

[S.Miguel](#)[Inscrição](#)[Lista de Inscritos](#)[Regulamento](#)[Resultados](#)

S.Miguel

Resultados

[Geral](#)[Parciais](#)

10km Geral

Legenda: NT - Não terminou NC - Não começou DCL - Desclassificação FO - Fora de Ordem
FP - Falta Ponto

Pos.	Dorsal	Nome	Equipa	Tempo	Tempo+
1	32	Gildo Silva	OFFtel runners/JV	00:40:34	
2	99	Délio Ferreira	ARSC Toledo	00:41:35	00:01:01
3	39	João F. Ferreira	Triatlo Portugal	00:41:41	00:01:07
4	98	André Ferreira	ARSC Toledo	00:41:57	00:01:23
5	145	Mário Ferreira	Garmin - Clube Olimpico de Oeiras	00:42:20	00:01:46

6	71	Raul Bicho	Casa Benfica Figueira da Foz	00:43:10	00:02:36
7	174	Fabrice Lonchambon		00:43:23	00:02:49
8	96	Luis Gomes	ARSC Toledo	00:43:32	00:02:58
9	79	José Figueira	I.D. Vieiraense	00:44:18	00:03:44
10	34	Ricardo Henriques	CR Amieirinhense	00:44:28	00:03:54
11	54	Paulo Ferreira	Cross Raide	00:45:04	00:04:30
12	58	Tiago Cruz	GAU Bajouca	00:45:08	00:04:34
13	56	Jorge Silva	GAU Bajouca	00:45:19	00:04:45
14	82	André Ramos	OFFtel runners/JV	00:45:21	00:04:47
15	55	Pedro Capela	GAU Bajouca	00:45:41	00:05:07
16	52	Rui Gameiro	Triatlo Golegã	00:45:49	00:05:15
17	118	Luis Serafim Coelho	NELPedatleta	00:45:51	00:05:17
18	93	João Canas	ARSC Toledo	00:46:06	00:05:32
19	112	Nuno Gonçalves	OFFtel runners/JV	00:46:33	00:05:59
20	77	Joel Marcelino	I.D. Vieiraense	00:46:35	00:06:01
21	122	Hélder Carreira	CA Barreira	00:47:03	00:06:29
22	160	Fernando Simão	CA Barreira	00:47:45	00:07:11
23	80	Paulino Sousa	I.D. Vieiraense	00:48:04	00:07:30
24	161	José Oliveira	CA Barreira	00:48:18	00:07:44
25	119	Márcio Loureiro		00:48:57	00:08:23
26	37	António Salcedas	CR Amieirinhense	00:49:01	00:08:27
27	97	Nelson Santos	ARSC Toledo	00:49:10	00:08:36
28	12	Jorge Agostinho	CA Barreira	00:49:13	00:08:39
29	7	Helder Moringa	Santarém	00:49:18	00:08:44
30	81	Rui Dinis	I.D. Vieiraense	00:49:30	00:08:56
31	33	Nelson Santos	InovTeam	00:49:36	00:09:02
32	67	Pedro Ricardo		00:49:40	00:09:06
33	68	Vitor Moniz		00:49:46	00:09:12
34	73	Celestino Marques	I.D. Vieiraense	00:50:13	00:09:39
35	61	Otelo Pereira	GAU Bajouca	00:50:48	00:10:14

36	41	Jorge Serrazina	CAOB	00:50:52	00:10:18
37	116	André Veloso		00:50:59	00:10:25
38	147	Ricardo Santos		00:51:21	00:10:47
39	125	José Agostinho		00:51:24	00:10:50
40	126	Rui Amaral	Atlético Clube da Batalha	00:51:30	00:10:56
41	131	Paulo Agostinho		00:51:32	00:10:58
42	26	Márcio Sousa	CPR A-do-Barbas	00:51:37	00:11:03
43	36	Carlos Rebola	CR Amieirinhense	00:51:45	00:11:11
44	172	Cristovão Gomes		00:52:13	00:11:39
45	69	José Maçarria	Casa Benfica Figueira da Foz	00:52:24	00:11:50
46	83	Daniel Gomes	OFFtel runners/JV	00:52:26	00:11:52
47	75	João Marcelino	I.D. Vieiraense	00:52:47	00:12:13
48	157	Ricardo Ferreira		00:53:24	00:12:50
49	177	Rui Andrade	Leiria Marcha Atletica Clube	00:53:25	00:12:51
50	91	Carlos Alegre	ARSC Toledo	00:53:35	00:13:01
51	88	David Francisco	Cavalinhos runners	00:53:36	00:13:02
52	167	Nuno Mendes	CCRD Burinhosa	00:53:43	00:13:09
53	21	Ricardo Silva		00:53:45	00:13:11
54	140	Julio Pinto	Atlético Clube da Batalha	00:53:52	00:13:18
55	27	Gabriel Santos	CPR A-do-Barbas	00:53:59	00:13:25
56	8	Cláudio Correia Braz		00:54:15	00:13:41
57	35	Victor Teixeira	CR Amieirinhense	00:54:27	00:13:53
58	129	Henrique Morais	Atlético Clube da Batalha	00:54:36	00:14:02
59	14	Joana Grácio	CA Barreira	00:54:41	00:14:07
60	132	Acácio Lavos	I.D. Vieiraense	00:54:50	00:14:16
61	59	António Fernandes	GAU Bajouca	00:55:03	00:14:29
62	66	Filipe Santos Neves	OFFtel runners/JV	00:55:36	00:15:02
63	31	Narciso Cordeiro	CCRD Arrimal	00:55:37	00:15:03
64	48	Leonel Eusébio	A.C.S.MAMEDE	00:55:38	00:15:04

