

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	304	LUCAS SANTOS	0:37:59.11	0:37:59.07	38	M	/35 M (35-39)	1	1	
2	374	JOSÉ CUNHA	0:38:36.74	0:38:36.61	35	M	/35 M (35-39)	2	2	
3	269	TIAGO PINTO	0:38:39.00	0:38:38.99	29	M	SEN M (18-34)	3	1	
4	480	MIGUEL LANÇA	0:38:45.18	0:38:43.38	43	M	/40 M (40-44)	4	1	
5	187	GIL NOVO	0:39:36.00	0:39:30.92	29	M	SEN M (18-34)	5	2	FIDELIDADE GDC
6	132	MIGUEL GONÇALVES	0:39:57.61	0:39:57.58	44	M	/40 M (40-44)	6	2	CCD CRÉDITO AGRÍCOLA
7	272	TIAGO CONTINS	0:40:04.54	0:40:04.54	31	M	SEN M (18-34)	7	3	
8	552	MARCO SILVA	0:40:12.97	0:40:12.39	40	M	/40 M (40-44)	8	3	
9	580	PEDRO PRETO	0:40:20.00	0:40:19.92	51	M	/50 M (50-54)	9	1	CML
10	450	JORGE DEUS	0:40:28.43	0:40:27.23	48	M	/45 M (45-49)	10	1	CCD TRANQUILIDADE
11	296	PEDRO ROCHA	0:41:16.50	0:41:16.49	39	M	/35 M (35-39)	11	3	CAMARA LISBOA CLUBE
12	470	PAUL POINCHEVAL	0:41:20.91	0:41:20.22	24	M	SEN M (18-34)	12	4	
13	454	RICARDO ALVES	0:41:25.95	0:41:24.44	38	M	/35 M (35-39)	13	4	CCD TRANQUILIDADE
14	42	GUILHERME AMARO	0:41:56.36	0:41:56.35	25	M	SEN M (18-34)	14	5	
15	488	ROGERIO OLIVEIRA	0:42:05.59	0:42:04.05	43	M	/40 M (40-44)	15	4	TANAGRA
16	21	NUNO ALMEIDA	0:42:24.05	0:42:23.73	43	M	/40 M (40-44)	16	5	
17	91	PEDRO VALENTE	0:42:58.42	0:42:56.68	44	M	/40 M (40-44)	17	6	
18	221	FRANCISCO FONTES	0:43:00.48	0:43:00.48	39	M	/35 M (35-39)	18	5	
19	511	JOÃO GODINHO	0:43:06.40	0:43:04.86	42	M	/40 M (40-44)	19	7	TANAGRA
20	507	LUCAS DUTRA	0:43:21.44	0:43:13.31	31	M	SEN M (18-34)	20	6	RUN TEJO
21	501	JONAY ESTRADA	0:43:23.12	0:43:21.03	40	M	/40 M (40-44)	21	8	
22	94	PAULO RIBEIRO	0:43:30.49	0:43:29.16	54	M	/50 M (50-54)	22	2	
23	558	FRANCISCO ALMEIDA	0:43:34.01	0:43:11.91	18	M	SEN M (18-34)	23	7	
24	506	MÁRCIO RODRIGUES	0:43:37.45	0:43:34.39	44	M	/40 M (40-44)	24	9	ACDRS QUINHENDROS

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



25	289	RICARDO PITA	0:43:58.88	0:43:57.87	42	M	/40 M (40-44	25	10	CAMARA LISBOA CLUBE
26	230	RICARDO MARTINS	0:44:20.75	0:44:20.31	32	M	EN M (18-34	26	8	
27	133	NELSON COSTA	0:44:24.37	0:44:00.23	39	M	/35 M (35-39	27	6	CCD CRÉDITO AGRÍCOLA
28	47	CATARINA PICAMILHO	0:44:36.98	0:44:36.96	35	F	V35 F (35-39)	1	1	
29	448	VIRGILIO MADEIRA	0:44:37.34	0:44:35.73	63	M	/60 M (60-64	28	1	CCD TRANQUILIDADE
30	188	BRUNO SANTOS	0:44:52.84	0:44:13.47	25	M	EN M (18-34	29	9	FIDELIDADE GDC
31	275	RITA SANTOS	0:44:59.92	0:44:41.40	28	F	SEN F (18-34)	2	1	
32	200	PEDRO CARVALHO	0:45:05.48	0:44:59.18	30	M	EN M (18-34	30	10	
33	198	TIAGO GOMES	0:45:05.75	0:44:58.19	29	M	EN M (18-34	31	11	
34	453	NUNO REIS	0:45:16.57	0:45:14.85	41	M	/40 M (40-44	32	11	CCD TRANQUILIDADE
35	431	JOSÉ GOMES	0:45:20.66	0:45:18.33	62	M	/60 M (60-64	33	2	
36	298	PEDRO MANAÇAS	0:45:49.45	0:45:48.04	49	M	/45 M (45-49	34	2	A NATUREZA ENSINA
37	462	PEDRO SILVA	0:45:54.85	0:45:51.63	32	M	EN M (18-34	35	12	
38	491	BRANT PAULSON	0:46:05.47	0:45:55.51	48	M	/45 M (45-49	36	3	
39	399	PEDRO CORREIA	0:46:10.35	0:45:54.98	46	M	/45 M (45-49	37	4	C MILLENNIUM BCP
40	537	DANIEL DOMINGUES	0:46:15.20	0:46:12.62	37	M	/35 M (35-39	38	7	
41	276	CARLOS GOMES	0:46:20.93	0:46:01.88	31	M	EN M (18-34	39	13	
42	377	ANDRÉ CAMPINO	0:46:26.60	0:46:07.26	32	M	EN M (18-34	40	14	PUPILOS DO DN
43	43	FERNANDO GOMES	0:46:32.86	0:46:32.18	49	M	/45 M (45-49	41	5	
44	166	RODRIGO COSTA	0:46:34.44	0:46:09.30	29	M	EN M (18-34	42	15	SFP LOUREIROS
45	96	SUSANA CALHAU	0:46:36.96	0:46:32.96	27	F	SEN F (18-34)	3	2	
46	532	GUILHERME HORA	0:46:37.30	0:46:36.02	49	M	/45 M (45-49	43	6	
47	236	DIOGO CLETO	0:46:52.54	0:46:11.67	24	M	EN M (18-34	44	16	
48	376	JOSÉ FIGUEIREDO	0:47:00.26	0:46:39.10	63	M	/60 M (60-64	45	3	ESPIGUEIROS RUNNERS CAPARROSIN
49	26	OTSUKA HIROSHI	0:47:01.48	0:46:41.41	59	M	/55 M (55-59	46	1	
50	173	LUÍS MEALHA	0:47:05.48	0:46:52.76	51	M	/50 M (50-54	47	3	

