

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
1	214	JORGE BARREIRA	M	52		0:59:30	INDIVIDUAL
2	38	RICARDO REIS	M	36		00:33:19	GTRM
3	297	MARCO GRILEIRO	M	33		00:35:40	AA MAFRA
4	356	AIRES PRATAS	M	58		00:36:14	ODIMARQ ALUMINIOS
5	324	MARCO MENDES	M	38		00:36:38	C PRAÇAS ARMADA
6	90	ELIO BARREIRA	M	37		00:36:55	INDIVIDUAL
7	3	JOAO MONTES	M	48		00:37:03	C FUTEBOL BENFICA
8	244	ANTONIO HENRIQUES	M	56		00:37:13	ODIMARQ ALUMINIOS
9	42	JOAO P COSTA	M	42		00:37:17	ADCR P JUDICIARIA
10	4	MARIO GUERREIRO	M	50		00:37:30	INDIVIDUAL
11	357	JOAO PRISAL	M	41		00:37:56	RAIL RUNNERS
12	64	FERNANDO GOMES	M	39		00:38:14	SL CAMPOLIDE
13	290	SERGIO M MACATRAO	M	57		00:38:23	BV BOMBARRAL
14	358	JOAQUIM CALADO	M	24		00:38:38	RAIL RUNNERS
15	234	SAMUEL GALVEIA	M	32		00:38:42	AA LEBRES SADO
16	206	FERNANDO A C FARINHA	M	46		00:38:42	INDIVIDUAL
17	249	ORLANDO SILVA	M	56		00:38:45	CCDT METRO LX
18	48	RUI HENRIQUES	M	33		00:38:50	SS MONTEPIO GERAL
19	348	ANTONIO J A G LOUREIRO	M	32		00:39:14	TZ GYM
20	59	GIL ALVES	M	36		00:39:14	SL CAMPOLIDE
21	156	GONÇALO FERREIRA	M	39		00:39:27	INDIVIDUAL
22	162	JOSE M CORREIA	M	46		00:39:30	INDIVIDUAL
23	81	NUNO SANTOS	M	41		00:39:32	CCD O ALVITEJO
24	198	ANTONIO GONÇALVES	M	48		00:39:38	CCDT METRO LX
25	351	PAULO GOMES	M	43		00:39:41	AA MAFRA
26	108	NUNO A M SOARES	M	31		00:39:48	INDIVIDUAL
27	331	NELSON SANTOS	M	30		00:39:49	INDIVIDUAL
28	230	EDUARDO CARY	M	34		00:40:15	PANDILHA JOVEM
29	22	GONÇALO FERREIRA	M	40		00:40:24	GD INE
30	55	ORLINDO GARCIA	M	56		00:40:27	SL CAMPOLIDE
31	21	FRANCISCO SERRANO	M	39		00:40:29	GD INE
32	286	JOSE ESTEVES	M	47		00:40:37	INDIVIDUAL
33	2	OSCAR SANTOS	M	56		00:40:38	C FUTEBOL BENFICA
34	1	LUCILIA SOARES	F	51		00:40:42	SL BENFICA
35	85	MARCOS PEREIRA	M	57		00:40:45	INDIVIDUAL
36	355	JOSE SILVA	M	49		00:40:47	ODIMARQ ALUMINIOS
37	384	PEDRO MOTA	M	42		00:40:55	INDIVIDUAL
38	134	RICARDO CUNHA	M	26		00:41:03	INDIVIDUAL
39	163	PEDRO SOUSA	M	56		00:41:05	INDIVIDUAL

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
40	204	BARROS COSTA	M	57		00:41:09	CCDT METRO LX
41	247	JOAO OLIVEIRA	M	37		00:41:15	CCDT METRO LX
42	221	SADIQ M KASSANO	M	39		00:41:15	PORTUGAL RUNNING
43	111	NUNO F T ABREU	M	38		00:41:37	INDIVIDUAL
44	371	PAULO PATRICIO	M	28		00:41:45	CERCAL RUNNING TEAM
45	71	CARLOS ALMEIDA	M	55		00:41:46	INDIVIDUAL
46	15	JOAQUIM SANTOS	M	37		00:41:50	VILA FRIA/JG SEGUROS
47	271	PEDRO M S FERNANDES	M	39		00:41:54	INDIVIDUAL
48	32	MANUEL SILVA	M	58		00:41:56	MULTIFLOW
49	168	PEDRO M V LIMA	M	35		00:42:15	INDIVIDUAL
50	101	MIGUEL L FERREIRA	M	25		00:42:19	INDIVIDUAL
51	381	TIAGO A F CASTELA	M	25		00:42:19	INDIVIDUAL
52	149	JOAO P CEGONHO	M	35		00:42:24	INDIVIDUAL
53	29	JOAO HEITOR	M	62		00:42:28	CA PAÇO D ARCOS
54	314	JOSE VALDES	M	22		00:42:29	ADRC MATA BENFICA
55	347	ANTONIO DIAS	M	55		00:42:35	INDIVIDUAL
56	325	NELIO P A MENDES	M	34		00:42:40	INDIVIDUAL
57	70	MARIA LUCAS	F	45		00:42:45	INDIVIDUAL
58	194	JOAO GONÇALVES	M	37		00:42:47	INDIVIDUAL
59	172	RUI P A F MORAIS	M	36		00:42:47	INDIVIDUAL
60	121	CARLOS SOUSA	M	56		00:42:51	INDIVIDUAL
61	258	ARTUR GONÇALVES	M	38		00:42:52	OS FLECHAS
62	359	DIOGO M N PEREIRA	M	19		00:42:53	INDIVIDUAL
63	276	HUGO CALDEIRA	M	33		00:42:57	FASTN FURIOUS
64	360	DAVID F PINTO	M	19		00:43:00	INDIVIDUAL
65	23	JOSE MAGALHAES	M	59		00:43:01	GD INE
66	120	JOSE A G BATISTA	M	47		00:43:08	INDIVIDUAL
67	74	JOAQUIM SANTOS	M	55		00:43:16	FALCOES SELVAGENS
68	197	NUNO PITA	M	37		00:43:25	CCDT METRO LX
69	303	JOAO OLIVEIRA	M	42		00:43:28	UDF AMIGOS CAMPOLIDE
70	138	RICARDO L ALVES	M	30		00:43:32	AÇOREANA C BANIF
71	327	VALTER D M M OLIVEIRA	M	35		00:43:40	INDIVIDUAL
72	372	ARMANDO CORREIA	M	61		00:43:42	LESMAS ALOPRADAS
73	354	LUIS SOUSA	M	27		00:43:44	INDIVIDUAL
74	170	PAULO GOMES	M	33		00:43:46	INDIVIDUAL
75	246	HUGO PINTO	M	37		00:43:53	CCDT METRO LX
76	368	HUMBERTO BRITO	M	38		00:43:54	INDIVIDUAL
77	35	ANDRE SANTOS	M	37		00:43:55	A VALE SILENCIO
78	36	ARMANDO ALMEIDA	M	54		00:43:56	A VALE SILENCIO

