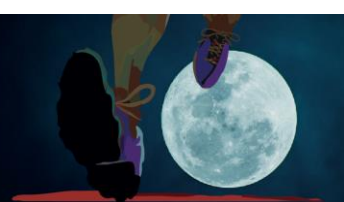




Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	172	NELSON CRUZ	M	40	1	00:25:27.84	00:25:27.84	
2	176	LUIS F MACAU	M	29	1	00:25:58.91	00:25:55.57	
3	35	JOÃO BRAGADESTE	M	32	2	00:26:12.72	00:26:12.66	C PRACAS ARMADA
4	183	LUIS SALGADO	M	42	2	00:26:58.04	00:26:56.01	AMINHACORRIDA/MYPROTEIN
5	93	JOÃO JESUS	M	28	3	00:27:34.05	00:27:33.29	AMICICLO GRÂNDOLA
6	206	LUÍS SILVA	M	23	4	00:27:50.94	00:27:50.30	NLUZ
7	177	RUI BALTAZAR	M	52	1	00:27:53.15	00:27:53.16	ASSCT MUN PALMELA
8	168	PAULO GUIMARAES	M	41	3	00:28:18.28	00:28:16.26	
9	34	PEDRO LOMBA	M	35	1	00:28:40.41	00:28:40.25	C PRACAS ARMADA
10	107	PEDRO FERNANDES	M	36	2	00:28:40.88	00:28:40.88	VITÓRIA FUTEBOL CLUBE
11	49	PAULO F FERREIRA	M	44	4	00:28:52.54	00:28:50.64	PINHAL NOVO A CORRER
12	131	JOSE CAMELO	M	47	1	00:29:11.77	00:29:09.52	ASSCT MUN PALMELA
13	36	FABIO PRATAS	M	34	5	00:29:26.38	00:29:26.18	C PRACAS ARMADA
14	164	ANTONIO BRANCO	M	53	2	00:29:33.61	00:29:32.65	
15	152	NUNO ANTUNES	M	44	5	00:29:36.58	00:29:35.84	URBAN RUN TEAM
16	150	VALTER M FONSECA	M	36	3	00:29:42.90	00:29:39.61	
17	185	JOAO CARDOSO	M	56	1	00:30:58.34	00:30:57.99	AMINHACORRIDA/MYPROTEIN
18	220	SANDRA CONCEICAO	F	38	1	00:30:59.70	00:30:56.92	AMINHACORRIDA/MYPROTEIN
19	209	SERGIO BALÃO	M	44	6	00:31:11.38	00:31:11.38	
20	87	FRANCISCO OLIVEIRA	M	40	7	00:31:29.19	00:31:23.41	
21	188	JOAO SIMOES	M	47	2	00:31:33.01	00:31:32.34	AMINHACORRIDA/MYPROTEIN
22	138	RUI CARVALHO	M	39	4	00:31:39.97	00:31:36.12	
23	60	VITOR TAVARES	M	36	5	00:31:41.19	00:31:38.67	
24	151	JOÃO ANTUNES	M	48	3	00:31:50.00	00:31:50.00	URBAN RUN TEAM
25	193	PAULO BARRADAS	M	36	6	00:32:03.45	00:32:01.11	
26	198	FERNANDO ALMEIDA	M	40	8	00:32:17.82	00:32:16.82	GELPEIXE
27	84	PAULO TOLEDO	M	53	3	00:32:20.85	00:32:19.96	
28	14	MARCO SANTOS	M	38	7	00:32:49.46	00:32:49.46	PINHAL NOVO A CORRER
29	222	MARISA COSTA	F	38	2	00:33:11.86	00:33:11.86	
30	195	LUÍS CUSTÓDIO	M	46	4	00:33:20.08	00:33:18.52	
31	70	JOSÉ FERREIRA	M	53	4	00:33:29.91	00:33:28.26	GRCD LEIÃO
32	90	PEDRO SOUSA	M	61	1	00:33:42.49	00:33:41.02	PALMELENSE F. CLUBE
33	154	MAIKEL VARELA	M	26	6	00:33:58.18	00:33:48.86	
34	160	PEDRO GOMES	M	60	2	00:34:07.69	00:34:07.53	A NATUREZA ENSINA
35	55	HUGO PEREIRA	M	37	8	00:34:18.33	00:34:15.26	
36	127	ALVARO COELHO	M	60	3	00:34:21.73	00:34:20.16	ASSCT MUN PALMELA



