



2 CORRIDA e CAMINHADA SAMS QUADROS



30 SETEMBRO 2017

Class	Num	Nome	Sx	Idd	P. Esc	T. Bruto	T. Líquido	Equipe
1	458	DIOGO L RAMALHEIRA	M	29	1	00:32:10.00	00:32:10.00	DR_RUNS
2	125	JOAO BRAGADESTE	M	31	2	00:32:28.77	00:32:28.77	UFCl ATLETISMO
3	457	ANDRE COSTA	M	26	3	00:32:36.12	00:32:36.12	AMINHACORRIDA/ MYPROTEIN
4	62	LUIS FERNANDES	M	23	4	00:32:50.10	00:32:50.10	
5	363	ORLANDO NEVES	M	46	1	00:35:05.93	00:35:05.93	BOAVISTA FC
6	347	PEDRO GUIMARÃES	M	37	1	00:35:06.66	00:35:01.89	FALCÕES SELVAGENS
7	142	PAULO MARTINS	M	42	1	00:35:33.28	00:35:26.49	
8	331	LUIS M S BAÇO	M	42	2	00:35:53.82	00:35:49.02	AMINHACORRIDA
9	364	ISMAEL QUEIROS	M	31	5	00:36:05.61	00:36:00.58	BOAVISTA FC
10	253	RUI GONÇALVES	M	42	3	00:36:24.21	00:36:17.80	
11	560	ALCIDES ESTRELA	M	40	4	00:36:34.33	00:36:27.97	SS CGD
12	360	BALTAZAR SOUSA	M	48	2	00:36:44.77	00:36:44.77	BOAVISTA FC
13	424	JOAQUIM ALVES	M	48	1	00:36:57.72	00:36:57.37	NASCIDOS PARA CORRER
14	449	PAULO RIBEIRO	M	42	3	00:37:06.34	00:32:37.21	INVICTA RUNNERS TEAM
15	305	JOÃO MORAIS	M	22	5	00:37:06.77	00:32:36.08	MORAIS
16	208	RUI HENRIQUES	M	38	6	00:37:08.99	00:37:08.46	
17	406	JOSE ROSA	M	19	2	00:37:33.73	00:37:33.73	BOAVISTA FC
18	421	JOSE MOTA	M	54	7	00:37:38.40	00:37:33.44	NASCIDOS PARA CORRER
19	427	DOMINGOS SILVA	M	37	1	00:37:44.00	00:37:44.00	NASCIDOS PARA CORRER
20	554	ANTÓNIO ARAÚJO	M	52	3	00:37:48.23	00:37:43.19	
21	312	RUBEN MONTEIRO	M	37	2	00:38:11.72	00:37:56.81	
22	311	AGOSTINHO MATOS	M	38	4	00:38:12.38	00:37:57.49	
23	51	NUNO TINTIM	M	40	5	00:38:20.57	00:38:20.49	
24	398	MARCO BARBOSA	M	33	6	00:38:29.96	00:38:23.70	BOAVISTA FC
25	478	JOÃO C D ZARRO	M	41	8	00:38:32.44	00:38:24.04	
26	333	LUIS REBELO	M	53	7	00:38:45.82	00:38:40.96	FALCÕES SELVAGENS
27	101	ANTONIO LUIS	M	34	3	00:38:52.15	00:38:37.69	
28	33	PEDRO A MARQUES	M	42	9	00:38:55.35	00:38:47.68	GRUPO DESPORTIVO DE CHELAS
29	24	ALEXANDRA SOUSA	F	32	8	00:39:11.87	00:39:11.87	GFD RUNNING
30	409	ANTÓNIO J F LOURO	M	44	1	00:39:12.26	00:39:06.92	
31	178	LUIS MONTEIRO	M	45	9	00:39:13.88	00:39:06.33	C NOVO BANCO
32	109	CARLOS RUXA	M	30	4	00:39:16.75	00:39:10.84	HL RUNNING TEAM
33	358	HUGO FERREIRA	M	18	10	00:39:24.57	00:39:20.18	BOAVISTA FC
34	430	ANTONIO GRAÇA	M	63	11	00:39:25.74	00:39:18.58	NASCIDOS PARA CORRER
35	530	SERGIO M SANTOS	M	36	1	00:39:33.86	00:39:21.75	
36	399	JORGE ROCHA	M	41	6	00:39:42.15	00:39:42.15	BOAVISTA FC



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37	56	JOSE MOREIRA	M	40	10	00:39:55.01	00:39:47.03	
38	261	CARLOS LOPES	M	41	11	00:39:57.19	00:39:20.80	AMINHACORRIDA/MYPROTEIN
39	501	PAULO MARCOS	M	50	12	00:40:29.70	00:40:29.16	RUN4FUN
40	337	PEDRO M P COSTA	M	48	4	00:40:38.10	00:40:32.05	CCD CRÉDITO AGRÍCOLA
41	383	JOAQUIM FERREIRA	M	62	5	00:40:45.51	00:40:39.95	BOAVISTA FC
42	247	JOSE J V ALBANO	M	53	2	00:40:51.96	00:40:34.16	
43	425	JOAO LOPES	M	44	5	00:41:05.23	00:40:59.23	NASCIDOS PARA CORRER
44	455	JORGE AMARAL	M	49	13	00:41:08.43	00:41:00.78	AMINHACORRIDA
45	366	RAQUEL S RODRIGUEZ	F	31	6	00:41:12.29	00:41:04.27	
46	16	JOÃO FERREIRA	M	41	2	00:41:18.79	00:41:18.79	
47	509	LUIS CARVALHO	M	45	14	00:41:24.71	00:40:59.77	RUN4FUN
48	117	NELSON COSTA	M	34	7	00:41:25.00	00:40:34.59	C MILLENNIUM BCP
49	571	RICARDO MORENO	M	27	12	00:41:26.18	00:41:15.87	CORRER LISBOA
50	405	SERGIO SILVA	M	22	13	00:41:32.32	00:41:27.47	BOAVISTA FC
51	122	NUNO NAIA	M	43	14	00:41:44.32	00:41:36.25	C MILLENNIUM BCP
52	246	JUNJIE LIU	M	22	15	00:41:45.97	00:41:32.30	
53	433	FERNANDO BARBOSA	M	53	15	00:42:00.33	00:41:40.73	INVICTA RUNNERS TEAM
54	346	JOÃO SIMÕES	M	46	6	00:42:02.94	00:41:35.14	
55	456	MIGUEL CARNEIRO	M	40	8	00:42:04.61	00:41:59.62	AMINHACORRIDA/MYPROTEIN
56	120	SERGIO D J AMARO	M	47	16	00:42:06.50	00:41:59.21	INDIVIDUAL
57	22	CARLOS ALVES	M	45	9	00:42:09.81	00:42:00.99	
58	36	JOSÉ GONÇALVES	M	50	10	00:42:13.11	00:42:02.85	AMIGOS ATLETISMO MAFRA
59	605	MARISA I D COSTA	F	37	7	00:42:13.45	00:42:07.33	
60	553	NUNO F LINO	M	37	2	00:42:24.14	00:42:12.86	
61	382	ANTONIO VILHENA	M	24	7	00:42:38.00	00:42:32.01	BOAVISTA FC
62	271	RUI M ANTUNES	M	39	16	00:42:40.02	00:42:30.99	
63	289	ANTÓNIO SILVA	M	22	8	00:42:50.39	00:42:16.59	
64	388	CARLA FARIA	F	19	17	00:42:51.09	00:42:51.09	BOAVISTA FC
65	404	DANIEL PEREIRA	M	22	3	00:42:52.02	00:42:51.19	BOAVISTA FC
66	163	HUGO CARAGO	M	44	18	00:42:52.80	00:42:42.18	C NOVO BANCO
67	9	JOSÉ F AMARO	M	41	17	00:42:57.30	00:42:44.95	LIZ RUNNERS
68	263	EDUARDO M A SILVA	M	54	18	00:43:00.91	00:42:54.30	
69	298	FERNANDO SANTOS	M	36	8	00:43:04.02	00:42:26.14	COLABORADORES
70	483	NUNO HENRIQUES	M	42	9	00:43:06.17	00:42:55.89	GDCTINCM
71	87	ANTÓNIO J P FERREIRA	M	46	19	00:43:13.86	00:43:04.22	SANTANDER
72	508	FERNANDO ROSETE	M	47	11	00:43:23.58	00:42:57.68	RUN4FUN
73	176	LUIS JOSE	M	47	12	00:43:27.29	00:43:13.60	C NOVO BANCO



