

São Silvestre Solidária - Póvoa de Lanhoso

São Silvestre Solidária

Póvoa de Lanhoso

Genmundus

7 de Janeiro

CHRONO.PT

Classificação Geral



10,00 Km.

Pos.	Dor.	Nome	Clube	Cat.	Pos. Cat.	Tempo	T/Km.	Dif.
1	81	Rui Araújo	Amigos do Atletismo Povoense	S	1	37:52.99	03:47	
2	1	Santa Cruz		S	2	37:53.67	03:47	0:00:01
3	135	Patrício Castro	Clube N. A. Taipas	M35	1	39:05.57	03:55	0:01:13
4	210	Manuel Machado		M50	1	39:11.89	03:55	0:01:19
5	51	Nuno Campos	Barcelos Portugal Team	M35	2	39:31.00	03:57	0:01:38
6	16	Emanuel Matos	GDG-IVL	M35	3	39:59.88	04:00	0:02:07
7	131	João Martins	Vila Verde a Correr	M35	4	40:17.07	04:02	0:02:24
8	168	Jorge Lemos	Fisiovera Lemos	M35	5	40:27.82	04:03	0:02:35
9	28	Sérgio Talaia		M35	6	41:23.55	04:08	0:03:31
10	167	Gualter Freitas	Fisiovera Lemos	M35	7	41:54.00	04:11	0:04:01
11	211	Frederico Monteiro	Gymportodave	M35	8	41:55.37	04:12	0:04:02
12	122	Avelino Macedo		M35	9	42:10.40	04:13	0:04:17
13	183	Ismael Correló	Bem me quero	S	3	42:11.55	04:13	0:04:19
14	86	Raul Silva		S	4	42:22.53	04:14	0:04:30
15	103	Ricardo Gonçalves		S	5	42:37.60	04:16	0:04:45
16	199	José Manuel Silva		M35	10	43:29.12	04:21	0:05:36
17	144	Narciso Marques	Limite Vertical Trekking	M50	2	43:36.11	04:22	0:05:43
18	105	Francisco Castro		S	6	43:55.15	04:24	0:06:02
19	55	Diogo Sousa		S	7	43:57.84	04:24	0:06:05
20	25	Ricardo Fernandes		S	8	44:21.99	04:26	0:06:29
21	188	José Lopes		M50	3	44:45.87	04:29	0:06:53
22	158	Luís Novais	Gym Porto D'Ave	S	9	44:57.99	04:30	0:07:05
23	200	José Carvalho Silva		S	11	45:08.55	04:31	0:07:16
24	93	Isabel Dias	Grupo Desportivo da Goma	S	10	45:08.55	04:31	0:07:16
25	104	Christophe Fernandes		M35	11	45:19.26	04:32	0:07:26
26	101	Tiago Costa	Ermida Team	S	12	45:21.75	04:32	0:07:29
27	79	Sérgio Araújo	Amigos do Atletismo Povoense	M35	12	45:31.10	04:33	0:07:38
28	138	Tania Covas Feminino	.COM-Clube Ori Minho	F35	1	46:12.22	04:37	0:08:19
29	70	Frederico Amaro	Amigos do Atletismo Povoense	M35	13	46:21.12	04:38	0:08:28
30	132	Álvaro Abreu	Amigos do Atletismo Povoense	S	13	46:30.03	04:39	0:08:37
31	123	Jorge Reis		S	14	46:53.48	04:41	0:09:00
32	191	Domingos Raimundo		M35	14	47:14.82	04:43	0:09:22
33	89	Albino Talaia Mota Rocha Talaia		M50	4	47:26.19	04:45	0:09:33
34	178	André Rocha	Joinbydica	S	15	48:14.00	04:49	0:10:21
35	151	ANTÓNIO CORUCHO		M50	5	48:15.35	04:50	0:10:22
36	76	Diogo Moreira	Amigos do Atletismo Povoense	S	16	48:15.41	04:50	0:10:22
37	77	José Moreira	Amigos do Atletismo Povoense	M35	15	48:38.67	04:52	0:10:46
38	67	Raul Silva	SSCGD	M35	16	48:39.59	04:52	0:10:47
39	68	Antonio Pereira JR	Amigos do Atletismo Povoense	S	17	48:40.36	04:52	0:10:47
40	31	José Geraldes		M35	17	48:43.75	04:52	0:10:51
41	35	Nuno Santos	Aventureiros	M35	18	48:44.13	04:52	0:10:51
42	87	Diogo José Magalhães Araújo		S	18	48:44.21	04:52	0:10:51
43	38	Pedro Rodrigues	Trepabikes	M35	19	48:46.43	04:53	0:10:53
44	120	Victor Fernandes	Grupo Desportivo da Goma	M35	20	48:47.46	04:53	0:10:54

