



Nome da Prova: 7ª Corrida da Nazaré
Organizador: Clube de Atletismo da Nazaré
Classe: Atletismo de Estrada
Categoria: Classificação Geral 10km



| Pos | Dorsal | Atleta | Sexo | Equipa | Categoria | Pos Cat | Pos Sexo | 7.0 km | Ritmo | Tempo |
|-----|--------|--------------------------------------|------|--|-----------|---------|----------|-------------|-------|-------------|
| 1 | 577 | VALTER ALEXANDRE PESCADA COSTA | M | G.A.Caranguejeira | SEN M | 1 | 1 | 0:22:14.112 | 3:13 | 0:32:10.893 |
| 2 | 538 | ANDRÉ FILIPE RODRIGUES LUNA COSTA | M | Casa do Benfica de Reguengos de Monsaraz | SEN M | 2 | 2 | 0:22:56.747 | 3:20 | 0:33:19.542 |
| 3 | 244 | ANDRÉ PAIS | M | Centro de Atletismo de Tondela | SEN M | 3 | 3 | 0:23:19.002 | 3:20 | 0:33:26.191 |
| 4 | 240 | STEVEN SÁ | M | Clube Desportivo Moitense | SEN M | 4 | 4 | 0:23:23.567 | 3:23 | 0:33:49.591 |
| 5 | 1 | ANA MAFALDA FERREIRA | F | Sporting Clube de Portugal | F35 | 1 | 1 | 0:23:49.531 | 3:23 | 0:33:57.641 |
| 6 | 243 | RUI RODRIGUES | M | Centro de Atletismo de Tondela | M40 | 1 | 5 | 0:23:58.416 | 3:26 | 0:34:25.455 |
| 7 | 353 | RAFAEL PAIS | M | Centro de Atletismo de Tondela | SEN M | 5 | 6 | 0:23:59.080 | 3:27 | 0:34:29.440 |
| 8 | 508 | SAMUEL LIMPINHO | M | AC VERMOIL | SEN M | 6 | 7 | 0:24:20.386 | 3:29 | 0:34:49.338 |
| 9 | 493 | PAULO PEREIRA | M | | SEN M | 7 | 8 | 0:24:19.855 | 3:29 | 0:34:57.751 |
| 10 | 528 | PEDRO GOMES | M | Federação da Família para a Paz Mundial e Unificação | M45 | 1 | 9 | 0:24:26.136 | 3:30 | 0:35:06.102 |
| 11 | 291 | VIRGILIO | M | Clube Atletismo de Marinha Grande | M40 | 2 | 10 | 0:24:26.665 | 3:30 | 0:35:06.102 |
| 12 | 507 | PEDRO FERREIRA | M | AC VERMOIL | M45 | 2 | 11 | 0:24:25.156 | 3:31 | 0:35:12.860 |
| 13 | 114 | TIAGO TOMÁS | M | GRF Benedita - Atletismo | SEN M | 8 | 12 | 0:24:42.963 | 3:32 | 0:35:27.585 |
| 14 | 200 | GONÇALO RESINA | M | Triatlo Golega | M45 | 3 | 13 | 0:24:38.457 | 3:33 | 0:35:34.320 |
| 15 | 500 | RANI GONÇALVES ELASSAL | M | Number One Running | SEN M | 9 | 14 | 0:24:55.230 | 3:34 | 0:35:43.465 |
| 16 | 100 | NUNO GONÇALO SANTOS | M | Elite-team | M40 | 3 | 15 | 0:24:59.495 | 3:36 | 0:36:01.791 |
| 17 | 863 | RICARDO SILVA | M | Clube Desportivo em Movimento | SEN M | 10 | 16 | 0:24:54.814 | 3:36 | 0:36:03.306 |
| 18 | 242 | CARLOS BEIBEIRO | M | Centro de Atletismo de Tondela | M45 | 4 | 17 | 0:25:24.022 | 3:37 | 0:36:15.825 |
| 19 | 527 | PEDRO PEREIRA | M | Federação da Família para a Paz Mundial e Unificação | M35 | 1 | 18 | 0:25:28.258 | 3:38 | 0:36:21.484 |
| 20 | 517 | PEDRO JANUÁRIO | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M40 | 4 | 19 | 0:25:17.939 | 3:38 | 0:36:27.736 |
| 21 | 856 | TELMO NOGUEIRA | M | | M35 | 2 | 20 | 0:25:38.579 | 3:39 | 0:36:36.351 |
| 22 | 259 | ALEXANDRE SOUSA | M | CPR A-do-Barbas | M35 | 3 | 21 | 0:25:32.118 | 3:41 | 0:36:50.548 |
| 23 | 186 | ANTÓNIO FERREIRA | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M55 | 1 | 22 | 0:25:34.967 | 3:42 | 0:36:59.205 |
| 24 | 300 | JORGE MARCELINO | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M50 | 1 | 23 | 0:25:44.653 | 3:42 | 0:37:02.224 |
| 25 | 567 | HUGO OLIVEIRA | M | ACR Vale de Cambra | SEN M | 11 | 24 | 0:26:11.465 | 3:42 | 0:37:03.447 |
| 26 | 290 | EDUARDO | M | Clube Atletismo de Marinha Grande | M40 | 5 | 25 | 0:25:44.791 | 3:42 | 0:37:04.859 |
| 27 | 39 | JOSÉ SILVA | M | Correr Lisboa | M45 | 5 | 26 | 0:26:00.963 | 3:44 | 0:37:24.690 |
| 28 | 601 | JOÃO VARÃO | M | Penta Clube da Covilhã | SEN M | 12 | 27 | 0:26:13.840 | 3:44 | 0:37:28.926 |
| 29 | 548 | JOÃO PAULO ALMEIDA | M | DCI/Trihos Luso Bussaco | M55 | 2 | 28 | 0:26:18.857 | 3:45 | 0:37:42.584 |
| 30 | 456 | PAULO ROSA | M | Grupo Desportivo Concha Azul | M35 | 4 | 29 | 0:26:28.393 | 3:46 | 0:37:48.140 |
| 31 | 803 | JOÃO SANTANA | M | ADRMata | M35 | 5 | 30 | 0:26:27.656 | 3:47 | 0:37:56.329 |
| 32 | 421 | JOÃO FERNANDES | M | Zonaattrail | M40 | 6 | 31 | 0:26:21.710 | 3:47 | 0:38:00.018 |
| 33 | 99 | ANTÓNIO OLIVEIRA | M | LIZ RUNNERS | M40 | 7 | 32 | 0:26:31.098 | 3:48 | 0:38:05.562 |
| 34 | 407 | ALÉXIS ROCHA | M | INDUSTRIAL DESPORTIVO VIEIRENSE | SEN M | 13 | 33 | 0:26:50.188 | 3:49 | 0:38:16.586 |
| 35 | 115 | FLÁVIO DOS SANTOS | M | Chitas de Alcobaça | M35 | 6 | 34 | 0:26:59.728 | 3:49 | 0:38:19.306 |
| 36 | 205 | JORGE CALAFATE | M | NSCPGOLEGA | M55 | 3 | 35 | 0:26:37.474 | 3:50 | 0:38:23.250 |
| 37 | 523 | NUNO NAIÁ | M | Clube Millenniumbcp | M45 | 6 | 36 | 0:26:42.521 | 3:50 | 0:38:26.988 |
| 38 | 193 | GABRIEL RODRIGUES | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M55 | 4 | 37 | 0:26:38.313 | 3:51 | 0:38:33.250 |
| 39 | 251 | JOÃO MARIA BENVINDO GOMES | M | unidos runners | M60 | 1 | 38 | 0:26:37.944 | 3:51 | 0:38:36.011 |
| 40 | 420 | OLAV ENGLAND | M | | SEN M | 14 | 39 | 0:27:08.330 | 3:51 | 0:38:38.230 |
| 41 | 209 | DANIEL CARPINTEIRO | M | ARCD MENDIGA | SEN M | 15 | 40 | 0:27:02.989 | 3:52 | 0:38:48.762 |
| 42 | 578 | PAULO TOMÁS | M | Clube de Atletismo da Nazaré | M40 | 8 | 41 | 0:27:01.720 | 3:54 | 0:39:04.527 |
| 43 | 812 | ORLANDO MARQUES | M | REGIMENTO DE ARTILHARIA N.º4 | M40 | 9 | 42 | 0:27:14.033 | 3:54 | 0:39:05.648 |
| 44 | 525 | MAFALDA MARTINHO | F | Federação da Família para a Paz Mundial e Unificação | SEN F | 1 | 2 | 0:27:08.846 | 3:54 | 0:39:07.651 |
| 45 | 381 | MARIUS LEORDEAN | M | Amigos do Atletismo de Mafra | M40 | 10 | 43 | 0:27:11.624 | 3:54 | 0:39:08.404 |
| 46 | 292 | JOSÉ RAIMUNDO | M | Clube Atletismo de Marinha Grande | M60 | 2 | 44 | 0:27:15.434 | 3:56 | 0:39:20.599 |
| 47 | 585 | LUIS XAVIER | M | | SEN M | 16 | 45 | 0:27:47.161 | 3:56 | 0:39:26.162 |
| 48 | 181 | LEONEL SOUSA | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M50 | 2 | 46 | 0:27:23.412 | 3:56 | 0:39:29.603 |
| 49 | 588 | RUI FREITAS | M | Sport Comércio e Salgueiros | SEN M | 17 | 47 | 0:27:36.139 | 3:57 | 0:39:33.608 |
| 50 | 247 | MIGUEL BARBA | M | Peniche a Correr | M40 | 11 | 48 | 0:27:38.271 | 3:57 | 0:39:36.603 |
| 51 | 513 | PEDRO VALENTE | M | | M40 | 12 | 49 | 0:27:34.659 | 3:58 | 0:39:44.247 |
| 52 | 504 | SOLOHUB STANISLAV | M | | SEN M | 18 | 50 | 0:28:06.312 | 3:58 | 0:39:46.724 |
| 53 | 156 | MARCIO ANDRADE | M | centro civico alferraredelvelha | M35 | 7 | 51 | 0:27:47.416 | 3:59 | 0:39:55.999 |
| 54 | 354 | PAULO LOURENÇO | M | | M50 | 3 | 52 | 0:27:43.407 | 4:00 | 0:39:59.488 |
| 55 | 146 | FLAVIO CASTELHANO | M | GRF Benedita - Atletismo | M35 | 8 | 53 | 0:27:41.767 | 4:00 | 0:39:59.509 |
| 56 | 417 | RODOLFO LANÇA | M | CORE | SEN M | 19 | 54 | 0:27:40.531 | 4:00 | 0:40:04.852 |
| 57 | 134 | ANTONIO SILVA | M | Sczf Trail Runners | M55 | 5 | 55 | 0:27:56.483 | 4:00 | 0:40:08.128 |
| 58 | 190 | ADRIANA COELHO | F | INDUSTRIAL DESPORTIVO VIEIRENSE | SEN F | 2 | 3 | 0:28:04.926 | 4:01 | 0:40:18.957 |
| 59 | 180 | CARLOS SIMÕES | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M55 | 6 | 56 | 0:28:03.032 | 4:01 | 0:40:19.026 |
| 60 | 491 | BRUNO SILVA | M | Grupo Alegre Unido Bajouca | M35 | 9 | 57 | 0:27:53.994 | 4:02 | 0:40:26.978 |
| 61 | 526 | FLÁVIO SANTOS | M | Federação da Família para a Paz Mundial e Unificação | SEN M | 20 | 58 | 0:28:39.195 | 4:02 | 0:40:28.568 |
| 62 | 315 | SÉRGIO ALMEIDA | M | | M45 | 7 | 59 | 0:28:05.992 | 4:03 | 0:40:37.611 |
| 63 | 224 | FÁBIO MAGALHÃES | M | | M35 | 10 | 60 | 0:28:21.975 | 4:03 | 0:40:41.508 |
| 64 | 511 | HELDER MIRANDA | M | AC VERMOIL | M40 | 13 | 61 | 0:28:45.867 | 4:03 | 0:40:43.955 |
