

		NOME	EQUIPA	ESCALAO	TEMPO
47	28	NÉLIO ALMEIDA	INDIVIDUAL	SM	0:55:27
48	21	ARTUR LOPES	IND DESP VIEIRENSE	M40	0:55:30
49	22	RUI ANDRADE	GA CARANGUEJEIRA	SM	0:55:42
50	30	NUNO SILVA	INDIVIDUAL	SM	0:55:52
51	23	RICARDO OLIVEIRA	GDR FIGUEIRAS	SM	0:55:54
52	9	RUI PERDIGÃO	CLAC ENTRONCAMENTO	M40	0:55:56
53	24	HUGO MIGUEL	C VET LIS	SM	0:56:01
54	33	PAULO FERNANDES	2AP	SM	0:56:03
55	11	DIAMANTINO LOPES	GA CARANGUEJEIRA	M40	0:56:05
56	12	DAVID MARQUES	CA BARREIRA	M40	0:56:10
57	34	CARLOS LOPES	CRD ARRUDENSE	SM	0:56:35
58	13	VITOR LOPES	C VET LIS	M40	0:56:38
59	14	DANIEL JAULINO	C VET LIS	M40	0:56:43
60	14	MANUEL PIRES	CTT DE COIMBRA	M40	0:56:53
61	15	PAULO SIMÃO	GDR FIGUEIRAS	M40	0:56:54
62	25	RUI DINIS	IND DESP VIEIRENSE	M45	0:56:55
63	8	LUIS SIMÕES	INDIVIDUAL	M45	0:57:02
64	35	PAULO FIGUEIRA	GIRA SOL / RAMOS CATA	SM	0:57:03
65	36	MÁRIO ROSA	ADR AGUAS BELAS	SM	0:57:07
66	26	RUI DUARTE	AC VERMOIL	SM	0:57:19
67	15	JOAQUIM MORAIS	C VET LIS	M50	0:57:25
68	38	JOÃO SILVA	GIRA SOL / RAMOS CATA	SM	0:57:34
69	1	MARINA AGOSTINHO	2AP	SF	0:57:35
70	27	EMANUEL CARDOSO	CA MARINHA GRANDE	SM	0:57:36
71	16	JAIME SANTOS	GA CARANGUEJEIRA	M55	0:57:45
72	6	CARLOS DURO	ADR AGUAS BELAS	M50	0:57:48
73	28	GONÇALO ANDRÉ	GD PEDREIRAS	SM	0:57:52
74	29	DAVID OLIVEIRA	C VET LIS	SM	0:58:07
75	30	PAULINO SOUSA	IND DESP VIEIRENSE	M40	0:58:14
76	7	ANTONIO MOURA	GAF VIDAIS	M50	0:58:19
77	17	JOÃO PROSPERO	CA BARREIRA	M55	0:58:31
78	42	JOAQUIM QUITÉRIO	AC VERMOIL	SM	0:58:31
79	17	PAULO PEREIRA	CTT DE COIMBRA	M40	0:58:31
80	43	FERNANDO HOMEM	ABUTRES RUNNING TEAM	SM	0:58:45
81	9	FRANCISCO MIRA GAIO	AS 20KM ALMEIRIM	M45	0:58:58
82	18	ANTONIO SILVA	ADR AGUAS BELAS	M40	0:59:02
83	31	CARLOS PINTO	IND DESP VIEIRENSE	M40	0:59:06
84	32	ANDRÉ BARBOSA	GA CARANGUEJEIRA	SM	0:59:13
85	33	PEDRO CAPELA	GAU BAJOUCA	SM	0:59:16
86	34	NUNO LORVÃO	IND DESP VIEIRENSE	SM	0:59:19
87	47	OTELO PEREIRA	GAU BAJOUCA	SM	0:59:23
88	20	JORGE DUQUE	MIRANTENSE FC	M40	0:59:27
89	35	GONÇALO LOPES	C VET LIS	SM	0:59:35
90	18	MANUEL FONSECA	GA CARANGUEJEIRA	M55	0:59:38
91	49	PAULO MORENO	GDR FIGUEIRAS	SM	0:59:52
92	21	ANTONIO SANTOS	AC VERMOIL	M40	0:59:55
93	36	MIGUEL GINETO	GD PEDREIRAS	SM	1:00:03