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74	227	TIAGO GONÇALVES	M	35	13	00:43:34.51	00:43:25.65	
75	570	PAULO JORGE BOTELHO	M	43	10	00:43:53.59	00:43:41.28	CORRER LISBOA
76	362	LUIS SILVA	M	36	20	00:43:54.38	00:43:09.43	
77	57	PEDRO SOARES	M	40	11	00:43:56.37	00:43:48.19	
78	15	JOAO TRINDADE	M	20	21	00:44:02.09	00:43:48.10	
79	177	LUIS M LINO	M	47	19	00:44:06.97	00:43:45.04	C NOVO BANCO
80	579	JOSE RAMALHO	M	50	14	00:44:07.75	00:43:54.35	
81	10	JOAQUIM FRADE	M	62	9	00:44:12.76	00:44:07.27	SS CGD
82	299	M ^a J PRAÇA	F	41	3	00:44:18.94	00:44:07.53	
83	175	LUIS GODINHO	M	51	3	00:44:20.24	00:43:58.52	C NOVO BANCO
84	496	JORGE LOTRA	M	50	10	00:44:24.91	00:44:13.23	
85	30	FERNANDO SEIXAS	M	47	11	00:44:28.93	00:44:17.05	
86	55	NUNO M DANTAS	M	38	15	00:44:33.59	00:44:06.46	
87	395	VITOR CALDEIRA	M	37	12	00:44:38.61	00:44:08.70	BOAVISTA FC
88	557	SÉRGIO PONTES	M	41	13	00:44:42.82	00:44:30.58	SRED
89	313	NUNO NATARIO	M	48	22	00:44:43.33	00:44:25.59	
90	588	RUI MATOS	M	54	16	00:44:46.30	00:44:38.23	CLUBE ANACOM
91	203	ALEXANDRE MARTINS	M	33	12	00:44:46.63	00:44:00.82	ADVANCECARE
92	459	JOSÉ AMARO	M	42	20	00:44:50.34	00:44:38.22	AMINHACORRIDA/MYPROTEIN
93	397	FILIPE GRAÇA	M	44	23	00:44:51.61	00:44:31.22	BOAVISTA FC
94	11	CARLOS GOMES	M	36	24	00:44:53.93	00:44:25.10	
95	21	NELSON MOTA	M	47	14	00:45:00.10	00:44:25.98	CCD TRANQUILIDADE
96	414	ADAO DIAS	M	66	17	00:45:04.62	00:44:58.96	NASCIDOS PARA CORRER
97	415	LEONEL VIDEIRA	M	27	4	00:45:05.80	00:44:59.51	NASCIDOS PARA CORRER
98	19	TIAGO PINTO	M	38	21	00:45:07.80	00:44:54.79	
99	590	CARLOS COSTA	M	46	15	00:45:13.20	00:45:05.06	CLUBE ANACOM
100	153	CARLOS M P TEIXEIRA	M	45	18	00:45:16.70	00:45:07.55	SANTANDER
101	304	EUGENIO V R MARTÍNEZ	M	36	19	00:45:25.65	00:44:31.87	SHIADU TEAM
102	48	JORGE CANTEIRO	M	48	16	00:45:28.38	00:45:17.63	CCD TRANQUILIDADE
103	514	LUÍS CRAVEIRO	M	21	20	00:45:29.33	00:45:08.22	
104	417	CELIA GOMES	F	32	22	00:45:29.36	00:45:22.25	NASCIDOS PARA CORRER
105	324	JOAO CRUZ	M	35	4	00:45:30.33	00:45:03.55	
106	418	EDUARDO PINTO	M	57	17	00:45:37.90	00:45:31.52	NASCIDOS PARA CORRER
107	548	FRANCISCO AUGUSTO	M	48	1	00:45:42.49	00:45:15.73	SFC ATLETISMO
108	401	RUI CARDOSO	M	53	21	00:45:53.56	00:45:48.58	BOAVISTA FC
109	237	SILVÉRIO CORREIA	M	50	13	00:46:05.31	00:45:58.94	ARRABIDA RUNNERS
110	273	ABÍLIO OLIVEIRA	M	52	14	00:46:05.89	00:45:56.18	



