

CORRIDA DE FELGUEIRAS
22 de Junho de 2014
Câmara Municipal de Felgueiras

GERAL PROVA 10.000 MTS

INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	77	CARLOS COSTA	15	C.U.A. BENAVENTENSE	SENIORES-MASC	0	00:31:09.29
2	116	BRUNO SILVA	22	MAIA A.C.	SENIORES-MASC	SEN M	00:31:10.79
3	136	HUGO DANIEL SANTOS	30	XISTARCA	SENIORES-MASC	0	00:31:54.04
4	114	OSCAR MENDES	20	LIBERDADE F.C.	SENIORES-MASC	0	00:32:09.08
5	106	AMADEU ROCHA	19	GDR RETORTA	SENIORES-MASC	VET. M35	00:32:20.85
6	4	ANTÓNIO COSTA	1	U.D. VÁRZEA	VET. M45-MASC	VET. M35	00:32:52.46
7	15	CARLOS MARTINS	1	U.D. VÁRZEA	SENIORES-MASC	SEN M	00:32:53.40
8	107	FILIPE SILVA	19	GDR RETORTA	VET. M45-MASC	VET. M35	00:33:01.31
9	18	PAULO RIBEIRO	1	U.D. VÁRZEA	JUNIORES-MASC	JUN M	00:33:03.59
10	17	NUNO COSTA	1	U.D. VÁRZEA	JUNIORES-MASC	JUN M	00:34:05.33
11	32	DELFINO CONCEIÇÃO	4	A.C.D. S. JOÃO SERRA	VET. M40-MASC	VET. M35	00:34:12.89
12	3	AGOSTINHO TEIXEIRA	1	U.D. VÁRZEA	VET. M45-MASC	VET. M35	00:34:18.21
13	111	TIAGO PINTO	19	GDR RETORTA	SENIORES-MASC	SUB23 M	00:34:28.77
14	108	HENRIQUE DIAS	19	GDR RETORTA	VET. M45-MASC	VET. M35	00:34:28.90
15	37	SERGIO SOUSA	4	A.C.D. S. JOÃO SERRA	VET. M40-MASC	VET. M35	00:34:33.42
16	59	MANUEL COSTA	13	C.D.C. CODESSOS	VET. M50-MASC	VET. M50	00:34:52.67
17	109	JOAQUIM ROCHA	19	GDR RETORTA	VET. M45-MASC	VET. M35	00:35:13.90
18	62	ANTÓNIO COSTA	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	SUB23 M	00:35:21.46
19	21	SILVANA DIAS	1	U.D. VÁRZEA	SENIORES-FEM	SUB23 F	00:35:28.84
20	10	DIOGO PEDROSA	1	U.D. VÁRZEA	SENIORES-MASC	SUB23 M	00:35:29.61
21	226	ANDRÉ CORREIA	12	C.D. S. SALVADOR DO CAMPO	SENIORES-MASC	SEN M	00:35:50.71
22	110	TIAGO LISBOA	19	GDR RETORTA	SENIORES-MASC	VET. M35	00:35:54.12
23	129	MARCO FERREIRA	26	RED-LINE	SENIORES-MASC	0	00:36:14.82
24	1	DANIELA CUNHA	1	U.D. VÁRZEA	SENIORES-FEM	0	00:36:25.34
