

2 CORRIDA CIDADE DE ALVERCA 2016 - 22/05/2016

Relatório por Faixas Etárias

F0039

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	655	BRIGITTE CARDOSO	F	33	00:43:48	00:43:44	PORTUGAL TALENTUS
2	252	SÓNIA A F ALMEIDA	F	38	00:48:35	00:48:26	GYDARUN
3	304	CAMILA GOMES	F	34	00:49:13	00:48:46	INDIVIDUAL
4	125	SOFIA GASPAR	F	32	00:50:13	00:50:00	INDIVIDUAL
5	696	SUSANA FRAZÃO	F	34	00:50:34	00:50:15	SAMORUNNING
6	97	SARA GABRIEL	F	26	00:51:52	00:51:46	INDIVIDUAL
7	276	CATARINA FERREIRA	F	32	00:51:56	00:51:43	PORTUGAL TALENTUS
8	198	ANABELA CARVALHO	F	36	00:52:06	00:52:01	OS AMIGOS DO TEJO
9	545	JOANA RIBEIRO	F	22	00:52:13	00:51:37	INDIVIDUAL
10	473	SILVIA .	F	39	00:52:27	00:52:23	GAMEIRO & FILHOS
11	88	VERA L A M PEREIRA	F	36	00:52:37	00:52:25	C BENFICA VENDAS NOVAS
12	642	CATARINA COUTO	F	33	00:52:59	00:52:11	OS PERIGOSOS
13	359	HELENA PINTO	F	38	00:53:02	00:52:57	ALVERCA URBAN RUNNERS
14	684	VANDA MONTEIRO	F	37	00:53:23	00:53:18	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
15	573	SOFIA LÚCIO	F	32	00:53:55	00:53:50	INDIVIDUAL
16	240	SARA VIDAL	F	28	00:53:59	00:53:41	INDIVIDUAL
17	241	MÁRCIA SANTOS	F	33	00:53:59	00:53:40	INDIVIDUAL
18	38	MARTA MESSIAS	F	26	00:54:02	00:53:58	ALVERCA URBAN RUNNERS
19	307	ANA SANTOS	F	39	00:54:35	00:54:09	INDIVIDUAL
20	423	LUISA MOURÃO	F	36	00:54:51	00:54:19	CCD CRÉDITO AGRÍCOLA MÚTUO
21	561	FILIPA FERRO	F	38	00:55:02	00:54:47	INDIVIDUAL
22	539	CHEILA F DIAS	F	28	00:55:11	00:55:05	INDIVIDUAL
23	458	RITA AFONSO	F	30	00:55:20	00:55:06	CORRER LISBOA
24	616	ANA GONÇALVES	F	35	00:55:34	00:55:23	MALVA GIRAS
25	167	FILIPA DAVID	F	26	00:56:12	00:55:43	HAPPY FEET
26	370	RITA FIGUEIREDO	F	31	00:56:25	00:56:19	ALVERCA URBAN RUNNERS
27	488	PATRICIA L MARQUES	F	35	00:57:05	00:56:40	INDIVIDUAL
28	274	CLÁUDIA A V ALVES	F	20	00:57:11	00:56:30	INDIVIDUAL
29	493	CLAUDIA CRUZ	F	27	00:57:17	00:56:47	INDIVIDUAL
30	1	CRISTINA ROCHA	F	34	00:57:18	00:56:42	INDIVIDUAL
31	132	Mª CIDÁLIA RIBEIRO	F	37	00:57:32	00:57:32	INDIVIDUAL
32	672	TÂNIA C OLIVEIRA	F	34	00:57:37	00:57:29	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
33	692	ANA S ROSA	F	36	00:57:37	00:57:29	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
34	322	PAULA LEITÃO	F	37	00:58:27	00:57:54	FC ESTRELAS LISBOA
35	459	CARLA P FERNANDES	F	39	00:58:57	00:58:23	CORRER LISBOA
36	219	LARA C VALENTE	F	34	00:59:50	00:59:45	INDIVIDUAL
37	261	JOANA MOURA	F	25	01:01:08	01:00:46	INDIVIDUAL
38	343	SOFIA MARTINS	F	30	01:02:02	01:01:38	AB CAMPOLIDE
39	342	CARINA MARTINS	F	27	01:02:23	01:02:00	AB CAMPOLIDE

2 CORRIDA CIDADE DE ALVERCA 2016 - 22/05/2016

Relatório por Faixas Etárias

F0039

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
40	1306	ANA S ROMAO	F	29	01:02:28	01:02:28	STILL FIT
41	374	CLÁUDIA ESTEVES	F	35	01:03:27	01:03:22	ALVERCA URBAN RUNNERS
42	664	DANIELA SANTOS	F	25	01:04:54	01:04:40	PORTUGAL TALENTUS
43	605	JOANA VITORINO	F	18	01:04:58	01:04:22	INDIVIDUAL
44	602	CARINA BRIZIDA	F	36	01:05:13	01:04:34	INDIVIDUAL
45	474	SANDRA VIDAL	F	36	01:05:55	01:05:36	GAMEIRO & FILHOS
46	1349	ANDREIA MARQUES	F	38	01:05:55	01:05:36	INDIVIDUAL
47	117	CATARINA CIPRIANO	F	32	01:06:06	01:05:22	INDIVIDUAL
48	70	ANA MARQUES	F	31	01:06:08	01:05:25	INDIVIDUAL
49	302	SUSANA BORGA	F	36	01:06:27	01:06:03	GO!RUNNERS
50	560	INÊS MARQUES	F	32	01:06:44	01:06:13	INDIVIDUAL
51	33	CAROLINA B LATAS	F	30	01:07:10	01:06:31	INDIVIDUAL
52	383	SUSANA P NUNES	F	36	01:07:11	01:07:02	ALVERCA URBAN RUNNERS
53	516	CAROLINE BAKEROOT	F	37	01:07:12	01:06:58	INDIVIDUAL
54	607	INES BRANCO	F	39	01:08:12	01:07:56	INDIVIDUAL
55	269	RITA ABREU	F	26	01:09:18	01:08:45	C COLAB AXA
56	119	MARA A GÓIS	F	25	01:09:28	01:08:56	GAREHOTELRUNNING
57	220	SANDRA MARTINS	F	39	01:09:51	01:09:33	EQUIPA OMAS
58	282	DORA PINHEIRO	F	34	01:11:35	01:11:15	SUKKI TEAM
59	105	MARCIA REIS	F	25	01:11:50	01:11:28	INDIVIDUAL
60	402	ANA PEREIRA	F	27	01:13:09	01:13:00	AS FANTASTICAS
61	1326	DELIA PEREIRA	F	37	01:13:25	01:13:06	URBAN TRAIL SAMORA CORREIA
62	377	RITA I C MERENDA	F	37	01:13:26	01:13:15	ALVERCA URBAN RUNNERS
63	569	FILIPA PEREIRA	F	35	01:14:10	01:13:47	INDIVIDUAL
64	567	ALEXANDRA M A RODRIGUES	F	37	01:14:10	01:13:47	INDIVIDUAL
65	555	SANDRA DINIS	F	39	01:14:29	01:13:54	INDIVIDUAL
66	285	JOANA COSTA	F	25	01:15:09	01:14:25	INDIVIDUAL
67	17	AUGUSTA CARDOSO	F	39	01:15:51	01:15:30	CUCAS RUNNERS
68	498	LILIA I GUISSATO	F	32	01:17:26	01:16:50	INDIVIDUAL
69	278	MARTA CUSTÓDIO	F	34	01:17:31	01:17:11	INDIVIDUAL
70	357	SARA F DUARTE	F	21	01:18:10	01:17:37	ALVERCA URBAN RUNNERS
71	620	SARA BARATA	F	39	01:18:11	01:18:01	MALVA GIRAS
72	246	IRINA PONCIANO	F	30	01:18:16	01:17:44	GAREHOTELRUNNING
73	621	SONIA BARATA	F	35	01:18:24	01:18:12	MALVA GIRAS
74	385	CARLA B PIRES	F	35	01:21:31	01:21:20	ALVERCA URBAN RUNNERS
75	364	EDITE SANTOS	F	37	01:21:31	01:21:22	ALVERCA URBAN RUNNERS

