



# I Controlo Nacional 2x2000 metros

## Montemor-o-Velho, 23 Janeiro 2010

23-01-2010 10:00 Regata 1 K1 Junior				Largada 2								
#	Placa	N. Fed	Nome	Clube	#	2000m	#	2000m	Pts	T. final	Ano	D
1	861	15190	João Silva	176 CNPLima	1	0:08:37.45	1	0:08:52.27	2	0:17:29.72	1993	
2	73	13339	Ricardo Ferreira	13 CNCrestuma	3	0:08:42.28	2	0:08:53.31	5	0:17:35.59	1993	
3	504	14217	Luis Martins	206 ANAmoreense	2	0:08:41.58	4	0:08:55.10	6	0:17:36.68	1993	
4	47	13319	Rafael Moreira	13 CNCrestuma	4	0:08:42.96	3	0:08:53.78	7	0:17:36.74	1992	
5	503	14553	André Parreira	206 ANAmoreense	5	0:08:46.06	5	0:08:55.67	10	0:17:41.73	1992	
6	256	14389	Manuel Macias	67 CNMértola	6	0:08:50.57	7	0:09:00.59	13	0:17:51.16	1993	
7	240	14593	Pedro Lemos	60 SCAveiro	9	0:08:57.32	6	0:08:59.26	15	0:17:56.58	1993	
8	343	15973	Carlos Caldeira	130 CFCoimbra	10	0:09:01.41	8	0:09:09.90	18	0:18:11.31	1993	
9	278	12850	Gonçalo Neves	343 CIMontemor	7	0:08:56.02	11	0:09:25.69	18	0:18:21.71	1993	
10	44	13311	João Cruz	13 CNCrestuma	8	0:08:56.74	12	0:09:26.07	20	0:18:22.81	1992	
11	646	15925	João Rolla	293 CMCostaSol-BCP	11	0:09:04.96	10	0:09:21.08	21	0:18:26.04	1992	
12	597	14982	Diogo Santos	289 Liga-DuraCEC	16	0:09:16.28	9	0:09:14.60	25	0:18:30.88	1992	
13	49	15495	Ruben Ferreira	13 CNCrestuma	15	0:09:14.75	13	0:09:27.84	28	0:18:42.59	1993	
14	505	12928	João Delgado	206 ANAmoreense	14	0:09:12.57	14	0:09:28.78	28	0:18:41.35	1992	
15	498	17020	José Silva	193 ACRSGuedes	13	0:09:11.13	17	0:09:42.14	30	0:18:53.27	1993	
16	337	13166	Ricardo Cosme	130 CFCoimbra	17	0:09:21.08	15	0:09:34.00	32	0:18:55.08	1992	
17	341	15832	João Oliveira	130 CFCoimbra	18	0:09:26.13	16	0:09:37.09	34	0:19:03.22	1993	
18	596	15309	Nuno Rocha	289 Liga-DuraCEC	21	0:09:47.23	18	0:09:55.73	39	0:19:42.96	1992	
19	279	16015	Rodrigo Couceiro	343 CIMontemor	20	0:09:40.85	19	0:10:01.17	39	0:19:42.02	1992	
20	733	16595	Hugo Macedo	156 ARCORibeira	19	0:09:29.67	21	0:10:14.94	40	0:19:44.61	1993	
21	212	16714	David Varela	52 AlhandraSC	23	0:09:53.57	20	0:10:10.00	43	0:20:03.57	1993	
22	732	16594	Emanuel Macedo	156 ARCORibeira	22	0:09:48.05	22	0:10:15.18	44	0:20:03.23	1993	
23	211	14154	Américo Cachorreiro	52 AlhandraSC	26	0:10:23.63	23	0:10:29.03	49	0:20:52.66	1993	
24	807	15810	Alessandro Pereira	313 CNMarecos	28	0:10:25.86	24	0:10:36.54	52	0:21:02.40	1992	
25	775	14760	André Bernardino	286 CDPatos	27	0:10:23.66	25	0:10:45.71	52	0:21:09.37	1993	
26	152	16652	Ricardo Ramos	336 CCOvar	25	0:10:15.19	27	0:10:51.46	52	0:21:06.65	1993	
27	345	15831	João Teixeira	130 CFCoimbra	30	0:10:40.45	26	0:10:47.26	56	0:21:27.71	1992	
28	151	16807	Cláudio Almeida	336 CCOvar	29	0:10:39.48	28	0:11:07.99	57	0:21:47.47	1993	
29	344	13243	José Cosme	130 CFCoimbra	31	0:11:00.49	29	0:11:33.31	60	0:22:33.80	1993	
30	94	14069	José Carvalho	19 CNPrado	12	0:09:05.45		0:09:23.99	12	0:18:29.44	1992	1
31	40	15937	António Gomes	12 CFVilacondense	24	0:10:05.87		0:10:21.05	24	0:20:26.92	1992	1
32	509	17313	Rogério Jesus	206 ANAmoreense					0		1993	4 4
33	842	15654	Ruben Gonçalves	313 CNMarecos					0		1993	4 4

