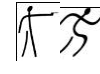


Lição da Copa Atlântica / 3ª Etapa do Circuito Nacional SuperJo



| Nome | Clube | Esc | TOTAL | Tempo | NAT | Tempo Combinado | COMB | |
|---------------|--------------------|----------|-------|-------------|---------|-----------------|----------|------|
| Infantis Fem | | | | | | | | |
| 1 | REZENDES Carlota | EC - CPM | Inf | 3992 | 0:38,09 | 1040 | 4:01,55 | 2952 |
| 2 | LAMAS Andrea | FEG | Inf | 3780 | 0:36,62 | 1068 | 4:31,51 | 2712 |
| 3 | PITTOCK Poppy | NK | Inf | 3628 | 0:33,94 | 1124 | 4:57,60 | 2504 |
| 4 | SHARP Tierney | NK | Inf | 3520 | 0:35,38 | 1096 | 5:07,13 | 2424 |
| 5 | DUARTE Mafalda | EC - CPM | Inf | 3372 | 0:38,62 | 1028 | 5:17,04 | 2344 |
| 6 | BELCHIOR Catarina | EMDS | Inf | 3336 | 0:31,71 | 1168 | 5:39,94 | 2168 |
| 7 | SHEFFIELD Anna | NK | Inf | 3284 | 0:39,87 | 1004 | 5:25,36 | 2280 |
| 8 | VARANDAS Joana | EMDS | Inf | 3156 | 0:35,44 | 1092 | 5:52,30 | 2064 |
| 9 | KOEHNEN Carlota | CNIN | Inf | 3144 | 0:40,97 | 984 | 5:40,43 | 2160 |
| 10 | ALVITO Margarida | CPM | Inf | 3084 | 0:41,91 | 964 | 5:45,67 | 2120 |
| Infantis Masc | | | | | | | | |
| 1 | TORNEIRO Martin | FEG | Inf | 4376 | 0:31,75 | 1168 | 3:37,20 | 3144 |
| 2 | COELHO Vasco | EMDS | Inf | 4268 | 0:33,07 | 1140 | 3:47,02 | 3064 |
| 3 | CHAMBERS Benjamin | NK | Inf | 4232 | 0:32,01 | 1160 | 3:54,86 | 3008 |
| 4 | FOUZ Esteban | FEG | Inf | 4136 | 0:32,56 | 1152 | 4:05,38 | 2920 |
| 5 | COLE William | NK | Inf | 3936 | 0:36,45 | 1072 | 4:20,99 | 2800 |
| 6 | GUERREIRO Diogo | EMDS | Inf | 3604 | 0:35,43 | 1092 | 5:04,24 | 2448 |
| 7 | FERREIRA Pedro 1 | CNIN | Inf | 3532 | 0:37,84 | 1044 | 4:59,30 | 2488 |
| 8 | TEIXEIRA Manuel | CNIN | Inf | 3520 | 0:38,97 | 1024 | 5:06,71 | 2432 |
| 9 | JARRAIS Pedro | EC - CPM | Inf | 3444 | 0:41,94 | 964 | 5:08,21 | 2416 |
| 10 | SOARES Duarte | PMP | Inf | 3320 | 0:44,47 | 912 | 5:17,31 | 2344 |
| 11 | NEVES Francisco | EC - CPM | Inf | 3296 | 0:40,90 | 984 | 5:29,61 | 2248 |
| 12 | SANTOS Francisco | PMP | Inf | 3212 | 0:41,50 | 972 | 5:38,04 | 2176 |
| 13 | GONÇALVES Tiago | ADCRBA | Inf | 3212 | 0:44,62 | 908 | 5:30,28 | 2240 |
| 14 | SILVA Pedro | PMP | Inf | 3208 | 0:38,07 | 1040 | 5:47,79 | 2104 |
| Iniciados Fem | | | | | | | | |
| 1 | SELLAR Jessica | NK | Ini | 3536 | 1:11,78 | 1056 | 7:28,40 | 2416 |
| 2 | BRANCO Nuria | PMP | Ini | 3488 | 1:14,38 | 992 | 7:26,70 | 2432 |
