

GP ATLETISMO ARCD MENDIGA 2012

Patrocínio: ARCD MENDIGA

Apoio: FREG MENDIGA, CM PORTO

Data: 25/11/2012

Classif.: Relatório Geral Masculino e Feminino

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
1	2	CARLOS SILVA	29	M2034	1	M					SPORTING CP	00:50:29
2	267	JOAO VIEIRA	32	M2034	2	M					GDR REBOLEIRA	00:50:59
3	451	EUCLIDES VARELA	30	M2034	3	M					INDIVIDUAL	00:50:59
4	141	EMILIANO VIEIRA	33	M2034	4	M					JOMA	00:51:28
5	19	BRUNO GASPAR	30	M2034	5	M					AC VERMOIL	00:54:39
6	418	PAULO M R MARTINS	37	M3539	1	M					INDIVIDUAL	00:54:56
7	228	DAVID FERNANDES	38	M3539	2	M					GD JOANINHAS LEIAO	00:55:24
8	65	RUI PACHECO	36	M3539	3	M					A VALE SILENCIO	00:55:42
9	25	MIGUEL ANGELO	41	M4044	1	M					AC VERMOIL	00:55:56
10	82	ANTONIO SILVINO	49	M4549	1	M					ACS MAMEDE	00:56:04
11	24	LUIS GOMES	31	M2034	6	M					AC VERMOIL	00:56:25
12	155	JULIO HENRIQUES	51	M5054	1	M					GA FREG VIDAIS	00:57:48
13	131	PAULO ALBINO	35	M3539	4	M					CRD ARRUDENSE	00:57:49
14	156	GABRIEL RODRIGUES	48	M4549	2	M					GA FREG VIDAIS	00:58:05
15	75	JOAO PLACIDO	27	M2034	7	M					UFCI TOMAR	00:58:08
16	125	ALEXANDRE MONTEIRO	46	M4549	3	M					CRD ARRUDENSE	00:58:10
17	484	RICARDO FRANCO	28	M2034	8	M					OESTE RUNNING	00:58:25
18	108	MARACO FRANCO	32	M2034	9	M					C BENFICA ABRANTES	00:58:32
19	9	MARIO PEDRO	37	M3539	5	M					GD MACEDO OCULISTA	00:58:42
20	102	JOSE SANTOS	49	M4549	4	M					CR AMIEIRINHENSE	00:58:46
21	154	JOAO CANAS	37	M3539	6	M					GA FREG VIDAIS	00:58:54
22	434	MARIO CASEIRO	42	M4044	2	M					CA NAZARE	00:58:57
23	127	LUIS BRITO	37	M3539	7	M					CRD ARRUDENSE	00:59:08
24	90	SERGIO JERONIMO	37	M3539	8	M					ACS MAMEDE	00:59:15
25	217	PEDRO CAPELA	32	M2034	10	M					GAU BAJOUCA	00:59:18
26	485	EMANUEL BANDEIRA	35	M3539	9	M					OESTE RUNNING	00:59:23
27	129	JOAO DIAS	40	M4044	3	M					CRD ARRUDENSE	00:59:39
28	218	JORGE SILVA	45	M4549	5	M					GAU BAJOUCA	00:59:50
29	53	BRUNO PEREIRA	36	M3539	10	M					LINDA A PASTORA SC	01:00:04
30	393	JOAO SILVA	52	M5054	2	M					CD MAFRA	01:00:14
31	20	CARLOS SANTOS	43	M4044	4	M					AC VERMOIL	01:00:23
32	215	NUNO DIAS	34	M2034	11	M					CA BARREIRA	01:00:31
33	1	VERA NUNES	32	F2034	1	F					SL BENFICA	01:00:40

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
34	424	JOSE BORGES	51	M5054	3	M					ALHANDRA SC	01:00:41
35	285	DESIDERIO PIRES	40	M4044	5	M					C BENFICA ALCOBAÇA	01:00:42
36	83	CARLOS VALENTE	47	M4549	6	M					ACS MAMEDE	01:00:43
37	64	PAULO POVOA	49	M4549	7	M					A VALE SILENCIO	01:00:50
38	375	JOSE V C CASTRO	51	M5054	4	M					INDIVIDUAL	01:00:58
39	71	ANTONIO P L SANTOS	54	M5054	5	M					GD INE	01:01:03
40	136	RUI PERDIGAO	46	M4549	8	M					CLAC	01:01:11
41	207	FERNANDO SIMAO	53	M5054	6	M					CA BARREIRA	01:01:16
42	494	JOAO DOMINGOS	41	M4044	6	M					SR JARDOEIRA	01:01:20
43	230	JORGE AMARAL	44	M4044	7	M					GD JOANINHAS LEIAO	01:01:38
44	126	AMBROSIO PEREIRA	38	M3539	11	M					CRD ARRUDENSE	01:01:49
45	269	ANTONIO SALCEDAS	42	M4044	8	M					CR AMIEIRINHENSE	01:01:59
46	449	ALCINO NUNES	40	M4044	9	M					CLAC	01:02:02
47	166	NUNO SANTOS	41	M4044	10	M					CCD O ALVITEJO	01:02:09
48	95	JOEL MARCELINO	44	M4044	11	M					ID VIEIRENSE	01:02:15
49	268	BRUNO M G PEDRO	19	M0019	1	M					GA CASAIS VENTO	01:02:15
50	177	DANIEL JAULINO	46	M4549	9	M					C VETERANOS LIS	01:02:20
51	202	RUI ROBERTO	44	M4044	12	M					CA BARREIRA	01:02:26
52	122	NUNO COSTA	41	M4044	13	M					CCRD BURINHOSA	01:02:33
53	227	ANABELA GOMES	33	F2034	2	F					GD JOANINHAS LEIAO	01:02:37
54	499	CASIMIRO GOMES	35	M3539	12	M					SR JARDOEIRA	01:02:41
55	376	HUGO M M CASTRO	27	M2034	12	M					INDIVIDUAL	01:02:46
56	191	GERMANO CAPELA	45	M4549	10	M					CA BARREIRA	01:02:48
57	74	MARIO CRUJEIRA	25	M2034	13	M					UFCI TOMAR	01:02:53
58	165	JOSE QUEIROS	41	M4044	14	M					CCD O ALVITEJO	01:02:55
59	160	MIGUEL GOMES	36	M3539	13	M					CCD O ALVITEJO	01:02:59
60	97	ARTUR LOPES	46	M4549	11	M					ID VIEIRENSE	01:03:02
61	56	ANTONIO POEIRAS	52	M5054	7	M					ACR SOUTOS	01:03:07
62	164	ANTONIO PAIS	42	M4044	15	M					CCD O ALVITEJO	01:03:11
63	167	ANTONIO AZEDO	47	M4549	12	M					CCD O ALVITEJO	01:03:14
64	135	RUI AGUIAR	39	M3539	14	M					ARSC TOLEDO	01:03:21
65	84	CHARLES CUSTODIO	24	M2034	14	M					ACS MAMEDE	01:03:25
66	148	PAULO JESUINO	40	M4044	16	M					GA FREG VIDAIS	01:03:30
67	194	JOSE OLIVEIRA	50	M5054	8	M					CA BARREIRA	01:03:37
68	67	LUIS LOPES	43	M4044	17	M					A VALE SILENCIO	01:03:39
69	325	MARIO GOMES	42	M4044	18	M					AÇOREANA C BANIF	01:03:39
70	435	MIGUEL SILVA	44	M4044	19	M					CA NAZARE	01:03:40
71	474	EMILIA KUMOS	26	F2034	3	F					INDIVIDUAL	01:03:44
72	110	ANTONIO RIBEIRO	33	M2034	15	M					C BENFICA ABRANTES	01:03:46
73	333	EMANUEL MARQUES	43	M4044	20	M					GDCR ZAMBUJEIRA/	01:03:47

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
74	94	NUNO LORVAO	42	M4044	21	M					ID VIEIRENSE	01:03:56
75	103	VICTOR TEIXEIRA	50	M5054	9	M					CR AMIEIRINHENSE	01:03:57
76	130	PEDRO SILVA	41	M4044	22	M					CRD ARRUDENSE	01:03:58
77	483	JOAQUIM RODRIGUES	43	M4044	23	M					OESTE RUNNING	01:03:59
78	66	TIAGO SILVA	21	M2034	16	M					A VALE SILENCIO	01:04:03
79	232	LUIS PAULO	46	M4549	13	M					BAHIA	01:04:07
80	497	PAULO SEQUEIRA	40	M4044	24	M					SR JARDOEIRA	01:04:08
81	44	TIAGO J V CORDEIRO	28	M2034	17	M					GD PEDREIRAS	01:04:15
82	486	VITOR SANTOS	38	M3539	15	M					OESTE RUNNING	01:04:28
83	334	JOAO M LOURENÇO	46	M4549	14	M					NUCLEOEIRAS/	01:04:40
84	3	JOSE C FERNANDES	43	M4044	25	M					A 20 KM ALMEIRIM	01:04:57
85	386	CARLOS REBOLA	38	M3539	16	M					LAPQN	01:05:04
86	169	JOAO JACINTO	55	M5559	1	M					CCD O ALVITEJO	01:05:06
87	96	CARLOS PINTO	44	M4044	26	M					ID VIEIRENSE	01:05:08
88	444	JOSE MARÇAL	51	M5054	10	M					CLAC	01:05:10
89	438	ANTONIO SERRA	42	M4044	27	M					CA NAZARE	01:05:11
90	454	PEDRO NASCIMENTO	34	M2034	18	M					INDIVIDUAL	01:05:17
91	52	MARCO SOUSA	37	M3539	17	M					CM TORRES NOVAS	01:05:30
92	72	GONÇALO FERREIRA	40	M4044	28	M					GD INE	01:05:31
93	119	CARLOS SOARES	44	M4044	29	M					CCRD BURINHOSA	01:05:36
94	428	HERALDO PEIXE	33	M2034	19	M					CA NAZARE	01:06:09
95	432	LUIS VIDINHA	43	M4044	30	M					CA NAZARE	01:06:09
96	89	RUI SIMOES	43	M4044	31	M					ACS MAMEDE	01:06:20
97	100	JOSE CONCEIÇÃO	66	M6599	1	M					NUCLEOEIRAS/	01:06:26
98	193	JOAO VALENTIM	52	M5054	11	M					CA BARREIRA	01:06:35
99	255	JOSE SILVA	51	M5054	12	M					ACR SANTA CITA	01:06:49
100	238	DAVID SANTOS	49	M4549	15	M					UDCA	01:06:50
101	157	ANA MARGARIDA	45	F4099	1	F					CCD O ALVITEJO	01:06:53
102	400	ANTONIO GERALDO	55	M5559	2	M					O MUNDO CORRIDA	01:06:53
103	475	PAULO A PISOEIRO	41	M4044	32	M					INDIVIDUAL	01:07:04
104	50	ANIBAL GODINHO	48	M4549	16	M					CM TORRES NOVAS	01:07:06
105	171	JOAQUIM ALVES	60	M6064	1	M					CCD O ALVITEJO	01:07:12
106	150	LUIS PEDRO	41	M4044	33	M					GA FREG VIDAIS	01:07:13
107	250	ANTONIO M LOPES	46	M4549	17	M					ACR SANTA CITA	01:07:13
108	253	PEDRO MARQUES	38	M3539	18	M					ACR SANTA CITA	01:07:14
109	256	PAULO AMADEU	43	M4044	34	M					ACR SANTA CITA	01:07:14
110	60	JOAQUIM BELO	46	M4549	18	M					A VALE SILENCIO	01:07:16
111	32	JOAQUIM GOMES	62	M6064	2	M					CPR A DO BARBAS	01:07:20
112	221	OTELLO PEREIRA	37	M3539	19	M					GAU BAJOUCA	01:07:21
113	213	DULCINEA SILVA	40	F4099	2	F					CA BARREIRA	01:07:23

