

# Setúbal

## VI G.P. da Arrábida 2011

Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
460	Paulo Guimarães	ALSeguros	SENM	1	1	00:49:43
526	Rui Baltazar	ALSeguros	VET2M	1	2	00:49:46
535	Rui Manuel Afonso	AguiasU	VET1M	1	3	00:50:15
218	João Cardoso	ALSeguros	VET3M	1	4	00:50:17
188	Helder Grosso	GDMOCULIS	SENM	2	5	00:51:22
534	Rui Infante	CPARMADA	VET1M	2	6	00:51:52
383	Manuel Vilela	ALSeguros	VET2M	2	7	00:51:56
357	Luis Pedro Cristão	CCAXA	SENM	3	8	00:52:00
275	Jorge Rodrigues	NSSM	VET2M	3	9	00:52:05
562	Tiago Lobo	Lebressad	SENM	4	10	00:52:11
536	Rui Manuel Paulino Oliveira	Açoreana	VET1M	3	11	00:52:35
456	Paulo Chainho	GDRSFS	VET2M	4	12	00:52:44
82	Beto Viais	RACADEMIA	VET2M	5	13	00:52:47
137	Emanuel Simões	LoucosF	SENM	5	14	00:52:50
31	FERNANDO RIBEIRO	Lebressad	VET1M	4	15	00:52:53
406	Mark Monteiro	IND	VET1M	5	16	00:52:56
437	NUNO CARVALHO	Portucel	SENM	6	17	00:53:00
527	Rui Barbosa	Proaventu	SENM	7	18	00:53:04
181	Germano Silva	RACADEMIA	VET3M	2	19	00:53:08
574	Vitor Alves	ALSeguros	VET2M	6	20	00:53:17
387	Marcolino Verissimo	CGD	VET1M	6	21	00:53:23
533	Rui Gonçalves	GDRSFS	SENM	8	22	00:53:57
538	Rui Martins Jorge	Cvirgilio	VET1M	7	23	00:54:31
408	Martin Ruessler	IND	VET1M	8	24	00:54:33
175	Francisco Gaio	CCDAIvite	VET2M	7	25	00:54:36
332	Ludgero Bruno	Proaventu	SENM	9	26	00:54:55
556	Simão Giannuzzi	IND	VET2M	8	27	00:54:58
482	Pedro Luis	AguiasU	SENM	10	28	00:55:03
647	CARLOS LOPES	30	SENM	11	29	00:55:07
532	Rui Falcão	FalcoesS	VET3M	3	30	00:55:11
346	Luis Matos Ferreira	R4F	VET1M	9	31	00:55:14
182	Gonçalo Cardoso	Proaventu	SENM	12	32	00:55:17
247	JOAO BRITES	CCDAIvite	VET4M	1	33	00:55:26
403	Mário Piteira	AMCFIGUEI	SENM	13	34	00:55:29
567	Vasco Manuel Santos	IND	VET2M	9	35	00:55:33
302	José Luis Rodrigues	IND	SENM	14	36	00:55:39
444	Olimpio Santos	Portucel	VET1M	10	37	00:55:42
133	Eduardo Luis Vieira Silva	IND	SENM	15	38	00:55:50
76	Arsénio Fernandes	CCDAIvite	VET4M	2	39	00:55:54
243	João Soares	NSSM	VET4M	3	40	00:55:56
462	Paulo Lopes	ALSeguros	VET1M	11	41	00:56:02
5	JOSE NOBRE	CCDTMLISB	VET2M	10	42	00:56:04
343	Luis Filipe Santos	IND	SENM	16	43	00:56:07
291	José Félix	AVIS	VET1M	12	44	00:56:10

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Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
424	Nuno Abilio	AMCFIGUEI	SENM	17	45	00:56:12
227	João Marques	CCDTRANQU	SENM	18	46	00:56:16
326	Leonel Viegas	LoucosF	SENM	19	47	00:56:19
511	Ricardo Mendes Almeida	MCORRIDA	SENM	20	48	00:56:24
467	Paulo Oliveira	CCDCASCAI	VET1M	13	49	00:56:27
463	Paulo Lopes	Ponterrol	SENM	21	50	00:56:30
315	José Sousa	Lebressad	SENM	22	51	00:56:38
400	Mário Paixão	AMCFIGUEI	VET4M	4	52	00:56:42
147	Fernando Beijinha	GDRSFS	VET5M	1	53	00:56:58
116	Daniel Rui Guerreiro	IND	SENM	23	54	00:57:02
148	Fernando Branco	Portucel	VET3M	4	55	00:57:14
485	Pedro Miguel Bravo	IND	VET1M	14	56	00:57:17
449	Orlindo Figueiredo	CGD	VET5M	2	57	00:57:22
531	Rui Durão	Wikaboo	SENM	24	58	00:57:24
464	Paulo Luis Miguel	KBTEAM	SENM	25	59	00:57:27
222	João Gomes	Ponterrol	SENM	26	60	00:57:30
431	Nuno Miguel correia	GDINE	VET2M	11	61	00:57:33
191	Helder Rosa	Proaventu	SENM	27	62	00:57:38
152	Fernando Figueiredo	FalcoesS	VET2M	12	63	00:57:44
216	João Arenga	Portucel	VET5M	3	64	00:57:51
416	Miguel Rodrigues	Akorpo	SENM	28	65	00:57:54
284	José Carlos Sacadura	IND	VET5M	4	66	00:57:57
50	António Gonçalves	CCDTMLISB	VET2M	13	67	00:58:02
425	Nuno Azevedo	CCDTMLISB	SENM	29	68	00:58:05
190	Helder Pontes Sousa	KBTEAM	SENM	30	69	00:58:08
340	Luis Ferreira	URDARRANH	VET1M	15	70	00:58:12
127	Edgar Francisco	URDARRANH	VET2M	14	71	00:58:15
244	João Sousa	AMCFIGUEI	VET4M	5	72	00:58:22
517	Richarson Ferreira	GDRSFS	SENM	31	73	00:58:26
118	David Faustino	CGD	VET2M	15	74	00:58:31
405	Mário Santos	Ponterrol	VET1M	16	75	00:58:34
62	António Pires	CPARMADA	VET1M	17	76	00:58:38
60	António Pereira Lopes	CCARGANIL	VET3M	5	77	00:58:43
375	Manuel Fonseca	Lebressad	VET2M	16	78	00:58:47
185	Gonçalo Santos	GDPSINES	SENM	32	79	00:58:50
316	José Teixeira	CCDCASCAI	VET3M	6	80	00:58:53
398	Mário Coelho	Lebressad	VET2M	17	81	00:58:56
241	João Santos	NSSM	VET3M	7	82	00:59:07
404	Mario Rosa	IND	VET2M	18	83	00:59:15
501	Raul Quaresma	MCORRIDA	SENM	33	84	00:59:19
202	JOSE ESPADILHA	GDRSFS	VET2M	19	85	00:59:21
288	José Dionisio	Multiflow	VET2M	20	86	00:59:35
297	José Leandro	ACPortale	VET2M	21	87	00:59:36
280	José Antonio vilhena	KBTEAM	VET2M	22	88	00:59:40
278	José alberto Pedras	KBTEAM	VET4M	6	89	00:59:42

