

# 1ª ESMORIZ NIGHT RACE 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
<b>12km</b>								
1.	329	BRUNO FERREIRA	SEN M	1	<b>44:02</b>	44:02	03:34	
2.	91	TOZE CASTRO	SEN M	2	<b>44:02</b>	44:02	03:34	BARRINHA SURF
3.	263	HELDER PIRES	SEN M	3	<b>46:01</b>	46:01	03:44	X5 HEALTH CLUB
4.	92	JOAQUIM SILVA	VET M45	1	<b>46:24</b>	46:24	03:46	BARRINHA SURF
5.	93	HELDER ROBALINHO	SEN M	4	<b>47:24</b>	47:24	03:51	BARRINHA SURF
6.	25	MARCO ANDRADE	SEN M	5	<b>47:32</b>	47:32	03:51	CASA POVO
7.	126	PEDRO PINTO	SEN M	6	<b>47:46</b>	47:46	03:53	
8.	361	CLAUDIO RESENDE	SEN M	7	<b>47:52</b>	47:51	03:53	X5 HEALTH CLUB
9.	95	JOAO PAULO BARBOSA	VET M40	1	<b>47:57</b>	47:57	03:53	BARRINHA SURF
10.	145	RUI GOMES	SEN M	8	<b>48:02</b>	48:01	03:54	INDIVIDUAL
11.	138	AUGUSTO ALUAI	VET M45	2	<b>48:05</b>	48:05	03:54	CAL - C. ATLETISMO
12.	214	PAULO OLIVEIRA	VET M45	3	<b>48:05</b>	48:05	03:54	ESPINHO RUNNERS
13.	61	MANUEL LAZARO	VET M40	2	<b>48:20</b>	48:18	03:55	
14.	88	PAULO FIGUEIREDO	VET M40	3	<b>49:39</b>	49:39	04:02	AFIS/OVAR
15.	293	CARLOS FERREIRA	VET M40	4	<b>50:27</b>	50:27	04:06	RUNNING ESPINHO
16.	235	JOSE GOMES	VET M50	1	<b>50:51</b>	50:50	04:08	X5 HEALTH CLUB
17.	321	RICARDO MOREIRA	SEN M	9	<b>51:11</b>	51:10	04:09	RUNNING ESPINHO
18.	265	FILIPE MARQUES	SEN M	10	<b>52:16</b>	52:15	04:14	X5 HEALTH CLUB
19.	352	JOAO RIBEIRO	SEN M	11	<b>52:22</b>	52:11	04:14	X5 HEALTH CLUB
20.	354	RUI PAULO MARTINS	SEN M	12	<b>52:23</b>	52:10	04:14	X5 HEALTH CLUB
21.	292	VITOR EMANUEL	SEN M	13	<b>52:30</b>	52:30	04:16	RUNNING ESPINHO
22.	323	CESAR SOUSA	VET M40	5	<b>52:45</b>	52:42	04:17	RUNNING ESPINHO
23.	22	FERNANDO MORAIS	VET M50	2	<b>52:48</b>	52:47	04:17	INDIVIDUAL
24.	136	AGOSTINHO	VET M40	6	<b>52:49</b>	52:49	04:17	CAL - C. A. DE
25.	128	JOAO GOMES	SEN M	14	<b>53:00</b>	52:55	04:18	
26.	100	TIAGO SILVA	SEN M	15	<b>53:19</b>	53:13	04:19	BANANA RUNNERS
27.	215	MANUEL OLIVEIRA	VET M50	3	<b>53:26</b>	53:26	04:20	ESPINHO RUNNERS
28.	353	JOAO NASCIMENTO	VET M40	7	<b>53:34</b>	53:20	04:20	X5 HEALTH CLUB
29.	296	RUI SANTOS	VET M40	8	<b>53:44</b>	53:41	04:21	RUNNING ESPINHO
30.	216	JORGE SILVA	VET M40	9	<b>53:52</b>	53:52	04:22	ESPINHO RUNNERS
31.	312	AMERICO GOMES	VET M45	4	<b>53:52</b>	53:52	04:22	RUNNING ESPINHO
32.	181	FERNANDO RAMOS	VET M50	4	<b>54:09</b>	54:06	04:23	G.D.C. CASTELO DE
33.	30	NOEL VALADAO	SEN M	16	<b>54:16</b>	54:16	04:24	ADM- ORIMONDEGO
34.	377	JOSE BRITO	VET M45	5	<b>54:17</b>	54:03	04:23	
35.	175	JORGE CAMBOA	SEN M	17	<b>54:29</b>	54:29	04:25	JUVENTUDE
36.	348	RUI MIGUEL	SEN M	18	<b>54:34</b>	54:22	04:25	X5 HEALTH CLUB
37.	233	JOAO COSTA	SEN M	19	<b>54:55</b>	54:53	04:27	X5 HEALTH CLUB
38.	182	JOSE SANTOS	SEN M	20	<b>54:56</b>	54:55	04:27	
39.	183	JOAQUIM FIGUEIREDO	SEN M	21	<b>55:05</b>	54:57	04:28	KIKINHAS
40.	148	CONSTANTINO MOTA	VET M40	10	<b>55:07</b>	55:01	04:28	INDIVIDUAL
41.	165	ANTONIO SILVA	VET M50	5	<b>55:11</b>	55:08	04:29	

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Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
42.	69	JORGE SOARES	SEN M	22	<b>55:29</b>	55:18	04:29	INDIVIDUAL
43.	102	MARIO COUTINHO	SEN M	23	<b>55:29</b>	55:25	04:30	BANANA RUNNERS
44.	50	LAZARO TEIXEIRA	SEN M	24	<b>55:29</b>	55:20	04:29	INDIVIDUAL
45.	58	LUIS AMARAL	VET M40	11	<b>55:30</b>	55:29	04:30	RIA SAUDE
46.	286	MARIO DIAS	SEN M	25	<b>55:51</b>	55:47	04:32	RUNNING ESPINHO
