



## CORRIDA ATLÂNTICA COMPORTA - TRÓIA

Distância: 15 Km

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Equipa
1	105	JOÃO CRUZ		SNM- 1	00:54:25	00:03:38	00:54:20	00:03:38	
2	76	VASCO MARTA		SNM- 2	00:57:23	00:03:50	00:57:19	00:03:50	ÁGUIAS UNIDAS
3	15	FERNANDO JORGE DA SILVA SANTOS		VT3M- 1	01:00:15	00:04:01	01:00:11	00:04:01	
4	37	JORGE GONÇALVES		VT3M- 2	01:00:39	00:04:03	01:00:35	00:04:03	
5	34	NUNO GONCALVES		VT1M- 1	01:01:38	00:04:07	01:01:38	00:04:07	
6	102	RUI RODRIGUES GONÇALVES		VT1M- 2	01:01:59	00:04:08	01:01:55	00:04:08	
7	125	NUNO PATRICIO		VT2M- 1	01:02:21	00:04:10	01:02:17	00:04:10	
8	69	JOSÉ MANUEL GUSMAN CORREIA ARAÚJO BARBOSA		SNM- 3	01:06:16	00:04:26	01:06:12	00:04:25	
9	75	CARLOS LOPES		VT1M- 3	01:06:17	00:04:26	01:06:11	00:04:25	ÁGUIAS UNIDAS
10	17	JOSÉ BRITO		VT4M- 1	01:07:03	00:04:29	01:06:57	00:04:28	
11	103	PAULO CESAR PEREIRA AUGUSTO		SNM- 4	01:07:19	00:04:30	01:07:15	00:04:29	
12	3	INÊS MARQUES	F- 1	SNF- 1	01:07:43	00:04:31	01:07:39	00:04:31	
13	90	GUSTAVO BARROS		VT1M- 4	01:07:44	00:04:31	01:07:35	00:04:31	DUCKS
14	22	XAVIER SOUSA		VT2M- 2	01:08:03	00:04:33	01:07:57	00:04:32	
15	71	JOSÉ MORAIS		VT4M- 2	01:09:43	00:04:39	01:09:34	00:04:39	G.D.SERVICONTABIL
16	38	GUMERSINDO RODRIGUES		VT6M- 1	01:10:00	00:04:40	01:09:56	00:04:40	ASS. ATLETISMO LEBRES DO SADO
17	87	CHAMPEL	F- 2	VT1F- 1	01:10:02	00:04:41	01:09:57	00:04:40	
18	68	ARTUR JORGE NUNES ALEXANDRE		VT1M- 5	01:10:32	00:04:43	01:10:20	00:04:42	LOJA DÚ PEIXE
19	85			SNM- 5	01:11:41	00:04:47	01:11:35	00:04:47	TIMRUN
20	98	FRANCISCO CARMO		VT2M- 3	01:11:56	00:04:48	01:11:50	00:04:48	G.D.R.SÃO FRANCISCO DA SERRA
21	86			VT1M- 6	01:12:46	00:04:52	01:12:39	00:04:51	TIMRUN
22	94	MIGUEL MARQUES		VT1M- 7	01:13:56	00:04:56	01:13:46	00:04:56	DUCKS
23	109	LUIS MIGUEL GUERREIRO CASTRO		VT1M- 8	01:14:29	00:04:58	01:14:18	00:04:58	B13X CROSSFIT ENDURANCE
24	116	PEDRO GOUVEIA		VT2M- 4	01:14:29	00:04:58	01:14:19	00:04:58	
25	104	JOAQUIM SEVERINO		VT6M- 2	01:14:58	00:05:00	01:14:54	00:05:00	
26	101	ANTONIO HIGINO MARQUES		VT4M- 3	01:16:50	00:05:08	01:16:44	00:05:07	
27	10	ARTUR JORGE PINTO DOMINGOS		VT3M- 3	01:17:49	00:05:12	01:17:40	00:05:11	
28	88	DE ABREU ISABEL	F- 3	VT2F- 1	01:18:24	00:05:14	01:18:19	00:05:14	
29	73	PEDRO ROQUE		SNM- 6	01:18:32	00:05:15	01:18:22	00:05:14	G.D.SERVICONTABIL



