



DESPORTO PARA TODOS - AVÓS, NETOS, PAIS, FILHOS

GRANDE PRÉMIO 10º ATLETISMO

19 fevereiro

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	366	CARLOS SILVA	M	33		00:32:13.04	00:32:13.04	GDR REBOLEIRA
2	375	JOSE GASPAR	M	39		00:32:22.08	00:32:20.96	CA ODIMARQ
3	305	FRANCISCO PEDRO	M	46		00:34:00.23	00:33:59.68	CA ODIMARQ
4	304	MARIO CASSACA	M	44		00:34:04.77	00:34:04.77	CA ODIMARQ
5	364	LUIS COELHO	M	44		00:34:15.09	00:34:14.61	GDR REBOLEIRA
6	363	EUGÉNIO NETO	M	54		00:34:22.86	00:34:22.49	GDR REBOLEIRA
7	432	MARCELO SANTOS	M	30		00:34:31.40	00:34:31.40	ATLETISMO PARACUELLOS
8	162	LUÍS SANTOS	M	33		00:34:39.60	00:34:38.51	AA MAFRA
9	418	PAULO PINHEIRO	M	39		00:34:54.31	00:34:52.85	ASS JORGE PINA
10	376	NUNO TEIXEIRA	M	32		00:36:09.03	00:36:07.66	CN TRIATLO LISBOA
11	140	FERNANDO ALVES	M	50		00:36:31.47	00:36:30.31	AA MAFRA
12	367	JOSÉ ANTUNES	M	50		00:36:39.03	00:36:39.03	GDR REBOLEIRA
13	157	RUI PEREIRA	M	41		00:36:48.47	00:36:47.08	PENICHE@CORRER
14	156	PETER ROMÃO	M	34		00:36:48.62	00:36:47.40	PENICHE@CORRER
15	261	RUI HENRIQUES	M	37		00:37:02.37	00:37:01.39	SS MONTEPIO GERAL
16	352	ALEXANDRE SOARES	M	55		00:37:50.82	00:37:50.27	CA ODIMARQ
17	459	SANDRA TEIXEIRA	F	38		00:37:51.36	00:37:50.68	SPORTING CP
18	413	ANDRÉ DUARTE	M	22		00:38:05.32	00:38:01.53	CONQUISTA GINÁSIO - CADAVAL
19	172	FÁBIO SILVA	M	30		00:38:09.03	00:38:09.03	GDCT REPSOL POLÍMEROS
20	299	TIAGO A F CASTELA	M	29		00:38:11.23	00:38:09.95	DCI - CCDRP MEALHADA
21	254	JOSÉ PIRES	M	40		00:38:14.68	00:38:13.17	CUA BENEVEVENSE
22	351	TIAGO MARTINS	M	26		00:38:17.10	00:38:16.34	CA ODIMARQ
23	421	MÁRIO ZORRO	M	41		00:38:22.68	00:38:20.23	AA MAFRA
24	369	ADOLFO LEAL	M	49		00:38:26.53	00:38:24.16	REST O CARTAXEIRO
25	345	PAULO GONÇALVES	M	47		00:38:45.54	00:38:42.95	
26	457	BRUNO LUIS	M	37		00:38:46.82	00:38:42.44	MEM MARTINS SC
27	414	JOÃO FIGUEIREDO	M	23		00:38:48.71	00:38:44.88	CONQUISTA GINÁSIO - CADAVAL
28	163	JOÃO PASTOR	M	44		00:38:51.01	00:38:48.78	AA MAFRA
29	314	PEDRO COSTA	M	49		00:38:52.75	00:38:51.61	CCD CRÉDITO AGRÍCOLA
30	264	LUIS REBELO	M	52		00:38:54.90	00:38:53.85	FALCÕES SELVAGENS
31	390	ALEXANDRA SOUSA	F	29		00:38:55.53	00:38:54.79	GFD RUNNING
32	357	JORGE AMARAL	M	48		00:39:00.89	00:39:00.08	AMINHACORRIDA/MYPROTEIN
33	225	RICARDO JORGE	M	36		00:39:05.36	00:39:04.05	LEASEPLAN RUNNERS
34	198	FERNANDO MIGUEL	M	44		00:39:32.46	00:39:29.09	
35	267	JOÃO P C VIEIRA	M	22		00:39:41.60	00:39:39.99	CORRE CARDOSO
36	13	FERNANDO VICENTE	M	51		00:39:44.61	00:39:43.75	



