

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

Class	Nº Equipa	Equipa	Escalão	Pos Escal	Volta	Dorsal	Nome	Sexo	Idade	Tempo Volta	Tempo Acumulado
1	121	FF PAZ MUNDIAL	M 105>135	1	1	1211	PEDRO GOMES	M	42	00:10:08.65	00:10:08.65
					2	1211	PEDRO GOMES	M	42	00:10:31.60	00:20:40.25
					3	1212	MIGUEL PINTO	M	45	00:10:24.08	00:31:04.33
					4	1213	FLÁVIO SANTOS	M	23	00:10:08.64	00:41:12.97
					5		TODOS			00:11:10.96	00:52:23.93
2	69	KINGS OF SOUTH BAY	M 105>135	2	1	691	STEFAN PEQUITO	M	32	00:10:26.08	00:10:26.08
					2	691	STEFAN PEQUITO	M	32	00:11:20.61	00:21:46.69
					3	692	LUIS TRINDADE	M	41	00:11:08.07	00:32:54.76
					4	693	RUBEN CHAVES	M	33	00:10:22.82	00:43:17.58
					5		TODOS			00:11:22.21	00:54:39.79
3	105	3B TRIATLO - CUA BENAVENTENSE 1	M 105>135	3	1	1051	AUGUSTO PIRES	M	47	00:10:57.25	00:10:57.25
					2	1051	AUGUSTO PIRES	M	47	00:11:12.64	00:22:09.89
					3	1052	RUBEN DUARTE	M	27	00:10:16.95	00:32:26.84
					4	1053	CLÁUDIO CANAVILHAS	M	36	00:11:06.83	00:43:33.67
					5		TODOS			00:11:16.69	00:54:50.36
4	130	EA MONTIJO-B	M 105>135	4	1	1301	VITOR LOPES	M	40	00:11:13.00	00:11:13.00
					2	1301	VITOR LOPES	M	40	00:11:30.70	00:22:43.70
					3	1302	LUIS CRUZ	M	48	00:10:52.88	00:33:36.58
					4	1303	CLÁUDIO NOBREGA	M	34	00:10:24.58	00:44:01.16
					5		TODOS			00:11:20.95	00:55:22.11
5	84	3B TRIATLO - CUA BENAVENTENSE 2	M >136	1	1	841	SÉRGIO BATALHA	M	50	00:10:35.41	00:10:35.41
					2	841	SÉRGIO BATALHA	M	50	00:10:52.91	00:21:28.32

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

				3	842	JORGE GONÇALVES	M	51	00:11:28.55	00:32:56.87	
				4	843	JOÃO CANIÇO	M	39	00:10:44.90	00:43:41.77	
				5		TODOS			00:11:50.77	00:55:32.54	
6	141	ORIENTAL M1	M 105>135	5	1	1411	TIAGO ALVES SILVA	M	27	00:10:08.88	00:10:08.88
					2	1411	TIAGO ALVES SILVA	M	27	00:10:21.27	00:20:30.15
					3	1412	HUGO FILIPE TOMÁS	M	44	00:11:18.47	00:31:48.62
					4	1413	JORGE CARVALHO	M	50	00:11:30.94	00:43:19.56
					5		TODOS		00:12:16.49	00:55:36.05	
7	22	OS SALOIOS	M 105>135	6	1	221	RICARDO CEIA	M	33	00:10:37.18	00:10:37.18
					2	221	RICARDO CEIA	M	33	00:11:02.71	00:21:39.89
					3	222	PAULO SANTOS	M	44	00:11:19.58	00:32:59.47
					4	223	BRUNO GOMES	M	36	00:11:32.70	00:44:32.17
					5		TODOS		00:11:54.54	00:56:26.71	
8	13	KAISERUNNERS	M <104	1	1	131	BRUNO SANTOS	M	21	00:11:21.15	00:11:21.15
					2	131	BRUNO SANTOS	M	21	00:11:46.11	00:23:07.26
					3	132	DINIS SALGADO	M	20	00:11:16.63	00:34:23.89
					4	133	GONÇALO MARGARIDO	M	22	00:11:09.56	00:45:33.45
					5		TODOS		00:11:38.65	00:57:12.10	
9	122	TRAIL DO TEXUGO	M <104	2	1	1221	JOÃO PEDRO FALÉ PARREIRA	M	20	00:10:57.82	00:10:57.82
					2	1221	JOÃO PEDRO FALÉ PARREIRA	M	20	00:11:50.19	00:22:48.01
					3	1222	LUÍS M B SIMÕES	M	43	00:11:24.60	00:34:12.61
					4	1223	VASCO MIGUEL BEIRA DUQUE	M	30	00:11:22.66	00:45:35.27
					5		TODOS		00:11:47.38	00:57:22.65	

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

10	155	ELCOMANDANTETEAM	X 105>135	1	1	1551	PEDRO FILIPE SERRA	M	35	00:10:46.95	00:10:46.95
					2	1551	PEDRO FILIPE SERRA	M	35	00:11:16.60	00:22:03.55
					3	1552	ANA RITA FERREIRA	F	41	00:12:22.57	00:34:26.12
					4	1553	JOÃO CRUZ	M	37	00:11:07.85	00:45:33.97
					5		TODOS			00:12:22.61	00:57:56.58
11	118	BARBANTES	M <104	3	1	1181	RUBEN VARELA	M	33	00:11:20.89	00:11:20.89
					2	1181	RUBEN VARELA	M	33	00:11:25.94	00:22:46.83
					3	1182	FÁBIO TEIXEIRA	M	35	00:12:05.58	00:34:52.41
					4	1183	MÁRIO BORGES	M	35	00:11:19.44	00:46:11.85
					5		TODOS			00:11:51.15	00:58:03.00
12	95	ALVERCA URBAN RUNNERS 1	M >136	2	1	951	NÉLSON PEREIRA	M	43	00:11:14.35	00:11:14.35
					2	951	NÉLSON PEREIRA	M	43	00:11:51.10	00:23:05.45
					3	952	JOSÉ ALEIXO	M	51	00:11:59.26	00:35:04.71
					4	953	PAULO TORRES	M	43	00:11:24.49	00:46:29.20
					5		TODOS			00:12:19.33	00:58:48.53
13	101	AGDAK 2	M <104	4	1	1011	JORGE SOARES	M	19	00:11:02.94	00:11:02.94
					2	1011	JORGE SOARES	M	19	00:12:21.65	00:23:24.59
					3	1012	PAULO FERREIRA	M	44	00:11:33.42	00:34:58.01
					4	1013	GUSTAVO GASOPO	M	27	00:12:12.70	00:47:10.71
					5		TODOS			00:12:12.11	00:59:22.82
14	164	AMINHACORRIDA	M 105>135	7	1	1641	CARLOS LOPES	M	45	00:11:02.13	00:11:02.13
					2	1641	CARLOS LOPES	M	45	00:11:32.70	00:22:34.83

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1642	FLORIANO SILVA	M	41	00:12:26.31	00:35:01.14
					4	1643	PAULO GUIMARÃES	M	42	00:11:58.56	00:46:59.70
					5		TODOS			00:12:38.72	00:59:38.42
15	100	AGDAK 1	M 105>135	8	1	1001	MIGUEL SOBRAL	M	41	00:11:18.71	00:11:18.71
					2	1001	MIGUEL SOBRAL	M	41	00:11:18.62	00:22:37.33
					3	1002	HELDER VARANDA	M	41	00:11:17.86	00:33:55.19
					4	1003	EMANUEL GOMES	M	42	00:12:54.14	00:46:49.33
					5		TODOS			00:13:09.36	00:59:58.69
16	160	OS BRAVOS	M 105>135	9	1	1601	TIAGO GONÇALVES	M	32	00:11:28.20	00:11:28.20
					2	1601	TIAGO GONÇALVES	M	32	00:12:07.79	00:23:35.99
					3	1602	PAULO QUEIROZ	M	50	00:11:25.48	00:35:01.47
					4	1603	PAULO MONTEIRO	M	42	00:12:26.54	00:47:28.01
					5		TODOS			00:12:40.39	01:00:08.40
17	45	RUN FOR FRIENDS 2	X 105>135	2	1	451	BRUNO AMARO	M	40	00:11:12.47	00:11:12.47
					2	451	BRUNO AMARO	M	40	00:11:52.24	00:23:04.71
					3	452	MARGARIDA AMARO	F	42	00:12:42.40	00:35:47.11
					4	453	DUARTE COSTA	M	36	00:11:25.79	00:47:12.90
					5		TODOS			00:13:02.72	01:00:15.62
18	150	ORIENTAL X1	X 105>135	3	1	1501	MIGUEL DAVID	M	49	00:11:17.55	00:11:17.55
					2	1501	MIGUEL DAVID	M	49	00:11:53.46	00:23:11.01
					3	1502	FERNANDA MARQUES SANTINHA	F	47	00:12:43.09	00:35:54.10
					4	1503	DÁRIO PALMA	M	39	00:11:59.59	00:47:53.69
					5		TODOS			00:12:58.18	01:00:51.87

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

19	132	CORRIDA FONTE PIPA	M >136	3	1	1321	LUIS GOMES	M	51	00:11:15.10	00:11:15.10
					2	1321	LUIS GOMES	M	51	00:11:37.57	00:22:52.67
					3	1322	ARMANDO PARREIRA	M	51	00:12:41.24	00:35:33.91
					4	1323	JOÃO PAULO SANTOS	M	48	00:12:27.09	00:48:01.00
					5		TODOS			00:13:07.69	01:01:08.69
20	7	RUNNERS DA FRENTE RIBEIRINHA 2	M >136	4	1	71	ARNALDO ROLO	M	53	00:11:42.36	00:11:42.36
					2	71	ARNALDO ROLO	M	53	00:12:43.79	00:24:26.15
					3	72	MÁRIO RUI SEABRA	M	47	00:11:43.64	00:36:09.79
					4	73	FILIPE OLIVEIRA	M	44	00:12:18.21	00:48:28.00
					5		TODOS			00:12:49.28	01:01:17.28
21	1	TEAM R2 PUBLICIDADE	X 105>135	4	1	11	PEDRO GOMES	M	35	00:10:21.60	00:10:21.60
					2	11	PEDRO GOMES	M	35	00:11:09.16	00:21:30.76
					3	12	RITA MACHADO	F	31	00:14:21.93	00:35:52.69
					4	13	ROGERIO MACHADO	M	39	00:11:45.39	00:47:38.08
					5		TODOS			00:14:10.79	01:01:48.87
22	113	RUNNERS DA FRENTE RIBEIRINHA 10	M 105>135	10	1	1131	LUIS NUNES	M	39	00:11:41.67	00:11:41.67
					2	1131	LUIS NUNES	M	39	00:11:53.95	00:23:35.62
					3	1132	PEDRO FERREIRA	M	47	00:12:10.20	00:35:45.82
					4	1133	PAULO VIEIRA	M	40	00:13:36.43	00:49:22.25
					5		TODOS			00:12:45.05	01:02:07.30
23	142	ORIENTAL M2	M >136	5	1	1421	RUI SILVA	M	43	00:11:52.26	00:11:52.26
					2	1421	RUI SILVA	M	43	00:12:06.38	00:23:58.64

