



30-31 Agosto, 5 Setembro



Classificação Geral Aljezur

Class.	Dorsal	Nome	Cat	Clube/grupo	Tempo
1	150	PAULO SOARES	VET 1	CD AREIAS S.JOÃO	24.14
2	1	MIGUEL SILVA	VET 2	CD AREIAS S.JOÃO	24.33
3	300	ALEX SCUTARO	VET 2	INDIVIDUAL	24.33
4	242	FELISBETO REIGADO	VET 2	CD AREIAS S.JOÃO	25.36
5	55	CRISTIANO SILVA	SENIOR MASC	SPORT LISBOA E BENFICA	25.50
6	124	JOSÉ RIBEIRO	VET 3	INDIVIDUAL	26.28
7	104	PEDRO BRÁS	SENIOR MASC	INDIVIDUAL	27.11
8	111	RICARDO COSTA	SENIOR MASC	NDC ODEMIRA	27.14
9	87	ANACLETO FAISCA	VET 5	CD AREIAS S.JOÃO	27.22
10	308	BRUNO BONDOSO	VET 2	BELA VISTA	27.22
11	117	LUIS DUARTE	SENIOR MASC	INDIVIDUAL	27.43
12	88	FRANCISCO ROCHA	VET 4	NAR MESSEJANA	28.02
13	177	JOÃO SOARES	SENIOR MASC	OLIMPICO CLUBE LAGOS	28.14
14	299	VERONICA SCUTARO	VET FEM	INDIVIDUAL	29.49
15	109	ANA DIAS	SENIOR FEM	NDC ODEMIRA	30.15
16	210	MARCIO SOUSA	SENIOR MASC	INDIVIDUAL	30.37
17	113	ILIDIO CAMPOS	VET 4	NDC ODEMIRA	30.39
18	58	HENRIQUE ROMÃO	VET 5	INDIVIDUAL	31.09
19	174	JOÃO BORBA	VET 3	BELA VISTA	31.14
20	95	LUIS ALFARROBA	VET 5	OLIMPICO CLUBE LAGOS	31.19
21	102	LILIANA VERISSIMO	SENIOR FEM	OLIMPICO CLUBE LAGOS	31.38
22	173	ANTONIO FERREIRA	VET 3	BELA VISTA	31.42
23	127	HUGO MATOS	SENIOR MASC	INDIVIDUAL	32.17
24	57	MARIA LUCAS	VET FEM	INDIVIDUAL	32.26
25	98	JOÃO PALHINHA	VET 4	BELA VISTA	32.36
26	8	JORGE CARDOSO	VET 2	INDIVIDUAL	32.51
27	77	GONÇALO SILVA	SENIOR MASC	INDIVIDUAL	32.58
28	60	TIAGO SIMENTA	VET 1	INDIVIDUAL	33.09
29	214	JOÃO LANDEIRO	SENIOR MASC	INDIVIDUAL	33.14
30	121	PAULO TOMÁS	VET 1	INDIVIDUAL	33.15
31	302	DAVID ALVES	VET 1	INDIVIDUAL	33.19
32	103	ISABEL GONÇALVES	SENIOR FEM	OLIMPICO CLUBE LAGOS	33.30
33	176	IVO ROQUE	VET 1	INDIVIDUAL	33.35
34	14	LUIS XAVIER	VET 2	INDIVIDUAL	33.47
35	211	PAULO MARTINS	VET 5	INDIVIDUAL	34.04
36	301	PAULO TEIXEIRA	VET 1	INDIVIDUAL	34.39
37	9	MARCO BATISTA	VET 1	INDIVIDUAL	34.51
38	90	ANA DIAS	VET FEM	OLIMPICO CLUBE LAGOS	34.51
39	56	JOÃO CARNEIRO	VET 3	INDIVIDUAL	34.54
40	64	JOÃO MENDONÇA	VET 2	INDIVIDUAL	34.54
41	125	LINDA RUSHMERE	VET FEM	INDIVIDUAL	34.55