| 65 | 802 | ANTÓNIO FRANCISCO | M | | M45 | 8 | 62 | 0:29:03.220 | 4:04 | 0:40:54.832 |
| 66 | 454 | CAMILO TARMAHOMED | M | Academia do Pro Peniche | M50 | 4 | 63 | 0:28:31.580 | 4:05 | 0:40:57.016 |
| 67 | 120 | JULIO RODRIGUES | M | NFC Running Team | M40 | 14 | 64 | 0:28:24.777 | 4:05 | 0:40:59.283 |
| 68 | 512 | RUI FERNANDES | M | NFC Running Team | M45 | 9 | 65 | 0:28:24.106 | 4:05 | 0:41:00.674 |
| 69 | 178 | RUI DINIS | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M55 | 7 | 66 | 0:28:38.430 | 4:06 | 0:41:01.109 |
| 70 | 220 | FABIO CARREIRA | M | Bikers da aldeia | SEN M | 21 | 67 | 0:29:01.512 | 4:05 | 0:41:08.714 |
| 71 | 458 | VICENTE MANUEL LATOUR PIRES COELHO Z | M | | JUNIOR M | 1 | 68 | 0:28:16.553 | 4:06 | 0:41:10.142 |
| 72 | 862 | GUILHERME VITORINO | M | | JUNIOR M | 2 | 69 | 0:28:32.308 | 4:07 | 0:41:11.721 |
| 73 | 510 | AQUILINO FERREIRA | M | AC VERMOIL | M60 | 3 | 70 | 0:28:49.569 | 4:07 | 0:41:17.438 |
| 74 | 38 | RICARDO CARVALHO | M | Correr Lisboa | M40 | 15 | 71 | 0:28:41.428 | 4:07 | 0:41:17.559 |
| 75 | 208 | TIAGO BRANCO | M | Chitas de Alcobaça | M40 | 16 | 72 | 0:29:00.200 | 4:07 | 0:41:21.532 |
| 76 | 497 | ANTÓNIO QUARESMA | M | Bombeiros Sapadores Leiria | SEN M | 22 | 73 | 0:28:39.786 | 4:09 | 0:41:36.910 |
| 77 | 583 | BERNARDO MENESES | M | ARCD MENDIGA | SEN M | 23 | 74 | 0:29:11.254 | 4:10 | 0:41:44.839 |
| 78 | 130 | BRUNO CATARINO | M | Tramagal Sport União | SEN M | 24 | 75 | 0:29:12.368 | 4:11 | 0:41:58.349 |
| 79 | 351 | RUI DUARTE | M | | M35 | 11 | 76 | 0:29:37.056 | 4:12 | 0:42:12.895 |
| 80 | 359 | CARLOS CAEIRO | M | Aminhacorrida/Runextrem | M45 | 10 | 77 | 0:29:26.816 | 4:13 | 0:42:14.046 |
| 81 | 350 | RUI ALMEIDA | M | | M35 | 12 | 78 | 0:29:12.948 | 4:13 | 0:42:16.761 |
| 82 | 137 | DEONILDE COSTA | F | AC VERMOIL | F45 | 1 | 4 | 0:29:28.759 | 4:13 | 0:42:18.171 |
| 83 | 65 | JACINTO FERREIRA | M | Peniche a Correr | M50 | 5 | 79 | 0:29:41.774 | 4:14 | 0:42:22.782 |
| 84 | 179 | JOÃO DOMINGOS | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M50 | 6 | 80 | 0:29:43.909 | 4:14 | 0:42:24.913 |
| 85 | 11 | FRANCISCO ALQUEIDAO | M | MAXPROG | M55 | 8 | 81 | 0:29:38.104 | 4:15 | 0:42:29.328 |
| 86 | 131 | NELSON LOPES | M | NFC Running Team | M40 | 17 | 82 | 0:29:37.809 | 4:14 | 0:42:30.522 |
| 87 | 41 | JOSÉ CARVALHO | M | Trihos Romanos | M50 | 7 | 83 | 0:29:31.663 | 4:14 | 0:42:32.106 |
| 88 | 811 | JOAQUIM NELSON AUGUSTO DA SILVA | M | | M45 | 11 | 84 | 0:29:38.646 | 4:15 | 0:42:36.367 |
| 89 | 183 | ACÁCIO CAMPOS | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M65 | 1 | 85 | 0:29:53.173 | 4:15 | 0:42:43.839 |
| 90 | 171 | PEDRO NUNES | M | | M35 | 13 | 86 | 0:29:59.402 | 4:16 | 0:42:46.474 |
| 91 | 452 | RODRIGO COSTA | M | | SEN M | 25 | 87 | 0:29:50.822 | 4:16 | 0:42:48.557 |
| 92 | 53 | JORGE VAZ | M | Correr Lisboa | M45 | 12 | 88 | 0:29:54.878 | 4:17 | 0:42:55.265 |
| 93 | 118 | RICARDO ALEGRETE | M | TiMim | SEN M | 26 | 89 | 0:29:04.450 | 4:17 | 0:42:57.492 |
| 94 | 515 | JOÃO REIS | M | GDRC Unidos | SEN M | 27 | 90 | 0:29:52.409 | 4:17 | 0:43:01.419 |
| 95 | 442 | JOSÉ FERREIRA | M | LEBRES J & N | M45 | 13 | 91 | 0:29:42.351 | 4:18 | 0:43:04.881 |



Nome da Prova: 7ª Corrida da Nazaré
Organizador: Clube de Atletismo da Nazaré
Classe: Atletismo de Estrada
Categoria: Classificação Geral 10km



| Pos | Dorsal | Atleta | Sexo | Equipa | Categoria | Pos Cat | Pos Sexo | 7.0 km | Ritmo | Tempo |
|-----|--------|---------------------------------------|------|---|-----------|---------|----------|-------------|-------|-------------|
| 96 | 59 | GRAÇA CASTRO | F | Correr Lisboa | F50 | 1 | 5 | 0:30:00.151 | 4:19 | 0:43:14.320 |
| 97 | 294 | ILÍDIO FÁRIA | M | | M40 | 18 | 92 | 0:30:08.527 | 4:18 | 0:43:15.987 |
| 98 | 431 | JOSÉ PAJINHA | M | Linda a Pastora Sporting Clube | M60 | 4 | 93 | 0:29:54.422 | 4:19 | 0:43:16.278 |
| 99 | 414 | PEDRO INÁCIO | M | | SEN M | 28 | 94 | 0:30:51.581 | 4:18 | 0:43:18.172 |
| 100 | 154 | JORGE ANASTÁCIO | M | CNAL-Triatlo | M45 | 14 | 95 | 0:30:22.401 | 4:19 | 0:43:18.955 |
| 101 | 509 | VÍTOR LOPES | M | AC VERMOIL | M55 | 9 | 96 | 0:30:02.264 | 4:19 | 0:43:22.151 |
| 102 | 403 | CARLOS FRAZÃO | M | Centro de Marcha e Corrida de Alcanena | M45 | 15 | 97 | 0:30:24.469 | 4:20 | 0:43:24.499 |
| 103 | 12 | JOSÉ BRITO | M | | M60 | 5 | 98 | 0:30:21.483 | 4:20 | 0:43:27.546 |
| 104 | 32 | NUNO BELO | M | HCT Running Team | M40 | 19 | 99 | 0:30:14.586 | 4:20 | 0:43:27.853 |
| 105 | 569 | DANY GRILLO | M | Grupo Alegre Unido Bajouca | M35 | 14 | 100 | 0:30:10.560 | 4:20 | 0:43:30.499 |
| 106 | 197 | RICARDO PERALTA | M | | SEN M | 29 | 101 | 0:30:22.686 | 4:20 | 0:43:30.779 |
| 107 | 444 | VIRGÍLIO ALBERTO | M | Grupo Alegre Unido Bajouca | M50 | 8 | 102 | 0:30:27.429 | 4:21 | 0:43:40.212 |
| 108 | 498 | PEDRO FOLGADO | M | Bombeiros Sapadores Leiria | SEN M | 30 | 103 | 0:29:59.696 | 4:22 | 0:43:44.513 |
| 109 | 56 | ORLANDO FERREIRA | M | | M55 | 10 | 104 | 0:30:35.477 | 4:22 | 0:43:46.116 |
| 110 | 71 | RUI PIRES | M | | M40 | 20 | 105 | 0:30:12.871 | 4:22 | 0:43:48.676 |
| 111 | 391 | JOÃO DA SILVA VARÃO | M | CUI | M50 | 9 | 106 | 0:30:41.213 | 4:22 | 0:43:49.316 |
| 112 | 496 | JOSÉ RUIVO | M | Bombeiros Sapadores Leiria | SEN M | 31 | 107 | 0:30:24.515 | 4:23 | 0:43:58.417 |
| 113 | 478 | SALVADOR MATOS | M | | SEN M | 32 | 108 | 0:30:51.687 | 4:22 | 0:44:00.542 |
| 114 | 566 | NÉLIO VIEIRA | M | ACBATALHA | SEN M | 33 | 109 | 0:30:52.130 | 4:23 | 0:44:01.761 |
| 115 | 286 | PAULO SANTOS | M | ASSOCIAÇÃO CULTURAL SAMBRASENSE | M55 | 11 | 110 | 0:30:42.948 | 4:24 | 0:44:05.836 |
| 116 | 144 | SÉRGIO FERREIRA | M | Correr Lisboa | M45 | 16 | 111 | 0:30:49.944 | 4:24 | 0:44:08.471 |
| 117 | 226 | EDGAR GOMES | M | Soure Mov | M40 | 21 | 112 | 0:30:58.148 | 4:24 | 0:44:08.701 |
| 118 | 484 | OLEG BILDIUKEVYCH | M | | M50 | 10 | 113 | 0:31:18.725 | 4:23 | 0:44:11.103 |
| 119 | 202 | MÁRIO ALEXANDRE ALMEIDA DUARTE SALG M | M | C.A.S.P.A. - Clube Amador Só Para Atletismo | M45 | 17 | 114 | 0:31:10.696 | 4:24 | 0:44:14.605 |
| 120 | 606 | LAURO ESPANHOL | M | | SEN M | 34 | 115 | 0:31:05.866 | 4:24 | 0:44:20.711 |
| 121 | 482 | SAMUEL RIBAS | M | | SEN M | 35 | 116 | 0:31:27.310 | 4:25 | 0:44:23.238 |
| 122 | 145 | RAFAEL LOURENÇO | M | GRF Benedita - Atletismo | M45 | 18 | 117 | 0:30:40.057 | 4:26 | 0:44:25.758 |
| 123 | 490 | FERNANDO ANDRÁDE | M | NFC Running Team | M50 | 11 | 118 | 0:31:10.814 | 4:25 | 0:44:27.272 |
| 124 | 394 | MANUEL FERREIRA | M | ADRMata | M60 | 6 | 119 | 0:30:48.373 | 4:26 | 0:44:27.606 |
| 125 | 182 | ANTÓNIO POEIRAS | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M60 | 7 | 120 | 0:30:48.310 | 4:26 | 0:44:29.067 |
| 126 | 213 | SANDRO VILELA | M | GDRC Unidos | M45 | 19 | 121 | 0:31:18.024 | 4:26 | 0:44:31.259 |
| 127 | 805 | GONÇALO FERREIRA | M | Santana FC Trail Team | M40 | 22 | 122 | 0:30:21.734 | 4:27 | 0:44:35.534 |
| 128 | 582 | CASIMIRO GOMES | M | ACBATALHA | M45 | 20 | 123 | 0:30:55.220 | 4:26 | 0:44:38.950 |
| 129 | 304 | ANTÓNIO REIS | M | Superfresco trail team | M55 | 12 | 124 | 0:31:23.051 | 4:27 | 0:44:44.213 |
| 130 | 162 | ALEXANDER STORMS | M | NFC Running Team | M45 | 21 | 125 | 0:31:04.197 | 4:28 | 0:44:49.323 |
| 131 | 413 | DAVID PINTA | M | TiMim | SEN M | 36 | 126 | 0:30:51.407 | 4:28 | 0:44:51.356 |
| 132 | 330 | LILIANA MARTINS | F | | F35 | 2 | 6 | 0:31:19.481 | 4:29 | 0:44:53.133 |
