

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	323	ANDRE JANUARIO	M	32		00:35:40	00:35:37	C MILLENNIUM BCP
2	583	PAULO ALVES	M	38		00:36:25	00:36:25	GDCT IN CASA MOEDA
3	814	DOMINGOS CARNEIRO	M	42		00:36:36	00:36:36	INGLESES FC
4	128	VITOR T MARQUES	M	39		00:37:07	00:37:05	CORRER LISBOA
5	391	JOSE GOMES	M	42		00:37:29	00:37:29	GD SANTANDER TOTTA
6	1089	RUI HENRIQUES	M	36		00:37:36	00:37:36	SS MONTEPIO GERAL
7	779	LUIS SANTOS	M	33		00:37:41	00:37:41	EQUIPA CRUZEIRO
8	978	RICARDO MADEIRA	M	32		00:37:47	00:37:47	CDC CASTELO PAIVA
9	1300	VITOR LIMA	M	48		00:38:03	00:38:03	INDIVIDUAL
10	290	JOÃO C GOMES	M	46		00:38:24	00:38:22	CP EDP LISBOA
11	286	SÉRGIO M F SANTOS	M	47		00:38:33	00:38:33	CA PENAFIRME
12	797	PAULO SEQUEIRA	M	36		00:38:55	00:38:53	VALEJAS AC
13	982	SAMUEL GALVEIA	M	34		00:39:05	00:39:03	AA LEBRES SADO
14	236	ARMANDO PESSOA	M	46		00:39:10	00:39:08	SS CGD
15	849	FERNANDO CANDEIAS	M	44		00:39:14	00:39:14	SS CGD
16	764	LUÍS RIO	M	44		00:39:17	00:39:15	GDC BANCO PORTUGAL
17	332	PEDRO MARTINS	M	48		00:39:27	00:39:24	C MILLENNIUM BCP
18	587	NUNO HENRIQUES	M	40		00:39:51	00:39:51	GDCT IN CASA MOEDA
19	836	NUNO SILVA	M	33		00:39:53	00:39:31	GARMIN/ CO OEIRAS
20	222	GIL X ALVES	M	39		00:40:16	00:40:16	UNIDOS DA MANUTENÇÃO
21	989	ANTONIO LOURO	M	42		00:40:21	00:40:19	GD SANTANDER TOTTA
22	485	CARLOS M A CAETANO	M	42		00:40:26	00:40:26	INDIVIDUAL
23	235	ANTÓNIO SANTOS	M	53		00:40:41	00:40:38	CAA BELÉM
24	1245	PAULO CHAINHO	M	51		00:40:47	00:40:47	GDR S FRANCISCO SERRA
25	1176	PAULO GOMES	M	35		00:40:52	00:40:07	INDIVIDUAL
26	1174	ALEXANDRA ALVES	F	33		00:40:53	00:40:53	GFD
27	433	JAIME LAMEGO	M	56		00:40:56	00:40:54	XTREME LEVEL
28	251	EDUARDO PENA	M	51		00:41:00	00:40:55	KEEP RUNNING
29	967	LUÍS ZÊZERE	M	39		00:41:03	00:41:03	CCD CA MÚTUO
30	220	MANUEL SOARES	M	51		00:41:06	00:41:04	UNIDOS DA MANUTENÇÃO
31	794	EDUARDO QUARESMA	M	36		00:41:11	00:41:09	VALEJAS AC
32	761	BRUNO PIRES	M	34		00:41:22	00:41:04	GDC BANCO PORTUGAL
33	582	NUNO SOUSA	M	42		00:41:27	00:41:26	GDCT IN CASA MOEDA
34	420	ANASTACIO VALADAS	M	62		00:41:29	00:41:27	GD SANTANDER TOTTA
35	717	FERNANDO ALMEIDA	M	37		00:41:33	00:41:23	GELPEIXE
36	884	AUGUSTO MIRANDA	M	25		00:41:34	00:40:32	INDIVIDUAL
37	647	JOSE MARCELINO	M	53		00:41:38	00:41:36	CD ESTRELA AMADORA
38	11	NUNO ALMEIDA	M	36		00:41:41	00:41:36	INDIVIDUAL
39	743	BRUNO AMARO	M	36		00:41:42	00:41:32	INDIVIDUAL

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## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
40	1294	OLRLANDO CORREIA	M	24		00:41:43	00:41:35	INDIVIDUAL
41	1106	RICARDO JORGE	M	35		00:41:43	00:41:43	LOPES FAMILY & FRIENDS
42	1235	RODRIGO J S SILVA	M	31		00:41:50	00:41:16	TOYOTA
43	1299	BRUNO SOARES	M	32		00:41:51	00:41:39	INDIVIDUAL
44	1186	DIOGO M S PEREIRA	M	24		00:42:02	00:41:35	INDIVIDUAL
45	42	PEDRO MARQUES	M	46		00:42:08	00:42:00	INDIVIDUAL
46	942	JOAQUIM ALEXANDRE	M	49		00:42:21	00:42:13	URD ARRANHÒ
47	1266	LUCILIA SOARES	F	54		00:42:24	00:42:24	INDIVIDUAL
48	39	JOSE ESTEVES	M	50		00:42:26	00:42:23	TARTARUGAS SOLIDARIAS
49	602	JOÃO PASTOR	M	43		00:42:27	00:42:20	AA MAFRA
50	104	JORGE AMARAL	M	47		00:42:32	00:42:32	AMINHACORRIDA/ KALENJI
51	237	RAUL B COELHO	M	38		00:42:43	00:42:40	INDIVIDUAL
52	988	MANUEL ROBALO	M	70		00:42:48	00:42:44	GD SANTANDER TOTTA
53	791	FERNANDO CORDA	M	49		00:42:51	00:42:44	VALEJAS AC
54	718	EDUARDO SANTOS	M	36		00:42:55	00:42:44	GELPEIXE
55	1127	HUGO PICOTEZ	M	37		00:42:56	00:42:36	CACHAROLO
56	992	MANUEL A D FERNANDES	M	38		00:42:58	00:42:57	INDIVIDUAL
57	1058	MARCOS A F PEREIRA	M	60		00:43:00	00:42:50	INDIVIDUAL
58	899	ANTÓNIO MARQUES	M	51		00:43:01	00:42:59	C PRAÇAS ARMADA
59	411	ALEXANDRE CANTIGA	M	40		00:43:12	00:42:49	GD SANTANDER TOTTA
60	561	PAULO F N MARQUES	M	39		00:43:30	00:43:30	GO RUNNERS
61	888	JOAQUIM BARBAS	M	50		00:43:39	00:43:18	OS FRAQUEZAS
62	801	CARLOS FORTUNATO	M	53		00:43:44	00:43:40	VALEJAS AC
63	1020	DINIS MORAIS	M	45		00:43:50	00:43:46	CCD SIEMENS
64	432	CHANTAL XHERVELLE	F	48		00:43:51	00:43:51	XTREME LEVEL
65	405	ANTONIO FERREIRA	M	45		00:43:51	00:43:47	GD SANTANDER TOTTA
66	127	ANTÓNIO J L MARTINS	M	50		00:43:56	00:43:46	NAV RUNNERS
67	818	JOÃO SEDAS NUNES	M	52		00:43:59	00:43:58	OS AMIGOS DO TEJO
68	898	ADOLFO LOUREIRO	M	63		00:44:06	00:44:06	C PRAÇAS ARMADA
69	26	RICARDO CORREIA	M	37		00:44:11	00:44:08	INDIVIDUAL
70	711	ARMANDO DIAS	M	50		00:44:18	00:44:13	MASSAMÁ RUN
71	713	SÉRGIO N M O NUNES	M	41		00:44:22	00:44:20	CARAPUS DE CORRIDA
72	1004	RUI M C VALE	M	35		00:44:24	00:44:16	INDIVIDUAL
73	72	AGOSTINHO MATOS	M	36		00:44:29	00:43:45	CORRER LISBOA
74	452	RICARDO MENDES	M	37		00:44:34	00:44:26	INDIVIDUAL
75	523	ANTÓNIO R PEREIRA	M	53		00:44:35	00:44:35	C COLAB AXA
76	419	RUI MACHINHO	M	39		00:44:39	00:44:34	GD SANTANDER TOTTA
77	467	LUIS P P NUNES	M	40		00:44:40	00:43:55	INDIVIDUAL
78	616	JOAO CALDAS	M	50		00:44:48	00:44:44	ND AUTOCOOPE

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## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
79	221	FERNANDO GOMES	M	42		00:44:58	00:44:56	UNIDOS DA MANUTENÇÃO
80	395	CARLOS TEIXEIRA	M	43		00:44:59	00:44:56	GD SANTANDER TOTTA
81	31	ANDRÉ SALVADO	M	41		00:44:59	00:44:59	INDIVIDUAL
82	159	CARLOS M MARQUES	M	37		00:45:00	00:44:23	INDIVIDUAL
83	406	JOAO JESUS	M	40		00:45:04	00:45:04	GD SANTANDER TOTTA
84	796	CARLOS BARBOSA	M	31		00:45:05	00:44:23	VALEJAS AC
85	501	NUNO SILVA	M	36		00:45:11	00:45:08	CARACÓIS DE PEDRA
86	252	JOSÉ GORDILHO	M	67		00:45:11	00:45:06	CAA BELÉM
87	1043	HÉLIO PALMA	M	33		00:45:11	00:45:03	CCD TRANQUILIDADE
88	722	CARLOS MENDES	M	50		00:45:12	00:45:12	AA AGUALVA
89	98	NUNO ALVES	M	40		00:45:13	00:45:11	MOVET
90	848	DAVID FAUSTINO	M	50		00:45:14	00:45:11	SS CGD
91	804	VIRGILIO MADEIRA	M	56		00:45:17	00:44:32	AÇOREANA
92	1295	VLADIMIR RADAEV	M	61		00:45:19	00:45:13	INDIVIDUAL
93	1211	JOÃO SILVA	M	36		00:45:22	00:45:15	CASA DA DIZIMA
94	106	VITOR JORGE	M	53		00:45:25	00:45:20	AMINHACORRIDA/ KALENJI
95	854	JOAQUIM FRADE	M	60		00:45:26	00:45:22	SS CGD
96	474	NELSON DIAS	M	55		00:45:27	00:45:22	CLINICA S MADALENA
97	517	PAULO SANTOS	M	48		00:45:27	00:45:25	LOURDETE PERFUMARIAS
98	715	BEATRIZ FERNANDES	F	46		00:45:30	00:45:25	CLINICA S MADALENA
99	792	NUNO CURTO	M	36		00:45:32	00:45:25	VALEJAS AC
100	783	HUGO LAMPREIA	M	41		00:45:32	00:45:26	VALEJAS AC
101	250	JOSE NUNES	M	47		00:45:35	00:45:32	INDIVIDUAL
102	774	PEDRO FERREIRA	M	29		00:45:41	00:45:38	GDC BANCO PORTUGAL
103	92	FERNANDO ROSETE	M	45		00:45:47	00:44:57	RUN 4 FUN
104	719	PAULO VIEIRA	M	48		00:45:50	00:45:22	INDIVIDUAL
105	100	ANTONIO GONCALVES	M	31		00:45:50	00:45:00	LE CLUB RUNNERS
106	766	NUNO PIRES	M	23		00:45:53	00:45:35	GDC BANCO PORTUGAL
107	829	MARIO FIGUEIREDO	M	45		00:45:54	00:45:40	COFINA RUNNERS
108	383	ANTONIO BRAGA	M	56		00:45:56	00:45:48	C MILLENNIUM BCP
109	877	RAUL QUARESMA	M	35		00:45:56	00:45:32	O MUNDO DA CORRIDA
110	120	HELDER VALADAS	M	35		00:45:56	00:45:42	OS PERIGOSOS
111	514	MARCELO DIAS	M	40		00:46:00	00:45:40	INDIVIDUAL
112	667	SÉRGIO MARQUES	M	46		00:46:03	00:45:56	AM ATIBÁ
113	50	HELDER FAIA	M	40		00:46:04	00:45:55	INDIVIDUAL
114	676	CARLA DIAS	F	43		00:46:05	00:45:58	INDIVIDUAL
115	533	MIGUEL T SOUSA	M	40		00:46:13	00:45:50	C COLAB AXA
116	704	FERNANDO ANACLETO	M	64		00:46:13	00:46:11	INDIVIDUAL
117	270	CARLOS MARQUES	M	54		00:46:18	00:46:15	TRILHOS E CORRIDAS DE TERCENA

