

29 ABRIL 16H30

BASE NAVAL ALFEITE | ALMADA



UMA PROVA
XISTARCA
EVENTOS DESPORTIVOS

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe	Pontos CFA Base Naval
1	74	MARCO CARDOSO	M	30		00:34:48.80	00:34:46.02		100
2	355	RICARDO JORDÃO	M	34		00:35:46.15	00:34:24.67	CUAB-TRILHO PERDIDO	
3	396	ROBERTO LADEIRAS	M	24		00:36:00.02	00:35:56.68	ACADEMIA MILITAR	
4	38	ANTÓNIO P MONTEIRO	M	25		00:36:28.24	00:36:24.70	QUIDRO	95
5	326	LUIS BAÇO	M	41		00:36:33.14	00:36:29.34		
6	62	RUI HENRIQUES	M	37		00:36:46.88	00:36:46.88	SERVIÇOS SOCIAIS MONTEPIO	95
7	383	MANUEL SOUSA	M	45		00:36:50.53	00:36:46.73	CEFA MARINHA	
8	397	PEDRO DUARTE	M	26		00:37:41.58	00:36:19.70	ACADEMIA MILITAR	
9	103	MIGUEL SOBRAL	M	38		00:37:41.74	00:37:39.70	AMINHACORRIDA/ MYPROTEIN	92
10	20	TIAGO LOBO	M	39		00:37:52.11	00:37:49.62		92
11	22	FERNANDO J S SANTOS	M	51		00:38:34.97	00:38:34.97	MARINHA GUERRA PORTUGUESA	90
12	88	JORGE AMARAL	M	48		00:38:58.83	00:38:56.24	AMINHACORRIDA/MYPROTEIN	89
13	26	NUNO SOARES	M	35		00:39:07.11	00:39:04.66		89
14	349	GONÇALO ALMEIDA	M	25		00:39:20.38	00:39:15.91		
15	324	LUIS REBELO	M	52		00:39:26.85	00:39:24.12	FALCÕES SELVAGENS	
16	358	JOÃO PASTOR	M	44		00:39:31.14	00:39:26.81	AA MAFRA	
17	392	JOSÉ GOMES	M	56		00:39:47.77	00:39:44.40		
18	57	PEDRO MARQUES	M	21		00:40:00.93	00:39:56.78	SÃO GERALDO RUNNING TEAM	87
19	336	ANTONIO M A SILVESTRE	M	51		00:40:09.14	00:40:03.09	SSTMODEMIRA	
20	385	FABIO TEIXEIRA	M	32		00:40:25.92	00:40:15.92	CEFA MARINHA	
21	58	FRANCISCO PEREIRA	M	24		00:40:29.03	00:40:29.03	SÃO GERALDO RUNNING TEAM	86
22	13	GIL X ALVES	M	40		00:40:35.74	00:40:35.74	UNIDOS DA MANUTENÇÃO	86
23	367	JOSÉ FALÉ	M	47		00:41:49.06	00:41:45.61	GD O INDEPENDENTE	
24	53	PEDRO M R C LIMA	M	51		00:42:02.90	00:41:59.46		83
25	351	ANTONIO COSTA	M	42		00:42:09.00	00:42:04.03	CPPEA	
26	87	CARLOS LOPES	M	43		00:42:34.97	00:42:21.54	AMINHACORRIDA/MYPROTEIN	82
27	386	ANDRE MARTINS	M	36		00:42:36.22	00:42:31.41	CEFA MARINHA	
28	323	DUARTE COSTA	M	33		00:42:49.66	00:42:46.35	CORRER LISBOA	
29	1	ANTÓNIO J L MARTINS	M	51		00:42:50.28	00:42:46.94	NAV RUNNERS	81
30	417	INÉS MARQUES	F	40		00:43:22.63	00:43:18.49		
31	17	LUIS M G JOSE	M	47		00:43:51.85	00:43:43.43		79
32	401	LUCIANO ARAUJO	M	21		00:43:54.77	00:43:51.28	ACADEMIA MILITAR	
33	341	JOSÉ C H CARDOSO	M	56		00:43:57.31	00:43:52.96		
34	375	JOSÉ BOUCEIRO	M	52		00:44:01.90	00:43:53.88	ADCR PJ	

