

# 20º GRANDE PRÉMIO DE ATLETISMO DE GRÂNDOLA



04 FEVEREIRO 2024



10KM

Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	239	RICARDO FONSECA	0:30:52.04	0:30:48.77	27	M	Jun Sen M (18-39)	1	1	THOMAR ATHLETICS
2	340	SAID AMEQRANE	0:30:55.00	0:30:53.87	32	M	Jun Sen M (18-39)	2	2	
3	128	BRUNO SANTOS	0:31:19.00	0:31:17.33	34	M	Jun Sen M (18-39)	3	3	GDR REBOLEIRA
4	339	LYAZID IMGHARENE	0:31:44.00	0:31:44.00	39	M	Jun Sen M (18-39)	4	4	
5	214	PEDRO URBANO	0:31:47.00	0:31:47.00	27	M	Jun Sen M (18-39)	5	5	GDR REBOLEIRA
6	226	EDGAR MATIAS	0:31:52.00	0:31:51.95	44	M	VetI M (40-44)	6	1	GDR SÃO FRANCISCO DA SERRA
7	317	CARLOS TIAGO	0:32:16.44	0:32:16.31	44	M	VetI M (40-44)	7	2	RUN TEJO - PREVENT SPRAIN
8	325	MARCO MARQUES	0:32:25.00	0:32:21.76	40	M	VetI M (40-44)	8	3	ACR SRA DESTERRO
9	271	DANIEL MARTINS	0:33:28.00	0:33:27.63	28	M	Jun Sen M (18-39)	9	6	CD AREIAS SÃO JOÃO
10	267	NUNO CORREIA	0:33:29.00	0:33:29.00	48	M	VetII M (45-49)	10	1	CD AREIAS SÃO JOÃO
11	270	ROBERTO REIGADO	0:33:30.00	0:33:28.94	28	M	Jun Sen M (18-39)	11	7	CD AREIAS SÃO JOÃO
12	248	TIAGO LEAL	0:33:52.00	0:33:52.00	33	M	Jun Sen M (18-39)	12	8	GRECAS - VAGOS
13	312	LUIS BRITO	0:33:57.00	0:33:53.37	48	M	VetII M (45-49)	13	2	RUN TEJO - PREVENT SPRAIN
14	111	CARLOS SILVA	0:34:09.00	0:34:09.00	40	M	VetI M (40-44)	14	4	GDR REBOLEIRA
15	229	PAULO MARTINS	0:34:18.00	0:34:18.00	34	M	Jun Sen M (18-39)	15	9	GDR SÃO FRANCISCO DA SERRA
16	296	LUIS MARQUES	0:34:22.00	0:34:21.95	20	M	Jun Sen M (18-39)	16	10	AMICICLO GRANDOLA
17	321	JOSÉ SILVA	0:34:26.00	0:34:22.42	48	M	VetII M (45-49)	17	3	GDR SÃO FRANCISCO SERRA
18	264	BERTRAND PALMA	0:34:30.00	0:34:26.71	50	M	VetIII M (50-54)	18	1	CR ALTURENSE
19	115	JOÃO VAZ	0:34:34.00	0:34:30.38	56	M	VetIV M (55-59)	19	1	GDR REBOLEIRA
20	276	PAUL ROTHANS	0:34:34.12	0:34:30.59	28	M	Jun Sen M (18-39)	20	11	LEVEL UP FITNESS
21	109	MÁRIO CASSACA	0:34:34.20	0:34:30.73	51	M	VetIII M (50-54)	21	2	GDR REBOLEIRA
22	79	HUGO BALUGA	0:34:52.73	0:34:48.40	27	M	Jun Sen M (18-39)	22	12	AMICICLO GRANDOLA
23	36	LUIS RAÇÕES	0:34:55.97	0:34:55.97	48	M	VetII M (45-49)	23	4	ACR SRA DESTERRO
24	272	PEDRO CRUZ	0:34:58.50	0:34:58.50	33	M	Jun Sen M (18-39)	24	13	AA MAFRA

