

Comunicado de Resultados  
 Associacao De Atletismo De Castelo Branco

II GPA CASA BENFICA C BRANCO  
 CASA BENFICA C BRANCO

Sabado ,09/06/2018

CLASSIFICACAO INDIVIDUAL  
 BENJAMIM  
 FEMININOS

| Clas. | Dor. | Tempo | Nome do atleta       | Nome da equipa |                    |          |
|-------|------|-------|----------------------|----------------|--------------------|----------|
| 1     | 91   |       | LEANDRA DONETS       | BENJAMIM       | AB CANSADO         | 00:00:00 |
| 2     | 93   |       | PAULA FANGAIA        | BENJAMIM       | AB CANSADO         | 00:00:00 |
| 3     | 324  |       | MARIA BELO SILVA     | BENJAMIM       | INDIVIDUAL         | 00:00:00 |
| 4     | 114  |       | LEONOR PEDRO         | BENJAMIM       | C BENFICA ABRANTES | 00:00:00 |
| 5     | 300  |       | MARIA RODRIGUES      | BENJAMIM       | INDIVIDUAL         | 00:00:00 |
| 6     | 301  |       | BEATRIZ RODRIGUES    | BENJAMIM       | INDIVIDUAL         | 00:00:00 |
| 7     | 254  |       | EMA CATARINO         | BENJAMIM       | C TRIATLO FUNDAO   | 00:00:00 |
| 8     | 328  |       | JULIA MATOS          | BENJAMIM       | AB CANSADO         | 00:00:00 |
| 9     | 288  |       | CONSTANCA FIGUEIREDO | BENJAMIM       | INDIVIDUAL         | 00:00:00 |

CLASSIFICACAO INDIVIDUAL  
 BENJAMIM  
 MASCULINOS

| Clas. | Dor. | Tempo | Nome do atleta   | Nome da equipa |                    |          |
|-------|------|-------|------------------|----------------|--------------------|----------|
| 1     | 119  |       | BRUNO CALDEIRA   | BENJAMIM       | C BENFICA ABRANTES | 00:00:00 |
| 2     | 120  |       | DIOGO ROSA       | BENJAMIM       | C BENFICA ABRANTES | 00:00:00 |
| 3     | 123  |       | FRANCISCO SANTOS | BENJAMIM       | C BENFICA ABRANTES | 00:00:00 |
| 4     | 63   |       | JOAO CARDOSO     | BENJAMIM       | ADC PROENCA-A-NOVA | 00:00:00 |
| 5     | 39   |       | AFONSO ABRANTES  | BENJAMIM       | C BENFICA C BRANCO | 00:00:00 |
| 6     | 25   |       | PEDRO DIAS       | BENJAMIM       | C BENFICA C BRANCO | 00:00:00 |
| 7     | 64   |       | PEDRO ABADE      | BENJAMIM       | ADC PROENCA-A-NOVA | 00:00:00 |
| 8     | 15   |       | GONCALO LOPES    | BENJAMIM       | C BENFICA C BRANCO | 00:00:00 |
| 9     | 327  |       | RAUL MATOS       | BENJAMIM       | AB CANSADO         | 00:00:00 |
| 10    | 340  |       | HENRIQUE SERRA   | BENJAMIM       | C BENFICA C BRANCO | 00:00:00 |
| 11    | 130  |       | RODRIGO ROSA     | BENJAMIM       | C BENFICA ABRANTES | 00:00:00 |
| 12    | 329  |       | RODRIGO AFONSO   | BENJAMIM       | AB CANSADO         | 00:00:00 |
| 13    | 330  |       | LEANDRO CORREIA  | BENJAMIM       | AB CANSADO         | 00:00:00 |
| 14    | 313  |       | MARTIM LUCAS     | BENJAMIM       | INDIVIDUAL         | 00:00:00 |
| 15    | 257  |       | GUILHERME NETO   | BENJAMIM       | C TRIATLO FUNDAO   | 00:00:00 |
| 16    | 131  |       | JOAO RUFINO      | BENJAMIM       | C BENFICA ABRANTES | 00:00:00 |

CLASSIFICACAO INDIVIDUAL  
 INFANTIL  
 FEMININOS

| Clas. | Dor. | Tempo | Nome do atleta         | Nome da equipa |                    |          |
|-------|------|-------|------------------------|----------------|--------------------|----------|
| 1     | 87   |       | LARA GEIRINHAS         | INFANTIL       | AB CANSADO         | 00:03:31 |
| 2     | 88   |       | HELENA SAFTA           | INFANTIL       | AB CANSADO         | 00:03:43 |
| 3     | 139  |       | SOLANGE MARTINS        | INFANTIL       | C POVO MANGUALDE   | 00:03:45 |
| 4     | 90   |       | LARA ARAUJO            | INFANTIL       | AB CANSADO         | 00:03:47 |
| 5     | 140  |       | CAROLINA CARVALHO      | INFANTIL       | C POVO MANGUALDE   | 00:03:51 |
| 6     | 89   |       | CAROLINA GREGORIO      | INFANTIL       | AB CANSADO         | 00:03:53 |
| 7     | 141  |       | ANA ALBUQUERQUE        | INFANTIL       | C POVO MANGUALDE   | 00:03:55 |
| 8     | 66   |       | BEATRIZ CARDOSO        | INFANTIL       | ADC PROENCA-A-NOVA | 00:04:15 |
| 9     | 322  |       | MARIA BEATRIZ AMOREIRA | INFANTIL       | C TRIATLO FUNDAO   | 00:04:24 |
| 10    | 113  |       | DANIELA PEDRO          | INFANTIL       | C BENFICA ABRANTES | 00:04:24 |
| 11    | 258  |       | ORIANA GUEDES          | INFANTIL       | C TRIATLO FUNDAO   | 00:04:25 |
| 12    | 67   |       | RITA SILVA             | INFANTIL       | ADC PROENCA-A-NOVA | 00:04:30 |
| 13    | 302  |       | EDUARDA RODRIGUES      | INFANTIL       | INDIVIDUAL         | 00:04:40 |

CLASSIFICACAO INDIVIDUAL  
 INFANTIL  
 MASCULINOS

| Clas. | Dor. | Tempo | Nome do atleta   | Nome da equipa |                    |          |
|-------|------|-------|------------------|----------------|--------------------|----------|
| 1     | 129  |       | RODRIGO MARTINS  | INFANTIL       | C BENFICA ABRANTES | 00:03:20 |
| 2     | 207  |       | TIAGO QUEIROZ    | INFANTIL       | PENTA C COVILHA    | 00:03:29 |
| 3     | 315  |       | MIGUEL ROSEIRO   | INFANTIL       | INDIVIDUAL         | 00:03:30 |
| 4     | 65   |       | JOAO LOPES       | INFANTIL       | ADC PROENCA-A-NOVA | 00:03:39 |
| 5     | 80   |       | MARIO SERRANO    | INFANTIL       | ALCAINS RUN        | 00:03:48 |
| 6     | 326  |       | LUCAS ROSA       | INFANTIL       | C BENFICA ABRANTES | 00:03:51 |
| 7     | 18   |       | ANDRE DUARTE     | INFANTIL       | C BENFICA C BRANCO | 00:04:08 |
| 8     | 295  |       | ALEXANDRE INACIO | INFANTIL       | INDIVIDUAL         | 00:04:11 |

## Comunicado de Resultados

|    |     |                   |          |                  |          |
|----|-----|-------------------|----------|------------------|----------|
| 9  | 79  | AFONSO DINIS      | INFANTIL | ALCAINS RUN      | 00:04:18 |
| 10 | 259 | LEONARDO OLIVEIRA | INFANTIL | C TRIATLO FUNDAO | 00:04:19 |

