

1 TRILHO DAS LAMPAS 2013 - 04/05/2013

Relatório masculino e feminino geral

CLASSIFICAÇÃO FINAL

Coloc	Núm	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	204	JOAO GINJA	M	47		01:15:19	01:15:15	CACEM ST/ MACEDO OCULISTA
2	271	CUSTODIO ANTÓNIO	M	36		01:15:37	01:15:34	C PRAÇAS ARMADA
3	245	TIAGO F R COCHICHO	M	30		01:16:32	01:16:28	INDIVIDUAL
4	352	VIRGILIO GOMES	M	44		01:16:38	01:16:38	CR LEOES P SALVO
5	280	RUI PACHECO	M	36		01:17:25	01:17:21	A VALE SILENCIO
6	290	HELDER M L GROSSO	M	30		01:17:40	01:17:36	ATOMIC TEAM
7	433	FERNANDO ALVES	M	46		01:19:19	01:19:16	AMIGOS ATL.MAFRA
8	306	MARCOLINO VERISSIMO	M	41		01:19:45	01:19:41	SS CGD
9	317	JORGE MATOS	M	42		01:19:52	01:19:51	CACEM ST/ MACEDO OCULISTA
10	431	JANÍCIO SOARES REIS	M	35		01:20:54	01:20:52	C BENFICA ALGUEIRÃO
11	266	ARSENIO J V SANTOS	M	32		01:22:32	01:22:27	INDIVIDUAL
12	434	MANUEL ISAAC BRAS	M	48		01:23:45	01:23:45	AMIGOS ATL.MAFRA
13	322	PAULO N J SEQUEIRA	M	34		01:24:03	01:23:56	AMIGOS LOBOS
14	386	PAULO A L COSTA	M	42		01:24:22	01:24:07	INDIVIDUAL
15	310	ANTONIO B C PARDAL	M	44		01:24:53	01:24:50	INDIVIDUAL
16	448	FRANCISCO BOSSA	M	40		01:26:01	01:25:56	
17	267	FILIPPE M SILVA	M	34		01:26:05	01:26:02	INDIVIDUAL
18	179	PEDRO PINA	M	24		01:26:49	01:26:39	INDIVIDUAL
19	247	JOSE AUGUSTO	M	40		01:27:23	01:27:17	O MUNDO CORRIDA
20	148	GUILHERME BRANQUINHO	M	40		01:27:27	01:27:20	INDIVIDUAL
21	391	ANTONIO E C B SOARES	M	47		01:27:34	01:27:29	CD ASAS MILENIUM
22	319	RUI FALCAO	M	51		01:27:49	01:27:44	FALCOES SELVAGENS
23	130	JOAO C LOPES	M	54		01:27:55	01:27:54	COMRADES
24	231	GERMANO SILVA	M	55		01:28:05	01:28:02	AD REAL ACADEMIA
25	253	PEDRO M F S M SANTOS	M	32		01:29:12	01:28:55	RAIL RUNNERS
26	184	CARLOS A A PASCOAL	M	49		01:29:33	01:29:23	OS NOMADAS
27	234	ANTONIO M N FERREIRA	M	40		01:30:05	01:30:00	CP RTP
28	350	RICARDO A A DAMIAO	M	36		01:30:10	01:30:02	CR LEOES P SALVO
29	278	NUNO PIMENTA	M	36		01:30:38	01:30:30	INDIVIDUAL
30	172	ARTUR BERNARDO	M	40		01:30:54	01:30:35	CARTOON RUN
31	439	EDUARDO GREGÓRIO	M	32		01:31:35	01:31:30	INDIVIDUAL
32	102	DIDIER VALENTE	M	41		01:32:12	01:32:09	MONSANTO T RUNNING
33	281	VITOR D S PINTO	M	28		01:32:19	01:32:15	A VALE SILENCIO
34	117	NUNO SARMENTO	M	37		01:32:53	01:32:46	INDIVIDUAL
35	420	RAUL QUARESMA	M	32		01:33:47	01:33:39	O MUNDO CORRIDA
36	293	MANUEL ARAUJO	M	51		01:34:05	01:34:01	INDIVIDUAL
37	438	ANA FALE	F	30		01:34:15	01:34:15	INDIVIDUAL
38	332	SERGIO MONTES	M	35		01:34:43	01:34:37	CACEM ST/ MACEDO OCULISTA

