



12-20 de Novembro 2016, Meo Arena, Lisboa

## OFFICIAL CONTEST RESULTS

### Bikini Fitness Júnior

PLACE	No	NAME	TEAM	BW/ BH	R1				Score
1	7	Renata Vieira	Butcher	/	10				10
2	3	Ana Pinto	Paulo Fernandes	/	12				12
3	6	Mariana Saraiva	Azores	/	13				13
4	8	Ana Constantino	Jerónimo	/	15				15
5	4	Jennifer Ferreira	T3	/	26				26
6	2	Marta Nascimento	T3	/	29				29
DNC	1	Adriana Roque	Academia 77	/162					

Σ=7

### Bikini Fitness Master

PLACE	No	NAME	TEAM	BW/ BH	R1				Score
1	9	Ana Freitas	Individual	/167	7				7
2	11	Liliana Fernandes	Mr Big	/162	8				8
3	15	Helena Ferreira	Mr Big	/163	15				15
4	13	Lénia Dias	Individual	/166	20				20
5	12	Carla Miranda	GandraTraining	/	25				25
6	14	Patrícia Matos	FOXX	/	30				30
7	10	Maria Gaspar	MHD	/	35				35

Σ=7

### Men's Physique Júnior

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	28	José Santos	Butcher	/	11	11			11
2	17	João Ribeiro	PFN	/171	13	12			12
3	20	Rafael Bouça	Fitness XXI	/	16	15			15
4	26	Pedro Domingos	Veiga & Megacultus	/172	18	18			18
5	22	Alexandre Ferreira	Azores	/	21	22			22
6	21	Ricardo Ferreira	Veiga & Megacultus	/180	26	26			26
7	27	Carlos Gomes	Edgar Gomes	/167	39				
8	25	João Marques	T3	/	42				
9	18	Bruno Guerreiro	ZM Muscle	/	44				
10	29	André Teixeira	Carlos Rebolo	/	51				
11	19	Lino Correia	Carlos Rebolo	/	53				
12	23	Pedro Baptista	Underground	/	54				
DNC	24	Fábio Macedo	Academia 77	/					

Σ=13

## Men's Physique Master

PLACE	No	NAME	TEAM	BW/ BH	R1				Score
1	127	Ricardo Barbosa	Butcher	/	6				6
2	126	Alessandro Fumo	Paulo Fernandes	/	6				6
3	125	Bruno Guedes	FOXX	/	6				6
4	131	Emanuel Silva	FOXX	/	12				12
5	123	Filipe Coelho	T3	/	15				15
6	124	Davide Costa	Individual	/	17				17
7	129	André Mota	Aqui Treina-se	/	21				21
DNC	128	Carlos Reis	2K	/					
DNC	130	João Malheiro	Individual	/					

$\Sigma=9$

PLACE	No	NAME	TEAM	BW/ BH	R1x2	R2			Score
1	137	Ricardo Costa	Edgar Gomes	/	14	7			21
2	134	Tiago Guimarães	Butcher	/	16	8			24
3	132	Hugo Devesa	Edgar Gomes	/	30	15			45
4	135	Ricardo Lourenço	Edgar Gomes	/	48	24			72
5	133	Tiago Mendes	Artes Físicas	/76,4	54	26			80
6	136	António Camacho	Carlos Rebolo	/	52	28			80
7	253	Carlos Teixeira	MHD	/	68	32			100

$\Sigma=7$

PLACE	No	NAME	TEAM	BW/ BH	R1	R2x2	R3		Score
1	143	Simão Pedro	MarceloMorais	/	6	12	9		27
2	138	João Silva	Veiga & Megacultus	/	9	18	6		33
3	139	Pedro Tenreiro	Shaped Body	/	15	32	20		67
4	149	Mário Bibe	Iron Bodies	/	21	36	21		78
5	145	Paulo Cadeiras	Postiga	/	36	50	20		106
6	147	João Neves	FOXX	/	22	58	29		109
7	150	Paulo Nunes	Gurus	/	38				38
8	142	Roberto Ponte	Corpuseven	/	41				41
9	148	Vírgilio Engrácio	Adam Team	/	42				42
10	144	Paulo Martins	EM Competition team	/	42				42
11	146	Josué Sousa	Individual	/	55				55
DNC	140	Joaquim Guerreiro	Individual	/					
DNC	141	Carlos Figueiredo	2K	/					

$\Sigma=13$

PLACE	No	NAME	TEAM	BW/ BH	R1				Score
1	159	Filipa Santos	PFN	/158	10				10
2	151	Ana Salgado	2K	/157	14				14
3	158	Vera Santos	FCoaching	/159	15				15
4	153	Renata Vieira	Butcher	/157	17				17
5	157	Soraia Fernandes	Musclepower	/160	23				23
6	154	Ana Guilherme	Body Solution	/157,5	24				24
7	156	Tânia Freitas	Edgar Gomes	/158	36				36
8	155	Marta Nascimento	T3	/160	39				39
9	152	Mária Santos	Individual	/156	44				44

