



GERAL PROVA 10.000 MTS	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	105	RICARDO CASTRO	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:34:46.00
2	1	MARCO ANTÓNIO SANTOS	0	INDIVIDUAL	SENIORES-MASC	00:37:03.00
3	21	MIGUEL TINOCO	0	INDIVIDUAL	SENIORES-MASC	00:37:32.00
4	10	PATRICIO LEAL CASTRO	4	N.A. TAIPAS	VET. M35-MASC	00:38:32.00
5	41	JOÃO FRANCISCO MARTINS	0	INDIVIDUAL	VET. M35-MASC	00:38:59.00
6	107	ABÍLIO TEIXEIRA	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:40:36.00
7	128	ANTÓNIO CARLOS SOUSA	5	ESC.ATLETISMO ROSA OLIVEIRA	JUNIORES-MASC	00:40:53.00
8	88	MIGUEL NOVAIS	1	SOCIEDADE RECREIO CEPANENSE	JUNIORES-MASC	00:41:57.00
9	22	PAULO RICARDO OLIVEIRA	0	INDIVIDUAL	JUNIORES-MASC	00:42:01.00
10	81	FRANCISCO CUNHA	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:43:21.00
11	119	JORGE DOMINGUES	3	LEBRES MINHOTAS	VET. M35-MASC	00:43:23.00
12	102	RUI SILVA	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:43:31.00
13	29	AVELINO ANTÓNIO MACEDO	0	INDIVIDUAL	VET. M35-MASC	00:43:35.00
14	93	JOSÉ CARVALHO	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:43:43.00
15	101	ANTÓNIO PEREIRA	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:43:45.00
16	129	JOANA MARIA FERNANDES	0	INDIVIDUAL	SENIORES-FEM	00:43:46.00
17	104	OLVALDO SOARES	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:44:00.00
18	45	BRUNO MANUEL MOTA	0	INDIVIDUAL	SENIORES-MASC	00:44:53.00
19	127	CARLOS LUIS OLIVEIRA	0	INDIVIDUAL	VET. M35-MASC	00:44:58.00
20	84	RENÉ TEIXEIRA	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:45:07.00
21	120	MIGUEL DOMINGUES	3	LEBRES MINHOTAS	VET. M35-MASC	00:45:20.00
22	7	LUÍS FILIPE SOARES	0	INDIVIDUAL	VET. M35-MASC	00:46:10.00
23	99	JOSÉ SÁ	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:46:10.00
24	55	JOSÉ MANUEL BORGES	0	INDIVIDUAL	VET. M35-MASC	00:46:49.00
25	66	JOSÉ FERNANDES	0	INDIVIDUAL	VET. M35-MASC	00:46:59.00
26	73	PEDRO MIGUEL MACHADO	0	INDIVIDUAL	SENIORES-MASC	00:47:04.00
27	26	MIGUEL ALEXANDRE CRUZ	0	INDIVIDUAL	VET. M35-MASC	00:48:02.00
28	4	ANTÓNIO FINS	0	INDIVIDUAL	VET. M35-MASC	00:48:12.00
29	94	PATRÍCIO RODRIGUES	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:48:33.00
30	58	MANUEL ARAÚJO BRITO	0	INDIVIDUAL	VET. M35-MASC	00:48:47.00



