

## Resultados Finais - "4ª Corrida do Coração"

Class. Geral	Prova	Dorsal	Nome	Sexo	Equipa	Escalão	Class. Sexo	Class. Escalão	Marca
1	Corrida 10 Km	111	Youssef El kalai	M	Clube desportivo de São salvador de campo	VET I Masc	1	1	00:31:19
2	Corrida 10 Km	92	António Silva	M	Sporting Clube de Portugal	Seniores Masc	2	1	00:31:59
3	Corrida 10 Km	60	Nuno Correia	M	Associação Cultural Sambrasense	VET II Masc	3	1	00:32:23
4	Corrida 10 Km	65	Cláudio Pica	M	Associação Cultural Sambrasense	VET I Masc	4	2	00:32:48
5	Corrida 10 Km	137	João Fernandes	M	Casa do Benfica de Faro	Seniores Masc	5	2	00:32:52
6	Corrida 10 Km	170	Paulo Soares	M	Clube Desportivo Areias de São João	VET II Masc	6	2	00:32:59
7	Corrida 10 Km	75	Rui Miguel Rosa	M	Associação Cultural Sambrasense	Seniores Masc	7	3	00:33:29
8	Corrida 10 Km	58	Celso Brito	M	Associação Cultural Sambrasense	Seniores Masc	8	4	00:33:41
9	Corrida 10 Km	142	Bertrand Palma	M	A.O.Arraigal	VET III Masc	9	1	00:34:40
10	Corrida 10 Km	64	Bruno Tita	M	Associação Cultural Sambrasense	VET II Masc	10	3	00:34:47
11	Corrida 10 Km	117	Filipe Trindade	M	Clube Oriental de Pechão	Seniores Masc	11	5	00:35:09
12	Corrida 10 Km	59	Khalid Tahiri	M	Associação Cultural Sambrasense	VET II Masc	12	4	00:35:12
13	Corrida 10 Km	169	Joaquim Abraços	M	Clube Desportivo Areias de São João	VET II Masc	13	5	00:35:34
14	Corrida 10 Km	122	Manuel María López Melero	M	Colegio Montezahar	Seniores Masc	14	6	00:35:36
15	Corrida 10 Km	106	Vitor Martins	M	Clube de Atletismo Alentejanos de Faro	VET III Masc	15	2	00:35:40
16	Corrida 10 Km	123	João Constantino	M	Clube Desportivo Areias de São João	VET I Masc	16	3	00:35:40
17	Corrida 10 Km	189	Rui Martins	M	Centro Desportivo de Quarteira	VET III Masc	17	3	00:36:24
18	Corrida 10 Km	121	FÁBIO CUNHA	M	BEJA ATLÉTICO CLUBE	Seniores Masc	18	7	00:36:55
19	Corrida 10 Km	61	Sérgio Filipe Inácio	M	Associação Cultural Sambrasense	VET I Masc	19	4	00:36:58
20	Corrida 10 Km	164	Fábio Renda	M	Ana Dias Runners Club	VET I Masc	20	5	00:37:13
21	Corrida 10 Km	116	António Silvino	M	A ENERGIA DA CORRIDA	VET V Masc	21	1	00:37:37
22	Corrida 10 Km	140	Valdemar Colaco	M	Casa do Benfica de Almodovar	VET III Masc	22	4	00:37:50
23	Corrida 10 Km	191	João Martins	M	Casa do Benfica de Almodovar	VET II Masc	23	6	00:37:54
24	Corrida 10 Km	197	Ivo Marcos	M	Individual	VET I Masc	24	6	00:38:09
25	Corrida 10 Km	73	Pedro Boleixa	M	Associação Cultural Sambrasense	VET III Masc	25	5	00:38:10
26	Corrida 10 Km	119	Luís Massapina	M	Centro Desportivo de Quarteira	VET I Masc	26	7	00:38:27



55	Corrida 10 Km	43	Ricardo Nogueira	M	Individual	Seniores Masc	51	12	00:43:19
56	Corrida 10 Km	157	Custódio Dias	M	EVOLVE Running Team	VET II Masc	52	14	00:43:24
57	Corrida 10 Km	166	CARINA CORREIA	F	Individual	VET II Fem	5	2	00:43:34
58	Corrida 10 Km	70	António Martins	M	Associação Cultural Sambrasense	VET II Masc	53	15	00:43:35
59	Corrida 10 Km	192	Marco Costa	M	Casa do Benfica de Almodovar	Juniores Masc	54	1	00:43:38