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Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
281	José Bernardo	GAMGASCAN	VET1M	18	90	00:59:45
68	AntónioTaborda	CGD	VET5M	5	91	00:59:50
506	Ricardo Guimrães	ALSeguros	SENM	34	92	00:59:53
102	Carlos Manuel S. Jacinto	IND	VET1M	19	93	00:59:56
480	Pedro Custódio	IND	VET1M	20	94	00:59:58
528	Rui Bolota	AMCFIGUEI	SENM	35	95	01:00:01
9	alexandre silva	Akorpo	SENM	36	96	01:00:01
493	Peter Steinhausen	IND	VET4M	7	97	01:00:01
292	José Francisco Gomes	IND	VET3M	8	98	01:00:02
364	Luis Silva	IND	SENM	37	99	01:00:03
318	Josemar Gomes	LoucosF	SENM	38	100	01:00:04
476	Pedro Basso	IND	VET1M	21	101	01:00:07
73	Armando Pontes Sousa	KBTEAM	SENM	39	102	01:00:09
132	Eduardo Luis	AtomicT	SENM	40	103	01:00:10
145	Fernando Alcides	MBCP	VET2M	23	104	01:00:11
212	JOSE COSTA	ALSeguros	VET1M	22	105	01:00:12
417	Miguel Sérgio gomes	IND	VET1M	23	106	01:00:12
345	Luis Martins	IND	SENM	41	107	01:00:13
194	Helder Varanda	Akorpo	SENM	42	108	01:00:13
59	António Pereira	IND	VET2M	24	109	01:00:13
448	Orlando Silva	CCDTMLISB	VET3M	9	110	01:00:16
331	Lucia Oliveira	Açoreana	SENF	1	111	01:00:18
572	Virgilio Madeira	Açoreana	VET3M	10	112	01:00:19
349	Luis Miguel Constante	IND	VET1M	24	113	01:00:19
250	Joaquim Frade	CGD	VET4M	8	114	01:00:20
348	Luis Miguel Carvalho Neves	Marinhais	SENM	43	115	01:00:20
239	João Santos	CPARMADA	VET2M	25	116	01:00:20
529	Rui Candeias	GDRSFS	SENM	44	117	01:00:21
223	João Guedes	Garmin	SENM	45	118	01:00:22
141	Eusébio Camacho	Portucel	VET4M	9	119	01:00:23
193	Helder Soares	Proaventu	SENM	46	120	01:00:26
419	Miguel Truninger Sousa	CCAXA	SENM	47	121	01:00:30
167	Filipa Fernandes	Lebressad	SENF	2	122	01:00:30
483	Pedro Melitão	IND	SENM	48	123	01:00:31
325	Leonel Seleiro	NSSM	VET3M	11	124	01:00:34
150	Fernando Costa	AVIS	SENM	49	125	01:00:34
474	Paulo Tomás	URDARRANH	SENM	50	126	01:00:35
576	Vitor Manuel Lebre	IND	SENM	51	127	01:00:37
481	Pedro Filipe França costa	IND	SENM	52	128	01:00:37
488	Pedro Pereira	Proaventu	SENM	53	129	01:00:37
13	Álvaro Pinto	RACADEMIA	VET3M	12	130	01:00:38
119	David Miguel Alves	Lebressad	SENM	54	131	01:00:45
183	Gonçalo Ferreira	IND	SENM	55	132	01:00:50
81	Bernanrdo Gradissimo	NSSM	VET3M	13	133	01:00:51
356	Luis Passos	CCDTRANQU	SENM	56	134	01:00:55