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1422	JOSÉ CUNHA MASSUÇA	M	48	00:11:56.54	00:35:55.18
					4	1423	PAULO JORGE FONSECA	M	51	00:13:09.87	00:49:05.05
					5		TODOS			00:13:49.44	01:02:54.49
24	63	NAV RUNNERS TORRE CONTROLE LISBOA	M <104	5	1	631	LUIS AMÂNDIO	M	30	00:11:52.46	00:11:52.46
					2	631	LUIS AMÂNDIO	M	30	00:12:33.79	00:24:26.25
					3	632	JOÃO CARDOSO	M	32	00:12:57.70	00:37:23.95
					4	633	RUI VALÉRIO	M	33	00:12:28.92	00:49:52.87
					5		TODOS			00:13:14.84	01:03:07.71
25	54	RAINBOW RUNNERS	M 105>135	11	1	541	PEDRO FERRAZ	M	43	00:12:03.52	00:12:03.52
					2	541	PEDRO FERRAZ	M	43	00:12:40.02	00:24:43.54
					3	542	MIGUEL FRIAS	M	43	00:12:58.36	00:37:41.90
					4	543	MARCO FLUTEY	M	36	00:12:24.63	00:50:06.53
					5		TODOS			00:13:17.01	01:03:23.54
26	29	TURTLES	X >136	1	1	291	PEDRO ANTUNES	M	34	00:11:16.42	00:11:16.42
					2	291	PEDRO ANTUNES	M	34	00:11:17.89	00:22:34.31
					3	292	ANA MONTEIRO	F	53	00:13:46.81	00:36:21.12
					4	293	JOAQUIM MONTEIRO	M	52	00:13:28.44	00:49:49.56
					5		TODOS			00:13:55.19	01:03:44.75
27	174	RUI NUNO E SILVIA	X 105>135	5	1	1741	RUI ALMEIDA	M	49	00:11:35.07	00:11:35.07
					2	1741	RUI ALMEIDA	M	49	00:12:18.87	00:23:53.94
					3	1742	NUNO PINTO	M	42	00:13:09.28	00:37:03.22
					4	1743	SILVIA OLIVEIRA	F	42	00:13:07.99	00:50:11.21
					5		TODOS			00:13:33.90	01:03:45.11

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

28	41	DAL	X 105>135	6	1	411	DELFIN MACHADO	M	42	00:11:37.65	00:11:37.65
					2	411	DELFIN MACHADO	M	42	00:12:02.27	00:23:39.92
					3	412	ANA ALMEIDA	F	40	00:13:08.39	00:36:48.31
					4	413	JOÃO LOBO	M	47	00:13:29.69	00:50:18.00
					5		TODOS			00:13:51.28	01:04:09.28
29	78	TEAM GAZELA	X 105>135	7	1	781	DIOGO PINA PEREIRA	M	43	00:11:33.04	00:11:33.04
					2	781	DIOGO PINA PEREIRA	M	43	00:11:53.12	00:23:26.16
					3	782	MARIA LÚCIO	F	44	00:14:05.99	00:37:32.15
					4	783	ANAÍS VERGUET-MONIZ	F	30	00:12:08.72	00:49:40.87
					5		TODOS			00:14:50.45	01:04:31.32
30	21	AS LEBRES	X 105>135	8	1	211	NELSON FÉLIX	M	41	00:12:02.21	00:12:02.21
					2	211	NELSON FÉLIX	M	41	00:12:35.90	00:24:38.11
					3	212	NELSON LOURO	M	39	00:11:40.46	00:36:18.57
					4	213	VARELA SAO	F	45	00:14:05.08	00:50:23.65
					5		TODOS			00:14:55.99	01:05:19.64
31	112	OS 3 ESTAROLAS	M 105>135	12	1	1121	CARLOS RAMOS	M	50	00:13:00.31	00:13:00.31
					2	1121	CARLOS RAMOS	M	50	00:13:23.77	00:26:24.08
					3	1122	PEDRO SERRA	M	43	00:12:41.31	00:39:05.39
					4	1123	DAVID NASCIMENTO	M	39	00:13:04.82	00:52:10.21
					5		TODOS			00:13:25.31	01:05:35.52
32	52	QUARENTÕES NA BISGA 4	M <104	6	1	521	AFONSO TOMÉ	M	19	00:11:14.87	00:11:14.87
					2	521	AFONSO TOMÉ	M	19	00:11:41.95	00:22:56.82

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	522	JOÃO BERNARDO	M	19	00:14:29.77	00:37:26.59
					4	523	TIAGO TROMBINHAS	M	19	00:11:46.67	00:49:13.26
					5		TODOS			00:16:23.80	01:05:37.06
33	134	CGD2	X >136	2	1	1341	HENRIQUE AMADOR	M	48	00:12:50.32	00:12:50.32
					2	1341	HENRIQUE AMADOR	M	48	00:13:06.43	00:25:56.75
					3	1342	NOÉMIA SEQUEIRA	F	51	00:13:11.67	00:39:08.42
					4	1343	JOAQUIM FRADE	M	64	00:13:14.60	00:52:23.02
					5		TODOS			00:13:25.00	01:05:48.02
34	93	ALVERCA URBAN RUNNERS 2	X 105>135	9	1	931	LUÍS FERNANDES	M	32	00:11:21.60	00:11:21.60
					2	931	LUÍS FERNANDES	M	32	00:11:49.96	00:23:11.56
					3	932	CARLA MENDES	F	45	00:14:07.27	00:37:18.83
					4	933	JOÃO CARVALHO	M	46	00:13:51.83	00:51:10.66
					5		TODOS			00:14:48.12	01:05:58.78
35	133	CGD 1	X 105>135	10	1	1331	DAVID FAUSTINO	M	54	00:13:08.24	00:13:08.24
					2	1331	DAVID FAUSTINO	M	54	00:13:28.77	00:26:37.01
					3	1332	LUIS FAUSTINO	M	24	00:12:44.13	00:39:21.14
					4	1333	ISABEL MOLEIRO	F	52	00:13:07.28	00:52:28.42
					5		TODOS			00:13:37.53	01:06:05.95
36	51	QUARENTÕES NA BISGA 3	X 105>135	11	1	511	DIOGO REBELO	M	21	00:11:16.85	00:11:16.85
					2	511	DIOGO REBELO	M	21	00:12:13.84	00:23:30.69
					3	512	ANA CARDOSO	F	46	00:13:55.35	00:37:26.04
					4	513	JORGE SALVADO	M	56	00:14:30.50	00:51:56.54
					5		TODOS			00:14:35.85	01:06:32.39

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

37	11	RUNNERS DA FRENTE RIBEIRINHA 7	M >136	6	1	111	FRANCISCO BORGES	M	40	00:11:42.46	00:11:42.46
					2	111	FRANCISCO BORGES	M	40	00:12:17.37	00:23:59.83
					3	112	PAULO VIEIRA	M	47	00:13:44.97	00:37:44.80
					4	113	HELDER BEXIGA	M	51	00:14:12.88	00:51:57.68
					5		TODOS			00:14:41.51	01:06:39.19
38	108	GMCJAMOR	X >136	3	1	1081	PAULO TOMÁS	M	50	00:12:45.35	00:12:45.35
					2	1081	PAULO TOMÁS	M	50	00:13:25.64	00:26:10.99
					3	1082	MARIA SALETE BORGES	F	50	00:14:06.78	00:40:17.77
					4	1083	JOÃO FERREIRA	M	42	00:12:47.27	00:53:05.04
					5		TODOS			00:14:29.92	01:07:34.96
39	24	AMIGOS DOS TRILHOS 2	M >136	7	1	241	FERNANDO SOUSA	M	52	00:12:18.54	00:12:18.54
					2	241	FERNANDO SOUSA	M	52	00:12:50.08	00:25:08.62
					3	242	LUIS DIAS	M	50	00:14:32.76	00:39:41.38
					4	243	JOSE BOUCEIRO	M	54	00:13:30.53	00:53:11.91
					5		TODOS			00:14:24.21	01:07:36.12
40	2	RUNNERS DA FRENTE RIBEIRINHA 1	M 105>135	13	1	21	JOÃO GREGÓRIO	M	43	00:14:12.77	00:14:12.77
					2	21	JOÃO GREGÓRIO	M	43	00:14:03.53	00:28:16.30
					3	22	JAIME BEATO	M	44	00:12:31.85	00:40:48.15
					4	23	SÉRGIO LUIS SILVA	M	45	00:13:02.55	00:53:50.70
					5		TODOS			00:13:48.60	01:07:39.30
41	39	FLASH RUNNERS	M 105>135	14	1	391	MÁRIO PIMENTA	M	45	00:12:02.89	00:12:02.89
					2	391	MÁRIO PIMENTA	M	45	00:12:19.42	00:24:22.31