| 133 | 426 | JOÃO HORTA | M | | M35 | 15 | 127 | 0:31:26.113 | 4:29 | 0:44:56.241 |
| 134 | 231 | SÉRGIO PEREIRA | M | ACNPN | M50 | 12 | 128 | 0:31:46.965 | 4:30 | 0:45:04.133 |
| 135 | 434 | DANIEL GUERRA | M | | M55 | 13 | 129 | 0:31:10.790 | 4:30 | 0:45:07.439 |
| 136 | 404 | CLARA SOFIA RODRIGUES | F | Escola de atletismo de Coimbra / paiva | F40 | 1 | 7 | 0:31:14.658 | 4:30 | 0:45:08.213 |
| 137 | 270 | DANIEL SILVA GASPARG | M | | SEN M | 37 | 130 | 0:31:24.133 | 4:31 | 0:45:12.570 |
| 138 | 248 | LUÍS PASCOAL | M | NFC Running Team | M50 | 13 | 131 | 0:31:41.574 | 4:31 | 0:45:13.181 |
| 139 | 405 | JOSÉ PASSOS | M | Peniche a Correr | M45 | 22 | 132 | 0:31:37.597 | 4:31 | 0:45:15.237 |
| 140 | 541 | BENJAMIM MEDALHA | M | Caldas Race Team | M50 | 14 | 133 | 0:31:03.240 | 4:31 | 0:45:16.276 |
| 141 | 206 | SÓNIA ALEXANDRE | F | NFC Running Team | F45 | 2 | 8 | 0:31:42.621 | 4:31 | 0:45:16.489 |
| 142 | 159 | HUGO COUTINHO | M | centro civico alferrarede velha | SEN M | 38 | 134 | 0:31:09.087 | 4:30 | 0:45:18.617 |
| 143 | 820 | BÁRBARA SEQUEIRA | F | | F35 | 3 | 9 | 0:31:43.629 | 4:32 | 0:45:20.639 |
| 144 | 574 | MIGUEL GINETO | M | Clube Desportivo Moitense | M45 | 23 | 135 | 0:31:18.924 | 4:32 | 0:45:30.893 |
| 145 | 25 | IVAN SVYRSKYI | M | | SEN M | 39 | 136 | 0:32:02.348 | 4:32 | 0:45:38.743 |
| 146 | 821 | RICARDO SOUSA | M | | M35 | 16 | 137 | 0:31:47.790 | 4:34 | 0:45:40.895 |
| 147 | 55 | JOÃO TRINDADE | M | Crossmates | M45 | 24 | 138 | 0:31:42.377 | 4:34 | 0:45:47.452 |
| 148 | 81 | DIOGO CASEIRO | M | LIZ RUNNERS | M50 | 15 | 139 | 0:31:49.563 | 4:35 | 0:45:55.888 |
| 149 | 477 | CARLOS MATOS | M | | M50 | 16 | 140 | 0:32:15.363 | 4:34 | 0:45:58.570 |
| 150 | 346 | CÁTIA MONTEZ | F | TWOPIKAS | SEN F | 3 | 10 | 0:32:05.314 | 4:35 | 0:45:59.030 |
| 151 | 520 | ILÍDIO RODRIGUES | M | ADCR O Independente | M45 | 25 | 141 | 0:32:42.175 | 4:33 | 0:45:59.474 |
| 152 | 406 | SÉRGIO PACHECO | M | Peniche a Correr | M40 | 23 | 142 | 0:31:34.005 | 4:36 | 0:46:04.780 |
| 153 | 138 | VÍTOR PONTES | M | | M55 | 14 | 143 | 0:32:04.016 | 4:36 | 0:46:06.811 |
| 154 | 24 | RUBEN ALVES | M | | M40 | 24 | 144 | 0:32:06.213 | 4:36 | 0:46:07.983 |
| 155 | 370 | PEDRO LIBÂNIO | M | NFC Running Team | M45 | 26 | 145 | 0:31:45.125 | 4:35 | 0:46:09.980 |
| 156 | 387 | CARLOS SERRALHA | M | NFC Running Team | M50 | 17 | 146 | 0:31:49.159 | 4:36 | 0:46:10.932 |
| 157 | 608 | FERNANDO SANTOS | M | Sabores do Paço trail Zatepeques | M50 | 18 | 147 | 0:32:11.108 | 4:37 | 0:46:12.708 |
| 158 | 485 | FILIPE FRAGA | M | | M45 | 27 | 148 | 0:32:30.717 | 4:36 | 0:46:16.706 |
| 159 | 187 | PEDRO PEREIRA | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M50 | 19 | 149 | 0:31:36.519 | 4:37 | 0:46:16.706 |
| 160 | 556 | ULISSES GASPARG | M | AC VERMOIL | M45 | 28 | 150 | 0:31:02.426 | 4:37 | 0:46:16.706 |
| 161 | 272 | GONÇALO | M | Trihlos do Valado | M45 | 29 | 151 | 0:31:57.568 | 4:37 | 0:46:18.185 |
| 162 | 105 | PEDRO VITORINO | M | Trihlo dos Cágados | M35 | 17 | 152 | 0:32:31.307 | 4:37 | 0:46:28.597 |
| 163 | 40 | DUARTE REIS | M | Pipocas | M45 | 30 | 153 | 0:32:26.159 | 4:38 | 0:46:30.047 |
| 164 | 195 | NORBERTO MACHADO | M | Ultras Tornada Running | M40 | 25 | 154 | 0:32:03.615 | 4:37 | 0:46:33.844 |
| 165 | 47 | TIAGO NOGUEIRA | M | | SEN M | 40 | 155 | 0:32:25.672 | 4:37 | 0:46:37.067 |
| 166 | 166 | ANDRÉ GASPARG ALVES | M | Barosa United | SEN M | 41 | 156 | 0:33:00.899 | 4:38 | 0:46:42.151 |
| 167 | 457 | HORÁCIO | M | Academia do Pro Peniche | M40 | 26 | 157 | 0:32:05.637 | 4:40 | 0:46:42.960 |
| 168 | 576 | DANIELA REBELO | F | HCT Running Team | F35 | 4 | 11 | 0:33:10.376 | 4:38 | 0:46:42.999 |
| 169 | 168 | DELFIN DE JESUS FERREIRA | M | Barosa United | M45 | 31 | 158 | 0:32:31.698 | 4:38 | 0:46:43.020 |
| 170 | 245 | VASCO SILVA | M | | M40 | 27 | 159 | 0:33:48.942 | 4:41 | 0:46:50.825 |
| 171 | 339 | RICARDO PEREIRA | M | NFC Running Team | M40 | 28 | 160 | 0:32:26.102 | 4:41 | 0:46:55.645 |
| 172 | 376 | CARLOS SANTOS | M | Câmara de Chamada | M35 | 18 | 161 | 0:33:00.404 | 4:41 | 0:47:08.523 |
| 173 | 204 | DIOGO CALAFATE | M | Brogueira | SEN M | 42 | 162 | 0:33:18.777 | 4:43 | 0:47:09.839 |
| 174 | 575 | JOÃO JUSTO | M | Clube Desportivo Moitense | M45 | 32 | 163 | 0:32:19.745 | 4:42 | 0:47:10.214 |
| 175 | 83 | ARMÊNIO OLIVEIRA | M | Chitas de Alcobça | M50 | 20 | 164 | 0:32:50.252 | 4:41 | 0:47:11.162 |
| 176 | 87 | GENILSON SANTOS | M | | M35 | 19 | 165 | 0:32:20.318 | 4:42 | 0:47:14.517 |
| 177 | 808 | JOSÉ ALVES | M | TDV | M45 | 33 | 166 | 0:32:13.006 | 4:43 | 0:47:17.753 |
| 178 | 598 | PAULO DIAS | M | M M Leiria | M40 | 29 | 167 | 0:33:03.723 | 4:43 | 0:47:19.415 |
| 179 | 599 | CLÁUDIO SOUSA | M | M M Leiria | M50 | 21 | 168 | 0:33:04.645 | 4:43 | 0:47:19.436 |
| 180 | 21 | JOSÉ ALMEIDA | M | NAVR | M40 | 30 | 169 | 0:34:03.979 | 4:41 | 0:47:20.244 |
| 181 | 301 | RENATO BENTO | M | NFC Running Team | M40 | 31 | 170 | 0:32:28.068 | 4:43 | 0:47:23.160 |
| 182 | 415 | JUNIOR HARTMAN | M | | SEN M | 43 | 171 | 0:33:01.592 | 4:43 | 0:47:27.730 |
| 183 | 453 | CARLOS MANUEL MENDES DUARTE | M | | M50 | 22 | 172 | 0:32:36.031 | 4:45 | 0:47:31.988 |
| 184 | 43 | RAFAELA MARTO | F | G.R.Corredoura | SEN F | 4 | 12 | 0:33:05.879 | 4:44 | 0:47:34.147 |
| 185 | 492 | JOÃO GUERRA | M | HCT Running Team | M45 | 34 | 173 | 0:33:11.676 | 4:43 | 0:47:34.261 |
| 186 | 80 | LEANDRO SALVADOR | M | ESP-Runners | JUNIOR M | 3 | 174 | 0:33:01.484 | 4:44 | 0:47:34.597 |
| 187 | 464 | NÉLSON SANTOS | M | CP CMP | M45 | 35 | 175 | 0:32:15.805 | 4:45 | 0:47:37.175 |
| 188 | 19 | JOSÉ JÚLIO RELVAS | M | | M55 | 15 | 176 | 0:33:26.329 | 4:43 | 0:47:37.332 |
| 189 | 319 | JOÃO ANDRÉ PEDROSA SILVA GOMES | M | | M35 | 20 | 177 | 0:32:24.374 | 4:45 | 0:47:42.504 |
| 190 | 62 | BENTO QUARESMA | M | Linda a Pastora Sporting Clube | M50 | 23 | 178 | 0:33:36.328 | 4:46 | 0:47:43.255 |



Nome da Prova: 7ª Corrida da Nazaré
 Organizador: Clube de Atletismo da Nazaré
 Classe: Atletismo de Estrada
 Categoria: Classificação Geral 10km



| Pos | Dorsal | Atleta | Sexo | Equipa | Categoria | Pos Cat | Pos Sexo | 7.0 km | Ritmo | Tempo |
|-----|--------|---------------------------------|------|--|-----------|---------|----------|-------------|-------|-------------|
| 191 | 5 | DANIEL OLIVEIRA | M | | M40 | 32 | 179 | 0:32:54.056 | 4:43 | 0:47:46.016 |
| 192 | 215 | LUÍS NUNES | M | | M50 | 24 | 180 | 0:32:57.525 | 4:46 | 0:47:48.151 |
| 193 | 218 | NUNO SOARES | M | Bikers da aldeia | M45 | 36 | 181 | 0:33:05.199 | 4:46 | 0:47:51.735 |
| 194 | 446 | PEDRO ROCHA | M | Clube de Atletismo da Nazaré | JUNIOR M | 4 | 182 | 0:33:17.124 | 4:47 | 0:47:52.378 |
| 195 | 543 | TIAGO MARTINS | M | Caldas Race Team | M45 | 37 | 183 | 0:32:38.257 | 4:47 | 0:47:53.373 |
| 196 | 158 | JULIO CRUZ | M | centro civico alferrade velha | M45 | 38 | 184 | 0:33:52.175 | 4:46 | 0:48:01.206 |
| 197 | 320 | HUGO | M | | M40 | 33 | 185 | 0:33:23.354 | 4:47 | 0:48:04.657 |
| 198 | 49 | PATRICIA MATOS | F | Linda a Pastora Sporting Clube | F45 | 3 | 13 | 0:33:36.372 | 4:48 | 0:48:05.614 |
| 199 | 402 | JOÃO TERESO | M | NFC Running Team | M55 | 16 | 186 | 0:33:21.227 | 4:48 | 0:48:07.951 |
| 200 | 503 | JOÃO MIGUEL | M | Clube Desportivo Moitense | M50 | 25 | 187 | 0:33:39.194 | 4:47 | 0:48:07.984 |
| 201 | 586 | DIANA LOURENÇO | F | GRF Benedita - Atletismo | F35 | 5 | 14 | 0:33:13.332 | 4:49 | 0:48:11.865 |
