

III Corrida Colégio S. Tomás

Dorsal	Atleta	Clube	Escalão	TEMPO	POSIÇÃO
236	MIGUEL MOREIRA	INDIVIDUAL	SENM	00:30:33	1
179	José Ferreira	CF Belenenses	M40	00:33:26	2
92	Nuno Soares	Vandoma	SENM	00:34:02	3
133	Carlos Gomes	Clube EDP - Lisboa	M55	00:34:41	4
238	RAFAEL LOPES	INDIVIDUAL	SENM	00:34:53	5
99	Rui Oliveira	Açoreana Clube Banif	M45	00:35:38	6
178	Isaac Lourido Hermida	INDIVIDUAL	SENM	00:35:53	7
122	Fernando Almeida	INDIVIDUAL	M40	00:36:03	8
83	Leonardo Cabaceira	Cabaceira Sports & Run	JUNM	00:36:38	9
176	Pedro Nobre	Clube EDP - Lisboa	SENM	00:36:45	10
155	Peter Steinhausen	INDIVIDUAL	M60	00:37:18	11
200	João Albuquerque	INDIVIDUAL	SENM	00:37:28	12
135	Joaquim Epiménio Oliveira	Clube EDP - Lisboa	M50	00:37:37	13
56	Paulo Santos	ARRUDAS	M40	00:37:46	14
235	MONICA MOREIRA	GFD RUNNING	F40	00:37:45	15
60	FRANCISCO AZEVEDO	INDIVIDUAL	M50	00:38:07	16
120	Alexandre Ildefonso	INDIVIDUAL	JUNM	00:38:09	17
46	Sérgio Malheiro	LV Team	SENM	00:38:59	18
123	Eduardo Santos	INDIVIDUAL	M40	00:39:11	19
222	PAULO BARRRADAS	INDIVIDUAL	SENM	00:39:15	20
41	João Moro	LV Team	M55	00:39:14	21
174	Mário Lourenço	Águias de Paço de Arcos	M50	00:39:38	22
166	Luzia Dias	Sporting Clube de Portugal	F40	00:39:50	23
232	LEONEL SANTOS	INDIVIDUAL	SENM	00:39:49	24
127	João Maral	SS CGD	M50	00:39:55	25
126	João Cruz	Olho do Tigre	SENM	00:40:05	26
124	Pedro Chaves	Olho do Tigre	SENM	00:40:05	27
205	MARISA ANTUNES	INDIVIDUAL	SENF	00:40:18	28
78	Rogério Fonseca	INDIVIDUAL	M50	00:40:24	29
150	António Teixeira Duarte	Clube do Stress	M60	00:40:24	30
203	João Heitor	Águias de Paço de Arcos	M60	00:40:27	31
198	Ricardo Nascimento	INDIVIDUAL	SENM	00:40:31	32
80	João Morais	Os Javalis	JUNM	00:40:50	33
191	André Guilherme	INDIVIDUAL	JUNM	00:40:59	34
90	João Bogalheiro	Amigos Vale Silencio	M50	00:41:07	35
225	DIOGO REBELO	INDIVIDUAL	JUNM	00:41:18	36
37	Augusto Silva	LV Team	M40	00:41:18	37
67	João Gonçalves	INDIVIDUAL	M50	00:41:25	38
29	Gonçalo Tomaz	LV Team	M45	00:41:24	39
39	Luis Guerreiro	LV Team	M50	00:41:23	40
111	Inês Fonseca	Fonsecas	F40	00:41:36	41
50	António Pereira	LV Team	JUNM	00:41:57	42
194	Ruben Camacho	INDIVIDUAL	SENM	00:42:02	43
148	Gonçalo Catarino	INDIVIDUAL	M40	00:42:01	44
66	Pedro Proença	INDIVIDUAL	M40	00:42:16	45
175	Francisco Ceia	INDIVIDUAL	SENM	00:42:13	46
214	MARIO PORFIRIO	INDIVIDUAL	M45	00:42:33	47

