

3.º GRANDE PRÉMIO - CLUBE PEDRO PESSOA ESCOLA DE A - 14/04/2017

Relatório Masculino e Feminino Geral

Classificação por TEMPO BRUTO

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	1	NELSON CRUZ	M	39		00:31:52	00:31:52	CPPEA
2	208	MARCO TEIXEIRA	M	25		00:32:23	00:32:23	CAR SENHORA DESTERRO
3	53	JORGE ROBALO	M	36		00:32:43	00:32:42	CLUBE ATLETISMO VALE FIGUEIRA
4	2	RICARDO ABREU	M	38		00:33:09	00:33:09	CPPEA
5	272	JOÃO BRAGADESTE	M	32		00:33:29	00:33:28	U F C INDÚSTRIA
6	321	TIAGO SILVA	M	21		00:33:41	00:33:40	CPPEA
7	308	FILIPE RAMOS	M	18		00:33:41	00:33:41	CPPEA
8	268	ANDRÉ COSTA	M	27		00:34:14	00:34:14	U F C INDÚSTRIA
9	316	PEDRO MARQUES	M	34		00:34:21	00:34:21	CPPEA
10	333	CARLOS SAIAS	M	44		00:34:27	00:34:27	C D R RIBEIRINHO
11	285	DIOGO SILVA	M	22		00:34:42	00:34:42	VITÓRIA F C
12	290	JOÃO FERREIRA	M	31		00:34:46	00:34:46	VITÓRIA F C
13	273	JOSE GUERRA	M	30		00:34:51	00:34:50	U F C INDÚSTRIA
14	128	RICARDO HENRIQUES	M	33		00:35:03	00:35:01	CR AMIEIRINHENSE
15	309	FILIPE REBELO	M	22		00:35:15	00:35:15	CPPEA
16	283	DAVID FERNANDES	M	43		00:35:21	00:35:20	VITÓRIA F C
17	350	PEDRO MAIA	M	43		00:35:29	00:35:29	AMINHACORRIDA
18	320	RÚBEN CARDOSO	M	18		00:35:31	00:35:31	CPPEA
19	292	MARK RIBEIRO	M	31		00:35:36	00:35:36	VITÓRIA F C
20	304	CARLOS ALPOIM	M	35		00:35:41	00:35:41	CPPEA
21	337	IVO COELHO	M	34		00:35:46	00:35:46	C D R RIBEIRINHO
22	318	PEDRO PESSOA	M	51		00:35:53	00:35:53	CPPEA
23	297	ANTONIO BRANCO	M	52		00:36:02	00:36:01	NUCLEO ATLETISMO PENTEADO
24	294	SILVESTRE GOMES	M	62		00:36:05	00:36:05	VITÓRIA F C
25	35	JOAO HORA FAUSTINO	M	43		00:36:11	00:36:11	CASA BENFICA SEIXAL
26	282	DANRLEY GUSMÃO	M	21		00:36:18	00:36:16	VITÓRIA F C
27	310	JOÃO VEIGA	M	58		00:36:22	00:36:21	CPPEA
28	163	NUNO RAPOSO	M	40		00:36:25	00:36:25	CATA-CLUBE ATLETISMO AMORA
29	214	RUI MAIA	M	21		00:36:33	00:36:33	A ACAD PINHALNOVENSE

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
30	230	LUÍS GOUVEIA	M	49		00:36:36	00:36:36	A NATUREZA ENSINA
31	332	BRUNO MAIA	M	42		00:36:44	00:36:44	C D R RIBEIRINHO
32	232	MÁRIO BOUCINHA	M	44		00:36:49	00:36:48	A NATUREZA ENSINA
33	342	JOSE CAMELO	M	46		00:36:53	00:36:48	C D R RIBEIRINHO
34	331	ANTÓNIO REIS	M	43		00:37:08	00:37:08	C D R RIBEIRINHO
35	295	VASCO MARTA	M	26		00:37:11	00:37:11	VITÓRIA F C
36	191	MAURO AZEVEDO	M	46		00:37:17	00:37:17	ESCOLA ATLETISMO COIMBRA/JPAIVA
37	39	LEONTINO LAMPREIA	M	31		00:37:22	00:37:22	CASA BENFICA SEIXAL
38	341	JORGE PERFEITO	M	47		00:37:26	00:37:26	C D R RIBEIRINHO
39	276	LUÍS SILVA	M	34		00:37:29	00:37:28	U F C INDÚSTRIA
40	192	JOSE PIRES	M	40		00:37:31	00:37:31	INDIVIDUAL
41	226	JOSÉ FACHADAS	M	47		00:37:33	00:37:32	A NATUREZA ENSINA
42	262	FELISBERTO PEREIRA	M	18		00:37:36	00:37:32	N D JUV LARANJEIRO
43	280	SAMUEL GALVEIA	M	36		00:37:42	00:37:42	U F C INDÚSTRIA
44	231	MARCO FATELO	M	39		00:37:43	00:37:43	A NATUREZA ENSINA
45	156	JOSÉ TEIXEIRA	M	43		00:37:51	00:37:50	CASA BENFICA SEIXAL
46	102	MIGUEL SOBRAL	M	38		00:37:55	00:37:55	A NATUREZA ENSINA
47	235	FÁBIO RAMOS	M	18		00:37:58	00:37:57	C A BAIXA BANHEIRA
48	317	PEDRO PELADO	M	32		00:38:01	00:38:00	CPPEA
49	279	ROGÉRIO COSTA	M	38		00:38:06	00:38:06	U F C INDÚSTRIA
50	361	JOÃO CORREIA	M	54		00:38:06	00:38:05	CATA-CLUBE ATLETISMO AMORA
51	263	MIHAI TICU	M	25		00:38:06	00:38:06	SOLAR LEÕES ALMADA
52	202	CLEBY ARAUJO	M	50		00:38:07	00:38:07	A NATUREZA ENSINA
53	189	FILIPE LOURENÇO	M	44		00:38:12	00:38:12	INDIVIDUAL
54	134	TIAGO LOBO	M	38		00:38:19	00:38:19	INDIVIDUAL
55	247	LUÍS PEREIRA	M	58		00:38:22	00:38:22	G S FRANCISCO SERRA
56	335	FRANCISCO COSTA REIS	M	21		00:38:28	00:38:26	C D R RIBEIRINHO
57	242	DAVID PEREIRA	M	25		00:38:31	00:38:31	G DESP INDEPENDENTE
58	311	JÓNATAS XAVIER	M	18		00:38:32	00:38:31	CPPEA
59	306	CARLOS PALAS	M	58		00:38:34	00:38:34	CPPEA
60	229	LUÍS ANTUNES	M	40		00:38:39	00:38:39	A NATUREZA ENSINA
61	349	VIRGÍLIO GONÇALVES	M	47		00:38:41	00:38:41	C D R RIBEIRINHO
62	312	LEONARDO LOPES	M	18		00:38:44	00:38:41	CPPEA
63	171	FABIO PRATAS	M	37		00:38:50	00:38:50	CLUBE DE PRAÇAS DA ARMADA

