

CORRIDA DA ACADEMIA MILITAR



28 MAIO

Class.	Numero	Nome	Sexo	Idade	Tempo Liquido	Tempo Bruto	Equipe	Pontos Base Naval	Pontos Base Aérea	Pontos Academia Militar	Soma	Class. CFA
1	74	MARCO CARDOSO	M	31	00:31:40.34	00:31:41.13		100	100	100	300	1
2	38	ANTÓNIO P MONTEIRO	M	25	00:32:20.92	00:32:21.93	QUIDRO	95	96	98	290	2
3	107	ROBERTO LADEIRAS	M	25	00:32:56.61	00:32:57.36	ACADEMIA MILITAR	97	96	96	288	3
4	390	ANTONIO RODRIGUES	M	37	00:33:44.25	00:33:46.57	GRJA TRIATLO					
5	108	PEDRO DUARTE	M	26	00:33:56.07	00:33:56.89	ACADEMIA MILITAR	92	81	93	267	6
6	62	RUI HENRIQUES	M	37	00:34:47.48	00:34:47.48	SERVIÇOS SOCIAIS MONTEPIO	95	67	91	253	9
7	26	NUNO SOARES	M	35	00:35:24.77	00:35:25.56		89	87	89	265	7
8	409	BRUNO REIS	M	20	00:35:25.00	00:35:25.00						
9	22	FERNANDO J S SANTOS	M	52	00:35:33.77	00:35:36.05	MARINHA GUERRA PORTUGUESA	90	89	89	268	5
10	103	MIGUEL SOBRAL	M	38	00:35:54.37	00:35:56.54	AMINHACORRIDA/ MYPROTEIN	92	90	88	270	4
11	393	PAULO GONÇALVES	M	47	00:36:25.58	00:36:28.79						
12	88	JORGE AMARAL	M	48	00:36:44.67	00:36:44.67	AMINHACORRIDA/MYPROTEIN	89	86	86	261	8
13	364	NELSON PESTANA	M	29	00:37:20.80	00:37:23.88						
14	342	GONÇALO ALMEIDA	M	25	00:37:22.51	00:37:24.43						
15	300	TIAGO A MORAIS	M	29	00:37:34.55	00:37:35.22						
16	110	LUCIANO ARAUJO	M	21	00:37:56.64	00:37:57.93	ACADEMIA MILITAR	79	80	83	242	14
17	48	PEDRO ROXO	M	34	00:38:15.81	00:38:16.61						
18	53	PEDRO M R C LIMA	M	51	00:38:16.99	00:38:18.00		83	80	83	246	12
19	365	EDGAR FERNANDES	M	29	00:38:20.55	00:38:25.30						
20	1	ANTÓNIO J L MARTINS	M	51	00:38:36.98	00:38:36.98	NAV RUNNERS	81	80	82	243	13
21	58	FRANCISCO PEREIRA	M	24	00:38:49.76	00:38:50.72	SÃO GERALDO RUNNING TEAM	86	83	82	250	10
22	13	GIL X ALVES	M	40	00:38:52.96	00:38:53.43	UNIDOS DA MANUTENÇÃO	86	83	81	250	11
23	321	FERNANDO SALGUEIRO	M	42	00:38:47.94	00:38:55.21	SALGUEIROS					

