

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	628	TIAGO MATIAS	M	35	1	00:33:36.85	00:33:36.70	CAPENAFIRME
2	658	HUGO RODRIGUES	M	22	2	00:33:43.37	00:33:43.37	VITORIA FC
3	459	GONÇALO CLAÚDIO	M	24	3	00:33:51.11	00:33:49.98	UNIÃO JUVENTUDE DE ALVERCA
4	395	RICARDO SILVA	M	28	4	00:34:33.69	00:34:33.69	CF OS BELENENSES
5	2560	SÉRGIO SILVA	M	36	5	00:35:04.00	00:35:04.00	CF OS BELENENSES
6	208	CARLOS OLIVEIRA	M	49	1	00:35:24.67	00:35:24.67	ASS VALE GRANDE
7	460	PAULO ALBINO	M	42	1	00:35:37.25	00:35:37.25	UNIÃO JUVENTUDE DE ALVERCA
8	355	TIAGO HENOCH	M	35	6	00:36:01.82	00:36:00.55	PSP ALVERCA
9	629	NELSON SANTOS	M	45	2	00:36:31.48	00:36:31.48	CAPENAFIRME
10	632	DANIEL MARTINS	M	34	7	00:36:40.00	00:36:40.00	CAPENAFIRME
11	514	PEDRO URBANO	M	22	8	00:37:00.90	00:37:00.90	GDR REBOLEIRA
12	637	HUGO DOURADO	M	39	9	00:37:13.65	00:37:12.47	
13	199	NELSON PEREIRA	M	42	2	00:37:33.83	00:37:32.23	GAREHOTELRUNNING
14	559	BELMIRO RODRIGUES	M	56	1	00:37:37.40	00:37:37.40	CDS SALVADOR DO CAMPO
15	631	VITOR SANTOS	M	43	3	00:38:03.01	00:38:01.39	CAPENAFIRME
16	270	CARLOS MORAIS	M	50	1	00:38:16.97	00:38:14.58	
17	630	CARLOS SERRA	M	41	4	00:38:18.87	00:38:18.03	CAPENAFIRME
18	286	RICARDO SIMÕES	M	54	2	00:38:32.36	00:38:32.36	CCD O ALVITEJO
19	575	FERNANDO MARTINS	M	48	3	00:38:36.05	00:38:32.93	GDC BANCO DE PORTUGAL
20	238	ANGELO SILVA	M	36	10	00:38:41.53	00:38:37.77	CCDT METRO LX
21	96	LUIS REBELO	M	54	3	00:38:49.56	00:38:49.56	FALCÕES SELVAGENS
22	382	PEDRO BARREIRÃO	M	32	11	00:38:59.38	00:38:56.43	GDC BANCO DE PORTUGAL
23	388	BRUNO PIRES	M	37	12	00:38:59.66	00:38:56.18	GDC BANCO DE PORTUGAL
24	513	PAULO MOREIRA	M	49	4	00:39:08.01	00:39:06.78	GDR REBOLEIRA
25	606	RUI TEIXEIRA	M	42	5	00:39:13.39	00:39:09.36	CAD A CORRER
26	81	ANDRÉ MORGADO	M	34	13	00:39:16.81	00:39:16.81	CAD A CORRER
27	448	PAULO FERNANDES	M	53	4	00:39:22.92	00:39:18.12	DGMFA RUNNERS
28	489	JOÃO GAMEIRO	M	48	5	00:39:30.06	00:39:26.50	GAMEIROS
29	458	DANIEL TRINDADE	M	19	14	00:39:33.51	00:39:33.51	UNIÃO JUVENTUDE DE ALVERCA
30	305	RICARDO BERNARDES	M	29	15	00:39:35.42	00:39:35.42	GFD RUNNING
31	511	RICARDO PINTO	M	36	16	00:39:35.77	00:39:34.20	GDR REBOLEIRA
32	461	NUNO ALMEIDA	M	23	17	00:39:41.51	00:39:41.51	UNIÃO JUVENTUDE DE ALVERCA
33	408	MÁRIO BORGES	M	34	18	00:39:41.87	00:39:41.87	
34	691	ISIDRO DUARTE	M	51	5	00:39:46.26	00:39:43.29	
35	422	PATRICK MAGALHÃES	M	36	19	00:39:52.88	00:39:51.05	DGMFA RUNNERS
36	674	JOSE BISCAIA	M	35	20	00:40:01.90	00:39:54.21	PROZIS

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

37	213	ANTONIO SANTOS	M	60	1	00:40:08.47	00:40:07.41	ASS VALE GRANDE
38	486	ROMAN ROMANYUK	M	38	21	00:40:11.79	00:40:05.79	GAMEIROS
39	625	JOSE BORGES	M	58	2	00:40:14.20	00:40:13.00	CF OS BELENENSES
40	586	VÍTOR OLIVEIRA	M	29	22	00:40:25.38	00:40:24.25	ASS VALE GRANDE
41	239	ANTÓNIO PEREIRA	M	54	6	00:40:25.75	00:40:22.35	CCDT METRO LX
42	242	MANUEL BARROS COSTA	M	62	2	00:40:25.97	00:40:21.96	CCDT METRO LX
43	640	JOÃO ALVES	M	31	23	00:40:28.30	00:40:24.43	
44	327	JOÃO MONTEIRO	M	19	24	00:40:39.73	00:40:39.73	CM CORRIDA DE ODIVELAS
45	639	CAMILO TARMAHOMED	M	46	6	00:40:41.23	00:40:41.23	
46	23	NUNO SILVA	M	39	25	00:40:42.43	00:40:39.71	FF PAZ MUNDIAL E UNIFICAÇÃO
47	400	CLAUDIO MIRA	M	54	7	00:40:49.06	00:40:49.06	GAA VILA F XIRA
48	545	NUNO REBELO	M	30	26	00:40:49.19	00:40:47.20	RUNTEJO
49	636	BRUNO MARRÃO	M	43	6	00:41:02.36	00:41:00.27	GO! RUNNERS
50	643	CARLOS VISEU	M	49	7	00:41:07.00	00:41:06.16	CF OS BELENENSES
51	576	MIGUEL GUEDELHA	M	20	27	00:41:12.68	00:41:09.39	METROCAL / TRADELABOR
52	221	HÉLDER LOPES	M	36	28	00:41:14.71	00:41:03.16	ONE BUY SHOP RUNNERS
53	697	DUARTE COSTA	M	35	29	00:41:36.73	00:41:36.73	
54	295	DANIEL VERISSIMO	M	37	30	00:41:41.05	00:41:40.01	SS CGD
55	308	RUI PASTOR	M	46	8	00:41:43.61	00:41:26.31	CCDT METRO LX
56	80	AUGUSTO CARRIÇO	M	52	8	00:41:47.58	00:41:42.48	CAD A CORRER
57	310	AMILCAR FELICIANO	M	39	31	00:41:52.32	00:41:33.85	
58	75	NUNO COSTA	M	45	9	00:42:03.21	00:41:59.33	CAD A CORRER
59	263	LUIS ROCHA	M	36	32	00:42:05.00	00:41:57.80	
60	353	DÁRIO MESQUITA	M	35	33	00:42:08.78	00:41:59.27	PSP ALVERCA
61	76	ILISITO FERREIRA	M	35	34	00:42:12.36	00:42:06.54	CAD A CORRER
62	698	PEDRO FERNANDES	M	28	35	00:42:15.07	00:42:08.68	STILL FIT
63	243	NUNO PITA	M	43	7	00:42:17.35	00:42:14.83	CCDT METRO LX
64	389	SÉRGIO AMADO	M	28	36	00:42:18.85	00:42:10.76	
65	385	JOÃO MENESES	M	29	37	00:42:18.90	00:41:38.99	GDC BANCO DE PORTUGAL
66	411	CÉSAR SILVA	M	40	8	00:42:22.69	00:42:14.41	PLURAL DREAM TEAM
67	78	CARLOS FRANÇA	M	40	9	00:42:28.24	00:42:24.16	CAD A CORRER
68	386	LUÍS RIO	M	47	10	00:42:38.24	00:42:33.48	GDC BANCO DE PORTUGAL
69	42	JOSÉ ALEIXO	M	50	9	00:42:45.23	00:42:38.11	ALVERCA URBAN RUNNERS
70	507	ANTONIO REBELO	M	47	11	00:42:48.13	00:42:33.97	
71	613	RUI BATISTA	M	42	10	00:42:50.00	00:42:39.35	AA MAFRA
72	303	PEDRO BRÁS	M	36	38	00:42:52.39	00:42:47.58	SS CGD
73	352	CRISTÓVÃO MARCOS	M	34	39	00:42:53.10	00:42:43.25	PSP ALVERCA