94	4	MANUEL GOMES	ADR AGUAS BELAS	M55	1:00:33
95	51	PEDRO SILVA	GIRA SOL / RAMOS CATA	SM	1:00:42
96	52	ARMANDO CARAPINHA	INDIVIDUAL	SM	1:00:45
97	37	HELDER COSTA	GD PEDREIRAS	SM	1:01:02



CLASSIFICAÇÃO GERAL

15 KM

CL.G.	CL.ESC	NOME	EQUIPA	ESCALÃO	TEMPO
1	1	ARTUR SANTIAGO	CRD ARRUDENSE	SM	0:47:32
2	1	TIAGO MARQUES	AC VERMOIL	SM	0:47:55
3	3	HAMID HAKIM	CASA POVO ALCANENA	SM	0:48:01
4	1	MÁRIO HENRIQUE	AC VERMOIL	M40	0:49:25
5	2	JORGE AIRES	CA BARREIRA	SM	0:49:35
6	2	JORGE CORREIA	CA BARREIRA	M40	0:50:07
7	3	ALEXANDRE MONTEIRO	CRD ARRUDENSE	M40	0:50:32
8	3	SERGIY CHONKA	AC VERMOIL	SM	0:50:44
9	4	CLAUDIO LOUREIRO	AC VERMOIL	SM	0:50:57
10	3	JULIO HENRIQUES	GAF VIDAIS	M45	0:51:07
11	5	MIGUEL MARTINS	AC VERMOIL	SM	0:51:23
12	8	RILDO JUNIOR	CRD ARRUDENSE	SM	0:51:26
13	6	BRUNO GASPAR	2AP	SM	0:51:34
14	7	TIAGO DIAS	JUV VIDIGALENSE	SM	0:51:41
15	8	JORGE ESTEVES	IND DESP VIEIRENSE	SM	0:51:48
16	12	PAULO DURÃES	CRD ARRUDENSE	SM	0:51:54
17	9	CASIMIRO GOMES	CA BARREIRA	SM	0:51:57
18	10	NATANIEL LOPES	JUV VIDIGALENSE	SM	0:52:02
19	11	JOSE FIGUEIRA	IND DESP VIEIRENSE	M40	0:52:10
20	2	JOSÉ AUGUSTO	GDR FIGUEIRAS	M45	0:52:11
21	12	LUIS GOMES	C VET LIS	SM	0:52:16
22	13	LUIS DUARTE	CA BARREIRA	SM	0:52:34
23	14	NUNO VARELA	GD PEDREIRAS	SM	0:52:46
25	4	LUIS SOUSA	AC VERMOIL	M50	0:52:50
26	18	FERNANDO CARVALHO	CTT DE COIMBRA	SM	0:52:52
27	5	ANTONIO SILVINO	CA BARREIRA	M45	0:53:02
28	19	RUI RODRIGUES	CTT DE COIMBRA	SM	0:53:18
29	20	RUI LOPES	CTT DE COIMBRA	SM	0:53:24
30	6	SERGIO FERRINHO	CA BARREIRA	M40	0:53:27
31	15	TIAGO CORDEIRO	GD PEDREIRAS	SM	0:53:39
32	22	MARCO FRANCO	ADR AGUAS BELAS	SM	0:53:39
33	4	FRANCISCO MARQUES	POLICLINICA DE VERMOIL	M45	0:53:41
34	7	AQUILINO FERREIRA	AC VERMOIL	M50	0:54:04
35	16	LICINIO PEREIRA	IND DESP VIEIRENSE	M50	0:54:17
36	23	MARCO MARTINS	GIRA SOL / RAMOS CATA	SM	0:54:30
37	8	ANTONIO FRANCISCO	GA CARANGUEJEIRA	M45	0:54:48
38	6	FERNANDO ANTUNES	S FRUTUOSO	M40	0:54:51
39	9	RUI ROBERTO	GAF VIDAIS	M40	0:54:54
40	6	JOSE EDUARDO GOMES	CLAC ENTRONCAMENTO	M45	0:55:00
41	17	RICARDO HENRIQUES	CA MARINHA GRANDE	SM	0:55:05
42	1	MADALENA CARRIÇO	CLUBE SPORT MARÍTIMO	SF	0:55:11
43	18	SAMUEL LOPES	CA BARREIRA	SM	0:55:11