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31	54	JOÃO LUÍS ESTEVES	0	INDIVIDUAL	SENIORES-MASC	00:50:20.00
32	126	EDUARDO EMANUEL FARIA	0	INDIVIDUAL	VET. M35-MASC	00:50:20.00
33	80	MANUELA BENTO	1	SOCIEDADE RECREIO CEPANENSE	VET. F35-FEM	00:50:22.00
34	85	ANTÔNIO MENDES	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:50:31.00
35	106	MARISA FERNANDES	1	SOCIEDADE RECREIO CEPANENSE	SENIORES-FEM	00:50:32.00
36	98	JORGE FERREIRA	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:50:33.00
37	24	RUI CAMPOS	0	INDIVIDUAL	SENIORES-MASC	00:50:57.00
38	64	MARCELO JOSÉ GONÇALVES	0	INDIVIDUAL	SENIORES-MASC	00:50:58.00
39	47	SARA ESTEVES	0	INDIVIDUAL	SENIORES-FEM	00:51:01.00
40	112	JOÃO DOELLINGER	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:51:48.00
41	122	SERGIO FERNANDES	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:52:22.00
42	111	JOÃO OLIVEIRA	1	SOCIEDADE RECREIO CEPANENSE	VET. M35-MASC	00:52:23.00
43	52	MANUEL BARBOSA RIBEIRO	0	INDIVIDUAL	VET. M35-MASC	00:53:04.00
44	76	PAULO FERNANDES	0	INDIVIDUAL	VET. M35-MASC	00:53:49.00
45	16	Mª ELISABETE MINISTRO	0	INDIVIDUAL	VET. F35-FEM	00:53:54.00
46	72	FERNANDO MANUEL COSTA	0	INDIVIDUAL	VET. M35-MASC	00:53:57.00
47	62	ALFREDO AGOSTINHO PEREIRA	0	INDIVIDUAL	VET. M35-MASC	00:54:28.00
48	42	BRUNO MIGUEL ANTUNES	0	INDIVIDUAL	SENIORES-MASC	00:54:45.00
49	44	VÂNIA CARINA CERQUEIRA	0	INDIVIDUAL	VET. F35-FEM	00:54:46.00
50	49	RUI COSTA	0	INDIVIDUAL	SENIORES-MASC	00:56:17.00
51	19	OLIVIA MACEDO PIMENTA	0	INDIVIDUAL	VET. F35-FEM	00:56:20.00
52	56	Mª ELISA CRUZ	0	INDIVIDUAL	VET. F35-FEM	00:57:54.00
53	34	MANUEL ANTÔNIO SILVA	0	INDIVIDUAL	JUNIORES-MASC	00:58:26.00
54	13	JOÃO MANUEL MINISTRO	0	INDIVIDUAL	VET. M35-MASC	00:58:50.00
55	96	AGOSTINHA GONÇALVES	1	SOCIEDADE RECREIO CEPANENSE	VET. F35-FEM	00:58:56.00
56	110	CONCEIÇÃO OLIVEIRA	1	SOCIEDADE RECREIO CEPANENSE	VET. F35-FEM	00:58:59.00
57	23	RUI ARAÚJO	0	INDIVIDUAL	VET. M35-MASC	00:59:32.00
58	121	HELENA SILVA	0	INDIVIDUAL	SENIORES-FEM	01:02:50.00
59	77	CAROLINA MARTA FERNANDES	0	INDIVIDUAL	VET. F35-FEM	01:03:58.00
60	124	DIOGO GERALDO PINHEIRO	0	INDIVIDUAL	SENIORES-MASC	01:04:03.00



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61	46	MARCO ANTÓNIO CALDAS	0	INDIVIDUAL	SENIORES-MASC	01:04:22.00
62	25	LUÍS MANUEL CARVALHO	0	INDIVIDUAL	SENIORES-MASC	01:04:22.00
63	78	ALDA CRISTINA FAUSTINO	0	INDIVIDUAL	VET. F35-FEM	01:04:55.00
64	63	Mª JOSÉ FERNANDES	0	INDIVIDUAL	VET. F35-FEM	01:08:16.00
65	8	LEONOR VILAS BOAS LAINHO	0	INDIVIDUAL	SENIORES-FEM	01:08:48.00
66	9	RAQUEL ISIDORO VIEIRA	0	INDIVIDUAL	VET. F35-FEM	01:09:06.00
67	51	CARMEN LILIANA SOBRINHO	0	INDIVIDUAL	SENIORES-FEM	01:10:37.00
68	125	PATRICIA ISABEL FAUSTINO	0	INDIVIDUAL	SENIORES-FEM	01:10:38.00
69	36	MARGARIDA MANUELA BARROS	0	INDIVIDUAL	SENIORES-FEM	01:15:17.00
70	39	CÁTIA ANDREIA COUTINHO	0	INDIVIDUAL	SENIORES-FEM	01:15:17.00
71	37	DANIEL AGOSTINHO GONÇALVES	0	INDIVIDUAL	SENIORES-MASC	01:15:18.00
72	38	CARLA ALMEIDA	0	INDIVIDUAL	SENIORES-FEM	01:15:19.00
73	35	EUGÉNIA GONÇALVES PEREIRA	0	INDIVIDUAL	VET. F35-FEM	01:15:19.00
74	3	CARLA LUCIANA SOARES	0	INDIVIDUAL	VET. F35-FEM	01:20:20.00
75	132	Mª FATIMA SOUSA	0	INDIVIDUAL	VET. F35-FEM	01:20:21.00