

III CORRIDA CIDADE DE ERMESINDE
5 de Julho de 2015
CLUBE ZUPPER

JÚNIOR-FEM	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	112	ANDREIA ABREU	45	RUNNING URBANFIT	JÚNIOR-FEM	00:56:08.97
2	130	RAFAELA SILVA	45	RUNNING URBANFIT	JÚNIOR-FEM	01:18:49.89
3	113	BEATRIZ SANTOS	45	RUNNING URBANFIT	JÚNIOR-FEM	01:22:03.19

JÚNIOR-MASC	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	344	DUILIO RICARDO	0	INDIVIDUAL	JÚNIOR-MASC	00:50:17.82

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SÉNIOR-FEM				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	75	DIANA SOUSA	34	MAIA A.C. CRIOBABY	SÉNIOR-FEM	00:48:24.29
2	342	DANIELA ALVES	0	INDIVIDUAL	SÉNIOR-FEM	00:52:08.03
3	142	MARISA PEREIRA	47	S.C. BRAGA	SÉNIOR-FEM	00:53:50.01
4	122	MÁRCIA CARDOSO	45	RUNNING URBANFIT	SÉNIOR-FEM	00:57:55.68
5	187	ANA CAMPANHA	0	INDIVIDUAL	SÉNIOR-FEM	00:58:10.07
6	136	SÓNIA RODRIGUES	45	RUNNING URBANFIT	SÉNIOR-FEM	00:58:25.29
7	8	ANA SOUSA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	00:58:29.42
8	137	SORAIA SILVA	45	RUNNING URBANFIT	SÉNIOR-FEM	00:59:48.22
9	111	ANA PIMENTEL	45	RUNNING URBANFIT	SÉNIOR-FEM	00:59:59.69
10	133	SARA BRAGA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:00:52.36
11	123	MÓNICA VILELA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:01:28.10
12	69	ANGELA PIMENTA	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-FEM	01:02:17.87
13	120	JOANA ABREU	45	RUNNING URBANFIT	SÉNIOR-FEM	01:03:45.29
14	132	RUTE PINTO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:04:00.12
15	68	CLAUDIA CARCAU	30	LESMAS	SÉNIOR-FEM	01:05:55.20
16	121	LURDES FERREIRA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:05:56.71
17	135	SÓNIA RIBEIRO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:05:57.02
18	264	MÁRCIA SILVA	0	INDIVIDUAL	SÉNIOR-FEM	01:06:38.22
19	84	RAQUEL TEIXEIRA	35	MEXE.TE GYM	SÉNIOR-FEM	01:07:19.72
20	396	TÂNIA VASCONCELOS	0	INDIVIDUAL	SÉNIOR-FEM	01:07:35.25
21	17	MINNA SILLANKORVA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:07:50.38
22	23	VESLAVA VELENTINOVIC	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:08:08.73
23	14	ISABEL FERREIRA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:08:09.09
24	97	LILIANA TEIXEIRA	41	NÓS DOIS	SÉNIOR-FEM	01:08:55.16
25	209	CRISTINA CRUZ	0	INDIVIDUAL	SÉNIOR-FEM	01:09:28.24
26	313	VANESSA FILIPA	0	INDIVIDUAL	SÉNIOR-FEM	01:10:14.64
27	210	DANIELA MOTA MACHADO	0	INDIVIDUAL	SÉNIOR-FEM	01:11:41.41
28	371	MARLENE MELAIA	0	INDIVIDUAL	SÉNIOR-FEM	01:11:42.01
29	110	ANA MONTEIRO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:11:43.82
30	232	INÊS RABAÇA	0	INDIVIDUAL	SÉNIOR-FEM	01:13:24.27
31	82	MARLENE RODRIGUES	35	MEXE.TE GYM	SÉNIOR-FEM	01:20:26.28
32	80	LILIANA CORREIA	35	MEXE.TE GYM	SÉNIOR-FEM	01:20:26.33
33	249	JUDITE FERREIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:22:02.11
34	233	JOANA FERREIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:22:28.85
35	37	CRISTINA MEIRELES	20	EQUIPOTENCIA	SÉNIOR-FEM	01:26:13.07
36	43	SUSANA TAIPA	20	EQUIPOTENCIA	SÉNIOR-FEM	01:28:53.56
37	42	MICAELA SABINA	20	EQUIPOTENCIA	SÉNIOR-FEM	01:30:05.47
38	212	DIANA MARTINS	0	INDIVIDUAL	SÉNIOR-FEM	01:30:29.66
39	200	CARLA ALMEIDA	0	INDIVIDUAL	SÉNIOR-FEM	01:31:32.71
40	76	ELIANA LOPES	35	MEXE.TE GYM	SÉNIOR-FEM	01:32:32.21
41	254	LILIANA OLIVEIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:35:58.13
42	253	LILIANA BORGES	0	INDIVIDUAL	SÉNIOR-FEM	01:36:27.38

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SÉNIOR-MASC				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	53	VÍTOR BARBOSA	22	G.DRAM. R. RETORTA	SÉNIOR-MASC	00:37:51.69
2	274	NUNO CARNEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:38:17.02
3	4	FILIPPE CARNEIRO	4	ANONYMOUS PROSPORTS CHAL	SÉNIOR-MASC	00:41:14.04
4	312	TIAGO MOREIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:41:20.66
5	273	MIGUEL MOURA	0	INDIVIDUAL	SÉNIOR-MASC	00:41:30.13
6	1	JOSE AFONSO	2	ADRULS MATOSINHOS	SÉNIOR-MASC	00:42:48.33
7	170	IVO PEKO	38	MULTIPOWER GAIA TRAIL	SÉNIOR-MASC	00:43:25.16
8	286	PEDRO BARBOSA	0	INDIVIDUAL	SÉNIOR-MASC	00:43:25.27
9	73	ANDRÉ FRAGA	32	LOCOMOTIVA PARANHOS	SÉNIOR-MASC	00:44:05.47
10	163	EURICO MOURA	27	KEMEDO TEAM	SÉNIOR-MASC	00:44:58.42
11	46	RICARDO ROCHA	21	FAST AO KM/ PRR-HEALTH&NUT	SÉNIOR-MASC	00:45:10.15
12	283	PAULO MACHADO	0	INDIVIDUAL	SÉNIOR-MASC	00:45:23.93
13	215	FÁBIO OLIVEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:46:16.11
14	167	CÉSAR GONÇALVES	33	LOUSADA RUNNERS	SÉNIOR-MASC	00:46:38.72
15	36	ANDRE FREITAS	20	EQUIPOTENCIA	SÉNIOR-MASC	00:46:54.93
16	41	LUIS NEVES	20	EQUIPOTENCIA	SÉNIOR-MASC	00:46:55.01
17	189	ANDRE COSTA	0	INDIVIDUAL	SÉNIOR-MASC	00:48:43.74
18	5	ANDRÉ SOARES	7	BOAVISTA F.C.	SÉNIOR-MASC	00:48:53.69
19	379	PAULO PINHO	0	INDIVIDUAL	SÉNIOR-MASC	00:48:55.17
20	251	LEANDRO BARROS	0	INDIVIDUAL	SÉNIOR-MASC	00:49:09.91
21	140	TIAGO BALÃO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:49:30.90
22	114	BRUNO SILVA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:49:35.05
23	383	PEDRO GUIMARÃES	0	INDIVIDUAL	SÉNIOR-MASC	00:50:04.87
24	100	JOÃO LEAL	42	OFRUNNING	SÉNIOR-MASC	00:50:15.53
25	139	TIAGO AZEVEDO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:50:16.86
26	59	HELDER GOMES	27	KEMEDO TEAM	SÉNIOR-MASC	00:50:18.05
27	226	HELDER SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:50:31.17
28	148	NUNO VIEIRA	50	ZÉ DO PIPO & XICO TORNEIRAS	SÉNIOR-MASC	00:50:43.87
29	32	CARLOS CAMPOS	19	EQUIPA DINAMITE	SÉNIOR-MASC	00:50:51.16
30	360	JOSÉ NETO	0	INDIVIDUAL	SÉNIOR-MASC	00:50:56.95
31	60	PEDRO MARQUES	27	KEMEDO TEAM	SÉNIOR-MASC	00:51:09.19
32	408	TIAGO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:51:10.95
33	70	JOSÉ SÁ	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:51:17.56
34	168	JOSE COSTA	33	LOUSADA RUNNERS	SÉNIOR-MASC	00:51:19.50
35	381	PEDRO DIEGUES	0	INDIVIDUAL	SÉNIOR-MASC	00:51:48.83
36	31	RICARDO FERNANDES	18	DENIROVIP	SÉNIOR-MASC	00:51:55.81
37	180	RÚBEN PINHEIRO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:52:27.58
38	317	VITOR MANUEL	0	INDIVIDUAL	SÉNIOR-MASC	00:52:44.28
39	71	LUIS FERREIRA	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:52:47.67
40	72	PEDRO GAIO	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:52:59.41
41	104	RICARDO RAMALHO	42	OFRUNNING	SÉNIOR-MASC	00:53:19.80
42	302	RUI RIBEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:53:34.06
43	188	ANDRÉ BAPTISTA	0	INDIVIDUAL	SÉNIOR-MASC	00:53:45.54
44	44	VITOR MARTINS	20	EQUIPOTENCIA	SÉNIOR-MASC	00:54:16.52
45	230	HERNANI FURTADO	0	INDIVIDUAL	SÉNIOR-MASC	00:54:25.74