60	Corrida 10 Km	317	André Santos	M	Individual	Seniores Masc	55	13	00:43:45
61	Corrida 10 Km	99	Rui Pinto Pinto	M	Adept	VET II Masc	56	16	00:43:53
62	Corrida 10 Km	139	Jamila Dionísio	F	Centro Desportivo de Quarteira	VET II Fem	6	3	00:43:54
63	Corrida 10 Km	103	Marco Néné	M	Jardim Funcional	VET II Masc	57	17	00:44:21
64	Corrida 10 Km	245	Jorge Gonçalves	M	Lebre	VET III Masc	58	6	00:44:29
65	Corrida 10 Km	100	Augusto Amaral	M	Runners & Friends - Rosa Biscoito	VET IV Masc	59	4	00:44:29
66	Corrida 10 Km	62	Filomena Sabino	F	Associação Cultural Sambrasense	VET III Fem	7	2	00:44:32
67	Corrida 10 Km	242	Pedro Monteiro	M	Individual	VET III Masc	60	7	00:44:35
68	Corrida 10 Km	320	José Pimenta	M	CRDS	VET IV Masc	61	5	00:44:38
69	Corrida 10 Km	158	Nuno Henriques	M	EVOLVE Running Team	VET II Masc	62	18	00:44:40
70	Corrida 10 Km	89	Cláudio Galego	M	Individual	VET I Masc	63	14	00:44:49
71	Corrida 10 Km	167	Isa Parreira	F	Aquático Clube Silves	VET I Fem	8	1	00:44:59
72	Corrida 10 Km	268	Jphn Mandrola	M	Individual	VET V Masc	64	6	00:45:06
73	Corrida 10 Km	215	Joel Monteiro	M	Individual	Seniores Masc	65	14	00:45:09
74	Corrida 10 Km	181	Paulo Santos	M	Associação Cultural Sambrasense	VET IV Masc	66	6	00:45:18
75	Corrida 10 Km	94	Daniel Cruz Cruz	M	Tugas On Tour Associação Desportiva	VET II Masc	67	19	00:45:25
76	Corrida 10 Km	67	Luis Rodrigues	M	Associação Cultural Sambrasense	VET I Masc	68	15	00:45:27
77	Corrida 10 Km	180	Alexandre Oliveira	M	Associação Cultural Sambrasense	VET V Masc	69	7	00:45:31
78	Corrida 10 Km	150	Rodrigo Martinho	M	Individual	Seniores Masc	70	15	00:45:50
79	Corrida 10 Km	39	Luis Matos	M	Individual	Seniores Masc	71	16	00:45:54
80	Corrida 10 Km	225	Luís Correia	M	Individual	VET I Masc	72	16	00:46:06
81	Corrida 10 Km	179	Pedro Rosa Afonso	M	CF BELENENSES	VET IV Masc	73	7	00:46:20
82	Corrida 10 Km	274	Vasco Nascimento	M	Individual	VET II Masc	74	20	00:46:26
83	Corrida 10 Km	129	Filipe Ramos	M	Casa do Benfica de Almodovar	VET I Masc	75	17	00:46:28

84	Corrida 10 Km	133	Francisco Sousa	M	Casa do Benfica de Almodovar	VET V Masc	76	8	00:46:29
85	Corrida 10 Km	283	Pedro Rio	M	Individual	VET I Masc	77	18	00:46:31
86	Corrida 10 Km	118	Hugo Duarte	M	Individual	VET II Masc	78	21	00:46:36
87	Corrida 10 Km	101	João Camer	M	Lion	Seniores Masc	79	17	00:46:46
88	Corrida 10 Km	240	Sérgio Lopes	M	HFF	VET III Masc	80	8	00:46:48
89	Corrida 10 Km	21	Terry OHare	M	Individual	VET V Masc	81	9	00:46:48
90	Corrida 10 Km	136	LAHOUN Jean Pierre	M	Individual	VET V Masc	82	10	00:46:55
91	Corrida 10 Km	81	Catarina Gabadinho	F	Casa do Benfica de Faro	Senior Fem	9	2	00:47:05
92	Corrida 10 Km	132	Jose Anica Silva	M	Casa do Benfica de Almodovar	VET V Masc	83	11	00:47:26
93	Corrida 10 Km	146	Frazer Lainchbury	M	ALGARVE HASH HOUSE HARRIERS	VET IV Masc	84	8	00:47:41
94	Corrida 10 Km	96	Antonio Vieira	M	Individual	VET III Masc	85	9	00:47:44
