

10KM
CORRIDA



**17ª CORRIDA DE
SOLIDARIEDADE**

CORRE CONTRA A VIOLÊNCIA

APAV

**10 SET
2023**

Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	378	ISAIAS GOMES	0:35:43.00	0:35:43.00	28	M	Jun Sen M (0-34)	1	1	ECI
2	308	MIGUEL SILVA	0:36:39.95	0:36:38.30	35	M	VetI M (35-39)	2	1	CLINICAMYALGIA.COM
3	197	LUCAS SANTOS	0:37:29.07	0:37:27.86	39	M	VetI M (35-39)	3	2	
4	417	ANDRE CARMINA	0:37:46.00	0:37:44.45	32	M	Jun Sen M (0-34)	4	2	
5	301	PAULO ALVES	0:37:59.80	0:37:59.80	45	M	VetIII M (45-49)	5	1	GDCT IN CM
6	191	JOÃO BENEDITO	0:39:18.27	0:39:18.27	35	M	VetI M (35-39)	6	3	CASA BENFICA SEIXAL
7	92	IVO RELVEIRO	0:39:31.03	0:39:31.03	30	M	Jun Sen M (0-34)	7	3	ZUNANDURANCE
8	200	HUGO LOPES	0:39:51.73	0:39:48.91	39	M	VetI M (35-39)	8	4	CRÉDITO AGRÍCOLA
9	327	JORGE DEUS	0:40:07.64	0:40:05.49	48	M	VetIII M (45-49)	9	2	CCD TRANQUILIDADE
10	246	RUI FONTES	0:40:37.15	0:40:37.15	44	M	VetII M (40-44)	10	1	
11	142	JOÃO TABORDA	0:41:20.67	0:41:20.67	38	M	VetI M (35-39)	11	5	CF OS BELENENSES
12	357	BRUNO FRANCISCO	0:41:28.10	0:41:26.23	40	M	VetII M (40-44)	12	2	UA POVOENSE
13	333	RICARDO ALVES	0:41:51.10	0:41:48.85	39	M	VetI M (35-39)	13	6	CCD TRANQUILIDADE
14	168	PAULO GOMES	0:42:06.24	0:41:56.38	43	M	VetII M (40-44)	14	3	WR - WALKRUN
15	376	ADAILSON MORENO	0:42:28.79	0:42:28.79	34	M	Jun Sen M (0-34)	15	4	ECI
16	184	FÁBIO JUNIOR	0:42:47.66	0:42:46.86	30	M	Jun Sen M (0-34)	16	5	LEÕES APELAÇONENSES
17	317	HUGO LEAL	0:42:53.89	0:42:52.92	25	M	Jun Sen M (0-34)	17	6	
18	98	PIERRE ASTIE	0:44:09.03	0:44:07.65	31	M	Jun Sen M (0-34)	18	7	SAFTI UP
19	185	LUIS PINHEIRO	0:44:31.48	0:44:28.94	46	M	VetIII M (45-49)	19	3	LEÕES APELAÇONENSES
20	340	ANDRE FILIPE	0:44:32.25	0:44:29.13	33	M	Jun Sen M (0-34)	20	8	SS CGD
21	64	ANDRE SANTOS	0:44:55.83	0:44:53.79	18	M	Jun Sen M (0-34)	21	9	AMPS
22	381	LARA BENITO	0:45:06.36	0:45:06.36	31	F	Jun Sen F (0-34)	1	1	ECI
23	115	PEDRO MANAÇAS	0:45:50.69	0:45:50.38	50	M	VetIV M (50-54)	22	1	A NATUREZA ENSINA
24	304	ANTONIO COSTA	0:46:02.93	0:45:59.08	23	M	Jun Sen M (0-34)	23	10	

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25	339	ALEXANDRE SANTOS	0:46:18.60	0:45:51.25	57	M	VetV M (55-59)	24	1	SS CGD
26	394	FRANCISCO LAZARO	0:46:20.62	0:46:20.62	43	M	VetII M (40-44)	25	4	AMINHACORRIDAPACER
27	316	RUI FEIO	0:47:01.14	0:46:59.65	59	M	VetV M (55-59)	26	2	
28	147	DÉCIO MARTINS	0:47:03.35	0:47:03.12	37	M	VetI M (35-39)	27	7	
29	34	JOSÉ PINTO	0:47:13.81	0:47:12.10	60	M	VetVI M (60-64)	28	1	CLINICA SERVIÇOS DENTÁRIOS DR
30	150	JOÃO SABINA	0:48:06.93	0:47:58.35	46	M	VetIII M (45-49)	29	4	FOODEIVOS
31	332	NUNO REIS	0:48:35.61	0:48:32.02	41	M	VetII M (40-44)	30	5	CCD TRANQUILIDADE
32	245	NUNO MADUREIRA	0:48:46.38	0:48:38.34	42	M	VetII M (40-44)	31	6	
33	335	VIRGILIO MADEIRA	0:48:49.93	0:48:46.70	64	M	VetVI M (60-64)	32	2	CCD TRANQUILIDADE
34	125	JOAO PIRES	0:49:06.36	0:48:45.91	39	M	VetI M (35-39)	33	8	A TEAM AGEAS
35	14	RUI MENDES	0:49:15.65	0:49:08.31	51	M	VetIV M (50-54)	34	2	
36	395	BRUNO BRITO	0:49:27.36	0:49:25.32	43	M	VetII M (40-44)	35	7	AMINHACORRIDAPACER
37	67	RAFAELA GONÇALVES	0:49:47.76	0:49:47.45	29	F	Jun Sen F (0-34)	2	2	
38	235	SILVÉRIO CORREIA	0:49:55.68	0:49:54.77	56	M	VetV M (55-59)	36	3	GD SANTANDER TOTTA
39	120	MARCO LOURO	0:50:04.19	0:50:01.66	53	M	VetIV M (50-54)	37	3	
40	302	FAUSTO CARDOSO	0:50:23.68	0:50:23.37	44	M	VetII M (40-44)	38	8	
41	215	PAULO SILVA	0:50:27.00	0:50:27.00	38	M	VetI M (35-39)	39	9	
42	138	ANTÓNIO LUIZ	0:50:30.62	0:50:23.34	67	M	VetVII M (65-69)	40	1	INDEIVIDUAL
43	343	JOAQUIM FRADE	0:50:47.13	0:50:46.80	68	M	VetVII M (65-69)	41	2	SS CGD
44	127	MARIANA COSTA	0:50:49.26	0:50:44.29	29	F	Jun Sen F (0-34)	3	3	A TEAM AGEAS
45	182	JOÃO PINTO	0:50:50.55	0:50:31.93	46	M	VetIII M (45-49)	42	5	LEÕES APELAÇONENSES
46	251	TIAGO BRÁS	0:50:56.70	0:50:56.28	40	M	VetII M (40-44)	43	9	
47	275	MARTIN STOERMER	0:51:00.26	0:50:51.24	47	M	VetIII M (45-49)	44	6	ONE BY BNP PARIBAS
48	403	PEDRO COUTO	0:51:07.56	0:51:02.32	36	M	VetI M (35-39)	45	10	
49	187	VITOR ARAÚJO	0:51:11.26	0:51:10.50	45	M	VetIII M (45-49)	46	7	LEÕES APELAÇONENSES
50	255	VITOR LUIS	0:51:19.27	0:51:13.15	39	M	VetI M (35-39)	47	11	ONE BY BNP PARIBAS

