



Associação de Atletismo de Lisboa

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Campeonato Regional Inverno Sub18 & Sub20  
CR Inverno sub20

**2012005**

11 de janeiro de 2021

Jamor



**60 M Barreiras-0.84**

**(Fem)**

**Final 1**

1<sup>a</sup> 1880 **Luísa Ferrugento**

SPORTING C P

2001-07-31 **Jun**

**1 0,29** 6,0

**400 Metros Planos****(Fem)****Final 1**

1 <sup>a</sup>	1900 <b>Carina Silva</b>	SPORTING C P	2001-01-24	<b>Jun</b>	<b>6 1,27</b>	5,0
2 <sup>a</sup>	1174 <b>Joana Moreira</b>	S L BENFICA	2001-03-14	<b>Jun</b>	<b>6 6,29</b>	4,0
3 <sup>a</sup>	1859 <b>Beatriz Louro</b>	SPORTING C P	2002-03-06	<b>Jun</b>		6,0

**400 Metros Planos****(Masc)****Final 1**

1 <sup>o</sup>	1152 <b>Ivo Cruz</b>	S L BENFICA	2002-08-05	<b>Jun</b>	<b>5 2,69</b>	6,0
2 <sup>o</sup>	1142 <b>Alexandre Moreira</b>	S L BENFICA	2002-12-01	<b>Jun</b>	<b>5 3,88</b>	5,0
3 <sup>o</sup>	1130 <b>Afonso Bernardes</b>	S C UNIÃO TORREENSE	2002-12-21	<b>Jun</b>	<b>5 5,85</b>	4,0
4 <sup>o</sup>	2183 <b>Pedro Marques</b>	SPORTING C P	2001-10-03	<b>Jun</b>	<b>6 0,70</b>	

**Final 2**

1 <sup>o</sup>	1895 <b>Henrique Lopes</b>	SPORTING C P	2001-03-23	<b>Jun</b>	<b>5 6,10</b>	3,0
2 <sup>o</sup>	1875 <b>Frederico Seitz</b>	SPORTING C P	2001-09-07	<b>Jun</b>	<b>5 6,91</b>	2,0
3 <sup>o</sup>	1866 <b>Henrique Silva</b>	SPORTING C P	2002-01-19	<b>Jun</b>	<b>5 9,41</b>	
4 <sup>o</sup>	2170 <b>Gonçalo Rebelo</b>	C F OS BELENENSES	2002-08-26	<b>Jun</b>	<b>6 1,33</b>	1,0

**Triplo Salto****(Fem)****Final 2**

1 <sup>a</sup>	1844 <b>Inês Gomes</b>	SPORTING C P	2002-12-27	<b>Jun</b>	<b>9,88</b>	6,0
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Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1844 Inês Gomes		9,82	9,88	9,81	9,86	X	9,73

**1.500 Metros****(Masc)****Final 1**

1 <sup>o</sup>	1855 <b>André Massaça</b>	SPORTING C P	2002-06-29	<b>Jun</b>	<b>4 0 3,79</b>	6,0
2 <sup>o</sup>	1851 <b>Pedro Neves</b>	SPORTING C P	2002-08-21	<b>Jun</b>	<b>4 1 1,88</b>	5,0
3 <sup>o</sup>	1153 <b>Hugo Cruz</b>	S L BENFICA	2002-08-05	<b>Jun</b>	<b>4 1 9,63</b>	4,0

**1.500 Metros****(Fem)****Final 1**

1 <sup>a</sup>	1877 <b>Cátia Pereira</b>	SPORTING C P	2001-08-15	<b>Jun</b>	<b>4 4 9,45</b>	6,0
2 <sup>a</sup>	1863 <b>Beatriz Mendes</b>	SPORTING C P	2002-02-05	<b>Jun</b>	<b>4 5 4,36</b>	5,0
3 <sup>a</sup>	1867 <b>Carolina Marçal</b>	SPORTING C P	2002-01-09	<b>Jun</b>	<b>5 0 8,51</b>	

**60 M Barr. Jun. M. 1,00****(Masc)**

**60 M Barr.Jun.M. 1,00****(Masc)****Eliminatória 1**

1 <sup>o</sup>	1671 <b>Diogo Moreira</b>	FUNDAÇÃO SALESIANOS	2002-06-12	<b>Jun</b>	<b>9,73</b>	2,0
2 <sup>o</sup>	1162 <b>Tomás Machado</b>	S L BENFICA	2002-04-02	<b>Jun</b>	<b>9,76</b>	
	1853 <b>Manuel Ramos</b>	SPORTING C P	2002-07-16	<b>Jun</b>		

