



Pos	Dorsal	Atleta	Sexo	Equipa	Categoria	Pos Cat	Pos Sexo	3.5 km	7.8 km	Ritmo	Tempo
1	1056	VALTER COSTA	M	G.A.Caranguejeira	SEN M	1	1	0:10:53.104	0:25:23.175	3:12	0:32:05.054
2	227	JOSÉ VEIGA	M	Associação de Jovens da Landeira	SEN M	2	2	0:11:09.934	0:25:39.914	3:14	0:32:24.260
3	121	VICTOR CERQUEIRA	M	CAPenaforme	SEN M	3	3	0:11:00.632	0:26:15.630	3:20	0:33:24.568
4	111	ANDRÉ PAIS	M	Centro de Atletismo de Tondela	SEN M	4	4	0:11:11.524	0:26:30.459	3:21	0:33:32.578
5	1005	FÁBIO DURÃO	M	CCRD Arrimal/morcegos	SEN M	5	5	0:11:10.956	0:26:30.824	3:21	0:33:35.399
6	175	DANIEL SOUSA	M		SEN M	6	6	0:11:04.012	0:26:30.538	3:22	0:33:39.319
7	1057	VITOR DINIS	M	G.A.Caranguejeira	M50	1	7	0:11:33.410	0:27:15.089	3:27	0:34:38.625
8	1315	TIAGO TOMÁS	M	GRF Benedita - Atletismo	SEN M	7	8	0:11:53.453	0:27:40.577	3:30	0:35:00.324
9	240	Ernesto Pereira	M	FÁTIMA TRAIL TEAM	M40	1	9	0:11:52.191	0:27:45.150	3:30	0:35:08.414
10	1191	PAULO COSTA	M	ACBATALHA	M45	1	10	0:11:51.826	0:28:01.869	3:31	0:35:13.845
11	176	RAFAEL PAIS	M	Centro de Atletismo de Tondela	SEN M	8	11	0:11:37.542	0:27:54.146	3:32	0:35:22.499
12	1186	SAMUEL LIMPINHO	M	AC VERMOIL	SEN M	9	12	0:12:11.793	0:28:06.434	3:32	0:35:25.764
13	9	MIGUEL ÂNGELO SILVA	M	CRP Ribafria	SEN M	10	13	0:11:43.959	0:28:02.897	3:33	0:35:31.359
14	110	RUI RODRIGUES	M	Centro de Atletismo de Tondela	M40	2	14	0:11:54.170	0:28:04.429	3:33	0:35:32.327
15	1029	JOÃO GONÇALVES	M	AC VERMOIL	SEN M	11	15	0:12:11.859	0:28:17.690	3:34	0:35:45.004
16	1034	PEDRO FERREIRA	M	AC VERMOIL	M45	2	16	0:11:53.186	0:28:05.748	3:34	0:35:45.430
17	250	NUNO GONÇALO SANTOS	M	GRF Benedita - Atletismo	M40	3	17	0:12:02.738	0:28:33.282	3:37	0:36:18.532
18	120	JOSÉ MOTA	M	CAPenaforme	M35	1	18	0:11:51.596	0:28:34.695	3:38	0:36:22.710
19	168	PEDRO PEREIRA	M	Federação da Família para a Paz Mundial e Unificação	M35	2	19	0:12:14.819	0:28:55.835	3:39	0:36:29.490
20	109	CARLOS RIBEIRO	M	Centro de Atletismo de Tondela	M45	3	20	0:12:13.183	0:28:59.941	3:40	0:36:45.481
21	1107	TIAGO FERREIRA	M	GRF Benedita - Atletismo	SEN M	12	21	0:12:29.786	0:29:28.589	3:41	0:37:00.897
22	1063	LUÍS SEQUEIRA	M	Bairro dos Anjos - Amigos da Corrida	M50	2	22	0:12:26.177	0:29:28.534	3:42	0:37:06.243
23	218	DOMINGOS MARTINS	M	Grecas Vagos	SEN M	13	23	0:12:32.280	0:29:19.752	3:43	0:37:10.353
24	1175	EDUARDO	M	Clube Atletismo de Marinha Grande	M40	4	24	0:12:30.009	0:29:31.716	3:44	0:37:26.964