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51	137	JOSÉ PEREIRA	0:51:29.34	0:51:29.34	61	M	VetVI M (60-64)	48	3	
52	268	PEDRO LOUREIRO	0:51:35.79	0:51:17.28	34	M	Jun Sen M (0-34)	49	11	ONE BY BNP PARIBAS
53	177	JOAO PEREIRA	0:51:56.92	0:51:43.46	21	M	Jun Sen M (0-34)	50	12	
54	242	ÂNGELO BATISTA	0:51:59.52	0:51:47.37	38	M	VetI M (35-39)	51	12	
55	350	FILIPPE FILIPE	0:52:25.23	0:52:18.70	56	M	VetV M (55-59)	52	4	SESIMBRA MAR
56	198	ALEXANDRE DÂMASO	0:52:37.02	0:52:21.31	55	M	VetV M (55-59)	53	5	CRÉDITO AGRÍCOLA
57	39	HARUN RASHID	0:52:44.64	0:52:42.35	39	M	VetI M (35-39)	54	13	CORRER LISBOA
58	365	ELMAR DERKITSCH	0:52:52.49	0:52:26.06	65	M	VetVII M (65-69)	55	3	LISBON MARRIOTT HOTEL
59	65	SAMUEL SANTOS	0:53:11.38	0:53:08.39	18	M	Jun Sen M (0-34)	56	13	AMPS
60	264	TIAGO MELO	0:53:11.73	0:52:49.93	32	M	Jun Sen M (0-34)	57	14	ONE BY BNP PARIBAS
61	300	DEIVID FERREIRA	0:53:13.19	0:53:09.32	39	M	VetI M (35-39)	58	14	ROLEX
62	167	INÊS PEIXOTO	0:53:24.74	0:53:17.61	44	F	VetII F (40-44)	4	1	WR - WALKRUN
63	202	HELDER PAULO	0:53:47.19	0:53:40.65	66	M	VetVII M (65-69)	59	4	SPORTING DOM FERNANDO
64	83	JOÃO RODRIGUES	0:53:47.63	0:53:30.44	52	M	VetIV M (50-54)	60	4	OS COXOS
65	199	ANTÓNIO AMARAL	0:53:49.46	0:53:48.42	57	M	VetV M (55-59)	61	6	CRÉDITO AGRÍCOLA
66	401	LUCAS FREITAS	0:53:53.53	0:53:40.70	34	M	Jun Sen M (0-34)	62	15	
67	352	JOAO COELHO	0:53:56.92	0:53:45.08	39	M	VetI M (35-39)	63	15	
68	97	SEBASTIAN MAZUR	0:54:01.62	0:53:51.94	33	M	Jun Sen M (0-34)	64	16	CCD SIEMENS
69	220	ANDRÓNICO DUARTE	0:54:04.09	0:53:58.52	45	M	VetIII M (45-49)	65	8	
70	353	ISIDRO DIAS	0:54:07.91	0:53:45.10	51	M	VetIV M (50-54)	66	5	
71	299	GONÇALO SAINT-MAURICE	0:54:22.50	0:54:20.11	38	M	VetI M (35-39)	67	16	CLUBE GALP
72	153	ÉLIO JOAQUIM	0:54:26.24	0:54:15.11	39	M	VetI M (35-39)	68	17	FOODEIVOS
73	28	JOÃO HEITOR	0:54:30.16	0:54:28.82	72	M	VetVIII M (70-99)	69	1	ÁGUIAS PAÇO DARCOS
74	396	FRANCISCO FARINHA	0:54:40.31	0:54:24.60	40	M	VetII M (40-44)	70	10	AMINHACORRIDAPACER
75	272	FRANCISCO SISMEIRO	0:54:41.60	0:54:22.10	30	M	Jun Sen M (0-34)	71	17	ONE BY BNP PARIBAS
76	406	PEDRO RIBEIRO	0:54:44.63	0:54:41.84	38	M	VetI M (35-39)	72	18	