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	392	PAULO DINIS	M	45	00:14:26.21	00:38:48.52
					4	393	PEDRO MENDONÇA	M	44	00:13:42.75	00:52:31.27
					5		TODOS			00:15:18.51	01:07:49.78
42	159	CAPTAIN FLY RUNNERS	M <104	7	1	1591	JOAO RIBEIRA	M	40	00:12:56.95	00:12:56.95
					2	1591	JOAO RIBEIRA	M	40	00:13:23.28	00:26:20.23
					3	1592	TORRES	M	34	00:13:54.41	00:40:14.64
					4	1593	PRAGNECHE	M	26	00:12:55.38	00:53:10.02
					5		TODOS			00:14:40.82	01:07:50.84
43	103	HERE4BEER	M <104	8	1	1031	RICARDO CAETANO	M	20	00:11:56.66	00:11:56.66
					2	1031	RICARDO CAETANO	M	20	00:13:03.41	00:25:00.07
					3	1032	JOÃO ALMEIDA	M	20	00:13:45.98	00:38:46.05
					4	1033	GUILHERME VIEGAS	M	20	00:14:00.40	00:52:46.45
					5		TODOS			00:15:17.54	01:08:03.99
44	152	ORIENTAL M5	M >136	8	1	1521	JOSÉ BOTELHO	M	52	00:13:57.00	00:13:57.00
					2	1521	JOSÉ BOTELHO	M	52	00:13:22.78	00:27:19.78
					3	1522	JOAO VALHELHAS	M	48	00:12:08.45	00:39:28.23
					4	1523	ANTÓNIO MARTINHO	M	54	00:14:15.32	00:53:43.55
					5		TODOS			00:14:24.75	01:08:08.30
45	80	MELCHIORES	X 105>135	12	1	801	VASCO DAMÁSIO	M	32	00:12:49.51	00:12:49.51
					2	801	VASCO DAMÁSIO	M	32	00:13:27.21	00:26:16.72
					3	802	JOÃO PEREIRA	M	50	00:13:54.49	00:40:11.21
					4	803	NATACHA RIBEIRINHO	F	29	00:13:48.05	00:53:59.26
					5		TODOS			00:14:13.61	01:08:12.87

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

46	145	PREMIUM RUNNERS 1	X 105>135	13	1	1451	RUI LAMEGO	M	34	00:13:18.68	00:13:18.68
					2	1451	RUI LAMEGO	M	34	00:13:41.30	00:26:59.98
					3	1452	ANTÓNIO MARQUES	M	43	00:14:27.06	00:41:27.04
					4	1453	LAURA AZEVEDO	F	34	00:13:35.00	00:55:02.04
					5		TODOS			00:13:51.27	01:08:53.31
47	37	WOW TIGRES	M 105>135	15	1	371	PEDRO CORREIA	M	37	00:13:06.92	00:13:06.92
					2	371	PEDRO CORREIA	M	37	00:13:56.65	00:27:03.57
					3	372	RUI RODRIGUES	M	34	00:14:03.92	00:41:07.49
					4	373	RICARDO ANACLETO	M	44	00:12:53.46	00:54:00.95
					5		TODOS			00:14:54.49	01:08:55.44
48	123	TEAM MARAFRE	X 105>135	14	1	1231	FREDERICO A RICHART	M	33	00:12:17.13	00:12:17.13
					2	1231	FREDERICO A RICHART	M	33	00:12:03.84	00:24:20.97
					3	1232	RAFAEL L C MADEIRA	M	44	00:13:12.98	00:37:33.95
					4	1233	MARTA C P MAIA	F	43	00:15:00.00	00:52:33.95
					5		TODOS			00:16:30.28	01:09:04.23
49	172	AZA - AZAMBUJA COM ALMA 3	M 105>135	16	1	1721	NUNO APARÍCIO	M	45	00:13:08.10	00:13:08.10
					2	1721	NUNO APARÍCIO	M	45	00:13:20.46	00:26:28.56
					3	1722	RODRIGO MARQUES	M	41	00:14:25.51	00:40:54.07
					4	1723	JOÃO LOBO	M	33	00:13:50.63	00:54:44.70
					5		TODOS			00:14:19.97	01:09:04.67
50	136	CGD 4	X 105>135	15	1	1361	ANDRÉ FILIPE	M	30	00:13:51.50	00:13:51.50
					2	1361	ANDRÉ FILIPE	M	30	00:13:41.14	00:27:32.64

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

				3	1362	CATIA FONSECA	F	37	00:14:00.01	00:41:32.65	
				4	1363	ANTONIO NASCIMENTO	M	62	00:13:29.40	00:55:02.05	
				5		TODOS			00:14:04.35	01:09:06.40	
51	15	JÚNIOR, FLECHA E MOUTAS	X 105>135	16	1	151	JOÃO BARRAL	M	44	00:13:10.62	00:13:10.62
					2	151	JOÃO BARRAL	M	44	00:13:54.10	00:27:04.72
					3	152	PAULO MOUTINHO	M	48	00:12:52.02	00:39:56.74
					4	153	MARGARIDA CORREIA	F	32	00:14:16.83	00:54:13.57
					5		TODOS			00:14:55.79	01:09:09.36
52	6	RUNNERS DA FRENTE RIBEIRINHA 8	F 105>135	1	1	61	RAQUEL MOREIRA	F	32	00:13:12.48	00:13:12.48
					2	61	RAQUEL MOREIRA	F	32	00:13:09.49	00:26:21.97
					3	62	CARLA COSTA	F	46	00:14:28.62	00:40:50.59
					4	63	MARTA ABRANTES	F	42	00:13:46.28	00:54:36.87
					5		TODOS			00:14:35.15	01:09:12.02
53	94	ALVERCA URBAN RUNNERS 6	X >136	4	1	941	CARLOS LOPES	M	41	00:12:02.00	00:12:02.00
					2	941	CARLOS LOPES	M	41	00:12:36.37	00:24:38.37
					3	942	CRISTINA LINO	F	53	00:15:57.84	00:40:36.21
					4	943	JOSÉ ANTÓNIO MARQUES	M	57	00:13:02.26	00:53:38.47
					5		TODOS			00:15:54.62	01:09:33.09
54	82	AZA - AZAMBUJA COM ALMA I	X >136	5	1	821	EDGAR ANASTACIO	M	55	00:13:23.33	00:13:23.33
					2	821	EDGAR ANASTACIO	M	55	00:09:13.92	00:22:37.25
					3	822	CARLA SILVA	F	47	00:18:40.87	00:41:18.12
					4	823	NUNO NOGUEIRA	M	41	00:13:47.44	00:55:05.56
					5		TODOS			00:14:28.55	01:09:34.11

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

55	116	THE AVENGERS	X 105>135	17	1	1161	FILIPE SERRANO	M	38	00:11:56.59	00:11:56.59
					2	1161	FILIPE SERRANO	M	38	00:12:46.62	00:24:43.21
					3	1162	RITA INFANTE	F	36	00:15:25.43	00:40:08.64
					4	1163	FERNANDO VAZ	M	35	00:13:50.37	00:53:59.01
					5		TODOS			00:15:42.80	01:09:41.81
56	104	TAC - TRANQUILIDADE ATLETISMO CLUBE	M >136	9	1	1041	JORGE SERRA	M	53	00:12:37.10	00:12:37.10
					2	1041	JORGE SERRA	M	53	00:12:51.36	00:25:28.46
					3	1042	FRANCISCO PEREIRA	M	52	00:15:04.06	00:40:32.52
					4	1043	JOÃO SERRA	M	47	00:13:49.59	00:54:22.11
					5		TODOS			00:15:20.67	01:09:42.78
57	57	LINK 2	M <104	9	1	571	SAMUEL GOMES	M	28	00:13:50.27	00:13:50.27
					2	571	SAMUEL GOMES	M	28	00:13:47.08	00:27:37.35
					3	572	JOÃO AGOSTINHO	M	29	00:14:34.52	00:42:11.87
					4	573	FELISBERTO MONTEIRO	M	33	00:12:39.36	00:54:51.23
					5		TODOS			00:14:52.80	01:09:44.03
58	20	RUN FOR FRIENDS 1	X 105>135	18	1	201	CARLOS AMARO	M	38	00:12:46.14	00:12:46.14
					2	201	CARLOS AMARO	M	38	00:13:21.12	00:26:07.26
					3	202	MARTA ADÃO	F	42	00:14:39.47	00:40:46.73
					4	203	JOÃO PINTO	M	43	00:14:18.46	00:55:05.19
					5		TODOS			00:14:53.25	01:09:58.44
59	119	DAR CORDA AOS SAPATOS	M 105>135	17	1	1191	PEDRO MARQUES	M	45	00:13:46.68	00:13:46.68
					2	1191	PEDRO MARQUES	M	45	00:14:26.37	00:28:13.05

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1192	LUIS BRUNHETA	M	40	00:13:21.53	00:41:34.58
					4	1193	ACÁCIO BARATA	M	44	00:13:51.76	00:55:26.34
					5		TODOS			00:14:41.28	01:10:07.62
60	70	SERVIÇOS SOCIAIS MONTEPIO I	M >136	10	1	701	JOSE GUERREIRO	M	62	00:14:05.27	00:14:05.27
					2	701	JOSE GUERREIRO	M	62	00:14:33.79	00:28:39.06
					3	702	BRUNO DUQUE	M	38	00:11:39.62	00:40:18.68
					4	703	ANTONIO FRANCO	M	54	00:14:10.84	00:54:29.52
					5		TODOS			00:15:50.90	01:10:20.42
61	75	SERVIÇOS SOCIAIS MONTEPIO VI	M 105>135	18	1	751	DANIEL FARINHA	M	35	00:12:18.00	00:12:18.00
					2	751	DANIEL FARINHA	M	35	00:12:36.00	00:24:54.00
					3	752	GUILHERME ALBINO	M	45	00:15:01.20	00:39:55.20
					4	753	JOÃO SANTOS	M	39	00:13:13.11	00:53:08.31
					5		TODOS			00:17:13.08	01:10:21.39
62	163	PORTUGAL RUNNING	X 105>135	19	1	1631	DIAMANTINO SERRANO	M	44	00:11:20.97	00:11:20.97
					2	1631	DIAMANTINO SERRANO	M	44	00:11:40.40	00:23:01.37
					3	1632	LÍVIA LOURENÇO	F	42	00:15:05.84	00:38:07.21
					4	1633	CARLA SERRANO	F	43	00:15:59.87	00:54:07.08
					5		TODOS			00:16:17.31	01:10:24.39
63	71	SERVIÇOS SOCIAIS MONTEPIO II	M 105>135	19	1	711	PAULO SANTOS	M	36	00:14:42.54	00:14:42.54
					2	711	PAULO SANTOS	M	36	00:14:40.02	00:29:22.56
					3	712	EURICO LOUREIRO	M	39	00:13:01.99	00:42:24.55
					4	713	GONÇALO LOURO	M	38	00:13:39.58	00:56:04.13
					5		TODOS			00:14:35.69	01:10:39.82