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25	120	PEDRO LOPES	0:35:10.07	0:35:05.95	32	M	Jun Sen M (18-39)	25	14	NARM MESSEJANA
26	260	VANDERLI PACHECO	0:35:13.17	0:35:09.44	37	M	Jun Sen M (18-39)	26	15	GDR SÃO FRANCISCO DA SERRA
27	262	JOÃO RODRIGUES	0:35:14.00	0:34:45.22	33	M	Jun Sen M (18-39)	27	16	
28	15	SÉRGIO PAIVA	0:35:15.42	0:35:13.93	51	M	VetIII M (50-54)	28	3	
29	95	HUGO SILVA	0:35:20.00	0:35:17.25	46	M	VetII M (45-49)	29	5	GDRONDA
30	143	FILIFE SILVA	0:35:35.26	0:35:35.26	45	M	VetII M (45-49)	30	6	AA MAFRA
31	311	GABRIEL PEREIRA	0:35:38.82	0:35:34.83	18	M	Jun Sen M (18-39)	31	17	RUN TEJO - PREVENT SPRAIN
32	211	RUI GONÇALVES	0:35:46.29	0:35:46.29	48	M	VetII M (45-49)	32	7	AMICICLO GRANDOLA
33	247	DOMINGOS MARTINS	0:35:50.00	0:35:50.00	34	M	Jun Sen M (18-39)	33	18	GRECAS - VAGOS
34	121	PEDRO MARTINS	0:36:19.65	0:36:16.48	42	M	VetI M (40-44)	34	5	NARM MESSEJANA
35	116	ALEXANDRE PIMPAO	0:36:29.55	0:36:29.55	52	M	VetIII M (50-54)	35	4	NARM MESSEJANA
36	313	KCENIA BOUGROVA	0:36:48.62	0:36:48.62	29	F	Jun Sen F (18-39)	1	1	RUN TEJO - PREVENT SPRAIN
37	138	RICARDO ABREU	0:36:54.00	0:36:49.96	41	M	VetI M (40-44)	36	6	AA MAFRA
38	218	WILSON VARELA	0:37:21.19	0:37:17.05	36	M	Jun Sen M (18-39)	37	19	VASCO DA GAMA AC
39	96	PEDRO POEIRA	0:37:36.51	0:37:36.51	42	M	VetI M (40-44)	38	7	UD ODEMIRA
40	273	JORGE CRUZ	0:37:48.86	0:37:44.84	58	M	VetIV M (55-59)	39	2	AA MAFRA
41	261	PETER KNIGHT	0:37:52.06	0:37:47.93	62	M	VetV M (60-99)	40	1	NDC ODEMIRA
42	283	JOÃO ANDRÉ	0:37:55.47	0:37:52.28	37	M	Jun Sen M (18-39)	41	20	CLUBE RAQUEL CABAÇO
43	112	EUGÉNIO NETO	0:37:56.82	0:37:56.82	61	M	VetV M (60-99)	42	2	GDR REBOLEIRA
44	288	RAQUEL CABAÇO	0:37:57.00	0:37:53.56	36	F	Jun Sen F (18-39)	2	2	CLUBE RAQUEL CABAÇO
45	323	INÊS PINTO	0:38:22.84	0:38:22.84	32	F	Jun Sen F (18-39)	3	3	GRECAS
46	110	JOSÉ ANTUNES	0:38:31.08	0:38:26.74	57	M	VetIV M (55-59)	43	3	GDR REBOLEIRA
47	163	MARCO SILVA	0:38:37.93	0:38:33.15	37	M	Jun Sen M (18-39)	44	21	AMICICLO GRANDOLA
48	331	LUIS MESQUITA	0:38:49.32	0:38:43.26	49	M	VetII M (45-49)	45	8	LEGIAO13
49	231	LUÍS ALMEIDA	0:38:56.84	0:38:49.82	44	M	VetI M (40-44)	46	8	GDR SÃO FRANCISCO DA SERRA
50	21	EDUARDO CASCA	0:38:59.76	0:38:52.58	38	M	Jun Sen M (18-39)	47	22	GDC PORTOS DE SINES E ALGARVE

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51	12	BENJAMIN MUSSET	0:39:00.00	0:39:00.00	33	M	Jun Sen M (18-39)	48	23	RUN TEJO - PREVENT SPRAIN
52	292	ANABELA AGUIAR	0:39:01.64	0:38:58.02	25	F	Jun Sen F (18-39)	4	4	RUN TEJO - PREVENT SPRAIN
53	185	VÍTOR MADEIRA	0:39:06.77	0:38:46.19	46	M	VetII M (45-49)	49	9	JDM ATLETISMO
54	119	PEDRO SILVA	0:39:18.17	0:39:14.69	50	M	VetIII M (50-54)	50	5	NARM MESSEJANA
55	114	ABEL GLÓRIA	0:39:20.40	0:39:15.84	61	M	VetV M (60-99)	51	3	GDR REBOLEIRA
56	149	ANTÓNIO URBANO	0:39:23.53	0:39:21.21	60	M	VetV M (60-99)	52	4	NARM MESSEJANA
57	219	ODAIR MOREIRA	0:39:24.39	0:39:04.28	35	M	Jun Sen M (18-39)	53	24	VASCO DA GAMA AC
58	194	CARLOS ROSÁRIO	0:39:31.72	0:39:26.30	47	M	VetII M (45-49)	54	10	JDM ATLETISMO
59	107	JOÃO CASSACA	0:39:34.60	0:39:34.60	22	M	Jun Sen M (18-39)	55	25	AMICICLO GRANDOLA
60	308	ANA REBELO	0:39:41.00	0:39:37.38	30	F	Jun Sen F (18-39)	5	5	RUN TEJO - PREVENT SPRAIN
61	136	FRANCISCO RIBEIRO	0:39:49.94	0:39:44.95	51	M	VetIII M (50-54)	56	6	AA MAFRA
62	172	PEDRO PINTO	0:40:06.52	0:40:01.32	39	M	Jun Sen M (18-39)	57	26	JUVENTUDE AC
63	241	FILIPE PEREIR	0:40:15.88	0:40:09.06	39	M	Jun Sen M (18-39)	58	27	AMICICLO
64	225	PAULO CAVALINHOS	0:40:20.44	0:40:20.44	47	M	VetII M (45-49)	59	11	GDR SÃO FRANCISCO DA SERRA
65	216	LUIS CORTINHAS	0:40:21.85	0:40:15.55	43	M	VetI M (40-44)	60	9	VASCO DA GAMA AC
66	74	BRUNO CAMPOS	0:40:25.13	0:40:25.13	36	M	Jun Sen M (18-39)	61	28	UD ODEMIRA
67	179	ANDRÉ SANTOS	0:40:29.12	0:40:22.56	31	M	Jun Sen M (18-39)	62	29	BV MONTEMOR-O-NOVO
68	131	RUI CLETO	0:40:29.81	0:40:24.18	53	M	VetIII M (50-54)	63	7	AA MAFRA
69	277	ANA LOURENCO	0:40:34.95	0:40:31.08	40	F	VetI F (40-44)	6	1	NDC ODEMIRA
70	182	NUNO PEREIRA	0:40:35.69	0:40:14.95	40	M	VetI M (40-44)	64	10	JDM ATLETISMO
71	315	JORGE SILVA	0:40:36.94	0:40:31.90	49	M	VetII M (45-49)	65	12	RUN TEJO - PREVENT SPRAIN
72	170	HÉLDER GUERREIRO	0:40:43.82	0:40:38.99	47	M	VetII M (45-49)	66	13	AMICICLO GRANDOLA
73	65	JOÃO BESSA	0:41:03.16	0:41:03.12	45	M	VetII M (45-49)	67	14	ACA RUNNING ENGEL&VOLKERS
74	227	LUÍS PEREIRA	0:41:04.06	0:40:57.34	54	M	VetIII M (50-54)	68	8	GDR SÃO FRANCISCO DA SERRA
75	337	RITA SANTOS	0:41:08.79	0:41:04.48	29	F	Jun Sen F (18-39)	7	6	SIMECQ
76	20	LUÍS CASCA	0:41:17.09	0:41:17.09	38	M	Jun Sen M (18-39)	69	30	GDC PORTOS DE SINES E ALGARVE

