

# Proença a Fundo

14º Grupo

Proença a Fundo Indoor 0,400 Km

Treinos

18-07-2015 22:59

Practice

Lap	Lap Tm	Diff	Time of Day
<b>(26) João Rosa</b>			
1	<b>25.504</b>	+5.601	23:42:04.554
2	<b>20.416</b>	+0.513	23:42:24.970
3	<b>23.080</b>	+3.177	23:42:48.050
4	<b>20.684</b>	+0.781	23:43:08.734
5	<b>21.732</b>	+1.829	23:43:30.466
6	<b>21.512</b>	+1.609	23:43:51.978
7	<b>21.260</b>	+1.357	23:44:13.238
8	<b>20.103</b>	+0.200	23:44:33.341
9	<b>19.903</b>	-	23:44:53.244
10	<b>20.847</b>	+0.944	23:45:14.091
11	<b>22.401</b>	+2.498	23:45:36.492
12	<b>21.579</b>	+1.676	23:45:58.071
13	<b>22.077</b>	+2.174	23:46:20.148
14	<b>27.752</b>	+7.849	23:46:47.900

<b>(17) Luis Almeida</b>			
1	<b>30.080</b>	+8.333	23:42:09.604
2	<b>23.997</b>	+2.250	23:42:33.601
3	<b>23.515</b>	+1.768	23:42:57.116
4	<b>24.257</b>	+2.510	23:43:21.373
5	<b>22.674</b>	+0.927	23:43:44.047
6	<b>21.747</b>	-	23:44:05.794
7	<b>22.036</b>	+0.289	23:44:27.830
8	<b>21.751</b>	+0.004	23:44:49.581
9	<b>23.714</b>	+1.967	23:45:13.295
10	<b>22.588</b>	+0.841	23:45:35.883
11	<b>21.853</b>	+0.106	23:45:57.736
12	<b>27.568</b>	+5.821	23:46:25.304
13	<b>30.583</b>	+8.836	23:46:55.887

<b>(21) Manuel Vilaça</b>			
1	<b>34.062</b>	+11.855	23:42:09.165
2	<b>26.830</b>	+4.623	23:42:35.995
3	<b>24.783</b>	+2.576	23:43:00.778
4	<b>25.363</b>	+3.156	23:43:26.141
5	<b>26.499</b>	+4.292	23:43:52.640
6	<b>24.610</b>	+2.403	23:44:17.250
7	<b>26.069</b>	+3.862	23:44:43.319
8	<b>23.347</b>	+1.140	23:45:06.666
9	<b>22.207</b>	-	23:45:28.873
10	<b>23.476</b>	+1.269	23:45:52.349
11	<b>24.067</b>	+1.860	23:46:16.416
12	<b>22.698</b>	+0.491	23:46:39.114

<b>(7) David Dias</b>			
1	<b>30.283</b>	+7.643	23:42:10.019
2	<b>26.467</b>	+3.827	23:42:36.486
3	<b>25.192</b>	+2.552	23:43:01.678
4	<b>25.584</b>	+2.944	23:43:27.262
5	<b>24.123</b>	+1.483	23:43:51.385
6	<b>23.227</b>	+0.587	23:44:14.612
7	<b>26.817</b>	+4.177	23:44:41.429
8	<b>36.607</b>	+13.967	23:45:18.036
9	<b>23.191</b>	+0.551	23:45:41.227
10	<b>23.043</b>	+0.403	23:46:04.270
11	<b>25.325</b>	+2.685	23:46:29.595
12	<b>22.640</b>	-	23:46:52.235

<b>(3) Afonso Lemos</b>			
1	<b>36.000</b>	+13.221	23:42:10.529
2	<b>27.037</b>	+4.258	23:42:37.566
3	<b>28.879</b>	+6.100	23:43:06.445
4	<b>26.769</b>	+3.990	23:43:33.214
5	<b>28.942</b>	+6.163	23:44:02.156

Lap	Lap Tm	Diff	Time of Day
6	<b>36.772</b>	+13.993	23:44:38.928
7	<b>23.597</b>	+0.818	23:45:02.525
8	<b>22.779</b>	-	23:45:25.304
9	<b>25.157</b>	+2.378	23:45:50.461
10	<b>26.880</b>	+4.101	23:46:17.341
11	<b>32.107</b>	+9.328	23:46:49.448

<b>(4) Pedro Miranda</b>			
1	<b>41.650</b>	+17.179	23:42:20.338
2	<b>28.591</b>	+4.120	23:42:48.929
3	<b>36.787</b>	+12.316	23:43:25.716
4	<b>25.269</b>	+0.798	23:43:50.985
5	<b>31.353</b>	+6.882	23:44:22.338
6	<b>24.883</b>	+0.412	23:44:47.221
7	<b>26.642</b>	+2.171	23:45:13.863
8	<b>24.471</b>	-	23:45:38.334
9	<b>25.866</b>	+1.395	23:46:04.200
10	<b>26.696</b>	+2.225	23:46:30.896
11	<b>30.520</b>	+6.049	23:47:01.416

<b>(30) Mª Rita Dias</b>			
1	<b>46.591</b>	+20.404	23:42:23.938
2	<b>29.277</b>	+3.090	23:42:53.215
3	<b>38.579</b>	+12.392	23:43:31.794
4	<b>30.315</b>	+4.128	23:44:02.109
5	<b>39.659</b>	+13.472	23:44:41.768
6	<b>28.984</b>	+2.797	23:45:10.752
7	<b>26.758</b>	+0.571	23:45:37.510
8	<b>26.187</b>	-	23:46:03.697
9	<b>26.748</b>	+0.561	23:46:30.445
10	<b>26.685</b>	+0.498	23:46:57.130

<b>(2) Beatriz Neto</b>			
1	<b>40.913</b>	+13.718	23:42:19.033
2	<b>32.163</b>	+4.968	23:42:51.196
3	<b>32.085</b>	+4.890	23:43:23.281
4	<b>31.945</b>	+4.750	23:43:55.226
5	<b>29.221</b>	+2.026	23:44:24.447
6	<b>29.936</b>	+2.741	23:44:54.383
7	<b>28.094</b>	+0.899	23:45:22.477
8	<b>27.298</b>	+0.103	23:45:49.775
9	<b>29.010</b>	+1.815	23:46:18.785
10	<b>27.195</b>	-	23:46:45.980