

08.09.2019

# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA 10KM

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	385	PLÁCIDO JESUS	M	32	1	00:32:07.04	00:32:07.04	RUN TEJO - CM SOCKS
2	384	PEDRO ARSÉNIO	M	36	1	00:32:27.00	00:32:27.00	RUN TEJO - CM SOCKS
3	376	MIGUEL QUARESMA	M	36	2	00:34:11.00	00:34:11.00	RUN TEJO - CM SOCKS
4	364	ISAÍAS GOMES	M	24	2	00:35:27.37	00:35:27.37	RUN TEJO - CM SOCKS
5	374	FILIPE REBELO	M	24	3	00:35:33.02	00:35:33.02	RUN TEJO - CM SOCKS
6	394	EUGÉNIO NETO	M	56	1	00:36:23.79	00:36:23.79	GDR REBOLEIRA
7	396	JOSÉ ANTUNES	M	53	1	00:37:20.57	00:37:20.57	GDR REBOLEIRA
8	286	ALEXANDRE BLASQUES	M	23	4	00:37:22.00	00:37:22.00	DECATHLON
9	382	VASCO MARTA	M	27	5	00:37:26.00	00:37:24.86	RUN TEJO - CM SOCKS
10	373	EMILIANO VIEIRA	M	40	3	00:37:33.64	00:37:31.41	RUN TEJO - CM SOCKS
11	226	DIOGO AZEVEDO	M	40	4	00:37:42.98	00:37:42.98	C BENFICA SEIXAL
12	370	CARLOS FREITAS	M	48	2	00:37:54.37	00:37:54.37	RUN TEJO - CM SOCKS
13	393	ANTÓNIO CARINHAS	M	28	6	00:38:49.89	00:38:47.30	RUN TEJO - CM SOCKS
14	360	JOÃO ROCHA	M	32	7	00:39:40.00	00:39:37.73	C MARCHA E CORRIDA DA AMADORA
15	338	HELDER PEREIRA	M	39	5	00:39:40.40	00:39:28.75	C MARCHA E CORRIDA DA AMADORA
16	223	CRISTIANO CIBRÃO	M	22	8	00:39:45.98	00:39:44.01	SERUL - OS UNIDOS DE LECEIA
17	114	MARCO SEIXO	M	40	6	00:39:48.00	00:39:35.63	
18	386	NUNO REBELO	M	31	9	00:39:51.98	00:39:50.19	RUN TEJO - CM SOCKS
19	350	VALTER OLIVEIRA	M	41	7	00:40:02.53	00:40:02.53	GDR REBOLEIRA
20	254	BRUNO FRANCISCO	M	36	8	00:40:15.86	00:40:13.05	
21	438	JOSE GOMES	M	46	3	00:40:22.52	00:40:22.52	NUCLEOEIRAS
22	451	PEDRO BURRICA	M	44	9	00:40:22.83	00:40:21.29	SS CGD
23	395	PAULO MOREIRA	M	49	4	00:40:34.65	00:40:32.83	GDR REBOLEIRA
24	411	TIAGO NOGUEIRA	M	37	10	00:40:48.27	00:40:47.20	AMINHACORRIDA
25	367	ANTÓNIO ARAÚJO	M	54	5	00:41:04.93	00:41:02.49	RUN TEJO - CM SOCKS
26	160	FERNANDO MELÃO	M	55	2	00:41:05.06	00:41:04.08	CC ARCOD VALDEVEZ
27	387	JOÃO FREIRE	M	26	10	00:41:07.09	00:41:07.09	RUN TEJO - CM SOCKS
28	61	BRUNO MARCELINO	M	37	11	00:41:19.92	00:41:19.06	BSM68
29	462	KCENIA BOUGROVA	F	24	1	00:41:38.00	00:41:38.00	
30	372	ELIAS FORTES	M	52	6	00:41:41.89	00:41:41.06	RUN TEJO - CM SOCKS
31	205	MÁRCIO RODRIGUES	M	40	12	00:41:50.00	00:41:50.00	ACDRS QUINHENDROS
32	437	JOSÉ MARCELINO	M	56	3	00:42:00.42	00:41:59.00	CD ESTRELA
33	375	JOSÉ MARIA SALAZAR	M	59	4	00:42:00.89	00:41:58.57	RUN TEJO - CM SOCKS
34	404	PAULO GOMES	M	39	13	00:42:09.85	00:42:03.59	BENFICA EM FORMA
35	148	PEDRO COSTA	M	50	7	00:42:18.64	00:42:16.63	CCD CRÉDITO AGRÍCOLA

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# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA 10KM

