

GERAL PROVA 10 KM	INDIVIDUAL
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Class	Dorsal	Nome	Equipa	Escalão	Tempo
1	78	BRUNO MIGUEL FERREIRA	INDIVIDUAL	SENIORES-MASC	00:35:28.36
2	18	DOMINGOS BARROS	INDIVIDUAL	VETERANOS-MASC	00:35:52.98
3	35	JOAQUIM SILVA	INDIVIDUAL	VETERANOS-MASC	00:36:34.94
4	38	LUÍS MANUEL FERREIRA	INDIVIDUAL	SENIORES-MASC	00:38:20.64
5	39	LUÍS MIGUEL TINOCO	INDIVIDUAL	SENIORES-MASC	00:39:09.07
6	48	MARCO ANTÓNIO SANTOS	INDIVIDUAL	SENIORES-MASC	00:40:03.98
7	56	PATRICIO LEAL CASTRO	INDIVIDUAL	VETERANOS-MASC	00:40:30.31
8	29	JOÃO FRANCISCO MARTINS	INDIVIDUAL	VETERANOS-MASC	00:40:37.14
9	23	GILBERTO SILVA CAMPOS	INDIVIDUAL	SENIORES-MASC	00:47:15.22
10	86	ANTONIO SOUSA	INDIVIDUAL	JUNIORES-MASC	00:47:50.20
11	66	VÍTOR FARIA	INDIVIDUAL	VETERANOS-MASC	00:47:54.40
12	4	ANTÓNIO MIGUEL DOMINGUES	INDIVIDUAL	VETERANOS-MASC	00:48:56.18
13	59	SÉRGIO EMANUEL AZEVEDO	INDIVIDUAL	VETERANOS-MASC	00:49:24.85
14	49	MIGUEL ALEXANDRE CRUZ	INDIVIDUAL	VETERANOS-MASC	00:49:48.62
15	27	JOANA MARIA FERNANDES	INDIVIDUAL	SENIORES-FEM	00:50:12.42
16	69	JOÃO DIAS	INDIVIDUAL	SENIORES-MASC	00:50:12.58
17	68	JOSÉ FERNANDES	INDIVIDUAL	VETERANOS-MASC	00:50:22.52
18	5	ANDRÉ MARTINS	INDIVIDUAL	VETERANOS-MASC	00:50:51.70
19	65	VÍTOR EMANEUL CARDOSO	INDIVIDUAL	SENIORES-MASC	00:51:03.76
20	62	THOMAS MENDES PINHEIRO	INDIVIDUAL	SENIORES-MASC	00:51:11.57
21	30	JORGE AGOSTINHO DOMINGUES	INDIVIDUAL	VETERANOS-MASC	00:51:13.38
22	17	DIOGO SILVA TORRES	INDIVIDUAL	JUNIORES-MASC	00:51:32.90
23	22	LUÍS FILIPE SOARES	INDIVIDUAL	VETERANOS-MASC	00:51:42.11
24	26	ISABEL SILVA FERREIRA	INDIVIDUAL	VETERANOS-FEM	00:52:50.07
25	82	DANIEL FERREIRA LOPES	INDIVIDUAL	SENIORES-MASC	00:54:05.75
26	8	ANTÓNIO MACHADO OLIVEIRA	INDIVIDUAL	VETERANOS-MASC	00:54:18.35
27	63	VALQUIRIA SILVA	INDIVIDUAL	VETERANOS-FEM	00:54:40.77
28	74	CELINA MARIA SILVA	INDIVIDUAL	VETERANOS-FEM	00:54:55.12
29	52	NUNO PAULO MAIA	INDIVIDUAL	VETERANOS-MASC	00:54:55.52
30	14	CARLOS ALBERTO FERNANDES	INDIVIDUAL	VETERANOS-MASC	00:55:16.19
31	42	MANUEL JOÃO PERESTRELO	INDIVIDUAL	VETERANOS-MASC	00:56:30.13
32	64	VÍTOR HUGO CARVALHO	INDIVIDUAL	SENIORES-MASC	00:56:30.20
33	3	ALBERTO ANTÓNIO VICÊNCIA	INDIVIDUAL	VETERANOS-MASC	00:56:44.40
34	33	JOÃO PAULO CARVALHO	INDIVIDUAL	SENIORES-MASC	00:56:50.28
35	83	JOSÉ CARLOS RAMALHO	INDIVIDUAL	VETERANOS-MASC	00:56:58.53
36	41	MANUEL ARAÚJO BRITO	INDIVIDUAL	VETERANOS-MASC	00:57:09.06
37	1	EDUARDO EMANUEL FARIA	INDIVIDUAL	VETERANOS-MASC	00:57:36.99
38	67	VÍTOR MENUAL PIRES	INDIVIDUAL	SENIORES-MASC	00:58:35.48
39	71	RUI NUNO VELOSO	INDIVIDUAL	SENIORES-MASC	00:58:36.38
40	70	CARLOS MIGUEL REBELO	INDIVIDUAL	SENIORES-MASC	00:58:54.36
41	87	DEOLINDA FARIA	INDIVIDUAL	VETERANOS-FEM	00:59:51.45
42	51	NELSON MANUEL MOURA	INDIVIDUAL	SENIORES-MASC	01:00:24.08
43	54	OLIVIA MACEDO PIMENTA	INDIVIDUAL	VETERANOS-FEM	01:00:37.18
44	76	JOSÉ ALBERTO MONTEIRO	INDIVIDUAL	SENIORES-MASC	01:01:09.38
45	16	DIAMANTINO RODRIGUES MAIA	INDIVIDUAL	VETERANOS-MASC	01:01:16.02
46	40	MARIA ISaura VELOSO	INDIVIDUAL	VETERANOS-FEM	01:03:15.55
47	10	ANTÓNIO FINS	INDIVIDUAL	VETERANOS-MASC	01:03:31.01
48	46	MARIA ELISABETE MINISTRO	INDIVIDUAL	VETERANOS-FEM	01:05:49.72
49	28	JOÃO SARAIVA	INDIVIDUAL	VETERANOS-MASC	01:05:49.81
50	81	FERNANDO MANUEL COSTA	INDIVIDUAL	VETERANOS-MASC	01:05:50.07