| 202 | 64 | MARCELO CARDEIRA | M | Linda a Pastora Sporting Clube | M50 | 26 | 188 | 0:33:25.141 | 4:48 | 0:48:14.418 |
| 203 | 592 | HUGO MARTINS | M | | SEN M | 44 | 189 | 0:33:44.514 | 4:47 | 0:48:16.317 |
| 204 | 261 | LUIS FERNANDES | M | CPR A-do-Barbas | M40 | 34 | 190 | 0:33:30.052 | 4:49 | 0:48:18.066 |
| 205 | 274 | DIOGO FERREIRA | M | | JUNIOR M | 5 | 191 | 0:33:58.636 | 4:48 | 0:48:18.823 |
| 206 | 551 | ROBIN ANAÍS | F | | SEN F | 5 | 15 | 0:34:04.561 | 4:49 | 0:48:30.973 |
| 207 | 214 | MÓNICA MACHADO | F | | F45 | 4 | 16 | 0:33:55.080 | 4:50 | 0:48:32.325 |
| 208 | 189 | SANDRA SIMÕES | F | INDUSTRIAL DESPORTIVO VIEIRENSE | F45 | 5 | 17 | 0:33:51.116 | 4:51 | 0:48:40.043 |
| 209 | 116 | ANTÓNIO MORGADO | M | Chitas de Alcobça | M55 | 17 | 192 | 0:33:57.417 | 4:50 | 0:48:42.853 |
| 210 | 542 | SERGIO MEDALHA | M | Caldas Race Team | M40 | 35 | 193 | 0:33:51.836 | 4:52 | 0:48:43.212 |
| 211 | 192 | VITOR ROCHA | M | INDUSTRIAL DESPORTIVO VIEIRENSE | M50 | 27 | 194 | 0:33:50.955 | 4:51 | 0:48:44.312 |
| 212 | 474 | GONÇALO HENRIQUES | M | | SEN M | 45 | 195 | 0:34:23.723 | 4:50 | 0:48:45.405 |
| 213 | 122 | PAULO SILVA | M | RÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness | M50 | 28 | 196 | 0:34:10.532 | 4:49 | 0:48:46.985 |
| 214 | 553 | RICARDO FAUSTINO | M | | M40 | 36 | 197 | 0:33:23.568 | 4:52 | 0:48:47.203 |
| 215 | 419 | CLARA SILVA | F | | SEN F | 6 | 18 | 0:34:12.863 | 4:52 | 0:48:49.300 |
| 216 | 459 | RAFAEL COELHO | M | NFC Running Team | SEN M | 46 | 198 | 0:33:02.861 | 4:52 | 0:48:50.627 |
| 217 | 191 | SÓNIA FARTO | F | INDUSTRIAL DESPORTIVO VIEIRENSE | F45 | 6 | 19 | 0:34:02.009 | 4:52 | 0:48:51.254 |
| 218 | 45 | LUÍS CARREIRA | M | | M50 | 29 | 199 | 0:34:26.667 | 4:51 | 0:48:55.535 |
| 219 | 219 | QUIRINO CAETANO | M | Bikers da aldeia | M45 | 39 | 200 | 0:33:06.234 | 4:53 | 0:48:57.180 |
| 220 | 532 | PAULO FONSECA | M | | M55 | 18 | 201 | 0:34:28.881 | 4:51 | 0:48:57.483 |
| 221 | 483 | TIAGO LOURENÇO | M | Cá Calharás | SEN M | 47 | 202 | 0:34:13.417 | 4:53 | 0:49:00.626 |
| 222 | 462 | JOANA MOTA | F | | F40 | 2 | 20 | 0:34:10.369 | 4:53 | 0:49:02.029 |
| 223 | 239 | RAFAEL PINTO | M | Clube Desportivo Moitense | SEN M | 48 | 203 | 0:34:26.831 | 4:54 | 0:49:04.745 |
| 224 | 364 | JOSÉ LUIS GONÇALVES | M | CORE | M45 | 40 | 204 | 0:34:10.172 | 4:54 | 0:49:07.003 |
| 225 | 35 | JORGE GALHISPO | M | GAC AOC | M50 | 30 | 205 | 0:34:19.469 | 4:53 | 0:49:08.172 |
| 226 | 174 | JOSÉ SANTIAGO | M | | M55 | 19 | 206 | 0:34:23.478 | 4:54 | 0:49:09.816 |
| 227 | 117 | HÉLDER FILIPE PIRES | M | | M45 | 41 | 207 | 0:34:08.988 | 4:53 | 0:49:10.781 |
| 228 | 258 | SORAIA CARDEIRA | F | CPR A-do-Barbas | SEN F | 7 | 21 | 0:34:41.928 | 4:53 | 0:49:10.870 |
| 229 | 422 | ANA CASTELHANO | F | CRP - Ribafria | F45 | 7 | 22 | 0:34:13.962 | 4:55 | 0:49:11.083 |
| 230 | 390 | DIOGO FELGUEIRAS | M | | JUNIOR M | 6 | 208 | 0:34:38.990 | 4:53 | 0:49:13.036 |
| 231 | 479 | ANTONIO MADEIRA | M | Águas de Alpiarça | M60 | 8 | 209 | 0:33:39.795 | 4:55 | 0:49:16.587 |
| 232 | 199 | MIGUEL RODRIGUES | M | | SEN M | 49 | 210 | 0:34:44.072 | 4:54 | 0:49:20.457 |
| 233 | 236 | LEONEL RODRIGUES | M | Clube Desportivo Moitense | M65 | 2 | 211 | 0:35:10.865 | 4:54 | 0:49:21.243 |
| 234 | 571 | PHILIPPE DINIZ | M | | SEN M | 50 | 212 | 0:35:35.051 | 4:53 | 0:49:22.130 |
| 235 | 33 | JOAQUIM CARINHAS | M | Peniche a Correr | M65 | 3 | 213 | 0:34:27.737 | 4:56 | 0:49:24.685 |
| 236 | 550 | FÉLICIE ROUSSEL | F | | SEN F | 8 | 23 | 0:34:30.312 | 4:55 | 0:49:25.320 |
| 237 | 276 | TOMÁS CADETE | M | | SEN M | 51 | 214 | 0:34:56.741 | 4:54 | 0:49:34.223 |
| 238 | 79 | RAFAEL COELHO | M | ESP-Runners | JUNIOR M | 7 | 215 | 0:34:22.956 | 4:56 | 0:49:36.907 |
| 239 | 57 | MÁRIO FERREIRA | M | | M35 | 21 | 216 | 0:34:32.388 | 4:54 | 0:49:38.671 |
| 240 | 287 | ALBERTINO AGOSTINHO | M | Chitas de Alcobça | M55 | 20 | 217 | 0:34:02.233 | 4:57 | 0:49:40.015 |
| 241 | 486 | HÉLDER MORGADO | M | SB VIDROS - VIDRALA | M55 | 21 | 218 | 0:34:13.704 | 4:57 | 0:49:40.461 |
| 242 | 305 | JOSE SARAIVA | M | BA | M45 | 42 | 219 | 0:34:06.725 | 4:57 | 0:49:45.791 |
| 243 | 8 | JOSÉ ANASTÁCIO | M | Peniche a Correr | M65 | 4 | 220 | 0:34:28.441 | 4:57 | 0:49:45.865 |
| 244 | 321 | IVAN VERISSIMO | M | | SEN M | 52 | 221 | 0:35:16.930 | 4:56 | 0:49:45.960 |
| 245 | 176 | ALEXANDRE CODINHA | M | Clube de Atletismo da Nazaré | M40 | 37 | 222 | 0:35:17.533 | 4:56 | 0:49:46.483 |
| 246 | 307 | JOAO MANUEL | M | Nao Fazemos Nem Mais um...Km | M50 | 31 | 223 | 0:34:41.746 | 4:58 | 0:49:49.078 |
| 247 | 69 | RICARDO NOBRE | M | Pereiro | M40 | 38 | 224 | 0:33:53.096 | 4:58 | 0:49:50.839 |
| 248 | 362 | LUÍS RINO | M | | M40 | 39 | 225 | 0:34:18.617 | 4:57 | 0:49:51.914 |
| 249 | 44 | CARINA LEIRIAO | F | G.R.Corredoura | F35 | 6 | 24 | 0:34:35.923 | 4:58 | 0:49:52.603 |
| 250 | 857 | TAYLOR MCKENNA | F | | SEN M | 53 | 226 | 0:35:45.406 | 4:58 | 0:49:58.784 |
| 251 | 16 | FLÁVIA MADEIRA | F | Academia 100% | SEN F | 9 | 25 | 0:35:04.189 | 4:57 | 0:49:59.031 |
| 252 | 439 | HANS | M | | M50 | 32 | 227 | 0:34:33.089 | 5:00 | 0:50:00.713 |
| 253 | 104 | JOÃO RAMALHO | M | Correr por Castelo Branco | M50 | 33 | 228 | 0:34:55.561 | 4:58 | 0:50:02.234 |
| 254 | 494 | RÚBEN CLEMENTE | M | Bombeiros Sapadores Leiria | SEN M | 54 | 229 | 0:34:54.152 | 5:00 | 0:50:02.714 |
| 255 | 581 | EVANGELINO CARDEIRA | M | ACBATALHA | M65 | 5 | 230 | 0:34:26.289 | 4:59 | 0:50:04.477 |
| 256 | 212 | PEDRO SANTOS | M | | M35 | 22 | 231 | 0:35:31.624 | 4:58 | 0:50:18.657 |
| 257 | 76 | JOANA RIBEIRO | F | MADE IN DAGORDA | SEN F | 10 | 26 | 0:35:17.980 | 4:59 | 0:50:21.680 |
| 258 | 410 | LUIS ANDRADE | M | NFC Running Team | M50 | 34 | 232 | 0:34:41.294 | 5:01 | 0:50:25.165 |
| 259 | 540 | ANDRÉ COELHO | M | | SEN M | 55 | 233 | 0:35:33.761 | 5:01 | 0:50:27.789 |
| 260 | 358 | CATARINA DE SOUSA | F | | F40 | 3 | 27 | 0:35:03.949 | 5:01 | 0:50:34.825 |
| 261 | 382 | CARLOS ALVES CUNHA | M | Centro de Marcha e Corrida de Alcanena | M40 | 40 | 234 | 0:35:32.942 | 5:03 | 0:50:35.060 |
| 262 | 165 | RICARDO JORGE RODRIGUES | M | Barosa United | SEN M | 56 | 235 | 0:36:18.319 | 5:01 | 0:50:36.382 |
| 263 | 119 | OLAVO SOUSA | M | | SEN M | 57 | 236 | 0:34:44.152 | 5:03 | 0:50:39.317 |
| 264 | 589 | HUGO GASPAP | M | Lourençus's Company Sport Team / Aldeia Fiscal | M35 | 23 | 237 | 0:35:53.286 | 5:01 | 0:50:41.186 |
| 265 | 590 | CARLOS MANUEL FERREIRA CARVALHO | M | NFC Running Team | SEN M | 58 | 238 | 0:35:15.589 | 5:03 | 0:50:43.075 |
| 266 | 27 | CLÁUDIO FREITAS | M | | SEN M | 59 | 239 | 0:35:22.774 | 5:02 | 0:50:43.732 |
| 267 | 519 | ARMANDO DOS SANTOS COELHO | M | Celtic Harriers Club | M40 | 41 | 240 | 0:35:03.674 | 5:04 | 0:50:44.417 |
| 268 | 232 | RICARDO VICENTE | M | Clube Desportivo Moitense | M50 | 35 | 241 | 0:35:20.967 | 5:02 | 0:50:44.752 |
| 269 | 233 | ALBERTO VINAGRE | M | Clube Desportivo Moitense | M60 | 9 | 242 | 0:36:18.372 | 5:02 | 0:50:44.788 |
| 270 | 256 | ANTÓNIO PINHEIRO | M | | M55 | 22 | 243 | 0:35:37.011 | 5:03 | 0:50:45.636 |
| 271 | 495 | RICARDO SARAMAGO | M | Bombeiros Sapadores Leiria | SEN M | 60 | 244 | 0:34:53.886 | 5:04 | 0:50:46.585 |
| 272 | 547 | VITOR | M | Jaumaica | M35 | 24 | 245 | 0:35:04.639 | 5:04 | 0:50:53.121 |
| 273 | 521 | ISAÚL OLIVEIRA | M | ADCR O Independente | M50 | 36 | 246 | 0:35:07.127 | 5:03 | 0:50:53.914 |
