



Camp. Reg. Infantis + Camp. Reg. Inicidos (5ª Jornada) + Duatlo AACC

FPA COMPETIÇÕES

Sobreda - Almada - 30/04/2022

Comprimento F - Inf | INF - F | Dia 1

Série 2

1	Daniela Gorgueira	2010	INF	CPPEA	4.31 v
2	Leonor Fernandes	2009	INF	GRQL	4.22 v
3	Carlota Calado	2010	INF	VFC	4.15 v
4	Irish Lobo	2010	INF	NDJL-ST	4.09 v
5	Lara Simões	2010	INF	CPPEA	4.04 v
6	Diana Miranda	2010	INF	CPPEA	3.94 v
7	Matilde Macheta	2010	INF	QFC	3.85 v
8	Carolina Lopes	2010	INF	GDC	3.83 v
9	Íris Gonçalves	2009	INF	GDC	3.78 v
10	Matilde Carolino	2010	INF	PFC	3.76 v
11	Bruna Augusto		NDef	PFC	3.71 v
12	Ariana Peixeiro	2010	INF	QFC	3.64 v
13	Renata Andrade	2010	INF	GRQL	3.60 v
14	Luana Espírito Santo	2010	INF	SLA	3.56 v
15	Rita Melo	2010	INF	QFC	3.54 v
16	Nicole Elmer	2010	INF	CPPEA	3.51 v
17	Gabriela Alves	2009	INF	ADTT	3.50 v
18	Raquel Neves	2009	INF	GDC	3.50 v
19	Joana Lopes	2010	INF	QFC	3.47 v
20	Áurea Assucena	2009	INF	QFC	3.45 v
21	Mónica Fernandes	2010	INF	QFC	3.45 v
22	Ana Mónica Macedo	2010	INF	QFC	3.43 v
23	Leonor Bento	2010	INF	QFC	3.36 v
24	Laura Camolas	2009	INF	PFC	3.34 v
25	Maria Lobato	2009	INF	CPPEA	3.33 v
26	Carolina Cunha	2009	INF	NDJL-ST	3.26 v
27	Matilde Silva	2010	INF	ADTT	3.24 v
28	Gabriela Coelho		NDef	CPPEA	3.22 v
29	Bárbara Tavares	2010	INF	AAPL	3.14 v
30	Rita Dos Santos	2010	INF	ADTT	3.09 v
31	Lara Silva	2009	INF	QFC	3.03 v
32	Margarida Palmeiro	2010	INF	PFC	3.01 v
33	Alice Durães	2009	INF	PFC	3.00 v
34	Maria Miguel Morgado	2009	INF	CPPEA	2.94 v
35	Inês Ferreira	2009	INF	CPPEA	2.93 v
36	Catarina Cruz	2009	INF	NSCPSX	2.88 v
37	Daniela Sargento	2010	INF	SLA	2.82 v
38	Carolina Sousa	2009	INF	ACDC	2.81 v
39	Maria Rito	2010	INF	ADTT	2.78 v
40	Ema Ramires	2010	INF	QFC	2.63 v
41	Lara Ribeiro	2009	INF	CDRR	2.60 v
42	Ana Sofia Santos	2009	INF	CPPEA	2.41 v
43	Sofia Carvalho	2010	INF	AAPL	1.52 v
DNS	Maria Pascoal	2009	INF	ACDC	x v
DNS	Leonor Mira	2009	INF	GDC	x v
DNS	Sofia Teixeira	2010	INF	CBSEIXAL	x v
DNS	Catarina Almeida	2010	INF	AAPL	x v
DNS	Inês Ferreira	2010	INF	SLA	x v

Disco (600g) F - Inf | INF - F | Dia 1

Série 1

1	Lara Silva	2009	INF	QFC	16.91
2	Matilde Macheta	2010	INF	QFC	16.45
3	Ariana Peixeiro	2010	INF	QFC	14.66

4	Irish Lobo	2010	INF	NDJL-ST	14.49
5	Laura Camolas	2009	INF	PFC	14.49
6	Daniela Gorgueira	2010	INF	CPPEA	13.45
7	Gabriela Alves	2009	INF	ADTT	12.74
8	Carolina Cunha	2009	INF	NDJL-ST	12.66
9	Alice Durães	2009	INF	PFC	12.62
10	Daniela Sargento	2010	INF	SLA	12.43
11	Rita Dos Santos	2010	INF	ADTT	12.43
12	Diana Miranda	2010	INF	CPPEA	12.12
13	Leonor Fernandes	2009	INF	GRQL	11.79
14	Carolina Sousa	2009	INF	ACDC	11.74
15	Áurea Assucena	2009	INF	QFC	11.57
16	Lara Ribeiro	2009	INF	CDRR	11.36
17	Maria Lobato	2009	INF	CPPEA	10.96
18	Leonor Bento	2010	INF	QFC	10.44
19	Luana Espírito Santo	2010	INF	SLA	10.40
20	Nicole Elmer	2010	INF	CPPEA	10.16
21	Matilde Carolino	2010	INF	PFC	10.12
22	Ana Sofia Santos	2009	INF	CPPEA	10.00
23	Maria Rito	2010	INF	ADTT	9.67
24	Ana Mónica Macedo	2010	INF	QFC	9.60
25	Inês Ferreira	2009	INF	CPPEA	9.47
26	Joana Lopes	2010	INF	QFC	8.98
27	Matilde Silva	2010	INF	ADTT	8.88
28	Rita Melo	2010	INF	QFC	8.12
29	Bárbara Tavares	2010	INF	AAPL	7.95
30	Lara Simões	2010	INF	CPPEA	7.80
31	Mónica Fernandes	2010	INF	QFC	7.69
32	Renata Andrade	2010	INF	GRQL	7.58
33	Sofia Carvalho	2010	INF	AAPL	7.55
34	Maria Miguel Morgado	2009	INF	CPPEA	6.89
35	Ema Ramires	2010	INF	QFC	6.74
NM	Margarida Palmeiro	2010	INF	PFC	x
DNS	Catarina Almeida	2010	INF	AAPL	x
DNS	Inês Ferreira	2010	INF	SLA	x
DNS	Maria Pascoal	2009	INF	ACDC	x