**III
MINI-MARATONA
E
CAMINHADA
DE AMARES**



GERAL PROVA 10 KM

INDIVIDUAL

Class	Dorsal	Nome	Equipa	Escalão	Tempo
51	80	MIGUEL JORGE ANTUNES	INDIVIDUAL	VETERANOS-MASC	01:06:01.72
52	84	JOSÉ MANUEL BALIXA	INDIVIDUAL	VETERANOS-MASC	01:06:44.76
53	32	JOÃO MANUEL MINISTRO	INDIVIDUAL	VETERANOS-MASC	01:06:47.40
54	88	Mª LURDES FERNANDES	INDIVIDUAL	VETERANOS-FEM	01:09:32.76
55	47	MARIA LUÍSA FERNANDES	INDIVIDUAL	VETERANOS-FEM	01:09:32.91
56	24	HORACIO JOAQUIM SANTOS	INDIVIDUAL	VETERANOS-MASC	01:09:35.50
57	6	ALDA CRISTINA FAUSTINO	INDIVIDUAL	VETERANOS-FEM	01:09:44.45
58	58	SÓNIA ALEXANDRA MOREIRA	INDIVIDUAL	SENIORES-FEM	01:09:58.42
59	15	CAROLINA FERNANDES	INDIVIDUAL	VETERANOS-FEM	01:10:05.82
60	44	MARCO AURÉLIO ALVES	INDIVIDUAL	VETERANOS-MASC	01:10:31.36
61	2	LUÍS MANUEL CARVALHO	INDIVIDUAL	SENIORES-MASC	01:10:31.93
62	50	MÓNICA RAQUEL DOMINGUES	INDIVIDUAL	VETERANOS-FEM	01:10:45.40
63	43	MANUELA RIBEIRO	INDIVIDUAL	VETERANOS-FEM	01:11:02.98
64	37	JOSÉ FILIPE SILVA	INDIVIDUAL	VETERANOS-MASC	01:11:08.27
65	60	SIMÃO VASCO FERNANDES	INDIVIDUAL	SENIORES-MASC	01:11:40.39
66	7	ANGELO BRUNO LUZ	INDIVIDUAL	VETERANOS-MASC	01:11:41.41
67	79	RICARDO MIGUEL TAVARES	INDIVIDUAL	SENIORES-MASC	01:14:10.93
68	77	ANA ISABEL BESSA	INDIVIDUAL	SENIORES-FEM	01:14:10.94
69	19	ELISABETE DOMINGUES	INDIVIDUAL	VETERANOS-FEM	01:15:33.32
70	57	PAULA CRISTINA VILAÇA	INDIVIDUAL	VETERANOS-FEM	01:15:44.28
71	85	SÍLVIA MARIA AZEVEDO	INDIVIDUAL	VETERANOS-FEM	01:21:03.16
72	61	TERESA MANUELA OLIVEIRA	INDIVIDUAL	VETERANOS-FEM	01:28:28.50
73	34	JOAQUIM JORGE VILAÇA	INDIVIDUAL	VETERANOS-MASC	01:28:28.69