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24	325	PAULO RIBEIRO	M	47	00:38:58.42	00:38:59.44								
25	407	FERNANDO BATISTA	M	24	00:39:03.63	00:39:05.54								
26	27	RICARDO AFONSO	M	38	00:39:22.87	00:39:24.91								
27	90	VITOR M R JORGE	M	55	00:39:32.97	00:39:34.25	AMINHACORRIDA/MYPROTEIN	77	78	80	235	17		
28	312	ANTÓNIO ALMEIDA	M	45	00:39:28.84	00:39:39.12								
29	302	JOSÉ PINTO	M	54	00:39:53.39	00:39:57.20	CLINICA DR CAUTELA							
30	86	MARGARIDA ARAÚJO	F	20	00:40:01.24	00:40:03.19		78	77	79	235	18		
31	395	PEDRO FERREIRA	M	51	00:40:38.87	00:40:41.30	BCC RUNNERS							
32	374	ALEXANDRA CLEMENTE	F	42	00:40:36.96	00:40:43.30								
33	35	MANUEL VAZ	M	58	00:40:44.04	00:40:46.35		77	76	78	231	19		
34	17	LUIS M G JOSE	M	47	00:40:50.89	00:40:53.82		79	79	77	235	16		
35	379	PETER STEINHAUSEN	M	64	00:41:29.49	00:41:30.22								
36	34	ARTUR CORREIA	M	35	00:41:39.40	00:41:42.11		70	75	76	221	27		
37	351	FERNANDO ANACLETO	M	66	00:41:48.97	00:41:50.64								
38	324	EDGAR SERRANDARIO	M	29	00:41:48.58	00:41:52.11								
39	39	JOSÉ MARQUES	M	49	00:41:51.67	00:41:53.95	C PRAÇAS ARMADA	-	74	76	150	78		
40	57	PEDRO MARQUES	M	21	00:41:59.01	00:42:03.43	SÃO GERALDO RUNNING TEAM	87	76	75	239	15		
41	358	JOÃO BARRETO	M	54	00:42:05.94	00:42:07.07	BCC RUNNERS							
42	14	VALTER R M L N SANTOS	M	26	00:42:01.81	00:42:08.79		76	62	75	213	35		
43	343	NUNO CABEÇA	M	48	00:42:11.13	00:42:14.63								
44	69	VÍTOR ALVITO	M	30	00:42:26.40	00:42:31.20		77	73	75	224	21		
45	55	RUI POMBINHO	M	53	00:42:30.11	00:42:36.51	VALE DE MADEIROS SC	74	74	74	223	25		
46	357	NELSON MARTINS	M	33	00:42:44.21	00:42:47.80	ELITE RUNNERS							
47	99	RUI CUNHA	M	38	00:42:54.70	00:43:05.30		76	74	74	223	24		
48	10	LUÍS F PESTANA	M	46	00:43:02.98	00:43:07.81		76	75	73	225	20		
49	106	ANDRE FONSECA	M	29	00:43:05.76	00:43:14.36	ACADEMIA MILITAR	72	69	73	214	31		

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50	65	HUGO MARREIROS	M	35	00:43:20.73	00:43:26.45	CORREDORES DA ADEGA	76	75	73	224	22
51	349	MÁRIO P MIGUEL	M	67	00:43:27.63	00:43:27.63	GDRR					
52	8	JOSE GASPAR	M	44	00:43:34.38	00:43:38.74	QUARTETO	75	75	73	222	26
53	56	PEDRO ESTEVES	M	23	00:43:42.35	00:43:46.90	SÃO GERALDO RUNNING TEAM	71	71	72	214	33
54	111	ORLINDO FIGUEIREDO	M	69	00:43:48.39	00:43:50.35	SS CGD	74	72	72	218	29
55	408	CARLOS PENA	M	47	00:43:46.58	00:43:51.51	GDR OS FIXES					
56	339	PEDRO SEQUEIRA	M	37	00:43:54.49	00:43:54.49	ND AUTOCOOPE					
57	42	NORBERTO MARQUES	M	46	00:43:46.86	00:43:55.53	RUNNING OF D ^a MARIA	73	73	72	219	28
58	15	PAULO J G SILVA	M	48	00:43:56.99	00:43:56.99		70	72	72	214	30
59	18	BRUNO SILVA	M	36	00:44:13.57	00:44:16.01	BIFANAS CORRIDA	77	75	72	224	23
60	112	BRUNO DIAS	M	40	00:44:16.35	00:44:16.35	SS CGD	69	70	72	211	38
61	397	NUNO BONIFACIO	M	42	00:44:13.89	00:44:16.42	BCC RUNNERS					
62	29	PEDRO FERREIRA	M	38	00:44:18.58	00:44:24.47		71	71	71	214	34
63	12	ÁLVARO GOMES	M	43	00:44:26.27	00:44:27.60		68	70	71	209	40
64	311	GUSTAVO PEREIRA	M	47	00:44:27.71	00:44:38.47						
65	30	PEDRO FREITAS	M	25	00:44:39.89	00:44:42.63		-	39	71	110	86
66	24	LUIS ALEXANDRE	M	46	00:44:47.14	00:44:47.14		73	71	71	214	32
67	47	FERNANDO P F R ALDEANO	M	32	00:44:35.83	00:44:48.00	DIGIO OUTDOOR	69	70	71	211	37
68	391	RUI MARTINHO	M	42	00:44:44.63	00:44:56.65						
69	314	HELDER BAPTISTA	M	50	00:44:57.49	00:45:04.97	C MILLENNIUM BCP					
70	329	ANTÓNIO CASTRO	M	73	00:45:09.32	00:45:12.36						
71	360	ALMERINDO M L SILVA	M	57	00:45:10.43	00:45:14.43	ADC CATUJAL					
72	85	JOSE R S SILVA	M	51	00:45:16.62	00:45:16.62	OS PARDAIS	70	70	70	210	39
73	399	ATELETA NÃO CADASTRADO	M	0	00:45:25.62	00:45:27.60						
74	4	PLAMEN DAMYANOV	M	37	00:45:32.17	00:45:33.42		68	71	70	209	41
75	89	TINA OLIVEIRA	F	53	00:45:39.57	00:45:42.23	AMINHACORRIDA/MYPROTEIN	-	67	69	137	80

