

# CIRCUITO FORÇAS ARMADAS - CORRIDA UNAPAMAS 15 - 26/04/2015

Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	386	PEDRO MARQUES	M	33		00:36:07	00:36:03	AMINHACORRIDA/ SCKECHERS
2	1637	MARCELO G COSTA	M	24		00:36:24	00:36:20	CD QUARTEIRA
3	2	PEDRO AMIGO	M	32		00:37:28	00:37:25	INDIVIDUAL
4	384	NELSON GARCIA	M	21		00:37:29	00:37:25	ACADEMIA MILITAR
5	316	PEDRO DIOGO	M	35		00:37:40	00:37:36	INDIVIDUAL
6	1545	MAURO SILVA	M	30		00:37:58	00:37:55	INDIVIDUAL
7	1656	RUI HENRIQUES	M	35		00:37:59	00:37:56	SS MONTEPIO GERAL
8	59	MANUEL MASCARENHAS	M	32		00:38:02	00:37:59	NA PAPAGAIOS CASCAIS
9	1711	ANTONIO RODRIGUES	M	34		00:39:16	00:39:12	INDIVIDUAL
10	312	VÍTOR MÁXIMO	M	50		00:39:27	00:39:23	INDIVIDUAL
11	340	JOAO FRANCO	M	61		00:39:37	00:39:34	OS CARREGUEIRENSES
12	291	PEDRO GONÇALVES	M	33		00:40:12	00:40:06	RB RUNNING
13	1556	PAULO LOPES	M	46		00:40:20	00:40:15	FLAMINGOS ATLETISMO
14	1570	NUNO M D BALAS	M	38		00:40:44	00:40:40	INDIVIDUAL
15	295	DANIEL GONÇALVES	M	20		00:40:45	00:40:40	CPPEA
16	1	PAULO A M N RODRIGUES	M	38		00:40:51	00:40:47	INDIVIDUAL
17	251	LUÍS REBELO	M	50		00:40:51	00:40:48	FALCÕES SELVAGENS
18	366	ALEXANDRA ALVES	F	32		00:40:52	00:40:49	AÇOREANA C BANIF
19	359	NUNO GONCALVES	M	35		00:40:52	00:40:46	RB RUNNING
20	1660	NUNO LINO	M	34		00:41:05	00:41:01	INDIVIDUAL
21	1569	TEOTONIO X NETO	M	51		00:41:09	00:41:05	ADRC MATA BENFICA
22	1553	VITOR ALVES	M	49		00:41:28	00:41:24	FLAMINGOS ATLETISMO
23	341	JOAO BERNARDES	M	39		00:41:31	00:41:27	OS CARREGUEIRENSES
24	94	TELMO MEIRELLES	M	25		00:41:32	00:41:22	FOOTSPRINT
25	279	TIAGO MENDES	M	41		00:41:41	00:41:38	C MILLENNIUM BCP
26	1573	JOAQUIM ALEXANDRE	M	49		00:41:49	00:41:39	URD ARRANHÒ
27	323	CARINA MATIAS	F	30		00:41:52	00:41:47	CA BARREIRA
28	362	PEDRO FERREIRA	M	37		00:41:58	00:41:54	OS CARREGUEIRENSES
29	1659	NUNO M P SANTOS	M	36		00:42:12	00:41:53	CLUBE VODAFONE
30	300	LUIS M SANTOS	M	32		00:42:14	00:42:11	LUSO-ATLÂNTICA C SEGUROS SA
31	235	TIAGO GASPAR	M	22		00:42:25	00:41:47	INDIVIDUAL
32	371	LAURA A R S GRILO	F	30		00:42:40	00:42:19	CPPEA
33	1559	RUI PEREIRA	M	50		00:42:51	00:42:48	ESC SEC FERREIRA DIAS
34	90	ANTÓNIO J L MARTINS	M	49		00:43:21	00:43:18	INDIVIDUAL
35	1518	EDUARDO SANTOS	M	36		00:43:24	00:43:21	GELPEIXE
36	311	SAMUEL É M CASTELA	M	28		00:43:28	00:43:10	INDIVIDUAL
37	1571	BRUNO CRUZ	M	33		00:43:35	00:43:16	ESTRELAS DE LUZ
38	34	FILIPE BRANCO	M	45		00:43:49	00:43:39	URD ARRANHÒ

