

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1	1	681	Bruno Jesus	Senior	106	Maia Atletico Clube	00:30:16	0:03:02
2	2	679	Daniel Pinheiro	Senior	106	Maia Atletico Clube	00:30:27	0:03:03
3	3	969	Anthony Maritim	Senior	131	Quenia	00:30:45	0:03:05
4	4	682	Vitor Oliveira	Senior	106	Maia Atletico Clube	00:31:16	0:03:08
5	5	274	Jose Carvalho	Senior	43	CCDA	00:31:19	0:03:08
6	6	634	Carlos Costa	Senior	100	Juventude de Fornos	00:31:25	0:03:09
7	7	455	Leonel Fernandes	Senior	68	Cyclones	00:31:33	0:03:09
8	8	1342	Artur Rodrigues	Senior	157	NA Cucujaes	00:31:45	0:03:11
9	9	635	Domingos Pontes	Senior	100	Juventude de Fornos	00:31:47	0:03:11
10	10	680	Bruno Silva	Senior	106	Maia Atletico Clube	00:31:57	0:03:12
11	1	141	Manuel Ferreira	Vet 1	17	Arada Atletico Clube	00:32:18	0:03:14
12	11	678	Pedro Martins	Senior	106	Maia Atletico Clube	00:32:22	0:03:14
13	2	735	Augusto Costa	Vet 1	111	Nucleo Atletismo Taipas	00:32:25	0:03:15
14	12	215	Antonio Teixeira	Senior	35	CA Vila Boa do Bispo	00:32:53	0:03:17
15	3	1020	Domingos Barros	Vet 1	139	SIC Aldreense	00:33:09	0:03:19
16	13	667	Fernando Lemos	Senior	105	Luz e Vida Gondomaren	00:33:18	0:03:20
17	4	142	Manuel Urbano	Vet 1	17	Arada Atletico Clube	00:33:28	0:03:21
18	14	169	Alberto Gil	Senior	21	Atletica Conquense	00:33:28	0:03:21
19	15	298	Mario Fonseca	Senior	49	CDC de Navais	00:33:30	0:03:21
20	16	2	Delfim Conceicao	Senior	142	Sport Comercio e Salguei	00:33:37	0:03:22
21	17	1019	Vitor Ribeiro	Senior	139	SIC Aldreense	00:33:56	0:03:24
22	1	1390	Fernando Adriano	Vet 2	157	NA Cucujaes	00:34:08	0:03:25
23	5	136	Henrique Dias	Vet 1	15	AR Estrela do Sul	00:34:10	0:03:25
24	18	341	Americo Moreira	Senior	53	Cl Desportivo da Povia	00:34:10	0:03:25
25	1	1	Fernanda Ribeiro	Fem	99999	Individual	00:34:11	0:03:25
26	2	638	Joaquim Pinto	Vet 2	102	Leoes da Guarda	00:34:25	0:03:26
27	1	139	Casimiro Galhardo	Vet 4	15	AR Estrela do Sul	00:34:31	0:03:27
28	3	277	Belmiro Ferreira	Vet 2	44	CCDT CM de Gondomar	00:34:33	0:03:27
29	4	557	Jose Braga	Vet 2	87	GDR Juventude das Ribe	00:34:34	0:03:27
30	6	551	Carlos Silva	Vet 1	86	GDC Castelo de Paiva	00:34:36	0:03:28
31	5	143	Fernando Ferreira	Vet 2	17	Arada Atletico Clube	00:34:38	0:03:28
32	7	296	Manuel Neto	Vet 1	99999	Individual	00:34:39	0:03:28
33	2	716	Doroteia Peixoto	Fem	109	NA Joane	00:34:39	0:03:28
34	19	345	Avelino Eusebio	Senior	53	Cl Desportivo da Povia	00:34:40	0:03:28
35	20	270	Jose Azevedo	Senior	42	CCD - APDL	00:34:47	0:03:29
36	1	426	Mikael Oliveira	Junior	65	CPT Bairro de Carcavelo	00:34:49	0:03:29
37	6	637	Antonio Ramalho	Vet 2	102	Leoes da Guarda	00:34:52	0:03:29
38	21	65	Jorge Gomes	Senior	7	Afis / Ovar	00:34:54	0:03:29
39	22	1017	Orlando Martins	Senior	139	SIC Aldreense	00:34:54	0:03:29

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Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
40	3	1089	Monica Silva	Fem	107	Maratona Clube Portuga	00:34:54	0:03:29
41	7	1385	Joao Teixeira	Vet 2	163	Sporting Clube de Lame	00:34:56	0:03:30
42	23	211	Paulo Jesus	Senior	34	CA Povia do Varzim	00:35:00	0:03:30
43	24	977	Antonio Caneca	Senior	134	Rio Largo Cl Espinho	00:35:00	0:03:30
44	25	1252	Fernando Barros	Senior	99999	Individual	00:35:02	0:03:30
45	26	295	Antonio Silva	Senior	48	CD S.Salvador do Camp	00:35:04	0:03:30
46	27	549	Joaquim Barbosa	Senior	86	GDC Castelo de Paiva	00:35:11	0:03:31
47	1	117	Antonio Soares	ANDDI	13	ANDDI - Portugal	00:35:13	0:03:31
48	28	275	Adelino Silva	Senior	44	CCDT CM de Gondomar	00:35:13	0:03:31
49	29	685	Paulo Coelho	Senior	106	Maia Atletico Clube	00:35:14	0:03:31
50	4	1006	Ercilia Machado	Fem	136	SC Braga	00:35:21	0:03:32
51	30	31	Lino Ferreira	Senior	3	ACDL S.Joao de Ver	00:35:23	0:03:32
52	1	63	Henriques Paredes	Vet 3	6	AEA Rosa Oliveira	00:35:36	0:03:34
53	8	430	Manuel Cardoso	Vet 1	65	CPT Bairro de Carcavelo	00:35:40	0:03:34
54	31	847	Filipe Crisostemo	Senior	110	NA Matosinhos - N.A.M	00:35:47	0:03:35
55	5	1025	Rafaela Almeida	Fem	141	SL Benfica	00:35:47	0:03:35
56	32	316	Claudio Matos	Senior	51	CIA de Alpendorada	00:35:50	0:03:35
57	6	1005	Fernanda Miranda	Fem	136	SC Braga	00:35:50	0:03:35
58	2	281	Herminio Martins	Vet 3	44	CCDT CM de Gondomar	00:35:53	0:03:35
59	33	213	Filipe Martins	Senior	34	CA Povia do Varzim	00:35:54	0:03:35
60	7	621	Sonia Fernandes	Fem	94	Grecas	00:35:54	0:03:35
61	34	410	Luis Gil	Senior	62	Clube Sport Maritimo	00:36:05	0:03:37
62	3	280	Jose Brito	Vet 3	44	CCDT CM de Gondomar	00:36:07	0:03:37
63	8	1389	Helena Sampaio	Fem	94	Grecas	00:36:07	0:03:37
64	35	408	Americo Pinho	Senior	61	Clube Escapaes	00:36:08	0:03:37
65	36	273	Carlos Lopes	Senior	43	CCDA	00:36:09	0:03:37
66	9	346	Vitor Gomes	Vet 1	53	Cl Desportivo da Povia	00:36:09	0:03:37
67	37	1375	Pedro Nunues	Senior	99999	Individual	00:36:09	0:03:37
68	10	626	Orlando Valente	Vet 1	95	Grupo Amizade	00:36:12	0:03:37
69	4	1075	Jose Monteiro	Vet 3	149	Tutular Class Runners	00:36:13	0:03:37
70	9	633	Andreia Santos	Fem	99	JOMA - JO Monte Abraa	00:36:15	0:03:37
71	5	435	Eduardo Sousa	Vet 3	65	CPT Bairro de Carcavelo	00:36:19	0:03:38
72	38	268	Pedro Carvalho	Senior	42	CCD - APDL	00:36:20	0:03:38
73	39	1387	Paulo Rebelo	Senior	163	Sporting Clube de Lame	00:36:23	0:03:38
74	6	437	Augusto Castro	Vet 3	65	CPT Bairro de Carcavelo	00:36:28	0:03:39
75	8	67	Joao Pereira	Vet 2	7	Afis / Ovar	00:36:31	0:03:39
76	7	69	Antonio Vieira	Vet 3	7	Afis / Ovar	00:36:35	0:03:40
77	40	554	Jose Ferreira	Senior	87	GDR Juventude das Ribe	00:36:35	0:03:40
78	41	870	Mark Macedo	Senior	128	PortoRunners	00:36:39	0:03:40

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79	42	279	Miguel Oliveira	Senior	99999	Individual	00:36:41	0:03:40
80	10	134	Luisa Oliveira	Fem	15	AR Estrela do Sul	00:36:42	0:03:40
81	11	217	Manuel Silva	Vet 1	35	CA Vila Boa do Bispo	00:36:44	0:03:40
82	43	548	Nuno Sousa	Senior	86	GDC Castelo de Paiva	00:36:44	0:03:40
83	44	202	Hugo Gomes	Senior	32	CA de Ovar	00:36:51	0:03:41
84	8	747	Carlos Justo	Vet 3	111	Nucleo Atletismo Taipas	00:36:54	0:03:41
85	45	212	Paulo Abreu	Senior	34	CA Povia do Varzim	00:36:55	0:03:42
86	12	199	Jose Marques	Vet 1	31	CA de Matosinhos	00:36:56	0:03:42
87	9	61	Americo Oliveira	Vet 2	6	AEA Rosa Oliveira	00:36:58	0:03:42
88	10	615	Antonio Dias	Vet 2	93	GR Estrela do Bonfim	00:37:03	0:03:42
89	46	1016	Nuno Miranda	Senior	139	SIC Aldreense	00:37:03	0:03:42
90	11	447	Antonio Meneses	Vet 2	67	CTSM Aguas e Saneame	00:37:04	0:03:42
91	47	203	Jorge Almeida	Senior	32	CA de Ovar	00:37:08	0:03:43
92	12	464	Agostinho Proenca	Vet 2	69	Dasdikes	00:37:13	0:03:43
93	13	431	Amandio Silva	Vet 2	65	CPT Bairro de Carcavelo	00:37:16	0:03:44
94	13	138	Salvador Mancilhe	Vet 1	15	AR Estrela do Sul	00:37:17	0:03:44
95	14	780	Armando Marques	Vet 1	119	Os Flechinhos	00:37:19	0:03:44
96	48	133	Orlando Neves	Senior	14	AR Briosos Valboenses	00:37:20	0:03:44
97	49	588	Diogo Nogueira	Senior	90	GJ Pinheiro da Bemposta	00:37:20	0:03:44
98	15	480	Carlos Magalhaes	Vet 1	73	Eurotransmissao	00:37:21	0:03:44
99	1	1300	Adao Reis	Vet 5	99999	Individual	00:37:24	0:03:44
100	16	137	Porfirio Rocha	Vet 1	15	AR Estrela do Sul	00:37:25	0:03:45
101	50	182	Pedro Goncalves	Senior	26	C.A.R. Marisqueiro	00:37:27	0:03:45
102	2	206	Antonio Branco	Vet 4	32	CA de Ovar	00:37:31	0:03:45
103	14	442	Alberto Soares	Vet 2	66	CRP S.Tiago	00:37:31	0:03:45
104	51	623	Antonio Fontes	Senior	95	Grupo Amizade	00:37:32	0:03:45
105	2	124	Bruno Gaspar	ANDDI	13	ANDDI - Portugal	00:37:35	0:03:46
106	11	168	Sonia Higuera	Fem	21	Atletica Conquense	00:37:36	0:03:46
107	9	640	Carlos Frias	Vet 3	102	Leoes da Guarda	00:37:36	0:03:46
108	17	60	Paulo Oliveira	Vet 1	6	AEA Rosa Oliveira	00:37:37	0:03:46
109	52	564	Diogo Fernandes	Senior	88	Ginasio Clube S.Tirso	00:37:39	0:03:46
110	2	677	Helder Marcolino	Junior	106	Maia Atletico Clube	00:37:40	0:03:46
111	18	779	Sergio Martins	Vet 1	119	Os Flechinhos	00:37:41	0:03:46
112	53	1110	Manuel Mendes	Senior	152	Vitoria Sport Clube	00:37:41	0:03:46
113	54	1281	Paulo Jorge Vidinha	Senior	99999	Individual	00:37:43	0:03:46
114	55	307	Nuno Silva	Senior	50	CF Uniao de Lamas	00:37:44	0:03:46
115	15	762	Mario Carvalho	Vet 2	114	Os 5 a Hora	00:37:47	0:03:47
116	3	439	Joaquim Ribeiro	Vet 4	65	CPT Bairro de Carcavelo	00:37:49	0:03:47
117	12	1003	Claudia Pereira	Fem	136	SC Braga	00:37:50	0:03:47

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8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
118	10	8	Antonio Rocha	Vet 3	165	Toyota / Gaienses	00:37:54	0:03:47
119	16	1127	Joaquim Fernandes	Vet 2	153	Cl Futebol Andorinha	00:37:57	0:03:48
120	3	118	Armando Pereira	ANDDI	13	ANDDI - Portugal	00:37:59	0:03:48
121	56	440	Avelino Freitas	Senior	83	GD S.Paio Oleiros	00:38:00	0:03:48
122	19	3	Armando Rosas	Vet 1	142	Sport Comercio e Salguei	00:38:01	0:03:48
123	17	144	Rodrigo Silva	Vet 2	17	Arada Atletico Clube	00:38:02	0:03:48
124	13	340	Fatima Silva	Fem	53	Cl Desportivo da Povoa	00:38:03	0:03:48
125	57	856	Alexandre Caramenz	Senior	128	PortoRunners	00:38:03	0:03:48
126	58	201	Rui Costa	Senior	32	CA de Ovar	00:38:11	0:03:49
127	59	1113	Rui Veloso	Senior	152	Vitoria Sport Clube	00:38:11	0:03:49
128	18	723	Joao Valente	Vet 2	110	NA Matosinhos - N.A.M	00:38:12	0:03:49
129	19	324	Americo Coelho	Vet 2	52	CIRAC	00:38:15	0:03:49
130	20	1386	Antonio Osorio	Vet 2	163	Sporting Clube de Lame	00:38:16	0:03:50
131	11	937	Manuel Martins	Vet 3	128	PortoRunners	00:38:17	0:03:50
132	60	976	Ala Couto	Senior	134	Rio Largo Cl Espinho	00:38:18	0:03:50
133	14	672	Ceu Costa	Fem	106	Maia Atletico Clube	00:38:21	0:03:50
134	61	731	Adelio Marques	Senior	111	Nucleo Atletismo Taipas	00:38:33	0:03:51
135	21	38	Antonio Leitao	Vet 2	3	ACDL S.Joao de Ver	00:38:34	0:03:51
136	22	278	Americo Pinto	Vet 2	44	CCDT CM de Gondomar	00:38:37	0:03:52
137	12	445	Silverio Guedes	Vet 3	66	CRP S.Tiago	00:38:37	0:03:52
138	62	59	Andre Machado	Senior	6	AEA Rosa Oliveira	00:38:39	0:03:52
139	13	434	Artur Cepeda	Vet 3	65	CPT Bairro de Carcavelo	00:38:41	0:03:52
140	63	884	Oscar Oliveira	Senior	128	PortoRunners	00:38:42	0:03:52
141	64	859	Bruno Martins	Senior	128	PortoRunners	00:38:45	0:03:53
142	65	975	Bruno Dias	Senior	134	Rio Largo Cl Espinho	00:38:45	0:03:53
143	23	448	Joaquim Alves	Vet 2	67	CTSM Aguas e Saneame	00:38:46	0:03:53
144	66	690	Luis Leite	Senior	106	Maia Atletico Clube	00:38:48	0:03:53
145	24	593	Antonio Fonseca	Vet 2	90	GJ Pinheiro da Bemposta	00:38:50	0:03:53
146	14	222	Antonio Correia	Vet 3	35	CA Vila Boa do Bispo	00:38:52	0:03:53
147	67	537	Nuno Pinto	Senior	83	GD S.Paio Oleiros	00:38:52	0:03:53
148	15	957	Raul Ribeiro	Vet 3	129	Portugal Telecom - Braga	00:38:53	0:03:53
149	3	314	Joao Moreira	Junior	51	CIA de Alpendorada	00:38:54	0:03:53
150	68	161	Pedro Pereira	Senior	20	Ass.Academica S.Mame	00:38:56	0:03:54
151	69	271	Carlos Flor	Senior	42	CCD - APDL	00:38:56	0:03:54
152	16	1122	Joao Silva	Vet 3	152	Vitoria Sport Clube	00:38:56	0:03:54
153	70	315	Alcino Silva	Senior	51	CIA de Alpendorada	00:38:57	0:03:54
154	17	576	Luis Silva	Vet 3	88	Ginasio Clube S.Tirso	00:38:58	0:03:54
155	25	1186	Antonio Ruela	Vet 2	99999	Individual	00:38:59	0:03:54
156	71	1023	Antonio Magalhaes	Senior	140	Sinapsa	00:39:00	0:03:54