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111	419	FERNANDO J M SOUSA	M	49	15	00:46:06.24	00:45:37.72	
112	320	ANA LOURIDO	F	37	22	00:46:06.87	00:45:40.94	
113	31	ALVARO PINTO	M	60	4	00:46:11.03	00:45:54.00	
114	318	BRUNO SIMOES	M	28	5	00:46:11.41	00:45:29.87	
115	103	VALÉRIO MENDES	M	42	23	00:46:14.55	00:45:23.46	
116	102	ALEJANDRA L YANES	F	42	25	00:46:14.91	00:45:59.42	
117	444	FERNANDO PINHO	M	57	5	00:46:19.17	00:45:56.68	INVICTA RUNNERS TEAM
118	20	PAULO TORRÃO	M	46	2	00:46:20.03	00:45:46.82	CCD TRANQUILIDADE
119	490	JOÃO NUNES	M	37	23	00:46:32.00	00:45:37.85	
120	536	FERNANDO CELESTINO	M	58	18	00:46:43.19	00:46:18.82	
121	115	ARTUR J D GONÇALVES	M	44	3	00:46:53.77	00:46:29.39	
122	445	NUNO TEIXEIRA	M	38	26	00:46:56.55	00:46:32.57	INVICTA RUNNERS TEAM
123	575	BRUNO BRITO	M	37	19	00:46:58.84	00:46:37.21	
124	317	LUIS SANTOS	M	40	20	00:46:59.25	00:46:38.02	
125	544	ÁLVARO GOMES	M	44	27	00:46:59.47	00:46:53.48	INDIVIDUAL
126	498	MIGUEL SAN-PAYO	M	55	28	00:47:00.52	00:46:34.66	RUN4FUN
127	67	ANTONIO ALMEIDA	M	53	4	00:47:02.07	00:46:50.79	NUCLEO DESPORTIVO AUTOCOOPE
128	389	SILVIA TEIXEIRA	F	39	16	00:47:02.42	00:46:57.74	BOAVISTA FC
129	88	RICARDO A VIEGAS	M	40	6	00:47:05.42	00:46:52.84	
130	323	JOSÉ LIBERATO	M	41	29	00:47:08.57	00:47:01.97	GDCTINCM
131	567	PEDRO S DIAS	M	38	30	00:47:09.79	00:46:58.16	
132	45	CARLOS SOARES	M	50	21	00:47:11.53	00:46:58.03	
133	403	DANIEL MENDES	M	25	17	00:47:14.34	00:47:09.56	BOAVISTA FC
134	371	MARCELO CARDOSO	M	48	24	00:47:16.84	00:46:47.54	GDCT UNICRE
135	552	NUNO SOBRAL	M	42	24	00:47:17.23	00:46:48.81	SFC ATLETISMO
136	255	PAULO V FIGUEIRA	M	53	31	00:47:24.01	00:46:38.73	
137	69	CARLOS M D GONÇALVES	M	48	18	00:47:26.50	00:47:01.17	
138	467	JORGE M RIBEIRO	M	49	25	00:47:30.26	00:47:14.42	
139	393	FILIPE ABREU	M	40	26	00:47:34.46	00:47:34.46	BOAVISTA FC
140	204	JOAO RAMOS	M	35	32	00:47:36.23	00:46:51.45	ADVANCECARE
141	460	ANA AMARO	F	42	22	00:47:49.08	00:47:37.63	AMINHACORRIDA/MYPROTEIN
142	236	CARLOS M B BRÁS	M	48	7	00:47:52.22	00:47:34.59	
143	5	ARMANDO CORREIA	M	65	27	00:47:56.08	00:47:56.08	LESMAS ALOPRADAS
144	238	RUI VASCO	M	38	6	00:47:58.04	00:47:15.67	
145	594	LUIS M MARTA	M	51	23	00:47:59.90	00:47:48.78	
146	209	RUI MONICA	M	43	19	00:48:00.98	00:47:49.74	
147	541	GUILHERME MARTINS	M	23	33	00:48:01.73	00:47:34.18	



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148	574	SÉRGIO FERNANDES	M	30	25	00:48:01.97	00:47:34.77	CORRER LISBOA
149	242	JOSÉ BASTOS	M	21	26	00:48:03.06	00:47:27.39	
150	503	JOAO RALHA	M	58	27	00:48:07.04	00:47:39.60	RUN4FUN
151	471	HÉLDER D J PEREIRA	M	44	5	00:48:08.11	00:47:45.25	
152	443	ANTONIO GUEDES	M	43	34	00:48:10.24	00:47:46.29	INVICTA RUNNERS TEAM
153	173	JULIO FERREIRA	M	63	35	00:48:11.53	00:47:31.21	C NOVO BANCO
154	507	ALFREDO FALÇAO	M	52	7	00:48:15.35	00:47:48.01	RUN4FUN
155	479	FRANCISCO GAMA	M	53	20	00:48:15.85	00:48:02.49	
156	332	GONÇALO M A LOURO	M	36	21	00:48:16.44	00:48:03.45	GONÇALO
157	14	ADELINO TRINDADE	M	46	24	00:48:16.96	00:48:02.72	
158	448	MARTA COSTA	F	45	28	00:48:17.00	00:47:51.30	INVICTA RUNNERS TEAM
159	52	ROBERTO BETTENCOURT	M	41	1	00:48:17.56	00:48:00.06	
160	341	JORGE M C ELISEU	M	45	36	00:48:17.81	00:48:09.54	CCD CRÉDITO AGRÍCOLA
161	27	NUNO MOREIRA	M	41	29	00:48:19.39	00:48:09.64	
162	607	SANDRO PINTO	M	50	37	00:48:20.06	00:47:35.60	
163	500	CARLA REBELO	F	49	22	00:48:23.61	00:47:55.93	RUN4FUN
164	411	ANTÓNIO SILVA	M	47	2	00:48:29.42	00:47:40.26	
165	513	RICARDO ARANA	M	21	30	00:48:30.62	00:48:09.61	
166	306	HENRIQUE MORAIS	M	50	28	00:48:31.19	00:48:13.78	MORAIS
167	480	MIGUEL GAMA	M	47	23	00:48:32.60	00:48:18.57	
168	34	ANTONIO SILVA	M	40	31	00:48:36.09	00:48:28.15	
169	132	FRANCISCO CASEGAS	M	25	38	00:48:37.17	00:48:34.80	C MILLENNIUM BCP
170	4	ORLINDO FIGUEIREDO	M	69	29	00:48:37.62	00:48:30.13	SS CGD
171	523	PAULO A M SENA	M	45	8	00:48:38.05	00:48:04.25	
172	301	PAULO SILVA	M	43	32	00:48:39.92	00:48:12.90	
173	23	JOAO PIRES	M	44	39	00:48:42.71	00:48:34.40	
174	39	HUGO M F HENRIQUES	M	40	40	00:48:50.05	00:48:38.73	
175	42	ANA T D JOSÉ	F	44	41	00:48:51.07	00:48:38.04	
176	531	TANIA PINTO	F	31	8	00:48:56.00	00:48:43.24	
177	365	HÉCTOR D S OJEDA	M	31	5	00:49:02.09	00:48:20.35	
178	549	PEDRO M C LOPES	M	44	30	00:49:08.20	00:48:41.61	SFC ATLETISMO
179	68	CARLOS FERREIRA	M	60	42	00:49:20.18	00:49:08.96	NUCLEO DESPORTIVO AUTOCOOPE
180	245	MARIA SANTOS	F	35	9	00:49:25.37	00:48:43.38	
181	572	VITOR TEIXEIRA	M	49	9	00:49:28.56	00:49:19.89	CORRER LISBOA
182	214	RUI SALVADO	M	46	33	00:49:34.65	00:49:04.31	
183	303	ALEXANDRE TESTAGROSSA	M	46	34	00:49:35.46	00:48:42.46	SHIADU TEAM
184	145	LUÍS NOGUEIRA	M	43	35	00:49:37.93	00:49:26.87	GRCD LEIÃO



