

Nome da Prova: 10ª Edição Grande Prémio de Atletismo da Amieirinha

Organizador: Clube Recreativo Amieirinhense

Classe: Atletismo de Estrada

Categoria: Classificação Geral 10km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	2.4 km	5.5 km	Ritmo	Tempo
1	102	João Valente	M	União FCI de Tomar	SEN M	1	1	0:07:08.165	0:17:23.856	3:11	0:31:56.401
2	55	Pedro Venâncio	M	Atletismo Clube Praia de Mira	SEN M	2	2	0:07:51.020	0:18:21.114	3:21	0:33:33.148
3	143	Valter Costa	M	G.A.Caranguejeira	SEN M	3	3	0:07:51.398	0:18:25.372	3:22	0:33:47.339
4	13	Emanuel Cardoso	M	Clube Atletismo da Marinha Grande	SEN M	4	4	0:08:02.539	0:18:59.194	3:27	0:34:30.565
5	93	Mickael Pires	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M35	1	5	0:08:22.366	0:19:26.009	3:28	0:34:46.574
6	144	Vitor Dinis	M	G.A.Caranguejeira	M50	1	6	0:08:03.462	0:18:56.627	3:29	0:34:50.106
7	2	Ana Mafalda Ferreira	F	Sporting Clube de Portugal	SEN F	1	1	0:08:22.366	0:19:25.931	3:29	0:34:52.018
8	16	Bruno Gonçalves	M	Clube Atletismo da Marinha Grande	SEN M	5	7	0:08:02.633	0:19:03.012	3:30	0:35:06.503
9	69	Pedro Ferreira	M	AC VERMOIL	M45	1	8	0:08:22.232	0:19:25.792	3:31	0:35:15.722
10	8	Virgílio	M	Clube Atletismo da Marinha Grande	M40	1	9	0:08:22.995	0:19:26.444	3:32	0:35:23.200
11	128	Paulo	M	SEN M	6	10	0:08:12.096	0:19:39.138	3:34	0:35:39.877	
12	140	Luis	M	G.A.Caranguejeira	M40	2	11	0:08:12.534	0:19:38.997	3:35	0:35:54.991
13	116	Rui Lopes	M	Associação Académica de Coimbra	M45	2	12	0:08:34.216	0:20:21.289	3:40	0:36:45.805
14	142	Nuno	M	G.A.Caranguejeira	M40	3	13	0:08:46.188	0:20:37.987	3:42	0:37:05.064
15	92	António Ferreira	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M55	1	14	0:08:31.190	0:20:12.037	3:43	0:37:09.575
16	84	Aléxis Rocha	M	INDUSTRIAL DESPORTIVO VIEIRENSI	SEN M	7	15	0:08:50.437	0:20:45.270	3:44	0:37:25.984
17	73	Licínio Carreira	M	AC VERMOIL	M45	3	16	0:08:46.188	0:20:37.987	3:50	0:38:23.181
18	68	Samuel Limpinho	M	AC VERMOIL	SEN M	8	17	0:08:52.680	0:21:07.049	3:51	0:38:36.752
19	57	Rui Baltazar	M	M55	2	18	0:09:03.224	0:21:30.257	3:54	0:39:00.847	
20	71	Joaquim Quitério	M	AC VERMOIL	M45	4	19	0:09:19.980	0:21:45.241	3:55	0:39:09.496
21	141	Luis Guarda	M	G.A.Caranguejeira	M55	3	20	0:09:10.712	0:21:32.721	3:55	0:39:16.292
22	12	José Raimundo	M	Clube Atletismo da Marinha Grande	M60	1	21	0:09:05.729	0:21:32.709	3:55	0:39:17.810
23	51	João Santana	M	ADRMata	SEN M	9	22	0:08:59.938	0:21:21.800	3:57	0:39:29.172
24	131	Ruben Gomes	M	CPR A-do-Barbas	M35	2	23	0:09:20.001	0:21:55.450	3:57	0:39:37.563
25	40	Ricardo Pires	M	Serviços Sociais Montepio	SEN M	10	24	0:09:16.034	0:22:01.847	3:58	0:39:45.105
26	72	José Mendes	M	AC VERMOIL	M40	4	25	0:09:29.785	0:22:09.195	3:58	0:39:48.752
