

## 6 CORRIDA S DOMINGOS-CAMP NACIONAL

**Patrocínio:** JF S DOMINGOS BENFICA

**Apoio:** JF S DOMINGOS BENFICA

**Data:** 13/01/2013

**Classif.:** Relatório Geral Masculino e Feminino

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.Fx.E	Sx.	C.	SC	Equipe	Tempo	Líquido
1	1	MANUEL DAMIAO	34	M2334	1	M			MARATONA CP	00:45:19	00:45:19
2	4	YOUSSEF KALAI	31	M2334	2	M			MARATONA CP	00:45:27	00:45:27
3	2	JOSE ROCHA	36	M3539	1	M			MARATONA CP	00:45:39	00:45:39
4	1389	JOSE MOREIRA	32	M2334	3	M			SL BENFICA	00:45:59	00:45:59
5	55	PAULO GOMES	39	M3539	2	M			CUAB/ VIGESTEVAO	00:46:05	00:46:05
6	19	RICARDO RIBAS	35	M3539	3	M			SL BENFICA	00:46:20	00:46:20
7	1388	LICINIO PIMENTEL	35	M3539	4	M			SL BENFICA	00:46:20	00:46:20
8	18	FILIPE COSTA	24	M2334	4	M			SL BENFICA	00:46:25	00:46:25
9	3	FERNANDO SILVA	32	M2334	5	M			MARATONA CP	00:46:31	00:46:31
10	57	RICARDO DIAS	28	M2334	6	M			CUAB/ VIGESTEVAO	00:46:39	00:46:39
11	69	ANTONIO SILVA	25	M2334	7	M			ACR S DESTERRO	00:46:53	00:46:53
12	1331	PEDRO RIBEIRO	31	M2334	8	M			MAIA AC	00:47:05	00:47:05
13	1380	RUI MUGA	28	M2334	9	M			G BRAGANÇA	00:47:27	00:47:27
14	1386	MARCO MORGADO	31	M2334	10	M			CUAB/ VIGESTEVAO	00:47:30	00:47:30
15	1344	BRUNO SILVA	29	M2334	11	M			MAIA AC	00:47:33	00:47:33
16	1385	NELSON CRUZ	35	M3539	5	M			CR PRAIA SALEMA	00:47:39	00:47:39
17	1347	VITOR OLIVEIRA	31	M2334	12	M			MAIA AC	00:47:51	00:47:51
18	170	ANDRALINO FURTADO	20	M1922	1	M			SL BENFICA	00:47:53	00:47:53
19	1355	JORGE VARELA	33	M2334	13	M			CD AREIAS S JOAO	00:47:57	00:47:57
20	20	HELIO FUMO	29	M2334	14	M			SL BENFICA	00:48:03	00:48:03
21	58	ALBERTO CHAIÇA	39	M3539	6	M			SUC	00:48:04	00:48:04
22	42	CARLOS COSTA	26	M2334	15	M			CUAB/ VIGESTEVAO	00:48:13	00:48:13
23	1376	RICARDO FIGUEIREDO	23	M2334	16	M			CA SEIA	00:48:17	00:48:17
24	1342	HUGO SANTOS	22	M1922	2	M			MAIA AC	00:48:18	00:48:18
25	1375	MARCO PINTO	26	M2334	17	M			CA SEIA	00:48:24	00:48:24
26	1377	NUNO LOPES	25	M2334	18	M			CA SEIA	00:48:24	00:48:24
27	70	GONÇALO BORGES	28	M2334	19	M			ACR S DESTERRO	00:48:27	00:48:26
28	8	SARA MOREIRA	27	F2334	1	F			MARATONA CP	00:48:48	00:48:48
29	1315	TIAGO MARQUES	29	M2334	20	M			AC VERMOIL	00:48:54	00:48:54
30	1356	PAULO SOARES	38	M3539	7	M			CD AREIAS S JOAO	00:49:05	00:49:05
31	7	ANA D FELIX	30	F2334	2	F			MARATONA CP	00:49:15	00:49:15
