



Homens Absoluto

Place	Name	Nr.	Club								Res.	
1	COSTA Joao	498	AN1M	98	95	95	95	96	93	572	(17x)	
2	MARRACHO Jose	1671	CPA	96	94	94	91	99	95	569	(13x)	
3	SANTOS Antonio	602	ETE	95	95	94	96	95	91	566	(10x)	
4	TREPADO Nelson	3276	CAPPSP	95	95	95	94	94	92	565	(14x)	
5	CARAPINHA Tiago	10436	SREF	92	92	95	97	95	94	565	(11x)	
6	RODRIGUES Domingos	633	AN1M	94	93	92	93	95	96	563	(13x)	
7	FERREIRA Tiago	3526	STT	90	92	94	94	96	97	563	(11x)	
8	ROBALO Jose	358	CDA	93	90	93	93	97	95	561	(6x)	
9	SANTOS Licinio	10792	AN1M	95	91	96	92	92	94	560	(18x)	
10	OLIVEIRA Sergio	4199	CDTIT	96	97	91	93	91	92	560	(16x)	
11	WISEU Nuno	10165	ETE	92	95	96	91	95	91	560	(14x)	
12	COELHO Diogo	11037	SREF	92	92	96	95	93	90	558	(16x)	
13	PEGO Jose	154	CAPPSP	92	94	93	93	92	94	558	(11x)	
14	MADAIL Antonio	10124	ATPD	88	93	94	92	95	96	558	(8x)	
15	SILVA Luis	3590	CMBcp	92	92	90	94	94	95	557	(13x)	
16	ROCHA Adelino	4562	CTF	96	95	91	94	92	89	557	(11x)	
17	FRANCO Hugo	1779	ADRCB	89	95	92	95	93	93	557	(10x)	
18	RIBEIRO Manuel	2485	CDTIT	91	92	94	92	92	96	557	(6x)	
19	SOARES Goji	9598	TAP	91	94	90	95	95	91	556	(13x)	
20	COSTA Jose	11945	GNR	98	89	95	90	93	89	554	(13x)	
21	JOURDAN Luis	360	CTF	93	92	93	93	90	93	554	(9x)	
22	COSTA Roberto	12121	STB	92	89	89	96	92	95	553	(8x)	
23	SILVA Francisco	881	GNR	92	94	94	92	88	92	552	(12x)	
24	TAVEIRA Joaquim	8760	AN1M	88	94	93	95	93	89	552	(11x)	
25	SOUSA Jorge	537	AN1M	86	91	95	96	91	93	552	(8x)	
26	AMORIM Eurico	7079	STP	90	93	93	92	91	92	551	(14x)	
27	LAMY Ricardo	658	ST2	86	94	89	92	94	96	551	(12x)	
28	COSTA Custodio	1656	CFE	92	96	88	92	92	91	551	(12x)	
29	MOREIRA Domingos	7139	CTF	94	90	92	94	88	92	550	(9x)	
30	BRANCO Joaquim	636	GNR	90	94	89	90	92	94	549	(11x)	
31	NEVES Filipe	787	ETE	92	86	93	92	92	94	549	(5x)	
32	FERREIRA Joao	10123	ATPD	91	90	92	93	91	90	547	(8x)	
33	CHITAS Luis	278	ST2	89	95	90	89	93	90	546	(12x)	
34	ANTUNES Antonio	10	ST2	94	94	93	85	87	93	546	(10x)	
35	VEREDAS Manuel	153	CAPPSP	87	91	95	92	93	88	546	(6x)	
36	RATO Rui	11483	CFM	90	93	88	93	90	91	545	(9x)	
37	PEREIRA Carlos	2090	CAPPSP	91	92	88	92	91	90	544	(6x)	
38	CORREIA Joao	6429	STT	94	87	88	90	92	92	543	(11x)	
39	MIRANDA Mario	1567	CPTPP	92	84	93	91	90	93	543	(6x)	
40	HILARIO Joao	9796	CDA	91	86	94	90	91	91	543	(6x)	
41	OLIVEIRA Helder	1157	ST2	87	95	89	90	94	88	543	(5x)	
42	MARTINS Luis	10928	CAPPSP	91	84	94	90	89	93	541	(10x)	
43	CRUZ Eduardo	11482	CFM	87	89	91	89	96	89	541	(9x)	
44	CARVALHO Antonio	567	SCP	88	94	88	93	89	89	541	(7x)	
45	PACHECO Mario	2483	CDTIT	92	87	94	89	91	88	541	(3x)	
46	FERREIRA Pedro	779	ST2	93	87	90	88	89	93	540	(8x)	
47	ANTUNES Rui	10772	ST2	92	92	88	90	86	92	540	(7x)	
48	MONTEIRO Jose	4317	AN1M	83	90	91	91	94	90	539	(9x)	
49	RODRIGUES Rui	11668	AF	89	87	90	91	89	90	536	(3x)	
50	DELGADO Rui	320	GCP	93	88	88	87	88	90	534	(6x)	
51	SILVA Jose	3555	ST2	92	91	89	89	86	86	533	(7x)	
52	CORREIA Wilson	1805	CPA	90	87	89	90	88	89	533	(4x)	



