

4ª Corrida e Caminhada "PONTIS PETRINA"

Clasificación General

Conjunta

Corrida

10,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	132	Rodrigues, João	CDSSC	SENM	1	32:56.29	03:18	
2	81	Vieira, Miguel	MJM	SENM	2	33:09.12	03:19	0:00:13
3	104	Abreu, Bruno	VTSC	SENM	3	33:21.95	03:20	0:00:26
4	134	Carvalho, Nuno	RFC	SENM	4	33:23.85	03:20	0:00:28
5	78	Salazar, Eduardo	LFC-F	SENM	5	34:50.63	03:29	0:01:55
6	33	Cristóvão, Antonio	GDCG	VET40	1	35:21.20	03:32	0:02:25
7	17	Queiroz, Nuno	CDSSC	VET40	2	35:25.14	03:33	0:02:29
8	107	Gabriel, Nuno	VTSC	SENM	6	35:33.09	03:33	0:02:37
9	46	Fernandes, Domingos	IND	VET50	1	35:34.64	03:33	0:02:39
10	130	Adriano, André	CAO	VET40	3	35:41.85	03:34	0:02:46
11	11	Fernandes, Nuno	CAF-FR	VET40	4	35:49.02	03:35	0:02:53
12	127	Pereira, Paulo	GDCG	VET40	5	36:12.70	03:37	0:03:17
13	103	Pereira, Abílio	VTSC	VET50	2	36:23.32	03:38	0:03:27
14	142	Castro, Patrício	ACVSM	VET40	6	36:54.86	03:41	0:03:59
15	97	Fernandes, Beatriz	SCB	SENF	1	37:08.74	03:43	0:04:13
16	162	Moreira, Nelson	GDRST	SENM	7	37:08.82	03:43	0:04:13
17	105	Pacheco, Joaquim	VTSC	VET50	3	37:40.88	03:46	0:04:45
18	15	Fernandes, Miguel	CDSSC	VET40	7	37:42.83	03:46	0:04:47
19	100	Anjos, João	VIZELA	SENM	8	37:43.02	03:46	0:04:47
20	133	Silva, Laura	CDSSC	SENF	2	38:42.44	03:52	0:05:46
21	14	Miguel, Luis	CBRUN	VET40	8	39:14.88	03:55	0:06:19
22	30	Carvalho, Tiago	ELCT	SENM	9	39:31.82	03:57	0:06:36
23	54	Castro, José	IND	VET40	9	40:37.20	04:04	0:07:41
24	9	Gonçalves, Sergio	ANPCG	VET40	10	40:39.53	04:04	0:07:44
25	52	Oliveira, João	IND	SENM	10	41:27.01	04:09	0:08:31
26	82	Ribeiro, Antonio	NICE THING	VET50	4	41:43.01	04:10	0:08:47
27	18	Neto, Zeférino	CDSSC	VET50	5	42:16.43	04:14	0:09:20
28	137	Leal, Hélder	IND	VET40	11	42:19.11	04:14	0:09:23
29	49	Oliveira, Hugo	IND	VET40	12	42:49.65	04:17	0:09:54
30	131	Carvalho, Joaquim	RFC	VET50	6	43:23.27	04:20	0:10:27
31	158	Castro, João	RIOFIT	VET40	13	43:25.01	04:21	0:10:29
32	67	Miguel, Pedro	IND	SENM	11	43:39.39	04:22	0:10:43
33	80	Silva, Tânia	LFC-F	SENF	3	43:58.47	04:24	0:11:02
34	44	Costa, Carlos	IND	SENM	12	43:59.00	04:24	0:11:03
35	26	Lopes, Maximino	CRCANDO	VET50	7	44:15.31	04:26	0:11:19
36	136	Costa, Diogo	ADU	SENM	13	44:29.13	04:27	0:11:33
37	122	Fernandes, Maria	RIOFIT	VET50	1	44:37.64	04:28	0:11:42
38	174	André Ferreira, José	IND	VET40	14	44:39.93	04:28	0:11:44
39	171	Meira, João	RIOFIT	VET50	8	44:51.30	04:29	0:11:55
40	28	Machado, Nuno	D.N.A	SENM	14	45:01.87	04:30	0:12:06
41	21	Machado, Helena	CRCANDO	SENF	4	45:02.79	04:30	0:12:07
42	165	Carvalho Rodrigues, Custódia	NAT	VET50	2	45:03.60	04:30	0:12:08
43	35	Pereira, Paulo	HOUSE OF M	SENM	15	45:47.12	04:35	0:12:51
44	59	Salgado, Jose	IND	VET40	15	46:33.69	04:39	0:13:38
45	161	Gomes Meira, Esmeralda	RIOFIT	SENF	5	46:39.76	04:40	0:13:44
46	51	Fontão, João	IND	VET40	16	46:45.95	04:41	0:13:50