CLASSIFICACAO INDIVIDUAL  
INICIADO  
FEMININOS

| Clas. | Dor. | Tempo | Nome do atleta    |          | Nome da equipa     |          |
|-------|------|-------|-------------------|----------|--------------------|----------|
| 1     | 110  |       | BARBARA DIAS      | INICIADO | C BENFICA ABRANTES | 00:06:43 |
| 2     | 262  |       | MARIA GONCALVES   | INICIADO | C TRIATLO FUNDAO   | 00:06:49 |
| 3     | 263  |       | RITA MATOS        | INICIADO | C TRIATLO FUNDAO   | 00:07:15 |
| 4     | 209  |       | MARIA RIBAS       | INICIADO | PENTA C COVILHA    | 00:07:33 |
| 5     | 208  |       | CAROLINA TABORDA  | INICIADO | PENTA C COVILHA    | 00:07:35 |
| 6     | 111  |       | BEATRIZ COSTA     | INICIADO | C BENFICA ABRANTES | 00:07:36 |
| 7     | 237  |       | MARIANA NUNES     | INICIADO | C UNIAO IDANHENSE  | 00:09:01 |
| 8     | 49   |       | INES NEVES        | INICIADO | C BENFICA C BRANCO | 00:09:06 |
| 9     | 109  |       | ANA SANTOS        | INICIADO | C BENFICA ABRANTES | 00:09:18 |
| 10    | 116  |       | MARIANA FARIA     | INICIADO | C BENFICA ABRANTES | 00:09:49 |
| 11    | 117  |       | MATILDE GONÇALVES | INICIADO | C BENFICA ABRANTES | 00:09:49 |
| 12    | 317  |       | CAROLINA RUFINO   | INICIADO | C BENFICA ABRANTES | 00:10:02 |
| 13    | 331  |       | CATARINA LIMA     | INICIADO | AB CANSADO         | 00:10:17 |

CLASSIFICACAO INDIVIDUAL  
INICIADO  
MASCULINOS

| Clas. | Dor. | Tempo | Nome do atleta   |          | Nome da equipa     |          |
|-------|------|-------|------------------|----------|--------------------|----------|
| 1     | 124  |       | GUILHERME SILVA  | INICIADO | C BENFICA ABRANTES | 00:05:55 |
| 2     | 240  |       | LUIS RIJO        | INICIADO | C UNIAO IDANHENSE  | 00:05:59 |
| 3     | 127  |       | LUIS LEITAO      | INICIADO | C BENFICA ABRANTES | 00:06:14 |
| 4     | 122  |       | FRANCISCO REBELO | INICIADO | C BENFICA ABRANTES | 00:06:21 |
| 5     | 332  |       | ARTUR CORTES     | INICIADO | C BENFICA ABRANTES | 00:06:22 |
| 6     | 261  |       | MIGUEL PIRES     | INICIADO | C TRIATLO FUNDAO   | 00:06:30 |
| 7     | 241  |       | SERGIO DEUS      | INICIADO | C UNIAO IDANHENSE  | 00:06:31 |
| 8     | 35   |       | MIGUEL RODRIGUES | INICIADO | C BENFICA C BRANCO | 00:06:46 |
| 9     | 14   |       | RODRIGO LOPES    | INICIADO | C BENFICA C BRANCO | 00:06:52 |
| 10    | 242  |       | JOAO DUARTE      | INICIADO | C UNIAO IDANHENSE  | 00:06:56 |
| 11    | 238  |       | SIMAO CAMELO     | INICIADO | C UNIAO IDANHENSE  | 00:07:08 |
| 12    | 236  |       | JOSE PEDROSO     | INICIADO | C UNIAO IDANHENSE  | 00:07:41 |
| 13    | 235  |       | MARTIM NUNES     | INICIADO | C UNIAO IDANHENSE  | 00:07:41 |
| 14    | 239  |       | JOAO CAMELO      | INICIADO | C UNIAO IDANHENSE  | 00:07:42 |
| 15    | 214  |       | PEDRO PEREIRA    | INICIADO | PEREIRA SOBREIRA   | 00:07:49 |

CLASSIFICACAO INDIVIDUAL  
JUVENIL  
FEMININOS

| Clas. | Dor. | Tempo | Nome do atleta  |         | Nome da equipa     |          |
|-------|------|-------|-----------------|---------|--------------------|----------|
| 1     | 244  |       | JOANA RODRIGUES | JUVENIL | C UNIAO IDANHENSE  | 00:11:26 |
| 2     | 132  |       | RAFAELA NAVALHO | JUVENIL | C BENFICA ABRANTES | 00:11:36 |
| 3     | 112  |       | CAROLINA CATITA | JUVENIL | C BENFICA ABRANTES | 00:12:08 |
| 4     | 245  |       | YAMINI MAKVANA  | JUVENIL | C UNIAO IDANHENSE  | 00:13:40 |

CLASSIFICACAO INDIVIDUAL  
JUVENIL  
MASCULINOS

| Clas. | Dor. | Tempo | Nome do atleta     |         | Nome da equipa     |          |
|-------|------|-------|--------------------|---------|--------------------|----------|
| 1     | 314  |       | RAFAEL CANARIA     | JUVENIL | A TERRAS BARRO     | 00:08:16 |
| 2     | 128  |       | PEDRO MARQUES      | JUVENIL | C BENFICA ABRANTES | 00:08:31 |
| 3     | 125  |       | JOAO DELGADO       | JUVENIL | C BENFICA ABRANTES | 00:08:46 |
| 4     | 210  |       | RUBEN VENANCIO     | JUVENIL | PENTA C COVILHA    | 00:08:52 |
| 5     | 243  |       | RAFAEL MASCARENHAS | JUVENIL | C UNIAO IDANHENSE  | 00:08:56 |
| 6     | 68   |       | MIGUEL D MARTINS   | JUVENIL | ADC PROENCA-A-NOVA | 00:09:08 |
| 7     | 69   |       | MIGUEL MARTINS     | JUVENIL | ADC PROENCA-A-NOVA | 00:09:34 |
| 8     | 121  |       | DUARTE CLARO       | JUVENIL | C BENFICA ABRANTES | 00:11:12 |
| 9     | 154  |       | DIOGO CORTE        | JUVENIL | CB RUNNING         | 00:13:30 |

## COLETIVA JOVEM

## FEMININA

Comunicado de Resultados

- 1º - CB ABRANTES  
 2º - AB CANSADO  
 3º - C TRIATLO FUNDAO

MASCULINO

- 1º - CB ABRANTES  
 2º - ADC PROENCA  
 3º - PENTA C COVILHA

CLASSIFICACAO INDIVIDUAL  
 SENIOR  
 FEMININOS

| Clas. | Dor. | Tempo | Nome do atleta     |        | Nome da equipa       |          |
|-------|------|-------|--------------------|--------|----------------------|----------|
| 1     | 3    |       | SILVANA DIAS       | SENIOR | S LISBOA BENFICA     | 00:38:13 |
| 2     | 2    |       | JESSICA PONTES     | SENIOR | SC BRAGA             | 00:38:39 |
| 3     | 194  |       | LEONILDE ANTUNES   | SENIOR | CCD LEOES FLORESTA/U | 00:43:14 |
| 4     | 304  |       | ANA PETRICA        | SENIOR | INDIVIDUAL           | 00:49:09 |
| 5     | 248  |       | ANA RAMOS          | SENIOR | C UNIAO IDANHENSE    | 00:49:42 |
| 6     | 9    |       | DANIELA MARTINS    | SENIOR | C BENFICA C BRANCO   | 00:51:19 |
| 7     | 195  |       | MARIANA CORREIA    | SENIOR | CCD LEOES FLORESTA/U | 00:52:15 |
| 8     | 219  |       | TELMA CORREIA      | SENIOR | SARZEDAS RUNNERS     | 00:52:36 |
| 9     | 222  |       | MONICA ROQUE       | SENIOR | SARZEDAS RUNNERS     | 00:52:54 |
| 10    | 58   |       | ANA ROXO           | SENIOR | ACRIALBI/AQD         | 00:54:16 |
| 11    | 220  |       | ANA CORREIA        | SENIOR | SARZEDAS RUNNERS     | 00:55:31 |
| 12    | 32   |       | MARIA MORADIAS     | SENIOR | C BENFICA C BRANCO   | 00:56:44 |
| 13    | 226  |       | ANA AFONSO         | SENIOR | SARZEDAS RUNNERS     | 00:57:37 |
| 14    | 13   |       | CATIA CRUZ         | SENIOR | C BENFICA C BRANCO   | 00:58:46 |
| 15    | 347  |       | ANA BELO           | SENIOR | INDIVIDUAL           | 01:00:26 |
| 16    | 348  |       | INES SANTOS        | SENIOR | INDIVIDUAL           | 01:01:19 |
| 17    | 216  |       | CATARINA RODRIGUES | SENIOR | SARZEDAS RUNNERS     | 01:01:20 |
| 18    | 325  |       | ANA RITA MATOS     | SENIOR | INDIVIDUAL           | 01:05:09 |

