

20  
JULHO  
2019



Corrida  
Noturna  
COSTA DA CAPARICA

10km

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	451	RODRIGO CARRILHO	M	36	1	00:36:56.83	00:36:53.37	CASA SPORT LISBOA E BENFICA VENDAS NOVAS
2	498	CARLOS ALPOIM	M	36	2	00:37:56.46	00:37:56.46	CP RTP
3	223	BRUNO LOUREIRO	M	35	3	00:38:23.34	00:38:23.34	CLUBE DE PRAÇAS DA ARMADA
4	417	PEDRO RIBEIRO RIBEIRO	M	47	1	00:38:51.94	00:38:49.68	
5	155	ANTÓNIO MOURO	M	43	4	00:39:00.00	00:38:55.48	A NATUREZA ENSINA
6	422	MIGUEL SOBRAL	M	40	5	00:39:10.00	00:39:07.61	A NATUREZA ENSINA
7	25	RUI AFONSO	M	49	2	00:39:25.89	00:39:25.89	CCR ALTO DO MOINHO
8	123	PAULO CARVALHO	M	50	3	00:39:26.33	00:39:24.59	
9	490	HELDER CARMINE	M	40	6	00:39:30.79	00:39:27.42	A NATUREZA ENSINA
10	225	FERNANDO SANTOS	M	54	4	00:39:38.46	00:39:36.77	CLUBE DE PRAÇAS DA ARMADA
11	433	ANTÓNIO REIS	M	44	7	00:39:51.82	00:39:51.82	CLUBE DESPORTIVO E RECREATIVO RIBEIRINHO
12	444	DAVID FERNANDES	M	44	8	00:40:13.77	00:40:13.77	AMINHACORRIDA
13	383	EDUARDO LOURENÇO	M	50	5	00:40:27.05	00:40:24.90	CCM TRAIL
14	373	JOSÉ FACHADAS	M	49	6	00:40:31.21	00:40:31.21	A NATUREZA ENSINA
15	377	LUIS GOUVEIA	M	52	7	00:40:51.99	00:40:48.77	A NATUREZA ENSINA
16	228	ANTÓNIO BRANCO	M	54	8	00:41:02.75	00:41:01.11	CLUBE DE PRAÇAS DA ARMADA
17	423	DIEGO DUNZER	M	30	1	00:41:05.54	00:41:03.19	OMMAR INCORP
18	50	CLEBY A. ARAÚJO	M	53	9	00:41:17.69	00:41:14.87	ANE
19	24	CARLOS CRISTAO	M	60	1	00:41:25.51	00:41:22.67	A NATUREZA ENSINA
20	19	PEDRO MARTINS	M	36	9	00:41:34.86	00:41:32.82	CCR ALTO DO MOINHO
21	468	RUI BORRALHEIRA	M	43	10	00:41:59.54	00:41:57.65	
22	421	NELSON FELIX	M	40	11	00:42:07.65	00:41:57.64	
23	265	RUI MACHINHO	M	42	12	00:42:20.71	00:42:20.71	GD SANTANDERTOTTA
24	194	NELSON PEREIRA	M	42	13	00:42:26.51	00:42:24.04	ALVERCA URBAN RUNNERS
25	266	JOSE BAPTISTA	M	53	10	00:42:31.38	00:42:29.87	GD SANTANDERTOTTA
26	219	RICARDO SILVEIRA	M	35	14	00:42:35.64	00:42:34.06	
27	188	PEDRO GUERREIRO	M	37	15	00:42:38.04	00:42:25.64	EX FEDERADOS
28	106	SAMUEL MARQUES	M	40	16	00:42:44.94	00:42:35.58	
29	293	ACÁCIO MENDES	M	34	2	00:43:04.83	00:43:01.71	
30	400	ALEXANDRE FIGUEIREDO	M	46	11	00:43:16.46	00:43:02.29	NAPA - NÚCLEO AMIGOS PERNA ASSADA
31	399	JOÃO PAIXÃO	M	48	12	00:43:19.46	00:43:14.23	NAPA - NÚCLEO AMIGOS PERNA ASSADA
32	457	EDUARDO MENDONÇA	M	18	3	00:43:25.18	00:43:25.18	
33	84	RUI PASTOR	M	46	13	00:43:27.26	00:43:17.49	PASTOR RACING
34	419	RENATO CABRAL	M	28	4	00:43:31.33	00:43:27.68	
35	443	JOÃO PEDRO	M	30	5	00:43:33.31	00:43:29.36	DAP TRAIL TEAM

