

Corrida 4 Estações - Outouno - Venda da Luísa ===== Classificacao : Geral_Provisória

Prova	cPro	Dorsal	Nome	Equipa	Tempo	tempkm
10k	1	164	João Bernardo	Juventude Vidigalense	00:32:06	00:03:05
10k	2	3	Fábio André Abrantes	União Clube Eirense	00:33:54	00:03:16
10k	3	1	Rui Rodrigues	AAC	00:34:24	00:03:18
10k	4	96	João Pereira	DCI/CCDRPedrulha-Mealhada	00:35:28	00:03:25
10k	5	273	António Ferreira		00:36:01	00:03:28
10k	6	298	Américo Martins Pinho	Escapães	00:36:10	00:03:29
10k	7	82	Fernando Santos	DCI/CCDRPedrulha-Mealhada	00:36:20	00:03:30
10k	8	192	Carlos Pimenta	DCI/CCDRPedrulha-Mealhada	00:36:31	00:03:31
10k	9	110	Mauro Azevedo	EAC/JPAIVA	00:36:36	00:03:31
10k	10	88	Carlos Costa	CPT Sobral de Ceira	00:36:39	00:03:31
10k	11	208	Telmo Almeida	DCI/CCDRPedrulha-Mealhada	00:37:09	00:03:34
10k	12	194	Fernando Marques	DCI/CCDRPedrulha-Mealhada	00:37:20	00:03:35
10k	13	184	Márcio Ferreira		00:37:30	00:03:36
10k	14	79	Diogo Pimenta	DCI/CCDRPedrulha-Mealhada	00:38:02	00:03:39
10k	15	204	Manuel Lino	DCI/CCDRPedrulha-Mealhada	00:38:15	00:03:41
10k	16	109	Igor Castro	EAC/JPAIVA	00:38:25	00:03:42
10k	17	111	Nuno Tinoco	EAC/JPAIVA	00:38:26	00:03:42
10k	18	214	João Almeida	DCI/CCDRPedrulha-Mealhada	00:38:32	00:03:42
10k	19	205	Marco Almeida	DCI/CCDRPedrulha-Mealhada	00:38:39	00:03:43
10k	20	237	André Monteiro	ARCD Venda da Luísa	00:38:43	00:03:43
10k	21	112	Ricardo Gaspar	EAC/JPAIVA	00:38:48	00:03:44
10k	22	207	Ricardo Teixeira	DCI/CCDRPedrulha-Mealhada	00:38:50	00:03:44
10k	23	209	Vitor Oliveira	DCI/CCDRPedrulha-Mealhada	00:38:52	00:03:44
10k	24	142	Aurélio Saúde	Jogging Lovers Coimbra	00:39:04	00:03:45
10k	25	70	Paulo Jorge Rodrigues	ARCD Venda da Luísa	00:39:19	00:03:47
10k	26	2	Marcia Martins	Clube Condeixa	00:39:26	00:03:48
10k	27	125	Paulo Pereira	AAC	00:39:31	00:03:48
10k	28	267	Rui Manuel da Costa Batista	Bttrain	00:39:32	00:03:48
10k	29	270	João Amaral	Tribo NR	00:39:52	00:03:50
10k	30	145	César Diogo Ramalho	ARCD Venda da Luísa	00:39:53	00:03:50
10k	31	213	Álvaro Coelho	CPT Sobral de Ceira	00:39:59	00:03:51
10k	32	240	Miguel José Pereira Neves	UGAS TRAIL	00:40:12	00:03:52
10k	33	113	Fernando Nogueira	EAC/JPAIVA	00:40:18	00:03:53
10k	34	274	Jorge Rodrigues	Viveiros Jaime&Pedro	00:40:34	00:03:54
10k	35	81	Pedro Nunes	DCI/CCDRPedrulha-Mealhada	00:40:39	00:03:55
10k	36	108	Luís Pereira	DCI/CCDRPedrulha-Mealhada	00:40:45	00:03:55
10k	37	256	António Manuel das Neves ferreira	ARCD Venda da Luísa	00:41:12	00:03:58
10k	38	135	Hélder Piedade	ARCD Venda da Luísa	00:41:16	00:03:58
10k	39	292	Luis Santos	Tribo NR	00:41:29	00:03:59
10k	40	190	Jorge Bento	Vikings Trail Runners	00:41:47	00:04:01