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Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
39	1592	FERNANDO ANACLETO	M	63		00:44:00	00:43:55	INDIVIDUAL
40	1519	JOEL RODRIGUES	M	35		00:44:06	00:43:58	INDIVIDUAL
41	92	JOÃO BRANCO	M	25		00:44:18	00:43:46	FOOTSPRINT
42	333	JOÃO CADETE	M	49		00:44:22	00:44:13	LX RUN
43	1579	JOAO CALDAS	M	49		00:44:28	00:44:20	ND AUTOCOOPE
44	61	JORGE M P VAZ	M	41		00:44:32	00:44:27	BM COVILHA
45	297	RUI TORRES	M	25		00:44:37	00:43:59	INDIVIDUAL
46	1627	MANUEL MARTINS	M	58		00:44:41	00:44:36	UNAPAMAS
47	98	DAVID BERNARDO	M	33		00:44:42	00:43:55	INDIVIDUAL
48	329	ARMANDO DIAS	M	49		00:44:44	00:44:37	MASSAMÁ RUN
49	210	RICARDO MARTINS	M	41		00:44:45	00:44:35	INDIVIDUAL
50	1635	TELMO FILIPE	M	38		00:44:48	00:44:42	INDIVIDUAL
51	346	RUI FERREIRA	M	37		00:44:48	00:44:36	INDIVIDUAL
52	132	NUNO M F SILVA	M	42		00:44:54	00:44:45	AERO RUNNERS
53	1677	JOSE MONTEIRO	M	31		00:45:02	00:44:58	SS CGD
54	292	NUNO VIEIRA	M	33		00:45:12	00:44:38	INDIVIDUAL
55	334	NUNO SILVA	M	39		00:45:14	00:45:06	LX RUN
56	381	FERNANDO CARVALHO	M	32		00:45:22	00:45:09	MONSANTO
57	310	PATRICIA RIVOTTI	F	37		00:45:26	00:45:05	INDIVIDUAL
58	138	PEDRO FILIPE	M	34		00:45:27	00:45:13	CAA BELEM
59	12	BRUNO MERCIER	M	37		00:45:32	00:45:07	INDIVIDUAL
60	35	EDGAR FRANCISCO	M	49		00:45:38	00:45:29	URD ARRANHÒ
61	99	PEDRO TAVARES	M	34		00:45:45	00:45:39	INDIVIDUAL
62	228	JOSÉ SANTOS	M	22		00:45:46	00:45:08	INDIVIDUAL
63	32	RUI A R SANTOS	M	35		00:45:50	00:45:33	INDIVIDUAL
64	113	PEDRO FREITAS	M	49		00:45:51	00:45:47	VOLKSWAGEN AUTOEUROPA
65	1683	TOMAS L A P SANTOS	M	21		00:45:53	00:45:34	INDIVIDUAL
66	387	CATIA SERODIO	F	35		00:45:53	00:45:49	AMINHACORRIDA/ SCKECHERS
67	213	LUIS ROMANO	M	33		00:45:54	00:45:10	INDIVIDUAL
68	67	SERGIO PEREIRA	M	42		00:45:56	00:45:37	INDIVIDUAL
69	1574	LUIS FERREIRA	M	48		00:46:01	00:45:49	URD ARRANHÒ
70	277	JOAO CARVALHO	M	51		00:46:02	00:45:52	C MILLENNIUM BCP
71	234	PEDRO CARVALHO	M	32		00:46:08	00:45:33	INDIVIDUAL
72	1577	ANTONIO ALMEIDA	M	51		00:46:12	00:46:03	ND AUTOCOOPE
73	1582	JUVENAL MOREIRA	M	51		00:46:12	00:46:03	ND AUTOCOOPE
74	208	TOZÉ CARNEIRO	M	47		00:46:14	00:45:59	CLUBE OGMA
75	1667	CARLOS DUARTE	M	50		00:46:16	00:46:06	INDIVIDUAL
76	1663	FERNANDO SILVA	M	34		00:46:17	00:46:11	INDIVIDUAL

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Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
77	1539	CATARINA NEVES	F	28		00:46:28	00:46:17	TUGAS NA ESTRADA
78	298	NUNO PRATA	M	43		00:46:32	00:46:23	INDIVIDUAL
79	1617	LUCINDA HENRIQUES	F	66		00:46:34	00:46:19	INDIVIDUAL
80	36	PAULO TOMÁS	M	42		00:46:40	00:46:30	URD ARRANHÒ
81	1675	NUNO SILVA	M	38		00:46:43	00:46:25	INFANTADO FC
82	1597	RICARDO SANTOS	M	35		00:46:48	00:46:43	GARMIN/CO OEIRAS
83	1517	FERNANDO ALMEIDA	M	36		00:46:58	00:46:55	GELPEIXE
84	128	TIAGO F M COELHO	M	27		00:46:58	00:46:50	INDIVIDUAL
85	1543	CARLOS M N MARQUES	M	36		00:47:05	00:46:53	INDIVIDUAL
86	38	ANDRÈ MOTA	M	38		00:47:13	00:47:02	URD ARRANHÒ
87	1647	JOSÉ GUERREIRO	M	58		00:47:13	00:46:53	SS MONTEPIO GERAL
88	1566	JOÃO L G BOGALHEIRO	M	45		00:47:15	00:47:08	A VALE SILENCIO
89	1505	HENRIQUE AMADOR	M	43		00:47:18	00:47:15	SS CGD
90	135	FREDERICO NOBRE	M	38		00:47:21	00:46:48	CLUBE STRESS
91	82	MANUEL FIDALGO	M	62		00:47:31	00:47:19	INDIVIDUAL
92	1550	JOSE OLIVEIRA	M	41		00:47:32	00:47:07	INDIVIDUAL
93	1641	FRANCISCO CALVETE	M	24		00:47:32	00:46:58	INDIVIDUAL
94	1500	PEDRO M A SILVA	M	28		00:47:34	00:47:10	INDIVIDUAL
95	1658	CARLOS CAETANO	M	25		00:47:37	00:47:02	FUOES ALENTEJO
96	1634	RUBEN AMARO	M	26		00:47:37	00:47:31	UNAPAMAS
97	1632	EDGAR VAZ	M	22		00:47:37	00:47:31	UNAPAMAS
98	1557	FAUSTINO PEREIRINHA	M	52		00:47:53	00:47:45	FLAMINGOS ATLETISMO
99	314	ANA F CASTELA	F	35		00:47:55	00:47:37	INDIVIDUAL
100	1633	ARMÉNIO RAMOS	M	24		00:47:56	00:47:48	UNAPAMAS
101	1654	RICARDO P SOUSA	M	35		00:47:58	00:47:46	SS MONTEPIO GERAL
102	1651	NUNO RODRIGUES	M	39		00:47:59	00:47:40	SS MONTEPIO GERAL
103	41	NUNO PEREIRA	M	33		00:48:03	00:47:15	PERNAS DE PAU
104	37	GABRIEL ANTONIO	M	51		00:48:06	00:47:56	URD ARRANHÒ
105	1625	ADILSON HORTA	M	24		00:48:08	00:48:01	UNAPAMAS
106	51	DANIEL SILVA	M	25		00:48:14	00:48:04	URD ARRANHÒ
107	349	NUNO M S CORDEIRO	M	40		00:48:16	00:47:53	INDIVIDUAL
108	1521	RUBEN COSTA	M	34		00:48:18	00:48:07	INDIVIDUAL
109	218	MANUEL M R S BENTO	M	39		00:48:22	00:47:35	FUGITIVOS URBANOS
110	317	FRANCISCO O MARTINS	M	29		00:48:26	00:48:05	INDIVIDUAL
111	360	MARCOS FERREIRA	M	28		00:48:29	00:47:53	INDIVIDUAL
112	306	CARLOS LOURES	M	31		00:48:29	00:48:14	LUSO-ATLÂNTICA C SEGUROS SA
113	109	NUNO ALVES	M	39		00:48:30	00:48:19	MOVET
114	269	CARLOS RAMOS	M	48		00:48:33	00:48:17	C MILLENNIUM BCP

