

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
MEIA MARATONA 21097 MT										
1	4	VITOR OLIVEIRA	MAIA AC	m	1	VET-M35-39	1	1:09:10	03:16	1:09:10
2	742	RICARDO PEREIRA	JARDIM DA SERRA	m	2	SEN-M	1	1:10:08	03:19	1:10:08
3	295	ANDRÉ ANICETO	ACR VALEDECAMBRA	m	3	SEN-M	2	1:10:37	03:20	1:10:37
4	564	ANDRÉ SILVA	ÁGUIAS DE ALVELOS	m	4	SEN-M	3	1:12:27	03:26	1:12:27
5	604	ADELINO JOSÉ OLIVEIRA	GIRASOL	m	5	SEN-M	4	1:12:30	03:26	1:12:30
6	343	ROGÉRIO BESSA	JOBRA	m	6	SEN-M	5	1:13:00	03:27	1:13:00
7	3	JOSÉ PEDRO COSTA	ATLETICO DA PÓVOA	m	7	SEN-M	6	1:14:52	03:32	1:14:52
8	586	FERNANDO SANTOS	CASA POVO MANGUALDE	m	8	VET-M40-44	1	1:15:02	03:33	1:15:01
9	556	AUGUSTO COSTA	AMIGOS DA MONTANHA	m	9	VET-M45-49	1	1:15:47	03:35	1:15:47
10	617	HÉLDER PIRES	CA OVAR / X5	m	10	SEN-M	7	1:15:54	03:35	1:15:53
11	2	CARLA MARTINHO	RECREIO DE ÁGUEDA	f	1	VET-F40-44	1	1:16:08	03:36	1:16:08
12	705	JOAO PEREIRA		m	11	VET-M40-44	2	1:16:08	03:36	1:16:08
13	6	DOROTEIA PEIXOTO	AMIGOS DA MONTANHA	f	2	SEN-F	1	1:16:55	03:38	1:16:55
14	5	MANUEL MENDES	VITÓRIA SPORT CLUB	m	12	VET-M45-49	2	1:17:45	03:41	1:17:45
15	293	FIIPE ROCHA	DCI/CCDRPEDRULHA-MEALHADA	m	13	SEN-M	8	1:17:54	03:41	1:17:53
16	265	RENATO SOUSA	A D RIO LARGO C ESPINHO	m	14	SEN-M	9	1:17:58	03:41	1:17:57
17	683	BRUNO PEREIRA	RECREIO DESP. DE ÁGUEDA	m	15	SEN-M	10	1:19:26	03:45	1:19:25
18	277	TONI SOARES	JUVENTUDE ILHA VERDE	m	16	SEN-M	11	1:19:53	03:47	1:19:53
19	493	FILIPE CUNHA CUNHA	ÁGUIAS DE ALVELOS	m	17	VET-M35-39	2	1:20:25	03:48	1:20:24
20	489	RICARDO GOMES	LOJA DO ATLETA - AGUEDA	m	18	SEN-M	12	1:21:12	03:50	1:21:10
21	12	RUI RODRIGUES	INDIVIDUAL	m	19	VET-M35-39	3	1:21:20	03:51	1:21:18
22	545	BRAULIO HERRERO	CLUB ATLÉTICO SANEME	m	20	VET-M35-39	4	1:21:39	03:52	1:21:37
23	508	SÉRGIO LOPES	ANGOLA	m	21	VET-M35-39	5	1:22:03	03:53	1:22:03
24	267	JOAQUIM ALVES	AMIGOS DA PICUA	m	22	VET-M45-49	3	1:22:35	03:54	1:22:33
25	791	MARCELO ARAÚJO	ADCCJCLARK	m	23	SEN-M	13	1:22:48	03:55	1:22:43
26	296	ANTÓNIO PINTO	ACR VALEDECAMBRA	m	24	VET-M50-54	1	1:22:57	03:55	1:22:57
27	177	BASILIO SOUSA	CSRDC SANTIAGO	m	25	VET-M40-44	3	1:23:45	03:58	1:23:45
28	416	LUÍS SIMÕES	INDIVIDUAL	m	26	VET-M55-59	1	1:23:57	03:58	1:23:55
29	307	MÁRCIO LOUREIRO	DCI/CCDRPEDRULHA-MEALHADA	m	27	VET-M35-39	6	1:24:00	03:58	1:23:59
30	580	MÁRIO MONTEIRO	NOSSA SENHORA DA CONCEIÇÃO	m	28	VET-M35-39	7	1:24:09	03:59	1:24:09
31	144	TELMO REIS	LOUSADA RUNNERS	m	29	VET-M35-39	8	1:24:18	03:59	1:24:16
32	685	LUIS MIGUEL	RECREIO DESP. DE ÁGUEDA	m	30	VET-M40-44	4	1:24:28	04:00	1:24:28
33	370	CARLOS SILVA	INDIVIDUAL	m	31	VET-M45-49	4	1:24:37	04:00	1:24:33
34	190	JOAQUIM NOGUEIRA	GESINSERDE TEAM	m	32	VET-M45-49	5	1:24:38	04:00	1:24:34
35	684	LUIS SANTOS	RECREIO DESP. DE ÁGUEDA	m	33	VET-M35-39	9	1:24:39	04:00	1:24:38
36	744	CERVEIRA ALVARO	UAM MONTEREAU (FRANCE)	m	34	VET-M50-54	2	1:24:56	04:01	1:24:52
37	193	HILÁRIO PINTO	GESINSERDE TEAM	m	35	VET-M40-44	5	1:24:58	04:01	1:24:54
38	102	PAULO GOMES	INDIVIDUAL	m	36	VET-M50-54	3	1:24:59	04:01	1:24:59
39	616	SAMUEL TOMÁS	NAVR	m	37	VET-M35-39	10	1:25:12	04:02	1:25:12
40	572	TELMO ALMEIDA	DCI/CCDRPEDRULHA-MEALHADA	m	38	VET-M40-44	6	1:25:17	04:02	1:25:16
41	499	FERNANDO SANTIAGO	INDIVIDUAL	m	39	VET-M55-59	2	1:25:20	04:02	1:25:19
42	429	DAVIDE LOURENÇO	DINAMO CLUBE DA ESTAÇÃO	m	40	VET-M45-49	6	1:25:32	04:03	1:25:32

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GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
43	772	PATRÍCIA ROSADO	JUVENTUDE VIDIGALENSE	f	3	SEN-F	2	1:25:33	04:03	1:25:31
44	774	BRUNO SANTOS	INDIVIDUAL	m	41	VET-M35-39	11	1:25:33	04:03	1:25:31
45	95	JOSÉ GRIJÓ	INDIVIDUAL	m	42	VET-M35-39	12	1:25:56	04:04	1:25:47
46	579	CARLOS ALMEIDA	ALTO TRILHO - JAVALIS	m	43	VET-M40-44	7	1:26:12	04:05	1:26:09
47	723	LÍDIA PEREIRA	GDR GRANJA - TRUTAS DO MA	f	4	VET-F50-54	1	1:26:34	04:06	1:26:33
48	453	JOÃO ALMEIDA	DCI/CCDRP-ATLETAS	m	44	VET-M45-49	7	1:26:36	04:06	1:26:35
49	799	MILTON SANTOS	SPORT CLUBE BEIRA-MAR	m	45	SEN-M	14	1:26:47	04:06	1:26:45
50	159	JOEL BARBOSA	C. S. R. D. C. SANTIAGO	m	46	SEN-M	15	1:26:50	04:06	1:26:50
51	124	CARLOS CAETANO	INDIVIDUAL	m	47	VET-M40-44	8	1:26:57	04:07	1:26:56
52	285	VALTER OLIVEIRA	RSNR	m	48	VET-M35-39	13	1:27:09	04:07	1:27:07
53	749	VARENNE ESTELLE	UAM MONTEREAU (FRANCE)	f	5	VET-F40-44	2	1:27:25	04:08	1:27:20
54	363	JOAO MALHEIRO	ADEFACEC	m	49	SEN-M	16	1:27:59	04:10	1:27:55
55	542	MIGUEL GAFANHA	INDIVIDUAL	m	50	VET-M40-44	9	1:28:02	04:10	1:27:56
56	554	JOSE CORTAFIOS	INDIVIDUAL	m	51	VET-M40-44	10	1:28:05	04:10	1:28:04
57	369	TIAGO SILVA	INDIVIDUAL	m	52	SEN-M	17	1:28:08	04:10	1:28:06
58	139	PAULO MONTEIRO	INDIVIDUAL	m	53	SEN-M	18	1:28:14	04:10	1:28:03
59	608	CLÁUDIO QUEIROGA	DÍNAMO CLUBE DA ESTAÇÃO	m	54	VET-M45-49	8	1:28:14	04:10	1:28:12
60	29	JOÃO AMÂNDIO	INDIVIDUAL	m	55	SEN-M	19	1:28:19	04:10	1:28:10
61	331	PAULA RIOS MARQUES	EDV-VIANATRAIL	f	6	VET-F40-44	3	1:28:23	04:11	1:28:20
62	422	ANDRE ALMEIDA	INDIVIDUAL	m	56	VET-M35-39	14	1:28:31	04:11	1:28:28
63	565	HENRIQUE PIRES	ÁGUIAS DE ALVELOS	m	57	SEN-M	20	1:28:52	04:12	1:28:51
64	82	SÉRGIO TEIXEIRA	INDIVIDUAL	m	58	VET-M40-44	11	1:28:53	04:12	1:28:50
65	573	PAULO RAMIREZ	OZXTREME	m	59	VET-M40-44	12	1:28:58	04:12	1:28:50
66	132	NUNO AMARAL	LOJA DO ATLETA / CONSUMIX	m	60	VET-M35-39	15	1:29:40	04:14	1:29:37
67	534	JOSÉ MANUEL TEIXEIRA	INDIVIDUAL	m	61	VET-M35-39	16	1:30:07	04:16	1:30:06
68	260	WOUTER BROECK	ADRLCE	m	62	VET-M40-44	13	1:30:08	04:16	1:30:04
69	509	RICARDO SOUSA	RUN TO BE ALIVE	m	63	SEN-M	21	1:30:19	04:15	1:29:52
70	524	LUÍS PEREIRA	INDIVIDUAL	m	64	VET-M35-39	17	1:30:22	04:15	1:29:55
71	476	JOSÉ ALMEIDA	NÚCLEO ATLET. VILA REAL	m	65	VET-M35-39	18	1:30:24	04:15	1:29:58
72	283	VITOR RIBAU	INDIVIDUAL	m	66	VET-M45-49	9	1:30:47	04:17	1:30:36
73	908	TADEU ROMA		m	67	VET-M45-49	10	1:30:55	04:17	1:30:38
74	785	MÁRCIO FERREIRA	DCI/CCDRPEDRULHA-MEALHADA	m	68	JUN-M	1	1:30:59	04:18	1:30:58
75	374	BRUNO SILVA	INDIVIDUAL	m	69	VET-M35-39	19	1:31:11	04:18	1:30:59
76	439	MIGUEL PATO	ROYAL SCHOOL OF LANGUAGES	m	70	VET-M40-44	14	1:31:14	04:18	1:30:52
77	576	SÉRGIO ALMEIDA	ACD OS ÍLHAVOS	m	71	SEN-M	22	1:31:16	04:19	1:31:05
78	64	PAULO SILVA	INDIVIDUAL	m	72	VET-M35-39	20	1:31:23	04:19	1:31:21
79	246	GUSTAVO ROXO	INVICTA RUNNERS TEAM	m	73	VET-M50-54	4	1:31:30	04:20	1:31:29
80	353	CARLOS MARTINS	INDIVIDUAL	m	74	VET-M60	1	1:31:40	04:20	1:31:34
81	599	JORGE MARTINS	DIARIO AVEIRO	m	75	VET-M40-44	15	1:31:48	04:20	1:31:36
82	800	NUNO SILVA FARIA		m	76	VET-M35-39	21	1:31:53	04:21	1:31:48
83	262	JOSÉ PEREIRA	ADRLCE	m	77	VET-M35-39	22	1:32:00	04:21	1:31:57
84	457	SALVADOR SILVA	ACD S.JOÃO DA SERRA	m	78	VET-M40-44	16	1:32:02	04:21	1:31:59
85	33	ANTÓNIO TRIGUEIRO	INDIVIDUAL	m	79	VET-M40-44	17	1:32:05	04:21	1:31:57
86	405	JORGE QUEIROS	NAC	m	80	VET-M45-49	11	1:32:07	04:21	1:32:05

