

42ª Meia Maratona de S. João das Lampas

Finisher List 1ª Meia Rampa

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k
2										
1	Roberto Ladeiras	878	0:48:12.1	0:48:09.4	1	Sen-M	1	GFD RUNNING	0:33:57.2	1
2	Luis Cardoso*	855	0:52:10.5	0:52:07.3	2	Sen-M	2	Federação da Família para a Paz Mundial e	0:36:03.9	2
3	Henrique Janota	805	0:52:41.0	0:52:38.4	3	M45	1	Caracóis de Pedra	0:37:14.3	4
4	Jorge Pedroso	868	0:52:53.5	0:52:49.4	4	M45	2	Amigos do Atletismo de Mafra	0:37:12.7	3
5	Inês Marques	884	0:53:01.0	0:52:57.9	1	Sen-F	1	Escola de Atletismo de Coimbra / J Paiva	0:37:23.3	5
6	João Fernandes	841	0:53:43.3	0:53:38.5	5	S23-M	1	Amigos do Remo	0:37:56.6	6
7	Nelson Fonseca	859	0:55:17.3	0:55:10.7	6	M40	1	Jobrinde - Montes Saloios	0:37:59.5	7
8	Duarte Costa	840	0:57:44.3	0:57:40.9	7	Sen-M	3	Run For Friends	0:40:03.9	8
9	Helder Vaz	812	0:59:26.2	0:59:17.3	8	Sen-M	4	CCD Sintrense	0:41:25.3	9
10	ALYSON RANIEL SILVA DO	848	0:59:54.2	0:59:48.5	9	Sen-M	5	BODY SOUL	0:41:28.8	10
11	Luís Matos	842	1:01:27.8	1:01:22.8	10	S23-M	2	Amigos do Remo	0:43:22.0	12
12	João Santos	874	1:01:48.9	1:01:39.2	11	S23-M	3		0:44:31.6	14
13	João Pires	829	1:02:49.1	1:02:39.2	12	M45	3	Sport Queluz Gália	0:43:21.5	11
14	Mark Downey	854	1:02:50.9	1:02:35.9	13	Sen-M	6		0:43:54.4	13
15	Armando Caiadas	801	1:05:26.5	1:05:22.8	14	M45	4	Clube recreativo Alturense	0:45:39.1	15
16	Daniel Matias	838	1:05:41.6	1:05:29.0	15	S23-M	4		0:46:22.6	18
17	André Riscado	870	1:05:55.9	1:05:46.0	16	M40	2		0:46:39.2	19
18	Rogério Venâncio	867	1:07:22.5	1:07:13.5	17	M60	1	O MUNDO DA CORRIDA	0:46:11.3	17
19	Augusto Aguiar	819	1:07:40.0	1:07:32.3	18	M60	2	CCD Sintrense	0:45:39.5	16
20	José Bernardino	876	1:08:34.0	1:08:07.9	19	M40	3		0:48:03.7	21
21	Julietta Mota	833	1:08:55.8	1:08:36.1	2	F40	1	As primeiras	0:48:12.7	23
22	Ricardo Simões	807	1:09:43.1	1:09:13.2	20	M45	5	Varitintas- Loja de tintas em Massamá	0:48:04.1	22
23	Telmo Ribeiro	864	1:09:56.7	1:09:27.4	21	M40	4		0:48:36.6	25
24	António e Silva FFWPU	882	1:10:01.0	1:09:55.9	22	M55	1	Federação da Família para a Paz Mundial e	0:48:26.6	24
25	André Matias	837	1:10:16.6	1:10:03.0	23	S23-M	5		0:48:43.5	26
26	José Borges	808	1:11:10.9	1:10:52.3	24	M55	2	CCD Sintrense	0:49:32.8	27
27	José Branquinho FFWPU	881	1:12:18.9	1:12:06.6	25	M60	3	Federação da Família para a Paz Mundial e	0:47:51.6	20
28	Edna Alvim	843	1:13:20.1	1:13:08.2	3	F40	2	Alvins e os Esquilos	0:50:08.9	28
29	Paula Calisto	813	1:13:58.2	1:13:41.9	4	Sen-F	2	Caracóis de Pedra	0:50:57.7	29
30	Patrícia Caeiro	887	1:14:31.6	1:14:12.1	5	F40	3		0:51:44.0	30
31	Pedro Silva	858	1:16:39.8	1:16:01.3	26	M40	5		0:53:13.2	31
32	Pedro Ramos	857	1:17:45.4	1:17:14.6	27	M55	3	Serviços Sociais Montepio	0:55:07.2	34
33	Carina Xavier	814	1:17:56.4	1:17:40.6	6	Sen-F	3	Caracóis de Pedra	0:53:36.7	32
34	Virgílio Oliveira	877	1:18:11.6	1:17:44.9	28	M55	4	ADCR Polícia JUdiciária	0:54:10.1	33
35	SOFIA BOLÉO	817	1:18:40.8	1:18:24.8	7	F40	4	CLUBE ANACOM	0:55:34.4	36