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
79	383	MARCELO F G B RAFAEL	M	26		00:44:05	INDIVIDUAL
80	332	JOSE M G FERREIRA	M	48		00:44:26	INDIVIDUAL
81	239	FERNANDO ANACLETO	M	61		00:44:30	INDIVIDUAL
82	96	TIAGO TELES	M	29		00:44:35	CLUBE AUTOCOOPE
83	262	MAURICIO MARQUES	M	39		00:44:40	INDIVIDUAL
84	213	LUIS M XAVIER	M	41		00:44:51	INDIVIDUAL
85	199	RUI ARAUJO	M	55		00:44:51	CCDT METRO LX
86	200	CARLOS DIAS	M	52		00:44:54	CCDT METRO LX
87	236	FERNANDO J POLONIO	M	43		00:44:57	LEBRES PORCALHOTA
88	173	NUNO C CARMO	M	39		00:45:00	INDIVIDUAL
89	84	ANTONIO A FERNANDES	M	76		00:45:00	INDIVIDUAL
90	17	NUNO FERNANDES	M	40		00:45:02	VILA FRIA/JG SEGUROS
91	185	LAURA M BARLETTA	F	39		00:45:07	INDIVIDUAL
92	210	JOAO PASTOR	M	40		00:45:09	AA MAFRA
93	54	ROSALIA SALDANHA	F	40		00:45:14	SCU TORREENSE
94	18	ANTONIO P L SANTOS	M	54		00:45:20	GD INE
95	190	FERNANDO ALMEIDA	M	35		00:45:35	INDIVIDUAL
96	292	JOAO CHAMBINO	M	35		00:45:39	INDIVIDUAL
97	264	GONÇALO MEXIA	M	24		00:45:44	PERNAS GAFANHOTO
98	8	SERGIO FERREIRA	M	33		00:45:45	INDIVIDUAL
99	58	MARCO COSTA	M	35		00:45:50	SL CAMPOLIDE
100	330	CARLOS F R Q MONTEIRO	M	52		00:45:59	INDIVIDUAL
101	43	AURELIO AFONSO	M	37		00:46:00	ADCR P JUDICIARIA
102	337	RUI M J PAULO	M	47		00:46:10	INDIVIDUAL
103	93	JUVENAL MOREIRA	M	49		00:46:18	CLUBE AUTOCOOPE
104	254	RUI GERALDES	M	39		00:46:19	RAIL RUNNERS
105	253	PAULA PENEDO	F	36		00:46:19	RAIL RUNNERS
106	229	JOAO LUZ	M	37		00:46:19	PANDILHA JOVEM
107	399	antonio monteiro	M	42		00:46:20	C FUTEBOL BENFICA
108	288	PAULO M G PATRICIO	M	42		00:46:21	INDIVIDUAL
109	300	PEDRO A C CARVALHO	M	40		00:46:21	BIP BIP RUNNERS
110	369	CARLOS M F MACHADO	M	37		00:46:23	INDIVIDUAL
111	237	NELSON GOMES	M	33		00:46:24	INDIVIDUAL
112	379	RAFAEL SANTOS	M	46		00:46:27	CCDT METRO LX
113	228	JOSE C MELO	M	50		00:46:27	RUN 4 FUN
114	370	DAVID RODRIGUES	M	25		00:46:28	CERCAL RUNNING TEAM
115	328	JORGE P SANTOS	M	35		00:46:30	INDIVIDUAL
116	182	SONIA A F ALMEIDA	F	35		00:46:31	CASOS NOTAVEIS
117	289	NUNO F S F TORCATO	M	36		00:46:39	INDIVIDUAL

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
118	39	NELSON MOTA	M	43		00:46:39	AÇOREANA C BANIF
119	193	MIGUEL FRANCO	M	23		00:46:40	INDIVIDUAL
120	184	MARCELO FERREIRA	M	29		00:46:40	LINK
121	192	PAULO FERREIRA	M	35		00:46:43	INDIVIDUAL
122	169	PEDRO CARDOSO	M	39		00:46:46	INDIVIDUAL
123	125	JORGE RAMOS	M	37		00:46:50	ASAS NOS PÉS
124	10	HUGO FIGUEIREDO	M	28		00:46:52	INDIVIDUAL
125	382	MILTON RODRIGUES	M	27		00:46:54	INDIVIDUAL
126	24	HUGO SILVA	M	26		00:46:57	INDIVIDUAL
127	12	ANDRE WIBORG	M	54		00:47:00	VFF 1896
128	388	JOSE MATOS	M	45		00:47:03	C PRAÇAS ARMADA
129	19	BART SCHOENMAKERS	M	44		00:47:06	GD INE
130	129	RUI CORREIA	M	44		00:47:07	INDIVIDUAL
131	25	RUI MARQUES	M	39		00:47:08	GD INE
132	122	LUIS M F ANTUNES	M	41		00:47:11	RB RUNNING
133	176	PEDRO COSTA	M	33		00:47:12	INDIVIDUAL
134	251	CARLOS BENTO	M	39		00:47:14	RAIL RUNNERS
135	366	LUIS FERREIRA	M	46		00:47:18	URD ARRANHO
136	363	FILIPE BRANCO	M	43		00:47:21	URD ARRANHO
137	364	EDGAR FRANCISCO	M	47		00:47:23	URD ARRANHO
138	181	ORLANDO MARTINS	M	57		00:47:25	INDIVIDUAL
139	68	MANUEL FONSECA	M	49		00:47:26	SL CAMPOLIDE
140	240	RUI COSTA	M	27		00:47:27	INDIVIDUAL
141	267	DAVID SARAIVA	M	31		00:47:30	INDIVIDUAL
142	385	FERNANDO SOBRAL	M	55		00:47:31	GDR S FRANC SERRA
143	195	PEDRO M M SANTOS	M	33		00:47:36	PERNAS GAFANHOTO
144	72	MIGUEL BARBOSA	M	58		00:47:39	SL CAMPOLIDE
145	220	JOAO J FERNANDES	M	32		00:47:46	PLATANOS FC
146	124	CARLOS CRAVEIRA	M	42		00:47:49	AC TEAM
147	224	ALMERINDO SILVA	M	54		00:47:52	ADC CATUJAL
148	144	JOAO MACHADO	M	51		00:47:53	OS MATRECOS
149	261	JOAQUIM F C PINTO	M	54		00:47:55	INDIVIDUAL
150	145	RUI LOPES	M	49		00:47:56	OS MATRECOS
151	273	JOSE MIRANDA	M	47		00:47:59	INDIVIDUAL
152	86	JOSE NASCIMENTO	M	49		00:48:00	INDIVIDUAL
153	365	FERNANDO RODRIGUES	M	46		00:48:01	URD ARRANHO
154	352	JACINTO PEREIRA	M	56		00:48:04	LIS RUNNING
155	164	ALEXANDRE MATEUS	M	37		00:48:05	INDIVIDUAL
156	284	JOAO M FERREIRA	M	43		00:48:07	INDIVIDUAL

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
157	52	EDUARDO RIBEIRO	M	46		00:48:08	GDCT UNICRE
158	349	DANIEL NEVES	M	32		00:48:13	INDIVIDUAL
159	11	FERNANDO MARQUES	M	63		00:48:16	CP EDP CARREGADO
160	376	RUI ROSA	M	25		00:48:17	AFO
161	378	HONORATO MOURA	M	33		00:48:19	CCDT METRO LX
162	46	NUNO BONIFACIO	M	38		00:48:21	SS MONTEPIO GERAL
163	209	TAM AFONSO	M	60		00:48:27	AÇOREANA C BANIF
164	57	RICARDO PEREIRA	M	33		00:48:34	SL CAMPOLIDE
165	326	RODRIGO A C S C OPA	M	37		00:48:34	INDIVIDUAL
166	344	ANTONIO M S ALVES	M	44		00:48:36	INDIVIDUAL
167	78	BEATRIZ SANTOS	F	39		00:48:40	SL CAMPOLIDE
168	238	IDALECIO BARROS	M	58		00:48:43	INDIVIDUAL
169	165	PEDRO SERRA	M	37		00:48:46	INDIVIDUAL
170	91	LUIS CRUZ	M	42		00:48:53	INDIVIDUAL
171	37	LUCIANO TOMAS	M	56		00:48:57	A VALE SILENCIO
172	109	GONÇALO SANTOS	M	32		00:48:58	INDIVIDUAL
173	141	RUBEN M B GONÇALVES	M	34		00:49:00	INDIVIDUAL
174	285	PEDRO ALMEIDA	M	54		00:49:06	INDIVIDUAL
175	279	ANTONIO C TEIXEIRA	M	44		00:49:09	INDIVIDUAL
176	56	RICARDO CEBOLA	M	30		00:49:13	SL CAMPOLIDE
177	63	EGIDIO SILVA	M	49		00:49:16	SS CGD
178	40	JOAQUIM GUERREIRO	M	53		00:49:16	AÇOREANA C BANIF
179	123	ANDREIA OLIVEIRA	F	29		00:49:20	AC TEAM
180	92	CARLOS FERREIRA	M	56		00:49:25	CLUBE AUTOCOOPE
181	320	DIOGO ARRAIAS	M	59		00:49:27	OS ARRAIAS
182	31	CARLOS CORREIA	M	48		00:49:30	CD QUARTEIRA
183	188	JEREMIAS J F CARDOSO	M	48		00:49:39	INDIVIDUAL
184	171	JOAO DIAS	M	47		00:49:46	INDIVIDUAL
185	329	EDUARDO MOUTINHO	M	45		00:49:46	O MUNDO CORRIDA
186	98	SILVIO PAIVA	M	61		00:49:47	BES
187	207	MARCO T BASTOS	M	38		00:49:47	INDIVIDUAL
188	321	FERNANDO V MARQUES	M	58		00:49:50	INDIVIDUAL
189	80	DEOLINDA SOUSA	F	45		00:49:51	SL CAMPOLIDE
190	30	JORGE BRITO	M	42		00:49:53	CD QUARTEIRA
191	223	RUI VIGOÇO	M	68		00:50:00	GD BANCO BPI
192	126	LUDGERO SANTANA	M	50		00:50:04	INDIVIDUAL
193	302	IVO ESPERANÇA	M	33		00:50:05	UDF AMIGOS CAMPOLIDE
194	61	ALVARO FURTADO	M	54		00:50:16	SS CGD
195	189	JOAO FREIRE	M	48		00:50:19	INDIVIDUAL