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77	71	JOÃO OLIVEIRA	0:41:25.19	0:41:19.14	31	M	Jun Sen M (18-39)	70	31	
78	13	PALMIRA QUINHAMA	0:41:30.48	0:41:30.48	46	F	VetII F (45-49)	8	1	WALKANDRUN-WE RUN
79	139	GILBERTO DIAS	0:41:31.39	0:41:24.78	61	M	VetV M (60-99)	71	5	AA MAFRA
80	126	LICINIO MATOS	0:41:38.90	0:41:35.11	41	M	VetI M (40-44)	72	11	NDC ODEMIRA
81	145	JOÃO CARVALHO	0:41:42.63	0:41:38.41	32	M	Jun Sen M (18-39)	73	32	AA MAFRA
82	187	JOSÉ DOMINGOS	0:41:53.14	0:41:41.44	48	M	VetII M (45-49)	74	15	JDM ATLETISMO
83	66	ANDRÉ GONÇALVES	0:41:59.01	0:41:37.20	27	M	Jun Sen M (18-39)	75	33	
84	141	FILIPE CORREIA	0:42:00.12	0:41:39.92	45	M	VetII M (45-49)	76	16	AA MAFRA
85	309	NATACHA CUNHA	0:42:02.90	0:42:02.90	40	F	VetI F (40-44)	9	2	RUN TEJO - PREVENT SPRAIN
86	310	ANTÓNIO BONÉ	0:42:05.15	0:42:05.15	30	M	Jun Sen M (18-39)	77	34	RUN TEJO - PREVENT SPRAIN
87	318	ELISABETE MACEDO	0:42:07.55	0:42:07.55	42	F	VetI F (40-44)	10	3	RUN TEJO - PREVENT SPRAIN
88	118	RUI SOUSA	0:42:15.45	0:42:00.28	49	M	VetII M (45-49)	78	17	NARM MESSEJANA
89	338	CARLOS GOMES	0:42:20.79	0:42:17.90	31	M	Jun Sen M (18-39)	79	35	SIMECQ
90	197	EDUARDO PIMENTA	0:42:25.47	0:42:07.24	35	M	Jun Sen M (18-39)	80	36	JUVENTUDE AC
91	23	FERNANDO VICENTE	0:42:28.00	0:42:20.14	39	M	Jun Sen M (18-39)	81	37	GDC PORTOS DE SINES E ALGARVE
92	201	DANIEL PANOIAS	0:42:31.57	0:42:10.75	18	M	Jun Sen M (18-39)	82	38	ACA RUNNING ENGEL&VOLKERS
93	330	HUGO NUNES	0:42:41.09	0:42:20.07	18	M	Jun Sen M (18-39)	83	39	AMICICLO GRANDOLA
94	205	PAULO PALMA	0:42:46.63	0:42:41.81	60	M	VetV M (60-99)	84	6	DREAM RUNNERS ÉVORA
95	75	RÚBEN CARVALHO	0:42:49.31	0:42:27.74	28	M	Jun Sen M (18-39)	85	40	JD CARVALHAL
96	34	PEDRO VIEIRA	0:42:55.75	0:42:47.60	54	M	VetIII M (50-54)	86	9	RDSPORTSRAFAELGOMES
97	133	PAULO SALGADO	0:42:59.87	0:42:56.46	49	M	VetII M (45-49)	87	18	AA MAFRA
98	245	ANTÓNIO PIRES	0:43:00.07	0:42:53.30	56	M	VetIV M (55-59)	88	4	NRD IDOLOS PRAÇA
99	178	PEDRO PEREIRA	0:43:01.22	0:42:56.17	46	M	VetII M (45-49)	89	19	BV MONTEMOR-O-NOVO
100	90	ALEXANDRE PATRICIO	0:43:05.08	0:42:59.66	26	M	Jun Sen M (18-39)	90	41	AMICICLO GRANDOLA
101	154	MÁRCIO SEQUEIRA	0:43:06.68	0:43:06.68	36	M	Jun Sen M (18-39)	91	42	OS KOTAS
102	125	PEDRO NUNES	0:43:08.81	0:42:59.67	38	M	Jun Sen M (18-39)	92	43	

