



1º Palmela Run

Data: 27 de Junho de 2016

Local: Palmela

Organização: EXPERIMENTA NATURA , Lda

Cronometragem: Trilho Perdido Cronometragens

Pos.	Dor.	Nome	Clube	Cat.	Pos.2	Tempo	T/Km.	Dif.
1	29	Torres, Nuno	AMCF - Arrábida Trail Team	Sen M	1	56:59.85	04:45	
2	27	Diogo, Nelson	AMCF - Arrábida Trail Team	Sen M	2	57:00.19	04:45	0:00:00
3	170	Costa, Rogério	TALHO DA AVENIDA -SETÚBAL	Sen M	3	57:07.65	04:46	0:00:08
4	301	Lobo, Tiago		Sen M	4	58:15.26	04:51	0:01:15
5	166	Pires, Jorge	Tálenos Team	Sen M	5	58:50.48	04:54	0:01:50
6	262	Lima, João		Sen M	6	59:46.52	04:59	0:02:47
7	254	Nogueira, Joao		Sen M	7	59:56.83	05:00	0:02:57
8	174	Silva, Milton	TIME RUNNERS	Sen M	8	1:00:04.42	05:00	0:03:04
9	24	Calvo, Leonel	AMCF - Arrábida Trail Team	Sen M	9	1:00:33.61	05:03	0:03:34
10	31	Silva, Floriano	Aminhacorrida/Skechers	Sen M	10	1:01:26.00	05:07	0:04:26
11	15	Goncalves, Jorge	A broca ferragens	M40	1	1:01:31.88	05:08	0:04:32
12	28	Abílio, Nuno	AMCF - Arrábida Trail Team	Sen M	11	1:01:36.27	05:08	0:04:36
13	39	Filipe, Bruno	Bourbon AP	Sen M	12	1:02:06.56	05:11	0:05:07
14	124	Basso, Pedro	Os coxos e o Miguel	M40	2	1:02:10.89	05:11	0:05:11
15	140	Couto, Carlos	Proaventuras	Sen M	13	1:02:15.42	05:11	0:05:15
16	137	Martins, Luis	Proaventuras	M40	3	1:02:39.45	05:13	0:05:39
17	64	Agua, Hugo	COAC	Sen M	14	1:02:41.30	05:13	0:05:41
18	70	Rebelo, João	EDP Runners	Sen M	15	1:03:12.82	05:16	0:06:13
19	119	Gomes, Marco	O Praticante (asas do milenium)	M40	4	1:03:20.52	05:17	0:06:21
20	116	Formiga, Cirilo	O Praticante (asas do milenium)	M60	1	1:03:48.15	05:19	0:06:48