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Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
350	Luis Miguel Costa	Proaventu	VET1M	25	135	01:01:00
353	Luis Miguel Roque	AMIGOSPP	VET1M	26	136	01:01:01
470	Paulo Pires	CGD	VET2M	26	137	01:01:09
551	Sérgio Martins	IND	SENM	57	138	01:01:11
44	António Candeias	FalcoesS	VET2M	27	139	01:01:11
100	Carlos Gradíssimo	NSSM	SENM	58	140	01:01:17
96	Carlos Coelho	GAMGASCAN	VET3M	14	141	01:01:18
426	Nuno Cidade do Carmo	IND	SENM	59	142	01:01:21
294	José Gonçalves	AVIS	VET2M	28	143	01:01:31
71	Armando Correia	LesmasA	VET5M	6	144	01:01:35
468	Paulo Pais	MBCP	VET2M	29	145	01:01:40
156	Fernando Guerra	Ponterrol	VET3M	15	146	01:01:41
300	José Luis Carmo Santos	CCDTMLISB	VET1M	27	147	01:01:44
259	Joel Martinho Guedes	CCAXA	SENM	60	148	01:01:47
313	José Santos	GDRSFS	VET2M	30	149	01:01:48
94	Carlos Baptista	SCCASAINH	VET3M	16	150	01:01:48
72	Armando Correia	SCCASAINH	SENM	61	151	01:01:49
169	Filipe Branco	URDARRANH	VET1M	28	152	01:01:57
173	Francisco Calçada	Açoreana	VET2M	31	153	01:01:57
547	Samuel Alexandre Galveia	Lebressad	SENM	62	154	01:01:58
211	Isabel Moleiro	CGD	VET1F	1	155	01:02:01
351	Luis Miguel Lino	BES	VET1M	29	156	01:02:01
524	Rui Andrade	AmigosCS	VET1M	30	157	01:02:04
279	José alves	CGD	VET5M	7	158	01:02:04
205	Hugo Simões	Proaventu	SENM	63	159	01:02:05
12	Álvaro Furtado	CGD	VET3M	17	160	01:02:06
176	Francisco Pereira	Açoreana	VET1M	31	161	01:02:07
38	André Silva	IND	SENM	64	162	01:02:09
198	Henrique Pestana Rafael	KBTEAM	SENM	65	163	01:02:13
117	Davi Miguel Santos	IND	SENM	66	164	01:02:15
568	Vasco Rodrigues	AtomicT	SENM	67	165	01:02:18
293	José Gonçalves	IND	SENM	68	166	01:02:22
328	Licínio Simões	AtomicT	SENM	69	167	01:02:22
52	António Inácio	Ponterrol	VET4M	10	168	01:02:23
105	Carlos Neves	IND	VET1M	32	169	01:02:23
27	Ana Mendes	Multiflow	VET2F	1	170	01:02:27
69	Aparício Costa	CCDCMS	VET4M	11	171	01:02:27
427	Nuno Gomes	AMIGOSPP	VET1M	33	172	01:02:28
47	António Costa	IND	VET4M	12	173	01:02:28
200	Hilário Torres	R4F	VET3M	18	174	01:02:29
283	José Carlos Melo	R4F	VET2M	32	175	01:02:30
215	João André de Sequeira	IND	SENM	70	176	01:02:31
516	Ricardo Tavares	IND	SENM	71	177	01:02:31
530	Rui David Oliveira	IND	SENM	72	178	01:02:38
558	Telmo Vaza	Ponterrol	SENM	73	179	01:02:39

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Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
6	Alceu Esteves	NSSM	VET2M	33	180	01:02:39
571	Victor Pinto	AtomicT	VET2M	34	181	01:02:40
438	Nuno silva	Portucel	SENM	74	182	01:02:41
435	Nuno Prates	IND	SENM	75	183	01:02:44
490	Pedro Prates	IND	SENM	76	184	01:02:45
525	RUI SILVA	CCDTMLISB	VET5M	8	185	01:02:45
86	Bruno José Ventura Vale	IND	SENM	77	186	01:02:51
149	Fernando Celestino	Açoreana	VET3M	19	187	01:02:52
445	Orlando Duarte	IND	VET3M	20	188	01:02:55
491	Pedro Sanguino	BES	SENM	78	189	01:02:57
494	Possidónio Constantino	CPARMADA	VET4M	13	190	01:02:58
273	Jorge Pereira	BES	VET4M	14	191	01:02:59
113	Constantino Mendão	Lebressad	VET3M	21	192	01:02:59
335	Luis Antunes	Portucel	VET4M	15	193	01:03:00
7	Alexandra Alves	Açoreana	SENF	3	194	01:03:00
523	Ruben Ramalhais	IND	SENM	79	195	01:03:01
128	Edgar Marques	IND	SENM	80	196	01:03:02
303	José M. Costa	ALSeguros	VET6M	1	197	01:03:04
253	Joaquim Neiva	NSSM	VET6M	2	198	01:03:10
11	Álvaro Coelho	ALSeguros	VET3M	22	199	01:03:15
359	Luis Reis	FalcoesS	VET2M	35	200	01:03:15
561	Tiago Avelãs	CGD	SENM	81	201	01:03:25
372	Manuel Bento	SCCASAINH	SENM	82	202	01:03:27
412	Miguel Marques	AMIGOSPP	VET3M	23	203	01:03:30
336	Luis Batista	IND	VET1M	34	204	01:03:36
410	Miguel Costa	IND	SENM	83	205	01:03:40
20	Ana Groznc	CLSBE	VET1F	2	206	01:03:58
451	Paula Santos	Ostugas	VET1F	3	207	01:04:00
226	João Leal Sequeira	CCDTMLISB	VET2M	36	208	01:04:02
221	João Faria	Lebressad	SENM	84	209	01:04:03
41	Antero Taveira	IND	SENM	85	210	01:04:10
103	Carlos Moreira	CCDTMLISB	VET4M	16	211	01:04:11
236	João Reves	LesmasA	SENM	86	212	01:04:17
457	Paulo Cravo	AmigosCS	VET1M	35	213	01:04:24
478	Pedro Canheto	KBTEAM	SENM	87	214	01:04:30
166	Fernando Sobral	GDRSFS	VET3M	24	215	01:04:33
58	António Pereira	CCDTMLISB	VET2M	37	216	01:04:35
90	Carla Calçada	Açoreana	VET1F	4	217	01:04:35
228	João Miranda	CCDTMLISB	VET3M	25	218	01:04:36
80	Barros Costa	CCDTMLISB	VET4M	17	219	01:04:36
446	Orlando Martins	RunningDM	VET4M	18	220	01:04:36
296	José Infante	CPARMADA	VET1M	36	221	01:04:37
43	António Borba	CPARMADA	VET6M	3	222	01:04:39
285	josé Coelho	IND	VET1M	37	223	01:04:42
401	Mário Pereira	IND	SENM	88	224	01:04:43

