

SUPER FINAIS 08 E 09/06/2019
ALINHAMENTO - Dia 2 - 09-06-2019

24-05-2019

#	Designação	Clube	Disciplina	Especialidade	Escalão	Hora	Observações
Abertura do recinto para treinos livres as 7h30							
GR + GAF - AQUECIMENTO ESPECIFICO 8:20 - 8:30							
1	Íris Gonçalves	UDRZA	GAF	SALTOS	SEN F_1	08:30:00	
2	Leonor Oliveira	SAD	GR	CORDA	JUN F_1	08:30:45	
3	Íris Gonçalves	UDRZA	GAF	SALTOS	SEN F_1	08:32:30	
4	Pedro Pereira	LGC	GAM	SOLO	JUN M_1	08:33:15	
5	Rita Rodrigues	SpCP	GAF	SALTOS	SEN F_2	08:34:45	
6	Clara Melo	GCP	GR	CORDA	JUN F_2	08:35:30	
7	Rita Rodrigues	SpCP	GAF	SALTOS	SEN F_2	08:37:15	
8	Sérgio Gomes	GCP	GAM	SOLO	JUN M_2	08:38:00	
9	Carolina Almeida	SpCP	GAF	SALTOS	SEN F_3	08:39:30	
10	Lara Silva	EGA	GR	CORDA	JUN F_3	08:40:15	
11	Carolina Almeida	SpCP	GAF	SALTOS	SEN F_3	08:42:00	
12	Jacob Faulkner	SpCP	GAM	SOLO	JUN M_3	08:42:45	
13	Matilde Castanheira	GCP	GAF	SALTOS	SEN F_4	08:44:15	
14	Ana Vieira	CNM	GR	CORDA	JUN F_4	08:45:00	
15	Matilde Castanheira	GCP	GAF	SALTOS	SEN F_4	08:46:45	
16	Francisco Noevo	GCM	GAM	SOLO	JUN M_4	08:47:30	
17	Leonor Sousa	SpCP	GAF	SALTOS	SEN F_5	08:49:00	
18	Clara Judas	GCP	GR	CORDA	JUN F_5	08:49:45	
19	Leonor Sousa	SpCP	GAF	SALTOS	SEN F_5	08:51:30	
20	Tiago Lopes	CGA	GAM	SOLO	JUN M_5	08:52:15	
21	Beatriz Águas	ACM	GAF	SALTOS	SENF_6	08:53:45	
22	Rafaela Passos	CIRL	GR	CORDA	JUN F_6	08:54:30	
23	Beatriz Águas	ACM	GAF	SALTOS	SEN F_6	08:56:15	
24	Luis Lechaud	LGC	GAM	SOLO	JUN M_6	08:57:00	
25	AQUECIMENTO 8'					8:59 - 9:07	
26	Sofia Bijtbeier	BFC	GR	BOLA	JUN F_1	09:07:00	
27	Leonor Sousa	SpCP	GAF	PA	SEN F 1	09:08:45	
28	Dinis Pereira	LGC	GAM	CA	JUN M_1	09:10:30	
29	Sofia Bolaños	SAD	GR	BOLA	JUN F_2	09:12:15	
30	Rafaela A. Ferreira	SpCP	GAF	PA	SEN F 2	09:14:00	
31	Francisco Noevo	GCM	GAM	CA	JUN M_2	09:15:45	
32	Rafaela Passos	CIRL	GR	BOLA	JUN F_3	09:17:30	
33	Rita Rodrigues	SpCP	GAF	PA	SEN F 3	09:19:15	
34	Sérgio Gomes	GCP	GAM	CA	JUN M_3	09:21:00	
35	Leonor Oliveira	SAD	GR	BOLA	JUN F_4	09:22:45	
36	Ana Barbosa	SpCP	GAF	PA	SEN F 4	09:24:30	
37	Jacob Faulkner	SpCP	GAM	CA	JUN M_4	09:26:15	
38	Clara Judas	GCP	GR	BOLA	JUN F_5	09:28:00	
39	Carolina Almeida	SpCP	GAF	PA	SEN F 5	09:29:45	
40	Pedro Pereira	LGC	GAM	CA	JUN M_5	09:31:30	
41	Lara Silva	EGA	GR	BOLA	JUN F_6	09:33:15	
42	Beatriz Águas	ACM	GAF	PA	SEN F 6	09:35:00	
43	Luis Lechaud	LGC	GAM	CA	JUN M_6	09:36:45	