27	96	Gabriel Rodrigues	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M55	4	26	0:09:04.664	0:21:31.692	3:59	0:39:53.542
28	88	Amílcar Brito	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M35	3	27	0:09:22.062	0:22:09.282	4:00	0:40:02.579
29	101	Leonel Sousa	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M50	2	28	0:09:34.773	0:22:21.814	4:02	0:40:26.619
30	33	Antonio Silva	M	Academia do pro	M55	5	29	0:09:33.837	0:22:31.350	4:03	0:40:38.777
31	147	Nuno Ramos	M	M40	5	30	0:09:09.827	0:22:00.668	4:05	0:40:49.576	
32	70	Aquilino Ferreira	M	AC VERMOIL	M60	2	31	0:09:42.346	0:22:39.531	4:05	0:40:53.604
33	76	José Santos	M	AC VERMOIL	M45	5	32	0:09:28.688	0:22:36.375	4:05	0:40:54.351
34	23	Carla Almeida	F	Os Paulenses	SEN F	2	2	0:09:33.684	0:22:38.800	4:06	0:41:02.576
35	22	Tiago Graça	M	Os Paulenses	M35	4	33	0:07:10.432	0:22:38.446	4:06	0:41:04.084
36	82	Carlos Simões	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M55	6	34	0:09:33.276	0:22:30.290	4:07	0:41:09.895
37	150	António Alves	M	CA BARREIRA	M65	1	35	0:09:41.960	0:22:44.265	4:10	0:41:40.316
38	145	JOANA BAGAGEM	F	ACBATALHA	SEN F	3	3	0:09:34.616	0:23:03.545	4:11	0:41:53.140
39	39	Jorge Rocha	M	M45	6	36	0:09:36.590	0:22:42.417	4:12	0:41:59.335	
40	3	João Gomes	M	CR AMIEIRINHENSE	M60	3	37	0:09:47.150	0:22:35.245	4:12	0:42:06.975
41	155	Rafael	M	SEN M	11	38	0:09:49.038	0:23:10.806	4:12	0:42:08.557	
42	80	Paulo Almeida	M	ACBATALHA	SEN M	12	39	0:10:02.751	0:23:37.699	4:13	0:42:15.381
43	87	Adriana Coelho	F	INDUSTRIAL DESPORTIVO VIEIRENSI	SEN F	4	4	0:09:33.681	0:23:00.228	4:14	0:42:23.792
44	94	Jorge Marcelino	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M45	7	40	0:09:32.704	0:22:59.580	4:14	0:42:24.418
45	81	Rui Dinis	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M55	7	41	0:09:58.980	0:23:03.765	4:14	0:42:24.830
46	122	Casimiro Gomes	M	ACBATALHA	M45	8	42	0:09:32.513	0:23:02.830	4:15	0:42:31.551
47	74	Deonilde Costa	F	AC VERMOIL	F45	1	5	0:09:51.657	0:23:28.980	4:16	0:42:40.848
48	44	Leandro Santos	M	M40	6	43	0:09:35.892	0:23:07.435	4:18	0:43:00.333	
49	24	João Graça	M	Os Paulenses	M55	8	44	0:09:59.607	0:23:36.659	4:18	0:43:06.682
50	10	Luis Maia	M	Clube Atletismo da Marinha Grande	M45	9	45	0:10:05.435	0:23:55.709	4:19	0:43:13.275
51	134	Pedro Rodrigues	M	CPR A-do-Barbas	M50	3	46	0:09:36.304	0:23:30.141	4:22	0:43:46.011
52	114	Neuton Marques	M	BARRACA TEAM	M40	7	47	0:10:29.641	0:24:37.690	4:23	0:43:54.866
53	149	Carlos Duarte	M	CCRD Burinhosa	M55	9	48	0:10:21.925	0:24:26.025	4:23	0:43:55.707
54	129	João Colaço	M	M50	4	49	0:10:24.282	0:24:26.168	4:24	0:44:08.120	
55	35	Fernando Domingues	M	Grupo Alegre Unido Bajouca	M35	5	50	0:10:08.430	0:24:17.292	4:24	0:44:08.871