20  
JULHO  
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Corrida  
Noturna  
COSTA DA CAPARICA

10km

36	355	CARLOS VIEIRA	M	35	17	00:43:35.90	00:43:29.16	UDCA À-DOS-LOUCOS
37	388	JOSÉ PINTO	M	56	2	00:43:36.51	00:43:27.61	CLINICA DR. CAUTELA
38	494	SANDRA TEIXEIRA	F	41	1	00:43:44.51	00:43:44.51	SPORTING SP
39	496	TELMO VIEGAS	M	42	18	00:43:44.82	00:43:42.14	GA FATIMA
40	497	LUIS SEMEDO	M	37	19	00:43:45.48	00:43:45.48	NUCLEO OEIRAS
41	192	GONÇALO PORÊLO	M	37	20	00:44:01.58	00:43:39.39	GP RUNNING
42	404	BRUNO LEITE	M	35	21	00:44:11.63	00:44:09.64	MARVILA JOVEM
43	161	DARIO MESQUITA	M	35	22	00:44:17.58	00:44:03.09	SPECIAL FORCE
44	435	ANTÓNIO COSTA	M	45	14	00:44:21.57	00:44:14.13	CLUBE PEDRO PESSOA ESCOLA DE ATLETISMO
45	478	TIAGO VARANDA	M	47	15	00:44:37.98	00:44:29.31	
46	222	MÁRIO LOURENÇO	M	53	16	00:44:44.71	00:44:41.20	CLUBE DE PRAÇAS DA ARMADA
47	420	ANDRE SAPATA	M	30	6	00:44:49.80	00:44:46.15	
48	321	SANDRO SILVA	M	22	7	00:44:55.91	00:44:55.91	
49	189	ANTONIO RUA	M	56	3	00:45:05.12	00:44:52.08	EX FEDERADOS
50	73	PEDRO SERRA	M	35	23	00:45:08.32	00:45:03.03	
51	438	NELSON MARTINS	M	35	24	00:45:21.44	00:44:59.81	ELITE RUNNERS
52	227	ALEXANDRE CANTANHADE	M	40	25	00:45:27.93	00:45:23.72	CLUBE DE PRAÇAS DA ARMADA
53	448	CHRISTIAAN OOSTERVEEN	M	33	8	00:45:46.16	00:45:27.41	BREAKING 3
54	493	NUNO LOPES	M	44	26	00:45:55.86	00:45:53.13	
55	381	ANDRÉ NOIVO	M	35	27	00:45:56.55	00:45:51.71	
56	237	EMANUEL RODRIGUES	M	30	9	00:46:05.00	00:45:49.61	
57	72	ALVARO GOMES	M	46	17	00:46:15.95	00:46:10.62	
58	184	JOÃO RAMALHO	M	34	10	00:46:16.96	00:46:12.80	
59	153	ANA PAULA GUEDES	F	48	1	00:46:30.25	00:46:27.11	A NATUREZA ENSINA
60	152	CARLOS ALBERTO LIMA	M	48	18	00:46:30.29	00:46:26.97	A NATUREZA ENSINA
61	109	JUSTINIANO SILVA	M	54	19	00:46:30.83	00:46:05.07	RENAULT RUN CLUB
62	482	VASCO PESSOA	M	30	11	00:46:36.59	00:46:36.59	
63	138	PAULO COSTA	M	52	20	00:46:42.72	00:46:33.28	SFUAP
64	246	FILIPE SILVA	M	41	28	00:46:50.96	00:46:45.85	
65	56	JOÃO CARVALHO	M	45	21	00:47:00.05	00:46:57.26	TEAM MELOM
66	249	THIAGO BONI	M	38	29	00:47:04.04	00:46:48.07	
67	168	ANDRIY VASYLTSEV	M	39	30	00:47:07.79	00:46:48.89	UKRAINE
68	492	ADOLFO LOUREIRO	M	66	1	00:47:11.52	00:47:10.06	CLUBE PRACAS ARMADA
69	74	PAULO NUNES	M	45	22	00:47:12.56	00:47:07.99	
70	322	ICIAR NEVADO	F	43	2	00:47:14.50	00:47:07.35	
71	495	JOAO ANTUNES	M	25	12	00:47:17.90	00:47:17.90	GA FATIMA
72	397	ANDRÉ FALCÃO	M	33	13	00:47:29.11	00:47:09.32	ELITE RUNNERS

20  
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Corrida  
Noturna  
COSTA DA CAPARICA

10km

73	113	PEDRO MANAÇAS	M	46	23	00:47:30.41	00:47:21.69	A NATUREZA ENSINA
74	88	JULIETA MOTA	F	46	2	00:47:35.04	00:47:29.47	CORRER LISBOA
75	179	FILIPPE BOLÉO	M	48	24	00:47:39.39	00:47:31.86	CLUBE ANACOM
76	160	FREDERICO PACHECO	M	37	31	00:47:39.54	00:47:25.10	SPECIAL FORCE
77	472	MARTA FONSECA	F	36	3	00:47:40.69	00:47:24.17	
78	136	LUÍS BALINHO	M	44	32	00:47:49.78	00:47:25.92	NÚCLEO SPORTING CLUBE DE PORTUGAL DO SEIXAL
79	120	JOSÉ JARMELA	M	54	25	00:48:02.84	00:48:01.41	NAZ-ABÓBODA
80	325	SANDRA LOPES	F	34	1	00:48:04.38	00:47:55.21	BODY PROJECT
81	108	PEDRO BARATA	M	44	33	00:48:05.04	00:47:50.19	
82	133	NUNO SILVA	M	43	34	00:48:12.66	00:48:01.14	CCD CRÉDITO AGRÍCOLA
83	147	JOÃO DIAS	M	53	26	00:48:19.28	00:48:10.98	
84	418	RICARDO DOMINGUES	M	30	14	00:48:19.99	00:48:16.37	
85	172	JOÃO LOBO	M	32	15	00:48:33.68	00:48:27.61	AZA - AZAMBUJA COM ALMA
86	205	NOEMIA SEQUEIRA	F	51	3	00:48:33.86	00:48:16.60	SS CGD
87	128	JOÃO ABRANTES	M	63	4	00:48:47.25	00:48:39.01	
88	62	BRUNO AMARO	M	38	35	00:48:53.54	00:48:36.96	GD RIBEIRA DA LAGE
89	453	JOÃO ANTUNES	M	50	27	00:49:02.33	00:48:54.84	
90	215	RICARDO SOUSA	M	39	36	00:49:10.77	00:48:44.47	SERVIÇOS SOCIAIS MONTEPIO
91	212	JOSE GUERREIRO	M	62	5	00:49:11.06	00:48:47.25	SERVIÇOS SOCIAIS MONTEPIO
92	199	ANTONIO NASCIMENTO	M	61	6	00:49:18.16	00:49:09.63	SS CGD
93	313	LUIS SOUSA	M	44	37	00:49:25.84	00:49:16.76	A NATUREZA ENSINA
94	430	SARA BARATA	F	27	2	00:49:28.86	00:49:24.28	SEASIDE
95	476	DANIEL FERREIRA	M	32	16	00:49:46.17	00:49:23.42	
96	176	EDGAR ANASTACIO	M	55	7	00:49:49.80	00:49:44.07	AZA - AZAMBUJA COM ALMA
97	204	LUIA LANDEIRO	F	49	4	00:49:50.41	00:49:25.40	SS CGD
98	23	ALVARO BRITO	M	40	38	00:49:55.05	00:49:44.23	
99	323	FILIPPE GINJA DUARTE	M	33	17	00:49:57.71	00:49:24.84	
100	97	LUIS AZEVEDO	M	54	28	00:49:57.76	00:49:52.88	CORRER LISBOA
101	402	BRUNO REGALO	M	45	29	00:49:58.47	00:49:43.06	NAPA - NÚCLEO AMIGOS PERNA ASSADA
102	416	PEDRO FERNANDES	M	24	18	00:50:00.06	00:49:46.24	
103	245	MARCO DIAS	M	32	19	00:50:00.56	00:49:50.89	CORRER LISBOA
104	191	CÉSAR MIGUEL	M	38	39	00:50:01.49	00:50:01.49	
105	127	PAULO MANAÇAS	M	47	30	00:50:03.15	00:49:55.11	
106	329	DAVIDE ALVES	M	31	20	00:50:05.35	00:49:46.58	
107	434	PAULO MACHADO	M	36	40	00:50:07.82	00:49:41.65	
108	211	BRUNO ALMEIDA	M	36	41	00:50:07.92	00:49:46.16	SERVIÇOS SOCIAIS MONTEPIO
109	445	CARLOS LOPES	M	44	42	00:50:12.04	00:50:04.21	AMINHACORRIDA