32	131	PEDRO CONCEIÇÃO	23	M2334	21	M			C OLIMPICO OEIRAS	00:49:17	00:49:17
33	50	LUIS LIMA	41	M4044	1	M			CUAB/ VIGESTEVAO	00:49:19	00:49:19
34	1379	PEDRO RODRIGUES	34	M2334	22	M			G BRAGANÇA	00:49:21	00:49:21
35	1357	FLAVIO FERNANDES	33	M2334	23	M			CD AREIAS S JOAO	00:49:22	00:49:22
36	72	LUIS MENDES	22	M1922	3	M			ACR S DESTERRO	00:49:34	00:49:34

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.Fx.E	Sx.	C.	SC	Equipe	Tempo	Líquido
37	47	JOEL MARTINS	35	M3539	8	M			CUAB/ VIGESTEVAO	00:49:49	00:49:49
38	28	MARISA BARROS	32	F2334	3	F			SL BENFICA	00:50:06	00:50:06
39	1353	FERNANDO MENDONÇA	19	M1922	4	M			CR PRAIA SALEMA	00:50:09	00:50:09
40	158	JOSE GOMES	35	M3539	9	M			CAMARA L CLUBE	00:50:20	00:50:20
41	48	JORGE PINTO	42	M4044	2	M			CUAB/ VIGESTEVAO	00:50:24	00:50:24
42	1312	MARIO FONSECA	31	M2334	24	M			AC VERMOIL	00:50:28	00:50:27
43	1309	BRUNO GASPAR	30	M2334	25	M			AC VERMOIL	00:50:37	00:50:37
44	126	MARCO COSTA	31	M2334	26	M			C OLIMPICO OEIRAS	00:50:41	00:50:41
45	79	LUIS MARTINS	19	M1922	5	M			CA SEIA	00:50:44	00:50:44
46	73	PEDRO PESSOA	46	M4549	1	M	1		PRAIAS DE SALEMA	00:50:49	00:50:49
47	1324	NUNO CARRAÇA	23	M2334	27	M			URCA	00:51:04	00:51:04
48	1384	PEDRO PESSOA	46	M4549	2	M			CR PRAIA SALEMA	00:51:12	00:51:12
49	160	FABIO OLIVEIRA	33	M2334	28	M			CAMARA L CLUBE	00:51:13	00:51:13
50	30	LUIS GINJA	39	M3539	10	M			GDR REBOLEIRA	00:51:18	00:51:18
51	1358	FELISBERTO REIGADO	42	M4044	3	M			CD AREIAS S JOAO	00:51:30	00:51:30
52	1427	ARMANDO MONTEIRO	38	M3539	11	M	1		CRD ARRUDENSE	00:51:47	00:51:45
53	123	MARIO CASSACA	40	M4044	4	M			C OLIMPICO OEIRAS	00:51:50	00:51:50
54	1311	LUIS GOMES	31	M2334	29	M			AC VERMOIL	00:52:09	00:52:08
55	124	JOAO FERREIRA	36	M3539	12	M			C OLIMPICO OEIRAS	00:52:10	00:52:08
56	1343	PEDRO VIEIRA	23	M2334	30	M			MAIA AC	00:52:23	00:52:23
57	148	JOAQUIM FERNANDES	38	M3539	13	M			GD JOANINHAS	00:52:27	00:52:24
58	52	LUIS PINTO	37	M3539	14	M			CUAB/ VIGESTEVAO	00:52:39	00:52:39
59	1323	ALEXANDRE SOARES	50	M5054	1	M			CR LEOES P SALVO	00:52:54	00:52:53
60	127	MARIO FERREIRA	31	M2334	31	M			C OLIMPICO OEIRAS	00:53:02	00:52:57
61	1446	JOSE FELIX	44	M4044	5	M	1		LINDA PASTORA SC	00:53:05	00:53:01
62	117	MARTIM NUNES	36	M3539	15	M			GCA DONAS	00:53:15	00:53:13
63	9	ANALIA ROSA	36	F3539	1	F			MARATONA CP	00:53:19	00:53:19
64	1391	ALEXANDRE MONTEIRO	46	M4549	3	M	1		CRD ARRUDENSE	00:53:26	00:53:25