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77	239	EDUARDO NEVES	0:54:50.82	0:54:38.49	43	M	VetII M (40-44)	73	11	CAA BELEM
78	252	FILIFE CAMELO	0:54:53.31	0:54:51.25	38	M	VetI M (35-39)	74	19	
79	10	HENRIQUE ORTIGÃO	0:54:55.41	0:54:40.20	38	M	VetI M (35-39)	75	20	
80	46	ANTONIO NOGUEIRA	0:55:02.38	0:54:52.76	51	M	VetIV M (50-54)	76	6	
81	241	JOÃO SOARES	0:55:14.37	0:55:03.57	40	M	VetII M (40-44)	77	12	
82	377	FERNANDO AGOSTINHO	0:55:19.79	0:55:08.42	45	M	VetIII M (45-49)	78	9	ECI
83	219	HUGO SOUSA	0:55:23.80	0:55:10.45	37	M	VetI M (35-39)	79	21	
84	407	DIOGO FERREIRA	0:55:23.85	0:55:21.34	32	M	Jun Sen M (0-34)	80	18	
85	126	MARIO PINHEIRO	0:55:27.53	0:55:10.45	52	M	VetIV M (50-54)	81	7	A TEAM AGEAS
86	331	NELSON MOTA	0:55:29.05	0:55:24.45	53	M	VetIV M (50-54)	82	8	CCD TRANQUILIDADE
87	111	Mª CEBOLA	0:55:31.17	0:55:13.34	52	F	VetIV F (50-54)	5	1	GRUPO CORRIDA JCS
88	79	SÉRGIO FREITAS	0:55:37.95	0:55:23.99	47	M	VetIII M (45-49)	83	10	
89	154	JOSE SAPO	0:55:48.98	0:55:40.37	74	M	VetVIII M (70-99)	84	2	
90	144	ANDRÉ SALGADO	0:55:52.93	0:55:52.93	36	M	VetI M (35-39)	85	22	
91	84	PAULO BARATA	0:55:57.63	0:55:40.74	52	M	VetIV M (50-54)	86	9	OS COXOS
92	124	NUNO SIMÕES	0:56:19.21	0:56:17.75	45	M	VetIII M (45-49)	87	11	
93	81	CARLOS JÚNIOR	0:56:30.29	0:56:20.30	50	M	VetIV M (50-54)	88	10	
94	210	FILIFE FERREIRA	0:56:36.62	0:56:35.52	31	M	Jun Sen M (0-34)	89	19	
95	47	SOFIA GABRIEL	0:56:40.80	0:56:31.42	31	F	Jun Sen F (0-34)	6	4	
96	385	DIOGO LUIS	0:56:43.23	0:56:22.25	37	M	VetI M (35-39)	90	23	CHURRASQUEIRA PAZ
97	140	RUI VASCONCELOS	0:56:50.76	0:56:42.66	44	M	VetII M (40-44)	91	13	
98	105	FERNANDA LOPES	0:56:55.19	0:56:47.44	34	F	Jun Sen F (0-34)	7	5	GRUPO CORRIDA JCS
99	375	DANIEL OLIVEIRA	0:57:01.50	0:56:51.45	37	M	VetI M (35-39)	92	24	ECI
100	201	RUI MELO	0:57:06.33	0:57:05.03	52	M	VetIV M (50-54)	93	11	CRÉDITO AGRÍCOLA
101	224	RUI DUARTE	0:57:06.53	0:56:55.64	52	M	VetIV M (50-54)	94	12	GDCT IN CM
102	63	MAURICIO ARELLANO	0:57:07.94	0:57:05.68	50	M	VetIV M (50-54)	95	13	AMPS

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103	101	CATARINA ALMEIDA	0:57:22.04	0:57:19.54	24	F	Jun Sen F (0-34)	8	6	GRUPO CORRIDA JCS
104	149	FILIPA DIAS	0:57:26.53	0:57:14.84	46	F	VetIII F (45-49)	9	1	FOODEIVOS
105	319	JOÃO ESTEVÃO	0:57:31.10	0:57:19.47	43	M	VetII M (40-44)	96	14	
106	380	SUSANA MENDES	0:57:46.83	0:57:36.52	43	F	VetII F (40-44)	10	2	ECI
107	123	LUÍSA MOURÃO	0:57:48.65	0:57:48.46	43	F	VetII F (40-44)	11	3	CCD CRÉDITO AGRÍCOLA
108	73	RAQUEL PIRES	0:58:11.13	0:55:54.65	43	F	VetII F (40-44)	12	4	MEDICARE
109	213	CÁTIA MANSILHA	0:58:22.43	0:58:17.87	31	F	Jun Sen F (0-34)	13	7	
110	303	PEDRO VICENTE	0:58:28.64	0:58:27.12	46	M	VetIII M (45-49)	97	12	CCD CRÉDITO AGRÍCOLA
111	244	ARMANDO LACERDA	0:58:35.15	0:58:29.78	68	M	VetVII M (65-69)	98	5	GD DIANA
112	38	PEDRO ALVES	0:58:35.80	0:58:30.68	39	M	VetI M (35-39)	99	25	
113	95	ANTONIO FILHO	0:58:40.27	0:58:40.27	59	M	VetV M (55-59)	100	7	
114	418	NUNO PRATES	0:58:41.00	0:58:30.72	52	M	VetIV M (50-54)	101	14	
115	66	PAULO SANTOS	0:58:42.12	0:58:41.46	50	M	VetIV M (50-54)	102	15	AMPS
116	234	CARLOS MORAIS	0:58:47.56	0:58:26.65	57	M	VetV M (55-59)	103	8	GD SANTANDER TOTTA
117	128	EDUARDO COELHO	0:59:19.92	0:59:01.13	40	M	VetII M (40-44)	104	15	A TEAM AGEAS
118	287	ANDRE SIMOES	0:59:22.28	0:59:02.55	42	M	VetII M (40-44)	105	16	ONE BY BNP PARIBAS
119	323	FILIPE SILVA	0:59:25.73	0:59:16.77	46	M	VetIII M (45-49)	106	13	CCD TRANQUILIDADE
120	322	ELIZETE DUARTE	0:59:26.74	0:59:23.15	50	F	VetIV F (50-54)	14	2	CCD TRANQUILIDADE
121	410	VITOR MORAIS	0:59:29.15	0:59:13.01	65	M	VetVII M (65-69)	107	6	
122	391	JOAO COSTA	0:59:30.00	0:59:30.00	37	M	VetI M (35-39)	108	26	
123	194	LUÍS RODRIGUES	0:59:37.92	0:59:14.95	33	M	Jun Sen M (0-34)	109	20	
124	225	JOSÉ LIBERATO	0:59:42.77	0:59:31.13	47	M	VetIII M (45-49)	110	14	GDCT IN CM
125	363	ANTÓNIO CAEIRO	0:59:53.13	0:59:37.20	57	M	VetV M (55-59)	111	9	
126	379	GLÓRIA GARCIA	1:00:04.61	0:59:45.93	50	F	VetIV F (50-54)	15	3	ECI
127	362	VICTOR RISCADO	1:00:17.56	1:00:02.59	52	M	VetIV M (50-54)	112	16	
128	320	CARLOS BARGADO	1:00:20.89	1:00:12.81	58	M	VetV M (55-59)	113	10	CCD TRANQUILIDADE

