

# 2ª CORRIDA E CAMINHADA DE S.MARTINHO

07 NOVEMBRO 2015



**JUN/SEN-FEM**

**INDIVIDUAL**

Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	14	CARLA MARTINHO	6	ADERCUS	JUN/SEN-FEM	00:25:46.76
2	18	DÉBORA SANTOS	6	ADERCUS	JUN/SEN-FEM	00:27:34.14
3	144	SARA PINHO	41	SPORTING C.P.	JUN/SEN-FEM	00:28:21.23
4	15	CATARINA RODRIGUES	6	ADERCUS	JUN/SEN-FEM	00:29:21.54
5	81	FRANCISCA MARTINS	27	GRECAS	JUN/SEN-FEM	00:30:54.05
6	93	CATARINA ARAÚJO	30	LIBERDADE F.C.	JUN/SEN-FEM	00:31:11.05
7	221	MIRIAM MARTINS	0	INDIVIDUAL	JUN/SEN-FEM	00:34:48.79
8	55	VIRGINIA SABINO	17	COSTA VERDE	JUN/SEN-FEM	00:37:05.55
9	30	ANA ALMEIDA	15	CORPO CULTO GINASIO	JUN/SEN-FEM	00:38:13.26
10	258	SANDRINE MATIAS FERREI	0	INDIVIDUAL	JUN/SEN-FEM	00:40:20.83
11	37	INES SANTOS	16	CORRERIA	JUN/SEN-FEM	00:41:40.89
12	36	CARLA GANDARINHO	16	CORRERIA	JUN/SEN-FEM	00:42:19.00
13	217	MARTA OLIVEIRA	0	INDIVIDUAL	JUN/SEN-FEM	00:43:35.59
14	153	ANA MARTINS	0	INDIVIDUAL	JUN/SEN-FEM	00:45:05.58
15	116	LILIANA MORGADO	36	PLAFESA PORTUGAL	JUN/SEN-FEM	00:46:20.59
16	227	PAULA SANTOS	0	INDIVIDUAL	JUN/SEN-FEM	00:49:10.97
17	222	NADINE SANTOS	0	INDIVIDUAL	JUN/SEN-FEM	00:49:10.99

