

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1	1	58	Evans Kipelagat	Senior	186	Kenia	00:29:23	2,94
2	2	52	Rui Pedro Silva	Senior	99999	INDIVIDUAL	00:29:31	2,95
3	3	1705	Nikolay Chavkin	Senior	188	Russia	00:29:52	2,99
4	4	59	Paulo Gomes	Senior	99999	INDIVIDUAL	00:30:05	3,01
5	5	33	Leonel Fernandes	Senior	45	CC S.Joao da Madeira	00:30:09	3,02
6	6	2	Daniel Pinheiro	Senior	114	Maia Atletico Clube	00:30:11	3,02
7	7	1732	Luis Feiteira	Senior	99999	INDIVIDUAL	00:30:46	3,08
8	8	605	Rui Jorge Muga	Senior	98	Ginasio Club Braganca	00:30:55	3,09
9	9	728	Vitor Oliveira	Senior	114	Maia Atletico Clube	00:30:56	3,09
10	10	1639	Miguel Ribeiro	Senior	177	CA Olimpico Vianense	00:31:07	3,11
11	11	7	Artur Rodrigues	Senior	120	NA Cucujaes	00:31:13	3,12
12	12	781	Jose Carvalho	Senior	124	NAtletismo Vila Real	00:31:34	3,16
13	13	1588	Fernando Lemos	Senior	113	Liberdade FC	00:32:03	3,21
14	14	46	Jose Azevedo	Senior	113	Liberdade FC	00:32:04	3,21
15	1	31	Manuel Ferreira	Vet 1	22	Arada Atletico Clube	00:32:07	3,21
16	15	724	Paulo Lopes	Senior	114	Maia Atletico Clube	00:32:12	3,22
17	16	989	Vitor Ribeiro	Senior	145	SIRA - SI e Recreio Aldre	00:32:13	3,22
18	17	1647	Heitor Oliveira	Senior	180	Cyclones	00:32:19	3,23
19	2	1386	Augusto Costa	Vet 1	99999	INDIVIDUAL	00:32:36	3,26
20	18	35	Americo Moreira	Senior	54	Cl Desportivo da Povia	00:32:44	3,27
21	3	17	Domingos Barros	Vet 1	145	SIRA - SI e Recreio Aldre	00:32:48	3,28
22	1	19	Marisa Barros	Fem	148	Sport Lisboa e Benfica	00:32:48	3,28
23	19	41	Carlos Costa	Senior	108	Juventude de Fornos	00:32:51	3,29
24	20	721	Miguel Moreira	Senior	114	Maia Atletico Clube	00:32:59	3,30
25	1	29	Joaquim Silva	Vet 3	21	AR Estrelas do Sul	00:33:06	3,31
26	21	1650	Joao Amorim	Senior	182	FC Penafiel	00:33:09	3,32
27	22	1644	Mario Fonseca	Senior	178	CD Cultural de Navais	00:33:22	3,34
28	23	778	Carlos Lopes	Senior	124	NAtletismo Vila Real	00:33:43	3,37
29	4	12	Manuel Pacheco	Vet 1	121	NA Joane	00:33:48	3,38
30	24	9	Paulo Pereira	Senior	120	NA Cucujaes	00:33:52	3,39
31	25	1538	Carlos Martins	Senior	99999	INDIVIDUAL	00:33:55	3,39
32	26	196	Hugo Gomes	Senior	35	CA de Ovar	00:33:58	3,40
33	1	30	Casimiro Galhardo	Vet 4	21	AR Estrelas do Sul	00:34:02	3,40
34	5	39	Manuel Urbano	Vet 1	94	GDC de Guilhovai	00:34:02	3,40
35	2	51	Monica Simoes	Fem	116	Maratona CP	00:34:02	3,40
36	27	4	Pedro Martins	Senior	114	Maia Atletico Clube	00:34:08	3,41
37	28	36	Avelino Eusebio	Senior	54	Cl Desportivo da Povia	00:34:09	3,42
38	1	28	Henrique Dias	Vet 2	21	AR Estrelas do Sul	00:34:19	3,43
39	29	1371	Bruno Pinho	Senior	99999	INDIVIDUAL	00:34:24	3,44

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8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
40	6	42	Mario Contreiras	Vet 1	108	Juventude de Fornos	00:34:29	3,45
41	30	1474	Carlos Silva	Senior	201	Ancede	00:34:35	3,46
42	3	47	Andreia Santos	Fem	107	JOMA	00:34:39	3,47
43	2	43	Antonio Ramalho	Vet 2	111	Leoes da Guarda	00:34:40	3,47
44	4	14	Fernanda Miranda	Fem	144	SC Braga	00:34:41	3,47
45	31	782	Marco Filipe	Senior	124	NAtletismo Vila Real	00:34:45	3,48
46	32	1319	Bruno Gaspar	Senior	99999	INDIVIDUAL	00:34:45	3,48
47	5	1704	Marina Kovaleva	Fem	188	Russia	00:34:46	3,48
48	33	23	Paulo Jesus	Senior	162	UDC de Argivai	00:34:52	3,49
49	34	3	Paulo Coelho	Senior	114	Maia Atletico Clube	00:34:55	3,49
50	35	1649	Tiago Babo	Senior	182	FC Penafiel	00:34:59	3,50
51	3	587	Manuel Ferreira	Vet 2	94	GDC de Guilhovai	00:35:01	3,50
52	6	57	Redo Jerobet	Fem	186	Kenia	00:35:07	3,51
53	7	761	Jose Silva	Vet 1	120	NA Cucujaes	00:35:08	3,51
54	36	906	Telmo Veloso	Senior	140	PortoRunners	00:35:09	3,52
55	37	49	Luis Filipe Paiva	Senior	107	JOMA	00:35:11	3,52
56	38	784	Rui Silva	Senior	124	NAtletismo Vila Real	00:35:11	3,52
57	4	522	Carlos Magalhaes	Vet 2	79	Eurotransmissao-Braga	00:35:13	3,52
58	39	99	Americo Pinho	Senior	9	ACRD Escapaes	00:35:18	3,53
59	40	437	Luis Gil	Senior	66	Clube Sport Maritimo	00:35:21	3,54
60	5	45	Joaquim Pinto	Vet 2	111	Leoes da Guarda	00:35:22	3,54
61	6	269	Jose Tavares	Vet 2	41	Caldas S.Jorge Sport Clu	00:35:22	3,54
62	7	6	Elisabete Lopes	Fem	116	Maratona CP	00:35:25	3,54
63	41	10	Angelo Pacheco	Senior	121	NA Joane	00:35:25	3,54
64	42	1651	Paulo Ferreira	Senior	182	FC Penafiel	00:35:31	3,55
65	8	1652	Aires Sousa	Vet 1	182	FC Penafiel	00:35:32	3,55
66	7	1688	Joao Teixeira	Vet 2	190	Sporting Lamego	00:35:32	3,55
67	43	282	Bruno Dias	Senior	45	CC S.Joao da Madeira	00:35:36	3,56
68	2	38	Jose Monteiro	Vet 3	69	CPT Bairro de Carcavelo	00:35:37	3,56
69	44	877	Alexandre Caramez	Senior	140	PortoRunners	00:35:39	3,57
70	8	1703	Eugenia Danilova	Fem	188	Russia	00:35:42	3,57
71	45	783	Pedro Nunes	Senior	124	NAtletismo Vila Real	00:35:45	3,58
72	3	1610	Joao Pereira	Vet 3	173	Afis / Ovar	00:35:45	3,58
73	46	1623	Antonio Caneca	Senior	175	AD Rio Largo Cl Espinho	00:35:58	3,60
74	47	103	Armando Teixeira	Senior	11	AD Efacec	00:35:59	3,60
75	48	105	Luis Lopes	Senior	11	AD Efacec	00:36:00	3,60
76	9	337	Vitor Gomes	Vet 1	54	Cl Desportivo da Povia	00:36:02	3,60
77	4	1653	Augusto Castro	Vet 3	182	FC Penafiel	00:36:02	3,60
78	49	493	Cesario Pacheco	Senior	73	Desportivo Ases S.Jorge	00:36:04	3,61

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8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
79	10	153	Salvador Mamsilha	Vet 1	21	AR Estrelas do Sul	00:36:07	3,61
80	11	495	Jose Queiros	Vet 1	73	Desportivo Ases S.Jorge	00:36:11	3,62
81	12	464	Orlando Neves	Vet 1	69	CPT Bairro de Carcavelo	00:36:12	3,62
82	8	13	Angelo Pacheco	Vet 2	121	NA Joane	00:36:14	3,62
83	50	987	Nuno Miranda	Senior	145	SIRA - SI e Recreio Aldre	00:36:17	3,63
84	9	1397	Guilherme Romano	Vet 2	99999	INDIVIDUAL	00:36:18	3,63
85	51	298	Alcino Silva	Senior	51	CI Atletismo Alpendorad	00:36:19	3,63
86	52	1166	Paulo Paiva	Senior	99999	INDIVIDUAL	00:36:22	3,64
87	13	1624	Antonio Oliveira	Vet 1	175	AD Rio Largo Cl Espinho	00:36:23	3,64
88	9	20	Rafaela Almeida	Fem	148	Sport Lisboa e Benfica	00:36:25	3,64
89	10	1536	Antonio Caterna	Vet 2	99999	INDIVIDUAL	00:36:27	3,65
90	14	771	Jorge Brito	Vet 1	123	NAM - NA Matosinhos	00:36:30	3,65
91	53	94	Joaquim Machado	Senior	8	ACR Vigorosa	00:36:32	3,65
92	11	1193	Manuel Cardoso	Vet 2	99999	INDIVIDUAL	00:36:32	3,65
93	54	573	Miguel Oliveira	Senior	91	GD Luz Verde	00:36:36	3,66
94	15	702	Mario Barbosa	Vet 1	113	Liberdade FC	00:36:46	3,68
95	55	890	Mark Macedo	Senior	140	PortoRunners	00:36:48	3,68
96	12	986	Joaquim Rodrigues	Vet 2	145	SIRA - SI e Recreio Aldre	00:36:50	3,68
97	56	133	Jose Martins	Senior	19	Amigos Quinta das Freir	00:36:51	3,69
98	57	402	Pedro Carvalho	Senior	61	Clube CCD - APDL	00:36:52	3,69
99	58	780	Joao Leandro	Senior	124	NAtletismo Vila Real	00:36:53	3,69
100	16	1606	Paulo Reis	Vet 1	172	CD Feirense	00:36:53	3,69
101	13	786	Henrique Machado	Vet 2	124	NAtletismo Vila Real	00:36:54	3,69
102	2	158	Manuel Dourado	Vet 4	21	AR Estrelas do Sul	00:36:56	3,69
103	59	401	Jose Miguel Azevedo	Senior	61	Clube CCD - APDL	00:37:01	3,70
104	60	5	Helder Marcolino	Senior	114	Maia Atletico Clube	00:37:04	3,71
105	5	367	Alvaro Almeida	Vet 3	57	Cl Spiridon de Gaia	00:37:07	3,71
106	6	497	Luis Vilela	Vet 3	73	Desportivo Ases S.Jorge	00:37:11	3,72
107	10	1596	Carla Machado	Fem	169	UD Varzea	00:37:12	3,72
108	17	148	Sergio Martins	Vet 1	20	AR de Negrelos	00:37:13	3,72
109	14	1655	Joaquim Lopes	Vet 2	140	PortoRunners	00:37:15	3,73
110	61	197	Jorge Almeida	Senior	35	CA de Ovar	00:37:18	3,73
111	3	199	Joaquim Costa	Vet 4	35	CA de Ovar	00:37:20	3,73
112	7	647	Antonio Dias	Vet 3	103	GR Estrela do Bonfim	00:37:21	3,74
113	62	584	Antonio Cristovao	Senior	94	GDC de Guilhovai	00:37:23	3,74
114	63	258	Armando Bastos	Senior	41	Caldas S.Jorge Sport Clu	00:37:25	3,74
115	64	572	Fernando Santos	Senior	91	GD Luz Verde	00:37:25	3,74
116	8	1609	Antonio Vieira	Vet 3	173	Afis / Ovar	00:37:25	3,74
117	15	1003	Joaquim Ribeiro	Vet 2	153	SS CGD	00:37:27	3,75

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8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
118	11	24	Helena Sampaio	Fem	167	GRECAS	00:37:28	3,75
119	65	1380	Nuno Silva	Senior	99999	INDIVIDUAL	00:37:30	3,75
120	16	1601	Carlos Baptista	Vet 2	171	Juventude Atletica Mozel	00:37:35	3,76
121	66	718	Luis Leite	Senior	114	Maia Atletico Clube	00:37:39	3,77
122	9	1399	Carlos Justo	Vet 3	99999	INDIVIDUAL	00:37:42	3,77
123	12	55	Sonia Fernandes	Fem	148	Sport Lisboa e Benfica	00:37:43	3,77
124	17	270	Manuel Valente	Vet 2	41	Caldas S.Jorge Sport Clu	00:37:44	3,77
125	67	599	Jose Ferreira	Senior	97	GDR Juventude das Ribeir	00:37:47	3,78
126	18	1410	Jose Fernando Marques	Vet 1	99999	INDIVIDUAL	00:37:52	3,79
127	68	1038	Leandro Pinto	Senior	158	Triplagitada - Clube Triat	00:37:53	3,79
128	18	538	Joaquim Sousa	Vet 2	84	Freamunde Running Cre	00:37:54	3,79
129	69	484	Carlos Coelho	Senior	72	DASDIKES	00:37:57	3,80
130	19	1632	Belmiro Rodrigues	Vet 2	175	AD Rio Largo Cl Espinho	00:38:00	3,80
131	70	333	Pedro Pontes	Senior	54	Cl Desportivo da Povia	00:38:01	3,80
132	10	295	Luis Simoes	Vet 3	50	CENAP	00:38:02	3,80
133	1	591	Adao Reis	Vet 5	94	GDC de Guilhovai	00:38:04	3,81
134	4	673	Carlos Frias	Vet 4	111	Leoes da Guarda	00:38:04	3,81
135	20	128	Mario Goncalves	Vet 2	17	Amigos do Pagode	00:38:07	3,81
136	21	266	Angelo Ramos	Vet 2	41	Caldas S.Jorge Sport Clu	00:38:12	3,82
137	13	34	Fatima Silva	Fem	54	Cl Desportivo da Povia	00:38:14	3,82
138	71	335	Gilberto Carvalho	Senior	54	Cl Desportivo da Povia	00:38:14	3,82
139	72	1684	Tiago Costa	Senior	189	SCS - Polo Aquatico	00:38:14	3,82
140	2	159	Jose Borges	Vet 5	21	AR Estrelas do Sul	00:38:18	3,83
141	22	833	Carlos Cruz	Vet 2	136	Os Rompe Solas	00:38:18	3,83
142	73	1316	Domingos Oliveira	Senior	99999	INDIVIDUAL	00:38:19	3,83
143	74	1541	Filipe Pedroso	Senior	99999	INDIVIDUAL	00:38:21	3,84
144	19	1575	Paulo Oliveira	Vet 1	99999	INDIVIDUAL	00:38:22	3,84
145	75	104	Eduardo Oliveira	Senior	11	AD Efacec	00:38:23	3,84
146	76	202	Bruno Caetano	Senior	37	CA Vila Boa do Bispo	00:38:24	3,84
147	20	262	Jose Carvalho	Vet 1	41	Caldas S.Jorge Sport Clu	00:38:25	3,84
148	77	903	Rui Filipe Costa	Senior	140	PortoRunners	00:38:25	3,84
149	11	775	Francisco Carvalho	Vet 3	123	NAM - NA Matosinhos	00:38:28	3,85
150	23	44	Belmiro Ferreira	Vet 2	111	Leoes da Guarda	00:38:29	3,85
151	78	1622	Alain Couto	Senior	175	AD Rio Largo Cl Espinho	00:38:29	3,85
152	14	18	Filipa Almeida	Fem	148	Sport Lisboa e Benfica	00:38:30	3,85
153	12	155	Mario Duarte	Vet 3	21	AR Estrelas do Sul	00:38:31	3,85
154	79	27	Fernando Barros	Senior	99999	INDIVIDUAL	00:38:32	3,85
155	5	561	Ezequiel Moreira	Vet 4	87	GCR de Alvarelhos	00:38:32	3,85
156	21	1686	Paulo Pereira	Vet 1	190	Sporting Lamego	00:38:32	3,85

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8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
157	24	307	Americo Coelho	Vet 2	52	CIRAC	00:38:34	3,86
158	80	1442	Ricardo Arvela	Senior	117	Moto Clube do Porto	00:38:34	3,86
159	81	765	Tiago Serra	Senior	122	NAJBU	00:38:35	3,86
160	25	467	Manuel Ribeiro	Vet 2	69	CPT Bairro de Carcavelo	00:38:36	3,86
161	82	1478	Manuel Silva	Senior	99999	INDIVIDUAL	00:38:37	3,86
162	22	264	Mario Costa	Vet 1	41	Caldas S.Jorge Sport Clu	00:38:40	3,87
163	26	631	Alipio Fernandes	Vet 2	101	GNR Guimaraes	00:38:40	3,87
164	6	471	Jose Corval	Vet 4	69	CPT Bairro de Carcavelo	00:38:41	3,87
165	27	1390	Jose Capela	Vet 2	99999	INDIVIDUAL	00:38:41	3,87
166	83	1600	Fernando Brandao	Senior	171	Juventude Atletica Mozal	00:38:41	3,87
167	28	480	Antonio Meneses	Vet 2	71	CTSM Aguas e Saneame	00:38:43	3,87
168	23	1387	Antonio Silva	Vet 1	99999	INDIVIDUAL	00:38:46	3,88
169	84	8	Carlos Ferreira	Senior	120	NA Cucujaes	00:38:47	3,88
170	24	1378	Miguel Barbosa	Vet 1	99999	INDIVIDUAL	00:38:47	3,88
171	85	881	Bruno Miguel Martins	Senior	140	PortoRunners	00:38:48	3,88
172	86	908	Vasco Batista	Senior	140	PortoRunners	00:38:49	3,88
173	7	743	Antonio Moreira	Vet 4	114	Maia Atletico Clube	00:38:51	3,89
174	25	1648	Claudio Queiroga	Vet 1	181	Dinamo Cl da Estacao - V	00:38:52	3,89
175	13	1054	Porfirio Silva	Vet 3	161	Tutilar Class Runners	00:38:53	3,89
176	14	1130	Antonio Ruela	Vet 3	99999	INDIVIDUAL	00:38:54	3,89
177	8	192	Orlando Vieira	Vet 4	33	CA de Avintes	00:38:58	3,90
178	29	490	Vasco Figueiredo	Vet 2	72	DASDIKES	00:38:58	3,90
179	15	648	Joaquim Fangueiro	Vet 3	103	GR Estrela do Bonfim	00:38:58	3,90
180	26	1302	Jose Manuel Monteiro	Vet 1	99999	INDIVIDUAL	00:38:58	3,90
181	87	629	Pascoal Melo	Senior	101	GNR Guimaraes	00:38:59	3,90
182	88	95	Mario Pinheiro	Senior	114	Maia Atletico Clube	00:39:04	3,91
183	89	905	Rui Sobral	Senior	140	PortoRunners	00:39:05	3,91
184	30	1053	Jose Augusto	Vet 2	161	Tutilar Class Runners	00:39:05	3,91
185	90	284	Eduardo Cardoso	Senior	47	CCD Ribeirao	00:39:09	3,92
186	91	494	Domingos Leite	Senior	73	Desportivo Ases S.Jorge	00:39:11	3,92
187	31	286	Americo Pinto	Vet 2	48	CCDT CM Gondomar	00:39:12	3,92
188	15	40	Marlene Borges	Fem	114	Maia Atletico Clube	00:39:13	3,92
189	32	475	Alberto Soares	Vet 2	70	CRP S.Tiago	00:39:13	3,92
190	92	1105	Filipe Vilhena	Senior	99999	INDIVIDUAL	00:39:13	3,92
191	93	788	Pedro Regueiras	Senior	126	Nucleo Atletismo Taipas	00:39:15	3,93
192	33	1389	Manuel Mota	Vet 2	99999	INDIVIDUAL	00:39:15	3,93
193	16	48	Susana Vilela	Fem	107	JOMA	00:39:19	3,93
194	9	15	Luis Silva	Vet 4	144	SC Braga	00:39:23	3,94
195	34	950	Victor Carvalho	Vet 2	140	PortoRunners	00:39:23	3,94

