

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### F0019

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	1260	RITA MINEIRO	F	18	00:39:26	CDUL
2	1317	CATARINA RODRIGUES	F	18	00:40:05	ADERCUS
3	1037	DANIELA VINAGRE	F	19	00:50:26	C BENFICA ALG M MARTINS

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### F2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	47	CATARINA RIBEIRO	F	30	00:33:55	SL BENFICA
2	1300	VANESSA FERNANDES	F	30	00:34:19	SL BENFICA
3	30	MONICA SILVA	F	30	00:34:49	SL BENFICA
4	28	DANIELA CUNHA	F	30	00:35:00	SPORTING CP
5	975	CARLA MARTINHO	F	30	00:35:08	ADERCUS
6	32	SUSANA FRANCISCO	F	30	00:35:20	JUVENTUDE VIDIGALENSE
7	1400	MARISA BARROS	F	30	00:35:25	SALGUEIROS
8	25	LEONOR CARNEIRO	F	30	00:35:34	SPORTING CP
9	446	EMILIA K PISOEIRO	F	29	00:35:38	SL BENFICA
10	27	VERA NUNES	F	30	00:35:43	SL BENFICA
11	29	VERA FERNANDES	F	30	00:36:04	RB RUNNING
12	48	SOLANGE JESUS	F	30	00:36:40	SPORTING CP
13	26	SILVANA DIAS	F	30	00:37:10	SL BENFICA
14	1402	JESSICA MATOS	F	21	00:37:45	SALGUEIROS
15	1062	RAQUEL TRABUCO	F	29	00:37:51	CF OS BELENENSES
16	1401	SARA CARVALHO	F	34	00:37:54	SALGUEIROS
17	202	MARGARIDA DIONÍSIO	F	28	00:38:01	ACR SRA DESTERRO
18	700	LILIANA P ALEXANDRE	F	25	00:39:12	INDIVIDUAL
19	31	KCENIA BOUGROVA	F	30	00:39:31	SPORTING CP
20	1346	PATRÍCIA ROSADO	F	27	00:39:51	INDIVIDUAL
21	1067	SARA MARINHO	F	25	00:41:57	CF OS BELENENSES
22	926	MADALENA FONTINHAS	F	33	00:43:52	SAMORUNNING - CORRER BENAVENTE
23	1131	MÁRIA SANTOS	F	33	00:44:34	INDIVIDUAL
24	251	INÊS SANTOS	F	26	00:46:21	CA PATAMEIRAS
25	522	SANDRA ROMANO	F	34	00:46:43	GARMIN/ CO OEIRAS
26	616	CYNTHIA MARTINEZ	F	33	00:47:36	INDIVIDUAL
27	1164	MÓNICA V F DOMINGOS	F	24	00:47:56	INDIVIDUAL
28	971	MARGARIDA FERNANDES	F	31	00:51:10	INDIVIDUAL
29	524	TERESA SEPULVEDA	F	34	00:51:20	GARMIN/ CO OEIRAS
30	374	Mª JOÃO CORTESÃO	F	28	00:52:59	CP EDP LISBOA
31	648	INÊS MONTEIRO	F	27	00:53:00	INDIVIDUAL
32	887	JULIA S MONTORO	F	30	00:53:15	INDIVIDUAL
33	1036	ADRIANA SILVA	F	21	00:54:17	C BENFICA ALG M MARTINS
34	869	RUTE AGOSTINHO	F	33	00:54:35	INDIVIDUAL
35	636	SANDRA GONÇALVES	F	29	00:54:40	OS GLORIOSOS
36	1097	VANESSA PAIS	F	30	00:55:17	RUNNING
37	1163	RITA A F AFONSO	F	29	00:55:27	INDIVIDUAL
38	430	CÁTIA COUVEIRO	F	30	00:55:43	INDIVIDUAL
39	1050	SARA REIS	F	21	00:55:50	C BENFICA ALG M MARTINS
40	698	ANA C SANTOS	F	34	00:57:49	INDIVIDUAL

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## Relatório por Faixas Etárias

### F2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	200	VANESSA SEQUEIRA	F	33	00:58:15	INDIVIDUAL
42	922	TÂNIA INÁCIO	F	28	00:59:06	INDIVIDUAL
43	171	ANDREIA PEREIRA	F	30	00:59:21	O MUNDO DA CORRIDA
44	455	ANA ALHO	F	31	00:59:39	INDIVIDUAL
45	456	CARLA ALHO	F	33	00:59:39	INDIVIDUAL
46	666	CATIA RAMOS	F	33	01:01:16	CARRASCO & AMIGOS
47	85	ANA L CHÂTILLON	F	28	01:01:22	INDIVIDUAL
48	1397	CÁTIA RODRIGUES	F	33	01:02:17	ACR MEALHADA
49	886	VANESSA S C SEIXAS	F	28	01:02:39	INDIVIDUAL
50	1288	LORENE FOUCAUD	F	26	01:03:29	INDIVIDUAL
51	380	SONIA SILVA	F	31	01:03:42	CSB_RF
52	812	SUSANA MATOS	F	33	01:05:09	SS CGD
53	748	SUSANA S N V E HENRIQUES	F	32	01:08:59	INDIVIDUAL
54	1124	ISADORA COSTA	F	27	01:10:41	4 AO KM
55	1122	SEZINANDA GUERREIRO	F	34	01:11:53	INDIVIDUAL
56	221	MICAELA REIS	F	24	01:12:15	COFINA RUNNERS
57	998	ANA C FERREIRA	F	25	01:17:22	AÇOREANA C BANIF
58	732	CLAUDIA TAM	F	33	01:17:23	AÇOREANA C BANIF
59	418	LILIANA CARVALHO	F	30	01:23:40	INDIVIDUAL
60	144	LUISA SANTO	F	20	01:30:46	INDIVIDUAL

