

**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 Masculino</b>																		
1	André Pina	01:03:20	00:04:15	00:03:53	00:04:19	00:01:47	00:04:43	00:02:55	00:04:41	00:04:14	00:04:44	00:04:25	00:04:22	00:02:03	00:04:26	00:04:07	00:04:38	00:03:39
2	Helder Almeida	01:05:25	00:03:59	00:04:27	00:04:10	00:01:51	00:04:50	00:03:41	00:04:40	00:03:37	00:04:50	00:04:38	00:05:04	00:02:04	00:04:47	00:03:49	00:04:49	00:04:03
3	Bruno Ferreira	01:05:59	00:04:06	00:04:11	00:04:06	00:01:14	00:04:48	00:03:11	00:04:42	00:03:40	00:05:04	00:04:30	00:04:49	00:02:16	00:04:39	00:05:32	00:05:03	00:04:00
4	Sílvio Gonçalves	01:07:38	00:04:00	00:04:19	00:04:21	00:01:54	00:04:56	00:03:45	00:04:35	00:04:28	00:04:50	00:04:36	00:04:45	00:02:17	00:04:48	00:04:25	00:04:56	00:04:36
5	José Martins	01:09:50	00:03:54	00:04:28	00:04:23	00:02:06	00:04:40	00:05:04	00:04:30	00:04:00	00:04:44	00:04:45	00:04:35	00:01:59	00:04:28	00:04:54	00:04:39	00:06:34
6	Stivan Martelo	01:10:57	00:04:00	00:04:20	00:04:28	00:01:38	00:05:09	00:04:23	00:05:05	00:03:52	00:05:43	00:04:47	00:05:21	00:02:45	00:04:59	00:04:38	00:05:18	00:04:23
7	Ricardo Oliveira	01:13:02	00:04:01	00:04:25	00:04:39	00:02:10	00:05:04	00:04:28	00:05:00	00:05:06	00:05:06	00:05:22	00:04:50	00:02:49	00:05:05	00:04:08	00:05:06	00:05:35
8	João Dias	01:13:20	00:03:43	00:05:01	00:04:09	00:02:49	00:05:58	00:04:28	00:05:17	00:04:45	00:04:51	00:04:52	00:04:54	00:02:10	00:04:34	00:04:11	00:04:46	00:06:43
9	Calico	01:15:14	00:04:17	00:04:42	00:04:24	00:02:18	00:05:29	00:04:42	00:05:07	00:04:43	00:05:38	00:05:01	00:04:54	00:03:09	00:04:53	00:05:11	00:05:06	00:05:33
10	Pedro Gilvaz	01:22:55	00:03:43	00:05:12	00:03:42	00:02:44	00:04:11	00:06:09	00:04:06	00:05:47	00:04:29	00:05:29	00:04:07	00:02:57	00:04:27	00:09:44	00:04:52	00:11:10
11	Henrique Gonçalves	01:36:47	00:04:24	00:04:23	00:05:50	00:02:59	00:08:01	00:05:08	00:07:47	00:06:04	00:08:42	00:05:06	00:07:13	00:03:06	00:07:17	00:05:19	00:08:24	00:06:57