

CORRIDA  
10KM

# 7ª CORRIDA NOTURNA

COSTA DE CAPARICA

08 JULHO  
2023

Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	363	ANDRÉ COSTA	0:34:58.50	0:34:58.36	32	M	Jun Sen M (0-34)	1	1	CBRM
2	569	JOÃO JESUS	0:36:54.30	0:36:54.03	33	M	Jun Sen M (0-34)	2	2	
3	537	RICARDO JORDÃO	0:37:42.09	0:37:41.94	40	M	VetII M (40-44)	3	1	
4	330	NELSON ROSA	0:38:34.05	0:38:34.05	47	M	VetIII M (45-49)	4	1	GD DIANA
5	386	ANDRÉ SILVA	0:39:10.10	0:39:09.37	35	M	VetI M (35-39)	5	1	GDR S FRANCISCO SERRA
6	402	TELMO NOGUEIRA	0:39:12.00	0:39:10.83	39	M	VetI M (35-39)	6	2	
7	444	FRANCISCO LEMOS	0:39:14.78	0:39:14.66	40	M	VetII M (40-44)	7	2	
8	538	JOÃO TABORDA	0:40:21.73	0:40:21.19	38	M	VetI M (35-39)	8	3	CF OS BELENENSES
9	548	MIGUEL SILVA	0:40:23.37	0:40:22.34	34	M	Jun Sen M (0-34)	9	3	CLUBE TAP PORTUGAL
10	502	NUNO ROQUE	0:40:32.71	0:40:24.36	50	M	VetIV M (50-54)	10	1	
11	600	EDUARDO LOURENÇO	0:41:15.00	0:41:13.76	54	M	VetIV M (50-54)	11	2	CAAPP
12	540	FERNANDO PARENTE	0:41:38.82	0:41:37.57	45	M	VetIII M (45-49)	12	2	CLUBE TAP PORTUGAL
13	615	PATRICK MAGALHÃES	0:41:52.45	0:41:52.45	33	M	Jun Sen M (0-34)	13	4	
14	176	DUARTE COSTA	0:42:38.23	0:42:37.95	39	M	VetI M (35-39)	14	4	FEDERAÇÃO DA FAMILIA
15	400	RUI HENRIQUES	0:42:46.99	0:42:46.23	43	M	VetII M (40-44)	15	3	SERVIÇOS SOCIAIS MONTEPIO
16	478	JOÃO CHARRUA	0:42:55.00	0:42:52.30	35	M	VetI M (35-39)	16	5	
17	125	PEDRO DIAS	0:43:03.42	0:42:56.83	45	M	VetIII M (45-49)	17	3	
18	50	BRUNO CARVALHO	0:43:07.82	0:43:01.70	37	M	VetI M (35-39)	18	6	BANDIDOS
19	436	SARA MARINHO	0:43:12.79	0:43:12.79	32	F	Jun Sen F (0-34)	1	1	FARMÁCIA SACOOR
20	144	JORGE CARVALHEIRO	0:43:37.96	0:43:32.73	31	M	Jun Sen M (0-34)	19	5	HERDADE MODERNA
21	34	PEDRO SILVA	0:43:50.00	0:43:49.82	32	M	Jun Sen M (0-34)	20	6	
22	434	ANTONIO INACIO	0:44:05.77	0:44:05.77	55	M	VetV M (55-59)	21	1	CRUZ E AMIGOS DA CORRIDA
23	534	PAULO VIEIRA	0:44:07.59	0:43:58.32	55	M	VetV M (55-59)	22	2	GMCJAMOR
24	229	PAULO TOMÁS	0:44:07.78	0:44:06.04	54	M	VetIV M (50-54)	23	3	1º DEZEMBRO QUEIJAS

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25	318	PEDRO CARDADOR	0:44:07.86	0:43:45.30	27	M	Jun Sen M (0-34)	24	7	QUEIMAR REBITES
26	248	FERNANDO SANTOS	0:44:09.62	0:44:09.10	58	M	VetV M (55-59)	25	3	C PRAÇAS ARMADA
27	577	FILIPE ALCAIDE	0:44:19.16	0:44:18.35	21	M	Jun Sen M (0-34)	26	8	
28	519	BRUNO CANHÃO	0:44:25.97	0:44:12.48	37	M	VetI M (35-39)	27	7	
29	532	PAULO BARRADAS	0:44:35.00	0:44:27.36	41	M	VetII M (40-44)	28	4	
30	579	ALEXANDRE FIGUEIREDO	0:44:44.36	0:44:41.72	50	M	VetIV M (50-54)	29	4	NAPA
31	556	JOÃO NARRA	0:44:48.66	0:44:39.10	54	M	VetIV M (50-54)	30	5	GMCJAMOR
32	271	HUGO MATEUS	0:45:10.00	0:45:00.83	23	M	Jun Sen M (0-34)	31	9	
33	485	JOÃO PAIXÃO	0:45:20.28	0:45:18.03	52	M	VetIV M (50-54)	32	6	NAPA
34	73	LUIS BARRELAS	0:45:20.28	0:45:18.65	51	M	VetIV M (50-54)	33	7	
35	645	JOSE GOMES	0:45:22.49	0:45:19.32	63	M	VetVI M (60-64)	34	1	
36	224	CARLOS CAEIRO	0:45:24.96	0:45:22.91	49	M	VetIII M (45-49)	35	4	AMINHACORIDA/RUNEXTREM
37	22	JAIME LAMEGO	0:45:28.90	0:45:23.82	63	M	VetVI M (60-64)	36	2	UMA TEAM
38	515	BRUNO MARRÃO	0:45:29.00	0:45:27.08	47	M	VetIII M (45-49)	37	5	GO! RUNNERS
39	382	GONÇALO SANTOS	0:45:31.00	0:45:29.46	29	M	Jun Sen M (0-34)	38	10	
40	549	LAURINE FERNANDES	0:45:46.86	0:45:43.33	30	F	Jun Sen F (0-34)	2	2	
41	550	JOAO GOMES	0:45:48.69	0:45:44.85	28	M	Jun Sen M (0-34)	39	11	
42	213	JOHANNA MEISTER	0:45:57.00	0:45:46.24	26	F	Jun Sen F (0-34)	3	3	
43	466	PEDRO MANAÇAS	0:46:15.83	0:46:15.83	50	M	VetIV M (50-54)	40	8	MONTE KAPA ED
44	109	JOSÉ PINTO	0:46:18.62	0:46:17.41	60	M	VetVI M (60-64)	41	3	CLINICA DR CAUTELA
45	163	RICARDO MARQUES	0:46:25.00	0:46:25.00	41	M	VetII M (40-44)	42	5	CCD CREDITO AGRICOLA
46	472	NÉLIO FREIXO	0:46:39.28	0:46:39.28	40	M	VetII M (40-44)	43	6	SABUGUEIRONROAD
47	342	JOÃO TELES	0:46:50.00	0:46:50.00	31	M	Jun Sen M (0-34)	44	12	OZ RUNNING TEAM
48	152	JUAN REQUENA	0:46:54.90	0:46:54.03	34	M	Jun Sen M (0-34)	45	13	
49	422	HENRIQUE AMADOR	0:47:08.42	0:47:07.91	51	M	VetIV M (50-54)	46	9	SS CGD
50	98	IURI MATEUS	0:47:10.93	0:47:04.69	37	M	VetI M (35-39)	47	8	