47.	359	DANIEL PINTO	SEN M	26	<b>56:04</b>	56:03	04:33	X5 HEALTH CLUB
48.	282	JOSE FEITEIRA	VET M45	6	<b>56:18</b>	56:11	04:34	RUNNING ESPINHO
49.	134	MARINHO DUARTE	SEN M	27	<b>56:20</b>	56:15	04:34	
50.	224	CONSTANTINO VIEIRA	VET M60	1	<b>56:31</b>	56:29	04:35	X5 HEALTH CLUB
51.	120	SERGIO LOURENCO	VET M40	12	<b>56:34</b>	56:27	04:35	
52.	169	ERNESTO ALVES	VET M45	7	<b>56:35</b>	56:19	04:34	JUVENTUDE
53.	241	ANTONIO PORRAO	VET M50	6	<b>56:39</b>	56:34	04:35	X5 HEALTH CLUB
54.	232	VASCO COSTA	SEN M	28	<b>56:42</b>	56:39	04:36	X5 HEALTH CLUB
55.	231	HELDER FERREIRA	SEN M	29	<b>56:45</b>	56:41	04:36	X5 HEALTH CLUB
56.	96	RUI COSTA	VET M50	7	<b>56:48</b>	56:34	04:36	BARRINHA SURF
57.	101	JOAO DIAS	SEN M	30	<b>56:57</b>	56:51	04:37	BANANA RUNNERS
58.	163	AMERICO FONSECA	VET M45	8	<b>57:02</b>	56:58	04:37	X5 HEALTH CLUB
59.	388	RUI SANTOS	SEN M	31	<b>57:05</b>	56:52	04:37	
60.	42	LUIS MIGUEL	SEN M	32	<b>57:07</b>	57:01	04:38	CLUBE NORTADA -
61.	174	JORGE COELHO	VET M40	13	<b>57:10</b>	56:55	04:37	JUVENTUDE
62.	19	PAULO MATOS	VET M40	14	<b>57:18</b>	57:18	04:39	INDIVIDUAL
63.	272	JORGE AMADEU	VET M40	15	<b>57:23</b>	57:20	04:39	SO EU MESMO
64.	219	JOSE FONSECA	VET M45	9	<b>57:24</b>	57:24	04:40	
65.	356	PAULO CARNEIRO	SEN M	33	<b>57:29</b>	57:27	04:40	
66.	168	CECILIO FERREIRA	VET M40	16	<b>57:48</b>	57:33	04:40	JUVENTUDE
67.	196	PAULO SILVA	VET M45	10	<b>57:54</b>	57:45	04:41	SPORTING CLUBE
68.	330	CESARIO ROCHA	VET M45	11	<b>57:57</b>	57:55	04:42	LADECASA
69.	170	JOAO OLIVEIRA	VET M40	17	<b>58:04</b>	57:50	04:42	JUVENTUDE
70.	27	FABIO PINTO	SEN M	34	<b>58:05</b>	58:01	04:43	
71.	209	LUIS DIAS	SEN M	35	<b>58:09</b>	58:04	04:43	
72.	366	MARIO MARQUES	SEN M	36	<b>58:12</b>	58:10	04:43	
73.	60	MANUEL OLIVEIRA	VET M55	1	<b>58:15</b>	58:13	04:44	INDIVIDUAL
74.	338	ANDRE SILVA	SEN M	37	<b>58:27</b>	58:12	04:43	X5 HEALTH CLUB
75.	6	JOAO MOREIRA	VET M40	18	<b>58:29</b>	58:26	04:45	RUNNING ESPINHO
76.	8	JULIANO SILVA	SEN M	38	<b>58:30</b>	58:19	04:44	MEIAS
77.	305	ANTONIO SILVA	VET M45	12	<b>58:42</b>	58:39	04:46	RUNNING ESPINHO
78.	173	RUI OLIVEIRA	VET M40	19	<b>58:43</b>	58:26	04:45	JUVENTUDE
79.	218	JORGE GUERRA	VET M40	20	<b>58:53</b>	58:39	04:46	
80.	109	NELSON JOSE CUNHA	VET M60	2	<b>58:53</b>	58:51	04:47	CMMC VALE DE
81.	77	JOSE COUTINHO	SEN M	39	<b>59:03</b>	59:00	04:47	AMIGOS DA PICUA
82.	376	ANDRE ROCHA	SEN M	40	<b>59:05</b>	59:02	04:48	
83.	387	RICARDO SILVA	SEN M	41	<b>59:07</b>	59:05	04:48	SOZINHOS E

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Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
84.	123	PAULO OLIVEIRA	SEN M	42	<b>59:07</b>	59:05	04:48	
85.	242	VALTER CARVALHO	SEN M	43	<b>59:16</b>	59:11	04:48	X5 HEALTH CLUB
86.	45	PEDRO VAZ	SEN M	44	<b>59:18</b>	59:17	04:49	
87.	43	JOSE OLIVEIRA	VET M40	21	<b>59:19</b>	59:11	04:48	INDIVIDUAL
88.	368	JOAO VALENTE	SEN M	45	<b>59:20</b>	59:09	04:48	
89.	54	VALTER OLIVEIRA	SEN M	46	<b>59:26</b>	59:08	04:48	
90.	278	MARCO PINHO	VET M50	8	<b>59:32</b>	59:29	04:50	RUNNING ESPINHO
91.	105	LEONEL SILVA	SEN M	47	<b>59:38</b>	59:26	04:49	INDIVIDUAL
92.	269	RICARDO MATOS	SEN M	48	<b>59:43</b>	56:32	04:35	X5 HEALTH CLUB
93.	32	CELIA PEREIRA	SEN F	1	<b>59:43</b>	59:42	04:51	
94.	39	JOAO OLIVEIRA	SEN M	49	<b>59:47</b>	59:35	04:50	
95.	225	SAMUEL PEREIRA	SEN M	50	<b>59:48</b>	59:30	04:50	X5 HEALTH CLUB