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5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

74	380	ANTÓNIO SIMÕES	M	49	12	00:42:59.77	00:42:53.92	GDC BANCO DE PORTUGAL
75	79	PAULO JESUS	M	51	10	00:43:01.70	00:42:56.50	CAD A CORRER
76	543	MAURO ROCHA	M	37	40	00:43:15.23	00:43:15.23	GAMEIROS
77	684	DIAMANTINO GAMITO	M	53	11	00:43:18.10	00:43:12.54	CLUBE TAP
78	600	FÁBIO ROMÃO	M	27	41	00:43:18.66	00:43:10.73	UDCA
79	134	BRUNO QUENTAL	M	44	11	00:43:18.76	00:42:48.39	
80	690	JOÃO MARAL	M	50	12	00:43:25.01	00:43:23.52	
81	211	SÉRGIO DUARTE	M	39	42	00:43:39.68	00:43:27.58	ABUTRES
82	299	JOAQUIM FRADE	M	63	3	00:43:40.49	00:43:38.94	SS CGD
83	183	JOÃO XAVIER	M	18	43	00:43:41.13	00:43:30.31	OGMA
84	358	GONÇALO DUQUE	M	20	44	00:43:50.26	00:43:32.43	ALVERCA URBAN RUNNERS
85	44	BRUNO PARDAL	M	33	45	00:43:53.85	00:43:17.83	RUNNING LOURES
86	345	PEDRO MADEIRA	M	32	46	00:44:02.85	00:44:02.85	OGMA
87	456	BRUNO SANTOS	M	21	47	00:44:04.17	00:44:04.17	DGMFA RUNNERS
88	129	PAULO MARTINS	M	51	13	00:44:07.69	00:44:07.69	
89	429	FRANCISCO CALÇADA	M	54	14	00:44:07.94	00:44:00.83	DGMFA RUNNERS
90	520	ANA FILIPA REBELO	F	26	1	00:44:10.19	00:44:10.19	RUN TEJO
91	347	FREDERICO PACHECO	M	37	48	00:44:10.76	00:44:01.98	PSP ALVERCA
92	21	DAVID RAMOS	M	38	49	00:44:11.24	00:44:00.59	
93	424	FERNANDO FIGUEIREDO	M	53	15	00:44:12.37	00:44:10.17	DGMFA RUNNERS
94	377	JOSÉ MONTEIRO	M	62	4	00:44:13.96	00:43:42.76	GDC BANCO DE PORTUGAL
95	621	DIOGO MENINO	M	30	50	00:44:15.09	00:43:54.19	ALVERCA URBAN RUNNERS
96	22	MIGUEL MACHADO	M	35	51	00:44:15.27	00:43:55.11	ALVERCA URBAN RUNNERS
97	348	CARLOS DIAS	M	42	12	00:44:19.44	00:44:19.44	PSP ALVERCA
98	67	CELIA HENRIQUES	F	48	1	00:44:19.71	00:44:15.79	APOGMA
99	111	LUÍS MIGUEL SANTOS	M	49	13	00:44:20.16	00:44:15.01	ALVERCA URBAN RUNNERS
100	350	TIAGO FERREIRA	M	36	52	00:44:25.43	00:44:25.43	PSP ALVERCA
101	401	RUI HENRIQUES	M	43	13	00:44:30.88	00:44:30.88	GAA VILA F XIRA
102	552	PAULO SANTOS	M	52	16	00:44:34.71	00:44:34.71	LOURDETE PERFUMARIAS
103	125	PEDRO ISIDORO	M	45	14	00:44:35.11	00:44:21.21	
104	152	RICARDO PITA	M	38	53	00:44:36.00	00:44:36.00	CAMARA LISBOA CLUBE
105	564	Atleta nao Cadastrado	M	39	54	00:44:38.00	00:44:38.00	SOBRALINHO
106	413	MARIO SANTANA	M	38	55	00:44:42.46	00:44:42.46	
107	197	ÁLVARO LENTE	M	39	56	00:44:44.57	00:44:24.68	ALVERCA URBAN RUNNERS
108	351	GABRIEL MATEUS	M	40	14	00:44:47.31	00:44:26.07	PSP ALVERCA
109	185	NUNO MARQUES	M	42	15	00:44:48.51	00:44:35.68	SANTANA FC TRAIL TEAM
110	502	PAULO MARQUES	M	44	16	00:44:51.11	00:44:51.11	GAA VILA F XIRA

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5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

111	93	JOSÉ AMARO	M	42	17	00:45:05.67	00:45:05.67	LIZ RUNNERS
112	705	JORGE CANTEIRO	M	49	15	00:45:13.16	00:45:08.37	TRANQUILIDADE
113	624	CARLOS AMARO	M	37	57	00:45:20.12	00:45:09.06	GRUPO BARRAQUEIRO
114	396	HENRIQUE AMADOR	M	47	16	00:45:28.76	00:45:28.39	SS CGD
115	655	VOLNEI LANFREDI	M	43	18	00:45:32.14	00:45:27.86	BORA CORRER
116	83	FRANCISCO ARAÚJO MORAIS	M	39	58	00:45:34.00	00:45:34.00	
117	107	PATRICK MAGALHÃES	M	36	59	00:45:35.10	00:45:35.10	CORRE KEMAGRECES
118	532	JULIA SCHIAVON	F	37	2	00:45:35.56	00:45:21.85	OGMA
119	16	JOSÉ TAVARES	M	50	17	00:45:37.20	00:45:33.18	PERO PINHEIRO
120	699	VIRGILIO MADEIRA	M	60	5	00:45:41.51	00:45:34.39	TRANQUILIDADE
121	182	ANTÓNIO XAVIER	M	52	18	00:45:42.59	00:45:31.50	OGMA
122	24	HELENA MOREIRA	F	42	1	00:45:43.08	00:45:39.54	FF PAZ MUNDIAL E UNIFICAÇÃO
123	155	LICINIO FIDALGO	M	59	3	00:45:44.50	00:45:13.11	CAMARA LISBOA CLUBE
124	635	ANTÓNIO ALVES	M	58	4	00:45:47.10	00:45:39.17	
125	302	NOÉMIA SEQUEIRA	F	51	1	00:45:49.47	00:45:48.14	SS CGD
126	483	NELSON CAEIRO	M	50	19	00:45:51.23	00:45:48.89	GAMEIROS
127	503	VITOR NOVAIS	M	43	19	00:45:55.96	00:45:55.96	GAA VILA F XIRA
128	534	HUGO BOURA	M	30	60	00:45:58.17	00:45:38.16	ALVERCA URBAN RUNNERS
129	28	PEDRO FERREIRA	M	41	20	00:46:01.65	00:45:59.26	CLUBE ROBBIALAC
130	540	ELIO GALEGO	M	35	61	00:46:12.07	00:46:02.96	
131	595	ILSA CARVALHO DA COSTA COSTA	F	33	3	00:46:15.54	00:46:00.54	
132	563	PEDRO CORREIA	M	36	62	00:46:20.94	00:45:46.61	
133	156	PAULO CARTAXO	M	40	21	00:46:25.25	00:46:03.80	
134	225	PAULO BOTELHO	M	45	17	00:46:29.69	00:46:20.03	C NOTURNA PARQUE DAS NAÇÕES
135	455	RUI DIAS	M	36	63	00:46:34.52	00:46:17.31	DGMFA RUNNERS
136	451	PAULO MATA	M	55	5	00:46:34.80	00:46:24.00	DGMFA RUNNERS
137	379	FERNANDO RIBEIRO	M	53	20	00:46:35.72	00:46:33.06	GDC BANCO DE PORTUGAL
138	678	HUGO FERREIRA	M	32	64	00:46:36.25	00:46:25.50	
139	544	VITOR RODRIGUES	M	37	65	00:46:37.88	00:46:31.47	GAMEIROS
140	218	LUIS AZEVEDO	M	54	21	00:46:42.89	00:46:37.36	CORRER LISBOA
141	368	MIGUEL SOUSA	M	43	22	00:46:43.72	00:46:43.72	CLUBE COLABORADORES AGEAS
142	69	PAULO MARQUES	M	34	66	00:46:44.26	00:46:21.26	
143	671	ATLETA NÃO CADASTRADO	M	0	67	00:46:44.55	00:46:25.12	
144	224	JOSE MAGALHAES	M	51	22	00:46:46.30	00:46:37.41	RUN 4 FUN
145	46	ANTONIO GONÇALVES	M	57	6	00:46:47.83	00:46:41.31	ALVERCA URBAN RUNNERS
146	316	JORGE MANSO	M	39	68	00:46:48.63	00:46:39.73	STOP CARMO
147	86	CARLOS ALMEIDA	M	62	6	00:46:49.10	00:46:42.98	

