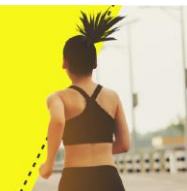


CORRIDA 10KM**ALHANDRA**
27 OUT - 10H

CORRIDA CIMPOR



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	242	PEDRO GASPAR	M	25	1	00:31:35.93	00:31:35.93	
2	152	SÉRGIO SILVA	M	36	1	00:32:25.44	00:32:25.44	CF BELENENSES
3	12	HUGO RODRIGUES	M	22	2	00:33:17.91	00:33:17.91	VITORIA FC
4	246	NUNO TEIXEIRA	M	35	2	00:34:02.47	00:34:02.47	CF BELENENSES
5	203	JOSE SILVA	M	49	1	00:34:35.45	00:34:35.45	GD CHELAS
6	107	MIGUEL FORTUNATO	M	22	3	00:35:13.89	00:35:13.89	
7	77	TIAGO NOGUEIRA	M	37	3	00:36:01.74	00:36:01.74	
8	224	JOÃO FERREIRA	M	43	4	00:36:40.41	00:36:40.41	ADS DESTERRO
9	232	MARIO PIRES	M	45	2	00:37:28.83	00:37:28.83	CF BELENENSES
10	231	HENRIQUE JANOTA	M	46	3	00:37:48.76	00:37:48.76	CARACOIS DE PEDRA
11	87	RUBEN DUARTE	M	27	4	00:38:28.71	00:38:28.71	
12	86	ANTONIO SANTOS	M	61	1	00:38:34.85	00:38:34.85	ASSOCIAÇÃO VALE GRANDE
13	68	ANTÓNIO HENRIQUES	M	62	2	00:38:35.32	00:38:35.32	CA VALE FIGUEIRA
14	119	JOAQUIM ALEXANDRE	M	53	4	00:38:53.13	00:38:53.13	AMCD TITUARIA
15	225	VITOR ANTUNES	M	46	5	00:39:39.03	00:39:39.03	SR CAMARNAL
16	23	PAULO TORRES	M	43	5	00:39:45.17	00:39:45.17	ALVERCA URBAN RUNNERS
17	194	LUIS REBELO	M	55	3	00:39:49.10	00:39:49.10	FALCÕES SELVAGENS
18	183	LUIS MADRUGA	M	33	5	00:39:51.96	00:39:51.96	
19	208	GABRIEL GONÇALVES	M	64	4	00:40:35.85	00:40:35.85	GD CHELAS
20	138	CRISTINA PONTE	F	46	1	00:40:46.01	00:40:46.01	C MARCHA E CORRIDA ALENQUER
21	180	RAUL RODRIGUES	M	61	5	00:40:47.83	00:40:47.83	GD CHELAS
22	78	RAFAEL VENTURA	M	35	6	00:40:48.35	00:40:48.35	BALBOAS E NAPOLEOES
23	20	JOÃO FERNANDES	M	31	6	00:41:10.03	00:41:10.03	
24	28	CLAUDIO MIRA	M	54	6	00:41:11.62	00:41:11.62	GAA VILA F XIRA
25	185	FABIO ROMAO	M	27	7	00:41:12.66	00:41:12.66	UDCA
26	109	PAULO CARTAXO	M	40	7	00:41:30.14	00:41:30.14	UDCA
27	64	RICARDO SILVA	M	36	8	00:41:33.85	00:41:33.85	
28	130	HUGO BOURA	M	31	8	00:41:34.93	00:41:34.93	ALVERCA URBAN RUNNERS
29	97	DARIO MESQUITA	M	36	9	00:41:40.71	00:41:40.71	SPECIAL FORCE
30	92	HÉLIO COSTA	M	33	9	00:41:53.54	00:41:53.54	OS INCRÍBEIS
31	165	HUGO HENRIQUES	M	42	10	00:42:11.03	00:42:11.03	SR CAMARNAL
32	252	HUGO HENRIQUES	M	43	11	00:42:23.76	00:42:23.76	
33	101	CARLOS DIAS	M	42	12	00:42:31.83	00:42:31.83	SPECIAL FORCE
34	14	ÁLVARO GOMES	M	46	7	00:42:41.41	00:42:41.41	TERRAS FUNDEIRAS