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76	84	JOÃO FRAGOSO	M	43	00:45:49.73	00:45:52.69	FATPSI	70	71	69	211	36
77	336	CARLOS FERREIRA	M	60	00:45:58.32	00:46:00.25	ND AUTOCOOPE					
78	46	DAGMAR BAPTISTA	M	40	00:45:49.70	00:46:06.34	FCK RUNNERS	64	65	69	198	46
79	381	JOSÉ BARREIRA	M	53	00:46:09.99	00:46:15.75	FUNBUS - BARREIRO					
80	59	EURICO LOUREIRO	M	36	00:46:14.58	00:46:23.51	SERVIÇOS SOCIAIS MONTEPIO	69	67	68	204	42
81	350	IDALÉCIO BARROS	M	62	00:46:23.80	00:46:25.48						
82	307	FREDERICO FERREIRA	M	37	00:46:41.71	00:46:43.68						
83	378	LUÍS FIGUEIREDO	M	55	00:46:45.33	00:46:50.26						
84	396	EUNICE AMORIM	F	51	00:46:50.89	00:46:51.47	BCC RUNNERS					
85	389	CLEBER SILVA	M	34	00:46:55.08	00:46:58.51	CARACÓIS TURBINADOS					
86	51	TITO SANTOS	M	41	00:46:55.68	00:47:04.55	CLUBE VODAFONE	67	68	67	202	43
87	61	RICARDO DIAS	M	43	00:47:18.96	00:47:26.54	SERVIÇOS SOCIAIS MONTEPIO	-	67	67	134	83
88	376	CRISTIANA SANTIAGO	F	26	00:47:18.16	00:47:27.40						
89	313	RICARDO A F SILVA	M	38	00:47:24.30	00:47:32.93						
90	67	IGOR BATISTA	M	32	00:47:26.64	00:47:33.31	CORREDORES DA ADEGA	-	69	67	136	81
91	410	MARCOS FERREIRA	M	30	00:47:55.13	00:48:01.30						
92	82	HELDER MENEZES	M	39	00:48:08.55	00:48:11.46		63	54	66	183	58
93	386	TIAGO CATALÃO	M	33	00:48:09.41	00:48:13.93	CARACÓIS TURBINADOS					
94	394	ROGERIO DIAS	M	45	00:48:20.01	00:48:21.22	BCC RUNNERS					
95	101	RUI BRÁS	M	33	00:48:20.42	00:48:24.88		-	63	65	129	84
96	384	ANTÓNIO A MOREIRA	M	52	00:48:13.38	00:48:25.30						
97	66	LUIS BATISTA	M	35	00:48:23.16	00:48:28.78	CORREDORES DA ADEGA	68	68	65	201	44
98	60	JORGE SOUSA	M	44	00:48:29.96	00:48:37.20	SERVIÇOS SOCIAIS MONTEPIO	-	69	65	134	82
99	304	PEDRO TRIGO	M	33	00:48:37.55	00:48:44.20						
100	31	ANA F C FEIJÃO	F	22	00:48:58.46	00:49:02.32		67	66	65	198	47
101	354	ALAN MCMAHON	M	35	00:49:02.70	00:49:15.16						