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37	232	VASCO PALMA	M	39	00:39:49.15	00:39:43.41	
38	415	BRUNO AMARO	M	38	00:39:55.56	00:39:50.46	CONQUISTA GINÁSIO - CADAVAL
39	144	JOSÉ GOMES	M	56	00:40:01.92	00:39:58.99	
40	47	MIGUEL CUNHA	M	35	00:40:19.99	00:40:15.24	CORRER LISBOA
41	365	JORGE CORREIA	M	45	00:40:23.34	00:40:20.15	GDR REBOLEIRA
42	320	PAULO ROBALO	M	38	00:40:25.40	00:40:23.10	AABV
43	201	ANTONIO REBELO	M	45	00:40:28.90	00:40:23.00	
44	326	PAULO GOMES	M	36	00:40:32.85	00:40:16.39	BENFICA EM FORMA
45	300	SERGIO C SANTOS	M	37	00:40:48.34	00:40:28.18	
46	430	CARLOS FORTUNATO	M	56	00:40:55.97	00:40:54.03	CF OS BELENENSES
47	370	ARLINDO PAIXÃO	M	53	00:41:05.50	00:41:03.12	REST O CARTAXEIRO
48	356	LUCILIA SOARES	F	55	00:41:13.27	00:41:11.87	AMINHACORRIDA/MYPROTEIN
49	117	VITOR MARTINS	M	47	00:41:21.47	00:41:15.34	
50	411	MANUEL OLIVEIRA	M	39	00:41:27.09	00:41:17.22	PROGRESSO CLUBE
51	152	MIGUEL BARBA	M	38	00:41:42.22	00:41:39.10	PENICHE@CORRER
52	211	MARTIM INFANTE	M	22	00:41:46.28	00:41:44.63	
53	456	JOAO VILAS	M	33	00:41:47.81	00:41:45.41	MEM MARTINS SC
54	238	NUNO F LINO	M	36	00:41:53.42	00:41:51.49	
55	386	WEDERSON PEREIRA	M	32	00:42:00.90	00:41:35.86	ENERGY FITNESS CLUB
56	18	ROMÁRIO ALMEIDA	M	44	00:42:16.36	00:42:13.52	SOCIEDADE DAS NAÇÕES
57	399	TIAGO JORGE	M	31	00:42:26.45	00:42:26.45	C BENFICA ALG M MARTINS
58	160	JACINTO FERREIRA	M	47	00:42:29.90	00:42:27.90	PENICHE@CORRER
59	416	ADRIANO ARAÚJO	M	40	00:42:33.84	00:42:29.82	CONQUISTA GINÁSIO - CADAVAL
60	431	JOSE LEMOS	M	56	00:42:36.38	00:42:34.69	CF OS BELENENSES
61	48	MARCO TOMASIO	M	40	00:42:48.63	00:42:41.83	PAIÕES A CORRER
62	340	ANDRE F P MALHADO	M	37	00:43:00.68	00:42:52.56	
63	226	RUI FERREIRA	M	39	00:43:01.40	00:42:54.91	
64	66	PEDRO FERREIRA	M	29	00:43:03.09	00:42:40.02	COTOVIA RUNNING
65	346	HENRIQUE ADREGA	M	64	00:43:03.85	00:42:57.91	AMIGOSDACORRIDA.COM
66	333	RICARDO NASCIMENTO	M	31	00:43:11.89	00:43:04.81	
67	171	ANTÓNIO MACHADO	M	46	00:43:19.68	00:43:09.00	
68	253	ANDRÉ FALCÃO	M	31	00:43:32.48	00:43:16.84	ELITE RUNNERS
69	200	PAULO CARVALHO	M	41	00:43:33.47	00:43:10.83	SESIMBRARUN
70	260	PAULO SANTOS	M	33	00:43:35.45	00:43:11.29	SS MONTEPIO GERAL
71	427	ORLANDO J BARBOSA	M	59	00:43:37.75	00:43:35.15	
72	76	MIGUEL T SOUSA	M	42	00:43:50.62	00:43:44.40	C COLAB AGEAS
73	19	WILSON RODRIGUES	M	44	00:43:56.24	00:43:53.00	SOCIEDADE DAS NAÇÕES



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74	274	ANTONIO ANGELINO	M	47	00:43:56.81	00:43:52.39	AD REAL ACADEMIA
75	218	JUVENAL MOREIRA	M	52	00:44:02.21	00:43:59.86	ND AUTOCOOPE
76	153	NUNO SILVA	M	42	00:44:11.15	00:44:10.12	PENICHE@CORRER
77	282	FERNANDO SEIXAS	M	46	00:44:17.10	00:44:14.12	AD REAL ACADEMIA
78	42	MARK PERROTT	M	36	00:44:19.04	00:44:14.83	
79	348	RUI PEREIRA	M	52	00:44:25.60	00:44:19.42	ESCOLA FERREIRA DIAS
80	130	RUI VIEIRA	M	50	00:44:33.39	00:44:15.33	CCDP M CASCAIS
81	350	CARLOS CONCEICAO	M	36	00:44:38.50	00:44:30.10	
82	110	JOAQUIM FRADE	M	61	00:44:40.25	00:44:37.39	SS CGD
83	410	JOAO GRANJA	M	44	00:44:44.88	00:44:36.08	PROGRESSO CLUBE
84	248	RICARDO VIEGAS	M	40	00:44:46.31	00:44:31.03	ENERGY FITNESS CLUB
85	22	PEDRO FONSECA	M	27	00:44:52.16	00:44:45.54	
86	57	EDUARDO LUÍS	M	39	00:44:53.27	00:44:46.75	ATÓMICOS
87	72	ANTÓNIO R PEREIRA	M	54	00:44:54.24	00:44:53.54	C COLAB AGEAS
88	455	RUI MONTEIRO	M	33	00:44:57.48	00:44:55.14	MEM MARTINS SC
89	458	VINOD CARSANE	M	33	00:44:58.34	00:44:56.08	MEM MARTINS SC
90	58	DIOGO E T MARTINS	M	25	00:44:58.85	00:44:37.41	TEAM GONZINHO
91	321	RICARDO SEQUEIRA	M	29	00:44:59.90	00:44:50.86	SS CGD
92	271	HELDER PEREIRA	M	36	00:45:04.56	00:44:58.41	
93	423	HELDER GUERREIRO	M	40	00:45:07.56	00:45:01.67	JUVENTUDE AC
94	279	DANIEL NUNES	M	57	00:45:19.00	00:45:12.80	AD REAL ACADEMIA
95	191	PAULO SANTOS	M	49	00:45:23.43	00:45:22.45	LOURDETE PERFUMARIAS
96	372	FABIO M N REIA	M	27	00:45:26.50	00:45:04.33	
97	29	VITOR JORGE	M	22	00:45:34.35	00:45:26.78	
98	37	LUIS FERREIRA	M	40	00:45:34.78	00:45:23.26	
99	328	JOÃO BORGES	M	42	00:45:35.47	00:45:25.94	MERCEDES
100	35	RICARDO D LEITÃO	M	40	00:45:35.49	00:45:23.16	
101	214	EDUARDO TACANHO	M	43	00:45:39.51	00:45:36.28	
102	323	LUIS CHAMBEL	M	41	00:45:40.30	00:45:25.11	REXRUNNERS
103	361	FÚLVIO ESTEVES	M	38	00:45:43.71	00:45:35.73	
104	111	JOSE AUGUSTO	M	39	00:45:52.97	00:45:38.03	SS CGD
105	61	RICARDO CAPELO	M	32	00:45:54.98	00:45:34.09	
106	284	HERCULANO ARAUJO	M	52	00:46:02.22	00:45:57.03	AD REAL ACADEMIA
107	113	NOEMIA SEQUEIRA	F	48	00:46:05.07	00:46:02.43	SS CGD
108	108	CARLOS LEITAO	M	53	00:46:08.82	00:46:06.06	SS CGD
109	277	CARLOS NABIÇA	M	53	00:46:09.53	00:45:59.96	AD REAL ACADEMIA
110	273	ALVARO PINTO	M	59	00:46:15.19	00:46:05.25	AD REAL ACADEMIA