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103	307	HELENA MOREIRA	0:43:10.00	0:43:04.25	47	F	VetII F (45-49)	11	2	AMINHACORRIDARUNEXTREM
104	98	CLÁUDIO GUILHERME	0:43:14.92	0:43:11.68	37	M	Jun Sen M (18-39)	93	44	UD ODEMIRA
105	88	PAULO FIGUEIRA	0:43:16.07	0:43:12.51	58	M	VetIV M (55-59)	94	5	AMICICLO GRANDOLA
106	45	DIOGO GONÇALVES	0:43:20.75	0:43:19.99	30	M	Jun Sen M (18-39)	95	45	SPORTING FUTEBOL CLUBE ABELENS
107	220	DUARTE BESUGO	0:43:22.42	0:43:17.07	37	M	Jun Sen M (18-39)	96	46	VASCO DA GAMA AC
108	85	LUDGERO LUZIA	0:43:23.25	0:43:23.25	61	M	VetV M (60-99)	97	7	AMICICLO GRANDOLA
109	52	BRUNO BERNARDO	0:43:24.23	0:43:01.48	27	M	Jun Sen M (18-39)	98	47	
110	166	PAULO SANTOS	0:43:25.77	0:43:20.34	56	M	VetIV M (55-59)	99	6	AC SAMBRASENSE
111	285	ANDRÉ COINCAS	0:43:33.75	0:43:26.67	39	M	Jun Sen M (18-39)	100	48	CLUBE RAQUEL CABAÇO
112	113	JOSÉ MARCELINO	0:43:36.04	0:43:30.73	61	M	VetV M (60-99)	101	8	GDR REBOLEIRA
113	124	EDGAR MATEUS	0:43:37.43	0:43:33.02	24	M	Jun Sen M (18-39)	102	49	SPORTING FUTEBOL CLUBE ABELENS
114	67	CHANTAL XHERVELLE	0:43:40.63	0:43:36.27	55	F	VetIV F (55-59)	12	1	A NATUREZA ENSINA
115	132	ANA CLETO	0:43:49.10	0:43:43.11	54	F	VetIII F (50-54)	13	1	AA MAFRA
116	286	JOÃO LOIOS	0:44:09.77	0:43:49.60	25	M	Jun Sen M (18-39)	103	50	CLUBE RAQUEL CABAÇO
117	39	JOSÉ COELHO	0:44:13.39	0:44:06.79	20	M	Jun Sen M (18-39)	104	51	
118	274	BRUNO MARTINS	0:44:17.13	0:44:17.13	47	M	VetII M (45-49)	105	20	CAVA FRIBAIÃO
119	59	ANTÓNIO CANEIRAS	0:44:18.47	0:44:18.47	47	M	VetII M (45-49)	106	21	ACA RUNNING ENGEL&VOLKERS
120	162	PEDRO BRAS	0:44:22.85	0:44:17.89	48	M	VetII M (45-49)	107	22	LEGIAO13
121	209	FERNANDO MESTRE	0:44:24.19	0:44:24.15	50	M	VetIII M (50-54)	108	10	JUVENTUDE AC
122	84	JOSÉ AMBRÓSIO	0:44:27.58	0:44:23.35	20	M	Jun Sen M (18-39)	109	52	
123	58	ANDRÉ GUERREIRO	0:44:31.23	0:44:05.70	39	M	Jun Sen M (18-39)	110	53	ACA RUNNING ENGEL&VOLKERS
124	127	HUGO SILVA	0:44:33.34	0:44:33.34	34	M	Jun Sen M (18-39)	111	54	ERMELINDO RUNNING TEAM
125	97	ANTONIO SILVESTRE	0:44:37.24	0:44:14.03	57	M	VetIV M (55-59)	112	7	UD ODEMIRA
126	24	JOÃO ROMÃO	0:44:37.72	0:44:30.26	34	M	Jun Sen M (18-39)	113	55	AMICICLO GRANDOLA
127	69	DANIEL GASPAR	0:44:38.04	0:44:19.64	29	M	Jun Sen M (18-39)	114	56	
128	31	RAFAEL SOBR	0:44:39.67	0:44:29.49	34	M	Jun Sen M (18-39)	115	57	VITÓRIA FUTEBOL CLUBE ERMIDENS

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129	171	ANTÓNIO BARRETO	0:44:39.80	0:44:16.38	55	M	VetIV M (55-59)	116	8	
130	122	JOANA CAPELO	0:44:44.09	0:44:37.80	35	F	Jun Sen F (18-39)	14	7	NARM MESSEJANA
131	77	JOÃO LOUREIRO	0:44:45.51	0:44:18.60	40	M	VetI M (40-44)	117	12	
132	106	HUGO PARREIRA	0:44:47.19	0:44:37.72	50	M	VetIII M (50-54)	118	11	VFCE
133	244	JOÃO CORREIA	0:44:49.32	0:44:24.90	48	M	VetII M (45-49)	119	23	AA LEBRES SADO
134	327	HENRIQUE ANTUNES	0:44:49.43	0:44:25.40	27	M	Jun Sen M (18-39)	120	58	
135	303	NUNO SILVA	0:44:55.70	0:44:50.89	44	M	VetI M (40-44)	121	13	AMINHACORRIDAPACERS
136	102	JOSÉ MATEUS	0:44:58.74	0:44:54.85	49	M	VetII M (45-49)	122	24	SPORTING FUTEBOL CLUBE ABELENS
137	250	FILIPE FILIPE	0:45:04.00	0:44:57.64	57	M	VetIV M (55-59)	123	9	SESIMBRA MAR
138	334	XAVIER FERNANDES	0:45:11.80	0:45:08.56	36	M	Jun Sen M (18-39)	124	59	UNIÃO DESPORTIVA DE ODEMIRA
139	200	EUGÉNIA IZAÍAS	0:45:15.53	0:45:10.80	61	F	VetV F (60-99)	15	1	FF PAZ MUNDIAL UNIFICAÇÃO
140	279	MANUEL PEDRO	0:45:17.74	0:45:13.65	61	M	VetV M (60-99)	125	9	OS KOTAS
141	232	MARCO MARTINS	0:45:18.06	0:45:11.50	43	M	VetI M (40-44)	126	14	GDR SÃO FRANCISCO DA SERRA
142	319	OCTÁVIO CARMO	0:45:20.34	0:45:14.84	50	M	VetIII M (50-54)	127	12	CLUBE BTT GRÂNDOLA
143	287	CATARINA VARELA	0:45:23.58	0:45:03.53	24	F	Jun Sen F (18-39)	16	8	CLUBE RAQUEL CABAÇO
144	87	MIGUEL PALMA	0:45:26.49	0:45:22.68	18	M	Jun Sen M (18-39)	128	60	AMICICLO GRANDOLA
145	289	RODRIGO SILVA	0:45:28.21	0:45:17.49	42	M	VetI M (40-44)	129	15	CLUBE RAQUEL CABAÇO
146	11	LUÍS REGO	0:45:30.04	0:45:23.29	37	M	Jun Sen M (18-39)	130	61	OURIQUE DESPORTOS CLUBE
147	117	MARIA SOUSA	0:45:30.57	0:45:15.56	45	F	VetII F (45-49)	17	3	NARM MESSEJANA
148	135	VALDEVAGNER SANTOS	0:45:35.00	0:45:03.80	33	M	Jun Sen M (18-39)	131	62	AA MAFRA
149	130	ANTÓNIO BATISTA	0:45:39.51	0:45:30.51	60	M	VetV M (60-99)	132	10	AA MAFRA
150	236	CARMEN VIEGAS	0:45:41.52	0:45:14.49	45	F	VetII F (45-49)	18	4	AMICICLO GRANDOLA
151	196	JOSE PEREIRA	0:45:47.41	0:45:18.45	41	M	VetI M (40-44)	133	16	
152	161	FÁBIO SOUSA	0:45:49.08	0:45:41.89	27	M	Jun Sen M (18-39)	134	63	UD ODEMIRA
153	246	MÁRCIO CHAINHO	0:45:51.00	0:45:42.88	31	M	Jun Sen M (18-39)	135	64	GD VALE FIGUEIRA
154	83	MANUEL AMBRÓSIO	0:45:52.00	0:45:52.00	53	M	VetIII M (50-54)	136	13	

