

CrossFit Viseu 2024

8K

L (LAPS) - VOLTAS
E (EXERCISES) - EXERCICIOS

- E1 – SkiErg: 1000 m
- E2 – Sled Push: 4 x 12,5 m
- E3 – Sled Pull: 4 x 12,5 m
- E4 – Burpee Broad Jump: 80 m
- E5 – Rowing: 1000 m
- E6 – Kettlebell Farmer’s Carry: 200 m
- E7 – Sandbag Lunges: 100 m
- E8 – Wall Balls: 100 repetições

#	Name	Time	L1	E1	L2	E2	L3	E3	L4	E4	L5	E5	L6	E6	L7	E7	L8	E8
Duplas Femininas																		
1	Ângela Monteiro + Ana Ribeiro	01:07:02	00:04:35	00:04:21	00:05:09	00:01:21	00:05:44	00:03:18	00:05:35	00:02:12	00:05:35	00:04:29	00:05:31	00:01:55	00:05:42	00:02:35	00:05:26	00:03:26
2	Ana Pacheco + Amanda Silva	01:10:15	00:04:49	00:04:38	00:05:14	00:01:03	00:05:56	00:03:05	00:05:48	00:03:03	00:05:46	00:05:09	00:05:45	00:01:49	00:05:55	00:02:56	00:05:42	00:03:30
3	Cristiana Ribeiro + Tânia Perdiz	01:13:31	00:04:55	00:04:47	00:05:10	00:01:32	00:06:10	00:04:26	00:05:38	00:03:21	00:05:53	00:05:04	00:05:49	00:02:08	00:05:39	00:03:35	00:05:21	00:03:55
4	Catarina Bernardes + Rafaela Ferreira	01:14:09	00:04:59	00:04:41	00:05:18	00:01:32	00:05:49	00:03:31	00:05:41	00:04:16	00:05:52	00:05:21	00:05:27	00:02:45	00:05:49	00:03:40	00:05:39	00:03:42
5	Sónia Campos + Raíza Gusmão	01:15:46	00:05:18	00:05:07	00:05:30	00:01:33	00:05:50	00:03:40	00:05:42	00:03:43	00:06:02	00:05:49	00:05:52	00:02:14	00:05:46	00:04:19	00:05:44	00:03:30
6	Flávia Carvalho + Beatriz Tunes	01:16:24	00:04:53	00:04:46	00:05:44	00:01:40	00:06:33	00:03:11	00:06:13	00:02:45	00:06:53	00:05:22	00:06:22	00:02:40	00:06:01	00:03:46	00:06:00	00:03:29
7	Claudia Silva + Juliana Lopes	01:22:49	00:05:35	00:05:09	00:06:13	00:01:40	00:06:20	00:03:52	00:06:31	00:04:19	00:06:34	00:05:59	00:06:33	00:02:33	00:06:57	00:03:47	00:06:47	00:03:51
8	Daniela Gonçalves + Maria Santos	01:30:21	00:05:28	00:05:32	00:06:41	00:01:47	00:08:16	00:04:47	00:08:22	00:04:41	00:07:48	00:05:24	00:07:19	00:02:47	00:06:42	00:03:26	00:07:16	00:03:57