45	7	Carla Oliveira	Os Santa Apolónia	SF	1	48:54.54	04:53	0:11:02
46	6	Joaquim Dinis	Os Santa Apolónia	M35	21	48:57.10	04:54	0:11:04
47	18	Pedro Castro	Turbulentos	M35	22	48:59.57	04:54	0:11:07
48	94	Vasco Manso		M35	23	49:06.91	04:55	0:11:14
49	142	Bruno Fernandes		S	19	49:26.22	04:57	0:11:33
50	179	Artur Gil		M35	24	49:26.56	04:57	0:11:34
51	182	Marco Tinoco	Bem me quero	S	20	49:54.03	04:59	0:12:01
52	124	José Nuno Sousa		M50	6	50:00.54	05:00	0:12:08
53	154	Paulo Gomes	Gym Porto D'Ave	S	21	50:07.20	05:01	0:12:14
54	27	luis leite	Trepabikes	S	22	50:09.42	05:01	0:12:16
55	52	Andreia Pinheiro	just4fun	SF	2	50:10.23	05:01	0:12:17
56	177	André Rocha	Joinbydica	S	23	50:45.24	05:05	0:12:52
57	171	José Manuel Azevedo		M35	25	50:45.89	05:05	0:12:53
58	71	Alberto Moreira	Amigos do Atletismo Povoense	M35	26	50:46.66	05:05	0:12:54
59	192	Joana Sousa		SF	3	50:51.06	05:05	0:12:58
60	118	Luís Monteiro	Grupo Desportivo da Goma	M35	27	50:54.86	05:05	0:13:02
61	15	Alberta Pereira	G.D.Goma - BIONZ	F35	2	50:55.63	05:06	0:13:03
62	141	Jorge Lobo		M50	7	51:07.56	05:07	0:13:15
63	130	Hugo Vale		S	24	51:35.32	05:10	0:13:42
64	212	Manuel Rodrigues	Gymportodave	M35	28	51:44.42	05:10	0:13:51
65	213	Nuno Antunes	Nuno Antunes	M35	29	51:44.42	05:10	0:13:51
66	136	Miguel Paiva		M35	30	52:01.93	05:12	0:14:09
67	190	José Gonzalez		M35	31	52:16.32	05:14	0:14:23
68	45	Agostinho Matos		S	25	52:23.49	05:14	0:14:30
69	117	Pedro Oliveira		M35	32	52:26.60	05:15	0:14:34
70	153	Daniel Morais	Gym Porto D'Ave	M35	33	52:27.22	05:15	0:14:34
71	17	Hugo Carvalho	MiniMaratonistas	S	26	52:29.80	05:15	0:14:37
72	194	João Fontão		M35	34	52:32.29	05:15	0:14:39
73	62	João Silva	Os Estarolas	S	27	52:34.04	05:15	0:14:41
74	5	Maria Ministro	VaoTerQueContarConnosco	F35	3	52:41.56	05:16	0:14:49
75	10	Jorge Sousa		M35	35	52:45.33	05:17	0:14:52
76	126	Nuno Fernandes	AFLITOS DA PORTELA	M35	36	52:46.00	05:17	0:14:53
77	8	Ricardo Duarte	Cerveira Team Running	M35	37	53:08.59	05:19	0:15:16
78	150	Paulo Rito	Turbulentos	M35	38	53:16.62	05:20	0:15:24
79	165	Carlos Torres		S	28	53:27.30	05:21	0:15:34
80	195	Liliana Gonçalves		F35	4	53:41.77	05:22	0:15:49
81	146	Avelino Dias	Sousa sport	M35	39	53:45.83	05:23	0:15:53
82	30	Jorge Brito	Trepabikes	S	29	53:53.93	05:23	0:16:01
83	185	Adriano Lopes		M35	40	53:54.64	05:23	0:16:02
84	193	Jorge Melo		S	30	54:06.56	05:25	0:16:14
85	181	Alberto Lima		M35	41	54:11.75	05:25	0:16:19
86	140	Tomás Silva		S	31	54:12.24	05:25	0:16:19
87	48	Antonio Pereira	Amigos do Atletismo Povoense	M50	8	54:18.61	05:26	0:16:26
88	75	Paulo Soares	Amigos do Atletismo Povoense	M35	42	54:18.74	05:26	0:16:26
89	84	José Fernandes	Amigos do Atletismo Povoense	M35	43	54:19.56	05:26	0:16:27
90	139	Joana Silva		SF	4	54:35.90	05:28	0:16:43
91	172	Carla Novais	Aventureiros	SF	5	54:37.38	05:28	0:16:44
92	100	Olga Martins	Ermida Team	SF	6	54:42.02	05:28	0:16:49
93	43	Pedro Maláinho	just4fun	M35	44	54:58.47	05:30	0:17:05
94	50	Helena Ferreira	just4fun	SF	7	54:58.82	05:30	0:17:06
95	156	José Oliveira	Gym Porto D'Ave	S	32	55:02.60	05:30	0:17:10
96	83	Sandrina Silva	Amigos do Atletismo Povoense	F35	5	55:05.59	05:31	0:17:13
97	189	Luís Ferraz	Caracoletas	M35	45	55:06.36	05:31	0:17:13
98	155	Pedro Gomes	Gym Porto D'Ave	M35	46	55:06.67	05:31	0:17:14
99	66	Manuel Moreira	Amigos do Atletismo Povoense	M50	9	55:11.69	05:31	0:17:19
100	170	Aristido Barbosa		M50	10	55:14.79	05:31	0:17:22
101	92	Sílvia Sousa	Grupo Desportivo da Goma	F35	6	55:20.23	05:32	0:17:27
102	206	Dany Manuel Fernandes Oliveira		S	33	55:26.32	05:33	0:17:33