96.	220	VITOR SILVA	SEN M	51	<b>59:50</b>	59:45	04:51	RUMO34
97.	324	RICARDO VISEU	VET M40	22	<b>59:53</b>	59:48	04:51	RUNNING ESPINHO
98.	203	MANUEL SILVA	SEN M	52	<b>59:54</b>	59:40	04:51	SPORTING CLUBE
99.	349	JOAO SANTOS	SEN M	53	<b>59:55</b>	59:40	04:51	X5 HEALTH CLUB
100.	142	LEONARDO BRITO	SEN M	54	<b>59:56</b>	59:48	04:51	
101.	141	LEONEL SILVA	VET M40	23	<b>59:56</b>	59:47	04:51	
102.	205	ROSA FERREIRA	VET F50	1	<b>1:00:03</b>	1:00:03	04:52	X5 HEALTH CLUB
103.	12	ANDRE COIMBRA	SEN M	55	<b>1:00:22</b>	1:00:22	04:54	MANQUINHOS
104.	185	SOFIA COELHO	VET F40	1	<b>1:00:22</b>	1:00:16	04:54	X5 HEALTH CLUB
105.	155	ANTONIO CASTRO	VET M45	13	<b>1:00:24</b>	1:00:21	04:54	X5 HEALTH CLUB
106.	285	JORGE SOUSA	VET M45	14	<b>1:00:35</b>	1:00:32	04:55	RUNNING ESPINHO
107.	13	MANUEL TEIXEIRA	VET M55	2	<b>1:00:45</b>	1:00:43	04:56	MANQUINHOS
108.	9	NUNO CARDOSO	SEN M	56	<b>1:00:46</b>	1:00:32	04:55	SUP ESMORIZ CLUB
109.	193	NUNO COSTA	SEN M	57	<b>1:00:46</b>	1:00:38	04:55	
110.	227	ADELINO MONTEIRO	VET M40	24	<b>1:00:47</b>	1:00:35	04:55	X5 HEALTH CLUB
111.	226	MARTA REIS	SEN F	2	<b>1:00:47</b>	1:00:35	04:55	X5 HEALTH CLUB
112.	15	MANUEL MATOS	VET M60	3	<b>1:00:51</b>	1:00:50	04:56	MANQUINHOS
113.	48	CELSO TEIXEIRA	VET M45	15	<b>1:00:54</b>	1:00:47	04:56	
114.	206	ANGELINA FERREIRA	VET F50	2	<b>1:01:06</b>	1:01:06	04:58	X5 HEALTH CLUB
115.	230	FABIO PEREIRA	SEN M	58	<b>1:01:12</b>	1:01:08	04:58	X5 HEALTH CLUB
116.	190	GONCALO OLIVEIRA	SEN M	59	<b>1:01:14</b>	1:01:00	04:57	
117.	130	ANTONIO FERREIRA	VET M55	3	<b>1:01:20</b>	1:01:12	04:58	BARRINHA SURF
118.	108	LUIS ALMEIDA	VET M50	9	<b>1:01:20</b>	1:01:12	04:58	BARRINHA SURF
119.	94	ANDRE TAVARES	SEN M	60	<b>1:01:21</b>	1:01:11	04:58	BARRINHA SURF
120.	270	LUIS DIAS	SEN M	61	<b>1:01:32</b>	1:01:29	04:59	X5 HEALTH CLUB
121.	245	NADIA PINHO	SEN F	3	<b>1:01:33</b>	1:01:26	04:59	X5 HEALTH CLUB
122.	160	CEU COELHO	SEN F	4	<b>1:01:33</b>	1:01:27	04:59	X5 HEALTH CLUB
123.	80	PAULO REIS	SEN M	62	<b>1:01:41</b>	1:01:34	05:00	
124.	204	FABIO MAIA	SEN M	63	<b>1:01:42</b>	1:01:28	04:59	SPORTING CLUBE
125.	351	ALEXANDRE	SEN M	64	<b>1:01:49</b>	1:01:35	05:00	X5 HEALTH CLUB

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Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
126.	341	PAULO SILVA	VET M40	25	<b>1:01:55</b>	1:01:48	05:01	X5 HEALTH CLUB
127.	147	JORGE LOUREIRO	SEN M	65	<b>1:01:58</b>	1:01:38	05:00	
128.	236	JOSE CIRNE	SEN M	66	<b>1:02:02</b>	1:02:00	05:02	X5 HEALTH CLUB
129.	159	NELSON ALVES	VET M45	16	<b>1:02:06</b>	1:02:01	05:02	X5 HEALTH CLUB
130.	156	JOSE ANDRADE	VET M45	17	<b>1:02:06</b>	1:02:02	05:02	X5 HEALTH CLUB
<b>131.</b>	<b>243</b>	<b>ISABEL ROSAS</b>	<b>VET F40</b>	<b>2</b>	<b>1:02:21</b>	<b>1:02:15</b>	<b>05:03</b>	<b>X5 HEALTH CLUB</b>
132.	44	RENATO TAVARES	VET M45	18	<b>1:02:24</b>	1:02:17	05:03	INDIVIDUAL
133.	98	JORGE PINTO	SEN M	67	<b>1:02:29</b>	1:02:14	05:03	BANANA RUNNERS
134.	146	TIAGO CUNHA	SEN M	68	<b>1:02:31</b>	1:02:26	05:04	
135.	26	FRANCISCO OLIVEIRA	VET M40	26	<b>1:02:41</b>	1:02:36	05:05	
136.	327	NUNO LEITE	SEN M	69	<b>1:02:42</b>	1:02:39	05:05	
137.	337	NELSON CASTRO	SEN M	70	<b>1:02:49</b>	1:02:33	05:05	X5 HEALTH CLUB
<b>138.</b>	<b>268</b>	<b>ALDA CORDEIRO</b>	<b>VET F45</b>	<b>1</b>	<b>1:02:54</b>	<b>1:02:52</b>	<b>05:06</b>	<b>LADECASA</b>
