

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	377	BRUNO PAIXÃO	M	34	1	00:30:05.32	00:30:04.87	BEJA ATLÉTICO CLUBE
2	405	YOUSSEF EL KALAI	M	37	2	00:30:25.00	00:30:25.00	CD DE SÃO SALVADOR DE CAMPO
3	397	PEDRO ARSÉNIO	M	36	3	00:30:38.21	00:30:38.21	CF OS BELENENSES
4	453	RUBEN PESSOA	M	24	4	00:32:01.00	00:32:01.00	SPORTING CP
5	161	PEDRO FILIPE MORAIS NOGUEIRA	M	36	5	00:32:51.83	00:32:51.83	AA MAFRA
6	146	RODOLFO JOSÉ FERREIRA BATALHA	M	35	6	00:33:01.66	00:33:00.24	AA MAFRA
7	318	JOÃO CRUZ	M	33	7	00:33:05.78	00:33:04.19	BEJA ATLÉTICO CLUBE
8	228	LUIS BAÇO	M	43	1	00:33:09.96	00:33:09.96	VITÓRIA FUTEBOL CLUBE
9	229	JOÃO VAZ	M	51	1	00:33:14.22	00:33:14.22	VITÓRIA FUTEBOL CLUBE
10	57	PEDRO GOMES	M	41	2	00:33:17.03	00:33:16.29	FF PAZ MUNDIAL E UNIFICAÇÃO
11	232	MARCELO SANTOS	M	32	8	00:33:23.47	00:33:22.01	VITÓRIA FUTEBOL CLUBE
12	238	RODRIGO CARRILHO	M	36	9	00:33:47.75	00:33:46.08	C SLB DE VENDAS NOVAS
13	362	LUIS COELHO	M	46	1	00:33:56.22	00:33:54.98	GDR REBOLEIRA
14	65	ALEX SCUTARU	M	46	2	00:33:57.00	00:33:57.00	GDR C PONTERROLENSE
15	314	ESTEVÃO JANEIRO	M	22	10	00:33:58.47	00:33:58.47	BEJA ATLÉTICO CLUBE
16	230	MARK RIBEIRO	M	32	11	00:34:17.15	00:34:15.46	VITÓRIA FUTEBOL CLUBE
17	407	ROBERTO BAIÃO	M	26	12	00:34:22.76	00:34:21.00	JUVENTUDE ATLÉTICO CLUBE
18	147	JORGE DOS SANTOS DA CRUZ	M	53	2	00:34:28.00	00:34:28.00	AA MAFRA
19	410	JOÃO JESUS	M	28	13	00:34:32.00	00:34:30.58	AMICICLO GRÂNDOLA
20	379	SÉRGIO PAIVA	M	46	3	00:34:39.20	00:34:38.36	FF PAZ MUNDIAL E UNIFICAÇÃO
21	311	CUSTÓDIO ANTÓNIO	M	42	3	00:34:44.27	00:34:44.27	BEJA ATLÉTICO CLUBE
22	58	FLÁVIO SANTOS	M	22	14	00:34:45.05	00:34:42.59	FF PAZ MUNDIAL E UNIFICAÇÃO
23	360	EUGÉNIO NETO	M	56	1	00:34:47.56	00:34:47.56	GDR REBOLEIRA
24	369	HUGO BALUGA	M	22	15	00:34:52.50	00:34:52.50	AMICICLO GRÂNDOLA
25	315	HUGO CARVALHO	M	37	16	00:34:53.38	00:34:50.12	BEJA ATLÉTICO CLUBE
26	319	CARLOS CARDOSO	M	36	17	00:34:55.21	00:34:53.66	GDR RUNNING
27	293	EDGAR MATIAS	M	39	18	00:35:04.94	00:35:02.54	GDR SÃO FRANCISCO DA SERRA
28	358	JOSÉ INACIO	M	53	3	00:35:15.51	00:35:15.51	GDR REBOLEIRA
29	231	ANDRE ALVES	M	32	19	00:35:18.36	00:35:16.51	VITÓRIA FUTEBOL CLUBE
30	300	PAULO MORAIS	M	44	4	00:35:22.76	00:35:20.89	GDR SÃO FRANCISCO DA SERRA
31	297	RUI GONÇALVES	M	43	5	00:35:30.14	00:35:26.59	GDR SÃO FRANCISCO DA SERRA
32	301	EMANUEL DIOGO	M	28	20	00:35:38.42	00:35:35.96	GDR SÃO FRANCISCO DA SERRA
33	127	MARCO PINTO	M	27	21	00:35:38.60	00:35:38.60	FF PAZ MUNDIAL E UNIFICAÇÃO
34	437	RICARDO JOSÉ GOMES	M	35	22	00:35:40.00	00:35:40.00	AMICICLO GRÂNDOLA
35	108	TIAGO MARQUES	M	41	6	00:35:47.69	00:35:46.22	CB REGUENGOS DE MONSARAZ

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



36	359	PAULO MOREIRA	M	49	4	00:35:51.39	00:35:49.53	GDR REBOLEIRA
37	224	JOÃO VEIGA	M	59	2	00:35:53.34	00:35:51.83	VITÓRIA FUTEBOL CLUBE
38	441	PEDRO M ESTEVES	M	42	7	00:35:55.00	00:35:55.00	CF OS BELENENSES
39	436	RUI MORGADO CUPIDO	M	50	4	00:36:10.00	00:36:10.00	AA MAFRA
40	49	FERNANDO ARTUR DE MIRANDA	M	46	5	00:36:15.02	00:36:13.60	OS LITROSAS
41	393	LUÍS CARDOSO	M	30	23	00:36:15.31	00:36:13.21	FF PAZ MUNDIAL E UNIFICAÇÃO
42	273	NUNO ROMAO	M	46	6	00:36:15.90	00:36:15.90	GFD RUNNING
43	267	FERNANDO PEREIRA	M	45	7	00:36:17.01	00:36:16.16	GFD RUNNING
44	312	JOSÉ BANHA	M	27	24	00:36:22.16	00:36:18.87	BEJA ATLÉTICO CLUBE
45	364	RÚBEN FONSECA	M	37	25	00:36:24.55	00:36:22.47	AMICICLO GRÂNDOLA
46	408	PEDRO LOPES	M	27	26	00:36:27.00	00:36:27.00	
47	394	DUARTE FORTES	M	20	27	00:36:32.42	00:36:28.70	BEJA ATLÉTICO CLUBE
48	50	PAULO FELIX	M	51	5	00:36:39.79	00:36:38.49	OS LITROSAS
49	41	DANIEL PEREIRA	M	32	28	00:36:44.29	00:36:40.42	JUVENTUDE ATLÉTICO CLUBE
50	253	JOÃO RECTO	M	35	29	00:36:47.00	00:36:47.00	EA MONTIJO- A.F.D.D
51	159	MARIUS LEORDEAN	M	36	30	00:36:50.43	00:36:48.22	AA MAFRA
52	310	JOÃO DIOGO COSTA	M	28	31	00:37:00.78	00:36:58.09	
53	435	VICTOR NELSON AMARAL	M	42	8	00:37:02.00	00:37:02.00	AA MAFRA
54	291	EUCLIDES ALMEIDA	M	37	32	00:37:03.98	00:37:00.75	GDR SÃO FRANCISCO DA SERRA
55	62	PAULO CARVALHO	M	49	8	00:37:10.00	00:37:06.01	FF PAZ MUNDIAL E UNIFICAÇÃO
56	225	SILVESTRE GOMES	M	63	1	00:37:11.82	00:37:11.82	VITÓRIA FUTEBOL CLUBE
57	131	ABEL DA GLÓRIA	M	56	3	00:37:12.68	00:37:11.04	CLUBE DESPORTIVO ESTRELA
58	59	EDGAR TRIGO	M	49	9	00:37:28.61	00:37:26.75	FF PAZ MUNDIAL E UNIFICAÇÃO
59	361	VALTER OLIVEIRA	M	41	9	00:37:30.68	00:37:28.82	GDR REBOLEIRA
60	12	JOÃO MIGUEL MIRANDA	M	48	10	00:37:35.73	00:37:32.23	
61	347	AIRES SEABRA PRATAS	M	63	2	00:37:46.23	00:37:46.23	UAP
62	427	RICARDO SANTOS	M	38	33	00:37:50.70	00:37:49.42	OLIMPICO DE OEIRAS
63	429	SANDRA TEIXEIRA	F	39	1	00:37:54.66	00:37:54.66	SPORTING CP
64	155	NATANAEL GOMES GUERREIRO	M	25	34	00:38:14.01	00:38:13.55	AA MAFRA
65	27	RUI HENRIQUES	M	45	11	00:38:22.45	00:38:20.94	FF PAZ MUNDIAL E UNIFICAÇÃO
66	295	PAULO CAVALINHOS	M	42	10	00:38:29.30	00:38:24.70	GDR SÃO FRANCISCO DA SERRA
67	313	MÁRIO GODINHO	M	54	6	00:38:34.41	00:38:31.55	BEJA ATLÉTICO CLUBE
68	335	RUI GAMITO	M	37	35	00:38:37.92	00:38:33.16	JUVENTUDE ATLÉTICO CLUBE
69	240	JOSÉ MARCELINO	M	56	4	00:38:39.78	00:38:36.76	CLUBE DESPORTIVO ESTRELA
70	381	HÉLDER CANIVETE	M	45	12	00:38:45.87	00:38:42.73	CLUBE FERROVIÁRIO DE PORTUGAL
71	337	PEDRO NEVES	M	30	36	00:38:48.47	00:38:41.34	IBERCOAL