| 3 | SHEFFIELD Laura | NK | Ini | 3424 | 1:16,98 | 936 | 7:27,58 | 2424 |
| 4 | BARHAM Darcey | NK | Ini | 3328 | 1:12,97 | 1032 | 7:51,28 | 2232 |
| 5 | ANDRADE Lorena | FEG | Ini | 3248 | 1:12,50 | 1040 | 8:02,15 | 2144 |
| 6 | SUMMERS Charlotte | NK | Ini | 3240 | 1:07,87 | 1152 | 8:17,07 | 2024 |
| 7 | COLE Annabelle | NK | Ini | 3080 | 1:07,55 | 1160 | 8:38,95 | 1856 |
| 8 | SHARP Aiden | NK | Ini | 3056 | 1:14,16 | 1000 | 8:21,67 | 1992 |
| 9 | COLE Charlotte | NK | Ini | 3032 | 1:08,53 | 1136 | 8:41,28 | 1832 |
| 10 | BERI Anya | NK | Ini | 3024 | 1:09,76 | 1104 | 8:38,95 | 1856 |
| 11 | MARREIROS Ana | ADCRBA | Ini | 2976 | 1:17,90 | 912 | 8:20,50 | 2000 |
| 12 | DENNIS Siana | NK | Ini | 2936 | 1:13,90 | 1008 | 8:37,55 | 1864 |
| 13 | KOEHNEN Mafalda 1 | CNIN | Ini | 2888 | 1:17,28 | 928 | 8:25,05 | 1960 |
| 14 | SILVA Carolina | EC - CPM | Ini | 2752 | 1:18,35 | 896 | 8:46,41 | 1792 |
| 15 | CARDOSO Raquel | PMP | Ini | 2480 | 1:17,63 | 920 | 9:23,52 | 1496 |
| 16 | MOROUÇO Ariana | PMP | Ini | 2344 | 1:24,59 | 752 | 9:19,89 | 1528 |
| 17 | PEDRO Maria | EC - CPM | Ini | 2272 | 1:39,82 | 384 | 8:42,44 | 1824 |
| 18 | SAMPAIO Beatriz 1 | CNIN | Ini | 2088 | 1:31,63 | 584 | 9:22,71 | 1504 |
| 19 | FIGUEIREDO Mafalda | PMP | Ini | 2024 | 1:43,19 | 304 | 9:03,91 | 1656 |
| 20 | RIBEIRO Maria | PMP | Ini | 1928 | 1:23,65 | 776 | 10:14,22 | 1088 |
| 21 | BARATA Maria | PCC | Ini | 776 | 2:17,53 | 0 | 11:01,17 | 712 |

Lição da Copa Atlântica / 3ª Etapa do Circuito Nacional SuperJó



| Nome | Clube | Esc | TOTAL | Tempo | NAT | Tempo Combinado | COMB |
|----------------|---------------------------|--------------------|-------------|---------|-------------|-----------------|------|
| Iniciados Masc | | Ini | | | | | |
| 1 | VALIDO João | EMDS | 4088 | 1:05,85 | 1200 | 6:29,48 | 2888 |
| 2 | FABIAO Gonçalo | ADCRB ^A | 4016 | 1:05,12 | 1216 | 6:40,18 | 2800 |
| 3 | SOUSA Alexandre | ADCRB ^A | 3552 | 1:07,19 | 1168 | 7:32,97 | 2384 |
| 4 | CRUZ Edgar | PMP | 3160 | 1:17,39 | 920 | 7:50,74 | 2240 |
| 5 | MARQUES Diogo | EMDS | 2976 | 1:04,09 | 1240 | 8:53,98 | 1736 |
| 6 | CUESTA Javier | FEG | 2880 | 1:23,75 | 768 | 8:06,07 | 2112 |
| 7 | OLIVEIRA Eduardo | ADCRB ^A | 2728 | 1:21,88 | 816 | 8:31,22 | 1912 |
| 8 | FERNANDES Diogo | CPJ | 2352 | 1:26,63 | 704 | 9:04,66 | 1648 |
| 9 | BARATA Luis | PCC | 1616 | 2:03,75 | 0 | 9:08,23 | 1616 |
