

IV ULTRA-TRAIL DE SESIMBRA

14 Abril 2013

Organização: Associação Desp. OMundodaCorrida.com

CLASSIFICAÇÃO GERAL

Trail

Pos.	Dor.	Nome	Clube	Escalão	Posição	Tempo oficial	Tempo chip	T/Km.
1	523	Morgado, Cesario		TSEN M	1	1:38:32	1:38:04	04:56
2	541	Ramos, André	Offtel Runners / JV	TSEN M	2	1:38:36	1:38:08	04:56
3	542	Loureiro, Nuno	AM	TSEN M	3	1:38:53	1:38:26	04:57
4	509	Graca, Nuno	FSG Collonge Bellerive	TSEN M	4	1:45:30	1:44:46	05:16
5	594	Coelho, Carlos	PROAVENTURAS	TSEN M	5	1:45:30	1:44:53	05:17
6	457	Luis, Pedro	Casa Tintas - De Paulo Soares	TSEN M	6	1:45:50	1:45:12	05:17
7	567	Pereira, Marco	RB Runing	TSEN M	7	1:46:01	1:45:27	05:18
8	513	Nogueira, Rui	PROAVENTURAS	TSEN M	8	1:47:25	1:46:46	05:22
9	558	Carvalho, Nuno	AA Lebres do Sado	TM40	1	1:54:16	1:53:43	05:43
10	494	Barbosa, Rui	PROAVENTURAS	TSEN M	9	1:54:31	1:53:56	05:44
11	475	Serfim, Patricia	Clube de Praças da Armada	TSEN F	1	1:55:33	1:54:55	05:47
12	560	Nunes, António	Casa do Pessoal da RTP	TM40	2	1:56:03	1:55:25	05:48
13	526	Pereira, Tiago	Ass. Acad. Alcochete	TSEN M	10	1:58:57	1:58:11	05:57
14	483	Teixeira, Ricardo	Amigos 4 Run	TSEN M	11	2:00:23	1:59:41	06:01
15	572	Carpinteiro, Gonçalo		TSEN M	12	2:00:39	1:59:45	06:02
16	490	Safara, Bruno	PROAVENTURAS	TSEN M	13	2:00:45	2:00:09	06:02
17	607	Cunha, Vitor	PROAVENTURAS	TSEN M	14	2:00:45	2:00:06	06:02
18	468	Bastos, Tiago	Xtreme Oristars	TSEN M	15	2:00:57	2:00:26	06:03
19	554	Guedes, Joel		TSEN M	16	2:03:20	2:02:41	06:10
20	405	Ferreira, José Augusto	Trilhos e Corridas de Tercena	TM40	3	2:03:22	2:02:50	06:10
21	463	Ribeiro, Pedro Joel	Tribo Extreme Adventure	TSEN M	17	2:03:45	2:03:12	06:11
22	417	Oliveira, Sérgio	GP Runners	TSEN M	18	2:03:47	2:03:03	06:11
23	420	Magalhães, Hugo	GP Runners	TSEN M	19	2:03:48	2:03:48	06:11
24	606	Alves, Vasco	PROAVENTURAS	TM40	4	2:04:38	2:04:03	06:14
25	489	Letras, Angelo	PROAVENTURAS	TSEN M	20	2:04:51	2:04:19	06:15
26	556	Alves, David Miguel	AA Lebres do Sado	TSEN M	21	2:05:08	2:04:36	06:15
27	448	Fernandes, José	Tribo Extreme Adventures	TM40	5	2:05:09	2:04:30	06:15
28	614	Pires, João		TM40	6	2:05:41	2:05:07	06:17
29	510	Ferreira, Paulo	CilNet	TSEN M	22	2:06:03	2:05:16	06:18
30	466	Couceiro, Cristina Marlene	ARSM - Associação Recreativa de S. Miç	TSEN F	2	2:06:14	2:05:40	06:19
31	549	Candeias, Rui	Os Foguetes	TSEN M	23	2:06:39	2:05:49	06:20
32	474	Carmo, Nuno	CM Sesimbra	TM40	7	2:08:23	2:07:49	06:25
33	530	Leal, Carlos	Zatopeques	TM40	8	2:08:25	2:07:45	06:25
34	531	Frade, Gabriel	Zatopeques	TM40	9	2:08:25	2:07:40	06:25
35	456	Borrvalho, João	Aclis Liberty Seguros	TSEN M	24	2:08:27	2:07:55	06:25
36	568	Madeira, Henrique		TSEN M	25	2:08:35	2:07:53	06:26
37	586	Castro, Márcio	No Tomorrow Running Team	TSEN M	26	2:13:35	2:12:40	06:41
38	500	Lourinho, Paulo	Clube Atlet. Amigos Belém - C.A.A.B.	TM40	10	2:13:55	2:13:23	06:42
39	496	Salgueiro, Luis	Os Trinca Espinhas	TSEN M	27	2:13:55	2:13:23	06:42
40	419	Borges, Leonel	GP Runners	TM40	11	2:13:59	2:13:22	06:42
41	416	Oliveira, Mário	GP Runners	TSEN M	28	2:13:59	2:13:17	06:42
42	404	Pisco, Pedro	Nucleo BTT Vila Fresca	TSEN M	29	2:14:12	2:13:31	06:43