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
196	255	DANIEL M FEITEIRONA	M	30		00:50:23	INDIVIDUAL
197	100	RUI ALMEIDA	M	36		00:50:24	INDIVIDUAL
198	94	JOSE DIAS	M	55		00:50:25	CLUBE AUTOCOOPE
199	235	JORGE M ROMAO	M	44		00:50:27	LEBRES PORCALHOTA
200	62	ANDRE NORONHA	M	48		00:50:34	SS CGD
201	394	JOSE AMOREIRA	M	46		00:50:36	INDIVIDUAL
202	105	DAVID J S R ALMEIDA	M	42		00:50:37	VAMOS DEVAGAR
203	20	CARLA A LOPES	F	40		00:50:58	GD INE
204	281	ALBINO S FERREIRA	M	48		00:51:01	LESMAS ALOPRADAS
205	128	ANTONIO C MARTINS	M	52		00:51:02	INDIVIDUAL
206	287	LUIS P V MONTEIRO	M	41		00:51:06	INDIVIDUAL
207	310	ANGELA FIGUEIRA	F	32		00:51:06	ADRC MATA BENFICA
208	257	CARLOS M P OLIVEIRA	M	46		00:51:06	INDIVIDUAL
209	298	GONÇALO ROCHA	M	46		00:51:08	INDIVIDUAL
210	392	ANTONIO SERGIO	M	36		00:51:20	INDIVIDFUAL
211	393	CARLOS NEVES	M	41		00:51:20	INDIVIDUAL
212	178	LUIS RAMOS	M	34		00:51:24	INDIVIDUAL
213	177	TIAGO RAMALHO	M	35		00:51:24	INDIVIDUAL
214	340	MARIA COTRIM	F	22		00:51:29	INDIVIDUAL
215	131	HUGO COSTA	M	34		00:51:32	INDIVIDUAL
216	7	CLAUDIA FERREIRA	F	46		00:51:37	C FUTEBOL BENFICA
217	291	TEODORO TRINDADE	M	52		00:51:40	RUN 4 FUN
218	275	JOSE CATITA	M	55		00:51:40	GARMIN-CO OEIRAS
219	391	JOAO P ALMEIDA	M	46		00:51:41	INDIVIDUAL
220	212	SERGIO SALVADO	M	37		00:51:41	INDIVIDUAL
221	216	DINIS RIBAS	M	42		00:51:48	INDIVIDUAL
222	233	JOSE GALVEIA	M	60		00:51:50	AA LEBRES SADO
223	154	SERGIO COIMBRA	M	41		00:51:58	INDIVIDUAL
224	34	MANUEL AZEVEDO	M	56		00:52:02	MULTIFLOW
225	6	CARLOS MORGADO	M	43		00:52:14	C FUTEBOL BENFICA
226	47	RICARDO DIAS	M	39		00:52:16	SS MONTEPIO GERAL
227	45	JORGE SOUSA	M	40		00:52:16	SS MONTEPIO GERAL
228	103	ANTONIO MALGÃO	M	33		00:52:18	INDIVIDUAL
229	5	PAULO LAPAO	M	47		00:52:19	C FUTEBOL BENFICA
230	160	HENRIQUE RUAS	M	73		00:52:20	CR LEOES P SALVO
231	167	CESAR D D SILVESTRE	M	37		00:52:26	INDIVIDUAL
232	89	VITOR ANTUNES	M	58		00:52:33	INDIVIDUAL
233	248	JOAO SILVA	M	54		00:52:34	CCDT METRO LX
234	225	JOSE E MONTEIRO	M	55		00:52:38	INDIVIDUAL

## VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
235	115	NUNO ROSA	M	30		00:52:41	INDIVIDUAL
236	87	ALBERTO SOARES	M	51		00:52:56	INDIVIDUAL
237	174	JOSE BAIXINHO	M	55		00:53:09	SANTIAGO FC
238	67	ANTONIO LIMA	M	50		00:53:13	SL CAMPOLIDE
239	335	PEDRO FERREIRA	M	21		00:53:22	INDIVIDUAL
240	270	AMERICO COSTA	M	55		00:53:38	TECNOSPIE
241	241	JOAO MEIRA	M	26		00:53:44	ASSADOS
242	102	JOAO BRANCO	M	31		00:53:49	INDIVIDUAL
243	269	LUIS ALVES	M	35		00:53:50	INDIVIDUAL
244	132	ANDREIA MONTEIRO	F	34		00:54:04	INDIVIDUAL
245	180	JOSE J M MARQUES	M	39		00:54:20	INDIVIDUAL
246	73	SERAFIM GONÇALVES	M	59		00:54:22	SL CAMPOLIDE
247	373	JOSEMIR LIMA	M	62		00:54:22	LESMAS ALOPRADAS
248	65	MANUEL SOARES	M	48		00:54:27	SL CAMPOLIDE
249	309	TERESA A S FERRAZ	F	30		00:54:30	HAKUNA MATATA
250	316	NUNO E SANTO	M	43		00:54:33	AÇOREANA C BANIF
251	317	SANDRA MARTINS	F	36		00:54:33	AÇOREANA C BANIF
252	318	ARLINDO DUARTE	M	49		00:54:33	AÇOREANA C BANIF
253	97	LUIS FOUTO	M	41		00:54:40	INDIVIDUAL
254	227	VASCO ALPALHÃO	M	43		00:54:40	ALPALHAO
255	353	LUIS ALMEIDA	M	52		00:54:48	LIS RUNNING
256	179	ANTONIO M M FERREIRA	M	64		00:54:51	INDIVIDUAL
257	380	ANDRE GOMES	M	36		00:54:54	INDIVIDUAL
258	33	JOAO SANTOS	M	64		00:54:58	MULTIFLOW
259	272	ANGELO FERNANDES	M	40		00:54:59	INDIVIDUAL
260	175	JUDITE BAIXINHO	F	27		00:55:01	SANTIAGO FC
261	218	LUIS AFONSO	M	39		00:55:12	2 RUNNING
262	277	TANIA CUNHA	F	33		00:55:18	FASTN FURIOUS
263	231	RITA MONTALVÃO	F	38		00:55:24	SIMON AR
264	41	OSCAR RODRIGUES	M	62		00:55:38	AÇOREANA C BANIF
265	301	ANTONIO P SALVADO	M	67		00:55:39	INDIVIDUAL
266	133	ANTONIO S C CAMPOS	M	64		00:55:42	INDIVIDUAL
267	27	DANIEL NUNES	M	33		00:55:52	OS NUNES
268	88	RUI LUIS	M	55		00:55:57	INDIVIDUAL
269	51	GONÇALO OLIVEIRA	M	51		00:56:30	GDCT UNICRE
270	259	ESTELA GONÇALVES	F	35		00:56:31	OS FLECHAS
271	135	TELMA MOREIRA	F	27		00:56:43	INDIVIDUAL
272	113	PEDRO F V S FARO	M	46		00:56:56	INDIVIDUAL
273	50	CARLOS VIEGAS	M	55		00:57:19	GDCT UNICRE

## VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

### Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
274	60	ALBERTINO MACEDO	M	54		00:57:19	SS CGD
275	400	NAIR CARDOSO	F	22		00:57:35	INDIVIDUAL
276	95	SERGIO BORGES	M	40		00:57:38	CLUBE AUTOCOOPE
277	242	PATRICIA GOMES	F	23		00:57:41	ASSADOS
278	114	HUGO M R COLAÇO	M	35		00:57:42	INDIVIDUAL
279	139	ANDRE MENDONÇA	M	30		00:57:55	INDIVIDUAL
280	305	LUIS RATO	M	46		00:58:25	UDF AMIGOS CAMPOLIDE
281	377	DAVID RAPOSO	M	41		00:58:29	INDIVIDUAL
282	280	JAIME F R EVORA	M	38		00:58:31	INDIVIDUAL
283	118	EBERHARD WILHELM	M	65		00:59:03	4 AO KM
284	304	PEDRO FERNANDES	M	35		00:59:09	UDF AMIGOS CAMPOLIDE
285	375	NUNO BALACÓ	M	40		00:59:13	AFO
286	390	ANTONIO RAMOS	M	51		00:59:16	LAGARTOS CARNAXIDE
287	232	ANDRE SIMOES	M	39		00:59:19	SIMON AR
288	315	LUIS OLIVEIRA	M	44		00:59:32	ADRC MATA BENFICA
289	104	RICARDO V A GUERRA	M	34		00:59:34	INDIVIDUAL
290	201	ANTONIO EDUARDO	M	59		00:59:36	CCDT METRO LX
291	157	RITA T TORRES	F	32		00:59:37	INDIVIDUAL
292	137	ALICE JUSTINO	F	61		00:59:46	INDIVIDUAL
293	226	ANA ALPALHÃO	F	40		00:59:55	ALPALHAO
294	362	JOSE DUARTE	M	40		00:59:59	CD QUARTEIRA
295	256	HENRIQUE VILHENA	M	57		01:00:00	INDIVIDUAL
296	158	ELIZABETE RUAS	F	48		01:00:02	CR LEOES P SALVO
297	26	JOSE MATILDES	M	56		01:00:03	OS NUNES
298	252	HELENA PIRES	F	45		01:00:07	RAIL RUNNERS
299	268	MANUEL PRATES	M	41		01:00:18	GD VIDENSE
300	28	GONÇALO NUNES	M	22		01:00:24	OS NUNES
301	295	PATRICIA ESTEVES	F	20		01:00:28	INDIVIDUAL
302	313	MARITZA HERNANDEZ	F	46		01:00:35	ADRC MATA BENFICA
303	69	JOAQUIM CORREIA	M	51		01:00:37	SL CAMPOLIDE
304	333	CARLOS PEREIRA	M	31		01:00:58	OS ZATOPEQUES
305	152	MERCEDES FONSECA	F	57		01:01:08	OS SUPER
306	296	ELSA MOTA	F	49		01:01:14	INDIVIDUAL
307	282	NUNO MARQUES	M	43		01:01:39	SEMPRE EM FESTA
308	374	RICARDO CAMPOS	M	37		01:01:43	AFO
309	322	ANTONIO C NOVAS	M	35		01:01:50	INDIVIDUAL
310	334	FELECIANA FERREIRA	F	47		01:02:04	INDIVIDUAL
311	127	FILOMENA SANTANA	F	46		01:02:04	INDIVIDUAL
312	386	ALEXANDRE FERNANDES	M	37		01:03:29	POWER RANGERS



# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	Equipe
313	9	RUI OLIVEIRA	M	49		01:03:50	
314	77	FATIMA SANTOS	F	33		01:03:57	SL CAMPOLIDE
315	341	HELENA COTRIM	F	45		01:04:00	INDIVIDUAL
316	299	FRANCISCO ROCHA	M	18		01:04:01	INDIVIDUAL
317	146	JOANA CHOURIÇO	F	49		01:04:18	INDIVIDUAL
318	151	JOAQUIM FONSECA	M	57		01:04:18	OS SUPER
319	306	FERNANDO CHAMBEL	M	46		01:04:27	UDF AMIGOS CAMPOLIDE
320	311	SOFIA HENRIQUES	F	34		01:05:11	ADRC MATA BENFICA
321	312	RUI HENRIQUES	M	65		01:05:11	ADRC MATA BENFICA
322	187	CARLA M S C CARDOSO	F	46		01:05:19	INDIVIDUAL
323	159	VITOR RODRIGUES	M	46		01:05:28	CR LEOES P SALVO
324	150	JOAO MONTEIRO	M	31		01:05:50	INDIVIDUAL
325	208	PEDRO M HENRIQUES	M	27		01:05:51	INDIVIDUAL
326	215	EDUARDO AMORIM	M	42		01:07:07	INDIVIDUAL
327	307	BENJAMIM MARTINS	M	38		01:07:18	UDF AMIGOS CAMPOLIDE
328	343	ANABELA A G T MATIAS	F	43		01:07:31	INDIVIDUAL
329	345	ANDRE R S ALVES	M	18		01:07:35	INDIVIDUAL
330	14	CARLOS V NEGRAO	M	53		01:07:58	VILA FRIA/JG SEGUROS
331	196	LILIANA C VIEIRA	F	32		01:08:04	PERNAS GAFANHOTO
332	13	JOAO GOMES	M	62		01:08:40	VILA FRIA/JG SEGUROS
333	217	FERNANDO P RODRIGUES	M	70		01:09:18	INDIVIDUAL
334	339	Mª ROSARIO GONÇALVES	F	41		01:09:26	RAIL RUNNERS
335	338	JOSE L GONÇALVES	M	42		01:09:26	RAIL RUNNERS
336	110	ALEXANDRE M M M SILVA	M	33		01:10:46	CASOS NOTAVEIS
337	294	MARTA ESTEVES	F	20		01:10:51	INDIVIDUAL
338	293	JORGE ESTEVES	M	48		01:10:52	INDIVIDUAL
339	243	Mª CARMO ANJOS	F	66		01:11:03	J FREG PORTELA
340	53	PAULO FRANÇA	M	51		01:11:23	GDCT UNICRE
341	49	NUNO DUARTE	M	38		01:11:27	GDCT UNICRE
342	263	CATARINA REIS	F	39		01:11:46	INDIVIDUAL
343	106	FRANCISCO J G BERNARDO	M	38		01:11:55	VAMOS DEVAGAR
344	283	CHARLOTTE JOHNSON	F	65		01:12:01	SEMPRE EM FESTA
345	342	BENTO A A FERREIRA	M	67		01:13:05	INDIVIDUAL
346	274	RICARDO CARVALHO	M	27		01:14:32	INDIVIDUAL
347	387	PATRICIA FERNANDES	F	34		01:17:09	POWER RANGERS