10k	41	218	Tiago Taborda	Tribo NR	00:41:53	00:04:02
10k	42	230	Ricardo Nunes	ACRM Silveirinha Grande Claras	00:42:05	00:04:03
10k	43	24	Marco Gama		00:42:11	00:04:03
10k	44	126	Carlos Garrido	CPT Sobral de Ceira	00:42:13	00:04:04
10k	45	146	Luís Miguel Martins	O mundo da Corrida	00:42:18	00:04:04
10k	46	74	Carlos Quinteiro	ARCD Venda da Luísa	00:42:19	00:04:04
10k	47	93	Vera Susana Bernardo	ARCD Venda da Luísa	00:42:21	00:04:04
10k	48	158	António José Rodrigues Ribeiro		00:42:23	00:04:05
10k	49	661	HUMBERTO COELHO DE OLIVEIRA		00:42:29	00:04:05
10k	50	28	Frederico Marques	Out2run	00:42:35	00:04:06
10k	51	268	Rui Melo	Tribo NR	00:42:36	00:04:06
10k	52	124	António Quatorze	CPT Sobral de Ceira	00:42:37	00:04:06
10k	53	19	Pedro Miguel Alexandre Martins	ARCD Venda da Luísa	00:42:39	00:04:06
10k	54	252	José Maçarria	MARESIA BAR Fig.Foz	00:42:57	00:04:08
10k	55	262	Bruno Almeida	ARCD Venda da Luísa	00:43:20	00:04:10
10k	56	139	Daniel Ramos	Jogging Lovers Coimbra	00:43:31	00:04:11
10k	57	155	João Damanso	ACRM Silveirinha Grande Claras	00:43:44	00:04:12
10k	58	191	Sara Silva	AAC	00:43:52	00:04:13
10k	59	288	João Santos	ARCD Venda da Luísa	00:43:54	00:04:13
10k	60	263	Artur Jorge Gandara	ARCD Venda da Luísa	00:44:02	00:04:14
10k	61	73	Tiago Miguel Almeida	ARCD Venda da Luísa	00:44:12	00:04:15
10k	62	271	Pedro Longuinho	ARCD Venda da Luísa	00:44:21	00:04:16
10k	63	92	João Pedro Reis	ARCD Venda da Luísa	00:44:24	00:04:16

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10k	64	276	Helder Silva	La Zinco	00:44:27	00:04:16
10k	65	90	Antonio Nifo Lemos		00:44:37	00:04:17
10k	66	66	Nelson Correia	ARCD Venda da Luísa	00:44:38	00:04:17
10k	67	183	José Claro	Casa do Benfica do Concelho de Condeixa	00:44:47	00:04:18
10k	68	56	António Patricio	Con_Dores do Choupal	00:44:49	00:04:19
10k	69	105	Bruno Jesus	DCI/CCDRPedrulha-Mealhada	00:44:56	00:04:19
10k	70	128	Joaquim Pessoa	Casa do Benfica do Concelho de Condeixa	00:45:13	00:04:21
10k	71	660	Fernando Vilela	AJFZ-Zambujal	00:45:14	00:04:21
10k	72	43	sergio vilão	gdrsebal	00:45:23	00:04:22
10k	73	203	Marisa João	DCI/CCDRPedrulha-Mealhada	00:45:28	00:04:22
10k	74	59	Gil Santos	ARCD Venda da Luísa	00:45:54	00:04:25
10k	75	224	André Dias	Tribo NR	00:45:56	00:04:25
10k	76	166	Gonçalo Mendes	#SEGUEOTEUTRILHO	00:45:57	00:04:25
10k	77	101	José Manuel Castanheira dos Santos	ARCD Venda da Luísa	00:46:01	00:04:25
10k	78	130	Carlos Santos	Casa do Benfica do Concelho de Condeixa	00:46:18	00:04:27
10k	79	157	João Rosinha	A.E.R. GOIS TRAIL RUNNING	00:46:29	00:04:28
10k	80	9	Mário Carvalho	ADR4 Estações	00:46:33	00:04:29
10k	81	31	Ricardo Bica		00:46:34	00:04:29