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
64	168	JOÃO PEDRO PAIXÃO	M	45		00:39:01	00:38:59	CCRAM-ALTO DO MOINHO
65	369	MIGUEL SANTOS	M	33		00:39:13	00:39:11	URBAN RUN TEAM
66	198	LUCIANO SILVA	M	40		00:39:19	00:39:19	A NATUREZA ENSINA
67	155	DINIS OLIVEIRA	M	41		00:39:21	00:39:20	CASA BENFICA CASTELO BRANCO
68	133	NUNO FILIPE RODRIGUES SILVA	M	38		00:39:24	00:39:24	INDIVIDUAL
69	227	JOSÉ MANUEL NUNES	M	24		00:39:27	00:39:27	A NATUREZA ENSINA
70	287	FLORIVAL BACALHAU	M	60		00:39:36	00:39:36	VITÓRIA F C
71	104	RICARDO FELIX	M	38		00:39:41	00:39:41	A NATUREZA ENSINA
72	240	JOSÉ ALMEIDA	M	68		00:39:48	00:39:48	CASA POVO CORROIOS
73	330	ANTÓNIO ANTUNES	M	56		00:39:55	00:39:49	C D R RIBEIRINHO
74	347	RUI JORGE	M	48		00:39:56	00:39:56	C D R RIBEIRINHO
75	135	JOÃO CARLOS TEIXEIRA	M	45		00:39:57	00:39:50	UNIÃO FCI TOMAR
76	13	LUIS CARLOS BRANDAO MARQUES	M	39		00:39:58	00:39:58	CPPEA
77	267	ALBERTO SILVA	M	38		00:40:01	00:39:58	U F C INDÚSTRIA
78	143	JOSÉ MANUEL GOMES	M	56		00:40:02	00:40:01	INDIVIDUAL
79	314	JORGE AMARAL	M	48		00:40:03	00:40:03	AMINHACORRIDA
80	223	CARLOS CERQUEIRA	M	40		00:40:15	00:40:11	A NATUREZA ENSINA
81	225	HELDER CARMINÉ	M	38		00:40:17	00:40:13	A NATUREZA ENSINA
82	26	GUILHERME ROMANO	M	53		00:40:24	00:40:21	ALLIANZ SEGUROS
83	23	ANDRÉ QUARENTA	M	46		00:40:28	00:40:25	ALLIANZ SEGUROS
84	336	HUGO MEDRONHEIRA	M	34		00:40:35	00:40:35	C D R RIBEIRINHO
85	151	JAIME LAMEGO	M	57		00:40:38	00:40:38	INDIVIDUAL
86	440	LARA GLORIA	F	19		00:40:50	00:40:50	CASA POVO CORROIOS
87	363	JOSÉ JARMELA	M	52		00:40:55	00:40:55	NAZ ABOBODA
88	293	NUNO PORTO	M	52		00:41:02	00:41:01	VITÓRIA F C
89	315	PEDRO COSTA LOPES	M	49		00:41:05	00:41:03	CPPEA
90	205	JOSE SILVA	M	53		00:41:15	00:41:15	INDIVIDUAL
91	269	EMANUEL RIBEIRO	M	34		00:41:16	00:41:16	U F C INDÚSTRIA
92	99	RICARDO CASTANHO	M	41		00:41:37	00:41:37	A NATUREZA ENSINA
93	360	ORLANDO CORREIA	M	45		00:41:49	00:41:49	
94	87	LUÍS LOUREIRO	M	32		00:41:54	00:41:46	INDIVIDUAL
95	370	ALVARO COSTA	M	58		00:42:17	00:42:17	MARATONA CLUBE PORTUGAL
96	302	LAURA GRILO	F	33		00:42:18	00:42:13	CPPEA
97	303	ANTÓNIO PEDRO COSTA	M	43		00:42:19	00:42:16	CPPEA

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98	299	ALFREDO VALENTE	M	53		00:42:23	00:42:19	INDIVIDUAL
99	38	RUI PANÇA	M	45		00:42:27	00:42:27	CASA BENFICA SEIXAL
100	298	SERGIO AMARO	M	47		00:42:31	00:42:31	CATA-CLUBE ATLETISMO AMORA
101	199	AUGUSTO PINTO	M	43		00:42:31	00:42:23	A NATUREZA ENSINA
102	233	RICARDO LOBO	M	44		00:42:35	00:42:27	A NATUREZA ENSINA
103	296	JOSE FERNANDES	M	53		00:42:36	00:42:36	CASA BENFICA SEIXAL
104	113	JOAQUIM ANTUNES	M	60		00:42:39	00:42:39	INDIVIDUAL
105	343	JOSÉ LUIS PIRES	M	61		00:42:43	00:42:42	C D R RIBEIRINHO
106	203	NUNO CORREIA	M	50		00:42:50	00:42:50	A NATUREZA ENSINA
107	106	JOAO ABRANTES	M	61		00:43:00	00:43:00	A NATUREZA ENSINA
108	117	JOSÉ CIPRIANO HILÁRIO CARDOSO	M	56		00:43:02	00:43:02	CPPEA
109	157	ALAOR NASCIMENTO	M	27		00:43:05	00:43:00	CATA-CLUBE ATLETISMO AMORA
110	137	NELSON DIAS	M	55		00:43:07	00:43:07	INDIVIDUAL
111	57	ADOLFO LOUREIRO	M	64		00:43:08	00:43:07	CLUBE DE PRAÇAS DA ARMADA
112	305	CARLOS MARTINS	M	52		00:43:08	00:42:56	CPPEA
113	145	EDUARDO MANUEL COELHO LUÍS	M	39		00:43:10	00:43:10	INDIVIDUAL
114	37	JOAQUIM GUERREIRO	M	60		00:43:16	00:43:16	CASA BENFICA SEIXAL
115	354	AMANDIO CAETANO	M	54		00:43:23	00:43:23	Conquista Ginásio Cadaval
116	162	HÉLDER RAMOS	M	44		00:43:24	00:43:23	CATA-CLUBE ATLETISMO AMORA
117	353	ADRIANO ARAÚJO	M	40		00:43:32	00:43:32	Conquista Ginásio Cadaval
118	271	FRANCISCO CALVO	M	56		00:43:34	00:43:34	U F C INDÚSTRIA
119	107	PEDRO ANTUNES	M	38		00:43:36	00:43:29	A NATUREZA ENSINA
120	454	INES ALMEIDA	F	33		00:43:38	00:43:38	CASA POVO CORROIOS
121	110	CARLOS ALBERTO ALVES LIMA	M	46		00:43:40	00:43:40	INDIVIDUAL
122	25	ANTÓNIO JOÃO	M	49		00:43:44	00:43:44	ALLIANZ SEGUROS
123	119	ANTÓNÍ CERDEIRA	M	60		00:43:57	00:43:57	INDIVIDUAL
124	115	EDUARDO LAGOA	M	49		00:43:59	00:43:59	INDIVIDUAL
125	244	HUGO SALVADINHO	M	41		00:44:15	00:44:15	G DESP INDPENDENTE
126	66	CARLOS PEREIRINHA	M	44		00:44:15	00:44:15	GD INDEPENDENTE BARREIRO
127	59	MÁRIO LOURENÇO	M	51		00:44:16	00:44:16	CLUBE DE PRAÇAS DA ARMADA
128	443	LUIS LOURENÇO	M	49		00:44:20	00:44:20	CASA POVO CORROIOS
129	8	JOÃO PAULO XAVIER	M	48		00:44:24	00:44:13	CPPEA
130	80	PEDRO PEREIRA	M	33		00:44:26	00:44:19	WE RUN
131	43	ANA VIEIRA	F	41		00:44:36	00:44:33	CASA BENFICA SEIXAL