| 274 | 169 | MIGUEL FRADE | M | Os Frazdes | M45 | 43 | 247 | 0:35:36.168 | 5:03 | 0:50:55.386 |
| 275 | 516 | DIANA NETO | F | GDRC Unidos | SEN F | 11 | 28 | 0:35:44.193 | 5:04 | 0:50:56.230 |
| 276 | 600 | RUI MONTEIRO | M | M M Leiria | M55 | 23 | 248 | 0:35:40.804 | 5:06 | 0:51:03.699 |
| 277 | 430 | LINO CARRACO | M | ACRM Silveirinha Grande Claras | M55 | 24 | 249 | 0:35:16.558 | 5:05 | 0:51:07.150 |
| 278 | 440 | JOÃO HONÓRIO | M | | SEN M | 61 | 250 | 0:36:21.563 | 5:04 | 0:51:08.624 |
| 279 | 411 | SÓNIA EUGÉNIO | F | Associação Vale Grande | F40 | 4 | 29 | 0:35:33.019 | 5:07 | 0:51:14.165 |
| 280 | 819 | RAQUEL MENINO | F | | F40 | 5 | 30 | 0:35:20.291 | 5:07 | 0:51:17.722 |
| 281 | 10 | JOSÉ OLIVEIRA | M | Chitas de Alcobça | M55 | 25 | 251 | 0:35:22.231 | 5:07 | 0:51:21.495 |
| 282 | 489 | LUIS PINTO | M | | M55 | 26 | 252 | 0:36:43.753 | 5:06 | 0:51:23.099 |
| 283 | 335 | VERONICA NEVES | F | Atlético Clube Batalha | F45 | 8 | 31 | 0:35:37.060 | 5:07 | 0:51:25.995 |
| 284 | 423 | DANILO RODRIGUES | M | | SEN M | 62 | 253 | 0:35:20.014 | 5:06 | 0:51:26.668 |
| 285 | 460 | HÉLIO RODRIGUES | M | | M40 | 42 | 254 | 0:35:20.491 | 5:09 | 0:51:30.251 |



Nome da Prova: 7ª Corrida da Nazaré
Organizador: Clube de Atletismo da Nazaré
Classe: Atletismo de Estrada
Categoria: Classificação Geral 10km



| Pos | Dorsal | Atleta | Sexo | Equipa | Categoria | Pos Cat | Pos Sexo | 7.0 km | Ritmo | Tempo |
|-----|--------|--------------------------------------|------|--|-----------|---------|----------|-------------|-------|-------------|
| 286 | 283 | RICARDO RAMOS | M | | M40 | 43 | 255 | 0:35:52.609 | 5:08 | 0:51:30.449 |
| 287 | 284 | SONIA RAMOS | F | | F40 | 6 | 32 | 0:35:52.874 | 5:08 | 0:51:30.571 |
| 288 | 389 | MIGUEL FELGUEIRAS | M | | M45 | 44 | 256 | 0:36:05.626 | 5:07 | 0:51:32.450 |
| 289 | 593 | TIAGO CASTRO | M | | SEN M | 63 | 257 | 0:36:25.708 | 5:07 | 0:51:35.028 |
| 290 | 260 | ANA VIEIRA | F | CPR A-do-Barbas | F40 | 7 | 33 | 0:35:54.654 | 5:09 | 0:51:35.369 |
| 291 | 545 | JOÃO CORREIA | M | | M40 | 44 | 258 | 0:36:10.641 | 5:08 | 0:51:41.773 |
| 292 | 544 | RAMOS | M | | M45 | 45 | 259 | 0:36:12.978 | 5:08 | 0:51:43.381 |
| 293 | 546 | CARLOS ANDRÉ FERNANDES | M | | M35 | 25 | 260 | 0:36:10.936 | 5:08 | 0:51:43.460 |
| 294 | 14 | ANA RITA COELHO | F | Academia 100% | SEN F | 12 | 34 | 0:35:52.848 | 5:08 | 0:51:44.828 |
| 295 | 344 | SONIA VICENTE | F | HCT Running Team | F45 | 9 | 35 | 0:36:21.765 | 5:08 | 0:51:49.993 |
| 296 | 188 | HELENA HENRIQUES | F | INDUSTRIAL DESPORTIVO VIEIRENSE | F50 | 2 | 36 | 0:35:39.492 | 5:10 | 0:51:51.787 |
| 297 | 506 | EUGENIO MENDES | M | AC VERMOIL | M60 | 10 | 261 | 0:35:39.434 | 5:10 | 0:51:52.717 |
| 298 | 288 | CARMEN RODRIGUES | F | NFC Running Team | F40 | 8 | 37 | 0:35:55.258 | 5:10 | 0:51:53.978 |
| 299 | 341 | ANDRÉ PINTO | M | | SEN M | 64 | 262 | 0:35:09.921 | 5:11 | 0:51:54.352 |
| 300 | 564 | LUIS SOARES | M | | M50 | 37 | 263 | 0:35:24.068 | 5:09 | 0:51:58.694 |
| 301 | 573 | ANA SOFIA FRANCISCO | F | | F35 | 7 | 38 | 0:35:22.501 | 5:12 | 0:52:00.442 |
| 302 | 147 | NUNO SANTOS | M | Fedima | SEN M | 65 | 264 | 0:35:24.773 | 5:12 | 0:52:09.669 |
| 303 | 340 | LEANDRO GONÇALVES | M | | SEN M | 66 | 265 | 0:35:56.352 | 5:12 | 0:52:13.128 |
| 304 | 580 | MARIA PEREIRA | F | ACBATALHA | F55 | 1 | 39 | 0:36:19.424 | 5:11 | 0:52:14.112 |
| 305 | 227 | BRIGITE CLEMENTE | F | #virtualeam | F45 | 10 | 40 | 0:36:31.360 | 5:11 | 0:52:18.293 |
| 306 | 110 | ADERITO NEVES | M | | M50 | 38 | 266 | 0:35:35.188 | 5:13 | 0:52:18.311 |
| 307 | 329 | JOÃO MOTA | M | | M50 | 39 | 267 | 0:36:36.621 | 5:12 | 0:52:18.383 |
| 308 | 480 | RICARDO PINHEIRO | M | Cá calharás | SEN M | 67 | 268 | 0:36:25.363 | 5:14 | 0:52:23.741 |
| 309 | 253 | MARIA MADALENA CORREIA | F | Team El Comandante | F55 | 2 | 41 | 0:36:45.826 | 5:15 | 0:52:30.385 |
| 310 | 254 | RUI CARLOS CORREIA | M | Team El Comandante | M55 | 27 | 269 | 0:36:44.410 | 5:15 | 0:52:31.199 |
| 311 | 107 | RAQUEL VALENTIM | F | CRP - Ribafria | JUNIOR F | 1 | 42 | 0:36:35.104 | 5:14 | 0:52:34.681 |
| 312 | 108 | PAULO VALENTIM | M | CRP - Ribafria | M50 | 40 | 270 | 0:36:34.779 | 5:14 | 0:52:35.994 |
| 313 | 392 | SANDRA MONTALVERNE | F | SB VIDROS - VIDRALA | F50 | 3 | 43 | 0:36:46.555 | 5:15 | 0:52:36.207 |
| 314 | 235 | ADRIANO FONTE | M | Clube Desportivo Moitense | M65 | 6 | 271 | 0:36:59.724 | 5:14 | 0:52:37.561 |
| 315 | 487 | CARLOS CARVALHO | M | NFC Running Team | M60 | 11 | 272 | 0:35:59.928 | 5:15 | 0:52:43.846 |
| 316 | 78 | CRISTIANO COELHO | M | ESP-Runners | JUNIOR M | 8 | 273 | 0:36:45.235 | 5:16 | 0:52:44.792 |
| 317 | 349 | JORGE RITO | M | | M45 | 46 | 274 | 0:36:58.559 | 5:14 | 0:52:46.820 |
| 318 | 363 | MANSO | M | CORE | M60 | 12 | 275 | 0:37:00.716 | 5:16 | 0:52:47.794 |
| 319 | 96 | TERESA FERREIRA | F | Airbike | F55 | 3 | 44 | 0:36:50.389 | 5:16 | 0:52:54.663 |
| 320 | 92 | PAULA RODRIGUES | F | Correr Lisboa | F45 | 11 | 45 | 0:37:39.250 | 5:16 | 0:52:57.110 |
| 321 | 234 | MARIO DUARTE | M | Clube Desportivo Moitense | M65 | 7 | 276 | 0:36:03.635 | 5:17 | 0:53:00.090 |
| 322 | 90 | RUI GODINHO | M | MSS Contabilidade Trail Team | M50 | 41 | 277 | 0:37:14.516 | 5:18 | 0:53:06.891 |
| 323 | 163 | JOAQUIM CARDOSO | M | Turtles | M50 | 42 | 278 | 0:36:49.464 | 5:17 | 0:53:14.277 |
| 324 | 6 | MARCO AÇO | M | Red House Association | M40 | 45 | 279 | 0:36:16.565 | 5:17 | 0:53:18.065 |
| 325 | 429 | ANA SOUSA | F | CORE | SEN F | 13 | 46 | 0:37:21.358 | 5:19 | 0:53:18.973 |
| 326 | 160 | JOSE RATO | M | CCRD BURINHOSA | M60 | 13 | 280 | 0:36:45.782 | 5:18 | 0:53:21.367 |
| 327 | 371 | DÁRIO REBELO | M | HCT Running Team | M40 | 46 | 281 | 0:36:42.765 | 5:18 | 0:53:22.988 |
| 328 | 327 | DIOGO SIMÃO | M | HCT Running Team | M35 | 26 | 282 | 0:36:42.621 | 5:18 | 0:53:23.059 |
| 329 | 112 | PEDRO DUARTE | M | | M40 | 47 | 283 | 0:37:15.611 | 5:18 | 0:53:24.521 |
| 330 | 455 | MIGUEL HILÁRIO | M | | M40 | 48 | 284 | 0:37:21.878 | 5:18 | 0:53:28.807 |
| 331 | 476 | RUI LOURENÇO | M | BENECAR RUNNERS | M40 | 49 | 285 | 0:36:53.438 | 5:19 | 0:53:30.298 |
| 332 | 473 | LUÍS ESTRELINHA | M | | M55 | 28 | 286 | 0:37:53.174 | 5:19 | 0:53:33.121 |
| 333 | 818 | JOÃO REAL | M | | M40 | 50 | 287 | 0:35:37.536 | 5:21 | 0:53:38.742 |
| 334 | 299 | AURÉLIO FRANGO | M | Não Interessa Como O Que Interessa É Ir | M55 | 29 | 288 | 0:37:31.236 | 5:20 | 0:53:39.188 |
| 335 | 37 | LUIS COSTA | M | Peniche a Correr | M45 | 47 | 289 | 0:37:44.774 | 5:21 | 0:53:40.361 |
| 336 | 61 | JOÃO ALMEIDA | M | | M40 | 51 | 290 | 0:38:26.130 | 5:19 | 0:53:43.509 |
| 337 | 809 | MAXIM MIRONOV | M | | SEN M | 68 | 291 | 0:37:37.557 | 5:22 | 0:53:43.691 |
| 338 | 153 | PAULO PARRILHA | M | NFC Running Team | M50 | 43 | 292 | 0:37:11.520 | 5:22 | 0:53:45.896 |
| 339 | 217 | HELENA SOUSA | F | Sublimes | F40 | 9 | 47 | 0:37:41.242 | 5:20 | 0:53:47.164 |
| 340 | 393 | PASCAL DE SOUSA | M | | M50 | 44 | 293 | 0:36:47.413 | 5:22 | 0:53:47.361 |
| 341 | 552 | LUCIANA IARA MACEDO CARDOSO DA SILVA | F | | F35 | 8 | 48 | 0:36:49.598 | 5:21 | 0:53:48.932 |
| 342 | 355 | SIMON EDMONDSON | M | NFC Running Team | M35 | 27 | 294 | 0:37:11.370 | 5:22 | 0:53:53.473 |
| 343 | 150 | DIOGO LAMEIRÃO | M | | SEN M | 69 | 295 | 0:38:11.779 | 5:22 | 0:53:56.566 |
| 344 | 471 | PATRICIA MENDES | F | NFC Running Team | SEN F | 14 | 49 | 0:39:04.094 | 5:22 | 0:53:56.610 |
| 345 | 326 | JORGE OLIVEIRA | M | | M50 | 45 | 296 | 0:37:20.248 | 5:24 | 0:54:01.699 |
