

**CLASSIFICAÇÃO POR ESCALÃO**

SNM SENIORES MASC (18 ATÉ 34 ANOS)		Chegados:		42						
Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa	
1	436	JOSÉ AUGUSTO RODRIGUES SILVA	03:34:30	00:05:00	03:34:29	00:05:00	01:06:32	02:16:18	ASS. AMIGOS FIGUEIREDO D'ALVA	
2	462	JOÃO OLIVEIRA	03:53:53	00:05:27	03:53:52	00:05:27	01:12:15	02:29:26	G.D.R. SÃO FRANCISCO DA SERRA	
3	559	SÉRGIO FILIPE G. INACIO	04:13:09	00:05:54	04:13:07	00:05:54	01:22:27	02:44:10		
4	346	SÉRGIO BASTINHO	04:26:44	00:06:13	04:26:40	00:06:13	01:21:45	02:49:10		
5	477	BRUNO SAFARA	04:32:49	00:06:21	04:32:43	00:06:21	01:27:43	02:56:15	THE WALKING DEAD	
6	439	BRUNO FIGUEIREDO	04:40:13	00:06:31	04:40:05	00:06:31	01:23:24	02:50:13		
7	546	BRUNO FERNANDES	04:40:51	00:06:32	04:40:34	00:06:32	01:29:59	03:00:23		
8	460	FRANCISCO MONTE	04:48:07	00:06:43	04:47:59	00:06:42	01:35:58	03:08:52		
9	433	PEDRO TURTLES SANTOS	04:54:48	00:06:52	04:54:43	00:06:52	01:33:31	03:09:27		
10	340	RUI PERIÇÃO DE ALMEIDA	05:04:58	00:07:06	05:04:53	00:07:06	01:34:50	03:15:42	OS LEGIONARIOS	
11	444	RAUL QUARESMA	05:18:39	00:07:25	05:18:36	00:07:25	01:36:35	03:26:44	O MUNDO DA CORRIDA	
12	472	ELÁDIO MANUEL	05:27:26	00:07:37	05:27:07	00:07:37	01:45:54	03:28:18		
13	467	ANTÓNIO PEDRO SANTOS	05:30:42	00:07:42	05:30:35	00:07:42	01:36:31	03:29:50		
14	334	PEDRO TIAGO MARTINS	05:31:30	00:07:43	05:31:16	00:07:43	01:40:01	03:30:53	ASS. ATLETISMO LEBRES DO SADO	
15	419	CESAR DUARTE	05:32:33	00:07:45	05:32:23	00:07:44	01:26:11	03:11:34		
16	552	RICARDO CIFUENTES DO AMARAL	05:43:22	00:08:00	05:43:08	00:07:59	01:42:23	03:33:28		
17	480	PEDRO LIZARDO	05:52:30	00:08:12	05:52:24	00:08:12	01:49:22	03:49:45	THE WALKING DEAD	
18	455	NUNO ESPAÑA	05:59:21	00:08:22	05:59:05	00:08:22	01:55:03	04:00:54		
19	383	MANUEL FESTAS	06:04:51	00:08:30	06:04:43	00:08:29	01:35:54	03:25:32		
20	401	FÁBIO LOUREIRO	06:14:59	00:08:44	06:14:43	00:08:43	01:41:35	03:33:19		
21	333	RUI MARTINS	06:16:29	00:08:46	06:16:22	00:08:46	01:52:41	04:01:40		
22	576	EDUARDO PINHEIRO	06:19:56	00:08:51	06:19:38	00:08:50	02:03:17	04:06:15		
23	387		06:24:05	00:08:56	06:24:00	00:08:56	01:47:03	03:57:09		
24	458	NUNO MONTEIRO	06:32:27	00:09:08	06:31:27	00:09:07	01:57:33	04:08:26		
25	551	TIAGO JOSE MENDES LANCA	06:36:10	00:09:13	06:36:08	00:09:13	01:56:07	04:15:10		
26	530	MÁRIO MATOS	06:37:18	00:09:15	06:37:09	00:09:15	01:52:13	04:01:45	G.D.R. SÃO FRANCISCO DA SERRA	
27	390	PAULO MONTEIRO	06:40:49	00:09:20	06:40:43	00:09:20	01:43:46	04:00:56		
28	275	UI RODOLFO VILHENA RAMOS MAIA CORREIA GOME	06:41:08	00:09:20	06:40:44	00:09:20	02:02:59	04:26:03	CORRER LISBOA	
29	296		06:42:30	00:09:22	06:42:27	00:09:22	01:54:37	04:05:04		
30	259	GUSTAVO VENTURA GASOPO	06:55:52	00:09:41	06:55:33	00:09:40	01:59:31	04:38:09		
31	319	TIAGO SOUSA	06:59:42	00:09:46	06:59:41	00:09:46	01:36:49	04:02:50		
32	584	PEDRO SANTOS BATISTA	07:05:39	00:09:54	07:05:35	00:09:54	02:06:02	04:25:49		
33	431	DIOGO ROBERTO	07:07:31	00:09:57	07:07:26	00:09:57	02:07:23	04:48:20		
34	262	MARCO ALEXANDRE MARTINHO NEVES	07:12:05	00:10:03	07:11:46	00:10:03	02:05:34	04:51:35		
35	321	DANIEL COSTA	07:26:37	00:10:24	07:26:18	00:10:23	02:08:14	05:06:03		
36	478	HUGO PINA	07:37:51	00:10:39	07:37:32	00:10:39	01:53:51	05:11:10		
37	542	RICARDO FILIPE FIGUEIREDO FERREIRA	07:45:06	00:10:49	07:44:41	00:10:49	02:17:23	05:06:33	OS AMIGOS DA BELFAS	
38	295		07:47:31	00:10:53	07:47:29	00:10:53	02:03:53	04:52:26		
39	456	LUÍS RIBEIRO	07:54:38	00:11:03	07:54:22	00:11:02	02:30:22	05:32:36		
40	379		08:14:44	00:11:31	08:14:32	00:11:31	02:21:39	05:31:05		
41	342		08:55:04	00:12:27	08:54:58	00:12:27	02:31:44	05:37:15		