25	1173	ANTÓNIO FERREIRA	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	3	25	0:12:30.154	0:29:33.648	3:45	0:37:36.225
26	1322	JÚLIO HENRIQUES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	1	26	0:12:28.043	0:29:30.694	3:46	0:37:41.997
27	1046	ALEXANDRE SOUSA	M	CPR A-do-Barbas	M35	3	27	0:12:29.559	0:29:43.574	3:46	0:37:49.919
28	1254	PAULO ROSA	M	Grupo Desportivo Concha Azul	M35	4	28	0:12:30.550	0:29:56.229	3:48	0:38:00.656
29	1032	LICÍNIO CARREIRA	M	AC VERMOIL	M45	4	29	0:13:01.641	0:30:12.278	3:48	0:38:06.639
30	1006	PAULO ALMEIDA	M	ACBATALHA	SEN M	14	30	0:12:59.034	0:30:11.952	3:48	0:38:07.961
31	1312	LUÍS SILVA	M	GRF Benedita - Atletismo	M35	5	31	0:13:03.330	0:30:18.663	3:48	0:38:10.458
32	1338	RAFAEL LOPES	M	GRF Benedita - Atletismo	SEN M	15	32	0:13:03.471	0:30:19.321	3:48	0:38:11.251
33	1017	AMILCAR BRITO	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M35	6	33	0:12:57.922	0:30:17.307	3:49	0:38:15.566
34	122	NELSON SANTOS	M	CAPenaforme	M45	5	34	0:12:58.153	0:30:22.345	3:50	0:38:23.794
35	1319	JOÃO LUIS DELGADO GRAÇA	M	GRF Benedita - Atletismo	SEN M	16	35	0:12:51.604	0:30:18.248	3:51	0:38:36.373
36	1042	JOÃO CARLOS RIBEIRO CANAS	M	GRF Benedita - Atletismo	M45	6	36	0:12:58.586	0:30:28.618	3:51	0:38:38.510
37	1171	JOÃO SANTANA	M	ADRM	M35	7	37	0:12:50.812	0:30:22.037	3:51	0:38:38.608
38	1145	JOÃO MARIA BENVINDO GOMES	M	unidos runners	M60	2	38	0:13:02.602	0:30:27.599	3:52	0:38:43.466
39	1015	ALÉXIS ROCHA	M	INDUSTRIAL DESPORTIVO VIEIRENSE	SEN M	17	39	0:13:31.642	0:30:36.013	3:52	0:38:49.294
40	1091	ANTÓNIO PEREIRA	M	Bairro dos Anjos - Amigos da Corrida	M40	5	40	0:13:30.169	0:31:09.059	3:54	0:39:07.218
41	1193	FRANCISCO BRÍGIDO	M	ACBATALHA	M45	7	41	0:13:11.284	0:30:52.800	3:54	0:39:10.347
42	86	ANTÓNIO FORTUNA	M		M35	8	42	0:12:21.487	0:31:01.148	3:55	0:39:18.137
43	1340	JOSÉ SANTOS	M	AC VERMOIL	M50	4	43	0:13:17.056	0:31:25.559	3:56	0:39:28.544
44	167	MAFALDA MARTINHO	F	Federação da Família para a Paz Mundial e Unificação	SEN F	1	1	0:13:12.003	0:31:07.918	3:57	0:39:31.402
45	1213	GABRIEL RODRIGUES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	5	44	0:12:54.123	0:30:57.697	3:58	0:39:40.140
46	1148	ANTÓNIO OLIVEIRA	M	LIZ RUNNERS	M40	6	45	0:13:25.077	0:31:19.715	3:58	0:39:45.101
47	1039	HUGO HORTA	M	Grupo Alegre Unido Bajouca	M40	7	46	0:13:35.827	0:31:28.761	3:58	0:39:48.788
48	1188	FLAVIO CASTELHANO	M	GRF Benedita - Atletismo	M35	9	47	0:13:31.821	0:31:57.597	4:02	0:40:28.764