$\Sigma=9$

### Bikini Fitness até 163 cm

PLACE	No	NAME	COUNTRY	BW/ BH	R1				Score
1	163	Liliana Fernandes	Mr Big	/162	5				5
2	164	Helena Ferreira	Mr Big	/163	11				11
3	167	Ana Constantino	Jerónimo	/161	13				13
4	160	Selma Florindo	FCoaching	/162	20				20
5	161	Paula Moreira	PFN	/163	25				25
6	165	Adriana Hipólito	MyGoal	/162	28				28
7	166	Diana Gori	Artes Físicas	/163	35				35
DNC	162	Adriana Roque	Academia 77	/162					

Σ=8

### Bikini Fitness mais de 163 cm

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	180	Ana Freitas	Individual	/167	8	8			8
2	178	Sofia Dias	Kangaroo	/166	15	11			11
3	179	Silvina Resende	Iron Bodies	/165	13	13			13
4	174	Suellen Silva	Big Gym	/167	21	19			19
5	175	Ana Pinto	Paulo Fernandes	/173	23	24			24
6	170	Mariana Saraiva	Azores	/	23	24			24
7	169	Paula Barbosa	Paulo Fernandes	/169	36				
8	176	Manuela Quelhas	KandalSpa	/166	43				
9	177	Lénia Dias	Individual	/166	47				
10	168	Jennifer Ferreira	T3	/169	50				
11	181	Linda Figueira	Carlos Rebolo	/	54				
12	173	Nânci Braz	Academia 77	/	58				
13	172	Marta Prior	Individual	/172	60				
14	171	Marta Soares	Musclepower	/166	66				

Σ=14

### Overall Bikini Fitness

PLACE	No	NAME	TEAM	BW/ BH	R1				Score
1	180	Ana Freitas	Individual	/	7				7
2	163	Liliana Fernandes	Mr Big	/	10				10
3	159	Filipa Santos	PFN	/	12				12

Σ=3

## Men's Physique até 170 cm

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	43	Gonçalo Estêvão	Individual	/167	6	7			7
2	44	Rafael Bouça	Fitness XXI	/169	12	13			13
3	33	José Ferreira	Gym Box	/163	16	14			14
4	32	Vasco Filipe	HALO Athletics	/166	20	22			22
5	45	Diogo Revez	Big Gym	/167	23	24			24
6	40	Carlos Gomes	Edgar Gomes	/167	32	26			26
7	31	Luís Alves	2K	/170	37				
8	37	Fausto Veríssimo	Postiga	/169	38				
9	42	André Alves	Postiga	/169	40				
10	46	Pedro Ferreira	2K	/168	49				
11	5	Hugo Capote	MHD	/	54				
	30	Cláudio Figueiredo	Edgar Gomes	/164					
	34	Cristiano Batista	Individual	/170					
	35	Paulo Alves	2K	/169					
	36	Gonçalo Neves	MHD	/167					
	38	Gerson Silva	MyGoal	/161					
	39	Davide Costa	Individual	/168					
	41	Luís Correia	Butcher	/165					

Σ=18

## Men's Physique até 174 cm

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	191	João Ribeiro	PFN	/171	7	7			7
2	187	Pedro Domingos	Veiga & Megacultus	/172	13	15			15
3	183	António Ramalho	Mr Big	/173	16	15			15
4	182	Paulo Neves	Artes Físicas	/173	21	21			21
5	184	Emílio Cassama	GandraTraining	/174	23	22			22
6	188	Fernando Paíga	Individual	/173	25	26			26
7	186	David Vieira	Butcher	/171	40				
8	192	Hélder Silva	MHD	/171	44				
9	190	Luís Chaves	Artes Físicas	/172	45				
10	185	Bruno Antunes	Edgar Gomes	/	46				
11	189	Ricardo Sousa	Postiga	/174	49				

Σ=11

## Men's Physique até 178 cm

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	60	José Santos	Butcher	/178	8	7			7
2	57	Luís Oliveira	Butcher	/178	8	8			8
3	59	Ricardo Barbosa	Butcher	/178	16	16			16
4	61	João Barrela	HALO Athletics	/177	19	20			20
5	64	Lino Correia	Carlos Rebolo	/	25	26			26
6	48	Jerson Brito	Individual	/177	32	27			27
7	51	Luís Pedro	Edgar Gomes	/177	39				
8	62	Tiago Colaço	Individual	/175	41				
9	58	Fábio Antunes	Iron Man	/176	41				
10	55	Diogo Gameiro	Edgar Gomes	/176	48				
	47	Albert Andrade	Big Gym	/178					
	49	Nelson Silva	MHD	/177					
	50	André Almeida	Individual	/175					
	53	Pedro Ribeiro	HALO Athletics	/177					
	54	Luís Gaspar	Underground	/177					
	56	João Pereira	MHD	/175					
	63	Edgar Rosa	Individual	/177					
DNC	52	Bruno Pereira	2K	/177					
DNC	65	Tiago Barradas	FOXX	/177					

