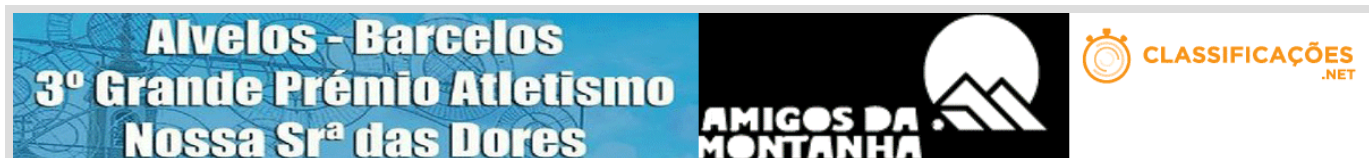


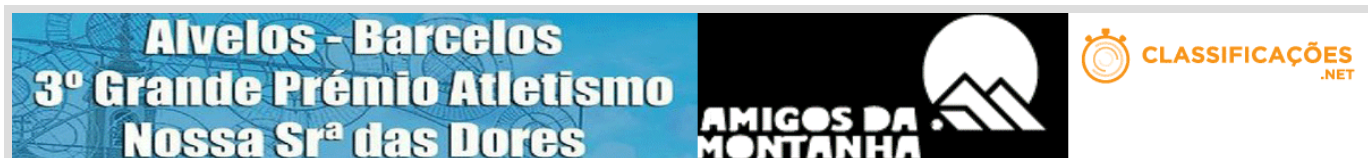
PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
1	36	SEN-M	1	LICINIO PIMENTEL	0:02:43	0:15:51	0:25:05	0:30:49		0:30:49	0:03:04	
2	21	SEN-M	2	NUNO COSTA	0:02:43	0:15:52	0:25:20	0:31:05	0:00:16	0:31:05	0:03:06	
3	37	SEN-M	3	TIAGO COSTA	0:02:43	0:16:06	0:25:35	0:31:15	0:00:26	0:31:15	0:03:07	SPORT LISBOA E BENFI
4	705	SEN-M	4	PEDRO ROGÉRIO SOUSA CRUZ	0:02:44	0:16:01	0:25:31	0:31:21	0:00:32	0:31:21	0:03:08	G. D. J. CRUZ & IRMÃO
5	1	SEN-M	5	EDUARDO MBENGANI	0:02:43	0:15:54	0:25:40	0:31:32	0:00:43	0:31:32	0:03:09	SPORTING CLUBE DE PO
6	3	SEN-M	6	JOSÉ MOREIRA	0:02:42	0:16:06	0:26:02	0:31:56	0:01:07	0:31:56	0:03:11	SPORT LISBOA E BENFI
7	18	SEN-M	7	DANIEL PINHEIRO	0:02:43	0:16:24	0:26:11	0:31:59	0:01:10	0:31:59	0:03:11	MAIA A. C. CRIOBABY
8	42	SEN-M	8	BRUNO SILVA	0:02:43	0:16:25	0:26:19	0:32:12	0:01:23	0:32:12	0:03:13	MAIA A. C. CRIOBABY
9	23	SEN-M	9	RUI MUGA	0:02:44	0:16:24	0:26:16	0:32:18	0:01:29	0:32:18	0:03:13	ACADÉMICO MOGADOURO
10	38	SEN-M	10	BRUNO JESUS	0:02:43	0:16:24	0:26:18	0:32:26	0:01:37	0:32:26	0:03:14	SPORT LISBOA E BENFI
11	15	V40-M	1	ARTUR RODRIGUES	0:02:45	0:16:39	0:26:37	0:32:36	0:01:47	0:32:36	0:03:15	NUCLEO DESPORTIVO DE
12	7	V45-M	1	AUGUSTO COSTA	0:02:51	0:17:03	0:27:31	0:33:40	0:02:51	0:33:40	0:03:22	AMIGOS DA MONTANHA
13	9	SEN-F	1	CATARINA RIBEIRO	0:02:57	0:17:19	0:27:32	0:33:58	0:03:09	0:33:58	0:03:23	SPORT LISBOA E BENFI
14	20	SEN-M	11	ÓSCAR MENDES	0:02:58	0:17:14	0:27:32	0:34:02	0:03:13	0:34:00	0:03:24	LIBERDADE FC
15	39	SEN-M	12	CARLOS RODRIGUES	0:03:07	0:17:28	0:27:45	0:34:09	0:03:20	0:34:08	0:03:24	F. C. PARADA
16	8	SEN-F	2	VANESSA FERNANDES	0:02:57	0:00:00	0:28:01	0:34:36	0:03:47	0:34:36	0:03:27	SPORT LISBOA E BENFI
17	34	SEN-M	13	HELDER SANTOS	0:03:17	0:17:25	0:28:01	0:34:37	0:03:48	0:34:36	0:03:27	MAIA A. C. CRIOBABY
18	485	SEN-M	14	TIAGO LEAL	0:02:56	0:17:28	0:28:15	0:34:42	0:03:53	0:34:41	0:03:28	SÃO JOÃO DA SERRA
19	433	V40-M	2	MESSIAS DIAS	0:02:52	0:17:30	0:28:16	0:34:42	0:03:53	0:34:42	0:03:28	G D 3 SANTOS POPULAR
20	10	V40-M	3	DELFIN CONCEIÇÃO	0:02:57	0:17:41	0:28:27	0:34:45	0:03:56	0:34:45	0:03:28	
21	45	V45-M	2	JOÃO VÁZ	0:02:53	0:18:02	0:28:27	0:34:47	0:03:58	0:34:47	0:03:28	C. F. BELENENSES
22	272	SEN-M	15	TIAGO MADUREIRA	0:02:52	0:17:37	0:28:18	0:34:50	0:04:01	0:34:49	0:03:28	GRUPO DESPORTIVO DE
23	718	SEN-M	16	CARLOS MARTINS	0:02:57	0:17:32	0:28:25	0:34:57	0:04:08	0:34:56	0:03:29	U. D. VARZEA
24	22	V45-M	3	MANUEL FERREIRA	0:03:05	0:18:02	0:28:32	0:35:10	0:04:21	0:35:10	0:03:31	G. D. GUILHUIVAI
25	40	SEN-M	17	ANTÓNIO TEIXEIRA	0:03:00	0:17:48	0:28:43	0:35:11	0:04:22	0:35:10	0:03:31	C. S. R. D. SANTIAGO
26	598	V50-M	1	MANUEL COSTA	0:03:05	0:18:02	0:28:53	0:35:28	0:04:39	0:35:26	0:03:32	A. D. LUSTOSA
27	17	JUN-M	1	JOÃO ALMEIDA	0:02:53	0:17:47	0:28:45	0:35:29	0:04:40	0:35:29	0:03:32	SPORTING CLUBE DE PO
28	431	V50-M	2	TOZÉ VELHA	0:03:12	0:18:23	0:29:09	0:35:36	0:04:47	0:35:35	0:03:33	G D 3 SANTOS POPULAR
29	468	V40-M	4	ROGÉRIO MARQUES	0:03:03	0:18:10	0:29:04	0:35:38	0:04:49	0:35:37	0:03:33	CYCLONES SANITOP
30	422	V50-M	3	ADELINO JOSÉ DA SILVA FERNANDE	0:03:06	0:18:12	0:29:04	0:35:40	0:04:51	0:35:39	0:03:33	CYCLONES SANITOP
31	727	V45-M	4	MARIO PAULO AMARAL CARREIRA	0:03:11	0:18:23	0:29:15	0:35:58	0:05:09	0:35:57	0:03:35	PORTORUNNERS
32	43	V50-M	4	JOAQUIM SILVA	0:03:09	0:18:24	0:29:17	0:36:00	0:05:11	0:35:59	0:03:35	G. D. CARCAVELOS
33	299	SEN-M	18	FERNANDO GRILO	0:03:17	0:18:28	0:29:26	0:36:00	0:05:11	0:35:57	0:03:35	SIRA - ALDREENSE
34	210	V45-M	5	JOAQUIM ALBERTO SILVA	0:03:16	0:18:40	0:29:27	0:36:02	0:05:13	0:35:59	0:03:35	GD AIRAO CURVIÃ
35	728	V50-M	5	JOAQUIM MANUEL JESUS LOPES	0:03:11	0:18:29	0:29:28	0:36:07	0:05:18	0:36:05	0:03:36	PORTO RUNNERS
36	404	V40-M	5	ANTÓNIO CANECA	0:03:10	0:18:33	0:29:32	0:36:11	0:05:22	0:36:09	0:03:36	ADRLCE - ASSOCIAÇÃO
37	471	SEN-M	19	JOAO RENATO TEIXEIRA	0:03:23	0:18:34	0:29:36	0:36:22	0:05:33	0:36:17	0:03:37	TRIBRAGA
38	451	V45-M	6	BALTAZAR SOUSA	0:03:02	0:18:31	0:29:40	0:36:28	0:05:39	0:36:28	0:03:38	BOAVISTA F. C.
