

07 JULHO 2019**XIII MEMORIAL
FRANCISCO
LÁZARO****10km**

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	218	JOSE GASPAR	M	41	1	00:32:40.73	00:32:38.50	GDR REBOLEIRA
2	140	JOÃO BRAGADESTE	M	33	1	00:33:19.52	00:33:17.88	CLUBE DE PRAÇAS DA ARMADA
3	176	HUGO RODRIGUES	M	22	2	00:33:24.90	00:33:23.48	VITORIA FC
4	188	MARK RIBEIRO	M	32	3	00:34:32.27	00:34:30.03	VITORIA FC
5	120	FLÁVIO SANTOS	M	22	4	00:35:51.57	00:35:51.57	FF PAZ MUNDIAL E UNIFICAÇÃO
6	87	NUNO SOARES	M	37	2	00:36:11.29	00:36:08.95	
7	282	LUIS RODRIGUES	M	48	1	00:37:31.65	00:37:29.03	JFB
8	288	JOAO ROCHA	M	32	5	00:37:33.64	00:37:31.63	RB RUNNING
9	108	PAULO CARVALHO	M	50	2	00:37:47.30	00:37:44.79	FF PAZ MUNDIAL E UNIFICAÇÃO
10	156	NATANAEL GUERREIRO	M	26	6	00:37:50.35	00:37:50.35	AA MAFRA
11	215	LUIS MONTEIRO	M	47	3	00:38:08.69	00:38:06.31	NOVO BANCO
12	357	NUNO SILVA	M	37	3	00:38:08.76	00:38:06.25	CAAB
13	373	JOSE TEIXEIRA	M	44	4	00:38:11.75	00:38:10.60	TEAM LA+RACE
14	212	JOSÉ LOPES	M	47	4	00:38:14.81	00:38:03.56	CCD SIEMENS
15	86	LUIS REBELO	M	55	1	00:38:23.69	00:38:23.69	FALCÕES SELVAGENS
16	55	ANDRÉ MORGADO	M	34	7	00:38:26.93	00:38:20.27	CAD A CORRER
17	217	JORGE CORREIA	M	47	5	00:38:30.88	00:38:28.71	GDR REBOLEIRA
18	50	CARLOS FRANÇA	M	40	5	00:38:41.92	00:38:35.25	CAD A CORRER
19	33	AIRES AIRES PRATAS	M	64	2	00:38:47.49	00:38:44.35	UNIÃO ATLÉTICO POVOENSE
20	309	DAVID SILVA	M	39	6	00:38:50.00	00:38:50.00	AMINHACORRIDA
21	189	LUIS PAULO	M	53	6	00:38:59.29	00:38:55.90	BAHIA
22	117	JOÃO AFONSO	M	43	7	00:39:00.36	00:38:56.12	ML
23	326	JOÃO SILVA	M	39	8	00:39:09.71	00:39:06.42	FIT6
24	234	DAVID LOPES	M	32	8	00:39:12.05	00:39:12.05	RUNNERS GRAFANIL
25	52	JOSE GOMES	M	59	3	00:39:16.04	00:39:11.66	
26	219	BRUNO FRANCISCO	M	36	9	00:39:17.68	00:39:11.83	
27	141	EDUARDO CARY	M	40	10	00:39:28.12	00:39:26.02	
28	165	PAULO GOMES	M	39	11	00:39:35.96	00:39:25.41	EVELX - AEVS
29	297	JOÃO LIMÃO	M	46	7	00:39:43.42	00:39:39.77	
30	66	LEONTINO LAMPREIA	M	32	9	00:39:51.28	00:39:48.26	AMINHACORRIDA
31	190	FERNANDO GOMES	M	45	8	00:39:58.27	00:39:55.69	FERRARIS DA SERAFINA
32	257	PEDRO GIRÃO	M	33	10	00:39:59.95	00:39:57.23	FERRARIS DA SERAFINA
33	353	JOSE MARCELINO	M	56	4	00:40:02.83	00:40:00.06	CD ESTRELA
34	209	RUI TEIXEIRA	M	42	12	00:40:09.88	00:40:03.53	CAD A CORRER
35	114	RUI PASTOR	M	46	9	00:40:56.29	00:40:39.41	PASTOR RACING