Dardo (500g) M - Inf | INF - M | Dia 1

Série 1

1	Francisco Sousa	2009	INF	QFC	22.47
2	Gonçalo Matos	2009	INF	QFC	19.87
3	Afonso Santos	2009	INF	ADTT	17.10
4	Dinis Santos	2009	INF	ADTT	16.27
5	Tomás Ferreira	2010	INF	QFC	15.93
6	Luca Ferreira	2010	INF	QFC	15.71
7	Duarte Sestelo	2010	INF	AACC	15.51
8	David Dionísio	2010	INF	QFC	14.50
9	Mateus Amaro	2009	INF	AAPL	13.22
10	Hélio Mendes	2009	INF	CDRR	13.12
11	Salvador Cruz	2009	INF	QFC	12.76
12	David Vargas	2009	INF	CPPEA	11.34
13	Gustavo Neto	2010	INF	ACDC	10.84
14	Martim Morais	2009	INF	AAPL	10.40
15	Henrique Lopes	2009	INF	CPPEA	9.48
16	Santiago Rodrigues	2010	INF	QFC	8.83
17	Álvaro Carrilho	2010	INF	CPPEA	7.92
18	Dinis Santos	2010	INF	AACC	5.35



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DNS	David Lopes	2010	INF	AAPL	x
DNS	Miguel Caeiro	2010	INF	AAPL	x

Altura M - Inf | INF - M | Dia 1

Série 1

1	Afonso Santos	2009	INF	ADTT	1.44
2	Dinis Santos	2009	INF	ADTT	1.36
3	Gonçalo Matos	2009	INF	QFC	1.32
4	Mateus Amaro	2009	INF	AAPL	1.28
5	David Vargas	2009	INF	CPPEA	1.28
6	Rodrigo Xavier	2010	INF	AACC	1.24
7	Hélio Mendes	2009	INF	CDRR	1.24
8	Henrique Lopes	2009	INF	CPPEA	1.20
8	Salvador Cruz	2009	INF	QFC	1.20
10	David Dionísio	2010	INF	QFC	1.20
11	Martim Lamelas	2010	INF	AACC	1.20
12	Francisco Sousa	2009	INF	QFC	1.16
12	Martim Morais	2009	INF	AAPL	1.16
14	André Santos	2010	INF	AACC	1.16
15	Leonardo Antunes	2009	INF	PFC	1.16
16	Luca Ferreira	2010	INF	QFC	1.16
17	Álvaro Carrilho	2010	INF	CPPEA	1.12
18	Gustavo Neto	2010	INF	ACDC	1.04
19	Santiago Rodrigues	2010	INF	QFC	1.00
NM	Tomás Ferreira	2010	INF	QFC	SM
DNS	Rafael Cardoso	2009	INF	MKED	SM
DNS	Bruno Amorim	2009	INF	AAPL	SM
DNS	Miguel Caeiro	2010	INF	AAPL	SM

Comprimento F - Juv / Jun | JUV a JUN - F | Dia 1

Série 1

1	Maria Lança	2005	JUV	NDJL-ST	5.06 v -0.4
2	Sara Athayde	2006	JUV	AACC	4.95 v -2.2
3	Raquel Conceição	2005	JUV	AACC	4.66 v -2.3
4	Rafaela Lourenço		NDef	GDC	4.51 v -1.8
5	Joana Silva	2006	JUV	AACC	4.45 v -0.6
6	Carolina Seleiro	2005	JUV	CPPEA	4.39 v -2.9
7	Sofia Martins	2005	JUV	CPPEA	4.21 v -1
8	Joana Tomé	2006	JUV	AACC	4.16 v -1
9	Leticia Cruz	2004	JUN	CPV GRQL	3.75 v -2
10	Joana Canana		NDef	ACDC	3.73 v -1.8
11	Sofia Pulquério	2006	JUV	ACDC	3.41 v -0.6
12	Carolina Rusga		NDef	ACDC	3.04 v -0.1
13	Laurinda Moreira	2005	JUV	VFC	2.96 v -1
14	Beatriz Vicente	2006	JUV	CPPEA	2.62 v -1.3
DNS	Luana Resendes	2006	JUV	CPPEA	x v

100 metros M - Juv/ Jun | JUV a JUN - M | Dia 1

Série 1 v = -1.2 (Manual)

1	Ivan Pedro		NDef	NSCPSX	12.96
2	Guilherme Miranda	2006	JUV	AACC	13.38
3	Hugo Igreja		NDef	NSCPSX	13.58
4	Guilherme Barroso	2006	JUV	AACC	14.29
DNS	Francisco Couto	2006	JUV	ACDC	x

Série 2 v = -1.5 (Manual)

1	João Chalaça	2005	JUV	ADTT	12.30
2	Martim Palma	2005	JUV	AAPL	12.56
3	Guilherme Silva	2006	JUV	ACDC	13.11
4	Diogo Santos	2005	JUV	ACDC	14.36
DNS	André Amorim	2005	JUV	AAPL	x

DNS	Duarte Moita	2006	JUV	AAPL	x
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Série 3 v = -1.4 (Manual)

1	Rafael Gonçalves	2005	JUV	CPPEA	12.07
2	Mateus Oliveira	2005	JUV	BRA AACC	12.22
3	Cláudio Revés	2005	JUV	AACC	12.83
4	Rui Correia	2004	JUN	AASX	13.57
5	Bernardo Santos	2006	JUV	SLA	13.94
6	Gabriel Barrenho	2006	JUV	GRQL	14.41

Série 4 v = -1.1 (Manual)

1	Rodrigo Russo	2005	JUV	ADTT	11.62
2	Eduardo Neves	2005	JUV	NDJL-ST	11.95
3	Rafael Loureiro	2006	JUV	VFC	11.96
4	Sergey Asyanin	2006	JUV	CPC	12.28
5	João Martins	2005	JUV	VFC	12.42
6	Guilherme Correia		NDef	LFC	13.49