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
114	204	VITOR RIBEIRO	52	M5054	13	M					CA BARREIRA	01:07:24
115	210	HELDER CARREIRA	36	M3539	20	M					CA BARREIRA	01:07:37
116	146	MARCO VITORINO	30	M2034	20	M					CP ALCANENA	01:07:43
117	453	GERARDO BELO	38	M3539	21	M					INDIVIDUAL	01:07:50
118	168	JOSE FERNANDES	52	M5054	14	M					CCD O ALVITEJO	01:07:52
119	212	CARINA MATIAS	28	F2034	4	F					CA BARREIRA	01:07:55
120	152	JOSE PEIXOTO	54	M5054	15	M					GA FREG VIDAIS	01:08:05
121	237	CARLOS BARROSO	35	M3539	22	M					UDCA	01:08:05
122	85	FLAVIO VICENTE	34	M2034	21	M					ACS MAMEDE	01:08:16
123	151	JOSE LUIS	37	M3539	23	M					GA FREG VIDAIS	01:08:20
124	235	MARIO S CARDOSO	58	M5559	3	M					TARTARUGAS	01:08:25
125	380	JORGE POLIDORO	44	M4044	35	M					PANELA MAGICA	01:08:26
126	465	JOSUE M L FRANCISCO	41	M4044	36	M					INDIVIDUAL	01:08:32
127	355	PAULO CRUZ	42	M4044	37	M					INDIVIDUAL	01:08:34
128	443	LUIS MOTA	40	M4044	38	M					CLAC	01:08:35
129	220	FILIPE CARVALHEIRO	49	M4549	19	M					GAU BAJOUCA	01:08:36
130	61	CARLOS JACINTO	40	M4044	39	M					ACR SOUTOS	01:08:37
131	329	EURICO AGOSTINHO	52	M5054	16	M					GDCR ZAMBUJEIRA/	01:08:41
132	214	SARA BRITO	42	F4099	3	F					CA BARREIRA	01:08:45
133	252	LUIS ALEXANDRE	37	M3539	24	M					ACR SANTA CITA	01:08:54
134	374	HELDER COQUITO	34	M2034	22	M					CCR MOLEANENSE	01:09:01
135	205	VITOR PARREIRA	59	M5559	4	M					CA BARREIRA	01:09:02
136	247	BRUNO TAVARES	28	M2034	23	M					CP ALCANENA	01:09:04
137	244	FABIO MARTINS	23	M2034	24	M					CCD O ALVITEJO	01:09:05
138	211	JOSE MARTINS	60	M6064	3	M					CA BARREIRA	01:09:09
139	46	MIGUEL J G GINETO	37	M3539	25	M					GD PEDREIRAS	01:09:16
140	144	JOSE MIRA	43	M4044	40	M					CP ALCANENA	01:09:21
141	439	RUI ESTRELINHA	30	M2034	25	M					CA NAZARE	01:09:27
142	123	CARLOS DUARTE	46	M4549	20	M					CCRD BURINHOSA	01:09:30
143	447	ABREU MOURA	57	M5559	5	M					CLAC	01:09:41
144	35	JOEL COELHO	32	M2034	26	M					CCRD ARRIMAL	01:09:42
145	93	RICARDO VICENTE	40	M4044	41	M					ID VIEIRENSE	01:09:53
146	258	RUI MENDES	20	M2034	27	M					ACR SANTA CITA	01:09:54
147	55	DANIEL PINTO	28	M2034	28	M					A VALE SILENCIO	01:10:01
148	457	HELDER PEREIRA	33	M2034	29	M					INDIVIDUAL	01:10:08
149	196	LUIS ESTRELINHA	49	M4549	21	M					CA BARREIRA	01:10:09
150	307	MARIO SILVA	49	M4549	22	M					TAU RUNNERS	01:10:15
151	399	RAUL QUARESMA	32	M2034	30	M					O MUNDO CORRIDA	01:10:18
152	304	FRANCISCO CALÇADA	48	M4549	23	M					AÇOREANA C BANIF	01:10:21
153	22	LEANDRO SANTOS	55	M5559	6	M					AC VERMOIL	01:10:23

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
154	192	DANIEL LOURENÇO	29	M2034	31	M					CA BARREIRA	01:10:25
155	391	MANUEL SILVA	57	M5559	7	M					MULTIFLOW	01:10:29
156	201	RUI PEREIRA	55	M5559	8	M					CA BARREIRA	01:10:32
157	197	LUIS COTRIM	46	M4549	24	M					CA BARREIRA	01:10:33
158	251	FRANCISCO CONFRARIA	41	M4044	42	M					ACR SANTA CITA	01:10:33
159	448	LUIS REI	61	M6064	4	M					CLAC	01:10:35
160	470	ALVARO DELGADO	35	M3539	26	M					CP ALCANENA	01:10:36
161	403	JOAQUIM PESSOA	54	M5054	17	M					C VETERANOS	01:10:38
162	309	AUGUSTO PORTUGAL	38	M3539	27	M					LESMAS OESTE	01:10:41
163	328	ANTONIO CLARA	50	M5054	18	M					GDCR ZAMBUJEIRA/	01:10:42
164	139	DANIELA CARDOSO	20	F2034	5	F					LEIRIA M ATLETICA	01:10:43
165	163	CARLOS CUNHA	40	M4044	43	M					CCD O ALVITEJO	01:10:43
166	140	RUI ANDRADE	40	M4044	44	M					LEIRIA M ATLETICA	01:10:44
167	234	FERNANDO A LUIS	63	M6064	5	M					TARTARUGAS	01:10:44
168	242	AMILCAR RIBEIRAL	64	M6064	6	M					CAA BELEM	01:10:51
169	18	ALFREDO SANTOS	57	M5559	9	M					AC VERMOIL	01:10:54
170	225	ANTONIO FERNANDES	51	M5054	19	M					GAU BAJOUCA	01:11:03
171	335	FERNANDO LOURENÇO	45	M4549	25	M					NUCLEOEIRAS/	01:11:06
172	31	NUNO JORGE	37	M3539	28	M					CPR A DO BARBAS	01:11:08
173	342	PEDRO M F PERALTA	42	M4044	45	M					CCR MOLEANENSE	01:11:13
174	199	MIGUEL SARAIVA	44	M4044	46	M					CA BARREIRA	01:11:14
175	133	CARLOS ALEGRE	51	M5054	20	M					ARSC TOLEDO	01:11:16
176	490	HUGO AGOSTINHO	31	M2034	32	M					CCD O ALVITEJO	01:11:20
177	159	GONÇALO ROQUE	39	M3539	29	M					CCD O ALVITEJO	01:11:21
178	323	LUIS GASPAR	27	M2034	33	M					INDIVIDUAL	01:11:21
179	80	ALBERTO GRAÇA	58	M5559	10	M					UFCI TOMAR	01:11:22
180	300	ACACIO GOMES	39	M3539	30	M					INDIVIDUAL	01:11:28
181	330	LUCAS DELGADO	59	M5559	11	M					GDCR ZAMBUJEIRA/	01:11:36
182	27	FERNANDO JACINTO	45	M4549	26	M					ACR SOUTOS	01:11:47
183	120	DARIO CABETE	39	M3539	31	M					CCRD BURINHOSA	01:11:50
184	23	LUIS BRANDAO	47	M4549	27	M					AC VERMOIL	01:12:01
185	77	JOSE FONSECA	48	M4549	28	M					UFCI TOMAR	01:12:02
186	188	ANTONIO AGOSTINHO	58	M5559	12	M					CA BARREIRA	01:12:11
187	190	ALBANO FERREIRA	62	M6064	7	M					CA BARREIRA	01:12:12
188	257	ANDRE PENA	45	M4549	29	M					ACR SANTA CITA	01:12:13
189	383	DAVID PEREZ	38	M3539	32	M					INDIVIDUAL	01:12:14
190	99	ALBERTO VINAGRE	51	M5054	21	M					ID VIEIRENSE	01:12:16
191	132	ROSA VASSINDULA	38	F3539	1	F					CRD ARRUDENSE	01:12:16
192	305	CARLOS SOUSA	55	M5559	13	M					INDIVIDUAL	01:12:21
193	69	RICARDO BATISTA	24	M2034	34	M					A VALE SILENCIO	01:12:25