49	145	CESAR COELHO	M	GRF Benedita - Atletismo	M45	8	48	0:13:57.617	0:32:13.958	4:02	0:40:30.467
50	1021	ADRIANA COELHO	F	INDUSTRIAL DESPORTIVO VIEIRENSE	SEN F	2	2	0:13:32.276	0:31:58.022	4:03	0:40:31.247
51	1012	CARLOS SIMÕES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	6	49	0:13:40.338	0:32:07.199	4:03	0:40:36.553
52	165	FLÁVIO SANTOS	M	Federação da Família para a Paz Mundial e Unificação	SEN M	18	50	0:13:19.520	0:32:13.567	4:04	0:40:44.647
53	1208	MARTINHO PEDROSA	M	Grupo Alegre Unido Bajouca	M50	7	51	0:14:00.739	0:32:22.735	4:04	0:40:47.531
54	213	RICARDO PIRES	M	Serviços Sociais Montepio	SEN M	19	52	0:13:52.936	0:32:41.713	4:07	0:41:14.687
55	1283	ACÁCIO GOMES	M	ARCD MENDIGA	M50	8	53	0:14:14.476	0:32:51.726	4:07	0:41:19.850
56	1019	ANTÓNIO ALVES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	3	54	0:14:02.434	0:32:38.068	4:07	0:41:21.997
57	241	João Valentim	M		M40	8	55	0:13:52.517	0:32:51.066	4:07	0:41:22.544
58	1274	PAULO COSTA	M	GRF Benedita - Atletismo	M50	9	56	0:13:51.608	0:32:53.339	4:09	0:41:39.651
59	126	TELMO MADEIRA	M	Chitas de Alcobaça	M45	9	57	0:13:54.638	0:32:52.777	4:09	0:41:40.564
60	1151	BRUNO SILVA	M	Grupo Alegre Unido Bajouca	M35	10	58	0:14:01.925	0:33:00.671	4:11	0:41:54.975
61	188	BERNARDO MENESES	M	ARCD MENDIGA	SUB23 M	1	59	0:13:42.702	0:32:54.499	4:11	0:42:01.607
62	1050	PAULO MONTEIRO	M	CPR A-do-Barbas	M50	10	60	0:14:22.452	0:33:30.766	4:14	0:42:21.723
63	215	TIAGO BRANCO	M	Chitas de Alcobaça	M40	9	61	0:14:13.369	0:33:33.152	4:14	0:42:25.800
64	107	JOÃO MANUEL MENDES GALVÃO	M		M50	11	62	0:14:09.602	0:33:44.131	4:15	0:42:30.771
65	1045	ANA BONIFÁCIO	F	CPR A-do-Barbas	SEN F	3	3	0:13:52.013	0:33:25.357	4:15	0:42:37.165
66	1049	PEDRO RODRIGUES	M	CPR A-do-Barbas	M50	12	63	0:13:25.309	0:33:25.357	4:15	0:42:37.591
67	147	DINIS PRUDENCIO	M	GRF Benedita - Atletismo	M50	13	64	0:14:36.476	0:33:54.819	4:16	0:42:48.283
68	1339	ANDRÉ CORDEIRO	M	ARCD MENDIGA	SEN M	20	65	0:14:27.390	0:33:54.167	4:17	0:42:57.047
69	41	PEDRO RIBEIRO	M		M45	10	66	0:14:57.259	0:34:21.082	4:18	0:43:10.727
70	18	RODOLFO MARQUES	M	CRP Ribafria	M35	11	67	0:14:26.104	0:34:14.671	4:18	0:43:12.407
71	243	MATILDE CARDOSO	F	Clube de Atletismo de Óbidos	SUB23 F	1	4	0:14:34.021	0:34:21.192	4:19	0:43:12.411
72	1018	JOÃO DOMINGOS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	14	68	0:14:34.485	0:34:17.549	4:19	0:43:12.459
73	14	SAMUEL LUÍS	M		SEN M	21	69	0:14:29.583	0:34:17.016	4:18	0:43:13.456