44	AQUECIMENTO 8'					9:38 - 9:46	
45	Mariana Fonseca	AAE	GR	MAÇAS	JUN F_1	09:46:00	
46	Matilde Castanheira	GCP	GAF	TRAVE	SEN F 1	09:47:45	
47	Dinis Pereira	LGC	GAM	ARG	JUN M_1	09:49:30	
48	Clara Judas	GCP	GR	MAÇAS	JUN F_2	09:51:15	
49	Carolina Almeida	SpCP	GAF	TRAVE	SEN F 2	09:53:00	

50	Sérgio Gomes	GCP	GAM	ARG	JUN M_2	09:54:45
51	Lara Silva	EGA	GR	MAÇAS	JUN F_3	09:56:30
52	Ana Barbosa	ACM	GAF	TRAVE	SEN F 3	09:58:15
53	Pedro Pereira	LGC	GAM	ARG	JUN M_3	10:00:00
54	Rafaela Passos	CIRL	GR	MAÇAS	JUN F_4	10:01:45
55	Beatriz Águas	ACM	GAF	TRAVE	SEN F 4	10:03:30
56	Francisco Noevo	GCM	GAM	ARG	JUN M_4	10:05:15
57	Sofia Bijtbeier	BFC	GR	MAÇAS	JUN F_5	10:07:00
58	Rita Rodrigues	SpCP	GAF	TRAVE	SEN F 5	10:08:45
59	Luis Lechaud	LGC	GAM	ARG	JUN M_5	10:10:30
60	Beatriz Verhaeghe	SAD	GR	MAÇAS	JUN F_6	10:12:15
61	Leonor Sousa	SpCP	GAF	TRAVE	SEN F 6	10:14:00
62	Jacob Faulkner	SpCP	GAM	ARG	JUN M_6	10:15:45
63	AQUECIMENTO 8'					10:17 - 10:25
64	Sérgio Gomes	GCP	GAM	SALTOS	JUN M_1	10:25:00
65	Ana Teresa Albuquerque	SAD	GR	FITA	JUN F_1	10:25:45
66	Sérgio Gomes	GCP	GAM	SALTOS	JUN M_1	10:27:30
67	Rita Rodrigues	SpCP	GAF	SOLO	SEN F 1	10:28:15
68	Francisco Noevo	GCM	GAM	SALTOS	JUN M_2	10:29:45
69	Clara Melo	GCP	GR	FITA	JUN F_2	10:30:30
70	Francisco Noevo	GCM	GAM	SALTOS	JUN M_2	10:32:15
71	Ana Barbosa	ACM	GAF	SOLO	SEN F 2	10:33:00
72	Dinis Pereira	LGC	GAM	SALTOS	JUN M_3	10:34:30
73	Clara Judas	GCP	GR	FITA	JUN F_3	10:35:15
74	Dinis Pereira	LGC	GAM	SALTOS	JUN M_3	10:37:00
75	Leonor Sousa	SpCP	GAF	SOLO	SEN F 3	10:37:45
76	Luis Lechaud	LGC	GAM	SALTOS	JUN M_4	10:39:15
77	Mariana Fonseca	AAE	GR	FITA	JUN F_4	10:40:00
78	Luis Lechaud	LGC	GAM	SALTOS	JUN M_4	10:41:45
79	Matilde Castanheira	GCP	GAF	SOLO	SEN F 4	10:42:30
80	Jacob Faulkner	SpCP	GAM	SALTOS	JUN M_5	10:44:00
81	Leonor Oliveira	SAD	GR	FITA	JUN F_5	10:44:45
82	Jacob Faulkner	SpCP	GAM	SALTOS	JUN M_5	10:46:30
83	Carolina Almeida	SpCP	GAF	SOLO	SEN F 5	10:47:15
84	Ana Vieira	CNM	GR	FITA	JUN F_6	10:48:45
85	Beatriz Águas	ACM	GAF	SOLO	SEN F 6	10:50:30
86	AQUECIMENTO 8'					10:52 - 11:00
87	Bárbara Santos	AAE	GR	CORDA	JUN EL 1	11:00:00
88	Luis Lechaud	LGC	GAM	PAR	JUN M_1	11:01:45
89	Joana Pinheiro	GCP	GR	CORDA	JUN EL 2	11:03:30
90	Benedita Guimarães	GCP	GAF	PA	JUN EL 1	11:05:15
91	Sérgio Gomes	GCP	GAM	PAR	JUN M_1	11:07:00
92	Dalia Porokhnya	GCP	GR	CORDA	JUN EL 3	11:08:45
93	Francisca Cancela	LGC	GAF	PA	JUN EL 2	11:10:30