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
194	104	JOAO PROSPERO	60	M6064	8	M					CR AMIEIRINHENSE	01:12:27
195	287	JOSE C FORTES	53	M5054	22	M					INDIVIDUAL	01:12:28
196	378	MARCO JACINTO	36	M3539	33	M					PANELA MAGICA	01:12:29
197	379	LUIS LOPES	45	M4549	30	M					PANELA MAGICA	01:12:29
198	409	RICARDO FIGUEIREDO	30	M2034	35	M					PANELA MAGICA	01:12:29
199	11	FERNANDO COSTA	43	M4044	47	M					AA AVIS	01:12:40
200	260	CARLOS SANTOS	43	M4044	48	M					CCD RENAULT CACIA	01:12:40
201	58	FILIPE RAMALHO	32	M2034	36	M					A VALE SILENCIO	01:12:44
202	112	ANA VIEIRA	44	F4099	4	F					C BENFICA ABRANTES	01:12:45
203	478	HUGO PAZ	37	M3539	34	M					INDIVIDUAL	01:12:46
204	142	PAULO GAMBOA	42	M4044	49	M					CA PATAMEIRAS	01:12:51
205	426	ANTONIO ALEXANDRE	52	M5054	23	M					CA NAZARE	01:12:52
206	134	ANTONIO FERNANDES	48	M4549	31	M					ARSC TOLEDO	01:12:56
207	343	JOSE MORAIS	51	M5054	24	M					OS ZATOPQUES	01:12:56
208	347	PAULO BASILIO	44	M4044	50	M					OS ZATOPQUES	01:12:56
209	206	CRISTIANO CASALINHO	29	M2034	37	M					CA BARREIRA	01:12:57
210	446	RENATO MARTINS	39	M3539	35	M					CLAC	01:12:58
211	185	MANUEL CARREIRA	59	M5559	14	M					C VETERANOS LIS	01:13:02
212	143	ANTONIO MORAIS	59	M5559	15	M					CA PATAMEIRAS	01:13:07
213	42	MANUEL CALVARIO	61	M6064	9	M					GDC EIRAPEDRENSE	01:13:15
214	38	JOSE BASTOS	43	M4044	51	M					CAA BELEM	01:13:22
215	338	JULIO FERREIRA	58	M5559	16	M					CD GRUPO BES	01:13:26
216	76	CARLOS SANTOS	46	M4549	32	M					UFCI TOMAR	01:13:29
217	263	MARTINO MONTEZ	41	M4044	52	M					INDIVIDUAL	01:13:29
218	81	ANTONIO SERAFIM	62	M6064	10	M					UFCI TOMAR	01:13:30
219	352	SILVINO J C MORINGA	57	M5559	17	M					INDIVIDUAL	01:13:31
220	195	JOSE FERREIRA	57	M5559	18	M					CA BARREIRA	01:13:38
221	200	ILIDIO SILVA	61	M6064	11	M					CA BARREIRA	01:13:38
222	345	JOSE CUNHA	48	M4549	33	M					OS ZATOPQUES	01:13:38
223	363	BERNARDINO PEREIRA	75	M6599	2	M					SS CGD	01:13:39
224	466	PATRIC VIEIRA	29	M2034	38	M					INDIVIDUAL	01:13:41
225	315	CARLOS M GONÇALVES	56	M5559	19	M					LEBRES TARTARUGAS	01:13:43
226	422	MIGUEL PEREIRA	44	M4044	53	M					INDIVIDUAL	01:13:46
227	477	RUI M C FERNANDES	38	M3539	36	M					INDIVIDUAL	01:14:02
228	402	PAULO TRINDADE	38	M3539	37	M					O MUNDO CORRIDA	01:14:06
229	203	RICARDO FERREIRA	45	M4549	34	M					CA BARREIRA	01:14:12
230	5	IVO NOGUEIRA	26	M2034	39	M					C LISBON C TRIATLO	01:14:20
231	78	MANUEL MOTA	49	M4549	35	M					UFCI TOMAR	01:14:22
232	459	PEDRO LOPES	34	M2034	40	M					INDIVIDUAL	01:14:24
233	456	ARMENIO M B NEVES	35	M3539	38	M					INDIVIDUAL	01:14:27

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
234	358	ANDRE MORGADO	67	M6599	3	M					OS TORCIDOS	01:14:28
235	398	SAMUEL VIDINHA	22	M2034	41	M					INDIVIDUAL	01:14:31
236	33	NARCISO CORDEIRO	49	M4549	36	M					CCRD ARRIMAL	01:14:34
237	394	MANUEL CARLOS	54	M5054	25	M					CALMA	01:14:37
238	411	JOAO CARVALHO	43	M4044	54	M					OS SANTARENOS	01:14:46
239	79	CAROLINA FELIZ	53	F4099	5	F					UFCI TOMAR	01:14:51
240	431	JOSE GERARDO	50	M5054	26	M					CA NAZARE	01:14:54
241	500	RUI AMARAL	33	M2034	42	M					SR JARDOEIRA	01:14:54
242	292	JOSE NASCIMENTO	48	M4549	37	M					INDIVIDUAL	01:14:55
243	21	EUGENIO MENDES	51	M5054	27	M					AC VERMOIL	01:15:00
244	318	VITOR GALEGO	42	M4044	55	M					CARAPAU CORRIDA	01:15:06
245	161	RUI LIMA	37	M3539	39	M					CCD O ALVITEJO	01:15:07
246	471	ADELINO PARREIRA	54	M5054	28	M					CP ALCANENA	01:15:10
247	145	ANGELO SEQUEIRA	46	M4549	38	M					CP ALCANENA	01:15:11
248	341	JOAO P F SANTOS	31	M2034	43	M					CCR MOLEANENSE	01:15:12
249	68	FERNANDO AVELINO	52	M5054	29	M					A VALE SILENCIO	01:15:14
250	331	VALENTIM FERNANDES	57	M5559	20	M					GDCR ZAMBUJEIRA/	01:15:14
251	115	ANIBAL SILVA	49	M4549	39	M					CCRD BURINHOSA	01:15:15
252	28	GONÇALO JANUARIO	27	M2034	44	M					CPR A DO BARBAS	01:15:16
253	59	HERNANI MONTEIRO	52	M5054	30	M					A VALE SILENCIO	01:15:22
254	186	RICARDO MONTEIRO	36	M3539	40	M					C VETERANOS LIS	01:15:38
255	344	JORGE LEITAO	47	M4549	40	M					OS ZATOPEQUES	01:15:42
256	239	JOAQUIM CRISPIM	56	M5559	21	M					UDCA	01:15:44
257	16	ANDRE WIBORG	56	M5559	22	M					VFF 1896	01:15:56
258	445	JOSE GARRAFAO	51	M5054	31	M					CLAC	01:16:04
259	308	CARLA CALÇADA	43	F4099	6	F					AÇOREANA C BANIF	01:16:05
260	158	ISABEL FERNANDES	49	F4099	7	F					CCD O ALVITEJO	01:16:08
261	442	ANTONIO M V JACINTO	47	M4549	41	M					INDIVIDUAL	01:16:15
262	313	CARLOS C TEIXEIRA	52	M5054	32	M					LEBRES TARTARUGAS	01:16:16
263	389	PAULO QUARESMA	57	M5559	23	M					MULTIFLOW	01:16:22
264	45	FILIFE M C ALMEIDA	33	M2034	45	M					GD PEDREIRAS	01:16:38
265	173	AMILCAR SANTANA	66	M6599	4	M					CCD O ALVITEJO	01:16:45
266	226	RAMIRO RODRIGUES	55	M5559	24	M					GAU BAJOUCA	01:16:45
267	249	LUIS NUNES	57	M5559	25	M					CA OBIDOS	01:16:49
268	420	ALEXANDRE M D FIALHO	36	M3539	41	M					INDIVIDUAL	01:16:51
269	179	EMILIO FERNANDES	54	M5054	33	M					C VETERANOS LIS	01:16:59
270	231	TINA OLIVEIRA	48	F4099	8	F					GD JOANINHAS LEIAO	01:17:11
271	469	Mª LURDES C FIALHO	48	F4099	9	F					INDIVIDUAL	01:17:13
272	30	MARCIO SOUSA	30	M2034	46	M					CPR A DO BARBAS	01:17:15
273	496	EVANDRO SILVA	40	M4044	56	M					CCD RENAULT CACIA	01:17:15

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
274	480	ANTONIO N C SILVA	60	M6064	12	M					INDIVIDUAL	01:17:16
275	440	MARTA COLAÇO	36	F3539	2	F					CA NAZARE	01:17:19
276	187	VITOR ANTUNES	57	M5559	26	M					C VETERANOS LIS	01:17:21
277	248	VITOR HERVILHA	61	M6064	13	M					C VETERANOS LIS	01:17:22
278	493	JOAO M S DIOGO	50	M5054	34	M					C JOSIL TOMAR	01:17:27
279	427	ANTONIO SALDANHA	57	M5559	27	M					CA NAZARE	01:17:36
280	481	MARGARIDA GODINHO	53	F4099	10	F					INDIVIDUAL	01:17:38
281	482	PEDRO ANTUNES	38	M3539	42	M					OESTE RUNNING	01:17:41
282	47	LUIS F B VAZAO	38	M3539	43	M					GD PEDREIRAS	01:17:45
283	170	RICARDO LOURENÇO	57	M5559	28	M					CCD O ALVITEJO	01:17:57
284	57	FERNANDO SILVA	48	M4549	42	M					A VALE SILENCIO	01:17:59
285	392	NARCISO ARROMBA	58	M5559	29	M					C VETERANOS	01:18:00
286	401	ISABEL TRINDADE	47	F4099	11	F					O MUNDO CORRIDA	01:18:01
287	222	CARLOS FIGUEIREDO	60	M6064	14	M					GAU BAJOUCA	01:18:02
288	87	LUIS NETO	45	M4549	43	M					ACS MAMEDE	01:18:05
289	289	JOSE VALERIO	67	M6599	5	M					INDIVIDUAL	01:18:05
290	63	JOSE LUCAS	66	M6599	6	M					ACR SOUTOS	01:18:07
291	373	ORLANDO FERREIRA	55	M5559	30	M					GDP CIMPOR	01:18:31
292	458	JORGE R R PAULINO	50	M5054	35	M					AMIGOS PENICHE	01:18:35
293	416	RUI P S ROCHA	41	M4044	57	M					INDIVIDUAL	01:18:37
294	266	INES MARQUES	35	F3539	3	F					CCR ALTO MOINHO	01:18:39
295	236	JOSE M O MADEIRA	60	M6064	15	M					TARTARUGAS	01:18:41
296	259	PEDRO LOPES	20	M2034	47	M					ACR SANTA CITA	01:19:01
297	322	WILSON ESTRELA	43	M4044	58	M					CARAPUS CORRIDA	01:19:01
298	395	MARCO RIBEIRO	37	M3539	44	M					INDIVIDUAL	01:19:01
299	180	JACINTO FERREIRA	55	M5559	31	M					C VETERANOS LIS	01:19:02
300	498	ANTONIO CARDOSO	49	M4549	44	M					SR JARDOEIRA	01:19:18
301	312	CARLOS S COSTA	49	M4549	45	M					AI NHA PERNA	01:19:19
302	36	PEDRO GOMES	25	M2034	48	M					CCRD ARRIMAL	01:19:27
303	114	VITOR MONTEIRO	44	M4044	59	M					CCRD BURINHOSA	01:19:28
304	326	JOAQUIM ZAMBANA	45	M4549	46	M					INDIVIDUAL	01:19:30
305	54	ANTONIO FERNANDES	56	M5559	32	M					A VALE SILENCIO	01:19:37
306	121	TELMO PEDROSO	39	M3539	45	M					CCRD BURINHOSA	01:19:41
307	240	MANUEL CRISPIM	60	M6064	16	M					UDCA	01:19:43
308	49	JOSE FERNANDES	59	M5559	33	M					SS CGD	01:19:47
309	463	CARLOS CORINO	67	M6599	7	M					CP UNIV COIMBRA	01:19:50
310	354	CARLOS RANGEL	59	M5559	34	M					INDIVIDUAL	01:19:52
311	311	RICARDO SILVA	34	M2034	49	M					LESMAS OESTE	01:19:58
312	495	JAIME JUNIOR	41	M4044	60	M					CCD RENAULT CACIA	01:20:03
313	147	VITOR FERREIRA	48	M4549	47	M					CP ALCANENA	01:20:04