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51	74	RICARDO SANTIAGO	0:47:20.03	0:47:18.00	44	M	VetII M (40-44)	48	7	FUNNY TOURS LISBOA
52	477	IVO FERNANDES	0:47:44.92	0:47:39.73	46	M	VetIII M (45-49)	49	6	ATLETISMO CASA BENFICA DO SEIX
53	177	TIAGO FAÍSCA	0:47:48.59	0:47:43.23	32	M	Jun Sen M (0-34)	50	14	
54	399	PEDRO SILVA	0:47:53.99	0:47:32.99	22	M	Jun Sen M (0-34)	51	15	SERVIÇOS SOCIAIS MONTEPIO
55	511	CARLA FERNANDES	0:47:57.74	0:47:56.53	44	F	VetII F (40-44)	4	1	AMINHACORIDA/RUNEXTREM
56	292	FILIFE BOLÉO	0:48:05.00	0:47:57.85	52	M	VetIV M (50-54)	52	10	CLUBE ANACOM
57	650	JESSICA SA	0:48:14.21	0:47:07.69	20	F	Jun Sen F (0-34)	5	4	
58	385	NELSON PEREIRA	0:48:19.59	0:48:17.94	55	M	VetV M (55-59)	53	4	GDR S FRANCISCO SERRA
59	423	JOAQUIM FRADE	0:48:22.52	0:48:19.66	67	M	VetVII M (65-69)	54	1	SS CGD
60	438	PIERRE GEIN	0:48:23.28	0:48:16.59	55	M	VetV M (55-59)	55	5	
61	642	ANDREIA GOMES	0:48:26.53	0:48:25.06	31	F	Jun Sen F (0-34)	6	5	
62	401	PAULO ALMEIDA	0:48:30.99	0:48:28.80	58	M	VetV M (55-59)	56	6	
63	295	GONÇALO JONES	0:48:33.45	0:48:20.57	26	M	Jun Sen M (0-34)	57	16	
64	142	NUNO SILVA	0:48:39.39	0:48:33.99	44	M	VetII M (40-44)	58	8	
65	304	MIGUEL FERREIRINHO	0:48:41.48	0:48:40.42	19	M	Jun Sen M (0-34)	59	17	
66	603	MIGUEL VALE	0:48:42.84	0:48:22.92	36	M	VetI M (35-39)	60	9	
67	602	RODOLFO DUARTE	0:48:42.86	0:48:22.13	39	M	VetI M (35-39)	61	10	
68	351	ABDEREZECK BENAÏSSA	0:48:50.12	0:48:44.64	42	M	VetII M (40-44)	62	9	
69	243	MÁRIO REAL	0:48:55.20	0:47:44.79	29	M	Jun Sen M (0-34)	63	18	BRUXOS RUNNERS
70	435	TIAGO SANTOS	0:49:00.04	0:48:54.68	34	M	Jun Sen M (0-34)	64	19	RUN 4 FUN
71	206	PEDRO ANTUNES	0:49:03.53	0:48:56.54	32	M	Jun Sen M (0-34)	65	20	
72	595	JOSÉ CRUZ	0:49:06.65	0:47:47.66	48	M	VetIII M (45-49)	66	7	NÓS OS DOIS
73	99	CARLOS MENDES	0:49:08.43	0:48:52.30	39	M	VetI M (35-39)	67	11	
74	137	RICARDO GIÃO	0:49:08.84	0:48:16.46	30	M	Jun Sen M (0-34)	68	21	
75	613	JOSÉ PEREIRA	0:49:09.13	0:49:07.14	61	M	VetVI M (60-64)	69	4	RODO CARGO, SA
76	282	JOÃO BAPTISTA	0:49:09.17	0:49:02.11	31	M	Jun Sen M (0-34)	70	22	

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77	121	RODRIGO PASSINHAS	0:49:09.18	0:49:05.22	19	M	Jun Sen M (0-34)	71	23	
78	317	FÁBIO DIAS	0:49:12.88	0:48:50.10	25	M	Jun Sen M (0-34)	72	24	QUEIMAR REBITES
79	419	ANTONIO NASCIMENTO	0:49:14.77	0:49:07.72	65	M	VetVII M (65-69)	73	2	SS CGD
80	75	KOSTYANTYN SIMONENKO	0:49:15.29	0:49:05.55	41	M	VetII M (40-44)	74	10	UKRAINE
81	469	JULIE BERGERON	0:49:16.10	0:49:16.10	44	F	VetII F (40-44)	7	2	
82	57	PEDRO BARATA	0:49:16.14	0:48:59.04	48	M	VetIII M (45-49)	75	8	SÃO DOMINGOS FC
83	276	PAULO DIAS	0:49:17.47	0:49:15.90	47	M	VetIII M (45-49)	76	9	
84	180	RICARDO CORREIA	0:49:18.08	0:48:53.35	43	M	VetII M (40-44)	77	11	AA MAFRA
85	124	BRUNO AMARO	0:49:21.71	0:49:07.12	42	M	VetII M (40-44)	78	12	GRD RIBEIRA DA LAGE
86	524	NUNO MORGADO	0:49:24.00	0:49:24.00	49	M	VetIII M (45-49)	79	10	GMCJAMOR
87	446	CHRISTOPHE SOUSA	0:49:24.04	0:49:09.68	39	M	VetI M (35-39)	80	12	
88	479	CARLOS FONSECA	0:49:24.30	0:49:20.19	59	M	VetV M (55-59)	81	7	ZATPEQUES FERNÃO FERRO
89	32	JOÃO CARVALHO	0:49:25.35	0:49:22.30	54	M	VetIV M (50-54)	82	11	
90	235	FÁBIO ROCHA	0:49:31.61	0:49:23.32	36	M	VetI M (35-39)	83	13	
91	146	FILOMENA SANTOS	0:49:37.27	0:49:31.40	49	F	VetIII F (45-49)	8	1	CMC ODIVELAS
92	463	MARCO LOURO	0:49:38.04	0:49:05.31	52	M	VetIV M (50-54)	84	12	
93	145	SÉRGIO MAURÍCIO	0:49:38.60	0:49:32.90	43	M	VetII M (40-44)	85	13	
94	140	RODRIGO SANTOS	0:50:01.00	0:49:53.02	50	M	VetIV M (50-54)	86	13	
95	598	RUI MARQUES	0:50:02.00	0:49:55.38	52	M	VetIV M (50-54)	87	14	FIDELIDADE GDC
96	508	BRUNO SOUSA	0:50:04.00	0:50:04.00	34	M	Jun Sen M (0-34)	88	25	AMINHACORRIDAPACER
97	573	CHARLES LOGAN	0:50:06.79	0:50:03.49	39	M	VetI M (35-39)	89	14	
98	586	JOSÉ AMARO	0:50:06.92	0:48:48.10	47	M	VetIII M (45-49)	90	11	LIZ RUNNERS
99	606	FABIO BATISTA	0:50:07.41	0:50:02.44	30	M	Jun Sen M (0-34)	91	26	
100	49	CANDIDO POÇAS	0:50:08.12	0:49:59.60	53	M	VetIV M (50-54)	92	15	BANDIDOS
101	312	THIAGO SANTOS	0:50:12.00	0:49:52.66	37	M	VetI M (35-39)	93	15	
102	604	SILVIA DOMINGOS	0:50:24.86	0:50:17.24	40	F	VetII F (40-44)	9	3	

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103	507	ANA MENDES	0:50:29.25	0:50:26.91	43	F	VetII F (40-44)	10	4	AMINHACORRIDAPACER
104	259	GLÓRIA VIEIRA	0:50:36.14	0:50:31.05	45	F	VetIII F (45-49)	11	2	CMC ODIVELAS
105	249	JOÃO SANTOS	0:50:41.68	0:50:37.91	58	M	VetV M (55-59)	94	8	C PRAÇAS ARMADA
106	442	ANDRÉ SANTOS	0:50:42.11	0:50:25.69	34	M	Jun Sen M (0-34)	95	27	
107	131	DAVID GIÃO	0:50:44.76	0:49:55.06	29	M	Jun Sen M (0-34)	96	28	
108	428	CRISTIANO LOPES	0:50:46.00	0:50:37.49	37	M	VetI M (35-39)	97	16	
109	356	ANTÓNIO MARTINS	0:50:49.64	0:50:47.53	51	M	VetIV M (50-54)	98	16	ZATPEQUES FERNÃO FERRO
110	78	JOÃO CHAMBINO	0:50:58.97	0:50:38.82	45	M	VetIII M (45-49)	99	12	ÉVORA NIGHT RUNNERS
111	322	LEONARDO GONÇALVES	0:51:10.10	0:49:37.82	36	M	VetI M (35-39)	100	17	
112	572	JOSÉ SANTOS	0:51:12.00	0:51:12.00	57	M	VetV M (55-59)	101	9	TÁLENTOS TEAM
113	643	FRANCESCA CENNA	0:51:13.93	0:51:13.93	35	F	VetI F (35-39)	12	1	
114	514	ROGÉRIO RODRIGUES	0:51:15.00	0:51:08.96	42	M	VetII M (40-44)	102	14	ALMADA RUNNING
115	167	GILSON SILVA	0:51:16.00	0:51:08.48	43	M	VetII M (40-44)	103	15	
116	338	JORGE MONTEIRO	0:51:17.60	0:51:13.45	50	M	VetIV M (50-54)	104	17	ZATPEQUES FERNÃO FERRO
117	418	ANTÓNIO LUIZ	0:51:17.82	0:51:17.82	66	M	VetVII M (65-69)	105	3	
118	387	LICINIO FERREIRA	0:51:23.98	0:51:18.37	45	M	VetIII M (45-49)	106	13	
119	543	HORÁCIO COELHO	0:51:24.06	0:51:10.08	40	M	VetII M (40-44)	107	16	GRUPITO
120	72	SÉRGIO PEREIRA	0:51:24.93	0:51:13.09	30	M	Jun Sen M (0-34)	108	29	
121	111	JOSÉ GODINHO	0:51:30.16	0:51:24.70	53	M	VetIV M (50-54)	109	18	C BENFICA CASTELO BRANCO
122	71	JOSÉ VALE	0:51:45.45	0:51:33.05	30	M	Jun Sen M (0-34)	110	30	
123	328	HUGO BATISTA	0:51:46.85	0:51:42.88	32	M	Jun Sen M (0-34)	111	31	
124	484	DAVIDE RODRIGUES	0:51:50.14	0:51:44.06	50	M	VetIV M (50-54)	112	19	
125	52	TÂNIA ALMEIDA	0:51:50.18	0:51:31.48	30	F	Jun Sen F (0-34)	13	6	ALL 4 ADVENTURE RUNNERS
126	632	JORGE SOARES	0:51:55.16	0:50:38.85	50	M	VetIV M (50-54)	113	20	SERVIÇOS SOCIAIS MONTEPIO
127	79	CARLOS FERNANDES	0:52:01.00	0:52:00.63	46	M	VetIII M (45-49)	114	14	
128	449	DAVID PIRES	0:52:04.29	0:51:47.30	32	M	Jun Sen M (0-34)	115	32	CORRER LISBOA