43	598	Martinho, Valter	Ass. Acad. Alcochete	TSEN M	30	2:14:23	2:13:42	06:43
44	507	Rita, Joao		TM50	1	2:14:31	2:13:44	06:44
45	454	Horta, Sílvio	ACR Zona Azul	TSEN M	31	2:15:44	2:14:58	06:47
46	409	Teixeira, Maria José	Trilhos e Corridas de Tercena	TSEN F	3	2:15:58	2:15:26	06:48
47	403	Lopes, Joaquim F.	Trilhos e Corridas de Tercena	TM40	12	2:15:59	2:15:23	06:48
48	553	Duarte, Orlando		TM50	2	2:16:05	2:15:18	06:48
49	486	Figueira, Jorge	Amigos 4 Run	TSEN M	32	2:16:26	2:15:54	06:49
50	487	Lopes, Luís Filipe		TM40	13	2:16:27	2:15:50	06:49
51	499	Afonso, Aurélio	ADCR Polícia Judiciária	TSEN M	33	2:16:30	2:15:48	06:50
52	451	Correia, Silvério	2Speed	TM40	14	2:16:35	2:16:01	06:50
53	577	Bravo, Rui		TM40	15	2:16:37	2:15:58	06:50
54	555	Fontes de Melo, Gonçalo	Run 4 Fun	TM40	16	2:16:47	2:16:10	06:50
55	517	Simões, Carlos	Troc'ó passo	TM50	3	2:17:32	15:10	06:53
56	619	Rapaz, Albano		TM40	17	2:18:00	2:17:22	06:54
57	565	Costa, Luis		TM40	18	2:18:03	2:17:26	06:54
58	484	Silva, Sérgio	Amigos 4 Run	TSEN M	34	2:18:19	2:17:43	06:55
59	546	Mariani, Davide	GDU Azoia	TSEN M	35	2:18:35	2:18:03	06:56
60	488	Reis, Pedro	Amigos 4 Run	TSEN M	36	2:18:36	2:17:52	06:56
61	604	Massaroca, Sérgio	Ass. Acad. Alcochete	TSEN M	37	2:19:03	2:18:22	06:57
62	442	Soares, Paulo	Casa Tintas - De Paulo Soares	TM40	19	2:19:37	2:18:40	06:59
63	590	Dias, Ruben	Gesinserde	TSEN M	38	2:20:00	2:19:17	07:00
64	444	Martins, Filipe Renato	PROAVENTURAS	TM40	20	2:21:23	2:20:44	07:04
65	518	Martins, Tiago		TSEN M	39	2:21:32	2:20:50	07:05
66	563	Penedo, Paula	Rail Runners	TSEN F	4	2:21:33	2:20:54	07:05
67	455	Germano, João		TM40	21	2:22:55	2:22:10	07:09
68	462	Atalaia, Jorge	Grupo Desportivo Banco BPI	TSEN M	40	2:23:10	2:22:28	07:09
69	478	Calheiros, Luis Miguel	Sporting	TSEN M	41	2:23:14	2:22:33	07:10
70	550	Simões, João	Xtrilhos Loja de Bicicletas	TSEN M	42	2:23:15	2:22:29	07:10
71	591	Santos, Carlos	Gesinserde	TM50	4	2:23:25	2:22:40	07:10
72	445	Matos, Paula	AC Portalegre/UTSM	TF40	1	2:23:32	2:22:58	07:11
73	617	Machado, Gonçalo	VdAtletas	TSEN M	43	2:23:36	2:23:00	07:11
74	613	Machado, Miguel		TM40	22	2:23:48	2:23:15	07:11
75	516	Sá, Antonieta de	CCD o Alvitejo	TF40	2	2:24:25	2:23:52	07:13
76	447	Parente, Inês		TSEN F	5	2:25:32	2:25:03	07:17
77	469	Cavaco, José	Sportzone	TM50	5	2:25:33	2:25:04	07:17
78	596	Gonçalves, Hugo	Magis Runner Team	TSEN M	44	2:26:00	2:25:15	07:18
79	426	Gil da Costa, João		TM50	6	2:26:25	2:25:46	07:19
80	532	Oliveira, Bruno	SS CGD	TSEN M	45	2:26:47	2:26:09	07:20
81	427	Marinho, Carmo	Associação Recreativa Vale D'Água	TF40	3	2:26:49	2:26:05	07:20
82	472	Conceição, Luis Filipe	CM Sesimbra	TSEN M	46	2:26:54	2:26:54	07:21
83	597	Colaço, Romeu	Ass. Acad. Alcochete	TSEN M	47	2:27:00	2:26:19	07:21
84	425	Palma, Hugo	vaimaislonge.net	TSEN M	48	2:27:21	2:26:45	07:22
85	480	de Sá, Filipa	ThunderRunners	TSEN F	6	2:27:21	2:26:50	07:22
86	485	Paixão, Paulo	Amigos 4 Run	TSEN M	49	2:27:48	2:27:12	07:23
87	498	Costa, João Pedro	ADCR Polícia Judiciária	TM40	23	2:27:55	2:27:14	07:24
88	402	Marques, Carlos Alberto	Trilhos e Corridas de Tercena	TM50	7	2:27:59	2:27:25	07:24
89	520	Ribeiro, Eduardo		TSEN M	50	2:28:01	2:27:11	07:24
90	421	Guerra, Carlos	GP Runners	TM40	24	2:28:45	2:27:56	07:26
91	585	Carloto, Carla	AC Portalegre/UTSM	TSEN F	7	2:29:00	2:28:25	07:27
92	524	Henriques, Rui	CilNet	TSEN M	51	2:29:02	2:28:22	07:27
93	519	Lopes, Abel	Herbatuga Team	TSEN M	52	2:29:40	2:28:55	07:29
94	464	Conchinha, Maria da Luz	Club do Stress	TF50	1	2:29:53	2:29:11	07:30
95	433	Costa, Carlos Benjamim	MILLENNIUMBCP	TM40	25	2:30:13	2:29:30	07:31
96	418	Almeida, Orlando	GP Runners	TSEN M	53	2:30:36	2:29:52	07:32
97	529	Melo, José Carlos	Run 4 Fun	TM50	8	2:31:10	2:30:32	07:33
98	616	Chibeles, Luis	Cilnet	TSEN M	54	2:31:22	2:30:39	07:34