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102	335	VÍTOR CANTO	M	46	00:49:25.50	00:49:36.67								
103	380	FRANCISCO PIRES	M	41	00:49:35.26	00:49:41.48	FUNBUS - BARREIRO							
104	340	SERGIO BORGES	M	44	00:49:40.87	00:49:44.48	ND AUTOCOOPE							
105	79	PEDRO NETO	M	36	00:49:40.40	00:49:49.15	TARTARUGAS DA BAIÁ	61	63	64	188	50		
106	345	JOSÉ LUIS MARQUES	M	46	00:49:41.08	00:49:51.71								
107	323	LUÍS NOGUEIRA	M	42	00:49:48.21	00:49:55.65	GRCD LEIÃO							
108	16	HELENA I R GONÇALVES	F	42	00:49:51.45	00:49:58.53		60	60	63	184	57		
109	41	JORGE FERREIRA	M	52	00:49:51.11	00:49:59.58	RUNNING OF D ^a MARIA	58	58	63	179	60		
110	334	ANTÓNIO HENRIQUES	M	67	00:49:58.29	00:50:01.33	BCC RUNNERS							
111	9	LUÍS NETO	M	53	00:49:59.62	00:50:03.91	CARAPAUS DE CORRIDA							
112	64	DIANE DETOLLENAERE	F	51	00:49:58.83	00:50:04.19		63	63	63	190	48		
113	104	JOÃO G PEREIRA	M	39	00:49:59.15	00:50:11.13		71	65	63	199	45		
114	398	LUIA S RAMOS	F	49	00:50:10.11	00:50:12.47	BCC RUNNERS							
115	353	EWERTON DA SILVA	M	34	00:50:16.65	00:50:29.59								
116	361	CARLOS MORAIS	M	51	00:50:34.89	00:50:42.55								
117	382	FÁBIO OLIVEIRA	M	28	00:50:46.85	00:50:46.85								
118	372	VÍTOR RODRIGUES	M	62	00:50:40.90	00:50:52.10	GA MONSANTO/GASCAN							
119	102	PAULO J M LOPES	M	44	00:50:47.20	00:50:59.61		-	62	62	124	85		
120	83	SIBORRO ALVES	M	41	00:51:01.28	00:51:06.61	FATPSI							
121	5	ANTONIO RIBEIRO	M	52	00:51:05.43	00:51:09.93	QUARTETO	63	61	62	186	52		
122	6	JOAQUIM BENTES	M	67	00:51:04.54	00:51:10.29	QUARTETO	63	64	62	189	49		
123	97	JORGE SOARES	M	52	00:51:10.50	00:51:16.72	C MILLENNIUM BCP	63	60	62	185	55		
124	23	VITOR TEIXEIRA	M	49	00:51:15.71	00:51:19.10		62	62	62	186	54		
125	54	SÉRGIO M GALVÃO	M	40	00:51:22.57	00:51:34.15	DREAM TEAM PEDAL PARTIDO	55	58	61	175	63		
126	63	VICTOR SILVA	M	55	00:51:35.54	00:51:40.30		61	61	61	184	56		
127	308	RICARDO FONSECA	M	29	00:51:41.03	00:51:50.01	STUPIDO&COMPANHIA							

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128	92	VÍTOR CUNHA	M	38	00:51:41.80	00:51:51.95		64	61	61	186	53
129	25	ANTONIO M S JORGE	M	64	00:51:47.13	00:51:54.71	NCAFB	64	63	61	187	51
130	359	JOSÉ R BORGES	M	54	00:51:50.61	00:51:54.40						
131	306	HUGO COLAÇO	M	39	00:51:48.65	00:51:55.95						
132	370	JOÃO PINTO	M	56	00:51:51.27	00:52:01.91	GA MONSANTO/GASCAN					
133	78	VÂNIA TEIXEIRA	F	34	00:51:53.01	00:52:02.94	TARTARUGAS DA BAIA					
134	371	RUI BORGES	M	54	00:51:52.23	00:52:03.29	GA MONSANTO/GASCAN					
135	100	ALEKSANDRA DAMYANOVA	F	32	00:51:58.03	00:52:04.74		58	57	61	176	62
136	400	SANDRA TOMÉ	F	42	00:52:12.93	00:52:17.69						
137	330	GONÇALO DELCA	M	42	00:52:49.32	00:52:57.90						
138	331	JOSE CATITA	M	59	00:52:52.22	00:52:58.69						
139	2	PAULO FERREIRA	M	44	00:52:48.37	00:52:59.89		55	55	60	170	68
140	366	MANUEL J NARCISO	M	53	00:53:03.62	00:53:10.44	SS MONTEPIO GERAL					
141	45	ANTÓNIO RODRIGUES	M	34	00:53:17.14	00:53:31.85	FCK RUNNERS	63	59	59	182	59
142	301	ANTÓNIO PESQUEIRA	M	62	00:53:28.44	00:53:33.33						
143	309	JOSÉ SEBASTIÃO	M	46	00:53:33.61	00:53:43.85						
144	362	INÊS FARINHA	F	31	00:53:41.13	00:53:52.93						
145	363	PAULO MARTINS	M	42	00:53:42.67	00:53:55.22						
146	344	HELENA CONCEIÇÃO	F	44	00:53:54.84	00:54:06.48						
147	28	JOÃO C A BORGES	M	49	00:54:00.31	00:54:09.90		60	59	59	177	61
148	341	ANTÓNIO PAIS	M	69	00:54:29.25	00:54:37.15	VALE DE MADEIROS SC					
149	77	JOAQUIM FRAGOSO	M	67	00:54:37.06	00:54:45.16	CCD CASA PIA	-	90	58	148	79
150	43	ALEXANDRE MENDONÇA	M	35	00:54:40.63	00:54:57.98	FCK RUNNERS	54	61	58	173	66
151	81	LUIS J S B LARA	M	67	00:54:50.39	00:54:59.91		58	58	58	174	65
152	318	PAULO MARIZ	M	48	00:55:05.53	00:55:13.96	C MILLENNIUM BCP					
153	320	MADALENA MARIZ	F	18	00:55:04.92	00:55:14.41	C MILLENNIUM BCP					