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35	86	MARGARIDA ARAÚJO	F	20	00:44:20.23	00:44:13.77		78
36	314	ANDRÉ WIBORG	M	58	00:44:58.34	00:44:51.27	WL84	
37	18	BRUNO SILVA	M	37	00:45:03.88	00:44:58.00	BIFANAS CORRIDA	77
38	90	VITOR M R JORGE	M	55	00:45:08.24	00:45:02.56	AMINHACORRIDA/MYPROTEIN	77
39	35	MANUEL VAZ	M	57	00:45:15.54	00:45:09.90		77
40	69	VÍTOR ALVITO	M	30	00:45:15.87	00:45:07.17		77
41	65	HUGO MARREIROS	M	35	00:45:40.49	00:45:25.53	CORREDORES DA ADEGA	76
42	10	LUÍS F PESTANA	M	46	00:45:41.51	00:45:36.70		76
43	14	VALTER R M L N SANTOS	M	26	00:45:56.18	00:45:47.82		76
44	350	JOAQUIM RAMALHO	M	47	00:46:02.35	00:45:56.22	CORRER LISBOA	
45	347	FILIPE P GONÇALVES	M	36	00:46:03.73	00:45:57.25		
46	99	RUI CUNHA	M	37	00:46:04.52	00:45:56.68		76
47	321	JOSÉ FONSECA	M	48	00:46:10.60	00:46:06.66		
48	348	JOÃO BARRETO	M	54	00:46:13.73	00:46:06.53	BCC RUNNERS	
49	8	JOSE GASPAR	M	44	00:46:34.23	00:46:29.73	QUARTETO	75
50	327	JOÃO DIAS	M	51	00:46:49.89	00:46:47.55		
51	55	RUI POMBINHO	M	53	00:47:02.16	00:46:55.78	VALE DE MADEIROS	74
52	325	ANA REBELO	F	24	00:47:10.50	00:47:03.86	FALCÕES SELVAGENS	
53	414	ORLINDO FIGUEIREDO	M	69	00:47:14.44	00:47:09.04	CGD	74
54	42	NORBERTO MARQUES	M	46	00:47:23.04	00:47:12.51	RUNNING OF D ^a MARIA	73
55	357	FRANCISCO PASSOS	M	55	00:47:26.64	00:47:15.98		
56	333	MARTIM CORREIA	M	19	00:47:39.20	00:47:39.20		
57	24	LUIS ALEXANDRE	M	46	00:47:58.11	00:47:49.99		73
58	306	CARLOS PENA	M	47	00:48:00.43	00:47:48.17	CORRER POR GOSTO	
59	329	JOÃO AMÊNDOA	M	38	00:48:05.72	00:47:50.50		
60	96	LEONEL FERREIRINHA	M	68	00:48:06.80	00:47:53.54	C MILLENNIUM BCP	72
61	395	ANDRE FONSECA	M	29	00:48:19.39	00:48:13.04	ACADEMIA MILITAR	
62	391	ANA PEREIRA	F	47	00:48:26.72	00:48:19.58	CEFA MARINHA	
63	29	PEDRO FERREIRA	M	38	00:48:44.09	00:48:31.57		71
64	104	JOÃO G PEREIRA	M	39	00:48:49.33	00:48:49.33		71
65	361	NUNO GERVÁSIO	M	47	00:48:53.90	00:48:45.18	H24 SPORT CLUB	
66	413	NELSON LOURENÇO	M	45	00:48:54.10	00:48:44.67		
67	378	ANTONIO C NOVAS	M	38	00:49:02.01	00:48:48.28		
68	352	JOÃO CALISTO	M	56	00:49:06.49	00:48:58.54		
69	56	PEDRO ESTEVES	M	23	00:49:11.82	00:49:07.44	SÃO GERALDO RUNNING TEAM	71
70	84	JOÃO FRAGOSO	M	43	00:49:30.34	00:49:15.92	FATPSI	70