Clasificación General

Conjunta

Corrida

10,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
47	152	Silva, Leonel	IND	VET50	9	46:46.27	04:41	0:13:50
48	79	Sousa, Inês	LFC-F	SENF	6	46:55.75	04:42	0:14:00
49	173	Silva, Anabela	EAROS	VET40	1	47:12.02	04:43	0:14:16
50	13	Oliveira, João	CBRUN	SENM	16	47:19.22	04:44	0:14:23
51	69	Lopes, Renato	IND	VET40	17	47:27.16	04:45	0:14:31
52	25	Gonçalves, Liliana	CRCANDO	VET40	2	47:35.85	04:46	0:14:40
53	50	Silva, Hugo	IND	SENM	17	47:54.97	04:47	0:14:59
54	160	Silva, António	RIOFIT	VET50	10	48:00.56	04:48	0:15:05
55	172	Oliveira, Rosa	EAROS	VET50	3	48:00.66	04:48	0:15:05
56	41	Ribeiro, Benjamim	IND	VET40	18	48:10.20	04:49	0:15:14
57	155	Miguel Silva Ribeiro, José	Academia Sénior	VET50	11	48:17.29	04:50	0:15:21
58	143	Pacheco, Bruno	ANPAC	VET40	19	48:17.81	04:50	0:15:22
59	7	Almeida, José	ANPCG	VET50	12	48:29.44	04:51	0:15:33
60	63	Mendes, Miguel	IND	SENM	18	48:39.92	04:52	0:15:44
61	31	Gonçalves Pereira, Sérgio	ER	VET50	13	48:46.76	04:53	0:15:51
62	70	Ceia, Ricardo	IND	VET50	14	48:51.19	04:53	0:15:55
63	48	Arrochela, Gaspar	IND	SENM	19	49:02.52	04:54	0:16:07
64	58	Novais, José	IND	VET50	15	49:20.36	04:56	0:16:24
65	56	Sousa, José	IND	VET50	16	49:43.21	04:58	0:16:47
66	87	Ferreira, José	POTES OURO	VET50	17	49:55.39	05:00	0:16:59
67	39	Costa, Álvaro	IND	VET50	18	50:10.31	05:01	0:17:14
68	91	Ribeiro, Paulo	POTES OURO	VET40	20	50:22.05	05:02	0:17:26
69	86	Ferreira, Jorge	POTES OURO	VET50	19	50:22.42	05:02	0:17:26
70	66	Machado, Paulo	IND	VET40	21	50:31.86	05:03	0:17:36
71	94	Lourenço, Vítor	POTES OURO	VET40	22	50:40.37	05:04	0:17:44
72	89	Pereira, Marco	POTES OURO	VET50	20	50:40.38	05:04	0:17:44
73	166	Oliveira Da Silva, Joaquim	Lopes Rosita	VET50	21	50:54.33	05:05	0:17:58
74	153	Oliveira, Palmira	IND	VET50	4	51:33.52	05:09	0:18:38
75	6	Alpoim, Pedro	ADRR	SENM	20	51:42.68	05:10	0:18:47
76	157	Gomes, Eduardo	RIOFIT	SENM	21	52:39.34	05:16	0:19:43
77	124	Castro, Ricardo	RIOFIT	VET40	23	52:43.61	05:16	0:19:48
78	125	Ribeiro, Paula	RIOFIT	VET50	5	52:43.82	05:16	0:19:48
79	88	Fraga, Manuel	POTES OURO	VET50	22	52:47.62	05:17	0:19:52
80	53	Ricardo Ribeiro, João	IND	VET40	24	52:49.34	05:17	0:19:53
81	4	Sampaio, Isabel	A N P C G	VET40	3	53:15.09	05:20	0:20:19
82	8	Silva, Raul	ANPCG	VET40	25	53:15.28	05:20	0:20:19
83	22	Correia, Humberto	CRCANDO	VET50	23	53:17.22	05:20	0:20:21
84	145	Ribeiro, José	SANDE WISH	SENM	22	53:25.09	05:21	0:20:29
85	27	M Cardoso, Vítor	Corre São	VET50	24	53:54.86	05:23	0:20:59
86	83	Faria, Bernardino	POTES OURO	VET50	25	54:51.82	05:29	0:21:56
87	72	Rodrigues, Ricardo	IND	VET40	26	54:53.28	05:29	0:21:57
88	47	Alves, Fernando	IND	SENM	23	54:53.46	05:29	0:21:57
89	45	Bessa, Cláudio	IND	SENM	24	55:45.53	05:35	0:22:50
90	20	Faria, Hélder	CRCANDO	VET40	27	55:46.51	05:35	0:22:51
91	23	Adriano, João	CRCANDO	SENM	25	55:46.65	05:35	0:22:51
92	159	Castro, Rosalia	RIOFIT	VET40	4	55:57.56	05:36	0:23:02
93	114	Costa, Elisa	IND	VET40	5	55:58.00	05:36	0:23:02
94	57	Mendes, José	IND	VET50	26	55:59.52	05:36	0:23:04
95	74	Silva, Rita	IND	SENF	7	56:01.99	05:36	0:23:06
96	144	Silva, Cândido	SANDE WISH	SENM	26	56:04.37	05:36	0:23:08
97	135	Vale, Bernardino	T22	SENM	27	56:09.62	05:37	0:23:14
98	118	Machado, Manuel	RIOFIT	VET50	27	56:21.33	05:38	0:23:25
99	119	Machado, Américo	RIOFIT	VET50	28	56:21.66	05:38	0:23:26
100	117	Ribeiro, Rosa	RIOFIT	VET50	6	56:57.80	05:42	0:24:02
101	123	Silva, Susana	RIOFIT	VET50	7	56:57.93	05:42	0:24:02
102	156	Mota, Bruno	IND	SENM	28	56:58.13	05:42	0:24:02
103	164	Ferreira, José	IND	SENM	29	56:58.25	05:42	0:24:02
104	163	Machado, José	IND	SENM	30	56:59.23	05:42	0:24:03