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132	245	JOÃO DAMÁZIO	M	43		00:44:46	00:44:46	G DESP INDPENDENTE
133	188	FILIFE PEDRO GONÇALVES	M	44		00:45:00	00:45:00	INDIVIDUAL
134	65	NUNO PAIS	M	39		00:45:01	00:44:54	GD INDEPENDENTE BARREIRO
135	261	NUNO MIGUEL CARMO	M	43		00:45:03	00:45:03	IND-ST
136	260	CATARINA CARMO	F	18		00:45:05	00:45:05	IND-ST
137	288	GUMERSINDO RODRIGUES	M	67		00:45:11	00:45:11	VITÓRIA F C
138	47	CONCEIÇÃO PEREIRA	F	55		00:45:12	00:45:12	CLUBE ATLETISMO VALE FIGUEIRA
139	218	ANTÓNIA JORDÃO	F	40		00:45:25	00:45:21	A NATUREZA ENSINA
140	221	FLORBELA BARROS	F	45		00:45:30	00:45:30	A NATUREZA ENSINA
141	197	EDGAR PRAZERES	M	35		00:45:30	00:45:30	A NATUREZA ENSINA
142	325	CATARINA ANASTÁCIO	F	20		00:45:37	00:45:35	C D R RIBEIRINHO
143	27	PEDRO BARBOSA	M	40		00:45:39	00:45:33	ALLIANZ SEGUROS
144	49	ANTÓNIO CAMACHO	M	65		00:45:40	00:45:40	CLUBE ATLETISMO VALE FIGUEIRA
145	200	PAULO BRISSOS	M	52		00:45:45	00:45:45	A NATUREZA ENSINA
146	105	ANTONIO NASCIMENTO	M	59		00:45:54	00:45:54	A NATUREZA ENSINA
147	322	ANA LEONOR	F	18		00:45:55	00:45:52	C D R RIBEIRINHO
148	121	RICARDO VIEGAS	M	31		00:45:55	00:45:55	INDIVIDUAL
149	195	ANTONIO ALMEIDA	M	54		00:46:00	00:46:00	NUCLEO DESPORTIVO AUTOCOOPE
150	177	BRUNO FERNANDES	M	37		00:46:05	00:46:05	JORGE FERNANDES LDA
151	41	RENÉ DUARTE	M	67		00:46:18	00:46:15	CASA BENFICA SEIXAL
152	196	JOÃO ALBERTO DIAS	M	51		00:46:23	00:46:21	A NATUREZA ENSINA
153	91	JOSÉ RODRIGUES	M	54		00:46:26	00:46:18	CR CRUZ DE PAU
154	126	ARMANDO CORREIA	M	65		00:46:28	00:46:22	INDIVIDUAL
155	86	LÚIS PIRES	M	49		00:46:29	00:46:29	A NATUREZA ENSINA
156	220	FILIPA FERNANDES	F	34		00:46:30	00:46:30	A NATUREZA ENSINA
157	204	AMÉRICO SANTOS	M	59		00:46:30	00:46:30	A NATUREZA ENSINA
158	224	DAVID ROSA	M	41		00:46:30	00:46:30	A NATUREZA ENSINA
159	159	JOÃO REBELO	M	51		00:46:33	00:46:33	CATA-CLUBE ATLETISMO AMORA
160	286	FERNANDO ZACARIAS	M	45		00:46:48	00:46:48	VITÓRIA F C
161	307	DANIEL JESUS	M	21		00:46:51	00:46:47	CPPEA
162	326	CÁTIA SANTANA	F	20		00:47:11	00:47:11	C D R RIBEIRINHO
163	185	JOÃO CALISTO	M	56		00:47:11	00:47:11	INDIVIDUAL
164	301	CHANTAL XHERVELLE	F	49		00:47:13	00:47:09	CPPEA
165	127	MANUEL NASCIMENTO	M	60		00:47:14	00:47:13	CPPEA

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166	169	JOSÉ LANÇA	M	63		00:47:21	00:47:21	CCRAM-ALTO DO MOINHO
167	136	MANUEL CARLOS GOMES ROSA	M	51		00:47:23	00:47:23	INDIVIDUAL
168	243	FRANCISCO PACHECO	M	43		00:47:24	00:47:15	G DESP INDPENDENTE
169	175	GERMANO BERNARDO	M	61		00:47:25	00:47:25	CLUBE RECREATIVO CRUZ DE PAU
170	60	JOAO SANTOS	M	52		00:47:33	00:47:33	CLUBE DE PRAÇAS DA ARMADA
171	207	JOÃO ANTUNES	M	48		00:47:45	00:47:36	INDIVIDUAL
172	101	ALEXANDRE CANTANHEDE	M	38		00:47:50	00:47:50	A NATUREZA ENSINA
173	88	LUÍS MIGUEL PEREIRA	M	40		00:48:04	00:48:04	INDIVIDUAL
174	58	ANTÓNIO BARBOSA	M	55		00:48:15	00:48:15	CLUBE DE PRAÇAS DA ARMADA
175	190	NUNO RAFAEL MARTINS	M	41		00:48:18	00:48:18	INDIVIDUAL
176	40	MICHAEL TOITO	M	28		00:48:37	00:48:23	CASA BENFICA SEIXAL
177	172	POSSIDÓNIO CONSTANTINO	M	64		00:48:37	00:48:37	CLUBE DE PRAÇAS DA ARMADA
178	323	BEATRIZ OURIVES	F	20		00:48:42	00:48:42	C D R RIBEIRINHO
179	364	FRANCISCO SILVEIRA	M	48		00:48:43	00:48:43	NAZ ABOBODA
180	90	RAUL FRADIQUE	M	53		00:48:58	00:48:58	CR CRUZ DE PAU
181	161	ARLINDO ROLO	M	48		00:49:00	00:48:48	CATA-CLUBE ATLETISMO AMORA
182	319	TINA OLIVEIRA	F	52		00:49:06	00:49:06	AMINHACORRIDA
183	187	FRANCISCO GAMA	M	53		00:49:21	00:49:13	INDIVIDUAL
184	147	JOÃO MONTEIRO	M	42		00:49:22	00:49:05	INDIVIDUAL
185	84	CARLOS PENA	M	47		00:49:34	00:49:21	G R QUINTA DA LOMBA
186	69	FERNANDO LUZ	M	48		00:49:42	00:49:30	GDCT UNICRE
187	234	RODRIGO SILVA	M	50		00:49:46	00:49:30	A NATUREZA ENSINA
188	246	PAULO PALMEIRO	M	47		00:49:47	00:49:41	G D P CHÃO DURO
189	183	CARLOS GONÇALVES	M	52		00:50:01	00:50:01	SFUAP
190	148	TAM AFONSO	M	65		00:50:18	00:50:18	INDIVIDUAL
191	356	CARLOS MANUEL	M	36		00:50:19	00:50:19	MONTEKAPA-ESCOLA DE DESPORTO
192	74	NUNO OLIVEIRA	M	38		00:50:19	00:50:03	SANTOS & OLIVEIRA LDA
193	75	CARLOS OLIVEIRA	M	43		00:50:27	00:50:12	SANTOS & OLIVEIRA LDA
194	140	ARMANDO MUCHAGATA	M	46		00:50:27	00:50:16	INDIVIDUAL
195	55	LUIS CONCEIÇÃO	M	39		00:50:37	00:50:37	CLUBE DE PRAÇAS DA ARMADA
196	351	VITOR JORGE	M	55		00:50:45	00:50:45	AMINHACORRIDA
197	291	LUÍS CRUZ	M	46		00:50:56	00:50:55	VITÓRIA F C
198	18	GONÇALO FILIPE RAMOS	M	25		00:51:08	00:51:08	ALLIANZ SEGUROS
199	78	ROGÉRIO PAULO VIEIRA LUÍS	M	45		00:51:09	00:51:09	SS CGD