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Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
440	Nuno Sntos	SCCASAINH	SENM	89	225	01:04:49
249	Joaquim Cunha	RACADEMIA	VET1M	38	226	01:04:55
354	Luis Miguel Silva Cunha	IND	SENM	90	227	01:04:56
477	Pedro Burquette	Açoreana	SENM	91	228	01:04:57
381	Manuel Saraiva	AVIS	VET3M	26	229	01:05:06
502	Renato Loureiro	IND	VET1M	39	230	01:05:14
57	Antonio Parreira	KBTEAM	VET3M	27	231	01:05:17
342	Luis Filipe Caleira de	IND	VET3M	28	232	01:05:19
399	Mario J. M. Santos	SOBRALPIS	SENM	92	233	01:05:20
195	Hélio José Marques Carreira	IND	SENM	93	234	01:05:22
65	António Simões	GDRSFS	VET2M	38	235	01:05:23
423	Norberto Sousa Marques	RunningDM	VET1M	40	236	01:05:35
447	Orlando Paulo Ramos	Proaventu	VET1M	41	237	01:05:39
466	Paulo Mota	RunningDM	SENM	94	238	01:05:45
555	Silvério Lopes Correia	IND	VET1M	42	239	01:05:46
266	Jorge Gonçalves Costa	Lebressad	VET4M	19	240	01:05:46
421	Nelson Dias	SCCASAINH	SENM	95	241	01:05:47
299	José Lopes Caetano	CCAXA	VET4M	20	242	01:05:54
557	Tam Afonso	Açoreana	VET4M	21	243	01:05:59
496	Rafael Freitas	URDARRANH	SENM	96	244	01:06:00
237	João Saldanha	IND	VET1M	43	245	01:06:05
320	Júlio Meireles	CCDCASCAI	VET4M	22	246	01:06:07
324	Leonel Brandão	MBCP	VET1M	44	247	01:06:08
213	Jeremias Ribeiro	IND	VET6M	4	248	01:06:10
248	Joaquim Carrilho	CGD	VET2M	39	249	01:06:10
135	Egidio silva	CGD	VET2M	40	250	01:06:14
549	Sérgio Carinhas	ACPortale	VET1M	45	251	01:06:18
192	Helder Samuel G. Pinto	IND	SENM	97	252	01:06:19
512	Ricardo Nabais	APOGMA	VET1M	46	253	01:06:21
186	Graça Roldão	Ostugas	VET2F	2	254	01:06:23
177	Francisco Silva	FalcoesS	VET3M	29	255	01:06:26
35	Analice Silva	Liberdade	VET3F	1	256	01:06:27
129	Edmundo André	IND	SENM	98	257	01:06:36
344	Luis Gonçalves	GDRSFS	SENM	99	258	01:06:40
301	José Luis Carvalho da Silva	Marinhais	SENM	100	259	01:06:42
45	António Carvalho da Silva Leal	Marinhais	SENM	101	260	01:06:43
580	Joaquim Fernandes	Lebressad	VET2M	41	261	01:06:43
577	Vitor Manuel R Candeias	IND	SENM	102	262	01:06:44
146	Fernando Almeida	Alcochete	VET1M	47	263	01:06:46
233	João Pereira	Eiragym	VET2M	42	264	01:06:47
85	Bruno Duarte	CCDTRANQU	SENM	103	265	01:06:50
123	Diogo Ferreira	Açoreana	SENM	104	266	01:06:52
282	José Brites	IND	VET1M	48	267	01:06:56
142	Ezequiel Fernandes	Portucel	VET4M	23	268	01:06:59
503	Renato Penas	GDPSINES	SENM	105	269	01:07:00