39	145	V40-M	6	ORLANDO NEVES	0:03:04	0:18:23	0:29:48	0:36:29	0:05:40	0:36:29	0:03:38	
40	415	SEN-M	20	RUI ARAÚJO	0:03:17	0:18:55	0:29:58	0:36:40	0:05:51	0:36:37	0:03:39	N. A. TAIPAS
41	31	SEN-F	3	CARLA MARTINHO	0:03:20	0:19:01	0:29:58	0:36:40	0:05:51	0:36:39	0:03:39	ADERCUS
42	430	V45-M	7	JOSE TOJAL	0:03:12	0:18:52	0:29:56	0:36:48	0:05:59	0:36:48	0:03:40	G D 3 SANTOS POPULAR
43	207	SEN-M	21	RICARDO FILIPE NEVES	0:03:12	0:18:40	0:29:47	0:36:51	0:06:02	0:36:49	0:03:40	GD AIRAO CURVIÃ
44	547	SEN-M	22	MARCELO COSTA	0:03:15	0:18:53	0:30:13	0:36:53	0:06:04	0:36:50	0:03:41	GRUPO JUVENIL DE VIA
45	566	V40-M	7	VASCO BATISTA	0:03:12	0:18:52	0:30:10	0:36:56	0:06:07	0:36:55	0:03:41	ESCOLA ATLETISMO ROS
46	475	V45-M	8	JOÃO MACEDO PEREIRA NEIVA	0:03:17	0:18:57	0:30:10	0:36:59	0:06:10	0:36:55	0:03:41	
47	570	V45-M	9	MARIO CONTREIRAS	0:03:27	0:19:10	0:30:20	0:37:02	0:06:13	0:37:00	0:03:42	CLUBE DESPORTIVO DE
48	469	SEN-M	23	MIGUEL MAIA	0:03:16	0:18:41	0:30:05	0:37:05	0:06:16	0:37:02	0:03:42	CYCLONES SANITOP
49	104	V40-M	8	VITOR SANTOS	0:05:02	0:25:23	0:00:00	0:37:07	0:06:18	0:36:50	0:03:41	OS SANTA APOLONIA
50	480	V40-M	9	SERGIO SOUSA	0:03:21	0:19:11	0:30:25	0:37:08	0:06:19	0:37:05	0:03:42	SÃO JOÃO DA SERRA



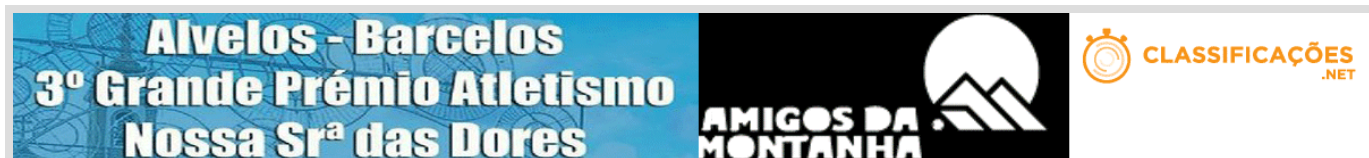
PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
51	5	SEN-M	24	RICARDO RIBAS	0:03:05	0:19:24	0:30:21	0:37:12	0:06:23	0:37:12	0:03:43	SPORT LISBOA E BENFI
52	6	SEN-F	4	DOROTEIA PEIXOTO	0:03:30	0:19:25	0:30:21	0:37:12	0:06:23	0:37:12	0:03:43	AMIGOS DA MONTANHA
53	286	V55-M	1	BEIJAMIM SOARES	0:03:16	0:19:02	0:30:17	0:37:14	0:06:25	0:37:12	0:03:43	GRUPO DESPORTIVO DE
54	13	SEN-M	25	ANDRÉ SILVA	0:02:52	0:17:54	0:28:33	0:37:26	0:06:37	0:37:26	0:03:44	ESCOLA ATLETISMO ROS
55	28	SEN-M	26	RICARDO REGO	0:02:57	0:19:12	0:30:37	0:37:27	0:06:38	0:37:27	0:03:44	VIDAATIVARUNNERS
56	293	V45-M	10	JORGE BRITO	0:03:16	0:19:15	0:30:36	0:37:29	0:06:40	0:37:27	0:03:44	OS GAIENSES / TOYOTA
57	719	V50-M	6	JOAQUIM RODRIGUES	0:03:27	0:19:34	0:30:49	0:37:35	0:06:46	0:37:33	0:03:45	AMIGOS DA MONTANHA
58	2	SEN-F	5	ERCILIA MACHADO	0:03:16	0:19:20	0:30:46	0:37:39	0:06:50	0:37:39	0:03:45	SPORTING CLUBE DE PO
59	44	V40-M	10	CARLOS FREITAS	0:03:15	0:19:19	0:30:46	0:37:39	0:06:50	0:37:38	0:03:45	C. F. BELENENSES
60	85	SEN-M	27	FILIPE JOSÉ RODRIGUES MARTINS	0:03:10	0:18:55	0:30:30	0:37:54	0:07:05	0:37:51	0:03:47	GRE-BONFIM
61	119	SEN-M	28	PEDRO ANDRE NEVES PINTO TAPADA	0:03:17	0:19:08	0:30:43	0:37:54	0:07:05	0:37:52	0:03:47	GONDOMAR FUSTAL CLUB
62	416	JUN-M	2	PAULO FONTAO	0:03:17	0:19:26	0:31:00	0:37:56	0:07:07	0:37:55	0:03:47	N.A. TAIPAS
63	413	V45-M	11	MANUEL PACHECO	0:02:52	0:19:26	0:31:00	0:37:57	0:07:08	0:37:57	0:03:47	N.A. TAIPAS
64	508	SEN-F	6	DANIELA CUNHA	0:03:26	0:19:46	0:30:58	0:37:57	0:07:08	0:37:56	0:03:47	
65	572	V40-M	11	ANTÓNIO SILVA	0:03:07	0:19:20	0:30:48	0:38:04	0:07:15	0:38:02	0:03:48	CLUBE DESPORTIVO DE
66	209	V45-M	12	MANUEL ALBINO FERREIRA	0:03:32	0:19:28	0:31:05	0:38:08	0:07:19	0:38:04	0:03:48	GD AIRAO CURVIÃ
67	306	V55-M	2	ARTUR CEPEDA	0:03:13	0:19:27	0:31:06	0:38:08	0:07:19	0:38:07	0:03:48	BAIRRO CARCAVELOS
68	504	SEN-F	7	EMILIA KUMÓS PISOEIRO	0:03:25	0:19:40	0:31:05	0:38:08	0:07:19	0:38:07	0:03:48	JUVENTUDE VIDIGALENS
69	14	V40-M	12	MANUEL MENDES	0:03:30	0:19:45	0:31:07	0:38:09	0:07:20	0:38:08	0:03:48	VITÓRIA S. C.
70	546	SEN-M	29	SÉRGIO LIMA	0:03:11	0:19:15	0:31:03	0:38:16	0:07:27	0:38:15	0:03:49	GRUPO JUVENIL DE VIA
71	733	V50-M	7	ANGELO FREITAS	0:03:19	0:19:43	0:31:13	0:38:19	0:07:30	0:38:18	0:03:49	
72	479	JUN-M	3	NUNO MARINHO	0:03:26	0:19:40	0:31:24	0:38:20	0:07:31	0:38:17	0:03:49	MAIA AC
73	41	SEN-M	30	BRUNO QUEIROZ	0:03:06	0:19:22	0:31:17	0:38:21	0:07:32	0:38:20	0:03:50	F. C. PARADA
74	285	V55-M	3	HILÁRIO GARIM	0:03:34	0:19:57	0:31:20	0:38:24	0:07:35	0:38:17	0:03:49	ACCRORIZ
75	396	SEN-F	8	PATRICIA MENDES PEREIRA	0:03:21	0:19:48	0:31:27	0:38:30	0:07:41	0:38:30	0:03:51	INDIVIDUAL
76	206	V50-M	8	JOSÉ CANDIDO MACEDO ALVES	0:03:38	0:19:56	0:31:25	0:38:33	0:07:44	0:38:28	0:03:50	GD AIRAO CURVIÃ
77	483	V45-M	13	MARIO SILVA	0:03:26	0:19:26	0:31:16	0:38:36	0:07:47	0:38:33	0:03:51	SÃO JOÃO DA SERRA
78	309	V45-M	14	JOSÉ ANTÓNIO GONÇALVES ALMEIDA	0:03:29	0:19:36	0:31:21	0:38:45	0:07:56	0:38:41	0:03:52	ACADEMIA FERNANDA RI
79	226	V50-M	9	AUGUSTO MANUEL AZEVEDO ANTUNES	0:03:28	0:19:33	0:31:28	0:38:58	0:08:09	0:38:56	0:03:53	
80	24	SEN-M	31	MIGUEL TEIXEIRA	0:03:14	0:19:44	0:31:46	0:38:59	0:08:10	0:38:57	0:03:53	
81	227	V55-M	4	JOAQUIM PEREIRA DA COSTA	0:03:39	0:20:22	0:31:54	0:39:02	0:08:13	0:38:59	0:03:53	CLUBE DESPORTIVO DE
82	710			VITOR GALHARDO	0:03:08	0:18:24	0:30:22	0:39:04	0:08:15	0:39:01	0:03:54	BAIRRO CARCAVELOS
83	701	V40-M	13	ADRIANO SÁ	0:03:22	0:19:48	0:31:56	0:39:12	0:08:23	0:39:09	0:03:54	ALVELINHOS RUNNING
84	734	JUV-M	1	JOSU PEDRO COSTA	0:02:45	0:20:29	0:32:10	0:39:17	0:08:28	0:39:17	0:03:55	
85	730			JOSÉ SILVA	0:03:42	0:20:29	0:32:10	0:39:17	0:08:28	0:39:14	0:03:55	
86	47	SEN-F	9	MÓNICA SILVA	0:03:35	0:20:06	0:32:10	0:39:17	0:08:28	0:39:16	0:03:55	SPORT LISBOA E BENFI
87	556	SEN-M	32	LEANDRO MARTINS	0:03:12	0:19:43	0:32:11	0:39:17	0:08:28	0:39:15	0:03:55	ESCOLA ATLETISMO ROS
88	269	V40-M	14	ALEXANDRE SANTOS	0:03:34	0:19:47	0:31:47	0:39:18	0:08:29	0:39:13	0:03:55	GRUPO DESPORTIVO DE
89	726	SEN-M	33	RUI PEDRO SILVA	0:03:41	0:20:29	0:32:10	0:39:18	0:08:29	0:39:16	0:03:55	SPORT LISBOA E BENFI
90	445	V45-M	15	ANTÓNIO PINTO	0:03:27	0:20:08	0:32:06	0:39:18	0:08:29	0:39:15	0:03:55	ACR VALE DE CAMBRA
91	27	SEN-M	34	JOÃO RODRIGUES	0:03:07	0:19:28	0:31:45	0:39:21	0:08:32	0:39:20	0:03:56	VIDAATIVARUNNERS
92	711	V60-M	1	CASIMIRO GALHARDO	0:03:18	0:19:39	0:31:47	0:39:25	0:08:36	0:39:23	0:03:56	BAIRRO CARCAVELOS
93	349	V50-M	10	JOAQUIM MARTINS RIBEIRO	0:03:34	0:20:04	0:32:07	0:39:27	0:08:38	0:39:23	0:03:56	SC BRAGA
94	298	JUN-M	4	JOSÉ MARTINS	0:03:47	0:20:17	0:32:15	0:39:36	0:08:47	0:39:28	0:03:56	SIRA - ALDREENSE
95	398	V45-M	16	JOSÉ AGOSTINHO AMORIM ARAÚJO	0:03:34	0:20:18	0:32:23	0:39:38	0:08:49	0:39:34	0:03:57	PAPAKM
96	724	V50-M	11	FRANCISCO NOVAIS	0:03:30	0:20:18	0:32:19	0:39:40	0:08:51	0:39:38	0:03:57	VITÓRIA S. C.