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

64	25	TARTARUGAS XIDE	X 105>135	20	1	251	JORGE VAZ	M	46	00:13:06.70	00:13:06.70
					2	251	JORGE VAZ	M	46	00:13:11.94	00:26:18.64
					3	252	EUNICE LOURENCO	F	43	00:15:25.93	00:41:44.57
					4	253	RICARDO CARVALHO	M	43	00:13:15.80	00:55:00.37
					5		TODOS			00:15:47.79	01:10:48.16
65	98	OS IMPROVÁVEIS	X <104	1	1	981	LEANDRO SMPAIO	M	26	00:12:15.42	00:12:15.42
					2	981	LEANDRO SMPAIO	M	26	00:13:05.11	00:25:20.53
					3	982	ARNALDO MONTEIRO	M	49	00:14:20.53	00:39:41.06
					4	983	PATRICIA MONTEIRO	F	23	00:14:30.96	00:54:12.02
					5		TODOS			00:16:48.73	01:11:00.75
66	173	DREAMTEAM	F <104	1	1	1731	RITA RIBEIRO	F	25	00:13:17.90	00:13:17.90
					2	1731	RITA RIBEIRO	F	25	00:12:48.73	00:26:06.63
					3	1732	LUISA NOGUEIRA	F	28	00:15:24.53	00:41:31.16
					4	1733	MARIANA SEQUEIRA	F	25	00:13:29.57	00:55:00.73
					5		TODOS			00:16:01.38	01:11:02.11
67	56	LINK 1	M >136	11	1	561	GONÇALO GRAZINA	M	29	00:13:38.73	00:13:38.73
					2	561	GONÇALO GRAZINA	M	29	00:13:32.65	00:27:11.38
					3	562	FERNANDO FARIA	M	57	00:14:14.88	00:41:26.26
					4	563	CARLOS PALMA	M	51	00:14:29.66	00:55:55.92
					5		TODOS			00:15:17.71	01:11:13.63
68	170	EU E OS PEDROS	X 105>135	21	1	1701	ANA PEDREIRA	F	39	00:14:08.01	00:14:08.01
					2	1701	ANA PEDREIRA	F	39	00:14:25.37	00:28:33.38

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1702	PEDRO MENEZES	M	37	00:13:34.64	00:42:08.02
					4	1703	PEDRO GOMES	M	39	00:13:47.23	00:55:55.25
					5		TODOS			00:15:38.46	01:11:33.71
69	126	FARMÁCIA SACOOR 1	X 105>135	22	1	1261	SARA MARINHO	F	29	00:11:31.68	00:11:31.68
					2	1261	SARA MARINHO	F	29	00:12:10.43	00:23:42.11
					3	1262	RAHIM SACOOR ALI	M	32	00:18:03.18	00:41:45.29
					4	1263	HUSSENE KESHAVJEE	M	45	00:12:02.71	00:53:48.00
					5		TODOS			00:17:46.59	01:11:34.59
70	106	OS VELOZES	M >136	12	1	1061	JUAN COSTA	M	54	00:13:57.69	00:13:57.69
					2	1061	JUAN COSTA	M	54	00:14:13.05	00:28:10.74
					3	1062	LUIS GUILHERME	M	38	00:13:59.85	00:42:10.59
					4	1063	JOSÉ R ROCHA	M	49	00:14:38.98	00:56:49.57
					5		TODOS			00:14:47.08	01:11:36.65
71	19	ASAS	X <104	2	1	191	TIAGO SILVA	M	30	00:12:30.11	00:12:30.11
					2	191	TIAGO SILVA	M	30	00:12:35.06	00:25:05.17
					3	192	INÊS ALMAS	F	25	00:16:13.93	00:41:19.10
					4	193	JOSÉ AMARAL	M	25	00:13:23.44	00:54:42.54
					5		TODOS			00:16:58.61	01:11:41.15
72	46	QUARENTÕES NA BISGA 6	M 105>135	20	1	461	CARLOS TOMÉ	M	53	00:12:58.85	00:12:58.85
					2	461	CARLOS TOMÉ	M	53	00:14:18.81	00:27:17.66
					3	462	DUARTE ALMEIDA	M	37	00:14:50.12	00:42:07.78
					4	463	CARLOS TROMBINHAS	M	45	00:14:35.77	00:56:43.55
					5		TODOS			00:15:22.20	01:12:05.75

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

73	62	OS BONITOS	X <104	3	1	621	PAULO PEREIRA	M	42	00:14:06.32	00:14:06.32
					2	621	PAULO PEREIRA	M	42	00:14:03.39	00:28:09.71
					3	622	FILIPA DAVID	F	30	00:14:34.37	00:42:44.08
					4	623	JOÃO SIMÕES	M	32	00:14:30.11	00:57:14.19
					5		TODOS			00:14:57.21	01:12:11.40
74	138	ORIENTAL F1	F <104	2	1	1381	CARLA MARGARIDA MATOS	F	37	00:14:57.18	00:14:57.18
					2	1381	CARLA MARGARIDA MATOS	F	37	00:15:24.39	00:30:21.57
					3	1382	EVA JOANA DOMINGOS ALVES	F	27	00:14:30.45	00:44:52.02
					4	1383	RITA BARATA CORREIA	F	40	00:12:35.98	00:57:28.00
					5		TODOS			00:14:48.59	01:12:16.59
75	153	ORIENTAL M6	M >136	13	1	1531	JOSÉ MOURINHO MANTA	M	48	00:14:54.46	00:14:54.46
					2	1531	JOSÉ MOURINHO MANTA	M	48	00:15:17.53	00:30:11.99
					3	1532	LUIS FILIPE VALENTE	M	47	00:14:02.53	00:44:14.52
					4	1533	JOSÉ EDUARDO MORAIS	M	49	00:13:41.70	00:57:56.22
					5		TODOS			00:14:24.41	01:12:20.63
76	124	KER SPORT TRAIL RUNNING	X >136	6	1	1241	FRANCISCO CERQUEIRA	M	48	00:12:06.72	00:12:06.72
					2	1241	FRANCISCO CERQUEIRA	M	48	00:12:52.59	00:24:59.31
					3	1242	CARLA PEREIRA	F	48	00:15:25.62	00:40:24.93
					4	1243	SÍLVIA VIANA	F	41	00:15:45.86	00:56:10.79
					5		TODOS			00:16:11.01	01:12:21.80
77	42	BEST TEAM EVER	M 105>135	21	1	421	NUNO SANTOS SILVA	M	44	00:14:22.03	00:14:22.03
					2	421	NUNO SANTOS SILVA	M	44	00:14:04.05	00:28:26.08

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	422	SANDRA COSTA	M	45	00:15:10.19	00:43:36.27
					4	423	SÉRGIO COSTA	M	44	00:13:20.04	00:56:56.31
					5		TODOS			00:15:44.79	01:12:41.10
78	34	ANE	X >136	7	1	341	ANTONIO MARQUES	M	58	00:13:37.85	00:13:37.85
					2	341	ANTONIO MARQUES	M	58	00:13:51.00	00:27:28.85
					3	342	JOSE CORREIA	M	60	00:15:30.72	00:42:59.57
					4	343	GILMER GRATTAN	F	27	00:14:12.25	00:57:11.82
					5		TODOS			00:15:37.70	01:12:49.52
79	64	RUNNING QUEENS	F 105>135	2	1	641	MÓNICA MARTINS	F	36	00:13:34.28	00:13:34.28
					2	641	MÓNICA MARTINS	F	36	00:13:56.30	00:27:30.58
					3	642	MÓNICA OLIVEIRA	F	42	00:15:32.74	00:43:03.32
					4	643	VANESSA SEQUEIRA	F	37	00:14:32.19	00:57:35.51
					5		TODOS			00:15:21.08	01:12:56.59
80	68	LONTRAS	X 105>135	23	1	681	CARLOS MENDES	M	35	00:11:58.82	00:11:58.82
					2	681	CARLOS MENDES	M	35	00:12:11.24	00:24:10.06
					3	682	INÉS PAÍS	F	40	00:16:03.73	00:40:13.79
					4	683	BELISA JOÃO	F	40	00:16:00.25	00:56:14.04
					5		TODOS			00:16:54.20	01:13:08.24
81	16	TITANIC	F >136	1	1	161	SOFIA MARQUES	F	46	00:14:07.19	00:14:07.19
					2	161	SOFIA MARQUES	F	46	00:14:26.41	00:28:33.60
					3	162	MARIA JOÃO LEANDRO	F	48	00:13:52.43	00:42:26.03
					4	163	CLAUDIA SARAIVA	F	43	00:15:12.42	00:57:38.45
					5		TODOS			00:15:36.29	01:13:14.74

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

82	99	MEMÓRIAS	M 105>135	22	1	991	SIMÃO MANUEL VINHAS	M	50	00:14:16.00	00:14:16.00
					2	991	SIMÃO MANUEL VINHAS	M	50	00:14:40.44	00:28:56.44
					3	992	MIGUEL VINHAS	M	15	00:13:04.41	00:42:00.85
					4	993	FILIFE MACIEL	M	50	00:15:32.99	00:57:33.84
					5		TODOS			00:15:47.66	01:13:21.50
83	139	ORIENTAL F2	F 105>135	3	1	1391	TERESA SEPÚLVEDA	F	38	00:15:10.88	00:15:10.88
					2	1391	TERESA SEPÚLVEDA	F	38	00:15:10.04	00:30:20.92
					3	1392	LILIANA BRÁS	F	36	00:14:31.83	00:44:52.75
					4	1393	CLÁUDIA FERREIRA	F	53	00:13:49.09	00:58:41.84
					5		TODOS			00:14:45.14	01:13:26.98
84	129	EA MONTIJO-A	F 105>135	4	1	1291	ILIDIA JOSÉ	F	32	00:14:03.48	00:14:03.48
					2	1291	ILIDIA JOSÉ	F	32	00:15:22.97	00:29:26.45
					3	1292	SÓNIA RIBEIRO	F	38	00:14:30.16	00:43:56.61
					4	1293	LINA LOPES	F	38	00:14:21.58	00:58:18.19
					5		TODOS			00:15:25.38	01:13:43.57
85	144	ORIENTAL M4	M >136	14	1	1441	JOSÉ CARLOS SERRA	M	51	00:14:17.80	00:14:17.80
					2	1441	JOSÉ CARLOS SERRA	M	51	00:14:29.92	00:28:47.72
					3	1442	AUGUSTO JOAQUIM PIRES	M	54	00:15:18.98	00:44:06.70
					4	1443	GONÇALO PINHEIRO SOUSA	M	48	00:15:00.00	00:59:06.70
					5		TODOS			00:15:02.12	01:14:08.82
86	131	LEGIONARIOS II	M >136	15	1	1311	DOMINGOS RODRIGUES	M	50	00:13:54.26	00:13:54.26
					2	1311	DOMINGOS RODRIGUES	M	50	00:14:48.31	00:28:42.57