### Tipo de desistências

- 1 Desclassificado
- 2 Desistiu
- 3 Desistiu 500m
- 4 Não largou

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# I Controlo Nacional 2x2000 metros

## Montemor-o-Velho, 23 Janeiro 2010

23-01-2010 10:00		Regata 2		K1 Cadete		Largada				2	
#	Placa N. Fed	Nome	Clube	#	2000m	#	2000m	Pts	T. final	Ano	D
1	600 14466	Fábio Azevedo	289 Liga-DuraCEC	1	0:08:40.87	1	0:08:57.09	2	0:17:37.96	1994	
2	197 14499	João Figueiredo	39 GCDRGemeses	4	0:08:55.48	3	0:09:18.56	7	0:18:14.04	1994	
3	487 14693	Paulo Pinto	193 ACRSGuedes	2	0:08:49.07	5	0:09:21.29	7	0:18:10.36	1994	
4	89 14354	Hugo Martins	19 CNPrado	6	0:09:00.48	2	0:09:13.78	8	0:18:14.26	1994	
5	650 14699	Carlos Marques	293 CMCostaSol-BCP	5	0:08:57.75	4	0:09:21.22	9	0:18:18.97	1994	
6	871 14246	Francisco Magalhães	176 CNPLima	3	0:08:51.73	6	0:09:27.26	9	0:18:18.99	1995	
7	872 15735	Hélder Cruz	176 CNPLima	8	0:09:03.91	7	0:09:31.15	15	0:18:35.06	1994	
8	3 14658	José Teixeira	328 GaiaKC	7	0:09:01.41	8	0:09:35.19	15	0:18:36.60	1994	
9	772 13521	António Trigo	286 CDPatos	10	0:09:12.26	10	0:09:44.39	20	0:18:56.65	1995	
10	490 15743	David Garrido	193 ACRSGuedes	11	0:09:12.72	11	0:09:45.29	22	0:18:58.01	1995	
11	66 14469	José Rocha	13 CNCrestuma	9	0:09:05.09	14	0:09:47.42	23	0:18:52.51	1995	
12	35 14575	Fábio Nunes	12 CFVilacondense	12	0:09:13.07	12	0:09:46.55	24	0:18:59.62	1994	
13	323 13350	Artur Pereira	89 CNFão	16	0:09:19.91	9	0:09:36.80	25	0:18:56.71	1994	
14	942 15953	Alexandre Pires	156 ARCORibeira	17	0:09:20.41	13	0:09:46.94	30	0:19:07.35	1994	
15	213 13637	Diogo Raposo	52 AlhandraSC	15	0:09:19.77	15	0:09:48.84	30	0:19:08.61	1995	
16	2 16430	Paulo Matos	328 GaiaKC	14	0:09:18.63	19	0:10:07.79	33	0:19:26.42	1995	
17	65 13320	Helder Moreira	13 CNCrestuma	18	0:09:24.20	16	0:09:59.54	34	0:19:23.74	1994	
18	340 16038	Miguel Santos	130 CFCoimbra	19	0:09:25.66	17	0:10:05.00	36	0:19:30.66	1994	
19	53 13846	Daniel Cunha	13 CNCrestuma	24	0:09:50.01	18	0:10:06.50	42	0:19:56.51	1994	
20	648 15940	André Graça	293 CMCostaSol-BCP	22	0:09:47.85	20	0:10:09.80	42	0:19:57.65	1994	
21	805 16230	Hugo Rocha	313 CNMarecos	20	0:09:33.49	22	0:10:15.96	42	0:19:49.45	1994	
22	819 15658	Fábio Neto	313 CNMarecos	21	0:09:46.87	23	0:10:23.86	44	0:20:10.73	1995	
23	817 15657	João Neto	313 CNMarecos	25	0:09:56.07	21	0:10:12.98	46	0:20:09.05	1995	
24	300 15964	Alfredo Carmo	86 CRPArnelas	23	0:09:49.66	24	0:10:32.47	47	0:20:22.13	1995	
25	37 16660	Eduardo Pereira	12 CFVilacondense	26	0:10:01.33	25	0:10:36.30	51	0:20:37.63	1995	
26	492 17017	Rafael Mousinho	193 ACRSGuedes	27	0:10:07.83	26	0:10:42.63	53	0:20:50.46	1995	
27	491 17018	Fábio Silva	193 ACRSGuedes	28	0:10:08.44	27	0:10:43.28	55	0:20:51.72	1995	
28	134 16116	Pedro Neves	20 VCondeKC	31	0:10:26.73	28	0:10:53.02	59	0:21:19.75	1994	
29	154 16505	João Lima	336 CCOvar	29	0:10:16.10	31	0:11:26.20	60	0:21:42.30	1995	
30	135 15052	Carlos Ribeiro	20 VCondeKC	32	0:10:31.59	29	0:11:03.69	61	0:21:35.28	1994	
31	649 15924	Rodrigo Ribeiro	293 CMCostaSol-BCP	30	0:10:19.90	32	0:12:46.75	62	0:23:06.65	1995	
32	59 17050	João Pinho	13 CNCrestuma	33	0:10:46.34	30	0:11:21.37	63	0:22:07.71	1995	
33	36 13653	Rafael Silva	12 CFVilacondense	13	0:09:18.29		0:09:41.28	13	0:18:59.57	1994	1
34	56 16774	Miguel Martins	13 CNCrestuma					0		1995	4 4
35	486 14544	Paulo Tavares	193 ACRSGuedes					0		1994	4 4
36	773 13513	João Costa	286 CDPatos					0		1994	4 4