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Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
87	389	RAFAEL GUEDES	INDIVIDUAL	m	81	VET-M40-44	18	1:32:15	04:22	1:32:11
88	376	NUNO MARIZ	INDIVIDUAL	m	82	VET-M45-49	12	1:32:15	04:21	1:31:52
89	574	RICARDO SARAIVA	UNIÃO CLUBE EIRENSE	m	83	VET-M45-49	13	1:32:24	04:22	1:32:20
90	121	JOSE CUNHA	INDIVIDUAL	m	84	VET-M40-44	19	1:32:31	04:21	1:32:00
91	425	LUIS CAVALEIRO	RUN@FIGUEIRA	m	85	VET-M35-39	23	1:32:33	04:22	1:32:27
92	420	NUNO LOUREIRO	RUN@FIGUEIRA	m	86	VET-M45-49	14	1:32:35	04:23	1:32:29
93	443	PAULO GONÇALVES	ROYAL SCHOOL OF LANGUAGES	m	87	SEN-M	23	1:32:37	04:22	1:32:15
94	428	RUI SILVA	INDIVIDUAL	m	88	VET-M40-44	20	1:32:38	04:22	1:32:26
95	810	RODRIGO NUNES	RECREIO DESP. DE ÁGUEDA	m	89	VET-M50-54	5	1:32:49	04:23	1:32:46
96	40	FERNANDO MORAIS	INDIVIDUAL	m	90	VET-M55-59	3	1:32:51	04:23	1:32:47
97	264	ZÉ RODRIGO	ADRLCE	m	91	VET-M35-39	24	1:33:08	04:24	1:33:04
98	672	RUI MELO	SPORT CLUBE BEIRA-MAR	m	92	SEN-M	24	1:33:08	04:24	1:33:04
99	783	PAULO ANTONIO	CLUBE GRECAS VAGOS	m	93	VET-M45-49	15	1:33:14	04:24	1:33:08
100	773	FERNANDO FREIRE	GRECAS	m	94	VET-M40-44	21	1:33:15	04:24	1:33:09
101	52	RUI GOMES	GD OS RIBEIRINHOS	m	95	VET-M40-44	22	1:33:19	04:24	1:33:03
102	692	LUÍS BRANCO	FOGAÇAS COM MALAPOS	m	96	SEN-M	25	1:33:23	04:25	1:33:13
103	803	JOÃO FERREIRA	AFISOVAR	m	97	VET-M35-39	25	1:33:24	04:25	1:33:13
104	268	MANUEL SILVA	AMIGOS DA PICUA	m	98	VET-M60	2	1:33:24	04:24	1:33:09
105	194	CARLOS PINHO	PAPA MILHAS	m	99	VET-M40-44	23	1:33:30	04:25	1:33:28
106	435	PEDRO CUNHA	DÍNAMO CLUBE ESTAÇÃO	m	100	VET-M40-44	24	1:33:31	04:25	1:33:26
107	748	PREDAL THIERRY	UAM MONTEREAU (FRANCE)	m	101	VET-M45-49	16	1:33:32	04:25	1:33:27
108	417	JORGE GONÇALVES	CLUBE DESPORTIVO FEIRENSE	m	102	VET-M50-54	6	1:33:35	04:25	1:33:15
109	607	NUNO LEITE	INDIVIDUAL	m	103	VET-M35-39	26	1:33:41	04:26	1:33:33
110	184	NUNO CACHULO	BRIGADA DO PNEU	m	104	SEN-M	26	1:33:42	04:25	1:33:20
111	204	HELDER GONÇALVES	GTEAM	m	105	SEN-M	27	1:33:44	04:25	1:33:28
112	694	JOSÉ JARMELA	NAZ-ABÓBODA	m	106	VET-M50-54	7	1:33:48	04:26	1:33:46
113	615	NUNO SOARES	CORRER LISBOA	m	107	VET-M35-39	27	1:33:55	04:27	1:33:54
114	666	PAULO MIRANDA	SPORT CLUBE BEIRA-MAR	m	108	VET-M40-44	25	1:34:01	04:27	1:33:59
115	297	JOSÉ CORREIA	ACR VALEDECAMBRA	m	109	VET-M40-44	26	1:34:06	04:27	1:34:01
116	613	JORGE CARDOSO	INDIVIDUAL	m	110	VET-M40-44	27	1:34:17	04:27	1:34:10
117	520	MÁRIO NÓBREGA	NIVERFIX RUNNING TEAM	m	111	VET-M50-54	8	1:34:20	04:28	1:34:18
118	335	ROGERIO VIEIRA	SARC-SALGUEIRAL-RUN	m	112	VET-M50-54	9	1:34:28	04:27	1:34:11
119	517	PEDRO LOURENÇO	INDIVIDUAL	m	113	VET-M35-39	28	1:34:30	04:26	1:33:48
120	400	MÁRIO PIRES	INDIVIDUAL	m	114	SEN-M	28	1:34:31	04:27	1:34:09
121	452	JORGE DELGADO	CASA BENFICA FIGUEIRA FOZ	m	115	SEN-M	29	1:34:34	04:28	1:34:29
122	447	TIAGO FIDALGO	HELIFLEX	m	116	VET-M35-39	29	1:34:37	04:27	1:34:05
123	22	CARLOS CUNHA	INDIVIDUAL	m	117	VET-M50-54	10	1:34:39	04:29	1:34:35
124	682	JOÃO GONÇALVES	INDIVIDUAL	m	118	SEN-M	30	1:34:43	04:29	1:34:39
125	185	PEDRO MAIA	GRUPO FONTES RUNNING TEAM	m	119	SEN-M	31	1:34:44	04:29	1:34:36
126	646	HUGO BASTOS	PACERS	m	120	SEN-M	32	1:34:45	04:29	1:34:40
127	111	JOAO ALMADA	A.D.TRAVASSÔ	m	121	VET-M55-59	4	1:34:48	04:29	1:34:45
128	480	JOÃO ROCHA	NAVR	m	122	VET-M35-39	30	1:34:51	04:29	1:34:48
129	648	RUI ALMEIDA	PACERS	m	123	VET-M35-39	31	1:34:51	04:29	1:34:46
130	647	MÁRCIO PEREIRA	PACERS	m	124	VET-M35-39	32	1:34:51	04:29	1:34:46

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Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
131	804	CARLOS MENDES	TARTARUGAS DO ASFALTO	m	125	VET-M35-39	33	1:34:55	04:29	1:34:52
132	693	VASCO LADEIRO	INDIVIDUAL	m	126	VET-M55-59	5	1:35:00	04:30	1:34:57
133	341	CRISTÓVÃO GOMES	INDIVIDUAL	m	127	VET-M35-39	34	1:35:05	04:30	1:34:56
134	521	CARLOS NUNES	NIVERFIX RUNNING TEAM	m	128	VET-M45-49	17	1:35:17	04:30	1:34:58
135	340	NUNO MAGALHÃES	TARTARUGAS DO ASFALTO	m	129	VET-M45-49	18	1:35:28	04:31	1:35:25
136	560	PEDRO SILVA	CCD-RENAULT - CACIA	m	130	VET-M40-44	28	1:35:32	04:31	1:35:22
137	497	PEDRO MOTA	INDIVIDUAL	m	131	VET-M40-44	29	1:35:36	04:30	1:35:16
138	559	JAIME JÚNIOR	CCD-RENAULT - CACIA	m	132	VET-M45-49	19	1:35:38	04:31	1:35:28
139	492	RICARDO SILVA	INDIVIDUAL	m	133	SEN-M	33	1:35:41	04:31	1:35:30
140	707	PAULO PEREIRA	SCVA	m	134	VET-M45-49	20	1:35:43	04:32	1:35:39
141	761	VITOR RITO	RUNNING ESPINHO	m	135	SEN-M	34	1:36:06	04:32	1:35:58
142	512	CARLOS FERNANDES	INDIVIDUAL	m	136	SEN-M	35	1:36:07	04:31	1:35:26
143	807	LUIS MIGUEL SILVA		m	137	SEN-M	36	1:36:10	04:32	1:35:45
144	602	BRUNO ARAÚJO	INDIVIDUAL	m	138	SEN-M	37	1:36:10	04:32	1:35:46
145	765	VITOR CUNHA	RUNNING ESPINHO	m	139	VET-M40-44	30	1:36:14	04:33	1:36:08
146	315	RICARDO GONÇALVES	GUERREIROS DA MANHÃ	m	140	VET-M35-39	35	1:36:16	04:32	1:35:51
147	721	MÁRIO RODRIGUES	GDR GRANJA - TRUTAS DO MA	m	141	VET-M40-44	31	1:36:21	04:33	1:36:14
148	410	RODOLFO PINTO	INDIVIDUAL	m	142	VET-M35-39	36	1:36:23	04:32	1:35:55
149	626	RICARDO SILVA	TUGAS NA ESTRADA	m	143	VET-M40-44	32	1:36:29	04:33	1:36:16
150	266	JOSE MARINHO	AMIGOS DA PICUA	m	144	VET-M45-49	21	1:36:29	04:34	1:36:24
151	196	JORGE FARIA	NOKIA RUNNERS	m	145	VET-M35-39	37	1:36:40	04:33	1:36:03
152	798	SUSANA RIBEIRO	NÚCLEO ATLETISMO CUCUJÃES	f	7	SEN-F	3	1:36:46	04:34	1:36:27
153	465	MARCOS RATOLA	INDIVIDUAL	m	146	VET-M35-39	38	1:36:55	04:34	1:36:35
154	345	JOSÉ GARCIA	MATRECOS	m	147	VET-M55-59	6	1:36:55	04:35	1:36:48
155	80	LUIS RAMOS	INDIVIDUAL	m	148	VET-M40-44	33	1:36:59	04:35	1:36:49
156	130	JOSE CARLOS CAMPOS	INDIVIDUAL	m	149	VET-M55-59	7	1:37:02	04:35	1:36:46
157	754	MARCO PINHO	RUNNING ESPINHO	m	150	VET-M50-54	11	1:37:06	04:35	1:36:59
158	778	CECÍLIO FERREIRA	JUVENTUDE CORTEGACENSE	m	151	VET-M40-44	34	1:37:07	04:35	1:36:44
159	550	MARCO ANTUNES	INDIVIDUAL	m	152	VET-M35-39	39	1:37:15	04:36	1:37:03
160	19	JOAO JOSE CASTRO	INDIVIDUAL	m	153	VET-M50-54	12	1:37:19	04:36	1:37:10
161	471	FERNANDO ROLDÃO	GAVIÕES	m	154	VET-M45-49	22	1:37:30	04:36	1:37:17
162	472	ANTÓNIO FERREIRA	GAVIÕES	m	155	VET-M50-54	13	1:37:32	04:36	1:37:19
163	470	VASCO RICARDO	GAVIÕES	m	156	VET-M35-39	40	1:37:33	04:36	1:37:20
164	17	FILIPE MONTEIRO	MOLINHAS TEAM	m	157	SEN-M	38	1:37:34	04:36	1:37:13
165	575	RICARDO FREITAS	INDIVIDUAL	m	158	SEN-M	39	1:37:35	04:36	1:37:15
166	176	LUDGERO MOREIRA	INDIVIDUAL	m	159	SEN-M	40	1:37:40	04:37	1:37:40
167	44	NUNO PEREIRA	INDIVIDUAL	m	160	VET-M35-39	41	1:37:44	04:37	1:37:29
168	224	FERNANDO MATOS	INDIVIDUAL	m	161	VET-M40-44	35	1:37:45	04:36	1:37:17
169	440	GONÇALO PATO	ROYAL SCHOOL OF LANGUAGES	m	162	SEN-M	41	1:37:45	04:37	1:37:33
170	212	PEDRO ALVES	INDIVIDUAL	m	163	SEN-M	42	1:37:47	04:36	1:37:15
171	906	JOSIAS MEIRA		m	164	VET-M35-39	42	1:37:51	04:37	1:37:38
172	789	FERNANDO MENDES	INDIVIDUAL	m	165	VET-M45-49	23	1:37:55	04:38	1:37:47
173	636	LIGIA MENDES	GAIA RUNNING	f	8	VET-F40-44	4	1:37:56	04:37	1:37:42
174	49	JORGE ALMEIDA	INDIVIDUAL	m	166	VET-M35-39	43	1:37:57	04:37	1:37:43

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
175	430	ANTÓNIO CORUCHO	INDIVIDUAL	m	167	VET-M50-54	14	1:38:06	04:38	1:37:50
176	129	JOÃO ROCHA	ACD OS ÍLHAVOS	m	168	SEN-M	43	1:38:07	04:38	1:37:57
177	50	PAULO DUARTE	INDIVIDUAL	m	169	VET-M40-44	36	1:38:17	04:39	1:38:09
178	589	PEDRO NUNES	NÚCLEO ATLETISMO DE VILA	m	170	VET-M35-39	44	1:38:21	04:39	1:38:20
179	348	VASCO OLIVEIRA	INDIVIDUAL	m	171	SEN-M	44	1:38:27	04:39	1:38:10
180	165	JOÃO SANTANA	BOSCH TERMOTECNOLOGIA SA	m	172	VET-M40-44	37	1:38:27	04:39	1:38:12
181	164	PEDRO CARDOSO	BOSCH TERMOTECNOLOGIA SA	m	173	VET-M40-44	38	1:38:27	04:39	1:38:13
182	222	SILVIO FERREIRA	NASCIDOS PARA CORRER	m	174	VET-M35-39	45	1:38:29	04:38	1:38:05
183	539	CARLOS SOUSA	SARC RUN	m	175	VET-M40-44	39	1:38:29	04:39	1:38:11
184	392	LEONARDO JESUS	INDIVIDUAL	m	176	SEN-M	45	1:38:37	04:38	1:37:55
185	766	MANUEL ABREU	RUNNING ESPINHO	m	177	VET-M40-44	40	1:38:40	04:40	1:38:35
186	313	JOAQUIM GOMES	A D RIO LARGO C ESPINHO	m	178	VET-M60	3	1:38:40	04:40	1:38:37
187	451	SÉRGIO BRUNO ALVES RIBEIRO	BIOMATER	m	179	VET-M35-39	46	1:38:55	04:41	1:38:55
188	227	VASCO AMARAL	BRIGADA DO PNEU	m	180	SEN-M	46	1:38:58	04:40	1:38:36
189	120	FILIFE ROUXINOL	VAMOS CORRER EM ILHAVO	m	181	VET-M40-44	41	1:39:05	04:40	1:38:42
190	356	JOÃO FONSECA	INDIVIDUAL	m	182	SEN-M	47	1:39:08	04:41	1:38:58
191	609	FILIFE EDUARDO COSTA FÉLIX	INDIVIDUAL	m	183	SEN-M	48	1:39:12	04:40	1:38:36
192	699	MIGUEL CAMPOS	INDIVIDUAL	m	184	VET-M45-49	24	1:39:12	04:42	1:39:09
193	311	MIGUEL PEREIRA	INDIVIDUAL	m	185	SEN-M	49	1:39:13	04:41	1:39:04
194	675	FERNANDO LOPES	CDC S.MARTINHO DA GÂNDARA	m	186	VET-M40-44	42	1:39:14	04:41	1:39:05
195	491	GONÇALO MATOS	ELECTREX	m	187	VET-M40-44	43	1:39:18	04:41	1:39:07
196	671	EMIDIO CORREIA	SPORT CLUBE BEIRA-MAR	m	188	SEN-M	50	1:39:19	04:42	1:39:17
197	321	ADÉRITO CURTO	GIRA SOL	m	189	VET-M55-59	8	1:39:35	04:42	1:39:29
198	630	JORGE VILELA	ADREQUEIXO	m	190	VET-M45-49	25	1:39:42	04:42	1:39:16
199	469	JOSÉ PLÁCIDO	PASTELARIA RIAPARQUE	m	191	VET-M40-44	44	1:39:45	04:42	1:39:30
200	155	JOÃO SOUSA	ANDAR A CORRER	m	192	VET-M40-44	45	1:39:52	04:43	1:39:36
201	544	CARLOS ALVES	INDIVIDUAL	m	193	VET-M45-49	26	1:40:03	04:44	1:40:00
202	252	PAULO CARDOSO	INDIVIDUAL	m	194	VET-M45-49	27	1:40:04	04:44	1:39:52
203	30	PEDRO HENRIQUES	INDIVIDUAL	m	195	SEN-M	51	1:40:06	04:44	1:40:04
204	303	TONY GRAÇA	DCI/CCDR - PEDRULHA	m	196	VET-M50-54	15	1:40:07	04:43	1:39:49
205	308	MARISA JOAO	DCI/CCDRPEDRULHA-MEALHADA	f	9	VET-F40-44	5	1:40:07	04:44	1:40:05
206	632	CÉSAR TEIXEIRA	GAIA RUNNING	m	197	VET-M40-44	46	1:40:13	04:44	1:40:00
207	298	ANTONIO BRAGA	JHARVARD	m	198	VET-M40-44	47	1:40:13	04:42	1:39:25
208	719	ALCIDES PEREIRA	GDR GRANJA - TRUTAS DO MA	m	199	VET-M45-49	28	1:40:18	04:44	1:40:11
209	77	RUI MOURA	INDIVIDUAL	m	200	VET-M35-39	47	1:40:22	04:44	1:39:51
210	438	JORGE PATO	ROYAL SCHOOL OF LANGUAGES	m	201	VET-M40-44	48	1:40:23	04:44	1:40:01
211	578	PAULO LIMA	HELIFLEX	m	202	VET-M45-49	29	1:40:30	04:44	1:40:09
212	689	NUNO MARTINS	INDIVIDUAL	m	203	SEN-M	52	1:40:30	04:45	1:40:15
213	229	ANDRÉ OLIVEIRA	BAND OF RUNNERS	m	204	VET-M35-39	48	1:40:32	04:44	1:40:00
214	753	FILIFE OLIVEIRA	INDIVIDUAL	m	205	JUN-M	2	1:40:32	04:44	1:40:00
215	500	NUNO MOREIRA	LAMEGO TRIBO RUNNERS	m	206	VET-M35-39	49	1:40:33	04:45	1:40:22
216	114	PAULO TEIXEIRA	INDIVIDUAL	m	207	VET-M35-39	50	1:40:35	04:44	1:40:04
217	219	RENATO MONTEIRO	GD RIBEIRINHOS	m	208	SEN-M	53	1:40:39	04:45	1:40:23
218	371	MARTINHO GOMES	FAMILIA M	m	209	VET-M35-39	51	1:40:39	04:46	1:40:37