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129	112	PEDRO CANELAS	1:00:21.01	1:00:12.64	51	M	VetIV M (50-54)	114	17	GRUPO CORRIDA JCS
130	243	LUIS COUCEIRO	1:00:21.39	1:00:03.52	28	M	Jun Sen M (0-34)	115	21	
131	71	JEAN PASSOS	1:00:21.53	1:00:14.18	40	M	VetII M (40-44)	116	17	MEDICARE
132	108	JOÃO PEREIRA	1:00:21.72	1:00:15.07	46	M	VetIII M (45-49)	117	15	GRUPO CORRIDA JCS
133	398	JOÃO CAMPOS	1:00:21.98	1:00:19.68	51	M	VetIV M (50-54)	118	18	AMINHACORRIDARUNEXTREM
134	106	INÊS JÚLIO	1:00:32.57	1:00:19.43	43	F	VetII F (40-44)	16	5	GRUPO CORRIDA JCS
135	364	DAVID J	1:00:32.73	1:00:18.58	34	M	Jun Sen M (0-34)	119	22	
136	96	LUÍS REVÉS	1:00:33.85	1:00:24.48	49	M	VetIII M (45-49)	120	16	CCD SIEMENS
137	100	ANA BRITES	1:00:33.90	1:00:30.48	25	F	Jun Sen F (0-34)	17	8	GRUPO CORRIDA JCS
138	75	SÓNIA BARROS	1:00:34.03	1:00:28.45	48	F	VetIII F (45-49)	18	2	MEDICARE
139	262	MARINA FERNANDES	1:00:40.43	1:00:26.24	37	F	VetI F (35-39)	19	1	ONE BY BNP PARIBAS
140	288	AFONSO ALMEIDA	1:00:40.75	1:00:26.18	40	M	VetII M (40-44)	121	18	ONE BY BNP PARIBAS
141	383	SÉRGIO COSTA	1:00:46.00	1:00:46.00	36	M	VetI M (35-39)	122	27	CAA BELEM
142	173	RITA LOPES	1:00:51.00	1:00:51.00	25	F	Jun Sen F (0-34)	20	9	
143	310	PAULO CLARO	1:00:55.48	1:00:27.51	49	M	VetIII M (45-49)	123	17	FFPM
144	330	MARTA SOUSA	1:01:00.00	1:00:52.06	55	F	VetV F (55-59)	21	1	CCD TRANQUILIDADE
145	145	PAULA SEVERINO	1:01:00.88	1:00:36.46	32	F	Jun Sen F (0-34)	22	10	
146	271	JOAO RIBEIRO	1:01:01.97	1:00:42.47	39	M	VetI M (35-39)	124	28	ONE BY BNP PARIBAS
147	22	DAVID ALMEIDA	1:01:03.00	0:59:15.65	36	M	VetI M (35-39)	125	29	RONALDOS
148	114	RICARDO FERREIRA	1:01:04.61	1:00:51.78	38	M	VetI M (35-39)	126	30	
149	25	SERGIO PAZ	1:01:06.00	1:00:53.31	51	M	VetIV M (50-54)	127	19	
150	222	PATRÍCIA GASPAS	1:01:13.01	1:01:04.69	46	F	VetIII F (45-49)	23	3	GDCT IN CM
151	382	LEONEL SILVA	1:01:19.71	1:01:03.60	32	M	Jun Sen M (0-34)	128	23	
152	315	BRUNO SOUZA	1:01:20.19	1:01:11.90	29	M	Jun Sen M (0-34)	129	24	
153	372	NICOLAS OTT	1:01:48.48	1:01:20.74	32	M	Jun Sen M (0-34)	130	25	LISBON MARRIOTT HOTEL
154	371	DIANA MICHELLI	1:01:48.69	1:01:21.36	36	F	VetI F (35-39)	24	2	LISBON MARRIOTT HOTEL