99 491	Santos, João	PROAVENTURAS	TSEN M	55	2:31:34	2:30:58	07:35
100 621	Couto, Jaime		TSEN M	56	2:32:29	2:31:50	07:37
101 571	Alves, Hugo		TSEN M	57	2:32:37	2:32:37	07:38
102 552	Velez, Almerinda	Os Trinca Espinhas	TF40	4	2:32:49	2:32:16	07:38
103 551	Velez, José Manuel	Os Trinca Espinhas	TM50	9	2:32:49	2:32:13	07:38
104 36	Pinto, Bruno Ribeiro	Jarbs	TSEN M	58	2:33:17	2:32:36	07:40
105 443	Mota Martinho, Bruno	Grémio Atlético de Lisboa	TSEN M	59	2:34:35	2:33:53	07:44
106 533	Costa, Pedro Torrinha	SS CGD	TSEN M	60	2:35:18	2:34:28	07:46
107 497	Faria, Mafalda	Clube Grupo BES	TSEN F	8	2:35:44	2:34:57	07:47
108 578	Brito, Pedro	PDI	TSEN M	61	2:36:22	2:35:35	07:49
109 476	Pacheco, Anabela		TSEN F	9	2:37:26	2:36:44	07:52
110 479	Barreiros, Nelson	vaimaislonge.net	TM40	26	2:37:27	2:36:39	07:52
111 538	Marques, Luís Prazeres		TM40	27	2:37:29	2:37:29	07:52
112 548	Guerreiro, Eunice	GDU Azoia	TSEN F	10	2:38:07	2:37:31	07:54
113 547	Manta, José	GDU Azoia	TM40	28	2:38:08	2:37:31	07:54
114 603	Ramos, Luis	Tesouros	TSEN M	62	2:39:11	2:38:24	07:58
115 430	Caetano, Paulo Jorge	MILLENNIUMBCP	TM40	29	2:40:20	2:39:32	08:01
116 434	Pereira, Paulo Jorge	MILLENNIUMBCP	TSEN M	63	2:41:28	2:40:44	08:04
117 435	Nunes, Vasco Manuel	MILLENNIUMBCP	TM40	30	2:41:29	2:40:45	08:04
118 515	Farto, Sofia	PROAVENTURAS	TSEN F	11	2:42:09	2:41:32	08:06
119 595	Ramos, Paulo	PROAVENTURAS	TM40	31	2:42:12	2:41:34	08:07
120 573	Simões, Pedro David		TM40	32	2:43:25	2:42:37	08:10
121 465	Conchinha, José Maria	Club do Stress	TM60	1	2:44:33	2:43:55	08:14
122 569	Silva, Andre	Road Runners	TSEN M	64	2:44:34	2:43:51	08:14
123 441	Afonso, Rosa	Casa Tintas - De Paulo Soares	TF40	5	2:44:51	2:44:04	08:15
124 574	Trigo, Paulo	SpeedRus	TSEN M	65	2:45:00	2:44:10	08:15
125 562	Soares, Jorge	MILLENNIUMBCP	TM40	33	2:45:39	2:44:47	08:17
126 473	Gomes, José Manuel	CM Sesimbra	TSEN M	66	2:45:58	2:45:10	08:18
127 610	Costa, Filipe	Unidos da Castilho	TSEN M	67	2:46:09	2:45:26	08:18
128 470	Mafra, João Silva	CM Sesimbra	TM40	34	2:46:45	2:45:57	08:20
129 411	Dias, Mário	PDI	TSEN M	68	2:46:46	2:45:51	08:20
130 450	Maia, Liliana		TF40	6	2:46:52	2:46:17	08:21
131 449	Vale, António		TM40	35	2:46:54	2:46:15	08:21
132 471	Santos, Inês	CM Sesimbra	TSEN F	12	2:47:05	2:46:13	08:21
133 505	Reis, Ana Luis	Açaí	TSEN F	13	2:47:19	2:46:22	08:22
134 504	Costa, João		TSEN M	69	2:47:20	2:46:24	08:22
135 602	Marques, Patrícia	O Mundo da Corrida	TSEN F	14	2:47:54	2:47:14	08:24
136 609	Afonso, João	Unidos da Castilho	TSEN M	70	2:48:24	2:47:43	08:25
137 424	Nunes, Mafalda	SpeedRus	TF40	7	2:49:11	2:48:29	08:28
138 587	Barros, Helena	No Tomorrow Running Team	TSEN M	71	2:49:12	2:48:16	08:28
139 540	Moreira, Mafalda	AC Portalegre/UTSM	TSEN F	15	2:49:30	2:48:44	08:28
140 559	Reis, Nuno		TSEN M	72	2:49:44	2:49:11	08:29
141 579	Francisco, Maria José		TF50	2	2:50:28	2:49:34	08:31
142 460	Silva, João		TSEN M	73	2:50:29	2:50:29	08:31
143 588	Monteiro, Rui Leão	Monti	TM40	36	2:51:49	2:51:07	08:35
144 436	Silva, Rosa Lúdia		TF40	8	2:52:13	2:51:17	08:37
145 412	Araújo, Michael	PDI	TSEN M	74	2:52:40	2:51:50	08:38
146 564	Fernandes, João Leal		TSEN M	75	2:52:42	2:51:42	08:38
147 615	Luis, Elsa		TF40	9	2:52:42	2:51:57	08:38
148 599	Lemos, Inês	Road Runners	TSEN F	16	2:53:48	2:53:00	08:41
149 593	Vidal, Carlos	Gesinserde	TM40	37	2:54:26	2:53:44	08:43
150 415	Saturnino, Nelson	GP Runners	TSEN M	76	2:55:38	2:55:38	08:47
151 407	Cachinho, Marco Paulo	Trilhos e Corridas de Tercena	TSEN M	77	2:55:42	2:55:06	08:47
152 438	Gomes, José Carlos		TM50	10	2:56:07	2:55:24	08:48
153 429	Seixas, António Manuel	MILLENNIUMBCP	TM40	38	2:56:14	2:56:14	08:49
154 423	Peneda, João Maria		TM40	39	2:57:44	2:57:07	08:53