35	190	JOÃO VEIGA	M	51	8	00:42:50.12	00:42:50.12	



36	166	VITOR MARQUES	M	50	9	00:43:00.46	00:43:00.46	SR CAMARNAL
37	223	MAURO PIMENTA	M	43	13	00:43:02.18	00:43:02.18	GAA VILA F XIRA
38	113	JOAO BRAZ	M	55	6	00:43:05.76	00:43:05.76	MOTOCUBE TT MONTES SALOIOS
39	151	ANDRÉ MARTINS	M	34	10	00:43:11.43	00:43:11.43	
40	238	JOSÉ RAMOS	M	44	14	00:43:13.63	00:43:13.63	FRIENDS
41	59	JOÃO CARLOS FERREIRA	M	48	10	00:43:26.98	00:43:26.98	CA VALE FIGUEIRA
42	95	FREDERICO PACHECO	M	37	15	00:43:28.82	00:43:28.82	SPECIAL FORCE
43	239	ANTÓNIO DUARTE	M	43	16	00:43:40.76	00:43:40.76	KANINOS
44	80	RICARDO CAPELO	M	35	17	00:43:45.35	00:43:45.35	
45	140	JOÃO PAULO FÉLIX	M	49	11	00:43:46.07	00:43:46.07	
46	29	FÁBIO FAIA	M	29	11	00:43:49.49	00:43:49.49	
47	187	RITA CRUZ	F	22	1	00:43:52.76	00:43:52.76	CF BELENENSES
48	134	ALEXANDRE SILVA	M	27	12	00:43:52.94	00:43:52.94	CA POUCCORRE
49	61	DAVID SOARES	M	35	18	00:43:53.46	00:43:53.46	
50	181	VITOR DIAS	M	53	12	00:43:58.95	00:43:58.95	GD CHELAS
51	247	FILIPA OLIVEIRA	F	48	2	00:44:03.71	00:44:03.71	CF BELENESES
52	230	JOAQUIM JESUS	M	59	7	00:44:11.82	00:44:11.82	SR CAMARNAL
53	111	CARLOS CAEIRO	M	65	1	00:44:15.00	00:44:15.00	
54	124	RUI MENA	M	48	13	00:44:18.36	00:44:18.36	CCD SINTRENSE
55	216	TIAGO MONTEIRO	M	35	19	00:44:22.16	00:44:22.16	PORTUGAL RUNNING
56	226	LUÍS ALVES	M	41	20	00:44:41.52	00:44:41.52	
57	70	PAULO CARDOSO	M	42	21	00:44:42.50	00:44:42.50	
58	170	ZÉ RIBEIRO	M	57	8	00:44:43.69	00:44:43.69	SR CAMARNAL
59	67	FRANCISCO ALQUEIDAO	M	55	9	00:44:44.14	00:44:44.14	
60	234	ELOI OLIVEIRA	M	41	22	00:44:44.68	00:44:44.68	
61	115	FILIPE BRANCO	M	49	14	00:44:59.52	00:44:59.52	AMCD TITUARIA
62	179	SARA GABRIEL	F	30	2	00:45:02.14	00:45:02.14	ASSOCIAÇÃO VALE GRANDE
63	38	NUNO LOPES	M	44	23	00:45:11.54	00:45:11.54	FC ESTRELAS LISBOA
64	11	JOAO BOGALHEIRO	M	49	15	00:45:20.66	00:45:20.66	A VALE SILENCIO
65	116	EDGAR FRANCISCO	M	53	16	00:45:32.89	00:45:32.89	AMCD TITUARIA
66	73	RICARDO SÁ	M	38	24	00:45:37.09	00:45:37.09	
67	74	CARLOS SG RODRIGUES	M	54	17	00:45:42.40	00:45:42.40	
68	31	DAVID SANTOS	M	42	25	00:46:03.33	00:46:03.33	
69	176	PEDRO SILVA	M	46	18	00:46:07.12	00:46:07.12	CCR PRAIA DE MIRA
70	139	TIAGO CARVALHO	M	28	13	00:46:09.04	00:46:09.04	CIMPASSO
71	205	MANUEL TAVARES	M	61	10	00:46:11.67	00:46:11.67	GD CHELAS