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5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

148	376	JOAQUIM FERRÃO	M	58	7	00:46:52.01	00:46:46.15	GDC BANCO DE PORTUGAL
149	550	GABRIEL CAMPINO	M	30	69	00:46:53.09	00:46:20.86	HUT RUNNERS ALVERCA
150	577	RODRIGO EMANUEL PINHO	M	20	70	00:46:54.01	00:46:44.25	METROCAL / TRADELABOR
151	476	SÉRGIO GONÇALVES	M	45	18	00:46:54.40	00:46:43.23	PSP ALVERCA
152	334	MIGUEL FALÉ	M	24	71	00:46:58.76	00:46:23.75	
153	346	BERNARDO FILIPITSCH	M	39	72	00:47:00.49	00:46:46.68	
154	51	JOAQUIM GALVÃO	M	64	7	00:47:03.13	00:47:03.13	
155	92	JOSÉ CRUZ	M	44	23	00:47:03.33	00:46:34.06	RUN FOR LUNCH
156	517	LUIS MIGUEL RAPOSO CARDOSO	M	28	73	00:47:05.88	00:46:57.05	
157	281	ANDRE ZEFERINO	M	41	24	00:47:07.12	00:46:57.87	LINK
158	387	JOÃO RODRIGUES	M	39	74	00:47:08.80	00:46:47.05	GDC BANCO DE PORTUGAL
159	425	NUNO VEIGA	M	34	75	00:47:09.61	00:46:47.94	DGMFA RUNNERS
160	85	ARTUR OLIVEIRA	M	41	25	00:47:10.46	00:46:55.73	
161	626	VITOR CAVADAS	M	31	76	00:47:13.00	00:47:13.00	
162	531	LUCIANO FARIA	M	41	26	00:47:13.90	00:47:13.90	OGMA
163	203	VICTOR JESUS	M	43	27	00:47:14.91	00:47:14.91	CAD A CORRER
164	191	DAVID SOARES	M	35	77	00:47:15.06	00:47:10.02	XIRA CLUBE
165	390	PAULO LOPES	M	38	78	00:47:19.72	00:47:19.72	ALVERCA URBAN RUNNERS
166	227	FERNANDO SIMÕES	M	52	23	00:47:20.18	00:47:20.18	
167	116	TOMÁS MARTINS	M	19	79	00:47:23.69	00:46:59.52	
168	219	ANTÓNIO RODRIGUES	M	52	24	00:47:26.81	00:47:23.25	
169	150	AFONSO NUNES	M	58	8	00:47:29.60	00:47:15.05	
170	343	RUI JORGE SANTOS	M	39	80	00:47:33.94	00:47:26.63	30 SEGUNDOS AO KM
171	82	RUI OLIVEIRA	M	41	28	00:47:42.07	00:47:36.45	CAD A CORRER
172	634	RICARDO SÁ	M	38	81	00:47:47.96	00:47:26.84	
173	676	CARLOS LEITÃO	M	55	9	00:47:50.81	00:47:48.57	SSCGD
174	399	JOSE GASPAS	M	46	19	00:47:53.23	00:47:35.22	
175	153	JOAO VALHELHAS	M	47	20	00:47:55.64	00:47:24.13	CAMARA LISBOA CLUBE
176	433	PATRÍCIA MONTEIRO	F	22	4	00:47:56.00	00:47:56.00	DGMFA RUNNERS
177	237	Mª DA GRAÇA DE O.GONÇALVES CASTRO	F	46	2	00:47:58.34	00:47:46.08	RUNNERS DE KINTAL
178	163	JOSÉ ANTÓNIO MARTINS MARQUES	M	46	21	00:47:59.22	00:47:59.22	
179	256	PAULO TRIGO	M	40	29	00:47:59.53	00:47:53.33	R FRENTE RIBEIRINHA PÓVOA STA IRIA
180	34	FRANCISCO PASSOS	M	57	10	00:48:05.07	00:47:49.23	
181	198	VITOR FERNANDES	M	35	82	00:48:06.68	00:48:06.68	
182	434	LEANDRO SAMPAIO	M	25	83	00:48:10.43	00:48:06.59	DGMFA RUNNERS
183	58	NUNO LOPES	M	44	30	00:48:13.46	00:47:44.83	FC ESTRELAS LISBOA
184	551	SERGIO NUNES	M	42	31	00:48:13.61	00:48:13.61	MARVILA JOVEM

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

185	97	EURICO GOMES	M	56	11	00:48:15.87	00:48:08.09	ADCR PJ
186	43	EDUARDO COELHO	M	36	84	00:48:20.31	00:48:09.54	ADRC MATA DE BENFICA
187	428	JORGE CHAVES	M	45	22	00:48:21.24	00:48:08.66	DGMFA RUNNERS
188	485	ION POPESCO	M	33	85	00:48:24.73	00:48:21.45	GAMEIROS
189	172	JOSE GOMES	M	41	32	00:48:25.49	00:48:13.82	
190	149	JOÃO PEREIRA	M	49	23	00:48:31.64	00:48:24.81	
191	406	ANDRÉ CORREIA	M	26	86	00:48:31.81	00:47:59.16	HUT RUNNERS ALVERCA
192	184	BÁRBARA SÁ MARQUES	F	39	5	00:48:33.24	00:48:21.19	SANTANA FC TRAIL TEAM
193	682	JOSÉ SOUSA	M	54	25	00:48:39.14	00:48:39.14	CLUBE TAP
194	275	JOSÉ ALEXANDRE	M	47	24	00:48:47.57	00:48:29.53	
195	607	FREDERICO CARVALHO	M	34	87	00:48:49.69	00:48:27.36	
196	491	FABIO ARAUJO	M	31	88	00:48:52.42	00:48:31.49	UDCA
197	230	DANIEL PAULO	M	23	89	00:49:01.37	00:48:46.02	
198	282	FERNANDO FARIA	M	56	12	00:49:07.23	00:48:57.41	LINK
199	313	MIGUEL SANTOS	M	36	90	00:49:10.58	00:48:52.83	URBAN RUN TEAM
200	565	LUÍS ALVES	M	40	33	00:49:16.60	00:49:03.51	
201	209	LIPING ZHONG	M	45	25	00:49:20.96	00:49:08.30	
202	33	CARLOS FERNANDES	M	34	91	00:49:26.19	00:48:53.47	
203	166	PEDRO FERREIRA	M	46	26	00:49:26.74	00:49:12.94	ALVERCA URBAN RUNNERS
204	188	NUNO CARDOSO	M	48	27	00:49:27.79	00:49:23.41	CAD A CORRER
205	510	HUGO FERREIRA	M	36	92	00:49:28.10	00:49:17.86	
206	454	JORGE CHAVES	M	45	28	00:49:28.18	00:49:14.69	DGMFA RUNNERS
207	677	RITA MAGINA	F	40	2	00:49:29.85	00:49:16.47	STILL FIT
208	17	LURDES TAVARES	F	51	2	00:49:32.19	00:49:27.44	SUPER 50
209	616	ARTUR SANTOS	M	49	29	00:49:35.18	00:49:25.21	
210	518	RITA NUNES	F	29	6	00:49:37.06	00:49:21.81	
211	417	CARLOS CARRANCA	M	54	26	00:49:38.03	00:49:32.62	
212	200	FERNANDO TORRES	M	56	13	00:49:40.06	00:49:24.95	GAREHOTELRUNNING
213	627	SÉRGIO JESUS	M	51	27	00:49:40.23	00:49:32.84	
214	590	CARLOS ABELHA	M	48	30	00:49:43.23	00:49:20.81	
215	553	RICARDO CONCEIÇÃO	M	33	93	00:49:47.00	00:49:47.00	LOURDETE PERFUMARIAS
216	320	ALFREDO NOTÁRIO	M	49	31	00:49:48.08	00:49:33.93	ALVERCA URBAN RUNNERS
217	539	GONÇALO MENDES	M	27	94	00:49:49.13	00:49:18.84	
218	136	CARLOS MACHADO	M	43	34	00:49:53.45	00:49:14.71	JOANINHAS
219	102	PAULO TAVARES	M	41	35	00:50:01.93	00:49:26.27	
220	133	RICARDO TEODORO	M	38	95	00:50:02.47	00:50:00.18	ÁGUIAS RIBATEJANAS
221	253	ARTUR JOSÉ CARVALHO	M	56	14	00:50:03.60	00:50:03.60	