CLASSIFICACAO INDIVIDUAL  
 V A (35/39)  
 FEMININOS

| Clas. | Dor. | Tempo | Nome do atleta     |             | Nome da equipa       |          |
|-------|------|-------|--------------------|-------------|----------------------|----------|
| 1     | 137  |       | LURDES MONTEIRO    | V A (35/39) | C POVO MANGUALDE     | 00:41:40 |
| 2     | 136  |       | CELIA MATIAS       | V A (35/39) | C POVO MANGUALDE     | 00:42:37 |
| 3     | 138  |       | LAURINDA FERREIRA  | V A (35/39) | C POVO MANGUALDE     | 00:45:43 |
| 4     | 149  |       | MARIA QUELHAS      | V A (35/39) | CB RUNNING           | 00:45:46 |
| 5     | 202  |       | MARINA CARDONA     | V A (35/39) | CCD LEOES FLORESTA/U | 00:46:45 |
| 6     | 171  |       | DINA SEGURO        | V A (35/39) | ESTRELA CAMPO AVIACA | 00:47:44 |
| 7     | 218  |       | LUISA LOURENCO     | V A (35/39) | SARZEDAS RUNNERS     | 00:49:41 |
| 8     | 190  |       | LISDALIA NUNES     | V A (35/39) | VETERANOS NTG TEIXOS | 00:50:31 |
| 9     | 201  |       | MAFALDA PROENCA    | V A (35/39) | CCD LEOES FLORESTA/U | 00:52:38 |
| 10    | 45   |       | TERESA ANTAO       | V A (35/39) | C BENFICA C BRANCO   | 00:52:52 |
| 11    | 74   |       | CRISTINA LEO       | V A (35/39) | ALCAINS RUN          | 00:52:57 |
| 12    | 23   |       | EDNA SALGUEIRO     | V A (35/39) | C BENFICA C BRANCO   | 00:53:20 |
| 13    | 215  |       | EDUARDA RODRIGUES  | V A (35/39) | SARZEDAS RUNNERS     | 00:53:37 |
| 14    | 299  |       | MARTA SOARES       | V A (35/39) | INDIVIDUAL           | 00:55:40 |
| 15    | 82   |       | SUSANA MARTINS     | V A (35/39) | AB CANSADO           | 00:56:35 |
| 16    | 77   |       | MARIA DE FATIMA    | V A (35/39) | ALCAINS RUN          | 00:56:40 |
| 17    | 11   |       | PATRICIA FERNANDES | V A (35/39) | C BENFICA C BRANCO   | 00:56:49 |
| 18    | 199  |       | CARLA MATOS        | V A (35/39) | CCD LEOES FLORESTA/U | 00:57:25 |
| 19    | 46   |       | SILVIA HEITOR      | V A (35/39) | C BENFICA C BRANCO   | 00:58:04 |
| 20    | 27   |       | FLORENCIA BASILIO  | V A (35/39) | C BENFICA C BRANCO   | 00:58:21 |
| 21    | 273  |       | INES GUEDES        | V A (35/39) | INDIVIDUAL           | 00:58:43 |
| 22    | 8    |       | RITA DUQUE         | V A (35/39) | C BENFICA C BRANCO   | 01:01:20 |
| 23    | 217  |       | ANGELA GASPAR      | V A (35/39) | SARZEDAS RUNNERS     | 01:01:21 |

CLASSIFICACAO POR EQUIPAS  
 SENIOR, V A (35/39)  
 FEMININOS

| Clas. | Nome da equipa         | Pontos | ORDEM CHEGADA ATLETAS |    |    |   |   |   |
|-------|------------------------|--------|-----------------------|----|----|---|---|---|
|       |                        |        | 1                     | 2  | 3  | 4 | 5 | 6 |
| 1     | C POVO MANGUALDE       | 13     | 3                     | 4  | 6  | 0 | 0 | 0 |
| 2     | CCD LEOES FLORESTA/UBI | 28     | 5                     | 8  | 15 | 0 | 0 | 0 |
| 3     | SARZEDAS RUNNERS       | 46     | 11                    | 16 | 19 | 0 | 0 | 0 |
| 4     | C BENFICA C BRANCO     | 53     | 14                    | 18 | 21 | 0 | 0 | 0 |

Comunicado de Resultados

CLASSIFICACAO INDIVIDUAL  
SENIOR  
MASCULINOS

| Clas. | Dor. | Tempo | Nome do atleta     | Nome da equipa |                               |
|-------|------|-------|--------------------|----------------|-------------------------------|
| 1     | 5    |       | BRUNO PAIXAO       | SENIOR         | BEJA ATL CLUBE 00:31:51       |
| 2     | 133  |       | CRISTIANO PEREIRA  | SENIOR         | C POVO MANGUALDE 00:31:53     |
| 3     | 191  |       | ALEXANDRE VENANCIO | SENIOR         | CCD LEOES FLORESTA/U 00:32:35 |
| 4     | 134  |       | TIAGO MACHADO      | SENIOR         | C POVO MANGUALDE 00:33:18     |
| 5     | 10   |       | RUI PEREIRA        | SENIOR         | C BENFICA C BRANCO 00:33:30   |
| 6     | 102  |       | CARLOS SANCHES     | SENIOR         | CDR PEREIROES 00:33:34        |
| 7     | 158  |       | BRUNO REIS         | SENIOR         | ESTRELA CAMPO AVIACA 00:35:31 |
| 8     | 193  |       | JOAO MONTEIRO      | SENIOR         | CCD LEOES FLORESTA/U 00:37:27 |
| 9     | 247  |       | ANGELO TARECO      | SENIOR         | C UNIAO IDANHENSE 00:38:25    |
| 10    | 101  |       | RICARDO PINHEIRO   | SENIOR         | CDR PEREIROES 00:38:35        |
| 11    | 12   |       | RUI FERNANDES      | SENIOR         | C BENFICA C BRANCO 00:40:08   |
| 12    | 142  |       | TIAGO PINHEIRO     | SENIOR         | CB RUNNING 00:40:19           |
| 13    | 266  |       | ANDRE LOPES        | SENIOR         | INDIVIDUAL 00:41:22           |
| 14    | 192  |       | GASPAR RAMOA       | SENIOR         | CCD LEOES FLORESTA/U 00:41:30 |
| 15    | 181  |       | RUI ALVES          | SENIOR         | GYM4YOU 00:41:39              |
| 16    | 28   |       | JOAO LEAL          | SENIOR         | INDIVIDUAL 00:42:02           |
| 17    | 31   |       | RICARDO SANTOS     | SENIOR         | C BENFICA C BRANCO 00:43:34   |
| 18    | 147  |       | JOSE FERNANDES     | SENIOR         | CB RUNNING 00:43:47           |
| 19    | 196  |       | MIGUEL BELO        | SENIOR         | CCD LEOES FLORESTA/U 00:44:07 |
| 20    | 100  |       | RAPHAEL MALIK      | SENIOR         | CDR PEREIROES 00:44:09        |
| 21    | 156  |       | RICARDO GARCIA     | SENIOR         | CENTRO MARCHA CORRID 00:44:22 |
| 22    | 55   |       | MIGUEL NAVEGA      | SENIOR         | AC PORTALEGRE/UTSM 00:45:07   |
| 23    | 225  |       | GONCALO ROQUE      | SENIOR         | SARZEDAS RUNNERS 00:45:22     |
| 24    | 7    |       | ADELINO INES       | SENIOR         | C BENFICA C BRANCO 00:46:01   |
| 25    | 179  |       | TIAGO FERNANDES    | SENIOR         | GYM4YOU 00:46:18              |
| 26    | 151  |       | TIAGO NUNES        | SENIOR         | CB RUNNING 00:47:15           |
| 27    | 206  |       | PEDRO ARAUJO       | SENIOR         | PAPA-LEGUAS ALCAINS 00:48:17  |
| 28    | 336  |       | PEDRO GOMES        | SENIOR         | PENTA C COVILHA 00:48:58      |
| 29    | 303  |       | NUNO NUNES         | SENIOR         | INDIVIDUAL 00:49:11           |
| 30    | 71   |       | MARIO ADONIS       | SENIOR         | ALCAINS RUN 00:49:13          |
| 31    | 286  |       | RUI SILVA          | SENIOR         | INDIVIDUAL 00:49:36           |
| 32    | 289  |       | EMANUEL ANTUNES    | SENIOR         | INDIVIDUAL 00:50:00           |
| 33    | 341  |       | VALTER CALDEIRINHA | SENIOR         | CB RUNNING 00:51:21           |
| 34    | 281  |       | HELDER GOMES       | SENIOR         | INDIVIDUAL 00:53:36           |
| 35    | 78   |       | JOSE TEIXEIRA      | SENIOR         | ALCAINS RUN 00:56:18          |
| 36    | 306  |       | TIAGO MARQUES      | SENIOR         | INDIVIDUAL 00:56:30           |
| 37    | 350  |       | PAULO FERREIRA     | SENIOR         | INDIVIDUAL 00:56:32           |
| 38    | 310  |       | EDGAR SOLANO       | SENIOR         | INDIVIDUAL 00:58:32           |
| 39    | 292  |       | RUI LUIS           | SENIOR         | INDIVIDUAL 00:59:10           |
| 40    | 172  |       | TIAGO DUARTE       | SENIOR         | ESTRELA CAMPO AVIACA 01:00:40 |
| 41    | 311  |       | GONCALO PAIVA      | SENIOR         | INDIVIDUAL 01:02:12           |

