

DA ESTRADA A PISTA

Patrocínio: XISTARCA

Apoio: XISTARCA

Data 23/06/2012

Classif.: Relatório Geral Masculino e Feminino

Col	Num	Nome	S.	Esc.Et. Id.	Clube	Vlts	Tempo	Distância
1	4	DAVID NOGUEIRA	M	M1819 19	MARATONA CP	12	00:16:09	5000
2	10	PAULO FELIX	M	M5054 54	GD MACEDO OCULISTA	12	00:16:43	5000
3	3	FLAVIO SANTOS	M	M0017 17	IGREJA UNIFICAÇÃO	12	00:19:14	5000
4	6	ARMINDO SANTOS	M	M5054 51	IGREJA UNIFICAÇÃO	12	00:20:12	5000
5	5	JOSE CARLOS MELO	M	M4549 49	RUN 4 FUN	12	00:20:38	5000
6	18	ERNESTO GUIA	M	M5599 58	INDIVIDUAL	12	00:22:24	5000
7	9	ALFREDO CASTRO	M	M5054 54	A QUINTA CONCHAS	12	00:23:24	5000
8	8	ALBINO VAZ	M	M5054 52	A QUINTA CONCHAS	12	00:23:24	5000
9	2	JOAO SOUSA	M	M0017 13	JUNIOR	12	00:23:42	5000
10	13	JOSE MORAIS	M	M5599 55	INDIVIDUAL	12	00:23:59	5000
11	14	GILBERTO GONÇALVES	M	M5599 63	CR ALVORADA	12	00:25:00	5000
12	7	JOAO P S LIMA	M	M5054 52	4 AO KM	12	00:25:04	5000
13	1	TIAGO V BOAS	M	M0017 13	PERNAS GAFANHOTO	12	00:26:06	5000
14	11	ABEL CARVALHO	M	M5054 54	A QUINTA CONCHAS	12	00:26:13	5000
15	12	PEDRO PINTO	M	M5054 54	OS PINTOS	12	00:28:03	5000
16	15	EBERHARD WILHELM	M	M5599 64	4 AO KM	11	00:25:50	4400

DA ESTRADA À PISTA 2012 – 23-jun-2012
Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar
Veteranos.3 e 4 e Juniores. Volta a volta.

Numero: 4
Nome: DAVID NOGUEIRA
Idade: 19
Equipe: MARATONA CP
Total de Voltas: 12
Colocação :1

1 - 00:01:58 - [00:01:58]
2 - 00:03:18 - [00:01:20]
3 - 00:04:35 - [00:01:17]
4 - 00:05:54 - [00:01:19]
5 - 00:07:13 - [00:01:19]
6 - 00:08:32 - [00:01:19]
7 - 00:09:52 - [00:01:20]
8 - 00:11:09 - [00:01:17]
9 - 00:12:25 - [00:01:16]
10 - 00:13:43 - [00:01:18]
11 - 00:15:01 - [00:01:18]
12 - 00:16:09 - [00:01:08]

Numero: 10
Nome: PAULO FELIX
Idade: 54
Equipe: GD MACEDO OCULISTA
Total de Voltas: 12
Colocação :2

1 - 00:01:58 - [00:01:58]
2 - 00:03:18 - [00:01:20]
3 - 00:04:35 - [00:01:17]
4 - 00:05:53 - [00:01:18]
5 - 00:07:12 - [00:01:19]
6 - 00:08:32 - [00:01:20]
7 - 00:09:52 - [00:01:20]
8 - 00:11:14 - [00:01:22]
9 - 00:12:37 - [00:01:23]
10 - 00:14:01 - [00:01:24]
11 - 00:15:24 - [00:01:23]
12 - 00:16:43 - [00:01:19]

Numero: 3
Nome: FLAVIO SANTOS
Idade: 17
Equipe: IGREJA UNIFICAÇÃO
Total de Voltas: 12
Colocação :3

1 - 00:01:25 - [00:01:25]
2 - 00:03:33 - [00:02:08]
3 - 00:04:59 - [00:01:26]
4 - 00:06:27 - [00:01:28]
5 - 00:07:54 - [00:01:27]
6 - 00:09:25 - [00:01:31]
7 - 00:11:00 - [00:01:35]
8 - 00:12:33 - [00:01:33]

9 - 00:14:13 - [00:01:40]
10 - 00:15:52 - [00:01:39]
11 - 00:17:38 - [00:01:46]
12 - 00:19:14 - [00:01:36]

Numero: 6
Nome: ARMINDO SANTOS
Idade: 51
Equipe: IGREJA UNIFICAÇÃO
Total de Voltas: 12
Colocação :4

1 - 00:02:15 - [00:02:15]
2 - 00:03:48 - [00:01:33]
3 - 00:05:23 - [00:01:35]
4 - 00:07:00 - [00:01:37]
5 - 00:08:37 - [00:01:37]
6 - 00:10:15 - [00:01:38]
7 - 00:11:52 - [00:01:37]
8 - 00:13:31 - [00:01:39]
9 - 00:15:10 - [00:01:39]
10 - 00:16:50 - [00:01:40]
11 - 00:18:31 - [00:01:41]
12 - 00:20:12 - [00:01:41]

Numero: 5
Nome: RUN 4 FUN - R4F
Idade: 49
Equipe: RUN 4 FUN
Total de Voltas: 12
Colocação :5

1 - 00:02:21 - [00:02:21]
2 - 00:03:59 - [00:01:38]
3 - 00:05:38 - [00:01:39]
4 - 00:07:15 - [00:01:37]
5 - 00:08:54 - [00:01:39]
6 - 00:10:35 - [00:01:41]
7 - 00:12:15 - [00:01:40]
8 - 00:13:54 - [00:01:39]
9 - 00:15:36 - [00:01:42]
10 - 00:17:19 - [00:01:43]
11 - 00:18:59 - [00:01:40]
12 - 00:20:38 - [00:01:39]

Numero: 18
Nome: ERNESTO GUIA
Idade: 58
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :6

1 - 00:02:59 - [00:02:59]
2 - 00:04:49 - [00:01:50]

3 - 00:06:36 - [00:01:47]
4 - 00:08:21 - [00:01:45]
5 - 00:10:08 - [00:01:47]
6 - 00:11:52 - [00:01:44]
7 - 00:13:34 - [00:01:42]
8 - 00:15:20 - [00:01:46]
9 - 00:17:05 - [00:01:45]
10 - 00:18:52 - [00:01:47]
11 - 00:20:43 - [00:01:51]
12 - 00:22:24 - [00:01:41]

Numero: 9
Nome: ALFREDO CASTRO
Idade: 54
Equipe: A QUINTA CONCHAS
Total de Voltas: 12
Colocação :7

1 - 00:02:40 - [00:02:40]
2 - 00:04:28 - [00:01:48]
3 - 00:06:16 - [00:01:48]
4 - 00:08:07 - [00:01:51]
5 - 00:09:59 - [00:01:52]
6 - 00:11:53 - [00:01:54]
7 - 00:13:49 - [00:01:56]
8 - 00:15:45 - [00:01:56]
9 - 00:17:40 - [00:01:55]
10 - 00:19:37 - [00:01:57]
11 - 00:21:33 - [00:01:56]
12 - 00:23:24 - [00:01:51]

Numero: 8
Nome: ALBINO VAZ
Idade: 52
Equipe: A QUINTA CONCHAS
Total de Voltas: 12
Colocação :8

1 - 00:02:40 - [00:02:40]
2 - 00:04:28 - [00:01:48]
3 - 00:06:16 - [00:01:48]
4 - 00:08:07 - [00:01:51]
5 - 00:09:58 - [00:01:51]
6 - 00:11:54 - [00:01:56]
7 - 00:13:48 - [00:01:54]
8 - 00:15:45 - [00:01:57]
9 - 00:17:40 - [00:01:55]
10 - 00:19:36 - [00:01:56]
11 - 00:21:33 - [00:01:57]
12 - 00:23:24 - [00:01:51]

Numero: 2
Nome: JOAO SOUSA
Idade: 13

DA ESTRADA À PISTA 2012 – 23-jun-2012
Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar
Veteranos.3 e 4 e Juniores. Volta a volta.