| 346 | 428 | PAULO LETRAS | M | | M45 | 48 | 297 | 0:37:38.683 | 5:21 | 0:54:03.483 |
| 347 | 518 | PATRICIA JANUÁRIO | F | INDUSTRIAL DESPORTIVO VIEIRENSE | F45 | 12 | 50 | 0:37:19.191 | 5:23 | 0:54:03.686 |
| 348 | 855 | CATARINA VIEIRA | F | BEST | F35 | 9 | 51 | 0:37:24.799 | 5:23 | 0:54:03.690 |
| 349 | 427 | KATJA LETRAS | F | | F45 | 13 | 52 | 0:37:39.732 | 5:21 | 0:54:04.276 |
| 350 | 331 | LUÍS FIDALGO | M | | SEN M | 70 | 298 | 0:36:39.973 | 5:23 | 0:54:05.029 |
| 351 | 860 | PEDRO RIBEIRO | M | Clube de Atletismo da Nazaré | M45 | 49 | 299 | 0:37:54.166 | 5:23 | 0:54:06.287 |
| 352 | 198 | JOANA FLORINDO | F | | SEN F | 15 | 53 | 0:36:46.686 | 5:23 | 0:54:07.199 |
| 353 | 537 | JOSÉ | M | | M65 | 8 | 300 | 0:37:36.637 | 5:23 | 0:54:10.154 |
| 354 | 360 | ANDRÉ TIAGO PAULINO | M | | M35 | 28 | 301 | 0:39:04.845 | 5:26 | 0:54:25.255 |
| 355 | 210 | SUSANA LOURO | F | Casa do Povo de Alcanena | F35 | 10 | 54 | 0:38:00.878 | 5:26 | 0:54:27.966 |
| 356 | 379 | FILIPE TOMÁS | M | A. C. S. Mamede | M65 | 9 | 302 | 0:38:24.567 | 5:25 | 0:54:28.051 |
| 357 | 67 | CARLOS CORDEIRO | M | Peniche a Correr | M60 | 14 | 303 | 0:37:38.108 | 5:26 | 0:54:30.158 |
| 358 | 441 | SUSANA GUERRA | F | | F50 | 4 | 55 | 0:38:00.300 | 5:26 | 0:54:32.567 |
| 359 | 293 | ALFREDO FERREIRA | M | | M50 | 46 | 304 | 0:38:13.977 | 5:26 | 0:54:42.680 |
| 360 | 851 | CARLOS DUARTE | M | CCRD BURINHOSA | M55 | 30 | 305 | 0:37:18.527 | 5:28 | 0:54:49.024 |
| 361 | 246 | RICARDO SERÓDIO | M | | M40 | 52 | 306 | 0:38:02.975 | 5:28 | 0:54:50.947 |
| 362 | 375 | NELIA JESUS | F | Gatões BTT | F50 | 5 | 56 | 0:38:01.907 | 5:28 | 0:54:51.873 |
| 363 | 343 | ACCORNERO | F | | F45 | 14 | 57 | 0:38:06.999 | 5:27 | 0:54:55.253 |
| 364 | 572 | JOZSEF BLETAN | M | Os Tolinhos | M60 | 15 | 307 | 0:38:18.800 | 5:28 | 0:54:56.374 |
| 365 | 28 | SÓNIA REI | F | AZA- Azambuja com Alma | F40 | 10 | 58 | 0:38:08.075 | 5:29 | 0:55:05.022 |
| 366 | 30 | SOFIA | F | AZA- Azambuja com Alma | JUNIOR F | 2 | 59 | 0:38:08.076 | 5:26 | 0:55:05.074 |
| 367 | 142 | CARLA SILVA | F | AZA- Azambuja com Alma | F50 | 6 | 60 | 0:38:08.525 | 5:29 | 0:55:05.166 |
| 368 | 125 | ANA VARANDA | F | AZA- Azambuja com Alma | F45 | 15 | 61 | 0:38:09.666 | 5:29 | 0:55:05.170 |
| 369 | 332 | JOÃO MARQUES | M | | M50 | 47 | 308 | 0:38:45.110 | 5:29 | 0:55:06.083 |
| 370 | 475 | NUNO HENRIQUES | M | BENECAR RUNNERS | M50 | 48 | 309 | 0:38:44.794 | 5:30 | 0:55:07.875 |
| 371 | 409 | PATRICIA ROQUE | F | | F35 | 11 | 62 | 0:38:41.220 | 5:30 | 0:55:09.938 |
| 372 | 149 | ADRIANA CAETANO | F | | SEN F | 16 | 63 | 0:38:12.636 | 5:30 | 0:55:12.719 |
| 373 | 529 | NUNO LOURENÇO | M | Porto de Mós a Correr | M50 | 49 | 310 | 0:38:44.409 | 5:28 | 0:55:13.614 |
| 374 | 173 | AGNIESZKA SANTOS | F | | SEN F | 17 | 64 | 0:38:40.107 | 5:30 | 0:55:30.903 |
| 375 | 124 | JORGE PONCIANO | M | RÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness | M50 | 50 | 311 | 0:38:40.850 | 5:30 | 0:55:33.955 |
| 376 | 7 | CARLOS NORONHA | M | Talho do Pai | M40 | 53 | 312 | 0:39:27.251 | 5:30 | 0:55:36.801 |
| 377 | 806 | RAQUEL SEBASTIÃO | F | | F40 | 11 | 65 | 0:39:03.862 | 5:32 | 0:55:44.906 |
| 378 | 584 | SANDRA CARDOSO | F | | F40 | 12 | 66 | 0:39:12.197 | 5:34 | 0:55:48.204 |
| 379 | 336 | MARIA DA GRAÇA HENRIQUES FRANCISCO | F | Chitas de Alcoçaba | F50 | 7 | 67 | 0:38:59.297 | 5:33 | 0:55:53.426 |
| 380 | 46 | JOÃO SANTOS | M | | M35 | 29 | 313 | 0:38:09.105 | 5:33 | 0:55:55.349 |



Nome da Prova: 7ª Corrida da Nazaré
Organizador: Clube de Atletismo da Nazaré
Classe: Atletismo de Estrada
Categoria: Classificação Geral 10km



| Pos | Dorsal | Atleta | Sexo | Equipa | Categoria | Pos Cat | Pos Sexo | 7.0 km | Ritmo | Tempo |
|-----|--------|---------------------------------------|------|--|-----------|---------|----------|-------------|-------|-------------|
| 381 | 603 | RITA GUEDES | F | Arredaguihotas Pro Team | F40 | 13 | 68 | 0:39:05.019 | 5:34 | 0:55:57.545 |
| 382 | 252 | SOFIA AGOSTINHO | F | Arredaguihotas Pro Team | F40 | 14 | 69 | 0:39:05.082 | 5:34 | 0:55:57.660 |
| 383 | 161 | ERWIN DEEN | M | NFC Running Team | M50 | 51 | 314 | 0:39:10.578 | 5:36 | 0:56:04.384 |
| 384 | 438 | MARGARETE DUARTE | F | | F35 | 12 | 70 | 0:38:43.169 | 5:33 | 0:56:08.787 |
| 385 | 437 | NUNO DUARTE | M | | SEN M | 71 | 315 | 0:38:43.508 | 5:34 | 0:56:10.872 |
| 386 | 597 | ANTÓNIO BERNARDES | M | G.D.CONCHA AZUL | M65 | 10 | 316 | 0:38:39.895 | 5:35 | 0:56:22.230 |
| 387 | 570 | CARLOS DOMINGOS FERNANDES GUERREIF | M | Grupo Desportivo Concha Azul | M50 | 52 | 317 | 0:38:56.001 | 5:37 | 0:56:22.651 |
| 388 | 565 | TERESA FRADINHO | F | | F45 | 16 | 71 | 0:39:08.858 | 5:36 | 0:56:26.404 |
| 389 | 58 | VÂNIA JESUS | F | | SEN F | 18 | 72 | 0:39:07.192 | 5:37 | 0:56:28.913 |
| 390 | 499 | ANA MONTEIRO | F | Fusion Therapy & Training | SEN F | 19 | 73 | 0:40:31.131 | 5:37 | 0:56:32.494 |
| 391 | 31 | JOAQUIM CARPINTEIRO | M | Academia 100% | M55 | 31 | 318 | 0:39:44.165 | 5:38 | 0:56:36.255 |
| 392 | 279 | CÉLIO MENDES | M | | SEN M | 72 | 319 | 0:41:01.572 | 5:37 | 0:56:39.171 |
| 393 | 42 | DALILA SANTOS | F | Trilhos Romanos | F50 | 8 | 74 | 0:39:06.185 | 5:39 | 0:56:39.675 |
| 394 | 534 | SOFIA COELHO | F | NFC Running Team | F40 | 15 | 75 | 0:39:24.606 | 5:40 | 0:56:45.227 |
| 395 | 237 | DIAMANTINO CRUZ | M | Clube Desportivo Moitense | M65 | 11 | 320 | 0:38:50.582 | 5:39 | 0:56:46.896 |
| 396 | 435 | ANTÓNIO GRAÇA | M | | M35 | 30 | 321 | 0:38:50.583 | 5:30 | 0:56:52.052 |
| 397 | 470 | NUNO BANDARRA | M | | M45 | 50 | 322 | 0:39:11.028 | 5:38 | 0:56:55.253 |
| 398 | 311 | CARLA SANTOS | F | | F45 | 17 | 76 | 0:39:40.238 | 5:42 | 0:57:01.161 |
| 399 | 312 | ANTÓNIO SANTOS | M | | M45 | 51 | 323 | 0:39:38.359 | 5:42 | 0:57:02.363 |
| 400 | 216 | RICARDO ALFEIRÃO | M | Sublimes | M40 | 54 | 324 | 0:39:32.449 | 5:40 | 0:57:02.607 |
| 401 | 334 | HUGO BATISTA | M | | M45 | 52 | 325 | 0:40:15.339 | 5:40 | 0:57:05.217 |
| 402 | 816 | MARA NEVES | F | | F40 | 16 | 77 | 0:39:36.898 | 5:42 | 0:57:08.538 |
| 403 | 385 | VÍTOR PRATA | M | AZA- Azambuja com Alma | M55 | 32 | 326 | 0:39:06.463 | 5:42 | 0:57:14.864 |
| 404 | 416 | JORGE RODRIGUES | M | | M50 | 53 | 327 | 0:40:20.442 | 5:42 | 0:57:25.052 |
| 405 | 139 | ANTÓNIO BATISTA | M | The Bats | M60 | 16 | 328 | 0:39:43.175 | 5:42 | 0:57:29.778 |
| 406 | 140 | ALEXANDRE BATISTA | M | The Bats | M35 | 31 | 329 | 0:39:41.973 | 5:42 | 0:57:30.000 |
| 407 | 605 | DAVID CALADO | M | | M40 | 55 | 330 | 0:40:31.916 | 5:43 | 0:57:42.093 |
| 408 | 172 | HUGO BARQUEIRO | M | Grupo Alegre Unido Bajouca | M40 | 56 | 331 | 0:39:40.853 | 5:47 | 0:57:55.799 |
| 409 | 352 | LAUREANO GONÇALVES | M | Canhões da Nazaré | M40 | 57 | 332 | 0:39:41.402 | 5:47 | 0:57:56.855 |
| 410 | 568 | HILÁRIO CARDOSO | M | | M60 | 17 | 333 | 0:41:03.720 | 5:46 | 0:58:04.640 |
| 411 | 604 | EUSÉBIO MÁRIO SOARES BONIFÁCIO | M | Centro de Marcha e Corrida de Alcanena | M60 | 18 | 334 | 0:39:46.013 | 5:48 | 0:58:08.744 |
| 412 | 201 | CLAUDIA RESINA | F | Picoto | F45 | 18 | 78 | 0:40:33.151 | 5:47 | 0:58:14.180 |
| 413 | 285 | ISABEL SANTOS | F | ASSOCIAÇÃO CULTURAL SAMBRASENSE | F55 | 4 | 79 | 0:41:08.433 | 5:49 | 0:58:15.815 |
| 414 | 97 | JOSÉ LOPES | M | | M50 | 54 | 335 | 0:40:46.090 | 5:47 | 0:58:24.853 |
| 415 | 167 | PEDRO ALEXANDRE DE MELO MENDES | M | Barosa United | M45 | 53 | 336 | 0:41:51.222 | 5:48 | 0:58:25.727 |
