

28122018
Associação De Atletismo De Castelo Branco

6 CORRIDA S SILVESTRE DOS MADEIROS
ACRD BAIRRO DO CANSADO

Sexta ,28/12/2018

CLASSIFICACAO INDIVIDUAL
BENJAMIM
FEMININOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa
1	47		INES FRANCISCO	BENJAMIM CDUL
2	142		LEANDRA DONETS	BENJAMIM A BAIRRO CANSADO
3	143		INES MORGADO	BENJAMIM A BAIRRO CANSADO
4	153		BEATRIZ BRITO	BENJAMIM C U IDANHENSE A
5	144		CAROLINA AFONSO	BENJAMIM A BAIRRO CANSADO
6	154		MARIANA MARTINS	BENJAMIM C U IDANHENSE A
7	240		LEONOR SALGUEIRO	BENJAMIM C BENFICA C BRANCO
8	317		LUA AFONSO	BENJAMIM PENTA C COVILHA
9	156		M INES SANTOS	BENJAMIM C U IDANHENSE A
10	155		NURIA CARAMELO	BENJAMIM C U IDANHENSE A
11	316		FLOR AFONSO	BENJAMIM PENTA C COVILHA

CLASSIFICACAO INDIVIDUAL
BENJAMIM
MASCULINOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa
1	137		ZINGA RAFAEL	BENJAMIM A BAIRRO CANSADO
2	48		TIAGO FRANCISCO	BENJAMIM CDUL
3	151		JOAO JOIA	BENJAMIM C U IDANHENSE A
4	194		RAFAEL RODRIGUES	BENJAMIM GCA DONAS
5	152		MARTIM CARAMELO	BENJAMIM C U IDANHENSE A
6	150		MATHIAS BARROS	BENJAMIM C U IDANHENSE A
7	149		TIAGO VAZ	BENJAMIM C U IDANHENSE A

CLASSIFICACAO INDIVIDUAL
INFANTIL
FEMININOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa
1	140		LARA GEIRINHAS	INFANTIL A BAIRRO CANSADO
2	197		BRUNA MADEIRA	INFANTIL GCA DONAS
3	270		FRANCISCA SA	INFANTIL CCDLF/UBI A
4	139		LARA ARAUJO	INFANTIL A BAIRRO CANSADO
5	319		MARIA CARREIRA	INFANTIL PENTA C COVILHA
6	141		HELENA SAFTA	INFANTIL A BAIRRO CANSADO
7	196		LARA ROCHA	INFANTIL GCA DONAS

CLASSIFICACAO POR EQUIPAS
INFANTIL
FEMININOS

Clas.	Nome da equipa	Pontos	1	2	3	4	5	6
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1 A BAIRRO CANSADO

11 1 4 6 0 0 0

CLASSIFICACAO INDIVIDUAL
INFANTIL
MASCULINOS

Clas.Dor.	Tempo	Nome do atleta	Nome da equipa
1	46	JOAO FERNANDES	INFANTIL A.ESCOLAS VILA VELHA 00:04:30
2	262	ANDRE RIBEIRO	INFANTIL ESTRELA C AVIACAO FC 00:04:31
3	320	TIAGO QUEIROZ	INFANTIL PENTA C COVILHA 00:04:44
4	261	AFONSO FERNANDES	INFANTIL ESTRELA C AVIACAO FC 00:04:49
5	198	GUILHERME TAVARES	INFANTIL GCA DONAS 00:04:50
6	337	ALEXANDRE PEREIRA	INFANTIL A ESCOLAS ALCAINS 00:04:55
7	195	EDUARDO GONCALVES	INFANTIL GCA DONAS 00:05:01
8	157	MARTIM NUNES	INFANTIL C U IDANHENSE A 00:06:07
9	158	ANTONIO SEBASTIAO	INFANTIL C U IDANHENSE A 00:06:21
10	135	MIGUEL NUNES	INFANTIL A BAIRRO CANSADO 00:06:42

CLASSIFICACAO INDIVIDUAL
INICIADO
FEMININOS

Clas.Dor.	Tempo	Nome do atleta	Nome da equipa
1	204	SARA AMARAL	INICIADO GCA DONAS 00:10:47
2	202	MATILDE MARCELINO	INICIADO GCA DONAS 00:11:00
3	322	MARIA RIBAS	INICIADO PENTA C COVILHA 00:11:45
4	33	JOANA CAMPOS	INICIADO FAMILIA MALATO CAMPO 00:12:04
5	138	BEATRIZ LOPES	INICIADO A BAIRRO CANSADO 00:12:05
6	199	BRUNA BRAS	INICIADO GCA DONAS 00:13:54
7	159	MARIANA NUNES	INICIADO C U IDANHENSE A 00:14:00
8	160	MAFALDA PEREIRA	INICIADO C U IDANHENSE A 00:19:23