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1312	PAULO CRAVO	M	52	00:15:06.87	00:43:49.44
					4	1313	ANTÓNIO ESTRELA	M	53	00:15:02.37	00:58:51.81
					5		TODOS			00:15:32.92	01:14:24.73
87	17	CÃOCATEIRAS	F 105>135	5	1	171	INÊS BRITO	F	48	00:13:07.06	00:13:07.06
					2	171	INÊS BRITO	F	48	00:13:21.59	00:26:28.65
					3	172	DIDIA FERREIRA	F	41	00:16:51.13	00:43:19.78
					4	173	PAULA GOMES	F	45	00:14:16.01	00:57:35.79
					5		TODOS			00:16:59.94	01:14:35.73
88	9	RUNERES DA FRENTE RIBEIRINHA 3	M >136	16	1	91	ANTONIO SOARES SOARES	M	47	00:13:20.28	00:13:20.28
					2	91	ANTONIO SOARES SOARES	M	47	00:14:06.98	00:27:27.26
					3	92	PAULO SILVESTRE	M	50	00:15:51.52	00:43:18.78
					4	93	LUIS MORAIS	M	39	00:14:17.22	00:57:36.00
					5		TODOS			00:17:00.80	01:14:36.80
89	143	ORIENTAL X7	X >136	8	1	1431	RICARDO CAMEIRA SANTOS	M	42	00:15:12.02	00:15:12.02
					2	1431	RICARDO CAMEIRA SANTOS	M	42	00:15:29.37	00:30:41.39
					3	1432	ANA PIPIO	F	46	00:15:26.92	00:46:08.31
					4	1433	JORGE MANUEL FREITAS	M	50	00:12:52.27	00:59:00.58
					5		TODOS			00:15:49.20	01:14:49.78
90	38	PROPODIO	X <104	4	1	381	PATRICIA GOMES	F	30	00:14:46.62	00:14:46.62
					2	381	PATRICIA GOMES	F	30	00:15:24.09	00:30:10.71
					3	382	CRISTIANA GOMES	F	34	00:14:50.63	00:45:01.34
					4	383	TIAGO PERES	M	36	00:14:30.18	00:59:31.52
					5		TODOS			00:15:34.67	01:15:06.19

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

91	156	ABC PHYSIO - POWERLAB	M <104	10	1	1561	GIL BRANDÃO	M	29	00:13:51.93	00:13:51.93
					2	1561	GIL BRANDÃO	M	29	00:14:43.73	00:28:35.66
					3	1562	FILIFE FERREIRA	M	33	00:14:50.27	00:43:25.93
					4	1563	GUILHERME FERREIRA	M	26	00:15:14.48	00:58:40.41
					5		TODOS			00:16:36.28	01:15:16.69
92	31	CDR RIBEIRINHO	F >136	2	1	311	EUGÉNIA IZAÍAS	F	56	00:13:48.59	00:13:48.59
					2	311	EUGÉNIA IZAÍAS	F	56	00:14:09.09	00:27:57.68
					3	312	VANDA MAIA	F	44	00:14:50.32	00:42:48.00
					4	313	FILIPA FEITEIRA	F	38	00:15:42.30	00:58:30.30
					5		TODOS			00:16:48.28	01:15:18.58
93	32	KOTAS	X >136	9	1	321	SANDRA NUNES	F	49	00:13:39.84	00:13:39.84
					2	321	SANDRA NUNES	F	49	00:13:57.59	00:27:37.43
					3	322	JOAO PAULO NEVES	M	54	00:17:01.40	00:44:38.83
					4	323	JOSE LUIS MARQUES	M	49	00:13:21.66	00:58:00.49
					5		TODOS			00:17:29.04	01:15:29.53
94	48	UM REI ENTRE RAINHAS	X 105>135	24	1	481	NUNO CORREIA	M	48	00:13:55.15	00:13:55.15
					2	481	NUNO CORREIA	M	48	00:14:34.02	00:28:29.17
					3	482	RITA CORREIA CORREIA	F	39	00:15:08.53	00:43:37.70
					4	483	MARIA JOÃO PEDRO	F	40	00:15:50.12	00:59:27.82
					5		TODOS			00:16:11.14	01:15:38.96
95	107	TEAM DO BAIRRO	M 105>135	23	1	1071	NUNO DAMIÃES	M	38	00:14:15.94	00:14:15.94
					2	1071	NUNO DAMIÃES	M	38	00:14:36.83	00:28:52.77

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1072	HUGO CARABINEIRO	M	40	00:15:51.43	00:44:44.20
					4	1073	CARLOS SILVA	M	38	00:14:24.18	00:59:08.38
					5		TODOS			00:16:38.03	01:15:46.41
96	115	OS GALGOS DE TANCOS	X >136	10	1	1151	CARLOS GRÁCIO	M	57	00:13:37.35	00:13:37.35
					2	1151	CARLOS GRÁCIO	M	57	00:14:00.94	00:27:38.29
					3	1152	SUSANA ROSA	F	45	00:15:36.10	00:43:14.39
					4	1153	HELENA GRÁCIO	F	54	00:16:02.51	00:59:16.90
					5		TODOS			00:16:44.41	01:16:01.31
97	165	ECO	M >136	17	1	1651	PAULO PADRÃO	M	51	00:13:33.23	00:13:33.23
					2	1651	PAULO PADRÃO	M	51	00:14:11.87	00:27:45.10
					3	1652	JOAO TEIXEIRA	M	50	00:14:41.00	00:42:26.10
					4	1653	BRUNO B	M	45	00:16:40.96	00:59:07.06
					5		TODOS			00:17:37.56	01:16:44.62
98	120	PAPA FIGOS	X 105>135	25	1	1201	ANDREIA LOPES	F	31	00:13:36.90	00:13:36.90
					2	1201	ANDREIA LOPES	F	31	00:14:38.22	00:28:15.12
					3	1202	HÉLIA MARIA FREIRE	F	40	00:14:21.65	00:42:36.77
					4	1203	PAULO LOPES	M	40	00:16:10.13	00:58:46.90
					5		TODOS			00:18:03.43	01:16:50.33
99	158	WINE IN MODERATION 2	X 105>135	26	1	1581	VITOR CARDOSO	M	48	00:12:35.40	00:12:35.40
					2	1581	VITOR CARDOSO	M	48	00:13:32.68	00:26:08.08
					3	1582	MARIA LURDES VAZ	F	54	00:17:59.48	00:44:07.56
					4	1583	ANDREIA MAJOR	F	31	00:14:08.25	00:58:15.81
					5		TODOS			00:18:53.13	01:17:08.94



Evento	Equipa	Sexo	Idade	Pos	Nome	Sexo	Idade	Tempo Individual	Tempo Total		
100	76	SERVIÇOS SOCIAIS MONTEPIO VII	M >136	18	1	761	JAIME GOMES	M	63	00:14:47.47	00:14:47.47
					2	761	JAIME GOMES	M	63	00:15:14.28	00:30:01.75
					3	762	PAULO PEREIRA	M	49	00:14:45.62	00:44:47.37
					4	763	JORGE NARCISO	M	55	00:15:59.74	01:00:47.11
					5		TODOS			00:16:55.28	01:17:42.39
101	77	RUNNERS DA FRENTE RIBEIRINHA 9	X 105>135	27	1	771	VITOR MARQUES	M	40	00:11:33.86	00:11:33.86
					2	771	VITOR MARQUES	M	40	00:12:02.92	00:23:36.78
					3	772	HELENA MARQUES	F	44	00:18:37.88	00:42:14.66
					4	773	OLGA MAURICIO	F	41	00:15:54.86	00:58:09.52
					5		TODOS			00:19:35.85	01:17:45.37
102	86	WOW 1	M 105>135	24	1	861	HUGO GUERRA	M	41	00:15:44.51	00:15:44.51
					2	861	HUGO GUERRA	M	41	00:15:10.08	00:30:54.59
					3	862	NELSON	M	42	00:14:45.51	00:45:40.10
					4	863	DIOGO	M	38	00:15:32.92	01:01:13.02
					5		TODOS			00:16:48.35	01:18:01.37
103	140	ORIENTAL F3	F >136	3	1	1401	SARA COLAÇO FERREIRA	F	45	00:15:12.72	00:15:12.72
					2	1401	SARA COLAÇO FERREIRA	F	45	00:15:39.44	00:30:52.16
					3	1402	MARIA MADALENA CANINAS	F	56	00:15:36.99	00:46:29.15
					4	1403	CARLA MORGADO	F	49	00:15:33.71	01:02:02.86
					5		TODOS			00:16:01.94	01:18:04.80
104	67	OPTICALIA RUNNING TEAM	X 105>135	28	1	671	PEDRO VIEIRA	M	39	00:15:43.07	00:15:43.07
					2	671	PEDRO VIEIRA	M	39	00:17:00.02	00:32:43.09