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
118	1265	FERNANDO COSTA	M	39		00:46:24	00:46:15	INDIVIDUAL
119	1239	ALFREDO VALENTE	M	52		00:46:27	00:46:16	ABC CAMPOLIDE
120	192	JOÃO LOURENÇO	M	48		00:46:28	00:45:49	INDIVIDUAL
121	1005	JOÃO ALVES	M	28		00:46:28	00:46:16	INDIVIDUAL
122	620	SERGIO BORGES	M	43		00:46:29	00:46:24	ND AUTOCOOPE
123	852	HENRIQUE AMADOR	M	44		00:46:29	00:46:10	SS CGD
124	1260	INES MARQUES	F	38		00:46:35	00:46:32	INDIVIDUAL
125	692	JAIME PINTO	M	56		00:46:39	00:46:36	INDIVIDUAL
126	611	ELADIO MANUEL	M	42		00:46:40	00:46:05	INDIVIDUAL
127	28	SAMUEL SEBASTIAO	M	34		00:46:44	00:46:35	INDIVIDUAL
128	27	PATRÍCIA CALDAS	F	33		00:46:45	00:46:36	INDIVIDUAL
129	880	LUÍS SILVESTRE	M	38		00:46:49	00:46:22	COININHA RUNNERS
130	306	JOSÉ REIS	M	62		00:46:51	00:46:38	INDIVIDUAL
131	853	ISABEL MOLEIRO	F	48		00:46:53	00:46:51	SS CGD
132	845	CARLOS LEITAO	M	52		00:46:56	00:46:56	SS CGD
133	721	VASCO DIAS	M	45		00:46:57	00:46:47	INDIVIDUAL
134	125	EDUARDO LUÍS	M	38		00:46:57	00:46:44	ATÓMICOS
135	1258	CARLOS QUEIROGA	M	56		00:46:58	00:46:51	INDIVIDUAL
136	388	PEDRO XAVIER	M	43		00:46:59	00:46:06	GD SANTANDER TOTTA
137	946	RICARDO CUNHA	M	29		00:47:00	00:46:11	INDIVIDUAL
138	765	JOSÉ MONTEIRO	M	59		00:47:03	00:46:17	GDC BANCO PORTUGAL
139	66	INES JORDAO	F	35		00:47:03	00:47:03	INDIVIDUAL
140	793	PAULO GUIA	M	38		00:47:03	00:46:56	VALEJAS AC
141	771	PEDRO PINTO	M	30		00:47:03	00:46:51	GDC BANCO PORTUGAL
142	1165	LUIS CHAROLA	M	54		00:47:08	00:46:48	JOAQUIM CHAVES SAÚDE
143	1163	PEDRO CANELAS	M	28		00:47:08	00:46:49	JOAQUIM CHAVES SAÚDE
144	726	FRANCISCO PESSOA	M	42		00:47:08	00:46:56	AA AGUALVA
145	735	AGOSTINHO TORRES	M	55		00:47:08	00:46:56	AA AGUALVA
146	397	NUNO CARVALHO	M	40		00:47:09	00:46:46	GD SANTANDER TOTTA
147	471	SILVIA SOBREIRA	F	44		00:47:10	00:47:07	INDIVIDUAL
148	1263	MARCELINO ALMEIDA	M	53		00:47:10	00:46:56	INDIVIDUAL
149	454	ANDRÉ VAZ	M	30		00:47:12	00:47:12	PERNAS DE GAFANHOTO
150	273	MANUEL ALVES	M	48		00:47:14	00:47:07	INDIVIDUAL
151	1244	MIGUEL COUTINHO	M	35		00:47:14	00:46:59	INDIVIDUAL
152	316	FERNANDO RODRIGUES	M	51		00:47:16	00:46:33	C MILLENNIUM BCP
153	1117	NUNO F G SIMÕES	M	32		00:47:20	00:47:04	INDIVIDUAL
154	746	JOÃO BOGALHEIRO	M	46		00:47:21	00:47:12	A VALE SILENCIO
155	321	SERGIO GONÇALVES	M	42		00:47:22	00:47:13	C MILLENNIUM BCP
156	787	TIAGO ROCHA	M	39		00:47:22	00:47:15	VALEJAS AC

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## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
157	856	JOSE AUGUSTO	M	37		00:47:29	00:46:35	SS CGD
158	556	NUNO GOMES	M	39		00:47:32	00:47:23	INDIVIDUAL
159	539	PAULO ESTEVES	M	40		00:47:32	00:47:03	INDIVIDUAL
160	1296	MARCO SILVA	M	35		00:47:33	00:47:27	INDIVIDUAL
161	450	MANUEL COITO	M	36		00:47:35	00:46:58	ECOLÓGICOS
162	444	JAIME CORREIA	M	36		00:47:38	00:47:13	INDIVIDUAL
163	926	JOSÉ FERNANDES	M	38		00:47:41	00:47:41	GDCT UNICRE
164	1220	JOÃO ANDRADE	M	47		00:47:43	00:47:32	ODEBRECHT PORTUGAL
165	370	JOAO PEREIRA	M	44		00:47:44	00:47:31	C MILLENNIUM BCP
166	123	MIGUEL FRIAS	M	39		00:47:45	00:47:45	INDIVIDUAL
167	910	LEON VINK	M	23		00:47:46	00:46:20	INDIVIDUAL
168	1022	JOÃO FERNANDES	M	30		00:47:49	00:47:38	CCD SIEMENS
169	384	RUI RIJO	M	46		00:47:49	00:47:36	C MILLENNIUM BCP
170	17	JOÃO A V FREITAS	M	38		00:47:50	00:47:29	INDIVIDUAL
171	85	SÉRGIO VICENTE	M	29		00:47:58	00:47:53	INDIVIDUAL
172	537	ANTÓNIO SÉRGIO	M	39		00:48:01	00:47:44	LX RUN
173	172	SÉRGIO PIRES	M	40		00:48:05	00:47:14	INDIVIDUAL
174	435	ANDRÉ PATRÍCIO	M	24		00:48:08	00:48:03	INDIVIDUAL
175	736	BAVIECHE SAMGI	M	24		00:48:08	00:48:01	INDIVIDUAL
176	413	JOSE C PEREIRA	M	46		00:48:10	00:47:57	GD SANTANDER TOTTA
177	225	LUIS AMARAL	M	49		00:48:11	00:48:05	LA CONSULTORES
178	981	ARMANDO CORREIA	M	64		00:48:11	00:47:53	LESMAS ALOPRADAS
179	131	TIAGO CALDEIRA	M	25		00:48:13	00:47:53	GONCALVESFAMILY
180	563	JOSÉ FERNANDES	M	36		00:48:13	00:48:01	INDIVIDUAL
181	614	ANTONIO ALMEIDA	M	53		00:48:14	00:48:11	ND AUTOCOOPE
182	618	JUVENAL MOREIRA	M	51		00:48:14	00:48:11	ND AUTOCOOPE
183	809	FRANCISCO PEREIRA	M	48		00:48:16	00:48:10	AÇOREANA
184	121	MÁRIO LOPES	M	47		00:48:19	00:48:04	OS PERIGOSOS
185	36	PEDRO CARDOSO	M	42		00:48:20	00:48:00	INDIVIDUAL
186	1195	NUNO SILVA	M	30		00:48:24	00:47:51	AC SALVATERRA
187	1202	PAULO MARQUES	M	40		00:48:27	00:47:25	SS CGD
188	504	FÁBIO A S LOPES	M	22		00:48:28	00:48:07	OS LOBOS
189	387	BART SCHOENMAKERS	M	47		00:48:29	00:47:57	GD INE
190	328	PAULO PAIS	M	51		00:48:32	00:48:23	C MILLENNIUM BCP
191	340	CARLOS RAMOS	M	49		00:48:37	00:47:56	C MILLENNIUM BCP
192	562	RÚBEN CAMACHO	M	29		00:48:37	00:48:25	INDIVIDUAL
193	1108	LUIS M P MARTINS	M	41		00:48:39	00:48:20	INDIVIDUAL
194	1175	INÊS PEIXOTO	F	36		00:48:39	00:47:54	INDIVIDUAL
195	279	LUÌS SOUSA	M	40		00:48:44	00:48:01	INDIVIDUAL

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
196	1053	ANTÓNIO AMARAL	M	38		00:48:44	00:48:40	CCD CA MÚTUO
197	13	PAULO A R NUNES	M	42		00:48:46	00:48:03	INDIVIDUAL
198	231	MIGUEL MARQUES	M	41		00:48:46	00:48:02	3DELTA
199	592	PEDRO BURGUETTE	M	40		00:48:49	00:48:26	AÇOREANA
200	859	NOEMIA SEQUEIRA	F	47		00:48:50	00:48:41	SS CGD
201	148	PEDRO ENCARNAÇÃO	M	43		00:48:52	00:48:44	INDIVIDUAL
202	1074	JOSE GUERREIRO	M	58		00:48:55	00:48:22	SS MONTEPIO GERAL
203	144	JORGE M G PIRES	M	61		00:48:57	00:48:33	INDIVIDUAL
204	1120	JOÃO XAVIER	M	43		00:48:58	00:48:51	INDIVIDUAL
205	271	JOAQUIM LOPES	M	52		00:48:59	00:48:56	TRILHOS E CORRIDAS DE TERCENA
206	727	MANUEL RODRIGUES	M	57		00:49:09	00:48:53	AA AGUALVA
207	415	TIAGO DOMINGUES	M	38		00:49:09	00:48:42	GD SANTANDER TOTTA
208	491	MANUEL HORTELÃO	M	46		00:49:16	00:49:10	AMIGOS DA FLOR
209	1086	RITA GONCALVES	F	40		00:49:17	00:49:05	SS MONTEPIO GERAL
210	522	ANDRÉ F DIAS	M	28		00:49:19	00:48:56	C COLAB AXA
211	1144	BRUNO BUCO	M	32		00:49:22	00:48:35	COBOIS DE COIMBRA SSS
212	943	HENRIQUE FERREIRA	M	44		00:49:27	00:49:13	URD ARRANHÒ
213	459	GONÇALO J S LOPES	M	41		00:49:27	00:49:22	INDIVIDUAL
214	954	MANUEL BENTO	M	39		00:49:30	00:49:15	SC CASAINHOS
215	1064	JOÃO PARADINHA	M	42		00:49:31	00:48:14	INDIVIDUAL
216	865	PEDRO FONTOURA	M	45		00:49:33	00:49:17	SS CGD
217	1135	BRUNO COSTA	M	38		00:49:34	00:48:33	GDCT IN CASA MOEDA
218	1197	LUIS ANDRADE	M	33		00:49:34	00:49:02	AC SALVATERRA
219	767	ADELINO SEMEDO	M	62		00:49:35	00:48:49	GDC BANCO PORTUGAL
220	725	ALBERTO FERNANDES	M	62		00:49:37	00:49:31	AA AGUALVA
221	393	JOSE ALMAS	M	45		00:49:40	00:48:55	GD SANTANDER TOTTA
222	911	ADELINO PEREIRA	M	51		00:49:40	00:49:30	ODEBRECHT PORTUGAL
223	245	LUIS CONCEIÇÃO	M	38		00:49:43	00:49:27	C PRAÇAS ARMADA
224	855	JORGE MORGADO	M	54		00:49:43	00:49:38	SS CGD
225	882	PEDRO CANECO	M	42		00:49:44	00:49:20	COININHA RUNNERS
226	1224	PEDRO AGUIAR	M	49		00:49:49	00:48:52	INDIVIDUAL
227	670	JOAO CALISTO	M	55		00:49:50	00:48:58	INDIVIDUAL
228	1187	CARINA PINHO	F	29		00:49:52	00:49:44	GRECAS
229	555	JOÃO JOSÉ FERNANDES	M	34		00:49:52	00:49:29	INDIVIDUAL
230	58	JÚLIO TEODORO	M	42		00:49:53	00:49:34	INDIVIDUAL
231	1033	ANTONIO C MARTINS	M	54		00:49:53	00:49:33	FALCOES SELVAGENS
232	241	RUI COSTA	M	29		00:49:54	00:49:26	GYRAD
233	687	RODOLFO SERRA	M	33		00:49:54	00:49:43	BUÉ DA SERRAS
234	890	FÁBIO ROSADO	M	22		00:49:55	00:49:32	OS FRAQUEZAS

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
235	962	NELSON MOREIRA	M	35		00:49:55	00:49:23	INDIVIDUAL
236	410	IVO LIMA	M	38		00:49:58	00:49:15	GD SANTANDER TOTTA
237	1261	HUGO SILVA	M	29		00:50:01	00:49:33	OS PUNHETAS
238	549	JOSÉ ROSA	M	30		00:50:02	00:49:39	INDIVIDUAL
239	300	RENATO GOMES	M	37		00:50:03	00:49:47	INDIVIDUAL
240	567	ROBSON LIMA	M	36		00:50:03	00:49:42	INDIVIDUAL
241	299	CAMILA GOMES	F	34		00:50:03	00:49:48	INDIVIDUAL
242	458	RICARDO SILVA	M	38		00:50:03	00:49:20	INDIVIDUAL
243	226	ANA MARTINS	F	49		00:50:04	00:49:58	LA CONSULTORES
244	1203	CARLOS MIRANDA	M	39		00:50:09	00:49:13	INDIVIDUAL
245	1080	MANUEL SANTOS	M	41		00:50:10	00:49:59	SS MONTEPIO GERAL
246	770	FILIPA GONÇALVES	F	34		00:50:10	00:50:07	GDC BANCO PORTUGAL
247	439	SÉRGIO TELES	M	30		00:50:14	00:50:07	ADC CATUJAL
248	86	DÉBORA BRANCO	F	26		00:50:15	00:50:10	INDIVIDUAL
249	941	EDGAR FRANCISCO	M	50		00:50:18	00:50:03	URD ARRANHÒ
250	596	NUNO F ESILVA	M	48		00:50:18	00:50:10	INDIVIDUAL
251	745	ANTÓNIO FERNANDES	M	59		00:50:18	00:50:03	A VALE SILENCIO
252	1110	DIOGO SOARES	M	31		00:50:19	00:49:39	CLUBE ANA LISBOA
253	334	HELOISA GALHA	F	32		00:50:21	00:49:49	C MILLENNIUM BCP
254	566	CASIMIRO S ABREU	M	57		00:50:22	00:49:39	INDIVIDUAL
255	211	RUI S F BRANCO	M	42		00:50:22	00:49:50	V DATLETAS
256	1297	HUGO MELO	M	38		00:50:24	00:50:01	INDIVIDUAL
257	1008	CARLOS TEIXEIRA	M	55		00:50:26	00:49:54	LEBRES E TARTARUGAS
258	1026	PAULO ALVES	M	32		00:50:26	00:50:11	INDIVIDUAL
259	460	RUI M A G PINTO	M	50		00:50:27	00:50:05	INDIVIDUAL
260	850	FERNANDO LIMA	M	46		00:50:27	00:50:07	SS CGD
261	1157	SÉRGIO FIGUEIREDO	M	32		00:50:29	00:49:44	INDIVIDUAL
262	827	AVELINO SOARES	M	48		00:50:30	00:50:17	COFINA RUNNERS
263	492	GENTIL PEREIRA	M	39		00:50:32	00:50:20	AMIGOS DA FLOR
264	786	SÉRGIO PIRES	M	37		00:50:35	00:49:24	VALEJAS AC
265	894	MÁRIO J COELHO	M	50		00:50:36	00:49:56	AA LEBRES SADO
266	219	LUÍS BRAZÃO	M	67		00:50:37	00:50:35	UNIDOS DA MANUTENÇÃO
267	534	PAULO J PAIXÃO	M	41		00:50:39	00:50:16	C COLAB AXA
268	445	ANTONIO NOGUEIRA	M	43		00:50:40	00:49:57	INDIVIDUAL
269	574	MAURO FERREIRA	M	38		00:50:40	00:50:19	INDIVIDUAL
270	243	EDUARDO BRAZ	M	44		00:50:44	00:50:31	INDIVIDUAL
271	76	MARCOS RATOLA	M	36		00:50:47	00:49:57	RATOLA TEAM
272	317	PEDRO SA	M	43		00:50:47	00:50:01	C MILLENNIUM BCP
273	77	SILVIA NUNES	F	37		00:50:47	00:49:57	RATOLA TEAM