CLASSIFICACAO POR EQUIPAS
INICIADO
FEMININOS

Clas.	Nome da equipa	Pontos	ORDEM CHEGADA ATLETAS					
			1	2	3	4	5	6
1	GCA DONAS	9	1	2	6	0	0	0

CLASSIFICACAO INDIVIDUAL
INICIADO
MASCULINOS

Clas.Dor.	Tempo	Nome do atleta	Nome da equipa
1	163	LUIS RIJO	INICIADO C U IDANHENSE A 00:09:25
2	201	TIAGO SUCENA	INICIADO GCA DONAS 00:09:33
3	228	MIGUEL RODRIGUES	INICIADO C BENFICA C BRANCO 00:10:16
4	338	GONCALO DAMAS	INICIADO A ESCOLAS ALCAINS 00:10:28
5	161	JOAO DUARTE	INICIADO C U IDANHENSE A 00:10:35
6	200	SIMAO FERNANDES	INICIADO GCA DONAS 00:10:53
7	256	JOAO NEVES	INICIADO INDIVIDUAL 00:10:55
8	167	RODRIGO MIRANDA	INICIADO C U IDANHENSE B 00:10:58

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9	166	FLAVIO MELFE	INICIADO	C U IDANHENSE B	00:11:13
10	162	SIMAO CAMELO	INICIADO	C U IDANHENSE A	00:11:43
11	165	JOAO CAMELO	INICIADO	C U IDANHENSE B	00:11:58
12	381	AFONSO CALMEIRO	INICIADO	ACERTE O PASSO	00:12:44
13	374	FRANCISCO COELHO	INICIADO	ACERTE O PASSO	00:12:45
14	164	SERGIO DEUS	INICIADO	C U IDANHENSE A	00:13:52

CLASSIFICACAO POR EQUIPAS
INICIADO
MASCULINOS

Clas.	Nome da equipa	Pontos	ORDEM CHEGADA ATLETAS					
			1	2	3	4	5	6
1	C U IDANHENSE A	16	1	5	10	0	0	0
2	C U IDANHENSE B	28	8	9	11	0	0	0

CLASSIFICACAO INDIVIDUAL
JUVENIL
FEMININOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa	
1	272	MARGARIDA SA	JUVENIL	CCDLF/UBI A	00:17:26
2	206	DANIELA BARATA	JUVENIL	GCA DONAS	00:20:17
3	170	YAMINI MAKVANA	JUVENIL	C U IDANHENSE A	00:21:52
4	171	MATILDE BAPTISTA	JUVENIL	C U IDANHENSE A	00:22:54

CLASSIFICACAO INDIVIDUAL
JUVENIL
MASCULINOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa	
1	205	FREDERICO MENDES	JUVENIL	GCA DONAS	00:13:41
2	168	RAFAEL CANARIA	JUVENIL	C U IDANHENSE A	00:13:59
3	271	DIOGO SALVADO	JUVENIL	CCDLF/UBI A	00:14:16
4	323	RUBEN VENANCIO	JUVENIL	PENTA C COVILHA	00:14:49
5	207	JOEL SARDINHA	JUVENIL	GCA DONAS	00:15:07
6	169	RAFAEL MASCARENHAS	JUVENIL	C U IDANHENSE A	00:15:09
7	136	ELIANO GARCIA	JUVENIL	A BAIRRO CANSADO	00:17:57
8	369	EMANUEL TERRAS	JUVENIL	AJ RIBEIRO PERDIZES	00:20:17

CLASSIFICACAO INDIVIDUAL
JUNIOR
FEMININOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa	
1	193	BEATRIZ REBELO	JUNIOR	JUVENTUDE VIDIGALENS	00:39:41
2	315	ANA CORREIA	JUNIOR	SARZEDAS RUNNERS	00:54:39

CLASSIFICACAO INDIVIDUAL
JUNIOR
MASCULINOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa	
1	274	JOAO VARAO	JUNIOR	CCDLF/UBI A	00:33:17