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111	417	ARTUR COSTA	M	52	00:46:16.98	00:46:13.15	CONQUISTA GINÁSIO - CADAVAL
112	39	JOÃO P F S R TABORDA	M	31	00:46:20.12	00:46:04.01	
113	115	PEDRO FONTOURA	M	46	00:46:36.32	00:46:31.97	SS CGD
114	460	PEDRO RAMOS	M	34	00:46:37.11	00:46:35.85	
115	257	JOSE GUERREIRO	M	59	00:46:55.99	00:46:44.70	SS MONTEPIO GERAL
116	360	CARLOS PORTELA	M	45	00:46:56.71	00:46:48.45	
117	292	CÉSAR QUINTAS	M	38	00:46:58.26	00:46:53.60	ACDRS QUINHENDROS
118	173	DUARTE COSTA	M	33	00:46:58.88	00:46:58.88	CORRER LISBOA
119	25	NUNO M S CORDEIRO	M	41	00:46:59.04	00:46:51.19	
120	197	TIAGO A SILVA	M	36	00:47:01.98	00:46:46.00	
121	265	ANA REBELO	F	23	00:47:02.71	00:46:56.72	FALCÕES SELVAGENS
122	169	PAULO M ALVES	M	46	00:47:03.98	00:46:36.91	
123	290	JOSÉ TAVARES	M	48	00:47:05.42	00:46:56.48	CORRER LISBOA
124	303	DANIEL VERÍSSIMO	M	35	00:47:09.77	00:47:09.77	CORRER LISBOA
125	114	ORLINDO FIGUEIREDO	M	68	00:47:12.55	00:47:11.51	SS CGD
126	230	JOSÉ C P SOARES	M	37	00:47:16.87	00:47:02.01	ELITE RUNNERS
127	425	PEDRO PINTO	M	30	00:47:20.67	00:47:02.10	
128	325	INÊS PEIXOTO	F	37	00:47:28.81	00:47:12.54	BENFICA EM FORMA
129	429	CARLOS MONTEIRO	M	48	00:47:32.82	00:47:14.63	
130	391	JOAQUIM LEONARDO	M	44	00:47:37.25	00:47:31.07	BV ALG MEM MARTINS
131	212	NELSON MARTINS	M	33	00:47:38.09	00:47:22.69	
132	142	PETER COOPER	M	51	00:47:41.69	00:47:20.99	
133	98	HUMBERTO CASTANHEIRA	M	51	00:47:46.13	00:47:36.91	
134	295	BRUNO LOPES	M	34	00:47:50.90	00:47:44.36	ACDRS QUINHENDROS
135	341	LUIS A BARREIRA	M	39	00:47:53.47	00:47:26.30	
136	196	NUNO MATIAS	M	41	00:47:55.09	00:47:51.48	MERCEDES
137	249	NUNO SERRA	M	40	00:47:56.25	00:47:40.11	ENERGY FITNESS CLUB
138	146	JOAQUIM CARINHAS	M	65	00:47:59.09	00:47:57.63	PENICHE@CORRER
139	147	EDUARDO BAPTISTA	M	38	00:47:59.09	00:47:54.27	PENICHE@CORRER
140	231	BRUNO SOUSA	M	35	00:47:59.38	00:47:53.83	
141	419	RODOLFO FERREIRA	M	28	00:48:09.33	00:47:57.99	
142	407	FERNANDO CARREIRO	M	55	00:48:14.56	00:48:10.53	PROGRESSO CLUBE
143	388	DUARTE ESCOBAR	M	42	00:48:16.16	00:48:00.02	
144	219	SERGIO BORBES	M	44	00:48:16.36	00:48:07.19	ND AUTOCOOPE
145	259	VITOR JORGE	M	54	00:48:23.26	00:48:21.15	SS MONTEPIO GERAL
146	275	ANTONIO TABORDA	M	66	00:48:24.65	00:48:15.48	AD REAL ACADEMIA
147	358	TINA OLIVEIRA	F	52	00:48:26.17	00:48:24.73	AMINHACORRIDA/MYPROTEIN