36	67	ANTÓNIO GRAÇA	M	55	5	00:42:25.15	00:42:23.74	SPORTING CLUBE LINDA-A-PASTORA
37	310	LUIS N PEREIRA	M	49	8	00:42:59.00	00:42:56.73	KALENJI RUNNING CLUB
38	414	EDSON FERNANDES	M	21	11	00:43:11.88	00:42:56.91	
39	146	GONÇALO FERREIRA	M	32	12	00:43:20.37	00:43:20.37	CCD CRÉDITO AGRÍCOLA
40	166	RYOSUKE GABRIEL NISSATO	M	37	14	00:43:23.68	00:43:22.00	
41	468	CRISTIAN OOSTERVEEN	M	33	13	00:43:33.76	00:43:30.63	
42	365	ANA FILIPA	F	26	2	00:43:34.03	00:43:34.03	RUN TEJO - CM SOCKS
43	220	JOÃO GUTERRES	M	44	15	00:43:40.57	00:43:39.19	CORRER LISBOA
44	24	RICARDO RAMALHETE	M	41	16	00:43:48.36	00:43:45.14	ATLÉTICO CLUBE PORTUGAL
45	228	HENRIQUE FERREIRA	M	49	9	00:44:10.00	00:44:05.10	ADRC MATA DE BENFICA
46	34	ANTÓNIO CARRETO	M	36	17	00:44:40.95	00:44:37.70	
47	383	VITOR GONÇALVES	M	52	10	00:45:03.03	00:45:00.85	RUN TEJO - CM SOCKS
48	15	CRISTIANO JOSÉ BRÁS MENDES	M	36	18	00:45:17.55	00:45:12.73	
49	252	JOÃO LISBOA	M	28	14	00:45:17.69	00:45:07.40	LISBOA
50	86	GONÇALO MAGALHÃES	M	33	15	00:45:19.30	00:45:16.67	
51	100	JOSÉ PINTO	M	56	6	00:45:20.30	00:45:16.40	CLINICA DR CAUTELA
52	292	NUNO LUCENA	M	37	19	00:45:24.48	00:45:12.90	DECATHLON
53	25	FILIPE GONÇALVES	M	39	20	00:45:25.09	00:45:15.52	
54	195	TIAGO DORES	M	40	21	00:45:30.39	00:45:22.32	
55	336	HUGO LUZ	M	44	22	00:45:40.61	00:45:30.28	C MARCHA E CORRIDA DA AMADORA
56	20	ÁLVARO GOMES	M	46	11	00:45:41.89	00:45:40.54	TERRAS FUNDEIRAS
57	110	ANDRÉ BARROS	M	28	16	00:45:45.73	00:45:35.44	
58	347	JAVIER LIÑAN	M	50	12	00:45:48.93	00:45:36.21	
59	84	GONÇALO PORÊLO	M	37	23	00:46:01.07	00:45:53.82	
60	309	PALMIRA QUINHAMA	F	41	1	00:46:21.17	00:46:18.26	KALENJI RUNNING CLUB
61	60	BRUNO LEITE	M	35	24	00:46:25.94	00:46:20.59	MARVILA JOVEM
62	281	DUARTE VIRGILIO	M	40	25	00:46:32.73	00:46:22.95	DECATHLON
63	193	STARK THOMAS	M	48	13	00:46:34.00	00:46:31.65	
64	330	ILIDIO S BARREIROS	M	33	17	00:46:43.58	00:46:09.30	
65	229	GUILHERME PEREIRA	M	21	18	00:46:45.33	00:46:40.47	ADRC MATA DE BENFICA
66	402	ALEXANDRE BOUREL	M	27	19	00:46:46.37	00:46:42.16	
67	143	JUVENAL MOREIRA	M	55	7	00:46:47.89	00:46:44.62	ND AUTOCOOPE
68	90	FRANCISCO MIRANDA	M	58	8	00:46:50.76	00:46:48.53	
69	242	DIOGO RODRIGUES	M	20	20	00:47:34.62	00:47:25.40	
70	239	LUIS CARVALHO	M	42	26	00:47:36.01	00:47:27.54	RUN ODIVELAS
71	66	LEANDRO RODRIGUES	M	36	27	00:47:37.00	00:47:35.74	BORALÁ RUNNING
72	163	RICARDO CARVALHO	M	38	28	00:47:38.22	00:47:36.96	LISRUNNING