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



51	113	MIGUEL AMARAL	0:47:22.40	0:47:18.12	45	M	/45 M (45-49)	48	7	
52	293	LICINIO FIDALGO	0:47:26.57	0:47:22.47	63	M	/60 M (60-64)	49	4	CAMARA LISBOA CLUBE
53	232	FILIPPE PINHEIRO	0:47:35.71	0:46:46.56	22	M	¡EN M (18-34)	50	17	
54	140	JOSÉ SILVA	0:47:58.36	0:47:49.04	27	M	¡EN M (18-34)	51	18	ML SPORTS
55	233	PEDRO BRAVO	0:48:11.72	0:47:34.92	43	M	/40 M (40-44)	52	12	TIA BELA TEAM
56	36	ANTÓNIO POMBINHO	0:48:16.00	0:48:02.05	65	M	/65 M (65-69)	53	1	
57	288	CARLOS FOLGADO	0:48:21.11	0:48:17.67	62	M	/60 M (60-64)	54	5	CAMARA LISBOA CLUBE
58	56	FLAMINO SANTOS	0:48:21.17	0:47:42.32	60	M	/60 M (60-64)	55	6	CLÍNICA DR. CAUTELA
59	71	JOSÉ MARTINS	0:48:21.92	0:48:15.06	35	M	/35 M (35-39)	56	8	
60	317	RUI MENDES	0:48:29.74	0:48:29.27	51	M	/50 M (50-54)	57	4	
61	490	RICARDO LOURENÇO	0:48:30.78	0:48:25.32	46	M	/45 M (45-49)	58	8	
62	267	FILIPPE ROSÁRIO	0:48:33.26	0:48:30.55	33	M	¡EN M (18-34)	59	19	
63	318	PAULO SILVA	0:48:37.49	0:48:37.49	49	M	/45 M (45-49)	60	9	OS BRILHANTES
64	76	FILIPPE BOLÉO	0:48:41.40	0:48:36.08	51	M	/50 M (50-54)	61	5	CLUBE ANACOM
65	327	MIGUEL RIBEIRO	0:48:59.33	0:48:34.43	38	M	/35 M (35-39)	62	9	
66	54	RUI PIRES	0:49:04.60	0:49:03.39	44	M	/40 M (40-44)	63	13	
67	429	MULETA OEHLERS	0:49:06.20	0:49:04.71	18	F	SEN F (18-34)	4	3	THE CAVALIERS
68	496	HUGO GEFFRAY	0:49:10.34	0:49:07.18	31	M	¡EN M (18-34)	64	20	
69	252	MÁRIO SANTOS	0:49:15.73	0:49:11.66	39	M	/35 M (35-39)	65	10	
70	259	JOÃO ABREU	0:49:16.40	0:49:09.06	26	M	¡EN M (18-34)	66	21	RUN 4 FUN
71	525	FABRICE POLTEAU	0:49:19.91	0:49:18.56	52	M	/50 M (50-54)	67	6	AMINHACORRIDAPACER'S
72	588	PAULO GONÇALVES	0:49:27.08	0:49:13.48	57	M	/55 M (55-59)	68	2	ACN PARQUE DAS NAÇÕES
73	601	SÉRGIO PEREIRA	0:49:27.29	0:49:12.66	52	M	/50 M (50-54)	69	7	ACN PARQUE DAS NAÇÕES
74	614	ANTÓNIO COSTA	0:49:28.47	0:49:15.31	55	M	/55 M (55-59)	70	3	ACN PARQUE DAS NAÇÕES
75	416	JOÃO PASSOS	0:49:29.00	0:48:47.44	44	M	/40 M (40-44)	71	14	ANJO
76	441	RUTE MATOS	0:49:29.21	0:49:22.79	52	F	V50 F (50-54)	5	1	

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



77	345	BRUNO VIEIRA	0:49:34.13	0:49:30.75	32	M	SEN M (18-34)	72	22	
78	303	ANTÓNIO HENRIQUES	0:49:39.77	0:49:24.11	35	M	/35 M (35-39)	73	11	PREGUIÇAS
79	87	PEDRO COUTINHO	0:49:40.76	0:49:40.76	32	M	SEN M (18-34)	74	23	QUEIMAR REBITES
80	226	RAFAELA GONÇALVES	0:49:46.36	0:49:43.28	29	F	SEN F (18-34)	6	4	
81	78	MIGUEL FIGUEIREDO	0:49:50.35	0:49:45.60	49	M	/45 M (45-49)	75	10	CLUBE ANACOM
82	618	JOSÉ CRUZ	0:49:51.70	0:49:41.18	59	M	/55 M (55-59)	76	4	ACN PARQUE DAS NAÇÕES
83	502	FRANCISCO SILVA	0:49:53.03	0:49:13.71	33	M	SEN M (18-34)	77	24	
84	95	JOÃO CARVALHO	0:50:01.70	0:49:55.01	54	M	/50 M (50-54)	78	8	
85	375	EDUARDO PENA	0:50:07.35	0:49:58.98	58	M	/55 M (55-59)	79	5	
86	201	HUGO MATEUS	0:50:12.46	0:50:11.62	23	M	SEN M (18-34)	80	25	
87	149	DAVID ALMEIDA	0:50:13.31	0:50:08.04	35	M	/35 M (35-39)	81	12	RONALDOS
88	137	ABÍLIO OLIVEIRA	0:50:15.00	0:50:12.98	57	M	/55 M (55-59)	82	6	
89	216	LEONEL ALVES	0:50:18.12	0:50:16.07	44	M	/40 M (40-44)	83	15	
90	122	JORGE GARCIA	0:50:37.15	0:50:13.82	35	M	/35 M (35-39)	84	13	
91	485	RUI VERÍSSIMO	0:50:38.07	0:49:47.18	24	M	SEN M (18-34)	85	26	
92	337	NUNO CARVALHO	0:50:39.88	0:50:34.82	32	M	SEN M (18-34)	86	27	BEMFICA DA WISH
93	428	AFONSO CASTRO	0:50:41.30	0:50:41.30	18	M	SEN M (18-34)	87	28	THE CAVALIERS
94	287	TITO NASCIMENTO	0:50:42.08	0:50:09.56	42	M	/40 M (40-44)	88	16	ELITE RUNNERS
95	83	FÁBIO DIAS	0:50:42.54	0:50:10.67	25	M	SEN M (18-34)	89	29	QUEIMAR REBITES
96	245	RUI HENRIQUES	0:50:50.33	0:50:13.79	51	M	/50 M (50-54)	90	9	
97	254	JORGE TIMÓTEO	0:50:53.80	0:50:28.68	46	M	/45 M (45-49)	91	11	TEAM JOANA
98	556	CARLA BERNARDINO	0:50:57.00	0:50:56.36	46	F	V45 F (45-49)	7	1	EQUIPA CS
99	123	FILIPE MADEIRA	0:51:01.98	0:50:55.81	46	M	/45 M (45-49)	92	12	
100	594	ARMANDO CID	0:51:02.81	0:50:45.19	62	M	/60 M (60-64)	93	7	ACN PARQUE DAS NAÇÕES
101	204	VANDA MURTEIRA	0:51:14.08	0:51:10.45	48	F	V45 F (45-49)	8	2	TEAM IT S UP TO YOU
102	615	PEDRO EUGÉNIO	0:51:17.51	0:50:49.71	50	M	/50 M (50-54)	94	10	ACN PARQUE DAS NAÇÕES

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



103	286	MATTEO SABBATINI	0:51:26.69	0:51:23.41	37	M	/35 M (35-39)	95	14	
104	538	JORGE REI	0:51:29.01	0:51:14.61	49	M	/45 M (45-49)	96	13	
105	474	RODOLFO SANTOS	0:51:47.28	0:51:01.13	39	M	/35 M (35-39)	97	15	
106	481	LUÍS BASTOS	0:51:51.36	0:51:45.46	58	M	/55 M (55-59)	98	7	
107	20	RODRIGO NICOLAU	0:51:54.46	0:51:21.89	35	M	/35 M (35-39)	99	16	
108	503	ALEXANDRE BERTON	0:51:55.58	0:51:32.91	25	M	EN M (18-34)	100	30	
109	352	RODRIGO OLIVEIRA	0:51:57.00	0:51:57.00	24	M	EN M (18-34)	101	31	
110	19	ANTÓNIO LOPES	0:51:58.63	0:51:58.60	56	M	/55 M (55-59)	102	8	
111	174	PEDRO OLIVEIRA	0:51:58.67	0:51:26.31	38	M	/35 M (35-39)	103	17	
112	350	THOMAS BERRY	0:51:59.70	0:51:50.46	25	M	EN M (18-34)	104	32	
113	392	C BERG	0:52:00.00	0:51:02.77	33	M	EN M (18-34)	105	33	
114	436	JOSÉ PEREIRA	0:52:03.63	0:51:38.62	43	M	/40 M (40-44)	106	17	GD SANTANDER TOTTA
115	610	MANUEL CARREIRO	0:52:05.76	0:51:54.16	62	M	/60 M (60-64)	107	8	ACN PARQUE DAS NAÇÕES
116	75	JOÃO HEITOR	0:52:10.29	0:52:07.98	72	M	/70 M (70-99)	108	1	ÁGUIAS PAÇO D ARCOS
117	64	LUIS SANTOS	0:52:11.91	0:52:08.64	55	M	/55 M (55-59)	109	9	
118	505	CRISTIANO FERREIRA	0:52:26.00	0:52:24.06	47	M	/45 M (45-49)	110	14	
119	547	DYEGO BEZERRA	0:52:40.11	0:52:37.26	29	M	EN M (18-34)	111	34	
120	295	JOSE GALVAO	0:52:40.20	0:52:19.52	56	M	/55 M (55-59)	112	10	CAMARA LISBOA CLUBE
121	320	RUI PIRES	0:52:52.13	0:52:42.06	37	M	/35 M (35-39)	113	18	
122	582	ALBANO SILVA	0:52:59.51	0:52:38.40	54	M	/50 M (50-54)	114	11	ACN PARQUE DAS NAÇÕES
123	473	FRANCISCO PASSOS	0:53:01.09	0:53:01.09	61	M	/60 M (60-64)	115	9	
124	469	JOSÉ GODINHO	0:53:06.00	0:52:43.28	53	M	/50 M (50-54)	116	12	C BENFICA CASTELO BRANCO
125	393	TIAGO CAMPOS	0:53:11.69	0:53:01.72	46	M	/45 M (45-49)	117	15	
126	305	PAULO SANTOS	0:53:12.49	0:53:07.32	55	M	/55 M (55-59)	118	11	
127	531	FRANK LEGRAND	0:53:12.63	0:52:59.90	53	M	/50 M (50-54)	119	13	
128	240	MURILO TONOLI	0:53:14.94	0:52:55.58	29	M	EN M (18-34)	120	35	