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FRANCISCO
LÁZARO****10km**

36	331	CARLOS PALMEIRO	M	38	13	00:40:58.92	00:40:58.92	
37	238	JOSÉ SILVA	M	45	10	00:41:01.05	00:40:59.26	CORRER LISBOA
38	94	SAMUEL MARQUES	M	40	14	00:41:03.42	00:40:57.85	
39	192	JOÃO GUTERRES	M	44	15	00:41:12.83	00:41:09.38	CORRER LISBOA
40	213	JOAO SEQUEIRA	M	35	16	00:41:34.20	00:41:27.39	CAD A CORRER
41	300	ANTÓNIO SANTOS	M	56	5	00:41:45.14	00:41:41.11	CAA BELÉM
42	103	BOGDAN SANDU	M	26	11	00:42:15.07	00:42:10.35	
43	208	ANASTACIO VALADA	M	65	1	00:42:20.94	00:42:18.02	GD SANTANDERTOTTA
44	227	ANTONIO LOURO	M	45	11	00:42:21.43	00:42:18.20	GD SANTANDERTOTTA
45	360	NUNO MOREIRA	M	43	17	00:42:22.04	00:42:11.02	
46	339	ANDRÉ SANTOS	M	44	18	00:42:32.66	00:42:28.86	GRD RIBEIRA DA LAGE
47	372	CHRISTIAAN OOSTERVEEN	M	33	12	00:42:33.08	00:42:26.64	BREAKING 3
48	346	JOSE MOREIRA	M	42	19	00:42:34.38	00:42:32.48	
49	293	PAULO S O BARRADAS	M	37	20	00:42:40.24	00:42:36.36	
50	343	SABRINA GUSSON	F	33	1	00:42:41.71	00:42:37.41	
51	48	JOSÉ PINTO	M	56	6	00:42:48.60	00:42:43.94	
52	242	SIMON HABERSTROH	M	28	13	00:42:57.24	00:42:46.85	
53	159	MANUEL JORGESOARES	M	54	12	00:43:05.85	00:43:02.97	
54	58	AUGUSTO CARRIÇO	M	52	13	00:43:21.50	00:43:13.47	CAD A CORRER
55	246	SERGIO MARQUES	M	49	14	00:43:45.31	00:43:42.17	
56	347	PEDRO SOARES	M	42	21	00:43:57.61	00:43:55.89	
57	180	RITA FERNANDES	F	25	2	00:43:59.14	00:43:57.83	
58	241	ABDEREZECK BENAÏSSA	M	38	22	00:44:05.71	00:44:01.68	
59	193	ANTONIO REBELO	M	47	15	00:44:05.91	00:43:58.53	
60	249	JOSE SILVA	M	55	7	00:44:18.47	00:44:13.28	GDR REBOLEIRA
61	329	TIAGO DORES	M	40	23	00:44:24.07	00:44:24.07	PAPA KMS
62	366	NUNO CORREIA	M	52	16	00:44:29.31	00:44:27.57	GDINE
63	101	NUNO SANTOS DE ALMEIDA	M	38	24	00:44:40.00	00:44:40.00	
64	287	NELSON DIAS	M	58	8	00:44:58.80	00:44:48.29	RB RUNNING
65	179	JOÃO PEDRO RIBEIRO	M	34	14	00:45:01.18	00:44:57.11	
66	285	JOAO TEIXEIRA	M	33	15	00:45:28.21	00:45:28.21	JFB
67	168	JOÃO ALMEIDA	M	38	25	00:45:49.24	00:45:49.24	
68	233	RUI LUIS	M	30	16	00:45:51.42	00:45:43.39	RUNNERS GRAFANIL
69	341	VIRGILIO MADEIRA	M	60	9	00:45:52.91	00:45:40.68	CCD TRANQUILIDADE
70	299	DÁRIO COELHO	M	19	17	00:45:53.72	00:45:44.86	
71	46	TIAGO AVELÃS	M	44	26	00:45:54.22	00:45:44.87	SS CGD
72	231	MÁRIO COSTA	M	38	27	00:45:54.97	00:45:35.30	DANI & RUI