144	Michael Ash	INDIVIDUAL	M50	00:42:37	48	
97	João Pinto	INDIVIDUAL	M50	00:42:53	49	
30	Martinho Tojo	INDIVIDUAL	M60	00:43:16	50	
100	Nuno Bogalheiro	INDIVIDUAL	M45	00:43:15	51	
65	Paulo Dias	SuperBrand Team	M45	00:43:13	52	
154	Ricardo Nunes	INDIVIDUAL	SENM	00:43:32	53	
226	DIOGO CRUZ	INDIVIDUAL	SENM	00:43:35	54	
162	Daniel Ramos	Jobrinde - Montes Saloios	M40	00:44:11	55	
190	João Marques	Grupo Desportivo Rebulreira	M50	00:44:11	56	
161	Marta Andrade	Treino em Casa	F40	00:44:10	57	
177	Nuno Carvalho	INDIVIDUAL	SENM	00:44:27	58	
173	José Matos	Águias de Paço de Arcos	M50	00:44:31	59	
169	Francisco Evangelista da Silva	SJPF	JUNM	00:45:08	60	
181	Rodrigo Godinho	INDIVIDUAL	JUNM	00:45:08	61	
36	Bruno Hortelão	LV Team	M40	00:45:17	62	
108	Tam Afonso	Açoreana Clube Banif	M60	00:45:27	63	
104	Jorge Costa	Correr Lisboa	M40	00:45:32	64	
54	Joaquim Correia	INDIVIDUAL	M60	00:45:48	65	
237	MAURO ALMEIDA	INDIVIDUAL	JUNM	00:46:11	66	
219	JOSE DUARTE	INDIVIDUAL	SENM	00:46:19	67	
63	Diogo Fernandes	SuperBrand Team	JUNM	00:46:27	68	
96	Paulo Palminha	INDIVIDUAL	M45	00:46:25	69	
49	Duarte Pereira	LV Team	M55	00:46:31	70	
81	Joel Martins	Os Javalis	SENM	00:46:39	71	
227	TIAGO BIANCHI	INDIVIDUAL	M45	00:46:38	72	
167	Bruno Silva	CST	M40	00:46:38	73	
164	João Correia	INDIVIDUAL	SENM	00:46:42	74	
82	André Araújo	Os Javalis	SENM	00:46:53	75	
117	António Teiga Vieira	INDIVIDUAL	JUNM	00:46:51	76	
24	Antonio Carvalho	LV Team	M45	00:46:57	77	
223	JORGE SINQUINIQUE	INDIVIDUAL	SENM	00:47:02	78	
233	JOAO FONSECA	INDIVIDUAL	M40	00:47:15	79	
72	Gonçalo João	CRT	SENM	00:47:17	80	
84	Paulo Torres	INDIVIDUAL	SENM	00:47:24	81	
95	Pedro Oliveira	INDIVIDUAL	M45	00:47:46	82	
76	Alexandre Livério	INDIVIDUAL	M45	00:48:16	83	
188	Daniel Guerreiro	INDIVIDUAL	M45	00:48:18	84	
34	João Botelho	INDIVIDUAL	M40	00:48:40	85	
130	Acúrcio Mendes	REN solidária	M45	00:48:40	86	
158	Tiago da Silva Barroqueiro	INDIVIDUAL	SENM	00:48:37	87	
187	Grupo Desportivo INE	GDINE	F40	00:48:42	88	
105	Inês Brito	INDIVIDUAL	F40	00:49:15	89	
62	Joaquim Pinto	INDIVIDUAL	M60	00:49:32	90	
43	Paulo Cabrita	LV Team	M55	00:49:36	91	
171	José Carlos Ferreira	INDIVIDUAL	M50	00:49:39	92	
192	Francisco Guilherme	INDIVIDUAL	JUNM	00:49:50	93	
172	Ernesto Carvalho	janz run	M60	00:49:54	94	
218	LUCIA SILVA	INDIVIDUAL	F40	00:50:02	95	
75	Bruno Martins	INDIVIDUAL	M45	00:50:02	96	
136	Rui Xavier	Clube EDP - Lisboa	M50	00:50:12	97	
202	Beatriz Padilla	Beatriz Padilla	F50	00:51:07	98	
70	Francisco Jorge	INDIVIDUAL	M55	00:51:04	99	
112	Sandra Andrade	INDIVIDUAL	F40	00:51:10	100	