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46	83	NELSON CORREIA	35	MEXE.TE GYM	SÉNIOR-MASC	00:54:35.32
47	22	RUI AIROSA	8	BUDEGUITA RUNNERS	SÉNIOR-MASC	00:54:39.45
48	109	RICARDO FONSECA	43	OS ATLETAS	SÉNIOR-MASC	00:54:43.56
49	119	HUGO SOUSA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:54:46.59
50	147	BRUNO RAMIRO	50	ZÉ DO PIPO & XICO TORNEIRAS	SÉNIOR-MASC	00:54:59.91
51	350	HELDER FILIPE BARBOSA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:10.72
52	239	JORGE BASTOS	0	INDIVIDUAL	SÉNIOR-MASC	00:55:16.30
53	221	FILIPE MIRANDA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:18.65
54	197	BRUNO GARCIA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:30.20
55	318	VITOR MORAIS	0	INDIVIDUAL	SÉNIOR-MASC	00:55:34.50
56	61	ROMULO SILVA	27	KEMEDO TEAM	SÉNIOR-MASC	00:55:40.45
57	108	RICARDO ALMEIDA	43	OS ATLETAS	SÉNIOR-MASC	00:55:47.40
58	385	PEDRO POLICIANO	0	INDIVIDUAL	SÉNIOR-MASC	00:56:25.70
59	236	JOÃO VIEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:56:29.39
60	2	JOÃO FONSECA	3	AMIGOS S.PEDRO COVA	SÉNIOR-MASC	00:56:37.37
61	26	TIAGO PEIXE	10	CCC MADURAGEM/REDCOM	SÉNIOR-MASC	00:56:43.22
62	106	RUI PEREIRA	42	OFRUNNING	SÉNIOR-MASC	00:56:57.59
63	144	CLÁUDIO SILVA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	00:56:59.21
64	298	RICARDO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:58:10.24
65	289	PEDRO LOPES	0	INDIVIDUAL	SÉNIOR-MASC	00:58:25.97
66	305	RUI VIEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:58:56.69
67	126	PAULO GRAÇA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:59:03.42
68	292	PEDRO RODRIGUES	0	INDIVIDUAL	SÉNIOR-MASC	00:59:16.51
69	299	RICARDO SOARES	0	INDIVIDUAL	SÉNIOR-MASC	00:59:17.78
70	297	RICARDO RIBEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:59:24.20
71	183	AFONSO BONIFÁCIO	0	INDIVIDUAL	SÉNIOR-MASC	00:59:24.95
72	308	SANDRO SOUSA	0	INDIVIDUAL	SÉNIOR-MASC	00:59:39.35
73	134	SERAFIM MONTEIRO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:59:49.13
74	101	MÁRCIO CARVALHO	42	OFRUNNING	SÉNIOR-MASC	00:59:53.64
75	149	ABÍLIO TEIXEIRA	51	ZINDE RUNNERS	SÉNIOR-MASC	01:00:43.48
76	150	EDUARDO PAIS	51	ZINDE RUNNERS	SÉNIOR-MASC	01:00:44.81
77	216	FABIO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	01:01:16.45
78	225	HELDER PARRACHO	0	INDIVIDUAL	SÉNIOR-MASC	01:01:24.58
79	103	NUNO RODRIGUES	42	OFRUNNING	SÉNIOR-MASC	01:01:28.79
80	252	LEONEL VIDEIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:02:15.69
81	387	RICARDO NETO	0	INDIVIDUAL	SÉNIOR-MASC	01:02:24.22
82	102	MÁRIO CARVALHO	42	OFRUNNING	SÉNIOR-MASC	01:02:41.85
83	199	BRUNO MONTEIRO	0	INDIVIDUAL	SÉNIOR-MASC	01:02:58.84
84	227	HÉLDER SILVA	0	INDIVIDUAL	SÉNIOR-MASC	01:03:36.05
85	93	RICARDO OLIVEIRA	39	NO TOMORROW RUNNING TEAM	SÉNIOR-MASC	01:03:45.65
86	19	NUNO SOUSA	8	BUDEGUITA RUNNERS	SÉNIOR-MASC	01:03:50.61
87	281	PAULO JORGE FERREIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:03:51.46
88	265	MARCO GUIMARÃES	0	INDIVIDUAL	SÉNIOR-MASC	01:03:58.48
89	341	DANIEL LOBÃO	0	INDIVIDUAL	SÉNIOR-MASC	01:04:34.41
90	107	ANDRÉ BARROS	43	OS ATLETAS	SÉNIOR-MASC	01:04:59.36

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SÉNIOR-MASC				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
91	287	PEDRO BERNARDES	0	INDIVIDUAL	SÉNIOR-MASC	01:04:59.38
92	296	RENATO SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:05:02.43
93	161	JOSE MOURA	25	INVICTA RUNNERS TEAM	SÉNIOR-MASC	01:06:11.98
94	146	RUI SOUSA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	01:06:28.70
95	206	CARLOS EDUARDO RODRIG	0	INDIVIDUAL	SÉNIOR-MASC	01:06:36.86
96	288	PEDRO GOMES	0	INDIVIDUAL	SÉNIOR-MASC	01:06:38.68
97	145	NUNO SILVA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	01:06:42.68
98	276	NUNO LEÃO	0	INDIVIDUAL	SÉNIOR-MASC	01:07:18.84
99	339	CÉSAR ALVES	0	INDIVIDUAL	SÉNIOR-MASC	01:07:36.49
100	301	RUI CORREIA	0	INDIVIDUAL	SÉNIOR-MASC	01:08:31.18
101	98	PEDRO PINHEIRO	41	NÓS DOIS	SÉNIOR-MASC	01:08:54.17
102	208	CLAUDIO MIGUEL CARNEIR	0	INDIVIDUAL	SÉNIOR-MASC	01:09:11.73
103	409	IVO AZEVEDO	0	INDIVIDUAL	SÉNIOR-MASC	01:09:22.45
104	256	LUÍS FARIA	0	INDIVIDUAL	SÉNIOR-MASC	01:09:22.72
105	411	PAULO JORGE FERREIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:09:56.96
106	255	LUÍS DORO	0	INDIVIDUAL	SÉNIOR-MASC	01:10:26.79
107	234	JOÃO RIEM	0	INDIVIDUAL	SÉNIOR-MASC	01:10:31.25
108	354	JORGE SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:10:32.38
109	364	LUÍS CAMPOS	0	INDIVIDUAL	SÉNIOR-MASC	01:10:32.87
110	290	PEDRO MARTINS	0	INDIVIDUAL	SÉNIOR-MASC	01:12:21.59
111	214	FÁBIO LOUREIRO	0	INDIVIDUAL	SÉNIOR-MASC	01:13:25.27
112	235	JOAO RODRIGUES	0	INDIVIDUAL	SÉNIOR-MASC	01:13:27.10
113	198	BRUNO MARQUES	0	INDIVIDUAL	SÉNIOR-MASC	01:15:22.81
114	77	FILIPE PINTO	35	MEXE.TE GYM	SÉNIOR-MASC	01:20:26.51
115	218	FERNANDO SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:23:23.48
116	38	HELLO	20	EQUIPOTENCIA	SÉNIOR-MASC	01:26:14.08
117	237	JOAQUIM TEIXEIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:35:58.19
118	275	NUNO CORREIA	0	INDIVIDUAL	SÉNIOR-MASC	01:36:21.59

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VET. F40-FEM(40-49 ANOS)	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	118	HELENA BARBOSA	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	00:56:46.35
2	12	HELENA DIAS	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	00:57:03.66
3	124	PAULA PAIVA	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	00:58:22.13
4	7	ANA DIAS	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	00:58:37.45
5	138	TERESA PINHO	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	01:00:18.35
6	16	MARIA LOUREIRO	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	01:00:30.94
7	310	SUSANA COELHO	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:02:33.16
8	404	CARLA OLIVEIRA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:05:47.25
9	311	SUSANA LUIS	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:06:10.96
10	74	PAULA SANTOS	32	LOCOMOTIVA PARANHOS	VET. F40-FEM(40-49 ANOS)	01:06:48.41
11	203	CARLA SOUSA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:35.22
12	186	ALZIRA SOUSA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:35.50
13	319	ADELAIDE ALMEIDA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:46.41
14	278	PAULA TEIXEIRA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:11:22.91
15	79	GRAÇA SOUSA	35	MEXE.TE GYM	VET. F40-FEM(40-49 ANOS)	01:14:15.29
16	95	MARIA DE JESUS	40	NOCTURNOS DE PAREDES	VET. F40-FEM(40-49 ANOS)	01:16:15.29
17	81	MARIA CARMO	35	MEXE.TE GYM	VET. F40-FEM(40-49 ANOS)	01:32:32.30

VET. F50-FEM(50-59 ANOS)	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	266	MARIA ALICE GUIMARÃES	0	INDIVIDUAL	VET. F50-FEM(50-59 ANOS)	01:19:33.51
2	87	ROSA COSTA	37	MOREIRA RELAX RUNNERS	VET. F50-FEM(50-59 ANOS)	01:30:30.48

VET. F60-FEM(+ 60 ANOS)	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	78	FILOMENA MARCELO	35	MEXE.TE GYM	VET. F60-FEM(+ 60 ANOS)	01:26:14.95

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VET. M40-MASC(40-49 ANOS)					INDIVIDUAL	
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	30	LUIS GIL	16	DECATHLON MAIA	VET. M40-MASC(40-49 AN	00:39:52.16
2	47	ADELINO SILVA	22	G.DRAM. R. RETORTA	VET. M40-MASC(40-49 AN	00:40:05.75
3	6	MANUEL CARDOSO	7	BOAVISTA F.C.	VET. M40-MASC(40-49 AN	00:40:21.90
4	280	PAULO JESUS OLIVEIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:43:16.55
5	414	LUÍS PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:43:16.60
6	62	ANTÓNIO MAGALHÃES	28	LEÕES GUARDA	VET. M40-MASC(40-49 AN	00:43:24.75
7	166	ANTONIO JESUS	33	LOUSADA RUNNERS	VET. M40-MASC(40-49 AN	00:44:03.57
8	241	JOSÉ FERREIRA	56	TRATERME	VET. M40-MASC(40-49 AN	00:44:49.20
9	258	LUIS MONTEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:45:14.29
10	91	PAULO GOMES	39	NO TOMORROW RUNNING TEAM	VET. M40-MASC(40-49 AN	00:45:40.57
11	141	RUI ALVES	46	RUNRIVER - ESCOLA ATLETISMO	VET. M40-MASC(40-49 AN	00:46:15.99
12	284	PAULO SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:46:26.09
13	277	NUNO SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:46:42.87
14	184	ALCINO GOMES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:48:15.13
15	205	CARLOS DO FUNDO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:48:25.31
16	29	JOSÉ DIAS	14	CTAD - TRILHOS DE CINFÃES	VET. M40-MASC(40-49 AN	00:48:45.85
17	263	MANUEL PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:48:52.48
18	15	JOÃO CARVALHAL	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:49:36.83
19	220	FILIPE DUARTE	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:50:04.43
20	55	PAULO DOMINGUES	23	G. D. 4 CAMINHOS	VET. M40-MASC(40-49 AN	00:50:10.47
21	247	JOSÉ SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:51:26.84
22	99	JOÃO DIAS	42	OFRUNNING	VET. M40-MASC(40-49 AN	00:51:46.10
23	250	JÚLIO BARROS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:51:47.49
24	181	CARLOS TAVARES	46	RUNRIVER - ESCOLA ATLETISMO	VET. M40-MASC(40-49 AN	00:52:06.82
25	327	ANTONIO FORTUNATO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:52:36.47
26	261	LUIS SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:53:46.14
27	365	LUIS MALHEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:53:46.62
28	20	PAULO LAGOA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:54:18.59
29	293	PEDRO SEIXAS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:54:32.44
30	18	NUNO DIAS	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:54:34.61
31	154	JOSÉ MACHADO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:54:46.74
32	315	VICTOR PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:54:57.81
33	295	PEDRO VIDAL	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:55:45.80
34	105	RUI COELHO	42	OFRUNNING	VET. M40-MASC(40-49 AN	00:55:49.81
35	356	JORGE SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:56:08.57
36	171	GASPAR SOUSA	39	NO TOMORROW RUNNING TEAM	VET. M40-MASC(40-49 AN	00:56:32.13
37	25	FILIPE PEIXE	10	CCC MADURAGEM/REDCOM	VET. M40-MASC(40-49 AN	00:56:43.27
38	270	MIGUEL DIAS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:56:48.33
39	143	ANTÓNIO FERNANDES	49	WOLVES RUN TRAIL	VET. M40-MASC(40-49 AN	00:56:58.90
40	155	TIAGO ALMEIDA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:57:02.70
41	407	CARLOS ALBERTO FERREIR	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:57:04.47
42	213	ERNESTO RIBEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:57:59.88
43	238	JOAQUIM TORRES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:58:01.74
44	406	JOSÉ NETO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:58:31.17
45	125	PAULO CARNEIRO	45	RUNNING URBANFIT	VET. M40-MASC(40-49 AN	00:58:42.20