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

222	488	VITOR GAMEIRO	M	53	28	00:50:04.57	00:49:55.09	GAMEIROS
223	501	LUIS NUNES	M	42	36	00:50:06.06	00:49:33.78	MARVILA JOVEM
224	587	PAULO MONTEIRO	M	45	32	00:50:06.52	00:49:53.23	ASS VALE GRANDE
225	154	JULIO REIS	M	45	33	00:50:12.81	00:49:40.77	CAMARA LISBOA CLUBE
226	328	MARINA MARQUES	F	46	3	00:50:13.07	00:50:13.07	RUN 4 FUN
227	95	CESAR DOMINGOS DIOGO SILVESTRE	M	42	37	00:50:14.69	00:50:14.69	BRUXOS RUNNERS
228	611	RITA SANTOS	F	28	7	00:50:15.90	00:50:09.48	MALUQUINHAS DA CORRIDA
229	439	GINA MARTINS	F	44	3	00:50:16.33	00:49:58.55	DGMFA RUNNERS
230	438	DAVID BERNARDO	M	37	96	00:50:16.38	00:49:58.60	DGMFA RUNNERS
231	516	ISABEL RAMOS	F	39	8	00:50:17.22	00:50:09.92	
232	170	ANTONIO PINHEIRO	M	51	29	00:50:17.80	00:50:01.98	
233	409	EDGAR OLIVEIRA	M	36	97	00:50:18.64	00:50:18.64	
234	462	ZULMIRA BELO	F	52	3	00:50:19.38	00:50:17.18	UNIÃO JUVENTUDE DE ALVERCA
235	189	NUNO SANTOS	M	44	38	00:50:20.92	00:50:09.51	
236	497	DAVID SIMÃO	M	49	34	00:50:23.28	00:49:57.62	
237	499	MAURO COSTA	M	35	98	00:50:27.99	00:50:24.16	MOTO CLUBE DE ALVERCA
238	535	JOSÉ CALISTO	M	49	35	00:50:28.16	00:50:12.96	OGMA
239	50	RICARDO COSTA	M	38	99	00:50:36.78	00:50:08.63	
240	572	JOÃO MOITEIRO	M	47	36	00:50:38.11	00:50:14.60	
241	659	DANIEL RAPOSO	M	38	100	00:50:44.98	00:50:34.60	COALA - C ORIENTAÇÃO AVENTURA LITORAL ALENTEJANO
242	430	CARLA CALÇADA	F	49	4	00:50:47.75	00:50:40.61	DGMFA RUNNERS
243	506	JOAQUIM ANTÓNIO MENDES VIANA	M	56	15	00:50:48.77	00:50:19.33	
244	680	JORGE GONÇALVES	M	33	101	00:50:49.83	00:50:05.61	CLUBE TAP
245	393	PAULO MARQUES	M	43	39	00:50:50.05	00:50:37.29	
246	271	RICARDO ABREU	M	38	102	00:50:56.75	00:50:56.75	THE LAST ONES
247	622	NÉLSON BATISTA	M	29	103	00:50:58.93	00:50:37.46	ALVERCA URBAN RUNNERS
248	77	LEONEL FREIRA	M	44	40	00:51:07.28	00:51:02.45	CAD A CORRER
249	480	PEDRO SERRA	M	34	104	00:51:08.15	00:50:35.77	HUT RUNNERS ALVERCA
250	496	PEDRO CARVALHO	M	46	37	00:51:13.57	00:51:13.57	
251	63	FERNANDO FERNANDES	M	58	16	00:51:20.49	00:51:20.49	APOGMA
252	547	GONÇALO CAMPOS	M	43	41	00:51:21.19	00:51:21.19	BEBÉ VIDA
253	681	MANUEL MEXIA	M	53	30	00:51:25.38	00:50:42.11	CLUBE TAP
254	652	JOSE P LOPES	M	61	8	00:51:27.48	00:51:08.21	FALÇÕES SELVAGENS
255	398	RUI MIGUEL FIGUEIREDO	M	44	42	00:51:31.67	00:51:14.20	
256	65	CARLOS SOUSA	M	51	31	00:51:33.60	00:51:01.20	APOGMA
257	512	FILIPA FERRO	F	41	4	00:51:43.72	00:51:33.67	GDR REBOLEIRA
258	118	PAULO PASCOAL	M	51	32	00:51:46.62	00:51:32.92	ASS VALE GRANDE

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

259	337	TIAGO RODRIGUES	M	34	105	00:51:49.91	00:51:49.91	
260	580	JOAQUIM GUEDELHA	M	54	33	00:51:53.19	00:51:30.86	METROCAL / TRADELABOR
261	181	ANTÓNIO GONÇALVES	M	51	34	00:51:55.98	00:51:42.33	SANTANA FC TRAIL TEAM
262	541	LEANDRO SANTOS	M	62	9	00:51:58.66	00:51:58.66	AC VERMOIL
263	484	FERNANDO CURTO	M	51	35	00:52:02.50	00:51:51.84	GAMEIROS
264	369	SÉRGIO RODRIGUES	M	45	38	00:52:08.17	00:51:49.57	CLUBE COLABORADORES AGEAS
265	557	RENATO CAMILO	M	27	106	00:52:14.97	00:52:10.06	
266	471	HERNÂNI MONTEIRO	M	58	17	00:52:15.75	00:52:15.75	AS FANTASTICAS
267	583	ÂNGELA MARIA PIRRALHO MOREIRA	F	35	9	00:52:16.96	00:52:02.50	CORUCHE(CORUCHE)
268	90	LUIS FERREIRA	M	64	10	00:52:22.11	00:52:10.04	
269	342	ILDA BARATA	F	58	1	00:52:24.92	00:52:21.86	ALVERCA URBAN RUNNERS
270	601	MANUEL CRISPIM	M	67	11	00:52:26.92	00:52:18.23	
271	493	CARLOS LEÃO	M	59	18	00:52:41.77	00:52:25.43	CORRER LISBOA
272	151	MIGUEL VELEZ	M	55	19	00:52:44.82	00:52:14.04	CAMARA LISBOA CLUBE
273	504	JOSE RODRIGUES	M	52	36	00:52:45.96	00:52:21.55	
274	665	JOAO P ALMEIDA	M	52	37	00:52:51.95	00:52:29.43	KANINOS
275	73	ANDRÉ NOIVO	M	35	107	00:52:53.88	00:52:47.72	
276	487	SILVINA GAMEIRO	F	50	4	00:52:56.15	00:52:47.00	GAMEIROS
277	423	INÊS MARQUES	F	35	10	00:53:00.66	00:52:48.04	DGMFA RUNNERS
278	605	CARLOS PEREIRA	M	38	108	00:53:01.85	00:52:38.98	
279	689	FABIO INACIO	M	34	109	00:53:02.36	00:52:39.52	
280	647	GREGORY FILIPPES	M	47	39	00:53:03.70	00:52:41.56	OGMA
281	604	VITOR RAMOS	M	39	110	00:53:05.14	00:52:42.15	
282	135	HELENA QUENTAL	F	49	5	00:53:12.20	00:52:41.44	
283	657	GONÇALO FIGUEIREDO	M	36	111	00:53:12.32	00:52:50.77	
284	74	SOFIA FRANÇA	F	38	11	00:53:12.98	00:53:06.71	
285	103	NUNO CRUZ	M	42	43	00:53:13.03	00:52:37.96	
286	662	BRUNO RAIMUNDO	M	33	112	00:53:15.54	00:53:15.54	MARVILA JOVEM
287	177	ANTÓNIO DE SOUSA	M	39	113	00:53:16.03	00:52:35.19	
288	702	TAM AFONSO	M	67	12	00:53:16.79	00:53:11.27	TRANQUILIDADE
289	336	HONORATO MOURA	M	38	114	00:53:20.12	00:52:47.62	MARVILA JOVEM
290	121	LUIS CARLOS ALMEIDA	M	48	40	00:53:23.31	00:52:53.70	RUN FOR LUNCH
291	123	NUNO MOREIRA	M	37	115	00:53:23.37	00:53:23.37	ALVERCA URBAN RUNNERS
292	196	NUNO TAXEIRO	M	35	116	00:53:27.78	00:53:22.39	
293	412	RUI ALDEANO	M	36	117	00:53:29.21	00:53:29.21	
294	56	BRUNO FERNANDES	M	42	44	00:53:36.48	00:53:36.48	FC ESTRELAS LISBOA
295	62	MARIO RAMOS	M	60	13	00:53:40.41	00:53:08.54	APOGMA