94	Tiago Lopes	CGA	GAM	PAR	JUN M_3	11:12:15
95	Beatriz Salvador	AAE	GR	CORDA	JUN EL 4	11:14:00
96	Lia Sobral	SpCP	GAF	PA	JUN EL 3	11:15:45
97	Jacob Faulkner	SpCP	GAM	PAR	JUN M_4	11:17:30
98	Rita Araújo	GCP	GR	MAÇAS	SEN EL 1	11:19:15
99	Inês Soalhães	ACM	GAF	PA	JUN EL 4	11:21:00
100	Pedro Pereira	LGC	GAM	PAR	JUN M_5	11:22:45
101	Laura Sales	GCP	GR	MAÇAS	SEN EL 2	11:24:30
102	Mafalda Costa	SpCP	GAF	PA	JUN EL 5	11:26:15
103	Francisco Noevo	GCM	GAM	PAR	JUN M_6	11:28:00
104	Margarida Ferreira	GCP	GR	MAÇAS	SEN EL 3	11:29:45
105	Maria J. Mendes	GCP	GAF	PA	JUN EL 6	11:31:30

106	AQUECIMENTO 8'					11:33 - 11:41
107	Joana Pinheiro	GCP	GR	BOLA	JUN EL 1	11:41:00
108	Lia Sobral	SpCP	GAF	SALTOS	JUN EL 1	11:42:45
109	Beatriz Salvador	AAE	GR	BOLA	JUN EL 2	11:43:30
110	Lia Sobral	SpCP	GAF	SALTOS	JUN EL 1	11:45:15
111	Luis Lechaud	LGC	GAM	BF	JUN M_1	11:46:00
112	Francisca Cancela	LGC	GAF	SALTOS	JUN EL 2	11:47:45
113	Bárbara Santos	AAE	GR	BOLA	JUN EL 3	11:48:30
114	Francisca Cancela	LGC	GAF	SALTOS	JUN EL 2	11:50:15
115	Tiago Lopes	CGA	GAM	BF	JUN M_2	11:51:00
116	Benedita Guimarães	GCP	GAF	SALTOS	JUN EL 3	11:52:45
117	Dalia Porokhnya	GCP	GR	BOLA	JUN EL 4	11:53:30
118	Benedita Guimarães	GCP	GAF	SALTOS	JUN EL 3	11:55:15
119	Francisco Noevo	GCM	GAM	BF	JUN M_3	11:56:00
120	Maria J. Mendes	GCP	GAF	SALTOS	JUN F 4	11:57:45
121	Margarida Ferreira	GCP	GR	FITA	SEN EL 1	11:58:30
122	Maria J. Mendes	GCP	GAF	SALTOS	JUN EL 4	12:00:15
123	Mafalda Costa	SpCP	GAF	SALTOS	JUN EL 5	12:01:00
124	Rita Araújo	GCP	GR	FITA	SEN EL 2	12:01:45
125	Mafalda Costa	SpCP	GAF	SALTOS	JUN EL 5	12:03:30
126	Inês Soalhães	ACM	GAF	SALTOS	JUN EL 6	12:04:15
127	Laura Sales	GCP	GR	FITA	SEN EL 2	12:05:00
128	Inês Soalhães	ACM	GAF	SALTOS	JUN EL 6	12:06:45
129	AQUECIMENTO 8'					12:08 - 12:16
130	Dalia Porokhnya	GCP	GR	MAÇAS	JUN EL 1	12:16:00
131	Maria J. Mendes	GCP	GAF	TRAVE	JUN EL 1	12:17:45
132	Beatriz Salvador	AAE	GR	MAÇAS	JUN EL 2	12:19:30
133	Lia Sobral	SpCP	GAF	TRAVE	JUN EL 2	12:21:15
134	Joana Pinheiro	GCP	GR	MAÇAS	JUN EL 3	12:23:00
135	Inês Soalhães	ACM	GAF	TRAVE	JUN EL 3	12:24:45
136	Bárbara Santos	AAE	GR	MAÇAS	JUN EL 4	12:26:30
137	Benedita Guimarães	GCP	GAF	TRAVE	JUN EL 4	12:28:15
138	Laura Sales	GCP	GR	ARCO	SEN EL 1	12:30:00
139	Francisca Cancela	LGC	GAF	TRAVE	JUN EL 5	12:31:45
140	Margarida Ferreira	GCP	GR	ARCO	SEN EL 2	12:33:30