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BY DECATHLON

CORRIDA 10KM

73	231	PEDRO FILIPE	M	40	29	00:47:41.88	00:47:32.79	
74	192	PEDRO VIEIRA	M	29	21	00:47:50.36	00:47:47.70	
75	358	CARLOS JORGE SEQUEIRA	M	51	14	00:47:52.12	00:47:36.20	
76	349	MARCO DIAS	M	32	22	00:47:54.55	00:47:46.57	CORRER LISBOA
77	418	PAULO HENRIQUE RODRIGUES DOS SANTOS	M	30	23	00:48:05.09	00:47:49.48	
78	304	MAFALDA MARQUES	F	18	3	00:48:05.19	00:48:02.62	DECATHLON
79	312	JOAO SIMÕES	M	48	15	00:48:05.69	00:48:02.79	KALENJI RUNNING CLUB
80	315	JORGE AMARAL	M	51	16	00:48:05.81	00:48:01.54	KALENJI RUNNING CLUB
81	450	JOSÉ MARQUES	M	52	17	00:48:06.16	00:48:02.85	CA VALE FIGUEIRA
82	181	RUI ANTUNES	M	42	30	00:48:06.17	00:47:55.14	RUNNING CLUB SANTA CASA
83	157	RUI PEREIRA	M	55	9	00:48:07.00	00:48:07.00	CACEM
84	410	FLORIANO SILVA	M	41	31	00:48:08.43	00:47:47.38	AMINHACORRIDA
85	408	CARLOS LOPES	M	45	18	00:48:09.15	00:47:48.27	AMINHACORRIDA
86	368	AVELINO SOARES	M	52	19	00:48:13.41	00:48:11.54	RUN TEJO - CM SOCKS
87	273	JORGE VILELA	M	53	20	00:48:15.00	00:48:14.28	NA VILA REAL
88	161	DAVID POÇO	M	39	32	00:48:20.67	00:48:15.01	
89	184	CATIA S NASCIMENTO	F	39	2	00:48:24.39	00:48:20.14	
90	344	PAULO FERREIRA	M	48	21	00:48:25.37	00:48:19.59	CORRER LISBOA
91	194	VITOR AMADO	M	65	1	00:48:29.24	00:48:26.93	
92	81	BRUNO CORREIA	M	37	33	00:48:29.99	00:48:13.86	
93	314	NELSON SANTOS	M	39	34	00:48:30.00	00:48:25.14	KALENJI RUNNING CLUB
94	97	LUIS NUNES	M	45	22	00:48:33.95	00:48:28.15	
95	206	CÉDRIC MONTEIRO	M	32	24	00:48:34.20	00:48:28.32	TEEN FROM RESTELO
96	32	NOEMIA SEQUEIRA	F	51	1	00:48:35.79	00:48:35.79	SS CGD
97	452	JOAQUIM FRADE	M	64	10	00:48:39.64	00:48:33.56	
98	235	RUI HELENO	M	43	35	00:48:41.83	00:48:32.91	
99	377	PAULO ARRENEGA	M	53	23	00:48:49.33	00:48:47.42	RUN TEJO - CM SOCKS
100	362	IVO ALVES	M	39	36	00:48:50.29	00:48:38.65	DECATHLON
101	183	RUI P A MONICA	M	45	24	00:48:52.96	00:48:48.76	
102	322	TIAGO ALEXANDRE PINTO	M	40	37	00:48:56.52	00:48:51.54	CORRER LISBOA
103	341	JOAQUIM MARTINS	M	51	25	00:48:57.68	00:48:44.07	C MARCHA E CORRIDA DA AMADORA
104	33	ANTÓNIO MARÇAL	M	60	11	00:48:59.14	00:48:56.21	
105	52	PATRICK SIMÕES	M	37	38	00:48:59.41	00:48:55.24	CORRER LISBOA
106	119	JORGE ALMEIDA	M	29	25	00:49:03.74	00:49:00.42	A CARROÇA DO REININHO
107	289	MIGUEL CARVALHO	M	28	26	00:49:15.00	00:49:15.00	DECATHLON
108	288	FRANCISCO DIAS	M	32	27	00:49:15.08	00:49:15.08	DECATHLON
109	22	PAULO JORGE SOUSA	M	49	26	00:49:29.18	00:49:24.93	

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BY DECATHLON

CORRIDA 10KM

110	279	FABRICE POLTEAU	M	46	27	00:49:36.32	00:49:32.87	DECATHLON
111	233	RICARDO FRANCISCO	M	43	39	00:49:40.00	00:49:35.51	
112	98	RICARDO FARIA	M	44	40	00:49:45.00	00:49:45.00	
113	244	GONÇALO MARTINS	M	31	28	00:49:50.00	00:49:18.44	CA TRIGACHE
114	27	TIAGO RIBEIRO	M	31	29	00:49:57.35	00:49:53.22	GRCD LEIÃO
115	295	RICARDO CONCEIÇÃO	M	33	30	00:50:00.00	00:49:53.89	DECATHLON
116	278	PAULO MARQUES	M	29	31	00:50:02.64	00:49:49.36	DECATHLON
117	380	JOÃO ALFREDO ALVES JOÃO MARQUES	M	54	28	00:50:10.62	00:50:06.81	GRD RIBEIRA LAGE
118	403	INÊS PEIXOTO	F	40	3	00:50:13.92	00:50:08.38	BENFICA EM FORMA
119	415	JORGE GOMES	M	58	12	00:50:24.37	00:50:19.03	
120	352	MIGUEL ESTEVES	M	35	41	00:50:27.56	00:50:14.17	
121	378	PAULO SILVA	M	53	29	00:50:36.31	00:50:33.87	RUN TEJO - CM SOCKS
122	318	JORGE AZEVEDO	M	46	30	00:50:37.90	00:50:17.81	
123	189	DAVID A D SIMÃO	M	49	31	00:50:42.94	00:50:37.51	
124	19	MIGUEL SANTOS	M	51	32	00:50:49.37	00:50:31.90	KALENJI RUNNING CLUB
125	63	VASCO AZEVEDO	M	58	13	00:51:05.93	00:51:00.34	
126	274	TIAGO BALTAZAR	M	29	32	00:51:08.66	00:50:56.10	BALTAS ROCKS
127	204	SÓNIA COSTA	F	34	4	00:51:09.00	00:50:49.98	
128	422	PEDRO VERMELHUDO	M	39	42	00:51:10.60	00:51:10.60	VMA
129	198	LUÍS FARO GODINHO	M	41	43	00:51:11.19	00:51:11.19	
130	255	PAULO CORREIA	M	44	44	00:51:11.84	00:50:53.80	
131	388	MÁRIO RIBEIRO	M	54	33	00:51:15.29	00:51:15.29	RUN TEJO - CM SOCKS
132	366	ANABELA SALAZAR	F	47	2	00:51:15.84	00:51:12.01	RUN TEJO - CM SOCKS
133	69	ATLETA NAO CADASTRADA	F	29	5	00:51:18.39	00:50:46.92	RUN TEJO
134	72	ANTONIO MANUEL MAURÍCIO	M	53	34	00:51:22.36	00:51:16.70	
135	317	ANA PINA	F	53	3	00:51:23.00	00:51:15.12	KALENJI RUNNING CLUB
136	308	CARLOS MARINHO	M	39	45	00:51:25.32	00:51:18.88	KALENJI RUNNING CLUB
137	463	LUIS VILARDOURO	M	53	35	00:51:27.18	00:51:12.69	
138	13	JOSÉ CARLOS	M	46	36	00:51:28.87	00:51:08.33	
139	214	FRANCISCO ESTEVES	M	28	33	00:51:33.03	00:51:27.06	
140	275	RUI MATOS	M	42	46	00:51:33.32	00:51:33.32	
141	371	CLÁUDIA BORRALHO	F	45	4	00:51:35.48	00:51:33.65	RUN TEJO - CM SOCKS
142	82	LUIZ CHATILLON	M	61	14	00:51:42.98	00:51:31.58	
143	42	RUI MENDES	M	47	37	00:51:49.83	00:51:42.85	
144	154	JOÃO FERNANDES	M	38	47	00:51:50.18	00:51:30.75	
145	96	NUNO NUNES	M	45	38	00:51:57.19	00:51:50.42	CORRER LISBOA
146	230	PAULO RIBEIRO	M	38	48	00:52:00.00	00:51:47.33	DIFFRACTION.PT