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185	367	PAULO DUARTE	M	52	43	00:49:39.52	00:49:09.89	GDCT UNICRE
186	461	PAULA TRINDADE	F	45	24	00:49:52.25	00:49:42.67	AMINHACORRIDA
187	402	RUI OLIVEIRA	M	42	3	00:49:55.32	00:49:36.07	BOAVISTA FC
188	231	JORGE ESTEVES	M	46	44	00:50:09.56	00:49:39.06	
189	1	JOAQUIM M J BARROSO	M	53	36	00:50:12.74	00:49:57.81	
190	568	CARLOS BARGADO	M	44	25	00:50:14.38	00:49:50.20	CCD TRANQUILIDADE
191	439	CLAUDIA MARQUES	F	38	45	00:50:16.73	00:49:54.71	INVICTA RUNNERS TEAM
192	446	DIOGO ALVIM	M	44	10	00:50:16.80	00:49:52.87	INVICTA RUNNERS TEAM
193	437	CARLOS NEVES	M	39	46	00:50:18.94	00:49:55.19	INVICTA RUNNERS TEAM
194	190	PAULO VERISSIMO	M	50	25	00:50:21.03	00:49:44.27	C NOVO BANCO
195	295	FILIPE A P SILVA	M	40	26	00:50:25.01	00:49:51.46	TRANQUILIDADE AÇOREANA CLUBE
196	293	VASCO ALVES	M	47	47	00:50:31.52	00:49:38.09	SHIADU TEAM
197	529	LUIS FRANCO	M	43	37	00:50:31.57	00:50:14.85	
198	219	RICARDO M G OLIVEIRA	M	34	48	00:50:38.16	00:49:49.59	
199	147	LUÍS M I ANTUNES	M	47	31	00:50:40.61	00:50:24.56	
200	550	TÓ JERÓNIMO	M	38	38	00:50:44.02	00:50:17.52	SFC ATLETISMO
201	345	PAULO PALMINHA	M	47	26	00:50:47.23	00:50:18.34	PALMINHA
202	291	ATLETA NÃO CADASTRADO	M	0	39	00:50:54.29	00:50:54.29	
203	597	CARLA S P BERNARDINO	F	40	32	00:50:57.21	00:50:48.10	
204	136	JOÃO TOBIAS	M	35	11	00:50:57.69	00:50:57.69	CCD CRÉDITO AGRÍCOLA
205	468	RUI J MOTA	M	51	27	00:50:57.91	00:50:42.62	
206	436	ANTONIO OLIVEIRA	M	55	27	00:51:01.48	00:50:38.07	INVICTA RUNNERS TEAM
207	562	PAULINO J SILVA	M	38	6	00:51:02.57	00:51:02.57	
208	416	JOSE SOUSA	M	55	28	00:51:04.10	00:50:57.20	NASCIDOS PARA CORRER
209	343	CÂNDIDO P ALVES	M	44	7	00:51:05.20	00:48:57.03	CCD CRÉDITO AGRÍCOLA
210	525	VALTER TEIXEIRA	M	49	49	00:51:07.32	00:50:45.57	C FERROV PORTUGAL
211	338	LUÍS M F DAMIÃO	M	50	40	00:51:07.81	00:50:58.07	CCD CRÉDITO AGRÍCOLA
212	65	JOÃO MENESES	M	28	28	00:51:09.98	00:50:17.51	
213	396	PAULO CARDOSO	M	52	33	00:51:13.88	00:50:38.00	BOAVISTA FC
214	606	ANTÓNIO J VARELA	M	51	29	00:51:15.17	00:50:58.10	INDIVIDUAL
215	72	MÓNICA M A MARTINS	F	34	30	00:51:16.58	00:50:30.81	CARACÓIS TURBINADOS
216	565	TIAGO A R GONÇALVES	M	18	6	00:51:17.71	00:47:05.59	
217	342	JOÃO M S VIEIRA	M	59	34	00:51:21.70	00:51:09.82	CCD CRÉDITO AGRÍCOLA
218	352	JOÃO M J ESTEVÃO	M	37	8	00:51:25.31	00:50:52.20	
219	328	EDUARDO RIBEIRO	M	50	29	00:51:26.90	00:51:00.37	GDCT UNICRE
220	390	ALBINA SOUSA	F	44	31	00:51:27.45	00:51:21.10	BOAVISTA FC
221	180	MANUEL MANTEIGAS	M	33	12	00:51:28.95	00:50:50.32	C NOVO BANCO



2 CORRIDA e CAMINHADA SAMS QUADROS



30 SETEMBRO 2017

222	205	SERGIO MELRO	M	51	35	00:51:36.72	00:50:49.97	ADVANCECARE
223	281	BARBARA ALEXANDRE	F	37	32	00:51:37.41	00:51:28.73	HL RUNNING TEAM
224	38	JOÃO C D VICTOR	M	60	13	00:51:43.53	00:51:01.28	
225	315	BARBARA GONÇALVES	F	31	10	00:51:45.00	00:51:19.91	
226	432	JORGE LIMA	M	40	7	00:51:45.39	00:51:32.69	
227	325	ADALBERTO BARRETO	M	49	50	00:51:45.45	00:51:17.60	
228	372	Mª F BRANCO	F	50	41	00:51:49.93	00:51:41.71	HL RUNNING TEAM
229	307	RICARDO RODRIGUES	M	39	4	00:51:50.80	00:50:57.11	SHIADU TEAM
230	526	CAROLINA B MARQUES	F	24	30	00:51:51.95	00:47:27.42	
231	469	BRUNO M SILVA	M	36	8	00:51:56.14	00:50:13.23	
232	114	RUI D SANTOS	M	25	31	00:51:56.68	00:50:12.72	
233	505	VITOR AGUILAR	M	66	36	00:51:58.23	00:51:44.20	RUN4FUN
234	504	RUI FARIA	M	44	11	00:51:58.68	00:51:07.87	RUN4FUN
235	193	ALEXANDRE MEDES	M	45	51	00:52:01.20	00:51:28.00	C NOVO BANCO
236	78	TIAGO CATALÃO	M	34	42	00:52:01.54	00:51:16.68	CARACÓIS TURBINADOS
237	63	FERNANDO ROSA	M	57	37	00:52:02.04	00:51:24.43	
238	487	RAFAELA GONÇALVES	F	23	9	00:52:08.22	00:51:40.70	
239	160	FERNANDO BRANDAO	M	54	9	00:52:10.75	00:51:38.09	C NOVO BANCO
240	280	FILIPE G DUARTE	M	31	33	00:52:14.93	00:51:25.57	
241	64	CATARINA SILVA	F	28	38	00:52:15.68	00:51:23.48	
242	217	REINALDO R D CUNHA	M	52	10	00:52:16.21	00:51:18.05	
243	465	JORGE ESTEVES	M	25	34	00:52:21.18	00:51:36.54	
244	6	CARLA E N ANDRÉ	F	40	39	00:52:24.99	00:51:48.96	SAMS QUADROS
245	35	FRANCISCO PEREIRA	M	50	14	00:52:26.04	00:51:52.40	CCD TRANQUILIDADE
246	327	JOSE L D CORREIA	M	58	35	00:52:28.77	00:52:08.06	
247	216	ALEXANDRE M V VASCO	M	46	10	00:52:33.43	00:51:40.03	
248	137	RUI M N MENA	M	46	43	00:52:37.20	00:52:19.33	
249	370	GONÇALO LOPES	M	41	44	00:52:40.22	00:52:14.37	GDCT UNICRE
250	262	ANA MENDES	F	37	52	00:52:41.74	00:52:27.51	
251	224	FILIPE DOMINGUES	M	35	15	00:52:45.29	00:51:58.92	ADVANCECARE
252	200	MANUELA NORONHA	F	47	32	00:52:54.37	00:52:08.93	ADVANCECARE
253	569	MILTON T SOBRINHO	M	52	5	00:52:57.61	00:52:31.99	
254	248	ELISABETE SANTOS	F	38	36	00:52:59.30	00:52:36.86	
255	197	CRISTINA FERNANDES	F	41	16	00:53:02.84	00:52:15.75	ADVANCECARE
256	121	LEONEL BRANDAO	M	50	17	00:53:06.07	00:52:15.59	C MILLENNIUM BCP
257	66	GILBERTO GONÇALVES	M	68	37	00:53:07.67	00:52:16.34	
258	545	LUIS J V RIBEIRO	M	49	12	00:53:10.66	00:52:37.49	