| Juvénis Fem | | Juv | | | | | |
| 1 | TORNEIRO Aroa | FEG | 3452 | 2:13,19 | 1204 | 9:42,59 | 2152 |
| 2 | TEIXEIRA Maria 1 | CNIN | 3336 | 2:18,87 | 1136 | 9:30,02 | 2200 |
| 3 | SUMMERS Francesca* | NK | 3208 | 2:24,85 | 1064 | 10:08,61 | 2048 |
| 4 | SUMMERS Georgina | NK | 3056 | 2:33,75 | 956 | 10:19,91 | 2004 |
| 5 | BARHAM Jacinta | NK | 2840 | 2:22,13 | 1096 | 11:48,03 | 1648 |
| 6 | SERAFIM Mafalda 1 | CPJ | 2688 | 2:30,59 | 996 | 11:37,64 | 1692 |
| 7 | COELHO Barbara | PMP | 2680 | 2:37,66 | 912 | 11:42,24 | 1672 |
| 8 | ALMEIDA Rafaela | PMP | 2628 | 2:31,81 | 980 | 12:12,78 | 1552 |
| 9 | SHEFFIELD Helen | NK | 2608 | 2:33,09 | 964 | 12:13,89 | 1548 |
| 10 | COSTA Bruna | ADCRB ^A | 2600 | 2:40,31 | 880 | 11:54,59 | 1624 |
| 11 | LAMAS Lúia | FEG | 2564 | 2:33,15 | 964 | 12:24,99 | 1504 |
| 12 | PEREIRA Maria | PMP | 2544 | 2:45,25 | 820 | 11:53,95 | 1628 |
| 13 | COELHO Beatriz | PCC | 2476 | 2:41,38 | 864 | 12:21,64 | 1516 |
| 14 | DUARTE Kelly | ADCRB ^A | 2392 | 2:30,87 | 992 | 13:14,94 | 1304 |
| 15 | GUERREIRO Adriana | PCC | 2136 | 2:58,56 | 660 | 12:55,92 | 1380 |
| 16 | BELCHIOR Adriana | EMDS | 1276 | 3:20,06 | 400 | 15:25,23 | 780 |
| Juvénis Masc | | Juv | | | | | |
| 1 | HORVATH Norbert* | NK | 3656 | 2:06,30 | 1288 | 9:12,85 | 2272 |
| 2 | VALIDO Pedro* | EMDS | 3512 | 2:16,13 | 1168 | 9:18,47 | 2248 |
| 3 | LOPES Daniel* 1 | CNIN | 3456 | 2:05,25 | 1300 | 9:41,30 | 2156 |
| 4 | CASTELO Eduardo 1 | CPJ | 3424 | 2:07,34 | 1272 | 9:42,29 | 2152 |
| 5 | SARAIVA José 1 | CPJ | 3408 | 2:09,66 | 1248 | 9:40,52 | 2160 |
| 6 | LUIS Guilherme | EMDS | 3396 | 2:15,09 | 1180 | 9:50,99 | 2120 |
| 7 | MACIAS Sebastiao * 1 | SCP | 3384 | 2:22,40 | 1092 | 9:07,15 | 2292 |
| 8 | PORTO Raúl* | FEG | 3300 | 2:13,91 | 1196 | 10:18,10 | 2008 |
| 9 | LUIS André* | EMDS | 3184 | 2:11,68 | 1220 | 10:53,96 | 1868 |
| 10 | FILIPE Bernardo | ADCRB ^A | 3104 | 2:16,38 | 1164 | 10:59,04 | 1844 |
| 11 | LEITÃO Ruben | EMDS | 3104 | 2:08,13 | 1264 | 11:24,04 | 1744 |
| 12 | CALAHORRA Javier* | CAN | 2944 | 2:29,14 | 1012 | 11:01,54 | 1836 |
| 13 | MAGALHÃES João* | EMDS | 2936 | 2:10,94 | 1232 | 11:58,36 | 1608 |
| 14 | MAGALHÃES André | EMDS | 2788 | 2:24,53 | 1068 | 11:54,71 | 1624 |
| 15 | MIMOSO Tiago | PMP | 2584 | 2:41,50 | 864 | 11:54,35 | 1624 |
| 16 | MARQUES Filipe | ADCRB ^A | 2396 | 2:18,40 | 1140 | 13:50,32 | 1160 |