



XXIII.º Grande Prémio - Atletismo
Museu Nacional Ferroviário
2017



Classificação Geral
Corrida

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
1	2	João Ferreira	Estoril Praia Fisiogaspar Triatlo	M Seniores	1	00:33:18	
2	231	Luís Rações	Ingleses Fc	Veteranos II	1	00:33:31	00:00:13
3	124	João Vaz	C.C.D. "O ALVITEJO"	Veteranos III	1	00:33:58	00:00:40
4	160	Carlos Tiago	Belém Runners	Veteranos I	1	00:34:13	00:00:55
5	168	Hugo Augusto	Belém Runners	M Seniores	2	00:35:31	00:02:13
6	232	Paulo Alves	Associação Vale Grande	Veteranos I	2	00:35:49	00:02:31
7	234	Miguel Cotrim	A.D.R Águas Belas	Veteranos I	3	00:36:03	00:02:45
8	157	Carlos Freitas	Belém Runners	Veteranos III	2	00:36:16	00:02:58
9	243	Octávio Vicente	Casa do Benfica de Abrantes	M Seniores	3	00:36:42	00:03:24
10	239	José Durão	Casa do Benfica de Abrantes	Veteranos IV	1	00:36:52	00:03:34
11	172	José Custodio	Belém Runners	Veteranos IV	2	00:37:03	00:03:45
12	238	Tiago Nuno	Casa do Benfica de Abrantes	M Seniores	4	00:37:14	00:03:56
13	128	Paulo Fernandes	C.C.D. "O ALVITEJO"	Veteranos IV	3	00:37:40	00:04:22
14	121	João Sousa	Núcleo Sporting Torres Novas	Veteranos III	3	00:38:43	00:05:25
15	215	Luís Mota	CLAC - Entroncamento	Veteranos II	2	00:38:48	00:05:30
16	244	Artur Pais	Casa do Benfica de Abrantes	Veteranos III	4	00:38:52	00:05:34
17	166	Luís Xavier	Belém Runners	M Seniores	5	00:38:59	00:05:41
18	77	Filipe Marques	AHBE	M Seniores	6	00:39:11	00:05:53
19	140	Manuel Costa	CCDTMetroLx	Veteranos VI	1	00:39:42	00:06:24
20	214	Alcino Nunes	CLAC - Entroncamento	Veteranos III	5	00:39:52	00:06:34
21	135	Ângelo Silva	CCDTMetroLx	M Seniores	7	00:40:06	00:06:48
22	59	João Pinheiro	Os Matrecos	M Seniores	8	00:40:24	00:07:06
23	159	Pedro Afonso Pereira	Belém Runners	Veteranos II	3	00:40:25	00:07:07
24	199	Diogo Martinho		M Seniores	9	00:40:30	00:07:12
25	213	Ricardo José Silva	CLAC - Entroncamento	M Seniores	10	00:40:32	00:07:14
26	182	Marco Franco	Clube de Atletismo de Ferreira do Zêzer	Veteranos I	4	00:40:35	00:07:17
27	141	Nuno Pita	CCDTMetroLx	Veteranos II	4	00:40:36	00:07:18
28	139	João Oliveira	CCDTMetroLx	Veteranos II	5	00:40:48	00:07:30
29	220	Nelson M. Oliveira	CLAC - Entroncamento	Veteranos I	5	00:40:50	00:07:32
30	235	José Almeida		Veteranos III	6	00:41:41	00:08:23
31	155	Gonçalo Ferreira	Belém Runners	Veteranos II	6	00:41:46	00:08:28
32	174	Mário Pereira	Belém Runners	M Seniores	11	00:42:01	00:08:43
33	179	Félix	ONDATRILHOS	Veteranos I	6	00:42:08	00:08:50
34	127	António Duarte	C.C.D. "O ALVITEJO"	Veteranos V	1	00:42:15	00:08:57
35	129	Vítor Gomes	C.C.D. "O ALVITEJO"	Veteranos VI	2	00:42:27	00:09:09
36	195	Daniel Lourenço	CA Barreira	Veteranos II	7	00:42:34	00:09:16
37	115	André Pedro		Veteranos I	7	00:42:51	00:09:33

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