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2	276	RICARDO OPINIAO	JUNIOR	CCDLF/UBI A	00:34:11
3	208	RAFAEL BARATA	JUNIOR	GCA DONAS	00:35:01
4	209	TIAGO FONSECA	JUNIOR	GCA DONAS	00:36:22
5	172	ANGELO TARECO	JUNIOR	C U IDANHENSE A	00:36:33
6	224	LEANDRO BREIA	JUNIOR	C BENFICA C BRANCO	00:41:06
7	310	EDUARDO DUARTE	JUNIOR	ACRIALBI/AQD	00:52:44

CLASSIFICACAO INDIVIDUAL
SENIOR, VET35, VET45
FEMININOS

Clas.Dor.	Tempo	Nome do atleta	Nome da equipa

1	258	DINA SEGURO	VET45 INDIVIDUAL 00:43:08
2	218	DALILA ROMAO	SENIOR C BENFICA C BRANCO 00:44:15
3	16	ANA BARATA	SENIOR C.BTT RETIRO ADEGAS 00:44:59
4	210	DANIELA PARENTE	SENIOR GCA DONAS 00:45:33
5	219	DANIELA MARTINS	SENIOR C BENFICA C BRANCO 00:45:35
6	180	LISDALIA NUNES	VET45 VETERANOS NTG TEIXOS 00:46:11
7	107	ANA BARRETO	VET35 INDIVIDUAL 00:46:23
8	31	SARA CAMPOS	VET45 FAMILIA MALATO CAMPO 00:47:36
9	173	CONCEICAO SANTOS	VET45 C U IDANHENSE A 00:48:00
10	312	LUISA LOURENCO	VET35 SARZEDAS RUNNERS 00:50:02
11	127	CATARINA PALMEIRO	VET35 A BAIRRO CANSADO 00:50:24
12	36	CRISTINA LEO	VET45 ALLCAINS RUN 00:50:44
13	287	MARTA SOARES	VET35 CCDLF/UBI A 00:51:00
14	37	MARTA RODRIGUES	VET35 ALLCAINS RUN 00:51:19
15	285	MAFALDA PROENCA	VET45 CCDLF/UBI A 00:51:35
16	145	VIRGINIA SINTRA	VET35 CSCRF CHARNECA-POMBA 00:52:21
17	129	SUSANA MARTINS	VET35 A BAIRRO CANSADO 00:53:49
18	283	CARLA MATOS	VET35 CCDLF/UBI A 00:53:57
19	237	SARA ANTUNES	VET35 C BENFICA C BRANCO 00:54:01
20	230	PATRICIA FERNANDES	VET45 C BENFICA C BRANCO 00:54:22
21	284	GABRIELA SANTOS	VET35 CCDLF/UBI A 00:00:00
22	122	INES GUEDES	VET35 INDIVIDUAL 00:00:00
23	302	NELMA AFONSO	VET35 CCDR COLMEAL TORRE 00:00:00
24	98	SILVIA DUARTE	VET35 C BENFICA C BRANCO 00:00:00
25	91	ALICE FRANCA	VET35 INDIVIDUAL 00:00:00
26	82	ANA ROXO	SENIOR ACRIALBI/AQD 00:00:00
27	308	CATARINA CORREIA	SENIOR ACRIALBI/AQD 00:00:00
28	34	ANA HOMEM	VET35 C AMADOR SO PARA ATL 00:00:00
29	370	CATIA FERNANDES	SENIOR INDIVIDUAL 00:00:00
30	267	CATARINA RODRIGUES	VET35 INDIVIDUAL 00:00:00
31	372	PAULINA COELHO	VET45 ACERTE O PASSO 00:00:00
32	376	ISABEL BICHO	VET45 ACERTE O PASSO 00:00:00
33	101	MAFALDA GALHOFO	SENIOR INDIVIDUAL 00:00:00
34	378	M GORETE CARREGA	VET45 ACERTE O PASSO 00:00:00
35	297	ANA RITA MATOS	SENIOR C BENFICA C BRANCO 00:00:00
36	351	EUGENIA LOPES	VET45 ESTRELA C AVIACAO FC 00:00:00
37	335	CARLA GAMA	VET35 INDIVIDUAL 00:00:00
38	19	HELENA COELHO	VET45 CSCRF CHARNECA-POMBA 00:00:00

CLASSIFICACAO POR EQUIPAS
SENIOR, VET35, VET45
FEMININOS

Clas.	Nome da equipa	Pontos	ORDEM CHEGADA ATLETAS					
			1	2	3	4	5	6

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1	C BENFICA C BRANCO	26	2	5	19	0	0	0
2	CCDLF/UBI A	46	13	15	18	0	0	0
3	ACERTE O PASSO	97	31	32	34	0	0	0

