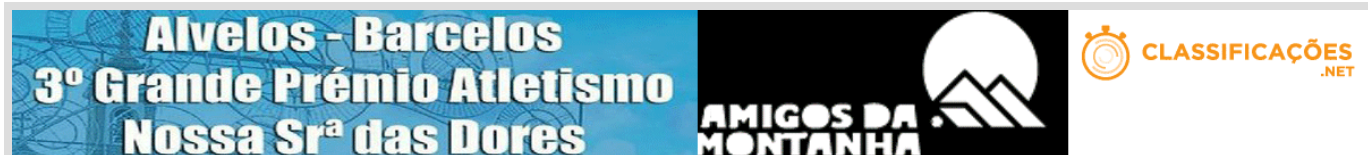


PROVA 10KM - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
1	9	SEN-F	1	CATARINA RIBEIRO	0:02:57	0:17:19	0:27:32	0:33:58		0:33:58	0:03:23	SPORT LISBOA E BENFI
2	8	SEN-F	2	VANESSA FERNANDES	0:02:57	0:00:00	0:28:01	0:34:36	0:00:38	0:34:36	0:03:27	SPORT LISBOA E BENFI
3	31	SEN-F	3	CARLA MARTINHO	0:03:20	0:19:01	0:29:58	0:36:40	0:02:42	0:36:39	0:03:39	ADERCUS
4	6	SEN-F	4	DOROTEIA PEIXOTO	0:03:30	0:19:25	0:30:21	0:37:12	0:03:14	0:37:12	0:03:43	AMIGOS DA MONTANHA
5	2	SEN-F	5	ERCÍLIA MACHADO	0:03:16	0:19:20	0:30:46	0:37:39	0:03:41	0:37:39	0:03:45	SPORTING CLUBE DE PO
6	508	SEN-F	6	DANIELA CUNHA	0:03:26	0:19:46	0:30:58	0:37:57	0:03:59	0:37:56	0:03:47	
7	504	SEN-F	7	EMILIA KUMÓS PISOEIRO	0:03:25	0:19:40	0:31:05	0:38:08	0:04:10	0:38:07	0:03:48	JUVENTUDE VIDIGALENS
8	396	SEN-F	8	PATRICIA MENDES PEREIRA	0:03:21	0:19:48	0:31:27	0:38:30	0:04:32	0:38:30	0:03:51	INDIVIDUAL
9	47	SEN-F	9	MÓNICA SILVA	0:03:35	0:20:06	0:32:10	0:39:17	0:05:19	0:39:16	0:03:55	SPORT LISBOA E BENFI
10	30	SEN-F	10	DIANA ALMEIDA	0:03:33	0:20:17	0:32:27	0:39:48	0:05:50	0:39:47	0:03:58	SPORT LISBOA E BENFI
11	714	SEN-F	11	SUELI GOMES	0:03:25	0:20:34	0:32:44	0:40:10	0:06:12	0:40:09	0:04:00	U. D. VARZEA
12	732	SEN-F	12	LURDES PEREIRA	0:03:34	0:20:47	0:32:59	0:40:23	0:06:25	0:40:22	0:04:02	N. A. TAIPAS
13	716	V40-F	1	CARLA MACHADO	0:03:33	0:20:44	0:33:00	0:40:36	0:06:38	0:40:36	0:04:03	U. D. VARZEA
14	467	JUN-F	1	CRISTINA FREITAS	0:03:33	0:20:17	0:33:16	0:40:52	0:06:54	0:40:49	0:04:04	CLUBE CASA DO BENFIC
15	107	V40-F	2	FÁTIMA SILVA	0:03:31	0:20:56	0:33:24	0:41:17	0:07:19	0:41:14	0:04:07	C D PÓVOA
16	421	SEN-F	13	JOANA VANESSA FREITAS CARVALHO	0:03:35	0:21:25	0:34:09	0:41:52	0:07:54	0:41:50	0:04:11	CYCLONES SANITOP
17	12	SEN-F	14	ROSA SOARES	0:03:30	0:22:00	0:34:44	0:42:18	0:08:20	0:42:17	0:04:13	U. D. VARZEA
18	490	SEN-F	15	MARISA DA COSTA XAVIER	0:04:11	0:22:25	0:34:51	0:42:21	0:08:23	0:42:14	0:04:13	CENTRO DESPORTIVO E
19	597	JUN-F	2	CARLA NUNES	0:03:35	0:21:21	0:34:32	0:42:35	0:08:37	0:42:31	0:04:15	A. D. LUSTOSA
20	374	SEN-F	16	MARA ELSA OLIVEIRA PEREIRA DA	0:03:53	0:22:37	0:35:56	0:43:55	0:09:57	0:43:50	0:04:23	FREDERICO PETEJO- PE
21	11	V40-F	3	MADALENA SILVA	0:03:31	0:22:15	0:36:05	0:44:14	0:10:16	0:44:12	0:04:25	A. C. R. CONDE
22	713	JUN-F	3	SOFIA TEIXEIRA	0:03:33	0:22:10	0:35:52	0:44:19	0:10:21	0:44:19	0:04:25	U. D. VARZEA
