













Nome da Prova: 8ª Corrida da Nazaré  
 Organizador: Clube de Atletismo da Nazaré  
 Classe: Atletismo de Estrada  
 Categoria: Classificação Geral 10km

Pos	Dorsal	Atleta	S	Equipa	Cat	Pos Cat	Pos S	4.0 km	7.0 km	Ritmo	Tempo
553	209	LUÍS FULGÊNCIO	M		M40	59	419	0:25:19	0:43:34	6:12	1:02:25
554	353	TÂNIA JOANAZ	F	Academia 100%	F35	17	135	0:24:58	0:42:59	6:14	1:02:43
555	560	RICARDO CASTELEIRA	M	Copofonia Team	SEN M	100	420	0:25:16	0:43:33	6:14	1:02:46
556	175	VERA LOUREIRO	F	Copofonia Team	F40	24	136	0:25:08	0:43:33	6:14	1:02:48
557	132	PAULO RODRIGUES	M		M50	57	421	0:24:31	0:43:26	6:15	1:02:54
558	723	SÉRGIO SILVA	M		M50	58	422	0:25:40	0:43:58	6:13	1:02:57
559	97	MIGUEL ALCOBIA	M		SEN M	101	423	0:23:09	0:40:57	6:15	1:02:58
560	627	PATRICK COSTELLO	M		M55	35	424	0:25:58	0:44:03	6:16	1:03:07
561	229	ANA CARVALHO	M	CRC Marília Jovem	M45	68	425	0:26:01	0:44:13	6:18	1:03:34
562	363	RUI CAEIRO	M	Runners by Balanceuro	M50	59	426	0:23:47	0:42:44	6:18	1:03:35
563	355	ANDRÉ ABREU SANTOS	M	Runners by Balanceuro	M45	69	427	0:23:46	0:42:44	6:18	1:03:36
564	369	DORA MORGADO	F		F35	18	137	0:25:02	0:43:35	6:19	1:03:39
565	65	IVÂNIA CORREIA	F	Chitas de Alcobça	SEN F	47	138	0:24:39	0:44:46	6:21	1:03:41
566	1025	SÍLVIA LAVOS	F	INDUSTRIAL DESPORTIVO VIEIRENSE	F50	16	139	0:26:13	0:44:21	6:23	1:04:02
567	221	ARLINDO DE JESUS OLIVEIRA	M	Devagor Devagarinho	M55	36	428	0:25:57	0:44:31	6:25	1:04:15
568	474	CARLA FILIPA MENDES PINHA	F	PINHA	F50	17	140	0:25:47	0:44:08	6:25	1:04:15
569	484	SABRINA LIMA	F		SEN F	48	141	0:24:36	0:43:47	6:26	1:04:27
570	638	RITA SOUSA	F		SEN F	49	142	0:25:06	0:44:18	6:26	1:04:37
571	424	CÉLIA BARROS	F	Chitas de Alcobça	F50	18	143	0:25:40	0:44:34	6:27	1:04:44
572	728	CRISTINA CRUZ	F		F40	25	144	0:26:34	0:45:06	6:27	1:04:57
573	189	SANDRA FERNANDES	F	Peniche a Correr	F50	19	145	0:25:59	0:44:47	6:29	1:04:57
574	502	PEDRO TRINDADE	M		M35	50	429	0:23:36	0:41:43	6:28	1:05:03
575	322	MARIANA DIAS	F		SEN F	50	146	0:26:00	0:44:58	6:30	1:05:22
576	321	TIAGO CHAVES	M		SEN M	102	430	0:26:00	0:44:56	6:30	1:05:22
577	310	LEONOR HENRIQUES	F		SEN F	51	147	0:24:40	0:44:09	6:32	1:05:35
578	236	PALMIRA RIBEIRO	F	Correr Loures	F55	8	148	0:27:15	0:46:15	6:33	1:05:52
579	559	MARIA JOÃO RIBEIRO	F	Serranos Run Team	JUN F	3	149	0:24:59	0:45:24	6:34	1:05:58
580	281	PAULA BARROSO	F	C. D. Os Águias de Alpiarça	F45	26	150	0:27:20	0:46:28	6:34	1:06:11
581	13	PAULA SANTOS	F		F45	27	151	0:27:02	0:46:08	6:34	1:06:16
582	157	MARCO	M	NFC Running Team	M55	37	431	0:24:51	0:44:58	6:39	1:06:30
583	196	CATARINA ALMEIDA	F	Mimosos	SEN F	52	152	0:26:35	0:46:40	6:40	1:06:53
584	373	SANDRA DIAS	F		F45	28	153	0:28:10	0:47:11	6:39	1:06:55
585	316	MAFALDA PINTO	F	Lacerda	SEN F	53	154	0:26:59	0:45:05	6:41	1:06:56
586	317	RODRIGO PINTO	M	Lacerda	SEN M	103	432	0:26:59	0:45:12	6:41	1:06:56
587	315	ALFREDO PINTO	M	Lacerda	M55	38	433	0:26:59	0:45:04	6:41	1:06:59
588	614	ISADORA COUTO	F	MD PLASTICS	SEN F	54	155	0:25:46	0:45:55	6:42	1:07:05