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
314	370	JOSE BELCHIOR	60	M6064	17	M					INDIVIDUAL	01:20:18
315	472	JOSE C F MATOS	26	M2034	50	M					INDIVIDUAL	01:20:34
316	113	JORGE M LOUREIRO	67	M6599	8	M					C VETERANOS	01:20:35
317	117	OCTAVIO MARIANO	41	M4044	61	M					CCRD BURINHOSA	01:20:39
318	29	LUIS FERNANDES	33	M2034	51	M					CPR A DO BARBAS	01:20:50
319	270	LUIS FIRMINO	29	M2034	52	M					INDIVIDUAL	01:20:59
320	388	MANUEL AZEVEDO	55	M5559	35	M					MULTIFLOW	01:21:04
321	415	JOSE A R MACHADO	50	M5054	36	M					INDIVIDUAL	01:21:14
322	337	CARLA ANDRE	35	F3539	4	F					CD GRUPO BES	01:21:21
323	34	JOAQUIM ALVES	43	M4044	62	M					CCRD ARRIMAL	01:21:24
324	461	ARMANDO DELGADO	56	M5559	36	M					CP UNIV COIMBRA	01:21:27
325	224	PEDRO CABECINHAS	34	M2034	53	M					GAU BAJOUCA	01:21:38
326	468	LUIS M F REBELO	51	M5054	37	M					INDIVIDUAL	01:21:43
327	408	JOSE CATITA	54	M5054	38	M					GARMIN C O OEIRAS	01:21:47
328	372	PAULO UBALDO	44	M4044	63	M					INDIVIDUAL	01:21:51
329	17	ALBINO OLIVEIRA	62	M6064	18	M					RAINHA DESPORTO	01:21:57
330	450	MANUEL BRITES	55	M5559	37	M					ACR SOUTOS	01:22:01
331	369	JOSE C D HENRIQUES	57	M5559	38	M					INDIVIDUAL	01:22:06
332	26	SERGIO G SILVA	38	M3539	46	M					AC VERMOIL	01:22:09
333	479	MARIO J MIRA	46	M4549	48	M					INDIVIDUAL	01:22:17
334	297	TELMO CARREIRA	29	M2034	54	M					INDIVIDUAL	01:22:25
335	487	JORGE M M ROSA	30	M2034	55	M					INDIVIDUAL	01:22:29
336	327	JOAO CALÇADA	42	M4044	64	M					GDCR ZAMBUJEIRA/	01:22:52
337	364	FRANCISCO VAZ	45	M4549	49	M					FRUFRESH RUNNERS	01:22:56
338	384	ALDEMIRO SIMOES	31	M2034	56	M					FRUFRESH RUNNERS	01:22:56
339	174	JOSE GRILATE	67	M6599	9	M					CCD O ALVITEJO	01:23:02
340	387	RUI M F GASPAR	44	M4044	65	M					INDIVIDUAL	01:23:09
341	455	SONIA P P MATA	31	F2034	6	F					INDIVIDUAL	01:23:10
342	473	LUIS PEÇA	42	M4044	66	M					INDIVIDUAL	01:23:12
343	377	AIDA M MARTINS	49	F4099	12	F					INDIVIDUAL	01:23:17
344	137	JOAO JOAQUIM	65	M6599	10	M					CLAC	01:23:27
345	414	JUSTINO M R SILVA	36	M3539	47	M					INDIVIDUAL	01:23:36
346	86	FILIPE TOMAS	69	M6599	11	M					ACS MAMEDE	01:23:48
347	109	MANUEL SILVA	39	M3539	48	M					C BENFICA ABRANTES	01:23:55
348	299	NUNO BELO	39	M3539	49	M					INDIVIDUAL	01:24:05
349	346	ORLANDO SILVA	56	M5559	39	M					OS ZATOPQUES	01:24:09
350	425	JOAQUIM FRAGOSO	63	M6064	19	M					CCD CASA PIA	01:24:09
351	316	NELSON P C DUARTE	37	M3539	50	M					INDIVIDUAL	01:24:18
352	441	ANA L FERREIRA	38	F3539	5	F					CA NAZARE	01:24:23
353	489	ANA C S FERREIRA	36	F3539	6	F					SOSI	01:24:23

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
354	396	LUIS NEVES	54	M5054	39	M					INDIVIDUAL	01:24:40
355	184	JULIO LOPES	38	M3539	51	M					C VETERANOS LIS	01:24:44
356	264	LUIS HOMEM	33	M2034	57	M					INDIVIDUAL	01:24:44
357	116	RUI VENTURA	50	M5054	40	M					CCRD BURINHOSA	01:24:47
358	412	JOAQUIM PEREIRA	40	M4044	67	M					INDIVIDUAL	01:25:06
359	175	ANTONIO SIMAO	70	M6599	12	M					CCD O ALVITEJO	01:25:16
360	310	RUI CARNEIRO	41	M4044	68	M					LESMAS OESTE	01:25:31
361	4	SERGIO LOPES	34	M2034	58	M					C LISBON C TRIATLO	01:25:57
362	8	PEDRO FERNANDO	32	M2034	59	M					C LISBON C TRIATLO	01:25:57
363	423	CARLOS GARCIA	52	M5054	41	M					INDIVIDUAL	01:26:10
364	293	ALBERTO SOARES	50	M5054	42	M					INDIVIDUAL	01:26:17
365	421	ANDRE M S COSTA	29	M2034	60	M					INDIVIDUAL	01:26:21
366	37	LUIS ROSA	59	M5559	40	M					CAA BELEM	01:26:24
367	382	SILVERIO BRAS	52	M5054	43	M					INDIVIDUAL	01:26:31
368	48	JOSE C GINETO	59	M5559	41	M					GD PEDREIRAS	01:26:35
369	324	HUGO DIAS	28	M2034	61	M					INDIVIDUAL	01:27:10
370	283	ADRIANO CUNHA	58	M5559	42	M					INDIVIDUAL	01:27:12
371	488	SERGIO CASTRO	33	M2034	62	M					PERNAS GAFANHOTO	01:27:16
372	265	JULIO R HENRIQUES	63	M6064	20	M					INDIVIDUAL	01:27:17
373	462	MANUEL PEREIRA	59	M5559	43	M					CP UNIV COIMBRA	01:27:47
374	181	JOSE CARREIRA	66	M6599	13	M					C VETERANOS LIS	01:27:49
375	106	HELIO GODINHO	62	M6064	21	M					C BENFICA ABRANTES	01:27:54
376	357	CARLOS RODRIGUES	70	M6599	14	M					OS TORCIDOS	01:28:03
377	371	ANABELA N SANTOS	38	F3539	7	F					INDIVIDUAL	01:28:14
378	404	JOAO E SANTOS	38	M3539	52	M					INDIVIDUAL	01:28:33
379	41	FERNANDO SANTOS	51	M5054	44	M					GDC EIRAPEDRENSE	01:28:36
380	294	FERNANDO ALVES	50	M5054	45	M					SS CGD	01:28:55
381	464	MANUEL CARTAXO	73	M6599	15	M					CP UNIV COIMBRA	01:29:04
382	492	VANDA ANJOS	32	F2034	7	F					INDIVIDUAL	01:29:08
383	6	MIGUEL VELEZ	49	M4549	50	M					C LISBON C TRIATLO	01:29:10
384	105	CARLOS ALFAIATE	59	M5559	44	M					C BENFICA ABRANTES	01:29:29
385	362	CARLOS CRESPO	49	M4549	51	M					A PALACIO QUELUZ	01:29:49
386	407	FERNANDA PARRO	49	F4099	13	F					GARMIN C O OEIRAS	01:29:58
387	406	LUIS PARRO	51	M5054	46	M					GARMIN C O OEIRAS	01:30:03
388	366	JOAQUIM MARIA	37	M3539	53	M					FRUFRESH RUNNERS	01:30:06
389	284	MARTA SILVA	31	F2034	8	F					INDIVIDUAL	01:30:13
390	419	CARLA V S MARTINS	37	F3539	8	F					INDIVIDUAL	01:30:42
391	153	MANUEL SIMAO	58	M5559	45	M					GA FREG VIDAIS	01:31:11
392	405	VITOR M M FERNANDES	62	M6064	22	M					CALMA	01:31:11
393	303	JORGE SILVA	62	M6064	23	M					INDIVIDUAL	01:31:39

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.F.E	Sx.	C.	SC1	SC2	SC3	Equipe	Tempo
394	43	ANTONIO SECA	67	M6599	16	M					GDC EIRAPEDRENSE	01:31:40
395	417	ANTONIO MOÇO	56	M5559	46	M					GDP CIMPOR	01:31:43
396	430	JOAQUIM HIPOLITO	57	M5559	47	M					CA NAZARE	01:32:00
397	361	LUZ RODRIGUES	57	F4099	14	F					OS TORCIDOS	01:32:01
398	241	JOAO BRANCO	65	M6599	17	M					AAE BNU	01:32:05
399	476	ANDREIA OLIVEIRA	34	F2034	9	F					GEORUNNERS	01:32:06
400	314	FREDERICO A SOUSA	49	M4549	52	M					LEBRES TARTARUGAS	01:32:12
401	336	ANA P MARQUES	42	F4099	15	F					CD GRUPO BES	01:32:20
402	340	SILVIO PAIVA	61	M6064	24	M					CD GRUPO BES	01:32:21
403	460	RICARDO ESTEVES	51	M5054	47	M					AMIGOS PENICHE	01:32:27
404	39	LUCILIA CASANOVA	57	F4099	16	F					CAA BELEM	01:32:54
405	7	PAULO SANTOS	47	M4549	53	M					C LISBON C TRIATLO	01:33:14
406	246	LENA BORGES	42	F4099	17	F					C LISBON C TRIATLO	01:33:14
407	353	JOAO P S LIMA	52	M5054	48	M					4 AO KM	01:33:18
408	223	RAMIRO ALFAIATE	41	M4044	69	M					GAU BAJOUCA	01:34:33
409	62	JOSE REBOCHO	57	M5559	48	M					A VALE SILENCIO	01:34:40
410	198	MANUEL BRITO	54	M5054	49	M					CA BARREIRA	01:35:12
411	390	JOAO SANTOS	63	M6064	25	M					MULTIFLOW	01:35:33
412	359	ANTONUIO CORREIA	62	M6064	26	M					OS TORCIDOS	01:35:55
413	350	JOAQUIM FONSECA	57	M5559	49	M					OS SUPER	01:36:02
414	397	ISABEL NEVES	51	F4099	18	F					INDIVIDUAL	01:36:09
415	245	FERNANDO M SILVA	46	M4549	54	M					CCD O ALVITEJO	01:36:24
416	413	JORGE SANTOS	32	M2034	63	M					C LISBON C TRIATLO	01:36:29
417	502	SILVIA RITO	29	F2034	10	F					INDIVIDUAL	01:36:29
418	351	MERCEDES FONSECA	56	F4099	19	F					OS SUPER	01:37:05
419	286	HELDER VARANDAS	65	M6599	18	M					INDIVIDUAL	01:37:08
420	290	JOAO LANDEIRO	66	M6599	19	M					INDIVIDUAL	01:37:10
421	40	JOSE MARTINS	53	M5054	50	M					CAA BELEM	01:38:48
422	302	JOSE L RAMOS	51	M5054	51	M					INDIVIDUAL	01:39:08
423	360	ALCINA CORREIA	59	F4099	20	F					OS TORCIDOS	01:40:51
424	92	FERNANDA MANGAS	35	F3539	9	F					SS MONTEPIO GERAL	01:43:07
425	368	DORA FREE	39	F3539	10	F					FRUFRESH RUNNERS	01:45:12
426	91	DORA PORTUGAL	35	F3539	11	F					SS MONTEPIO GERAL	01:46:28
427	243	JOAQUIM MAJOR	41	M4044	70	M					CSC COVAO COELHO	01:47:04
428	437	VITOR LOURAÇO	66	M6599	20	M					CA NAZARE	01:47:04
429	367	ISABEL MATELA	43	F4099	21	F					FRUFRESH RUNNERS	01:47:34
430	467	JULIANA R CARREIRA	28	F2034	11	F					INDIVIDUAL	01:49:30
431	301	JOSE C C JORGE	63	M6064	27	M					INDIVIDUAL	01:50:01
432	176	FERNANDO CARDOSO	78	M6599	21	M					CCD O ALVITEJO	02:00:35