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EVENTOS DESPORTIVOS

71	334	TAM AFONSO	M	65	00:49:41.86	00:49:37.96	TRANQUILIDADE AÇOREANA CLUBE	
72	85	JOSE R S SILVA	M	51	00:49:44.85	00:49:32.57	OS PARDAIS	70
73	15	PAULO J G SILVA	M	48	00:49:44.95	00:49:33.61		70
74	7	MIGUEL FIGUEIREDO	M	42	00:49:49.58	00:49:45.43	QUARTETO	70
75	34	ARTUR CORREIA	M	35	00:49:51.56	00:49:43.85		70
76	415	MARQUES FERREIRA	M	30	00:50:03.99	00:49:51.63		
77	47	FERNANDO P F R ALDEANO	M	32	00:50:08.16	00:49:59.02	DIGIO OUTDOOR	69
78	400	LUIS VAZ	M	22	00:50:19.64	00:50:08.16	ACADEMIA MILITAR	
79	354	VIRGILIO OLIVEIRA	M	56	00:50:22.33	00:50:15.01	ADCR PJ	
80	374	JORGE M G S A ALVES	M	50	00:50:30.48	00:50:21.30		
81	319	ESTELA COSTA	F	42	00:50:32.17	00:50:22.32	JOBRINDE MONTES SALOIOS	
82	419	BRUNO DIAS	M	40	00:50:33.52	00:50:25.75	CGD	69
83	370	JAIME GOMES	M	60	00:50:40.96	00:50:33.80	SERVIÇOS SOCIAIS MONTEPIO	
84	59	EURICO LOUREIRO	M	36	00:50:43.08	00:50:36.64	SERVIÇOS SOCIAIS MONTEPIO	69
85	316	CARLOS CORREIA	M	31	00:50:47.74	00:50:42.63		
86	365	JOSÉ BARREIRA	M	54	00:50:51.46	00:50:41.06	FUNBUS - BARREIRO	
87	12	ÁLVARO GOMES	M	43	00:50:52.08	00:50:48.46		68
88	332	FERNANDO ALMEIDA	M	52	00:50:55.91	00:50:41.87		
89	4	PLAMEN DAMYANOV	M	36	00:51:04.79	00:50:58.19		68
90	330	PAULO LACERDA	M	46	00:51:13.61	00:50:59.97		
91	328	ANA ALMEIDA	F	26	00:51:14.28	00:51:06.70		
92	94	FERNANDO RODRIGUES	M	52	00:51:14.44	00:51:02.10	C MILLENNIUM BCP	68
93	300	MÁRIO SOBRAL	M	42	00:51:19.99	00:51:03.88	CORRER LISBOA	
94	66	LUIS BATISTA	M	35	00:51:21.71	00:51:06.43	CORREDORES DA ADEGA	68
95	9	LUÍS NETO	M	52	00:51:37.80	00:51:32.68	CARAPUS DE CORRIDA	67
96	380	FERNANDO ALMEIDA	M	48	00:51:39.23	00:51:32.10	C MILLENNIUM BCP	
97	312	ANA LOPES	F	48	00:51:46.46	00:51:37.08		
98	305	PAULO SILVA	M	46	00:51:50.06	00:51:44.91	1 KM/X	
99	311	PAULO MIRANDA	M	46	00:51:50.51	00:51:41.13		
100	51	TITO SANTOS	M	41	00:51:56.79	00:51:48.95	CLUBE VODAFONE	67
101	31	ANA F C FEIJÃO	F	22	00:52:06.37	00:52:01.45		67
102	307	JOSÉ F R CALISTO	M	33	00:52:23.62	00:52:08.30	BE FUNS	
103	359	ANDREIA PALMEIRAO	F	41	00:53:19.59	00:53:00.81		
104	339	DIOGO LUCAS	M	19	00:53:26.91	00:53:20.54		
105	338	PAULO GONÇALVES	M	20	00:53:27.55	00:53:21.96		
106	44	JOSÉ VIEIRA	M	34	00:53:56.05	00:53:05.76	FCK RUNNERS	65