20  
JULHO  
2019



Corrida  
Noturna  
COSTA DA CAPARICA

10km

110	447	JOÃO SIMÕES	M	47	31	00:50:14.29	00:50:06.10	AMINHACORRIDA
111	112	MAFALDA MARTINHO	F	30	3	00:50:18.05	00:50:13.81	
112	93	PEDRO COELHO	M	43	43	00:50:26.53	00:50:21.81	
113	375	JOÃO ROMEIRO	M	38	44	00:50:27.54	00:49:54.96	
114	98	NATACHA RIBEIRINHO	F	28	4	00:50:32.69	00:50:25.37	
115	437	NELSON BARRADINHAS	M	42	45	00:50:33.65	00:50:21.39	AMICICLO GRÂNDOLA
116	470	RICARDO COSTA	M	47	32	00:50:43.33	00:50:21.14	
117	328	LEONEL ALVES	M	40	46	00:50:44.44	00:50:27.38	
118	198	SERGIO LUIS AMADOR	M	44	47	00:50:46.85	00:50:32.73	
119	99	ARTEMISA MENDES	F	30	5	00:50:46.99	00:50:39.24	
120	376	RUI N CARDOSO	M	32	21	00:50:49.20	00:50:42.69	PORTUGAL RUNNING
121	258	ANA VIEIRA	F	44	4	00:50:51.72	00:50:50.08	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL
122	386	MARTA ABRANTES	F	42	5	00:51:03.06	00:50:55.85	ABSANT RUNNERS
123	69	JORGE M P VAZ	M	45	33	00:51:10.21	00:51:00.14	
124	481	MARIANA MOTA	F	24	6	00:51:11.98	00:51:09.05	
125	129	RUI FERNANDES	M	49	34	00:51:14.41	00:50:54.00	
126	96	TELMO FREIRE	M	31	22	00:51:18.63	00:51:01.69	ÁLAMO ROAD & TRAIL TEAM
127	110	PAULO COLAÇO	M	42	48	00:51:19.06	00:50:52.86	BRRNIGHTRUNNERS
128	232	MARCIA SILVA	F	27	7	00:51:23.93	00:51:18.74	
129	114	JOSÉ MOTA	M	47	35	00:51:29.26	00:51:02.13	
130	287	DAVID ROSA	M	43	49	00:51:31.35	00:51:22.08	A NATUREZA ENSINA
131	452	DANIEL PARRULAS	M	38	50	00:51:35.32	00:51:14.09	
132	415	DIOGO RODRIGUES	M	20	23	00:51:37.51	00:51:23.31	
133	193	EVELINO MAGALHÃES	M	45	36	00:51:38.41	00:51:25.73	NORAUTO PORTUGAL
134	463	RUI SOBRAL	M	41	51	00:51:40.00	00:51:04.15	MEDISER
135	124	ARMANDO CORREIA CORREIA	M	67	2	00:51:43.33	00:51:35.77	LESMAS ALOPRADAS
136	337	TÂNIA ALMEIDA	F	26	8	00:51:44.98	00:51:28.60	HUT RUNNERS WARRIORS
137	378	LUÍS CARVALHO	M	45	37	00:51:51.79	00:51:36.96	
138	201	JOAO SILVEIRA	M	50	38	00:51:52.98	00:51:34.67	SS CGD
139	117	DANIEL REVÉS REVÉS	M	18	24	00:51:55.15	00:51:36.12	LESMAS ALOPRADAS
140	450	JOSE GOMES	M	41	52	00:51:55.97	00:51:45.07	
141	352	EDUARDO RIBEIRO	M	52	39	00:51:57.15	00:51:36.26	GDCT UNICRE
142	86	JOÃO SANTOS	M	54	40	00:52:00.87	00:51:54.80	
143	390	NUNO SANTOS	M	37	53	00:52:03.93	00:51:31.11	
144	491	PAULO GUERREIRO	M	54	41	00:52:04.50	00:51:53.11	
145	61	FABIANO FERREIRA	M	38	54	00:52:04.88	00:51:37.47	BENFICA EM FORMA
146	83	LIPING ZHONG	M	45	42	00:52:11.84	00:52:03.15	