Coloc. Num. Atleta

Id. Fx.Et. Cl.F.E Sx. C. SC1 SC2 SC3 Equipe

Tempo

GP ATLETISMO ARCD MENDIGA 2012

Patrocinio: ARCD MENDIGA

Apoio: FREG MENDIGA, CM PORTO

Data: 25/11/2012

Classif.: Relatório Faixa Etária Masculino e Feminino

Senior Feminino

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	1	VERA NUNES	32	F2034	F				SL BENFICA	01:00:40
2	227	ANABELA GOMES	33	F2034	F				GD JOANINHAS LEIAO	01:02:37
3	474	EMILIA KUMOS	26	F2034	F				INDIVIDUAL	01:03:44
4	212	CARINA MATIAS	28	F2034	F				CA BARREIRA	01:07:55
5	139	DANIELA CARDOSO	20	F2034	F				LEIRIA M ATLETICA	01:10:43
6	455	SONIA P P MATA	31	F2034	F				INDIVIDUAL	01:23:10
7	492	VANDA ANJOS	32	F2034	F				INDIVIDUAL	01:29:08
8	284	MARTA SILVA	31	F2034	F				INDIVIDUAL	01:30:13
9	476	ANDREIA OLIVEIRA	34	F2034	F				GEORUNNERS	01:32:06
10	502	SILVIA RITO	29	F2034	F				INDIVIDUAL	01:36:29
11	467	JULIANA R CARREIRA	28	F2034	F				INDIVIDUAL	01:49:30

Senior Masculino

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	2	CARLOS SILVA	29	M2034	M				SPORTING CP	00:50:29
2	267	JOAO VIEIRA	32	M2034	M				GDR REBOLEIRA	00:50:59
3	451	EUCLIDES VARELA	30	M2034	M				INDIVIDUAL	00:50:59
4	141	EMILIANO VIEIRA	33	M2034	M				JOMA	00:51:28
5	19	BRUNO GASPAR	30	M2034	M				AC VERMOIL	00:54:39
6	24	LUIS GOMES	31	M2034	M				AC VERMOIL	00:56:25
7	75	JOAO PLACIDO	27	M2034	M				UFCI TOMAR	00:58:08
8	484	RICARDO FRANCO	28	M2034	M				OESTE RUNNING	00:58:25
9	108	MARACO FRANCO	32	M2034	M				C BENFICA ABRANTES	00:58:32
10	217	PEDRO CAPELA	32	M2034	M				GAU BAJOUCA	00:59:18
11	215	NUNO DIAS	34	M2034	M				CA BARREIRA	01:00:31
12	268	BRUNO M G PEDRO	20	M2034	M				GA CASAIS VENTO	01:02:15
13	376	HUGO M M CASTRO	27	M2034	M				INDIVIDUAL	01:02:46
14	74	MARIO CRUJEIRA	25	M2034	M				UFCI TOMAR	01:02:53
15	84	CHARLES CUSTODIO	24	M2034	M				ACS MAMEDE	01:03:25
16	110	ANTONIO RIBEIRO	33	M2034	M				C BENFICA ABRANTES	01:03:46
17	66	TIAGO SILVA	21	M2034	M				A VALE SILENCIO	01:04:03
18	44	TIAGO J V CORDEIRO	28	M2034	M				GD PEDREIRAS	01:04:15
19	454	PEDRO NASCIMENTO	34	M2034	M				INDIVIDUAL	01:05:17
20	428	HERALDO PEIXE	33	M2034	M				CA NAZARE	01:06:09
21	146	MARCO VITORINO	30	M2034	M				CP ALCANENA	01:07:43
22	85	FLAVIO VICENTE	34	M2034	M				ACS MAMEDE	01:08:16
23	374	HELDER COQUITO	34	M2034	M				CCR MOLEANENSE	01:09:01
24	247	BRUNO TAVARES	28	M2034	M				CP ALCANENA	01:09:04
25	244	FABIO MARTINS	23	M2034	M				CCD O ALVITEJO	01:09:05
26	439	RUI ESTRELINHA	30	M2034	M				CA NAZARE	01:09:27
27	35	JOEL COELHO	32	M2034	M				CCRD ARRIMAL	01:09:42
28	258	RUI MENDES	20	M2034	M				ACR SANTA CITA	01:09:54
29	55	DANIEL PINTO	28	M2034	M				A VALE SILENCIO	01:10:01
30	457	HELDER PEREIRA	33	M2034	M				INDIVIDUAL	01:10:08
31	399	RAUL QUARESMA	32	M2034	M				O MUNDO CORRIDA	01:10:18
32	192	DANIEL LOURENÇO	29	M2034	M				CA BARREIRA	01:10:25
33	490	HUGO AGOSTINHO	31	M2034	M				CCD O ALVITEJO	01:11:20
34	323	LUIS GASPAR	27	M2034	M				INDIVIDUAL	01:11:21
35	69	RICARDO BATISTA	24	M2034	M				A VALE SILENCIO	01:12:25
36	409	RICARDO FIGUEIREDO	30	M2034	M				PANELA MAGICA	01:12:29
37	58	FILIPE RAMALHO	32	M2034	M				A VALE SILENCIO	01:12:44
38	206	CRISTIANO CASALINHO	29	M2034	M				CA BARREIRA	01:12:57
39	466	PATRIC VIEIRA	29	M2034	M				INDIVIDUAL	01:13:41
40	5	IVO NOGUEIRA	26	M2034	M				C LISBON C TRIATLO	01:14:20
41	459	PEDRO LOPES	34	M2034	M				INDIVIDUAL	01:14:24

42	398	SAMUEL VIDINHA	22	M2034	M	INDIVIDUAL	01:14:31
43	500	RUI AMARAL	33	M2034	M	SR JARDOEIRA	01:14:54
44	341	JOAO P F SANTOS	31	M2034	M	CCR MOLEANENSE	01:15:12
45	28	GONÇALO JANUARIO	27	M2034	M	CPR A DO BARBAS	01:15:16
46	45	FILIFE M C ALMEIDA	33	M2034	M	GD PEDREIRAS	01:16:38
47	30	MARCIO SOUSA	30	M2034	M	CPR A DO BARBAS	01:17:15
48	259	PEDRO LOPES	20	M2034	M	ACR SANTA CITA	01:19:01
49	36	PEDRO GOMES	25	M2034	M	CCRD ARRIMAL	01:19:27
50	311	RICARDO SILVA	34	M2034	M	LESMAS OESTE	01:19:58
51	472	JOSE C F MATOS	26	M2034	M	INDIVIDUAL	01:20:34
52	29	LUIS FERNANDES	33	M2034	M	CPR A DO BARBAS	01:20:50
53	270	LUIS FIRMINO	29	M2034	M	INDIVIDUAL	01:20:59
54	224	PEDRO CABECINHAS	34	M2034	M	GAU BAJOUCA	01:21:38
55	297	TELMO CARREIRA	29	M2034	M	INDIVIDUAL	01:22:25
56	487	JORGE M M ROSA	30	M2034	M	INDIVIDUAL	01:22:29
57	384	ALDEMIRO SIMOES	31	M2034	M	FRUFRESH RUNNERS	01:22:56
58	264	LUIS HOMEM	33	M2034	M	INDIVIDUAL	01:24:44
59	4	SERGIO LOPES	34	M2034	M	C LISBON C TRIATLO	01:25:57
60	8	PEDRO FERNANDO	32	M2034	M	C LISBON C TRIATLO	01:25:57
61	421	ANDRE M S COSTA	29	M2034	M	INDIVIDUAL	01:26:21
62	324	HUGO DIAS	28	M2034	M	INDIVIDUAL	01:27:10
63	488	SERGIO CASTRO	33	M2034	M	PERNAS GAFANHOTO	01:27:16
64	413	JORGE SANTOS	32	M2034	M	C LISBON C TRIATLO	01:36:29

Veterana F35

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	132	ROSA VASSINDULA	38	F3539	F				CRD ARRUDENSE	01:12:16
2	440	MARTA COLAÇO	36	F3539	F				CA NAZARE	01:17:19
3	266	INES MARQUES	35	F3539	F				CCR ALTO MOINHO	01:18:39
4	337	CARLA ANDRE	35	F3539	F				CD GRUPO BES	01:21:21
5	441	ANA L FERREIRA	38	F3539	F				CA NAZARE	01:24:23
6	489	ANA C S FERREIRA	36	F3539	F				SOSI	01:24:23
7	371	ANABELA N SANTOS	38	F3539	F				INDIVIDUAL	01:28:14
8	419	CARLA V S MARTINS	37	F3539	F				INDIVIDUAL	01:30:42
9	92	FERNANDA MANGAS	35	F3539	F				SS MONTEPIO GERAL	01:43:07
10	368	DORA FREE	39	F3539	F				FRUFRESH RUNNERS	01:45:12
11	91	DORA PORTUGAL	35	F3539	F				SS MONTEPIO GERAL	01:46:28

Veterana F40

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	157	ANA MARGARIDA	45	F4099	F				CCD O ALVITEJO	01:06:53
2	213	DULCINEA SILVA	40	F4099	F				CA BARREIRA	01:07:23
3	214	SARA BRITO	42	F4099	F				CA BARREIRA	01:08:45
4	112	ANA VIEIRA	44	F4099	F				C BENFICA ABRANTES	01:12:45
5	79	CAROLINA FELIZ	53	F4099	F				UFCI TOMAR	01:14:51
6	308	CARLA CALÇADA	43	F4099	F				AÇOREANA C BANIF	01:16:05
7	158	ISABEL FERNANDES	49	F4099	F				CCD O ALVITEJO	01:16:08
8	231	TINA OLIVEIRA	48	F4099	F				GD JOANINHAS LEIAO	01:17:11
9	469	Mª LURDES C FIALHO	48	F4099	F				INDIVIDUAL	01:17:13
10	481	MARGARIDA GODINHO	53	F4099	F				INDIVIDUAL	01:17:38
11	401	ISABEL TRINDADE	47	F4099	F				O MUNDO CORRIDA	01:18:01
12	377	AIDA M MARTINS	49	F4099	F				INDIVIDUAL	01:23:17
13	407	FERNANDA PARRO	49	F4099	F				GARMIN C O OEIRAS	01:29:58
14	361	LUZ RODRIGUES	57	F4099	F				OS TORCIDOS	01:32:01
15	336	ANA P MARQUES	42	F4099	F				CD GRUPO BES	01:32:20
16	39	LUCILIA CASANOVA	57	F4099	F				CAA BELEM	01:32:54
17	246	LENA BORGES	42	F4099	F				C LISBON C TRIATLO	01:33:14
18	397	ISABEL NEVES	51	F4099	F				INDIVIDUAL	01:36:09
19	351	MERCEDES FONSECA	56	F4099	F				OS SUPER	01:37:05
20	360	ALCINA CORREIA	59	F4099	F				OS TORCIDOS	01:40:51
21	367	ISABEL MATELA	43	F4099	F				FRUFRESH RUNNERS	01:47:34

