

HELPO 2012

12

Corrida helpo

<u>Sal</u>	<u>Atleta</u>	<u>Clube</u>	<u>Escalão</u>	<u>Geral</u>	<u>Tempo</u>
169	ANDRELINO FURTADO	Individual	Seniores Masculi	1	00:32:23
171	JOSE GOMES	Individual	Seniores Masculi	2	00:32:47
46	CLAUDIO CARDOSO	Individual	Seniores Masculi	3	00:33:10
47	MARCO MELO	Individual	Seniores Masculi	4	00:33:10
83	PAULO MARTINS	Individual	Seniores Masculi	5	00:33:53
154	PAULO ROLA	Individual	Seniores Masculi	6	00:34:31
43	JOSE HEITOR	Individual	Seniores Masculi	7	00:34:45
89	NUNO FELICIO	Individual	Seniores Masculi	8	00:35:53
106	ANTONIO SILVESTRE	Individual	Seniores Masculi	9	00:36:30
91	RUI RODRIGUES	Individual	Seniores Masculi	10	00:36:31
153	JOAO SILVA	Individual	Seniores Masculi	11	00:36:42
90	HENRIQUE COELHO	Individual	Seniores Masculi	12	00:37:55
45	TELMO SILVA	Individual	Seniores Masculi	13	00:38:00
133	JOSE BORGES	Individual	Seniores Masculi	14	00:38:21
146	LUIS SALES	Individual	Seniores Masculi	15	00:39:00
51	GERMANO SILVA	Individual	Seniores Masculi	16	00:39:01
168	MARTA FREITAS	Individual	Seniores Feminir	17	00:40:41
16	LUIS MORGADO	Individual	Seniores Masculi	18	00:40:50
27	NUNO MONTENEGRO	Individual	Seniores Masculi	19	00:40:56
80	CARLOS LENZI	Individual	Seniores Masculi	20	00:40:57
102	ANTONIO TAVARES	Individual	Seniores Masculi	21	00:42:53
57	PAULO MOTA	Individual	Seniores Masculi	22	00:43:06
170	CARLA MENDES	Individual	Seniores Feminir	23	00:43:17
53	JOAQUIM CARRONHA	Individual	Seniores Masculi	24	00:43:27
147	NEVILLE SUZZMAN	Individual	Seniores Masculi	25	00:43:28
23	ANIBAL SILVESTRE	Individual	Seniores Masculi	26	00:43:35
176	NUNO NORITAKE	Individual	Seniores Masculi	27	00:44:06
82	CARLA MARTINS	Individual	Seniores Feminir	28	00:44:44
163	CASIMIRO ABREU	Individual	Seniores Masculi	29	00:44:51
104	JOAO PEREIRA	Individual	Seniores Masculi	30	00:45:14
78	JOAO CARREIRO	Individual	Seniores Masculi	31	00:45:24
62	JOAO RODRIGUES	Individual	Seniores Masculi	32	00:45:28
152	CARLOS SIMOES	Individual	Seniores Masculi	33	00:45:28
61	JOAQUIM CUNHA	Individual	Seniores Masculi	34	00:45:28
37	JOAO LUZ	Individual	Seniores Masculi	35	00:45:36
120	JOAO DURAO	Individual	Seniores Masculi	36	00:45:46
19	JOSE CARREIRAS	Individual	Seniores Masculi	37	00:46:07
129	VITOR MORAES	Individual	Seniores Masculi	38	00:46:07
56	FILIFE BRANCO	Individual	Seniores Masculi	39	00:46:15
10	RUI CARDOSO	Individual	Seniores Masculi	40	00:46:34
167	MANUEL NASCIMENTO	Individual	Seniores Masculi	41	00:46:36
22	ASMOUT SALWEGTER	Individual	Seniores Masculi	42	00:46:47
122	JOAQUIM BARROCAS	Individual	Seniores Masculi	43	00:46:47
150	TIAGO T SILVA	Individual	Seniores Masculi	44	00:46:53