CLASSIFICACAO POR EQUIPAS  
SENIOR  
MASCULINOS

| Clas. | Nome da equipa         | Pontos | ORDEM CHEGADA ATLETAS |    |    |   |   |   |
|-------|------------------------|--------|-----------------------|----|----|---|---|---|
|       |                        |        | 1                     | 2  | 3  | 4 | 5 | 6 |
| 1     | CCD LEOES FLORESTA/UBI | 25     | 3                     | 8  | 14 | 0 | 0 | 0 |
| 2     | C BENFICA C BRANCO     | 33     | 5                     | 11 | 17 | 0 | 0 | 0 |
| 3     | CDR PEREIROES          | 36     | 6                     | 10 | 20 | 0 | 0 | 0 |
| 4     | CB RUNNING             | 56     | 12                    | 18 | 26 | 0 | 0 | 0 |

CLASSIFICACAO INDIVIDUAL  
V A (35/39)  
MASCULINOS

| Clas. | Dor. | Tempo | Nome do atleta | Nome da equipa |                               |
|-------|------|-------|----------------|----------------|-------------------------------|
| 1     | 29   |       | NUNO RODRIGUES | V A (35/39)    | C BENFICA C BRANCO 00:35:16   |
| 2     | 19   |       | FLAVIO PINTADO | V A (35/39)    | C BENFICA C BRANCO 00:35:49   |
| 3     | 20   |       | ANTONIO GOMES  | V A (35/39)    | C BENFICA C BRANCO 00:37:22   |
| 4     | 97   |       | BRUNO SALVADO  | V A (35/39)    | BTT RETIRO DAS ADEGA 00:39:03 |
| 5     | 167  |       | NUNO CARROLA   | V A (35/39)    | ESTRELA CAMPO AVIACA 00:40:15 |
| 6     | 61   |       | PEDRO RAFAEL   | V A (35/39)    | ACRIALBI/AQD 00:40:20         |
| 7     | 249  |       | JORGE CUBEIRA  | V A (35/39)    | C UNIAO IDANHENSE 00:40:34    |
| 8     | 85   |       | PAULO SILVA    | V A (35/39)    | AB CANSADO 00:42:17           |
| 9     | 178  |       | AMANDIO FREIRE | V A (35/39)    | GYM4YOU 00:42:56              |
| 10    | 43   |       | MICHAEL LOPES  | V A (35/39)    | C BENFICA C BRANCO 00:43:24   |
| 11    | 52   |       | NUNO MONTEIRO  | V A (35/39)    | C BENFICA C BRANCO 00:44:00   |

## Comunicado de Resultados

|    |     |                 |            |                      |          |
|----|-----|-----------------|------------|----------------------|----------|
| 12 | 157 | PAULO NETO      | V A (35/39 | CENTRO MARCHA CORRID | 00:44:29 |
| 13 | 318 | LUIS OLIVEIRA   | V A (35/39 | C TRIATLO FUNDAO     | 00:46:20 |
| 14 | 265 | EDUARDO SILVA   | V A (35/39 | INDIVIDUAL           | 00:48:59 |
| 15 | 146 | JOAO VALENTE    | V A (35/39 | CB RUNNING           | 00:49:02 |
| 16 | 253 | JORGE FARROPAS  | V A (35/39 | C UNIAO IDANHENSE    | 00:49:21 |
| 17 | 290 | NUNO INFANTE    | V A (35/39 | INDIVIDUAL           | 00:49:29 |
| 18 | 62  | NUNO RAMALHO    | V A (35/39 | ACRIALBI/AQD         | 00:50:06 |
| 19 | 269 | RICARDO CARONDO | V A (35/39 | INDIVIDUAL           | 00:50:27 |
| 20 | 283 | BRUNO GONCALVES | V A (35/39 | INDIVIDUAL           | 00:50:48 |
| 21 | 282 | ELISEU REIS     | V A (35/39 | INDIVIDUAL           | 00:51:09 |
| 22 | 56  | LUIS RODRIGUES  | V A (35/39 | ACRIALBI/AQD         | 00:51:26 |
| 23 | 57  | JOAO DIAS       | V A (35/39 | ACRIALBI/AQD         | 00:51:47 |
| 24 | 274 | RUI FERNANDES   | V A (35/39 | INDIVIDUAL           | 00:58:44 |
| 25 | 268 | MARIO GUEDELHA  | V A (35/39 | INDIVIDUAL           | 00:59:07 |
| 26 | 37  | RUI VILELA      | V A (35/39 | C BENFICA C BRANCO   | 00:59:25 |
| 27 | 346 | HELIO ALMEIDA   | V A (35/39 | INDIVIDUAL           | 01:00:27 |
| 28 | 264 | ALEXANDRE NETO  | V A (35/39 | C TRIATLO FUNDAO     | 01:03:26 |

