



14-15 Abril 2018, Carnaxide,

OFFICIAL CONTEST RESULTS

Iniciados Men's Physique até 178 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	6	Filipe Cerol	Individual	1994	/169,5	4	5			5
2	11	Alexandre Tinoco	Metamorphosys	1999	/164,8	13	7			7
3	14	Sandro Remigio	Individual	1994	/176,7	7	9			9
4	8	Flávio Matos	Individual	1993	/169,7	10	12			12
5	2	Luís Ruxa	Postiga	1985	/173,3	15	12			12
6	22	João Silva	FitCanidelo	2000	/164,1	17	16			16
7	19	Pedro Soares	Individual	1991	/171,6	21				
8	12	Emanuel Ramos	Individual	1980	/168,2	26				
9	9	Manuel Lele	Edgar Gomes	1962	/170,1	28				
10	21	Bruno Castro	Marcos Pereira & Fitness XXI	1986	/175,6	29				
11	10	Dinis Silva	Postiga	1990	/177,3	33				
	1	Luís Cristiano	Individual	1995	/177,5					
	3	Tiago Jerónimo	2K	1984	/175,3					
	4	Alexandre Miranda	2K	1998	/170,5					
	5	Ludgero Leal	Individual	1986	/177,7					
	7	Ayrton Escorcio	Individual	1996	/170,5					
	13	Pedro Cordeiro	Postiga	1993	/174,8					
	15	André Falcão	Individual	1998	/168,2					
	16	Manuel Guerreiro	Individual	1997	/177,5					
	17	Jordan Fernandes	Marcos Pereira & Fitness XXI	1993	/172,6					
	18	João Louro	2K	1983	/178					
	20	Rafael Domingos	2K	1995	/168,1					

Σ=22

Iniciados Men's Physique mais de 178 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	39	Jorge Tavares	2K	1987	/180,2	3	3			3
2	26	João Gonçalves	Postiga	1990	/178,5	9	8			8
3	32	Leonel Rozeno	Individual	1989	/178,5	9	10			10
4	29	Ion Vasilache	Individual	1998	/185,4	11	10			10
5	37	João Augusto	Individual	1996	/185,8	11	12			12
6	24	André Vitorino Figueiredo	Postiga	1985	/179	22	18			18
7	30	Pedro Pereira	Marcos Pereira & Fitness XXI	1993	/183,4	24				
8	42	Bruno Fernandes	Postiga	1987	/185,1	25				
9	33	Vitor Albardeiro	Individual	1975	/180,4	26				
10	25	Bruno Pinto	Individual	1990	/178,1	27				
11	36	Ricardo Morais	Individual	1992	/190,9	29				
	27	André Almeida	Individual	1997	/182					
	28	Nuno Gonçalves	Individual	1994	/180,8					
	31	Afonso Puga	Individual	1998	/181					
	34	Carlos Lemos	Individual	1995	/180,7					
	35	Tiago Ferreira	2K	1995	/179,1					
	38	Carlos Pereira	Edgar Gomes	1981	/178,8					
	40	José Afonso	Individual	1996	/183,4					
	41	Márcio Vitorino	Postiga	1990	/178,5					

Σ=19

Júniors Men's Physique

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	58	Ricardo Ezequiel	Postiga	1995	/175,2	3	3			3
2	50	Alexandre Tinoco	Metamorphosys	1999	/164,8	8	8			8
3	51	Ion Vasilache	Individual	1998	/185,4	7	9			9
4	57	Rafael Domingos	2K	1995	/168,1	12	13			13
5	22	João Silva	FitCanidelo	2000	/164,1	19	14			14
6	48	João Augusto	Individual	1996	/185,8	14	17			17
7	46	Alexandre Miranda	2K	1998	/170,5	20				
8	56	Vasco Maia	Individual	1996	/177,7	24				
9	59	Manuel Guerreiro	Individual	1997	/177,5	27				
10	60	Bernardo Gardão	Individual	1998	/168,6	30				
	7	Ayrton Escorcio	Individual	1996	/170,5					
	44	Afonso Puga	Individual	1998	/181					
	45	André Falcão	Individual	1998	/168,2					
	47	David Idefonso	Postiga	1997	/179					
	49	André Almeida	Individual	1997	/182					
	52	Luís Cristiano	Individual	1995	/177,5					
	53	Patrick Costa	2K	1995	/171,2					
	54	Tiago Ferreira	2K	1995	/179,1					
	55	Carlos Lemos	Individual	1995	/180,7					