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CLASSIFICACAO INDIVIDUAL

SENIOR

MASCULINOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa	
1	1		ALEXANDRE VENANCIO	SENIOR	C ATLETISMO SEIA 00:31:16
2	235		RUI PEREIRA	SENIOR	C BENFICA C BRANCO 00:31:26
3	217		CARLOS SANCHES	SENIOR	C BENFICA C BRANCO 00:31:29
4	278		ANTONIO BARROS	SENIOR	CCDLF/UBI A 00:32:46
5	239		TIAGO PINHEIRO	SENIOR	C BENFICA C BRANCO 00:33:48
6	132		ANDRE TIAGO	SENIOR	A BAIRRO CANSADO 00:33:55
7	62		NUNO MARIQUITO	SENIOR	ATHLETICS RUNNERS 00:34:08
8	280		JOAO MONTEIRO	SENIOR	CCDLF/UBI A 00:34:49
9	15		ROBERTO BARATA	SENIOR	C.BTT RETIRO ADEGAS 00:35:09
10	61		PAULO PERNES	SENIOR	ATHLETICS RUNNERS 00:35:10
11	265		JOAO RAFAEL	SENIOR	ACRIALBI/AQD 00:35:51
12	298		FILIPE GUERRA	SENIOR	CCDR COLMEAL TORRE 00:35:59
13	126		PEDRO PIRES	SENIOR	A BAIRRO CANSADO 00:36:12
14	25		LUIS MENDES	SENIOR	PINHAL TOTAL OLEIROS 00:36:31
15	277		GASPAR RAMOA	SENIOR	CCDLF/UBI A 00:36:44
16	246		GUILHERME FARIAS	SENIOR	GD MATA/CMMC 00:37:10
17	14		BRUNO SALVADO	SENIOR	C.BTT RETIRO ADEGAS 00:38:10
18	231		PEDRO GONCALVES	SENIOR	C BENFICA C BRANCO 00:38:14
19	362		ANDRE FERNANDES	SENIOR	INDIVIDUAL 00:38:34
20	125		JOAO LEAL	SENIOR	C BENFICA C BRANCO 00:39:04
21	281		MIGUEL BELO	SENIOR	CCDLF/UBI A 00:39:12
22	242		RICARDO GARCIA	SENIOR	GD MATA/CMMC 00:39:27
23	13		HELDER ROQUE	SENIOR	C.BTT RETIRO ADEGAS 00:39:31
24	93		JOAO RIBEIRO	SENIOR	INDIVIDUAL 00:39:36
25	121		JOAO NUNES	SENIOR	INDIVIDUAL 00:39:57
26	326		NUNO GRAVITO	SENIOR	PENTA C COVILHA 00:40:39
27	301		HELIO COSTA	SENIOR	CCDR COLMEAL TORRE 00:42:10
28	241		PEDRO NUNES	SENIOR	GD MATA/CMMC 00:42:14
29	245		SERGIO MENDES	SENIOR	GD MATA/CMMC 00:42:17
30	333		GILBERTO MORGADO	SENIOR	INDIVIDUAL 00:42:30
31	68		JOSE FERNANDES	SENIOR	CB RUNNING 00:43:05
32	119		DANIEL LOPES	SENIOR	INDIVIDUAL 00:43:14
33	365		DAVID DUARTE	SENIOR	INDIVIDUAL 00:43:36
34	330		DUARTE CARREIRO	SENIOR	INDIVIDUAL 00:43:40
35	123		SERGIO GONCALVES	SENIOR	INDIVIDUAL 00:43:56
36	120		DIOGO ENCARNACAO	SENIOR	INDIVIDUAL 00:44:45
37	42		MARIO ADONIS	SENIOR	ALLCAINS RUN 00:45:32
38	336		DUARTE GONCALVES	SENIOR	INDIVIDUAL 00:45:48
39	313		GONCALO ANTUNES	SENIOR	SARZEDAS RUNNERS 00:48:02
40	363		FABIO AFONSO	SENIOR	C BENFICA C BRANCO 00:49:13
41	309		DAVID LUCAS	SENIOR	ACRIALBI/AQD 00:49:24
42	353		RUBEN CRUZ	SENIOR	A BAIRRO CANSADO 00:51:01
43	52		ANTONIO OLIVEIRA	SENIOR	ATHLETICS RUNNERS 00:51:34
44	314		JOAO BATISTA	SENIOR	SARZEDAS RUNNERS 00:54:27
45	105		RUI RODRIGUES	SENIOR	INDIVIDUAL 00:54:41
46	112		ANDRE FERREIRA	SENIOR	INDIVIDUAL 00:00:00
47	331		NELSON GONCALVES	SENIOR	A BAIRRO CANSADO 00:00:00

