



Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	99	DUARTE GOMES	0:33:53.00	0:33:52.55	23	M	Jun Sen M (18-34)	1	1	
2	70	LUÍS BRITO	0:37:43.72	0:37:41.77	48	M	VetIII M (45-49)	2	1	
3	110	PEDRO RIBEIRO	0:37:54.00	0:37:45.64	35	M	VetI M (35-39)	3	1	
4	68	JOSÉ GOMES	0:38:43.84	0:38:41.84	46	M	VetIII M (45-49)	4	2	
5	12	NUNO SILVA	0:38:55.29	0:38:53.79	44	M	VetII M (40-44)	5	1	
6	20	FRANCISCO SERRANO	0:42:20.65	0:42:19.10	50	M	VetIV M (50-54)	6	1	URBAN RUN TEAM
7	30	CLÁUDIO MIRA	0:42:41.90	0:42:38.92	58	M	VetV M (55-59)	7	1	
8	24	JOÃO FERNANDES	0:42:54.31	0:42:51.06	35	M	VetI M (35-39)	8	2	
9	14	CELSO QUITERES	0:43:31.09	0:43:26.91	33	M	Jun Sen M (18-34)	9	2	
10	88	FILIPE GOMES	0:44:20.67	0:44:18.06	39	M	VetI M (35-39)	10	3	
11	95	FILIPE OLIVEIRA	0:44:41.24	0:44:37.03	41	M	VetII M (40-44)	11	2	
12	35	CAROLINA MARQUES	0:45:03.55	0:45:03.55	29	F	Jun Sen F (18-34)	1	1	
13	52	JOSÉ CUNHA	0:45:16.12	0:45:13.15	59	M	VetV M (55-59)	12	2	
14	26	DAVID SOARES	0:46:49.50	0:46:44.59	40	M	VetII M (40-44)	13	3	
15	22	RAFAEL BARBOSA	0:47:11.09	0:47:07.45	24	M	Jun Sen M (18-34)	14	3	
16	10	JOÃO BAPTISTA	0:47:12.44	0:47:12.44	32	M	Jun Sen M (18-34)	15	4	
17	43	JOÃO PAIS	0:47:49.97	0:47:48.00	64	M	VetVI M (60-99)	16	1	
18	16	HELENA MOREIRA	0:47:51.38	0:47:49.23	47	F	VetIII F (45-49)	2	1	
19	94	SADIQ KASSAMO	0:47:58.66	0:47:56.09	50	M	VetIV M (50-54)	17	2	URBAN RUN TEAM
20	21	JOSÉ FERREIRA	0:47:59.00	0:47:56.95	59	M	VetV M (55-59)	18	3	
21	93	JOSÉ SILVA	0:48:57.41	0:48:53.50	60	M	VetVI M (60-99)	19	2	
22	56	RUI PEDRO VILHENA	0:49:23.48	0:49:18.23	43	M	VetII M (40-44)	20	4	
23	92	BRUNO SANTIAGO	0:49:28.34	0:49:24.37	45	M	VetIII M (45-49)	21	3	
24	85	PEDRO LOURO	0:49:40.64	0:49:37.85	29	M	Jun Sen M (18-34)	22	5	



25	90	RAQUEL PEREIRA	0:49:42.47	0:49:39.93	55	F	VetV F (55-59)	3	1	
26	41	JOSÉ PAJINHA	0:49:56.85	0:49:52.73	63	M	VetVI M (60-99)	23	3	
27	25	RUI HENRIQUES	0:50:02.60	0:49:58.27	48	M	VetIII M (45-49)	24	4	
28	18	ANTÓNIO GASPARINHO	0:50:09.95	0:50:02.67	46	M	VetIII M (45-49)	25	5	
29	38	NUNO FILIPE	0:50:11.92	0:50:07.28	49	M	VetIII M (45-49)	26	6	
30	28	FILIPA SILVA	0:50:39.53	0:50:36.79	26	F	Jun Sen F (18-34)	4	2	
31	23	JOÃO MARAL	0:50:55.33	0:50:51.06	54	M	VetIV M (50-54)	27	3	
32	100	HÉLIO MOURÃO	0:51:02.61	0:50:56.11	46	M	VetIII M (45-49)	28	7	
33	107	DANIEL RAPOSO	0:51:22.76	0:51:16.31	43	M	VetII M (40-44)	29	5	COALA
34	96	JOÃO ESTEVES	0:51:38.45	0:51:15.61	40	M	VetII M (40-44)	30	6	
35	39	MARIA PEREIRA	0:51:42.84	0:51:24.05	62	F	VetVI F (60-99)	5	1	
36	44	HELDER BOTELHO	0:51:53.39	0:51:49.43	47	M	VetIII M (45-49)	31	8	
37	91	JOSÉ PEREIRA	0:52:19.88	0:52:19.88	61	M	VetVI M (60-99)	32	4	
38	97	TIAGO SUZANO	0:53:06.03	0:52:58.50	22	M	Jun Sen M (18-34)	33	6	
39	71	CARLOS CAEIRO	0:53:08.25	0:53:03.77	69	M	VetVI M (60-99)	34	5	
40	51	JOSÉ MORAIS	0:53:12.75	0:53:08.70	62	M	VetVI M (60-99)	35	6	
41	84	RUI VASCONCELOS	0:53:58.37	0:53:55.50	45	M	VetIII M (45-49)	36	9	
42	48	LILIANA MONTEIRO	0:54:54.41	0:54:50.72	39	F	VetI F (35-39)	6	1	
43	36	MARISA COSTA	0:55:16.44	0:55:12.28	45	F	VetIII F (45-49)	7	2	
44	47	BÁRBARA CRUZ	0:55:18.30	0:55:14.12	32	F	Jun Sen F (18-34)	8	3	
45	76	JOÃO LOPES	0:55:22.31	0:55:14.78	36	M	VetI M (35-39)	37	4	
46	42	JOÃO TOMAZ	0:55:23.93	0:55:16.19	37	M	VetI M (35-39)	38	5	
47	37	RUI PASTOR	0:55:27.97	0:55:27.97	51	M	VetIV M (50-54)	39	4	
48	29	WELITON COSTA	0:55:55.01	0:55:50.75	39	M	VetI M (35-39)	40	6	
49	102	NUNO PINHEIRO	0:56:12.68	0:56:09.28	36	M	VetI M (35-39)	41	7	
50	61	TIAGO FERRITO	0:56:13.96	0:56:03.96	33	M	Jun Sen M (18-34)	42	7	