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10KM

155	224	OLGA ARAUJO	0:45:53.23	0:45:48.43	44	F	VetI F (40-44)	19	4	FF PAZ MUNDIAL UNIFICAÇÃO
156	150	ANTONIO PARREI	0:46:07.02	0:46:06.98	65	M	VetV M (60-99)	137	11	OS KOTAS
157	228	RUTE TEÓFILO	0:46:10.70	0:46:05.99	30	F	Jun Sen F (18-39)	20	9	GDR SÃO FRANCISCO DA SERRA
158	208	IGOR NUNES	0:46:12.43	0:46:06.26	39	M	Jun Sen M (18-39)	138	65	
159	174	ABILIO CATARRO	0:46:30.00	0:46:25.37	68	M	VetV M (60-99)	139	12	BV MONTEMOR-O-NOVO
160	146	SILVIA MIRANDA	0:46:43.02	0:46:23.48	40	F	VetI F (40-44)	21	5	AA MAFRA
161	282	PATRICIA BOIEIRO	0:46:47.15	0:46:31.70	39	F	Jun Sen F (18-39)	22	10	CLUBE RAQUEL CABAÇO
162	243	RICARDO SILVA	0:46:57.15	0:46:42.88	38	M	Jun Sen M (18-39)	140	66	
163	101	ARMANDO PEREIRA	0:46:57.67	0:46:53.31	62	M	VetV M (60-99)	141	13	GD VALE FIGUEIRA
164	100	JOAQUIM VENTURA	0:47:01.00	0:46:55.96	54	M	VetIII M (50-54)	142	14	UD ODEMIRA
165	302	PAULO AUGUSTO	0:47:04.92	0:47:04.92	43	M	VetI M (40-44)	143	17	
166	28	PAULO DÂMASO	0:47:20.22	0:47:08.52	25	M	Jun Sen M (18-39)	144	67	SANTA CRUZ BOTELHOS.PT
167	320	SERGIO MAQUINISTA	0:47:21.97	0:47:09.85	39	M	Jun Sen M (18-39)	145	68	GDCT REPSOL POLÍMEROS
168	137	ANA MONTEIRO	0:47:22.49	0:47:01.53	33	F	Jun Sen F (18-39)	23	11	AA MAFRA
169	328	ANABELA PEREIRA	0:47:23.12	0:47:17.47	63	F	VetV F (60-99)	24	2	SESIMBRA MAR
170	233	PEDRO GAMITO	0:47:29.15	0:47:00.79	47	M	VetII M (45-49)	146	25	GDR SÃO FRANCISCO DA SERRA
171	63	FABIO CORAGEM	0:47:38.58	0:47:26.90	39	M	Jun Sen M (18-39)	147	69	ACA RUNNING ENGEL&VOLKERS
172	62	BRUNO NOVAIS	0:47:38.61	0:47:27.91	44	M	VetI M (40-44)	148	18	ACA RUNNING ENGEL&VOLKERS
173	322	LUÍS PINTO	0:47:39.00	0:47:22.79	37	M	Jun Sen M (18-39)	149	70	
174	22	MARCOS LIMA	0:47:57.37	0:47:48.44	37	M	Jun Sen M (18-39)	150	71	GDC PORTOS DE SINES E ALGARVE
175	164	JOSÉ BERNARDINO	0:48:09.74	0:47:38.52	48	M	VetII M (45-49)	151	26	
176	173	HUGO CARDOSO	0:48:16.35	0:48:08.19	44	M	VetI M (40-44)	152	19	TÁXIS CARDOSO TEAM
177	266	CÉLIA BRANCO	0:48:23.83	0:48:20.58	42	F	VetI F (40-44)	25	6	CAVA FRIBAIÃO
178	86	DAVID JERONIMO	0:48:38.99	0:48:25.86	44	M	VetI M (40-44)	153	20	
179	158	CARLOS PALHINHAS	0:48:40.34	0:48:29.71	49	M	VetII M (45-49)	154	27	ALENTEJO
180	290	JOÃO AIRES	0:48:46.44	0:48:37.80	51	M	VetIII M (50-54)	155	15	CLUBE RAQUEL CABAÇO