1 TRILHO DAS LAMPAS 2013 - 04/05/2013

Relatório masculino e feminino geral

CLASSIFICAÇÃO FINAL

Coloc	Núm	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
39	208	LUIS SILVEIRA	M	53		01:35:04	01:34:59	AD REAL ACADEMIA
40	311	CARLOS L F JESUS	M	38		01:35:24	01:35:09	O MUNDO CORRIDA
41	346	PAULO J P SOUSA	M	31		01:35:24	01:35:12	INDIVIDUAL
42	268	JORGE M S R MIMOSO	M	41		01:35:39	01:35:29	INDIVIDUAL
43	192	LUIS DUARTE	M	40		01:35:58	01:35:53	O MUNDO CORRIDA
44	362	HUMBERTO M G BRITO	M	38		01:38:09	01:38:05	INDIVIDUAL
45	124	NELSON ALEGRE	M	37		01:38:17	01:38:12	HAPPY BROTHERS TEAM
46	366	VICTOR M B SILVA	M	47		01:38:41	01:38:19	AA LEBRES SADO
47	392	ANTONIO M G NEREU	M	51		01:38:42	01:38:36	CD ASAS MILENIUM
48	421	FRANCISCO M L NUNES	M	44		01:38:46	01:38:30	O MUNDO CORRIDA
49	216	BRUNO A L MARTINS	M	35		01:38:48	01:38:29	CARACOIS CORRIDA
50	285	LUIS FERREIRA	M	45		01:38:50	01:38:24	RAIL RUNNERS
51	176	VITOR M O VELOSO	M	37		01:38:52	01:38:47	C BENFICA SEIXAL
52	232	BRUNO R RIBEIRO	M	33		01:38:52	01:38:52	INDIVIDUAL
53	333	ANDREIA C A MIRA	F	30		01:38:59	01:38:50	INDIVIDUAL
54	385	PEDRO RODRIGUES	M	43		01:39:21	01:39:16	INDIVIDUAL
55	160	EDUARDO D V LEITE	M	36		01:39:29	01:39:05	RUNSINTRA.COM
56	203	JOSE G OLIVEIRA	M	47		01:39:36	01:39:26	CACEM ST/ MACEDO OCULISTA
57	270	JORGE M GOIS	M	47		01:40:03	01:39:59	C PRAÇAS ARMADA
58	272	CARMEM HENRIQUES	F	35		01:40:04	01:40:00	C PRAÇAS ARMADA
59	387	CARLOS M S BATISTA	M	27		01:40:37	01:40:34	INDIVIDUAL
60	264	DIOGO M R TAVARES	M	35		01:40:39	01:40:15	FANQ FFW
61	442	PETER HOWARD COOPER	M	47		01:41:09	01:40:55	INDIVIDUAL
62	131	JOAO PARISOT	M	60		01:41:18	01:41:13	COMRADES
63	282	RAFAEL ASSUNÇÃO	M	22		01:41:22	01:41:11	RAIL RUNNERS
64	113	NUNO A B COELHO	M	44		01:41:26	01:41:19	INDIVIDUAL
65	274	JOSE MATOS	M	44		01:41:47	01:41:37	C PRAÇAS ARMADA
66	273	LUIS CONCEIÇÃO	M	35		01:41:49	01:41:40	C PRAÇAS ARMADA
67	294	LUIS A B FRAGOSO	M	36		01:41:55	01:41:39	SS CGD
68	183	JOSE L P BARROCO	M	54		01:41:58	01:41:48	OS NOMADAS
69	210	AURELIO D P AFONSO	M	36		01:42:06	01:42:01	INDIVIDUAL
70	411	MANUEL A FONSECA	M	49		01:42:16	01:42:11	INDIVIDUAL
71	236	LUIS M C ALVARO	M	45		01:42:41	01:42:32	O MUNDO CORRIDA
72	144	CARLOS M FONSECA	M	53		01:43:12	01:43:09	AÇOREANA C BANIF
73	174	JORGE M SOBRINHO	M	44		01:43:19	01:43:00	CARTOON RUN
74	173	RICARDO S MARTA	M	34		01:43:24	01:43:08	CARTOON RUN
75	423	PEDRO M F N SANTOS	M	43		01:43:47	01:43:36	PERNOCASDAÇO
76	151	Mª JOAO LOPES	F	32		01:44:04	01:43:58	INDIVIDUAL

