

Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	3	FÁBIO DURÃO	0:39:15.45	0:39:15.45	34	M	Jun Sen M (0-34)	1	1	CCRDARRIMALMORCEGOS
2	197	DAVID SANTOS	0:43:30.64	0:43:30.64	19	M	Jun Sen M (0-34)	2	2	ADAR - AD ALDEIA DA RIBEIRA
3	180	BERNARDO MENESES	0:48:21.47	0:48:21.47	22	M	Jun Sen M (0-34)	3	3	ARCD MENDIGA
4	185	NUNO RIBEIRO	0:49:29.02	0:49:29.02	27	M	Jun Sen M (0-34)	4	4	CA VALE FIGUEIRA
5	178	ACÁCIO GOMES	0:50:27.19	0:50:27.19	50	M	VetIV M (50-54)	5	1	ARCD MENDIGA
6	184	RODRIGO COSTA	0:51:36.63	0:51:36.63	24	M	Jun Sen M (0-34)	6	5	
7	157	JOSÉ RAFAEL	0:51:38.96	0:51:38.96	57	M	VetV M (55-59)	7	1	ADAR-ASSOC.D.ALDEIA DA RIBEIRA
8	174	HELDER SILVA	0:52:00.88	0:52:00.88	53	M	VetIV M (50-54)	8	2	ADAR-ASSOCIAÇÃO DESPORTIVA ALD
9	168	ANDRE CORDEIRO	0:52:52.89	0:52:52.89	29	M	Jun Sen M (0-34)	9	6	ARCD MENDIGA
10	179	MARCO JACOB	0:53:34.15	0:53:34.15	26	M	Jun Sen M (0-34)	10	7	
11	186	LUIS OLIVEIRA	0:54:25.00	0:54:25.00	50	M	VetIV M (50-54)	11	3	ADAR ASS. DESP. ALDEIA RIBEIRA
12	164	JOSÉ BERNARDO	0:55:21.76	0:55:21.76	53	M	VetIV M (50-54)	12	4	CCD SINTRENSE
13	191	ROGÉRIO SANTOS	0:55:22.02	0:55:22.02	45	M	VetIII M (45-49)	13	1	ADAR
14	161	JOÃO MONTEZ	0:55:43.20	0:55:43.20	34	M	Jun Sen M (0-34)	14	8	ADAR ASS DESP ALD DA RIBEIRA
15	156	LÚCIO BASÍLIO	0:55:54.65	0:55:54.65	66	M	VetVII M (65-69)	15	1	AZA-AZAMBUJA COM ALMA
16	177	HUGO FERREIRA	0:56:46.44	0:56:46.44	31	M	Jun Sen M (0-34)	16	9	ARCD MENDIGA
17	176	FRANCISCO SANTOS	0:56:54.34	0:56:54.34	24	M	Jun Sen M (0-34)	17	10	ARCD MENDIGA
18	183	PEDRO AIRES	0:57:25.60	0:57:25.60	55	M	VetV M (55-59)	18	2	ADAR
19	233	RITA DURÃO	0:57:28.62	0:57:28.62	17	F	Jun Sen F (0-34)	1	1	CCRDARRIMALMORCEGOS
20	167	HÉLDER MARTINS	0:57:44.29	0:57:44.29	44	M	VetII M (40-44)	19	1	ADAR
21	200	PAULO BERNARDINO	0:57:49.87	0:57:49.87	48	M	VetIII M (45-49)	20	2	TRANSPORTES TAA
22	150	HELDER PAULO	0:59:24.78	0:59:24.78	66	M	VetVII M (65-69)	21	2	SPORTING D. FERNANDO
23	232	AFONSO SILVA	1:00:27.07	1:00:27.07	16	M	Jun Sen M (0-34)	22	11	
24	165	JOÃO PINTO	1:00:37.74	1:00:37.74	53	M	VetIV M (50-54)	23	5	CCD SINTRENSE