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## Relatório por Faixas Etárias

## F3539

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	526	SOFIA MONTEIRO	F	35	00:38:57	GARMIN/ CO OEIRAS
2	1066	LUCIA OLIVEIRA	F	36	00:42:21	CF OS BELENENSES
3	95	SONIA TUBAL	F	38	00:42:55	MONSANTO RT
4	1210	CATIA MARQUES	F	36	00:43:13	O PRATICANTE
5	491	PAULA PENEDO	F	38	00:44:23	NAZ ABÓBODA
6	742	MARGARIDA R AMARO	F	38	00:44:34	MONSANTO RT
7	1068	MARISA COSTA	F	36	00:47:10	CF OS BELENENSES
8	992	PAULA CARDOSO	F	39	00:48:35	SC REBOLEIRA DAMAIA
9	1202	ANABELA S. CARVALHO	F	35	00:49:33	INDIVIDUAL
10	1262	CARLA SERRA	F	39	00:50:46	INDIVIDUAL
11	59	FILIPA M S FERRO	F	38	00:52:36	RUN 4 FUN
12	923	SANDRA FERNANDES	F	37	00:53:09	REAB FUNCIONAL DESPORTIVA
13	203	CLAUDIA SOUSA	F	37	00:53:11	C COLAB AXA
14	682	CARLA RIBEIRO	F	38	00:54:48	C MILLENNIUM BCP
15	116	JOANA MIRANDA	F	35	00:54:53	WIKABOO
16	570	MARTA REIS	F	39	00:54:58	INDIVIDUAL
17	367	IRIS MAURICIO	F	39	00:55:40	RUNLOVERS
18	583	ADÉLIA M P CABRAL	F	36	00:57:44	INDIVIDUAL
19	1323	SÓNIA CAPITÃO-MOR	F	35	00:58:06	INDIVIDUAL
20	1120	MONICA MATOS	F	38	00:58:15	BE2RUN
21	104	CARLA M D MENDES	F	39	00:59:27	TARTARUGAS SOLIDÁRIAS
22	941	PAULA BASÍLIO	F	38	01:01:23	INDIVIDUAL
23	1195	NEUSA ALMEIDA	F	38	01:01:57	INDIVIDUAL
24	1380	PAULA SOUSA	F	39	01:03:20	INDIVIDUAL
25	125	CRISTINA M T FIGUEIRA	F	39	01:05:42	JOBBRINDE - MONTES SALOIOS
26	423	ESTELA GONÇALVES	F	38	01:05:55	AA LEBRES SADO
27	467	SARA FILIPE	F	36	01:09:41	INDIVIDUAL
28	649	ANA M G FERNANDES	F	36	01:12:10	INDIVIDUAL
29	625	ANA NI RIBEIRO	F	36	01:12:12	INDIVIDUAL
30	543	CARLA P FERNANDES	F	39	01:14:46	CORRER LISBOA
31	737	SANDRA MARTINS	F	38	01:17:22	AÇOREANA C BANIF

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## Relatório por Faixas Etárias

### F4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	1285	MÓNICA VIEIRA	F	40	00:40:34	UA POVOENSE
2	603	SANDRA BARROS	F	44	00:44:00	VALEJAS AC
3	453	CÉLIA CECILIO	F	43	00:45:01	NAPA
4	1347	ANA PEREIRA	F	42	00:45:45	NUCLEOEIRAS
5	1427	ANA SOBREIRA	F	44	00:46:01	INDIVIDUAL
6	54	MARTA M S ANDRADE	F	40	00:46:29	TREINO EM CASA
7	500	FERNANDA CAMACHO	F	44	00:47:58	GRD RIBEIRA LAGE
8	553	ELISABETE ROCHA	F	40	00:48:28	INDIVIDUAL
9	562	ANA T MOUTINHO	F	41	00:49:08	INDIVIDUAL
10	114	SANDRA S TEIXEIRA	F	43	00:49:37	INDIVIDUAL
11	514	ISABEL RODRIGUES	F	44	00:50:12	GARMIN/ CO OEIRAS
12	384	INÊS ARRENEGA	F	40	00:50:46	UA POVOENSE
13	162	NOEMIA MONTEIRO	F	40	00:51:32	INDIVIDUAL
14	991	PAULA SILVA	F	42	00:51:45	SC REBOLEIRA DAMAIA
15	910	RUTE BATISTA	F	40	00:52:43	
16	668	VANDA ROSA	F	40	00:53:32	C MILLENNIUM BCP
17	789	CATARINA MARTINS	F	43	00:54:01	SS CGD
18	134	SORAIA FERREIRA	F	40	00:54:49	INDIVIDUAL
19	653	CRISTINA GUERREIRO	F	42	00:55:04	CDR RIBEIRINHO
20	1191	MARLENE OLIVEIRA	F	42	00:55:12	INDIVIDUAL
21	823	OLGA BORGES	F	40	00:55:13	SS CGD
22	494	ANA ALPALHÃO	F	42	00:55:36	ALPALHAO
23	802	ANGELA CRUZ	F	44	00:55:38	SS CGD
24	1129	JOANA PERALTA	F	40	00:56:05	SPIRIDON FRANKFURT
25	645	SANDRA SILVA	F	41	00:56:29	GRCD LEIAO
26	247	VANUZA A G SILVA	F	41	00:56:43	TARTARUGAS SOLIDARIAS
27	565	SANDRA SECO	F	43	00:57:42	UA POVOENSE
28	945	YOSHIKO NOMOTO	F	40	00:58:10	INDIVIDUAL
29	185	ANA SÁ RIBEIRO	F	42	00:58:31	CLUBE STRESS
30	356	MARISA SERRA	F	44	00:59:16	GA MONSANTO GASCAN
31	833	MARIA BARRANCOS	F	44	00:59:21	INDIVIDUAL
32	240	ANA CANDEIAS	F	41	00:59:27	ENJOADAS DO ASFALTO
33	239	PATRÍCIA ALMEIDA	F	41	00:59:51	ENJOADAS DO ASFALTO
34	21	ISABEL COSTA	F	44	00:59:51	INDIVIDUAL
35	1415	CARLA NEVES	F	43	00:59:53	INDIVIDUAL
36	1310	MARIA R MACHADO	F	42	00:59:54	INDIVIDUAL
37	1006	SANDRA BAPTISTA	F	40	01:00:23	A VALE SILENCIO
38	276	ANABELA AMARAL	F	42	01:01:32	PORTELA - RUNNING POINT
39	1208	ARMINDA BASILIO	F	41	01:05:35	O PRATICANTE
40	183	RITA MANSO	F	44	01:08:05	CLUBE STRESS