# 2ª CORRIDA E CAMINHADA DE S.MARTINHO

07 NOVEMBRO 2015



## JUN/SEN-MASC

## INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	74	ANTÓNIO ROCHA	26	GIRA SOL / RAMOS CATARINO	JUN/SEN-MASC	00:22:37.91
2	78	FERNANDO LEMOS	27	GRECAS	JUN/SEN-MASC	00:22:41.58
3	104	JOÃO CRUZ	33	MAIA A.C. - CRIOBABY	JUN/SEN-MASC	00:22:48.67
4	67	ARTUR RODRIGUES	25	G.D.C. GUILHOVAI	JUN/SEN-MASC	00:22:51.08
5	25	DANIEL GREGÓRIO	11	CENTRO ATLETISMO SEIA	JUN/SEN-MASC	00:23:00.54
6	105	ADRIÃO RODRIGUES	34	N.A. CUCUJÃES	JUN/SEN-MASC	00:23:15.03
7	141	JORGE SANTA CRUZ	39	S.C. BRAGA	JUN/SEN-MASC	00:23:27.22
8	12	ADELINO OLIVEIRA	5	ACR CAMBRA VOUZELA	JUN/SEN-MASC	00:23:44.08
9	275	DANIEL MOREIRA	43	S.L. BENFICA	JUN/SEN-MASC	00:23:57.17
10	92	RICARDO FERNANDES	27	GRECAS	JUN/SEN-MASC	00:25:30.80
11	85	JOÃO MOURO	27	GRECAS	JUN/SEN-MASC	00:26:54.14
12	128	BRUNO CORDEIRO	38	RIABLADES	JUN/SEN-MASC	00:27:02.15
13	26	BRUNO DANIEL DIAS	12	CLUB TRIATLON SALAMANCA	JUN/SEN-MASC	00:27:09.07
14	237	PEDRO BARBOSA	0	INDIVIDUAL	JUN/SEN-MASC	00:27:11.65
15	10	MÁRIO AMORIM	4	A.D.R.E. PALHAÇA	JUN/SEN-MASC	00:27:14.64
16	183	JOÃO COSTA	0	INDIVIDUAL	JUN/SEN-MASC	00:27:27.44
17	247	RENATO SILVA	0	INDIVIDUAL	JUN/SEN-MASC	00:27:34.94
18	11	TELMO NASCIMENTO	4	A.D.R.E. PALHAÇA	JUN/SEN-MASC	00:27:53.02
19	35	ALEX TONDELA	16	CORRERIA	JUN/SEN-MASC	00:28:05.72
20	117	MARCO GASPAR	37	PONTO ENCONTRO	JUN/SEN-MASC	00:28:31.53
21	188	JOÃO MANO	0	INDIVIDUAL	JUN/SEN-MASC	00:28:41.13
22	245	RENATO LEITE	0	INDIVIDUAL	JUN/SEN-MASC	00:28:53.80
23	166	CÉSAR BARROS	0	INDIVIDUAL	JUN/SEN-MASC	00:29:17.71
24	19	HUGO RAMALHO	6	ADERCUS	JUN/SEN-MASC	00:29:20.91
25	76	DAVID OLIVEIRA	27	GRECAS	JUN/SEN-MASC	00:29:52.11
26	84	JOÃO FRESCO	27	GRECAS	JUN/SEN-MASC	00:29:52.17
27	255	RUI VILELA	0	INDIVIDUAL	JUN/SEN-MASC	00:29:56.95
28	263	SÉRGIO SILVA	0	INDIVIDUAL	JUN/SEN-MASC	00:30:30.05
29	103	NUNO ALMEIDA	32	LOVERUN	JUN/SEN-MASC	00:30:35.05
30	130	EDIVALDO	38	RIABLADES	JUN/SEN-MASC	00:30:45.05
31	189	JOAO NEVES	0	INDIVIDUAL	JUN/SEN-MASC	00:30:51.05
32	139	SÉRGIO SILVA	38	RIABLADES	JUN/SEN-MASC	00:31:27.05
33	3	PEDRO SILVA	1	"OS DE MIRA"	JUN/SEN-MASC	00:31:36.25
34	122	ANDRÉ AMADOR	38	RIABLADES	JUN/SEN-MASC	00:31:38.35
35	230	PAULO FIDALGO	0	INDIVIDUAL	JUN/SEN-MASC	00:31:41.09
36	177	HÉLDER DUARTE	0	INDIVIDUAL	JUN/SEN-MASC	00:32:05.40
37	114	ALEXANDRE SILVA	36	PLAFESA PORTUGAL	JUN/SEN-MASC	00:32:15.93
38	136	PEDRO PATACÃO	38	RIABLADES	JUN/SEN-MASC	00:32:32.52
39	121	SIMÃO RODRIGUES	37	PONTO ENCONTRO	JUN/SEN-MASC	00:32:38.55
40	210	MARCO COELHO	0	INDIVIDUAL	JUN/SEN-MASC	00:32:42.77
41	39	RUI BARROS	16	CORRERIA	JUN/SEN-MASC	00:32:44.41
42	40	RUI CARVALHAL	16	CORRERIA	JUN/SEN-MASC	00:32:49.60
43	123	ANDRÉ RAFEIRO	38	RIABLADES	JUN/SEN-MASC	00:32:53.63
44	138	RÚBEN OLIVEIRA	38	RIABLADES	JUN/SEN-MASC	00:33:10.70
45	125	ANTÓNIO PINHO	38	RIABLADES	JUN/SEN-MASC	00:33:13.54
46	133	JOÃO COSTA	38	RIABLADES	JUN/SEN-MASC	00:33:13.68
47	164	CARLOS REAL	0	INDIVIDUAL	JUN/SEN-MASC	00:33:30.31
48	206	LICÍNIO COSTA	0	INDIVIDUAL	JUN/SEN-MASC	00:33:37.49