Equipe: JUNIOR

Total de Voltas: 12

Colocação :9

1 - 00:02:27 - [00:02:27]
2 - 00:04:21 - [00:01:54]
3 - 00:06:14 - [00:01:53]
4 - 00:08:10 - [00:01:56]
5 - 00:10:07 - [00:01:57]
6 - 00:12:05 - [00:01:58]
7 - 00:14:07 - [00:02:02]
8 - 00:16:04 - [00:01:57]
9 - 00:18:04 - [00:02:00]
10 - 00:20:08 - [00:02:04]
11 - 00:22:04 - [00:01:56]
12 - 00:23:42 - [00:01:38]

Numero: 13

Nome: JOSE MORAIS

Idade: 55

Equipe: INDIVIDUAL

Total de Voltas: 12

Colocação :10

1 - 00:02:34 - [00:02:34]
2 - 00:04:26 - [00:01:52]
3 - 00:06:17 - [00:01:51]
4 - 00:08:10 - [00:01:53]
5 - 00:10:06 - [00:01:56]
6 - 00:12:00 - [00:01:54]
7 - 00:13:59 - [00:01:59]
8 - 00:15:57 - [00:01:58]
9 - 00:17:59 - [00:02:02]
10 - 00:20:04 - [00:02:05]
11 - 00:22:09 - [00:02:05]
12 - 00:23:59 - [00:01:50]

Numero: 14

Nome: GILBERTO GONÇALVES

Idade: 63

Equipe: CR ALVORADA

Total de Voltas: 12

Colocação :11

1 - 00:02:56 - [00:02:56]
2 - 00:04:53 - [00:01:57]
3 - 00:06:50 - [00:01:57]
4 - 00:08:48 - [00:01:58]
5 - 00:10:43 - [00:01:55]
6 - 00:12:41 - [00:01:58]
7 - 00:14:45 - [00:02:04]
8 - 00:16:41 - [00:01:56]
9 - 00:18:44 - [00:02:03]
10 - 00:20:48 - [00:02:04]
11 - 00:22:52 - [00:02:04]

12 - 00:25:00 - [00:02:08]

Numero: 7

Nome: JOAO P S LIMA

Idade: 52

Equipe: 4 AO KM

Total de Voltas: 12

Colocação :12

1 - 00:02:59 - [00:02:59]
2 - 00:05:01 - [00:02:02]
3 - 00:07:03 - [00:02:02]
4 - 00:09:04 - [00:02:01]
5 - 00:11:02 - [00:01:58]
6 - 00:13:03 - [00:02:01]
7 - 00:15:04 - [00:02:01]
8 - 00:17:04 - [00:02:00]
9 - 00:19:06 - [00:02:02]
10 - 00:21:09 - [00:02:03]
11 - 00:23:10 - [00:02:01]
12 - 00:25:04 - [00:01:54]

Numero: 1

Nome: TIAGO V BOAS

Idade: 13

Equipe: PERNAS GAFANHOTO

Total de Voltas: 12

Colocação :13

1 - 00:02:48 - [00:02:48]
2 - 00:04:48 - [00:02:00]
3 - 00:06:48 - [00:02:00]
4 - 00:08:50 - [00:02:02]
5 - 00:10:54 - [00:02:04]
6 - 00:13:01 - [00:02:07]
7 - 00:15:12 - [00:02:11]
8 - 00:17:23 - [00:02:11]
9 - 00:19:36 - [00:02:13]
10 - 00:21:50 - [00:02:14]
11 - 00:24:03 - [00:02:13]
12 - 00:26:06 - [00:02:03]

Numero: 11

Nome: ABEL CARVALHO

Idade: 54

Equipe: A QUINTA CONCHAS

Total de Voltas: 12

Colocação :14

1 - 00:02:43 - [00:02:43]
2 - 00:04:43 - [00:02:00]
3 - 00:06:44 - [00:02:01]
4 - 00:08:49 - [00:02:05]
5 - 00:10:59 - [00:02:10]

6 - 00:13:09 - [00:02:10]

7 - 00:15:20 - [00:02:11]

8 - 00:17:30 - [00:02:10]

9 - 00:19:41 - [00:02:11]

10 - 00:21:54 - [00:02:13]

11 - 00:24:04 - [00:02:10]

12 - 00:26:13 - [00:02:09]

Numero: 12

Nome: PEDRO PINTO

Idade: 54

Equipe: OS PINTOS

Total de Voltas: 12

Colocação :15

1 - 00:02:55 - [00:02:55]
2 - 00:05:07 - [00:02:12]
3 - 00:07:21 - [00:02:14]
4 - 00:09:35 - [00:02:14]
5 - 00:11:53 - [00:02:18]
6 - 00:14:10 - [00:02:17]
7 - 00:16:28 - [00:02:18]
8 - 00:18:47 - [00:02:19]
9 - 00:21:08 - [00:02:21]
10 - 00:23:28 - [00:02:20]
11 - 00:25:50 - [00:02:22]
12 - 00:28:03 - [00:02:13]

Numero: 15

Nome: EBERHARD WILHELM

Idade: 64

Equipe: 4 AO KM

Total de Voltas: 11

Colocação :16

1 - 00:03:01 - [00:03:01]
2 - 00:05:07 - [00:02:06]
3 - 00:07:21 - [00:02:14]
4 - 00:09:35 - [00:02:14]
5 - 00:11:53 - [00:02:18]
6 - 00:14:11 - [00:02:18]
7 - 00:16:28 - [00:02:17]
8 - 00:18:47 - [00:02:19]
9 - 00:21:07 - [00:02:20]
10 - 00:23:28 - [00:02:21]
11 - 00:25:50 - [00:02:22]