65	76	Ivan Marcelino	I.D. Viegense	00:55:42	00:15:08
66	42	Vasco E Marques		00:55:44	00:15:10
67	38	Rui Tenreiro	OFFtel runners/JV	00:55:45	00:15:11
68	117	Pedro Ferreira	Corremais	00:55:57	00:15:23
69	6	Gloria Serrazina	CRP Ribafria	00:55:59	00:15:25
70	139	Bruno Costa	Atlético Clube da Batalha	00:56:01	00:15:27
71	50	Hugo T G Ferreira		00:56:30	00:15:56
72	101	Emanuel Cunha	ARSC Toledo	00:57:04	00:16:30
73	94	João Bento	ARSC Toledo	00:57:13	00:16:39
74	166	José Coelho	CCRD Burinhosa	00:57:25	00:16:51
75	155	Sandro Jordão	Não fazemos nem mais um... Km	00:57:47	00:17:13
76	60	Pedro Cabecinhas	GAU Bajouca	00:58:13	00:17:39
77	100	Diogo Cunha	ARSC Toledo	00:58:15	00:17:41
78	29	Fernando Miguel	OFFtel runners/JV	00:58:16	00:17:42
79	108	Marcus Bonito	Amigos do B!	00:58:19	00:17:45
80	158	José Duarte	Amigos do B!	00:58:22	00:17:48
81	107	Nuno Alexandre Reis	Amigos do B!	00:58:26	00:17:52
82	162	António Agostinho	CA Barreira	00:58:32	00:17:58
83	64	António Marques	GAU Bajouca	00:58:38	00:18:04
84	176	Telmo Inacio	Veteranos do Liz	00:58:52	00:18:18
85	103	Salette Tavares	ARSC Toledo	00:59:09	00:18:35
86	109	Luis Capinha	Amigos do B!	00:59:12	00:18:38
87	137	João Guerra	Turquel runners	00:59:33	00:18:59
88	110	Filipe Veludo	Amigos do B!	00:59:47	00:19:13
89	178	António Alexandre	Canhões da Nazaré	00:59:55	00:19:21
90	120	Fernando Santos		01:01:16	00:20:42
91	170	Manuel Vitorino		01:01:25	00:20:51
92	51	Carmen Henriques	Clube Praças da Armada	01:01:37	00:21:03
93	123	João Santos		01:01:47	00:21:13
94	15	Vitor Faustino	Nel Pédatleta	01:01:49	00:21:15

95	105	Gonçalo Lopes	Casa Benfica Figueira da Foz	01:01:56	00:21:22
96	63	Tiago Cabecinhas	GAU Bajouca	01:02:32	00:21:58
97	164	Danilo Rodrigues	Canhões da Nazaré	01:03:04	00:22:30
98	165	Talal Salem	Canhões da Nazaré	01:03:10	00:22:36
99	124	Paulo Sousa		01:03:17	00:22:43
100	13	Silvia Coelho	CA Barreira	01:04:17	00:23:43
101	5	Ana Santos	O Mundo Da Corrida	01:04:50	00:24:16
102	4	Helder Pinto	O Mundo Da Corrida	01:04:52	00:24:18
103	154	Lino Franco	OFFtel runners/JV	01:05:28	00:24:54
104	179	Joaquim Figueiras	Canhões da Nazaré	01:06:15	00:25:41
105	149	Fausto Menezes		01:06:19	00:25:45
106	102	Vanda Anjos	ARSC Toledo	01:06:24	00:25:50
107	90	João Reis	Cavalinhos runners	01:06:33	00:25:59
108	89	Bruno Catalino	Cavalinhos runners	01:07:02	00:26:28
109	47	Filipe Tomás	A.C.S.MAMEDE	01:07:18	00:26:44
110	20	Vitor Silva		01:07:21	00:26:47
111	152	Ana Marcelino	OFFtel runners/JV	01:07:54	00:27:20
112	25	Manuela Folgado	Montes Saloios	01:08:05	00:27:31
113	142	António Seca	Clube de Atletismo "Os Pesados"	01:08:44	00:28:10
114	106	Mariana Ortigoso	OFFtel runners/JV	01:08:48	00:28:14
115	95	Nuno Jorge	ARSC Toledo	01:08:53	00:28:19
116	104	Mónica Cunha	ARSC Toledo	01:08:56	00:28:22
117	72	Carlos Gabriel Sousa		01:09:34	00:29:00
118	23	João Alberto Jorge	Montes Saloios	01:10:08	00:29:34
119	9	Luís Conceição	CCRD Burinhosa	01:10:54	00:30:20
120	169	José Lucas	ASC Soutos	01:10:55	00:30:21
121	30	Sónia A. Filipe		01:11:27	00:30:53
122	175	Nuno Ferreira	OFFtel runners/JV	01:11:46	00:31:12
123	163	Sara Faria	Canhões da Nazaré	01:12:21	00:31:47