44	10	ANTONIO POEIRAS	ACR SOUTOS	M50	0:55:12
45	19	PAULO JESUINO	GAF VIDAIS	SM	0:55:14
46	20	JOÃO S DOMINGOS	GD PEDREIRAS	SM	0:55:18

CL.G.	CL.ESC	NOME	EQUIPA	ESCALÃO	TEMPO
47	28	NÉLIO ALMEIDA	INDIVIDUAL	SM	0:55:27
48	21	ARTUR LOPES	IND DESP VIEIRENSE	M40	0:55:30
49	22	RUI ANDRADE	GA CARANGUEJEIRA	SM	0:55:42
50	30	NUNO SILVA	INDIVIDUAL	SM	0:55:52
51	23	RICARDO OLIVEIRA	GDR FIGUEIRAS	SM	0:55:54
52	9	RUI PERDIGÃO	CLAC ENTRONCAMENTO	M40	0:55:56
53	24	HUGO MIGUEL	C VET LIS	SM	0:56:01
54	33	PAULO FERNANDES	2AP	SM	0:56:03
55	11	DIAMANTINO LOPES	GA CARANGUEJEIRA	M40	0:56:05
56	12	DAVID MARQUES	CA BARREIRA	M40	0:56:10
57	34	CARLOS LOPES	CRD ARRUDENSE	SM	0:56:35
58	13	VITOR LOPES	C VET LIS	M40	0:56:38
59	14	DANIEL JAULINO	C VET LIS	M40	0:56:43
60	14	MANUEL PIRES	CTT DE COIMBRA	M40	0:56:53
61	15	PAULO SIMÃO	GDR FIGUEIRAS	M40	0:56:54
62	25	RUI DINIS	IND DESP VIEIRENSE	M45	0:56:55
63	8	LUIS SIMÕES	INDIVIDUAL	M45	0:57:02
64	35	PAULO FIGUEIRA	GIRA SOL / RAMOS CATA	SM	0:57:03
65	36	MÁRIO ROSA	ADR AGUAS BELAS	SM	0:57:07
66	26	RUI DUARTE	AC VERMOIL	SM	0:57:19
67	15	JOAQUIM MORAIS	C VET LIS	M50	0:57:25
68	38	JOÃO SILVA	GIRA SOL / RAMOS CATA	SM	0:57:34
69	1	MARINA AGOSTINHO	2AP	SF	0:57:35
70	27	EMANUEL CARDOSO	CA MARINHA GRANDE	SM	0:57:36
71	16	JAIME SANTOS	GA CARANGUEJEIRA	M55	0:57:45
72	6	CARLOS DURO	ADR AGUAS BELAS	M50	0:57:48
73	28	GONÇALO ANDRÉ	GD PEDREIRAS	SM	0:57:52
74	29	DAVID OLIVEIRA	C VET LIS	SM	0:58:07
75	30	PAULINO SOUSA	IND DESP VIEIRENSE	M40	0:58:14
76	7	ANTONIO MOURA	GAF VIDAIS	M50	0:58:19
77	17	JOÃO PROSPERO	CA BARREIRA	M55	0:58:31
78	42	JOAQUIM QUITÉRIO	AC VERMOIL	SM	0:58:31
79	17	PAULO PEREIRA	CTT DE COIMBRA	M40	0:58:31
80	43	FERNANDO HOMEM	ABUTRES RUNNING TEAM	SM	0:58:45
81	9	FRANCISCO MIRA GAIO	AS 20KM ALMEIRIM	M45	0:58:58
82	18	ANTONIO SILVA	ADR AGUAS BELAS	M40	0:59:02
83	31	CARLOS PINTO	IND DESP VIEIRENSE	M40	0:59:06
84	32	ANDRÉ BARBOSA	GA CARANGUEJEIRA	SM	0:59:13
85	33	PEDRO CAPELA	GAU BAJOUCA	SM	0:59:16
86	34	NUNO LORVÃO	IND DESP VIEIRENSE	SM	0:59:19
87	47	OTELO PEREIRA	GAU BAJOUCA	SM	0:59:23
88	20	JORGE DUQUE	MIRANTENSE FC	M40	0:59:27
89	35	GONÇALO LOPES	C VET LIS	SM	0:59:35
90	18	MANUEL FONSECA	GA CARANGUEJEIRA	M55	0:59:38