F4044

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	612	ANA C FRUTUOSO	F	42	00:49:06	00:48:57	LAGOAS HC
2	651	MARTA ANDRADE	F	41	00:50:21	00:49:47	PORTUGAL TALENTUS

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Relatório por Faixas Etárias

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Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
3	626	ISABEL FERNANDES	F	41	00:51:48	00:51:25	MONTEIRO TEAM
4	481	MARIA CORREIA	F	43	00:52:45	00:52:37	GYDARUN
5	63	SANDRA SILVA	F	44	00:53:21	00:52:54	INDIVIDUAL
6	93	CARLA LOPES	F	43	00:54:29	00:54:13	GD INE
7	107	CARLA SILVA	F	43	00:55:19	00:55:11	GYDARUN
8	470	SARA .	F	40	00:55:29	00:55:06	GAMEIRO & FILHOS
9	549	PAULA ÁLVARO	F	42	00:55:46	00:55:09	INDIVIDUAL
10	58	SÓNIA CRUZ	F	40	00:56:11	00:55:56	CORRER LISBOA
11	565	DENISE FERNANDES	F	40	00:57:36	00:57:22	INDIVIDUAL
12	1355	ANA FRANÇA	F	43	00:59:53	00:59:29	INDIVIDUAL
13	1354	CRISTINA FELICIANO	F	44	01:00:40	01:00:03	PORTUGAL TALENTUS
14	316	SANDRA TOMÁS	F	41	01:01:10	01:00:44	INDIVIDUAL
15	268	VANDA SEQUEIRA	F	43	01:01:11	01:00:58	C COLAB AXA
16	207	Mª JOAO LOURENÇO	F	41	01:01:47	01:01:35	AS PAPOILAS
17	317	ALEXANDRA SILVA	F	42	01:02:44	01:02:01	GINJINHA RUNNERS
18	201	JAQUELINE TAVARES	F	40	01:03:39	01:03:10	GYDARUN
19	323	PAULA TANGANHO	F	40	01:03:47	01:03:31	INDIVIDUAL
20	217	OLINDA DINIS	F	40	01:04:13	01:03:56	OMAS
21	598	ROSEMARY BRANCO	F	40	01:05:14	01:04:33	INDIVIDUAL
22	682	PAULA PONTINHA	F	43	01:06:03	01:05:55	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
23	221	ANA C FRANCISCO	F	40	01:06:27	01:06:10	EQUIPA OMAS
24	619	RITA RIBEIRO	F	41	01:06:33	01:06:21	MALVA GIRAS
25	584	CARLA MARQUES	F	40	01:06:39	01:06:25	INDIVIDUAL
26	50	ALEXANDRA COSTA	F	44	01:09:23	01:09:13	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
27	547	ANA PARDAL	F	42	01:11:48	01:11:27	INDIVIDUAL
28	698	PAULA GONÇALVES	F	43	01:13:25	01:13:06	SAMORUNNING
29	293	DORA CRUZ	F	43	01:15:03	01:14:20	GINJINHA RUNNERS

F4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	431	BEATRIZ FERNANDES	F	47	00:45:46	00:45:42	CLÍNICA SANTA MADALENA
2	654	ISABEL RODRIGUES	F	45	00:50:57	00:50:23	PORTUGAL TALENTUS
3	574	FILOMENA SANTO	F	46	00:54:10	00:53:38	INDIVIDUAL
4	362	LUÍSA BARBOSA	F	45	00:55:34	00:55:14	ALVERCA URBAN RUNNERS
5	492	EVA V ROSA	F	46	00:58:08	00:57:55	INDIVIDUAL
6	66	ISABEL MARTINS	F	47	00:58:13	00:57:58	INDIVIDUAL
7	74	ANA M RICARDO	F	46	00:58:41	00:58:32	INDIVIDUAL
8	520	ELISABETE B L PINTO	F	45	00:58:57	00:58:19	INDIVIDUAL
9	73	FILOMENA COSTA	F	49	01:03:21	01:03:17	INDIVIDUAL
10	361	CRISTINA M S LINO	F	49	01:04:14	01:04:05	ALVERCA URBAN RUNNERS

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Relatório por Faixas Etárias

F4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
11	238	ANABELA BASTOS	F	49	01:04:47	01:04:14	GFD RUNNING
12	1314	ANA M MARTINS	F	46	01:07:57	01:07:41	TRIOODEMIRA
13	382	ISABEL LOPES	F	49	01:08:57	01:08:47	ALVERCA URBAN RUNNERS
14	267	ROSA M ABREU	F	46	01:09:19	01:08:46	C COLAB AXA
15	578	MADALENA PINA	F	48	01:10:07	01:09:29	INDIVIDUAL
16	43	LURDES PEREIRA	F	45	01:12:21	01:12:14	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
17	675	CARLA M L SOBREDA	F	46	01:12:21	01:12:14	RUNNERS F RIBEIRINHA PÓVOA STA IRIA

F5054

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	390	CIDÁLIA MARTINS	F	51	00:47:33	00:47:30	AMINHACORRIDA/KALENJI
2	451	VIRGINIA DUARTE	F	52	00:50:35	00:50:23	CORREDORES DO ASFALTO
3	296	ANA P MATIAS	F	51	00:58:38	00:58:26	C COLAB AXA
4	203	ADELAIDE SANTOS	F	50	01:03:40	01:03:10	GYDARUN
5	206	DORA M SANTOS	F	50	01:05:35	01:05:22	AS PAPOILAS
6	202	CATARINA FERREIRA	F	51	01:06:40	01:06:11	GYDARUN
7	1323	DÁLIA LEITE	F	53	01:06:49	01:06:40	UA POVOENSE
8	690	MARIA RODRIGUES	F	52	01:07:52	01:07:44	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
9	678	LINA GARRUCHO	F	50	01:21:17	01:20:58	RUNNERS F RIBEIRINHA PÓVOA STA IRIA

F5559

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	234	ADILIA BARBOSA	F	56	01:03:42	01:03:39	INDIVIDUAL

M0039

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	1301	HERMANO FERREIRA	M	33	00:32:45	00:32:43	SPORTING CP
2	1362	DAVID LUIS	M	20	00:34:16	00:34:14	PORTUGAL TALENTUS
3	1365	ANDRE COSTA	M	25	00:34:29	00:34:27	INDIVIDUAL
4	1366	RICARDO FERNANDES	M	24	00:34:38	00:34:36	INDIVIDUAL
5	163	MARCO CARDOSO	M	30	00:35:20	00:35:18	INDIVIDUAL
6	325	VANDERLEY SILVA	M	23	00:35:26	00:35:24	GD CHELAS
7	452	VASCO DUARTE	M	18	00:37:40	00:37:38	CORREDORES DO ASFALTO
8	275	ANTÓNIO MESQUITA	M	38	00:38:19	00:38:16	INDIVIDUAL
9	1363	JOAO FERREIRA	M	29	00:40:05	00:40:01	PORTUGAL TALENTUS
10	243	RUI M B OURO	M	38	00:40:10	00:39:42	CLUBE OGMA
11	461	MIGUEL HEITOR	M	27	00:40:12	00:40:12	CORRER LISBOA
12	460	PEDRO G CARDOSO	M	34	00:40:27	00:40:25	CORRER LISBOA
13	478	VALTER OLIVEIRA	M	38	00:40:31	00:40:28	GDCT IN CASA MOEDA
14	670	MANUEL COSTA	M	39	00:41:06	00:41:04	PSP ALVERCA
15	299	CESAR P ANDRADE	M	33	00:42:35	00:42:12	INDIVIDUAL