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



129	495	JOAQUIM PINHEIRO	0:53:20.00	0:53:20.00	44	M	/40 M (40-44)	121	18	
130	214	RUI ESTEVES	0:53:25.12	0:52:51.76	48	M	/45 M (45-49)	122	16	FIDELIDADE GDC
131	533	CARLOTA ANDRADE	0:53:25.96	0:52:48.60	33	F	SEN F (18-34)	9	5	
132	222	PEDRO CARVALHO	0:53:36.40	0:53:04.24	46	M	/45 M (45-49)	123	17	
133	551	FRANCISCO NOBRE	0:53:50.21	0:53:31.01	51	M	/50 M (50-54)	124	14	XIRA CLUBE
134	256	PEDRO PINTO	0:53:53.11	0:53:37.78	37	M	/35 M (35-39)	125	19	CLUBE ALAGOA
135	459	FILIPPE CÔRTE-REAL	0:53:54.12	0:53:09.38	31	M	SEN M (18-34)	126	36	CCD TRANQUILIDADE
136	290	PAULO GONCALVES	0:53:54.92	0:53:32.38	51	M	/50 M (50-54)	127	15	CAMARA LISBOA CLUBE
137	100	DUARTE VASCONCELOS	0:53:57.36	0:53:48.04	51	M	/50 M (50-54)	128	16	
138	548	MARIA VEIGA	0:53:58.31	0:53:21.04	32	F	SEN F (18-34)	10	6	
139	557	TERESA ESCARIA	0:54:06.84	0:54:05.12	18	F	SEN F (18-34)	11	7	ESCARIA & CIA
140	322	BRUNO AVALLONE	0:54:23.97	0:54:03.05	26	M	SEN M (18-34)	129	37	13
141	396	JOSÉ DIMAS	0:54:27.13	0:54:14.87	54	M	/50 M (50-54)	130	17	SS CGD
142	472	DIOGO LUIS	0:54:27.18	0:54:20.46	36	M	/35 M (35-39)	131	20	CHURRASQUEIRA DA PAZ
143	351	DAVID BERRY	0:54:27.81	0:54:19.92	61	M	/60 M (60-64)	132	10	
144	419	PEDRO PIMENTEL	0:54:34.28	0:54:25.32	39	M	/35 M (35-39)	133	21	
145	48	ANTÓNIO VAZ	0:54:40.20	0:54:19.40	46	M	/45 M (45-49)	134	18	
146	586	ANDRÉ CRISPIM	0:54:46.99	0:54:32.16	18	M	SEN M (18-34)	135	38	ACN PARQUE DAS NAÇÕES
147	32	MANUEL COITO	0:54:47.20	0:54:10.18	43	M	/40 M (40-44)	136	19	PAPATRILHOS
148	224	JOSÉ BRAGANÇA	0:54:49.55	0:54:47.20	44	M	/40 M (40-44)	137	20	
149	72	NUNO CAEIRO	0:54:50.82	0:54:10.69	35	M	/35 M (35-39)	138	22	
150	613	JOÃO LEITÃO	0:55:03.17	0:54:51.09	37	M	/35 M (35-39)	139	23	ACN PARQUE DAS NAÇÕES
151	225	ADELAIDE DAMIÃO	0:55:03.83	0:54:59.52	58	F	V55 F (55-59)	12	1	
152	311	RUI MAIA	0:55:03.85	0:54:59.16	46	M	/45 M (45-49)	140	19	
153	277	CARLOS SANTOS	0:55:04.28	0:54:41.88	66	M	/65 M (65-69)	141	2	
154	421	ROCCO DONATO	0:55:07.35	0:54:40.46	56	M	/55 M (55-59)	142	12	ROCCO DE DONATO

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



155	504	TIAGO PACHECO	0:55:10.41	0:54:51.28	33	M	SEN M (18-34)	143	39	ACDRS QUINHENDROS
156	30	MANUEL ANTUNES	0:55:12.40	0:55:01.48	54	M	/50 M (50-54)	144	18	
157	475	DIOGO SARAIVA	0:55:15.91	0:54:35.61	34	M	SEN M (18-34)	145	40	
158	422	HENRIQUE BELMAR	0:55:17.40	0:55:08.05	64	M	/60 M (60-64)	146	11	
159	77	SOFIA BOLÉO	0:55:18.69	0:55:14.51	52	F	V50 F (50-54)	13	2	CLUBE ANACOM
160	526	TÓ RAMOS	0:55:18.87	0:55:14.56	51	M	/50 M (50-54)	147	19	AMINHACORRIDAPACER'S
161	62	PAULO RANA	0:55:20.15	0:55:20.15	58	M	/55 M (55-59)	148	13	
162	545	ALBINO TOMÁS	0:55:20.55	0:54:55.97	66	M	/65 M (65-69)	149	3	CBR CALHAU
163	134	PEDRO VICENTE	0:55:21.43	0:54:57.80	45	M	/45 M (45-49)	150	20	CCD CRÉDITO AGRÍCOLA
164	442	ANTÓNIO SENA	0:55:22.74	0:54:38.05	51	M	/50 M (50-54)	151	20	CCD TRANQUILIDADE
165	212	CRISTIANA OLIVEIRA	0:55:23.72	0:55:23.72	25	F	SEN F (18-34)	14	8	
166	223	RÚBEN MAURÍCIO	0:55:24.11	0:55:08.85	36	M	/35 M (35-39)	152	24	
167	138	MARCOS SERRANO	0:55:28.70	0:54:49.50	41	M	/40 M (40-44)	153	21	
168	116	MÁRIO NUNES	0:55:29.55	0:55:08.35	50	M	/50 M (50-54)	154	21	OS CORRE PARA COMER
169	247	JOAO BARATA	0:55:31.00	0:55:04.29	62	M	/60 M (60-64)	155	12	
170	50	ANDRÉ WIBORG	0:55:33.47	0:54:51.38	64	M	/60 M (60-64)	156	13	WLF
171	313	RITA SOUSA	0:55:35.00	0:55:06.20	29	F	SEN F (18-34)	15	9	
172	16	NUNO RIBEIRO	0:55:38.23	0:55:00.95	47	M	/45 M (45-49)	157	21	
173	139	ORLANDO LOUREIRO	0:55:50.49	0:55:50.49	46	M	/45 M (45-49)	158	22	
174	302	ANTONIO NEVES	0:55:52.99	0:55:32.41	38	M	/35 M (35-39)	159	25	EPIC TEAM
175	131	LUIS DAMIÃO	0:55:55.72	0:55:24.04	55	M	/55 M (55-59)	160	14	CCD CRÉDITO AGRÍCOLA
176	394	LUIS SOUSA	0:55:59.81	0:55:35.04	57	M	/55 M (55-59)	161	15	
177	307	ALVARO TRINDADE	0:56:12.94	0:55:55.79	36	M	/35 M (35-39)	162	26	PREGUIÇAS
178	279	JOÃO FALCÃO	0:56:13.17	0:55:56.76	37	M	/35 M (35-39)	163	27	PREGUIÇAS
179	553	ANTONIO ALMEIDA	0:56:14.35	0:56:06.42	60	M	/60 M (60-64)	164	14	VIA3RUNNERS
180	39	JOSÉ RODRIGUES	0:56:17.21	0:56:13.24	58	M	/55 M (55-59)	165	16	