72	53	NUNO HENRIQUE MENDES	M	36	26	00:46:12.11	00:46:12.11	CARACOLETAS DO ASFALTO



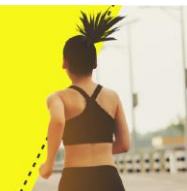
73	60	ANTÓNIO MAURÍCIO	M	53	19	00:46:13.24	00:46:13.24	
74	141	JOÃO FILIPE	M	37	27	00:46:27.99	00:46:27.99	
75	200	ANDRÉ RIBEIRO	M	27	14	00:46:29.29	00:46:29.29	
76	25	LUIS SOBRAL SOBRAL	M	57	11	00:46:33.84	00:46:33.84	GD ÁGUIAS DA MOITA
77	27	FLÁVIO RAMALHO RAMALHO	M	34	15	00:46:34.04	00:46:34.04	GD ÁGUIAS DA MOITA
78	169	JOSE FRANCO	M	60	12	00:46:47.03	00:46:47.03	SR CAMARNAL
79	79	BENTO RIBEIRO	M	57	13	00:46:54.80	00:46:54.80	CKLRUNING
80	154	RITA NUNES	F	30	3	00:47:20.00	00:47:20.00	
81	159	ANTONIO FERREIRA	M	60	14	00:47:23.18	00:47:23.18	
82	182	LIPING ZHONG	M	45	20	00:47:29.71	00:47:29.71	
83	201	CARLOS RODRIGUES	M	46	21	00:47:35.28	00:47:35.28	GD CHELAS
84	118	LUIS FERREIRA	M	52	22	00:47:39.95	00:47:39.95	AMCD TITUARIA
85	146	LEONEL ALVES	M	40	28	00:47:41.03	00:47:41.03	
86	65	ANTONIO SOARES	M	53	23	00:47:42.54	00:47:42.54	TEAM SOARES
87	99	RICARDO TAVARES	M	37	29	00:47:44.34	00:47:44.34	SPECIAL FORCE
88	45	HELDER VALADAS	M	39	30	00:47:45.54	00:47:45.54	OS PERIGOSOS
89	218	JOSE SANTOS	M	37	31	00:47:48.68	00:47:48.68	PORTUGAL RUNNING
90	63	ANTÓNIO BARBAS	M	52	24	00:47:50.97	00:47:50.97	
91	121	ANDRE MOTA	M	42	32	00:48:07.76	00:48:07.76	AMCD TITUARIA
92	229	PAULO PASCOAL	M	52	25	00:48:13.01	00:48:13.01	ASSOCIAÇÃO VALE GRANDE
93	96	JOÃO ALMEIDA	M	34	16	00:48:17.96	00:48:17.96	SPECIAL FORCE
94	33	CARLA SILVA	F	46	3	00:48:26.13	00:48:26.13	AZA - AZAMBUJA COM ALMA
95	202	DANIEL SILVA	M	59	15	00:48:26.61	00:48:26.61	GD CHELAS
96	72	CARLOS ANTUNES	M	68	2	00:48:30.97	00:48:30.97	JOBRINDE MONTES SALOIOS
97	93	PAULO PEREIRA	M	56	16	00:48:34.23	00:48:34.23	INCRÍBEIS
98	37	PAULO COSTA	M	33	17	00:48:40.88	00:48:40.88	BANZÉ
99	24	PAULO ALVES	M	49	26	00:48:42.83	00:48:42.83	
100	157	CARLOS DIAS	M	38	33	00:48:48.64	00:48:48.64	
101	219	JOAQUIM JOSÉ RAMOS CASCALHEIRA	M	48	27	00:48:50.52	00:48:50.52	
102	120	PAULO TOMAS	M	46	28	00:48:50.75	00:48:50.75	AMCD TITUARIA
103	131	ALFREDO JORGE NOTÁRIO	M	50	29	00:48:51.31	00:48:51.31	AO RITMO DAS 200PPM
104	209	ORLANDO GABRIEL DA SILVA FERREIRA	M	62	17	00:48:54.58	00:48:54.58	SABORES DO PAÇO/ZATOPEQUES
105	233	TIAGO MOTA	M	38	34	00:49:07.41	00:49:07.41	BALBOAS E NAPOLEOES