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
219	907	HÉLDER DUARTE		m	210	SEN-M	54	1:40:41	04:45	1:40:18
220	771	DANIEL AGUIAR	INDIVIDUAL	m	211	VET-M35-39	52	1:40:44	04:45	1:40:25
221	805	LUIS PEDROSO	TARTARUGAS DO ASFALTO	m	212	VET-M45-49	30	1:40:44	04:45	1:40:23
222	597	CLAUDIO PEREIRA	DIARIO AVEIRO	m	213	VET-M35-39	53	1:40:44	04:44	1:39:56
223	650	DIOGO MAIA	PACERS	m	214	SEN-M	55	1:40:46	04:45	1:40:26
224	349	JOSÉ LOPES	INDIVIDUAL	m	215	VET-M35-39	54	1:40:46	04:46	1:40:44
225	649	JOÃO POÇAS	PACERS	m	216	VET-M35-39	55	1:40:47	04:45	1:40:26
226	651	EMANUEL SANTOS	PACERS	m	217	VET-M35-39	56	1:40:47	04:45	1:40:27
227	674	PAULO SILVA	CDC S.MARTINHO DA GÂNDARA	m	218	VET-M40-44	49	1:40:53	04:46	1:40:45
228	775	VALDEMAR OLIVEIRA	KO TRAIL RUNNING	m	219	VET-M50-54	16	1:40:54	04:46	1:40:37
229	239	TIAGO COSTA	INDIVIDUAL	m	220	SEN-M	56	1:40:57	04:45	1:40:18
230	60	JOAO CARLOS RIBEIRO	INDIVIDUAL	m	221	VET-M40-44	50	1:41:03	04:46	1:40:42
231	45	ANTÓNIO RAFAEL	MOLINHAS TEAM	m	222	VET-M50-54	17	1:41:16	04:46	1:40:41
232	138	HEITOR SANTOS	AVEIRO NIGHT RUNNERS	m	223	VET-M55-59	9	1:41:23	04:47	1:41:13
233	206	BRUNO PEIXOTO	REUMATICOS TEAM	m	224	VET-M35-39	57	1:41:25	04:48	1:41:21
234	290	OSCAR RAMALHO	INDIVIDUAL	m	225	VET-M45-49	31	1:41:34	04:48	1:41:29
235	460	ARTUR BALTAREJO	BRAGUINHAS RUNNERS	m	226	VET-M40-44	51	1:41:34	04:48	1:41:30
236	402	CARLOS COSTA	SS CGD	m	227	VET-M40-44	52	1:41:42	04:48	1:41:21
237	717	CARLOS NEVES	INDIVIDUAL	m	228	SEN-M	57	1:41:46	04:49	1:41:40
238	673	BRUNO MIGUEL BARGE	CDC S.MARTINHO DA GÂNDARA	m	229	VET-M35-39	58	1:41:46	04:49	1:41:38
239	394	PAULO SOUSA	NEW LIFE CENTER	m	230	VET-M45-49	32	1:41:53	04:49	1:41:40
240	620	JORGE CUBAL	INDIVIDUAL	m	231	SEN-M	58	1:42:05	04:48	1:41:23
241	793	FILIFE PIRES	TARTARUGAS DO ASFALTO	m	232	VET-M45-49	33	1:42:05	04:49	1:41:53
242	131	HEITOR ARAÚJO	INDIVIDUAL	m	233	VET-M50-54	18	1:42:06	04:50	1:41:59
243	687	TERESA CARDOSO	CLUBE DOS GALITOS	f	10	VET-F40-44	6	1:42:09	04:49	1:41:47
244	557	CARLOS SANTOS	CCD-RENAULT - CACIA	m	234	VET-M45-49	34	1:42:10	04:50	1:42:01
245	292	PAULO FARIA	SENHORA DA HORA RUNNING	m	235	VET-M45-49	35	1:42:18	04:50	1:42:07
246	768	JULIA SCHIAVON	RUNNING ESPINHO	f	11	VET-F35-39	1	1:42:21	04:50	1:42:13
247	141	MIGUEL GONÇALVES	OSBACALHAUS-POLOAQUÁTICO	m	236	SEN-M	59	1:42:30	04:51	1:42:26
248	779	JOÃO OLIVEIRA	JUVENTUDE CORTEGACENSE	m	237	VET-M40-44	53	1:42:30	04:50	1:42:08
249	728	ARNALDO SANTOS	KO TRAIL RUNNING	m	238	VET-M50-54	19	1:42:31	04:50	1:42:13
250	181	FILIFE CARVALHO	INDIVIDUAL	m	239	SEN-M	60	1:42:37	04:50	1:42:17
251	427	PEDRO SILVA	MIRA Q CORREDORES	m	240	SEN-M	61	1:42:41	04:51	1:42:28
252	180	TIAGO CASTRO	INDIVIDUAL	m	241	SEN-M	62	1:42:43	04:51	1:42:19
253	562	TIAGO MENDONÇA	CCD-RENAULT - CACIA	m	242	SEN-M	63	1:42:45	04:51	1:42:22
254	762	JOSÉ GOMES	RUNNING ESPINHO	m	243	VET-M40-44	54	1:42:52	04:52	1:42:46
255	375	RUI SEABRA	CORRERIA	m	244	SEN-M	64	1:42:52	04:51	1:42:21
256	741	HENRIQUE CASTRO	INDIVIDUAL	m	245	VET-M45-49	36	1:42:56	04:51	1:42:21
257	587	MANUEL MARÇAL	CON_DORES DO CHOUPAL COIM	m	246	VET-M60	4	1:43:05	04:52	1:43:00
258	213	JOSÉ RESENDE	CENAP	m	247	VET-M45-49	37	1:43:05	04:52	1:42:44
259	99	FERNANDO JORGE	INDIVIDUAL	m	248	VET-M40-44	55	1:43:08	04:53	1:43:06
260	203	FLÁVIO SILVESTRE	NOKIA RUNNERS	m	249	SEN-M	65	1:43:14	04:51	1:42:37
261	712	JOAO COUTO	TEAM VENTIL	m	250	VET-M40-44	56	1:43:14	04:52	1:42:56
262	218	JUVENAL MAGUETA	GRUPO DESPORTIVO GAFANHA	m	251	VET-M55-59	10	1:43:15	04:53	1:43:09

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
263	436	FILIFE MOURA	AMIGOS DAS SAPATILHAS	m	252	VET-M40-44	57	1:43:19	04:53	1:43:10
264	505	RAQUEL ANDRADE	INDIVIDUAL	f	12	VET-F35-39	2	1:43:19	04:53	1:43:03
265	506	BRUNO MOURA	INDIVIDUAL	m	253	SEN-M	66	1:43:19	04:53	1:43:03
266	797	JOSÉ SILVA	NÚCLEO ATLETISMO CUCUJÃES	m	254	SEN-M	67	1:43:26	04:53	1:43:07
267	255	NUNO PINHO	N.A.CUCUJÃES	m	255	VET-M35-39	59	1:43:28	04:54	1:43:27
268	796	PEDRO LARANJO	INDIVIDUAL	m	256	VET-M45-49	38	1:43:29	04:53	1:43:12
269	621	AMÉRICO FONSECA	X5 HEALTH CLUB	m	257	VET-M45-49	39	1:43:34	04:54	1:43:25
270	448	JOSÉ CARLOS SIMÕES	HELIFLEX	m	258	VET-M45-49	40	1:43:41	04:53	1:43:09
271	450	CLÁUDIO ALMEIDA	HELIFLEX	m	259	VET-M35-39	60	1:43:42	04:52	1:42:59
272	263	RUI SILVA	ADRLCE	m	260	VET-M50-54	20	1:43:42	04:54	1:43:30
273	79	LUIS RABAÇA	INDIVIDUAL	m	261	VET-M40-44	58	1:43:46	04:54	1:43:36
274	432	JÚLIA LEGKOVA	INDIVIDUAL	f	13	SEN-F	4	1:43:52	04:55	1:43:46
275	726	MÁRIO VIEIRA	INDIVIDUAL	m	262	VET-M35-39	61	1:44:00	04:55	1:43:54
276	623	FATIMA GERALDES	TUGAS NA ESTRADA	f	14	VET-F45-49	1	1:44:02	04:54	1:43:28
277	679	PAULO VILARINHO	GAIA RUNNING	m	263	VET-M45-49	41	1:44:02	04:55	1:43:47
278	668	JOEL JOSÉ GINGA	SPORT CLUBE BEIRA-MAR	m	264	VET-M35-39	62	1:44:10	04:55	1:43:49
279	746	DE OLIVEIRA JOAQUIM PAUL	UAM MONTEREAU (FRANCE)	m	265	VET-M45-49	42	1:44:11	04:56	1:44:11
280	490	JOÃO MANUEL FERNANDES LOPES	INDIVIDUAL	m	266	VET-M60	5	1:44:12	04:54	1:43:33
281	459	FRANCISCO COSTA	INDIVIDUAL	m	267	VET-M45-49	43	1:44:13	04:55	1:43:56
282	431	JOAQUIM AMIEIRO	INDIVIDUAL	m	268	VET-M60	6	1:44:15	04:55	1:43:54
283	388	RUI MAGALHAES	INDIVIDUAL	m	269	VET-M40-44	59	1:44:18	04:55	1:44:00
284	169	ARMINDO BASTOS	BOSCH TERMOTECNOLOGIA SA	m	270	VET-M40-44	60	1:44:19	04:56	1:44:04
285	127	TIAGO TEIXEIRA	INDIVIDUAL	m	271	SEN-M	68	1:44:20	04:55	1:43:55
286	546	HUGO BALSEIRO	CLUB ATLÉTICO SANEME	m	272	VET-M35-39	63	1:44:22	04:56	1:44:14
287	191	MÁRIO FELGUEIRAS	GESINSERDE TEAM	m	273	VET-M40-44	61	1:44:38	04:56	1:44:13
288	415	JOÃO GIL DA COSTA	INDIVIDUAL	m	274	VET-M55-59	11	1:44:46	04:56	1:44:21
289	214	MANUEL SILVA	CENAP	m	275	VET-M40-44	62	1:44:47	04:57	1:44:25
290	654	VASCO TAVARES	PACERS	m	276	VET-M40-44	63	1:44:52	04:57	1:44:30
291	458	BRUNO SARDEX	INDIVIDUAL	m	277	VET-M35-39	64	1:44:52	04:56	1:44:25
292	226	NUNO RAMOS	INDIVIDUAL	m	278	VET-M40-44	64	1:44:59	04:58	1:44:49
293	396	CELSE COELHO	BESJOGING	m	279	VET-M55-59	12	1:45:00	04:58	1:44:48
294	756	JOSÉ FEITEIRA	RUNNING ESPINHO	m	280	VET-M45-49	44	1:45:01	04:58	1:44:53
295	518	GUILHERME SOUSA	INDIVIDUAL	m	281	VET-M45-49	45	1:45:01	04:56	1:44:20
296	253	PAULO MARÇAL	INDIVIDUAL	m	282	VET-M40-44	65	1:45:04	04:57	1:44:30
297	192	CARLOS VIDAL	GESINSERDE TEAM	m	283	VET-M50-54	21	1:45:04	04:57	1:44:40
298	795	MANUEL RIBEIRO	INDIVIDUAL	m	284	SEN-M	69	1:45:07	04:57	1:44:41
299	117	NUNO LIMA	INDIVIDUAL	m	285	SEN-M	70	1:45:22	04:59	1:45:20
300	581	LUIS NEVES	INDIVIDUAL	m	286	VET-M45-49	46	1:45:23	04:58	1:45:03
301	903	JOAO CAPELOA	INDIVIDUAL	m	287	VET-M50-54	22	1:45:27	04:59	1:45:09
302	299	TIAGO ORNELAS	JHARVARD	m	288	VET-M35-39	65	1:45:27	04:57	1:44:40
303	85	LUIS DUARTE	INDIVIDUAL	m	289	VET-M45-49	47	1:45:28	04:58	1:44:56
304	751	PEDRO ALBERTO RATOLA	INDIVIDUAL	m	290	VET-M50-54	23	1:45:31	04:59	1:45:11
305	163	CARLOS FERREIRA	BOSCH TERMOTECNOLOGIA SA	m	291	VET-M45-49	48	1:45:31	04:59	1:45:18
306	59	LUÍS MESQUITA	INDIVIDUAL	m	292	VET-M40-44	66	1:45:34	04:58	1:45:03