2 CORRIDA e CAMINHADA SAMS QUADROS



30 SETEMBRO 2017

259	148	CARLA MARTINS	F	41	45	00:53:11.45	00:52:29.87	
260	334	TIAGO C D SANTOS	M	37	18	00:53:12.06	00:52:36.43	
261	420	ISAQUE PINTO	M	51	33	00:53:17.61	00:53:11.00	NASCIDOS PARA CORRER
262	361	RICARDO TRIGUEIRO	M	34	38	00:53:18.21	00:52:32.48	
263	8	ALMERINDO SILVA	M	58	40	00:53:25.14	00:52:46.55	A.D.C.CATUJAL
264	7	JOÃO PASSEIRO	M	54	11	00:53:25.40	00:52:47.05	A.D.C.CATUJAL
265	168	JOAO RAMOS	M	45	39	00:53:31.38	00:52:55.09	C NOVO BANCO
266	40	PEDRO CONFRARIA	M	39	46	00:53:31.54	00:52:45.59	CARVALHO CONFRARIA
267	581	EDGAR RAMOS	M	44	34	00:53:32.29	00:53:12.54	COLABORADORES
268	207	RICARDO POLÓNIO	M	38	53	00:53:38.11	00:52:54.06	ADVANCECARE
269	213	SERGIO M C FIGUEIREDO	M	43	35	00:53:39.86	00:53:30.19	TVG
270	492	LUÍS NETO	M	53	54	00:53:40.02	00:53:29.24	CARAPAU DE CORRIDA
271	211	JOAO M D CRSOSTOMO	M	43	40	00:53:40.49	00:53:30.64	TVG
272	429	ANTONIO SANTOS	M	51	55	00:53:41.14	00:53:33.34	NASCIDOS PARA CORRER
273	171	JORGE MONTEIRO	M	50	41	00:53:55.69	00:53:07.91	C NOVO BANCO
274	189	PAULO GONCALVES	M	49	42	00:53:55.87	00:53:14.99	C NOVO BANCO
275	472	EURICO LOUREIRO	M	37	47	00:54:06.58	00:53:24.93	SS MONTEPIO GERAL
276	47	ELIZETE DUARTE	F	44	36	00:54:07.90	00:53:34.16	CCD TRANQUILIDADE
277	473	ROGER LOUREIRO	M	42	19	00:54:11.72	00:53:28.93	
278	493	FRANCISCO M F SILVA	M	42	56	00:54:15.51	00:53:26.76	
279	170	JOAQUIM MONTEIRO	M	49	57	00:54:18.02	00:53:41.30	C NOVO BANCO
280	228	PAULO CARVALHO	M	47	48	00:54:18.37	00:53:47.05	
281	589	JAIME AFONSO	M	52	49	00:54:23.04	00:53:36.61	CLUBE ANACOM
282	274	AFONSO COSTA	M	54	43	00:54:24.82	00:54:15.30	
283	470	GUILHERME RELVAS	M	22	44	00:54:25.24	00:54:07.18	
284	319	FERNANDA PRIM	F	41	41	00:54:26.43	00:53:58.38	
285	287	RUI L G ALMEIDA	M	41	20	00:54:26.51	00:54:10.48	
286	326	JOANA LOPES	F	28	58	00:54:32.64	00:53:53.08	
287	580	PAULO CARREIRA	M	49	11	00:54:34.66	00:54:14.57	COLABORADORES
288	582	LUÍS MADEIRA	M	25	50	00:54:35.15	00:54:04.19	
289	256	JOAO SALAZAR	M	50	42	00:54:39.71	00:54:21.97	
290	264	LUIS PROENÇA	M	47	45	00:54:45.21	00:54:02.08	
291	611	DUARTE COSTA	M	34	51	00:54:45.87	00:54:37.01	CORRER LISBOA
292	499	ANTONIO R SOUSA	M	60	43	00:54:52.98	00:54:25.20	RUN4FUN
293	603	HELIO M AUGUSTO	M	41	13	00:54:54.22	00:54:14.04	
294	524	VÍTOR GONZAS	M	50	59	00:54:55.34	00:54:34.79	PIRATE RUNNER'S
295	156	ANA MONTEIRO	F	51	46	00:54:58.19	00:54:21.05	C NOVO BANCO



2 CORRIDA e CAMINHADA SAMS QUADROS



30 SETEMBRO 2017

296	593	PEDRO M B CARREIRA	M	33	6	00:54:59.97	00:54:11.72	CARREIRARUN
297	583	FILIPA ROSA	F	22	44	00:55:08.88	00:54:37.83	
298	104	DUARTE RIBEIRO	M	43	12	00:55:10.19	00:54:16.94	
299	385	ANA S ALVES	F	19	60	00:55:10.70	00:55:05.26	BOAVISTA FC
300	481	JOSE D A RAPOSO	M	48	13	00:55:11.56	00:54:54.26	
301	602	RUI TOMÁS	M	46	52	00:55:13.02	00:55:06.47	CCD CRÉDITO AGRÍCOLA
302	484	PATRICIA GASPAR	F	40	53	00:55:16.37	00:54:50.34	GDCTINCM
303	604	FERNANDO PEREIRA	M	45	21	00:55:21.87	00:54:41.42	
304	50	GERMANO BERNARDO	M	62	54	00:55:28.52	00:54:26.06	PRAZER DA CORRIDA
305	123	FERNANDO SERRANO	M	51	14	00:55:33.07	00:55:10.01	C MILLENNIUM BCP
306	198	RITA MOGO	F	32	47	00:55:34.21	00:54:48.82	ADVANCECARE
307	91	AFONSO M O RIBEIRO	M	19	14	00:55:34.46	00:50:47.14	
308	369	CARLOS VIEGAS	M	59	45	00:55:34.58	00:55:11.24	GDCT UNICRE
309	92	FERNANDA M R RIBEIRO	F	50	12	00:55:35.40	00:50:49.79	
310	257	PAULO GOMES	M	53	7	00:55:43.77	00:55:25.04	
311	431	PUREZA NUNES	F	40	48	00:55:45.31	00:55:32.91	
312	426	RUTE COUTO	F	33	22	00:55:45.36	00:55:39.29	NASCIDOS PARA CORRER
313	260	EYVIND SOMMERFELT	M	36	15	00:55:45.37	00:55:45.37	
314	551	RICARDO COELHO	M	37	37	00:55:50.14	00:55:13.29	SFC ATLETISMO
315	384	FILIPA CARAPUÇA	F	32	38	00:55:50.46	00:55:44.27	BOAVISTA FC
316	517	ANTONIO FERNANDES	M	48	16	00:55:50.95	00:55:20.57	COLABORADORES
317	491	ÁGATA DINIS	F	31	55	00:55:53.87	00:54:59.72	
318	199	MARCO MIGUEL	M	40	17	00:55:55.07	00:55:16.85	ADVANCECARE
319	489	RUI SANTOS	M	49	61	00:55:57.80	00:55:06.33	SS CGD
320	46	NEVES SILVA	M	64	56	00:55:58.94	00:55:24.36	C FERROV PORTUGAL
321	609	GUILHERME GOMES	M	45	15	00:55:59.18	00:55:12.22	
322	410	ANTONIO J G POMBINHO	M	60	57	00:56:01.60	00:55:30.88	
323	587	PEDRO ROSA	M	46	16	00:56:02.31	00:55:23.54	
324	463	NUNO D S GOMES	M	48	58	00:56:02.41	00:55:51.47	
325	586	ANDRÉ VELOSO	M	42	59	00:56:02.65	00:55:24.45	
326	339	NUNO G P SIMÕES	M	39	62	00:56:04.76	00:54:56.69	CCD CRÉDITO AGRÍCOLA
327	135	LUÍS MATIAS	M	39	39	00:56:09.06	00:54:59.78	GL14
328	451	RUI FERREIRA	M	46	40	00:56:10.42	00:55:55.46	SFRAA
329	191	PAULO RICARDO	M	50	60	00:56:11.73	00:55:38.54	C NOVO BANCO
330	126	OSCAR MARQUES	M	64	49	00:56:13.21	00:56:06.64	C MILLENNIUM BCP
331	111	JOSE BAIXINHO	M	58	17	00:56:14.89	00:55:37.16	SANTIAGO FUTEBOL CLUBE
332	95	SANDRO A C PRATES	M	38	13	00:56:21.87	00:55:27.21	ESQUILOS CORREDORES