07 JULHO 2019**XIII MEMORIAL
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LÁZARO****10km**

73	374	ATLETA NÃO CADASTRADO	M	0	18	00:46:04.74	00:45:41.16	
74	43	BRUNO AMARO	M	38	28	00:46:07.93	00:45:57.14	GD RIBEIRA DA LAGE
75	30	PEDRO SERRA	M	35	29	00:46:12.94	00:46:03.05	TARTARUGAS SOLIDÁRIAS
76	164	INÊS PEIXOTO	F	41	1	00:46:16.42	00:46:06.19	EVELX - AEVS
77	126	RUI OLIVEIRA	M	41	30	00:46:16.86	00:46:08.83	CAD A CORRER
78	88	PEDRO CORREIA	M	36	31	00:46:23.56	00:46:02.33	
79	350	ROBERT GUILLEMETTE	M	57	10	00:46:30.54	00:46:28.63	CLUBE FUT BENFICA
80	92	MARCEL PAULOKAT	M	25	19	00:46:33.48	00:46:21.37	ADRC MATA DE BENFICA
81	12	ÁLVARO GOMES	M	46	17	00:46:35.33	00:46:32.42	TERRAS FUNDEIRAS
82	258	PAULO SIMÕES	M	52	18	00:46:41.76	00:46:30.02	TRILHO DOS ARNEIROS
83	147	JOSÉ CARLOS	M	46	19	00:46:48.33	00:46:42.51	
84	62	NOEMIA SEQUEIRA	F	51	1	00:46:56.08	00:46:47.77	SS CGD
85	44	JOAQUIM FRADE	M	63	11	00:46:56.20	00:46:45.21	SS CGD
86	314	EDUARDO RIBEIRO	M	52	20	00:47:05.37	00:46:51.62	GDCT UNICRE
87	138	NUNO PRATA	M	47	21	00:47:06.77	00:47:04.82	
88	327	RUI MANUEL MATOS	M	56	12	00:47:06.80	00:47:06.80	
89	146	RUI MIGUEL	M	44	32	00:47:13.39	00:47:07.77	
90	230	DAVID POÇO	M	39	33	00:47:16.69	00:47:12.58	
91	301	JOSÉ AMARO	M	43	34	00:47:18.61	00:46:54.73	LIZ RUNNERS
92	337	PAULO GOMES	M	46	22	00:47:19.52	00:47:07.53	SEASIDE
93	35	DINIS RIBAS	M	48	23	00:47:22.92	00:47:03.29	ARRIBAS RUNNING
94	166	SÍLVIO ROMÃO	M	38	35	00:47:24.47	00:47:14.79	
95	185	FRANCISCO BISPO	M	59	13	00:47:25.15	00:47:07.68	
96	324	ALEXANDRE GARRETT	M	41	36	00:47:25.96	00:47:23.71	CORRER LISBOA
97	150	GIORGOS GOULAS	M	41	37	00:47:36.88	00:47:26.39	
98	259	HÉLDER ALVES	M	40	38	00:47:38.84	00:47:24.82	TRILHO DOS ARNEIROS
99	342	FERNANDO CELESTINO	M	60	14	00:47:38.99	00:47:26.40	CCD TRANQUILIDADE
100	42	MAFALDA MARTINHO	F	30	3	00:47:41.76	00:47:38.18	
101	330	PAULO NUNES	M	45	24	00:47:42.84	00:47:39.48	CORRER LISBOA
102	129	RUI HENRIQUES	M	48	25	00:47:44.02	00:47:38.55	
103	134	ANDRÉ WIBORG	M	60	15	00:47:44.73	00:47:14.48	WLF
104	157	ANTÓNIO GUERREIRO	M	61	16	00:47:48.18	00:47:38.68	AA MAFRA
105	210	HENRIQUE JOAQUIM	M	48	26	00:47:53.04	00:47:44.92	
106	325	EDGAR ANASTACIO	M	54	27	00:48:00.93	00:47:48.87	AZA - AZAMBUJA COM ALMA
107	115	PEDRO CARVALHO	M	42	39	00:48:01.03	00:47:52.50	
108	191	HENRIQUE ADREGA	M	67	2	00:48:03.65	00:47:59.33	CAA BELÉM
109	252	EDGAR FRANCISCO	M	53	28	00:48:04.96	00:47:55.76	AMCD TITUARIA