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
307	333	JOSÉ JOAQUIM SILVA	INDIVIDUAL	m	293	VET-M45-49	49	1:45:38	04:59	1:45:23
308	653	ALEXANDRA FERNANDES	PACERS	f	15	VET-F45-49	2	1:45:40	04:59	1:45:18
309	126	PAULO RODRIGUES	G.D.LEOES DE VENEZA	m	294	VET-M50-54	24	1:45:40	05:00	1:45:34
310	652	MARCO PEIXOTO	PACERS	m	295	SEN-M	71	1:45:40	04:59	1:45:18
311	145	PAULO NINA	ANDAR A CORRER	m	296	VET-M40-44	67	1:45:43	04:59	1:45:10
312	86	JOAQUIM HENRIQUES	INDIVIDUAL	m	297	VET-M40-44	68	1:45:54	04:59	1:45:20
313	528	HUGO OLIVEIRA	INDIVIDUAL	m	298	SEN-M	72	1:45:56	04:59	1:45:17
314	676	RICARDO DIOGO	OZXTREME/RDA	m	299	VET-M40-44	69	1:46:01	05:00	1:45:31
315	547	ALMUDENA TASENDE	CLUB ATLÉTICO SANEME	f	16	SEN-F	5	1:46:07	05:01	1:45:59
316	767	TIAGO SOARES	RUNNING ESPINHO	m	300	VET-M40-44	70	1:46:10	05:01	1:46:04
317	166	FERNANDO FAUSTINO	BOSCH TERMOTECNOLOGIA SA	m	301	VET-M50-54	25	1:46:11	05:01	1:45:56
318	257	VASCO MARQUES	INDIVIDUAL	m	302	VET-M40-44	71	1:46:12	05:00	1:45:49
319	280	EDUARDO OLIVEIRA	INDIVIDUAL	m	303	VET-M40-44	72	1:46:14	05:01	1:46:02
320	281	PAULO MESQUITA	INDIVIDUAL	m	304	SEN-M	73	1:46:15	05:01	1:46:01
321	633	GABRIEL RODRIGUES	GAIA RUNNING	m	305	VET-M35-39	66	1:46:16	05:01	1:46:02
322	361	FILIPE NUNES	INDIVIDUAL	m	306	SEN-M	74	1:46:16	05:00	1:45:35
323	355	RUI ROCHA	INDIVIDUAL	m	307	VET-M35-39	67	1:46:19	05:01	1:45:50
324	904	AMILCAR CARNACHO		m	308	VET-M60	7	1:46:29	05:02	1:46:14
325	418	JORGE GONÇALVES	CLUBE DESPORTIVO FEIRENSE	m	309	SEN-M	75	1:46:31	05:01	1:46:10
326	736	PAULO SILVA	ROYAL SCHOOL OF LANGUAGES	m	310	VET-M35-39	68	1:46:34	05:01	1:46:10
327	186	FILIPE FONTES	GRUPO FONTES RUNNING TEAM	m	311	VET-M40-44	73	1:46:36	05:03	1:46:36
328	629	LUIS SOUSA	INDIVIDUAL	m	312	VET-M50-54	26	1:46:51	05:02	1:46:26
329	411	SOFIA PIGNATELLI	INDIVIDUAL	f	17	VET-F35-39	3	1:46:51	05:02	1:46:27
330	36	JORGE PEIXOTO	INDIVIDUAL	m	313	VET-M50-54	27	1:47:06	05:04	1:47:06
331	382	FERNANDO FRANCISCO	CMMC ÁGUEDA	m	314	VET-M40-44	74	1:47:17	05:04	1:47:13
332	504	HENRIQUE FERNANDES	BIO TEAM RUN	m	315	VET-M40-44	75	1:47:18	05:03	1:46:46
333	718	RICARDO FERREIRA	GDR GRANJA - TRUTAS DO MA	m	316	SEN-M	76	1:47:19	05:04	1:47:12
334	510	RICARDO SANTOS	BIO TEAM RUN	m	317	VET-M35-39	69	1:47:20	05:04	1:47:10
335	28	PAULO FIDALGO	INDIVIDUAL	m	318	VET-M35-39	70	1:47:45	05:06	1:47:41
336	558	CARLOS MARTINS	CCD-RENAULT - CACIA	m	319	VET-M35-39	71	1:47:45	05:06	1:47:35
337	65	FERNANDO MAGALHAES	INDIVIDUAL	m	320	VET-M50-54	28	1:47:45	05:06	1:47:37
338	217	JOSÉ FONSECA	INDIVIDUAL	m	321	VET-M45-49	50	1:47:46	05:05	1:47:34
339	525	JOÃO CARLOS PEREIRA	INDIVIDUAL	m	322	VET-M35-39	72	1:47:47	05:05	1:47:15
340	272	ANTÓNIO PEREIRA	AMIGOS DA PICUA	m	323	VET-M45-49	51	1:47:49	05:05	1:47:32
341	271	PAULO MARTINS	AMIGOS DA PICUA	m	324	VET-M40-44	76	1:47:49	05:05	1:47:32
342	309	ANGELINA PINHO	BUDEGUITA RUNNERS	f	18	VET-F40-44	7	1:47:56	05:05	1:47:31
343	373	MARCELO MOREIRA	BUDEGUITA RUNNERS	m	325	VET-M35-39	73	1:47:56	05:05	1:47:31
344	67	LUIS DIAS	C.D.PATEIRA/BIKE RIDERS	m	326	VET-M35-39	74	1:48:01	05:05	1:47:22
345	722	MARILYNE MARQUES	GDR GRANJA - TRUTAS DO MA	f	19	SEN-F	6	1:48:11	05:07	1:48:04
346	720	SÉRGIO GABRIEL	GDR GRANJA - TRUTAS DO MA	m	327	VET-M35-39	75	1:48:11	05:07	1:48:11
347	183	CARLOS SANTOS	INDIVIDUAL	m	328	VET-M50-54	29	1:48:21	05:07	1:48:13
348	645	ANTÓNIO A. SILVA	INDIVIDUAL	m	329	VET-M40-44	77	1:48:23	05:06	1:47:56
349	519	NUNO TUNES	NIVERFIX RUNNING TEAM	m	330	VET-M40-44	78	1:48:23	05:07	1:48:04
350	88	NUNO SILVA	INDIVIDUAL	m	331	VET-M40-44	79	1:48:26	05:07	1:48:07

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
351	56	JOÃO SIMÕES	INDIVIDUAL	m	332	SEN-M	77	1:48:28	05:08	1:48:18
352	593	JOÃO COELHO	INDIVIDUAL	m	333	VET-M50-54	30	1:48:28	05:07	1:48:10
353	347	MIGUEL QUEIRÓS	INDIVIDUAL	m	334	VET-M55-59	13	1:48:31	05:07	1:48:13
354	523	LUÍS SOUSA	TRIATLO GALITOS	m	335	SEN-M	78	1:48:36	05:08	1:48:26
355	135	JOÃO TIAGO FARO	INDIVIDUAL	m	336	SEN-M	79	1:48:41	05:07	1:48:13
356	384	BERNARDIM CORREIA	CMMC ÁGUEDA	m	337	VET-M60	8	1:48:41	05:08	1:48:37
357	770	SARA MANUELA CARVALHO	CLUBE CONDEIXA	f	20	SEN-F	7	1:48:41	05:08	1:48:19
358	270	SERGIO FERREIRA	AMIGOS DA PICUA	m	338	VET-M60	9	1:48:43	05:08	1:48:37
359	543	AVELINO RODRIGUES	INDIVIDUAL	m	339	VET-M40-44	80	1:48:43	05:07	1:48:17
360	769	MENGRU LIU	INDIVIDUAL	f	21	SEN-F	8	1:48:45	05:08	1:48:27
361	701	RICARDO RELVAS	SOREMA	m	340	VET-M35-39	76	1:48:48	05:08	1:48:31
362	594	FRANCISCO ROQUE	INDIVIDUAL	m	341	VET-M45-49	52	1:48:52	05:08	1:48:30
363	93	PAULO SILVA	INDIVIDUAL	m	342	VET-M40-44	81	1:48:54	05:09	1:48:43
364	507	VÍTOR TOMÁS	BIO TEAM RUN	m	343	VET-M40-44	82	1:48:58	05:09	1:48:51
365	530	VICTOR CAMPOS	DAR - RECARDÃES	m	344	VET-M60	10	1:48:59	05:08	1:48:33
366	351	NUNO DIAS	BUDEGUITA RUNNERS	m	345	VET-M45-49	53	1:49:02	05:08	1:48:35
367	387	NARCISO ARROMBA	CLUVE	m	346	VET-M60	11	1:49:08	05:10	1:49:01
368	167	AVENTINO LIMA	BOSCH TERMOTECNOLOGIA SA	m	347	VET-M40-44	83	1:49:09	05:09	1:48:56
369	380	DINA SOUSA	CMMC ÁGUEDA	f	22	VET-F40-44	8	1:49:11	05:10	1:49:07
370	279	NUNO RODRIGUES	OFRUNNING	m	348	VET-M40-44	84	1:49:23	05:10	1:49:16
371	641	PEDRO LOBO	SÓ PARA A CAMISOLA	m	349	VET-M35-39	77	1:49:24	05:09	1:48:54
372	758	VITOR SANTOS	RUNNING ESPINHO	m	350	VET-M40-44	85	1:49:27	05:10	1:49:19
373	441	RUI AMORIM	ROYAL SCHOOL OF LANGUAGES	m	351	VET-M35-39	78	1:49:30	05:10	1:49:07
374	339	CLÁUDIA PIMPAREL	SHOTS INTERNATION RUNNERS	f	23	VET-F40-44	9	1:49:36	05:11	1:49:26
375	642	JOSÉ ALVES	SÓ PARA A CAMISOLA	m	352	VET-M45-49	54	1:49:43	05:10	1:49:13
376	468	MÁRIO SIMÕES	PASTELARIA RIAPARQUE	m	353	VET-M50-54	31	1:49:45	05:11	1:49:29
377	688	JOÃO VAZ	INDIVIDUAL	m	354	SEN-M	80	1:49:47	05:10	1:49:11
378	98	MIGUEL PIMENTEL	INDIVIDUAL	m	355	VET-M40-44	86	1:49:47	05:11	1:49:23
379	61	JOEL AZEVEDO	INDIVIDUAL	m	356	VET-M35-39	79	1:49:59	05:12	1:49:57
380	84	HUGO NUNES	INDIVIDUAL	m	357	SEN-M	81	1:50:02	05:11	1:49:38
381	730	ANTÓNIO OLIVEIRA	INDIVIDUAL	m	358	VET-M50-54	32	1:50:06	05:11	1:49:40
382	53	EDUARDO GOMES	INDIVIDUAL	m	359	VET-M45-49	55	1:50:17	05:12	1:49:47
383	532	FILIPPE COSTA	ADREQUEIXO	m	360	JUN-M	3	1:50:18	05:11	1:49:38
384	378	DAVID NOGUEIRA	INDIVIDUAL	m	361	VET-M35-39	80	1:50:20	05:12	1:49:52
385	536	RAUL FERREIRA	PINTO FERREIRA	m	362	SEN-M	82	1:50:20	05:12	1:49:47
386	424	FRANCISCO MENDES	BIO TEAM RUN	m	363	VET-M40-44	87	1:50:25	05:13	1:50:18
387	784	SUZETE MARCO	CLUBE GRECAS VAGOS	f	24	VET-F40-44	10	1:50:38	05:14	1:50:32
388	119	RUI SILVA	INDIVIDUAL	m	364	VET-M50-54	33	1:50:38	05:13	1:50:20
389	393	PEDRO SILVEIRA	AMIGOS DAS SAPATILHAS	m	365	VET-M35-39	81	1:50:39	05:14	1:50:30
390	498	JOÃO LEÃO	INDIVIDUAL	m	366	VET-M45-49	56	1:50:44	05:12	1:49:58
391	538	NELSON VIEIRA	INDIVIDUAL	m	367	VET-M40-44	88	1:50:46	05:13	1:50:21
392	703	CARLA REIS	INDIVIDUAL	f	25	SEN-F	9	1:50:50	05:13	1:50:23
393	157	RICARDO RIBEIRO	S&M	m	368	VET-M45-49	57	1:50:57	05:13	1:50:18
394	714	HENRIQUE BORGES	INDIVIDUAL	m	369	VET-M45-49	58	1:50:57	05:14	1:50:37

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
395	330	JOÃO DIAS	OFRUNNING	m	370	VET-M45-49	59	1:50:59	05:15	1:50:52
396	46	PAULO SILVA	CRAZY PAPA KM'S	m	371	VET-M45-49	60	1:51:04	05:14	1:50:41
397	118	ABÍLIO XAVIER	INDIVIDUAL	m	372	VET-M35-39	82	1:51:09	05:15	1:50:48
398	90	ANA RICARDO	N. A. CUCUJÃES	f	26	SEN-F	10	1:51:09	05:14	1:50:32
399	678	JOSE ESTEVES	INDIVIDUAL	m	373	VET-M55-59	14	1:51:09	05:14	1:50:40
400	475	CARLOS SILVA	INDIVIDUAL	m	374	VET-M40-44	89	1:51:12	05:14	1:50:28
401	221	PAULO TAVARES	INDIVIDUAL	m	375	VET-M35-39	83	1:51:24	05:15	1:51:00
402	408	CARLA CARDOSO	SC BEIRA-MAR	f	27	VET-F40-44	11	1:51:24	05:16	1:51:20
403	414	PAULO RÉ	INDIVIDUAL	m	376	VET-M45-49	61	1:51:29	05:14	1:50:43
404	235	MAFALDA OLIVEIRA	ATLÉTICO DA MADALENA	f	28	SEN-F	11	1:51:29	05:14	1:50:43
405	178	MARIO SAMPAIO	CSRDC SANTIAGO	m	377	VET-M60	12	1:51:37	05:17	1:51:33
406	160	MARCO CUSTÓDIO	INDIVIDUAL	m	378	SEN-M	83	1:51:40	05:17	1:51:28
407	638	VERA VENTURA	SÓ PARA A CAMISOLA	f	29	SEN-F	12	1:51:49	05:16	1:51:19
408	27	FERNANDO BANCA	CRAZY PAPA KM'S	m	379	VET-M40-44	90	1:51:51	05:17	1:51:27
409	205	JORGE GONÇALVES	GTEAM	m	380	VET-M35-39	84	1:52:00	05:17	1:51:44
410	735	RICARDO MAIA	HELIFLEX	m	381	VET-M35-39	85	1:52:01	05:17	1:51:35
411	733	HENRIQUE BARBEDO	HELIFLEX	m	382	VET-M45-49	62	1:52:02	05:17	1:51:37
412	734	SERGIO CUNHA	HELIFLEX	m	383	VET-M40-44	91	1:52:04	05:17	1:51:39
413	659	HUGUES ALMEIDA	PACERS	m	384	SEN-M	84	1:52:09	05:17	1:51:35
414	495	NÉLIA SANTOS	INDIVIDUAL	f	30	VET-F45-49	3	1:52:25	05:17	1:51:40
415	287	MANUEL SANTOS SILVA	INDIVIDUAL	m	385	VET-M45-49	63	1:52:33	05:19	1:52:11
416	337	DANIEL VIEIRA	INDIVIDUAL	m	386	SEN-M	85	1:52:40	05:18	1:52:03
417	462	EDUARDO MARTINS	GRUNIL	m	387	SEN-M	86	1:52:56	05:19	1:52:27
418	691	NUNO ALEGRIA	INDIVIDUAL	m	388	VET-M40-44	92	1:52:59	05:19	1:52:18
419	153	DANIEL MALHEIRO	ANDAR A CORRER	m	389	VET-M50-54	34	1:53:07	05:20	1:52:36
420	275	ANA MARIA BARBOSA	TRIO MARAVILHA	f	31	VET-F55-59	1	1:53:16	05:20	1:52:50
421	76	FILIPE COSTA	INDIVIDUAL	m	390	VET-M35-39	86	1:53:21	05:20	1:52:31
422	318	FERNANDO CARAPELHO	GRUPO DESPORTIVO GAFANHA	m	391	VET-M35-39	87	1:53:21	05:20	1:52:39
423	902	ANA GAMA	INDIVIDUAL	f	32	SEN-F	13	1:53:22	05:21	1:53:00
424	516	JOAQUIM MENESES	VETERANOS PORTO	m	392	VET-M60	13	1:53:23	05:20	1:52:47
425	81	FERNANDO AZEVEDO	INDIVIDUAL	m	393	VET-M55-59	15	1:53:24	05:21	1:53:10
426	563	JOAQUIM MOREIRA	PORTO SENTIDO RUNNERS	m	394	VET-M45-49	64	1:53:28	05:21	1:53:06
427	549	SARA NUNES	AFISOVAR	f	33	VET-F35-39	4	1:53:28	05:21	1:53:06
428	249	ARMÉNIO NEVES	VAMOS CORRER EM ÍLHAVO	m	395	VET-M60	14	1:53:32	05:22	1:53:21
429	655	FRANCISCO FONSECA	PACERS	m	396	SEN-M	87	1:53:33	05:21	1:52:58
430	698	HERNÂNI AMARAL	ROYAL TEAM	m	397	VET-M60	15	1:53:34	05:22	1:53:17
431	444	JOÃO SANTOS	FREETICS VAGOS	m	398	VET-M35-39	88	1:53:41	05:21	1:53:07
432	755	RUI PINTO	RUNNING ESPINHO	m	399	VET-M40-44	93	1:53:46	05:23	1:53:38
433	156	JOÃO MÁRIO	ANDAR A CORRER	m	400	VET-M50-54	35	1:53:51	05:22	1:53:16
434	802	LUISA MARIA LEMOS MOTA	CORRE RIA	f	34	SEN-F	14	1:53:51	05:22	1:53:33
435	200	NATÉRCIA SANTIAGO	NOKIA RUNNERS	f	35	VET-F40-44	12	1:53:52	05:22	1:53:15
436	207	SANDRA NUNES	REUMATICOS TEAM	f	36	VET-F35-39	5	1:53:59	05:24	1:53:55
437	449	VITOR NETO	HELIFLEX	m	401	VET-M40-44	94	1:54:02	05:22	1:53:20
438	677	ORLANDA REGO	GAIA RUNNING	f	37	VET-F45-49	4	1:54:06	05:23	1:53:51

