

Camp. Nacional Absoluto 300m 06\_07jul19  
C300 Homens Abs.



Place	Name	Nr.	Club								Res.	
1	Nelson FREITAS	7975	ETE	91	95	91	98	98	96	569	(18x)	
2	Carlos PINHEIRO	861	CAPPSP	96	96	93	95	95	94	569	(11x)	
3	Daniel BERNARDO	3624	CAPPSP	95	93	94	95	92	90	559	(8x)	
4	Jose ALEXANDRE	1807	ETE	89	94	92	93	91	85	544	(8x)	
5	Albino LOPES	14599	ETE	93	87	86	91	92	87	536	(8x)	
6	Helio ROLDAO	10683	ETE	86	89	88	82	90	90	525	(2x)	
7	Joaquim FERREIRA	11539	ETE	88	89	91	82	86	82	518	(7x)	
8	Alvaro ARAUJO	11507	CAPPSP	86	90	89	83	82	86	516	(5x)	
9	Angelo BARROS	14116	GNR	73	72	89	88	91	85	498	(2x)	
10	Luis BASTOS	10814	GNR	82	93	89	77	53	89	483	(6x)	
11	Joao RATO	374	GCF	82	89	79	69	89	74	482	(2x)	



Place	Team	Result	
1	CAPPSP	1644	(24x)
	Carlos PINHEIRO	569	
	Daniel BERNARDO	559	
	Alvaro ARAUJO	516	



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3	Albino LOPES	14599	ETE	93	87	86	91	92	87	536	(8x)	
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