141	Mafalda Costa	SpCP	GAF	TRAVE	JUN EL 6	12:35:15
142	Rita Araújo	GCP	GR	ARCO	SEN EL 3	12:37:00
143	AQUECIMENTO 8'					12:39 - 12:47
144	Beatriz Salvador	AAE	GR	FITA	JUN EL 1	12:47:00
145	Benedita Guimarães	GCP	GAF	SOLO	JUN EL 1	12:48:45
146	Dalia Porokhnya	GCP	GR	Fita	JUN EL 2	12:50:15
147	Maria J. Mendes	GCP	GAF	SOLO	JUN EL 2	12:52:00
148	Bárbara Santos	AAE	GR	FITA	JUN EL 3	12:53:30
149	Inês Soalhães	ACM	GAF	SOLO	JUN EL 3	12:55:15
150	Joana Pinheiro	GCP	GR	FITA	JUN EL 4	12:56:45
151	Lia Sobral	SpCP	GAF	SOLO	JUN EL 4	12:58:30
152	Margarida Ferreira	GCP	GR	BOLA	SEN EL 1	13:00:00
153	Francisca Cancela	LGC	GAF	SOLO	JUN EL 5	13:01:45
154	Laura Sales	GCP	GR	BOLA	SEN EL 2	13:03:15
155	Mafalda Costa	SpCP	GAF	SOLO	JUN EL 6	13:05:00
156	Rita Araújo	GCP	GR	BOLA	SEN EL 3	13:06:30
157	GR Sen, Jun El, Sen el + GAF Sen, Jun El + GAM Jun + AQUECIMENTO GAM SEN e SEN EL, TRA F SEI					13:10 - 13:40
158	Diogo Romero	SpCP	GAM	CA	SEN EL 1	13:40:00
159	Mariana Catarino	APAGL	TRI	TRI f	JUN EL 1	13:41:45
160	Guilherme Campos	SpCP	GAM	CA	SEN EL 2	13:42:30
161	Joana Abrantes	AAC	TRI	TRI f	JUN EL 2	13:44:15

162	Bernardo Almeida	LGC	GAM	CA	SEN EL 3	13:45:00
163	Alice Nobre	LGC	TRI	TRI f	JUN EL 3	13:46:45
164	Rafael Sá	CDN	GAM	CA	SEN M 1	13:47:30
165	Carolina Vaz	CTS	TRI	TRI f	JUN EL 4	13:49:15
166	Tiago Bessa	LGC	GAM	CA	SEN M 2	13:50:00
167	Francisca Santos	CTS	TRI	TRI f	JUN EL 5	13:51:45
168	João Maia	CGTN	GAM	CA	SEN M 3	13:52:30
169	Margarida Amado	TCL	TRI	TRI f	JUN EL 6	13:54:15
170	João Policarpo	CGA	GAM	CA	SEN M 4	13:55:00
171						13:56:45
172	António Dray	GCP	GAM	CA	SEN M 5	13:59:30
173	AQUECIMENTO 8'					14:02 - 14:10
174	Mariana Carvalho	GSC	TRI	TRI F	SEN EL 1	14:10:00
175	Guilherme Campos	SpCP	GAM	SOLO	SEN EL 1	14:10:45
176	Beatriz Peng	GSC	TRI	TRI F	SEN EL 2	14:12:15
177	Bernardo Almeida	LGC	GAM	SOLO	SEN EL 2	14:13:00
178	Beatriz Martins	LGC	TRI	TRI F	SEN EL 3	14:14:30
179	João Policarpo	CGA	GAM	SOLO	SEN M 1	14:15:15
180	Bruna Li	SCP	TRI	TRI F	SEN EL 4	14:16:45
181	António Dray	GCP	GAM	SOLO	SEN M 2	14:17:30
182	Sofia Correia	APAGL	TRI	TRI F	SEN EL 5	14:19:00
183	Paulo Martins	SpCP	GAM	SOLO	SEN M 3	14:19:45
184	Silvia Saiote	SCP	TRI	TRI F	SEN EL 6	14:21:15
185	AQUECIMENTO 8'					14:23 - 14:31
186	Bernardo Almeida	LGC	GAM	ARG	SEN EL 1	14:31:00
187	Tiago Costa	SCP	TRI	TRI M	SEN EL 1	14:32:45
188	Guilherme Campos	SpCP	GAM	ARG	SEN EL 2	14:33:30