91	49	PAULO MORENO	GDR FIGUEIRAS	SM	0:59:52
92	21	ANTONIO SANTOS	AC VERMOIL	M40	0:59:55
93	36	MIGUEL GINETO	GD PEDREIRAS	SM	1:00:03
94	4	MANUEL GOMES	ADR AGUAS BELAS	M55	1:00:33
95	51	PEDRO SILVA	GIRA SOL / RAMOS CATA	SM	1:00:42
96	52	ARMANDO CARAPINHA	INDIVIDUAL	SM	1:00:45
97	37	HELDER COSTA	GD PEDREIRAS	SM	1:01:02

CL.G.	CL.ESC	NOME	EQUIPA	ESCALÃO	TEMPO
98	38	DANIEL BAPTISTA	CA BARREIRA	SM	1:01:06
99	39	RICARDO NEVES	AC VERMOIL	SM	1:01:07
100	8	MÁRIO DUARTE	GDR FIGUEIRAS	M50	1:01:13
101	56	GUSTAVO FONSECA	AC VERMOIL	SM	1:01:15
102	19	ACÁCIO CAMPOS	GAF VIDAIS	M50	1:01:16
103	57	NELSON FERREIRA	AC VERMOIL	SM	1:01:17
104	20	LEANDRO SANTOS	AC VERMOIL	M50	1:01:18
105	21	JOSE MARTINS	CA BARREIRA	M55	1:01:21
106	40	CARLOS JACINTO	ACR SOUTOS	SM	1:01:22
107	10	JOSÉ F SILVA	ADR AGUAS BELAS	M45	1:01:32
108	22	GERMANO CAPELA	CA BARREIRA	M40	1:01:38
109	23	RUI PEREIRA	CA BARREIRA	M50	1:01:42
110	6	LUIS REI	CLAC ENTRONCAMENTO	M55	1:01:53
111	59	PEDRO GABRIEL	AMIGOS PARQUE PAZ	SM	1:01:55
112	24	VITOR PARREIRA	CA BARREIRA	M55	1:02:00
113	25	ANTONIO AGOSTINHO	CA BARREIRA	M55	1:02:02
114	1	JOAQUIM GOMES	CPR A-DO-BARBAS	M60	1:02:10
115	41	ACÁCIO LAVOS	IND DESP VIEIRENSE	M55	1:02:20
116	26	VIRGILIO OLIVEIRA	2AP	M45	1:02:22
117	10	ALBERTO GRAÇA	UNIÃO DE TOMAR	M55	1:02:35
118	42	JOÃO MARCELINO	IND DESP VIEIRENSE	M40	1:02:36
119	43	ALBERTO VINAGRE	IND DESP VIEIRENSE	M45	1:02:51
120	3	INÊS COSTA	POLICLINICA DE VERMOIL	SF	1:02:03
121	27	MANUEL FERNANDES	ACR SOUTOS	M55	1:03:06
122	28	FILIFE CARVALHEIRO	GAU BAJOUCA	M45	1:03:11
123	12	FERNANDO SANTOS	GDR FIGUEIRAS	M50	1:03:24
124	60	SALOMÃO ROCHA	POLICLINICA DE VERMOIL	SM	1:03:28
125	29	MANUEL CARREIRA	C VET LIS	M50	1:03:29
126	61	NUNO DIAS	INDIVIDUAL	SM	1:03:29
127	62	NUNO CALHA	POLICLINICA DE VERMOIL	SM	1:03:32
128	30	LUIS SANTOS	GAF VIDAIS	M50	1:03:33
129	31	FERNANDO JACINTO	ACR SOUTOS	M40	1:03:54
130	32	CARLOS RIBEIRO	C VET LIS	M45	1:03:56
131	33	VITOR ANTUNES	C VET LIS	M55	1:04:05
132	13	VITORINO CORAGEM	ABUTRES RUNNING TEAM	M55	1:04:12
133	25	LUIS ABADE	INDIVIDUAL	M40	1:04:18
134	14	ABREU MOURA	CLAC ENTRONCAMENTO	M55	1:04:41
135	15	JOAQUIM PESSOA	INDIVIDUAL	M50	1:04:41
136	44	DANIEL LOURENÇO	CA BARREIRA	SM	1:04:46