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Relatório por Faixas Etárias

M0039

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
16	376	LUIS PEREIRA	M	32	00:42:56	00:42:52	ALVERCA URBAN RUNNERS
17	476	NELSON PEREIRA	M	39	00:43:14	00:42:56	GAREHOTELRUNNING
18	56	FRANCISCO BORGES	M	37	00:43:19	00:43:14	ALVERCA URBAN RUNNERS
19	186	JOÃO ALVES	M	28	00:43:26	00:43:08	INDIVIDUAL
20	122	JOAO LOBO	M	29	00:43:43	00:43:34	GYDARUN
21	287	CARLOS M MARQUES	M	37	00:44:01	00:43:44	INDIVIDUAL
22	165	NUNO SILVA	M	36	00:44:02	00:43:58	CARACÓIS DE PEDRA
23	537	CARLOS VIEIRA	M	32	00:44:14	00:43:55	INDIVIDUAL
24	205	ALEXANDRE VIEGAS	M	36	00:44:19	00:44:09	INDIVIDUAL
25	625	PAULO RICARDO	M	26	00:44:20	00:44:01	MONTEIRO TEAM
26	676	LUCIANO SILVA	M	38	00:44:24	00:44:16	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
27	681	JOÃO GREGÓRIO	M	39	00:44:27	00:44:20	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
28	291	JOÃO RAMOS	M	32	00:44:34	00:44:31	BLOCK CONTROL
29	355	JOÃO TEIXEIRA	M	36	00:44:36	00:44:30	ALVERCA URBAN RUNNERS
30	101	BRUNO CARDOSO	M	37	00:44:39	00:44:25	INDIVIDUAL
31	195	OZEIAS GESSO	M	39	00:44:57	00:44:36	INDIVIDUAL
32	608	RODRIGO OLIVEIRA	M	38	00:45:00	00:44:28	INDIVIDUAL
33	465	DAVID PEREIRA	M	35	00:45:05	00:44:55	FOGO À PEÇA
34	272	RUI M C VALE	M	35	00:45:11	00:45:07	INDIVIDUAL
35	233	RICARDO PEREIRA	M	38	00:45:18	00:45:00	INDIVIDUAL
36	501	JOSE AMARO	M	39	00:45:36	00:45:36	INDIVIDUAL
37	375	RICARDO CAPELO	M	31	00:45:44	00:45:37	ALVERCA URBAN RUNNERS
38	250	CARLOS DUARTE	M	39	00:45:46	00:45:35	CD OS ÁGUIAS TRAIL/RUNNING
39	181	JOÃO TORRES	M	19	00:45:51	00:45:34	GAREHOTELRUNNING
40	347	EDUARDO COELHO	M	33	00:45:55	00:45:40	ADRC MATA BENFICA
41	557	PATRICK MAGALHÃES	M	33	00:46:08	00:45:38	INDIVIDUAL
42	1352	SERGIO DUARTE	M	33	00:46:11	00:45:54	INDIVIDUAL
43	89	FILIPPE ARCADINHO	M	36	00:46:11	00:45:58	PAIEFILHO
44	7	IVO NOGUEIRA	M	30	00:46:17	00:45:47	CAMARA L CLUBE
45	631	TIAGO LOURENÇO	M	22	00:46:22	00:46:07	NO MORE EXCUSES SOCIETY
46	592	MARCIO NETO	M	36	00:46:30	00:46:18	INDIVIDUAL
47	127	FLÁVIO AMORIM	M	27	00:46:37	00:46:28	GYDARUN
48	1309	LUIS F E VICTÓRIA	M	37	00:46:40	00:46:09	TERTULIA DO Nº6
49	524	EDUARDO MARQUES	M	30	00:46:42	00:46:35	INDIVIDUAL
50	315	RICARDO MENDES	M	27	00:46:45	00:46:33	INDIVIDUAL
51	380	LUIS M B POTRA	M	36	00:46:57	00:46:47	ALVERCA URBAN RUNNERS
52	429	JOÃO P PINTO	M	37	00:47:03	00:46:50	CLÍNICA SANTA MADALENA
53	368	JOÃO PINTO	M	34	00:47:12	00:47:07	ALVERCA URBAN RUNNERS
54	443	PEDRO FERREIRA	M	38	00:47:15	00:47:09	CLUBE ROBBIALAC
55	552	DIOGO MEDROA	M	18	00:47:21	00:47:06	INDIVIDUAL

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Relatório por Faixas Etárias

M0039

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
56	669	RICARDO TAVARES	M	34	00:47:32	00:47:20	PSP ALVERCA
57	247	MÁRIO SÁ	M	36	00:47:41	00:47:17	TREINO PERSONALIZADO COM MÁRIO SÁ
58	134	FILIPE BRANCO	M	34	00:47:41	00:47:16	GIL EANES RUNNING
59	1318	SANDRO TEIXEIRA	M	27	00:47:42	00:47:14	U JUV ALVERCA
60	333	TIAGO CORREIA	M	26	00:47:43	00:47:19	AB CAMPOLIDE
61	44	VASCO MATOS	M	39	00:47:43	00:47:22	CUCAS RUNNERS
62	298	ILISITO FERREIRA	M	32	00:47:47	00:47:29	CAD A CORRER
63	332	PEDRO MARTINS	M	23	00:47:54	00:47:31	AB CAMPOLIDE
64	401	EDUARDO PEREIRA	M	30	00:47:58	00:47:31	AS FANTASTICAS
65	6	IVAN COSTA	M	27	00:47:59	00:47:29	CAMARA L CLUBE TRIATLO
66	46	PAULO TRIGO	M	37	00:48:13	00:48:06	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
67	365	PAULO A O LOPES	M	35	00:48:13	00:48:10	ALVERCA URBAN RUNNERS
68	577	TIAGO ANTUNES	M	36	00:48:18	00:48:07	INDIVIDUAL
69	216	JOÃO L A COSTA	M	28	00:48:22	00:47:39	INDIVIDUAL
70	301	JOAO P SANTOS	M	32	00:48:25	00:48:07	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
71	27	GONÇALO GUIOMAR	M	22	00:48:29	00:48:08	CUCAS RUNNERS
72	196	LUIS F B ISIDORO	M	32	00:48:34	00:48:14	INDIVIDUAL
73	184	CARLOS FRANÇA	M	37	00:48:50	00:48:33	INDIVIDUAL
74	152	FREDERICO PACHECO	M	34	00:48:54	00:48:26	INDIVIDUAL
75	288	JOÃO FIALHO	M	37	00:49:06	00:48:36	CCD-AT
76	424	SÉRGIO TAVARES	M	33	00:49:08	00:48:37	CCD CRÉDITO AGRÍCOLA MÚTUO
77	306	NELSON GOMES	M	38	00:49:12	00:48:46	INDIVIDUAL
78	305	RENATO GOMES	M	38	00:49:13	00:48:47	INDIVIDUAL
79	199	ALBINO C P LOPES	M	36	00:49:20	00:48:57	INDIVIDUAL
80	580	PEDRO PEREIRA	M	37	00:49:21	00:49:00	INDIVIDUAL
81	242	NUNO R D SERRÃO	M	33	00:49:26	00:49:04	INDIVIDUAL
82	137	ANTONIO GONCALVES	M	31	00:49:29	00:49:13	LE CLUB RUNNERS
83	510	VITOR SANTOS	M	36	00:49:31	00:49:04	INDIVIDUAL
84	141	YANNICK PEDROSA	M	24	00:49:33	00:49:09	FORTES ISEL
85	71	CARLOS F L F CORREIA	M	30	00:49:49	00:49:43	INDIVIDUAL
86	69	PAULO J G MARQUES	M	31	00:49:53	00:49:53	INDIVIDUAL
87	543	PAULO CARDOSO	M	38	00:50:15	00:49:55	INDIVIDUAL
88	354	NUNO MOREIRA	M	34	00:50:18	00:50:14	ALVERCA URBAN RUNNERS
89	422	NUNO SIMÕES	M	38	00:50:19	00:49:49	CCD CRÉDITO AGRÍCOLA MÚTUO
90	168	PAULO TAVARES	M	38	00:50:32	00:50:03	HAPPY FEET
91	18	RUI NEVES	M	27	00:50:37	00:50:13	CUCAS RUNNERS
92	130	VITOR RAMOS	M	35	00:50:37	00:50:14	ZATOPEQUES
93	284	ANTONIO MELGAO	M	36	00:50:49	00:50:25	INDIVIDUAL
94	1302	BRUNO DIAS	M	39	00:50:49	00:50:15	SS CGD