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Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
196	94	1690	Andre Cabreira	Senior	191	Uniao Desportiva Beiriz	00:39:25	3,94
197	27	917	Manuel Rocha	Vet 1	140	PortoRunners	00:39:28	3,95
198	35	1418	Carlos Rodrigues	Vet 2	99999	INDIVIDUAL	00:39:31	3,95
199	95	124	Paulo Pereira	Senior	16	Amigos de Valbom	00:39:33	3,96
200	36	1392	Jose Mota	Vet 2	99999	INDIVIDUAL	00:39:34	3,96
201	37	201	Modesto Vieira	Vet 2	36	CA Estrelas Marco Cana	00:39:35	3,96
202	96	1599	Carlos Daniel Baptista	Senior	171	Juventude Atletica Mozell	00:39:36	3,96
203	38	1393	Joao Barbosa	Vet 2	99999	INDIVIDUAL	00:39:38	3,96
204	28	919	Mario Paulo Carreira	Vet 1	140	PortoRunners	00:39:40	3,97
205	16	119	Manuel Santos	Vet 3	15	Amigos de Paranhos	00:39:44	3,97
206	97	492	Albano Seca	Senior	73	Desportivo Ases S.Jorge	00:39:44	3,97
207	10	632	Avelino Martins	Vet 4	99999	INDIVIDUAL	00:39:44	3,97
208	17	1476	Eduardo Soares	Vet 3	99999	INDIVIDUAL	00:39:44	3,97
209	18	287	Herminio Martins	Vet 3	48	CCDT CM Gondomar	00:39:45	3,98
210	11	1222	Antonio Rocha	Vet 4	99999	INDIVIDUAL	00:39:46	3,98
211	39	1293	Jose Miranda Mota	Vet 2	99999	INDIVIDUAL	00:39:47	3,98
212	98	1663	Hugo Couto	Senior	185	i-Run	00:39:51	3,99
213	29	1738	Pedro Amaro	Vet 1	99999	INDIVIDUAL	00:39:51	3,99
214	19	208	Antonio Correia	Vet 3	37	CA Vila Boa do Bispo	00:39:52	3,99
215	12	289	Augusto Pereira	Vet 4	48	CCDT CM Gondomar	00:39:52	3,99
216	17	189	Alexandra Lopes	Fem	33	CA de Avintes	00:39:55	3,99
217	99	403	Sergio Gaiao	Senior	61	Clube CCD - APDL	00:39:56	3,99
218	100	1	Bruno Silva	Senior	114	Maia Atletico Clube	00:39:57	4,00
219	101	533	Mark Velhote	Senior	83	Fluvial Triathlon	00:39:58	4,00
220	40	519	Antonio Carvalho	Vet 2	78	Estornorte	00:39:59	4,00
221	41	938	Carlos Rocha	Vet 2	140	PortoRunners	00:39:59	4,00
222	42	1116	Jose Costa	Vet 2	194	GD Limpeza Urbana CM	00:39:59	4,00
223	20	539	Abilio Marques	Vet 3	84	Freamunde Running Cre	00:40:01	4,00
224	43	559	Manuel Carneiro	Vet 2	87	GCR de Alvarelhos	00:40:02	4,00
225	102	457	Antonio Soares	Senior	69	CPT Bairro de Carcavelo	00:40:03	4,01
226	21	483	Manuel Ferreira	Vet 3	71	CTSM Aguas e Saneame	00:40:04	4,01
227	30	204	Luis Vieira	Vet 1	37	CA Vila Boa do Bispo	00:40:05	4,01
228	22	1411	Vitor Teixeira	Vet 3	99999	INDIVIDUAL	00:40:08	4,01
229	31	1384	Joaquim Silva	Vet 1	99999	INDIVIDUAL	00:40:09	4,02
230	103	714	Diogo Ribeiro	Senior	114	Maia Atletico Clube	00:40:15	4,03
231	104	1058	Bruno Martins	Senior	162	UDC de Argivai	00:40:15	4,03
232	105	1059	Filipe Martins	Senior	162	UDC de Argivai	00:40:15	4,03
233	106	225	Diogo Brandao	Senior	39	Caes D'Avenida	00:40:17	4,03
234	107	1740	Paulo Sergio Pinto	Senior	99999	INDIVIDUAL	00:40:17	4,03

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
235	108	909	Vitor Ferreira	Senior	140	PortoRunners	00:40:20	4,03
236	18	56	Carina Marques	Fem	176	Adercus	00:40:22	4,04
237	109	544	Diogo Nogueira	Senior	85	G Juv Pinheiro da Bempo	00:40:22	4,04
238	32	574	Carlos Barroso	Vet 1	91	GD Luz Verde	00:40:23	4,04
239	13	349	Abilio Sousa	Vet 4	55	Cl Millennium BCP	00:40:24	4,04
240	23	194	Antonio Barbosa	Vet 3	34	CA de Ermesinde	00:40:25	4,04
241	24	207	Adao Moreira	Vet 3	37	CA Vila Boa do Bispo	00:40:25	4,04
242	110	332	Antonio Magalhaes	Senior	54	Cl Desportivo da Povia	00:40:25	4,04
243	14	472	Manuel Goncalves	Vet 4	69	CPT Bairro de Carcavelo	00:40:26	4,04
244	44	644	Justino Pereira	Vet 2	102	GR de Gaviao	00:40:29	4,05
245	33	641	Paulo Moreira	Vet 1	102	GR de Gaviao	00:40:34	4,06
246	25	1674	Francisco Rocha	Vet 3	187	Os Amigos de Grijo	00:40:34	4,06
247	45	1394	Jose Guimaraes	Vet 2	99999	INDIVIDUAL	00:40:35	4,06
248	34	236	Goncalo Gomes	Vet 1	39	Caes D'Avenida	00:40:36	4,06
249	46	834	Manuel F. Oliveira	Vet 2	136	Os Rompe Solas	00:40:36	4,06
250	111	1603	Jose Sousa	Senior	172	CD Feirense	00:40:36	4,06
251	47	214	Nuno Paiva	Vet 2	38	CAD As 11 no Farol	00:40:37	4,06
252	112	1108	Ricardo Ribeiro	Senior	99999	INDIVIDUAL	00:40:38	4,06
253	48	150	Manuel Gomes	Vet 2	20	AR de Negrelos	00:40:40	4,07
254	15	1537	Joao de Deus Vilaca	Vet 4	99999	INDIVIDUAL	00:40:40	4,07
255	35	667	Paulo Campos	Vet 1	110	Leoes da Agra	00:40:41	4,07
256	49	668	Antonio Goncalves	Vet 2	110	Leoes da Agra	00:40:41	4,07
257	50	1050	Carlos Sousa	Vet 2	161	Tutilar Class Runners	00:40:41	4,07
258	51	642	Antonio Ferreira	Vet 2	102	GR de Gaviao	00:40:46	4,08
259	113	1597	Bruno Craveiro	Senior	99999	INDIVIDUAL	00:40:46	4,08
260	16	331	Augusto Granja	Vet 4	53	Cl de Pessoal EDP	00:40:48	4,08
261	26	125	Jose Antonio Ribeiro	Vet 3	16	Amigos de Valbom	00:40:51	4,09
262	27	175	Jose Encarnacao	Vet 3	28	Atletico Clube Alfenense	00:40:51	4,09
263	17	674	Leopoldo Fernandes	Vet 4	111	Leoes da Guarda	00:40:52	4,09
264	19	858	Claudia Ribeiro	Fem	140	PortoRunners	00:40:53	4,09
265	114	1621	Carlos Ferreira	Senior	175	AD Rio Largo Cl Espinho	00:40:53	4,09
266	18	283	Arsenio Fernandes	Vet 4	46	CCD "O Alvitejo"	00:40:54	4,09
267	36	1604	Rogério Campos	Vet 1	172	CD Feirense	00:40:54	4,09
268	115	1713	Manuel Silva	Senior	99999	INDIVIDUAL	00:40:54	4,09
269	19	567	Jose Alberto Monteiro	Vet 4	89	GD Banco de Portugal	00:40:55	4,09
270	52	149	Luis Martins	Vet 2	20	AR de Negrelos	00:40:56	4,09
271	28	468	Jacinto Oliveira	Vet 3	69	CPT Bairro de Carcavelo	00:40:56	4,09
272	116	600	Jose Nunes	Senior	97	GDR Juventude das Ribeis	00:40:56	4,09
273	20	470	Joaquim Ribeiro	Vet 4	69	CPT Bairro de Carcavelo	00:40:57	4,10

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
274	29	1689	Antonio Osorio	Vet 3	190	Sporting Lamego	00:40:59	4,10
275	117	1641	Vitor Correia	Senior	178	CD Cultural de Navais	00:41:01	4,10
276	37	1464	Jose Sa	Vet 1	99999	INDIVIDUAL	00:41:02	4,10
277	53	557	Amaro Silva	Vet 2	87	GCR de Alvarelhos	00:41:03	4,11
278	118	715	Joao Sousa	Senior	114	Maia Atletico Clube	00:41:03	4,11
279	30	272	Carlos Ferreira	Vet 3	41	Caldas S.Jorge Sport Clu	00:41:07	4,11
280	38	100	Paulo Santos	Vet 1	9	ACRD Escapaes	00:41:08	4,11
281	31	209	Joao Ribeiro	Vet 3	37	CA Vila Boa do Bispo	00:41:08	4,11
282	39	732	Jose Carlos Ricardo	Vet 1	114	Maia Atletico Clube	00:41:08	4,11
283	32	671	Luciano Vieira	Vet 3	111	Leoes da Guarda	00:41:10	4,12
284	54	294	Pedro Matias	Vet 2	50	CENAP	00:41:11	4,12
285	55	141	Rui Correia	Vet 2	19	Amigos Quinta das Freir	00:41:12	4,12
286	33	690	Jose Pires	Vet 3	112	Leoes do Veneza	00:41:12	4,12
287	34	195	Jose Rocha	Vet 3	34	CA de Ermesinde	00:41:14	4,12
288	119	1381	Ricardo Salgado	Senior	99999	INDIVIDUAL	00:41:14	4,12
289	56	374	Antonio Dias	Vet 2	59	Cl Veteranos do Porto	00:41:15	4,13
290	120	1752	Pedro Silva	Senior	99999	INDIVIDUAL	00:41:15	4,13
291	121	259	Manuel Almeida	Senior	41	Caldas S.Jorge Sport Clu	00:41:18	4,13
292	122	293	Manuel Silva	Senior	50	CENAP	00:41:18	4,13
293	123	200	Aurelio Vieira	Senior	36	CA Estrelas Marco Cana	00:41:20	4,13
294	57	669	Joaquim Monteiro	Vet 2	110	Leoes da Agra	00:41:20	4,13
295	58	267	Joao Pinto	Vet 2	41	Caldas S.Jorge Sport Clu	00:41:21	4,14
296	21	410	Antonio Pereira	Vet 4	62	Clube Desportivo Candal	00:41:21	4,14
297	35	762	Manuel Luis	Vet 3	120	NA Cucujaes	00:41:23	4,14
298	22	469	Fernando Pereira	Vet 4	69	CPT Bairro de Carcavelo	00:41:25	4,14
299	40	734	Nuno Barra	Vet 1	114	Maia Atletico Clube	00:41:25	4,14
300	41	990	Silverio Miranda	Vet 1	145	SIRA - SI e Recreio Aldre	00:41:26	4,14
301	42	1628	Carlos Cardoso	Vet 1	175	AD Rio Largo Cl Espinho	00:41:29	4,15
302	43	575	Francisco Teixeira	Vet 1	91	GD Luz Verde	00:41:30	4,15
303	44	913	Antonio Ribeiro	Vet 1	140	PortoRunners	00:41:30	4,15
304	124	1645	Jose Carlos Eusebio	Senior	178	CD Cultural de Navais	00:41:30	4,15
305	36	478	Alexandre Silva	Vet 3	70	CRP S.Tiago	00:41:33	4,16
306	125	978	Ricardo Coelho	Senior	143	Sapadores da Invicta	00:41:33	4,16
307	126	1589	Miguel Jacinto	Senior	120	NA Cucujaes	00:41:33	4,16
308	45	1001	Luis Silva	Vet 1	152	Sportolicos	00:41:34	4,16
309	59	1423	Artur Araujo	Vet 2	99999	INDIVIDUAL	00:41:34	4,16
310	37	498	Hernani Soares	Vet 3	74	EDP Fafe	00:41:37	4,16
311	38	1746	Jorge Gomes Fonseca	Vet 3	99999	INDIVIDUAL	00:41:37	4,16
312	127	107	Ricardo Pinto	Senior	11	AD Efacec	00:41:39	4,17



# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
313	60	112	Jose Manuel Machado	Vet 2	13	Amarante Runnig Team	00:41:39	4,17
314	128	354	Jose A Ferreira	Senior	56	Cl Portugal Telecom - Z.	00:41:39	4,17
315	129	884	Eduardo Brandao	Senior	140	PortoRunners	00:41:41	4,17
316	23	157	Anibal Silva	Vet 4	21	AR Estrelas do Sul	00:41:42	4,17
317	61	645	Rui Lima	Vet 2	102	GR de Gaviao	00:41:43	4,17
318	46	1284	Manuel Mendes	Vet 1	200	Vitoria Sport Clube	00:41:45	4,18
319	24	321	Manuel Ferreira	Vet 4	52	CIRAC	00:41:46	4,18
320	47	429	Alvaro Machado	Vet 1	65	Clube GBES	00:41:48	4,18
321	62	308	Henrique Melo	Vet 2	52	CIRAC	00:41:51	4,19
322	130	970	Ricardo Teixeira	Senior	142	Runporto.com	00:41:51	4,19
323	131	975	Ivo Sa	Senior	143	Sapadores da Invicta	00:41:52	4,19
324	132	637	Jose Oliveira	Senior	102	GR de Gaviao	00:41:56	4,19
325	63	643	Domingos Pereira	Vet 2	102	GR de Gaviao	00:41:56	4,19
326	133	203	Pedro Teixeira	Senior	37	CA Vila Boa do Bispo	00:41:57	4,20
327	134	879	Antonio Morais	Senior	140	PortoRunners	00:41:57	4,20
328	48	918	Marco Silva	Vet 1	140	PortoRunners	00:41:57	4,20
329	64	1630	Alvaro Reis	Vet 2	175	AD Rio Largo Cl Espinho	00:41:57	4,20
330	39	118	Carlos Cardoso	Vet 3	15	Amigos de Paranhos	00:41:58	4,20
331	135	462	Rogério Santos	Senior	69	CPT Bairro de Carcavelo	00:41:58	4,20
332	136	901	Rui Amaral Mendes	Senior	140	PortoRunners	00:41:58	4,20
333	65	1173	Vitor Carrico	Vet 2	99999	INDIVIDUAL	00:41:59	4,20
334	49	1627	Luis Conceicao	Vet 1	175	AD Rio Largo Cl Espinho	00:41:59	4,20
335	66	1248	Angelo Pereira	Vet 2	99999	INDIVIDUAL	00:42:00	4,20
336	50	1297	Manuel F. Oliveira	Vet 1	99999	INDIVIDUAL	00:42:00	4,20
337	67	1388	Antonio Afonso	Vet 2	99999	INDIVIDUAL	00:42:01	4,20
338	68	1151	Joaquim Marques	Vet 2	99999	INDIVIDUAL	00:42:02	4,20
339	69	140	Fernando Santos	Vet 2	19	Amigos Quinta das Freir	00:42:03	4,21
340	70	1766	Francisco Lobo	Vet 2	140	PortoRunners	00:42:04	4,21
341	137	534	Nuno Caetano	Senior	83	Fluvial Triathlon	00:42:05	4,21
342	40	64	Manuel Santos	Vet 3	1	.COM	00:42:06	4,21
343	41	143	Antonio Pereira	Vet 3	19	Amigos Quinta das Freir	00:42:06	4,21
344	25	958	Luis Sousa Pires	Vet 4	140	PortoRunners	00:42:06	4,21
345	138	224	Carlos Braga	Senior	39	Caes D'Avenida	00:42:07	4,21
346	71	477	Maximiano Rodrigues	Vet 2	70	CRP S.Tiago	00:42:07	4,21
347	139	1683	Miguel Mariani	Senior	189	SCS - Polo Aquatico	00:42:07	4,21
348	51	926	Paulo Nunes	Vet 1	140	PortoRunners	00:42:08	4,21
349	52	1098	Luis Filipe Moreira	Vet 1	99999	INDIVIDUAL	00:42:08	4,21
350	140	414	Antonio Jose Santos	Senior	64	Clube Galp - Nucleo Nor	00:42:09	4,22
351	72	934	Alexandre Ferreira	Vet 2	140	PortoRunners	00:42:09	4,22

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
352	141	1094	Sergio Miguel Capelo	Senior	99999	INDIVIDUAL	00:42:11	4,22
353	3	650	Joaquim Pereira	Vet 5	103	GR Estrela do Bonfim	00:42:12	4,22
354	142	976	Joaquim Aires	Senior	143	Sapadores da Invicta	00:42:14	4,22
355	143	1332	Paulo Domingos	Senior	99999	INDIVIDUAL	00:42:15	4,23
356	73	343	Firmino Nogueira	Vet 2	55	Cl Millennium BCP	00:42:16	4,23
357	74	1396	Augusto Marques	Vet 2	99999	INDIVIDUAL	00:42:16	4,23
358	144	578	Filipe Lima	Senior	92	GD Santander Totta	00:42:17	4,23
359	145	980	Rui Araujo	Senior	143	Sapadores da Invicta	00:42:17	4,23
360	146	417	Marco Almeida	Senior	64	Clube Galp - Nucleo Nor	00:42:18	4,23
361	42	603	Quintino Bacelo	Vet 3	97	GDR Juventude das Ribeir	00:42:18	4,23
362	53	1336	Jorge Aidos Rocha	Vet 1	99999	INDIVIDUAL	00:42:19	4,23
363	75	254	Celestino Silva	Vet 2	40	Café Ponto Final/Sasia	00:42:20	4,23
364	54	474	Jose Manuel Morais	Vet 1	70	CRP S.Tiago	00:42:20	4,23
365	43	602	Domingos Vieira	Vet 3	97	GDR Juventude das Ribeir	00:42:20	4,23
366	147	185	Jorge Esteves	Senior	32	CAR Marisqueiro	00:42:21	4,24
367	148	187	Pedro Goncalves	Senior	32	CAR Marisqueiro	00:42:21	4,24
368	55	1605	Jorge Goncalves	Vet 1	172	CD Feirense	00:42:21	4,24
369	76	188	Ismael Mata	Vet 2	32	CAR Marisqueiro	00:42:22	4,24
370	44	32	David Fernandes	Vet 3	22	Arada Atletico Clube	00:42:23	4,24
371	149	543	Bruno Costa	Senior	85	G Juv Pinheiro da Bempo	00:42:23	4,24
372	45	763	Norberto Oliveira	Vet 3	120	NA Cucujaes	00:42:23	4,24
373	150	535	Andre Pinto	Senior	84	Freamunde Running Cre	00:42:24	4,24
374	26	597	Manuel Sousa	Vet 4	96	GDR Fundo de Vila	00:42:25	4,24
375	56	1226	Joao Alvaro Capa	Vet 1	99999	INDIVIDUAL	00:42:26	4,24
376	57	1626	Manuel Silva	Vet 1	175	AD Rio Largo Cl Espinho	00:42:27	4,25
377	151	994	Pedro Oliveira	Senior	99999	INDIVIDUAL	00:42:28	4,25
378	152	542	Andre Ferreira	Senior	85	G Juv Pinheiro da Bempo	00:42:29	4,25
379	58	265	Vitor Silva	Vet 1	41	Caldas S.Jorge Sport Clu	00:42:30	4,25
380	77	1309	Antonio Dias	Vet 2	99999	INDIVIDUAL	00:42:31	4,25
381	59	1757	Sergio Manuel Jorge	Vet 1	99999	INDIVIDUAL	00:42:35	4,26
382	78	646	Carlos Vale	Vet 2	103	GR Estrela do Bonfim	00:42:36	4,26
383	4	351	Jose Caetano	Vet 5	55	Cl Millennium BCP	00:42:38	4,26
384	79	380	Paulo Neves	Vet 2	59	Cl Veteranos do Porto	00:42:38	4,26
385	60	832	Rui Eusebio	Vet 1	136	Os Rompe Solas	00:42:38	4,26
386	153	1161	Alcino Pinto	Senior	99999	INDIVIDUAL	00:42:38	4,26
387	154	1317	Vitor Pereira	Senior	99999	INDIVIDUAL	00:42:38	4,26
388	155	1719	Nelson Machado	Senior	99999	INDIVIDUAL	00:42:40	4,27
389	156	791	Tiago Costa	Senior	128	Nucleo Montanha de Esp	00:42:41	4,27
390	157	1107	Filipe Fidalgo	Senior	99999	INDIVIDUAL	00:42:43	4,27

