

## Escalão: 7KM F

<u>Dorsal</u>	<u>Escalão</u>	<u>Clube</u>	<u>TEMPO</u>	<u>ESCALÃO</u>
		<b>FEMININOS</b>		
2336	F	INDIVIDUAL	00:32:56	1
2273	F	UAL	00:35:13	2
2295	F	INDIVIDUAL	00:35:46	3
2168	F	INDIVIDUAL	00:36:43	4
2179	F	INDIVIDUAL	00:36:43	5
2280	F	UAL	00:36:43	6
2318	F	INDIVIDUAL	00:36:50	7
2230	F	INDIVIDUAL	00:37:32	8
2132	F	INDIVIDUAL	00:37:34	9
2326	F	INDIVIDUAL	00:37:40	10
2223	F	INDIVIDUAL	00:37:51	11
2233	F	INDIVIDUAL	00:38:01	12
2067	F	Chafurdas	00:38:15	13
2304	F	INDIVIDUAL	00:38:24	14
2219	F	INDIVIDUAL	00:38:31	15
2104	F	INDIVIDUAL	00:38:40	16
2098	F	INDIVIDUAL	00:38:40	17
2129	F	INDIVIDUAL	00:38:45	18
2248	F	Os foguetinhos	00:38:47	19
2293	F	INDIVIDUAL	00:38:58	20
2142	F	INDIVIDUAL	00:39:04	21
2395	F	INDIVIDUAL	00:39:12	22
2396	F	INDIVIDUAL	00:39:12	23
2035	F	Brain Tumor Team	00:39:18	24
2083	F	DELTA - CAFÉS	00:39:21	25
2144	F	INDIVIDUAL	00:39:29	26
2059	F	Brain Tumor Team	00:39:30	27

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
2182	Marília Pire	F	INDIVIDUAL	00:39:50	28
2074	Maria Santos	F	Clube Desportivo TCPI	00:39:55	29
2032	Lia Neto	F	Brain Tumor Team	00:40:08	30
2240	Rita Queiroz	F	Lucky & Girls	00:40:13	31
2050	Sara Farias	F	Brain Tumor Team	00:40:14	32
2239	Patrícia Tavares	F	Lucky & Girls	00:40:15	33
2152	Joanna Bachmatiuk	F	INDIVIDUAL	00:40:18	34
2306	INES LOPES	F	INDIVIDUAL	00:40:25	35
2308	ANDRE FELICIANO	F	INDIVIDUAL	00:40:25	36
2391	VERA LOPES	F	INDIVIDUAL	00:40:35	37
2221	Sofia Cunha	F	INDIVIDUAL	00:41:03	38
2393	TERESA SILVA	F	INDIVIDUAL	00:41:05	39
2145	Inês Matias	F	INDIVIDUAL	00:41:09	40
2049	Sandra Macedo	F	Brain Tumor Team	00:41:14	41
2348	MARTA PIRES	F	INDIVIDUAL	00:41:25	42
2355	SHARI ALVES	F	INDIVIDUAL	00:41:35	43
2255	Carla Gomes	F	Raríssimas	00:42:04	44
2218	Sara Diogo	F	INDIVIDUAL	00:42:07	45
2212	Rita Neto	F	INDIVIDUAL	00:42:19	46
2101	Ana Raquel Claro	F	INDIVIDUAL	00:42:22	47
2300	SOFIA XAVIER	F	INDIVIDUAL	00:42:28	48
2225	Sofia Valada	F	INDIVIDUAL	00:42:30	49
2186	Marta Pelicano	F	INDIVIDUAL	00:42:31	50
2147	Inês Ventura	F	INDIVIDUAL	00:42:38	51
2307	BETRIZ PAIVA	F	INDIVIDUAL	00:42:40	52
2215	Sandra Mendes	F	INDIVIDUAL	00:43:28	54
2128	Diana Pascoal	F	INDIVIDUAL	00:43:29	55
2119	Catarina Afonso	F	INDIVIDUAL	00:43:30	56
2047	Rita Espirito Santo	F	Brain Tumor Team	00:43:33	57
2375	EMA GOMES	F	INDIVIDUAL	00:43:37	58
2105	Ana-Alice Pereira	F	INDIVIDUAL	00:43:39	59