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<u>Rank</u>	<u>Atleta</u>	<u>Clube</u>	<u>Escalão</u>	<u>Geral</u>	<u>Tempo</u>
186	ANTONIO COUTINHO	Individual	Seniores Masculi	45	00:46:58
93	RUI BRAS	Individual	Seniores Masculi	46	00:47:06
164	VITOR SILVA	Individual	Seniores Masculi	47	00:47:38
157	ANDRE FERREIRA	Individual	Seniores Masculi	48	00:47:48
178	MARIO GOMES	Individual	Seniores Masculi	49	00:47:57
40	MARIO BASTARDO	Individual	Seniores Masculi	50	00:48:06
134	MARIO MALHEIRO	Individual	Seniores Masculi	51	00:48:24
162	AMILCAR RIBEIRO	Individual	Seniores Masculi	52	00:48:40
55	ANDRE CARRONHA	Individual	Seniores Masculi	53	00:48:56
38	MARCOS NORITAKE	Individual	Seniores Masculi	54	00:49:44
94	PAULO PLANCHE	Individual	Seniores Masculi	55	00:50:19
17	DANIEL AGUIAR	Individual	Seniores Masculi	56	00:50:35
142	BIRDRE CORONEL	Individual	Seniores Masculi	57	00:50:37
126	MARIA OLIVEIRA	Individual	Seniores Feminir	58	00:50:47
28	SUSANA PINTO	Individual	Seniores Feminir	59	00:50:51
98	MANUEL PERAS	Individual	Seniores Masculi	60	00:51:09
24	JOSE MARTINHO	Individual	Seniores Masculi	61	00:51:10
116	ARMENIO SILVA	Individual	Seniores Masculi	62	00:51:18
125	MANUEL BRAZ	Individual	Seniores Masculi	63	00:51:19
97	BERNARDO CAYOLLA	Individual	Seniores Masculi	64	00:51:42
25	DIANA RIBEIRO	Individual	Seniores Feminir	65	00:51:42
92	ANA BRAS	Individual	Seniores Feminir	66	00:51:45
54	ANTONIO TEIXEIRA	Individual	Seniores Masculi	67	00:51:46
85	NUNO SANTOS	Individual	Seniores Masculi	68	00:51:52
131	HELDER BONACHO	Individual	Seniores Masculi	69	00:52:18
172	JOSE PIETRA	Individual	Seniores Masculi	70	00:52:30
156	TARIN PEARSON	Individual	Seniores Feminir	71	00:52:34
29	ALBANO PIRES	Individual	Seniores Masculi	72	00:52:40
177	HUGO REBELO	Individual	Seniores Masculi	73	00:52:50
87	ISABEL OLEIRO	Individual	Seniores Feminir	74	00:52:50
36	DAVID CATARINO	Individual	Seniores Masculi	75	00:53:28
148	LEILA SUZZMAN	Individual	Seniores Feminir	76	00:54:12
3	TIAGO OLIVEIRA	Individual	Seniores Masculi	77	00:54:18
60	DAMASIO CAEIRO	Individual	Seniores Masculi	78	00:54:23
188	ANNA CONIKONIQ	Individual	Seniores Feminir	79	00:54:28
99	PEDRO SANTOS	Individual	Seniores Masculi	80	00:54:34
108	LUIS LOURENÇO	Individual	Seniores Masculi	81	00:54:44
107	ALBERTO COUTINHO	Individual	Seniores Masculi	82	00:54:44
74	JOAO SOARES	Individual	Seniores Masculi	83	00:54:45
67	ANTONIO ANTUNES	Individual	Seniores Masculi	84	00:55:35
187	FILIPA FIGUEIREDO	Individual	Seniores Feminir	85	00:55:47
101	ANTONIO SANTOS	Individual	Seniores Masculi	86	00:55:48
79	JOAO OLIVEIRA	Individual	Seniores Masculi	87	00:56:27
44	JOSE FARTARIA	Individual	Seniores Masculi	88	00:56:28
138	NUNO BRANDÃO	Individual	Seniores Masculi	89	00:56:30