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107	46	DAGMAR BAPTISTA	M	39	00:53:58.06	00:53:07.28	FCK RUNNERS	64
108	320	ANTÓNIO HENRIQUES	M	67	00:54:06.77	00:53:57.80		
109	92	VÍTOR CUNHA	M	37	00:54:16.15	00:54:07.19		64
110	363	FRANCISCO PIRES	M	43	00:54:19.71	00:54:09.50	FUNBUS - BARREIRO	
111	302	JOSÉ M PEDRO	M	62	00:54:29.88	00:54:16.96		
112	366	NUNO CARVALHO	M	43	00:54:42.48	00:54:31.49	FUNBUS - BARREIRO	
113	346	LUIS PROENÇA	M	47	00:54:44.94	00:54:35.10		
114	369	HELDER PALMA	M	46	00:54:45.17	00:54:38.52	SERVIÇOS SOCIAIS MONTEPIO	
115	25	ANTONIO M S JORGE	M	63	00:54:45.44	00:54:38.28	NCAFB	64
116	82	HELDER MENEZES	M	39	00:54:53.45	00:54:50.95		63
117	64	DIANE DETOLLENAERE	F	51	00:54:55.64	00:54:47.73		63
118	93	LEONEL BRANDAO	M	49	00:54:57.20	00:54:49.93	C MILLENNIUM BCP	63
119	45	ANTÓNIO RODRIGUES	M	35	00:55:09.20	00:54:21.96	FCK RUNNERS	63
120	97	JORGE SOARES	M	52	00:55:13.66	00:55:01.83	C MILLENNIUM BCP	63
121	6	JOAQUIM BENTES	M	66	00:55:18.38	00:55:12.90	QUARTETO	63
122	5	ANTONIO RIBEIRO	M	52	00:55:18.99	00:55:14.62	QUARTETO	63
123	362	ANA P RAMOS	F	38	00:55:25.10	00:55:16.51	H24 SPORT CLUB	
124	304	BRUNO SILVA	M	42	00:55:41.37	00:55:35.03	1 KM/X	
125	83	SIBORRO ALVES	M	41	00:55:51.10	00:55:35.72	FATPSI	62
126	23	VITOR TEIXEIRA	M	48	00:56:08.32	00:56:02.27		62
127	345	JOSÉ SEBASTIÃO	M	46	00:56:33.58	00:56:24.79		
128	63	VICTOR SILVA	M	56	00:56:38.43	00:56:30.27		61
129	79	PEDRO NETO	M	35	00:56:39.24	00:56:27.86	TARTARUGAS DA BAIA	61
130	78	VÂNIA TEIXEIRA	F	33	00:56:39.42	00:56:27.90	TARTARUGAS DA BAIA	61
131	27	RICARDO AFONSO	M	37	00:56:40.58	00:56:36.05		61
132	416	PAULO GONÇALVES	M	50	00:56:40.62	00:56:34.67		
133	373	JAIME AFONSO	M	52	00:56:42.33	00:56:31.57	CLUBE ANACOM	
134	356	INÊS FARINHA	F	31	00:57:29.82	00:57:18.27		
135	16	HELENA I R GONÇALVES	F	42	00:57:38.29	00:57:27.93		60
136	382	JOSÉ CATITA	M	58	00:57:49.33	00:57:38.07		
137	28	JOÃO C A BORGES	M	49	00:58:21.73	00:58:10.04		60
138	331	JUAN ALVAREZ	M	44	00:58:26.02	00:58:12.81		
139	21	MARCO ANTUNES	M	43	00:58:34.56	00:58:17.49		59
140	71	CARLOS SAMPAIO	M	54	00:58:37.43	00:58:31.85		59
141	372	ALEXANDRE SILVA	M	41	00:59:27.16	00:59:09.03	CLUBE VODAFONE	
142	310	JOSÉ REIS	M	63	00:59:56.65	00:59:48.16	EQUIPA	