SNF		SENIORES FEM (18 ATÉ 39 ANOS)		Chegados:		11				
Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa	
1	590	PATRÍCIA SERAFIM	04:08:40	00:05:47	04:08:40	00:05:47	01:16:59	02:36:23		
2	434	FILIPA ELVAS	06:26:22	00:09:00	06:26:17	00:08:59	01:57:50	04:09:53		
3	562	PAULA PENEDO	06:32:53	00:09:09	06:32:36	00:09:08	02:07:28	04:29:12	RAIL RUNNERS	
4	564	PAULA JACOB	06:43:00	00:09:23	06:42:44	00:09:22	02:20:14	04:48:55	CLUBE GRUPO BES	
5	288	PATRICIA CONCEIÇÃO JEREMIAS	06:59:47	00:09:46	06:59:23	00:09:46	02:09:48	04:42:13		
6	465	CARLA ANDRE	07:26:37	00:10:24	07:26:27	00:10:23	02:21:44	05:06:53		
7	263	CARLA REBELO	07:37:07	00:10:38	07:36:51	00:10:38	02:21:07	05:10:15		
8	541	ISABEL FILIPA GARCIA MONTEIRO	07:45:05	00:10:49	07:44:40	00:10:49	02:17:27	05:06:32	OS AMIGOS DA BELFAS	
9	357	MARTA ANDRADE	07:57:26	00:11:07	07:57:03	00:11:06	02:41:13	05:39:35		
10	375	CARLA MATOS	08:18:40	00:11:36	08:18:23	00:11:36	02:39:37	05:47:20	RUN 4 FUN	
11	545	MARGARIDA MACHADO BOAVIDA	09:01:48	00:12:36	09:01:21	00:12:36	02:52:17		OS AMIGOS DA BELFAS	