23	703	V40-F	4	ROSA MARIA SANTOS MATOS OLIVEI	0:04:05	0:23:06	0:36:43	0:45:01	0:11:03	0:44:56	0:04:29	ESCOLA ATLETISMO ROS
24	429	JUN-F	4	BÁRBARA OLIVEIRA	0:03:45	0:23:28	0:36:59	0:45:04	0:11:06	0:45:02	0:04:30	CLUBE DESPORTIVO FEI
25	721	V40-F	5	CLARA FREIRE	0:04:02	0:23:28	0:37:19	0:45:53	0:11:55	0:45:51	0:04:35	AMIGOS DA MONTANHA
26	315	SEN-F	17	CRISTINA MARIA CUNHA PEREIRA	0:03:57	0:23:12	0:37:45	0:46:28	0:12:30	0:46:23	0:04:38	
27	463	SEN-F	18	TÂNIA ALEXANDRA FERREIRA CARNE	0:04:32	0:23:29	0:37:30	0:46:31	0:12:33	0:46:18	0:04:37	MARINES
28	265	V40-F	6	REGINA MARIA SOARES DE PINHO G	0:03:57	0:24:01	0:38:34	0:47:08	0:13:10	0:47:05	0:04:42	NÚCLEO DE ATLETISMO
29	428	JUN-F	5	MARIANA SILVA	0:04:05	0:24:22	0:38:46	0:47:10	0:13:12	0:47:06	0:04:42	CLUBE DESPORTIVO FEI
30	411	V40-F	7	CUSTODIA RODRIGUES	0:04:17	0:24:34	0:38:47	0:47:22	0:13:24	0:47:17	0:04:43	N. A. TAIPAS
31	427	JUN-F	6	JULIANA SILVA	0:04:05	0:24:27	0:38:51	0:47:42	0:13:44	0:47:38	0:04:45	CLUBE DESPORTIVO FEI
32	554	JUN-F	7	SARA DIAS OLIVEIRA	0:03:43	0:23:28	0:38:45	0:48:15	0:14:17	0:48:12	0:04:49	ESCOLA ATLETISMO ROS
33	340	V40-F	8	MARIA DA GRAÇA CALEIRO DA COST	0:04:51	0:25:31	0:39:57	0:48:30	0:14:32	0:48:17	0:04:49	VIDA ATIVA RUNNERS
34	447	V40-F	9	MARIA CONCEIÇÃO CORREIA PIMENT	0:03:57	0:24:33	0:39:41	0:48:42	0:14:44	0:48:39	0:04:51	BARCELOS SAUDÁVEL
35	203	SEN-F	19	RAFAELA SOUSA	0:04:14	0:24:49	0:39:44	0:48:48	0:14:50	0:48:37	0:04:51	R/R ONLINE
36	113	SEN-F	20	PATRICIA CATARINA COSTA	0:04:48	0:25:27	0:40:22	0:49:18	0:15:20	0:49:07	0:04:54	LOUSADA RUNNERS
37	191	SEN-F	21	FILIPA GOMES	0:04:34	0:25:23	0:40:24	0:49:39	0:15:41	0:49:32	0:04:57	MOVIMENTO DE JUVENTU
38	542	SEN-F	22	FÁTIMA BARROS	0:04:05	0:25:04	0:40:31	0:49:50	0:15:52	0:49:47	0:04:58	GRUPO JUVENIL DE VIA
39	62	SEN-F	23	DANIELA ALVES	0:04:06	0:24:52	0:40:34	0:49:51	0:15:53	0:49:45	0:04:58	
40	321	V40-F	10	EUGÉNIA AMORIM	0:04:45	0:25:57	0:40:48	0:50:13	0:16:15	0:50:00	0:05:00	CLUBE ATLETISMO POVO
41	555	V40-F	11	HERMINIA PEREIRA	0:04:34	0:26:46	0:42:25	0:51:41	0:17:43	0:51:38	0:05:09	ESCOLA ATLETISMO ROS
42	347	V40-F	12	HELENA MARIA FERREIRA MORIM ME	0:04:20	0:25:56	0:42:31	0:52:00	0:18:02	0:51:57	0:05:11	CLUBE DE ATLETISMO D
43	154	V40-F	13	DEOLINDA FARIA	0:04:15	0:26:02	0:42:51	0:52:03	0:18:05	0:51:57	0:05:11	RODA DOS VENTOS