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
391	61	139	Victor Lima	Vet 1	19	Amigos Quinta das Freir	00:42:44	4,27
392	27	675	Luis Fernandes	Vet 4	111	Leoes da Guarda	00:42:44	4,27
393	62	1210	Joao Oliveira	Vet 1	99999	INDIVIDUAL	00:42:44	4,27
394	5	407	Henrique Pestana	Vet 5	61	Clube CCD - APDL	00:42:46	4,28
395	6	177	Jose Maia	Vet 5	28	Aletico Clube Alfenense	00:42:48	4,28
396	158	1128	Paulo Correia	Senior	99999	INDIVIDUAL	00:42:48	4,28
397	159	1106	Carlos Machado	Senior	194	GD Limpeza Urbana CM	00:42:49	4,28
398	160	1431	Luis Azevedo	Senior	99999	INDIVIDUAL	00:42:49	4,28
399	46	689	Jose Novais	Vet 3	112	Leoes do Veneza	00:42:52	4,29
400	47	1118	Arminio Sousa	Vet 3	99999	INDIVIDUAL	00:42:52	4,29
401	48	1611	Jose Sousa	Vet 3	173	Afis / Ovar	00:42:55	4,29
402	80	310	Jose Manuel Silva	Vet 2	52	CIRAC	00:42:56	4,29
403	161	1642	Armando Junqueira	Senior	178	CD Cultural de Navais	00:42:57	4,30
404	162	1696	Manuel Lopes	Senior	192	Unicer / Vitalis	00:42:58	4,30
405	163	755	Jose Afonso	Senior	118	Movimento Anti-Tourad	00:42:59	4,30
406	81	1494	Joaquim Monteiro	Vet 2	99999	INDIVIDUAL	00:43:00	4,30
407	49	280	Armando Oliveira	Vet 3	43	Casa Benfica Lousada	00:43:01	4,30
408	50	1612	Manuel Vieira	Vet 3	173	Afis / Ovar	00:43:02	4,30
409	82	168	Luis Carneiro	Vet 2	25	ASH Monte Cordova	00:43:03	4,31
410	164	896	Pedro Pita	Senior	140	PortoRunners	00:43:03	4,31
411	51	1196	Candido Monteiro	Vet 3	99999	INDIVIDUAL	00:43:05	4,31
412	63	430	Helder Meireles	Vet 1	65	Clube GBES	00:43:08	4,31
413	165	89	Manuel Tavares	Senior	7	Acoreana Clube Banif	00:43:09	4,32
414	28	1636	Joaquim Gomes	Vet 4	175	AD Rio Largo Cl Espinho	00:43:09	4,32
415	64	1414	Paulo Bernardo	Vet 1	99999	INDIVIDUAL	00:43:10	4,32
416	7	1073	Oscar Loureiro	Vet 5	99999	INDIVIDUAL	00:43:12	4,32
417	166	247	Carlos Figueiredo	Senior	40	Café Ponto Final/Sasia	00:43:14	4,32
418	29	748	Jaime Ribeiro	Vet 4	114	Maia Atletico Clube	00:43:14	4,32
419	167	1798	Paulo Gomes	Senior	99999	INDIVIDUAL	00:43:15	4,33
420	20	1500	Carla Mendes	Fem	5	AASM - Triatlo	00:43:16	4,33
421	168	545	Flavio Nogueira	Senior	85	G Juv Pinheiro da Bempo	00:43:17	4,33
422	83	1360	Emanuel Marques	Vet 2	99999	INDIVIDUAL	00:43:17	4,33
423	84	345	Jose Azevedo	Vet 2	55	Cl Millennium BCP	00:43:18	4,33
424	169	183	Mauricio Rocha	Senior	31	BTT Matosinhos	00:43:21	4,34
425	8	146	Armando Macedo	Vet 5	19	Amigos Quinta das Freir	00:43:22	4,34
426	170	1375	Hugo Fernandes	Senior	99999	INDIVIDUAL	00:43:22	4,34
427	171	1355	Diogo Moreira	Senior	99999	INDIVIDUAL	00:43:23	4,34
428	65	253	Sergio Machado	Vet 1	40	Café Ponto Final/Sasia	00:43:24	4,34
429	172	439	Candido Franco	Senior	67	Clube Sunsete Runners	00:43:24	4,34

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
430	66	556	Jose Carlos Oliveira	Vet 1	87	GCR de Alvarelhos	00:43:24	4,34
431	52	839	Joao Andrade	Vet 3	136	Os Rompe Solas	00:43:24	4,34
432	173	665	Pedro Ezequiel	Senior	106	JAVIP	00:43:28	4,35
433	85	1398	Jose Lopes	Vet 2	99999	INDIVIDUAL	00:43:28	4,35
434	174	72	Danilo Pereira	Senior	3	A. Karate Felgueiras	00:43:29	4,35
435	53	611	Albino Fernandes	Vet 3	99	Ginasio Clube Santo Tirs	00:43:31	4,35
436	54	479	Joao Cunha	Vet 3	70	CRP S.Tiago	00:43:34	4,36
437	67	640	Paulo Cunha	Vet 1	102	GR de Gaviao	00:43:35	4,36
438	175	656	Tiago Cunha	Senior	104	Hotel Moutados	00:43:35	4,36
439	55	670	Antonio Teixeira	Vet 3	111	Leoes da Guarda	00:43:37	4,36
440	68	927	Pedro Rodrigues	Vet 1	140	PortoRunners	00:43:37	4,36
441	56	314	Alcides Sales	Vet 3	52	CIRAC	00:43:39	4,37
442	69	925	Paulo Gomes	Vet 1	140	PortoRunners	00:43:39	4,37
443	57	328	Jose Dias	Vet 3	53	Cl de Pessoal EDP	00:43:40	4,37
444	176	652	Helio Machado	Senior	104	Hotel Moutados	00:43:41	4,37
445	58	773	Carlos Pinto	Vet 3	123	NAM - NA Matosinhos	00:43:43	4,37
446	59	1493	Antonio Oliveira	Vet 3	99999	INDIVIDUAL	00:43:43	4,37
447	30	842	Antonio Mota	Vet 4	136	Os Rompe Solas	00:43:44	4,37
448	177	458	Diogo Cardoso	Senior	69	CPT Bairro de Carcavelo	00:43:45	4,38
449	21	408	Esmeralda Silva	Fem	62	Clube Desportivo Candal	00:43:46	4,38
450	60	548	Joao Oliveira	Vet 3	85	G Juv Pinheiro da Bempo	00:43:46	4,38
451	86	1278	Joao Oliveira	Vet 2	200	Vitoria Sport Clube	00:43:46	4,38
452	178	1354	Pedro Magalhaes	Senior	99999	INDIVIDUAL	00:43:47	4,38
453	87	255	Rodrigo Costa	Vet 2	40	Café Ponto Final/Sasia	00:43:51	4,39
454	70	608	Vitor Lopes	Vet 1	99	Ginasio Clube Santo Tirs	00:43:52	4,39
455	71	923	Nuno Caceres	Vet 1	140	PortoRunners	00:43:52	4,39
456	179	1010	Rogério Vicente	Senior	154	STARolas	00:43:53	4,39
457	180	1084	Jose Guilherme Martins	Senior	99999	INDIVIDUAL	00:43:53	4,39
458	181	1620	Joaquim Barbosa	Senior	175	AD Rio Largo Cl Espinho	00:43:53	4,39
459	61	540	Bernardino Martins	Vet 3	84	Freamunde Running Cre	00:43:55	4,39
460	62	1134	Filipe Coimbra	Vet 3	99999	INDIVIDUAL	00:43:55	4,39
461	9	363	Serafim Martins	Vet 5	56	Cl Portugal Telecom - Z.	00:43:56	4,39
462	10	1685	Euclides Coimbra	Vet 5	189	SCS - Polo Aquatico	00:43:56	4,39
463	182	1159	Nuno Manuel Silva	Senior	99999	INDIVIDUAL	00:43:57	4,40
464	63	496	Joao Lopes	Vet 3	73	Desportivo Ases S.Jorge	00:43:59	4,40
465	183	1776	Joao Morais	Senior	140	PortoRunners	00:43:59	4,40
466	184	1778	Joao Craveiro	Senior	140	PortoRunners	00:43:59	4,40
467	72	1421	Joao Gomes	Vet 1	99999	INDIVIDUAL	00:44:00	4,40
468	31	846	Virgilio Palmeiro	Vet 4	136	Os Rompe Solas	00:44:01	4,40

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
469	88	1761	Silverio Pinto	Vet 2	99999	INDIVIDUAL	00:44:01	4,40
470	185	532	Dominik Kofler	Senior	83	Fluvial Triathlon	00:44:02	4,40
471	186	485	Pedro Rodrigues	Senior	72	DASDIKES	00:44:03	4,41
472	89	1012	Jorge Moreira	Vet 2	154	STARolas	00:44:03	4,41
473	90	1362	Joao P. Ferreira	Vet 2	99999	INDIVIDUAL	00:44:04	4,41
474	187	137	Rui Alves	Senior	19	Amigos Quinta das Freir	00:44:05	4,41
475	73	929	Rui Silva Cunha	Vet 1	140	PortoRunners	00:44:05	4,41
476	11	624	Julio Oliveira	Vet 5	99	Ginasio Clube Santo Tirs	00:44:06	4,41
477	64	594	Lauro Martins	Vet 3	95	GDCT Est.Navais Viana	00:44:07	4,41
478	65	688	Arnaldo Marinho	Vet 3	112	Leoes do Veneza	00:44:07	4,41
479	22	1598	Matilde Baptista	Fem	171	Juventude Atletica Mozel	00:44:07	4,41
480	66	983	Joaquim Pereira	Vet 3	143	Sapadores da Invicta	00:44:09	4,42
481	74	1103	Miguel Madureira	Vet 1	99999	INDIVIDUAL	00:44:09	4,42
482	67	809	Altamiro Teixeira	Vet 3	132	Os Cachos	00:44:11	4,42
483	188	248	Daniel Marinho	Senior	40	Café Ponto Final/Sasia	00:44:12	4,42
484	32	589	Antonio Santos	Vet 4	94	GDC de Guilhovai	00:44:12	4,42
485	33	841	Antonio Afonso	Vet 4	136	Os Rompe Solas	00:44:15	4,43
486	189	878	Antonio Lamelas	Senior	140	PortoRunners	00:44:16	4,43
487	75	1472	Pedro Alves	Vet 1	99999	INDIVIDUAL	00:44:16	4,43
488	76	1625	Paulo Gomes	Vet 1	175	AD Rio Largo Cl Espinho	00:44:16	4,43
489	68	740	Jose Andrade	Vet 3	114	Maia Atletico Clube	00:44:17	4,43
490	190	988	Paulo Costa	Senior	145	SIRA - SI e Recreio Aldre	00:44:17	4,43
491	12	405	Alfredo Rocha	Vet 5	61	Clube CCD - APDL	00:44:18	4,43
492	191	452	Filipe Nascimento	Senior	68	Companhia do Bazofias	00:44:18	4,43
493	192	186	Jose Enrique Araujo	Senior	32	CAR Marisqueiro	00:44:19	4,43
494	13	677	Jose Freitas	Vet 5	111	Leoes da Guarda	00:44:19	4,43
495	69	739	Avelino Silva	Vet 3	114	Maia Atletico Clube	00:44:19	4,43
496	193	627	Daniel Silva	Senior	101	GNR Guimaraes	00:44:20	4,43
497	34	692	Jose Resende	Vet 4	112	Leoes do Veneza	00:44:20	4,43
498	194	1469	Hugo Soares	Senior	99999	INDIVIDUAL	00:44:21	4,44
499	70	1162	Manuel Carvalho Dias	Vet 3	99999	INDIVIDUAL	00:44:22	4,44
500	91	311	Jose Santos	Vet 2	52	CIRAC	00:44:23	4,44
501	195	579	Joao Miguel Rodrigues	Senior	92	GD Santander Totta	00:44:24	4,44
502	23	184	Raquel Guimaraes	Fem	32	CAR Marisqueiro	00:44:25	4,44
503	35	1466	Ricardo Osorio	Vet 4	99999	INDIVIDUAL	00:44:25	4,44
504	77	703	Rui Jorge Silva	Vet 1	113	Liberdade FC	00:44:26	4,44
505	36	745	Domingos Saavedra	Vet 4	114	Maia Atletico Clube	00:44:26	4,44
506	196	888	Luis São Vicente	Senior	140	PortoRunners	00:44:27	4,45
507	14	992	Fernando Jose Santos	Vet 5	146	SNP Seguros e Afins	00:44:27	4,45

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
508	92	1262	Jose Pereira	Vet 2	99999	INDIVIDUAL	00:44:27	4,45
509	15	676	Antonio Guedes	Vet 5	111	Leoes da Guarda	00:44:28	4,45
510	78	928	Rogério Calvo	Vet 1	140	PortoRunners	00:44:28	4,45
511	197	1556	Tiago Castro Santos	Senior	99999	INDIVIDUAL	00:44:28	4,45
512	79	516	Fernando Coelho	Vet 1	78	Estornorte	00:44:29	4,45
513	198	1029	Sergio Silva	Senior	156	Terrores do Asfalto	00:44:29	4,45
514	71	737	Antonio Costa	Vet 3	114	Maia Atletico Clube	00:44:30	4,45
515	199	1292	Oscar Teixeira	Senior	99999	INDIVIDUAL	00:44:30	4,45
516	93	1306	Alberto Sampaio	Vet 2	99999	INDIVIDUAL	00:44:30	4,45
517	72	1225	Manuel Antonio Pinto	Vet 3	99999	INDIVIDUAL	00:44:32	4,45
518	200	1664	Nelson Machado	Senior	185	i-Run	00:44:32	4,45
519	80	806	Carlos Vieira	Vet 1	132	Os Cachos	00:44:33	4,46
520	201	826	Vasco Goncalves	Senior	135	Os Papa-Leguas Famalic	00:44:33	4,46
521	202	769	Jorge Pereira	Senior	123	NAM - NA Matosinhos	00:44:34	4,46
522	94	807	Joaquim Vieira	Vet 2	132	Os Cachos	00:44:35	4,46
523	95	433	Nuno Sa Lima	Vet 2	65	Clube GBES	00:44:36	4,46
524	96	558	Joaquim Marques	Vet 2	87	GCR de Alvarelhos	00:44:36	4,46
525	203	1481	Pedro Brandao	Senior	99999	INDIVIDUAL	00:44:37	4,46
526	97	1280	Joaquim Faria	Vet 2	200	Vitoria Sport Clube	00:44:38	4,46
527	204	428	Salvador Silva	Senior	65	Clube GBES	00:44:41	4,47
528	205	1364	David Ferreira	Senior	99999	INDIVIDUAL	00:44:44	4,47
529	206	824	Filipe Costa	Senior	135	Os Papa-Leguas Famalic	00:44:45	4,48
530	37	1035	Fernando Carvalho	Vet 4	156	Terrores do Asfalto	00:44:45	4,48
531	73	1602	Augusto Baptista	Vet 3	171	Juventude Atletica Mozel	00:44:45	4,48
532	74	80	Artur Ferraz	Vet 3	3	A. Karate Felgueiras	00:44:46	4,48
533	207	1412	Nuno Cardoso	Senior	99999	INDIVIDUAL	00:44:46	4,48
534	98	205	Jose Pessoa	Vet 2	37	CA Vila Boa do Bispo	00:44:47	4,48
535	75	481	Antonio Barbosa	Vet 3	71	CTSM Aguas e Saneame	00:44:47	4,48
536	208	571	Rogério Pereira	Senior	90	GD Louroccop	00:44:47	4,48
537	209	971	Antonio Coelho	Senior	143	Sapadores da Invicta	00:44:48	4,48
538	210	979	Ruben Alves	Senior	143	Sapadores da Invicta	00:44:48	4,48
539	211	1255	Rui Pedro Ferreira	Senior	99999	INDIVIDUAL	00:44:48	4,48
540	212	1212	Jose Carlos Mesquita	Senior	99999	INDIVIDUAL	00:44:49	4,48
541	213	454	Pedro Maia	Senior	68	Companhia do Bazofias	00:44:50	4,48
542	214	499	Luis Almeida	Senior	140	PortoRunners	00:44:50	4,48
543	24	1404	Custodia Rodrigues	Fem	99999	INDIVIDUAL	00:44:50	4,48
544	215	683	Vitor Coelho	Senior	112	Leoes do Veneza	00:44:52	4,49
545	99	1002	Jose Silva	Vet 2	152	Sportolicos	00:44:52	4,49
546	81	370	Emanuel Neves	Vet 1	58	Cl Triatlo Perosinho	00:44:53	4,49

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
547	100	86	Joaquim Ferreira	Vet 2	6	AC de Vermoim	00:44:54	4,49
548	82	174	Aurelio Costa	Vet 1	28	Atletico Clube Alfenense	00:44:54	4,49
549	216	300	Sergio Monteiro	Senior	51	CI Atletismo Alpendorad	00:44:54	4,49
550	76	315	Antonio Fernando	Vet 3	52	CIRAC	00:44:54	4,49
551	77	156	Pedro Soares	Vet 3	21	AR Estrelas do Sul	00:44:55	4,49
552	83	1687	Paulo Machado	Vet 1	190	Sporting Lamego	00:44:55	4,49
553	84	1030	Fernando Jorge Santos	Vet 1	156	Terroros do Asfalto	00:44:56	4,49
554	78	613	Jose Maria Leite	Vet 3	99	Ginasio Clube Santo Tirs	00:44:57	4,50
555	85	930	Silvino Mourisco	Vet 1	140	PortoRunners	00:44:58	4,50
556	101	101	Jose Silva	Vet 2	9	ACRD Escapaes	00:45:00	4,50
557	86	785	Jorge Augusto	Vet 1	124	NAtletismo Vila Real	00:45:00	4,50
558	102	802	Emidio Pontes	Vet 2	131	Os Amigos S.Pedro Cova	00:45:01	4,50
559	79	316	Manuel Oliveira	Vet 3	52	CIRAC	00:45:02	4,50
560	103	944	Paulo Freitas	Vet 2	140	PortoRunners	00:45:02	4,50
561	16	1679	Manuel Couto	Vet 5	187	Os Amigos de Grijo	00:45:02	4,50
562	25	875	Susana Simoes	Fem	140	PortoRunners	00:45:03	4,51
563	87	916	Luis Teixeira	Vet 1	140	PortoRunners	00:45:03	4,51
564	88	456	Fernando Rothes	Vet 1	68	Companhia do Bazofias	00:45:04	4,51
565	217	823	Bruno Reis	Senior	135	Os Papa-Leguas Famalic	00:45:04	4,51
566	218	829	Pedro Maia	Senior	136	Os Rompe Solas	00:45:04	4,51
567	104	1285	Joao Freitas	Vet 2	200	Vitoria Sport Clube	00:45:06	4,51
568	219	1095	Joao Filipe Capelo	Senior	99999	INDIVIDUAL	00:45:08	4,51
569	105	1784	Joaquim Peres	Vet 2	140	PortoRunners	00:45:08	4,51
570	80	789	Ernesto Brandao	Vet 3	127	Nucleo Karate e Atletism	00:45:10	4,52
571	220	887	Luis Palhares	Senior	140	PortoRunners	00:45:10	4,52
572	89	701	Joao Pinto	Vet 1	113	Liberdade FC	00:45:11	4,52
573	221	1429	Rui Sousa	Senior	99999	INDIVIDUAL	00:45:11	4,52
574	222	1528	Pedro Guimaraes	Senior	99999	INDIVIDUAL	00:45:12	4,52
575	26	1583	Catarina Castro	Fem	21	AR Estrelas do Sul	00:45:12	4,52
576	38	776	Adriano Queiroz	Vet 4	123	NAM - NA Matosinhos	00:45:13	4,52
577	81	154	Joaquim Santos	Vet 3	21	AR Estrelas do Sul	00:45:14	4,52
578	223	653	Jesus Campos	Senior	104	Hotel Moutados	00:45:14	4,52
579	224	1213	Bruno Filipe Craveiro	Senior	99999	INDIVIDUAL	00:45:14	4,52
580	225	1751	Joao Silva	Senior	99999	INDIVIDUAL	00:45:14	4,52
581	226	400	Alfredo Rocha	Senior	61	Clube CCD - APDL	00:45:15	4,53
582	39	747	Fernando Leite	Vet 4	114	Maia Atletico Clube	00:45:15	4,53
583	17	749	Artur Freitas	Vet 5	114	Maia Atletico Clube	00:45:18	4,53
584	227	1527	Jose Monteiro	Senior	99999	INDIVIDUAL	00:45:21	4,54
585	90	359	Virgilio Carcao	Vet 1	56	CI Portugal Telecom - Z.	00:45:22	4,54

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
586	228	530	Paulo Antunes	Senior	82	Ferreirolux	00:45:22	4,54
587	106	1420	Jose Santos	Vet 2	99999	INDIVIDUAL	00:45:22	4,54
588	229	1174	Tiago Gomes	Senior	99999	INDIVIDUAL	00:45:23	4,54
589	230	1227	Vitor Pedro Pias	Senior	99999	INDIVIDUAL	00:45:24	4,54
590	82	191	Domigos Pinto	Vet 3	33	CA de Avintes	00:45:25	4,54
591	107	518	Agostinho Pimenta	Vet 2	78	Estornorte	00:45:25	4,54
592	83	593	Candido Pitta	Vet 3	95	GDCT Est.Navais Viana	00:45:25	4,54
593	231	1593	Antonio Vicente	Senior	157	AD OMundodaCorrida.c	00:45:25	4,54
594	108	546	Virgulino Bastos	Vet 2	85	G Juv Pinheiro da Bempo	00:45:26	4,54
595	84	1675	Domingos Silva	Vet 3	187	Os Amigos de Grijo	00:45:26	4,54
596	91	252	Paulo Marques	Vet 1	40	Café Ponto Final/Sasia	00:45:27	4,55
597	232	1367	Miguel Dias	Senior	99999	INDIVIDUAL	00:45:28	4,55
598	40	961	Natalino Pereira	Vet 4	140	PortoRunners	00:45:29	4,55
599	18	297	Joaquim Amieiro	Vet 5	50	CENAP	00:45:30	4,55
600	233	368	Candido Silva	Senior	57	Cl Spiridon de Gaia	00:45:30	4,55
601	109	949	Thierry Dussaubat	Vet 2	140	PortoRunners	00:45:33	4,56
602	41	1518	Antonio Ildefonso Sant	Vet 4	99999	INDIVIDUAL	00:45:33	4,56
603	85	142	Agostinho Costa	Vet 3	19	Amigos Quinta das Freir	00:45:34	4,56
604	42	145	Antonio Mota	Vet 4	19	Amigos Quinta das Freir	00:45:34	4,56
605	234	1328	Artur Pereira	Senior	99999	INDIVIDUAL	00:45:34	4,56
606	235	355	Ricardo Pinheiro	Senior	56	Cl Portugal Telecom - Z.	00:45:35	4,56
607	86	756	Alipio Lopes	Vet 3	119	Movimento Cidadãos po	00:45:35	4,56
608	110	1499	Manuel Teixeira	Vet 2	99999	INDIVIDUAL	00:45:35	4,56
609	87	87	Manuel Carlos Costa	Vet 3	6	AC de Vermoim	00:45:36	4,56
610	88	348	Antonio Amorim	Vet 3	55	Cl Millennium BCP	00:45:36	4,56
611	236	722	Nuno Marques	Senior	114	Maia Atletico Clube	00:45:36	4,56
612	92	733	Jose Ribeiro	Vet 1	114	Maia Atletico Clube	00:45:37	4,56
613	111	488	Jose Perdigao	Vet 2	72	DASDIKES	00:45:38	4,56
614	89	491	Manuel Costa	Vet 3	72	DASDIKES	00:45:38	4,56
615	93	1271	Antonio Oliveira	Vet 1	99999	INDIVIDUAL	00:45:38	4,56
616	94	1330	Clemente Teixeira	Vet 1	99999	INDIVIDUAL	00:45:38	4,56
617	112	79	Rui Brochado	Vet 2	3	A. Karate Felgueiras	00:45:40	4,57
618	95	1220	Luis Firmino Santos	Vet 1	99999	INDIVIDUAL	00:45:40	4,57
619	237	886	Luis Abreu	Senior	140	PortoRunners	00:45:41	4,57
620	238	969	Tiago Jesus	Senior	141	Recreio Desportivo Ague	00:45:41	4,57
621	239	1085	Hugo Duarte	Senior	99999	INDIVIDUAL	00:45:41	4,57
622	113	940	Luis Serra	Vet 2	140	PortoRunners	00:45:44	4,57
623	96	1083	Nuno Rosas	Vet 1	99999	INDIVIDUAL	00:45:46	4,58
624	97	1236	Ricardo Pereira	Vet 1	99999	INDIVIDUAL	00:45:46	4,58



# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
625	98	729	Guilherme Godinho	Vet 1	114	Maia Atletico Clube	00:45:47	4,58
626	90	482	Antonio Souto	Vet 3	71	CTSM Aguas e Saneame	00:45:49	4,58
627	240	720	Marcio Sousa	Senior	114	Maia Atletico Clube	00:45:50	4,58
628	241	134	Alberto Marques	Senior	19	Amigos Quinta das Freir	00:45:51	4,59
629	114	1290	Jaime Moreira	Vet 2	99999	INDIVIDUAL	00:45:52	4,59
630	99	797	Pedro Manuel Mesquita	Vet 1	129	Oporto Squash & Runnin	00:45:53	4,59
631	43	1283	Casimiro Fernandes	Vet 4	200	Vitoria Sport Clube	00:45:53	4,59
632	242	551	Ricardo Rocha	Senior	86	GA Independentes de Ga	00:45:54	4,59
633	115	1099	Rui Fernando Lopes	Vet 2	99999	INDIVIDUAL	00:45:54	4,59
634	19	1377	Lucidio Dias	Vet 5	99999	INDIVIDUAL	00:45:54	4,59
635	91	1430	Osvaldo Oliveira	Vet 3	99999	INDIVIDUAL	00:45:55	4,59
636	243	451	Artur Costa	Senior	68	Companhia do Bazofias	00:45:56	4,59
637	20	412	Joaquim Sousa	Vet 5	62	Clube Desportivo Candal	00:45:57	4,60
638	116	932	Abel Cardoso	Vet 2	140	PortoRunners	00:45:57	4,60
639	117	1769	Henrique Morais	Vet 2	140	PortoRunners	00:45:57	4,60
640	21	621	Arnaldo Santos	Vet 5	99	Ginasio Clube Santo Tirs	00:45:58	4,60
641	22	698	Jose Abreu	Vet 5	112	Leoes do Veneza	00:45:58	4,60
642	118	1497	Antonio Augusto Silva	Vet 2	99999	INDIVIDUAL	00:45:58	4,60
643	244	628	Filipe Meira	Senior	101	GNR Guimaraes	00:45:59	4,60
644	119	1093	Rui Costa	Vet 2	99999	INDIVIDUAL	00:45:59	4,60
645	44	296	Jose Teixeira	Vet 4	50	CENAP	00:46:00	4,60
646	23	352	Pedro Franco	Vet 5	55	Cl Millennium BCP	00:46:00	4,60
647	27	1618	Judite Martins	Fem	175	AD Rio Largo Cl Espinho	00:46:00	4,60
648	92	144	Domingos Soares	Vet 3	19	Amigos Quinta das Freir	00:46:01	4,60
649	245	717	Jorge Marques	Senior	114	Maia Atletico Clube	00:46:02	4,60
650	28	1402	Conceicao Silva	Fem	99999	INDIVIDUAL	00:46:02	4,60
651	24	695	Antonio Lourenco	Vet 5	112	Leoes do Veneza	00:46:03	4,61
652	246	536	Filipe Pacheco	Senior	84	Freamunde Running Cre	00:46:04	4,61
653	93	687	Armando Cerqueira	Vet 3	112	Leoes do Veneza	00:46:04	4,61
654	94	835	Antonio Rochana	Vet 3	136	Os Rompe Solas	00:46:05	4,61
655	100	922	Miguel Magalhaes	Vet 1	140	PortoRunners	00:46:05	4,61
656	247	1723	Nuno Lages Alves	Senior	99999	INDIVIDUAL	00:46:05	4,61
657	45	1192	Osvaldo Teixeira	Vet 4	99999	INDIVIDUAL	00:46:06	4,61
658	248	260	Rui Moreira	Senior	41	Caldas S.Jorge Sport Clu	00:46:08	4,61
659	101	263	Mario Almeida	Vet 1	41	Caldas S.Jorge Sport Clu	00:46:08	4,61
660	249	1169	Bruno Leitao	Senior	99999	INDIVIDUAL	00:46:08	4,61
661	102	1435	Joao Pinheiro	Vet 1	117	Moto Clube do Porto	00:46:08	4,61
662	250	1272	Rogério Oliveira	Senior	99999	INDIVIDUAL	00:46:09	4,62
663	251	82	Daniel Reis	Senior	5	AASM - Triatlo	00:46:10	4,62

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
664	252	1158	Paulo Ricardo Pereira	Senior	99999	INDIVIDUAL	00:46:10	4,62
665	25	152	Antonio Coutinho	Vet 5	20	AR de Negrelos	00:46:11	4,62
666	46	151	Joaquim Ferreira	Vet 4	20	AR de Negrelos	00:46:12	4,62
667	47	398	Manuel Rocha	Vet 4	60	Clinica Dentaria de Gaia	00:46:13	4,62
668	253	636	Augusto Lima	Senior	102	GR de Gaviao	00:46:13	4,62
669	48	1181	Joaquim Nogueira	Vet 4	99999	INDIVIDUAL	00:46:13	4,62
670	103	442	Fernando Mendes	Vet 1	67	Clube Sunsete Runners	00:46:15	4,63
671	104	1670	Joaquim Ferreira	Vet 1	185	i-Run	00:46:15	4,63
672	49	1370	Alberto Silva	Vet 4	99999	INDIVIDUAL	00:46:16	4,63
673	50	960	Miguel Campos	Vet 4	140	PortoRunners	00:46:17	4,63
674	254	812	Arlindo Silva	Senior	133	Os Kagados	00:46:18	4,63
675	255	1534	Bruno Madureira	Senior	99999	INDIVIDUAL	00:46:18	4,63
676	120	190	Francisco Mesquita	Vet 2	33	CA de Avintes	00:46:19	4,63
677	256	1665	Filipe Machado	Senior	185	i-Run	00:46:19	4,63
678	95	547	Adriano Silva	Vet 3	85	G Juv Pinheiro da Bempo	00:46:20	4,63
679	51	1496	Jorge Neto	Vet 4	99999	INDIVIDUAL	00:46:20	4,63
680	121	1629	Ilidio Ribeiro	Vet 2	175	AD Rio Largo Cl Espinho	00:46:20	4,63
681	29	768	Helena Ferreira	Fem	123	NAM - NA Matosinhos	00:46:21	4,64
682	257	635	Pedro Ferreira	Senior	102	GR de Gaviao	00:46:22	4,64
683	105	1114	Jorge Ferreira	Vet 1	99999	INDIVIDUAL	00:46:22	4,64
684	96	541	Fernando Santos	Vet 3	84	Freamunde Running Cre	00:46:24	4,64
685	106	920	Miguel Cunha	Vet 1	140	PortoRunners	00:46:25	4,64
686	122	1052	Joaquim Andrade	Vet 2	161	Tutilar Class Runners	00:46:27	4,65
687	30	1701	Catarina Rios	Fem	99999	INDIVIDUAL	00:46:27	4,65
688	31	60	Tania Covas Costa	Fem	1	.COM	00:46:28	4,65
689	258	1036	Paulo Costa	Senior	5	AASM - Triatlo	00:46:28	4,65
690	259	1071	Tiago Oliveira	Senior	165	YupiiRun	00:46:28	4,65
691	260	723	Nuno Teixeira	Senior	114	Maia Atletico Clube	00:46:29	4,65
692	261	1773	Joao Carlos Freitas	Senior	140	PortoRunners	00:46:29	4,65
693	97	649	Julio Santos	Vet 3	103	GR Estrela do Bonfim	00:46:30	4,65
694	26	523	Diamantino Coelho	Vet 5	79	Eurotransmissao-Braga	00:46:31	4,65
695	262	514	Amilcar Costa	Senior	78	Estornorte	00:46:34	4,66
696	27	1178	Mario Valente	Vet 5	99999	INDIVIDUAL	00:46:35	4,66
697	123	1608	Carlos Campos	Vet 2	173	Afis / Ovar	00:46:36	4,66
698	52	1613	Mario Conde	Vet 4	173	Afis / Ovar	00:46:36	4,66
699	263	795	Miguel Ferreira	Senior	129	Oporto Squash & Runnin	00:46:37	4,66
700	264	882	Cesar Almeida	Senior	140	PortoRunners	00:46:38	4,66
701	28	625	Manuel Carvalho	Vet 5	99	Ginasio Clube Santo Tirs	00:46:39	4,67
702	265	727	Tiago Carreira	Senior	114	Maia Atletico Clube	00:46:39	4,67

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
703	266	827	Jorge Cruz	Senior	136	Os Rompe Solas	00:46:41	4,67
704	124	165	Ernesto Martins	Vet 2	24	As Cansadas da Azenha	00:46:42	4,67
705	267	885	Fabienne Lehuede	Senior	140	PortoRunners	00:46:42	4,67
706	268	1027	Ricardo Costa	Senior	156	Terrores do Asfalto	00:46:43	4,67
707	53	1190	Carlos Macedo	Vet 4	99999	INDIVIDUAL	00:46:43	4,67
708	125	378	Joao Martins	Vet 2	59	Cl Veteranos do Porto	00:46:45	4,68
709	32	866	Maria Julia Conceicao	Fem	140	PortoRunners	00:46:45	4,68
710	269	1026	Pedro Mouro	Senior	156	Terrores do Asfalto	00:46:45	4,68
711	54	1148	Alberto Sa	Vet 4	99999	INDIVIDUAL	00:46:45	4,68
712	55	581	Armandino Taborda	Vet 4	92	GD Santander Totta	00:46:46	4,68
713	126	948	Rui Jorge Pinto	Vet 2	140	PortoRunners	00:46:46	4,68
714	33	1322	Leticia Melo	Fem	99999	INDIVIDUAL	00:46:46	4,68
715	34	1324	Adelaide Castro	Fem	99999	INDIVIDUAL	00:46:46	4,68
716	270	549	Amilcar Silva	Senior	86	GA Independentes de Ga	00:46:47	4,68
717	98	1747	Jose Silva	Vet 3	99999	INDIVIDUAL	00:46:47	4,68
718	107	580	Joao Paulo Oliveira	Vet 1	92	GD Santander Totta	00:46:48	4,68
719	271	719	Luis Peixoto	Senior	114	Maia Atletico Clube	00:46:48	4,68
720	127	939	Eurico Pinto	Vet 2	140	PortoRunners	00:46:48	4,68
721	272	1473	Jose Vieira	Senior	99999	INDIVIDUAL	00:46:48	4,68
722	273	1480	Marco Gomes	Senior	99999	INDIVIDUAL	00:46:49	4,68
723	128	1419	Antonio Silva	Vet 2	99999	INDIVIDUAL	00:46:51	4,69
724	274	1448	Antonio Monteiro	Senior	99999	INDIVIDUAL	00:46:51	4,69
725	275	1722	Francisco Cortinhas	Senior	99999	INDIVIDUAL	00:46:51	4,69
726	276	1131	Ricardo Almeida	Senior	194	GD Limpeza Urbana CM	00:46:52	4,69
727	108	138	Carlos Tavares	Vet 1	19	Amigos Quinta das Freir	00:46:53	4,69
728	109	193	Jose Pereira	Vet 1	34	CA de Ermesinde	00:46:53	4,69
729	110	285	Miguel Pereira	Vet 1	48	CCDT CM Gondomar	00:46:53	4,69
730	129	312	Valdemar Alves	Vet 2	52	CIRAC	00:46:54	4,69
731	111	515	Adelino Guimares	Vet 1	78	Estornorte	00:46:54	4,69
732	277	997	Luis Castro	Senior	150	Sporting Clube da Cruz	00:46:55	4,69
733	112	912	Antonio Costa	Vet 1	140	PortoRunners	00:46:56	4,69
734	130	1488	Jacinto Santos	Vet 2	99999	INDIVIDUAL	00:46:56	4,69
735	35	1017	Donzilia Silva	Fem	156	Terrores do Asfalto	00:46:57	4,70
736	278	198	Rui Filipe	Senior	35	CA de Ovar	00:46:58	4,70
737	131	585	Joaquim Ferreira	Vet 2	94	GDC de Guilhovai	00:46:58	4,70
738	279	1231	Orlando Santos	Senior	99999	INDIVIDUAL	00:46:58	4,70
739	132	1041	Manuel Alves	Vet 2	159	Tugas na Estrada	00:47:00	4,70
740	113	261	Artur Rodrigues	Vet 1	41	Caldas S.Jorge Sport Clu	00:47:01	4,70
741	280	61	Pedro Miguel	Senior	1	.COM	00:47:02	4,70

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
742	281	793	Gustavo Pinto	Senior	129	Oporto Squash & Runnin	00:47:02	4,70
743	56	1191	Jaime Pereira	Vet 4	99999	INDIVIDUAL	00:47:02	4,70
744	282	1406	Paulo Osorio	Senior	99999	INDIVIDUAL	00:47:03	4,71
745	283	1552	Joao Goncalves	Senior	99999	INDIVIDUAL	00:47:03	4,71
746	114	1774	Joao Miguel Vieira	Vet 1	140	PortoRunners	00:47:03	4,71
747	99	447	Joao do Carmo	Vet 3	67	Clube Sunsete Runners	00:47:04	4,71
748	36	93	Deolinda Oliveira	Fem	8	ACR Vigorosa	00:47:05	4,71
749	284	659	Carlos Barreto	Senior	105	I25 Run Team	00:47:06	4,71
750	29	1056	Joaquim Barroso	Vet 5	161	Tutilar Class Runners	00:47:06	4,71
751	100	1374	Francisco Costa	Vet 3	99999	INDIVIDUAL	00:47:07	4,71
752	30	622	Francisco Neto	Vet 5	99	Ginasio Clube Santo Tirs	00:47:08	4,71
753	115	1783	Joaquim Gomes	Vet 1	140	PortoRunners	00:47:09	4,72
754	285	1061	Joao Araujo	Senior	164	Welldomus Runnig	00:47:11	4,72
755	31	1177	Custodio Neto	Vet 5	99999	INDIVIDUAL	00:47:11	4,72
756	32	1281	Simao Pereira	Vet 5	200	Vitoria Sport Clube	00:47:12	4,72
757	101	738	Antonio Marcolino	Vet 3	114	Maia Atletico Clube	00:47:13	4,72
758	116	62	Octavio Andrade	Vet 1	1	.COM	00:47:14	4,72
759	133	489	Sergio Ferreira	Vet 2	72	DASDIKES	00:47:14	4,72
760	33	1149	Fernando Marinho	Vet 5	99999	INDIVIDUAL	00:47:15	4,73
761	134	951	Victor Pereira	Vet 2	140	PortoRunners	00:47:16	4,73
762	286	1025	Pedro Brizido	Senior	156	Terrores do Asfalto	00:47:18	4,73
763	287	171	Vitor Moreira	Senior	26	Ass Bomb. Volunt. Morei	00:47:19	4,73
764	34	554	Luis Abreu	Vet 5	86	GA Independentes de Ga	00:47:19	4,73
765	102	954	Fernando Rocha	Vet 3	140	PortoRunners	00:47:19	4,73
766	288	16	Orlando Martins	Senior	145	SIRA - SI e Recreio Aldre	00:47:20	4,73
767	103	385	Carlos Freire	Vet 3	59	Cl Veteranos do Porto	00:47:20	4,73
768	117	730	Joao Coimbra	Vet 1	114	Maia Atletico Clube	00:47:21	4,74
769	289	998	Manuel Cruz	Senior	150	Sporting Clube da Cruz	00:47:21	4,74
770	135	309	Jorge Mota	Vet 2	52	CIRAC	00:47:23	4,74
771	104	329	Serafim Ramos	Vet 3	53	Cl de Pessoal EDP	00:47:23	4,74
772	290	654	Jose Cunha	Senior	104	Hotel Moutados	00:47:23	4,74
773	291	876	Alberto Baldaque	Senior	140	PortoRunners	00:47:26	4,74
774	118	111	Joaquim Costa	Vet 1	13	Amarante Runnig Team	00:47:27	4,75
775	136	1187	Fernando Cerqueira	Vet 2	99999	INDIVIDUAL	00:47:27	4,75
776	35	1055	Eduardo Matos	Vet 5	161	Tutilar Class Runners	00:47:28	4,75
777	119	419	Manuel Ramos	Vet 1	64	Clube Galp - Nucleo Nor	00:47:29	4,75
778	137	1289	Fernando Silva	Vet 2	99999	INDIVIDUAL	00:47:29	4,75
779	120	1194	Paulo Vasconcelos	Vet 1	99999	INDIVIDUAL	00:47:30	4,75
780	36	966	Manuel Veloso	Vet 5	140	PortoRunners	00:47:31	4,75

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
781	121	1777	Joao Meixedo	Vet 1	140	PortoRunners	00:47:31	4,75
782	292	83	Filipe Ribeiro	Senior	6	AC de Vermoim	00:47:32	4,75
783	293	84	Francisco Miranda	Senior	6	AC de Vermoim	00:47:32	4,75
784	138	85	Antonio Ferreira	Vet 2	6	AC de Vermoim	00:47:32	4,75
785	122	931	Vitor Dias	Vet 1	140	PortoRunners	00:47:32	4,75
786	294	1405	Paulo Jorge Pires	Senior	99999	INDIVIDUAL	00:47:32	4,75
787	105	633	Jose Vieira	Vet 3	101	GNR Guimaraes	00:47:33	4,76
788	106	386	Jose Macedo	Vet 3	59	Cl Veteranos do Porto	00:47:34	4,76
789	57	98	Antonio Neto	Vet 4	8	ACR Vigorosa	00:47:35	4,76
790	295	1727	Humberto Pousa	Senior	99999	INDIVIDUAL	00:47:37	4,76
791	123	76	Filipe Carvalho	Vet 1	3	A. Karate Felgueiras	00:47:38	4,76
792	58	634	Jose Freitas	Vet 4	101	GNR Guimaraes	00:47:39	4,77
793	296	222	Alberto Barbedo	Senior	39	Caes D'Avenida	00:47:40	4,77
794	297	682	Ricardo Freitas	Senior	112	Leoes do Veneza	00:47:40	4,77
795	298	1274	Fernando Pires	Senior	99999	INDIVIDUAL	00:47:40	4,77
796	107	288	Jose Brito	Vet 3	48	CCDT CM Gondomar	00:47:41	4,77
797	37	666	Marcia Silva	Fem	109	Juventude Vidigalense	00:47:41	4,77
798	124	1015	Joaquim Silva	Vet 1	155	Tamega Clube	00:47:42	4,77
799	125	1016	Jose Teixeira	Vet 1	155	Tamega Clube	00:47:42	4,77
800	299	180	Vitor Fernandes	Senior	30	Bloco de Notas - Centro	00:47:43	4,77
801	59	1175	Alberto Real	Vet 4	99999	INDIVIDUAL	00:47:43	4,77
802	300	1424	Pedro Silva	Senior	99999	INDIVIDUAL	00:47:45	4,78
803	60	1767	Francisco Lima	Vet 4	140	PortoRunners	00:47:46	4,78
804	301	1415	Pedro Jorge Dias	Senior	99999	INDIVIDUAL	00:47:47	4,78
805	139	346	Jose Pires	Vet 2	55	Cl Millennium BCP	00:47:48	4,78
806	126	443	Helder Gomes	Vet 1	67	Clube Sunsete Runners	00:47:49	4,78
807	37	399	Alexandre Barbosa	Vet 5	60	Clinica Dentaria de Gaia	00:47:50	4,78
808	302	223	Antonio Cardoso	Senior	39	Caes D'Avenida	00:47:52	4,79
809	303	1338	Ricardo Dantas	Senior	99999	INDIVIDUAL	00:47:52	4,79
810	304	1770	Isaac Costa	Senior	140	PortoRunners	00:47:54	4,79
811	127	96	Pedro Sa	Vet 1	8	ACR Vigorosa	00:47:56	4,79
812	128	921	Miguel Dias	Vet 1	140	PortoRunners	00:47:56	4,79
813	108	318	Serafim Silva	Vet 3	52	CIRAC	00:47:57	4,80
814	38	1296	Alice Moutinho	Fem	99999	INDIVIDUAL	00:47:58	4,80
815	129	1062	Rui Vieira	Vet 1	164	Welldomus Runnig	00:48:02	4,80
816	140	301	Jorge Dias	Vet 2	51	Cl Atletismo Alpendorad	00:48:04	4,81
817	130	735	Paulo Silva	Vet 1	114	Maia Atletico Clube	00:48:05	4,81
818	305	1578	Miguel Torres	Senior	168	Cl Fluvial Vilacondense	00:48:05	4,81
819	109	1676	Antonio Fernandes	Vet 3	187	Os Amigos de Grijo	00:48:09	4,82