97	316	JUV-M	2	PEDRO MIGUEL CRUZ SABINO	0:03:32	0:20:13	0:32:13	0:39:43	0:08:54	0:39:37	0:03:57	
98	278	SEN-M	35	LUIS ANTONIO MARQUES RIBEIRO	0:03:47	0:20:42	0:32:32	0:39:46	0:08:57	0:39:40	0:03:58	CENTRALRUNNING
99	30	SEN-F	10	DIANA ALMEIDA	0:03:33	0:20:17	0:32:27	0:39:48	0:08:59	0:39:47	0:03:58	SPORT LISBOA E BENFI
100	426	JUN-M	5	LÁZARO COSTA	0:03:27	0:20:14	0:32:28	0:39:49	0:09:00	0:39:46	0:03:58	CLUBE DESPORTIVO FEI



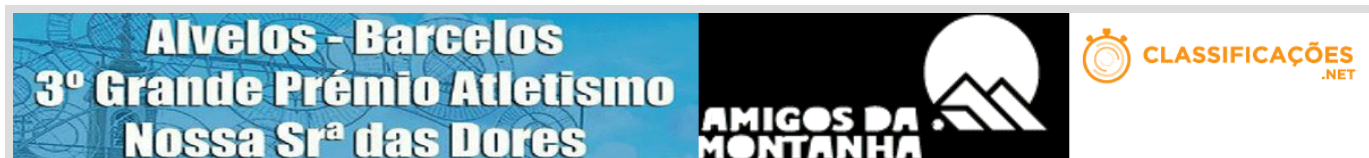
PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
101	16	V40-M	15	VITOR RIBEIRO	0:03:15	0:19:31	0:32:01	0:39:54	0:09:05	0:39:54	0:03:59	
102	283	SEN-M	36	SÉRGIO LOPES	0:03:32	0:20:16	0:32:21	0:40:01	0:09:12	0:40:01	0:04:00	LUANDA RUNNERS
103	291	V50-M	12	VITOR SILVA	0:03:17	0:19:40	0:32:07	0:40:08	0:09:19	0:40:07	0:04:00	OS GAIENSES / TOYOTA
104	714	SEN-F	11	SUELI GOMES	0:03:25	0:20:34	0:32:44	0:40:10	0:09:21	0:40:09	0:04:00	U. D. VARZEA
105	478	V60-M	2	HORÁCIO DUARTE TEIXEIRA	0:03:37	0:20:27	0:32:37	0:40:15	0:09:26	0:40:12	0:04:01	
106	165	V45-M	17	JOAQUIM COSTA	0:04:00	0:20:55	0:32:54	0:40:17	0:09:28	0:40:04	0:04:00	ARPO
107	348	V40-M	16	ADÃO LUIS COSTA MENDES	0:03:20	0:20:17	0:32:45	0:40:19	0:09:30	0:40:17	0:04:01	CLUBE DE ATLETISMO D
108	732	SEN-F	12	LURDES PEREIRA	0:03:34	0:20:47	0:32:59	0:40:23	0:09:34	0:40:22	0:04:02	N. A. TAIPAS
109	410	V40-M	17	ANGELO PACHECO	0:03:34	0:20:47	0:32:59	0:40:24	0:09:35	0:40:20	0:04:02	N. A. TAIPAS
110	305	V55-M	5	JOSÉ CORVAL	0:03:21	0:20:39	0:32:58	0:40:29	0:09:40	0:40:29	0:04:02	BAIRRO CARCAVELOS
111	82	SEN-M	37	DANIEL FERREIRA	0:03:47	0:20:42	0:33:10	0:40:31	0:09:42	0:40:25	0:04:02	ASSOCIAÇÃO DESPORTIV
112	716	V40-F	1	CARLA MACHADO	0:03:33	0:20:44	0:33:00	0:40:36	0:09:47	0:40:36	0:04:03	U. D. VARZEA
113	271	SEN-M	38	ANTÓNIO CRISTÓVÃO	0:03:42	0:20:52	0:33:01	0:40:36	0:09:47	0:40:34	0:04:03	GRUPO DESPORTIVO DE
114	505	V40-M	18	PAULO PISOEIRO	0:03:35	0:20:24	0:32:52	0:40:37	0:09:48	0:40:32	0:04:03	SOCIEDADE RECREATIVA
115	86	V45-M	18	ÁLVARO MANUEL MOREIRA DE SOUSA	0:03:43	0:20:49	0:33:20	0:40:39	0:09:50	0:40:36	0:04:03	OS SANTA APOLONIA-FA
116	296	V40-M	19	JOSÉ VIDRAGO	0:03:21	0:20:34	0:33:34	0:40:50	0:10:01	0:40:49	0:04:04	MOVIMENTO DE JUVENTU
117	467	JUN-F	1	CRISTINA FREITAS	0:03:33	0:20:17	0:33:16	0:40:52	0:10:03	0:40:49	0:04:04	CLUBE CASA DO BENFIC
118	332	JUN-M	6	BRUNO SAMPAIO	0:03:06	0:19:48	0:32:50	0:40:53	0:10:04	0:40:52	0:04:05	ESCOLA ATLETISMO ROS
119	289	V45-M	19	ANTÓNIO JESUS	0:03:46	0:20:53	0:33:24	0:41:06	0:10:17	0:40:59	0:04:05	LOUSADA RUNNERS
120	252	V55-M	6	JOSÉ LUÍS SILVA CAMPOS	0:03:39	0:20:49	0:33:15	0:41:06	0:10:17	0:41:02	0:04:06	ATLÉTICO CABECEIRENS
121	260	V55-M	7	JOÃO CARLOS SOUSA CERQUEIRA SI	0:03:22	0:20:55	0:33:36	0:41:06	0:10:17	0:41:04	0:04:06	MAIA
122	499	V55-M	8	ISIDRO DA SILVA MIRANDA	0:03:44	0:21:11	0:33:34	0:41:07	0:10:18	0:41:02	0:04:06	CENTRO DESPORTIVO E
123	174	SEN-M	39	CARLOS NUNO ARAÚJO MARTINS	0:03:49	0:20:50	0:33:28	0:41:08	0:10:19	0:41:01	0:04:06	OS DOIS
124	214	SEN-M	40	FERNANDO JORGE MENDES OLIVEIRA	0:03:31	0:20:49	0:33:35	0:41:09	0:10:20	0:41:05	0:04:06	
125	476	V40-M	20	JOAQUIM PEDRO PEREIRA FERREIRA	0:03:44	0:20:52	0:33:34	0:41:13	0:10:24	0:41:08	0:04:06	
126	253	SEN-M	41	HELDER XAVIER PEREIRA PEIXOTO	0:03:39	0:21:11	0:33:58	0:41:15	0:10:26	0:41:09	0:04:06	
127	107	V40-F	2	FÁTIMA SILVA	0:03:31	0:20:56	0:33:24	0:41:17	0:10:28	0:41:14	0:04:07	C D PÓVOA
128	109	SEN-M	42	AMÉRICO MOREIRA	0:03:31	0:20:55	0:33:24	0:41:18	0:10:29	0:41:15	0:04:07	C D PÓVOA
129	419	V45-M	20	FRANCISCO FERNANDES	0:03:51	0:21:24	0:33:58	0:41:22	0:10:33	0:41:13	0:04:07	NB A
130	228	V50-M	13	ALIPIO FERNANDES	0:03:33	0:20:56	0:33:34	0:41:27	0:10:38	0:41:25	0:04:08	AMIGOS DE BASTO
131	565	V50-M	14	JOAQUIM COELHO	0:03:29	0:20:55	0:33:36	0:41:28	0:10:39	0:41:25	0:04:08	ESCOLA ATLETISMO ROS
132	91	V55-M	9	MANUEL DUARTE FERREIRA	0:03:44	0:21:19	0:33:59	0:41:37	0:10:48	0:41:32	0:04:09	SMAS PORTO
133	116	SEN-M	43	CÉSAR GONÇALVES	0:03:49	0:21:50	0:34:13	0:41:40	0:10:51	0:41:33	0:04:09	LOUSADA RUNNERS
134	287	SEN-M	44	CARLOS FERNANDES	0:03:59	0:21:52	0:34:09	0:41:40	0:10:51	0:41:37	0:04:09	
135	562	SEN-M	45	ABÍLIO FARIA	0:03:28	0:21:14	0:34:15	0:41:41	0:10:52	0:41:37	0:04:09	ESCOLA ATLETISMO ROS
136	432	V60-M	3	JOAQUIM GODINHO	0:03:37	0:21:12	0:33:54	0:41:45	0:10:56	0:41:42	0:04:10	G D 3 SANTOS POPULAR
137	558	V50-M	15	MAURICIO TORRINHA	0:03:46	0:21:25	0:34:06	0:41:47	0:10:58	0:41:42	0:04:10	ESCOLA ATLETISMO ROS
138	465	SEN-M	46	HUGO MANUEL CAMPOS RIBEIRO	0:03:46	0:21:16	0:34:08	0:41:49	0:11:00	0:41:40	0:04:10	
139	282	V50-M	16	JOAQUIM SILVA RODRIGUES	0:03:12	0:20:46	0:33:47	0:41:51	0:11:02	0:41:50	0:04:11	ACCRORIZ
140	551	SEN-M	47	EUGÉNIO BARROS	0:03:31	0:21:06	0:34:08	0:41:51	0:11:02	0:41:49	0:04:10	GRUPO JUVENIL DE VIA
141	421	SEN-F	13	JOANA VANESSA FREITAS CARVALHO	0:03:35	0:21:25	0:34:09	0:41:52	0:11:03	0:41:50	0:04:11	CYCLONES SANITOP
142	307	V50-M	17	ULISSES LOPES	0:04:00	0:21:40	0:34:09	0:41:52	0:11:03	0:41:46	0:04:10	BAIRRO CARCAVELOS
143	279	V40-M	21	ADAO MENDES	0:03:48	0:21:25	0:34:09	0:41:55	0:11:06	0:41:50	0:04:11	CENTRALRUNNING
144	318	V40-M	22	JOSÉ CARLOS GOMES DE FARIA	0:03:19	0:20:42	0:33:45	0:41:59	0:11:10	0:41:58	0:04:11	CLUBE ATLETISMO PÓVO
145	102	V40-M	23	PAULO RUI DA COSTA PEREIRA	0:03:55	0:21:11	0:34:10	0:42:04	0:11:15	0:41:57	0:04:11	
146	281	V50-M	18	MANUEL JOAQUIM MACIEL MIRANDA	0:03:46	0:21:34	0:34:18	0:42:05	0:11:16	0:42:02	0:04:12	ACCRORIZ
147	482	V45-M	21	NUNO SIMÕES	0:03:50	0:21:30	0:34:26	0:42:16	0:11:27	0:42:11	0:04:13	SÃO JOÃO DA SERRA
148	12	SEN-F	14	ROSA SOARES	0:03:30	0:22:00	0:34:44	0:42:18	0:11:29	0:42:17	0:04:13	U. D. VARZEA
149	333	JUN-M	7	BRUNO ABREU	0:03:17	0:21:10	0:34:28	0:42:20	0:11:31	0:42:18	0:04:13	ESCOLA ATLETISMO ROS
150	470	V55-M	10	MANUEL JORGE GOMES ALVES	0:03:45	0:21:37	0:34:26	0:42:20	0:11:31	0:42:17	0:04:13	



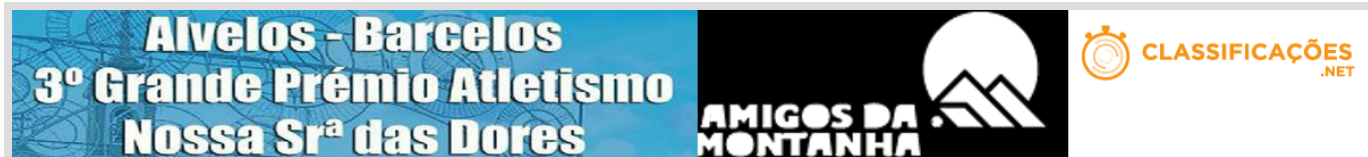
PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
151	251	SEN-M	48	JOSÉ ALBERTO SANTOS MARQUES	0:03:54	0:22:06	0:34:38	0:42:20	0:11:31	0:42:14	0:04:13	GULBENKIAN
152	490	SEN-F	15	MARISA DA COSTA XAVIER	0:04:11	0:22:25	0:34:51	0:42:21	0:11:32	0:42:14	0:04:13	CENTRO DESPORTIVO E
153	212	SEN-M	49	VITOR MIRANDA	0:04:01	0:21:48	0:34:45	0:42:23	0:11:34	0:42:17	0:04:13	
154	466	SEN-M	50	HÉLDER FILIPE CAMPOS RIBEIRO	0:03:50	0:21:40	0:34:41	0:42:34	0:11:45	0:42:26	0:04:14	
155	597	JUN-F	2	CARLA NUNES	0:03:35	0:21:21	0:34:32	0:42:35	0:11:46	0:42:31	0:04:15	A. D. LUSTOSA
156	56	SEN-M	51	SÉRGIO MIGUEL FERNANDES MARTIN	0:04:09	0:22:11	0:34:48	0:42:36	0:11:47	0:42:29	0:04:14	
157	229	V50-M	19	JOSÉ OLIVEIRA	0:03:37	0:21:18	0:34:09	0:42:36	0:11:47	0:42:32	0:04:15	AMIGOS DE BASTO
158	402	V60-M	4	AUGUSTO SILVA	0:03:40	0:00:00	0:34:52	0:42:38	0:11:49	0:42:35	0:04:15	ADRLCE - ASSOCIAÇÃO
159	131	SEN-M	52	TELMO RICARDO RIBEIRO REIS	0:03:54	0:21:57	0:35:01	0:42:41	0:11:52	0:42:33	0:04:15	LOUSADA RUNNERS
160	341	SEN-M	53	CARLOS MANUEL GONÇALVES REIS	0:04:02	0:00:00	0:34:54	0:42:53	0:12:04	0:42:46	0:04:16	VIDA ATIVA RUNNERS
161	503	SEN-M	54	ANTÓNIO CARLOS SOUSA VILAS BOA	0:03:55	0:21:59	0:35:00	0:42:55	0:12:06	0:42:49	0:04:16	LUSOSPORT/STOCKENERG
162	179	V55-M	11	JOSÉ FERNANDES	0:03:44	0:22:05	0:35:05	0:42:57	0:12:08	0:42:53	0:04:17	MOVIMENTO DE JUVENTU
163	456	SEN-M	55	RUI GONÇALVES	0:03:42	0:21:51	0:35:02	0:43:12	0:12:23	0:43:08	0:04:18	R/R ONLINE
164	196	V50-M	20	JOÃO GOMES	0:04:11	0:22:15	0:35:15	0:43:14	0:12:25	0:43:04	0:04:18	
165	230	V40-M	24	LUIS MIGUEL ABREU LOPES	0:03:45	0:22:12	0:35:09	0:43:18	0:12:29	0:43:14	0:04:19	
166	148	V50-M	21	MÁRIO SÁ	0:04:04	0:21:49	0:34:59	0:43:23	0:12:34	0:43:17	0:04:19	CAVE ESPOSENDE
167	722	V45-M	22	JORGE PAULO OLIVEIRA	0:03:41	0:21:31	0:35:31	0:43:28	0:12:39	0:43:25	0:04:20	ESCOLA ATLETISMO ROS
168	195	V55-M	12	ORLANDO OLIVEIRA	0:04:12	0:22:15	0:35:17	0:43:31	0:12:42	0:43:21	0:04:20	
169	334	JUN-M	8	JOÃO SILVA	0:03:33	0:22:16	0:35:42	0:43:38	0:12:49	0:43:37	0:04:21	ESCOLA ATLETISMO ROS
170	720	V40-M	25	JOÃO VILAS BOAS	0:04:19	0:22:37	0:35:53	0:43:41	0:12:52	0:43:33	0:04:21	ALVELINHOS RUNNING
171	188	V40-M	26	ANTÓNIO MANUEL DA SILVA FREITA	0:04:21	0:22:43	0:35:51	0:43:43	0:12:54	0:43:32	0:04:21	RUN TO BE ALIVE
172	454	SEN-M	56	JORGE ROCHA	0:04:08	0:22:25	0:35:44	0:43:47	0:12:58	0:43:41	0:04:22	BOAVISTA F.C.