137	34	ALFREDO SANTOS	AC VERMOIL	M55	1:05:02
138	16	LÚCIO SERRA	INDIVIDUAL	M50	1:05:10
139	35	NORBERTO TOSCANO	CA BARREIRA	M45	1:05:19
140	45	RICARDO VICENTE	IND DESP VIEIRENSE	SM	1:05:29
141	2	MANUEL VITORINO	CCD "O ALVITEJO"	M60	1:05:32
142	65	NUNO JORGE	CPR A-DO-BARBAS	SM	1:05:34
143	36	ANTONIO NEVES	AC VERMOIL	M45	1:05:56
144	2	CARINA MATIAS	CA BARREIRA	SF	1:05:57
145	17	LUIS BRANDÃO	INDIVIDUAL	M45	1:05:58
146	18	FERNANDO FONSECA	CTT DE COIMBRA	M45	1:06:23
147	37	JACINTO FERREIRA	C VET LIS	M50	1:06:32
148	38	AMERICO SANTOS	C VET LIS	M55	1:06:32

CL.G.	CL.ESC	NOME	EQUIPA	ESCALÃO	TEMPO
149	26	JORGE SILVA	GAU BAJOUCA	M40	1:06:49
150	18	JOÃO LOPES	POLICLINICA DE VERMOIL	M50	1:07:07
151	66	TIAGO DIONIZIO	INDIVIDUAL	SM	1:07:11
152	46	BRUNO PEDROSA	GAU BAJOUCA	SM	1:07:13
153	39	RUI CORREIA	ACR SOUTOS	M45	1:07:16
154	40	JOSE DUARTE	GAF VIDAIS	M45	1:07:17
155	21	FRANCISCO CALÇADA	CCD "O ALVITEJO"	M45	1:07:17
156	3	ANTONIO JOAQUIM	CLAC ENTRONCAMENTO	M60	1:07:21
157	4	JOÃO JOAQUIM	CLAC ENTRONCAMENTO	M60	1:07:29
158	22	ANTONIO FERNANDES	AC CARNIDE	M45	1:07:33
159	19	OCTÁVIO DIAS	CLAC ENTRONCAMENTO	M50	1:07:46
160	68	HUGO PIRES	INDIVIDUAL	SM	1:08:09
161	41	MANUEL BRITES	ACR SOUTOS	M50	1:08:17
162	1	CAROLINA FELIZ	UNIÃO DE TOMAR	W40	1:08:23
163	27	VICTOR FERREIRA	A3C	M40	1:08:34
164	42	JULIO CUNHA	AC VERMOIL	M50	1:08:35
165	22	LUIS SERRA	INDIVIDUAL	M50	1:08:38
166	43	CARLOS FIGUEIREDO	GAU BAJOUCA	M55	1:08:43
167	5	CARLOS CORINO	CPU COIMBRA	M60	1:08:44
168	28	VITOR CARDEIRA	GDR FIGUEIRAS	M40	1:08:55
169	44	JORGE AGOSTINHO	CA BARREIRA	M50	1:08:59
170	69	RUI AFONSO	INDIVIDUAL	SM	1:09:11
171	70	BRUNO TEIXEIRA	INDIVIDUAL	SM	1:09:16
172	6	JOAQUIM MOURA	CLAC ENTRONCAMENTO	M60	1:09:25
173	7	MANUEL CARTAXO	CPU COIMBRA	M60	1:09:34
174	71	LUIS CONCEIÇÃO	INDIVIDUAL	SM	1:09:46
175	45	ANTONIO REIS	CA BARREIRA	M60	1:09:51
176	2	CARLA CALÇADA	CCD "O ALVITEJO"	W40	1:09:57
177	72	JOSE FELICIO	CLAC ENTRONCAMENTO	SM	1:10:01
178	47	RICARDO MONTEIRO	C VET LIS	SM	1:10:02
179	29	JOSE CARLOS ROMANO	INDIVIDUAL	M40	1:10:09
180	18	JOSE TEIXEIRA	INDIVIDUAL	M55	1:10:16
181	74	LUIS GROSSO	CPR A-DO-BARBAS	SM	1:10:32
182	48	JULIO LOPES	C VET LIS	SM	1:10:52