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154	385	MÓNICA MARTINS	F	34	00:55:18.03	00:55:22.20	CARACÓIS TURBINADOS						
155	317	ARMANDO MARQUES	F	56	00:55:30.15	00:55:30.15	C MILLENNIUM BCP						
156	50	RUI E PINTO	M	60	00:55:34.12	00:55:39.71		52	54	57	164	70	
157	71	CARLOS SAMPAIO	M	54	00:55:49.36	00:55:55.55		59	59	57	175	64	
158	21	MARCO ANTUNES	M	42	00:56:34.85	00:56:37.49		59	57	56	172	67	
159	72	ANDRÉ SABINO	M	33	00:56:29.69	00:56:42.19		54	55	56	165	69	
160	356	ANDREA SILVA	F	43	00:56:38.60	00:56:51.48							
161	383	JOÃO BARRIGOLA	M	34	00:56:47.76	00:56:58.01							
162	305	ALEXANDRE KORTES	M	42	00:57:33.90	00:57:40.49	SETUBAL						
163	68	PATRICIA QUEIROS	F	31	00:57:46.25	00:57:53.64		55	53	55	162	72	
164	355	AMANDA AMANTE	F	35	00:57:45.30	00:57:58.55							
165	315	ANA MARQUES	F	56	00:58:02.41	00:58:11.57	C MILLENNIUM BCP						
166	347	PAULO OLIVEIRA	M	47	00:58:59.57	00:59:06.64							
167	37	ANTÓNIO J MONTEIRO	M	58	00:59:04.15	00:59:16.39	QUIDRO	55	54	53	162	71	
168	322	DEOLINDA SANTOS	F	45	00:59:09.73	00:59:17.61							
169	36	JOÃO P CARVALHO	M	58	00:59:21.65	00:59:31.44	QUIDRO	53	54	53	160	73	
170	80	JORGE PINTO	M	40	00:59:28.79	00:59:40.86		48	53	53	154	76	
171	33	MANUEL N BAPTISTA	M	52	00:59:53.27	00:59:55.35							
172	388	BRUNO FLORES	M	37	01:00:19.59	01:00:23.75	CARACÓIS TURBINADOS						
173	95	HENRIQUE ALVES	M	55	01:00:31.31	01:00:32.29	C MILLENNIUM BCP	53	51	52	156	75	
174	367	NATÁLIA NARCISO	F	52	01:01:35.20	01:01:41.83	SS MONTEPIO GERAL						
175	11	FILIPA MARTINS	F	41	01:02:01.41	01:02:04.50		49	50	51	150	77	
176	303	ALEXANDRA PINTO	F	42	01:02:21.11	01:02:31.84	CLINICA DR CAUTELA						
177	375	TIAGO LOURENÇO	M	41	01:02:44.48	01:02:51.79							
178	76	JOÃO P F CHURRO	M	39	01:02:45.25	01:02:55.82		57	51	50	158	74	
179	373	NÍDIA MARTINS	F	30	01:02:48.95	01:02:58.80							

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180	369	ANTÓNIO REYES	M	63	01:03:08.51	01:03:21.06	GA MONSANTO/GASCAN					
181	377	JOSÉ ALÍPIO	M	60	01:06:37.32	01:06:38.26						
182	75	INÊS BAPTISTA	F	26	01:06:51.49	01:06:54.77		-	45	47	93	87
183	348	FÁTIMA OLIVEIRA	F	48	01:06:47.84	01:06:54.77						