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
439	631	VITOR FERNANDES	GAIA RUNNING	m	402	VET-M40-44	95	1:54:06	05:23	1:53:51
440	412	CARLOS GAMELAS	INDIVIDUAL	m	403	VET-M35-39	89	1:54:09	05:22	1:53:20
441	750	ANTÓNIO RATOLA	INDIVIDUAL	m	404	SEN-M	88	1:54:13	05:23	1:53:52
442	286	JULIO TOME	INDIVIDUAL	m	405	VET-M40-44	96	1:54:14	05:22	1:53:33
443	479	JOÃO ALEXANDRE MATOS	ELECTREX	m	406	VET-M40-44	97	1:54:14	05:24	1:54:03
444	386	EDUARDO FERREIRA	INDIVIDUAL	m	407	VET-M45-49	65	1:54:20	05:23	1:53:51
445	612	MANUEL ESTEVES BRANDÃO	INDIVIDUAL	m	408	SEN-M	89	1:54:30	05:24	1:54:13
446	274	JOSE VIEIRA	INDIVIDUAL	m	409	VET-M45-49	66	1:54:39	05:24	1:54:04
447	63	PAULO PINTO	INDIVIDUAL	m	410	VET-M45-49	67	1:54:51	05:25	1:54:35
448	541	ARLINDO SANTOS	DAR-RECARDAES	m	411	VET-M60	16	1:55:05	05:26	1:54:38
449	729	DANIELA SANTOS	KO TRAIL RUNNING	f	38	SEN-F	15	1:55:11	05:26	1:54:53
450	910	FILIPE SILVA		m	412	VET-M40-44	98	1:55:12	05:26	1:54:53
451	195	JOANA TAVARES	NOKIA RUNNERS	f	39	VET-F35-39	6	1:55:13	05:25	1:54:37
452	359	RUI GOMES	INDIVIDUAL	m	413	VET-M50-54	36	1:55:13	05:26	1:54:49
453	174	PAULO BAPTISTA	BOSCH TERMOTECNOLOGIA SA	m	414	SEN-M	90	1:55:14	05:27	1:55:03
454	187	LILIANA COSTA	GRUPO FONTES RUNNING TEAM	f	40	SEN-F	16	1:55:16	05:27	1:55:07
455	588	NUNO VEIGA	INDIVIDUAL	m	415	VET-M50-54	37	1:55:18	05:26	1:54:53
456	18	ALEXANDRE DUARTE	CORRERIA	m	416	VET-M40-44	99	1:55:29	05:26	1:54:58
457	91	AGOSTINHO CAPELA	INDIVIDUAL	m	417	VET-M40-44	100	1:55:29	05:26	1:54:57
458	273	JOSE COUTINHO	AMIGOS DA PICUA	m	418	VET-M35-39	90	1:55:30	05:27	1:55:14
459	624	ANA LUISA PEREIRA	TUGAS NA ESTRADA	f	41	VET-F40-44	13	1:55:33	05:27	1:54:59
460	404	MANUEL PAIVA	INDIVIDUAL	m	419	VET-M60	17	1:55:41	05:28	1:55:35
461	403	PEDRO PAIVA	INDIVIDUAL	m	420	VET-M40-44	101	1:55:41	05:28	1:55:35
462	122	PATRICK MENDONÇA	INDIVIDUAL	m	421	SEN-M	91	1:55:42	05:28	1:55:22
463	584	MIGUEL CARDOSO	INDIVIDUAL	m	422	VET-M35-39	91	1:55:43	05:27	1:55:12
464	681	LILIANA SILVA	AGD SPORTSACADEMY	f	42	VET-F35-39	7	1:55:48	05:28	1:55:33
465	680	MIGUEL ABRANTES	AGD SPORTSACADEMY	m	423	VET-M40-44	102	1:55:48	05:28	1:55:33
466	66	RUI MARTINS	RUN&FUN	m	424	VET-M45-49	68	1:55:51	05:27	1:55:10
467	710	JOSE MANUEL TEIXEIRA	AMARANTE RUNNING TEAM	m	425	VET-M60	18	1:55:54	05:28	1:55:23
468	494	JOAQUIM FIRMINO MENDES	MONT. TRAIL RUNING/EFAPEL	m	426	VET-M50-54	38	1:55:55	05:27	1:55:14
469	911	SARA CARDOSO		f	43	SEN-F	17	1:56:07	05:28	1:55:40
470	92	TIAGO TAVARES	INDIVIDUAL	m	427	SEN-M	92	1:56:17	05:28	1:55:34
471	261	JOSÉ FALCÃO	ADRLCE	m	428	VET-M60	19	1:56:23	05:30	1:56:03
472	83	TIAGO PINHO	INDIVIDUAL	m	429	SEN-M	93	1:56:27	05:30	1:56:14
473	73	JOSE LUIS FERREIRA	INDIVIDUAL	m	430	VET-M50-54	39	1:56:32	05:29	1:55:52
474	570	PAULO FEITEIRA	OS KETUNTOS	m	431	VET-M40-44	103	1:56:44	05:30	1:56:04
475	162	FILIPE MARTINS	BOSCH TERMOTECNOLOGIA SA	m	432	SEN-M	94	1:56:45	05:29	1:55:57
476	456	NUNO CAMPOS	CGA	m	433	VET-M35-39	92	1:56:45	05:30	1:56:19
477	216	OTÍLIA PEDROSA	INDIVIDUAL	f	44	SEN-F	18	1:56:46	05:30	1:56:20
478	619	LUÍS SAMPAIO	CANIANOS	m	434	VET-M35-39	93	1:56:48	05:30	1:56:08
479	808	RICARDO DUARTE	CERVEIRA TEAM RUNNING	m	435	SEN-M	95	1:56:50	05:31	1:56:40
480	115	VITOR VIEIRA	ALL ABOUT	m	436	VET-M50-54	40	1:56:52	05:31	1:56:39
481	752	PEDRO PAULO RATOLA	INDIVIDUAL	m	437	SEN-M	96	1:56:52	05:31	1:56:31
482	399	PEDRO GOMES	INDIVIDUAL	m	438	VET-M55-59	16	1:56:58	05:31	1:56:31

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
483	780	MÁRCIA COSTA	JUVENTUDE CORTEGACENSE	f	45	VET-F40-44	14	1:57:00	05:31	1:56:37
484	656	MIRIAM MARTINS	PACERS	f	46	SEN-F	19	1:57:01	05:31	1:56:23
485	23	RUI BARROS	CORRERIA	m	439	SEN-M	97	1:57:03	05:32	1:56:45
486	708	ELISABETE REPAS	GAIA—RUNNING	f	47	VET-F50-54	2	1:57:05	05:32	1:56:50
487	228	ANA COELHO	GAIA RUNNING	f	48	VET-F35-39	8	1:57:05	05:32	1:56:47
488	319	BRUNO COSTA	INDIVIDUAL	m	440	VET-M35-39	94	1:57:07	05:31	1:56:25
489	346	VITOR GOMES	CLUVE	m	441	VET-M50-54	41	1:57:19	05:33	1:57:10
490	637	RUI MIGUEL SOUSA TAVARES	INDIVIDUAL	m	442	SEN-M	98	1:57:28	05:31	1:56:30
491	464	EDUARDO FERREIRA	RUNNER'S DO DEMO	m	443	SEN-M	99	1:57:32	05:32	1:56:55
492	640	TERESA MARTINS	SÓ PARA A CAMISOLA	f	49	VET-F35-39	9	1:57:33	05:32	1:57:03
493	242	ANDRÉ CAMPOS	INDIVIDUAL	m	444	SEN-M	100	1:57:36	05:32	1:57:00
494	35	BRUNO ALVES	INDIVIDUAL	m	445	VET-M35-39	95	1:57:42	05:33	1:57:06
495	201	NELSON SILVA	NOKIA RUNNERS	m	446	SEN-M	101	1:57:56	05:33	1:57:19
496	344	HUMBERTO OLIVEIRA	UNIÃO CLUVE EIRENSE	m	447	VET-M40-44	104	1:58:10	05:35	1:58:00
497	328	SANDRO SOARES	INDIVIDUAL	m	448	VET-M35-39	96	1:58:11	05:34	1:57:31
498	143	DULCE ALMEIDA	CFA	f	50	VET-F45-49	5	1:58:12	05:34	1:57:31
499	317	RUI SOARES	INDIVIDUAL	m	449	VET-M45-49	69	1:58:12	05:34	1:57:44
500	136	DIOGO PINTO	INDIVIDUAL	m	450	SEN-M	102	1:58:31	05:36	1:58:18
501	137	MARISA CARREIRA	INDIVIDUAL	f	51	SEN-F	20	1:58:31	05:36	1:58:18
502	142	RUI RODRIGUES	GAIA RUNNING	m	451	VET-M40-44	105	1:58:42	05:36	1:58:25
503	670	MIGUEL CUNHA	SPORT CLUBE BEIRA-MAR	m	452	SEN-M	103	1:58:46	05:36	1:58:14
504	385	FRANCISCO BASTOS	CIRES RUNNING TEAM	m	453	VET-M45-49	70	1:58:46	05:36	1:58:11
505	175	INES ALMEIDA	AVEIRO RUNNERS	f	52	VET-F40-44	15	1:58:49	05:37	1:58:30
506	757	JOSÉ MAIA	RUNNING ESPINHO	m	454	SEN-M	104	1:58:53	05:36	1:58:11
507	364	RICARDO BASTOS	A A LEBRES DO SADO	m	455	VET-M50-54	42	1:58:55	05:36	1:58:27
508	220	SAMUEL MATOS	ADC SÃO JACINTO	m	456	SEN-M	105	1:58:58	05:37	1:58:31
509	716	JOÃO F SILVA	IEETA TEAM	m	457	SEN-M	106	1:58:59	05:35	1:58:00
510	208	FERNANDO MARQUES	CASTRO MARQUES	m	458	VET-M35-39	97	1:59:08	05:37	1:58:38
511	513	PEDRO DIAS	INDIVIDUAL	m	459	SEN-M	107	1:59:18	05:37	1:58:40
512	234	ISABEL RIBAU	ÉPICOS	f	53	VET-F40-44	16	1:59:22	05:37	1:58:35
513	231	DANIELA FERREIRA	ÉPICOS	f	54	VET-F35-39	10	1:59:26	05:37	1:58:39
514	787	GORETI COUTO	INDIVIDUAL	f	55	VET-F35-39	11	1:59:27	05:38	1:59:04
515	97	NUNO SEIXAS	INDIVIDUAL	m	460	VET-M35-39	98	1:59:32	05:38	1:59:01
516	15	JOSÉ MANUEL COSTA	MOLINHAS TEAM	m	461	VET-M50-54	43	1:59:43	05:39	1:59:22
517	381	CRISTINA SANTOS	CMMC ÁGUEDA	f	56	VET-F45-49	6	1:59:43	05:40	1:59:38
518	445	AVELINO SILVA	CMMC ÁGUEDA	m	462	VET-M60	20	1:59:43	05:40	1:59:39
519	561	RICARDO SILVA	CCD-RENAULT - CACIA	m	463	SEN-M	108	1:59:52	05:21	1:53:09
520	173	JOÃO MAIA	BOSCH TERMOTECNOLOGIA SA	m	464	VET-M55-59	17	1:59:55	05:39	1:59:12
521	635	JOSÉ RODRIGUES	GAIA RUNNING	m	465	VET-M50-54	44	2:00:07	05:40	1:59:49
522	150	NUNO FONTOURA	ANDAR A CORRER	m	466	VET-M35-39	99	2:00:15	05:40	1:59:43
523	486	DIOGO CRESPO	INDIVIDUAL	m	467	SEN-M	109	2:00:16	05:40	1:59:47
524	487	RICARDO CUNHA	INDIVIDUAL	m	468	VET-M35-39	100	2:00:19	05:40	1:59:43
525	149	JOSÉ LUIS ALVES	ANDAR A CORRER	m	469	VET-M50-54	45	2:00:24	05:40	1:59:50
526	146	GISELA SOFIA RIBAU	ANDAR A CORRER	f	57	VET-F35-39	12	2:00:24	05:40	1:59:51

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
527	189	FÁBIO FERREIRA	GESINSERDE TEAM	m	470	VET-M35-39	101	2:00:25	05:40	1:59:49
528	643	ANTÓNIO BATEL	INDIVIDUAL	m	471	VET-M40-44	106	2:00:26	05:40	1:59:42
529	529	CARLOS BARROSO	INDIVIDUAL	m	472	VET-M50-54	46	2:00:29	05:41	1:59:57
530	34	RUI BARROS	INDIVIDUAL	m	473	VET-M45-49	71	2:00:34	05:42	2:00:26
531	514	RUI GUIMARAES	CÃES D'AVENIDA	m	474	VET-M35-39	102	2:00:35	05:41	2:00:10
532	320	ANDRÉ CAPOTE	INDIVIDUAL	m	475	VET-M35-39	103	2:00:43	05:41	2:00:00
533	781	PAULO ABREU	AMARANTE RUNNING TEAM	m	476	VET-M45-49	72	2:00:44	05:41	2:00:14
534	151	ANTÓNIO SANTOS	ANDAR A CORRER	m	477	VET-M45-49	73	2:00:44	05:41	2:00:10
535	248	ANABELA LEITE	INDIVIDUAL	f	58	VET-F40-44	17	2:00:50	05:41	2:00:13
536	306	PEDRO MARQUES	BORABORA, VAMOS LÁ!	m	478	VET-M40-44	107	2:00:50	05:41	2:00:09
537	302	CRISTINA RIOS	STUNNING MOLECULE	f	59	VET-F40-44	18	2:00:52	05:41	2:00:03
538	123	LÍGIA CASIMIRO	CIRES RUNNING TEAM	f	60	VET-F40-44	19	2:00:55	05:42	2:00:21
539	566	PAULO PEDRA	EDV-VIANATRAIL	m	479	VET-M45-49	74	2:01:06	05:44	2:01:01
540	739	JOSE MOREIRA	INDIVIDUAL	m	480	VET-M35-39	104	2:01:11	05:43	2:00:55
541	244	INÊS PEREIRA	PONTO ZEN	f	61	SEN-F	21	2:01:12	05:43	2:00:43
542	182	BRIAN FERREIRA	INDIVIDUAL	m	481	SEN-M	110	2:01:22	05:43	2:00:39
543	241	RICARDO MARTINS	INDIVIDUAL	m	482	VET-M35-39	105	2:01:24	05:44	2:01:13
544	55	EDUARDO PAIS	INDIVIDUAL	m	483	VET-M35-39	106	2:01:36	05:45	2:01:21
545	243	ANGELA BRAMÃO	PONTO ZEN	f	62	VET-F35-39	13	2:01:38	05:44	2:01:10
546	140	PAULO FERREIRA	PONTO ZEN	m	484	VET-M35-39	107	2:01:39	05:44	2:01:10
547	577	FLORBELA PEIXOTO	INDIVIDUAL	f	63	VET-F35-39	14	2:01:44	05:44	2:01:08
548	622	JOSÉ NOGUEIRA	TUGAS NA ESTRADA	m	485	VET-M55-59	18	2:01:46	05:44	2:01:11
549	625	RICARDO NETO	TUGAS NA ESTRADA	m	486	VET-M55-59	19	2:01:46	05:44	2:01:12
550	426	LARA AZAMBUJO	RUN@FIGUEIRA	f	64	SEN-F	22	2:01:58	05:45	2:01:26
551	421	SUSANA CABRAL	RUN@FIGUEIRA	f	65	VET-F40-44	20	2:01:58	05:45	2:01:26
552	360	LILIANA RIBEIRO	CROSSFIT AVEIRO	f	66	SEN-F	23	2:02:00	05:45	2:01:19
553	484	JOÃO DONO	INDIVIDUAL	m	487	VET-M45-49	75	2:02:00	05:45	2:01:21
554	75	PEDRO FERREIRA	INDIVIDUAL	m	488	VET-M40-44	108	2:02:14	05:45	2:01:39
555	488	PEDRO CONDE	INDIVIDUAL	m	489	VET-M35-39	108	2:02:28	05:46	2:01:51
556	391	HERCULANO CARDOSO	A.C.VERMOIM	m	490	VET-M50-54	47	2:02:28	05:47	2:02:11
557	312	DANIEL LOPES	A D RIO LARGO C ESPINHO	m	491	SEN-M	111	2:02:36	05:48	2:02:33
558	455	DÁRIO CANAS	INDIVIDUAL	m	492	VET-M35-39	109	2:02:39	05:46	2:01:56
559	329	RUI PEREIRA	OFRUNNING	m	493	VET-M35-39	110	2:02:48	05:48	2:02:41
560	548	ALCINO PATOILLO	CCD - RENAULT, CACIA	m	494	VET-M45-49	76	2:02:49	05:47	2:02:02
561	515	MARCO COSTA	INDIVIDUAL	m	495	VET-M35-39	111	2:02:50	05:47	2:02:01
562	104	PEDRO TAVARES	INDIVIDUAL	m	496	SEN-M	112	2:02:50	05:47	2:02:12
563	740	LUIS BASTIÃO	INDIVIDUAL	m	497	JUN-M	4	2:02:50	05:46	2:01:57
564	696	ALEXANDRE RITCHIE	RUN@FIGUEIRA	m	498	VET-M40-44	109	2:02:57	05:48	2:02:25
565	401	ANA MONTEZ	INDIVIDUAL	f	67	SEN-F	24	2:03:00	05:48	2:02:27
566	567	JOAQUIM COSTA	AMARANTE RUNNING TEAM	m	499	VET-M45-49	77	2:03:04	05:48	2:02:35
567	250	JULIO COSTA	INDIVIDUAL	m	500	VET-M45-49	78	2:03:11	05:48	2:02:22
568	26	RENATO RIBEIRO	CRAZY PAPA KM'S	m	501	VET-M35-39	112	2:03:14	05:49	2:02:50
569	322	JOÃO REDONDO	INDIVIDUAL	m	502	VET-M55-59	20	2:03:18	05:50	2:03:08
570	32	PEDRO FIGUEIREDO	INDIVIDUAL	m	503	VET-M40-44	110	2:03:23	05:48	2:02:31