| 416 | 562 | MIGUEL COITO | M | | SEN M | 73 | 337 | 0:40:28.093 | 5:50 | 0:58:37.431 |
| 417 | 595 | ISÍDRO RIBEIRO | M | | SEN M | 74 | 338 | 0:40:27.759 | 5:50 | 0:58:37.799 |
| 418 | 177 | GEOVANI GOMES | M | | M40 | 58 | 339 | 0:39:57.243 | 5:50 | 0:58:39.166 |
| 419 | 522 | DANILO ALVES | M | ADCR O Independente | SEN M | 75 | 340 | 0:41:05.378 | 5:49 | 0:58:41.682 |
| 420 | 463 | RUI MANUEL ROSA MARQUES PASTOR | M | PASTOR RACING | M50 | 55 | 341 | 0:41:52.840 | 5:49 | 0:58:42.408 |
| 421 | 196 | NUNO LOPES | M | | M40 | 59 | 342 | 0:41:04.114 | 5:50 | 0:58:43.827 |
| 422 | 596 | PAULO ALEXANDRE DE OLIVEIRA HENRIQUE | M | | M55 | 33 | 343 | 0:42:06.048 | 5:50 | 0:58:45.319 |
| 423 | 98 | VÍTOR ESGAIO | M | Clube de Atletismo da Nazaré | M55 | 34 | 344 | 0:42:05.724 | 5:50 | 0:58:45.403 |
| 424 | 425 | VÍTOR VARELA | M | | M55 | 35 | 345 | 0:42:05.838 | 5:50 | 0:58:45.503 |
| 425 | 433 | ALFREDO PINTO | M | | M55 | 36 | 346 | 0:42:05.003 | 5:50 | 0:58:46.108 |
| 426 | 469 | EMANUEL FERNANDO | M | Fapor | M40 | 60 | 347 | 0:41:27.845 | 5:50 | 0:58:48.145 |
| 427 | 813 | ANICETA SANTO | F | REGIMENTO DE ARTILHARIA N.º5 | F40 | 17 | 80 | 0:41:05.141 | 5:51 | 0:58:48.777 |
| 428 | 531 | VALTER EUSTÁQUIO | M | Clube de Atletismo da Nazaré | M40 | 61 | 348 | 0:41:49.225 | 5:51 | 0:58:49.434 |
| 429 | 275 | JULIO ESTRELINHA | M | | JUNIOR M | 9 | 349 | 0:41:49.367 | 5:51 | 0:58:49.636 |
| 430 | 345 | LUIS ANDRÉ | M | HCT Running Team | M40 | 62 | 350 | 0:41:23.637 | 5:51 | 0:58:53.564 |
| 431 | 322 | FERNANDO SANTOS | M | | M45 | 54 | 351 | 0:40:11.901 | 5:52 | 0:59:00.017 |
| 432 | 70 | SERGIY CHERNYSHENKO | M | | M60 | 19 | 352 | 0:41:39.619 | 5:51 | 0:59:00.698 |
| 433 | 357 | SANDRA GABRIEL | F | | F40 | 18 | 81 | 0:41:04.160 | 5:52 | 0:59:02.075 |
| 434 | 316 | SIMÕES JOEL | M | | M40 | 63 | 353 | 0:40:58.109 | 5:51 | 0:59:03.799 |
| 435 | 36 | DIANA AMARO | F | | SEN F | 20 | 82 | 0:40:59.009 | 5:55 | 0:59:25.071 |
| 436 | 449 | ALEXANDRA FAUSTINO | F | | SEN F | 21 | 83 | 0:41:54.036 | 5:56 | 0:59:45.708 |
| 437 | 325 | JOSÉ SERRÃO | M | BORDALLO | M55 | 37 | 354 | 0:41:26.878 | 5:56 | 0:59:47.876 |
| 438 | 230 | DELPHINE BARROS | F | BARROS | F45 | 19 | 84 | 0:41:18.885 | 5:57 | 0:59:49.499 |
| 439 | 225 | JOÃO GRAÇA | M | ACRM Silveirinha Grande Claras | M65 | 12 | 355 | 0:41:43.313 | 5:59 | 1:00:03.485 |
| 440 | 377 | DIOGO NARCISO | M | ARCD MENDIGA | SEN M | 76 | 356 | 0:40:57.043 | 5:59 | 1:00:07.312 |
| 441 | 399 | SÓNIA NOGUEIRA | F | Centro de Marcha e Corrida de Alcanena | F45 | 20 | 85 | 0:41:28.316 | 6:00 | 1:00:07.444 |
| 442 | 17 | LUÍS PROENÇA | M | | M50 | 56 | 357 | 0:41:04.428 | 5:59 | 1:00:09.976 |
| 443 | 450 | ANA RODRIGUES | F | | SEN F | 22 | 86 | 0:42:05.054 | 6:00 | 1:00:27.393 |
| 444 | 51 | SANDRA ARRAIAS | F | Os Arraías | F40 | 19 | 87 | 0:42:35.437 | 6:00 | 1:00:27.648 |
| 445 | 549 | VÍTOR PARREIRA | M | Mesh Nazareth | M65 | 13 | 358 | 0:40:59.092 | 6:02 | 1:00:41.312 |
| 446 | 400 | OLINDA ALVES | F | NFC Running Team | F50 | 9 | 88 | 0:42:20.889 | 6:04 | 1:00:51.955 |
| 447 | 356 | PAULA BARROSO | F | C.D.os águiasAlpiarça | F45 | 21 | 89 | 0:42:22.608 | 6:03 | 1:00:56.471 |
| 448 | 361 | RUI SILVA | M | | M50 | 57 | 359 | 0:41:36.333 | 6:04 | 1:00:57.914 |
| 449 | 466 | MARCO PALATINO | M | Fapor | M45 | 55 | 360 | 0:41:46.609 | 6:03 | 1:01:01.045 |
| 450 | 465 | FRANCIS LALFERE | M | Fapor | M45 | 56 | 361 | 0:42:55.115 | 6:03 | 1:01:01.841 |
| 451 | 822 | ALBERTO LOUREIRO | M | | M60 | 20 | 362 | 0:42:40.470 | 6:04 | 1:01:05.389 |
| 452 | 135 | JOÃO PEDRO DA COSTA LÁZARO | M | Os Flechas | M35 | 32 | 363 | 0:42:57.161 | 6:05 | 1:01:20.972 |
| 453 | 136 | NUNO DIAS | M | Os Flechas | M35 | 33 | 364 | 0:42:57.190 | 6:05 | 1:01:21.079 |
| 454 | 815 | MARIA JOÃO CUNHA | F | | F50 | 10 | 90 | 0:42:55.711 | 6:08 | 1:01:38.690 |
| 455 | 151 | ANA MARIA SILVA NEVES COMBEAU | F | Tojal | F55 | 5 | 91 | 0:42:55.712 | 6:00 | 1:01:48.959 |
| 456 | 436 | ANA RODRIGUES | F | Correr Lisboa | F50 | 11 | 92 | 0:43:00.649 | 6:10 | 1:01:50.577 |
| 457 | 152 | FRÉDÉRIC COMBEAU | M | Tojal | M65 | 14 | 365 | 0:43:00.650 | 6:00 | 1:01:53.224 |
| 458 | 858 | GONÇALO CARDOSO | M | | M45 | 57 | 366 | 0:41:43.489 | 6:12 | 1:02:11.854 |
| 459 | 539 | ANTÓNIO CANEIRA | M | Java Runners | M60 | 21 | 367 | 0:42:59.452 | 6:11 | 1:02:20.682 |
| 460 | 164 | HUGO ADRIÃO FERNANDES DOS SANTOS | M | Barosa United | M45 | 58 | 368 | 0:43:42.761 | 6:10 | 1:02:21.815 |
| 461 | 481 | RAFAELA GONÇALVES | F | Cá Calharás | SEN F | 23 | 93 | 0:42:11.259 | 6:14 | 1:02:33.974 |
| 462 | 73 | AMILCAR FREIRE | M | GACV | M40 | 64 | 369 | 0:42:27.417 | 6:15 | 1:03:00.245 |
| 463 | 72 | PALMIRA RIBEIRO | F | Correr Loures | F55 | 6 | 94 | 0:44:25.385 | 6:16 | 1:03:01.031 |
| 464 | 63 | MYKOLA | M | | M35 | 34 | 370 | 0:43:40.293 | 6:16 | 1:03:04.547 |
| 465 | 378 | SÓNIA PATRICIA BRITES HENRIQUES GOMEI | F | | F40 | 20 | 95 | 0:44:07.830 | 6:18 | 1:03:05.581 |
| 466 | 501 | WENDEL NUNES | M | TEAM RESENHA | M35 | 35 | 371 | 0:43:46.537 | 6:17 | 1:03:20.168 |
| 467 | 68 | MIGUEL ANGELO | M | Peniche a Correr | M50 | 58 | 372 | 0:44:46.838 | 6:19 | 1:03:22.798 |
| 468 | 15 | TÂNIA SANTOS | F | Academia 100% | SEN F | 24 | 96 | 0:44:04.188 | 6:18 | 1:03:23.262 |
| 469 | 445 | MÁFALDA DO CARMO ROCHA ROSA MIRANE | F | | SEN F | 25 | 97 | 0:44:12.008 | 6:18 | 1:03:28.293 |
| 470 | 323 | PAULA SANTOS | F | Desafios Positivos D+ | F40 | 21 | 98 | 0:43:22.508 | 6:19 | 1:03:28.622 |
| 471 | 418 | EUGÉNIA SANTOS | F | Centro de Marcha e Corrida de Alcanena | F55 | 7 | 99 | 0:43:56.014 | 6:20 | 1:03:34.151 |
| 472 | 318 | MARINA MAIA | F | Chitas de Alcobaça | F45 | 22 | 100 | 0:43:14.051 | 6:19 | 1:03:36.386 |
| 473 | 94 | ANABELA FERREIRA | F | Chitas de Alcobaça | F50 | 12 | 101 | 0:43:18.166 | 6:19 | 1:03:36.691 |
| 474 | 591 | MARIA COSTA | F | United Warriors OCR | F55 | 8 | 102 | 0:44:22.221 | 6:20 | 1:03:41.400 |
| 475 | 269 | INÊS ALVADIA | F | NEL - Joelette | F35 | 13 | 103 | 0:43:30.434 | 6:20 | 1:03:49.659 |



Nome da Prova: 7ª Corrida da Nazaré
Organizador: Clube de Atletismo da Nazaré
Classe: Atletismo de Estrada
Categoria: Classificação Geral 10km



| Pos | Dorsal | Atleta | Sexo | Equipa | Categoria | Pos Cat | Pos Sexo | 7.0 km | Ritmo | Tempo |
|-----|--------|---------------------------------|------|--|-----------|---------|----------|-------------|-------|-------------|
| 476 | 268 | MIGUEL PEREIRA | M | NEL - Joelette | SEN M | 77 | 373 | 0:43:34.836 | 6:21 | 1:03:52.372 |
| 477 | 267 | NUNO LOPES | M | NEL - Joelette | M40 | 65 | 374 | 0:43:33.976 | 6:21 | 1:03:52.420 |
| 478 | 263 | JOSÉ ARTUR | M | NEL - Joelette | M50 | 59 | 375 | 0:43:35.383 | 6:20 | 1:03:52.884 |
| 479 | 266 | TEOFILO PEQUICH | M | NEL - Joelette | M40 | 66 | 376 | 0:43:36.001 | 6:21 | 1:03:53.601 |
| 480 | 328 | OTÁVIO DOMINGUES | M | NEL - Joelette | M45 | 59 | 377 | 0:43:36.391 | 6:21 | 1:03:54.705 |
| 481 | 265 | RICARDO LEMOS | M | NEL - Joelette | M40 | 67 | 378 | 0:43:37.334 | 6:21 | 1:03:56.369 |
| 482 | 264 | NELSON BENTO | M | NEL - Joelette | M45 | 60 | 379 | 0:43:37.027 | 6:21 | 1:03:56.590 |
| 483 | 865 | VITOR SANTANA | M | | M50 | 60 | 380 | 0:43:37.894 | 6:21 | 1:04:00.881 |
| 484 | 75 | JOÃO ROSA | M | | M50 | 61 | 381 | 0:43:37.895 | 6:13 | 1:04:04.677 |
| 485 | 302 | CARLA RAMOS | F | | F45 | 23 | 104 | 0:43:38.595 | 6:23 | 1:04:09.992 |