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143	73	EDUARDO AMORIM	M	45	01:00:04.38	00:59:41.69		58
144	52	SÉRGIO PEREIRA	M	44	01:00:17.53	01:00:09.70	CLUBE VODAFONE	58
145	81	LUIS J S B LARA	M	36	01:00:18.10	01:00:02.13		58
146	360	RUI XAVIER	M	50	01:00:20.56	01:00:15.08	CP EDP LISBOA	
147	100	ALEKSANDRA DAMYANOVA	F	32	01:00:24.23	01:00:17.81		58
148	41	JORGE FERREIRA	M	52	01:00:25.63	01:00:14.50	RUNNING OF D ^a MARIA	58
149	76	JOÃO P F CHURRO	M	39	01:00:49.97	01:00:41.35		57
150	353	JÚLIA CALISTO	F	53	01:01:41.41	01:01:34.80		
151	335	CLAUDIA TAM	F	35	01:01:44.65	01:01:34.04	TRANQUILIDADE AÇOREANA CLUBE	
152	371	SOFIA SILVA	F	41	01:01:49.00	01:01:36.36	ADCR PJ	
153	368	NELSON LAIA	M	43	01:01:49.09	01:01:36.76	ADCR PJ	
154	390	NEUZA PERPETUO	F	29	01:01:50.40	01:01:31.02	CEFA MARINHA	
155	389	TELMO ZEGRE	M	31	01:01:50.78	01:01:31.75	CEFA MARINHA	
156	342	PAULO J GODINHO	M	50	01:02:30.30	01:02:18.84		
157	3	ANDRÉ CARTAXO	M	26	01:02:54.23	01:02:38.34		55
158	2	PAULO FERREIRA	M	44	01:02:54.34	01:02:38.69		55
159	54	SÉRGIO M GALVÃO	M	40	01:02:58.11	01:02:48.57	DREAM TEAM PEDAL PARTIDO	55
160	33	MANUEL N BAPTISTA	M	52	01:03:07.44	01:03:03.96		55
161	37	ANTÓNIO J MONTEIRO	M	57	01:03:15.81	01:03:01.58	QUIDRO	55
162	384	ALEXANDRA INACIO	F	33	01:03:16.03	01:03:00.94	CEFA MARINHA	
163	68	PATRICIA QUEIROS	F	31	01:03:21.54	01:03:06.58		55
164	420	ANDRÉ L B VAZ	M	44	01:04:11.08	01:02:50.09		
165	72	ANDRÉ SABINO	M	34	01:04:18.18	01:04:02.65		54
166	43	ALEXANDRE MENDONÇA	M	36	01:04:30.20	01:00:39.25	FCK RUNNERS	54
167	379	JOAO LANDEIRO	M	71	01:04:42.38	01:04:28.42		
168	343	ALTINO SILVA	M	73	01:05:04.40	01:04:54.91	CP IVA	
169	381	CUSTODIO TEIGÃO	M	63	01:05:32.64	01:05:20.47		
170	377	PORFÍRIO VAZ	M	37	01:05:38.53	01:05:26.43		
171	36	JOÃO P CARVALHO	M	57	01:05:42.94	01:05:29.44	QUIDRO	53
172	95	HENRIQUE ALVES	M	54	01:05:44.19	01:05:32.63	C MILLENNIUM BCP	53
173	98	HUMBERTO FERREIRA	M	70	01:05:50.00	01:05:50.00	C MILLENNIUM BCP	53
174	309	PAULA ALVES	F	64	01:06:01.60	01:05:52.74	EQUIPA	
175	50	RUI E PINTO	M	60	01:06:19.91	01:06:04.84		52
176	318	ARMANDO CORREIA	M	58	01:06:31.75	01:06:26.55		
177	317	SILVIO FERNANDES	M	70	01:07:46.04	01:07:40.97		

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178	308	CESAR GUERRA	M	47	01:08:31.69	01:08:16.34	CTJ	
179	337	NUNO FRANCO	M	34	01:08:31.76	01:08:11.77		
180	418	JOAQUIM CARDOSO	M	45	01:10:51.95	01:10:35.40		
181	11	FILIPA MARTINS	F	41	01:10:59.23	01:10:46.83		49
182	388	ANA S OSORIO	F	28	01:11:17.45	01:10:57.56	CEFA MARINHA	
183	387	MICKAEL FERREIRA	M	29	01:11:17.68	01:10:58.71	CEFA MARINHA	
184	80	JORGE PINTO	M	40	01:12:35.43	01:11:18.49		48
185	301	PEDRO M S VIEIRA	M	45	01:13:43.65	01:13:30.84		
186	19	MARIO PIRES	M	58	01:19:37.83	01:19:21.03		44

Total de registros: 186