	Acácio Porta Nova	CPOC	8269019
Vet 3F			1600 meters	Start 1
FR	14:06	Ana Carreira	CPOC	8681401
OpC			1200 meters	Start 1
NF	14:32	Tomás Belo de Carvalho Franco	AFAP	2800480
FNR	14:34	Duart Matos	AEBoaAgua	
FNR	14:36	Mariana Mata / Pedro Mata	EBHermenegildoCapelo	
FNR	14:38	Agatha Monteiro	AEBoaAgua	
NF	14:40	Rita Fernandes	ESPalmela	
OpM			1600 meters	Start 1
FR	14:00	Angelo Rosado	ADRAA Avis	8112971
NF/NF	14:02	AnaF+SebastiãoG	ESPalmela	
NF	14:04	Noémia Romão	AEBoaAgua	
NF	14:06	Miriam Marques / Iokany Sequeira	ESPalmela	
FNR	14:08	Anabela Pires	ADRAA Avis	7480145
OpL			1700 meters	Start 1
NF	14:20	Thiago Gonçalves	ESPinhhal Novo	
NF	14:22	José Sousa	Individual POR	
FNR	14:24	Diogo Matos	ESPinhhal Novo	
NF	14:26	Cremilde Raposo	Individual POR	
FNR	14:28	Marco Moita	ESPinhhal Novo	
NF	14:30	Jorge Ruivo / Rodrigo Ruivo	Individual POR	
FNR	14:32	Raúl Vitorino	ESPinhhal Novo	
NF	14:34	Eunice Manta / Jose Manta	Individual POR	1401760
FNR	14:36	ANABELA LETRAS	ESPinhhal Novo	
NF	14:38	Diogo / Elza / Vitor Candeias	Individual POR	1111333
NF	14:40	Alexandrina Gonçalves	ESPinhhal Novo	
NF	14:42	Elisabete Azougado	ESPinhhal Novo	

InfFA_DE

FNR 14:07 Alice Rocha
 FNR 14:11 Matilde Vicente

900 meters

AEBoaAgua
 AEBoaAgua

Start 1**InfMA_DE**

FNR 14:05 Pedro Jacinto
 FNR 14:09 Simão Laia

900 meters

AENavRodrigSoromenho
 ESSampaio

Start 1**InfFB_DE**

FNR 14:02 ISABELLY TORRES
 FNR 14:04 Constança Marques
 NF 14:06 Madalena Vale
 FNR 14:08 Tílicia Baúka
 FNR 14:10 Ana Sofia Carvalho
 NF 14:12 Ana Sobral
 FNR 14:14 Benedita Marques
 FNR 14:16 Inês Grou
 FNR 14:18 Pilar Ventura
 FNR 14:20 Matilde Pereira
 FNR 14:22 Mariana Mendes

1200 meters

ESPinhhal Novo
 ESSampaio
 ESPalmela
 AEBoaAgua
 EBHermenegildoCapelo
 ESPalmela
 ESSampaio
 AEBoaAgua
 AENavRodrigSoromenho
 EBHermenegildoCapelo
 AENavRodrigSoromenho

Start 1**InfMB_DE**

FNR 14:24 Adam Cascais
 FNR 14:26 Rafael Almaça
 FNR 14:28 Gabriel Correia
 FNR 14:30 Dinis Martins
 NF 14:32 Miguel Vieira
 FNR 14:34 Gustavo Santana
 FNR 14:36 Pedro Dias
 FNR 14:38 Pedro Pereira
 FNR 14:40 David Gonçalves
 NF 14:42 Guilherme Bândea
 FNR 14:44 Miguel Silva
 FNR 14:46 Martim Bonito
 FNR 14:48 Diogo Mata
 FNR 14:50 Ziad Es-Saidi
 FNR 14:52 Guilherme Soares
 NF 14:54 Gabriel Silva

1600 meters

ESSampaio
 AEBoaAgua
 ESPinhhal Novo
 AENavRodrigSoromenho
 AEBoaAgua
 AENavRodrigSoromenho
 EBHermenegildoCapelo
 AEBoaAgua
 AENavRodrigSoromenho
 ESPalmela
 AEBoaAgua
 AENavRodrigSoromenho
 ESPinhhal Novo
 AEBoaAgua
 AENavRodrigSoromenho
 ESPalmela

Start 1**InicF_DE**

FNR 14:10 Matilde Duarte
 FNR 14:12 Matilde Martins
 FNR 14:14 Mónica Fernandes
 FNR 14:16 Marta Martins
 FNR 14:18 Inês Cunha
 FNR 14:20 Sofia Costa
 FNR 14:22 Carolina Carriço

1600 meters

ESPinhhal Novo
 AENavRodrigSoromenho
 EBHermenegildoCapelo
 ESPinhhal Novo
 AENavRodrigSoromenho
 ESPinhhal Novo
 AEBoaAgua

Start 1**InicM_DE**

FNR 14:17 Bruno Amorim
 FNR 14:19 António Gomes
 FNR 14:21 Alcino Cristovão
 FNR 14:23 Dinis Geraldes
 FNR 14:25 Miguel Ameixa

1900 meters

ESPinhhal Novo
 ESSampaio
 ESPinhhal Novo
 AEBoaAgua
 ESPinhhal Novo

Start 1**JuvF_DE**

FNR 14:29 Ana Beatriz Vedrasco
 FNR 14:31 SARA GALVÃO
 FNR 14:33 MARIANA CRUZ
 FNR 14:35 Joana Cagarrinho

1900 meters

ESPinhhal Novo
 ESPinhhal Novo
 ESPinhhal Novo
 ESPinhhal Novo

Start 1

JuvM_DE

NF	14:03	Martim Matos
FNR	14:05	Rodrigo Capitão
NF	14:07	André Canarias
NF	14:09	Hugo Carvalho
NF	14:11	David Silva
FNR	14:13	TIAGO SANTOS
NF	14:15	Thomas Sasaran

1900 meters

ESPalmela
ESPinhãl Novo
ESPalmela
ESPalmela
ESPalmela
ESPinhãl Novo
ESPalmela

Start 1