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## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
115	1538	EDGAR CALDEIRA	M	29		00:48:33	00:48:22	TUGAS NA ESTRADA
116	252	JOÃO SALAVISA	M	31		00:48:34	00:47:59	INDIVIDUAL
117	1511	RICARDO J F FRANCO	M	43		00:48:35	00:48:10	INDIVIDUAL
118	48	EURICO S LOUREIRO	M	34		00:48:40	00:48:22	INDIVIDUAL
119	1598	SANDRA ROMANO	F	34		00:48:40	00:48:36	GARMIN/CO OEIRAS
120	1681	JOAQUIM SANTOS	M	56		00:48:46	00:48:16	FALÇÕES SELVAGENS
121	209	CARLA FREITAS	F	41		00:48:46	00:48:33	INDIVIDUAL
122	11	JOÃO PINTO	M	21		00:48:47	00:48:08	INDIVIDUAL
123	215	MARIO RAPOSO	M	33		00:48:47	00:48:42	WONDER ACES
124	266	CARLOS DINIS	M	50		00:48:49	00:48:36	C MILLENNIUM BCP
125	1674	PEDRO FERREIRA	M	38		00:48:50	00:48:32	INFANTADO FC
126	1645	JOÃO C SANTOS	M	34		00:48:52	00:48:29	SS MONTEPIO GERAL
127	1629	DOMINGOS NETO	M	57		00:48:52	00:48:24	UNAPAMAS
128	265	LUIS COSTA	M	45		00:48:53	00:48:36	C MILLENNIUM BCP
129	76	MARTA M S ANDRADE	F	40		00:48:53	00:48:46	TREINO EM CASA
130	369	ALBERTO CABO	M	46		00:48:55	00:48:45	UNAPAMAS
131	315	ORLANDO NUNES	M	37		00:48:56	00:48:35	INDIVIDUAL
132	1560	PEDRO RIBEIRO	M	44		00:48:57	00:48:36	ESTRELAS DE LUZ
133	1558	LUIS PEREIRA	M	64		00:48:59	00:48:50	FLAMINGOS ATLETISMO
134	1555	JOSÉ COSTA	M	48		00:49:00	00:48:51	FLAMINGOS ATLETISMO
135	1548	PEDRO COSTA	M	35		00:49:01	00:48:54	INDIVIDUAL
136	1605	LUIZ SPELTA	M	49		00:49:02	00:48:38	INDIVIDUAL
137	1618	FRANCISCO FIGUEIREDO	M	52		00:49:03	00:48:52	UNAPAMAS
138	1594	ISABEL RODRIGUES	F	44		00:49:04	00:48:36	GARMIN/CO OEIRAS
139	207	DANIEL RAMOS	M	38		00:49:11	00:49:04	JOBRINDE - MONTES SALOIOS
140	73	AMÉRICO SANTOS	M	57		00:49:11	00:48:24	CCD EFACEC LX
141	343	RUI SALES	M	48		00:49:12	00:49:05	OS CARREGUEIRENSES
142	337	NUNO CORREIA	M	30		00:49:17	00:48:57	INDIVIDUAL
143	241	LUIS AMORIM	M	57		00:49:19	00:49:03	NA BDF
144	1676	NUNO DUARTE	M	31		00:49:20	00:49:02	INFANTADO FC
145	1678	NUNO GERVASIO	M	45		00:49:27	00:49:13	H24 SPORT CLUB
146	1591	IDALÉCIO BARROS	M	60		00:49:31	00:49:25	INDIVIDUAL
147	107	ANDRÉ LOPES	M	30		00:49:31	00:48:59	BILHUDOS
148	308	PAULO MENDES	M	32		00:49:39	00:49:06	INDIVIDUAL
149	17	FRANCISCO PEREIRA	M	48		00:49:41	00:49:32	AÇOREANA C BANIF
150	344	HILDEBRAND CASTRO	M	38		00:49:42	00:49:36	INDIVIDUAL
151	80	JOSÉ M CARRETAS	M	50		00:49:43	00:49:36	INDIVIDUAL
152	275	PAULO PINTO	M	50		00:49:44	00:49:39	C MILLENNIUM BCP