20  
JULHO  
2019



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Noturna  
COSTA DA CAPARICA

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147	371	CARLOS MENDES	M	35	55	00:52:33.97	00:52:27.79	
148	200	CARLOS LEITAO	M	55	8	00:52:38.84	00:52:20.15	SS CGD
149	473	RUI NUNES	M	39	56	00:52:39.00	00:52:14.40	Clube Atletismo de Marinha Grande
150	477	JORGE DIAS	M	52	43	00:52:40.18	00:52:14.09	
151	284	JOAO RODRIGUES	M	27	25	00:52:43.34	00:52:20.27	OS SALTAPOCINHAS
152	316	MARCO BASTOS	M	44	57	00:52:43.92	00:52:09.55	
153	356	SÓNIA FRANÇA	F	40	6	00:52:49.03	00:52:38.46	
154	21	PAULO FIGUEIRA	M	55	9	00:52:49.93	00:52:26.65	
155	233	ALMERINDO SILVA	M	60	10	00:52:57.79	00:52:53.28	ADC CATUJAL
156	115	JORGE PEREIRA	M	50	44	00:53:06.94	00:52:39.46	
157	66	DAVID BERNARDO	M	37	58	00:53:08.44	00:52:55.36	
158	67	GINA MARTINS	F	45	5	00:53:09.45	00:52:56.44	
159	197	NUNO AFONDO	M	40	59	00:53:09.73	00:52:30.09	
160	487	RUI ENCARNAÇÃO	M	42	60	00:53:11.88	00:52:44.50	
161	424	KRZYSZTOF KWIATKOWSKI	M	34	26	00:53:12.93	00:52:48.59	
162	384	NUNO GOMES	M	43	61	00:53:14.26	00:53:06.53	
163	484	ANTÓNIO TEIXEIRA	M	42	62	00:53:16.87	00:52:56.33	
164	310	MANUEL FLOR	M	71	3	00:53:19.84	00:52:54.30	
165	398	RICARDO MARQUES	M	39	63	00:53:20.99	00:52:49.60	SOLO
166	366	SÉRGIO MELRO	M	53	45	00:53:25.64	00:53:09.50	NO FIM QUEREMOS BOLAS DE BERLIM!!
167	405	VANESSA SEQUEIRA	F	36	7	00:53:27.36	00:53:24.09	MARVILA JOVEM
168	174	KARINA BARCELOS	F	36	8	00:53:35.76	00:53:32.46	IRON LIFE
169	178	DAVID AZEDO	M	31	27	00:53:37.97	00:53:32.02	
170	359	CARLOS CARDOSO	M	40	64	00:53:40.91	00:53:01.18	
171	436	PAULO OLIVEIRA	M	43	65	00:53:41.12	00:53:30.45	
172	335	HÉLDER CORREIA	M	39	66	00:53:45.09	00:53:29.38	
173	318	LUÍS ALVES	M	40	67	00:53:45.93	00:53:23.81	ONE BUY SHOP RUNNERS
174	134	NUNO SIMÕES	M	41	68	00:53:49.16	00:53:35.34	CCD CRÉDITO AGRÍCOLA
175	156	MANUEL ALVES	M	52	46	00:54:03.22	00:53:57.99	AMINHACORRIDA
176	180	SOFIA BOLÉO	F	48	6	00:54:09.12	00:54:01.29	CLUBE ANACOM
177	202	JOAQUIM FRADE	M	63	11	00:54:13.44	00:53:55.42	SS CGD
178	58	FERNANDO SILVA	M	40	69	00:54:15.17	00:54:11.27	PINHAL NOVO A CORRER
179	59	ANA ALMEIDA	F	39	9	00:54:17.79	00:54:17.79	PINHAL NOVO A CORRER
180	210	ANTONIO FRANCO	M	54	47	00:54:24.56	00:54:00.45	SERVIÇOS SOCIAIS MONTEPIO
181	154	ANTÓNIO VARELA	M	53	48	00:54:30.47	00:54:30.47	
182	341	LUIS ALMEIDA	M	53	49	00:54:38.40	00:54:22.39	HUT RUNNERS WARRIOS
183	441	VITOR MANUEL COMERCIO	M	46	50	00:54:45.36	00:54:27.16	