1ª CORRIDA SOLIDÁRIA

LUSICAL

CORRIDA 12KM
15 OUT 2023

25	192	JOÃO JACINTO	1:00:50.00	1:00:50.00	66	M	VetVII M (65-69)	24	3	C.C.D. O ALVITEJO
26	163	HELDER SILVA	1:01:23.99	1:01:23.99	54	M	VetIV M (50-54)	25	6	
27	169	HUGO BRUNO	1:01:31.30	1:01:31.30	38	M	VetI M (35-39)	26	1	
28	181	JOÃO SOUSA	1:03:17.00	1:03:17.00	36	M	VetI M (35-39)	27	2	
29	220	Atleta Sem Registo	1:04:19.00	1:04:19.00			Atl Sem Reg	1	1	
30	202	RUI SANTOS	1:04:20.00	1:04:20.00	55	M	VetV M (55-59)	28	3	
31	175	JOÃO MARTINS	1:06:37.88	1:06:37.88	40	M	VetII M (40-44)	29	2	
32	196	EUSÉBIO BONIFÁCIO	1:07:36.39	1:07:36.39	61	M	VetVI M (60-64)	30	1	
33	152	VASCO CARVALHO	1:07:54.36	1:07:54.36	47	M	VetIII M (45-49)	31	3	
34	155	VÍCTOR CANDEIAS	1:08:04.10	1:08:04.10	51	M	VetIV M (50-54)	32	7	OS CANDEIAS
35	154	TELMO SALGUEIRO	1:08:20.44	1:08:20.44	30	M	Jun Sen M (0-34)	33	12	
36	201	JOÃO VALENTIM	1:08:24.62	1:08:24.62	18	M	Jun Sen M (0-34)	34	13	
37	187	GIL OLIVEIRA	1:08:42.33	1:08:42.33	33	M	Jun Sen M (0-34)	35	14	TRANSFUEL TRANSPORTES LDA
38	182	DIOGO NARCISO	1:08:44.42	1:08:44.42	33	M	Jun Sen M (0-34)	36	15	ARCD MENDIGA
39	190	PEDRO DUARTE	1:08:53.39	1:08:53.39	46	M	VetIII M (45-49)	37	4	RIO RUN
40	198	FRANCISCO FÉLIX	1:10:44.81	1:10:44.81	22	M	Jun Sen M (0-34)	38	16	TRIBO JOVEM - ALCANEDE
41	166	HÉLDER NOGUEIRA	1:10:51.72	1:10:51.72	51	M	VetIV M (50-54)	39	8	
42	188	TIAGO SILVA	1:10:57.82	1:10:57.82	42	M	VetII M (40-44)	40	3	
43	193	FILOMENA DUARTE	1:12:02.46	1:12:02.46	45	F	VetIII F (45-49)	2	1	
44	173	LILIANA RAMOS	1:12:37.95	1:12:37.95	39	F	VetI F (35-39)	3	1	ADAR
45	170	PEDRO FERNANDES	1:15:24.95	1:15:24.95	26	M	Jun Sen M (0-34)	41	17	
46	172	DIOGO ANTUNES	1:18:46.00	1:18:46.00	24	M	Jun Sen M (0-34)	42	18	TRIBO JOVEM - ALCANEDE
47	171	CAROLINA FILIPE	1:18:46.01	1:18:46.01	23	M	Jun Sen M (0-34)	43	19	TRIBO JOVEM - ALCANEDE
48	189	RITA PEDROSA	1:20:15.46	1:20:15.46	43	F	VetII F (40-44)	4	1	
49	153	PEDRO CASTRO	1:20:53.57	1:20:53.57	20	M	Jun Sen M (0-34)	44	20	
50	194	FILIPA MATIAS	1:20:53.82	1:20:53.82	52	F	VetIV F (50-54)	5	1	

1ª CORRIDA SOLIDÁRIA

LUSICAL

CORRIDA 12KM
15 OUT 2023

51	2	OLIMPIA FERREIRA	1:22:07.39	1:22:07.39	57	F	VetV F (55-59)	6	1	
52	1	PEDRO CASTRO	1:23:19.44	1:23:19.44	48	M	VetIII M (45-49)	45	5	
53	195	REGINA BONIFÁCIO	1:25:10.18	1:25:10.18	56	F	VetV F (55-59)	7	2	
54	160	EULALIA GOUVEIA	1:25:10.36	1:25:10.36	42	F	VetII F (40-44)	8	2	
55	162	FERNANDO SILVA	1:25:15.18	1:25:15.18	61	M	VetVI M (60-64)	46	2	EU&TU TU&EU
56	206	DOMINIQUE MOUSINHO	1:28:00.90	1:28:00.90	36	F	VetI F (35-39)	9	2	VALE DA TRAVE
57	4	JACINTO ANSELMO	1:28:01.98	1:28:01.98	42	M	VetII M (40-44)	47	4	ARCD MENDIGA