65	12	DANIELA CUNHA	22	F1922	1	F			MARATONA CP	00:53:43	00:53:43
66	33	JOSE ANTUNES	46	M4549	4	M			GDR REBOLEIRA	00:53:43	00:53:43
67	29	RAFAELA ALMEIDA	29	F2334	4	F			SL BENFICA	00:53:45	00:53:45
68	86	ANTONIO OLIVIERA	42	M4044	6	M			ADR LC ESPINHO	00:53:45	00:53:43
69	171	OLAIDE OGUNRONBI	30	M2334	32	M			SL BENFICA	00:53:54	00:53:54
70	36	CARLA MARTINHO	36	F3539	2	F			ADERCUS	00:53:59	00:53:57
71	121	FERNANDO MATOS	46	M4549	5	M			GCA DONAS	00:54:06	00:54:05
72	1453	CESARIO SIMOES	44	M4044	7	M	1		MARATONA C VILA	00:54:07	00:54:07
73	1387	ANA M FERREIRA	24	F2334	5	F			GD ESTREITO	00:54:29	00:54:29
74	1317	RICARDO OLIVEIRA	37	M3539	16	M			GDR FIGUEIRAS	00:54:32	00:54:32
75	1390	PAULOP ALBINO	37	M3539	17	M	1		CRD ARRUDENSE	00:54:37	00:54:37
76	1314	SERGY SCHONKA	39	M3539	18	M			AC VERMOIL	00:54:41	00:54:41
77	1354	PEDRO PELADO	27	M2334	33	M			CR PRAIA SALEMA	00:54:42	00:54:42
78	37	JOANA NUNES	27	F2334	6	F			ADERCUS	00:54:51	00:54:51

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.Fx.E	Sx.	C.	SC	Equipe	Tempo	Líquido
79	38	SARA CARVALHO	24	F2334	7	F			ADERCUS	00:55:00	00:55:00
80	1424	PEDRO SILVA	41	M4044	8	M	1		CRD ARRUDENSE	00:55:00	00:55:00
81	1458	JOSE LOPES	46	M4549	6	M	1		ODIMARQ	00:55:02	00:55:00
82	63	JOSE QUARESMA	44	M4044	9	M			SUC	00:55:03	00:55:01
83	85	ANTONIO CANECA	40	M4044	10	M			ADR LC ESPINHO	00:55:07	00:55:05
84	1319	JOSE RAIMUNDO	50	M5054	2	M			GDR FIGUEIRAS	00:55:08	00:55:08
85	1316	EDUARDO CARDEIRA	30	M2334	34	M			GDR FIGUEIRAS	00:55:09	00:55:07
86	1318	PAULO SIMAO	43	M4044	11	M			GDR FIGUEIRAS	00:55:12	00:55:07
87	1425	JOAO DIAS	41	M4044	12	M	1		CRD ARRUDENSE	00:55:22	00:55:22
88	1310	CARLOS SANTOS	43	M4044	13	M			AC VERMOIL	00:55:28	00:55:26
89	24	VERA NUNES	32	F2334	8	F			SL BENFICA	00:55:35	00:55:35
90	67	EUNICE TAVARES	27	F2334	9	F			ACR S DESTERRO	00:55:46	00:55:46
91	71	TIAGO GODINHO	25	M2334	35	M			ACR S DESTERRO	00:55:49	00:55:48
92	133	CATIA LEITAO	20	F1922	2	F			C OLIMPICO OEIRAS	00:55:49	00:55:48
93	1400	JOAO MARQUES	59	M5559	1	M	1		ACR S DESTERRO	00:55:54	00:55:51
94	147	VASCO MARTA	21	M1922	6	M			GD JOANINHAS	00:56:01	00:56:01
95	1370	JOAO CARVALHEIRO	45	M4549	7	M			CD QUARTEIRA	00:56:13	00:56:11
96	1452	JACINTO CORREIA	48	M4549	8	M	1		MARATONA C VILA	00:56:16	00:56:16
97	1366	JOSE SANTIAGO	46	M4549	9	M			CD QUARTEIRA	00:56:17	00:56:17