25	31	BRUNO MOREIRA	4	A.C.D. S. JOÃO SERRA	SENIORES-MASC	SEN M	00:36:30.77
26	36	SALVADOR MANSILHA	4	A.C.D. S. JOÃO SERRA	VET. M45-MASC	VET. M35	00:36:32.46
27	180	JOAQUIM COSTA	0	INDIVIDUAL	VET. M50-MASC	0	00:36:36.71
28	7	CATARINA GONÇALVES	1	U.D. VÁRZEA	SENIORES-FEM	SUB23 F	00:36:41.21
29	87	EDUARDO SOUSA	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:36:43.77
30	105	ADELINO SILVA	19	GDR RETORTA	VET. M40-MASC	VET. M35	00:36:49.33
31	128	JORGE CUNHA	26	RED-LINE	SENIORES-MASC	0	00:36:51.78
32	42	JOSE AFONSO	7	ADRULSM	SENIORES-MASC	0	00:37:05.17
33	181	JOAQUIM FERNANDO FERN	0	INDIVIDUAL	VET. M40-MASC	0	00:37:08.99
34	83	ARTUR CEPEDA	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:37:12.67
35	20	ROSA SOARES	1	U.D. VÁRZEA	SENIORES-FEM	SEN F	00:37:15.05
36	16	MIGUEL COELHO	1	U.D. VÁRZEA	JUNIORES-MASC	JUN M	00:37:25.37
37	127	ANDRÉ MARTINS	26	RED-LINE	SENIORES-MASC	0	00:37:33.36
38	70	JOÃO NUNES	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	VET. M35	00:37:41.61
39	58	JOSÉ FERREIRA	13	C.D.C. CODESSOS	VET. M50-MASC	VET. M50	00:38:07.51
40	22	SÓNIA FERREIRA	1	U.D. VÁRZEA	JUNIORES-FEM	JUN F	00:38:08.48
41	38	PATRICIA PEREIRA	5	A.C.R.S. DESTERRA - NAPO	SENIORES-FEM	0	00:38:32.57
42	89	JOAQUIM RIBEIRO	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:38:36.15
43	23	SUELI GOMES	1	U.D. VÁRZEA	SENIORES-FEM	SUB23 F	00:39:14.16
44	162	FERNANDO PERES	0	INDIVIDUAL	VET. M45-MASC	0	00:39:27.29
45	12	IDALINA MAGALHÃES	1	U.D. VÁRZEA	SENIORES-FEM	0	00:39:48.09
46	30	ANTONIO GONCALVES	4	A.C.D. S. JOÃO SERRA	VET. M50-MASC	VET. M50	00:39:50.80
47	78	MANUEL SÁ	16	CENTRO ATL. PORTO	VET. M50-MASC	VET. M50	00:40:02.18
48	68	DOMINGOS PINTO	14	C.F. OLIVEIRA DOURO	VET. M50-MASC	VET. M50	00:40:19.52
49	73	ORLANDO OLIVEIRA	14	C.F. OLIVEIRA DOURO	VET. M50-MASC	VET. M50	00:40:33.98
50	76	RUI PINTO	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	SEN M	00:40:40.62