106	241	ATLETA NÃO CADASTRADO	M	0	18	00:49:10.05	00:49:10.05	
107	244	MIGUEL ANGELO	M	43	35	00:49:13.41	00:49:13.41	
108	248	NUNO CASCAO	M	47	30	00:49:18.14	00:49:18.14	
109	50	JOSÉ HENRIQUES	M	64	18	00:49:49.75	00:49:49.75	OS PERIGOSOS



110	220	ANNA WIEMANN	F	32	4	00:50:06.28	00:50:06.28	
111	52	CARLOS HILARIO	M	53	31	00:50:22.45	00:50:22.45	
112	162	JOSÉ BRAGANÇA	M	41	36	00:50:32.55	00:50:32.55	
113	46	BENTO VALENTE	M	54	32	00:50:36.53	00:50:36.53	OS PERIGOSOS
114	222	ALBERTO ROMÃO	M	57	19	00:50:44.75	00:50:44.75	
115	36	DULCE REIS	F	21	5	00:50:58.83	00:50:58.83	
116	132	PAULO MOISAO	M	42	37	00:51:06.55	00:51:06.55	ATLETAS DA MADRUGADA
117	221	IVO LALIM	M	35	38	00:51:06.59	00:51:06.59	
118	213	MARTIM PALHAS	M	18	19	00:51:14.46	00:51:14.46	CLÃ PALHAS
119	71	JOAQUIM VENTURA	M	38	39	00:51:15.56	00:51:15.56	
120	251	BERNARDINO ANTUNES	M	57	20	00:51:19.68	00:51:19.68	
121	10	JOÃO BONITO	M	25	20	00:51:34.24	00:51:34.24	
122	43	AMILCAR MONTEIRO	M	65	3	00:51:36.00	00:51:36.00	
123	30	ANTÓNIO CASAS NOVAS	M	41	40	00:51:40.66	00:51:40.66	
124	155	TIAGO SANTOS	M	29	21	00:51:44.24	00:51:44.24	AFTER WORK TEAM
125	13	MARIA DE LURDES GONÇALVES	F	51	4	00:51:59.69	00:51:59.69	
126	51	LUIS ARCADINHO	M	67	4	00:52:07.87	00:52:07.87	OS PERIGOSOS
127	172	CARLOS ALBERTO QUINTAS DE MIRA	M	48	33	00:52:11.93	00:52:11.93	
128	21	LUIS FERREIRA	M	65	5	00:52:24.87	00:52:24.87	
129	126	FERNANDO PINHEIRO	M	48	34	00:52:25.46	00:52:25.46	CASTANHEIRAS
130	41	CRISTINA LINO	F	53	5	00:52:27.76	00:52:27.76	ALVERCA URBAN RUNNERS
131	89	PEDRO SEQUEIRA	M	52	35	00:52:38.38	00:52:38.38	
132	69	JOAO FERREIRA	M	47	36	00:52:44.34	00:52:44.34	
133	161	TIAGO FAZENDEIRO	M	18	22	00:53:17.51	00:53:17.51	
134	160	LUIS FAZENDEIRO	M	47	37	00:53:17.84	00:53:17.84	CF BELENENSES
135	214	HELDER PALHAS	M	47	38	00:53:31.70	00:53:31.70	CLÃ PALHAS
136	195	MARIA PEDROSO	F	46	6	00:53:35.25	00:53:35.25	
137	123	CARLOS FORTE	M	32	23	00:53:35.71	00:53:35.71	RODAS NO AR
138	217	HELENA SANTOS	F	38	1	00:54:06.27	00:54:06.27	PORTUGAL RUNNING
139	173	MARIA SANTOS	F	47	7	00:54:13.18	00:54:13.18	
140	186	PEDRO AMORIM	M	42	41	00:54:29.13	00:54:29.13	
141	15	INÊS MARTINS	F	52	8	00:54:31.57	00:54:31.57	
142	188	ADÉRITO CARRELHAS	M	65	6	00:54:40.91	00:54:40.91	