Veterano M 40

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	25	MIGUEL ANGELO	41	M4044	M				AC VERMOIL	00:55:56
2	434	MARIO CASEIRO	42	M4044	M				CA NAZARE	00:58:57
3	129	JOAO DIAS	40	M4044	M				CRD ARRUDENSE	00:59:39
4	20	CARLOS SANTOS	43	M4044	M				AC VERMOIL	01:00:23
5	285	DESIDERIO PIRES	40	M4044	M				C BENFICA ALCOBAÇA	01:00:42
6	494	JOAO DOMINGOS	41	M4044	M				SR JARDOEIRA	01:01:20
7	230	JORGE AMARAL	44	M4044	M				GD JOANINHAS LEIAO	01:01:38
8	269	ANTONIO SALCEDAS	42	M4044	M				CR AMIEIRINHENSE	01:01:59
9	449	ALCINO NUNES	40	M4044	M				CLAC	01:02:02
10	166	NUNO SANTOS	41	M4044	M				CCD O ALVITEJO	01:02:09
11	95	JOEL MARCELINO	44	M4044	M				ID VIEIRENSE	01:02:15
12	202	RUI ROBERTO	44	M4044	M				CA BARREIRA	01:02:26
13	122	NUNO COSTA	41	M4044	M				CCRD BURINHOSA	01:02:33
14	165	JOSE QUEIROS	41	M4044	M				CCD O ALVITEJO	01:02:55
15	164	ANTONIO PAIS	42	M4044	M				CCD O ALVITEJO	01:03:11
16	148	PAULO JESUINO	40	M4044	M				GA FREG VIDAIS	01:03:30
17	67	LUIS LOPES	43	M4044	M				A VALE SILENCIO	01:03:39
18	325	MARIO GOMES	42	M4044	M				AÇOREANA C BANIF	01:03:39
19	435	MIGUEL SILVA	44	M4044	M				CA NAZARE	01:03:40
20	333	EMANUEL MARQUES	43	M4044	M				GDCR ZAMBUJEIRA/	01:03:47
21	94	NUNO LORVAO	42	M4044	M				ID VIEIRENSE	01:03:56
22	130	PEDRO SILVA	41	M4044	M				CRD ARRUDENSE	01:03:58
23	483	JOAQUIM RODRIGUES	43	M4044	M				OESTE RUNNING	01:03:59
24	497	PAULO SEQUEIRA	40	M4044	M				SR JARDOEIRA	01:04:08
25	3	JOSE C FERNANDES	43	M4044	M				A 20 KM ALMEIRIM	01:04:57
26	96	CARLOS PINTO	44	M4044	M				ID VIEIRENSE	01:05:08
27	438	ANTONIO SERRA	42	M4044	M				CA NAZARE	01:05:11
28	72	GONÇALO FERREIRA	40	M4044	M				GD INE	01:05:31
29	119	CARLOS SOARES	44	M4044	M				CCRD BURINHOSA	01:05:36
30	432	LUIS VIDINHA	43	M4044	M				CA NAZARE	01:06:09
31	89	RUI SIMOES	43	M4044	M				ACS MAMEDE	01:06:20
32	475	PAULO A PISOEIRO	41	M4044	M				INDIVIDUAL	01:07:04
33	150	LUIS PEDRO	41	M4044	M				GA FREG VIDAIS	01:07:13
34	256	PAULO AMADEU	43	M4044	M				ACR SANTA CITA	01:07:14
35	380	JORGE POLIDORO	44	M4044	M				PANELA MAGICA	01:08:26
36	465	JOSUE M L FRANCISCO	41	M4044	M				INDIVIDUAL	01:08:32
37	355	PAULO CRUZ	42	M4044	M				INDIVIDUAL	01:08:34
38	443	LUIS MOTA	40	M4044	M				CLAC	01:08:35
39	61	CARLOS JACINTO	40	M4044	M				ACR SOUTOS	01:08:37
40	144	JOSE MIRA	43	M4044	M				CP ALCANENA	01:09:21
41	93	RICARDO VICENTE	40	M4044	M				ID VIEIRENSE	01:09:53

42	251	FRANCISCO CONFRARIA	41	M4044	M	ACR SANTA CITA	01:10:33
43	163	CARLOS CUNHA	40	M4044	M	CCD O ALVITEJO	01:10:43
44	140	RUI ANDRADE	40	M4044	M	LEIRIA M ATLETICA	01:10:44
45	342	PEDRO M F PERALTA	42	M4044	M	CCR MOLEANENSE	01:11:13
46	199	MIGUEL SARAIVA	44	M4044	M	CA BARREIRA	01:11:14
47	11	FERNANDO COSTA	43	M4044	M	AA AVIS	01:12:40
48	260	CARLOS SANTOS	43	M4044	M	CCD RENAULT CACIA	01:12:40
49	142	PAULO GAMBOA	42	M4044	M	CA PATAMEIRAS	01:12:51
50	347	PAULO BASILIO	44	M4044	M	OS ZATOPEQUES	01:12:56
51	38	JOSE BASTOS	43	M4044	M	CAA BELEM	01:13:22
52	263	MARTINO MONTEZ	41	M4044	M	INDIVIDUAL	01:13:29
53	422	MIGUEL PEREIRA	44	M4044	M	INDIVIDUAL	01:13:46
54	411	JOAO CARVALHO	43	M4044	M	OS SANTARENOS	01:14:46
55	318	VITOR GALEGO	42	M4044	M	CARAP AUS CORRIDA	01:15:06
56	496	EVANDRO SILVA	40	M4044	M	CCD RENAULT CACIA	01:17:15
57	416	RUI P S ROCHA	41	M4044	M	INDIVIDUAL	01:18:37
58	322	WILSON ESTRELA	43	M4044	M	CARAP AUS CORRIDA	01:19:01
59	114	VITOR MONTEIRO	44	M4044	M	CCRD BURINHOSA	01:19:28
60	495	JAIME JUNIOR	41	M4044	M	CCD RENAULT CACIA	01:20:03
61	117	OCTAVIO MARIANO	41	M4044	M	CCRD BURINHOSA	01:20:39
62	34	JOAQUIM ALVES	43	M4044	M	CCRD ARRIMAL	01:21:24
63	372	PAULO UBALDO	44	M4044	M	INDIVIDUAL	01:21:51
64	327	JOAO CALÇADA	42	M4044	M	GDCR ZAMBUJEIRA/	01:22:52
65	387	RUI M F GASPAR	44	M4044	M	INDIVIDUAL	01:23:09
66	473	LUIS PEÇA	42	M4044	M	INDIVIDUAL	01:23:12
67	412	JOAQUIM PEREIRA	40	M4044	M	INDIVIDUAL	01:25:06
68	310	RUI CARNEIRO	41	M4044	M	LESMAS OESTE	01:25:31
69	223	RAMIRO ALFAIATE	41	M4044	M	GAU BAJOUCA	01:34:33
70	243	JOAQUIM MAJOR	41	M4044	M	CSC COVAO COELHO	01:47:04

Veterano M35

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	418	PAULO M R MARTINS	37	M3539	M				INDIVIDUAL	00:54:56
2	228	DAVID FERNANDES	38	M3539	M				GD JOANINHAS LEIAO	00:55:24
3	65	RUI PACHECO	36	M3539	M				A VALE SILENCIO	00:55:42
4	131	PAULO ALBINO	35	M3539	M				CRD ARRUDENSE	00:57:49
5	9	MARIO PEDRO	37	M3539	M				GD MACEDO OCULISTA	00:58:42
6	154	JOAO CANAS	37	M3539	M				GA FREG VIDAIS	00:58:54
7	127	LUIS BRITO	37	M3539	M				CRD ARRUDENSE	00:59:08
8	90	SERGIO JERONIMO	37	M3539	M				ACS MAMEDE	00:59:15
9	485	EMANUEL BANDEIRA	35	M3539	M				OESTE RUNNING	00:59:23
10	53	BRUNO PEREIRA	36	M3539	M				LINDA A PASTORA SC	01:00:04
11	126	AMBROSIO PEREIRA	38	M3539	M				CRD ARRUDENSE	01:01:49
12	499	CASIMIRO GOMES	35	M3539	M				SR JARDOEIRA	01:02:41
13	160	MIGUEL GOMES	36	M3539	M				CCD O ALVITEJO	01:02:59
14	135	RUI AGUIAR	39	M3539	M				ARSC TOLEDO	01:03:21
15	486	VITOR SANTOS	38	M3539	M				OESTE RUNNING	01:04:28
16	386	CARLOS REBOLA	38	M3539	M				LAPQN	01:05:04
17	52	MARCO SOUSA	37	M3539	M				CM TORRES NOVAS	01:05:30
18	253	PEDRO MARQUES	38	M3539	M				ACR SANTA CITA	01:07:14
19	221	OTELO PEREIRA	37	M3539	M				GAU BAJOUCA	01:07:21
20	210	HELDER CARREIRA	36	M3539	M				CA BARREIRA	01:07:37
21	453	GERARDO BELO	38	M3539	M				INDIVIDUAL	01:07:50
22	237	CARLOS BARROSO	35	M3539	M				UDCA	01:08:05
23	151	JOSE LUIS	37	M3539	M				GA FREG VIDAIS	01:08:20
24	252	LUIS ALEXANDRE	37	M3539	M				ACR SANTA CITA	01:08:54
25	46	MIGUEL J G GINETO	37	M3539	M				GD PEDREIRAS	01:09:16
26	470	ALVARO DELGADO	35	M3539	M				CP ALCANENA	01:10:36
27	309	AUGUSTO PORTUGAL	38	M3539	M				LESMAS OESTE	01:10:41
28	31	NUNO JORGE	37	M3539	M				CPR A DO BARBAS	01:11:08
29	159	GONÇALO ROQUE	39	M3539	M				CCD O ALVITEJO	01:11:21
30	300	ACACIO GOMES	39	M3539	M				INDIVIDUAL	01:11:28
31	120	DARIO CABETE	39	M3539	M				CCRD BURINHOSA	01:11:50
32	383	DAVID PEREZ	38	M3539	M				INDIVIDUAL	01:12:14
33	378	MARCO JACINTO	36	M3539	M				PANELA MAGICA	01:12:29
34	478	HUGO PAZ	37	M3539	M				INDIVIDUAL	01:12:46
35	446	RENATO MARTINS	39	M3539	M				CLAC	01:12:58
36	477	RUI M C FERNANDES	38	M3539	M				INDIVIDUAL	01:14:02
37	402	PAULO TRINDADE	38	M3539	M				O MUNDO CORRIDA	01:14:06
38	456	ARMENIO M B NEVES	35	M3539	M				INDIVIDUAL	01:14:27
39	161	RUI LIMA	37	M3539	M				CCD O ALVITEJO	01:15:07
40	186	RICARDO MONTEIRO	36	M3539	M				C VETERANOS LIS	01:15:38
41	420	ALEXANDRE M D FIALHO	36	M3539	M				INDIVIDUAL	01:16:51