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



72	363	JORGE CORREIA	M	47	13	00:38:49.89	00:38:47.72	GDR REBOLEIRA
73	287	PAULO PATRÍCIO	M	33	37	00:38:54.98	00:38:52.52	NDCODEMIRA
74	276	RICARDO BERNARDES	M	28	38	00:38:58.00	00:38:54.84	GFD RUNNING
75	271	JOÃO MATEUS	M	31	39	00:38:59.02	00:38:59.02	GFD RUNNING
76	168	JOÃO SANTOS	M	52	7	00:39:04.69	00:39:01.84	IRMÃOS LUZIAS
77	137	ROGÉRIO PINGUINHA	M	55	5	00:39:06.04	00:39:03.36	TARTUGAS DE LOULÉ
78	128	FERNANDO MELÃO	M	54	8	00:39:09.00	00:39:06.88	FF PAZ MUNDIAL E UNIFICAÇÃO
79	35	RUI SOUSA	M	44	11	00:39:09.49	00:38:58.37	SINGARUNNERS
80	298	LUÍS ALMEIDA	M	39	40	00:39:17.12	00:39:12.71	GDR SÃO FRANCISCO DA SERRA
81	135	ANTÓNIO ALVES	M	52	9	00:39:22.86	00:39:20.46	TARTUGAS DE LOULÉ
82	233	ÂNGELO SILVA	M	35	41	00:39:25.62	00:39:20.24	CCDTMETROLX
83	36	FERNANDO BATISTA MESTRE	M	45	14	00:39:42.78	00:39:39.45	JUVENTUDE ATLÉTICO CLUBE
84	268	FRANCISCO MONTE	M	38	42	00:39:48.00	00:39:48.00	GFD RUNNING
85	126	PEDRO NUNES	M	33	43	00:39:51.78	00:39:51.78	
86	154	JOSÉ CARLOS GONÇALVES	M	52	10	00:39:53.25	00:39:51.11	AA MAFRA
87	248	DAVID GORGULHO	M	36	44	00:39:58.26	00:39:55.70	
88	81	HUGO PATRÍCIO	M	42	12	00:39:59.43	00:39:50.24	AMICICLO GRÂNDOLA
89	417	JOÃO ALEXANDRE MARTINS	M	19	45	00:40:02.41	00:39:52.56	ESCOLA NAVAL
90	105	NELSON MANUEL MATEUS	M	37	46	00:40:11.28	00:40:02.58	B(13)X CROSSFIT ENDURANCE
91	354	JOSÉ MATEUS	M	41	13	00:40:21.36	00:40:15.08	
92	66	VERONICA SCUTARU	F	39	2	00:40:22.80	00:40:22.80	GDR PONTERROLENSE
93	288	LUÍS F. PEREIRA	M	59	6	00:40:29.86	00:40:26.85	GDR SÃO FRANCISCO DA SERRA
94	281	LUIS CARPELHO	M	45	15	00:40:34.04	00:40:29.07	
95	290	PAULO CHAINHO	M	54	11	00:40:35.00	00:40:35.00	GDR SÃO FRANCISCO DA SERRA
96	165	NELSON MIGUEL LOURENÇO	M	47	16	00:40:59.72	00:40:55.44	AA MAFRA
97	259	LUIS MANUEL CLAUDINO ANICETO	M	60	3	00:41:05.55	00:40:54.79	SINGARUNNERS
98	149	CARLOS MANUEL VIEIRA MORAIS	M	55	7	00:41:27.02	00:41:22.26	AA MAFRA
99	260	JOAO ARENGA	M	67	4	00:41:33.12	00:41:27.67	NAVIGATOR CLUBE SETUBAL
100	158	LUÍS MIGUEL MADEIRA ZEFERINO	M	44	14	00:41:34.92	00:41:30.26	AA MAFRA
101	323	JOÃO HENRIQUE RODRIGUES	M	39	47	00:41:35.00	00:41:29.62	CORUCHE RUNNERS
102	125	PEDRO MENDONCA	M	42	15	00:41:36.00	00:41:31.35	MATILHA RUNNING
103	84	LUIS CARRAQUICO	M	37	48	00:41:36.98	00:41:23.58	LEBRES DE DOMINGO
104	299	LUÍS CORTINHAS	M	38	49	00:41:50.30	00:41:34.05	GDR SÃO FRANCISCO DA SERRA
105	283	JOAQUIM RAMALHO	M	49	17	00:41:51.34	00:41:48.18	CORRER LISBOA
106	425	ARETINO VIEIRA MOTA	M	57	8	00:41:58.01	00:41:56.34	LINDA A PASTORA SC
107	82	FILIPE PEREIRA	M	25	50	00:41:59.50	00:41:46.39	LEBRES DE DOMINGO
108	11	PAULO FIGUEIRA	M	53	12	00:42:03.43	00:42:00.79	JUVENTUDE ATLÉTICO CLUBE