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# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA 10KM

147	265	JOSE MARQUES	M	49	39	00:52:12.75	00:51:59.04	C MILLENNIUM BCP
148	150	ANDREIA FILIPA ALMEIDA	F	28	6	00:52:13.33	00:52:05.73	
149	127	RUI FERNANDES	M	32	34	00:52:13.64	00:52:06.02	MARVILA JOVEM
150	250	HUGO MATIAS	M	30	35	00:52:16.02	00:52:10.18	CARECAS
151	447	RUBEN LOPES	M	32	36	00:52:26.37	00:52:14.72	DECATHLON
152	287	FRANCISCO ANTUNES	M	27	37	00:52:26.62	00:52:15.75	DECATHLON
153	191	ARTUR GONÇALVES	M	44	49	00:52:29.41	00:52:17.16	AA LEBRES DO SADO
154	401	FILIPE GINJA DUARTE	M	33	38	00:52:34.66	00:52:14.56	
155	234	VASCO FLORES	M	35	50	00:52:35.21	00:52:19.72	
156	290	TIAGO FERREIRA	M	31	39	00:52:37.51	00:52:30.41	DECATHLON
157	196	RUI PEREIRA	M	38	51	00:52:39.91	00:52:31.63	
158	337	OLGA MARTINS	F	44	4	00:52:40.58	00:52:29.30	C MARCHA E CORRIDA DA AMADORA
159	94	JOÃO NEVES	M	47	40	00:52:40.77	00:52:34.60	
160	313	JOAQUIM MONTEIRO	M	51	41	00:52:45.58	00:52:37.77	KALENJI RUNNING CLUB
161	299	RUI OLIVEIRA	M	48	42	00:52:56.56	00:52:54.51	DECATHLON
162	68	CLAUDENI ALMEIDA	M	46	43	00:52:59.32	00:52:36.21	
163	427	PAULO BOTELHO	M	45	44	00:53:01.10	00:52:44.89	
164	425	LÚCIO SANTOS	M	58	15	00:53:07.75	00:52:49.97	XXS PREMATUROS
165	12	RUI MIGUEL	M	44	52	00:53:11.38	00:52:51.21	
166	10	PEDRO BARROSO	M	38	53	00:53:22.06	00:53:16.38	
167	407	ANDRE BARBOSA	M	43	54	00:53:27.58	00:53:04.76	
168	225	FERNANDO FARIA	M	56	16	00:53:30.39	00:53:25.35	LINK
169	359	PAULA MARTINS	F	47	5	00:53:35.57	00:53:23.08	C MARCHA E CORRIDA DA AMADORA
170	302	DIOGO ARAUJO	M	21	40	00:53:39.37	00:53:32.73	DECATHLON
171	141	TIAGO BOLETO	M	36	55	00:53:49.63	00:53:43.47	GALHETEIRO
172	178	TIAGO NASCIMENTO	M	31	41	00:53:56.14	00:53:44.02	RUNNING CLUB SANTA CASA
173	435	JOÃO ANTUNES	M	30	42	00:53:57.75	00:53:44.44	FITNESS HUT
174	70	RUI CARVALHO	M	41	56	00:53:58.24	00:53:48.13	
175	115	RITA FERNANDES	F	28	7	00:53:59.31	00:53:46.36	
176	203	MÁRIO COSTA	M	42	57	00:54:04.03	00:53:44.60	
177	442	ANTÓNIO COSTA	M	41	58	00:54:05.00	00:54:05.00	
178	16	JOAQUIM VIANA	M	56	17	00:54:07.43	00:53:58.12	
179	440	TITO NASCIMENTO	M	39	59	00:54:07.86	00:53:55.09	
180	389	MONICA DOMINGOS	F	27	8	00:54:09.88	00:54:06.91	RUN TEJO - CM SOCKS
181	48	FERNANDO CONCEIÇÃO	M	54	45	00:54:13.00	00:54:06.00	
182	47	EVELINO MAGALHÃES	M	45	46	00:54:21.07	00:54:13.49	NORAUTO PORTUGAL
183	58	VANESSA SEQUEIRA	F	36	5	00:54:22.07	00:54:15.11	MARVILA JOVEM

