

Place	Dorsal	Name	Gender	Category	Nationality	Team	Official Time
1	282	ROSA MADUREIRA	F	F35	PT	FUTEBOL CLUBE PENAFIEL	00:01:43:653
2	10	SARA CARVALHO	F	F20	PT	ADERCUS	00:01:50:170
3	223	ROSA SOARES	F	F20	PT	UD VARZEA	00:01:55:470
4	8	FATIMA SILVA	F	F45	PT	C.D. POVOA	00:02:26:787
5	276	ROSA MARLENE ALVES ABREU	F	F20	PT	MAIS ACTIVO POWER GIRLS	00:02:32:387
6	89	MARÍLIA MACIEIRA	F	F35	PT		00:02:34:977
7	275	MARIA DE JESUS PINTO	F	F40	PT	MAIS ACTIVO POWER GIRLS	00:02:36:980
8	241	CRISTINA MARIA FERREIRA MOURA SARAIV	F	F45	PT		00:02:36:987
9	131	ELISABETE MAGALHÃES	F	F20	PT	UF08 RUNNERS	00:02:38:093
10	277	SOFIA PAULA GONÇALVES SOARES	F	F35	PT	MAIS ACTIVO POWER GIRLS	00:02:47:780
11	155	CARMO MARINHO	F	F45	PT		00:02:57:557
12	125	SÓNIA MOREIRA	F	F20	PT		00:03:00:660
13	95	ROSA SILVA	F	F45	PT	LIGEIRINHOS	00:03:02:610
14	60	SANDRA OSÓRIO	F	F35	PT		00:03:16:250
15	218	CLÁUDIA CARCAU	F	F20	PT	OS LESMAS	00:03:17:727
16	92	DEOLINDA SILVA	F	F45	PT	LIGEIRINHOS	00:03:19:400
17	163	ANDREIA MARTINS	F	F20	PT		00:03:19:827
18	71	JOANA VASCONCELOS	F	F20	PT	FMDUP	00:03:24:090
19	165	GLORIA BAPTISTA	F	F45	PT		00:03:26:267
20	160	BEATRIZ COSTA	F	F20	PT	UF08 RUNNERS	00:03:30:200
21	100	ANA TEIXEIRA	F	F40	PT		00:03:33:340
22	153	PATRÍCIA VIANA MASTELLA	F	F35	IT		00:03:37:147
23	151	CELESTINA PINHEIRO	F	F45	PT		00:03:41:160
24	112	JOANA PINTO	F	F20	PT		00:03:43:627
25	135	LEA CARNEIRO	F	F20	PT	UF08 RUNNERS	00:03:47:193
26	185	CARLA MOREIRA	F	F35	PT	PINTAROLAS	00:03:50:810
27	187	JOANA LEITE	F	F35	PT	PINTAROLAS	00:40:55:237