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
274	803	JOÃO MELO	M	29		00:50:49	00:50:01	AÇOREANA
275	1013	SERGIO MELRO	M	50		00:50:50	00:49:53	INDIVIDUAL
276	171	JOSÉ A BRITES	M	42		00:50:51	00:50:25	O COMPANHEIRO
277	568	ALFREDO FALCAO	M	50		00:50:52	00:50:01	RUN 4 FUN
278	703	IDALÉCIO BARROS	M	61		00:50:57	00:50:55	INDIVIDUAL
279	844	BRUNO DIAS	M	39		00:50:59	00:50:55	SS CGD
280	613	ROBERTO FERREIRA	M	28		00:51:02	00:50:55	INDIVIDUAL
281	518	RICARDO CONCEIÇÃO	M	30		00:51:06	00:51:03	LOURDETE PERFUMARIAS
282	361	JOSE RODRIGUES	M	65		00:51:08	00:51:02	C MILLENNIUM BCP
283	655	RUI CALADO	M	46		00:51:09	00:50:49	INDIVIDUAL
284	915	MANUEL PAULO	M	59		00:51:10	00:50:59	ODEBRECHT PORTUGAL
285	775	JOÃO S PINTO	M	46		00:51:12	00:50:25	INDIVIDUAL
286	294	ABÍLIO OLIVEIRA	M	50		00:51:13	00:50:56	INDIVIDUAL
287	34	BRUNO RUAS	M	41		00:51:14	00:51:04	INDIVIDUAL
288	1072	IRINA FREITAS	F	33		00:51:17	00:50:33	SS MONTEPIO GERAL
289	500	PEDRO SANTANA	M	39		00:51:18	00:51:02	INDIVIDUAL
290	284	AUGUSTO J T CARIA	M	63		00:51:18	00:51:14	INDIVIDUAL
291	525	DIOGO M LEITE	M	46		00:51:19	00:50:58	C COLAB AXA
292	663	JOÃO PERLEQUES	M	42		00:51:23	00:50:58	Lost Runners
293	442	RICARDO SILVA	M	31		00:51:23	00:50:23	EQUIPA
294	1262	MILTON RODRIGUES	M	29		00:51:24	00:50:56	OS PUNHETAS
295	1070	ANTONIO FRANCO	M	50		00:51:25	00:50:38	SS MONTEPIO GERAL
296	763	JOAQUIM FERRÃO	M	55		00:51:25	00:51:03	GDC BANCO PORTUGAL
297	490	JOÃO FERREIRA	M	59		00:51:26	00:51:17	AMIGOS DA FLOR
298	758	ANTÓNIO ANTUNES	M	58		00:51:26	00:50:20	INDIVIDUAL
299	1000	LUIS SANTOS	M	36		00:51:28	00:50:49	UDRS GUERREIRO DO RIO
300	1213	SARA RIBEIRO	F	23		00:51:29	00:51:01	INDIVIDUAL
301	702	BRUNO CORREIA	M	33		00:51:29	00:50:41	INDIVIDUAL
302	930	BENTO J C RAMINHOS	M	46		00:51:31	00:51:19	INDIVIDUAL
303	19	JOÃO FIALHO	M	37		00:51:33	00:50:29	CCD-AT
304	550	RICARDO H B S M HENRIQUES	M	39		00:51:37	00:51:25	V DATLETAS
305	305	JOÃO PEREIRA	M	52		00:51:39	00:51:19	AC PORTALEGRE/UTSM
306	724	FERNANDO SANTOS	M	62		00:51:41	00:51:35	AA AGUALVA
307	921	THELMO CUNHA	M	55		00:51:42	00:51:31	ODEBRECHT PORTUGAL
308	723	BERNARDO GRADISSIMO	M	57		00:51:43	00:51:27	AA AGUALVA
309	672	FERNANDO GONÇALVES	M	46		00:51:43	00:50:45	INDIVIDUAL
310	1181	SARA CARVALHA	M	40		00:51:44	00:51:17	LOPES FAMILY & FRIENDS
311	266	ANA RAMOS	F	39		00:51:45	00:51:14	GYM2010
312	1269	MIGUEL FERRINHO	M	43		00:51:46	00:50:55	PES DE CHUMBO



**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
313	428	JOÃO M COCHARRO	M	39		00:51:47	00:51:23	INDIVIDUAL
314	438	ALMERINDO SILVA	M	56		00:51:47	00:50:50	ADC CATUJAL
315	228	CARLOS BATISTA	M	42		00:51:50	00:51:05	3DELTA
316	960	NUNO BATISTA	M	41		00:51:50	00:51:07	INDIVIDUAL
317	1085	RICARDO SANTOS	M	36		00:51:50	00:51:08	SS MONTEPIO GERAL
318	1232	FILIPE GREHNO	M	36		00:51:51	00:51:27	INDIVIDUAL
319	168	HUGO DIAS	M	38		00:51:52	00:51:17	INDIVIDUAL
320	1134	PAULO LOPES	M	44		00:51:52	00:51:38	ALVERCA URBAN RUNNERS
321	177	JOAO MACEDO	M	49		00:51:52	00:51:18	INDIVIDUAL
322	230	JOSÉ TAVARES	M	47		00:51:53	00:51:09	3DELTA
323	1214	GONÇALO ABREU	M	39		00:51:54	00:51:47	INDIVIDUAL
324	1118	VITOR GOMES	M	23		00:51:55	00:51:36	INDIVIDUAL
325	1273	PEDRO SERRANO	M	25		00:51:57	00:51:12	INDIVIDUAL
326	629	DANIEL VALENTE	M	37		00:51:57	00:51:20	INDIVIDUAL
327	366	JOSE BRANCO	M	65		00:51:57	00:51:10	C MILLENNIUM BCP
328	1212	MARIA MARTINS	F	25		00:52:00	00:51:54	CASA DA DIZIMA
329	515	PEDRO SOUSA	M	59		00:52:00	00:51:13	INDIVIDUAL
330	55	ALEXANDRE BERTON	M	18		00:52:05	00:51:42	INDIVIDUAL
331	1001	PEDRO PIRES	M	20		00:52:07	00:51:29	UDRS GUERREIRO DO RIO
332	254	ADAM FITCH	M	49		00:52:07	00:51:50	INDIVIDUAL
333	819	ANABELA CARVALHO	F	35		00:52:08	00:52:08	OS AMIGOS DO TEJO
334	645	ANTONIO BATISTA	M	68		00:52:10	00:51:55	CD ESTRELA AMADORA
335	181	ROGERIO P LUIS	M	43		00:52:10	00:51:36	INDIVIDUAL
336	1256	ANABELA CARVALHO	F	52		00:52:11	00:52:02	INDIVIDUAL
337	447	VITORIA SOUSA	F	28		00:52:13	00:51:20	INDIVIDUAL
338	874	JOSE R L F M FERNANDES	M	37		00:52:14	00:51:15	RUN AZORES
339	810	TAM AFONSO	M	63		00:52:16	00:52:08	AÇOREANA
340	1206	JOANA M FERREIRA	F	32		00:52:16	00:51:41	INDIVIDUAL
341	227	MARIA NETO	F	43		00:52:17	00:52:11	LA CONSULTORES
342	126	SUSANA FRAZÃO	F	34		00:52:20	00:51:48	INDIVIDUAL
343	89	LUIS AFONSO	M	45		00:52:20	00:51:45	GEORUNNERS
344	769	GINA CHEIO	F	44		00:52:21	00:52:18	GDC BANCO PORTUGAL
345	1018	NUNO M B MARTINS	M	43		00:52:21	00:52:05	INDIVIDUAL
346	1006	SERGIO PONTES	M	39		00:52:21	00:51:54	INDIVIDUAL
347	768	ANTÓNIO SIMÕES	M	46		00:52:21	00:52:19	GDC BANCO PORTUGAL
348	863	ORLINDO FIGUEIREDO	M	67		00:52:24	00:52:21	SS CGD
349	261	ANTÓNIO BARBOSA	M	54		00:52:24	00:51:27	C PRAÇAS ARMADA
350	146	PEDRO PACHECO	M	45		00:52:24	00:52:16	INDIVIDUAL
351	1062	ROGERIO GONÇALVES	M	46		00:52:32	00:52:02	OS GALGOS

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
352	446	FILIPE S C H PIMENTEL	M	43		00:52:32	00:52:01	INDIVIDUAL
353	949	CARLOS GIL	M	42		00:52:35	00:51:31	INDIVIDUAL
354	487	JÚLIO FERREIRA	M	61		00:52:37	00:52:23	CARACOIS ADORMECIDOS
355	117	PAULA TEIXEIRA	F	38		00:52:37	00:52:18	FALCOES SELVAGENS
356	867	ROGERIO LUIS	M	44		00:52:42	00:51:33	SS CGD
357	656	CLÁUDIA MEDEIROS	F	48		00:52:47	00:52:41	INDIVIDUAL
358	938	JOSÉ VAZ	M	57		00:52:48	00:52:14	CLUBE ANACOM
359	536	VÍTOR J REMOS	M	44		00:52:49	00:52:27	C COLAB AXA
360	105	TINA OLIVEIRA	F	51		00:52:50	00:52:48	AMINHACORRIDA/ KALENJI
361	961	DURVAL N S PIRES	M	28		00:52:51	00:51:49	INDIVIDUAL
362	404	LINO OLIVEIRA	M	70		00:52:54	00:52:51	GD SANTANDER TOTTA
363	601	PAULO PALMINHA	M	45		00:52:55	00:52:39	INDIVIDUAL
364	1051	ALEXANDRE T MARTINS	M	32		00:52:55	00:51:56	INDIVIDUAL
365	830	MOISES PIZABARRO	M	43		00:52:56	00:52:41	COFINA RUNNERS
366	1229	PAULO SARROEIRA	M	44		00:52:56	00:52:38	C FERROV PORTUGAL
367	246	ALVARO DA SILVA	M	59		00:52:57	00:52:24	C PRAÇAS ARMADA
368	1255	ROSARIA MORGADO	F	41		00:52:58	00:52:50	INDIVIDUAL
369	51	GONÇALO SEROMENHO	M	33		00:53:00	00:52:50	INDIVIDUAL
370	1253	IVAN GUERRA	M	30		00:53:01	00:52:21	INDIVIDUAL
371	974	FERNANDO FARIA	M	53		00:53:02	00:52:44	LINK
372	976	RICARDO SILVA	M	40		00:53:02	00:52:44	LINK
373	265	MANUEL O PEREIRA	M	58		00:53:03	00:52:31	GYM2010
374	966	GONÇALO FERREIRA	M	28		00:53:04	00:53:00	CCD CA MÚTUO
375	64	NUNO NUNES	M	41		00:53:14	00:52:10	CCD-AT
376	1046	ANDRÉ MEDEIROS	M	28		00:53:19	00:52:17	CCD TRANQUILIDADE
377	799	CARLOS CORREIA	M	51		00:53:21	00:52:49	VALEJAS AC
378	301	NELSON GOMES	M	37		00:53:21	00:53:07	INDIVIDUAL
379	302	ANA SANTOS	F	38		00:53:22	00:53:07	INDIVIDUAL
380	440	JOÃO PASSEIRO	M	53		00:53:24	00:52:27	ADC CATUJAL
381	255	ANTONIO C NOVAS	M	37		00:53:27	00:52:31	INDIVIDUAL
382	1166	MAZOEL SANTOS	M	30		00:53:30	00:53:10	JOAQUIM CHAVES SAÚDE
383	1159	ÁLVARO CARAMONA	M	43		00:53:30	00:53:08	JOAQUIM CHAVES SAÚDE
384	1160	JORGE SOARES	M	30		00:53:31	00:53:10	JOAQUIM CHAVES SAÚDE
385	1075	JOSE C GASPAR	M	56		00:53:31	00:52:44	SS MONTEPIO GERAL
386	870	RUI PEREIRA	M	45		00:53:33	00:53:12	SS CGD
387	319	PEDRO FONTES	M	50		00:53:36	00:52:46	C MILLENNIUM BCP
388	1073	JAIME GOMES	M	59		00:53:37	00:52:39	SS MONTEPIO GERAL
389	112	ALEXANDRE ZELLER	M	38		00:53:39	00:53:09	INDIVIDUAL
390	385	HUSSEIN CASSAMO	M	28		00:53:41	00:53:31	C MILLENNIUM BCP