124	133	Álvaro Pereira		01:12:24	00:31:50
125	49	Paula C Gil Santos	OFFtel runners/JV	01:12:40	00:32:06
126	87	Nuno Ferreira	Cavalinhos runners	01:12:53	00:32:19
127	24	António Luis	Montes Saloios	01:14:20	00:33:46
128	171	Cristina Pereira	Canhões da Nazaré	01:14:36	00:34:02
129	57	Filipe Carvalheiro	GAU Bajouca	01:14:40	00:34:06
130	111	Joaquim Major	CSC Covão Coelho	01:15:26	00:34:52
131	17	M ^a Rosário Barros	CA Barreira	01:15:28	00:34:54
132	16	Rui Roberto	CA Barreira	01:15:31	00:34:57
133	144	Ilda Rosa Rodrigues		01:15:45	00:35:11
134	143	Manuel Pedro Rodrigues		01:15:47	00:35:13
135	1	Rui Jorge Santos Neto		01:16:15	00:35:41
136	173	Catarina Monteiro		01:18:51	00:38:17
137	10	Carmen Sofia Silva		01:19:20	00:38:46
138	113	Ana Gonçalves		01:19:30	00:38:56
139	114	Pedro Beato		01:19:39	00:39:05
140	153	Inês Pereira	OFFtel runners/JV	01:20:05	00:39:31
141	115	Paula Abreu		01:20:43	00:40:09
142	85	Lisete Santos	OFFtel runners/JV	01:22:30	00:41:56
143	84	Carolina Santos	OFFtel runners/JV	01:22:32	00:41:58
144	18	Pedro Roberto	CA Barreira	01:25:52	00:45:18
145	19	Sara Roberto	CA Barreira	01:25:53	00:45:19
146	136	Cláudia Filipa Caseiro	OFFtel runners/JV	01:25:59	00:45:25
147	65	Diogo Caseiro	OFFtel runners/JV	01:26:02	00:45:28
148	43	José Carlos Jorge	Clube de Atletismo "Os Pesados"	01:27:23	00:46:49
149	86	Ricardo Daniel	OFFtel runners/JV	01:40:45	01:00:11
150	22	Maria João Jorge	Montes Saloios	02:00:00	01:19:26
NC	2	Antonio Santos	NAC - Nucleo de Atletismo de Cucujães		
NC	128	Casimiro Gomes	Atlético Clube da Batalha		

NC	130	João Luis Tomás	
NC	134	Amândio Carapinha	
NC	135	Margarida Fonseca	
NC	138	Maria Luz	Atlético Clube da Batalha
NC	141	Felino Rino	Atlético Clube da Batalha
NC	146	Fernando Dias	
NC	148	Patricia Teixeira	
NC	150	Paulo Marques	Clube Praças da Armada
NC	151	Ughy Alves	
NC	156	Fábio Agostinho	
NC	159	Vitor Dinis	I.D. Viegense
NC	127	António Cardoso	Atlético Clube da Batalha
NC	121	Manuel Vieira	
NC	92	António Fernandes	ARSC Toledo
NC	3	Ivo Dinis	
NC	11	João SantosAAAA	
NC	28	Diamantino Henriques	CPR A-do-Barbas
NC	40	Bruno Querido	Desnivel Positivo/Sportzone
NC	44	José Luciano Ramos	Clube de Atletismo "Os Pesados"
NC	45	Mário Pires	
NC	46	Rui Miguel Gaspar	
NC	53	Celso Moiteiro	Clube Orientaeco do Centro
NC	62	Sérgio Marcelino	GAU Bajouca
NC	70	Duarte Domingues	Casa Benfica Figueira da Foz
NC	74	Eduardo Pires	I.D. Viegense
NC	78	Jorge Marcelino	I.D. Viegense
NC	168	Acácio Gonçalves	