Data: 04-07-2015

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Hora: 10:30:00

Distance: 1,000m

Place	Dorsal	Name	Gender	Category	Nationality	Team	Official Time
1	212	TOMÁS BAPTISTA	M	M20	PT	ESCOLA DO MOVIMENTO	00:01:15:577
2	75	TONY CALVO	M	M20	PT	ESCOLA DO MOVIMENTO	00:01:20:940
3	267	MARCO MARQUES	M	M20	PT	A. C. R. SRA DO DESTERRO - NAPO	00:01:23:627
4	6	PAULO PEREIRA	M	M35	PT	GDC GUILHOVAI	00:01:24:487
5	114	PEDRO LEITE	M	M20	PT	DR. MERINO CLÍNICA MÉDICA LDA	00:01:24:673
6	110	ADRIÃO RODRIGUES	M	M20	PT	NAC	00:01:26:350
7	140	TIAGO COELHO	M	M20	PT	UF08 RUNNERS	00:01:27:147
8	249	JUVÊNCIO VITOR OLIVEIRA AGUIAR	M	M40	PT	INDIVIDUAL	00:01:29:157
9	128	ANDRÉ NOGUEIRA	M	M20	PT	UF08 RUNNERS	00:01:31:823
10	226	SÉRGIO SOUSA	M	M40	PT	SÃO JOÃO DA SERRA	00:01:32:287
11	181	ROGÉRIO BESSA	M	M20	PT	JOBRA	00:01:32:990
12	9	AMERICO MOREIRA	M	M20	PT	C.D. POVOA	00:01:33:230
13	168	DELFIN CONCEIÇÃO	M	M40	PT	SÃO JOÃO DA SERRA	00:01:33:930
14	37	AUGUSTO COSTA	M	M45	PT	AMIGOS DA MONTANHA	00:01:35:967
15	199	ANTÓNIO PIRES	M	M20	PT	ESCOLA DO MOVIMENTO	00:01:37:527
16	139	PAULO MACHADO	M	M20	PT	UF08 RUNNERS	00:01:38:793
17	254	JOSE GASPAR	M	M35	PT		00:01:38:857
18	203	SÉRGIO SANTOS	M	M20	PT		00:01:38:860
19	97	SERGIO DUARTE	M	M35	PT	TEAM DUAS FACES	00:01:39:327
20	262	JOÃO CAVADAS	M	M45	PT	CSRDC SANTIAGO	00:01:39:877
21	271	OSCAR MENDES	M	M20	PT	LIBERDADE F C	00:01:40:067
22	130	CESAR NETO	M	M20	PT	UF08 RUNNERS	00:01:42:507
23	68	RUI CADILHA	M	M20	PT		00:01:44:173
24	102	ANDRE SILVA	M	M20	PT	NUCLEO DE ATLETISMO CUCUJAES	00:01:45:300
25	82	RUI ANDRADE	M	M35	PT	TEAM DUAS FACES	00:01:46:047
26	148	CÉSAR BARROS	M	M20	PT		00:01:48:007
27	78	ANDRÉ FRAGA	M	M20	PT	LOCOMOTIVA DE PARANHOS	00:01:50:313
28	88	JOÃO BARBOSA	M	M40	PT	NUCLEO ATLETISMO DE CUCUJÃES	00:01:52:173
29	176	BRUNO ESTEVES	M	M20	PT		00:01:52:337
30	134	JOSÉ COELHO	M	M45	PT	UF08 RUNNERS	00:01:52:503
31	144	BERNARDINO PINTO	M	M20	PT	DR. MERINO CLÍNICA MÉDICA	00:01:52:967
32	7	LUIS MIGUEL	M	M35	PT	ADERCUS	00:01:53:243
33	143	JOÃO CARVALHAL	M	M40	PT	BUDEGUITA RUNNERS	00:01:53:410
34	288	NUNO SILVA	M	M20	PT	CABRITOS DO MONTE	00:01:53:413
35	121	MANUEL MIRANDA	M	M20	PT		00:01:56:193
36	270	JOSUÉ NEVES	M	M20	PT		00:01:56:530
37	161	CARLOS MIRELES	M	M20	PT		00:01:56:930
38	215	PEDRO DIAS	M	M40	PT	BOAVISTA F. C.	00:01:57:280
39	244	WELBERTH FERREIRA	M	M20	BR		00:01:58:097
40	287	JOÃO SILVA	M	M20	PT	CABRITOS DO MONTE	00:01:59:363
41	224	MÁRIO SILVA	M	M45	PT	SÃO JOÃO DA SERRA	00:01:59:583
42	266	ARSÉNIO FERNANDES	M	M55	PT	ARSM -ASSOCIAÇÃO RECREATIVA DE S MI	00:01:59:807
43	157	FÁBIO SILVA	M	M20	PT	VILLA CESARI	00:01:59:997
44	116	DANIEL PINHEIRO	M	M35	PT		00:02:00:073
45	87	EDUARDO MERINO	M	M35	PT	DR MERINO CLÍNICA MÉDICA LDA	00:02:00:153