**Eliminatória 2**

1 <sup>o</sup>	1882 <b>Pedro Matos</b>	SPORTING C P	2001-07-27	<b>Jun</b>	<b>8,34</b>	3,0
2 <sup>o</sup>	2821 <b>Tiago Rocha</b>	C ATLETISMO DE SEIA X	2001-04-28	<b>Jun</b>	<b>8,90</b>	
3 <sup>o</sup>	1159 <b>Manuel Sissé</b>	S L BENFICA	2002-05-17	<b>Jun</b>	<b>9,03</b>	
4 <sup>o</sup>	1154 <b>Ricardo Mataloto</b>	S L BENFICA	2002-07-29	<b>Jun</b>	<b>9,15</b>	

**60 M Barreiras-0.84****(Fem)****Eliminatória 1**

1 <sup>a</sup>	1880 <b>Luísa Ferrugento</b>	SPORTING C P	2001-07-31	<b>Jun</b>	<b>1 0,37</b>	
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**Lançamento Peso-6Kg****(Masc)****Final 1**

1 <sup>o</sup>	1864 <b>Marcelo Reis</b>	SPORTING C P	2002-02-05	<b>Jun</b>	<b>13,94</b>	6,0
2 <sup>o</sup>	2194 <b>André Carvalho</b>	SPORTING C P	2002-10-07	<b>Jun</b>	<b>13,42</b>	5,0
3 <sup>o</sup>	1169 <b>Afonso Jantarada</b>	S L BENFICA	2001-09-01	<b>Jun</b>	<b>11,64</b>	4,0
4 <sup>o</sup>	1158 <b>Dinis Rainha</b>	S L BENFICA	2002-05-24	<b>Jun</b>	<b>11,60</b>	3,0

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1864 Marcelo Reis		13,82	X	13,93	13,94	X	X
2 2194 André Carvalho		X	12,13	X	X	13,42	X
3 1169 Afonso Jantarada		11,43	11,64	11,47	X	X	X
4 1158 Dinis Rainha		11,39	X	X	11,48	11,60	X

**60 M Barr.Jun.M. 1,00****(Masc)****Final 1**

1 <sup>o</sup>	2821 <b>Tiago Rocha</b>	C ATLETISMO DE SEIA X	2001-04-28	<b>Jun</b>	<b>8,52</b>	
2 <sup>o</sup>	1159 <b>Manuel Sissé</b>	S L BENFICA	2002-05-17	<b>Jun</b>	<b>9,10</b>	6,0
3 <sup>o</sup>	1154 <b>Ricardo Mataloto</b>	S L BENFICA	2002-07-29	<b>Jun</b>	<b>9,14</b>	5,0
4 <sup>o</sup>	1671 <b>Diogo Moreira</b>	FUNDAÇÃO SALESIANOS	2002-06-12	<b>Jun</b>	<b>9,55</b>	4,0
5 <sup>o</sup>	1162 <b>Tomás Machado</b>	S L BENFICA	2002-04-02	<b>Jun</b>	<b>9,67</b>	
	1882 <b>Pedro Matos</b>	SPORTING C P	2001-07-27	<b>Jun</b>		DNS

**Salto em Comprimento****(Masc)**



**Salto em Comprimento**

**(Masc)**

**Final 2**

1º 1853 <b>Manuel Ramos</b>	SPORTING C P	2002-07-16	<b>Jun</b>	<b>6,37</b>	6,0
2º 1156 <b>Francisco Botelho</b>	S L BENFICA	2002-06-24	<b>Jun</b>	<b>6,34</b>	5,0
3º 1857 <b>Rui Pestana</b>	SPORTING C P	2002-04-08	<b>Jun</b>	<b>5,73</b>	4,0

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1853 Manuel Ramos		6,21	6,04	6,37	6,17	6,12	6,22
2 1156 Francisco Botelho		x	x	5,60	6,09	4,53	6,34
3 1857 Rui Pestana		x	5,54	x	5,28	4,83	5,73



Jamor

**3.000 Metros****(Fem)****Final 1**

1 <sup>a</sup>	1863 <b>Beatriz Mendes</b>	SPORTING C P	2002-02-05	Jun	1 0 5 8,79	6,0
2 <sup>a</sup>	1856 <b>Beatriz Galvão</b>	SPORTING C P	2002-05-26	Jun	1 1 0 8,94	5,0
3 <sup>a</sup>	1867 <b>Carolina Marçal</b>	SPORTING C P	2002-01-09	Jun	1 1 3 0,56	
4 <sup>a</sup>	2292 <b>Lara Cláudio</b>	J O MONTE ABRAÃO	2001-12-21	Jun	1 2 4 9,62	4,0