103	208	Maria Goreti Pereira Ferreira		F35	7	55:34.18	05:33	0:17:41
104	72	Fernando Costa	Amigos do Atletismo Povoense	M35	47	55:43.69	05:34	0:17:51
105	63	Bruno Cunha	Os Estarolas	S	34	55:50.97	05:35	0:17:58
106	36	Simão Fernandes	Aventureiros	M35	48	56:10.68	05:37	0:18:18
107	125	Rui Pereira		M35	49	56:24.29	05:38	0:18:31
108	137	Mário Peres	Braga a correr	S	35	56:38.61	05:40	0:18:46
109	129	Orlando Fernandes	BTT Porto D`Ave	M35	50	56:42.61	05:40	0:18:50
110	64	Ricardo Coimbra	Os Estarolas	M35	51	56:43.03	05:40	0:18:50
111	3	Antonio Carvalho	Amigos do Atletismo Povoense	M50	11	56:49.30	05:41	0:18:56
112	184	Maria Tinoco	Bem me quero	F35	8	57:06.04	05:43	0:19:13
113	116	RICARDO VILELA	AFLITOS DA PORTELA	M35	52	57:09.72	05:43	0:19:17
114	148	João Dias	Sousa sport	S	36	57:20.69	05:44	0:19:28
115	115	Maria Amélia Magalhães		F35	9	57:29.84	05:45	0:19:37
116	56	Léa Balloy	gummies team	SF	8	57:54.19	05:47	0:20:01
117	57	wioleta dunkel	gummies team	SF	9	57:54.54	05:47	0:20:02
118	186	Gabriel Meira		S	37	58:15.27	05:50	0:20:22
119	174	Vitor Granja		S	38	58:28.18	05:51	0:20:35
120	74	Anselmo Silva	Amigos do Atletismo Povoense	S	39	58:35.12	05:52	0:20:42
121	80	José Silva	Amigos do Atletismo Povoense	M35	53	58:35.62	05:52	0:20:43
122	102	Catarina Rocha		SF	10	58:39.93	05:52	0:20:47
123	114	Jorge Magalhães		M35	54	58:41.42	05:52	0:20:48
124	4	João Ministro	VaoTerQueContarConnosco	M50	12	58:41.61	05:52	0:20:49
125	205	Francisco Pereira Ferreira		M50	13	58:54.21	05:53	0:21:01
126	111	Beatriz Abreu		SF	11	59:00.70	05:54	0:21:08
127	187	Idalina Ribeiro		F35	10	59:05.40	05:55	0:21:12
128	59	Oswaldo Oliveira	Turbulentos	M50	14	59:06.90	05:55	0:21:14
129	42	Marlene Sousa	just4fun	SF	12	59:45.04	05:59	0:21:52
130	119	Manuel CArneiro	Grupo Desportivo da Goma	M35	55	59:46.39	05:59	0:21:53
131	22	Joana Osório		SF	13	1:00:42.06	06:04	0:22:49