2 CORRIDA e CAMINHADA SAMS QUADROS



30 SETEMBRO 2017

333	340	LUÍSA M R MOURÃO	F	38	41	00:56:22.54	00:55:12.56	CCD CRÉDITO AGRÍCOLA
334	239	CATARINA FORTES	F	31	23	00:56:26.61	00:55:38.50	
335	497	ANTONIO FARIA	M	62	18	00:56:29.28	00:56:17.56	
336	25	JOAO FERREIRA	M	43	18	00:56:30.61	00:56:03.06	
337	441	JOANA MONTEIRO	F	30	63	00:56:36.95	00:56:10.14	INVICTA RUNNERS TEAM
338	139	TIAGO MENDES	M	43	19	00:56:37.54	00:55:45.92	C MILLENNIUM BCP
339	259	CARLOS JESUS	M	35	64	00:56:38.01	00:48:38.01	
340	183	MARIO GODINHO	F	60	42	00:56:45.02	00:56:04.98	C NOVO BANCO
341	155	ANA FERREIRA	F	48	8	00:56:45.24	00:56:04.59	C NOVO BANCO
342	610	LUIS FOUTO	M	46	9	00:56:45.33	00:56:45.33	
343	233	DAVID BARBOTIN	M	32	61	00:56:47.48	00:56:17.71	TOKANDAR
344	212	MARÍLIA RIBEIRO	F	34	46	00:56:47.67	00:56:17.75	TOKANDAR
345	442	CLAUDIA CARCAU	F	36	20	00:56:49.29	00:56:24.55	INVICTA RUNNERS TEAM
346	49	FRANCISCO CLERIGO	M	64	24	00:56:50.38	00:56:10.97	SS CGD
347	391	FRANCISCO PINTO	M	53	19	00:56:51.76	00:56:23.63	BOAVISTA FC
348	235	CARLOS M M GONÇALVES	M	61	50	00:57:06.46	00:56:48.37	
349	76	JESSICA MONTEIRO	F	34	20	00:57:09.61	00:56:36.68	WE MOVE - BNP PARIBAS
350	53	PAULO MARQUES	M	47	21	00:57:16.45	00:57:07.35	
351	112	VANESSA BAPTISTA	F	36	62	00:57:20.41	00:57:11.82	C MILLENNIUM BCP
352	100	ATLETA NÃO CADASTRADO	M	0	25	00:57:29.15	00:57:29.15	
353	133	DUARTE LEITÃO	M	38	47	00:57:31.51	00:56:39.28	
354	251	ALEXANDRA LEITÃO	F	39	43	00:57:31.55	00:56:39.27	
355	375	AFONSO D A BOTELHO	M	21	26	00:57:42.75	00:57:10.57	
356	99	BRUNO ALVES	M	35	48	00:57:43.12	00:57:20.91	
357	265	LUÍS M B MIRANDA	M	43	44	00:57:50.28	00:57:35.11	
358	59	MARIO J MIRA	M	51	65	00:57:53.62	00:57:30.89	INDIVIDUAL
359	547	DUARTE LIMA	M	24	51	00:57:57.46	00:57:10.08	HORACALIBRA
360	98	ANTONIO JORGE	M	62	49	00:57:59.57	00:57:24.30	
361	97	HELENA SANTOS	F	54	21	00:58:00.36	00:57:26.36	
362	201	ETEL INFANTE	M	35	10	00:58:01.35	00:57:17.28	ADVANCECARE
363	60	JORGE H PEREIRA	M	53	45	00:58:08.36	00:57:44.98	
364	488	NUNO A G AZEVEDO	M	42	52	00:58:10.45	00:57:42.47	
365	585	CRISTINA CARVALHO	F	42	66	00:58:15.71	00:57:36.68	
366	86	CARLOS ALVES	M	60	27	00:58:18.83	00:57:54.00	C FERROV PORTUGAL
367	376	NUNO M F FERNANDES	M	55	22	00:58:19.82	00:58:03.96	RAINHO
368	3	ANA CABRAL	F	53	14	00:58:20.13	00:57:56.22	PAR DE JARRAS
369	344	CARLOS R M SILVA	M	53	11	00:58:22.95	00:54:26.51	CCD CRÉDITO AGRÍCOLA