CLASSIFICACAO INDIVIDUAL  
V B (40/49)  
MASCULINOS

| Clas. | Dor. | Tempo | Nome do atleta    | Nome da equipa |                               |
|-------|------|-------|-------------------|----------------|-------------------------------|
| 1     | 174  |       | SERGIO SANTOS     | V B (40/49     | GCA DONAS 00:32:51            |
| 2     | 176  |       | JORGE RODRIGUES   | V B (40/49     | GCA DONAS 00:34:36            |
| 3     | 105  |       | NORBERTO NUNES    | V B (40/49     | CDR PEREIROs 00:34:41         |
| 4     | 1    |       | RICARDO RIBAS     | V B (40/49     | S LISBOA BENFICA 00:34:59     |
| 5     | 40   |       | TIAGO MARQUES     | V B (40/49     | C BENFICA C BRANCO 00:36:04   |
| 6     | 36   |       | JOAO MAGRO        | V B (40/49     | C BENFICA C BRANCO 00:36:59   |
| 7     | 81   |       | LUIS MATOS        | V B (40/49     | AB CANSADO 00:37:16           |
| 8     | 104  |       | SERGIO MARTINS    | V B (40/49     | CDR PEREIROs 00:37:30         |
| 9     | 150  |       | PAULO FERREIRA    | V B (40/49     | CB RUNNING 00:39:04           |
| 10    | 170  |       | HUGO SOARES       | V B (40/49     | ESTRELA CAMPO AVIACA 00:40:47 |
| 11    | 148  |       | LUIS ANTUNES      | V B (40/49     | CB RUNNING 00:41:16           |
| 12    | 345  |       | ALEXANDRE GALVAO  | V B (40/49     | IFC CEBOLENSE 00:41:44        |
| 13    | 186  |       | JOAO GALVAO       | V B (40/49     | IFC CEBOLENSE 00:42:08        |
| 14    | 333  |       | PEDRO FARIA       | V B (40/49     | C BENFICA C BRANCO 00:42:26   |
| 15    | 204  |       | VITOR PINTO       | V B (40/49     | CCD LEOES FLORESTA/U 00:42:29 |
| 16    | 33   |       | RUI SALGUEIRO     | V B (40/49     | C BENFICA C BRANCO 00:43:25   |
| 17    | 145  |       | ALBERTO HENRIQUES | V B (40/49     | CB RUNNING 00:43:41           |
| 18    | 98   |       | JORGE REBELO      | V B (40/49     | BTT RETIRO DAS ADEGA 00:43:44 |
| 19    | 6    |       | PEDRO MONTEIRO    | V B (40/49     | C BENFICA C BRANCO 00:44:35   |
| 20    | 297  |       | PAULO MARQUES     | V B (40/49     | INDIVIDUAL 00:45:57           |
| 21    | 144  |       | EDGAR CONCEICAO   | V B (40/49     | CB RUNNING 00:46:04           |
| 22    | 166  |       | RUI PINTO         | V B (40/49     | ESTRELA CAMPO AVIACA 00:46:20 |
| 23    | 163  |       | VITOR MORGADO     | V B (40/49     | ESTRELA CAMPO AVIACA 00:46:41 |
| 24    | 344  |       | FERNANDO INACIO   | V B (40/49     | IFC CEBOLENSE 00:46:44        |
| 25    | 72   |       | OTAVIO GIL        | V B (40/49     | ALCAINS RUN 00:47:35          |
| 26    | 160  |       | LUIS CORREIA      | V B (40/49     | ESTRELA CAMPO AVIACA 00:47:44 |
| 27    | 96   |       | CARLOS FARINHA    | V B (40/49     | BLUE O/CHANG.DIABETE 00:47:47 |
| 28    | 342  |       | MIGUEL MATEUS     | V B (40/49     | GYM4YOU 00:48:00              |
| 29    | 184  |       | MARCELINO BELO    | V B (40/49     | IFC CEBOLENSE 00:48:08        |
| 30    | 323  |       | PEDRO RIBEIRO     | V B (40/49     | INDIVIDUAL 00:48:13           |
| 31    | 587  |       | JAIME CARVALHO    | V B (40/49     | INDIVIDUAL 00:48:48           |
| 32    | 34   |       | BRUNO REIS        | V B (40/49     | INDIVIDUAL 00:48:54           |
| 33    | 211  |       | DIOGO VENANCIO    | V B (40/49     | PENTA C COVILHA 00:48:54      |
| 34    | 284  |       | CARLOS LEITAO     | V B (40/49     | INDIVIDUAL 00:49:42           |
| 35    | 173  |       | ROGERIO PALMEIRO  | V B (40/49     | FUNDAO RUNNING 00:49:46       |
| 36    | 17   |       | NUNO DUARTE       | V B (40/49     | C BENFICA C BRANCO 00:50:08   |
| 37    | 4    |       | JOSE GODINHO      | V B (40/49     | C BENFICA C BRANCO 00:50:13   |
| 38    | 26   |       | ANTONIO LOPES     | V B (40/49     | C BENFICA C BRANCO 00:50:14   |
| 39    | 287  |       | RUI SERRASQUEIRO  | V B (40/49     | INDIVIDUAL 00:50:14           |
| 40    | 60   |       | PEDRO CAETANO     | V B (40/49     | ACRIALBI/AQD 00:50:37         |
| 41    | 70   |       | IZALDO BARATA     | V B (40/49     | ALCAINS RUN 00:50:40          |
| 42    | 185  |       | JOSE PINTO        | V B (40/49     | IFC CEBOLENSE 00:51:42        |
| 43    | 563  |       | GILBERTO CARDOSO  | V B (40/49     | INDIVIDUAL 00:52:56           |
| 44    | 153  |       | CIRO BARATA       | V B (40/49     | CB RUNNING 00:53:53           |
| 45    | 73   |       | MIGUEL DINIS      | V B (40/49     | ALCAINS RUN 00:54:26          |
| 46    | 106  |       | JOSE JUSTO        | V B (40/49     | CDR PEREIROs 00:54:47         |
| 47    | 272  |       | JOSE VAZ          | V B (40/49     | INDIVIDUAL 00:55:30           |
| 48    | 291  |       | NORBERTO CARVALHO | V B (40/49     | INDIVIDUAL 00:56:24           |
| 49    | 293  |       | JOSE CRUZ         | V B (40/49     | INDIVIDUAL 00:58:11           |
| 50    | 152  |       | GABRIEL ALMEIDA   | V B (40/49     | CB RUNNING 00:58:53           |
| 51    | 24   |       | NUNO DIAS         | V B (40/49     | C BENFICA C BRANCO 00:58:59   |

Comunicado de Resultados

CLASSIFICACAO INDIVIDUAL  
V C (50+)  
MASCULINOS

| Clas. | Dor. | Tempo | Nome do atleta       |           | Nome da equipa       |          |
|-------|------|-------|----------------------|-----------|----------------------|----------|
| 1     | 321  |       | FERNANDO MATOS       | V C (50+) | GCA DONAS            | 00:33:25 |
| 2     | 108  |       | JOSE FERNANDES       | V C (50+) | CDR PEREIRO          | 00:38:15 |
| 3     | 203  |       | RUI PAIS             | V C (50+) | CCD LEOS FLORESTA/U  | 00:38:32 |
| 4     | 103  |       | ELISIO MARTINS       | V C (50+) | CDR PEREIRO          | 00:40:03 |
| 5     | 107  |       | HORACIO HENRIQUES    | V C (50+) | CDR PEREIRO          | 00:41:32 |
| 6     | 168  |       | MIGUEL MAIA          | V C (50+) | ESTRELA CAMPO AVIACA | 00:41:54 |
| 7     | 198  |       | ARMANDO OLIVEIRA     | V C (50+) | CCD LEOS FLORESTA/U  | 00:42:27 |
| 8     | 267  |       | RUI ALVES            | V C (50+) | INDIVIDUAL           | 00:42:36 |
| 9     | 177  |       | FRANCISCO CASTELEIRO | V C (50+) | GCA DONAS            | 00:42:36 |
| 10    | 200  |       | CARLOS COSTA         | V C (50+) | CCD LEOS FLORESTA/U  | 00:44:54 |
| 11    | 84   |       | FERNANDO MOURA       | V C (50+) | AB CANSADO           | 00:46:35 |
| 12    | 252  |       | FRANCISCO FARROPAS   | V C (50+) | C UNIAO IDANHENSE    | 00:47:22 |
| 13    | 164  |       | ANTONIO MORGADO      | V C (50+) | ESTRELA CAMPO AVIACA | 00:47:55 |
| 14    | 159  |       | RUI MARANHAS         | V C (50+) | ESTRELA CAMPO AVIACA | 00:49:01 |
| 15    | 271  |       | JOAO SERRA           | V C (50+) | INDIVIDUAL           | 00:49:12 |
| 16    | 280  |       | JOSE RAPOSO          | V C (50+) | INDIVIDUAL           | 00:49:23 |
| 17    | 30   |       | ODERLINDO VIDA       | V C (50+) | C BENFICA C BRANCO   | 00:50:09 |
| 18    | 51   |       | LUIS MORAIS          | V C (50+) | C BENFICA C BRANCO   | 00:50:13 |
| 19    | 162  |       | RUI NASCIMENTO       | V C (50+) | ESTRELA CAMPO AVIACA | 00:52:05 |
| 20    | 161  |       | CARLOS MARQUES       | V C (50+) | ESTRELA CAMPO AVIACA | 00:52:29 |
| 21    | 309  |       | CARLOS NEVES         | V C (50+) | INDIVIDUAL           | 00:52:41 |
| 22    | 251  |       | JOSE SERRANO         | V C (50+) | C UNIAO IDANHENSE    | 00:52:58 |
| 23    | 50   |       | EUGENIO RODRIGUES    | V C (50+) | C BENFICA C BRANCO   | 00:53:06 |
| 24    | 187  |       | ANTONIO FIGUEIREDO   | V C (50+) | VETERANOS NTG TEIXOS | 00:58:21 |
| 25    | 307  |       | JOSE MARQUES         | V C (50+) | INDIVIDUAL           | 00:58:39 |
| 26    | 95   |       | ANTONIO CAMOES       | V C (50+) | A P EDUCACAO FISICA  | 01:00:12 |
| 27    | 189  |       | ANTONIO BATISTA      | V C (50+) | VETERANOS NTG TEIXOS | 01:01:25 |

CLASSIFICACAO POR EQUIPAS  
V A (35/39), V B (40/49), V C (50+)  
MASCULINOS

| Clas. | Nome da equipa           | Pontos | ORDEM CHEGADA ATLETAS |    |    |   |   |   |
|-------|--------------------------|--------|-----------------------|----|----|---|---|---|
|       |                          |        | 1                     | 2  | 3  | 4 | 5 | 6 |
| 1     | GCA DONAS                | 6      | 1                     | 2  | 3  | 0 | 0 | 0 |
| 2     | C BENFICA C BRANCO       | 21     | 6                     | 7  | 8  | 0 | 0 | 0 |
| 3     | CDR PEREIRO              | 29     | 4                     | 12 | 13 | 0 | 0 | 0 |
| 4     | ESTRELA CAMPO AVIACAO FC | 64     | 18                    | 21 | 25 | 0 | 0 | 0 |
| 5     | CCD LEOS FLORESTA/UBI    | 73     | 14                    | 29 | 30 | 0 | 0 | 0 |
| 6     | CB RUNNING               | 74     | 16                    | 22 | 36 | 0 | 0 | 0 |
| 7     | AB CANSADO               | 83     | 10                    | 27 | 46 | 0 | 0 | 0 |
| 8     | IFC CEBOLENSE            | 98     | 24                    | 26 | 48 | 0 | 0 | 0 |
| 9     | C UNIAO IDANHENSE        | 133    | 20                    | 49 | 64 | 0 | 0 | 0 |
| 10    | ACRIALBI/AQD             | 165    | 19                    | 69 | 77 | 0 | 0 | 0 |
| 11    | ALCAINS RUN              | 219    | 50                    | 78 | 91 | 0 | 0 | 0 |