DA ESTRADA A PISTA

Patrocínio: XISTARCA

Apoio: XISTARCA

Data 23/06/2012

Classif.: Relatório Geral Masculino e Feminino

Col	Num	Nome	S.	Esc.Et.	Id.	Clube	Vlts	Tempo	Distância
1	32	SUSANA ALMEIDA	F	F3599	42	GARMIN/ CO OEIRAS	12	00:21:45	5000
2	34	ISABEL MOLEIRO	F	F3599	44	SS CGD	12	00:21:51	5000
3	29	HELENA T GOMES	F	F3599	39	INDIVIDUAL	12	00:22:52	5000
4	26	CLAUDIA CRUZ	F	F2034	32	URCA	12	00:22:58	5000
5	40	ZULMIRA BELO	F	F3599	45	CRD ARRUDENSE	12	00:23:21	5000
6	35	UMBELINA NUNES	F	F3599	59	A QUINTA CONCHAS	12	00:23:49	5000
7	33	ISABEL SANTOS	F	F3599	42	IGREJA UNIFICAÇÃO	12	00:23:52	5000
8	31	ANA I G MONTEIRO	F	F3599	41	INDIVIDUAL	12	00:24:39	5000
9	36	Mª ORLETE MENDES	F	F3599	60	CA GALINHEIRAS	12	00:24:43	5000
10	27	ANGELA MESTRE	F	F3599	35	INDIVIDUAL	12	00:25:25	5000
11	38	ANA PEREIRA	F	F1819	19	INDIVIDUAL	12	00:26:05	5000
12	28	SUSANA ROSA	F	F3599	38	URCA	12	00:26:07	5000
13	42	ISABEL MOLEIRO	F	F2034	25	CRD ARRUDENSE	12	00:28:20	5000
14	43	MARIANA AGUILAR	F	F2034	25	CRD ARRUDENSE	12	00:29:33	5000
15	30	JOANA V BOAS	F	F3599	40	PERNAS GAFANHOTO	12	00:29:57	5000

DA ESTRADA À PISTA 2012 – 23-jun-2012
Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar
Senhoras –Jun./Sen./Vet. Volta a volta.

Numero: 32
Nome: SUSANA ALMEIDA
Idade: 42
Equipe: GARMIN/ CO OEIRAS
Total de Voltas: 12
Colocação :1

1 - 00:02:27 - [00:02:27]
2 - 00:04:20 - [00:01:53]
3 - 00:06:04 - [00:01:44]
4 - 00:07:46 - [00:01:42]
5 - 00:09:36 - [00:01:50]
6 - 00:11:22 - [00:01:46]
7 - 00:13:07 - [00:01:45]
8 - 00:14:56 - [00:01:49]
9 - 00:16:41 - [00:01:45]
10 - 00:18:29 - [00:01:48]
11 - 00:20:15 - [00:01:46]
12 - 00:21:45 - [00:01:30]

Numero: 34
Nome: ISABEL MOLEIRO
Idade: 44
Equipe: SS CGD
Total de Voltas: 12
Colocação :2

1 - 00:02:34 - [00:02:34]
2 - 00:04:20 - [00:01:46]
3 - 00:06:05 - [00:01:45]
4 - 00:07:50 - [00:01:45]
5 - 00:09:36 - [00:01:46]
6 - 00:11:23 - [00:01:47]
7 - 00:13:09 - [00:01:46]
8 - 00:14:55 - [00:01:46]
9 - 00:16:42 - [00:01:47]
10 - 00:18:29 - [00:01:47]
11 - 00:20:17 - [00:01:48]
12 - 00:21:51 - [00:01:34]

Numero: 29
Nome: HELENA T GOMES
Idade: 39
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :3

1 - 00:02:42 - [00:02:42]
2 - 00:04:31 - [00:01:49]
3 - 00:06:20 - [00:01:49]
4 - 00:08:12 - [00:01:52]
5 - 00:10:03 - [00:01:51]
6 - 00:11:55 - [00:01:52]
7 - 00:13:45 - [00:01:50]
8 - 00:15:37 - [00:01:52]
9 - 00:17:29 - [00:01:52]

10 - 00:19:22 - [00:01:53]
11 - 00:21:08 - [00:01:46]
12 - 00:22:52 - [00:01:44]

Numero: 26
Nome: CLAUDIA CRUZ
Idade: 32
Equipe: URCA
Total de Voltas: 12
Colocação :4

1 - 00:02:42 - [00:02:42]
2 - 00:04:31 - [00:01:49]
3 - 00:06:20 - [00:01:49]
4 - 00:08:11 - [00:01:51]
5 - 00:10:02 - [00:01:51]
6 - 00:11:54 - [00:01:52]
7 - 00:13:46 - [00:01:52]
8 - 00:15:33 - [00:01:47]
9 - 00:17:25 - [00:01:52]
10 - 00:19:20 - [00:01:55]
11 - 00:21:11 - [00:01:51]
12 - 00:22:58 - [00:01:47]

Numero: 40
Nome: ZULMIRA BELO
Idade: 45
Equipe: CRD ARRUDENSE
Total de Voltas: 12
Colocação :5

1 - 00:02:34 - [00:02:34]
2 - 00:04:20 - [00:01:46]
3 - 00:06:08 - [00:01:48]
4 - 00:07:59 - [00:01:51]
5 - 00:09:51 - [00:01:52]
6 - 00:11:46 - [00:01:55]
7 - 00:13:43 - [00:01:57]
8 - 00:15:36 - [00:01:53]
9 - 00:17:27 - [00:01:51]
10 - 00:19:27 - [00:02:00]
11 - 00:21:28 - [00:02:01]
12 - 00:23:21 - [00:01:53]

Numero: 35
Nome: UMBELINA NUNES
Idade: 59
Equipe: A QUINTA CONCHAS
Total de Voltas: 12
Colocação :6

1 - 00:02:47 - [00:02:47]
2 - 00:04:42 - [00:01:55]
3 - 00:06:37 - [00:01:55]
4 - 00:08:31 - [00:01:54]

5 - 00:10:25 - [00:01:54]
6 - 00:12:19 - [00:01:54]
7 - 00:14:13 - [00:01:54]
8 - 00:16:08 - [00:01:55]
9 - 00:18:05 - [00:01:57]
10 - 00:20:02 - [00:01:57]
11 - 00:21:59 - [00:01:57]
12 - 00:23:49 - [00:01:50]

Numero: 33
Nome: ISABEL SANTOS
Idade: 42
Equipe: IGREJA UNIFICAÇÃO
Total de Voltas: 12
Colocação :7

1 - 00:02:39 - [00:02:39]
2 - 00:04:30 - [00:01:51]
3 - 00:06:21 - [00:01:51]
4 - 00:08:16 - [00:01:55]
5 - 00:10:13 - [00:01:57]
6 - 00:12:10 - [00:01:57]
7 - 00:14:07 - [00:01:57]
8 - 00:16:04 - [00:01:57]
9 - 00:18:03 - [00:01:59]
10 - 00:20:01 - [00:01:58]
11 - 00:22:01 - [00:02:00]
12 - 00:23:52 - [00:01:51]

Numero: 31
Nome: ANA I G MONTEIRO
Idade: 41
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :8

1 - 00:02:44 - [00:02:44]
2 - 00:04:36 - [00:01:52]
3 - 00:06:28 - [00:01:52]
4 - 00:08:21 - [00:01:53]
5 - 00:10:19 - [00:01:58]
6 - 00:12:15 - [00:01:56]
7 - 00:14:18 - [00:02:03]
8 - 00:16:23 - [00:02:05]
9 - 00:18:26 - [00:02:03]
10 - 00:20:32 - [00:02:06]
11 - 00:22:38 - [00:02:06]
12 - 00:24:39 - [00:02:01]

Numero: 36
Nome: M^a ORLETE MENDES
Idade: 60
Equipe: CA GALINHEIRAS
Total de Voltas: 12
Colocação :9

DA ESTRADA À PISTA 2012 – 23-jun-2012
Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar
Senhoras –Jun./Sen./Vet. Volta a volta.