132	13	Hugo Gonçalves		S	40	1:01:01.87	06:06	0:23:09
133	14	Ângela Gonçalves		SF	14	1:01:02.69	06:06	0:23:10
134	73	Gaspar Machado	Amigos do Atletismo Povoense	M50	15	1:01:04.01	06:06	0:23:11
135	58	Manuel Moreira	Amigos do Atletismo Povoense	M35	56	1:01:04.02	06:06	0:23:11
136	82	Jorge Dias	Amigos do Atletismo Povoense	M35	57	1:01:05.01	06:07	0:23:12
137	216	António Pereira	Snack bar Gonçalves	M35	58	1:01:06.98	06:07	0:23:14
138	108	Vitor Serrano		M35	59	1:01:09.94	06:07	0:23:17
139	61	Joana Costa		SF	15	1:01:21.60	06:08	0:23:29
140	113	Artur Monteiro		M35	60	1:01:22.07	06:08	0:23:29
141	24	Horácio Santos		M50	16	1:01:26.42	06:09	0:23:33
142	202	Mário Pereira Ferreira		M35	61	1:01:59.48	06:12	0:24:06
143	203	Carlos Martins		M35	62	1:02:01.34	06:12	0:24:08
144	143	Mariana Reis		SF	16	1:02:09.75	06:13	0:24:17
145	175	Paula Carneiro	A Voar	F35	11	1:02:20.93	06:14	0:24:28
146	109	Paulo Rodrigues		M35	63	1:02:36.54	06:16	0:24:44
147	209	Rita Monteiro		F35	12	1:02:40.19	06:16	0:24:47
148	147	Ana Dias	Sousa sport	F35	13	1:03:05.76	06:19	0:25:13
149	19	Miguel Pereira	Mov'et	M35	64	1:03:16.13	06:20	0:25:23
150	20	Paula Sousa	Mov'et	F35	14	1:03:16.26	06:20	0:25:23
151	201	Tânia Dias	Grupo Desportivo da Goma	SF	17	1:03:24.97	06:20	0:25:32
152	159	Salomé Ramos	Gym Porto D'Ave	SF	18	1:03:26.19	06:21	0:25:33
153	26	Séverine Boiteau	Grupo Desportivo da Goma	F35	15	1:03:26.77	06:21	0:25:34
154	152	LÚCIA CORUCHO		F35	16	1:04:02.86	06:24	0:26:10
155	128	Luísa Oliveira		F35	17	1:04:08.32	06:25	0:26:15
156	127	Anabela Delgado	Turbulentos	F35	18	1:04:09.94	06:25	0:26:17
157	121	Domingos Machado		M50	17	1:04:11.75	06:25	0:26:19
158	214	Ricardo Antunes		M50	18	1:04:23.02	06:26	0:26:30
159	46	Anabela Cerqueira		F35	19	1:04:42.77	06:28	0:26:50
160	163	Elisa Vieira	Elisa	SF	19	1:04:43.57	06:28	0:26:51