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



109	278	RUI CARVALHO	M	49	18	00:42:03.67	00:41:55.01	GFD RUNNING
110	142	LUCILIA SOARES	F	57	1	00:42:06.68	00:42:04.97	GD SÃO DOMINGOS
111	294	HUGO GONÇALVES	M	30	51	00:42:07.99	00:41:47.63	GDR SÃO FRANCISCO DA SERRA
112	169	PAULO VIEGAS	M	37	52	00:42:18.60	00:42:15.48	
113	167	HERMÍNIO FRANCISCO REIS	M	49	19	00:42:20.33	00:42:08.27	AA MAFRA
114	67	RICARDO BARROS	M	33	53	00:42:25.20	00:42:15.22	AMICICLO GRÂNDOLA
115	122	PEDRO MIGUEL PEREIRA	M	41	16	00:42:26.84	00:42:20.77	BV MONTEMOR-O-NOVO
116	24	HÉLDER GUERREIRO	M	42	17	00:42:30.15	00:42:26.01	JUVENTUDE ATLÉTICO CLUBE
117	87	JOÃO BESSA	M	40	18	00:42:32.92	00:42:26.67	SPARTAS
118	25	VÍTOR SANTOS	M	35	54	00:42:40.48	00:42:31.10	JUVENTUDE ATLÉTICO CLUBE
119	85	MARIA LUCAS	F	51	1	00:42:45.14	00:42:40.54	GDC FIDELIDADE
120	426	JOÃO CONCHINHA	M	20	55	00:42:45.91	00:42:42.08	
121	344	PEDRO AGOSTINHO	M	51	13	00:42:47.39	00:42:42.78	GDR SÃO FRANCISCO DA SERRA
122	120	LUIS NEVES	M	40	19	00:42:49.48	00:42:42.22	MARINHAIS AC
123	195	OCTÁVIO DO CARMO	M	45	20	00:42:56.62	00:42:53.45	CLUBE BTT GRÂNDOLA
124	336	RAFAEL SILVA	M	40	20	00:43:02.45	00:42:55.62	IBERCOAL
125	424	LUÍS MANUEL VALVERDE	M	53	14	00:43:05.47	00:43:04.19	ESCOLA NAVAL
126	226	JOAO DIAS	M	56	9	00:43:19.78	00:43:13.41	VITÓRIA FUTEBOL CLUBE
127	218	NUNO PEREIRA	M	35	56	00:43:21.97	00:43:08.71	JD MELIDENSE - ATLETISMO
128	144	ALÍCE ROMA BASÍLIO	F	48	1	00:43:25.61	00:43:19.78	AA MAFRA
129	320	FERNANDO JANEIRO	M	44	21	00:43:27.31	00:43:20.65	CA DE VIANA DO ALENTEJO / FRIBAIÃO
130	321	FRANCISCO TORRINHA	M	54	15	00:43:27.54	00:43:21.21	CA DE VIANA DO ALENTEJO / FRIBAIÃO
131	97	LUIS CALHA	M	50	16	00:43:32.93	00:43:31.38	CLUBE DE PRAÇAS DA ARMADA
132	196	PAULO SANTOS	M	51	17	00:43:35.64	00:43:33.28	LOURDETE PERFUMARIAS
133	45	GERMANO SILVA	M	60	5	00:43:36.26	00:43:30.81	
134	187	NUNO CHAINHO	M	33	57	00:43:41.95	00:43:37.71	OS KOTAS
135	69	MARCOS CORDES LIMA	M	32	58	00:43:43.61	00:43:39.19	@LIMA_WORKOUT
136	242	RUI SILVA	M	48	21	00:43:47.24	00:43:35.43	CLUBE DESPORTIVO ESTRELA
137	416	JOÃO GUERRILHA LEAL	M	19	59	00:43:51.43	00:43:35.63	ESCOLA NAVAL
138	254	PAULO ALMEIDA	M	42	22	00:43:51.55	00:43:43.63	EA MONTIJO- A.F.D.D
139	390	ANDRÉ AFONSO	M	30	60	00:43:52.44	00:43:36.23	MAGNUNSSSENS
140	309	RUI FREITAS	M	66	6	00:43:54.75	00:43:50.38	GDR SÃO FRANCISCO DA SERRA
141	279	VICTOR CARVALHO	M	57	10	00:43:55.62	00:43:52.24	GFD RUNNING
142	274	PAULO TAINHA	M	55	11	00:43:55.87	00:43:52.92	GFD RUNNING
143	205	PAULO PALMA	M	55	12	00:43:59.92	00:43:55.19	DREAM RUNNERS ÉVORA
144	423	RODRIGO MIGUEL DELAUNAY	M	21	61	00:44:00.00	00:43:43.89	ESCOLA NAVAL

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



145	420	MIGUEL ÂNGELO PEREIRA	M	21	62	00:44:02.69	00:43:45.89	ESCOLA NAVAL
146	265	JORGE CORREIA	M	46	22	00:44:04.85	00:44:01.22	GFD RUNNING
147	148	MARIA HELENA MARTINS	F	57	2	00:44:05.86	00:44:02.56	AA MAFRA
148	33	LUIS ANTÓNIO TORPES FERREIRA	M	51	18	00:44:06.36	00:43:56.87	JUVENTUDE ATLÉTICO CLUBE
149	305	LUÍS PEREIRA	M	49	23	00:44:16.18	00:43:59.48	GDR SÃO FRANCISCO DA SERRA
150	306	BRUNO GAMITO	M	31	63	00:44:16.71	00:43:59.86	GDR SÃO FRANCISCO DA SERRA
151	141	EZEQUIEL ALVES FERNANDES	M	62	7	00:44:19.62	00:44:13.59	PALMELENSE FUTEBOL CLUBE
152	63	ANTÓNIO RAMOS	M	47	24	00:44:27.76	00:44:23.42	FF PAZ MUNDIAL E UNIFICAÇÃO
153	342	ALBERTO SILVA	M	42	23	00:44:29.67	00:44:21.38	GD SANTA CRUZ/LITORAL MOTORS
154	333	VITOR JOSÉ JORGE PEREIRA	M	46	25	00:44:33.44	00:44:23.13	
155	9	FLAVIANO DIAS	M	69	8	00:44:37.56	00:44:33.22	JUVENTUDE ATLÉTICO CLUBE
156	132	NUNO SILVA	M	42	24	00:44:41.78	00:44:35.45	LX RUN
157	113	HELDER FAIA	M	43	25	00:44:42.69	00:44:35.91	CLUBE DO PESSOAL DA EDP SINES
158	114	JOÃO PEIXOTO	M	44	26	00:44:42.69	00:44:35.73	CLUBE DO PESSOAL DA EDP SINES
159	428	JOANA FRANCO	F	34	3	00:44:43.03	00:44:40.35	OLIMPICO DE OEIRAS
160	38	VASCO RODRIGUES	M	36	64	00:44:51.57	00:44:46.99	JUVENTUDE ATLÉTICO CLUBE
161	103	JOAO SANTOS	M	54	19	00:44:52.21	00:44:47.28	CLUBE DE PRAÇAS DA ARMADA
162	166	CARLOS MANUEL RODRIGUES	M	62	9	00:44:52.60	00:44:46.07	AA MAFRA
163	21	HUGO DUARTE PINTO CARDOSO	M	39	65	00:45:16.51	00:45:07.90	AMICICLO GRÂNDOLA
164	110	JOÃO LUÍS GARVÃO	M	38	66	00:45:18.61	00:45:01.19	
165	303	LUÍS GONÇALVES	M	43	27	00:45:20.65	00:45:01.77	GDR SÃO FRANCISCO DA SERRA
166	19	CARMEN VIEGAS	F	40	1	00:45:21.00	00:45:07.05	LEBRES DE DOMINGO
167	304	TITO PEREIRA	M	36	67	00:45:21.30	00:45:01.02	GDR SÃO FRANCISCO DA SERRA
168	368	MIRIAM SILVA	F	35	4	00:45:22.00	00:45:08.60	
169	419	GUILHERME GAVINA ELÍSIO	M	21	68	00:45:24.50	00:45:24.50	ESCOLA NAVAL
170	47	HUGO PARREIRA	M	45	26	00:45:28.00	00:45:20.41	VFCE
171	258	JOSÉ VILHENA	M	52	20	00:45:33.02	00:45:25.59	OS KOTAS
172	10	PEDRO TIAGO SILVA	M	39	69	00:45:35.92	00:45:35.92	B(13)X CROSSFIT ENDURANCE
173	340	ANTONIO LOPES	M	53	21	00:45:40.69	00:45:35.16	
174	322	CARLOS JESUS	M	36	70	00:45:53.22	00:45:39.32	
175	391	RICARDO DOS SANTOS	M	37	71	00:45:56.12	00:45:48.16	
176	434	PAULO GANDUM	M	43	28	00:46:00.00	00:45:48.00	ACPORTALEGRE/UTSM
177	289	ROGÉRIO CASSACA	M	48	27	00:46:09.83	00:45:53.58	GDR SÃO FRANCISCO DA SERRA
178	80	VITOR GARRIDO MARTINS	M	62	10	00:46:15.07	00:46:09.36	MOITA RUNNING
179	121	JOSE LEAL	M	42	29	00:46:23.67	00:46:16.16	MARINHAIS AC
180	179	JOAQUIM SEMEDO FIDALGO	M	58	13	00:46:26.22	00:46:07.52	TEJAVISTA