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Relatório masculino e feminino geral

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Coloc	Núm	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
77	115	RICARDO L R VITORINO	M	30		01:44:22	01:44:16	C BENFICA T VEDRAS
78	116	RICARDO P R FERREIRA	M	31		01:44:23	01:44:18	C BENFICA T VEDRAS
79	450	GONÇALO REIS	M	27		01:44:30	01:44:24	
80	103	JORGE PRAZERES	M	43		01:44:33	01:44:26	RUN 4 FUN
81	304	DIOGO GAMITO	M	46		01:44:59	01:44:47	INDIVIDUAL
82	300	EDUARDO M C LUIS	M	35		01:45:13	01:45:03	ATOMIC TEAM
83	257	PAULO J C R CORREIA	M	52		01:45:20	01:45:12	INDIVIDUAL
84	243	HUGO M F GONÇALVES	M	36		01:45:23	01:45:17	INDIVIDUAL
85	364	JOAO C A CRESPO	M	50		01:45:36	01:45:23	INDIVIDUAL
86	357	FERNANDO PEREIRA	M	42		01:45:49	01:45:36	SINTRA RUNNERS
87	133	CARLOS BONITO	M	37		01:46:09	01:46:09	INDIVIDUAL
88	369	HENRIQUE ADREGA	M	60		01:46:10	01:45:58	AMIGOS CORRIDA.COM
89	252	ORLANDO DUARTE	M	55		01:46:20	01:46:16	INDIVIDUAL
90	382	SARA F M P REIS	F	34		01:46:23	01:46:19	INDIVIDUAL
91	383	VITOR SANTOS	M	37		01:46:23	01:46:19	INDIVIDUAL
92	207	ALVARO PINTO	M	56		01:46:39	01:46:32	AD REAL ACADEMIA
93	222	JOSE C F OLIVEIRA	M	39		01:46:40	01:46:19	AA LEBRES SADO
94	168	PAULO PIRES	M	47		01:46:45	01:46:19	SS CGD
95	161	HUGO NOVAIS	M	36		01:46:49	01:46:24	RUNSINTRA.COM
96	424	PEDRO CARVALHO	M	36		01:46:50	01:46:25	RUNSINTRA.COM
97	198	ARMANDO PARREIRA	M	44		01:46:53	01:46:40	AÇOREANA C BANIF
98	175	NELSON A C MOTA	M	42		01:46:53	01:46:40	AÇOREANA C BANIF
99	297	JOSE L SANTOS	M	43		01:47:32	01:47:09	CA AMIGOS PARQUE PAZ
100	404	JOAO P N F R CARDOSO	M	28		01:47:38	01:47:16	INDIVIDUAL
101	351	LUISA SANTO	F	46		01:47:39	01:47:31	CR LEOES P SALVO
102	120	MIGUEL PINHO	M	41		01:47:39	01:47:24	PORTUGAL RUNNING
103	196	RICARDO M N SILVA	M	44		01:47:42	01:47:37	INDIVIDUAL
104	335	JOAQUIM M T FERNANDES	M	50		01:47:58	01:47:41	AA LEBRES SADO
105	149	EDUARDO RIBEIRO	M	29		01:47:58	01:47:33	INDIVIDUAL
106	255	GONÇALO F MELO	M	46		01:48:10	01:48:04	RUN 4 FUN
107	119	CARLOS G FREIRE	M	40		01:48:11	01:47:50	RAIL RUNNERS
108	227	PEDRO FERREIRA	M	32		01:48:11	01:48:05	PROAVENTURAS
109	187	LUIS BOLETO	M	36		01:48:13	01:47:56	MONSANTO T RUNNING
110	114	MIGUEL S DUARTE	M	38		01:48:14	01:48:06	RUN 4 FUN
111	394	STEVEN WILLIAM COWLING	M	37		01:48:19	01:48:06	INDIVIDUAL
112	395	ANDREW MARTIN BOWES	M	38		01:48:20	01:48:07	INDIVIDUAL
113	248	PEDRO M N R RAMOS	M	45		01:48:41	01:48:35	INDIVIDUAL
114	341	SERGIO M M PEDRO	M	31		01:48:46	01:48:32	INDIVIDUAL