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148	101	FRANCISCO GAMA	M	52	00:48:26.49	00:48:21.09	
149	404	JOSE B FERNANDES	M	66	00:48:28.48	00:48:23.29	C BENFICA ALG M MARTINS
150	289	CARLOS BATISTA	M	43	00:48:38.89	00:48:29.76	CORRER LISBOA
151	154	PAULO MANAM	M	39	00:48:50.63	00:48:44.66	PENICHE@CORRER
152	121	GUILHERME GONCALVES	M	56	00:48:54.51	00:48:46.52	C FERROVIARIO PORTUGAL
153	308	NUNO BÓIA	M	36	00:48:59.18	00:48:49.11	
154	250	PAULO FERNANDES	M	37	00:49:00.47	00:48:53.45	
155	317	LÚCIO A B SANTOS	M	55	00:49:12.65	00:48:59.78	IUM
156	177	SERGIO PEREIRA	M	38	00:49:15.03	00:49:09.87	PENICHE@CORRER
157	454	LUIS PEREIRA	M	55	00:49:18.78	00:49:18.78	MEM MARTINS SC
158	184	RUI MATOS	M	39	00:49:19.42	00:48:59.41	MERCEDES
159	94	NUNO BERTON	M	45	00:49:21.65	00:49:02.25	
160	207	GONÇALO PINTO	M	23	00:49:25.21	00:49:15.12	
161	309	ANTÓNIO P AMARAL	M	39	00:49:25.64	00:49:17.15	CCD CRÉDITO AGRÍCOLA
162	210	JOAO P FERREIRA	M	50	00:49:26.24	00:49:14.72	
163	222	LUIS AMARAL	M	51	00:49:34.07	00:49:29.90	LA CONSULTORES
164	236	JOAO MATOS	M	54	00:49:34.78	00:49:08.82	
165	82	PAULO LAGARTO	M	41	00:49:45.10	00:49:38.43	
166	256	JAIME GOMES	M	60	00:49:47.68	00:49:36.59	SS MONTEPIO GERAL
167	287	MARINA HENRIQUES	F	53	00:49:50.78	00:49:41.73	AD REAL ACADEMIA
168	220	PEDRO SEQUEIRO	M	37	00:49:51.06	00:49:45.49	ND AUTOCOOPE
169	235	JOSE J A C M FERREIRA	M	46	00:49:51.17	00:49:46.21	
170	347	IDALÉCIO BARROS	M	62	00:50:08.35	00:50:04.82	
171	63	PEDRO H C BARROSO	M	35	00:50:08.48	00:50:00.22	FISIOBARROSORUN
172	159	TIAGO LANÇA	M	33	00:50:16.78	00:50:14.65	PENICHE@CORRER
173	371	NUNO SILVA	M	39	00:50:18.32	00:49:59.32	
174	288	JORGE J VIEIRA	M	45	00:50:18.80	00:50:07.17	ACB
175	223	ANA MARTINS	F	49	00:50:25.70	00:50:21.05	LA CONSULTORES
176	75	MIGUEL F ESTEVES	M	34	00:50:27.10	00:50:19.66	C COLAB AGEAS
177	315	RUI MELO	M	45	00:50:30.17	00:50:22.67	CCD CRÉDITO AGRÍCOLA
178	30	MIGUEL CASTELA	M	46	00:50:30.25	00:50:20.50	AA LEBRES SADO
179	135	RICARDO DOMINGUES	M	29	00:50:31.73	00:50:19.16	
180	54	PEPE M C PEREIRA	M	33	00:50:32.61	00:50:20.23	
181	53	PAULO ISMÉNIO	M	41	00:50:40.38	00:50:21.85	
182	112	LUIS SILVA	M	47	00:50:46.73	00:50:34.08	SS CGD
183	193	RICARDO CONCEIÇÃO	M	31	00:50:49.74	00:50:48.56	LOURDETE PERFUMARIAS
184	324	PAULO J ALMEIDA	M	42	00:50:53.57	00:50:31.97	