VT1M		VETERANOS I MASC (35 A 39 ANOS)		Chegados:		40				
Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa	
1	563	IGOR TIMBALARI	03:18:57	00:04:38	03:18:57	00:04:38	01:06:27	02:12:32		
2	412	BÉNEK MORAIS	03:23:34	00:04:45	03:23:34	00:04:45	01:06:26	02:12:31		
3	549	DAVID FERNANDES	03:38:28	00:05:05	03:38:28	00:05:05	01:07:32	02:18:47	AMINHACORRIDA.COM	
4	449	SÉRGIO DOMINGOS TOMÁS	03:52:06	00:05:24	03:52:05	00:05:24	01:11:07	02:25:59		
5	311	SERGIO GERÓNIMO	04:05:40	00:05:43	04:05:38	00:05:43	01:17:06	02:36:22	ATLETICO CLUBE S. MAMEDE	
6	282	LUIS ALEXANDRE	04:26:39	00:06:13	04:26:39	00:06:13	01:21:56	02:44:13	ACR SANTA CITA	
7	328	MARTIM NUNES	04:31:40	00:06:20	04:31:39	00:06:20	01:12:35	02:41:46		
8	582	LUIS VARZEA	04:35:31	00:06:25	04:35:28	00:06:25	01:22:21	02:46:53	C. R. ALTURENSE	
9	437	CELESTINO MIGUEL ESPIRITO SANTO	04:36:44	00:06:27	04:36:33	00:06:26	01:29:25			
10	476	LUIS TRINDADE	04:54:48	00:06:52	04:54:43	00:06:52	01:27:42	03:05:39	THE WALKING DEAD	
11	279	TIAGO GASPAR	05:11:30	00:07:15	05:11:19	00:07:15	01:30:05	03:03:15	ACR SANTA CITA	
12	302	DANIEL ALEXANDRE GOMES	05:21:00	00:07:28	05:20:52	00:07:28	01:38:51	03:23:14		
13	596	JOSE PEDRO SEQUEIRA	05:27:27	00:07:37	05:27:24	00:07:37	01:35:59	03:18:24		
14	343	PEDRO ANTUNES	05:32:39	00:07:45	05:32:33	00:07:45	01:36:34	03:16:16	OS LEGIONARIOS	
15	354	PEDRO CAROLA	05:47:56	00:08:06	05:47:47	00:08:06	01:43:18	03:39:07	SS CGD	
16	352	NUNO NEVES	05:56:52	00:08:18	05:56:44	00:08:18	01:46:31	03:47:02		
17	411	MARCO SOUSA	06:04:06	00:08:29	06:04:00	00:08:28	01:50:03	03:52:01		
18	396	RUI MARTINS	06:18:51	00:08:49	06:18:41	00:08:49	01:49:15	04:10:17	SS CGD	
19	272	LEONEL FILIPE LEMOS DA SILVA	06:26:23	00:09:00	06:26:09	00:08:59	01:49:12	04:01:55		
20	536	FERNANDO XAVIER	06:32:08	00:09:08	06:32:00	00:09:07	01:59:48	04:05:26	CORRERLISBOA	
21	265	MÁRIO SANTOS	06:38:43	00:09:17	06:38:30	00:09:17	01:49:14	03:45:54		
22	299	JOSE AMARO	06:47:41	00:09:29	06:47:30	00:09:29	01:54:52	04:34:13		
23	286	PEDRO MIGUEL CARVALHO ANTÃO	06:56:25	00:09:42	06:56:23	00:09:41	01:51:02			
24	317	PAULO TOMÁS	06:56:56	00:09:42	06:56:52	00:09:42	01:58:47	04:36:39		
25	479	HUGO FRAGOSO	06:59:55	00:09:46	06:59:40	00:09:46	02:03:28	04:28:19	RUN 4 FUN	
26	345	ALEXANDRE CANTIGA	07:03:43	00:09:52	07:03:33	00:09:51	02:21:40	05:01:21		
27	459	VITOR PEREIRA	07:05:39	00:09:54	07:05:36	00:09:54	01:50:15	04:20:25	G.D.R.SÃO FRANCISCO DA SERRA	
28	370	ALEXANDRE LEAL	07:19:11	00:10:13	07:19:05	00:10:13	01:49:19	04:31:24		
29	532	RICARDO SILVA	07:23:41	00:10:20	07:23:35	00:10:19	02:04:43	04:59:26	TUGAS NA ESTRADA	
30	413	ALEXANDRE MATEUS	07:42:44	00:10:46	07:42:40	00:10:46	02:12:05	05:14:09		
31	409	PEDRO ROSÁRIO SANTOS	07:50:22	00:10:57	07:50:11	00:10:57	02:15:02	05:15:42		
32	461	ALEXANDRE RAMOS	07:51:10	00:10:58	07:50:58	00:10:58	02:22:46	05:13:01		