CLASSIFICACAO GERAL FEMININA  
SENIOR, V A (35/39)  
FEMININOS

| Clas. | Dor. | Tempo | Nome do atleta    |             | Nome da equipa       |          |
|-------|------|-------|-------------------|-------------|----------------------|----------|
| 1     | 3    |       | SILVANA DIAS      | SENIOR      | S LISBOA BENFICA     | 00:38:13 |
| 2     | 2    |       | JESSICA PONTES    | SENIOR      | SC BRAGA             | 00:38:39 |
| 3     | 137  |       | LURDES MONTEIRO   | V A (35/39) | C POVO MANGUALDE     | 00:41:40 |
| 4     | 136  |       | CELIA MATIAS      | V A (35/39) | C POVO MANGUALDE     | 00:42:37 |
| 5     | 194  |       | LEONILDE ANTUNES  | SENIOR      | CCD LEOS FLORESTA/U  | 00:43:14 |
| 6     | 138  |       | LAURINDA FERREIRA | V A (35/39) | C POVO MANGUALDE     | 00:45:43 |
| 7     | 149  |       | MARIA QUELHAS     | V A (35/39) | CB RUNNING           | 00:45:46 |
| 8     | 202  |       | MARINA CARDONA    | V A (35/39) | CCD LEOS FLORESTA/U  | 00:46:45 |
| 9     | 171  |       | DINA SEGURO       | V A (35/39) | ESTRELA CAMPO AVIACA | 00:47:44 |
| 10    | 304  |       | ANA PETRICA       | SENIOR      | INDIVIDUAL           | 00:49:09 |
| 11    | 218  |       | LUISA LOURENCO    | V A (35/39) | SARZEDAS RUNNERS     | 00:49:41 |
| 12    | 248  |       | ANA RAMOS         | SENIOR      | C UNIAO IDANHENSE    | 00:49:42 |
| 13    | 190  |       | LISDALIA NUNES    | V A (35/39) | VETERANOS NTG TEIXOS | 00:50:31 |
| 14    | 9    |       | DANIELA MARTINS   | SENIOR      | C BENFICA C BRANCO   | 00:51:19 |
| 15    | 195  |       | MARIANA CORREIA   | SENIOR      | CCD LEOS FLORESTA/U  | 00:52:15 |
| 16    | 219  |       | TELMA CORREIA     | SENIOR      | SARZEDAS RUNNERS     | 00:52:36 |
| 17    | 201  |       | MAFALDA PROENCA   | V A (35/39) | CCD LEOS FLORESTA/U  | 00:52:38 |
| 18    | 45   |       | TERESA ANTAAO     | V A (35/39) | C BENFICA C BRANCO   | 00:52:52 |

## Comunicado de Resultados

|    |     |                    |             |                      |          |
|----|-----|--------------------|-------------|----------------------|----------|
| 19 | 222 | MONICA ROQUE       | SENIOR      | SARZEDAS RUNNERS     | 00:52:54 |
| 20 | 74  | CRISTINA LEAO      | V A (35/39) | ALCAINS RUN          | 00:52:57 |
| 21 | 23  | EDNA SALGUEIRO     | V A (35/39) | C BENFICA C BRANCO   | 00:53:20 |
| 22 | 215 | EDUARDA RODRIGUES  | V A (35/39) | SARZEDAS RUNNERS     | 00:53:37 |
| 23 | 58  | ANA ROXO           | SENIOR      | ACRIALBI/AQD         | 00:54:16 |
| 24 | 220 | ANA CORREIA        | SENIOR      | SARZEDAS RUNNERS     | 00:55:31 |
| 25 | 299 | MARTA SOARES       | V A (35/39) | INDIVIDUAL           | 00:55:40 |
| 26 | 82  | SUSANA MARTINS     | V A (35/39) | AB CANSADO           | 00:56:35 |
| 27 | 77  | MARIA DE FATIMA    | V A (35/39) | ALCAINS RUN          | 00:56:40 |
| 28 | 32  | MARIA MORADIAS     | SENIOR      | C BENFICA C BRANCO   | 00:56:44 |
| 29 | 11  | PATRICIA FERNANDES | V A (35/39) | C BENFICA C BRANCO   | 00:56:49 |
| 30 | 199 | CARLA MATOS        | V A (35/39) | CCD LEOES FLORESTA/U | 00:57:25 |
| 31 | 226 | ANA AFONSO         | SENIOR      | SARZEDAS RUNNERS     | 00:57:37 |
| 32 | 46  | SILVIA HEITOR      | V A (35/39) | C BENFICA C BRANCO   | 00:58:04 |
| 33 | 27  | FLORENCIA BASILIO  | V A (35/39) | C BENFICA C BRANCO   | 00:58:21 |
| 34 | 273 | INES GUEDES        | V A (35/39) | INDIVIDUAL           | 00:58:43 |
| 35 | 13  | CATIA CRUZ         | SENIOR      | C BENFICA C BRANCO   | 00:58:46 |
| 36 | 347 | ANA BELO           | SENIOR      | INDIVIDUAL           | 01:00:26 |
| 37 | 348 | INES SANTOS        | SENIOR      | INDIVIDUAL           | 01:01:19 |
| 38 | 8   | RITA DUQUE         | V A (35/39) | C BENFICA C BRANCO   | 01:01:20 |
| 39 | 216 | CATARINA RODRIGUES | SENIOR      | SARZEDAS RUNNERS     | 01:01:20 |
| 40 | 217 | ANGELA GASPAR      | V A (35/39) | SARZEDAS RUNNERS     | 01:01:21 |
| 41 | 325 | ANA RITA MATOS     | SENIOR      | INDIVIDUAL           | 01:05:09 |