189	Miguel Magalhães	SCP	TRI	TRI M	SEN EL 2	14:35:15
190	João Policarpo	CGA	GAM	ARG	SEN M 1	14:36:00
191	Lucas Santos	CTS	TRI	TRI M	SEN EL 3	14:37:45
192	António Dray	GCP	GAM	ARG	SEN M 2	14:38:30
193	Ruben Tavares	AGSI	TRI	TRI M	SEN EL 4	14:40:15
194	Rafael Sá	CDN	GAM	ARG	SEN M 3	14:41:00
195	Diogo Ganchinho	SCP	TRI	TRI M	SEN EL 5	14:42:45
196	Paulo Martins	SpCP	GAM	ARG	SEN M 4	14:43:30
197	Diogo Abreu	SCP	TRI	TRI M	SEN EL 6	14:45:15
198	AQUECIMENTO 8'					14:47 - 14:55
199	Bernardo Almeida	SpCP	GAM	PAR	SEN EL 1	14:55:00
200	João Duarte	SCP	TRI	TRI M	JUN EL 1	14:56:45
201	Guilherme Campos	SpCP	GAM	PAR	SEN EL 2	14:57:30
202	Gabriel Albuquerque	APAGL	TRI	TRI M	JUN EL 2	14:59:15
203	Diogo Romero	SpCP	GAM	PAR	SEN EL 3	15:00:00
204	Afonso Balrôa	GMNA	TRI	TRI M	JUN EL 3	15:01:45
205	António Dray	GCP	GAM	PAR	SEN M 1	15:02:30
206	André Dias	CEDF	TRI	TRI M	JUN EL 4	15:04:15
207	João Policarpo	CGA	GAM	PAR	SEN M 2	15:05:00
208	Miguel Marianito	LGC	TRI	TRI M	JUN EL 5	15:06:45
209	Tiago Bessa	LGC	GAM	PAR	SEN M 3	15:07:30
210	Rui Domingos	VFC	TRI	TRI M	JUN EL 6	15:09:15
211	AQUECIMENTO 8'					15:11 - 15:19
212	Tatiana Li	SCP	TRI	TRI F	SEN 1	15:19:00
213	Bernardo Almeida	LGC	GAM	SALTOS	SEN EL 1	15:19:45
214	Maria Carvalho	TCL	TRI	TRI F	SEN 2	15:20:30
215	Bernardo Almeida	LGC	GAM	SALTOS	SEN EL 1	15:21:15
216	Sofia Pereira	SFGP	TRI	TRI F	SEN 3	15:22:00
217	Paulo Martins	SpCP	GAM	SALTOS	SEN M 1	15:22:45

218	Leonor Lopes	AAC	TRI	TRI F	SEN 4	15:23:30
219	Paulo Martins	SpCP	GAM	SALTOS	SEN M 1	15:24:15
220	Ana Ramos	GCST	TRI	TRI F	SEN 5	15:25:00
221	António Dray	GCP	GAM	SALTOS	SEN M 2	15:25:45
222	Sara Guido	LGC	TRI	TRI F	SEN 6	15:26:30
223	António Dray	GCP	GAM	SALTOS	SEN M 2	15:27:15
224	AQUECIMENTO 8'					15:28 - 15:36
225	Diogo Romero	SpCP	GAM	BF	SEN EL 1	15:36:00
226	Pedro Rocha	AAE	TRI	TRI M	SEN 1	15:37:45
227	Bernardo Almeida	LGC	GAM	BF	SEN EL 2	15:38:30
228	Afonso Mota	AAE	TRI	TRI M	SEN 2	15:40:15
229	Guilherme Campos	SpCP	GAM	BF	SEN EL 3	15:41:00
230	João Antunes	SFGP	TRI	TRI M	SEN 3	15:42:45
231	Rafael Sá	CDN	GAM	BF	SEN M 1	15:43:30
232	André Graça	GCT	TRI	TRI M	SEN 4	15:45:15
233	António Dray	GCP	GAM	BF	SEN M 2	15:46:00
234	Tiago Sousa	GCO	TRI	TRI M	SEN 5	15:47:45
235	João Policarpo	CGA	GAM	BF	SEN M 3	15:48:30
236	Bruno Oliveira	AAE	TRI	TRI M	SEN 6	15:50:15
237	Tiago Bessa	LGC	GAM	BF	SEN M 4	15:51:00