Homens Absoluto

Place	Name	Nr.	Club								Res.	
53	LINO Alberto	12175	CAPPSP	87	87	89	92	92	86	533	(4x)	
54	PENA Jose	16	SCP	90	85	89	88	90	90	532	(8x)	
55	REPOLHO Joao	62	ST2	84	87	91	88	90	91	531	(6x)	
56	MARTINS Luis	10994	ARDBA	86	88	90	90	88	89	531	(4x)	
57	COELHO Oscar	12150	SREF	85	90	96	81	89	89	530	(6x)	
58	FARIA Joao	7703	CTF	90	83	91	93	87	86	530	(6x)	
59	NORA Diogo	11359	CAPPSP	89	90	80	89	91	91	530	(3x)	
60	OLIVEIRA Duarte	3918	CTF	88	88	90	89	83	91	529	(6x)	
61	SILVA Rui	11170	ADRCB	87	83	92	86	89	92	529	(5x)	
62	FERREIRA Pedro	10875	ETE	82	89	89	89	85	94	528	(4x)	
63	SILVA Manuel	1660	CAPPSP	85	87	85	90	92	88	527	(4x)	
64	LAMY Joao	659	ST2	90	91	87	84	85	90	527	(2x)	
65	PINTO Guilherme	11623	STT	86	85	90	82	94	89	526	(7x)	
66	BARATA Rui	10535	SCP	84	87	88	91	86	89	525	(2x)	
67	MATEUS Pedro	9073	CPTPP	88	90	91	85	84	86	524	(5x)	
68	PINTO Joao	1089	ST2	93	86	84	85	88	87	523	(3x)	
69	CUNHA Tiago	10370	ST2	85	87	83	88	92	87	522	(1x)	
70	TREPADO Andre	3946	CAPPSP	87	88	88	89	85	84	521	(7x)	
71	BRAGA Joaquim	7488	CTF	82	90	91	87	86	83	519	(5x)	
72	SILVA Jose	1498	CTF	87	81	91	84	88	85	516	(9x)	
73	COELHO Jose	3932	EDP	79	87	87	87	87	89	516	(2x)	
74	LOURENCO Pedro	12222	SCP	80	88	85	87	87	86	513	(4x)	
75	CAETANO Joao	11634	GCF	87	83	78	89	85	90	512	(4x)	
76	REIS Carlos	8418	SREF	83	83	85	84	85	91	511	(6x)	
77	ALVES Pedro	11158	ST2	90	85	78	83	84	90	510	(4x)	
78	CAPOTE Rui	2654	SREF	81	77	85	83	91	89	506	(2x)	
79	DIAS Nuno	12202	CFE	83	91	82	83	81	84	504	(2x)	
80	BASCH Peter	3349	ST2	89	82	78	76	87	89	501	(4x)	
81	FERREIRA Jose	784	ST2	86	85	82	79	84	85	501	(4x)	
82	MENDAO Antonio	2960	SREF	86	84	82	84	82	83	501	(4x)	
83	PICADO Paulo	11306	GDRUR	77	89	82	89	81	83	501	(1x)	
84	SARAIVA Jose	11456	SCP	86	83	85	79	83	84	500	(5x)	
85	CORREA Marcelo	10885	CDA	82	88	83	83	79	85	500	(2x)	
86	EVANGELISTA Ricardo	11822	ST2	85	83	84	83	80	79	494	(3x)	
87	FELIX Helder	12204	CAPPSP	86	81	83	77	86	80	493	(1x)	
88	SANTOS Paulo	7446	CMBcp	79	85	78	81	80	77	480	(2x)	
89	HENRIQUES Jose	1945	CPTPP	84	85	72	85	69	80	475	(5x)	
90	DAVID Ricardo	11860	SCP	81	81	72	78	81	73	466	(4x)	
91	BARBOSA Andre	11800	SCP	77	77	69	74	80	77	454	(3x)	
92	MARQUES Antonio	76	CTF	72	74	74	79	76	76	451	(2x)	
93	MENDES Mario	12	ST2	75	73	71	72	71	88	450	(2x)	
94	CAEIRO Manuel	11077	ST2	73	72	59	79	74	82	439	(1x)	
95	DOMINGUES Pedro	1345	TAP	73	80	67	63	73	63	419	(1x)	