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
820	306	825	Rui Rodrigues	Senior	135	Os Papa-Leguas Famalic	00:48:10	4,82
821	39	1057	Elisabete Martins	Fem	162	UDC de Argivai	00:48:10	4,82
822	110	116	Francisco Oliveira	Vet 3	14	Amigos Atletismo de Go	00:48:11	4,82
823	111	274	Mario Malheiro	Vet 3	41	Caldas S.Jorge Sport Clu	00:48:13	4,82
824	112	1413	Fernando Pinto	Vet 3	99999	INDIVIDUAL	00:48:14	4,82
825	131	1749	Rui Pinho	Vet 1	99999	INDIVIDUAL	00:48:14	4,82
826	113	448	Miguel Sousa	Vet 3	67	Clube Sunsete Runners	00:48:15	4,83
827	307	752	Paulo Pereira	Senior	115	Makro - Atletismo	00:48:15	4,83
828	114	1320	Manuel Soares	Vet 3	99999	INDIVIDUAL	00:48:15	4,83
829	61	397	Antonio Vasconcelos	Vet 4	60	Clinica Dentaria de Gaia	00:48:16	4,83
830	141	936	Antonio Rogerio	Vet 2	140	PortoRunners	00:48:16	4,83
831	132	1671	Jose Carlos Machado	Vet 1	185	i-Run	00:48:17	4,83
832	115	560	Adelio Moutinho	Vet 3	87	GCR de Alvarelhos	00:48:19	4,83
833	40	1019	Joana Carvalho	Fem	156	Terrores do Asfalto	00:48:19	4,83
834	308	1022	Miguel Loureiro	Senior	156	Terrores do Asfalto	00:48:19	4,83
835	309	1024	Nuno Silva	Senior	156	Terrores do Asfalto	00:48:19	4,83
836	133	1276	Jose Duraes Goncalves	Vet 1	99999	INDIVIDUAL	00:48:21	4,84
837	310	1273	Manuel Andrade Pereira	Senior	99999	INDIVIDUAL	00:48:22	4,84
838	116	1275	Jose Manuel Ferreira	Vet 3	99999	INDIVIDUAL	00:48:22	4,84
839	134	1425	Jose Martins	Vet 1	99999	INDIVIDUAL	00:48:22	4,84
840	135	250	Joaquim Pinheiro	Vet 1	40	Café Ponto Final/Sasia	00:48:25	4,84
841	142	685	Fromentino Guimares	Vet 2	112	Leoes do Veneza	00:48:26	4,84
842	136	1357	Pedro Albino	Vet 1	99999	INDIVIDUAL	00:48:26	4,84
843	62	1788	Bemjamim Kimbuelas	Vet 4	193		00:48:26	4,84
844	38	350	Emidio Silva	Vet 5	55	Cl Millennium BCP	00:48:27	4,85
845	117	836	Antonio Seabra	Vet 3	136	Os Rompe Solas	00:48:27	4,85
846	118	1117	Joao Gil Costa	Vet 3	99999	INDIVIDUAL	00:48:27	4,85
847	137	305	Jorge Silva	Vet 1	52	CIRAC	00:48:28	4,85
848	119	317	Oscar Magolo	Vet 3	52	CIRAC	00:48:28	4,85
849	143	808	Manuel F. Carneiro	Vet 2	132	Os Cachos	00:48:28	4,85
850	39	1152	Jose Carneiro	Vet 5	99999	INDIVIDUAL	00:48:29	4,85
851	63	1267	Jeronimo Pinto	Vet 4	99999	INDIVIDUAL	00:48:29	4,85
852	41	1403	Rosa Ferreira	Fem	99999	INDIVIDUAL	00:48:29	4,85
853	311	106	Paulo Ribeiro	Senior	11	AD Efacec	00:48:31	4,85
854	40	290	Avelino Pereira	Vet 5	48	CCDT CM Gondomar	00:48:31	4,85
855	312	725	Pedro Monteiro	Senior	114	Maia Atletico Clube	00:48:31	4,85
856	313	528	Rui Alexandre Machado	Senior	81	FC Porto/Desporto Ada	00:48:33	4,86
857	64	562	Pinho Moreira	Vet 4	87	GCR de Alvarelhos	00:48:33	4,86
858	314	1243	Pedro Quintela	Senior	99999	INDIVIDUAL	00:48:33	4,86

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
859	138	529	Eduardo Couto	Vet 1	81	FC Porto/Desporto Ada	00:48:34	4,86
860	120	595	Manuel Pereira	Vet 3	95	GDCT Est.Navais Viana	00:48:34	4,86
861	65	744	Carlos Carneiro	Vet 4	114	Maia Atletico Clube	00:48:34	4,86
862	315	1233	Fernando Mendes	Senior	99999	INDIVIDUAL	00:48:36	4,86
863	316	418	Pedro Gomes	Senior	64	Clube Galp - Nucleo Nor	00:48:37	4,86
864	317	1502	Joel Nunes	Senior	99999	INDIVIDUAL	00:48:37	4,86
865	66	1501	Ribeiro Soares	Vet 4	99999	INDIVIDUAL	00:48:38	4,86
866	67	132	Jose Ferreira	Vet 4	18	Amigos Parque Biologico	00:48:39	4,87
867	318	249	Paulo Marinho	Senior	40	Café Ponto Final/Sasia	00:48:39	4,87
868	319	1129	Antonio Pedro Teixeira	Senior	99999	INDIVIDUAL	00:48:40	4,87
869	41	1614	Fernando Santos	Vet 5	173	Afis / Ovar	00:48:41	4,87
870	320	1143	Mohammed Moudnib	Senior	99999	INDIVIDUAL	00:48:42	4,87
871	139	1247	Rui Pinho	Vet 1	99999	INDIVIDUAL	00:48:42	4,87
872	321	1595	Luis Camacho	Senior	165	YupiiRun	00:48:42	4,87
873	140	358	Manuel Santos	Vet 1	56	CI Portugal Telecom - Z.	00:48:43	4,87
874	322	299	Pedro Vieira	Senior	51	CI Atletismo Alpendorad	00:48:45	4,88
875	121	810	Manuel F. Teixeira	Vet 3	132	Os Cachos	00:48:46	4,88
876	323	1756	Miguel Rocha Barbosa	Senior	99999	INDIVIDUAL	00:48:49	4,88
877	42	323	Francisco Ribeiro	Vet 5	52	CIRAC	00:48:50	4,88
878	324	1013	Antonio Lirio	Senior	155	Tamega Clube	00:48:50	4,88
879	325	1300	Nuno Amen	Senior	99999	INDIVIDUAL	00:48:50	4,88
880	326	230	Nuno Pinto Sousa	Senior	39	Caes D'Avenida	00:48:51	4,89
881	144	1186	Alvaro Cerqueira	Vet 2	99999	INDIVIDUAL	00:48:51	4,89
882	68	552	Candido Rocha	Vet 4	86	GA Independentes de Ga	00:48:52	4,89
883	327	1077	Armando Pinho	Senior	99999	INDIVIDUAL	00:48:53	4,89
884	122	1585	Joao Oliveira/A.Azeved	Vet 3	41	Caldas S.Jorge Sport Clu	00:48:53	4,89
885	328	1203	Ricardo Rebelo	Senior	99999	INDIVIDUAL	00:48:54	4,89
886	145	243	Joao Trigo	Vet 2	39	Caes D'Avenida	00:48:55	4,89
887	329	211	Mauricio Silva	Senior	38	CAD As 11 no Farol	00:48:57	4,90
888	330	1666	Mario Barbosa	Senior	185	i-Run	00:48:59	4,90
889	331	65	Jose Lelo	Senior	2	a. b. c. - porto	00:49:00	4,90
890	332	336	Rui Leites	Senior	54	CI Desportivo da Povia	00:49:00	4,90
891	146	609	Alvaro Marques	Vet 2	99	Ginasio Clube Santo Tirs	00:49:01	4,90
892	42	706	Anabela Keta	Fem	114	Maia Atletico Clube	00:49:01	4,90
893	333	713	Cidilio Oliveira	Senior	114	Maia Atletico Clube	00:49:01	4,90
894	43	678	Flor Madureira	Fem	112	Leoes do Veneza	00:49:03	4,91
895	147	686	Paulo Rodrigues	Vet 2	112	Leoes do Veneza	00:49:03	4,91
896	69	1228	Antonio Augusto Pereir	Vet 4	99999	INDIVIDUAL	00:49:03	4,91
897	123	256	Jorge Costa	Vet 3	40	Café Ponto Final/Sasia	00:49:04	4,91

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
898	334	796	Osvaldo Ferreira	Senior	129	Oporto Squash & Runnin	00:49:05	4,91
899	70	389	Joaquim Meneses	Vet 4	59	Cl Veteranos do Porto	00:49:06	4,91
900	141	1282	Alberto Mendes	Vet 1	200	Vitoria Sport Clube	00:49:07	4,91
901	335	849	Pedro Fernandes	Senior	137	Os Zangoes	00:49:09	4,92
902	148	1446	Manuel Braga	Vet 2	99999	INDIVIDUAL	00:49:10	4,92
903	124	1634	Henrique Silva	Vet 3	175	AD Rio Largo Cl Espinho	00:49:11	4,92
904	71	360	Afonso Moura	Vet 4	56	Cl Portugal Telecom - Z.	00:49:12	4,92
905	43	102	Antonio Pereira	Vet 5	10	AD de Amarante	00:49:13	4,92
906	142	372	Miguel Araujo	Vet 1	59	Cl Veteranos do Porto	00:49:13	4,92
907	149	657	Antenor Costa	Vet 2	104	Hotel Moutados	00:49:13	4,92
908	44	708	Ceu Costa	Fem	114	Maia Atletico Clube	00:49:13	4,92
909	336	1550	Miguel Martins	Senior	99999	INDIVIDUAL	00:49:13	4,92
910	337	455	Pedro Melo	Senior	68	Companhia do Bazofias	00:49:14	4,92
911	338	1127	Ze Nuno Vasconcelos	Senior	99999	INDIVIDUAL	00:49:15	4,93
912	143	1733	Helder Couto	Vet 1	99999	INDIVIDUAL	00:49:15	4,93
913	44	1678	Victor Sousa	Vet 5	187	Os Amigos de Grijo	00:49:16	4,93
914	150	445	Goncalo Teixeira	Vet 2	67	Clube Sunsete Runners	00:49:17	4,93
915	151	1291	Jose Silva Rocha	Vet 2	99999	INDIVIDUAL	00:49:19	4,93
916	152	1325	Joao Godinho	Vet 2	99999	INDIVIDUAL	00:49:19	4,93
917	144	212	Jose Carlos Teixeira	Vet 1	38	CAD As 11 no Farol	00:49:23	4,94
918	339	1014	Miguel Queiros	Senior	155	Tamega Clube	00:49:26	4,94
919	153	814	Vasco Magalhaes	Vet 2	133	Os Kagados	00:49:27	4,95
920	340	660	Joao Mascarenhas	Senior	105	I25 Run Team	00:49:28	4,95
921	72	760	Mario Curado	Vet 4	119	Movimento Cidadaos po	00:49:28	4,95
922	145	1211	Rui Emanuel Carvalhal	Vet 1	99999	INDIVIDUAL	00:49:28	4,95
923	45	787	Patricia Leite	Fem	125	Nucleo Atletismo Espinh	00:49:29	4,95
924	45	965	Manuel Riboira	Vet 5	140	PortoRunners	00:49:29	4,95
925	341	1008	Renato Viana	Senior	154	STARolas	00:49:29	4,95
926	73	1372	Constantino Santos	Vet 4	99999	INDIVIDUAL	00:49:29	4,95
927	342	1619	Daniel Lopes	Senior	175	AD Rio Largo Cl Espinho	00:49:29	4,95
928	343	794	Jose Carlos Costa	Senior	129	Oporto Squash & Runnin	00:49:30	4,95
929	154	813	Carlos Oliveira	Vet 2	133	Os Kagados	00:49:30	4,95
930	344	1259	Luis Filipe Costa	Senior	99999	INDIVIDUAL	00:49:30	4,95
931	345	1153	Nuno Ribeiro	Senior	99999	INDIVIDUAL	00:49:31	4,95
932	146	1156	Jose Costa	Vet 1	99999	INDIVIDUAL	00:49:31	4,95
933	346	1782	Joao Troca	Senior	140	PortoRunners	00:49:32	4,95
934	147	684	Paulo Ferrao	Vet 1	112	Leoes do Veneza	00:49:33	4,96
935	46	750	Dinis Pires	Vet 5	114	Maia Atletico Clube	00:49:33	4,96
936	347	830	Pedro Silva	Senior	136	Os Rompe Solas	00:49:34	4,96



# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
937	348	21	Luis Miguel	Senior	148	Sport Lisboa e Benfica	00:49:35	4,96
938	349	537	Rui Filipe Santos	Senior	84	Freamunde Running Cre	00:49:35	4,96
939	350	880	Antonio Pereira	Senior	140	PortoRunners	00:49:35	4,96
940	46	334	Nilza Sousa	Fem	54	Cl Desportivo da Povia	00:49:37	4,96
941	125	1594	Luis Joao Archer	Vet 3	164	Welldomus Runnig	00:49:37	4,96
942	126	130	Antonio Maria Silva	Vet 3	18	Amigos Parque Biologico	00:49:39	4,97
943	127	327	Amandio Silva	Vet 3	53	Cl de Pessoal EDP	00:49:40	4,97
944	155	935	Antonio Alberto Morais	Vet 2	140	PortoRunners	00:49:40	4,97
945	128	952	Fernando Leite	Vet 3	140	PortoRunners	00:49:40	4,97
946	129	953	Fernando Pinto	Vet 3	140	PortoRunners	00:49:40	4,97
947	156	1762	Filipe Lemos	Vet 2	140	PortoRunners	00:49:40	4,97
948	130	955	Luciano Pereira	Vet 3	140	PortoRunners	00:49:41	4,97
949	351	974	Helder Moura	Senior	143	Sapadores da Invicta	00:49:41	4,97
950	148	982	Rui Ferreira	Vet 1	143	Sapadores da Invicta	00:49:41	4,97
951	47	705	Ana Pires	Fem	114	Maia Atletico Clube	00:49:42	4,97
952	352	1468	Marco Dias Silva	Senior	99999	INDIVIDUAL	00:49:42	4,97
953	131	1512	Rogério Sarmiento	Vet 3	99999	INDIVIDUAL	00:49:42	4,97
954	353	679	Carlos Martins	Senior	112	Leoes do Veneza	00:49:44	4,97
955	47	421	Antonio Cidade	Vet 5	64	Clube Galp - Nucleo Nor	00:49:46	4,98
956	48	1789	Armando Silva	Vet 5	99999	INDIVIDUAL	00:49:46	4,98
957	132	326	Aderito Teixeira	Vet 3	53	Cl de Pessoal EDP	00:49:47	4,98
958	354	1699	Antonio Lameira	Senior	192	Unicer / Vitalis	00:49:47	4,98
959	49	1796	Mario Vilarinho	Vet 5	99999	INDIVIDUAL	00:49:48	4,98
960	48	712	Maria Rosario Martins	Fem	114	Maia Atletico Clube	00:49:49	4,98
961	74	844	Carlos Barreto	Vet 4	136	Os Rompe Solas	00:49:49	4,98
962	49	1020	Silvia Tomas	Fem	156	Terrores do Asfalto	00:49:56	4,99
963	149	1242	Filipe Vieira	Vet 1	99999	INDIVIDUAL	00:49:57	5,00
964	355	1342	Jorge Manuel Gomes	Senior	99999	INDIVIDUAL	00:49:59	5,00
965	356	1343	Luis Miguel Gomes	Senior	99999	INDIVIDUAL	00:50:00	5,00
966	50	393	Antonio Duarte	Vet 5	59	Cl Veteranos do Porto	00:50:02	5,00
967	75	1221	Eurico Patatas	Vet 4	99999	INDIVIDUAL	00:50:02	5,00
968	357	1657	Pedro Ferreira	Senior	184	IPBRICK	00:50:02	5,00
969	133	1565	Fernando Pereira	Vet 3	99999	INDIVIDUAL	00:50:03	5,01
970	157	821	Manuel Palhares	Vet 2	134	Os Papa Leguas	00:50:05	5,01
971	76	176	Jose Magalhaes	Vet 4	28	Atletico Clube Alfenense	00:50:06	5,01
972	158	942	Nuno Malheiro	Vet 2	140	PortoRunners	00:50:07	5,01
973	159	1617	Ricardo Bastos	Vet 2	174	AA Lebres do Sado	00:50:08	5,01
974	77	320	Laureano Costa	Vet 4	52	CIRAC	00:50:09	5,02
975	358	899	Renato Cardoso	Senior	140	PortoRunners	00:50:13	5,02

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
976	359	1790	Carlos Pinto	Senior	99999	INDIVIDUAL	00:50:13	5,02
977	78	1505	Jose Rebelo	Vet 4	99999	INDIVIDUAL	00:50:14	5,02
978	50	1039	Isabel Carvalho	Fem	159	Tugas na Estrada	00:50:16	5,03
979	160	1042	Paulo Vilaca	Vet 2	159	Tugas na Estrada	00:50:16	5,03
980	134	1045	Ricardo Neto	Vet 3	159	Tugas na Estrada	00:50:16	5,03
981	161	1607	Luis Osorio	Vet 2	173	Afis / Ovar	00:50:16	5,03
982	135	1044	Manuel Silva Sa	Vet 3	159	Tugas na Estrada	00:50:17	5,03
983	79	1451	Jose Moura de Sousa	Vet 4	99999	INDIVIDUAL	00:50:17	5,03
984	360	1452	Ricardo Sousa	Senior	99999	INDIVIDUAL	00:50:17	5,03
985	80	790	Luis Bessa	Vet 4	127	Nucleo Karate e Atletism	00:50:18	5,03
986	162	1434	Jose Coelho	Vet 2	99999	INDIVIDUAL	00:50:18	5,03
987	361	1491	Alberto Santos	Senior	99999	INDIVIDUAL	00:50:18	5,03
988	81	281	Manuel Martins Mota	Vet 4	44	Casa do Benfica - Porto	00:50:19	5,03
989	136	1188	Jorge Cerqueira	Vet 3	99999	INDIVIDUAL	00:50:19	5,03
990	150	1734	Pedro Biscaia	Vet 1	99999	INDIVIDUAL	00:50:22	5,04
991	82	322	Rogério Silva	Vet 4	52	CIRAC	00:50:23	5,04
992	362	1046	Rui Alves	Senior	160	Turbo Lentos da Maia	00:50:23	5,04
993	363	1763	Filipe Rola	Senior	140	PortoRunners	00:50:23	5,04
994	163	565	Vitor Marques	Vet 2	88	GD Banco BPI	00:50:25	5,04
995	151	1072	Rui Jesus	Vet 1	99999	INDIVIDUAL	00:50:26	5,04
996	152	251	Manuel Silva	Vet 1	40	Café Ponto Final/Sasia	00:50:28	5,05
997	364	440	Victor Sousa	Senior	67	Clube Sunsete Runners	00:50:28	5,05
998	365	1318	Jose Ferreira	Senior	99999	INDIVIDUAL	00:50:28	5,05
999	164	97	Jose Rodrigues	Vet 2	8	ACR Vigorosa	00:50:29	5,05
1000	165	946	Ricardo Leao	Vet 2	140	PortoRunners	00:50:29	5,05
1001	137	995	Jorge Borges	Vet 3	149	Sport Viseu e Benfica	00:50:30	5,05
1002	366	1519	Helder Vieira	Senior	99999	INDIVIDUAL	00:50:33	5,06
1003	367	1492	Joao Mangericao	Senior	99999	INDIVIDUAL	00:50:39	5,07
1004	166	1051	Francisco Neto	Vet 2	161	Tutillar Class Runners	00:50:40	5,07
1005	368	74	Pedro Goucho	Senior	3	A. Karate Felgueiras	00:50:41	5,07
1006	369	630	Filipe Torres	Senior	99999	INDIVIDUAL	00:50:42	5,07
1007	167	803	Fernando Sousa	Vet 2	131	Os Amigos S.Pedro Cova	00:50:42	5,07
1008	370	1720	Rui Gomes	Senior	99999	INDIVIDUAL	00:50:42	5,07
1009	153	914	Antonio Sa Cunha	Vet 1	140	PortoRunners	00:50:44	5,07
1010	138	957	Rui Vilar	Vet 3	140	PortoRunners	00:50:44	5,07
1011	83	746	Elias Pereira	Vet 4	114	Maia Atletico Clube	00:50:45	5,08
1012	371	1097	Paulo Costa	Senior	99999	INDIVIDUAL	00:50:45	5,08
1013	372	1781	Joao Ramalhao	Senior	140	PortoRunners	00:50:46	5,08
1014	373	577	Alberto Valente	Senior	92	GD Santander Totta	00:50:48	5,08