10k	82	261	David Madeira	Tribo NR	00:46:35	00:04:29
10k	83	141	Tiago Costa	Jogging Lovers Coimbra	00:46:37	00:04:29
10k	84	78	Não identificado 2		00:46:44	00:04:30
10k	85	58	Arnaldo Tomás	Con_Dores do Choupal	00:46:46	00:04:30
10k	86	212	Sónia Dias	Tribo NR	00:46:51	00:04:30
10k	87	14	João Graça	ACRM Silveirinha Grande Claras	00:46:58	00:04:31
10k	88	234	Mário Rui Ferreira	Tribo NR	00:47:01	00:04:31
10k	89	98	Henrique Fernandes	Bio Team Run	00:47:06	00:04:32
10k	90	114	VICTOR MOREIRA SIMÕES GOMES	Cluve	00:47:19	00:04:33
10k	91	123	Vitor Esteves		00:47:28	00:04:34
10k	92	231	Andre da Costa Duarte		00:47:45	00:04:35
10k	93	63	Rui Mateus	ARCD Venda da Luísa	00:47:49	00:04:36
10k	94	102	Marisa Loureiro	Clube Condeixa	00:48:08	00:04:38
10k	95	165	Nuno Mendes	#SEGUEOTEUTRILHO	00:48:10	00:04:38
10k	96	238	Alfredo Vieira	Tribo NR	00:48:11	00:04:38
10k	97	64	Marco Oliveira	ARCD Venda da Luísa	00:48:15	00:04:38
10k	98	210	Rui Lopes	Tribo NR	00:48:22	00:04:39
10k	99	107	Joaquim Almeida	ARCD Venda da Luísa	00:48:32	00:04:40
10k	100	89	Virgílio Neto	VISanto	00:48:36	00:04:40
10k	101	175	Fernando Teixeira	AGNUS	00:48:42	00:04:41
10k	102	223	Manuel Duarte	Tribo NR	00:48:51	00:04:42
10k	103	32	Ruben Estrela	FoxStar	00:49:12	00:04:44
10k	104	287	Ricardo Silva	Beiras	00:49:15	00:04:44
10k	105	286	Armando Conceição	Beiras	00:49:16	00:04:44
10k	106	94	Luísa Teresa Miranda	ARCD Venda da Luísa	00:49:27	00:04:45
10k	107	235	Carla Santos	Tribo NR	00:49:30	00:04:46
10k	108	60	Célia Santos	ARCD Venda da Luísa	00:49:35	00:04:46
10k	109	44	Miguel Goyanes	Figueira Runners	00:49:37	00:04:46
10k	110	47	Ricardo Proenca	Figueira Runners	00:49:38	00:04:46
10k	111	239	Daniel Marques dos Santos	UGAS TRAIL	00:49:53	00:04:48
10k	112	167	Susana Mesquita	#SEGUEOTEUTRILHO	00:49:56	00:04:48
10k	113	16	Hugo Rafael Rosa Godinho	CUMIBROA BTT RUNNING TEAM	00:49:59	00:04:48
10k	114	221	Miguel Teteto	Tribo NR	00:50:11	00:04:50
10k	115	148	Paulo silva		00:50:12	00:04:50
10k	116	45	Carlos Ramos	Con_Dores do Choupal	00:50:16	00:04:50
10k	117	277	Pedro Vicente		00:50:31	00:04:51
10k	118	222	Leomar Tiradentes	Tribo NR	00:50:34	00:04:52
10k	119	169	Joel Pedrosa Simões		00:50:35	00:04:52
10k	120	26	Maria Inês Fernandes Ramos	NH Fitness Athletes	00:50:36	00:04:52
10k	121	285	Fernando Duarte	Tribo NR	00:50:37	00:04:52
10k	122	20	Ricardo Madureira	Running Clube Coimbra	00:50:42	00:04:53
10k	123	154	Rafael Bronze	ACRM Silveirinha Grande Claras	00:50:43	00:04:53
10k	124	27	Jorge Manuel Ramos	ARCD Venda da Luísa	00:51:01	00:04:54
10k	125	241	João Grilo Ramos	UGAS TRAIL	00:51:02	00:04:54
10k	126	280	Mónica Ribeiro	Os Improváveis	00:51:14	00:04:56