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# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA 10KM

184	153	HENRIQUE JOAQUIM	M	48	47	00:54:28.63	00:54:21.71	
185	345	BERNARDO AVEIRO	M	29	43	00:54:42.28	00:54:42.28	DECATHLON
186	381	ROSA FREITAS	F	54	6	00:54:42.74	00:54:37.08	RUN TEJO - CM SOCKS
187	117	JOÃO ANTUNES	M	64	18	00:54:56.90	00:54:46.62	
188	405	JOÃO PEDRO RODRIGUES	M	27	44	00:55:00.08	00:54:50.52	
189	149	RUI MELO	M	48	48	00:55:09.51	00:55:01.37	CCD CRÉDITO AGRÍCOLA
190	174	VANDA BADÉ	F	37	6	00:55:10.33	00:55:06.50	GRD RIBEIRA LAGE
191	167	VENTURA SARAIVA	M	67	2	00:55:12.52	00:55:07.76	GRD RIBEIRA LAGE
192	280	RUI CARRIÇO	M	36	60	00:55:26.59	00:55:12.52	DECATHLON
193	253	LUIS GAMA	M	56	19	00:55:31.75	00:55:28.44	
194	173	JOSÉ LOPES	M	41	61	00:55:42.00	00:55:23.98	
195	131	CARLOS ANSELMO DE CARVALHO	M	48	49	00:55:46.51	00:55:36.47	RB RUNNING
196	201	MANUEL PEREIRA	M	62	20	00:55:54.05	00:55:47.74	
197	460	PAULO ROXO	M	44	62	00:55:58.18	00:55:46.39	
198	138	LIPING ZHONG	M	45	50	00:56:02.39	00:55:55.98	
199	190	PEDRO SERRA	M	43	63	00:56:04.00	00:55:59.54	
200	179	ANA CORTES	F	39	7	00:56:05.00	00:55:54.30	RUNNING CLUB SANTA CASA
201	123	RUI OLIVEIRA	M	34	45	00:56:10.10	00:55:50.48	#BEIRHEMIOS
202	124	BRUNO LOPES	M	33	46	00:56:10.42	00:55:51.85	#BEIRHEMIOS
203	112	JOAQUIM MENDES	M	55	21	00:56:13.43	00:56:07.42	NÃO TEM EQUIPA
204	400	JOAO TABORDA	M	34	47	00:56:14.20	00:56:00.66	
205	268	JOSE FERREIRA	M	49	51	00:56:15.89	00:55:51.25	C MILLENNIUM BCP
206	346	JOÃO BOBATO	M	41	64	00:56:16.88	00:56:04.78	DECATHLON
207	219	PAULO PEDREIRA	M	51	52	00:56:19.64	00:56:12.56	
208	168	ALMERINDO SILVA	M	60	22	00:56:22.14	00:56:13.31	ADC CATUJAL
209	113	DILIA NOBREGA	F	41	8	00:56:25.26	00:56:12.30	
210	171	RUBEN ALMEIDA	M	32	48	00:56:31.64	00:56:16.48	
211	331	ARMANDO LACERDA	M	64	23	00:56:35.00	00:56:20.88	OCULISTA PORTAS STO ANTÓNIO
212	294	TIAGO CASTRO	M	27	49	00:56:40.04	00:56:30.44	DECATHLON
213	454	JUN LIANG	M	49	53	00:56:51.36	00:56:36.77	FITNESS HUT
214	363	JORGE SOUSA	M	55	24	00:56:52.22	00:56:37.45	KALENJI RUNNING CLUB
215	215	ROBERTO BETTENCOURT	M	43	65	00:56:58.74	00:56:44.74	LINDA-A-PASTORA SC
216	125	RUI LAMEGO	M	35	66	00:57:10.73	00:56:50.62	CNPN - C NOTURNA PARQUE NAÇÕES
217	251	MÁRIO FILIPE	M	60	25	00:57:10.98	00:57:05.99	CARECAS
218	391	PAULO MORAIS	M	48	54	00:57:13.45	00:57:09.41	RUN TEJO - CM SOCKS
219	277	ALBERTO ROMÃO	M	57	26	00:57:15.53	00:56:57.57	
220	300	DIOGO MATADINHO	M	23	50	00:57:26.68	00:57:16.65	DECATHLON

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# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA 10KM