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Homens Absoluto_Equipas



Place	Team	Result
1	AN1M	1695 (48x)
	COSTA Joao	572
	RODRIGUES Domingos	563
	SANTOS Licinio	560
2	ETE	1675 (29x)
	SANTOS Antonio	566
	WISEU Nuno	560
	NEVES Filipe	549
3	CDTIT	1658 (25x)
	OLIVEIRA Sergio	560
	RIBEIRO Manuel	557
	PACHECO Mario	541
4	CTF	1637 (26x)
	ROCHA Adelino	557
	MOREIRA Domingos	550
	FARIA Joao	530
5	ST2	1634 (25x)
	LAMY Ricardo	551
	OLIVEIRA Helder	543
	FERREIRA Pedro	540
6	STT	1632 (29x)
	FERREIRA Tiago	563
	CORREIA Joao	543
	PINTO Guilherme	526
7	CAPPSP	1627 (31x)
	TREPADO Nelson	565
	MARTINS Luis	541
	TREPADO Andre	521
8	CPTPP	1542 (16x)
	MIRANDA Mario	543
	MATEUS Pedro	524
	HENRIQUES Jose	475
9	ATPD	1105 (16x)
	MADAIL Antonio	558
	FERREIRA Joao	547
	DOURADO Antonio	0



Homens Veteranos

Place	Name	Nr.	Club								Res.	
1	ROBALO Jose	358	CDA	93	90	93	93	97	95	561	(6x)	
2	PEGO Jose	154	CAPPSP	92	94	93	93	92	94	558	(11x)	
3	BRANCO Joaquim	636	GNR	90	94	89	90	92	94	549	(11x)	
4	ANTUNES Antonio	10	ST2	94	94	93	85	87	93	546	(10x)	
5	VEREDAS Manuel	153	CAPPSP	87	91	95	92	93	88	546	(6x)	
6	PEREIRA Carlos	2090	CAPPSP	91	92	88	92	91	90	544	(6x)	
7	PENA Jose	16	SCP	90	85	89	88	90	90	532	(8x)	
8	REPOLHO Joao	62	ST2	84	87	91	88	90	91	531	(6x)	
9	OLIVEIRA Duarte	3918	CTF	88	88	90	89	83	91	529	(6x)	
10	PINTO Guilherme	11623	STT	86	85	90	82	94	89	526	(7x)	
11	PINTO Joao	1089	ST2	93	86	84	85	88	87	523	(3x)	
12	SILVA Jose	1498	CTF	87	81	91	84	88	85	516	(9x)	
13	BASCH Peter	3349	ST2	89	82	78	76	87	89	501	(4x)	
14	FERREIRA Jose	784	ST2	86	85	82	79	84	85	501	(4x)	
15	MENDAO Antonio	2960	SREF	86	84	82	84	82	83	501	(4x)	
16	SANTOS Paulo	7446	CMBcp	79	85	78	81	80	77	480	(2x)	
17	MARQUES Antonio	76	CTF	72	74	74	79	76	76	451	(2x)	
18	MENDES Mario	12	ST2	75	73	71	72	71	88	450	(2x)	
19	CAEIRO Manuel	11077	ST2	73	72	59	79	74	82	439	(1x)	
20	DOMINGUES Pedro	1345	TAP	73	80	67	63	73	63	419	(1x)	



Place	Team	Result
1	CAPPSP	1648 (23x)
	PEGO Jose	558
	VEREDAS Manuel	546
	PEREIRA Carlos	544
2	ST2	1600 (19x)
	ANTUNES Antonio	546
	REPOLHO Joao	531
	PINTO Joao	523

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Homens Juniores B



Place	Name	Nr.	Club							Res.	
1	CARAPINHA Tiago	10436	SREF	92	92	95	97	95	94	565	(11x)
2	COELHO Diogo	11037	SREF	92	92	96	95	93	90	558	(16x)
3	NORA Diogo	11359	CAPPSP	89	90	80	89	91	91	530	(3x)

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Homens Juniores A



Place	Name	Nr.	Club							Res.	
1	COELHO Oscar	12150	SREF	85	90	96	81	89	89	530	(6x)
2	CAETANO Joao	11634	GCF	87	83	78	89	85	90	512	(4x)
3	SARAIVA Jose	11456	SCP	86	83	85	79	83	84	500	(5x)
4	BARBOSA Andre	11800	SCP	77	77	69	74	80	77	454	(3x)