**60 Metros Planos****(Fem)****Eliminatória 7**

1 <sup>a</sup>	1776 <b>Andreia Carvalho</b>	J O MONTE ABRAÃO	2002-04-25	Jun	8,17
2 <sup>a</sup>	2701 <b>Mariana Pereira</b>	C D R RIBEIRINHO X	2002-08-26	Jun	8,35
3 <sup>a</sup>	1859 <b>Beatriz Louro</b>	SPORTING C P	2002-03-06	Jun	1 0,04

**Lançamento Peso-4Kg****(Fem)****Final 1**

1 <sup>a</sup>	2137 <b>Eliana Pina</b>	SPORTING C P	2001-03-12	Jun	7,73	6,0
2 <sup>a</sup>	2178 <b>Sara Gordo</b>	C F OS BELENENSES	2001-06-03	Jun	5,91	5,0

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 2137 Eliana Pina		7,50	7,30	7,72	6,87	7,73	7,14
2 2178 Sara Gordo		5,67	5,48	5,82	5,58	5,91	5,86

**60 Metros Planos****(Masc)****Eliminatória 7**

1 <sup>o</sup>	1156 <b>Francisco Botelho</b>	S L BENFICA	2002-06-24	Jun	7,34
2 <sup>o</sup>	1049 <b>Rodrigo Silva</b>	C F OS BELENENSES	2001-12-20	Jun	7,35
3 <sup>o</sup>	1875 <b>Frederico Seitz</b>	SPORTING C P	2001-09-07	Jun	7,49
4 <sup>o</sup>	1857 <b>Rui Pestana</b>	SPORTING C P	2002-04-08	Jun	7,65
5 <sup>o</sup>	1787 <b>Vasco Fabião</b>	J O MONTE ABRAÃO	2001-03-08	Jun	7,80
6 <sup>o</sup>	1646 <b>Joel Monteiro</b>	A C R DA MEALHADA	2002-05-14	Jun	7,92

**Eliminatória 8**

1 <sup>o</sup>	1862 <b>Lucas Reis</b>	SPORTING C P	BRA 2002-02-21	Jun	7,13
2 <sup>o</sup>	1166 <b>Gonçalo Moreno</b>	S L BENFICA	2002-01-02	Jun	7,15
3 <sup>o</sup>	1672 <b>Igor Oliveira</b>	FUNDAÇÃO SALESIANOS	2001-02-09	Jun	7,17
4 <sup>o</sup>	1999 <b>João Manero</b>	S L BENFICA	2001-02-20	Jun	7,19
5 <sup>o</sup>	1865 <b>Bruno Magalhães</b>	SPORTING C P	2002-01-20	Jun	7,19
6 <sup>o</sup>	1889 <b>Fábio Sanhá</b>	SPORTING C P	2001-05-29	Jun	7,23

**800 Metros****(Fem)**



**800 Metros**

**(Fem)**

**Serie 2**

1 <sup>a</sup>	1151 <b>Camila Gomes</b>	S L BENFICA	2002-08-17	Jun	2 1 2,26	6,0	
2 <sup>a</sup>	1167 <b>Beatriz Cruz</b>	S L BENFICA	2001-10-05	Jun	2 1 4,33	5,0	
3 <sup>a</sup>	1149 <b>Margarida Veiga</b>	S L BENFICA	2002-09-11	Jun	2 2 6,46		
4 <sup>a</sup>	1775 <b>Carolina Fidalgo</b>	J O MONTE ABRAÃO	2002-07-19	Jun	2 4 9,85	4,0	
	1160 <b>Carla Rodrigues</b>	S L BENFICA	2002-04-12	Jun			DNF



**800 Metros**

**(Masc)**

**Serie 2**

1 <sup>o</sup>	1855 <b>André Massuça</b>	SPORTING C P	2002-06-29	Jun	1 5 9,16	6,0	
2 <sup>o</sup>	1851 <b>Pedro Neves</b>	SPORTING C P	2002-08-21	Jun	1 5 9,29	5,0	
3 <sup>o</sup>	1887 <b>Pedro Carvalho</b>	SPORTING C P	2001-05-30	Jun	2 0 2,08		
4 <sup>o</sup>	1401 <b>André Franco</b>	C BENFICA T VEDRAS	2002-12-05	Jun	2 0 8,12	4,0	