38	178	João Proença		M Seniores	12	00:42:56	00:09:38
39	131	Fábio Martins	C.C.D. "O ALVITEJO"	M Seniores	13	00:43:01	00:09:43
40	225	João Oliveira		M Seniores	14	00:43:16	00:09:58
41	189	Jorge Lercas	União FCI de Tomar	Veteranos IV	4	00:43:24	00:10:06
42	46	José Guimas	Os Matrecos	Veteranos IV	5	00:43:42	00:10:24
43	42	João Machado	Os Matrecos	Veteranos V	2	00:43:48	00:10:30
44	106	Luís Silva	Casa do Povo de Alcanena	Veteranos III	7	00:44:05	00:10:47
45	137	Carlos Dias	CCDTMetroLx	Veteranos V	3	00:44:11	00:10:53
46	57	João Nicolau	ONDAFISICA	Veteranos II	8	00:44:14	00:10:56
47	118	Duarte Cardoso	ONDAFISICA	Veteranos III	8	00:44:14	00:10:56
48	242	Renato Marques	Casa do Benfica de Abrantes	Veteranos III	9	00:44:16	00:10:58
49	111	Carlos Cardoso		Veteranos VII	1	00:44:19	00:11:01
50	117	Ana Ferreira	Núcleo Sporting Torres Novas	F Seniores	1	00:44:21	00:11:03
51	16	Jorge Antunes	ONDAFISICA	Veteranos II	9	00:44:35	00:11:17
52	49	Duarte Antunes	Os Matrecos	Veteranos III	10	00:44:41	00:11:23
53	184	Alexandra Portela	UAP	Veteranas III	1	00:44:45	00:11:27
54	36	Jorge Tavares	ONDAFISICA	Veteranos II	10	00:45:04	00:11:46
55	164	Apolo Pereira	Belém Runners	Veteranos III	11	00:45:17	00:11:59
56	192	José Fernandes	C.C.D. "O ALVITEJO"	Veteranos V	4	00:45:19	00:12:01
57	120	Silvia Jorge	Núcleo Sporting Torres Novas	Veteranas III	2	00:45:20	00:12:02
58	95	André Rosário	Os Ponta Branca UDA	M Seniores	15	00:45:49	00:12:31
59	84	Elio Monteiro	ONDAFISICA	Veteranos I	8	00:46:04	00:12:46
60	191	Vasco Lourenço	C.C.D. "O ALVITEJO"	Veteranos III	12	00:46:04	00:12:46
61	10	Nuno Romão		Veteranos III	13	00:46:16	00:12:58
62	187	Alberto Graça	União FCI de Tomar	Veteranos VI	3	00:46:31	00:13:13
63	193	Joaquim Campos	Os Birrentos	Veteranos V	5	00:46:33	00:13:15
64	6	Armando Cruz		Veteranos IV	6	00:46:52	00:13:34
65	227	Carlos Cruz		Veteranos V	6	00:46:53	00:13:35
66	194	Paulo Fonseca		Veteranos IV	7	00:47:02	00:13:44
67	113	Sérgio Salgado	Núcleo Sporting Torres Novas	M Seniores	16	00:47:10	00:13:52
68	133	Carlos Vitorino	Grupo Cicloturismo Barquinense	Veteranos III	14	00:47:11	00:13:53
69	35	Vera Santos	ONDAFISICA	F Seniores	2	00:47:13	00:13:55
70	47	Aurélio Rodrigues	Os Matrecos	Veteranos III	15	00:47:26	00:14:08
71	165	Pedro Rosa Afonso	Belém Runners	Veteranos IV	8	00:47:48	00:14:30
72	177	Sérgio Mendes		Veteranos III	16	00:47:48	00:14:30
73	167	Lenia Silva	Belém Runners	Veteranas II	1	00:47:58	00:14:40
74	15	Manuel Morais	ONDAFISICA	Veteranos III	17	00:48:10	00:14:52
75	98	Joel Santos	Os Ponta Branca UDA	Veteranos II	11	00:48:19	00:15:01
76	43	Carla Barbosa	Os Matrecos	Veteranas II	2	00:48:41	00:15:23
77	219	João Pedro Ferreira	CLAC - Entroncamento	Veteranos II	12	00:48:46	00:15:28