<b>139.</b>	<b>63</b>	<b>SUSANA LEITE</b>	<b>VET F40</b>	<b>3</b>	<b>1:03:23</b>	<b>1:03:15</b>	<b>05:08</b>	<b>CMMC VALE DE</b>
140.	66	ANTONIO JORGE	VET M55	4	<b>1:03:25</b>	1:03:16	05:08	CMMC VALE DE
141.	71	EDUARDO PEREIRA	SEN M	71	<b>1:03:33</b>	1:03:15	05:08	
142.	85	CARLOS VEIROS	VET M40	27	<b>1:03:36</b>	1:03:24	05:09	
<b>143.</b>	<b>289</b>	<b>FATIMA PAIS</b>	<b>VET F50</b>	<b>3</b>	<b>1:03:47</b>	<b>1:03:43</b>	<b>05:10</b>	<b>RUNNING ESPINHO</b>
144.	274	FILIPE CRISTO	VET M55	5	<b>1:03:49</b>	1:03:44	05:10	RUNNING ESPINHO
<b>145.</b>	<b>28</b>	<b>FILIPA MATEUS</b>	<b>SEN F</b>	<b>5</b>	<b>1:04:04</b>	<b>1:04:01</b>	<b>05:12</b>	
146.	339	FILIPE RAMOS	VET M40	28	<b>1:04:04</b>	1:03:49	05:11	X5 HEALTH CLUB
147.	149	PAULO MOREIRA	VET M40	29	<b>1:04:07</b>	1:03:47	05:11	
148.	344	OSCAR SANTOS	VET M50	10	<b>1:04:07</b>	1:03:53	05:11	X5 HEALTH CLUB
<b>149.</b>	<b>319</b>	<b>RAQUEL MILHEIRO</b>	<b>SEN F</b>	<b>6</b>	<b>1:04:09</b>	<b>1:04:06</b>	<b>05:12</b>	<b>RUNNING ESPINHO</b>
150.	365	MARIO SILVA	SEN M	72	<b>1:04:24</b>	1:04:10	05:13	
151.	47	JOSE PEREIRA	VET M50	11	<b>1:04:26</b>	1:04:22	05:14	BTT BRANDOENSE
152.	355	ANDRE SOARES	SEN M	73	<b>1:04:27</b>	1:04:19	05:13	X5 HEALTH CLUB
153.	23	RICARDO SEROMENHO	SEN M	74	<b>1:04:28</b>	1:04:21	05:13	
154.	164	RICARDO LOPES	SEN M	75	<b>1:04:31</b>	1:04:31	05:14	
<b>155.</b>	<b>103</b>	<b>JULIANA ARAUJO</b>	<b>SEN F</b>	<b>7</b>	<b>1:04:31</b>	<b>1:04:12</b>	<b>05:13</b>	<b>PREMIUM</b>
156.	68	BRUNO MONTEIRO	SEN M	76	<b>1:04:35</b>	1:04:28	05:14	
157.	350	DIOGO NETO	SEN M	77	<b>1:04:39</b>	1:04:24	05:14	X5 HEALTH CLUB
158.	281	RUI PINTO	VET M40	30	<b>1:04:55</b>	1:04:49	05:16	RUNNING ESPINHO
159.	202	DIAMANTINO TORRES	SEN M	78	<b>1:04:58</b>	1:04:42	05:15	SPORTING CLUBE
160.	157	JULIO CASTRO	VET M40	31	<b>1:05:02</b>	1:04:54	05:16	X5 HEALTH CLUB
161.	340	CARLOS VIGARIO	VET M40	32	<b>1:05:10</b>	1:05:09	05:17	X5 HEALTH CLUB
162.	222	MANUEL GUEDES	VET M40	33	<b>1:05:11</b>	1:04:59	05:17	X5 HEALTH CLUB
163.	318	JOHNY FERNANDES	SEN M	79	<b>1:05:12</b>	1:05:09	05:17	RUNNING ESPINHO
<b>164.</b>	<b>140</b>	<b>TERESA BASTOS</b>	<b>SEN F</b>	<b>8</b>	<b>1:05:25</b>	<b>1:05:20</b>	<b>05:18</b>	<b>GINOSPORT</b>
165.	264	FABIO LOPES	SEN M	80	<b>1:05:26</b>	1:05:10	05:17	X5 HEALTH CLUB
166.	207	MIGUEL ROCHA	VET M40	34	<b>1:05:36</b>	1:05:36	05:20	X5 HEALTH CLUB
167.	364	JORGE SANTOS	SEN M	81	<b>1:05:41</b>	1:05:20	05:18	

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Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
168.	277	MARIO SILVA	VET M45	19	<b>1:05:46</b>	1:05:38	05:20	RUNNING ESPINHO
169.	250	NELSON FRANCO	VET M40	35	<b>1:05:53</b>	1:05:37	05:20	X5 HEALTH CLUB
170.	217	ALEXANDRE	SEN M	82	<b>1:05:58</b>	1:05:43	05:20	
171.	107	JOAO OLIVEIRA	SEN M	83	<b>1:06:05</b>	1:05:56	05:21	
<b>172.</b>	<b>106</b>	<b>EUNICE MAGALHAES</b>	<b>SEN F</b>	<b>9</b>	<b>1:06:05</b>	<b>1:05:58</b>	<b>05:21</b>	
173.	280	FERNANDO PAIS	VET M45	20	<b>1:06:16</b>	1:06:14	05:23	RUNNING ESPINHO
<b>174.</b>	<b>41</b>	<b>ANA SOUSA</b>	<b>SEN F</b>	<b>10</b>	<b>1:06:21</b>	<b>1:06:16</b>	<b>05:23</b>	<b>CLUBE NORTADA -</b>
175.	161	ANTONIO PINHEIRO	VET M40	36	<b>1:06:21</b>	1:06:07	05:22	X5 HEALTH CLUB
176.	40	CRISTIANO COSTA	SEN M	84	<b>1:06:22</b>	1:06:11	05:22	
177.	249	SERGIO CASTRO	SEN M	85	<b>1:06:54</b>	1:06:45	05:25	X5 HEALTH CLUB