49	240	PIERRE QUINTANEIRO	0	INDIVIDUAL	JUN/SEN-MASC	00:33:53.32
50	113	PAULO TEIXEIRA	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:33:55.91
51	156	ANDRÉ SÃO MARCOS	0	INDIVIDUAL	JUN/SEN-MASC	00:34:20.37
52	2	JOÃO RODRIGO PRINA	1	"OS DE MIRA"	JUN/SEN-MASC	00:34:27.40
53	146	ANTONIO LIMAS	42	TREPANELAS/ÓPTICA GÉMEOS	JUN/SEN-MASC	00:34:32.22
54	34	AGOSTINHO OLIVEIRA	16	CORRERIA	JUN/SEN-MASC	00:34:48.14
55	190	JOÃO SANTOS SARABANDC	0	INDIVIDUAL	JUN/SEN-MASC	00:34:53.27
56	224	NELSON RIBAS	0	INDIVIDUAL	JUN/SEN-MASC	00:35:02.20
57	163	CARLOS DOMINGUES	0	INDIVIDUAL	JUN/SEN-MASC	00:35:22.74
58	147	RONNY SIMÕES	42	TREPANELAS/ÓPTICA GÉMEOS	JUN/SEN-MASC	00:35:23.21
59	187	JOÃO LOURENÇO	0	INDIVIDUAL	JUN/SEN-MASC	00:35:46.50
60	49	LUIS VIEIRA	17	COSTA VERDE	JUN/SEN-MASC	00:35:57.93
61	272	AGNELO SILVA	0	INDIVIDUAL	JUN/SEN-MASC	00:36:08.03
62	234	PAULO SANTOS	0	INDIVIDUAL	JUN/SEN-MASC	00:36:11.05
63	253	RUI MACHADO	0	INDIVIDUAL	JUN/SEN-MASC	00:36:12.88
64	131	HELDER GOMES	38	RIABLADES	JUN/SEN-MASC	00:36:16.56
65	129	DIOGO SOUSA	38	RIABLADES	JUN/SEN-MASC	00:36:16.62
66	44	CLÁUDIO SOUSA	17	COSTA VERDE	JUN/SEN-MASC	00:36:21.67
67	269	PEDRO SARABANDO	0	INDIVIDUAL	JUN/SEN-MASC	00:36:27.19
68	112	NUNO CRUZ	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:36:35.22
69	127	BRUNO ALMEIDA	38	RIABLADES	JUN/SEN-MASC	00:36:40.44
70	140	VICENTE JULIÃO	38	RIABLADES	JUN/SEN-MASC	00:36:48.34
71	175	FRANCISCO FERNANDES	0	INDIVIDUAL	JUN/SEN-MASC	00:36:49.03
72	195	JORGE QUINTANEIRO	0	INDIVIDUAL	JUN/SEN-MASC	00:36:56.42
73	97	FILIFE FONTES	28	IMPERRIA	JUN/SEN-MASC	00:39:12.94
74	1	DAVID EVA MADAIL	1	"OS DE MIRA"	JUN/SEN-MASC	00:39:51.63
75	271	CARLOS RIBAL	0	INDIVIDUAL	JUN/SEN-MASC	00:40:00.77
76	132	HUGO COUTO	38	RIABLADES	JUN/SEN-MASC	00:40:18.87
77	98	JOSÉ VIANA	28	IMPERRIA	JUN/SEN-MASC	00:42:03.26
78	150	ALEXANDRE DUARTE	16	CORRERIA	JUN/SEN-MASC	00:42:19.06
79	111	MIGUEL SILVA	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:43:22.47
80	108	JOEL OLIVEIRA	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:44:11.45
81	109	JOSE OLIVEIRA	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:44:11.58
82	273	JOÃO DINIS	0	INDIVIDUAL	JUN/SEN-MASC	00:44:38.37
83	274	ÂNGELO VALENTE	0	INDIVIDUAL	JUN/SEN-MASC	00:44:38.56
84	174	FILIFE CAMARNEIRO	0	INDIVIDUAL	JUN/SEN-MASC	00:45:47.66
85	115	ARSÉLIO SANTOS	36	PLAFESA PORTUGAL	JUN/SEN-MASC	00:46:20.79
86	110	LUIS SIMOES	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:47:31.34

# 2ª CORRIDA E CAMINHADA DE S.MARTINHO

07 NOVEMBRO 2015



## VET.F40-FEM(40-49 ANOS)

## INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	107	REGINA MARIA GILVAZ	34	N.A. CUCUJÃES	VET.F40-FEM(40-49 ANOS)	00:31:32.01
2	28	ALDA CORDEIRO	14	CORPO CULTO	VET.F40-FEM(40-49 ANOS)	00:36:26.37
3	95	SUZETE MARCO	27	GRECAS	VET.F40-FEM(40-49 ANOS)	00:36:54.15
4	162	CARLA CARDOSO	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS)	00:37:23.28
5	32	CATARINA TEIXEIRA	15	CORPO CULTO GINASIO	VET.F40-FEM(40-49 ANOS)	00:40:26.17
6	257	SANDRA SIMÕES NETO	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS)	00:40:51.55
7	176	GRAÇA REI	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS)	00:45:05.52
8	152	ANA GONÇALVES	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS)	00:45:42.39
9	278	ROSA COLISTO	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS)	00:47:01.78

## VET.F50-FEM(+50 ANOS)

## INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	77	FÁTIMA PINHO	27	GRECAS	VET.F50-FEM(+50 ANOS)	00:29:02.79
2	38	REGINA SANTOS	16	CORRERIA	VET.F50-FEM(+50 ANOS)	00:36:20.20
3	82	ISABEL PARRACHO	27	GRECAS	VET.F50-FEM(+50 ANOS)	00:41:32.60
4	212	MARIA ALICE SARABANDO	0	INDIVIDUAL	VET.F50-FEM(+50 ANOS)	00:44:34.81

# 2ª CORRIDA E CAMINHADA DE S.MARTINHO

07 NOVEMBRO 2015



VET.M40-MASC(40-49 ANOS)

INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	69	MANUEL FERREIRA	25	G.D.C. GUILHOVAI	VET.M40-MASC(40-49 ANOS)	00:23:49.22
2	61	MESSIAS DIAS	23	G.D. 3 SANTOS POPULARES	VET.M40-MASC(40-49 ANOS)	00:24:57.32
3	24	FERNANDO SANTOS	10	CASA POVO MANGUALDE	VET.M40-MASC(40-49 ANOS)	00:25:09.37
4	20	PAULO FERREIRA	6	ADERCUS	VET.M40-MASC(40-49 ANOS)	00:26:01.14
5	239	PEDRO SALCEDAS	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:26:22.74
6	90	PEDRO SARABANDO	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:27:10.83
7	193	JOAQUIM PEREIRA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:27:29.84
8	64	ALEXANDRE SANTOS	25	G.D.C. GUILHOVAI	VET.M40-MASC(40-49 ANOS)	00:27:44.48
9	83	JOÃO ARRAES	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:28:01.43
10	218	MIGUEL SARABANDO GAFAR	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:28:07.88
11	75	ANTÓNIO VALENTE	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:28:34.03
12	87	PAULO ANTÓNIO	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:29:15.50
13	229	PAULO CARDOSO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:31:02.05
14	204	JOSÉ PROENÇA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:31:10.05
15	134	PAULO SILVA	38	RIABLADES	VET.M40-MASC(40-49 ANOS)	00:31:39.37
16	124	ANTÓNIO BEM HAJA	38	RIABLADES	VET.M40-MASC(40-49 ANOS)	00:31:53.72
17	89	PAULO BRIGA	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:32:07.50
18	118	MIGUEL ALMEIDA	37	PONTO ENCONTRO	VET.M40-MASC(40-49 ANOS)	00:32:55.42
19	43	CARMIM RAMALHETE	17	COSTA VERDE	VET.M40-MASC(40-49 ANOS)	00:33:12.40
20	260	SERGIO FIGUEIREDO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:33:25.55
21	99	NINO FONTES	28	IMPERRIA	VET.M40-MASC(40-49 ANOS)	00:33:47.32
22	254	RUI ROCHA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:34:43.18
23	173	FERNANDO JESUS VIDAL	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:35:01.72
24	194	JORGE JULIÃO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:35:06.10
25	29	CESARIO ROCHA	14	CORPO CULTO	VET.M40-MASC(40-49 ANOS)	00:35:11.02
26	232	PAULO PINTO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:35:14.59
27	249	RICARDO MARTINS	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:36:28.98
28	52	PAULO PINTO	17	COSTA VERDE	VET.M40-MASC(40-49 ANOS)	00:36:59.28
29	192	JOAQUIM CRISTO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:37:37.12
30	202	JOSÉ OLIVEIRA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:38:05.42
31	31	ANTONIO SALGUEIREDO	15	CORPO CULTO GINASIO	VET.M40-MASC(40-49 ANOS)	00:38:13.55
32	231	PAULO PIMENTEL	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:38:28.93
33	94	SÉRGIO REIGOTA	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:38:30.91
34	157	ANTÓNIO BELMIRO ROCHA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:38:43.58
35	205	LEONEL RODRIGUES	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:39:46.51
36	197	JORGE VENTURA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:39:46.68
37	149	AGOSTINHO RODRIGUES	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:40:26.48
38	233	PAULO RÉ	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:42:03.54
39	59	PAULO RAMOS	22	G. JUV. PINHEIRO BEMPOSTA	VET.M40-MASC(40-49 ANOS)	00:42:34.00
40	241	RAFAEL ALÃO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:46:35.03
41	265	TONY ALMEIDA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:46:59.33
42	279	ROBERTO CALISTO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:47:02.14
43	235	PAULO SOUSA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:47:31.39
44	223	NELSON ALMEIDA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:48:46.57

# 2ª CORRIDA E CAMINHADA DE S.MARTINHO

07 NOVEMBRO 2015



**VET.M50-MASC(+50 ANOS)**

**INDIVIDUAL**

Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	58	TOZÉ VELHA	21	G D 3 SANTOS POPULARES	VET.M50-MASC(+50 ANOS)	00:25:18.83
2	142	MÁRIO SILVA	40	S.S.P. MUN. S JOÃO MADEIRA	VET.M50-MASC(+50 ANOS)	00:25:46.77
3	23	BELMIRO RODRIGUES	9	C.F.OLIVEIRA DOURO	VET.M50-MASC(+50 ANOS)	00:25:59.31
4	142	MÁRIO SILVA	40	S.S.P. MUN. S JOÃO MADEIRA	VET.M50-MASC(+50 ANOS)	00:26:12.42
5	57	TONY GRAÇA	20	FREE RUNNERS	VET.M50-MASC(+50 ANOS)	00:29:38.77
6	185	JOÃO JOSÉ CASTRO	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:30:28.01
7	171	DUARTE SEQUEIRA	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:31:26.05
8	62	DOMINGOS ALMEIDA	24	G.D. OS RIBEIRINHOS	VET.M50-MASC(+50 ANOS)	00:31:52.36
9	71	ADÉRITO CURTO	26	GIRA SOL / RAMOS CATARINO	VET.M50-MASC(+50 ANOS)	00:32:22.23
10	198	JOSÉ ANTÓNIO MOURO	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:33:53.36
11	9	HELDER RODRIGUES	4	A.D.R.E. PALHAÇA	VET.M50-MASC(+50 ANOS)	00:34:07.55
12	165	CARLOS ROCHA	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:35:08.17
13	277	ANTÓNIO PINHO ESGUEIRÃ	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:36:35.93
14	199	JOSÉ CAETANO	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:37:36.06
15	172	FERNANDO CAMARNEIRO	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:38:22.81
16	33	JOSE CONDEIXA	15	CORPO CULTO GINASIO	VET.M50-MASC(+50 ANOS)	00:40:27.04
17	178	HENRIQUE SILVA	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:41:47.14
18	216	MÁRIO FERNANDES	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:46:46.67
19	158	ANTÓNIO MARTA	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:52:07.94