33	566	PAULO NEVES	07:55:17	00:11:04	07:54:55	00:11:03	02:17:55	05:19:53	
34	389	DANIEL RAMOS	07:57:26	00:11:07	07:57:00	00:11:06	02:41:13	05:40:07	
35	276	JORGE FILIPE DA FONSECA NUNES	07:59:55	00:11:10	07:59:39	00:11:10	02:14:53	05:37:01	
36	347	JOÃO ROSA	08:04:53	00:11:17	08:04:45	00:11:17	02:22:52	05:37:26	
37	308	PEDRO FILIPE LEO CUNHA MARTINS	08:07:59	00:11:21	08:07:49	00:11:21	02:26:47	05:29:03	
38	577	JOÃO RICARDO ABREU SANTOS F. DUARTE	08:20:25	00:11:39	08:20:04	00:11:38	03:05:09	06:13:00	
39	422	PEDRO GOUVEIA	08:37:21	00:12:02	08:37:11	00:12:02	02:37:56	06:07:00	
40	269	JOSÉ MIGUEL PINTO FRAGA	09:02:59	00:12:38	09:02:53	00:12:38	02:52:28	06:12:00	

**VT1F VETERANAS I FEM (40 A 44 ANOS) Chegados: 3**

Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
1	312	ANABELA DUQUE	06:23:31	00:08:56	06:23:30	00:08:56	01:47:36	04:20:25	ATLETICO CLUBE S. MAMEDE
2	315	ANABELA NEVES SANTOS	07:07:31	00:09:57	07:07:26	00:09:57	02:16:31	04:48:55	
3	365	SARA COLAÇO	07:53:07	00:11:01	07:53:05	00:11:01	02:26:19	05:18:53	C.A. AMIGOS PARQUE DA PAZ
Desc	338	MARTA BORGES	06:12:16	00:08:40	06:11:44	00:08:39	02:22:54		