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

VET. M40-MASC(40-49 ANOS)					INDIVIDUAL	
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
46	13	HENDRIK WIELINGA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:58:48.29
47	196	BALTAZAR FERREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:59:33.59
48	207	CARLOS FIGUEIREDO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:59:42.68
49	240	JORGE MONTEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:00:39.82
50	194	ANTÓNIO SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:01:43.68
51	190	ANTÓNIO CAMPELOS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:01:57.18
52	377	PAULO BRANCO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:03:03.00
53	94	JOSÉ SILVA	40	NOCTURNOS DE PAREDES	VET. M40-MASC(40-49 AN	01:05:17.80
54	11	HELDER SOUSA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	01:05:25.91
55	279	PAULO CAMPOS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:05:45.86
56	191	ANTÓNIO PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:05:46.31
57	67	ANTÓNIO GUEDES	30	LESMAS	VET. M40-MASC(40-49 AN	01:05:55.41
58	412	JORGE NOGUEIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:06:33.85
59	56	RUI FREITAS	24	HAND@RUNNERS	VET. M40-MASC(40-49 AN	01:06:41.68
60	9	ANDRÉ AMORIM	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	01:07:50.22
61	245	JOSE RIBEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:08:00.79
62	282	PAULO LARA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:08:36.51
63	352	HUGO ALMEIDA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:08:58.26
64	10	BRUNO BRANDÃO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	01:09:11.98
65	229	HENRIQUE MADUREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:09:43.92
66	331	AURÉLIO COSTA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:09:46.85
67	34	PAULO PINTO	19	EQUIPA DINAMITE	VET. M40-MASC(40-49 AN	01:10:28.05
68	21	PAULO LOBO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	01:10:28.73
69	129	PEDRO VASCONCELOS	45	RUNNING URBANFIT	VET. M40-MASC(40-49 AN	01:10:46.69
70	271	MIGUEL JOSE BEIRÃO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:13:23.71
71	413	JOÃO PEDRO SANTOS	32	LOCOMOTIVA PARANHOS	VET. M40-MASC(40-49 AN	01:13:29.38
72	257	LUIS GOMES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:13:49.58
73	303	RUI SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:15:23.00
74	359	JOSE GONÇALVES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:15:45.36
75	96	RUI SILVA	40	NOCTURNOS DE PAREDES	VET. M40-MASC(40-49 AN	01:16:15.37
76	259	LUÍS MOUTINHO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:18:35.05
77	131	RAUL MONTEIRO	45	RUNNING URBANFIT	VET. M40-MASC(40-49 AN	01:18:49.77
78	307	SANDRO RAMOS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:20:08.26
79	405	CANDIDA VILAS BOAS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:20:18.54
80	85	RENATO FONSECA	35	MEXE.TE GYM	VET. M40-MASC(40-49 AN	01:32:32.85
81	316	VITOR MACHADO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:35:58.82
82	300	RUI BORGES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:36:19.68

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

VET. M50-MASC(50-59 ANOS)	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	48	JOAQUIM ROCHA	22	G.DRAM. R. RETORTA	VET. M50-MASC(50-59 AN	00:39:00.32
2	64	BELMIRO FERREIRA	28	LEÕES GUARDA	VET. M50-MASC(50-59 AN	00:39:15.87
3	65	CARLOS FRIAS	28	LEÕES GUARDA	VET. M50-MASC(50-59 AN	00:44:35.05
4	314	VASCO FIGUEIREDO	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:45:34.90
5	328	ANTONIO ROCHA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:45:43.71
6	195	ARLINDO SOUSA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:46:01.18
7	367	MANUEL SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:47:31.27
8	248	JOSÉ VAZ	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:48:39.13
9	193	ANTONIO SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:49:03.62
10	27	JOSE ROCHA	11	CENTRO ATL. ERMESINDE	VET. M50-MASC(50-59 AN	00:50:51.23
11	117	FRANCISCO BARROS	45	RUNNING URBANFIT	VET. M50-MASC(50-59 AN	00:51:28.02
12	86	MARIO COSTA	37	MOREIRA RELAX RUNNERS	VET. M50-MASC(50-59 AN	00:55:43.85
13	246	JOSÉ SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:56:14.19
14	89	FERNANDO ANDRADE	39	NO TOMORROW RUNNING TEAM	VET. M50-MASC(50-59 AN	00:59:06.58
15	88	EMÍLIO GONÇALVES	39	NO TOMORROW RUNNING TEAM	VET. M50-MASC(50-59 AN	00:59:09.59
16	128	PEDRO BARRIAS	45	RUNNING URBANFIT	VET. M50-MASC(50-59 AN	01:00:19.50
17	243	JOSÉ MANUEL LEITE	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:01:20.08
18	244	JOSÉ RAMOS	55	URBANFIT	VET. M50-MASC(50-59 AN	01:02:35.97
19	115	CARLOS RODRIGUES	45	RUNNING URBANFIT	VET. M50-MASC(50-59 AN	01:04:54.47
20	330	ARMANDO TEIXEIRA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:05:06.46
21	217	FERNANDO FERRAZ	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:07:45.99
22	222	GERMANO MOURA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:07:47.01
23	204	CARLOS ALBERTO	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:11:30.03
24	357	JOSE ANTONIO FREITAS	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:17:54.80
25	35	ABILIO NEVES	20	EQUIPOTENCIA	VET. M50-MASC(50-59 AN	01:19:34.07
26	185	ALEXANDRE AIRES	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:22:04.53
27	410	ANTÓNIO SEABRA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:23:42.10

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

VET. M60-MASC(+ 60 ANOS)	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	66	LEOPOLDO FERNANDES	28	LEÕES GUARDA	VET. M60-MASC(+ 60 ANOS)	00:51:20.82
2	151	JOSE MAGALHAES	5	ATLETICO C. ALFENENSE	VET. M60-MASC(+ 60 ANOS)	00:52:32.36
3	58	FERNANDO BARATA	27	KEMEDO TEAM	VET. M60-MASC(+ 60 ANOS)	00:52:44.23
4	3	SERAFIM FONSECA	3	AMIGOS S.PEDRO COVA	VET. M60-MASC(+ 60 ANOS)	00:53:37.71
5	28	EMIDIO SILVA	13	CLUBE MILLENNIUM BCP	VET. M60-MASC(+ 60 ANOS)	00:55:57.24
6	45	CANDIDO ROCHA	21	FAST AO KM/ PRR-HEALTH&NUTRITION	VET. M60-MASC(+ 60 ANOS)	01:00:51.41

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

GERAL FEMININA				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	75	DIANA SOUSA	34	MAIA A.C. CRIOBABY	SÉNIOR-FEM	00:48:24.29
2	342	DANIELA ALVES	0	INDIVIDUAL	SÉNIOR-FEM	00:52:08.03
3	142	MARISA PEREIRA	47	S.C. BRAGA	SÉNIOR-FEM	00:53:50.01
4	112	ANDREIA ABREU	45	RUNNING URBANFIT	JÚNIOR-FEM	00:56:08.97
5	118	HELENA BARBOSA	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	00:56:46.35
6	12	HELENA DIAS	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	00:57:03.66
7	122	MÁRCIA CARDOSO	45	RUNNING URBANFIT	SÉNIOR-FEM	00:57:55.68
8	187	ANA CAMPANHA	0	INDIVIDUAL	SÉNIOR-FEM	00:58:10.07
9	124	PAULA PAIVA	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	00:58:22.13
10	136	SÓNIA RODRIGUES	45	RUNNING URBANFIT	SÉNIOR-FEM	00:58:25.29
11	8	ANA SOUSA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	00:58:29.42
12	7	ANA DIAS	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	00:58:37.45
13	137	SORAIA SILVA	45	RUNNING URBANFIT	SÉNIOR-FEM	00:59:48.22
14	111	ANA PIMENTEL	45	RUNNING URBANFIT	SÉNIOR-FEM	00:59:59.69
15	138	TERESA PINHO	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	01:00:18.35
16	16	MARIA LOUREIRO	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	01:00:30.94
17	133	SARA BRAGA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:00:52.36
18	123	MÓNICA VILELA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:01:28.10
19	69	ANGELA PIMENTA	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-FEM	01:02:17.87
20	310	SUSANA COELHO	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:02:33.16
21	120	JOANA ABREU	45	RUNNING URBANFIT	SÉNIOR-FEM	01:03:45.29
22	132	RUTE PINTO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:04:00.12
23	404	CARLA OLIVEIRA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:05:47.25
24	68	CLAUDIA CARCAU	30	LESMAS	SÉNIOR-FEM	01:05:55.20
25	121	LURDES FERREIRA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:05:56.71
26	135	SÓNIA RIBEIRO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:05:57.02
27	311	SUSANA LUIS	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:06:10.96
28	264	MÁRCIA SILVA	0	INDIVIDUAL	SÉNIOR-FEM	01:06:38.22
29	74	PAULA SANTOS	32	LOCOMOTIVA PARANHOS	VET. F40-FEM(40-49 ANOS)	01:06:48.41
30	84	RAQUEL TEIXEIRA	35	MEXE.TE GYM	SÉNIOR-FEM	01:07:19.72
31	396	TÂNIA VASCONCELOS	0	INDIVIDUAL	SÉNIOR-FEM	01:07:35.25
32	17	MINNA SILLANKORVA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:07:50.38
33	23	VESLAVA VELENTINOVIC	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:08:08.73
34	14	ISABEL FERREIRA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:08:09.09
35	97	LILIANA TEIXEIRA	41	NÓS DOIS	SÉNIOR-FEM	01:08:55.16
36	209	CRISTINA CRUZ	0	INDIVIDUAL	SÉNIOR-FEM	01:09:28.24
37	203	CARLA SOUSA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:35.22
38	186	ALZIRA SOUSA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:35.50
39	319	ADELAIDE ALMEIDA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:46.41
40	313	VANESSA FILIPA	0	INDIVIDUAL	SÉNIOR-FEM	01:10:14.64
41	278	PAULA TEIXEIRA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:11:22.91
42	210	DANIELA MOTA MACHADO	0	INDIVIDUAL	SÉNIOR-FEM	01:11:41.41
43	371	MARLENE MELAIA	0	INDIVIDUAL	SÉNIOR-FEM	01:11:42.01
44	110	ANA MONTEIRO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:11:43.82
45	232	INÊS RABAÇA	0	INDIVIDUAL	SÉNIOR-FEM	01:13:24.27