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<u>Rank</u>	<u>Atleta</u>	<u>Clube</u>	<u>Escalão</u>	<u>Geral</u>	<u>Tempo</u>
59	LUISA ALBERTO	Individual	Seniores Masculi	90	00:56:31
137	JOAQUIM GAMITO	Individual	Seniores Masculi	91	00:56:33
86	ANTONIA OLEIRO	Individual	Seniores Feminir	92	00:56:43
155	EMA ASLTON	Individual	Seniores Feminir	93	00:56:46
118	DANIEL CONCEICAO	Individual	Seniores Masculi	94	00:57:00
141	LAURENCE DEGREEST	Individual	Seniores Masculi	95	00:57:15
58	MARIA ALVES	Individual	Seniores Feminir	96	00:57:18
166	JOAO CUNHA	Individual	Seniores Masculi	97	00:57:52
6	JOAQUIM FERNANDES	Individual	Seniores Masculi	98	00:57:52
173	NUNO MONTENEGRO	Individual	Seniores Masculi	99	00:58:02
189	ANIBAL SILVESTRE	Individual	Seniores Masculi	100	00:58:21
95	CARLA INACIO	Individual	Seniores Feminir	101	00:58:22
105	IVONE PEREIRA	Individual	Seniores Feminir	102	00:58:26
190	JOSE GUEDES	Individual	Seniores Masculi	103	00:58:33
132	TIAGO SILVA	Individual	Seniores Masculi	104	00:58:38
20	PAULA SANTOS	Individual	Seniores Feminir	105	00:59:17
121	JOAO SANTOS	Individual	Seniores Masculi	106	00:59:31
103	JOSE FIALHO	Individual	Seniores Masculi	107	01:00:06
88	LEONARDO SANTOS	Individual	Seniores Masculi	108	01:00:10
14	ANTONIO MARTINHO	Individual	Seniores Masculi	109	01:00:53
21	MARIA PIRES	Individual	Seniores Feminir	110	01:00:53
5	PAULO FERNANDES	Individual	Seniores Masculi	111	01:01:03
140	HUGO DEGREEST	Individual	Seniores Masculi	112	01:01:07
124	LENIA CARLOS	Individual	Seniores Feminir	113	01:01:15
64	AURELIANO VASCONCEL	Individual	Seniores Masculi	114	01:01:24
69	MARITZA FERNANDES	Individual	Seniores Femir	115	01:01:22
66	SARA MONTEIRO	Individual	Seniores Feminir	116	01:01:32
4	HLENA SOUSA	Individual	Seniores Feminir	117	01:01:43
96	ORLANDO SILVA	Individual	Seniores Masculi	118	01:01:45
180	M	Individual	Seniores Masculi	119	01:02:00
84	PATRICIA ABECASIS	Individual	Seniores Feminir	120	01:02:06
115	ANA SANTOS	Individual	Seniores Feminir	121	01:02:12
179	RUTE VIDAURRE	Individual	Seniores Feminir	122	01:02:13
68	CATARINA LEITE	Individual	Seniores Feminir	123	01:02:13
117	BRUNO DURAO	Individual	Seniores Masculi	124	01:02:15
161	JOSE FREIRE	Individual	Seniores Masculi	125	01:02:24
8	SONIA DIAS	Individual	Seniores Feminir	126	01:03:45
109	RUI DOMINGOS	Individual	Seniores Masculi	127	01:03:47
33	ANTONIO BUGALHO	Individual	Seniores Masculi	128	01:03:47
7	STELA FRAZÃO	Individual	Seniores Feminir	129	01:03:49
15	MARIA SOUSA	Individual	Seniores Feminir	130	01:04:27
76	ANDRE CASIMIRO	Individual	Seniores Masculi	131	01:04:48
158	TIAGO LOURO	Individual	Seniores Masculi	132	01:04:52
159	ALFREDO	Individual	Seniores Masculi	133	01:04:52
160	PAULO FERNANDES	Individual	Seniores Masculi	134	01:04:52

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65	LUIS OLIVEIRA	Individual	Seniores Masculi	135	01:04:53
81	JOAO FREIRE	Individual	Seniores Masculi	136	01:05:36
75	ANA BERNARDO	Individual	Seniores Feminir	137	01:05:44
175	ELISETE MARTINS	Individual	Seniores Feminir	138	01:05:57
165	DIANA SANTOS	Individual	Seniores Feminir	139	01:06:32
73	LUISA SILVA	Individual	Seniores Feminir	140	01:07:43
31	CAROLINA PIRES	Individual	Seniores Feminir	141	01:08:05
41	JOSE SALVADA	Individual	Seniores Masculi	142	01:08:50
50	PEDRO SANTOS 1	Individual	Seniores Masculi	143	01:09:55
72	RITA SILVA	Individual	Seniores Feminir	144	01:10:09
135	MARIA SOARES	Individual	Seniores Feminir	145	01:10:10
149	JORGE LAVOURO	Individual	Seniores Masculi	146	01:10:18
119	ISABEL BARGAO	Individual	Seniores Feminir	147	01:13:45
30	CATARINA PIRES	Individual	Seniores Feminir	148	01:15:16