178.	223	HELDER FARIA	SEN M	86	<b>1:06:59</b>	1:06:46	05:25	X5 HEALTH CLUB
<b>179.</b>	<b>115</b>	<b>LUCIANA CASTRO</b>	<b>SEN F</b>	<b>11</b>	<b>1:07:08</b>	<b>1:06:50</b>	<b>05:26</b>	
180.	119	VICTOR MONTEIRO	SEN M	87	<b>1:07:08</b>	1:06:51	05:26	
181.	311	RICARDO BARROS	VET M40	37	<b>1:07:22</b>	1:07:10	05:27	RUNNING ESPINHO
182.	283	RUI SOARES	VET M40	38	<b>1:07:22</b>	1:07:19	05:28	
183.	99	VITOR SILVA	SEN M	88	<b>1:07:23</b>	1:07:16	05:28	BANANA RUNNERS
184.	315	JOSE RIBEIRO	SEN M	89	<b>1:07:23</b>	1:07:21	05:28	RUNNING ESPINHO
185.	55	CEDERICO CORREIA	SEN M	90	<b>1:07:29</b>	1:07:19	05:28	INDIVIDUAL
186.	358	RUI LOPES	VET M45	21	<b>1:07:36</b>	1:07:26	05:29	
187.	332	PEDRO SILVA	SEN M	91	<b>1:07:37</b>	1:07:28	05:29	
188.	127	BRUNO FERREIRA	SEN M	92	<b>1:07:39</b>	1:07:35	05:29	
<b>189.</b>	<b>97</b>	<b>ADRIANA PINHO</b>	<b>SEN F</b>	<b>12</b>	<b>1:07:39</b>	<b>1:07:24</b>	<b>05:28</b>	<b>BANANA RUNNERS</b>
190.	82	DAVID SALGADO	SEN M	93	<b>1:07:39</b>	1:07:36	05:29	
<b>191.</b>	<b>300</b>	<b>PAULA FERREIRA</b>	<b>SEN F</b>	<b>13</b>	<b>1:07:56</b>	<b>1:07:52</b>	<b>05:31</b>	<b>RUNNING ESPINHO</b>
192.	276	HELDER FERREIRA	SEN M	94	<b>1:07:57</b>	1:07:54	05:31	RUNNING ESPINHO
<b>193.</b>	<b>304</b>	<b>SANDRA COSTA</b>	<b>SEN F</b>	<b>14</b>	<b>1:08:18</b>	<b>1:08:13</b>	<b>05:32</b>	<b>RUNNING ESPINHO</b>
194.	298	CARLOS SILVA	VET M50	12	<b>1:08:18</b>	1:08:13	05:32	RUNNING ESPINHO
195.	31	ADRIANO MORTAGUA	VET M40	39	<b>1:08:20</b>	1:08:19	05:33	
196.	125	LEONEL MESSI	VET M50	13	<b>1:08:20</b>	1:08:11	05:32	BARRINHA SURF
197.	257	JOAO PEDRO	SEN M	95	<b>1:08:22</b>	1:08:15	05:32	X5 HEALTH CLUB
198.	247	ANDRE MATOS	SEN M	96	<b>1:08:23</b>	1:05:04	05:17	X5 HEALTH CLUB
199.	189	XAVIER QUEIROS	SEN M	97	<b>1:08:24</b>	1:08:09	05:32	X5 HEALTH CLUB
<b>200.</b>	<b>87</b>	<b>CRISTIANA RESENDE</b>	<b>SEN F</b>	<b>15</b>	<b>1:08:25</b>	<b>1:08:13</b>	<b>05:32</b>	<b>AFIS/OVAR</b>
<b>201.</b>	<b>86</b>	<b>JOANA ALCADA</b>	<b>SEN F</b>	<b>16</b>	<b>1:08:25</b>	<b>1:08:14</b>	<b>05:32</b>	<b>AFIS/OVAR</b>
202.	357	BRUNO SILVA	SEN M	98	<b>1:08:28</b>	1:08:21	05:33	FARRONCOS PAPA
203.	46	VITOR LEMOS	SEN M	99	<b>1:08:28</b>	1:08:21	05:33	PUPILOS DO ZE TO
204.	65	JOAQUIM OLIVEIRA	VET M55	6	<b>1:08:31</b>	1:08:21	05:33	CMMC VALE DE
<b>205.</b>	<b>64</b>	<b>M FILOMENA SANTOS</b>	<b>VET F45</b>	<b>2</b>	<b>1:08:31</b>	<b>1:08:22</b>	<b>05:33</b>	<b>CMMC VALE DE</b>
206.	188	MIGUEL LUZES	SEN M	100	<b>1:08:35</b>	1:08:20	05:33	X5 HEALTH CLUB
207.	307	INACIO FERREIRA	SEN M	101	<b>1:08:37</b>	1:08:32	05:34	RUNNING ESPINHO
208.	201	FILIPE MANUEL SILVA	SEN M	102	<b>1:08:54</b>	1:08:42	05:35	SPORTING CLUBE
209.	37	HUGO VALENTE	SEN M	103	<b>1:08:56</b>	1:08:45	05:35	

# 1ª ESMORIZ NIGHT RACE 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
210.	248	LUIS SOUSA	SEN M	104	<b>1:09:01</b>	1:08:52	05:36	X5 HEALTH CLUB
211.	287	ALICE APOLONIA	SEN F	17	<b>1:09:04</b>	1:08:58	05:36	RUNNING ESPINHO
212.	306	NUNO MOREIRA	SEN M	105	<b>1:09:06</b>	1:09:03	05:36	RUNNING ESPINHO
213.	129	CLOTILDE SANTOS	VET F40	4	<b>1:09:14</b>	1:09:10	05:37	GINO SPORT
214.	57	FERNANDO RESENDE	VET M55	7	<b>1:09:15</b>	1:09:05	05:37	
215.	135	LARA SILVA	SEN F	18	<b>1:09:15</b>	1:09:11	05:37	
216.	267	JOSE RIBA	VET M50	14	<b>1:09:17</b>	1:09:12	05:37	X5 HEALTH CLUB
217.	139	SERAFIM SOUSA	VET M45	22	<b>1:09:25</b>	1:09:14	05:37	CAL - C. ATLETISMO