51	31	RICARDO COELHO	0:56:35.97	0:56:14.09	45	M	VetIII M (45-49)	43	10	
52	81	JOÃO ANJOS	0:56:40.91	0:56:35.21	52	M	VetIV M (50-54)	44	5	
53	82	BRUNO DIAS	0:56:55.69	0:56:48.41	47	M	VetIII M (45-49)	45	11	SS CGD
54	89	HELENA ROCHA	0:57:16.78	0:57:11.27	42	F	VetII F (40-44)	9	1	
55	83	LUÍS ESTEVES	0:57:23.66	0:57:17.18	41	M	VetII M (40-44)	46	7	
56	59	DANIEL SILVA	0:57:33.57	0:57:29.24	63	M	VetVI M (60-99)	47	7	
57	66	MÁRCIO DUARTE	0:58:02.51	0:58:02.51	36	M	VetI M (35-39)	48	8	
58	13	TOMÉ BEATO	0:58:02.80	0:57:55.60	40	M	VetII M (40-44)	49	8	
59	15	FÁBIO GOMES	0:58:04.70	0:57:58.94	29	M	Jun Sen M (18-34)	50	8	
60	17	MIGUEL VASCONCELOS	0:58:26.19	0:58:20.95	53	M	VetIV M (50-54)	51	6	
61	98	GERSON MONTEIRO	0:59:10.04	0:59:00.26	29	M	Jun Sen M (18-34)	52	9	
62	86	ANDRÉ CASTANHEIRA	0:59:37.09	0:59:14.46	28	M	Jun Sen M (18-34)	53	10	
63	67	HUGO PROENÇA	0:59:41.99	0:59:33.55	33	M	Jun Sen M (18-34)	54	11	
64	69	MARCO SANTOS	0:59:56.48	0:59:48.64	46	M	VetIII M (45-49)	55	12	
65	58	RUTE VASCONCELOS	0:59:57.28	0:59:50.77	43	F	VetII F (40-44)	10	2	
66	54	ISABEL REIS	1:00:06.01	0:59:59.50	50	F	VetIV F (50-54)	11	1	
67	55	FERNANDO FIGUEIREDO	1:00:06.44	0:59:42.87	57	M	VetV M (55-59)	56	4	
68	65	BRUNO MOTA	1:00:21.01	1:00:15.81	37	M	VetI M (35-39)	57	9	
69	50	VÍTOR PRATA	1:00:21.95	1:00:17.07	60	M	VetVI M (60-99)	58	8	SCALABIS NIGHT RUNNERS
70	53	ORLANDO SILVA	1:00:43.51	1:00:32.51	64	M	VetVI M (60-99)	59	9	
71	64	HUGO FARIA	1:00:50.10	1:00:42.73	46	M	VetIII M (45-49)	60	13	
72	75	RUI PEDRO MARQUES	1:01:17.52	1:01:12.42	47	M	VetIII M (45-49)	61	14	
73	109	JORGE RODRIGUES	1:01:20.63	1:01:15.54	45	M	VetIII M (45-49)	62	15	
74	49	CRISTINA LINO	1:01:28.72	1:01:25.37	57	F	VetV F (55-59)	12	2	
75	78	CARLOS PEREIRA	1:03:55.99	1:03:55.99	54	M	VetIV M (50-54)	63	7	
76	79	FERNANDO RODRIGUES	1:03:59.42	1:03:51.08	61	M	VetVI M (60-99)	64	10	

1ª CORRIDA CPCD

PÓVOA DE SANTA IRIA

**27 JANEIRO 2024****10KM**

77	111	MARIA MINA	1:04:41.43	1:04:38.84	63	F	VetVI F (60-99)	13	2
78	108	CARLOS CORREIA	1:06:21.61	1:06:12.60	36	M	VetI M (35-39)	65	10
79	32	LUÍS PROENÇA	1:09:21.65	1:09:15.41	54	M	VetIV M (50-54)	66	8
80	103	JOSÉ SOUSA	1:09:30.61	1:09:25.86	54	M	VetIV M (50-54)	67	9
81	104	RUI SÁ	1:09:40.20	1:09:32.45	21	M	Jun Sen M (18-34)	68	12
82	45	PEDRO LOPES	1:10:15.93	1:10:08.36	46	M	VetIII M (45-49)	69	16
83	77	RUTE OLIVEIRA	1:10:37.03	1:10:32.61	46	F	VetIII F (45-49)	14	3
84	11	TIAGO RODRIGUES	1:11:23.69	1:11:19.48	37	M	VetI M (35-39)	70	11