### Tipo de desistências

- 1 Desclassificado
- 2 Desistiu
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- 4 Não largou

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# I Controlo Nacional 2x2000 metros

## Montemor-o-Velho, 23 Janeiro 2010

23-01-2010		10:00	Regata 3	K1 Junior Feminino		Largada				2		
#	Placa	N. Fed	Nome	Clube	#	2000m	#	2000m	Pts	T. final	Ano	D
1	499	13777	Mafalda Ribeiro	193 ACRSGuedes	1	0:09:32.69	1	0:09:59.77	2	0:19:32.46	1992	
2	863	13130	Ana Pimenta	176 CNPLima	2	0:09:33.57	2	0:10:00.68	4	0:19:34.25	1994	
3	501	15353	Maria Carvalho	206 ANAmoreense	3	0:09:47.49	3	0:10:20.16	6	0:20:07.65	1992	
4	188	14597	Carla Faria	39 GCDRGemeses	4	0:09:47.78	4	0:10:27.70	8	0:20:15.48	1992	
5	64	13847	Catarina Sequeira	13 CNCrestuma	6	0:09:53.74	5	0:10:31.16	11	0:20:24.90	1992	
6	63	14517	Sara Gama	13 CNCrestuma	5	0:09:53.58	6	0:10:34.55	11	0:20:28.13	1992	
7	98	14434	Joana Barbosa	19 CNPrado	7	0:10:16.00	7	0:11:05.26	14	0:21:21.26	1993	
8	147	15963	Rute Costa	20 VCondeKC	8	0:10:38.04	8	0:11:11.04	16	0:21:49.08	1992	
9	297	12636	Juliana Rocha	86 CRPArnaldas	9	0:10:41.32	9	0:11:28.73	18	0:22:10.05	1992	
10	862	15559	Sandra Nunes	176 CNPLima					0		1993	4 4
11	940	16918	Inês Espinhal	156 ARCORibeira					0		1993	4 4

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- 1 Desclassificado
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# I Controlo Nacional 2x2000 metros

## Montemor-o-Velho, 23 Janeiro 2010

23-01-2010		10:00		Regata 4		K1 Cadete Feminino		Largada		2	
#	Placa N. Fed	Nome	Clube	#	2000m	#	2000m	Pts	T. final	Ano	D
1	339 13167	Ana Cosme	130 CFCoimbra	1	0:09:47.74	1	0:10:19.03	2	0:20:06.77	1994	
2	774 13148	Francisca Laia	286 CDPatos	2	0:09:52.15	2	0:10:30.08	4	0:20:22.23	1994	
3	137 14478	Marta Pinto	20 VCondeKC	3	0:09:56.35	4	0:10:38.54	7	0:20:34.89	1994	
4	155 15811	Liliana Resende	336 CCOvar	5	0:10:06.82	3	0:10:32.33	8	0:20:39.15	1995	
5	845 13937	Marta Cardoso	313 CNMarecos	4	0:10:01.64	5	0:10:54.95	9	0:20:56.59	1994	
6	870 13128	Bárbara Melo	176 CNPLima	6	0:10:16.68	6	0:10:58.06	12	0:21:14.74	1995	
7	488 14547	Joana Pires	193 ACRSGuedes	8	0:10:22.73	7	0:11:07.91	15	0:21:30.64	1994	
8	647 15927	Ana Rolla	293 CMCostaSol-BCP	7	0:10:20.40	8	0:11:08.83	15	0:21:29.23	1994	
9	338 14531	Beatriz Matos	130 CFCoimbra	9	0:10:32.03	9	0:11:23.23	18	0:21:55.26	1995	
10	93 14427	Vânia Lago	19 CNPrado	10	0:10:58.98	10	0:11:41.72	20	0:22:40.70	1995	
11	138 15318	Nádia Teixeira	20 VCondeKC	11	0:10:59.90	11	0:11:42.83	22	0:22:42.73	1995	
12	139 15980	Catarina Costa	20 VCondeKC	12	0:12:05.68	12	0:12:49.04	24	0:24:54.72	1994	
13	868 15479	Ana Vieira	176 CNPLima					0		1995	4 4