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



181	153	GONÇALO POÇAS	0:56:21.38	0:56:20.02	38	M	/35 M (35-39)	166	28	
182	368	MIGUEL REIS	0:56:23.25	0:56:11.38	31	M	SEN M (18-34)	167	41	
183	372	OTO RODRIGUES	0:56:24.36	0:56:12.16	39	M	/35 M (35-39)	168	29	
184	308	DAVID PINTO	0:56:30.64	0:56:01.61	43	M	/40 M (40-44)	169	22	
185	510	HELDER COELHO	0:56:30.71	0:56:08.87	49	M	/45 M (45-49)	170	23	
186	404	TELMA QUINTINO	0:56:35.57	0:55:46.44	41	F	V40 F (40-44)	16	1	C MILLENNIUM BCP
187	405	TIAGO BESS	0:56:35.95	0:55:48.80	41	M	/40 M (40-44)	171	23	C MILLENNIUM BCP
188	250	NUNO CARVALHO	0:56:36.58	0:56:14.98	51	M	/50 M (50-54)	172	22	
189	124	BERNARDO SALAVESSA	0:56:38.37	0:56:22.64	46	M	/45 M (45-49)	173	24	
190	10	LUIZ CHATILLON	0:56:41.95	0:56:39.76	64	M	/60 M (60-64)	174	15	
191	268	ANTONIO MELGAO	0:56:43.38	0:56:13.94	43	M	/40 M (40-44)	175	24	
192	31	CARLOS ANTUNES	0:56:44.64	0:56:33.49	38	M	/35 M (35-39)	176	30	
193	192	ALICE COIMBRA	0:56:45.30	0:56:09.62	21	F	SEN F (18-34)	17	10	
194	154	ALPIO AQUILINA	0:56:46.26	0:56:42.15	43	M	/40 M (40-44)	177	25	
195	387	BRUNO VEIGA	0:56:50.72	0:56:15.78	40	M	/40 M (40-44)	178	26	PAPATRILHOS
196	484	PEDRO MACHADO	0:56:52.81	0:56:42.85	40	M	/40 M (40-44)	179	27	
197	249	MAFALDA PADEIRA	0:56:56.17	0:56:27.28	31	F	SEN F (18-34)	18	11	FIDELIDADE GDC
198	468	TIAGO REGO	0:57:00.27	0:56:14.55	46	M	/45 M (45-49)	180	25	
199	136	MIGUEL VINAGRE	0:57:06.68	0:56:28.52	47	M	/45 M (45-49)	181	26	CCD CRÉDITO AGRÍCOLA
200	190	JOÃO SILVA	0:57:29.54	0:57:23.79	34	M	SEN M (18-34)	182	42	
201	193	KARIM MADAOU	0:57:30.50	0:57:06.74	36	M	/35 M (35-39)	183	31	CAMPO RUN
202	535	JORGE CONCEIÇÃO	0:57:32.53	0:56:45.13	55	M	/55 M (55-59)	184	17	
203	536	SÓNIA ZEFERINO	0:57:32.76	0:56:47.86	48	F	V45 F (45-49)	19	3	
204	432	SERGIO SILVA	0:57:34.60	0:56:54.72	43	M	/40 M (40-44)	185	28	GD SANTANDER TOTTA
205	112	PAULA SILVA	0:57:35.81	0:57:18.08	49	F	V45 F (45-49)	20	4	SCR DAMAIA
206	89	FILIPE BACALHAU	0:57:45.08	0:57:10.59	36	M	/35 M (35-39)	186	32	QUEIMAR REBITES



26 MARÇO 2023  
28ª CORRIDA

# ARVORE



207	340	JOSÉ LEVEZINHO	0:57:51.64	0:57:51.64	50	M	/50 M (50-54)	187	23	APOGMA
208	612	CARLOS PITARMA	0:57:55.41	0:57:43.37	62	M	/60 M (60-64)	188	16	ACN PARQUE DAS NAÇÕES
209	562	ANTÓNIO MANGOR	0:57:59.94	0:57:10.86	58	M	/55 M (55-59)	189	18	CML
210	238	MANUEL SOARES	0:58:01.46	0:57:58.98	58	M	/55 M (55-59)	190	19	
211	363	BRUNO SIMÕES	0:58:02.96	0:57:22.56	32	M	¡EN M (18-34)	191	43	
212	514	ANTÓNIO LOPES	0:58:05.85	0:57:51.41	62	M	/60 M (60-64)	192	17	
213	97	JOÃO PALMEIRO	0:58:09.68	0:58:09.68	27	M	¡EN M (18-34)	193	44	
214	476	FRANCISCO SARAIVA	0:58:10.17	0:57:29.70	35	M	/35 M (35-39)	194	33	
215	258	ELISABETE CARVALHO	0:58:13.84	0:58:01.55	49	F	V45 F (45-49)	21	5	
216	242	JOÃO CRESPO	0:58:21.20	0:57:53.70	42	M	/40 M (40-44)	195	29	CRESPOS TEAM
217	425	LUÍS TOSTE	0:58:25.48	0:58:14.66	56	M	/55 M (55-59)	196	20	
218	360	RITA ALVAREZ	0:58:36.77	0:57:55.95	43	F	V40 F (40-44)	22	2	
219	446	PEDRO BURUETTE	0:58:37.51	0:58:09.84	47	M	/45 M (45-49)	197	27	CCD TRANQUILIDADE
220	359	TIAGO MARQUES	0:58:38.91	0:58:38.91	43	M	/40 M (40-44)	198	30	
221	334	RICARDO SOARES	0:58:41.41	0:58:41.33	28	M	¡EN M (18-34)	199	45	TREVO4FOLHAS
222	430	SEBASTIAN HEBER	0:58:46.27	0:58:15.87	39	M	/35 M (35-39)	200	34	
223	498	DAVID CARDOSO	0:58:50.65	0:58:24.68	36	M	/35 M (35-39)	201	35	
224	499	JACQUELINE SCHROEDER	0:58:51.75	0:58:23.91	27	F	SEN F (18-34)	23	12	
225	427	ANTÓNIO COSTA	0:58:53.77	0:58:47.05	24	M	¡EN M (18-34)	202	46	
226	74	RICARDO RIBEIRO	0:58:55.47	0:58:48.05	38	M	/35 M (35-39)	203	36	
227	266	RUI ALMEIDA	0:58:59.85	0:58:33.47	48	M	/45 M (45-49)	204	28	
228	406	JOSE BRANCO	0:59:02.47	0:58:50.51	72	M	/70 M (70-99)	205	2	C MILLENNIUM BCP
229	382	JOÃO ANACLETO	0:59:03.91	0:58:11.93	21	M	¡EN M (18-34)	206	47	
230	379	GONÇALO FERREIRA	0:59:05.34	0:58:15.06	22	M	¡EN M (18-34)	207	48	
231	361	PEDRO FERNANDES	0:59:05.38	0:58:57.00	42	M	/40 M (40-44)	208	31	
232	251	DENIS STENDERCHUCK	0:59:07.25	0:58:16.06	43	M	/40 M (40-44)	209	32	BAGIRA

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



233	260	JOSÉ SANTOS	0:59:07.64	0:58:56.02	57	M	/55 M (55-59)	210	21	
234	332	ANTÓNIO MARRACHINHO	0:59:08.26	0:59:08.21	62	M	/60 M (60-64)	211	18	TREVO4FOLHAS
235	274	JOÃO GARCIA	0:59:16.48	0:58:40.39	39	M	/35 M (35-39)	212	37	O ATLETA E O COXO
236	466	TIAGO PERDIGAO	0:59:16.75	0:58:45.79	48	M	/45 M (45-49)	213	29	
237	273	RUI GAMEIRO	0:59:18.09	0:58:45.45	49	M	/45 M (45-49)	214	30	O ATLETA E O COXO
238	463	LUIS CATITA	0:59:24.32	0:59:06.51	64	M	/60 M (60-64)	215	19	
239	467	CARLOS ALVES	0:59:26.35	0:58:49.40	60	M	/60 M (60-64)	216	20	
240	253	RENATO PORTELA	0:59:43.15	0:58:48.14	45	M	/45 M (45-49)	217	31	
241	477	RUI LIMA	0:59:44.24	0:58:59.53	44	M	/40 M (40-44)	218	33	PAZES LIMA
242	354	ANDRÉ COSTA	0:59:48.58	0:59:05.55	41	M	/40 M (40-44)	219	34	
243	346	ANTÓNIO CAEIRO	0:59:50.19	0:59:35.44	48	M	/45 M (45-49)	220	32	
244	88	GABRIEL FIGUEIREDO	0:59:55.00	0:59:19.41	26	M	¡EN M (18-34)	221	49	QUEIMAR REBITES
245	141	JOÃO MURALHA	1:00:15.18	0:59:28.11	30	M	¡EN M (18-34)	222	50	
246	449	CARLOS BARGADO	1:00:17.79	1:00:00.80	58	M	/55 M (55-59)	223	22	CCD TRANQUILIDADE
247	541	JOSÉ RIBEIRO	1:00:19.52	0:59:35.94	62	M	/60 M (60-64)	224	21	
248	330	ANTÓNIO DUARTE	1:00:19.65	1:00:08.68	60	M	/60 M (60-64)	225	22	
249	319	MIGUEL RODRIGUES	1:00:20.03	1:00:20.03	42	M	/40 M (40-44)	226	35	
250	339	PEDRO PINTO	1:00:24.00	0:59:46.64	42	M	/40 M (40-44)	227	36	
251	219	RICARDO SILVA	1:00:24.15	0:59:57.62	45	M	/45 M (45-49)	228	33	LALE KI LOLU
252	381	DIOGO AGUIAR	1:00:24.35	0:59:31.14	21	M	¡EN M (18-34)	229	51	
253	244	ISABEL SANTOS	1:00:24.97	1:00:03.19	63	F	V60 F (60-64)	24	1	SANTOS & SILVA
254	593	SOFIA DIAS	1:00:25.22	1:00:08.26	35	F	V35 F (35-39)	25	2	ACN PARQUE DAS NAÇÕES
255	300	MARCELO CARDEIRA	1:00:28.63	1:00:01.38	53	M	/50 M (50-54)	230	24	LINDA A PASTORA SC
256	482	MIGUEL MATEUS	1:00:32.49	0:59:48.79	45	M	/45 M (45-49)	231	34	CLã MATEUS
257	550	VICTOR RISCADO	1:00:32.52	1:00:04.10	52	M	/50 M (50-54)	232	25	
258	385	HELENA SOUSA	1:00:33.29	1:00:33.29	44	F	V40 F (40-44)	26	3	SUBLIMES