2 CORRIDA e CAMINHADA SAMS QUADROS



30 SETEMBRO 2017

370	110	JUDITE BAIXINHO	F	31	53	00:58:29.76	00:57:51.90	SANTIAGO FUTEBOL CLUBE
371	555	RUI MONTEIRO	M	36	22	00:58:30.51	00:58:17.42	SRED
372	12	ANTÓNIO PAIS	M	70	46	00:58:32.09	00:57:49.05	VALE DE MADEIROS SC
373	357	RUI BAPTISTA	M	48	23	00:58:35.27	00:58:13.29	
374	290	SÉRGIO D D NAITO	M	34	63	00:58:39.41	00:58:25.11	
375	450	SANDRA MACHADO	F	45	50	00:58:43.58	00:58:28.94	SFRAA
376	292	A. BARBOSA	M	63	12	00:59:04.36	00:58:51.80	
377	546	JORGE LIMA	M	53	24	00:59:04.44	00:58:16.11	HORACALIBRA
378	612	MARCO VIEIRA	M	41	54	00:59:06.41	00:59:06.41	
379	226	XANA FILIPE	F	46	67	00:59:07.86	00:58:30.94	C NOVO BANCO
380	220	RITA MONTEIRO	F	41	13	00:59:08.32	00:58:24.82	ADVANCECARE
381	601	CRISTOVAO J C MATEUS	M	57	28	00:59:10.68	00:58:29.84	
382	561	ADELAIDE CARDOSO	F	29	15	00:59:12.51	00:57:27.31	
383	353	JOAQUIM M C COSTA	M	60	23	00:59:14.06	00:59:14.06	
384	80	JOANA RAMOS	F	22	25	00:59:16.23	00:58:19.58	BANCO PORTUGAL
385	423	VANESSA DIAS	F	33	24	00:59:17.50	00:59:11.40	NASCIDOS PARA CORRER
386	428	ARMENIO FERREIRA	M	61	25	00:59:18.00	00:58:53.26	NASCIDOS PARA CORRER
387	89	RICARDO L O RIBEIRO	M	21	26	00:59:22.60	00:58:49.63	
388	124	VIRGILIO FERREIRA	M	63	51	00:59:27.27	00:58:53.99	C MILLENNIUM BCP
389	336	PEDRO M FERNANDES	M	33	27	00:59:28.81	00:58:54.89	CCD CRÉDITO AGRÍCOLA
390	71	GONCALO DUARTE	M	29	52	00:59:29.00	00:58:32.60	BANCO PORTUGAL
391	258	PAULO AMARAL	M	52	53	00:59:32.47	00:58:44.03	
392	356	JOÃO P COELHO	M	33	55	00:59:32.55	00:58:58.06	
393	532	ANA PEREIRA	F	42	54	00:59:41.91	00:59:34.52	FARISEUS
394	533	ERNESTO PEREIRA	M	48	29	00:59:42.17	00:59:34.96	FARISEUS
395	563	EMANUEL RODRIGUES	M	29	64	01:00:03.79	00:55:53.06	
396	116	FERNANDO CASEGAS	M	55	55	01:00:05.58	00:59:54.95	C MILLENNIUM BCP
397	392	PAULO TEIXEIRA	M	39	16	01:00:13.14	00:59:43.20	BOAVISTA FC
398	113	ANA MARQUES	F	57	47	01:00:15.83	00:59:56.26	C MILLENNIUM BCP
399	275	MARIA SILVA	F	48	14	01:00:30.30	01:00:08.66	
400	351	JOANA GAMA	F	35	15	01:00:31.02	01:00:03.50	CORRER LISBOA
401	310	DOMINGOS C MENDES	M	71	30	01:00:32.69	01:00:13.93	
402	577	NUNO DIAS	M	33	28	01:00:33.60	00:59:37.79	BANCO PORTUGAL
403	378	CAROLINA MELO	F	33	56	01:00:38.55	01:00:19.30	THE RUNNING DEAD
404	464	NUNO VIEIRA	M	56	26	01:00:38.89	00:59:50.48	
405	158	CATIA SOARES	F	35	17	01:00:40.95	00:59:59.01	C NOVO BANCO
406	573	ANTONIO AFONSO	M	44	31	01:00:43.63	01:00:27.97	COLABORADORES



2 CORRIDA e CAMINHADA SAMS QUADROS



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407	106	SOFIA MELLO	F	44	68	01:00:49.34	01:00:01.56	HL RUNNING TEAM
408	330	NICOLAU FURTADO	M	52	32	01:00:51.33	01:00:17.07	
409	596	MANUEL N BAPTISTA	M	52	56	01:00:57.51	01:00:29.24	
410	535	MIGUEL N N CHAVES	M	47	57	01:01:04.48	01:00:19.16	
411	195	SUSANA MOTA	F	39	65	01:01:04.55	01:00:23.16	C NOVO BANCO
412	321	VALERIA SANTOS	F	49	33	01:01:06.64	01:00:41.62	
413	314	CATIA TEIXEIRA	F	28	16	01:01:20.72	01:00:53.64	
414	386	LURDES ROCHA	F	42	27	01:01:26.94	01:00:50.08	BOAVISTA FC
415	2	RUI DOMINGUES	M	53	34	01:01:28.74	01:01:04.48	PAR DE JARRAS
416	452	ARMENIO S PATRICIO	M	77	58	01:01:29.21	01:01:08.30	
417	440	CARLA BARBOSA	F	40	29	01:01:30.30	01:01:08.11	INVICTA RUNNERS TEAM
418	413	MANUEL OLIVEIRA	M	78	35	01:01:37.67	01:00:53.64	
419	412	JOÃO BRANCO	M	70	30	01:01:37.67	01:00:54.18	
420	194	RUI SOARES	M	36	31	01:01:41.21	01:00:58.77	C NOVO BANCO
421	82	PAULO H R ANDRADE	M	46	48	01:01:49.41	01:01:02.07	SS CGD
422	559	RUI MELÃO	M	53	66	01:01:50.80	01:01:09.11	
423	394	JORGE CALDEIRA	M	69	59	01:01:55.11	01:01:17.03	BOAVISTA FC
424	134	PAULA NETO	F	53	32	01:02:03.47	01:01:31.75	CCD CRÉDITO AGRÍCOLA
425	381	ANA T D BAPTISTA	F	45	17	01:02:11.28	01:01:18.11	
426	380	LUIS M R FARINHA	M	48	18	01:02:14.24	01:01:20.68	
427	434	ALICE GUIMARAES	F	55	67	01:02:15.95	01:01:52.15	INVICTA RUNNERS TEAM
428	240	JOSÉ BASTOS	M	50	19	01:02:19.12	01:01:37.77	
429	379	TERESA MELO	F	25	60	01:02:23.01	01:02:03.15	THE RUNNING DEAD
430	229	LUIS COSTA	M	52	28	01:02:34.60	01:02:03.22	
431	75	DANILO VAZ	M	36	61	01:03:01.22	01:02:25.92	WE MOVE - BNP PARIBAS
432	74	FRANCISCO J D FERRO	M	47	49	01:03:06.03	01:02:11.75	
433	510	JOAO EUSEBIO	M	45	68	01:03:08.18	01:02:38.88	RUN4FUN
434	73	MAGDA TOSTE	F	30	69	01:03:11.55	01:02:35.96	WE MOVE - BNP PARIBAS
435	466	ATLETA NÃO CADASTRADO	M	0	29	01:03:18.83	01:03:18.83	
436	192	RICARDO FERNANDES	M	58	57	01:03:21.97	01:02:46.26	C NOVO BANCO
437	250	TANIA R GARCIA	F	29	18	01:03:25.29	01:03:06.78	
438	164	JOAO ANTUNES	M	30	30	01:03:27.72	01:02:57.70	C NOVO BANCO
439	129	MARGARIDA FERREIRA	F	49	58	01:03:40.39	01:02:52.55	HL RUNNING TEAM
440	37	NUNO MOLERO	M	34	20	01:03:45.67	01:03:34.32	
441	230	LUIA COSTA	F	48	59	01:03:56.94	01:03:26.12	
442	486	VASCO FERREIRA	M	41	21	01:04:05.65	01:03:56.73	GDCTINCM
443	131	CARLOS CONCEIÇÃO	M	54	69	01:04:26.82	01:03:52.56	C MILLENNIUM BCP