CLASSIFICACAO GERAL MASCULINO  
SENIOR, V A (35/39), V B (40/49), V C (50+)  
MASCULINOS

| Clas.Dor. | Tempo | Nome do atleta     |             | Nome da equipa       |          |
|-----------|-------|--------------------|-------------|----------------------|----------|
| 1         | 5     | BRUNO PAIXAO       | SENIOR      | BEJA ATL CLUBE       | 00:31:51 |
| 2         | 133   | CRISTIANO PEREIRA  | SENIOR      | C POVO MANGUALDE     | 00:31:53 |
| 3         | 191   | ALEXANDRE VENANCIO | SENIOR      | CCD LEOES FLORESTA/U | 00:32:35 |
| 4         | 174   | SERGIO SANTOS      | V B (40/49) | GCA DONAS            | 00:32:51 |
| 5         | 134   | TIAGO MACHADO      | SENIOR      | C POVO MANGUALDE     | 00:33:18 |
| 6         | 321   | FERNANDO MATOS     | V C (50+)   | GCA DONAS            | 00:33:25 |
| 7         | 10    | RUI PEREIRA        | SENIOR      | C BENFICA C BRANCO   | 00:33:30 |
| 8         | 102   | CARLOS SANCHES     | SENIOR      | CDR PEREIRO          | 00:33:34 |
| 9         | 176   | JORGE RODRIGUES    | V B (40/49) | GCA DONAS            | 00:34:36 |
| 10        | 105   | NORBERTO NUNES     | V B (40/49) | CDR PEREIRO          | 00:34:41 |
| 11        | 1     | RICARDO RIBAS      | V B (40/49) | S LISBOA BENFICA     | 00:34:59 |
| 12        | 29    | NUNO RODRIGUES     | V A (35/39) | C BENFICA C BRANCO   | 00:35:16 |
| 13        | 158   | BRUNO REIS         | SENIOR      | ESTRELA CAMPO AVIACA | 00:35:31 |
| 14        | 19    | FLAVIO PINTADO     | V A (35/39) | C BENFICA C BRANCO   | 00:35:49 |
| 15        | 40    | TIAGO MARQUES      | V B (40/49) | C BENFICA C BRANCO   | 00:36:04 |
| 16        | 36    | JOAO MAGRO         | V B (40/49) | C BENFICA C BRANCO   | 00:36:59 |
| 17        | 81    | LUIS MATOS         | V B (40/49) | AB CANSADO           | 00:37:16 |
| 18        | 20    | ANTONIO GOMES      | V A (35/39) | C BENFICA C BRANCO   | 00:37:22 |
| 19        | 193   | JOAO MONTEIRO      | SENIOR      | CCD LEOES FLORESTA/U | 00:37:27 |
| 20        | 104   | SERGIO MARTINS     | V B (40/49) | CDR PEREIRO          | 00:37:30 |
| 21        | 108   | JOSE FERNANDES     | V C (50+)   | CDR PEREIRO          | 00:38:15 |
| 22        | 247   | ANGELO TARECO      | SENIOR      | C UNIAO IDANHENSE    | 00:38:25 |
| 23        | 203   | RUI PAIS           | V C (50+)   | CCD LEOES FLORESTA/U | 00:38:32 |
| 24        | 101   | RICARDO PINHEIRO   | SENIOR      | CDR PEREIRO          | 00:38:35 |
| 25        | 97    | BRUNO SALVADO      | V A (35/39) | BTT RETIRO DAS ADEGA | 00:39:03 |
| 26        | 150   | PAULO FERREIRA     | V B (40/49) | CB RUNNING           | 00:39:04 |
| 27        | 103   | ELISIO MARTINS     | V C (50+)   | CDR PEREIRO          | 00:40:03 |
| 28        | 12    | RUI FERNANDES      | SENIOR      | C BENFICA C BRANCO   | 00:40:08 |
| 29        | 167   | NUNO CARROLA       | V A (35/39) | ESTRELA CAMPO AVIACA | 00:40:15 |
| 30        | 142   | TIAGO PINHEIRO     | SENIOR      | CB RUNNING           | 00:40:19 |
| 31        | 61    | PEDRO RAFAEL       | V A (35/39) | ACRIALBI/AQD         | 00:40:20 |
| 32        | 249   | JORGE CUBEIRA      | V A (35/39) | C UNIAO IDANHENSE    | 00:40:34 |
| 33        | 170   | HUGO SOARES        | V B (40/49) | ESTRELA CAMPO AVIACA | 00:40:47 |
| 34        | 148   | LUIS ANTUNES       | V B (40/49) | CB RUNNING           | 00:41:16 |
| 35        | 266   | ANDRE LOPES        | SENIOR      | INDIVIDUAL           | 00:41:22 |
| 36        | 192   | GASPAR RAMOA       | SENIOR      | CCD LEOES FLORESTA/U | 00:41:30 |
| 37        | 107   | HORACIO HENRIQUES  | V C (50+)   | CDR PEREIRO          | 00:41:32 |
| 38        | 181   | RUI ALVES          | SENIOR      | GYM4YOU              | 00:41:39 |
| 39        | 345   | ALEXANDRE GALVAO   | V B (40/49) | IFC CEBOLENSE        | 00:41:44 |
| 40        | 168   | MIGUEL MAIA        | V C (50+)   | ESTRELA CAMPO AVIACA | 00:41:54 |
| 41        | 28    | JOAO LEAL          | SENIOR      | INDIVIDUAL           | 00:42:02 |
| 42        | 186   | JOAO GALVAO        | V B (40/49) | IFC CEBOLENSE        | 00:42:08 |
| 43        | 85    | PAULO SILVA        | V A (35/39) | AB CANSADO           | 00:42:17 |
| 44        | 333   | PEDRO FARIA        | V B (40/49) | C BENFICA C BRANCO   | 00:42:26 |
| 45        | 198   | ARMANDO OLIVEIRA   | V C (50+)   | CCD LEOES FLORESTA/U | 00:42:27 |
| 46        | 204   | VITOR PINTO        | V B (40/49) | CCD LEOES FLORESTA/U | 00:42:29 |
| 47        | 267   | RUI ALVES          | V C (50+)   | INDIVIDUAL           | 00:42:36 |