98	1381	ORLANDO ALVES	47	M4549	10	M			G BRAGANÇA	00:56:19	00:56:17
99	41	ELISABETE AZEVEDO	31	F2334	10	F			ADERCUS	00:56:22	00:56:22
100	82	ALAIN COUTO	39	M3539	19	M			ADR LC ESPINHO	00:56:22	00:56:19
101	129	HUGO FERREIRA	37	M3539	20	M			C OLIMPICO OEIRAS	00:56:24	00:56:21
102	1451	ALBERTO MENDES	48	M4549	11	M	1		MARATONA C VILA	00:56:24	00:56:24
103	1302	HERNANI FRANCISCO	44	M4044	14	M			VITORIA FC	00:56:31	00:56:28
104	135	TANIA SOUSA	24	F2334	11	F			C OLIMPICO OEIRAS	00:56:40	00:56:40
105	161	PAULO CARVALHO	43	M4044	15	M			CAMARA L CLUBE	00:56:40	00:56:40
106	1361	FILIFE CANARIO	35	M3539	21	M			CD AREIAS S JOAO	00:56:41	00:56:41
107	62	MANUEL GABOLEIRO	42	M4044	16	M			SUC	00:56:45	00:56:45
108	61	RUI CHAVES	36	M3539	22	M			SUC	00:56:46	00:56:46
109	1360	JOAQUIM ABRAÇOS	34	M2334	36	M			CD AREIAS S JOAO	00:56:51	00:56:42
110	1306	EDUARDO FERNANDES	45	M4549	12	M			CCR ALTO MOINHO	00:56:58	00:56:51
111	1429	AMBROSIO PEREIRA	38	M3539	23	M	1		CRD ARRUDENSE	00:57:05	00:57:05
112	1303	JORGE GONÇALVES	44	M4044	17	M			INDIVIDUAL	00:57:18	00:57:14
113	26	FILIPA ALMEIDA	24	F2334	12	F			SL BENFICA	00:57:19	00:57:19
114	179	ANDRE TRINDADE	23	M2334	37	M			AC PORTALEGRE	00:57:30	00:57:22
115	100	PAULO GOMES	42	M4044	18	M			ADR LC ESPINHO	00:57:31	00:57:31
116	66	PATRICIA PEREIRA	31	F2334	13	F			ACR S DESTERRO	00:57:32	00:57:32
117	146	JOAO FERREIRA	26	M2334	38	M			GD JOANINHAS	00:57:34	00:57:31
118	197	LUIS SILVA	41	M4044	19	M			CP ALCANENA	00:57:37	00:57:37
119	156	VITOR OLIVEIRA	23	M2334	39	M			CDUL	00:57:40	00:57:40
120	182	FRANCISCO COSTA	44	M4044	20	M			AC PORTALEGRE	00:57:47	00:57:38

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.Fx.E	Sx.	C.	SC	Equipe	Tempo	Líquido
121	1415	ALCINO NUNES	40	M4044	21	M		1	CLAC	00:57:49	00:57:45
122	1401	JOSE SANTOS	59	M5559	2	M		1	ACR S DESTERRO	00:57:50	00:57:50
123	95	JOSE O GOMES	48	M4549	13	M			ADR LC ESPINHO	00:58:15	00:58:08
124	1351	VERA FERNANDES	27	F2334	14	F			AA BELAVISTA	00:58:17	00:58:17
125	1352	SERGIO LIMA	30	M2334	40	M			AA BELAVISTA	00:58:17	00:58:17
126	150	JORGE AMARAL	44	M4044	22	M			GD JOANINHAS	00:58:22	00:58:15
127	113	LUIS PEREIRA	53	M5054	3	M			BEJA AC	00:58:23	00:58:20
128	44	JOAO MACHADO	42	M4044	23	M			CUAB/ VIGESTEVAO	00:58:24	00:58:08
129	1478	MONICA VIEIRA	37	F3539	3	F		1	CRD ARRUDENSE	00:58:33	00:58:33