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Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
51	34	JUSTYNA WOJCIK	4	A.C.D. S. JOÃO SERRA	SENIORES-FEM	SEN F	00:40:42.79
52	119	AGOSTINHO COSTA	23	PAÇOS RUNNING	SENIORES-MASC	0	00:40:51.93
53	121	JOSE FERNANDES	23	PAÇOS RUNNING	VET. M40-MASC	0	00:40:51.99
54	72	MANUEL SILVA	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	VET. M35	00:41:13.24
55	142	ANTONIO GILBERTO JESUS	0	INDIVIDUAL	VET. M40-MASC	0	00:41:15.52
56	63	ANTÓNIO NASCIMENTO	14	C.F. OLIVEIRA DOURO	VET. M50-MASC	VET. M50	00:41:23.12
57	202	MARCO PAULO BROCHADO	0	INDIVIDUAL	SENIORES-MASC	0	00:41:24.67
58	218	SILVIO HERNANI LOPES	0	INDIVIDUAL	SENIORES-MASC	0	00:41:28.60
59	117	CÁTIA COSTA	22	MAIA A.C.	SENIORES-FEM	SEN F	00:41:35.72
60	118	NUNO GONÇALVES	22	MAIA A.C.	SENIORES-MASC	SEN M	00:41:35.85
61	199	LUIS SAMPAIO	0	INDIVIDUAL	VET. M45-MASC	0	00:41:36.55
62	81	ANA FREITAS	17	C. P.T. BAIRRO CARCAVELOS	JUNIORES-FEM	0	00:41:49.71
63	91	JOSÉ CORVAL	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	0	00:41:55.86
64	131	NUNO TEIXEIRA	28	TRT	SENIORES-MASC	0	00:42:07.16
65	229	JOSÉ FERREIRA	31	C.R.C. BARROSAS	VET. M40-MASC	0	00:42:14.73
66	9	CATARINA PEREIRA	1	U.D. VÁRZEA	SENIORES-FEM	SUB23 F	00:42:54.15
67	61	ANDRÉ ASSUNÇÃO	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	VET. M35	00:43:23.45
68	65	CARLOS CUNHA	14	C.F. OLIVEIRA DOURO	VET. M50-MASC	VET. M50	00:43:24.67
69	49	ANTÓNIO VIEIRA	10	ATLÉTICO C. PORTO	VET. M40-MASC	VET. M35	00:43:35.60
70	222	VITOR CUNHA	0	INDIVIDUAL	SENIORES-MASC	0	00:43:44.07
71	100	FILIPE MARINHO	18	FALTA MUITO?	SENIORES-MASC	0	00:43:59.92
72	135	RICARDO NETO	29	TUGAS NA ESTRADA	VET. M50-MASC	0	00:44:00.56
73	177	JOÃO MANUEL MOREIRA	0	INDIVIDUAL	VET. M40-MASC	0	00:44:09.28
74	122	SERGIO ALPUIM	24	PEDALARTE TRIATLO	SENIORES-MASC	0	00:44:17.95
75	133	ANA NEVES	29	TUGAS NA ESTRADA	SENIORES-FEM	0	00:44:18.49
76	120	JOAO COUTO	23	PAÇOS RUNNING	VET. M45-MASC	0	00:44:33.21
77	56	CARLA NUNES	13	C.D.C. CODESSOS	JUNIORES-FEM	JUN F	00:44:38.61
78	230	JOÃO MANUEL TEIXEIRA	0	INDIVIDUAL	VET. M45-MASC	0	00:44:47.16
79	210	PAULO JORGE CASTANHEIRA	0	INDIVIDUAL	SENIORES-MASC	0	00:44:51.96
80	154	CRISTINA PEREIRA	0	INDIVIDUAL	SENIORES-FEM	0	00:44:52.37
81	35	JORGE MOTA	4	A.C.D. S. JOÃO SERRA	VET. M45-MASC	VET. M35	00:45:14.00
82	33	NELSON SANTOS	4	A.C.D. S. JOÃO SERRA	SENIORES-MASC	SEN M	00:45:16.47
83	66	CARLOS SARAIVA	14	C.F. OLIVEIRA DOURO	VET. M45-MASC	VET. M35	00:45:25.39
84	71	JORGE COUTO	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	VET. M35	00:45:32.12
85	163	FERNANDO XAVIER	0	INDIVIDUAL	VET. M40-MASC	0	00:45:57.45
86	172	ISRAEL SÉRGIO RIBEIRO	0	INDIVIDUAL	VET. M40-MASC	0	00:46:13.55
87	95	REGINA MONTEIRO	17	C. P.T. BAIRRO CARCAVELOS	SENIORES-FEM	0	00:46:28.06
88	80	ALFREDO BARBOSA	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:46:30.42
89	156	DANIEL PEREIRA MARTINS	0	INDIVIDUAL	SENIORES-MASC	0	00:46:38.38
90	171	INACIO VILAÇA	0	INDIVIDUAL	VET. M40-MASC	0	00:46:54.89
91	145	ARTUR JORGE MOREIRA	0	INDIVIDUAL	VET. M45-MASC	0	00:46:54.90
92	25	HELDER OLIVEIRA	2	A.H.B.V. FELGUEIRAS	SENIORES-MASC	0	00:47:02.41
93	26	JONAS SOUSA	2	A.H.B.V. FELGUEIRAS	SENIORES-MASC	0	00:47:02.48
94	28	SÉRGIO CASTRO	2	A.H.B.V. FELGUEIRAS	SENIORES-MASC	0	00:47:02.96
95	167	HELDER FILIPE BARBOSA	0	INDIVIDUAL	SENIORES-MASC	0	00:47:14.86
96	219	SÓNIA SOFIA SILVA	0	INDIVIDUAL	SENIORES-FEM	0	00:47:16.14
97	146	AUGUSTO ALMEIDA MAGA	0	INDIVIDUAL	VET. M40-MASC	0	00:47:16.68
98	143	ANTÓNIO JOSÉ FONSECA	0	INDIVIDUAL	VET. M45-MASC	0	00:47:16.71
99	213	ROBERTO CARLOS MARTIN	0	INDIVIDUAL	SENIORES-MASC	0	00:47:27.11
100	132	ALEXANDRE GRAÇA	29	TUGAS NA ESTRADA	VET. M50-MASC	0	00:47:27.39