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## Relatório por Faixas Etárias

### F4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	469	DEOLINDA SANTOS	F	44	01:08:28	INDIVIDUAL
42	90	ANA L G N SOUSA	F	44	01:09:50	INDIVIDUAL
43	1343	ANA MOTA	F	40	01:12:56	INDIVIDUAL
44	1333	PATRÍCIA GONÇALVES	F	40	01:14:28	INDIVIDUAL
45	540	RITA GONÇALVES	F	40	01:14:58	SS MONTEPIO GERAL
46	723	SOFIA GUEDES	F	40	01:17:23	AÇOREANA C BANIF
47	1354	MARIA AGUIAR	F	44	01:23:18	AB CAMPOLIDE

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## Relatório por Faixas Etárias

### F4549

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	35	CARLA MACHADO	F	45	00:38:16	UD VARZEA
2	205	ALICE BASILIO	F	45	00:41:11	AA MAFRA
3	34	LUZIA DIAS	F	45	00:41:51	SPORTING CP
4	1326	AMÉLIA C COSTA	F	49	00:42:45	CCR ALTO MOINHO
5	617	MARIA LUCAS	F	48	00:43:20	INDIVIDUAL
6	796	ISABEL MOLEIRO	F	48	00:44:15	SS CGD
7	1090	LUISA SANTO	F	48	00:44:46	DO RANGEL
8	523	SUSANA ALMEIDA	F	45	00:44:58	GARMIN/ CO OEIRAS
9	1111	ISABEL SANTOS	F	46	00:48:28	FF PAZ MUNDIAL
10	365	LUISA PALMINHAS	F	46	00:49:07	RUNLOVERS
11	517	PAULA LEMOS	F	49	00:49:17	GARMIN/ CO OEIRAS
12	450	ANTONIETA SÁ	F	48	00:49:19	FISIO-MASSAGEM
13	604	SUSANA GOMES	F	46	00:51:32	VALEJAS AC
14	805	LUISA LANDEIRO	F	45	00:52:54	SS CGD
15	253	RUTE SANTOS	F	49	00:53:04	CA PATAMEIRAS
16	149	ANA DUARTE	F	45	00:53:09	FALCOES SELVAGENS
17	677	Mª CEU SILVA	F	48	00:53:31	C MILLENNIUM BCP
18	1134	NATALYA MARCHEVA	F	49	00:53:40	JOBRINDE - MONTES SALOIOS
19	318	HELENA PIRES	F	48	00:56:45	RAIL RUNNERS
20	1212	ISABEL BARRA	F	47	00:56:50	O PRATICANTE
21	1292	LUISA M CARVALHINHO	F	46	00:57:04	INDIVIDUAL
22	97	MARIA ANTUNES	F	46	00:57:08	INDIVIDUAL
23	864	ELIANA PEGORETTI	F	45	00:59:20	O MUNDO DA CORRIDA
24	363	HELENA LEITÃO	F	45	00:59:28	RUNLOVERS
25	871	IRENE INÁCIO	F	46	01:01:17	CORRER LISBOA
26	1216	ANTONIA FURTADO	F	45	01:01:33	O PRATICANTE
27	163	SONIA CAIXEIRINHO	F	45	01:02:07	INDIVIDUAL
28	172	LUISA A G SANTOS	F	47	01:03:26	NOVOS TRILHOS
29	1054	SUSANA FIGUEIREDO	F	45	01:03:27	C BENFICA ALG M MARTINS
30	196	CRISTINA CUNHA	F	45	01:03:44	PESTE & SINDAS
31	424	CECÍLIA NICOLAU	F	48	01:05:55	AA LEBRES SADO
32	909	ANA LOPES	F	45	01:08:03	INDIVIDUAL
33	109	LIDIA RESIO	F	46	01:09:54	LIDIA E CARLOS
34	65	ALEXANDRA RUIVO	F	49	01:10:34	TARTARUGAS SOLIDÁRIAS
35	1049	ROSA GONÇALVES	F	48	01:13:23	C BENFICA ALG M MARTINS
36	733	ANA CANAVEIRA	F	48	01:17:24	AÇOREANA C BANIF
37	1394	ESTER MENDES	F	49	01:19:39	INDIVIDUAL
38	143	FILOMENA SANTO	F	46	01:30:46	INDIVIDUAL