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Finisher List 1ª Meia Rampa

Geral	Nome	Dorsal	T. Bruto	T. Chip	C.Sex	Esc	Pos. Esc.	Clube	T. 9.1km	Pos. 9.1k
36	Nuno Marcos	846	1:18:49.7	1:18:08.1	29	Sen-M	7	PUFA	0:55:08.9	35
37	Ana Abreu FFWPU	880	1:20:57.1	1:20:43.4	8	F40	5	Federação da Família para a Paz Mundial e	0:56:28.1	38
38	João Santos	850	1:22:32.9	1:22:20.8	30	M65	1	Veteranos de Massamá	0:57:07.4	40
39	Mário Lameirão	816	1:22:52.2		31	M65	2	CASA DO BENFICA ALGUEIRÃO		-1
40	Ana Fernandes	835	1:23:18.1	1:22:57.4	9	F40	6	As primeiras		-1
41	Luis Sousa	828	1:23:43.3	1:23:31.5	32	M45	6	Sport Queluz Gália	0:56:11.7	37
42	Vitor Monteiro	836	1:23:52.5	1:23:38.5	33	Sen-M	8	60 % VIP	0:58:23.8	42
43	Sara Gomes	883	1:24:30.7	1:24:10.3	10	S23-F	1		0:59:51.3	47
44	Amadeu Brandão	832	1:24:35.9	1:24:22.0	34	M65	3	60 % VIP	0:58:25.0	43
45	Nuno Martins	818	1:24:50.2	1:24:12.3	35	M40	6	RUN FORREST RUN	0:57:06.9	39
46	Emilia Borges	809	1:24:57.9	1:24:41.0	11	F50	1	CCD Sintense	0:58:34.5	44
47	Orlando Martins	810	1:24:58.0	1:24:42.9	36	M60	4	CCD Sintense	0:58:36.1	45
48	Ana Pereira	886	1:25:34.3	1:24:59.4	12	F40	7	Runners da Frente Ribeirinha da Póvoa de	0:59:47.4	46
49	Joana Carmo	831	1:26:10.5	1:25:54.9	13	Sen-F	4		0:57:25.5	41
50	Susana Sousa	803	1:26:28.7	1:26:18.9	14	F40	8	SUDU	0:59:59.2	48
51	Nuno Pereira	865	1:27:32.0	1:27:17.8	37	M45	7	Sporting clube de casinhos	1:00:08.0	49
52	Andreia Oliveira	856	1:27:52.5	1:27:34.8	15	F40	9	RUN 4 FUN	1:00:31.5	50
53	Cecília Lourenço	839	1:29:45.6	1:29:20.2	16	F50	2	Scalabis Night Runners	1:01:51.9	52
54	Helena Tavares	834	1:30:39.8	1:30:20.5	17	F50	3	As primeiras	1:02:43.8	53
55	Gonçalo Jorge	811	1:33:27.4	1:33:01.3	38	Sen-M	9	CCD Sintense	1:01:48.0	51
56	Manuel Baptista	851	1:33:41.3	1:33:13.2	39	M50	1		1:04:38.3	54
57	Fátima Abreu FFWPU	879	1:35:36.8	1:35:11.1	18	F60	1	Federação da Família para a Paz Mundial e	1:06:24.8	56
58	MARIA QUITÉRIA	827	1:35:44.9	1:35:05.7	19	F40	10	ALGYMNS	1:05:37.7	55
59	Ana Raimundo	847	1:39:14.4	1:38:33.0	20	Sen-F	5	PUFA	1:07:37.4	57
60	ARTUR DINIS	826	1:40:44.7	1:40:05.8	40	M60	5	ALGYMNS	1:09:06.6	58
61	Armando Correia	802	1:41:20.3	1:41:06.8	41	M60	6		1:10:52.9	60
62	Elisabeth Loureiro	852	1:41:22.8	1:40:43.7	21	F60	2	Sporting clube de casinhos	1:10:13.0	59
63	Isabel Santos	815	1:44:58.8	1:44:39.9	22	F50	4	Correr Queluz	1:13:34.7	62
64	Nuno Oliveira	869	1:44:59.5	1:44:40.5	42	M40	7	Correr Queluz	1:13:34.4	61
65	Joaquim Adelino	872	1:47:13.0	1:46:38.6	43	M65	4	Amigos Vale Silêncio	1:13:45.1	63
66	Manuel Azevedo	849	1:47:13.6	1:46:39.4	44	M60	7	Veteranos de Massamá	1:13:45.2	64
67	Luis Parro	875	1:47:13.7	1:46:40.0	45	M55	5	Parrorunners	1:13:46.4	65
68	Teresa Alves	860	1:47:34.6	1:46:58.1	23	F50	5	A C R Vimeiro	1:14:40.2	67
69	Vera Ramos	861	1:47:34.7	1:46:58.1	24	S23-F	2	A C R Vimeiro	1:14:40.0	66