20  
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Noturna  
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184	294	IVO CRUZ	M	35	70	00:54:46.31	00:54:29.47	
185	374	JORGE SALES	M	29	28	00:54:50.72	00:54:44.28	BARRANCOS FC - BIOGADO
186	342	SEVERINO CRUZ	M	56	12	00:54:51.85	00:54:28.40	
187	175	ANDRÉ FILIPE MARTINS	M	31	29	00:54:56.56	00:54:26.55	
188	135	PEDRO FERNANDES	M	35	71	00:54:57.78	00:54:43.96	CCD CRÉDITO AGRÍCOLA
189	158	LUIS COLAÇO	M	46	51	00:54:59.38	00:54:47.74	OS GORDOS
190	137	FILOMENA JESUS	F	47	7	00:55:00.56	00:54:48.14	SFUAP
191	164	RICARDO TAVARES	M	37	72	00:55:00.88	00:55:00.88	SPECIAL FORCE
192	286	RUI GOMES	M	45	52	00:55:08.04	00:54:54.73	
193	132	LUÍSA MOURÃO	F	39	10	00:55:08.46	00:54:55.62	CCD CRÉDITO AGRÍCOLA
194	360	JOAQUIM PALMA	M	65	4	00:55:10.64	00:55:03.58	
195	121	RUI ALMEIDA	M	40	73	00:55:15.76	00:54:57.22	
196	274	PATRICIA FIGUEIREDO	F	48	8	00:55:20.84	00:55:16.59	GD SANTANDERTOTTA
197	467	ADRIANO FAUSTINO	M	46	53	00:55:22.13	00:55:04.27	ADRIANO
198	85	PEDRO SILVA	M	33	30	00:55:24.48	00:55:13.94	
199	252	JOSÉ SOARES	M	39	74	00:55:27.34	00:55:07.21	ELITE RUNNERS
200	299	DIAMANTINO SILVA	M	60	13	00:55:29.74	00:55:14.46	CCD DAS AUTARQUIAS DE ALMADA
201	425	MATEUSZ KWIATKOWSKI	M	28	31	00:55:30.59	00:55:05.96	
202	357	ANA MAGALHAES	F	35	11	00:55:32.60	00:55:23.36	CORRER LISBOA
203	182	PEDRO RIBAS	M	46	54	00:55:32.95	00:55:10.57	AROEIRA TEAM
204	488	JOSÉ BRAGANÇA	M	41	75	00:55:45.00	00:55:45.00	
205	292	HUGO MARQUES	M	44	76	00:55:47.23	00:55:42.70	
206	131	JOÃO RODRIGUES	M	46	55	00:55:49.87	00:55:38.29	CCD CRÉDITO AGRÍCOLA
207	290	ANA CAMELO	F	23	9	00:55:55.12	00:55:47.97	
208	143	BRUNO LEMOS	M	35	77	00:55:56.58	00:55:16.26	
209	382	SOFIA FRANÇA	F	38	12	00:56:05.80	00:56:01.05	
210	126	LUIS PIMENTEL	M	21	32	00:56:07.74	00:55:49.40	
211	406	ARMANDO LACERDA	M	64	14	00:56:20.12	00:55:57.15	
212	306	CIDÁLIA PIMENTEL	F	46	9	00:56:20.53	00:56:13.85	
213	254	NUNO SANTOS	M	45	56	00:56:26.41	00:56:07.74	CLUBE OGMA
214	167	KOSTYANTYN SIMONENKO	M	37	78	00:56:33.22	00:56:33.22	UKRAINE
215	234	VASCO MIGUEL DA CUNHA DO MONTE FREITAS	M	47	57	00:56:34.97	00:56:34.97	VS40
216	229	TERESA SILVA	F	46	10	00:56:35.77	00:56:30.48	CLUBE DE PRAÇAS DA ARMADA
217	240	DANIEL FERREIRA	M	37	79	00:56:38.64	00:55:58.40	
218	449	TINA OLIVEIRA	F	55	1	00:56:41.76	00:56:33.13	AMINHACORRIDA
219	103	NUNO MARIA	M	37	80	00:56:43.41	00:56:18.11	ST TEAM
220	303	LUÍS GONÇALVES	M	59	15	00:56:59.74	00:56:41.95	CCD DAS AUTARQUIAS DE ALMADA

20  
JULHO  
2019



Corrida  
Noturna  
COSTA DA CAPARICA

10km

221	255	DIOGO SANTOS	M	34	33	00:57:05.20	00:56:50.87	
222	461	SARA MARTINS	F	32	10	00:57:06.16	00:56:50.32	
223	218	JOSÉ SIMÕES	M	56	16	00:57:10.09	00:56:40.54	O MUNDO DA CORRIDA
224	116	PAULO REVÉS REVÉS	M	47	58	00:57:12.66	00:56:53.35	LESMAS ALOPRADAS
225	332	RUI RAPOSO	M	51	59	00:57:13.11	00:56:58.58	AMICICLO GRÂNDOLA
226	145	GUILHERME HORA	M	45	60	00:57:14.07	00:57:08.18	
227	331	MARIA CATARINA RODRIGUES	F	34	11	00:57:14.14	00:56:47.34	
228	186	LUÍS SANTOS	M	32	34	00:57:16.19	00:57:11.14	
229	385	TIAGO HORA	M	19	35	00:57:17.86	00:57:11.60	
230	217	MANUELA PINTO	F	56	2	00:57:18.03	00:56:50.00	O MUNDO DA CORRIDA
231	370	CARLOS MANUEL FERREIRA ELIAS	M	49	61	00:57:22.45	00:56:58.89	
232	429	HELDER SANTOS	M	42	81	00:57:31.02	00:57:25.83	SEASIDE
233	479	MARIO RODRIGUES	M	39	82	00:57:32.21	00:56:59.08	
234	206	SABIR KANJI	F	40	13	00:57:32.82	00:57:02.65	SS CGD
235	250	SERGIO RODRIGUES	M	42	83	00:57:34.65	00:57:05.47	
236	380	TIAGO CANARIAS	M	19	36	00:57:35.00	00:57:35.00	
237	263	PEDRO REIS	M	46	62	00:57:35.54	00:57:11.48	GD SANTANDERTOTTA
238	230	GONÇALO SONSO DE RODRIGUES	M	30	37	00:57:36.57	00:57:36.57	
239	271	LUIS DIAS	M	44	84	00:57:37.04	00:57:21.84	GD SANTANDERTOTTA
240	269	CARINA SILVA	F	33	12	00:57:37.21	00:57:17.14	GD SANTANDERTOTTA
241	411	SÓNIA MARTINS	F	39	14	00:57:37.32	00:57:10.85	
242	314	CARLOS OLIVEIRA	M	36	85	00:57:42.70	00:57:06.63	CORREDORES DA TANGA
243	270	SERGIO SILVA	M	39	86	00:57:43.48	00:57:20.36	GD SANTANDERTOTTA
244	187	FERNANDO SILVA	M	38	87	00:57:55.05	00:57:43.38	EX FEDERADOS
245	260	PEDRO SEQUEIRA	M	40	88	00:58:04.53	00:58:04.53	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL
246	367	ANTÓNIO TAVARES	M	41	89	00:58:05.01	00:57:49.28	NO FIM QUEREMOS BOLAS DE BERLIM!!
247	489	PAULA LEÃO	F	48	11	00:58:08.89	00:57:46.64	CM ALMADA
248	52	ARLINDO ROLO	M	50	63	00:58:09.38	00:57:54.61	
249	60	MANUEL DIAS	M	52	64	00:58:10.47	00:57:57.23	
250	410	TÂNIA CABRITO	F	36	15	00:58:11.17	00:58:04.11	
251	183	MIGUEL MARQUES	M	41	90	00:58:14.20	00:58:05.27	
252	276	ANTONIO CASTRO	M	50	65	00:58:18.96	00:58:01.99	GD SANTANDERTOTTA
253	90	PAULA ALMEIDA	F	47	12	00:58:35.86	00:58:08.54	
254	221	ANDREIA SOFIA	F	29	13	00:58:39.36	00:58:33.47	
255	454	MANUEL CALDEIRA	M	27	38	00:58:52.35	00:58:12.89	
256	89	DORA SOUSA	F	43	16	00:58:54.05	00:58:25.42	
257	272	CARLOS ALVES	M	50	66	00:58:55.05	00:58:22.54	GD SANTANDERTOTTA