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



181	418	ANDRÉ MEDEIROS ROCHA	M	20	72	00:46:29.29	00:46:12.51	ESCOLA NAVAL
182	200	AUGUSTO SALGADO	M	33	73	00:46:36.17	00:46:28.15	B(13)X CROSSFIT ENDURANCE
183	272	JOSÉ MIRANDA	M	53	22	00:46:38.68	00:46:28.08	GFD RUNNING
184	100	MANUEL JACINTO	M	63	11	00:46:41.05	00:46:31.82	CLUBE DE PRAÇAS DA ARMADA
185	99	ALVARO SILVA	M	62	12	00:46:41.94	00:46:29.09	CLUBE DE PRAÇAS DA ARMADA
186	39	LUÍS REGO	M	32	74	00:46:43.55	00:46:36.33	OURIQUE RUNNING
187	15	PEDRO BRÁS	M	43	30	00:47:09.89	00:47:02.09	B(13)X CROSSFIT ENDURANCE
188	357	PEDRO SERRALHA	M	47	28	00:47:09.96	00:47:09.96	NDCODEMIRA
189	317	ANTONIO VENTURA	M	42	31	00:47:10.35	00:46:55.40	BEJA ATLÉTICO CLUBE
190	365	JORGE CÔCO	M	42	32	00:47:10.88	00:47:10.88	
191	307	VITOR PEREIRA	M	42	33	00:47:15.70	00:47:11.63	GDR SÃO FRANCISCO DA SERRA
192	286	SOLANGE GUERREIRO	F	27	5	00:47:22.56	00:47:19.10	NDCODEMIRA
193	191	SOFIA DOS REIS QUENTAL	F	30	6	00:47:23.61	00:47:15.52	AMINHA CORRIDA
194	140	ARTUR SANTOS	M	65	13	00:47:26.32	00:47:15.12	
195	189	FRANCISCO MULETA	M	64	14	00:47:33.10	00:47:28.62	FF PAZ MUNDIAL E UNIFICAÇÃO
196	17	NELSON RICARDO BARRADINHAS	M	41	34	00:47:43.50	00:47:43.50	AMICICLO GRÂNDOLA
197	345	FRANCISCO BATISTA	M	53	23	00:47:49.98	00:47:40.88	
198	34	RUI DUARTE	M	29	75	00:47:50.87	00:47:43.97	B(13)X CROSSFIT ENDURANCE
199	355	ANTÓNIO GROU	M	42	35	00:47:58.54	00:47:53.88	CORRER ÉVORA
200	48	RUI MANUEL VICENTE CORREIA	M	49	29	00:47:58.70	00:47:40.17	
201	4	MANUEL CORREIA AMBRÓSIO	M	48	30	00:48:07.92	00:47:52.89	
202	433	FREDERICO CARVALHO	M	40	36	00:48:08.00	00:48:08.00	SCA/RUN ALCÁÇOVAS
203	70	PEDRO ESTEVES	M	38	76	00:48:08.34	00:48:08.34	NINHO DOS CORUJINHAS
204	235	FRANCISCO PLÍNIO	M	62	15	00:48:09.78	00:48:04.94	CCDTMETROLX
205	6	ALEXANDRE PEREIRA	M	37	77	00:48:21.21	00:48:07.89	
206	42	ALBERTINO PACHECO	M	55	14	00:48:24.29	00:48:14.07	JUVENTUDE ATLÉTICO CLUBE
207	46	HENRIQUE SANTOS	M	54	24	00:48:27.69	00:48:16.49	JUVENTUDE ATLÉTICO CLUBE
208	54	FERNANDO MANUEL NETO	M	46	31	00:48:31.23	00:48:15.64	
209	53	ARTUR MARINHO	M	35	78	00:48:34.30	00:48:18.40	
210	350	VALTER GONÇALVES	M	36	79	00:48:39.44	00:48:32.75	FUNTASTIC4
211	217	PEDRO VENTURA	M	33	80	00:48:40.83	00:48:26.15	JD MELIDENSE – ATLETISMO
212	412	PEDRO CALDEIRA	M	42	37	00:48:40.98	00:48:18.90	
213	51	MIGUEL LOPES	M	39	81	00:48:48.69	00:48:30.60	OS LITROSAS
214	119	PAULO CARDIM	M	45	32	00:48:49.33	00:48:27.26	ASSOCIAÇÃO DANIEL CALDEIRA
215	241	ANTÓNIO BATISTA	M	71	16	00:48:53.05	00:48:45.25	CLUBE DESPORTIVO ESTRELA
216	23	HELDER RAFAEL	M	53	25	00:48:55.96	00:48:45.65	CM MARCHA E CORRIDA DE GRÂNDOLA

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



217	203	JOAQUIM LOPES	M	55	15	00:48:58.30	00:48:46.53	AMICICLO GRÂNDOLA
218	104	RUI MANUEL CLAUDINO RAPOSO	M	51	26	00:49:01.10	00:48:49.45	AMICICLO GRÂNDOLA
219	438	JORGE AMARAL	M	51	27	00:49:03.00	00:49:03.00	A MINHA CORRIDA
220	277	RICARDO BRANCO	M	48	33	00:49:04.37	00:48:56.04	GFD RUNNING
221	264	ABEL PINA	M	54	28	00:49:04.63	00:48:56.56	GFD RUNNING
222	40	PAULO PEREIRA	M	38	82	00:49:10.39	00:49:01.20	JUVENTUDE ATLÉTICO CLUBE
223	404	JOÃO BATISTA	M	36	83	00:49:28.78	00:49:13.34	TRILHOS & BIGODES
224	252	CARLOS SÉRGIO RIBEIRO VIEIRA	M	47	34	00:49:33.52	00:49:13.78	AMICICLO GRÂNDOLA
225	101	POSSIDÓNIO COONSTANTINO	M	66	17	00:49:35.58	00:49:26.93	CLUBE DE PRAÇAS DA ARMADA
226	413	SUSANA BRAGA	F	41	2	00:49:37.10	00:49:20.80	
227	414	LUISA MARTINS	F	53	2	00:49:37.87	00:49:30.35	CA ALENTEJANOS DE FARO
228	89	MARCO AURÉLIO CAETANO	M	36	84	00:49:40.04	00:49:26.40	
229	185	HENRIQUE ESPADA	M	43	38	00:49:49.18	00:49:36.49	OS KOTAS
230	202	HERNÂNI MONTEIRO	M	58	16	00:49:51.18	00:49:45.44	A VALE SILÊNCIO
231	389	FRANCISCO ROCHA	M	13	85	00:49:52.73	00:49:31.85	BOX GRANDOLATIVA
232	237	RAFAEL SANTOS	M	51	29	00:49:55.49	00:49:47.06	CCDTMETROLX
233	223	MÁRIO CORREIA	M	43	39	00:49:58.34	00:49:46.65	
234	32	ARSÉNIO RODRIGUES	M	42	40	00:50:00.94	00:49:54.19	
235	332	RUI RAFAEL PAULINO SOBRAL	M	32	86	00:50:12.37	00:49:58.87	
236	411	ANTÓNIO RICARDO DOS SANTOS	M	46	35	00:50:16.07	00:49:58.60	
237	421	INÉS CABANITA RAIMUNDO	F	20	7	00:50:19.89	00:50:03.44	ESCOLA NAVAL
238	26	EDMUNDO JESUS	M	58	17	00:50:25.78	00:50:19.18	AMICICLO GRÂNDOLA
239	160	MANUEL JOAQUIM EMERENCIANO	M	57	18	00:50:27.37	00:50:09.61	AA MAFRA
240	164	CÁTIA ALEXANDRA DE SOUSA	F	38	8	00:50:27.39	00:50:21.86	AA MAFRA
241	385	LAERCIO ELEUTERIO	M	54	30	00:50:43.01	00:50:26.32	CORREDORES DA ZONA NORTE
242	256	PEDRO RIBEIRO	M	38	87	00:50:48.69	00:50:32.48	
243	352	TÂNIA GINÓ	F	39	9	00:50:51.78	00:50:47.12	CORRER ÉVORA
244	402	LUIS PINTO	M	39	88	00:50:54.47	00:50:40.15	TRILHOS & BIGODES
245	403	MIGUEL HORTA	M	42	41	00:51:00.35	00:50:45.15	TRILHOS & BIGODES
246	94	ANDRÉ MORGADO	M	74	18	00:51:00.68	00:50:53.36	OS PANTUFINHAS
247	68	MARIA DE DEUS PALMA	F	61	1	00:51:11.34	00:51:04.49	
248	220	NUNO PEREIRA	M	37	89	00:51:15.67	00:51:02.74	JD MELIDENSE – ATLETISMO
249	398	FRANCISCO HEITOR	M	44	42	00:51:16.40	00:50:59.86	
250	422	RÚBEN ALEXANDRE PARREIRA	M	23	90	00:51:20.00	00:51:20.00	ESCOLA NAVAL
251	16	FILIPA SOBRAL	F	28	10	00:51:28.27	00:51:25.54	
252	211	CLAUDIO PINTO	M	44	43	00:51:32.43	00:51:15.25	GDC PORTOS DE SINES E DO ALGARVE