56	19	Sérgio Cabecinhas	M	Grupo Alegre Unido Bajouca	M40	8	51	0:10:16.255	0:24:17.189	4:25	0:44:13.385
57	151	Carla Cantante	F	CA BARREIRA	F35	1	6	0:10:16.747	0:24:39.312	4:25	0:44:17.015
58	126	Dario Oliveira	M	ACBATALHA	M40	9	52	0:10:05.053	0:24:09.239	4:26	0:44:19.609
59	56	Luis Calha	M	Vitória FC	M50	5	53	0:10:08.391	0:24:08.368	4:26	0:44:21.122
60	98	Acácio Campos	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M60	4	54	0:10:21.502	0:24:33.776	4:26	0:44:27.084
61	77	Nelson Ferreira	M	AC VERMOIL	M40	10	55	0:09:54.801	0:23:50.868	4:26	0:44:28.709
62	135	Jucelino Monteiro	M	CPR A-do-Barbas	M55	10	56	0:10:14.199	0:24:23.066	4:27	0:44:29.934
63	75	Vitor Lopes	M	AC VERMOIL	M50	6	57	0:10:22.086	0:24:29.424	4:27	0:44:33.516
64	148	Mario Frias	M	M50	7	58	0:09:58.915	0:24:18.825	4:27	0:44:37.946	
65	4	António Agostinho Santiago Moreira	M	M50	8	59	0:10:33.702	0:24:35.250	4:27	0:44:38.456	
66	17	Bruno Silva	M	Grupo Alegre Unido Bajouca	M35	6	60	0:10:17.356	0:24:34.459	4:28	0:44:43.320
67	9	Rui Nunes	M	Clube Atletismo da Marinha Grande	M40	11	61	0:10:13.536	0:24:11.802	4:30	0:45:00.116
68	112	Luis Miguel Bernardo	M	TWOPIKAS	M45	10	62	0:10:37.699	0:25:04.981	4:32	0:45:27.738
69	64	João	M	Clube Desportivo Moitense	M50	9	63	0:10:36.621	0:25:05.429	4:35	0:45:52.711
70	20	Sérgio Marcelino	M	Grupo Alegre Unido Bajouca	M55	11	64	0:10:45.642	0:25:29.687	4:37	0:46:17.421
71	113	Sérgio	M	TWOPIKAS	M45	11	65	0:10:20.856	0:24:48.438	4:38	0:46:26.964
72	109	Marco Mata	M	M40	12	66	0:09:54.185	0:24:43.060	4:38	0:46:28.363	
73	59	Leonel Rodrigues	M	Clube Desportivo Moitense	M65	2	67	0:10:58.011	0:25:40.594	4:39	0:46:33.953
74	108	Jorge Figueiredo	M	CR AMIEIRINHENSE	M50	10	68	0:10:40.469	0:25:40.313	4:40	0:46:39.432
75	60	Mario	M	Clube Desportivo Moitense	M60	5	69	0:10:39.694	0:25:15.081	4:41	0:46:50.909
76	100	João Domingos	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M50	11	70	0:10:46.552	0:25:53.694	4:41	0:46:54.485
77	139	Joel Branco	M	M35	7	71	0:10:02.672	0:24:52.165	4:43	0:47:14.677	
78	110	Sérgio Santos	M	BARRACA TEAM	M40	13	72	0:10:32.055	0:25:02.066	4:46	0:47:40.317
79	120	Nelson Santos	M	CP CMP	M45	12	73	0:10:36.974	0:25:49.175	4:47	0:47:50.766
80	58	Alberto	M	Clube Desportivo Moitense	M60	6	74	0:11:13.274	0:26:20.409	4:47	0:47:52.023
81	136	Soraia Carreira	F	CPR A-do-Barbas	SEN F	5	7	0:11:30.468	0:26:38.402	4:48	0:48:01.183
82	46	Miguel Gineto	M	Clube Desportivo Ribereense	M45	13	75	0:11:00.697	0:26:04.217	4:49	0:48:14.829
83	83	João Marcelino	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M50	12	76	0:11:47.866	0:27:02.530	4:52	0:48:40.868
84	138	Daniel Delgado	M	TWOPIKAS	SEN M	13	77	0:10:21.090	0:25:24.275	4:52	0:48:41.687
85	53	Luis Nunes	M	M50	13	78	0:11:30.920	0:26:38.278	4:53	0:48:49.793	