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10KM

181	301	CARLA DIAS	0:48:46.57	0:48:20.48	24	F	Jun Sen F (18-39)	26	12	
182	38	JOSÉ PEXEIRO	0:48:51.25	0:48:25.40	47	M	VetII M (45-49)	156	28	TÁXIS CARDOSO TEAM
183	1	RUI FREITAS	0:48:53.38	0:48:53.30		M	Atl Sem Reg	157	1	
184	195	RUI RAPOSO	0:48:57.04	0:48:52.54	56	M	VetIV M (55-59)	158	10	AMICICLO GRANDOLA
185	316	ANA SILVEIRA	0:49:02.97	0:49:02.97	39	F	Jun Sen F (18-39)	27	13	RUN TEJO - PREVENT SPRAIN
186	189	RUI SANTOS	0:49:11.19	0:48:59.46	24	M	Jun Sen M (18-39)	159	72	JDM ATLETISMO
187	43	PAULO LOURENÇO	0:49:12.08	0:48:45.20	31	M	Jun Sen M (18-39)	160	73	JD CARVALHAL
188	82	FILIPA SOBRAL	0:49:13.96	0:49:09.25	33	F	Jun Sen F (18-39)	28	14	PINHAL NOVO A CORRER
189	29	PAULO SILVA	0:49:14.22	0:49:06.95	55	M	VetIV M (55-59)	161	11	PINHAL NOVO A CORRER
190	18	MARIO SANTANA	0:49:20.86	0:49:08.58	43	M	VetI M (40-44)	162	21	CLUBE EDP - LISBOA
191	19	PAULO BOTAS	0:49:23.31	0:49:15.11	43	M	VetI M (40-44)	163	22	GDC PORTOS DE SINES E ALGARVE
192	341	PEDRO CANHETO	0:49:25.91	0:49:03.84	46	M	VetII M (45-49)	164	29	
193	60	SÉRGIO BALONA	0:49:34.58	0:49:10.21	51	M	VetIII M (50-54)	165	16	ACA RUNNING ENGEL&VOLKERS
194	152	FLÁVIA DUARTE	0:49:38.08	0:49:38.08	33	F	Jun Sen F (18-39)	29	15	OS KOTAS
195	269	ODETE BARBAS	0:49:39.29	0:49:33.99	53	F	VetIII F (50-54)	30	2	AC PORTALEGRE UTM
196	255	NUNO GOMES	0:49:49.97	0:49:36.52	47	M	VetII M (45-49)	166	30	
197	333	ANDRÉ BARÃO	0:50:16.16	0:49:52.55	37	M	Jun Sen M (18-39)	167	74	BOX GRANDOLATIVA
198	242	CRISTINA RODRIGUES	0:50:27.91	0:50:00.73	43	F	VetI F (40-44)	31	7	AMICICLO GRANDOLA
199	326	FREDERICO CARVALHO	0:50:34.89	0:50:34.89	45	M	VetII M (45-49)	168	31	SCARUN ALCÁÇOVAS
200	50	VÍTOR PEREIRA	0:50:35.16	0:50:35.16	47	M	VetII M (45-49)	169	32	
201	329	NUNO CASIMIRO	0:50:37.00	0:50:12.19	30	M	Jun Sen M (18-39)	170	75	ACA RUNNING ENGEL&VOLKERS
202	26	JOÃO VAIRINHOS	0:50:46.00	0:50:33.81	41	M	VetI M (40-44)	171	23	AA LEBRES SADO
203	186	CLÁUDIA DOMINGOS	0:50:48.00	0:50:36.50	22	F	Jun Sen F (18-39)	32	16	JDM ATLETISMO
204	300	JOÃO LOPES	0:50:59.72	0:50:29.03	30	M	Jun Sen M (18-39)	172	76	UNIÃO R. J. FERNÃO FERRO
205	108	BRUNO CHAINHO	0:51:23.63	0:51:14.73	38	M	Jun Sen M (18-39)	173	77	CMMC GRANDOLA
206	99	FERNANDO GONÇALVES	0:51:34.97	0:51:34.97	54	M	VetIII M (50-54)	174	17	UD ODEMIRA