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
2065	Luísa Alves	F	Chafurdas	00:43:45	60
2066	Maria Neves	F	Chafurdas	00:43:45	61
2175	Margarida Castro	F	INDIVIDUAL	00:43:48	62
2197	Paula Pata	F	INDIVIDUAL	00:43:48	63
2191	Miriam Lobato	F	INDIVIDUAL	00:43:54	64
2054	Sónia Coelho	F	Brain Tumor Team	00:44:04	65
2122	Cláudia Silva	F	INDIVIDUAL	00:44:17	66
2257	Marta Lopes	F	Raríssimas	00:44:22	67
2324	ANA CALDEIRA	F	INDIVIDUAL	00:44:28	68
2010	Ana Félix	F	Brain Tumor Team	00:44:33	69
2371	CRISTINA	F	INDIVIDUAL	00:44:33	70
2323	BARBARA FERREIRA	F	INDIVIDUAL	00:44:35	71
2346	RITA PINA	F	INDIVIDUAL	00:44:54	72
2120	Catarina Antunes	F	INDIVIDUAL	00:44:57	73
2003	Ondina Teodoro	F	As Chocolatinhas	00:44:57	74
2127	Diana Ladeira	F	INDIVIDUAL	00:44:59	75
2356	SARA LOUREIRO	F	INDIVIDUAL	00:45:03	76
2169	Madalena Afonso	F	INDIVIDUAL	00:45:05	77
2303	RAQUEL CAPELO	F	INDIVIDUAL	00:45:10	78
2353	FILIPA PRATAA	F	INDIVIDUAL	00:45:12	79
2302	SARA RITA	F	INDIVIDUAL	00:45:38	80
2181	Mariana Zhang	F	INDIVIDUAL	00:45:44	81
2143	Inês Fernandes	F	INDIVIDUAL	00:45:48	82
2228	Susana Tápia	F	INDIVIDUAL	00:45:49	83
2006	Diana Silva	F	babilexis	00:45:50	84
2124	Daniela Brás	F	INDIVIDUAL	00:45:51	85
2294	ANTONIO BERAS	F	INDIVIDUAL	00:45:51	86
2333	PATRICIA NUNES	F	INDIVIDUAL	00:45:57	87
2337	SOFIA MARTINS	F	INDIVIDUAL	00:45:57	88
2099	Ana Pinheiro	F	INDIVIDUAL	00:46:02	89
2310	DIANA LUIS	F	INDIVIDUAL	00:46:03	90

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
2296	VERA ISGUEIRA	F	INDIVIDUAL	00:46:18	91
2071	Sónia Silva	F	ChronoRunners	00:46:21	92
2249	Mafalda Mourato	F	Os foguetinhos	00:46:21	93
2250	Tatiana Santos	F	Os foguetinhos	00:46:21	94
2374	SUSANA BORDA	F	INDIVIDUAL	00:46:25	95
2347	MARIA PINBA	F	INDIVIDUAL	00:46:27	96
2126	Diana	F	INDIVIDUAL	00:46:32	97
2229	Tânia	F	INDIVIDUAL	00:46:32	98
2164	Liliana Carvalho	F	INDIVIDUAL	00:46:33	99
2206	Raquel Marques	F	INDIVIDUAL	00:46:33	100
2331	BEATRIZ GOULAO	F	INDIVIDUAL	00:47:04	101
2150	Isabel Silva	F	INDIVIDUAL	00:47:31	102
2080	Filomena Fialho	F	Correr queluz	00:47:44	103
2265	Ana Castro	F	SS CGD	00:48:25	104
2217	Sara Mahomed	F	INDIVIDUAL	00:48:26	105
2227	Susana Silva	F	INDIVIDUAL	00:48:26	106
2056	Teresa Diamantino	F	Brain Tumor Team	00:48:30	107
2055	Soraia Silva	F	Brain Tumor Team	00:48:40	108
2121	Catarina Correia	F	INDIVIDUAL	00:48:40	109
2297	BEATRIZ LOPES	F	INDIVIDUAL	00:48:50	110
2196	Patrícia Trindade	F	INDIVIDUAL	00:49:01	111
2388	ANDREIA CRUZ	F	INDIVIDUAL	00:49:33	112
2390	PATRICIA AMARO	F	INDIVIDUAL	00:49:33	113
2207	Raquel Saraiva	F	INDIVIDUAL	00:49:38	114
2100	Ana Queiroz	F	INDIVIDUAL	00:49:38	115
2184	Marta Correia	F	INDIVIDUAL	00:49:47	116
2053	Sónia Barata	F	Brain Tumor Team	00:49:48	117
2205	Raquel Branco	F	INDIVIDUAL	00:49:50	118
2349	CAROLINA FONTES	F	INDIVIDUAL	00:49:53	119
2251	Catarina Correia	F	Pernetas	00:49:55	120
2176	Maria Cristina Alves	F	INDIVIDUAL	00:50:35	121