218.	322	GABRIELA VEIGA	VET F40	5	<b>1:09:26</b>	1:09:20	05:38	RUNNING ESPINHO
219.	320	TANIA CORREIA	SEN F	19	<b>1:09:26</b>	1:09:20	05:38	RUNNING ESPINHO
220.	74	MARIA JOAO BARBOSA	SEN F	20	<b>1:09:30</b>	1:09:12	05:37	
221.	167	MARCIA COSTA	VET F40	6	<b>1:09:38</b>	1:09:20	05:38	JUVENTUDE
222.	273	SILVIE COUTO	VET F40	7	<b>1:09:42</b>	1:09:38	05:39	RUNNING ESPINHO
223.	325	SOFIA GUERRA	VET F40	8	<b>1:09:48</b>	1:09:28	05:38	
224.	295	MARGARIDA MACHADO	VET F50	4	<b>1:10:30</b>	1:10:26	05:43	RUNNING ESPINHO
225.	275	ROGERIO ROCHA	VET M40	40	<b>1:10:31</b>	1:10:25	05:43	RUNNING ESPINHO
226.	187	DAVID SILVA	VET M40	41	<b>1:10:53</b>	1:10:51	05:45	X5 HEALTH CLUB
227.	151	ELISABETE SILVA	VET F40	9	<b>1:10:55</b>	1:10:53	05:45	X5 HEALTH CLUB
228.	154	ANA LOPES	VET F45	3	<b>1:10:55</b>	1:10:53	05:45	X5 HEALTH CLUB
229.	53	DINIS BAPTISTA	VET M40	42	<b>1:11:06</b>	1:10:50	05:45	
230.	255	MANUEL MARQUES	VET M40	43	<b>1:11:23</b>	1:10:14	05:42	X5 HEALTH CLUB
231.	262	LILIANA PEREIRA	SEN F	21	<b>1:11:23</b>	1:10:15	05:42	X5 HEALTH CLUB
232.	192	EDUARDO CASTRO	VET M45	23	<b>1:11:32</b>	1:11:25	05:48	INDIVIDUAL
233.	70	GISELA SANTOS	SEN F	22	<b>1:11:33</b>	1:11:14	05:47	
234.	89	BARBARA COELHO	SEN F	23	<b>1:11:33</b>	1:11:15	05:47	
235.	326	EMANUEL MOTA	VET M40	44	<b>1:11:40</b>	1:11:40	05:49	THE LONE RUNNER
236.	121	JOAO PEDRO DA	VET M40	45	<b>1:11:45</b>	1:11:33	05:49	
237.	122	MANUELA DAMAS	SEN F	24	<b>1:11:46</b>	1:11:33	05:49	
238.	333	HELDER PEREIRA	SEN M	106	<b>1:11:55</b>	1:11:45	05:50	
239.	238	SERGIO CANEDO	VET M40	46	<b>1:12:03</b>	1:11:50	05:50	
240.	237	PAULO MATOS	VET M45	24	<b>1:12:03</b>	1:11:50	05:50	
241.	200	DANIELA SILVA	SEN F	25	<b>1:12:07</b>	1:11:57	05:50	SPORTING CLUBE
242.	199	TIAGO SILVA	SEN M	107	<b>1:12:08</b>	1:11:51	05:50	SPORTING CLUBE
243.	177	DIOGO CAMBOA	SEN M	108	<b>1:12:08</b>	1:11:51	05:50	JUVENTUDE
244.	362	ARTUR AGOSTINHO	VET M50	15	<b>1:12:08</b>	1:11:51	05:50	SPORTING CLUBE
245.	24	CARLOS BARROSO	VET M50	16	<b>1:12:11</b>	1:11:57	05:50	
246.	240	RUI BASTOS	SEN M	109	<b>1:12:11</b>	1:11:53	05:50	
247.	10	ANTONIO BARBOSA	VET M45	25	<b>1:12:13</b>	1:12:07	05:51	
248.	11	MANUELA BRITO	VET F45	4	<b>1:12:13</b>	1:12:07	05:51	
249.	386	LUIS SOUSA	SEN M	110	<b>1:12:23</b>	1:12:04	05:51	
250.	261	MARCO RODRIGUES	SEN M	111	<b>1:12:30</b>	1:12:23	05:53	X5 HEALTH CLUB
251.	259	JOAO SOARES	SEN M	112	<b>1:12:30</b>	1:12:23	05:53	X5 HEALTH CLUB

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## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
252.	256	CESAR HENRIQUES	VET M40	47	<b>1:12:31</b>	1:12:24	05:53	X5 HEALTH CLUB
253.	137	ADELINO GOMES	VET M40	48	<b>1:12:32</b>	1:12:21	05:52	CAL - C. ATLETISMO
254.	191	FILIPE FERREIRA	SEN M	113	<b>1:12:32</b>	1:12:20	05:52	INDIVIDUAL
255.	343	NELSON GOMES	SEN M	114	<b>1:12:40</b>	1:12:25	05:53	X5 HEALTH CLUB
256.	113	SUSANA RODRIGUES	SEN F	26	<b>1:13:01</b>	1:12:55	05:55	MARCHA-ATRAS
257.	114	ARTUR LONGO	SEN M	115	<b>1:13:01</b>	1:12:55	05:55	MARCHA-ATRAS
258.	14	FERNANDO TEIXEIRA	VET M60	4	<b>1:13:14</b>	1:13:12	05:57	MANQUINHOS
259.	79	SOFIA RIBEIRO	SEN F	27	<b>1:13:18</b>	1:13:00	05:56	
260.	317	JOAO GUEDES	SEN M	116	<b>1:13:19</b>	1:13:16	05:57	RUNNING ESPINHO
261.	29	SUSANA FIALHO	SEN F	28	<b>1:13:19</b>	1:13:15	05:57	