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
153	328	DÁRIO L A SANTOS	M	33		00:49:48	00:49:27	INDIVIDUAL
154	74	ANTÓNIO S P RAPOSO	M	48		00:49:48	00:49:21	INDIVIDUAL
155	122	JOSÉ LUIS CAEIRO	M	34		00:49:51	00:49:43	VOLKSWAGEN AUTOEUROPA
156	332	CARLOS NORONHA	M	34		00:49:54	00:49:48	INDIVIDUAL
157	33	JOANA ALVES	F	28		00:49:55	00:49:06	PERNAS DE PAU
158	134	PEDRO CANECO	M	41		00:49:58	00:49:12	COININHA RUNNERS
159	342	ANTONIO BERNARDES	M	65		00:50:01	00:49:54	OS CARREGUEIRENSES
160	62	EDUARDO MOUTINHO	M	46		00:50:03	00:49:57	O MUNDO DA CORRIDA
161	1554	ANTÓNIO COSTA	M	59		00:50:07	00:49:54	FLAMINGOS ATLETISMO
162	205	JOSÉ C MARTINS	M	36		00:50:07	00:49:37	FALCÕES SELVAGENS
163	114	HELDER MENDES	M	39		00:50:15	00:49:27	INDIVIDUAL
164	211	PAULO A F SARROEIRA	M	43		00:50:16	00:49:49	INDIVIDUAL
165	1563	JAIME COELHO	M	31		00:50:22	00:49:37	QUEBA-MILHAS
166	131	NUNO C MELO	M	40		00:50:23	00:49:43	INDIVIDUAL
167	357	HUGO MARREIROS	M	33		00:50:26	00:49:44	INDIVIDUAL
168	1621	TIAGO SEMEDO	M	25		00:50:27	00:50:10	UNAPAMAS
169	347	JOANA GARCIA	F	26		00:50:31	00:49:55	INDIVIDUAL
170	118	HEITOR AMORIM	M	31		00:50:32	00:50:09	WONDER ACES
171	1599	PEDRO MACEDO	M	40		00:50:32	00:50:11	ESTRELAS DE LUZ
172	1502	RICARDO REBORDÃO	M	23		00:50:32	00:50:08	RUN4FUN
173	55	FERNANDO J M MENDES	M	43		00:50:34	00:49:54	INDIVIDUAL
174	303	GONÇALO PAIS	M	37		00:50:44	00:50:11	LASURENA
175	284	HELOISA GALHA	F	31		00:50:45	00:50:20	C MILLENNIUM BCP
176	216	FERNANDO MARQUES	M	60		00:50:50	00:50:23	INDIVIDUAL
177	79	HENRIQUE MORAIS	M	48		00:50:51	00:50:09	BREAKAWAY
178	1575	HENRIQUE FERREIRA	M	44		00:50:54	00:50:29	URD ARRANHÒ
179	1520	MÁRIO BAIÃO	M	45		00:50:56	00:50:01	INDIVIDUAL
180	1551	PEDRO RIBEIRO	M	37		00:50:58	00:50:58	ESTRELAS DE LUZ
181	202	MANUEL J S DIAS	M	48		00:51:01	00:50:36	INDIVIDUAL
182	1596	PAULO SANTOS	M	47		00:51:03	00:50:35	GARMIN/CO OEIRAS
183	85	LUÍS SILVESTRE	M	37		00:51:03	00:50:28	COININHA RUNNERS
184	16	RUI REI BARROS	M	46		00:51:08	00:50:43	CLUBE PT
185	1590	JOÃO DUARTE	M	52		00:51:14	00:50:49	INDIVIDUAL
186	206	JOSÉ C V AMARAL	M	42		00:51:16	00:50:44	INDIVIDUAL
187	383	JOANA RIBEIRO	F	21		00:51:16	00:50:51	INDIVIDUAL
188	1630	DOUGLAS FRY	M	58		00:51:27	00:50:58	UNAPAMAS
189	280	PEDRO DIAS	M	31		00:51:30	00:51:01	C MILLENNIUM BCP
190	1589	PAULO PALMINHA	M	44		00:51:39	00:51:14	INDIVIDUAL

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Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
191	373	CLAUDIO FONSECA	M	37		00:51:42	00:51:08	INDIVIDUAL
192	363	RUI FREIXO	M	29		00:51:44	00:51:19	NA BDF
193	296	NUNO M OLIVEIRA	M	42		00:51:46	00:51:46	LUSO-ATLÂNTICA C SEGUROS SA
194	293	JOÃO GRANJA	M	36		00:52:14	00:51:49	INDIVIDUAL
195	203	RICARDO FIGUEIREDO	M	43		00:52:16	00:51:51	INDIVIDUAL
196	1628	ISIDRO SIMÕES	M	39		00:52:19	00:51:48	UNAPAMAS
197	274	FERNANDO ALMEIDA	M	47		00:52:25	00:52:00	C MILLENNIUM BCP
198	1584	HUGO HENRIQUES	M	35		00:52:31	00:52:06	INDIVIDUAL
199	1564	GABRIEL LÚCIO	M	31		00:52:32	00:52:07	INDIVIDUAL
200	1565	MANUEL GALHARDAS	M	34		00:52:33	00:52:08	INDIVIDUAL
201	339	TIAGO GAMEIRO	M	31		00:52:37	00:51:50	INDIVIDUAL
202	58	PEDRO SINGÉIS	M	44		00:52:40	00:52:15	INDIVIDUAL
203	83	TITO SANTOS	M	39		00:52:42	00:52:17	CLUBE VODAFONE
204	259	AUGUSTO LOURENÇO	M	52		00:52:42	00:52:17	C MILLENNIUM BCP
205	232	NUNO GOMES	M	29		00:52:48	00:52:16	FOXHOUND
206	247	PEDRO LOPES	M	36		00:52:52	00:52:26	SS CGD
207	1646	JORGE SOUSA	M	42		00:52:54	00:52:29	SS MONTEPIO GERAL
208	224	JOÃO J FERNANDES	M	34		00:52:56	00:52:23	AÇOREANA C BANIF
209	1600	HÉLIO S M MARTINS	M	38		00:53:00	00:52:35	INDIVIDUAL
210	1572	TIAGO CATALÃO	M	31		00:53:02	00:52:23	INDIVIDUAL
211	111	RILDO SOARES	M	45		00:53:04	00:52:39	RFR PÓVOA STA ÍRIA
212	24	BERNARDO ELISEU	M	39		00:53:05	00:52:24	BREAKAWAY
213	66	CARLOS FERNANDES	M	46		00:53:08	00:52:43	CLUBE VODAFONE
214	47	FRANCISCO PASSOS	M	53		00:53:13	00:52:42	INDIVIDUAL
215	1666	CARLOS MARTINS	M	42		00:53:13	00:52:48	INDIVIDUAL
216	377	JOSE VALERIO	M	68		00:53:15	00:52:50	INDIVIDUAL
217	1657	TERESA CARDOSO	F	35		00:53:17	00:52:52	SS MONTEPIO GERAL
218	1653	RICARDO DIAS	M	41		00:53:17	00:52:52	SS MONTEPIO GERAL
219	22	PAULO J F N LAPÃO	M	49		00:53:20	00:52:48	INDIVIDUAL
220	1528	CARLOS JANELA	M	58		00:53:28	00:52:48	C MILLENNIUM BCP
221	1562	SÉRGIO GONÇALVES	M	37		00:53:33	00:52:50	QUEBA-MILHAS
222	250	NUNO BERNARDO	M	40		00:53:33	00:52:46	INDIVIDUAL
223	1507	FERNANDO PIRES	M	45		00:53:36	00:52:44	INDIVIDUAL
224	1578	CARLOS FERREIRA	M	58		00:53:40	00:53:15	ND AUTOCOOPE
225	264	MARIO ROMAO	M	42		00:53:46	00:53:21	C MILLENNIUM BCP
226	240	VICENTE DIAS	M	60		00:54:09	00:53:44	NA BDF
227	86	RENATO RAMALHO	M	33		00:54:17	00:53:30	COININHA RUNNERS
228	246	JOÃO SANTOS	M	31		00:54:17	00:53:40	INDIVIDUAL