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Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
108	Carlos Telhal	IND	VET1M	49	270	01:07:01
290	José Esteves	Ponterrol	VET4M	24	271	01:07:02
454	Paulo Azevedo	Eiragym	VET1M	50	272	01:07:07
24	Ana Margarida Ramos	IND	SENF	4	273	01:07:13
385	Márcio Filipa Mata Delgado	SRCARMANA	SENM	106	274	01:07:18
553	Sérgio Ramos	IND	SENM	107	275	01:07:20
131	Eduardo Encarnação	CCDCASCAI	VET2M	43	276	01:07:21
229	João Paulo Branco	Lebressad	VET2M	44	277	01:07:22
206	Hugo Venancio	CGD	SENM	108	278	01:07:22
56	António Nereu	Akorpo	VET3M	30	279	01:07:23
231	HELDER MOUTINHO	IND	SENM	109	280	01:07:23
64	António Serafim Desidério	R4F	VET1M	51	281	01:07:24
201	Horst Lauw	Akorpo	VET1M	52	282	01:07:24
264	Jorge Azenha	FalcoesS	VET2M	45	283	01:07:34
267	Jorge Jourdan	CCDCASCAI	VET3M	31	284	01:07:37
199	Henrique Ruas	CCDAlvite	VET6M	5	285	01:07:38
327	Lia Miranda	KBTEAM	SENF	5	286	01:07:39
484	Pedro Miguel Alves Martins	IND	SENM	110	287	01:07:39
542	Rui Santos	PedrosA	SENM	111	288	01:07:40
66	António valente	IND	SENM	112	289	01:07:44
429	Nuno Melo	AtomicT	SENM	113	290	01:07:47
10	Alfredo Falcão	R4F	VET2M	46	291	01:07:50
559	Teodoro Trindade	R4F	VET3M	32	292	01:07:51
256	Joaquim Silva	IND	VET2M	47	293	01:07:51
172	ALBINO FERREIRA	LesmasA	VET2M	48	294	01:07:52
510	Ricardo Marques	FalcoesS	SENM	114	295	01:07:52
224	João Henrique Reis Silva	IND	VET1M	53	296	01:08:03
160	Fernando Martinho	Portucel	VET2M	49	297	01:08:04
436	Nuno Reis	IND	SENM	115	298	01:08:04
207	Humberto Serpa	IND	VET4M	25	299	01:08:05
382	Manuel Sequeira	Lebressad	VET5M	10	300	01:08:14
8	Alexandre Santana	IND	SENM	116	301	01:08:14
565	Vanessa Reis	GAMGASCAN	SENF	6	302	01:08:15
107	Carlos Regio	AMCFIGUEI	VET1M	54	303	01:08:20
442	Nuno Ventura	Wikaboo	SENM	117	304	01:08:22
307	José Monteiro	IND	VET3M	33	305	01:08:23
486	Pedro Nunes	Akorpo	SENM	118	306	01:08:25
413	Miguel Martins da Silva	IND	VET1M	55	307	01:08:26
161	Fernando Morais	BPI	VET2M	50	308	01:08:26
563	Tiago Oliveira	IND	SENM	119	309	01:08:28
415	Miguel Ramalho	IND	SENM	120	310	01:08:29
540	Rui Pessoa	RunningDM	SENM	121	311	01:08:30
1	Abilio Tavares	IND	VET4M	26	312	01:08:30
459	Paulo Gomes	GDPSINES	VET3M	34	313	01:08:33
430	Nuno Mendes da Silva	GDINE	VET4M	27	314	01:08:34

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## VI G.P. da Arrábida 2011

Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
271	Jorge Miguel Santos	IND	SENM	122	315	01:08:36
262	Jorge Almeida	AmigosB	VET5M	11	316	01:08:38
363	Luis Rosa	AmigosB	VET4M	28	317	01:08:45
390	Maria da Luz Conchinha	CSTRESS	VET3F	2	318	01:08:51
420	Moisés Cardoso	CGD	SENM	123	319	01:08:51
261	Jorge Alexandre Teixeira	R4F	VET2M	51	320	01:08:54
321	Julio Viegas	Portucel	SENM	124	321	01:08:55
178	Gabriel António	URDARRANH	VET2M	52	322	01:08:55
164	Fernando rodrigues	URDARRANH	VET1M	56	323	01:08:56
277	José Aires	CCDTRANQU	VET3M	35	324	01:08:56
36	André Lourenço	EBPETISCO	SENM	125	325	01:08:56
53	Antonio José Simões	IND	VET3M	36	326	01:09:01
371	Manuel Azevedo	Multiflow	VET3M	37	327	01:09:18
579	Vitor Rodrigues	GAMGASCAN	VET4M	29	328	01:09:21
258	Joé Oliveira	Proaventu	SENM	126	329	01:09:24
180	Geraldo Fernandes	Portucel	VET4M	30	330	01:09:27
4	Alberto Correia	AlquevaN	VET3M	38	331	01:09:28
75	Armindo Cardoso	AlquevaN	VET2M	53	332	01:09:32
286	José Conchinha	CSTRESS	VET5M	12	333	01:09:33
305	José Maria	RACADEMIA	VET2M	54	334	01:09:38
497	Rafael Santos	CCDTMLISB	VET1M	57	335	01:09:38
171	Filipe Miguel Rodrigues	IND	SENM	127	336	01:09:40
51	Antonio Horta	CCDCASCAI	VET4M	31	337	01:09:40
570	Vera Vaz	CCDAlvite	SENF	7	338	01:09:40
578	Vitor Rafael	Açoreana	VET2M	55	339	01:09:42
242	João Simões	APOGMA	VET2M	56	340	01:09:44
569	Vera correia	Economico	SENF	8	341	01:09:48
367	LURDES ANTONIO	LesmasA	VET2F	3	342	01:09:52
333	Luis Alberto da Silva Lamas	IND	VET1M	58	343	01:09:55
74	Arménio Andrade	AmigosCS	VET4M	32	344	01:09:57
67	António Ventura	RACADEMIA	VET3M	39	345	01:09:58
492	Pedro Sousa	Açoreana	SENM	128	346	01:09:59
246	João Torrado	Eiragym	VET5M	13	347	01:09:59
360	Luis Reis	CCDCASCAI	VET3M	40	348	01:10:01
197	Henrique Ferreira	URDARRANH	VET1M	59	349	01:10:02
93	Carlos Assis	IND	SENM	129	350	01:10:11
379	Manuel Prates	Lebressad	VET5M	14	351	01:10:16
162	Fernando Nunes	Portucel	SENM	130	352	01:10:20
40	Anibal Simões	Portucel	VET2M	57	353	01:10:20
245	João Teles	Proaventu	SENM	131	354	01:10:26
495	Rafael Fernandes	AtomicT	SENM	132	355	01:10:27
134	Eduardo Manuel Brito	RunningDM	SENM	133	356	01:10:28
220	João Cunha	AMIGOSPP	VET3M	41	357	01:10:36
489	Pedro Pina	Proaventu	SENM	134	358	01:10:38
235	João Ralha	R4F	VET3M	42	359	01:10:39