221	311	ANDREIA PEREIRA	F	33	9	00:57:27.53	00:57:10.05	KALENJI RUNNING CLUB
222	210	PEDRO JN SILVA	M	61	27	00:57:28.26	00:57:08.93	
223	38	PEDRO LEITAO	M	42	67	00:57:30.88	00:57:30.88	OS MARGINAIS
224	39	BRUNO PEDRO	M	36	68	00:57:32.32	00:57:32.32	OS MARGINAIS
225	353	NICOLE SCHAEFER	F	28	10	00:57:33.00	00:57:13.33	
226	175	JOSÉ FREITAS	M	41	69	00:57:39.03	00:57:27.11	ÁGUAS LIVRES DE CANEÇAS
227	46	JOSE MANUEL	M	43	70	00:57:44.65	00:57:26.84	
228	1680	ODETE MOTAFELIZ	F	43	9	00:57:47.59	00:54:17.79	
229	28	PAULO MARTINS	M	55	28	00:57:49.51	00:57:44.00	
230	101	BRUNO PINHEIRO	M	38	71	00:57:49.95	00:57:46.02	TARTARUGA GENIAL
231	335	PEDRO MARTINS	M	45	55	00:57:52.29	00:57:41.19	C MARCHA E CORRIDA DA AMADORA
232	26	FERNANDO OLIVEIRA	M	44	72	00:57:53.98	00:57:36.21	
233	78	CARLOS JUNIOR	M	46	56	00:57:58.00	00:57:45.40	
234	93	RICARDO SUZANO	M	33	51	00:57:59.43	00:57:38.10	INFANTADO LOURES
235	35	CÉLIA SILVA	F	43	10	00:57:59.99	00:57:46.49	LINDA-A-PASTORA SC
236	327	SUSANA LUCENA	F	41	11	00:58:03.84	00:57:52.05	CORRER LISBOA
237	464	ANA RITA CARDOSO	F	25	11	00:58:05.42	00:57:49.90	
238	147	NUNO MIGUEL SIMÕES	M	46	57	00:58:07.56	00:57:56.14	CCD CRÉDITO AGRÍCOLA
239	343	PEDRO LOPES	M	40	73	00:58:10.39	00:57:48.45	CORRER LISBOA
240	237	LUÍS FIGUEIREDO	M	57	29	00:58:15.83	00:58:01.44	
241	227	BÁRBARA CRUZ	F	28	12	00:58:16.51	00:58:05.42	
242	283	JENNIFER OLIVEIRA	F	28	13	00:58:18.73	00:58:12.02	DECATHLON
243	282	DIOGO FREITAS	M	28	52	00:58:19.50	00:58:12.35	DECATHLON
244	121	ANTÓNIO RODRIGUES	M	25	53	00:58:27.38	00:58:06.13	GUGA IN THE STREETS OF BENFICADELPHIA
245	455	PEDRO COSTA	M	47	58	00:58:33.16	00:58:10.20	
246	307	ANA R S SILVA	F	26	14	00:58:37.62	00:58:19.40	KALENJI RUNNING CLUB
247	155	WALTER GOMES	M	51	59	00:58:38.59	00:58:13.52	BURACA - AMADORA
248	390	RICARDO MOTA	M	39	74	00:58:39.16	00:58:10.20	RUN TEJO - CM SOCKS
249	95	DIVINO GERALDO SILVA	M	60	30	00:58:49.09	00:58:39.09	SOCORRO
250	217	TAM AFONSO	M	66	3	00:58:49.45	00:58:45.73	CCD TRANQUILIDADE
251	145	CARLOS FERREIRA	M	62	31	00:58:52.95	00:58:47.85	ND AUTOCOOPE
252	40	M MEIRELES	M	44	75	00:59:00.98	00:58:36.30	
253	457	BRUNO OLIVEIRA	M	38	76	00:59:02.46	00:58:48.61	
254	441	TITO FERREIRA	M	24	54	00:59:08.59	00:58:57.04	FERREIRA
255	88	VASCO QUARESMA	M	28	55	00:59:08.82	00:58:53.09	
256	238	JOAQUIM PALMA	M	65	4	00:59:11.01	00:58:57.19	
257	44	ANTONIO PAIS	M	71	5	00:59:11.73	00:59:05.65	CCD O ALVITEJO/O FORNO

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# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA 10KM