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
391	834	ISABEL RODRIGUES	F	45		00:53:41	00:52:58	GARMIN/ CO OEIRAS
392	1071	CARLOS AZEVEDO	M	48		00:53:42	00:53:42	SS MONTEPIO GERAL
393	885	ANDRÉ AJIPA	M	24		00:53:43	00:52:42	INDIVIDUAL
394	917	GERRY SANITZ	M	49		00:53:46	00:53:36	ODEBRECHT PORTUGAL
395	396	JOEL PONTE	M	26		00:53:49	00:53:34	GD SANTANDER TOTTA
396	74	ÁLVARO GOMES	M	42		00:53:50	00:53:37	INDIVIDUAL
397	223	JOSÉ COSTA	M	51		00:53:50	00:53:22	INDIVIDUAL
398	948	JOAO ARAUJO	M	46		00:53:50	00:53:19	PALHAS
399	151	LUÍS M O MARTINS	M	33		00:53:52	00:53:14	INDIVIDUAL
400	784	JOSÉ GUIA	M	67		00:53:54	00:53:23	VALEJAS AC
401	425	ANA CANHOTO	F	44		00:53:55	00:53:38	GD SANTANDER TOTTA
402	998	RICARDO CAMPOS	M	40		00:53:56	00:53:08	CCD-AT
403	345	DORA VILHENA	F	45		00:53:57	00:53:34	C MILLENNIUM BCP
404	426	SARAH MARTIN	F	36		00:53:58	00:53:26	INDIVIDUAL
405	344	EDUARDO VILHENA	M	48		00:53:58	00:53:35	C MILLENNIUM BCP
406	296	VASCO ALPALHÃO	M	46		00:54:02	00:53:11	ALPALHÃO
407	1133	ANDRÉ ABRANTES	M	30		00:54:03	00:53:31	DÁ-ME O 35
408	1131	ROMÃO PEDROSO	M	29		00:54:03	00:53:32	DÁ-ME O 35
409	664	ADÉRITO CARRELHAS	M	61		00:54:04	00:54:01	INDIVIDUAL
410	773	INÊS MARIQUITOS	F	26		00:54:04	00:54:01	GDC BANCO PORTUGAL
411	869	RUI M OLIVEIRA	M	43		00:54:05	00:54:00	SS CGD
412	529	JOÃO F FRADE	M	44		00:54:08	00:53:43	C COLAB AXA
413	455	ANTÓNIO PIMPÃO	M	41		00:54:08	00:53:57	INDIVIDUAL
414	91	LUIS CAMPOS	M	66		00:54:09	00:53:55	ALVERCA URBAN RUNNERS
415	109	LÚCIO A B SANTOS	M	54		00:54:14	00:54:02	IUM
416	54	NUNO BERTON	M	44		00:54:15	00:53:51	INDIVIDUAL
417	1249	JOAQUIM L R PINHEIRO	M	36		00:54:15	00:53:21	INDIVIDUAL
418	1123	ISA GONZALO	F	48		00:54:19	00:53:53	SANGLAS
419	990	ANTONIO CASTRO	M	46		00:54:21	00:53:43	GD SANTANDER TOTTA
420	418	CELIA LUZ	F	36		00:54:21	00:53:40	GD SANTANDER TOTTA
421	160	PEDRO FLORES	M	31		00:54:22	00:53:44	AMIGOS PACO NASSA
422	398	PEDRO PALHA	M	34		00:54:24	00:53:55	GD SANTANDER TOTTA
423	135	VITOR M N A MARTINS	M	65		00:54:25	00:54:18	INDIVIDUAL
424	152	JOSE C MARTINS	M	37		00:54:26	00:54:13	FALCOES SELVAGENS
425	348	ACACIO LOPES	M	48		00:54:29	00:53:45	C MILLENNIUM BCP
426	691	MANUEL GOMES	M	50		00:54:29	00:54:24	CLUBE MARGINAL
427	244	MANUEL BATISTA	M	66		00:54:33	00:54:00	C PRAÇAS ARMADA
428	511	SÉRGIO GONÇALVES	M	37		00:54:35	00:54:18	OS QUEBRA-MILHAS
429	944	PAULO TOMÁS	M	43		00:54:35	00:54:20	URD ARRANHÒ

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
430	1194	JOÃO ROBALO	M	55		00:54:36	00:53:58	UDRS GUERREIRO DO RIO
431	795	JOÃO REIS	M	51		00:54:36	00:54:05	VALEJAS AC
432	264	DAMIÃO REGA	M	54		00:54:36	00:54:16	IUM
433	669	MÓNICA CARRUFA	F	31		00:54:37	00:53:50	INDIVIDUAL
434	668	JOAQUIM CARRUFA	M	45		00:54:37	00:53:48	INDIVIDUAL
435	585	RICARDO ALVES	M	39		00:54:38	00:53:57	GDCT IN CASA MOEDA
436	579	JOSÉ LIBERATO	M	40		00:54:38	00:54:19	GDCT IN CASA MOEDA
437	83	FILIPE JUNQUEIRA	M	34		00:54:40	00:53:48	INDIVIDUAL
438	615	CARLOS FERREIRA	M	58		00:54:40	00:54:35	ND AUTOCOOPE
439	1188	CLÁUDIO M P MOREIRA	M	35		00:54:46	00:54:24	ACLIS LIBERTY SEGUROS
440	688	JOSÉ SERRA	M	62		00:54:48	00:54:36	BUÉ DA SERRAS
441	94	JORGE OLIVEIRA	M	52		00:54:50	00:54:07	GRD OS FIXES
442	935	ROGÉRIO PINA	M	61		00:54:50	00:54:21	CLUBE ANACOM
443	995	NORBERTO MARQUES	M	45		00:54:51	00:53:56	RUNNING OF Dª MARIA
444	304	SILVERIO BRAS	M	56		00:54:53	00:54:36	INDIVIDUAL
445	661	MARTA CONCEIÇÃO	F	31		00:54:54	00:54:29	Lost Runners
446	431	JORGE V BARROS	M	42		00:54:55	00:54:41	INDIVIDUAL
447	256	PEDRO MANSO	M	38		00:54:55	00:54:30	INDIVIDUAL
448	153	HUGO SANTOS	M	38		00:54:56	00:54:30	FALCOES SELVAGENS
449	920	FABIO JANUARIO	M	44		00:54:56	00:54:54	ODEBRECHT PORTUGAL
450	157	DULCE DIAS	F	30		00:54:57	00:54:44	INDIVIDUAL
451	1069	ANDRE GASPAR	M	25		00:54:58	00:53:50	SS MONTEPIO GERAL
452	234	LUIZ R ROSA	M	62		00:54:58	00:54:45	CAA BELÉM
453	1259	GERARD SEELT	M	50		00:55:00	00:54:36	INDIVIDUAL
454	1227	RODRIGO A M C G REIS	M	42		00:55:00	00:54:12	INDIVIDUAL
455	788	MICAELA SIMÃES	F	25		00:55:01	00:54:31	VALEJAS AC
456	1129	RITA RODRIGUES	F	20		00:55:02	00:54:32	VALEJAS AC
457	559	ADRIANO CUNHA	M	62		00:55:03	00:54:38	GRCD DE LEIÃO
458	1009	CARLOS GONÇALVES	M	59		00:55:04	00:54:32	LEBRES E TARTARUGAS
459	1218	JOAO M R BATISTA	M	62		00:55:04	00:54:43	INDIVIDUAL
460	808	CARLOS BARGADO	M	51		00:55:05	00:54:56	AÇOREANA
461	627	EDUARDO TAVARES	M	42		00:55:09	00:54:33	INDIVIDUAL
462	1230	NEVES SILVA	M	63		00:55:10	00:54:43	C FERROV PORTUGAL
463	114	RICARDO BORDALO	M	46		00:55:12	00:54:16	INDIVIDUAL
464	57	PEDRO VALENTE	M	43		00:55:13	00:55:09	INDIVIDUAL
465	99	PAULO SILVA	M	32		00:55:13	00:55:07	INDIVIDUAL
466	1081	MANUEL J NARCISO	M	51		00:55:13	00:54:59	SS MONTEPIO GERAL
467	311	VITOR LEMOS	M	35		00:55:14	00:54:20	INDIVIDUAL
468	193	LM SANTO	F	20		00:55:21	00:54:15	INDIVIDUAL

# CORRIDA DA ARVORE 2016 - 14/02/2016

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
469	782	RICARDO LAMPREIA	M	37		00:55:21	00:54:51	VALEJAS AC
470	851	FRANCISCO CLERIGO	M	62		00:55:25	00:55:08	SS CGD
471	495	JOÃO DUARTE	M	63		00:55:26	00:54:58	INDIVIDUAL
472	199	AIRES J ILDEFONSO	M	60		00:55:28	00:54:13	INDIVIDUAL
473	908	NUNO VENTURA	M	42		00:55:29	00:54:23	GA MONSANTO GASCAN
474	158	EDGAR PROENÇA	M	56		00:55:30	00:54:40	INDIVIDUAL
475	122	JOSÉ HENRIQUES	M	61		00:55:31	00:55:16	OS PERIGOSOS
476	52	NUNO MOREIRA	M	34		00:55:33	00:55:20	ALVERCA URBAN RUNNERS
477	637	AUGUSTO OLIVEIRA	M	55		00:55:37	00:54:36	PURATOS RUNNING TEAM
478	101	FILIPE MACIEL	M	30		00:55:38	00:55:08	LE CLUB RUNNERS
479	430	LUIS F E MATEUS	M	32		00:55:38	00:55:23	INDIVIDUAL
480	465	JOÃO ESCOVAL	M	34		00:55:38	00:55:19	RUN PEREZ RUN
481	373	JOAQUIM FULGENCIO	M	58		00:55:38	00:54:54	C MILLENNIUM BCP
482	1132	INÊS CARAPINHA	F	27		00:55:39	00:55:07	DÁ-ME O 35
483	198	JOAQUIM F C PINTO	M	57		00:55:39	00:55:13	INDIVIDUAL
484	756	MIGUEL PEREIRA	M	45		00:55:40	00:55:10	NÉVAGUIVAP
485	679	NUNO MORAIS	M	37		00:55:41	00:54:52	PATCHINS
486	277	JOAO SALDANHA	M	52		00:55:42	00:55:35	INDIVIDUAL
487	401	SALVADOR AFONSO	M	62		00:55:42	00:55:05	GD SANTANDER TOTTA
488	564	SÓNIA FIGUEIREDO	F	40		00:55:46	00:55:27	INDIVIDUAL
489	357	FERNANDO DOMINGUES	M	60		00:55:46	00:55:36	C MILLENNIUM BCP
490	575	CARLOS A J DIAS	M	59		00:55:47	00:55:35	INDIVIDUAL
491	1270	PEDRO PIRES	M	43		00:55:47	00:54:57	PES DE CHUMBO
492	646	VIRGILIO RODRIGUES	M	68		00:55:48	00:55:33	CD ESTRELA AMADORA
493	494	LUIS M L VICENTE	M	55		00:55:49	00:55:21	INDIVIDUAL
494	1024	LUÍS REVES	M	42		00:55:51	00:54:52	CCD SIEMENS
495	448	JOÃO SOUSA	M	18		00:55:52	00:55:00	INDIVIDUAL
496	1029	TIAGO SILVA	M	38		00:55:53	00:54:57	INDIVIDUAL
497	1238	ANTONIO LIMA	M	53		00:55:59	00:55:58	ABC CAMPOLIDE
498	532	MIGUEL F ESTEVES	M	32		00:56:00	00:55:11	C COLAB AXA
499	934	MANUEL BARROS	M	58		00:56:01	00:54:59	CLUBE ANACOM
500	336	ANTONIO SANTOS	M	56		00:56:02	00:55:20	C MILLENNIUM BCP
501	1044	JOÃO MARQUES	M	41		00:56:03	00:55:00	CCD TRANQUILIDADE
502	278	MIGUEL FONSECA	M	54		00:56:04	00:55:25	INDIVIDUAL
503	964	BECKAS CARRAMONA	M	38		00:56:06	00:55:49	INDIVIDUAL
504	169	DAVID RODRIGUES	M	31		00:56:08	00:55:28	INDIVIDUAL
505	308	BRUNA ROCHA	F	30		00:56:09	00:55:34	ACADEMIA FIT MILITAR
506	145	GONÇALO FARIA	M	40		00:56:10	00:55:13	INDIVIDUAL
507	816	NUNO MORGADO	M	35		00:56:11	00:55:22	INDIVIDUAL