130	149	JOSE BORGES	36	M3539	24	M			GD JOANINHAS	00:58:41	00:58:38
131	1308	JOAO SILVA	38	M3539	25	M			CCR PRAIA MIRA	00:58:41	00:58:41
132	168	PATRICIA SERAFIM	29	F2334	15	F			INGLESES FC	00:58:48	00:58:46
133	81	ANTONIO MOREIRA	40	M4044	24	M			NS LEOES	00:58:49	00:58:49
134	64	ANDREIA JESUS	27	F2334	16	F			ACR S DESTERRO	00:58:50	00:58:50
135	80	JOAO REBELO	19	M1922	7	M			CA SEIA	00:58:51	00:58:51
136	1407	VALERIO AFONSO	52	M5054	4	M		1	CF OS BELENENSES	00:58:53	00:58:53
137	1469	LURDES MONTEIRO	45	F4549	1	F		1	CP MANGUALDE	00:59:03	00:58:56
138	1445	ANTONIO A SILVA	44	M4044	25	M		1	LINDA PASTORA SC	00:59:06	00:59:03
139	1461	NUNO SEBASTIAO	38	M3539	26	M		1	SL BENFICA	00:59:14	00:59:14
140	1403	CARLOS MOREIRA	44	M4044	26	M		1	ACR S DESTERRO	00:59:16	00:59:13
141	132	CATIA GALHARDO	24	F2334	17	F			C OLIMPICO OEIRAS	00:59:25	00:59:25
142	1416	JOSE A RIBEIRO	61	M6064	1	M		1	CLUVE COIMBRA	00:59:35	00:59:32
143	175	ANTONIO DIAS	53	M5054	5	M			CR LEOES P SALVO	00:59:36	00:59:36
144	1382	MANUEL PALMEIRO	49	M4549	14	M			G BRAGANÇA	00:59:44	00:59:44
145	1383	JOSE BRAGADA	50	M5054	6	M			G BRAGANÇA	00:59:49	00:59:49
146	1439	FERNANDO AUGUSTO	62	M6064	2	M		1	ODIMARQ	00:59:56	00:59:56
147	1444	LUIS PREGO	55	M5559	3	M		1	LINDA PASTORA SC	01:00:09	01:00:05
148	1402	ANTONIO RODRIGUES	47	M4549	15	M		1	ACR S DESTERRO	01:00:12	01:00:10
149	59	EUSEBIO ROSA	44	M4044	27	M			SUC	01:00:31	01:00:31
150	104	CARLOS COELHO	36	M3539	27	M			ADR LC ESPINHO	01:00:32	01:00:28
151	1422	JOSE SANTOS	42	M4044	28	M		1	CRD ARRUDENSE	01:00:32	01:00:31
152	1468	LIDIA PEREIRA	45	F4549	2	F		1	CP MANGUALDE	01:00:37	01:00:36
153	1405	VITOR SALVADOR	41	M4044	29	M		1	ACR S DESTERRO	01:00:39	01:00:36
154	1367	LUIS XAVIER	43	M4044	30	M			CD QUARTEIRA	01:00:41	01:00:30
155	39	MONICA SIMOES	23	F2334	18	F			ADERCUS	01:00:48	01:00:48
156	1449	ANTONIO DIAS	57	M5559	4	M		1	MARATONA C VILA	01:00:53	01:00:53
157	40	CARINA MARQUES	26	F2334	19	F			ADERCUS	01:01:08	01:01:08
158	1475	LUISA MONTEIRO	46	F4549	3	F		1	CRD ARRUDENSE	01:01:23	01:01:15
159	1440	FRANCISCO PACHECO	38	M3539	28	M		1	GD INDEP	01:01:27	01:01:26
160	23	LUCILIA SOARES	51	F5054	1	F			SL BENFICA	01:01:34	01:01:34
161	1450	ANTONIO BORGES	57	M5559	5	M		1	MARATONA C VILA	01:01:41	01:01:41
162	1373	JOAO MARTINS	34	M2334	41	M			CD QUARTEIRA	01:01:58	01:01:46