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## VI G.P. da Arrábida 2011

Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
55	António Manuel Cardoso	IND	SENM	135	360	01:11:01
377	Manuel João	Proaventu	VET2M	58	361	01:11:01
276	Jorge Vieira	AmigosCS	VET2M	59	362	01:11:10
251	Joaquim João Santana	KBTEAM	SENM	136	363	01:11:11
309	José Pedro Cruz Raposo	IND	SENM	137	364	01:11:12
374	Manuel Cardim	Portucel	VET4M	33	365	01:11:13
552	Sérgio Mónica	CIMO	VET1M	60	366	01:11:14
263	Jorge André Silva Pereira	IND	SENM	138	367	01:11:18
339	Luis Carapeto	IND	SENM	139	368	01:11:26
14	Álvaro Ribeiro	IND	SENM	140	369	01:11:30
22	Ana Isabel Monteiro	IND	VET1F	5	370	01:11:33
255	Joaquim Santos	AMCFIGUEI	VET1M	61	371	01:11:34
97	Carlos Correia	Economico	SENM	141	372	01:11:34
130	Edmundo Lourenço	URDARRANH	SENM	142	373	01:11:36
539	Rui Matos	IND	SENM	143	374	01:11:36
143	Fátima Gonçalves	Ostugas	VET1F	6	375	01:11:41
49	António Gonçalves	Ostugas	VET3M	43	376	01:11:48
37	André Noronha	CGD	VET4M	34	377	01:11:48
125	Dora Duarte	CIMO	VET3F	3	378	01:11:50
196	Henrique do Santos Vilhena	IND	VET4M	35	379	01:11:51
157	Fernando Jorge Matias	CCAXA	VET3M	44	380	01:11:52
155	Fernando Gomes	IND	VET3M	45	381	01:11:57
389	Maria Antonieta Sá	CCDAIvite	VET1F	7	382	01:12:27
16	Amandio Lobo	Lebressad	VET5M	15	383	01:12:32
174	Francisco Clérigo	CGD	VET4M	36	384	01:12:34
453	Paulo Ascensão	CDCIMPOR	VET1M	62	385	01:12:35
507	Ricardo Jorge Almeida	CDCIMPOR	SENM	144	386	01:12:44
95	Carlos Castro	AtomicT	SENM	145	387	01:12:47
240	João Santos	GDPSINES	SENM	146	388	01:12:52
554	Sérgio Timóteo	GDPSINES	VET3M	46	389	01:12:56
99	Carlos Cruz Marques	CCDTMLISB	VET5M	16	390	01:12:57
232	João Pedro Alves Vieira	IND	SENM	147	391	01:12:57
541	Rui Ralha	R4F	VET3M	47	392	01:13:00
365	Luis Silva	Portucel	SENM	148	393	01:13:01
312	José Rodrigues	Robbialac	VET4M	37	394	01:13:42
219	ANTONIO VEIGA	AVIS	VET6M	6	395	01:13:44
238	João Santos	Multiflow	VET5M	17	396	01:13:46
504	Ricardo Bordeira Silva	IND	SENM	149	397	01:13:53
498	Raquel Costa	IND	SENF	9	398	01:13:58
154	PAULO CARDIM	IND	SENM	150	399	01:13:58
337	Luis Bilau	CGD	VET4M	38	400	01:14:02
3	Albertino Semedo	CGD	VET3M	48	401	01:14:10
380	Manuel Rocha	RACADEMIA	VET5M	18	402	01:14:14
537	Rui Martins	CGD	SENM	151	403	01:14:16
265	Jorge Ferreira	RunningDM	VET2M	60	404	01:14:19