161	41	Luísa Gonçalves	just4fun	F35	20	1:04:44.16	06:28	0:26:51
162	40	Luís Pereira	just4fun	M50	19	1:04:47.57	06:29	0:26:55
163	204	Arlindo Jorge Ribeiro Sá Pereira		M35	65	1:05:11.64	06:31	0:27:19
164	98	Lara Silva		SF	20	1:05:17.63	06:32	0:27:25
165	37	Rui Tiago Ribeiro	Trepabikes	S	41	1:05:48.76	06:35	0:27:56
166	133	António Cancela		M35	66	1:05:54.22	06:35	0:28:01
167	134	carlos rocha		S	42	1:05:57.09	06:36	0:28:04
168	29	André Miguel Rodrigues		S	43	1:06:08.93	06:37	0:28:16
169	2	Patrícia Vila Nova	Mentolikos	SF	21	1:06:24.93	06:38	0:28:32
170	197	Maria Isabel Marques		F35	21	1:08:29.48	06:51	0:30:36
171	196	Carla Ferraz		F35	22	1:08:34.07	06:51	0:30:41
172	12	Cátia Fernandes	MACAT	SF	22	1:08:52.36	06:53	0:30:59
173	11	Luís Machado	MACAT	S	44	1:08:54.14	06:53	0:31:01
174	145	Márcia Rodrigues		F35	23	1:09:10.39	06:55	0:31:17
175	106	Gusta Costa	Rookie	SF	23	1:09:46.06	06:59	0:31:53
176	107	Lurdes Alves	Rookie	F35	24	1:09:48.45	06:59	0:31:55
177	162	Bruno Rodrigues	Crazy Traillers	M35	67	1:09:50.03	06:59	0:31:57
178	166	Marcelo Soares		S	45	1:11:15.05	07:08	0:33:22
179	90	Margarida Barros	Aventureiros	SF	24	1:11:18.24	07:08	0:33:25
180	34	Eugénia Pereira	Aventureiros	F35	25	1:11:18.25	07:08	0:33:25
181	60	Idalete Dias	Mawele	F35	26	1:13:46.46	07:23	0:35:53
182	173	Andrea Noronha		F35	27	1:17:10.00	07:43	0:39:17
183	176	Sandrina Oliveira		SF	25	1:17:11.04	07:43	0:39:18
184	85	Silvana Gonçalves		SF	26	1:17:42.54	07:46	0:39:50
185	215	Dorsal 215		S	46	1:21:27.85	08:09	0:43:35
186	33	Simone Mota		F35	28	1:22:23.80	08:14	0:44:31
187	32	Nuno Cunha		M35	68	1:22:24.16	08:14	0:44:31
188	65	Helena Cunha	Os Estarolas	SF	27	1:30:32.37	09:03	0:52:39
189	23	Pedro Xavier Freitas Vieira		S	47	1:32:40.73	09:16	0:54:48