Total de registros: 347

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### F2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	123	ANDREIA OLIVEIRA	F	29	00:49:20	AC TEAM
2	310	ANGELA FIGUEIRA	F	32	00:51:06	ADRC MATA BENFICA
3	340	MARIA COTRIM	F	22	00:51:29	INDIVIDUAL
4	132	ANDREIA MONTEIRO	F	34	00:54:04	INDIVIDUAL
5	309	TERESA A S FERAZ	F	30	00:54:30	HAKUNA MATATA
6	175	JUDITE BAIXINHO	F	27	00:55:01	SANTIAGO FC
7	277	TANIA CUNHA	F	33	00:55:18	FASTN FURIOUS
8	135	TELMA MOREIRA	F	27	00:56:43	INDIVIDUAL
9	400	NAIR CARDOSO	F	22	00:57:35	INDIVIDUAL
10	242	PATRICIA GOMES	F	23	00:57:41	ASSADOS
11	157	RITA T TORRES	F	32	00:59:37	INDIVIDUAL
12	295	PATRICIA ESTEVES	F	20	01:00:28	INDIVIDUAL
13	77	FATIMA SANTOS	F	33	01:03:57	SL CAMPOLIDE
14	311	SOFIA HENRIQUES	F	34	01:05:11	ADRC MATA BENFICA
15	196	LILIANA C VIEIRA	F	32	01:08:04	PERNAS GAFANHOTO
16	294	MARTA ESTEVES	F	20	01:10:51	INDIVIDUAL
17	387	PATRICIA FERNANDES	F	34	01:17:09	POWER RANGERS

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### F3544

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	185	LAURA M BARLETTA	F	39	00:45:07	INDIVIDUAL
2	54	ROSALIA SALDANHA	F	40	00:45:14	SCU TORREENSE
3	253	PAULA PENEDO	F	36	00:46:19	RAIL RUNNERS
4	182	SONIA A F ALMEIDA	F	35	00:46:31	CASOS NOTAVEIS
5	78	BEATRIZ SANTOS	F	39	00:48:40	SL CAMPOLIDE
6	20	CARLA A LOPES	F	40	00:50:58	GD INE
7	317	SANDRA MARTINS	F	36	00:54:33	AÇOREANA C BANIF
8	231	RITA MONTALVÃO	F	38	00:55:24	SIMON AR
9	259	ESTELA GONÇALVES	F	35	00:56:31	OS FLECHAS
10	226	ANA ALPALHÃO	F	40	00:59:55	ALPALHAO
11	343	ANABELA A G T MATIAS	F	43	01:07:31	INDIVIDUAL
12	339	Mª ROSARIO GONÇALVES	F	41	01:09:26	RAIL RUNNERS
13	263	CATARINA REIS	F	39	01:11:46	INDIVIDUAL

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### F4599

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	1	LUCILIA SOARES	F	51	00:40:42	SL BENFICA
2	70	MARIA LUCAS	F	45	00:42:45	INDIVIDUAL
3	80	DEOLINDA SOUSA	F	45	00:49:51	SL CAMPOLIDE
4	7	CLAUDIA FERREIRA	F	46	00:51:37	C FUTEBOL BENFICA
5	137	ALICE JUSTINO	F	61	00:59:46	INDIVIDUAL
6	158	ELIZABETE RUAS	F	48	01:00:02	CR LEOES P SALVO
7	252	HELENA PIRES	F	45	01:00:07	RAIL RUNNERS
8	313	MARITZA HERNANDEZ	F	46	01:00:35	ADRC MATA BENFICA
9	152	MERCEDES FONSECA	F	57	01:01:08	OS SUPER
10	296	ELSA MOTA	F	49	01:01:14	INDIVIDUAL
11	334	FELECIANA FERREIRA	F	47	01:02:04	INDIVIDUAL
12	127	FILOMENA SANTANA	F	46	01:02:04	INDIVIDUAL
13	341	HELENA COTRIM	F	45	01:04:00	INDIVIDUAL
14	146	JOANA CHOURIÇO	F	49	01:04:18	INDIVIDUAL
15	187	CARLA M S C CARDOSO	F	46	01:05:19	INDIVIDUAL
16	243	Mª CARMO ANJOS	F	66	01:11:03	J FREG PORTELA
17	283	CHARLOTTE JOHNSON	F	65	01:12:01	SEMPRE EM FESTA

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### M1819

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	359	DIOGO M N PEREIRA	M	19	00:42:53	INDIVIDUAL
2	360	DAVID F PINTO	M	19	00:43:00	INDIVIDUAL
3	299	FRANCISCO ROCHA	M	18	01:04:01	INDIVIDUAL
4	345	ANDRE R S ALVES	M	18	01:07:35	INDIVIDUAL

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### M2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	297	MARCO GRILEIRO	M	33	00:35:40	AA MAFRA
2	358	JOAQUIM CALADO	M	24	00:38:38	RAIL RUNNERS
3	234	SAMUEL GALVEIA	M	32	00:38:42	AA LEBRES SADO
4	48	RUI HENRIQUES	M	33	00:38:50	SS MONTEPIO GERAL
5	348	ANTONIO J A G LOUREIRO	M	32	00:39:14	TZ GYM
6	108	NUNO A M SOARES	M	31	00:39:48	INDIVIDUAL
7	331	NELSON SANTOS	M	30	00:39:49	INDIVIDUAL
8	230	EDUARDO CARY	M	34	00:40:15	PANDILHA JOVEM
9	134	RICARDO CUNHA	M	26	00:41:03	INDIVIDUAL
10	371	PAULO PATRICIO	M	28	00:41:45	CERCAL RUNNING TEAM
11	101	MIGUEL L FERREIRA	M	25	00:42:19	INDIVIDUAL
12	381	TIAGO A F CASTELA	M	25	00:42:19	INDIVIDUAL
13	314	JOSE VALDES	M	22	00:42:29	ADRC MATA BENFICA
14	325	NELIO P A MENDES	M	34	00:42:40	INDIVIDUAL
15	276	HUGO CALDEIRA	M	33	00:42:57	FASTN FURIOUS
16	138	RICARDO L ALVES	M	30	00:43:32	AÇOREANA C BANIF
17	354	LUIS SOUSA	M	27	00:43:44	INDIVIDUAL
18	170	PAULO GOMES	M	33	00:43:46	INDIVIDUAL
19	383	MARCELO F G B RAFAEL	M	26	00:44:05	INDIVIDUAL
20	96	TIAGO TELES	M	29	00:44:35	CLUBE AUTOCOOPE
21	264	GONÇALO MEXIA	M	24	00:45:44	PERNAS GAFANHOTO
22	8	SERGIO FERREIRA	M	33	00:45:45	INDIVIDUAL
23	237	NELSON GOMES	M	33	00:46:24	INDIVIDUAL
24	370	DAVID RODRIGUES	M	25	00:46:28	CERCAL RUNNING TEAM
25	193	MIGUEL FRANCO	M	23	00:46:40	INDIVIDUAL
26	184	MARCELO FERREIRA	M	29	00:46:40	LINK
27	10	HUGO FIGUEIREDO	M	28	00:46:52	INDIVIDUAL
28	382	MILTON RODRIGUES	M	27	00:46:54	INDIVIDUAL
29	24	HUGO SILVA	M	26	00:46:57	INDIVIDUAL
30	176	PEDRO COSTA	M	33	00:47:12	INDIVIDUAL
31	240	RUI COSTA	M	27	00:47:27	INDIVIDUAL
32	267	DAVID SARAIVA	M	31	00:47:30	INDIVIDUAL
33	195	PEDRO M M SANTOS	M	33	00:47:36	PERNAS GAFANHOTO
34	220	JOAO J FERNANDES	M	32	00:47:46	PLATANOS FC
35	349	DANIEL NEVES	M	32	00:48:13	INDIVIDUAL
36	376	RUI ROSA	M	25	00:48:17	AFO
37	378	HONORATO MOURA	M	33	00:48:19	CCDT METRO LX
38	57	RICARDO PEREIRA	M	33	00:48:34	SL CAMPOLIDE
39	109	GONÇALO SANTOS	M	32	00:48:58	INDIVIDUAL
40	141	RUBEN M B GONÇALVES	M	34	00:49:00	INDIVIDUAL