95	Corrida 10 Km	7	Eurico Marques	M	Individual	Seniores Masc	86	18	00:47:54
96	Corrida 10 Km	161	Francisco Magalhães	M	EVOLVE Running Team	Seniores Masc	87	19	00:47:56
97	Corrida 10 Km	98	João Ferreira	M	Individual	VET I Masc	88	19	00:47:59
98	Corrida 10 Km	90	Wagner Barbosa	M	Dentrata Lda	VET IV Masc	89	9	00:48:01
99	Corrida 10 Km	33	Nelson Filipe Reis	M	Silves - Lagoa	Seniores Masc	90	20	00:48:02
100	Corrida 10 Km	27	Luis Rego	M	Individual	Seniores Masc	91	21	00:48:04
101	Corrida 10 Km	145	Sandra Bailote	F	Olímpico Clube de Lagos	VET III Fem	10	3	00:48:05
102	Corrida 10 Km	110	Gonçalo Santos	M	G.D.R. São Francisco da Serra	VET III Masc	92	10	00:48:05
103	Corrida 10 Km	112	Paulo Dionisio	M	Clube Desportivo Areias de São João	VET III Masc	93	11	00:48:15
104	Corrida 10 Km	93	ANGELA VARGUES	F	Tugas On Tour Associação Desportiva	VET I Fem	11	2	00:48:16
105	Corrida 10 Km	124	Elisabete Nóbrega	F	Clube Oriental de Pechão	VET III Fem	12	4	00:48:20
106	Corrida 10 Km	57	Marlene Emidio	F	JR	VET I Fem	13	3	00:48:23
107	Corrida 10 Km	2	Luis Oliveira	M	CHUCB	VET III Masc	94	12	00:48:26
108	Corrida 10 Km	134	Ricardo JAcob	M	Casa do Benfica de Almodovar	VET I Masc	95	20	00:48:26
109	Corrida 10 Km	105	Luisa Martins	F	Clube de Atletismo Alentejanos de Faro	VET IV Fem	14	2	00:48:43
110	Corrida 10 Km	8	Marli Henriques	F	Individual	Senior Fem	15	3	00:48:43
111	Corrida 10 Km	131	Jose Ribeiro	M	Casa do Benfica de Almodovar	VET IV Masc	96	10	00:48:47

112	Corrida 10 Km	11	Ana Lisa Vieira	F	Individual	Senior Fem	16	4	00:49:06
113	Corrida 10 Km	252	Tiago Dias	M	Individual	Seniores Masc	97	22	00:49:21
114	Corrida 10 Km	210	Gonalo Miranda	M	Centro Hospitalar Universitrio Cova da Beira	Seniores Masc	98	23	00:49:21
115	Corrida 10 Km	257	Amandio Viegas	M	Individual	VET II Masc	99	22	00:49:39
116	Corrida 10 Km	163	Lus Varela	M	EVOLVE Running Team	VET III Masc	100	13	00:49:41
117	Corrida 10 Km	305	Jos Santos	M	Individual	VET V Masc	101	12	00:49:42
118	Corrida 10 Km	127	Eduardo Ferreira	M	EFNC	VET III Masc	102	14	00:49:47
119	Corrida 10 Km	126	Nuno Contreiras	M	EFNC	VET III Masc	103	15	00:49:49
120	Corrida 10 Km	193	Ana Tom	F	Individual	Senior Fem	17	5	00:49:52
121	Corrida 10 Km	31	Antonio Pereira	M	Individual	VET V Masc	104	13	00:49:55
122	Corrida 10 Km	113	JOAQUIM LOPES	M	Individual	VET V Masc	105	14	00:49:57
123	Corrida 10 Km	306	Alfredo Rocha	M	Individual	VET II Masc	106	23	00:50:06
124	Corrida 10 Km	141	Mariana Soares	F	Blackbeer Runners	Senior Fem	18	6	00:50:06
125	Corrida 10 Km	183	Bruno Marqus	M	CLUBE DE ATLETISMO TRAIL RUNNERS DA PONTE	VET II Masc	107	24	00:50:12
126	Corrida 10 Km	265	Catarina Costa	F	Individual	Senior Fem	19	7	00:50:30
127	Corrida 10 Km	68	Leonel Cristina	M	Associao Cultural Sambrasense	VET IV Masc	108	11	00:50:31
128	Corrida 10 Km	231	Rui Figueira	M	Individual	VET I Masc	109	21	00:51:17
129	Corrida 10 Km	187	Diogo Mimoso	M	Individual	Seniores Masc	110	24	00:51:28
130	Corrida 10 Km	47	Alexandre Lopes	M	Mexe-te M	VET III Masc	111	16	00:51:37