**VT2M VETERANOS II MASC (40 E 44 ANOS) Chegados: 42**

Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa
1	326	MARIO CASSACA	03:19:39	00:04:39	03:19:39	00:04:39	01:06:25	02:12:31	CLUBE DE ATLETISMO ODIMARQ
2	463	MIGUEL ANGELO PEREIRA MARTINS	03:27:11	00:04:50	03:27:10	00:04:50	01:10:14	02:17:04	ATLETICO CLUBE DE VERMOIL
3	322	JOÃO FAUSTINO	03:47:44	00:05:18	03:47:42	00:05:18	01:11:08	02:24:31	ESCOLA SEC MONTE CAPARICA
4	448	ROGÉRIO CASSACA	04:00:54	00:05:37	04:00:53	00:05:37	01:11:57	02:29:51	G.D.R. SÃO FRANCISCO DA SERRA
5	464	GUILHERME HORA	04:12:49	00:05:53	04:12:47	00:05:53	01:15:15	02:36:07	ESCOLA SEC MONTE CAPARICA
6	571	ARMANDO SOUSA	04:14:10	00:05:55	04:14:07	00:05:55	01:23:50	02:49:17	OS KOTAS
7	570	ANTÓNIO AFONSO	04:15:34	00:05:57	04:15:32	00:05:57	01:11:59	02:31:14	C. R. ALTURENSE
8	575	CARLOS CORREIA	04:21:01	00:06:05	04:20:56	00:06:05	01:23:35	02:48:57	OS KOTAS
9	427	JOSÉ SERRANO	04:28:26	00:06:15	04:28:14	00:06:15	01:23:48	02:51:24	C.A. AMIGOS PARQUE DA PAZ
10	430	JOSE MANUEL MARQUES FERREIRA	04:49:25	00:06:44	04:49:24	00:06:44	01:24:37	02:58:14	
11	384	VIRIATO DIAS	04:53:19	00:06:50	04:53:03	00:06:49	01:31:18	03:03:16	CTAD-TIAGOARAGAO.COM
12	440	JOAQUIM CAPELA	05:02:04	00:07:02	05:02:01	00:07:02	01:26:08	03:06:40	
13	597	REINALDO RODRIGUES	05:06:06	00:07:08	05:05:43	00:07:07	01:35:01	03:12:49	
14	594	LUÍS HENRIQUE PIRES PAISANA	05:10:38	00:07:14	05:10:18	00:07:13	01:36:06	03:13:54	ASSOCIAÇÃO GD ACADEMIA DO KORPO
15	466	JOÃO VEIGA	05:24:49	00:07:34	05:24:39	00:07:33	01:39:13	03:24:17	DERRETEBANHA
16	280	PAULO FERREIRA	05:31:26	00:07:43	05:31:15	00:07:43	01:30:08	03:32:40	ACR SANTA CITA
17	292	MIGUEL M. CAMPOS	05:41:25	00:07:57	05:41:10	00:07:57	01:49:17	03:41:17	
18	268	PEDRO VIEIRA	05:43:50	00:08:00	05:43:30	00:08:00	01:44:37	03:24:48	
19	360	MANUEL NOGUEIRA	05:51:24	00:08:11	05:51:20	00:08:11	01:37:26	03:45:41	
20	543	JOSE FERNANDO GOMES DA SILVA MARQUES	06:01:06	00:08:24	06:01:04	00:08:24	01:40:18	03:50:52	
21	337	RICARDO MARTINS	06:09:42	00:08:36	06:09:11	00:08:36	02:01:35	04:08:18	
22	578	JOÃO PARISOT	06:13:13	00:08:41	06:12:56	00:08:41	01:43:23	03:46:27	
23	372	JORGE MIMOSO	06:22:04	00:08:54	06:21:51	00:08:53	01:54:57	04:06:15	
24	410	ANDRÉ CASTRO	06:23:22	00:08:55	06:23:05	00:08:55	01:56:07	04:04:59	
25	481	HEITOR GOMES	06:37:19	00:09:15	06:37:10	00:09:15	02:00:17	04:06:45	
26	290	JORGE RODRIGUES	06:37:21	00:09:15	06:37:01	00:09:14	01:45:15	04:08:35	
27	471	JOÃO PEDRO FONSECA	06:39:23	00:09:18	06:39:03	00:09:17	01:45:33	04:06:22	DERRETEBANHA
28	373	ANTÓNIO VILELA	06:51:52	00:09:35	06:51:44	00:09:35	01:58:21		
29	403	ANTÓNIO MANUEL MACHADO DE ALMEIDA	06:57:05	00:09:42	06:56:53	00:09:42	01:56:09	04:26:46	
30	289	LUIS HENRIQUE SILVA	06:59:47	00:09:46	06:59:22	00:09:46	02:09:48	04:42:14	
31	408	VITOR GALEGO	07:05:39	00:09:54	07:05:32	00:09:54	01:47:26	04:12:59	