Σ=19

Women's Bikini-Fitness até 160 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1				Score
1	66	Inês Soares	Postiga	1991	/149,6	5				5
2	64	Ana Torres	MHD	1990	/158,5	10				10
3	68	Juliana Sousa	Butcher		/159,2	10				10
4	67	Rafaela Ribeiro	Individual	1983	/160	13				13
5	62	Bruna Sousa	Individual	1990	/156,9	14				14
6	63	Amanda Neves	Edgar Gomes	1990	/157,7	17				17
7	65	Cátia Lourenço	Postiga	1993	/152,4	21				21

Σ=7

Women's Bikini-Fitness mais de 160 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	71	Sónia Silva	MHD	1991	/169,5	4	4			4
2	76	Cátia Silvério	Postiga	1989	/163,3	7	7			7
3	78	Diana Pinto	FitCanidelo		/165,1	11	10			10
4	77	Sofia Baptista	Edgar Gomes	1999	/160,6	10	10			10
5	72	Sara Venâncio	Postiga	1993	/162,5	19	15			15
6	73	Maria Francisco	Postiga	1992	/161,2	15	17			17
7	70	Luciana Mendes	2K	1992	/160,2	20				
8	74	Ana Pires	Individual	1988	/168,4	25				
9	75	Fátima Sousa	Edgar Gomes	1987	/161,1	26				

Σ=9

Women's Wellness Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	86	Maria Silva	Individual	1983	/164,6	4	3			3
2	82	Maria Abreu	Edgar Gomes	1993	/164,3	7	7			7
3	84	Ana Reis	2K	1989	/156,1	10	10			10
4	80	Ariana Martins	Individual	1984	/166,4	12	12			12
5	85	Marli Mendes	2K	1984	/152,5	13	14			14
6	88	Maria Costa	2K	1988	/158,5	21	17			17
7	81	Mafalda Granado	Individual	1992	/159,9	21				
8	87	Vanda Navalho	Individual	1986	/150,5	24				
9	89	Vera Maia	Butcher		/158,8	26				
10	83	Neusa Tavares	2K	1989	/162,4	30				

Σ=10

OVERALL Iniciados Men's Physique

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1				Score
1	39	Jorge Tavares	2K	1987	/	3				3
2	6	Filipe Cerol	Individual	1994	/	6				6
3	11	Alexandre Tinoco	Metamorphosys	1999	/164,8	9				9
4	26	João Gonçalves	Postiga	1990	/178,5	11				11

Σ=4

OVERALL Women's Bikini-Fitness

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1				Score
1	66	Inês Soares	Postiga	1991	/	4				4
2	71	Sónia Silva	MHD	1991	/	5				5

Σ=2

Men's Physique até 170 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	98	Gonçalo Estêvão	Individual	1993	/166,8	3	3			3
2	100	Leonardo Araújo	Postiga	1993	/167,6	8	8			8
3	101	Igor Costa	Postiga	1988	/164	10	10			10
4	94	Filipe Cerol	Individual	1994	/169,5	12	12			12
5	96	Hélder DelMonte	2K	1982	/164,7	13	13			13
6	92	Hugo Saraiva	Individual	1990	/167,8	21	18			18
7	99	Gonçalo Neves	MHD	1992	/167,3	22				
8	97	Rafael Domingos	2K	1995	/168,1	24				
9	95	Emanuel Ramos	Individual	1980	/168,2	25				
10	103	Hugo Carlos	Marcos Pereira & Fitness XXI	1990	/167,1	31				
11	102	Carlos Branquinho	Individual	1984	/165,2	32				
12	93	José Silva	Individual	1992	/165	36				
DNC	104	José Vieira	Butcher	1995	/165,3					