2 CORRIDA CIDADE DE ALVERCA 2016 - 22/05/2016

Relatório por Faixas Etárias

M0039

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
95	521	JOÃO C L PINTO	M	22	00:50:56	00:50:56	INDIVIDUAL
96	139	VÁLTER BAPTISTA	M	24	00:50:59	00:50:33	FORTES ISEL
97	92	RUI REIS	M	38	00:51:02	00:50:25	INDIVIDUAL
98	490	TIAGO F SILVA	M	38	00:51:05	00:50:20	INDIVIDUAL
99	590	RICARDO LOPES	M	36	00:51:07	00:50:49	INDIVIDUAL
100	453	RUI MAIA	M	37	00:51:10	00:50:48	CORREDORES DO ASFALTO
101	412	PEDRO CARVALHO	M	31	00:51:15	00:50:58	CAD A CORRER
102	231	RUI M R PERDIGAO	M	33	00:51:40	00:51:27	INDIVIDUAL
103	666	JOAO CRUZ	M	31	00:51:41	00:51:30	PSP ALVERCA
104	170	JOÃO SIMÕES	M	29	00:51:42	00:51:12	HAPPY FEET
105	262	NUNO TAXEIRO	M	31	00:51:47	00:51:26	CORRERCORIAN
106	209	TELMO TORRES	M	33	00:52:01	00:51:37	GAREHOTELRUNNING
107	239	HUGO MOISÉS	M	34	00:52:04	00:51:30	GFD RUNNING
108	327	TIAGO RODRIGUES	M	18	00:52:12	00:51:57	A VALE SILENCIO
109	188	JORGE BORGES	M	39	00:52:14	00:51:55	INDIVIDUAL
110	1360	GUSTAVO TEIXEIRA	M	36	00:52:15	00:52:04	IL PIZZAIOLLO
111	14	IGOR BATISTA	M	31	00:52:16	00:51:33	CORREDORES DA ADEGA
112	671	SÉRGIO FERREIRA	M	39	00:52:16	00:52:04	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
113	384	DAVID SARAIVA	M	33	00:52:19	00:52:10	ALVERCA URBAN RUNNERS
114	227	LUIS M B POTRA	M	36	00:52:21	00:52:12	ALVERCA URBAN RUNNERS
115	352	ALEXANDRE SILVA	M	16	00:52:21	00:52:15	ALVERCA URBAN RUNNERS
116	64	TIAGO CARREIRO	M	35	00:52:44	00:52:15	INDIVIDUAL
117	548	CESAR D D SILVESTRE	M	39	00:52:52	00:52:20	INDIVIDUAL
118	213	BRUNO SANTOS	M	24	00:52:57	00:52:45	GYDARUN
119	363	PEDRO SANTOS	M	38	00:53:03	00:52:56	ALVERCA URBAN RUNNERS
120	295	DAVID CHARRINHO	M	33	00:53:19	00:52:58	INDIVIDUAL
121	1359	JOSE PINTO	M	34	00:53:21	00:52:58	INDIVIDUAL
122	271	LUÍS MENDONÇA	M	33	00:53:34	00:53:06	INDIVIDUAL
123	140	GONÇALO BARATA	M	23	00:53:42	00:53:17	FORTES ISEL
124	289	HELDER NUNES	M	37	00:53:59	00:53:40	INDIVIDUAL
125	627	IVAN GOMES	M	24	00:54:04	00:53:57	MONTEIRO TEAM
126	418	NELSON SOUSA	M	34	00:54:09	00:54:00	CARLA CAIXAO
127	515	DAVID FORTUNATO	M	24	00:54:25	00:53:59	INDIVIDUAL
128	591	RUI T V CARREIRO	M	32	00:54:55	00:54:18	INDIVIDUAL
129	169	DANIEL NASCIMENTO	M	26	00:54:56	00:54:27	HAPPY FEET
130	386	JOEL O PIRES	M	34	00:54:58	00:54:47	ALVERCA URBAN RUNNERS
131	633	JOAO RANGEL	M	37	00:55:00	00:54:43	OS BORA LA
132	450	LUIS BATISTA	M	34	00:55:02	00:54:19	CORREDORES DA ADEGA
133	1340	DELIO CHARRUA	M	33	00:55:07	00:54:59	O PRATICANTE
134	263	MAURO F P AMENDOA	M	31	00:55:13	00:54:32	ALVERCA URBAN RUNNERS

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Relatório por Faixas Etárias

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Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
135	68	JOSÉ T MARTINS	M	19	00:55:16	00:55:00	INDIVIDUAL
136	55	LUÍS BOLETO	M	39	00:55:30	00:55:12	INDIVIDUAL
137	579	JOÃO FERNANDES	M	27	00:56:08	00:55:26	INDIVIDUAL
138	24	NUNO SILVA	M	39	00:56:11	00:55:51	URBAN TRAIL SAMORA CORREIA
139	634	HELDER VALADAS	M	35	00:56:14	00:55:27	OS PERIGOSOS
140	121	LUIS CORREIA	M	32	00:56:25	00:55:55	INDIVIDUAL
141	581	PEDRO BISPO	M	36	00:56:25	00:55:55	INDIVIDUAL
142	348	RICARDO TEODORO	M	35	00:56:32	00:56:21	ÁGUIAS RIBATEJANAS
143	232	RICARDO M S SIMÕES	M	38	00:56:38	00:56:08	INDIVIDUAL
144	1327	BRUNO FELIX	M	30	00:56:39	00:56:08	URBANOS
145	26	JORGE FERNANDES	M	39	00:56:46	00:56:11	OS 2
146	1316	HENRIQUE FALAGUEIRA	M	37	00:57:05	00:56:38	U JUV ALVERCA
147	1320	BRUNO REIS	M	27	00:57:05	00:56:37	U JUV ALVERCA
148	1319	ANDRE GASPAR	M	28	00:57:07	00:56:37	U JUV ALVERCA
149	87	PEDRO N R MIRANDA	M	33	00:57:26	00:57:20	ALVERCA URBAN RUNNERS
150	118	HUGO GATOS	M	32	00:57:31	00:56:46	INDIVIDUAL
151	45	MÁRIO R T TORRES	M	30	00:57:58	00:57:39	GAREHOTELRUNNING
152	324	ANTÓNIO INÁCIO	M	33	00:57:59	00:57:43	INDIVIDUAL
153	260	CARLOS A C ALVES	M	33	00:58:09	00:57:24	INDIVIDUAL
154	102	LUIS M C ALVES	M	33	00:58:10	00:57:26	INDIVIDUAL
155	210	MAURO SILVA	M	26	00:58:19	00:57:54	INDIVIDUAL
156	51	RÚBEN M S LEITÃO	M	32	00:58:19	00:57:37	INDIVIDUAL
157	562	ROMEU FONSECA	M	30	00:58:23	00:57:45	INDIVIDUAL
158	611	PEDRO LEITÃO	M	34	00:58:29	00:57:48	JD ALHANDRENSE
159	11	MIGUEL C B M GUTERRES	M	36	00:58:34	00:58:13	INDIVIDUAL
160	214	RICARDO CUNHA	M	36	00:58:46	00:58:05	INDIVIDUAL
161	1329	RUBEN SILVEIRA	M	28	00:58:48	00:58:18	URBANOS
162	604	TIAGO PINHEL	M	35	00:58:50	00:58:15	INDIVIDUAL
163	603	TIAGO MOUTA	M	29	00:58:51	00:58:14	INDIVIDUAL
164	430	ANDRE OLIVEIRA	M	24	00:59:09	00:58:32	CLÍNICA SANTA MADALENA
165	691	RUI CARDOSO	M	35	00:59:16	00:58:57	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
166	13	TIAGO CRUZ	M	29	00:59:22	00:58:56	CUCAS RUNNERS
167	114	PEDRO VALENTE	M	38	00:59:23	00:58:52	INDIVIDUAL
168	113	NUNO VALENTE	M	32	00:59:23	00:58:52	INDIVIDUAL
169	1344	RUI P B PIRES	M	30	00:59:26	00:58:45	UD VILAFRAQUENSE
170	1343	JOAO G P SEABRA	M	30	00:59:26	00:58:46	UD VILAFRAQUENSE
171	366	PEDRO CARVALHO	M	18	00:59:53	00:59:43	ALVERCA URBAN RUNNERS
172	1331	NUNO MARQUES	M	37	00:59:54	00:59:23	URBANOS
173	544	JOÃO RIBEIRO	M	24	00:59:57	00:59:21	INDIVIDUAL
174	110	TIAGO J CALDEIRA	M	35	01:00:08	00:59:28	INDIVIDUAL