32	284	CARLOS BEATO	07:05:56	00:09:55	07:05:42	00:09:54	01:55:22	04:29:20	
33	381	PAULO TRINDADE	07:20:16	00:10:15	07:20:10	00:10:15	02:03:52	04:48:18	O MUNDO DA CORRIDA
34	281	FRANCISCO CONFRARIA	07:21:53	00:10:17	07:21:43	00:10:17	01:58:23	04:51:34	ACR SANTA CITA
35	535	CARLOS GUERRA	07:44:29	00:10:49	07:44:17	00:10:48	02:16:45	05:03:43	
36	537	PAULO SERGIO MATOS SILVA	07:47:31	00:10:53	07:47:28	00:10:53	02:03:43	04:52:30	
37	539	RUI PEDRO BULHOSA GONÇALVES BOTAS	07:53:28	00:11:01	07:53:20	00:11:01	02:14:29	05:12:58	B13X CROSSFIT ENDURANCE
38	358	LUÍS MIGUEL ROQUE	08:00:22	00:11:11	08:00:17	00:11:11	02:12:15	05:25:45	C.A. AMIGOS PARQUE DA PAZ
39	540	NUNO PINOIA	08:05:39	00:11:18	08:05:30	00:11:18	02:03:51	05:06:32	B13X CROSSFIT ENDURANCE
40	567	MIGUEL BAPTISTA	08:21:51	00:11:41	08:21:45	00:11:41	02:26:00	05:38:33	
41	376	JOAO CAMPOS	08:26:41	00:11:47	08:26:33	00:11:47	02:35:58	05:33:39	

VT2F		VETERANAS II FEM (45 ANOS E MAIS)		Chegados:		8				
Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa	
1	366	CHANTAL XHERVELLE	04:31:01	00:06:19	04:31:01	00:06:19	01:21:29	02:51:42	XTREME LEVEL	
2	598	ISABEL MOLEIRO	05:27:07	00:07:37	05:27:01	00:07:37	01:42:34	03:35:26	SS CGD	
3	283	JÚLIA CONCEIÇÃO	05:44:23	00:08:01	05:44:20	00:08:01	01:45:41	03:50:30		
4	298	ANALICE SILVA	06:15:41	00:08:45	06:15:40	00:08:45	01:50:19	03:56:32	O MUNDO DA CORRIDA	
5	399	ELENA IABANJI	06:24:12	00:08:57	06:24:05	00:08:56	02:01:15	04:25:47		
6	428	CELIA AZENHA	08:06:20	00:11:19	08:06:11	00:11:19	02:32:36	05:36:18		
7	406	MAFALDA SOFIA NUNES	08:20:31	00:11:39	08:20:17	00:11:39	02:52:48	06:06:00	ASS. ATLETISMO LEBRES DO SADO	