20  
JULHO  
2019



Corrida  
Noturna  
COSTA DA CAPARICA

10km

258	280	PAULO JACINTO	M	47	67	00:58:55.99	00:58:20.21	GD SANTANDERTOTTA
259	238	SERHII DIDYK	M	50	68	00:58:58.66	00:58:58.66	UKRAINE
260	469	HEITOR GOMES	M	47	69	00:59:08.11	00:58:47.64	GEORUNNERS
261	333	NELSON RUA	M	36	91	00:59:12.57	00:58:33.54	
262	446	JORGE AMARAL	M	51	70	00:59:17.08	00:58:51.00	AMINHACORRIDA
263	320	MARISA ALCÁCER	F	36	17	00:59:32.76	00:59:26.88	
264	220	NUNO SANTOS	M	44	92	00:59:33.60	00:58:59.17	
265	170	LUIS SANTOS	M	54	71	00:59:55.93	00:59:35.71	
266	209	SOFIA ESCARIA	F	23	14	01:00:23.49	01:00:15.71	ESCARIA&FRIENDS
267	413	IVÁN JOSÉ MÁRQUEZ MUÑOZ	M	41	93	01:00:25.04	01:00:15.04	
268	288	CARLOS LOURENÇO	M	43	94	01:00:25.05	00:59:45.36	
269	285	RAFAEL DELPHIM RODRIGUES SIQUEIRA	M	37	95	01:00:31.49	01:00:16.36	
270	351	PAULO DUARTE	M	53	72	01:00:32.00	01:00:14.60	GDCT UNICRE
271	354	FERNANDO LUZ	M	49	73	01:00:33.33	01:00:15.51	GDCT UNICRE
272	401	MÁRIO LOURO	M	50	74	01:00:39.68	01:00:23.84	NAPA - NÚCLEO AMIGOS PERNA ASSADA
273	465	RUBEN ORNELAS	M	33	39	01:00:42.38	01:00:05.97	MEDISER
274	368	CARLOS NOGUEIRA	M	48	75	01:00:46.70	01:00:37.93	
275	431	RAQUEL LOURENÇO	F	43	18	01:00:47.20	01:00:38.42	SEASIDE
276	432	RICARDO CARVALHO	M	42	96	01:00:49.08	01:00:40.52	SEASIDE
277	344	LUCIA GONÇALVES	F	43	19	01:01:00.18	01:00:47.71	AMICICLO GRÂNDOLA
278	295	NAYARA PINHEIRO	F	22	15	01:01:03.63	01:00:58.56	RUNNING FAMILY ORIGINALS
279	171	ALFREDO MARTINHO	M	42	97	01:01:05.28	01:00:30.79	MARÍTIMO LISBOA CLUBE
280	414	SUSANA DO POMBAL FERREIRA	F	39	20	01:01:10.00	01:01:10.00	
281	125	NUNO GUERRA	M	31	40	01:01:18.09	01:00:52.86	
282	216	TERESA CARDOSO	F	40	21	01:01:20.64	01:00:56.47	SERVIÇOS SOCIAIS MONTEPIO
283	349	CARLOS VIEGAS	M	61	17	01:01:22.94	01:01:01.24	GDCT UNICRE
284	267	JOAO ROCHA	M	68	5	01:01:27.03	01:01:22.00	GD SANTANDERTOTTA
285	102	LUIS ANDRÉ	M	22	41	01:01:27.12	01:01:02.23	TEAM ST
286	166	GEISA AMIZE	F	27	16	01:01:31.66	01:01:22.39	
287	208	VITOR ESCARIA	M	47	76	01:01:33.12	01:01:25.15	ESCARIA&FRIENDS
288	119	NELSON CASTELÔA	M	53	77	01:01:36.23	01:01:15.23	
289	146	GORETTE MOREIRA	F	32	17	01:01:36.74	01:01:15.89	RIO DE MOURO
290	372	ANA LUÍSA SANTOS	F	37	22	01:01:41.94	01:01:28.36	
291	104	FLAVIO MATIAS	M	34	42	01:01:54.05	01:01:29.52	ST TEAM
292	353	PEDRO SARRASQUEIRO	M	39	98	01:02:24.70	01:02:02.63	GDCT UNICRE
293	213	LUIS REIS	M	62	18	01:02:39.98	01:02:18.45	SERVIÇOS SOCIAIS MONTEPIO
294	389	ALEXANDRA PINTO	F	45	13	01:02:40.13	01:02:23.59	CLINICA DR. CAUTELA