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	672	ELISABETE SANTOS	F	40	00:14:56.91	00:47:40.00
					4	673	HENRIQUE COELHO	M	39	00:14:55.00	01:02:35.00
					5		TODOS			00:15:59.41	01:18:34.41
105	171	GLORIOSOS	X 105>135	29	1	1711	MÁRIO COSTA	M	39	00:13:28.36	00:13:28.36
					2	1711	MÁRIO COSTA	M	39	00:12:17.63	00:25:45.99
					3	1712	DORA COSTA	F	32	00:17:18.13	00:43:04.12
					4	1713	GIL MARGARIDO	M	42	00:16:42.92	00:59:47.04
					5		TODOS			00:18:50.65	01:18:37.69
106	151	ORIENTAL X2	X >136	11	1	1511	JORGE MANUEL CARREIRAS	M	53	00:15:11.89	00:15:11.89
					2	1511	JORGE MANUEL CARREIRAS	M	53	00:15:46.49	00:30:58.38
					3	1512	ELISABETE COSTA	F	39	00:15:11.71	00:46:10.09
					4	1513	CARLOS BARATA CORREIA	M	67	00:16:19.15	01:02:29.24
					5		TODOS			00:16:20.14	01:18:49.38
107	14	SPORTINGS DE ALMEIDA	X >136	12	1	141	ALEXANDRE DÂMASO	M	51	00:14:02.74	00:14:02.74
					2	141	ALEXANDRE DÂMASO	M	51	00:13:55.63	00:27:58.37
					3	142	NUNO ALMEIDA	M	44	00:17:35.56	00:45:33.93
					4	143	ANA ALMEIDA	F	42	00:14:55.31	01:00:29.24
					5		TODOS			00:18:28.61	01:18:57.85
108	47	QUARENTÕES NA BISGA 7	X 105>135	30	1	471	SERGIO DUARTE	M	60	00:15:55.62	00:15:55.62
					2	471	SERGIO DUARTE	M	60	00:16:08.16	00:32:03.78
					3	472	CARLA SEQUEIRA	F	44	00:16:29.22	00:48:33.00
					4	473	MARTA BRUNO	F	26	00:13:46.34	01:02:19.34
					5		TODOS			00:16:45.48	01:19:04.82

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

109	135	CGD3	M 105>135	25	1	1351	PEDRO DA COSTA	M	47	00:16:30.98	00:16:30.98
					2	1351	PEDRO DA COSTA	M	47	00:16:41.82	00:33:12.80
					3	1352	HUGO VENANCIO	M	41	00:15:01.20	00:48:14.00
					4	1353	PEDRO LOPES	M	40	00:14:27.56	01:02:41.56
					5		TODOS			00:16:26.33	01:19:07.89
110	44	TRILHOS NOCTURNOS TEAM RUNNING 1	X 105>135	31	1	441	BRUNO MARCELINO	M	37	00:11:04.20	00:11:04.20
					2	441	BRUNO MARCELINO	M	37	00:11:29.18	00:22:33.38
					3	442	ADELAIDE MARTINS	F	46	00:19:27.53	00:42:00.91
					4	443	PAULA SANTOS	F	51	00:17:11.68	00:59:12.59
					5		TODOS			00:20:07.12	01:19:19.71
111	92	ALVERCA URBAN RUNNERS 3	X 105>135	32	1	921	NUNO MENDES	M	46	00:13:52.10	00:13:52.10
					2	921	NUNO MENDES	M	46	00:13:32.64	00:27:24.74
					3	922	RAQUEL MENDES	F	32	00:16:34.35	00:43:59.09
					4	923	ALEXANDRA PESTANA	F	47	00:17:30.27	01:01:29.36
					5		TODOS			00:18:21.83	01:19:51.19
112	85	ANSELMINHO RUNNERS	X 105>135	33	1	851	ADRIANO ZAMBUJEIRO	M	43	00:14:40.63	00:14:40.63
					2	851	ADRIANO ZAMBUJEIRO	M	43	00:15:04.70	00:29:45.33
					3	852	NUNO ALMEIDA	M	40	00:14:30.05	00:44:15.38
					4	853	MARISA SERRA	F	48	00:17:20.45	01:01:35.83
					5		TODOS			00:18:17.51	01:19:53.34
113	157	WINE IN MODERATION	X >136	13	1	1571	PEDRO JORGE	M	32	00:14:38.16	00:14:38.16
					2	1571	PEDRO JORGE	M	32	00:17:03.73	00:31:41.89

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1572	HENRIQUETA MAJOR	F	54	00:16:16.90	00:47:58.79
					4	1573	ANTÓNIO MAJOR	M	57	00:15:11.58	01:03:10.37
					5		TODOS			00:16:46.11	01:19:56.48
114	137	CGD 5	M >136	19	1	1371	PEDRO FONTOURA	M	49	00:14:14.45	00:14:14.45
					2	1371	PEDRO FONTOURA	M	49	00:14:32.03	00:28:46.48
					3	1372	ESMERALDO PEREIRA	M	73	00:17:39.76	00:46:26.24
					4	1373	FERNANDO LIMA	M	50	00:15:05.47	01:01:31.71
					5		TODOS			00:18:29.23	01:20:00.94
115	5	RUNNERS DA FRENTE RIBEIRINHA 5	X >136	14	1	51	PEDRO TAVARES	M	44	00:13:17.79	00:13:17.79
					2	51	PEDRO TAVARES	M	44	00:14:44.54	00:28:02.33
					3	52	ZÉ LUIS DOMINGOS	M	54	00:16:00.60	00:44:02.93
					4	53	PAULA SOARES	F	46	00:17:33.02	01:01:35.95
					5		TODOS			00:18:59.23	01:20:35.18
116	8	LISNAVE RUNNERS	M <104	11	1	81	MARCO CAVACO	M	30	00:14:49.73	00:14:49.73
					2	81	MARCO CAVACO	M	30	00:15:03.55	00:29:53.28
					3	82	ALEX CAVACO	M	25	00:16:32.54	00:46:25.82
					4	83	EDGAR FIGUEIRAS	M	29	00:14:17.19	01:00:43.01
					5		TODOS			00:20:04.46	01:20:47.47
117	53	QUARENTÕES NA BISGA 5	X >136	15	1	531	SERGIO BERNARDO	M	46	00:14:21.04	00:14:21.04
					2	531	SERGIO BERNARDO	M	46	00:15:25.83	00:29:46.87
					3	532	RICARDO FIGUEIREDO	M	48	00:16:34.07	00:46:20.94
					4	533	SONIA GARCIA	F	43	00:16:56.67	01:03:17.61
					5		TODOS			00:17:32.52	01:20:50.13

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

118	128	PINTAROLAS	X 105>135	34	1	1281	MANUEL BRANDO	M	30	00:13:56.80	00:13:56.80
					2	1281	MANUEL BRANDO	M	30	00:15:38.47	00:29:35.27
					3	1282	JOANA CUNHA	F	31	00:17:44.41	00:47:19.68
					4	1283	ADRIANO CUNHA	M	65	00:15:21.99	01:02:41.67
					5		TODOS			00:18:32.05	01:21:13.72
119	27	SEM LIMITES 1	M 105>135	26	1	271	NUNO MALTEZ	M	48	00:15:31.24	00:15:31.24
					2	271	NUNO MALTEZ	M	48	00:17:12.79	00:32:44.03
					3	272	RUI C VAZ	M	40	00:15:10.98	00:47:55.01
					4	273	JORGE RODRIGUES	M	39	00:15:55.15	01:03:50.16
					5		TODOS			00:17:36.27	01:21:26.43
120	60	LINK 5	M <104	12	1	601	PEDRO CORREIA	M	29	00:15:14.66	00:15:14.66
					2	601	PEDRO CORREIA	M	29	00:15:58.00	00:31:12.66
					3	602	GONÇALO PEREIRA	M	24	00:14:45.37	00:45:58.03
					4	603	JOSÉ PIRES	M	45	00:16:57.70	01:02:55.73
					5		TODOS			00:18:49.93	01:21:45.66
121	10	RUNNERS DA FRENTE RIBEIRINHA 6	X 105>135	35	1	101	FERNANDO ANDRADE	M	34	00:13:53.29	00:13:53.29
					2	101	FERNANDO ANDRADE	M	34	00:14:43.20	00:28:36.49
					3	102	SARA ALFENIM	F	44	00:18:26.03	00:47:02.52
					4	103	SU SILVA	F	44	00:16:03.00	01:03:05.52
					5		TODOS			00:18:44.64	01:21:50.16
122	23	AMIGOS DOS TRILHOS 1	F >136	4	1	231	LOURDES ROMERO	F	61	00:15:46.98	00:15:46.98
					2	231	LOURDES ROMERO	F	61	00:16:39.27	00:32:26.25

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	232	ISABEL RODRIGUES	F	48	00:16:59.39	00:49:25.64
					4	233	ANA NUNES	F	48	00:15:47.83	01:05:13.47
					5		TODOS			00:16:56.24	01:22:09.71
123	40	WOW 2	X 105>135	36	1	401	JOÃO SABINA	M	42	00:13:50.43	00:13:50.43
					2	401	JOÃO SABINA	M	42	00:13:53.61	00:27:44.04
					3	402	CRISTINA REIS	F	47	00:18:39.86	00:46:23.90
					4	403	FILIPA DIAS	F	42	00:16:18.74	01:02:42.64
					5		TODOS			00:19:30.60	01:22:13.24
124	66	CAROL&BRAVOS	X 105>135	37	1	661	PEDRO BRAVO	M	40	00:13:17.52	00:13:17.52
					2	661	PEDRO BRAVO	M	40	00:13:51.51	00:27:09.03
					3	662	CAROLINA CONSTANT	F	40	00:16:59.96	00:44:08.99
					4	663	INÊS BRAVO	F	35	00:18:21.46	01:02:30.45
					5		TODOS			00:19:43.95	01:22:14.40
125	154	RENAS VELOZES - CORRER LISBOA	X 105>135	38	1	1541	MIGUEL BARATA	M	46	00:14:31.14	00:14:31.14
					2	1541	MIGUEL BARATA	M	46	00:15:45.93	00:30:17.07
					3	1542	FATIMA CARDOSO	F	44	00:16:44.27	00:47:01.34
					4	1543	MARIA BARATA	F	45	00:17:09.53	01:04:10.87
					5		TODOS			00:18:07.07	01:22:17.94
126	83	AZA AZAMBUJA COM ALMA II	X 105>135	39	1	831	RUI ALVES	M	45	00:14:15.98	00:14:15.98
					2	831	RUI ALVES	M	45	00:15:37.03	00:29:53.01
					3	832	RUTE VIEIRA	F	47	00:19:07.60	00:49:00.61
					4	833	ANDRÉ DIAS	M	32	00:14:06.96	01:03:07.57
					5		TODOS			00:19:29.60	01:22:37.17