07 JULHO 2019**XIII MEMORIAL
FRANCISCO
LÁZARO****10km**

110	237	PEDRO FERNANDES	M	45	29	00:48:12.96	00:48:12.96	TABERNA AFFICION
111	67	FILIPE GOUCHA	M	30	20	00:48:16.48	00:48:06.10	ADRC MATA DE BENFICA
112	274	RUI MENA	M	47	30	00:48:21.45	00:48:17.76	JFB
113	151	JOÃO BARBOSA	M	45	31	00:48:21.89	00:47:52.24	
114	334	FERNANDO CLAUDINO	M	66	3	00:48:23.86	00:48:12.09	SEASIDE
115	370	HENRIQUE VIEIRA	M	49	32	00:48:34.33	00:48:30.35	AMINHACORRIDA
116	65	JOSE MARQUES	M	52	33	00:48:35.59	00:48:31.77	ADRC MATA DE BENFICA
117	51	JOSÉ URBANO ABREU	M	40	40	00:48:43.92	00:48:38.66	ADRAP
118	31	RAFAEL MARTINS	M	27	21	00:48:45.99	00:48:40.90	
119	363	JOSE GALVAO	M	52	34	00:48:49.09	00:48:34.46	
120	328	RUI PEREIRA	M	31	22	00:49:03.93	00:48:46.13	PAPA KMS
121	251	FILIPE BRANCO	M	49	35	00:49:05.45	00:48:56.02	AMCD TITUARIA
122	254	LUIS FERREIRA	M	52	36	00:49:05.49	00:48:56.00	AMCD TITUARIA
123	73	FABIANO FERREIRA	M	38	41	00:49:07.95	00:48:48.22	BENFICA EM FORMA
124	40	ANTONIO RAFAEL MARTINS	M	55	17	00:49:14.72	00:49:11.31	
125	354	PATRICIA MONTEIRO	F	29	4	00:49:15.46	00:49:05.52	
126	25	RUI LAMEGO	M	34	23	00:49:15.58	00:49:04.81	GALIFRANGO
127	128	FREDERICO WIBORG	M	48	37	00:49:16.05	00:48:48.00	
128	255	GONÇALO BORGES	M	36	42	00:49:26.95	00:49:17.18	SURFERS
129	99	IVO ESPERANÇA	M	39	43	00:49:37.40	00:49:37.40	U.D.F.A.C.
130	20	ABÍLIO OLIVEIRA	M	54	38	00:49:40.07	00:49:33.49	
131	364	MIGUEL VELEZ	M	55	18	00:49:40.53	00:49:26.22	
132	273	MANUEL SOBREDA	M	52	39	00:49:41.63	00:49:41.63	JFB
133	184	ALEXANDRE MATEUS	M	43	44	00:49:44.95	00:49:37.80	
134	89	ALMERINDO SILVA	M	60	19	00:49:46.08	00:49:29.71	ADC CATUJAL
135	229	CARLOS GIL	M	45	40	00:49:49.74	00:49:20.94	
136	221	GRAÇA ROLDÃO	F	55	1	00:49:50.55	00:49:29.53	OS TUGAS
137	135	HELDER VALADAS	M	38	45	00:50:00.37	00:49:52.61	OS PERIGOSOS
138	79	FILIPE GINJA DUARTE	M	33	24	00:50:06.23	00:49:46.69	
139	15	RUI MENDES	M	47	41	00:50:15.42	00:50:05.01	
140	17	RAFAEL AZRIEL	M	49	42	00:50:30.08	00:50:22.65	
141	90	JOÃO PASSEIRO	M	56	20	00:50:30.99	00:50:14.99	ADC CATUJAL
142	356	JOAO DIAS	M	53	43	00:50:33.07	00:50:25.05	
143	349	DINIS SANTOS	M	65	4	00:50:33.84	00:50:33.84	CLUBE FUT BENFICA
144	323	FERNANDO CASTELA	M	48	44	00:50:35.30	00:50:19.38	SCALABIS NIGHT RUNNERS
145	322	PEDRO MARIA CARVALHO	M	55	21	00:50:35.46	00:50:19.09	SCALABIS NIGHT RUNNERS
146	204	JOSE CARLOS PEREIRA	M	49	45	00:50:35.82	00:50:15.48	GD SANTANDERTOTTA