238	P GAM Sen e Sen EL + TRI SEN, Jun EL e Sen EL + AQUEC GAM JUN EL GAF Sen EL e TRI JUN					16:00 - 16:15
239	Margarida C arreiro	SAR	TRI	TRI F	JUN _F 1	16:15:00
240	Joel Catarino	CGTN	GAM	SOLO	JUN EL 1	16:15:45
241	Beatriz Noras	GSC	TRI	TRI F	JUN _F 2	16:17:15
242	José Nogueira	SpCP	GAM	SOLO	JUN EL 2	16:18:00
243	Rita Abrantes	AAC	TRI	TRI F	JUN _F 3	16:19:30
244	Filipe Almeida	GCP	GAM	SOLO	JUN EL 3	16:20:15
245	Bruna Vitorino	CCRAM	TRI	TRI F	JUN _F 4	16:21:45
246	Hugo Viegas	GCM	GAM	SOLO	JUN EL 4	16:22:30
247	Ana Silva	AGSI	TRI	TRI F	JUN _F 5	16:24:00
248	Miguel Freitas	SpCP	GAM	SOLO	JUN EL 5	16:24:45
249	Matilde Brillhante	GCSA	TRI	TRI F	JUN _F 6	16:26:15
250	João Rios	SpCP	GAM	SOLO	JUN EL 6	16:27:00
251	AQUECIMENTO 8'					16:29- 16:37
252	Diogo Ramos	GCP	GAM	CA	JUN EL 1	16:37:00
253	Martim Lavado	TCL	TRI	TRI M	JUN _M 1	16:38:45
254	Filipe Almeida	GCP	GAM	CA	JUN EL 2	16:39:30
255	Pedro Ferreira	LGC	TRI	TRI M	JUN _M 2	16:41:15
256	José Nogueira	SpCP	GAM	CA	JUN EL 3	16:42:00
257	Diogo Lopes	GCV	TRI	TRI M	JUN _M 3	16:43:45
258	Eduardo Dray	GCP	GAM	CA	JUN EL 4	16:44:30
259	Leonardo Dias	AGSI	TRI	TRI M	JUN _M 4	16:46:15
260	Joel Catarino	CGTN	GAM	CA	JUN EL 5	16:47:00
261	Bruno Catarino	GCMO	TRI	TRI M	JUN _M 5	16:48:45
262	Marcelo Marques	GCP	GAM	CA	JUN EL 6	16:49:30
263	Simão Brito	LGC	TRI	TRI M	JUN _M 6	16:51:15
264	AQUECIMENTO 8'					16:52 - 17:00
265	Rafaela Ferreira	SpCP	GAF	SALTOS	SEN EL 1	17:00:00
266	Joel Catarino	CGTN	GAM	ARG	JUN EL 1	17:00:45
267	Rafaela Ferreira	SpCP	GAF	SALTOS	SEN EL 1	17:02:30
268	José Nogueira	SpCP	GAM	ARG	JUN EL 2	17:03:15
269	Mariana Marianito	LGC	GAF	SALTOS	SEN EL 2	17:05:00
270	Diogo Ramos	GCP	GAM	ARG	JUN EL 3	17:05:45
271	Mariana Marianito	LGC	GAF	SALTOS	SEN EL 2	17:07:30
272	Hugo Viegas	GCM	GAM	ARG	JUN EL 4	17:08:15
273	Mariana Pitrez	ACM	GAF	SALTOS	SEN EL 3	17:10:00

274	Filipe Almeida	GCP	GAM	ARG	JUN EL 5	17:10:45
275	Mariana Pitrez	ACM	GAF	SALTOS	SEN EL 3	17:12:30
276	Beatriz Cardoso	ACM	GAF	SALTOS	SEN EL 4	17:13:15
277	João Rios	SpCP	GAM	ARG	JUN EL 6	17:14:00
278	Beatriz Cardoso	ACM	GAF	SALTOS	SEN EL 4	17:15:45
279	AQUECIMENTO 8'					17:17 - 17:25
280	José Nogueira	SpCP	GAM	SALTOS	JUN EL 1	17:25:00
281	José Nogueira	SpCP	GAM	SALTOS	JUN EL 1	17:25:45
282	Filipa Martins	ACM	GAF	PA	SEN EL 1	17:26:30
283	Joel Catarino	CGTN	GAM	SALTOS	JUN EL 2	17:28:15