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



253	454	RICARDO CAMPOS	M	43	44	00:51:35.00	00:51:35.00	DESPORTIVO ODIVELAS
254	367	PAULO ANDRÉ ROSADO	M	58	19	00:51:47.90	00:51:37.53	
255	234	CARLOS MOREIRA	M	65	19	00:51:59.23	00:51:54.19	CCDTMETROLX
256	269	FREDERICO GUEDES	M	45	36	00:52:09.63	00:52:00.48	GFD RUNNING
257	64	JOSÉ SANTOS	M	55	20	00:52:09.84	00:52:02.49	
258	138	ANTÓNIO SANTOS	M	60	20	00:52:15.06	00:52:12.91	TARTUGAS DE LOULÉ
259	86	FÁBIO CORAGEM	M	34	91	00:52:24.31	00:52:09.55	SPARTAS
260	95	JOSÉ M. COSTA	M	73	21	00:52:24.61	00:52:17.33	OS PANTUFINHAS
261	88	PEDRO COELHO	M	40	45	00:52:25.92	00:52:10.85	SPARTAS
262	156	ANTÓNIO MANUEL GOMES	M	61	22	00:52:31.32	00:52:17.38	AA MAFRA
263	296	AMÍLCAR ROMÃO	M	67	23	00:52:33.88	00:52:23.38	GDR SÃO FRANCISCO DA SERRA
264	270	INÉS PEREIRA	F	47	2	00:52:42.56	00:52:30.79	GFD RUNNING
265	56	CARLOS MANUEL MATEUS	M	51	31	00:52:48.65	00:52:38.89	CM MARCHA E CORRIDA DE GRÂNDOLA
266	109	JOSE COSTA	M	32	92	00:52:56.48	00:52:37.13	CARACÓIS VELOZES
267	282	PEDRO FERREIRA	M	62	24	00:52:57.30	00:52:35.99	
268	150	SILVIA ISABEL DA COSTA MIRANDA	F	35	11	00:53:02.04	00:52:55.30	AA MAFRA
269	13	GONÇALO SALES	M	15	93	00:53:03.87	00:52:52.68	CM MARCHA E CORRIDA DE GRÂNDOLA
270	249	JOÃO DA MAIA	M	38	94	00:53:04.09	00:52:49.79	CM MARCHA E CORRIDA DE GRÂNDOLA
271	170	PAULO GOMES	M	57	21	00:53:06.02	00:52:48.94	GDC PORTOS DE SINES E DO ALGARVE
272	409	ANABELA MARTINS	F	32	12	00:53:21.32	00:53:08.18	
273	123	MIGUEL MENDES	M	24	95	00:53:24.00	00:53:04.32	CARACÓIS VELOZES
274	432	ANA MIITAO	F	52	3	00:53:25.00	00:53:25.00	UDCB TERRAS DE BARRO
275	175	LUÍS CABRAL MOURA	M	60	25	00:53:26.69	00:53:04.35	TEJAVISTA
276	129	ALZIRA CRUZ	F	54	4	00:53:40.40	00:53:37.80	FF PAZ MUNDIAL E UNIFICAÇÃO
277	116	MANUEL VICENTE PEDRO	M	56	22	00:53:46.66	00:53:44.41	CLUBE DO PESSOAL DA EDP SINES
278	163	ANTÓNIO MANUEL DOS REIS	M	64	26	00:53:47.31	00:53:42.10	AA MAFRA
279	184	MARGARIDA PEDRO	F	54	5	00:53:47.51	00:53:45.23	OS KOTAS
280	44	MERCEDES FONSECA	F	62	2	00:53:57.22	00:53:44.44	FF PAZ MUNDIAL E UNIFICAÇÃO
281	375	SUSANA GUERREIRO	F	43	3	00:53:59.12	00:53:49.83	MISSÃO CORAGEM
282	374	PEDRO GUERREIRO	M	49	37	00:54:01.86	00:53:52.10	MISSÃO CORAGEM
283	186	JOAQUIM SANTANA	M	35	96	00:54:03.12	00:53:55.19	OS KOTAS
284	183	FELICIANO ELIAS	M	73	27	00:54:07.00	00:54:02.90	TARTUGAS DE LOULÉ
285	193	SANDRA PAULA CATURRA	F	46	3	00:54:07.05	00:54:07.05	CM MARCHA E CORRIDA DE GRÂNDOLA
286	222	VANDA CORREIA	F	44	4	00:54:12.82	00:54:01.12	
287	372	DOLORES PRATAS	F	55	3	00:54:19.22	00:54:09.21	MISSÃO CORAGEM



# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



288	214	CRISTINA GREGORIO	F	40	5	00:54:23.82	00:54:09.97	JD MELIDENSE - ATLETISMO
289	219	RODRIGO GERMANO	M	37	97	00:54:24.04	00:54:09.85	JD MELIDENSE - ATLETISMO
290	190	ADELAIDE PALMA	F	48	4	00:54:33.89	00:54:21.98	AMINHA CORRIDA
291	152	EGÍDIO DUARTE PORTELA	M	61	28	00:54:47.48	00:54:35.75	AA MAFRA
292	396	MIGUEL ALEXANDRE CHAINHO	M	18	98	00:54:57.06	00:54:35.30	OS DOIS LÁ DE CASA
293	395	LUÍS MIGUEL DOS REIS CHAINHO	M	45	38	00:54:57.39	00:54:34.77	OS DOIS LÁ DE CASA
294	43	JOAQUIM FONSECA	M	63	29	00:54:59.34	00:54:46.64	FF PAZ MUNDIAL E UNIFICAÇÃO
295	341	VITOR LOPES	M	50	32	00:55:00.99	00:54:44.81	
296	118	JOÃO PAULO PARREIRA	M	44	46	00:55:02.60	00:54:55.98	AMICICLO GRÂNDOLA
297	3	CARLOS MANUEL	M	42	47	00:55:05.90	00:54:50.86	
298	378	ÂNGELA MENDES	F	34	13	00:55:09.58	00:55:04.13	CCD ALVITEJO
299	263	FERNANDO MARTINHO	M	56	23	00:55:25.87	00:55:11.89	NAVIGATOR CLUBE SETUBAL
300	431	ANTONIO SEROMENHO	M	60	30	00:55:28.00	00:55:28.00	
301	221	RICARDO COSTA	M	31	99	00:55:31.47	00:55:22.20	AMICICLO GRÂNDOLA
302	197	RICARDO CONCEIÇÃO	M	33	100	00:55:53.69	00:55:51.17	LOURDETE PERFUMARIAS
303	285	MEDA VENTURA	F	38	14	00:55:58.74	00:55:48.83	
304	346	CRISTINA COELHO	F	54	6	00:56:00.55	00:55:51.14	
305	31	DELFINA FREIRE	F	54	7	00:56:01.90	00:56:01.90	CLUBE CANOAGEM DA AMORA
306	7	CARLOS PEREIRA	M	62	31	00:56:03.13	00:55:44.69	
307	257	LUISA CRUZ	F	49	5	00:56:08.63	00:56:04.37	
308	399	MARÍLIA MIGUEL	F	28	15	00:56:25.56	00:56:15.26	AMICICLO GRÂNDOLA
309	145	LEONEL ANTÓNIO AMARO	M	54	33	00:56:27.27	00:56:14.69	AA MAFRA
310	194	ISAURA CRISTINA CORREIA	F	40	6	00:56:35.29	00:56:24.55	CM MARCHA E CORRIDA DE GRÂNDOLA
311	18	AMILCAR PÓVOA	M	72	32	00:56:35.90	00:56:33.59	CAAPP
312	143	LUCIA GONCALVES	F	42	7	00:56:49.60	00:56:39.05	AMICICLO GRÂNDOLA
313	181	JOSE LUIS MARTINS	M	44	48	00:56:49.85	00:56:31.65	TEJAVISTA
314	151	IVONE DE MIRANDA COSTA	F	37	16	00:56:50.15	00:56:43.88	AA MAFRA
315	206	RITA PALMA	F	49	6	00:56:51.74	00:56:47.71	DREAM RUNNERS ÉVORA
316	139	JOSÉ POLANA	M	70	33	00:56:56.95	00:56:50.00	TARTUGAS DE LOULÉ
317	172	JOÃO SANTOS	M	41	49	00:56:58.97	00:56:39.39	GDC PORTOS DE SINES E DO ALGARVE
318	171	CARLOS PALHINHAS	M	44	50	00:56:59.42	00:56:40.92	GDC PORTOS DE SINES E DO ALGARVE
319	71	ANA SILVA	F	39	17	00:57:11.62	00:57:00.95	NINHO DOS CORUJINHAS
320	239	ARMANDO DIOGO TAVARES	M	70	34	00:57:13.72	00:57:01.99	CLUBE DESPORTIVO ESTRELA
321	73	JOSE LOPES	M	61	35	00:57:15.02	00:57:00.92	AMIGOS DA ESTRELA
322	215	LUCIA PEREIRA	F	43	8	00:57:22.19	00:57:08.89	JD MELIDENSE - ATLETISMO
323	5	ALFREDO MARTINHO	M	41	51	00:57:22.92	00:57:08.69	MARÍTIMO LISBOA CLUBE

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



324	401	ANA FILIPA GUERREIRO	F	38	18	00:57:23.25	00:57:16.39	OURIQUE RUNNING
325	55	VITOR MANUEL VERDADES	M	50	34	00:58:07.20	00:57:55.07	CM MARCHA E CORRIDA DE GRÂNDOLA
326	14	IRENE PEREIRA	F	51	8	00:58:07.82	00:57:57.27	CM MARCHA E CORRIDA DE GRÂNDOLA
327	96	JOÃO RODRIGUES	M	28	101	00:58:08.56	00:57:47.95	
328	255	HUGO VIEIRA	M	35	102	00:58:08.93	00:58:08.93	
329	353	RICARDO MATEUS LOPES	M	39	103	00:58:14.69	00:58:05.99	
330	92	LUZ RODRIGUES	F	64	3	00:58:20.48	00:58:13.65	OS PANTUFINHAS
331	107	GABRIELA SOBRAL	F	58	4	00:58:38.52	00:58:25.97	
332	284	ESMERALDA RAMALHO	F	47	7	00:59:04.75	00:58:51.73	CORRER LISBOA
333	384	SELMA GOMES	F	52	9	00:59:12.50	00:58:55.24	CORREDORES DA ZONA NORTE
334	373	ERNESTO PRATAS	M	61	36	00:59:16.77	00:59:07.69	MISSÃO CORAGEM
335	443	SONIA CARPELHO	F	44	9	00:59:17.00	00:59:17.00	
336	262	GERALDO FERNANDES	M	66	37	00:59:18.10	00:59:00.59	NAVIGATOR CLUBE SETUBAL
337	334	MÁRIO JORGE BURRICA	M	38	104	00:59:24.63	00:59:04.86	TERRAS DE BARRO
338	302	PAULO DÂMASO	M	20	105	00:59:27.69	00:59:07.71	GDR SÃO FRANCISCO DA SERRA
339	400	RAQUEL MATA	F	37	19	00:59:27.88	00:59:17.18	
340	52	RUI GOMES	M	57	24	00:59:56.29	00:59:47.96	VFCE
341	439	TINA OLIVEIRA	F	54	10	00:59:58.00	00:59:58.00	A MINHA CORRIDA
342	392	PAULA CRISTINA MARCELINO MATIAS	F	26	20	01:00:17.71	01:00:08.29	AMICICLO GRÂNDOLA
343	216	CLÁUDIA JOAQUIM	F	45	8	01:00:23.47	01:00:09.62	JD MELIDENSE - ATLETISMO
344	210	GONÇALO ESPADA PEREIRA	M	26	106	01:01:12.08	01:00:53.19	
345	338	ANTÓNIO ALEXANDRE	M	36	107	01:01:15.91	01:01:07.47	IBERCOAL
346	208	JOANA GONÇALVES	F	34	21	01:01:17.00	01:01:00.85	H&J
347	207	HÉLIO BARRELAS	M	36	108	01:01:18.49	01:01:02.69	H&J
348	348	MAFALDA ALVES	F	36	22	01:01:20.56	01:01:05.56	LEBRES DE DOMINGO
349	83	TATIANA NORONHA	F	23	23	01:01:20.73	01:01:05.57	LEBRES DE DOMINGO
350	251	MÁRIO LEOPOLDO	M	64	38	01:01:31.04	01:01:19.35	
351	430	ANA FILIPA CARNEIRO	F	24	24	01:02:38.78	01:02:17.95	BOX GRANDOLATIVA
352	250	ANA FILIPA RODRIGUES	F	35	25	01:02:38.81	01:02:16.51	
353	117	PEDRO PONTE	M	58	25	01:03:04.00	01:02:51.47	CLUBE DO PESSOAL DA EDP SINES
354	308	JOAQUIM MACHADO	M	66	39	01:03:09.17	01:02:57.76	GDR SÃO FRANCISCO DA SERRA
355	22	MARIA ALCINA COSTA CORREIA	F	65	4	01:03:10.07	01:02:59.24	GD O INDEPENDENTE
356	280	ULISSES PEDRO	M	46	39	01:03:34.95	01:03:17.00	
357	245	NATIVIDADE CARDOSO	M	68	40	01:04:00.91	01:03:55.59	CLUBE DESPORTIVO ESTRELA
358	247	BEATRIZ FRANCO	F	63	5	01:04:01.45	01:03:48.98	CLUBE DESPORTIVO ESTRELA
359	72	DANIELA BOLETA	F	25	26	01:04:05.00	01:03:53.31	AMICICLO GRÂNDOLA