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### F5054

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	1289	LUCÍLIA SOARES	F	53	00:41:40	INDIVIDUAL
2	1139	HELENA MARTINS	F	54	00:44:41	AA MAFRA
3	516	PAULA FERNANDES	F	50	00:47:04	GARMIN/ CO OEIRAS
4	654	MARIA PEDRO	F	51	00:51:09	GRD OS FIXES
5	102	HENRIQUETA SOLIPA	F	53	00:54:54	TARTARUGAS SOLIDÁRIAS
6	137	CÉLIA AZENHA	F	51	00:57:17	AA LEBRES SADO
7	874	CARMINDA P REGA	F	53	00:57:36	INDIVIDUAL
8	1016	ERMELINDA MINEIRO	F	54	00:57:43	CDUL
9	1047	PATRÍCIA PEDRO	F	50	00:57:56	C BENFICA ALG M MARTINS
10	160	OLIVIA LUCAS	F	50	00:59:13	BREAKAWAY
11	319	JACINTA ALMEIDA	F	52	00:59:40	RAIL RUNNERS
12	415	JOANA D CHOURIÇO	F	52	01:04:32	INDIVIDUAL
13	629	SÉRGIA NARCISO	F	52	01:04:57	INDIVIDUAL
14	590	EDITE SANTIAGO	F	54	01:10:31	RUNLOVERS
15	784	ANABELA ESTEVES	F	51	01:11:04	SS CGD
16	821	CRISTIANA ALMEIDA	F	51	01:12:18	SS CGD
17	739	HELENA SANTOS	F	52	01:17:21	AÇOREANA C BANIF
18	817	TERESA PEREIRA	F	52	01:23:15	SS CGD



**41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015**

## Relatório por Faixas Etárias

**F5599**

<b>Class</b>	<b>Num</b>	<b>Nome</b>	<b>Sx</b>	<b>Idd</b>	<b>T. Bruto</b>	<b>Equipe</b>
1	847	HELENA MOURAÃO	F	55	00:45:11	GDC CASTELO PAIVA
2	408	MAGNIFICA ALVAREDO	F	60	00:49:36	C SARGENTO ARMADA
3	381	Mª LUZ CONCHINHA	F	57	00:51:51	CLUBE STRESS
4	385	FERNANDA NUNES	F	59	00:52:13	UA POVOENSE
5	1020	DULCE GOMES	F	56	00:54:12	AMINHACORRIDA/ KALENJI
6	879	ANAALICE SILVA	F	72	00:55:04	CLUBE STRESS
7	644	ADELAIDE MANHIÇA	F	57	00:55:36	GRCD LEIAO
8	1229	MERCEDES FONSECA	F	59	00:56:16	SFRAA
9	996	JULIETA SANTOS	F	55	00:58:03	TARTARUGAS SOLIDÁRIAS
10	335	M LUCILIA BENEVENTE	F	63	00:58:24	CA AMIGOS PAQUE PAZ
11	497	LAURINDA CASTRO	F	56	01:00:12	INDIVIDUAL
12	398	NATIVIDADE CARDOSO	F	65	01:01:27	CD ESTRELA
13	1091	ANA S BENTO	F	56	01:02:19	DO RANGEL
14	331	BEATRIZ H MARIA	F	60	01:03:24	CD ESTRELA
15	993	Mª FÁTIMA ABREU	F	65	01:04:01	SC REBOLEIRA DAMAIA
16	964	FRANCISCO BECHIGA	F	57	01:05:01	GFD RUNNING
17	994	Mª SILVA DIAS	F	70	01:09:34	SC REBOLEIRA DAMAIA
18	286	ISABEL LINO	F	67	01:10:42	LINDA-A-PASTORA SC
19	1089	ISABEL CABRAL	F	57	01:10:58	DO RANGEL
20	397	LUZ FREIRE	F	65	01:11:03	CD ESTRELA
21	346	ANA SILVA	F	57	01:16:55	GRD OS FIXES
22	1418	NOÉMIA COELHO	F	61	01:23:16	RUNNING