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129	448	BRUNO CLARO	0:52:05.00	0:51:45.75	42	M	VetII M (40-44)	116	17	CORRER LISBOA
130	506	MIGUEL SAN-PAYO	0:52:08.31	0:50:55.58	61	M	VetVI M (60-64)	117	5	RUN 4 FUN
131	55	CARLOS ALEXANDRE	0:52:09.90	0:51:55.90	40	M	VetII M (40-44)	118	18	TRILHOS & OUTROS
132	551	ANA ROCHA	0:52:15.00	0:52:05.40	45	F	VetIII F (45-49)	14	3	GMCIAMOR
133	77	PEDRO FERNANDES	0:52:18.37	0:52:18.37	28	M	Jun Sen M (0-34)	119	33	
134	410	JOÃO RODRIGUES	0:52:20.74	0:52:20.74	34	M	Jun Sen M (0-34)	120	34	
135	565	JOAQUIM BRANQUINHO	0:52:22.49	0:52:17.81	45	M	VetIII M (45-49)	121	15	CASA DO BENFICA DO SEIXAL
136	429	RODOLFO SANTOS	0:52:27.00	0:51:02.37	39	M	VetI M (35-39)	122	18	
137	481	BRUNO ESPADEIRO	0:52:28.36	0:52:00.47	45	M	VetIII M (45-49)	123	16	BE ENERGY
138	65	DENIS STENDERCHUCK	0:52:28.90	0:52:13.53	43	M	VetII M (40-44)	124	19	BAGIRA
139	359	BERNARDO VAZ	0:52:35.00	0:52:24.06	30	M	Jun Sen M (0-34)	125	35	
140	369	ADELAIDE DAMIÃO	0:52:41.97	0:52:38.39	58	F	VetV F (55-59)	15	1	
141	480	FABIANO FERREIRA	0:52:42.72	0:52:20.61	42	M	VetII M (40-44)	126	20	BENFICA EM FORMA
142	303	MATILDE FERREIRINHO	0:52:45.60	0:52:44.94	18	F	Jun Sen F (0-34)	16	7	
143	306	ANTÓNIO FERREIRINHO	0:52:47.00	0:52:45.48	49	M	VetIII M (45-49)	127	17	
144	531	ZHIJIE YANG	0:52:49.99	0:52:29.51	24	M	Jun Sen M (0-34)	128	36	
145	353	GONÇALO SIMÕES	0:52:53.05	0:52:25.36	45	M	VetIII M (45-49)	129	18	
146	530	RICARDO FERREIRA	0:52:53.24	0:52:25.54	46	M	VetIII M (45-49)	130	19	
147	47	SIMÃO SANTANA	0:52:54.04	0:52:44.30	46	M	VetIII M (45-49)	131	20	BANDIDOS
148	525	LUIS MORGADO	0:52:54.10	0:52:54.10	49	M	VetIII M (45-49)	132	21	GMCIAMOR
149	158	CARINA ROSA	0:52:57.00	0:52:44.75	44	F	VetII F (40-44)	17	5	
150	154	JOSÉ SANTOS	0:53:02.21	0:52:59.52	60	M	VetVI M (60-64)	133	6	
151	108	TUDOR SIRBU	0:53:05.30	0:51:43.94	35	M	VetI M (35-39)	134	19	
152	475	FILIFE ALVES	0:53:07.79	0:53:05.79	31	M	Jun Sen M (0-34)	135	37	CAA BELEM
153	252	STEPHANIE NOLTE	0:53:07.81	0:52:56.33	40	F	VetII F (40-44)	18	6	STEFFIRUN
154	336	NUNO MALTEZ	0:53:07.97	0:52:54.01	52	M	VetIV M (50-54)	136	21	ZATPEQUES FERNÃO FERRO

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155	11	VINICIUS AGUIAR	0:53:08.85	0:53:07.79	27	M	Jun Sen M (0-34)	137	38	
156	445	SANDRA OLIVEIRA	0:53:14.47	0:52:49.12	43	F	VetII F (40-44)	19	7	
157	293	SOFIA BOLÉO	0:53:18.47	0:53:12.38	52	F	VetIV F (50-54)	20	1	CLUBE ANACOM
158	522	JOÃO RODRIGUES	0:53:19.59	0:53:03.76	50	M	VetIV M (50-54)	138	22	FREERUNNERS IDENTPRINT
159	430	ALEXANDRA SILVEIRA	0:53:23.82	0:53:22.61	39	F	VetI F (35-39)	21	2	
160	474	EDUARDO NEVES	0:53:27.00	0:53:10.45	43	M	VetII M (40-44)	139	21	CAA BELEM
161	513	CARLOS GRANHA	0:53:29.20	0:52:31.22	43	M	VetII M (40-44)	140	22	
162	268	FERNANDO CUNHA	0:53:29.57	0:52:11.81	44	M	VetII M (40-44)	141	23	GANG DE L ROLHE
163	168	LUÍS FERREIRA	0:53:33.27	0:53:06.44	40	M	VetII M (40-44)	142	24	
164	335	MÁRIO PEREIRA	0:53:34.07	0:52:25.55	36	M	VetI M (35-39)	143	20	
165	541	CATARINA PARENTE	0:53:34.75	0:53:34.75	19	F	Jun Sen F (0-34)	22	8	CLUBE TAP PORTUGAL
166	561	TIAGO ROSA	0:53:44.61	0:53:42.28	38	M	VetI M (35-39)	144	21	MAC RUNNERS
167	300	RAQUEL SERRA	0:53:45.98	0:53:45.98	26	F	Jun Sen F (0-34)	23	9	NOVA SBE
168	301	FERNANDO MARTINS	0:53:46.10	0:53:46.10	25	M	Jun Sen M (0-34)	145	39	NOVA SBE
169	630	PAULO PEREIRA	0:53:47.70	0:52:29.49	52	M	VetIV M (50-54)	146	23	SERVIÇOS SOCIAIS MONTEPIO
170	631	ANTONIO FRANCO	0:53:48.32	0:52:31.88	58	M	VetV M (55-59)	147	10	SERVIÇOS SOCIAIS MONTEPIO
171	578	LUÍS ANDRADE	0:53:53.60	0:53:46.86	41	M	VetII M (40-44)	148	25	3B TRIATLO
172	601	NICOLAS GENEAU	0:53:54.68	0:53:54.68	39	M	VetI M (35-39)	149	22	
173	67	ALESSANDRA SPAGNOL	0:53:54.95	0:53:51.85	46	F	VetIII F (45-49)	24	4	
174	639	DANIEL ESPADA	0:54:01.71	0:54:01.71	31	M	Jun Sen M (0-34)	150	40	
175	628	JERONIMO RIMENO	0:54:10.72	0:53:44.78	47	M	VetIII M (45-49)	151	22	
176	433	TERESA ESCÁRIA	0:54:20.59	0:53:54.21	18	F	Jun Sen F (0-34)	25	10	
177	440	JOANA ANTUNES	0:54:24.38	0:54:08.63	34	F	Jun Sen F (0-34)	26	11	
178	148	TIAGO DAVID	0:54:25.61	0:54:15.48	41	M	VetII M (40-44)	152	26	C BENFICA ABRANTES
179	591	LUIS SUAREZ	0:54:25.65	0:54:22.73	31	M	Jun Sen M (0-34)	153	41	
180	533	JOSÉ CARVALHO	0:54:27.48	0:54:05.36	24	M	Jun Sen M (0-34)	154	42	