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155	405	NUNO MARTINS	1:01:55.34	1:01:55.34	33	M	Jun Sen M (0-34)	131	26	LOS GORDOS
156	404	RAFAEL MARTINS	1:01:55.65	1:01:42.66	32	M	Jun Sen M (0-34)	132	27	LOS GORDOS
157	281	EDUARDO NAZIAZENO	1:02:10.34	1:01:53.14	45	M	VetIII M (45-49)	133	18	ONE BY BNP PARIBAS
158	274	FRANCISCO FERREIRA	1:02:14.53	1:01:54.86	31	M	Jun Sen M (0-34)	134	28	ONE BY BNP PARIBAS
159	296	TOMAS MORAIS	1:02:15.89	1:01:56.24	24	M	Jun Sen M (0-34)	135	29	ONE BY BNP PARIBAS
160	351	ANA FILIPE	1:02:32.75	1:02:23.65	54	F	VetIV F (50-54)	25	4	SESIMBRA MAR
161	345	MIGUEL ANGELO	1:02:34.38	1:02:14.75	47	M	VetIII M (45-49)	136	19	SS CGD
162	258	NICOLAS POUSSIELGUE	1:02:40.64	1:02:13.27	42	M	VetII M (40-44)	137	19	ONE BY BNP PARIBAS
163	110	LUÍS VAZ	1:02:47.86	1:02:29.83	37	M	VetI M (35-39)	138	31	GRUPO CORRIDA JCS
164	307	SALVATORE FORTE	1:02:52.18	1:02:28.06	27	M	Jun Sen M (0-34)	139	30	
165	161	ARTUR FARINHA	1:02:58.95	1:02:39.73	60	M	VetVI M (60-64)	140	4	
166	232	SANDRO PRATES	1:03:10.47	1:03:09.13	44	M	VetII M (40-44)	141	20	GD SANTANDER TOTTA
167	421	Mª JOAO FERNANDES	1:03:28.89	1:03:28.04	65	F	VetVII F (65-69)	26	1	
168	45	CARLOS ABREU	1:03:34.75	1:03:33.42	56	M	VetV M (55-59)	142	11	
169	102	CLÁUDIA GATO	1:03:35.39	1:03:06.15	33	F	Jun Sen F (0-34)	27	11	GRUPO CORRIDA JCS
170	223	CARLA DUARTE	1:03:39.30	1:03:29.65	52	F	VetIV F (50-54)	28	5	GDCT IN CM
171	358	RICARDO BARBOSA	1:03:48.40	1:03:19.82	34	M	Jun Sen M (0-34)	143	31	
172	218	ANA FERNANDES	1:03:54.79	1:03:40.54	36	F	VetI F (35-39)	29	3	
173	400	JORGE PEDREIRA	1:04:00.75	1:03:52.52	43	M	VetII M (40-44)	144	21	
174	190	ANDRÉ BRANCO	1:04:20.66	1:04:03.09	27	M	Jun Sen M (0-34)	145	32	
175	158	BRUNO MATEUS	1:04:25.00	1:03:58.73	40	M	VetII M (40-44)	146	22	
176	132	MARIA VELOSO	1:04:31.76	1:04:31.23	72	F	VetVIII F (70-99)	30	1	
177	313	BECKY GILLESPIE	1:04:50.67	1:04:17.72	41	F	VetII F (40-44)	31	6	
178	336	MANUEL SILVA	1:04:50.75	1:04:35.24	52	M	VetIV M (50-54)	147	20	
179	85	SANDRA TORRES	1:04:51.35	1:04:34.51	43	F	VetII F (40-44)	32	7	OS COXOS
180	176	ODETE FRANCISCO	1:04:52.75	1:04:28.58	52	F	VetIV F (50-54)	33	6	

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181	151	ANDREIA VICENTE	1:04:58.27	1:04:47.14	36	F	VetI F (35-39)	34	4	FOODEIVOS
182	175	JOÃO RIBEIRO	1:05:17.43	1:04:54.31	30	M	Jun Sen M (0-34)	148	33	
183	254	JOSE SANTOS	1:05:17.78	1:04:56.74	29	M	Jun Sen M (0-34)	149	34	ONE BY BNP PARIBAS
184	121	SOFIA HILÁRIO	1:05:24.11	1:05:22.59	23	F	Jun Sen F (0-34)	35	12	
185	298	ADRIANO GONÇALVES	1:05:26.96	1:05:13.70	49	M	VetIII M (45-49)	150	20	
186	33	MARCO MARCO	1:05:27.00	1:05:12.38	56	M	VetV M (55-59)	151	12	
187	17	ALEXANDRE AIRES	1:05:27.97	1:03:44.86	34	M	Jun Sen M (0-34)	152	35	RONALDOS
188	35	ALEXANDRA PINTO	1:05:42.36	1:05:13.54	48	F	VetIII F (45-49)	36	4	CLINICA SERVIÇOS DENTÁRIOS DR
189	217	PEDRO MAXIMO	1:05:43.48	1:05:22.61	39	M	VetI M (35-39)	153	32	
190	133	ANA RAMINHOS	1:05:44.75	1:05:40.03	46	F	VetIII F (45-49)	37	5	
191	361	CATARINA BRANCO	1:05:49.20	1:05:40.01	30	F	Jun Sen F (0-34)	38	13	
192	159	JOÃO PINTO	1:06:09.16	1:06:05.53	60	M	VetVI M (60-64)	154	5	CNP
193	160	NÉLIA PINTO	1:06:09.61	1:06:04.67	57	F	VetV F (55-59)	39	2	CNP
194	318	PAULA GONÇALVES	1:06:10.71	1:06:07.24	56	F	VetV F (55-59)	40	3	ACNP
195	324	FRANCISCO PEREIRA	1:06:14.75	1:06:09.63	56	M	VetV M (55-59)	155	13	CCD TRANQUILIDADE
196	249	FRANCISCO LOUREIRO	1:06:23.37	1:06:01.88	43	M	VetII M (40-44)	156	23	
197	334	TAM AFONSO	1:06:40.09	1:06:32.18	70	M	VetVIII M (70-99)	157	3	CCD TRANQUILIDADE
198	295	MIGUEL PINTO	1:06:41.14	1:06:29.05	28	M	Jun Sen M (0-34)	158	36	ONE BY BNP PARIBAS
199	203	BERNARDETE SILVA	1:06:47.46	1:06:43.01	54	F	VetIV F (50-54)	41	7	
200	293	CAROLINA ROSA	1:06:51.41	1:06:40.18	36	F	VetI F (35-39)	42	5	ONE BY BNP PARIBAS
201	261	SEZINANDA GUERREIRO	1:06:52.32	1:06:41.59	42	F	VetII F (40-44)	43	8	ONE BY BNP PARIBAS
202	180	ISABEL MOREIRA	1:06:55.59	1:06:53.91	53	F	VetIV F (50-54)	44	8	
203	68	JOAQUIM ROQUE	1:07:02.71	1:06:48.15	56	M	VetV M (55-59)	159	14	
204	169	THOMAS GAUDICH	1:07:08.56	1:06:43.56	53	M	VetIV M (50-54)	160	21	BORA LÁ
205	346	NOÉMIA SEQUEIRA	1:07:17.40	1:07:08.70	55	F	VetV F (55-59)	45	4	SS CGD
206	341	CARLOS LEITÃO	1:07:17.89	1:07:08.48	60	M	VetVI M (60-64)	161	6	SS CGD

