

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 Mistas																		
1	Nayara Vieira + Filipe Neves	01:02:18	00:04:16	00:04:19	00:04:28	00:01:40	00:04:57	00:03:29	00:04:35	00:02:29	00:04:40	00:04:25	00:04:48	00:02:05	00:04:55	00:02:48	00:04:47	00:03:30
2	Tiago Ramos + Luana Ferreira	01:04:30	00:04:31	00:04:13	00:04:32	00:01:38	00:04:43	00:03:42	00:04:41	00:03:01	00:04:49	00:04:40	00:04:46	00:02:02	00:04:45	00:03:29	00:04:40	00:04:09
3	Daniela Cardoso + Daniel Soares	01:04:42	00:04:28	00:04:29	00:04:32	00:01:31	00:04:54	00:03:47	00:04:55	00:02:34	00:05:00	00:04:38	00:05:05	00:01:49	00:05:09	00:03:04	00:04:58	00:03:42
4	Filipa Costa + Carlos Cunha	01:07:40	00:04:27	00:04:13	00:04:59	00:01:25	00:05:46	00:03:28	00:05:42	00:02:26	00:05:44	00:04:31	00:05:29	00:02:02	00:05:32	00:02:51	00:05:11	00:03:47
5	Bruna Paiva + Tiago Carvalho	01:08:14	00:04:29	00:04:16	00:04:57	00:01:26	00:06:01	00:03:22	00:06:01	00:02:35	00:05:46	00:04:30	00:05:31	00:02:00	00:05:20	00:02:56	00:05:26	00:03:31
6	Filipe Cruzeiro + Catarina Costa	01:14:09	00:04:52	00:04:49	00:05:17	00:01:38	00:06:31	00:03:27	00:05:43	00:02:29	00:06:39	00:04:51	00:06:11	00:02:22	00:05:51	00:03:48	00:05:32	00:04:00
7	Márcia Filipak + Manuel Silva	01:16:11	00:05:12	00:04:48	00:05:14	00:01:32	00:05:48	00:03:35	00:05:58	00:03:28	00:06:00	00:05:26	00:05:59	00:02:55	00:05:53	00:04:10	00:06:07	00:04:00
8	Rita Vaz + João Rocha	01:19:02	00:05:13	00:04:53	00:05:26	00:01:58	00:06:12	00:04:50	00:06:01	00:03:48	00:06:23	00:05:17	00:05:55	00:02:29	00:06:12	00:03:37	00:06:15	00:04:25
9	Pedro Sousa + Ines Costa	01:21:19	00:05:35	00:04:30	00:06:15	00:01:27	00:06:48	00:03:54	00:06:55	00:03:20	00:06:54	00:05:22	00:06:38	00:01:58	00:06:56	00:03:45	00:06:59	00:03:56
10	Álvaro Pereira + Ângela Almeida	01:21:32	00:05:25	00:04:33	00:05:40	00:02:22	00:06:52	00:04:07	00:06:26	00:03:20	00:06:36	00:05:29	00:06:16	00:02:16	00:06:27	00:04:13	00:06:39	00:04:45