# CIRCUITO FORÇAS ARMADAS - CORRIDA UNAPAMAS 15 - 26/04/2015

Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
229	125	MARCO VAZ	M	32		00:54:18	00:53:48	FALCÕES SELVAGENS
230	400	JOQUIM GAMITO	M	53		00:54:20	00:53:55	INDIVIDUAL
231	1615	FERNANDO RODRIGUES	M	42		00:54:23	00:53:58	INDIVIDUAL
232	46	JOÃO A SANTOS	M	44		00:54:28	00:51:50	INDIVIDUAL
233	91	LUIS GARÇÃO	M	48		00:54:33	00:54:08	INDIVIDUAL
234	133	ORLANDO A S SILVA	M	44		00:54:33	00:54:08	INDIVIDUAL
235	222	NUNO CAETANO	M	36		00:54:34	00:53:41	CADESGASTRA
236	1522	RUI BAPTISTA	M	43		00:54:36	00:54:11	INDIVIDUAL
237	103	ADRIANO CUNHA	M	61		00:54:39	00:54:14	INDIVIDUAL
238	305	HENRIQUE MARTINS	M	54		00:54:41	00:54:16	LUSO-ATLÂNTICA C SEGUROS SA
239	243	HUGO M F P F VENANCIO	M	36		00:54:48	00:54:22	INDIVIDUAL
240	63	AMÁVEL LUZ	M	54		00:54:50	00:54:25	NS TORRES NOVAS
241	1593	JOSÉ SILVA	M	30		00:54:56	00:54:06	INDIVIDUAL
242	1542	GILBERTO GONÇALVES	M	66		00:55:00	00:54:34	CAA BELEM
243	27	JOSÉ P PEIXOTO	M	38		00:55:05	00:54:29	INDIVIDUAL
244	358	MARTA FRADE	F	24		00:55:09	00:54:44	INDIVIDUAL
245	68	DANIEL PEREIRA	M	41		00:55:10	00:54:24	INDIVIDUAL
246	1620	DANIEL INÇA	M	35		00:55:10	00:54:45	UNAPAMAS
247	119	RODRIGO CÂNDIDO	M	36		00:55:14	00:54:49	WONDER ACES
248	120	ANTÓNIO CÂNDIDO	M	63		00:55:14	00:54:49	WONDER ACES
249	261	JORGE SOARES	M	50		00:55:25	00:55:00	C MILLENNIUM BCP
250	129	MAGDA NEIVA	F	32		00:55:25	00:55:00	INDIVIDUAL
251	130	CHEILA NEIVA	F	32		00:55:25	00:55:00	INDIVIDUAL
252	255	SERGIO M R TEIXEIRA	M	40		00:55:26	00:55:01	INDIVIDUAL
253	379	TIAGO C FERRITO	M	25		00:55:29	00:54:31	INDIVIDUAL
254	1669	JOSE LOPES	M	58		00:55:29	00:55:04	AMIGOS DA ESTRELA
255	1638	ABILIO TAVARES	M	60		00:55:32	00:55:07	INDIVIDUAL
256	230	MARCO SANTOS	M	43		00:55:59	00:55:10	FUGITIVOS URBANOS
257	1607	JOÃO M M PALMEIRO	M	19		00:56:01	00:55:29	INDIVIDUAL
258	1614	JOSÉ CORREIA	M	48		00:56:07	00:55:42	INDIVIDUAL
259	1679	ANA P RAMOS	F	36		00:56:09	00:55:44	H24 SPORT CLUB
260	136	FILIPE REIS	M	45		00:56:16	00:55:43	CLUBE STRESS
261	1515	CARLOS CABACEIRA	M	18		00:56:16	00:55:51	INDIVIDUAL
262	1623	FILIPE CORREIA	M	28		00:56:19	00:55:54	UNAPAMAS
263	1604	CARLOS MIGUEL SILVA	M	42		00:56:19	00:55:35	TARTARUGAS DO TEJO
264	137	JORGE M B GUERREIRO	M	42		00:56:20	00:55:35	FUGITIVOS URBANOS
265	50	CARLA MARTINS	F	32		00:56:20	00:55:31	PERNAS DE PAU
266	60	JOAQUIM F C PINTO	M	56		00:56:22	00:55:45	INDIVIDUAL