1 - 00:02:38 - [00:02:38]
2 - 00:04:31 - [00:01:53]
3 - 00:06:29 - [00:01:58]
4 - 00:08:29 - [00:02:00]
5 - 00:10:30 - [00:02:01]
6 - 00:12:27 - [00:01:57]
7 - 00:14:28 - [00:02:01]
8 - 00:16:31 - [00:02:03]
9 - 00:18:34 - [00:02:03]
10 - 00:20:41 - [00:02:07]
11 - 00:22:44 - [00:02:03]
12 - 00:24:43 - [00:01:59]

Numero: 27
Nome: ANGELA MESTRE
Idade: 35
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :10

1 - 00:02:30 - [00:02:30]
2 - 00:04:23 - [00:01:53]
3 - 00:06:23 - [00:02:00]
4 - 00:08:24 - [00:02:01]
5 - 00:10:29 - [00:02:05]
6 - 00:12:32 - [00:02:03]
7 - 00:14:40 - [00:02:08]
8 - 00:16:48 - [00:02:08]
9 - 00:18:57 - [00:02:09]
10 - 00:21:08 - [00:02:11]
11 - 00:23:17 - [00:02:09]
12 - 00:25:25 - [00:02:08]

Numero: 38
Nome: ANA PEREIRA
Idade: 19
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :11

1 - 00:03:01 - [00:03:01]
2 - 00:05:04 - [00:02:03]
3 - 00:07:07 - [00:02:03]
4 - 00:09:12 - [00:02:05]
5 - 00:11:15 - [00:02:03]
6 - 00:13:22 - [00:02:07]
7 - 00:15:31 - [00:02:09]
8 - 00:17:38 - [00:02:07]
9 - 00:19:47 - [00:02:09]
10 - 00:21:56 - [00:02:09]
11 - 00:24:05 - [00:02:09]
12 - 00:26:05 - [00:02:00]

Numero: 28
Nome: SUSANA ROSA

Idade: 38
Equipe: URCA
Total de Voltas: 12
Colocação :12

1 - 00:03:02 - [00:03:02]
2 - 00:05:05 - [00:02:03]
3 - 00:07:08 - [00:02:03]
4 - 00:09:12 - [00:02:04]
5 - 00:11:17 - [00:02:05]
6 - 00:13:23 - [00:02:06]
7 - 00:15:33 - [00:02:10]
8 - 00:17:39 - [00:02:06]
9 - 00:19:47 - [00:02:08]
10 - 00:21:57 - [00:02:10]
11 - 00:24:05 - [00:02:08]
12 - 00:26:07 - [00:02:02]

Numero: 42
Nome: ISABEL MOLEIRO
Idade: 25
Equipe: CRD ARRUDENSE
Total de Voltas: 12
Colocação :13

1 - 00:03:42 - [00:03:42]
2 - 00:06:02 - [00:02:20]
3 - 00:08:18 - [00:02:16]
4 - 00:10:31 - [00:02:13]
5 - 00:12:49 - [00:02:18]
6 - 00:15:07 - [00:02:18]
7 - 00:17:21 - [00:02:14]
8 - 00:19:33 - [00:02:12]
9 - 00:21:46 - [00:02:13]
10 - 00:23:59 - [00:02:13]
11 - 00:26:10 - [00:02:11]
12 - 00:28:20 - [00:02:10]

Numero: 43
Nome: MARIANA AGUILAR
Idade: 25
Equipe: CRD ARRUDENSE
Total de Voltas: 12
Colocação :14

1 - 00:03:25 - [00:03:25]
2 - 00:05:32 - [00:02:07]
3 - 00:07:48 - [00:02:16]
4 - 00:10:08 - [00:02:20]
5 - 00:12:13 - [00:02:05]
6 - 00:14:33 - [00:02:20]
7 - 00:16:53 - [00:02:20]
8 - 00:19:17 - [00:02:24]
9 - 00:21:47 - [00:02:30]
10 - 00:24:14 - [00:02:27]
11 - 00:27:15 - [00:03:01]

12 - 00:29:33 - [00:02:18]

Numero: 30
Nome: JOANA V BOAS
Idade: 40
Equipe: PERNAS GAFANHOTO
Total de Voltas: 12
Colocação :15

1 - 00:03:24 - [00:03:24]
2 - 00:05:49 - [00:02:25]
3 - 00:08:13 - [00:02:24]
4 - 00:10:35 - [00:02:22]
5 - 00:12:55 - [00:02:20]
6 - 00:15:17 - [00:02:22]
7 - 00:17:42 - [00:02:25]
8 - 00:20:11 - [00:02:29]
9 - 00:22:39 - [00:02:28]
10 - 00:25:12 - [00:02:33]
11 - 00:27:41 - [00:02:29]
12 - 00:29:57 - [00:02:16]

Passagem 1 - 600 m
2 - 1000 m
3 - 1400 m
4 - 1800 m
5 - 2200 m
6 - 2600 m
7 - 3000 m
8 - 3400 m
9 - 3800 m
10 - 4200 m
11 - 4600 m
12 - 5000 m

DA ESTRADA A PISTA

Patrocínio: XISTARCA

Apoio: XISTARCA

Data 23/06/2012

Classif.: Relatório Geral Masculino e Feminino

Col	Num	Nome	S.	Esc.Et. Id.	Clube	Vlts	Tempo	Distância
1	64	JORGE CRUZ	M	M4549 47	AA MAFRA	12	00:16:49	5000
2	61	FERNANDO ALVES	M	M4549 46	AA MAFRA	12	00:16:49	5000
3	65	EDUARDO EUSTAQUIO	M	M4549 48	AA MAFRA	12	00:17:12	5000
4	53	PAULO PAIS	M	M4044 41	URCA	12	00:18:17	5000
5	68	PAULO COSTA	M	M4549 46	INDIVIDUAL	12	00:18:30	5000
6	66	JOAO BRAZ	M	M4549 48	CA PATAMEIRAS	12	00:18:42	5000
7	54	MARIO GOMES	M	M4044 42	AÇOREANA C BANIF	12	00:18:48	5000
8	52	CARLOS PIRES	M	M4044 41	URCA	12	00:19:08	5000
9	48	MARCOS OLIVEIRA	M	M2039 39	GD INE	12	00:19:32	5000
10	67	FRANCISCO A AZEVEDO	M	M4044 42	INDIVIDUAL	12	00:19:36	5000
11	49	RUI LACERDA	M	M4044 40	RB RUNNING	12	00:19:40	5000
12	60	CELSO GOUVEIA	M	M4549 45	INDIVIDUAL	12	00:19:48	5000
13	46	GONÇALO FERREIRA	M	M2039 39	GD INE	12	00:19:48	5000
14	63	DAVID FAUSTINO	M	M4549 46	SS CGD	12	00:19:51	5000
15	50	LUIS ANTUNES	M	M4044 40	RB RUNNING	12	00:19:54	5000
16	58	PAULO ALMEIDA	M	M4044 44	RB RUNNING	12	00:20:11	5000
17	55	ARTUR BOTAO	M	M4044 43	ACADEMIA LUMIAR	12	00:21:00	5000
18	62	JOSE BAPTISTA	M	M4549 46	INDIVIDUAL	12	00:21:22	5000
19	47	JOAO CAMPOS	M	M2039 39	INDIVIDUAL	12	00:25:18	5000

DA ESTRADA À PISTA 2012 – 23-jun-2012

Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar

~~Senhoras~~ – Vet.1 e 2. Volta a volta.