52	Luiz Châtillon	INDIVIDUAL	M60	00:51:31	101	
152	António Teixeira Duarte	Clube do Stress	M55	00:51:39	102	
201	Nuno Ferreira	INDIVIDUAL	M40	00:51:46	103	
199	Leonel Santos	INDIVIDUAL	SENM	00:51:50	104	
153	João Pereira de Faria	INDIVIDUAL	M45	00:51:55	105	
71	Ana Jorge	INDIVIDUAL	F40	00:52:24	106	
53	Ana Châtillon	INDIVIDUAL	SENF	00:52:23	107	
209	PEDRO ROCHA	INDIVIDUAL	SENM	00:52:27	108	
86	Bernardo Carvalho	INDIVIDUAL	SENM	00:52:33	109	
159	SANDRA MARTINS	Açoreana Clube Banif	F40	00:52:41	110	
160	NUNO ESPÍRITO SANTO	Açoreana Clube Banif	M45	00:52:41	111	
20	Nuno Santos	Família Santos	M45	00:52:52	112	
157	José Sequeira	INDIVIDUAL	M45	00:53:00	113	
89	José Santos	INDIVIDUAL	M45	00:53:02	114	
224	HERMINIO MARGARIDO	CST	M45	00:53:30	115	
110	João Fonseca	Fonsecas	M40	00:53:31	116	
22	Luis Proença	INDIVIDUAL	M50	00:53:37	117	
23	Ana Madeira	INDIVIDUAL	F40	00:53:54	118	
109	Claudia Tam	Açoreana Clube Banif	SENF	00:54:11	119	
147	Tiago Moura	INDIVIDUAL	M45	00:54:08	120	
93	João Santos	INDIVIDUAL	M45	00:54:08	121	
156	Paulo Figueiredo	INDIVIDUAL	M50	00:54:29	122	
185	António Cardoso	RunningTotos	SENM	00:54:28	123	
42	Joao Infante	LV Team	M55	00:54:54	124	
186	Joana Cardoso	RunningTotos	SENM	00:55:04	125	
234	INES FONSECA	INDIVIDUAL	F40	00:55:08	126	
59	Eduardo Amorim	INDIVIDUAL	M45	00:55:17	127	
145	Nuno Mendes	Catch me if you can	M40	00:55:16	128	
64	Susana Mendo	SuperBrand Team	F40	00:55:32	129	
168	Joaquim Evangelista	SJPF	M50	00:55:45	130	
58	Rui Costa	INDIVIDUAL	M40	00:56:03	131	
103	Elisabete Costa	Correr Lisboa	F40	00:56:01	132	
206	MARIA ANTONIO	INDIVIDUAL	F45	00:56:06	133	
107	Duarte Rego	INDIVIDUAL	SENM	00:56:25	134	
149	Joana Gomes	INDIVIDUAL	F40	00:56:51	135	
137	António Cachorreiro	INDIVIDUAL	M45	00:56:58	136	
151	Manuel Teixeira Duarte	Clube do Stress	M50	00:57:23	137	
114	Pedro Sérgio	CA - Credito Agricola	M50	00:58:12	138	
143	Krista Harper	INDIVIDUAL	F40	00:58:17	139	
140	Luís Morais Leitão	Leitões	JUNM	00:58:21	140	
139	Pedro Morais Leitão	Leitões	M50	00:58:21	141	
25	Eberhard WILHELM	4 AO KM	M60	00:58:48	142	
239	MARIA DOUWENS	INDIVIDUAL	JUNF	00:58:53	143	
240	ZE DIOGO	INDIVIDUAL	M45	00:58:56	144	
88	Ana Rita Carvalho	Catch me if you can	F40	01:00:33	145	
170	Nelson Pereira	SJPF	M60	01:00:53	146	
220	ANA DUARTE	INDIVIDUAL	SENM	01:01:15	147	
146	Filipa Coelho	INDIVIDUAL	F40	01:01:12	148	
189	Isabel Cardoso	INDIVIDUAL	F45	01:02:16	149	
77	Rita Livério	INDIVIDUAL	F45	01:02:32	150	
116	Maria Teiga Vieira	INDIVIDUAL	JUNF	01:02:37	151	
131	Fernando Ferreira	Movet	M40	01:03:01	152	
119	Joana D'Arc Chouriço	INDIVIDUAL	F50	01:04:02	153	

195	Nuno Clemente	INDIVIDUAL	M50	01:04:04	154	
228	SANDRA ANDRADE	INDIVIDUAL	F40	01:05:22	155	
113	Elisabete da Fonseca	INDIVIDUAL	F40	01:05:30	156	
197	Teresa Marcelino	INDIVIDUAL	F40	01:05:58	157	
180	Anita Ângelo	INDIVIDUAL	F40	01:07:23	158	
61	Bernardo Mata	INDIVIDUAL	SENM	01:07:45	159	
57	Andreia Silva	INDIVIDUAL	SENF	01:07:45	160	
207	ANA GUERRA	INDIVIDUAL	F40	01:07:57	161	
91	Beatriz André	SuperBrand Team	JUNF	01:09:40	162	
68	Laurinda Simões	INDIVIDUAL	F40	01:10:23	163	
69	Ana Chaves	INDIVIDUAL	SENF	01:10:23	164	
106	Carolina Rego	INDIVIDUAL	SENF	01:11:12	165	
125	Bruce Springsteen	Olho do Tigre	SENM	01:11:12	166	
134	João Carlos Gomes	Clube EDP - Lisboa	M50	01:12:47	167	
196	Sebastiao Clemente	INDIVIDUAL	JUNM	01:14:19	168	