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
2328	RITA CARDOSO	F	INDIVIDUAL	00:51:21	122
2036	Marie Bordone	F	Brain Tumor Team	00:51:38	123
2266	Angela Malveiro	F	Team MM	00:52:01	124
2064	Ana Gomes	F	Chafurdas	00:52:03	125
2247	Rita Amorim	F	NEVAGUIVAP	00:52:05	126
2026	Inês Bravo	F	Brain Tumor Team	00:52:06	127
2253	Eduarda Florência	F	Por ti António	00:52:48	128
2096	Ana Leote	F	INDIVIDUAL	00:52:55	129
2183	Marta Amaral	F	INDIVIDUAL	00:52:57	130
2187	Marta Ramos	F	INDIVIDUAL	00:52:57	131
2012	Ana Benito	F	Brain Tumor Team	00:53:33	132
2015	Ana Benito	F	Brain Tumor Team	00:53:33	133
2087	Ana Aires	F	Finhões	00:53:37	134
2149	Isabel Amaral	F	INDIVIDUAL	00:53:38	135
2022	Filipa Teixeira	F	Brain Tumor Team	00:53:52	136
2170	Mafalda Costa	F	INDIVIDUAL	00:53:52	137
2009	Alice Melão	F	Brain Tumor Team	00:53:54	138
2216	Sandra Silva	F	INDIVIDUAL	00:54:01	139
2394	ELSA LAVRADOER	F	INDIVIDUAL	00:54:14	140
2315	TANIA SOARES	F	INDIVIDUAL	00:55:40	141
2090	Rita Santos	F	Ginconicos	00:56:34	142
2316	MARIA PINTO	F	INDIVIDUAL	00:56:39	143
2330	CRISTINA	F	INDIVIDUAL	00:56:48	144
2180	Mariana Pelicano	F	INDIVIDUAL	00:57:08	145
2117	Carolina Pelicano	F	INDIVIDUAL	00:57:38	146
2082	Susana Ferreira	F	Dalle	00:57:49	147
2014	Ana Zhao	F	Brain Tumor Team	00:58:17	148
2089	Paula Fradique	F	Ginconicos	01:01:05	149
2345	ANA NASCIMENTEO	F	INDIVIDUAL	01:01:53	150
2344	HENRIQUE FONTES	F	INDIVIDUAL	01:01:53	151
2372	NATACHA CABRAL	F	INDIVIDUAL	01:02:09	152

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
2290	Sidónia Santos	F	UPT- UIPM Power Team	01:03:02	153
2285	Lara Neto	F	UPT- UIPM Power Team	01:03:02	154
2385	CONCEIÇÃO	F	INDIVIDUAL	01:05:41	155
2178	Maria Sousa	F	INDIVIDUAL	01:05:57	156
2282	Filipa Coelho	F	UPT- UIPM Power Team	01:06:10	157
2283	Inês Gonçalves	F	UPT- UIPM Power Team	01:06:11	158
2284	Jacinta Serpa	F	UPT- UIPM Power Team	01:07:32	159
2288	Maria Martins	F	UPT- UIPM Power Team	01:07:32	160
2289	Maria Tomé	F	UPT- UIPM Power Team	01:07:35	161
2291	Sofia Fernandes	F	UPT- UIPM Power Team	01:07:56	162
2195	Olimpia Almeida	F	INDIVIDUAL	01:14:17	163
			<b>MASCULINOS</b>		
2398	DIEGO	M	INDIVIDUAL	00:23:40	1
2244	Francisco Sousa	M	Moleques	00:25:28	2
2277	Paulo Gonçalves	M	UAL	00:27:34	3
2131	Dmitry Shelepenko	M	INDIVIDUAL	00:27:55	4
2357	PEDRO SANTOS	M	INDIVIDUAL	00:29:03	5
2192	Natanael Guerreiro	M	INDIVIDUAL	00:29:06	6
2276	Mário Marques	M	UAL	00:29:11	7
2243	Pedro Meireles	M	MMPMZ 2016	00:29:31	8
2358	PAULO FERREIRA	M	INDIVIDUAL	00:29:38	9
2214	Sancho Silva	M	INDIVIDUAL	00:29:39	10
2008	Alexandre Fernandes	M	Brain Tumor Team	00:30:16	11
2198	Paulo Mendes	M	INDIVIDUAL	00:31:16	12
2113	Bernardino Ribeiro	M	INDIVIDUAL	00:31:25	13
2155	João Moniz	M	INDIVIDUAL	00:31:48	14
2134	Fábio Simões	M	INDIVIDUAL	00:32:02	15
2309	DIOGO MARTINS	M	INDIVIDUAL	00:32:40	16
2125	David Silva	M	INDIVIDUAL	00:33:06	17
2365	TOME BEATO	M	INDIVIDUAL	00:33:33	18
2123	Daniel Cazeiro	M	INDIVIDUAL	00:33:33	19
2364	RAFAEL COSTA	M	INDIVIDUAL	00:33:35	20