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Relatório masculino e feminino geral

CLASSIFICAÇÃO FINAL

Coloc	Núm	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
115	237	SILVIO M B HORTA	M	31		01:49:02	01:48:49	INDIVIDUAL
116	212	JORGE CANELHAS	M	38		01:49:11	01:48:52	INDIVIDUAL
117	241	JOAO A T D F GERMANO	M	45		01:49:14	01:49:04	INDIVIDUAL
118	242	PEDRO M C C ALMEIDA	M	38		01:49:25	01:49:25	INDIVIDUAL
119	338	TIAGO J D RAMOS	M	37		01:49:25	01:49:20	INDIVIDUAL
120	142	JOAO VERISSIMO	M	55		01:49:39	01:49:39	TOCANDAR
121	429	NUNO FIDALGO	M	38		01:50:03	01:50:03	INDIVIDUAL
122	244	ALBERTO J F MARTINS	M	44		01:50:05	01:49:46	INDIVIDUAL
123	376	ANTONIO P SANTOS	M	42		01:50:06	01:50:06	NOVALDEIA.PT
124	303	ALEXANDRE KELLEN	M	41		01:50:07	01:49:43	INDIVIDUAL
125	355	VIRGILIO OLIVEIRA	M	52		01:50:09	01:49:46	ADCR PJ
126	430	PEDRO SILVA	M	39		01:50:14	01:50:07	INDIVIDUAL
127	324	JOAO M F S DIAS	M	38		01:50:17	01:49:54	INDIVIDUAL
128	239	ANTONIO C REBELO	M	49		01:50:24	01:50:12	RUN 4 FUN
129	446	PAULO BARRETO	M	37		01:50:31	01:50:07	
130	373	FRANCISCO FREITAS	M	34		01:50:32	01:50:09	INDIVIDUAL
131	226	LUIS M A P COELHO	M	33		01:50:35	01:50:17	INDIVIDUAL
132	447	CRISTINA GUERREIRO	F	39		01:50:42	01:50:36	
133	154	JOAO C FREIRE	M	47		01:50:43	01:50:43	INDIVIDUAL
134	135	SALETE R T GUARDA	F	40		01:50:51	01:50:46	OFFTEL RUNNERS/JUV VIDIGALENSE
135	211	NUNO D ALMEIDA	M	41		01:50:53	01:50:53	RUN 4 FUN
136	276	ROGERIO SANTOS	M	36		01:50:57	01:50:46	SMO RUNNERS
137	277	MARIO J F DUARTE	M	43		01:50:57	01:50:57	SMO RUNNERS
138	275	ANTONIO SOUSA	M	37		01:50:58	01:50:48	SMO RUNNERS
139	209	JOAO COSTA	M	42		01:52:24	01:52:17	INDIVIDUAL
140	158	DOMINGOS A M JANELA	M	66		01:52:28	01:52:22	O MUNDO CORRIDA
141	171	PATRICIA A GOMES	F	31		01:52:29	01:52:14	INDIVIDUAL
142	283	PEDRO SA	M	36		01:52:34	01:52:18	RAIL RUNNERS
143	348	NATALINA BORDINO	F	26		01:52:41	01:52:19	CRP RIBAFRIA
144	316	RICARDO M C BAPTISTA	M	23		01:52:42	01:52:35	INDIVIDUAL
145	315	RUI A F PINTO	M	47		01:52:49	01:52:32	OS TUGAS
146	291	FILIPA RELVAS	F	25		01:52:59	01:52:50	ATOMIC TEAM
147	375	RODOLFO A D F RAPAZ	M	41		01:53:08	01:52:42	O MUNDO CORRIDA
148	122	RICARDO S OLIVEIRA	M	38		01:53:08	01:52:50	INDIVIDUAL
149	345	MANUEL M C CORREIA	M	40		01:53:23	01:53:10	LVTEAM
150	206	PAULA A SANTOS	F	43		01:53:28	01:53:10	OS TUGAS
151	258	DORA C S PINTO	F	47		01:53:30	01:53:22	INDIVIDUAL
152	229	ALEXANDRE P DUARTE	M	52		01:53:34	01:53:05	INDIVIDUAL