III CORRIDA CIDADE DE ERMESINDE
5 de Julho de 2015
CLUBE ZUPPER

GERAL FEMININA	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
46	79	GRAÇA SOUSA	35	MEXE.TE GYM	VET. F40-FEM(40-49 ANOS)	01:14:15.29
47	95	MARIA DE JESUS	40	NOCTURNOS DE PAREDES	VET. F40-FEM(40-49 ANOS)	01:16:15.29
48	130	RAFAELA SILVA	45	RUNNING URBANFIT	JÚNIOR-FEM	01:18:49.89
49	266	MARIA ALICE GUIMARÃES	0	INDIVIDUAL	VET. F50-FEM(50-59 ANOS)	01:19:33.51
50	82	MARLENE RODRIGUES	35	MEXE.TE GYM	SÉNIOR-FEM	01:20:26.28
51	80	LILIANA CORREIA	35	MEXE.TE GYM	SÉNIOR-FEM	01:20:26.33
52	249	JUDITE FERREIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:22:02.11
53	113	BEATRIZ SANTOS	45	RUNNING URBANFIT	JÚNIOR-FEM	01:22:03.19
54	233	JOANA FERREIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:22:28.85
55	37	CRISTINA MEIRELES	20	EQUIPOTENCIA	SÉNIOR-FEM	01:26:13.07
56	78	FILOMENA MARCELO	35	MEXE.TE GYM	VET. F60-FEM(+ 60 ANOS)	01:26:14.95
57	43	SUSANA TAIPA	20	EQUIPOTENCIA	SÉNIOR-FEM	01:28:53.56
58	42	MICAELA SABINA	20	EQUIPOTENCIA	SÉNIOR-FEM	01:30:05.47
59	212	DIANA MARTINS	0	INDIVIDUAL	SÉNIOR-FEM	01:30:29.66
60	87	ROSA COSTA	37	MOREIRA RELAX RUNNERS	VET. F50-FEM(50-59 ANOS)	01:30:30.48
61	200	CARLA ALMEIDA	0	INDIVIDUAL	SÉNIOR-FEM	01:31:32.71
62	76	ELIANA LOPES	35	MEXE.TE GYM	SÉNIOR-FEM	01:32:32.21
63	81	MARIA CARMO	35	MEXE.TE GYM	VET. F40-FEM(40-49 ANOS)	01:32:32.30
64	254	LILIANA OLIVEIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:35:58.13
65	253	LILIANA BORGES	0	INDIVIDUAL	SÉNIOR-FEM	01:36:27.38

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

GERAL MASCULINA	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	53	VÍTOR BARBOSA	22	G.DRAM. R. RETORTA	SÉNIOR-MASC	00:37:51.69
2	274	NUNO CARNEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:38:17.02
3	48	JOAQUIM ROCHA	22	G.DRAM. R. RETORTA	VET. M50-MASC(50-59 AN	00:39:00.32
4	64	BELMIRO FERREIRA	28	LEÕES GUARDA	VET. M50-MASC(50-59 AN	00:39:15.87
5	30	LUIS GIL	16	DECATHLON MAIA	VET. M40-MASC(40-49 AN	00:39:52.16
6	47	ADELINO SILVA	22	G.DRAM. R. RETORTA	VET. M40-MASC(40-49 AN	00:40:05.75
7	6	MANUEL CARDOSO	7	BOAVISTA F.C.	VET. M40-MASC(40-49 AN	00:40:21.90
8	4	FILIPE CARNEIRO	4	ANONYMOUS PROSPORTS CHAL	SÉNIOR-MASC	00:41:14.04
9	312	TIAGO MOREIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:41:20.66
10	273	MIGUEL MOURA	0	INDIVIDUAL	SÉNIOR-MASC	00:41:30.13
11	1	JOSE AFONSO	2	ADRULS MATOSINHOS	SÉNIOR-MASC	00:42:48.33
12	280	PAULO JESUS OLIVEIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:43:16.55
13	414	LUÍS PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:43:16.60
14	62	ANTÓNIO MAGALHÃES	28	LEÕES GUARDA	VET. M40-MASC(40-49 AN	00:43:24.75
15	170	IVO PEKO	38	MULTIPOWER GAIA TRAIL	SÉNIOR-MASC	00:43:25.16
16	286	PEDRO BARBOSA	0	INDIVIDUAL	SÉNIOR-MASC	00:43:25.27
17	166	ANTONIO JESUS	33	LOUSADA RUNNERS	VET. M40-MASC(40-49 AN	00:44:03.57
18	73	ANDRÉ FRAGA	32	LOCOMOTIVA PARANHOS	SÉNIOR-MASC	00:44:05.47
19	65	CARLOS FRIAS	28	LEÕES GUARDA	VET. M50-MASC(50-59 AN	00:44:35.05
20	241	JOSÉ FERREIRA	56	TRATERME	VET. M40-MASC(40-49 AN	00:44:49.20
21	163	EURICO MOURA	27	KEMEDO TEAM	SÉNIOR-MASC	00:44:58.42
22	46	RICARDO ROCHA	21	FAST AO KM/ PRR-HEALTH&NUT	SÉNIOR-MASC	00:45:10.15
23	258	LUIS MONTEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:45:14.29
24	283	PAULO MACHADO	0	INDIVIDUAL	SÉNIOR-MASC	00:45:23.93
25	314	VASCO FIGUEIREDO	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:45:34.90
26	91	PAULO GOMES	39	NO TOMORROW RUNNING TEAM	VET. M40-MASC(40-49 AN	00:45:40.57
27	328	ANTONIO ROCHA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:45:43.71
28	195	ARLINDO SOUSA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:46:01.18
29	141	RUI ALVES	46	RUNRIVER - ESCOLA ATLETISMO	VET. M40-MASC(40-49 AN	00:46:15.99
30	215	FÁBIO OLIVEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:46:16.11
31	284	PAULO SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:46:26.09
32	167	CÉSAR GONÇALVES	33	LOUSADA RUNNERS	SÉNIOR-MASC	00:46:38.72
33	277	NUNO SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:46:42.87
34	36	ANDRE FREITAS	20	EQUIPOTENCIA	SÉNIOR-MASC	00:46:54.93
35	41	LUIS NEVES	20	EQUIPOTENCIA	SÉNIOR-MASC	00:46:55.01
36	367	MANUEL SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:47:31.27
37	184	ALCINO GOMES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:48:15.13
38	205	CARLOS DO FUNDO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:48:25.31
39	248	JOSÉ VAZ	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:48:39.13
40	189	ANDRE COSTA	0	INDIVIDUAL	SÉNIOR-MASC	00:48:43.74
41	29	JOSÉ DIAS	14	CTAD - TRILHOS DE CINFÃES	VET. M40-MASC(40-49 AN	00:48:45.85
42	263	MANUEL PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:48:52.48
43	5	ANDRÉ SOARES	7	BOAVISTA F.C.	SÉNIOR-MASC	00:48:53.69
44	379	PAULO PINHO	0	INDIVIDUAL	SÉNIOR-MASC	00:48:55.17
45	193	ANTONIO SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:49:03.62

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

GERAL MASCULINA				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
46	251	LEANDRO BARROS	0	INDIVIDUAL	SÉNIOR-MASC	00:49:09.91
47	140	TIAGO BALÃO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:49:30.90
48	114	BRUNO SILVA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:49:35.05
49	15	JOÃO CARVALHAL	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:49:36.83
50	220	FILIPE DUARTE	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:50:04.43
51	383	PEDRO GUIMARÃES	0	INDIVIDUAL	SÉNIOR-MASC	00:50:04.87
52	55	PAULO DOMINGUES	23	G. D. 4 CAMINHOS	VET. M40-MASC(40-49 AN	00:50:10.47
53	100	JOÃO LEAL	42	OFRUNNING	SÉNIOR-MASC	00:50:15.53
54	139	TIAGO AZEVEDO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:50:16.86
55	344	DUILIO RICARDO	0	INDIVIDUAL	JÚNIOR-MASC	00:50:17.82
56	59	HELDER GOMES	27	KEMEDO TEAM	SÉNIOR-MASC	00:50:18.05
57	226	HELDER SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:50:31.17
58	148	NUNO VIEIRA	50	ZÉ DO PIPO & XICO TORNEIRAS	SÉNIOR-MASC	00:50:43.87
59	32	CARLOS CAMPOS	19	EQUIPA DINAMITE	SÉNIOR-MASC	00:50:51.16
60	27	JOSE ROCHA	11	CENTRO ATL. ERMESINDE	VET. M50-MASC(50-59 AN	00:50:51.23
61	360	JOSÉ NETO	0	INDIVIDUAL	SÉNIOR-MASC	00:50:56.95
62	60	PEDRO MARQUES	27	KEMEDO TEAM	SÉNIOR-MASC	00:51:09.19
63	408	TIAGO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:51:10.95
64	70	JOSÉ SÁ	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:51:17.56
65	168	JOSE COSTA	33	LOUSADA RUNNERS	SÉNIOR-MASC	00:51:19.50
66	66	LEOPOLDO FERNANDES	28	LEÕES GUARDA	VET. M60-MASC(+ 60 ANO	00:51:20.82
67	247	JOSÉ SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:51:26.84
68	117	FRANCISCO BARROS	45	RUNNING URBANFIT	VET. M50-MASC(50-59 AN	00:51:28.02
69	99	JOÃO DIAS	42	OFRUNNING	VET. M40-MASC(40-49 AN	00:51:46.10
70	250	JÚLIO BARROS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:51:47.49
71	381	PEDRO DIEGUES	0	INDIVIDUAL	SÉNIOR-MASC	00:51:48.83
72	31	RICARDO FERNANDES	18	DENIROVIP	SÉNIOR-MASC	00:51:55.81
73	181	CARLOS TAVARES	46	RUNRIVER - ESCOLA ATLETISMO	VET. M40-MASC(40-49 AN	00:52:06.82
74	180	RÚBEN PINHEIRO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:52:27.58
75	151	JOSE MAGALHAES	5	ATLETICO C. ALFENENSE	VET. M60-MASC(+ 60 ANO	00:52:32.36
76	327	ANTONIO FORTUNATO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:52:36.47
77	58	FERNANDO BARATA	27	KEMEDO TEAM	VET. M60-MASC(+ 60 ANO	00:52:44.23
78	317	VITOR MANUEL	0	INDIVIDUAL	SÉNIOR-MASC	00:52:44.28
79	71	LUIS FERREIRA	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:52:47.67
80	72	PEDRO GAIO	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:52:59.41
81	104	RICARDO RAMALHO	42	OFRUNNING	SÉNIOR-MASC	00:53:19.80
82	302	RUI RIBEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:53:34.06
83	3	SERAFIM FONSECA	3	AMIGOS S.PEDRO COVA	VET. M60-MASC(+ 60 ANO	00:53:37.71
84	188	ANDRÉ BAPTISTA	0	INDIVIDUAL	SÉNIOR-MASC	00:53:45.54
85	261	LUIS SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:53:46.14
86	365	LUIS MALHEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:53:46.62
87	44	VITOR MARTINS	20	EQUIPOTENCIA	SÉNIOR-MASC	00:54:16.52
88	20	PAULO LAGOA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:54:18.59
89	230	HERNANI FURTADO	0	INDIVIDUAL	SÉNIOR-MASC	00:54:25.74
90	293	PEDRO SEIXAS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:54:32.44