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Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
157	26	443	Lourenco Cunha	Vet 2	66	CRP S.Tiago	00:39:02	0:03:54
158	15	1002	Laura Silva	Fem	136	SC Braga	00:39:06	0:03:55
159	4	125	Domingos Oliveira	ANDDI	13	ANDDI - Portugal	00:39:09	0:03:55
160	4	265	Pedro Albuquerque	Junior	41	Casa Povo Mangualde	00:39:10	0:03:55
161	72	235	Mario Costa	Senior	37	Caldas S.Jorge SC	00:39:12	0:03:55
162	18	223	Joao Ribeiro	Vet 3	35	CA Vila Boa do Bispo	00:39:14	0:03:55
163	73	411	Mark Velhote	Senior	63	Clube Vodafone	00:39:14	0:03:55
164	74	266	Vitor Salvador	Senior	41	Casa Povo Mangualde	00:39:15	0:03:56
165	75	538	Manuel Belinha	Senior	83	GD S.Paio Oleiros	00:39:15	0:03:56
166	16	622	Vanda Ribeiro	Fem	94	Grecas	00:39:15	0:03:56
167	20	953	Carlos Fernandes	Vet 1	129	Portugal Telecom - Braga	00:39:20	0:03:56
168	76	978	Rui Tavares	Senior	134	Rio Largo CI Espinho	00:39:22	0:03:56
169	27	62	Jorge Oliveira	Vet 2	6	AEA Rosa Oliveira	00:39:24	0:03:56
170	21	204	Edgar Costa	Vet 1	32	CA de Ovar	00:39:25	0:03:56
171	77	432	Carlos Rodrigues	Senior	65	CPT Bairro de Carcavelo	00:39:26	0:03:57
172	19	189	Francisco Rocha	Vet 3	28	CA Amigos de Grijó	00:39:27	0:03:57
173	17	1026	Filipa Almeida	Fem	141	SL Benfica	00:39:27	0:03:57
174	22	35	Rogério Campos	Vet 1	3	ACDL S.Joao de Ver	00:39:29	0:03:57
175	78	45	Eduardo Oliveira	Senior	4	AD da Efacec	00:39:30	0:03:57
176	79	729	Pedro Regueiras	Senior	111	Nucleo Atletismo Taipas	00:39:31	0:03:57
177	80	342	Paulo Silva	Senior	53	CI Desportivo da Povoá	00:39:32	0:03:57
178	81	668	Bruno Santos	Senior	105	Luz e Vida Gondomaren	00:39:32	0:03:57
179	23	308	Miguel Barbosa	Vet 1	50	CF Uniao de Lamas	00:39:34	0:03:57
180	2	546	Carlos Pinheiro	Vet 5	84	GD Santander Totta	00:39:36	0:03:58
181	5	121	Jose Lopes	ANDDI	13	ANDDI - Portugal	00:39:39	0:03:58
182	20	145	David Fernandes	Vet 3	17	Arada Atletico Clube	00:39:39	0:03:58
183	4	147	Carlos Oliveira	Vet 4	17	Arada Atletico Clube	00:39:39	0:03:58
184	82	881	Vasco Batista	Senior	128	PortoRunners	00:39:39	0:03:58
185	21	1323	Manuel Armindo Silva	Vet 3	99999	Individual	00:39:40	0:03:58
186	28	51	Manuel Cardoso	Vet 2	5	AD de Amarante	00:39:42	0:03:58
187	29	463	Jose Sampaio	Vet 2	69	Dasdikes	00:39:42	0:03:58
188	18	632	Carina Marques	Fem	98	JC Irmaos	00:39:43	0:03:58
189	83	1141	Tiago Serra	Senior	99999	Individual	00:39:45	0:03:59
190	3	645	Antonio Guedes	Vet 5	102	Leoes da Guarda	00:39:47	0:03:59
191	84	200	Herder Reis	Senior	32	CA de Ovar	00:39:48	0:03:59
192	19	264	Lurdes Monteiro	Fem	41	Casa Povo Mangualde	00:39:48	0:03:59
193	85	596	Pascoal Melo	Senior	91	GNR Guimaraes	00:39:48	0:03:59
194	5	428	Diogo Cardoso	Junior	65	CPT Bairro de Carcavelo	00:39:49	0:03:59
195	30	239	Paulo Milheiro	Vet 2	37	Caldas S.Jorge SC	00:39:50	0:03:59

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196	31	782	Manuel Gomes	Vet 2	119	Os Flechinhas	00:39:51	0:03:59
197	86	629	Manuel Carvalho	Senior	96	I-Run	00:39:52	0:03:59
198	24	1121	Camilo Guedes	Vet 1	164	Cl Pessoal Aguas de Gai	00:39:52	0:03:59
199	22	1134	Bernardo Perez	Vet 3	155	GD Limpeza Urbana da	00:39:52	0:03:59
200	87	32	Paulo Leitao	Senior	3	ACDL S.Joao de Ver	00:39:57	0:04:00
201	88	807	Analberto Santos	Senior	122	Os Papa Leguas - Famali	00:39:57	0:04:00
202	89	1129	Jose Carlos Gonzalez	Senior	154	Club Alejandro Gomez	00:40:00	0:04:00
203	25	218	Luis Vieira	Vet 1	35	CA Vila Boa do Bispo	00:40:01	0:04:00
204	32	327	Jose Manuel Silva	Vet 2	52	CIRAC	00:40:01	0:04:00
205	90	343	Rui Leites	Senior	53	Cl Desportivo da Povia	00:40:01	0:04:00
206	91	344	Pedro Pontes	Senior	53	Cl Desportivo da Povia	00:40:01	0:04:00
207	33	110	Fernando Santos	Vet 2	12	Amigos Quinta das Freir	00:40:02	0:04:00
208	92	1282	Valter Antao	Senior	99999	Individual	00:40:03	0:04:00
209	23	454	Manuel Ferreira	Vet 3	67	CTSM Aguas e Saneame	00:40:04	0:04:00
210	34	1073	Jose Augusto	Vet 2	149	Tutular Class Runners	00:40:05	0:04:01
211	93	555	Jose Nunes	Senior	87	GDR Juventude das Ribe	00:40:07	0:04:01
212	5	643	Leopoldo Fernandes	Vet 4	102	Leoes da Guarda	00:40:07	0:04:01
213	35	166	Emanuel Marques	Vet 2	20	Ass.Academica S.Mame	00:40:11	0:04:01
214	36	378	Antonio Dias	Vet 2	59	Cl Veteranos do Porto	00:40:14	0:04:01
215	37	694	Jose Silva	Vet 2	106	Maia Atletico Clube	00:40:16	0:04:02
216	94	267	Sergio Gaiao	Senior	42	CCD - APDL	00:40:18	0:04:02
217	24	302	Isidro Miranda	Vet 3	49	CDC de Navais	00:40:20	0:04:02
218	95	989	Jose Monteiro	Senior	135	Sapadores da Invicta AC	00:40:22	0:04:02
219	6	120	Nuno Moreira	ANDDI	13	ANDDI - Portugal	00:40:23	0:04:02
220	38	781	Luis Martins	Vet 2	119	Os Flechinhas	00:40:24	0:04:02
221	39	741	Joao Barbosa	Vet 2	111	Nucleo Atletismo Taipas	00:40:25	0:04:02
222	40	742	Jose Guimares	Vet 2	111	Nucleo Atletismo Taipas	00:40:25	0:04:02
223	26	889	Carlos Pereira	Vet 1	128	PortoRunners	00:40:27	0:04:03
224	4	64	Custodio Oliveira	Vet 5	6	AEA Rosa Oliveira	00:40:28	0:04:03
225	25	1009	Jacinto Oliveira	Vet 3	137	Seixo Sport Club	00:40:29	0:04:03
226	6	1388	Paulo Pereira	Junior	163	Sporting Clube de Lame	00:40:32	0:04:03
227	41	639	Manuel Carneiro	Vet 2	102	Leoes da Guarda	00:40:33	0:04:03
228	26	286	Jose Dias	Vet 3	45	CCRD S.Vicente de Irivo	00:40:34	0:04:03
229	7	122	Jose Ramos	ANDDI	13	ANDDI - Portugal	00:40:42	0:04:04
230	42	542	Mario Nogueira	Vet 2	83	GD S.Paio Oleiros	00:40:43	0:04:04
231	96	692	Jose Ricardo	Senior	106	Maia Atletico Clube	00:40:43	0:04:04
232	43	627	Manuel Almeida	Vet 2	95	Grupo Amizade	00:40:44	0:04:04
233	6	700	Antonio Moreira	Vet 4	106	Maia Atletico Clube	00:40:45	0:04:05
234	27	980	Carlos Cardoso	Vet 1	134	Rio Largo Cl Espinho	00:40:45	0:04:05

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
235	28	236	Jose Carvalho	Vet 1	37	Caldas S.Jorge SC	00:40:47	0:04:05
236	44	1111	Jose Adelino	Vet 2	164	Cl Pessoal Aguas de Gai	00:40:48	0:04:05
237	29	282	Jose Mota	Vet 1	99999	Individual	00:40:51	0:04:05
238	45	1071	Carlos Sousa	Vet 2	149	Tutilar Class Runners	00:40:51	0:04:05
239	46	910	Alexandre Ferreira	Vet 2	128	PortoRunners	00:40:52	0:04:05
240	30	1198	Joaquim Silva	Vet 1	99999	Individual	00:40:52	0:04:05
241	31	607	Paulo Moreira	Vet 1	92	GR de Gaviao	00:40:54	0:04:05
242	47	610	Justino Pereira	Vet 2	92	GR de Gaviao	00:40:54	0:04:05
243	7	362	Augusto Granja	Vet 4	56	Cl Pessoal EDP	00:40:55	0:04:05
244	32	352	Jose Paulo Mendes	Vet 1	54	Cl Galp Energia	00:40:56	0:04:06
245	33	36	Alcides Mendes	Vet 1	3	ACDL S.Joao de Ver	00:40:59	0:04:06
246	48	1060	Joaquim Marques	Vet 2	148	Turbo-Lentos	00:41:00	0:04:06
247	49	821	Carlos Cruz	Vet 2	124	Os Rompe - Solas - V.Co	00:41:02	0:04:06
248	27	179	Abilio Marques	Vet 3	24	Atletismo Freamunde	00:41:03	0:04:06
249	34	515	Alvaro Machado	Vet 1	78	GCDT BES	00:41:03	0:04:06
250	97	778	Duarte Silva	Senior	119	Os Flechinhas	00:41:04	0:04:06
251	98	563	Antonio Mesquita	Senior	88	Ginasio Clube S.Tirso	00:41:05	0:04:07
252	35	733	Ricardo Salgado	Vet 1	111	Nucleo Atletismo Taipas	00:41:05	0:04:07
253	20	297	Filipa Costa	Fem	49	CDC de Navais	00:41:06	0:04:07
254	99	409	Paulo Santos	Senior	61	Clube Escapaes	00:41:08	0:04:07
255	28	936	Luis Sousa Pires	Vet 3	128	PortoRunners	00:41:10	0:04:07
256	100	34	Bruno Rocha	Senior	3	ACDL S.Joao de Ver	00:41:12	0:04:07
257	36	556	Pedro Sanches	Vet 1	87	GDR Juventude das Ribe	00:41:12	0:04:07
258	8	72	Joaquim Vieira	Vet 4	7	Afis / Ovar	00:41:13	0:04:07
259	5	283	Avelino Pereira	Vet 5	44	CCDT CM de Gondomar	00:41:13	0:04:07
260	9	644	Luis Fernandes	Vet 4	102	Leoes da Guarda	00:41:13	0:04:07
261	101	712	Ricardo Arvela	Senior	108	Moto Clube do Porto	00:41:13	0:04:07
262	37	230	Sergio Machado	Vet 1	36	Café Ponto Final	00:41:18	0:04:08
263	38	94	Artur Pereira	Vet 1	11	Amigos de Paranhos	00:41:22	0:04:08
264	102	709	Octavio Coelho	Senior	108	Moto Clube do Porto	00:41:25	0:04:09
265	29	195	Domingos Pinto	Vet 3	29	CA de Avintes	00:41:26	0:04:09
266	10	466	Fernando Pereira	Vet 4	69	Dasdikes	00:41:26	0:04:09
267	50	231	Celestino Silva	Vet 2	36	Café Ponto Final	00:41:27	0:04:09
268	21	421	Angela Correia	Fem	65	CPT Bairro de Carcavelo	00:41:28	0:04:09
269	51	257	Joaquim Monteiro	Vet 2	40	Casa do Benfica - Lousad	00:41:29	0:04:09
270	52	165	Jose Silva	Vet 2	20	Ass.Academica S.Mame	00:41:31	0:04:09
271	30	4	Fernando Camelo	Vet 3	142	Sport Comercio e Salguei	00:41:33	0:04:09
272	39	736	Manuel Mota	Vet 1	111	Nucleo Atletismo Taipas	00:41:37	0:04:10
273	8	126	Claudino Matos	ANDDI	13	ANDDI - Portugal	00:41:39	0:04:10

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
274	103	1018	Paulo Costa	Senior	139	SIC Aldreense	00:41:39	0:04:10
275	53	1343	Manuel Luis	Vet 2	157	NA Cucujaes	00:41:42	0:04:10
276	54	1364	Firmino Nogueira	Vet 2	160	Cl Millenium BCP	00:41:44	0:04:10
277	11	82	Jose Machado	Vet 4	8	Amarante Runnig Team	00:41:45	0:04:10
278	31	111	Antonio Pereira	Vet 3	12	Amigos Quinta das Freir	00:41:47	0:04:11
279	55	461	Joaquim Silva	Vet 2	69	Dasdikes	00:41:48	0:04:11
280	104	174	Carlos Pinto	Senior	24	Atletismo Freamunde	00:41:50	0:04:11
281	40	565	Antonio Gomes	Vet 1	88	Ginasio Clube S.Tirso	00:41:52	0:04:11
282	12	986	Jose Falcao	Vet 4	134	Rio Largo Cl Espinho	00:41:52	0:04:11
283	32	446	Alexandre Silva	Vet 3	66	CRP S.Tiago	00:41:54	0:04:11
284	56	517	Nuno Lima	Vet 2	78	GCDT BES	00:41:54	0:04:11
285	41	256	Antonio Goncalves	Vet 1	40	Casa do Benfica - Lousad	00:41:56	0:04:12
286	105	214	Bruno Caetano	Senior	35	CA Vila Boa do Bispo	00:41:57	0:04:12
287	42	539	Luis Conceicao	Vet 1	83	GD S.Paio Oleiros	00:41:57	0:04:12
288	33	205	Artur Reis	Vet 3	32	CA de Ovar	00:41:59	0:04:12
289	43	905	Joaquim Viana	Vet 1	99999	Individual	00:41:59	0:04:12
290	106	562	Alberto Carneiro	Senior	88	Ginasio Clube S.Tirso	00:42:00	0:04:12
291	107	364	Filipe Ribeiro	Senior	57	Cl Slotcar da Trofa	00:42:01	0:04:12
292	44	1022	Silverio Miranda	Vet 1	139	SIC Aldreense	00:42:02	0:04:12
293	34	196	Antonio Barbosa	Vet 3	30	CA de Ermesinde	00:42:04	0:04:12
294	108	960	Jose Ferreira	Senior	130	PT- Zona Norte	00:42:04	0:04:12
295	109	1220	Andre Soares	Senior	99999	Individual	00:42:07	0:04:13
296	57	152	Luis Carneiro	Vet 2	19	ASH Monte Cordova	00:42:09	0:04:13
297	9	132	Catia Almeida	ANDDI	13	ANDDI - Portugal	00:42:10	0:04:13
298	45	885	Alberto Mendonca	Vet 1	128	PortoRunners	00:42:10	0:04:13
299	110	1256	Sergio Jorge	Senior	99999	Individual	00:42:11	0:04:13
300	35	617	Joaquim Fangueiro	Vet 3	93	GR Estrela do Bonfim	00:42:12	0:04:13
301	46	764	Manuel Peixoto	Vet 1	115	Os Amigos Papa Milhas	00:42:12	0:04:13
302	58	614	Julio Santos	Vet 2	93	GR Estrela do Bonfim	00:42:13	0:04:13
303	47	890	Carlos Rocha	Vet 1	128	PortoRunners	00:42:13	0:04:13
304	59	916	Francisco Costa	Vet 2	128	PortoRunners	00:42:13	0:04:13
305	111	730	Antonio Silva	Senior	111	Nucleo Atletismo Taipas	00:42:14	0:04:13
306	36	370	Manuel Costa	Vet 3	57	Cl Slotcar da Trofa	00:42:16	0:04:14
307	37	575	Jose Leite	Vet 3	88	Ginasio Clube S.Tirso	00:42:16	0:04:14
308	112	715	Joao Ricardo	Senior	108	Moto Clube do Porto	00:42:21	0:04:14
309	60	982	Alvaro Reis	Vet 2	134	Rio Largo Cl Espinho	00:42:21	0:04:14
310	113	429	Candido Guerreiro	Senior	65	CPT Bairro de Carcavelo	00:42:22	0:04:14
311	114	1290	Jose Sa	Senior	99999	Individual	00:42:22	0:04:14
312	38	1348	Antonio Silva	Vet 3	99999	Individual	00:42:24	0:04:14