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Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
101	45	PEDRO FERNANDES	7	ADRULSM	SENIORES-MASC	0	00:47:29.99
102	104	RICARDO SILVA	18	FALTA MUITO?	VET. M40-MASC	0	00:48:28.34
103	176	JOAO ALEXANDRE CASTRO	0	INDIVIDUAL	SENIORES-MASC	0	00:49:10.74
104	29	RUI BROCHADO	3	A. KARATE FELGUEIRAS	VET. M50-MASC	0	00:49:47.02
105	178	JOÃO PAULO FERREIRA	0	INDIVIDUAL	SENIORES-MASC	0	00:49:47.89
106	201	MANUEL FERREIRA SAMPA	0	INDIVIDUAL	VET. M45-MASC	0	00:49:50.08
107	47	VALTER	7	ADRULSM	SENIORES-MASC	0	00:49:53.61
108	188	JOSÉ FERNANDO MARTINS	0	INDIVIDUAL	SENIORES-MASC	0	00:49:58.55
109	155	CUSTODIO NETO	0	INDIVIDUAL	VET. M50-MASC	0	00:50:11.37
110	147	AURORA CRUZ	0	INDIVIDUAL	VET. F40-FEM	0	00:50:27.16
111	217	SILVINO CRISTIANO RIBEIR	0	INDIVIDUAL	SENIORES-MASC	0	00:50:46.92
112	134	EDGAR CALDEIRA	29	TUGAS NA ESTRADA	SENIORES-MASC	0	00:50:48.11
113	139	ANABELA CRISTINA ALMEI	0	INDIVIDUAL	VET. F40-FEM	0	00:50:55.22
114	225	ABEL MOREIRA	0	INDIVIDUAL	VET. M40-MASC	0	00:50:56.83
115	198	LUIS MIGUEL SILVA	0	INDIVIDUAL	SENIORES-MASC	0	00:50:56.91
116	207	ORLANDO PEREIRA	0	INDIVIDUAL	VET. M50-MASC	0	00:50:57.27
117	44	PAULO FREITAS	7	ADRULSM	VET. M40-MASC	0	00:50:58.04
118	125	PATRÍCIA RIBEIRO	25	PINTO FERREIRA	SENIORES-FEM	0	00:51:50.19
119	98	CARLOS PEREIRA	18	FALTA MUITO?	VET. M45-MASC	0	00:52:07.76
120	57	ELISABETE SANTOS	13	C.D.C. CODESSOS	SENIORES-FEM	0	00:52:08.01
121	189	JOSÉ FONSECA	0	INDIVIDUAL	SENIORES-MASC	0	00:52:35.96
122	166	FRANCLIM GUIMARAES	0	INDIVIDUAL	VET. M40-MASC	0	00:52:36.17
123	40	DARIO MIRANDA	7	ADRULSM	SENIORES-MASC	0	00:52:47.65
124	211	PEDRO LUÍS MOREIRA	0	INDIVIDUAL	SENIORES-MASC	0	00:52:56.03
125	138	ANA CLÁUDIA SOUSA	0	INDIVIDUAL	SENIORES-FEM	0	00:52:56.66
126	43	JOSE RAMALHAO	7	ADRULSM	VET. M50-MASC	0	00:53:13.95
127	79	ALBERTO MELO	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:53:15.03
128	86	EDUARDO PAQUETE	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:53:15.60
129	141	ANTONIO FERNANDO	0	INDIVIDUAL	VET. M50-MASC	0	00:54:09.91
130	179	JOÃO SILVA	0	INDIVIDUAL	SENIORES-MASC	0	00:54:14.76
131	224	JORGE SILVA	0	INDIVIDUAL	SENIORES-MASC	0	00:54:37.35
132	151	CEDRICO SAMPAIO	0	INDIVIDUAL	SENIORES-MASC	0	00:54:37.57
133	227	JORGE LOPES	0	INDIVIDUAL	VET. M40-MASC	0	00:55:08.86
134	149	BRUNO JOAQUIM MENDES	0	INDIVIDUAL	SENIORES-MASC	0	00:55:52.84
135	157	EDUARDO PEIXOTO RIBEIR	0	INDIVIDUAL	VET. M40-MASC	0	00:56:04.80
136	164	FILIPE MOURA	0	INDIVIDUAL	SENIORES-MASC	0	00:56:11.61
137	204	MOURA PINTO	0	INDIVIDUAL	VET. M50-MASC	0	00:57:06.18
138	195	JULIANA LEMOS	0	INDIVIDUAL	SENIORES-FEM	0	00:57:10.10
139	221	SUSANA MARQUES	0	INDIVIDUAL	SENIORES-FEM	0	00:57:10.34
140	209	PATRÍCIA ALEXANDRA LEI	0	INDIVIDUAL	SENIORES-FEM	0	00:57:10.62
141	159	ELISABETE TEIXEIRA	0	INDIVIDUAL	SENIORES-FEM	0	00:57:59.03
142	187	JOSÉ CARLOS BARBOSA	0	INDIVIDUAL	SENIORES-MASC	0	00:58:13.44
143	212	PEDRO MIGUEL FERREIRA	0	INDIVIDUAL	SENIORES-MASC	0	00:58:13.50
144	174	JAIME LEITE	0	INDIVIDUAL	SENIORES-MASC	0	00:58:13.86
145	124	MARILIA SOUSA	25	PINTO FERREIRA	SENIORES-FEM	0	00:58:41.96
146	123	JÚLIO FERREIRA	25	PINTO FERREIRA	VET. M50-MASC	0	00:58:42.61
147	102	MARIA MAGALHÃES	18	FALTA MUITO?	VET. F40-FEM	0	01:01:25.78
148	228	SIMÃO MOREIRA	18	FALTA MUITO?	SENIORES-MASC	0	01:01:26.60
149	99	EUGÉNIO MACHADO	18	FALTA MUITO?	VET. M40-MASC	0	01:01:26.88
150	144	ARTUR JORGE SALGUEIRO	0	INDIVIDUAL	SENIORES-MASC	0	01:05:44.53