20  
JULHO  
2019



Corrida  
Noturna  
COSTA DA CAPARICA

10km

295	118	PAULO ANTUNES ANTUNES	M	51	78	01:02:40.44	01:02:35.54	LESMAS ALOPRADAS
296	305	CARLOS ALBERTO MARQUES H. MARTINS HORTA	M	56	19	01:02:48.93	01:02:47.58	ZÉZERETREK
297	412	ALEXANDRA C. COSTA	F	47	14	01:02:52.34	01:02:36.04	CLUBE MILLENNIUMBCP
298	268	LINO OLIVEIRA	M	73	6	01:02:52.89	01:02:46.36	GD SANTANDERTOTTA
299	185	LEONEL BRANDÃO	M	51	79	01:02:54.26	01:02:37.64	C MILLENNIUM BCP
300	311	JOANA FLOR	F	34	18	01:02:55.05	01:02:29.34	
301	177	JOÃO AZEDO	M	57	20	01:03:09.65	01:03:02.79	
302	159	MARISA PEREIRA	F	41	23	01:03:26.49	01:03:16.62	
303	165	ANA ROSÁRIO	F	46	15	01:03:34.56	01:03:21.77	A NATUREZA ENSINA
304	140	MANUELA GONÇALVES	F	51	16	01:03:35.58	01:03:23.12	SFUAP
305	54	IRENE CARVALHO	F	48	17	01:03:47.01	01:03:42.51	TEAM MELOM
306	369	LORRAINE COX	F	58	3	01:03:52.46	01:03:45.68	
307	455	INES MARQUES	F	42	24	01:04:05.07	01:03:51.11	99PROVASGRATUITAS
308	464	CLAUDIA COSTA	F	30	19	01:04:17.61	01:03:40.96	MEDISER
309	466	PEDRO CARDOSO	M	33	43	01:04:17.64	01:04:17.64	MEDISER
310	462	LUIS BATISTA	M	34	44	01:04:18.53	01:03:41.55	MEDISER
311	242	MARCO PASSINHAS	M	43	99	01:04:29.79	01:03:48.56	
312	315	JANINE MARTINS WEBER	F	39	25	01:04:39.05	01:04:07.16	
313	338	LUIS LOURENCO	M	42	100	01:04:39.93	01:04:29.66	
314	264	CRISTINA OLIVEIRA	F	37	26	01:04:50.59	01:04:22.24	GD SANTANDERTOTTA
315	278	SUSANA GUERREIRO	F	42	27	01:04:50.86	01:04:22.30	GD SANTANDERTOTTA
316	392	CARLOS LIMA	M	30	45	01:04:52.52	01:04:20.81	OS ROBUSTOS
317	395	BRUNO CARDOSO	M	34	46	01:04:52.55	01:04:21.15	OS ROBUSTOS
318	319	ANA FANECA	F	47	18	01:05:23.42	01:04:47.99	FANECAS
319	336	SANDRA MONTEIRO	F	41	28	01:05:32.45	01:05:22.72	CENTRO DE MARCHA E CORRIDA DE ODIVELAS
320	262	RICARDO NEVES	M	44	101	01:05:53.65	01:05:27.23	GD SANTANDERTOTTA
321	190	JOAO PORTUGAL	M	58	21	01:05:59.71	01:05:47.86	EX FEDERADOS
322	486	ALEXANDRE SILVA	M	39	102	01:06:17.84	01:05:43.13	
323	485	SARA CATITA	F	34	20	01:06:17.95	01:05:44.25	
324	277	MARIO COSTA	M	43	103	01:06:35.46	01:06:05.80	GD SANTANDERTOTTA
325	251	MANUEL SEQUEIRA	M	68	7	01:06:37.78	01:06:22.89	GDCT REPSOL POLÍMEROS
326	350	ANA MADEIRA	F	46	19	01:06:39.14	01:06:18.04	GDCT UNICRE
327	348	PAULO FRANÇA	M	57	22	01:06:39.62	01:06:18.77	GDCT UNICRE
328	347	GONÇALO OLIVEIRA	M	57	23	01:06:40.59	01:06:18.75	GDCT UNICRE
329	78	FILIPA VIDIGAL	F	31	21	01:06:41.27	01:06:26.77	YOU'LL NEVER RUN ALONE
330	77	RITA BENTES	F	31	22	01:07:11.66	01:06:57.31	YOU'LL NEVER RUN ALONE
331	409	LUIA GUEIFAO	F	52	20	01:07:25.28	01:07:18.68	