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181	616	FILIPE CORREIA	0:54:33.11	0:54:33.11	34	M	Jun Sen M (0-34)	155	43	
182	104	RUI PEREIRA	0:54:45.90	0:54:32.64	48	M	VetIII M (45-49)	156	23	RUFIAS
183	42	KARIM MADAOU	0:54:46.25	0:54:25.50	37	M	VetI M (35-39)	157	23	CAMPO RUN
184	260	JORGE MATIAS	0:54:47.00	0:53:23.41	42	M	VetII M (40-44)	158	27	GD VALE FIGUEIRA
185	509	TO RAMOS	0:54:59.47	0:54:57.19	52	M	VetIV M (50-54)	159	24	AMINHACORRIDAPACER
186	56	HELENA GONÇALVES	0:55:06.32	0:54:53.49	48	F	VetIII F (45-49)	27	5	PINHAL NOVO A CORRER
187	123	HUGO MOREIRA	0:55:07.14	0:55:07.14	46	M	VetIII M (45-49)	160	24	DEVAGAR DEVAGARINHO
188	587	LUCIANA MACEDO	0:55:14.62	0:54:56.76	37	F	VetI F (35-39)	28	3	
189	30	PAULO SILVA	0:55:18.52	0:55:05.04	54	M	VetIV M (50-54)	161	25	PINHAL NOVO A CORRER
190	132	ANA MONTEIRO	0:55:21.73	0:55:20.74	46	F	VetIII F (45-49)	29	6	AMINHACORIDA/RUNEXTREM
191	394	CARLOS SILVA	0:55:25.82	0:55:05.30	55	M	VetV M (55-59)	162	11	SERVIÇOS SOCIAIS MONTEPIO
192	425	ATLETA NÃO REGISTADO	0:55:27.41	0:54:31.89	28	M	Jun Sen M (0-34)	163	44	
193	407	PEDRO OLIVEIRA	0:55:28.04	0:55:09.45	39	M	VetI M (35-39)	164	24	OS SUPER HERÓIS
194	558	ANTÓNIO ALMEIDA	0:55:29.39	0:55:27.14	61	M	VetVI M (60-64)	165	7	VIA3RUNNERS
195	69	RICARDO OLIVEIRA	0:55:36.23	0:55:22.47	42	M	VetII M (40-44)	166	28	
196	583	HUGO OLIVEIRA	0:55:39.83	0:55:36.36	49	M	VetIII M (45-49)	167	25	AUCHAN ALMADA
197	563	BRUNO SILVA	0:55:43.28	0:55:37.85	22	M	Jun Sen M (0-34)	168	45	
198	374	JORGE ROLDÃO	0:55:44.00	0:55:44.00	34	M	Jun Sen M (0-34)	169	46	JORGES
199	246	RUBEN DAVID	0:55:46.26	0:55:46.26	40	M	VetII M (40-44)	170	29	
200	597	LUIS MENDES	0:55:55.28	0:55:46.97	52	M	VetIV M (50-54)	171	26	
201	375	JORGE SANTOS	0:55:56.13	0:55:29.20	42	M	VetII M (40-44)	172	30	JORGES
202	272	ANTÓNIO LOPES	0:56:02.16	0:55:57.39	54	M	VetIV M (50-54)	173	27	CORRER POR CASTELO BRANCO
203	413	AXEL BORRY	0:56:02.53	0:55:40.28	32	M	Jun Sen M (0-34)	174	47	2BE2
204	233	SÉRGIO PAZ	0:56:03.57	0:54:43.19	51	M	VetIV M (50-54)	175	28	
205	179	JOELMA SILVA	0:56:10.00	0:56:10.00	40	F	VetII F (40-44)	30	8	AA MAFRA
206	462	GONÇALO SALGADO	0:56:15.13	0:56:06.92	33	M	Jun Sen M (0-34)	176	48	G26



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207	362	DIOGO FERREIRA	0:56:17.69	0:54:26.06	43	M	VetII M (40-44)	177	31	
208	286	IVO LOPES	0:56:23.10	0:56:23.10	34	M	Jun Sen M (0-34)	178	49	
209	212	RUI SOL-POSTO	0:56:24.52	0:56:17.01	46	M	VetIII M (45-49)	179	26	
210	159	RITA OLIVEIRA	0:56:26.09	0:56:14.03	42	F	VetII F (40-44)	31	9	GRCD LEIAO
211	380	SUSANA AMARO	0:56:27.52	0:56:13.56	40	F	VetII F (40-44)	32	10	
212	391	PEDRO ALBINO	0:56:34.01	0:55:11.37	43	M	VetII M (40-44)	180	32	
213	637	JOSE PINA	0:56:34.71	0:56:34.71	63	M	VetVI M (60-64)	181	8	
214	609	THIBAUT RIVET	0:56:34.79	0:56:27.14	46	M	VetIII M (45-49)	182	27	CASA SENNA
215	411	LOURDES ROMERO	0:56:34.98	0:56:33.43	64	F	VetVI F (60-64)	33	1	FEDERAÇÃO DA FAMÍLIA
216	298	DAVID CARDOSO	0:56:35.00	0:56:30.79	19	M	Jun Sen M (0-34)	183	50	
217	610	PEDRO PEREIRA	0:56:36.58	0:56:24.76	31	M	Jun Sen M (0-34)	184	51	
218	45	ANTÓNIO GONÇALVES	0:56:41.46	0:56:31.30	61	M	VetVI M (60-64)	185	9	ALVERCA URBAN RUNNERS
219	599	SILVIA SANTOS	0:56:46.18	0:56:29.19	45	F	VetIII F (45-49)	34	7	
220	526	RUTE VASCONCELOS	0:56:47.00	0:56:44.98	43	F	VetII F (40-44)	35	11	
221	352	MANUEL DANTAS	0:56:48.97	0:56:39.10	54	M	VetIV M (50-54)	186	29	
222	117	GAËLLE DUBERN	0:56:50.27	0:56:25.90	30	F	Jun Sen F (0-34)	36	12	
223	118	ALLAN HOUSOULLIEZ	0:56:50.40	0:56:50.40	31	M	Jun Sen M (0-34)	187	52	
224	596	ANDRÉ POMBO	0:56:51.02	0:55:42.36	24	M	Jun Sen M (0-34)	188	53	
225	376	ALEXANDRA RIBEIRO	0:56:52.00	0:56:44.90	38	F	VetI F (35-39)	37	4	
226	196	XAVIER TAYLOR	0:56:53.00	0:56:42.28	33	M	Jun Sen M (0-34)	189	54	
227	584	JOSÉ DUQUE	0:56:54.00	0:56:48.61	36	M	VetI M (35-39)	190	25	AUCHAN ALMADA
228	443	JOÃO INFANTE	0:56:55.00	0:55:40.78	61	M	VetVI M (60-64)	191	10	LINDA-A-PASTORA SC
229	54	LUIS ALMEIDA	0:56:56.76	0:56:36.97	56	M	VetV M (55-59)	192	12	ALL 4 ADVENTURE RUNNERS
230	320	JOAO SANTOS	0:57:19.52	0:56:56.10	42	M	VetII M (40-44)	193	33	QUEIMAR REBITES
231	638	AGOSTINHO FRANCESCO	0:57:20.83	0:57:16.58	37	M	VetI M (35-39)	194	26	
232	228	ANA MATOS	0:57:22.64	0:56:26.13	43	F	VetII F (40-44)	38	12	UNIDOS AO LUAR

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233	585	CARLOS CRUZ	0:57:23.65	0:57:19.41	54	M	VetIV M (50-54)	195	30	AUCHAN ALMADA
234	527	EUCINÁRIO PINHEIRO	0:57:25.52	0:57:08.35	58	M	VetV M (55-59)	196	13	
235	535	JORGE FERREIRA	0:57:43.02	0:57:38.92	52	M	VetIV M (50-54)	197	31	
236	562	ELISABETE SÁ	0:57:50.80	0:57:07.99	48	F	VetIII F (45-49)	39	8	
237	291	PAULO SILVA	0:57:51.18	0:57:51.18	49	M	VetIII M (45-49)	198	28	
238	566	TÂNIA CARMO	0:57:51.35	0:57:45.04	37	F	VetI F (35-39)	40	5	NAVIGATOR CLUBE SETÚBAL
239	33	FERNANDO CORREIA	0:58:00.07	0:57:45.75	56	M	VetV M (55-59)	199	14	
240	119	MARIA CONCHINHA	0:58:01.45	0:57:49.09	64	F	VetVI F (60-64)	41	2	CBRCALHAU
241	193	RUTE MARTINS	0:58:02.73	0:57:40.77	25	F	Jun Sen F (0-34)	42	13	BROFORCE RUNNING CLUB
242	247	LUÍS HORTÊNCIO	0:58:04.54	0:57:37.97	48	M	VetIII M (45-49)	200	29	
243	29	JOÃO CORREIA	0:58:13.20	0:57:52.68	34	M	Jun Sen M (0-34)	201	55	
244	28	JOSÉ OLIVEIRA	0:58:13.75	0:57:52.63	42	M	VetII M (40-44)	202	34	
245	421	FILIPA GOMES	0:58:13.92	0:58:00.00	23	F	Jun Sen F (0-34)	43	14	SS CGD
246	26	CARLOS RYDIN	0:58:16.20	0:58:06.47	62	M	VetVI M (60-64)	203	11	
247	94	JORGE ANDRADE	0:58:19.00	0:58:00.56	61	M	VetVI M (60-64)	204	12	
248	523	NAYARA PINHEIRO	0:58:21.74	0:58:15.28	26	F	Jun Sen F (0-34)	44	15	
249	559	CARLOS BATISTA	0:58:22.04	0:58:02.92	49	M	VetIII M (45-49)	205	30	
250	636	BENNY NEUGEBAUER	0:58:27.00	0:58:00.82	35	M	VetI M (35-39)	206	27	
251	427	OLIVIA GASPAR	0:58:28.68	0:57:30.53	52	F	VetIV F (50-54)	45	2	SS CGD
252	297	RUI GRILO	0:58:31.38	0:58:18.90	44	M	VetII M (40-44)	207	35	
253	404	DAVID ALMENDR	0:58:37.00	0:58:28.14	22	M	Jun Sen M (0-34)	208	56	ALMENDRAS
254	453	LEONEL RIBEIRO	0:58:37.88	0:58:33.83	41	M	VetII M (40-44)	209	36	ADVANCECARE
255	493	ADRIANA FERNANDES	0:58:38.25	0:58:12.23	36	F	VetI F (35-39)	46	6	
256	388	NUNO VENTURA	0:58:41.53	0:58:12.14	50	M	VetIV M (50-54)	210	32	
257	25	ÂNIA GUERREIRO	0:58:45.09	0:58:30.92	40	F	VetII F (40-44)	47	13	
258	392	RITA FERREIRA	0:58:53.87	0:58:35.40	45	F	VetIII F (45-49)	48	9	CORRER LISBOA

