

Pos	Dorsal	Atleta	S	Equipa	7.5 km	Categoria	Pos Cat	Pos Concelho	Pos Freguesia	Ritmo	Tempo
1	153	PEDRO ALVES	M	RUN TEJO-PREVENT SPRAIN	0:25:18.631	SEN M	1			3:18	0:49:32.443
2	81	PEDRO VENÂNCIO	M	G.A.Caranguejeira	0:25:18.979	SEN M	2			3:20	0:50:11.400
3	130	ANDRÉ DUARTE	M	CONQUISTA GINÁSIO - CADAVAL	0:26:43.469	SEN M	3			3:30	0:52:43.256
4	100	CARLOS SILVA	M	Grupo Desportivo Recreativo da Reboleira	0:26:43.016	M40	1			3:31	0:52:53.390
5	97	PAULO COSTA	M	AC VERMOIL	0:26:42.449	M45	1			3:32	0:52:59.650
6	45	HUGO DUARTE	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:26:42.321	M35	1			3:34	0:53:30.192
7	40	JOÃO CARVALHO	M	RunPhysio	0:27:39.895	SEN M	4	1	1	3:34	0:53:42.357
8	96	PAULO ALMEIDA	M	AC VERMOIL	0:27:40.282	SEN M	5			3:37	0:54:24.951
9	133	KEVIN PELS	M		0:27:29.078	SEN M	6			3:38	0:54:31.586
10	39	EMANUEL FREITAS	M		0:27:22.431	SEN M	7			3:39	0:54:46.121
11	84	PEDRO BASTOS	M	BEST	0:27:37.401	SEN M	8			3:39	0:54:47.610
12	147	NUNO GONÇALO LUIS SANTO	M	GRF Benedita - Atletismo	0:27:36.642	M45	2			3:41	0:55:25.079
13	145	DANIEL PEIXOTO	M	Recreio Desportivo de Águeda	0:27:47.553	M40	2			3:43	0:55:52.788
14	123	TIAGO GONÇALVES LÉ	M	FÁTIMA TRAIL TEAM	0:28:12.325	SEN M	9			3:44	0:56:03.050
15	95	LICÍNIO CARREIRA	M	AC VERMOIL	0:28:36.391	M50	1			3:45	0:56:24.039
16	7	NUNO SILVA	M	HeCaTEAM	0:28:35.607	M40	3			3:46	0:56:38.054
17	14	TIAGO FERREIRA	M	GRF Benedita - Atletismo	0:27:40.236	SEN M	10			3:47	0:56:51.104
18	101	RENATO LOPES	M	FÁTIMA TRAIL TEAM	0:28:12.441	M45	3			3:49	0:57:16.564
19	49	RUI CABEÇAS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:28:36.063	M50	2			3:50	0:57:29.267
20	47	ALÉXIS ROCHA	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:28:38.689	SEN M	11			3:51	0:57:48.097
21	38	PATRICIA CARREIRA	F	CDEspite	0:29:12.340	SEN F	1			3:51	0:57:50.477
22	86	JOÃO PLÁCIDO	M	Caracol Trail Team	0:29:13.534	M35	2			3:51	0:57:54.648
23	31	LUÍS SEQUEIRA	M	Bairro dos Anjos	0:29:11.904	M50	3			3:53	0:58:14.050
24	85	LUIZ MOTA	M	Casa do Benfica em Abrantes	0:29:33.761	M50	4			3:55	0:58:47.868
25	137	JOÃO SANTANA	M	ADRM	0:30:14.955	M35	3			3:56	0:59:12.219
26	46	JORGÉ MARCELINO	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:29:50.734	M50	5			3:57	0:59:18.809
27	48	GABRIEL RODRIGUES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:30:00.252	M55	1			3:58	0:59:39.300
28	111	BERNARDO MENESES	M	ARCD MENDIGA	0:30:00.548	SEN M	12	2	2	3:59	0:59:49.309