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207	231	PAULO COELHO	1:07:30.00	1:06:59.73	59	M	VetV M (55-59)	162	15	GD SANTANDER TOTTA
208	221	MAURO GOMES	1:07:59.86	1:07:58.65	46	M	VetIII M (45-49)	163	21	GDCT IN CM
209	212	RIBERTO JUNIOR	1:08:02.09	1:07:36.89	36	M	VetI M (35-39)	164	33	
210	291	MILENE MARQUES	1:08:11.48	1:07:54.89	35	F	VetI F (35-39)	46	6	ONE BY BNP PARIBAS
211	52	FERNANDO CÂNDIDO	1:08:14.04	1:08:03.31	58	M	VetV M (55-59)	165	16	A BELA E O FERNANDO
212	53	PAULA RAÇÕES	1:08:15.11	1:08:04.21	48	F	VetIII F (45-49)	47	6	A BELA E O FERNANDO
213	30	MIGUEL PINHEIRO	1:08:22.20	1:08:07.19	34	M	Jun Sen M (0-34)	166	37	
214	181	CÁTIA BASTOS	1:08:24.13	1:07:54.90	36	F	VetI F (35-39)	48	7	LEÕES APELAÇONENSES
215	186	SUSANA PINHEIRO	1:08:25.22	1:07:56.18	27	F	Jun Sen F (0-34)	49	14	LEÕES APELAÇONENSES
216	129	CATARINA ALTAS	1:08:32.95	1:08:27.72	50	F	VetIV F (50-54)	50	9	A TEAM AGEAS
217	209	GILMAR GOMES	1:08:33.41	1:08:26.38	34	M	Jun Sen M (0-34)	167	38	
218	205	MAURO ALMEIDA	1:08:34.92	1:08:27.90	29	M	Jun Sen M (0-34)	168	39	
219	204	PRISCILA PASCHOINI	1:08:34.96	1:08:28.19	29	F	Jun Sen F (0-34)	51	15	
220	250	ELISABETE AGUAS	1:08:36.29	1:08:16.86	58	F	VetV F (55-59)	52	5	CCD O ALVITEJO
221	276	JOAO BARROS	1:08:55.87	1:08:34.70	37	M	VetI M (35-39)	169	34	ONE BY BNP PARIBAS
222	257	NUNO DUARTE	1:08:55.97	1:08:34.22	47	M	VetIII M (45-49)	170	22	ONE BY BNP PARIBAS
223	192	RUI ESTÊVÃO	1:08:56.00	1:08:34.31	34	M	Jun Sen M (0-34)	171	40	
224	260	ANDRE RAMOS	1:08:57.20	1:08:57.20	34	M	Jun Sen M (0-34)	172	41	ONE BY BNP PARIBAS
225	393	SARA VALADARES	1:08:59.87	1:08:36.22	51	F	VetIV F (50-54)	53	10	
226	279	ALEXANDRA VENERO	1:09:28.72	1:09:15.45	31	F	Jun Sen F (0-34)	54	16	ONE BY BNP PARIBAS
227	328	JOSÉ COSTA	1:09:35.00	1:09:35.00	43	M	VetII M (40-44)	173	24	CCD TRANQUILIDADE
228	44	SILVIA BETTENCOURT	1:09:42.28	1:09:27.26	38	F	VetI F (35-39)	55	8	
229	384	ANTÓNIO NOVAS	1:10:01.00	1:09:36.66	45	M	VetIII M (45-49)	174	23	
230	155	ANDREIA NEVES	1:10:04.00	1:09:58.48	39	F	VetI F (35-39)	56	9	
231	16	MARIO PIRES	1:10:08.25	1:09:40.21	64	M	VetVI M (60-64)	175	7	
232	402	ANDRÉ FONSECA	1:10:24.23	1:09:58.19	42	M	VetII M (40-44)	176	25	