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185	381	CARLOS TEIXEIRA	M	56	00:50:54.31	00:50:43.06	LEBRES E TARTARUGAS
186	36	RICARDO SOUSA	M	29	00:51:05.14	00:50:54.46	
187	208	ANTONIO C NOVAS	M	38	00:51:07.22	00:50:43.47	
188	312	MIGUEL VINAGRE	M	41	00:51:09.75	00:50:52.66	CCD CRÉDITO AGRÍCOLA
189	49	CARLOS M LOPES	M	44	00:51:17.65	00:51:09.89	PAIÕES A CORRER
190	52	RUI M N MENA	M	45	00:51:19.30	00:50:56.99	
191	86	DAVID RAMOS	M	20	00:51:22.71	00:51:09.89	MUDA
192	291	MÁRCIO RODRIGUES	M	37	00:51:24.07	00:51:18.14	ACDRS QUINHENDROS
193	272	RICARDO A C VIEIRA	M	20	00:51:27.94	00:51:07.71	CORRE CARDOSO
194	17	INFANTE TEIXEIRA	M	57	00:51:28.94	00:51:20.52	SOCIEDADE DAS NAÇÕES
195	409	SERGIO SANTOS	M	34	00:51:31.76	00:51:11.37	
196	93	SAMDRO PINTO	M	41	00:51:46.65	00:51:32.42	RUNLOVERS
197	92	JOÃO LEITÃO	M	46	00:51:46.94	00:51:32.50	RUNLOVERS
198	269	TAM AFONSO	M	64	00:51:48.24	00:51:44.94	AÇOREANA
199	20	LUÍS O GASPAR	M	46	00:51:50.78	00:51:40.62	
200	362	CARLA BERNARDINO	F	40	00:51:53.63	00:51:43.50	
201	453	JOSE FERREIRA	M	61	00:52:01.46	00:51:46.63	MEM MARTINS SC
202	313	NUNO SIMÕES	M	39	00:52:05.00	00:51:56.01	CCD CRÉDITO AGRÍCOLA
203	55	ALEXANDRE DRAKE	M	49	00:52:07.92	00:51:45.53	
204	433	ANTONIO DIAS	M	45	00:52:09.30	00:51:49.06	
205	424	NUNO GONÇALVES	M	39	00:52:09.89	00:51:57.68	
206	28	JOANA CHOURIÇO	F	24	00:52:16.00	00:52:16.00	
207	133	FERNANDO CARRILHO	M	59	00:52:16.66	00:52:12.74	
208	216	CARLOS FERREIRA	M	59	00:52:18.70	00:52:16.59	ND AUTOCOOPE
209	51	CARLOS SILVA	M	33	00:52:19.91	00:52:09.22	
210	335	DAVID INFANTE	M	35	00:52:21.38	00:52:13.12	
211	337	CARLA NASCIMENTO	F	38	00:52:21.69	00:52:14.10	
212	373	JOSÉ SILVA	M	31	00:52:24.69	00:52:09.80	
213	359	TIAGO A T SANTOS	M	37	00:52:27.12	00:52:19.21	
214	83	JOÃO C A BRITO	M	44	00:52:29.35	00:52:12.68	
215	285	JOSE MARIA	M	52	00:52:33.65	00:52:20.99	AD REAL ACADEMIA
216	280	ELISA DABRIO	F	44	00:52:58.86	00:52:53.66	AD REAL ACADEMIA
217	12	MARIO ALVES	M	61	00:52:59.78	00:52:35.49	SFUAP
218	23	HUGO M R COLAÇO	M	39	00:53:00.66	00:52:44.72	
219	167	VÍTOR GONZAS	M	50	00:53:03.48	00:52:55.56	PIRATE RUNNERS
220	109	FRANCISCO CLERIGO	M	63	00:53:04.22	00:53:01.24	SS CGD
221	43	PEDRO A S DIAS	M	39	00:53:04.64	00:52:45.20	



DESPORTO PARA TODOS - AVÓS, NETOS, PAIS, FILHOS

GRANDE PRÉMIO 10º ATLETISMO

19 fevereiro

222	126	BRUNO SANTOS	M	35	00:53:07.14	00:52:48.04	CCDP M CASCAIS
223	97	PEDRO PACHECO	M	46	00:53:13.22	00:53:03.14	
224	195	JOSÉ VAZ	M	58	00:53:25.22	00:53:00.22	CLUBE ANACOM
225	446	SERGIO PINHO	M	43	00:53:32.04	00:53:21.46	
226	131	IVAN RAMOS	M	33	00:53:36.42	00:53:18.25	CCDP M CASCAIS
227	310	JOÃO VIEIRA	M	58	00:53:38.87	00:53:30.58	CCD CRÉDITO AGRÍCOLA
228	276	ANTONIO VENTURA	M	57	00:53:39.93	00:53:28.22	AD REAL ACADEMIA
229	251	MARIA CARDOSO	F	57	00:53:43.13	00:53:23.85	CORRE CARDOSO
230	241	Mª JOÃO S PEDRO	F	37	00:53:43.68	00:53:29.46	ENERGY FITNESS CLUB
231	349	JORGE AZEVEDO	M	44	00:53:45.97	00:53:22.62	
232	266	FREDERICO RODRIGUES	M	37	00:53:45.98	00:53:26.78	
233	239	NUNO CORREIA	M	45	00:53:46.13	00:53:31.24	ENERGY FITNESS CLUB
234	123	NEVES SILVA	M	64	00:53:58.32	00:53:54.48	C FERROVIARIO PORTUGAL
235	59	MÁRIO BORDALO	M	28	00:54:03.79	00:53:52.48	
236	329	ANTÓNIO MONTEIRO	M	69	00:54:04.70	00:53:55.14	
237	252	MIGUEL LOURENÇO	M	28	00:54:07.07	00:53:45.87	CORRE CARDOSO
238	224	MARIA NETO	F	44	00:54:09.47	00:54:05.09	LA CONSULTORES
239	161	LUÍS MOURA	M	40	00:54:10.15	00:53:46.60	
240	170	ABILIO TAVARES	M	61	00:54:31.06	00:54:25.68	
241	227	JOSÉ JACINTO	M	43	00:54:34.47	00:54:26.46	
242	339	PEDRO RODRIGUES	M	46	00:54:39.58	00:54:32.51	
243	179	RICARDO DOMINGOS	M	35	00:54:41.16	00:54:33.45	100FITBOX
244	129	PAULA MACHADO	F	62	00:54:45.13	00:54:41.83	CCDP M CASCAIS
245	403	MARCO GOUVEIA	M	43	00:54:48.56	00:54:42.08	C BENFICA ALG M MARTINS
246	332	NUNO CORREIA	M	42	00:54:49.42	00:54:26.01	SESIMBRARUN
247	141	LINO SILVA	M	44	00:54:49.80	00:54:28.80	
248	204	NUNO VENTURA	M	43	00:54:49.87	00:54:32.09	GA MONSANTO GASCAN
249	447	JOSE ROSA	M	65	00:54:52.21	00:54:37.26	
250	181	TIAGO PINTO	M	39	00:54:56.36	00:54:49.67	
251	107	PAULO J F CORDEIRO	M	46	00:55:02.47	00:54:47.69	
252	354	BRUNO ABRANTES	M	40	00:55:03.51	00:54:59.93	FALCÕES SELVAGENS
253	148	IRINA ARAUJO	F	39	00:55:04.81	00:55:01.36	PENICHE@CORRER
254	145	VÂNIA ZARRO	F	35	00:55:05.07	00:55:01.28	PENICHE@CORRER
255	139	WALTER GOMES	M	48	00:55:07.53	00:55:03.99	AE MARIA REMÉDIOS
256	293	PAULO SILVA	M	33	00:55:18.55	00:55:13.67	ACDRS QUINHENDROS
257	428	JOSE FIGUEIREDO	M	48	00:55:23.93	00:54:59.60	RUNSINTRA.COM
258	389	HUGO NOVAIS	M	40	00:55:24.16	00:54:59.72	RUNSINTRA.COM