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



259	420	NIAMH FLAHERTY	1:00:35.57	1:00:27.91	39	M	/35 M (35-39)	233	38	
260	621	SÍSSI DIAS	1:00:37.57	1:00:20.74	46	F	V45 F (45-49)	27	6	ACN PARQUE DAS NAÇÕES
261	516	GRZEGORZ (GREGOR)	1:00:43.27	0:59:46.63	39	M	/35 M (35-39)	234	39	GREGORI
262	35	LISA BREUNUNG	1:00:45.58	1:00:14.90	33	F	SEN F (18-34)	28	13	
263	33	CHRISTOPHER LAM	1:00:45.74	1:00:16.58	30	M	JEN M (18-34)	235	52	
264	27	DIOGO ALVES	1:00:49.66	1:00:14.40	41	M	/40 M (40-44)	236	37	VELOZES & FURIOSOS
265	210	ARMINDO PEREIRA	1:01:01.27	1:00:39.03	51	M	/50 M (50-54)	237	26	
266	281	NUNO MACHADO	1:01:14.15	1:00:56.38	38	M	/35 M (35-39)	238	40	PREGUIÇAS
267	196	ANTÓNIO BATISTA	1:01:14.51	1:01:01.32	75	M	/70 M (70-99)	239	3	ESTRELA DA AMADORA
268	609	NÉLIA PINTO	1:01:22.10	1:01:04.66	57	F	V55 F (55-59)	29	2	ACN PARQUE DAS NAÇÕES
269	608	JOÃO PEDRO PINTO	1:01:23.90	1:01:09.00	59	M	/55 M (55-59)	240	23	ACN PARQUE DAS NAÇÕES
270	554	JOÃO CALISTO	1:01:33.56	1:00:47.14	62	M	/60 M (60-64)	241	23	
271	465	SOFIA ESTEVES	1:01:35.12	1:00:48.45	41	F	V40 F (40-44)	30	4	
272	589	HELENA NUNES	1:01:38.04	1:01:24.95	55	F	V55 F (55-59)	31	3	ACN PARQUE DAS NAÇÕES
273	592	CARLOS DIAS	1:01:38.41	1:01:07.18	66	M	/65 M (65-69)	242	4	ACN PARQUE DAS NAÇÕES
274	126	LUÍS LOUREIRO	1:01:40.98	1:01:12.86	37	M	/35 M (35-39)	243	41	
275	106	ANA FEITEIRA	1:01:45.01	1:01:37.07	33	F	SEN F (18-34)	32	14	ML SPORTS
276	539	TÂNIA CARMO	1:01:50.48	1:01:20.51	36	F	V35 F (35-39)	33	3	NAVIGATOR CLUBE SETÚBAL
277	44	MARTA REIS	1:01:56.24	1:01:53.53	43	F	V40 F (40-44)	34	5	
278	314	JOÃO PEREIRA	1:02:02.80	1:01:43.80	59	M	/55 M (55-59)	244	24	ACPORTALEGRE
279	353	JOANA COUTINHO	1:02:02.88	1:01:24.72	34	F	SEN F (18-34)	35	15	
280	241	LILIANA CRESPO	1:02:08.15	1:01:41.91	38	F	V35 F (35-39)	36	4	CRESPOS TEAM
281	235	JOÃO COSTA	1:02:08.15	1:02:03.27	30	M	JEN M (18-34)	245	53	
282	165	SORAIA TOMAZ	1:02:10.00	1:01:29.83	31	F	SEN F (18-34)	37	16	
283	483	ANA MAGALHAES	1:02:12.49	1:01:24.85	39	F	V35 F (35-39)	38	5	
284	158	CARLA MORGADO	1:02:16.06	1:02:00.28	49	F	V45 F (45-49)	39	7	

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



285	207	GUYA ACCORNERO	1:02:16.29	1:01:23.50	47	F	V45 F (45-49'	40	8	
286	328	JOÃO GOMES	1:02:20.44	1:01:53.33	59	M	/55 M (55-59	246	25	
287	341	HELDER GANDARINHO	1:02:25.74	1:01:51.30	54	M	/50 M (50-54	247	27	APOGMA
288	380	VASCO MASSAPINA	1:02:32.46	1:01:37.94	22	M	SEN M (18-34	248	54	
289	365	ANA GASPAR	1:02:33.04	1:02:00.56	44	F	V40 F (40-44'	41	6	
290	364	PEDRO MOLEIRO	1:02:35.70	1:02:00.54	51	M	/50 M (50-54	249	28	
291	560	DANIELA DUARTE	1:02:40.65	1:02:10.37	34	F	SEN F (18-34'	42	17	
292	559	RODRIGO SIMÕES	1:02:40.93	1:02:13.71	30	M	SEN M (18-34	250	55	
293	540	TIAGO GALEGO	1:02:46.85	1:02:16.77	44	M	/40 M (40-44	251	38	NAVIGATOR CLUBE SETÚBAL
294	129	JOÃO FERREIRA	1:02:53.40	1:02:50.78	28	M	SEN M (18-34	252	56	CCD CRÉDITO AGRÍCOLA
295	561	MARIA LURDES VAZ	1:02:58.28	1:02:07.29	57	F	V55 F (55-59'	43	4	CML
296	487	ANÍBAL NOGUEIRA	1:03:00.11	1:03:00.11	62	M	/60 M (60-64	253	24	
297	424	RUI CHARRUA	1:03:11.63	1:03:01.30	45	M	/45 M (45-49	254	35	
298	331	PATRÍCIA GASPAR	1:03:16.68	1:03:11.82	45	F	V45 F (45-49'	44	9	GDCT IN CM
299	534	LUÍS REVÉS	1:03:17.40	1:02:54.10	49	M	/45 M (45-49	255	36	
300	234	CAROLINA CONSTANT	1:03:17.50	1:02:39.99	43	F	V40 F (40-44'	45	7	TIA BELA TEAM
301	114	JOAO MOURA	1:03:17.74	1:02:48.14	31	M	SEN M (18-34	256	57	
302	164	SUSANA SANTOS	1:03:19.80	1:02:38.49	29	F	SEN F (18-34'	46	18	
303	176	ALICE PEREIRA	1:03:22.51	1:02:31.32	29	F	SEN F (18-34'	47	19	
304	175	MARILIA GAMA	1:03:23.15	1:02:33.85	29	F	SEN F (18-34'	48	20	
305	248	INÊS FONTES	1:03:36.10	1:03:11.19	32	F	SEN F (18-34'	49	21	
306	55	TOMÁS WIBORG	1:03:36.12	1:02:54.03	53	M	/50 M (50-54	257	29	WLF
307	34	PEDRO IGREJA	1:03:40.48	1:03:17.26	43	M	/40 M (40-44	258	39	
308	384	RICARDO ALFEIRÃO	1:03:52.71	1:03:01.54	42	M	/40 M (40-44	259	40	SUBLIMES
309	299	RITA BORGA	1:03:52.88	1:03:52.88	24	F	SEN F (18-34'	50	22	
310	291	CARLOS SOUSA	1:03:56.22	1:03:33.06	52	M	/50 M (50-54	260	30	CAMARA LISBOA CLUBE