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
200	328	TERESA CECÍLIA SILVA	F	44		00:51:43	00:51:40	C D R RIBEIRINHO
201	116	PAULO REVÉS	M	45		00:52:06	00:51:59	INDIVIDUAL
202	11	RICARDO VENÂNCIO	M	41		00:52:09	00:52:09	CPPEA
203	7	JOSÉ RICARDO SELEIRO	M	48		00:52:09	00:51:58	CPPEA
204	327	SOFIA MEDRONHEIRA	F	37		00:52:12	00:52:06	C D R RIBEIRINHO
205	82	BRUNO AFONSO	M	39		00:52:13	00:52:13	INDIVIDUAL
206	160	MANUEL DIAS	M	50		00:52:16	00:52:01	CATA-CLUBE ATLETISMO AMORA
207	120	JOÃO MENEZES SILVA	M	55		00:52:33	00:52:33	INDIVIDUAL
208	111	ANA PAULA GUEDES	F	45		00:52:41	00:52:41	INDIVIDUAL
209	118	PAULO SOUSA	M	41		00:52:45	00:52:40	
210	63	SANDRA AZEITONA	F	37		00:52:47	00:52:43	CLUBE DE PRAÇAS DA ARMADA
211	89	JOAQUIM DELGADO	M	58		00:52:55	00:52:55	CR CRUZ DE PAU
212	95	DIOGO COSTA	M	68		00:53:11	00:53:03	CR CRUZ DE PAU
213	52	JOSÉ LINDO	M	71		00:53:23	00:53:20	CLUBE ATLETISMO VALE FIGUEIRA
214	15	RUI ALEXANDRE FERNANDES	M	46		00:53:27	00:53:18	ALLIANZ SEGUROS
215	184	VÍTOR GONZAS	M	50		00:53:33	00:53:33	INDIVIDUAL
216	367	ARMANDO LACERDA	M	62		00:53:35	00:53:35	
217	83	LUÍS NETO	M	52		00:53:41	00:53:41	INDIVIDUAL
218	167	HELENA CARDOSO	F	47		00:53:43	00:53:30	CCRAM-ALTO DO MOINHO
219	176	JOAQUIM BENTES	M	66		00:53:45	00:53:37	CPPEA
220	71	MANUEL D FLOR	M	69		00:53:51	00:53:51	MONTEKAPA-ESCOLA DE DESPORTO
221	193	JOAQUIM JOÃO SARAMAGO	M	46		00:53:53	00:53:53	INDIVIDUAL
222	44	JOÃO BRANCO	M	18		00:54:01	00:53:53	CLUBE ATLETISMO VALE FIGUEIRA
223	181	LISA SANTOS	F	37		00:54:23	00:54:18	SFUAP
224	173	ALCIDES JOSÉ CANIVETE	M	35		00:54:25	00:54:19	CLUBE DE PRAÇAS DA ARMADA
225	201	LINDALVA SILVA	F	50		00:54:25	00:54:25	A NATUREZA ENSINA
226	64	JOANA FREIRE	F	22		00:54:39	00:54:39	CLUBE DE PRAÇAS DA ARMADA
227	265	CHEILA DIAS	F	30		00:54:43	00:54:43	U F C INDÚSTRIA
228	20	JOAO PEDRO PAULO OLIVEIRA	M	28		00:55:02	00:54:54	ALLIANZ SEGUROS
229	123	JORGE FERREIRA	M	55		00:55:06	00:55:06	INDIVIDUAL
230	12	JORGE MIGUEL FRAZÃO	M	40		00:55:14	00:55:01	CPPEA
231	180	MERCEDES FONSECA	F	61		00:55:29	00:55:20	OS SUPER
232	158	FERNANDA REBELO	F	44		00:55:44	00:55:37	CATA-CLUBE ATLETISMO AMORA
233	67	PAULA ANSELMO	F	35		00:55:48	00:55:48	GD INDEPENDENTE BARREIRO

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
234	178	MIGUEL MARQUES	M	39		00:55:53	00:55:53	JORGE FERNANDES LDA
235	139	LÉNIO FERNANDO MARINHO	M	62		00:56:16	00:56:06	INDIVIDUAL
236	62	MANUEL JACINTO	M	56		00:56:24	00:56:24	CLUBE DE PRAÇAS DA ARMADA
237	61	MANUEL CARDIM	M	65		00:56:25	00:56:25	CLUBE DE PRAÇAS DA ARMADA
238	165	VÂNIA TEIXEIRA	F	34		00:56:32	00:56:19	CATA-CLUBE ATLETISMO AMORA
239	182	MANUELA GONÇALVES	F	40		00:56:46	00:56:46	SFUAP
240	146	RUI M. M. ABEL	M	43		00:57:03	00:56:48	INDIVIDUAL
241	130	MANUEL CORREIA	M	40		00:57:39	00:57:39	INDIVIDUAL
242	129	CARLA LUÍS CORREIA	F	41		00:57:39	00:57:29	INDIVIDUAL
243	112	JOSE RODRIGUES FERREIRA	M	68		00:57:45	00:57:45	INDIVIDUAL
244	56	VANDA FERREIRA	F	39		00:58:16	00:58:16	CLUBE DE PRAÇAS DA ARMADA
245	166	ANGELINA CAETANO	F	61		00:58:16	00:58:02	CCRAM-ALTO DO MOINHO
246	142	JOSÉ CATITA	M	58		00:58:16	00:58:05	INDIVIDUAL
247	186	JÚLIA CALISTO	F	53		00:58:34	00:58:23	INDIVIDUAL
248	366	MARIA REBOLA	F	42		00:58:49	00:58:36	
249	19	PEDRO JORGE SANTOS	M	26		00:59:48	00:59:48	ALLIANZ SEGUROS
250	42	FRANCISCO FERRO	M	69		00:59:51	00:59:51	CASA BENFICA SEIXAL
251	132	ANA RITA BENTES	F	29		00:59:56	00:59:47	INDIVIDUAL
252	131	ANTÓNIO RIBEIRO	M	52		00:59:57	00:59:46	INDIVIDUAL
253	216	SARA GOMES	F	42		01:00:01	01:00:01	A C D COTOVIA
254	164	EVA SALSINHA	F	39		01:00:19	01:00:06	CATA-CLUBE ATLETISMO AMORA
255	30	FILIPA CALEIRO	F	27		01:00:35	01:00:23	ALLIANZ SEGUROS
256	45	RAQUEL PINHEIRO	F	40		01:00:40	01:00:30	CLUBE ATLETISMO VALE FIGUEIRA
257	46	ALVARO PINHEIRO	M	45		01:00:41	01:00:31	CLUBE ATLETISMO VALE FIGUEIRA
258	124	FERNANDO ALVES	M	42		01:00:54	01:00:41	INDIVIDUAL
259	54	CLARA MINA	F	56		01:00:56	01:00:44	CLUBE ATLETISMO VALE FIGUEIRA
260	50	VICTOR IDEIAS	M	50		01:00:57	01:00:57	CLUBE ATLETISMO VALE FIGUEIRA
261	149	CLAUDIA TAM	F	35		01:00:58	01:00:41	INDIVIDUAL
262	122	LUÍS PARRO	M	55		01:02:20	01:02:02	INDIVIDUAL
263	174	RICARDO GASPAS	M	63		01:02:45	01:02:27	CLUBE RECREATIVO CRUZ DE PAU
264	28	RUTE ALVES	F	38		01:03:37	01:03:30	ALLIANZ SEGUROS
265	21	ALCIDES PEREIRA	F	47		01:03:37	01:03:30	ALLIANZ SEGUROS
266	103	JORGE CEREJEIRA	M	50		01:04:48	01:04:33	A NATUREZA ENSINA
267	114	AMILCAR PÓVOA	M	70		01:05:21	01:05:04	INDIVIDUAL

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
268	368	HELENA LACERDA	F	52		01:06:33	01:06:33	
269	352	CARLA PEREIRA	F	39		01:07:47	01:07:47	
270	150	CRISTINA JESUS	F	50		01:08:20	01:08:20	INDIVIDUAL
271	79	ANA PAULA CALINAS	F	44		01:08:35	01:08:35	SS CGD
272	72	ANTONIO MESTRE	M	67		01:11:29	01:11:17	NUCLEO DO LARANJEIRO
273	138	ELISA DIAS	F	53		01:12:18	01:12:18	INDIVIDUAL
274	81	INES MARQUES	F	39		01:12:37	01:11:57	WE RUN
275	194	ANTÓNIO MOURA	M	60		01:13:26	01:13:26	CLUBE ATLETISMO VALE FIGUEIRA
276	97	JOSÉ PARRANÇA	M	78		01:15:11	01:14:54	CR CRUZ DE PAU
277	73	ARMÉNIO TEOTÓNIO	M	79		01:15:16	01:15:16	NUCLEO DO LARANJEIRO
278	222	RITA FACHADAS	F	23		01:15:16	01:14:58	A NATUREZA ENSINA
279	144	MARIA MARGARIDA MACEDO	F	54		01:16:27	01:16:18	INDIVIDUAL
280	92	AGAPITO BELGA	M	65		01:17:40	01:17:24	CR CRUZ DE PAU
281	16	JOAO PAULO GONCALVES	M	33		01:17:41	01:17:28	ALLIANZ SEGUROS
282	17	SUSANA MARIA NUNES	F	33		01:17:41	01:17:25	ALLIANZ SEGUROS
283	48	CARLOS PEREIRA	M	59		01:18:59	01:18:59	CLUBE ATLETISMO VALE FIGUEIRA
284	51	ALZIRA LINDO	F	67		01:28:14	01:28:14	CLUBE ATLETISMO VALE FIGUEIRA