74	1313	JOANA SILVA	F	GRF Benedita - Atletismo	SEN F	4	5	0:14:50.503	0:34:30.408	4:20	0:43:32.430
75	73	NUNO BELO	M	HCT Running Team	M40	10	70	0:14:40.833	0:34:23.659	4:20	0:43:34.919
76	32	JORGE FRAZÃO	M	+corrida	M40	11	71	0:14:56.549	0:34:32.442	4:21	0:43:39.224
77	22	PEDRO COUTINHO	M		SEN M	22	72	0:14:58.153	0:34:52.344	4:21	0:43:46.403
78	157	CAROLINA MESQUITA	F	Tri Trail Endurance	SEN F	5	6	0:14:31.267	0:34:29.710	4:22	0:43:47.134
79	239	Bartolomeu Pálencia	M		M45	11	73	0:14:48.561	0:34:47.647	4:23	0:44:01.231
80	1287	GUSTAVO OLIVEIRA	M		M40	12	74	0:14:41.234	0:34:52.443	4:24	0:44:05.716
81	1020	ACÁCIO CAMPOS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	4	75	0:14:56.658	0:34:53.253	4:24	0:44:06.504
82	1250	DEONILDE COSTA	F	AC VERMOIL	F45	1	7	0:14:44.437	0:34:35.176	4:25	0:44:16.235
83	115	PEDRO GOMES	M		SEN M	23	76	0:14:22.918	0:34:38.738	4:25	0:44:17.799
84	1286	ANTÓNIO POEIRAS	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	5	77	0:14:44.002	0:35:19.594	4:27	0:44:38.762
85	42	ANDRÉ SERRAZINA	M	CRP Ribafria	M35	12	78	0:14:44.969	0:35:26.446	4:28	0:44:56.190
86	1103	LEANDRO SANTOS	M	SB VIDROS - VIDRALA	M40	13	79	0:15:15.389	0:35:21.719	4:29	0:44:57.576
87	1051	JUCELINO MONTEIRO	M	CPR A-do-Barbas	M50	15	80	0:15:10.126	0:35:31.112	4:29	0:44:58.867
88	6	SAMUEL RIBAS	M		SEN M	24	81	0:15:17.208	0:36:04.307	4:32	0:45:28.900
89	103	FRANCISCO MARQUÊS	M	CRP Ribafria	M60	6	82	0:15:42.527	0:36:16.088	4:33	0:45:41.995
90	1080	VIRGÍLIO ALBERTO	M	Grupo Alegre Unido Bajouca	M50	16	83	0:14:50.503	0:35:31.112	4:34	0:45:45.000
91	92	ARTUR CONCEIÇÃO	M		M45	12	84	0:15:35.652	0:36:11.230	4:33	0:45:45.049
92	24	PEDRO SERRAZINA LUÍS	M	Here for beer	SUB23 M	2	85	0:15:50.769	0:36:25.264	4:33	0:45:47.677
93	75	HUGO FONSECA	M		SEN M	25	86	0:16:47.610	0:36:31.234	4:34	0:45:57.506
94	25	MIGUEL GINETO	M	Clube Desportivo Ribereense	M45	13	87	0:14:53.989	0:35:58.848	4:36	0:46:05.584
95	182	EVARISTO MACHADO	M	Chitas de Alcobaça	M45	14	88	0:15:17.478	0:36:19.280	4:37	0:46:16.469
96	117	CRISTIANO MARTINS	M		SEN M	26	89	0:15:24.270	0:36:41.054	4:39	0:46:44.270
97	132	LUÍS PASCOAL	M	NFC Running Team	M50	17	90	0:15:34.508	0:36:54.103	4:40	0:46:45.278
98	1329	EDUARDO DE SOUSA MARTINS	M	ARCD MENDIGA	SEN M						



Pos	Dorsal	Atleta	Sexo	Equipa	Categoria	Pos Cat	Pos Sexo	3.5 km	7.8 km	Ritmo	Tempo
99	1289	PEDRO ROCHA	M	Clube de Atletismo da Nazaré	SUB23 M	3	3	92 0:14:48.234	0:36:50.813	4:41	0:46:52.244