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



311	292	EDUARDO MANSO	1:03:56.38	1:03:31.35	61	M	/60 M (60-64	261	25	CAMARA LISBOA CLUBE
312	316	HENRIQUE CRUZ	1:03:56.61	1:03:18.03	34	M	SEN M (18-34	262	58	
313	590	LUÍSA OLIVEIRA	1:04:11.08	1:03:59.23	54	F	V50 F (50-54'	51	3	ACN PARQUE DAS NAÇÕES
314	410	PATRICIA CASTANHEIRA	1:04:11.63	1:03:39.91	54	F	V50 F (50-54'	52	4	C MILLENNIUM BCP
315	438	FÁBIO PIO	1:04:19.11	1:02:12.03	51	M	/50 M (50-54	263	31	GD SANTANDER TOTTA
316	358	NUNO CARAMPANTA	1:04:19.87	1:03:52.30	43	M	/40 M (40-44	264	41	
317	530	JOANA RAMOS	1:04:29.39	1:03:51.12	28	F	SEN F (18-34'	53	23	
318	169	SÉRGIO SANTOS	1:04:51.96	1:04:51.96	50	M	/50 M (50-54	265	32	
319	542	RUI SABINO	1:04:55.70	1:04:14.51	52	M	/50 M (50-54	266	33	
320	86	DIOGO FERREIRA	1:04:55.75	1:04:18.83	30	M	SEN M (18-34	267	59	QUEIMAR REBITES
321	389	VASCO REBELO	1:05:09.55	1:04:50.82	46	M	/45 M (45-49	268	37	CARCA RUN POWER
322	206	SOFIA CUNHA	1:05:11.72	1:04:42.39	41	F	V40 F (40-44'	54	8	SS CGD
323	98	FERNANDO CARREIRO	1:05:11.93	1:04:36.32	61	M	/60 M (60-64	269	26	CARTAXEIRO
324	208	PEDRO CLAUDIO	1:05:12.96	1:04:45.03	55	M	/55 M (55-59	270	26	SS CGD
325	312	MARIANA PINHA	1:05:13.14	1:04:45.26	27	F	SEN F (18-34'	55	24	
326	237	ANDRÓNICO DUARTE	1:05:16.01	1:05:11.76	45	M	/45 M (45-49	271	38	
327	101	INÊS ABRANTES	1:05:18.14	1:04:31.07	38	F	V35 F (35-39'	56	6	BALHELHAS
328	117	NUNO DANTAS	1:05:23.57	1:05:00.31	48	M	/45 M (45-49	272	39	OS CORRE PARA COMER
329	563	JOÃO ALMEIDA	1:05:24.20	1:04:40.72	35	M	/35 M (35-39	273	42	SS CGD
330	80	CARINA AMARO	1:05:27.39	1:05:02.21	32	F	SEN F (18-34'	57	25	
331	45	RUI FERNANDES	1:05:27.71	1:04:50.54	26	M	SEN M (18-34	274	60	
332	411	PAULO REBOCHO	1:05:28.40	1:05:05.72	58	M	/55 M (55-59	275	27	C MILLENNIUM BCP
333	309	CATIA REIS	1:05:33.63	1:05:06.78	40	F	V40 F (40-44'	58	9	
334	581	LURDES SANTOS	1:05:35.55	1:05:22.32	43	F	V40 F (40-44'	59	10	ACN PARQUE DAS NAÇÕES
335	623	RUI ALMEIDA	1:05:35.85	1:05:19.85	50	M	/50 M (50-54	276	34	ACN PARQUE DAS NAÇÕES
336	587	PAULA GONÇALVES	1:05:35.86	1:05:20.61	55	F	V55 F (55-59'	60	5	ACN PARQUE DAS NAÇÕES

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



337	73	MARISA BRÁS	1:05:37.34	1:05:17.35	34	F	SEN F (18-34)	61	26	
338	343	RENATO VELOSO	1:05:46.25	1:04:57.11	37	M	/35 M (35-39)	277	43	
339	607	MARIA PEREIRA	1:05:47.00	1:05:31.41	56	F	V55 F (55-59)	62	6	ACN PARQUE DAS NAÇÕES
340	49	CLARA LOPES	1:05:47.26	1:05:43.69	42	F	V40 F (40-44)	63	11	
341	40	PEDRO LOURENÇO	1:05:47.29	1:05:47.28	46	M	/45 M (45-49)	278	40	
342	513	TELMO FERREIRA	1:05:51.28	1:05:37.25	34	M	SEN M (18-34)	279	61	
343	349	ANTONIO JUBILADO	1:05:54.58	1:05:54.58	66	M	/65 M (65-69)	280	5	
344	121	JOÃO FERNANDES	1:06:01.58	1:05:28.24	41	M	/40 M (40-44)	281	42	
345	355	NAIRA RITO	1:06:02.53	1:05:48.79	36	F	V35 F (35-39)	64	7	
346	310	MARIA FAUSTINO	1:06:13.03	1:06:08.12	36	F	V35 F (35-39)	65	8	
347	120	RUI FREIXO	1:06:13.15	1:05:23.20	37	M	/35 M (35-39)	282	44	MANOS FREIXO
348	186	RUI DUARTE	1:06:15.09	1:06:13.84	43	M	/40 M (40-44)	283	43	
349	323	GUILHERME MARTINS	1:06:24.19	1:05:52.48	26	M	SEN M (18-34)	284	62	SKYWALKERS
350	324	LEONOR MENDES	1:06:24.43	1:05:55.29	23	F	SEN F (18-34)	66	27	SKYWALKERS
351	181	FRANCISCO GORJÃO	1:06:24.78	1:05:32.96	30	M	SEN M (18-34)	285	63	
352	52	JOSÉ TEIXEIRA	1:06:29.02	1:05:59.62	65	M	/65 M (65-69)	286	6	
353	25	CRISTINA RAÍNHA	1:06:38.94	1:05:51.54	55	F	V55 F (55-59)	67	7	CASA MOEDA
354	386	JOÃO TELES	1:06:44.04	1:06:44.04	31	M	SEN M (18-34)	287	64	
355	356	ANNA IUMAGULOVA	1:06:53.64	1:05:51.52	31	F	SEN F (18-34)	68	28	
356	611	SANDRA INACIO	1:07:03.32	1:06:51.23	50	F	V50 F (50-54)	69	5	ACN PARQUE DAS NAÇÕES
357	61	SUSANA SOUSA	1:07:03.78	1:06:51.55	47	F	V45 F (45-49)	70	10	SUDU
358	60	EDUARDO BERNARDO	1:07:03.81	1:06:53.94	51	M	/50 M (50-54)	288	35	SUDU
359	546	PATRICK LELIEUR	1:07:04.82	1:06:16.18	43	M	/40 M (40-44)	289	44	
360	452	ISABEL MOTA	1:07:06.26	1:06:40.19	49	F	V45 F (45-49)	71	11	CCD TRANQUILIDADE
361	451	JOÃO SERRA	1:07:08.93	1:06:41.58	51	M	/50 M (50-54)	290	36	CCD TRANQUILIDADE
362	118	NATACHA CABRAL	1:07:09.84	1:06:49.21	48	F	V45 F (45-49)	72	12	OS CORRE PARA COMER