Total de registros: 284

3.º GRANDE PRÉMIO - CLUBE PEDRO PESSOA ESCOLA DE A - 14/04/2017

Relatório por Faixas Etárias

Classificação por TEMPO BRUTO

F0019

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	440	LARA GLORIA	F	19	00:40:50	00:40:50	CASA POVO CORROIOS
2	260	CATARINA CARMO	F	18	00:45:05	00:45:05	IND-ST
3	322	ANA LEONOR	F	18	00:45:55	00:45:52	C D R RIBEIRINHO

F2034

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	302	LAURA GRILO	F	33	00:42:18	00:42:13	CPPEA
2	454	INES ALMEIDA	F	33	00:43:38	00:43:38	CASA POVO CORROIOS
3	325	CATARINA ANASTÁCIO	F	20	00:45:37	00:45:35	C D R RIBEIRINHO
4	220	FILIPA FERNANDES	F	34	00:46:30	00:46:30	A NATUREZA ENSINA
5	326	CÁTIA SANTANA	F	20	00:47:11	00:47:11	C D R RIBEIRINHO
6	323	BEATRIZ OURIVES	F	20	00:48:42	00:48:42	C D R RIBEIRINHO
7	64	JOANA FREIRE	F	22	00:54:39	00:54:39	CLUBE DE PRAÇAS DA ARMADA
8	265	CHEILA DIAS	F	30	00:54:43	00:54:43	U F C INDÚSTRIA
9	165	VÂNIA TEIXEIRA	F	34	00:56:32	00:56:19	CATA-CLUBE ATLETISMO AMORA
10	132	ANA RITA BENTES	F	29	00:59:56	00:59:47	INDIVIDUAL
11	30	FILIPA CALEIRO	F	27	01:00:35	01:00:23	ALLIANZ SEGUROS
12	222	RITA FACHADAS	F	23	01:15:16	01:14:58	A NATUREZA ENSINA
13	17	SUSANA MARIA NUNES	F	33	01:17:41	01:17:25	ALLIANZ SEGUROS

F3539

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	327	SOFIA MEDRONHEIRA	F	37	00:52:12	00:52:06	C D R RIBEIRINHO
2	63	SANDRA AZEITONA	F	37	00:52:47	00:52:43	CLUBE DE PRAÇAS DA ARMADA
3	181	LISA SANTOS	F	37	00:54:23	00:54:18	SFUAP
4	67	PAULA ANSELMO	F	35	00:55:48	00:55:48	GD INDEPENDENTE BARREIRO
5	56	VANDA FERREIRA	F	39	00:58:16	00:58:16	CLUBE DE PRAÇAS DA ARMADA
6	164	EVA SALSINHA	F	39	01:00:19	01:00:06	CATA-CLUBE ATLETISMO AMORA
7	149	CLAUDIA TAM	F	35	01:00:58	01:00:41	INDIVIDUAL

8	28	RUTE ALVES	F	38	01:03:37	01:03:30	ALLIANZ SEGUROS
9	352	CARLA PEREIRA	F	39	01:07:47	01:07:47	
10	81	INES MARQUES	F	39	01:12:37	01:11:57	WE RUN

F4044

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	43	ANA VIEIRA	F	41	00:44:36	00:44:33	CASA BENFICA SEIXAL
2	218	ANTÓNIA JORDÃO	F	40	00:45:25	00:45:21	A NATUREZA ENSINA
3	328	TERESA CECÍLIA SILVA	F	44	00:51:43	00:51:40	C D R RIBEIRINHO
4	158	FERNANDA REBELO	F	44	00:55:44	00:55:37	CATA-CLUBE ATLETISMO AMORA
5	182	MANUELA GONÇALVES	F	40	00:56:46	00:56:46	SFUAP
6	129	CARLA LUÍS CORREIA	F	41	00:57:39	00:57:29	INDIVIDUAL
7	366	MARIA REBOLA	F	42	00:58:49	00:58:36	
8	216	SARA GOMES	F	42	01:00:01	01:00:01	A C D COTOVIA
9	45	RAQUEL PINHEIRO	F	40	01:00:40	01:00:30	CLUBE ATLETISMO VALE FIGUEIRA
10	79	ANA PAULA CALINAS	F	44	01:08:35	01:08:35	SS CGD

F4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	221	FLORBELA BARROS	F	45	00:45:30	00:45:30	A NATUREZA ENSINA
2	301	CHANTAL XHERVELLE	F	49	00:47:13	00:47:09	CPPEA
3	111	ANA PAULA GUEDES	F	45	00:52:41	00:52:41	INDIVIDUAL
4	167	HELENA CARDOSO	F	47	00:53:43	00:53:30	CCRAM-ALTO DO MOINHO
5	21	ALCIDES PEREIRA	F	47	01:03:37	01:03:30	ALLIANZ SEGUROS

F5099

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	47	CONCEIÇÃO PEREIRA	F	55	00:45:12	00:45:12	CLUBE ATLETISMO VALE FIGUEIRA
2	319	TINA OLIVEIRA	F	52	00:49:06	00:49:06	AMINHACORRIDA
3	201	LINDALVA SILVA	F	50	00:54:25	00:54:25	A NATUREZA ENSINA
4	180	MERCEDES FONSECA	F	61	00:55:29	00:55:20	OS SUPER
5	166	ANGELINA CAETANO	F	61	00:58:16	00:58:02	CCRAM-ALTO DO MOINHO
6	186	JÚLIA CALISTO	F	53	00:58:34	00:58:23	INDIVIDUAL
7	54	CLARA MINA	F	56	01:00:56	01:00:44	CLUBE ATLETISMO VALE FIGUEIRA
8	368	HELENA LACERDA	F	52	01:06:33	01:06:33	
9	150	CRISTINA JESUS	F	50	01:08:20	01:08:20	INDIVIDUAL
10	138	ELISA DIAS	F	53	01:12:18	01:12:18	INDIVIDUAL

11	144	MARIA MARGARIDA MACEDO	F	54	01:16:27	01:16:18	INDIVIDUAL
12	51	ALZIRA LINDO	F	67	01:28:14	01:28:14	CLUBE ATLETISMO VALE FIGUEIRA

M0018

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	308	FILIPE RAMOS	M	18	00:33:41	00:33:41	CPPEA
2	320	RÚBEN CARDOSO	M	18	00:35:31	00:35:31	CPPEA
3	262	FELISBERTO PEREIRA	M	18	00:37:36	00:37:32	N D JUV LARANJEIRO
4	235	FÁBIO RAMOS	M	18	00:37:58	00:37:57	C A BAIXA BANHEIRA
5	311	JÓNATAS XAVIER	M	18	00:38:32	00:38:31	CPPEA
6	312	LEONARDO LOPES	M	18	00:38:44	00:38:41	CPPEA
7	44	JOÃO BRANCO	M	18	00:54:01	00:53:53	CLUBE ATLETISMO VALE FIGUEIRA

M1934

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	208	MARCO TEIXEIRA	M	25	00:32:23	00:32:23	CAR SENHORA DESTERRO
2	272	JOÃO BRAGADESTE	M	32	00:33:29	00:33:28	U F C INDÚSTRIA
3	321	TIAGO SILVA	M	21	00:33:41	00:33:40	CPPEA
4	268	ANDRÉ COSTA	M	27	00:34:14	00:34:14	U F C INDÚSTRIA
5	316	PEDRO MARQUES	M	34	00:34:21	00:34:21	CPPEA
6	285	DIOGO SILVA	M	22	00:34:42	00:34:42	VITÓRIA F C
7	290	JOÃO FERREIRA	M	31	00:34:46	00:34:46	VITÓRIA F C
8	273	JOSE GUERRA	M	30	00:34:51	00:34:50	U F C INDÚSTRIA
9	128	RICARDO HENRIQUES	M	33	00:35:03	00:35:01	CR AMIEIRINHENSE
10	309	FILIPE REBELO	M	22	00:35:15	00:35:15	CPPEA
11	292	MARK RIBEIRO	M	31	00:35:36	00:35:36	VITÓRIA F C
12	337	IVO COELHO	M	34	00:35:46	00:35:46	C D R RIBEIRINHO
13	282	DANRLEY GUSMÃO	M	21	00:36:18	00:36:16	VITÓRIA F C
14	214	RUI MAIA	M	21	00:36:33	00:36:33	A ACAD PINHALNOVENSE
15	295	VASCO MARTA	M	26	00:37:11	00:37:11	VITÓRIA F C
16	39	LEONTINO LAMPREIA	M	31	00:37:22	00:37:22	CASA BENFICA SEIXAL
17	276	LUÍS SILVA	M	34	00:37:29	00:37:28	U F C INDÚSTRIA
18	317	PEDRO PELADO	M	32	00:38:01	00:38:00	CPPEA
19	263	MIHAI TICU	M	25	00:38:06	00:38:06	SOLAR LEÕES ALMADA
20	335	FRANCISCO COSTA REIS	M	21	00:38:28	00:38:26	C D R RIBEIRINHO
21	242	DAVID PEREIRA	M	25	00:38:31	00:38:31	G DESP INDEPENDENTE
22	369	MIGUEL SANTOS	M	33	00:39:13	00:39:11	URBAN RUN TEAM