29	11	DINIS RIBAS	M	CCRD ARRIMAL/MORCEGOS	0:30:07.771	M50	6			4:00	1:00:03.299
30	155	PAULO FIALHO	M	CPR A-DO-BARBAS	0:29:46.582	M40	4			4:01	1:00:15.220
31	103	MARCO VITORINO	M	cpalcanenatrail	0:30:00.304	M40	5			4:02	1:00:31.395
32	4	DIOGO VENDEIRO	M	CCRD ARRIMAL/MORCEGOS	0:30:01.974	SEN M	13	3	3	4:03	1:00:45.471
33	25	FILIFE VIEIRA	M	Atletismo os Belenenses	0:31:03.230	M35	4			4:05	1:01:23.552
34	82	INACIO SERRAZINA	M	CRP - Ribafria	0:30:31.423	M60	1			4:06	1:01:41.345
35	132	LICÍNIO SOUSA	M	0:30:32.028	M50	7	4		4:06	1:01:42.305	
36	10	ANTONIO SILVA	M	Sport club Ferreira do Zêzere Trail Runners	0:30:56.732	M55	2			4:07	1:01:48.940
37	18	ALEXANDRA OLIVEIRA	F	Club Sport Marítimo	0:30:44.997	SEN F	2			4:08	1:02:13.516
38	51	CARLOS SIMÕES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:31:34.288	M55	3			4:10	1:02:29.670
39	68	NUNO DUARTE	M		0:31:22.255	SEN M	14			4:12	1:03:07.720
40	1	INÉS HENRIQUES	F	Clube de Natação de Rio Maior	0:31:45.005	F40	1			4:13	1:03:17.002
41	56	ADRIANA COELHO	F	INDUSTRIAL DESPORTIVO VIEIRENSE	0:31:49.591	SEN F	3			4:13	1:03:23.106
42	44	RUI DINIS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:31:49.084	M55	4			4:15	1:03:53.290
43	65	JOSÉ VENDEIRO	M	CCRD ARRIMAL/MORCEGOS	0:31:50.200	M50	8	5	4	4:16	1:04:11.330
44	135	FERNANDO HOMEM	M	THOMAR ATHLETICS	0:32:17.468	M45	4			4:18	1:04:34.096
45	141	DALILA ROMÃO	F	BCCB	0:32:16.560	SEN F	4			4:19	1:04:53.793
46	43	JOÃO CARLOS CANAS	M	GRF Benedita - Atletismo	0:32:53.043	M45	5			4:20	1:05:00.705
47	131	MARCELO ALONSO	M	FÁTIMA TRAIL TEAM	0:31:48.400	M50	9			4:21	1:05:26.691
48	50	ACÁCIO CAMPOS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:32:38.943	M65	1			4:22	1:05:29.219
49	54	ANTÓNIO POEIRAS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:32:43.362	M60	2			4:22	1:05:37.492
50	144	NUNO MARTINS	M	CCRD ARRIMAL/MORCEGOS	0:32:28.453	M45	6	6	5	4:24	1:06:08.011
51	53	JOSÉ HENRIQUES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:31:45.401	M60	3			4:25	1:06:16.067
52	120	SIMÃO PEREIRA	M	Chou-Bike	0:32:39.885	M40	6			4:25	1:06:17.419
53	52	JOÃO DOMINGOS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:33:29.184	M50	10	7		4:25	1:06:22.073
54	76	RUI PERDIGÃO	M	C.A.S.P.A. - Clube Amador Só Para Atletismo	0:33:15.104	M55	5			4:26	1:06:35.001
55	104	LEANDRO RIBEIRO	M	ARCD MENDIGA	0:31:34.659	SEN M	15			4:26	1:06:42.808