Number of records: 69

42ª Meia Maratona de S. João das Lampas

Result List AG 1ª Meia Rampa

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km
1ª Meia Rampa										
m										
Seniors-M										
1		Roberto Ladeiras	878	0:48:12.1	0:48:09.4	1	Sen-M	1	GFD RUNNING	0:33:57.2
2		Luis Cardoso*	855	0:52:10.5	0:52:07.3	2	Sen-M	2	Federação da Família para a Paz Mundial e Unificação	0:36:03.9
3		Duarte Costa	840	0:57:44.3	0:57:40.9	7	Sen-M	8	Run For Friends	0:40:03.9
4		Helder Vaz	812	0:59:26.2	0:59:17.3	8	Sen-M	9	CCD Sintrense	0:41:25.3
5		ALYSON RANIEL SILVA DO NASCIMENTO	848	0:59:54.2	0:59:48.5	9	Sen-M	10	BODY SOUL	0:41:28.8
6		Mark Downey	854	1:02:50.9	1:02:35.9	13	Sen-M	14		0:43:54.4
7		Nuno Marcos	846	1:18:49.7	1:18:08.1	29	Sen-M	36	PUFA	0:55:08.9
8		Vitor Monteiro	836	1:23:52.5	1:23:38.5	33	Sen-M	42	60 % VIP	0:58:23.8
9		Gonçalo Jorge	811	1:33:27.4	1:33:01.3	38	Sen-M	55	CCD Sintrense	1:01:48.0
Sub23-M										
1		João Fernandes	841	0:53:43.3	0:53:38.5	5	S23-M	6	Amigos do Remo	0:37:56.6
2		Luís Matos	842	1:01:27.8	1:01:22.8	10	S23-M	11	Amigos do Remo	0:43:22.0
3		João Santos	874	1:01:48.9	1:01:39.2	11	S23-M	12		0:44:31.6
4		Daniel Matias	838	1:05:41.6	1:05:29.0	15	S23-M	16		0:46:22.6
5		André Matias	837	1:10:16.6	1:10:03.0	23	S23-M	25		0:48:43.5
Veteranos M40										
1		Nelson Fonseca	859	0:55:17.3	0:55:10.7	6	M40	7	Jobrinde - Montes Saloios	0:37:59.5
2		André Riscado	870	1:05:55.9	1:05:46.0	16	M40	17		0:46:39.2
3		José Bernardino	876	1:08:34.0	1:08:07.9	19	M40	20		0:48:03.7
4		Telmo Ribeiro	864	1:09:56.7	1:09:27.4	21	M40	23		0:48:36.6
5		Pedro Silva	858	1:16:39.8	1:16:01.3	26	M40	31		0:53:13.2
6		Nuno Martins	818	1:24:50.2	1:24:12.3	35	M40	45	RUN FORREST RUN	0:57:06.9
7		Nuno Oliveira	869	1:44:59.5	1:44:40.5	42	M40	64	Correr Queluz	1:13:34.4
Veteranos M45										
1		Henrique Janota	805	0:52:41.0	0:52:38.4	3	M45	3	Caracóis de Pedra	0:37:14.3
2		Jorge Pedroso	868	0:52:53.5	0:52:49.4	4	M45	4	Amigos do Atletismo de Mafra	0:37:12.7
3		João Pires	829	1:02:49.1	1:02:39.2	12	M45	13	Sport Queluz Gália	0:43:21.5
4		Armando Caiadas	801	1:05:26.5	1:05:22.8	14	M45	15	Clube recreativo Alturense	0:45:39.1
5		Ricardo Simões	807	1:09:43.1	1:09:13.2	20	M45	22	Varitintas- Loja de tintas em Massamá	0:48:04.1
6		Luis Sousa	828	1:23:43.3	1:23:31.5	32	M45	41	Sport Queluz Gália	0:56:11.7
7		Nuno Pereira	865	1:27:32.0	1:27:17.8	37	M45	51	Sporting clube de casinhos	1:00:08.0