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
2269	António Santos	M	UAL	00:33:58	21
2063	Alexandre Fontes	M	Chafurdas	00:34:32	22
2210	Ricardo Diogo	M	INDIVIDUAL	00:34:40	23
2351	GUIXANDE DUARTE	M	INDIVIDUAL	00:34:42	24
2327	João Costa	M	INDIVIDUAL	00:34:55	25
2172	Manuel Cotovio	M	INDIVIDUAL	00:35:15	26
2268	Bernardo Nogueira	M	TeamSantaMaria	00:35:21	27
2115	Bruno Pedrosa	M	INDIVIDUAL	00:35:25	28
2086	Mário Peixoto	M	Fantastic4	00:35:35	29
2135	Francisco Pereira	M	INDIVIDUAL	00:35:36	30
2040	Nuno Agostinho	M	Brain Tumor Team	00:36:43	31
2305	CARLOS BARATA	M	INDIVIDUAL	00:36:49	32
2039	Miguel Farias	M	Brain Tumor Team	00:37:22	33
2114	Bruno Maia	M	INDIVIDUAL	00:37:23	34
2278	Ricardo Inácio	M	UAL	00:37:23	35
2231	Tiago Santos	M	INDIVIDUAL	00:37:25	36
2190	Mickael Bartikian	M	INDIVIDUAL	00:37:39	37
2116	Bruno Rainho	M	INDIVIDUAL	00:37:57	38
2048	Rui dos Santos	M	Brain Tumor Team	00:38:05	39
2004	Daniel Resendes	M	As Primas	00:38:06	40
2359	TANMAY VERLEKAR	M	INDIVIDUAL	00:38:09	41
2029	João Pela	M	Brain Tumor Team	00:38:29	42
2057	Tiago Farias	M	Brain Tumor Team	00:38:29	43
2024	Hugo Farias	M	Brain Tumor Team	00:38:29	44
2018	Bernardo Calado	M	Brain Tumor Team	00:38:35	45
2034	Marcos Pontinha	M	Brain Tumor Team	00:38:41	46
2112	António Rocha	M	INDIVIDUAL	00:38:44	47
2369	NUNO OLIVEIRA	M	INDIVIDUAL	00:38:48	48
2173	Marcos Martins	M	INDIVIDUAL	00:38:53	49
2298	BRUNO FERREIRA	M	INDIVIDUAL	00:39:20	50
2340	ANTONIO CAMILO	M	INDIVIDUAL	00:39:31	51

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
2200	Pedro Azevedo	M	INDIVIDUAL	00:39:37	52
2046	Pedro Papotto	M	Brain Tumor Team	00:39:43	53
2016	André Simões	M	Brain Tumor Team	00:39:48	54
2384	MIGUEL RIBEIRO	M	INDIVIDUAL	00:39:49	55
2007	Afonso Almeida	M	Brain Tumor Team	00:39:52	56
2160	José Correia	M	INDIVIDUAL	00:39:58	57
2325	DIOGO CALDEIRA	M	INDIVIDUAL	00:40:13	58
2392	PAULO FERREIRA	M	INDIVIDUAL	00:40:20	59
2286	Lúcio Santos	M	UPT- UIPM Power Team	00:40:47	60
2281	Bernardo Santos	M	UPT- UIPM Power Team	00:40:47	61
2275	José Pereira	M	UAL	00:40:54	62
2270	Carlos Pereira	M	UAL	00:40:54	63
2341	PIRICAS	M	INDIVIDUAL	00:41:01	64
2301	RODRIGO XAVIER	M	INDIVIDUAL	00:41:02	65
2208	Raul Matias	M	INDIVIDUAL	00:41:09	66
2045	Pedro Neves	M	Brain Tumor Team	00:41:15	67
2254	António Costa	M	Raríssimas	00:41:17	68
2204	Rahim	M	INDIVIDUAL	00:41:30	69
2157	João Rosa	M	INDIVIDUAL	00:41:34	70
2202	Pedro Moreira	M	INDIVIDUAL	00:41:54	71
2156	João Pinto	M	INDIVIDUAL	00:42:26	72
2130	Diogo Romão	M	INDIVIDUAL	00:42:52	73
2350	MIGUEL SILVESTRE	F	INDIVIDUAL	00:43:19	74
2106	André Branco	M	INDIVIDUAL	00:43:19	75
2017	António Coelho	M	Brain Tumor Team	00:43:30	76
2220	Sérgio Matos	M	INDIVIDUAL	00:43:31	77
2317	ANTONIO AMORIM	M	INDIVIDUAL	00:43:57	78
2256	Luís Martins	M	Raríssimas	00:44:22	79
2092	Alberto Lixa	M	INDIVIDUAL	00:44:31	80
2023	Guilherme Talefe	M	Brain Tumor Team	00:44:33	81
2138	Gonçalo Correia	M	INDIVIDUAL	00:44:37	82