56	83	ANDRÉ SERRAZINA	M	CRP - Ribafria	0:33:40.471	M35	5			4:27	1:06:45.570
57	3	FERNANDO VITAL	M	C.D. Os Águias de Alpiarça	0:32:34.594	M55	6			4:27	1:06:57.968
58	108	RICARDO NARCISO	M	ARCD MENDIGA	0:34:24.974	SEN M	16	8	6	4:28	1:07:11.391
59	107	DIOGO NARCISO	M	ARCD MENDIGA	0:34:31.422	SEN M	17	9	7	4:28	1:07:11.869
60	16	AMILCAR COSTA	M	ACRM Silveirinha Grande Claras	0:33:55.538	M50	11			4:29	1:07:18.071
61	92	PEDRO SERRAZINA LUIS	M	GRF Benedita - Atletismo	0:33:40.519	SEN M	18			4:31	1:07:48.418
62	29	ANTÓNIO DUARTE	M	C.D. Os Águias de Alpiarça	0:34:02.304	M65	2			4:31	1:07:57.905
63	8	HELENA MOREIRA	F	HeCaTEAM	0:34:20.944	F45	1			4:32	1:08:10.732
64	2	LUÍS DUARTE	M	Clube de Natação de Rio Maior	0:34:08.547	M50	12			4:33	1:08:18.952
65	89	VÍTOR GOMES	M	C.C.D. O ALVITEJO	0:33:57.131	M65	3			4:33	1:08:20.480
66	151	LUÍS FILIPE CARVALHEIRO	M	ACRM Silveirinha Grande Claras	0:33:56.814	M50	13			4:33	1:08:27.557
67	154	ANÍBAL GODINHO	M	Caracol Trail Team	0:34:46.695	M55	7			4:34	1:08:35.805
68	20	SAMUEL RIBAS	M	NFC Running Team	0:35:16.998	SEN M	19			4:34	1:08:40.453
69	129	AMÂNDIO CAETANO	M	CONQUISTA GINÁSIO - CADAVAL	0:34:21.550	M60	4			4:35	1:08:46.186
70	88	MIGUEL GINETO	M	Clube Desportivo Ribeiense	0:34:03.108	M45	7	10		4:38	1:09:33.640
71	126	FILIFE FILIPE	M	SESIMBRA MAR	0:35:26.564	M55	8			4:38	1:09:41.825
72	109	ANDRÉ CORDEIRO	M	ARCD MENDIGA	0:34:35.017	SEN M	20	11	8	4:39	1:09:55.502
73	128	ADRIANO ARAÚJO	M	CONQUISTA GINÁSIO - CADAVAL	0:34:48.926	M45	8			4:40	1:10:09.088
74	106	SÉRGIO FILIPE SANTOS AMARAL	M	ARCD MENDIGA	0:35:51.204	SEN M	21	12	9	4:40	1:10:11.233
75	23	JORGÉ POLIDORO	M	Panela Mágica	0:34:48.780	M55	9			4:40	1:10:12.002
76	121	FILIFE FRADE	M	CPR A-DO-BARBAS	0:34:40.693	M45	9			4:41	1:10:22.595
77	71	SÉRGIO LOPES	M	SUPERFRESCO TRAIL TEAM	0:34:54.711	M40	7			4:42	1:10:43.607
78	118	ANTÓNIO FERREIRA	M	CPR A-DO-BARBAS	0:35:28.547	M65	4			4:43	1:10:58.282
79	105	HUGO FERREIRA	M	ARCD MENDIGA	0:34:31.253	SEN M	22	13	10	4:45	1:11:22.659
80	116	JOSÉ MAÇARRIA	M	MARESIÁ BAR FIGUEIRA DA FOZ	0:35:17.963	M60	5			4:45	1:11:23.636
81	75	JOSÉ GORDILHO	M	CLUBE ATLETISMO AMIGOS DE BELÉM	0:36:36.774	M55	10			4:46	1:11:43.735
82	122	NELSON PEREIRA	M	FÁTIMA TRAIL TEAM	0:35:11.105	M50	14			4:47	1:11:46.867
83	146	OCTÁVIO LOPES	M	FÁTIMA TRAIL TEAM	0:36:49.360	M45	10		11	4:49	1:12:16.273
84	79	ANDRÉ FILIPE	M	Turma do pedal	0:35:00.366	SEN M	23			4:51	1:12:55.371