**41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015**

## Relatório por Faixas Etárias

**M0019**

<b>Class</b>	<b>Num</b>	<b>Nome</b>	<b>Sx</b>	<b>Idd</b>	<b>T. Bruto</b>	<b>Equipe</b>
1	944	TIAGO SILVA	M	19	00:32:01	C PEDRO PESSOA ESC ATLETISMO
2	46	JOAO P PEREIRA	M	19	00:32:51	SL BENFICA
3	1258	HUGO GIL	M	18	00:33:40	INGLESES FC
4	774	ANDRÉ DIAS	M	19	00:34:18	INDIVIDUAL
5	1000	MIGUEL FORTUNATO	M	18	00:34:36	CORRER LISBOA
6	1231	CRISTIANO SCUTARU	M	19	00:34:46	MARATONA CP
7	1396	AFONSO FEIJÃO	M	18	00:35:04	INDIVIDUAL
8	1110	FLÁVIO SANTOS	M	19	00:36:42	FF PAZ MUNDIAL
9	1039	SAMUEL RODRIGUES	M	19	00:37:41	C BENFICA ALG M MARTINS
10	1218	JOÃO CADETE	M	18	00:37:57	SFRAA
11	970	RÚBEN A C FERREIRA	M	19	00:37:59	NS LOURINHÃ
12	1329	MIGUEL A MELO	M	19	00:38:06	INDIVIDUAL
13	1259	AFONSO MOREIRA	M	18	00:40:17	INGLESES FC
14	462	JOÃO INÁCIO	M	19	00:40:38	ADCR PAINHO
15	840	NUNO M L RAPOSO	M	19	00:41:34	INDIVIDUAL
16	1220	JOÃO CORREIA	M	18	00:42:42	SFRAA
17	1341	FRANCISCO L HENRIQUES	M	19	00:43:34	INDIVIDUAL
18	768	JOÃO P CUNHA	M	19	00:47:05	CCDT METRO LX
19	323	TIAGO FERREIRA	M	19	00:47:13	RAIL RUNNERS
20	401	DUARTE COSTA	M	19	00:47:41	CD ESTRELA
21	1248	ALEXANDRE JORGE	M	19	00:49:22	INDIVIDUAL
22	1398	RUI RODRIGUES	M	18	00:52:17	ACR MEALHADA
23	822	DIOGO ALVARO	M	19	00:54:11	SS CGD
24	1015	ATLETA NÃO CADASTRADO	M	0	00:56:54	
25	326	PAULO MARÇAL	M	19	00:58:00	RAIL RUNNERS

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	1250	RUI SILVA	M	30	00:30:01	SPORTING CP
2	3	JOSE MOREIRA	M	30	00:30:03	SPORTING CP
3	1	RUI PINTO	M	30	00:30:14	SL BENFICA
4	6	HUGO CORREIA	M	30	00:30:23	SPORTING CP
5	2	YOUSEF EL KALAI	M	30	00:30:44	SPORTING CP
6	4	EDUARDO MBENGANI	M	30	00:30:44	SPORTING CP
7	1261	JOSÉ ROCHA	M	30	00:31:05	OLIMPICO VIANENSE
8	1201	SERGIO SILVA	M	32	00:31:18	CPD AÇORES
9	12	CARLOS SILVA	M	30	00:31:59	GDR REBOLEIRA/ GFD
10	7	SAMUEL BARATA	M	30	00:32:00	SL BENFICA
11	1173	NUNO CARRAÇA	M	26	00:32:04	URCA
12	15	MUSSA DJAU	M	30	00:32:21	BEJA AC
13	576	ROGÉRIO BESSA	M	28	00:33:01	JOBRA
14	13	CARLOS CARDOSO	M	30	00:33:11	GDR REBOLEIRA/ GFD
15	951	MIGUEL R SILVA	M	28	00:33:44	INDIVIDUAL
16	525	MARIO FERREIRA	M	34	00:33:52	GARMIN/ CO OEIRAS
17	9	ISMAEL QUEIROS	M	30	00:33:55	SL BENFICA
18	1217	RODRIGO SANTOS	M	22	00:33:58	SFRAA
19	856	HÉLDER GROSSO	M	33	00:33:59	GDR REBOLEIRA/ GFD
20	1211	PEDRO MARQUES	M	33	00:34:09	O PRATICANTE
21	141	VITOR OLIVEIRA	M	26	00:34:17	ASC VALE GRANDE
22	1286	NUNO PEREIRA	M	29	00:34:25	HC RUNNERS
23	292	JOSÉ AZEVEDO	M	34	00:34:33	LINDA-A-PASTORA SC
24	217	DANIEL CAMPOS	M	32	00:34:35	MARINHA-CEFA
25	567	CARLOS ALPOIM	M	33	00:34:39	CP RTP
26	655	JOÃO F BOA	M	29	00:34:41	CA ODIMARQ
27	1374	TIAGO ROMÃO	M	26	00:34:59	INDIVIDUAL
28	1241	EDGAR MONTEIRO	M	26	00:35:32	ADL APELAÇONENSES
29	888	RUBÉN L VERA	M	32	00:35:39	INDIVIDUAL
30	1176	VITORIANO VARELA	M	30	00:36:14	INDIVIDUAL
31	643	DANIEL DIAS	M	24	00:36:19	GRCD LEIAO
32	257	NUNO SILVA	M	34	00:36:29	CAA BELEM
33	1224	CLÁUDIO PAULINO	M	34	00:36:41	SFRAA
34	919	NUNO TEIXEIRA	M	31	00:36:45	TRIATLO ATLÉTICO CP
35	846	JOAO M C M JORGE	M	21	00:36:48	GAIVOTA CLINICA DENTARIA
36	633	PEDRO M MONTEIRO	M	34	00:36:55	INDIVIDUAL
37	291	MARCO BARROSO	M	30	00:38:07	LINDA-A-PASTORA SC
38	612	TIAGO MARTINS	M	25	00:38:10	CA ODIMARQ
39	1296	TIAGO D VERMELHO	M	30	00:38:19	NUCLEOIRAS
40	1059	NELSON CASANOVA	M	32	00:38:23	C BENFICA ALG M MARTINS