78	190	António Alberto	Ponta Branca	M Seniores	17	00:49:10	00:15:52
79	45	Hermínio Ferreira	Os Matrecos	Veteranos V	7	00:49:14	00:15:56
80	13	José Mariquitos	Os Últimos	Veteranos V	8	00:49:19	00:16:01
81	122	José Mota	Os Matrecos	Veteranos V	9	00:49:20	00:16:02
82	50	Francisco Primo	Os Matrecos	Veteranos III	18	00:49:21	00:16:03

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
83	39	David Daniel	ONDAFISICA	M Seniores	18	00:49:56	00:16:38
84	202	André Martinho	PXE - Entroncamento	Veteranos I	9	00:50:11	00:16:53
85	94	Gonçalo Caldeira	Os Ponta Branca UDA	M Seniores	19	00:50:12	00:16:54
86	186	Carolina Feliz	União FCI de Tomar	Veteranas III	3	00:50:13	00:16:55
87	222	Márcio Frias		M Seniores	20	00:50:24	00:17:06
88	236	João Joaquim	CLAC - Entroncamento	Veteranos VII	2	00:50:25	00:17:07
89	63	José Marques	ONDAFISICA	Veteranos V	10	00:50:46	00:17:28
90	48	Sandra Quintas	Os Matrecos	Veteranas II	3	00:50:47	00:17:29
91	69	João Dias	ONDAFISICA	Veteranos IV	9	00:50:51	00:17:33
92	80	António Baptista	ONDAFISICA	Veteranos III	19	00:51:04	00:17:46
93	116	Rui Maia		Veteranos I	10	00:51:04	00:17:46
94	8	António Brás	ONDAFISICA	Veteranos V	11	00:51:41	00:18:23
95	188	Manuel Martins	União FCI de Tomar	Veteranos VI	4	00:51:41	00:18:23
96	205	Hugo Ferrão	PXE - Entroncamento	Veteranos I	11	00:52:11	00:18:53
97	241	Alice Silva	Casa do Benfica de Abrantes	Veteranas II	4	00:52:11	00:18:53
98	109	Mário Vieira		M Seniores	21	00:52:16	00:18:58
99	123	Emílio Miranda	Os Matrecos	Veteranos IV	10	00:52:45	00:19:27
100	76	Carlos Miguel		Veteranos II	13	00:52:55	00:19:37
101	240	Teresa Mendes	Casa do Benfica de Abrantes	Veteranas III	4	00:53:11	00:19:53
102	65	Lúcio Mendes	Os Matrecos	Veteranos V	12	00:53:40	00:20:22
103	146	Ricardo Viegas		Veteranos II	14	00:53:58	00:20:40
104	23	Pedro Moutinho	ONDAFISICA	M Seniores	22	00:54:13	00:20:55
105	52	Joana Almeida	Os Matrecos	F Seniores	3	00:54:28	00:21:10
106	221	José Murcela		Veteranos VI	5	00:54:37	00:21:19
107	54	Germano Bernardo	PRAZER DA CORRIDA	Veteranos VI	6	00:54:46	00:21:28
108	207	João Venâncio	PXE - Entroncamento	Veteranos IV	11	00:54:46	00:21:28
109	142	Rafael Santos	CCDTMetroLx	Veteranos IV	12	00:55:00	00:21:42
110	74	Manuel Correia	ONDAFISICA	Veteranos IV	13	00:55:04	00:21:46
111	154	Inês Kol		Veteranas I	1	00:55:04	00:21:46
112	100	António Marques	Os Ponta Branca UDA	Veteranos V	13	00:55:05	00:21:47
113	55	Ivone Pão Mole	ONDAFISICA	F Seniores	4	00:55:37	00:22:19
114	56	Ricardo Costa	ONDAFISICA	M Seniores	23	00:55:38	00:22:20
115	66	Pedro Nascimento		Veteranos II	15	00:55:40	00:22:22
116	20	Sónia Cardoso	ONDAFISICA	Veteranas I	2	00:55:45	00:22:27
117	73	João Martins	ONDAFISICA	M Seniores	24	00:55:56	00:22:38
118	68	Joana Duarte	ONDAFISICA	F Seniores	5	00:55:57	00:22:39
119	67	Joana Silva	ONDAFISICA	F Seniores	6	00:55:59	00:22:41