20  
JULHO  
2019



Corrida  
Noturna  
COSTA DA CAPARICA

10km

332	122	MARLENE OLIVEIRA	F	45	21	01:07:25.43	01:07:18.60	
333	55	NUNO AGOSTINHO	M	46	80	01:07:44.38	01:07:40.63	TEAM MELOM
334	20	JOAO SILVA	M	58	24	01:07:48.24	01:07:28.11	
335	289	SÓNIA ALVES	F	45	22	01:07:48.33	01:07:29.51	
336	65	PEDRO ANTUNES	M	31	47	01:07:48.61	01:07:39.79	
337	130	CARMEN SANTOS	F	35	29	01:07:57.53	01:07:44.70	CCD CRÉDITO AGRÍCOLA
338	358	FILIPE BASTO	M	52	81	01:07:57.90	01:07:41.29	CORRER LISBOA
339	150	JOAO SOARES	M	39	104	01:08:06.88	01:07:57.39	
340	458	MARITZA ARCAJO	F	34	23	01:08:15.16	01:07:34.09	
341	365	RUTE FERNANDES	F	39	30	01:08:20.00	01:08:20.00	NO FIM QUEREMOS BOLAS DE BERLIM!!
342	442	NUNO TAVARES	M	39	105	01:08:28.75	01:08:13.18	VALEGA-OVAR
343	346	JOSÉ ALMEIDA	M	52	82	01:08:42.09	01:08:15.34	
344	317	DANIELA BOLETA	F	25	24	01:08:55.64	01:08:43.15	AMICICLO GRÂNDOLA
345	440	TÂNIA FERREIRO	F	37	31	01:09:01.27	01:08:33.53	
346	459	SERGIO RODELO	M	49	83	01:09:15.46	01:09:03.58	RUN CREW TRAIL MONTIJO
347	460	ISABEL GOMES	F	38	32	01:09:15.87	01:09:04.26	
348	302	JOAQUIM MACHADO	M	67	8	01:09:20.45	01:09:02.52	CCD DAS AUTARQUIAS DE ALMADA
349	407	MARIA LACERDA	F	55	4	01:09:24.51	01:09:01.52	OCULISTA PORTAS DE SANTO ANTÓNIO
350	298	ARMANDO GONÇALVES	M	66	9	01:09:25.93	01:09:08.61	CCD DAS AUTARQUIAS DE ALMADA
351	345	CARLOS CARDOSO	M	53	84	01:09:29.57	01:09:17.96	ALVERCA URBAN RUNNERS
352	379	MIGUEL SOUSA	M	37	106	01:09:29.61	01:09:17.37	ALVERCA URBAN RUNNERS
353	339	SERGIO AVELINO	M	41	107	01:09:32.27	01:09:20.05	ALVERCA URBAN RUNNERS
354	471	PEDRO MOTA	M	31	48	01:09:42.58	01:09:30.61	
355	439	FILIPA INÁCIO	F	40	33	01:09:42.65	01:09:30.31	
356	257	PAULO FRANCO	M	43	108	01:10:31.71	01:10:15.53	
357	427	ANA ISABEL FAGUNDES	F	39	34	01:10:52.47	01:10:41.30	ROADRUNNERS
358	426	MÓNICA COSTA	F	34	25	01:10:52.60	01:10:41.40	ROADRUNNERS
359	403	EDUARDO AMORIM	M	48	85	01:11:05.92	01:10:44.51	
360	224	RICARDO GASPAR	M	66	10	01:11:17.04	01:10:51.97	CLUBE DE PRAÇAS DA ARMADA
361	144	CLAUDIA CRISÓSTOMO	F	30	26	01:11:50.84	01:11:22.78	#CORRERPARASERFELIZ
362	148	FRANCISCO SARRASQUEIRO	M	72	11	01:12:00.82	01:11:35.19	
363	393	FILIPE VEIGA	M	32	49	01:12:34.67	01:12:03.96	OS ROBUSTOS
364	340	SARA ALMEIDA	F	23	27	01:12:34.84	01:12:18.96	HUT RUNNERS WARRIORS
365	236	ANA ARRANJA	F	34	28	01:12:53.40	01:12:47.13	
366	239	INÊS MENDONÇA	F	41	35	01:13:13.24	01:13:08.59	
367	244	JORGE MANUEL NUNES DA FONSECA BAPTISTA	M	69	12	01:13:40.00	01:13:40.00	
368	162	CÉSAR AZENHA	M	39	109	01:14:23.81	01:14:04.76	SPECIAL FORCE

20  
JULHO  
2019



Corrida  
Noturna  
COSTA DA CAPARICA

10km

369	163	EURICO MARCOS	M	40	110	01:14:24.38	01:14:05.66	SPECIAL FORCE
370	307	PAULA BEDO	F	45	23	01:14:33.84	01:14:00.67	
371	308	SUSANA CARVALHO	F	43	36	01:14:34.05	01:14:03.26	
372	70	JOANA DE JESUS	F	31	29	01:15:19.11	01:15:08.76	
373	94	PAOLA GUANCA	F	45	24	01:15:26.93	01:14:50.37	
374	95	GONÇALO SAN ROMAN	M	41	111	01:15:27.11	01:14:50.82	
375	173	JEANSSER BARCELOS	M	43	112	01:15:36.02	01:15:31.68	IRON LIFE
376	483	MARIO FERREIRA	M	23	50	01:15:37.97	01:15:37.97	NAUS TRAIL TEAM
377	480	CARLOS COSTA	M	32	51	01:15:39.64	01:15:39.64	NAUS TRAIL TEAM
378	283	ANA RODRIGUES	F	24	30	01:16:20.57	01:16:00.46	OS SALTAPOCINHAS
379	362	CIINTHIA ALEXANDRA	F	33	31	01:16:41.00	01:16:30.96	
380	394	NUNO BRÁS	M	37	113	01:16:49.80	01:16:18.67	OS ROBUSTOS
381	396	MARISA VEIGA	F	37	37	01:16:51.04	01:16:20.69	OS ROBUSTOS
382	324	BRUNO J M LUENGO	M	34	52	01:17:15.52	01:17:03.59	BODY PROJECT
383	361	JOSÉ ALÍPIO	M	62	25	01:17:36.89	01:17:26.67	PONTINHA
384	297	TÂNIA GUERREIRO	F	44	38	01:18:10.16	01:18:04.92	RUNNING FAMILY ORIGINALS
385	296	EUCINÁRIO PINHEIRO	M	54	86	01:18:10.42	01:18:04.62	RUNNING FAMILY ORIGINALS
386	281	NÁDIA VEIGA	F	31	32	01:18:49.87	01:18:29.77	OS SALTAPOCINHAS
387	363	FERNANDA TAVARES	M	57	26	01:19:27.23	01:19:16.17	CORRER LISBOA
388	71	MARIANA SOARES	F	67	1	01:19:27.29	01:19:16.23	
389	312	VALÉRIA MOREIRA	F	51	25	01:20:38.61	01:20:12.99	
390	181	CRISTINA CARVALHO	F	50	26	01:21:51.13	01:21:51.13	AROEIRA TEAM
391	291	RICARDO GIL	M	37	114	01:21:54.85	01:21:15.59	
392	53	MÁRIO PIRES	M	60	27	01:22:03.34	01:21:36.55	
393	261	CÁTIA ROCHA	F	37	39	01:24:16.14	01:23:56.49	
394	309	PEDRO BASTOS	M	54	87	01:24:16.65	01:23:56.59	
395	282	CLÁUDIA VENTURA	F	32	33	01:29:36.39	01:29:16.38	OS SALTAPOCINHAS
396	247	GUSTAVO GAMA	M	51	88	01:36:17.50	01:35:56.48	

Total de registros: 396