42	18	ANDRÉ ALVES	SENIOR MASC	LAGOS EM FORMA	35.20
43	116	ALEXANDRE DUARTE	VET 1	INDIVIDUAL	35.32
44	118	HELDER CABRITA	VET 2	INDIVIDUAL	35.47
45	126	JOAQUIM CONTREIRAS	VET 4	INDIVIDUAL	35.47
46	19	VERA CUNHA	SENIOR FEM	LAGOS EM FORMA	35.58
47	22	LUIS CANDEIAS	VET 2	LAGOS EM FORMA	37.18
48	23	FRANCISCO QUITERIA	VET 3	LAGOS EM FORMA	37.21
49	212	RITA FERNANDES	SENIOR FEM	INDIVIDUAL	37.21
50	122	LUIS MOLFIRO	VET 1	INDIVIDUAL	37.37
51	5	PEDRO PINTO	VET 1	INDIVIDUAL	37.50
52	49	CLAUDIO CARVALHO	VET 2	INDIVIDUAL	38.41
53	24	MADALENA HENRIQUES	VET FEM	LAGOS EM FORMA	38.51
54	248	JOSE ASSUNÇÃO	VET 4	OLIMPICO CLUBE LAGOS	39.00
55	50	FILIPA VIEIRA	VET FEM	INDIVIDUAL	39.11
56	3	DIOGO MENDONÇA	VET 1	INDIVIDUAL	39.15
57	12	TELMA PESTANA	VET FEM	INDIVIDUAL	39.40
58	28	VANDA MARIA	SENIOR FEM	VIVAFIT- RUNNERS	39.50
59	91	ISABEL MOREIRA	VET FEM	OLIMPICO CLUBE LAGOS	40.07
60	99	CAROLINA SANTOS	VET FEM	INDIVIDUAL	40.26
61	128	FLAVIO PEREIRA	SENIOR MASC	INDIVIDUAL	40.31
62	37	RAQUEL PACHECO	SENIOR FEM	VIVAFIT- RUNNERS	40.55
63	38	PAULA PEREIRA	VET FEM	VIVAFIT- RUNNERS	43.23
64	213	MONICA VIEIRA	SENIOR FEM	INDIVIDUAL	43.47
65	66	SIMONE GILLIG	SENIOR FEM	INDIVIDUAL	43.50
66	67	FILIPE MARTINS	SENIOR MASC	INDIVIDUAL	43.55
67	39	REGINA BATISTA	VET FEM	VIVAFIT- RUNNERS	44.01
68	62	RITA RODRIGUES	SENIOR FEM	INDIVIDUAL	44.01
69	304	JOÃO NASCIMENTO	VET 2	INDIVIDUAL	44.47
70	225	DORA REIS	VET FEM	INDIVIDUAL	45.13
71	11	ODETE AZEVEDO	VET FEM	INDIVIDUAL	46.17
72	101	SONIA PONA	VET FEM	INDIVIDUAL	46.17
73	245	ISABEL SANTOS	VET FEM	INDIVIDUAL	46.49
74	246	NUNO SANTOS	VET 1	INDIVIDUAL	46.49
75	20	CARLA LEONOR	SENIOR FEM	LAGOS EM FORMA	47.38
76	241	SILVIA RAMOS	SENIOR FEM	INDIVIDUAL	48.28
77	208	ANABELA MEDEIROS	VET FEM	INDIVIDUAL	48.57
78	209	FABIO PEREIRA	VET 2	INDIVIDUAL	48.57
79	29	ELGA LOPES	VET FEM	VIVAFIT- RUNNERS	49.59
80	7	LILIANA FERREIRA	SENIOR FEM	INDIVIDUAL	49.59
81	100	INES GOMES	SENIOR FEM	INDIVIDUAL	50.33
82	81	MONICA MENDOÇA	VET FEM	INDIVIDUAL	50.37
83	61	CRISTINA RODRIGUES	VET FEM	INDIVIDUAL	50.37
84	226	SARA ALLEN	VET FEM	INDIVIDUAL	50.52
85	63	JOÃO RODRIGUES	SENIOR MASC	INDIVIDUAL	51.26
86	44	TERESA VIEGAS	VET FEM	INDIVIDUAL	52.26
87	31	SARA CAETANO	VET FEM	VIVAFIT- RUNNERS	52.48
88	43	ANA BELA LOURENÇO	VET FEM	INDIVIDUAL	52.52
89	59	MILENE FRANCISCO	SENIOR FEM	OLIMPICO CLUBE LAGOS	52.53
90	215	SONIA BARRADAS	SENIOR FEM	INDIVIDUAL	53.59
91	27	MARIA JOSE DIAS	VET FEM	VIVAFIT- RUNNERS	55.56
92	40	CEU CONCEIÇÃO	VET FEM	VIVAFIT- RUNNERS	56.21
93	82	RICARDO ANINO	VET 2	INDIVIDUAL	56.21
94	306	LOURENÇO ANINO	SENIOR MASC	INDIVIDUAL	56.21
95	305	DIOGO NASCIMENTO	SENIOR MASC	INDIVIDUAL	59.39
96	307	SALVADOR ANINO	SENIOR MASC	INDIVIDUAL	59.44
97	47	DORA TERESINHA	VET FEM	INTERMARCHE	59.51

98	206	SONIA NOBRE	VET FEM	INDIVIDUAL	1.07.56
99	119	HELDER PEREIRA	VET 5	INDIVIDUAL	1.10.02
100	178	CARMINDA DIAS	VET FEM	INDIVIDUAL	1.11.08
101	120	CELIA SILVA	VET FEM	INDIVIDUAL	1.11.36
102	51	FRANCISCO TERESINHA	SENIOR MASC	INDIVIDUAL	1.12.57
103	48	GRAÇA CAMPOS	VET FEM	INTERMARCHE	1.13.05
104	25	NATERCIA FIGUEIRAS	VET FEM	VIVAFIT- RUNNERS	1.14.48
105	26	PIEIDADE LOURO	VET FEM	VIVAFIT- RUNNERS	1.14.48
106	47	DORA TERESINHA	VET FEM	INTERMARCHE	1.14.49
107	216	MARIA MADALENA CORREIA	VET FEM	INDIVIDUAL	1.14.51
108	46	CRISTINA PEREIRA	VET FEM	INDIVIDUAL	1.14.52
109	106	CELESTE SILVA	VET FEM	INDIVIDUAL	1.20.50
110	105	GRAÇA GUERREIRO	VET FEM	INDIVIDUAL	1.21.05