120	101	David Canhoto	Os Ponta Branca UDA	M Seniores	25	00:56:09	00:22:51
121	171	Rosa Freitas	Belém Runners	Veteranas III	5	00:56:25	00:23:07
122	161	Pedro Favinha	Belém Runners	Veteranos II	16	00:56:26	00:23:08
123	75	Carlos Sequeira	ONDAFISICA	M Seniores	26	00:57:07	00:23:49
124	229	Luisa Ribeiro	União FCI de Tomar	F Seniores	7	00:57:34	00:24:16
125	125	José Grilate	C.C.D. "O ALVITEJO"	Veteranos VII	3	00:57:54	00:24:36
126	143	Tatiana Ildefonso	CCDTMetroLx	F Seniores	8	00:58:03	00:24:45
127	31	Fernando Moutinho		Veteranos III	20	00:58:11	00:24:53

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
128	136	Carlos Moreira	CCDTMetroLx	Veteranos VI	7	00:58:26	00:25:08
129	183	Nuno Carda	ONDAFISICA	Veteranos II	17	00:58:27	00:25:09
130	61	Ana Sebastião	ONDAFISICA	F Seniores	9	00:58:41	00:25:23
131	83	Francisco Praia	ONDAFISICA	M Seniores	27	00:59:12	00:25:54
132	130	José Marques	C.C.D. "O ALVITEJO"	Veteranos VI	8	00:59:13	00:25:55
133	209	Miguel Barroqueiro	PXE - Entroncamento	M Seniores	28	00:59:20	00:26:02
134	132	Tatiana Iria	Primas	F Seniores	10	00:59:29	00:26:11
135	62	Eduardo Moreira	ONDAFISICA	M Seniores	29	00:59:38	00:26:20
136	40	Aline Sebastião	ONDAFISICA	F Seniores	11	00:59:44	00:26:26
137	79	Tânia Pires	ONDAFISICA	Veteranas I	3	00:59:45	00:26:27
138	152	Nuno Rito	QualquerCoisa	Veteranos I	12	01:00:12	00:26:54
139	58	Amélia Carvalho	ONDAFISICA	Veteranas III	6	01:00:16	00:26:58
140	86	Rui Preto	ONDAFISICA	M Seniores	30	01:00:16	00:26:58
141	97	Magda Simões	Os Ponta Branca UDA	Veteranas I	4	01:00:17	00:26:59
142	89	Alexandre Arranhado	Os Matrecos	Veteranos V	14	01:00:49	00:27:31
143	197	Paulo Vieira	Preta Runners	Veteranos II	18	01:01:00	00:27:42
144	198	Catarina Fontinha	Preta Runners	Veteranas I	5	01:01:00	00:27:42
145	38	Carla Gavancha	ONDAFISICA	Veteranas III	7	01:01:08	00:27:50
146	37	António Gavancha	ONDAFISICA	Veteranos V	15	01:01:09	00:27:51
147	44	António Ramos	Os Matrecos	Veteranos III	21	01:01:40	00:28:22
148	151	Filipe Carrilho	QualquerCoisa	Veteranos III	22	01:01:46	00:28:28
149	110	Paulo Sousa		Veteranos IV	14	01:01:58	00:28:40
150	60	Henrique Silva	Birrentos	Veteranos VII	4	01:02:16	00:28:58
151	144	Mário Salgueiro	C.A.S.P.A. - Clube Amador Só Para Atleti	Veteranos II	19	01:02:17	00:28:59
152	145	Maria José Silva	C.A.S.P.A. - Clube Amador Só Para Atleti	Veteranas III	8	01:02:17	00:28:59
153	126	António Simão	C.C.D. "O ALVITEJO"	Veteranos VII	5	01:02:31	00:29:13
154	175	David Costa	Just for fun	M Seniores	31	01:02:34	00:29:16
155	176	Cristiana Lima	Just for Fun	F Seniores	12	01:02:35	00:29:17
156	196	João Santos	Onda Física	Veteranos VI	9	01:02:37	00:29:19
157	210	Rui Calado	PXE - Entroncamento	Veteranos I	13	01:03:03	00:29:45