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## VI G.P. da Arrábida 2011

Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
122	Diamantino Mondim	Portucel	SENM	152	405	01:14:25
317	José vilela	Robbialac	VET2M	61	406	01:14:26
268	Jorge Manuel Justo Mareco	IND	VET2M	62	407	01:14:28
458	Paulo Cunha	CaracoisA	SENM	153	408	01:14:29
499	Raul Costa	Robbialac	VET3M	49	409	01:14:31
168	Filipa Relvas	AtomicT	SENF	10	410	01:14:33
92	Carla Santos	AtomicT	SENF	11	411	01:14:34
111	Claudio Manuel Capela	IND	SENM	154	412	01:14:35
63	António Reyes	GAMGASCAN	VET4M	39	413	01:14:36
234	João Pinto	GAMGASCAN	VET3M	50	414	01:14:47
29	Ana Paula Matias	CCAXA	VET2F	4	415	01:14:55
158	Fernando Lourenço	EBPETISCO	VET5M	19	416	01:14:59
396	Maria Silva	CCDTRANQU	SENF	12	417	01:15:03
287	José de Sousa	SFUAP	VET3M	51	418	01:15:04
546	Rute Ramalho	IND	SENF	13	419	01:15:12
54	António Jose Tavares	CCDCASCAI	VET2M	63	420	01:15:14
455	Paulo Bailão	CGD	VET1M	63	421	01:15:19
274	Jorge Pinto	Robbialac	VET1M	64	422	01:15:20
252	Joaquim Lamas	IND	VET1M	65	423	01:15:20
189	Helder Martins	CSTRESS	SENM	155	424	01:15:21
433	Nuno Pais	CSTRESS	SENM	156	425	01:15:28
500	Raul Félix da Costa	IND	VET3M	52	426	01:15:37
33	Ana Serpa	IND	SENF	14	427	01:15:39
204	Hugo Palma	IND	SENM	157	428	01:15:58
522	Rogério Dias	EBPETISCO	VET1M	66	429	01:16:04
153	Fernando Fonseca	AmigosB	VET4M	40	430	01:16:06
518	Rita Montalvão	IND	SENF	15	431	01:16:18
298	José Lopes	BES	SENM	158	432	01:16:18
338	Luis Canhão	IND	VET2M	64	433	01:16:21
393	Maria Goreti Fernandes	CDCIMPOR	VET2F	5	434	01:16:34
543	Rui Zenoglio	CDCIMPOR	SENM	159	435	01:16:37
508	Ricardo jorge simões	RunningDM	VET1M	67	436	01:16:38
23	Ana Luisa Coelho	Lebressad	VET2F	6	437	01:16:45
514	Ricardo Pedro	PedrosA	SENM	160	438	01:16:47
203	Hugo Miguel Esteves Rego	IND	SENM	161	439	01:16:54
87	Bruno Lamas	IND	SENM	162	440	01:16:56
210	Isabel Cardoso Ferreira	IND	VET2F	7	441	01:17:05
114	Cristiana Maria Almeida	IND	VET2F	8	442	01:17:10
515	Ricardo Rodrigues	CGD	SENM	163	443	01:17:10
170	Filipe Jorge Silva	IND	VET3M	53	444	01:17:13
30	Ana Pereira	IND	VET1F	8	445	01:17:17
140	Esmeraldo Pereira	CGD	SENM	164	446	01:17:19
91	Carla Marques	Eiragym	VET2F	9	447	01:17:38
386	Marco Silva	CaracoisA	VET1M	68	448	01:17:45
434	Nuno Paisana	Akorpo	SENM	165	449	01:17:47

## VI G.P. da Arrábida 2011

Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
78	Aurélio Calado	CGD	VET5M	20	450	01:17:59
573	Virginia Oliveira	IND	SENF	16	451	01:18:00
575	Vitor Lopes	IND	SENM	166	452	01:18:10
2	Ademar Pereira	Proaventu	SENM	167	453	01:18:10
272	Jorge Nunes	IND	VET2M	65	454	01:18:20
311	José Pires	CCDTMLISB	VET6M	7	455	01:18:24
397	Marília Neves	BES	SENF	17	456	01:18:25
124	Domingos Costa	IND	VET5M	21	457	01:18:31
322	Juscelino Francisco Pereira	Totemic	SENM	168	458	01:18:34
409	Melanie Rose	Totemic	SENF	18	459	01:18:39
334	Luis Antunes	GAMGASCAN	VET2M	66	460	01:18:58
479	Pedro Costa	Proaventu	SENM	169	461	01:18:59
61	António Pinho	Lebressad	VET5M	22	462	01:19:04
136	Elisabete Águas	CCDAIvite	VET2F	10	463	01:19:07
217	João C. Ferreira	CDCIMPOR	SENM	170	464	01:19:08
79	Avelino Claudio	IND	VET4M	41	465	01:19:08
88	Bruno Ribeiro	IND	SENM	171	466	01:19:08
70	Armando Abelho	IND	VET2M	67	467	01:19:09
472	Paulo Santos	IND	VET1M	69	468	01:19:13
513	Ricardo Neiva	IND	VET1M	70	469	01:19:36
441	Nuno Valério	IND	SENM	172	470	01:19:44
310	José Pedro de Sousa Pinto	IND	SENM	173	471	01:19:47
584	VITOR RODRIGUES	CCDAIvite	SENM	174	472	01:19:48
469	Paulo Pereira	Akorpo	VET2M	68	473	01:19:54
121	Débora Castro	Akorpo	SENF	19	474	01:20:06
545	Rute Fernandes	IND	SENF	20	475	01:20:07
163	Fernando Pires	TISKAS	SENM	175	476	01:20:17
475	Pedro A. Marques	TISKAS	SENM	176	477	01:20:20
34	Anabela Sousa Santos	IND	SENF	21	478	01:20:21
394	Maria Isabel Rodrigues	IND	VET2F	11	479	01:20:23
450	Paula Cristina Machado	IND	SENF	22	480	01:20:28
109	Cecilia Nicolau	Lebressad	VET1F	9	481	01:20:30
184	Gonçalo Neto	Lebressad	VET2M	69	482	01:20:32
179	Gabriel Pinheiro	LoucosF	SENM	177	483	01:20:37
151	Fernando Fernandes	Wikaboo	SENM	178	484	01:20:52
395	Maria Safara	Proaventu	SENF	23	485	01:20:53
452	Paulo Almeida	Proaventu	VET2M	70	486	01:21:12
548	Sara Margarida Marques	IND	SENF	24	487	01:21:19
77	Artur Dinis	IND	VET3M	54	488	01:21:30
402	Mário Pires	IND	VET3M	55	489	01:21:45
473	Paulo Silva	IND	SENM	179	490	01:21:46
254	Joaquim Pereira	Lebressad	VET5M	23	491	01:21:53
17	Ana Bernardina Lopes	CaracoisA	VET2F	12	492	01:21:55
304	José Manuel Lobo	CaracoisA	VET3M	56	493	01:21:56
289	José dos Santos Costa	Lebressad	VET6M	8	494	01:21:58