589	348	ISABELLE LEPORI	F		SEN F	55	156	0:27:14	0:46:41	6:41	1:07:20
590	617	FERNANDA COIMBRA	F	MD PLASTICS	SEN F	56	157	0:28:14	0:47:41	6:44	1:07:37
591	407	MICHALINA FRATCZAK	F		SEN F	57	158	0:27:58	0:47:40	6:43	1:07:41
592	406	PEDRO PALMA	M		M35	51	434	0:27:58	0:47:36	6:43	1:07:42
593	163	JOÃO PINTO	M		SEN M	104	435	0:25:31	0:45:47	6:48	1:08:13
594	159	DIANA ROQUE	F		F35	19	159	0:25:31	0:45:47	6:48	1:08:13
595	242	CARLA SANTOS	F	Almeida Santos	F50	20	160	0:27:59	0:48:14	6:47	1:08:17
596	179	ANTONIO SILVA	M		M45	70	436	0:25:43	0:46:15	6:49	1:08:21
597	727	RICARDO LEANDRO	M		M40	60	437	0:26:34	0:45:02	6:48	1:08:32
598	1475	HÉLDER PINTO	M	Porto de Mós a Correr	M45	71	438	0:19:28	0:36:50	6:49	1:08:32
599	122	RITA GOMES	F		F40	26	161	0:26:08	0:47:37	6:52	1:09:04
600	208	NÉLIO PIMENTEL	M	Clube Atlético de Macedo de Cavaleiros	M40	61	439	0:26:02	0:46:59	6:52	1:09:12
601	485	CATARINA VIEIRA	F	Xplose	SEN F	58	162	0:28:28	0:48:19	6:55	1:09:27
602	699	JOSÉ RIBEIRO	M	MD PLASTICS	SEN M	105	440	0:28:14	0:47:41	6:55	1:09:27
603	160	SORAIA RIBEIRO	F		JUN F	4	163	0:26:35	0:48:18	7:01	1:10:21
604	270	JOHNNY THOMASSEN	M	norway	M60	25	441	0:28:51	0:49:18	7:03	1:11:00
605	91	DIOGO ARRAIAS	M	Os Arraias	M65	21	442	0:29:02	0:49:51	7:06	1:11:32
606	312	FATIMA ALMEIDA	F		F55	9	164	0:26:19	0:47:54	7:08	1:11:36
607	499	SANDRA PAULO	F		F45	29	165	0:28:24	0:49:10	7:08	1:11:37
608	429	PAULO LOURENÇO	M	Lourenço's & Company Sport Team   Aldeia Fiscal	M55	39	443	0:28:47	0:49:25	7:06	1:11:37
609	517	GUSTAVO FURUKAWA	M		SEN M	106	444	0:21:53	0:45:08	7:08	1:11:40
610	447	SANDRA PINTO	F	JAM	F45	30	166	0:28:56	0:50:14	7:09	1:11:46
611	376	JULIE RODRIGUES	F	Les Galopins Tourvillais	SEN F	59	167	0:29:50	0:50:45	7:08	1:11:47
612	641	SOFIA MARQUITOS	F	NFC Running Team	SEN F	60	168	0:28:46	0:49:34	7:11	1:11:56
613	375	EMMANUELLE BUÉE	F	Les Galopins Tourvillais	F50	21	169	0:29:50	0:50:43	7:09	1:12:04
614	483	HELENA JORGE	F	NFC Running Team	F55	10	170	0:28:46	0:49:42	7:11	1:12:04
615	301	CRISTINA DIAS	F	Xplose	F45	31	171	0:28:50	0:49:53	7:18	1:13:08
616	503	INÉS CÉSAR	F		F35	20	172	0:29:59	0:50:59	7:20	1:13:45
617	117	NELSON MATALOTO	M		M45	72	445	0:27:47	0:50:05	7:21	1:13:48
618	500	RUI MARQUES	M	TRANSITEX	M50	60	446	0:28:04	0:50:47	7:27	1:14:37
619	603	CLAUDIA MOREIRA	F	ANIMUS	F45	32	173	0:30:25	0:51:57	7:27	1:14:55
620	398	TERESA ALVES	F	A C R Vimeiro	F55	11	174	0:30:56	0:52:18	7:28	1:14:56
621	478	CLAIRE VALENTIN	F		SEN F	61	175	0:30:46	0:52:38	7:37	1:16:38
622	258	ANDREIA BASÍLIO	F		F35	21	176	0:30:42	0:54:37	7:49	1:18:30
623	626	HELEN GREENWOOD	F		F55	12	177	0:31:02	0:53:59	7:53	1:19:10
624	118	CLARA BUGALHÃO	F		F45	33	178	0:30:52	0:54:43	7:54	1:19:12
625	152	ALEXANDRA FERREIRA	F	Bah ça va	F35	22	179	0:32:57	0:56:16	7:58	1:20:09
626	226	FATIMA TRINDADE	F		SEN F	62	180	0:30:36	0:54:24	8:02	1:20:23
627	225	KETANIA OLIVEIRA	F		F40	27	181	0:30:36	0:54:27	8:02	1:20:24
628	314	SALOMÉ ALMEIDA	F	Xplose	F40	28	182	0:34:29	0:59:39	8:23	1:24:07
629	181	EVELYN FERREIRA	F		SEN F	63	183	0:34:23	0:59:22	8:26	1:24:49