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Relatório masculino e feminino geral

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Coloc	Núm	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
153	305	JOAQUIM CARRILHO	M	46		01:53:34	01:53:24	SS CGD
154	199	DANIEL R COSTA	M	40		01:53:35	01:53:16	LOUCOS TRAIL RUNNING
155	336	VASCO J C SILVA	M	39		01:53:45	01:53:45	INDIVIDUAL
156	136	ILDEBRANDO J P AIRES	M	36		01:53:59	01:53:37	INDIVIDUAL
157	156	DAVID M S PEREIRA	M	31		01:54:00	01:53:37	INDIVIDUAL
158	372	MARGARIDA GODINHO	F	54		01:54:03	01:53:56	INDIVIDUAL
159	381	ALBISIO F MAGALHAES	M	58		01:54:29	01:54:18	INDIVIDUAL
160	397	JOSE VALÉRIO	M	67		01:55:04	01:55:00	INDIVIDUAL
161	254	PEDRO ABRANTES	M	40		01:55:21	01:55:21	INDIVIDUAL
162	195	RICARDO ARRAIAS	M	41		01:56:03	01:55:40	INDIVIDUAL
163	269	JOSE M NEVES	M	46		01:56:04	01:55:41	AA LEBRES SADO
164	217	BRUNO M D DOMINGOS	M	36		01:56:27	01:56:08	INDIVIDUAL
165	182	ELENA IABANJI	F	46		01:56:36	01:56:30	OS NOMADAS
166	312	NUNO MARTINS	M	36		01:56:39	01:56:14	RAIL RUNNERS
167	286	NUNO SA	M	37		01:56:43	01:56:19	RAIL RUNNERS
168	340	SERGIO S SILVA	M	39		01:57:00	01:56:50	INDIVIDUAL
169	349	LUIS DAMIAO	M	43		01:57:41	01:57:34	CR LEOES P SALVO
170	262	CARLOS M F RANGEL	M	60		01:58:22	01:58:10	INDIVIDUAL
171	309	CARLOS P DIAS	M	35		01:58:31	01:58:12	INDIVIDUAL
172	370	PEDRO D B A SIMOES	M	42		01:58:35	01:58:22	INDIVIDUAL
173	180	BRUNO GOMES	M	26		01:58:37	01:58:27	INDIVIDUAL
174	129	BERNARDO FILIPITSCH	M	32		01:58:37	01:58:28	COMRADES
175	353	EDUARDO G R M P SANTOS	M	30		01:58:38	01:58:28	INDIVIDUAL
176	138	PAULO A C SANTOS	M	40		01:58:41	01:58:16	PORTUGAL RUNNING
177	141	MAURO TEIXEIRA	F	33		01:58:49	01:58:49	TOCANDAR
178	314	ANTONIO S L M PEREIRA	M	37		01:58:51	01:58:23	UNIDOS CASTILHO
179	313	JOAO A O A AFONSO	M	37		01:58:52	01:58:24	UNIDOS CASTILHO
180	246	GONÇALO NETO	M	46		01:59:03	01:58:44	INDIVIDUAL
181	443	LILIANA RODRIGUES	F	27		01:59:03	01:59:03	INDIVIDUAL
182	371	HEITOR J F F ARAUJO	M	41		01:59:03	01:58:46	NEL - PEDATLETA
183	251	LUIS NETO	M	42		01:59:04	01:58:46	INDIVIDUAL
184	181	JOSE M M MAGALHAES	M	45		01:59:27	01:59:18	RUN 4 FUN
185	321	FRANCISCO M R S SILVA	M	52		01:59:45	01:59:33	FALCOES SELVAGENS
186	111	DURVAL SANTOS	M	54		01:59:55	01:59:35	INDIVIDUAL
187	299	RUI J L CARNEIRO	M	41		02:00:26	02:00:10	LESMAS OESTE
188	235	VALTER CUNHA	M	37		02:00:27	02:00:11	AÇOREANA C BANIF
189	356	JORGE CORREIA	M	41		02:00:32	02:00:18	SINTRA RUNNERS
190	435	RUI ALVES	M	40		02:01:06	02:00:54	INDIVIDUAL