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

GERAL MASCULINA				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
91	18	NUNO DIAS	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:54:34.61
92	83	NELSON CORREIA	35	MEXE.TE GYM	SÉNIOR-MASC	00:54:35.32
93	22	RUI AIROSA	8	BUDEGUITA RUNNERS	SÉNIOR-MASC	00:54:39.45
94	109	RICARDO FONSECA	43	OS ATLETAS	SÉNIOR-MASC	00:54:43.56
95	119	HUGO SOUSA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:54:46.59
96	154	JOSÉ MACHADO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:54:46.74
97	315	VICTOR PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:54:57.81
98	147	BRUNO RAMIRO	50	ZÉ DO PIPO & XICO TORNEIRAS	SÉNIOR-MASC	00:54:59.91
99	350	HELDER FILIPE BARBOSA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:10.72
100	239	JORGE BASTOS	0	INDIVIDUAL	SÉNIOR-MASC	00:55:16.30
101	221	FILIPE MIRANDA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:18.65
102	197	BRUNO GARCIA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:30.20
103	318	VITOR MORAIS	0	INDIVIDUAL	SÉNIOR-MASC	00:55:34.50
104	61	ROMULO SILVA	27	KEMEDO TEAM	SÉNIOR-MASC	00:55:40.45
105	86	MARIO COSTA	37	MOREIRA RELAX RUNNERS	VET. M50-MASC(50-59 AN	00:55:43.85
106	295	PEDRO VIDAL	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:55:45.80
107	108	RICARDO ALMEIDA	43	OS ATLETAS	SÉNIOR-MASC	00:55:47.40
108	105	RUI COELHO	42	OFRUNNING	VET. M40-MASC(40-49 AN	00:55:49.81
109	28	EMIDIO SILVA	13	CLUBE MILLENNIUM BCP	VET. M60-MASC(+ 60 ANO	00:55:57.24
110	356	JORGE SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:56:08.57
111	246	JOSÉ SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	00:56:14.19
112	385	PEDRO POLICIANO	0	INDIVIDUAL	SÉNIOR-MASC	00:56:25.70
113	236	JOÃO VIEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:56:29.39
114	171	GASPAR SOUSA	39	NO TOMORROW RUNNING TEAM	VET. M40-MASC(40-49 AN	00:56:32.13
115	2	JOÃO FONSECA	3	AMIGOS S.PEDRO COVA	SÉNIOR-MASC	00:56:37.37
116	26	TIAGO PEIXE	10	CCC MADURAGEM/REDCOM	SÉNIOR-MASC	00:56:43.22
117	25	FILIPE PEIXE	10	CCC MADURAGEM/REDCOM	VET. M40-MASC(40-49 AN	00:56:43.27
118	270	MIGUEL DIAS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:56:48.33
119	106	RUI PEREIRA	42	OFRUNNING	SÉNIOR-MASC	00:56:57.59
120	143	ANTÓNIO FERNANDES	49	WOLVES RUN TRAIL	VET. M40-MASC(40-49 AN	00:56:58.90
121	144	CLÁUDIO SILVA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	00:56:59.21
122	155	TIAGO ALMEIDA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:57:02.70
123	407	CARLOS ALBERTO FERREIR	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:57:04.47
124	213	ERNESTO RIBEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:57:59.88
125	238	JOAQUIM TORRES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:58:01.74
126	298	RICARDO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:58:10.24
127	289	PEDRO LOPES	0	INDIVIDUAL	SÉNIOR-MASC	00:58:25.97
128	406	JOSÉ NETO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:58:31.17
129	125	PAULO CARNEIRO	45	RUNNING URBANFIT	VET. M40-MASC(40-49 AN	00:58:42.20
130	13	HENDRIK WIELINGA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	00:58:48.29
131	305	RUI VIEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:58:56.69
132	126	PAULO GRAÇA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:59:03.42
133	89	FERNANDO ANDRADE	39	NO TOMORROW RUNNING TEAM	VET. M50-MASC(50-59 AN	00:59:06.58
134	88	EMÍLIO GONÇALVES	39	NO TOMORROW RUNNING TEAM	VET. M50-MASC(50-59 AN	00:59:09.59
135	292	PEDRO RODRIGUES	0	INDIVIDUAL	SÉNIOR-MASC	00:59:16.51

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

GERAL MASCULINA	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
136	299	RICARDO SOARES	0	INDIVIDUAL	SÉNIOR-MASC	00:59:17.78
137	297	RICARDO RIBEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:59:24.20
138	183	AFONSO BONIFÁCIO	0	INDIVIDUAL	SÉNIOR-MASC	00:59:24.95
139	196	BALTAZAR FERREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:59:33.59
140	308	SANDRO SOUSA	0	INDIVIDUAL	SÉNIOR-MASC	00:59:39.35
141	207	CARLOS FIGUEIREDO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	00:59:42.68
142	134	SERAFIM MONTEIRO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:59:49.13
143	101	MÁRCIO CARVALHO	42	OFRUNNING	SÉNIOR-MASC	00:59:53.64
144	128	PEDRO BARRIAS	45	RUNNING URBANFIT	VET. M50-MASC(50-59 AN	01:00:19.50
145	240	JORGE MONTEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:00:39.82
146	149	ABÍLIO TEIXEIRA	51	ZINDE RUNNERS	SÉNIOR-MASC	01:00:43.48
147	150	EDUARDO PAIS	51	ZINDE RUNNERS	SÉNIOR-MASC	01:00:44.81
148	45	CANDIDO ROCHA	21	FAST AO KM/ PRR-HEALTH&NUT	VET. M60-MASC(+ 60 ANO	01:00:51.41
149	216	FABIO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	01:01:16.45
150	243	JOSÉ MANUEL LEITE	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:01:20.08
151	225	HELDER PARRACHO	0	INDIVIDUAL	SÉNIOR-MASC	01:01:24.58
152	103	NUNO RODRIGUES	42	OFRUNNING	SÉNIOR-MASC	01:01:28.79
153	194	ANTÓNIO SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:01:43.68
154	190	ANTÓNIO CAMPELOS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:01:57.18
155	252	LEONEL VIDEIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:02:15.69
156	387	RICARDO NETO	0	INDIVIDUAL	SÉNIOR-MASC	01:02:24.22
157	244	JOSÉ RAMOS	55	URBANFIT	VET. M50-MASC(50-59 AN	01:02:35.97
158	102	MÁRIO CARVALHO	42	OFRUNNING	SÉNIOR-MASC	01:02:41.85
159	199	BRUNO MONTEIRO	0	INDIVIDUAL	SÉNIOR-MASC	01:02:58.84
160	377	PAULO BRANCO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:03:03.00
161	227	HÉLDER SILVA	0	INDIVIDUAL	SÉNIOR-MASC	01:03:36.05
162	93	RICARDO OLIVEIRA	39	NO TOMORROW RUNNING TEAM	SÉNIOR-MASC	01:03:45.65
163	19	NUNO SOUSA	8	BUDEGUITA RUNNERS	SÉNIOR-MASC	01:03:50.61
164	281	PAULO JORGE FERREIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:03:51.46
165	265	MARCO GUIMARÃES	0	INDIVIDUAL	SÉNIOR-MASC	01:03:58.48
166	341	DANIEL LOBÃO	0	INDIVIDUAL	SÉNIOR-MASC	01:04:34.41
167	115	CARLOS RODRIGUES	45	RUNNING URBANFIT	VET. M50-MASC(50-59 AN	01:04:54.47
168	107	ANDRÉ BARROS	43	OS ATLETAS	SÉNIOR-MASC	01:04:59.36
169	287	PEDRO BERNARDES	0	INDIVIDUAL	SÉNIOR-MASC	01:04:59.38
170	296	RENATO SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:05:02.43
171	330	ARMANDO TEIXEIRA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:05:06.46
172	94	JOSÉ SILVA	40	NOCTURNOS DE PAREDES	VET. M40-MASC(40-49 AN	01:05:17.80
173	11	HELDER SOUSA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	01:05:25.91
174	279	PAULO CAMPOS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:05:45.86
175	191	ANTÓNIO PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:05:46.31
176	67	ANTÓNIO GUEDES	30	LESMAS	VET. M40-MASC(40-49 AN	01:05:55.41
177	161	JOSE MOURA	25	INVICTA RUNNERS TEAM	SÉNIOR-MASC	01:06:11.98
178	146	RUI SOUSA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	01:06:28.70
179	412	JORGE NOGUEIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:06:33.85
180	206	CARLOS EDUARDO RODRIGUES	0	INDIVIDUAL	SÉNIOR-MASC	01:06:36.86

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

GERAL MASCULINA				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
181	288	PEDRO GOMES	0	INDIVIDUAL	SÉNIOR-MASC	01:06:38.68
182	56	RUI FREITAS	24	HAND@RUNNERS	VET. M40-MASC(40-49 AN	01:06:41.68
183	145	NUNO SILVA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	01:06:42.68
184	276	NUNO LEÃO	0	INDIVIDUAL	SÉNIOR-MASC	01:07:18.84
185	339	CÉSAR ALVES	0	INDIVIDUAL	SÉNIOR-MASC	01:07:36.49
186	217	FERNANDO FERRAZ	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:07:45.99
187	222	GERMANO MOURA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:07:47.01
188	9	ANDRÉ AMORIM	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	01:07:50.22
189	245	JOSE RIBEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:08:00.79
190	301	RUI CORREIA	0	INDIVIDUAL	SÉNIOR-MASC	01:08:31.18
191	282	PAULO LARA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:08:36.51
192	98	PEDRO PINHEIRO	41	NÓS DOIS	SÉNIOR-MASC	01:08:54.17
193	352	HUGO ALMEIDA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:08:58.26
194	208	CLAUDIO MIGUEL CARNEIR	0	INDIVIDUAL	SÉNIOR-MASC	01:09:11.73
195	10	BRUNO BRANDÃO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	01:09:11.98
196	409	IVO AZEVEDO	0	INDIVIDUAL	SÉNIOR-MASC	01:09:22.45
197	256	LUÍS FARIA	0	INDIVIDUAL	SÉNIOR-MASC	01:09:22.72
198	229	HENRIQUE MADUREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:09:43.92
199	331	AURÉLIO COSTA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:09:46.85
200	411	PAULO JORGE FERREIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:09:56.96
201	255	LUÍS DORO	0	INDIVIDUAL	SÉNIOR-MASC	01:10:26.79
202	34	PAULO PINTO	19	EQUIPA DINAMITE	VET. M40-MASC(40-49 AN	01:10:28.05
203	21	PAULO LOBO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 AN	01:10:28.73
204	234	JOÃO RIEM	0	INDIVIDUAL	SÉNIOR-MASC	01:10:31.25
205	354	JORGE SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:10:32.38
206	364	LUÍS CAMPOS	0	INDIVIDUAL	SÉNIOR-MASC	01:10:32.87
207	129	PEDRO VASCONCELOS	45	RUNNING URBANFIT	VET. M40-MASC(40-49 AN	01:10:46.69
208	204	CARLOS ALBERTO	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:11:30.03
209	290	PEDRO MARTINS	0	INDIVIDUAL	SÉNIOR-MASC	01:12:21.59
210	271	MIGUEL JOSE BEIRÃO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:13:23.71
211	214	FÁBIO LOUREIRO	0	INDIVIDUAL	SÉNIOR-MASC	01:13:25.27
212	235	JOAO RODRIGUES	0	INDIVIDUAL	SÉNIOR-MASC	01:13:27.10
213	413	JOÃO PEDRO SANTOS	32	LOCOMOTIVA PARANHOS	VET. M40-MASC(40-49 AN	01:13:29.38
214	257	LUIS GOMES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:13:49.58
215	198	BRUNO MARQUES	0	INDIVIDUAL	SÉNIOR-MASC	01:15:22.81
216	303	RUI SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:15:23.00
217	359	JOSE GONÇALVES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:15:45.36
218	96	RUI SILVA	40	NOCTURNOS DE PAREDES	VET. M40-MASC(40-49 AN	01:16:15.37
219	357	JOSE ANTONIO FREITAS	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:17:54.80
220	259	LUÍS MOUTINHO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:18:35.05
221	131	RAUL MONTEIRO	45	RUNNING URBANFIT	VET. M40-MASC(40-49 AN	01:18:49.77
222	35	ABILIO NEVES	20	EQUIPOTENCIA	VET. M50-MASC(50-59 AN	01:19:34.07
223	307	SANDRO RAMOS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:20:08.26
224	405	CANDIDA VILAS BOAS	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:20:18.54
225	77	FILIPE PINTO	35	MEXE.TE GYM	SÉNIOR-MASC	01:20:26.51