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
508	1003	RENATO SARAGOSA	M	36		00:56:13	00:55:34	UDRS GUERREIRO DO RIO
509	90	LUCIA VENTURA	F	40		00:56:14	00:55:39	GEORUNNERS
510	973	JOÃO RODRIGUES	M	42		00:56:14	00:55:49	CCD CA MÚTUO
511	1272	ANDREIA VARANDAS	F	25		00:56:14	00:55:28	INDIVIDUAL
512	752	PATRÍCIA MATOS	F	41		00:56:15	00:55:45	NÉVAGUIVAP
513	753	PEDRO VITORINO	M	40		00:56:15	00:55:45	NÉVAGUIVAP
514	436	CRISTINA ROCHA	F	33		00:56:15	00:55:53	INDIVIDUAL
515	636	ANDRÉ MELO	M	26		00:56:16	00:54:50	PURATOS RUNNING TEAM
516	116	BRUNO CAPELO	M	39		00:56:16	00:55:19	INDIVIDUAL
517	262	ALBERTO P CABO	M	47		00:56:16	00:55:27	INDIVIDUAL
518	528	JOÃO D PERNECO	M	29		00:56:16	00:55:18	C COLAB AXA
519	1209	JOÃO C FERREIRA	M	52		00:56:19	00:55:33	INDIVIDUAL
520	953	FÁBIO PEREIRA	M	23		00:56:20	00:56:05	SC CASAINHOS
521	1275	ALEXANDRA PAULA	F	22		00:56:22	00:55:36	CORRER LISBOA
522	464	NUNO PATRÍCIO	M	46		00:56:22	00:55:37	INDIVIDUAL
523	238	JOÃO MARTINS	M	35		00:56:23	00:55:27	INDIVIDUAL
524	543	JOÃO C REAL	M	37		00:56:26	00:56:21	R-TEAM
525	314	LEONEL BRANDAO	M	48		00:56:28	00:56:19	C MILLENNIUM BCP
526	1142	VÍTOR CANTO	M	45		00:56:28	00:55:54	INDIVIDUAL
527	180	MIGUEL MARQUES	M	55		00:56:30	00:55:41	INDIVIDUAL
528	693	LEONOR M A FARINHA	F	53		00:56:31	00:56:28	INDIVIDUAL
529	1050	LUÍSA M B PICA	F	53		00:56:32	00:55:34	INDIVIDUAL
530	206	JOÃO M LOPES	M	44		00:56:34	00:55:53	V DATLETAS
531	329	PAULO REBOCHO	M	51		00:56:39	00:55:46	C MILLENNIUM BCP
532	259	ABILIO TAVARES	M	60		00:56:41	00:56:38	INDIVIDUAL
533	497	JOÃO RALHA	M	56		00:56:41	00:55:50	RUN 4 FUN
534	617	JOSE DIAS	M	58		00:56:42	00:56:34	ND AUTOCOOPE
535	339	DULCE RAMOS	F	46		00:56:43	00:56:04	C MILLENNIUM BCP
536	994	DANIEL SILVA	M	24		00:56:45	00:55:49	RUNNING OF Dª MARIA
537	759	JOSÉ EUGÉNIO	M	54		00:56:49	00:56:37	INDIVIDUAL
538	95	JOÃO BRANCO	M	34		00:56:51	00:56:51	INDIVIDUAL
539	891	PEDRO CONFRARIA	M	38		00:56:56	00:56:32	INDIVIDUAL
540	963	LUIS LIBANIO	M	58		00:56:56	00:56:40	INDIVIDUAL
541	965	ELIZABETH LAGE	F	45		00:56:57	00:56:41	INDIVIDUAL
542	1267	JAIME AFONSO	M	50		00:56:58	00:55:53	CLUBE ANACOM
543	1149	TIAGO CAMPOS	M	39		00:57:00	00:56:26	INDIVIDUAL
544	905	JOÃO PINTO	M	55		00:57:01	00:56:09	GA MONSANTO GASCAN
545	330	LUIS COSTA	M	46		00:57:04	00:56:22	C MILLENNIUM BCP
546	731	TOMÁS WIBORG	M	46		00:57:05	00:56:02	WL84

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
547	730	FREDERICO WIBORG	M	44		00:57:05	00:56:00	WL84
548	489	HENRIQUE CEPEDA	M	56		00:57:09	00:55:41	PINGUIM
549	895	CARMEN MARQUES	F	35		00:57:10	00:56:36	INDIVIDUAL
550	781	HERNÂNI F R GOMES	M	24		00:57:10	00:56:08	INDIVIDUAL
551	1168	ALEXANDRA CENTENO	F	43		00:57:10	00:56:49	JOAQUIM CHAVES SAÚDE
552	699	PEDRO VALE	M	31		00:57:10	00:56:34	AMIGOS PACO NASSA
553	896	JORGE COSTA	M	34		00:57:11	00:56:38	INDIVIDUAL
554	1198	OTELINDA R C SOUSA	F	38		00:57:11	00:56:52	INDIVIDUAL
555	1056	SERGIO VAQUEIRO	M	31		00:57:12	00:56:44	INDIVIDUAL
556	80	EDGAR REINHARDT	M	43		00:57:14	00:56:21	INDIVIDUAL
557	557	JOSÉ F R CALISTO	M	33		00:57:15	00:56:12	INDIVIDUAL
558	1271	CARLOS COSTA	M	44		00:57:15	00:56:23	PES DE CHUMBO
559	741	FLAVIO BEXIGA	M	36		00:57:16	00:57:12	INDIVIDUAL
560	178	FÁTIMA BRANCO	F	49		00:57:19	00:57:04	INDIVIDUAL
561	1217	MARCO REIS	M	40		00:57:20	00:56:38	INDIVIDUAL
562	519	ANTÓNIO JUBILADO	M	59		00:57:22	00:56:49	INDIVIDUAL
563	635	JOÃO PACHECO	M	29		00:57:23	00:57:05	INDIVIDUAL
564	381	ANDRE CALADO	M	19		00:57:24	00:56:54	C MILLENNIUM BCP
565	379	ANTONIO FERREIRA	M	49		00:57:25	00:56:42	C MILLENNIUM BCP
566	526	FERNANDO J MATIAS	M	59		00:57:25	00:57:05	C COLAB AXA
567	292	RUI XAVIER	M	49		00:57:25	00:57:19	CP EDP LISBOA
568	531	JOSÉ G VALENTIM	M	44		00:57:25	00:57:03	C COLAB AXA
569	318	ARTUR LEITE	M	51		00:57:26	00:57:02	C MILLENNIUM BCP
570	353	MARIO MENDES	M	51		00:57:26	00:56:43	C MILLENNIUM BCP
571	1124	ANTÓNIO PINHEIRO	M	41		00:57:26	00:56:55	OS GALGOS
572	380	JOAO CALADO	M	50		00:57:26	00:56:57	C MILLENNIUM BCP
573	202	PEDRO P FERNANDES	M	32		00:57:29	00:56:49	V DATLETAS
574	212	MIGUEL A S CARTÓ	M	34		00:57:29	00:56:49	V DATLETAS
575	207	LUIS V MARTINS	M	50		00:57:29	00:56:47	V DATLETAS
576	1223	VASCO PERES	M	38		00:57:30	00:57:28	INDIVIDUAL
577	468	CARLA C PEREIRA	F	39		00:57:31	00:57:15	FALCOES SELVAGENS
578	673	MIGUEL GAMA	M	47		00:57:33	00:56:47	INDIVIDUAL
579	598	JEREMIAS S RIBEIRO	M	72		00:57:34	00:57:03	INDIVIDUAL
580	1093	TERESA CARDOSO	F	36		00:57:34	00:57:01	SS MONTEPIO GERAL
581	113	MARIA MARQUES	F	38		00:57:36	00:57:06	INDIVIDUAL
582	1052	CLARA FARO	F	55		00:57:36	00:56:59	INDIVIDUAL
583	443	ROGÉRIO DIAS	M	54		00:57:38	00:57:35	INDIVIDUAL
584	118	MÁRIO LOURENÇO	M	50		00:57:38	00:57:30	C PRAÇAS ARMADA
585	1109	CRISTINA LACERDA	F	41		00:57:38	00:57:30	INDIVIDUAL

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
586	690	DOMINGOS PEREIRA	M	61		00:57:38	00:57:34	CLUBE MARGINAL
587	142	JOSÉ BAIXINHO	M	58		00:57:41	00:56:53	SANTIAGO FC
588	1225	FILIPE GIL	M	41		00:57:41	00:57:02	WEVENTUAL
589	1210	PEDRO BAPTISTA	M	35		00:57:41	00:57:34	CASA DA DIZIMA
590	624	BEATRIZ MATIAS	F	41		00:57:43	00:57:07	INDIVIDUAL
591	952	NUNO PEREIRA	M	44		00:57:46	00:57:42	SC CASAINHOS
592	970	SANDRA FRAZÃO	F	43		00:57:47	00:57:05	CCD CA MÚTUO
593	790	RITA CORDA	F	25		00:57:49	00:57:19	VALEJAS AC
594	785	PAULO PAIAS	M	34		00:57:50	00:57:19	VALEJAS AC
595	376	RICARDO GOMES	M	44		00:57:50	00:57:07	C MILLENNIUM BCP
596	291	PAULO CARVALHO	M	61		00:57:51	00:57:02	CP EDP LISBOA
597	634	LUIS DUARTE	M	41		00:57:53	00:57:35	R FRENTE RIB POVOA STA IRIA
598	1063	JOÃO MALHA	M	35		00:58:01	00:57:06	INDIVIDUAL
599	754	RENATA RICARDO	F	37		00:58:02	00:57:26	NÉVAGUIVAP
600	216	LUÍS F D VITORINO	M	35		00:58:03	00:57:33	V DATLETAS
601	143	JUDITE BAIXINHO	F	29		00:58:04	00:57:16	SANTIAGO FC
602	918	JORGE MONTEIRO	M	48		00:58:05	00:57:53	ODEBRECHT PORTUGAL
603	700	ANTONIO A C GOMES	M	45		00:58:08	00:57:49	INDIVIDUAL
604	195	JOÃO SANTOS	M	44		00:58:15	00:57:48	INDIVIDUAL
605	486	MANUEL MAGALHÃES	M	73		00:58:17	00:58:03	CARACOIS ADORMECIDOS
606	258	FERNANDO FRAGATEIRO	M	55		00:58:19	00:57:12	GDCAPS
607	457	MARIA SILVA	F	46		00:58:19	00:57:37	INDIVIDUAL
608	218	JOSE S M VERMELHUDO	M	56		00:58:20	00:57:58	AERO RUNNERS
609	337	CARLOS RODRIGUES	M	57		00:58:21	00:57:40	C MILLENNIUM BCP
610	843	ANTONIO CARPINTEIRO	M	71		00:58:23	00:58:14	SS CGD
611	889	ODETE BARBAS	F	45		00:58:26	00:58:00	OS FRAQUEZAS
612	1021	ALINE CORREIA	F	31		00:58:27	00:58:14	CCD SIEMENS
613	400	MIGUEL CUNHA	M	39		00:58:28	00:58:01	GD SANTANDER TOTTA
614	423	LUCIO SILVA	M	49		00:58:29	00:57:32	GD SANTANDER TOTTA
615	552	ANA PAULINO	F	32		00:58:29	00:58:16	INDIVIDUAL
616	551	PEDRO PAULINO	M	39		00:58:29	00:58:16	INDIVIDUAL
617	161	MIGUEL ALMEIDA	M	31		00:58:32	00:57:54	AMIGOS PACO NASSA
618	588	VASCO FERREIRA	M	40		00:58:32	00:57:50	GDCT IN CASA MOEDA
619	958	ANDRÉ E G LOUREIRO	M	35		00:58:34	00:58:17	INDIVIDUAL
620	698	ANA LOURENÇO	F	29		00:58:35	00:57:59	AMIGOS PACO NASSA
621	841	ALVARO FURTADO	M	57		00:58:35	00:57:31	SS CGD
622	1226	CLÁUDIO MILHEIRO	M	39		00:58:40	00:57:44	INDIVIDUAL
623	906	LUÍS ANTUNES	M	53		00:58:41	00:57:49	GA MONSANTO GASCAN
624	607	RICARDO E RIBEIRO	M	31		00:58:44	00:58:00	INDIVIDUAL



**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
625	1173	MIGUEL PARDAL	M	49		00:58:45	00:57:44	INDIVIDUAL
626	584	PAULO SOUSA	M	41		00:58:45	00:58:04	GDCT IN CASA MOEDA
627	1231	JORGE CASTANHEIRA	M	47		00:58:47	00:58:21	INDIVIDUAL
628	248	ANA RITA CORDA	F	33		00:58:48	00:57:53	INDIVIDUAL
629	862	NUNO OLIVEIRA	M	49		00:58:49	00:58:13	SS CGD
630	483	JOAQUIM COSTA	M	58		00:58:51	00:58:04	INDIVIDUAL
631	689	FRANCISCO COITO	M	64		00:58:51	00:58:47	CLUBE MARGINAL
632	190	MANUEL SEQUEIRA	M	65		00:58:53	00:58:50	INDIVIDUAL
633	53	ANTÓNIO J VARELA	M	50		00:58:53	00:58:34	INDIVIDUAL
634	242	LUIS FERNANDES	M	44		00:58:54	00:58:40	INDIVIDUAL
635	835	JOSE CATITA	M	57		00:58:54	00:58:09	GARMIN/ CO OEIRAS
636	510	MIGUEL SANTOS	M	33		00:58:58	00:58:41	OS QUEBRA-MILHAS
637	513	JAIME COELHO	M	32		00:58:59	00:58:41	OS QUEBRA-MILHAS
638	1023	JOÃO DIAS	M	35		00:58:59	00:57:59	CCD SIEMENS
639	149	LUÍS O GASPAR	M	46		00:59:01	00:58:52	INDIVIDUAL
640	130	FERNANDO GONÇALVES	M	48		00:59:01	00:58:41	GONCALVESFAMILY
641	441	ANA ROMANO	F	48		00:59:03	00:58:37	INDIVIDUAL
642	594	PATRÍCIA M FERREIRA	F	28		00:59:05	00:58:09	EQUIPA
643	975	LUIS OCHÔA	M	42		00:59:06	00:58:48	LINK
644	1094	TIAGO OLIVEIRA	M	31		00:59:07	00:58:22	SS MONTEPIO GERAL
645	1088	RUI FAZENDEIRO	M	41		00:59:07	00:58:23	SS MONTEPIO GERAL
646	134	SUSANA C F MARQUES	F	37		00:59:07	00:58:54	IUM
647	840	ADELIA CABRAL	F	36		00:59:08	00:58:34	SS CGD
648	927	EDUARDO RIBEIRO	M	48		00:59:16	00:58:32	GDCT UNICRE
649	685	ANIBAL VIEIRA	M	46		00:59:16	00:59:12	INDIVIDUAL
650	124	PAULO SOUSA	M	42		00:59:20	00:58:40	INDIVIDUAL
651	996	RICARDO SIMOES	M	46		00:59:23	00:58:28	RUNNING OF Dª MARIA
652	1055	EDUARDO FREITAS	M	46		00:59:24	00:58:42	FAST FURIOUS RT
653	1039	PEDRO VENTURA	M	39		00:59:26	00:58:39	CCD TRANQUILIDADE
654	1113	VITOR PORTELA	M	45		00:59:26	00:58:33	INDIVIDUAL
655	1048	HUGO GASPAR	M	38		00:59:29	00:58:41	CCD TRANQUILIDADE
656	110	CLAUDIA L FERREIRA	F	49		00:59:32	00:59:22	INDIVIDUAL
657	591	ANTÓNIO PAIS	M	68		00:59:33	00:58:38	VALE DE MADEIROS SC
658	205	JOÃO V FUNCKE	M	27		00:59:34	00:58:54	V DATLETAS
659	684	MARIA RODRIGUES	F	53		00:59:34	00:59:30	INDIVIDUAL
660	1060	HUGO FIGUEIREDO	M	31		00:59:34	00:58:41	INDIVIDUAL
661	705	RENATO JÚNIOR	M	34		00:59:34	00:59:16	INDIVIDUAL
662	931	PAULA BAKKER	F	44		00:59:37	00:58:55	FAST FURIOUS RT
663	203	FERNANDO R SILVA	M	55		00:59:37	00:58:57	V DATLETAS