Clasificación General**Conjunta****Corrida****10,00 Km.**

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
105	129	Filipe Costa, Rui	IND	SENM	31	57:04.94	05:42	0:24:09
106	71	Duarte, Ricardo	IND	VET40	28	58:08.72	05:49	0:25:13
107	138	Carneiro, Miguel	LFC-F	SENM	32	59:31.40	05:57	0:26:35
108	10	Alberto Alves Da Silva, Carlos	ArconRun	VET50	29	59:59.61	06:00	0:27:04
109	3	De Freitas, Manuela	4435	SENF	8	1:00:10.28	06:01	0:27:14
110	115	Silva, Tiago	NOKAUTE	SENM	33	1:01:32.53	06:09	0:28:37
111	113	Costa, Carlos	IND	VET40	29	1:01:52.15	06:11	0:28:56
112	64	Vidal, Núbio	IND	SENM	34	1:02:10.89	06:13	0:29:15
113	108	Cunha, Isabel	IND	VET40	6	1:02:53.14	06:17	0:29:57
114	112	Rodrigues, Antero	IND	VET50	30	1:02:56.56	06:18	0:30:01
115	60	Correia, Luís	IND	SENM	35	1:04:15.76	06:26	0:31:20
116	150	Brito, Bruno	IND	VET40	30	1:04:41.17	06:28	0:31:45
117	167	Ferreira, Gonçalo	IND	SENM	36	1:05:49.74	06:35	0:32:54
118	98	Cunha, João	SCC	SENM	37	1:06:54.10	06:41	0:33:58
119	168	Monteiro, Mariano	IND	SENM	38	1:06:56.55	06:42	0:34:01