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.Fx.E	Sx.	C.	SC	Equipe	Tempo	Líquido
163	177	JOAO FARINHA	26	M2334	42	M			AC PORTALEGRE	01:02:00	01:01:51
164	1404	PEDRO SALCEDAS	41	M4044	31	M	1		ACR S DESTERRO	01:02:08	01:01:56
165	68	LURDES PEREIRA	29	F2334	20	F			ACR S DESTERRO	01:02:10	01:02:10
166	151	ANABELA TAVARES	34	F2334	21	F			GD JOANINHAS	01:02:15	01:02:14
167	1313	RUI DUARTE	29	M2334	43	M			AC VERMOIL	01:02:38	01:02:03
168	1325	CATIA ALMEIDA	21	F1922	3	F			CP MANGUALDE	01:02:40	01:02:33
169	189	LUIS MOTA	41	M4044	32	M			CLAC	01:02:44	01:02:31
170	180	HELDER MELO	25	M2334	44	M			AC PORTALEGRE	01:02:46	01:02:28
171	88	CARLOS FERREIRA	37	M3539	29	M			ADR LC ESPINHO	01:02:47	01:02:44
172	181	BRUNO CARRILHO	31	M2334	45	M			AC PORTALEGRE	01:02:57	01:02:48
173	1321	LUIS SECO	54	M5054	7	M			GDR FIGUEIRAS	01:03:07	01:03:01
174	174	HELDER CARLOS	44	M4044	33	M			CR LEOES P SALVO	01:03:36	01:03:13
175	163	SERGIO MONTEIRO	21	M1922	8	M			INGLESES FC	01:03:40	01:03:16
176	1417	ANTONIO INACIO	56	M5559	6	M	1		CRD ARRUDENSE	01:04:01	01:03:53
177	1455	CARLOS ANTUNES	61	M6064	3	M	1		ODIMARQ	01:04:08	01:03:55
178	65	CATIA TEIXEIRA	23	F2334	22	F			ACR S DESTERRO	01:04:39	01:04:39
179	1409	NUNO QUEIJA	40	M4044	34	M	1		CF OS BELENENSES	01:04:39	01:04:23
180	1408	FILIPPE NEVES	44	M4044	35	M	1		CF OS BELENENSES	01:04:41	01:04:29
181	87	CARLOS CARDOSO	45	M4549	16	M			ADR LC ESPINHO	01:04:42	01:04:38
182	145	CARLOS LOPES	38	M3539	30	M			GD JOANINHAS	01:04:42	01:04:42
183	1436	JOSE A SILVA	49	M4549	17	M	1		INDIVIDUAL	01:04:42	01:04:42
184	1434	EURICO PEREIRA	53	M5054	8	M	1		GD INDEP	01:05:02	01:04:59
185	1476	MARIA LUCAS	45	F4549	4	F	1		CRD ARRUDENSE	01:05:04	01:05:02
186	1305	MARCO GOMES	38	M3539	31	M			CCR ALTO MOINHO	01:05:13	01:05:13
187	98	MANUEL SILVA	44	M4044	36	M			ADR LC ESPINHO	01:05:26	01:05:14
188	1320	MARIO DUARTE	54	M5054	9	M			GDR FIGUEIRAS	01:05:31	01:05:31
189	155	BERNARDO SANTOS	25	M2334	46	M			CDUL	01:06:16	01:05:55
190	164	ALCINDO NEVES	27	M2334	47	M			INGLESES FC	01:06:16	01:05:55
191	1428	MARCO SANTOS	38	M3539	32	M	1		CRD ARRUDENSE	01:06:20	01:06:20
192	152	VITOR JORGE	50	M5054	10	M			INDIVIDUAL	01:06:26	01:06:13
193	1459	ARMANDO ALDEGALEGA	75	M7579	1	M	1		SPORTING CP	01:06:50	01:06:43
194	1481	LUZIA DIAS	42	F4044	1	F	1		SPORTING CP	01:06:52	01:06:44