23	227	JOSÉ MANUEL NUNES	M	24	00:39:27	00:39:27	A NATUREZA ENSINA
24	336	HUGO MEDRONHEIRA	M	34	00:40:35	00:40:35	C D R RIBEIRINHO
25	269	EMANUEL RIBEIRO	M	34	00:41:16	00:41:16	U F C INDÚSTRIA
26	87	LUÍS LOUREIRO	M	32	00:41:54	00:41:46	INDIVIDUAL
27	157	ALAOR NASCIMENTO	M	27	00:43:05	00:43:00	CATA-CLUBE ATLETISMO AMORA
28	80	PEDRO PEREIRA	M	33	00:44:26	00:44:19	WE RUN
29	121	RICARDO VIEGAS	M	31	00:45:55	00:45:55	INDIVIDUAL
30	307	DANIEL JESUS	M	21	00:46:51	00:46:47	CPPEA
31	40	MICAEL TOITO	M	28	00:48:37	00:48:23	CASA BENFICA SEIXAL
32	18	GONÇALO FILIPE RAMOS	M	25	00:51:08	00:51:08	ALLIANZ SEGUROS
33	20	JOAO PEDRO PAULO OLIVEIRA	M	28	00:55:02	00:54:54	ALLIANZ SEGUROS
34	19	PEDRO JORGE SANTOS	M	26	00:59:48	00:59:48	ALLIANZ SEGUROS
35	16	JOAO PAULO GONCALVES	M	33	01:17:41	01:17:28	ALLIANZ SEGUROS

M3539

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	1	NELSON CRUZ	M	39	00:31:52	00:31:52	CPPEA
2	53	JORGE ROBALO	M	36	00:32:43	00:32:42	CLUBE ATLETISMO VALE FIGUEIRA
3	2	RICARDO ABREU	M	38	00:33:09	00:33:09	CPPEA
4	304	CARLOS ALPOIM	M	35	00:35:41	00:35:41	CPPEA
5	280	SAMUEL GALVEIA	M	36	00:37:42	00:37:42	U F C INDÚSTRIA
6	231	MARCO FATELO	M	39	00:37:43	00:37:43	A NATUREZA ENSINA
7	102	MIGUEL SOBRAL	M	38	00:37:55	00:37:55	A NATUREZA ENSINA
8	279	ROGÉRIO COSTA	M	38	00:38:06	00:38:06	U F C INDÚSTRIA
9	134	TIAGO LOBO	M	38	00:38:19	00:38:19	INDIVIDUAL
10	171	FABIO PRATAS	M	37	00:38:50	00:38:50	CLUBE DE PRAÇAS DA ARMADA
11	133	NUNO FILIPE RODRIGUES SILVA	M	38	00:39:24	00:39:24	INDIVIDUAL
12	104	RICARDO FELIX	M	38	00:39:41	00:39:41	A NATUREZA ENSINA
13	13	LUIS CARLOS BRANDAO MARQUES	M	39	00:39:58	00:39:58	CPPEA
14	267	ALBERTO SILVA	M	38	00:40:01	00:39:58	U F C INDÚSTRIA
15	225	HELDER CARMINÉ	M	38	00:40:17	00:40:13	A NATUREZA ENSINA
16	145	EDUARDO MANUEL COELHO LUÍS	M	39	00:43:10	00:43:10	INDIVIDUAL
17	107	PEDRO ANTUNES	M	38	00:43:36	00:43:29	A NATUREZA ENSINA
18	65	NUNO PAIS	M	39	00:45:01	00:44:54	GD INDEPENDENTE BARREIRO
19	197	EDGAR PRAZERES	M	35	00:45:30	00:45:30	A NATUREZA ENSINA
20	177	BRUNO FERNANDES	M	37	00:46:05	00:46:05	JORGE FERNANDES LDA

21	101	ALEXANDRE CANTANHEDE	M	38	00:47:50	00:47:50	A NATUREZA ENSINA
22	356	CARLOS MANUEL	M	36	00:50:19	00:50:19	MONTEKAPA-ESCOLA DE DESPORTO
23	74	NUNO OLIVEIRA	M	38	00:50:19	00:50:03	SANTOS & OLIVEIRA LDA
24	55	LUIS CONCEIÇÃO	M	39	00:50:37	00:50:37	CLUBE DE PRAÇAS DA ARMADA
25	82	BRUNO AFONSO	M	39	00:52:13	00:52:13	INDIVIDUAL
26	173	ALCIDES JOSÉ CANIVETE	M	35	00:54:25	00:54:19	CLUBE DE PRAÇAS DA ARMADA
27	178	MIGUEL MARQUES	M	39	00:55:53	00:55:53	JORGE FERNANDES LDA

M4044

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	333	CARLOS SAIAS	M	44	00:34:27	00:34:27	C D R RIBEIRINHO
2	283	DAVID FERNANDES	M	43	00:35:21	00:35:20	VITÓRIA F C
3	350	PEDRO MAIA	M	43	00:35:29	00:35:29	AMINHACORRIDA
4	35	JOAO HORA FAUSTINO	M	43	00:36:11	00:36:11	CASA BENFICA SEIXAL
5	163	NUNO RAPOSO	M	40	00:36:25	00:36:25	CATA-CLUBE ATLETISMO AMORA
6	332	BRUNO MAIA	M	42	00:36:44	00:36:44	C D R RIBEIRINHO
7	232	MÁRIO BOUCINHA	M	44	00:36:49	00:36:48	A NATUREZA ENSINA
8	331	ANTÓNIO REIS	M	43	00:37:08	00:37:08	C D R RIBEIRINHO
9	192	JOSE PIRES	M	40	00:37:31	00:37:31	INDIVIDUAL
10	156	JOSÉ TEIXEIRA	M	43	00:37:51	00:37:50	CASA BENFICA SEIXAL
11	189	FILIPE LOURENÇO	M	44	00:38:12	00:38:12	INDIVIDUAL
12	229	LUÍS ANTUNES	M	40	00:38:39	00:38:39	A NATUREZA ENSINA
13	198	LUCIANO SILVA	M	40	00:39:19	00:39:19	A NATUREZA ENSINA
14	155	DINIS OLIVEIRA	M	41	00:39:21	00:39:20	CASA BENFICA CASTELO BRANCO
15	223	CARLOS CERQUEIRA	M	40	00:40:15	00:40:11	A NATUREZA ENSINA
16	99	RICARDO CASTANHO	M	41	00:41:37	00:41:37	A NATUREZA ENSINA
17	303	ANTÓNIO PEDRO COSTA	M	43	00:42:19	00:42:16	CPPEA
18	199	AUGUSTO PINTO	M	43	00:42:31	00:42:23	A NATUREZA ENSINA
19	233	RICARDO LOBO	M	44	00:42:35	00:42:27	A NATUREZA ENSINA
20	162	HÉLDER RAMOS	M	44	00:43:24	00:43:23	CATA-CLUBE ATLETISMO AMORA
21	353	ADRIANO ARAÚJO	M	40	00:43:32	00:43:32	Conquista Ginásio Cadaval
22	244	HUGO SALVADINHO	M	41	00:44:15	00:44:15	G DESP INDPENDENTE
23	66	CARLOS PEREIRINHA	M	44	00:44:15	00:44:15	GD INDEPENDENTE BARREIRO
24	245	JOÃO DAMÁZIO	M	43	00:44:46	00:44:46	G DESP INDPENDENTE
25	188	FILIPE PEDRO GONÇALVES	M	44	00:45:00	00:45:00	INDIVIDUAL
26	261	NUNO MIGUEL CARMO	M	43	00:45:03	00:45:03	IND-ST