DESPORTO PARA TODOS - AVÓS, NETOS, PAIS, FILHOS

GRANDE PRÉMIO 10º ATLETISMO

19 fevereiro

259	34	JOÃO CRAVO	M	32	00:55:34.30	00:55:13.33	4 AO KM
260	311	LUÍSA MOURÃO	F	37	00:55:36.50	00:55:29.25	CCD CRÉDITO AGRÍCOLA
261	96	MANUEL ROCHA	M	64	00:55:40.72	00:55:19.47	
262	374	GUILHERME BARBEIRO	M	44	00:55:40.89	00:55:19.23	
263	69	FRANCISCO PINTO	M	52	00:55:48.17	00:55:26.53	COTOVIA RUNNING
264	316	RUI TOMÁS	M	46	00:55:52.07	00:55:44.42	CCD CRÉDITO AGRÍCOLA
265	79	VITOR J RAMOS	M	45	00:55:57.65	00:55:40.88	C COLAB AGEAS
266	128	ISABEL VIEIRA	F	45	00:56:08.32	00:55:48.13	CCDP M CASCAIS
267	262	TERESA CARDOSO	F	38	00:56:11.63	00:55:59.55	SS MONTEPIO GERAL
268	132	SARA HENRIQUES	F	43	00:56:13.60	00:55:55.68	CCDP M CASCAIS
269	355	GILBERTO GONÇALVES	M	68	00:56:14.32	00:55:55.75	
270	103	LUÍS RATO	M	50	00:56:34.05	00:56:16.48	UDFAC
271	190	HUGO MARQUES	M	39	00:56:37.48	00:56:15.18	MERCEDES
272	258	JORGE NARCISO	M	52	00:56:42.52	00:56:31.55	SS MONTEPIO GERAL
273	187	FERNANDO DIAS	M	53	00:56:43.25	00:56:20.52	MERCEDES
274	199	ANDRE V ALMEIDA	M	31	00:56:44.17	00:56:27.60	ELITE RUNNERS
275	420	CLAUDIA PIMENTEL	F	28	00:56:45.75	00:56:33.58	
276	203	CONSTANCIO ALMEIDA	M	57	00:56:46.38	00:56:29.13	GA MONSANTO GASCAN
277	64	PATRICIA MARUJO	F	27	00:56:50.48	00:56:28.63	COTOVIA RUNNING
278	380	CATARINA SANTOS	F	21	00:56:58.16	00:56:33.43	AVILA RUNNERS
279	155	PEDRO FERREIRA	M	32	00:57:07.48	00:57:03.88	PENICHE@CORRER
280	175	MARIANA OLAH	F	24	00:57:14.60	00:56:58.42	
281	56	FILIPE JUNOT	M	34	00:57:29.13	00:57:12.18	
282	50	MARIO R H SANTOS	M	42	00:57:29.42	00:57:21.91	PAIÕES A CORRER
283	426	ANA PINTO	F	23	00:57:30.58	00:57:11.74	
284	298	NUNO MACHADO	M	41	00:57:36.00	00:57:22.49	
285	16	JOSÉ TEIXEIRA	M	61	00:57:39.33	00:57:31.76	SOCIEDADE DAS NAÇÕES
286	394	JOAO MATIAS	M	40	00:57:42.82	00:57:25.39	BV ALG MEM MARTINS
287	124	MARTINS BARATA	M	73	00:57:47.35	00:57:38.97	C FERROVIARIO PORTUGAL
288	40	NUNO MOLERO	M	35	00:57:56.58	00:57:43.68	
289	412	MANUEL VAZ	M	47	00:58:15.14	00:58:02.28	PROGRESSO CLUBE
290	85	CÉLIO RAMOS	M	43	00:58:20.60	00:58:20.60	MUDA
291	60	EMMA GOMES	F	26	00:58:21.23	00:58:09.94	
292	31	EDUARDO AMORIM	M	45	00:58:29.82	00:58:04.70	
293	387	JOSÉ CATITA	M	58	00:58:33.57	00:58:09.77	OUTSYSTEMS OLÍMPICO DE OEIRAS
294	80	PAULA CALISTO	F	35	00:58:37.79	00:58:24.38	
295	182	CARLOS MORAIS	M	47	00:58:47.98	00:58:24.95	MERCEDES