158	119	Sandra Santos	ONDAFISICA	F Seniores	13	01:03:43	00:30:25
159	30	Patricia Marques	ONDAFISICA	Veteranas I	6	01:03:57	00:30:39
160	28	Guida Macedo	ONDAFISICA	Veteranas III	9	01:03:59	00:30:41
161	32	Susana Rosa		Veteranas II	5	01:04:09	00:30:51
162	107	Raquel Rocha	Atómicos	F Seniores	14	01:04:43	00:31:25
163	18	Gonçalo Lizardo	ONDAFISICA	M Juniores	1	01:04:51	00:31:33
164	112	Sandrina Sousa	Núcleo Sporting Torres Novas	F Seniores	15	01:05:20	00:32:02
165	27	Cláudia Carneiro	ONDAFISICA	Veteranas II	6	01:05:44	00:32:26
166	226	Décio Lopes		Veteranos III	23	01:06:00	00:32:42
167	180	José Nogueira	Clube de Atletismo da Nazaré	Veteranos III	24	01:06:01	00:32:43
168	148	Teresa Ventura	QualquerCoisa	Veteranas I	7	01:06:13	00:32:55
169	9	Martinho Roque		Veteranos III	25	01:06:25	00:33:07
170	204	Eduardo Martins	PXE - Entroncamento	Veteranos VI	10	01:06:28	00:33:10
171	223	Natacha Cunha	ONDAFISICA	F Seniores	16	01:07:15	00:33:57
172	72	Micaela Conde	ONDAFISICA	F Seniores	17	01:07:30	00:34:12

Pos.	Pei.	Nome	Clube	Escalão	Pos.	Tempo	Dif.
173	11	Nuno Paulo	ONDAFISICA	Veteranos III	26	01:08:02	00:34:44
174	224	Carlos Alfeirão		Veteranos I	14	01:08:02	00:34:44
175	149	Joaquim Ventura	QualquerCoisa	Veteranos VII	6	01:08:46	00:35:28
176	90	João Viola	ONDAFISICA	M Seniores	32	01:09:07	00:35:49
177	85	Alice Martins		Veteranas III	10	01:09:24	00:36:06
178	21	Raquel Henriques	ONDAFISICA	Veteranas I	8	01:09:43	00:36:25
179	91	Susana Dias	ONDAFISICA	Veteranas I	9	01:09:43	00:36:25
180	92	Carlos Esteves	ONDAFISICA	Veteranos I	15	01:09:44	00:36:26
181	147	Mónica Ventura	QualquerCoisa	Veteranas I	10	01:09:45	00:36:27
182	218	Vítor José Silva	CLAC - Entroncamento	Veteranos IV	15	01:09:50	00:36:32
183	99	Patrícia Antunes	Os Ponta Branca UDA	Veteranas I	11	01:11:43	00:38:25
184	29	Conceição Alegria	ONDAFISICA	Veteranas III	11	01:12:03	00:38:45
185	245	Anabela Salgado		Veteranas III	12	01:12:46	00:39:28
186	150	Patrícia Rosa	QualquerCoisa	F Seniores	18	01:12:48	00:39:30
187	12	Susana Paulo	ONDAFISICA	Veteranas II	7	01:13:39	00:40:21
188	17	Susana Antunes	ONDAFISICA	Veteranas II	8	01:13:40	00:40:22
189	108	Ana Pereira	ONDAFISICA	F Seniores	19	01:14:03	00:40:45
190	153	Hugo Ferreira		Veteranos I	16	01:15:28	00:42:10
191	26	Ana Mota	ONDAFISICA	Veteranas II	9	01:16:42	00:43:24
192	162	Rui Afonso	Belém Runners	Veteranos III	27	01:17:07	00:43:49
193	173	Claudia Borralho	Belém Runners	Veteranas II	10	01:17:07	00:43:49
194	200	Carina Silva	Os Ponta Branca UDA	Veteranas I	12	01:18:00	00:44:42
195	169	Carlos Alves	Belém Runners	Veteranos II	20	01:22:51	00:49:33
196	138	Gualdino Freire	CCDTMetroLx	Veteranos VII	7	01:24:21	00:51:03
197	185	Elisa Dias	CCDTMetroLx	Veteranas III	13	01:24:21	00:51:03
198	203	António Martins	PXE - Entroncamento	Veteranos IV	16	01:27:07	00:53:49