

# 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
<b>Individual Feminino</b>																		
1	Vânia Raposo	01:13:10	00:04:24	00:04:55	00:04:57	00:01:53	00:05:39	00:03:57	00:05:30	00:04:26	00:05:27	00:04:57	00:05:39	00:02:26	00:05:14	00:03:43	00:05:15	00:04:40
2	Lurdes Santos	01:17:56	00:04:41	00:05:26	00:05:06	00:01:59	00:06:08	00:04:03	00:05:33	00:05:43	00:05:47	00:05:29	00:05:39	00:02:30	00:05:18	00:04:37	00:05:20	00:04:30
3	Joana Castanho	01:18:49	00:04:56	00:05:07	00:05:15	00:02:14	00:06:12	00:04:43	00:05:34	00:04:46	00:05:46	00:03:00	00:05:28	00:05:08	00:05:32	00:04:21	00:05:30	00:05:09
4	Catarina Alexandre	01:20:15	00:04:28	00:05:16	00:05:14	00:03:43	00:05:27	00:04:35	00:05:20	00:05:24	00:05:42	00:06:06	00:05:33	00:03:27	00:05:14	00:04:37	00:05:25	00:04:37
5	Diana Aguiar	01:23:42	00:04:48	00:05:12	00:05:37	00:03:06	00:05:54	00:04:44	00:06:06	00:05:59	00:06:41	00:05:32	00:06:04	00:02:11	00:06:03	00:04:00	00:06:30	00:05:08
6	Ângela Ferreira	01:25:21	00:05:10	00:05:20	00:05:27	00:02:35	00:05:49	00:05:43	00:05:57	00:06:41	00:06:14	00:05:18	00:06:04	00:03:03	00:06:03	00:04:48	00:06:02	00:05:01
7	Rita Sousa	01:34:36	00:05:16	00:05:30	00:05:58	00:03:01	00:06:19	00:06:15	00:06:36	00:05:35	00:07:16	00:05:36	00:06:50	00:03:30	00:07:02	00:05:42	00:07:04	00:06:57