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Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
313	39	87	Jose Ribeiro	Vet 3	10	Amigos de Campanha	00:42:25	0:04:14
314	61	1117	Joao Oliveira	Vet 2	152	Vitoria Sport Clube	00:42:25	0:04:14
315	40	571	Carlos Rodrigues	Vet 3	88	Ginasio Clube S.Tirso	00:42:26	0:04:15
316	115	1354	Luis Azevedo	Senior	99999	Individual	00:42:26	0:04:15
317	48	377	Paulo Neves	Vet 1	59	Cl Veteranos do Porto	00:42:27	0:04:15
318	62	597	Antonio Corucho	Vet 2	91	GNR Guimaraes	00:42:28	0:04:15
319	41	1180	Fernando Santos	Vet 3	99999	Individual	00:42:28	0:04:15
320	63	652	Paulo Rodrigues	Vet 2	103	Leoes do Veneza	00:42:29	0:04:15
321	64	1001	Joaquim Nunes	Vet 2	135	Sapadores da Invicta AC	00:42:30	0:04:15
322	116	1120	Fernando Santos	Senior	164	Cl Pessoal Aguas de Gai	00:42:30	0:04:15
323	117	994	Rui Ferreira	Senior	135	Sapadores da Invicta AC	00:42:31	0:04:15
324	118	162	Diogo Moreira	Senior	20	Ass.Academica S.Mame	00:42:32	0:04:15
325	119	503	Ricardo Rocha	Senior	76	GA Independentes de Ga	00:42:32	0:04:15
326	120	1112	Ramiro Pinheiro	Senior	152	Vitoria Sport Clube	00:42:33	0:04:15
327	121	601	Jose Oliveira	Senior	92	GR de Gaviao	00:42:35	0:04:16
328	6	356	Manuel Andrade	Vet 5	54	Cl Galp Energia	00:42:36	0:04:16
329	49	276	Miguel Pereira	Vet 1	44	CCDT CM de Gondomar	00:42:38	0:04:16
330	65	450	Henrique Pereira	Vet 2	67	CTSM Aguas e Saneame	00:42:38	0:04:16
331	50	708	Ricardo Sousa	Vet 1	164	Cl Pessoal Aguas de Gai	00:42:38	0:04:16
332	66	68	Jose Rodrigues	Vet 2	7	Afis / Ovar	00:42:40	0:04:16
333	51	608	Rui Lima	Vet 1	92	GR de Gaviao	00:42:40	0:04:16
334	122	303	Hugo Fernandes	Senior	50	CF Uniao de Lamas	00:42:41	0:04:16
335	22	547	Amelia Vieira	Fem	86	GDC Castelo de Paiva	00:42:41	0:04:16
336	67	552	Fernando Ramos	Vet 2	86	GDC Castelo de Paiva	00:42:41	0:04:16
337	123	988	Pedro Albino	Senior	135	Sapadores da Invicta AC	00:42:41	0:04:16
338	52	1147	Joao Capa	Vet 1	99999	Individual	00:42:42	0:04:16
339	124	234	Rui Moreira	Senior	37	Caldas S.Jorge SC	00:42:44	0:04:16
340	125	225	Daniel Rocha	Senior	36	Café Ponto Final	00:42:45	0:04:17
341	126	251	Mario Almeida	Senior	38	Caldas S.Jorge Sport Clu	00:42:45	0:04:17
342	68	616	Carlos Vale	Vet 2	93	GR Estrela do Bonfim	00:42:45	0:04:17
343	7	560	Henrique Pestana	Vet 5	87	GDR Juventude das Ribe	00:42:46	0:04:17
344	53	979	Manuel Silva	Vet 1	134	Rio Largo Cl Espinho	00:42:46	0:04:17
345	127	864	Joao Freitas	Senior	128	PortoRunners	00:42:49	0:04:17
346	128	868	Jorge Carneiro	Senior	128	PortoRunners	00:42:50	0:04:17
347	129	993	Vitor Santos	Senior	135	Sapadores da Invicta AC	00:42:50	0:04:17
348	69	109	Nascimento Pires	Vet 2	12	Amigos Quinta das Freir	00:42:53	0:04:17
349	130	1008	Jorge Pereira	Senior	137	Seixo Sport Club	00:42:53	0:04:17
350	54	1368	Jose Azevedo	Vet 1	160	Cl Millenium BCP	00:42:53	0:04:17
351	55	1176	Paulo Oliveira	Vet 1	99999	Individual	00:42:56	0:04:18

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Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
352	70	766	Jorge Machado	Vet 2	115	Os Amigos Papa Milhas	00:42:58	0:04:18
353	13	1011	Adriano Queiroz	Vet 4	137	Seixo Sport Club	00:43:02	0:04:18
354	131	507	Antonio Cristovao	Senior	77	GA Os Passaroes	00:43:03	0:04:18
355	56	186	Jose Pereira	Vet 1	28	CA Amigos de Grijo	00:43:04	0:04:18
356	7	427	Jose Mendes	Junior	65	CPT Bairro de Carcavelo	00:43:04	0:04:18
357	42	788	Anibal Correia	Vet 3	120	Os Kagados	00:43:04	0:04:18
358	8	115	Armando Macedo	Vet 5	12	Amigos Quinta das Freir	00:43:07	0:04:19
359	43	726	Fernando Santos	Vet 3	110	NA Matosinhos - N.A.M	00:43:09	0:04:19
360	132	590	Bruno Santiago	Senior	90	GJ Pinheiro da Bemposta	00:43:11	0:04:19
361	133	605	Ricardo Lima	Senior	92	GR de Gaviao	00:43:11	0:04:19
362	57	606	Manuel Granja	Vet 1	92	GR de Gaviao	00:43:11	0:04:19
363	44	768	Joaquim Pereira	Vet 3	115	Os Amigos Papa Milhas	00:43:11	0:04:19
364	45	53	Candido Monteiro	Vet 3	5	AD de Amarante	00:43:12	0:04:19
365	134	589	Bruno Costa	Senior	90	GJ Pinheiro da Bemposta	00:43:12	0:04:19
366	135	591	Antonio Fernandes	Senior	90	GJ Pinheiro da Bemposta	00:43:12	0:04:19
367	46	594	Adriano Silva	Vet 3	90	GJ Pinheiro da Bemposta	00:43:12	0:04:19
368	71	722	Angelo Pereira	Vet 2	110	NA Matosinhos - N.A.M	00:43:12	0:04:19
369	72	1358	Manuel Teixeira	Vet 2	160	Cl Millenium BCP	00:43:12	0:04:19
370	58	1249	Luis Alexandrino	Vet 1	99999	Individual	00:43:13	0:04:19
371	59	1264	Joao Oliveira	Vet 1	99999	Individual	00:43:15	0:04:20
372	136	604	Miguel Fernandes	Senior	92	GR de Gaviao	00:43:16	0:04:20
373	137	1291	Fernando Oliveira	Senior	99999	Individual	00:43:16	0:04:20
374	9	1179	Oscar Loureiro	Vet 5	99999	Individual	00:43:18	0:04:20
375	10	830	Vitor Mota	Vet 5	124	Os Rompe - Solas - V.Co	00:43:19	0:04:20
376	138	489	Rui Duarte	Senior	75	G Corrida Welldomus	00:43:21	0:04:20
377	60	898	Luis Chaves	Vet 1	128	PortoRunners	00:43:21	0:04:20
378	47	451	Antonio Souto	Vet 3	67	CTSM Aguas e Saneame	00:43:23	0:04:20
379	14	825	Antonio Mota	Vet 4	124	Os Rompe - Solas - V.Co	00:43:23	0:04:20
380	139	1130	Carlos Machado	Senior	155	GD Limpeza Urbana da	00:43:26	0:04:21
381	73	724	Firmino Loureiro	Vet 2	110	NA Matosinhos - N.A.M	00:43:29	0:04:21
382	61	785	Vasco Magalhaes	Vet 1	120	Os Kagados	00:43:30	0:04:21
383	62	819	Rui Eusebio	Vet 1	124	Os Rompe - Solas - V.Co	00:43:30	0:04:21
384	140	1206	Ricardo Teixeira	Senior	99999	Individual	00:43:32	0:04:21
385	48	198	Jose Rocha	Vet 3	30	CA de Ermesinde	00:43:33	0:04:21
386	15	553	Manuel Vieira	Vet 4	86	GDC Castelo de Paiva	00:43:34	0:04:21
387	63	771	Carlos Vieira	Vet 1	117	Os Cachos	00:43:34	0:04:21
388	64	900	Manuel Rocha	Vet 1	128	PortoRunners	00:43:34	0:04:21
389	141	216	Pedro Teixeira	Senior	35	CA Vila Boa do Bispo	00:43:35	0:04:22
390	65	541	Alcino Santos	Vet 1	83	GD S.Paio Oleiros	00:43:35	0:04:22

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
391	23	718	Elisabete Costa	Fem	110	NA Matosinhos - N.A.M	00:43:35	0:04:22
392	74	838	Silverio Pinto	Vet 2	125	Paulo Albuquerque Segu	00:43:35	0:04:22
393	49	641	Joaquim Teixeira	Vet 3	102	Leoes da Guarda	00:43:36	0:04:22
394	11	951	Pedro Franco	Vet 5	128	PortoRunners	00:43:36	0:04:22
395	12	1357	Jose Caetano	Vet 5	160	Cl Millenium BCP	00:43:36	0:04:22
396	75	744	Augusto Marques	Vet 2	111	Nucleo Atletismo Taipas	00:43:37	0:04:22
397	24	1007	Helena Ferreira	Fem	137	Seixo Sport Club	00:43:37	0:04:22
398	50	330	Alcides Sales	Vet 3	52	CIRAC	00:43:39	0:04:22
399	51	1269	Amandio Fonseca	Vet 3	99999	Individual	00:43:39	0:04:22
400	66	1346	Angelo Menezes	Vet 1	99999	Individual	00:43:39	0:04:22
401	25	155	Carla Mendes	Fem	20	Ass.Academica S.Mame	00:43:41	0:04:22
402	76	650	Jose Pires	Vet 2	103	Leoes do Veneza	00:43:41	0:04:22
403	52	558	Quintino Bacelo	Vet 3	87	GDR Juventude das Ribe	00:43:42	0:04:22
404	16	619	Joaquim Pereira	Vet 4	93	GR Estrela do Bonfim	00:43:42	0:04:22
405	67	625	Jose Manuel Leite	Vet 1	95	Grupo Amizade	00:43:42	0:04:22
406	53	931	Fernando Rocha	Vet 3	128	PortoRunners	00:43:42	0:04:22
407	77	567	Albino Fernandes	Vet 2	88	Ginasio Clube S.Tirso	00:43:44	0:04:22
408	142	1057	Joaquim Oliveira	Senior	148	Turbo-Lentos	00:43:47	0:04:23
409	54	572	Ernesto Brandao	Vet 3	88	Ginasio Clube S.Tirso	00:43:50	0:04:23
410	143	998	Serge Fernandes	Senior	135	Sapadores da Invicta AC	00:43:51	0:04:23
411	68	887	Antonio Ribeiro	Vet 1	128	PortoRunners	00:43:52	0:04:23
412	13	1125	Simao Pereira	Vet 5	152	Vitoria Sport Clube	00:43:53	0:04:23
413	26	58	Herminia Pereira	Fem	6	AEA Rosa Oliveira	00:43:54	0:04:23
414	17	406	Manuel Rolha	Vet 4	60	Clinica Dentaria de Gaia	00:43:55	0:04:24
415	69	609	Manuel Silva	Vet 1	92	GR de Gaviao	00:43:55	0:04:24
416	10	127	Vitor Pereira	ANDDI	13	ANDDI - Portugal	00:43:57	0:04:24
417	55	332	Jose Martins	Vet 3	52	CIRAC	00:43:58	0:04:24
418	70	1289	Rui Costa	Vet 1	99999	Individual	00:43:59	0:04:24
419	14	481	Diamantino Coelho	Vet 5	73	Eurotransmissao	00:44:00	0:04:24
420	144	1035	Candido Franco	Senior	146	Sunset Runners	00:44:00	0:04:24
421	56	1010	Armenio Ferreira	Vet 3	137	Seixo Sport Club	00:44:01	0:04:24
422	71	47	Joaquim Silva	Vet 1	99999	Individual	00:44:02	0:04:24
423	15	287	Adao Franca	Vet 5	45	CCRD S.Vicente de Irivo	00:44:02	0:04:24
424	78	1072	Joaquim Andrade	Vet 2	149	Tutilar Class Runners	00:44:03	0:04:24
425	57	824	Joao Andrade	Vet 3	124	Os Rompe - Solas - V.Co	00:44:05	0:04:25
426	8	12	Danilo Pereira	Junior	1	A. Karate Felgueiras	00:44:06	0:04:25
427	58	510	Artur Nadais	Vet 3	77	GA Os Passaroes	00:44:06	0:04:25
428	79	917	Francisco Lobo	Vet 2	128	PortoRunners	00:44:07	0:04:25
429	59	932	Geraldino Silva	Vet 3	128	PortoRunners	00:44:07	0:04:25

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
430	80	1171	Adriano Santos	Vet 2	99999	Individual	00:44:07	0:04:25
431	72	107	Fernando Coelho	Vet 1	170	Estornorte	00:44:11	0:04:25
432	60	823	Antonio Seabra	Vet 3	124	Os Rompe - Solas - V.Co	00:44:11	0:04:25
433	145	1244	Nuno Martins	Senior	99999	Individual	00:44:13	0:04:25
434	73	176	Antonio Martins	Vet 1	24	Atletismo Freamunde	00:44:14	0:04:25
435	146	1216	Romeu Sousa	Senior	99999	Individual	00:44:14	0:04:25
436	147	649	Vitor Coelho	Senior	103	Leoes do Veneza	00:44:15	0:04:26
437	81	912	Antonio Rogerio	Vet 2	128	PortoRunners	00:44:15	0:04:26
438	148	865	Joao Morais	Senior	128	PortoRunners	00:44:16	0:04:26
439	61	618	Manuel Lopes	Vet 3	93	GR Estrela do Bonfim	00:44:18	0:04:26
440	74	1115	Joao Freitas	Vet 1	152	Vitoria Sport Clube	00:44:18	0:04:26
441	62	23	Artur Ferraz	Vet 3	1	A. Karate Felgueiras	00:44:19	0:04:26
442	149	1087	Jose Dias	Senior	150	UNICER	00:44:19	0:04:26
443	63	1184	Ricardo Neto	Vet 3	99999	Individual	00:44:19	0:04:26
444	64	559	Domingos Vieira	Vet 3	87	GDR Juventude das Ribe	00:44:21	0:04:26
445	16	153	Joaquim Freitas	Vet 5	19	ASH Monte Cordova	00:44:23	0:04:26
446	150	349	Antonio Santos	Senior	54	Cl Galp Energia	00:44:23	0:04:26
447	75	763	Antonio Machado	Vet 1	115	Os Amigos Papa Milhas	00:44:23	0:04:26
448	18	620	Jose Alberto Gomes	Vet 4	93	GR Estrela do Bonfim	00:44:24	0:04:26
449	82	39	Valdemar Alves	Vet 2	3	ACDL S.Joao de Ver	00:44:26	0:04:27
450	65	42	Serafim Rodrigues	Vet 3	3	ACDL S.Joao de Ver	00:44:27	0:04:27
451	151	1259	Carlos Duarte	Senior	99999	Individual	00:44:28	0:04:27
452	17	704	Artur Freitas	Vet 5	106	Maia Atletico Clube	00:44:29	0:04:27
453	76	899	Luis Paulo Teixeira	Vet 1	128	PortoRunners	00:44:29	0:04:27
454	19	172	Armando Novais	Vet 4	23	Atletifafe	00:44:31	0:04:27
455	18	173	Aderito Silva	Vet 5	23	Atletifafe	00:44:31	0:04:27
456	77	441	Jose Morais	Vet 1	66	CRP S.Tiago	00:44:31	0:04:27
457	83	983	Belmiro Rodrigues	Vet 2	134	Rio Largo Cl Espinho	00:44:31	0:04:27
458	78	1092	Gilberto Pires	Vet 1	164	Cl Pessoal Aguas de Gai	00:44:32	0:04:27
459	66	595	Joao Oliveira	Vet 3	90	GJ Pinheiro da Bemposta	00:44:33	0:04:27
460	152	587	Andre Ferreira	Senior	90	GJ Pinheiro da Bemposta	00:44:36	0:04:28
461	20	985	Joaquim Gomes	Vet 4	134	Rio Largo Cl Espinho	00:44:36	0:04:28
462	84	184	Ismael Mata	Vet 2	26	C.A.R. Marisqueiro	00:44:37	0:04:28
463	153	721	Manuel Teixeira	Senior	110	NA Matosinhos - N.A.M	00:44:37	0:04:28
464	67	725	Carlos Pinto	Vet 3	110	NA Matosinhos - N.A.M	00:44:37	0:04:28
465	27	728	Custodia Rodrigues	Fem	111	Nucleo Atletismo Taipas	00:44:37	0:04:28
466	154	872	Nuno Goncalves	Senior	128	PortoRunners	00:44:37	0:04:28
467	85	1229	Vitor Carrico	Vet 2	99999	Individual	00:44:37	0:04:28
468	155	104	Alberto Marques	Senior	12	Amigos Quinta das Freir	00:44:38	0:04:28