III CORRIDA CIDADE DE ERMESINDE
5 de Julho de 2015
CLUBE ZUPPER

GERAL MASCULINA	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
226	185	ALEXANDRE AIRES	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:22:04.53
227	218	FERNANDO SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:23:23.48
228	410	ANTÓNIO SEABRA	0	INDIVIDUAL	VET. M50-MASC(50-59 AN	01:23:42.10
229	38	HELLO	20	EQUIPOTENCIA	SÉNIOR-MASC	01:26:14.08
230	85	RENATO FONSECA	35	MEXE.TE GYM	VET. M40-MASC(40-49 AN	01:32:32.85
231	237	JOAQUIM TEIXEIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:35:58.19
232	316	VITOR MACHADO	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:35:58.82
233	300	RUI BORGES	0	INDIVIDUAL	VET. M40-MASC(40-49 AN	01:36:19.68
234	275	NUNO CORREIA	0	INDIVIDUAL	SÉNIOR-MASC	01:36:21.59

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

GERAL PROVA 10.000 MTS	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
1	53	VÍTOR BARBOSA	22	G.DRAM. R. RETORTA	SÉNIOR-MASC	00:37:51.69
2	274	NUNO CARNEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:38:17.02
3	48	JOAQUIM ROCHA	22	G.DRAM. R. RETORTA	VET. M50-MASC(50-59 ANOS)	00:39:00.32
4	64	BELMIRO FERREIRA	28	LEÕES GUARDA	VET. M50-MASC(50-59 ANOS)	00:39:15.87
5	30	LUIS GIL	16	DECATHLON MAIA	VET. M40-MASC(40-49 ANOS)	00:39:52.16
6	47	ADELINO SILVA	22	G.DRAM. R. RETORTA	VET. M40-MASC(40-49 ANOS)	00:40:05.75
7	6	MANUEL CARDOSO	7	BOAVISTA F.C.	VET. M40-MASC(40-49 ANOS)	00:40:21.90
8	4	FILIPPE CARNEIRO	4	ANONYMOUS PROSPORTS CHAL	SÉNIOR-MASC	00:41:14.04
9	312	TIAGO MOREIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:41:20.66
10	273	MIGUEL MOURA	0	INDIVIDUAL	SÉNIOR-MASC	00:41:30.13
11	1	JOSE AFONSO	2	ADRULS MATOSINHOS	SÉNIOR-MASC	00:42:48.33
12	280	PAULO JESUS OLIVEIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:43:16.55
13	414	LUÍS PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:43:16.60
14	62	ANTÓNIO MAGALHÃES	28	LEÕES GUARDA	VET. M40-MASC(40-49 ANOS)	00:43:24.75
15	170	IVO PEKO	38	MULTIPOWER GAIA TRAIL	SÉNIOR-MASC	00:43:25.16
16	286	PEDRO BARBOSA	0	INDIVIDUAL	SÉNIOR-MASC	00:43:25.27
17	166	ANTONIO JESUS	33	LOUSADA RUNNERS	VET. M40-MASC(40-49 ANOS)	00:44:03.57
18	73	ANDRÉ FRAGA	32	LOCOMOTIVA PARANHOS	SÉNIOR-MASC	00:44:05.47
19	65	CARLOS FRIAS	28	LEÕES GUARDA	VET. M50-MASC(50-59 ANOS)	00:44:35.05
20	241	JOSÉ FERREIRA	56	TRATERME	VET. M40-MASC(40-49 ANOS)	00:44:49.20
21	163	EURICO MOURA	27	KEMEDO TEAM	SÉNIOR-MASC	00:44:58.42
22	46	RICARDO ROCHA	21	FAST AO KM/ PRR-HEALTH&NUT	SÉNIOR-MASC	00:45:10.15
23	258	LUIS MONTEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:45:14.29
24	283	PAULO MACHADO	0	INDIVIDUAL	SÉNIOR-MASC	00:45:23.93
25	314	VASCO FIGUEIREDO	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	00:45:34.90
26	91	PAULO GOMES	39	NO TOMORROW RUNNING TEAM	VET. M40-MASC(40-49 ANOS)	00:45:40.57
27	328	ANTONIO ROCHA	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	00:45:43.71
28	195	ARLINDO SOUSA	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	00:46:01.18
29	141	RUI ALVES	46	RUNRIVER - ESCOLA ATLETISMO	VET. M40-MASC(40-49 ANOS)	00:46:15.99
30	215	FÁBIO OLIVEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:46:16.11
31	284	PAULO SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:46:26.09
32	167	CÉSAR GONÇALVES	33	LOUSADA RUNNERS	SÉNIOR-MASC	00:46:38.72
33	277	NUNO SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:46:42.87
34	36	ANDRE FREITAS	20	EQUIPOTENCIA	SÉNIOR-MASC	00:46:54.93
35	41	LUIS NEVES	20	EQUIPOTENCIA	SÉNIOR-MASC	00:46:55.01
36	367	MANUEL SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	00:47:31.27
37	184	ALCINO GOMES	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:48:15.13
38	75	DIANA SOUSA	34	MAIA A.C. CRIOBABY	SÉNIOR-FEM	00:48:24.29
39	205	CARLOS DO FUNDO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:48:25.31
40	248	JOSÉ VAZ	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	00:48:39.13
41	189	ANDRE COSTA	0	INDIVIDUAL	SÉNIOR-MASC	00:48:43.74
42	29	JOSÉ DIAS	14	CTAD - TRILHOS DE CINFÃES	VET. M40-MASC(40-49 ANOS)	00:48:45.85
43	263	MANUEL PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:48:52.48
44	5	ANDRÉ SOARES	7	BOAVISTA F.C.	SÉNIOR-MASC	00:48:53.69
45	379	PAULO PINHO	0	INDIVIDUAL	SÉNIOR-MASC	00:48:55.17

III CORRIDA CIDADE DE ERMESINDE

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CLUBE ZUPPER

GERAL PROVA 10.000 MTS	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
46	193	ANTONIO SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	00:49:03.62
47	251	LEANDRO BARROS	0	INDIVIDUAL	SÉNIOR-MASC	00:49:09.91
48	140	TIAGO BALÃO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:49:30.90
49	114	BRUNO SILVA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:49:35.05
50	15	JOÃO CARVALHAL	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	00:49:36.83
51	220	FILIPE DUARTE	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:50:04.43
52	383	PEDRO GUIMARÃES	0	INDIVIDUAL	SÉNIOR-MASC	00:50:04.87
53	55	PAULO DOMINGUES	23	G. D. 4 CAMINHOS	VET. M40-MASC(40-49 ANOS)	00:50:10.47
54	100	JOÃO LEAL	42	OFRUNNING	SÉNIOR-MASC	00:50:15.53
55	139	TIAGO AZEVEDO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:50:16.86
56	344	DUILIO RICARDO	0	INDIVIDUAL	JÚNIOR-MASC	00:50:17.82
57	59	HELDER GOMES	27	KEMEDO TEAM	SÉNIOR-MASC	00:50:18.05
58	226	HELDER SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:50:31.17
59	148	NUNO VIEIRA	50	ZÉ DO PIPO & XICO TORNEIRAS	SÉNIOR-MASC	00:50:43.87
60	32	CARLOS CAMPOS	19	EQUIPA DINAMITE	SÉNIOR-MASC	00:50:51.16
61	27	JOSE ROCHA	11	CENTRO ATL. ERMESINDE	VET. M50-MASC(50-59 ANOS)	00:50:51.23
62	360	JOSÉ NETO	0	INDIVIDUAL	SÉNIOR-MASC	00:50:56.95
63	60	PEDRO MARQUES	27	KEMEDO TEAM	SÉNIOR-MASC	00:51:09.19
64	408	TIAGO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:51:10.95
65	70	JOSÉ SÁ	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:51:17.56
66	168	JOSE COSTA	33	LOUSADA RUNNERS	SÉNIOR-MASC	00:51:19.50
67	66	LEOPOLDO FERNANDES	28	LEÕES GUARDA	VET. M60-MASC(+ 60 ANOS)	00:51:20.82
68	247	JOSÉ SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:51:26.84
69	117	FRANCISCO BARROS	45	RUNNING URBANFIT	VET. M50-MASC(50-59 ANOS)	00:51:28.02
70	99	JOÃO DIAS	42	OFRUNNING	VET. M40-MASC(40-49 ANOS)	00:51:46.10
71	250	JÚLIO BARROS	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:51:47.49
72	381	PEDRO DIEGUES	0	INDIVIDUAL	SÉNIOR-MASC	00:51:48.83
73	31	RICARDO FERNANDES	18	DENIROVIP	SÉNIOR-MASC	00:51:55.81
74	181	CARLOS TAVARES	46	RUNRIVER - ESCOLA ATLETISMO	VET. M40-MASC(40-49 ANOS)	00:52:06.82
75	342	DANIELA ALVES	0	INDIVIDUAL	SÉNIOR-FEM	00:52:08.03
76	180	RÚBEN PINHEIRO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:52:27.58
77	151	JOSE MAGALHAES	5	ATLETICO C. ALFENENSE	VET. M60-MASC(+ 60 ANOS)	00:52:32.36
78	327	ANTONIO FORTUNATO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:52:36.47
79	58	FERNANDO BARATA	27	KEMEDO TEAM	VET. M60-MASC(+ 60 ANOS)	00:52:44.23
80	317	VITOR MANUEL	0	INDIVIDUAL	SÉNIOR-MASC	00:52:44.28
81	71	LUIS FERREIRA	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:52:47.67
82	72	PEDRO GAIO	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-MASC	00:52:59.41
83	104	RICARDO RAMALHO	42	OFRUNNING	SÉNIOR-MASC	00:53:19.80
84	302	RUI RIBEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:53:34.06
85	3	SERAFIM FONSECA	3	AMIGOS S.PEDRO COVA	VET. M60-MASC(+ 60 ANOS)	00:53:37.71
86	188	ANDRÉ BAPTISTA	0	INDIVIDUAL	SÉNIOR-MASC	00:53:45.54
87	261	LUIS SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:53:46.14
88	365	LUIS MALHEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:53:46.62
89	142	MARISA PEREIRA	47	S.C. BRAGA	SÉNIOR-FEM	00:53:50.01
90	44	VITOR MARTINS	20	EQUIPOTENCIA	SÉNIOR-MASC	00:54:16.52