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Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Equipa
30	8	ANTÓNIO JOSÉ RATINHO DA SILVA		VT5M- 1	01:18:53	00:05:16	01:18:45	00:05:15	
31	5	ANTÓNIO ALMEIDA		VT4M- 4	01:20:33	00:05:23	01:20:28	00:05:22	
32	21	MARIA OLIVEIRA	F- 4	VT1F- 2	01:21:17	00:05:26	01:21:12	00:05:25	
33	9			VT5M- 2	01:22:08	00:05:29	01:22:01	00:05:29	TIMRUN
34	2	HENRIQUE BRITO		VT5M- 3	01:22:31	00:05:31	01:22:24	00:05:30	G.D.R.SÃO FRANCISCO DA SERRA
35	29	JENNIFER OLIVEIRA	F- 5	SNF- 2	01:23:23	00:05:34	01:23:15	00:05:33	
36	31	TELMO MATOS		SNM- 7	01:23:45	00:05:35	01:23:32	00:05:35	
37	113	PEDRO MIGUEL DA SILVA BRÁS		VT1M- 9	01:24:01	00:05:37	01:23:49	00:05:36	B13X CROSSFIT ENDURANCE
38	26	LUIS RODRIGO NUNES GONÇALVES		VT1M- 10	01:24:04	00:05:37	01:23:52	00:05:36	LOJA DÚ PEIXE
39	24	VITOR JOSÉ JORGE PEREIRA		VT2M- 5	01:24:04	00:05:37	01:23:50	00:05:36	LOJA DÚ PEIXE
40	25	TITO JOSÉ MARQUES PEREIRA		SNM- 8	01:24:04	00:05:37	01:23:50	00:05:36	LOJA DÚ PEIXE
41	28	PEDRO GONÇALVES BONITO POVOAS		SNM- 9	01:24:04	00:05:37	01:23:51	00:05:36	LOJA DÚ PEIXE
42	99	LUIS VIEIRA		VT1M- 11	01:24:07	00:05:37	01:23:56	00:05:36	B13X CROSSFIT ENDURANCE
43	124	CARLA CRISTINA	F- 6	SNF- 3	01:25:03	00:05:41	01:24:59	00:05:40	
44	33	JOÃO PAULO GUERREIRO MESTRE		SNM- 10	01:25:25	00:05:42	01:25:12	00:05:41	
45	108	CANDIDO RAMOS		SNM- 11	01:25:29	00:05:42	01:25:23	00:05:42	
46	70	CHRISTIAN BLÄß		VT1M- 12	01:25:57	00:05:44	01:25:45	00:05:43	
47	20	MANUELA PINTO	F- 7	VT2F- 2	01:27:00	00:05:48	01:26:53	00:05:48	O MUNDO DA CORRIDA
48	19	JOSÉ SIMÕES		VT4M- 5	01:27:01	00:05:49	01:26:54	00:05:48	O MUNDO DA CORRIDA
49	16	ROGÉRIO FERREIRA		SNM- 12	01:27:55	00:05:52	01:27:50	00:05:52	
50	119	JOSÉ CRISANTO		VT2M- 6	01:28:13	00:05:53	01:28:04	00:05:53	
51	74	RODRIGO LUIS PARREIRA MATEUS		VT1M- 13	01:29:00	00:05:56	01:28:48	00:05:56	LOJA DÚ PEIXE
52	27	HUGO JOSÉ NUNES BERNARDINO		VT1M- 14	01:29:01	00:05:57	01:28:48	00:05:56	LOJA DÚ PEIXE
53	112	LUÍS PAULO BORDALO CASIMIRO		VT2M- 7	01:29:47	00:06:00	01:29:36	00:05:59	B13X CROSSFIT ENDURANCE
54	1	ERMELINDO NUNES		VT5M- 4	01:30:09	00:06:01	01:30:02	00:06:01	G.D.R.SÃO FRANCISCO DA SERRA
55	6	MANUEL SEQUEIRA		VT6M- 3	01:30:09	00:06:01	01:30:01	00:06:01	
56	13	MARISA MARQUES	F- 8	SNF- 4	01:30:14	00:06:01	01:30:08	00:06:01	
57	30	ANTÓNIO MATOS		VT3M- 4	01:30:15	00:06:01	01:30:01	00:06:01	



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58 39 LUIS DOS REIS CARVALHO VT2M- 8 01:30:33 00:06:03 01:30:20 00:06:02 LOJA DÚ PEIXE