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



360	326	BÁRBARA MATADINHO	F	43	10	01:04:13.47	01:04:05.02	SCA/RUN ALCÁÇOVAS
361	212	TÂNIA MATEUS	F	30	27	01:04:46.16	01:04:32.31	JD MELIDENSE - ATLETISMO
362	213	SUSANA PEREIRA	F	35	28	01:04:48.39	01:04:34.11	JD MELIDENSE - ATLETISMO
363	243	JOÃO MIGUEL	M	79	41	01:04:50.84	01:04:50.84	CLUBE DESPORTIVO ESTRELA
364	246	JÚLIA TAVARES	F	67	6	01:05:06.51	01:05:06.51	CLUBE DESPORTIVO ESTRELA
365	91	ANA FIGUEIRA	F	50	11	01:05:07.98	01:05:04.42	
366	182	ANA LUISA FONSECA	F	45	9	01:05:43.62	01:05:43.62	TEJAVISTA
367	325	SANDRA JOAQUIM	F	43	11	01:05:46.67	01:05:28.14	
368	376	PATRÍCIA CHAINHO	F	26	29	01:07:55.82	01:07:38.82	GDR SÃO FRANCISCO DA SERRA
369	198	ARTUR DINIS	M	61	42	01:08:40.56	01:08:25.04	ALGYMNS
370	2	JOHNNY THOMASSEN	M	58	26	01:09:41.94	01:09:23.55	
371	327	JOSE SALVADOR	M	69	43	01:10:39.26	01:10:16.35	
372	130	FÁTIMA ABREU	F	68	7	01:10:55.34	01:10:42.41	FF PAZ MUNDIAL E UNIFICAÇÃO
373	98	ANTÓNIO LOPES	M	65	44	01:12:34.11	01:12:28.54	CLUBE DE PRAÇAS DA ARMADA
374	380	MARISA ROMERO	F	40	12	01:12:39.16	01:12:17.45	
375	201	DÁLIA LEITE	F	56	5	01:13:20.78	01:13:06.98	
376	236	GUALDINO FREIRE	M	73	45	01:13:21.67	01:13:11.75	CCDTMETROLX
377	329	MARCELO BENTO	M	31	109	01:13:56.53	01:13:35.56	BOX GRANDOLATIVA
378	382	LUCINDA HENRIQUES	F	70	8	01:14:09.12	01:14:09.12	CONDOR
379	328	LÉNIA OLIVEIRA	F	36	30	01:14:53.16	01:14:32.53	BOX GRANDOLATIVA
380	386	PAULO ROCHA	M	48	40	01:14:53.69	01:14:32.42	BOX GRANDOLATIVA
381	331	ANA LUISA PEREIRA	F	43	13	01:14:53.77	01:14:33.24	BOX GRANDOLATIVA
382	93	CARLOS RODRIGUES	M	77	46	01:17:16.20	01:17:04.60	OS PANTUFINHAS
383	383	MARIA CARMO ANJOS	F	72	9	01:19:28.48	01:19:12.64	CONDOR
384	406	CLAUDIO REIS	M	48	41	01:21:29.96	01:21:29.96	
385	102	JOAQUIM PEREIRA	M	79	47	01:21:32.09	01:21:27.55	CLUBE DE PRAÇAS DA ARMADA
386	227	JORGE ROBALO	M	38	110	01:22:05.32	01:22:05.32	VITÓRIA FUTEBOL CLUBE
387	351	RITA PEREIRA	F	35	31	01:34:57.42	01:34:40.72	FUNTASTIC4
388	74	MARIA FERREIRA	F	55	6	01:35:09.88	01:34:51.05	
389	75	MÓNICA MARTINS	F	43	14	01:35:09.99	01:34:51.02	
390	90	PAULA CHARRUA	F	53	12	01:35:10.44	01:34:50.89	

Total de registros: 390

Classificação colectiva baseada na soma das posições dos 5 primeiros atletas masculino e feminino chegados de cada equipa:

Classificação	Equipa	Chegados	Soma Posições	Posições				
				1º	2º	3º	4º	5º
1	BEJA ATLÉTICO CLUBE	9	69	1	7	15	21	25
2	VITÓRIA FUTEBOL CLUBE	9	73	8	9	11	16	29
3	AA MAFRA	23	119	5	6	18	39	51
4	FF PAZ MUNDIAL E UNIFICAÇÃO	15	126	10	20	22	33	41
5	GDR REBOLEIRA	6	159	13	23	28	36	59
6	GDR SÃO FRANCISCO DA SERRA	23	174	27	30	31	32	54
7	AMICICLO GRÂNDOLA	18	210	19	24	34	45	88
8	GFD RUNNING	15	260	26	42	43	74	75
9	JUVENTUDE ATLÉTICO CLUBE	13	325	17	49	68	83	108
10	ESCOLA NAVAL	9	640	89	125	137	144	145
11	CLUBE DESPORTIVO ESTRELA	9	797	57	69	136	215	320
12	B(13)X CROSSFIT ENDURANCE	5	829	90	172	182	187	198
13	CLUBE DE PRAÇAS DA ARMADA	7	886	131	161	184	185	225
14	TARTUGAS DE LOULÉ	5	1016	77	81	258	284	316
15	LEBRES DE DOMINGO	5	1073	103	107	166	348	349
16	OS KOTAS	5	1096	134	171	229	279	283
17	CCDTMETROLX	5	1149	82	204	232	255	376
18	JD MELIDENSE - ATLETISMO	9	1163	127	211	248	288	289
19	CM MARCHA E CORRIDA DE GRÂNDOLA	8	1305	216	265	269	270	285
20	BOX GRANDOLATIVA	6	1718	231	351	377	379	380

Classificação residentes no concelho de Grândola Masculino:

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	232	MARCELO SANTOS	M	32	00:33:23.47	00:33:22.01	VITÓRIA FUTEBOL CLUBE
2	311	CUSTÓDIO ANTÓNIO	M	42	00:34:44.27	00:34:44.27	BEJA ATLÉTICO CLUBE
3	369	HUGO BALUGA	M	22	00:34:52.50	00:34:52.50	AMICICLO GRÂNDOLA
4	437	RICARDO JOSÉ GOMES	M	35	00:35:40.00	00:35:40.00	AMICICLO GRÂNDOLA
5	126	PEDRO NUNES	M	33	00:39:51.78	00:39:51.78	
6	81	HUGO PATRÍCIO	M	42	00:39:59.43	00:39:50.24	AMICICLO GRÂNDOLA
7	82	FILIPE PEREIRA	M	25	00:41:59.50	00:41:46.39	LEBRES DE DOMINGO
8	11	PAULO FIGUEIRA	M	53	00:42:03.43	00:42:00.79	JUVENTUDE ATLÉTICO CLUBE
9	294	HUGO GONÇALVES	M	30	00:42:07.99	00:41:47.63	GDR SÃO FRANCISCO DA SERRA
10	24	HÉLDER GUERREIRO	M	42	00:42:30.15	00:42:26.01	JUVENTUDE ATLÉTICO CLUBE
11	426	JOÃO CONCHINHA	M	20	00:42:45.91	00:42:42.08	
12	195	OCTÁVIO DO CARMO	M	45	00:42:56.62	00:42:53.45	CLUBE BTT GRÂNDOLA
13	218	NUNO PEREIRA	M	35	00:43:21.97	00:43:08.71	JD MELIDENSE - ATLETISMO