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

296	596	ISABEL BONIFÁCIO	F	44	5	00:53:43.22	00:53:24.25	GARRINHAS
297	410	ANTÓNIO CASAS NOVAS	M	40	45	00:53:46.74	00:53:09.22	PLURAL DREAM TEAM
298	157	FERNANDO MARQUES	M	69	14	00:53:47.44	00:53:37.68	CP EDP CARREGADO
299	641	JOANA MENDES	F	31	12	00:53:48.79	00:53:29.56	
300	278	ADÉRITO CARRELHAS	M	65	15	00:53:53.44	00:53:48.91	
301	482	NELSON BRANCO	M	45	41	00:53:54.55	00:53:44.30	GAMEIROS
302	397	PAULO ANTUNES	M	46	42	00:53:54.86	00:53:37.07	
303	533	FREDERIC SCHIAVON	M	40	46	00:54:01.45	00:54:01.45	OGMA
304	193	EMANUEL GASPAR	M	31	118	00:54:03.18	00:53:27.01	OGMA
305	251	ANTÓNIO DESIDÉRIO	M	52	38	00:54:03.28	00:53:53.93	RUN 4 FUN
306	245	RAFAEL SANTOS	M	52	39	00:54:03.53	00:53:33.99	CCDT METRO LX
307	109	ALEXANDRE MEDROA	M	51	40	00:54:06.35	00:53:51.06	
308	452	PAULO TEIXEIRA	M	46	43	00:54:12.63	00:53:49.69	DGMFA RUNNERS
309	447	SÉRGIO QUINTEIRO	M	39	119	00:54:20.24	00:53:56.36	
310	340	ANTÓNIO SILVA	M	66	16	00:54:22.63	00:54:08.39	
311	494	JOÃO BONITO	M	24	120	00:54:31.00	00:53:52.31	
312	418	LUIS NETO	M	47	44	00:54:35.36	00:54:12.33	
313	584	CRISTINA LINO	F	52	5	00:54:36.79	00:54:31.88	ALVERCA URBAN RUNNERS
314	427	MARISA COSTA	F	40	6	00:54:38.97	00:54:13.01	DGMFA RUNNERS
315	223	MARIA XAVIER	F	31	13	00:54:46.53	00:54:46.53	
316	29	JOÃO PINTO	M	38	121	00:54:50.97	00:54:30.85	PINTOS 2019
317	304	PEDRO SEQUEIRA	M	51	41	00:54:52.27	00:54:35.29	SS CGD
318	519	JOSÉ MIGUEL FREITAS	M	40	47	00:55:04.69	00:54:23.59	
319	687	ANTONIO SEIA	M	50	42	00:55:05.33	00:54:23.34	CLUBE TAP
320	35	NUNO ALMEIDA	M	39	122	00:55:11.77	00:54:50.24	ANSELMINHO RUNNERS
321	36	ADRIANO ZAMBUJEIRO	M	42	48	00:55:12.04	00:54:50.87	ANSELMINHO RUNNERS
322	339	JAIME VEIGA	M	56	20	00:55:14.73	00:54:55.25	
323	137	MARCO CUNHA	M	31	123	00:55:18.05	00:54:39.14	JOANINHAS
324	706	MARGARIDA MONTEIRO	F	49	6	00:55:19.04	00:55:13.74	TRANQUILIDADE
325	66	PAULO PIRES	M	50	43	00:55:19.54	00:54:48.10	APOGMA
326	64	PAULO PIRES	M	54	44	00:55:19.91	00:55:19.91	APOGMA
327	115	JOSÉ MARTINS	M	44	49	00:55:20.52	00:54:55.70	
328	442	LUÍS OLIVEIRA	M	40	50	00:55:24.23	00:54:58.18	DGMFA RUNNERS
329	105	FILIPA DAVID	F	29	14	00:55:30.00	00:54:54.93	
330	240	CARLOS MOREIRA	M	66	17	00:55:30.14	00:55:02.20	CCDT METRO LX
331	464	LUÍS RODRIGUES	M	37	124	00:55:30.16	00:55:04.68	UNIÃO JUVENTUDE DE ALVERCA
332	39	CARLOS LOPES	M	51	45	00:55:32.59	00:55:02.03	OS TEIMOSOS

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

333	176	TIAGO PINHEL	M	38	125	00:55:36.52	00:54:57.03	
334	574	CÉLIA MINAU	F	43	7	00:55:38.79	00:55:21.97	GDC BANCO DE PORTUGAL
335	381	GINA CHEIO	F	48	7	00:55:39.84	00:55:32.68	GDC BANCO DE PORTUGAL
336	555	ANDRÉ CAMPOS	M	34	126	00:55:41.00	00:55:41.00	
337	261	JORGE RIBEIRO	M	47	45	00:55:43.18	00:55:19.34	GAA VILA F XIRA
338	217	ANTONIO PEREIRA LOPES CAVACO	M	34	127	00:55:44.07	00:55:25.53	
339	642	ANDRÉ COSTA	M	29	128	00:56:06.64	00:55:45.90	
340	402	HELDER SANTOS	M	41	51	00:56:08.35	00:56:08.35	CORRER LISBOA
341	704	ISABEL MOTA	F	45	8	00:56:11.52	00:56:11.52	TRANQUILIDADE
342	703	JOAO SERRA	M	47	46	00:56:11.64	00:55:59.37	TRANQUILIDADE
343	174	PAULO VIEGAS	M	45	47	00:56:17.07	00:55:56.75	COLT RUNNERS
344	161	JOSÉ MAGALHÃES	M	65	18	00:56:17.76	00:55:48.46	GD INE
345	446	NUNO FONSECA	M	44	52	00:56:17.77	00:55:49.46	
346	106	JOÃO SIMÕES	M	32	129	00:56:19.25	00:55:43.06	
347	566	ANDRÉ INÁCIO	M	54	46	00:56:19.53	00:56:16.59	
348	47	FRANCISCO MANUEL FERREIRA	M	48	48	00:56:24.81	00:56:16.88	
349	530	RUI MARQUES	M	30	130	00:56:25.55	00:56:09.19	OGMA
350	508	AUGUSTO RIBEIRO	M	50	47	00:56:37.80	00:56:37.80	
351	252	ALEXANDRE SANTO	M	37	131	00:56:42.79	00:55:55.71	
352	581	ISABEL MACIEL	F	43	8	00:56:47.49	00:56:38.52	METROCAL / TRADELABOR
353	246	JOÃO NICOLAU	M	33	132	00:56:48.75	00:56:25.32	
354	160	CARLA ALEXANDRA LOPES	F	46	9	00:56:52.15	00:56:22.21	GD INE
355	536	VALTER AGOSTINHO	M	29	133	00:56:55.08	00:56:21.65	OGMA
356	72	TOMÁS FERNANDES	M	22	134	00:57:05.60	00:56:47.08	CORRER LISBOA
357	89	ANTÓNIO MANUEL DIAS	M	54	48	00:57:06.36	00:56:56.29	LINK
358	71	ALEXANDRE FELÍCIO	M	28	135	00:57:08.43	00:57:08.43	CORRER LISBOA
359	70	JOANA FERNANDES	F	29	15	00:57:08.76	00:56:50.35	CORRER LISBOA
360	492	MÁRIO ROGADO	M	39	136	00:57:11.58	00:57:11.58	CORRER LISBOA
361	571	HENRIQUE CRUZ	M	59	21	00:57:12.73	00:56:53.57	
362	573	PEDRO PEIXOTO	M	29	137	00:57:14.82	00:56:49.28	PEIXE
363	612	JORGE PAULINO	M	63	19	00:57:16.73	00:57:08.52	CD MAFRA
364	354	JOÃO LOPES	M	42	53	00:57:27.89	00:56:45.66	PSP ALVERCA
365	675	PAULA TANGANHO	F	43	9	00:57:30.32	00:57:27.19	BPI
366	663	LUCIO SILVA	M	52	49	00:57:31.96	00:56:51.14	
367	274	NUNO MOLERO	M	46	49	00:57:34.19	00:57:23.42	
368	561	ANDRÉ CARVALHO	M	30	138	00:57:35.59	00:57:01.02	NO PAIN BOX
369	60	PEDRO DINIS	M	42	54	00:57:38.68	00:57:09.67	FC ESTRELAS LISBOA