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

127	127	FARMÁCIA SACOOR 2	X 105>135	40	1	1271	DIOGO FONSECA	M	29	00:13:14.88	00:13:14.88
					2	1271	DIOGO FONSECA	M	29	00:13:15.95	00:26:30.83
					3	1272	JOANA FONSECA	F	32	00:18:54.70	00:45:25.53
					4	1273	MAMAJEE KESHAVJEE	M	74	00:17:03.21	01:02:28.74
					5		TODOS			00:20:18.72	01:22:47.46
128	79	ONH	M >136	20	1	791	CARLOS MIGUEL	M	46	00:15:30.00	00:15:30.00
					2	791	CARLOS MIGUEL	M	46	00:15:21.07	00:30:51.07
					3	792	NUNO CARDOSO	M	47	00:17:51.15	00:48:42.22
					4	793	HELDER PARREIRA	M	49	00:14:26.17	01:03:08.39
					5		TODOS			00:19:47.54	01:22:55.93
129	35	AERO RUNNERS 03	X >136	16	1	351	RICARDO LEITÃO	M	43	00:12:13.02	00:12:13.02
					2	351	RICARDO LEITÃO	M	43	00:12:35.50	00:24:48.52
					3	352	ANA SEABRA	F	54	00:19:52.30	00:44:40.82
					4	353	ALEXANDRA PIRES	F	52	00:17:40.90	01:02:21.72
					5		TODOS			00:20:40.68	01:23:02.40
130	81	SLEEPY GONZALES	X <104	5	1	811	MADALENA CABRAL	F	26	00:15:34.46	00:15:34.46
					2	811	MADALENA CABRAL	F	26	00:16:26.68	00:32:01.14
					3	812	JOANA COSTA	F	33	00:17:00.24	00:49:01.38
					4	813	ANTÓNIO VIAN	M	30	00:15:37.35	01:04:38.73
					5		TODOS			00:18:26.89	01:23:05.62
131	43	TRILHOS NOCTURNOS TEAM RUNNING 2	X >136	17	1	431	HELENA SOUSA	F	40	00:15:09.01	00:15:09.01
					2	431	HELENA SOUSA	F	40	00:15:44.74	00:30:53.75

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	432	PALMIRA RIBEIRO	F	51	00:16:44.66	00:47:38.41
					4	433	MANUEL LIMA	M	57	00:17:21.93	01:05:00.34
					5		TODOS			00:18:28.98	01:23:29.32
132	61	O BOLO REI E AS JEROPIGAS	X >136	18	1	611	OSCAR ROCHA	M	59	00:14:20.73	00:14:20.73
					2	611	OSCAR ROCHA	M	59	00:14:07.88	00:28:28.61
					3	612	JOANA DARC CHOURICO	F	56	00:18:19.03	00:46:47.64
					4	613	LENA VIEIRA	F	57	00:18:17.22	01:05:04.86
					5		TODOS			00:18:42.32	01:23:47.18
133	146	PREMIUM RUNNERS 2	X 105>135	41	1	1461	GUILHERME LIMA	M	17	00:14:31.69	00:14:31.69
					2	1461	GUILHERME LIMA	M	17	00:14:15.28	00:28:46.97
					3	1462	LUCINDA BASTOS	F	56	00:19:32.42	00:48:19.39
					4	1463	CRISTINA OLIVEIRA	F	44	00:15:31.54	01:03:50.93
					5		TODOS			00:20:04.09	01:23:55.02
134	74	SERVIÇOS SOCIAIS MONTEPIO V	F >136	5	1	741	TERESA CARDOSO	F	40	00:15:10.84	00:15:10.84
					2	741	TERESA CARDOSO	F	40	00:15:35.59	00:30:46.43
					3	742	NATÁLIA NARCISO	F	55	00:17:29.06	00:48:15.49
					4	743	CLAUDIA GRENCHO	F	47	00:17:05.51	01:05:21.00
					5		TODOS			00:18:44.30	01:24:05.30
135	26	SEM LIMITES 2	M >136	21	1	261	CARLOS PEREIRA	M	43	00:15:29.76	00:15:29.76
					2	261	CARLOS PEREIRA	M	43	00:16:38.31	00:32:08.07
					3	262	RAMIRO VAZ	M	49	00:17:49.91	00:49:57.98
					4	263	RUI MENEZES	M	48	00:14:13.86	01:04:11.84
					5		TODOS			00:19:56.48	01:24:08.32



XISTARCA
EVENTOS DESPORTIVOS

136	18	MULHERES QUE CORREM COM LOBOS	F 105>135	6	1	181	CLARA CHAVES	F	47	00:15:33.18	00:15:33.18
					2	181	CLARA CHAVES	F	47	00:16:59.76	00:32:32.94
					3	182	TERESA CUNHA	F	39	00:15:35.06	00:48:08.00
					4	183	ALICE FRANÇA	F	41	00:17:19.34	01:05:27.34
					5		TODOS			00:18:54.10	01:24:21.44
137	73	SERVIÇOS SOCIAIS MONTEPIO IV	X >136	19	1	731	LUIS GRENCHO	M	46	00:14:48.13	00:14:48.13
					2	731	LUIS GRENCHO	M	46	00:15:17.81	00:30:05.94
					3	732	CÉLIA BORGES	F	45	00:19:06.51	00:49:12.45
					4	733	JOÃO DIEGUES	M	48	00:15:55.95	01:05:08.40
					5		TODOS			00:19:24.18	01:24:32.58
138	166	CAAB	X 105>135	42	1	1661	SÉRGIO RODRIGUES	M	46	00:14:42.92	00:14:42.92
					2	1661	SÉRGIO RODRIGUES	M	46	00:15:31.81	00:30:14.73
					3	1662	JOÃO D'ALMEIDA	M	42	00:18:56.23	00:49:10.96
					4	1663	DORA ARENGA	F	47	00:16:12.30	01:05:23.26
					5		TODOS			00:19:13.71	01:24:36.97
139	33	TRÊS TRISTES TIGRES	X <104	6	1	331	ANDRÉ SOARES	M	32	00:13:56.30	00:13:56.30
					2	331	ANDRÉ SOARES	M	32	00:15:11.92	00:29:08.22
					3	332	DIANA MACHADO	F	29	00:18:27.44	00:47:35.66
					4	333	ISABEL MACHADO	F	26	00:16:16.93	01:03:52.59
					5		TODOS			00:21:03.95	01:24:56.54
140	30	CORUJAS 360º	X <104	7	1	301	IVO CRUZ	M	35	00:14:40.54	00:14:40.54
					2	301	IVO CRUZ	M	35	00:16:07.27	00:30:47.81

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	302	MARINA MENDES	F	34	00:18:46.53	00:49:34.34
					4	303	CÁTIA FREITAS	F	29	00:15:24.95	01:04:59.29
					5		TODOS			00:20:06.71	01:25:06.00
141	49	QUARENTÕES NA BISGA 1	X >136	20	1	491	MARIA DE FATIMA MACHADO	F	57	00:16:04.09	00:16:04.09
					2	491	MARIA DE FATIMA MACHADO	F	57	00:16:50.35	00:32:54.44
					3	492	FERNANDO MACHADO	M	60	00:15:08.97	00:48:03.41
					4	493	LUIZA COSTA	F	51	00:18:15.39	01:06:18.80
					5		TODOS			00:19:09.90	01:25:28.70
142	58	LINK 3	M <104	13	1	581	JOÃO SANTOS	M	28	00:14:47.96	00:14:47.96
					2	581	JOÃO SANTOS	M	28	00:15:30.66	00:30:18.62
					3	582	THOMAZ LIMA	M	25	00:18:55.89	00:49:14.51
					4	583	JOÃO JORGE	M	34	00:15:47.38	01:05:01.89
					5		TODOS			00:20:30.39	01:25:32.28
143	36	AERO RUNNERS 01	X >136	21	1	361	PATRICIA FERNANDES	F	47	00:16:21.38	00:16:21.38
					2	361	PATRICIA FERNANDES	F	47	00:16:59.35	00:33:20.73
					3	362	JOSE VERMELHUDO	M	60	00:16:36.12	00:49:56.85
					4	363	GISELA PADRE	F	45	00:17:25.51	01:07:22.36
					5		TODOS			00:18:16.65	01:25:39.01
144	97	ALVERCA URBAN RUNNERS 5	X >136	22	1	971	PAULO LOPES	M	38	00:14:33.86	00:14:33.86
					2	971	PAULO LOPES	M	38	00:15:07.05	00:29:40.91
					3	972	GRAÇA NOBRE	F	60	00:19:13.23	00:48:54.14
					4	973	ANA CALIÇA	F	41	00:17:36.02	01:06:30.16
					5		TODOS			00:19:25.10	01:25:55.26

05
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ESTAFETA
dos
REIS



XISTARCA
EVENTOS DESPORTIVOS

145	28	RUN FOR FUN	M >136	22	1	281	PEDRO MARRENECA	M	46	00:15:18.58	00:15:18.58
					2	281	PEDRO MARRENECA	M	46	00:15:53.09	00:31:11.67
					3	282	JORGE FILIPE	M	49	00:17:43.29	00:48:54.96
					4	283	RUI OLIVEIRA	M	50	00:17:42.56	01:06:37.52
					5		TODOS			00:19:24.08	01:26:01.60
146	125	TRIO ODEMIRA	X <104	8	1	1251	NUNO TRINDADE	M	35	00:16:46.65	00:16:46.65
					2	1251	NUNO TRINDADE	M	35	00:18:19.19	00:35:05.84
					3	1252	MARIA MARTINS	F	29	00:15:52.25	00:50:58.09
					4	1253	INÉS CARRAÇA	F	30	00:16:48.89	01:07:46.98
					5		TODOS			00:18:16.75	01:26:03.73
147	161	TRÊS A VEZ	X >136	23	1	1611	FERNANDO PIRES	M	53	00:15:28.86	00:15:28.86
					2	1611	FERNANDO PIRES	M	53	00:15:59.26	00:31:28.12
					3	1612	ANA SOARES	F	52	00:19:04.88	00:50:33.00
					4	1613	JOÃO ROSÁRIO	M	48	00:16:31.52	01:07:04.52
					5		TODOS			00:19:35.97	01:26:40.49
148	3	INCENSO	F 105>135	7	1	31	JOANA RODRIGUES	F	37	00:17:19.24	00:17:19.24
					2	31	JOANA RODRIGUES	F	37	00:18:19.35	00:35:38.59
					3	32	ERICA CASANOVA DA PONTE	F	34	00:16:32.52	00:52:11.11
					4	33	FILIPA RIBEIRO	F	37	00:15:52.75	01:08:03.86
					5		TODOS			00:18:47.08	01:26:50.94
149	147	PREMIUM RUNNERS 3	X >136	24	1	1471	RUI PEREIRA	M	41	00:16:33.71	00:16:33.71
					2	1471	RUI PEREIRA	M	41	00:18:48.63	00:35:22.34