Comprimento F - Inic | INI - F | Dia 1

Série 1

1	Rita Martins	2007	INI	CPPEA	4.70 v -0.4
2	Leonor Alves	2008	INI	AAPL	4.48 v -0.7
3	Joana Rosa	2007	INI	CPPEA	4.44 v -2.7
4	Michelle Elmer	2007	INI	CPPEA	4.26 v -0.6
5	Lara Barroso	2008	INI	CPPEA	4.09 v -0.2
6	Eulália Borges	2008	INI	GRQL	4.06 v -0.3
7	Francisca Galante	2008	INI	PFC	3.90 v -0.8
8	Sofia Lopes		NDef	AACC	3.88 v -0.4
9	Beatriz Fernandes	2007	INI	AAPL	3.87 v -1.5
10	Joana Miguel	2008	INI	CBSEIXAL	3.84 v -1
11	Flor De Oliveira	2008	INI	GRQL	3.79 v -1.3
12	Vivian Mendes	2007	INI	GDC	3.79 v -0.9
13	Patrícia Sebastião	2008	INI	GRQL	3.68 v -0.5
14	Camila Fonseca	2008	INI	AACC	3.58 v -0.7
15	Matilde Guerreiro	2008	INI	CPPEA	3.53 v -1.8
16	Mariana Brites	2007	INI	GRQL	3.39 v -1.3
17	Kelsia Neves	2008	INI	MOZ GRQL	3.27 v -1.6
18	Marta Santos	2008	INI	ACDC	3.25 v 0.30
19	Leonor Esteves	2008	INI	ACDC	3.23 v -2
20	Daniela Silva	2008	INI	MKED	3.00 v -1.3
21	Cândida Piedade	2008	INI	SLA	2.86 v -1.6
22	Inês Cunha	2008	INI	ACDC	2.59 v -0.9
NM	Beatriz Sobral	2008	INI	NDJL-ST	x v
DNS	Isabel Luís	2007	INI	CPPEA	x v
DNS	Soraia Boieiro	2007	INI	CPPEA	x v
DNS	Leonor Esteves	2008	INI	AACC	x v
DNS	Mariana Silva	2008	INI	QFC	x v
DNS	Sara Camolas	2007	INI	PFC	x v
DNS	Matilde Morgado	2007	INI	CPPEA	x v
DNS	Soraia Pereira	2007	INI	QFC	x v
DNS	Maria Camolas	2007	INI	PFC	x v

Vara F - Inic | INI - F | Dia 1

Vara M - Inic | INI - M | Dia 1

Série 1

1	Tiago António	2007	INI	VFC	2.65
2	José Oliveira	2008	INI	VFC	2.00

100 metros F - Juv/ Jun | JUV a JUN - F | Dia 1

Série 1 v = -2.2 (Manual)

1	Rafaela Lourenço		NDef	GDC	14.61
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2	Joana Tomé	2006	JUV	AACC	15.15
3	Joana Canana		NDef	ACDC	15.59
4	Carolina Rusga		NDef	ACDC	16.29

Série 2 v = -1.7 (Manual)

1	Laurinda Moreira	2005	JUV	VFC	14.28
2	Raquel Conceição	2005	JUV	AACC	14.51
3	Joana Silva	2006	JUV	AACC	14.85
4	Beatriz Vicente	2006	JUV	CPPEA	15.39
5	Sofia Pulquério	2006	JUV	ACDC	15.53
DNS	Luana Resendes	2006	JUV	CPPEA	x

Série 3 v = -2.3 (Manual)

1	Maria Lança	2005	JUV	NDJL-ST	13.44
2	Sara Athayde	2006	JUV	AACC	13.51
3	Sofia Martins	2005	JUV	CPPEA	13.81
4	Carolina Seleiro	2005	JUV	CPPEA	14.10
5	Letícia Cruz	2004	JUN	CPV GRQL	14.19
DNS	Sara Silvestre	2003	JUN	VFC	x

Peso (4 Kg) M - Inic | INI - M | Dia 1

Série 1

1	Gil Pinto	2008	INI	NDJL-ST	10.25
2	Rúben Barros	2007	INI	SLA	8.69
3	Daniel Rubio	2007	INI	CPPEA	8.53
4	Francisco Pombo	2008	INI	CPPEA	8.42
5	Edmilton Rocha	2008	INI	CPV QFC	7.23
6	Rodrigo Baptista	2008	INI	CPPEA	5.49
7	Diogo Pinto	2007	INI	CPPEA	5.31
8	António Reis	2008	INI	ADTT	5.20
9	Vasco Costa Lopes	2007	INI	CPPEA	5.15
DNS	Micael David	2007	INI	QFC	x
DNS	Francisco Pereira	2008	INI	CPPEA	x

Peso (3 Kg) F - Inic | INI - F | Dia 1

Série 1

1	Beatriz Sobral	2008	INI	NDJL-ST	10.41
2	Michelle Elmer	2007	INI	CPPEA	8.25
3	Lara Barroso	2008	INI	CPPEA	8.16
4	Rita Martins	2007	INI	CPPEA	6.34
5	Joana Rosa	2007	INI	CPPEA	6.34
6	Leonor Esteves	2008	INI	ACDC	6.33
7	Vivian Mendes	2007	INI	GDC	6.01
8	Leonor Alves	2008	INI	AAPL	5.92
9	Francisca Galante	2008	INI	PFC	5.60
10	Soraia Pereira	2007	INI	QFC	5.35
11	Beatriz Fernandes	2007	INI	AAPL	4.89
12	Camila Fonseca	2008	INI	AACC	4.84
13	Isabel Luís	2007	INI	CPPEA	4.77
14	Joana Miguel	2008	INI	CBSEIXAL	4.46
15	Inês Cunha	2008	INI	ACDC	4.46
16	Matilde Guerreiro	2008	INI	CPPEA	3.99
17	Marta Santos	2008	INI	ACDC	3.41
DNS	Maria Camolas	2007	INI	PFC	x
DNS	Daniela Silva	2008	INI	MKED	x
DNS	Mariana Silva	2008	INI	QFC	x
DNS	Matilde Morgado	2007	INI	CPPEA	x
DNS	Sara Camolas	2007	INI	PFC	x
DNS	Leonor Esteves	2008	INI	AACC	x

50 metros F - Benj. A | BENJ A - F | Dia 1

Série 1 v = -2.9 (Manual)

1	Nicole Maia	2013	BENJ A	NSCPSX	9.01
2	Raquel Dos Santos	2014	BENJ A	ADTT	9.47
3	Maria Canhenha	2013	BENJ A	QFC	10.25
4	Joana Silva	2014	BENJ A	ADTT	10.68
5	Maria João Simas	2013	BENJ A	QFC	10.88
6	Marta Freitas	2014	BENJ A	AGDAK	11.07