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Relatório por Faixas Etárias

M0039

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
175	652	PEDRO OLIVEIRA	M	27	01:00:14	00:59:34	PORTUGAL TALENTUS
176	653	DANIEL RAMOS	M	39	01:00:41	01:00:04	PORTUGAL TALENTUS
177	16	MÁRIO CARDOSO	M	37	01:00:54	01:00:33	CUCAS RUNNERS
178	610	JORGE MARTINS	M	37	01:01:44	01:01:03	JD ALHANDRENSE
179	308	PEDRO G SANTOS	M	24	01:01:51	01:01:08	ALVERCA URBAN RUNNERS
180	334	IVO SILVA	M	28	01:02:02	01:01:39	AB CAMPOLIDE
181	59	FILIFE T M MARQUES	M	29	01:02:36	01:02:02	INDIVIDUAL
182	433	PEDRO VALENTE	M	24	01:03:06	01:02:29	CLÍNICA SANTA MADALENA
183	414	FILIFE PEREIRA	M	39	01:03:19	01:02:44	CAD A CORRER
184	413	LUIS MARQUES	M	37	01:03:19	01:02:44	CAD A CORRER
185	283	NUNO PINHEIRO	M	28	01:03:42	01:03:21	SUKKI TEAM
186	215	ANDRÉ MENDES	M	31	01:03:57	01:03:17	INDIVIDUAL
187	1350	DIOGO ABREU	M	28	01:04:31	01:04:15	DOROTHY RUNNERS
188	1325	IVO PEREIRA	M	37	01:05:08	01:04:48	URBAN TRAIL SAMORA CORREIA
189	467	NUNO PAULOS	M	37	01:05:39	01:05:28	FOGO À PEÇA
190	466	CARLOS SANTOS	M	34	01:05:42	01:05:31	FOGO À PEÇA
191	432	DIOGO LOPES	M	36	01:06:52	01:06:14	CLÍNICA SANTA MADALENA
192	211	JOÃO C V F CORREIA	M	36	01:07:06	01:06:47	INDIVIDUAL
193	388	BRUNO MORAIS	M	38	01:07:27	01:07:19	ALVERCA URBAN RUNNERS
194	286	DAVID SANTOS	M	30	01:07:38	01:06:53	INDIVIDUAL
195	311	ANDRÉ PALINHAS	M	27	01:07:49	01:07:06	INDIVIDUAL
196	407	FÁBIO GAMITO	M	21	01:10:06	01:09:26	ATLETICO VIA RARA
197	83	CLAUDIO FONSECA	M	38	01:11:10	01:10:31	INDIVIDUAL
198	1342	BRUNO R S MARTINS	M	29	01:11:46	01:11:46	UD VILAFRAQUENSE
199	1348	RICARDO SERRA	M	26	01:11:48	01:11:27	INDIVIDUAL
200	106	JOÃO ACÁCIO	M	28	01:11:50	01:11:28	INDIVIDUAL
201	277	ANDRÉ CUSTÓDIO	M	21	01:12:33	01:12:15	INDIVIDUAL
202	556	PEDRO DINIS	M	39	01:14:31	01:13:56	INDIVIDUAL
203	497	BRUNO M REBELO	M	32	01:17:25	01:16:50	INDIVIDUAL

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Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	695	ANTONIO TRAVASSOS	M	44	00:35:10	00:35:07	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
2	455	MARCO POVOA	M	40	00:36:34	00:36:31	CORREDORES DO ASFALTO
3	8	JOAO VALHELHAS	M	44	00:38:20	00:38:17	CAMARA L CLUBE TRIATLO
4	335	ORLANDO CORREIA	M	44	00:39:32	00:39:24	AB CAMPOLIDE
5	1300	VITOR ANTUNES	M	42	00:41:10	00:41:06	SR CAMARNAL
6	683	FILIFE OLIVEIRA	M	41	00:41:48	00:41:39	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
7	40	SERGIO M R TEIXEIRA	M	41	00:43:04	00:42:58	INDIVIDUAL
8	685	MÁRIO SEABRA	M	44	00:43:45	00:43:37	RUNNERS F RIBEIRINHA PÓVOA STA IRIA

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Relatório por Faixas Etárias

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Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
9	12	PAULO J S TORRES	M	40	00:44:03	00:43:44	GAREHOTELRUNNING
10	266	MIGUEL T SOUSA	M	40	00:44:10	00:43:58	C COLAB AXA
11	440	LUIS CARVALHO	M	41	00:44:28	00:44:12	CLUBE OGMA
12	623	RAFAEL LOURENÇO	M	42	00:44:33	00:44:15	MONTEIRO TEAM
13	100	NELSON CUSTÓDIO	M	41	00:44:38	00:44:24	INDIVIDUAL
14	2	HORÁCIO OLIVEIRA	M	41	00:44:52	00:44:50	AA SEIXAL
15	528	RUI P RODRIGUES	M	41	00:45:19	00:45:15	INDIVIDUAL
16	279	CARLOS J C BENTO	M	41	00:45:52	00:45:45	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
17	409	NUNO COSTA	M	42	00:45:53	00:45:36	CAD A CORRER
18	21	PEDRO RIBEIRO	M	41	00:45:53	00:45:48	ALVERCA URBAN RUNNERS
19	437	NUNO PEREIRA	M	40	00:47:00	00:46:44	CLUBE OGMA
20	309	JOAQUIM SILVA	M	44	00:47:23	00:46:41	GINJINHA RUNNERS
21	173	CARLOS VIDAIS	M	42	00:47:25	00:47:25	ATLÉTICO VIA RARA
22	694	SÉRGIO SILVA	M	42	00:47:27	00:47:22	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
23	30	LUÍS M RIBEIRO	M	42	00:47:32	00:47:28	INDIVIDUAL
24	665	SERGIO GONÇALVES	M	42	00:47:33	00:47:25	PSP ALVERCA
25	133	FERNANDO M LOPES	M	44	00:47:41	00:47:17	GIL EANES RUNNING
26	249	SERGIO PIRES	M	40	00:47:42	00:47:19	INDIVIDUAL
27	318	NUNO SILVA	M	43	00:47:44	00:47:18	INDIVIDUAL
28	523	CLÁUDIO DIAS	M	42	00:48:05	00:47:53	INDIVIDUAL
29	686	VITOR PEREIRA	M	40	00:48:11	00:48:03	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
30	353	FERNANDO PEDRO	M	42	00:49:21	00:49:17	ALVERCA URBAN RUNNERS
31	34	PAULO S A VIEIRA	M	43	00:49:21	00:49:15	ALVERCA URBAN RUNNERS
32	438	JOAO QUELHAS	M	41	00:49:24	00:48:56	CLUBE OGMA
33	531	JORGE M ALEIXO	M	41	00:49:26	00:49:05	INDIVIDUAL
34	1324	JÃO VALÉRIO	M	44	00:49:35	00:49:17	URBAN TRAIL SAMORA CORREIA
35	194	RENATO FILHO	M	40	00:49:47	00:49:17	INDIVIDUAL
36	222	NUNO SANTOS	M	42	00:49:54	00:49:26	CLUBE OGMA
37	464	NUNO LOPES	M	41	00:50:04	00:49:31	FC ESTRELAS LISBOA
38	1308	PEDRO M PEREIRA	M	40	00:50:11	00:49:40	TERTULIA DO N°6
39	126	BRUNO GASPAR	M	40	00:50:13	00:49:59	INDIVIDUAL
40	104	RICARDO CAMPOS	M	40	00:50:17	00:49:49	CCD-AT
41	161	NUNO PITA	M	40	00:50:33	00:49:59	CCDT METRO LX
42	300	NUNO NUNES	M	41	00:50:35	00:50:06	CCD-AT
43	77	PAULO J J HENRIQUES	M	41	00:50:45	00:50:11	FAMILIA HENRIQUES
44	179	NUNO SEABRA	M	43	00:51:03	00:50:40	EQUIPA
45	81	HUGO MAGALHÃES	M	44	00:51:22	00:51:12	CLUBE VODAFONE
46	19	PEDRO SANTOS	M	40	00:51:46	00:51:25	CUCAS RUNNERS
47	351	LINO SILVA	M	43	00:52:21	00:52:15	ALVERCA URBAN RUNNERS