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Relatório masculino e feminino geral

CLASSIFICAÇÃO FINAL

Coloc	Núm	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
191	261	ESTELA GONÇALVES	F	35		02:02:09	02:01:48	AA LEBRES SADO
192	260	ARTUR GONÇALVES	M	37		02:02:10	02:01:48	AA LEBRES SADO
193	220	JOAO P SILVA	M	44		02:02:20	02:02:07	SS CGD
194	118	NUNO M M TEMPERA	M	43		02:02:21	02:02:14	RUN 4 FUN
195	106	ALFREDO L F B FALCAO	M	47		02:02:22	02:02:14	RUN 4 FUN
196	337	JOSE MOURA	M	47		02:02:29	02:02:16	FALCOES SELVAGENS
197	331	LUIS A G CANHAO	M	46		02:02:30	02:02:07	INDIVIDUAL
198	205	GRAÇA ROLDAO	F	49		02:02:34	02:02:16	OS TUGAS
199	139	CARLOS J G C A MONTEIRO	M	52		02:02:54	02:02:35	INDIVIDUAL
200	228	CARLA SILVA	F	42		02:02:55	02:02:34	INDIVIDUAL
201	186	JOSE C P ROSEIRO	M	55		02:03:01	02:02:49	INDIVIDUAL
202	378	HUGO M G J FRAGOSO	M	36		02:03:04	02:02:58	INDIVIDUAL
203	292	ANABELA P D PACHECO	F	41		02:03:15	02:02:52	INDIVIDUAL
204	374	BRUNO A V F HORTELAO	M	34		02:04:30	02:04:20	LVTEAM
205	343	BRUNO M S CLAUDINO	M	39		02:04:45	02:04:22	INDIVIDUAL
206	344	JOSE CATITA	M	54		02:05:11	02:04:50	GARMIN/ CO OEIRAS
207	323	MANUELA FOLGADO	F	63		02:05:32	02:05:25	INDIVIDUAL
208	342	SIMAO P C M F SANTANA	M	36		02:05:35	02:05:29	INDIVIDUAL
209	360	RUI PINA	M	35		02:06:18	02:05:52	BAMOXIMBORA
210	358	ANDRE A M BEJA	M	35		02:06:19	02:05:54	BAMOXIMBORA
211	445	JOAO MORGADO	M	44		02:07:09	02:06:53	
212	388	GUILHERME HENRIQUES	M	39		02:07:10	02:06:56	CCD TRANQUILIDADE
213	414	Mª MARGARIDA L C EMILIO	F	42		02:08:10	02:08:10	INDIVIDUAL
214	384	HUGO M S G GONÇALVES	M	36		02:08:33	02:08:09	MAGIS RUNNERS TEAM
215	101	ALBERTO M F NUNES	M	52		02:08:34	02:08:08	PORTUGAL RUNNING
216	354	MARIO P GOULART	M	41		02:08:38	02:08:31	INDIVIDUAL
217	132	RUI M L CARVALHO	M	38		02:08:39	02:08:39	ADCR PJ
218	152	ANA L G DUARTE	F	42		02:08:56	02:08:45	FALCOES SELVAGENS
219	359	ARTUR A M BEJA	M	44		02:08:56	02:08:31	BAMOXIMBORA
220	389	SERGIO M S MAGALHAES	M	37		02:09:23	02:09:23	INDIVIDUAL
221	105	MONICA Q SILVA	F	43		02:09:23	02:09:09	INDIVIDUAL
222	147	JOSE M M GUIA	M	64		02:11:30	02:11:12	SS CGD
223	185	PAULO TRIGO	M	34		02:11:49	02:11:30	SPEEDRUS
224	166	JOAO N P FERREIRA	M	42		02:11:55	02:11:47	INDIVIDUAL
225	155	MAFALDA S C NUNES	F	44		02:11:56	02:11:56	SPEEDRUS
226	127	JOSE A M PEREIRA	M	51		02:11:56	02:11:56	INDIVIDUAL
227	307	ANTONIO J SIMOES	M	55		02:12:10	02:11:59	INDIVIDUAL
228	308	LUIS F G BOAVIDA	M	55		02:12:11	02:12:00	INDIVIDUAL