100	1024	CARLA CANTANTE	F	INDUSTRIAL DESPORTIVO VIEIRENSE	F40	1	8	0:15:42.927	0:37:22.866	4:40	0:46:52.666
101	1324	ANTÓNIO FERREIRA	M	CPR A-do-Barbas	M60	7	93	0:15:52.926	0:37:02.064	4:41	0:46:55.967
102	1141	SUSANA PEREIRA	F	CPR A-do-Barbas	F50	1	9	0:15:43.845	0:37:03.500	4:41	0:46:57.714
103	216	NELSON SERRAZINA	M		SEN M	28	94	0:15:40.475	0:37:03.259	4:40	0:46:58.109
104	1159	PEDRO PEREIRA	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	18	95	0:15:00.128	0:36:43.712	4:42	0:47:06.776
105	105	JOÃO EUGÉNIO	M		M35	13	96	0:15:50.698	0:37:20.449	4:42	0:47:09.395
106	1008	CASIMIRO GOMES	M	ACBATALHA	M45	15	97	0:15:43.789	0:37:17.127	4:42	0:47:12.425
107	1195	DANIEL SILVA	M	ACBATALHA	M40	14	98	0:15:42.822	0:37:17.367	4:42	0:47:12.957
108	72	JOSÉ MARQUES	M	Clube de Atletismo da Nazaré	M45	16	99	0:15:40.464	0:37:20.550	4:44	0:47:26.324
109	1330	LUIS FERNANDES	M	CPR A-do-Barbas	M40	15	100	0:15:43.178	0:37:29.124	4:45	0:47:39.097
110	234	SAMUEL BRANCO	M	CRP Ribafria	M45	17	101	0:16:29.171	0:37:48.459	4:45	0:47:44.580
111	140	VÍTOR SIMÕES	M	Here for beer	M60	8	102	0:15:55.298	0:37:39.108	4:45	0:47:47.636
112	106	CLAUDIA VALENTIM MONTEIRO	F	CRP Ribafria	SUB23 F	2	10	0:15:43.016	0:37:23.022	4:46	0:47:52.241
113	104	MIGUEL RODRIGUES	M		SEN M	29	103	0:15:17.162	0:37:30.766	4:47	0:47:59.545
114	1314	LUÍS PAULO	M	GRF Benedita - Atletismo	M60	9	104	0:15:52.584	0:37:55.786	4:47	0:48:01.883
115	154	MARIA MONTEIRO	F		SUB23 F	3	11	0:15:40.214	0:37:32.522	4:47	0:48:04.562
116	236	TIAGO MARTINS	M	BENECAR RUNNERS	M45	18	105	0:16:08.483	0:38:11.628	4:47	0:48:07.209
117	1023	SANDRA SIMÕES	F	INDUSTRIAL DESPORTIVO VIEIRENSE	F45	2	12	0:15:44.230	0:38:02.663	4:52	0:48:46.990
118	1337	CÉSAR SANTOS	M	ACBATALHA	M40	16	106	0:15:43.386	0:38:00.174	4:52	0:48:47.143
119	118	LOURENÇO MARTINS	M		SEN M	30	107	0:15:31.903	0:37:56.838	4:51	0:48:53.197
120	152	DIAMANTINO FIGUEIREDO	M		M40	17	108	0:16:31.255	0:38:39.576	4:52	0:48:58.995
121	26	JOÃO JUSTO	M	Clube Desportivo Ribeirense	M45	19	109	0:16:06.988	0:38:43.863	4:53	0:49:04.040
122	184	HORÁCIO RODRIGUES	M	GRF Benedita - Atletismo	M40	18	110	0:16:18.062	0:38:43.985	4:56	0:49:27.691
123	64	SUSANA QUERIDO	F	Peniche a Correr	F35	1	13	0:16:27.691	0:39:03.914	4:56	0:49:27.838
124	1016	VÍTOR ROCHA	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	19	111	0:16:11.328	0:38:58.740	4:57	0:49:35.796