143	16	LUIS MIGUEL FERNANDES	M	63	21	00:54:47.24	00:54:47.24	
144	90	FERNANDO ROMANA	M	55	22	00:54:52.04	00:54:52.04	
145	35	MIGUEL SILVA	M	37	42	00:54:55.49	00:54:55.49	
146	57	NELSON FILIPE POVOA ROCHA	M	37	43	00:55:42.29	00:55:42.29	



147	117	GABRIEL ANTONIO	M	55	23	00:55:52.90	00:55:52.90	AMCD TITUARIA
148	137	PEDRO MAGALHÃES	M	38	44	00:55:59.81	00:55:59.81	CRF
149	150	BRÍGIDA CRISTÓVÃO	F	41	2	00:55:59.87	00:55:59.87	C MARCHA E CORRIDA ALENQUER
150	147	JOAO FRANCISCO	M	36	45	00:55:59.97	00:55:59.97	PICAS
151	144	EMA FURTADO	F	45	9	00:56:04.03	00:56:04.03	CRARUNNERS
152	227	ANA CRISTINA VIEIRA LOPES	F	54	10	00:56:08.44	00:56:08.44	C MARCHA E CORRIDA ALENQUER
153	47	JOSÉ PEREIRA	M	62	24	00:56:18.75	00:56:18.75	OS PERIGOSOS
154	48	JOSÉ BELCHIOR	M	67	7	00:56:19.05	00:56:19.05	OS PERIGOSOS
155	174	FILIPPE ESPINHA	M	36	46	00:56:51.11	00:56:51.11	
156	175	JOSÉ CORVO	M	65	8	00:56:51.67	00:56:51.67	
157	84	NUNO SANTOS	M	45	39	00:57:06.35	00:57:06.35	
158	156	PAULO FERNANDES	M	38	47	00:57:10.36	00:57:10.36	
159	22	IVO ALEXANDRE MARQUES	M	37	48	00:57:14.27	00:57:14.27	
160	102	RUI NASCIENTO	M	35	49	00:57:17.44	00:57:17.44	
161	193	CLAUDIA MIRA	F	22	6	00:57:36.58	00:57:36.58	
162	83	DINA LOBO	F	47	11	00:57:52.86	00:57:52.86	RUNNERS DE KINTAL
163	237	PEDRO NETO	M	46	40	00:58:21.31	00:58:21.31	
164	210	CATARINA PINTO	F	28	7	00:58:21.80	00:58:21.80	
165	105	ARTUR LEMOS	M	36	50	00:58:30.06	00:58:30.06	ADB CITY
166	66	PAULA SOARES	F	51	12	00:58:31.15	00:58:31.15	TEAM SOARES
167	18	NUNO OLIVEIRA	M	47	41	00:58:53.79	00:58:53.79	PINHAL NOVO A CORRER
168	196	JOSÉ FACHADA	M	64	25	00:58:53.97	00:58:53.97	
169	215	FILIPPE EMANUEL SILVA BRINCA	M	33	24	00:58:57.31	00:58:57.31	VIALONGA RUNNERS
170	198	RODRIGO DA FONSECA	M	47	42	00:58:57.38	00:58:57.38	
171	133	FRANCISCO MANUEL FERREIRA	M	48	43	00:58:59.99	00:58:59.99	
172	163	CARLA COSTA	F	43	3	00:59:00.27	00:59:00.27	C MARCHA E CORRIDA ALENQUER
173	197	MARIA MILHO	F	38	4	00:59:57.65	00:59:57.65	
174	158	LUIS MANUEL BISPO	M	45	44	01:00:12.21	01:00:12.21	
175	112	PEDRO SANTOS	M	38	51	01:00:23.89	01:00:23.89	
176	249	GENINHA ANDRADE	F	41	5	01:00:24.24	01:00:24.24	
177	40	JOSE JOSÉ BARATA	M	39	52	01:01:09.72	01:01:09.72	BETÃO LIZ & CIMPOR
178	110	GONÇALO SANTOS	M	31	25	01:01:11.75	01:01:11.75	
179	212	ELIENE SILVA	F	21	8	01:01:21.54	01:01:21.54	