# 2ª CORRIDA E CAMINHADA DE S.MARTINHO

07 NOVEMBRO 2015



## GERAL PROVA 7.500 MTS

## INDIVIDUAL

Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	74	ANTÓNIO ROCHA	26	GIRA SOL / RAMOS CATARINO	JUN/SEN-MASC	00:22:37.91
2	78	FERNANDO LEMOS	27	GRECAS	JUN/SEN-MASC	00:22:41.58
3	104	JOÃO CRUZ	33	MAIA A.C. - CRIOBABY	JUN/SEN-MASC	00:22:48.67
4	67	ARTUR RODRIGUES	25	G.D.C. GUILHOVAI	JUN/SEN-MASC	00:22:51.08
5	25	DANIEL GREGÓRIO	11	CENTRO ATLETISMO SEIA	JUN/SEN-MASC	00:23:00.54
6	105	ADRIÃO RODRIGUES	34	N.A. CUCUJÃES	JUN/SEN-MASC	00:23:15.03
7	141	JORGE SANTA CRUZ	39	S.C. BRAGA	JUN/SEN-MASC	00:23:27.22
8	12	ADELINO OLIVEIRA	5	ACR CAMBRA VOUZELA	JUN/SEN-MASC	00:23:44.08
9	69	MANUEL FERREIRA	25	G.D.C. GUILHOVAI	VET.M40-MASC(40-49 ANOS)	00:23:49.22
10	275	DANIEL MOREIRA	43	S.L. BENFICA	JUN/SEN-MASC	00:23:57.17
11	61	MESSIAS DIAS	23	G.D. 3 SANTOS POPULARES	VET.M40-MASC(40-49 ANOS)	00:24:57.32
12	24	FERNANDO SANTOS	10	CASA POVO MANGUALDE	VET.M40-MASC(40-49 ANOS)	00:25:09.37
13	58	TOZÉ VELHA	21	G D 3 SANTOS POPULARES	VET.M50-MASC(+50 ANOS)	00:25:18.83
14	92	RICARDO FERNANDES	27	GRECAS	JUN/SEN-MASC	00:25:30.80
15	14	CARLA MARTINHO	6	ADERCUS	JUN/SEN-FEM	00:25:46.76
16	142	MÁRIO SILVA	40	S.S.P. MUN. S JOÃO MADEIRA	VET.M50-MASC(+50 ANOS)	00:25:46.77
17	23	BELMIRO RODRIGUES	9	C.F.OLIVEIRA DOURO	VET.M50-MASC(+50 ANOS)	00:25:59.31
18	20	PAULO FERREIRA	6	ADERCUS	VET.M40-MASC(40-49 ANOS)	00:26:01.14
19	142	MÁRIO SILVA	40	S.S.P. MUN. S JOÃO MADEIRA	VET.M50-MASC(+50 ANOS)	00:26:12.42
20	239	PEDRO SALCEDAS	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:26:22.74
21	85	JOÃO MOURO	27	GRECAS	JUN/SEN-MASC	00:26:54.14
22	128	BRUNO CORDEIRO	38	RIABLADES	JUN/SEN-MASC	00:27:02.15
23	26	BRUNO DANIEL DIAS	12	CLUB TRIATLON SALAMANCA	JUN/SEN-MASC	00:27:09.07
24	90	PEDRO SARABANDO	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:27:10.83
25	237	PEDRO BARBOSA	0	INDIVIDUAL	JUN/SEN-MASC	00:27:11.65
26	10	MÁRIO AMORIM	4	A.D.R.E. PALHAÇA	JUN/SEN-MASC	00:27:14.64
27	183	JOÃO COSTA	0	INDIVIDUAL	JUN/SEN-MASC	00:27:27.44
28	193	JOAQUIM PEREIRA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:27:29.84
29	18	DÉBORA SANTOS	6	ADERCUS	JUN/SEN-FEM	00:27:34.14
30	247	RENATO SILVA	0	INDIVIDUAL	JUN/SEN-MASC	00:27:34.94
31	64	ALEXANDRE SANTOS	25	G.D.C. GUILHOVAI	VET.M40-MASC(40-49 ANOS)	00:27:44.48
32	11	TELMO NASCIMENTO	4	A.D.R.E. PALHAÇA	JUN/SEN-MASC	00:27:53.02
33	83	JOÃO ARRAES	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:28:01.43
34	35	ALEX TONDELA	16	CORRERIA	JUN/SEN-MASC	00:28:05.72
35	218	MIGUEL SARABANDO GAFAR	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:28:07.88
36	144	SARA PINHO	41	SPORTING C.P.	JUN/SEN-FEM	00:28:21.23
37	117	MARCO GASPAR	37	PONTO ENCONTRO	JUN/SEN-MASC	00:28:31.53
38	75	ANTÓNIO VALENTE	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:28:34.03
39	188	JOÃO MANO	0	INDIVIDUAL	JUN/SEN-MASC	00:28:41.13
40	245	RENATO LEITE	0	INDIVIDUAL	JUN/SEN-MASC	00:28:53.80
41	77	FÁTIMA PINHO	27	GRECAS	VET.F50-FEM(+50 ANOS)	00:29:02.79
42	87	PAULO ANTÓNIO	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:29:15.50
43	166	CÉSAR BARROS	0	INDIVIDUAL	JUN/SEN-MASC	00:29:17.71
44	19	HUGO RAMALHO	6	ADERCUS	JUN/SEN-MASC	00:29:20.91
45	15	CATARINA RODRIGUES	6	ADERCUS	JUN/SEN-FEM	00:29:21.54
46	57	TONY GRAÇA	20	FREE RUNNERS	VET.M50-MASC(+50 ANOS)	00:29:38.77
47	76	DAVID OLIVEIRA	27	GRECAS	JUN/SEN-MASC	00:29:52.11
48	84	JOÃO FRESCO	27	GRECAS	JUN/SEN-MASC	00:29:52.17