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1472	ANTÓNIO FERNADES	M	56	00:17:32.33	00:52:54.67
					4	1473	KELLEN ABREU	F	43	00:15:15.10	01:08:09.77
					5		TODOS			00:18:46.47	01:26:56.24
150	72	SERVIÇOS SOCIAIS MONTEPIO III	M 105>135	27	1	721	RUI FAZENDEIRO	M	45	00:16:55.62	00:16:55.62
					2	721	RUI FAZENDEIRO	M	45	00:17:03.91	00:33:59.53
					3	722	RICARDO FERREIRA	M	40	00:17:23.47	00:51:23.00
					4	723	HELDER PALMA	M	48	00:16:53.49	01:08:16.49
					5		TODOS			00:19:04.82	01:27:21.31
151	65	CHEIOS DE FORÇA	X 105>135	43	1	651	FABIO BAGAGEM	M	33	00:15:25.25	00:15:25.25
					2	651	FABIO BAGAGEM	M	33	00:15:42.68	00:31:07.93
					3	652	MARISA MARTINS	F	43	00:17:27.71	00:48:35.64
					4	653	ANA ROCHA	F	36	00:18:52.26	01:07:27.90
					5		TODOS			00:20:26.82	01:27:54.72
152	162	VAGAROSAS	F >136	6	1	1621	SONIA ARRUDA	F	43	00:17:20.76	00:17:20.76
					2	1621	SONIA ARRUDA	F	43	00:17:25.98	00:34:46.74
					3	1622	MARIA EUGÉNIA CRUZ	F	46	00:17:47.34	00:52:34.08
					4	1623	SILVIA ANJOS	F	48	00:17:38.65	01:10:12.73
					5		TODOS			00:18:26.46	01:28:39.19
153	169	JACARÉ	F 105>135	8	1	1691	ANA RITA GOMES	F	38	00:18:28.64	00:18:28.64
					2	1691	ANA RITA GOMES	F	38	00:14:18.06	00:32:46.70
					3	1692	MARIA CLARA CORDEIRO	F	38	00:17:56.30	00:50:43.00
					4	1693	CÁTIA JOAQUIM	F	39	00:18:18.63	01:09:01.63
					5		TODOS			00:20:02.52	01:29:04.15

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

154	4	MIRRA	X 105>135	44	1	41	CLÁUDIO DA FONSECA	M	45	00:15:57.37	00:15:57.37
					2	41	CLÁUDIO DA FONSECA	M	45	00:16:18.53	00:32:15.90
					3	42	MARLENE CUNHA	F	40	00:21:04.10	00:53:20.00
					4	43	NELSON AFONSO	M	39	00:14:06.35	01:07:26.35
					5		TODOS			00:22:04.30	01:29:30.65
155	167	UNIT4MOVERS	X 105>135	45	1	1671	PEDRO VILA VERDE	M	48	00:16:20.95	00:16:20.95
					2	1671	PEDRO VILA VERDE	M	48	00:18:33.33	00:34:54.28
					3	1672	ANA BEATRIZ LOPES	F	37	00:16:43.72	00:51:38.00
					4	1673	GONÇALO CUNHA	M	46	00:18:52.70	01:10:30.70
					5		TODOS			00:19:41.80	01:30:12.50
156	117	ROTA DO SOL	X >136	25	1	1171	ANTÓNIO HENRIQUES	M	54	00:16:59.77	00:16:59.77
					2	1171	ANTÓNIO HENRIQUES	M	54	00:19:32.79	00:36:32.56
					3	1172	EDUARDA RODRIGUES	F	50	00:18:23.75	00:54:56.31
					4	1173	ANABELA MOREIRA	F	50	00:16:11.92	01:11:08.23
					5		TODOS			00:19:21.33	01:30:29.56
157	89	CONTA KMS	X <104	9	1	891	RICARDO GUERREIRO	M	41	00:15:36.01	00:15:36.01
					2	891	RICARDO GUERREIRO	M	41	00:15:49.35	00:31:25.36
					3	892	RITA NARCISO	F	30	00:20:51.64	00:52:17.00
					4	893	INÊS MATOS	F	31	00:16:41.98	01:08:58.98
					5		TODOS			00:21:46.02	01:30:45.00
158	168	FAM ROQUE SANTOS	X <104	10	1	1681	HUGO SANTOS	M	42	00:15:24.23	00:15:24.23
					2	1681	HUGO SANTOS	M	42	00:15:58.15	00:31:22.38

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1682	PEDRO SANTOS	M	12	00:18:05.46	00:49:27.84
					4	1683	RAQUEL ROQUE	F	41	00:19:36.27	01:09:04.11
					5		TODOS			00:22:07.40	01:31:11.51
159	50	QUARENTÕES NA BISGA 2	M >136	23	1	501	JORGE CARDOSO	M	46	00:16:13.16	00:16:13.16
					2	501	JORGE CARDOSO	M	46	00:20:45.60	00:36:58.76
					3	502	LUIS COSTA	M	56	00:18:29.39	00:55:28.15
					4	503	NUNO MENDES	M	49	00:16:18.47	01:11:46.62
					5		TODOS			00:19:26.69	01:31:13.31
160	91	PUPILAS DA MÁQUINA	F >136	7	1	911	DORA SIMÕES	F	45	00:16:44.66	00:16:44.66
					2	911	DORA SIMÕES	F	45	00:17:06.07	00:33:50.73
					3	912	SANDRA MARQUES	F	56	00:17:39.48	00:51:30.21
					4	913	JOANA GRILO	F	36	00:19:27.96	01:10:58.17
					5		TODOS			00:20:38.89	01:31:37.06
161	96	ALVERCA URBAN RUNNERS 4	X >136	26	1	961	MARGARIDA MONTEIRO	F	54	00:16:38.79	00:16:38.79
					2	961	MARGARIDA MONTEIRO	F	54	00:17:02.93	00:33:41.72
					3	962	RITA MERENDA	F	41	00:20:51.28	00:54:33.00
					4	963	VASCO LAVADO	M	44	00:16:12.89	01:10:45.89
					5		TODOS			00:21:44.11	01:32:30.00
162	12	RUNNERS DA FRENTE RIBEIRINHA 4	F 105>135	9	1	121	ANA ROSA	F	40	00:17:14.55	00:17:14.55
					2	121	ANA ROSA	F	40	00:18:12.17	00:35:26.72
					3	122	FERNANDA CARDOSO	F	42	00:18:20.02	00:53:46.74
					4	123	PAULA PONTINHA	F	46	00:19:11.62	01:12:58.36
					5		TODOS			00:19:49.03	01:32:47.39

05
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ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

163	88	AERO RUNNERS 02	X 105>135	46	1	881	JOAO MONTEIRO	M	40	00:18:18.09	00:18:18.09
					2	881	JOAO MONTEIRO	M	40	00:14:01.73	00:32:19.82
					3	882	ISABEL DIAS	F	51	00:20:51.67	00:53:11.49
					4	883	RUTE CASIMIRO	F	40	00:18:52.18	01:12:03.67
					5		TODOS			00:21:52.97	01:33:56.64
164	149	PREMIUM RUNNERS 5	X >136	27	1	1491	SUANANA SANTOS	F	44	00:16:56.74	00:16:56.74
					2	1491	SUANANA SANTOS	F	44	00:16:11.80	00:33:08.54
					3	1492	ELISABETE DOUTOR	F	42	00:20:24.93	00:53:33.47
					4	1493	RUI VENTURA	M	56	00:20:01.23	01:13:34.70
					5		TODOS			00:20:45.16	01:34:19.86
165	55	QUARENTÕES NA BISGA 8	X <104	11	1	551	JOAO SALVADO	M	25	00:15:47.00	00:15:47.00
					2	551	JOAO SALVADO	M	25	00:17:36.43	00:33:23.43
					3	552	ANDRÉ SALVADO	M	23	00:19:50.52	00:53:13.95
					4	553	SARA LARANJEIRA	F	24	00:18:22.57	01:11:36.52
					5		TODOS			00:23:53.48	01:35:30.00
166	90	OS 3 SOLTINHOS	X <104	12	1	901	BRUNO MIRANDA	M	36	00:16:33.48	00:16:33.48
					2	901	BRUNO MIRANDA	M	36	00:17:16.68	00:33:50.16
					3	902	MARIANA RODRIGUES	F	26	00:17:38.69	00:51:28.85
					4	903	ANA CATARINA BAIÃO	F	27	00:21:40.57	01:13:09.42
					5		TODOS			00:23:21.56	01:36:30.98
167	175	OS SERRANOS	X >136	28	1	1751	CARLOS LOPES	M	51	00:15:43.66	00:15:43.66
					2	1751	CARLOS LOPES	M	51	00:15:58.25	00:31:41.91

05
JAN.



ESTAFETA
DOS
REIS



XISTARCA
EVENTOS DESPORTIVOS

					3	1752	ODETE FRANCISCO	F	49	00:16:50.57	00:48:32.48
					4	1753	MÁRIO PIRES	M	60	00:25:55.49	01:14:27.97
					5		TODOS			00:24:52.17	01:39:20.14
168	110	AS FAVAS	F >136	8	1	1101	CARLA FANECO	F	45	00:16:48.54	00:16:48.54
					2	1101	CARLA FANECO	F	45	00:17:20.75	00:34:09.29
					3	1102	PAULA JORGE	F	52	00:24:25.71	00:58:35.00
					4	1103	SÓNIA ROLIM	F	53	00:20:06.47	01:18:41.47
					5		TODOS			00:25:36.31	01:44:17.78
169	87	TRILHOS NOCTURNOS TEAM RUNNING 3	X 105>135	47	1	871	MARIA MIRA	F	47	00:19:26.00	00:19:26.00
					2	871	MARIA MIRA	F	47	00:20:43.35	00:40:09.35
					3	872	SARA CHALANTE	F	32	00:22:50.65	01:03:00.00
					4	873	JOAQUIM MIRA	M	49	00:16:52.33	01:19:52.33
					5		TODOS			00:27:30.39	01:47:22.72