

Acesso à Equipa Nacional
Teste 5K

Data: 1 de Marco

Responsável: Pedro Figueira

Local: Viana do Castelo, Porto, Coimbra e Barreiro

Obs: Teste com factor resistência livre;
 Marcação dos 5K no ergómetro feita manualmente com memória para cada 500mts;
 Não são aceites desistências e repetições do teste noutra data. O atleta, no caso de parar, poderá recomeçar o teste no mesmo local, data e dentro do horário.

Nome	Parcial 1º 500mts	Voga	Parcial 2º 500mts	Voga	Parcial 3º 500mts	Voga	Parcial 4º 500mts	Voga	Parcial 5º 500mts	Voga	Parcial 6º 500mts	Voga	Parcial 7º 500mts	Voga	Parcial 8º 500mts	Voga	Parcial 9º 500mts	Voga	Parcial 10º 500mts	Voga	Parcial Médio 5K	Voga Média	Média Watts	Resultado Final	Peso	Categoria	Clube	Drag	
Bruno Amorim	01:35,2	30	01:36,2	28	01:36,1	28	01:36,1	28	01:36,4	28	01:36,4	29	01:35,8	29	01:35,5	29	01:35,3	29	01:33,7	31	01:35,6	28	400	15:56,8	92,0	SM	VRL	118	
Pedro Fraga	1.36.5	35	1.37.3	33	1.37.5	33	1.38.2	33	1.38.2	33	1.38.5	33	1.38.8	32	1.38.5	33	1.37.7	34	1.35.3	38	1.37.6	33	376	16.16.7	74,4	SML	SportingCP	115	
Nuno Mendes	1.38.8	35	1.39.2	33	1.39.2	33	1.39.8	33	1.39.9	33	1.40.3	32	1.40.5	32	1.40.5	32	1.40.3	34	1.36.7	38	1.39.5	33	355	16.35.2	72,3	SML	SportingCP	115	
Roberto Rodrigues	01:37.4	35	01:41.2	31	01:41.5	31	01:41.8	31	01:41.9	31	01:42.0	31	01:42.2	31	01:42.4	32	01:42.2	33	01:41.4	37	01:41,4	32	336	16:54,0	75	SML	VRL	115	
Nuno Coelho	1.39.9	35	1.41.6	33	1.42.2	32	1.42.7	32	1.43.2	32	1.43.3	32	1.43.0	33	1.43.2	32	1.42.6	33	1.38.4	36	1.41.9	33	330	16.59.9	76,0	SML	RCFP	110	
João Gomes	1.41.7	29	1.42.3	28	1.42.6	27	1.42.6	28	1.44.1	27	1.43.7	29	1.43.5	29	1.42.5	30	1.43.0	31	1.38.5	35	1.42.4	29	325	17.04.5	84,2	JM	Sport	110	
André Pereira	1.42.1	35	1.42.9	33	1.43.3	33	1.43.4	32	1.43.7	32	1.43.8	32	1.43.9	32	1.43.5	32	1.42.4	33	1.40.2	35	1.42.9	32	321	17.09.2	71,9	SML	RCFP	115	
Frederico Gaspar	01:37.4	32	01:42.1	28	01:42.1	28	01:42.3	28	01:42.2	28	01:46.3	27	01:45.5	27	01:45.6	27	01:44.7	28	01:41.1	33	01:42,9	28	321	17:09,2	72,1	SML	FABRIL	130	
Diogo Pinheiro	01:41.3	34	01:42.5	34	01:43.2	33	01:43.5	32	01:43.8	32	01:44.6	30	01:44.0	30	01:43.5	30	01:43.9	30	01:40.3	34	01:43,0	31	320	17:10,1	67,2	SML	AN 1Maio	119	