Nome da Prova: 10ª Edição Grande Prémio de Atletismo da Amieirinha

Organizador: Clube Recreativo Amieirinhense

Classe: Atletismo de Estrada

Categoria: Classificação Geral 10km

Pos	Dorsal	Atleta	S	Equipa	Categoria	Pos Cat	Pos S	2.4 km	5.5 km	Ritmo	Tempo
86	105	Cátia Montez	F	TWOPIKAS	SEN F	6	8	0:11:16.677	0:27:08.367	4:53	0:48:58.661
87	28	José Marques	M	Clube de Atletismo da Nazaré	M45	14	79	0:11:06.635	0:26:44.685	4:54	0:49:02.303
88	86	Vitor Rocha	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M45	15	80	0:11:34.814	0:27:01.323	4:55	0:49:13.430
89	121	Evangelino Cerdeira	M	ACBATALHA	M65	3	81	0:10:57.085	0:25:47.237	4:57	0:49:34.628
90	107	Joana Marques	F	Os Loucos de Domingo	F35	2	9	0:11:13.215	0:27:09.713	4:58	0:49:43.331
91	133	Joana Grácio	F	CPR A-do-Barbas	F35	3	10	0:11:54.574	0:27:41.271	4:59	0:49:49.392
92	130	Mónica Jordão	F	ACRM Silveirinha Grande e Claras	F40	1	11	0:11:17.176	0:26:52.628	4:59	0:49:49.645
93	7	Bruno Jorge	M		M45	16	82	0:11:18.036	0:27:09.482	4:59	0:49:53.493
94	117	Pedro Batista	M	BARRACA TEAM	SEN M	14	83	0:11:19.450	0:27:26.322	5:01	0:50:17.132
95	38	José Saraiva	M		M45	17	84	0:11:20.286	0:27:04.310	5:02	0:50:25.852
96	52	Filipe Tomás	M	A. C. S. Mamede	M65	4	85	0:11:59.944	0:27:54.380	5:03	0:50:29.814
97	43	Daniel Silva	M	ACBATALHA	M40	14	86	0:11:16.518	0:27:09.760	5:04	0:50:40.853
98	124	Afonso Mourão	M	ACBATALHA	JUN M	1	87	0:11:17.221	0:28:02.499	5:04	0:50:42.416
99	15	Cristovão Jorge	M	Clube Atletismo da Marinha Grande	M40	15	88	0:11:44.314	0:27:15.719	5:04	0:50:45.661
100	106	Diana Morgado	F	Clube Atletismo da Marinha Grande	SEN F	7	12	0:12:14.344	0:28:37.189	5:05	0:50:50.551
101	54	Mónica Machado	F		F45	2	13	0:11:53.015	0:27:56.546	5:05	0:50:52.408
102	85	Sandra Simões	F	INDUSTRIAL DESPORTIVO VIEIRENSI	F45	3	14	0:11:59.749	0:28:01.304	5:05	0:50:54.690
103	99	Sónia Farto	F	INDUSTRIAL DESPORTIVO VIEIRENSI	F45	4	15	0:11:58.866	0:28:00.552	5:06	0:50:59.278
104	118	Tânia Gaspar	F		F40	2	16	0:11:49.697	0:28:11.245	5:06	0:51:02.203
105	49	Angelo Gaspar	M		M55	12	89	0:12:34.354	0:29:07.950	5:07	0:51:10.296
106	48	Hugo Gaspar	M		SEN M	15	90	0:12:34.757	0:29:08.031	5:07	0:51:10.415
107	132	Luis Fernandes	M	CPR A-do-Barbas	M40	16	91	0:12:00.930	0:28:25.038	5:09	0:51:38.946
108	27	Hélder Ceboleiro	M	Terrantéz trail team	SEN M	16	92	0:11:44.697	0:28:06.833	5:10	0:51:39.758