Data: 04-07-2015

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Hora: 10:30:00

Distance: 1,000m

Place	Dorsal	Name	Gender	Category	Nationality	Team	Official Time
46	40	LUIS LOBAO	M	M20	PT		00:02:00:690
47	53	RICARDO SILVA	M	M40	PT	TUGAS NA ESTRADA	00:02:00:990
48	158	PAULO MANUEL ROSA	M	M40	PT		00:02:01:573
49	286	TIAGO NEIVA	M	M20	PT		00:02:01:643
50	213	ADÃO DIAS	M	M60	PT	BOAVISTA F. C.	00:02:02:797
51	189	ALCINDO DIAS	M	M40	PT	AD QUINTA PARAMOS	00:02:04:147
52	5	JOAO PEREIRA	M	M40	PT	N A CUCUJAES	00:02:05:867
53	225	NUNO SIMOES	M	M45	PT	SÃO JOÃO DA SERRA	00:02:06:867
54	164	GUILHERME FERRAZ	M	M20	PT		00:02:07:047
55	216	LUIS ALVES	M	M35	PT		00:02:07:097
56	180	NUNO GONÇALVES	M	M20	PT	JOBRA	00:02:07:423
57	268	JOKIN CIMADEVILLA ESTEBAN	M	M20	ES		00:02:08:080
58	179	ALCINDO FREITAS	M	M20	PT	EDV VIANA TRAIL	00:02:08:477
59	293	PEDRO SANTOS	M	M35	PT	TEAM DUAS FACES	00:02:08:993
60	283	ANTONIO FILIPE	M	M40	PT	CLUBE ATLETISMO DE LAMAS	00:02:09:767
61	61	FÁBIO COSTA	M	M20	PT		00:02:09:990
62	209	MARCO ANTÓNIO	M	M40	PT		00:02:10:043
63	67	FRANCISCO FREITAS	M	M40	PT	INDIVIDUAL	00:02:10:637
64	257	ADALBERTO FIGUEIREDO	M	M40	PT	GRUPO DESPORTIVO SANTANDER TOTTA	00:02:11:530
65	43	BRUNO RODRIGUES	M	M20	PT	ACADEMICO RUNNERS	00:02:12:217
66	35	NUNO SILVA	M	M20	PT		00:02:12:993
67	214	LUÍS ARAÚJO	M	M45	PT	BOAVISTA F. C.	00:02:13:497
68	72	MIGUEL LEÃO	M	M20	PT	FMDUP	00:02:13:593
69	44	HUGO AMARO	M	M40	PT	EDP GAS	00:02:14:863
70	235	PEDRO VIDAL	M	M40	PT		00:02:16:607
71	173	ARTUR COSTA	M	M35	PT	COMPANHIA DO BAZÓFIAS	00:02:18:790
72	147	TIAGO ALMEIDA	M	M35	PT	BUDEGUITA RUNNERS	00:02:20:043
73	69	JOÃO MOTA	M	M20	PT		00:02:22:057
74	42	JOSE RODRIGUES	M	M50	PT	ACADEMICO RUNNERS	00:02:23:887
75	278	ADRIANO ROCHA	M	M45	PT		00:02:23:893
76	108	DIOGO MENESES	M	M20	PT		00:02:24:390
77	217	ANTÓNIO GUEDES	M	M40	PT	OS LESMAS	00:02:25:353
78	296	JOAO CARLOS LELIS	M	M40	PT		00:02:26:580
79	280	HUGO GONÇALVES	M	M35	PT	GAIA-RUNNING	00:02:26:957
80	57	JORGE SILVA	M	M40	PT		00:02:27:707
81	196	JORGE CAMACHO	M	M20	PT	FMDUP	00:02:27:983
82	48	LASCASAS J.C.	M	M45	PT	A A GONDOMAR	00:02:28:277
83	220	FRANCISCO PIRES	M	M20	PT		00:02:29:037
84	171	RODOLFO BRITO DA SILVA	M	M35	PT		00:02:30:217
85	94	JOSÉ CARLOS GOMES	M	M55	PT	LIGEIRINHOS	00:02:31:070
86	65	JOÃO LOPES	M	M50	PT		00:02:31:097
87	150	JOEL SANTOS	M	M35	PT	CLUBE ZUPPER	00:02:32:397
88	152	VALTER FLOR	M	M20	AO	FMDUP	00:02:32:473
89	117	HUMBERTO LOPES	M	M45	PT		00:02:32:733
90	261	CARLOS FERREIRA	M	M50	PT		00:02:33:190