10k	127	151	Carlos Alberto da Costa Henriques Barradas		00:51:15	00:04:56
10k	128	242	Duarte Nuno Pereira Neves	UGAS TRAIL	00:51:17	00:04:56

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10k	129	71	José Carlos Fernandes	ARCD Venda da Luísa	00:51:24	00:04:57
10k	130	160	Paulo Domingues	Tribo NR	00:51:25	00:04:57
10k	131	255	Inês Sousa	Tribo NR	00:51:30	00:04:57
10k	132	179	MIGUEL COIMBRA	AGROCOIMBRA	00:51:33	00:04:57
10k	133	170	Rui Santos	BlackBulls Cycling Team	00:51:35	00:04:58
10k	134	65	José Correia	ARCD Venda da Luísa	00:51:40	00:04:58
10k	135	266	Pedro Lameira	Running Clube Coimbra	00:51:57	00:05:00
10k	136	38	Celso Ferreira	Out2run	00:52:06	00:05:01
10k	137	296	Nelson Marques	ACRM Silveirinha Grande Claras	00:52:18	00:05:02
10k	138	15	Lucidio Dias	ACRM Silveirinha Grande Claras	00:52:39	00:05:04
10k	139	35	João Carlos Oliveira Machado		00:52:44	00:05:04
10k	140	117	Carla Carvalho	More Team	00:52:48	00:05:05
10k	141	116	Filipe Carvalho	More Team	00:52:49	00:05:05
10k	142	61	Ricardo Rodrigues	ARCD Venda da Luísa	00:52:52	00:05:05
10k	143	211	Marcos Alves	Tribo NR	00:52:55	00:05:05
10k	144	42	João Carlos Marques Silva		00:53:01	00:05:06
10k	145	6	Helena Sofia Ribeiro Lopes	Tribo NR	00:53:04	00:05:06
10k	146	272	Pedro Abreu	Try to Stop Us	00:53:07	00:05:06
10k	147	55	José Pedro Oliveira	Con_Dores do Choupal	00:53:13	00:05:07
10k	148	133	Sónia Lima	Casa do Benfica do Concelho de Condeixa	00:53:14	00:05:07
10k	149	245	Fátima Machado	Tribo NR	00:53:15	00:05:07
10k	150	248	António Faria	Tribo NR	00:53:16	00:05:07
10k	151	233	Bianca Dias	Tribo NR	00:53:17	00:05:07
10k	152	246	Clara Machado	Tribo NR	00:53:19	00:05:08
10k	153	147	Luís da Costa Simões Brandão		00:53:22	00:05:08
10k	154	137	Emanuel ferreira	Jogging Lovers Coimbra	00:53:29	00:05:09
10k	155	254	IVO NARCISO ROXO		00:53:31	00:05:09
10k	156	244	Christina Loureiro	Tribo NR	00:53:35	00:05:09
10k	157	227	Gabriela Sofia Pinheiro Gomes	Jogging Lovers Coimbra	00:53:40	00:05:10
10k	158	136	Liliana Pragana	Jogging Lovers Coimbra	00:53:44	00:05:10
10k	159	29	Milena Rouxinol	Out2run	00:53:45	00:05:10
10k	160	247	Luís Bonito	Tribo NR	00:53:46	00:05:10
10k	161	34	Maria Isabel Machado		00:53:49	00:05:10
10k	162	162	João Ramos	JCR Bikes	00:53:56	00:05:11
10k	163	279	José Fernandes	Tribo NR	00:54:11	00:05:13
10k	164	269	Marco Tomé	Clube Condeixa	00:54:25	00:05:14
10k	165	217	Ana Rita Ferraz	Tribo NR	00:54:26	00:05:14
10k	166	220	Maria João Simões	Tribo NR	00:54:44	00:05:16
10k	167	115	Delio Almeida		00:54:48	00:05:16
10k	168	134	Marisa Amaral	Casa do Benfica do Concelho de Condeixa	00:54:56	00:05:17