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



363	378	CLARA PEDROSO	1:07:10.42	1:06:16.85	21	F	SEN F (18-34'	73	29	
364	383	FRANCISCO CARDOSO	1:07:10.72	1:06:19.99	22	M	SEN M (18-34	291	65	
365	159	PAULO GERMANO	1:07:16.12	1:07:16.12	52	M	/50 M (50-54	292	37	
366	342	BRUNO BALEIZÃO	1:07:16.71	1:06:24.96	38	M	/35 M (35-39	293	45	
367	68	PATRICIA ESQUIVEL	1:07:18.68	1:06:31.78	40	F	V40 F (40-44'	74	12	
368	163	JEFFERSON RIBEIRO	1:07:25.71	1:07:05.68	30	M	SEN M (18-34	294	66	
369	12	ELIENE SILVA	1:07:26.11	1:07:04.37	44	F	V40 F (40-44'	75	13	
370	168	LUIS FERNANDES	1:07:26.38	1:07:07.22	51	M	/50 M (50-54	295	38	
371	128	CARLA BAPTISTA	1:07:27.28	1:06:51.03	42	F	V40 F (40-44'	76	14	CCD CRÉDITO AGRÍCOLA
372	227	MARIA VELOSO	1:07:28.53	1:07:10.31	71	F	V70 F (70-99'	77	1	
373	326	DAVID ALMEIDA	1:07:29.86	1:07:18.69	51	M	/50 M (50-54	296	39	
374	142	PEDRO MURALHA	1:07:36.37	1:06:51.33	35	M	/35 M (35-39	297	46	
375	263	JOÃO CATARINO	1:07:41.53	1:07:18.50	48	M	/45 M (45-49	298	41	
376	107	IVA OLIVEIRA	1:07:42.35	1:07:20.83	49	F	V45 F (45-49'	78	13	ML SPORTS
377	367	JAMINA PADILLA	1:07:49.72	1:06:48.86	28	F	SEN F (18-34'	79	30	
378	494	SERGIO PEREIRA	1:08:07.51	1:07:36.17	50	M	/50 M (50-54	299	40	
379	409	CATARINA ALTAS	1:08:11.65	1:07:56.84	49	F	V45 F (45-49'	80	14	C MILLENNIUM BCP
380	519	HUGO SOUSA	1:08:22.14	1:08:17.30	42	M	/40 M (40-44	300	45	GDCT UNICRE
381	57	ANA PAULA NUNES	1:08:38.43	1:07:54.34	51	F	V50 F (50-54'	81	6	CLÍNICA DR. CAUTELA
382	220	LUIS PROENÇA	1:08:44.68	1:08:11.84	53	M	/50 M (50-54	301	41	
383	130	JOSÉ MENDES	1:08:46.90	1:08:24.38	42	M	/40 M (40-44	302	46	CCD CRÉDITO AGRÍCOLA
384	15	BRUNO REIS	1:08:47.37	1:08:14.81	46	M	/45 M (45-49	303	42	
385	605	DOMINGOS ROSÁRIO	1:08:50.85	1:08:38.08	59	M	/55 M (55-59	304	28	ACN PARQUE DAS NAÇÕES
386	180	CARLOS VICENTE	1:08:52.36	1:08:42.17	50	M	/50 M (50-54	305	42	
387	152	MARIANA MARQUES	1:08:53.51	1:08:13.20	22	F	SEN F (18-34'	82	31	FAMÍLIA MARQUES
388	243	ORLANDO SILVA	1:08:57.00	1:08:33.03	70	M	/70 M (70-99	306	4	SANTOS & SILVA

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



389	478	MARIA RIBEIRO	1:09:03.47	1:08:15.37	37	F	V35 F (35-39'	83	9	SAKURA
390	479	MÓNICA COUTO	1:09:05.32	1:08:17.28	43	F	V40 F (40-44'	84	15	SAKURA
391	156	FERNANDO FRAGATEIRO	1:09:25.31	1:08:39.16	62	M	/60 M (60-64	307	27	GDC PORTOS DE SINES E ALGARVE
392	437	SANDRA CUNHA	1:09:31.77	1:08:52.68	57	F	V55 F (55-59'	85	8	GD SANTANDER TOTTA
393	528	TERESA MARTINS	1:09:32.07	1:08:50.35	64	F	V60 F (60-64'	86	2	SS CGD
394	205	ANTONIO FONSECA	1:09:33.23	1:09:20.51	77	M	/70 M (70-99	308	5	
395	179	ANTÓNIO HENRIQUES	1:09:34.34	1:09:04.96	56	M	/55 M (55-59	309	29	
396	264	HELENA SANTOS	1:09:36.72	1:09:25.76	60	F	V60 F (60-64'	87	3	
397	457	TAM AFONSO	1:09:38.68	1:09:08.30	70	M	/70 M (70-99	310	6	CCD TRANQUILIDADE
398	622	SERGIO DIAS	1:09:39.20	1:09:20.14	52	M	/50 M (50-54	311	43	ACN PARQUE DAS NAÇÕES
399	373	PATRÍCIA FILIPE	1:09:42.69	1:09:24.12	28	F	SEN F (18-34'	88	32	
400	522	RAQUEL MARQUES	1:09:43.18	1:09:36.71	48	F	V45 F (45-49'	89	15	GDCT UNICRE
401	228	SÉRGIO VENTURA	1:09:43.71	1:08:57.06	41	M	/40 M (40-44	312	47	
402	105	SOFIA FERREIRA	1:09:44.62	1:09:22.45	32	F	SEN F (18-34'	90	33	ML SPORTS
403	521	PAULO MARQUES	1:09:45.75	1:09:38.26	55	M	/55 M (55-59	313	30	GDCT UNICRE
404	53	MARGARIDA MONTEIRO	1:09:53.13	1:09:12.00	29	F	SEN F (18-34'	91	34	
405	325	JOSE MONTEIRO	1:09:54.52	1:09:09.42	56	M	/55 M (55-59	314	31	
406	306	CRISTINA FERREIRA	1:09:57.53	1:09:40.68	60	F	V60 F (60-64'	92	4	
407	333	CRISTINA SOARES	1:10:00.81	1:10:00.75	59	F	V55 F (55-59'	93	9	TREVO4FOLHAS
408	160	SÓNIA CUPIDO	1:10:07.73	1:09:57.57	48	F	V45 F (45-49'	94	16	
409	434	CARINA SILVA	1:10:09.00	1:09:29.44	37	F	V35 F (35-39'	95	10	GD SANTANDER TOTTA
410	347	RICARDO GAMA	1:10:09.42	1:09:29.00	38	M	/35 M (35-39	315	47	
411	414	CARLOS MENA	1:10:29.64	1:10:09.65	49	M	/45 M (45-49	316	43	
412	456	HUGO OLIMPIO	1:10:32.35	1:10:12.99	47	M	/45 M (45-49	317	44	CCD TRANQUILIDADE
413	111	CARLOS GONÇALVES	1:10:33.59	1:10:28.02	45	M	/45 M (45-49	318	45	
414	119	CLÁUDIA FREIXO	1:10:44.34	1:09:54.21	41	F	V40 F (40-44'	96	16	MANOS FREIXO



26 MARÇO 2023  
28ª CORRIDA

# ARVORE



415	171	PAULO QUARESMA	1:10:44.69	1:10:13.65	67	M	/65 M (65-69)	319	7	VETERANOS DE MASSAMÁ
416	443	LUIS PALMEIRO	1:11:15.61	1:10:32.52	53	M	/50 M (50-54)	320	44	CCD TRANQUILIDADE
417	447	ROGÉRIO DIAS	1:11:16.22	1:10:29.83	51	M	/50 M (50-54)	321	45	CCD TRANQUILIDADE
418	599	JOEL SILVA	1:11:17.32	1:11:02.90	51	M	/50 M (50-54)	322	46	ACN PARQUE DAS NAÇÕES
419	90	FRANCISCO TOMAZ	1:11:18.28	1:10:59.59	42	M	/40 M (40-44)	323	48	
420	440	NICOLAU FURTADO	1:11:19.28	1:11:02.24	58	M	/55 M (55-59)	324	32	
421	398	LEONEL BRANDAO	1:11:25.47	1:10:56.40	55	M	/55 M (55-59)	325	33	C MILLENNIUM BCP
422	182	LAURINDA CASTRO	1:11:25.82	1:11:20.97	63	F	V60 F (60-64)	97	5	
423	115	CARLA NUNES	1:11:27.14	1:11:08.31	45	F	V45 F (45-49)	98	17	OS CORRE PARA COMER
424	407	CARLOS SANTO	1:11:27.65	1:11:16.36	64	M	/60 M (60-64)	326	28	C MILLENNIUM BCP
425	509	LUÍSA SANTOS	1:11:51.78	1:11:26.99	54	F	V50 F (50-54)	99	7	
426	489	MARIA OLIVEIRA	1:11:53.34	1:11:36.22	37	F	V35 F (35-39)	100	11	TANAGRA
427	84	CÁTIA SANTOS	1:11:57.73	1:11:22.90	34	F	SEN F (18-34)	101	35	QUEIMAR REBITES
428	209	VASCO COELHO	1:12:00.26	1:11:21.07	48	M	/45 M (45-49)	327	46	
429	500	GONÇALO ADRIÃO	1:12:01.25	1:12:01.25	44	M	/40 M (40-44)	328	49	
430	203	CARLOS PRADA	1:12:22.13	1:11:36.21	56	M	/55 M (55-59)	329	34	OS PRADA
431	202	JÚLIA PRADA	1:12:22.27	1:11:37.72	50	F	V50 F (50-54)	102	8	OS PRADA
432	400	VIRGILIO FERREIRA	1:12:33.28	1:11:42.77	68	M	/65 M (65-69)	330	8	C MILLENNIUM BCP
433	18	ALEXANDRA QUEIROZ	1:12:45.19	1:12:10.26	56	F	V55 F (55-59)	103	10	
434	146	JOÃO MENDES	1:12:50.15	1:12:13.77	51	M	/50 M (50-54)	331	47	
435	444	ANTÓNIO ALBUQUERQUE	1:12:52.55	1:12:09.87	54	M	/50 M (50-54)	332	48	CCD TRANQUILIDADE
436	461	ANTÓNIO PESQUEIRA	1:13:03.02	1:12:42.73	67	M	/65 M (65-69)	333	9	
437	37	LUÍS CASINHAS	1:13:04.55	1:12:38.04	26	M	JEN M (18-34)	334	67	
438	439	CRISTINA BRIZIDO	1:13:17.42	1:12:22.76	46	F	V45 F (45-49)	104	18	
439	523	ANTÓNIO MOURA	1:13:17.77	1:12:59.90	66	M	/65 M (65-69)	335	10	GDCT UNICRE
440	423	JUDITE BASILIO	1:13:18.02	1:12:24.04	59	F	V55 F (55-59)	105	11	