173	323	SEN-M	57	SIMÃO IGREJA COSTA	0:03:49	0:22:01	0:35:27	0:43:54	0:13:05	0:43:53	0:04:23	CLUBE ATLETISMO POVO
174	374	SEN-F	16	MARA ELSA OLIVEIRA PEREIRA DA	0:03:53	0:22:37	0:35:56	0:43:55	0:13:06	0:43:50	0:04:23	FREDERICO PETEJO- PE
175	356	V45-M	23	AMARO VIEIRA DA SILVA	0:03:44	0:21:56	0:35:28	0:43:57	0:13:08	0:43:54	0:04:23	GRUPO CULTURAL RECRE
176	524	V40-M	27	MANUEL MARTINS	0:04:10	0:22:35	0:35:57	0:43:58	0:13:09	0:43:48	0:04:22	
177	250	V40-M	28	PAULO JORGE SILVA LOPES MATOS	0:03:54	0:22:29	0:35:53	0:44:00	0:13:11	0:43:54	0:04:23	GULBENKIAN
178	222	V50-M	22	ZÉ DIAS	0:04:22	0:22:27	0:35:48	0:44:01	0:13:12	0:43:46	0:04:22	A D ESMERIZ RUNNING
179	273	V55-M	13	NORBERTO OLIVEIRA	0:04:00	0:22:45	0:36:04	0:44:03	0:13:14	0:43:57	0:04:23	GRUPO DESPORTIVO DE
180	233	V60-M	5	EDUARDO FERNANDES	0:03:49	0:22:46	0:35:59	0:44:04	0:13:15	0:44:00	0:04:24	FERREIROLUX
181	277	V55-M	14	DAVID FERNANDES	0:03:40	0:21:47	0:36:04	0:44:04	0:13:15	0:44:01	0:04:24	GRUPO DESPORTIVO DE
182	74	V40-M	29	MANUEL DOMINGOS LOPES GOMES	0:04:16	0:22:56	0:36:06	0:44:04	0:13:15	0:43:56	0:04:23	
183	545	SEN-M	58	LUCIANO ARAÚJO	0:03:48	0:22:28	0:36:01	0:44:06	0:13:17	0:44:02	0:04:24	GRUPO JUVENIL DE VIA
184	304	V55-M	15	JOAQUIM RIBEIRO	0:03:43	0:21:32	0:36:04	0:44:10	0:13:21	0:44:06	0:04:24	BAIRRO CARCAVELOS
185	11	V40-F	3	MADALENA SILVA	0:03:31	0:22:15	0:36:05	0:44:14	0:13:25	0:44:12	0:04:25	A. C. R. CONDE
186	103	SEN-M	59	CLAUDIO ARAUJO	0:03:43	0:22:15	0:36:05	0:44:14	0:13:25	0:44:09	0:04:24	OS SANTA APOLONIA
187	713	JUN-F	3	SOFIA TEIXEIRA	0:03:33	0:22:10	0:35:52	0:44:19	0:13:30	0:44:19	0:04:25	U. D. VARZEA
188	390	SEN-M	60	CARLOS ALBERTO AZEVEDO SIMÕES	0:04:20	0:22:45	0:36:12	0:44:19	0:13:30	0:44:11	0:04:25	ALVELINHOSRUNNING
189	343	V40-M	30	PAULO CESAR DA SILVA CARVALHO	0:04:14	0:22:56	0:36:23	0:44:25	0:13:36	0:44:16	0:04:25	
190	170	V40-M	31	JULIO MACEDO FERNANDES	0:03:46	0:22:40	0:36:21	0:44:30	0:13:41	0:44:24	0:04:26	DOMINGO A CORRER ÀS
191	181	SEN-M	61	RICARDO FERREIRA	0:04:18	0:23:28	0:36:39	0:44:31	0:13:42	0:44:24	0:04:26	MOVIMENTO DE JUVENTU
192	241	SEN-M	62	NUNO FIGUEIREDO	0:04:28	0:23:29	0:36:50	0:44:34	0:13:45	0:44:21	0:04:26	FERREIROLUX
193	594	JUN-M	9	LUIS GONÇALVES	0:03:25	0:21:38	0:36:12	0:44:39	0:13:50	0:44:37	0:04:27	A. D. LUSTOSA
194	549	SEN-M	63	CARLOS DAVIDE	0:04:07	0:22:53	0:36:29	0:44:45	0:13:56	0:44:38	0:04:27	GRUPO JUVENIL DE VIA
195	242	V50-M	23	ISIDRO GOMES	0:04:28	0:23:28	0:36:48	0:44:46	0:13:57	0:44:34	0:04:27	FERREIROLUX
196	150	V55-M	16	SERGIO SILVA	0:04:16	0:22:54	0:36:43	0:44:47	0:13:58	0:44:33	0:04:27	TURBULENTOS
197	449	SEN-M	64	PEDRO ANDRÉ CUNHA	0:03:50	0:22:27	0:36:28	0:44:49	0:14:00	0:44:40	0:04:28	VIDA ATIVA RUNNERS
198	564	SEN-M	65	RICARDO RIBEIRO	0:04:12	0:22:32	0:36:18	0:44:50	0:14:01	0:44:38	0:04:27	ESCOLA ATLETISMO ROS
199	135	V50-M	24	ANTÓNIO AUGUSTO SILVA	0:03:54	0:22:37	0:36:23	0:44:51	0:14:02	0:44:44	0:04:28	LOUSADA RUNNERS
200	215	SEN-M	66	FLÁVIO SOUSA	0:03:59	0:22:35	0:36:38	0:44:52	0:14:03	0:44:44	0:04:28	A D ESMERIZ RUNNING



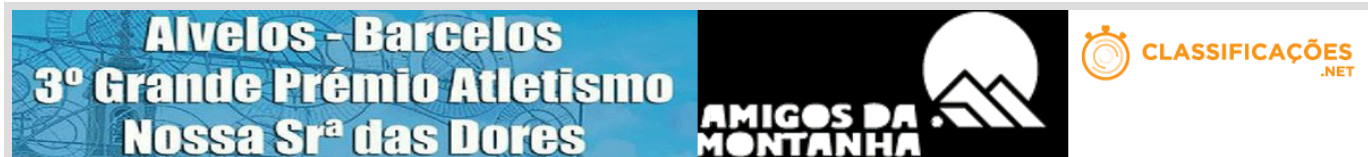
PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
201	376	SEN-M	67	FRANCISCO JOSÉ DA COSTA FERNAN	0:04:15	0:23:09	0:36:51	0:44:53	0:14:04	0:44:42	0:04:28	BTM
202	548	SEN-M	68	JOEL MARTINS	0:03:54	0:22:45	0:36:42	0:44:58	0:14:09	0:44:54	0:04:29	GRUPO JUVENIL DE VIA
203	703	V40-F	4	ROSA MARIA SANTOS MATOS OLIVEI	0:04:05	0:23:06	0:36:43	0:45:01	0:14:12	0:44:56	0:04:29	ESCOLA ATLETISMO ROS
204	111	V45-M	24	ANTÓNIO FERNANDES CARDOSO	0:03:55	0:22:50	0:36:37	0:45:02	0:14:13	0:44:57	0:04:29	
205	498	V50-M	25	FERNANDO ANTONIO RIBEIRO DA SI	0:03:50	0:22:39	0:36:44	0:45:03	0:14:14	0:44:59	0:04:29	CENTRO DESPORTIVO E
206	429	JUN-F	4	BÁRBARA OLIVEIRA	0:03:45	0:23:28	0:36:59	0:45:04	0:14:15	0:45:02	0:04:30	CLUBE DESPORTIVO FEI
207	399	V60-M	6	MANUEL DIAS	0:04:15	0:23:28	0:36:58	0:45:05	0:14:16	0:44:59	0:04:29	MOVIMENTO DE JUVENTU
208	729			MANUEL GONÇALVES	0:04:20	0:23:31	0:37:03	0:45:07	0:14:18	0:44:59	0:04:29	ALVELINHOS RUNNING
209	232	V55-M	17	DAVID GONÇALVES	0:03:52	0:22:41	0:36:31	0:45:11	0:14:22	0:45:06	0:04:30	FERREIROLUX
210	225	V50-M	26	ARMINDO ARAÚJO	0:03:42	0:25:41	0:37:47	0:45:14	0:14:25	0:45:13	0:04:31	LIBERDADE FC
211	357	V40-M	32	LUIS FILIPE DE SOUSA ALMEIDA	0:04:14	0:23:20	0:36:58	0:45:18	0:14:29	0:45:07	0:04:30	SAI DA FRENTE
212	292	V55-M	18	JOSE SILVA	0:03:54	0:23:09	0:36:51	0:45:22	0:14:33	0:45:19	0:04:31	OS GAIENSES / TOYOTA
213	373	V40-M	33	RUI JORGE REGO CARDOSO	0:03:54	0:22:39	0:36:42	0:45:25	0:14:36	0:45:18	0:04:31	
214	418	SEN-M	69	MARCO VAZ	0:04:03	0:22:54	0:36:48	0:45:33	0:14:44	0:45:23	0:04:32	NB A
215	197	V45-M	25	JOSE AGOSTINHO PINTO SOARES	0:03:53	0:22:53	0:36:49	0:45:34	0:14:45	0:45:29	0:04:32	ACADEMIA FERNANDA RI
216	377	JUN-M	10	ANDRÉ SOUSA LOUREIRO	0:04:22	0:23:19	0:37:18	0:45:36	0:14:47	0:45:24	0:04:32	BTM
217	186	V55-M	19	FRANCISCO RODRIGUES	0:04:07	0:23:13	0:37:15	0:45:40	0:14:51	0:45:31	0:04:33	RODA DOS VENTOS
218	112	SEN-M	70	JOSÉ FERNANDO OLIVEIRA COSTA	0:03:55	0:22:59	0:37:06	0:45:49	0:15:00	0:45:45	0:04:34	LOUSADA RUNNERS
219	132	V40-M	34	LUIS FILIPE LEMOS PATRÃO	0:03:56	0:22:38	0:36:44	0:45:52	0:15:03	0:45:46	0:04:34	MOINHOS D' AVENTURA
220	721	V40-F	5	CLARA FREIRE	0:04:02	0:23:28	0:37:19	0:45:53	0:15:04	0:45:51	0:04:35	AMIGOS DA MONTANHA
221	364	V45-M	26	JOSÉ COSTA	0:04:23	0:24:02	0:37:45	0:46:09	0:15:20	0:45:55	0:04:35	ASSOCIAÇÃO CULTURAL
222	389	V40-M	35	VITOR COSTA	0:04:20	0:23:49	0:37:45	0:46:09	0:15:20	0:45:56	0:04:35	ASSOCIAÇÃO CULTURAL
223	208	SEN-M	71	ANGELO FERNANDO FERREIRA	0:04:09	0:23:26	0:37:42	0:46:23	0:15:34	0:46:16	0:04:37	GD AIRAO CURVIÃ
224	178	SEN-M	72	JOÃO PEDRO FERREIRA DIAS	0:04:19	0:23:27	0:37:43	0:46:25	0:15:36	0:46:17	0:04:37	MOVIMENTO DE JUVENTU
225	180	V40-M	36	GUILHERME MARTINS	0:04:18	0:23:29	0:37:43	0:46:26	0:15:37	0:46:19	0:04:37	MOVIMENTO DE JUVENTU
226	89	SEN-M	73	RUI MIGUEL RODRIGUES PARALVAS	0:04:14	0:23:50	0:37:53	0:46:28	0:15:39	0:46:21	0:04:38	
227	315	SEN-F	17	CRISTINA MARIA CUNHA PEREIRA	0:03:57	0:23:12	0:37:45	0:46:28	0:15:39	0:46:23	0:04:38	
228	217	SEN-M	74	PAULO JOAQUIM SILVA GOMES	0:04:08	0:24:33	0:38:05	0:46:29	0:15:40	0:46:24	0:04:38	BICLAS08
229	96	V55-M	20	ANTÓNIO FARIA	0:03:56	0:23:22	0:37:30	0:46:29	0:15:40	0:46:25	0:04:38	CAVE ESPOSENDE