85	58	RODRIGO SOUSA	M	AVL Alqueidão	0:34:33.918	M35	6	14	12	4:54	1:13:33.739
86	140	JACINTO ANSELMO	M	ARCD MENDIGA	0:38:25.475	M40	8	15	13	4:54	1:13:38.895
87	110	FRANCISCO SANTOS	M	ARCD MENDIGA	0:36:32.224	SEN M	24	16	14	4:54	1:13:40.244
88	93	NUNO NUNES	M		0:36:35.909	M45	11			4:55	1:13:50.749
89	94	TIAGO SIMÕES	M		0:36:35.602	M35	7			4:55	1:13:51.734
90	148	HÉLDER PINTO	M	Porto de Mós a Correr	0:37:37.881	M45	12			4:57	1:14:22.844

Nome da Prova: 35º Grande Prémio de Atletismo da Mendiga
 Organizador: ARCD Mendiga
 Classe: Atletismo de Estrada
 Categoria: Classificação Geral 15.000m

Pos	Dorsal	Atleta	S	Equipa	7.5 km	Categoria	Pos Cat	Pos Concelho	Pos Freguesia	Ritmo	Tempo
91	59	JOÃO	M		0:36:27.100	M50	15			4:57	1:14:28.406
92	28	CARLOS FERREIRA	M	Urdjuncalense	0:36:20.981	M45	13	17		4:58	1:14:30.005
93	21	AFONSO TERESO	M		0:38:53.514	SEN M	25	18		5:00	1:14:59.083
94	70	EZEQUIEL OLIVEIRA	M		0:38:26.115	M45	14			5:00	1:15:04.226
95	77	NARCISO ARROMBA	M	CluVe	0:38:28.841	M65	5			5:00	1:15:12.578
96	139	ELSA CRISTINA FELICIDADE	F	Ama te naturalmente	0:37:09.857	F35	1			5:03	1:15:54.144
97	138	ANA CASTELHANO	F	CRP - Ribafria	0:37:30.083	F45	2			5:03	1:15:57.427
98	64	HELDER DE JESUS PAULO	M	Sporting Dom Fernando	0:38:14.589	M65	6			5:05	1:16:27.354
99	102	GONÇALO	M	Runcrosstrail	0:37:27.413	M45	15			5:06	1:16:33.281
100	27	EDUARDO NEVES	M	CLUBE ATLETISMO AMIGOS DE BELÉM	0:36:48.812	M40	9			5:06	1:16:41.421
101	150	MÓNICA JORDÃO	F	ACRM Silveirinha Grande Claras	0:37:38.871	F40	2			5:12	1:18:05.879
102	142	RITA DURÃO	F	CCRD ARRIMAL/MORCEGOS	0:38:27.036	SEN F	5	19	15	5:13	1:18:25.782
103	61	MANUEL ALMEIDA	M	Lá Vão... de Almeirim	0:38:43.745	M65	7			5:15	1:18:56.358
104	62	JOSE TEODOSIO	M	Lá Vão... de Almeirim	0:38:42.710	M55	11			5:15	1:18:58.065
105	114	MARGARIDA GOMES	F	ARCD MENDIGA	0:39:28.207	F50	1	20	16	5:15	1:18:58.091
106	115	NARCISO CORDEIRO	M	L.C.Alumínios	0:38:42.423	M60	6	21	17	5:16	1:19:11.072
107	19	ZHONG LIPING	M		0:40:07.475	M45	16			5:18	1:19:33.616
108	143	ANTÓNIO DURÃO	M	CCRD ARRIMAL/MORCEGOS	0:39:33.665	M50	16	22	18	5:18	1:19:39.809
109	90	JOEL SILVA	M		0:39:28.705	SEN M	26	23		5:18	1:19:41.087
110	30	CARLOS ALEXANDRE	M	Panela Mágica	0:40:12.335	M50	17			5:20	1:20:00.743
111	9	MARCO	M	Panela Mágica	0:40:13.528	M45	17			5:20	1:20:01.856
112	136	JOAQUIM FRANCO	M	CDRibeirence	0:39:32.449	M65	8	24		5:23	1:20:49.294