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



441	602	VÂNIA MARECOS	1:13:41.17	1:13:26.93	44	F	V40 F (40-44'	106	17	ACN PARQUE DAS NAÇÕES
442	583	CRISTINA INÁCIO	1:14:04.03	1:13:49.44	53	F	V50 F (50-54'	107	9	ACN PARQUE DAS NAÇÕES
443	145	JOSÉ INFANTE	1:14:05.45	1:13:30.68	71	M	/70 M (70-99	336	7	
444	401	SUSANA FELICIANO	1:14:11.24	1:13:54.92	50	F	V50 F (50-54'	108	10	C MILLENNIUM BCP
445	486	KANANDA COSTA	1:14:22.58	1:13:33.06	22	F	SEN F (18-34'	109	36	
446	585	PATRÍCIA FERNANDES	1:14:31.07	1:14:12.78	51	F	V50 F (50-54'	110	11	ACN PARQUE DAS NAÇÕES
447	67	ISABEL ALAMO	1:14:31.07	1:14:18.21	54	F	V50 F (50-54'	111	12	ACNPN
448	455	CLAUDIA TAM	1:14:33.38	1:13:49.02	41	F	V40 F (40-44'	112	18	CCD TRANQUILIDADE
449	217	PEDRO NEVES	1:14:36.23	1:14:10.13	42	M	/40 M (40-44	337	50	LALE KI LOLU
450	464	MARIA GOMES	1:14:37.41	1:14:37.41	63	F	V60 F (60-64'	113	6	ÉNOIS
451	297	ANA ANDRADE	1:14:47.63	1:14:02.16	46	F	V45 F (45-49'	114	19	ML SPORTS
452	257	EDMUNDO SIMÕES	1:15:08.51	1:14:21.58	66	M	/65 M (65-69	338	11	
453	13	JOANADARC CHOURIÇO	1:15:14.93	1:15:00.91	59	F	V55 F (55-59'	115	12	RUNNING CLUB SANTA CASA
454	17	SANDRA ANDRADE	1:15:46.29	1:15:12.54	48	F	V45 F (45-49'	116	20	
455	218	RICARDO OLIVEIRA	1:15:53.86	1:15:45.71	27	M	EN M (18-34	339	68	
456	85	ANA ASSUNÇÃO	1:16:17.69	1:15:42.62	25	F	SEN F (18-34'	117	37	QUEIMAR REBITES
457	102	ANTÓNIO ABRANTES	1:17:15.33	1:16:26.38	68	M	/65 M (65-69	340	12	BALHELHAS
458	471	BEATRIZ RAMOS	1:17:39.30	1:17:39.30	19	F	SEN F (18-34'	118	38	
459	161	GUILHERME BEZELGA	1:17:40.11	1:17:40.11	19	M	EN M (18-34	341	69	
460	543	ÍRIS LOPES	1:17:43.28	1:17:02.37	31	F	SEN F (18-34'	119	39	
461	155	CRISTIANO CAMPOS	1:18:07.18	1:17:27.83	46	M	/45 M (45-49	342	47	FAMILIA CAMPOS
462	92	JOAQUIM PEREIRA	1:18:12.18	1:17:48.73	65	M	/65 M (65-69	343	13	
463	282	SUSANA GOUVEIA	1:18:18.00	1:17:46.85	33	F	SEN F (18-34'	120	40	
464	283	RICARDO EXPOSTO	1:18:18.11	1:17:44.72	33	M	EN M (18-34	344	70	
465	517	BENTO CORREIA	1:18:28.95	1:18:23.01	61	M	/60 M (60-64	345	29	GDCT UNICRE
466	170	MANUEL AZEVEDO	1:18:34.15	1:17:51.86	66	M	/65 M (65-69	346	14	VETERANOS DE MASSAMÁ

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



467	172	ROSA REIS	1:19:15.67	1:18:58.27	66	F	V65 F (65-69'	121	1	
468	11	JOHNNY THOMASSEN	1:19:43.82	1:19:12.35	62	M	/60 M (60-64	347	30	NORWAY
469	185	SOFIA CARVALHO	1:19:56.95	1:19:56.95	54	F	V50 F (50-54'	122	13	
470	403	FOCK WAN	1:20:42.12	1:19:51.50	72	F	V70 F (70-99'	123	2	C MILLENNIUM BCP
471	28	CARLOS MORAIS	1:21:05.48	1:20:30.76	41	M	/40 M (40-44	348	51	VELOZES & FURIOSOS
472	147	MARTA REIS	1:21:05.68	1:20:28.73	40	F	V40 F (40-44'	124	19	
473	549	MANUEL VEIGA	1:23:02.11	1:22:54.06	70	M	/70 M (70-99	349	8	
474	261	RODRIGO SANTOS	1:24:00.26	1:23:47.54	46	M	/45 M (45-49	350	48	
475	458	MA HUNG	1:24:02.56	1:23:11.89	73	F	V70 F (70-99'	125	3	CCD TRANQUILIDADE
476	262	JOAQUIM SANTOS	1:25:31.98	1:25:21.49	71	M	/70 M (70-99	351	9	
477	357	MELISSA MATOS	1:25:35.38	1:25:05.63	29	F	SEN F (18-34'	126	41	
478	231	ANA VIEIRA	1:25:49.51	1:25:23.25	46	F	V45 F (45-49'	127	21	
479	603	MARIA ALEXANDRA BELO	1:26:02.86	1:25:46.69	52	F	V50 F (50-54'	128	14	ACN PARQUE DAS NAÇÕES
480	606	TERESA SILVESTRE	1:26:03.03	1:25:49.91	55	F	V55 F (55-59'	129	13	ACN PARQUE DAS NAÇÕES
481	493	LURDES NASCIMENTO	1:35:15.27	1:35:15.27	47	F	V45 F (45-49'	130	22	
482	492	NUNO DIAS	1:35:19.68	1:34:47.59	43	M	/40 M (40-44	352	52	
483	418	LARISSA BORGES	1:38:18.38	1:38:18.38	28	F	SEN F (18-34'	131	42	
484	417	TOMAS GOMES	1:38:21.29	1:38:21.29	29	M	EN M (18-34	353	71	

26 MARÇO 2023  
28ª CORRIDA



Classificações Coletivas

Escalões	Classificação	Ramo	Chegados	Soma Pontos	1o atleta	2o atleta	3o atleta
12K	1	3B TRIATLO	5	56	2	26	28
	2	CCD O ALVITEJO	4	68	5	17	46
	3	GD ÁGUIAS DA MOITA	3	97	25	29	43

26 MARÇO 2023  
28ª CORRIDA



### Classificações do Troféu

Sexo_atleta	Classificação	Equipa	Count	Soma Pos	1ª Class	2ª Class	3ª Class	4ª Class	5ª Class
F	1	GNR	4	3	1 (V40 F (40-44))	1 (V45 F (45-49))	1 (V35 F (35-39))		
F	2	PSP	4	5	1 (V50 F (50-99))	2 (V45 F (45-49))	2 (V35 F (35-39))		
M	1	PSP	6	7	1 (V50 M (50-54))	1 (V45 M (45-49))	1 (V55 M (55-99))	2 (SEN M (16-34))	2 (V40 M (40-44))

26 MARÇO 2023  
28ª CORRIDA

# ARVORE



M	2 GNR	5	8 1 (V40 M (40-44))	1 (SEN M (16-34))	2 (V50 M (50-54))	2 (V45 M (45-49))	2 (V35 M (35-39))
M	3 EXÉRCITO	6	12 1 (V35 M (35-39))	2 (V55 M (55-99))	3 (V50 M (50-54))	3 (SEN M (16-34))	3 (V40 M (40-44))