21	136	Dionisio, José	Proaventuras	M50	1	1:04:17.52	05:21	0:07:18
22	122	Carmo, Luis	Os coxos e o Miguel	Sen M	16	1:04:17.98	05:21	0:07:18
23	78	Jesus, Pedro	Gafete Runners	Sen M	17	1:04:55.06	05:25	0:07:55
24	270	Dias, Joaquim		M40	5	1:05:21.89	05:27	0:08:22
25	306	Patrício, Paulo		Sen M	18	1:05:23.72	05:27	0:08:24
26	200	Rodrigues, Reinaldo	Volkswagen Autoeuropa	M40	6	1:05:24.60	05:27	0:08:25
27	114	Nereu, Antonio	O Praticante (asas do milenium)	M50	2	1:06:10.85	05:31	0:09:11
28	165	Farinhas, João	Talentos Team	M40	7	1:06:25.70	05:32	0:09:26
29	185	Lopes, Francisco	Volkswagen Autoeuropa	M40	8	1:06:38.36	05:33	0:09:38
30	54	Soares, Nuno	Clube ANA Lisboa	Sen M	19	1:07:20.45	05:37	0:10:20
31	201	Paiva, Rufino	Volkswagen Autoeuropa	M40	9	1:07:27.09	05:37	0:10:27
32	172	Calvo, Francisco	TIME RUNNERS	M50	3	1:07:33.57	05:38	0:10:34
33	115	Soares, Antonio	O Praticante (asas do milenium)	M40	10	1:08:04.71	05:40	0:11:05
34	120	Lucas, Nuno	O Praticante (asas do milenium)	M40	11	1:08:05.19	05:40	0:11:05
35	330	Barros, Sérgio		M40	12	1:08:55.73	05:45	0:11:56
36	134	Pereira, Herculano	Proaventuras	M60	2	1:09:17.51	05:46	0:12:18
37	97	Monteiro, Flavio	kamarros	M40	13	1:09:20.76	05:47	0:12:21
38	38	Ameixa, Adolfo	Bota Carga	M40	14	1:09:44.71	05:49	0:12:45
39	1	Milheiroço, Luis	""""Bota Carga""""	M40	15	1:09:45.24	05:49	0:12:45
40	313	Silvério, Pedro		M40	16	1:10:01.94	05:50	0:13:02
41	265	Miranda, João		Sen M	20	1:10:27.95	05:52	0:13:28
42	18	Aragão, José	ABTT - Palmela	M50	4	1:10:29.89	05:52	0:13:30
43	98	Martins, Rui	kamarros	M40	17	1:10:36.80	05:53	0:13:37
44	33	Sousa, António	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	Sen M	21	1:10:44.76	05:54	0:13:45
45	91	Raposo, Paulo	IC RUNNERS	M40	18	1:11:01.81	05:55	0:14:02
46	196	Pereira, Paulo	Volkswagen Autoeuropa	M40	19	1:11:11.91	05:56	0:14:12
47	329	Lima, Selene		Sen F	1	1:11:36.25	05:58	0:14:36
48	96	Rodrigues, Emanuel	kamarros	Sen M	22	1:11:42.65	05:59	0:14:43
49	305	Almeida, Paulo		M50	5	1:11:47.77	05:59	0:14:48
50	292	Lopes, Nelson		Sen M	23	1:11:53.40	05:59	0:14:53
51	143	Tiago, Ricardo	SALAMANDRECOS	M40	20	1:12:00.14	06:00	0:15:00
52	171	Fernandes, Ezequiel	TIME RUNNERS	M50	6	1:12:00.81	06:00	0:15:01
53	294	Gomes, Nuno		Sen M	24	1:12:23.79	06:02	0:15:24
54	162	Brito, Carlos	Talentos Team	M40	21	1:12:39.30	06:03	0:15:39
55	11	Correia, Silvério	2speed	M40	22	1:12:49.16	06:04	0:15:49
56	186	Ferreira, Helder	Volkswagen Autoeuropa	M40	23	1:13:00.88	06:05	0:16:01

57	17	Gertrudes, Carlos	ABTT - Palmela	M50	7	1:13:09.32	06:06	0:16:09
58	190	Paulino, João	Volkswagen Autoeuropa	M50	8	1:13:33.05	06:08	0:16:33
59	92	Braganca, Vitor	IC RUNNERS	M40	24	1:14:09.04	06:11	0:17:09
60	106	Gomes, Pedro	LINDA-A-PASTORA S.C.	M50	9	1:14:47.29	06:14	0:17:47
61	291	Dinis, Miguel		M40	25	1:14:49.58	06:14	0:17:50
62	216	Ferreira, Artur		Sen M	25	1:14:50.51	06:14	0:17:51
63	138	Pinto, Marco	Proaventuras	Sen M	26	1:14:51.80	06:14	0:17:52
64	80	Pereira, Jose	GD santander totta	M40	26	1:14:53.07	06:14	0:17:53
65	333	Pereira, Vitor		M50	10	1:14:54.08	06:15	0:17:54
66	183	Cristina, Carla	Volkswagen Autoeuropa	Sen F	2	1:14:58.37	06:15	0:17:58
67	121	Lucas, Diogo	Os coxos e o Miguel	Sen M	27	1:15:02.29	06:15	0:18:02
68	161	Santos, Carla	Talentos Team	F40	1	1:15:02.95	06:15	0:18:03
69	189	Alves, João	Volkswagen Autoeuropa	M40	27	1:15:21.66	06:17	0:18:22
70	129	Duarte, Miguel	os perdidos	M40	28	1:15:32.43	06:18	0:18:32
71	144	Domingos, Marco	Salvaterra Night Runners	Sen M	28	1:16:10.46	06:21	0:19:10
72	123	Oliveira, Mário	Os coxos e o Miguel	M40	29	1:16:13.68	06:21	0:19:14
73	164	Rebelo, Helder	Talentos Team	M40	30	1:16:15.75	06:21	0:19:16
74	249	Palma, Hugo		Sen M	29	1:16:20.50	06:22	0:19:20
75	288	Paixão, Mário		M50	11	1:16:37.02	06:23	0:19:37
76	90	Maldonado, Isabel	GRQL	F50	1	1:16:42.85	06:24	0:19:43
77	34	Costa, Carlos	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	M40	31	1:16:56.31	06:25	0:19:56
78	99	Cid, Rui	LÃ PRETA DESIGN	M40	32	1:16:58.13	06:25	0:19:58
79	173	Côco, Jorge	TIME RUNNERS	Sen M	30	1:17:08.19	06:26	0:20:08
80	62	Ferreira, Vitor	Clube ANA Lisboa	Sen M	31	1:17:15.21	06:26	0:20:15
81	247	Correia, Hugo		M40	33	1:17:32.48	06:28	0:20:32
82	296	Lopes, Nuno		Sen M	32	1:17:33.49	06:28	0:20:33
83	131	Matos, Francisco	Pintassilgos dos Barris	Sen M	33	1:17:36.62	06:28	0:20:37
84	277	Barão, Julio		Sen M	34	1:17:40.08	06:28	0:20:40
85	74	Letras, Nuno	Foguetes de Pegoes	M40	34	1:17:40.54	06:28	0:20:41
86	125	Dores, Sergio	Os coxos e o miguel	M40	35	1:17:41.20	06:28	0:20:41
87	40	Torres, Cláudia	Bourbon AP	Sen F	3	1:17:42.17	06:29	0:20:42
88	232	Pereira, David		Sen M	35	1:17:45.07	06:29	0:20:45
89	314	Ferreira, Ricardo		Sen M	36	1:17:45.18	06:29	0:20:45
90	322	Camoegas, Rui		Sen M	37	1:17:46.99	06:29	0:20:47
91	298	Oliveira, Nuno		Sen M	38	1:18:50.80	06:34	0:21:51
92	145	Résio, Carlos	SÃO DOMINGOS FUTEBOL CLUBE	M40	36	1:19:07.76	06:36	0:22:08