III CORRIDA CIDADE DE ERMESINDE

5 de Julho de 2015

CLUBE ZUPPER

GERAL PROVA 10.000 MTS	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
91	20	PAULO LAGOA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	00:54:18.59
92	230	HERNANI FURTADO	0	INDIVIDUAL	SÉNIOR-MASC	00:54:25.74
93	293	PEDRO SEIXAS	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:54:32.44
94	18	NUNO DIAS	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	00:54:34.61
95	83	NELSON CORREIA	35	MEXE.TE GYM	SÉNIOR-MASC	00:54:35.32
96	22	RUI AIROSA	8	BUDEGUITA RUNNERS	SÉNIOR-MASC	00:54:39.45
97	109	RICARDO FONSECA	43	OS ATLETAS	SÉNIOR-MASC	00:54:43.56
98	119	HUGO SOUSA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:54:46.59
99	154	JOSÉ MACHADO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	00:54:46.74
100	315	VICTOR PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:54:57.81
101	147	BRUNO RAMIRO	50	ZÉ DO PIPO & XICO TORNEIRAS	SÉNIOR-MASC	00:54:59.91
102	350	HELDER FILIPE BARBOSA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:10.72
103	239	JORGE BASTOS	0	INDIVIDUAL	SÉNIOR-MASC	00:55:16.30
104	221	FILIPE MIRANDA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:18.65
105	197	BRUNO GARCIA	0	INDIVIDUAL	SÉNIOR-MASC	00:55:30.20
106	318	VITOR MORAIS	0	INDIVIDUAL	SÉNIOR-MASC	00:55:34.50
107	61	ROMULO SILVA	27	KEMEDO TEAM	SÉNIOR-MASC	00:55:40.45
108	86	MARIO COSTA	37	MOREIRA RELAX RUNNERS	VET. M50-MASC(50-59 ANOS)	00:55:43.85
109	295	PEDRO VIDAL	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:55:45.80
110	108	RICARDO ALMEIDA	43	OS ATLETAS	SÉNIOR-MASC	00:55:47.40
111	105	RUI COELHO	42	OFRUNNING	VET. M40-MASC(40-49 ANOS)	00:55:49.81
112	28	EMIDIO SILVA	13	CLUBE MILLENNIUM BCP	VET. M60-MASC(+ 60 ANOS)	00:55:57.24
113	356	JORGE SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:56:08.57
114	112	ANDREIA ABREU	45	RUNNING URBANFIT	JÚNIOR-FEM	00:56:08.97
115	246	JOSÉ SILVA	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	00:56:14.19
116	385	PEDRO POLICIANO	0	INDIVIDUAL	SÉNIOR-MASC	00:56:25.70
117	236	JOÃO VIEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:56:29.39
118	171	GASPAR SOUSA	39	NO TOMORROW RUNNING TEAM	VET. M40-MASC(40-49 ANOS)	00:56:32.13
119	2	JOÃO FONSECA	3	AMIGOS S.PEDRO COVA	SÉNIOR-MASC	00:56:37.37
120	26	TIAGO PEIXE	10	CCC MADURAGEM/REDCOM	SÉNIOR-MASC	00:56:43.22
121	25	FILIPE PEIXE	10	CCC MADURAGEM/REDCOM	VET. M40-MASC(40-49 ANOS)	00:56:43.27
122	118	HELENA BARBOSA	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	00:56:46.35
123	270	MIGUEL DIAS	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:56:48.33
124	106	RUI PEREIRA	42	OFRUNNING	SÉNIOR-MASC	00:56:57.59
125	143	ANTÓNIO FERNANDES	49	WOLVES RUN TRAIL	VET. M40-MASC(40-49 ANOS)	00:56:58.90
126	144	CLÁUDIO SILVA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	00:56:59.21
127	155	TIAGO ALMEIDA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	00:57:02.70
128	12	HELENA DIAS	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	00:57:03.66
129	407	CARLOS ALBERTO FERREIR	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:57:04.47
130	122	MÁRCIA CARDOSO	45	RUNNING URBANFIT	SÉNIOR-FEM	00:57:55.68
131	213	ERNESTO RIBEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:57:59.88
132	238	JOAQUIM TORRES	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:58:01.74
133	187	ANA CAMPANHA	0	INDIVIDUAL	SÉNIOR-FEM	00:58:10.07
134	298	RICARDO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	00:58:10.24
135	124	PAULA PAIVA	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	00:58:22.13

III CORRIDA CIDADE DE ERMESINDE

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CLUBE ZUPPER

GERAL PROVA 10.000 MTS	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
136	136	SÓNIA RODRIGUES	45	RUNNING URBANFIT	SÉNIOR-FEM	00:58:25.29
137	289	PEDRO LOPES	0	INDIVIDUAL	SÉNIOR-MASC	00:58:25.97
138	8	ANA SOUSA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	00:58:29.42
139	406	JOSÉ NETO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:58:31.17
140	7	ANA DIAS	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	00:58:37.45
141	125	PAULO CARNEIRO	45	RUNNING URBANFIT	VET. M40-MASC(40-49 ANOS)	00:58:42.20
142	13	HENDRIK WIELINGA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	00:58:48.29
143	305	RUI VIEIRA	0	INDIVIDUAL	SÉNIOR-MASC	00:58:56.69
144	126	PAULO GRAÇA	45	RUNNING URBANFIT	SÉNIOR-MASC	00:59:03.42
145	89	FERNANDO ANDRADE	39	NO TOMORROW RUNNING TEAM	VET. M50-MASC(50-59 ANOS)	00:59:06.58
146	88	EMÍLIO GONÇALVES	39	NO TOMORROW RUNNING TEAM	VET. M50-MASC(50-59 ANOS)	00:59:09.59
147	292	PEDRO RODRIGUES	0	INDIVIDUAL	SÉNIOR-MASC	00:59:16.51
148	299	RICARDO SOARES	0	INDIVIDUAL	SÉNIOR-MASC	00:59:17.78
149	297	RICARDO RIBEIRO	0	INDIVIDUAL	SÉNIOR-MASC	00:59:24.20
150	183	AFONSO BONIFÁCIO	0	INDIVIDUAL	SÉNIOR-MASC	00:59:24.95
151	196	BALTAZAR FERREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:59:33.59
152	308	SANDRO SOUSA	0	INDIVIDUAL	SÉNIOR-MASC	00:59:39.35
153	207	CARLOS FIGUEIREDO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	00:59:42.68
154	137	SORAIA SILVA	45	RUNNING URBANFIT	SÉNIOR-FEM	00:59:48.22
155	134	SERAFIM MONTEIRO	45	RUNNING URBANFIT	SÉNIOR-MASC	00:59:49.13
156	101	MÁRCIO CARVALHO	42	OFRUNNING	SÉNIOR-MASC	00:59:53.64
157	111	ANA PIMENTEL	45	RUNNING URBANFIT	SÉNIOR-FEM	00:59:59.69
158	138	TERESA PINHO	45	RUNNING URBANFIT	VET. F40-FEM(40-49 ANOS)	01:00:18.35
159	128	PEDRO BARRIAS	45	RUNNING URBANFIT	VET. M50-MASC(50-59 ANOS)	01:00:19.50
160	16	MARIA LOUREIRO	8	BUDEGUITA RUNNERS	VET. F40-FEM(40-49 ANOS)	01:00:30.94
161	240	JORGE MONTEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:00:39.82
162	149	ABÍLIO TEIXEIRA	51	ZINDE RUNNERS	SÉNIOR-MASC	01:00:43.48
163	150	EDUARDO PAIS	51	ZINDE RUNNERS	SÉNIOR-MASC	01:00:44.81
164	45	CANDIDO ROCHA	21	FAST AO KM/ PRR-HEALTH&NUT	VET. M60-MASC(+ 60 ANOS)	01:00:51.41
165	133	SARA BRAGA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:00:52.36
166	216	FABIO SILVA	0	INDIVIDUAL	SÉNIOR-MASC	01:01:16.45
167	243	JOSÉ MANUEL LEITE	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	01:01:20.08
168	225	HELDER PARRACHO	0	INDIVIDUAL	SÉNIOR-MASC	01:01:24.58
169	123	MÓNICA VILELA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:01:28.10
170	103	NUNO RODRIGUES	42	OFRUNNING	SÉNIOR-MASC	01:01:28.79
171	194	ANTÓNIO SOUSA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:01:43.68
172	190	ANTÓNIO CAMPELOS	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:01:57.18
173	252	LEONEL VIDEIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:02:15.69
174	69	ANGELA PIMENTA	31	LION RUNNERS - GD LEÕES DA C	SÉNIOR-FEM	01:02:17.87
175	387	RICARDO NETO	0	INDIVIDUAL	SÉNIOR-MASC	01:02:24.22
176	310	SUSANA COELHO	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:02:33.16
177	244	JOSÉ RAMOS	55	URBANFIT	VET. M50-MASC(50-59 ANOS)	01:02:35.97
178	102	MÁRIO CARVALHO	42	OFRUNNING	SÉNIOR-MASC	01:02:41.85
179	199	BRUNO MONTEIRO	0	INDIVIDUAL	SÉNIOR-MASC	01:02:58.84
180	377	PAULO BRANCO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:03:03.00

III CORRIDA CIDADE DE ERMESINDE

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GERAL PROVA 10.000 MTS				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
181	227	HÉLDER SILVA	0	INDIVIDUAL	SÉNIOR-MASC	01:03:36.05
182	120	JOANA ABREU	45	RUNNING URBANFIT	SÉNIOR-FEM	01:03:45.29
183	93	RICARDO OLIVEIRA	39	NO TOMORROW RUNNING TEAM	SÉNIOR-MASC	01:03:45.65
184	19	NUNO SOUSA	8	BUDEGUITA RUNNERS	SÉNIOR-MASC	01:03:50.61
185	281	PAULO JORGE FERREIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:03:51.46
186	265	MARCO GUIMARÃES	0	INDIVIDUAL	SÉNIOR-MASC	01:03:58.48
187	132	RUTE PINTO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:04:00.12
188	341	DANIEL LOBÃO	0	INDIVIDUAL	SÉNIOR-MASC	01:04:34.41
189	115	CARLOS RODRIGUES	45	RUNNING URBANFIT	VET. M50-MASC(50-59 ANOS)	01:04:54.47
190	107	ANDRÉ BARROS	43	OS ATLETAS	SÉNIOR-MASC	01:04:59.36
191	287	PEDRO BERNARDES	0	INDIVIDUAL	SÉNIOR-MASC	01:04:59.38
192	296	RENATO SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:05:02.43
193	330	ARMANDO TEIXEIRA	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	01:05:06.46
194	94	JOSÉ SILVA	40	NOCTURNOS DE PAREDES	VET. M40-MASC(40-49 ANOS)	01:05:17.80
195	11	HELDER SOUSA	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	01:05:25.91
196	279	PAULO CAMPOS	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:05:45.86
197	191	ANTÓNIO PEREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:05:46.31
198	404	CARLA OLIVEIRA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:05:47.25
199	68	CLAUDIA CARCAU	30	LESMAS	SÉNIOR-FEM	01:05:55.20
200	67	ANTÓNIO GUEDES	30	LESMAS	VET. M40-MASC(40-49 ANOS)	01:05:55.41
201	121	LURDES FERREIRA	45	RUNNING URBANFIT	SÉNIOR-FEM	01:05:56.71
202	135	SÓNIA RIBEIRO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:05:57.02
203	311	SUSANA LUIS	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:06:10.96
204	161	JOSE MOURA	25	INVICTA RUNNERS TEAM	SÉNIOR-MASC	01:06:11.98
205	146	RUI SOUSA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	01:06:28.70
206	412	JORGE NOGUEIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:06:33.85
207	206	CARLOS EDUARDO RODRIG	0	INDIVIDUAL	SÉNIOR-MASC	01:06:36.86
208	264	MÁRCIA SILVA	0	INDIVIDUAL	SÉNIOR-FEM	01:06:38.22
209	288	PEDRO GOMES	0	INDIVIDUAL	SÉNIOR-MASC	01:06:38.68
210	56	RUI FREITAS	24	HAND@RUNNERS	VET. M40-MASC(40-49 ANOS)	01:06:41.68
211	145	NUNO SILVA	49	WOLVES RUN TRAIL	SÉNIOR-MASC	01:06:42.68
212	74	PAULA SANTOS	32	LOCOMOTIVA PARANHOS	VET. F40-FEM(40-49 ANOS)	01:06:48.41
213	276	NUNO LEÃO	0	INDIVIDUAL	SÉNIOR-MASC	01:07:18.84
214	84	RAQUEL TEIXEIRA	35	MEXE.TE GYM	SÉNIOR-FEM	01:07:19.72
215	396	TÂNIA VASCONCELOS	0	INDIVIDUAL	SÉNIOR-FEM	01:07:35.25
216	339	CÉSAR ALVES	0	INDIVIDUAL	SÉNIOR-MASC	01:07:36.49
217	217	FERNANDO FERRAZ	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	01:07:45.99
218	222	GERMANO MOURA	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	01:07:47.01
219	9	ANDRÉ AMORIM	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	01:07:50.22
220	17	MINNA SILLANKORVA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:07:50.38
221	245	JOSE RIBEIRO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:08:00.79
222	23	VESLAVA VELENTINOVIC	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:08:08.73
223	14	ISABEL FERREIRA	8	BUDEGUITA RUNNERS	SÉNIOR-FEM	01:08:09.09
224	301	RUI CORREIA	0	INDIVIDUAL	SÉNIOR-MASC	01:08:31.18
225	282	PAULO LARA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:08:36.51