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48	324	EDGAR SOLANO	SENIOR	PENTA C COVILHA	00:00:00
49	299	ROMEU AFONSO	SENIOR	CCDR COLMEAL TORRE	00:00:00
50	367	TIAGO BRANCO	SENIOR	AJ RIBEIRO PERDIZES	00:00:00
51	266	IVO FERREIRA	SENIOR	ACRIALBI/AQD	00:00:00
52	384	ANDRE ANTUNES	SENIOR	INDIVIDUAL	00:00:00
53	300	JOAO TAVARES	SENIOR	CCDR COLMEAL TORRE	00:00:00
54	102	JOAO FOLGADO	SENIOR	INDIVIDUAL	00:00:00
55	111	ANDRE PINTO	SENIOR	INDIVIDUAL	00:00:00

CLASSIFICACAO POR EQUIPAS

SENIOR

MASCULINOS

Clas.	Nome da equipa	Pontos	ORDEM CHEGADA ATLETAS					
			1	2	3	4	5	6
1	C BENFICA C BRANCO	10	2	3	5	0	0	0
2	CCDLF/UBI A	27	4	8	15	0	0	0
3	C.BTT RETIRO ADEGAS	49	9	17	23	0	0	0
4	ATHLETICS RUNNERS	60	7	10	43	0	0	0
5	A BAIRRO CANSADO	61	6	13	42	0	0	0
6	GD MATA/CMMC	66	16	22	28	0	0	0
7	CCDR COLMEAL TORRE	88	12	27	49	0	0	0
8	ACRIALBI/AQD	103	11	41	51	0	0	0

CLASSIFICACAO INDIVIDUAL

VET35

MASCULINOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa
1	340	DAVID MARQUES	VET35	ESTRELA C AVIACAO FC 00:32:08
2	110	RAMOS PAULO	VET35	OLED0 00:32:10
3	229	NUNO GAMBOA	VET35	C BENFICA C BRANCO 00:32:44
4	185	NORBERTO NUNES	VET35	CDR PEREIROs 00:33:13
5	223	JOAO MAGRO	VET35	C BENFICA C BRANCO 00:33:19
6	221	FLAVIO PINTADO	VET35	C BENFICA C BRANCO 00:35:06
7	3	HELDER ANTUNES	VET35	A BAIRRO CANSADO 00:35:12
8	88	LEONEL REIS	VET35	INDIVIDUAL 00:35:13
9	22	PEDRO OLIVEIRA	VET35	CSCRF CHARNECA-POMBA 00:35:14
10	364	BRUNO FELICIO	VET35	ESTRELA C AVIACAO FC 00:36:07
11	8	DANIEL SANTOS	VET35	A BAIRRO CANSADO 00:36:17
12	5	PEDRO COSTA	VET35	A BAIRRO CANSADO 00:36:21
13	7	MIGUEL NUNES	VET35	A BAIRRO CANSADO 00:37:16
14	264	HUGO GONCALVES	VET35	A BAIRRO CANSADO 00:37:28
15	147	ALEXANDRE GALVAO	VET35	IFC CEBOLENSE 00:37:48
16	214	FRANCISCO CASTELEIRO	VET35	GCA DONAS 00:38:32
17	69	LUIS ANTUNES	VET35	CB RUNNING 00:38:50
18	294	MARCO DUARTE	VET35	CCDLF/UBI A 00:38:59
19	244	PAULO NETO	VET35	GD MATA/CMMC 00:39:10
20	211	LUIS JESUS	VET35	GCA DONAS 00:39:40
21	215	ANTONIO FERNANDES	VET35	C BENFICA C BRANCO 00:39:52
22	175	JOAO DUARTE	VET35	C U IDANHENSE A 00:40:03
23	227	MICHAEL LOPES	VET35	C BENFICA C BRANCO 00:40:14
24	233	PEDRO LOPES	VET35	C BENFICA C BRANCO 00:40:52
25	11	JORGE REBELO	VET35	C.BTT RETIRO ADEGAS 00:41:09
26	177	NUNO PINA	VET35	C U IDANHENSE A 00:41:11
27	236	RUI SALGUEIRO	VET35	C BENFICA C BRANCO 00:41:23
28	4	JORGE PLACIDO	VET35	A BAIRRO CANSADO 00:41:30