262.	266	GIL PEREIRA	SEN M	117	<b>1:13:21</b>	1:13:05	05:56	X5 HEALTH CLUB
263.	336	LUZIA CORREIA	VET F40	10	<b>1:13:21</b>	1:13:01	05:56	X5 HEALTH CLUB
264.	328	PAULO RAMOS	VET M40	49	<b>1:13:37</b>	1:13:18	05:57	GJPB - O. AZEMEIS
265.	150	FABIO ROCHA	SEN M	118	<b>1:13:38</b>	1:13:14	05:57	X5 HEALTH CLUB
266.	153	DIOGO RODRIGUES	SEN M	119	<b>1:13:38</b>	1:13:15	05:57	X5 HEALTH CLUB
267.	158	BRUNO VIEIRA	SEN M	120	<b>1:13:38</b>	1:13:16	05:57	X5 HEALTH CLUB
268.	152	RICARDO OLIVEIRA	SEN M	121	<b>1:13:39</b>	1:13:19	05:57	X5 HEALTH CLUB
269.	143	SOFIA AZENHA	SEN F	29	<b>1:13:51</b>	1:13:45	05:59	
270.	144	PEDRO MARQUES	SEN M	122	<b>1:13:51</b>	1:13:46	05:59	
271.	118	CARLOS VIEIRA	VET M40	50	<b>1:13:54</b>	1:13:35	05:59	
272.	378	PAULO HENRIQUES	SEN M	123	<b>1:14:01</b>	1:13:51	06:00	
273.	228	FRANCISCO CALDAS	SEN M	124	<b>1:14:01</b>	1:13:49	06:00	X5 HEALTH CLUB
274.	239	ANTONIO DIAS	VET M40	51	<b>1:14:09</b>	1:13:58	06:00	
275.	72	ADRIANO MANUEL	SEN M	125	<b>1:14:11</b>	1:13:46	05:59	OS KUOKIN
276.	73	CATARINA SANTOS	SEN F	30	<b>1:14:11</b>	1:13:46	05:59	OS KUOKIN
277.	331	JOAO FERREIRA	SEN M	126	<b>1:14:16</b>	1:14:02	06:01	
278.	17	SUSANA PEREIRA	SEN F	31	<b>1:14:39</b>	1:14:33	06:03	PINDERICUS
279.	301	NADIA OLIVEIRA	SEN F	32	<b>1:14:42</b>	1:14:35	06:03	RUNNING ESPINHO
280.	133	BRUNO GOMES	SEN M	127	<b>1:14:43</b>	1:14:31	06:03	
281.	132	ANDREA DUMITRU	SEN F	33	<b>1:14:43</b>	1:14:32	06:03	
282.	254	AUGUSTO SILVA	VET M55	8	<b>1:14:48</b>	1:14:30	06:03	X5 HEALTH CLUB
283.	90	INES SILVA	SEN F	34	<b>1:14:48</b>	1:14:30	06:03	PREMIUM
284.	49	MARIBEL OLIVEIRA	VET F45	5	<b>1:14:49</b>	1:14:41	06:04	
285.	18	JOAO H SOUSA JOAO	VET M40	52	<b>1:14:49</b>	1:14:47	06:04	ABC CAXARIAS
286.	34	LUIS BARBAS	VET M45	26	<b>1:14:57</b>	1:14:45	06:04	VALMET RUNNERS
287.	166	ANABELA MARQUES	VET F40	11	<b>1:15:04</b>	1:14:47	06:04	JUVENTUDE
288.	59	JOAO AFONSO	SEN M	128	<b>1:15:22</b>	1:15:01	06:06	RIA SAUDE
289.	111	ORLANDO RIBEIRO	SEN M	129	<b>1:15:30</b>	1:15:21	06:07	
290.	110	SONIA RELVAS	SEN F	35	<b>1:15:30</b>	1:15:21	06:07	
291.	212	MARCO PIMENTA	SEN M	130	<b>1:15:39</b>	1:15:19	06:07	STA JOANA
292.	363	ZULEIMA GARCIA	VET F45	6	<b>1:16:01</b>	1:15:56	06:10	GINO SPORT
293.	310	DIOGO OLIVEIRA	VET M40	53	<b>1:16:06</b>	1:15:55	06:10	RUNNING ESPINHO

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## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
294.	299	MIGUEL FERREIRA	VET M40	54	<b>1:16:21</b>	1:16:13	06:11	RUNNING ESPINHO
295.	313	ANA RITA PINHO	SEN F	36	<b>1:16:32</b>	1:16:28	06:13	RUNNING ESPINHO
296.	33	RICARDO TEIXEIRA	SEN M	131	<b>1:16:51</b>	1:16:50	06:14	
297.	180	ISABEL LOURENCO	VET F40	12	<b>1:16:51</b>	1:16:31	06:13	
298.	383	HUGO ROCHA	SEN M	132	<b>1:17:30</b>	1:17:19	06:17	
299.	384	CRISTINA VELOSO	SEN F	37	<b>1:17:30</b>	1:17:20	06:17	
300.	51	ANA MOURA	VET F40	13	<b>1:17:36</b>	1:17:21	06:17	
301.	288	CARLA MAGALHAES	SEN F	38	<b>1:17:36</b>	1:17:29	06:17	RUNNING ESPINHO
302.	294	ANDREIA COSTA	SEN F	39	<b>1:17:36</b>	1:17:28	06:17	RUNNING ESPINHO
303.	52	SARA REIS	SEN F	40	<b>1:17:36</b>	1:17:22	06:17	
304.	246	ANGELICA BRITO	SEN F	41	<b>1:17:37</b>	1:14:25	06:03	X5 HEALTH CLUB
305.	184	PEDRO SANTOS	VET M40	55	<b>1:17:53</b>	1:17:42	06:19	CAL - C. ATLETISMO
306.	67	ELSA FERREIRA	VET F45	7	<b>1:17:57</b>	1:17:49	06:19	CMMC VALE DE
307.	62	JOSE ANTONIO	VET M55	9	<b>1:17:58</b>	1:17:49	06:19	CMMC VALE DE