4ª Corrida e Caminhada "PONTIS PETRINA"

Clasificaciones por categorias

SENF

Seniores Fem

P.Cat.	Dor.	Nombre	Club	Tiempo
1	97	Fernandes, Beatriz	SCB	37:08
2	133	Silva, Laura	CDSSC	38:42
3	80	Silva, Tânia	LFC-F	43:58
4	21	Machado, Helena	CRCANDO	45:02
5	161	Gomes Meira, Esmeralda	RIOFIT	46:39
6	79	Sousa, Inês	LFC-F	46:55
7	74	Silva, Rita	IND	56:01
8	3	De Freitas, Manuela	4435	1:00:10

SENM

Seniores Masc

P.Cat.	Dor.	Nombre	Club	Tiempo
1	132	Rodrigues, João	CDSSC	32:56
2	81	Vieira, Miguel	MJM	33:09
3	104	Abreu, Bruno	VTSC	33:21
4	134	Carvalho, Nuno	RFC	33:23
5	78	Salazar, Eduardo	LFC-F	34:50
6	107	Gabriel, Nuno	VTSC	35:33
7	162	Moreira, Nelson	GDRST	37:08
8	100	Anjos, João	VIZELA	37:43
9	30	Carvalho, Tiago	ELCT	39:31
10	52	Oliveira, João	IND	41:27
11	67	Miguel, Pedro	IND	43:39
12	44	Costa, Carlos	IND	43:59
13	136	Costa, Diogo	ADU	44:29
14	28	Machado, Nuno	D.N.A	45:01
15	35	Pereira, Paulo	HOUSE OF M	45:47
16	13	Oliveira, João	CBRUN	47:19
17	50	Silva, Hugo	IND	47:54
18	63	Mendes, Miguel	IND	48:39
19	48	Arrochela, Gaspar	IND	49:02
20	6	Alpoim, Pedro	ADRR	51:42
21	157	Gomes, Eduardo	RIOFIT	52:39
22	145	Ribeiro, José	SANDE WISH	53:25
23	47	Alves, Fernando	IND	54:53
24	45	Bessa, Cláudio	IND	55:45
25	23	Adriano, João	CRCANDO	55:46

Clasificaciones por categorias

26	144	Silva, Cândido	SANDE WISH	56:04
27	135	Vale, Bernardino	T22	56:09
28	156	Mota, Bruno	IND	56:58
29	164	Ferreira, José	IND	56:58
30	163	Machado, José	IND	56:59
31	129	Filipe Costa, Rui	IND	57:04
32	138	Carneiro, Miguel	LFC-F	59:31
33	115	Silva, Tiago	NOKAUTE	1:01:32
34	64	Vidal, Núbio	IND	1:02:10
35	60	Correia, Luís	IND	1:04:15
36	167	Ferreira, Gonçalo	IND	1:05:49
37	98	Cunha, João	SCC	1:06:54
38	168	Monteiro, Mariano	IND	1:06:56

VET40F

Vet Fem 40

P.Cat.	Dor.	Nombre	Club	Tiempo
1	173	Silva, Anabela	EAROS	47:12
2	25	Gonçalves, Liliana	CRCANDO	47:35
3	4	Sampaio, Isabel	A N P C G	53:15
4	159	Castro, Rosalia	RIOFIT	55:57
5	114	Costa, Elisa	IND	55:58
6	108	Cunha, Isabel	IND	1:02:53