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
469	156	457	Pedro Rodrigues	Senior	69	Dasdikes	00:44:38	0:04:28
470	68	653	Armando Cerqueira	Vet 3	103	Leoes do Veneza	00:44:38	0:04:28
471	28	846	Evelina Shamarova	Fem	128	PortoRunners	00:44:39	0:04:28
472	79	1131	Jose Fernando Costa	Vet 1	155	GD Limpeza Urbana da	00:44:39	0:04:28
473	157	1137	Silvino Mourisco	Senior	99999	Individual	00:44:41	0:04:28
474	86	220	Jose Pessoa	Vet 2	35	CA Vila Boa do Bispo	00:44:42	0:04:28
475	29	289	Esmeralda Silva	Fem	47	CD do Candal	00:44:43	0:04:28
476	87	628	Manuel Reis	Vet 2	95	Grupo Amizade	00:44:43	0:04:28
477	158	816	Cesar Canito	Senior	124	Os Rompe - Solas - V.Co	00:44:45	0:04:29
478	80	1392	Antonio Carvalho	Vet 1	170	Estornorte	00:44:45	0:04:29
479	159	1378	Tiago Cunha	Senior	162	Hotel Moutados	00:44:46	0:04:29
480	81	1058	Alvaro Gomes	Vet 1	148	Turbo-Lentos	00:44:51	0:04:29
481	160	458	Ricardo Rocha	Senior	69	Dasdikes	00:44:52	0:04:29
482	82	1322	Fernando Mendes	Vet 1	99999	Individual	00:44:53	0:04:29
483	69	698	Antonio Costa	Vet 3	106	Maia Atletico Clube	00:44:54	0:04:29
484	21	702	Domingos Saavedra	Vet 4	106	Maia Atletico Clube	00:44:54	0:04:29
485	161	973	Tiago Jesus	Senior	133	Recreio Desportivo de A	00:44:54	0:04:29
486	162	990	Rui Araujo	Senior	135	Sapadores da Invicta AC	00:44:54	0:04:29
487	88	1296	Jorge Gomes Fonseca	Vet 2	99999	Individual	00:44:54	0:04:29
488	89	66	Luis Osorio	Vet 2	7	Afis / Ovar	00:44:55	0:04:30
489	70	208	Manuel Silva e Sa	Vet 3	33	CA do Porto	00:44:55	0:04:30
490	71	574	Joao Carlos Silva	Vet 3	88	Ginasio Clube S.Tirso	00:44:57	0:04:30
491	90	1015	Joao Ferreira	Vet 2	138	Sem Treinos	00:44:58	0:04:30
492	163	301	Armando Junqueira	Senior	49	CDC de Navais	00:44:59	0:04:30
493	164	624	Rufino Moreira	Senior	95	Grupo Amizade	00:45:02	0:04:30
494	83	1021	Jose Martins	Vet 1	139	SIC Aldreense	00:45:02	0:04:30
495	84	1292	Joao Pinto	Vet 1	99999	Individual	00:45:05	0:04:31
496	165	366	Paulo Pires	Senior	57	Cl Slotcar da Trofa	00:45:06	0:04:31
497	22	966	Serafim Martins	Vet 4	130	PT- Zona Norte	00:45:06	0:04:31
498	166	185	Filipe Moreira	Senior	28	CA Amigos de Grijo	00:45:08	0:04:31
499	167	1128	Roberto Exposito	Senior	154	Club Alejandro Gomez	00:45:08	0:04:31
500	91	1359	Fernando Trindade	Vet 2	160	Cl Millenium BCP	00:45:08	0:04:31
501	168	224	Carlos Figueiredo	Senior	36	Café Ponto Final	00:45:09	0:04:31
502	23	1311	Antonio Caldas	Vet 4	99999	Individual	00:45:09	0:04:31
503	92	258	Antonio Reis Silva	Vet 2	40	Casa do Benfica - Lousad	00:45:10	0:04:31
504	24	944	Miguel Campos	Vet 4	128	PortoRunners	00:45:10	0:04:31
505	93	1185	Jose Fernandes	Vet 2	99999	Individual	00:45:10	0:04:31
506	169	720	Tiago Costa	Senior	110	NA Matosinhos - N.A.M	00:45:11	0:04:31
507	170	164	Jose Nuno Marques	Senior	20	Ass.Academica S.Mame	00:45:12	0:04:31

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
508	94	444	Maximiano Rodrigues	Vet 2	66	CRP S.Tiago	00:45:12	0:04:31
509	95	745	Guilherme Romano	Vet 2	111	Nucleo Atletismo Taipas	00:45:12	0:04:31
510	96	746	Jose Lopes	Vet 2	111	Nucleo Atletismo Taipas	00:45:12	0:04:31
511	171	1196	Paulo Domingos	Senior	99999	Individual	00:45:14	0:04:31
512	172	991	Antonio Coelho	Senior	135	Sapadores da Invicta AC	00:45:18	0:04:32
513	173	996	Eduardo Fonseca	Senior	135	Sapadores da Invicta AC	00:45:19	0:04:32
514	85	540	Jorge Silva	Vet 1	83	GD S.Paio Oleiros	00:45:20	0:04:32
515	174	603	Augusto Lima	Senior	92	GR de Gaviao	00:45:20	0:04:32
516	86	237	Artur Rodrigues	Vet 1	37	Caldas S.Jorge SC	00:45:21	0:04:32
517	72	699	Fernando Leite	Vet 3	106	Maia Atletico Clube	00:45:21	0:04:32
518	87	175	Joaquim Moreira	Vet 1	24	Atletismo Freamunde	00:45:23	0:04:32
519	25	984	Fernando Couto	Vet 4	134	Rio Largo CI Espinho	00:45:23	0:04:32
520	175	613	Eduardo Marques	Senior	93	GR Estrela do Bonfim	00:45:25	0:04:33
521	73	70	Jose Sousa	Vet 3	7	Afis / Ovar	00:45:26	0:04:33
522	97	801	Manuel Palhares	Vet 2	121	Os Papa Leguas	00:45:27	0:04:33
523	26	580	Manuel Carvalho	Vet 4	88	Ginasio Clube S.Tirso	00:45:29	0:04:33
524	30	855	Susana Simoes	Fem	128	PortoRunners	00:45:30	0:04:33
525	176	879	Telmo Veloso	Senior	128	PortoRunners	00:45:30	0:04:33
526	177	511	Salvador Silva	Senior	78	GCDT BES	00:45:32	0:04:33
527	74	1074	Porfirio Silva	Vet 3	149	Tutilar Class Runners	00:45:32	0:04:33
528	88	1183	Pedro Brito	Vet 1	99999	Individual	00:45:33	0:04:33
529	178	1053	Pedro Brizido	Senior	147	Terroros do Asfalto	00:45:34	0:04:33
530	179	183	Francisco Serrano	Senior	26	C.A.R. Marisqueiro	00:45:35	0:04:34
531	89	734	Joao Sousa	Vet 1	111	Nucleo Atletismo Taipas	00:45:37	0:04:34
532	98	1091	Avelino Sousa	Vet 2	164	Cl Pessoal Aguas de Gai	00:45:37	0:04:34
533	99	177	Fernando Santos	Vet 2	24	Atletismo Freamunde	00:45:38	0:04:34
534	27	55	Jaime Pereira	Vet 4	5	AD de Amarante	00:45:40	0:04:34
535	180	602	Paulo Cunha	Senior	92	GR de Gaviao	00:45:41	0:04:34
536	181	732	Jorge Silva	Senior	111	Nucleo Atletismo Taipas	00:45:41	0:04:34
537	75	243	Antonio Azevedo	Vet 3	37	Caldas S.Jorge SC	00:45:44	0:04:34
538	76	1149	Jose Novais	Vet 3	99999	Individual	00:45:45	0:04:34
539	28	659	Jose Resende	Vet 4	103	Leoes do Veneza	00:45:48	0:04:35
540	100	927	Thierry Dussaubat	Vet 2	128	PortoRunners	00:45:48	0:04:35
541	19	814	Guilherme Goncalves	Vet 5	123	Os Papa Leguas - Porto	00:45:49	0:04:35
542	29	1012	Fernando Vieira	Vet 4	137	Seixo Sport Club	00:45:50	0:04:35
543	77	955	Sergio Silva	Vet 3	129	Portugal Telecom - Braga	00:45:51	0:04:35
544	182	413	Filipe Nascimento	Senior	64	Companhia do Bazofias	00:45:53	0:04:35
545	90	1365	Jose Pires	Vet 1	160	Cl Millenium BCP	00:45:56	0:04:36
546	78	260	Armando Oliveira	Vet 3	40	Casa do Benfica - Lousad	00:45:58	0:04:36

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
547	79	261	Antonio Oliveira	Vet 3	40	Casa do Benfica - Lousad	00:45:58	0:04:36
548	101	569	Manuel Cunha	Vet 2	88	Ginasio Clube S.Tirso	00:45:58	0:04:36
549	183	1381	Jose Cunha	Senior	162	Hotel Moutados	00:45:59	0:04:36
550	31	674	Rosario Martins	Fem	106	Maia Atletico Clube	00:46:01	0:04:36
551	91	693	Nuno Barra	Vet 1	106	Maia Atletico Clube	00:46:01	0:04:36
552	184	1150	Igor Popik	Senior	99999	Individual	00:46:01	0:04:36
553	185	866	Joao Pedro Craveiro	Senior	128	PortoRunners	00:46:02	0:04:36
554	186	414	Artur Costa	Senior	64	Companhia do Bazofias	00:46:03	0:04:36
555	187	158	Daniel Reis	Senior	20	Ass.Academica S.Mame	00:46:04	0:04:36
556	188	1302	Helder Vieira	Senior	99999	Individual	00:46:04	0:04:36
557	30	642	Jose Carlos	Vet 4	102	Leoes da Guarda	00:46:06	0:04:37
558	189	1088	Manuel Lopes	Senior	150	UNICER	00:46:08	0:04:37
559	190	1177	Andre Magalhaes	Senior	99999	Individual	00:46:08	0:04:37
560	20	193	Alberto Paiva	Vet 5	28	CA Amigos de Grijo	00:46:09	0:04:37
561	191	630	Pedro Ezequiel	Senior	97	JAVIP	00:46:09	0:04:37
562	92	228	Joaquim Pinheiro	Vet 1	36	Café Ponto Final	00:46:14	0:04:37
563	32	1049	Donzilia Silva	Fem	147	Terrores do Asfalto	00:46:17	0:04:38
564	192	180	Victor Moreira	Senior	25	B.Volunt. Moreira da Ma	00:46:19	0:04:38
565	193	862	Eduardo Brandao	Senior	128	PortoRunners	00:46:20	0:04:38
566	93	1036	David Sousa	Vet 1	146	Sunset Runners	00:46:21	0:04:38
567	102	1301	Jose Pereira	Vet 2	99999	Individual	00:46:21	0:04:38
568	103	300	Jorge Santos	Vet 2	164	Cl Pessoal Aguas de Gai	00:46:23	0:04:38
569	194	350	Marco Almeida	Senior	54	Cl Galp Energia	00:46:24	0:04:38
570	195	1205	Hugo Pacheco	Senior	99999	Individual	00:46:27	0:04:39
571	21	505	Luis Abreu	Vet 5	76	GA Independentes de Ga	00:46:28	0:04:39
572	22	784	Antonio Coutinho	Vet 5	119	Os Flechinhas	00:46:28	0:04:39
573	31	599	Jose Freitas	Vet 4	91	GNR Guimaraes	00:46:32	0:04:39
574	104	787	Armindo Carvalho	Vet 2	120	Os Kagados	00:46:32	0:04:39
575	196	995	Jose Martins	Senior	135	Sapadores da Invicta AC	00:46:33	0:04:39
576	197	997	Ruben Alves	Senior	135	Sapadores da Invicta AC	00:46:33	0:04:39
577	80	170	Jose Encarnação	Vet 3	22	Atletico Clube Alfenense	00:46:36	0:04:40
578	94	419	Fernando Rothes	Vet 1	64	Companhia do Bazofias	00:46:37	0:04:40
579	33	586	Marisa Pereira	Fem	89	Gira Sol - Ramos Catarin	00:46:37	0:04:40
580	95	894	Joao Paulo Meixedo	Vet 1	128	PortoRunners	00:46:37	0:04:40
581	32	658	Carlos Pereira	Vet 4	103	Leoes do Veneza	00:46:40	0:04:40
582	81	85	Francisco Oliveira	Vet 3	9	Amigos Atletismo de Go	00:46:41	0:04:40
583	105	1100	Agostinho Pimenta	Vet 2	170	Estornorte	00:46:42	0:04:40
584	82	309	Francisco Costa	Vet 3	50	CF Uniao de Lamas	00:46:43	0:04:40
585	106	1085	Manuel Resende	Vet 2	164	Cl Pessoal Aguas de Gai	00:46:43	0:04:40

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
586	198	876	Rui Amaral Mendes	Senior	128	PortoRunners	00:46:44	0:04:40
587	96	1039	Fernando Mendes	Vet 1	146	Sunset Runners	00:46:44	0:04:40
588	83	334	Rogério Silva	Vet 3	52	CIRAC	00:46:45	0:04:41
589	199	1191	Artur Pereira	Senior	99999	Individual	00:46:45	0:04:41
590	200	1226	Rogério Calvo	Senior	99999	Individual	00:46:45	0:04:41
591	107	914	Eurico Pinto	Vet 2	128	PortoRunners	00:46:46	0:04:41
592	23	1080	Eduardo Matos	Vet 5	149	Tutular Class Runners	00:46:47	0:04:41
593	34	1108	Florabela Costa	Fem	152	Vitoria Sport Clube	00:46:47	0:04:41
594	108	178	Eduardo Sousa	Vet 2	24	Atletismo Freamunde	00:46:48	0:04:41
595	97	229	Paulo Marques	Vet 1	36	Café Ponto Final	00:46:48	0:04:41
596	84	598	Jose Vieira	Vet 3	91	GNR Guimaraes	00:46:48	0:04:41
597	201	1013	Paulo Eusebio	Senior	138	Sem Treinos	00:46:48	0:04:41
598	202	1140	Rui Sobral	Senior	99999	Individual	00:46:48	0:04:41
599	98	508	Antonio Santos	Vet 1	77	GA Os Passaroes	00:46:49	0:04:41
600	203	418	Pedro Maia	Senior	64	Companhia do Bazofias	00:46:52	0:04:41
601	109	325	Jorge Mota	Vet 2	52	CIRAC	00:46:53	0:04:41
602	99	566	Francisco Pimenta	Vet 1	88	Ginasio Clube S.Tirso	00:46:55	0:04:41
603	33	783	Joaquim Ferreira	Vet 4	119	Os Flechinhas	00:46:56	0:04:42
604	204	347	Andre Fonseca	Senior	54	Cl Galp Energia	00:46:57	0:04:42
605	100	1059	Americo Couto	Vet 1	148	Turbo-Lentos	00:46:57	0:04:42
606	34	1062	Alberto Sa	Vet 4	148	Turbo-Lentos	00:46:57	0:04:42
607	110	1133	Jose Ribeiro	Vet 2	155	GD Limpeza Urbana da	00:46:57	0:04:42
608	101	37	Jorge Silva	Vet 1	3	ACDL S.Joao de Ver	00:46:58	0:04:42
609	111	50	Fernando Cerqueira	Vet 2	5	AD de Amarante	00:47:00	0:04:42
610	205	536	Alberto Rodrigues	Senior	83	GD S.Paio Oleiros	00:47:00	0:04:42
611	24	945	Antonio Mesquita	Vet 5	128	PortoRunners	00:47:00	0:04:42
612	85	285	Jose Coelho Silva	Vet 3	45	CCRD S.Vicente de Irivo	00:47:01	0:04:42
613	102	895	Jorge Miguel Santos	Vet 1	128	PortoRunners	00:47:02	0:04:42
614	206	1227	Pedro Dias	Senior	99999	Individual	00:47:02	0:04:42
615	25	662	Jose Correia	Vet 5	103	Leoes do Veneza	00:47:04	0:04:42
616	35	1061	Fernando Marinho	Vet 4	148	Turbo-Lentos	00:47:04	0:04:42
617	207	1168	Jorge Gomes	Senior	99999	Individual	00:47:04	0:04:42
618	35	358	Tania Covas Costa	Fem	55	Cl Orientacao Minho (.C	00:47:06	0:04:43
619	208	1393	Amilcar Costa	Senior	170	Estornorte	00:47:06	0:04:43
620	11	131	Rui Machado	ANDDI	13	ANDDI - Portugal	00:47:07	0:04:43
621	209	691	Jorge Marques	Senior	106	Maia Atletico Clube	00:47:08	0:04:43
622	36	543	Armandino Taborda	Vet 4	84	GD Santander Totta	00:47:09	0:04:43
623	210	160	Pedro Magalhaes	Senior	20	Ass.Academica S.Mame	00:47:10	0:04:43
624	112	695	Jose Andrade	Vet 2	106	Maia Atletico Clube	00:47:10	0:04:43