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1015	374	1569	Marco Costa	Senior	99999	INDIVIDUAL	00:50:48	5,08
1016	168	736	Jorge Moreira	Vet 2	114	Maia Atletico Clube	00:50:50	5,08
1017	375	1074	Luis Sa	Senior	99999	INDIVIDUAL	00:50:50	5,08
1018	84	1637	Alfredo Santos	Vet 4	175	AD Rio Largo Cl Espinho	00:50:50	5,08
1019	154	1669	Manuel Carvalho	Vet 1	185	i-Run	00:50:51	5,09
1020	376	904	Rui Manuel Pinho	Senior	140	PortoRunners	00:50:52	5,09
1021	377	1584	Antonio Almeida	Senior	75	Equipa Cambrense	00:50:53	5,09
1022	378	1587	Abilio Pereira	Senior	75	Equipa Cambrense	00:50:53	5,09
1023	139	387	Paulo Rocha	Vet 3	59	Cl Veteranos do Porto	00:50:54	5,09
1024	85	852	Alfredo Barbosa	Vet 4	139	Pinto & Cruz	00:50:54	5,09
1025	51	1240	Acacio Aguiar	Vet 5	99999	INDIVIDUAL	00:50:54	5,09
1026	52	1401	Carlos Silva	Vet 5	99999	INDIVIDUAL	00:50:54	5,09
1027	379	1301	Celestino Costa	Senior	99999	INDIVIDUAL	00:50:56	5,09
1028	169	77	Carlos Pereira	Vet 2	3	A. Karate Felgueiras	00:50:57	5,10
1029	86	757	Augusto Machado	Vet 4	119	Movimento Cidadaos po	00:50:57	5,10
1030	380	907	Tiago Andrade	Senior	140	PortoRunners	00:50:58	5,10
1031	381	1160	Armando Ferreira	Senior	99999	INDIVIDUAL	00:50:58	5,10
1032	53	278	Ramiro Monteiro	Vet 5	41	Caldas S.Jorge Sport Clu	00:50:59	5,10
1033	54	967	Vitor Cardoso	Vet 5	140	PortoRunners	00:50:59	5,10
1034	382	1515	Jorge Guimaraes	Senior	99999	INDIVIDUAL	00:50:59	5,10
1035	383	1710	Marco Martins	Senior	192	Unicer / Vitalis	00:50:59	5,10
1036	140	271	Antonio Silva	Vet 3	41	Caldas S.Jorge Sport Clu	00:51:00	5,10
1037	170	78	Roque Martins	Vet 2	3	A. Karate Felgueiras	00:51:01	5,10
1038	155	1470	Carlos Sergio Figueira	Vet 1	99999	INDIVIDUAL	00:51:02	5,10
1039	171	206	Manuel Pinto	Vet 2	37	CA Vila Boa do Bispo	00:51:05	5,11
1040	172	66	Fernando Lopes	Vet 2	2	a. b. c. - porto	00:51:10	5,12
1041	141	273	Joao Oliveira	Vet 3	41	Caldas S.Jorge Sport Clu	00:51:10	5,12
1042	51	707	Catia Costa	Fem	114	Maia Atletico Clube	00:51:11	5,12
1043	384	136	Avelino Neves	Senior	19	Amigos Quinta das Freir	00:51:12	5,12
1044	385	229	Jose Miguel Almeida	Senior	39	Caes D'Avenida	00:51:13	5,12
1045	386	555	Pedro Carneiro	Senior	87	GCR de Alvarelhos	00:51:13	5,12
1046	52	1263	Joana Ferreira Direito	Fem	99999	INDIVIDUAL	00:51:13	5,12
1047	387	1264	Ricardo Simoes Martins	Senior	99999	INDIVIDUAL	00:51:13	5,12
1048	55	964	Fernando Melo	Vet 5	140	PortoRunners	00:51:16	5,13
1049	56	302	Jose Magalhaes	Vet 5	51	Cl Atletismo Alpendorad	00:51:17	5,13
1050	87	330	Armando Peneda	Vet 4	53	Cl de Pessoal EDP	00:51:17	5,13
1051	142	1000	Oscar Barreira	Vet 3	150	Sporting Clube da Cruz	00:51:17	5,13
1052	156	1286	Jose Freitas	Vet 1	200	Vitoria Sport Clube	00:51:17	5,13
1053	173	1672	Mario Pinto	Vet 2	185	i-Run	00:51:18	5,13

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1054	143	1138	Americo Andrade	Vet 3	99999	INDIVIDUAL	00:51:20	5,13
1055	57	819	Joaquim Costa	Vet 5	133	Os Kagados	00:51:22	5,14
1056	388	1795	Jose Pires	Senior	99999	INDIVIDUAL	00:51:22	5,14
1057	144	815	Manuel Brandao	Vet 3	133	Os Kagados	00:51:23	5,14
1058	157	1202	Pedro Carneiro	Vet 1	99999	INDIVIDUAL	00:51:23	5,14
1059	174	1204	Rolando Cortez	Vet 2	99999	INDIVIDUAL	00:51:23	5,14
1060	145	1407	Fernando Salgado	Vet 3	99999	INDIVIDUAL	00:51:23	5,14
1061	389	638	Ricardo Ferreira	Senior	102	GR de Gaviao	00:51:24	5,14
1062	158	911	Antonio Baptista	Vet 1	140	PortoRunners	00:51:24	5,14
1063	88	275	Adriano Grilo	Vet 4	41	Caldas S.Jorge Sport Clu	00:51:25	5,14
1064	390	1021	Andre Magalhaes	Senior	156	Terrores do Asfalto	00:51:30	5,15
1065	159	1031	Manuel Nunes	Vet 1	156	Terrores do Asfalto	00:51:30	5,15
1066	391	1780	Joao Pinheiro	Senior	140	PortoRunners	00:51:30	5,15
1067	175	1395	Elias Castro	Vet 2	99999	INDIVIDUAL	00:51:31	5,15
1068	58	553	Amilcar Oliveira	Vet 5	86	GA Independentes de Ga	00:51:32	5,15
1069	160	800	Armando Neves	Vet 1	130	Os 5 a Hora	00:51:32	5,15
1070	89	694	Mario Miranda	Vet 4	112	Leoes do Veneza	00:51:33	5,16
1071	90	449	Carlos Pinho	Vet 4	67	Clube Sunsete Runners	00:51:34	5,16
1072	161	831	Carlos M. Sampaio	Vet 1	136	Os Rompe Solas	00:51:34	5,16
1073	53	1368	Conceicao Silva	Fem	99999	INDIVIDUAL	00:51:34	5,16
1074	59	277	Abel Santos	Vet 5	41	Caldas S.Jorge Sport Clu	00:51:36	5,16
1075	176	114	Antonio Campos	Vet 2	14	Amigos Atletismo de Go	00:51:37	5,16
1076	392	894	Pedro Cunha	Senior	140	PortoRunners	00:51:38	5,16
1077	146	1135	Carlos Ramos	Vet 3	99999	INDIVIDUAL	00:51:38	5,16
1078	91	411	Artur Romero	Vet 4	62	Clube Desportivo Candal	00:51:39	5,17
1079	162	1295	Rui Manuel Sousa	Vet 1	99999	INDIVIDUAL	00:51:39	5,17
1080	54	871	Silvia Fidalgo	Fem	140	PortoRunners	00:51:41	5,17
1081	393	147	Romeu Sousa	Senior	20	AR de Negrelos	00:51:42	5,17
1082	147	507	Jose Carlos	Vet 3	76	Equipa Tabaqueira	00:51:43	5,17
1083	60	583	Jose Manuel Soares	Vet 5	93	GDA Os Silvas	00:51:43	5,17
1084	394	828	Jose B. Almeida	Senior	136	Os Rompe Solas	00:51:45	5,18
1085	177	1033	Jose Chaves	Vet 2	156	Terrores do Asfalto	00:51:46	5,18
1086	395	1146	Joao Monteiro	Senior	99999	INDIVIDUAL	00:51:47	5,18
1087	61	512	Luis Fernandes	Vet 5	76	Equipa Tabaqueira	00:51:50	5,18
1088	178	1438	Carlos Almeida	Vet 2	117	Moto Clube do Porto	00:51:50	5,18
1089	148	1503	Flavio Pais	Vet 3	99999	INDIVIDUAL	00:51:51	5,19
1090	92	1507	Luis Campelo	Vet 4	99999	INDIVIDUAL	00:51:51	5,19
1091	93	758	Carlos Carvalho	Vet 4	119	Movimento Cidadaos po	00:51:52	5,19
1092	396	1121	Fernando Ribeiro	Senior	99999	INDIVIDUAL	00:51:52	5,19

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1093	397	1123	Raquel Carvalho	Senior	99999	INDIVIDUAL	00:51:52	5,19
1094	179	476	Jose Bento Morais	Vet 2	70	CRP S.Tiago	00:51:53	5,19
1095	398	228	Joao Varela	Senior	39	Caes D'Avenida	00:51:54	5,19
1096	149	409	Jorge Ferreira	Vet 3	62	Clube Desportivo Candal	00:51:56	5,19
1097	399	1110	Carlos Monteiro	Senior	99999	INDIVIDUAL	00:51:57	5,20
1098	163	238	Jose Pizarro	Vet 1	39	Caes D'Avenida	00:51:58	5,20
1099	400	895	Pedro Lopes	Senior	140	PortoRunners	00:51:58	5,20
1100	401	164	Marco Borges	Senior	24	As Cansadas da Azenha	00:52:00	5,20
1101	402	1157	Mario Filipe Fonseca	Senior	99999	INDIVIDUAL	00:52:00	5,20
1102	403	1483	Nelson Martins	Senior	99999	INDIVIDUAL	00:52:00	5,20
1103	94	805	Serafim Fonseca	Vet 4	131	Os Amigos S.Pedro Cova	00:52:02	5,20
1104	62	1373	Ernesto Carvalho	Vet 5	99999	INDIVIDUAL	00:52:02	5,20
1105	150	1563	Lima Nunes	Vet 3	99999	INDIVIDUAL	00:52:02	5,20
1106	180	804	Paulo Fonseca	Vet 2	131	Os Amigos S.Pedro Cova	00:52:03	5,21
1107	151	1092	Bartolmeu Mota	Vet 3	194	GD Limpeza Urbana CM	00:52:03	5,21
1108	55	1119	Carmo Marinho	Fem	99999	INDIVIDUAL	00:52:03	5,21
1109	56	413	Maria Graca Fernandes	Fem	63	Clube Gaia CDC	00:52:04	5,21
1110	404	801	Joao Fonseca	Senior	131	Os Amigos S.Pedro Cova	00:52:04	5,21
1111	405	1232	Jorge Ribeiro	Senior	99999	INDIVIDUAL	00:52:04	5,21
1112	95	590	Germano Paiva	Vet 4	94	GDC de Guilhovai	00:52:06	5,21
1113	406	1444	Fernando Socorro	Senior	99999	INDIVIDUAL	00:52:07	5,21
1114	181	1279	Jose Fernandes	Vet 2	200	Vitoria Sport Clube	00:52:08	5,21
1115	407	1667	Andre Vaz	Senior	185	i-Run	00:52:09	5,22
1116	57	160	Ana Pereira	Fem	24	As Cansadas da Azenha	00:52:11	5,22
1117	164	181	Jose Lopes	Vet 1	30	Bloco de Notas - Centro	00:52:11	5,22
1118	182	182	Jose Rodrigues	Vet 2	30	Bloco de Notas - Centro	00:52:11	5,22
1119	96	759	Jose Machado	Vet 4	119	Movimento Cidadaos po	00:52:11	5,22
1120	183	69	Vasco Melo	Vet 2	2	a. b. c. - porto	00:52:12	5,22
1121	184	325	Altino Silva	Vet 2	53	Cl de Pessoal EDP	00:52:12	5,22
1122	165	366	Carlos Dias	Vet 1	57	Cl Spiridon de Gaia	00:52:14	5,22
1123	408	461	Candido Guerreiro	Senior	69	CPT Bairro de Carcavelo	00:52:14	5,22
1124	166	1508	Antonio Santos	Vet 1	99999	INDIVIDUAL	00:52:14	5,22
1125	97	816	Hernani Pinho	Vet 4	133	Os Kagados	00:52:15	5,23
1126	58	570	Anabela Santos	Fem	90	GD Louroccop	00:52:16	5,23
1127	152	753	Manuel Gomes	Vet 3	115	Makro - Atletismo	00:52:18	5,23
1128	185	586	Manuel Andrade	Vet 2	94	GDC de Guilhovai	00:52:21	5,24
1129	167	1436	Luis Silva	Vet 1	117	Moto Clube do Porto	00:52:22	5,24
1130	409	1441	Ricardo Falcao	Senior	117	Moto Clube do Porto	00:52:23	5,24
1131	168	517	Marinho Pereira	Vet 1	78	Estornorte	00:52:25	5,24

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1132	410	1081	Paulo Serra	Senior	99999	INDIVIDUAL	00:52:25	5,24
1133	98	1422	Candido Leodoro	Vet 4	99999	INDIVIDUAL	00:52:25	5,24
1134	411	126	Abel Ferreira	Senior	17	Amigos do Pagode	00:52:26	5,24
1135	412	127	Rui Ferreira	Senior	17	Amigos do Pagode	00:52:26	5,24
1136	169	444	Joaquim Cruz	Vet 1	67	Clube Sunsete Runners	00:52:28	5,25
1137	63	1176	Jose Ferreira Sousa	Vet 5	99999	INDIVIDUAL	00:52:28	5,25
1138	186	1760	Carlos Mendes	Vet 2	99999	INDIVIDUAL	00:52:32	5,25
1139	187	1040	Luis Osorio	Vet 2	159	Tugas na Estrada	00:52:38	5,26
1140	188	1209	Luis Coimbra	Vet 2	99999	INDIVIDUAL	00:52:38	5,26
1141	99	1635	Eduardo Passos	Vet 4	175	AD Rio Largo Cl Espinho	00:52:38	5,26
1142	100	845	Jose Felix	Vet 4	136	Os Rompe Solas	00:52:39	5,27
1143	189	1750	Joaquim Teixeira	Vet 2	99999	INDIVIDUAL	00:52:39	5,27
1144	170	1487	Luis Duarte	Vet 1	99999	INDIVIDUAL	00:52:42	5,27
1145	101	276	Manuel Couto	Vet 4	41	Caldas S.Jorge Sport Clu	00:52:43	5,27
1146	171	167	Armando Oliveira	Vet 1	25	ASH Monte Cordova	00:52:44	5,27
1147	64	170	Joaquim Freitas	Vet 5	25	ASH Monte Cordova	00:52:44	5,27
1148	153	838	Ismael Beirao	Vet 3	136	Os Rompe Solas	00:52:44	5,27
1149	190	1321	Henrique Rocha	Vet 2	99999	INDIVIDUAL	00:52:44	5,27
1150	191	610	Antonio Gomes	Vet 2	99	Ginasio Clube Santo Tirs	00:52:45	5,28
1151	172	1088	Joao Antunes	Vet 1	99999	INDIVIDUAL	00:52:46	5,28
1152	413	1730	Ricardo Ferreira	Senior	99999	INDIVIDUAL	00:52:46	5,28
1153	414	1009	Ricardo Almeida	Senior	154	STARolas	00:52:47	5,28
1154	415	1656	Pedro Gomes	Senior	184	IPBRICK	00:52:49	5,28
1155	102	319	Joaquim Oliveira	Vet 4	52	CIRAC	00:52:50	5,28
1156	154	313	Adao Pinho	Vet 3	52	CIRAC	00:52:51	5,29
1157	416	751	Nuno Pinto	Senior	115	Makro - Atletismo	00:52:54	5,29
1158	417	1348	Jose Ferreira	Senior	99999	INDIVIDUAL	00:52:54	5,29
1159	418	550	Luis P. Abreu	Senior	86	GA Independentes de Ga	00:52:55	5,29
1160	59	365	Fatima Faria	Fem	57	Cl Spiridon de Gaia	00:52:56	5,29
1161	173	799	Alberto Alves	Vet 1	130	Os 5 a Hora	00:52:56	5,29
1162	65	361	Couto Soares	Vet 5	56	Cl Portugal Telecom - Z.	00:52:57	5,30
1163	192	1237	Vitor Lourenco	Vet 2	99999	INDIVIDUAL	00:52:57	5,30
1164	66	582	Auspicio Fernandes	Vet 5	92	GD Santander Totta	00:52:58	5,30
1165	419	1461	Ricardo Carneiro	Senior	99999	INDIVIDUAL	00:53:00	5,30
1166	174	431	Jose Jaime Teixeira	Vet 1	65	Clube GBES	00:53:01	5,30
1167	155	1400	Francisco Marques	Vet 3	99999	INDIVIDUAL	00:53:01	5,30
1168	60	257	Liliana Costa	Fem	41	Caldas S.Jorge Sport Clu	00:53:02	5,30
1169	61	110	Natercia Teixeira	Fem	13	Amarante Runnig Team	00:53:03	5,31
1170	67	847	Manuel Magalhaes	Vet 5	136	Os Rompe Solas	00:53:04	5,31

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1171	420	893	Paulo Teixeira	Senior	140	PortoRunners	00:53:04	5,31
1172	421	663	Helder Oquiname	Senior	106	JAVIP	00:53:06	5,31
1173	68	820	Jose Silva	Vet 5	133	Os Kagados	00:53:08	5,31
1174	62	1018	Isabel Henriques	Fem	156	Terroros do Asfalto	00:53:12	5,32
1175	175	237	Joao Espregueira	Vet 1	39	Caes D'Avenida	00:53:13	5,32
1176	69	391	Abilio Machado	Vet 5	59	Cl Veteranos do Porto	00:53:14	5,32
1177	63	531	Tina Lainer	Fem	83	Fluvial Triathlon	00:53:15	5,33
1178	176	1112	Ricardo Gomes Pereira	Vet 1	99999	INDIVIDUAL	00:53:16	5,33
1179	177	1339	Armando Manuel Silva	Vet 1	99999	INDIVIDUAL	00:53:16	5,33
1180	193	344	Joaquim Couto	Vet 2	55	Cl Millennium BCP	00:53:18	5,33
1181	156	956	Nuno Oliveira	Vet 3	140	PortoRunners	00:53:19	5,33
1182	103	388	Henrique Goncalves	Vet 4	59	Cl Veteranos do Porto	00:53:20	5,33
1183	64	178	Daniela Vasconcelos	Fem	29	Aventura Gaia Clube	00:53:22	5,34
1184	157	1096	Jose Leite	Vet 3	194	GD Limpeza Urbana CM	00:53:22	5,34
1185	194	1570	Luis Reis	Vet 2	99999	INDIVIDUAL	00:53:22	5,34
1186	104	1677	Jorge Vieira	Vet 4	187	Os Amigos de Grijo	00:53:24	5,34
1187	422	1167	Pedro Monteiro	Senior	99999	INDIVIDUAL	00:53:26	5,34
1188	65	1356	Joana Creissac	Fem	99999	INDIVIDUAL	00:53:26	5,34
1189	66	1195	Elisabete Ribeiro	Fem	99999	INDIVIDUAL	00:53:27	5,35
1190	178	1198	Marco Bastos	Vet 1	99999	INDIVIDUAL	00:53:27	5,35
1191	423	1229	Antonio Basaloco	Senior	99999	INDIVIDUAL	00:53:27	5,35
1192	195	1549	Mario Martins	Vet 2	99999	INDIVIDUAL	00:53:27	5,35
1193	158	837	Armindo Rodrigues	Vet 3	136	Os Rompe Solas	00:53:29	5,35
1194	105	840	Alfredo Santos	Vet 4	136	Os Rompe Solas	00:53:29	5,35
1195	70	817	Belmiro Aguiar	Vet 5	133	Os Kagados	00:53:31	5,35
1196	159	1043	Joaquim Pereira	Vet 3	159	Tugas na Estrada	00:53:31	5,35
1197	424	1574	Luis Miguel Mota	Senior	99999	INDIVIDUAL	00:53:33	5,36
1198	196	68	Paulo Ribeiro	Vet 2	2	a. b. c. - porto	00:53:35	5,36
1199	71	394	Lidio Freitas	Vet 5	59	Cl Veteranos do Porto	00:53:35	5,36
1200	67	1359	Silvia Pedrosa	Fem	99999	INDIVIDUAL	00:53:35	5,36
1201	68	860	Elisabete Goncalves	Fem	140	PortoRunners	00:53:36	5,36
1202	425	1254	Pedro Ferreira Costa	Senior	99999	INDIVIDUAL	00:53:36	5,36
1203	197	306	Amadeu Cruz	Vet 2	52	CIRAC	00:53:37	5,36
1204	160	383	Antonio Vieira	Vet 3	59	Cl Veteranos do Porto	00:53:38	5,36
1205	426	889	Manuel Silva	Senior	140	PortoRunners	00:53:41	5,37
1206	198	945	Paulo Jorge	Vet 2	140	PortoRunners	00:53:41	5,37
1207	161	1109	Guilherme Goncalves	Vet 3	99999	INDIVIDUAL	00:53:41	5,37
1208	179	90	Jorge Pereira	Vet 1	7	Acoreana Clube Banif	00:53:42	5,37
1209	427	898	Pedro Silva	Senior	140	PortoRunners	00:53:42	5,37