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Place	Dorsal	Name	Gender	Category	Nationality	Team	Official Time
91	295	JORGE COELHO	M	M40	PT		00:02:34:323
92	242	FERNANDO MARINHO	M	M20	PT	FAFE RUNNERS	00:02:34:647
93	279	NELSON DUARTE	M	M35	PT	OUTSIDERS RUNNING TRAIL TEAM	00:02:34:770
94	272	AMÂNDIO NUNES	M	M20	PT	EQUIPA QUE GANHA NÃO SE MEXE	00:02:35:547
95	126	ALEXANDRE FERREIRA	M	M40	PT		00:02:36:360
96	79	PAULO SILVA	M	M40	PT		00:02:36:957
97	258	CARLOS EDUARDO COELHO	M	M35	PT	GRUPO DESPORTIVO SANTANDER TOTTA	00:02:38:750
98	133	JORGE PINTO	M	M20	PT	UF08 RUNNERS	00:02:39:300
99	46	SERGIO MOREIRA	M	M20	PT		00:02:41:340
100	103	CARLOS SÁ	M	M40	PT		00:02:43:843
101	127	RUI MANUEL DIAS	M	M40	PT	PI-LINHA RUNNERS	00:02:44:220
102	113	SÉRGIO SANTOS	M	M20	PT	LOCOMOTIVA DE PARANHOS	00:02:44:300
103	93	JOÃO GIL DA COSTA	M	M55	PT	LIGEIRINHOS	00:02:47:607
104	98	PEDRO VIANA	M	M20	PT	SUECOS	00:02:48:940
105	264	CLÁUDIO OLIVEIRA	M	M40	PT		00:02:49:713
106	255	CARLOS MENDES	M	M50	PT	I-RUN	00:02:49:833
107	172	NUNO RIBEIRO	M	M40	PT		00:02:52:747
108	119	CARLOS SILVA SILVA	M	M50	PT		00:02:54:060
109	45	FILIPPE FERNANDES	M	M35	PT		00:02:55:517
110	85	PAULO GOMES	M	M45	PT	O PRAZER DA CORRIDA	00:02:56:507
111	205	CIPRIANO SOUSA	M	M40	PT	INDIVIDUAL	00:02:56:767
112	81	JOÃO SOUSA	M	M40	PT		00:02:56:957
113	83	ANTÓNIO FERREIRA	M	M20	PT	SUECOS	00:02:58:127
114	111	ADEMAR VALENTE	M	M20	PT		00:02:58:377
115	62	MANUEL MARQUES	M	M40	PT	INDIVIDUAL	00:02:59:067
116	41	CARLOS SILVA	M	M20	PT		00:03:00:347
117	84	RAUL SILVA	M	M20	PT	SUECOS	00:03:00:593
118	47	FRANCISCO OLIVEIRA	M	M55	PT	A A GONDOMAR	00:03:01:817
119	51	PAULO RAMOS	M	M40	PT	GRUPO JUVENIL PINHEIRO DA BEMPOSTA	00:03:04:853
120	230	RICARDO SILVA	M	M40	PT	PERNETAS	00:03:06:397
121	123	NUNO MALTEZ	M	M40	PT		00:03:06:447
122	297	ALVARO COSTA	M	M40	PT		00:03:10:593
123	274	PEDRO PINHO	M	M35	PT		00:03:22:363
124	194	NELSON FUMEGA	M	M40	PT	PINTAROLAS	00:03:23:293
125	245	CUSTODIO FREITAS	M	M50	PT		00:03:32:570
126	154	REINALDO PASTOR	M	M35	BR		00:03:34:190
127	210	AVELINO VIANA	M	M35	PT		00:43:27:270