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

370	609	ALEXANDRA QUADRADO	F	40	10	00:57:41.77	00:57:41.77	
371	319	RUI ALEIXO	M	22	139	00:57:50.36	00:57:12.04	
372	317	CARLOS CARDOSO	M	53	50	00:57:56.42	00:57:21.88	
373	126	NUNO MATEUS	M	43	55	00:57:56.46	00:57:21.28	ALVERCA URBAN RUNNERS
374	633	MAURO AMENDOA	M	35	140	00:57:57.13	00:57:57.13	AMENDOA
375	130	ISABEL REIS	F	45	10	00:57:59.16	00:57:31.84	RUNNERS DE KINTAL
376	104	JORGE CHAVES	M	45	50	00:57:59.23	00:57:31.95	RUNNERS DE KINTAL
377	142	SANDRA SILVA	F	47	11	00:58:00.58	00:57:32.50	CHIHUAHUA&SURICATA
378	143	TIAGO CARREIRO	M	38	141	00:58:00.63	00:57:33.22	CHIHUAHUA&SURICATA
379	40	JOÃO LIMA	M	59	22	00:58:01.10	00:57:27.07	4 AO KM
380	568	LUIS REIS	M	56	23	00:58:01.72	00:57:33.70	FALCÕES SELVAGENS
381	569	ANA MARTINS	F	52	6	00:58:02.06	00:57:34.85	FALCÕES SELVAGENS
382	363	FERNANDO MATIAS	M	62	20	00:58:02.71	00:57:41.79	CLUBE COLABORADORES AGEAS
383	366	JOSÉ VALENTIM	M	48	51	00:58:03.45	00:57:41.76	CLUBE COLABORADORES AGEAS
384	117	HELDER BRANCO	M	47	52	00:58:04.52	00:58:04.52	MATILHA RUNNING
385	617	CLÁUDIO MOREIRA	M	38	142	00:58:04.91	00:57:42.87	
386	164	SÉRGIO RAMOS	M	45	53	00:58:12.20	00:58:12.20	ALVERCA URBAN RUNNERS
387	372	ANABELA AMORIM	F	53	7	00:58:16.58	00:58:09.18	
388	450	TIAGO RAMOS	M	34	143	00:58:18.00	00:58:18.00	DGMFA RUNNERS
389	558	JOÃO VIEIRA	M	48	54	00:58:19.84	00:58:19.84	
390	279	TATIANA MARTINS	F	18	16	00:58:25.84	00:58:10.97	GAREHOTELRUNNING
391	670	DIOGO LOPES	M	39	144	00:58:27.00	00:58:27.00	CLINICA STA MADALENA
392	180	GI RIBEIRO	F	51	8	00:58:29.58	00:58:15.79	SANTANA FC TRAIL TEAM
393	175	JOANA VITORINO	F	31	17	00:58:29.89	00:57:50.69	
394	276	PEDRO MIRANDA	M	24	145	00:58:31.72	00:58:04.68	
395	100	JOSÉ BAIXINHO	M	61	21	00:58:33.16	00:58:08.00	SANTIAGO FC
396	672	RUI MANUEL	M	55	24	00:58:36.75	00:58:26.31	GAMEIROS
397	101	JUDITE BAIXINHO	F	33	18	00:58:39.60	00:58:14.55	SANTIAGO FC
398	610	ELSA SILVA	F	42	11	00:58:48.67	00:58:42.97	MALUQUINHAS DA CORRIDA
399	300	PAULO BILAO	M	48	55	00:58:51.48	00:58:24.78	SS CGD
400	297	LIDIA BILAO	F	49	12	00:58:51.58	00:58:24.56	SS CGD
401	298	HENRIQUE MOUTA	M	39	146	00:58:51.61	00:58:45.04	SS CGD
402	371	VANDA SEQUEIRA	F	46	13	00:58:55.14	00:58:34.25	CLUBE COLABORADORES AGEAS
403	360	ANA MATIAS	F	54	9	00:58:55.21	00:58:34.84	CLUBE COLABORADORES AGEAS
404	207	NUNO OLIVEIRA	M	41	56	00:58:58.63	00:58:21.57	
405	414	ANA RITA CLARA	F	35	19	00:58:59.05	00:58:44.43	
406	416	GONÇALO GOMES	M	28	147	00:58:59.75	00:58:45.30	

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

407	296	FERNANDO ALVES	M	57	25	00:59:01.12	00:58:40.42	SS CGD
408	45	RUBEN SILVEIRA	M	31	148	00:59:04.62	00:58:28.77	RUNNING LOURES
409	449	CARLOS MARQUES	M	48	56	00:59:13.89	00:58:46.65	DGMFA RUNNERS
410	679	MADALENA PINA	F	51	10	00:59:14.38	00:59:01.53	CLUBE TAP
411	272	FILIPA ABREU	F	33	20	00:59:16.56	00:59:16.56	THE LAST ONES
412	392	BRUNO MORAIS	M	40	57	00:59:18.96	00:58:53.47	ALVERCA URBAN RUNNERS
413	660	FERNANDO FOLGADO	M	44	58	00:59:22.74	00:58:54.85	
414	19	IOLANDA VAZ	F	37	21	00:59:23.20	00:58:50.64	
415	226	CATARINA PONTES	F	44	12	00:59:28.49	00:59:02.11	
416	420	CATARINA GOMES	F	37	22	00:59:29.98	00:59:29.98	DGMFA RUNNERS
417	421	LUÍS BENAVENTE	M	46	57	00:59:30.99	00:59:30.99	DGMFA RUNNERS
418	167	NUNO CESAR NUNES	M	36	149	00:59:31.06	00:58:51.72	
419	220	ELSA BRUXELAS	F	59	2	00:59:45.27	00:59:45.27	TARTARUGAS SOLIDARIAS
420	210	FERNANDO OLIVEIRA	M	55	26	00:59:45.51	00:59:34.07	TARTARUGAS SOLIDARIAS
421	567	TATIANA ILDEFONSO	F	36	23	00:59:51.16	00:59:20.37	
422	283	JEREMIAS RIBEIRO	M	76	22	00:59:55.02	00:59:38.15	
423	602	FERNANDO PAULO FERREIRA PIRES	M	49	58	00:59:58.12	00:59:52.73	PIREX
424	603	MARTA SANTOS	F	42	13	00:59:58.17	00:59:53.69	PIREX
425	357	CARLA ATILHÓ	F	48	14	01:00:06.48	00:59:53.58	ALVERCA URBAN RUNNERS
426	638	CATARINA DIAS	F	29	24	01:00:08.23	00:59:47.53	AS SARDINHAS
427	113	MARIA JOAO SIMOES	F	50	11	01:00:09.69	00:59:51.80	
428	277	JOÃO CORTE-REAL	M	56	27	01:00:10.03	00:59:42.88	
429	588	MARIA FREITAS	F	39	25	01:00:12.10	00:59:48.79	ASS VALE GRANDE
430	324	CARLOS VIEIRA	M	49	59	01:00:13.83	00:59:53.93	
431	415	CLÁUDIA RODRIGUES	F	33	26	01:00:14.04	01:00:05.40	
432	364	JOÃO FILIPE FRADE	M	47	60	01:00:15.84	00:59:54.15	CLUBE COLABORADORES AGEAS
433	264	FILIPE MARQUES	M	32	150	01:00:16.86	00:59:51.12	
434	370	TIAGO NASCIMENTO	M	31	151	01:00:21.18	01:00:09.39	CLUBE COLABORADORES AGEAS
435	546	HUGO VENANCIO	M	40	59	01:00:39.42	01:00:23.69	SS CGD
436	131	DINA LOBO	F	46	15	01:00:51.58	01:00:24.43	ALHANDRA
437	407	NUNO AZEVEDO	M	44	60	01:00:53.57	01:00:40.31	GDCT UNICRE
438	620	FÁBIO PARDAL	M	34	152	01:00:54.11	01:00:32.91	ALVERCA URBAN RUNNERS
439	619	DINIS RODRIGUES	M	29	153	01:00:54.40	01:00:33.45	ALVERCA URBAN RUNNERS
440	254	CRISTINA ABREU	F	44	14	01:00:55.34	01:00:25.47	
441	169	TIAGO MOUTA	M	32	154	01:01:10.98	01:00:31.55	
442	556	JOÃO MARQUES	M	36	155	01:01:12.43	01:01:12.43	ENGUIASRUNNERS
443	338	VITOR LEAL	M	19	156	01:01:25.94	01:01:01.32	PESADOS