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1210	199	1049	Jose Santos	Vet 2	160	Turbo Lentos da Maia	00:53:42	5,37
1211	69	1104	Maria Joao Tavares	Fem	99999	INDIVIDUAL	00:53:42	5,37
1212	428	1511	Antonio Medeiros	Senior	99999	INDIVIDUAL	00:53:43	5,37
1213	429	655	Ricardo Pereira	Senior	104	Hotel Moutados	00:53:44	5,37
1214	430	662	Nelson Lemos	Senior	105	I25 Run Team	00:53:44	5,37
1215	106	693	Manuel Monteiro	Vet 4	112	Leoes do Veneza	00:53:44	5,37
1216	162	384	Augusto Pinto	Vet 3	59	Cl Veteranos do Porto	00:53:45	5,38
1217	431	968	Tiago Rosendo	Senior	141	Recreio Desportivo Ague	00:53:45	5,38
1218	180	129	Augusto Fonseca	Vet 1	18	Amigos Parque Biologico	00:53:46	5,38
1219	163	131	Carlos Monteiro	Vet 3	18	Amigos Parque Biologico	00:53:46	5,38
1220	181	304	Joaquim Pedrosa	Vet 1	52	CIRAC	00:53:46	5,38
1221	200	1257	Pedro Manuel Melo	Vet 2	99999	INDIVIDUAL	00:53:46	5,38
1222	432	1082	Joao Cacheira	Senior	99999	INDIVIDUAL	00:53:52	5,39
1223	107	1150	Joao Marques	Vet 4	99999	INDIVIDUAL	00:53:53	5,39
1224	433	221	Jose Trigo	Senior	39	Caes D'Avenida	00:53:54	5,39
1225	182	213	Miguel Vilaca	Vet 1	38	CAD As 11 no Farol	00:53:55	5,39
1226	434	1489	Ismael Basto Cardoso	Senior	99999	INDIVIDUAL	00:53:56	5,39
1227	435	1799	Luis Gomes	Senior	99999	INDIVIDUAL	00:53:56	5,39
1228	436	680	David Manuel	Senior	112	Leoes do Veneza	00:53:58	5,40
1229	437	1661	Duarte Redondo	Senior	185	i-Run	00:54:00	5,40
1230	164	614	Manuel Cunha	Vet 3	99	Ginasio Clube Santo Tirs	00:54:03	5,41
1231	108	616	Antonio Silva	Vet 4	99	Ginasio Clube Santo Tirs	00:54:03	5,41
1232	438	1265	Jose Manuel Ferreira	Senior	99999	INDIVIDUAL	00:54:03	5,41
1233	109	1180	Jose Ramalhao	Vet 4	99999	INDIVIDUAL	00:54:07	5,41
1234	439	1223	Tiago Santos	Senior	99999	INDIVIDUAL	00:54:09	5,42
1235	201	1539	Nuno Silva	Vet 2	99999	INDIVIDUAL	00:54:09	5,42
1236	440	1078	Fernando Couto	Senior	99999	INDIVIDUAL	00:54:12	5,42
1237	183	1482	Miguel Moreda	Vet 1	99999	INDIVIDUAL	00:54:12	5,42
1238	441	1484	Pedro Quesado	Senior	99999	INDIVIDUAL	00:54:12	5,42
1239	165	566	Jose Fonseca	Vet 3	89	GD Banco de Portugal	00:54:13	5,42
1240	184	1728	Vitor Leal	Vet 1	99999	INDIVIDUAL	00:54:13	5,42
1241	442	1139	Tiago Ribeiro	Senior	99999	INDIVIDUAL	00:54:14	5,42
1242	202	1201	Antonio Jorge Gomes	Vet 2	99999	INDIVIDUAL	00:54:14	5,42
1243	443	658	Antonio Vela	Senior	105	I25 Run Team	00:54:15	5,43
1244	70	1691	Ana Patricia Rocha	Fem	192	Unicer / Vitalis	00:54:16	5,43
1245	185	1712	Jorge Bastos	Vet 1	192	Unicer / Vitalis	00:54:16	5,43
1246	444	210	Francisco Oliveira	Senior	38	CAD As 11 no Farol	00:54:18	5,43
1247	186	240	Rui Brito e Cunha	Vet 1	39	Caes D'Avenida	00:54:18	5,43
1248	203	1260	Fernando Fonseca	Vet 2	99999	INDIVIDUAL	00:54:21	5,44



# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1249	71	1261	Ceu Santos	Fem	99999	INDIVIDUAL	00:54:21	5,44
1250	187	639	Manuel Silva	Vet 1	102	GR de Gaviao	00:54:25	5,44
1251	445	1252	Andre Barbosa	Senior	99999	INDIVIDUAL	00:54:25	5,44
1252	446	1579	Artur Ferreira	Senior	99999	INDIVIDUAL	00:54:27	5,45
1253	447	1695	Telmo Matos	Senior	192	Unicer / Vitalis	00:54:28	5,45
1254	110	1544	Jose Manuel Claudio	Vet 4	99999	INDIVIDUAL	00:54:31	5,45
1255	72	1122	Fernanda Brandao	Fem	99999	INDIVIDUAL	00:54:33	5,46
1256	448	1124	Rui Castro	Senior	99999	INDIVIDUAL	00:54:33	5,46
1257	449	1668	Jose Castro	Senior	185	i-Run	00:54:36	5,46
1258	166	1269	Alberto Silva	Vet 3	99999	INDIVIDUAL	00:54:37	5,46
1259	450	764	Andre Matos	Senior	122	NAJBU	00:54:38	5,46
1260	451	427	Jose Raimundo	Senior	65	Clube GBES	00:54:40	5,47
1261	72	1680	Alberto Paiva	Vet 5	187	Os Amigos de Grijo	00:54:40	5,47
1262	167	121	Quadrio Alves	Vet 3	15	Amigos de Paranhos	00:54:44	5,47
1263	73	1182	Maria Monteiro	Fem	99999	INDIVIDUAL	00:54:47	5,48
1264	204	377	Helder Moura	Vet 2	59	Cl Veteranos do Porto	00:54:49	5,48
1265	452	1363	Rui Pena	Senior	99999	INDIVIDUAL	00:54:50	5,48
1266	188	1366	Nuno Barros	Vet 1	99999	INDIVIDUAL	00:54:50	5,48
1267	74	1693	Isabel Almeida	Fem	192	Unicer / Vitalis	00:54:50	5,48
1268	75	220	Sofia Espregueira	Fem	39	Caes D'Avenida	00:54:51	5,49
1269	76	859	Cristina Gomes	Fem	140	PortoRunners	00:54:51	5,49
1270	453	1513	Alcino Oliveira	Senior	99999	INDIVIDUAL	00:54:51	5,49
1271	73	1543	Adelino Carvalho	Vet 5	99999	INDIVIDUAL	00:54:57	5,50
1272	189	1315	Eduardo Nascimento	Vet 1	99999	INDIVIDUAL	00:55:05	5,51
1273	77	1065	Paula Teixeira	Fem	165	YupiiRun	00:55:08	5,51
1274	454	1069	Rui Melo	Senior	165	YupiiRun	00:55:08	5,51
1275	455	1514	Luis Santos Silva	Senior	99999	INDIVIDUAL	00:55:08	5,51
1276	190	463	Manuel Cardoso	Vet 1	69	CPT Bairro de Carcavelo	00:55:11	5,52
1277	456	1467	Nuno Cochicho	Senior	99999	INDIVIDUAL	00:55:11	5,52
1278	457	1060	Pedro Ribeiro	Senior	163	Unidos a Fresca	00:55:13	5,52
1279	458	1234	Vitor Afonso	Senior	99999	INDIVIDUAL	00:55:13	5,52
1280	78	1365	Ana Antunes	Fem	99999	INDIVIDUAL	00:55:16	5,53
1281	459	1453	Francisco Moreira	Senior	99999	INDIVIDUAL	00:55:18	5,53
1282	460	1457	Pedro Monforte	Senior	99999	INDIVIDUAL	00:55:18	5,53
1283	111	279	Joao Manuel Capelo	Vet 4	42	CAPELO, tu consegues	00:55:20	5,53
1284	461	1206	Sandro Castro	Senior	99999	INDIVIDUAL	00:55:20	5,53
1285	191	1205	Paulo Castro	Vet 1	99999	INDIVIDUAL	00:55:21	5,54
1286	462	1207	Vitor Silva	Senior	99999	INDIVIDUAL	00:55:21	5,54
1287	79	338	Paula Baros	Fem	55	Cl Millennium BCP	00:55:22	5,54

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1288	80	71	Maria Magalhaes	Fem	3	A. Karate Felgueiras	00:55:23	5,54
1289	463	73	Alberto Lucas	Senior	3	A. Karate Felgueiras	00:55:23	5,54
1290	81	651	Joana Barbosa	Fem	104	Hotel Moutados	00:55:23	5,54
1291	112	1714	Vitor Abreu	Vet 4	192	Unicer / Vitalis	00:55:24	5,54
1292	74	423	Manuel Rocha	Vet 5	64	Clube Galp - Nucleo Nor	00:55:28	5,55
1293	205	592	Fernando Pereira	Vet 2	95	GDCT Est.Navais Viana	00:55:30	5,55
1294	464	1557	Sergio Durand	Senior	99999	INDIVIDUAL	00:55:31	5,55
1295	82	863	Manuela Damas	Fem	140	PortoRunners	00:55:32	5,55
1296	465	1779	Joao Pedro Costa	Senior	140	PortoRunners	00:55:32	5,55
1297	466	426	Hugo Couto	Senior	65	Clube GBES	00:55:35	5,56
1298	83	867	Marta Santos	Fem	140	PortoRunners	00:55:35	5,56
1299	467	1007	Nuno Mariz	Senior	154	STARolas	00:55:45	5,58
1300	75	1125	Jose Neto	Vet 5	99999	INDIVIDUAL	00:55:49	5,58
1301	84	1063	Elisabete Vieira	Fem	165	YupiiRun	00:55:52	5,59
1302	113	1646	Alvaro Vaz	Vet 4	179	Comporto, SA	00:55:53	5,59
1303	76	853	Alberto Melo	Vet 5	139	Pinto & Cruz	00:55:54	5,59
1304	468	1341	Gustavo Montanha	Senior	99999	INDIVIDUAL	00:55:54	5,59
1305	469	1449	Paulo Moreira	Senior	99999	INDIVIDUAL	00:55:55	5,59
1306	470	1797	Bruno Vilrinho	Senior	99999	INDIVIDUAL	00:55:56	5,59
1307	192	234	Filipe Souto	Vet 1	39	Caes D'Avenida	00:55:58	5,60
1308	85	1716	Ana Varela	Fem	99999	INDIVIDUAL	00:56:00	5,60
1309	206	244	Paulo Bastos	Vet 2	39	Caes D'Avenida	00:56:02	5,60
1310	471	661	Joel Santos	Senior	105	I25 Run Team	00:56:03	5,61
1311	472	851	Paulo Manuel Ramos	Senior	138	Paz Baseball Club - Oliv.	00:56:04	5,61
1312	207	63	Jose Ferreira	Vet 2	1	.COM	00:56:05	5,61
1313	193	1115	Manuel Candido	Vet 1	99999	INDIVIDUAL	00:56:06	5,61
1314	473	1566	Richard Touret	Senior	99999	INDIVIDUAL	00:56:06	5,61
1315	194	1126	Peter Gothen	Vet 1	99999	INDIVIDUAL	00:56:09	5,62
1316	114	1137	Carlos Capela	Vet 4	99999	INDIVIDUAL	00:56:12	5,62
1317	168	1334	Artur Bastos	Vet 3	99999	INDIVIDUAL	00:56:12	5,62
1318	474	1337	Joao Garcia	Senior	99999	INDIVIDUAL	00:56:13	5,62
1319	77	962	Alvaro Silva	Vet 5	140	PortoRunners	00:56:17	5,63
1320	86	1433	Rute Pinto	Fem	99999	INDIVIDUAL	00:56:18	5,63
1321	475	1658	Miguel Ramalhao	Senior	184	IPBRICK	00:56:18	5,63
1322	169	215	Filipe Silva	Vet 3	38	CAD As 11 no Farol	00:56:19	5,63
1323	115	1303	Clarindo Carvalho	Vet 4	99999	INDIVIDUAL	00:56:19	5,63
1324	116	959	Manuel Ribeiro	Vet 4	140	PortoRunners	00:56:20	5,63
1325	78	963	Daniel Cardoso	Vet 5	140	PortoRunners	00:56:20	5,63
1326	79	568	Coelho Ferreira	Vet 5	89	GD Banco de Portugal	00:56:23	5,64

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1327	195	91	Raul Pereira	Vet 1	7	Acoreana Clube Banif	00:56:26	5,64
1328	87	1462	Aline Colaco	Fem	99999	INDIVIDUAL	00:56:26	5,64
1329	170	123	Mario Dias	Vet 3	15	Amigos de Paranhos	00:56:28	5,65
1330	476	1258	Joaquim Leite	Senior	99999	INDIVIDUAL	00:56:28	5,65
1331	196	1385	Antonio Silva	Vet 1	99999	INDIVIDUAL	00:56:28	5,65
1332	477	1698	Luis Campos	Senior	192	Unicer / Vitalis	00:56:34	5,66
1333	478	1526	Sergio Carmo	Senior	99999	INDIVIDUAL	00:56:37	5,66
1334	479	850	Tiago Almeida	Senior	137	Os Zangoes	00:56:38	5,66
1335	80	1638	Alberto Silva	Vet 5	175	AD Rio Largo Cl Espinho	00:56:38	5,66
1336	480	163	Jose Mario Alves	Senior	24	As Cansadas da Azenha	00:56:39	5,67
1337	208	342	Armando Martins	Vet 2	55	Cl Millennium BCP	00:56:39	5,67
1338	481	700	Joao Sameiro	Senior	113	Liberdade FC	00:56:40	5,67
1339	197	1184	Jose Silva	Vet 1	99999	INDIVIDUAL	00:56:40	5,67
1340	482	1347	Joao Cardante	Senior	99999	INDIVIDUAL	00:56:40	5,67
1341	483	792	Andre Martins	Senior	129	Oporto Squash & Runnin	00:56:41	5,67
1342	171	1768	Geraldino Silva	Vet 3	140	PortoRunners	00:56:41	5,67
1343	484	1794	Antonio Pinheiro	Senior	99999	INDIVIDUAL	00:56:43	5,67
1344	485	1735	Goncalo Pacheco	Senior	99999	INDIVIDUAL	00:56:44	5,67
1345	81	362	Manuel Carneiro	Vet 5	56	Cl Portugal Telecom - Z.	00:56:55	5,69
1346	486	1091	Paulo Roque	Senior	99999	INDIVIDUAL	00:56:55	5,69
1347	487	1111	Filipe Silva	Senior	99999	INDIVIDUAL	00:56:55	5,69
1348	82	435	Delfim Guedes	Vet 5	65	Clube GBES	00:56:59	5,70
1349	488	291	Andre Alves	Senior	49	CD das Aves	00:57:00	5,70
1350	489	798	Cipriano Sousa	Senior	130	Os 5 a Hora	00:57:00	5,70
1351	88	1298	Claudia Graca Monteiro	Fem	99999	INDIVIDUAL	00:57:01	5,70
1352	172	25	Jorge Teixeira	Vet 3	99999	INDIVIDUAL	00:57:04	5,71
1353	490	179	Paulo Pires	Senior	30	Bloco de Notas - Centro	00:57:07	5,71
1354	491	415	Hugo Miguel Santos	Senior	64	Clube Galp - Nucleo Nor	00:57:08	5,71
1355	89	868	Paula Paiva	Fem	140	PortoRunners	00:57:08	5,71
1356	117	618	Carlos Nobrega	Vet 4	99	Ginasio Clube Santo Tirs	00:57:09	5,72
1357	118	620	Jorge Coutinho	Vet 4	99	Ginasio Clube Santo Tirs	00:57:09	5,72
1358	90	1145	Daniela Palhares	Fem	99999	INDIVIDUAL	00:57:13	5,72
1359	492	1101	Pedro Miranda	Senior	99999	INDIVIDUAL	00:57:17	5,73
1360	83	1102	Alberto Tavares	Vet 5	99999	INDIVIDUAL	00:57:17	5,73
1361	91	424	Maria Luisa Moreira	Fem	65	Clube GBES	00:57:18	5,73
1362	84	436	Jose Fernando Teixeira	Vet 5	65	Clube GBES	00:57:18	5,73
1363	493	1559	Joao Carvalhal	Senior	99999	INDIVIDUAL	00:57:18	5,73
1364	494	1070	Tiago Goncalves	Senior	165	YupiiRun	00:57:20	5,73
1365	85	1522	Abilio Brandao	Vet 5	99999	INDIVIDUAL	00:57:23	5,74

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1366	495	1216	Hugo Teixeira	Senior	99999	INDIVIDUAL	00:57:25	5,74
1367	496	1253	Nuno Martins	Senior	99999	INDIVIDUAL	00:57:27	5,75
1368	497	1490	Joao Pedro Viegas	Senior	99999	INDIVIDUAL	00:57:31	5,75
1369	198	1383	Pedro Pinheiro	Vet 1	99999	INDIVIDUAL	00:57:32	5,75
1370	209	1391	Cesario Silva	Vet 2	99999	INDIVIDUAL	00:57:32	5,75
1371	119	511	Paulo Carril	Vet 4	76	Equipa Tabaqueira	00:57:34	5,76
1372	86	422	Fernando Carvalho	Vet 5	64	Clube Galp - Nucleo Nor	00:57:35	5,76
1373	173	1633	Alvaro Mesquita	Vet 3	175	AD Rio Largo Cl Espinho	00:57:36	5,76
1374	87	1547	Francisco Calado	Vet 5	99999	INDIVIDUAL	00:57:37	5,76
1375	92	364	Celia Dias	Fem	57	Cl Spiridon de Gaia	00:57:39	5,77
1376	88	626	Manuel Figueiredo	Vet 5	99	Ginasio Clube Santo Tirs	00:57:39	5,77
1377	174	369	Domingos Fernandes	Vet 3	57	Cl Spiridon de Gaia	00:57:40	5,77
1378	89	406	Francisco Forte	Vet 5	61	Clube CCD - APDL	00:57:42	5,77
1379	93	856	Carla Cardoso	Fem	140	PortoRunners	00:57:43	5,77
1380	498	902	Rui Carvalho	Senior	140	PortoRunners	00:57:43	5,77
1381	210	937	Antonio Silva	Vet 2	140	PortoRunners	00:57:43	5,77
1382	94	1346	Fernanda Pinho	Fem	99999	INDIVIDUAL	00:57:46	5,78
1383	90	303	Manuel Barbosa	Vet 5	51	Cl Atletismo Alpendorad	00:57:47	5,78
1384	95	857	Carmen Lima	Fem	140	PortoRunners	00:57:47	5,78
1385	91	169	Artur Monteiro	Vet 5	25	ASH Monte Cordova	00:57:48	5,78
1386	96	1426	Telma Almeida	Fem	99999	INDIVIDUAL	00:57:48	5,78
1387	499	1089	Joao Matos	Senior	99999	INDIVIDUAL	00:57:49	5,78
1388	120	1545	Carlos Morais	Vet 4	99999	INDIVIDUAL	00:57:49	5,78
1389	500	1458	Norberto Moreira	Senior	99999	INDIVIDUAL	00:57:58	5,80
1390	175	508	Victor Almeida	Vet 3	76	Equipa Tabaqueira	00:57:59	5,80
1391	501	1140	Vasco Dionsio	Senior	99999	INDIVIDUAL	00:57:59	5,80
1392	92	1616	Luis Quintino	Vet 5	173	Afis / Ovar	00:58:00	5,80
1393	211	245	Pedro Franca	Vet 2	39	Caes D'Avenida	00:58:01	5,80
1394	97	1681	Luisa Costa	Fem	189	SCS - Polo Aquatico	00:58:03	5,81
1395	212	1450	Agustin Lamas	Vet 2	99999	INDIVIDUAL	00:58:06	5,81
1396	176	1454	Germano Sousa	Vet 3	99999	INDIVIDUAL	00:58:07	5,81
1397	502	1409	Noel Gomes	Senior	99999	INDIVIDUAL	00:58:08	5,81
1398	503	1520	Miguel Silva	Senior	99999	INDIVIDUAL	00:58:08	5,81
1399	98	1037	Ana Rita Duarte	Fem	158	Triplagitada - Clube Triat	00:58:09	5,82
1400	121	1305	Duarte Nuno Sa	Vet 4	99999	INDIVIDUAL	00:58:10	5,82
1401	93	1615	Jorge Pina Pinto	Vet 5	173	Afis / Ovar	00:58:10	5,82
1402	213	1523	Sergio Manuel	Vet 2	99999	INDIVIDUAL	00:58:14	5,82
1403	504	1249	Antonio Martins	Senior	99999	INDIVIDUAL	00:58:15	5,83
1404	99	1590	Marta Neves	Fem	129	Oporto Squash & Runnin	00:58:18	5,83