DESPORTO PARA TODOS - AVÓS, NETOS, PAIS, FILHOS

GRANDE PRÉMIO 10º ATLETISMO

19 fevereiro

296	301	CARLA FERNANDES	F	38	00:58:51.09	00:58:39.45	
297	302	RÚBEN COUTO	M	35	00:58:51.73	00:58:39.87	
298	237	ANTONIO BILA	M	60	00:59:09.04	00:58:44.96	
299	84	JOSÉ SILVEIRA	M	48	00:59:12.76	00:58:58.31	MUDA
300	449	RUI MARTINS	M	46	00:59:32.22	00:59:10.37	MEM MARTINS SC
301	263	PEDRO M BENTO	M	38	00:59:49.08	00:59:45.28	SPORTING
302	174	MATEUS SOSSAI	M	29	00:59:54.23	00:59:35.23	
303	178	MIGUEL PEREIRA	M	46	00:59:57.00	00:59:51.94	PENICHE@CORRER
304	322	ADELINO SANTOS	M	44	01:00:06.14	00:59:51.72	REXRUNNERS
305	278	CARLOS NEVES	M	64	01:00:18.59	01:00:04.50	AD REAL ACADEMIA
306	119	CARLOS ROMÃO	M	52	01:00:21.23	01:00:10.02	
307	77	MÓNICA T SOUSA	F	44	01:00:31.47	01:00:15.16	C COLAB AGEAS
308	244	RITA CORREIA	F	36	01:00:31.99	01:00:16.32	ENERGY FITNESS CLUB
309	192	ISABEL SANTOS	F	49	01:00:41.92	01:00:39.70	LOURDETE PERFUMARIAS
310	213	PAULO BORJA	M	45	01:00:50.08	01:00:39.19	
311	330	MARGARIDA TEIXEIRA	F	37	01:01:10.38	01:00:53.25	
312	33	RENATO ALVES	M	36	01:01:21.67	01:01:02.98	
313	21	JOÃO RUSSO	M	38	01:01:31.00	01:01:13.31	CORRER LISBOA
314	406	DEBORA VIEIRA	F	22	01:01:48.10	01:01:48.10	PROGRESSO CLUBE
315	149	LUIS CAMBEZ	M	40	01:02:06.32	01:02:01.02	PENICHE@CORRER
316	151	MARTA BAPTISTA	F	39	01:02:06.47	01:02:01.04	PENICHE@CORRER
317	383	ANDRÉ CATELA	M	21	01:02:10.16	01:01:58.66	LEBRES E TARTARUGAS
318	382	FREDERICO SOUSA	M	53	01:02:10.45	01:01:56.57	LEBRES E TARTARUGAS
319	99	MAYER RAPOSO	M	69	01:02:22.81	01:02:12.73	AA LEBRES SADO
320	378	CARLOS GONÇALVES	M	42	01:02:28.68	01:02:03.33	AVILA RUNNERS
321	74	JOÃO P PINTO	M	48	01:02:40.45	01:02:23.50	C COLAB AGEAS
322	116	ISABEL FILIPE	F	58	01:02:47.48	01:02:30.95	CP EDP LISBOA
323	176	CARLA GOMES	F	37	01:02:54.29	01:02:49.71	PENICHE@CORRER
324	78	VANDA SEQUEIRA	F	44	01:02:55.68	01:02:39.19	C COLAB AGEAS
325	270	CLAUDIA TAM	F	34	01:02:58.70	01:02:33.13	AÇOREANA
326	67	SÉRGIO PINTO	M	28	01:02:59.90	01:02:36.82	COTOVIA RUNNING
327	194	JOÃO CASTRO	M	57	01:03:20.82	01:02:10.82	CLUBE ANACOM
328	379	VANESSA MONTEIRO	F	31	01:03:31.57	01:03:07.50	AVILA RUNNERS
329	334	RICARDO RAMOS	M	42	01:03:34.04	01:03:25.30	
330	164	MARIA GORETI	F	53	01:03:45.75	01:03:23.88	
331	91	HELENA LEITÃO	F	46	01:03:56.25	01:03:41.74	RUNLOVERS
332	62	RUI ZENÓGLIO	M	43	01:04:03.93	01:03:40.58	