284	Joel Catarino	CGTN	GAM	SALTOS	JUN EL 2	17:29:00
285	Rafaela Ferreira	SpCP	GAF	PA	SEN EL 2	17:29:45
286	Filipe Almeida	GCP	GAM	SALTOS	JUN EL 3	17:31:30
287	Filipe Almeida	GCP	GAM	SALTOS	JUN EL 3	17:32:15
288	Beatriz Cardoso	ACM	GAF	PA	SEN EL 3	17:33:00
289	João Rios	SpCP	GAM	SALTOS	JUN EL 4	17:34:45
290	João Rios	SpCP	GAM	SALTOS	JUN EL 4	17:35:30
291	Mariana Marianito	LGC	GAF	PA	SEN EL 4	17:36:15
292	Miguel Freitas	SpCP	GAM	SALTOS	JUN EL 5	17:38:00
293	Miguel Freitas	SpCP	GAM	SALTOS	JUN EL 5	17:38:45
294	Mariana Pitrez	ACM	GAF	PA	SEN EL 5	17:39:30
295	Marcelo Marques	GCP	GAM	SALTOS	JUN EL 6	17:41:15
296	Marcelo Marques	GCP	GAM	SALTOS	JUN EL 6	17:42:00
297	AQUECIMENTO 8'					17:43 - 17:51
298	Miguel Freitas	SpCP	GAM	PAR	JUN EL 1	17:51:00
299	Beatriz Cardoso	ACM	GAF	TRAVE	SEN EL 1	17:52:45
300	Hugo Viegas	GCM	GAM	PAR	JUN EL 2	17:54:30
301	Mariana Pitrez	ACM	GAF	TRAVE	SEN EL 2	17:56:15
302	José Nogueira	SpCP	GAM	PAR	JUN EL 3	17:58:00
303	Rafaela Ferreira	SpCP	GAF	TRAVE	SEN EL 3	17:59:45
304	Joel Catarino	CGTN	GAM	PAR	JUN EL 4	18:01:30
305	Mariana Marianito	LGC	GAF	TRAVE	SEN EL 4	18:03:15
306	João Rios	SpCP	GAM	PAR	JUN EL 5	18:05:00
307	Filipa Martins	ACM	GAF	TRAVE	SEN EL 5	18:06:45
308	Filipe Almeida	GCP	GAM	PAR	JUN EL 6	18:08:30
309	AQUECIMENTO 8'					18:10 - 18:18
310	Joel Catarino	CGTN	GAM	BF	JUN EL 1	18:18:00
311	Rafaela Ferreira	SpCP	GAF	SOLO	SEN EL 1	18:19:45
312	João Rios	SpCP	GAM	BF	JUN EL 2	18:21:15
313	Beatriz Cardoso	ACM	GAF	SOLO	SEN EL 2	18:23:00
314	Diogo Ramos	GCP	GAM	BF	JUN EL 3	18:24:30
315	Mariana Marianito	LGC	GAF	SOLO	SEN EL 3	18:26:15
316	Filipe Almeida	GCP	GAM	BF	JUN EL 4	18:27:45
317	Filipa Martins	ACM	GAF	SOLO	SEN EL 4	18:29:30
318	Hugo Viegas	GCM	GAM	BF	JUN EL 5	18:31:00
319	Mariana Pitrez	ACM	GAF	SOLO	SEN EL 5	18:32:45
320	José Nogueira	SpCP	GAM	BF	JUN EL 6	18:34:15
321	CP GAM jun EL + TRI JUN + GAF SEN EL + AQUEC GAF JUN /GR SEN					18:45 - 19:00
322	Catarina Almeida	GCP	GAF	SALTOS	JUN F 1	19:00:00
323	Beatriz Freitas	GCP	GR	ARCO	SEN F_1	19:00:45
324	Catarina Almeida	GCP	GAF	SALTOS	JUN F 1	19:02:30
325	Marta Abrunhosa	LGC	GAF	SALTOS	JUN F 2	19:03:15
326	Beatriz Santos	SAD	GR	ARCO	SEN F_2	19:04:00
327	Marta Abrunhosa	LGC	GAF	SALTOS	JUN F 2	19:05:45
328	Noémia Conceição	CGOB	GAF	SALTOS	JUN F 3	19:06:30
329	Madalena Lages	BFC	GR	ARCO	SEN F_3	19:07:15

330	Noémia Conceição	CGOB	GAF	SALTOS	JUN F 3	19:09:00