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
571	199	ANDRÉ TAVARES	NOKIA RUNNERS	m	504	VET-M35-39	113	2:03:32	05:49	2:02:54
572	454	ARMANDO DELGADO	CASA BENFICA FIGUEIRA FOZ	m	505	VET-M60	21	2:03:35	05:51	2:03:28
573	794	PAULO LEITE	ALL ABOUT SPIRIT TEAM	m	506	VET-M50-54	48	2:03:38	05:51	2:03:27
574	792	ELSA MARTA SILVA	TARTARUGAS DO ASFALTO	f	68	VET-F40-44	21	2:03:39	05:51	2:03:27
575	24	ALBERTO BRANCO	INDIVIDUAL	m	507	VET-M45-49	79	2:03:54	05:50	2:03:21
576	731	CARLA ROSA	INDIVIDUAL	f	69	VET-F40-44	22	2:04:01	05:51	2:03:35
577	54	ABÍLIO TEIXEIRA	SCIRUNNERS	m	508	VET-M35-39	114	2:04:02	05:52	2:03:47
578	477	ANTÓNIO MELO	CORRER VISEU	m	509	VET-M50-54	49	2:04:16	05:52	2:03:49
579	503	ISABEL INÁCIO	CORRER VISEU	f	70	VET-F45-49	7	2:04:16	05:52	2:03:49
580	482	FILIPE AIROSA	INDIVIDUAL	m	510	SEN-M	113	2:04:30	05:52	2:03:49
581	42	MARIA CARVALHO	INDIVIDUAL	f	71	SEN-F	25	2:04:37	05:52	2:03:53
582	352	MARCO MORGADO	INDIVIDUAL	m	511	VET-M35-39	115	2:04:38	05:52	2:04:04
583	434	PEDRO RUANO DE CASTRO	INDIVIDUAL	m	512	VET-M45-49	80	2:04:48	05:53	2:04:12
584	634	JORGE PEREIRA	GAIA RUNNING	m	513	VET-M40-44	111	2:04:50	05:54	2:04:35
585	326	MARIA JOSÉ MOREIRA	3DUKES	f	72	VET-F40-44	23	2:04:52	05:53	2:04:23
586	478	LUIS RODRIGUES	RUN@FIGUEIRA	m	514	VET-M45-49	81	2:04:56	05:53	2:04:26
587	237	JOÃO SOARES	CLUVE	m	515	SEN-M	114	2:04:59	05:55	2:04:57
588	13	MARTA SENOS	INDIVIDUAL	f	73	SEN-F	26	2:05:07	05:54	2:04:41
589	62	GORETE MOREIRA	INDIVIDUAL	f	74	SEN-F	27	2:05:07	05:54	2:04:41
590	600	MARÍLIA VIEIRA	INDIVIDUAL	f	75	VET-F40-44	24	2:05:09	05:53	2:04:24
591	289	LUÍS GOMES	INDIVIDUAL	m	516	SEN-M	115	2:05:10	05:54	2:04:31
592	334	ANGELINA SILVA	INDIVIDUAL	f	76	VET-F50-54	3	2:05:30	05:56	2:05:15
593	511	AGOSTINHO FONTES	RUN TO BE ALIVE	m	517	VET-M55-59	21	2:05:48	05:55	2:05:08
594	37	NUNO MARNOTO	INDIVIDUAL	m	518	VET-M40-44	112	2:05:55	05:57	2:05:40
595	569	MARCOS FEITEIRA	OS KETUNTOS	m	519	VET-M35-39	116	2:05:58	05:56	2:05:18
596	700	PEDRO VICENTE	INDIVIDUAL	m	520	VET-M50-54	50	2:06:08	05:57	2:05:40
597	446	ANDRÉ PEREIRA	INDIVIDUAL	m	521	SEN-M	116	2:06:37	05:59	2:06:25
598	481	ALICE VIDINHA	INDIVIDUAL	f	77	SEN-F	28	2:06:41	05:58	2:06:04
599	197	JOÃO GOMES	NOKIA RUNNERS	m	522	VET-M40-44	113	2:06:41	05:58	2:06:02
600	48	JORGE MARQUES	INDIVIDUAL	m	523	VET-M40-44	114	2:06:54	05:59	2:06:18
601	10	ANTONIO LOUREIRO	INDIVIDUAL	m	524	VET-M35-39	117	2:07:12	05:59	2:06:22
602	697	JORGE NUNES	ADRC MATA DE BENFICA	m	525	VET-M35-39	118	2:07:14	06:00	2:06:41
603	282	MÁRIO CARVALHO	OFRUNNING	m	526	VET-M35-39	119	2:07:31	06:02	2:07:24
604	667	SARA SANTOS	SPORT CLUBE BEIRA-MAR	f	78	VET-F35-39	15	2:07:48	06:01	2:07:09
605	215	ROGÉRIO SILVA	INDIVIDUAL	m	527	VET-M40-44	115	2:07:53	06:02	2:07:19
606	537	JÚLIO FERREIRA	PINTO FERREIRA	m	528	VET-M60	22	2:08:05	06:02	2:07:32
607	437	LILIANA SIMÕES	INDIVIDUAL	f	79	VET-F40-44	25	2:08:10	06:02	2:07:28
608	20	RUI JORGE FERREIRA	INDIVIDUAL	m	529	VET-M45-49	82	2:08:11	06:03	2:07:48
609	171	CARLOS MARTINS	BOSCH TERMOTECNOLOGIA SA	m	530	VET-M50-54	51	2:08:12	06:03	2:07:57
610	269	ANTÓNIO TEIXEIRA	AMIGOS DA PICUA	m	531	VET-M50-54	52	2:08:13	06:04	2:08:07
611	628	GLÓRIA MONTEIRO	TARTARUGAS DO ASFALTO	f	80	VET-F40-44	26	2:08:14	06:02	2:07:34
612	501	MANUEL SILVA	INDIVIDUAL	m	532	VET-M45-49	83	2:08:15	06:03	2:07:56
613	551	JOEL SILVA	INDIVIDUAL	m	533	SEN-M	117	2:08:19	06:04	2:08:06
614	154	JOSÉ SÃO MARCOS	ANDAR A CORRER	m	534	VET-M50-54	53	2:08:28	06:03	2:07:57

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
615	764	GABRIELA VEIGA	RUNNING ESPINHO	f	81	VET-F40-44	27	2:08:35	06:05	2:08:26
616	96	ANA PAULA TEIXEIRA	INDIVIDUAL	f	82	VET-F50-54	4	2:08:42	06:04	2:08:06
617	170	RICARDO BOTELHO	BOSCH TERMOTECNOLOGIA SA	m	535	VET-M35-39	120	2:08:43	06:04	2:08:03
618	11	MARTA LOUREIRO	INDIVIDUAL	f	83	VET-F35-39	16	2:09:05	06:04	2:08:18
619	582	RICARDO FONTE	CANIANOS	m	536	VET-M40-44	116	2:09:11	06:05	2:08:30
620	665	JUAN FERREIRA	SPORT CLUBE BEIRA-MAR	m	537	VET-M40-44	117	2:09:36	06:06	2:08:56
621	413	BAGUI SALVADO	INDIVIDUAL	f	84	VET-F35-39	17	2:09:36	06:06	2:08:48
622	238	MARIA LOBO	INDIVIDUAL	f	85	SEN-F	29	2:09:48	06:07	2:09:09
623	390	VÍTOR SOUSA	INDIVIDUAL	m	538	SEN-M	118	2:09:55	06:07	2:09:06
624	738	ALDA CORDEIRO	LADECASA	f	86	VET-F45-49	8	2:10:15	06:09	2:09:48
625	611	FÁBIO FIGUEIREDO	INDIVIDUAL	m	539	JUN-M	5	2:10:46	06:10	2:10:06
626	128	CLAUDIA NOGUEIRA	INDIVIDUAL	f	87	SEN-F	30	2:10:53	06:10	2:10:22
627	603	NÁDIA VALENTE	INDIVIDUAL	f	88	SEN-F	31	2:11:04	06:10	2:10:22
628	74	LUIS PAULO FERREIRA	INDIVIDUAL	m	540	VET-M50-54	54	2:11:45	06:12	2:11:02
629	760	JOSÉ SILVA	RUNNING ESPINHO	m	541	VET-M40-44	118	2:11:57	06:14	2:11:50
630	605	MIGUEL MIRANDA	INDIVIDUAL	m	542	VET-M35-39	121	2:11:59	06:13	2:11:12
631	627	ALBANO LOUREIRO	INDIVIDUAL	m	543	VET-M45-49	84	2:12:00	06:13	2:11:12
632	211	JOSÉ PINHAL	INDIVIDUAL	m	544	VET-M45-49	85	2:13:14	06:16	2:12:29
633	777	ANABELA MARQUES	JUVENTUDE CORTEGACENSE	f	89	VET-F40-44	28	2:13:22	06:18	2:12:59
634	21	NELSON SIMÕES	BERNAS RUN	m	545	VET-M35-39	122	2:13:46	06:18	2:12:57
635	147	JOÃO PAULO CARVALHO	ANDAR A CORRER	m	546	VET-M50-54	55	2:13:56	06:19	2:13:21
636	101	MIGUEL PEREIRA	INDIVIDUAL	m	547	VET-M40-44	119	2:14:07	06:19	2:13:23
637	398	AGOSTINHO GOMES	INDIVIDUAL	m	548	VET-M55-59	22	2:14:19	06:19	2:13:30
638	463	TIAGO LOPES	INDIVIDUAL	m	549	VET-M40-44	120	2:14:31	06:20	2:13:54
639	905	ROSA CAÇADOR	INDIVIDUAL	f	90	VET-F50-54	5	2:14:48	06:21	2:14:03
640	158	PHILIPPE DOMINGUES	CFA	m	550	VET-M45-49	86	2:14:48	06:21	2:14:07
641	332	FERNANDO MARQUES	INDIVIDUAL	m	551	VET-M45-49	87	2:14:51	06:21	2:14:04
642	552	EUGÉNIO SANTOS	INDIVIDUAL	m	552	VET-M50-54	56	2:15:00	06:21	2:14:10
643	553	ANCA SANTOS	INDIVIDUAL	f	91	SEN-F	32	2:15:00	06:21	2:14:10
644	247	ALBERTINA GONÇALVES	LOUSADA RUNNERS	f	92	VET-F35-39	18	2:15:16	06:23	2:14:44
645	395	CÁTIA COELHO	BESJOGING	f	93	SEN-F	33	2:15:21	06:22	2:14:37
646	601	RUI SIMÕES	INDIVIDUAL	m	553	VET-M40-44	121	2:15:29	06:23	2:14:43
647	294	HELENA AMARO	INDIVIDUAL	f	94	VET-F35-39	19	2:15:43	06:25	2:15:24
648	100	LUÍSA CIRNE	INDIVIDUAL	f	95	VET-F35-39	20	2:15:43	06:25	2:15:41
649	338	ANDRÉ PINTO	INDIVIDUAL	m	554	SEN-M	119	2:15:53	06:24	2:15:18
650	809	ANA SILVA		f	96	VET-F35-39	21	2:16:05	06:25	2:15:28
651	782	IVA SILVA	EDV-VIANATRIL	f	97	VET-F35-39	22	2:16:13	06:25	2:15:35
652	316	CATARINA MÓNICA	GUERREIROS DA MANHÃ	f	98	VET-F40-44	29	2:16:30	06:26	2:16:04
653	568	NATERCIA TEIXEIRA	AMARANTE RUNNING TEAM	f	99	VET-F45-49	9	2:16:33	06:26	2:16:03
654	379	LUIS ALMEIDA	INDIVIDUAL	m	555	VET-M40-44	122	2:16:40	06:27	2:16:10
655	112	ISABEL ESTEVES	MOLINHAS TEAM	f	100	VET-F45-49	10	2:17:02	06:27	2:16:17
656	706	CÉSAR ALVES	AFISOVAR	m	556	VET-M40-44	123	2:17:07	06:29	2:16:53
657	323	ANDRÉ NAZÁRIO	INDIVIDUAL	m	557	VET-M35-39	123	2:17:08	06:27	2:16:20
658	535	ADRIANA SILVA	INDIVIDUAL	f	101	VET-F40-44	30	2:17:22	06:28	2:16:41