Tiago Susano	01:39.1	28	01:44.1	25	01:44.4	25	01:44.2	25	01:45.0	26	01:44.4	25	01:44.7	25	01:45.1	26	01:43.4	27	01:40.7	29	01:43,5	26	315	17:15,5	72,6	JM	AAC	115	
Tiago Costa	1.38.9	33	1.43.6	31	1.43.6	30	1.44.3	30	1.44.7	30	1.44.3	30	1.44.7	30	1.44.1	30	1.45.7	28	1.41.5	30	1.43.5	30	315	17.15.6	75,3	SML Sub23	CNIDH	120	
Paulo Fernandes	1.41.1	35	1.41.6	33	1.41.4	32	1.42.4	31	1.42.9	30	1.44.3	31	1.46.5	32	1.47.8	31	1.45.2	31	1.43.1	31	1.43.6	31	314	17.16.4	73	SML	RCFP	110	
João Raposinho Alcântara	01:42.6	28	01:44.1	28	01:44.7	26	01:44.7	26	01:44.0	27	01:44.0	27	01:42.8	26	01:43.1	26	01:44.0	25	01:42.5	25	01:43,6	26	314	17:16,5	94,4	JM	CNB	130	
João Oliveira	01:40.8	29	01:44.6	26	01:44.5	27	01:44.6	26	01:45.4	27	01:44.3	28	01:43.6	28	01:44.6	29	01:44.8	29	01:40.7	35	01:43,8	28	313	17:18,0	76	JM	CPCacia	119	
Octávio Barbosa	1.45.3	28	1.45.2	28	1.45.2	27	1.45.1	28	1.44.7	28	1.44.7	28	1.44.1	29	1.44.3	29	1.45.0	30	1.41.1	32	1.44.4	28	307	17.24.7	79,2	SML Sub23	Sport	115	
Diogo Almeida	1.38.9	32	1.44.6	29	1.45.7	29	1.46.2	28	1.46.2	29	1.46.4	28	1.46.6	28	1.46.7	28	1.43.9	28	1.40.4	32	1.44.5	29	306	17.25.6	75,4	JM	CNIDH	120	
Pedro Barrocas	01:43.6	32	01:46.0	30	01:46.6	30	01:45.8	29	01:45.8	30	01:45.0	31	01:45.3	30	01:44.8	32	01:44.7	32	01:42.1	34	01:44,9	31	303	17:29,8	90	JM	SCC	118	
Ricardo Russo	01:42.2	29	01:44.1	28	01:44.0	28	01:44.2	28	01:44.3	28	01:44.3	27	01:45.6	26	01:50.0	23	01:47.7	25	01:43.6	27	01:44,9	26	302	17:29,9	74,8	SML Sub23	ANL	118	
Vitor Camões	01:44.4	30	01:47.3	28	01:47.2	27	01:46.9	28	01:46.8	27	01:46.5	28	01:46.1	28	01:45.1	29	01:45.0	30	01:45.7	39	01:45,1	29	301	17:31,2	77,2	JM	AAC	116	
Duarte Pinheiro	1.44.8	33	1.45.3	31	1.45.3	31	1.45.2	30	1.45.3	30	1.45.8	30	1.45.5	30	1.45.6	30	1.45.4	31	1.43.7	33	1.45.1	30	301	17.31.8	74,3	SML Sub23	CNIDH	117	
Afonso Costa	01:45.5	29	01:45.6	23	01:45.9	24	01:46.2	24	01:46.4	24	01:46.7	25	01:45.7	24	01:46.2	25	01:45.8	26	01:42.2	28	01:45,6	25	297,1	17:36,1	71,6	JM	CNS	118	
Guilherme Esteves	01:39.9	32	01:42.4	30	01:44.8	30	01:45.3	30	01:46.1	30	01:47.8	30	01:48.1	29	01:48.1	29	01:48.7	30	01:47.5	33	01:45,8	30	295	17:38,8	73,8	JM	VRL	115	
Pedro Menezes	1.44.7	32	1.46.4	29	1.46.8	29	1.46.9	29	1.47.2	29	1.47.0	29	1.47.1	30	1.47.3	30	1.46.7	31	1.44.3	34	1.46.4	30	290	17.44.4	68,6	JM	RCFP	110	