49	255	RUI VILELA	0	INDIVIDUAL	JUN/SEN-MASC	00:29:56.95
50	185	JOÃO JOSÉ CASTRO	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:30:28.01
51	263	SÉRGIO SILVA	0	INDIVIDUAL	JUN/SEN-MASC	00:30:30.05
52	103	NUNO ALMEIDA	32	LOVERUN	JUN/SEN-MASC	00:30:35.05
53	130	EDIVALDO	38	RIABLADES	JUN/SEN-MASC	00:30:45.05
54	189	JOAO NEVES	0	INDIVIDUAL	JUN/SEN-MASC	00:30:51.05
55	81	FRANCISCA MARTINS	27	GRECAS	JUN/SEN-FEM	00:30:54.05
56	229	PAULO CARDOSO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:31:02.05
57	204	JOSÉ PROENÇA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:31:10.05
58	93	CATARINA ARAÚJO	30	LIBERDADE F.C.	JUN/SEN-FEM	00:31:11.05
59	171	DUARTE SEQUEIRA	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:31:26.05
60	139	SÉRGIO SILVA	38	RIABLADES	JUN/SEN-MASC	00:31:27.05
61	107	REGINA MARIA GILVAZ	34	N.A. CUCUJÃES	VET.F40-FEM(40-49 ANOS)	00:31:32.01
62	3	PEDRO SILVA	1	"OS DE MIRA"	JUN/SEN-MASC	00:31:36.25
63	122	ANDRÉ AMADOR	38	RIABLADES	JUN/SEN-MASC	00:31:38.35
64	134	PAULO SILVA	38	RIABLADES	VET.M40-MASC(40-49 ANOS)	00:31:39.37
65	230	PAULO FIDALGO	0	INDIVIDUAL	JUN/SEN-MASC	00:31:41.09
66	62	DOMINGOS ALMEIDA	24	G.D. OS RIBEIRINHOS	VET.M50-MASC(+50 ANOS)	00:31:52.36
67	124	ANTÓNIO BEM HAJA	38	RIABLADES	VET.M40-MASC(40-49 ANOS)	00:31:53.72
68	177	HÉLDER DUARTE	0	INDIVIDUAL	JUN/SEN-MASC	00:32:05.40
69	89	PAULO BRIGA	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:32:07.50
70	250	ROBERTO RODRIGUES	0	INDIVIDUAL	0%	00:32:14.42
71	114	ALEXANDRE SILVA	36	PLAFESA PORTUGAL	JUN/SEN-MASC	00:32:15.93
72	71	ADÉRITO CURTO	26	GIRA SOL / RAMOS CATARINO	VET.M50-MASC(+50 ANOS)	00:32:22.23
73	136	PEDRO PATACÃO	38	RIABLADES	JUN/SEN-MASC	00:32:32.52
74	121	SIMÃO RODRIGUES	37	PONTO ENCONTRO	JUN/SEN-MASC	00:32:38.55
75	210	MARCO COELHO	0	INDIVIDUAL	JUN/SEN-MASC	00:32:42.77
76	39	RUI BARROS	16	CORRERIA	JUN/SEN-MASC	00:32:44.41
77	40	RUI CARVALHAL	16	CORRERIA	JUN/SEN-MASC	00:32:49.60
78	123	ANDRÉ RAFEIRO	38	RIABLADES	JUN/SEN-MASC	00:32:53.63
79	118	MIGUEL ALMEIDA	37	PONTO ENCONTRO	VET.M40-MASC(40-49 ANOS)	00:32:55.42
80	138	RÚBEN OLIVEIRA	38	RIABLADES	JUN/SEN-MASC	00:33:10.70
81	43	CARMIM RAMALHETE	17	COSTA VERDE	VET.M40-MASC(40-49 ANOS)	00:33:12.40
82	125	ANTÓNIO PINHO	38	RIABLADES	JUN/SEN-MASC	00:33:13.54
83	133	JOÃO COSTA	38	RIABLADES	JUN/SEN-MASC	00:33:13.68
84	260	SERGIO FIGUEIREDO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:33:25.55
85	164	CARLOS REAL	0	INDIVIDUAL	JUN/SEN-MASC	00:33:30.31
86	206	LICÍNIO COSTA	0	INDIVIDUAL	JUN/SEN-MASC	00:33:37.49
87	99	NINO FONTES	28	IMPERRIA	VET.M40-MASC(40-49 ANOS)	00:33:47.32
88	240	PIERRE QUINTANEIRO	0	INDIVIDUAL	JUN/SEN-MASC	00:33:53.32
89	198	JOSÉ ANTÓNIO MOURO	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:33:53.36
90	113	PAULO TEIXEIRA	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:33:55.91
91	9	HELDER RODRIGUES	4	A.D.R.E. PALHAÇA	VET.M50-MASC(+50 ANOS)	00:34:07.55
92	156	ANDRÉ SÃO MARCOS	0	INDIVIDUAL	JUN/SEN-MASC	00:34:20.37
93	2	JOÃO RODRIGO PRINA	1	"OS DE MIRA"	JUN/SEN-MASC	00:34:27.40
94	146	ANTONIO LIMAS	42	TREPANELAS/ÓPTICA GÉMEOS	JUN/SEN-MASC	00:34:32.22
95	254	RUI ROCHA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:34:43.18
96	34	AGOSTINHO OLIVEIRA	16	CORRERIA	JUN/SEN-MASC	00:34:48.14
97	221	MIRIAM MARTINS	0	INDIVIDUAL	JUN/SEN-FEM	00:34:48.79
98	190	JOÃO SANTOS SARABANDO	0	INDIVIDUAL	JUN/SEN-MASC	00:34:53.27
99	173	FERNANDO JESUS VIDAL	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:35:01.72
100	224	NELSON RIBAS	0	INDIVIDUAL	JUN/SEN-MASC	00:35:02.20
101	194	JORGE JULIÃO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:35:06.10
102	165	CARLOS ROCHA	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:35:08.17
103	29	CESARIO ROCHA	14	CORPO CULTO	VET.M40-MASC(40-49 ANOS)	00:35:11.02
104	232	PAULO PINTO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:35:14.59
105	163	CARLOS DOMINGUES	0	INDIVIDUAL	JUN/SEN-MASC	00:35:22.74
106	147	RONNY SIMÕES	42	TREPANELAS/ÓPTICA GÉMEOS	JUN/SEN-MASC	00:35:23.21