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
664	570	JOÃO GRANJA	M	37		00:59:38	00:59:05	INDIVIDUAL
665	1076	LILIANA RODRIGUES	F	33		00:59:42	00:59:05	SS MONTEPIO GERAL
666	1091	SERGIO PINTO	M	33		00:59:43	00:59:05	SS MONTEPIO GERAL
667	815	JOSÉ NEVES	M	64		00:59:46	00:59:32	INDIVIDUAL
668	993	JORGE FERREIRA	M	50		00:59:48	00:58:52	RUNNING OF D <sup>a</sup> MARIA
669	1047	SANDRA FREITAS	F	40		00:59:51	00:59:01	CCD TRANQUILIDADE
670	553	HENRIQUETA SOLIPA	F	54		00:59:52	00:59:19	TARTARUGAS SOLIDÁRIAS
671	449	JOANA PEREIRA	F	32		00:59:54	00:59:28	INDIVIDUAL
672	1078	LUIS REIS	M	58		00:59:55	00:58:57	SS MONTEPIO GERAL
673	881	ANA VENCES	F	37		00:59:57	00:59:30	COININHA RUNNERS
674	260	JOSE ISODORO	M	75		00:59:57	00:59:21	C PRAÇAS ARMADA
675	521	ANA P MATIAS	F	50		00:59:59	00:59:36	C COLAB AXA
676	424	TIAGO CANHOTO	M	44		01:00:00	00:59:43	GD SANTANDER TOTTA
677	1037	DEOLINDA SANTOS	F	44		01:00:01	00:59:40	CLUBE ANA LISBOA
678	476	JOÃO C A BORGES	M	48		01:00:03	00:59:10	INDIVIDUAL
679	1136	ANTONIO BRAGA	M	63		01:00:06	00:59:48	INDIVIDUAL
680	772	FRANCISCO NOBRE	M	29		01:00:06	00:59:38	GDC BANCO PORTUGAL
681	119	CÉLIA SILVEIRA	F	44		01:00:10	01:00:02	C PRAÇAS ARMADA
682	93	JOSE NOGUEIRA	M	54		01:00:10	01:00:02	INDIVIDUAL
683	1274	MARIA CALISTO	F	1052		01:00:18	00:59:26	INDIVIDUAL
684	824	MARTA PIRES	F	23		01:00:19	01:00:19	RUN 4 FUN
685	1190	JOÃO CARDOSO	M	31		01:00:20	01:00:04	NOZES
686	1191	RUTE TEIXEIRA	F	33		01:00:20	01:00:04	NOZES
687	866	RITA QUEIROZ	F	43		01:00:22	01:00:08	SS CGD
688	858	LUIS SANCHEZ	M	56		01:00:23	01:00:09	SS CGD
689	864	PAULA MARTINS	F	35		01:00:25	01:00:04	SS CGD
690	789	SUSANA GOMES	F	45		01:00:27	00:59:56	VALEJAS AC
691	800	MARISA SIMÕES	F	49		01:00:27	00:59:56	VALEJAS AC
692	170	NUNO RODRIGUES	M	30		01:00:29	00:59:50	INDIVIDUAL
693	1090	RUTE MORNA	F	40		01:00:30	00:59:52	SS MONTEPIO GERAL
694	1067	AGOSTINHO COELHO	M	49		01:00:30	00:59:57	SS MONTEPIO GERAL
695	1150	JOAO MARQUES	M	38		01:00:31	01:00:25	INDIVIDUAL
696	1151	SONIA DANTAS	F	37		01:00:32	01:00:27	INDIVIDUAL
697	798	JORGE BRITO	M	45		01:00:33	01:00:02	VALEJAS AC
698	79	NUNO CORTÊS	M	38		01:00:35	00:59:40	INDIVIDUAL
699	540	JOSÉ RODRIGUES	M	26		01:00:35	00:59:55	INDIVIDUAL
700	359	CARLOS DINIS	M	51		01:00:35	01:00:33	C MILLENNIUM BCP
701	1228	MARTINS BARATA	M	72		01:00:35	01:00:08	C FERROV PORTUGAL
702	1141	FILIPE FERREIRA	M	29		01:00:36	00:59:31	INDIVIDUAL

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
703	991	ALEXANDRE MAURICIO	M	43		01:00:36	01:00:00	INDIVIDUAL
704	823	CLSDUDIA PARGANA	F	50		01:00:37	01:00:37	RUN 4 FUN
705	541	JORGE LOTRA	M	48		01:00:38	00:59:59	INDIVIDUAL
706	638	RUI PINTO	M	29		01:00:40	00:59:15	PURATOS RUNNING TEAM
707	516	ISABEL SANTOS	F	48		01:00:41	01:00:41	LOURDETE PERFUMARIAS
708	900	BRUNO FERREIRA	M	24		01:00:48	00:59:49	INDIVIDUAL
709	928	FERNANDO LUZ	M	46		01:00:49	01:00:05	GDCT UNICRE
710	696	RICARDO LOURENÇO	M	35		01:00:51	01:00:13	AMIGOS PACO NASSA
711	697	SAMUEL BASTO	M	34		01:00:51	01:00:14	AMIGOS PACO NASSA
712	1153	ANTÓNIO FERREIRA	M	52		01:00:56	01:00:05	INDIVIDUAL
713	164	ANTÓNIO MALTEZINHO	M	38		01:00:58	01:00:28	INDIVIDUAL
714	1007	FREDERICO SOUSA	M	52		01:00:59	01:00:27	LEBRES E TARTARUGAS
715	742	PEDRO GONÇALVES	M	61		01:01:00	01:00:05	INDIVIDUAL
716	538	ALBERTA ESTEVES	F	50		01:01:01	01:00:32	INDIVIDUAL
717	1171	JULIETA CALDARELLA	F	43		01:01:01	01:01:01	INDIVIDUAL
718	35	ANTÓNIO J G POMBINHO	M	58		01:01:02	01:00:36	INDIVIDUAL
719	959	FRANCISCO MACHETA	M	43		01:01:04	01:00:08	INDIVIDUAL
720	871	OLIVIA GASPAR	F	45		01:01:04	01:00:08	SS CGD
721	625	FERNANDO NUNES	M	43		01:01:11	01:00:35	INDIVIDUAL
722	496	TIAGO CABAÇO	M	28		01:01:12	01:00:19	INDIVIDUAL
723	648	DANIEL PEREIRA	M	26		01:01:14	01:00:34	CD ESTRELA AMADORA
724	275	CARLOS M M CORREIA	M	48		01:01:17	01:00:56	V DATLETAS
725	1156	PAULO J M NOGUEIRA	M	50		01:01:19	01:00:46	INDIVIDUAL
726	179	MAURO SILVA	M	26		01:01:22	01:00:23	INDIVIDUAL
727	280	SERGIO SANTOS	M	43		01:01:25	01:01:11	INDIVIDUAL
728	322	LUIS JANUARIO	M	58		01:01:26	01:00:32	C MILLENNIUM BCP
729	276	ANTÓNIO M ALMEIDA	M	38		01:01:28	01:00:47	V DATLETAS
730	56	RON FRANKEN	M	61		01:01:29	01:01:05	INDIVIDUAL
731	1254	RAFAEL FIGUEIREDO	M	46		01:01:29	01:00:30	INDIVIDUAL
732	1172	CECILIA PARDAL	F	45		01:01:32	01:00:30	INDIVIDUAL
733	147	ANTONIO CAEIRO	M	41		01:01:34	01:00:45	INDIVIDUAL
734	23	NUNO ALMEIDA	M	40		01:01:36	01:00:56	SPORTINGS DE ALMEIDA
735	84	HUGO M R COLAÇO	M	38		01:01:36	01:00:40	INDIVIDUAL
736	659	BRUNO A SOUSA	M	20		01:01:39	01:00:53	INDIVIDUAL
737	208	RICARDO S MOURA	M	39		01:01:39	01:00:58	V DATLETAS
738	728	PAULO FERREIRA	M	42		01:01:40	01:00:37	WL84
739	189	BARBARA GOMES	F	27		01:01:41	01:01:31	EQUIPA
740	1178	LUÍS LOPES	M	36		01:01:43	01:00:42	LOPES FAMILY & FRIENDS
741	312	PEDRO J SOUSA	M	37		01:01:49	01:00:48	INDIVIDUAL

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
742	658	SANDRA ALVES	F	40		01:01:49	01:01:03	INDIVIDUAL
743	29	EDMUNDO SIMOES	M	59		01:01:51	01:00:50	INDIVIDUAL
744	589	ANA SOFIA PEREIRA	F	37		01:01:55	01:01:15	GDCT IN CASA MOEDA
745	1164	VICTOR FERREIRA	M	29		01:01:57	01:01:35	JOAQUIM CHAVES SAÚDE
746	806	ANTONIO JORGE	M	61		01:01:58	01:01:21	AÇOREANA
747	807	HELENA SANTOS	F	53		01:01:59	01:01:22	AÇOREANA
748	493	ANABELA PEREIRA	F	41		01:02:01	01:01:49	AMIGOS DA FLOR
749	1180	MIGUEL VASCONCELOS	M	45		01:02:08	01:01:09	LOPES FAMILY & FRIENDS
750	1054	RUTE OLIVEIRA	F	45		01:02:10	01:01:28	FAST FURIOUS RT
751	1192	SARA CARVALHA	F	41		01:02:10	01:01:10	LOPES FAMILY & FRIENDS
752	527	JOANA MORIM	F	33		01:02:15	01:01:52	C COLAB AXA
753	580	MIGUEL FRAGA	M	45		01:02:16	01:01:33	GDCT IN CASA MOEDA
754	599	DELMAR MARTINS	M	59		01:02:16	01:01:09	BANRISUL RUNNERS
755	1170	CLÁUDIO MILHEIRO	M	39		01:02:17	01:01:20	INDIVIDUAL
756	545	PAULO LEITE	M	38		01:02:19	01:02:14	R-TEAM
757	1092	SONIA QUINTINO	F	38		01:02:26	01:01:17	SS MONTEPIO GERAL
758	1183	HENRIQUE MARQUES	M	31		01:02:27	01:01:55	DUPLA DO AÇO
759	1182	JOANA CAMBAS	F	32		01:02:28	01:01:59	DUPLA DO AÇO
760	565	JOSE NASCIMENTO	M	51		01:02:31	01:01:44	INDIVIDUAL
761	133	IVO PEREIRA	M	36		01:02:32	01:01:57	URBAN TRAIL SAMORA CORREIA
762	1204	Mª LURDES ANTÓNIO	F	46		01:02:34	01:02:18	LINK
763	1205	RAFAEL LOPES	M	18		01:02:34	01:02:17	LINK
764	951	ANA NUNES	F	32		01:02:35	01:01:36	EQUIPA
765	950	TIAGO ANTUNES	M	34		01:02:35	01:01:36	EQUIPA
766	65	AFONSO CARVALHO	M	49		01:02:37	01:02:37	INDIVIDUAL
767	678	CATARINA MARTINS	F	30		01:02:44	01:01:54	PATCHINS
768	1248	LILIANA LOURO	F	40		01:02:47	01:01:47	LOPES FAMILY & FRIENDS
769	1247	ALIPIO COSTA	M	53		01:02:47	01:01:47	LOPES FAMILY & FRIENDS
770	358	SUSANA ROCHA	F	39		01:02:49	01:02:29	C MILLENNIUM BCP
771	12	EDUARDO AMORIM	M	44		01:02:50	01:01:46	INDIVIDUAL
772	488	VILANI ARAUJO	F	43		01:02:51	01:01:31	PINGUIM
773	297	GISLAINE COSTA	F	37		01:02:59	01:02:51	FILHOS05
774	469	JOSE GONÇALVES	M	51		01:03:00	01:02:39	FALCOES SELVAGENS
775	470	CAROLINA GONÇALVES	F	24		01:03:00	01:02:41	FALCOES SELVAGENS
776	249	NUNO GONÇALVES	M	63		01:03:01	01:02:57	INDIVIDUAL
777	47	ANTÓNIO RIBEIRO	M	51		01:03:05	01:02:53	SPORTING SEMPRE
778	45	JOAQUIM BENTES	M	65		01:03:05	01:02:53	SPORTING SEMPRE
779	1143	NUNO CANTO	M	40		01:03:06	01:02:36	INDIVIDUAL
780	883	RICARDO SEPULVEDA	M	37		01:03:06	01:02:39	COININHA RUNNERS

