

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 Masculinas																		
1	Rui Sousa + João Alves	00:54:39	00:03:32	00:03:56	00:03:43	00:01:26	00:03:53	00:03:24	00:03:51	00:02:29	00:03:51	00:04:22	00:03:53	00:02:04	00:03:52	00:02:48	00:03:45	00:03:43
2	Luís Ferreira + Pedro Correia	00:55:44	00:03:48	00:03:42	00:03:58	00:01:14	00:04:16	00:02:57	00:04:11	00:02:15	00:04:17	00:04:08	00:04:18	00:01:47	00:04:16	00:02:44	00:04:13	00:03:33
3	Constantino Nogueira + Pedro Loureiro	00:56:34	00:03:54	00:03:44	00:04:05	00:01:19	00:04:14	00:02:47	00:04:13	00:02:26	00:04:20	00:04:11	00:04:19	00:01:51	00:04:18	00:02:48	00:04:07	00:03:51
4	Pedro Araujo + Ricardo Vieira	01:00:01	00:04:28	00:03:37	00:04:43	00:01:04	00:05:08	00:02:14	00:04:56	00:02:04	00:05:02	00:04:06	00:04:48	00:01:48	00:05:03	00:02:57	00:04:32	00:03:25
5	Antonio Cruz + Daniel Bastos	01:00:15	00:04:20	00:03:59	00:04:27	00:01:18	00:04:47	00:02:37	00:04:40	00:02:10	00:04:31	00:02:30	00:07:06	00:01:49	00:04:33	00:03:09	00:04:35	00:03:36
6	João Sá + André Pina	01:00:28	00:04:14	00:04:09	00:04:18	00:01:08	00:04:30	00:02:06	00:04:28	00:02:38	00:04:43	00:04:18	00:04:45	00:01:56	00:04:56	00:04:03	00:04:31	00:03:38
7	Luís Lobo + Luís Salgado	01:00:50	00:04:05	00:04:10	00:04:18	00:01:24	00:04:44	00:03:01	00:04:37	00:02:56	00:04:35	00:04:18	00:04:26	00:02:01	00:04:27	00:03:19	00:04:37	00:03:43
8	Hugo Pardal + Ronaldo	01:09:12	00:04:30	00:03:53	00:05:00	00:01:15	00:05:47	00:03:17	00:05:34	00:03:00	00:05:40	00:04:28	00:05:46	00:02:19	00:05:39	00:03:42	00:05:30	00:03:43
9	Jorge Mota + Andre Rodrigues	01:13:13	00:04:55	00:04:11	00:04:55	00:01:21	00:05:30	00:03:57	00:05:29	00:03:16	00:06:52	00:05:01	00:05:36	00:03:18	00:05:37	00:03:32	00:05:21	00:04:15
10	Frederico Costa + António Almeida	01:14:37	00:05:03	00:04:25	00:05:10	00:01:25	00:06:11	00:03:03	00:06:01	00:03:21	00:06:13	00:05:07	00:05:49	00:02:29	00:05:57	00:03:59	00:06:20	00:03:55
11	Carlos Romao + Eduardo Guerreiro	01:19:56	00:04:56	00:04:00	00:06:03	00:01:31	00:06:26	00:03:40	00:06:51	00:04:26	00:06:53	00:04:41	00:06:22	00:02:41	00:06:13	00:04:30	00:06:06	00:04:31
12	Rui Lobo + Vitor Pinheiro	01:21:26	00:05:08	00:04:22	00:06:01	00:01:44	00:06:31	00:02:56	00:06:21	00:04:42	00:06:25	00:04:52	00:06:27	00:02:35	00:06:49	00:04:57	00:07:00	00:04:29
13	Victor Camargo + Mauricio Oliveira	01:28:46	00:05:31	00:04:32	00:06:07	00:01:32	00:07:47	00:03:54	00:08:34	00:03:51	00:08:56	00:05:04	00:07:11	00:02:25	00:07:33	00:04:10	00:07:28	00:04:05