107	187	JOÃO LOURENÇO	0	INDIVIDUAL	JUN/SEN-MASC	00:35:46.50
108	49	LUIS VIEIRA	17	COSTA VERDE	JUN/SEN-MASC	00:35:57.93
109	272	AGNELO SILVA	0	INDIVIDUAL	JUN/SEN-MASC	00:36:08.03
110	234	PAULO SANTOS	0	INDIVIDUAL	JUN/SEN-MASC	00:36:11.05
111	253	RUI MACHADO	0	INDIVIDUAL	JUN/SEN-MASC	00:36:12.88
112	131	HELDER GOMES	38	RIABLADES	JUN/SEN-MASC	00:36:16.56
113	129	DIOGO SOUSA	38	RIABLADES	JUN/SEN-MASC	00:36:16.62
114	38	REGINA SANTOS	16	CORRERIA	VET.F50-FEM(+50 ANOS)	00:36:20.20
115	44	CLÁUDIO SOUSA	17	COSTA VERDE	JUN/SEN-MASC	00:36:21.67
116	28	ALDA CORDEIRO	14	CORPO CULTO	VET.F40-FEM(40-49 ANOS)	00:36:26.37
117	269	PEDRO SARABANDO	0	INDIVIDUAL	JUN/SEN-MASC	00:36:27.19
118	249	RICARDO MARTINS	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:36:28.98
119	112	NUNO CRUZ	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:36:35.22
120	277	ANTÓNIO PINHO ESGUEIRÃ	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:36:35.93
121	127	BRUNO ALMEIDA	38	RIABLADES	JUN/SEN-MASC	00:36:40.44
122	140	VICENTE JULIÃO	38	RIABLADES	JUN/SEN-MASC	00:36:48.34
123	175	FRANCISCO FERNANDES	0	INDIVIDUAL	JUN/SEN-MASC	00:36:49.03
124	95	SUZETE MARCO	27	GRECAS	VET.F40-FEM(40-49 ANOS)	00:36:54.15
125	195	JORGE QUINTANEIRO	0	INDIVIDUAL	JUN/SEN-MASC	00:36:56.42
126	52	PAULO PINTO	17	COSTA VERDE	VET.M40-MASC(40-49 ANOS)	00:36:59.28
127	55	VIRGINIA SABINO	17	COSTA VERDE	JUN/SEN-FEM	00:37:05.55
128	162	CARLA CARDOSO	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS)	00:37:23.28
129	199	JOSÉ CAETANO	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:37:36.06
130	192	JOAQUIM CRISTO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:37:37.12
131	202	JOSÉ OLIVEIRA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:38:05.42
132	30	ANA ALMEIDA	15	CORPO CULTO GINASIO	JUN/SEN-FEM	00:38:13.26
133	31	ANTONIO SALGUEIREDO	15	CORPO CULTO GINASIO	VET.M40-MASC(40-49 ANOS)	00:38:13.55
134	172	FERNANDO CAMARNEIRO	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:38:22.81
135	231	PAULO PIMENTEL	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:38:28.93
136	94	SÉRGIO REIGOTA	27	GRECAS	VET.M40-MASC(40-49 ANOS)	00:38:30.91
137	157	ANTÓNIO BELMIRO ROCHA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:38:43.58
138	97	FILIPE FONTES	28	IMPERRIA	JUN/SEN-MASC	00:39:12.94
139	205	LEONEL RODRIGUES	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:39:46.51
140	197	JORGE VENTURA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:39:46.68
141	1	DAVID EVA MADAIL	1	"OS DE MIRA"	JUN/SEN-MASC	00:39:51.63
142	271	CARLOS RIBAL	0	INDIVIDUAL	JUN/SEN-MASC	00:40:00.77
143	132	HUGO COUTO	38	RIABLADES	JUN/SEN-MASC	00:40:18.87
144	258	SANDRINE MATIAS FERREI	0	INDIVIDUAL	JUN/SEN-FEM	00:40:20.83
145	32	CATARINA TEIXEIRA	15	CORPO CULTO GINASIO	VET.F40-FEM(40-49 ANOS)	00:40:26.17
146	149	AGOSTINHO RODRIGUES	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:40:26.48
147	33	JOSE CONDEIXA	15	CORPO CULTO GINASIO	VET.M50-MASC(+50 ANOS)	00:40:27.04
148	257	SANDRA SIMÕES NETO	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS)	00:40:51.55
149	82	ISABEL PARRACHO	27	GRECAS	VET.F50-FEM(+50 ANOS)	00:41:32.60
150	37	INES SANTOS	16	CORRERIA	JUN/SEN-FEM	00:41:40.89
151	178	HENRIQUE SILVA	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS)	00:41:47.14
152	98	JOSÉ VIANA	28	IMPERRIA	JUN/SEN-MASC	00:42:03.26
153	233	PAULO RÉ	0	INDIVIDUAL	VET.M40-MASC(40-49 ANOS)	00:42:03.54
154	36	CARLA GANDARINHO	16	CORRERIA	JUN/SEN-FEM	00:42:19.00
155	150	ALEXANDRE DUARTE	16	CORRERIA	JUN/SEN-MASC	00:42:19.06
156	59	PAULO RAMOS	22	G. JUV. PINHEIRO BEMPOSTA	VET.M40-MASC(40-49 ANOS)	00:42:34.00
157	111	MIGUEL SILVA	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:43:22.47
158	217	MARTA OLIVEIRA	0	INDIVIDUAL	JUN/SEN-FEM	00:43:35.59
159	108	JOEL OLIVEIRA	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:44:11.45
160	109	JOSE OLIVEIRA	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:44:11.58
161	212	MARIA ALICE SARABANDO	0	INDIVIDUAL	VET.F50-FEM(+50 ANOS)	00:44:34.81
162	273	JOÃO DINIS	0	INDIVIDUAL	JUN/SEN-MASC	00:44:38.37
163	274	ÂNGELO VALENTE	0	INDIVIDUAL	JUN/SEN-MASC	00:44:38.56
164	176	GRAÇA REI	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS)	00:45:05.52