Σ=19

## Men's Physique mais de 178 cm

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	81	Tierry Silva	Individual	/182	5	5			5
2	80	Filipe Oliveira	2K	/184	13	13			13
3	71	Alexandre Ferreira	Azores	/	16	16			16
4	74	Emanuel Graça	Musclepower	/	18	20			20
5	77	André Pereira	Butcher	/183	28	25			25
6	79	José Melo	PFN	/182	31	27			27
7	68	Diogo Correia	FOXX	/182,5	33				
8	70	João Marques	T3	/179	45				
9	67	Pedro Alexandrino	Edgar Gomes	/180	54				
10	72	Fábio Batista	Edgar Gomes	/179	56				
11	78	Emanuel Silva	FOXX	/183	56				
12	76	André Teixeira	Carlos Rebolo	/	56				
13	66	Marlon Rodrigues	2K	/180	57				
14	69	Filipe Coelho	T3	/188	58				
	73	Ricardo Ferreira	Veiga & Megacultus	/180					
	75	Bruno Bastos	Individual	/180					
	82	Paulo Gonçalves	MCO	/179					
	83	Bruno Afonso	Individual	/182					

Σ=18

## Overall Men's Physique

PLACE	No	NAME	TEAM	BW/ BH	R1				Score
1	81	Tierry Silva	Individual	/	5				5
2	43	Gonçalo Estêvão	Individual	/	11				11
3	191	João Ribeiro	PFN	/	14				14
4	60	José Santos	Butcher	/	17				17

Σ=4

## Muscular Physique Open

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	193	Júlio Brito	Edgar Gomes	/186	6	6			6
2	195	Fábio Rodrigues	2K	/174	10	11			11
3	201	Rafael Morais	Postiga	/182	15	17			17
4	202	David Escourido	Edgar Gomes	/183	22	21			21
5	199	Vírgilio Costa	2K	/166	25	23			23
6	206	Carlos Machado	MHD	/178	23	25			25
7	194	Miguel Reis	FOXX	/170	37				
8	197	José Maneta	ZM Muscle	/181	45				
9	203	Miguel Correia	Butcher	/	48				
10	205	Yuriy Shyyar	Big Gym	/177	49				
11	198	Samuel Silva	Individual	/181	49				
12	200	Rodinei Costa	Edgar Gomes	/179	58				
13	196	João Sebastião	Edgar Gomes	/190	64				
14	204	Bruno Meireles	Butcher	/180	66				

Σ=14

## BodyFitness Open

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	89	Tânia Barrocas	FOXX	/168	6	6			6
2	87	Vanessa Soares	Edgar Gomes	/154	11	11			11
3	100	Carla Lima	Still Fit	/169	14	14			14
4	101	Ângela Lopes	Gym Box	/165	20	20			20
5	95	Sílvia Valério	Individual	/172	31	25			25
6	84	Ana Varela	FOXX	/162	25	26			26
7	102	Inês Berthelot	FCoaching	/166	41				
8	96	Joana Silva	PFN	/163	41				
9	103	Nanci Tavares	2K	/161	44				
10	94	Sónia Silva	Edgar Gomes	/165	44				
	85	Marlene Santos	Iron Bodies	/169					
	86	Andreia Oliveira	MHD	/157					
	88	Diana Modesto	Edgar Gomes	/159					
	90	Maria Martins	MCO	/160					
	91	Cátia Anjo	Individual	/156					
	92	Joana Duarte	Paulo Fernandes	/150					
	97	Ângela Varela	Edgar Gomes	/162					
	98	Joana Dias	Academia 77	/160					
	99	Sónia Pinheiro	PFN	/158					
	93	Filipa Romeira	Individual	/					

Σ=20

## Wellness

PLACE	No	NAME	TEAM	BW/ BH	R1	R2			Score
1	211	Teresa Sina	Individual	/162	7	7			7
2	218	Elisângela Ferreira	Edgar Gomes	/159	11	13			13
3	216	Eliane Dias	Tino	/154	14	14			14
4	208	Ana Almeida	Mr Big	/158	18	21			21
5	213	Samanta Ferreira	Edgar Gomes	/161	27	23			23
6	215	Edna Morais	MyGoal	/162	28	25			25
7	209	Filipa Guimarães	2K	/157	33				
8	219	Mariana Duarte	Mr Big	/162	44				
9	214	Elayne Teixeira	T3	/157	48				
10	207	Tânia Rosado	Musclepower	/165	49				
11	220	Eva Kavasnickova	Individual	/	52				
12	217	Nádia Teixeira	2K	/156	62				
13	212	Andreia Amorim	Individual	/152	63				
14	210	Dafiny Ribeiro	Underground	/150	70				