07 JULHO 2019**XIII MEMORIAL
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147	169	FRANCISCO PASSOS	M	58	22	00:50:41.50	00:50:32.30	
148	222	JOÃO CALISTO	M	58	23	00:50:58.88	00:50:53.80	
149	236	VITOR MORAIS	M	39	46	00:51:06.08	00:50:52.01	
150	289	CARLOS ANSELMO	M	48	46	00:51:09.11	00:50:57.81	RB RUNNING
151	351	ALEXANDRE BOUREL	M	27	25	00:51:09.53	00:51:05.84	
152	352	BENJAMIN BASSET	M	26	26	00:51:10.00	00:51:07.35	
153	45	MIGUEL ANGELO	M	43	47	00:51:10.88	00:51:00.58	SS CGD
154	336	PAULA GOMES	F	44	2	00:51:18.50	00:51:07.03	SEASIDE
155	124	TELMO FREIRE	M	31	27	00:51:19.48	00:51:14.83	ÁLAMO ROAD & TRAIL TEAM
156	178	PEDRO BARROSO	M	38	48	00:51:23.28	00:51:07.76	
157	19	JOÃO MOITEIRO	M	47	47	00:51:25.47	00:51:13.08	
158	211	EDMUNDO COSTA	M	59	24	00:51:36.79	00:51:23.79	CCD SIEMENS
159	59	PAULO ALVES	M	49	48	00:51:39.90	00:51:26.04	
160	196	MARIA FIDALGO	F	52	2	00:51:43.24	00:51:38.24	
161	71	ELSA MIRANDA	F	41	3	00:51:46.65	00:51:42.41	ADRC MATA DE BENFICA
162	70	MIGUEL DIAS	M	31	28	00:51:49.98	00:51:32.59	ADRC MATA DE BENFICA
163	136	CARLOS SOUSA	M	62	25	00:51:54.25	00:51:47.11	OS PERIGOSOS
164	145	MANUEL PINEDA NAVARRO	M	39	49	00:52:02.33	00:51:59.03	DIABLOS RUNNERS
165	305	BRUNO LOURENÇO	M	48	49	00:52:03.84	00:51:38.42	FCA RUNNERS
166	304	RUBEN ANDRE	M	32	29	00:52:05.93	00:51:41.80	FCA RUNNERS
167	265	VASCO FREITAS	M	47	50	00:52:06.00	00:51:59.47	VS40
168	266	SARA FREITAS	F	40	4	00:52:06.56	00:52:00.13	VS40
169	77	NUNO CORREIA	M	47	51	00:52:13.62	00:51:53.05	
170	206	SERGIO SILVA	M	39	50	00:52:15.89	00:51:57.19	GD SANTANDERTOTTA
171	82	GERMANO BERNARDO	M	63	26	00:52:20.56	00:51:50.56	PRAZER DA CORRIDA
172	132	FÁTIMA CARDOSO	F	26	5	00:52:20.90	00:52:15.18	
173	303	FILIPE TOMAZ	M	52	52	00:52:29.27	00:52:06.21	FCA RUNNERS
174	267	ARMANDO LACERDA	M	64	27	00:52:37.67	00:52:27.00	OCULISTA PORTAS DE SANTO ANTÓNIO
175	122	JOAQUIM RABASQUEIRA	M	40	51	00:52:41.84	00:52:28.71	WINERUNNERS
176	127	GONÇALO MELÃO	M	32	30	00:52:42.21	00:52:30.17	WINERUNNERS
177	167	ALBERTO ROMÃO	M	57	28	00:52:45.99	00:52:28.34	
178	369	TINA OLIVEIRA	F	55	2	00:52:58.31	00:52:54.52	AMINHACORRIDA
179	137	JOSÉ HENRIQUES	M	64	29	00:53:01.28	00:52:53.63	OS PERIGOSOS
180	292	SONIA CARDOZO	F	43	5	00:53:02.90	00:52:48.05	
181	316	LUIS CARLOS ALMEIDA	M	48	53	00:53:05.44	00:52:41.55	RUN FOR LUNCH
182	74	RAFAELA GONÇALVES	F	25	6	00:53:30.60	00:53:27.81	
183	239	MALIKA SAYAD	F	43	6	00:53:33.05	00:53:20.38	RUNNING CLUB BERVILLE 95