230	463	SEN-F	18	TÂNIA ALEXANDRA FERREIRA CARNE	0:04:32	0:23:29	0:37:30	0:46:31	0:15:42	0:46:18	0:04:37	MARINES
231	247	V60-M	7	JOAQUIM FERNANDO ALVES PEREIRA	0:03:44	0:23:55	0:37:47	0:46:36	0:15:47	0:46:33	0:04:39	GRUPO RECREATIVO EST
232	156	SEN-M	75	NUNO MIGUEL RODRIGUES DA SILVA	0:04:45	0:24:17	0:37:47	0:46:36	0:15:47	0:46:16	0:04:37	RODA DOS VENTOS
233	324	V60-M	8	JOSÉ ALBERTO GOMES	0:04:27	0:24:04	0:38:07	0:46:38	0:15:49	0:46:28	0:04:38	CLUBE ATLETISMO POVO
234	221	SEN-M	76	NUNO ANDRE RODRIGUES MARTINS	0:03:37	0:23:27	0:37:46	0:46:44	0:15:55	0:46:41	0:04:40	A D ESMERIZ RUNNING
235	240	SEN-M	77	SIMÃO COUTO	0:04:35	0:24:25	0:38:13	0:46:46	0:15:57	0:46:35	0:04:39	FERREIROLUX
236	595	V40-M	37	TELMO CARDOSO	0:03:57	0:23:26	0:38:16	0:46:46	0:15:57	0:46:39	0:04:39	A. D. LUSTOSA
237	110	SEN-M	78	JOSE PEDRO MIRANDA RIBEIRO	0:04:08	0:23:44	0:38:17	0:46:56	0:16:07	0:46:46	0:04:40	CAVE
238	496	V40-M	38	JOSÉ CARLOS GONÇALVES EUSEBIO	0:04:42	0:24:51	0:38:35	0:46:59	0:16:10	0:46:45	0:04:40	CENTRO DESPORTIVO E
239	213	SEN-M	79	MARKO SANTOS	0:03:57	0:23:45	0:38:13	0:46:59	0:16:10	0:46:54	0:04:41	A D ESMERIZ RUNNING
240	381	SEN-M	80	JOSÉ ANTÓNIO RAINHA PEREIRA MA	0:04:22	0:23:59	0:38:32	0:47:04	0:16:15	0:46:52	0:04:41	BTM
241	352	V40-M	39	FILIPE RIBEIRO	0:04:21	0:23:49	0:38:09	0:47:07	0:16:18	0:46:54	0:04:41	ASSOCIAÇÃO CULTURAL
242	265	V40-F	6	REGINA MARIA SOARES DE PINHO G	0:03:57	0:24:01	0:38:34	0:47:08	0:16:19	0:47:05	0:04:42	NÚCLEO DE ATLETISMO
243	428	JUN-F	5	MARIANA SILVA	0:04:05	0:24:22	0:38:46	0:47:10	0:16:21	0:47:06	0:04:42	CLUBE DESPORTIVO FEI
244	92	SEN-M	81	RICARDO MEIRA	0:04:49	0:24:26	0:38:32	0:47:13	0:16:24	0:46:56	0:04:41	OS SANTA APOLONIA
245	346	V50-M	27	JOSÉ SEQUEIRA	0:04:00	0:23:36	0:38:17	0:47:16	0:16:27	0:47:11	0:04:43	TURBULENTOS
246	452	V40-M	40	PAULO ABREU	0:04:47	0:24:01	0:38:16	0:47:17	0:16:28	0:47:01	0:04:42	BOAVISTA F.C.
247	557	SEN-M	82	ROMEU CARVALHO	0:04:30	0:24:19	0:38:36	0:47:17	0:16:28	0:47:03	0:04:42	ESCOLA ATLETISMO ROS
248	118	V60-M	9	RAUL PEREIRA FERNANDES	0:03:38	0:23:22	0:38:14	0:47:22	0:16:33	0:47:21	0:04:44	
249	411	V40-F	7	CUSTÓDIA RODRIGUES	0:04:17	0:24:34	0:38:47	0:47:22	0:16:33	0:47:17	0:04:43	N.A.TAIPAS
250	78	V40-M	41	ANTÓNIO LUIS ESTEVES COELHO	0:04:08	0:23:53	0:38:23	0:47:25	0:16:36	0:47:16	0:04:43	TRAIL ME



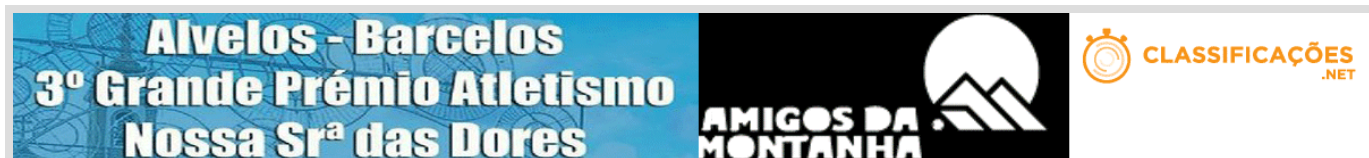
PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
251	442	V45-M	27	MIGUEL ÂNGELO SALGUEIRO ARAÚJO	0:04:09	0:23:32	0:38:24	0:47:25	0:16:36	0:47:14	0:04:43	TRAIL ME
252	295	V55-M	21	ARMINDO GOMES	0:04:10	0:24:04	0:38:42	0:47:27	0:16:38	0:47:22	0:04:44	MOVIMENTO DE JUVENTU
253	300	JUN-M	11	DINIS ROSAS	0:03:57	0:23:28	0:38:45	0:47:27	0:16:38	0:47:20	0:04:44	SIRA - ALDREENSE
254	338	SEN-M	83	PAULO CÉSAR VIEIRA FERNANDES	0:04:51	0:24:43	0:38:48	0:47:30	0:16:41	0:47:18	0:04:43	VIDA ATIVA RUNNERS
255	46	SEN-M	84	HELDER PEREIRA	0:03:43	0:23:28	0:38:32	0:47:36	0:16:47	0:47:35	0:04:45	OLIMPICO VIANENSE
256	87	V45-M	28	FILIFE JOÃO RIBEIRO DE ABREU	0:04:32	0:24:00	0:38:37	0:47:38	0:16:49	0:47:25	0:04:44	SIPE SINDICATO INDEP
257	64	V40-M	42	EDUARDO PATRÍCIO PEDROSA CUNHA	0:04:20	0:00:00	0:38:42	0:47:39	0:16:50	0:47:30	0:04:45	DOMINGO A CORRER AS
258	427	JUN-F	6	JULIANA SILVA	0:04:05	0:24:27	0:38:51	0:47:42	0:16:53	0:47:38	0:04:45	CLUBE DESPORTIVO FEI
259	79	SEN-M	85	ALBERTO RODRIGUES	0:04:01	0:24:24	0:38:51	0:47:43	0:16:54	0:47:39	0:04:45	CLUBE DESPORTIVO FEI
260	502	SEN-M	86	JOSE MANUEL PADRAO FERREIRA	0:03:55	0:23:28	0:38:33	0:47:45	0:16:56	0:47:39	0:04:45	FISIPADRÃO
261	379	SEN-M	87	CARLOS AMÉRICO MACHADO GOMES	0:04:22	0:24:01	0:38:41	0:47:50	0:17:01	0:47:39	0:04:45	BTM
262	528	V40-M	43	NUNO FILIPE PEIXOTO DUARTE	0:03:59	0:23:42	0:38:51	0:47:56	0:17:07	0:47:50	0:04:47	
263	261	SEN-M	88	MARCO SOUSA	0:04:31	0:24:44	0:39:28	0:48:03	0:17:14	0:47:47	0:04:46	E. LECLERC BARCELOS
264	339	V45-M	29	EDUARDO ANTONIO LIMA DA SILVA	0:04:32	0:24:37	0:39:17	0:48:09	0:17:20	0:47:56	0:04:47	AMIGOS DA MONTANHA
265	93	V45-M	30	OCTAVIO ORROTEA	0:05:01	0:25:05	0:39:34	0:48:10	0:17:21	0:47:52	0:04:47	OS SANTA APOLONIA
266	406	SEN-M	89	JOSÉ CARLOS CAMPOS FERREIRA	0:04:09	0:24:06	0:38:54	0:48:13	0:17:24	0:48:04	0:04:48	
267	200	SEN-M	90	JOSÉ BARROSO	0:05:15	0:25:04	0:39:36	0:48:13	0:17:24	0:47:56	0:04:47	R/R ONLINE
268	80	V55-M	22	ANTONIO MANUEL MARTINS NETO	0:04:07	0:24:56	0:39:28	0:48:13	0:17:24	0:48:10	0:04:49	
269	554	JUN-F	7	SARA DIAS OLIVEIRA	0:03:43	0:23:28	0:38:45	0:48:15	0:17:26	0:48:12	0:04:49	ESCOLA ATLETISMO ROS
270	142	V40-M	44	PAULO FILIPE FERNANDES MONTEIR	0:04:13	0:24:46	0:39:24	0:48:15	0:17:26	0:48:08	0:04:48	
271	280	SEN-M	91	FILIFE SILVA	0:04:36	0:24:56	0:39:29	0:48:20	0:17:31	0:48:08	0:04:48	
272	420	SEN-M	92	BRUNO RIBEIRO	0:05:01	0:25:47	0:40:04	0:48:22	0:17:33	0:48:13	0:04:49	NB A
273	266	SEN-M	93	NUNO DAVID MACEDO FALCÃO	0:04:54	0:00:00	0:00:00	0:48:22	0:17:33	0:48:09	0:04:48	
274	340	V40-F	8	MARIA DA GRAÇA CALEIRO DA COST	0:04:51	0:25:31	0:39:57	0:48:30	0:17:41	0:48:17	0:04:49	VIDA ATIVA RUNNERS
275	97	V40-M	45	ANTÓNIO CAPITÃO	0:04:22	0:24:52	0:39:42	0:48:32	0:17:43	0:48:21	0:04:50	CAVE ESPOSENDE
276	473	JUN-M	12	RICARDO FARIA	0:04:09	0:24:09	0:39:28	0:48:36	0:17:47	0:48:26	0:04:50	TRAIL ME
277	192	SEN-M	94	JORGE MANUEL CAMPELOS SOARES	0:05:02	0:25:19	0:39:13	0:48:37	0:17:48	0:48:21	0:04:50	SOARES RUNNING
278	121	V40-M	46	ANTÓNIO MANUEL LOPES GRANDE	0:04:02	0:23:27	0:38:56	0:48:41	0:17:52	0:48:31	0:04:51	TRAIL ME
279	447	V40-F	9	MARIA CONCEIÇÃO CORREIA PIMENT	0:03:57	0:24:33	0:39:41	0:48:42	0:17:53	0:48:39	0:04:51	BARCELOS SAUDÁVEL
280	550	SEN-M	95	RICARDO SILVA	0:04:04	0:24:48	0:39:34	0:48:44	0:17:55	0:48:40	0:04:52	GRUPO JUVENIL DE VIA
281	365	V45-M	31	JOSÉ MAGALHÃES	0:04:34	0:24:57	0:39:37	0:48:47	0:17:58	0:48:31	0:04:51	ASSOCIAÇÃO CULTURAL
282	203	SEN-F	19	RAFAELA SOUSA	0:04:14	0:24:49	0:39:44	0:48:48	0:17:59	0:48:37	0:04:51	R/R ONLINE
283	55	SEN-M	96	JOSÉ CARLOS MARTINS	0:04:01	0:24:09	0:39:32	0:48:48	0:17:59	0:48:42	0:04:52	TARTARUGAS VELOZES
284	359	V55-M	23	ANTÓNIO JOSÉ ABREU E COSTA	0:04:44	0:25:23	0:39:54	0:48:49	0:18:00	0:48:35	0:04:51	TURBULENTOS
285	106	V40-M	47	DAVIDE QUEIRÓS PINHEIRO	0:04:13	0:25:02	0:40:03	0:48:58	0:18:09	0:48:54	0:04:53	A D AMARANTE