## Comunicado de Resultados

|     |     |                      |             |                      |          |
|-----|-----|----------------------|-------------|----------------------|----------|
| 48  | 177 | FRANCISCO CASTELEIRO | V C (50+)   | GCA DONAS            | 00:42:36 |
| 49  | 178 | AMANDIO FREIRE       | V A (35/39) | GYM4YOU              | 00:42:56 |
| 50  | 43  | MICHAEL LOPES        | V A (35/39) | C BENFICA C BRANCO   | 00:43:24 |
| 51  | 33  | RUI SALGUEIRO        | V B (40/49) | C BENFICA C BRANCO   | 00:43:25 |
| 52  | 31  | RICARDO SANTOS       | SENIOR      | C BENFICA C BRANCO   | 00:43:34 |
| 53  | 145 | ALBERTO HENRIQUES    | V B (40/49) | CB RUNNING           | 00:43:41 |
| 54  | 98  | JORGE REBELO         | V B (40/49) | BTT RETIRO DAS ADEGA | 00:43:44 |
| 55  | 147 | JOSE FERNANDES       | SENIOR      | CB RUNNING           | 00:43:47 |
| 56  | 52  | NUNO MONTEIRO        | V A (35/39) | C BENFICA C BRANCO   | 00:44:00 |
| 57  | 196 | MIGUEL BELO          | SENIOR      | CCD LEOES FLORESTA/U | 00:44:07 |
| 58  | 100 | RAPHAEL MALIK        | SENIOR      | CDR PEREIRO          | 00:44:09 |
| 59  | 156 | RICARDO GARCIA       | SENIOR      | CENTRO MARCHA CORRID | 00:44:22 |
| 60  | 157 | PAULO NETO           | V A (35/39) | CENTRO MARCHA CORRID | 00:44:29 |
| 61  | 6   | PEDRO MONTEIRO       | V B (40/49) | C BENFICA C BRANCO   | 00:44:35 |
| 62  | 200 | CARLOS COSTA         | V C (50+)   | CCD LEOES FLORESTA/U | 00:44:54 |
| 63  | 55  | MIGUEL NAVEGA        | SENIOR      | AC PORTALEGRE/UTSM   | 00:45:07 |
| 64  | 225 | GONCALO ROQUE        | SENIOR      | SARZEDAS RUNNERS     | 00:45:22 |
| 65  | 297 | PAULO MARQUES        | V B (40/49) | INDIVIDUAL           | 00:45:57 |
| 66  | 7   | ADELINO INES         | SENIOR      | C BENFICA C BRANCO   | 00:46:01 |
| 67  | 144 | EDGAR CONCEICAO      | V B (40/49) | CB RUNNING           | 00:46:04 |
| 68  | 179 | TIAGO FERNANDES      | SENIOR      | GYM4YOU              | 00:46:18 |
| 69  | 166 | RUI PINTO            | V B (40/49) | ESTRELA CAMPO AVIACA | 00:46:20 |
| 70  | 318 | LUIS OLIVEIRA        | V A (35/39) | C TRIATLO FUNDAO     | 00:46:20 |
| 71  | 84  | FERNANDO MOURA       | V C (50+)   | AB CANSADO           | 00:46:35 |
| 72  | 163 | VITOR MORGADO        | V B (40/49) | ESTRELA CAMPO AVIACA | 00:46:41 |
| 73  | 344 | FERNANDO INACIO      | V B (40/49) | IFC CEBOLENSE        | 00:46:44 |
| 74  | 151 | TIAGO NUNES          | SENIOR      | CB RUNNING           | 00:47:15 |
| 75  | 252 | FRANCISCO FARROPAS   | V C (50+)   | C UNIAO IDANHENSE    | 00:47:22 |
| 76  | 72  | OTAVIO GIL           | V B (40/49) | ALCAINS RUN          | 00:47:35 |
| 77  | 160 | LUIS CORREIA         | V B (40/49) | ESTRELA CAMPO AVIACA | 00:47:44 |
| 78  | 96  | CARLOS FARINHA       | V B (40/49) | BLUE O/CHANG.DIABETE | 00:47:47 |
| 79  | 164 | ANTONIO MORGADO      | V C (50+)   | ESTRELA CAMPO AVIACA | 00:47:55 |
| 80  | 342 | MIGUEL MATEUS        | V B (40/49) | GYM4YOU              | 00:48:00 |
| 81  | 184 | MARCELINO BELO       | V B (40/49) | IFC CEBOLENSE        | 00:48:08 |
| 82  | 323 | PEDRO RIBEIRO        | V B (40/49) | INDIVIDUAL           | 00:48:13 |
| 83  | 206 | PEDRO ARAUJO         | SENIOR      | PAPA-LEGUAS ALCAINS  | 00:48:17 |
| 84  | 587 | JAIME CARVALHO       | V B (40/49) | INDIVIDUAL           | 00:48:48 |
| 85  | 34  | BRUNO REIS           | V B (40/49) | INDIVIDUAL           | 00:48:54 |
| 86  | 211 | DIOGO VENANCIO       | V B (40/49) | PENTA C COVILHA      | 00:48:54 |
| 87  | 336 | PEDRO GOMES          | SENIOR      | PENTA C COVILHA      | 00:48:58 |
| 88  | 265 | EDUARDO SILVA        | V A (35/39) | INDIVIDUAL           | 00:48:59 |
| 89  | 159 | RUI MARANHAS         | V C (50+)   | ESTRELA CAMPO AVIACA | 00:49:01 |
| 90  | 146 | JOAO VALENTE         | V A (35/39) | CB RUNNING           | 00:49:02 |
| 91  | 303 | NUNO NUNES           | SENIOR      | INDIVIDUAL           | 00:49:11 |
| 92  | 271 | JOAO SERRA           | V C (50+)   | INDIVIDUAL           | 00:49:12 |
| 93  | 71  | MARIO ADONIS         | SENIOR      | ALCAINS RUN          | 00:49:13 |
| 94  | 253 | JORGE FARROPAS       | V A (35/39) | C UNIAO IDANHENSE    | 00:49:21 |
| 95  | 280 | JOSE RAPOSO          | V C (50+)   | INDIVIDUAL           | 00:49:23 |
| 96  | 290 | NUNO INFANTE         | V A (35/39) | INDIVIDUAL           | 00:49:29 |
| 97  | 286 | RUI SILVA            | SENIOR      | INDIVIDUAL           | 00:49:36 |
| 98  | 284 | CARLOS LEITAO        | V B (40/49) | INDIVIDUAL           | 00:49:42 |
| 99  | 173 | ROGERIO PALMEIRO     | V B (40/49) | FUNDAO RUNNING       | 00:49:46 |
| 100 | 289 | EMANUEL ANTUNES      | SENIOR      | INDIVIDUAL           | 00:50:00 |
| 101 | 62  | NUNO RAMALHO         | V A (35/39) | ACRIALBI/AQD         | 00:50:06 |
| 102 | 17  | NUNO DUARTE          | V B (40/49) | C BENFICA C BRANCO   | 00:50:08 |
| 103 | 30  | ODERLINDO VIDA       | V C (50+)   | C BENFICA C BRANCO   | 00:50:09 |
| 104 | 51  | LUIS MORAIS          | V C (50+)   | C BENFICA C BRANCO   | 00:50:13 |
| 105 | 4   | JOSE GODINHO         | V B (40/49) | C BENFICA C BRANCO   | 00:50:13 |
| 106 | 26  | ANTONIO LOPES        | V B (40/49) | C BENFICA C BRANCO   | 00:50:14 |
| 107 | 287 | RUI SERRASQUEIRO     | V B (40/49) | INDIVIDUAL           | 00:50:14 |
| 108 | 269 | RICARDO CARONDO      | V A (35/39) | INDIVIDUAL           | 00:50:27 |
| 109 | 60  | PEDRO CAETANO        | V B (40/49) | ACRIALBI/AQD         | 00:50:37 |
| 110 | 70  | IZALDO BARATA        | V B (40/49) | ALCAINS RUN          | 00:50:40 |
| 111 | 283 | BRUNO GONCALVES      | V A (35/39) | INDIVIDUAL           | 00:50:48 |
| 112 | 282 | ELISEU REIS          | V A (35/39) | INDIVIDUAL           | 00:51:09 |
| 113 | 341 | VALTER CALDEIRINHA   | SENIOR      | CB RUNNING           | 00:51:21 |
| 114 | 56  | LUIS RODRIGUES       | V A (35/39) | ACRIALBI/AQD         | 00:51:26 |
| 115 | 185 | JOSE PINTO           | V B (40/49) | IFC CEBOLENSE        | 00:51:42 |
| 116 | 57  | JOAO DIAS            | V A (35/39) | ACRIALBI/AQD         | 00:51:47 |
| 117 | 162 | RUI NASCIMENTO       | V C (50+)   | ESTRELA CAMPO AVIACA | 00:52:05 |
| 118 | 161 | CARLOS MARQUES       | V C (50+)   | ESTRELA CAMPO AVIACA | 00:52:29 |
| 119 | 309 | CARLOS NEVES         | V C (50+)   | INDIVIDUAL           | 00:52:41 |
| 120 | 563 | GILBERTO CARDOSO     | V B (40/49) | INDIVIDUAL           | 00:52:56 |
| 121 | 251 | JOSE SERRANO         | V C (50+)   | C UNIAO IDANHENSE    | 00:52:58 |
| 122 | 50  | EUGENIO RODRIGUES    | V C (50+)   | C BENFICA C BRANCO   | 00:53:06 |
| 123 | 281 | HELDER GOMES         | SENIOR      | INDIVIDUAL           | 00:53:36 |
| 124 | 153 | CIRO BARATA          | V B (40/49) | CB RUNNING           | 00:53:53 |
| 125 | 73  | MIGUEL DINIS         | V B (40/49) | ALCAINS RUN          | 00:54:26 |



Comunicado de Resultados

|     |     |                    |            |                      |          |
|-----|-----|--------------------|------------|----------------------|----------|
| 126 | 106 | JOSE JUSTO         | V B (40/49 | CDR PEREIRO          | 00:54:47 |
| 127 | 272 | JOSE VAZ           | V B (40/49 | INDIVIDUAL           | 00:55:30 |
| 128 | 78  | JOSE TEIXEIRA      | SENIOR     | ALCAINS RUN          | 00:56:18 |
| 129 | 291 | NORBERTO CARVALHO  | V B (40/49 | INDIVIDUAL           | 00:56:24 |
| 130 | 306 | TIAGO MARQUES      | SENIOR     | INDIVIDUAL           | 00:56:30 |
| 131 | 350 | PAULO FERREIRA     | SENIOR     | INDIVIDUAL           | 00:56:32 |
| 132 | 293 | JOSE CRUZ          | V B (40/49 | INDIVIDUAL           | 00:58:11 |
| 133 | 187 | ANTONIO FIGUEIREDO | V C (50+)  | VETERANOS NTG TEIXOS | 00:58:21 |
| 134 | 310 | EDGAR SOLANO       | SENIOR     | INDIVIDUAL           | 00:58:32 |
| 135 | 307 | JOSE MARQUES       | V C (50+)  | INDIVIDUAL           | 00:58:39 |
| 136 | 274 | RUI FERNANDES      | V A (35/39 | INDIVIDUAL           | 00:58:44 |
| 137 | 152 | GABRIEL ALMEIDA    | V B (40/49 | CB RUNNING           | 00:58:53 |
| 138 | 24  | NUNO DIAS          | V B (40/49 | C BENFICA C BRANCO   | 00:58:59 |
| 139 | 268 | MARIO GUEDELHA     | V A (35/39 | INDIVIDUAL           | 00:59:07 |
| 140 | 292 | RUI LUIS           | SENIOR     | INDIVIDUAL           | 00:59:10 |
| 141 | 37  | RUI VILELA         | V A (35/39 | C BENFICA C BRANCO   | 00:59:25 |
| 142 | 95  | ANTONIO CAMOES     | V C (50+)  | A P EDUCACAO FISICA  | 01:00:12 |
| 143 | 346 | HELIO ALMEIDA      | V A (35/39 | INDIVIDUAL           | 01:00:27 |
| 144 | 172 | TIAGO DUARTE       | SENIOR     | ESTRELA CAMPO AVIACA | 01:00:40 |
| 145 | 189 | ANTONIO BATISTA    | V C (50+)  | VETERANOS NTG TEIXOS | 01:01:25 |
| 146 | 311 | GONCALO PAIVA      | SENIOR     | INDIVIDUAL           | 01:02:12 |
| 147 | 264 | ALEXANDRE NETO     | V A (35/39 | C TRIATLO FUNDAO     | 01:03:26 |