27	27	PEDRO BARBOSA	M	40	00:45:39	00:45:33	ALLIANZ SEGUROS
28	224	DAVID ROSA	M	41	00:46:30	00:46:30	A NATUREZA ENSINA
29	243	FRANCISCO PACHECO	M	43	00:47:24	00:47:15	G DESP INDEPENDENTE
30	88	LUÍS MIGUEL PEREIRA	M	40	00:48:04	00:48:04	INDIVIDUAL
31	190	NUNO RAFAEL MARTINS	M	41	00:48:18	00:48:18	INDIVIDUAL
32	147	JOÃO MONTEIRO	M	42	00:49:22	00:49:05	INDIVIDUAL
33	75	CARLOS OLIVEIRA	M	43	00:50:27	00:50:12	SANTOS & OLIVEIRA LDA
34	11	RICARDO VENÂNCIO	M	41	00:52:09	00:52:09	CPPEA
35	118	PAULO SOUSA	M	41	00:52:45	00:52:40	
36	12	JORGE MIGUEL FRAZÃO	M	40	00:55:14	00:55:01	CPPEA
37	146	RUI M. M. ABEL	M	43	00:57:03	00:56:48	INDIVIDUAL
38	130	MANUEL CORREIA	M	40	00:57:39	00:57:39	INDIVIDUAL
39	124	FERNANDO ALVES	M	42	01:00:54	01:00:41	INDIVIDUAL

M4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	230	LUÍS GOUVEIA	M	49	00:36:36	00:36:36	A NATUREZA ENSINA
2	342	JOSE CAMELO	M	46	00:36:53	00:36:48	C D R RIBEIRINHO
3	191	MAURO AZEVEDO	M	46	00:37:17	00:37:17	ESCOLA ATLETISMO COIMBRA/JPAIVA
4	341	JORGE PERFEITO	M	47	00:37:26	00:37:26	C D R RIBEIRINHO
5	226	JOSÉ FACHADAS	M	47	00:37:33	00:37:32	A NATUREZA ENSINA
6	349	VIRGÍLIO GONÇALVES	M	47	00:38:41	00:38:41	C D R RIBEIRINHO
7	168	JOÃO PEDRO PAIXÃO	M	45	00:39:01	00:38:59	CCRAM-ALTO DO MOINHO
8	347	RUI JORGE	M	48	00:39:56	00:39:56	C D R RIBEIRINHO
9	135	JOÃO CARLOS TEIXEIRA	M	45	00:39:57	00:39:50	UNIÃO FCI TOMAR
10	314	JORGE AMARAL	M	48	00:40:03	00:40:03	AMINHACORRIDA
11	23	ANDRÉ QUARENTA	M	46	00:40:28	00:40:25	ALLIANZ SEGUROS
12	315	PEDRO COSTA LOPES	M	49	00:41:05	00:41:03	CPPEA
13	360	ORLANDO CORREIA	M	45	00:41:49	00:41:49	
14	38	RUI PANÇA	M	45	00:42:27	00:42:27	CASA BENFICA SEIXAL
15	298	SERGIO AMARO	M	47	00:42:31	00:42:31	CATA-CLUBE ATLETISMO AMORA
16	110	CARLOS ALBERTO ALVES LIMA	M	46	00:43:40	00:43:40	INDIVIDUAL
17	25	ANTÓNIO JOÃO	M	49	00:43:44	00:43:44	ALLIANZ SEGUROS
18	115	EDUARDO LAGOA	M	49	00:43:59	00:43:59	INDIVIDUAL
19	443	LUIS LOURENÇO	M	49	00:44:20	00:44:20	CASA POVO CORROIOS
20	8	JOÃO PAULO XAVIER	M	48	00:44:24	00:44:13	CPPEA

21	86	LUÍS PIRES	M	49	00:46:29	00:46:29	A NATUREZA ENSINA
22	286	FERNANDO ZACARIAS	M	45	00:46:48	00:46:48	VITÓRIA F C
23	207	JOÃO ANTUNES	M	48	00:47:45	00:47:36	INDIVIDUAL
24	364	FRANCISCO SILVEIRA	M	48	00:48:43	00:48:43	NAZ ABOBODA
25	161	ARLINDO ROLO	M	48	00:49:00	00:48:48	CATA-CLUBE ATLETISMO AMORA
26	84	CARLOS PENA	M	47	00:49:34	00:49:21	G R QUINTA DA LOMBA
27	69	FERNANDO LUZ	M	48	00:49:42	00:49:30	GDCT UNICRE
28	246	PAULO PALMEIRO	M	47	00:49:47	00:49:41	G D P CHÃO DURO
29	140	ARMANDO MUCHAGATA	M	46	00:50:27	00:50:16	INDIVIDUAL
30	291	LUÍS CRUZ	M	46	00:50:56	00:50:55	VITÓRIA F C
31	78	ROGÉRIO PAULO VIEIRA LUÍS	M	45	00:51:09	00:51:09	SS CGD
32	116	PAULO REVÉS	M	45	00:52:06	00:51:59	INDIVIDUAL
33	7	JOSÉ RICARDO SELEIRO	M	48	00:52:09	00:51:58	CPPEA
34	15	RUI ALEXANDRE FERNANDES	M	46	00:53:27	00:53:18	ALLIANZ SEGUROS
35	193	JOAQUIM JOÃO SARAMAGO	M	46	00:53:53	00:53:53	INDIVIDUAL
36	46	ALVARO PINHEIRO	M	45	01:00:41	01:00:31	CLUBE ATLETISMO VALE FIGUEIRA

M5054

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	318	PEDRO PESSOA	M	51	00:35:53	00:35:53	CPPEA
2	297	ANTONIO BRANCO	M	52	00:36:02	00:36:01	NUCLEO ATLETISMO PENTEADO
3	361	JOÃO CORREIA	M	54	00:38:06	00:38:05	CATA-CLUBE ATLETISMO AMORA
4	202	CLEBY ARAUJO	M	50	00:38:07	00:38:07	A NATUREZA ENSINA
5	26	GUILHERME ROMANO	M	53	00:40:24	00:40:21	ALLIANZ SEGUROS
6	363	JOSÉ JARMELA	M	52	00:40:55	00:40:55	NAZ ABOBODA
7	293	NUNO PORTO	M	52	00:41:02	00:41:01	VITÓRIA F C
8	205	JOSE SILVA	M	53	00:41:15	00:41:15	INDIVIDUAL
9	299	ALFREDO VALENTE	M	53	00:42:23	00:42:19	INDIVIDUAL
10	296	JOSE FERNANDES	M	53	00:42:36	00:42:36	CASA BENFICA SEIXAL
11	203	NUNO CORREIA	M	50	00:42:50	00:42:50	A NATUREZA ENSINA
12	305	CARLOS MARTINS	M	52	00:43:08	00:42:56	CPPEA
13	354	AMANDIO CAETANO	M	54	00:43:23	00:43:23	Conquista Ginásio Cadaval
14	59	MÁRIO LOURENÇO	M	51	00:44:16	00:44:16	CLUBE DE PRAÇAS DA ARMADA
15	200	PAULO BRISSOS	M	52	00:45:45	00:45:45	A NATUREZA ENSINA
16	195	ANTONIO ALMEIDA	M	54	00:46:00	00:46:00	NUCLEO DESPORTIVO AUTOCOOPE
17	196	JOÃO ALBERTO DIAS	M	51	00:46:23	00:46:21	A NATUREZA ENSINA