Σ=13

Men's Physique até 173 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	115	Rafael Bouça	Marcos Pereira & Fitness XXI		/170,6	3	3			3
2	109	Evelino Rodrigues	Individual	1977	/173	6	6			6
3	117	Ricardo Ferreira	2K	1977	/172,9	11	10			10
4	106	André Fi Figueiredo	Postiga	1988	/171,5	13	14			14
5	114	Luís Raimundo	Individual	1986	/172,5	14	15			15
6	107	Pedro Soares	Individual	1991	/171,6	18	18			18
7	110	Sérgio Tavares	2K	1985	/171,9	21				
8	112	Hugo Matos	Individual	1992	/171	28				
9	111	André Jesus	Postiga	1984	/170,9	28				
10	116	Manuel Lele	Edgar Gomes	1962	/170,1	30				
11	118	João Nunes	Edgar Gomes	1994	/171,7	30				
12	108	Jordan Fernandes	Marcos Pereira & Fitness XXI	1993	/172,6	32				
DNC	113	Patrick Costa	2K	1995	/171,2					

Σ=13

Men's Physique até 176 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	127	Ricardo Ezequiel	Postiga	1995	/175,2	4	4			4
2	131	Flávio Martins	Postiga	1986	/174,5	6	6			6
3	121	Ricardo Correia	Postiga	1992	/174,9	10	10			10
4	130	Pedro Graça	2K	1991	/173,1	12	12			12
5	120	José Teixeira	Postiga	1993	/174,1	13	14			14
6	123	Luís Ruxa	Postiga	1985	/173,3	20	18			18
7	124	Bruno Pereira	2K	1991	/175,8	22				
8	128	Rúben Gomes	Individual	1990	/174,6	23				
9	125	Bruno Castro	Marcos Pereira & Fitness XXI	1986	/175,6	27				
10	129	Bruno Antunes	Edgar Gomes	1987	/173,5	30				
11	122	Rui Moura	Postiga	1980	/175	33				
12	132	Pedro Cordeiro	Postiga	1993	/174,8	36				
DNC	126	Tiago Jerónimo	2K	1984	/175,3					

Σ=13

Men's Physique até 179 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	146	Jerson Brito	2K	1990	/178	6	6			6
2	138	Renato Estêvão	Individual	1991	/177,2	7	7			7
3	152	Pedro Carneiro	Butcher		/178,9	7	8			8
4	141	Ludgero Leal	Individual	1986	/177,7	12	12			12
5	145	João Gonçalves	Postiga	1990	/178,5	14	14			14
6	143	Ricardo Oliveira	Postiga	1990	/177,4	21	18			18
7	135	Sandro Remigio	Individual	1994	/176,7	21				
8	136	Leonel Rozeno	Individual	1989	/178,5	22				
9	133	Pedro Almeida	FitCanidelo	1994	/176,3	28				
10	137	Diogo Neno	Postiga	1991	/177,6	28				
	139	Filipe Carvalho	Postiga	1992	/178,7					
	140	Vasco Maia	Individual	1996	/177,7					
	142	David Idefonso	Postiga	1997	/179					
	144	Carlos Pereira	Edgar Gomes	1981	/178,8					
	147	Bruno Pinto	Individual	1990	/178,1					
	148	Dinis Silva	Postiga	1990	/177,3					
	149	André Vitorino Figueiredo	Postiga	1985	/179					
	150	Márcio Vitorino	Postiga	1990	/178,5					
	151	João Louro	2K	1983	/178					

Σ=19

Men's Physique mais de 179 cm

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	164	Olegário Caldeirão	Postiga	1988	/183,5	3	4			4
2	157	Jorge Tavares	2K	1987	/180,2	6	6			6
3	156	Ricardo Costa	Individual	1994	/183	9	9			9
4	160	João Augusto	Individual	1996	/185,8	12	12			12
5	161	Marcelo Vieira	Postiga	1988	/184,1	15	16			16
6	154	Bruno Fernandes	Postiga	1987	/185,1	21	17			17
7	163	Pedro Pereira	Marcos Pereira & Fitness XXI	1993	/183,4	22				
8	158	Ricardo Morais	Individual	1992	/190,9	23				
9	155	Afonso Puga	Individual	1998	/181	23				
10	162	Yury Kristyokov	Individual	1978	/184,5	30				
DNC	159	Nuno Gonçalves	Individual	1994	/180,8					