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233	178	LUÍS TEIXEIRA	1:10:29.69	1:10:29.69	36	M	VetI M (35-39)	177	35	
234	347	TERESA MARTINS	1:10:36.93	1:10:25.61	64	F	VetVI F (60-64)	57	1	SS CGD
235	408	SOFIA GOMES	1:10:53.30	1:10:45.44	22	F	Jun Sen F (0-34)	58	17	
236	314	LINO COSTA	1:11:00.24	1:10:43.34	41	M	VetII M (40-44)	178	26	
237	227	RENATO PORTELA	1:11:17.32	1:09:18.38	45	M	VetIII M (45-49)	179	24	GD SANTANDER TOTTA
238	226	PATRICIA SIMOES	1:11:17.95	1:10:47.30	49	F	VetIII F (45-49)	59	7	GD SANTANDER TOTTA
239	23	SANDRA GONÇALVES	1:11:20.77	1:11:08.39	50	F	VetIV F (50-54)	60	11	
240	24	ESMERALDO GONÇALVES	1:11:21.11	1:11:08.40	51	M	VetIV M (50-54)	180	22	
241	15	NUNO BORGES	1:11:51.67	1:11:51.67	49	M	VetIII M (45-49)	181	25	
242	312	LORENZO PRIMITERRA	1:11:53.00	1:11:20.04	35	M	VetI M (35-39)	182	36	
243	60	RUI PASTOR	1:12:16.32	1:12:16.32	51	M	VetIV M (50-54)	183	23	PASTOR RACING
244	369	CLEO ARAÚJO	1:12:27.66	1:12:05.63	42	M	VetII M (40-44)	184	27	LISBON MARRIOTT HOTEL
245	367	VÍTOR MONTEIRO	1:12:29.62	1:12:07.07	61	M	VetVI M (60-64)	185	8	LISBON MARRIOTT HOTEL
246	196	ANA DIAS	1:12:46.64	1:12:23.81	52	F	VetIV F (50-54)	61	12	
247	57	RAQUEL ONOFRE	1:12:50.81	1:12:27.67	50	F	VetIV F (50-54)	62	13	BORA LÁ
248	56	ADELAIDE DAMIÃO	1:12:51.22	0:56:29.22	59	F	VetV F (55-59)	63	6	
249	156	CÁTIA RIBEIRO	1:12:58.59	1:12:53.89	38	F	VetI F (35-39)	64	10	
250	148	FILIPE BAPTISTA	1:13:00.25	1:11:14.94	37	M	VetI M (35-39)	186	37	
251	207	FERNANDA GARCIA	1:13:18.31	1:12:46.85	34	F	Jun Sen F (0-34)	65	18	
252	206	LUCAS BÓ	1:13:18.54	1:12:47.04	32	M	Jun Sen M (0-34)	187	42	
253	157	HERMÍNIO COSTA	1:13:29.37	1:13:17.74	61	M	VetVI M (60-64)	188	9	
254	80	CARINA VICENTE	1:13:57.86	1:13:45.19	38	F	VetI F (35-39)	66	11	
255	311	ANA GONÇALVES	1:14:43.20	1:14:14.58	53	F	VetIV F (50-54)	67	14	FFPM
256	214	FRANCISCO MOTA	1:14:57.44	1:14:37.75	28	M	Jun Sen M (0-34)	189	43	
257	349	ANA RODRIGUES	1:15:11.98	1:15:08.05	55	F	VetV F (55-59)	68	7	
258	412	ANA INÁCIO	1:16:25.00	1:16:20.74	54	F	VetIV F (50-54)	69	15	ACNPN

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259	18	INÊS ESTEVES	1:16:33.52	1:16:05.97	29	F	Jun Sen F (0-34)	70	19	COMPINCHAS
260	19	PEDRO MESQUITA	1:16:34.14	1:16:06.52	37	M	VetI M (35-39)	190	38	COMPINCHAS
261	162	MARTA RAMOS	1:16:57.68	1:16:53.08	47	F	VetIII F (45-49)	71	8	
262	337	HELENA ESTEVINHA	1:16:59.37	1:16:36.65	54	F	VetIV F (50-54)	72	16	
263	440	HELENA NUNES	1:17:01.12	1:16:59.15	56	F	VetV F (55-59)	73	8	
264	411	ISABEL ALAMO	1:17:01.97	1:16:57.71	55	F	VetV F (55-59)	74	9	CNPN
265	116	RITA SANTOS	1:17:27.01	1:17:17.61	34	F	Jun Sen F (0-34)	75	20	
266	70	ANA RITO	1:17:28.19	1:17:21.67	48	F	VetIII F (45-49)	76	9	MEDICARE
267	273	PEDRO CERQUEIRA	1:17:28.78	1:17:09.91	33	M	Jun Sen M (0-34)	191	44	ONE BY BNP PARIBAS
268	130	MIGUEL SOUSA	1:17:38.84	1:17:20.24	48	M	VetIII M (45-49)	192	26	A TEAM AGEAS
269	21	JOAQUIM PEREIRA	1:17:47.43	1:17:30.97	65	M	VetVII M (65-69)	193	7	
270	211	RICARDO MENDES	1:17:48.19	1:17:27.79	39	M	VetI M (35-39)	194	39	
271	413	JOÃO LOPES	1:18:24.09	1:14:22.97	29	M	Jun Sen M (0-34)	195	45	
272	87	SARA SILVA	1:18:30.98	1:18:12.40	51	F	VetIV F (50-54)	77	17	OS COXOS
273	82	SONIA GOMES	1:18:31.23	1:18:14.65	48	F	VetIII F (45-49)	78	10	OS COXOS
274	269	SOFIA MARQUES	1:19:01.60	1:18:31.96	47	F	VetIII F (45-49)	79	11	ONE BY BNP PARIBAS
275	74	RITA PIRES	1:19:11.69	1:19:05.90	47	F	VetIII F (45-49)	80	12	MEDICARE
276	321	CLAUDIA TAM	1:19:35.81	1:19:03.33	41	F	VetII F (40-44)	81	9	CCD TRANQUILIDADE
277	309	RAFAELA CAMPANHA	1:19:35.95	1:19:13.92	37	F	VetI F (35-39)	82	12	CLINICAMYALGIA.COM
278	141	JORGE MARTINS	1:19:36.19	1:19:13.27	69	M	VetVII M (65-69)	196	8	
279	43	MIROSLAVA MIHALEVA	1:20:06.72	1:19:53.13	40	F	VetII F (40-44)	83	10	
280	41	RITA SOARES	1:20:43.11	1:20:42.83	48	F	VetIII F (45-49)	84	13	
281	297	CHARLES SILVA	1:21:22.90	1:21:08.24	32	M	Jun Sen M (0-34)	197	46	ONE BY BNP PARIBAS
282	12	JOANADARC CHOURIÇO	1:21:25.07	1:21:13.94	60	F	VetVI F (60-64)	85	2	RUNNING CLUB SANTA CASA
283	134	PEDRO JANEIRO	1:21:32.36	1:21:05.47	38	M	VetI M (35-39)	198	40	
284	359	JÚNIA ANACLETO	1:21:34.90	1:21:19.54	63	F	VetVI F (60-64)	86	3	