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10KM

207	92	OLIMPIO MIGUEL	0:51:40.13	0:51:12.21	35	M	Jun Sen M (18-39)	175	78	JD CARVAL
208	61	JORGE POLICARPO	0:51:41.30	0:51:18.45	29	M	Jun Sen M (18-39)	176	79	ACA RUNNING ENGEL&VOLKERS
209	134	FÁTIMA VALENTIM	0:51:43.24	0:51:37.41	48	F	VetII F (45-49)	33	5	AA MAFRA
210	249	ARMANDO LACERDA	0:51:45.98	0:51:40.34	69	M	VetV M (60-99)	177	14	GD DIANA
211	335	TÂNIA CARMO	0:51:48.15	0:51:26.97	37	F	Jun Sen F (18-39)	34	17	NAVIGATOR CLUBE SETÚBAL
212	175	MANUEL ANTÓNIO	0:52:22.23	0:52:06.23	65	M	VetV M (60-99)	178	15	BV MONTEMOR-O-NOVO
213	153	ADELINO MAMEDE	0:52:23.35	0:52:15.12	34	M	Jun Sen M (18-39)	179	80	OS KOTAS
214	240	CLÁUDIA DIAS	0:52:38.82	0:52:33.39	48	F	VetII F (45-49)	35	6	CMMC GRANDOLA
215	104	JOÃO SANTOS	0:52:52.89	0:52:47.25	59	M	VetIV M (55-59)	180	12	NRD ÍDOLOS PRAÇA
216	198	FLAVIANO DIAS	0:52:53.41	0:52:48.80	74	M	VetV M (60-99)	181	16	AMICICLO GRANDOLA
217	16	KATJA DEUTSCH	0:52:57.00	0:52:29.17	50	F	VetIII F (50-54)	36	3	
218	156	RUBÉN MATEUS	0:52:58.26	0:52:37.32	22	M	Jun Sen M (18-39)	182	81	OS KOTAS
219	188	ANA DOMINGOS	0:53:03.94	0:52:54.06	43	F	VetI F (40-44)	37	8	JDM ATLETISMO
220	157	HUGO AREIAS	0:53:04.94	0:52:34.41	30	M	Jun Sen M (18-39)	183	82	BOX GRANDOLATIVA
221	30	HELENA GONÇALVES	0:53:25.18	0:53:20.01	49	F	VetII F (45-49)	38	7	PINHAL NOVO A CORRER
222	206	RITA PALMA	0:53:39.13	0:53:34.39	54	F	VetIII F (50-54)	39	4	DREAM RUNNERS ÉVORA
223	70	JOÃO OLIVEIRA	0:53:43.49	0:53:19.20	56	M	VetIV M (55-59)	184	13	
224	177	ELISABETE PICANÇO	0:53:53.00	0:53:43.51	46	F	VetII F (45-49)	40	8	BV MONTEMOR-O-NOVO
225	275	ANA ANEIS	0:54:07.26	0:54:07.26	45	F	VetII F (45-49)	41	9	CAVA FRIBAIÃO
226	105	FRANCISCO DUARTE	0:54:25.00	0:54:03.17	20	M	Jun Sen M (18-39)	185	83	
227	306	INÊS JACOB	0:54:33.06	0:54:07.04	43	F	VetI F (40-44)	42	9	AMINHACORRIDAPACERS
228	234	CARLOS GUERRINHA	0:54:33.95	0:54:08.53	39	M	Jun Sen M (18-39)	186	84	GDR SÃO FRANCISCO DA SERRA
229	123	PEDRO PIO	0:54:36.04	0:54:21.57	45	M	VetII M (45-49)	187	33	
230	297	MARIA CLAUDINEIA	0:54:42.26	0:54:19.82	45	F	VetII F (45-49)	43	10	
231	237	CARLOS PARREIRA	0:54:53.20	0:54:42.42	42	M	VetI M (40-44)	188	24	VFCE
232	32	ELISABETE FELICIDADE	0:54:54.46	0:54:31.25	40	F	VetI F (40-44)	44	10	VFCE

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233	304	TÓ RAMOS	0:54:54.50	0:54:40.49	52	M	VetIII M (50-54)	189	18	AMINHACORRIDAPACERS
234	184	LUCIA PEREIRA	0:55:01.52	0:54:42.18	48	F	VetII F (45-49)	45	11	JDM ATLETISMO
235	332	JOÃO RAPOSO	0:55:43.71	0:55:12.25	59	M	VetIV M (55-59)	190	14	
236	199	JOSÉ BORRACHA	0:55:48.63	0:55:34.61	64	M	VetV M (60-99)	191	17	FF PAZ MUNDIAL UNIFICAÇÃO
237	257	PAULO ROSADO	0:55:56.83	0:55:28.98	63	M	VetV M (60-99)	192	18	
238	2	ANA TERESA GONÇALVES	0:56:04.95	0:55:42.08	32	F	Jun Sen F (18-39)	46	18	
239	192	SÓNIA GODINHO	0:56:12.89	0:55:52.05	47	F	VetII F (45-49)	47	12	JDM ATLETISMO
240	41	SÉRGIO MAGALHÃES	0:56:14.21	0:55:48.14	57	M	VetIV M (55-59)	193	15	FUROES DO ALENTEJO
241	42	RITA MAGALHAES	0:56:15.55	0:55:49.21	24	F	Jun Sen F (18-39)	48	19	FUROES DO ALENTEJO
242	144	MARGARIDA SILVA	0:56:27.99	0:56:02.89	43	F	VetI F (40-44)	49	11	AA MAFRA
243	207	TELMA MATEUS	0:56:30.00	0:56:21.94	32	F	Jun Sen F (18-39)	50	20	LEGIÃO13
244	202	SANDRA CATURRA	0:56:39.94	0:56:33.98	51	F	VetIII F (50-54)	51	5	
245	140	BEATRIZ CUPIDO	0:56:42.64	0:56:26.57	22	F	Jun Sen F (18-39)	52	21	AA MAFRA
246	259	ANTÓNIO ROCHA	0:56:57.19	0:56:30.91	19	M	Jun Sen M (18-39)	194	85	GDR SÃO FRANCISCO DA SERRA
247	73	MARIA PEREIRA	0:56:59.68	0:56:55.32	56	F	VetIV F (55-59)	53	2	CMMC GRANDOLA
248	223	CARLOS MANUEL	0:57:00.81	0:56:53.57	47	M	VetII M (45-49)	195	34	MOURARIA
249	280	MARGARIDA PEDRO	0:57:08.57	0:57:04.28	59	F	VetIV F (55-59)	54	3	OS KOTAS
250	281	MARINA PEDRO	0:57:09.07	0:57:04.25	35	F	Jun Sen F (18-39)	55	22	OS KOTAS
251	336	TIAGO GALEGO	0:57:22.48	0:56:58.65	45	M	VetII M (45-49)	196	35	NAVIGATOR CLUBE SETÚBAL
252	72	JOÃO SOUSA	0:57:25.45	0:57:20.91	64	M	VetV M (60-99)	197	19	
253	254	INES MATEUS	0:57:34.58	0:57:11.86	28	F	Jun Sen F (18-39)	56	23	
254	17	DETLEF DEUTSCH	0:57:45.25	0:57:17.35	60	M	VetV M (60-99)	198	20	
255	165	ISABEL SANTOS	0:57:53.00	0:57:53.00	56	F	VetIV F (55-59)	57	4	AC SAMBRASENSE
256	148	FÁBIO MATEUS	0:57:59.95	0:57:30.64	37	M	Jun Sen M (18-39)	199	86	
257	27	JOSÉ GAMITO	0:58:03.00	0:57:48.91	67	M	VetV M (60-99)	200	21	AA LEBRES SADO
258	129	HELENA MARTINS	0:58:09.01	0:58:09.01	62	F	VetV F (60-99)	58	3	AA MAFRA