Posto	Dorsal	Nome	Sexo	Posto escalão	T_Oficial	RitmoKm	T_Real	RitKmReal	Equipa
59	115	FILIPE RODRIGUES		SNM- 13	01:31:08	00:06:05	01:31:01	00:06:05	
60	32	DIOGO MATOS		SNM- 14	01:31:40	00:06:07	01:31:27	00:06:06	
61	35	ANTONIO JORGE FERREIRA		VT4M- 6	01:32:49	00:06:12	01:32:43	00:06:11	GOURMET RUNNERS
62	18	LUIS PROENÇA		VT2M- 9	01:34:17	00:06:18	01:34:10	00:06:17	
63	118	ANTONIO VIDAL GOMES		VT6M- 4	01:34:55	00:06:20	01:34:44	00:06:19	
64	117	NUNO CRISANTO		VT2M- 10	01:37:17	00:06:30	01:37:07	00:06:29	
65	95	CARLA ROSAS	F- 9	SNF- 5	01:38:24	00:06:34	01:38:12	00:06:33	DUCKS
66	93	MARISA MARTINS	F- 10	SNF- 6	01:38:38	00:06:35	01:38:28	00:06:34	DUCKS
67	110	LUIS QUINTA NOVA		VT3M- 5	01:40:17	00:06:42	01:40:10	00:06:41	
68	114	CARLA ANDREIA SANTIAGO PEDRO COSTA	F- 11	SNF- 7	01:42:43	00:06:51	01:42:31	00:06:51	B13X CROSSFIT ENDURANCE
69	14	FERNANDA VALE PARRO	F- 12	VT2F- 3	01:43:20	00:06:54	01:43:15	00:06:53	
70	72	ANA MORAIS	F- 13	SNF- 8	01:45:00	00:07:00	01:44:50	00:07:00	G.D.SERVICONTABIL
71	100	CALDEIRINHA		VT3M- 6	01:45:37	00:07:03	01:45:32	00:07:03	
72	97	AMAIA VIROS VALDIVIESO		SNM- 15	01:48:44	00:07:15	01:48:34	00:07:15	APUKO IGOERA ELKARTEA
73	96	NESTOR RUEDA RUIZ		VT1M- 15	01:48:44	00:07:15	01:48:35	00:07:15	APUKO IGOERA ELKARTEA
74	120	SUSANA BERNARDINO	F- 14	SNF- 9	01:54:02	00:07:37	01:53:50	00:07:36	B13X CROSSFIT ENDURANCE
75	123	DIANA SOFIA CARNEIRO SOARES	F- 15	SNF- 10	01:54:35	00:07:39	01:54:23	00:07:38	B13X CROSSFIT ENDURANCE
76	122	SANDRA MOREIRA CURTO	F- 16	VT1F- 3	01:54:35	00:07:39	01:54:23	00:07:38	B13X CROSSFIT ENDURANCE
77	92	CLÁUDIA ROQUE	F- 17	SNF- 11	01:57:36	00:07:51	01:57:25	00:07:50	DUCKS
78	7	JOAQUIM PEREIRA		VT6M- 5	02:03:07	00:08:13	02:02:59	00:08:12	ASS. ATLETISMO LEBRES DO SADO
79	106	TIAGO CARDOSO		VT2M- 11	02:07:24	00:08:30	02:07:19	00:08:30	
80	107	Mª FERNANDA CORREIA	F- 18	VT1F- 4	02:07:24	00:08:30	02:07:20	00:08:30	
81	12	KJETIL HAGEN		VT2M- 12	02:08:56	00:08:36	02:08:38	00:08:35	
82	23	ROSÁLIA TRINDADE	F- 19	VT2F- 4	02:13:47	00:08:56	02:13:31	00:08:55	
83	111	ÉLIA MARUJO FOLGADO	F- 20	SNF- 12	02:17:27	00:09:10	02:17:13	00:09:09	B13X CROSSFIT ENDURANCE
84	121	MARTA ALEXANDRA MOREIRA PEREIRA	F- 21	SNF- 13	02:18:17	00:09:14	02:18:04	00:09:13	B13X CROSSFIT ENDURANCE
85	11	CLARE BRADDICK	F- 22	VT1F- 5	02:20:06	00:09:21	02:19:57	00:09:20	
86	4	SARA SANCHES	F- 23	SNF- 14	02:21:13	00:09:25	02:21:06	00:09:25	



**CORRIDA ATLÂNTICA COMPORTA - TRÓIA**

**Distância: 15 Km**

F- 24 VT2F- 5 02:52:05 00:11:29 02:52:00 00:11:28 ASS. ATLETISMO LEBRES DO SADO