93	63	Frazae, Jose	cnsesimbra	M40	37	1:19:14.27	06:36	0:22:14
94	25	Silva, Manuel	AMCF - Arrábida Trail Team	M40	38	1:19:32.26	06:38	0:22:32
95	225	Venâncio, Carlos		M40	39	1:19:45.77	06:39	0:22:46
96	260	Gonçalves, João		Sen M	39	1:19:51.86	06:39	0:22:52
97	14	Goncalves, Diogo	A broca ferragens	Sen M	40	1:19:56.48	06:40	0:22:56
98	81	Martinho, David	Geek On The Run	Sen M	41	1:20:09.26	06:41	0:23:09
99	141	Amado, Tiago	Proaventuras	Sen M	42	1:20:10.80	06:41	0:23:11
100	281	Fidalgo, Luis		M40	40	1:20:16.20	06:41	0:23:16
101	227	Rodrigues, Cátia		Sen F	4	1:20:25.74	06:42	0:23:26
102	211	Neto, André		Sen M	43	1:20:40.72	06:43	0:23:41
103	293	Carreira, Nuno		Sen M	44	1:20:45.85	06:44	0:23:46
104	219	Mariano, Bruno		Sen M	45	1:21:03.74	06:45	0:24:04
105	319	Jorge, Rogério		Sen M	46	1:21:04.84	06:45	0:24:05
106	315	Sarmento, Ricardo		Sen M	47	1:21:13.82	06:46	0:24:14
107	12	Pereira, Carla	A Bela e o Gótico	Sen F	5	1:21:14.14	06:46	0:24:14
108	321	Barracha, Rui		M40	41	1:21:14.49	06:46	0:24:14
109	135	Pisco, Isabel	Proaventuras	F40	2	1:21:28.41	06:47	0:24:28
110	72	Bastos, Marco	Emel Runners	M40	42	1:21:32.37	06:48	0:24:32
111	56	Costa, Paulo	Clube ANA Lisboa	M40	43	1:22:24.23	06:52	0:25:24
112	8	Cruz, José	20 Km de Almeirim - Desportos Montanha	M40	44	1:22:24.66	06:52	0:25:25
113	236	Henriques, Emanuel		M40	45	1:22:25.50	06:52	0:25:26
114	192	Caeiro, José	Volkswagen Autoeuropa	Sen M	48	1:22:32.35	06:53	0:25:32
115	325	Medeiros, Rui		M40	46	1:22:40.59	06:53	0:25:41
116	104	Gonçalves, Carlos	LEBRES E TARTARUGAS	M50	12	1:22:41.22	06:53	0:25:41
117	105	Gonçalves, Gonçalo	LEBRES E TARTARUGAS	Sen M	49	1:22:41.48	06:53	0:25:41
118	233	Correia, Diogo		Sen M	50	1:22:42.22	06:54	0:25:42
119	272	Parrantonio, Jorge		Sen M	51	1:22:45.11	06:54	0:25:45
120	59	Ramos, Pedro	Clube ANA Lisboa	M40	47	1:23:04.70	06:55	0:26:05
121	282	Calha, Luís		M40	48	1:23:15.39	06:56	0:26:15
122	307	Santos, Paulo		M50	13	1:23:20.30	06:57	0:26:20
123	309	Loureiro, Pedro		Sen M	52	1:23:27.54	06:57	0:26:28
124	209	Serpa, Ana		Sen F	6	1:23:52.41	06:59	0:26:52
125	308	Santos, Paulo	O Praticante (asas do milenium)	Sen M	53	1:23:55.12	07:00	0:26:55
126	203	Paiva, Jorge	Xixas	Sen M	54	1:23:55.16	07:00	0:26:55
127	20	Martins, Pedro	ABTT - Palmela	Sen M	55	1:24:02.06	07:00	0:27:02
128	274	Lopes, José		M40	49	1:24:11.43	07:01	0:27:11