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### M2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	56	RICARDO CEBOLA	M	30	00:49:13	SL CAMPOLIDE
42	302	IVO ESPERANÇA	M	33	00:50:05	UDF AMIGOS CAMPOLIDE
43	255	DANIEL M FEITEIRONA	M	30	00:50:23	INDIVIDUAL
44	178	LUIS RAMOS	M	34	00:51:24	INDIVIDUAL
45	131	HUGO COSTA	M	34	00:51:32	INDIVIDUAL
46	103	ANTONIO MALGÃO	M	33	00:52:18	INDIVIDUAL
47	115	NUNO ROSA	M	30	00:52:41	INDIVIDUAL
48	335	PEDRO FERREIRA	M	21	00:53:22	INDIVIDUAL
49	241	JOAO MEIRA	M	26	00:53:44	ASSADOS
50	102	JOAO BRANCO	M	31	00:53:49	INDIVIDUAL
51	27	DANIEL NUNES	M	33	00:55:52	OS NUNES
52	139	ANDRE MENDONÇA	M	30	00:57:55	INDIVIDUAL
53	104	RICARDO V A GUERRA	M	34	00:59:34	INDIVIDUAL
54	28	GONÇALO NUNES	M	22	01:00:24	OS NUNES
55	333	CARLOS PEREIRA	M	31	01:00:58	OS ZATOPEQUES
56	150	JOAO MONTEIRO	M	31	01:05:50	INDIVIDUAL
57	208	PEDRO M HENRIQUES	M	27	01:05:51	INDIVIDUAL
58	110	ALEXANDRE M M M SILVA	M	33	01:10:46	CASOS NOTAVEIS
59	274	RICARDO CARVALHO	M	27	01:14:32	INDIVIDUAL

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### M3539

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	38	RICARDO REIS	M	36	00:33:19	GTRM
2	324	MARCO MENDES	M	38	00:36:38	C PRAÇAS ARMADA
3	90	ELIO BARREIRA	M	37	00:36:55	INDIVIDUAL
4	64	FERNANDO GOMES	M	39	00:38:14	SL CAMPOLIDE
5	59	GIL ALVES	M	36	00:39:14	SL CAMPOLIDE
6	156	GONÇALO FERREIRA	M	39	00:39:27	INDIVIDUAL
7	21	FRANCISCO SERRANO	M	39	00:40:29	GD INE
8	247	JOAO OLIVEIRA	M	37	00:41:15	CCDT METRO LX
9	221	SADIQ M KASSANO	M	39	00:41:15	PORTUGAL RUNNING
10	111	NUNO F T ABREU	M	38	00:41:37	INDIVIDUAL
11	15	JOAQUIM SANTOS	M	37	00:41:50	VILA FRIA/JG SEGUROS
12	271	PEDRO M S FERNANDES	M	39	00:41:54	INDIVIDUAL
13	168	PEDRO M V LIMA	M	35	00:42:15	INDIVIDUAL
14	149	JOAO P CEGONHO	M	35	00:42:24	INDIVIDUAL
15	194	JOAO GONÇALVES	M	37	00:42:47	INDIVIDUAL
16	172	RUI P A F MORAIS	M	36	00:42:47	INDIVIDUAL
17	258	ARTUR GONÇALVES	M	38	00:42:52	OS FLECHAS
18	197	NUNO PITA	M	37	00:43:25	CCDT METRO LX
19	327	VALTER D M M OLIVEIRA	M	35	00:43:40	INDIVIDUAL
20	246	HUGO PINTO	M	37	00:43:53	CCDT METRO LX
21	368	HUMBERTO BRITO	M	38	00:43:54	INDIVIDUAL
22	35	ANDRE SANTOS	M	37	00:43:55	A VALE SILENCIO
23	262	MAURICIO MARQUES	M	39	00:44:40	INDIVIDUAL
24	173	NUNO C CARMO	M	39	00:45:00	INDIVIDUAL
25	190	FERNANDO ALMEIDA	M	35	00:45:35	INDIVIDUAL
26	292	JOAO CHAMBINO	M	35	00:45:39	INDIVIDUAL
27	58	MARCO COSTA	M	35	00:45:50	SL CAMPOLIDE
28	43	AURELIO AFONSO	M	37	00:46:00	ADCR P JUDICIARIA
29	254	RUI GERALDES	M	39	00:46:19	RAIL RUNNERS
30	229	JOAO LUZ	M	37	00:46:19	PANDILHA JOVEM
31	369	CARLOS M F MACHADO	M	37	00:46:23	INDIVIDUAL
32	328	JORGE P SANTOS	M	35	00:46:30	INDIVIDUAL
33	289	NUNO F S F TORCATO	M	36	00:46:39	INDIVIDUAL
34	192	PAULO FERREIRA	M	35	00:46:43	INDIVIDUAL
35	169	PEDRO CARDOSO	M	39	00:46:46	INDIVIDUAL
36	125	JORGE RAMOS	M	37	00:46:50	ASAS NOS PÉS
37	25	RUI MARQUES	M	39	00:47:08	GD INE
38	251	CARLOS BENTO	M	39	00:47:14	RAIL RUNNERS
39	164	ALEXANDRE MATEUS	M	37	00:48:05	INDIVIDUAL
40	46	NUNO BONIFACIO	M	38	00:48:21	SS MONTEPIO GERAL



# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### M3539

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	326	RODRIGO A C S C OPA	M	37	00:48:34	INDIVIDUAL
42	165	PEDRO SERRA	M	37	00:48:46	INDIVIDUAL
43	207	MARCO T BASTOS	M	38	00:49:47	INDIVIDUAL
44	100	RUI ALMEIDA	M	36	00:50:24	INDIVIDUAL
45	392	ANTONIO SERGIO	M	36	00:51:20	INDIVIDUAL
46	177	TIAGO RAMALHO	M	35	00:51:24	INDIVIDUAL
47	212	SERGIO SALVADO	M	37	00:51:41	INDIVIDUAL
48	47	RICARDO DIAS	M	39	00:52:16	SS MONTEPIO GERAL
49	167	CESAR D D SILVESTRE	M	37	00:52:26	INDIVIDUAL
50	269	LUIS ALVES	M	35	00:53:50	INDIVIDUAL
51	180	JOSE J M MARQUES	M	39	00:54:20	INDIVIDUAL
52	380	ANDRE GOMES	M	36	00:54:54	INDIVIDUAL
53	218	LUIS AFONSO	M	39	00:55:12	2 RUNNING
54	114	HUGO M R COLAÇO	M	35	00:57:42	INDIVIDUAL
55	280	JAIME F R EVORA	M	38	00:58:31	INDIVIDUAL
56	304	PEDRO FERNANDES	M	35	00:59:09	UDF AMIGOS CAMPOLIDE
57	232	ANDRE SIMOES	M	39	00:59:19	SIMON AR
58	374	RICARDO CAMPOS	M	37	01:01:43	AFO
59	322	ANTONIO C NOVAS	M	35	01:01:50	INDIVIDUAL
60	386	ALEXANDRE FERNANDES	M	37	01:03:29	POWER RANGERS
61	307	BENJAMIM MARTINS	M	38	01:07:18	UDF AMIGOS CAMPOLIDE
62	49	NUNO DUARTE	M	38	01:11:27	GDCT UNICRE
63	106	FRANCISCO J G BERNARDO	M	38	01:11:55	VAMOS DEVAGAR

# VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

## Relatório por Faixas Etárias

### M4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	42	JOAO P COSTA	M	42	00:37:17	ADCR P JUDICIARIA
2	357	JOAO PRISAL	M	41	00:37:56	RAIL RUNNERS
3	81	NUNO SANTOS	M	41	00:39:32	CCD O ALVITEJO
4	351	PAULO GOMES	M	43	00:39:41	AA MAFRA
5	22	GONÇALO FERREIRA	M	40	00:40:24	GD INE
6	384	PEDRO MOTA	M	42	00:40:55	INDIVIDUAL
7	303	JOAO OLIVEIRA	M	42	00:43:28	UDF AMIGOS CAMPOLIDE
8	213	LUIS M XAVIER	M	41	00:44:51	INDIVIDUAL
9	236	FERNANDO J POLONIO	M	43	00:44:57	LEBRES PORCALHOTA
10	17	NUNO FERNANDES	M	40	00:45:02	VILA FRIA/JG SEGUROS
11	210	JOAO PASTOR	M	40	00:45:09	AA MAFRA
12	399	antonio monteiro	M	42	00:46:20	C FUTEBOL BENFICA
13	288	PAULO M G PATRICIO	M	42	00:46:21	INDIVIDUAL
14	300	PEDRO A C CARVALHO	M	40	00:46:21	BIP BIP RUNNERS
15	39	NELSON MOTA	M	43	00:46:39	AÇOREANA C BANIF
16	19	BART SCHOENMAKERS	M	44	00:47:06	GD INE
17	129	RUI CORREIA	M	44	00:47:07	INDIVIDUAL
18	122	LUIS M F ANTUNES	M	41	00:47:11	RB RUNNING
19	363	FILIFE BRANCO	M	43	00:47:21	URD ARRANHO
20	124	CARLOS CRAVEIRA	M	42	00:47:49	AC TEAM
21	284	JOAO M FERREIRA	M	43	00:48:07	INDIVIDUAL
22	344	ANTONIO M S ALVES	M	44	00:48:36	INDIVIDUAL
23	91	LUIS CRUZ	M	42	00:48:53	INDIVIDUAL
24	279	ANTONIO C TEIXEIRA	M	44	00:49:09	INDIVIDUAL
25	30	JORGE BRITO	M	42	00:49:53	CD QUARTEIRA
26	235	JORGE M ROMAO	M	44	00:50:27	LEBRES PORCALHOTA
27	105	DAVID J S R ALMEIDA	M	42	00:50:37	VAMOS DEVAGAR
28	287	LUIS P V MONTEIRO	M	41	00:51:06	INDIVIDUAL
29	393	CARLOS NEVES	M	41	00:51:20	INDIVIDUAL
30	216	DINIS RIBAS	M	42	00:51:48	INDIVIDUAL
31	154	SERGIO COIMBRA	M	41	00:51:58	INDIVIDUAL
32	6	CARLOS MORGADO	M	43	00:52:14	C FUTEBOL BENFICA
33	45	JORGE SOUSA	M	40	00:52:16	SS MONTEPIO GERAL
34	316	NUNO E SANTO	M	43	00:54:33	AÇOREANA C BANIF
35	97	LUIS FOUTO	M	41	00:54:40	INDIVIDUAL
36	227	VASCO ALPALHÃO	M	43	00:54:40	ALPALHAO
37	272	ANGELO FERNANDES	M	40	00:54:59	INDIVIDUAL
38	95	SERGIO BORGES	M	40	00:57:38	CLUBE AUTOCOOPE
39	377	DAVID RAPOSO	M	41	00:58:29	INDIVIDUAL
40	375	NUNO BALACÓ	M	40	00:59:13	AFO

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## Relatório por Faixas Etárias

### M4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	315	LUIS OLIVEIRA	M	44	00:59:32	ADRC MATA BENFICA
42	362	JOSE DUARTE	M	40	00:59:59	CD QUARTEIRA
43	268	MANUEL PRATES	M	41	01:00:18	GD VIDENSE
44	282	NUNO MARQUES	M	43	01:01:39	SEMPRE EM FESTA
45	215	EDUARDO AMORIM	M	42	01:07:07	INDIVIDUAL
46	338	JOSE L GONÇALVES	M	42	01:09:26	RAIL RUNNERS

## VII MEMORIAL FRANCISCO LÁZARO - 21/07/2013

Relatório por Faixas Etárias

### M4549

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	3	JOAO MONTES	M	48	00:37:03	C FUTEBOL BENFICA
2	206	FERNANDO A C FARINHA	M	46	00:38:42	INDIVIDUAL
3	162	JOSE M CORREIA	M	46	00:39:30	INDIVIDUAL
4	198	ANTONIO GONÇALVES	M	48	00:39:38	CCDT METRO LX
5	286	JOSE ESTEVES	M	47	00:40:37	INDIVIDUAL
6	355	JOSE SILVA	M	49	00:40:47	ODIMARQ ALUMINIOS
7	120	JOSE A G BATISTA	M	47	00:43:08	INDIVIDUAL
8	332	JOSE M G FERREIRA	M	48	00:44:26	INDIVIDUAL
9	337	RUI M J PAULO	M	47	00:46:10	INDIVIDUAL
10	93	JUVENAL MOREIRA	M	49	00:46:18	CLUBE AUTOCOOPE
11	379	RAFAEL SANTOS	M	46	00:46:27	CCDT METRO LX
12	388	JOSE MATOS	M	45	00:47:03	C PRAÇAS ARMADA
13	366	LUIS FERREIRA	M	46	00:47:18	URD ARRANHO
14	364	EDGAR FRANCISCO	M	47	00:47:23	URD ARRANHO
15	68	MANUEL FONSECA	M	49	00:47:26	SL CAMPOLIDE
16	145	RUI LOPES	M	49	00:47:56	OS MATRECOS
17	273	JOSE MIRANDA	M	47	00:47:59	INDIVIDUAL
18	86	JOSE NASCIMENTO	M	49	00:48:00	INDIVIDUAL
19	365	FERNANDO RODRIGUES	M	46	00:48:01	URD ARRANHO
20	52	EDUARDO RIBEIRO	M	46	00:48:08	GDCT UNICRE
21	63	EGIDIO SILVA	M	49	00:49:16	SS CGD
22	31	CARLOS CORREIA	M	48	00:49:30	CD QUARTEIRA
23	188	JEREMIAS J F CARDOSO	M	48	00:49:39	INDIVIDUAL
24	171	JOAO DIAS	M	47	00:49:46	INDIVIDUAL
25	329	EDUARDO MOUTINHO	M	45	00:49:46	O MUNDO CORRIDA
26	189	JOAO FREIRE	M	48	00:50:19	INDIVIDUAL
27	62	ANDRE NORONHA	M	48	00:50:34	SS CGD
28	394	JOSE AMOREIRA	M	46	00:50:36	INDIVIDUAL
29	281	ALBINO S FERREIRA	M	48	00:51:01	LESMAS ALOPRADAS
30	257	CARLOS M P OLIVEIRA	M	46	00:51:06	INDIVIDUAL
31	298	GONÇALO ROCHA	M	46	00:51:08	INDIVIDUAL
32	391	JOAO P ALMEIDA	M	46	00:51:41	INDIVIDUAL
33	5	PAULO LAPAO	M	47	00:52:19	C FUTEBOL BENFICA
34	65	MANUEL SOARES	M	48	00:54:27	SL CAMPOLIDE
35	318	ARLINDO DUARTE	M	49	00:54:33	AÇOREANA C BANIF
36	113	PEDRO F V S FARO	M	46	00:56:56	INDIVIDUAL
37	305	LUIS RATO	M	46	00:58:25	UDF AMIGOS CAMPOLIDE
38	9	RUI OLIVEIRA	M	49	01:03:50	
39	306	FERNANDO CHAMBEL	M	46	01:04:27	UDF AMIGOS CAMPOLIDE
40	159	VITOR RODRIGUES	M	46	01:05:28	CR LEOS P SALVO

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Relatório por Faixas Etárias

## M4549

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	293	JORGE ESTEVES	M	48	01:10:52	INDIVIDUAL

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## Relatório por Faixas Etárias