155 528	Vinagre, Bruno	Xtrilhos Loja de Bicicletas	TSEN M	78	2:57:49	2:57:00	08:53
156 534	Jorge, Ramiro Gameiro	SS CGD	TM50	11	2:58:19	2:57:32	08:55
157 437	Silva, Deolinda		TF50	3	2:58:45	2:57:56	08:56
158 514	Thomas, Iona	PROAVENTURAS	TF40	10	2:58:47	2:58:12	08:56
159 536	Pimenta, Rita	SS CGD	TSEN F	17	2:58:50	2:58:50	08:56
160 620	Rodrigues, Maria Isabel	Imparaveis	TF50	4	2:58:55	2:58:20	08:57
161 527	Sousa, Marina	Scalabis Night Runners	TF40	11	2:59:20	2:58:25	08:58
162 543	Silva, João	Os Foguetes	TM40	40	3:04:21	3:03:35	09:13
163 618	Emilio, Margarida		TF40	12	3:07:41	3:07:12	09:23
164 545	Baptista, Ana	Trinca Espinhas	TSEN F	18	3:07:42	3:07:03	09:23
165 477	Rodrigues, Tiago		TSEN M	79	3:09:45	3:08:58	09:29
166 611	Gonçalves, Rute	4aokm	TSEN F	19	3:10:25	3:09:37	09:31
167 508	Ornelas, André	Correr por Nós	TSEN M	80	3:10:38	3:09:51	09:32
168 535	Mateus, Ricardo	SS CGD	TSEN M	81	3:10:41	3:10:00	09:32
169 481	Tomaz, Joel	JRR-Desporto	TSEN M	82	3:10:41	3:09:58	09:32
170 557	Raposo, Mayer	AA Lebres do Sado	TM60	2	3:10:47	3:10:03	09:32
171 495	Cravo, João		TSEN M	83	3:11:13	3:10:25	09:34
172 525	Boavida, Filipa		TSEN F	20	3:13:21	3:12:43	09:40
173 582	Heyer, Michael	NATO	TSEN M	84	3:14:02	3:13:15	09:42
174 62	Videira, Manuel João	Loucos Trail Running	TM40	41	3:15:10	3:14:34	09:46
175 544	Matias, Sofia	Os Trinca Espinhas	TSEN F	21	3:17:00	3:16:23	09:51
176 439	Góis, Luis	O Mundo da Corrida	TM50	12	3:17:02	3:16:12	09:51
177 401	Bossa, Cristina	O Mundo da Corrida	TSEN F	22	3:17:02	3:16:04	09:51
178 584	Monteiro, Mariana	CUP Team	TSEN F	23	3:30:13	3:30:13	10:31
179 537	Manuel, Elisete	Caracóis de Corrida	TSEN F	24	3:32:52	3:32:07	10:39
180 583	Silva, Iva	CUP Team	TSEN F	25	3:35:05	3:35:05	10:45
181 612	Freitas, Alexandra	Team Açai	TSEN F	26	3:35:46	3:34:53	10:47
182 566	Duarte, Rui		TSEN M	85	3:35:47	3:34:55	10:47
183 461	Silva, Victor		TM40	42	3:42:39	3:42:39	11:08
184 459	Silva, Palmira		TF40	13	3:42:39	3:42:39	11:08
185 512	Baião, Claudia	PROAVENTURAS	TSEN F	27	4:02:10	4:01:26	12:07
186 493	Safara, Maria	PROAVENTURAS	TSEN F	28	4:02:11	4:01:27	12:07
187 608	Peixe, André		TSEN M	86	4:12:52	4:12:01	12:39
188 605	Seara, Ricardo		TM40	43	4:12:52	4:12:01	12:39
189 581	Guedes, José		TSEN M	87	4:13:25	4:12:45	12:40
190 580	Guerra, Cátia		TSEN F	29	4:13:25	4:12:44	12:40
191 600	Boavida, António Manuel		TM50	13	4:38:51	4:38:08	13:57