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259	54	EZEQUIEL FERNANDES	0:58:09.49	0:57:38.32	67	M	VetV M (60-99)	201	22	
260	155	HÉLIO RUSSO	0:58:24.20	0:58:18.44	33	M	Jun Sen M (18-39)	202	87	OS KOTAS
261	91	RODRIGO CALDEIRINHA	0:58:31.37	0:58:05.48	51	M	VetIII M (50-54)	203	19	
262	213	INÊS ALMEIDA	0:58:50.66	0:58:24.57	39	F	Jun Sen F (18-39)	59	24	JUVENTUDE AC
263	251	ANA FILIPE	0:58:54.57	0:58:43.79	55	F	VetIV F (55-59)	60	5	SESIMBRA MAR
264	80	ANA PINELA	0:59:00.23	0:58:36.51	37	F	Jun Sen F (18-39)	61	25	
265	151	Mª CHAINHO	0:59:23.01	0:59:19.00	61	F	VetV F (60-99)	62	4	OS KOTAS
266	293	JOSÉ SANTOS	0:59:30.86	0:59:15.61	61	M	VetV M (60-99)	204	23	
267	268	NUNO OLIVEIRA	0:59:58.00	0:59:41.70	49	M	VetII M (45-49)	205	36	C BENFICA SANTIAGO CACÉM
268	305	DANIEL SILVÉRIO	1:00:04.70	1:00:04.70	48	M	VetII M (45-49)	206	37	AMINHACORRIDAPACERS
269	299	SANTIAGO PEREIRA	1:00:25.48	1:00:01.45	18	M	Jun Sen M (18-39)	207	88	ACA RUNNING ENGEL&VOLKERS
270	94	MARIA CORREIA	1:00:34.35	1:00:28.53	70	F	VetV F (60-99)	63	5	GD INDEPENDENTE
271	56	CRISTINA PANOIAS	1:00:51.52	1:00:25.66	30	F	Jun Sen F (18-39)	64	26	ACA RUNNING ENGEL&VOLKERS
272	103	JOANA RITA	1:01:53.33	1:01:27.59	21	F	Jun Sen F (18-39)	65	27	ACA RUNNING ENGEL&VOLKERS
273	230	ANABELA PEREIRA	1:02:09.19	1:01:40.30	50	F	VetIII F (50-54)	66	6	GDR SÃO FRANCISCO DA SERRA
274	217	RITA GUERREIRO	1:02:46.25	1:02:41.51	48	F	VetII F (45-49)	67	13	VASCO DA GAMA AC
275	55	TÂNIA TREJEIRA	1:03:04.88	1:02:50.11	38	F	Jun Sen F (18-39)	68	28	ACA RUNNING ENGEL&VOLKERS
276	252	ANA ROCHA	1:03:08.55	1:02:58.31	22	F	Jun Sen F (18-39)	69	29	CMMC GRANDOLA
277	212	MARIA GONÇALVES	1:03:12.12	1:02:44.39	48	F	VetII F (45-49)	70	14	AMICICLO GRANDOLA
278	68	INÊS COELHO	1:03:19.70	1:03:09.68	24	F	Jun Sen F (18-39)	71	30	
279	49	ANDRÉ VERDADES	1:03:20.19	1:02:53.99	29	M	Jun Sen M (18-39)	208	89	CMMC GRANDOLA
280	183	CARLA PARREIRA	1:03:28.85	1:03:19.45	41	F	VetI F (40-44)	72	12	JDM ATLETISMO
281	57	BRUNO MÁXIMO	1:03:29.15	1:03:16.15	37	M	Jun Sen M (18-39)	209	90	ACA RUNNING ENGEL&VOLKERS
282	193	ANA PARREIRA	1:03:33.57	1:03:11.67	25	F	Jun Sen F (18-39)	73	31	JDM ATLETISMO
283	48	MARIA CLAUDINO	1:03:42.07	1:03:36.51	48	F	VetII F (45-49)	74	15	CMMC GRANDOLA
284	89	ANA FIGUEIRA	1:04:22.25	1:03:56.36	55	F	VetIV F (55-59)	75	6	AMICICLO GRANDOLA

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285	258	PAMELA PACHECO	1:05:43.00	1:05:16.02	33	F	Jun Sen F (18-39)	76	32	GDR SÃO FRANCISCO DA SERRA
286	235	VÂNIA SANTOS	1:06:39.04	1:06:11.31	44	F	VetI F (40-44)	77	13	GDR SÃO FRANCISCO DA SERRA
287	40	SUSANA BERNARDINO	1:06:39.40	1:06:32.56	34	F	Jun Sen F (18-39)	78	33	MTF
288	160	JOSÉ FERREIRA	1:07:16.49	1:07:09.08	40	M	VetI M (40-44)	210	25	UD ODEMIRA
289	324	DUARTE GOMES	1:07:44.38	1:07:16.24	26	M	Jun Sen M (18-39)	211	91	
290	265	MARIA CASIMIRO	1:11:46.80	1:11:46.80	57	F	VetIV F (55-59)	79	7	CMMC GRANDOLA
291	256	PAULA BARTOLOMEU	1:17:48.45	1:17:37.20	55	F	VetIV F (55-59)	80	8	
292	203	TERESA ALVES	1:19:52.24	1:19:24.60	56	F	VetIV F (55-59)	81	9	ACR VIMEIRO