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CLUBE ZUPPER

GERAL PROVA 10.000 MTS				INDIVIDUAL		
Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
226	98	PEDRO PINHEIRO	41	NÓS DOIS	SÉNIOR-MASC	01:08:54.17
227	97	LILIANA TEIXEIRA	41	NÓS DOIS	SÉNIOR-FEM	01:08:55.16
228	352	HUGO ALMEIDA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:08:58.26
229	208	CLAUDIO MIGUEL CARNEIRO	0	INDIVIDUAL	SÉNIOR-MASC	01:09:11.73
230	10	BRUNO BRANDÃO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	01:09:11.98
231	409	IVO AZEVEDO	0	INDIVIDUAL	SÉNIOR-MASC	01:09:22.45
232	256	LUÍS FARIA	0	INDIVIDUAL	SÉNIOR-MASC	01:09:22.72
233	209	CRISTINA CRUZ	0	INDIVIDUAL	SÉNIOR-FEM	01:09:28.24
234	203	CARLA SOUSA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:35.22
235	186	ALZIRA SOUSA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:35.50
236	229	HENRIQUE MADUREIRA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:09:43.92
237	319	ADELAIDE ALMEIDA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:09:46.41
238	331	AURÉLIO COSTA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:09:46.85
239	411	PAULO JORGE FERREIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:09:56.96
240	313	VANESSA FILIPA	0	INDIVIDUAL	SÉNIOR-FEM	01:10:14.64
241	255	LUÍS DORO	0	INDIVIDUAL	SÉNIOR-MASC	01:10:26.79
242	34	PAULO PINTO	19	EQUIPA DINAMITE	VET. M40-MASC(40-49 ANOS)	01:10:28.05
243	21	PAULO LOBO	8	BUDEGUITA RUNNERS	VET. M40-MASC(40-49 ANOS)	01:10:28.73
244	234	JOÃO RIEM	0	INDIVIDUAL	SÉNIOR-MASC	01:10:31.25
245	354	JORGE SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:10:32.38
246	364	LUÍS CAMPOS	0	INDIVIDUAL	SÉNIOR-MASC	01:10:32.87
247	129	PEDRO VASCONCELOS	45	RUNNING URBANFIT	VET. M40-MASC(40-49 ANOS)	01:10:46.69
248	278	PAULA TEIXEIRA	0	INDIVIDUAL	VET. F40-FEM(40-49 ANOS)	01:11:22.91
249	204	CARLOS ALBERTO	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	01:11:30.03
250	210	DANIELA MOTA MACHADO	0	INDIVIDUAL	SÉNIOR-FEM	01:11:41.41
251	371	MARLENE MELAIA	0	INDIVIDUAL	SÉNIOR-FEM	01:11:42.01
252	110	ANA MONTEIRO	45	RUNNING URBANFIT	SÉNIOR-FEM	01:11:43.82
253	290	PEDRO MARTINS	0	INDIVIDUAL	SÉNIOR-MASC	01:12:21.59
254	271	MIGUEL JOSE BEIRÃO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:13:23.71
255	232	INÊS RABAÇA	0	INDIVIDUAL	SÉNIOR-FEM	01:13:24.27
256	214	FÁBIO LOUREIRO	0	INDIVIDUAL	SÉNIOR-MASC	01:13:25.27
257	235	JOAO RODRIGUES	0	INDIVIDUAL	SÉNIOR-MASC	01:13:27.10
258	413	JOÃO PEDRO SANTOS	32	LOCOMOTIVA PARANHOS	VET. M40-MASC(40-49 ANOS)	01:13:29.38
259	257	LUIS GOMES	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:13:49.58
260	79	GRAÇA SOUSA	35	MEXE.TE GYM	VET. F40-FEM(40-49 ANOS)	01:14:15.29
261	198	BRUNO MARQUES	0	INDIVIDUAL	SÉNIOR-MASC	01:15:22.81
262	303	RUI SILVA	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:15:23.00
263	359	JOSE GONÇALVES	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:15:45.36
264	95	MARIA DE JESUS	40	NOCTURNOS DE PAREDES	VET. F40-FEM(40-49 ANOS)	01:16:15.29
265	96	RUI SILVA	40	NOCTURNOS DE PAREDES	VET. M40-MASC(40-49 ANOS)	01:16:15.37
266	357	JOSE ANTONIO FREITAS	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	01:17:54.80
267	259	LUÍS MOUTINHO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:18:35.05
268	131	RAUL MONTEIRO	45	RUNNING URBANFIT	VET. M40-MASC(40-49 ANOS)	01:18:49.77
269	130	RAFAELA SILVA	45	RUNNING URBANFIT	JÚNIOR-FEM	01:18:49.89
270	266	MARIA ALICE GUIMARÃES	0	INDIVIDUAL	VET. F50-FEM(50-59 ANOS)	01:19:33.51

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GERAL PROVA 10.000 MTS	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
271	35	ABILIO NEVES	20	EQUIPOTENCIA	VET. M50-MASC(50-59 ANOS)	01:19:34.07
272	307	SANDRO RAMOS	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:20:08.26
273	405	CANDIDA VILAS BOAS	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:20:18.54
274	82	MARLENE RODRIGUES	35	MEXE.TE GYM	SÉNIOR-FEM	01:20:26.28
275	80	LILIANA CORREIA	35	MEXE.TE GYM	SÉNIOR-FEM	01:20:26.33
276	77	FILIPE PINTO	35	MEXE.TE GYM	SÉNIOR-MASC	01:20:26.51
277	249	JUDITE FERREIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:22:02.11
278	113	BEATRIZ SANTOS	45	RUNNING URBANFIT	JÚNIOR-FEM	01:22:03.19
279	185	ALEXANDRE AIRES	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	01:22:04.53
280	233	JOANA FERREIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:22:28.85
281	218	FERNANDO SANTOS	0	INDIVIDUAL	SÉNIOR-MASC	01:23:23.48
282	410	ANTÓNIO SEABRA	0	INDIVIDUAL	VET. M50-MASC(50-59 ANOS)	01:23:42.10
283	37	CRISTINA MEIRELES	20	EQUIPOTENCIA	SÉNIOR-FEM	01:26:13.07
284	38	HELLO	20	EQUIPOTENCIA	SÉNIOR-MASC	01:26:14.08
285	78	FILOMENA MARCELO	35	MEXE.TE GYM	VET. F60-FEM(+ 60 ANOS)	01:26:14.95
286	43	SUSANA TAIPA	20	EQUIPOTENCIA	SÉNIOR-FEM	01:28:53.56

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GERAL PROVA 10.000 MTS	INDIVIDUAL
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Class	Dorsal	Nome	Nº	Equipa	Escalão	Tempo
287	42	MICAELA SABINA	20	EQUIPOTENCIA	SÉNIOR-FEM	01:30:05.47
288	212	DIANA MARTINS	0	INDIVIDUAL	SÉNIOR-FEM	01:30:29.66
289	87	ROSA COSTA	37	MOREIRA RELAX RUNNERS	VET. F50-FEM(50-59 ANOS)	01:30:30.48
290	200	CARLA ALMEIDA	0	INDIVIDUAL	SÉNIOR-FEM	01:31:32.71
291	76	ELIANA LOPES	35	MEXE.TE GYM	SÉNIOR-FEM	01:32:32.21
292	81	MARIA CARMO	35	MEXE.TE GYM	VET. F40-FEM(40-49 ANOS)	01:32:32.30
293	85	RENATO FONSECA	35	MEXE.TE GYM	VET. M40-MASC(40-49 ANOS)	01:32:32.85
294	254	LILIANA OLIVEIRA	0	INDIVIDUAL	SÉNIOR-FEM	01:35:58.13
295	237	JOAQUIM TEIXEIRA	0	INDIVIDUAL	SÉNIOR-MASC	01:35:58.19
296	316	VITOR MACHADO	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:35:58.82
297	300	RUI BORGES	0	INDIVIDUAL	VET. M40-MASC(40-49 ANOS)	01:36:19.68
298	275	NUNO CORREIA	0	INDIVIDUAL	SÉNIOR-MASC	01:36:21.59
299	253	LILIANA BORGES	0	INDIVIDUAL	SÉNIOR-FEM	01:36:27.38

III CORRIDA CIDADE DE ERMESINDE
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GERAL	COLETIVA
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Class	Nº Equipa	Equipa	Pontuação
1ª Equipa	22	G.DRAM. R. RETORTA	(1 + 3 + 6) = 10
2ª Equipa	28	LEÕES GUARDA	(4 + 14 + 19) = 37
3ª Equipa	33	LOUSADA RUNNERS	(17 + 32 + 66) = 115
4ª Equipa	27	KEMEDO TEAM	(21 + 57 + 63) = 141
5ª Equipa	45	RUNNING URBANFIT	(48 + 49 + 55) = 152
6ª Equipa	20	EQUIPOTENCIA	(34 + 35 + 90) = 159
7ª Equipa	42	OFRUNNING	(54 + 70 + 83) = 207
8ª Equipa	31	LION RUNNERS - GD LEÕES DA GUA	(65 + 81 + 82) = 228
9ª Equipa	8	BUDEGUITA RUNNERS	(50 + 91 + 94) = 235
10ª Equipa	39	NO TOMORROW RUNNING TEAM	(26 + 118 + 145) = 289
11ª Equipa	43	OS ATLETAS	(97 + 110 + 190) = 397
12ª Equipa	49	WOLVES RUN TRAIL	(125 + 126 + 205) = 456
13ª Equipa	32	LOCOMOTIVA PARANHOS	(18 + 212 + 258) = 488
14ª Equipa	35	MEXE.TE GYM	(95 + 214 + 260) = 569
15ª Equipa	40	NOCTURNOS DE PAREDES	(194 + 264 + 265) = 723