VT3M		VETERANOS III MASC (45 A 49 ANOS)		Chegados:		26				
Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa	
1	445	PAULO PINTO	03:26:45	00:04:49	03:26:45	00:04:49	01:03:22	02:09:53		
2	557	ANTONIO SILVESTRE	04:17:29	00:06:00	04:17:21	00:06:00	01:23:06	02:42:37		
3	585	CARLOS EDUARDO LOURENÇO	04:28:34	00:06:15	04:28:31	00:06:15	01:28:56	02:56:16	ESCOLA SEC MONTE CAPARICA	
4	258	RUI MONTEIRO	04:29:43	00:06:17	04:29:37	00:06:17	01:22:18	02:48:32	AC PORTALEGRE / UTSM	
5	356	PAULO PIRES	04:49:05	00:06:44	04:48:56	00:06:44	01:31:49	03:04:27	SS CGD	
6	287	FIGUEIRA	05:02:33	00:07:03	05:02:31	00:07:03	01:31:52	03:13:15		
7	327	MIGUEL GRAÇA	05:15:31	00:07:21	05:15:27	00:07:21	01:34:48	03:14:39	OS LEGIONARIOS	
8	344	ANTONIO ESTRELA	05:15:32	00:07:21	05:15:27	00:07:21	01:37:20	03:15:06	OS LEGIONARIOS	
9	581	FERNANDO SILVA	05:17:52	00:07:24	05:17:49	00:07:24	01:30:21	03:12:11	C. R. ALTURENSE	
10	355	JOSÉ SANTOS	05:24:36	00:07:33	05:24:26	00:07:33	01:34:06	03:26:35	C.A. AMIGOS PARQUE DA PAZ	
11	318	ANTÓNIO SOARES	05:31:42	00:07:43	05:31:40	00:07:43	01:28:06	03:18:16	O PRATICANTE /C.D.ASASMILENIUM	
12	526	VASCO AGOSTINHO	05:38:33	00:07:53	05:38:24	00:07:53	01:39:57	03:25:54	G.D.R.SÃO FRANCISCO DA SERRA	
13	600	DAVID FAUSTINO	06:06:10	00:08:31	06:06:04	00:08:31	01:49:10	04:01:23	SS CGD	
14	273	ANDRÉ PENNA	06:46:30	00:09:28	06:46:20	00:09:27	01:58:43	04:35:22	ACR SANTA CITA	
15	446	EMILIO SAEZ SORO	06:49:10	00:09:31	06:48:57	00:09:31	01:48:44	04:07:36		
16	329	CARLOS LENZI	06:52:12	00:09:36	06:52:11	00:09:36	01:36:51	04:04:00		
17	527	HENRIQUE TRINDADE	06:58:22	00:09:44	06:58:10	00:09:44	01:58:39	04:36:27		
18	416	PAULO ALEXANDRE MARTINS MORADIAS	07:14:24	00:10:07	07:14:07	00:10:06	02:02:55	05:03:39	AÇOREANA CLUB BANIF	
19	351	JOÃO EDUARDO PINTO	07:17:54	00:10:12	07:17:46	00:10:11	01:59:31	04:41:28		
20	407	LUÍS MIGUEL SANTOS	07:26:37	00:10:24	07:26:31	00:10:24	02:06:32	04:50:45	ASS. ATLETISMO LEBRES DO SADO	
21	400	PAULO JORGE DOS SANTOS	07:40:19	00:10:43	07:39:57	00:10:42	02:24:34	05:21:11	ASS. ATLETISMO LEBRES DO SADO	
22	398	ROGÉRIO PAULO MOTA	08:00:23	00:11:11	08:00:00	00:11:10	02:31:54	05:35:44	ASS. ATLETISMO LEBRES DO SADO	
23	266	CARLOS NEVES	08:00:26	00:11:11	08:00:14	00:11:11	02:21:19	05:35:49	ABSOLUTE VANITY	
24	364	PAULO BRISSOS	08:05:32	00:11:18	08:05:26	00:11:18	02:10:03	05:21:12		
25	353	LUIS CANHÃO	08:06:20	00:11:19	08:06:08	00:11:19	02:15:35	05:30:59		
26	300	JORGE GOIS	08:26:24	00:11:47	08:26:13	00:11:47	02:18:00	05:48:04		

VT4M		VETERANAS IV MASC (50 E 54 ANOS)		Chegados:		17				
Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa	
1	316	JOAQUIM CAPUCHO	03:48:18	00:05:19	03:48:17	00:05:19	01:13:51	02:28:09	CLUBE DE ATLETISMO ODIMARQ	
2	313	ANTONIO SILVINO	04:01:44	00:05:38	04:01:42	00:05:38	01:11:13	02:27:35	ATLETICO CLUBE S. MAMEDE	
3	367	JAIME LAMEGO	04:12:20	00:05:53	04:12:19	00:05:53	01:13:35	02:35:13	XTREME LEVEL	
4	452	JOÃO PAULO MARQUES	04:30:54	00:06:18	04:30:50	00:06:18	01:32:15	03:00:07		
5	583	CARLOS G. COELHO	05:42:40	00:07:59	05:42:36	00:07:59	01:41:40	03:35:28		
6	332	CARLOS PASCOAL	05:43:05	00:07:59	05:42:58	00:07:59	01:34:21	03:36:22		
7	335	JORGE LEAO	05:44:52	00:08:02	05:44:27	00:08:01	01:52:54	03:45:08		
8	392	ANTÓNIO FERNANDO PEREIRA CASACA	05:50:55	00:08:10	05:50:46	00:08:10	01:46:35	03:41:28		
9	402	MÁRIO JOÃO DE BRITO MARTINS SANTOS	05:53:06	00:08:13	05:52:42	00:08:13	01:47:23	03:40:32		
10	531	PAULO VILAÇA	05:55:55	00:08:17	05:55:52	00:08:17	01:32:54	03:28:04	TUGAS NA ESTRADA	
11	304	ARLINDO DOMINGOS DUARTE	06:07:12	00:08:33	06:06:54	00:08:32	01:51:29	03:54:09	AÇOREANA CLUB BANIF	
12	348	JOSÉ MELO	06:28:03	00:09:02	06:27:49	00:09:02	02:01:49	04:29:24	RUN 4 FUN	
13	293	HENRIQUE PINHÃO MARTINS	07:17:53	00:10:11	07:17:27	00:10:11	02:08:36	04:41:29		
14	425	KEN HALLAND	07:36:02	00:10:37	07:35:55	00:10:37	02:31:42	05:14:42		
15	424	LUÍS ALMEIDA	08:23:16	00:11:43	08:23:04	00:11:42	02:27:53	05:59:20	LIS RUNNING C.P.A	
16	426	LUIS MANUEL PARRO	08:26:41	00:11:47	08:26:31	00:11:47	02:31:38	05:39:14		
17	420	CARLOS ROCHA	08:55:04	00:12:27	08:54:50	00:12:27	02:52:15	06:04:07		