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Relatório por Faixas Etárias

M4044

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
48	646	CARLOS M F MACHADO	M	40	00:52:34	00:52:10	PEPE RÁPIDO
49	162	RUI ALVES	M	41	00:52:46	00:52:37	GYDARUN
50	350	RICARDO J L MATOS	M	44	00:53:03	00:53:00	ALVERCA URBAN RUNNERS
51	42	ANTÓNIO PEREIRA	M	42	00:53:31	00:53:11	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
52	1364	VITOR LUIS	M	42	00:53:36	00:53:18	INDIVIDUAL
53	420	ANTONIO FERREIRA	M	40	00:53:44	00:53:33	CARLA CAIXAO
54	148	MIGUEL VINAGRE	M	40	00:53:45	00:53:11	CCD CRÉDITO AGRÍCOLA MÚTUA
55	673	RUI ALMEIDA	M	40	00:54:50	00:54:40	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
56	131	PEDRO MACHADO	M	41	00:54:51	00:54:17	INDIVIDUAL
57	67	JOSÉ F MARTINS	M	41	00:54:54	00:54:39	INDIVIDUAL
58	147	JOÃO PEREIRA	M	43	00:55:02	00:54:27	CCD CRÉDITO AGRÍCOLA MÚTUA
59	643	NUNO MENDES	M	42	00:55:11	00:54:56	OS PRIMOS E AMIGOS
60	120	PAULO APARÍCIO	M	41	00:55:20	00:55:12	GYDARUN
61	57	HELDER LOURENÇO	M	44	00:55:35	00:55:25	ALVERCA URBAN RUNNERS
62	264	SERGIO CARVALHO	M	43	00:55:48	00:55:15	CCD CRÉDITO AGRÍCOLA MÚTUA
63	1310	RUI VICENTE	M	42	00:56:02	00:55:30	TERTULIA DO Nº6
64	191	NUNO MATEUS	M	40	00:56:56	00:56:15	INDIVIDUAL
65	129	NUNO MACHADO	M	40	00:56:56	00:56:24	INDIVIDUAL
66	1338	HELDER FELIX	M	41	00:57:54	00:57:47	O PRATICANTE
67	280	ANTÓNIO J MORGADO	M	43	00:58:26	00:58:04	INDIVIDUAL
68	192	ANTONIO SIMOES	M	40	00:58:26	00:58:04	INDIVIDUAL
69	600	AGESANDRO R SILVA	M	41	00:58:49	00:58:22	INDIVIDUAL
70	228	MIGUEL RIBEIRO	M	41	00:58:54	00:58:28	INDIVIDUAL
71	583	JOSÉ CRUZ	M	41	00:59:35	00:59:23	INDIVIDUAL
72	153	PAULO J F GUEDES	M	44	00:59:59	00:59:20	CCDT METRO LX
73	294	JOÃO FERREIRA	M	44	01:00:05	00:59:22	GINJINHA RUNNERS
74	483	PEDRO NUNES	M	41	01:03:31	01:03:15	INDIVIDUAL
75	1311	GONÇALO CAMPOS	M	40	01:03:52	01:03:19	TERTULIA DO Nº6
76	601	PAUL R GONÇALVES	M	43	01:03:55	01:03:27	INDIVIDUAL
77	20	ROMEU PEREIRA	M	41	01:06:25	01:06:04	CUCAS RUNNERS
78	371	MARCO A R LOPES	M	44	01:06:50	01:06:38	ALVERCA URBAN RUNNERS
79	1332	ANTÓNIO C VIDAL	M	43	01:10:46	01:10:07	WH3ST
80	444	MIGUEL SILVA	M	41	01:17:44	01:17:37	CLUBE ROBBIALAC
81	218	ALEXANDRE SANTOS	M	44	01:18:27	01:17:46	INDIVIDUAL

M4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	144	JOÃO PEDRO	M	45	00:38:19	00:38:14	INDIVIDUAL
2	699	CARLOS VIEGAS	M	48	00:39:07	00:39:05	SR CAMARNAL
3	471	JOAO P GAMEIRO	M	45	00:39:31	00:39:20	GAMEIRO & FILHOS

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Relatório por Faixas Etárias

