



## C3P 300 H Abs

Place	Name	Nr.	Club							Res.	
1	PINHEIRO Carlos	861	CAPPSP	91	89	90	98	92	89	549 (7x)	
2	RAPOSO Helder	935	ATPD	89	88	95	92	77	89	530 (7x)	
3	FREITAS Nelson	7975	ETE	81	83	94	97	86	83	524 (7x)	
4	BONACHO Rui	13454	GNR	87	82	91	93	85	83	521 (5x)	
5	BASTOS Luis	10814	GNR	87	90	97	90	79	77	520 (4x)	
6	BERNARDO Daniel	3624	CAPPSP	88	84	93	95	76	82	518 (8x)	
7	PIRES Pedro	6452	GNR	83	82	91	90	86	81	513 (7x)	
8	ALEXANDRE Jose	1807	ETE	78	82	91	93	84	75	503 (4x)	
9	ROLDAO Helio	10683	ETE	85	87	93	82	72	76	495 (5x)	
10	TEIXEIRA Jose	1687	ETE	84	86	90	89	67	63	479 (5x)	



Place	Team	Result	
1	GNR	1554	(16x)
	BONACHO Rui	521	
	BASTOS Luis	520	
	PIRES Pedro	513	
2	ETE	1522	(16x)
	FREITAS Nelson	524	
	ALEXANDRE Jose	503	
	ROLDAO Helio	495	

Camp. Nac. 300m - 16 e 17Jun16



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1	ALEXANDRE Jose	1807	ETE	78	82	91	93	84	75	503 (4x)	
2	ROLDAO Helio	10683	ETE	85	87	93	82	72	76	495 (5x)	