42ª Meia Maratona de S. João das Lampas

Result List AG 1ª Meia Rampa

Class Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km
Veteranos M50									
1	Manuel Baptista	851	1:33:41.3	1:33:13.2	39	M50	56		1:04:38.3
Veteranos M55									
1	António e Silva FFWPU	882	1:10:01.0	1:09:55.9	22	M55	24	Federação da Família para a Paz Mundial e Unificação	0:48:26.6
2	José Borges	808	1:11:10.9	1:10:52.3	24	M55	26	CCD Sintrense	0:49:32.8
3	Pedro Ramos	857	1:17:45.4	1:17:14.6	27	M55	32	Serviços Sociais Montepio	0:55:07.2
4	Virgílio Oliveira	877	1:18:11.6	1:17:44.9	28	M55	34	ADCR Polícia Judiciária	0:54:10.1
5	Luis Parro	875	1:47:13.7	1:46:40.0	45	M55	67	Parrorunners	1:13:46.4
Veteranos M60									
1	Rogério Venâncio	867	1:07:22.5	1:07:13.5	17	M60	18	O MUNDO DA CORRIDA	0:46:11.3
2	Augusto Aguiar	819	1:07:40.0	1:07:32.3	18	M60	19	CCD Sintrense	0:45:39.5
3	José Branquinho FFWPU	881	1:12:18.9	1:12:06.6	25	M60	27	Federação da Família para a Paz Mundial e Unificação	0:47:51.6
4	Orlando Martins	810	1:24:58.0	1:24:42.9	36	M60	47	CCD Sintrense	0:58:36.1
5	ARTUR DINIS	826	1:40:44.7	1:40:05.8	40	M60	60	ALGYMNS	1:09:06.6
6	Armando Correia	802	1:41:20.3	1:41:06.8	41	M60	61		1:10:52.9
7	Manuel Azevedo	849	1:47:13.6	1:46:39.4	44	M60	66	Veteranos de Massamá	1:13:45.2
Veteranos M65									
1	João Santos	850	1:22:32.9	1:22:20.8	30	M65	38	Veteranos de Massamá	0:57:07.4
2	Mário Lameirão	816	1:22:52.2		31	M65	39	CASA DO BENFICA ALGUEIRÃO MEM-MARTINS	
3	Amadeu Brandão	832	1:24:35.9	1:24:22.0	34	M65	44	60 % VIP	0:58:25.0
4	Joaquim Adelino	872	1:47:13.0	1:46:38.6	43	M65	65	Amigos Vale Silêncio	1:13:45.1
W									
Seniors-F									
1	Inês Marques	884	0:53:01.0	0:52:57.9	1	Sen-F	5	Escola de Atletismo de Coimbra / J Paiva	0:37:23.3
2	Paula Calisto	813	1:13:58.2	1:13:41.9	4	Sen-F	29	Caracóis de Pedra	0:50:57.7
3	Carina Xavier	814	1:17:56.4	1:17:40.6	6	Sen-F	33	Caracóis de Pedra	0:53:36.7
4	Joana Carmo	831	1:26:10.5	1:25:54.9	13	Sen-F	49		0:57:25.5
5	Ana Raimundo	847	1:39:14.4	1:38:33.0	20	Sen-F	59	PUFA	1:07:37.4
Sub23-F									
1	Sara Gomes	883	1:24:30.7	1:24:10.3	10	S23-F	43		0:59:51.3
2	Vera Ramos	861	1:47:34.7	1:46:58.1	24	S23-F	69	A C R Vimeiro	1:14:40.0
Veteranas F40									
1	Julieta Mota	833	1:08:55.8	1:08:36.1	2	F40	21	As primeiras	0:48:12.7