131	Corrida 10 Km	298	Mrio Almeida	M	Individual	Seniores Masc	112	25	00:51:42
132	Corrida 10 Km	154	Nuno Mendes	M	Mendes	VET I Masc	113	22	00:52:05
133	Corrida 10 Km	316	Estevo Fonseca	M	Individual	VET II Masc	114	25	00:52:18
134	Corrida 10 Km	256	Jos Braga	M	Individual	VET II Masc	115	26	00:52:54
135	Corrida 10 Km	20	Paulo Arajo	M	Individual	Seniores Masc	116	26	00:53:01
136	Corrida 10 Km	273	David Machado	M	Individual	VET I Masc	117	23	00:53:08
137	Corrida 10 Km	54	Antnio Santos	M	Tartugas de Lou	VET V Masc	118	15	00:53:11
138	Corrida 10 Km	51	Marina Ozhegina	F	123	Senior Fem	20	8	00:53:12
139	Corrida 10 Km	44	Lus Guilherme	M	Individual	VET I Masc	119	24	00:53:14



168	Corrida 10 Km	5	João Carlos Rios	M	Faro,Pegadas à 4ª Feira	VET V Masc	139	18	00:57:15
169	Corrida 10 Km	238	TELMO SIMOES	M	CLINICA VELOSO GOMES	VET II Masc	140	29	00:57:24
170	Corrida 10 Km	9	Elsa Suzana	F	Faro,Pegadas à 4ª Feira	VET II Fem	30	5	00:57:24
171	Corrida 10 Km	86	Hugo Renda	M	Os flechas	VET I Masc	141	28	00:57:28
172	Corrida 10 Km	226	Bruno Piçarra	M	Individual	VET I Masc	142	29	00:57:33
173	Corrida 10 Km	53	José Polana	M	Tartugas de Loulé	VET V Masc	143	19	00:57:56
174	Corrida 10 Km	148	Jose Manuel Mestre	M	Jogging	VET V Masc	144	20	00:58:04
175	Corrida 10 Km	186	António Pargana	M	JR	VET III Masc	145	18	00:58:12
176	Corrida 10 Km	184	Joana Ribeiro	F	JR	Senior Fem	31	13	00:58:12
177	Corrida 10 Km	222	Pedro Felgar	M	Individual	Seniores Masc	146	34	00:58:19
178	Corrida 10 Km	17	Casimiro Correlo	M	Individual	VET I Masc	147	30	00:58:42
179	Corrida 10 Km	282	Pedro Teixeira	M	Individual	Seniores Masc	148	35	00:58:51
180	Corrida 10 Km	147	HAYDN LAINCHBURY	M	ALGARVE HASH HOUSE HARRIERS	Seniores Masc	149	36	00:58:52
181	Corrida 10 Km	318	Vitor Serra	M	Individual	VET I Masc	150	31	00:58:54
182	Corrida 10 Km	1	Rui Guerreiro	M	Club d Um	VET III Masc	151	19	00:58:55
183	Corrida 10 Km	156	Céline Barbosa	F	EVOLVE Running Team	VET I Fem	32	4	00:59:15
184	Corrida 10 Km	56	João Santos	M	JR	Seniores Masc	152	37	00:59:49
185	Corrida 10 Km	78	Susana Carvalho	F	JR	VET I Fem	33	5	00:59:50
186	Corrida 10 Km	175	Vilma Vanessa Duarte	F	Individual	Senior Fem	34	14	01:00:29
187	Corrida 10 Km	201	Margarida Temtem	F	Individual	Senior Fem	35	15	01:00:34
188	Corrida 10 Km	149	Paulo Baião	M	Individual	Seniores Masc	153	38	01:00:36
189	Corrida 10 Km	206	Soraia Branco	F	Individual	Senior Fem	36	16	01:00:36
190	Corrida 10 Km	202	Gonçalo Costa	M	Individual	Seniores Masc	154	39	01:00:37
191	Corrida 10 Km	303	João Pinto	M	Individual	VET V Masc	155	21	01:00:39
192	Corrida 10 Km	249	José Martins	M	Individual	VET V Masc	156	22	01:00:41
193	Corrida 10 Km	255	Ana Quaresma	F	Individual	VET I Fem	37	6	01:00:49
194	Corrida 10 Km	130	Filipe OLiveira	M	Casa do Benfica de Almodovar	VET II Masc	157	30	01:00:52
195	Corrida 10 Km	204	João Cardoso	M	Individual	Seniores Masc	158	40	01:00:54