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
659	618	JOSÉ ANDRADE	X5 HEALTH CLUB	m	558	VET-M45-49	88	2:17:39	06:31	2:17:30
660	152	ANA RAFEIRO	ANDAR A CORRER	f	102	VET-F40-44	31	2:17:52	06:30	2:17:18
661	116	ROSA TAVARES	INDIVIDUAL	f	103	VET-F40-44	32	2:17:53	06:30	2:17:10
662	362	MARGARIDA CARVALHO	VAMOS CORRER EM ÍLHAVO	f	104	VET-F45-49	11	2:17:53	06:30	2:17:19
663	522	JOAO ORVALHO	INDIVIDUAL	m	559	VET-M55-59	23	2:17:54	06:30	2:17:21
664	301	LUIS VIANA	STUNNING MOLECULE	m	560	VET-M45-49	89	2:18:08	06:30	2:17:20
665	87	RUI ESTIMA	INDIVIDUAL	m	561	VET-M35-39	124	2:18:12	06:30	2:17:23
666	467	RUI PAIVA	INVICTA RUNNERS TEAM	m	562	VET-M35-39	125	2:18:20	06:32	2:17:52
667	502	ANA SALGUEIRO	MUSA - ESCOLA DE MÚSICA	f	105	VET-F50-54	6	2:18:21	06:31	2:17:37
668	342	MANUEL PEREIRA	INDIVIDUAL	m	563	VET-M60	23	2:18:21	06:31	2:17:41
669	168	SANDRO LOPES	BOSCH TERMOTECNOLOGIA SA	m	564	VET-M35-39	126	2:18:24	06:31	2:17:48
670	72	VÍTOR SANTOS	MINIS E BIFANAS	m	565	VET-M35-39	127	2:19:10	06:34	2:18:32
671	68	RUI FURTADO	MINIS E BIFANAS	m	566	VET-M40-44	124	2:19:10	06:34	2:18:32
672	70	VALTER COUTINHO	MINIS E BIFANAS	m	567	VET-M40-44	125	2:19:10	06:34	2:18:32
673	690	NUNO QUEIROZ	INDIVIDUAL	m	568	VET-M40-44	126	2:19:14	06:33	2:18:31
674	202	LUÍS CARTA	NOKIA RUNNERS	m	569	SEN-M	120	2:19:27	06:34	2:18:37
675	592	ARCELINA MARTINHO	INDIVIDUAL	f	106	VET-F40-44	33	2:19:54	06:35	2:19:10
676	58	VERA SILVA	MOLINHAS TEAM	f	107	VET-F35-39	23	2:19:54	06:35	2:19:10
677	423	JOÃO BERNARDO	TRIBO NR	m	570	VET-M45-49	90	2:21:33	06:40	2:20:47
678	276	MARIA ADELAIDE HORTA	TRIO MARAVILHA	f	108	VET-F55-59	2	2:21:38	06:41	2:21:12
679	41	CARLA SANTOS	INDIVIDUAL	f	109	VET-F45-49	12	2:21:56	06:41	2:21:10
680	232	PATRÍCIA FERREIRA	ÉPICOS	f	110	SEN-F	34	2:22:22	06:42	2:21:35
681	397	OFÉLIA AUGUSTO	BESJOGING	f	111	VET-F55-59	3	2:22:58	06:44	2:22:14
682	31	SUSANA FERREIRA	INDIVIDUAL	f	112	VET-F35-39	24	2:23:43	06:46	2:22:58
683	658	JORGE PEREIRA	PACERS	m	571	SEN-M	121	2:24:16	06:48	2:23:37
684	663	PATRICIA ANTELO	PACERS	f	113	VET-F35-39	25	2:24:48	06:49	2:23:57
685	527	FRANCISCO CUNHA	OS MEIAS	m	572	VET-M45-49	91	2:24:48	06:50	2:24:12
686	662	RICARDO VILAÇA	PACERS	m	573	VET-M40-44	127	2:24:48	06:49	2:23:57
687	1	PAULO HENRIQUES	CASCI	m	574	VET-M35-39	128	2:24:48	06:49	2:23:57
688	461	ISABEL MARTINS	GRUNIL	f	114	VET-F55-59	4	2:24:49	06:50	2:24:19
689	89	ADÉRITO RAÍNHO	EMSAPOR	m	575	VET-M40-44	128	2:24:58	06:50	2:24:15
690	236	VITOR CARDOSO	ATLÉTICO DA MADALENA	m	576	VET-M50-54	57	2:25:36	06:51	2:24:49
691	39	JOAO MATOS	INDIVIDUAL	m	577	VET-M40-44	129	2:26:51	06:55	2:26:07
692	148	ANTÓNIO RIBEIRO	ANDAR A CORRER	m	578	VET-M45-49	92	2:26:53	06:56	2:26:18
693	305	JOSÉ CARLOS SANTOS	INDIVIDUAL	m	579	VET-M45-49	93	2:27:01	06:55	2:26:14
694	198	DANIELA BRITES	NOKIA RUNNERS	f	115	SEN-F	35	2:27:30	06:57	2:26:52
695	571	LUIS SOARES	INDIVIDUAL	m	580	VET-M45-49	94	2:27:32	06:57	2:26:40
696	284	JOÃO PAULO CARVALHO	LUSOS XXI	m	581	VET-M35-39	129	2:27:35	06:58	2:27:00
697	732	RUI GOMES	MARRETAS TEAM	m	582	VET-M35-39	130	2:28:46	07:01	2:28:06
698	583	EDITE GONÇALVES	INDIVIDUAL	f	116	VET-F35-39	26	2:28:46	07:01	2:28:06
699	209	SUSANA CASTRO	INDIVIDUALCASTRO MARQUES	f	117	VET-F40-44	34	2:30:13	07:05	2:29:43
700	108	JOSÉ M. A.SILVA	SUNSET RUNNERS	m	583	VET-M50-54	58	2:31:33	07:08	2:30:47
701	109	FERNANDA SOUSA	SUNSET RUNNERS	f	118	VET-F45-49	13	2:31:33	07:08	2:30:47
702	433	DUARTE SÁ	INDIVIDUAL	m	584	VET-M60	24	2:31:33	07:09	2:30:56

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
703	251	PAULA JULIETA	BORABORA, VAMOS LÁ!	f	119	VET-F35-39	27	2:32:08	07:11	2:31:34
704	595	CRISTINA GOMES	DIARIO AVEIRO	f	120	VET-F40-44	35	2:33:13	07:13	2:32:28
705	596	HUGO SANTOS	DIARIO AVEIRO	m	585	SEN-M	122	2:33:14	07:13	2:32:28
706	223	HENRIQUE GONÇALVES	VETERANOS DO PORTO	m	586	VET-M60	25	2:41:17	07:36	2:40:40
707	711	JOÃO ALMEIDA	IEETA TEAM	m	587	SEN-M	123	2:52:16	08:07	2:51:17
708	254	MARIA JOÃO PINHO	INDIVIDUAL	f	121	VET-F40-44	36	2:52:55	08:09	2:52:10
-1	743	RAISSA ROCHA	INDIVIDUAL	f	-1	SEN-F	-1	DSQ		
709	172	BRUNO SILVA	BOSCH TERMOTECNOLOGIA SA	m	588	SEN-M	124	DSQ	01:56	41:04
710	230	MARGARIDA VASCONCELOS	MOLINHAS TEAM	f	122	VET-F45-49	14	DSQ	02:06	44:20
711	419	FLÁVIO SILVA	CLUBE DESPORTIVO FEIRENSE	m	589	SEN-M	125	DSQ	02:14	47:21
712	210	LUÍS OLIVEIRA	ESCOLA DO MOVIMENTO	m	590	VET-M50-54	59	DSQ	02:27	51:53
713	745	MARIA FABRICE	UAM MONTEREAU (FRANCE)	f	123	VET-F40-44	37	DSQ	04:13	1:29:00
714	25	ANA GONÇALVES	CORRERIA	f	124	VET-F45-49	15	DSQ	07:12	2:31:59
715	483	PAULA ASCENÇÃO	A RAINHA E OS PRINCÍPES	f	125	SEN-F	36	DSQ	07:54	2:46:48

MINI 7 KM

1	801	MARCO MARQUES	CMMC ÁGUEDA	m	1	SEN-M	1	23:10	03:18	23:10
2	2203	PIGOREGNE ALEXIA		m	2	SEN-M	2	23:24	03:20	23:24
3	2215	OUISSAM MENAN		m	3	SEN-M	3	23:53	03:24	23:53
4	2153	CARLOS NUNES	CASA DO POVO DE MANGUALDE	m	4	VET-M35-39	1	24:30	03:29	24:29
5	2144	ROMEU GOMES	C.C. SÃO JOÃO DA MADEIRA	m	5	JUN-M	1	24:37	03:31	24:37
6	2108	ALBERTO SANEMETERIO	INDIVIDUAL	m	6	VET-M35-39	2	25:53	03:41	25:51
7	2141	MIGUEL SILVA	CAPGE	m	7	JUN-M	2	25:59	03:42	25:59
8	2170	JORGE PIMENTA	DCI/CCDRPEDRULHAMEALHADA	m	8	SEN-M	4	26:06	03:43	26:05
9	2214	SOLANGE JESUS	SCP	f	1	SEN-F	1	26:15	03:45	26:15
10	2080	MIGUEL NEVES	BRESIMAR AUTOMAÇÃO	m	9	SEN-M	5	26:16	03:45	26:16
11	2138	CRISTIANO OLIVEIRA	SPORT CLUBE BEIRA-MAR	m	10	SEN-M	6	26:25	03:46	26:23
12	2158	HENRIQUE MOREIRA	INDIVIDUAL	m	11	SEN-M	7	27:31	03:55	27:29
13	2011	ANA LUÍSA RAMOS	RECREIO DESPORTIVO ÁGUEDA	f	2	SEN-F	2	27:36	03:56	27:36
14	2022	FILIPE CARVALHO	INDIVIDUAL	m	12	VET-M35-39	3	28:18	04:02	28:16
15	2222	JOEL RAMALHOTO		m	13	SEN-M	8	28:27	04:03	28:24
16	2139	MIGUEL MOURA	SPORT CLUBE BEIRA-MAR	m	14	SEN-M	9	28:40	04:05	28:40
17	2166	JOSÉ NEIVA	INDIVIDUAL	m	15	SEN-M	10	28:46	04:05	28:40
18	2097	FÁTIMA PINHO	GRECAS	f	3	VET-F50-54	1	28:48	04:06	28:47
19	2143	PEDRO CANHA	INDIVIDUAL	m	16	VET-M40-44	1	29:09	04:09	29:07
20	2171	DANIEL MONTEIRO	ACADEMIA FERNANDA RIBEIRO	m	17	SEN-M	11	29:29	04:12	29:27
21	2175	PAULO BRIGA	GRECAS	m	18	VET-M45-49	1	29:36	04:13	29:36
22	2047	LEANDRO SANTOS	INDIVIDUAL	m	19	JUN-M	3	29:55	04:16	29:55
23	2202	DUPUY BREMAU		m	20	JUN-M	4	29:59	04:17	29:59
24	2204	JULIEN ANTHONY		m	21	SEN-M	12	31:11	04:27	31:10
25	2122	SARA PINHO	SPORTING CP	f	4	VET-F35-39	1	32:02	04:34	32:00
26	2066	MIGUEL ANGELO MATOS	INDIVIDUAL	m	22	VET-M40-44	2	32:44	04:38	32:32
27	2002	JOSEÉ FERNANDES	INDIVIDUAL	m	23	VET-M35-39	4	32:50	04:41	32:48
28	2063	FRANCISCO SILVA	INDIVIDUAL	m	24	VET-M55-59	1	33:11	04:44	33:09

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
29	2079	JOAQUIM ALMEIDA	INDIVIDUAL	m	25	VET-M55-59	2	33:14	04:44	33:12
30	2057	PEDRO GALHANO	RUNWINE	m	26	SEN-M	13	33:27	04:46	33:23
31	2094	MICHAEL GOUVEIA	INDIVIDUAL	m	27	SEN-M	14	33:28	04:45	33:16
32	2216	MOHAMED ZEGGANE		m	28	SEN-M	15	33:50	04:49	33:49
33	2024	RUI PIRES	VIRIATHVS RUNNERS VISEU	m	29	VET-M40-44	3	34:13	04:53	34:11
34	2169	LUIS INÁCIO	INDIVIDUAL	m	30	VET-M35-39	5	34:13	04:52	34:10
35	2219	ISAAC CONGALVES		m	31	VET-M35-39	6	34:18	04:53	34:14
36	2220	GISELL ANDRADE	INDIVIDUAL	f	5	SEN-F	3	34:22	04:53	34:17
37	2152	ANDRÉ NUNES	CASA DO POVO DE MANGUALDE	m	32	SEN-M	16	34:38	04:56	34:33
38	2178	EMANUEL ALVES	INDIVIDUAL	m	33	SEN-M	17	34:42	04:57	34:39
39	2177	ANA SOFIA FREITAS	INDIVIDUAL	f	6	SEN-F	4	34:42	04:57	34:39
40	2068	SÉRGIO VIEIRA	CLUBE DESPORTIVO FEIRENSE	m	34	VET-M45-49	2	34:51	04:58	34:48
41	2123	PEDRO MARQUES	INDIVIDUAL	m	35	VET-M45-49	3	35:02	04:59	34:55
42	2106	CARLOS PEREIRA	INDIVIDUAL	m	36	SEN-M	18	35:11	05:01	35:07
43	2023	MARINA TELES	C. S. R. D. C. SANTIAGO	f	7	SEN-F	5	35:19	05:02	35:17
44	2124	ANTÓNIO LOUREIRO SANTOS	INDIVIDUAL	m	37	VET-M45-49	4	35:26	05:03	35:23
45	2033	CÉSAR RODRIGUES	NOKIA RUNNERS	m	38	SEN-M	19	35:31	05:03	35:25
46	2146	NELSON DE OLIVEIRA	INDIVIDUAL	m	39	VET-M35-39	7	35:32	05:03	35:23
47	2040	HUGO GONÇALVES	BRIGADA DO PNEU	m	40	SEN-M	20	35:40	05:04	35:29
48	2084	ANDRÉ GUERRA	INDIVIDUAL	m	41	SEN-M	21	35:45	05:05	35:37
49	2209	ARMANDO SANTOS		m	42	VET-M50-54	1	35:54	05:07	35:52
50	2007	ANA JORGE TRÓIA	INDIVIDUAL	f	8	SEN-F	6	35:55	05:07	35:53
51	2019	LUIS FERREIRA	INDIVIDUAL	m	43	SEN-M	22	36:07	05:08	36:02
52	2150	PAULO PIRES	INDIVIDUAL	m	44	VET-M45-49	5	36:08	05:08	35:56
53	2118	JOÃO SARDO	ÉPICOS	m	45	VET-M60	1	36:13	05:09	36:05
54	2127	CRISTIANO VASCONCELOS	INDIVIDUAL	m	46	SEN-M	23	36:16	05:09	36:07
55	2078	DELFIM COSTA	ALBALOGIC	m	47	VET-M55-59	3	36:17	05:09	36:06
56	2133	CARLOS PIRES	INDIVIDUAL	m	48	VET-M45-49	6	36:21	05:10	36:12
57	2119	VITOR BARRETO	INDIVIDUAL	m	49	VET-M45-49	7	36:21	05:10	36:10
58	2205	SOFIA MARTINS		f	9	VET-F35-39	2	36:22	05:11	36:18
59	2031	RUI PAIVA	INDIVIDUAL	m	50	SEN-M	24	36:25	05:11	36:17
60	2062	JOSÉ TAVARES	INDIVIDUAL	m	51	JUN-M	5	36:33	05:11	36:19
61	2201	CLAUDIA REI		f	10	VET-F50-54	2	36:34	05:13	36:32
62	2014	MARIA ISABEL PEREIRA	INDIVIDUAL	f	11	SEN-F	7	36:45	05:14	36:43
63	2056	HELDER CUNHA	RUNWINE	m	52	SEN-M	25	36:47	05:14	36:43
64	2005	HILÁRIO ESPADILHA	INDIVIDUAL	m	53	VET-M40-44	4	36:48	05:13	36:33
65	2136	EDIVALDO MACIEL	SPORT CLUBE BEIRA-MAR	m	54	SEN-M	26	36:49	05:15	36:48
66	2137	LEANDRO AMADOR	SPORT CLUBE BEIRA-MAR	m	55	VET-M35-39	8	36:50	05:15	36:48
67	2126	ANDRE BRANCO	INDIVIDUAL	m	56	JUN-M	6	37:00	05:16	36:56
68	2017	LUDIMAR GUENDA	INDIVIDUAL	m	57	SEN-M	27	37:01	05:16	36:56
69	2132	MARIA JOÃO ALMEIDA	INDIVIDUAL	f	12	VET-F40-44	1	37:07	05:16	36:54
70	2129	URANIA CHUVA	BIO TEAM RUN	f	13	VET-F40-44	2	37:12	05:18	37:09
71	2181	NUNO CRUZ	INDIVIDUAL	m	58	VET-M40-44	5	37:13	05:17	37:01
72	2071	ALEXANDRE LARANJEIRA	INDIVIDUAL	m	59	VET-M35-39	9	37:26	05:20	37:20