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## VI G.P. da Arrábida 2011

Dorsal	Atleta	Clube	Escalão	P.escalão	Geral	Tempo
422	Ninousca Fabiana Boto	IND	SENF	25	495	01:22:11
509	Ricardo Manuel A. Correia	IND	SENM	180	496	01:22:17
378	Manuel Matos	RACADEMIA	VET5M	24	497	01:22:17
414	Miguel Oliveira	IND	VET1M	71	498	01:22:20
521	Rodrigo Comédias	IND	SENM	181	499	01:22:25
270	Jorge Manuel Palhinhas	IND	SENM	182	500	01:22:25
42	António Alexandre G. Abreu	IND	SENM	183	501	01:22:33
407	Marta Barbosa	IND	SENF	26	502	01:22:37
269	Jorge Manuel Narciso	CCARGANIL	VET3M	57	503	01:22:43
208	Humberto Ferreira	MBCP	VET6M	9	504	01:22:44
319	Júlio Martins	CDCIMPOR	SENM	184	505	01:22:50
366	Luisa Ralha	R4F	VET3F	4	506	01:22:55
159	Fernando Machado	CLSBE	VET3M	58	507	01:22:55
330	Linda Patient	CLSBE	VET2F	13	508	01:22:57
564	Tomás Pina	IND	VET1M	72	509	01:23:17
84	Bruno Alexandre Silvestre	IND	SENM	185	510	01:23:18
26	Ana Maria Guimarães	CCAXA	VET3F	5	511	01:23:30
230	João Paulo Pinto	CCAXA	VET1M	73	512	01:23:41
15	Alzira Pereira	Eiragym	VET2F	14	513	01:23:44
384	Manuela Barreto	FalcoesS	VET1F	10	514	01:23:45
418	Miguel Silva	GAMGASCAN	VET6M	10	515	01:23:56
257	Joaquim Valadares	IND	VET2M	71	516	01:23:58
355	Luis Neves	Açoreana	SENM	186	517	01:23:59
187	Gualdino Freire	CCDTMLISB	VET6M	11	518	01:24:13
369	Madalena Ribas	IND	VET3F	1	519	01:24:15
126	Eberhard Axel Wilhelm	IND	VET5M	25	520	01:24:18
112	Conceição Jorge Grilo	IND	VET1F	11	521	01:24:22
209	Idalina Madeira	Açoreana	VET3F	6	522	01:24:25
18	Ana Carolina Ribeiro	Wikaboo	VET2F	15	523	01:24:34
362	Luis Ribeiro	Wikaboo	VET2M	72	524	01:24:34
28	Ana Micaela Felix Araujo	CDCIMPOR	SENF	27	525	01:24:40
581	Rui Lopes	IND	VET2M	73	526	01:24:45
115	Daniel Rodrigues	Robbialac	SENM	187	527	01:24:46
428	Nuno Jacinto	IND	VET1M	74	528	01:24:51
370	Manuel Afonso	IND	VET4M	42	529	01:24:55
83	Bruno Afonso	IND	SENM	188	530	01:24:57
214	Joana Lopes Campos	CCAXA	SENF	28	531	01:25:01
295	José Graça Valentim	CCAXA	VET1M	75	532	01:25:07
21	Ana Inês dos Reis Simões	CDCIMPOR	SENF	29	533	01:25:25
225	João José Micaelo André	CDCIMPOR	VET1M	76	534	01:25:28
110	Claudia Lourenço	CGD	VET1F	12	535	01:25:33
376	Manuel Gomes	NSSM	VET3M	59	536	01:25:38
39	André Simões	IND	SENM	189	537	01:25:42
519	Rita Paula Felizol	R4F	VET1F	13	538	01:25:44
120	David Patient	CLSBE	VET2M	74	539	01:25:48

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<b>Dorsal</b>	<b>Atleta</b>	<b>Clube</b>	<b>Escalão</b>	<b>P.escalão</b>	<b>Geral</b>	<b>Tempo</b>
373	Manuel Brás	CGD	VET1M	77	540	01:25:52
368	Ma Fee Hung	Açoreana	VET3F	7	541	01:26:04
104	MANUELA CUNHA	RACADEMIA	SENF	30	542	01:26:29
144	Fernanda Maria Ribeiro	CCAXA	VET3F	8	543	01:26:39
392	Maria Gabriela Coresma	CCAXA	VET3F	9	544	01:26:44
19	Ana Dionisio	Multiflow	VET2F	16	545	01:27:44