Numero: 64
Nome: JORGE CRUZ
Idade: 47
Equipe: AA MAFRA
Total de Voltas: 12
Colocação :1

1 - 00:02:00 - [00:02:00]
2 - 00:03:21 - [00:01:21]
3 - 00:04:42 - [00:01:21]
4 - 00:06:02 - [00:01:20]
5 - 00:07:24 - [00:01:22]
6 - 00:08:47 - [00:01:23]
7 - 00:10:07 - [00:01:20]
8 - 00:11:29 - [00:01:22]
9 - 00:12:51 - [00:01:22]
10 - 00:14:14 - [00:01:23]
11 - 00:15:35 - [00:01:21]
12 - 00:16:49 - [00:01:14]

Numero: 61
Nome: FERNANDO ALVES
Idade: 46
Equipe: AA MAFRA
Total de Voltas: 12
Colocação :2

1 - 00:02:01 - [00:02:01]
2 - 00:03:21 - [00:01:20]
3 - 00:04:41 - [00:01:20]
4 - 00:06:03 - [00:01:22]
5 - 00:07:24 - [00:01:21]
6 - 00:08:47 - [00:01:23]
7 - 00:10:08 - [00:01:21]
8 - 00:11:29 - [00:01:21]
9 - 00:12:50 - [00:01:21]
10 - 00:14:14 - [00:01:24]
11 - 00:15:35 - [00:01:21]
12 - 00:16:49 - [00:01:14]

Numero: 65
Nome: EDUARDO EUSTAQUIO
Idade: 48
Equipe: AA MAFRA
Total de Voltas: 12
Colocação :3

1 - 00:02:01 - [00:02:01]
2 - 00:03:21 - [00:01:20]
3 - 00:04:42 - [00:01:21]
4 - 00:06:02 - [00:01:20]
5 - 00:07:25 - [00:01:23]
6 - 00:08:48 - [00:01:23]
7 - 00:10:08 - [00:01:20]
8 - 00:11:35 - [00:01:27]
9 - 00:13:00 - [00:01:25]

10 - 00:14:25 - [00:01:25]
11 - 00:15:51 - [00:01:26]
12 - 00:17:12 - [00:01:21]

Numero: 53
Nome: PAULO PAIS
Idade: 41
Equipe: URCA
Total de Voltas: 12
Colocação :4

1 - 00:02:10 - [00:02:10]
2 - 00:03:41 - [00:01:31]
3 - 00:05:10 - [00:01:29]
4 - 00:06:40 - [00:01:30]
5 - 00:08:09 - [00:01:29]
6 - 00:09:39 - [00:01:30]
7 - 00:11:08 - [00:01:29]
8 - 00:12:36 - [00:01:28]
9 - 00:14:04 - [00:01:28]
10 - 00:15:31 - [00:01:27]
11 - 00:16:56 - [00:01:25]
12 - 00:18:17 - [00:01:21]

Numero: 68
Nome: PAULO COSTA
Idade: 46
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :5

1 - 00:02:05 - [00:02:05]
2 - 00:03:30 - [00:01:25]
3 - 00:04:56 - [00:01:26]
4 - 00:06:25 - [00:01:29]
5 - 00:07:53 - [00:01:28]
6 - 00:09:23 - [00:01:30]
7 - 00:10:57 - [00:01:34]
8 - 00:12:31 - [00:01:34]
9 - 00:14:04 - [00:01:33]
10 - 00:15:35 - [00:01:31]
11 - 00:17:05 - [00:01:30]
12 - 00:18:30 - [00:01:25]

Numero: 66
Nome: JOAO BRAZ
Idade: 48
Equipe: CA PATAMEIRAS
Total de Voltas: 12
Colocação :6

1 - 00:02:17 - [00:02:17]
2 - 00:03:27 - [00:01:10]
3 - 00:05:19 - [00:01:52]
4 - 00:06:47 - [00:01:28]

5 - 00:08:18 - [00:01:31]
6 - 00:09:47 - [00:01:29]
7 - 00:11:18 - [00:01:31]
8 - 00:12:48 - [00:01:30]
9 - 00:14:17 - [00:01:29]
10 - 00:15:45 - [00:01:28]
11 - 00:17:15 - [00:01:30]
12 - 00:18:42 - [00:01:27]

Numero: 54
Nome: MARIO GOMES
Idade: 42
Equipe: AÇOREANA C BANIF
Total de Voltas: 12
Colocação :7

1 - 00:02:16 - [00:02:16]
2 - 00:03:47 - [00:01:31]
3 - 00:05:16 - [00:01:29]
4 - 00:06:45 - [00:01:29]
5 - 00:08:16 - [00:01:31]
6 - 00:09:46 - [00:01:30]
7 - 00:11:17 - [00:01:31]
8 - 00:12:48 - [00:01:31]
9 - 00:14:18 - [00:01:30]
10 - 00:15:50 - [00:01:32]
11 - 00:17:20 - [00:01:30]
12 - 00:18:48 - [00:01:28]

Numero: 52
Nome: CARLOS PIRES
Idade: 41
Equipe: URCA
Total de Voltas: 12
Colocação :8

1 - 00:02:17 - [00:02:17]
2 - 00:03:49 - [00:01:32]
3 - 00:05:23 - [00:01:34]
4 - 00:06:55 - [00:01:32]
5 - 00:08:30 - [00:01:35]
6 - 00:10:04 - [00:01:34]
7 - 00:11:39 - [00:01:35]
8 - 00:13:13 - [00:01:34]
9 - 00:14:45 - [00:01:32]
10 - 00:16:16 - [00:01:31]
11 - 00:17:47 - [00:01:31]
12 - 00:19:08 - [00:01:21]

Numero: 48
Nome: MARCOS OLIVEIRA
Idade: 39
Equipe: GD INE
Total de Voltas: 12
Colocação :9

DA ESTRADA À PISTA 2012 – 23-jun-2012
Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar
Senhoras – Vet.1 e 2. Volta a volta.