### M5054

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	214	JORGE BARREIRA	M	52	0:59:30	INDIVIDUAL
2	4	MARIO GUERREIRO	M	50	00:37:30	INDIVIDUAL
3	36	ARMANDO ALMEIDA	M	54	00:43:56	A VALE SILENCIO
4	200	CARLOS DIAS	M	52	00:44:54	CCDT METRO LX
5	18	ANTONIO P L SANTOS	M	54	00:45:20	GD INE
6	330	CARLOS F R Q MONTEIRO	M	52	00:45:59	INDIVIDUAL
7	228	JOSE C MELO	M	50	00:46:27	RUN 4 FUN
8	12	ANDRE WIBORG	M	54	00:47:00	VFF 1896
9	224	ALMERINDO SILVA	M	54	00:47:52	ADC CATUJAL
10	144	JOAO MACHADO	M	51	00:47:53	OS MATRECOS
11	261	JOAQUIM F C PINTO	M	54	00:47:55	INDIVIDUAL
12	285	PEDRO ALMEIDA	M	54	00:49:06	INDIVIDUAL
13	40	JOAQUIM GUERREIRO	M	53	00:49:16	AÇOREANA C BANIF
14	126	LUDGERO SANTANA	M	50	00:50:04	INDIVIDUAL
15	61	ALVARO FURTADO	M	54	00:50:16	SS CGD
16	128	ANTONIO C MARTINS	M	52	00:51:02	INDIVIDUAL
17	291	TEODORO TRINDADE	M	52	00:51:40	RUN 4 FUN
18	248	JOAO SILVA	M	54	00:52:34	CCDT METRO LX
19	87	ALBERTO SOARES	M	51	00:52:56	INDIVIDUAL
20	67	ANTONIO LIMA	M	50	00:53:13	SL CAMPOLIDE
21	353	LUIS ALMEIDA	M	52	00:54:48	LIS RUNNING
22	51	GONÇALO OLIVEIRA	M	51	00:56:30	GDCT UNICRE
23	60	ALBERTINO MACEDO	M	54	00:57:19	SS CGD
24	390	ANTONIO RAMOS	M	51	00:59:16	LAGARTOS CARNAXIDE
25	69	JOAQUIM CORREIA	M	51	01:00:37	SL CAMPOLIDE
26	14	CARLOS V NEGRAO	M	53	01:07:58	VILA FRIA/JG SEGUROS
27	53	PAULO FRANÇA	M	51	01:11:23	GDCT UNICRE

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## Relatório por Faixas Etárias

### M5559

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	356	AIRES PRATAS	M	58	00:36:14	ODIMARQ ALUMINIOS
2	244	ANTONIO HENRIQUES	M	56	00:37:13	ODIMARQ ALUMINIOS
3	290	SERGIO M MACATRAO	M	57	00:38:23	BV BOMBARRAL
4	249	ORLANDO SILVA	M	56	00:38:45	CCDT METRO LX
5	55	ORLINDO GARCIA	M	56	00:40:27	SL CAMPOLIDE
6	2	OSCAR SANTOS	M	56	00:40:38	C FUTEBOL BENFICA
7	85	MARCOS PEREIRA	M	57	00:40:45	INDIVIDUAL
8	163	PEDRO SOUSA	M	56	00:41:05	INDIVIDUAL
9	204	BARROS COSTA	M	57	00:41:09	CCDT METRO LX
10	71	CARLOS ALMEIDA	M	55	00:41:46	INDIVIDUAL
11	32	MANUEL SILVA	M	58	00:41:56	MULTIFLOW
12	347	ANTONIO DIAS	M	55	00:42:35	INDIVIDUAL
13	121	CARLOS SOUSA	M	56	00:42:51	INDIVIDUAL
14	23	JOSE MAGALHAES	M	59	00:43:01	GD INE
15	74	JOAQUIM SANTOS	M	55	00:43:16	FALCOES SELVAGENS
16	199	RUI ARAUJO	M	55	00:44:51	CCDT METRO LX
17	181	ORLANDO MARTINS	M	57	00:47:25	INDIVIDUAL
18	385	FERNANDO SOBRAL	M	55	00:47:31	GDR S FRANC SERRA
19	72	MIGUEL BARBOSA	M	58	00:47:39	SL CAMPOLIDE
20	352	JACINTO PEREIRA	M	56	00:48:04	LIS RUNNING
21	238	IDALECIO BARROS	M	58	00:48:43	INDIVIDUAL
22	37	LUCIANO TOMAS	M	56	00:48:57	A VALE SILENCIO
23	92	CARLOS FERREIRA	M	56	00:49:25	CLUBE AUTOCOOPE
24	320	DIOGO ARRAIAS	M	59	00:49:27	OS ARRAIAS
25	321	FERNANDO V MARQUES	M	58	00:49:50	INDIVIDUAL
26	94	JOSE DIAS	M	55	00:50:25	CLUBE AUTOCOOPE
27	275	JOSE CATITA	M	55	00:51:40	GARMIN-CO OEIRAS
28	34	MANUEL AZEVEDO	M	56	00:52:02	MULTIFLOW
29	89	VITOR ANTUNES	M	58	00:52:33	INDIVIDUAL
30	225	JOSE E MONTEIRO	M	55	00:52:38	INDIVIDUAL
31	174	JOSE BAIXINHO	M	55	00:53:09	SANTIAGO FC
32	270	AMERICO COSTA	M	55	00:53:38	TECNOSPIE
33	73	SERAFIM GONÇALVES	M	59	00:54:22	SL CAMPOLIDE
34	88	RUI LUIS	M	55	00:55:57	INDIVIDUAL
35	50	CARLOS VIEGAS	M	55	00:57:19	GDCT UNICRE
36	201	ANTONIO EDUARDO	M	59	00:59:36	CCDT METRO LX
37	256	HENRIQUE VILHENA	M	57	01:00:00	INDIVIDUAL
38	26	JOSE MATILDES	M	56	01:00:03	OS NUNES
39	151	JOAQUIM FONSECA	M	57	01:04:18	OS SUPER

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## Relatório por Faixas Etárias

### M6099

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	29	JOAO HEITOR	M	62	00:42:28	CA PAÇO D ARCOS
2	372	ARMANDO CORREIA	M	61	00:43:42	LESMA ALOPRADAS
3	239	FERNANDO ANACLETO	M	61	00:44:30	INDIVIDUAL
4	84	ANTONIO A FERNANDES	M	76	00:45:00	INDIVIDUAL
5	11	FERNANDO MARQUES	M	63	00:48:16	CP EDP CARREGADO
6	209	TAM AFONSO	M	60	00:48:27	AÇOREANA C BANIF
7	98	SILVIO PAIVA	M	61	00:49:47	BES
8	223	RUI VIGOÇO	M	68	00:50:00	GD BANCO BPI
9	233	JOSE GALVEIA	M	60	00:51:50	AA LEBRES SADO
10	160	HENRIQUE RUAS	M	73	00:52:20	CR LEOES P SALVO
11	373	JOSEMIR LIMA	M	62	00:54:22	LESMA ALOPRADAS
12	179	ANTONIO M M FERREIRA	M	64	00:54:51	INDIVIDUAL
13	33	JOAO SANTOS	M	64	00:54:58	MULTIFLOW
14	41	OSCAR RODRIGUES	M	62	00:55:38	AÇOREANA C BANIF
15	301	ANTONIO P SALVADO	M	67	00:55:39	INDIVIDUAL
16	133	ANTONIO S C CAMPOS	M	64	00:55:42	INDIVIDUAL
17	118	EBERHARD WILHELM	M	65	00:59:03	4 AO KM
18	312	RUI HENRIQUES	M	65	01:05:11	ADRC MATA BENFICA
19	13	JOAO GOMES	M	62	01:08:40	VILA FRIA/JG SEGUROS
20	217	FERNANDO P RODRIGUES	M	70	01:09:18	INDIVIDUAL
21	342	BENTO A A FERREIRA	M	67	01:13:05	INDIVIDUAL