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29	293	MARCO ALVES	VET35	CCDLF/UBI A	00:42:28
30	176	JORGE FARROPAS	VET35	C U IDANHENSE A	00:42:33
31	232	PEDRO PITTE	VET35	C BENFICA C BRANCO	00:42:43
32	114	NUNO ROQUE	VET35	INDIVIDUAL	00:42:48
33	51	RICARDO GARRIDO	VET35	ATHLETICS RUNNERS	00:42:55
34	67	JOAO VALENTE	VET35	CB RUNNING	00:43:05
35	27	FILIPPE DOMINGUES	VET35	PINHAL TOTAL OLEIROS	00:43:06
36	57	SAMUEL PIMENTA	VET35	ATHLETICS RUNNERS	00:43:17
37	311	CARLOS FARINHA	VET35	PROJECTO BLUE O	00:43:20
38	95	JOSE AMARO	VET35	INDIVIDUAL	00:43:29
39	106	ROMEU MORGADO	VET35	IFC CEBOLENSE	00:43:32
40	148	FERNANDO INACIO	VET35	IFC CEBOLENSE	00:43:33
41	87	AMILCAR FERNANDES	VET35	INDIVIDUAL	00:43:49
42	20	MIGUEL MATIAS	VET35	CSCRF CHARNECA-POMBA	00:44:15
43	10	FRANCISCO REBELO	VET35	A BAIRRO CANSADO	00:44:31
44	146	RUI NEVES	VET35	CSCRF CHARNECA-POMBA	00:44:35
45	354	MARCO RODRIGUES	VET35	INDIVIDUAL	00:44:55
46	63	EDGAR CONCEICAO	VET35	CB RUNNING	00:44:57
47	12	JORGE RIBEIRO	VET35	C.BTT RETIRO ADEGAS	00:45:09
48	255	FILIPPE NEVES	VET35	INDIVIDUAL	00:45:40
49	327	DIOGO VENANCIO	VET35	PENTA C COVILHA	00:45:40
50	44	PAULO ANTUNES	VET35	ALLCAINS RUN	00:45:41
51	54	NUNO RIBEIRO	VET35	ATHLETICS RUNNERS	00:45:43
52	84	JOAO SANTOS	VET35	INDIVIDUAL	00:45:47
53	29	FILIPPE HENRIQUES	VET35	PINHAL TOTAL OLEIROS	00:46:20
54	108	PEDRO CAETANO	VET35	INDIVIDUAL	00:46:24
55	76	JAIME CARVALHO	VET35	A ESCOLAS ALCAINS	00:47:02
56	260	ROGERIO PALMEIRO	VET35	SHFIT TRAIL TEAM	00:47:03
57	383	RICARDO MENDONCA	VET35	SHFIT TRAIL TEAM	00:47:23
58	113	JOAO TEIXEIRA	VET35	INDIVIDUAL	00:47:42
59	358	JOAO RODRIGUES	VET35	INDIVIDUAL	00:47:43
60	55	NUNO VINAGRE	VET35	ATHLETICS RUNNERS	00:47:55
61	128	RUI FILIPE	VET35	A BAIRRO CANSADO	00:47:59
62	85	PEDRO PIRES	VET35	INDIVIDUAL	00:48:26
63	64	EDUARDO SILVA	VET35	CB RUNNING	00:48:32
64	79	BRUNO PINHEIRO	VET35	INDIVIDUAL	00:48:35
65	50	LUIS GABRIEL	VET35	ATHLETICS RUNNERS	00:49:25
66	6	DAVID TABORDA	VET35	A BAIRRO CANSADO	00:49:35
67	9	JOSE CACHEIRA	VET35	A BAIRRO CANSADO	00:49:36
68	257	ANTONIO BEIRAO	VET35	IFC CEBOLENSE	00:49:37
69	59	RICARDO SANTOS	VET35	ATHLETICS RUNNERS	00:49:42
70	318	SERGIO GOMES	VET35	PENTA C COVILHA	00:50:59
71	96	NUNO SILVA	VET35	INDIVIDUAL	00:51:33
72	334	GILBERTO CARDOSO	VET35	INDIVIDUAL	00:52:03
73	26	JOAO SANTOS	VET35	PINHAL TOTAL OLEIROS	00:52:26
74	89	LUIS CAIO	VET35	INDIVIDUAL	00:52:45
75	90	JOAO SILVA	VET35	INDIVIDUAL	00:52:50
76	99	DANIEL LOPES	VET35	INDIVIDUAL	00:53:27
77	45	BRUNO NUNES	VET35	ALLCAINS RUN	00:54:19
78	53	PEDRO NUNES	VET35	ATHLETICS RUNNERS	00:54:26
79	329	JORGE NUNES	VET35	PENTA C COVILHA	00:00:00
80	303	LUIS RODRIGUES	VET35	ACRIALBI/AQD	00:00:00
81	305	NUNO RAMALHO	VET35	ACRIALBI/AQD	00:00:00
82	109	JOAO FERNANDES	VET35	INDIVIDUAL	00:00:00
83	368	RUI RIBEIRO	VET35	AJ RIBEIRO PERDIZES	00:00:00
84	56	PAULO PEREIRA	VET35	ATHLETICS RUNNERS	00:00:00
85	361	DAVID MATEUS	VET35	INDIVIDUAL	00:00:00
86	304	BRUNO MANUEL	VET35	ACRIALBI/AQD	00:00:00