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
625	26	75	Fernando Santos	Vet 5	7	Afis / Ovar	00:47:11	0:04:43
626	86	1394	Osvaldo Oliveira	Vet 3	99999	Individual	00:47:14	0:04:43
627	87	930	Fernando Leite	Vet 3	128	PortoRunners	00:47:15	0:04:44
628	103	1116	Jose Freitas	Vet 1	152	Vitoria Sport Clube	00:47:15	0:04:44
629	113	384	Fernando Goncalves	Vet 2	59	Cl Veteranos do Porto	00:47:19	0:04:44
630	27	1197	Claudino Amado	Vet 5	99999	Individual	00:47:19	0:04:44
631	104	227	Joao Silva	Vet 1	36	Café Ponto Final	00:47:20	0:04:44
632	37	826	Antonio Afonso	Vet 4	124	Os Rompe - Solas - V.Co	00:47:20	0:04:44
633	211	1163	Pedro Branco	Senior	99999	Individual	00:47:20	0:04:44
634	88	956	Jose Maria Pereira	Vet 3	129	Portugal Telecom - Braga	00:47:22	0:04:44
635	105	1321	Jose Brito	Vet 1	99999	Individual	00:47:22	0:04:44
636	38	965	Afonso Moura	Vet 4	130	PT- Zona Norte	00:47:23	0:04:44
637	106	1251	Joao Martins	Vet 1	99999	Individual	00:47:27	0:04:45
638	212	1253	Tiago Castro	Senior	99999	Individual	00:47:27	0:04:45
639	107	219	Fernando Sousa	Vet 1	35	CA Vila Boa do Bispo	00:47:29	0:04:45
640	114	221	Manuel Pinto	Vet 2	35	CA Vila Boa do Bispo	00:47:29	0:04:45
641	213	707	Joao Pedro Pinheiro	Senior	108	Moto Clube do Porto	00:47:30	0:04:45
642	214	367	Ricardo Oliveira	Senior	57	Cl Slotcar da Trofa	00:47:32	0:04:45
643	39	958	Jose Barbosa	Vet 4	164	Cl Pessoal Aguas de Gai	00:47:32	0:04:45
644	115	1119	Joaquim Faria	Vet 2	152	Vitoria Sport Clube	00:47:32	0:04:45
645	89	1123	Casimiro Fernandes	Vet 3	152	Vitoria Sport Clube	00:47:32	0:04:45
646	40	660	Manuel Monteiro	Vet 4	103	Leoes do Veneza	00:47:34	0:04:45
647	28	312	Joaquim Paulino	Vet 5	50	CF Uniao de Lamas	00:47:36	0:04:46
648	41	655	Antonio Silva	Vet 4	103	Leoes do Veneza	00:47:36	0:04:46
649	215	871	Miguel Dias	Senior	128	PortoRunners	00:47:36	0:04:46
650	90	391	Carlos Freire	Vet 3	59	Cl Veteranos do Porto	00:47:37	0:04:46
651	91	933	Jorge Goncalves	Vet 3	128	PortoRunners	00:47:37	0:04:46
652	216	1298	Miguel Barbot	Senior	99999	Individual	00:47:37	0:04:46
653	217	1325	Carlos Maia	Senior	99999	Individual	00:47:38	0:04:46
654	218	1303	Helder Campos	Senior	99999	Individual	00:47:39	0:04:46
655	108	1155	Ricardo Pereira	Vet 1	99999	Individual	00:47:40	0:04:46
656	42	1124	Gaspar Costa	Vet 4	152	Vitoria Sport Clube	00:47:42	0:04:46
657	29	407	Alexandre Barbosa	Vet 5	60	Clinica Dentaria de Gaia	00:47:43	0:04:46
658	219	1283	Rui Mendes	Senior	99999	Individual	00:47:44	0:04:46
659	30	272	Alfredo Rocha	Vet 5	42	CCD - APDL	00:47:45	0:04:47
660	109	1114	Alberto Mendes	Vet 1	152	Vitoria Sport Clube	00:47:45	0:04:47
661	92	112	Domingos Soares	Vet 3	12	Amigos Quinta das Freir	00:47:46	0:04:47
662	110	756	Pedro Mesquita	Vet 1	113	Oporto Squash & Runni	00:47:46	0:04:47
663	116	909	Abel Cardoso	Vet 2	128	PortoRunners	00:47:47	0:04:47

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
664	43	395	Joaquim Meneses	Vet 4	59	Cl Veteranos do Porto	00:47:48	0:04:47
665	93	1043	Miguel Sousa	Vet 3	146	Sunset Runners	00:47:48	0:04:47
666	36	535	Alzira Ferreira	Fem	83	GD S.Paio Oleiros	00:47:49	0:04:47
667	111	903	Nuno Santos	Vet 1	128	PortoRunners	00:47:49	0:04:47
668	94	1076	Jose Cruz	Vet 3	149	Tutular Class Runners	00:47:49	0:04:47
669	95	114	Antonio Mota	Vet 3	12	Amigos Quinta das Freir	00:47:50	0:04:47
670	96	188	Domingos Silva	Vet 3	28	CA Amigos de Grijo	00:47:50	0:04:47
671	31	249	Abel Santos	Vet 5	37	Caldas S.Jorge SC	00:47:50	0:04:47
672	97	1044	Joao Carmo	Vet 3	146	Sunset Runners	00:47:50	0:04:47
673	220	962	Manuel Santos	Senior	130	PT- Zona Norte	00:47:51	0:04:47
674	44	1063	Jose Carneiro	Vet 4	148	Turbo-Lentos	00:47:51	0:04:47
675	112	108	Victor Lima	Vet 1	12	Amigos Quinta das Freir	00:47:53	0:04:47
676	45	335	Laureano Costa	Vet 4	52	CIRAC	00:47:53	0:04:47
677	117	915	Filipe Lemos	Vet 2	128	PortoRunners	00:47:55	0:04:47
678	118	921	Joaquim Barbosa	Vet 2	128	PortoRunners	00:47:55	0:04:47
679	98	929	Fernando Pinto	Vet 3	128	PortoRunners	00:47:55	0:04:47
680	119	981	Manuel Amorim	Vet 2	134	Rio Largo Cl Espinho	00:47:55	0:04:47
681	99	470	Pinto Soares	Vet 3	71	EDP - Fafe	00:47:56	0:04:48
682	113	1037	Helder Gomes	Vet 1	146	Sunset Runners	00:47:57	0:04:48
683	46	1045	Carlos Pinho	Vet 4	146	Sunset Runners	00:47:57	0:04:48
684	32	1250	Custodio Neto	Vet 5	99999	Individual	00:47:58	0:04:48
685	221	468	Pedro Alves	Senior	71	EDP - Fafe	00:47:59	0:04:48
686	120	149	Ernesto Martins	Vet 2	18	As Cansadas da Azenha	00:48:00	0:04:48
687	47	56	Oswaldo Teixeira	Vet 4	5	AD de Amarante	00:48:01	0:04:48
688	121	786	Carlos Andrade	Vet 2	120	Os Kagados	00:48:01	0:04:48
689	122	918	Henrique Morais	Vet 2	128	PortoRunners	00:48:01	0:04:48
690	123	1069	Francisco Neto	Vet 2	149	Tutular Class Runners	00:48:02	0:04:48
691	100	970	Raul Ferreira	Vet 3	132	Rainha do Desporto	00:48:05	0:04:49
692	101	389	Jose Macedo	Vet 3	59	Cl Veteranos do Porto	00:48:07	0:04:49
693	222	803	Gilberto Enes	Senior	122	Os Papa Leguas - Famali	00:48:07	0:04:49
694	37	852	Maria Julia Fernandes	Fem	128	PortoRunners	00:48:07	0:04:49
695	124	954	Francisco Costa	Vet 2	129	Portugal Telecom - Braga	00:48:07	0:04:49
696	48	54	Carlos Macedo	Vet 4	5	AD de Amarante	00:48:08	0:04:49
697	223	1395	Joao Silva	Senior	99999	Individual	00:48:08	0:04:49
698	102	167	Christoph Sermersheim	Vet 3	20	Ass.Academica S.Mame	00:48:09	0:04:49
699	103	113	Agostinho Costa	Vet 3	12	Amigos Quinta das Freir	00:48:11	0:04:49
700	104	97	Mario Mourao	Vet 3	11	Amigos de Paranhos	00:48:12	0:04:49
701	224	1169	Edson Simoes	Senior	99999	Individual	00:48:12	0:04:49
702	114	902	Miguel Magalhaes	Vet 1	128	PortoRunners	00:48:14	0:04:49

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
703	125	1363	Fernando Bastos	Vet 2	160	Cl Millenium BCP	00:48:14	0:04:49
704	225	1329	Jose Martins	Senior	99999	Individual	00:48:15	0:04:50
705	126	765	Joaquim Machado	Vet 2	115	Os Amigos Papa Milhas	00:48:17	0:04:50
706	127	767	Antonio Ferreira	Vet 2	115	Os Amigos Papa Milhas	00:48:17	0:04:50
707	115	818	Carlos Manuel	Vet 1	124	Os Rompe - Solas - V.Co	00:48:18	0:04:50
708	105	1254	Filipe Coimbra	Vet 3	99999	Individual	00:48:19	0:04:50
709	38	719	Cristina Gomes	Fem	110	NA Matosinhos - N.A.M	00:48:20	0:04:50
710	226	806	Helder Silva	Senior	122	Os Papa Leguas - Famali	00:48:24	0:04:50
711	33	467	Antonio Pereira	Vet 5	70	Douro Azul	00:48:25	0:04:50
712	106	941	Rui Vilar	Vet 3	128	PortoRunners	00:48:25	0:04:50
713	227	416	Pedro Melo	Senior	64	Companhia do Bazofias	00:48:26	0:04:51
714	49	754	Luis Bessa	Vet 4	112	Nucleo Karate e Atletism	00:48:31	0:04:51
715	107	753	Armindo Torres	Vet 3	112	Nucleo Karate e Atletism	00:48:32	0:04:51
716	228	103	Rui Alves	Senior	12	Amigos Quinta das Freir	00:48:33	0:04:51
717	34	793	Joaquim Costa	Vet 5	120	Os Kagados	00:48:33	0:04:51
718	35	1210	Antonio Silva	Vet 5	99999	Individual	00:48:33	0:04:51
719	229	1052	Pedro Mouro	Senior	147	Terrores do Asfalto	00:48:37	0:04:52
720	50	504	Candido Rocha	Vet 4	76	GA Independentes de Ga	00:48:39	0:04:52
721	51	1105	Antonio Oliveira	Vet 4	151	Vend&Tec	00:48:39	0:04:52
722	230	1181	Luis Cardoso	Senior	99999	Individual	00:48:40	0:04:52
723	231	869	Luis Abreu	Senior	128	PortoRunners	00:48:41	0:04:52
724	128	773	Manuel Carneiro	Vet 2	117	Os Cachos	00:48:42	0:04:52
725	232	33	Cesar Alves	Senior	3	ACDL S.Joao de Ver	00:48:44	0:04:52
726	116	495	Rui Vieira	Vet 1	75	G Corrida Welldomus	00:48:44	0:04:52
727	233	1384	Joaquim Ferreira	Senior	68	Cyclones	00:48:44	0:04:52
728	129	592	Virgulino Bastos	Vet 2	90	GJ Pinheiro da Bemposta	00:48:45	0:04:52
729	117	893	Joao Vieira	Vet 1	128	PortoRunners	00:48:45	0:04:52
730	130	568	Alvaro Marques	Vet 2	88	Ginasio Clube S.Tirso	00:48:46	0:04:53
731	52	577	Eduardo Ribeiro	Vet 4	88	Ginasio Clube S.Tirso	00:48:46	0:04:53
732	36	583	Eduardo Malheiro	Vet 5	88	Ginasio Clube S.Tirso	00:48:46	0:04:53
733	108	499	Luis Archer	Vet 3	75	G Corrida Welldomus	00:48:47	0:04:53
734	131	299	Manuel Santiago	Vet 2	164	Cl Pessoal Aguas de Gai	00:48:48	0:04:53
735	118	901	Miguel Cunha	Vet 1	128	PortoRunners	00:48:48	0:04:53
736	37	1371	Albino Pinto	Vet 5	134	Rio Largo Cl Espinho	00:48:51	0:04:53
737	234	1315	Nuno Cochicho	Senior	99999	Individual	00:48:52	0:04:53
738	235	1067	Helder Meireles	Senior	149	Tutillar Class Runners	00:48:55	0:04:54
739	132	1070	Jose Rodrigues	Vet 2	149	Tutillar Class Runners	00:48:56	0:04:54
740	38	7	Manuel Ribeiro	Vet 5	118	Os Cansados do Porto	00:48:56	0:04:54
741	236	13	Alberto Lucas	Senior	1	A. Karate Felgueiras	00:48:57	0:04:54

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
742	237	14	Pedro Goucho	Senior	1	A. Karate Felgueiras	00:48:57	0:04:54
743	133	318	Jorge Dias	Vet 2	51	CIA de Alpendorada	00:48:58	0:04:54
744	53	1103	Jose Vieira	Vet 4	150	UNICER	00:48:58	0:04:54
745	134	292	Fernando Nunes	Vet 2	47	CD do Candal	00:48:59	0:04:54
746	109	187	Antonio Fernandes	Vet 3	28	CA Amigos de Grijó	00:49:00	0:04:54
747	238	769	Joao Fonseca	Senior	116	Os Amigos S.Pedro da C	00:49:00	0:04:54
748	119	1274	Bernardino Morais	Vet 1	99999	Individual	00:49:01	0:04:54
749	239	804	Filipe Costa	Senior	122	Os Papa Leguas - Famali	00:49:02	0:04:54
750	120	1068	Jose Teixeira	Vet 1	149	Tutilar Class Runners	00:49:02	0:04:54
751	54	1078	Horacio Teixeira	Vet 4	149	Tutilar Class Runners	00:49:02	0:04:54
752	110	1275	Manuel Soares	Vet 3	99999	Individual	00:49:02	0:04:54
753	111	928	Americo Pais	Vet 3	128	PortoRunners	00:49:08	0:04:55
754	55	74	Mario Conde	Vet 4	7	Afis / Ovar	00:49:10	0:04:55
755	56	776	Alfredo Santos	Vet 4	118	Os Cansados do Porto	00:49:11	0:04:55
756	57	828	Darcilio Calcada	Vet 4	124	Os Rompe - Solas - V.Co	00:49:11	0:04:55
757	135	21	Rui Brochado	Vet 2	1	A. Karate Felgueiras	00:49:12	0:04:55
758	112	1145	Joaquim Silva	Vet 3	99999	Individual	00:49:13	0:04:55
759	136	651	Floriano Arantes	Vet 2	103	Leoes do Veneza	00:49:14	0:04:55
760	121	817	Jose Ouvidor	Vet 1	124	Os Rompe - Solas - V.Co	00:49:14	0:04:55
761	39	534	Jose Manuel Soares	Vet 5	82	GD Os Silvas	00:49:16	0:04:56
762	113	789	Manuel Brandao	Vet 3	120	Os Kagados	00:49:16	0:04:56
763	58	791	Manuel Joaquim	Vet 4	120	Os Kagados	00:49:16	0:04:56
764	114	1077	Lima Nunes	Vet 3	149	Tutilar Class Runners	00:49:17	0:04:56
765	39	154	Alexandra Reis	Fem	20	Ass.Academica S.Mame	00:49:18	0:04:56
766	240	999	Alexandre Mendes	Senior	135	Sapadores da Invicta AC	00:49:18	0:04:56
767	241	304	Jose Palma	Senior	50	CF Uniao de Lamas	00:49:19	0:04:56
768	137	911	Antonio Morais	Vet 2	128	PortoRunners	00:49:19	0:04:56
769	242	1182	Ricardo Gouveia	Senior	99999	Individual	00:49:20	0:04:56
770	59	1234	Mario Carvalho	Vet 4	99999	Individual	00:49:20	0:04:56
771	40	952	Vitor Cardoso	Vet 5	128	PortoRunners	00:49:22	0:04:56
772	243	860	Cesar Barros	Senior	128	PortoRunners	00:49:23	0:04:56
773	41	544	Aderito Teixeira	Vet 5	84	GD Santander Totta	00:49:25	0:04:57
774	138	523	Vitor Marques	Vet 2	79	GD Banco BPI	00:49:27	0:04:57
775	42	506	Amilcar Oliveira	Vet 5	76	GA Independentes de Ga	00:49:28	0:04:57
776	244	713	Ernesto Brochado	Senior	108	Moto Clube do Porto	00:49:29	0:04:57
777	115	1028	Oscar Barreira	Vet 3	144	Sporting Clube da Cruz	00:49:29	0:04:57
778	139	1157	Vitor Lourenco	Vet 2	99999	Individual	00:49:33	0:04:57
779	245	1331	Filipe Silva	Senior	99999	Individual	00:49:33	0:04:57
780	246	875	Renato Cardoso	Senior	128	PortoRunners	00:49:35	0:04:58