129	221	Inácio, Carlos		Sen M	56	1:24:26.69	07:02	0:27:27
130	167	Rasteiro, Luís	Talentos Team	Sen M	57	1:24:41.44	07:03	0:27:41
131	220	Perdigão, Bruno		Sen M	58	1:24:41.77	07:03	0:27:42
132	160	Santos, Aníbal	Talentos Team	M50	14	1:24:42.08	07:04	0:27:42
133	269	Veigas, João		Sen M	59	1:24:43.91	07:04	0:27:44
134	207	Figueiredo, Alfredo		M50	15	1:24:47.34	07:04	0:27:47
135	228	Avó, César		Sen M	60	1:24:47.95	07:04	0:27:48
136	287	Figueiredo, Marina		Sen F	7	1:24:50.10	07:04	0:27:50
137	101	Azevedo, João	LáChegarei	Sen M	61	1:24:55.00	07:05	0:27:55
138	176	Mourato, Ana	turbolentos	Sen F	8	1:24:55.92	07:05	0:27:56
139	151	Lopes, Luis	SECIL	M40	50	1:25:10.03	07:06	0:28:10
140	95	Silva, Joana	Just Natural Please	Sen F	9	1:25:26.38	07:07	0:28:26
141	332	Amadinho, Valter		Sen M	62	1:25:33.35	07:08	0:28:33
142	23	Burguette, Pedro	Açoreana Clube Banif	M40	51	1:25:49.72	07:09	0:28:50
143	22	Saramago, Paulo	Açoreana Clube Banif	M40	52	1:25:50.52	07:09	0:28:51
144	311	Pinheiro, Pedro		Sen M	63	1:25:51.49	07:09	0:28:51
145	148	Germano, Fábio	SECIL	Sen M	64	1:26:18.04	07:12	0:29:18
146	248	Ferreira, Hugo		Sen M	65	1:26:18.21	07:12	0:29:18
147	210	Borrvalho, André		Sen M	66	1:26:23.59	07:12	0:29:24
148	284	Francisco, Marco		Sen M	67	1:26:52.93	07:14	0:29:53
149	128	Borges, Jose	os perdidos	M40	53	1:26:56.00	07:15	0:29:56
150	231	Beja, David		Sen M	68	1:26:57.00	07:15	0:29:57
151	118	Barra, Isabel	O Praticante (asas do milenium)	F40	3	1:26:57.03	07:15	0:29:57
152	335	Antunes, Patricia		Sen F	10	1:26:57.95	07:15	0:29:58
153	255	Cláudio, João		M50	16	1:27:07.24	07:16	0:30:07
154	19	Martins, José	ABTT - Palmela	M50	17	1:27:07.65	07:16	0:30:08
155	193	Coelho, José	Volkswagen Autoeuropa	M40	54	1:27:40.77	07:18	0:30:41
156	49	Xavier, Gabriel	Clube ANA Lisboa	M40	55	1:27:45.74	07:19	0:30:46
157	323	Marques, Rui		M40	56	1:27:58.73	07:20	0:30:59
158	132	Coelho, Luis	Pintassilgos dos Barris	Sen M	69	1:27:59.92	07:20	0:31:00
159	75	Sequeira, Manuel	G.D.C.T. REPSOL POLÍMEROS	M60	3	1:28:00.83	07:20	0:31:01
160	280	Onofre, Liliana		Sen F	11	1:28:07.05	07:21	0:31:07
161	310	Louro, Pedro		M40	57	1:28:17.36	07:21	0:31:17
162	150	Carreira, Hélio	SECIL	Sen M	70	1:29:57.36	07:30	0:32:57
163	73	Rodrigues, Óscar	Emel Runners	M40	58	1:29:57.67	07:30	0:32:58
164	69	Rebelo, Francisco	EDP Runners	M40	59	1:29:57.96	07:30	0:32:58