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
2095	Alexandre Monteiro	M	INDIVIDUAL	00:44:43	83
2041	Nuno Ferreira	M	Brain Tumor Team	00:44:43	84
2068	Pedro Pereira	M	ChronoRunners	00:44:47	85
2030	João Farias	M	Brain Tumor Team	00:45:07	86
2354	CARLOS MARQUES	M	INDIVIDUAL	00:45:12	87
2043	Pedro Barbacena	M	Brain Tumor Team	00:45:14	88
2019	Carlos Custodia	M	Brain Tumor Team	00:45:33	89
2203	Preeti Yadav	M	INDIVIDUAL	00:45:47	90
2110	Antonio Fernandes	M	INDIVIDUAL	00:46:01	91
2311	ALEXANDRE MOITA	M	INDIVIDUAL	00:46:03	92
2153	João Borda	M	INDIVIDUAL	00:46:25	93
2332	ANTONIO GOULAO	M	INDIVIDUAL	00:47:04	94
2076	Pedro Brandão	M	Clube Desportivo TCPI	00:47:10	95
2075	Nuno Brandão	M	Clube Desportivo TCPI	00:47:11	96
2070	Ricardo Vilhena	M	ChronoRunners	00:47:25	97
2033	Marco Miguel	M	Brain Tumor Team	00:48:54	98
2141	Henrique Vaz	M	INDIVIDUAL	00:48:56	99
2211	Ricardo Resendes	M	INDIVIDUAL	00:49:01	100
2058	Tomás Farias	M	Brain Tumor Team	00:49:09	101
2028	João Casacão	M	Brain Tumor Team	00:49:38	102
2069	Pedro Paes	M	ChronoRunners	00:51:09	103
2137	Gonçalo Ribeiro	M	INDIVIDUAL	00:51:21	104
2209	Ricardo Andrade	M	INDIVIDUAL	00:51:42	105
2267	Goncalo Moreira	M	Team MM	00:52:01	106
2234	Vitor Simão	M	INDIVIDUAL	00:52:04	107
2252	António Bombas	M	Por ti António	00:52:48	108
2111	António Monzelo	M	INDIVIDUAL	00:53:02	109
2258	Alexandre Soares	M	Saltitões	00:53:22	110
2088	Nuno Morgadinho	M	Finhões	00:53:36	111
2151	Ivo Pina	M	INDIVIDUAL	00:55:40	112
2140	Hélder Almeida	M	INDIVIDUAL	00:56:34	113

<b>Dorsal</b>		<b>Escalão</b>	<b>Clube</b>	<b>TEMPO</b>	<b>ESCALÃO</b>
<b>2081</b>	<b>João Gonçalves</b>	<b>M</b>	<b>Dalle</b>	<b>00:57:48</b>	<b>114</b>
<b>2193</b>	<b>Nelson Marçal</b>	<b>M</b>	<b>INDIVIDUAL</b>	<b>01:02:08</b>	<b>115</b>
<b>2387</b>	<b>LUIS ALMEIDA</b>	<b>M</b>	<b>INDIVIDUAL</b>	<b>01:05:41</b>	<b>116</b>
<b>2287</b>	<b>Luís Ferreira</b>	<b>M</b>	<b>UPT- UIPM Power Team</b>	<b>01:07:33</b>	<b>117</b>