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
781	140	1107	Pedro Teixeira	Vet 2	99999	Individual	00:49:36	0:04:58
782	141	380	Paulo Ribeiro	Vet 2	59	Cl Veteranos do Porto	00:49:38	0:04:58
783	142	381	Jose Leite	Vet 2	59	Cl Veteranos do Porto	00:49:38	0:04:58
784	40	646	Flor Madureira	Fem	103	Leoes do Veneza	00:49:38	0:04:58
785	60	656	Fernando Ribeiro	Vet 4	103	Leoes do Veneza	00:49:38	0:04:58
786	247	883	Jose Maria Leal	Senior	128	PortoRunners	00:49:38	0:04:58
787	248	1034	Vitor Sousa	Senior	146	Sunset Runners	00:49:38	0:04:58
788	61	311	Ernesto Carvalho	Vet 4	50	CF Uniao de Lamas	00:49:40	0:04:58
789	62	701	Carlos Carneiro	Vet 4	106	Maia Atletico Clube	00:49:41	0:04:58
790	143	919	Joaquim Peres	Vet 2	128	PortoRunners	00:49:42	0:04:58
791	41	29	Ema Costa	Fem	3	ACDL S.Joao de Ver	00:49:43	0:04:58
792	63	1372	Albano Branco	Vet 4	134	Rio Largo Cl Espinho	00:49:43	0:04:58
793	116	1027	Jorge Borges	Vet 3	143	Sport Viseu e Benfica	00:49:47	0:04:59
794	144	22	Roque Martins	Vet 2	1	A. Karate Felgueiras	00:49:48	0:04:59
795	249	456	Manuel Rebelo Costa	Senior	69	Dasdikes	00:49:48	0:04:59
796	117	438	Jacinto Oliveira	Vet 3	65	CPT Bairro de Carcavelo	00:49:49	0:04:59
797	64	1064	Augusto Pereira	Vet 4	148	Turbo-Lentos	00:49:50	0:04:59
798	250	305	Luis Conceicao	Senior	50	CF Uniao de Lamas	00:49:53	0:04:59
799	42	1046	Rita Rebelo	Fem	147	Terroros do Asfalto	00:49:53	0:04:59
800	43	1213	Mario Vilarinho	Vet 5	99999	Individual	00:49:56	0:05:00
801	43	1221	Lauriane le Breton	Fem	99999	Individual	00:49:56	0:05:00
802	251	415	Ricardo Oliveira	Senior	64	Companhia do Bazofias	00:50:00	0:05:00
803	145	40	Antonio Pinto	Vet 2	3	ACDL S.Joao de Ver	00:50:01	0:05:00
804	44	1223	Isabel Carvalho	Fem	99999	Individual	00:50:02	0:05:00
805	118	697	Sergio Moreira	Vet 3	106	Maia Atletico Clube	00:50:03	0:05:00
806	252	840	Paulo Ramos	Senior	126	Paz Baseball Club - O.Az	00:50:03	0:05:00
807	122	1040	Joaquim Cruz	Vet 1	146	Sunset Runners	00:50:04	0:05:00
808	9	471	Afonso Roll	Junior	85	Escola Movimento	00:50:05	0:05:01
809	123	904	Nuno Silva	Vet 1	128	PortoRunners	00:50:07	0:05:01
810	253	1324	Antonio Oliveira	Senior	99999	Individual	00:50:09	0:05:01
811	254	375	Nuno Sa	Senior	59	Cl Veteranos do Porto	00:50:10	0:05:01
812	65	394	Henrique Goncalves	Vet 4	59	Cl Veteranos do Porto	00:50:10	0:05:01
813	66	191	Victor Sousa	Vet 4	28	CA Amigos de Grijo	00:50:14	0:05:01
814	44	313	Lucidio Dias	Vet 5	50	CF Uniao de Lamas	00:50:14	0:05:01
815	119	1102	Aquiles Moreno	Vet 3	150	UNICER	00:50:14	0:05:01
816	255	226	Filipe Matos	Senior	36	Café Ponto Final	00:50:17	0:05:02
817	45	210	Maria Oliveira	Fem	34	CA Povia do Varzim	00:50:18	0:05:02
818	45	950	Manuel Riboira	Vet 5	128	PortoRunners	00:50:18	0:05:02
819	46	89	Alice Moutinho	Fem	11	Amigos de Paranhos	00:50:20	0:05:02

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
820	146	95	Carlos Cardoso	Vet 2	11	Amigos de Paranhos	00:50:20	0:05:02
821	47	156	Silvia Pedroso	Fem	20	Ass.Academica S.Mame	00:50:20	0:05:02
822	46	404	Antonio Duarte	Vet 5	59	Cl Veteranos do Porto	00:50:20	0:05:02
823	120	526	Jose Fonseca	Vet 3	80	GD Banco de Portugal	00:50:20	0:05:02
824	256	648	Carlos Martins	Senior	103	Leoes do Veneza	00:50:20	0:05:02
825	67	288	Lino Alves	Vet 4	46	CD das Aves	00:50:22	0:05:02
826	257	836	Flavio Carvalho	Senior	125	Paulo Albuquerque Segu	00:50:22	0:05:02
827	48	1139	Leonor Paula	Fem	99999	Individual	00:50:23	0:05:02
828	47	1189	Adriano Fonseca	Vet 5	99999	Individual	00:50:23	0:05:02
829	121	1237	Arminio Sousa	Vet 3	99999	Individual	00:50:25	0:05:03
830	258	83	Pedro Sousa	Senior	9	Amigos Atletismo de Go	00:50:27	0:05:03
831	68	310	Constantino Santos	Vet 4	50	CF Uniao de Lamas	00:50:27	0:05:03
832	49	670	Susana Alves	Fem	106	Maia Atletico Clube	00:50:28	0:05:03
833	259	689	Gilberto Melo	Senior	106	Maia Atletico Clube	00:50:28	0:05:03
834	122	696	Antonio Marcolino	Vet 3	106	Maia Atletico Clube	00:50:28	0:05:03
835	48	545	Auspicio Fernandes	Vet 5	84	GD Santander Totta	00:50:29	0:05:03
836	69	1203	Adriano Barbosa	Vet 4	99999	Individual	00:50:29	0:05:03
837	70	1233	Carlos Carvalho	Vet 4	99999	Individual	00:50:30	0:05:03
838	260	321	Jose Americo	Senior	52	CIRAC	00:50:31	0:05:03
839	147	525	Jose Matos	Vet 2	80	GD Banco de Portugal	00:50:31	0:05:03
840	148	923	Jose Rodrigues	Vet 2	128	PortoRunners	00:50:32	0:05:03
841	123	1236	Gil da Costa	Vet 3	99999	Individual	00:50:33	0:05:03
842	261	135	Catarina Castro	Senior	15	AR Estrela do Sul	00:50:35	0:05:03
843	262	873	Paulo Teixeira	Senior	128	PortoRunners	00:50:35	0:05:03
844	124	1255	Carlos Ramos	Vet 3	99999	Individual	00:50:35	0:05:03
845	50	209	Elisabete Martins	Fem	34	CA Povia do Varzim	00:50:37	0:05:04
846	71	839	Alvaro Vaz	Vet 4	125	Paulo Albuquerque Segu	00:50:37	0:05:04
847	263	491	Joao Araujo	Senior	75	G Corrida Welldomus	00:50:38	0:05:04
848	72	245	Adriano Grilo	Vet 4	37	Caldas S.Jorge SC	00:50:39	0:05:04
849	73	363	Armando Peneda	Vet 4	56	Cl Pessoal EDP	00:50:39	0:05:04
850	149	1161	Mario Martins	Vet 2	99999	Individual	00:50:40	0:05:04
851	49	752	Carlos Silva	Vet 5	111	Nucleo Atletismo Taipas	00:50:41	0:05:04
852	51	1051	Joana Rebelo	Fem	147	Terroros do Asfalto	00:50:41	0:05:04
853	125	244	Joao Oliveira	Vet 3	37	Caldas S.Jorge SC	00:50:46	0:05:05
854	12	130	Eduardo Couto	ANDDI	13	ANDDI - Portugal	00:50:48	0:05:05
855	50	521	Alberto Lizardo	Vet 5	78	GCDT BES	00:50:48	0:05:05
856	124	1263	Peter Gothen	Vet 1	99999	Individual	00:50:49	0:05:05
857	52	853	Marlene Fonseca	Fem	128	PortoRunners	00:50:50	0:05:05
858	51	949	Manuel Veloso	Vet 5	128	PortoRunners	00:50:50	0:05:05

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
859	74	1297	Manuel Emidio	Vet 4	99999	Individual	00:50:50	0:05:05
860	126	1373	Henrique Silva	Vet 3	134	Rio Largo Cl Espinho	00:50:51	0:05:05
861	264	1165	Paulo Rodrigues	Senior	99999	Individual	00:50:52	0:05:05
862	75	336	Eugenio Cordeiro	Vet 4	52	CIRAC	00:50:53	0:05:05
863	265	1257	Antonio Vicente	Senior	99999	Individual	00:50:55	0:05:06
864	127	822	Armindo Rodrigues	Vet 3	124	Os Rompe - Solas - V.Co	00:50:56	0:05:06
865	52	1079	Joaquim Barroso	Vet 5	149	Tutilar Class Runners	00:50:58	0:05:06
866	150	359	Altino Silva	Vet 2	56	Cl Pessoal EDP	00:50:59	0:05:06
867	53	795	Adelino Silva	Vet 5	120	Os Kagados	00:50:59	0:05:06
868	151	497	Antonio Costa Pinto	Vet 2	75	G Corrida Welldomus	00:51:00	0:05:06
869	266	874	Pedro Lopes	Senior	128	PortoRunners	00:51:01	0:05:06
870	152	433	Francisco Peixoto	Vet 2	65	CPT Bairro de Carcavelo	00:51:02	0:05:06
871	125	739	Augusto Rodrigues	Vet 1	111	Nucleo Atletismo Taipas	00:51:02	0:05:06
872	126	891	Delfim Silva	Vet 1	128	PortoRunners	00:51:02	0:05:06
873	267	882	Ricardo Duarte	Senior	128	PortoRunners	00:51:04	0:05:06
874	127	896	Jose Fernando Barbosa	Vet 1	128	PortoRunners	00:51:06	0:05:07
875	268	1243	Joao Pedro Costa	Senior	99999	Individual	00:51:07	0:05:07
876	76	657	Banjamim Kimbuelas	Vet 4	103	Leoes do Veneza	00:51:09	0:05:07
877	153	509	Manuel Andrade	Vet 2	77	GA Os Passaroes	00:51:10	0:05:07
878	154	913	Carlos Salgado	Vet 2	128	PortoRunners	00:51:12	0:05:07
879	155	1118	Jose Fernandes	Vet 2	152	Vitoria Sport Clube	00:51:14	0:05:07
880	269	880	Tiago Andrade	Senior	128	PortoRunners	00:51:16	0:05:08
881	270	878	Sergio Aguiar	Senior	128	PortoRunners	00:51:17	0:05:08
882	271	1156	Filipe Miguel	Senior	99999	Individual	00:51:18	0:05:08
883	272	15	Simao Pereira	Senior	1	A. Karate Felgueiras	00:51:19	0:05:08
884	54	339	Manuel Neiva	Vet 5	52	CIRAC	00:51:20	0:05:08
885	273	1376	Andre Guimaraes	Senior	99999	Individual	00:51:20	0:05:08
886	128	252	Antonio Silva	Vet 3	38	Caldas S.Jorge Sport Clu	00:51:22	0:05:08
887	274	1190	Rui Gomes	Senior	99999	Individual	00:51:22	0:05:08
888	55	1211	Jose Sousa	Vet 5	99999	Individual	00:51:22	0:05:08
889	129	52	Jorge Cerqueira	Vet 3	5	AD de Amarante	00:51:27	0:05:09
890	56	1154	Acacio Aguiar	Vet 5	99999	Individual	00:51:31	0:05:09
891	275	686	Cidalio Oliveira	Senior	106	Maia Atletico Clube	00:51:39	0:05:10
892	130	1242	Americo Andrade	Vet 3	99999	Individual	00:51:40	0:05:10
893	276	1314	Ismael Cardoso	Senior	99999	Individual	00:51:40	0:05:10
894	156	360	Amandio Silva	Vet 2	56	Cl Pessoal EDP	00:51:46	0:05:11
895	57	357	Antonio Cidade	Vet 5	54	Cl Galp Energia	00:51:47	0:05:11
896	277	1090	Filipe Nogueira	Senior	150	UNICER	00:51:49	0:05:11
897	157	770	Paulo Fonseca	Vet 2	116	Os Amigos S.Pedro da C	00:51:51	0:05:11

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
898	77	942	Daniel Cardoso	Vet 4	128	PortoRunners	00:51:51	0:05:11
899	128	291	Antonio Lopes	Vet 1	47	CD do Candal	00:51:52	0:05:11
900	58	946	Fernando Melo	Vet 5	128	PortoRunners	00:52:00	0:05:12
901	129	19	Carlos Pereira	Vet 1	1	A. Karate Felgueiras	00:52:04	0:05:12
902	78	1231	Augusto Machado	Vet 4	99999	Individual	00:52:05	0:05:13
903	59	1151	Jose Neto	Vet 5	99999	Individual	00:52:06	0:05:13
904	60	319	Jose Magalhaes	Vet 5	51	CIA de Alpendorada	00:52:07	0:05:13
905	158	326	Amadeu Cruz	Vet 2	52	CIRAC	00:52:07	0:05:13
906	61	968	Couto Soares	Vet 5	130	PT- Zona Norte	00:52:08	0:05:13
907	278	1170	Luis Gomes	Senior	99999	Individual	00:52:08	0:05:13
908	130	1284	Lourenco Moura	Vet 1	99999	Individual	00:52:08	0:05:13
909	279	1351	Ricardo Sousa	Senior	99999	Individual	00:52:09	0:05:13
910	79	1352	Jose Sousa	Vet 4	99999	Individual	00:52:09	0:05:13
911	280	1353	Francisco Moreira	Senior	99999	Individual	00:52:09	0:05:13
912	281	269	Bruno Rocha	Senior	42	CCD - APDL	00:52:10	0:05:13
913	131	469	Miguel Silva	Vet 1	71	EDP - Fafe	00:52:12	0:05:13
914	282	1167	Nuno Quintela	Senior	99999	Individual	00:52:14	0:05:13
915	283	1086	Antonio Lameira	Senior	150	UNICER	00:52:19	0:05:14
916	62	355	Manuel Rocha	Vet 5	54	Cl Galp Energia	00:52:20	0:05:14
917	284	1066	Roberto Rodrigues	Senior	149	Tutillar Class Runners	00:52:20	0:05:14
918	132	1132	Vitor Silva	Vet 1	155	GD Limpeza Urbana da	00:52:20	0:05:14
919	285	759	Cipriano Sousa	Senior	114	Os 5 a Hora	00:52:22	0:05:14
920	159	96	Jose Leites	Vet 2	11	Amigos de Paranhos	00:52:23	0:05:14
921	160	255	Marinho Pereira	Vet 2	170	Estornorte	00:52:23	0:05:14
922	80	827	Manuel Silva	Vet 4	124	Os Rompe - Solas - V.Co	00:52:23	0:05:14
923	63	829	Manuel Magalhaes	Vet 5	124	Os Rompe - Solas - V.Co	00:52:23	0:05:14
924	133	1396	Adelino Guimaraes	Vet 1	170	Estornorte	00:52:23	0:05:14
925	286	1200	Helder Ferreira	Senior	99999	Individual	00:52:27	0:05:15
926	131	774	Altamiro Teixeira	Vet 3	117	Os Cachos	00:52:28	0:05:15
927	287	1214	Bruno Vilarinho	Senior	99999	Individual	00:52:28	0:05:15
928	161	1273	Henrique Rocha	Vet 2	99999	Individual	00:52:28	0:05:15
929	132	775	Manuel Teixeira	Vet 3	117	Os Cachos	00:52:29	0:05:15
930	64	832	Francisco Carvalho	Vet 5	124	Os Rompe - Solas - V.Co	00:52:31	0:05:15
931	288	1295	Manuel Tavares	Senior	99999	Individual	00:52:31	0:05:15
932	53	371	Carmo Marinho	Fem	58	Cl Val D'Agua	00:52:32	0:05:15
933	65	250	Albano Miranda	Vet 5	37	Caldas S.Jorge SC	00:52:33	0:05:15
934	66	253	Ramiro Monteiro	Vet 5	38	Caldas S.Jorge Sport Clu	00:52:33	0:05:15
935	67	967	Manuel Carneiro	Vet 5	130	PT- Zona Norte	00:52:43	0:05:16
936	289	488	Ricardo Flaminio	Senior	75	G Corrida Welldomus	00:52:47	0:05:17