Série 2 v = -0.7 (Manual)

1	Roxana Careba	2013	BENJ A	ROU PFC	9.21
2	Mariana Mpofu	2013	BENJ A	ACDC	9.35
3	Joana Brito	2013	BENJ A	QFC	9.76
4	Matilde Pinhal	2014	BENJ A	ACDC	10.28
5	Catarina Correia	2013	BENJ A	QFC	10.93
6	Maria Matias		NDef	CBSEIXAL	11.26

Série 3 v = -3.2 (Manual)

1	Mariana Koné Simões	2013	BENJ A	FRA QFC	8.83
2	Catarina Jesus	2013	BENJ A	CPPEA	8.86
3	Mia Lourenço Ramires	2013	BENJ A	QFC	9.34
4	Susana Simões		NDef	Individual	10.54
5	Susana Mata	2013	BENJ A	QFC	10.83
6	Diana Soldado	2014	BENJ A	QFC	11.71

Série 4 v = -2.0 (Manual)

1	Beatriz Cordeiro	2013	BENJ A	AACC	9.25
2	Alexandra Figueira	2015	BENJ A	SLA	10.15
3	Verónica Dias	2015	BENJ A	QFC	11.06
4	Camila Grave	2016	BENJ A	ADTT	11.07
DNS	Mafalda Rodrigues	2015	BENJ A	ACDC	x
DNS	Teresa Silva	2013	BENJ A	AACC	x

Série 5 v = -1.7 (Manual)

1	Ana Ramalho	2013	BENJ A	PFC	9.26
2	Madalena Morgado		NDef	CPPEA	9.84
DNS	Marina Monte	2014	BENJ A	AGDAK	x

50 metros M - Benj. A | BENJ A - M | Dia 1

Série 1 v = -2.4 (Manual)

1	Gonçalo Faias	2013	BENJ A	AACC	8.55
2	Isaac Souza	2014	BENJ A	CBSEIXAL	9.52
3	Rafael Golf	2016	BENJ A	ACDC	10.47
4	Tomás Frankel	2015	BENJ A	QFC	11.15
5	João Henrique Dias	2016	BENJ A	PFC	11.91
DNS	Martin Batista	2015	BENJ A	ACDC	x

Série 2 v = -0.5 (Manual)

1	Simão Frankel	2013	BENJ A	QFC	8.97
2	João Dinis Dias	2013	BENJ A	PFC	9.25
3	Manuel De Oliveira	2014	BENJ A	CPPEA	10.12
4	Lourenço Pinto	2015	BENJ A	ACDC	10.14
5	Rafael Costa		NDef	LFC	10.35
6	Mário Rocha	2015	BENJ A	CPV QFC	10.45

Série 3 v = -1.8 (Manual)

1	Diego Alves	2013	BENJ A	MKED	9.15
2	Duarte Machado	2014	BENJ A	SLA	9.65
3	José Ramires	2016	BENJ A	CBSEIXAL	13.05
3	José Ramires	2016	BENJ A	CBSEIXAL	13.05
4	Duarte Morais	2016	BENJ A	CBSEIXAL	13.11



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4	Duarte Morais	2016	BENJ A	CBSEIXAL	13.11
DNS	Afonso Pinto Piedade	2013	BENJ A	ACDC	x
DNS	Matias Rodrigues	2013	BENJ A	ACDC	x
DNS	Matias Rodrigues	2013	BENJ A	ACDC	x
DNS	Afonso Pinto Piedade	2013	BENJ A	ACDC	x

Série 4 v = -2.5 (Manual)

1	Tiago Pombo	2013	BENJ A	CPPEA	9.36
2	Tiago Baptista	2013	BENJ A	CPPEA	9.69
3	Dinis Couto	2015	BENJ A	ACDC	11.81
4	Guilherme Abreu	2017	BENJ A	ACDC	13.44
DNS	Leonardo Fichtner	2015	BENJ A	BRA SLA	x
DNS	Diogo Saraiva	2016	BENJ A	ADTT	x

60 metros F - Benj. B | BENJ B - F | Dia 1

Série 1 v = -1.4 (Manual)

1	Alícia Filipe	2011	BENJ B	NDJL-ST	9.89
2	Rita Mação	2011	BENJ B	CPPEA	10.29
3	Margarida Figueira	2012	BENJ B	SLA	10.47
4	Maria Alberto	2011	BENJ B	QFC	10.51
5	Carolina Portela	2012	BENJ B	QFC	12.13
99999	Beatriz Amaro		NDef	SLA	x

Série 2 v = -2.5 (Manual)

1	Mariana Santos	2011	BENJ B	ADTT	9.97
2	Leonor Grave	2012	BENJ B	ADTT	11.20
3	Maria Luís Galante	2012	BENJ B	PFC	12.04
DNS	Diana Gaisita	2012	BENJ B	ADTT	x
DNS	Erica Cardoso	2012	BENJ B	MKED	x
DNS	Alice Paiva	2011	BENJ B	QFC	x

Série 3 v = -3.3 (Manual)

1	Raquel Barrenho	2011	BENJ B	GRQL	9.97
2	Madalena Leirão	2012	BENJ B	CPPEA	10.19
3	Inês Conceição	2012	BENJ B	PFC	11.16
4	Beatriz Carvalho	2012	BENJ B	CPPEA	11.41
5	Lara Freitas	2012	BENJ B	AGDAK	12.21
DNS	Helena Júlio	2012	BENJ B	SLA	x

Série 4 v = -4.2 (Manual)

1	Mariana Pereira	2011	BENJ B	PFC	9.95
2	Júlia Barateiro	2012	BENJ B	CPPEA	10.62
3	Leonor Cardoso	2012	BENJ B	PFC	11.27
4	Inês Viana	2012	BENJ B	GDC	11.62
5	Clara Burgos	2012	BENJ B	CPPEA	11.73
DNS	Alice Fichtner	2012	BENJ B	BRA SLA	x

Série 5 v = -4.2 (Manual)

1	Alice Campos	2012	BENJ B	SLA	10.38
2	Diana Rodrigues		NDef	CPPEA	11.13
3	Alice Gomes	2011	BENJ B	PFC	11.24
4	Inês Bate	2012	BENJ B	QFC	11.31