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1 CASTELAO Joana	CAPPSP	93	96	95	93	377	474.6					
		9.4	10.0	10.6	10.2	8.1	10.3	10.2	10.6	8.2	10.0	97.6
2 TREPADO Ligia	CAPPSP	92	93	94	90	369	463.7					
		10.1	8.5	8.0	9.7	10.0	9.8	8.8	10.1	9.3	10.4	94.7
3 JOGLAR Isabel	ST2	89	86	86	90	351	440.3					
		10.3	8.5	10.3	8.6	9.2	8.7	8.0	7.2	10.8	7.7	89.3
4 FERNANDES Melanie	STT	86	85	90	91	352	440.2					
		7.0	9.8	7.7	9.8	8.6	9.5	9.6	8.0	10.0	8.2	88.2
5 TOSTE Andrea	CDTIT	88	89	91	84	352	438.7					
		9.6	7.6	8.9	8.6	9.4	8.3	7.0	8.2	9.6	9.5	86.7
6 ABREU Carla	GNR	89	83	86	90	348	438.2					
		8.9	8.2	9.5	9.3	8.6	8.8	9.3	9.1	8.6	9.9	90.2
7 COUTO Margarida	CAPPSP	91	86	87	85	349	436.5					
		7.3	8.3	9.1	6.8	8.8	8.9	9.3	9.6	10.0	9.4	87.5
8 COSTA Paula	ADCRPJ	90	83	87	89	349	433.2					
		6.4	8.0	8.3	7.4	8.0	8.9	10.4	9.6	7.1	10.1	84.2



Senhoras Absoluto

Place	Name	Nr.	Club					Res.	
1	CASTELAO Joana	3609	CAPPSP	93	96	95	93	377	(9x)
2	TREPADO Ligia	721	CAPPSP	92	93	94	90	369	(6x)
3	FERNANDES Melanie	11628	STT	86	85	90	91	352	(2x)
4	TOSTE Andrea	11348	CDTIT	88	89	91	84	352	(2x)
5	JOGLAR Isabel	1100	ST2	89	86	86	90	351	(5x)
6	COSTA Paula	11552	ADCRPJ	90	83	87	89	349	(3x)
7	COUTO Margarida	10632	CAPPSP	91	86	87	85	349	(3x)
8	ABREU Carla	3517	GNR	89	83	86	90	348	(2x)
9	MARTINS Veronica	6898	STT	89	92	84	82	347	(4x)
10	PAULO Agamene	11918	GDRUR	85	84	89	85	343	(7x)
11	MENDES Celia	5346	CAPPSP	88	87	85	82	342	(4x)
12	SANTOS Marta	12248	SCP	85	85	85	86	341	(1x)
13	BASCH Barbel	3348	ST2	90	88	82	81	341	(0x)
14	FIGUEIREDO Raquel	10537	CPTPP	86	75	80	88	329	(1x)
15	GIL Carla	11315	CPA	83	86	81	75	325	(0x)
16	GARCIA Carla	10054	CDA	87	76	80	81	324	(1x)
17	PEREIRA Ana	728	ATPD	79	77	79	83	318	(1x)
18	PINTO Teresa	10133	CAPPSP	80	77	82	79	318	(1x)
19	SERAFIM Mafalda	11799	SCP	85	79	78	75	317	(2x)
20	DUARTE Ana	12017	CPTPP	78	72	76	86	312	(0x)
21	SOUSA Carla	11195	CDA	88	71	77	75	311	(1x)
22	GUSMAO Carolina	10531	CFE	78	78	70	73	299	(1x)
23	PINTO Liseta	4532	ST2	70	68	68	78	284	(2x)
24	SILVA Ana	13058	ST2	72	67	74	70	283	(1x)
25	SANTOS Carolina	12233	SCP	56	72	62	65	255	(0x)



Place	Team	Result	
1	CAPPSP	1088	(19x)
	CASTELAO Joana	377	
	TREPADO Ligia	369	
	MENDES Celia	342	
2	CDA	635	(2x)
	GARCIA Carla	324	
	SOUSA Carla	311	
	PEREIRA Rute	0	



Place	Name	Nr.	Club					Res.	
1	JOGLAR Isabel	1100	ST2		89	86	86	90	351 (5x)
2	BASCH Barbel	3348	ST2		90	88	82	81	341 (0x)
3	PINTO Liseta	4532	ST2		70	68	68	78	284 (2x)

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Senhoras Veteranas_Equipas



Place	Team	Result	
1	ST2	976	(7x)
	JOGLAR Isabel	351	
	BASCH Barbel	341	
	PINTO Liseta	284	

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Senhoras Juniores B

Place	Name	Nr.	Club					Res.	
1	COUTO Margarida	10632	CAPPSP	91	86	87	85	349	(3x)
2	GUSMAO Carolina	10531	CFE	78	78	70	73	299	(1x)



Senhoras Juniores A

Place	Name	Nr.	Club					Res.	
1	SERAFIM Mafalda	11799	SCP	85	79	78	75	317	(2x)
2	DUARTE Ana	12017	CPTPP	78	72	76	86	312	(0x)
3	SANTOS Carolina	12233	SCP	56	72	62	65	255	(0x)