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

444	228	PAULO ROMEIRO	M	50	51	01:01:29.74	01:01:29.74	
445	229	JOSÉ CABRITO	M	48	61	01:01:29.96	01:00:56.61	
446	201	MARIO TORRES	M	33	157	01:01:30.45	01:01:15.21	GAREHOTELRUNNING
447	478	INÊS GONÇALVES	F	28	27	01:01:37.34	01:01:05.49	HUT RUNNERS ALVERCA
448	405	TIAGO VIEIRA	M	25	158	01:01:37.57	01:01:05.60	HUT RUNNERS ALVERCA
449	231	TÂNIA MOTA	F	38	28	01:01:39.86	01:01:26.07	
450	159	FABIO BAGAGEM	M	32	159	01:01:59.41	01:01:59.41	
451	158	ANA ROCHA	F	35	29	01:01:59.95	01:01:25.85	
452	614	DIANA GARRIDO PIRES	F	21	30	01:02:17.13	01:01:52.09	
453	667	AMERICO ANTUNES	M	45	62	01:02:18.72	01:02:01.42	ALVERCA URBAN RUNNERS
454	585	PEDRO ANTUNES	F	25	31	01:02:19.02	01:02:19.02	ALVERCA URBAN RUNNERS
455	59	SANDRA DINIS	F	42	15	01:02:24.03	01:02:24.03	FC ESTRELAS LISBOA
456	291	RICARDO RIBEIRO	M	43	61	01:02:29.70	01:01:55.80	CASTANHEIRAS
457	148	MARISA MARTINS	F	42	16	01:02:30.80	01:01:57.43	
458	453	DANIEL ALAIN	M	38	160	01:02:36.05	01:02:36.05	DGMFA RUNNERS
459	309	IVO MARQUES	M	37	161	01:02:39.67	01:02:37.59	GRUPO BARRAQUEIRO
460	259	ANA GODINHO	F	45	16	01:02:41.98	01:02:18.59	GAA VILA F XIRA
461	542	ESMERALDO PEREIRA	M	72	23	01:02:46.58	01:02:05.15	SS CGD
462	214	VANDA OLIVEIRA	F	49	17	01:02:49.56	01:02:38.51	TARTARUGAS SOLIDÁRIAS
463	560	PEDRO ROMA	M	38	162	01:02:51.40	01:02:44.59	
464	212	ANTONIO HORTA	M	62	24	01:02:51.52	01:02:51.52	TARTARUGAS SOLIDÁRIAS
465	500	FILIPA MARQUES	F	31	32	01:02:54.21	01:02:49.78	MOTO CLUBE DE ALVERCA
466	311	ACÁCIO GAMBOA	M	48	63	01:03:08.00	01:02:32.48	
467	178	ANA MARQUES	F	34	33	01:03:24.69	01:03:00.26	
468	466	DORA COSTA	F	40	17	01:03:35.83	01:03:35.83	UNIÃO JUVENTUDE DE ALVERCA
469	465	NUNO COSTA	M	43	62	01:03:36.48	01:03:11.06	UNIÃO JUVENTUDE DE ALVERCA
470	323	MARCO LOPES	M	47	64	01:03:38.12	01:03:11.67	ALVERCA URBAN RUNNERS
471	498	JAIME SIMÕES	M	30	163	01:03:41.42	01:03:22.28	
472	48	EMIDIO DIOGO	M	69	25	01:03:48.62	01:03:48.62	ARANA V
473	579	DANIEL PONTE	M	36	164	01:03:53.96	01:03:53.96	METROCAL / TRADELABOR
474	562	RUI VICENTE	M	45	65	01:04:01.36	01:03:20.97	
475	168	JOSE SERRALHEIRO	M	45	66	01:04:03.50	01:03:47.88	
476	589	ROSA PEREIRA	F	42	18	01:04:10.10	01:03:58.57	
477	509	LÚIS MIGUEL ALEXANDRE	M	48	67	01:04:10.39	01:03:58.53	
478	469	JOSÉ MARQUES	M	35	165	01:04:22.38	01:03:45.73	CENTRAL DE CERVEJAS
479	144	CARLOS ALVES	M	36	166	01:04:22.42	01:04:04.03	
480	145	LUIS ALVES	M	36	167	01:04:22.77	01:04:05.10	

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

481	88	JUSTILIANO MEIRELES SILVA	M	65	26	01:04:23.98	01:04:08.96	
482	618	PAULA ROSILEY	M	43	63	01:04:24.54	01:04:20.65	ALVERCA URBAN RUNNERS
483	548	TOMÁS SILVA	M	25	168	01:04:28.10	01:04:08.72	NUNES DA SILVA
484	549	LUÍS SILVA	M	65	27	01:04:28.26	01:04:08.79	NUNES DA SILVA
485	186	HUGO COELHO	M	31	169	01:04:29.55	01:03:56.40	
486	653	HENRIQUE VILHENA	M	63	28	01:04:33.01	01:04:33.01	
487	285	MARIA TEIXEIRA	F	45	18	01:04:33.26	01:04:04.51	
488	132	RUI BARROS	M	50	52	01:04:54.86	01:04:27.38	
489	344	MADALENA SOARES	F	50	12	01:04:54.89	01:04:47.30	30 SEGUNDOS AO KM
490	694	MARIA SOUSA	F	50	13	01:04:55.60	01:04:55.60	CLUBE ROBBIALAC
491	26	RAÚL COSTA	M	58	28	01:04:55.73	01:04:52.98	CLUBE ROBBIALAC
492	359	ANA GUIMARÃES	F	61	1	01:04:58.71	01:04:44.70	CLUBE COLABORADORES AGEAS
493	365	JOÃO PINTO	M	50	53	01:04:58.87	01:04:44.03	CLUBE COLABORADORES AGEAS
494	204	RICARDO TAVARES	M	38	170	01:05:12.47	01:04:34.86	
495	127	BRUNO SILVA	M	34	171	01:05:15.15	01:04:42.03	
496	233	FRANCISCO SARRASQUEIRO	M	72	29	01:05:22.73	01:05:16.36	CORRER LISBOA
497	15	OLGA MAURÍCIO	F	40	19	01:05:25.92	01:05:18.24	R FRENTE RIBEIRINHA PÓVOA STA IRIA
498	27	JOSÉ VILELA	M	54	54	01:05:30.77	01:05:27.53	CLUBE ROBBIALAC
499	53	VITOR LUCAS	M	55	29	01:05:32.69	01:05:06.70	BREAKAWAY
500	686	LUIS CONCEIÇÃO	M	43	64	01:05:34.98	01:04:58.12	CLUBE TAP
501	326	SANDRA MONTEIRO	F	41	20	01:05:38.97	01:05:15.44	CM CORRIDA DE ODIVELAS
502	325	CATARINA CORREIA	F	29	34	01:05:55.87	01:05:32.39	
503	383	MARISA COSTA	F	32	35	01:06:01.10	01:05:44.57	GDC BANCO DE PORTUGAL
504	301	MANUEL BAPTISTA	M	54	55	01:06:07.34	01:05:50.87	SS CGD
505	222	ANA FILIPA SILVA	F	33	36	01:06:10.12	01:05:31.01	
506	244	ORLANDO SOUSA	M	56	30	01:06:12.75	01:05:37.85	CCDT METRO LX
507	41	AURÉLIO CALADO	M	69	30	01:06:12.79	01:05:38.18	4 AO KM
508	700	CLAUDIA TAM	F	37	37	01:06:17.98	01:05:36.38	TRANQUILIDADE
509	258	GILBERTO GONÇALVES	M	70	31	01:06:19.75	01:06:02.52	CAA BELÉM
510	335	ANDRE RIBEIRO	M	26	172	01:06:41.31	01:06:02.83	
511	394	SOFIA ATILHO	F	42	21	01:06:49.17	01:06:35.63	SANTANA FC TRAIL TEAM
512	529	FANCISCO ALVES	M	39	173	01:06:49.30	01:06:49.30	OGMA
513	661	RITA HENRIQUES	F	37	38	01:07:24.21	01:06:45.89	CORRE KISS PASSA
514	13	BRUNO MAIA	M	33	174	01:07:25.76	01:07:14.06	
515	537	JOÃO MARQUES	M	54	56	01:07:40.23	01:07:02.55	OGMA
516	215	MANUEL NOVAIS	M	44	65	01:08:01.90	01:07:23.72	GRUPO BARRAQUEIRO
517	479	RICARDO MATIAS	M	30	175	01:08:25.41	01:07:52.23	HUT RUNNERS ALVERCA