125	139	JOÃO SERRAZINA	M	Here for beer	SEN M	31	112	0:16:52.157	0:39:30.434	4:56	0:49:36.928
126	202	CLÁUDIO CONCEIÇÃO	M		M35	14	113	0:16:21.938	0:39:05.302	4:56	0:49:38.125
127	71	NUNO GUERRA	M		M35	15	114	0:16:46.966	0:39:17.227	4:58	0:49:50.984
128	1043	SÓNIA FARTO	F	INDUSTRIAL DESPORTIVO VIEIRENSE	F45	3	14	0:16:53.660	0:39:36.684	4:58	0:49:51.743
129	138	NUNO LOPES	M	Here for beer	M45	20	115	0:16:39.460	0:39:30.472	4:58	0:49:54.161
130	1101	PAULA RODRIGUES	F	SB VIDROS - VIDRALA	F50	2	15	0:16:04.018	0:39:10.075	4:59	0:49:54.444
131	39	HUGO BORGES	M	Tartarugas da Maiorga	M45	21	116	0:16:30.332	0:39:16.251	4:59	0:49:54.870
132	1192	EVANGELINO CARDEIRA	M	ACBATALHA	M60	10	117	0:16:36.972	0:39:09.297	4:59	0:49:59.581
133	137	HELDER SANTOS	M	Chitas de Alcobaça	SEN M	32	118	0:16:33.754	0:39:37.390	4:59	0:50:00.799
134	235	AGOSTINHO COSTA	M		M50	20	119	0:17:03.474	0:39:46.538	5:01	0:50:19.868
135	15	RAQUEL VALENTIM	F	CRP Ribafria	SUB23 F	4	16	0:16:55.759	0:39:46.696	5:01	0:50:20.690
136	16	PAULO VALENTIM	M	CRP Ribafria	M50	21	120	0:16:56.719	0:39:45.495	5:01	0:50:21.228
137	208	RUI FILIPE	M	CRP Ribafria	M35	16	121	0:17:14.973	0:39:50.410	5:01	0:50:22.113
138	1332	EDITE EUSEBIO	F	GRF Benedita - Atletismo	F45	4	17	0:16:19.381	0:39:36.296	5:02	0:50:25.907
139	17	DIOGO SIMÃO	M	HCT Running Team	M35	17	122	0:17:00.213	0:39:50.057	5:01	0:50:28.035
140	130	LUÍS MATEUS	M	Sol, Relax e Vinhas	SEN M	33	123	0:17:48.555	0:40:41.987	5:04	0:50:53.496
141	127	DANIEL PASSARINHO	M	Parte manetes	M35	18	124	0:17:22.478	0:40:30.754	5:04	0:50:54.178
142	128	NARCISO ARROMBA	M	CluVe	M60	11	125	0:18:10.891	0:40:55.639	5:05	0:50:55.450
143	209	TÂNIA GASPAR	F	SB VIDROS - VIDRALA	F40	2	18	0:17:12.635	0:40:37.988	5:05	0:51:04.327
144	40	CAROLINA SERRAZINA	F	CRP Ribafria	SEN F	6	19	0:16:56.051	0:40:17.843	5:08	0:51:33.416
145	230	LEONEL SANTOS	M		M50	22	126	0:17:13.469	0:40:16.909	5:08	0:51:35.199
146	68	RUTE COELHO	F		SEN F	7	20	0:17:23.780	0:40:43.882	5:09	0:51:44.106
147	96	RICARDO DOMINGOS	M		M40	19	127	0:17:43.411	0:40:46.419	5:10	0:51:50.476
148	34	TELMO FERREIRA	M	CRP Ribafria	M35	19	128	0:17:10.972	0:41:19.087	5:12	0:52:13.416
149	233	MARCELO COELHO	M		SUB23 M	4	129	0:17:15.380	0:41:08.317	5:12	0:52:15.415
150	206	PAULO JESUINO	M	GRF Benedita - Atletismo	M50	23	130	0:19:03.229	0:42:45.311	5:13	0:52:24.760
151	21	JOANA SERRAZINA	F	Here for beer	SUB23 F	5	21	0:16:53.172	0:41:18.125	5:13	0:52:29.394