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# I Controlo Nacional 2x2000 metros

## Montemor-o-Velho, 23 Janeiro 2010

23-01-2010		10:00		Regata 5		C1 Junior		Largada		2	
#	Placa N. Fed	Nome	Clube	#	2000m	#	2000m	Pts	T. final	Ano	D
1	195 14989	Bruno Cruz	39 GCDRGemeses	2	0:09:49.95	1	0:10:10.31	3	0:20:00.26	1993	
2	13 13778	Diogo Ferreira	3 GCÁgueda	4	0:09:53.54	2	0:10:27.80	6	0:20:21.34	1992	
3	127 13754	Nuno Silva	19 CNPrado	3	0:09:52.85	3	0:10:39.53	6	0:20:32.38	1993	
4	729 15950	Tiago Tavares	156 ARCORibeira	1	0:09:43.01	5	0:10:44.87	6	0:20:27.88	1993	
5	125 14357	João Lago	19 CNPrado	6	0:10:07.65	4	0:10:44.73	10	0:20:52.38	1993	
6	731 15707	Fábio Lopes	156 ARCORibeira	5	0:10:01.48	6	0:10:51.83	11	0:20:53.31	1993	
7	721 15952	António Baptista	156 ARCORibeira	7	0:10:19.23	7	0:10:57.63	14	0:21:16.86	1993	
8	494 13688	Vasco Oliveira	193 ACRSGuedes	9	0:10:56.42	8	0:11:25.96	17	0:22:22.38	1993	
9	730 16596	Luis Silva	156 ARCORibeira	8	0:10:51.10	9	0:11:34.84	17	0:22:25.94	1993	
10	497 13891	José Vieira	193 ACRSGuedes	10	0:11:01.09	10	0:11:56.69	20	0:22:57.78	1993	
11	74 17053	Marco Pinho	13 CNCrestuma	11	0:14:41.29	11	0:13:48.53	22	0:28:29.82	1993	

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# I Controlo Nacional 2x2000 metros

## Montemor-o-Velho, 23 Janeiro 2010

23-01-2010		10:00		Regata 6		C1 Cadete		Largada		2	
#	Placa N. Fed	Nome	Clube	#	2000m	#	2000m	Pts	T. final	Ano	D
1	610 14981	Tiago Santos	289 Liga-DuraCEC	1	0:10:16.11	1	0:10:55.44	2	0:21:11.55	1994	
2	258 14907	Bruno Afonso	67 CNMértola	2	0:10:36.74	3	0:11:12.72	5	0:21:49.46	1994	
3	431 14248	Mário Vieira	176 CNPLima	4	0:10:47.07	2	0:11:03.24	6	0:21:50.31	1994	
4	194 14345	Reinaldo Vale	39 GCDRGemeses	3	0:10:46.31	4	0:11:13.19	7	0:21:59.50	1994	
5	153 15814	André Dias	336 CCOvar	5	0:11:08.24	5	0:11:37.37	10	0:22:45.61	1994	
6	493 17019	Ruben Conde	193 ACRSGuedes	7	0:11:34.42	6	0:11:57.34	13	0:23:31.76	1995	
7	489 15474	Flávio Tavares	193 ACRSGuedes	6	0:11:16.88	7	0:12:08.59	13	0:23:25.47	1995	
8	941 16675	Amilcar Pina	156 ARCORibeira	8	0:11:40.22	8	0:12:10.33	16	0:23:50.55	1994	
9	814 14561	Pedro Moura	313 CNMarecos	10	0:12:25.62	9	0:13:49.52	19	0:26:15.14	1995	
10	14 14821	Luis Serra	3 GCÁgueda	9	0:12:03.14	10	0:14:58.29	19	0:27:01.43	1994	

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