165	275	Sousa, José		M40	60	1:30:06.77	07:31	0:33:07
166	133	da Gama, Filipa	Proaventuras	F40	4	1:30:13.96	07:31	0:33:14
167	52	Carvalho, Marco	Clube ANA Lisboa	Sen M	71	1:30:15.95	07:31	0:33:16
168	2	Almeida, Filipe	100fobias	Sen M	72	1:31:00.84	07:35	0:34:01
169	202	Martins, Catarina	Xixas	Sen F	12	1:31:05.38	07:35	0:34:05
170	32	Matias, Octavio	Arrabida Mel - Mel para Desportistas	Sen M	73	1:31:35.23	07:38	0:34:35
171	261	Jones, João		M50	18	1:31:36.48	07:38	0:34:36
172	71	Gonçalves, Jorge	Emel Runners	Sen M	74	1:32:02.12	07:40	0:35:02
173	328	Oliveira, Sara		Sen F	13	1:32:09.82	07:41	0:35:10
174	65	Sá, Maria	COAC	Sen F	14	1:32:25.47	07:42	0:35:25
175	240	Pereira, Gina		Sen F	15	1:32:29.69	07:42	0:35:30
176	267	Patrício, João		Sen M	75	1:32:30.02	07:43	0:35:30
177	268	Sabina, João		Sen M	76	1:32:32.57	07:43	0:35:33
178	152	Nunes, Pedro	SECIL	M40	61	1:32:32.73	07:43	0:35:33
179	241	Mota, Gizela		F40	5	1:32:47.23	07:44	0:35:47
180	86	Santos, Susana	Gore	Sen F	16	1:32:53.25	07:44	0:35:53
181	85	Carvalho, André	Gore	Sen M	77	1:32:53.80	07:44	0:35:54
182	182	Carapuça, Antonio	Volkswagen Autoeuropa	M50	19	1:32:55.88	07:45	0:35:56
183	316	Ventura, Ricardo		M40	62	1:32:56.46	07:45	0:35:56
184	181	Oliveira, Miguel	Vale Formoso Futebol Clube	M40	63	1:32:58.33	07:45	0:35:58
185	87	Ricardo, Marina	Grândola Trailers	Sen F	17	1:33:55.69	07:50	0:36:56
186	191	Vieira, João	Volkswagen Autoeuropa	M40	64	1:34:36.58	07:53	0:37:37
187	111	Dias, Cheila	Números Sete	Sen F	18	1:35:07.62	07:56	0:38:08
188	30	Onofre, Paulo	AMCF - Arrábida Trail Team	M40	65	1:35:37.33	07:58	0:38:37
189	112	Dias, Paulo	Números Sete	M50	20	1:35:52.79	07:59	0:38:53
190	327	Ferreira, Sara		Sen F	19	1:37:29.27	08:07	0:40:29
191	10	Boiça, Romualdo	20 Km de Almeirim - Desportos Montanha	M40	66	1:37:34.27	08:08	0:40:34
192	178	Jorge, Paula	turbolentos	Sen F	20	1:37:53.27	08:09	0:40:53
193	297	Marques, Nuno		Sen M	78	1:37:58.59	08:10	0:40:59
194	187	Parreira, Hélia	Volkswagen Autoeuropa	F40	6	1:37:59.60	08:10	0:41:00
195	177	Pereira, Hugo	turbolentos	M40	67	1:38:02.84	08:10	0:41:03
196	206	Fonseca, Alexandre		M40	68	1:38:50.37	08:14	0:41:50
197	37	Azenha, Célia	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	F50	2	1:38:52.90	08:14	0:41:53
198	36	Nicolau, Cecilia	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	F40	7	1:38:53.97	08:14	0:41:54
199	223	Sampaio, Carlos		M50	21	1:38:54.78	08:15	0:41:55
200	276	Andrade, Julia		Sen F	21	1:39:20.07	08:17	0:42:20