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87	307	HELDER ESTEVES	VET35	ACRIALBI/AQD	00:00:00
88	83	JOAO DIAS	VET35	ACRIALBI/AQD	00:00:00
89	24	JORGE SANTOS	VET35	PINHAL TOTAL OLEIROS	00:00:00
90	92	LUIS FRANCA	VET35	INDIVIDUAL	00:00:00
91	375	TIAGO ANTONIOTTI	VET35	ACERTE O PASSO	00:00:00

CLASSIFICACAO INDIVIDUAL

VET45

MASCULINOS

Clas.	Dor.	Tempo	Nome do atleta	Nome da equipa	

1	212		JORGE RODRIGUES	VET45	GCA DONAS 00:33:21
2	356		FILIPE LOURENCO	VET45	A BAIRRO CANSADO 00:33:28
3	288		GONCALO SA	VET45	CCDLF/UBI A 00:34:03
4	43		AMILCAR BARATA	VET45	ALLCAINS RUN 00:34:16
5	290		RUI PAIS	VET45	CCDLF/UBI A 00:35:32
6	355		LUIS MATOS	VET45	A BAIRRO CANSADO 00:35:44
7	289		PEDRO SANTOS	VET45	CCDLF/UBI A 00:35:58
8	191		JOSE FERNANDES	VET45	CDR PEREIROs 00:36:52
9	65		FERNANDO MICAELo	VET45	CB RUNNING 00:37:59
10	253		JOAO VARAO	VET45	C U IDANHENSE A 00:38:52
11	190		HORACIO HENRIQUES	VET45	CDR PEREIROs 00:38:55
12	49		JOAO GALVAO	VET45	IFC CEBOLENSE 00:39:09
13	345		JOSE LOPES	VET45	ESTRELA C AVIACAO FC 00:39:15
14	115		JOSE HENRIQUES	VET45	INDIVIDUAL 00:39:19
15	189		ELISIO MARTINS	VET45	CDR PEREIROs 00:39:26
16	23		ROGERIO PIRES	VET45	C TRIATLO FUND AO 00:39:38
17	234		RUI ALVES	VET45	C BENFICA C BRANCO 00:39:59
18	328		GONCALO CARREIRA	VET45	PENTA C COVILHA 00:40:35
19	366		ALBERTO HENRIQUES	VET45	CB RUNNING 00:41:50
20	28		CARLOS LOURENCO	VET45	PINHAL TOTAL OLEIROS 00:42:22
21	213		FRANCISCO MADEIRA	VET45	GCA DONAS 00:42:47
22	41		IZALDO BARATA	VET45	ALLCAINS RUN 00:42:50
23	259		LUIS CORREIA	VET45	INDIVIDUAL 00:43:09
24	382		PAULO SEQUEIRA	VET45	INDIVIDUAL 00:43:49
25	18		CARLOS CONCEICAO	VET45	CSCRF CHARNECA-POMBA 00:43:59
26	360		ANTONIO AMBROSIO	VET45	INDIVIDUAL 00:44:12
27	226		LUIS MORAIS	VET45	C BENFICA C BRANCO 00:44:25
28	192		LUIS SANTOS	VET45	ALVERCA URBAN RUNNER 00:44:39
29	2		PERES CARVALHO	VET45	A BAIRRO CANSADO 00:44:51
30	371		NUNO MAIA	VET45	INDIVIDUAL 00:44:57
31	347		ANTONIO MORGADO	VET45	ESTRELA C AVIACAO FC 00:44:58
32	183		CARLOS XAVIER	VET45	CCR POVOA DA ATALAIA 00:45:44
33	254		FRANCISCO FARROPAS	VET45	C U IDANHENSE A 00:45:48
34	344		VITOR FERREIRA	VET45	ESTRELA C AVIACAO FC 00:46:11
35	124		PEDRO PEREIRA	VET45	INDIVIDUAL 00:46:12
36	21		PASCOAL OLIVEIRA	VET45	CSCRF CHARNECA-POMBA 00:46:31
37	73		CESAR LOURO	VET45	A ESCOLAS ALCAINS 00:46:50
38	116		FERNADO MONTEIRO	VET45	FUND AO RUNNING 00:47:13
39	72		JOSE RAPOSO	VET45	A ESCOLAS ALCAINS 00:47:27
40	30		JOSE CAMPOS	VET45	FAMILIA MALATO CAMPO 00:47:37
41	348		RUI MARANHAS	VET45	ESTRELA C AVIACAO FC 00:47:59
42	71		MARIO CHAMBINO	VET45	A ESCOLAS ALCAINS 00:48:38
43	74		CARLOS GONCALVES	VET45	A ESCOLAS ALCAINS 00:48:52
44	349		RUI NASCIMENTO	VET45	ESTRELA C AVIACAO FC 00:50:03
45	350		CARLOS MARQUES	VET45	ESTRELA C AVIACAO FC 00:50:48
46	252		JOSE SERRANO	VET45	C U IDANHENSE A 00:51:55