10k	169	143	Jéssica Alexandra Correia	ARCD Venda da Luísa	00:55:14	00:05:19
10k	170	99	Paulo Alexandre lopes Curado		00:55:24	00:05:20
10k	171	121	Laurinda Pereira	CSKD - Condeixa Shukokai Karate-Do	00:55:27	00:05:20
10k	172	127	Armando Rodrigues	Sciencestory	00:55:28	00:05:20
10k	173	152	Bruno Amaro		00:55:29	00:05:20
10k	174	69	Liliane Pereira Vaz	ARCD Venda da Luísa	00:55:36	00:05:21
10k	175	12	Carlos Canais	ARCD Venda da Luísa	00:55:50	00:05:22
10k	176	13	Cidália Canais	ARCD Venda da Luísa	00:55:51	00:05:22
10k	177	23	José Manuel Oliveira Madeira	Tartarugas do Choupal	00:55:59	00:05:23
10k	178	95	Vera Dias	ARCD Venda da Luísa	00:56:10	00:05:24
10k	179	225	Jacqueline Dias	Tribo NR	00:56:12	00:05:24
10k	180	36	Adérito Faim		00:56:19	00:05:25
10k	181	132	Dina Barroca	Casa do Benfica do Concelho de Condeixa	00:56:40	00:05:27
10k	182	259	Luís Miguel Nunes		00:56:43	00:05:27
10k	183	72	Cristina Melo	ARCD Venda da Luísa	00:56:44	00:05:27
10k	184	163	Diana Silva		00:56:45	00:05:27
10k	185	129	Orlando Almeida	Casa do Benfica do Concelho de Condeixa	00:56:46	00:05:28
10k	186	250	Isabel Cristina Esteves	Tribo NR	00:56:50	00:05:28
10k	187	138	Joaquim Pragana	Jogging Lovers Coimbra	00:56:58	00:05:29
10k	188	51	Ana Rita Vieira Pedrosa	Tribo NR	00:57:11	00:05:30
10k	189	226	Maria Luisa		00:57:24	00:05:31
10k	190	174	Nuno Tiago Santos Pires	Os Variados	00:58:10	00:05:36
10k	191	180	Pedro Miguel Silva Correia	Out2run	00:58:12	00:05:36
10k	192	5	NELSON SILVA LOPES		00:58:13	00:05:36
10k	193	77	Sara Pinheiro	Running Clube Coimbra	00:58:15	00:05:36

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10k	194	177	Paulo Isidoro		00:58:40	00:05:38
10k	195	176	José Quadrado		00:58:41	00:05:39
10k	196	297	Elza Mendes Cordeiro	Clube Condeixa	00:58:45	00:05:39
10k	197	173	João Bernardo	Jogging Lovers Coimbra	00:59:00	00:05:40
10k	198	100	João Paulo Carvalho	ARCD Venda da Luísa	00:59:05	00:05:41
10k	199	54	Mário Pedroso	Con_Dores do Choupal	00:59:07	00:05:41
10k	200	30	Florbela Rouxinol	Out2run	00:59:25	00:05:43
10k	201	249	Ana Rufino	Tribo NR	01:00:01	00:05:46
10k	202	17	Jorge Manuel Antunes Morais	Os Gordos	01:00:15	00:05:48
10k	203	258	Mayer Raposo	Associação de Atletismo Lebres do Sado	01:00:19	00:05:48
10k	204	168	Ana Ribeiro	#SEGUEOTEUTRILHO	01:00:33	00:05:49
10k	205	68	Rui Manuel Monteiro	ARCD Venda da Luísa	01:01:03	00:05:52
10k	206	171	Elisabete Baptista	TRILHOS DE SICÓ	01:01:12	00:05:53
10k	207	172	Ilídio Cordeiro	TRILHOS DE SICÓ	01:01:13	00:05:53
10k	208	91	Ana Viana de Lemos		01:01:27	00:05:55
10k	209	37	Maria de Fátima Faim		01:01:33	00:05:55
10k	210	219	Lara Silva	Tribo NR	01:01:37	00:05:55