44	187	V40-F	14	GRACINDA OLIVEIRA	0:04:49	0:27:36	0:42:51	0:52:11	0:18:13	0:52:00	0:05:12	RODA DOS VENTOS
45	190	SEN-F	24	CELINA SILVA	0:04:31	0:26:29	0:42:43	0:52:33	0:18:35	0:52:23	0:05:14	A D ESMERIZ RUNNING
46	84	SEN-F	25	ELISABETE MARIA RODRIGUES MART	0:04:29	0:26:49	0:43:05	0:53:04	0:19:06	0:52:58	0:05:17	GRE-BONFIM
47	268	SEN-F	26	MARIANA MIRANDA DA COSTA MARTI	0:04:07	0:26:46	0:43:33	0:53:24	0:19:26	0:53:19	0:05:19	
48	166	V40-F	15	AIRES PATRÃO	0:04:14	0:26:05	0:42:45	0:53:29	0:19:31	0:53:23	0:05:20	MOINHOS D' AVENTURA
49	133	SEN-F	27	HELENA MARIA RODRIGUES FERREIR	0:04:57	0:27:24	0:43:44	0:53:38	0:19:40	0:53:24	0:05:20	
50	259	SEN-F	28	CATARINA FAGUNDES AMORIM	0:04:36	0:27:14	0:44:42	0:54:50	0:20:52	0:54:38	0:05:27	



PROVA 10KM - CLASSIFICAÇÃO FEMININA

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
51	438	SEN-F	29	SÍLVIA RAQUEL CAVIEZEL	0:04:35	0:27:15	0:44:19	0:54:52	0:20:54	0:54:40	0:05:28	CATRUNNERS
52	26	SEN-F	30	TELMA OLIVEIRA	0:05:09	0:28:44	0:45:08	0:55:04	0:21:06	0:54:54	0:05:29	ELITE NM
53	19	SEN-F	31	JOANA MARQUES	0:05:09	0:28:43	0:45:08	0:55:04	0:21:06	0:54:55	0:05:29	ELITE NM
54	501	V40-F	16	MARIA DA CONCEIÇÃO PEIXOTO MAR	0:05:45	0:30:26	0:47:12	0:57:05	0:23:07	0:56:50	0:05:41	TURBULENTOS
55	351	V40-F	17	MARIA CELESTE DA SILVA CRUZ	0:05:57	0:30:26	0:47:12	0:57:20	0:23:22	0:57:07	0:05:42	TURBULENTOS
56	367	V40-F	18	NATÁLIA COELHO	0:04:52	0:29:56	0:47:31	0:58:04	0:24:06	0:57:58	0:05:47	CLUBE OS 5 À HORA
57	317	V40-F	19	MARIA COSTA RABALDO	0:05:01	0:28:45	0:47:10	0:58:18	0:24:20	0:58:08	0:05:48	CLUBE ATLETISMO PÓVO
58	543	V40-F	20	FÁTIMA DANTAS	0:04:57	0:29:45	0:47:31	0:58:38	0:24:40	0:58:27	0:05:50	GRUPO JUVENIL DE VIA
59	77	V40-F	21	CECÍLIA ESTEVES	0:04:48	0:29:13	0:47:31	0:59:02	0:25:04	0:58:54	0:05:53	TRAIL ME
60	375	SEN-F	32	MARIA SILVINA COELHO ESTEVES	0:04:48	0:29:13	0:47:32	0:59:02	0:25:04	0:58:54	0:05:53	TRAIL ME
61	175	V40-F	22	SÓNIA MARIA MARQUES DOS SANTOS	0:05:10	0:29:37	0:47:32	0:59:04	0:25:06	0:58:55	0:05:53	OS DOIS
62	371	SEN-F	33	VÂNIA BARBOSA	0:04:34	0:28:57	0:47:45	0:59:24	0:25:26	0:59:19	0:05:55	CLUBE OS 5 À HORA
63	311	V40-F	23	MARIA CARMO CARVALHO VILELA MA	0:05:16	0:30:39	0:48:38	0:59:47	0:25:49	0:59:29	0:05:56	OS SANTA APOLÓNIA
64	157	V40-F	24	PAULA RODRIGUES	0:04:57	0:30:21	0:48:32	1:00:06	0:26:08	0:59:58	0:05:59	RODA DOS VENTOS