183	24	RAMIRO FERNANDES	AC CARNIDE	M50	1:10:57
184	30	CARLOS CADETE	AC VERMOIL	M40	1:11:16
185	25	LUIS CONCEIÇÃO	CCRD BURINHOSA	M50	1:11:22
186	19	NARCISO ARROMBA	INDIVIDUAL	M55	1:11:24
187	1	ISABEL PAULO	CA BARREIRA	W40	1:11:25
188	46	MANUEL BRITO	CA BARREIRA	M50	1:11:27
189	9	PIET BAARDSE	HOLANDA	M60	1:11:48
190	27	ANTONIO GOMES	CTT DE COIMBRA	M50	1:11:53
191	4	ODETE CRUZ	GIRA SOL / RAMOS CATA	W40	1:12:14
192	47	ANTONIO MARQUES	GAU BAJOUCA	M50	1:12:22
193	49	RAMIRO ALFAIATE	GAU BAJOUCA	SM	1:12:23
194	10	JOSE LUCAS	ACR SOUTOS	M60	1:12:43
195	77	SERGIO SILVA	AC VERMOIL	SM	1:13:03
196	48	EMILIO FERNANDES	C VET LIS	M50	1:13:16
197	50	PEDRO CABECINHAS	GAU BAJOUCA	SM	1:13:18
198	49	MANUEL PEREIRA	C VET LIS	M60	1:13:35
199	23	VITOR SILVA	CLAC ENTRONCAMENTO	M45	1:13:54

CL.G.	CL.ESC	NOME	EQUIPÁ	ESCALÃO	TEMPO
200	79	ANDRE LUIS	INDIVIDUAL	SM	1:14:09
201	31	ADELINO PEREIRA	AC VERMOIL	M40	1:14:19
202	50	JOSE GINETO	GD PEDREIRAS	M55	1:14:34
203	80	OCTAVIO MARIANO	CCRD BURINHOSA	SM	1:14:41
204	5	ANA PAULA ABEGÃO	CLAC ENTRONCAMENTO	W40	1:14:45
205	51	JOÃO SOUSA	IND DESP VIEIRENSE	SM	1:14:58
206	5	MARIA LEONOR RORRE	GIRA SOL / RAMOS CATA	SF	1:15:39
207	30	JORGE DELGADO	CPU COIMBRA	M50	1:16:25
208	21	MANUEL PEREIRA	CPU COIMBRA	M55	1:16:42
209	82	BRUNO FERREIRA	AC CARNIDE	SM	1:17:01
210	6	CÉU SANTOS	CPU COIMBRA	W40	1:18:27
211	6	PATRICIA FERREIRA	ADR AGUAS BELAS	SF	1:18:32
212	22	CARLOS ALFAIATE	CB ABRANTES	M55	1:18:56
213	51	JOSE CORDEIRO	C VET LIS	M55	1:19:14
214	83	JOEL BATISTA	AC VERMOIL	SM	1:19:45
215	7	ANTONIETA DE SÁ	AS 20KM ALMEIRIM	W40	1:19:49
216	84	ROBERTO AREIA	AC VERMOIL	SM	1:20:02
217	12	LUCRÉCIO DIAS	CLAC ENTRONCAMENTO	M60	1:20:17
218	85	DIOGO BORGES	INDIVIDUAL	SM	1:21:07
219	86	JOEL SIMÕES	INDIVIDUAL	SM	1:21:08
220	13	JOSE SAPATEIRO	CLAC ENTRONCAMENTO	M60	1:21:42
221	31	VITOR DIAS	INDIVIDUAL	M50	1:24:18
222	8	MARIA SANTOS	MIRANTENSE FC	W40	1:25:16
223	24	CARLOS CRESPO	INDIVIDUAL	M45	1:25:17
224	87	ANDRÉ LOPES	AC VERMOIL	SM	1:27:40
225	14	ANTÓNIO PAIXÃO	CLAC ENTRONCAMENTO	M60	1:31:37
226	32	VITOR MARTO	UNIÃO DE TOMAR	M50	1:32:48
227	9	NATÁLIA PINTO	MIRANTENSE FC	W40	1:34:59
228	88	MÁRIO DIOGO	AC VERMOIL	SM	1:35:03