10k	211	228	Marcia Andrade	DCI/CCDRPedulha-Mealhada	01:02:25	00:06:00
10k	212	40	Nuno Miguel Dias Alves	Casa do Benfica do Concelho de Condeixa	01:02:45	00:06:02
10k	213	232	Cristina Daniel	Tribo NR	01:03:01	00:06:04
10k	214	282	Diogo Reis		01:03:25	00:06:06
10k	215	283	Célia Janeiro		01:03:26	00:06:06
10k	216	76	Inês Mendonça	Running Clube Coimbra	01:03:38	00:06:07
10k	217	275	Hugo Moreira		01:03:51	00:06:08
10k	218	215	Pedro Brites		01:03:55	00:06:09
10k	219	284	Ana Azedo	Tribo NR	01:04:42	00:06:13
10k	220	295	João Pedro Santos	Beiras	01:04:46	00:06:14
10k	221	144	Carlos Daniel Canais	ARCD Venda da Luísa	01:04:55	00:06:15
10k	222	21	Filomena Dias	Running Clube Coimbra	01:04:58	00:06:15
10k	223	278	Nuno Peralta	ARCD Venda da Luísa	01:05:32	00:06:18
10k	224	289	Flávio Monteiro	ARCD Venda da Luísa	01:05:34	00:06:18
10k	225	257	Ana Homem		01:05:51	00:06:20
10k	226	150	Ana Sofia Santos	Bio Team Run	01:06:00	00:06:21
10k	227	149	Carla Sofia Silva Martins	Correr Viseu	01:06:50	00:06:26
10k	228	7	António Luís Silva Martins	Correr Viseu	01:06:51	00:06:26
10k	229	156	Daniela Dias	A.E.R. GOIS TRAIL RUNNING	01:07:57	00:06:32
10k	230	181	CATARINA SANTOS	MOVE UP GIRL'S'	01:09:07	00:06:39
10k	231	189	LILIANA DOMINGOS	MOVE UP GIRL'S'	01:09:08	00:06:39
10k	232	188	MANUELA MURTINHO	MOVE UP GIRL'S'	01:09:09	00:06:39
10k	233	120	Ana Vieira	CSKD - Condeixa Shukokai Karate-Do	01:09:13	00:06:39
10k	234	253	Ana Paula Joaquim	Clube Condeixa	01:10:10	00:06:45
10k	235	48	Não Identificado 11		01:10:15	00:06:45
10k	236	290	Ana Raquel Rodrigues	Clube Condeixa	01:10:19	00:06:46
10k	237	62	Sandra Simões	ARCD Venda da Luísa	01:10:41	00:06:48
10k	238	185	Mónica Sofia Hortet Menano		01:11:04	00:06:50
10k	239	67	Ana Raquel Valente	ARCD Venda da Luísa	01:11:19	00:06:51
10k	240	229	Manya Afonso	Os Improváveis	01:11:41	00:06:54
10k	241	293	Isabel Dantas	Tribo NR	01:12:27	00:06:58
10k	242	41	Fernando Mendes Silva	Out2run	01:15:11	00:07:14
10k	243	33	Adalgisa Delgado	FoxStar	01:19:49	00:07:40
10k	-	4	Martinho Lopes	Intermarché	-	-
10k	-	11	Sara Carvalho	Clube Condeixa	-	-
10k	-	18	Ana Cristina Guicho Fernandes	Os Gordos	-	-
10k	-	22	Rui Pedro Borges	Running Clube Coimbra	-	-
10k	-	25	Nelson Filipe de Almeida Heleno	NH Fitness Athletes	-	-
10k	-	39	José Santos	Out2run	-	-
10k	-	46	Ana Carolina Dinis	Tribo NR	-	-
10k	-	50	Nuno Miguel Silva Coutinho		-	-
10k	-	52	Ricardo Rocha	Con_Dores do Choupal	-	-
10k	-	83	João Verissimo	DecaRunners	-	-
10k	-	86	Tânia Guiomar	DecaRunners	-	-
10k	-	87	Andreia Brites	DecaRunners	-	-
10k	-	118	José Pedro Fernandes	More Team	-	-
10k	-	119	Iuliia Legkova	Bio Team Run	-	-
10k	-	122	Tiago Santos	Clube dos Atletas Tortos	-	-