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FRANCISCO
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184	60	CARLOS LEITAO	M	55	30	00:53:33.56	00:53:22.87	SS CGD
185	247	VIRGILIO RODRIGUES	M	72	5	00:53:37.55	00:53:20.78	CLUBE DESPORTIVO ESTRELA
186	56	RUI OLIVEIRA	M	34	31	00:53:39.79	00:53:20.90	
187	57	BRUNO LOPES	M	32	32	00:53:39.80	00:53:21.03	
188	116	JOÃO JOSÉ MARTINS	M	61	31	00:53:42.27	00:53:23.51	
189	240	PEDRO ROSA	M	36	52	00:54:11.60	00:53:46.02	ADRC MATA DE BENFICA
190	148	PAULO ANTUNES	M	46	54	00:54:14.44	00:54:08.83	
191	332	HELDER SANTOS	M	41	53	00:54:18.54	00:54:06.95	SEASIDE
192	133	ANTÓNIO NOVAS	M	41	54	00:54:20.12	00:53:54.01	
193	139	TELMO GASPAR	M	39	55	00:54:28.90	00:54:12.98	
194	232	MARIA RITA GERALDES	F	26	7	00:54:35.44	00:54:24.26	
195	216	JOAO SEQUEIRA	M	43	56	00:54:57.02	00:54:38.31	GD SANTANDERTOTTA
196	14	VITOR MARTINS	M	68	6	00:55:00.27	00:54:53.17	
197	29	ANÍBAL FRANCISCO	M	57	32	00:55:04.33	00:54:53.83	
198	270	FRANCISCO BANDO	M	68	7	00:55:10.86	00:54:46.90	
199	261	TAM AFONSO	M	66	8	00:55:14.01	00:55:00.90	CCD TRANQUILIDADE
200	317	LEONARDO NERY	M	30	33	00:55:14.53	00:55:01.80	
201	130	VERA VICENTE	F	37	7	00:55:23.00	00:55:05.07	
202	131	FILIPE MARTINS	M	30	34	00:55:23.08	00:55:04.74	
203	68	JOAO ARI	M	29	35	00:55:23.40	00:54:58.20	ADRC MATA DE BENFICA
204	269	JOSE MONTEIRO	M	62	33	00:55:23.70	00:55:01.53	
205	144	ANDREIA CARVALHO	F	35	8	00:55:29.97	00:55:14.94	
206	223	JÚLIA CALISTO	F	55	3	00:55:30.43	00:55:25.49	
207	355	MIGUEL SILVA	M	47	55	00:55:30.90	00:55:06.73	
208	100	FERNANDO CHAMBEL	M	52	56	00:55:39.95	00:55:13.38	U.D.F.A.C.
209	214	ANIBAL CARVALHO	M	67	9	00:55:50.82	00:55:28.22	
210	358	UMBELINA NUNES	F	66	1	00:55:52.72	00:55:47.05	SEASIDE
211	195	RUI ALMEIDA	M	47	57	00:56:10.00	00:55:53.66	ADRC MATA DE BENFICA
212	111	SÉRGIO AMARO	M	35	57	00:56:13.00	00:56:13.00	
213	276	JOAQUIM SOTANA	M	21	36	00:56:16.16	00:55:53.48	JFB
214	78	VASCO SANTOS	M	60	34	00:56:31.30	00:56:24.41	
215	199	PEDRO REIS	M	46	58	00:56:32.70	00:56:18.35	GD SANTANDERTOTTA
216	286	SUZANNE BAKKER	F	31	8	00:56:37.24	00:56:11.65	
217	205	CARINA SILVA	F	33	9	00:56:50.30	00:56:32.28	GD SANTANDERTOTTA
218	93	TERESA TORRES	F	29	10	00:56:56.62	00:56:46.97	ADRC MATA DE BENFICA
219	183	MIGUEL MARQUES	M	41	58	00:56:56.66	00:56:47.08	
220	106	THIAGO SÁ	M	35	59	00:57:12.85	00:56:48.97	