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
73	2082	PAULO SANTOS	INDIVIDUAL	m	60	SEN-M	28	37:32	05:21	37:27
74	2157	CECILIA ALMEIDA	INDIVIDUAL	f	14	VET-F35-39	3	37:38	05:22	37:38
75	2145	CLEMENTINA ANDRADE	C.C. SÃO JOÃO DA MADEIRA	f	15	VET-F50-54	3	37:40	05:22	37:38
76	2135	SÉRGIO PIRES	INDIVIDUAL	m	61	SEN-M	29	37:52	05:24	37:49
77	2116	PEDRO BARBOSA	INDIVIDUAL	m	62	SEN-M	30	37:56	05:24	37:50
78	2208	NUNO PIRES		m	63	SEN-M	31	38:01	05:25	37:59
79	2104	JORGE APARICIO	INDIVIDUAL	m	64	VET-M45-49	8	38:06	05:26	38:02
80	2045	NUNO APARÍCIO	INDIVIDUAL	m	65	VET-M35-39	10	38:07	05:26	38:02
81	2032	TIAGO LOPES	INDIVIDUAL	m	66	SEN-M	32	38:13	05:26	38:06
82	2107	JOSÉ NATÁLIO	INDIVIDUAL	m	67	VET-M45-49	9	38:27	05:28	38:19
83	2120	CATIA COELHO	INDIVIDUAL	f	16	SEN-F	8	38:31	05:29	38:24
84	2095	SANDRO MARQUES	HELIFLEX	m	68	VET-M40-44	6	38:39	05:29	38:27
85	2212	SANDRA COUTINHO		f	17	SEN-F	9	38:48	05:31	38:39
86	2211	BARBARA VIEIRA		f	18	SEN-F	10	38:48	05:31	38:39
87	2054	LUCAS APARÍCIO	INDIVIDUAL	m	69	JUN-M	7	38:53	05:32	38:49
88	2046	FILIPA APARÍCIO	INDIVIDUAL	f	19	VET-F35-39	4	39:00	05:33	38:56
89	2092	ANA SEQUEIRA	INDIVIDUAL	f	20	VET-F45-49	1	39:03	05:33	38:54
90	2105	ADELAIDE DUARTE	NAC	f	21	VET-F35-39	5	39:04	05:34	39:02
91	2114	PEDRO MARTINS	BML FIT	m	70	SEN-M	33	39:07	05:34	39:01
92	2073	CARMO MARINHO	INDIVIDUAL	f	22	VET-F50-54	4	39:07	05:32	38:44
93	2091	JOANA GONÇALVES	GRUNIL	f	23	SEN-F	11	39:09	05:33	38:54
94	2012	JOSÉ CAETANO	INDIVIDUAL	m	71	VET-M55-59	4	39:12	05:35	39:11
95	2109	ISABEL MARINHA	CLUBE VODAFONE	f	24	VET-F40-44	3	39:15	05:35	39:09
96	2009	FERNANDO GODINHO	INDIVIDUAL	m	72	VET-M45-49	10	39:30	05:38	39:26
97	2117	PORFÍRIO MARTINS	BML FIT	m	73	VET-M55-59	5	39:53	05:41	39:49
98	2025	MIGUEL AGOMES	INDIVIDUAL	m	74	VET-M35-39	11	40:01	05:42	39:54
99	2179	RUI JESUS	INDIVIDUAL	m	75	SEN-M	34	40:04	05:41	39:53
100	2213	EDUARDO CONDE		m	76	VET-M55-59	6	40:24	05:44	40:12
101	2156	ANTÓNIO VALENTE	INDIVIDUAL	m	77	SEN-M	35	40:49	05:49	40:46
102	2142	ELIZABETE PATACO	INDIVIDUAL	f	25	VET-F40-44	4	40:57	05:49	40:47
103	2131	ADRIANA BIZARRO	INDIVIDUAL	f	26	JUN-FEM	1	41:01	05:50	40:55
104	2183	SILVÉRIO FERNANDES	AMIGOS DAS SAPATILHAS	m	78	SEN-M	36	41:06	05:51	40:57
105	2207	PATRICIA SANTOS		f	27	VET-F35-39	6	41:15	05:52	41:07
106	2134	CONCEIÇÃO TAVARES	CAPGE	f	28	VET-F45-49	2	41:16	05:53	41:13
107	2004	ALEXANDRA PINHO	INDIVIDUAL	f	29	VET-F45-49	3	41:21	05:53	41:12
108	2093	JOAO MENDES	OS MEIAS	m	79	SEN-M	37	41:35	05:54	41:24
109	2030	SILVANA LOPES	INDIVIDUAL	f	30	SEN-F	12	41:35	05:55	41:29
110	2164	SANDRA SANTOS	INDIVIDUAL	f	31	VET-F40-44	5	41:51	05:56	41:37
111	2015	MARIA DAMAS	INDIVIDUAL	f	32	VET-F35-39	7	42:03	05:59	41:53
112	2149	ANTÓNIO LEMOS	INDIVIDUAL	m	80	VET-M45-49	11	42:03	05:58	41:49
113	2162	PAULO SILVA	AS BESTAS	m	81	VET-M40-44	7	42:11	05:59	41:57
114	2161	PEDRO TELES	AS BESTAS	m	82	VET-M35-39	12	42:11	05:59	41:58
115	2037	ALBERTINA FERNANDES	ÉPICOS	f	33	VET-F50-54	5	42:13	06:00	42:05
116	2223	ANA FERNANDES		f	34	VET-F35-39	8	42:15	06:00	42:05

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
117	2021	MÁRIO PAIVA	INDIVIDUAL	m	83	VET-M35-39	13	42:16	06:01	42:10
118	2081	BRUNO TOITO	HELIFLEX	m	84	VET-M35-39	14	42:17	06:00	42:06
119	2035	MARCO JERÓNIMO	BRIGADA DO PNEU	m	85	SEN-M	38	42:26	06:02	42:16
120	2155	JOÃO PINHO	BMLFIT	m	86	VET-M50-54	2	42:59	06:07	42:55
121	2090	JÉSSICA ESTRELA	INDIVIDUAL	f	35	SEN-F	13	43:03	06:08	42:58
122	2151	SOFIA MARCOS	GRECAS	f	36	JUN-FEM	2	43:05	06:08	42:59
123	2184	ÂNGELA ALMEIDA	INDIVIDUAL	f	37	SEN-F	14	43:08	06:07	42:53
124	2147	ELSA MARTINS	MOLINHAS TEAM	f	38	VET-F40-44	6	43:21	06:10	43:10
125	2121	JULIANA SILVA	INDIVIDUAL	f	39	SEN-F	15	43:22	06:10	43:15
126	2044	CLAUDIA PINTO	INDIVIDUAL	f	40	VET-F35-39	9	43:25	06:10	43:14
127	2043	MARIANA LIMAS	INDIVIDUAL	f	41	JUN-FEM	3	43:25	06:10	43:14
128	2167	CÁTEA SANCHEZ	A ESPANHOLA	f	42	VET-F35-39	10	43:36	06:11	43:20
129	2013	TÂNIA MATIAS	A ESPANHOLA	f	43	SEN-F	16	43:36	06:11	43:21
130	2067	ANTONIO SILVA	CMMC ÁGUEDA	m	87	VET-M55-59	7	43:42	06:13	43:37
131	2218	SARA COSTA	XINXA	f	44	VET-F40-44	7	43:51	06:14	43:44
132	2217	FILIPE RAMALHEIRA	XINXA	m	88	VET-M40-44	8	43:52	06:14	43:43
133	2115	JOSÉ GUIMARÃES	INDIVIDUAL	m	89	VET-M50-54	3	44:02	06:16	43:53
134	2069	ROSA CARDOSO	INDIVIDUAL	f	45	VET-F60	1	44:23	06:18	44:09
135	2125	CARLA CASTRO	INDIVIDUAL	f	46	VET-F40-44	8	44:27	06:20	44:22
136	2018	PAULO ROCHA	INDIVIDUAL	m	90	VET-M35-39	15	44:29	06:20	44:20
137	2173	MARGARIDA VASCONCELOS	MOLINHAS TEAM	f	47	VET-F45-49	4	44:33	06:19	44:19
138	2006	MARISOL VALENTE	INDIVIDUAL	f	48	VET-F45-49	5	45:02	06:24	44:54
139	2182	CARMEN SOBRINHO	INDIVIDUAL	f	49	SEN-F	17	45:05	06:24	44:53
140	2085	VÂNIA RESENDE	INDIVIDUAL	f	50	SEN-F	18	45:27	06:28	45:20
141	2206	CLAUDIA DURAQ SILVA		f	51	SEN-F	19	45:45	06:30	45:35
142	2026	MAFALDA MAGALHÃES	INDIVIDUAL	f	52	JUN-FEM	4	46:09	06:34	46:02
143	2027	SANDRA GOMES	INDIVIDUAL	f	53	VET-F40-44	9	46:12	06:35	46:05
144	2008	SANDRA AGUIAR	INDIVIDUAL	f	54	VET-F40-44	10	46:18	06:36	46:15
145	2163	PRISCILLA MONTEIRO	INDIVIDUAL	f	55	SEN-F	20	46:22	06:36	46:16
146	2048	SARA NEVES	BORABORA, VAMOS LÁ!	f	56	SEN-F	21	46:37	06:38	46:26
147	2148	REGINA MOTA	MOLINHAS TEAM	f	57	VET-F40-44	11	47:03	06:41	46:52
148	2210	DONATO BARBEIRO		m	91	VET-M35-39	16	47:18	06:44	47:11
149	2038	ELISABETE RIBEIRO	MAQUINAS EM MOVIMENTO	f	58	SEN-F	22	47:18	06:44	47:11
150	2041	ANA ESPANHA	INDIVIDUAL	f	59	VET-F35-39	11	47:18	06:44	47:11
151	2050	ANA CLÁUDIA COSTA	BORABORA, VAMOS LÁ!	f	60	VET-F35-39	12	47:25	06:44	47:13
152	2128	CRISTINA MATIAS	INDIVIDUAL	f	61	VET-F45-49	6	48:00	06:50	47:50
153	2072	ALEXANDRA LARANJEIRA	INDIVIDUAL	f	62	VET-F35-39	13	48:23	06:53	48:16
154	2039	CRISTINA PIRES	BRIGADA DO PNEU	f	63	SEN-F	23	48:32	06:54	48:23
155	2034	MARTA ESTEVES	BRIGADA DO PNEU	f	64	SEN-F	24	48:32	06:54	48:23
156	2075	SÓNIA MARTINS	INDIVIDUAL	f	65	VET-F35-39	14	48:50	06:56	48:38
157	2074	ISABEL SANTOS	INDIVIDUAL	f	66	SEN-F	25	48:51	06:56	48:38
158	2051	REGINA MARVÃO	BORABORA, VAMOS LÁ!	f	67	VET-F35-39	15	49:35	07:03	49:22
159	2113	PEDRO OLIVEIRA	INDIVIDUAL	m	92	VET-M35-39	17	50:29	07:12	50:25
160	2111	INÊS BASTOS	BML FIT	f	68	SEN-F	26	50:43	07:14	50:38

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação geral (Meia maratona e 7km)

GERAL	DORSAL	NOME	EQUIPA	SEXO	CLASS SEXO	ESCALÃO	CLASS ESC	TEMPO	RITMO	TEMPO CHIP
161	2001	ELISABETE RODRIGUES	INDIVIDUAL	f	69	VET-F35-39	16	50:53	07:15	50:48
162	2058	ANA REIS	RUNWINE	f	70	SEN-F	27	50:53	07:15	50:48
163	2112	ANA CATARINA SILVA	RUNWINE	f	71	SEN-F	28	50:53	07:15	50:48
164	2160	PEDRO BARREIRINHA	XINXA	m	93	VET-M35-39	18	51:00	07:16	50:53
165	2159	PAULO SOUSA	XINXA	m	94	VET-M35-39	19	51:00	07:16	50:53
166	2088	EDITE SANTIAGO	INDIVIDUAL	f	72	VET-F55-59	1	51:26	07:20	51:20
167	2049	ANA RIBEIRO	BORABORA, VAMOS LÁ!	f	73	VET-F40-44	12	51:43	07:21	51:31
168	2052	CLÁUDIA PERALTA	BORABORA, VAMOS LÁ!	f	74	VET-F40-44	13	51:46	07:22	51:34
169	2165	ANTÓNIO MATOS	BORABORA, VAMOS LÁ!	m	95	VET-M45-49	12	51:46	07:21	51:33
170	2154	RUI MACHADO	INDIVIDUAL	m	96	VET-M50-54	4	52:07	07:26	52:03
171	2087	SUZANA LEÃO	INDIVIDUAL	f	75	VET-F45-49	7	52:08	07:25	51:59
172	2083	CAROLINA AUGUSTO	INDIVIDUAL	f	76	SEN-F	29	52:57	07:32	52:48
173	2010	NADINE CASTELHANO	INDIVIDUAL	f	77	SEN-F	30	59:27	08:27	59:13
174	2089	SOFIA MENDES	INDIVIDUAL	f	78	VET-F40-44	14	1:01:04	08:42	1:01:00
175	2055	SÓNIA MARQUES	BORABORA, VAMOS LÁ!	f	79	VET-F40-44	15	1:18:48	11:08	1:18:01
176	2086	SOFIA MORAIS	INDIVIDUAL	f	80	VET-F35-39	17	1:18:52	11:09	1:18:08
177	2064	SOFIA ROCHA	INDIVIDUAL	f	81	SEN-F	31	1:20:33	11:22	1:19:40
178	466	PEDRO FIGUEIREDO	GRUPO DAS QUARTAS	m	97	VET-M60	2	DSQ	05:32	38:45