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	16	MIGUEL TEIXEIRA	M	30	00:38:29	INDIVIDUAL
42	17	SERGIO LIMA	M	30	00:38:30	RB RUNNING
43	1142	LUIS MIGUEL SANTOS	M	33	00:38:35	AA MAFRA
44	990	MARCO PINTO	M	24	00:38:41	SC REBOLEIRA DAMAIA
45	264	LUIS F CARDOSO	M	27	00:38:41	AM Bº CV LUMIAR
46	1192	PEDRO S MONTEIRO	M	32	00:38:46	INDIVIDUAL
47	315	NUNO GOMES	M	32	00:38:52	R4L
48	554	JOÃO F T SILVA	M	25	00:38:55	MAFRA COM VENTO ESTABIL
49	961	NELSON GRAÇA	M	28	00:39:28	GFD RUNNING
50	687	PEDRO ABOIM	M	20	00:39:35	C MILLENNIUM BCP
51	1223	MÁRIO CRUZ	M	30	00:39:41	SFRAA
52	974	LICINIO MATOS	M	33	00:39:44	NDC ODEMIRA
53	1399	MARCO QUEDAS	M	31	00:39:45	ACR MEALHADA
54	147	GONÇALO SANTOS	M	34	00:39:46	CORRER LISBOA
55	889	CLAUDIO CAMOVILHAS	M	32	00:39:51	CDR RIBEIRINHO
56	428	TIAGO M RIBEIRO	M	32	00:39:57	INDIVIDUAL
57	1031	CARLOS PINHO	M	33	00:40:07	C BENFICA ALG M MARTINS
58	479	TIAGO SOUSA	M	33	00:40:07	AHBE
59	759	ANGELO SILVA	M	32	00:40:21	CCDT METRO LX
60	671	NELSON COSTA	M	32	00:40:34	C MILLENNIUM BCP
61	1420	EDGAR MARTINS	M	32	00:40:43	INDIVIDUAL
62	38	TIAGO LOUSA	M	30	00:40:47	AMINHACORRIDA/ KALENJI
63	1226	FILIPPE BATISTA	M	30	00:40:49	SFRAA
64	266	TIAGO J ALVES	M	29	00:40:58	INDIVIDUAL
65	39	TONY ALMEIDA	M	34	00:41:15	RB RUNNING
66	1243	TIAGO A. MORAIS	M	28	00:41:21	INDIVIDUAL
67	476	JOAO CAETANO	M	33	00:41:26	INDIVIDUAL
68	1336	NELSON A COELHO	M	26	00:41:30	AA PEGO LONGO
69	201	BRUNO LEITE	M	32	00:41:42	INDIVIDUAL
70	36	PEDRO PEREIRA	M	30	00:41:43	AMINHACORRIDA/ KALENJI
71	307	EDGAR JACINTO	M	29	00:41:45	AUTOJACINTO
72	845	MIGUEL PEREIRA	M	29	00:41:56	MONSANTO RT
73	1099	DINIS CARTAS	M	33	00:42:21	RUNNING
74	248	SÉRGIO MANSO	M	31	00:42:43	INDIVIDUAL
75	841	ANTÓNIO C F VALE	M	28	00:43:06	OS CONTA-KILÓMETROS
76	927	HUGO GOMES	M	32	00:43:18	SAMORUNNING - CORRER BENAVENTE
77	947	LUIS FILIPE JORGE	M	20	00:43:35	GAIVOTA CLINICA DENTARIA
78	309	JOÃO F H MICAEL	M	30	00:43:47	INDIVIDUAL
79	434	HUGO BORGES	M	33	00:44:07	SRD CHELEIRENSE
80	1095	TIAGO M O BRANDÃO	M	30	00:44:27	RUNNING