07 JULHO 2019**XIII MEMORIAL
FRANCISCO
LÁZARO****10km**

221	278	JORGE SOTANA	M	47	59	00:57:23.06	00:57:00.40	JFB
222	201	JOAO ROCHA	M	68	10	00:57:35.87	00:57:27.27	GD SANTANDERTOTTA
223	200	CRISTINA OLIVEIRA	F	37	9	00:57:36.07	00:57:26.96	GD SANTANDERTOTTA
224	228	RAFAEL SANTOS	M	52	60	00:57:40.25	00:57:18.90	CCDTMETROLX
225	220	PAULA SANTOS	F	49	3	00:57:40.82	00:57:19.18	OS TUGAS
226	202	LINO OLIVEIRA	M	73	11	00:57:46.41	00:57:43.11	GD SANTANDERTOTTA
227	302	ANTERO DIAS	M	26	37	00:57:52.94	00:57:29.30	FCA RUNNERS
228	83	RUI FRANGO	M	52	61	00:58:04.71	00:57:39.97	
229	295	ALBANO PIRES	M	64	35	00:58:10.29	00:58:05.43	
230	235	AUGUSTO CARIA	M	39	60	00:58:21.36	00:58:07.25	
231	121	JOÃO MANITA	M	39	61	00:58:25.57	00:58:14.10	WINERUNNERS
232	123	JOÃO CARVALHO	M	50	62	00:58:30.26	00:58:21.17	
233	38	JOSE FIDALGO	M	53	63	00:58:40.15	00:58:34.16	
234	368	ANTONIO LIMA	M	56	36	00:58:49.83	00:58:36.66	XISTARCA
235	76	RITA CORREIA	F	38	10	00:59:03.56	00:58:42.56	
236	371	JORGE AMARAL	M	50	64	00:59:12.04	00:58:58.61	AMINHACORRIDA
237	170	CARLOS CAGICA	M	54	65	00:59:21.77	00:59:08.91	CCD SIEMENS
238	149	GILBERTO GONÇALVES	M	70	12	00:59:38.04	00:59:30.94	CAA BELÉM
239	54	SARA GOMES	F	22	11	00:59:55.22	00:59:41.07	CORRER LISBOA
240	49	ALEXANDRA PINTO	F	45	4	01:00:07.42	00:59:48.28	
241	296	ANTÓNIO FONSECA	M	73	13	01:00:08.51	00:59:55.87	
242	298	MÁRIO CURADO	M	44	62	01:00:09.86	01:00:09.86	
243	63	HUGO COLAÇO	M	41	63	01:00:30.00	01:00:30.00	
244	158	LUÍS DOMINGUES	M	38	64	01:01:03.14	01:00:41.33	FCA RUNNERS
245	264	SÉRGIO VENTURA	M	37	65	01:01:11.63	01:01:01.01	
246	28	SUSANA MONTEIRO	F	25	12	01:01:11.90	01:00:59.86	
247	312	CARLOS VIEGAS	M	61	37	01:01:15.20	01:01:02.80	GDCT UNICRE
248	311	GONÇALO OLIVEIRA	M	57	38	01:01:16.49	01:01:01.06	GDCT UNICRE
249	313	PAULO FRANÇA	M	57	39	01:01:17.54	01:01:04.28	GDCT UNICRE
250	194	RICARDO DOURADO	M	44	66	01:01:31.21	01:01:26.69	
251	154	CÉLIA AZENHA	F	54	5	01:02:04.81	01:01:59.60	AA LEBRES DO SADO
252	310	ANDRÉ DIAS	M	27	38	01:02:05.38	01:01:53.06	WINERUNNERS
253	84	CARLA MOTA	F	45	6	01:02:09.75	01:01:48.38	
254	161	PAULO SILVA	M	43	67	01:02:13.19	01:01:44.31	
255	244	ELISABETE ÁGUAS	F	54	7	01:02:20.72	01:02:04.74	CCD O ALVITEJO
256	153	INÊS ALMEIDA	F	37	11	01:02:34.99	01:02:07.91	
257	34	JORGE SANTOS	M	54	66	01:02:59.81	01:02:33.56	O DESPERTAR DE CASAL DE CAMBRA