1 - 00:02:16 - [00:02:16]
2 - 00:03:49 - [00:01:33]
3 - 00:05:22 - [00:01:33]
4 - 00:06:55 - [00:01:33]
5 - 00:08:29 - [00:01:34]
6 - 00:10:03 - [00:01:34]
7 - 00:11:39 - [00:01:36]
8 - 00:13:14 - [00:01:35]
9 - 00:14:49 - [00:01:35]
10 - 00:16:24 - [00:01:35]
11 - 00:18:01 - [00:01:37]
12 - 00:19:32 - [00:01:31]

Numero: 67
Nome: FRANCISCO A AZEVEDO
Idade: 42
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :10

1 - 00:02:15 - [00:02:15]
2 - 00:03:47 - [00:01:32]
3 - 00:05:19 - [00:01:32]
4 - 00:06:53 - [00:01:34]
5 - 00:08:28 - [00:01:35]
6 - 00:10:03 - [00:01:35]
7 - 00:11:39 - [00:01:36]
8 - 00:13:14 - [00:01:35]
9 - 00:14:49 - [00:01:35]
10 - 00:16:25 - [00:01:36]
11 - 00:18:02 - [00:01:37]
12 - 00:19:36 - [00:01:34]

Numero: 49
Nome: RUI LACERDA
Idade: 40
Equipe: RB RUNNING
Total de Voltas: 12
Colocação :11

1 - 00:02:17 - [00:02:17]
2 - 00:03:49 - [00:01:32]
3 - 00:05:23 - [00:01:34]
4 - 00:06:55 - [00:01:32]
5 - 00:08:31 - [00:01:36]
6 - 00:10:06 - [00:01:35]
7 - 00:11:40 - [00:01:34]
8 - 00:13:18 - [00:01:38]
9 - 00:14:57 - [00:01:39]
10 - 00:16:34 - [00:01:37]
11 - 00:18:11 - [00:01:37]
12 - 00:19:40 - [00:01:29]

Numero: 60
Nome: CELSO GOUVEIA

Idade: 45
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :12

1 - 00:02:15 - [00:02:15]
2 - 00:03:45 - [00:01:30]
3 - 00:05:14 - [00:01:29]
4 - 00:06:46 - [00:01:32]
5 - 00:08:19 - [00:01:33]
6 - 00:09:58 - [00:01:39]
7 - 00:11:38 - [00:01:40]
8 - 00:13:18 - [00:01:40]
9 - 00:14:56 - [00:01:38]
10 - 00:16:33 - [00:01:37]
11 - 00:18:12 - [00:01:39]
12 - 00:19:48 - [00:01:36]

Numero: 46
Nome: GONÇALO FERREIRA
Idade: 39
Equipe: GD INE
Total de Voltas: 12
Colocação :13

1 - 00:02:18 - [00:02:18]
2 - 00:03:49 - [00:01:31]
3 - 00:05:24 - [00:01:35]
4 - 00:06:56 - [00:01:32]
5 - 00:08:31 - [00:01:35]
6 - 00:10:07 - [00:01:36]
7 - 00:11:43 - [00:01:36]
8 - 00:13:21 - [00:01:38]
9 - 00:14:59 - [00:01:38]
10 - 00:16:39 - [00:01:40]
11 - 00:18:20 - [00:01:41]
12 - 00:19:48 - [00:01:28]

Numero: 63
Nome: DAVID FAUSTINO
Idade: 46
Equipe: SS CGD
Total de Voltas: 12
Colocação :14

1 - 00:02:15 - [00:02:15]
2 - 00:03:48 - [00:01:33]
3 - 00:05:21 - [00:01:33]
4 - 00:06:55 - [00:01:34]
5 - 00:08:31 - [00:01:36]
6 - 00:10:08 - [00:01:37]
7 - 00:11:45 - [00:01:37]
8 - 00:13:24 - [00:01:39]
9 - 00:15:02 - [00:01:38]
10 - 00:16:40 - [00:01:38]
11 - 00:18:18 - [00:01:38]

12 - 00:19:51 - [00:01:33]

Numero: 50
Nome: LUIS ANTUNES
Idade: 40
Equipe: RB RUNNING
Total de Voltas: 12
Colocação :15

1 - 00:02:14 - [00:02:14]
2 - 00:03:46 - [00:01:32]
3 - 00:05:19 - [00:01:33]
4 - 00:06:53 - [00:01:34]
5 - 00:08:30 - [00:01:37]
6 - 00:10:07 - [00:01:37]
7 - 00:11:45 - [00:01:38]
8 - 00:13:23 - [00:01:38]
9 - 00:15:01 - [00:01:38]
10 - 00:16:40 - [00:01:39]
11 - 00:18:20 - [00:01:40]
12 - 00:19:54 - [00:01:34]

Numero: 58
Nome: PAULO ALMEIDA
Idade: 44
Equipe: RB RUNNING
Total de Voltas: 12
Colocação :16

1 - 00:02:22 - [00:02:22]
2 - 00:03:55 - [00:01:33]
3 - 00:05:30 - [00:01:35]
4 - 00:07:05 - [00:01:35]
5 - 00:08:41 - [00:01:36]
6 - 00:10:18 - [00:01:37]
7 - 00:11:55 - [00:01:37]
8 - 00:13:33 - [00:01:38]
9 - 00:15:11 - [00:01:38]
10 - 00:16:52 - [00:01:41]
11 - 00:18:33 - [00:01:41]
12 - 00:20:11 - [00:01:38]

Numero: 55
Nome: ARTUR BOTAO
Idade: 43
Equipe: ACADEMIA LUMIAR
Total de Voltas: 12
Colocação :17

1 - 00:02:15 - [00:02:15]
2 - 00:03:48 - [00:01:33]
3 - 00:05:24 - [00:01:36]
4 - 00:07:02 - [00:01:38]
5 - 00:08:42 - [00:01:40]
6 - 00:10:22 - [00:01:40]

DA ESTRADA À PISTA 2012 – 23-jun-2012
Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar
Senhoras – Vet.1 e 2. Volta a volta.

7 - 00:12:08 - [00:01:46]
8 - 00:13:52 - [00:01:44]
9 - 00:15:42 - [00:01:50]
10 - 00:17:28 - [00:01:46]
11 - 00:19:15 - [00:01:47]
12 - 00:21:00 - [00:01:45]

Numero: 62
Nome: JOSE BAPTISTA
Idade: 46
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :18

1 - 00:02:25 - [00:02:25]
2 - 00:04:03 - [00:01:38]
3 - 00:05:41 - [00:01:38]
4 - 00:07:21 - [00:01:40]
5 - 00:09:03 - [00:01:42]
6 - 00:10:43 - [00:01:40]
7 - 00:12:27 - [00:01:44]
8 - 00:14:12 - [00:01:45]
9 - 00:16:03 - [00:01:51]
10 - 00:17:53 - [00:01:50]
11 - 00:19:44 - [00:01:51]
12 - 00:21:22 - [00:01:38]

Numero: 47
Nome: JOAO CAMPOS
Idade: 39
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :19

1 - 00:02:33 - [00:02:33]
2 - 00:04:29 - [00:01:56]
3 - 00:06:32 - [00:02:03]
4 - 00:08:31 - [00:01:59]
5 - 00:10:33 - [00:02:02]
6 - 00:12:40 - [00:02:07]
7 - 00:14:43 - [00:02:03]
8 - 00:16:48 - [00:02:05]
9 - 00:18:55 - [00:02:07]
10 - 00:21:01 - [00:02:06]
11 - 00:23:11 - [00:02:10]
12 - 00:25:18 - [00:02:07]