60 metros M - Benj. B | BENJ B - M | Dia 1

Série 1

1	Santiago Oliveira	2012	BENJ B	CPPEA	9.61
2	João Fernandes	2011	BENJ B	AAPL	10.77
3	Francisco Sanches	2011	BENJ B	CPPEA	10.85
4	Miguel Ribeiro	2011	BENJ B	NSCPSX	10.86
DNS	Dinis Morais	2012	BENJ B	CBSEIXAL	x
99999	Diego Silva	2011	BENJ B	ADTT	x

Série 2 v = -2.6 (Manual)

1	David Aurélio	2011	BENJ B	SLA	9.61
2	João Quintens	2012	BENJ B	AAPL	9.68
3	Tomás Carvalho	2011	BENJ B	GRQL	10.57
4	Miguel Venceslau	2011	BENJ B	CPPEA	10.87
5	Maxime Gomes	2011	BENJ B	MKED	11.79
6	Daniel Santos	2011	BENJ B	AGDAK	12.36

Série 3 v = -2.1 (Manual)

1	Vasco Rosa	2011	BENJ B	CPPEA	9.74
2	João Borba	2011	BENJ B	ACDC	9.84
3	Gabriel Fontes		NDef	CBSEIXAL	9.87
4	Yassin Rosario	2011	BENJ B	CPPEA	11.93
DNS	Bruno Garcia	2011	BENJ B	ACDC	x
DNS	João Tomás Gonçalves	2012	BENJ B	SLA	x

Série 4 v = -3.2 (Manual)

1	Joshua Seidi	2011	BENJ B	GDC	9.56
2	Daniel Simões		NDef	Individual	10.36
3	Guilherme Marques	2011	BENJ B	NSCPSX	11.12
4	Vasco Rodrigues	2012	BENJ B	ACDC	11.58
5	Henrique Ferreira	2012	BENJ B	CPPEA	12.08
DNS	Ricardo Correia	2012	BENJ B	ACDC	x

Série 5 v = -3.3 (Manual)

1	Gonçalo Mineiro	2011	BENJ B	SLA	9.81
2	Rafael Martins	2011	BENJ B	QFC	11.33
3	Christian Gomes	2011	BENJ B	MKED	12.24
DNS	Miguel Bastos	2011	BENJ B	CBSEIXAL	x
DNS	Simão Carvalho	2012	BENJ B	NDJL-ST	x

Peso (3 Kg) M - Inf | INF - M | Dia 1

Série 1

1	Leonardo Antunes	2009	INF	PFC	9.58
2	Afonso Santos	2009	INF	ADTT	6.89
3	Mateus Amaro	2009	INF	AAPL	6.56
4	David Vargas	2009	INF	CPPEA	6.01
5	André Santos	2010	INF	AACC	5.85
6	Dinis Santos	2009	INF	ADTT	5.77
7	Rodrigo Xavier	2010	INF	AACC	5.67
8	Martim Morais	2009	INF	AAPL	5.43
9	Henrique Lopes	2009	INF	CPPEA	5.22
10	Duarte Sestelo	2010	INF	AACC	4.49
11	Martim Lamelas	2010	INF	AACC	4.19
12	Simão Mota	2010	INF	SLA	4.14
13	Dinis Santos	2010	INF	AACC	3.50
14	Álvaro Carrilho	2010	INF	CPPEA	3.34
DNS	Bruno Amorim	2009	INF	AAPL	x
DNS	Rafael Cardoso	2009	INF	MKED	x
DNS	Gustavo Neto	2010	INF	ACDC	x
DNS	Miguel Caeiro	2010	INF	AAPL	x

Peso (6 Kg) M - Jun | JUN - M | Dia 1

Série 1

1	Ivan Pedro		NDef	NSCPSX	8.56
DNS	André Carvalho	2003	JUN	AAPL	x
DNS	Rui Correia	2004	JUN	AASX	x

Peso (5 Kg) M - Juv | JUV - M | Dia 1

Série 1

1	Eduardo Neves	2005	JUV	NDJL-ST	13.41
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2	João Chalaça	2005	JUV	ADTT	9.95
3	Rodrigo Russo	2005	JUV	ADTT	8.69
4	Guilherme Correia		NDef	LFC	7.45
5	João Martins	2005	JUV	VFC	7.44
6	Guilherme Silva	2006	JUV	ACDC	7.40
7	Mateus Oliveira	2005	JUV	BRA AACC	7.23
8	Guilherme Barroso	2006	JUV	AACC	7.15
9	Rafael Gonçalves	2005	JUV	CPPEA	6.78
10	Diogo Santos	2005	JUV	ACDC	6.66
11	Guilherme Miranda	2006	JUV	AACC	6.05
12	Cláudio Revés	2005	JUV	AACC	5.90
13	Gabriel Barrenho	2006	JUV	GRQL	5.73
14	Rafael Loureiro	2006	JUV	VFC	5.61
DNS	Martim Palma	2005	JUV	AAPL	x
DNS	Duarte Moita	2006	JUV	AAPL	x
DNS	Francisco Couto	2006	JUV	ACDC	x

Comprimento F - Benj. A | BENJ A - F | Dia 1

Série 1

1	Catarina Jesus	2013	BENJ A	CPPEA	12.00 v
1	Mariana Koné Simões	2013	BENJ A	FRA QFC	12.00 v
3	Nicole Maia	2013	BENJ A	NSCPSX	10.00 v
3	Maria João Simas	2013	BENJ A	QFC	10.00 v
3	Mariana Mpofo	2013	BENJ A	ACDC	10.00 v
3	Ana Ramalho	2013	BENJ A	PFC	10.00 v
3	Maria Canhenha	2013	BENJ A	QFC	10.00 v
3	Matilde Pinhal	2014	BENJ A	ACDC	10.00 v
3	Joana Brito	2013	BENJ A	QFC	10.00 v
3	Raquel Dos Santos	2014	BENJ A	ADTT	10.00 v
3	Beatriz Cordeiro	2013	BENJ A	AACC	10.00 v
3	Verónica Dias	2015	BENJ A	QFC	10.00 v
3	Marta Freitas	2014	BENJ A	AGDAK	10.00 v
3	Diana Soldado	2014	BENJ A	QFC	10.00 v
3	Mia Lourenço Ramires	2013	BENJ A	QFC	10.00 v
16	Camila Grave	2016	BENJ A	ADTT	8.00 v
16	Alexandra Figueira	2015	BENJ A	SLA	8.00 v
16	Catarina Correia	2013	BENJ A	QFC	8.00 v
16	Joana Silva	2014	BENJ A	ADTT	8.00 v
16	Roxana Careba	2013	BENJ A	ROU PFC	8.00 v
21	Madalena Morgado		NDef	CPPEA	6.00 v
21	Maria Matias		NDef	CBSEIXAL	6.00 v
21	Susana Simões		NDef	Individual	6.00 v
21	Susana Mata	2013	BENJ A	QFC	6.00 v
DNS	Teresa Silva	2013	BENJ A	AACC	x v
DNS	Marina Monte	2014	BENJ A	AGDAK	x v
DNS	Mafalda Rodrigues	2015	BENJ A	ACDC	x v