286	218	V40-M	48	JORGE GUILHERME LOPES BRITO	0:04:08	0:24:49	0:39:55	0:48:58	0:18:09	0:48:54	0:04:53	BICLAS08
287	239	V60-M	10	CONSTANTINO MOREIRA	0:04:35	0:25:18	0:39:56	0:49:01	0:18:12	0:48:50	0:04:53	FERREIROLUX
288	162	V50-M	28	ARMANDINO COUTO	0:05:04	0:25:32	0:40:02	0:49:02	0:18:13	0:48:45	0:04:52	ARPO
289	65	SEN-M	97	LEONEL GOMES AZEVEDO	0:04:05	0:24:19	0:40:21	0:49:05	0:18:16	0:48:58	0:04:53	DOMINGO A CORRER AS
290	198	SEN-M	98	TIAGO PEIXE	0:05:01	0:26:10	0:40:29	0:49:07	0:18:18	0:48:51	0:04:53	R/R ONLINE
291	176	V40-M	49	PAULO MANUEL SILVA VILAS BOAS	0:04:30	0:25:06	0:39:58	0:49:09	0:18:20	0:49:00	0:04:54	DOMINGO A CORRER AS
292	94	V50-M	29	JOSÉ MANUEL NEVES	0:04:06	0:24:41	0:40:02	0:49:10	0:18:21	0:49:05	0:04:54	
293	301	SEN-M	99	JOSÉ MARIO ALMEIDA PEREIRA	0:04:36	0:25:03	0:40:05	0:49:10	0:18:21	0:48:58	0:04:53	2SLOW2RUN
294	113	SEN-F	20	PATRICIA CATARINA COSTA	0:04:48	0:25:27	0:40:22	0:49:18	0:18:29	0:49:07	0:04:54	LOUSADA RUNNERS
295	382	SEN-M	100	EDGAR GOMES PRAZERES DA COSTA	0:04:55	0:25:29	0:40:31	0:49:20	0:18:31	0:49:04	0:04:54	BTM
296	522	V40-M	50	JOAQUIM DA CUNHA GOMES DE SÁ	0:03:37	0:23:57	0:39:32	0:49:23	0:18:34	0:49:20	0:04:56	
297	263	SEN-M	101	MANUEL JOAQUIM RIBEIRO CARDOSO	0:04:14	0:25:22	0:40:23	0:49:32	0:18:43	0:49:26	0:04:56	
298	358	SEN-M	102	ANTERO ANTÓNIO SOUSA TEIXEIRA	0:04:27	0:25:30	0:40:32	0:49:39	0:18:50	0:49:29	0:04:56	SAI DA FRENTE
299	191	SEN-F	21	FILIPA GOMES	0:04:34	0:25:23	0:40:24	0:49:39	0:18:50	0:49:32	0:04:57	MOVIMENTO DE JUVENTU
300	128	V40-M	51	FILIFE VAZ MACHADO GONÇALVES	0:04:43	0:26:10	0:40:54	0:49:40	0:18:51	0:49:29	0:04:56	



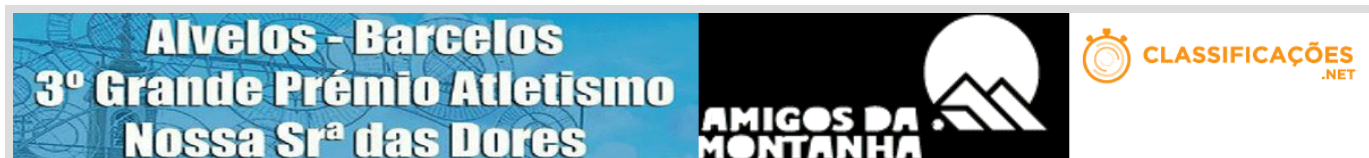
PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
301	387	V50-M	30	JOAQUIM LEITE	0:04:43	0:26:10	0:40:54	0:49:40	0:18:51	0:49:28	0:04:56	
302	158	SEN-M	103	PAULO FILIPE DA SILVA RODRIGUE	0:05:03	0:26:04	0:40:55	0:49:44	0:18:55	0:49:27	0:04:56	ARPO
303	542	SEN-F	22	FÁTIMA BARROS	0:04:05	0:25:04	0:40:31	0:49:50	0:19:01	0:49:47	0:04:58	GRUPO JUVENIL DE VIA
304	62	SEN-F	23	DANIELA ALVES	0:04:06	0:24:52	0:40:34	0:49:51	0:19:02	0:49:45	0:04:58	
305	423	V45-M	32	ARLINDO MANUEL GOMES FERREIRA	0:04:07	0:24:45	0:40:10	0:49:51	0:19:02	0:49:45	0:04:58	
306	267	SEN-M	104	CARLOS ALBERTO DA SILVA RODRIG	0:04:40	0:24:28	0:40:50	0:49:55	0:19:06	0:49:42	0:04:58	
307	83	SEN-M	105	NUNO MIGUEL FERNANDES CRUZ	0:04:12	0:25:10	0:40:56	0:50:00	0:19:11	0:49:53	0:04:59	VIDAATIVARUNNERS
308	256	V45-M	33	JOSÉ CARLOS DA SILVA GOMES	0:04:20	0:25:22	0:40:57	0:50:00	0:19:11	0:49:51	0:04:59	DOMINGO A CORRER ÀS
309	73	SEN-M	106	RUY MANUEL PEREIRA MARTINS	0:04:43	0:25:51	0:40:58	0:50:08	0:19:19	0:49:58	0:04:59	
310	321	V40-F	10	EUGÉNIA AMORIM	0:04:45	0:25:57	0:40:48	0:50:13	0:19:24	0:50:00	0:05:00	CLUBE ATLETISMO POVO
311	171	SEN-M	107	RUI MANUEL CAMPINHO VILAS BOAS	0:03:54	0:24:26	0:40:30	0:50:17	0:19:28	0:50:12	0:05:01	DOMINGO A CORRER ÀS
312	326	V45-M	34	ANTÓNIO OLIVEIRA	0:03:48	0:24:50	0:40:31	0:50:21	0:19:32	0:50:18	0:05:01	CLUBE ATLETISMO POVO
313	270	V45-M	35	ANTÓNIO SANTOS	0:04:34	0:25:13	0:40:50	0:50:24	0:19:35	0:50:17	0:05:01	GRUPO DESPORTIVO DE
314	462	SEN-M	108	BRUNO MIGUEL PALHARES CARVALHO	0:05:10	0:26:12	0:41:04	0:50:28	0:19:39	0:50:11	0:05:01	OS TURISTAS
315	173	SEN-M	109	ANDRE FILIPE MIRANDA AMORIM	0:04:39	0:25:20	0:41:08	0:50:31	0:19:42	0:50:21	0:05:02	DOMINGO A CORRER ÀS
316	408	SEN-M	110	RAFAEL TEIXEIRA	0:04:32	0:25:34	0:40:59	0:50:33	0:19:44	0:50:23	0:05:02	ADESMEIRIZRUNING
317	290	SEN-M	111	VITOR SILVA	0:04:06	0:24:52	0:41:05	0:50:37	0:19:48	0:50:33	0:05:03	BARCELOS SAUDÁVEL
318	331	V50-M	31	JOÃO BATISTA FERREIRA DE SOUSA	0:05:26	0:26:38	0:41:46	0:50:49	0:20:00	0:50:35	0:05:03	
319	159	V50-M	32	JOSÉ SANTANA	0:05:05	0:26:18	0:42:10	0:50:52	0:20:03	0:50:36	0:05:03	ARPO
320	702	V50-M	33	ANTÓNIO VILAS BOAS ROSA	0:04:21	0:25:27	0:41:06	0:50:54	0:20:05	0:50:46	0:05:04	ALVELINHOS RUNNING
321	60	SEN-M	112	JOEL AUGUSTO FERNANDES GOMES	0:04:38	0:26:09	0:41:19	0:50:55	0:20:06	0:50:44	0:05:04	DOMINGO A CORRER ÀS
322	220	SEN-M	113	RICARDO LOPES	0:04:51	0:25:26	0:41:11	0:50:56	0:20:07	0:50:41	0:05:04	BTT CARREIRA
323	151	V55-M	24	JOAQUIM PEREIRA	0:04:46	0:26:06	0:41:38	0:51:04	0:20:15	0:50:54	0:05:05	RODA DOS VENTOS
324	245	V45-M	36	JOÃO ARANTES	0:04:49	0:26:29	0:42:06	0:51:15	0:20:26	0:51:04	0:05:06	FERREIROLUX
325	506	V60-M	11	ARMINDO PEREIRA DA SILVA	0:05:01	0:26:52	0:42:18	0:51:16	0:20:27	0:51:02	0:05:06	
326	234	V60-M	12	FERNANDO SOUSA	0:04:37	0:26:08	0:41:46	0:51:21	0:20:32	0:51:11	0:05:07	FERREIROLUX
327	149	V40-M	52	RUI JORGE COUTO	0:04:14	0:25:38	0:41:36	0:51:21	0:20:32	0:51:15	0:05:07	MOINHOS D' AVENTURA
328	235	V60-M	13	MANUEL BRITO	0:04:38	0:26:42	0:42:17	0:51:24	0:20:35	0:51:17	0:05:07	FERREIROLUX
329	596	V45-M	37	AUGUSTO PACHECO	0:04:10	0:25:43	0:41:17	0:51:28	0:20:39	0:51:20	0:05:08	A. D. LUSTOSA
330	388	V45-M	38	DANIEL RAIMUNDO MARTINS CARDOS	0:04:35	0:25:14	0:41:16	0:51:31	0:20:42	0:51:21	0:05:08	
331	100	V45-M	39	MANUEL ALMEIDA	0:05:03	0:26:19	0:42:06	0:51:37	0:20:48	0:51:21	0:05:08	OS SANTA APOLONIA
332	160	SEN-M	114	SÉRGIO FERNANDES	0:05:05	0:26:19	0:42:12	0:51:38	0:20:49	0:51:21	0:05:08	ARPO
333	555	V40-F	11	HERMINIA PEREIRA	0:04:34	0:26:46	0:42:25	0:51:41	0:20:52	0:51:38	0:05:09	ESCOLA ATLETISMO ROS
334	146	SEN-M	115	NELSON FERREIRA	0:05:09	0:26:34	0:42:09	0:51:57	0:21:08	0:51:40	0:05:10	DOMOWEB
335	362	V40-M	53	FRANCISCO MIGUEL ALVES MIRANDA	0:04:35	0:26:09	0:42:10	0:51:58	0:21:09	0:51:44	0:05:10	ASSOCIAÇÃO CULTURAL
336	205	V40-M	54	SIMÃO FELIX	0:05:24	0:27:23	0:42:44	0:51:59	0:21:10	0:51:41	0:05:10	R/R ONLINE
337	360	V45-M	40	JOSÉ VIEIRA FIGUEIREDO	0:04:53	0:27:01	0:42:43	0:51:59	0:21:10	0:51:45	0:05:10	TURBULENTOS
338	347	V40-F	12	HELENA MARIA FERREIRA MORIM ME	0:04:20	0:25:56	0:42:31	0:52:00	0:21:11	0:51:57	0:05:11	CLUBE DE ATLETISMO D
339	199	SEN-M	116	FILIPE PEIXE	0:05:04	0:26:47	0:42:45	0:52:01	0:21:12	0:51:46	0:05:10	R/R ONLINE
340	154	V40-F	13	DEOLINDA FARIA	0:04:15	0:26:02	0:42:51	0:52:03	0:21:14	0:51:57	0:05:11	RODA DOS VENTOS
341	552	V40-M	55	JOÃO CERQUEIRA	0:04:06	0:25:04	0:42:13	0:52:07	0:21:18	0:52:00	0:05:12	GRUPO JUVENIL DE VIA
342	472	V45-M	41	PAULO FARIA	0:04:18	0:25:47	0:42:22	0:52:10	0:21:21	0:52:00	0:05:12	TRAIL ME
343	187	V40-F	14	GRACINDA OLIVEIRA	0:04:49	0:27:36	0:42:51	0:52:11	0:21:22	0:52:00	0:05:12	RODA DOS VENTOS