**60 Metros Planos**

**(Fem)**

**Final 2**

1 <sup>a</sup>	1776 <b>Andreia Carvalho</b>	J O MONTE ABRAÃO	2002-04-25	Jun	8,17	6,0	
	2701 <b>Mariana Pereira</b>	C D R RIBEIRINHO	2002-08-26	Jun			DNS
	1859 <b>Beatriz Louro</b>	SPORTING C P	2002-03-06	Jun			DNS



**Salto em Comprimento**

**(Fem)**

**Final 2**

1 <sup>a</sup>	1844 <b>Inês Gomes</b>	SPORTING C P	2002-12-27	Jun	4,51	6,0	
2 <sup>a</sup>	1868 <b>Cristiana Leal</b>	SPORTING C P	2002-01-04	Jun	4,17	5,0	
3 <sup>a</sup>	1781 <b>Mayra Santos</b>	J O MONTE ABRAÃO CPV	2002-01-15	Jun	4,08	4,0	

Classf / Dorsal / Atleta	Series	- 1 -	- 2 -	- 3 -	- 4 -	- 5 -	- 6 -
1 1844 Inês Gomes		4,51	4,39	4,30	4,35	4,38	4,44
2 1868 Cristiana Leal		4,08	X	4,04	4,04	3,66	4,17
3 1781 Mayra Santos		4,08	3,78	4,00	3,96	3,91	3,76



**60 Metros Planos**

**(Masc)**

**Final 2**

1 <sup>o</sup>	1862 <b>Lucas Reis</b>	SPORTING C P	BRA 2002-02-21	Jun	7,04	6,0	
2 <sup>o</sup>	1889 <b>Fábio Sanhá</b>	SPORTING C P	2001-05-29	Jun	7,08	5,0	
3 <sup>o</sup>	1672 <b>Igor Oliveira</b>	FUNDAÇÃO SALESIANOS	2001-02-09	Jun	7,09	4,0	
4 <sup>o</sup>	1999 <b>João Manero</b>	S L BENFICA	2001-02-20	Jun	7,10	3,0	
5 <sup>o</sup>	1166 <b>Gonçalo Moreno</b>	S L BENFICA	2002-01-02	Jun	7,18	2,0	
6 <sup>o</sup>	1865 <b>Bruno Magalhães</b>	SPORTING C P	2002-01-20	Jun	7,24		



## 60 Metros Planos

(Masc)

Clube Participantes	Participações			Nr.Atletas			
	F	M	T	F	M	T	
<b>PORTUGAL</b>							
<b>ASSOCIACAO ATLETISMO LISBOA</b> Federado							
ACRM	A C R DA MEALHADA	4	2	6	3	2	5
AFS	FUNDAÇÃO SALESIANOS	4	6	10	2	4	6
CBTV	C BENFICA T VEDRAS	1	2	3	1	2	3
CEBI	FUNDAÇÃO CEBI	2		2	1		1
CFB	C F OS BELENENSES	6	10	16	4	6	10
EBMDS	E M DOMINGOS SARAIVA	19	24	43	7	10	17
IND-LX	Individual-Lisboa		1	1		1	1
JOMA	J O MONTE ABRAÃO	7	2	9	6	2	8
NLUZ	A DESP NOVAS LUZES		5	5		2	2
SCP	SPORTING C P	55	83	138	30	40	70
SCUT	S C UNIÃO TORREENSE	1	5	6	1	5	6
SLB	S L BENFICA	46	52	98	25	31	56
<b>ASSOCIACAO ATLETISMO SETUBAL</b> Federado							
CDRR	C D R RIBEIRINHO	2		2	1		1
<b>ASSOCIACAO ATLETISMO BRAGA</b> Federado							
CCDR	C C D RIBEIRÃO	1	2	3	1	1	2
<b>ASSOCIACAO ATLETISMO GUARDA</b> Federado							
CAS	C ATLETISMO DE SEIA		2	2		1	1
NSLF	N S LEÕES FRONTEIRA		3	3		1	1

**Totais de participações individuais + estafetas**

148			82
	199		108
		347	
			190

Participação por Escalão	Participações			Nr.Atletas		
	F	M	T	F	M	T
	44	33	77	21	20	41
	75	112	187	40	52	92
	29	53	82	21	35	56
		1	1		1	1

**Totais de participações individuais + estafetas**

148			82
	199		108
		347	
			190

## Legendagem de Observações Codificadas

X	A Participar Extra Competição
DNF	Desistiu
DNS	Faltou
DQ	Desqualificado
SM	Sem Marca