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285	20	RUI CARVALHO	1:21:39.61	1:21:21.03	59	M	VetV M (55-59)	199	17	
286	37	CRISTINA FERREIRA	1:21:39.69	1:21:39.42	60	F	VetVI F (60-64)	87	4	
287	72	DIOGO SILVA	1:21:54.40	1:21:49.35	28	M	Jun Sen M (0-34)	200	47	MEDICARE
288	348	JOSÉ SOUSA	1:22:03.49	1:21:52.24	54	M	VetIV M (50-54)	201	24	RUN AND WIN(E)
289	344	MANUEL BRAS	1:22:06.38	1:22:00.01	55	M	VetV M (55-59)	202	18	SS CGD
290	146	ANTÓNIO MOURA	1:22:14.94	1:22:14.40	66	M	VetVII M (65-69)	203	9	
291	342	ISABEL CARDONA	1:22:27.14	1:21:59.33	55	F	VetV F (55-59)	88	10	SS CGD
292	76	TÂNIA CORREIA	1:23:03.39	1:22:57.06	30	F	Jun Sen F (0-34)	89	21	MEDICARE
293	91	ALEXANDRE ALEIXO	1:23:06.91	1:22:59.47	38	M	VetI M (35-39)	204	41	MEDICARE
294	135	MELKIOR FRAPIN	1:23:53.40	1:23:22.53	30	M	Jun Sen M (0-34)	205	48	JEJIS
295	136	VALENTINA MARINO	1:23:53.51	1:23:23.72	34	F	Jun Sen F (0-34)	90	22	JEJIS
296	88	ANTÓNIO ABRANTES	1:24:38.25	1:24:22.85	68	M	VetVII M (65-69)	206	10	
297	370	RITA CÔRTE-REAL	1:25:48.64	1:25:21.43	33	F	Jun Sen F (0-34)	91	23	LISBON MARRIOTT HOTEL
298	325	HUGO SILVA	1:25:58.50	1:25:29.96	36	M	VetI M (35-39)	207	42	CCD TRANQUILIDADE
299	326	MANUEL AZEVEDO	1:25:59.51	1:25:42.31	66	M	VetVII M (65-69)	208	11	VETERANOS DE MASSAMÁ
300	294	DIPIKA CHUNE	1:26:11.05	1:26:01.09	35	F	VetI F (35-39)	92	13	ONE BY BNP PARIBAS
301	280	ADIL SHAIKH	1:26:43.93	1:26:20.51	35	M	VetI M (35-39)	209	43	ONE BY BNP PARIBAS
302	247	INÊS PAIVA	1:27:57.28	1:27:34.51	31	F	Jun Sen F (0-34)	93	24	CORRER LISBOA
303	230	GONÇALO COIMBRA	1:28:28.18	1:28:00.12	22	M	Jun Sen M (0-34)	210	49	GD SANTANDER TOTTA
304	229	IRENE COIMBRA	1:28:28.18	1:28:04.54	53	F	VetIV F (50-54)	94	18	GD SANTANDER TOTTA
305	285	CRISLANE CRUZ	1:28:42.47	1:28:25.26	32	F	Jun Sen F (0-34)	95	25	ONE BY BNP PARIBAS
306	40	ROSA REIS	1:29:24.41	1:29:24.05	66	F	VetVII F (65-69)	96	2	
307	228	RITA COIMBRA	1:30:50.68	1:30:26.70	18	F	Jun Sen F (0-34)	97	26	GD SANTANDER TOTTA
308	107	INÊS PEREIRA	1:31:57.80	1:31:55.33	31	F	Jun Sen F (0-34)	98	27	GRUPO CORRIDA JCS
309	267	CAROLINA CABRAL	1:32:03.85	1:31:42.08	41	F	VetII F (40-44)	99	11	ONE BY BNP PARIBAS
310	263	TANIA ALVES	1:32:03.87	1:31:43.30	55	F	VetV F (55-59)	100	11	ONE BY BNP PARIBAS

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EVENTOS DESPORTIVOS

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10KM
CORRIDA



**17ª CORRIDA DE
SOLIDARIEDADE**

CORRE CONTRA A VIOLÊNCIA

APAV

**10 SET
2023**

311	118	MARIA CORREIA	1:34:23.59	1:34:13.22	62	F	VetVI F (60-64)	101	5	
312	399	MARIANA ALVES	1:35:20.60	1:35:04.23	32	F	Jun Sen F (0-34)	102	28	
313	164	RUI MELÃO	1:36:00.84	1:35:35.35	59	M	VetV M (55-59)	211	19	
314	392	PAULO ONOFRE	1:36:46.19	1:36:23.47	53	M	VetIV M (50-54)	212	25	
315	409	CELINA VILAS-BOAS	1:37:29.46	1:37:06.43	30	F	Jun Sen F (0-34)	103	29	
316	89	ANA CAPELA	1:52:37.70	1:18:41.70	27	F	Jun Sen F (0-34)	104	30	FUCK VIOLENCE
317	90	ANA NOGUEIRA	2:00:40.14	1:26:44.14	24	F	Jun Sen F (0-34)	105	31	FUCK VIOLENCE