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47	220	EUGENIO RODRIGUES	VET45	C BENFICA C BRANCO	00:53:01
48	17	ARLINDO OLIVEIRA	VET45	CSCRF CHARNECA-POMBA	00:00:00
49	38	LINO RODRIGUES	VET45	ALLCAINS RUN	00:00:00
50	377	JORGE PEREIRA	VET45	ACERTE O PASSO	00:00:00
51	94	LUIS SOUSA	VET45	INDIVIDUAL	00:00:00
52	306	PEDRO CAETANO	VET45	ACRIALBI/AQD	00:00:00
53	35	AMANDIO GINJA	VET45	ALLCAINS RUN	00:00:00
54	118	VICTOR PAIVA	VET45	INDIVIDUAL	00:00:00
55	179	ANTONIO BATISTA	VET45	VETERANOS NTG TEIXOS	00:00:00
56	269	ADELINO MINHOS	VET45	ACRIALBI/AQD	00:00:00
57	103	NUNO CARDOSO	VET45	INDIVIDUAL	00:00:00
58	75	ARNALDO DIAS	VET45	A ESCOLAS ALCAINS	00:00:00
59	268	CARLOS FIGUEIREDO	VET45	INDIVIDUAL	00:00:00
60	380	ANTONIO CAMOES	VET45	ACERTE O PASSO	00:00:00
61	100	EDUARDO LOURENCO	VET45	INDIVIDUAL	00:00:00
62	251	BERNARDINO CRUZ	VET45	INDIVIDUAL	00:00:00

CLASSIFICACAO POR EQUIPAS

VET35, VET45

MASCULINOS

Clas.	Nome da equipa	Pontos	ORDEM CHEGADA ATLETAS					
			1	2	3	4	5	6
1	C BENFICA C BRANCO	18	3	5	10	0	0	0
2	A BAIRRO CANSADO	33	7	11	15	0	0	0
3	CCDLF/UBI A	38	8	14	16	0	0	0
4	ESTRELA C AVIACAO FC	50	1	17	32	0	0	0
5	CDR PEREIRO	52	4	20	28	0	0	0
6	GCA DONAS	67	6	25	36	0	0	0
7	CB RUNNING	97	24	26	47	0	0	0
8	C U IDANHENSE A	110	27	39	44	0	0	0
9	IFC CEBOLENSE	115	23	30	62	0	0	0
10	ALLCAINS RUN	144	9	54	81	0	0	0
11	CSCRF CHARNECA-POMBAL	147	13	66	68	0	0	0
12	PINHAL TOTAL OLEIROS AV.	193	48	57	88	0	0	0
13	ATHLETICS RUNNERS	196	55	59	82	0	0	0
14	PENTA C COVILHA	236	41	80	115	0	0	0
15	A ESCOLAS ALCAINS	279	91	92	96	0	0	0
16	ACRIALBI/AQD	391	128	129	134	0	0	0
17	ACERTE O PASSO	433	132	150	151	0	0	0▲