M4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
4	1358	FERNANDO RODRIGUES	M	48	00:40:10	00:40:08	AMIGO VALE SILENCIO
5	697	JORGE R N GONÇALVES	M	47	00:41:24	00:41:15	SAMORUNNING
6	236	MÁRIO GOMES	M	46	00:41:30	00:41:23	AÇOREANA
7	360	HÉLDER BEXIGA	M	47	00:42:05	00:42:02	ALVERCA URBAN RUNNERS
8	175	CARLOS PEDRO	M	45	00:42:38	00:42:13	EQUIPA
9	369	JOSÉ ALEIXO	M	47	00:42:43	00:42:43	ALVERCA URBAN RUNNERS
10	1367	JORGE SILVA	M	48	00:42:52	00:42:42	INDIVIDUAL
11	372	LUIS SANTOS	M	46	00:43:52	00:43:48	ALVERCA URBAN RUNNERS
12	439	ANTÓNIO J CARNEIRO	M	48	00:44:42	00:44:40	CLUBE OGMA
13	314	SANTOS GILBERTO	M	49	00:45:02	00:44:34	INDIVIDUAL
14	399	LUIS SOARES	M	49	00:45:09	00:44:50	APOGMA
15	546	LUIS M A RODRIGUES	M	46	00:45:43	00:45:20	INDIVIDUAL
16	10	JOÃO VEIGA	M	48	00:46:28	00:46:13	INDIVIDUAL
17	518	CARLOS MARQUES	M	45	00:46:32	00:46:32	INDIVIDUAL
18	398	CARLOS SOUSA	M	48	00:48:02	00:47:36	APOGMA
19	356	LUÍS F P SANTOS	M	47	00:48:26	00:48:22	ALVERCA URBAN RUNNERS
20	48	PAULO J R JESUS	M	48	00:48:33	00:48:19	INDIVIDUAL
21	303	FERNANDO SILVEIRO	M	47	00:48:42	00:48:28	FC ESTRELAS LISBOA
22	511	ISIDRO CARVALHO	M	45	00:48:43	00:48:25	INDIVIDUAL
23	411	CARLOS MARTINHO	M	46	00:49:09	00:48:52	CAD A CORRER
24	674	MIGUEL Â CRUZ	M	46	00:49:24	00:49:18	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
25	636	MÁRIO LOPES	M	47	00:50:35	00:50:16	OS PERIGOSOS
26	542	JOÃO SILVA	M	46	00:50:38	00:50:07	INDIVIDUAL
27	109	PAULO NICOLAU	M	48	00:51:14	00:51:05	GYDARUN
28	29	ALBERTINO NETO	M	45	00:52:37	00:52:15	CUCAS RUNNERS
29	224	ALFREDO NOTARIO	M	46	00:52:59	00:52:47	INDIVIDUAL
30	1312	JOÃO P ALCOBIA	M	45	00:53:00	00:52:20	TMAR RUNNERS
31	256	PAULO SILVESTRE	M	46	00:53:00	00:52:51	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
32	397	HELDER GANDARINHO	M	47	00:54:38	00:54:11	APOGMA
33	23	ANTONIO M S M VILELA	M	48	00:55:07	00:54:36	INDIVIDUAL
34	541	ALEXANDRE MEDROA	M	48	00:55:11	00:54:56	INDIVIDUAL
35	290	FERNANDO CURTO	M	46	00:55:42	00:55:23	INDIVIDUAL
36	39	FERNANDO BICHO	M	48	00:56:28	00:56:00	INDIVIDUAL
37	53	JORGE DIAS	M	49	00:56:46	00:56:32	INDIVIDUAL
38	145	ANTÓNIO J AMARAL	M	49	00:56:52	00:56:29	CCD CRÉDITO AGRÍCOLA MÚTUO
39	400	CARLOS ALBERTO	M	48	00:57:01	00:56:44	AS BOAZONAS
40	143	JOAO CUNHA	M	47	00:57:30	00:57:30	INDIVIDUAL
41	115	LUCIO B SILVA	M	49	00:58:14	00:57:38	INDIVIDUAL
42	312	PEDRO RODRIGUES	M	47	00:58:17	00:57:53	INDIVIDUAL
43	530	MIGUEL VASCONCELOS	M	45	00:58:39	00:58:09	INDIVIDUAL

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Relatório por Faixas Etárias

M4549

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
44	484	PAULO ROMEIRO	M	47	00:58:44	00:58:05	INDIVIDUAL
45	485	JOSE CABRITO	M	45	00:58:44	00:58:05	INDIVIDUAL
46	585	LUIS ALMEIDA	M	45	00:58:49	00:58:35	INDIVIDUAL
47	223	JOÃO LOPES	M	47	00:58:54	00:58:26	INDIVIDUAL
48	156	RAFAEL SANTOS	M	49	00:59:34	00:58:56	CCDT METRO LX
49	25	FRANCISCO FERREIRA	M	46	00:59:42	00:59:07	OS 2
50	425	ANTÓNIO JOAQUIM	M	46	00:59:55	00:59:15	CKS KARATE FZZ
51	319	ALEXANDRE DAMASO	M	48	01:01:08	01:00:42	INDIVIDUAL
52	1353	JORGE CEREJEIRA	M	49	01:05:41	01:05:04	INDIVIDUAL
53	378	FERNANDO D PAIS	M	48	01:06:16	01:05:44	ALVERCA URBAN RUNNERS
54	509	JOSÉ VAZ	M	49	01:07:19	01:06:52	INDIVIDUAL
55	150	VICTOR LOBO	M	45	01:11:07	01:10:33	CCD CRÉDITO AGRÍCOLA MÚTUO
56	387	ALCIDES D G CORREIA	M	49	01:13:26	01:13:16	ALVERCA URBAN RUNNERS
57	225	CARLOS A S MARTINS	M	48	01:18:34	01:18:34	INDIVIDUAL

M5054

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	462	RICARDO SIMÕES	M	51	00:39:47	00:39:39	ESC ATL CORRER CARTAXO
2	157	ANTÓNIO GONÇALVES	M	51	00:40:18	00:40:12	CCDT METRO LX
3	197	JOÃO S NUNES	M	52	00:41:27	00:41:21	OS AMIGOS DO TEJO
4	613	EDGAR GEADA	M	51	00:41:40	00:41:37	LAGOAS HC
5	630	ANTÓNIO L MARTINS	M	50	00:42:39	00:42:33	NAV RUNNERS
6	183	PAULO MATA	M	52	00:43:20	00:43:17	INDIVIDUAL
7	292	RUI BRITO	M	50	00:44:16	00:44:13	BLOCK CONTROL
8	379	ANTÓNIO GONÇALVES	M	54	00:45:27	00:45:21	ALVERCA URBAN RUNNERS
9	526	ADRIANO GOMINHO	M	50	00:45:35	00:45:17	INDIVIDUAL
10	391	JOSÉ A MARTINS	M	53	00:45:45	00:45:42	AMINHACORRIDA/KALENJI
11	9	MIGUEL VELEZ	M	52	00:45:50	00:45:47	CAMARA L CLUBE TRIATLO
12	1346	PAULO SANTOS	M	50	00:46:18	00:45:48	CAMARA L CLUBE TRIATLO
13	337	RUI RODRIGUES	M	50	00:47:20	00:47:15	AB CAMPOLIDE
14	677	ARNALDO ROLO	M	50	00:47:34	00:47:28	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
15	661	JORGE M P FIGUEIREDO	M	51	00:47:52	00:47:19	PORTUGAL TALENTUS
16	345	EURICO GOMES	M	53	00:47:54	00:47:40	ADCR PJ
17	108	EDGAR ANASTÁCIO	M	51	00:48:00	00:47:52	GYDARUN
18	447	MANUEL MEXIA	M	50	00:48:39	00:47:50	CLUBE TAP PORTUGAL
19	475	FERNANDO F TORRES	M	53	00:48:43	00:48:30	GAREHOTELRUNNING
20	554	FRANCISCO J L PASSOS	M	54	00:48:58	00:48:43	INDIVIDUAL
21	406	DIAMANTINO GAMITO	M	50	00:49:13	00:48:48	ATLETICO VIA RARA
22	338	MANUEL FONSECA	M	52	00:50:17	00:50:14	AB CAMPOLIDE
23	149	RUI GRAÇA	M	53	00:50:25	00:50:03	CCD CRÉDITO AGRÍCOLA MÚTUO
24	177	FERNANDO COELHO	M	51	00:51:03	00:50:39	EQUIPA

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Relatório por Faixas Etárias