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
781	293	PAULA SILVA	F	39		01:03:06	01:01:57	INDIVIDUAL
782	822	CARLOS AZEVEDO	M	48		01:03:16	01:03:05	SS MONTEPIO GERAL
783	479	TERESA MORENO	F	50		01:03:17	01:03:13	INDIVIDUAL
784	392	TIAGO VEIGA	M	32		01:03:25	01:02:19	GD SANTANDER TOTTA
785	1234	RUI HEITOR	M	37		01:03:27	01:03:02	INDIVIDUAL
786	32	PAULA L S CAFÉ	F	42		01:03:28	01:02:41	INDIVIDUAL
787	1066	CLAUDIA FREIXO	M	30		01:03:28	01:02:28	INDIVIDUAL
788	1065	CLAUDIA FREIXO	F	34		01:03:28	01:02:28	INDIVIDUAL
789	813	FAUSTO ISAAC	M	46		01:03:29	01:02:43	AÇOREANA
790	371	CARLOS TOME	M	64		01:03:29	01:03:07	C MILLENNIUM BCP
791	802	CLAUDIA TAM	F	34		01:03:29	01:02:41	AÇOREANA
792	1184	PAULO ROXO	M	40		01:03:32	01:02:36	INDIVIDUAL
793	780	DAVID SALGUEIRO	M	32		01:03:34	01:02:29	INDIVIDUAL
794	879	CLÁUDIA COELHO	F	19		01:03:35	01:03:07	INDIVIDUAL
795	608	PAULA LEITÃO	F	36		01:03:36	01:03:11	FC ESTRELAS LISBOA
796	590	JOSÉ BANDEIRA	M	57		01:03:40	01:02:25	GDCT IN CASA MOEDA
797	1077	LUIS FARINHA	M	47		01:03:41	01:03:01	SS MONTEPIO GERAL
798	609	RODRIGO OLIVEIRA	M	37		01:03:41	01:03:15	FC ESTRELAS LISBOA
799	1061	MARISA GONÇALVES	F	39		01:03:42	01:03:11	OS GALGOS
800	610	NUNO LOPES	M	41		01:03:42	01:03:17	FC ESTRELAS LISBOA
801	163	RITA RAMOS	F	37		01:03:45	01:03:15	INDIVIDUAL
802	399	RITA RAMOS	F	36		01:03:50	01:03:23	GD SANTANDER TOTTA
803	600	RUI MELÃO	M	51		01:03:57	01:03:02	INDIVIDUAL
804	762	ANTÓNIO PEREIRA	M	74		01:04:07	01:03:20	GDC BANCO PORTUGAL
805	666	JOSÉ A BARREIROS	M	45		01:04:08	01:03:07	INDIVIDUAL
806	402	FABIO DIAS	M	44		01:04:09	01:03:35	GD SANTANDER TOTTA
807	554	CARLOS RENATO	M	55		01:04:10	01:03:36	TARTARUGAS SOLIDÁRIAS
808	1148	RUI CARVALHO	M	51		01:04:10	01:03:35	INDIVIDUAL
809	860	MIGUEL ANGELO	M	40		01:04:11	01:03:25	SS CGD
810	1243	ISILDA BARRADAS	F	65		01:04:16	01:04:16	ABC CAMPOLIDE
811	842	ANA CALINAS	F	43		01:04:17	01:03:09	SS CGD
812	417	HELDER LOPES	M	46		01:04:20	01:03:52	GD SANTANDER TOTTA
813	422	VITOR TEIXEIRA	M	62		01:04:20	01:03:25	GD SANTANDER TOTTA
814	686	ISABEL BUÉ	F	34		01:04:24	01:04:13	BUÉ DA SERRAS
815	868	RUI OLIVEIRA	M	49		01:04:31	01:04:25	SS CGD
816	913	JOAQUIM SIMÃO	M	53		01:04:38	01:04:26	ODEBRECHT PORTUGAL
817	506	Mª JOÃO REBELO	F	34		01:04:38	01:03:45	ZIPALHO TEAM
818	507	TIAGO REIS	M	33		01:04:38	01:03:44	ZIPALHO TEAM
819	612	NATALIA BEJA	F	40		01:04:40	01:04:05	INDIVIDUAL

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
820	1146	FRÉDÉRIC VIDAL	M	44		01:04:41	01:03:36	INDIVIDUAL
821	132	EBERHARD A WILHELM	M	67		01:04:41	01:04:03	4 AO KM
822	947	TELMA MOREIRA	F	29		01:04:42	01:03:50	INDIVIDUAL
823	111	Mª MANUELA N GUERREIRO	F	48		01:04:44	01:03:51	INDIVIDUAL
824	639	SUSANA ARANTES	F	43		01:04:44	01:03:58	INDIVIDUAL
825	480	HUGO VIEIRA	M	38		01:04:44	01:03:30	INDIVIDUAL
826	1028	ANA LOBO MESQUITA	F	31		01:04:45	01:04:45	INDIVIDUAL
827	232	HENRIQUE LEITE	M	38		01:04:45	01:03:59	3DELTA
828	675	LÍDIA MASSANO	F	43		01:04:49	01:03:58	INDIVIDUAL
829	677	JOÃO MASSANO	M	45		01:04:50	01:03:58	INDIVIDUAL
830	720	ANTÓNIO LOPES	M	54		01:04:50	01:03:58	INDIVIDUAL
831	1221	PAULA SOARES	F	47		01:04:52	01:04:35	INDIVIDUAL
832	1032	MARIA FERREIRA	F	58		01:04:55	01:04:44	INDIVIDUAL
833	274	PAULA ALVES	F	45		01:04:58	01:04:52	INDIVIDUAL
834	708	MARIA QUITÉRIA	F	42		01:04:58	01:04:23	ALGYMNS
835	141	PEDRO ROMÃO	M	30		01:04:59	01:04:59	INDIVIDUAL
836	1222	TERESA TUPHOLME	F	44		01:05:00	01:04:43	INDIVIDUAL
837	846	CATARINA MARTINS	F	43		01:05:00	01:04:23	SS CGD
838	372	LEONEL FERREIRINHA	M	67		01:05:00	01:04:50	C MILLENNIUM BCP
839	1145	GUYA ACCORNERO	F	39		01:05:02	01:03:57	INDIVIDUAL
840	642	SAMUEL TEIXEIRA	M	31		01:05:08	01:04:02	INDIVIDUAL
841	643	MONICA SANTOS	F	31		01:05:09	01:04:04	INDIVIDUAL
842	569	JOÃO VEIGA	M	66		01:05:14	01:05:08	INDIVIDUAL
843	577	ANTONIO NASCIMENTO	M	75		01:05:14	01:04:33	GDCT IN CASA MOEDA
844	269	HENRIQUE VILHENA	M	59		01:05:16	01:04:10	INDIVIDUAL
845	463	PEDRO RIBEIRO	M	36		01:05:17	01:04:28	INDIVIDUAL
846	394	PEDRO DIAS	M	44		01:05:19	01:04:47	GD SANTANDER TOTTA
847	75	ALEXANDRE SOUSA	M	28		01:05:20	01:04:32	INDIVIDUAL
848	535	VANDA SEQUEIRA	F	43		01:05:21	01:04:56	C COLAB AXA
849	524	CATARINA M FIGUEIRA	F	37		01:05:22	01:04:58	C COLAB AXA
850	1035	JOANA CEITIL	F	39		01:05:24	01:04:56	WEVENTUAL
851	1036	NUNO CARRANCHO	M	42		01:05:24	01:04:55	WEVENTUAL
852	482	Mª JOÃO F SIMÕES	F	47		01:05:26	01:05:09	INDIVIDUAL
853	939	ROSÁRIO MATOS	F	48		01:05:35	01:05:01	CLUBE ANACOM
854	940	SÉRGIO ANTUNES	M	48		01:05:35	01:05:00	CLUBE ANACOM
855	748	JOAQUIM SANTOS	M	64		01:05:37	01:04:51	INDIVIDUAL
856	347	ANTONIO SOUSA	M	69		01:05:38	01:04:31	C MILLENNIUM BCP
857	578	JOSÉ ABREU	M	67		01:05:38	01:04:58	GDCT IN CASA MOEDA
858	210	RUI M P PINTO	M	51		01:05:38	01:04:38	V DATLETAS

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
859	412	SHEILA CANTIGA	F	39		01:05:42	01:05:19	GD SANTANDER TOTTA
860	503	Mª HELENA ANDRADE	F	54		01:05:45	01:04:39	INDIVIDUAL
861	341	ALEXANDRA ANICETO	F	40		01:05:49	01:05:09	C MILLENNIUM BCP
862	461	CATARINA NOVAIS	F	37		01:05:51	01:05:44	INDIVIDUAL
863	576	ANTONIO GASPAR	M	72		01:05:57	01:05:16	GDCT IN CASA MOEDA
864	390	MARIO R COSTA	M	39		01:06:06	01:05:48	GD SANTANDER TOTTA
865	298	VITOR FIGUEIRAV	M	62		01:06:13	01:06:09	INDIVIDUAL
866	1233	FILIPE PAULO	M	36		01:06:17	01:05:54	INDIVIDUAL
867	626	MARINA GRAÇA	F	40		01:06:19	01:05:44	INDIVIDUAL
868	456	PAULA RODRIGUES	F	35		01:06:20	01:05:30	INDIVIDUAL
869	1068	ANA P SARAMAGO	F	40		01:06:21	01:05:45	SS MONTEPIO GERAL
870	1084	RICARDO DIAS	M	42		01:06:21	01:05:45	SS MONTEPIO GERAL
871	825	ROSARIO R MARTINS	F	37		01:06:23	01:06:07	INDIVIDUAL
872	1162	RODRIGO LEAL	M	19		01:06:27	01:06:06	JOAQUIM CHAVES SAÚDE
873	914	LUIS SANTOS	M	59		01:06:30	01:06:30	ODEBRECHT PORTUGAL
874	892	INÊS CARVALHO	F	38		01:06:32	01:06:08	INDIVIDUAL
875	1139	JOÃO MENDES	M	44		01:06:36	01:05:31	INDIVIDUAL
876	16	MARTA FILIPE	F	36		01:06:37	01:06:03	INDIVIDUAL
877	751	OLIVIA SOARES	F	44		01:06:45	01:06:11	NÉVAGUIVAP
878	548	ANA LOURENÇO	F	47		01:06:48	01:06:28	INDIVIDUAL
879	217	ISMAEL TEIXEIRA	M	41		01:06:52	01:06:10	INDIVIDUAL
880	303	JOSÉ DIAS	M	41		01:06:53	01:06:10	INDIVIDUAL
881	706	ARTUR DINIS	M	58		01:06:54	01:06:25	ALGYMNS
882	1196	ROSA SILVA	F	29		01:06:56	01:06:23	AC SALVATERRA
883	285	TERESA MARTINS	F	56		01:06:57	01:06:37	INDIVIDUAL
884	925	MARCELO CARDOSO	M	46		01:07:07	01:07:04	GDCT UNICRE
885	22	ANA ALMEIDA	F	38		01:07:07	01:06:27	SPORTINGS DE ALMEIDA
886	924	PAULO FRANÇA	M	53		01:07:07	01:06:29	GDCT UNICRE
887	409	PEDRO GRAÇA	M	36		01:07:09	01:06:42	GD SANTANDER TOTTA
888	937	FERNANDO VARELA	M	41		01:07:12	01:06:36	CLUBE ANACOM
889	893	JOÃO CARVALHO	M	47		01:07:12	01:06:49	INDIVIDUAL
890	936	ISAAC CARRÊLO	M	55		01:07:12	01:06:37	CLUBE ANACOM
891	1179	N N	F	50		01:07:19	01:06:19	LOPES FAMILY & FRIENDS
892	268	ISABEL ANJOS	F	59		01:07:23	01:06:51	GYM2010
893	641	ALBERTO CANO	M	62		01:07:23	01:06:50	CAA BELÉM
894	971	SÉRGIO TAVARES	M	33		01:07:32	01:06:51	CCD CA MÚTUO
895	1252	MARTA R GOMES	F	25		01:07:33	01:06:35	MLGTSPORTS
896	932	JOSÉ L T ALMEIDA	M	56		01:07:35	01:06:42	TELLES
897	916	LUISA ALVES	F	35		01:07:41	01:07:09	ODEBRECHT PORTUGAL