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151	206	NUNO MIGUEL TEIXEIRA	0	INDIVIDUAL	SENIORES-MASC	0	01:05:45.91
152	60	SONIA SILVA	13	C.D.C. CODESSOS	SENIORES-FEM	0	01:07:04.06



CAMPEONATO REGIONAL DE ESTRADA
22 de Junho de 2014
Associação de Atletismo do Porto

CAMPEONATO REGIONAL JUN-FEM. INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	22	SÓNIA FERREIRA	1	U.D. VÁRZEA	JUNIORES-FEM	JUN F	00:38:08.48
2	56	CARLA NUNES	13	C.D.C. CODESSOS	JUNIORES-FEM	JUN F	00:44:38.61

CAMPEONATO REGIONAL JUN-MASC. INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	18	PAULO RIBEIRO	1	U.D. VÁRZEA	JUNIORES-MASC	JUN M	00:33:03.59
2	17	NUNO COSTA	1	U.D. VÁRZEA	JUNIORES-MASC	JUN M	00:34:05.33
3	16	MIGUEL COELHO	1	U.D. VÁRZEA	JUNIORES-MASC	JUN M	00:37:25.37

CAMPEONATO REGIONAL SUB23-FEM. INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	21	SILVANA DIAS	1	U.D. VÁRZEA	SENIORES-FEM	SUB23 F	00:35:28.84
2	7	CATARINA GONÇALVES	1	U.D. VÁRZEA	SENIORES-FEM	SUB23 F	00:36:41.21
3	23	SUELI GOMES	1	U.D. VÁRZEA	SENIORES-FEM	SUB23 F	00:39:14.16
4	9	CATARINA PEREIRA	1	U.D. VÁRZEA	SENIORES-FEM	SUB23 F	00:42:54.15

CAMPEONATO REGIONAL SUB23-MASC. INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	111	TIAGO PINTO	19	GDR RETORTA	SENIORES-MASC	SUB23 M	00:34:28.77
2	62	ANTÓNIO COSTA	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	SUB23 M	00:35:21.46
3	10	DIOGO PEDROSA	1	U.D. VÁRZEA	SENIORES-MASC	SUB23 M	00:35:29.61

CAMPEONATO REGIONAL SEN-FEM. INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	1	DANIELA CUNHA	1	U.D. VÁRZEA	SENIORES-FEM	SEN F	00:36:25.34
2	20	ROSA SOARES	1	U.D. VÁRZEA	SENIORES-FEM	SEN F	00:37:15.05
3	34	JUSTYNA WOJCIK	4	A.C.D. S. JOÃO SERRA	SENIORES-FEM	SEN F	00:40:42.79
4	117	CÁTIA COSTA	22	MAIA A.C.	SENIORES-FEM	SEN F	00:41:35.72



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CAMPEONATO REGIONAL SEN-MASC. INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	116	BRUNO SILVA	22	MAIA A.C.	SENIORES-MASC	SEN M	00:31:10.79
2	15	CARLOS MARTINS	1	U.D. VÁRZEA	SENIORES-MASC	SEN M	00:32:53.40
3	226	ANDRÉ CORREIA	12	C.D. S. SALVADOR DO CAMPO	SENIORES-MASC	SEN M	00:35:50.71
4	31	BRUNO MOREIRA	4	A.C.D. S. JOÃO SERRA	SENIORES-MASC	SEN M	00:36:30.77
5	76	RUI PINTO	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	SEN M	00:40:40.62
6	118	NUNO GONÇALVES	22	MAIA A.C.	SENIORES-MASC	SEN M	00:41:35.85
7	33	NELSON SANTOS	4	A.C.D. S. JOÃO SERRA	SENIORES-MASC	SEN M	00:45:16.47