152	113	CAROLINA RIBEIRO	F	Corredores da Azenha	SEN F	8	22	0:17:27.354	0:41:27.882	5:14	0:52:29.596
153	119	RICARDO FAUSTINO	M		M40	20	131	0:15:53.952	0:40:43.030	5:14	0:52:32.077
154	101	DÁRIO REBELO	M	HCT Running Team	M40	21	132	0:17:28.353	0:41:29.953	5:15	0:52:40.399
155	231	DANIEL FIALHO	M	HCT Running Team	M40	22	133	0:17:31.647	0:41:33.633	5:15	0:52:41.085
156	100	SÓNIA VICENTE	F	HCT Running Team	F45	5	23	0:17:33.400	0:41:34.581	5:15	0:52:43.024
157	1168	RUI ANDRADE	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M50	24	134	0:17:51.106	0:41:54.302	5:16	0:52:47.937
158	191	ANTÓNIO INÁCIO	M	Benebike	M50	25	135	0:17:34.521	0:41:29.387	5:16	0:52:52.923
159	1102	ANTERRO RODRIGUES	M	SB VIDROS - VIDRALA	M50	26	136	0:17:15.095	0:41:30.953	5:17	0:52:58.807
160	1335	PEDRO TRAUQUINA	M	GRF Benedita - Atletismo	M40	23	137	0:17:04.105	0:41:37.756	5:17	0:53:02.424
161	169	SUSANA SANTOS	F	Federação da Família para a Paz Mundial e Unificação	SUB23 F	6	24	0:16:52.494	0:41:37.118	5:18	0:53:07.512
162	1184	EUGENIO MENDES	M	AC VERMOIL	M60	12	138	0:17:25.030	0:41:25.489	5:18	0:53:13.423
163	131	DANIEL BENTO	M	Sol, Relax e Vinhas	SEN M	34	139	0:18:05.795	0:42:48.213	5:20	0:53:34.143
164	164	MANUEL MOLEIRO	M	Clube de Atletismo de Óbidos	M50	27	140	0:18:04.673	0:42:28.552	5:21	0:53:37.285
165	211	RUI LOURENÇO	M	BENECAR RUNNERS	M40	24	141	0:17:52.430	0:42:28.309	5:22	0:53:55.940
166	200	ÉLIO FIALHO	M	OS ENTREVADOS	M50	28	142	0:17:41.840	0:42:16.701	5:22	0:54:02.468
167	1146	JOSÉ OLIVEIRA	M	G. D. ATUQUIENSE	M60	13	143	0:17:42.759	0:42:27.904	5:25	0:54:19.608
168	1328	JOÃO NARCISO	M	ARCD MENDIGA	SEN M	35	144	0:18:22.632	0:43:25.515	5:26	0:54:39.523
169	114	JOÃO RIBEIRO	M	Corredores da Azenha	SEN M	36	145	0:17:48.844	0:43:25.995	5:28	0:54:55.933
170	232	ANDRÉ COELHO LUÍS	M	HCT Running Team	M40	25	146	0:17:32.181	0:42:46.609	5:29	0:55:01.731
171	1172	FILIPE TOMÁS	M	A. C. S. Mamede	M60	14	147	0:19:03.474	0:44:05.704	5:32	0:55:31.272
172	93	CARLOS COSTA	M		M60	15	148	0:18:32.562	0:43:50.245	5:34	0:55:53.427
173	180	NUNO COSTA	M	ARB	M40	26	149	0:18:09.289	0:43:57.941	5:33	0:55:55.534
174	210	RICARDO CASTELHANO	M	BENECAR RUNNERS	SEN M	37	150	0:17:51.044	0:43:57.149	5:36	0:56:11.372
175	142	MIGUEL MACHADO	M	CRP Ribafria	M35	20	151	0:19:17.789	0:44:45.790	5:37	0:56:29.080
176	149	RICARDO RAPOSO	M	CRP Ribafria	SEN M	38	152	0:19:24.403	0:44:55.880	5:39	0:56:54.420