PINHAL NOVO
RUN NIGHT
2018

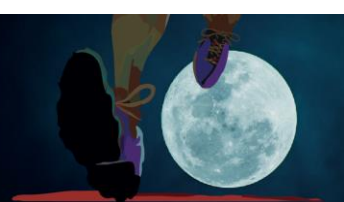


37	136	PAULO LETRAS	M	41	9	00:34:26.77	00:34:25.21	CORRER PINHAL NOVO
38	16	ANTÓNIO SILVA	M	45	5	00:34:35.38	00:34:33.69	PINHAL NOVO A CORRER
39	19	MÁRCIA SANTOS	F	36	3	00:34:37.95	00:34:36.68	AA PINHAL NOVENSE
40	203	JORGE SERRA	M	51	5	00:34:48.44	00:34:41.57	CCD TRANQUILIDADE
41	153	RICARDO RAMOS	M	25	7	00:35:14.34	00:35:04.60	
42	61	CARLOS BATISTA	M	44	10	00:35:19.37	00:35:15.33	
43	108	MÁRIO BARBOSA	M	41	11	00:35:19.95	00:35:12.72	ONE STEP FOWARD
44	213	ANTONIO OLIVEIRA	M	40	12	00:35:21.96	00:35:19.04	
45	30	BRUNO JANEIRO	M	33	8	00:35:54.59	00:35:43.50	
46	82	CARLOS OLIVEIRA	M	41	13	00:36:06.38	00:36:04.20	
47	22	ARTUR CARDEIRA	M	49	6	00:36:06.41	00:36:05.81	PINHAL NOVO A CORRER
48	142	MÁRIO MOITA	M	45	7	00:36:06.47	00:36:05.25	PINHAL NOVO A CORRER
49	135	JOSÉ ORVALHO	M	69	1	00:36:06.64	00:36:04.71	URBAN RUN TEAM
50	110	TIAGO A BOLEGAS	M	25	9	00:36:10.89	00:36:07.46	
51	118	JOÃO PAIXÃO	M	36	9	00:36:14.63	00:36:11.28	MAU MAUS RUNNERS
52	147	PAULO MONTEIRO	M	44	14	00:36:20.59	00:36:20.59	GINÁSIO VIVÊNCIA EXPLOSIVA
53	95	DANIEL ZEFERINO	M	30	10	00:36:29.42	00:36:25.92	
54	221	CARLA PEREIRA	F	34	1	00:36:39.36	00:36:33.28	
55	17	JOSÉ CARLOS LEITÃO	M	45	8	00:36:42.36	00:36:41.23	PINHAL NOVO A CORRER
56	101	VITOR MARTINS	M	58	2	00:37:01.57	00:36:55.87	NA PENTEADO
57	216	MALVINA GOMES	F	40	1	00:37:05.48	00:37:05.49	
58	148	RUI ANTUNES	M	21	11	00:37:07.99	00:37:03.29	GINÁSIO VIVÊNCIA EXPLOSIVA
59	134	JOÃO MELO	M	38	10	00:37:12.90	00:37:10.00	URBAN RUN TEAM
60	190	VENÂNCIO GUERREIRO	M	63	4	00:37:13.93	00:37:10.24	COOPERATIVA A SACAVENENSE
61	68	ALEXANDRA SILVA	F	41	2	00:37:15.98	00:37:14.46	G.R.Q.L.
62	129	DANIEL BALTAZAR	M	21	12	00:37:17.87	00:37:16.22	ASSCT MUN PALMELA
63	197	JOAO FORTE	M	36	11	00:37:22.86	00:37:22.86	
64	207	ALEXANDRE HENRIQUES	M	43	15	00:37:43.92	00:37:34.14	
65	51	HERMINIO BENTO	M	59	3	00:37:47.48	00:37:47.48	FITNESSWAY PINHAL NOVO
66	88	BRUNO FUTRE	M	39	12	00:37:47.92	00:37:42.91	
67	194	SÍLVIA DOMINGOS	F	35	4	00:37:51.00	00:37:48.35	
68	44	FERNANDO CARREIRO	M	56	4	00:37:57.30	00:37:51.93	REST O CARTAXEIRO
69	13	MARIO PARREIRA	M	44	16	00:38:13.71	00:38:10.93	PINHAL NOVO A CORRER
70	42	PEDRO N GUERREIRO	M	42	17	00:38:14.12	00:38:12.13	
71	184	EMANUEL MARTINS	M	40	18	00:38:18.48	00:38:16.00	AMINHACORRIDA/MYPROTEIN
72	41	PAULO PINTO	M	46	9	00:38:19.82	00:38:19.09	PINHAL NOVO A CORRER
73	58	GIZELA MOTA	F	43	3	00:38:21.08	00:38:19.08	PINHAL NOVO A CORRER