Σ=14

## Culturismo Clássico Open

PLACE	No	NAME	TEAM	BW/ BH	R1	R2x2	R3		Score
1	109	Francisco Ramalho	Mr Big	75,8/173	3	10	5		15
2	108	João Teixeira	MCO	82/176	10	18	8		26
3	106	Jaime Thompson	Mr Big	90,2/182	8	18	11		29
4	107	Marcus Balbino	Mr Small	82,7/178	9	20	13		33
5	110	Rúben Garradas	Iron Man	95/189	12	24	10		34
6	121	Pedro Pedroso	2K	/	19	36	16		52
7	113	Eduardo Silva	2K	78,3/174	22				
8	16	Pedro Monteiro	Marshall	/	24				
9	116	Jorge Silva	Artes Físicas	88,7/182	28				
10	105	Paulo Simões	Iron Man	80/177	29				
11	122	Tiago Bravo	Still Fit	/	33				
12	118	Filipe Alves	Individual	79,2/176	37				
13	119	António Camacho	Carlos Rebolo	/	38				
	104	Luís Carvalho	Individual	91,7/185					
	111	Nuno Augusto	Edgar Gomes	71,6/173					
	112	Josué Sousa	Individual	69/169					
	114	Joaquim Guerreiro	Individual	89,5/183					
	115	Ricardo Mesquita	MCO	63/166					
	117	Tiago Pereira	Edgar Gomes	71,6/171					
	120	Luís Santos	Individual	89,2/180					

Σ=20

### Culturismo até 75 kg

PLACE	No	NAME	TEAM	BW/ BH	R1x2	R2		Score
1	222	Álvaro Costa	Butcher	73,3/	6	3		3
2	228	José Teixeira	Butcher	63,5/	12	6		6
3	225	Josué Simões	Individual	69/	18	9		9
4	221	David Flor	Edgar Gomes	72/	32	12		12
5	223	Nuno Faria	FOXX	69,2/	32	15		15
6	229	Filipe Alves	Individual	74,2/	34	18		18
7	227	Marco Palhão	Artes Físicas	70,7/	38	21		21
8	224	Ricardo Aires	Évora Gym	73,4/	46	24		24
DNC	226	Pedro Costa	PFN	68,8/				

Σ=9

### Culturismo até 85 kg

PLACE	No	NAME	TEAM	BW/ BH	R1	R2x2	R3	Score
1	238	Miguel Pinto	2K	/	3	6	3	9
2	237	Ewerton Senturion	Artes Físicas	74,6/	8	16	7	23
3	234	Jorge Dias	Paulo Fernandes	/	7	14	11	25
4	236	Tiago Guimarães	Butcher	77,1/	12	24	10	34
5	233	Carlos Pinheiro	Individual	76,7/	15	30	16	46
6	230	Tiago Tenente	Carlos Rebolo	/	20	36	17	53
7	241	Tiago Mendes	Artes Físicas	76,4/	20			
8	232	Paulo Martins	Individual	81/	25			
9	239	Carlos Janardo	Jerónimo	84,2/	25			
10	240	Francisco Justo	Individual	80/	27			
11	231	Fernando Alves	Gurus	76,5/	33			
DNC	235	Emanuel Rocha	Da Cunha	78,5/				

Σ=12

### Culturismo mais de 85 kg

PLACE	No	NAME	TEAM	BW/ BH	R1	R2x2	R3	Score
1	244	Simão Pedro	MarceloMorais	95,1/	3	6	3	9
2	250	Rogério Barradas	2K	/	7	14	6	20
3	243	João Domingos	2K	100/	7	14	12	26
4	252	Ricardo Costa	Edgar Gomes	96/	16	30	13	43
5	249	Pedro Tenreiro	Shaped Body	91,6/	14	30	15	45
6	247	Rúben Garradas	Iron Man	95/	17	34	14	48
7	248	Mário Bibe	Iron Bodies	86/	21			
8	246	Paulo Terezan	Individual	87,1/	25			
9	245	Fábio Duarte	Edgar Gomes	86,4/	25			
10	251	Alberto Carvalho	Edgar Gomes	93,2/	30			
11	242	Nuno Moreira	Paulo Fernandes	94,3/	33			

Σ=11

### Overall Culturismo

PLACE	No	NAME	TEAM	BW/ BH	R1			Score
1	222	Álvaro Costa	Butcher	/	6			6
2	238	Miguel Pinto	2K	/	6			6
3	244	Simão Pedro	MarceloMorais	/	7			7

Σ=3