Comprimento M - Benj. A | BENJ A - M | Dia 1

Série 1

1	João Dinis Dias	2013	BENJ A	PFC	14.00 v
2	Gonçalo Faias	2013	BENJ A	AACC	12.00 v
3	Isaac Souza	2014	BENJ A	CBSEIXAL	10.00 v
3	Simão Frankel	2013	BENJ A	QFC	10.00 v
3	Mário Rocha	2015	BENJ A	CPV QFC	10.00 v
3	Tiago Baptista	2013	BENJ A	CPPEA	10.00 v
3	Diego Alves	2013	BENJ A	MKED	10.00 v
3	Lourenço Pinto	2015	BENJ A	ACDC	10.00 v
3	Duarte Machado	2014	BENJ A	SLA	10.00 v
3	Tiago Pombo	2013	BENJ A	CPPEA	10.00 v
3	Manuel De Oliveira	2014	BENJ A	CPPEA	10.00 v
12	João Henrique Dias	2016	BENJ A	PFC	8.00 v

13	Rafael Golf	2016	BENJ A	ACDC	6.00 v
13	José Ramires	2016	BENJ A	CBSEIXAL	6.00 v
13	Dinis Couto	2015	BENJ A	ACDC	6.00 v
13	Tomás Frankel	2015	BENJ A	QFC	6.00 v
13	Rafael Costa		NDef	LFC	6.00 v
18	Guilherme Abreu	2017	BENJ A	ACDC	4.00 v
DNS	Leonardo Fichtner	2015	BENJ A	BRA SLA	x v
DNS	Duarte Morais	2016	BENJ A	CBSEIXAL	x v
DNS	Diogo Saraiva	2016	BENJ A	ADTT	x v

Comprimento F - Benj. B | BENJ B - F | Dia 1

Série 1

1	Rita Mação	2011	BENJ B	CPPEA	14.00 v
1	Raquel Barrenho	2011	BENJ B	GRQL	14.00 v
3	Madalena Leirão	2012	BENJ B	CPPEA	10.00 v
3	Lara Freitas	2012	BENJ B	AGDAK	10.00 v
3	Alice Campos	2012	BENJ B	SLA	10.00 v
3	Leonor Cardoso	2012	BENJ B	PFC	10.00 v
3	Mariana Santos	2011	BENJ B	ADTT	10.00 v
3	Margarida Figueira	2012	BENJ B	SLA	10.00 v
3	Diana Rodrigues		NDef	CPPEA	10.00 v
3	Maria Luís Galante	2012	BENJ B	PFC	10.00 v
3	Mariana Pereira	2011	BENJ B	PFC	10.00 v
3	Júlia Barateiro	2012	BENJ B	CPPEA	10.00 v
3	Maria Alberto	2011	BENJ B	QFC	10.00 v
3	Carolina Portela	2012	BENJ B	QFC	10.00 v
3	Clara Burgos	2012	BENJ B	CPPEA	10.00 v
3	Inês Viana	2012	BENJ B	GDC	10.00 v
3	Leonor Grave	2012	BENJ B	ADTT	10.00 v
3	Beatriz Carvalho	2012	BENJ B	CPPEA	10.00 v
19	Alicia Filipe	2011	BENJ B	NDJL-ST	8.00 v
20	Beatriz Amaro		NDef	SLA	6.00 v
20	Inês Bate	2012	BENJ B	QFC	6.00 v
20	Inês Conceição	2012	BENJ B	PFC	6.00 v
20	Alice Gomes	2011	BENJ B	PFC	6.00 v
DNS	Diana Gaisita	2012	BENJ B	ADTT	x v
DNS	Alice Fichtner	2012	BENJ B	BRA SLA	x v
DNS	Erica Cardoso	2012	BENJ B	MKED	x v
DNS	Helena Júlio	2012	BENJ B	SLA	x v
DNS	Alice Paiva	2011	BENJ B	QFC	x v

Comprimento M - Benj. B | BENJ B - M | Dia 1

Série 1

1	Daniel Simões		NDef	Individual	14.00 v
1	Francisco Sanches	2011	BENJ B	CPPEA	14.00 v
1	Joshua Seidi	2011	BENJ B	GDC	14.00 v
1	Vasco Rosa	2011	BENJ B	CPPEA	14.00 v
1	David Aurélio	2011	BENJ B	SLA	14.00 v
1	Gabriel Fontes		NDef	CBSEIXAL	14.00 v
1	Gonçalo Mineiro	2011	BENJ B	SLA	14.00 v
1	João Borba	2011	BENJ B	ACDC	14.00 v
9	Miguel Ribeiro	2011	BENJ B	NSCPSX	12.00 v
9	Miguel Venceslau	2011	BENJ B	CPPEA	12.00 v
11	Henrique Ferreira	2012	BENJ B	CPPEA	10.00 v
11	Santiago Oliveira	2012	BENJ B	CPPEA	10.00 v
11	Maxime Gomes	2011	BENJ B	MKED	10.00 v
11	Guilherme Marques	2011	BENJ B	NSCPSX	10.00 v
11	Christian Gomes	2011	BENJ B	MKED	10.00 v
11	Rafael Martins	2011	BENJ B	QFC	10.00 v
11	Vasco Rodrigues	2012	BENJ B	ACDC	10.00 v
11	Diego Silva	2011	BENJ B	ADTT	10.00 v