177	190	ANA LUÍSA GONÇALVES DE AGU	F	CRP Ribafria	SEN F	9	25	0:19:22.829	0:44:56.433	5:39	0:56:55.533
178	1336	DIOGO NARCISO	M	ARCD MENDIGA	SEN M	39	153	0:18:17.531	0:44:06.045	5:41	0:57:07.725
179	212	NUNO HENRIQUES	M	BENECAR RUNNERS	M50	29	154	0:18:18.398	0:44:57.188	5:45	0:57:45.592
180	85	RUI PASTOR	M	PASTOR RACING	M50	30	155	0:19:24.882	0:46:46.636	5:48	0:58:23.191
181	148	SIMÃO SERRAZINA	M	Here for beer	SUB23 M	5	156	0:16:13.499	0:43:38.340	5:49	0:58:23.332
182	198	RODRIGO VICENTE	M	Partemanetes	M40	27	157	0:18:08.097	0:46:04.860	5:51	0:58:49.518
183	23	ALICE BELO	F		SEN F	10	26	0:19:48.959	0:46:39.385	5:52	0:58:51.855
184	1288	REGINA FERREIRA	F	CPR A-do-Barbas	F50	3	27	0:19:51.461	0:46:46.072	5:54	0:59:03.300
185	108	BRUNO ZACARIAS	M	NFC Running Team	SEN M	40	158	0:19:33.159	0:46:39.588	5:55	0:59:15.737
186	112	VANESSA MACHADO	F		SEN F	11	28	0:19:33.152	0:46:39.582	5:54	0:59:15.780
187	1333	SANDRINE PIRES	F	Clube de Atletismo de Óbidos	F50	4	29	0:20:11.532	0:47:05.315	5:56	0:59:23.166
188	3	MARCO SANTOS	M		M35	21	159	0:17:57.142	0:45:42.352	5:58	0:59:48.924
189	1025	SÍLVIA LAVOS	F	INDUSTRIAL DESPORTIVO VIEIRENSE	F50	5	30	0:20:20.338	0:47:51.465	6:01	1:00:29.560
190	1014	CELESTINO MARQUES	M	INDUSTRIAL DESPORTIVO VIEIRENSE	M60	16	160	0:19:34.207	0:47:07.688	6:03	1:00:32.524
191	172	CAROLINA PIRES	F		SUB23 F	7	31	0:19:54.631	0:47:35.118	6:03	1:00:46.672
192	195	BEATRIZ COELHO	F		SEN F	12	32	0:19:54.930	0:47:35.101	6:03	1:00:47.185
193	194	JOÃO FERREIRA	M		SEN M	41	161	0:19:55.999	0:47:35.064	6:03	1:00:48.213
194	11	MARIANA POLICARPO	F		SEN F	13	33	0:19:40.460	0:50:57.700	6:30	1:05:14.936
195	13	NUNO FRANCISCO	M		SEN M	42	162	0:19:40.046	0:50:57.357	6:30	1:05:14.997
196	70	LUIS ANDRÉ	M	HCT Running Team	M40	28	163	0:19:53.397	0:50:42.939	6:34	1:05:5



Nome da Prova: Grande Prémio da Benedita 2023
Organizador: GRF Benedita Atletismo
Classe: Atletismo de Estrada
Categoria: Classificação Geral 10km



Pos	Dorsal	Atleta	Sexo	Equipa	Categoria	Pos Cat	Pos Sexo	3.5 km	7.8 km	Ritmo	Tempo
197	69	LOURENÇO ANDRÉ	M		SUB23 M	6	164	0:17:58.204	0:50:44.424	6:34	1:05:52.848
198	129	HENRIQUE ROBERTO	M	Sol, Relax e Vinhas	SEN M	43	165	0:21:08.623	0:52:44.745	6:43	1:07:20.840
199	219	NADIIA KORNUTIK	F		F35	2	34	0:23:42.805	0:55:30.596	7:02	1:10:36.220
200	67	GONÇALO GONZAGA	M	TENTAÇÃO S.A.	SEN M	44	166	0:23:24.881	0:59:35.453	7:43	1:17:31.747
201	66	PEDRO GONZAGA	M	TENTAÇÃO S.A.	M40	29	167	0:23:24.291	0:59:33.824	7:43	1:17:31.757