258	303	RUI PIRES	M	43	77	00:59:11.89	00:58:59.36	DECATHLON
259	270	JORGE SALVADO	M	56	32	00:59:15.13	00:59:00.92	C MILLENNIUM BCP
260	102	PEDRO PINHEIRO	M	34	56	00:59:18.44	00:59:13.62	TARTARUGA GENIAL
261	169	JOÃO PASSEIRO	M	56	33	00:59:20.63	00:59:12.27	ADC CATUJAL
262	409	TINA OLIVEIRA	F	55	1	00:59:21.63	00:59:08.68	AMINHACORRIDA
263	30	CARLOS LEITAO	M	56	34	00:59:21.64	00:59:07.81	SS CGD
264	59	MÓNICA MATOS	F	42	12	00:59:25.93	00:59:20.23	MARVILA JOVEM
265	267	ALVARO IMAGINARIO	M	42	78	00:59:31.97	00:59:19.61	C MILLENNIUM BCP
266	53	JOSÉ BAIXINHO	M	61	35	00:59:34.84	00:59:20.61	SANTIAGO FC
267	120	FRANCISCO RODRIGUES	M	26	57	00:59:49.04	00:59:28.68	GUGA IN THE STREETS OF BENFICADELPHIA
268	221	JOSÉ CARLOS AMARAL	M	47	60	01:00:10.20	00:59:53.26	SEGUE OS TEUS SONHOS
269	298	GONÇALO BOTELHO	M	34	58	01:00:18.24	00:59:41.45	DECATHLON
270	449	HUGO DUARTE	M	44	79	01:00:28.44	01:00:04.67	VMA
271	14	PAULO ANTUNES	M	46	61	01:00:47.20	01:00:25.93	
272	424	PAULO R. MACEDO	M	37	80	01:00:49.16	01:00:39.04	
273	142	NUNO MARTINS	M	42	81	01:00:51.00	01:00:34.74	
274	71	JOSÉ FIDALGO	M	53	62	01:01:02.39	01:00:53.72	
275	446	PEDRO LUCAS	M	41	82	01:01:15.14	01:00:59.78	
276	172	ELISABETE SILVA	F	36	13	01:01:30.00	01:01:18.75	LINDA-A-PASTORA SC
277	262	ARTUR BOTAO	M	50	63	01:01:30.08	01:01:06.95	C MILLENNIUM BCP
278	246	FERNANDO ALMEIDA	M	47	64	01:01:30.16	01:01:12.10	MANOS
279	272	NUNO CAETANO	M	42	83	01:01:38.81	01:01:21.10	
280	243	FRANCISCO FERNANDES	M	39	84	01:01:41.04	01:01:25.17	
281	77	ADRIANO CUNHA	M	65	6	01:01:44.97	01:01:28.80	GRCD LEIÃO
282	334	LUIS ANTUNES	M	47	65	01:01:46.06	01:01:36.24	C MARCHA E CORRIDA DA AMADORA
283	87	ALEXANDRE SANTOS DE OLIVEIRA	M	41	85	01:02:03.81	01:01:55.69	PEDALEIROS
284	50	JOÃO ANJOS	M	49	66	01:02:05.66	01:01:56.31	
285	156	ANTÓNIO CASAS NOVAS	M	41	86	01:02:13.88	01:01:51.86	
286	456	ANTONIO ALCAIDE	M	50	67	01:02:21.28	01:01:56.53	
287	41	ALBANO SILVA	M	51	68	01:02:40.73	01:02:33.97	
288	420	KATHARINA SILVA	F	51	7	01:02:44.12	01:02:44.12	KALENJI RUNNING CLUB
289	176	ANTONIO GOIS	M	51	69	01:03:02.67	01:02:49.70	C ELVENSE DE NATAÇÃO
290	162	NUNO MOLERO	M	46	70	01:03:10.94	01:02:54.87	
291	130	ANDRÉ COSTA	M	28	59	01:03:19.86	01:02:53.44	KIRA
292	240	RITA CORREIA	F	39	14	01:03:21.31	01:02:59.33	
293	222	ALIETE RODRIGUES	F	41	15	01:03:28.46	01:03:26.54	
294	107	HELENA ALONSO	F	38	16	01:03:34.00	01:03:15.52	AMINHACORRIDA



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# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA 10KM

295	159	ALZIRA CRUZ	F	55	2	01:03:40.54	01:03:32.66	CC ARCOS VALDEVEZ
296	423	JOSÉ VARANDAS	M	54	71	01:03:50.50	01:03:26.11	VMA
297	92	JOÃO CARVALHO	M	50	72	01:04:17.91	01:04:00.86	
298	266	FERNANDO ALMEIDA	M	51	73	01:04:29.83	01:04:05.44	C MILLENNIUM BC'P
299	103	JOÃO VIEIRA	M	41	87	01:04:30.19	01:04:04.12	
300	202	NELSON BASTOS	M	47	74	01:04:43.36	01:04:24.27	
301	361	GLEICIANO SANTOS	M	32	60	01:04:46.04	01:04:37.35	
302	342	ANA ROLO	F	53	8	01:04:49.60	01:04:39.17	CORRER LISBOA
303	85	LUIS RODRIGUES	M	52	75	01:04:49.74	01:04:30.35	
304	293	NUNO ALIPIO	M	31	61	01:04:51.21	01:04:44.17	DECATHLON
305	339	PAULO SOUSA	M	45	76	01:04:52.96	01:04:48.98	C MARCHA E CORRIDA DA AMADORA
306	398	LEANDRO SOUZA	M	39	88	01:05:00.48	01:04:49.14	AMIGOS
307	399	ARY SILVA	M	56	36	01:05:00.64	01:04:50.56	AMIGOS
308	122	ANDRÉ SOUSA PEREIRA	M	28	62	01:05:27.45	01:05:07.11	GUGA IN THE STREETS OF BENFICADELPHIA
309	392	SUSANA JACINTO	F	46	9	01:05:32.42	01:05:25.76	RUN TEJO - CM SOCKS
310	443	SUSANA MARQUES	F	40	17	01:05:47.13	01:05:31.57	
311	79	MIGUEL SILVA	M	25	63	01:05:47.15	01:05:39.72	
312	406	TIAGO FERNANDES	M	34	64	01:06:07.82	01:05:54.07	
313	118	NUNO RIBEIRO	M	40	89	01:06:10.16	01:06:01.22	
314	23	CRISTINA NEVES	F	47	10	01:06:17.00	01:05:51.65	CMC ODIVELAS
315	54	JUDITE BAIXINHO	F	33	15	01:06:19.93	01:06:06.54	SANTIAGO FC
316	11	NEIDE GUERREIRO	F	66	1	01:06:40.81	01:06:35.97	TARTARUGAS SOLIDÁRIAS
317	158	MARIA VELOSO	F	68	2	01:07:03.19	01:06:57.70	
318	329	GILBERTO GONÇALVES	M	70	7	01:07:21.37	01:06:56.96	CAA BELÉM
319	332	MARIA LACERDA	F	53	11	01:07:34.75	01:07:21.27	OCULISTA PORTAS STO ANTÓNIO
320	218	MANUEL BARRENTO	M	38	90	01:08:12.00	01:08:12.00	
321	357	ALFREDO JORGE NOTÁRIO	M	49	77	01:08:13.18	01:07:54.24	
322	109	CARLA SOBREDA	F	49	12	01:08:13.31	01:07:54.89	AMINHACORRIDA
323	105	ALEXANDRA PINTO	F	24	16	01:08:16.75	01:08:03.17	CLINICA DR CAUTELA
324	164	VANESSA CARVALHO	F	32	17	01:08:18.66	01:08:11.01	LISRUNNING
325	104	CARLA VIEIRA	F	41	18	01:09:01.00	01:09:01.00	
326	177	SANDRO CANTANTE	M	30	65	01:09:07.40	01:09:03.64	A CARROÇA DO REININHO
327	62	JOAO TIAGO LIMA PIRES MOREIRA MOREIRA	M	47	78	01:09:26.12	01:09:26.12	
328	55	BRUNO FONSECA	M	34	66	01:09:50.48	01:09:40.03	IMPARÁVEIS TEAM
329	180	ANA JORDÃO	F	34	18	01:10:09.93	01:09:58.38	RUNNING CLUB SANTA CASA
330	56	JOAQUIM FONSECA	M	62	37	01:10:39.81	01:10:29.59	IMPARÁVEIS TEAM
331	356	RODOLFO CANAVESI	M	42	91	01:10:47.49	01:10:25.33	