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259	314	JOÃO CAMPIÃO	0:58:57.16	0:57:38.80	35	M	VetI M (35-39)	211	28	
260	547	RUI AMORIM	0:58:58.91	0:58:45.57	36	M	VetI M (35-39)	212	29	GRUPITO
261	261	ELIANA BATISTA	0:58:58.94	0:58:33.54	29	F	Jun Sen F (0-34)	49	16	
262	605	AFONSO RODRIGUES	0:58:59.01	0:58:38.65	44	M	VetII M (40-44)	213	37	
263	262	ALEXANDRE ABREU	0:58:59.28	0:58:35.23	28	M	Jun Sen M (0-34)	214	57	
264	185	PEDRO TOMÁS	0:58:59.77	0:58:49.09	33	M	Jun Sen M (0-34)	215	58	
265	571	MÁRIO SOBRAL	0:59:11.42	0:58:51.40	48	M	VetIII M (45-49)	216	31	CORRER LISBOA
266	581	DIOGO MARTINS	0:59:14.91	0:59:12.42	28	M	Jun Sen M (0-34)	217	59	AUCHAN ALMADA
267	501	JOÃO POMBO	0:59:26.10	0:58:17.30	29	M	Jun Sen M (0-34)	218	60	
268	470	FERNANDO JANEIRO	0:59:29.98	0:59:06.53	53	M	VetIV M (50-54)	219	33	TEAM FUÍNHAS
269	278	LUÍS PINTO	0:59:30.17	0:59:10.76	33	M	Jun Sen M (0-34)	220	61	
270	275	LEONARDO MONTEIRO	0:59:32.80	0:59:13.13	28	M	Jun Sen M (0-34)	221	62	
271	567	TIAGO GALEGO	0:59:33.30	0:59:26.01	44	M	VetII M (40-44)	222	38	NAVIGATOR CLUBE SETÚBAL
272	555	EUGÉNIA RIBEIRO	0:59:34.50	0:59:24.69	52	F	VetIV F (50-54)	50	3	GMCJAMOR
273	368	JOÃO DURÃES	0:59:35.23	0:59:25.72	31	M	Jun Sen M (0-34)	223	63	
274	635	SOFIA ELKHAMLI	0:59:41.56	0:59:16.08	29	F	Jun Sen F (0-34)	51	17	
275	431	LEONOR FERREIRA	0:59:46.32	0:59:46.32	48	F	VetIII F (45-49)	52	10	
276	345	ANTÓNIO ALMEIDA	0:59:49.16	0:59:49.16	56	M	VetV M (55-59)	224	15	C MILLENNIUM BCP
277	238	DANIEL FERREIRA	0:59:51.44	0:59:36.02	41	M	VetII M (40-44)	225	39	
278	305	MARIA FERREIRINHO	0:59:54.46	0:59:50.64	47	F	VetIII F (45-49)	53	11	
279	82	ANDRE PALMEIRO	0:59:57.23	0:57:59.86	50	M	VetIV M (50-54)	226	34	
280	64	ANTÓNIO SANTOS	0:59:59.72	0:59:59.72	52	M	VetIV M (50-54)	227	35	
281	46	FERNANDO CARDIA	0:59:59.80	0:59:44.33	54	M	VetIV M (50-54)	228	36	
282	134	RAFFAELLA DONATI	1:00:00.99	0:59:35.57	21	F	Jun Sen F (0-34)	54	18	
283	24	JORGE PEDREIRA	1:00:04.00	0:59:50.76	43	M	VetII M (40-44)	229	40	
284	545	NUNO CAMPOS	1:00:06.01	0:59:51.28	39	M	VetI M (35-39)	230	30	GRUPITO

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285	107	TÂNIA ESTEVES	1:00:07.29	0:59:55.32	32	F	Jun Sen F (0-34)	55	19	
286	106	RAQUEL ESTEVES	1:00:09.30	0:59:55.44	32	F	Jun Sen F (0-34)	56	20	
287	544	ANA CAMPOS	1:00:09.82	0:59:55.70	39	F	VetI F (35-39)	57	7	GRUPITO
288	326	MAURÍCIO RODRIGUES	1:00:09.91	0:58:45.22	50	M	VetIV M (50-54)	231	37	
289	546	JOANA ROSADO	1:00:10.16	0:59:54.85	35	F	VetI F (35-39)	58	8	GRUPITO
290	510	LUIS PEREIRA	1:00:12.97	1:00:05.45	46	M	VetIII M (45-49)	232	32	AMINHACORRIDAPACER
291	648	LEONEL MENDES	1:00:15.32	0:58:48.20	32	M	Jun Sen M (0-34)	233	64	
292	299	MANUEL GOMES	1:00:15.50	0:59:18.64	57	M	VetV M (55-59)	234	16	
293	264	LUIS SILVA	1:00:16.00	0:59:06.84	32	M	Jun Sen M (0-34)	235	65	
294	570	ANABELA MARTINS	1:00:19.02	1:00:15.14	36	F	VetI F (35-39)	59	9	AMICICLO GRÂNDOLA
295	284	ALEXANDRE GRÁCIO	1:00:19.23	1:00:03.94	68	M	VetVII M (65-69)	236	4	
296	281	FERNANDO MARQUES	1:00:19.37	1:00:05.37	68	M	VetVII M (65-69)	237	5	
297	170	NELSON SILVA	1:00:19.93	1:00:19.93	35	M	VetI M (35-39)	238	31	
298	377	GILBERTO GONÇALVES	1:00:26.37	1:00:04.32	74	M	VetVIII M (70-99)	239	1	CAA BELEM
299	311	ANA PAREDES	1:00:28.32	1:00:11.45	51	F	VetIV F (50-54)	60	4	ACPORTALEGREUTSM
300	333	ANDRÉ BEZERRA	1:00:28.97	1:00:10.79	29	M	Jun Sen M (0-34)	240	66	
301	384	ISABEL FERREIRA	1:00:43.00	1:00:38.02	47	F	VetIII F (45-49)	61	12	GDR S FRANCISCO SERRA
302	383	SÓNIA FERNANDES	1:00:43.34	1:00:38.69	44	F	VetII F (40-44)	62	14	GDR S FRANCISCO SERRA
303	588	CÁRMEN HENRIQUES	1:00:43.72	1:00:37.83	46	F	VetIII F (45-49)	63	13	
304	321	RUI CAMACHO	1:00:44.73	1:00:20.94	46	M	VetIII M (45-49)	241	33	
305	16	DAVID GODINHO	1:00:57.37	1:00:40.26	35	M	VetI M (35-39)	242	32	
306	355	MARTA GIL	1:01:06.03	1:00:38.66	45	F	VetIII F (45-49)	64	14	
307	141	GONÇALO CRISTÓVÃO	1:01:06.49	1:00:55.24	50	M	VetIV M (50-54)	243	38	
308	432	VITOR ESCARIA	1:01:08.44	1:00:40.58	51	M	VetIV M (50-54)	244	39	
309	31	LUIS MARQUES	1:01:16.43	1:01:03.78	55	M	VetV M (55-59)	245	17	
310	23	ARLINDO ROLO	1:01:16.46	1:01:04.93	54	M	VetIV M (50-54)	246	40	