165	153	ANA MARTINS	0	INDIVIDUAL	JUN/SEN-FEM	00:45:05.58
166	152	ANA GONÇALVES	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS	00:45:42.39
167	174	FILIPPE CAMARNEIRO	0	INDIVIDUAL	JUN/SEN-MASC	00:45:47.66
168	116	LILIANA MORGADO	36	PLAFESA PORTUGAL	JUN/SEN-FEM	00:46:20.59
169	115	ARSÉLIO SANTOS	36	PLAFESA PORTUGAL	JUN/SEN-MASC	00:46:20.79
170	241	RAFAEL ALÃO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANO	00:46:35.03
171	216	MÁRIO FERNANDES	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS	00:46:46.67
172	265	TONY ALMEIDA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANO	00:46:59.33
173	278	ROSA COLISTO	0	INDIVIDUAL	VET.F40-FEM(40-49 ANOS	00:47:01.78
174	279	ROBERTO CALISTO	0	INDIVIDUAL	VET.M40-MASC(40-49 ANO	00:47:02.14
175	110	LUIS SIMOES	35	OVERMOTOR RUNNING	JUN/SEN-MASC	00:47:31.34
176	235	PAULO SOUSA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANO	00:47:31.39
177	223	NELSON ALMEIDA	0	INDIVIDUAL	VET.M40-MASC(40-49 ANO	00:48:46.57
178	227	PAULA SANTOS	0	INDIVIDUAL	JUN/SEN-FEM	00:49:10.97
179	158	ANTÓNIO MARTA	0	INDIVIDUAL	VET.M50-MASC(+50 ANOS	00:52:07.94
180	222	NADINE SANTOS	0	INDIVIDUAL	JUN/SEN-FEM	00:49:10.99