# CIRCUITO FORÇAS ARMADAS - CORRIDA UNAPAMAS 15 - 26/04/2015

Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
267	294	CARLA FERREIRA	F	42		00:56:22	00:55:57	INDIVIDUAL
268	54	LUIS ROMANEIRO	M	55		00:56:23	00:55:57	INDIVIDUAL
269	40	JORGE M G PIRES	M	60		00:56:24	00:55:48	INDIVIDUAL
270	320	FILIPE S COSTA	M	31		00:56:28	00:55:45	TEAM PI
271	260	PEDRO FONTES	M	49		00:56:28	00:56:00	C MILLENNIUM BCP
272	1595	JOSE CATITA	M	56		00:56:40	00:56:12	GARMIN/CO OEIRAS
273	28	CARLOS COELHO	M	41		00:56:54	00:56:09	FALCÕES SELVAGENS
274	226	LUIS F B G ENCARNAÇÃO	M	40		00:56:58	00:56:10	FUGITIVOS URBANOS
275	258	FERNANDO RODRIGUES	M	50		00:57:02	00:56:37	C MILLENNIUM BCP
276	299	JOÃO C A BORGES	M	47		00:57:04	00:56:39	INDIVIDUAL
277	1530	JOAO LOURENÇO	M	19		00:57:11	00:56:41	C MILLENNIUM BCP
278	1525	EDUARDO PINTO	M	47		00:57:13	00:56:48	C MILLENNIUM BCP
279	289	ANTONIO FERREIRA	M	48		00:57:13	00:56:48	C MILLENNIUM BCP
280	287	DULCE RAMOS	F	45		00:57:13	00:56:48	C MILLENNIUM BCP
281	204	BRUNO FERNANDES	M	36		00:57:14	00:56:31	FALCÕES SELVAGENS
282	124	HÉLIA PARREIRA	F	42		00:57:16	00:56:51	VOLKSWAGEN AUTOEUROPA
283	15	ANDRE DIAS	M	31		00:57:18	00:56:48	INDIVIDUAL
284	42	ANA R MATOS	F	25		00:57:19	00:56:30	PERNAS DE PAU
285	4	ANTONIO M RIBEIRO	M	50		00:57:22	00:56:57	INDIVIDUAL
286	220	FILIPE PEDRO	M	29		00:57:27	00:56:34	CADESGASTRA
287	1640	PAULO PEREIRA	M	44		00:57:35	00:57:10	SS MONTEPIO GERAL
288	1649	MANUEL SANTOS	M	40		00:57:35	00:57:10	SS MONTEPIO GERAL
289	1655	RITA GONÇALVES	M	39		00:57:36	00:57:11	SS MONTEPIO GERAL
290	254	ANA FERREIRA	F	46		00:57:37	00:57:12	GRUPO NOVO BANCO
291	1585	AVELINO ALVES	M	34		00:57:37	00:56:43	TC RUNNERS
292	1561	MIGUEL SANTOS	M	32		00:57:38	00:56:55	QUEBA-MILHAS
293	1501	CARLOS SEPULVEDA	M	41		00:57:42	00:56:59	INDIVIDUAL
294	65	CARLOS GUERRA	M	44		00:57:44	00:57:19	CLUBE VODAFONE
295	110	JACQUELINE GASPAR	F	37		00:57:52	00:57:27	VOLKSWAGEN AUTOEUROPA
296	71	RUI M T NUNES	M	52		00:57:52	00:57:27	INDIVIDUAL
297	350	JOAO M O AFONSO	M	39		00:57:55	00:57:09	NÉL-PEDATLETA
298	1513	ANDRÉ P R NETO	M	32		00:58:05	00:57:35	INDIVIDUAL
299	221	CARLOS PASSOS	M	35		00:58:08	00:57:14	CADESGASTRA
300	108	MIGUEL VIVAS	M	22		00:58:16	00:57:44	BILHUDOS
301	1644	CARLOS MELO	M	37		00:58:25	00:58:00	SS MONTEPIO GERAL
302	115	VANDA CHAVES	F	36		00:58:25	00:58:00	INDIVIDUAL
303	285	ANA GAMA	F	38		00:58:30	00:58:05	C MILLENNIUM BCP
304	356	IVO CLARO	M	37		00:58:38	00:58:06	INDIVIDUAL



# CIRCUITO FORÇAS ARMADAS - CORRIDA UNAPAMAS 15 - 26/04/2015

Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
305	201	JOÃO VAZ	M	36		00:58:38	00:58:08	FALCÕES SELVAGENS
306	1568	JOANA MARTINS	F	34		00:58:51	00:58:26	ADRC MATA BENFICA
307	338	ANTONIO C NOVAS	M	36		00:59:02	00:58:13	INDIVIDUAL
308	276	PEDRO DELGADO	M	47		00:59:02	00:58:37	C MILLENNIUM BCP
309	1709	HENRIQUE VILHENA	M	58		00:59:19	00:58:54	INDIVIDUAL
310	212	PEDRO GONÇALVES	M	32		00:59:24	00:58:59	INDIVIDUAL
311	1680	NATALYA MARCHEVA	F	49		00:59:32	00:59:07	FALÇOES SELVAGENS
312	53	NUNO MADEIRA	M	43		00:59:37	00:59:11	INDIVIDUAL
313	1535	MANUEL BARRENTO	M	33		00:59:41	00:58:50	TIVE UMA IDEIA
314	1631	DIAMANTINO ALBUQUERQUE	M	62		00:59:44	00:59:15	UNAPAMAS
315	372	CÉLIA SILVEIRA	F	43		00:59:46	00:59:21	INDIVIDUAL
316	95	JORGE MARÇAL	M	43		00:59:52	00:59:11	GIL EANES
317	77	CARLOS VIDEIRA	M	61		00:59:53	00:59:09	INDIVIDUAL
318	302	JOSÉ AMADO	M	65		00:59:53	00:59:08	INDIVIDUAL
319	25	JOSÉ ANTÓNIO	M	53		00:59:56	00:59:14	BREAKAWAY
320	104	SOFIA TEIXEIRA	F	35		00:59:56	00:59:07	INDIVIDUAL
321	257	LEONEL BRANDAO	M	47		00:59:57	00:59:32	C MILLENNIUM BCP
322	29	PAULO RODRIGUES	M	51		01:00:01	00:59:17	FALCÕES SELVAGENS
323	370	SARA GOMES	F	23		01:00:05	00:59:40	UNAPAMAS
324	1624	RUI LOPES	M	24		01:00:05	00:59:40	UNAPAMAS
325	331	JOÃO P FARIA	M	43		01:00:08	00:59:43	INDIVIDUAL
326	253	MADALENA MARTINS	F	30		01:00:11	00:59:35	INDIVIDUAL
327	304	RITA BARBORA	F	35		01:00:29	00:59:55	LASURENA
328	1529	VASCO OURELO	M	40		01:00:45	01:00:19	C MILLENNIUM BCP
329	336	BRUNO GODINHO	M	32		01:00:48	01:00:18	FLECHAS HUMANAS
330	1626	ERMITSON SILVA	M	24		01:00:49	01:00:24	UNAPAMAS
331	1602	MARIA QUITÉRIA	F	41		01:00:51	01:00:26	INDIVIDUAL
332	309	JORGE NARCISO	M	52		01:01:04	01:00:39	INDIVIDUAL
333	1576	VÍTOR CANTO	M	44		01:01:05	01:01:05	INDIVIDUAL
334	281	BRUNO SANTOS	M	41		01:01:17	01:00:52	C MILLENNIUM BCP
335	52	VIRGINIA FONSECA	F	40		01:01:19	01:00:52	INDIVIDUAL
336	49	PAULO ABREU	M	39		01:01:20	01:00:44	SS CGD
337	30	NUNO LOUREIRO	M	48		01:01:26	01:00:42	FALCÕES SELVAGENS
338	1512	ARTUR AMARO	M	33		01:01:27	01:00:50	INDIVIDUAL
339	23	RUI GONÇALVES	M	41		01:01:34	01:00:52	BREAKAWAY
340	1516	JOÃO GOMES	M	45		01:01:55	01:01:03	INDIVIDUAL
341	1643	ANA SARAMAGO	F	39		01:01:57	01:01:32	SS MONTEPIO GERAL
342	72	RICARDO SOUSA	M	36		01:02:01	01:01:13	CCD EFACEC LX