42	482	PEDRO ANTUNES	38	M3539	M	OESTE RUNNING	01:17:41
43	47	LUIS F B VAZAO	38	M3539	M	GD PEDREIRAS	01:17:45
44	395	MARCO RIBEIRO	37	M3539	M	INDIVIDUAL	01:19:01
45	121	TELMO PEDROSO	39	M3539	M	CCRD BURINHOSA	01:19:41
46	26	SERGIO G SILVA	38	M3539	M	AC VERMOIL	01:22:09
47	414	JUSTINO M R SILVA	36	M3539	M	INDIVIDUAL	01:23:36
48	109	MANUEL SILVA	39	M3539	M	C BENFICA ABRANTES	01:23:55
49	299	NUNO BELO	39	M3539	M	INDIVIDUAL	01:24:05
50	316	NELSON P C DUARTE	37	M3539	M	INDIVIDUAL	01:24:18
51	184	JULIO LOPES	38	M3539	M	C VETERANOS LIS	01:24:44
52	404	JOAO E SANTOS	38	M3539	M	INDIVIDUAL	01:28:33
53	366	JOAQUIM MARIA	37	M3539	M	FRUFRESH RUNNERS	01:30:06

Veterano M45

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	82	ANTONIO SILVINO	49	M4549	M				ACS MAMEDE	00:56:04
2	156	GABRIEL RODRIGUES	48	M4549	M				GA FREG VIDAIS	00:58:05
3	125	ALEXANDRE MONTEIRO	46	M4549	M				CRD ARRUDENSE	00:58:10
4	102	JOSE SANTOS	49	M4549	M				CR AMIEIRINHENSE	00:58:46
5	218	JORGE SILVA	45	M4549	M				GAU BAJOUCA	00:59:50
6	83	CARLOS VALENTE	47	M4549	M				ACS MAMEDE	01:00:43
7	64	PAULO POVOA	49	M4549	M				A VALE SILENCIO	01:00:50
8	136	RUI PERDIGAO	46	M4549	M				CLAC	01:01:11
9	177	DANIEL JAULINO	46	M4549	M				C VETERANOS LIS	01:02:20
10	191	GERMANO CAPELA	45	M4549	M				CA BARREIRA	01:02:48
11	97	ARTUR LOPES	46	M4549	M				ID VIEIRENSE	01:03:02
12	167	ANTONIO AZEDO	47	M4549	M				CCD O ALVITEJO	01:03:14
13	232	LUIS PAULO	46	M4549	M				BAHIA	01:04:07
14	334	JOAO M LOURENÇO	46	M4549	M				NUCLEOEIRAS/	01:04:40
15	238	DAVID SANTOS	49	M4549	M				UDCA	01:06:50
16	50	ANIBAL GODINHO	48	M4549	M				CM TORRES NOVAS	01:07:06
17	250	ANTONIO M LOPES	46	M4549	M				ACR SANTA CITA	01:07:13
18	60	JOAQUIM BELO	46	M4549	M				A VALE SILENCIO	01:07:16
19	220	FILIPE CARVALHEIRO	49	M4549	M				GAU BAJOUCA	01:08:36
20	123	CARLOS DUARTE	46	M4549	M				CCRD BURINHOSA	01:09:30
21	196	LUIS ESTRELINHA	49	M4549	M				CA BARREIRA	01:10:09
22	307	MARIO SILVA	49	M4549	M				TAU RUNNERS	01:10:15
23	304	FRANCISCO CALÇADA	48	M4549	M				AÇOREANA C BANIF	01:10:21
24	197	LUIS COTRIM	46	M4549	M				CA BARREIRA	01:10:33
25	335	FERNANDO LOURENÇO	45	M4549	M				NUCLEOEIRAS/	01:11:06
26	27	FERNANDO JACINTO	45	M4549	M				ACR SOUTOS	01:11:47
27	23	LUIS BRANDAO	47	M4549	M				AC VERMOIL	01:12:01
28	77	JOSE FONSECA	48	M4549	M				UFCI TOMAR	01:12:02
29	257	ANDRE PENA	45	M4549	M				ACR SANTA CITA	01:12:13
30	379	LUIS LOPES	45	M4549	M				PANELA MAGICA	01:12:29
31	134	ANTONIO FERNANDES	48	M4549	M				ARSC TOLEDO	01:12:56
32	76	CARLOS SANTOS	46	M4549	M				UFCI TOMAR	01:13:29
33	345	JOSE CUNHA	48	M4549	M				OS ZATOPEQUES	01:13:38
34	203	RICARDO FERREIRA	45	M4549	M				CA BARREIRA	01:14:12
35	78	MANUEL MOTA	49	M4549	M				UFCI TOMAR	01:14:22
36	33	NARCISO CORDEIRO	49	M4549	M				CCRD ARRIMAL	01:14:34
37	292	JOSE NASCIMENTO	48	M4549	M				INDIVIDUAL	01:14:55
38	145	ANGELO SEQUEIRA	46	M4549	M				CP ALCANENA	01:15:11
39	115	ANIBAL SILVA	49	M4549	M				CCRD BURINHOSA	01:15:15
40	344	JORGE LEITAO	47	M4549	M				OS ZATOPEQUES	01:15:42
41	442	ANTONIO M V JACINTO	47	M4549	M				INDIVIDUAL	01:16:15

42	57	FERNANDO SILVA	48	M4549	M	A VALE SILENCIO	01:17:59
43	87	LUIS NETO	45	M4549	M	ACS MAMEDE	01:18:05
44	498	ANTONIO CARDOSO	49	M4549	M	SR JARDOEIRA	01:19:18
45	312	CARLOS S COSTA	49	M4549	M	AI NHA PERNA	01:19:19
46	326	JOAQUIM ZAMBANA	45	M4549	M	INDIVIDUAL	01:19:30
47	147	VITOR FERREIRA	48	M4549	M	CP ALCANENA	01:20:04
48	479	MARIO J MIRA	46	M4549	M	INDIVIDUAL	01:22:17
49	364	FRANCISCO VAZ	45	M4549	M	FRUFRESH RUNNERS	01:22:56
50	6	MIGUEL VELEZ	49	M4549	M	C LISBON C TRIATLO	01:29:10
51	362	CARLOS CRESPO	49	M4549	M	A PALACIO QUELUZ	01:29:49
52	314	FREDERICO A SOUSA	49	M4549	M	LEBRES TARTARUGAS	01:32:12
53	7	PAULO SANTOS	47	M4549	M	C LISBON C TRIATLO	01:33:14
54	245	FERNANDO M SILVA	46	M4549	M	CCD O ALVITEJO	01:36:24

Veterano M50

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	155	JULIO HENRIQUES	51	M5054	M				GA FREG VIDAIS	00:57:48
2	393	JOAO SILVA	52	M5054	M				CD MAFRA	01:00:14
3	424	JOSE BORGES	51	M5054	M				ALHANDRA SC	01:00:41
4	375	JOSE V C CASTRO	51	M5054	M				INDIVIDUAL	01:00:58
5	71	ANTONIO P L SANTOS	54	M5054	M				GD INE	01:01:03
6	207	FERNANDO SIMAO	53	M5054	M				CA BARREIRA	01:01:16
7	56	ANTONIO POEIRAS	52	M5054	M				ACR SOUTOS	01:03:07
8	194	JOSE OLIVEIRA	50	M5054	M				CA BARREIRA	01:03:37
9	103	VICTOR TEIXEIRA	50	M5054	M				CR AMIEIRINHENSE	01:03:57
10	444	JOSE MARÇAL	51	M5054	M				CLAC	01:05:10
11	193	JOAO VALENTIM	52	M5054	M				CA BARREIRA	01:06:35
12	255	JOSE SILVA	51	M5054	M				ACR SANTA CITA	01:06:49
13	204	VITOR RIBEIRO	52	M5054	M				CA BARREIRA	01:07:24
14	168	JOSE FERNANDES	52	M5054	M				CCD O ALVITEJO	01:07:52
15	152	JOSE PEIXOTO	54	M5054	M				GA FREG VIDAIS	01:08:05
16	329	EURICO AGOSTINHO	52	M5054	M				GDCR ZAMBUJEIRA/	01:08:41
17	403	JOAQUIM PESSOA	54	M5054	M				C VETERANOS	01:10:38
18	328	ANTONIO CLARA	50	M5054	M				GDCR ZAMBUJEIRA/	01:10:42
19	225	ANTONIO FERNANDES	51	M5054	M				GAU BAJOUCA	01:11:03
20	133	CARLOS ALEGRE	51	M5054	M				ARSC TOLEDO	01:11:16
21	99	ALBERTO VINAGRE	51	M5054	M				ID VIEIRENSE	01:12:16
22	287	JOSE C FORTES	53	M5054	M				INDIVIDUAL	01:12:28
23	426	ANTONIO ALEXANDRE	52	M5054	M				CA NAZARE	01:12:52
24	343	JOSE MORAIS	51	M5054	M				OS ZATOPEQUES	01:12:56
25	394	MANUEL CARLOS	54	M5054	M				CALMA	01:14:37
26	431	JOSE GERARDO	50	M5054	M				CA NAZARE	01:14:54
27	21	EUGENIO MENDES	51	M5054	M				AC VERMOIL	01:15:00
28	471	ADELINO PARREIRA	54	M5054	M				CP ALCANENA	01:15:10
29	68	FERNANDO AVELINO	52	M5054	M				A VALE SILENCIO	01:15:14
30	59	HERNANI MONTEIRO	52	M5054	M				A VALE SILENCIO	01:15:22
31	445	JOSE GARRAFAO	51	M5054	M				CLAC	01:16:04
32	313	CARLOS C TEIXEIRA	52	M5054	M				LEBRES TARTARUGAS	01:16:16
33	179	EMILIO FERNANDES	54	M5054	M				C VETERANOS LIS	01:16:59
34	493	JOAO M S DIOGO	50	M5054	M				C JOSIL TOMAR	01:17:27
35	458	JORGE R R PAULINO	50	M5054	M				AMIGOS PENICHE	01:18:35
36	415	JOSE A R MACHADO	50	M5054	M				INDIVIDUAL	01:21:14
37	468	LUIS M F REBELO	51	M5054	M				INDIVIDUAL	01:21:43
38	408	JOSE CATITA	54	M5054	M				GARMIN C O OEIRAS	01:21:47
39	396	LUIS NEVES	54	M5054	M				INDIVIDUAL	01:24:40
40	116	RUI VENTURA	50	M5054	M				CCRD BURINHOSA	01:24:47
41	423	CARLOS GARCIA	52	M5054	M				INDIVIDUAL	01:26:10