PINHAL NOVO

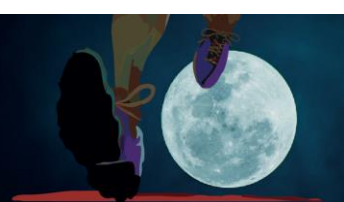
RUN NIGHT
2018



74	163	SÉRGIO VIEIRA	M	34	13	00:38:32.77	00:38:31.67	ALEIXO RUNNING
75	186	JORGE AMARAL	M	49	10	00:38:37.09	00:38:36.24	AMINHACORRIDA/MYPROTEIN
76	158	RUI ALMEIDA	M	29	14	00:38:46.03	00:38:36.68	
77	111	CARLOS AGRA	M	21	15	00:38:51.65	00:38:47.72	
78	137	NUNO GOMES	M	42	19	00:38:53.43	00:38:46.84	
79	73	ANTONIO JANELAS	M	56	5	00:39:02.71	00:38:52.93	
80	59	MÁRCIO SOARES	M	36	13	00:39:08.79	00:38:57.34	
81	112	HELDER FELIX	M	43	20	00:39:13.99	00:39:10.59	
82	97	JACINTO BATISTA	M	58	6	00:39:17.42	00:39:11.60	CASA BENFICA SEIXAL
83	200	FILIPPE SILVA	M	40	21	00:39:22.49	00:39:17.17	CCD TRANQUILIDADE
84	192	FILIPPE AMORIM	M	43	22	00:39:27.64	00:39:22.46	
85	208	BRUNO IRIA	M	41	23	00:39:28.37	00:39:23.58	
86	46	FORTUNATO MULAS	M	43	24	00:39:28.71	00:39:23.45	
87	54	RITA OLIVEIRA	F	26	2	00:39:30.30	00:39:28.99	
88	155	CARLOS GREGÓRIO	M	39	14	00:39:44.30	00:39:44.30	
89	174	PEDRO DURÃES	M	43	25	00:39:50.33	00:39:50.33	PINHAL NOVO A CORRER
90	146	ANA SOUSA	F	38	5	00:39:55.31	00:39:49.94	GINÁSIO VIVÊNCIA EXPLOSIVA
91	104	JOÃO CARDOSO	M	30	16	00:39:59.94	00:39:56.70	NAV RUNNERS
92	217	JOSE J CARDOSO	M	59	7	00:40:06.18	00:40:00.03	
93	20	HELDER NUNES	M	39	15	00:40:22.23	00:40:19.80	PINHAL NOVO A CORRER
94	56	PAULO ALMEIDA	M	45	11	00:40:22.43	00:40:15.25	
95	11	LUIS BAIXINHO	M	34	17	00:40:41.26	00:39:57.83	C MILLENNIUM BCP
96	167	MARCO MIGUEL	M	38	16	00:40:45.85	00:40:44.74	C PRACAS ARMADA
97	171	TERESA CECILIA	F	45	1	00:40:46.92	00:40:41.65	
98	98	SANDRO BORDEIRA	M	42	26	00:41:01.22	00:40:55.23	
99	65	LEONEL BRANDÃO	M	50	6	00:41:04.65	00:40:59.57	C MILLENNIUM BCP
100	141	ANTONIO CAIADO	M	48	12	00:41:07.44	00:40:57.24	BEFUN'S
101	39	NUNO LOURENÇO	M	35	17	00:41:08.07	00:40:57.43	CD AMIGOS DE PACO NASSA
102	140	RUBEN SARAMAGO	M	34	18	00:41:13.80	00:41:06.68	
103	52	RENATO DOMINGOS	M	54	7	00:41:20.00	00:41:12.38	FITNESSWAY PINHAL NOVO
104	219	ALEXANDRA COSTA	F	46	2	00:41:28.12	00:41:23.20	C MILLENNIUM BCP
105	122	MANUEL DUQUE	M	47	13	00:41:29.11	00:41:20.09	
106	80	MANUEL RIJO	M	66	2	00:41:30.71	00:41:22.15	PINHALVERCA
107	15	PEDRO OLIVEIRA	M	39	18	00:41:34.28	00:41:34.28	
108	83	ANA PAULINO	F	30	3	00:41:44.10	00:41:35.56	
109	32	ÉLIO JOAQUIM	M	34	19	00:41:58.22	00:41:49.34	SUBTIL3D EXTREME
110	31	PEDRO CORREIA	M	35	19	00:41:58.29	00:41:49.31	SUBTIL3D EXTREME