DA ESTRADA A PISTA

Patrocínio: XISTARCA

Apoio: XISTARCA

Data 23/06/2012

Classif.: Relatório Geral Masculino e Feminino

Col	Num	Nome	S.	Esc.Et.	Id.	Clube	Vlts	Tempo	Distância
1	90	LUIS M GINJA	M	M2039	38	GDR REBOLEIRA	12	00:15:37	5000
2	89	ARMANDO MONTEIRO	M	M2039	38	FSG COLLONGE BELLERIVE	12	00:16:06	5000
3	87	PAULO MARTINS	M	M2039	36	AM ATIBA	12	00:16:20	5000
4	77	JOAO FONTE BOA	M	M2039	26	CA PATAMEIRAS	12	00:17:46	5000
5	93	FERNANDO SOARES	M	M2039	37	INDIVIDUAL	12	00:19:09	5000
6	81	FRANCISCO MONTE	M	M2039	31	INDIVIDUAL	12	00:19:13	5000
7	92	LUIS M SALES	M	M2039	36	INDIVIDUAL	12	00:19:25	5000
8	76	MANUEL COSTA	M	M2039	32	RB RUNNING	12	00:19:38	5000
9	91	PEDRO B TOME	M	M2039	36	INDIVIDUAL	12	00:19:57	5000
10	51	SERGIO SANTOS	M	M4044	40	INDIVIDUAL	12	00:20:28	5000
11	84	HUGO SERRANO	M	M2039	35	URCA	12	00:21:02	5000
12	80	PAULO LOURENÇO	M	M2039	30	INDIVIDUAL	12	00:22:00	5000
13	94	RODRIGO A REIS	M	M2039	32	INDIVIDUAL	12	00:24:07	5000
14	82	MARCO CRUZ	M	M2039	33	CR ALVORADA	12	00:28:26	5000
dnf									
	88	NUNO SEBASTIAO	M	M2039	38	INDIVIDUAL	8	00:12:46	3400
	79	RICARDO SERRAO	M	M2039	29	ERASMUS RT	6	00:11:04	2600
	86	PEDRO VILAÇA	M	M2039	36	INDIVIDUAL	5	00:09:07	2200
	78	NUNO GRAÇA	M	M2039	28	FSG COLLONGE BELLERIVE 2		00:03:08	1000

DA ESTRADA À PISTA 2012 – 23-jun-2012
Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar
Séniiores Masculinos. Volta a volta.

Numero: 90
Nome: LUIS M GINJA
Idade: 38
Equipe: GDR REBOLEIRA
Total de Voltas: 12
Colocação :1

1 - 00:01:52 - [00:01:52]
2 - 00:03:09 - [00:01:17]
3 - 00:04:23 - [00:01:14]
4 - 00:05:38 - [00:01:15]
5 - 00:06:54 - [00:01:16]
6 - 00:08:10 - [00:01:16]
7 - 00:09:26 - [00:01:16]
8 - 00:10:43 - [00:01:17]
9 - 00:11:59 - [00:01:16]
10 - 00:13:13 - [00:01:14]
11 - 00:14:28 - [00:01:15]
12 - 00:15:37 - [00:01:09]

Numero: 89
Nome: ARMANDO MONTEIRO
Idade: 38
Equipe: FSG COLLONGE BELLERIVE
Total de Voltas: 12
Colocação :2

1 - 00:01:52 - [00:01:52]
2 - 00:03:08 - [00:01:16]
3 - 00:04:22 - [00:01:14]
4 - 00:05:38 - [00:01:16]
5 - 00:06:55 - [00:01:17]
6 - 00:08:10 - [00:01:15]
7 - 00:09:26 - [00:01:16]
8 - 00:10:44 - [00:01:18]
9 - 00:12:03 - [00:01:19]
10 - 00:13:24 - [00:01:21]
11 - 00:14:46 - [00:01:22]
12 - 00:16:06 - [00:01:20]

Numero: 87
Nome: PAULO MARTINS
Idade: 36
Equipe: AM ATIBA
Total de Voltas: 12
Colocação :3

1 - 00:01:53 - [00:01:53]
2 - 00:03:09 - [00:01:16]
3 - 00:04:24 - [00:01:15]
4 - 00:05:43 - [00:01:19]
5 - 00:07:02 - [00:01:19]
6 - 00:08:21 - [00:01:19]
7 - 00:09:40 - [00:01:19]
8 - 00:11:01 - [00:01:21]
9 - 00:12:22 - [00:01:21]

10 - 00:13:43 - [00:01:21]
11 - 00:15:04 - [00:01:21]
12 - 00:16:20 - [00:01:16]

Numero: 77
Nome: JOAO FONTE BOA
Idade: 26
Equipe: CA PATAMEIRAS
Total de Voltas: 12
Colocação :4

1 - 00:01:58 - [00:01:58]
2 - 00:03:21 - [00:01:23]
3 - 00:04:44 - [00:01:23]
4 - 00:06:08 - [00:01:24]
5 - 00:07:35 - [00:01:27]
6 - 00:09:03 - [00:01:28]
7 - 00:10:31 - [00:01:28]
8 - 00:11:59 - [00:01:28]
9 - 00:13:28 - [00:01:29]
10 - 00:14:58 - [00:01:30]
11 - 00:16:28 - [00:01:30]
12 - 00:17:46 - [00:01:18]

Numero: 93
Nome: FERNANDO SOARES
Idade: 37
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :5

1 - 00:02:15 - [00:02:15]
2 - 00:03:46 - [00:01:31]
3 - 00:05:18 - [00:01:32]
4 - 00:06:50 - [00:01:32]
5 - 00:08:23 - [00:01:33]
6 - 00:09:56 - [00:01:33]
7 - 00:11:30 - [00:01:34]
8 - 00:13:02 - [00:01:32]
9 - 00:14:36 - [00:01:34]
10 - 00:16:10 - [00:01:34]
11 - 00:17:46 - [00:01:36]
12 - 00:19:09 - [00:01:23]

Numero: 81
Nome: FRANCISCO MONTE
Idade: 31
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :6

1 - 00:02:15 - [00:02:15]
2 - 00:03:45 - [00:01:30]
3 - 00:05:17 - [00:01:32]
4 - 00:06:49 - [00:01:32]
5 - 00:08:23 - [00:01:34]

6 - 00:09:56 - [00:01:33]
7 - 00:11:29 - [00:01:33]
8 - 00:13:03 - [00:01:34]
9 - 00:14:37 - [00:01:34]
10 - 00:16:11 - [00:01:34]
11 - 00:17:46 - [00:01:35]
12 - 00:19:13 - [00:01:27]

Numero: 92
Nome: LUIS M SALES
Idade: 36
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :7