2 CORRIDA e CAMINHADA SAMS QUADROS



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444	254	FREDERICO SOUSA	M	54	62	01:04:28.81	01:03:37.29	LEBRES E TARTARUGAS
445	154	ALDA VINAGRE	F	44	63	01:04:39.58	01:04:00.52	C NOVO BANCO
446	85	NUNO MORAIS	M	20	36	01:04:40.56	01:04:23.40	MORAIS
447	322	ANA SANTOS	F	42	60	01:04:42.66	01:04:17.07	GDCTINCM
448	374	LUIS F M BOTELHO	M	62	37	01:04:51.99	01:04:19.53	
449	302	JOSE M M GONÇALVES	M	52	33	01:04:52.19	01:04:18.51	
450	84	SUSANA MORAIS	F	48	64	01:04:55.46	01:04:38.01	MORAIS
451	518	SAMUEL JOAQUIM	M	62	22	01:04:57.64	01:04:08.57	
452	329	GONÇALO OLIVEIRA	M	55	34	01:05:01.97	01:04:32.67	GDCT UNICRE
453	558	RITA NOVO	F	40	19	01:05:02.36	01:04:27.78	SFC ATLETISMO
454	119	LEONEL FERREIRINHA	M	69	38	01:05:04.34	01:04:38.83	C MILLENNIUM BCP
455	17	MARIA QUITÉRIA	F	44	35	01:05:04.88	01:04:32.62	ALGYMNS
456	592	LILIANA C M CARREIRA	F	31	39	01:05:13.19	01:04:25.05	CARREIRARUN
457	54	PAULO COSTA	M	37	31	01:05:50.49	01:05:41.41	HL RUNNING TEAM
458	482	NUNO GONÇALVES	M	42	50	01:05:55.76	01:05:47.01	GDCTINCM
459	485	RUI CORREIA	M	41	70	01:06:00.98	01:05:53.14	GDCTINCM
460	13	BRUNO A P ARCANJO	M	33	71	01:06:02.21	01:05:43.66	
461	556	DANIELA MONTEIRO	F	41	61	01:06:13.53	01:06:01.29	SRED
462	41	INÊS CARVALHO	F	40	40	01:06:14.70	01:05:29.94	CARVALHO CONFRARIA
463	267	ANTONIO V D OLIVEIRA	M	59	41	01:06:41.85	01:05:49.59	
464	269	ADELIA MADEIRA	F	43	20	01:06:41.91	01:06:28.16	LÁ VÃO... DE ALMEIRIM
465	270	MANUEL ALMEIDA	M	59	42	01:06:42.08	01:06:28.26	LÁ VÃO... DE ALMEIRIM
466	528	RITA FRANCO	F	19	21	01:06:52.59	01:06:35.97	
467	18	ARTUR DINIS	M	60	32	01:07:11.47	01:06:39.10	ALGYMNS
468	128	CATARINA NASCIMENTO	F	29	36	01:07:21.23	01:06:33.38	HL RUNNING TEAM
469	58	JOÃO P D PEREIRA	M	56	33	01:07:25.93	01:07:01.71	
470	61	NUNO M D OLIVEIRA	M	41	22	01:07:34.36	01:06:55.15	
471	79	CATARINA RAMOS	F	28	72	01:07:49.69	01:06:50.43	BANCO PORTUGAL
472	435	ALBERTO NETO	M	63	34	01:07:50.57	01:07:27.72	INVICTA RUNNERS TEAM
473	566	JOSÉ L M GONÇALVES	M	74	37	01:07:54.22	01:07:37.40	
474	32	EBERHARD A WILHELM	M	69	38	01:08:46.62	01:08:04.70	4 AO KM
475	543	JORGE MAXIMO	M	42	39	01:08:47.49	01:08:02.93	
476	542	CLAUDIA GARCIA	F	37	73	01:08:48.89	01:08:03.86	
477	130	INES ALVES	F	35	43	01:08:53.70	01:08:18.39	
478	28	LEANDRO T FERREIRA	M	28	44	01:09:00.82	01:07:57.41	
479	387	ISABEL PINTO	F	48	62	01:09:03.90	01:08:26.93	BOAVISTA FC
480	138	DEOLINDA CAMELO	F	45	23	01:09:07.17	01:08:48.49	



2 CORRIDA e CAMINHADA SAMS QUADROS



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481	166	JOAO GOMES	M	66	24	01:09:28.03	01:08:55.86	C NOVO BANCO
482	576	JOAO DIAS	M	37	40	01:09:44.89	01:08:44.94	BANCO PORTUGAL
483	43	SOFIA B S COSTA	F	49	51	01:10:10.25	01:09:54.35	
484	400	LUIS CARDOSO	M	58	25	01:10:15.05	01:10:09.85	BOAVISTA FC
485	268	MARIA D F OLIVEIRA	F	56	23	01:10:51.88	01:10:37.30	
486	206	PAULO MOREIRA	M	47	26	01:11:03.90	01:10:21.42	ADVANCECARE
487	118	ARMANDO MARQUES	M	56	70	01:12:02.62	01:11:43.08	C MILLENNIUM BCP
488	161	FERNANDO FILIPE	M	49	24	01:12:39.44	01:12:02.56	C NOVO BANCO
489	521	FOCKT WAN	F	67	71	01:13:01.88	01:12:30.41	C MILLENNIUM BCP
490	522	JOSE ARRUDA	M	68	27	01:13:02.42	01:12:30.45	C MILLENNIUM BCP
491	167	JOAO NOGUEIRA	M	53	41	01:14:31.75	01:13:57.07	C NOVO BANCO
492	495	AMÉRICO L LOURENÇO	M	73	65	01:15:17.63	01:14:20.85	
493	83	PEDRO D S HENRIQUES	M	54	42	01:16:20.52	01:16:00.27	FAMÍLA HENRIQUES
494	438	VALDEMAR ALMEIDA	M	53	66	01:17:47.31	01:17:24.52	INVICTA RUNNERS TEAM
495	519	ANTONIO FIGUEIREDO	M	60	67	01:17:47.57	01:16:58.54	
496	296	Mª C ANJOS	F	71	43	01:18:41.24	01:18:18.72	CONDOR
497	297	LUCINDA HENRIQUES	F	68	28	01:18:45.63	01:18:23.73	CONDOR
498	157	ANTONIO REIS	M	51	29	01:19:22.28	01:18:43.92	C NOVO BANCO
499	159	FATIMA FERREIRA	F	44	68	01:19:22.91	01:18:44.42	C NOVO BANCO
500	70	GUIOMAR F D RUA	F	52	45	01:20:01.27	01:19:43.00	FAMÍLA HENRIQUES
501	81	PEDRO D C HENRIQUES	M	18	30	01:20:01.40	01:19:42.77	FAMÍLA HENRIQUES
502	350	CARLOS A O SEIXO	M	52	63	01:20:45.53	01:20:01.68	
503	162	FRANCISCO COSTA	M	44	69	01:21:25.28	01:20:42.07	C NOVO BANCO
504	187	PAULA MELLO	F	50	74	01:23:31.59	01:22:41.90	C NOVO BANCO
505	348	CATARINA S G SEIXO	F	20	31	01:23:56.84	01:23:15.38	
506	349	ANA M D GODINHO	F	48	35	01:24:11.00	01:23:28.20	
507	165	JOAO BATISTA	M	42	32	01:24:11.10	01:23:30.41	C NOVO BANCO
508	150	FILIPA B S MINEIRO	F	41	75	01:27:32.84	01:27:32.84	
509	151	GONÇALO D S MINEIRO	M	42	46	01:27:34.02	01:27:34.02	
510	181	MARGARIDA ASCENÇÃO	F	43	76	01:29:47.35	01:29:27.45	C NOVO BANCO
511	511	SANDRA PONTAO	F	48	47	01:29:49.88	01:28:58.99	RUN4FUN
512	127	ANA G CUNHA	F	28	33	01:29:51.20	01:28:58.76	

Total de registros: 512