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
937	134	1248	Antonio Cunha	Vet 1	99999	Individual	00:52:49	0:05:17
938	68	78	Manuel Rilho	Vet 5	7	Afis / Ovar	00:52:53	0:05:17
939	290	351	Pedro Gomes	Senior	54	Cl Galp Energia	00:52:55	0:05:17
940	162	1042	Goncalo Teixeira	Vet 2	146	Sunset Runners	00:52:56	0:05:18
941	133	748	Francisco Marques	Vet 3	111	Nucleo Atletismo Taipas	00:52:58	0:05:18
942	291	1379	Jesus Campos	Senior	162	Hotel Moutados	00:52:59	0:05:18
943	134	452	Antonio Barbosa	Vet 3	67	CTSM Aguas e Saneame	00:53:02	0:05:18
944	69	1332	Jose Mario Ribeiro	Vet 5	99999	Individual	00:53:02	0:05:18
945	292	1382	Paulo Gomes	Senior	99999	Individual	00:53:05	0:05:19
946	293	1222	Armando Ferreira	Senior	99999	Individual	00:53:06	0:05:19
947	135	1344	Jose Maria Santos	Vet 1	158	Turbolentos da Maia	00:53:07	0:05:19
948	81	943	Manuel Ribeiro	Vet 4	128	PortoRunners	00:53:10	0:05:19
949	294	1260	Joao Lopes	Senior	99999	Individual	00:53:13	0:05:19
950	136	26	Paulo Lima	Vet 1	2	a.b.c. - Porto	00:53:15	0:05:20
951	163	27	Augusto Roza	Vet 2	2	a.b.c. - Porto	00:53:15	0:05:20
952	82	146	Germano Paiva	Vet 4	17	Arada Atletico Clube	00:53:18	0:05:20
953	70	669	Abilio Sousa	Vet 5	99999	Individual	00:53:19	0:05:20
954	164	1383	Antonio Bastos	Vet 2	170	Estornorte	00:53:19	0:05:20
955	295	760	Armando Neves	Senior	114	Os 5 a Hora	00:53:23	0:05:20
956	71	947	Jose Alberto Pinto	Vet 5	128	PortoRunners	00:53:24	0:05:20
957	296	1172	Joao Cacheira	Senior	99999	Individual	00:53:24	0:05:20
958	135	1232	Alipio Lopes	Vet 3	99999	Individual	00:53:24	0:05:20
959	297	1175	Pedro Quesado	Senior	99999	Individual	00:53:25	0:05:20
960	83	192	Jorge Vieira	Vet 4	28	CA Amigos de Grijó	00:53:26	0:05:21
961	72	194	Manuel Couto	Vet 5	28	CA Amigos de Grijó	00:53:26	0:05:21
962	298	348	Hugo Santos	Senior	54	Cl Galp Energia	00:53:26	0:05:21
963	73	797	Belmiro Aguiar	Vet 5	120	Os Kagados	00:53:26	0:05:21
964	84	1204	Antonio Santos	Vet 4	99999	Individual	00:53:26	0:05:21
965	136	333	Joaquim Oliveira	Vet 3	52	CIRAC	00:53:27	0:05:21
966	54	487	Fatima Ramos	Fem	75	G Corrida Welldomus	00:53:28	0:05:21
967	299	513	Jose Raimundo	Senior	78	GCDT BES	00:53:29	0:05:21
968	300	1144	Antonio Rompante	Senior	99999	Individual	00:53:31	0:05:21
969	74	1370	Eduardo Barbosa	Vet 5	134	Rio Largo Cl Espinho	00:53:36	0:05:22
970	165	1272	Raul Fontes	Vet 2	99999	Individual	00:53:40	0:05:22
971	85	703	Agostinho Santos	Vet 4	106	Maia Atletico Clube	00:53:45	0:05:22
972	166	465	Fernando Silva	Vet 2	69	Dasdikes	00:53:46	0:05:23
973	86	501	Jose Afonso	Vet 4	75	G Corrida Welldomus	00:53:46	0:05:23
974	301	1238	Goncalo da Costa	Senior	99999	Individual	00:53:47	0:05:23
975	75	661	Armandino Cramez	Vet 5	103	Leoes do Veneza	00:53:50	0:05:23

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
976	87	246	Manuel Couto	Vet 4	37	Caldas S.Jorge SC	00:53:52	0:05:23
977	137	886	Antonio Baptista	Vet 1	128	PortoRunners	00:53:53	0:05:23
978	88	294	Artur Romero	Vet 4	47	CD do Candal	00:53:55	0:05:23
979	167	820	Carlos Teixeira	Vet 2	124	Os Rompe - Solas - V.Co	00:53:56	0:05:24
980	302	1096	Koon Lai	Senior	150	UNICER	00:53:58	0:05:24
981	137	472	Antonio Barata	Vet 3	72	Equipa Tabaqueira	00:54:00	0:05:24
982	303	710	Luis Silva	Senior	108	Moto Clube do Porto	00:54:03	0:05:24
983	55	486	Maria Joao Landau	Fem	75	G Corrida Welldomus	00:54:04	0:05:24
984	304	493	Bruno Soares	Senior	75	G Corrida Welldomus	00:54:04	0:05:24
985	168	1055	Jose Antonio Chaves	Vet 2	147	Terrores do Asfalto	00:54:08	0:05:25
986	138	906	Ricardo Leao	Vet 1	128	PortoRunners	00:54:09	0:05:25
987	305	1031	Jose Cheu	Senior	145	Starolas	00:54:11	0:05:25
988	306	1033	Rui Andrade	Senior	145	Starolas	00:54:11	0:05:25
989	169	800	Manuel Gomes	Vet 2	121	Os Papa Leguas	00:54:12	0:05:25
990	10	1328	Diogo Lopes	Junior	99999	Individual	00:54:13	0:05:25
991	307	43	Armando Teixeira	Senior	4	AD da Efacec	00:54:15	0:05:26
992	308	631	Helder Oquiniam	Senior	97	JAVIP	00:54:15	0:05:26
993	56	844	Elisabete Goncalves	Fem	99999	Individual	00:54:15	0:05:26
994	309	502	Paulo Abreu	Senior	76	GA Independentes de Ga	00:54:16	0:05:26
995	170	924	Manuel Costa	Vet 2	128	PortoRunners	00:54:17	0:05:26
996	171	462	Vasco Figueiredo	Vet 2	69	Dasdikes	00:54:21	0:05:26
997	172	1339	Fernando Silva	Vet 2	156	Ponto Beer	00:54:23	0:05:26
998	138	570	Carlos Nobrega	Vet 3	88	Ginasio Clube S.Tirso	00:54:24	0:05:26
999	76	582	Artur Silva	Vet 5	88	Ginasio Clube S.Tirso	00:54:24	0:05:26
1000	57	424	Teresa Ferreira	Fem	65	CPT Bairro de Carcavelo	00:54:26	0:05:27
1001	77	972	Albino Oliveira	Vet 5	132	Rainha do Desporto	00:54:26	0:05:27
1002	310	48	Luis Lopes	Senior	4	AD da Efacec	00:54:30	0:05:27
1003	311	877	Rui Silva Pinho	Senior	128	PortoRunners	00:54:32	0:05:27
1004	173	1109	Rui Teixeira	Vet 2	99999	Individual	00:54:32	0:05:27
1005	174	84	Antonio Campos	Vet 2	9	Amigos Atletismo de Go	00:54:34	0:05:27
1006	312	1347	Paulo Pinho	Senior	99999	Individual	00:54:34	0:05:27
1007	78	777	Fernando Pimenta	Vet 5	118	Os Cansados do Porto	00:54:37	0:05:28
1008	139	516	Jose Teixeira	Vet 1	78	GCDT BES	00:54:41	0:05:28
1009	140	761	Alberto Alves	Vet 1	114	Os 5 a Hora	00:54:44	0:05:28
1010	313	1104	Ricardo Ferreira	Senior	151	Vend&Tec	00:54:45	0:05:28
1011	141	1327	Luis Lopes	Vet 1	99999	Individual	00:54:47	0:05:29
1012	142	323	Joaquim Pedrosa	Vet 1	52	CIRAC	00:54:48	0:05:29
1013	58	1082	Fernanda Machado	Fem	150	UNICER	00:54:56	0:05:30
1014	314	861	Edson Pina	Senior	128	PortoRunners	00:54:57	0:05:30

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1015	315	974	Candido Lamas	Senior	133	Recreio Desportivo de A	00:54:57	0:05:30
1016	59	1084	Ana Patricia Rocha	Fem	150	UNICER	00:54:57	0:05:30
1017	143	1099	Jorge Basto	Vet 1	150	UNICER	00:54:57	0:05:30
1018	60	1081	Maria Luisa Goncalves	Fem	150	UNICER	00:54:58	0:05:30
1019	61	423	Maria Silva	Fem	65	CPT Bairro de Carcavelo	00:54:59	0:05:30
1020	144	1360	Joaquim Couto	Vet 1	160	Cl Millenium BCP	00:55:00	0:05:30
1021	89	581	Manuel Figueiredo	Vet 4	88	Ginasio Clube S.Tirso	00:55:08	0:05:31
1022	90	971	Jose Azevedo	Vet 4	132	Rainha do Desporto	00:55:08	0:05:31
1023	79	5	Henrique Ingles	Vet 5	142	Sport Comercio e Salguei	00:55:11	0:05:31
1024	62	561	Conceicao Correia	Fem	88	Ginasio Clube S.Tirso	00:55:14	0:05:31
1025	91	1065	Joao Marques	Vet 4	148	Turbo-Lentos	00:55:14	0:05:31
1026	63	843	Cristina Gomes	Fem	128	PortoRunners	00:55:17	0:05:32
1027	145	1391	Cesar Santos	Vet 1	99999	Individual	00:55:17	0:05:32
1028	64	484	Joana Reina	Fem	75	G Corrida Welldomus	00:55:21	0:05:32
1029	316	492	Antonio Martins	Senior	75	G Corrida Welldomus	00:55:21	0:05:32
1030	65	232	Liliana Costa	Fem	37	Caldas S.Jorge SC	00:55:22	0:05:32
1031	317	1014	Antonio Barbosa	Senior	138	Sem Treinos	00:55:23	0:05:32
1032	92	98	Valdemar Vinhas	Vet 4	11	Amigos de Paranhos	00:55:24	0:05:32
1033	139	1265	Alberto Silva	Vet 3	99999	Individual	00:55:26	0:05:33
1034	318	1377	Helio Machado	Senior	162	Hotel Moutados	00:55:31	0:05:33
1035	319	1380	Ricardo Pereira	Senior	162	Hotel Moutados	00:55:31	0:05:33
1036	140	573	Gentil Martins	Vet 3	88	Ginasio Clube S.Tirso	00:55:33	0:05:33
1037	66	850	Joana Duarte	Fem	128	PortoRunners	00:55:41	0:05:34
1038	320	835	Carlos Azevedo	Senior	125	Paulo Albuquerque Segu	00:55:48	0:05:35
1039	80	76	Jorge Pina Pinto	Vet 5	7	Afis / Ovar	00:55:51	0:05:35
1040	141	1219	Herminio Mota	Vet 3	99999	Individual	00:55:51	0:05:35
1041	321	1313	Joao Viegas	Senior	99999	Individual	00:55:56	0:05:36
1042	67	796	Sofia Oliveira	Fem	34	CA Povoá do Varzim	00:56:04	0:05:36
1043	93	518	Mario Bessa	Vet 4	78	GCDT BES	00:56:05	0:05:36
1044	94	1241	Carlos Capela	Vet 4	99999	Individual	00:56:05	0:05:36
1045	81	527	Coelho Ferreira	Vet 5	80	GD Banco de Portugal	00:56:06	0:05:37
1046	322	1326	Hugo Domingues	Senior	99999	Individual	00:56:08	0:05:37
1047	142	473	Henrique Fonseca	Vet 3	72	Equipa Tabaqueira	00:56:10	0:05:37
1048	323	44	Ricardo Pinto	Senior	4	AD da Efacec	00:56:16	0:05:38
1049	324	959	Sergio Ferreira	Senior	130	PT- Zona Norte	00:56:16	0:05:38
1050	325	963	Fabio Bento	Senior	130	PT- Zona Norte	00:56:17	0:05:38
1051	146	1310	Francisco Monteiro	Vet 1	99999	Individual	00:56:22	0:05:38
1052	147	1271	Fernando Rodrigues	Vet 1	99999	Individual	00:56:24	0:05:38
1053	68	809	Sofia Brandao	Fem	123	Os Papa Leguas - Porto	00:56:30	0:05:39

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1054	69	810	Raquel Carvalho	Fem	123	Os Papa Leguas - Porto	00:56:30	0:05:39
1055	82	1126	Jeronimo Nogueira	Vet 5	152	Vitoria Sport Clube	00:56:33	0:05:39
1056	83	1212	Joao Matos	Vet 5	99999	Individual	00:56:34	0:05:39
1057	326	1193	Ricardo Henriques	Senior	99999	Individual	00:56:36	0:05:40
1058	84	1106	Francisco Calado	Vet 5	99999	Individual	00:56:37	0:05:40
1059	148	888	Antonio Silva	Vet 1	128	PortoRunners	00:56:44	0:05:40
1060	70	1239	Ana Pereira	Fem	99999	Individual	00:56:44	0:05:40
1061	175	383	Jose Maria	Vet 2	59	Cl Veteranos do Porto	00:56:45	0:05:40
1062	85	399	Manuel Pereira	Vet 5	59	Cl Veteranos do Porto	00:56:45	0:05:40
1063	86	794	Augusto Pinto	Vet 5	120	Os Kagados	00:56:47	0:05:41
1064	176	1266	Pedro Fernandes	Vet 2	99999	Individual	00:56:51	0:05:41
1065	87	520	Jose Teixeira	Vet 5	78	GCDT BES	00:56:52	0:05:41
1066	71	157	Ana Antunes	Fem	20	Ass.Academica S.Mame	00:56:53	0:05:41
1067	327	159	Nuno Barros	Senior	20	Ass.Academica S.Mame	00:56:54	0:05:41
1068	328	671	Hugo Lima	Senior	99999	Individual	00:57:01	0:05:42
1069	329	1270	Silverio Morales	Senior	99999	Individual	00:57:03	0:05:42
1070	330	163	Eurico Coelho	Senior	20	Ass.Academica S.Mame	00:57:05	0:05:42
1071	72	755	Marta Neves	Fem	113	Oporto Squash & Runni	00:57:05	0:05:42
1072	73	1178	Joana Carvalho	Fem	99999	Individual	00:57:10	0:05:43
1073	331	1199	Jose Luis Alves	Senior	99999	Individual	00:57:11	0:05:43
1074	95	1288	Jose Ramalhao	Vet 4	99999	Individual	00:57:11	0:05:43
1075	177	1304	Joao Monteiro	Vet 2	99999	Individual	00:57:12	0:05:43
1076	178	207	Joaquim Pereira	Vet 2	33	CA do Porto	00:57:13	0:05:43
1077	332	687	Carlos Prata	Senior	106	Maia Atletico Clube	00:57:16	0:05:44
1078	333	688	Pedro Rodrigues	Senior	106	Maia Atletico Clube	00:57:16	0:05:44
1079	96	1215	Duarte Sa	Vet 4	99999	Individual	00:57:16	0:05:44
1080	149	1312	Vitor Leal	Vet 1	99999	Individual	00:57:16	0:05:44
1081	88	1336	Francisco Forte	Vet 5	99999	Individual	00:57:22	0:05:44
1082	179	385	Antonio Vieira	Vet 2	59	Cl Veteranos do Porto	00:57:24	0:05:44
1083	74	1083	Sara Martins	Fem	150	UNICER	00:57:25	0:05:44
1084	89	1230	Fernando Couto	Vet 5	99999	Individual	00:57:28	0:05:45
1085	143	1277	Jose Antonio Pinto	Vet 3	99999	Individual	00:57:29	0:05:45
1086	334	811	Rui Castro	Senior	123	Os Papa Leguas - Porto	00:57:32	0:05:45
1087	75	79	Natercia Teixeira	Fem	8	Amarante Runnig Team	00:57:34	0:05:45
1088	97	812	Joaquim Sousa	Vet 4	123	Os Papa Leguas - Porto	00:57:36	0:05:46
1089	144	790	Paulo Almeida	Vet 3	120	Os Kagados	00:57:42	0:05:46
1090	90	1349	Oliveira Gomes	Vet 5	159	AAE-BNU - P.Barca	00:57:42	0:05:46
1091	91	1350	Francisco Lopes	Vet 5	99999	Individual	00:57:42	0:05:46
1092	335	1146	Angelo Senra	Senior	99999	Individual	00:57:44	0:05:46