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19	Tomás Carvalho	2011	BENJ B	GRQL	8.00 v
19	João Quintens		NDef	AAPL	8.00 v
19	João Fernandes		NDef	AAPL	8.00 v
22	Yassin Rosario	2011	BENJ B	CPPEA	6.00 v
DNS	Miguel Bastos	2011	BENJ B	CBSEIXAL	x v
DNS	João Tomás Gonçalves	2012	BENJ B	SLA	x v
DNS	Daniel Santos	2011	BENJ B	AGDAK	x v
DNS	Simão Carvalho	2012	BENJ B	NDJL-ST	x v
DNS	Dinis Morais	2012	BENJ B	CBSEIXAL	x v

250 metros M - Inic | INI - M | Dia 1

Série 1

1	Diogo Teixeira	2007	INI	CBSEIXAL	33.93
2	Edmilton Rocha	2008	INI	CPV QFC	36.22
3	Tiago António	2007	INI	VFC	37.46
4	Rodrigo Morgado	2007	INI	AJPINA	57.09
DNS	Diogo Pinto	2007	INI	CPPEA	x

Série 2

1	Miguel Viana	2008	INI	GDC	35.79
2	Diogo Duarte	2007	INI	GDC	38.99
3	Rodrigo Baptista	2008	INI	CPPEA	41.29
4	José Oliveira	2008	INI	VFC	41.84
DNS	Daniel Rubio	2007	INI	CPPEA	x

Série 3

1	Rúben Barros	2007	INI	SLA	32.13
2	Lucca Reis	2008	INI	BRA GRQL	32.17
3	Gil Pinto	2008	INI	NDJL-ST	33.26
DNS	Francisco Pombo	2008	INI	CPPEA	x
DNS	Francisco Pereira	2008	INI	CPPEA	x

250 metros F - Inic | INI - F | Dia 1

Série 1

1	Patrícia Sebastião	2008	INI	GRQL	41.82
2	Joana Miguel	2008	INI	CBSEIXAL	42.23
3	Camila Fonseca	2008	INI	AACC	42.24
4	Sofia Lopes		NDef	AACC	44.38
5	Mariana Brites	2007	INI	GRQL	44.43
6	Isabela Santos	2008	INI	AJPINA	57.68

Série 2

1	Leonor Alves	2008	INI	AAPL	37.37
2	Beatriz Fernandes	2007	INI	AAPL	39.97
3	Leonor Esteves	2008	INI	ACDC	43.40
4	Inês Cunha	2008	INI	ACDC	45.24
5	Kelsia Neves	2008	INI	MOZ GRQL	47.91
DNS	Matilde Morgado	2007	INI	CPPEA	x

Série 3

1	Cândida Piedade	2008	INI	SLA	39.13
2	Marta Santos	2008	INI	ACDC	41.52
3	Matilde José	2008	INI	GDC	42.20
4	Daniela Silva	2008	INI	MKED	44.12
5	Flor De Oliveira	2008	INI	GRQL	44.21
DNS	Leonor Esteves	2008	INI	AACC	x

Série 4

1	Joana Rosa	2007	INI	CPPEA	38.84
2	Eulália Borges	2008	INI	GRQL	39.36
3	Francisca Galante	2008	INI	PFC	40.82

4	Beatriz Sobral	2008	INI	NDJL-ST	41.30
5	Matilde Guerreiro	2008	INI	CPPEA	42.48

Série 5

1	Michelle Elmer	2007	INI	CPPEA	37.72
2	Lara Barroso	2008	INI	CPPEA	38.68
3	Rita Martins	2007	INI	CPPEA	39.38
4	Rafaela Chantre	2008	INI	GRQL	39.90
DNS	Sara Camolas	2007	INI	PFC	x
DNS	Maria Camolas	2007	INI	PFC	x

150 metros F - Inf | INF - F | Dia 1

Série 1 v = -2.4 (Manual)

1	Carlota Calado	2010	INF	VFC	22.21
2	Ana Sofia Santos	2009	INF	CPPEA	23.72
3	Bruna Augusto		NDef	PFC	24.09
4	Inês Ferreira	2009	INF	CPPEA	27.92
5	Gabriela Coelho		NDef	CPPEA	28.17

Série 2 v = -2.5 (Manual)

1	Maria Miguel Morgado	2009	INF	CPPEA	23.99
2	Sofia Teixeira	2010	INF	CBSEIXAL	24.90
3	Laura Camolas	2009	INF	PFC	25.31
4	Margarida Palmeiro	2010	INF	PFC	26.37
5	Matilde Carolino	2010	INF	PFC	26.64
6	Alice Durães	2009	INF	PFC	28.70

Série 3 v = -2.1 (Manual)

1	Leonor Fernandes	2009	INF	GRQL	22.33
2	Maria Lobato	2009	INF	CPPEA	24.12
3	Renata Andrade	2010	INF	GRQL	24.31
4	Bárbara Tavares	2010	INF	AAPL	27.12
DNS	Catarina Almeida	2010	INF	AAPL	x
DNS	Sofia Carvalho	2010	INF	AAPL	x

Série 4 v = -2.7 (Manual)

1	Gabriela Alves	2009	INF	ADTT	25.36
2	Carolina Sousa	2009	INF	ACDC	26.11
3	Rita Dos Santos	2010	INF	ADTT	26.98
4	Maria Rito	2010	INF	ADTT	27.85
5	Lara Ribeiro	2009	INF	CDRR	28.28
DNS	Maria Pascoal	2009	INF	ACDC	x

Série 5 v = -2.9 (Manual)

1	Diana Miranda	2010	INF	CPPEA	21.96
2	Lara Simões	2010	INF	CPPEA	23.24
3	Íris Gonçalves	2009	INF	GDC	23.51
4	Leonor Mira	2009	INF	GDC	24.61
5	Matilde Silva	2010	INF	ADTT	24.83
6	Nicole Elmer	2010	INF	CPPEA	25.12

Série 6 v = -3.5 (Manual)

1	Irish Lobo	2010	INF	NDJL-ST	22.61
2	Carolina Lopes	2010	INF	GDC	24.92
3	Lara Silva	2009	INF	QFC	25.42
4	Carolina Cunha	2009	INF	NDJL-ST	26.31
5	Raquel Neves	2009	INF	GDC	26.64
6	Áurea Assucena	2009	INF	QFC	26.78

Série 7 v = -2.0 (Manual)