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
81	719	HÉLIO PALMA	M	33	00:44:29	CCD TRANQUILIDADE
82	925	PEDRO BARREIRÃO	M	29	00:44:43	INDIVIDUAL
83	1071	ANDRÉ MENDONÇA	M	32	00:44:44	CF OS BELENENSES
84	507	ANDRE OLIVEIRA	M	29	00:44:45	GRD RIBEIRA LAGE
85	1160	FILIPE PINTO	M	30	00:44:50	GD SANTANDER TOTTA
86	1144	TIAGO TELES	M	31	00:44:50	
87	1219	LEONARDO LOPES	M	21	00:44:51	SFRAA
88	979	RICARDO PASCOAL	M	33	00:44:58	GRD OS FIXES
89	1150	DIOGO LEITE	M	28	00:45:08	CENAS RUNNING
90	76	TIAGO M GABRIEL	M	28	00:45:13	INDIVIDUAL
91	412	BRUNO L MARTINHO	M	30	00:45:16	CSB_RF
92	854	PAULO ROCHA	M	34	00:45:24	GR JANZ ASSOCIADOS
93	582	RUI R V R M C GOMES	M	33	00:45:29	CORRER LISBOA
94	921	NUNO SERRÃO	M	32	00:45:49	INDIVIDUAL
95	1236	ANDRÉ T. R. SILVA	M	25	00:45:49	INDIVIDUAL
96	1386	ROGÉRIO MACHADO	M	30	00:45:58	INDIVIDUAL
97	692	GABRIEL HENRIQUES	M	21	00:46:02	AD REAL ACADEMIA
98	105	RUBEN L ALMEIDA	M	28	00:46:18	HERBARUNNERS
99	1028	JOÃO M SANTOS	M	21	00:46:27	C BENFICA ALG M MARTINS
100	878	EDGAR FERNANDES	M	27	00:47:05	INDIVIDUAL
101	752	JORGE NABAIS	M	33	00:47:20	INDIVIDUAL
102	260	ALEXANDRE J G COSTA	M	24	00:47:47	INDIVIDUAL
103	478	PEDRO SANTOS	M	33	00:47:48	INDIVIDUAL
104	474	TIAGO MARQUES	M	33	00:48:20	GRCD LEIAO
105	359	EDUARDO MIGUEL	M	28	00:48:20	INDIVIDUAL
106	261	EDUARDO RIBEIRO	M	31	00:48:45	INDIVIDUAL
107	1093	RICARDO MACEDO	M	24	00:48:46	DO RANGEL
108	382	RUI LOPES	M	28	00:48:52	CSB_RF
109	563	JOÃO C R ÁLVARO	M	25	00:48:55	VITORIA C BENQUERENÇAS
110	634	CLAUDIO GONÇALVES	M	33	00:48:58	INDIVIDUAL
111	1353	ANDRÉ CHAPA	M	26	00:49:04	AB CAMPOLIDE
112	198	RICARDO FERREIRA	M	30	00:49:09	INDIVIDUAL
113	433	JOÃO BRANCO	M	34	00:49:17	SRD CHELEIRENSE
114	432	BRUNO MATIAS	M	31	00:49:17	SRD CHELEIRENSE
115	460	EDGAR D TAVARES	M	33	00:49:55	CSB_RF
116	1293	MAURO A GODINHO	M	29	00:50:06	INDIVIDUAL
117	781	ISAC TAMELE	M	27	00:50:16	INDIVIDUAL
118	853	LÚCIO PINA	M	27	00:50:16	INDIVIDUAL
119	898	JOAO SEABRA	M	31	00:50:33	CALCETONES
120	918	MIGUEL LOUREIRO	M	33	00:50:53	CALCETONES

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
121	1184	ALEXANDRE J BAPTISTA	M	34	00:51:35	INDIVIDUAL
122	1325	NUNO LD SALDANHA	M	34	00:51:52	INDIVIDUAL
123	728	JOAO JOSE FERNANDES	M	34	00:52:08	AÇOREANA C BANIF
124	592	SAMUEL M ANTUNES	M	25	00:52:11	INDIVIDUAL
125	1242	RICARDO SOARES	M	33	00:52:12	INDIVIDUAL
126	1033	PAULO PAIVA	M	33	00:52:24	C BENFICA ALG M MARTINS
127	931	CÉSAR TOMÁS	M	34	00:52:51	INDIVIDUAL
128	463	FLÁVIO L ALMEIDA	M	27	00:53:21	OS PRIMOS
129	1125	JOÃO CRAVO	M	31	00:53:25	4 AO KM
130	1130	JORGE M C LOURENÇO	M	22	00:53:53	SC CASAINHOS
131	658	SÉRGIO MINHALMA	M	33	00:54:15	INDIVIDUAL
132	480	NUNO SILVA	M	33	00:54:16	O COVIL DO NUNO
133	1330	HUGO A LOPES	M	33	00:54:22	INDIVIDUAL
134	916	LUIS F E MATEUS	M	32	00:54:47	INDIVIDUAL
135	942	DIOGO V L SAMPAIO	M	28	00:54:53	INDIVIDUAL
136	1331	MIKAEL L SARAIVA	M	27	00:55:06	INDIVIDUAL
137	438	RUI T MONTEIRO	M	30	00:55:13	CSB_RF
138	1413	LUÍS RODRIGUES	M	33	00:55:40	INDIVIDUAL
139	982	ANDRÉ A S A TRINDADE	M	29	00:55:54	CSB_RF
140	468	PAULO TOMÉ	M	31	00:56:02	CSB_RF
141	906	TIAGO LOPES	M	25	00:56:24	OS FOGUETES
142	904	PEDRO SILVA	M	25	00:56:48	OS FOGUETES
143	1281	DIOGO CARVALHO	M	26	00:56:51	INDIVIDUAL
144	650	JORGE BARREIROS	M	34	00:56:52	INDIVIDUAL
145	555	FILIFE AMARAL	M	34	00:56:52	INDIVIDUAL
146	421	RAFAEL REIA	M	23	00:56:54	INDIVIDUAL
147	615	VÍTOR FORMIGA	M	33	00:57:27	LAMIGOS
148	1227	NUNO PRECIADO	M	29	00:57:52	SFRAA
149	1082	TIAGO OLIVEIRA	M	30	00:58:28	INDIVIDUAL
150	11	LUIS PINTO	M	30	00:59:19	SPORTING CP
151	568	LUÍS COSTA	M	30	00:59:19	OS CONTA-KILÓMETROS
152	749	RICARDO A G E HENRIQUES	M	30	00:59:40	INDIVIDUAL
153	465	BRUNO NEVES	M	32	00:59:55	INDIVIDUAL
154	1412	RICARDO LOURO	M	34	00:59:58	INDIVIDUAL
155	1321	BRUNO N SOUSA	M	33	01:01:42	INDIVIDUAL
156	376	RICARDO T MAGALHÃES	M	31	01:02:09	CSB_RF
157	1278	JORGE F TAVARES	M	24	01:02:09	INDIVIDUAL
158	1340	DIOGO A ROSA	M	26	01:03:14	INDIVIDUAL
159	894	LUIS CARVALHO	M	33	01:04:25	ESPAÇO 55
160	1282	SÉRGIO M RODRIGUES	M	30	01:04:44	INDIVIDUAL