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14 Abril 2013

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CLASSIFICAÇÃO GERAL

Ultra-Trail

Pos.	Dor.	Nome	Clube	Escalão	Posição	Tempo oficial	Tempo chip	T/Km.
1	65	Cordeiro, Vítor	AC Portalegre/UTSM	M40	1	4:21:49	4:21:19	05:14
2	163	Mota, Luís	CA Ferreira do Zêzere	M40	2	4:25:45	4:25:11	05:19
3	267	Silva, Nuno	Desnível Positivo/SPORTZONE	SEN M	1	4:27:43	4:27:04	05:21
4	32	Veloso, Telmo	Porto Runners	SEN M	2	4:33:13	4:32:37	05:28
5	261	Seixo, Rui	A.M.I.R.	SEN M	3	4:49:17	4:48:51	05:47
6	230	Giannuzzi, Simon		M40	3	4:49:29	4:49:02	05:47
7	90	Rodrigues, Pedro	ARSM - Associação Recreativa de S. Miç	SEN M	4	4:56:59	4:56:59	05:56
8	101	Marques, José	Clube de Praças da Armada	SEN M	5	5:03:48	5:03:16	06:05
9	103	Fernandes, Luis	Clube de Praças da Armada	SEN M	6	5:05:39	5:05:06	06:07
10	128	Colaço, João	NEL - Pédatleta	SEN M	7	5:05:59	5:05:33	06:07
11	274	Velez, Renato	PROAVENTURAS	M40	4	5:10:47	5:10:22	06:13
12	194	Santos, Pedro Turtles	Rail Runners	SEN M	8	5:13:29	5:13:01	06:16
13	81	Monteiro, Mark		M40	5	5:17:54	5:17:27	06:21
14	53	Vasconcelos, Nuno	ThunderRunners	SEN M	9	5:18:23	5:17:56	06:22
15	265	Faustino, Joao Hora	Outside Dream	SEN M	10	5:22:16	5:21:45	06:27
16	262	Ferreira, Luís	Run 4 Fun	M40	6	5:22:25	5:21:48	06:27
17	160	Trindade, Luís	H2H Club Better Living	SEN M	11	5:25:00	5:24:30	06:30
18	1	Diez, Ricardo	O Mundo da Corrida	M40	7	5:25:52	5:25:26	06:31
19	216	Hora, Guilherme		SEN M	12	5:28:57	5:28:31	06:35
20	79	Bernardino, Fernando		SEN M	13	5:28:57	5:28:29	06:35
21	115	Coelho, Rui		SEN M	14	5:32:16	5:31:43	06:39
22	27	Simoès, Emanuel	Loucos & Furiosos	SEN M	15	5:32:35	5:31:56	06:39
23	33	Simoès, Susana	Porto Runners	F40	1	5:36:29	5:35:59	06:44
24	248	Macedo, Mark	Porto Runners	SEN M	16	5:38:04	5:37:38	06:46
25	106	Capela, José	Taipas Trail Team	M50	1	5:38:18	5:37:49	06:46
26	77	Ponte, Cristina		F40	2	5:38:39	5:38:39	06:46
27	26	Campos, Rui Pedro	Garmin Olímpico de Oeiras	M50	2	5:40:52	5:40:27	06:49
28	281	Suárez, Miguel	Família Suárez	SEN M	17	5:41:27	5:40:48	06:50
29	164	Soares, António	CD Asas do Milenium	M40	8	5:41:49	5:41:12	06:50
30	245	Lopes, Vasco		SEN M	18	5:41:53	5:41:16	06:50
31	129	Pardal, Antonio		M40	9	5:42:54	5:42:29	06:51
32	218	Serrano, José	Monsanto Team Running	M40	10	5:43:20	5:42:50	06:52
33	72	Simões, José	O Mundo da Corrida	M50	3	5:43:39	5:42:53	06:52
34	94	Correia, Paulo Alexandre	Scalabis Night Runners	M40	11	5:45:27	5:44:51	06:55
35	147	Pereira, Sergio	PROAVENTURAS	SEN M	19	5:48:12	5:47:47	06:58
36	102	Gonçalves, Paulo	Clube de Praças da Armada	SEN M	20	5:49:57	5:49:31	07:00
37	263	Paraulo, Paulo	Brasil	SEN M	21	5:50:04	5:49:20	07:00
38	92	Serrazina, Jorge	CAOB	M50	4	5:50:24	5:49:56	07:00
39	168	Branquinho, Guilherme		M40	12	5:50:25	5:49:53	07:01
40	100	Henriques, Carmem	Clube de Praças da Armada	SEN F	1	5:52:44	5:52:16	07:03
41	187	Ginja, João	Cacem Trail/Macedo Oculista	M40	13	5:52:44	5:52:19	07:03
42	137	Abílio, Nuno	AM Casal de Figueiras	SEN M	22	5:53:26	5:52:58	07:04
43	260	Rodrigues, Joao Carlos	Particular	M40	14	5:55:07	5:54:33	07:06
44	18	Patrício, Paulo		SEN M	23	5:55:20	5:54:52	07:06
45	252	Costa, Paulo Alexandre	SABSEG	M40	15	5:57:46	5:57:15	07:09
46	264	David, Nilton		SEN M	24	5:58:20	5:57:35	07:10
47	192	Morgado, Luis	Scalabis Night Runners	M40	16	5:58:41	5:58:05	07:10
48	99	Bonito, Manuel	Clube de Praças da Armada	M40	17	5:58:43	5:58:16	07:10
49	140	Silva, José Marçal	CLAC Entroncamento	M50	5	5:58:46	5:58:04	07:11
50	96	J.O.Gomes, Paulo	Grandes Rotas Coimbra	M40	18	6:00:57	6:00:21	07:13