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1093	76	1369	Margarida Quaresma	Fem	134	Rio Largo Cl Espinho	00:57:45	0:05:47
1094	98	397	Luis Silva	Vet 4	59	Cl Veteranos do Porto	00:57:51	0:05:47
1095	145	802	Antonio Vilacova	Vet 3	121	Os Papa Leguas	00:57:51	0:05:47
1096	92	842	Alberto Melo	Vet 5	127	Pinto & Cruz	00:57:51	0:05:47
1097	180	666	Joaquim Miranda	Vet 2	104	Levanta Poeira	00:57:55	0:05:47
1098	336	805	Nuno Ribeiro	Senior	122	Os Papa Leguas - Famali	00:57:56	0:05:48
1099	337	808	Davide Ferreira	Senior	122	Os Papa Leguas - Famali	00:57:56	0:05:48
1100	77	675	Fernanda Costa	Fem	106	Maia Atletico Clube	00:57:57	0:05:48
1101	78	1355	Sofia Rodrigues	Fem	99999	Individual	00:57:58	0:05:48
1102	338	663	Mario Leandro	Senior	104	Levanta Poeira	00:58:02	0:05:48
1103	339	1294	Raul Pereira	Senior	99999	Individual	00:58:03	0:05:48
1104	340	1160	Miguel Martins	Senior	99999	Individual	00:58:04	0:05:48
1105	341	1173	Bruno Coelho	Senior	99999	Individual	00:58:08	0:05:49
1106	181	1366	Armando Martins	Vet 2	160	Cl Millenium BCP	00:58:09	0:05:49
1107	93	948	Jose Teixeira	Vet 5	128	PortoRunners	00:58:10	0:05:49
1108	94	1208	Edmundo Silva	Vet 5	99999	Individual	00:58:10	0:05:49
1109	79	1048	Gloria Baptista	Fem	147	Terrores do Asfalto	00:58:11	0:05:49
1110	95	1337	Angelo Moreira	Vet 5	99999	Individual	00:58:13	0:05:49
1111	342	1338	Miguel Costa	Senior	99999	Individual	00:58:13	0:05:49
1112	80	422	Ana Baptista	Fem	65	CPT Bairro de Carcavelo	00:58:16	0:05:50
1113	81	425	Margarida Nunes	Fem	65	CPT Bairro de Carcavelo	00:58:16	0:05:50
1114	150	1162	Rui Goncalves	Vet 1	99999	Individual	00:58:19	0:05:50
1115	151	1293	Jorge Pereira	Vet 1	99999	Individual	00:58:20	0:05:50
1116	99	1235	Jose Machado	Vet 4	99999	Individual	00:58:22	0:05:50
1117	182	1095	Alberto Carvalho	Vet 2	164	Cl Pessoal Aguas de Gai	00:58:26	0:05:51
1118	82	848	Flavia Aliberti	Fem	128	PortoRunners	00:58:32	0:05:51
1119	343	1307	Mohammed Moudnib	Senior	99999	Individual	00:58:32	0:05:51
1120	344	105	Alexandre Caetano	Senior	12	Amigos Quinta das Freir	00:58:33	0:05:51
1121	146	361	Aderito Teixeira	Vet 3	56	Cl Pessoal EDP	00:58:35	0:05:52
1122	152	1306	Manuel Oliveira	Vet 1	99999	Individual	00:58:38	0:05:52
1123	345	417	Pedro Cruz	Senior	64	Companhia do Bazofias	00:58:42	0:05:52
1124	83	1047	Isabel Henriques	Fem	147	Terrores do Asfalto	00:58:42	0:05:52
1125	96	519	Delfim Guedes	Vet 5	78	GCDT BES	00:58:50	0:05:53
1126	97	320	Manuel Barbosa	Vet 5	51	CIA de Alpendorada	00:59:01	0:05:54
1127	84	1305	Canceicao Pinto	Fem	99999	Individual	00:59:04	0:05:54
1128	346	1356	Nuno Botte	Senior	160	Cl Millenium BCP	00:59:06	0:05:55
1129	153	897	Jose Espirito Santo	Vet 1	128	PortoRunners	00:59:09	0:05:55
1130	154	494	Vitor Leite	Vet 1	75	G Corrida Welldomus	00:59:15	0:05:55
1131	183	498	Pedro Freitas	Vet 2	75	G Corrida Welldomus	00:59:15	0:05:55

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1132	85	849	Isabel Duarte	Fem	128	PortoRunners	00:59:15	0:05:55
1133	147	938	Manuel Pena	Vet 3	128	PortoRunners	00:59:15	0:05:55
1134	347	1279	Paulo Costa	Senior	99999	Individual	00:59:16	0:05:56
1135	98	813	Felix Dias	Vet 5	123	Os Papa Leguas - Porto	00:59:18	0:05:56
1136	348	858	Antonio Marujo	Senior	128	PortoRunners	00:59:23	0:05:56
1137	155	908	Vitor Dias	Vet 1	128	PortoRunners	00:59:23	0:05:56
1138	184	1240	Rui Lopes	Vet 2	99999	Individual	00:59:25	0:05:56
1139	185	920	Joaquim Macedo	Vet 2	128	PortoRunners	00:59:31	0:05:57
1140	86	1316	Ana Moura	Fem	99999	Individual	00:59:32	0:05:57
1141	349	1317	Mario Pinto	Senior	99999	Individual	00:59:32	0:05:57
1142	186	496	Armando Cardoso	Vet 2	75	G Corrida Welldomus	00:59:37	0:05:58
1143	87	1361	Paula Barros	Fem	160	Cl Millenium BCP	00:59:47	0:05:59
1144	156	420	Eurico Nascimento	Vet 1	64	Companhia do Bazofias	00:59:53	0:05:59
1145	100	1217	Alberto Neto	Vet 4	99999	Individual	00:59:55	0:05:59
1146	99	354	Fernando Carvalho	Vet 5	54	Cl Galp Energia	00:59:56	0:06:00
1147	350	106	Ricardo Caetano	Senior	12	Amigos Quinta das Freir	00:59:58	0:06:00
1148	101	353	Domingos Sereno	Vet 4	54	Cl Galp Energia	01:00:01	0:06:00
1149	88	851	Lynn Salt	Fem	128	PortoRunners	01:00:14	0:06:01
1150	148	939	Matthew Salt	Vet 3	128	PortoRunners	01:00:14	0:06:01
1151	102	1340	Carlos Morais	Vet 4	99999	Individual	01:00:19	0:06:02
1152	187	1267	Jose Tenreiro	Vet 2	99999	Individual	01:00:24	0:06:02
1153	149	1056	Joao Rebelo	Vet 3	147	Terroros do Asfalto	01:00:25	0:06:02
1154	351	1093	Ricardo Carvalho	Senior	150	UNICER	01:00:25	0:06:02
1155	89	1268	Paula Silva	Fem	99999	Individual	01:00:27	0:06:03
1156	188	1101	Jose Manuel Pinto	Vet 2	150	UNICER	01:00:33	0:06:03
1157	103	750	Custodio Cruz	Vet 4	111	Nucleo Atletismo Taipas	01:00:35	0:06:03
1158	90	1308	Daniela Palhares	Fem	99999	Individual	01:00:35	0:06:03
1159	189	1309	Jorge Carvalho	Vet 2	99999	Individual	01:00:35	0:06:03
1160	190	1286	Andre Vieira	Vet 2	99999	Individual	01:00:46	0:06:05
1161	352	1374	Isaac Costa	Senior	161	Policia Municipal Matosi	01:00:51	0:06:05
1162	100	77	Luis Quintino	Vet 5	7	Afis / Ovar	01:00:58	0:06:06
1163	101	584	Jose Salgado	Vet 5	88	Ginasio Clube S.Tirso	01:01:07	0:06:07
1164	150	436	Manuel Cardoso	Vet 3	65	CPT Bairro de Carcavelo	01:01:15	0:06:07
1165	104	578	Jorge Coutinho	Vet 4	88	Ginasio Clube S.Tirso	01:01:21	0:06:08
1166	105	579	Jose Pelaio	Vet 4	88	Ginasio Clube S.Tirso	01:01:21	0:06:08
1167	106	396	Manuel Dias	Vet 4	59	Cl Veteranos do Porto	01:01:28	0:06:09
1168	102	405	Carlos Pimenta	Vet 5	59	Cl Veteranos do Porto	01:01:28	0:06:09
1169	103	401	Manuel Passaro	Vet 5	59	Cl Veteranos do Porto	01:01:29	0:06:09
1170	157	93	Filipe Sampaio	Vet 1	11	Amigos de Paranhos	01:01:35	0:06:09

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1171	353	91	Julio Nunes	Senior	11	Amigos de Paranhos	01:01:42	0:06:10
1172	158	522	Cesar Pinto	Vet 1	79	GD Banco BPI	01:01:42	0:06:10
1173	191	524	Carlos Ferreira	Vet 2	79	GD Banco BPI	01:01:42	0:06:10
1174	104	1262	Abilio Brandao	Vet 5	99999	Individual	01:01:47	0:06:11
1175	354	1152	Pedro Henriques	Senior	99999	Individual	01:01:50	0:06:11
1176	355	1153	Joao Ascencao	Senior	99999	Individual	01:01:50	0:06:11
1177	91	845	Daniela Cunha	Fem	128	PortoRunners	01:01:52	0:06:11
1178	107	151	Antonio Soares	Vet 4	18	As Cansadas da Azenha	01:01:53	0:06:11
1179	105	815	Alexandre Magalhaes	Vet 5	123	Os Papa Leguas - Porto	01:01:55	0:06:11
1180	92	798	Rute Palhares	Fem	121	Os Papa Leguas	01:02:26	0:06:15
1181	356	711	Ilidio Neto	Senior	108	Moto Clube do Porto	01:02:32	0:06:15
1182	357	1097	Elizabeth Roderick	Senior	150	UNICER	01:02:34	0:06:15
1183	93	1398	Maria Joao	Fem	99999	Individual	01:02:36	0:06:16
1184	358	664	Jorge Moreira	Senior	104	Levanta Poeira	01:02:51	0:06:17
1185	108	1246	Manuel Sousa	Vet 4	99999	Individual	01:02:52	0:06:17
1186	94	1399	Carla Monteiro	Fem	99999	Individual	01:03:11	0:06:19
1187	106	477	Luis Fernandes	Vet 5	72	Equipa Tabaqueira	01:03:25	0:06:20
1188	159	1362	Marco Barros	Vet 1	160	Cl Millenium BCP	01:03:30	0:06:21
1189	107	528	Eduardo Almeida	Vet 5	80	GD Banco de Portugal	01:03:32	0:06:21
1190	95	1330	Luisa Moreira	Fem	99999	Individual	01:03:36	0:06:22
1191	96	374	Anette Kind	Fem	59	Cl Veteranos do Porto	01:03:42	0:06:22
1192	359	1280	Manuel Almeida	Senior	99999	Individual	01:03:54	0:06:23
1193	97	1258	Solange Rodrigues	Fem	99999	Individual	01:03:58	0:06:24
1194	160	665	Pedro Ferreira	Vet 1	104	Levanta Poeira	01:03:59	0:06:24
1195	161	1397	Fernando Silva	Vet 1	99999	Individual	01:04:08	0:06:25
1196	98	1187	Rita Silva	Fem	99999	Individual	01:04:09	0:06:25
1197	360	714	Marco	Senior	108	Moto Clube do Porto	01:04:20	0:06:26
1198	109	1098	Francisco Soares	Vet 4	99999	Individual	01:04:26	0:06:27
1199	99	1319	Carla Ferreira	Fem	99999	Individual	01:04:27	0:06:27
1200	162	1320	Paulo Machado	Vet 1	99999	Individual	01:04:27	0:06:27
1201	151	1287	Daniel Moura	Vet 3	99999	Individual	01:04:29	0:06:27
1202	361	25	Carlos Matos	Senior	2	a.b.c. - Porto	01:04:31	0:06:27
1203	100	24	Luciana Moreira	Fem	2	a.b.c. - Porto	01:04:32	0:06:27
1204	362	92	Armindo Oliveira	Senior	11	Amigos de Paranhos	01:04:32	0:06:27
1205	101	673	Maria Vieira	Fem	106	Maia Atletico Clube	01:04:46	0:06:29
1206	102	676	Fatima Marcolino	Fem	106	Maia Atletico Clube	01:04:46	0:06:29
1207	163	1164	Jose Costa	Vet 1	99999	Individual	01:05:33	0:06:33
1208	363	1174	Paulo Serra	Senior	99999	Individual	01:05:33	0:06:33
1209	364	17	Renato Viana	Senior	1	A. Karate Felgueiras	01:05:40	0:06:34

53ª Volta a Paranhos

Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2010

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1210	365	306	Miguel Matos	Senior	50	CF Uniao de Lamas	01:05:40	0:06:34
1211	192	181	Manuel Carvalho	Vet 2	25	B.Volunt. Moreira da Ma	01:06:08	0:06:37
1212	108	28	Arlindo Matos	Vet 5	2	a.b.c. - Porto	01:06:11	0:06:37
1213	103	854	Paula Santos	Fem	128	PortoRunners	01:06:13	0:06:37
1214	152	940	Nicolas Hurst	Vet 3	128	PortoRunners	01:06:14	0:06:37
1215	104	987	Olga Carvalho	Fem	135	Sapadores da Invicta AC	01:06:22	0:06:38
1216	193	1000	Jose Leao	Vet 2	135	Sapadores da Invicta AC	01:06:22	0:06:38
1217	366	1192	Raquel Campos	Senior	99999	Individual	01:07:20	0:06:44
1218	105	1194	Liliana Pereira	Fem	99999	Individual	01:07:20	0:06:44
1219	106	1038	Fernanda Sousa	Fem	99999	Individual	01:07:24	0:06:44
1220	194	1041	Jose Silva	Vet 2	146	Sunset Runners	01:07:25	0:06:44
1221	367	1094	Daniel Peixoto	Senior	150	UNICER	01:07:28	0:06:45
1222	107	9	Maria Ines Moreira	Fem	99999	Individual	01:07:32	0:06:45
1223	109	479	Jose Delgado	Vet 5	72	Equipa Tabaqueira	01:09:06	0:06:55
1224	108	1247	Joana Costa	Fem	99999	Individual	01:09:29	0:06:57
1225	110	100	Joaquim Mendes	Vet 4	11	Amigos de Paranhos	01:09:42	0:06:58
1226	368	1276	Tiago Alves	Senior	99999	Individual	01:12:58	0:07:18
1227	369	16	Manuel Bacelar	Senior	1	A. Karate Felgueiras	01:14:14	0:07:25
1228	109	412	Sara Sousa	Fem	64	Companhia do Bazofias	01:15:44	0:07:34
1229	110	478	Antonio Salvador	Vet 5	72	Equipa Tabaqueira	01:20:14	0:08:01