201	273	Barreto, José		M40	69	1:39:45.81	08:19	0:42:46
202	4	Bento, Vanessa	100fobias	Sen F	22	1:40:05.46	08:20	0:43:05
203	3	Evaristo, Hugo	100fobias	Sen M	79	1:40:05.65	08:20	0:43:06
204	157	Guerreiro, Alexandre	Tálenos Team	M40	70	1:40:05.86	08:20	0:43:06
205	46	Macieira, Célia	Clube ANA Lisboa	F40	8	1:40:06.43	08:21	0:43:06
206	57	Machado, Pedro	Clube ANA Lisboa	M40	71	1:40:07.82	08:21	0:43:08
207	50	Padre, Gisela	Clube ANA Lisboa	F40	9	1:40:16.28	08:21	0:43:16
208	53	Ferreira, Miguel	Clube ANA Lisboa	M40	72	1:40:19.46	08:22	0:43:19
209	300	Sousa, Otelinda		Sen F	23	1:41:03.34	08:25	0:44:03
210	42	Lopes, Nuno	CDCR dos CTT de Almada	Sen M	80	1:41:29.03	08:27	0:44:29
211	41	Matos, Carla	CDCR dos CTT de Almada	Sen F	24	1:41:30.04	08:28	0:44:30
212	252	Claudina, Inês		Sen F	25	1:41:32.75	08:28	0:44:33
213	188	Gaspar, Jacqueline	Volkswagen Autoeuropa	Sen F	26	1:42:14.51	08:31	0:45:15
214	194	Rebolo, Manuel	Volkswagen Autoeuropa	M50	22	1:42:14.89	08:31	0:45:15
215	175	Salazar, Joao	TokaCorrer	M40	73	1:42:15.09	08:31	0:45:15
216	9	Freitas, Pedro	20 Km de Almeirim - Desportos Montanha	M40	74	1:42:16.83	08:31	0:45:17
217	229	Gaspar, Claudia		Sen F	27	1:42:18.29	08:32	0:45:18
218	334	Costa, João		Sen M	81	1:42:19.12	08:32	0:45:19
219	302	Eusébio, Patrocínia		Sen F	28	1:43:04.59	08:35	0:46:05
220	264	Matos, João		M40	75	1:43:11.13	08:36	0:46:11
221	317	Baptista, Rita		Sen F	29	1:43:52.19	08:39	0:46:52
222	113	Furtado, Antonia	O Praticante (asas do milenium)	F40	10	1:43:57.07	08:40	0:46:57
223	127	Morais, Jorge	Os Gordos	M40	76	1:44:02.81	08:40	0:47:03
224	126	Fernandes, Ana	Os Gordos	Sen F	30	1:44:03.06	08:40	0:47:03
225	218	Gomes, Bruno		Sen M	82	1:44:08.23	08:41	0:47:08
226	283	Quintas, Manuel		Sen M	83	1:44:09.37	08:41	0:47:09
227	16	Soares, Deusdete	A. Soares	M50	23	1:44:24.54	08:42	0:47:25
228	159	Ramos, Ana Paula	Tálenos Team	F40	11	1:44:42.33	08:44	0:47:42
229	278	Lopes, Leila		Sen F	31	1:44:42.77	08:44	0:47:43
230	222	Martins, Carlos		Sen M	84	1:44:43.11	08:44	0:47:43
231	205	Correia, Alberto		M50	24	1:44:43.12	08:44	0:47:43
232	21	Neves, Luis	Açoreana Clube Banif	M40	77	1:44:45.27	08:44	0:47:45
233	285	Albino, Maria		F40	12	1:45:50.02	08:49	0:48:50
234	195	Soares, Paula	Volkswagen Autoeuropa	Sen F	32	1:46:05.26	08:50	0:49:05
235	61	Ramalho, Sofia	Clube ANA Lisboa	Sen F	33	1:47:21.01	08:57	0:50:21
236	51	Silva, João	Clube ANA Lisboa	Sen M	85	1:47:21.66	08:57	0:50:22