Diogo Coelho	1.46.3	30	1.47.2	29	1.47.0	29	1.46.9	30	1.46.9	29	1.47.1	29	1.47.0	30	1.47.0	30	1.46.6	30	1.44.5	36	1.46.6	30	289	17.46.5	68,6	JM	SCP	110	
Miguel Costa	01:46.9	28	01:47.5	27	01:47.3	27	01:47.0	26	01:47.6	26	01:47.4	26	01:47.1	26	01:47.6	26	01:47.0	26	01:43.0	28	01:46,8	26	287	17:48,0	72	JM	CNB	130	
Eduardo Sousa	01:43.9	29	01:45.1	29	01:46.1	29	01:46.7	28	01:47.5	27	01:48.5	27	01:48.9	27	01:48.9	28	01:48.3	28	01:44.4	30	01:46,8	28	287	17:48,1	67,2	JM	GCFB	118	
Ricardo Castro	1.40.6	32	1.44.3	29	1.44.7	29	1.46.0	28	1.46.8	29	1.48.4	28	1.50.1	28	1.51.7	28	1.49.9	27	1.46.6	28	1.46.9	28	287	17.49.0	74,4	JM	CNIDH	120	
Pedro Costa	1.41.8	31	1.45.4	30	1.46.2	29	1.46.7	29	1.46.6	28	1.46.8	29	1.46.2	28	1.46.5	28	1.51.6	26	1.52.6	26	1.47.0	28	285	17.50.4	77,9	JM	CNIDH	120	
Luis Aguiar	1.46.1	30	1.47.1	29	1.47.3	29	1.46.9	29	1.47.5	27	1.48.4	27	1.50.5	26	1.52.0	25	1.51.2	25	1.51.0	24	1.48.8	27	272	18.08.0	85,5	JM	Sport	110	
Ivo Carvalho	01:44.7	32	01:47.2	30	01:48.5	30	01:50.0	29	01:50.8	30	01:50.4	30	01:50.9	30	01:50.0	31	01:48.9	31	01:47.3	34	01:48,8	30	271	18:08,6	67	JM	SCC	115	
Diogo Gonçalves	01:46.3	32	01:49.3	30	01:50.1	30	01:50.5	29	01:51.8	30	01:53.3	30	01:55.5	30	01:56.4	29	01:57.8	29	01:55.7	29	01:52,6	29	245	18:46,7	70,0	JM	SCC	115	
Cláudia Pinto	1.55.8	29	1.59.1	28	1.59.5	28	1.59.2	29	2.00.1	29	2.01.1	29	2.03.1	30	2.02.1	29	2.00.3	28	2.00.4	30	2.00.0	28	202	20.00.7	62,9	JF	CNIDH	110	
Daniela Cruz	1.55.4	29	1.58.3	28	1.59.0	28	1.59.4	29	2.00.9	28	2.01.0	29	2.02.7	28	2.03.4	27	2.02.7	29	2.03.4	28	2.00.6	28	199	20.06.1	63,0	F sub23 PL	CNIDH	110	
Joana Martins	01:58.6	33	02:01.5	31	02:03.6	31	02:05.9	30	02:07.7	30	02:08.4	29	02:08.5	30	02:09.9	30	02:11.3	28	02:07.0	29	02:06,2	30	174	21:02.2	61,0	JF	VRL	115	
Inês Durães	2.02.5	29	2.05.0	27	2.05.0	27	2.05.8	27	2.06.5	27	2.07.1	27	2.08.6	26	2.11.5	25	2.11.9	25	2.11.4	25	2.07.5	26	169	21.15.3	54,4	F sub23 PL	CNIDH	110	
Carlos Cruz	Med																										SML Sub23	VRL	
José Alpoim	Med																										JM	VRL	
António Vale	DNF																										SML Sub23	RCFP	
Bruno Marques	DNF																											GCF	
Francisco Mesquita	DNF																										SML Sub23	GCF	
Inês Pocinho	DNF																										JF	AAC	
Luis Teixeira	DNF																										SML	Mestre de Aviz	