1 - 00:02:03 - [00:02:03]
2 - 00:03:31 - [00:01:28]
3 - 00:05:02 - [00:01:31]
4 - 00:06:36 - [00:01:34]
5 - 00:08:10 - [00:01:34]
6 - 00:09:45 - [00:01:35]
7 - 00:11:20 - [00:01:35]
8 - 00:12:58 - [00:01:38]
9 - 00:14:36 - [00:01:38]
10 - 00:16:13 - [00:01:37]
11 - 00:17:52 - [00:01:39]
12 - 00:19:25 - [00:01:33]

Numero: 76
Nome: MANUEL COSTA
Idade: 32
Equipe: RB RUNNING
Total de Voltas: 12
Colocação :8

1 - 00:02:14 - [00:02:14]
2 - 00:03:47 - [00:01:33]
3 - 00:05:22 - [00:01:35]
4 - 00:06:58 - [00:01:36]
5 - 00:08:34 - [00:01:36]
6 - 00:10:11 - [00:01:37]
7 - 00:11:48 - [00:01:37]
8 - 00:13:25 - [00:01:37]
9 - 00:14:59 - [00:01:34]
10 - 00:16:36 - [00:01:37]
11 - 00:18:09 - [00:01:33]
12 - 00:19:38 - [00:01:29]

Numero: 91
Nome: PEDRO B TOME
Idade: 36
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :9

1 - 00:02:13 - [00:02:13]

DA ESTRADA À PISTA 2012 – 23-jun-2012
Pista prof. Mário Moniz Pereira – 5000 m – Alta do Lumiar
Séniore Masculinos. Volta a volta.

2 - 00:03:47 - [00:01:34]
3 - 00:05:22 - [00:01:35]
4 - 00:06:59 - [00:01:37]
5 - 00:08:36 - [00:01:37]
6 - 00:10:12 - [00:01:36]
7 - 00:11:48 - [00:01:36]
8 - 00:13:24 - [00:01:36]
9 - 00:15:01 - [00:01:37]
10 - 00:16:41 - [00:01:40]
11 - 00:18:21 - [00:01:40]
12 - 00:19:57 - [00:01:36]

Numero: 51
Nome: SERGIO SANTOS
Idade: 40
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :10

1 - 00:02:33 - [00:02:33]
2 - 00:04:11 - [00:01:38]
3 - 00:05:48 - [00:01:37]
4 - 00:07:23 - [00:01:35]
5 - 00:08:58 - [00:01:35]
6 - 00:10:34 - [00:01:36]
7 - 00:12:12 - [00:01:38]
8 - 00:13:49 - [00:01:37]
9 - 00:15:31 - [00:01:42]
10 - 00:17:11 - [00:01:40]
11 - 00:18:49 - [00:01:38]
12 - 00:20:28 - [00:01:39]

Numero: 84
Nome: HUGO SERRANO
Idade: 35
Equipe: URCA
Total de Voltas: 12
Colocação :11

1 - 00:02:18 - [00:02:18]
2 - 00:03:54 - [00:01:36]
3 - 00:05:33 - [00:01:39]
4 - 00:07:15 - [00:01:42]
5 - 00:08:56 - [00:01:41]
6 - 00:10:39 - [00:01:43]
7 - 00:12:24 - [00:01:45]
8 - 00:14:08 - [00:01:44]
9 - 00:15:54 - [00:01:46]
10 - 00:17:41 - [00:01:47]
11 - 00:19:24 - [00:01:43]
12 - 00:21:02 - [00:01:38]

Numero: 80
Nome: PAULO LOURENÇO
Idade: 30

Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :12

1 - 00:02:34 - [00:02:34]
2 - 00:04:17 - [00:01:43]
3 - 00:06:01 - [00:01:44]
4 - 00:07:46 - [00:01:45]
5 - 00:09:32 - [00:01:46]
6 - 00:11:16 - [00:01:44]
7 - 00:13:03 - [00:01:47]
8 - 00:14:52 - [00:01:49]
9 - 00:16:41 - [00:01:49]
10 - 00:18:32 - [00:01:51]
11 - 00:20:22 - [00:01:50]
12 - 00:22:00 - [00:01:38]

Numero: 94
Nome: RODRIGO A REIS
Idade: 32
Equipe: INDIVIDUAL
Total de Voltas: 12
Colocação :13

1 - 00:02:36 - [00:02:36]
2 - 00:04:26 - [00:01:50]
3 - 00:06:16 - [00:01:50]
4 - 00:08:09 - [00:01:53]
5 - 00:10:01 - [00:01:52]
6 - 00:11:57 - [00:01:56]
7 - 00:13:59 - [00:02:02]
8 - 00:16:00 - [00:02:01]
9 - 00:18:03 - [00:02:03]
10 - 00:20:09 - [00:02:06]
11 - 00:22:13 - [00:02:04]
12 - 00:24:07 - [00:01:54]

Numero: 82
Nome: MARCO CRUZ
Idade: 33
Equipe: CR ALVORADA
Total de Voltas: 12
Colocação :14

1 - 00:02:37 - [00:02:37]
2 - 00:04:27 - [00:01:50]
3 - 00:06:16 - [00:01:49]
4 - 00:08:21 - [00:02:05]
5 - 00:10:33 - [00:02:12]
6 - 00:13:01 - [00:02:28]
7 - 00:15:32 - [00:02:31]
8 - 00:17:58 - [00:02:26]
9 - 00:20:32 - [00:02:34]
10 - 00:23:17 - [00:02:45]
11 - 00:25:57 - [00:02:40]
12 - 00:28:26 - [00:02:29]

Numero: 88
Nome: NUNO SEBASTIAO
Idade: 38
Equipe: INDIVIDUAL
Total de Voltas: 8

1 - 00:02:06 - [00:02:06]
2 - 00:03:34 - [00:01:28]
3 - 00:05:04 - [00:01:30]
4 - 00:06:34 - [00:01:30]
5 - 00:08:06 - [00:01:32]
6 - 00:09:38 - [00:01:32]
7 - 00:11:11 - [00:01:33]
8 - 00:12:46 - [00:01:35]

Numero: 79
Nome: RICARDO SERRAO
Idade: 29
Equipe: ERASMUS RT
Total de Voltas: 6

1 - 00:02:15 - [00:02:15]
2 - 00:03:50 - [00:01:35]
3 - 00:05:33 - [00:01:43]
4 - 00:07:22 - [00:01:49]
5 - 00:09:12 - [00:01:50]
6 - 00:11:04 - [00:01:52]

Numero: 86
Nome: PEDRO VILAÇA
Idade: 36
Equipe: INDIVIDUAL
Total de Voltas: 5

1 - 00:01:29 - [00:01:29]
2 - 00:04:09 - [00:02:40]
3 - 00:05:52 - [00:01:43]
4 - 00:07:39 - [00:01:47]
5 - 00:09:07 - [00:01:28]

Numero: 78
Nome: NUNO GRAÇA
Idade: 28
Equipe: FSG COLLONGE BELLERIVE
Total de Voltas: 2

1 - 00:01:52 - [00:01:52]
2 - 00:03:08 - [00:01:16]

Passagem 1 - 600 m; 2 - 1000 m
3 - 1400 m; 4 - 1800 m
5 - 2200 m; 6 - 2600 m
7 - 3000 m; 8 - 3400 m
9 - 3800 m; 10 - 4200 m
11 - 4600 m; 12 - 5000 m