237	47	Martins, Daniela	Clube ANA Lisboa	Sen F	34	1:47:22.23	08:57	0:50:22
238	58	Pereira, Pedro	Clube ANA Lisboa	Sen M	86	1:47:25.41	08:57	0:50:25
239	168	Farinhas, Susana	Támentos Team	F40	13	1:47:35.90	08:58	0:50:36
240	103	duarte, Vitor	LáChegarei	Sen M	87	1:47:37.15	08:58	0:50:37
241	102	Rosa, Luis	LáChegarei	Sen M	88	1:47:37.58	08:58	0:50:38
242	110	Dias, Ana	Minimongos	Sen F	35	1:47:44.78	08:59	0:50:45
243	7	Inacio, Helena	20 Km de Almeirim - Desportos Montanha	F40	14	1:47:49.09	08:59	0:50:49
244	6	Magalhães, Ana	20 Km de Almeirim - Desportos Montanha	F40	15	1:47:49.73	08:59	0:50:50
245	279	Dâmaso, Liliana		Sen F	36	1:48:09.25	09:01	0:51:09
246	266	Palmela, João		Sen M	89	1:48:09.99	09:01	0:51:10
247	263	Martins, João		Sen M	90	1:49:12.36	09:06	0:52:12
248	239	Mestre, Filipe		Sen M	91	1:49:14.40	09:06	0:52:14
249	290	Carvalho, Miguel		Sen M	92	1:49:17.31	09:06	0:52:17
250	235	Pestana, Eduardo		M60	4	1:49:43.52	09:09	0:52:44
251	5	Dias, Alexandra	20 Km de Almeirim - Desportos Montanha	Sen F	37	1:49:44.16	09:09	0:52:44
252	77	Barata, Ana	G.D.R. São Francisco da Serra	F50	3	1:50:32.14	09:13	0:53:32
253	84	Russiano, Pedro	Geek On The Run	Sen M	93	1:51:26.12	09:17	0:54:26
254	76	Teixeira, Maria	G.D.C.T. REPSOL POLÍMEROS	F40	16	1:51:26.62	09:17	0:54:27
255	169	Rocha, Tobias	Támentos Team	M50	25	1:51:26.68	09:17	0:54:27
256	312	Pinto, Pedro		Sen M	94	1:51:38.81	09:18	0:54:39
257	88	Cardoso, Hugo	Group Training	Sen M	95	1:51:51.59	09:19	0:54:52
258	89	Canuto, Joana	Group Training	Sen F	38	1:51:51.71	09:19	0:54:52
259	226	Antunes, Carolina		Sen F	39	1:52:56.65	09:25	0:55:57
260	230	Freitas, Cristina		F40	17	1:52:56.76	09:25	0:55:57
261	45	Leitão, Carla	Clube ANA Lisboa	F40	18	1:53:24.03	09:27	0:56:24
262	48	Granja, Élia	Clube ANA Lisboa	F40	19	1:54:41.83	09:33	0:57:42
263	155	Caixinha, Patricia	SS CGD	Sen F	40	1:54:42.79	09:34	0:57:43
264	154	Fonseca, Antonio	SS CGD	M40	78	1:54:44.01	09:34	0:57:44
265	243	Veríssimo, Gustavo		M40	79	1:55:13.02	09:36	0:58:13
266	326	Rodrigues, Rui		Sen M	96	1:57:02.92	09:45	1:00:03
267	258	Dias, João		Sen M	97	1:57:03.36	09:45	1:00:03
268	304	Venerando, Paula		F40	20	1:58:55.64	09:55	1:01:56
269	289	Venerando, Mário		M40	80	1:58:55.69	09:55	1:01:56
270	93	Ferreira, Miguel	Jacare	M40	81	1:59:34.78	09:58	1:02:35
271	94	Ribeiro, Teresa	Jacare	Sen F	41	2:00:49.62	10:04	1:03:50
272	79	Castro, Antonio	GD santander totta	M40	82	2:02:03.06	10:10	1:05:03

273	253	Silvestre, Isabel		F40	21	2:02:09.09	10:11	1:05:09
274	158	Margarida, Ana	Talentos Team	F40	22	2:02:26.98	10:12	1:05:27
275	117	Manuel, Elisete	O Praticante (asas do milenium)	F40	23	2:02:27.86	10:12	1:05:28
276	109	Rito, Sandra	MAS	F40	24	2:07:24.50	10:37	1:10:25
277	107	Rito, Anabela	MAS	Sen F	42	2:07:48.05	10:39	1:10:48
278	67	Lapa, Violeta	Correr Lisboa	Sen F	43	2:11:03.95	10:55	1:14:04
279	66	Nascimento, David	Correr Lisboa	Sen M	98	2:11:05.59	10:55	1:14:06
280	303	Sequeira, Paula		Sen F	44	2:15:02.51	11:15	1:18:03
281	324	Martinho, Rui		M40	83	2:15:02.82	11:15	1:18:03