51	172	Aranha, Rui		M40	19	6:01:53	6:01:26	07:14
52	250	Pires, Carlos		SEN M	25	6:04:51	6:04:19	07:18
53	145	Nuno, Livio	PROAVENTURAS	SEN M	26	6:07:44	6:07:18	07:21
54	171	Saraiva, Miguel	CA Barreira	M40	20	6:08:50	6:08:24	07:23
55	207	Avelãs, Tiago		SEN M	27	6:09:37	6:08:45	07:24
56	113	Diogo, Nelson		SEN M	28	6:13:59	6:13:30	07:29
57	22	Graça, João	Núcleo de Montanha de Espinho	SEN M	29	6:14:13	6:13:43	07:29
58	217	Teixeira, Angelo Miguel		SEN M	30	6:15:16	6:14:36	07:30
59	118	Quaresma, Paulo	C.A. Amigos Parque da Paz	SEN M	31	6:15:19	6:14:40	07:30
60	268	Pereira, Miguel	Rail Runners	SEN M	32	6:16:16	6:15:39	07:32
61	213	Figueira, Pedro	AC Portalegre/UTSM	SEN M	33	6:16:55	6:16:19	07:32
62	215	Rodrigues, Victor	Ass. 20 kms de Almeirim	M40	21	6:16:56	6:16:18	07:32
63	236	Guerreiro, António	2 + 1	M60	1	6:19:08	6:18:28	07:35
64	190	Mimoso, Jorge		M40	22	6:19:09	6:18:31	07:35
65	51	Melo, Hélder	AC Portalegre/UTSM	SEN M	34	6:19:27	6:18:48	07:35
66	67	Lamego, Jaime	Xtreme Level	M50	6	6:21:46	6:21:12	07:38
67	68	Xhervelle, Chantal	AM Casal de Figueiras	F40	3	6:21:50	6:21:16	07:38
68	214	Picão, Paulo	CUP Team	SEN M	35	6:23:34	6:23:03	07:40
69	161	Cooper, Peter	Clube Atletismo Amigos de Belém - C.A.	M40	23	6:24:16	6:23:38	07:41
70	25	Woodbery, David		M40	24	6:25:48	6:25:23	07:43
71	162	Barata, Aires Miguel	Clube Grupo BES	SEN M	36	6:26:18	6:25:43	07:44
72	111	Tita, Bruno	Monte Figo team	SEN M	37	6:27:08	6:26:35	07:45
73	219	Sousa, Luís	AA Lebres do Sado	SEN M	38	6:28:17	6:27:42	07:46
74	34	Valente, Didier	Monsanto Team Running	M40	25	6:30:01	6:29:35	07:48
75	105	Azevedo, Ernestino		M40	26	6:31:37	6:30:48	07:50
76	249	Conceição, Júlia	Porto Runners	F40	4	6:31:54	6:31:26	07:50
77	14	Santos, Mário		M40	27	6:35:01	6:34:10	07:54
78	155	Neves, Sérgio	Javalijavenho	SEN M	39	6:36:00	6:35:22	07:55
79	266	David, Burt		M40	28	6:36:45	6:36:01	07:56
80	59	Iria, Bruno		SEN M	40	6:36:58	6:36:58	07:56
81	154	Brás, Rui	Clube Grupo BES	M40	29	6:37:09	6:36:32	07:57
82	150	Gama, Rui	Clube Grupo BES	M40	30	6:37:09	6:36:33	07:57
83	146	Martins, Luis	PROAVENTURAS	SEN M	41	6:38:11	6:37:45	07:58
84	110	Carocinho, Manuel		M40	31	6:38:23	6:37:37	07:58
85	127	Correia, Luciano		M40	32	6:38:28	6:37:58	07:58
86	169	dos Santos, José Diogo	AC Portalegre/UTSM	SEN M	42	6:38:53	6:38:15	07:59
87	8	Mota, João	O Mundo da Corrida	M40	33	6:40:28	6:39:54	08:01
88	121	Formiga, Cirilo	CD Asas do Milenium	M50	7	6:40:58	6:40:10	08:01
89	188	Pereira, José Carlos	Ginásio Academia do Korpo	SEN M	43	6:43:23	6:42:50	08:04
90	222	Pires, Pedro	AA Lebres do Sado	M40	34	6:47:36	6:47:03	08:09
91	204	Pires, Paulo	SS CGD	M40	35	6:48:14	6:47:34	08:10
92	176	Loureiro, Miguel	Amigos 4 Run	SEN M	44	6:48:23	6:47:50	08:10
93	175	Viegas, João	Amigos 4 Run	SEN M	45	6:48:23	6:47:50	08:10
94	133	Cantiga, Alexandre	Amigos 4 Run	SEN M	46	6:48:24	6:47:51	08:10
95	166	Marçal, Luís		SEN M	47	6:48:39	6:47:52	08:10
96	196	Constante, João Mário	Grandes Rotas Coimbra	SEN M	48	6:49:12	6:48:34	08:11
97	209	Rodrigues, Sandro		SEN M	49	6:49:23	6:48:48	08:11
98	152	Santos, David Manuel	UDCA -À dos Loucos	M50	8	6:49:50	6:49:08	08:12
99	136	Nunes, Luis Gonzaga	CAOB	M50	9	6:50:45	6:49:56	08:13
100	139	Machado, Acacio	CLAC Entroncamento	M40	36	6:51:00	6:50:14	08:13
101	57	Silva, Fernando	C.R. Alturense	M40	37	6:51:27	6:50:43	08:14
102	165	Nereu, António	CD Asas do Milenium	M50	10	6:52:36	6:51:59	08:15
103	80	Coragem, Vitorino	O Mundo da Corrida	M60	2	6:52:47	6:52:16	08:15
104	193	Fernandes, Joaquim	AA Lebres do Sado	M50	11	6:52:47	6:52:04	08:15
105	63	Duarte, Luis	O Mundo da Corrida	M40	38	6:53:02	6:52:27	08:16
106	93	Silva, Jorge Manuel		M40	39	6:53:06	6:52:26	08:16
107	275	Afonso, Raquel	MILLENNIUMBCP	SEN F	2	6:53:18	6:52:37	08:16
108	184	Monteiro, Joaquim	AA Mafra	M40	40	6:53:42	6:53:00	08:16
109	83	Santos, Paula	Os Tugas	F40	5	6:56:58	6:56:29	08:20
110	191	Meneses, Mário	Porto Runners	M50	12	6:59:17	6:58:32	08:23
111	98	Figueiredo, Pedro	Javalijavenho	SEN M	50	7:00:41	7:00:04	08:25
112	141	Salgueiro, Mário	CLAC Entroncamento	SEN M	51	7:00:43	7:00:04	08:25
113	28	Carola, Pedro		SEN M	52	7:01:32	7:00:41	08:26