195	1442	PAULO BRITO	42	M4044	37	M	1		JOMA	01:07:00	01:06:44
196	1470	LAURINDA FERREIRA	41	F4044	2	F	1		CP MANGUALDE	01:07:01	01:07:01
197	1369	CARLOS NATHIS	36	M3539	33	M			CD QUARTEIRA	01:07:08	01:06:57
198	139	SUSANA SILVA	42	F4044	3	F			C OLIMPICO OEIRAS	01:07:19	01:07:09
199	130	LUCIANO DANTAS	45	M4549	18	M			C OLIMPICO OEIRAS	01:07:20	01:07:11
200	1477	ROSA VASINDULA	38	F3539	4	F	1		CRD ARRUDENSE	01:07:29	01:07:21
201	1304	ALEXANDRE CANAL	46	M4549	19	M			CCR ALTO MOINHO	01:07:30	01:07:08
202	191	OCTAVIO DIA	52	M5054	11	M			CLAC	01:07:31	01:07:17
203	96	LUIS RODRIGUES	39	M3539	34	M			ADR LC ESPINHO	01:07:51	01:07:33
204	184	JOAO ALBUQUERQUE	48	M4549	20	M			AC PORTALEGRE	01:08:04	01:08:04

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.Fx.E	Sx.	C.	SC	Equipe	Tempo	Líquido
205	1435	BERNARDINO PEREIRA	76	M7579	2	M		1	GRD OS FIXES	01:08:16	01:08:16
206	84	ALVARO REIS	49	M4549	21	M			ADR LC ESPINHO	01:08:31	01:08:18
207	99	MARIA MARTINS	40	F4044	4	F			ADR LC ESPINHO	01:08:32	01:08:19
208	154	CATARINA FERREIRA	28	F2334	23	F			GD JOANINHAS	01:08:34	01:08:34
209	1410	NUNO BARATA	35	M3539	35	M		1	CF OS BELENENSES	01:08:36	01:08:33
210	103	AUGUSTO SILVA	59	M5559	7	M			ADR LC ESPINHO	01:08:49	01:08:38
211	162	JOAQUIM MARTINS	49	M4549	22	M			CAMARA L CLUBE	01:09:04	01:08:54
212	1413	JOSE VICENTE	58	M5559	8	M		1	CLAC	01:09:13	01:08:59
213	1441	JOSE FIGUEIREDO	63	M6064	4	M		1	GD INDEP	01:09:16	01:09:16
214	43	HENRIQUE SANTOS	32	M2334	48	M			CUAB/ VIGESTEVAO	01:09:20	01:09:04
215	45	JOAO MARTINS	50	M5054	12	M			CUAB/ VIGESTEVAO	01:09:21	01:09:05
216	1423	CARLOS ALMEIDA	55	M5559	9	M		1	CRD ARRUDENSE	01:09:23	01:09:11
217	1419	JOSE PAJINHA	52	M5054	13	M		1	CRD ARRUDENSE	01:09:37	01:09:24
218	138	ISABEL RODRIGUES	41	F4044	5	F			C OLIMPICO OEIRAS	01:09:44	01:09:43
219	1473	CIDALIA MARTINS	47	F4549	5	F		1	CRD ARRUDENSE	01:09:59	01:09:59
220	89	DANIEL LOPES	25	M2334	49	M			ADR LC ESPINHO	01:10:02	01:09:49
221	46	JOAQUIM CARMO	46	M4549	23	M			CUAB/ VIGESTEVAO	01:10:16	01:10:04
222	172	MANUELA FOLGADO	62	F6064	1	F			CR LEOES P SALVO	01:10:16	01:10:12
223	1432	JOSE SERPA	67	M6569	1	M		1	GD INDEP	01:10:21	01:10:10
224	192	JOAO JOAQUIM	65	M6569	2	M			CLAC	01:10:44	01:10:44
225	97	MANUEL AMORIM	49	M4549	24	M			ADR LC ESPINHO	01:11:18	01:11:03
226	1414	JOSE SANTOS	57	M5559	10	M		1	CLAC	01:11:20	01:11:06