65	314	SEN-F	34	FILIPA CARVALHO	0:04:57	0:30:51	0:48:59	1:00:08	0:26:10	0:59:58	0:05:59	ADESMEIRZRUNING
66	424	V40-F	25	MARIA ALZIRA OLIVEIRA ALVES	0:04:42	0:30:03	0:49:05	1:00:33	0:26:35	1:00:27	0:06:02	
67	189	V40-F	26	ANA PAULA OLIVEIRA PINTO	0:05:16	0:30:50	0:49:29	1:00:33	0:26:35	1:00:22	0:06:02	RUN TO BE ALIVE
68	184	SEN-F	35	HELENA OLIVEIRA BALDASSARRE	0:05:44	0:30:26	0:49:27	1:00:56	0:26:58	1:00:44	0:06:04	TURBULENTOS
69	448	SEN-F	36	MARCIA VILAS BOAS BANDEIRA	0:05:14	0:30:39	0:49:28	1:01:42	0:27:44	1:01:31	0:06:09	VIDA ATIVA RUNNERS
70	155	SEN-F	37	TATIANA AZEVEDO	0:04:50	0:29:55	0:50:18	1:01:44	0:27:46	1:01:35	0:06:09	RODA DOS VENTOS
71	63	V40-F	27	MARIA DAS DORES SOUSA SILVA	0:05:17	0:31:42	0:50:37	1:02:16	0:28:18	1:01:58	0:06:11	BARCA
72	393	V40-F	28	MARIA ISABEL COSTA SABINO	0:04:49	0:30:24	0:50:33	1:02:21	0:28:23	1:02:15	0:06:13	
73	486	SEN-F	38	JOAQUIM JOSE GOMES	0:04:57	0:31:14	0:50:43	1:02:35	0:28:37	1:02:24	0:06:14	
74	320	V40-F	29	MARIA ASSUNÇÃO FRASCO	0:05:17	0:31:04	0:50:49	1:02:39	0:28:41	1:02:26	0:06:14	CLUBE ATLETISMO PÓVO
75	327	V40-F	30	MARIANA PARENTE	0:05:03	0:31:17	0:50:48	1:02:39	0:28:41	1:02:27	0:06:14	CLUBE ATLETISMO PÓVO
76	407	SEN-F	39	ANA PATRICIA MALVA COSTA	0:05:54	0:32:27	0:51:20	1:02:57	0:28:59	1:02:42	0:06:16	TURBULENTOS
77	143	V40-F	31	SANDRINE SILVA	0:05:44	0:31:43	0:51:21	1:03:00	0:29:02	1:02:46	0:06:16	TURBULENTOS
78	487	SEN-F	40	ONDINA MARIA MORIM SALGADO	0:05:50	0:31:58	0:51:54	1:03:10	0:29:12	1:02:56	0:06:17	CENTRO DESPORTIVO E
79	540			RAFAELA FARIA	0:04:55	0:30:45	0:50:31	1:03:10	0:29:12	1:02:59	0:06:17	GRUPO JUVENIL DE VIA
80	507	V40-F	32	MARIA FERREIRA	0:05:50	0:33:14	0:52:06	1:03:28	0:29:30	1:03:18	0:06:19	
81	394	SEN-F	41	ALBERTINA MANUELA DA SILVA	0:05:00	0:32:34	0:52:05	1:04:19	0:30:21	1:04:14	0:06:25	
82	337	V40-F	33	MARIA DA GRAÇA GONÇALVES GOMES	0:05:27	0:31:15	0:52:51	1:04:33	0:30:35	1:04:20	0:06:26	BARCELOS RUNNING
83	126	V40-F	34	MANUELA RIBEIRO	0:06:02	0:33:15	0:52:24	1:04:39	0:30:41	1:04:26	0:06:26	TURBULENTOS
84	313	SEN-F	42	SUSANA SANTOS	0:05:07	0:33:01	0:54:34	1:07:18	0:33:20	1:07:08	0:06:42	ADESMEIRZRUNING
85	322	V40-F	35	MARIA ADELAIDE MARINHEIRO	0:05:25	0:33:55	0:56:30	1:09:32	0:35:34	1:09:21	0:06:56	CLUBE ATLETISMO PÓVO
86	224	JUN-F	8	CATARINA ARAUJO	0:03:42	0:00:00	0:00:00	1:15:33	0:41:35	1:15:33	0:07:33	LIBERDADE FC