1 TRILHO DAS LAMPAS 2013 - 04/05/2013

Relatório masculino e feminino geral

CLASSIFICAÇÃO FINAL

Coloc	Núm	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
229	367	SUSANA M B GOMES	F	44		02:12:27	02:12:09	INDIVIDUAL
230	259	PAULO A MOTA	M	31		02:12:27	02:12:07	INDIVIDUAL
231	153	PEDRO M M VIEIRA	M	39		02:12:28	02:12:16	INDIVIDUAL
232	225	LUIS M D SANTOS	M	48		02:12:30	02:12:30	AA LEBRES SADO
233	170	SUSANA B SANTOS	F	37		02:12:30	02:12:08	INDIVIDUAL
234	163	JOAQUIM SILVA	M	44		02:13:42	02:13:27	INDIVIDUAL
235	162	FAUSTO ISAAC	M	43		02:13:43	02:13:29	AÇOREANA C BANIF
236	298	FERNANDO J ANTUNES	M	35		02:13:49	02:13:27	INDIVIDUAL
237	201	FATIMA C A MARTINS	F	40		02:13:57	02:13:43	INDIVIDUAL
238	189	JOAO M C LEITAO	M	42		02:13:57	02:13:43	INDIVIDUAL
239	188	Mª HELENA S G LEITAO	F	43		02:13:58	02:13:43	INDIVIDUAL
240	146	BENTO QUARESMA	M	40		02:14:04	02:13:50	INDIVIDUAL
241	123	IOSIF BLETAN	M	50		02:15:13	02:14:58	INDIVIDUAL
242	126	LIGIA MORAIS	F	37		02:15:14	02:15:00	SS MONTEPIO GERAL
243	432	JOSE CONCHINHA	M	61		02:15:50	02:15:40	CLUBE DO STRESS
244	213	HUGO M COELHO	M	41		02:16:29	02:16:08	INDIVIDUAL
245	128	JOAQUIM ADELINO	M	64		02:16:30	02:16:30	A VALE SILENCIO
246	440	ANA PEREIRA	F	44		02:16:30	02:16:19	INDIVIDUAL
247	441	ANALICE SILVA	F	69		02:16:43	02:16:39	INDIVIDUAL
248	330	PAULO SOARES	M	43		02:17:36	02:17:26	INDIVIDUAL
249	339	ANA SILVA	F	30		02:17:49	02:17:34	INDIVIDUAL
250	190	ESTELA COSTA	F	38		02:18:06	02:17:59	INDIVIDUAL
251	289	ADALBERTO GRILO	M	51		02:18:07	02:17:58	RUN 4 FUN
252	437	LUIS ANTUNES	M	51		02:20:36	02:20:20	GA MONSANTO GASCAN
253	436	JOAO PINTO	M	52		02:20:39	02:20:24	GA MONSANTO GASCAN
254	328	JORG PIRROW	M	44		02:21:08	02:20:58	INDIVIDUAL
255	265	JOAO M B VIDEIRA	M	22		02:21:54	02:21:35	LOUCOS TRAIL RUNNING
256	200	MANUEL J VIDEIRA	M	49		02:21:55	02:21:34	LOUCOS TRAIL RUNNING
257	194	FABIO P A R DIAS	M	41		02:22:30	02:22:30	INDIVIDUAL
258	145	RUI N CARMO	M	55		02:22:30	02:22:16	INDIVIDUAL
259	193	RUI M C GAMEIRO	M	39		02:22:30	02:22:15	INDIVIDUAL
260	233	CRISTINA ALEXANDRE	F	40		02:22:30	02:22:15	INDIVIDUAL
261	327	PAULO RAPOSO	M	40		02:22:37	02:22:16	RUN 4 FUN
262	334	MARTA M S ANDRADE	F	38		02:22:38	02:22:18	INDIVIDUAL
263	214	AUGUSTO P NEVES	M	46		02:22:41	02:22:20	INDIVIDUAL
264	178	NUNO R G MERGULHAO	M	32		02:25:12	02:25:12	AÇOREANA C BANIF
265	295	CARLOS M S F GONÇALVES	M	56		02:25:20	02:24:53	LEBRES TARTARUGAS
266	296	FREDERICO S A SOUSA	M	49		02:25:20	02:24:53	LEBRES TARTARUGAS