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311	58	EDGAR BARATA	1:01:18.20	1:01:18.20	42	M	VetII M (40-44)	247	41	
312	611	TALLYS FELDENS	1:01:26.12	1:01:21.59	30	F	Jun Sen F (0-34)	65	21	
313	589	J. RODRIGUES	1:01:40.75	1:01:19.16	54	M	VetIV M (50-54)	248	41	CAA BELEM
314	564	KELLEY IRISH	1:01:41.56	1:01:14.43	55	F	VetV F (55-59)	66	2	SETÚBAL OUTDOORS
315	488	HUGO GOMES	1:01:55.93	1:01:47.95	40	M	VetII M (40-44)	249	42	PEGADA SIDERAL
316	203	JOSÉ PRESAS	1:01:56.17	1:00:17.28	49	M	VetIII M (45-49)	250	34	
317	489	HUGO LUÍS	1:01:56.19	1:01:48.14	42	M	VetII M (40-44)	251	43	PEGADA SIDERAL
318	439	BEATRIZ BRANDÃO	1:01:57.57	1:01:51.44	26	F	Jun Sen F (0-34)	67	22	C MILLENNIUM BCP
319	348	CARLO PINHO	1:01:57.69	1:01:57.69	49	M	VetIII M (45-49)	252	35	C MILLENNIUM BCP
320	344	LEONEL BRANDAO	1:01:57.73	1:01:52.33	55	M	VetV M (55-59)	253	18	C MILLENNIUM BCP
321	424	MANUEL BAPTISTA	1:02:09.34	1:01:49.63	58	M	VetV M (55-59)	254	19	SS CGD
322	182	SUSANA DUARTE	1:02:13.40	1:00:43.85	35	F	VetI F (35-39)	68	10	ADIDAS RUNNERS LISBOA
323	181	JOSÉ MARCELINO	1:02:13.67	1:00:45.37	34	M	Jun Sen M (0-34)	255	67	ADIDAS RUNNERS LISBOA
324	44	JOSÉ MARTINS	1:02:14.11	1:02:04.34	64	M	VetVI M (60-64)	256	13	
325	483	DUARTE MATOS	1:02:14.49	1:00:46.42	24	M	Jun Sen M (0-34)	257	68	
326	162	PENÉLOPE SERRANO	1:02:14.52	1:00:45.05	37	F	VetI F (35-39)	69	11	ADIDAS RUNNERS
327	128	SILVIA BETTENCOURT	1:02:15.87	1:01:51.65	38	F	VetI F (35-39)	70	12	
328	87	FERNANDO LUZ	1:02:16.64	1:01:56.90	53	M	VetIV M (50-54)	258	42	GDCT UNICRE
329	83	PAULO DUARTE	1:02:16.80	1:01:57.52	57	M	VetV M (55-59)	259	20	GDCT UNICRE
330	188	VANESSA PINHEIRO	1:02:17.08	1:01:57.99	42	F	VetII F (40-44)	71	15	GDCT UNICRE
331	14	MAGDA CHARRUA	1:02:17.39	1:01:47.47	43	F	VetII F (40-44)	72	16	2800MOVE
332	529	PATRÍCIA MONTEIRO	1:02:19.12	1:02:05.87	48	F	VetIII F (45-49)	73	15	
333	528	DIOGO SANTOS	1:02:19.71	1:02:06.37	38	M	VetI M (35-39)	260	33	
334	347	CARLOS NUNES	1:02:19.87	1:02:08.50	55	M	VetV M (55-59)	261	21	C MILLENNIUM BCP
335	216	PAULO ANTONIO	1:02:21.41	1:01:52.58	44	M	VetII M (40-44)	262	44	SACAS
336	236	BRUNO PEREIRA	1:02:23.00	1:00:36.40	32	M	Jun Sen M (0-34)	263	69	

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337	364	FELIPE AGUIAR	1:02:25.00	1:02:16.00	38	M	VetI M (35-39)	264	34	CR FLAMENGO
338	492	PEDRO PAULO	1:02:30.83	1:00:57.57	41	M	VetII M (40-44)	265	45	
339	331	BERNARDETE SILVA	1:02:32.32	1:01:35.09	53	F	VetIV F (50-54)	74	5	RICARDO
340	505	SARA COLAÇO	1:02:43.34	1:01:28.40	49	F	VetIII F (45-49)	75	16	OS AVENTUREIROS
341	504	RUI VELEZ	1:02:43.67	1:01:29.51	59	M	VetV M (55-59)	266	22	OS AVENTUREIROS
342	614	JOANA SARAIVA	1:02:45.92	1:02:29.98	24	F	Jun Sen F (0-34)	76	23	RODO CARGO, SA
343	279	TERESA HENRIQUES	1:02:49.68	1:02:39.72	46	F	VetIII F (45-49)	77	17	
344	207	SONIA FERREIRA	1:02:49.85	1:02:41.37	41	F	VetII F (40-44)	78	17	
345	227	NUNO NEVES	1:02:54.11	1:02:43.94	46	M	VetIII M (45-49)	267	36	UNIDOS AO LUAR
346	48	FRANCISCO PAULOS	1:02:54.23	1:02:45.45	45	M	VetIII M (45-49)	268	37	BANDIDOS
347	205	PAULA FERREIRA	1:02:55.43	1:02:49.97	47	F	VetIII F (45-49)	79	18	
348	204	CARLOS CARVALHAS	1:02:57.00	1:02:50.62	62	M	VetVI M (60-64)	269	14	
349	253	FRANCISCO CONTEL-MARTINS	1:03:05.10	1:03:05.10	39	M	VetI M (35-39)	270	35	ICH BIN EIN BERLINER
350	66	RUI PASTOR	1:03:08.00	1:03:08.00	50	M	VetIV M (50-54)	271	43	PASTOR RACING
351	43	SELMA FAKRI	1:03:10.24	1:02:51.47	32	F	Jun Sen F (0-34)	80	24	CAMPO RUN
352	18	SAMEA EÇA	1:03:19.55	1:02:50.87	36	F	VetI F (35-39)	81	13	2800 MOVE
353	15	LEÓNIA CLEMENTE	1:03:22.55	1:02:53.05	44	F	VetII F (40-44)	82	18	TEAMITSUPTOYOU
354	471	DAVID SERRA	1:03:27.35	1:03:03.61	38	M	VetI M (35-39)	272	36	TEAM FUÍNHAS
355	491	TIAGO GOULART	1:03:27.42	1:03:19.41	25	M	Jun Sen M (0-34)	273	70	GOULARTS
356	490	PAULO GOULART	1:03:27.74	1:03:19.18	55	M	VetV M (55-59)	274	23	GOULARTS
357	437	VALENTINE CORDONNIER	1:03:28.64	1:03:05.34	23	F	Jun Sen F (0-34)	83	25	
358	215	LUIS PROENÇA	1:03:33.32	1:03:15.96	53	M	VetIV M (50-54)	275	44	
359	60	NUNO CORREIA	1:03:36.00	1:03:17.35	42	M	VetII M (40-44)	276	46	
360	223	CARLA CARVALHO	1:03:37.91	1:03:08.93	47	F	VetIII F (45-49)	84	19	SACAS
361	370	MARTA CAMBERO	1:03:38.31	1:03:28.12	27	F	Jun Sen F (0-34)	85	26	
362	461	PEDRO FONSECA	1:03:43.27	1:01:44.41	34	M	Jun Sen M (0-34)	277	71	SÓ CORREMOS PELA PIZZA

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363	473	DOMINGOS SEWARD	1:03:43.40	1:01:42.90	27	M	Jun Sen M (0-34)	278	72	
364	460	ANA PAÇO	1:03:43.88	1:03:43.88	33	F	Jun Sen F (0-34)	86	27	SÓ CORREMOS PELA PIZZA
365	290	CAROLINA GRACA	1:03:58.01	1:03:41.88	37	F	VetI F (35-39)	87	14	
366	20	MARIO PIRES	1:04:00.44	1:04:00.44	64	M	VetVI M (60-64)	279	15	
367	100	SÓNIA CABAÇO	1:04:03.13	1:03:33.39	47	F	VetIII F (45-49)	88	20	
368	420	CARLOS LEITÃO	1:04:12.80	1:03:57.70	59	M	VetV M (55-59)	280	24	SS CGD
369	464	SOFIA HILÁRIO	1:04:17.95	1:03:47.37	22	F	Jun Sen F (0-34)	89	28	
370	417	TERESA SANTO	1:04:27.14	1:04:23.50	51	F	VetIV F (50-54)	90	6	
371	341	PETRA MARQUES	1:04:27.87	1:03:11.65	43	F	VetII F (40-44)	91	19	
372	36	ELSA ALVES	1:04:28.84	1:04:08.57	41	F	VetII F (40-44)	92	20	TURMA DO PÁRA & ARRANCA
373	35	MIGUEL TRAVANCA	1:04:29.00	1:04:07.95	56	M	VetV M (55-59)	281	25	TURMA DO PÁRA & ARRANCA
374	197	RUI VASCONCELOS	1:04:33.77	1:04:33.77	44	M	VetII M (40-44)	282	47	
375	459	MAURÍCIO JANUARIO	1:04:37.64	1:03:06.71	53	M	VetIV M (50-54)	283	45	MAURICIO JANUARIO
376	482	JOANA LAMBIN	1:04:53.62	1:04:25.06	44	F	VetII F (40-44)	93	21	BE ENERGY
377	367	MANUEL SILVA	1:05:01.59	1:04:38.79	52	M	VetIV M (50-54)	284	46	
378	274	ANDREIA PEREIRA	1:05:08.42	1:05:08.42	39	F	VetI F (35-39)	94	15	
379	110	ALEXANDRA PINTO	1:05:10.28	1:05:04.65	48	F	VetIII F (45-49)	95	21	CLINICA DR CAUTELA
380	273	TÂNIA TRINDADE	1:05:13.04	1:04:47.97	43	F	VetII F (40-44)	96	22	
381	239	DOMINGOS SILVA	1:05:19.73	1:05:09.33	63	M	VetVI M (60-64)	285	16	
382	277	MARTA PEREIRA	1:05:27.75	1:05:26.28	44	F	VetII F (40-44)	97	23	
383	441	PAULO GOMES	1:05:28.01	1:05:16.15	57	M	VetV M (55-59)	286	26	
384	240	KEVIN PINSKE	1:05:31.86	1:03:58.03	33	M	Jun Sen M (0-34)	287	73	
385	27	EDUARDO OLIVEIRA	1:05:48.94	1:05:26.64	63	M	VetVI M (60-64)	288	17	
386	53	MÓNICA RODRIGUES	1:05:53.89	1:05:34.30	36	F	VetI F (35-39)	98	16	ALL 4 ADVENTURE RUNNERS
387	81	CÁTIA VINHAS	1:05:53.99	1:05:34.84	42	F	VetII F (40-44)	99	24	
388	582	JOSÉ MUGEIRO	1:06:04.00	1:06:00.61	54	M	VetIV M (50-54)	289	47	AUCHAN ALMADA