# 17º GRANDE PRÉMIO DE ATLETISMO

FREGUESIA DE  
**GRÂNDOLA**



14	309	RUI FREITAS	M	66	00:43:54.75	00:43:50.38	GDR SÃO FRANCISCO DA SERRA
15	333	VITOR JOSÉ JORGE PEREIRA	M	46	00:44:33.44	00:44:23.13	
16	9	FLAVIANO DIAS	M	69	00:44:37.56	00:44:33.22	JUVENTUDE ATLÉTICO CLUBE
17	21	HUGO DUARTE PINTO CARDOSO	M	39	00:45:16.51	00:45:07.90	AMICICLO GRÂNDOLA
18	289	ROGÉRIO CASSACA	M	48	00:46:09.83	00:45:53.58	GDR SÃO FRANCISCO DA SERRA
19	307	VITOR PEREIRA	M	42	00:47:15.70	00:47:11.63	GDR SÃO FRANCISCO DA SERRA
20	17	NELSON RICARDO BARRADINHAS	M	41	00:47:43.50	00:47:43.50	AMICICLO GRÂNDOLA
21	217	PEDRO VENTURA	M	33	00:48:40.83	00:48:26.15	JD MELIDENSE - ATLETISMO
22	23	HELDER RAFAEL	M	53	00:48:55.96	00:48:45.65	CM MARCHA E CORRIDA DE GRÂNDOLA
23	203	JOAQUIM LOPES	M	55	00:48:58.30	00:48:46.53	AMICICLO GRÂNDOLA
24	104	RUI MANUEL CLAUDINO RAPOSO	M	51	00:49:01.10	00:48:49.45	AMICICLO GRÂNDOLA
25	252	CARLOS SÉRGIO RIBEIRO VIEIRA	M	47	00:49:33.52	00:49:13.78	AMICICLO GRÂNDOLA
26	389	FRANCISCO ROCHA	M	13	00:49:52.73	00:49:31.85	BOX GRANDOLATIVA
27	332	RUI RAFAEL PAULINO SOBRAL	M	32	00:50:12.37	00:49:58.87	
28	26	EDMUNDO JESUS	M	58	00:50:25.78	00:50:19.18	AMICICLO GRÂNDOLA
29	220	NUNO PEREIRA	M	37	00:51:15.67	00:51:02.74	JD MELIDENSE - ATLETISMO
30	64	JOSÉ SANTOS	M	55	00:52:09.84	00:52:02.49	
31	56	CARLOS MANUEL MATEUS	M	51	00:52:48.65	00:52:38.89	CM MARCHA E CORRIDA DE GRÂNDOLA
32	109	JOSE COSTA	M	32	00:52:56.48	00:52:37.13	CARACÓIS VELOZES
33	13	GONÇALO SALES	M	15	00:53:03.87	00:52:52.68	CM MARCHA E CORRIDA DE GRÂNDOLA
34	249	JOÃO DA MAIA	M	38	00:53:04.09	00:52:49.79	CM MARCHA E CORRIDA DE GRÂNDOLA
35	123	MIGUEL MENDES	M	24	00:53:24.00	00:53:04.32	CARACÓIS VELOZES
36	374	PEDRO GUERREIRO	M	49	00:54:01.86	00:53:52.10	MISSÃO CORAGEM
37	219	RODRIGO GERMANO	M	37	00:54:24.04	00:54:09.85	JD MELIDENSE - ATLETISMO
38	396	MIGUEL ALEXANDRE CHAINHO	M	18	00:54:57.06	00:54:35.30	OS DOIS LÁ DE CASA
39	395	LUÍS MIGUEL DOS REIS CHAINHO	M	45	00:54:57.39	00:54:34.77	OS DOIS LÁ DE CASA
40	118	JOÃO PAULO PARREIRA	M	44	00:55:02.60	00:54:55.98	AMICICLO GRÂNDOLA
41	221	RICARDO COSTA	M	31	00:55:31.47	00:55:22.20	AMICICLO GRÂNDOLA
42	55	VITOR MANUEL VERDADES	M	50	00:58:07.20	00:57:55.07	CM MARCHA E CORRIDA DE GRÂNDOLA
43	96	JOÃO RODRIGUES	M	28	00:58:08.56	00:57:47.95	
44	373	ERNESTO PRATAS	M	61	00:59:16.77	00:59:07.69	MISSÃO CORAGEM
45	210	GONÇALO ESPADA PEREIRA	M	26	01:01:12.08	01:00:53.19	
46	251	MÁRIO LEOPOLDO	M	64	01:01:31.04	01:01:19.35	
47	329	MARCELO BENTO	M	31	01:13:56.53	01:13:35.56	BOX GRANDOLATIVA
48	386	PAULO ROCHA	M	48	01:14:53.69	01:14:32.42	BOX GRANDOLATIVA

49 406 CLAUDIO REIS

M 48

01:21:29.96 01:21:29.96

**Total de registros: 49****Classificação residentes no concelho de Grândola Feminino:**

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	16	FILIPA SOBRAL	F	28	00:51:28.27	00:51:25.54	
2	375	SUSANA GUERREIRO	F	43	00:53:59.12	00:53:49.83	MISSÃO CORAGEM
3	193	SANDRA PAULA CATURRA	F	46	00:54:07.05	00:54:07.05	CM MARCHA E CORRIDA DE GRÂNDOLA
4	222	VANDA CORREIA	F	44	00:54:12.82	00:54:01.12	
5	372	DOLORES PRATAS	F	55	00:54:19.22	00:54:09.21	MISSÃO CORAGEM
6	214	CRISTINA GREGORIO	F	40	00:54:23.82	00:54:09.97	JD MELIDENSE - ATLETISMO
7	378	ÂNGELA MENDES	F	34	00:55:09.58	00:55:04.13	CCD ALVITEJO
8	399	MARÍLIA MIGUEL	F	28	00:56:25.56	00:56:15.26	AMICICLO GRÂNDOLA
9	194	ISAURA CRISTINA CORREIA	F	40	00:56:35.29	00:56:24.55	CM MARCHA E CORRIDA DE GRÂNDOLA
10	143	LUCIA GONCALVES	F	42	00:56:49.60	00:56:39.05	AMICICLO GRÂNDOLA
11	215	LUCIA PEREIRA	F	43	00:57:22.19	00:57:08.89	JD MELIDENSE - ATLETISMO
12	14	IRENE PEREIRA	F	51	00:58:07.82	00:57:57.27	CM MARCHA E CORRIDA DE GRÂNDOLA
13	107	GABRIELA SOBRAL	F	58	00:58:38.52	00:58:25.97	
14	392	PAULA CRISTINA MARCELINO MATIAS	F	26	01:00:17.71	01:00:08.29	AMICICLO GRÂNDOLA
15	216	CLÁUDIA JOAQUIM	F	45	01:00:23.47	01:00:09.62	JD MELIDENSE - ATLETISMO
16	83	TATIANA NORONHA	F	23	01:01:20.73	01:01:05.57	LEBRES DE DOMINGO
17	430	ANA FILIPA CARNEIRO	F	24	01:02:38.78	01:02:17.95	BOX GRANDOLATIVA
18	212	TÂNIA MATEUS	F	30	01:04:46.16	01:04:32.31	JD MELIDENSE - ATLETISMO
19	213	SUSANA PEREIRA	F	35	01:04:48.39	01:04:34.11	JD MELIDENSE - ATLETISMO
20	91	ANA FIGUEIRA	F	50	01:05:07.98	01:05:04.42	
21	380	MARISA ROMERO	F	40	01:12:39.16	01:12:17.45	
22	328	LÉNIA OLIVEIRA	F	36	01:14:53.16	01:14:32.53	BOX GRANDOLATIVA
23	331	ANA LUISA PEREIRA	F	43	01:14:53.77	01:14:33.24	BOX GRANDOLATIVA
24	351	RITA PEREIRA	F	35	01:34:57.42	01:34:40.72	FUNTASTIC4

**Total de registros: 24**