344	330	V45-M	42	JOSÉ ANTÓNIO FERREIRA COSTA	0:04:30	0:26:08	0:42:14	0:52:16	0:21:27	0:52:08	0:05:12	
345	417	SEN-M	117	IVO JOAQUIM COUTINHO BRITO	0:05:15	0:27:16	0:42:52	0:52:20	0:21:31	0:52:04	0:05:12	
346	246	V55-M	25	JAIME LIMA	0:04:50	0:26:44	0:42:35	0:52:21	0:21:32	0:52:10	0:05:13	FERREIROLUX
347	275	V50-M	34	MANUEL ANDRADE	0:04:49	0:26:56	0:42:54	0:52:25	0:21:36	0:52:17	0:05:13	GRUPO DESPORTIVO DE
348	529	SEN-M	118	DOMINGOS JERONIMO RIBEIRO GOME	0:03:53	0:25:36	0:42:26	0:52:25	0:21:36	0:52:21	0:05:14	
349	163	SEN-M	119	HÉLDER COSTA	0:04:58	0:26:42	0:42:50	0:52:27	0:21:38	0:52:10	0:05:13	ARPO
350	704	V60-M	14	AMADEU FERREIRA	0:04:50	0:26:45	0:42:35	0:52:29	0:21:40	0:52:20	0:05:14	FERREIROLUX



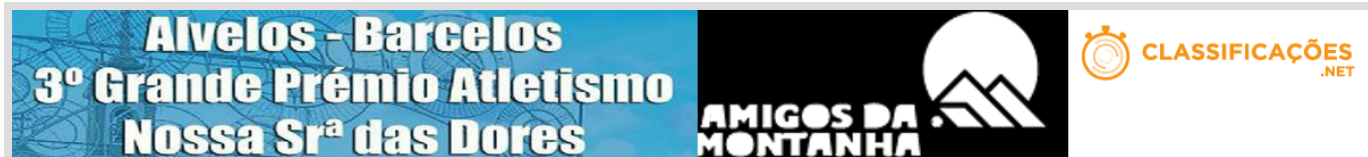
PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
351	129	SEN-M	120	HELDER ROBERTO SANTOS AZEVEDO	0:04:35	0:26:15	0:42:28	0:52:30	0:21:41	0:52:21	0:05:14	INDIVIDUAL
352	243	V45-M	43	TEOTÔNIO SILVA BOUCINHA	0:04:11	0:25:42	0:42:47	0:52:32	0:21:43	0:52:26	0:05:14	
353	190	SEN-F	24	CELINA SILVA	0:04:31	0:26:29	0:42:43	0:52:33	0:21:44	0:52:23	0:05:14	A D ESMERIZ RUNNING
354	378	SEN-M	121	ANDRÉ FILIPE COSTA MARTINS	0:04:39	0:25:54	0:43:02	0:52:36	0:21:47	0:52:22	0:05:14	BTM
355	302	V60-M	15	ALBERTO MELO	0:05:07	0:00:00	0:00:00	0:52:42	0:21:53	0:52:33	0:05:15	BAIRRO CARCAVELOS
356	88	V60-M	16	EMIDIO DIAS DA SILVA	0:04:18	0:26:29	0:42:50	0:52:42	0:21:53	0:52:37	0:05:15	CLUBE MILLENNIUM BCP
357	401	V60-M	17	JOAQUIM GOMES	0:04:39	0:27:30	0:43:26	0:52:48	0:21:59	0:52:40	0:05:16	ADRLCE - ASSOCIAÇÃO
358	84	SEN-F	25	ELISABETE MARIA RODRIGUES MART	0:04:29	0:26:49	0:43:05	0:53:04	0:22:15	0:52:58	0:05:17	GRE-BONFIM
359	147	SEN-M	122	LUIS BARREIRO	0:05:10	0:26:52	0:43:12	0:53:21	0:22:32	0:53:04	0:05:18	DOMOWEB
360	461	SEN-M	123	ALBANO-MANUEL DA SILVA CARDEIR	0:05:01	0:27:08	0:43:33	0:53:24	0:22:35	0:53:11	0:05:19	
361	268	SEN-F	26	MARIANA MIRANDA DA COSTA MARTI	0:04:07	0:26:46	0:43:33	0:53:24	0:22:35	0:53:19	0:05:19	
362	166	V40-F	15	AIRES PATRÃO	0:04:14	0:26:05	0:42:45	0:53:29	0:22:40	0:53:23	0:05:20	MOINHOS D' AVENTURA
363	161	V60-M	18	JOSÉ MAGALHÃES	0:05:24	0:28:02	0:43:50	0:53:35	0:22:46	0:53:18	0:05:19	ARPO
364	193	SEN-M	124	FILIPE PIRES MARTINS	0:04:58	0:26:58	0:43:17	0:53:36	0:22:47	0:53:21	0:05:20	
365	133	SEN-F	27	HELENA MARIA RODRIGUES FERREIR	0:04:57	0:27:24	0:43:44	0:53:38	0:22:49	0:53:24	0:05:20	
366	383	SEN-M	125	ÉLIO DOMINGOS SILVA FERREIRA	0:05:02	0:26:37	0:43:46	0:53:39	0:22:50	0:53:24	0:05:20	BTM
367	134	SEN-M	126	ANDRÉ FERREIRA COSTA CARVALHO	0:04:58	0:27:24	0:43:44	0:53:39	0:22:50	0:53:24	0:05:20	INDIVIDUAL
368	380	SEN-M	127	JUDITE LAURINDA SILVA FERREIRA	0:04:54	0:27:09	0:43:46	0:53:45	0:22:56	0:53:33	0:05:21	BTM
369	58	SEN-M	128	HUGO MANUEL LOPES DE SOUSA	0:04:08	0:26:15	0:43:46	0:53:49	0:23:00	0:53:42	0:05:22	TARTARUGAS VELOZES
370	248	V45-M	44	JOAQUIM ANTÔNIO SILVA LOPES MA	0:04:48	0:27:41	0:43:52	0:53:58	0:23:09	0:53:49	0:05:22	GULBENKIAN
371	329	SEN-M	129	HERNANI MANUEL SILVA VERÍSSIMO	0:04:57	0:27:41	0:44:07	0:54:02	0:23:13	0:53:48	0:05:22	
372	117	V60-M	19	NATALINO PEREIRA	0:04:29	0:27:43	0:44:03	0:54:10	0:23:21	0:54:01	0:05:24	PORTO RUNNERS
373	177	SEN-M	130	PAULO JORGE VIEIRA FARIA	0:04:38	0:27:08	0:00:00	0:54:18	0:23:29	0:54:09	0:05:24	DOMINGO A CORRER ÀS
374	90	SEN-M	131	PEDRO MIGUEL SOARES FERNANDES	0:05:32	0:28:34	0:44:57	0:54:34	0:23:45	0:54:19	0:05:25	
375	361	SEN-M	132	MÁRIO FONTE	0:04:56	0:26:59	0:44:01	0:54:40	0:23:51	0:54:25	0:05:26	
376	328	JUN-M	13	RÜBEN VASQUES	0:05:09	0:28:00	0:44:59	0:54:47	0:23:58	0:54:36	0:05:27	CLUBE ATLETISMO POVO
377	259	SEN-F	28	CATARINA FAGUNDES AMORIM	0:04:36	0:27:14	0:44:42	0:54:50	0:24:01	0:54:38	0:05:27	
378	258	SEN-M	133	SAMUEL FAGUNDES AMORIM	0:04:36	0:27:13	0:44:42	0:54:50	0:24:01	0:54:38	0:05:27	
379	438	SEN-F	29	SÍLVIA RAQUEL CAVIEZEL	0:04:35	0:27:15	0:44:19	0:54:52	0:24:03	0:54:40	0:05:28	CATRINNERS
380	262	SEN-M	134	SÉRGIO FERNANDES	0:05:05	0:27:58	0:45:00	0:55:03	0:24:14	0:54:47	0:05:28	E. LECLERC BARCELOS
381	130	V45-M	45	MIGUEL AGOSTINHO SANTOS BARBOS	0:04:19	0:27:10	0:44:59	0:55:03	0:24:14	0:54:56	0:05:29	
382	26	SEN-F	30	TELMA OLIVEIRA	0:05:09	0:28:44	0:45:08	0:55:04	0:24:15	0:54:54	0:05:29	ELITE NM
383	19	SEN-F	31	JOANA MARQUES	0:05:09	0:28:43	0:45:08	0:55:04	0:24:15	0:54:55	0:05:29	ELITE NM
384	169	V55-M	26	FERNANDO MANUEL PEREIRA DA ROC	0:05:29	0:28:31	0:45:28	0:55:14	0:24:25	0:55:00	0:05:30	
385	444	V50-M	35	JOSÉ GRAÇA	0:03:42	0:23:09	0:38:51	0:55:15	0:24:26	0:55:11	0:05:31	ACR VALE DE CAMBRA
386	599	V45-M	46	JOÃO GUIMARÃES	0:04:17	0:26:26	0:44:43	0:55:16	0:24:27	0:55:08	0:05:30	A. D. LUSTOSA
387	384	SEN-M	135	JOSÉ CARLOS FERNANDES VILAS BO	0:05:03	0:26:56	0:44:39	0:55:29	0:24:40	0:55:13	0:05:31	BTM
388	521	SEN-M	136	PEDRO GONÇALVES	0:04:58	0:27:30	0:44:50	0:55:32	0:24:43	0:55:18	0:05:31	
389	325	V45-M	47	ARMADO ALVES	0:03:53	0:26:53	0:45:50	0:55:46	0:24:57	0:55:43	0:05:34	CLUBE ATLETISMO POVO
390	344	SEN-M	137	CRISTIANO ALVES DANTAS	0:05:29	0:28:31	0:45:28	0:55:55	0:25:06	0:55:41	0:05:34	
391	457	V40-M	56	MANUEL MONTEIRO ARAÚJO	0:05:00	0:28:32	0:45:28	0:55:59	0:25:10	0:55:47	0:05:34	CALCA FOLHAS
392	460	SEN-M	138	JORGE MANUEL CRUZ LOUREIRO	0:05:07	0:28:35	0:45:31	0:56:06	0:25:17	0:55:54	0:05:35	
393	492	JUN-M	14	MARCO ANTONIO LOUREIRO MOREIRA	0:05:04	0:28:30	0:45:36	0:56:08	0:25:19	0:55:53	0:05:35	CENTRO DESPORTIVO E
394	527	V40-M	57	JOSÉ MANUEL ANDRADE DIAS	0:04:17	0:27:11	0:45:07	0:56:12	0:25:23	0:56:07	0:05:36	
395	397	SEN-M	139	RICARDO ANTONIO TORRES COSTA	0:05:00	0:28:05	0:45:40	0:56:16	0:25:27	0:56:07	0:05:36	
396	434	SEN-M	140	JESUS ANTÔNIO FARIA CAMPOS	0:04:55	0:28:13	0:46:11	0:56:20	0:25:31	0:56:10	0:05:37	MOUTADOS TEAM
397	436	SEN-M	141	SÉRGIO MIGUEL MOREIRA SOUSA	0:04:55	0:28:14	0:46:12	0:56:20	0:25:31	0:56:10	0:05:37	MOUTADOS TEAM
398	183	V45-M	48	GIUSEPPE OLIVEIRA BALDASSARRE	0:04:41	0:27:37	0:45:24	0:56:28	0:25:39	0:56:14	0:05:37	TURBULENTOS
399	194	V45-M	49	JOSÉ CARLOS FERREIRA DA COSTA	0:04:15	0:26:02	0:44:35	0:56:42	0:25:53	0:56:36	0:05:39	
400	81	SEN-M	142	ANTÔNIO JOSÉ BARROSO AZEVEDO	0:05:01	0:28:15	0:45:51	0:56:52	0:26:03	0:56:43	0:05:40	



PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
401	95	V60-M	20	JORGE LOUREIRO	0:05:24	0:29:11	0:45:51	0:56:54	0:26:05	0:56:39	0:05:39	CAVE ESPOSENDE