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389	366	JOANA HADERER	1:06:08.64	1:05:40.49	42	F	VetII F (40-44)	100	25	
390	267	ELSA CUNHA	1:06:15.64	1:04:57.56	42	F	VetII F (40-44)	101	26	GANG DE L ROLHE
391	499	ANA RIBAS	1:06:16.58	1:05:54.66	51	F	VetIV F (50-54)	102	7	
392	521	JOSE SANTOS	1:06:20.58	1:05:53.08	62	M	VetVI M (60-64)	290	18	CLUBE NAUS OCR
393	183	ARLINDA FERREIRA	1:06:34.74	1:06:34.74	37	F	VetI F (35-39)	103	17	FAMILIA FURTADO FERREIRA
394	120	MARCO PASSINHAS	1:06:35.30	1:06:18.74	47	M	VetIII M (45-49)	291	38	
395	426	NUNO PAULO	1:06:43.54	1:05:54.47	53	M	VetIV M (50-54)	292	48	SS CGD
396	560	ANTÓNIO PINHEIRO	1:06:52.45	1:06:36.08	27	M	Jun Sen M (0-34)	293	74	
397	242	FLAVIO MATIAS	1:06:53.00	1:06:21.96	38	M	VetI M (35-39)	294	37	MATIAS RACING TEAM
398	161	SARA REIS	1:06:54.11	1:05:22.98	29	F	Jun Sen F (0-34)	104	29	ADIDAS RUNNERS
399	649	RUI LUIS	1:07:14.91	1:06:11.94	52	M	VetIV M (50-54)	295	49	
400	371	CRISTINA FERNÁNDEZ	1:07:22.09	1:07:11.13	23	F	Jun Sen F (0-34)	105	30	
401	542	LILIANA COELHO	1:07:24.95	1:07:12.04	38	F	VetI F (35-39)	106	18	GRUPITO
402	552	BRUNO VERISSIMO	1:07:25.67	1:07:13.26	44	M	VetII M (40-44)	296	48	GMCJAMOR
403	12	CARLOS VICENTE	1:07:31.00	1:07:31.00	50	M	VetIV M (50-54)	297	50	
404	644	HELDER MEDEIROS	1:07:37.83	1:06:34.71	50	M	VetIV M (50-54)	298	51	
405	59	MIGUEL FELIX	1:07:41.84	1:07:41.84	43	M	VetII M (40-44)	299	49	
406	195	AFONSO SILVA	1:07:41.94	1:07:41.94	27	M	Jun Sen M (0-34)	300	75	
407	101	JOSÉ GOMES	1:07:45.04	1:07:13.28	57	M	VetV M (55-59)	301	27	
408	612	DAIANA DOS SANTOS	1:07:45.49	1:07:27.66	36	F	VetI F (35-39)	107	19	
409	641	RUI COELHO	1:07:49.69	1:06:18.12	22	M	Jun Sen M (0-34)	302	76	
410	640	MARCO ROBERTO	1:07:49.79	1:06:17.89	49	M	VetIII M (45-49)	303	39	
411	40	ELIENE SILVA	1:07:52.99	1:06:32.86	44	F	VetII F (40-44)	108	27	
412	211	ANTÓNIO COSTA	1:07:58.19	1:07:29.99	62	M	VetVI M (60-64)	304	19	
413	497	ANA PATRÍCIO	1:08:03.11	1:06:41.78	31	F	Jun Sen F (0-34)	109	31	
414	349	LUIS SILVA	1:08:07.42	1:07:51.59	54	M	VetIV M (50-54)	305	52	C MILLENNIUM BCP



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415	350	CÉLIA SILVA	1:08:07.58	1:07:52.35	54	F	VetIV F (50-54)	110	8	C MILLENNIUM BCP
416	85	GONÇALO OLIVEIRA	1:08:22.81	1:07:52.89	61	M	VetVI M (60-64)	306	20	GDCT UNICRE
417	138	ANA TEIXEIRA	1:08:24.97	1:07:58.68	41	F	VetII F (40-44)	111	28	
418	139	ANA FRADINHO	1:08:25.44	1:07:59.04	35	F	VetI F (35-39)	112	20	
419	208	RUI GUERREIRO	1:08:40.77	1:08:16.44	47	M	VetIII M (45-49)	307	40	
420	244	PALOMA GONÇALVES	1:08:51.57	1:07:39.88	26	F	Jun Sen F (0-34)	113	32	ARRUDA RUNNERS
421	457	JOANA SANTOS	1:09:09.19	1:08:51.41	36	F	VetI F (35-39)	114	21	
422	396	LUIS REIS	1:09:15.00	1:08:51.84	66	M	VetVII M (65-69)	308	6	SERVIÇOS SOCIAIS MONTEPIO
423	174	LURDES CARDOSO	1:09:23.76	1:09:23.76	59	F	VetV F (55-59)	115	3	LADIES CAMINHADA
424	230	ISAURA TOMÁS	1:09:28.20	1:09:18.31	50	F	VetIV F (50-54)	116	9	GMCJAMOR
425	487	JORGE MAGALHAES	1:09:50.12	1:09:23.81	53	M	VetIV M (50-54)	309	53	
426	390	NELSON CASTELÔA	1:09:58.91	1:09:36.65	57	M	VetV M (55-59)	310	28	
427	403	ANA ALMENDRA	1:09:58.97	1:09:50.38	49	F	VetIII F (45-49)	117	22	ALMENDRAS
428	405	PAULO ALMENDRA	1:09:58.97	1:09:49.04	51	M	VetIV M (50-54)	311	54	ALMENDRAS
429	231	DANIEL JORGE	1:10:21.72	1:09:56.95	44	M	VetII M (40-44)	312	50	OS GORDOS
430	232	JOANA PAULO	1:10:22.00	1:09:58.39	33	F	Jun Sen F (0-34)	118	33	OS GORDOS
431	169	MARIA GARNEL	1:10:35.20	1:09:04.01	31	F	Jun Sen F (0-34)	119	34	ADIDAS RUNNERS
432	254	HANNAH GUESTEN	1:10:41.57	1:10:30.66	26	F	Jun Sen F (0-34)	120	35	
433	608	SUSANA INACIO	1:11:03.38	1:10:31.80	36	F	VetI F (35-39)	121	22	
434	257	TERESA WONG	1:11:04.06	1:10:54.71	57	F	VetV F (55-59)	122	4	
435	607	BRUNO RAMALHO	1:11:05.10	1:10:31.78	41	M	VetII M (40-44)	313	51	
436	91	CARINA AMARO	1:11:05.58	1:10:47.29	32	F	Jun Sen F (0-34)	123	36	
437	553	CARLA PENAS	1:11:13.20	1:11:13.20	44	F	VetII F (40-44)	124	29	
438	186	HUGO SOUSA	1:11:18.20	1:10:47.95	42	M	VetII M (40-44)	314	52	GDCT UNICRE
439	105	IGOR FARIA	1:11:26.54	1:10:07.12	39	M	VetI M (35-39)	315	38	
440	226	JOAO BONIFÁCIO	1:11:30.58	1:11:01.35	28	M	Jun Sen M (0-34)	316	77	