180	125	RICARDO RIBEIRO	M	43	53	01:01:29.89	01:01:29.89	CASTANHEIRAS
181	145	FERNANDO FURTADO	M	58	26	01:02:05.24	01:02:05.24	CRARUNNERS
182	56	ROMÃO VALENTE	M	57	27	01:02:10.09	01:02:10.09	
183	171	CARLA MIRA	F	46	13	01:02:13.31	01:02:13.31	



184	104	JOSÉ FLOR	M	35	54	01:02:18.15	01:02:18.15	ADB CITY
185	94	CARLA PEREIRA	F	46	14	01:02:21.03	01:02:21.03	INCRÍBEIS
186	235	ROGÉRIO FUNG	M	43	55	01:02:51.47	01:02:51.47	
187	91	CLÁUDIA VALENTIM	F	33	9	01:03:23.61	01:03:23.61	
188	32	CARLOS RODRIGUES	M	33	26	01:03:53.94	01:03:53.94	
189	142	MANUEL NOBRE BAPTISTA	M	54	45	01:04:53.28	01:04:53.28	
190	149	RICARDO SILVA	M	38	56	01:04:57.30	01:04:57.30	SILVA TEAM
191	199	JOSE DUARTE	M	52	46	01:04:57.53	01:04:57.53	KANINOS
192	206	CECILIA TAVARES	F	53	15	01:05:01.67	01:05:01.67	GD CHELAS
193	58	MARTA RAQUEL REBOCHO PAULINO	F	26	10	01:05:44.11	01:05:44.11	
194	82	JOSÉ MAURÍCIO	M	22	27	01:05:53.06	01:05:53.06	
195	44	MADALENA ESTEVÃO	F	48	16	01:05:55.41	01:05:55.41	
196	114	DALILA ARAÚJO	F	31	11	01:06:29.67	01:06:29.67	VIALONGA RUNNERS
197	100	CÉSAR AZENHA	M	39	57	01:06:58.91	01:06:58.91	SPECIAL FORCE
198	98	EURICO OVELHEIRO	M	40	58	01:06:58.94	01:06:58.94	SPECIAL FORCE
199	62	FATIMA BARBAS	F	59	1	01:07:15.74	01:07:15.74	
200	108	ANDRE MARQUES MACHADO	M	28	28	01:07:16.02	01:07:16.02	VIALONGA RUNNERS
201	192	VÂNIA ALEGRE	F	40	6	01:07:36.25	01:07:36.25	
202	191	PEDRO ALEGRE	M	39	59	01:07:37.24	01:07:37.24	
203	245	SONIA SILVA	F	48	17	01:07:43.15	01:07:43.15	
204	184	ANA MADRUGA	F	27	12	01:08:38.38	01:08:38.38	
205	129	LILIANA SILVA	F	31	13	01:09:58.39	01:09:58.39	
206	128	TIAGO PENEDOS	M	30	29	01:09:59.02	01:09:59.02	
207	103	PAULO COSTA	M	52	47	01:10:16.35	01:10:16.35	
208	136	CARMEN SILVA	F	55	2	01:10:26.18	01:10:26.18	CA POUCCORRE
209	85	DINA CURTO	F	45	18	01:11:05.91	01:11:05.91	CRARUNNERS
210	75	MARIA CONDEÇO	F	56	3	01:11:11.67	01:11:11.67	KANINOS
211	76	MÁRIO SANTIAGO	M	55	28	01:11:13.09	01:11:13.09	KANINOS
212	177	JOÃO MARTINS	M	51	48	01:14:04.56	01:14:04.56	
213	189	RITA MERENDA	F	40	7	01:16:18.32	01:16:18.32	ALVERCA URBAN RUNNERS
214	211	RUTE RIBEIRO	F	25	14	01:16:33.03	01:16:33.03	
215	240	FRANCISCO M TEIXEIRA	M	40	60	01:24:47.40	01:24:47.40	
216	153	CARLOS JUSTINO	M	48	49	01:24:47.46	01:24:47.46	CRARUNNERS

Total de registros: 216