07 JULHO 2019**XIII MEMORIAL
FRANCISCO
LÁZARO****10km**

258	91	MARIA SILVA	F	50	8	01:03:02.16	01:02:54.39	
259	75	VIRGILIO FERREIRA	M	65	14	01:03:06.13	01:02:41.58	
260	250	ANDRÉ ESTEVES	M	48	67	01:03:11.67	01:02:48.79	
261	367	PEDRO LUIS	M	36	68	01:03:19.30	01:02:54.44	
262	118	IVA OLIVEIRA	F	45	9	01:03:28.41	01:03:10.07	ML
263	198	RICARDO NEVES	M	44	69	01:03:28.79	01:03:09.84	GD SANTANDERTOTTA
264	104	CAMILA ROCHA	F	38	12	01:03:57.47	01:03:33.55	
265	69	FRANCISCO RIBEIRO	M	68	15	01:03:59.41	01:03:36.61	ADRC MATA DE BENFICA
266	186	MANUELA VELOSO	F	68	2	01:04:01.20	01:03:44.11	
267	163	SOFIA FEIJÓ	F	33	13	01:05:04.13	01:04:46.04	
268	256	PEDRO CAETANO	M	45	68	01:05:19.77	01:05:09.13	SURFERS
269	268	MARIA LACERDA	F	55	4	01:05:20.68	01:05:09.67	OCULISTA PORTAS DE SANTO ANTONIO
270	243	JOAQUIM MENDES MENDES	M	55	40	01:05:58.24	00:55:43.30	
271	203	JOSE MONTEIRO	M	70	16	01:05:59.24	01:05:55.77	GD SANTANDERTOTTA
272	321	GUILHERME RELVAS	M	24	39	01:06:06.85	01:05:53.82	
273	119	RUI SANTOS	M	43	70	01:06:15.01	01:05:44.61	
274	245	VÍTOR RODRIGUES	M	52	69	01:06:20.37	01:06:03.64	CCD O ALVITEJO
275	260	CLÁUDIA TAM	F	37	13	01:06:37.39	01:06:11.21	CCD TRANQUILIDADE
276	155	RICARDO DOMINGUES	M	39	71	01:06:42.11	01:06:14.75	
277	102	BRUNO PINTO	M	22	40	01:07:46.34	01:07:19.01	U.D.F.A.C.
278	175	DANIELA RAMOS	F	24	14	01:07:53.52	01:07:24.26	
279	345	ANA CATARINA PEREIRA	F	45	10	01:08:31.98	01:08:05.28	
280	21	JOANA DARC CHOURIÇO	F	55	5	01:08:42.31	01:08:30.64	RUNNING CLUB SANTA CASA
281	110	MARIA TEIXEIRA	F	55	6	01:08:45.91	01:08:29.58	ALGYMNS
282	11	JOHNNY THOMASSEN	M	59	41	01:09:28.13	01:09:07.90	
283	32	GONCALO SEQUEIRA	M	34	41	01:09:32.31	01:09:05.43	
284	109	ARTUR DINIS	M	62	42	01:11:06.05	01:10:49.88	ALGYMNS
285	107	MARLENE OLIVEIRA	F	45	11	01:11:08.83	01:11:02.64	FF PAZ MUNDIAL E UNIFICAÇÃO
286	344	JULIANA CONEGLIAN	F	30	15	01:11:53.20	01:11:34.82	
287	177	RITA AURORA COSTA	F	38	14	01:12:29.95	01:12:13.74	
288	271	MIGUEL SILVA	M	74	17	01:12:30.71	01:12:13.49	
289	105	MARIA SÁ	F	67	3	01:13:30.91	01:13:06.44	
290	187	ROSA MARIA JESUS REIS	F	62	7	01:14:02.16	01:13:46.68	
291	283	CARLOS CUSTODIO	M	34	42	01:14:12.34	01:14:02.75	JFB
292	53	MARIA MACEDO	F	57	8	01:14:45.22	01:14:30.58	
293	125	EBERHARD AXEL WILHELM	M	71	18	01:15:04.40	01:14:38.28	4 AO KM
294	26	JOAO GOMES	M	68	19	01:15:45.05	01:15:25.69	JG SEGUROS

07 JULHO 2019

XIII MEMORIAL
FRANCISCO
LÁZARO



10km

295	27	CARLOS BANDEIJAS	M	58	43	01:15:45.39	01:15:25.13	JG SEGUROS
296	348	AMERICO SANTOS	M	61	44	01:16:19.44	01:15:58.57	
297	224	ANA C CASTRO	F	53	12	01:17:23.57	01:17:06.05	SS CGD
298	143	LUCINDA HENRIQUES	F	70	4	01:17:52.09	01:17:31.29	CONDOR
299	182	CARLOS FAIAS	M	52	70	01:18:11.14	01:18:00.07	CLUBE ANACOM
300	142	MARIA CARMO ANJOS	F	72	5	01:21:25.38	01:21:02.53	CONDOR
301	340	MA FEE HUNG	F	69	6	01:21:29.67	01:21:08.21	CCD TRANQUILIDADE
302	319	ANA FILIPA SILVA	F	39	15	01:26:03.42	01:25:46.25	
303	318	ALZIRA FERNANDES	F	46	13	01:26:04.48	01:25:47.39	
304	16	DIOGO ASSUNÇÃO	M	49	71	01:35:37.11	01:35:10.55	CFACM MARATHON DÜSSELDORF 2020

Total de registros: 304