CAMPEONATO REGIONAL VETERANOS M35-MASC. INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	106	AMADEU ROCHA	19	GDR RETORTA	SENIORES-MASC	VET. M35	00:32:20.85
2	4	ANTÓNIO COSTA	1	U.D. VÁRZEA	VET. M45-MASC	VET. M35	00:32:52.46
3	107	FILIPE SILVA	19	GDR RETORTA	VET. M45-MASC	VET. M35	00:33:01.31
4	32	DELFINO CONCEIÇÃO	4	A.C.D. S. JOÃO SERRA	VET. M40-MASC	VET. M35	00:34:12.89
5	3	AGOSTINHO TEIXEIRA	1	U.D. VÁRZEA	VET. M45-MASC	VET. M35	00:34:18.21
6	108	HENRIQUE DIAS	19	GDR RETORTA	VET. M45-MASC	VET. M35	00:34:28.90
7	37	SERGIO SOUSA	4	A.C.D. S. JOÃO SERRA	VET. M40-MASC	VET. M35	00:34:33.42
8	109	JOAQUIM ROCHA	19	GDR RETORTA	VET. M45-MASC	VET. M35	00:35:13.90
9	110	TIAGO LISBOA	19	GDR RETORTA	SENIORES-MASC	VET. M35	00:35:54.12
10	36	SALVADOR MANSILHA	4	A.C.D. S. JOÃO SERRA	VET. M45-MASC	VET. M35	00:36:32.46
11	105	ADELINO SILVA	19	GDR RETORTA	VET. M40-MASC	VET. M35	00:36:49.33
12	70	JOÃO NUNES	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	VET. M35	00:37:41.61
13	72	MANUEL SILVA	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	VET. M35	00:41:13.24
14	61	ANDRÉ ASSUNÇÃO	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	VET. M35	00:43:23.45
15	49	ANTÓNIO VIEIRA	10	ATLÉTICO C. PORTO	VET. M40-MASC	VET. M35	00:43:35.60
16	35	JORGE MOTA	4	A.C.D. S. JOÃO SERRA	VET. M45-MASC	VET. M35	00:45:14.00
17	66	CARLOS SARAIVA	14	C.F. OLIVEIRA DOURO	VET. M45-MASC	VET. M35	00:45:25.39
18	71	JORGE COUTO	14	C.F. OLIVEIRA DOURO	SENIORES-MASC	VET. M35	00:45:32.12

CAMPEONATO REGIONAL VETERANOS M50-MASC. INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Regº	Tempo
1	59	MANUEL COSTA	13	C.D.C. CODESSOS	VET. M50-MASC	VET. M50	00:34:52.67
2	87	EDUARDO SOUSA	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:36:43.77
3	83	ARTUR CEPEDA	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:37:12.67
4	58	JOSÉ FERREIRA	13	C.D.C. CODESSOS	VET. M50-MASC	VET. M50	00:38:07.51
5	89	JOAQUIM RIBEIRO	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:38:36.15
6	30	ANTONIO GONCALVES	4	A.C.D. S. JOÃO SERRA	VET. M50-MASC	VET. M50	00:39:50.80
7	78	MANUEL SÁ	16	CENTRO ATL. PORTO	VET. M50-MASC	VET. M50	00:40:02.18
8	68	DOMINGOS PINTO	14	C.F. OLIVEIRA DOURO	VET. M50-MASC	VET. M50	00:40:19.52
9	73	ORLANDO OLIVEIRA	14	C.F. OLIVEIRA DOURO	VET. M50-MASC	VET. M50	00:40:33.98
10	63	ANTÓNIO NASCIMENTO	14	C.F. OLIVEIRA DOURO	VET. M50-MASC	VET. M50	00:41:23.12
11	65	CARLOS CUNHA	14	C.F. OLIVEIRA DOURO	VET. M50-MASC	VET. M50	00:43:24.67
12	80	ALFREDO BARBOSA	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:46:30.42
13	79	ALBERTO MELO	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:53:15.03
14	86	EDUARDO PAQUETE	17	C. P.T. BAIRRO CARCAVELOS	VET. M50-MASC	VET. M50	00:53:15.60