PINHAL NOVO
RUN NIGHT
2018

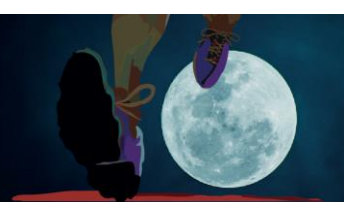


111	10	PEDRO PEREIRA	M	51	8	00:42:09.44	00:41:24.74	C MILLENNIUM BCP
112	162	RITA BRÁS	F	25	4	00:42:18.55	00:42:10.81	
113	121	PATRÍCIA MARUJO	F	30	5	00:42:21.40	00:42:18.66	MAU MAUS RUNNERS
114	74	JOÃO FERREIRA	M	39	20	00:42:22.24	00:42:09.08	
115	145	MARIO FERRO	M	65	3	00:42:28.22	00:42:23.55	PINHAL NOVO
116	33	JOÃO COUTINHO	M	47	14	00:42:33.14	00:42:25.26	GRIFOS TEAM
117	26	HELIO LOURO	M	34	20	00:42:33.44	00:42:25.06	GRIFOS TEAM
118	27	ARTUR PIRRAÇA	M	38	21	00:42:33.48	00:42:33.48	GRIFOS TEAM
119	77	CARLOS SECO	M	58	8	00:42:40.54	00:42:36.30	
120	25	NUNO MOLERO	M	45	15	00:42:46.12	00:42:40.35	
121	100	HELENA I GONÇALVES	F	43	4	00:43:01.52	00:42:59.40	PINHAL NOVO A CORRER
122	28	FERNANDO NUNES	M	54	9	00:43:05.41	00:42:59.14	
123	57	EMANUEL ROCHA	M	42	27	00:43:15.48	00:43:08.06	
124	191	JORGE ROSA	M	46	16	00:43:25.11	00:43:21.47	
125	125	PAULO CABICA	M	57	9	00:43:32.78	00:43:21.87	ASSCT MUN PALMELA
126	124	MANUEL DURAES	M	39	22	00:43:33.23	00:43:24.63	ASSCT MUN PALMELA
127	161	PAULO ABADIA	M	47	17	00:43:36.63	00:43:27.79	CASA BENFICA SEIXAL
128	144	ALINE MARTINHO	F	24	6	00:43:38.99	00:43:38.99	
129	109	OTELINDA SOUSA	F	40	5	00:43:39.33	00:43:39.33	
130	89	EMÍLIO GONÇALVES	M	51	10	00:43:41.47	00:43:32.06	A VALE SILÊNCIO
131	37	VANDA FERREIRA	F	40	6	00:43:42.39	00:43:37.89	C PRACAS ARMADA
132	196	NUNO ROSA	M	41	28	00:43:49.56	00:43:42.60	
133	86	SANDRA OLIVEIRA	F	44	7	00:43:54.27	00:43:46.21	
134	117	PEDRO BATISTA	M	38	23	00:44:11.73	00:44:07.42	
135	94	ANABELA MARTINS	F	31	7	00:44:12.54	00:44:04.53	
136	156	GILBERTO GONÇALVES	M	69	4	00:44:23.22	00:44:16.39	CAA DE BELÉM
137	91	MARCO CAROLINO	M	42	29	00:44:26.38	00:44:20.74	
138	76	MANUEL SEQUEIRA	M	67	5	00:44:28.58	00:44:28.58	GDCT REPSOL POLÍMEROS
139	139	LISA SANTOS	F	38	6	00:44:29.89	00:44:24.50	
140	102	JOSE CARLOS BATISTA	M	48	18	00:44:38.56	00:44:29.84	BATISTAS
141	81	SÍLVIO RODRIGUES	M	39	24	00:45:14.19	00:45:05.55	
142	205	MARCO CAETANO	M	36	25	00:45:47.60	00:45:41.75	
143	149	ANTONIO MORETTI	M	48	19	00:45:52.31	00:45:46.59	PINHAL NOVO
144	116	ANA BATISTA	F	25	8	00:46:00.08	00:45:48.01	TIRA O RABO DO SOFÁ
145	202	JOÃO SERRA	M	46	20	00:46:06.91	00:45:59.76	CCD TRANQUILIDADE
146	201	ISABEL MOTA	F	44	8	00:46:07.10	00:45:57.51	CCD TRANQUILIDADE
147	115	EDUARDO AMORIM	M	47	21	00:46:33.39	00:46:25.45	