VT5M		VETERANOS V MASC (55 A 59 ANOS)		Chegados:		12				
Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa	
1	442	ANACLETO FAÍSCA	04:43:03	00:06:35	04:42:56	00:06:35	01:29:11	02:59:09		
2	538	CIRILO FORMIGA	04:54:49	00:06:52	04:54:46	00:06:52	01:30:06	03:05:30	O PRATICANTE /C.D.ASASMILENIUM	
3	447	EMÍLIO PAULINO	05:13:49	00:07:18	05:13:43	00:07:18	01:23:15	03:04:33	AC PORTALEGRE / UTM	
4	363	JOAQUIM ANTUNES	05:18:52	00:07:25	05:18:49	00:07:25	01:36:08	03:29:22	ESCOLA SEC MONTE CAPARICA	
5	573	JOSÉ PEDRAS	05:19:59	00:07:27	05:19:55	00:07:27	01:34:56	03:17:46	OS KOTAS	
6	561	FERNANDO FRANCISCO OLIVEIRA PEREIRA	05:22:47	00:07:31	05:22:45	00:07:31	01:32:08	03:15:56	DASDIKES	
7	405	JOSÉ BARROCO	06:24:13	00:08:57	06:24:05	00:08:56	02:01:18	04:25:48		
8	371	ÁLVARO PINTO	06:51:53	00:09:35	06:51:45	00:09:35	01:58:22	04:28:06		
9	529	JORGE GONÇALVES	07:36:17	00:10:37	07:36:10	00:10:37	02:37:50	05:15:23	TUGAS NA ESTRADA	
10	418	SEVERINO ROSA	07:38:01	00:10:40	07:37:49	00:10:39	02:11:09	05:09:16	SS CGD	
11	306	FERNANDO NUNES MIGUEL ANDRADE	07:55:17	00:11:04	07:54:55	00:11:03	02:11:13	05:03:39	AÇOREANA CLUB BANIF	
12	421	JACINTO PEREIRA	08:12:33	00:11:28	08:12:17	00:11:27	02:27:56	05:59:30	LIS RUNNING C.P.A	

VT6M		VETERANOS VI MASC (60 ANOS E MAIS)		Chegados:		5				
Posto Escalão	Dorsal	Nome	T_Oficial	RitmoKm	T_Real	RitKmReal	Control	Km 28,5	Equipa	
1	341	RUI LOPES	04:47:38	00:06:42	04:47:33	00:06:42	01:32:38	03:05:16	OS LEGIONARIOS	
2	589	RUI FREITAS	06:04:52	00:08:30	06:04:49	00:08:30	01:34:52	03:24:48	G.D.R.SÃO FRANCISCO DA SERRA	
3	453	ANTONIO PEREIRA	06:36:46	00:09:14	06:36:28	00:09:14	01:59:57	04:18:14	CCR AUTO MOINHO	
4	377	ALÍRIO MANUEL BRUNO RODA	08:28:52	00:11:51	08:28:34	00:11:50	02:40:58	05:54:54		
5	350	LUIS PRUDÊNCIO MIGUEL	09:01:32	00:12:36	09:01:11	00:12:36	02:47:18			

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