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441	225	LUIS NUNES	1:11:30.90	1:11:01.44	49	M	VetIII M (45-49)	317	41	
442	557	JOÃO MENDES	1:11:48.25	1:10:38.12	51	M	VetIV M (50-54)	318	55	
443	283	PHILIPPE SCHIFFERLING	1:12:16.96	1:12:16.96	61	M	VetVI M (60-64)	319	21	
444	234	ALEXANDRE PINTO	1:12:19.26	1:10:54.53	24	M	Jun Sen M (0-34)	320	78	
445	307	JOÃO NEIVA	1:12:20.62	1:11:50.26	19	M	Jun Sen M (0-34)	321	79	POSSOLOS' GANG
446	447	ANTONIO SANTOS	1:12:51.03	1:12:40.01	50	M	VetIV M (50-54)	322	56	
447	358	SANDRA SILVA	1:13:19.10	1:12:00.99	40	F	VetII F (40-44)	125	30	
448	354	VANDA BRANCO	1:13:19.59	1:12:01.97	47	F	VetIII F (45-49)	126	23	
449	165	CARLA COSTA	1:13:21.95	1:13:17.25	46	F	VetIII F (45-49)	127	24	TIZ & CARLA
450	164	BEATRIZ COSTA	1:13:22.04	1:13:16.44	20	F	Jun Sen F (0-34)	128	37	TIZ & CARLA
451	476	MARINA RAMOS	1:13:25.08	1:12:57.37	48	F	VetIII F (45-49)	129	25	
452	147	DEBORA GALESKI	1:13:25.18	1:13:18.23	34	F	Jun Sen F (0-34)	130	38	
453	486	CARLA MAGALHÃES	1:13:25.68	1:13:00.50	50	F	VetIV F (50-54)	131	10	
454	143	RAFAELA NORTE	1:13:34.47	1:13:34.47	32	F	Jun Sen F (0-34)	132	39	HERDADE MODERNA
455	592	NATALIA ZULUAGA	1:13:40.68	1:13:38.38	26	F	Jun Sen F (0-34)	133	40	
456	21	JORGE BAPTISTA	1:13:44.43	1:13:26.96	68	M	VetVII M (65-69)	323	7	
457	389	CLÁUDIA MOREIRA	1:13:45.73	1:13:24.01	43	F	VetII F (40-44)	134	31	
458	406	CLARA TEIXEIRA	1:13:47.00	1:13:47.00	43	F	VetII F (40-44)	135	32	
459	153	PASCAL PINEDA	1:13:56.28	1:13:40.90	57	M	VetV M (55-59)	324	29	
460	554	VASCO COELHO	1:14:07.83	1:12:48.42	48	M	VetIII M (45-49)	325	42	
461	416	JOANA CHOURIÇO	1:14:12.53	1:14:12.53	59	F	VetV F (55-59)	136	5	RUNNING CLUB SANTA CASA
462	97	JOANA MATEUS	1:14:18.92	1:12:38.11	36	F	VetI F (35-39)	137	23	
463	127	SANDRA GIL	1:14:29.84	1:14:24.03	48	F	VetIII F (45-49)	138	26	
464	190	JOÃO CLÁUDIO	1:14:33.56	1:14:08.58	33	M	Jun Sen M (0-34)	326	80	BROFORCE RUNNING CLUB
465	192	GONÇALO SILVA	1:14:33.66	1:14:10.09	23	M	Jun Sen M (0-34)	327	81	BROFORCE RUNNING CLUB
466	308	TOMÁS NEIVA	1:14:35.67	1:13:37.19	24	M	Jun Sen M (0-34)	328	82	POSSOLOS' GANG

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467	465	JOÃO SOCORRO	1:14:38.23	1:14:28.34	21	M	Jun Sen M (0-34)	329	83	
468	288	MARIO ALMEIDA	1:14:56.05	1:13:03.10	33	M	Jun Sen M (0-34)	330	84	
469	285	SAMANTA SOARES	1:14:58.93	1:14:51.21	31	F	Jun Sen F (0-34)	139	41	
470	568	RAFAELA MARTINS	1:14:59.18	1:14:59.18	18	F	Jun Sen F (0-34)	140	42	
471	68	ANA RAMOS	1:15:16.47	1:15:02.01	45	F	VetIII F (45-49)	141	27	
472	646	FATIMA MANCHA	1:15:17.00	1:14:47.28	69	F	VetVII F (65-69)	142	1	
473	647	ANGEL PAREDES	1:15:19.47	1:14:49.93	65	M	VetVII M (65-69)	331	8	
474	590	SUSANA SÁ	1:15:29.34	1:14:24.01	48	F	VetIII F (45-49)	143	28	
475	263	FILIPA SILVA	1:15:40.21	1:14:11.12	28	F	Jun Sen F (0-34)	144	43	
476	270	RICARDO GRAÇA	1:15:57.49	1:14:38.16	32	M	Jun Sen M (0-34)	332	85	GANG DE L ROLHE
477	269	NADINE BERNARDINO	1:15:58.00	1:14:39.37	31	F	Jun Sen F (0-34)	145	44	GANG DE L ROLHE
478	503	CARLA BENTO	1:16:24.60	1:16:12.14	48	F	VetIII F (45-49)	146	29	
479	13	ADRIANA AMARAL	1:16:53.36	1:15:20.71	30	F	Jun Sen F (0-34)	147	45	
480	136	HÉLIO SALGUEIRO	1:16:53.48	1:15:19.68	42	M	VetII M (40-44)	333	53	
481	536	RAQUEL CORREIA	1:17:00.80	1:15:43.18	34	F	Jun Sen F (0-34)	148	46	
482	633	ARTEM KOLOMORITS	1:17:48.14	1:16:34.44	35	M	VetI M (35-39)	334	39	
483	634	DIMYTRO GOSHKYN	1:17:51.00	1:16:37.80	37	M	VetI M (35-39)	335	40	
484	294	BRUNO SOARES	1:17:52.79	1:16:20.57	36	M	VetI M (35-39)	336	41	CLUBE ANACOM
485	92	MARIA CARMONA	1:18:12.06	1:16:12.74	50	F	VetIV F (50-54)	149	11	
486	172	LURDES MORAIS	1:18:14.00	1:17:07.76	58	F	VetV F (55-59)	150	6	LADIES CAMINHADA
487	175	VÂNIA TEIXEIRA	1:18:15.02	1:17:07.30	40	F	VetII F (40-44)	151	33	LADIES CAMINHADA
488	332	JOSÉ CATITA	1:18:48.23	1:17:41.56	65	M	VetVII M (65-69)	337	9	
489	86	PAULO FRANÇA	1:19:01.00	1:18:32.04	61	M	VetVI M (60-64)	338	22	GDCT UNICRE
490	209	ALEXANDRE BARREIRA	1:19:11.33	1:18:39.23	34	M	Jun Sen M (0-34)	339	86	
491	210	ANA RAMOA	1:19:12.14	1:18:39.95	36	F	VetI F (35-39)	152	24	
492	84	ANA MADEIRA	1:20:57.93	1:20:27.10	50	F	VetIV F (50-54)	153	12	GDCT UNICRE

CORRIDA  
10KM

# 7ª CORRIDA NOTURNA

COSTA DE CAPARICA

08 JULHO  
2023

493	160	ANA FONSECA	1:21:01.67	1:20:52.14	54	F	VetIV F (50-54)	154	13	
494	593	ANTÓNIO ANTUNES	1:21:07.85	1:20:42.86	28	M	Jun Sen M (0-34)	340	87	
495	467	SONIA DURO	1:21:21.77	1:20:50.06	45	F	VetIII F (45-49)	155	30	
496	365	JOANA GONÇALVES	1:22:03.60	1:21:52.97	23	F	Jun Sen F (0-34)	156	47	
497	381	RODRIGO SANTOS	1:22:03.69	1:21:54.56	24	M	Jun Sen M (0-34)	341	88	
498	103	SÉRGIO CATARINO	1:24:28.66	1:24:28.66	41	M	VetII M (40-44)	342	54	
499	115	VITOR FREITAS	1:25:27.91	1:23:52.37	31	M	Jun Sen M (0-34)	343	89	
500	126	GONÇALO LOPES	1:25:28.43	1:23:56.91	30	M	Jun Sen M (0-34)	344	90	
501	415	RITA VALENTE	1:25:49.17	1:25:28.64	51	F	VetIV F (50-54)	157	14	VALENTES
502	414	PEDRO VALENTE	1:25:49.52	1:25:29.14	52	M	VetIV M (50-54)	345	57	VALENTES
503	517	VASCO MOREIRA	1:26:13.59	1:25:56.89	44	M	VetII M (40-44)	346	55	
504	518	CLAUDIA MOREIRA	1:26:13.74	1:25:57.65	44	F	VetII F (40-44)	158	34	
505	200	ARSÉNIO FACAS	1:27:46.64	1:27:38.72	72	M	VetVIII M (70-99)	347	2	CLUBE FERROVIÁRIO
506	576	CLÁUDIA R	1:28:50.95	1:27:11.78	41	F	VetII F (40-44)	159	35	
507	217	CARINA VALADAS	1:28:51.38	1:28:22.60	42	F	VetII F (40-44)	160	36	SACAS
508	218	RUI TEIXEIRA	1:28:51.89	1:28:23.57	44	M	VetII M (40-44)	348	56	SACAS
509	575	LUIS RODRIGUES	1:28:52.07	1:27:13.89	40	M	VetII M (40-44)	349	57	
510	412	BAHIJA MELLOUK	1:28:59.79	1:28:36.70	32	F	Jun Sen F (0-34)	161	48	2BE2
511	237	MARIANA ALVES	1:31:58.20	1:30:32.48	32	F	Jun Sen F (0-34)	162	49	
512	539	TERESA ALVES	1:32:42.58	1:32:13.95	55	F	VetV F (55-59)	163	7	A C R VIMEIRO
513	452	ANA MENDES	1:32:50.67	1:32:37.82	35	F	VetI F (35-39)	164	25	ADVANCECARE
514	397	LURDES FERREIRA	1:35:27.77	1:35:05.00	61	F	VetVI F (60-64)	165	3	SERVIÇOS SOCIAIS MONTEPIO
515	219	SANDRA ANTONIO	1:56:42.10	1:56:12.91	46	F	VetIII F (45-49)	166	31	SACAS
516	221	TIAGO GHIRA	1:56:42.71	1:56:09.74	41	M	VetII M (40-44)	350	58	SACAS
517	222	ANA PEREIRA	1:56:43.00	1:56:12.97	48	F	VetIII F (45-49)	167	32	SACAS
518	220	ANA LOURENÇO	1:56:43.03	1:56:12.87	50	F	VetIV F (50-54)	168	15	SACAS