Σ=11

Muscular Men's Physique Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2			Score
1	169	Bruno Cunha	Postiga	1986	/183,7	4	4			4
2	173	Bruno Azevedo	Individual		/180,2	6	5			5
3	172	Vírgilio Costa	2K	1981	/164,9	9	9			9
4	170	Sérgio Rodrigues	Postiga	1989	/169	12	13			13
5	171	Rui Vieira	2K	1990	/170,5	15	14			14
6	168	Ricardo Machado	Individual	1987	/175,7	19	18			18
7	167	Daniel Santos	2K	1990	/177,2	21				
8	166	Tiago Lourenço	Individual	1990	/169,7	23				

Σ=8

OVERALL Men's Physique

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1				Score
1	115	Rafael Bouça	Marcos Pereira & Fitness XXI		/	4				4
2	98	Gonçalo Estêvão	Individual	1993	/	6				6
3	127	Ricardo Ezequiel	Postiga	1995	/	11				11
4	146	Jerson Brito	2K	1990	/	11				11
5	164	Olegário Caldeirão	Postiga	1988	/	12				12

Σ=5

Women's BodyFitness Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1				Score
1	175	Sónia Semedo	2K	1979	/172,4	3				3
2	177	Maria Afonso	2K	1985	/159,6	6				6
3	176	Cristiana Rodrigues	PitPower	1975	/163,1	9				9
4	178	Rita Gouveia	2K	1978	/160,4	12				12

Σ=4

Men's Culturismo Clássico Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2x2	R3		Score
1	181	Bruno Santos	PitPower	1985	84/178,5	6	10	5		15
2	184	Bruno Ferreira	Edgar Gomes	1987	85/178	4	8	8		16
3	183	Cláudio Oliveira	2K	1989	90,3/181,3	8	18	13		31
4	180	Carlos Ferro	Individual	1988	71,8/169,8	12	22	11		33
5	185	Tiago Montenegro	Individual	1993	80,2/175,1	15	30	8		38
6	186	Dany Carvalho	Postiga	1995	63,9/163,3	19	36	15		51
7	182	Pedro Maldonado	Postiga	1995	63,7/165	20				
8	187	André Ferreira	2K	1992	86,5/183,4	24				
9	188	José Charrua	Postiga	1984	70,2/171,4	27				

Σ=9

Women's Physique Open

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1x2	R2			Score
1	190	Katy Marques	2K	1984	/160,2	6	3			9
2	191	Filipa Romeiras	2K	1978	/161,8	12	6			18

Σ=2

Pares Mistos

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1x2	R2			Score
1	196	Sónia Semedo/Cláudio Adam	2K		/	6	3			9
2	194	Katy Marques/António Silva	2K		/	16	6			22
3	193	Maria Afonso/Pedro Costa	2K		/	14	9			23

Σ=3

Men's Culturismo até 80 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1	R2x2	R3		Score
1	207	Cláudio Adam	PitPower	1977	75,6/	6	8	4		12
2	205	Pedro Gonçalves	Individual	1984	79,6/	5	14	11		25
3	201	Rui Reis	2K	1989	78,3/	9	20	9		29
4	209	João Carvalho	Butcher		79/	22	28	12		40
5	203	André Batista	Postiga	1993	76,3/	11	30	10		40
6	198	Arlindo Gonçalves	2K		75,3/	14	28	18		46
7	202	Pedro Costa	2K	1991	73/	22				
8	210	Ricardo Monteiro	Butcher		69,7/	23				
9	199	Nelson Pombal	Postiga		73,5/	24				
10	208	Yuran Santos	Individual	1993	80/	28				
11	206	Fernando Costa	Postiga	1988	68,9/	33				
12	197	Duarte Teixeira	2K	1981	79,1/	36				
13	200	Ailton Fortes	Individual	1987	77,8/	37				
14	204	João Santos	Postiga	1991	67,4/	40				

Σ=14

Men's Culturismo mais de 80 kg

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1x2	R2			Score
1	215	Rui Nascimento	2K	1990	89,5/	6	3			9
2	214	Diogo Valente	2K	1998	80,8/	12	6			18
3	216	Bernardo Lourenço	Individual	1998	94,7/	20	12			32
4	213	António Silva	2K	1977	92,9/	26	11			37
5	217	Fernando Santos	2K	1979	90,9/	28	14			42

Σ=5

OVERALL Men's Culturismo

PLACE	No	NAME	COUNTRY	BORN	BW/ BH	R1				Score
1	207	Cláudio Adam	PitPower	1977	/	4				4
2	215	Rui Nascimento	2K	1990	/	5				5

Σ=2