





# 32º GRANDE PRÉMIO DE ATLETISMO A-DO-BARBAS

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	5.0 km	Ritmo	Tempo
175	1185	LEANDRO SANTOS	M	AC VERMOIL	M65	8	140	0:27:30.490	5:42	1:00:04.434
176	179	VERA CONSTÂNCIO	F	Crazy Runners	F35	4	36	0:28:27.941	5:49	1:01:11.285
177	215	MÓNICA PEREIRA	F	FATIMA TRAIL TEAM	F35	5	37	0:27:47.295	5:51	1:01:29.685
178	50	MARIA CIDÁLIA SANTOS	F		F55	3	38	0:29:16.614	5:50	1:01:30.912
179	1336	DIOGO NARCISO	M	ARCD MENDIGA	SEN M	28	141	0:27:56.438	5:54	1:02:03.902
180	96	TINA SILVA	F		F60	3	39	0:28:52.863	5:59	1:02:53.867
181	1466	ALFREDO SANTOS	M	AC VERMOIL	M65	9	142	0:29:34.002	5:59	1:02:55.736
182	29	ANA PAULA	F	Clube Veteranos do Lis	F50	7	40	0:29:36.824	5:59	1:02:59.580
183	1156	PAULO JESUS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M45	15	143	0:28:51.483	6:02	1:03:25.990
184	32	NEUZA FORTUNATO	F		F40	6	41	0:28:29.297	6:02	1:03:30.834
185	55	JÉSSICA COELHO	F		SEN F	12	42	0:29:56.404	6:09	1:04:47.890
186	170	RAFAEL ALEXANDRE CARDOSO	M	Equipa do Rafa	JUN M	4	144		6:10	1:04:51.969
187	7	RAISSA LOPES	F	Wait for it	SEN F	13	43	0:29:56.778	6:10	1:04:55.056
188	6	PEDRO BATISTA	M	Wait for it	SEN M	29	145	0:29:56.644	6:10	1:04:55.100
189	88	ANA GUERRA	F		SEN F	14	44	0:30:11.879	6:10	1:05:00.727
190	1025	SÍLVIA LAVOS	F	INDUSTRIAL DESPORTIVO VIEIRENSE	F50	8	45	0:31:14.007	6:18	1:06:21.304
191	62	FERNANDO LOURENÇO VIEIRA	M	NEL- Joelette	M65	10	146	0:31:20.354	6:19	1:06:35.969
192	69	VÍTOR MANUEL SANTOS	M	NEL- Joelette	M55	15	147	0:31:08.794	6:19	1:06:36.427
193	66	TERESA ROSA	F	NEL- Joelette	F40	7	46	0:31:10.586	6:19	1:06:36.911
194	14	JULIETA LOURENÇO	F	NEL- Joelette	F55	4	47	0:31:21.423	6:19	1:06:39.459
195	63	TEOFILO PEQUICHO	M	NEL- Joelette	M40	28	148	0:31:20.421	6:19	1:06:39.576
196	210	MARIA JOÃO MARTINS SILVA	F	Amigos da Maria	SEN F	15	48		6:19	1:06:39.671
197	172	ANTÓNIO JOSÉ RODRIGUES	M	Equipa do Rafa	M50	23	149	0:30:31.313	6:20	1:06:40.574
198	171	MARISA FERREIRA	F	Equipa do Rafa	F40	8	49	0:30:32.810	6:20	1:06:40.621
199	13	ANTÓNIO LOURENÇO	M	NEL- Joelette	M60	7	150	0:31:17.881	6:19	1:06:40.626
200	65	ALEXANDRE SANTOS	M	NEL- Joelette	M45	16	151		6:19	1:06:42.954
201	1435	MARIA ROSA	F	Clube Veteranos do Lis	F60	4	50	0:31:04.077	6:30	1:08:25.245