# CIRCUITO FORÇAS ARMADAS - CORRIDA UNAPAMAS 15 - 26/04/2015

Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
343	78	JOANA S PENÃO	F	32		01:02:09	01:01:20	PERNAS DE PAU
344	242	RICARDO HENRIQUES	M	38		01:02:09	01:01:19	CV TEAM
345	20	VITOR LUCAS	M	51		01:02:14	01:01:31	BREAKAWAY
346	1586	LUIS GUERREIRO	M	43		01:02:25	01:01:40	TC RUNNERS
347	283	CRISTINA LOURENÇO	F	50		01:02:27	01:02:02	C MILLENNIUM BCP
348	84	SANDRA M NUNES	F	37		01:02:36	01:02:00	INDIVIDUAL
349	313	ANTÓNIO D M OLIVEIRA	M	32		01:02:53	01:02:22	INDIVIDUAL
350	1532	VASCO NUNES	M	44		01:02:54	01:02:29	C MILLENNIUM BCP
351	1531	JOSE MARQUES	M	44		01:02:54	01:02:54	C MILLENNIUM BCP
352	268	LEONEL FERREIRINHA	M	66		01:02:54	01:02:29	C MILLENNIUM BCP
353	1668	PAULO COSTA	M	38		01:02:55	01:02:30	AMIGOS DA ESTRELA
354	1534	MARTA LOPES	F	33		01:02:55	01:02:55	TIVE UMA IDEIA
355	1608	MAFALDA MOURA	F	30		01:03:08	01:02:32	INDIVIDUAL
356	318	CARLOS SEQUEIRA	M	47		01:03:20	01:02:44	INDIVIDUAL
357	322	GLEYSOON G FELIX	M	36		01:03:32	01:03:07	INDIVIDUAL
358	97	GINA MARTINS	F	40		01:03:36	01:02:49	INDIVIDUAL
359	382	JOAO RIBEIRO	M	23		01:03:37	01:03:12	INDIVIDUAL
360	43	RICARDO CAPELO	M	30		01:03:37	01:03:01	INDIVIDUAL
361	44	ANA SOFIA PEREIRA	F	30		01:03:37	01:03:01	INDIVIDUAL
362	1540	MONICA MARTINS	F	31		01:03:57	01:03:18	INDIVIDUAL
363	271	HENRIQUE ALVES	M	52		01:03:57	01:03:32	C MILLENNIUM BCP
364	39	RICARDO J C R PIMENTA	M	39		01:04:05	01:03:28	INDIVIDUAL
365	96	VITOR CARDOSO	M	51		01:04:22	01:03:39	FALCÕES SELVAGENS
366	1610	GONÇALO OLIVEIRA	M	53		01:04:29	01:03:51	GDCT UNICRE
367	1612	EDUARDO RIBEIRO	M	47		01:04:29	01:03:51	GDCT UNICRE
368	5	EDUARDO AMORIM	M	43		01:04:40	01:04:07	INDIVIDUAL
369	388	ANTONIO MARCELINO	M	40		01:04:44	01:04:13	FALÇOES SELVAGENS
370	227	Mª MARGARIDA MAGRO	F	41		01:04:47	01:03:57	FUGITIVOS URBANOS
371	1616	BRUNO CARDOSO	M	32		01:04:55	01:04:30	INDIVIDUAL
372	282	SARA SILVA	F	38		01:05:10	01:04:45	C MILLENNIUM BCP
373	270	ORLANDA MARTINS	F	43		01:05:11	01:04:46	C MILLENNIUM BCP
374	1533	Mª TERESA JANELA	F	57		01:05:16	01:04:36	C MILLENNIUM BCP
375	1526	JOSE FARINHA	M	40		01:05:21	01:04:56	C MILLENNIUM BCP
376	1527	CARLA LOURENÇO	F	39		01:05:21	01:04:56	C MILLENNIUM BCP
377	127	RICARDO CAMPOS	M	39		01:05:24	01:04:49	AFO
378	105	ANA REBELO	F	33		01:05:29	01:05:00	BALÕES
379	106	LUÍS VILHENA	M	34		01:05:29	01:04:59	BALÕES
380	324	BRUNO SILVA	M	34		01:05:30	01:05:01	FLECHAS HUMANAS