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Result List AG 1ª Meia Rampa

Class	Escalão	Nome	Dorsal	T. Bruto	T.Net	C.Sex	Esc.	C. Geral	Clube	T. 9.1km
2		Edna Alvim	843	1:13:20.1	1:13:08.2	3	F40	28	Alvins e os Esquilos	0:50:08.9
3		Patrícia Caeiro	887	1:14:31.6	1:14:12.1	5	F40	30		0:51:44.0
4		SOFIA BOLÉO	817	1:18:40.8	1:18:24.8	7	F40	35	CLUBE ANACOM	0:55:34.4
5		Ana Abreu FFWPU	880	1:20:57.1	1:20:43.4	8	F40	37	Federação da Família para a Paz Mundial e Unificação	0:56:28.1
6		Ana Fernandes	835	1:23:18.1	1:22:57.4	9	F40	40	As primeiras	
7		Ana Pereira	886	1:25:34.3	1:24:59.4	12	F40	48	Runners da Frente Ribeirinha da Póvoa de Santa Iria	0:59:47.4
8		Susana Sousa	803	1:26:28.7	1:26:18.9	14	F40	50	SUDU	0:59:59.2
9		Andreia Oliveira	856	1:27:52.5	1:27:34.8	15	F40	52	RUN 4 FUN	1:00:31.5
10		MARIA QUITÉRIA	827	1:35:44.9	1:35:05.7	19	F40	58	ALGYMNS	1:05:37.7

Veteranas F50

1		Emília Borges	809	1:24:57.9	1:24:41.0	11	F50	46	CCD Sintrense	0:58:34.5
2		Cecília Lourenço	839	1:29:45.6	1:29:20.2	16	F50	53	Scalabis Night Runners	1:01:51.9
3		Helena Tavares	834	1:30:39.8	1:30:20.5	17	F50	54	As primeiras	1:02:43.8
4		Isabel Santos	815	1:44:58.8	1:44:39.9	22	F50	63	Correr Queluz	1:13:34.7
5		Teresa Alves	860	1:47:34.6	1:46:58.1	23	F50	68	A C R Vimeiro	1:14:40.2

Veteranas F60

1		Fátima Abreu FFWPU	879	1:35:36.8	1:35:11.1	18	F60	57	Federação da Família para a Paz Mundial e Unificação	1:06:24.8
2		Elisabeth Loureiro	852	1:41:22.8	1:40:43.7	21	F60	62	Sporting clube de casinhos	1:10:13.0

Number of records: 69