| 486 | 467 | LUÍS FILIPE | M | Fapor | M50 | 62 | 382 | 0:45:21.728 | 6:24 | 1:04:33.251 |
| 487 | 184 | NATÉRCIA GUERRA | F | INDUSTRIAL DESPORTIVO VIEIRENSE | F55 | 9 | 105 | 0:44:26.707 | 6:25 | 1:04:42.268 |
| 488 | 91 | ÁLVARO SILVA | M | MSS Contabilidade Trail Team | M60 | 22 | 383 | 0:44:52.375 | 6:28 | 1:04:44.400 |
| 489 | 89 | CRISTINA AGUIAR | F | MSS Contabilidade Trail Team | F45 | 24 | 106 | 0:43:02.397 | 6:28 | 1:04:44.715 |
| 490 | 861 | JORGE SOUSA | M | Lixa Running Team | M40 | 68 | 384 | 0:44:46.794 | 6:27 | 1:04:50.027 |
| 491 | 106 | SUSANA VITORINO | F | Trilho dos Cágados | F35 | 14 | 107 | 0:44:50.535 | 6:28 | 1:04:50.588 |
| 492 | 121 | BRUNO JANUÁRIO | M | | SEN M | 78 | 385 | 0:44:51.508 | 6:28 | 1:04:50.892 |
| 493 | 488 | SANDRA DIAS | F | | F45 | 25 | 108 | 0:46:06.691 | 6:28 | 1:05:01.984 |
| 494 | 66 | SANDRA MARTINHO | F | Peniche a Correr | F50 | 13 | 109 | 0:45:38.191 | 6:31 | 1:05:20.422 |
| 495 | 128 | ANTONIO RIBEIRO | M | | M65 | 15 | 386 | 0:45:50.930 | 6:33 | 1:05:55.288 |
| 496 | 133 | DIANA BARROS | F | | SEN F | 26 | 110 | 0:44:59.479 | 6:34 | 1:05:55.713 |
| 497 | 609 | ARLINDO DE JESUS OLIVEIRA | M | CSCRFCHARNECA | M55 | 38 | 387 | 0:45:33.947 | 6:34 | 1:05:58.204 |
| 498 | 554 | ANNABELE | F | Fapor | SEN F | 27 | 111 | 0:46:26.859 | 6:33 | 1:06:02.792 |
| 499 | 555 | JAMES MARRION | M | Fapor | SEN M | 79 | 388 | 0:46:26.532 | 6:33 | 1:06:02.899 |
| 500 | 447 | VERA FERREIRA | F | | SEN F | 28 | 112 | 0:46:54.464 | 6:36 | 1:06:19.023 |
| 501 | 271 | SUSANA SERAFIM | F | | F40 | 22 | 113 | 0:46:03.318 | 6:39 | 1:06:46.045 |
| 502 | 281 | HUGO RODRIGUES | M | | SEN M | 80 | 389 | 0:46:38.949 | 6:38 | 1:06:50.169 |
| 503 | 348 | STEPHANIE OLIVEIRA | F | | F35 | 15 | 114 | 0:46:22.698 | 6:40 | 1:06:56.887 |
| 504 | 126 | DORA ALMEIDA | F | | SEN F | 29 | 115 | 0:46:44.392 | 6:41 | 1:07:02.471 |
| 505 | 127 | JOSÉ CUBAL | M | | M35 | 36 | 390 | 0:46:44.453 | 6:42 | 1:07:02.515 |
| 506 | 74 | LUÍS FULGÊNCIO | M | | M35 | 37 | 391 | 0:46:20.008 | 6:42 | 1:07:29.956 |
| 507 | 587 | NÉLIO PIMENTEL | M | Clube Atlético de Macedo de Cavaleiros | M35 | 38 | 392 | 0:46:56.471 | 6:43 | 1:07:38.987 |
| 508 | 250 | VANDA BRANCO | F | | F45 | 26 | 116 | 0:47:23.160 | 6:46 | 1:07:59.410 |
| 509 | 373 | FRANCISCO MIGUEL RAMOS | M | A C R Vimeiro | M50 | 63 | 393 | 0:47:22.125 | 6:48 | 1:08:00.441 |
| 510 | 111 | PAULO LOURENÇO | M | | M55 | 39 | 394 | 0:46:36.926 | 6:50 | 1:08:19.836 |
| 511 | 277 | DAVID SIMÕES | M | | SEN M | 81 | 395 | 0:47:39.007 | 6:47 | 1:08:23.056 |
| 512 | 102 | CARINA SERVOLO | F | Elite-team | F35 | 16 | 117 | 0:48:35.418 | 6:48 | 1:08:24.900 |
| 513 | 412 | FÁBIO LUÍS | M | A C R Vimeiro | SEN M | 82 | 396 | 0:47:31.748 | 6:49 | 1:08:25.652 |
| 514 | 536 | CLÁUDIO CARVALHO | M | | M45 | 61 | 397 | 0:49:30.441 | 6:48 | 1:08:28.852 |
| 515 | 859 | SÓNIA VERÍSSIMO | F | Clube de Atletismo da Nazaré | F40 | 23 | 118 | 0:47:26.224 | 6:50 | 1:08:34.969 |
| 516 | 141 | SÓNIA OSÓRIO | F | Clube Desportivo e Recreativo Águias Unidas | F45 | 27 | 119 | 0:47:52.646 | 6:52 | 1:08:49.460 |
| 517 | 365 | RITA TEIXEIRA | F | U.R.D.A. | SEN F | 30 | 120 | 0:48:11.052 | 6:52 | 1:09:05.774 |
| 518 | 255 | ELIENE SILVA | F | | F40 | 24 | 121 | 0:47:21.075 | 6:53 | 1:09:06.123 |
| 519 | 282 | RODRIGO LOPES | M | | SEN M | 83 | 398 | 0:47:40.444 | 6:52 | 1:09:09.156 |
| 520 | 278 | JOÃO MARQUES | M | | SEN M | 84 | 399 | 0:47:30.387 | 6:52 | 1:09:10.592 |
| 521 | 170 | SÓNIA FRADE | F | Os Frades | F45 | 28 | 122 | 0:48:10.840 | 6:53 | 1:09:14.967 |
| 522 | 602 | REGINA MARIA D. LOURO BONIFÁCIO | F | Centro de Marcha e Corrida de Alcanena | F55 | 10 | 123 | 0:47:53.884 | 6:55 | 1:09:16.195 |
| 523 | 82 | SUSANA CONDINHO | F | | SEN F | 31 | 124 | 0:46:47.925 | 6:55 | 1:09:18.656 |
| 524 | 533 | CATARINA CARMO | F | NFC Running Team | F40 | 25 | 125 | 0:46:46.179 | 6:55 | 1:09:19.465 |
| 525 | 594 | RUI MARQUES | M | TRANSITEX | M50 | 64 | 400 | 0:47:04.937 | 6:55 | 1:09:30.985 |
| 526 | 273 | CLÁUDIA SOUSA | F | | SEN F | 32 | 126 | 0:48:19.285 | 6:56 | 1:09:36.444 |
| 527 | 432 | CARRIEL | M | | M45 | 62 | 401 | 0:53:36.295 | 6:57 | 1:09:37.775 |
| 528 | 52 | DIOGO ARRAIAS | M | Os Arraias | M65 | 16 | 402 | 0:48:24.537 | 6:56 | 1:09:47.613 |
| 529 | 317 | OTTERMANS SARA | F | | F35 | 17 | 127 | 0:48:48.608 | 6:56 | 1:09:50.118 |
| 530 | 101 | CARLA BRÁS | F | Elite-team | F40 | 26 | 128 | 0:48:56.612 | 6:58 | 1:10:02.495 |
| 531 | 502 | JOAQUIM PEPE ROQUE | M | | M55 | 40 | 403 | 0:48:25.487 | 6:58 | 1:10:12.880 |
| 532 | 607 | MÓNICA ALEXANDRA GRÁCIO VICENTE | F | | F45 | 29 | 129 | 0:49:17.254 | 7:02 | 1:10:20.418 |
| 533 | 810 | CATARINA AMORA | F | | F45 | 30 | 130 | 0:48:49.562 | 7:01 | 1:10:22.385 |
| 534 | 241 | ARMINDA BRANCO | F | | F50 | 14 | 131 | 0:48:49.563 | 7:00 | 1:10:32.880 |
| 535 | 123 | EUNICE SILVA | F | RÓDINHAS-Santos Silva / OXYGEN-Gym & Fitness | F50 | 15 | 132 | 0:48:18.283 | 7:01 | 1:10:49.270 |
| 536 | 23 | DANIOLA OLIVEIRA | F | Puma Power Runners | F35 | 18 | 133 | 0:48:58.564 | 7:02 | 1:10:52.652 |
| 537 | 22 | NÉLIO MACHADO | M | Puma Power Runners | M55 | 41 | 404 | 0:48:57.205 | 7:02 | 1:10:52.758 |
| 538 | 103 | ANDREIA SIL | F | Elite-team | F40 | 27 | 134 | 0:50:12.567 | 7:03 | 1:10:55.143 |
| 539 | 366 | CARLA LOPES | F | U.R.D.A. | SEN F | 33 | 135 | 0:48:31.325 | 7:04 | 1:11:05.956 |
| 540 | 324 | CLARA DE SOUSA | F | Não interessa como interessa é ir | F50 | 16 | 136 | 0:48:29.547 | 7:05 | 1:11:06.043 |
| 541 | 347 | JOANA VALÉRIO | F | | F35 | 19 | 137 | 0:49:18.953 | 7:05 | 1:11:11.958 |
| 542 | 368 | VANESSA RODRIGUES | F | U.R.D.A. | SEN F | 34 | 138 | 0:50:57.258 | 7:08 | 1:11:41.643 |
| 543 | 398 | LARA AZEITONA | F | | SEN F | 35 | 139 | 0:47:57.628 | 7:10 | 1:12:00.365 |
| 544 | 383 | CLÁUDIA VALA | F | | F45 | 31 | 140 | 0:49:35.712 | 7:11 | 1:12:26.096 |
| 545 | 280 | MARIANA ANTUNES | F | | SEN F | 36 | 141 | 0:49:53.640 | 7:12 | 1:12:30.020 |
| 546 | 308 | MAGDA SOFIA NUNES SANTOS | F | | F40 | 28 | 142 | 0:49:40.839 | 7:15 | 1:12:34.357 |
| 547 | 310 | FÁTIMA CARROLO | F | Team Casmilo Runners | F35 | 20 | 143 | 0:51:13.123 | 7:18 | 1:13:19.635 |
| 548 | 309 | BRUNO MARTINS | M | Team Casmilo Runners | M35 | 39 | 405 | 0:51:14.783 | 7:18 | 1:13:20.509 |
| 549 | 395 | RAINER NINTEMANN | M | | M40 | 69 | 406 | 0:49:50.496 | 7:17 | 1:13:21.282 |
| 550 | 396 | DENISE NINTEMANN | F | | F35 | 21 | 144 | 0:49:49.581 | 7:17 | 1:13:21.719 |
| 551 | 207 | VANIA JESUS | F | | F40 | 29 | 145 | 0:51:21.032 | 7:21 | 1:13:35.131 |
| 552 | 424 | PAULA MAIA | F | | F50 | 17 | 146 | 0:51:09.572 | 7:22 | 1:13:56.124 |
| 553 | 109 | CARINA RODRIGUES SILVA | F | Alcateia Amarela | F35 | 22 | 147 | 0:51:21.489 | 7:21 | 1:14:06.510 |
| 554 | 451 | ELIVANDRO FÉLIX DO AMARAL | M | | M35 | 40 | 407 | 0:52:56.697 | 7:24 | 1:14:31.565 |
| 555 | 157 | JOAO ANDRDE | M | centro cívico alferrarede velha | M40 | 70 | 408 | 0:50:00.299 | 7:29 | 1:15:05.844 |
| 556 | 367 | MARIANA SEMIÃO | F | U.R.D.A. | SEN F | 37 | 148 | 0:52:49.505 | 7:33 | 1:15:54.340 |
| 557 | 60 | LUISA PEREIRA | F | | F35 | 23 | 149 | 0:52:44.159 | 7:37 | 1:16:35.282 |
| 558 | 155 | ANTONIO CANEIRA | M | Sanica Team | M40 | 71 | 409 | 0:53:15.126 | 7:41 | 1:17:19.917 |
| 559 | 372 | TERESA ALVES | F | ACR VIMEIRO | F55 | 11 | 150 | 0:54:21.239 | 7:49 | 1:18:29.759 |
| 560 | 95 | MARIA DA GLÓRIA FERREIRA | F | Chitas de Alcobça | F50 | 18 | 151 | 0:54:21.240 | 8:07 | 1:21:18.128 |