# CIRCUITO FORÇAS ARMADAS - CORRIDA UNAPAMAS 15 - 26/04/2015

Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
381	355	NUNO FLORA	M	22		01:05:35	01:04:36	FLORA
382	321	JOAO M L VIEIRA	M	52		01:05:35	01:04:50	INDIVIDUAL
383	326	RITA FERRITO	F	22		01:05:36	01:04:54	THE COLLECTORS
384	327	TIAGO RAMOS	M	24		01:05:36	01:04:53	THE COLLECTORS
385	21	OLIVIA LUCAS	F	49		01:05:45	01:05:03	BREAKAWAY
386	10	ELISABETE PINTO	F	44		01:05:57	01:05:10	INDIVIDUAL
387	1682	EDUARDO NEVES	M	59		01:05:57	01:05:06	INDIVIDUAL
388	249	EBERHARD A WILHELM	M	67		01:05:59	01:05:33	4 AO KM
389	1639	RUI PINTO	M	50		01:06:00	01:05:15	INDIVIDUAL
390	1619	CARLOS ANDRADE	M	56		01:06:01	01:05:36	UNAPAMAS
391	307	ANA BAPTISTA	F	34		01:06:01	01:05:36	LUSO-ATLÂNTICA C SEGUROS SA
392	229	ISABEL SANTOS	F	40		01:06:03	01:05:16	FUGITIVOS URBANOS
393	1609	PAULO DUARTE	M	49		01:06:22	01:05:28	GDCT UNICRE
394	1611	PAULO FRANÇA	M	53		01:06:22	01:05:44	GDCT UNICRE
395	1603	AUGUSTO SALGUEIRO	M	46		01:06:29	01:05:38	TC RUNNERS
396	1541	PEDRO BATISTA	M	35		01:06:32	01:05:53	INDIVIDUAL
397	1510	CATARINA SIMAO	F	35		01:06:36	01:05:55	INDIVIDUAL
398	272	FERNANDO FERREIRA	M	68		01:06:39	01:06:14	C MILLENNIUM BCP
399	364	ADELINO SANTOS	M	41		01:06:58	01:06:33	TEAM SABICOR/REXCOR
400	365	LUIS CHAMBEL	M	39		01:07:01	01:06:36	TEAM SABICOR/REXCOR
401	70	CLÁUDIA M RAMOS	F	41		01:07:08	01:06:41	INDIVIDUAL
402	376	GONÇALO ALVES	M	23		01:07:21	01:06:53	2 CV
403	375	LUIS F ALVES	M	53		01:07:21	01:06:53	2 CV
404	1523	CARINA RODRIGUES	F	30		01:07:22	01:06:33	PERNAS DE PAU
405	236	CESAR GUERRA	M	45		01:07:31	01:06:50	CTJI
406	1547	JOANA ALMEIDA	F	39		01:07:52	01:07:00	INDIVIDUAL
407	102	JOSÉ CABACEIRA	M	55		01:08:14	01:07:49	CABACEIRA SPORTS & RUN
408	88	NIDIA SILVA	F	60		01:08:34	01:07:57	INDIVIDUAL
409	1650	MANUEL NARCISO	M	50		01:08:34	01:08:09	SS MONTEPIO GERAL
410	75	JULIO FARIA	M	47		01:08:39	01:07:51	CCD EFACEC LX
411	1672	RICARDO ANTUNES	M	20		01:08:45	01:08:17	GEI
412	9	JOÃO SILVA	M	26		01:08:48	01:08:06	INDIVIDUAL
413	8	CRISTINA VICENTE	F	24		01:08:48	01:08:07	INDIVIDUAL
414	1504	ANDREIA COSTA	F	29		01:09:35	01:09:02	TEAM GET LUCKY
415	1503	RITA EUSTÁQUIO	F	35		01:09:35	01:09:02	TEAM GET LUCKY
416	367	ANABELA NEVES	F	49		01:09:48	01:09:15	INDIVIDUAL
417	238	JOSE MARTINS	M	57		01:10:17	01:09:37	CTJI
418	290	ACACIO LOPES	M	47		01:10:54	01:10:29	C MILLENNIUM BCP

# CIRCUITO FORÇAS ARMADAS - CORRIDA UNAPAMAS 15 - 26/04/2015

Relatório Masculino e Feminino Geral

## Resultados Provisórios

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
419	112	GUIOMAR SOARES	F	43		01:11:06	01:10:41	RFR PÓVOA STA ÍRIA
420	345	RENATA A GOMES	F	34		01:11:07	01:10:21	INDIVIDUAL
421	26	VÍTOR MOREIRA	M	49		01:11:46	01:11:07	BREAKAWAY
422	231	AFZAL AZIZ	M	27		01:11:50	01:11:18	FOXHOUND
423	57	ANTERO TEIXEIRA	M	35		01:12:10	01:11:45	INDIVIDUAL
424	101	MARIA COELHO	F	49		01:12:35	01:11:57	INDIVIDUAL
425	244	JOÃO C V F CORREIA	M	35		01:13:47	01:13:01	INDIVIDUAL
426	361	ANA R B HENTRIQUES	F	33		01:15:54	01:15:08	INDIVIDUAL
427	239	ISABEL LONGO	F	48		01:16:46	01:16:06	CTJI
428	1524	ALEXANDRE M C NEVES	M	23		01:17:39	01:16:59	PANQUECAS
429	1509	SARA PARDAL	F	22		01:17:39	01:16:59	PANQUECAS
430	1662	MARCO CRUZ	M	36		01:17:40	01:17:12	CAA BELEM
431	100	FERNANDO COELHO	M	50		01:18:15	01:17:37	INDIVIDUAL
432	330	JOSÉ GASPAR	M	52		01:21:33	01:21:08	MASSAMÁ RUN
433	1673	JORGE SOARES	M	20		01:22:53	01:22:25	GEI
434	1587	ANA S ALVES	F	35		01:23:22	01:22:27	TC RUNNERS
435	1613	FILIPE PORTO	M	35		01:23:23	01:22:27	INDIVIDUAL
436	353	CARINA FLORA	F	33		01:23:31	01:22:32	FLORA
437	319	SOFIA SILVA	F	30		01:41:46	01:41:46	TEAM PI

**Total de registros: 437**