331	Joana Carvalho	GCP	GAF	SALTOS	JUN F 4	19:09:45
332	Dinora Bondar	GCP	GR	ARCO	SEN F_4	19:10:30
333	Joana Carvalho	GCP	GAF	SALTOS	JUN F 4	19:12:15
334	Maria Moreira	ACM	GAF	SALTOS	JUN F 5	19:13:00
335	Felícia Oprea	GCP	GR	ARCO	SEN F_5	19:13:45
336	Maria Moreira	ACM	GAF	SALTOS	JUN F 5	19:15:30
337	Leonor Barbosa	SpCP	GAF	SALTOS	JUN F 6	19:16:15
338	Luana Gomes	GCP	GR	ARCO	SEN F_6	19:17:00
339	Leonor Barbosa	SpCP	GAF	SALTOS	JUN F 6	19:18:45
340	AQUECIMENTO 8'					19:20 - 19:28
341	Carolina Maia	GCST	GR	BOLA	SEN F_1	19:28:00
342	Joana Carvalho	GCP	GAF	PA	JUN F1	19:29:45
343	Felícia Oprea	GCP	GR	BOLA	SEN F_2	19:31:30
344	Ana Alexandrino	SpCP	GAF	PA	JUN F 2	19:33:15
345	Beatriz Santos	SAD	GR	BOLA	SEN F_3	19:35:00
346	Leonor Barbosa	SpCP	GAF	PA	JUN F 3	19:36:45
347	Luana Gomes	GCP	GR	BOLA	SEN F_4	19:38:30
348	Noémia Conceição	CGOB	GAF	PA	JUN F 4	19:40:15
349	Dinora Bondar	GCP	GR	BOLA	SEN F_5	19:42:00
350	Leonor Rocha	GCP	GAF	PA	JUN F 5	19:43:45
351	Patrícia Barqueira	SAD	GR	BOLA	SEN F_6	19:45:30
352	Maria Moreira	ACM	GAF	PA	JUN F 6	19:47:15
353	AQUECIMENTO 8'					19:49 - 19:57
354	Dinora Bondar	GCP	GR	MAÇAS	SEN F_1	19:57:00
355	Joana Carvalho	GCP	GAF	TRAVE	JUN F1	19:58:45
356	Luana Gomes	GCP	GR	MAÇAS	SEN F_2	20:00:30
357	Leonor Gouveia	UDRZA	GAF	TRAVE	JUN F 2	20:02:15
358	Madalena Lages	BFC	GR	MAÇAS	SEN F_3	20:04:00
359	Ana Pinto	ACM	GAF	TRAVE	JUN F 3	20:05:45
360	Felícia Oprea	GCP	GR	MAÇAS	SEN F_4	20:07:30
361	Maria Moreira	ACM	GAF	TRAVE	JUN F 4	20:09:15
362	Beatriz Santos	SAD	GR	MAÇAS	SEN F_5	20:11:00
363	Leonor Barbosa	SpCP	GAF	TRAVE	JUN F 5	20:12:45
364	Joana Fortes	CNG	GR	MAÇAS	SEN F_6	20:14:30
365	Leonor Rocha	GCP	GAF	TRAVE	JUN F 6	20:16:15
366	AQUECIMENTO 8'					20:19 - 20:27
367	Patrícia Barqueira	SAD	GR	FITA	SEN F_1	20:27:00
368	Ana Pinto	ACM	GAF	SOLO	JUN F1	20:28:45
369	Madalena Lages	BFC	GR	FITA	SEN F_2	20:30:15
370	Noémia Conceição	CGOB	GAF	SOLO	JUN F 2	20:32:00
371	Dinora Bondar	GCP	GR	FITA	SEN F_3	20:33:30
372	Leonor Barbosa	SpCP	GAF	SOLO	JUN F 3	20:35:15
373	Beatriz Santos	SAD	GR	FITA	SEN F_4	20:36:45
374	Joana Carvalho	GCP	GAF	SOLO	JUN F 4	20:38:30
375	Inês Candeias	SAD	GR	FITA	SEN F_5	20:40:00
376	Catarina Almeida	GCP	GAF	SOLO	JUN F 5	20:41:45
377	Luana Gomes	GCP	GR	FITA	SEN F_6	20:43:15
378	Maria Moreira	ACM	GAF	SOLO	JUN F 6	20:45:00
379	CP GAF JUN + GR SEN					20:50:00