113	152	JORGE AGOSTINHO	M	C A Barreira	0:39:55.097	M65	9			5:24	1:21:10.122
114	112	JOÃO SERRA	M	ARCD MENDIGA	0:38:23.924	SEN M	27	25		5:26	1:21:38.866
115	57	MICAEL PEREIRA	M	Grupo Desportivo Concha Azul	0:38:25.409	SEN M	28			5:26	1:21:39.034
116	66	JOÃO CARLOS VÍCTOR	M		0:39:58.968	M65	10			5:29	1:22:23.741
117	149	RENATO FIDALGO INACIO	M	conquista ginasio adrcpainho	0:40:49.242	M60	7			5:30	1:22:39.745
118	91	ANA BOTAS	F		0:41:39.663	F40	3			5:33	1:23:18.159
119	5	ALBINO OLIVEIRA	M	GTT - ARMAZÉM DO CAFFÉ	0:41:53.194	M65	11			5:33	1:23:22.988
120	32	ANDREIA ROQUE	F		0:41:07.783	F40	4			5:34	1:23:40.150
121	125	HUGO PIRES	M		0:40:09.603	M40	10			5:36	1:24:05.170
122	134	CARINA SERVOLO	F		0:39:55.956	F35	2			5:43	1:25:44.614
123	117	GONÇALO COSTA CORDEIRO	M	CostaCordeiro	0:43:01.590	M35	8	26	19	5:47	1:26:47.556
124	113	ANA CONCEIÇÃO	F	ARCD MENDIGA	0:41:35.682	SEN F	6	27	20	5:48	1:27:12.073
125	35	MARIA LEONOR FERREIRA	F	CCDTMetroLX	0:44:15.273	F45	3			5:49	1:27:24.794
126	33	RAFAEL VALENTE DOS SANT	M	CCDTMetroLX	0:44:09.030	M55	12			5:49	1:27:26.830
127	13	RUI VAZ	M		0:42:51.785	M50	18			5:50	1:27:39.904
128	63	FABIO ABREU	M	Lá Vão... de Almeirim	0:42:12.965	M35	9			5:52	1:28:02.194
129	127	ANA FILIPE	F	SESIMBRA MAR	0:43:25.446	F50	2			5:55	1:28:45.417
130	124	JULIANA DE SOUSA SALGUEI	F	#FedimaTeam / Fitness Factory Alcobaca	0:43:19.917	F35	3			5:58	1:29:29.726
131	74	AMILCAR RIBEIRAL	M	CLUBE ATLETISMO AMIGOS DE BELÉM	0:44:19.681	M65	12		21	6:00	1:30:05.615
132	69	NIDIA VALADARES	F		0:44:20.977	F45	4			6:02	1:30:37.201
133	36	ORLANDO VIRGILIO SILVA	M	CCDTMetroLX	0:44:06.440	M65	13			6:03	1:30:47.316
134	164	ANTÓNIO OLIVEIRA	M		0:44:02.266	M65	14			6:03	1:30:51.803
135	167	CARLOS GARCIA	M		0:44:07.469	M60	8			6:03	1:30:55.140
136	166	JOSÉ CORREIA	M		0:44:05.589	M60	9			6:03	1:30:55.387
137	165	OMAR GARCIA	M		0:44:08.133	M40	11			6:03	1:30:56.385
138	37	RUI MANUEL PASTOR	M	CCDTMetroLX	0:46:09.488	M50	19			6:05	1:31:18.037
139	15	JOÃO GRAÇA	M	ACRM Silveirinha Grande Claras	0:44:25.674	M65	15			6:10	1:32:41.628
140	119	REGINA FERREIRA	F	CPR A-DO-BARBAS	0:45:23.443	F50	3			6:11	1:32:45.017
141	55	PAULO JESUS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	0:44:40.437	M45	18			6:12	1:33:04.283
142	17	ANTÓNIO SECA	M		0:46:38.053	M65	16	28		6:13	1:33:18.179
143	26	GILBERTO GONÇALVES	M	CLUBE ATLETISMO AMIGOS DE BELÉM	0:45:27.396	M65	17			6:18	1:34:35.862