M5054

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
25	176	CARLOS SILVA	M	51	00:51:03	00:50:40	EQUIPA
26	171	CARLOS CORREIA	M	50	00:51:16	00:50:50	ATLÉTICO VIA RARA
27	454	EZEQUIEL BARATA	M	52	00:52:03	00:52:00	CORREDORES DO ASFALTO
28	237	JOSE MIRANDA	M	50	00:52:04	00:51:30	GFD RUNNING
29	688	ZELUIS DOMINGOS	M	50	00:52:09	00:52:03	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
30	540	PAULO DIAS	M	51	00:52:22	00:52:17	INDIVIDUAL
31	270	JOÃO BORGES	M	52	00:53:35	00:53:06	INDIVIDUAL
32	1356	JOAO CARDOSO	M	50	00:53:53	00:53:29	INDIVIDUAL
33	538	ANGELO FERREIRA	M	51	00:54:04	00:53:26	INDIVIDUAL
34	392	PAULO PIRES	M	51	00:54:09	00:53:44	APOGMA
35	1313	FERNANDO MARTINS	M	51	00:56:03	00:55:47	TRIOODEMIRA
36	693	ANTÓNIO A N EVARISTO	M	51	00:57:27	00:57:10	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
37	35	CARLOS CARDOSO	M	50	00:57:36	00:57:31	ALVERCA URBAN RUNNERS
38	135	FERNANDO RAMOS	M	51	00:59:17	00:58:58	INDIVIDUAL
39	442	JOSÉ VILELA	M	51	00:59:39	00:59:33	CLUBE ROBBIALAC
40	1317	JOSE NASCIMENTO	M	50	01:01:54	01:01:28	U JUV ALVERCA
41	158	ANTONIO PEREIRA	M	51	01:02:16	01:01:37	CCDT METRO LX
42	155	ORLANDO SOUSA	M	53	01:02:17	01:01:38	CCDT METRO LX
43	480	RUI MELÃO	M	52	01:02:19	01:01:46	GYDARUN
44	339	LUIS GAMA	M	52	01:02:22	01:02:00	AB CAMPOLIDE
45	644	LUIS PARRO	M	54	01:05:51	01:05:18	PARRORUNNERS
46	571	JOAQUIM CARREIRO	M	51	01:05:58	01:05:41	INDIVIDUAL
47	313	JULIO P NETO	M	52	01:06:40	01:06:17	INDIVIDUAL
48	136	CARLOS REIS	M	53	01:08:56	01:08:38	INDIVIDUAL

M5559

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	159	MANUEL B COSTA	M	59	00:39:36	00:39:31	CCDT METRO LX
2	182	FIRMINO J OLIVEIRA	M	56	00:41:29	00:41:27	INDIVIDUAL
3	479	ORLANDO BARBOSA	M	58	00:42:04	00:42:02	GR JANZ E ASSOCIADOS
4	426	CARLOS N DIAS	M	55	00:42:54	00:42:49	CLÍNICA SANTA MADALENA
5	91	DANIEL SILVA	M	56	00:44:13	00:44:13	CA ODIMARQ
6	1347	LICINIO FIDALGO	M	56	00:46:18	00:45:49	CAMARA L CLUBE TRIATLO
7	187	ANTÓNIO ALVES	M	55	00:46:55	00:46:37	INDIVIDUAL
8	346	VIRGILIO O OLIVEIRA	M	55	00:47:32	00:47:32	ADCR PJ
9	593	JOSE NETO	M	59	00:49:01	00:48:48	INDIVIDUAL
10	257	DOMINGOS SANTOS	M	57	00:49:16	00:49:07	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
11	341	MANUEL MARTINS	M	59	00:49:32	00:49:09	AB CAMPOLIDE
12	273	MANUEL G ALVES	M	58	00:49:34	00:48:55	INDIVIDUAL
13	638	CARLOS SOUSA	M	59	00:49:43	00:49:25	OS PERIGOSOS

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Relatório por Faixas Etárias

M5559

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
14	394	MARIO RAMOS	M	57	00:50:20	00:49:53	APOGMA
15	189	JOSE PIRE LOPES	M	58	00:50:27	00:50:05	INDIVIDUAL
16	142	CARLOS A M ALMEIDA	M	59	00:51:40	00:51:36	INDIVIDUAL
17	244	GASPAR LANEIRO	M	56	00:53:16	00:53:13	SARDINHA & GASPAR
18	128	JOSÉ MARQUES	M	55	00:53:37	00:53:27	GYDARUN
19	200	JOÃO P S LIMA	M	56	00:53:44	00:53:10	4 AO KM
20	441	RAÚL COSTA	M	55	00:54:45	00:54:38	CLUBE ROBBIALAC
21	297	FERNANDO J MATIAS	M	59	00:55:13	00:55:00	C COLAB AXA
22	172	JOSÉ CORREIA	M	58	00:55:24	00:54:57	ATLÉTICO VIA RARA
23	649	FRANCISCO VELOSO	M	55	00:56:15	00:55:46	PIRATAS DO TEJO
24	587	ORLANDO PEIXEIRO	M	55	00:57:56	00:57:46	INDIVIDUAL
25	513	JOAQUIM F C PINTO	M	57	00:58:37	00:57:58	INDIVIDUAL
26	536	ANTONIO M S ALTER	M	55	00:58:42	00:57:55	INDIVIDUAL
27	477	JOSÉ CATITA	M	57	00:59:36	00:59:00	GARMIN - CO OEIRAS
28	204	LUÍS FEIO	M	56	01:00:01	00:59:26	4 AO KM
29	568	CARLOS M O GUERREIRO	M	57	01:03:20	01:03:07	INDIVIDUAL
30	427	FERNANDO MONTELLANO	M	57	01:04:52	01:04:15	CLÍNICA SANTA MADALENA
31	551	ARTUR FIGUEIREDO	M	55	01:06:54	01:06:16	INDIVIDUAL
32	367	FERNANDO MARQUES	M	56	01:08:56	01:08:44	ALVERCA URBAN RUNNERS
33	72	ARMANDO A CORREIA	M	58	01:14:02	01:13:54	INDIVIDUAL

M6099

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
1	1357	AURELIO AGUIAR	M	61	00:40:45	00:40:45	AMIGOS VALE SILENCIO
2	94	JOSE MAGALHAES	M	62	00:47:39	00:47:23	GD INE
3	321	DANIEL MOURÃO	M	62	00:49:31	00:49:23	INDIVIDUAL
4	637	JOSÉ HENRIQUES	M	61	00:50:35	00:50:22	OS PERIGOSOS
5	639	JOSÉ BELCHIOR	M	64	00:50:35	00:50:17	OS PERIGOSOS
6	358	LUIS A CAMPOS	M	66	00:51:09	00:51:05	ALVERCA URBAN RUNNERS
7	502	AMERICO VAZ	M	61	00:53:47	00:53:18	INDIVIDUAL
8	90	LUIS ARCADINHO	M	64	00:53:58	00:53:32	PAIEFILHO
9	553	LUIS M M FERREIRA	M	61	00:54:00	00:53:46	INDIVIDUAL
10	393	JOSÉ ANDRÉ	M	60	00:54:39	00:54:14	APOGMA
11	326	NEVES SILVA	M	63	00:55:08	00:54:41	C FERROV PORTUGAL
12	349	ANTÓNIO TEODORO	M	69	00:56:33	00:56:22	ÁGUIAS RIBATEJANAS
13	514	FERNANDO A VERGAMOTA	M	61	00:57:01	00:56:37	INDIVIDUAL
14	248	DOMINGOS C L MOREIRA	M	73	00:57:02	00:56:51	INDIVIDUAL
15	506	JOSÉ C A REGO	M	62	00:57:07	00:56:26	INDIVIDUAL
16	589	JOSÉ A VITORINO	M	68	00:57:27	00:57:07	INDIVIDUAL
17	99	JOSÉ REBOCHO	M	60	00:58:10	00:57:49	CORRER SOC REC GRANJA
18	507	JORGE PIRES	M	61	00:58:48	00:58:11	INDIVIDUAL

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Relatório por Faixas Etárias

M6099

Class	Num	Nome	Sx	Idd	T. Bruto	T. Líquido	Equipe
19	98	JOAQUIM GOMES	M	68	00:58:57	00:58:36	CORRER SOC REC GRANJA
20	408	JOSÉ VALENTIM	M	62	00:59:48	00:59:21	C FERROV PORTUGAL
21	78	MAYER RAPOSO	M	68	01:02:15	01:01:58	AA LEBRES SADO
22	281	JOAO LANDEIRO	M	69	01:02:34	01:01:55	INDIVIDUAL
23	160	GUALDINO FREIRE	M	70	01:08:57	01:08:18	CCDT METRO LX
24	84	EMIDIO DIOGO	M	66	01:11:10	01:10:32	INDIVIDUAL