# CORRIDA DA ARVORE 2016 - 14/02/2016

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
898	681	MIGUEL JORGE	M	32		01:07:43	01:06:52	PATCHINS
899	683	GONALO VIEIRA	M	32		01:07:44	01:06:53	PATCHINS
900	407	LUIS SILVA	M	73		01:07:45	01:07:32	GD SANTANDER TOTTA
901	188	JOANA GOMES	F	24		01:07:51	01:07:42	EQUIPA
902	1031	HUGO FERREIRA	M	37		01:07:52	01:06:51	INDIVIDUAL
903	744	SÉRGIO HIPÓLITO	M	43		01:07:52	01:07:05	INDIVIDUAL
904	240	NUNO FRAGOSO	M	39		01:07:56	01:06:52	INDIVIDUAL
905	595	TIAGO A FERREIRA	M	28		01:07:57	01:07:01	EQUIPA
906	912	ANTÓNIO ALVES	M	59		01:07:57	01:07:45	ODEBRECHT PORTUGAL
907	826	SILVIA CASTRO	F	36		01:08:06	01:07:49	INDIVIDUAL
908	1242	REGINA SOARES	F	44		01:08:08	01:07:40	ABC CAMPOLIDE
909	1250	ANA R ANDRADE	F	39		01:08:09	01:07:01	MLGTSPORTS
910	63	DUARTE COSTA	M	32		01:08:20	01:07:26	INDIVIDUAL
911	315	FERNANDO FERREIRA	M	69		01:08:21	01:08:21	C MILLENNIUM BCP
912	1034	JOANA AGUIAR	F	40		01:08:26	01:07:57	WEVENTUAL
913	1241	MARIA AGUIAR	F	44		01:08:29	01:08:00	ABC CAMPOLIDE
914	360	LUIS MENDES	M	59		01:08:30	01:07:33	C MILLENNIUM BCP
915	416	HERLANDER BRAZ	M	56		01:08:34	01:08:31	GD SANTANDER TOTTA
916	263	JOSÉ SCARPA	M	44		01:08:56	01:08:07	INDIVIDUAL
917	185	ROBERTO BETTENCOURT	M	40		01:09:01	01:08:53	INDIVIDUAL
918	186	ANA GODINHO	F	45		01:09:01	01:08:53	INDIVIDUAL
919	838	SANDRA ROMANO	F	35		01:09:05	01:08:39	GARMIN/ CO OEIRAS
920	999	DANIELA CARVALHO	F	38		01:09:05	01:08:26	UDRS GUERREIRO DO RIO
921	839	TERESA SEPULVEDA	F	35		01:09:08	01:08:43	GARMIN/ CO OEIRAS
922	167	RUI CUNHA	M	31		01:09:08	01:08:43	SARA E RUI
923	166	SARA SILVA	F	30		01:09:09	01:08:43	SARA E RUI
924	499	LUÍS MURCHO	M	27		01:09:09	01:08:44	INDIVIDUAL
925	403	JOSE RIBEIRO	M	71		01:09:09	01:08:52	GD SANTANDER TOTTA
926	484	JOSE L S CORREIA	M	56		01:09:09	01:08:43	INDIVIDUAL
927	740	CARINA PANOIAS	F	27		01:09:10	01:09:06	INDIVIDUAL
928	1122	DAVID SANGLAS	M	46		01:09:10	01:08:44	SANGLAS
929	498	MARGARIDA CORREIA	F	28		01:09:10	01:08:45	INDIVIDUAL
930	665	ISMAR M T C FERREIRA	M	55		01:09:14	01:08:28	INDIVIDUAL
931	1015	ANA CATARINA	F	21		01:09:19	01:08:21	INDIVIDUAL
932	969	RUI MELO	M	44		01:09:23	01:08:42	CCD CA MÚTUO
933	1017	FILIPA LEITÃO	F	41		01:09:27	01:08:28	INDIVIDUAL
934	43	EDMUNDO B CARDEIRA	M	68		01:09:29	01:08:25	LEÕES DE BARCARENA
935	972	VICTOR LOBO	M	44		01:09:30	01:08:49	CCD CA MÚTUO
936	872	VIRGINIA DELGADO	F	42		01:09:38	01:09:00	SS CGD



# CORRIDA DA ARVORE 2016 - 14/02/2016

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
937	1130	RITA PEDROSO	F	29		01:09:41	01:09:09	DÁ-ME O 35
938	288	EVA CARVALHO	F	29		01:09:43	01:08:51	INDIVIDUAL
939	289	JOÃO CARVALHO	M	36		01:09:44	01:08:50	INDIVIDUAL
940	778	SARA FÉLIX	F	26		01:09:45	01:09:00	EQUIPA CRUZEIRO
941	1193	N N	M	65		01:09:48	01:08:48	LOPES FAMILY & FRIENDS
942	542	CARLOS M O GUERREIRO	M	57		01:10:07	01:09:20	INDIVIDUAL
943	78	SOFIA MINCHIN	F	37		01:10:18	01:09:27	RATOLA TEAM
944	364	ALDA VINAGRE	F	42		01:10:20	01:09:57	C MILLENNIUM BCP
945	295	ANA ALPALHÃO	F	42		01:10:20	01:09:29	ALPALHÃO
946	338	VASCO OURELO	M	40		01:10:20	01:09:57	C MILLENNIUM BCP
947	342	VASCO ANICETO	M	39		01:10:23	01:09:42	C MILLENNIUM BCP
948	603	GLÓRIA M N SILVA	F	50		01:10:32	01:09:29	INDIVIDUAL
949	1016	ANA MAFALDA	F	45		01:10:35	01:09:37	INDIVIDUAL
950	1014	JORGE COUTO	M	46		01:10:35	01:09:37	INDIVIDUAL
951	604	ANA CARREIRA	F	37		01:10:41	01:10:10	INDIVIDUAL
952	375	JOSE O	M	56		01:10:44	01:10:44	C MILLENNIUM BCP
953	343	BERNARDO PARAIBA	M	61		01:10:44	01:10:28	C MILLENNIUM BCP
954	907	ANTÓNIO INGLÊS	M	57		01:11:04	01:10:11	GA MONSANTO GASCAN
955	1119	GONÇALO ALVES	M	23		01:11:04	01:10:11	INDIVIDUAL
956	155	MAYER RAPOSO	M	68		01:11:21	01:10:40	AA LEBRES SADO
957	247	NUNO MILHEIRO	M	38		01:11:21	01:10:42	RE LIVE YOUR LIFE
958	287	ANA S GUERRA	F	33		01:11:22	01:10:44	RE LIVE YOUR LIFE
959	191	Mª JOSÉ TEIXEIRA	F	45		01:11:23	01:11:04	INDIVIDUAL
960	983	JOSÉ GALVEIA	M	63		01:11:27	01:10:29	AA LEBRES SADO
961	1201	PAULO CORREIA	M	49		01:11:40	01:10:38	SS CGD
962	200	ANA FERREIRA	F	45		01:11:50	01:11:40	INDIVIDUAL
963	710	EMA VASCONCELOS	F	37		01:11:50	01:10:36	MADRUGADORAS AVENIDAS NOVAS
964	709	CATARINA ROSEIRA	F	38		01:11:51	01:10:38	MADRUGADORAS AVENIDAS NOVAS
965	1042	JOÃO RIBEIRO	M	51		01:11:52	01:11:42	CCD TRANQUILIDADE
966	817	CARLA NEVES	F	32		01:11:55	01:11:06	INDIVIDUAL
967	1126	DORA FERNANDES	F	40		01:11:58	01:11:29	INDIVIDUAL
968	630	ANABELA G MARQUES	F	44		01:12:00	01:11:30	INDIVIDUAL
969	558	NUNO M S OLIVEIRA	M	39		01:12:00	01:11:10	INDIVIDUAL
970	640	SÓNIA I G ROMÃO	F	37		01:12:06	01:11:58	INDIVIDUAL
971	451	ANA MIRANDA	F	43		01:12:12	01:11:29	INDIVIDUAL
972	267	MARTA SIMÃO	F	39		01:12:12	01:11:39	GYM2010
973	547	SIHEM FARJALLAH	F	36		01:12:23	01:12:17	R-TEAM
974	350	ANTONIO ALMEIDA	M	49		01:12:42	01:12:00	C MILLENNIUM BCP
975	331	ANDREIA COSTA	F	43		01:12:42	01:11:58	C MILLENNIUM BCP

**CORRIDA DA ARVORE 2016 - 14/02/2016**

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
976	15	JOHNNY THOMASSEN	M	55		01:12:45	01:11:52	INDIVIDUAL
977	414	LUIS COITO	M	45		01:12:58	01:12:58	GD SANTANDER TOTTA
978	662	JOSÉ DA SILVA	M	57		01:13:18	01:12:51	Lost Runners
979	1264	BEATRIZ C GIL	F	23		01:13:18	01:12:09	MLGTSPORTS
980	811	MA FEE HUNG	F	65		01:13:25	01:12:48	AÇOREANA
981	757	JORGE RALO	M	54		01:13:29	01:12:53	NÉVAGUIVAP
982	909	ANDRÉ MONTEIRO	M	25		01:13:33	01:12:05	INDIVIDUAL
983	324	JOSE REBELO	M	49		01:13:53	01:13:11	C MILLENNIUM BCP
984	695	RITA DE ANDRADE	F	27		01:13:56	01:13:18	EDP RUNNERS
985	1041	ANTÓNIO SILVA	M	44		01:13:59	01:12:32	CCD TRANQUILIDADE
986	434	CARLOS TOMAZ	M	41		01:14:13	01:13:36	ECOLÓGICOS
987	1161	JOÃO COLAÇO	M	45		01:14:14	01:13:51	JOAQUIM CHAVES SAÚDE
988	38	SARA DE SOUSA	F	37		01:14:16	01:14:12	TARTARUGAS SOLIDARIAS
989	505	MARÍLIA FREIRE	F	22		01:14:20	01:13:58	OS LOBOS
990	389	SANDRA CUNHA	F	41		01:14:32	01:13:26	GD SANTANDER TOTTA
991	1057	MARTA PINTO	F	27		01:14:48	01:14:20	INDIVIDUAL
992	586	VITOR CARDOSO	M	38		01:14:58	01:14:16	GDCT IN CASA MOEDA
993	1138	SANDRA MOREIRA	F	32		01:15:02	01:14:31	BORA LÁ
994	1137	JOANA FONSECA	F	32		01:15:03	01:14:33	BORA LÁ
995	1236	Mª PEDRO S M RODRIGUES	F	30		01:15:13	01:14:39	TOYOTA
996	749	ACÁCIO PEREIRA	M	54		01:15:17	01:14:30	INDIVIDUAL
997	1251	ILIDIO MONTEIRO	M	66		01:15:51	01:14:41	BE SMART
998	1219	MARGARIDA TEIXEIRA	F	36		01:15:52	01:14:50	INDIVIDUAL
999	980	MARLENE FREITAS	F	30		01:16:03	01:15:46	INDIVIDUAL
1000	979	RUI NEVES	M	27		01:16:03	01:15:47	INDIVIDUAL
1001	46	RITA BENTES	F	27		01:16:03	01:15:47	SPORTING SEMPRE
1002	987	DANIELA FERREIRA	F	29		01:16:03	01:15:46	INDIVIDUAL
1003	968	MIGUEL VINAGRE	M	40		01:16:09	01:15:28	CCD CA MÚTUO
1004	619	JOAO GRAÇA	M	76		01:16:16	01:15:04	ND AUTOCOOPE
1005	680	OLGA LAGOA	F	30		01:16:16	01:15:25	PATCHINS
1006	682	SOFIA GAMEIRO	F	30		01:16:17	01:15:27	PATCHINS
1007	367	TIAGO MENDES	M	42		01:16:27	01:15:33	C MILLENNIUM BCP
1008	320	ANA GONÇALVES	F	40		01:16:36	01:15:42	C MILLENNIUM BCP
1009	386	CARLOS CONCEIÇÃO	M	53		01:16:54	01:15:51	C MILLENNIUM BCP
1010	750	JOANA CARIA	F	35		01:17:12	01:16:37	NÉVAGUIVAP
1011	1111	GUALDINO FREIRE	M	70		01:17:25	01:17:00	CCDT METRO LX
1012	70	MARTA ALVES	F	33		01:17:28	01:16:33	INDIVIDUAL
1013	408	MARIA PATRICIO	F	67		01:18:13	01:17:39	GD SANTANDER TOTTA
1014	67	RITA CORDAS	F	34		01:18:26	01:17:31	INDIVIDUAL

# CORRIDA DA ARVORE 2016 - 14/02/2016

## Relatório Masculino e Feminino Geral

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1015	1125	JOAQUIM CARDOSO	M	43		01:18:46	01:18:08	INDIVIDUAL
1016	657	CARLOS GARCIA	M	33		01:18:51	01:18:30	INDIVIDUAL
1017	716	BENTO A A FERREIRA	M	69		01:18:55	01:17:48	INDIVIDUAL
1018	25	MARIO PIRES	M	56		01:19:05	01:17:49	INDIVIDUAL
1019	1152	ANA ISABEL BATISTA	F	27		01:19:28	01:19:11	ChicasLaricas
1020	1140	ALBINO MAIA	M	37		01:19:32	01:18:52	INDIVIDUAL
1021	103	Mª CARMO ANJOS	F	69		01:21:16	01:20:57	CONDOR
1022	1298	RITA CRUZ	F	50		01:21:18	01:21:18	INDIVIDUAL
1023	1121	JOANA VILLAS BOAS	F	43		01:21:18	01:21:18	MAGIS RUNNERS TEAM
1024	694	JOANA SOARES	F	26		01:22:27	01:21:49	EDP RUNNERS
1025	878	RITA CUNHA	F	23		01:22:30	01:21:36	INDIVIDUAL
1026	755	SUSANA CANTO	F	41		01:22:59	01:22:26	NÉVAGUIVAP
1027	546	JOÉ OLIVEIRA	M	47		01:23:08	01:23:02	R-TEAM
1028	48	PEDRO SANTOS	M	41		01:23:27	01:22:33	INDIVIDUAL
1029	49	ISABEL PINTO	F	49		01:23:48	01:22:53	INDIVIDUAL
1030	33	VANESSA NEVES	F	32		01:24:36	01:23:26	INDIVIDUAL
1031	571	DIANA LONGO	F	39		01:25:17	01:24:10	INDIVIDUAL
1032	886	TIAGO FIGUEIRA	M	32		01:25:43	01:25:24	EQUIPA PPQTQ
1033	87	TERESA LACERDA	F	37		01:25:56	01:25:26	TEAM BICHAROUCO
1034	88	FRANCISCO LACERDA	M	37		01:25:56	01:25:27	TEAM BICHAROUCO
1035	429	PAUL KUENG	M	51		01:25:59	01:24:51	INDIVIDUAL
1036	712	JOSÉ GASPAR	M	53		01:26:36	01:26:31	MASSAMÁ RUN
1037	194	FM SANTO	F	46		01:27:17	01:27:17	INDIVIDUAL

**Total de registros: 1037**