308.	83	ANTONIO JORGE SILVA	VET M45	27	<b>1:17:58</b>	1:17:48	06:19	CMMC VALE DE
309.	84	PAULA CRISTINA	VET F40	14	<b>1:17:58</b>	1:17:48	06:19	CMMC VALE DE
310.	76	PAULO BORGES	VET M40	56	<b>1:17:59</b>	1:17:49	06:19	CMMC VALE DE
311.	346	GABRIELA RELVAS	SEN F	42	<b>1:18:25</b>	1:18:06	06:21	X5 HEALTH CLUB
312.	345	SARA SA	SEN F	43	<b>1:18:25</b>	1:18:06	06:21	X5 HEALTH CLUB
313.	271	ZELIA PINTO	VET F40	15	<b>1:18:38</b>	1:18:20	06:22	X5 HEALTH CLUB
314.	116	MARINA ROMANO	SEN F	44	<b>1:19:03</b>	1:18:45	06:24	
315.	117	CELIA MELO	VET F40	16	<b>1:19:03</b>	1:18:45	06:24	
316.	198	ANDREIA SILVA	SEN F	45	<b>1:20:08</b>	1:19:57	06:30	SPORTING CLUBE
317.	210	EDUARDA GONCALVES	SEN F	46	<b>1:20:18</b>	1:19:58	06:30	
318.	252	PAULO CASTELO	SEN M	133	<b>1:20:45</b>	1:20:26	06:32	X5 HEALTH CLUB
319.	253	MARIA CASTELO	VET F50	5	<b>1:20:45</b>	1:20:27	06:32	X5 HEALTH CLUB
320.	178	CELSO CAMBOA	VET M40	57	<b>1:20:46</b>	1:20:28	06:32	JUVENTUDE
321.	213	CATEA SANCHEZ	SEN F	47	<b>1:21:06</b>	1:20:46	06:34	STA JOANA
322.	309	LUCIANA RIBEIRO	SEN M	134	<b>1:21:21</b>	1:21:17	06:36	RUNNING ESPINHO
323.	342	IRIS CAMARINHA	SEN F	48	<b>1:21:23</b>	1:21:08	06:35	X5 HEALTH CLUB
324.	367	SONIA FERREIRA	VET F40	17	<b>1:21:25</b>	1:21:17	06:36	X5 HEALTH CLUB
325.	112	DANIELA COSTA	SEN F	49	<b>1:21:42</b>	1:21:36	06:38	MARCHA-ATRAS
326.	56	JOSE NOGUEIRA	SEN M	135	<b>1:22:00</b>	1:21:49	06:39	
327.	244	CRISTIANA PINTO	SEN F	50	<b>1:22:13</b>	1:21:55	06:39	X5 HEALTH CLUB
328.	251	ANA FRANCA	SEN F	51	<b>1:22:34</b>	1:22:17	06:41	X5 HEALTH CLUB
329.	197	SANDRA VIRGINIA	VET F40	18	<b>1:22:38</b>	1:22:28	06:42	SPORTING CLUBE
330.	284	ALEXANDRA SILVA	VET F45	8	<b>1:23:00</b>	1:22:57	06:44	RUNNING ESPINHO
331.	279	ROSALINA PAIS	VET F45	9	<b>1:23:00</b>	1:22:57	06:44	RUNNING ESPINHO
332.	234	ELSON SILVA	SEN M	136	<b>1:23:16</b>	1:23:12	06:45	X5 HEALTH CLUB
333.	36	ISABEL SILVA	VET F40	19	<b>1:23:36</b>	1:23:18	06:46	FAMILIA SILVA
334.	35	RUI SILVA	VET M40	58	<b>1:23:36</b>	1:23:20	06:46	FAMILIA SILVA
335.	21	ANTONIO FERREIRA	SEN M	137	<b>1:23:39</b>	1:23:21	06:46	BINO'S



# 1ª ESMORIZ NIGHT RACE 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
336.	20	PATRICIA FERREIRA	SEN F	52	<b>1:23:40</b>	1:23:22	06:46	BINO'S
337.	131	LENIO MARINHO	VET M60	5	<b>1:23:40</b>	1:23:39	06:48	JOBRINDE-MONTES
338.	38	SUSANA ALMEIDA	SEN F	53	<b>1:24:17</b>	1:24:07	06:50	
339.	179	ROSA BISPO	VET F55	1	<b>1:24:54</b>	1:24:48	06:53	
340.	335	TANIA ROCHA	SEN F	54	<b>1:25:11</b>	1:24:52	06:54	
341.	385	YHONY ALVES	SEN M	138	<b>1:25:18</b>	1:24:59	06:54	
342.	303	JOAO GOMES	VET M40	59	<b>1:25:26</b>	1:25:17	06:56	RUNNING ESPINHO
343.	302	PAULA CORTEZ	VET F45	10	<b>1:25:26</b>	1:25:17	06:56	RUNNING ESPINHO
344.	360	RICARDO FERREIRA	SEN M	139	<b>1:28:15</b>	1:28:14	07:10	X5 HEALTH CLUB
345.	229	JOAO PEREIRA	SEN M	140	<b>1:29:41</b>	1:29:37	07:17	X5 HEALTH CLUB
346.	104	REGINA MARVAO	SEN F	55	<b>1:29:48</b>	1:29:44	07:17	
347.	334	LA SALETE RAMOS	SEN F	56	<b>1:32:05</b>	1:31:57	07:28	
348.	258	SARA SOARES	SEN F	57	<b>1:34:31</b>	1:34:23	07:40	X5 HEALTH CLUB
349.	260	XANA SOARES	VET F40	20	<b>1:34:32</b>	1:34:23	07:40	X5 HEALTH CLUB
350.	316	ISABEL FONSECA	SEN F	58	<b>1:35:09</b>	1:34:28	07:40	RUNNING ESPINHO

Número de registos: 350

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