109	97	João Bento	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M50	14	93	0:11:40.512	0:28:00.833	5:11	0:51:53.823
110	111	Claudio Cabral	M	Trilho do castelejo	M45	18	94	0:11:15.398	0:27:51.604	5:12	0:52:01.020
111	90	Helena Henriques	F	INDUSTRIAL DESPORTIVO VIEIRENSI	F50	1	17	0:11:58.811	0:28:01.061	5:12	0:52:03.525
112	79	Antero Rodrigues	M		M50	15	95	0:11:47.346	0:28:11.885	5:13	0:52:12.918
113	119	Ana Botas	F	Brave Lake - ACCM	F40	3	18	0:11:59.010	0:28:40.814	5:13	0:52:15.297
114	123	Maria De Lourdes Pereira	F	ACBATALHA	F50	2	19	0:11:59.830	0:28:17.387	5:14	0:52:27.489
115	31	José Augusto Oliveira	M	G. D. ATOUGUIENSE	M65	5	96	0:11:52.639	0:28:37.971	5:17	0:52:52.541
116	91	Celestino Marques	M	INDUSTRIAL DESPORTIVO VIEIRENSI	M60	7	97	0:12:06.573	0:28:49.079	5:18	0:52:59.678
117	137	Joaquim Gomes	M	CPR A-do-Barbas	M65	6	98	0:12:54.140	0:29:22.732	5:18	0:53:05.383
118	78	Rodrigues	F		F50	3	20	0:11:48.947	0:28:40.579	5:19	0:53:15.552
119	61	Adriano	M	Clube Desportivo Moitense	M65	7	99	0:11:14.956	0:27:52.738	5:21	0:53:33.805
120	42	Ana Margarida Malhão Henriques	F	Amigos da Corrida	F35	4	21	0:11:55.959	0:29:08.940	5:24	0:54:00.737
121	67	Eugenio Mendes	M	AC VERMOIL	M60	8	100	0:12:14.752	0:29:18.880	5:26	0:54:28.092
122	30	Joana Florindo	F		SEN F	8	22	0:13:10.247	0:30:24.626	5:27	0:54:36.635
123	32	Andreia Gomes	F		SEN F	9	23	0:13:11.996	0:30:24.645	5:28	0:54:48.030
124	65	Rui Morais	M		SEN M	17	101	0:13:11.618	0:30:39.437	5:35	0:55:52.070
125	146	Diogo Narciso	M	A.R.C.D Mendiga	SEN M	18	102	0:13:08.533	0:30:50.998	5:38	0:56:19.769
126	29	Diana Amaro	F		SEN F	10	24	0:13:10.561	0:31:14.773	5:42	0:57:00.920
127	47	António Pestana	M		M40	17	103	0:12:11.293	0:30:45.967	5:50	0:58:20.362
128	26	Rui Pastor	M	Pastor Racing	M50	16	104	0:12:58.409	0:31:31.848	5:52	0:58:41.825
129	41	Fernanda Sousa	F		F40	4	25	0:13:53.057	0:32:43.160	6:04	1:00:43.290
130	125	Raquel Saraiva	F		F40	5	26	0:14:59.170	0:34:43.685	6:10	1:01:45.945
131	66	Alfredo Santos	M	AC VERMOIL	M65	8	105	0:14:50.421	0:34:47.250	6:20	1:03:26.288
132	127	Maria Kleingrothe	F	Clube Atletismo da Marinha Grande	F45	5	27	0:16:14.727	0:38:25.991	6:54	1:09:03.181
133	115	Patrícia Angélico	F	Clube Atletismo da Marinha Grande	F45	6	28	0:16:14.646	0:38:25.384	6:54	1:09:03.199
134	103	Toze Velha	M	Tres santos populares	M60	9	106	0:08:42.657	0:20:50.622		DNF