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1405	100	1066	Susana Cunha	Fem	165	YupiiRun	00:58:24	5,84
1406	214	268	Jorge Moreira	Vet 2	41	Caldas S.Jorge Sport Clu	00:58:25	5,84
1407	505	1068	Nuno Moreira	Senior	165	YupiiRun	00:58:29	5,85
1408	506	1724	Bruno Andre Alves	Senior	99999	INDIVIDUAL	00:58:29	5,85
1409	199	341	Marco Barros	Vet 1	55	Cl Millennium BCP	00:58:32	5,85
1410	507	883	Edson Pina	Senior	140	PortoRunners	00:58:34	5,86
1411	508	162	Fabio Oliveira	Senior	24	As Cansadas da Azenha	00:58:35	5,86
1412	101	524	Sandra Alves	Fem	80	Fashyongym	00:58:39	5,87
1413	200	526	Rui Gouveia	Vet 1	80	Fashyongym	00:58:39	5,87
1414	201	1086	Luis Cardia	Vet 1	99999	INDIVIDUAL	00:58:43	5,87
1415	94	1729	Manuel Conde	Vet 5	99999	INDIVIDUAL	00:58:44	5,87
1416	122	617	Carlos Costa	Vet 4	99	Ginasio Clube Santo Tirs	00:58:45	5,88
1417	215	67	Joaquim Araujo	Vet 2	2	a. b. c. - porto	00:58:46	5,88
1418	102	1299	Fernanda Alves	Fem	99999	INDIVIDUAL	00:58:46	5,88
1419	509	135	Alexandre Caetano	Senior	19	Amigos Quinta das Freir	00:58:48	5,88
1420	510	1475	Aracelio Mendes	Senior	99999	INDIVIDUAL	00:58:48	5,88
1421	103	1591	Aldina Rodrigues	Fem	140	PortoRunners	00:58:49	5,88
1422	216	1170	Alberto Pinho	Vet 2	99999	INDIVIDUAL	00:58:53	5,89
1423	217	1506	Vitor Oliveira	Vet 2	99999	INDIVIDUAL	00:58:53	5,89
1424	511	473	Andre Sousa	Senior	70	CRP S.Tiago	00:58:58	5,90
1425	218	943	Paulo Barcelos	Vet 2	140	PortoRunners	00:59:01	5,90
1426	512	1327	Pedro Salgueiro	Senior	99999	INDIVIDUAL	00:59:01	5,90
1427	104	1553	Maria Goncalves	Fem	99999	INDIVIDUAL	00:59:01	5,90
1428	105	1555	Paula Lopes	Fem	99999	INDIVIDUAL	00:59:01	5,90
1429	95	1200	Cesar Jesus	Vet 5	99999	INDIVIDUAL	00:59:03	5,91
1430	106	1554	Maria Patricio	Fem	99999	INDIVIDUAL	00:59:04	5,91
1431	107	598	Ana Nunes	Fem	97	GDR Juventude das Ribeir	00:59:06	5,91
1432	219	947	Rui Fernandes	Vet 2	140	PortoRunners	00:59:07	5,91
1433	513	1235	Pedro Henriques	Senior	99999	INDIVIDUAL	00:59:11	5,92
1434	514	1745	Joao Filipe Morais	Senior	99999	INDIVIDUAL	00:59:11	5,92
1435	515	1239	Rui Campos	Senior	99999	INDIVIDUAL	00:59:14	5,92
1436	220	376	Fernando Goncalves	Vet 2	59	Cl Veteranos do Porto	00:59:20	5,93
1437	96	395	Manuel Passaro	Vet 5	59	Cl Veteranos do Porto	00:59:20	5,93
1438	97	396	Manuel Pereira	Vet 5	59	Cl Veteranos do Porto	00:59:20	5,93
1439	516	1558	Pedro Brandao Neto	Senior	99999	INDIVIDUAL	00:59:24	5,94
1440	98	434	Alberto Lizardo	Vet 5	65	Clube GBES	00:59:29	5,95
1441	517	1147	Andre Mayer	Senior	99999	INDIVIDUAL	00:59:35	5,96
1442	99	848	Vitor Mota	Vet 5	136	Os Rompe Solas	00:59:36	5,96
1443	518	453	Pedro Lima	Senior	68	Companhia do Bazofias	00:59:37	5,96

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1444	108	1141	Conceição Pinto	Fem	99999	INDIVIDUAL	00:59:40	5,97
1445	519	1142	Manuel Oliveira	Senior	99999	INDIVIDUAL	00:59:40	5,97
1446	109	996	Silvia Gomes	Fem	150	Sporting Clube da Cruz	00:59:43	5,97
1447	520	1743	Pedro Miguel Bravo	Senior	99999	INDIVIDUAL	00:59:45	5,98
1448	521	1744	Joao Manuel Bravo	Senior	99999	INDIVIDUAL	00:59:45	5,98
1449	522	1787	Jose Vidal	Senior	99999	INDIVIDUAL	00:59:46	5,98
1450	177	1246	Moura Pinto	Vet 3	99999	INDIVIDUAL	00:59:52	5,99
1451	100	1564	Gil Lopes	Vet 5	99999	INDIVIDUAL	00:59:52	5,99
1452	523	1772	Joana Duarte	Senior	140	PortoRunners	00:59:52	5,99
1453	110	1256	Carla Constante	Fem	99999	INDIVIDUAL	00:59:56	5,99
1454	111	864	Maria Joao Sa	Fem	140	PortoRunners	01:00:00	6,00
1455	202	924	Nuno Marques	Vet 1	140	PortoRunners	01:00:00	6,00
1456	221	465	Alexandre Pinheiro	Vet 2	69	CPT Bairro de Carcavelo	01:00:08	6,01
1457	222	466	Amandio Silva	Vet 2	69	CPT Bairro de Carcavelo	01:00:08	6,01
1458	524	416	Jose Diogo Alves	Senior	64	Clube Galp - Nucleo Nor	01:00:10	6,02
1459	178	1447	Manuel Goncalves	Vet 3	99999	INDIVIDUAL	01:00:13	6,02
1460	112	865	Maria Jorge Vieira	Fem	140	PortoRunners	01:00:20	6,03
1461	525	1312	Joao Rebelo	Senior	99999	INDIVIDUAL	01:00:26	6,04
1462	223	1440	Joaquim Cravo	Vet 2	117	Moto Clube do Porto	01:00:26	6,04
1463	101	1185	Joaquim Raimundo	Vet 5	99999	INDIVIDUAL	01:00:31	6,05
1464	123	420	Domingos Sereno	Vet 4	64	Clube Galp - Nucleo Nor	01:00:35	6,06
1465	124	166	Antonio Soares	Vet 4	24	As Cansadas da Azenha	01:00:38	6,06
1466	113	870	Sandra Freitas	Fem	140	PortoRunners	01:00:39	6,07
1467	526	891	Nelson Sousa	Senior	140	PortoRunners	01:00:39	6,07
1468	114	873	Susana Carvalho	Fem	140	PortoRunners	01:00:46	6,08
1469	527	1573	Jose Luis Silva	Senior	99999	INDIVIDUAL	01:00:46	6,08
1470	115	872	Sofia Mota	Fem	140	PortoRunners	01:00:47	6,08
1471	116	1323	Susana Silva	Fem	99999	INDIVIDUAL	01:00:50	6,08
1472	102	1075	Edmundo Silva	Vet 5	99999	INDIVIDUAL	01:01:01	6,10
1473	117	1509	Ana Santos	Fem	99999	INDIVIDUAL	01:01:01	6,10
1474	203	1133	Carlos Lima	Vet 1	99999	INDIVIDUAL	01:01:02	6,10
1475	528	1168	Bruno Ferreira	Senior	99999	INDIVIDUAL	01:01:02	6,10
1476	118	1163	Ana Moura	Fem	99999	INDIVIDUAL	01:01:04	6,11
1477	529	1165	Mario Pinto	Senior	99999	INDIVIDUAL	01:01:05	6,11
1478	204	1445	Jose Goncalves	Vet 1	99999	INDIVIDUAL	01:01:09	6,12
1479	103	81	Jose Gomes	Vet 5	4	AAE-BNU - P.Barca	01:01:10	6,12
1480	125	1771	Isabel Duarte	Vet 4	140	PortoRunners	01:01:10	6,12
1481	224	1792	Paulo Moreira	Vet 2	99999	INDIVIDUAL	01:01:11	6,12
1482	119	1477	Ana Martins	Fem	99999	INDIVIDUAL	01:01:18	6,13

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1483	120	438	Fernanda Sousa	Fem	67	Clube Sunsete Runners	01:01:19	6,13
1484	225	446	Jose Silva	Vet 2	67	Clube Sunsete Runners	01:01:19	6,13
1485	226	382	Rui Resende	Vet 2	59	Cl Veteranos do Porto	01:01:21	6,14
1486	121	450	Vera Silva	Fem	68	Companhia do Bazofias	01:01:26	6,14
1487	104	392	Alipio Carmo	Vet 5	59	Cl Veteranos do Porto	01:01:28	6,15
1488	122	513	Ana Luisa Silva	Fem	77	ES Lousada	01:01:28	6,15
1489	227	1335	Helder Nora	Vet 2	99999	INDIVIDUAL	01:01:28	6,15
1490	123	216	Elsa Leiroz	Fem	39	Caes D'Avenida	01:01:32	6,15
1491	124	1164	Sandra Rios	Fem	99999	INDIVIDUAL	01:01:34	6,16
1492	125	1682	Filipa Costa	Fem	189	SCS - Polo Aquatico	01:01:34	6,16
1493	205	235	Goncalo Albuquerque	Vet 1	39	Caes D'Avenida	01:01:35	6,16
1494	126	1791	Ana Basto	Fem	99999	INDIVIDUAL	01:01:36	6,16
1495	127	811	Manuela Santos	Fem	133	Os Kagados	01:01:47	6,18
1496	228	1437	Ilidio Neto	Vet 2	117	Moto Clube do Porto	01:01:47	6,18
1497	530	1350	Joao Couto	Senior	99999	INDIVIDUAL	01:01:50	6,18
1498	531	1351	Rui Botelho	Senior	99999	INDIVIDUAL	01:01:50	6,18
1499	128	217	Ines Salazar	Fem	39	Caes D'Avenida	01:01:54	6,19
1500	532	1748	Bruno Ribeiro	Senior	99999	INDIVIDUAL	01:01:54	6,19
1501	533	1546	Ricardo Oliveira	Senior	99999	INDIVIDUAL	01:01:55	6,19
1502	229	941	Manuel Costa	Vet 2	140	PortoRunners	01:02:01	6,20
1503	206	711	Joaquim Viana	Vet 1	99999	INDIVIDUAL	01:02:05	6,21
1504	207	1183	Eduardo Caridade	Vet 1	99999	INDIVIDUAL	01:02:05	6,21
1505	129	869	Paula Santos	Fem	140	PortoRunners	01:02:08	6,21
1506	105	1580	Angelo Moreira	Vet 5	99999	INDIVIDUAL	01:02:08	6,21
1507	534	88	Anibal Paiva	Senior	7	Acoreana Clube Banif	01:02:10	6,22
1508	230	564	Carlos Ferreira	Vet 2	88	GD Banco BPI	01:02:27	6,25
1509	535	113	Pedro Sousa	Senior	14	Amigos Atletismo de Go	01:02:28	6,25
1510	208	563	Cesar Pinto	Vet 1	88	GD Banco BPI	01:02:28	6,25
1511	536	1700	Luis Osorio	Senior	99999	INDIVIDUAL	01:02:29	6,25
1512	130	1702	Elisabete Ribeiro	Fem	99999	INDIVIDUAL	01:02:29	6,25
1513	537	231	Pedro Leitao	Senior	39	Caes D'Avenida	01:02:30	6,25
1514	538	1793	Nuno Vieira	Senior	99999	INDIVIDUAL	01:02:36	6,26
1515	179	521	Antonio M. Pinto	Vet 3	78	Estornorte	01:02:53	6,29
1516	539	1533	Ilidio Ramos Silva	Senior	99999	INDIVIDUAL	01:02:56	6,29
1517	180	1753	Adelaide Mendes	Vet 3	99999	INDIVIDUAL	01:02:56	6,29
1518	231	1307	Pedro Crispim	Vet 2	99999	INDIVIDUAL	01:02:57	6,30
1519	540	1308	Joao Crispim	Senior	99999	INDIVIDUAL	01:02:57	6,30
1520	541	1379	Miguel Matos	Senior	99999	INDIVIDUAL	01:03:01	6,30
1521	131	371	Anette Kind	Fem	59	Cl Veteranos do Porto	01:03:03	6,31

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1522	209	373	Nuno Sa	Vet 1	59	Cl Veteranos do Porto	01:03:03	6,31
1523	542	1764	Francisco Dominguez	Senior	140	PortoRunners	01:03:11	6,32
1524	132	70	Isabel Correia	Fem	3	A. Karate Felgueiras	01:03:12	6,32
1525	181	822	Antonio Vilacova	Vet 3	134	Os Papa Leguas	01:03:19	6,33
1526	543	981	Serge Fernandes	Senior	143	Sapadores da Invicta	01:03:19	6,33
1527	544	1314	Jose Pereira	Senior	99999	INDIVIDUAL	01:03:20	6,33
1528	545	1329	Ricardo Henriques	Senior	99999	INDIVIDUAL	01:03:30	6,35
1529	133	1331	Liliana Pereira	Fem	99999	INDIVIDUAL	01:03:30	6,35
1530	546	1087	Joao Pinto	Senior	99999	INDIVIDUAL	01:03:33	6,36
1531	106	1417	Fernando Allen	Vet 5	99999	INDIVIDUAL	01:03:38	6,36
1532	547	1215	Helder Ferreira	Senior	99999	INDIVIDUAL	01:03:41	6,37
1533	107	1132	Jose Esperanca	Vet 5	99999	INDIVIDUAL	01:03:42	6,37
1534	134	1463	Ana Barbosa	Fem	99999	INDIVIDUAL	01:03:48	6,38
1535	108	569	Eduardo Almeida	Vet 5	89	GD Banco de Portugal	01:04:06	6,41
1536	135	861	Laurentina Gomes	Fem	140	PortoRunners	01:04:09	6,42
1537	548	892	Nuno Goncalves	Senior	140	PortoRunners	01:04:10	6,42
1538	136	1197	Ivete Carneiro	Fem	99999	INDIVIDUAL	01:04:11	6,42
1539	137	704	Aida Correia	Fem	114	Maia Atletico Clube	01:04:16	6,43
1540	138	709	Fatima Marcolino	Fem	114	Maia Atletico Clube	01:04:16	6,43
1541	139	1100	Rita Silva	Fem	99999	INDIVIDUAL	01:04:24	6,44
1542	549	1214	Luis Miguel Marques	Senior	99999	INDIVIDUAL	01:04:24	6,44
1543	550	1251	Diogo Janeiro	Senior	99999	INDIVIDUAL	01:04:29	6,45
1544	551	356	Rui Meireles	Senior	56	Cl Portugal Telecom - Z.	01:04:42	6,47
1545	552	1455	Filipe Goncalves	Senior	99999	INDIVIDUAL	01:04:50	6,48
1546	126	1456	Manuel Moura	Vet 4	99999	INDIVIDUAL	01:04:50	6,48
1547	140	874	Susana Nunes	Fem	140	PortoRunners	01:05:02	6,50
1548	553	900	Ricardo Duarte	Senior	140	PortoRunners	01:05:02	6,50
1549	141	862	Luisa Miranda	Fem	140	PortoRunners	01:05:09	6,52
1550	554	1067	Carlos Tapinha	Senior	165	YupiiRun	01:05:28	6,55
1551	555	1006	Joao Azevedo	Senior	154	STARolas	01:05:35	6,56
1552	210	1567	Rui Nogueira	Vet 1	99999	INDIVIDUAL	01:05:44	6,57
1553	556	1023	Nuno Moura	Senior	156	Terrores do Asfalto	01:05:47	6,58
1554	182	612	Gentil Martins	Vet 3	99	Ginasio Clube Santo Tirs	01:05:48	6,58
1555	211	607	Paulo Ribeiro	Vet 1	99	Ginasio Clube Santo Tirs	01:05:57	6,60
1556	183	1076	Jose Joao Cruz	Vet 3	99999	INDIVIDUAL	01:05:59	6,60
1557	127	1294	Francisco Soares	Vet 4	99999	INDIVIDUAL	01:06:04	6,61
1558	557	1660	Jose Oliveira	Senior	184	IPBRICK	01:06:08	6,61
1559	558	339	Jose Cunha	Senior	55	Cl Millennium BCP	01:06:09	6,62
1560	142	855	Ana Maria Campos	Fem	140	PortoRunners	01:06:13	6,62



# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1561	559	1345	Andre Sousa	Senior	99999	INDIVIDUAL	01:06:13	6,62
1562	143	1004	Claudia Barbosa	Fem	154	STARolas	01:06:16	6,63
1563	560	1218	Maite Uriarte Gil	Senior	99999	INDIVIDUAL	01:06:16	6,63
1564	144	1219	Maria Dolores Tessore	Fem	99999	INDIVIDUAL	01:06:16	6,63
1565	109	623	Jose Salgado	Vet 5	99	Ginasio Clube Santo Tirs	01:06:30	6,65
1566	184	991	Luis Goncalves	Vet 3	145	SIRA - SI e Recreio Aldre	01:06:39	6,67
1567	185	1754	Umberto Ferreira	Vet 3	99999	INDIVIDUAL	01:06:42	6,67
1568	561	1230	Joao Carvalhal	Senior	99999	INDIVIDUAL	01:06:56	6,69
1569	562	501	Luis Jacinto	Senior	76	Equipa Tabaqueira	01:06:58	6,70
1570	145	1113	Joana Styliano	Fem	99999	INDIVIDUAL	01:06:58	6,70
1571	186	1034	Joao Rebelo	Vet 3	156	Terrores do Asfalto	01:07:07	6,71
1572	187	754	Jose Fonseca	Vet 3	117	Moto Clube do Porto	01:07:09	6,72
1573	146	1717	Rita Domingues	Fem	99999	INDIVIDUAL	01:07:26	6,74
1574	147	1064	Fatima Pereira	Fem	165	YupiiRun	01:07:32	6,75
1575	148	1715	Luisa Faria	Fem	99999	INDIVIDUAL	01:07:35	6,76
1576	563	1718	Jose Hamilton	Senior	99999	INDIVIDUAL	01:07:36	6,76
1577	564	1428	Vitor Correlo	Senior	99999	INDIVIDUAL	01:07:51	6,79
1578	565	726	Jorge Carneiro	Senior	99999	INDIVIDUAL	01:08:35	6,86
1579	188	1510	Francisco Santos	Vet 3	99999	INDIVIDUAL	01:08:36	6,86
1580	149	1287	Isabel Manada	Fem	99999	INDIVIDUAL	01:09:15	6,93
1581	150	993	Laura Ferraz	Fem	99999	INDIVIDUAL	01:10:27	7,05
1582	151	425	Telma Monteiro	Fem	65	Clube GBES	01:10:36	7,06
1583	152	1333	Raquel Campos	Fem	99999	INDIVIDUAL	01:10:36	7,06
1584	153	1344	Sonia Nunes	Fem	99999	INDIVIDUAL	01:10:36	7,06
1585	110	1120	Alexandre Magalhaes	Vet 5	99999	INDIVIDUAL	01:10:38	7,06
1586	566	1439	Marco Castro	Senior	117	Moto Clube do Porto	01:10:43	7,07
1587	128	510	Armindo	Vet 4	76	Equipa Tabaqueira	01:11:15	7,13
1588	567	1250	Joao Meneses	Senior	99999	INDIVIDUAL	01:11:16	7,13
1589	154	854	Ana Isabel Salazar	Fem	140	PortoRunners	01:11:17	7,13
1590	129	1592	Pedro Amorim	Vet 4	140	PortoRunners	01:11:17	7,13
1591	232	1765	Francisco Costa	Vet 2	140	PortoRunners	01:11:17	7,13
1592	233	172	Manuel Carvalho	Vet 2	26	Ass Bomb. Volunt. Morei	01:11:29	7,15
1593	155	984	Diana Meira	Fem	145	SIRA - SI e Recreio Aldre	01:11:44	7,17
1594	156	1353	Liliana Rodrigues	Fem	99999	INDIVIDUAL	01:11:48	7,18
1595	157	1277	Joana Cunha	Fem	99999	INDIVIDUAL	01:12:52	7,29
1596	568	897	Pedro Reis	Senior	140	PortoRunners	01:12:54	7,29
1597	130	1560	Luis Duarte	Vet 4	99999	INDIVIDUAL	01:12:54	7,29
1598	158	1561	Maria Amorim	Fem	99999	INDIVIDUAL	01:12:54	7,29
1599	569	664	Jose Manhente	Senior	106	JAVIP	01:12:55	7,29

# 54ª Volta a Paranhos

## Classificação Geral

Organização: Sport Comércio e Salgueiros

8 Dezembro 2011

Geral	Esc.	Dorsal	Atleta	Escalão	Cod. Cl.	Clube	Tempo	Min/Km
1600	159	1244	Joana Bastos Barbosa	Fem	99999	INDIVIDUAL	01:13:01	7,30
1601	131	122	Joaquim Mendes	Vet 4	15	Amigos de Paranhos	01:13:18	7,33
1602	189	120	Mario Mourao	Vet 3	15	Amigos de Paranhos	01:13:19	7,33
1603	212	915	Edgar Ferreira	Vet 1	140	PortoRunners	01:15:02	7,50
1604	160	1531	Ana Rio	Fem	99999	INDIVIDUAL	01:15:29	7,55
1605	161	1486	Marisa Ribeiro	Fem	99999	INDIVIDUAL	01:17:07	7,71
1606	190	999	Jose Caseiro	Vet 3	150	Sporting Clube da Cruz	01:18:21	7,84
1607	162	1530	Sara Araujo	Fem	99999	INDIVIDUAL	01:23:30	8,35
1608	163	1532	Maria Clara	Fem	99999	INDIVIDUAL	01:23:30	8,35
1609	234	1443	Ernesto Brochado	Vet 2	117	Moto Clube do Porto	01:24:22	8,44
1610	213	1361	Luis Ferreira	Vet 1	99999	INDIVIDUAL	01:26:20	8,63
1611	111	818	Candido Moreira	Vet 5	133	Os Kagados	01:26:44	8,67
1612	132	509	Antonio Barata	Vet 4	76	Equipa Tabaqueira	01:30:41	9,07
1613	191	506	Henrique Fonseca	Vet 3	76	Equipa Tabaqueira	01:32:46	9,28
1614	214	504	Manoel	Vet 1	76	Equipa Tabaqueira	01:33:00	9,30
1615	235	505	Nelson Pancas	Vet 2	76	Equipa Tabaqueira	01:33:00	9,30