1	Joana Lopes	2010	INF	QFC	23.13
2	Mónica Fernandes	2010	INF	QFC	24.08



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3	Ariana Peixeiro	2010	INF	QFC	24.37
4	Catarina Cruz	2009	INF	NSCPSX	26.05
5	Ema Ramires	2010	INF	QFC	26.77
DQ	Matilde Macheta	2010	INF	QFC	x R 163.3.a

Série 8 v = -1.7 (Manual)

1	Daniela Gorgueira	2010	INF	CPPEA	21.87
2	Rita Melo	2010	INF	QFC	22.69
3	Leonor Bento	2010	INF	QFC	24.24
4	Luana Espírito Santo	2010	INF	SLA	25.67
DNS	Ana Mónica Macedo	2010	INF	QFC	x
DNS	Daniela Sargento	2010	INF	SLA	x

150 metros M - Inf | INF - M | Dia 1

Série 1 v = -2.0 (Manual)

1	Martim Lamelas	2010	INF	AACC	22.71
2	André Santos	2010	INF	AACC	23.57
3	Rodrigo Xavier	2010	INF	AACC	23.77
4	David Vargas	2009	INF	CPPEA	23.78
5	Dinis Santos	2010	INF	AACC	26.32
6	Duarte Sestelo	2010	INF	AACC	27.92

Série 2 v = -1.4 (Manual)

1	Afonso Santos	2009	INF	ADTT	20.42
2	Dinis Santos	2009	INF	ADTT	22.75
3	Hélio Mendes	2009	INF	CDRR	23.63
4	Henrique Lopes	2009	INF	CPPEA	24.67
5	Gustavo Neto	2010	INF	ACDC	26.46
6	Álvaro Carrilho	2010	INF	CPPEA	26.82

Série 3 v = -1.8 (Manual)

1	Gonçalo Matos	2009	INF	QFC	23.03
2	Luca Ferreira	2010	INF	QFC	23.92
3	David Dionísio	2010	INF	QFC	26.88

4	Tomás Ferreira	2010	INF	QFC	32.24
DNS	Salvador Cruz	2009	INF	QFC	x
DNS	Rafael Cardoso	2009	INF	MKED	x

Série 4 v = -1.5 (Manual)

1	Leonardo Antunes	2009	INF	PFC	20.74
2	Mateus Amaro		NDef	AAPL	23.01
3	Martin Morais		NDef	AAPL	24.30
4	Francisco Sousa	2009	INF	QFC	24.64
5	Santiago Rodrigues	2010	INF	QFC	27.03
6	Simão Mota	2010	INF	SLA	33.85

1.500 metros M - Inic | INI - M | Dia 1

Série 1

1	Vasco Costa Lopes	2007	INI	CPPEA	4:58.10
2	Tiago Duarte	2007	INI	PFC	5:08.37
3	Daniel Rubio	2007	INI	CPPEA	5:36.20
4	Diogo Pinto	2007	INI	CPPEA	5:40.84
5	Bernardo Camolas	2008	INI	PFC	5:41.97
DNS	Francisco Pombo	2008	INI	CPPEA	x

1.500 metros F - Inic | INI - F | Dia 1

Série 1

1	Márcia Afonso	2007	INI	GRQL	5:37.90
2	Isabel Luís	2007	INI	CPPEA	5:40.00
3	Ana Sofia Silva	2007	INI	PFC	5:40.45
4	Catarina Cunha Régo	2007	INI	QFC	5:59.84
5	Laura Bate	2008	INI	QFC	6:13.49
6	Solange Mata	2007	INI	QFC	6:30.63
7	Catarina Martins	2007	INI	QFC	6:54.43
DNS	Beatriz Fernandes	2007	INI	AAPL	x
DNS	Michelle Elmer	2007	INI	CPPEA	x
DNS	Leonor Alves	2008	INI	AAPL	x

200 metros F | INI a JUV - F | Dia 2



Estatística Clubes

Sigla	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
AACC	10	8	18	25	18	43
AAPL	7	5	12	21	17	38
AASX	1	0	1	2	0	2
ACDC	15	9	24	29	23	52
ADTT	7	10	17	18	24	42
AGDAK	1	3	4	2	6	8
AJPINA	1	1	2	1	1	2
CBSEIXAL	6	2	8	14	5	19
CDRR	1	1	2	3	3	6
CPC	1	0	1	1	0	1
CPPEA	19	26	45	49	68	117
GDC	3	7	10	4	13	17
GRQL	3	11	14	5	22	27
MKED	4	2	6	9	5	14
NDJL-ST	3	5	8	6	14	20
NSCPSX	2	2	4	5	4	9
PFC	5	15	20	9	36	45
QFC	13	29	42	32	66	98
SLA	8	9	17	15	21	36
VFC	4	3	7	8	5	13
_NaoFederado	-	-	20	-	-	38
_Total	114	148	282	258	351	647



Estatística Escalão

Escalão	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
BENJ A	23	24	47	47	48	95
BENJ B	25	26	51	56	57	113
INF	25	46	71	83	130	213
INI	20	39	59	34	91	125
JUV	19	11	30	35	22	57
JUN	2	2	4	3	3	6
_NaoFederado	-	-	20	-	-	38



Designação Clubes

Sigla	Nome	Associação
AACC	A A CHARN CAPARICA	Setúbal
AAPL	A ACAD PINHALNOVENSE	Setúbal
AASX	A ATLETISMO SEIXAL	Setúbal
ACDC	A C D COTOVIA	Setúbal
ADTT	A D TÁLENTOS TEAM	Setúbal
AGDAK	ASSOCIAÇÃO GDAK	Setúbal
AJPINA	ASS JORGE PINA	Lisboa
CBSEIXAL	CASA BENFICA SEIXAL	Setúbal
CDRR	C D R RIBEIRINHO	Setúbal
CPC	CASA POVO CORROIOS	Setúbal
CPPEA	CLUBE PEDRO PESSOA	Setúbal
GDC	G DESP CAVADAS	Setúbal
GRQL	G R QUINTA DA LOMBA	Setúbal
MKED	MONTE KAPA	Setúbal
NDJL-ST	N D JUV LARANJEIRO	Setúbal
NSCPSX	NÚCLEO SCP SEIXAL	Setúbal
PFC	PALMELENSE F C	Setúbal
QFC	QUINTAJENSE F C	Setúbal
SLA	NÚCLEO SCP ALMADA	Setúbal
VFC	VITÓRIA F C	Setúbal