PINHAL NOVO

RUN NIGHT
2018



148	128	PEDRO CARVALHO	M	39	26	00:46:42.31	00:46:38.32	ASSCT MUN PALMELA
149	133	ORLINDO FIGUEIREDO	M	70	6	00:46:54.34	00:46:52.82	SS CGD
150	212	JOSE AFETO	M	64	5	00:47:15.53	00:47:10.89	
151	157	BÁRBARA PENICHE	F	27	9	00:47:27.15	00:47:18.59	
152	187	TINA OLIVEIRA	F	54	1	00:47:46.17	00:47:37.91	AMINHACORRIDA/MYPROTEIN
153	96	MANUEL NOBRE BAPTISTA	M	53	11	00:48:02.38	00:47:57.43	
154	29	TOMÁS OLIVEIRA	M	25	21	00:48:07.11	00:48:00.58	
155	210	ANDRE CABACO	M	18	1	00:48:32.45	00:48:25.77	
156	69	JOSÉLIA ALMEIDA	F	60	1	00:48:41.52	00:48:39.67	G.R.Q.L.
157	119	PEDRO CARETAS	M	34	22	00:48:41.92	00:48:38.10	MAU MAUS RUNNERS
158	211	VASCO CORREIA	M	18	2	00:48:50.14	00:48:43.44	
159	62	NIDBERTO PAIVA	M	40	30	00:49:12.87	00:49:01.80	
160	18	HELENA PARREIRA	F	43	9	00:49:42.02	00:49:38.37	PINHAL NOVO A CORRER
161	189	MARIYA KRYVDA	F	31	10	00:49:43.07	00:49:41.81	ALEIXO RUNNING
162	50	PATRÍCIA BILRO	F	33	11	00:50:11.38	00:50:07.99	
163	85	CESAR GUERRA	M	48	22	00:50:16.33	00:50:04.94	
164	45	ANA CARTAXO	F	62	2	00:50:32.99	00:50:30.73	PINHAL NOVO A CORRER
165	204	LUIS NEVES	M	44	31	00:50:35.02	00:50:27.55	CCD TRANQUILIDADE
166	48	DINA C ALEGRIA	F	41	10	00:51:12.19	00:51:09.58	PINHAL NOVO A CORRER
167	67	FILIPE CALISTO	M	35	27	00:51:29.65	00:51:18.89	BEFUN'S
168	21	CARLA CARDEIRA	F	49	3	00:51:47.83	00:51:44.26	PINHAL NOVO A CORRER
169	53	VIRGÍLIO SILVA	M	50	12	00:51:58.05	00:51:45.80	
170	132	ANTONIO OLIVEIRA	M	67	7	00:52:06.25	00:51:59.85	ASSCT MUN PALMELA
171	215	SANDRA VARELA	F	43	11	00:52:23.78	00:52:22.27	A NATUREZA ENSINA
172	99	CARLOS GALRÃO	M	28	23	00:52:57.91	00:52:45.17	
173	12	CRISTINA RODRIGUES	F	43	12	00:53:12.83	00:53:09.86	PINHAL NOVO A CORRER
174	71	CLAUDIA SANTOS	F	26	12	00:55:10.03	00:55:00.36	OS PIMPOLHOS
175	123	VERA OLIVEIRA	F	37	7	00:55:26.01	00:55:26.01	ASSCT MUN PALMELA
176	40	PAULO CARDEIRA	M	44	32	00:55:28.63	00:55:28.63	PINHAL NOVO A CORRER
177	120	CÁTIA ZURGA	F	33	13	00:56:16.02	00:56:11.98	MAU MAUS RUNNERS
178	78	SÉRGIO RIJO	M	39	28	00:57:50.06	00:57:39.81	PINHALVERCA
179	79	MARTA CALADO	F	32	14	00:57:50.70	00:57:40.39	PINHALVERCA
180	47	EURICO MARTINS	M	33	24	01:00:02.42	00:59:52.85	

Total de registros: 180