1º Palmela Run

Data: 27 de Junho de 2016

Local: Palmela

Organização: EXPERIMENTA NATURA , Lda

Cronometragem: Trilho Perdido Cronometragens

1 ° AMCF - Arrábida Trail Team		12 Pontos
27	Diogo, Nelson	Seniores Masculinos
29	Torres, Nuno	Seniores Masculinos
24	Calvo, Leonel	Seniores Masculinos
2 ° Proaventuras		52 Pontos
140	Couto, Carlos	Seniores Masculinos
137	Martins, Luis	Veteranos M40
136	Dionisio, José	Veteranos M50
3 ° O Praticante (asas do milenium)		66 Pontos
119	Gomes, Marco	Veteranos M40
116	Formiga, Cirilo	Veteranos M60
114	Nereu, Antonio	Veteranos M50
4 ° Volkswagen Autoeuropa		86 Pontos
200	Rodrigues, Reinaldo	Veteranos M40
185	Lopes, Francisco	Veteranos M40
201	Paiva, Rufino	Veteranos M40
5 ° Tãlentos Team		87 Pontos
166	Pires, Jorge	Seniores Masculinos
165	Farinhas, João	Veteranos M40
162	Brito, Carlos	Veteranos M40
6 ° TIME RUNNERS		92 Pontos
174	Silva, Milton	Seniores Masculinos
172	Calvo, Francisco	Veteranos M50
171	Fernandes, Ezequiel	Veteranos M50
7 ° Os coxos e o Miguel		103 Pontos
124	Basso, Pedro	Veteranos M40
122	Carmo, Luis	Seniores Masculinos
121	Lucas, Diogo	Seniores Masculinos
8 ° kamarros		128 Pontos
97	Monteiro, Flavio	Veteranos M40
98	Martins, Rui	Veteranos M40
96	Rodrigues, Emanuel	Seniores Masculinos
9 ° Clube ANA Lisboa		221 Pontos
54	Soares, Nuno	Seniores Masculinos
62	Ferreira, Vitor	Seniores Masculinos
56	Costa, Paulo	Veteranos M40
10 ° ABTT - Palmela		226 Pontos
18	Aragão, José	Veteranos M50
17	Gertrudes, Carlos	Veteranos M50

20	Martins, Pedro	Seniores Masculinos	127
11 °	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO		318 Pontos
33	Sousa, António	Seniores Masculinos	44
34	Costa, Carlos	Veteranos M40	77
37	Azenha, Célia	Veteranas F50	197
12 °	Emel Runners		445 Pontos
72	Bastos, Marco	Veteranos M40	110
73	Rodrigues, Óscar	Veteranos M40	163
71	Gonçalves, Jorge	Seniores Masculinos	172
13 °	SECIL		446 Pontos
151	Lopes, Luis	Veteranos M40	139
148	Germano, Fábio	Seniores Masculinos	145
150	Carreira, Hélio	Seniores Masculinos	162
14 °	Açoreana Clube Banif		517 Pontos
23	Burguette, Pedro	Veteranos M40	142
22	Saramago, Paulo	Veteranos M40	143
21	Neves, Luis	Veteranos M40	232
15 °	20 Km de Almeirim - Desportos Montanha		519 Pontos
8	Cruz, José	Veteranos M40	112
10	Boiça, Romualdo	Veteranos M40	191
9	Freitas, Pedro	Veteranos M40	216
16 °	turbolentos		525 Pontos
176	Mourato, Ana	Seniores Femininas	138
178	Jorge, Paula	Seniores Femininas	192
177	Pereira, Hugo	Veteranos M40	195
17 °	100fobias		573 Pontos
2	Almeida, Filipe	Seniores Masculinos	168
4	Bento, Vanessa	Seniores Femininas	202
3	Evaristo, Hugo	Seniores Masculinos	203
18 °	LáChegarei		618 Pontos
101	Azevedo, João	Seniores Masculinos	137
103	duarte, Vitor	Seniores Masculinos	240
102	Rosa, Luis	Seniores Masculinos	241