227	93	JOAQUIM GOMES	58	M5559	11	M			ADR LC ESPINHO	01:11:46	01:11:42
228	1447	PEDRO CANELAS	40	M4044	38	M		1	LINDA PASTORA SC	01:11:57	01:11:40
229	1418	JOSE NETO	55	M5559	12	M		1	CRD ARRUDENSE	01:12:09	01:11:57
230	94	JOSE FERNANDES	60	M6064	5	M			ADR LC ESPINHO	01:13:38	01:13:23
231	153	ERNESTINA OLIVEIRA	48	F4549	6	F			GD JOANINHAS	01:13:48	01:13:46
232	1322	DIAMANTINO CRUZ	55	M5559	13	M			GDR FIGUEIRAS	01:13:57	01:13:41
233	1433	HENRIQUE LINARES	59	M5559	14	M		1	GD INDEP	01:14:07	01:13:55
234	1466	ANA P ABEGAO	44	F4044	6	F		1	CLAC	01:14:20	01:14:20
235	166	FERNANDO MARQUES	63	M6064	6	M			INGLESES FC	01:15:02	01:15:02
236	1472	FERNANDA NUNES	57	F5559	1	F		1	CRD ARRUDENSE	01:15:33	01:15:33
237	200	VITOR FERREIRA	48	M4549	25	M			CP ALCANENA	01:15:50	01:15:35
238	1474	ZULMIRA BELO	46	F4549	7	F		1	CRD ARRUDENSE	01:16:11	01:15:59
239	105	ELISIO PEREIRA	63	M6064	7	M			ADR LC ESPINHO	01:16:27	01:16:09
240	165	NUNO MARQUES	38	M3539	36	M			INGLESES FC	01:17:16	01:17:16
241	1438	JORGE JESUS	59	M5559	15	M		1	CB ALGUEIRAO-MEM	01:17:31	01:17:14
242	1430	GILBERTO GONCALVES	64	M6064	8	M		1	CR ALVORADA	01:18:05	01:18:05
243	167	JEREMIAS RIBEIRO	69	M6569	3	M			INGLESES FC	01:18:06	01:17:48
244	1479	JOAQUINA FLORES	72	F7074	1	F		1	INDIVIDUAL	01:18:08	01:18:08
245	1412	ANTONIO PAIXAO	62	M6064	9	M		1	CLAC	01:18:18	01:18:17
246	187	CARLA CARLOTO	26	F2334	24	F			AC PORTALEGRE	01:18:35	01:18:16

Coloc.	Num.	Atleta	Id.	Fx.Et.	Cl.Fx.E	Sx.	C.	SC	Equipe	Tempo	Líquido
247	1443	CARLOS MARQUES	75	M7579	3	M		1	LINDA PASTORA SC	01:19:21	01:19:21
248	1411	MANUEL MAIA	72	M7074	1	M		1	CLAC	01:21:27	01:21:26
249	92	JOAQUIM BARBOSA	34	M2334	50	M			ADR LC ESPINHO	01:23:03	01:22:51
250	102	ALFREDO SANTOS	59	M5559	16	M			ADR LC ESPINHO	01:23:05	01:22:50
251	74	MARCO CRUZ	34	M2334	51	M			CR ALVORADA	01:24:49	01:24:23
252	90	EDUARDO PASSOS	56	M5559	17	M			ADR LC ESPINHO	01:25:28	01:25:11
253	1426	MARCHEVA NATALIA	46	F4549	8	F		1	CB ALGUEIRAO-MEM	01:25:57	01:25:42
254	1471	DEOLINDA ANTONIO	57	F5559	2	F		1	CRD ARRUDENSE	01:26:16	01:26:16
255	1448	JOSE CAETANO	61	M6064	10	M		1	MARATONA C VILA	01:27:24	01:26:44
256	128	ANTONIO SOUSA	42	M4044	39	M			C OLIMPICO OEIRAS	01:28:53	01:28:11
257	83	ALBERTO SILVA	73	M7074	2	M			ADR LC ESPINHO	01:32:59	01:32:59
258	1374	JOSE M DUARTE	40	M4044	40	M			CD QUARTEIRA	01:34:08	01:33:44