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# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA 10KM

332	241	LEONARDO RODRIGUES	M	32	67	01:11:01.08	01:10:37.76	
333	465	CAROLINA PENNAFORTE	F	33	19	01:11:11.06	01:10:49.40	EDIPO RUNNING
334	17	BEATRIZ FRANCO	F	63	3	01:11:13.97	01:10:58.43	
335	461	PATRICIA CUNHA	F	24	20	01:11:56.76	01:11:46.06	FERREIRA
336	212	MARIA TEIXEIRA	F	45	13	01:12:03.82	01:11:49.29	ALGYMNS
337	74	ANA PARRACHO	F	53	14	01:12:32.33	01:12:28.19	TARTARUGAS SOLIDÁRIAS
338	355	SOFIA CONDE	F	25	21	01:12:56.26	01:12:31.73	
339	354	SERGIO SEABRA	M	44	92	01:12:58.63	01:12:34.72	
340	439	HORACIO FERNADES	M	51	79	01:13:01.78	01:12:53.86	
341	76	MAYER RAPOSO	M	72	8	01:13:11.78	01:12:59.21	AA LEBRES SADO
342	216	CLÁUDIA TAM	F	37	19	01:13:13.44	01:12:48.23	CCD TRANQUILIDADE
343	211	ARTUR DINIS	M	62	38	01:13:16.53	01:13:02.76	ALGYMNS
344	445	MARCO SOUZA	M	52	80	01:13:22.87	01:13:03.61	
345	321	JOANA DE JESUS FERREIRA	F	32	22	01:13:45.16	01:13:38.67	CORRER LISBOA
346	31	MANUEL BAPTISTA	M	54	81	01:13:52.00	01:13:28.19	SS CGD
347	213	ELISABETH LOUREIRO	F	63	4	01:14:13.77	01:13:59.04	ALGYMNS
348	45	ANA LOPES	F	43	20	01:14:58.90	01:14:36.81	
349	466	LUIS ANDRADE	M	31	68	01:15:11.84	01:14:50.56	EDIPO RUNNING
350	43	SANDRA MARIA ESTEVES LOPES	F	44	21	01:15:15.98	01:14:54.29	
351	369	CARLOS ALVES	M	42	93	01:16:47.77	01:16:17.91	RUN TEJO - CM SOCKS
352	49	PEDRO DIAS	M	46	82	01:16:50.41	01:16:31.54	PANQUECAS
353	151	JOANA ALMEIDA	F	32	23	01:17:15.06	01:17:07.83	
354	236	JOSÉ ALIPIO	M	62	39	01:17:19.32	01:17:04.55	
355	129	SARA AMORIM	F	29	24	01:17:28.59	01:16:59.81	KIRA
356	397	MANUEL ALVES	M	54	83	01:18:14.34	01:18:06.43	
357	224	PAULO ALEXANDRE MIRANDA	M	49	84	01:18:15.04	01:18:06.26	
358	348	ANA LOPES	F	50	15	01:18:15.44	01:18:06.14	
359	232	JOÃO CANAS	M	40	94	01:18:41.54	01:18:15.35	
360	419	MANUEL SANTOS LIMA	M	57	40	01:19:02.20	01:18:50.10	TRILHOS NOCTURNOS TEAM
361	333	LUIGI ROSSI	M	70	9	01:19:17.56	01:19:00.57	
362	207	PAULO MARTINS	M	50	85	01:19:23.07	01:18:55.61	
363	285	VASCO MONTEIRO	M	29	69	01:20:07.53	01:19:30.40	DECATHLON
364	135	MARIA ARLETTE PONTES	F	46	16	01:21:10.95	01:20:55.71	
365	136	ANTÓNIO LUGEIRO FERREIRA	M	70	10	01:23:12.75	01:23:09.98	
366	21	ROSA REIS	F	62	5	01:23:52.60	01:23:41.74	
367	200	FILIPE SOUSA	M	46	86	01:31:48.56	01:31:30.00	
368	199	NALI SOUSA	F	45	17	01:31:48.99	01:31:32.24	

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# 8<sup>a</sup> CORRIDA CIDADE DA AMADORA

BY DECATHLON

CORRIDA10KM

369 444 ANA CAROLLINA WINTER

F 39 22 01:45:18.61 01:44:58.99

Total de registros: 369