1 TRILHO DAS LAMPAS 2013 - 04/05/2013

Relatório masculino e feminino geral

CLASSIFICAÇÃO FINAL

Coloc	Núm	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
267	165	MIGUEL REIS	M	37		02:27:21	02:27:04	SS CGD
268	197	LUIS R RODRIGUES	M	33		02:27:21	02:27:21	INDIVIDUAL
269	109	CARLOS RENATO	M	53		02:27:44	02:27:18	CONNECT2RUN
270	108	HENRIQUETA SOLIPA	F	51		02:27:44	02:27:17	CONNECT2RUN
271	363	LUIS G CALDEIRA	M	41		02:27:48	02:27:33	INDIVIDUAL
272	218	LUIS M CALHEIROS	M	39		02:28:36	02:28:15	INDIVIDUAL
273	219	JORGE E P ATALAIÁ	M	32		02:28:38	02:28:17	INDIVIDUAL
274	230	PEDRO J S M BARRELA	M	40		02:28:38	02:28:19	INDIVIDUAL
275	279	VITOR M P GONCALVES	M	44		02:29:57	02:29:30	INDIVIDUAL
276	409	RUTE GONÇALVES	F	32		02:29:57	02:29:31	INDIVIDUAL
277	110	JOAO CRAVO	M	28		02:29:58	02:29:31	INDIVIDUAL
278	223	MANUEL M RAPOSO	M	65		02:30:28	02:30:10	AA LEBRES SADO
279	329	ANTONIO M D F R LOUSADA	M	41		02:30:37	02:30:24	INDIVIDUAL
280	125	FERNANDO ALMEIDA	M	41		02:30:37	02:30:30	ALCOCHETE AKTIVO
281	164	RITA PIMENTA	F	33		02:32:28	02:32:09	SS CGD
282	159	MANUEL F O GARCIA	M	30		02:33:11	02:32:53	INDIVIDUAL
283	150	CLAUDIA A C PERNENCAR	F	39		02:33:12	02:32:55	PORTUGAL RUNNING
284	449	MONICA COELHO	F	36		02:34:48	02:34:24	
285	288	JORGE D E SERRA	M	27		02:40:08	02:39:44	INDIVIDUAL
286	215	ELISETE MANUEL	F	38		02:50:18	02:49:59	CARACOIS CORRIDA
287	444	JOAO ALBERTO JORGE	M	0		02:50:21	02:50:00	
288	121	JOSE H J MARTINS	M	65		02:50:25	02:50:04	INDIVIDUAL
289	301	VIVIANA P RIBEIRO	F	28		02:51:39	02:51:16	ABC LEGAL
290	302	RUI V FERREIRA	M	30		02:51:40	02:51:18	CRP RIBAFRIA
291	238	SANDRA SIMOES	F	42		02:51:58	02:51:50	INDIVIDUAL
292	240	Mª JOAO REBELO	F	46		02:51:58	02:51:48	RUN 4 FUN
293	169	JOAO P LUZ	M	47		02:58:00	02:57:49	INDIVIDUAL
294	167	DORA PIRES	F	47		02:58:07	02:57:42	SS CGD
295	361	OTILIA ROSADO	F	39		02:58:08	02:57:43	INDIVIDUAL
296	287	PAULO MARÇAL	M	21		03:38:40	03:38:24	RAIL RUNNERS
297	284	GRAÇA SILVA	F	39		03:38:40	03:38:24	RAIL RUNNERS
298	451	JOANA FREIRE	F	33		03:38:40	03:38:40	SÃO JOÃO LAMPAS
299	452	CATARINA PARDAL	F	33		03:38:40	03:38:40	SÃO JOÃO DAS LAMPAS

Total de registros: 299