114 2	Santos, Gustavo	O Mundo da Corrida	SEN M	53	7:01:50	7:01:19	08:26
115 87	Figueiredo, João		M40	41	7:02:10	7:01:38	08:27
116 197	Frade, Paulo	Zatopeques	M40	42	7:03:35	7:02:53	08:28
117 9	Batista, Pedro		SEN M	54	7:03:38	7:03:08	08:28
118 88	Morais, Fernando	O Mundo da Corrida	M50	13	7:05:04	7:04:20	08:30
119 107	Pinto, Rui	Acorrerportodolado	SEN M	55	7:05:20	7:04:30	08:30
120 251	André, Edmundo		SEN M	56	7:05:45	7:05:12	08:31
121 13	Pinto, João Eduardo		M40	43	7:06:06	7:05:36	08:31
122 56	Moreira de Campos, Migue	Clube do Stress	SEN M	57	7:07:36	7:06:50	08:33
123 55	Cabeleira, João	Clube do Stress	SEN M	58	7:07:36	7:06:49	08:33
124 179	Simões, Joel	Casa Do Benfica de Abrantes	SEN M	59	7:08:17	7:07:37	08:34
125 42	Cruz, Miguel António	MILLENNIUMBCP	M40	44	7:10:50	7:10:21	08:37
126 44	Farinha, José Luis	MILLENNIUMBCP	SEN M	60	7:10:50	7:10:23	08:37
127 17	Sanguino, Pedro	Clube Grupo BES	SEN M	61	7:11:20	7:10:41	08:38
128 64	Carinhas, Sérgio	AC Portalegre/UTSM	M40	45	7:11:24	7:10:47	08:38
129 35	Pinto, Luis	AC Portalegre/UTSM	M40	46	7:11:24	7:10:47	08:38
130 221	Paredes, Paulo	AA Lebres do Sado	SEN M	62	7:11:48	7:11:15	08:38
131 254	Oliveira, André		SEN M	63	7:13:35	7:12:58	08:40
132 205	Martins, Rui	SS CGD	SEN M	64	7:17:27	7:16:39	08:45
133 180	Vargues, Deni Maceira	Sport Club Benafim	SEN M	65	7:19:13	7:18:23	08:47
134 170	Damas, Vitório	Correr por Nós	SEN M	66	7:19:31	7:18:58	08:47
135 208	Faustino, Pedro		SEN M	67	7:19:32	7:19:00	08:47
136 223	Guerreiro, Cristina	AA Lebres do Sado	SEN F	3	7:19:41	7:19:06	08:48
137 178	Freire, João		M40	47	7:19:48	7:19:11	08:48
138 37	Monteiro, Rui	AC Portalegre/UTSM	M40	48	7:21:52	7:21:19	08:50
139 276	Nunes, Francisco	O Mundo da Corrida	M40	49	7:21:58	7:21:27	08:50
140 283	Neto, António		M40	50	7:26:19	7:25:30	08:56
141 278	Coelho, Ricardo	SS CGD	M40	51	7:27:15	7:26:21	08:57
142 279	Madeira, Luis	SS CGD	M40	52	7:27:16	7:26:25	08:57
143 258	Cumbre, Antonio	Pernas de Gafanhoto	SEN M	68	7:30:21	7:29:36	09:00
144 186	Queirós, João Paulo	NEL - Pédatleta	M40	53	7:30:55	7:30:05	09:01
145 85	Gonçalves, António	Os Tugas	M50	14	7:36:42	7:36:07	09:08
146 159	Santos, Jorge		SEN M	69	7:37:03	7:36:16	09:08
147 182	Pinto, Telmo Filipe		SEN M	70	7:37:20	7:36:42	09:09
148 246	Courinha, Bruno		SEN M	71	7:37:22	7:36:47	09:09
149 38	Pereira, Manuel Pedro	MILLENNIUMBCP	M50	15	7:38:30	7:38:00	09:10
150 198	Oliveira, Oscar	Zatopeques	M40	54	7:39:00	7:38:18	09:11
151 21	Lopes, Antonio		M40	55	7:39:18	7:38:48	09:11
152 23	Cardoso, Moisés		SEN M	72	7:39:39	7:38:48	09:12
153 135	Santos, José Luís	C.A. Amigos Parque da Paz	M40	56	7:40:04	7:39:22	09:12
154 134	Rosa, João	Amigos 4 Run	SEN M	73	7:40:13	7:39:41	09:12
155 157	Lameira, António	C.A. Amigos Parque da Paz	M50	16	7:40:14	7:39:34	09:12
156 109	Vieira, Aníbal		M40	57	7:40:24	7:39:43	09:12
157 20	Silva, Floriano	Associação Daniel Caldeira	SEN M	74	7:44:44	7:44:01	09:18
158 78	Silva, Pedro	ACR Zona Azul	SEN M	75	7:47:02	7:46:17	09:20
159 126	Lindinho, Nelson		M40	58	7:49:37	7:49:05	09:24
160 60	Robalo, Nuno		SEN M	76	7:49:38	7:49:38	09:24
161 45	Calmeiro, Jorge Manuel	MILLENNIUMBCP	M40	59	7:49:54	7:49:24	09:24
162 39	Baptista, Helder	MILLENNIUMBCP	M40	60	7:49:58	7:49:26	09:24
163 195	Gonçalves, Daniel		SEN M	77	7:50:22	7:49:46	09:24
164 156	Conceição, Reinaldo		M40	61	7:50:22	7:49:47	09:24
165 185	Mata, João		SEN M	78	7:50:55	7:50:55	09:25
166 280	José Costa, Nuno	SS CGD	M40	62	7:50:58	7:50:05	09:25
167 199	Furtado, Álvaro	SS CGD	M50	17	7:50:59	7:50:07	09:25
168 229	Quina, Pedro		M40	63	7:51:40	7:50:59	09:26
169 125	Bernardo, Pedro	Quarteira Night Runners	SEN M	79	7:52:09	7:51:23	09:27
170 131	Lobato, João	Road Runners	SEN M	80	7:52:12	7:51:36	09:27
171 74	Ferreira, Artur	CD Asas do Milénium	SEN M	81	7:54:09	7:53:40	09:29
172 71	Montes, Sérgio	NAZA	SEN M	82	7:54:09	7:53:42	09:29
173 117	Beato, Carlos	Linda a Pastora Sporting Club	M40	64	7:55:26	7:54:51	09:31
174 257	San-Payo, Miguel	Run 4 Fun	M50	18	7:57:16	7:56:32	09:33
175 149	Esteves, Jorge	Run 4 Fun	M40	65	7:57:29	7:56:46	09:33
176 231	Arraias, Ricardo	HAND2HAND	M40	66	7:59:07	7:58:26	09:35