402	455	SEN-M	143	MIGUEL SAMPAIO MEIRA	0:05:11	0:29:36	0:46:56	0:57:02	0:26:13	0:56:53	0:05:41	RAIPERES
403	501	V40-F	16	MARIA DA CONCEIÇÃO PEIXOTO MAR	0:05:45	0:30:26	0:47:12	0:57:05	0:26:16	0:56:50	0:05:41	TURBULENTOS
404	351	V40-F	17	MARIA CELESTE DA SILVA CRUZ	0:05:57	0:30:26	0:47:12	0:57:20	0:26:31	0:57:07	0:05:42	TURBULENTOS
405	345	V55-M	27	MANUEL SILVA	0:05:44	0:30:32	0:47:31	0:57:21	0:26:32	0:57:06	0:05:42	TURBULENTOS
406	497	V45-M	50	VIRGILIP ARTUR RODRIGUES BARBO	0:05:21	0:29:09	0:46:47	0:57:43	0:26:54	0:57:29	0:05:44	CENTRO DESPORTIVO E
407	355	V45-M	51	JOAQUIM FERNANDO COSTA MARQUES	0:04:21	0:26:32	0:46:47	0:57:43	0:26:54	0:57:39	0:05:45	GRUPO CULTURAL RECRE
408	367	V40-F	18	NATÁLIA COELHO	0:04:52	0:29:56	0:47:31	0:58:04	0:27:15	0:57:58	0:05:47	CLUBE OS 5 À HORA
409	317	V40-F	19	MARIA COSTA RABALDO	0:05:01	0:28:45	0:47:10	0:58:18	0:27:29	0:58:08	0:05:48	CLUBE ATLETISMO PÓVO
410	464	SEN-M	144	NUNO MIGUEL MIRANDA FARIA	0:04:58	0:29:18	0:47:19	0:58:25	0:27:36	0:58:11	0:05:49	MARINES
411	403	V60-M	21	ALFREDO SANTOS	0:04:58	0:29:40	0:47:28	0:58:34	0:27:45	0:58:27	0:05:50	ADRLCE - ASSOCIAÇÃO
412	543	V40-F	20	FÁTIMA DANTAS	0:04:57	0:29:45	0:47:31	0:58:38	0:27:49	0:58:27	0:05:50	GRUPO JUVENIL DE VIA
413	77	V40-F	21	CECILIA ESTEVES	0:04:48	0:29:13	0:47:31	0:59:02	0:28:13	0:58:54	0:05:53	TRAIL ME
414	375	SEN-F	32	MARIA SILVINA COELHO ESTEVES	0:04:48	0:29:13	0:47:32	0:59:02	0:28:13	0:58:54	0:05:53	TRAIL ME
415	175	V40-F	22	SÓNIA MARIA MARQUES DOS SANTOS	0:05:10	0:29:37	0:47:32	0:59:04	0:28:15	0:58:55	0:05:53	OS DOIS
416	368	V40-M	58	MÁRIO BARBOSA	0:04:34	0:31:10	0:48:08	0:59:22	0:28:33	0:59:16	0:05:55	CLUBE OS 5 À HORA
417	370	SEN-M	145	FILIFE CUNHA	0:04:33	0:28:53	0:47:55	0:59:24	0:28:35	0:59:19	0:05:55	CLUBE OS 5 À HORA
418	371	SEN-F	33	VÂNIA BARBOSA	0:04:34	0:28:57	0:47:45	0:59:24	0:28:35	0:59:19	0:05:55	CLUBE OS 5 À HORA
419	101	V50-M	36	CARLOS SIMOES	0:05:14	0:27:18	0:48:36	0:59:47	0:28:58	0:59:29	0:05:56	OS SANTA APOLONIA
420	311	V40-F	23	MARIA CARMO CARVALHO VILELA MA	0:05:16	0:30:39	0:48:38	0:59:47	0:28:58	0:59:29	0:05:56	OS SANTA APOLONIA
421	310	V45-M	52	JORGE AUGUSTO CAMPOS MACHADO	0:05:16	0:27:17	0:48:37	0:59:47	0:28:58	0:59:29	0:05:56	OS SANTA APOLONIA
422	157	V40-F	24	PAULA RODRIGUES	0:04:57	0:30:21	0:48:32	1:00:06	0:29:17	0:59:58	0:05:59	RODA DOS VENTOS
423	314	SEN-F	34	FILIPA CARVALHO	0:04:57	0:30:51	0:48:59	1:00:08	0:29:19	0:59:58	0:05:59	ADESMEIRZRUNING
424	424	V40-F	25	MARIA ALZIRA OLIVEIRA ALVES	0:04:42	0:30:03	0:49:05	1:00:33	0:29:44	1:00:27	0:06:02	
425	189	V40-F	26	ANA PAULA OLIVEIRA PINTO	0:05:16	0:30:50	0:49:29	1:00:33	0:29:44	1:00:22	0:06:02	RUN TO BE ALIVE
426	184	SEN-F	35	HELENA OLIVEIRA BALDASSARRE	0:05:44	0:30:26	0:49:27	1:00:56	0:30:07	1:00:44	0:06:04	TURBULENTOS
427	219	V50-M	37	VASCO MANUEL SEQUEIROS BARRETO	0:05:44	0:30:52	0:49:28	1:00:56	0:30:07	1:00:41	0:06:04	TURBULENTOS
428	439	SEN-M	146	FILIFE MANUEL DINIS FERNANDES	0:05:32	0:30:59	0:49:31	1:01:18	0:30:29	1:01:04	0:06:06	
429	99	V60-M	22	ANTÓNIO LOPES	0:05:24	0:29:58	0:49:25	1:01:38	0:30:49	1:01:24	0:06:08	CAVE ESPOSENDE
430	448	SEN-F	36	MARCIA VILAS BOAS BANDEIRA	0:05:14	0:30:39	0:49:28	1:01:42	0:30:53	1:01:31	0:06:09	VIDA ATIVA RUNNERS
431	523	SEN-M	147	ABILIO GUIMARÃES CASA NOVA	0:05:13	0:30:33	0:49:28	1:01:43	0:30:54	1:01:31	0:06:09	
432	155	SEN-F	37	TATIANA AZEVEDO	0:04:50	0:29:55	0:50:18	1:01:44	0:30:55	1:01:35	0:06:09	RODA DOS VENTOS
433	288	SEN-M	148	PEDRO MIGUEL MARTINS DE AZEVED	0:04:59	0:29:53	0:50:34	1:01:57	0:31:08	1:01:42	0:06:10	
434	63	V40-F	27	MARIA DAS DORES SOUSA SILVA	0:05:17	0:31:42	0:50:37	1:02:16	0:31:27	1:01:58	0:06:11	BARCA
435	237	V55-M	28	JOSÉ FARIA	0:05:25	0:26:46	0:00:00	1:02:20	0:31:31	1:02:06	0:06:12	FERREIROLUX
436	393	V40-F	28	MARIA ISABEL COSTA SABINO	0:04:49	0:30:24	0:50:33	1:02:21	0:31:32	1:02:15	0:06:13	
437	486	SEN-F	38	JOAQUIM JOSE GOMES	0:04:57	0:31:14	0:50:43	1:02:35	0:31:46	1:02:24	0:06:14	
438	320	V40-F	29	MARIA ASSUNÇÃO FRASCO	0:05:17	0:31:04	0:50:49	1:02:39	0:31:50	1:02:26	0:06:14	CLUBE ATLETISMO PÓVO
439	327	V40-F	30	MARIANA PARENTE	0:05:03	0:31:17	0:50:48	1:02:39	0:31:50	1:02:27	0:06:14	CLUBE ATLETISMO PÓVO
440	407	SEN-F	39	ANA PATRICIA MALVA COSTA	0:05:54	0:32:27	0:51:20	1:02:57	0:32:08	1:02:42	0:06:16	TURBULENTOS
441	143	V40-F	31	SANDRINE SILVA	0:05:44	0:31:43	0:51:21	1:03:00	0:32:11	1:02:46	0:06:16	TURBULENTOS
442	495	SEN-M	149	RUI JORGE NUNES DA SILVA	0:05:50	0:31:57	0:51:54	1:03:10	0:32:21	1:02:56	0:06:17	CENTRO DESPORTIVO E
443	487	SEN-F	40	ONDINA MARIA MORIM SALGADO	0:05:50	0:31:58	0:51:54	1:03:10	0:32:21	1:02:56	0:06:17	CENTRO DESPORTIVO E
444	540			RAFAELA FARIA	0:04:55	0:30:45	0:50:31	1:03:10	0:32:21	1:02:59	0:06:17	GRUPO JUVENIL DE VIA
445	507	V40-F	32	MARIA FERREIA	0:05:50	0:33:14	0:52:06	1:03:28	0:32:39	1:03:18	0:06:19	
446	394	SEN-F	41	ALBERTINA MANUELA DA SILVA	0:05:00	0:32:34	0:52:05	1:04:19	0:33:30	1:04:14	0:06:25	
447	249	SEN-M	150	JOÃO MANUEL SOUSA BARROS GOMES	0:05:00	0:30:41	0:51:34	1:04:28	0:33:39	1:04:19	0:06:25	GULBENKIAN
448	337	V40-F	33	MARIA DA GRAÇA GONÇALVES GOMES	0:05:27	0:31:15	0:52:51	1:04:33	0:33:44	1:04:20	0:06:26	BARCELOS RUNNING
449	126	V40-F	34	MANUELA RIBEIRO	0:06:02	0:33:15	0:52:24	1:04:39	0:33:50	1:04:26	0:06:26	TURBULENTOS
450	446	V60-M	23	JORGE MARTINS	0:05:51	0:33:28	0:53:52	1:06:37	0:35:48	1:06:21	0:06:38	ACR VALE DE CAMBRA



PROVA 10KM - CLASSIFICAÇÃO GENERAL

Posição	Dorsal	Cat.	Pos.Cat.	Atleta	T. 1.5k	T. 5k	T. 8k	T. Oficial	Dif. 1º	T. Real	Ritmo	Equipa
451	313	SEN-F	42	SUSANA SANTOS	0:05:07	0:33:01	0:54:34	1:07:18	0:36:29	1:07:08	0:06:42	ADESMERIZRUNING
452	400	V60-M	24	ALBERTO SILVA	0:05:11	0:33:56	0:54:34	1:07:19	0:36:30	1:07:15	0:06:43	ADRLCE - ASSOCIAÇÃO
453	477	JUN-M	15	VÍTOR DANIEL PEIXOTO FERREIRA	0:05:13	0:32:12	0:54:34	1:08:50	0:38:01	1:08:40	0:06:52	
454	322	V40-F	35	MARIA ADELAIDE MARINHEIRO	0:05:25	0:33:55	0:56:30	1:09:32	0:38:43	1:09:21	0:06:56	CLUBE ATLETISMO POVO
455	450	SEN-M	151	GUSTAVO JORGE MATOS NEVES	0:04:55	0:33:35	0:56:22	1:10:25	0:39:36	1:10:14	0:07:01	
456	224	JUN-F	8	CATARINA ARAUJO	0:03:42	0:00:00	0:00:00	1:15:33	0:44:44	1:15:33	0:07:33	LIBERDADE FC
457	443	V45-M	53	ANTÓNIO FERNANDES	0:02:45	0:16:44	0:27:04	1:17:19	0:46:30	1:17:19	0:07:43	ACR VALE DE CAMBRA