18	91	JOSÉ RODRIGUES	M	54	00:46:26	00:46:18	CR CRUZ DE PAU
19	159	JOÃO REBELO	M	51	00:46:33	00:46:33	CATA-CLUBE ATLETISMO AMORA
20	136	MANUEL CARLOS GOMES ROSA	M	51	00:47:23	00:47:23	INDIVIDUAL
21	60	JOAO SANTOS	M	52	00:47:33	00:47:33	CLUBE DE PRAÇAS DA ARMADA
22	90	RAUL FRADIQUE	M	53	00:48:58	00:48:58	CR CRUZ DE PAU
23	187	FRANCISCO GAMA	M	53	00:49:21	00:49:13	INDIVIDUAL
24	234	RODRIGO SILVA	M	50	00:49:46	00:49:30	A NATUREZA ENSINA
25	183	CARLOS GONÇALVES	M	52	00:50:01	00:50:01	SFUAP
26	160	MANUEL DIAS	M	50	00:52:16	00:52:01	CATA-CLUBE ATLETISMO AMORA
27	184	VÍTOR GONZAS	M	50	00:53:33	00:53:33	INDIVIDUAL
28	83	LUÍS NETO	M	52	00:53:41	00:53:41	INDIVIDUAL
29	131	ANTÓNIO RIBEIRO	M	52	00:59:57	00:59:46	INDIVIDUAL
30	50	VICTOR IDEIAS	M	50	01:00:57	01:00:57	CLUBE ATLETISMO VALE FIGUEIRA
31	103	JORGE CEREJEIRA	M	50	01:04:48	01:04:33	A NATUREZA ENSINA

M5559

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	310	JOÃO VEIGA	M	58	00:36:22	00:36:21	CPPEA
2	247	LUÍS PEREIRA	M	58	00:38:22	00:38:22	G S FRANCISCO SERRA
3	306	CARLOS PALAS	M	58	00:38:34	00:38:34	CPPEA
4	330	ANTÓNIO ANTUNES	M	56	00:39:55	00:39:49	C D R RIBEIRINHO
5	143	JOSÉ MANUEL GOMES	M	56	00:40:02	00:40:01	INDIVIDUAL
6	151	JAIME LAMEGO	M	57	00:40:38	00:40:38	INDIVIDUAL
7	370	ALVARO COSTA	M	58	00:42:17	00:42:17	MARATONA CLUBE PORTUGAL
8	117	JOSÉ CIPRIANO HILÁRIO CARDOSO	M	56	00:43:02	00:43:02	CPPEA
9	137	NELSON DIAS	M	55	00:43:07	00:43:07	INDIVIDUAL
10	271	FRANCISCO CALVO	M	56	00:43:34	00:43:34	U F C INDÚSTRIA
11	105	ANTONIO NASCIMENTO	M	59	00:45:54	00:45:54	A NATUREZA ENSINA
12	204	AMÉRICO SANTOS	M	59	00:46:30	00:46:30	A NATUREZA ENSINA
13	185	JOÃO CALISTO	M	56	00:47:11	00:47:11	INDIVIDUAL
14	58	ANTÓNIO BARBOSA	M	55	00:48:15	00:48:15	CLUBE DE PRAÇAS DA ARMADA
15	351	VITOR JORGE	M	55	00:50:45	00:50:45	AMINHACORRIDA
16	120	JOÃO MENEZES SILVA	M	55	00:52:33	00:52:33	INDIVIDUAL
17	89	JOAQUIM DELGADO	M	58	00:52:55	00:52:55	CR CRUZ DE PAU
18	123	JORGE FERREIRA	M	55	00:55:06	00:55:06	INDIVIDUAL
19	62	MANUEL JACINTO	M	56	00:56:24	00:56:24	CLUBE DE PRAÇAS DA ARMADA

20	142	JOSÉ CATITA	M	58	00:58:16	00:58:05	INDIVIDUAL
21	122	LUÍS PARRO	M	55	01:02:20	01:02:02	INDIVIDUAL
22	48	CARLOS PEREIRA	M	59	01:18:59	01:18:59	CLUBE ATLETISMO VALE FIGUEIRA

M6099

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	294	SILVESTRE GOMES	M	62	00:36:05	00:36:05	VITÓRIA F C
2	287	FLORIVAL BACALHAU	M	60	00:39:36	00:39:36	VITÓRIA F C
3	240	JOSÉ ALMEIDA	M	68	00:39:48	00:39:48	CASA POVO CORROIOS
4	113	JOAQUIM ANTUNES	M	60	00:42:39	00:42:39	INDIVIDUAL
5	343	JOSÉ LUIS PIRES	M	61	00:42:43	00:42:42	C D R RIBEIRINHO
6	106	JOAO ABRANTES	M	61	00:43:00	00:43:00	A NATUREZA ENSINA
7	57	ADOLFO LOUREIRO	M	64	00:43:08	00:43:07	CLUBE DE PRAÇAS DA ARMADA
8	37	JOAQUIM GUERREIRO	M	60	00:43:16	00:43:16	CASA BENFICA SEIXAL
9	119	ANTÓNI CERDEIRA	M	60	00:43:57	00:43:57	INDIVIDUAL
10	288	GUMERSINDO RODRIGUES	M	67	00:45:11	00:45:11	VITÓRIA F C
11	49	ANTÓNIO CAMACHO	M	65	00:45:40	00:45:40	CLUBE ATLETISMO VALE FIGUEIRA
12	41	RENÉ DUARTE	M	67	00:46:18	00:46:15	CASA BENFICA SEIXAL
13	126	ARMANDO CORREIA	M	65	00:46:28	00:46:22	INDIVIDUAL
14	127	MANUEL NASCIMENTO	M	60	00:47:14	00:47:13	CPPEA
15	169	JOSÉ LANÇA	M	63	00:47:21	00:47:21	CCRAM-ALTO DO MOINHO
16	175	GERMANO BERNARDO	M	61	00:47:25	00:47:25	CLUBE RECREATIVO CRUZ DE PAU
17	172	POSSIDÓNIO CONSTANTINO	M	64	00:48:37	00:48:37	CLUBE DE PRAÇAS DA ARMADA
18	148	TAM AFONSO	M	65	00:50:18	00:50:18	INDIVIDUAL
19	95	DIOGO COSTA	M	68	00:53:11	00:53:03	CR CRUZ DE PAU
20	52	JOSÉ LINDO	M	71	00:53:23	00:53:20	CLUBE ATLETISMO VALE FIGUEIRA
21	367	ARMANDO LACERDA	M	62	00:53:35	00:53:35	
22	176	JOAQUIM BENTES	M	66	00:53:45	00:53:37	CPPEA
23	71	MANUEL D FLOR	M	69	00:53:51	00:53:51	MONTEKAPA-ESCOLA DE DESPORTO
24	139	LÉNIO FERNANDO MARINHO	M	62	00:56:16	00:56:06	INDIVIDUAL
25	61	MANUEL CARDIM	M	65	00:56:25	00:56:25	CLUBE DE PRAÇAS DA ARMADA
26	112	JOSE RODRIGUES FERREIRA	M	68	00:57:45	00:57:45	INDIVIDUAL
27	42	FRANCISCO FERRO	M	69	00:59:51	00:59:51	CASA BENFICA SEIXAL
28	174	RICARDO GASPAR	M	63	01:02:45	01:02:27	CLUBE RECREATIVO CRUZ DE PAU
29	114	AMILCAR PÓVOA	M	70	01:05:21	01:05:04	INDIVIDUAL
30	72	ANTONIO MESTRE	M	67	01:11:29	01:11:17	NUCLEO DO LARANJEIRO

31	194	ANTÓNIO MOURA	M	60	01:13:26	01:13:26	CLUBE ATLETISMO VALE FIGUEIRA
32	97	JOSÉ PARRANÇA	M	78	01:15:11	01:14:54	CR CRUZ DE PAU
33	73	ARMÉNIO TEOTÓNIO	M	79	01:15:16	01:15:16	NUCLEO DO LARANJEIRO
34	92	AGAPITO BELGA	M	65	01:17:40	01:17:24	CR CRUZ DE PAU