177	237	Simão, Diogo	LV Team	SEN M	83	7:59:51	7:59:24	09:36
178	233	Pedras, Rui		M50	19	7:59:54	7:59:05	09:36
179	148	Guerreiro, André		SEN M	84	8:00:24	7:59:46	09:36
180	158	Vieira, Rúben	Centro Desportivo Quarteira	SEN M	85	8:00:38	8:00:03	09:37
181	6	Madeira, Antonio		M50	20	8:01:29	8:00:45	09:38
182	244	Azenha, Célia	AA Lebres do Sado	F40	6	8:02:09	8:01:41	09:39
183	138	Leal, Otilia	CLAC Entroncamento	F40	7	8:02:10	8:01:30	09:39
184	76	Rocha, Carlos		M40	67	8:02:11	8:01:23	09:39
185	69	Burquette, Pedro	Açoreana Clube Banif	SEN M	86	8:03:19	8:02:32	09:40
186	153	Gonçalves, Luís Manuel	UDCA -À dos Loucos	SEN M	87	8:03:42	8:03:01	09:40
187	151	Pereira, José António	UDCA -À dos Loucos	M50	21	8:03:42	8:03:01	09:40
188	19	Rodrigues, Andrey	Força Vegana	SEN M	88	8:09:02	8:08:14	09:47
189	82	Roldão, Graça	Os Tugas	F40	8	8:10:40	8:10:08	09:49
190	167	Firmino, Nuno	Gymrunners	SEN M	89	8:11:03	8:10:24	09:49
191	84	Gonçalves, Fátima	Os Tugas	F40	9	8:16:38	8:16:08	09:56
192	116	Trindade, Teodoro	Run 4 Fun	M50	22	8:18:19	8:17:35	09:58
193	273	Afonso, Bruno		SEN M	90	8:20:06	8:19:05	10:00
194	277	Leal, Marcos	CUP Team	SEN M	91	8:20:06	8:19:05	10:00
195	49	Correia, Jorge		SEN M	92	8:22:00	8:21:31	10:02
196	247	Inácio, Filipe		SEN M	93	8:22:03	8:21:12	10:02
197	142	Abrantes, Pedro		M40	68	8:22:39	8:22:00	10:03
198	220	Santos, Luís Miguel	AA Lebres do Sado	M40	69	8:30:01	8:29:18	10:12
199	210	Santos, Susana	Portugal Running	SEN F	4	8:30:06	8:29:23	10:12
200	200	Noronha, André	SS CGD	M40	70	8:31:18	8:30:23	10:14
201	5	Martins, João	O Mundo da Corrida	M40	71	8:31:23	8:30:44	10:14
202	206	Rosa, Severino	SS CGD	M50	23	8:31:33	8:30:44	10:14
203	86	Silva, Lurdes	Os Tugas	F40	10	8:32:05	8:31:33	10:14
204	177	Silva, Luis Henrique	Matilha Radical	M40	72	8:32:58	8:32:58	10:16
205	108	Teixeira, Orlando Miguel	Borges 7	M40	73	8:33:05	8:33:05	10:16
206	272	Sequeira, Claudio	ADA Desnivel	SEN M	94	8:34:51	8:34:15	10:18
207	174	Parro, Luis	Garmin Olímpico de Oeiras	M50	24	8:35:17	8:34:29	10:18
208	61	Costa, Daniel Ramos	Loucos Trail Running	M40	74	8:35:18	8:34:49	10:18
209	211	Rodrigues, Miguel		M40	75	8:35:18	8:34:45	10:18
210	123	Freire, Carlos Gouveia	ADCR Polícia Judiciária	M40	76	8:35:18	8:34:44	10:18
211	122	Freitas, Aida	ADCR Polícia Judiciária	F40	11	8:35:19	8:34:46	10:18
212	124	Freitas, David	ADCR Polícia Judiciária	M40	77	8:35:19	8:34:46	10:18
213	114	Oliveira, Jose Manuel	CLAC Entroncamento	M40	78	8:35:27	8:34:45	10:19
214	203	Bailão, Paulo	SS CGD	M40	79	8:36:35	8:35:43	10:20
215	31	Neto, Jorge	O Mundo da Corrida	M40	80	8:37:35	8:36:54	10:21
216	52	Campos, Pedro	ThunderRunners	SEN M	95	8:37:38	8:37:11	10:21
217	242	Silva, Augusto	LV Team	SEN M	96	8:39:41	8:39:13	10:24
218	238	Correia, Manuel	LV Team	M40	81	8:39:42	8:39:17	10:24
219	240	Guerreiro, Luis	LV Team	M40	82	8:39:44	8:39:16	10:24
220	227	Barrocas, Carlos	LV Team	M40	83	8:39:47	8:39:20	10:24
221	234	Cabrita, Paulo	LV Team	M40	84	8:39:49	8:39:21	10:24
222	269	Tomada, Marta	Mar da Barca Lda	SEN F	5	8:43:35	8:42:46	10:28
223	95	Martins, Nuno	Rail Runners	SEN M	97	8:45:29	8:44:53	10:31
224	132	Adelino, Joaquim	Amigos do Vale do Silêncio	M60	3	8:46:50	8:46:50	10:32
225	112	Durão, Hugo Miguel	Altimetria Trail	SEN M	98	8:48:33	8:47:52	10:34
226	189	Pereira, Paulo	BlueChip	M40	85	8:49:44	8:49:09	10:36
227	241	Moro, João	LV Team	M50	25	8:53:10	8:52:41	10:40
228	232	Rio Maior, Fernando	LV Team	M40	86	8:53:11	8:52:41	10:40
229	253	Boleto, Luís	Monsanto Team Running	SEN M	99	8:55:48	8:55:08	10:43
230	255	Silva, Nicolau	Monsanto Team Running	SEN M	100	8:55:50	8:55:12	10:43
231	58	Dionisio, Tiago	Clube do Stress	SEN M	101	8:59:48	8:59:04	10:48
232	54	Faria, Pedro	Clube do Stress	SEN M	102	8:59:48	8:59:48	10:48
233	201	Albano, Carlos	SS CGD	M40	87	8:59:55	8:59:03	10:48
234	224	Hortelão, Bruno	LV Team	SEN M	103	9:05:34	9:05:07	10:55
235	73	Bordalo, José	O Mundo da Corrida	M60	4	9:12:22	9:11:53	11:03
236	12	Soares, Rui	Pernas de Bacalhau	SEN M	104	9:12:46	9:12:00	11:03
237	11	Constantino, Pedro	Pernas de Bacalhau	SEN M	105	9:12:50	9:12:04	11:03
238	270	Ribeiro, Bruno		SEN M	106	9:17:00	9:17:00	11:08
239	15	Ribeiro, Eduardo		M40	88	9:17:01	9:17:01	11:08

240 212	Gonçalves, Carlos Manuel	LEBRES E TARTARUGAS	M50	26	9:18:29	9:18:01	11:10
241 282	Canhão, Luis		M40	89	9:27:47	9:27:03	11:21
242 228	Pissarra, João	LV Team	M50	27	9:27:50	9:27:09	11:21
243 226	Carvalho, Luis	LV Team	SEN M	107	9:27:51	9:27:25	11:21
244 16	Maia, Ricardo	Pernas de Bacalhau	SEN M	108	9:30:16	9:29:28	11:24

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Mundo da Corrida (sistema Cronotec)

associacao.omundodacorrida@gmail.com