42	293	ALBERTO SOARES	50	M5054	M	INDIVIDUAL	01:26:17
43	382	SILVERIO BRAS	52	M5054	M	INDIVIDUAL	01:26:31
44	41	FERNANDO SANTOS	51	M5054	M	GDC EIRAPEDRENSE	01:28:36
45	294	FERNANDO ALVES	50	M5054	M	SS CGD	01:28:55
46	406	LUIS PARRO	51	M5054	M	GARMIN C O OEIRAS	01:30:03
47	460	RICARDO ESTEVES	51	M5054	M	AMIGOS PENICHE	01:32:27
48	353	JOAO P S LIMA	52	M5054	M	4 AO KM	01:33:18
49	198	MANUEL BRITO	54	M5054	M	CA BARREIRA	01:35:12
50	40	JOSE MARTINS	53	M5054	M	CAA BELEM	01:38:48
51	302	JOSE L RAMOS	51	M5054	M	INDIVIDUAL	01:39:08

Veterano M55

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	169	JOAO JACINTO	55	M5559	M				CCD O ALVITEJO	01:05:06
2	400	ANTONIO GERALDO	55	M5559	M				O MUNDO CORRIDA	01:06:53
3	235	MARIO S CARDOSO	58	M5559	M				TARTARUGAS	01:08:25
4	205	VITOR PARREIRA	59	M5559	M				CA BARREIRA	01:09:02
5	447	ABREU MOURA	57	M5559	M				CLAC	01:09:41
6	22	LEANDRO SANTOS	55	M5559	M				AC VERMOIL	01:10:23
7	391	MANUEL SILVA	57	M5559	M				MULTIFLOW	01:10:29
8	201	RUI PEREIRA	55	M5559	M				CA BARREIRA	01:10:32
9	18	ALFREDO SANTOS	57	M5559	M				AC VERMOIL	01:10:54
10	80	ALBERTO GRAÇA	58	M5559	M				UFCI TOMAR	01:11:22
11	330	LUCAS DELGADO	59	M5559	M				GDCR ZAMBUJEIRA/	01:11:36
12	188	ANTONIO AGOSTINHO	58	M5559	M				CA BARREIRA	01:12:11
13	305	CARLOS SOUSA	55	M5559	M				INDIVIDUAL	01:12:21
14	185	MANUEL CARREIRA	59	M5559	M				C VETERANOS LIS	01:13:02
15	143	ANTONIO MORAIS	59	M5559	M				CA PATAMEIRAS	01:13:07
16	338	JULIO FERREIRA	58	M5559	M				CD GRUPO BES	01:13:26
17	352	SILVINO J C MORINGA	57	M5559	M				INDIVIDUAL	01:13:31
18	195	JOSE FERREIRA	57	M5559	M				CA BARREIRA	01:13:38
19	315	CARLOS M GONÇALVES	56	M5559	M				LEBRES TARTARUGAS	01:13:43
20	331	VALENTIM FERNANDES	57	M5559	M				GDCR ZAMBUJEIRA/	01:15:14
21	239	JOAQUIM CRISPIM	56	M5559	M				UDCA	01:15:44
22	16	ANDRE WIBORG	56	M5559	M				VFF 1896	01:15:56
23	389	PAULO QUARESMA	57	M5559	M				MULTIFLOW	01:16:22
24	226	RAMIRO RODRIGUES	55	M5559	M				GAU BAJOUCA	01:16:45
25	249	LUIS NUNES	57	M5559	M				CA OBIDOS	01:16:49
26	187	VITOR ANTUNES	57	M5559	M				C VETERANOS LIS	01:17:21
27	427	ANTONIO SALDANHA	57	M5559	M				CA NAZARE	01:17:36
28	170	RICARDO LOURENÇO	57	M5559	M				CCD O ALVITEJO	01:17:57
29	392	NARCISO ARROMBA	58	M5559	M				C VETERANOS	01:18:00
30	373	ORLANDO FERREIRA	55	M5559	M				GDP CIMPOR	01:18:31
31	180	JACINTO FERREIRA	55	M5559	M				C VETERANOS LIS	01:19:02
32	54	ANTONIO FERNANDES	56	M5559	M				A VALE SILENCIO	01:19:37
33	49	JOSE FERNANDES	59	M5559	M				SS CGD	01:19:47
34	354	CARLOS RANGEL	59	M5559	M				INDIVIDUAL	01:19:52
35	388	MANUEL AZEVEDO	55	M5559	M				MULTIFLOW	01:21:04
36	461	ARMANDO DELGADO	56	M5559	M				CP UNIV COIMBRA	01:21:27
37	450	MANUEL BRITES	55	M5559	M				ACR SOUTOS	01:22:01
38	369	JOSE C D HENRIQUES	57	M5559	M				INDIVIDUAL	01:22:06
39	346	ORLANDO SILVA	56	M5559	M				OS ZATOPEQUES	01:24:09
40	37	LUIS ROSA	59	M5559	M				CAA BELEM	01:26:24
41	48	JOSE C GINETO	59	M5559	M				GD PEDREIRAS	01:26:35

42	283	ADRIANO CUNHA	58	M5559	M	INDIVIDUAL	01:27:12
43	462	MANUEL PEREIRA	59	M5559	M	CP UNIV COIMBRA	01:27:47
44	105	CARLOS ALFAIATE	59	M5559	M	C BENFICA ABRANTES	01:29:29
45	153	MANUEL SIMAO	58	M5559	M	GA FREG VIDAIS	01:31:11
46	417	ANTONIO MOÇO	56	M5559	M	GDP CIMPOR	01:31:43
47	430	JOAQUIM HIPOLITO	57	M5559	M	CA NAZARE	01:32:00
48	62	JOSE REBOCHO	57	M5559	M	A VALE SILENCIO	01:34:40
49	350	JOAQUIM FONSECA	57	M5559	M	OS SUPER	01:36:02

Veterano M60

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	171	JOAQUIM ALVES	60	M6064	M				CCD O ALVITEJO	01:07:12
2	32	JOAQUIM GOMES	62	M6064	M				CPR A DO BARBAS	01:07:20
3	211	JOSE MARTINS	60	M6064	M				CA BARREIRA	01:09:09
4	448	LUIS REI	61	M6064	M				CLAC	01:10:35
5	234	FERNANDO A LUIS	63	M6064	M				TARTARUGAS	01:10:44
6	242	AMILCAR RIBEIRAL	64	M6064	M				CAA BELEM	01:10:51
7	190	ALBANO FERREIRA	62	M6064	M				CA BARREIRA	01:12:12
8	104	JOAO PROSPERO	60	M6064	M				CR AMIEIRINHENSE	01:12:27
9	42	MANUEL CALVARIO	61	M6064	M				GDC EIRAPEDRENSE	01:13:15
10	81	ANTONIO SERAFIM	62	M6064	M				UFCI TOMAR	01:13:30
11	200	ILIDIO SILVA	61	M6064	M				CA BARREIRA	01:13:38
12	480	ANTONIO N C SILVA	60	M6064	M				INDIVIDUAL	01:17:16
13	248	VITOR HERVILHA	61	M6064	M				C VETERANOS LIS	01:17:22
14	222	CARLOS FIGUEIREDO	60	M6064	M				GAU BAJOUCA	01:18:02
15	236	JOSE M O MADEIRA	60	M6064	M				TARTARUGAS	01:18:41
16	240	MANUEL CRISPIM	60	M6064	M				UDCA	01:19:43
17	370	JOSE BELCHIOR	60	M6064	M				INDIVIDUAL	01:20:18
18	17	ALBINO OLIVEIRA	62	M6064	M				RAINHA DESPORTO	01:21:57
19	425	JOAQUIM FRAGOSO	63	M6064	M				CCD CASA PIA	01:24:09
20	265	JULIO R HENRIQUES	63	M6064	M				INDIVIDUAL	01:27:17
21	106	HELIO GODINHO	62	M6064	M				C BENFICA ABRANTES	01:27:54
22	405	VITOR M M FERNANDES	62	M6064	M				CALMA	01:31:11
23	303	JORGE SILVA	62	M6064	M				INDIVIDUAL	01:31:39
24	340	SILVIO PAIVA	61	M6064	M				CD GRUPO BES	01:32:21
25	390	JOAO SANTOS	63	M6064	M				MULTIFLOW	01:35:33
26	359	ANTONUIO CORREIA	62	M6064	M				OS TORCIDOS	01:35:55
27	301	JOSE C C JORGE	63	M6064	M				INDIVIDUAL	01:50:01

Veterano M65

Coloc.	Num.	Atleta	Id.	Fx.Et.	Sx.	SC1	SC2	SC3	Equipe	Tempo
1	100	JOSE CONCEIÇÃO	66	M6599	M				NUCLEOEIRAS/	01:06:26
2	363	BERNARDINO PEREIRA	75	M6599	M				SS CGD	01:13:39
3	358	ANDRE MORGADO	67	M6599	M				OS TORCIDOS	01:14:28
4	173	AMILCAR SANTANA	66	M6599	M				CCD O ALVITEJO	01:16:45
5	289	JOSE VALERIO	67	M6599	M				INDIVIDUAL	01:18:05
6	63	JOSE LUCAS	66	M6599	M				ACR SOUTOS	01:18:07
7	463	CARLOS CORINO	67	M6599	M				CP UNIV COIMBRA	01:19:50
8	113	JORGE M LOUREIRO	67	M6599	M				C VETERANOS	01:20:35
9	174	JOSE GRILATE	67	M6599	M				CCD O ALVITEJO	01:23:02
10	137	JOAO JOAQUIM	65	M6599	M				CLAC	01:23:27
11	86	FILIPE TOMAS	69	M6599	M				ACS MAMEDE	01:23:48
12	175	ANTONIO SIMAO	70	M6599	M				CCD O ALVITEJO	01:25:16
13	181	JOSE CARREIRA	66	M6599	M				C VETERANOS LIS	01:27:49
14	357	CARLOS RODRIGUES	70	M6599	M				OS TORCIDOS	01:28:03
15	464	MANUEL CARTAXO	73	M6599	M				CP UNIV COIMBRA	01:29:04
16	43	ANTONIO SECA	67	M6599	M				GDC EIRAPEDRENSE	01:31:40
17	241	JOAO BRANCO	65	M6599	M				AAE BNU	01:32:05
18	286	HELDER VARANDAS	65	M6599	M				INDIVIDUAL	01:37:08
19	290	JOAO LANDEIRO	66	M6599	M				INDIVIDUAL	01:37:10
20	437	VITOR LOURAÇO	66	M6599	M				CA NAZARE	01:47:04
21	176	FERNANDO CARDOSO	78	M6599	M				CCD O ALVITEJO	02:00:35