196	Corrida 10 Km	178	Luis Mestre	M	Casa do Benfica de Almodovar	VET II Masc	159	31	01:00:55

197	Corrida 10 Km	217	André Antunes	M	Individual	Seniores Masc	160	41	01:00:55
198	Corrida 10 Km	30	Catia Silva	F	Kalenji Running Club Faro	Senior Fem	38	17	01:01:32
199	Corrida 10 Km	188	Carlos Teixeira	M	Individual	VET II Masc	161	32	01:02:03
200	Corrida 10 Km	152	Gonçalo Guerreiro	M	Individual	Seniores Masc	162	42	01:02:11
201	Corrida 10 Km	114	Sofia Costa	F	Individual	VET II Fem	39	6	01:02:29
202	Corrida 10 Km	15	Carmen Nogueira	F	Individual	VET II Fem	40	7	01:02:34
203	Corrida 10 Km	281	José Querido	M	Individual	VET IV Masc	163	16	01:03:03
204	Corrida 10 Km	278	Grasiela Correia	F	Individual	VET II Fem	41	8	01:03:10
205	Corrida 10 Km	251	Adelino Correia	M	Individual	VET V Masc	164	23	01:03:30
206	Corrida 10 Km	162	Ricardo Grazina	M	EVOLVE Running Team	VET I Masc	165	32	01:03:39
207	Corrida 10 Km	200	Carlos Silva	M	Pumas do Guincho	Seniores Masc	166	43	01:04:13
208	Corrida 10 Km	19	Alzira Nunes	F	Individual	Senior Fem	42	18	01:04:17
209	Corrida 10 Km	196	Ana Teixeira	F	Individual	Senior Fem	43	19	01:04:30
210	Corrida 10 Km	276	Garcia Fernandes	M	Individual	VET V Masc	167	24	01:04:33
211	Corrida 10 Km	77	Celina Coelho	F	C4	VET II Fem	44	9	01:04:40
212	Corrida 10 Km	309	Sónia Custódio	F	Individual	VET I Fem	45	7	01:04:40
213	Corrida 10 Km	40	Carla Ramires	F	Individual	Senior Fem	46	20	01:04:41
214	Corrida 10 Km	308	Ivo Lobo	M	Individual	VET II Masc	168	33	01:05:01
215	Corrida 10 Km	291	Catarina Quina	F	Individual	Senior Fem	47	21	01:05:10
216	Corrida 10 Km	243	João Costa	M	MNM's	VET III Masc	169	20	01:05:11
217	Corrida 10 Km	233	Sérgia Rocha	F	MNM's	VET II Fem	48	10	01:05:11
218	Corrida 10 Km	279	Víror Fagundes	M	Individual	VET II Masc	170	34	01:05:11
219	Corrida 10 Km	128	Isaura Pinto	F	Centro de Marcha e Corrida de Odivelas	VET V Masc	49	1	01:05:11
220	Corrida 10 Km	212	Patrícia Alves	F	Individual	Senior Fem	50	22	01:05:12
221	Corrida 10 Km	275	Cátia Maia	F	Individual	Senior Fem	51	23	01:05:15
222	Corrida 10 Km	297	Ricardo Melo	M	Individual	VET I Masc	171	33	01:05:45
223	Corrida 10 Km	254	Gabriela Indire	F	Individual	Senior Fem	52	24	01:06:20
224	Corrida 10 Km	83	João Bispo	M	Faro	Seniores Masc	172	44	01:06:40



225	Corrida 10 Km	35	Sue Howard	F	Sues Road Runners	VET V Masc	53	2	01:06:52
226	Corrida 10 Km	36	Kirsten Hellum	F	Sues Road Runners	VET V Masc	54	3	01:06:52
227	Corrida 10 Km	115	Cristiana Saavedra	F	Individual	Senior Fem	55	25	01:06:54
228	Corrida 10 Km	28	Joana Fontes	F	Individual	Senior Fem	56	26	01:06:55
229	Corrida 10 Km	97	SAMUEL SALVADOR	M	CATCH ME IF YOU CAN	Seniores Masc	173	45	01:16:31
230	Corrida 10 Km	203	Marina Santos	F	Individual	Senior Fem	57	27	01:16:50
231	Corrida 10 Km	315	Maria Correia	F	Individual	VET III Fem	58	7	01:17:10
232	Corrida 10 Km	295	José Amado	M	Individual	VET IV Masc	174	17	01:17:26
233	Corrida 10 Km	267	Edinaldo Malheiro	M	Individual	VET V Masc	175	25	01:17:27