VET40M

Vet Masc 40

P.Cat.	Dor.	Nombre	Club	Tiempo
1	33	Cristóvão, Antonio	GDCG	35:21
2	17	Queiroz, Nuno	CDSSC	35:25
3	130	Adriano, André	CAO	35:41
4	11	Fernandes, Nuno	CAF-FR	35:49
5	127	Pereira, Paulo	GDCG	36:12
6	142	Castro, Patrício	ACVSM	36:54
7	15	Fernandes, Miguel	CDSSC	37:42
8	14	Miguel, Luis	CBRUN	39:14
9	54	Castro, José	IND	40:37
10	9	Gonçalves, Sergio	ANPCG	40:39
11	137	Leal, Hélder	IND	42:19
12	49	Oliveira, Hugo	IND	42:49
13	158	Castro, João	RIOFIT	43:25
14	174	André Ferreira, José	IND	44:39
15	59	Salgado, Jose	IND	46:33
16	51	Fontão, João	IND	46:45
17	69	Lopes, Renato	IND	47:27
18	41	Ribeiro, Benjamim	IND	48:10
19	143	Pacheco, Bruno	ANPAC	48:17
20	91	Ribeiro, Paulo	POTES OURO	50:22
21	66	Machado, Paulo	IND	50:31
22	94	Lourenço, Vítor	POTES OURO	50:40
23	124	Castro, Ricardo	RIOFIT	52:43
24	53	Ricardo Ribeiro, João	IND	52:49
25	8	Silva, Raul	ANPCG	53:15

Clasificaciones por categorias

26	72	Rodrigues, Ricardo	IND	54:53
27	20	Faria, Hélder	CRCANDO	55:46
28	71	Duarte, Ricardo	IND	58:08
29	113	Costa, Carlos	IND	1:01:52
30	150	Brito, Bruno	IND	1:04:41

VET50F

Vet Fem 50

P.Cat.	Dor.	Nombre	Club	Tiempo
1	122	Fernandes, Maria	RIOFIT	44:37
2	165	Carvalho Rodrigues, Custódia	NAT	45:03
3	172	Oliveira, Rosa	EAROS	48:00
4	153	Oliveira, Palmira	IND	51:33
5	125	Ribeiro, Paula	RIOFIT	52:43
6	117	Ribeiro, Rosa	RIOFIT	56:57
7	123	Silva, Susana	RIOFIT	56:57

VET50M

Vet Masc 50

P.Cat.	Dor.	Nombre	Club	Tiempo
1	46	Fernandes, Domingos	IND	35:34
2	103	Pereira, Abílio	VTSC	36:23
3	105	Pacheco, Joaquim	VTSC	37:40
4	82	Ribeiro, Antonio	NICE THING	41:43
5	18	Neto, Zeferino	CDSSC	42:16
6	131	Carvalho, Joaquim	RFC	43:23
7	26	Lopes, Maximino	CRCANDO	44:15
8	171	Meira, João	RIOFIT	44:51
9	152	Silva, Leonel	IND	46:46
10	160	Silva, António	RIOFIT	48:00
11	155	Miguel Silva Ribeiro, José	Academia Sénior	48:17
12	7	Almeida, José	ANPCG	48:29
13	31	Gonçalves Pereira, Sérgio	ER	48:46
14	70	Ceia, Ricardo	IND	48:51
15	58	Novais, José	IND	49:20
16	56	Sousa, José	IND	49:43
17	87	Ferreira, José	POTES OURO	49:55
18	39	Costa, Álvaro	IND	50:10
19	86	Ferreira, Jorge	POTES OURO	50:22
20	89	Pereira, Marco	POTES OURO	50:40
21	166	Oliveira Da Silva, Joaquim	Lopes Rosita	50:54
22	88	Fraga, Manuel	POTES OURO	52:47
23	22	Correia, Humberto	CRCANDO	53:17
24	27	M Cardoso, Vítor	Corre São	53:54
25	83	Faria, Bernardino	POTES OURO	54:51
26	57	Mendes, José	IND	55:59
27	118	Machado, Manuel	RIOFIT	56:21
28	119	Machado, Américo	RIOFIT	56:21
29	10	Alberto Alves Da Silva, Carlos	ArconRun	59:59
30	112	Rodrigues, Antero	IND	1:02:56