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

518	477	PEDRO ANTÃO	M	29	176	01:08:25.44	01:07:52.33	HUT RUNNERS ALVERCA
519	195	MARISA COSTA	F	39	39	01:08:43.83	01:08:14.93	OGMA
520	644	MARCO TULLIO PELLEGRINI	M	61	32	01:08:52.60	01:08:49.57	OGMA
521	593	GONÇALO RIBEIRO	M	43	66	01:09:37.64	01:08:55.83	UD VILAFRANQUENSE
522	592	RUI SIMÕES	M	44	67	01:09:37.92	01:08:56.34	UD VILAFRANQUENSE
523	591	HUGO COSTA	M	46	68	01:09:37.98	01:08:58.66	UD VILAFRANQUENSE
524	473	ELSA TEIXEIRA	F	36	40	01:10:00.67	01:09:24.80	MALVAVISÃO
525	474	JOÃO BARÃO	M	25	177	01:10:00.70	01:09:24.70	MALVAVISÃO
526	202	ANDRE ALVES	M	18	178	01:10:02.84	01:09:30.83	APOGMA
527	52	JOSÉ VITORINO	M	71	33	01:10:10.86	01:10:10.86	
528	284	ARTUR DINIS	M	61	34	01:10:26.67	01:10:26.67	ALGYMNS
529	403	CÁTIA TORRES	F	30	41	01:10:28.53	01:10:12.98	GAREHOTELRUNINNG
530	315	HUGO JESUS	M	34	179	01:10:38.13	01:10:20.57	
531	206	FILIPE LOBATO	M	32	180	01:11:04.49	01:11:04.49	TEAM GOLD
532	205	MARCIA REIS	F	28	42	01:11:05.09	01:10:47.77	TEAM GOLD
533	306	LUIS TAVARES	M	39	181	01:11:08.55	01:11:05.70	LT
534	445	JOSÉ SOUSA	M	32	182	01:11:15.09	01:11:15.09	DGMFA RUNNERS
535	443	NELSON PEREIRA	M	42	68	01:11:15.26	01:11:15.26	DGMFA RUNNERS
536	375	ANTÓNIO PEREIRA	M	77	35	01:11:19.39	01:11:00.80	GDC BANCO DE PORTUGAL
537	235	JOAO LANDEIRO	M	72	36	01:11:21.10	01:10:41.31	
538	472	DÁLIA LEITE	F	56	3	01:11:55.89	01:11:27.98	AS FANTASTICAS
539	669	VITOR CARDOSO	M	45	69	01:11:56.35	01:11:49.66	
540	54	OLIVIA LUCAS	F	53	14	01:12:05.04	01:11:39.18	BREAKAWAY
541	475	MARGARIDA BARÃO	F	27	43	01:12:11.16	01:11:34.73	MALVAVISÃO
542	194	RUI SILVA	M	39	183	01:12:15.34	01:11:46.25	OGMA
543	457	RUI COLAÇO	M	32	184	01:12:23.24	01:11:56.05	DGMFA RUNNERS
544	437	MARLON GONÇALVES	M	43	69	01:12:23.68	01:11:40.12	DGMFA RUNNERS
545	426	ORQUÍDEA NEVES	F	36	44	01:12:24.35	01:11:57.27	DGMFA RUNNERS
546	255	GONCALO MAIA	M	47	70	01:12:45.89	01:12:14.74	
547	55	RITA CARVALHINHO	F	45	19	01:12:46.77	01:12:46.77	CORRER LISBOA
548	234	PAULO NUNES	M	56	31	01:12:58.29	01:12:49.60	
549	367	MARGARIDA AZEVEDO	F	41	22	01:13:32.37	01:13:32.37	CLUBE COLABORADORES AGEAS
550	171	FATIMA BARBAS	F	59	4	01:13:50.23	01:13:34.08	
551	266	CARLA MARTINS	F	41	23	01:14:01.52	01:13:28.30	
552	361	CATARINA CARAS-ALTAS	F	45	20	01:15:05.88	01:15:05.88	CLUBE COLABORADORES AGEAS
553	25	RUBEN MENDES	M	40	70	01:15:14.81	01:14:30.03	
554	318	GLEICE MAIA	F	37	45	01:15:15.41	01:15:05.93	METROCAL/TRABELABOR

**10KM**

5ª CORRIDA

CIDADE DE ALVERCA

**19 MAIO 2019**

555	187	EBERHARD WILHELM	M	71	37	01:15:27.46	01:14:59.83	4 AO KM
556	594	CATARINA MELO	F	43	24	01:15:31.84	01:14:50.41	UD VILAFRANQUENSE
557	651	RITA A COSTA	F	38	46	01:15:36.76	01:15:12.03	
558	554	JOANA SARDO	F	33	47	01:15:49.59	01:15:12.60	CORRE KISS PASSA
559	664	JOAQUIM CARDOSO	M	47	71	01:16:31.36	01:16:31.36	
560	110	MAYER RAPOSO	M	71	38	01:16:31.42	01:16:03.01	AA LEBRES SADO
561	391	RITA MERENDA	F	40	25	01:16:55.15	01:16:29.49	ALVERCA URBAN RUNNERS
562	265	ANDRE SOUSA	M	28	185	01:17:19.61	01:17:19.61	
563	32	ARMANDO CORREIA	M	34	186	01:17:20.55	01:15:06.37	
564	599	DALILA ARAÚJO	F	30	48	01:17:21.62	01:17:19.78	
565	241	GUALDINO FREIRE	M	73	39	01:17:49.36	01:17:14.62	CCDT METRO LX
566	262	FILIPA SOFIA	F	39	49	01:18:24.02	01:18:00.56	GAA VILA F XIRA
567	173	PAULO TORRES	M	43	71	01:22:05.79	01:21:46.36	GAREHOTELRUNNING
568	481	OCTAVIO AMARO	M	38	187	01:23:09.79	01:22:37.78	HUT RUNNERS ALVERCA
569	268	GONÇALO QUITÉRIO	M	37	188	01:23:10.18	01:22:44.34	
570	269	ANA SALGUEIRO	F	35	50	01:23:10.26	01:22:44.19	
571	701	MA FEE HUNG	F	69	2	01:23:25.09	01:22:53.58	TRANQUILIDADE
572	470	Mª CARMO ANJOS	F	72	3	01:25:33.97	01:25:03.10	CONDOR
573	114	ISABEL MARTINS	F	50	15	01:34:43.13	01:34:43.13	
574	432	FÁTIMA CARVALHO	F	43	26	01:43:34.05	01:43:06.85	DGMFA RUNNERS
575	122	CARLA ALMEIDA	F	47	21	01:43:34.13	01:43:04.02	RUN FOR LUNCH
576	292	FERNANDO PINHEIRO	M	47	72	01:53:53.49	01:53:53.49	CASTANHEIRAS
577	329	MIGUEL HENRIQUES	M	19	189	01:54:33.69	01:54:33.69	OS MALVINHAS

Total de registros: 577