DESPORTO PARA TODOS - AVÓS, NETOS, PAIS, FILHOS

GRANDE PRÉMIO 10º ATLETISMO

19 fevereiro

333	392	RICARDO PINTO	M	40	01:04:19.35	01:04:13.97	BV ALG MEM MARTINS
334	202	LUIS ANTUNES	M	55	01:04:27.90	01:04:08.95	GA MONSANTO GASCAN
335	11	EBERHARD WILHELM	M	68	01:04:28.45	01:04:10.21	4 AO KM
336	296	MANUEL N BAPTISTA	M	52	01:04:32.69	01:04:31.57	
337	165	FÁTIMA FERNANDES	F	55	01:04:43.83	01:04:22.59	
338	319	MARIA FERREIRA	F	59	01:04:53.95	01:04:44.68	
339	206	RICARDO SANTOS	M	46	01:04:59.53	01:04:48.08	
340	353	NUNO DIAS	M	30	01:05:17.66	01:05:02.33	
341	234	MARIA QUITÉRIA	F	43	01:05:36.88	01:05:21.34	ALGYMNS
342	240	ÂNGELA MARTINS	F	32	01:05:39.58	01:05:25.75	ENERGY FITNESS CLUB
343	158	SUSANA SILVA	F	38	01:05:41.23	01:05:37.18	PENICHE@CORRER
344	100	NUNO M S OLIVEIRA	M	40	01:05:48.30	01:05:27.05	
345	14	EDUARDO J S GAMA	M	36	01:05:53.06	01:05:35.88	TOPO DE GAMA
346	255	ISABEL OLIVEIRA	F	56	01:06:09.23	01:05:56.52	SS MONTEPIO GERAL
347	45	ALEXANDRA PINTO	F	43	01:06:17.18	01:05:52.66	
348	189	PEDRO SANTOS	M	29	01:06:22.13	01:05:57.14	MERCEDES
349	368	MARTINHO ROQUE	M	48	01:06:51.32	01:06:28.03	
350	71	ANA M GUIMARÃES	F	60	01:07:01.57	01:06:43.58	C COLAB AGEAS
351	318	PAULO FRANÇA	M	55	01:07:14.02	01:07:09.35	GDCT UNICRE
352	70	JOÃO CUNHA	M	29	01:07:30.56	01:07:15.63	
353	422	CRISTINA ALMEIDA	F	34	01:07:34.85	01:07:18.64	EXODOLLS
354	137	VICTOR RODRIGUES	M	49	01:07:42.68	01:07:23.52	CCD O ALVITEJO
355	136	ELISABETE AGUAS	F	51	01:07:42.83	01:07:23.11	CCD O ALVITEJO
356	281	FERNANDO LOPES	M	71	01:08:01.62	01:07:48.69	AD REAL ACADEMIA
357	68	INÉS PINTO	F	28	01:08:18.93	01:08:18.93	COTOVIA RUNNING
358	24	PEDRO NUNES	M	38	01:08:19.36	01:07:55.67	
359	233	ARTUR DINIS	M	59	01:08:26.58	01:08:11.09	ALGYMNS
360	452	JOAO KAPELINI	M	64	01:08:58.51	01:08:36.67	MEM MARTINS SC
361	102	NUNO CARAMELO	M	43	01:09:31.99	01:09:12.11	
362	377	JOÃO CUNHA	M	29	01:09:49.17	01:09:39.88	PREGUIÇAS DO MONTE
363	81	ZÉLIA LEITE	F	38	01:10:40.19	01:10:25.33	
364	143	PEDRO PINTO	M	43	01:10:47.54	01:10:27.13	GD CIMPOR
365	10	JOHNNY THOMASSEN	M	56	01:10:58.46	01:10:46.19	
366	120	ANTÓNIO MARQUES	M	70	01:11:38.32	01:11:28.15	
367	27	JOANA D CHOURIÇO	F	53	01:12:02.46	01:11:52.79	
368	229	ANA PAULETA	F	39	01:12:39.48	01:12:19.96	
369	138	HENRIQUE RUAS	M	76	01:12:54.52	01:12:35.21	CCD O ALVITEJO



DESPORTO PARA TODOS - AVÓS, NETOS, PAIS, FILHOS **GRANDE PRÉMIO**
10º ATLETISMO

19 fevereiro

370	166	PAULO ASCENÇÃO	M	45	01:14:09.69	01:13:46.51	
371	384	Mª CARMO ANJOS	F	70	01:20:51.63	01:20:32.20	CONDOR
372	385	LUCINDA HENRIQUES	F	68	01:23:44.55	01:23:27.27	CONDOR

Total de registos: 372

Classificação por equipas baseada na soma das posições dos primeiros 4 atletas chegados:

Class	Soma das posições dos 1ºs 4 classificados	Equipa	Nº atletas registados
1	24	GDR REBOLEIRA	5
2	25	CA ODIMARQ	5
3	70	AA MAFRA	4
4	136	PENICHE@CORRER	18
5	142	CONQUISTA GINÁSIO - CADAVAL	5
6	256	MEM MARTINS SC	8
7	345	SS MONTEPIO GERAL	8
8	351	AD REAL ACADEMIA	13
9	384	SS CGD	9
10	405	CORRER LISBOA	6
11	505	ENERGY FITNESS CLUB	7
12	555	CCD CRÉDITO AGRÍCOLA	8
13	563	PROGRESSO CLUBE	5
14	594	ND AUTOCOOPE	4
15	599	C COLAB AGEAS	8
16	607	SOCIEDADE DAS NAÇÕES	4
17	663	MERCEDES	7
18	692	CORRE CARDOSO	4
19	698	ACDRS QUINHENDROS	4
20	769	CCDP M CASCAIS	6
21	927	COTOVIA RUNNING	5

Total de equipas com 4 ou mais atletas registados: 21