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M2034

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
161	907	RICARDO SOUSA	M	28	01:04:59	INDIVIDUAL
162	1060	RUI CASTILHO	M	21	01:05:34	C BENFICA ALG M MARTINS
163	515	NUNO SILVA	M	33	01:05:58	GARMIN/ CO OEIRAS
164	832	ANTÓNIO RODRIGUES	M	31	01:07:14	INDIVIDUAL
165	729	JOAO MELO	M	29	01:07:23	AÇOREANA C BANIF
166	705	RODRIGO A L MONTEIRO	M	24	01:12:36	INDIVIDUAL

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M3539

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	1094	JOÃO L VIEIRA	M	35	00:32:26	NS TORRES NOVAS
2	1061	LUIS RAÇÕES	M	39	00:32:41	CF OS BELENENSES
3	1069	JOSÉ FERREIRA	M	36	00:34:47	CF OS BELENENSES
4	1225	CARLOS FERNANDES	M	39	00:34:51	SFRAA
5	482	PAULO ALVES	M	38	00:34:51	GDCT IN CASA MOEDA
6	1316	HUGO RAMALHO	M	37	00:35:21	ADERCUS
7	976	SÉRGIO LOPES	M	36	00:35:21	ADERCUS
8	978	CUSTÓDIO ANTÓNIO	M	38	00:35:36	BEJA AC
9	552	NUNO ROCHA	M	39	00:35:38	INDIVIDUAL
10	745	BRUNO CARVALHO	M	36	00:36:20	BOAVISTA S MATEUS
11	214	RICARDO OLIVEIRA	M	35	00:36:58	MARINHA-CEFA
12	1363	RUBEN PINTO	M	36	00:37:47	RB RUNNING
13	1175	FRANCISCO MONTE	M	35	00:37:49	INDIVIDUAL
14	37	JOSE BORGES	M	39	00:37:58	AMINHACORRIDA/ KALENJI
15	541	RUI HENRIQUES	M	36	00:38:04	SS MONTEPIO GERAL
16	779	VITOR MARQUES	M	36	00:38:07	RUN F RIBEIRINHA PÓVOA STA IRIA
17	519	RICARDO SANTOS	M	35	00:38:12	GARMIN/ CO OEIRAS
18	1083	RICARDO DAMIAO	M	39	00:38:31	DO RANGEL
19	602	NUNO SILVA	M	38	00:38:38	M&B
20	578	RUI LUZ	M	39	00:38:53	INDIVIDUAL
21	1145	DIOGO AZEVEDO	M	36	00:38:54	INDIVIDUAL
22	899	BRUNO MARRÃO	M	39	00:39:15	GO!RUNNERS
23	267	PAULO ROBALO	M	36	00:39:20	INDIVIDUAL
24	1429	PEDRO BARBOSA	M	35	00:39:25	INDIVIDUAL
25	1263	NUNO F. SILVA	M	39	00:39:46	INDIVIDUAL
26	193	BRUNO M T SAFARA	M	35	00:39:51	AMICICLO GRANDÔLA
27	1008	LEONEL REIS	M	37	00:39:53	INDIVIDUAL
28	754	JOÃO P C M A SILVA	M	35	00:39:56	SAMORUNNING - CORRER BENAVENTE
29	571	FERNANDO ALMEIDA	M	37	00:39:57	GELPEIXE
30	124	GIL XAVIER ALVES	M	39	00:39:57	UNIDOS MANUTENÇÃO
31	115	TIAGO COSTA	M	36	00:39:58	WIKABOO
32	707	NUNO M LOPES	M	39	00:39:59	CCD-AT
33	194	RAUL B COELHO	M	38	00:40:16	INDIVIDUAL
34	691	DAVID KARIM	M	37	00:40:20	AD REAL ACADEMIA
35	271	BRUNO AMARO	M	36	00:40:42	MONSANTO RT
36	40	NUNO GONÇALVES	M	36	00:40:59	RB RUNNING
37	355	NUNO ALMEIDA	M	36	00:41:07	GA MONSANTO GASCAN
38	896	JOÃO P OLIVEIRA	M	39	00:41:22	METRO 2011
39	502	ELISABETE FILIPE	M	38	00:41:28	GRD RIBEIRA LAGE
40	1269	MARCO A V ALMEIDA	M	36	00:41:37	INDIVIDUAL



## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M3539

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	572	EDUARDO SANTOS	M	36	00:41:51	GELPEIXE
42	848	PAULO MARQUES	M	39	00:42:11	GOIRUNNERS
43	155	GONÇALO PAIS	M	39	00:42:14	
44	444	MÁRIO J M SANTOS	M	39	00:42:20	NASCIDOS PARA CORRER
45	142	JOSE MOREIRA	M	39	00:42:24	ASC VALE GRANDE
46	375	JOSÉ P PENELA	M	37	00:42:31	CSB_RF
47	983	PEDRO FARIA	M	39	00:42:45	CLUBE STRESS
48	1390	NUNO CARVALHO	M	35	00:42:50	INDIVIDUAL
49	216	INOCÊNCIO AMORIM	M	37	00:43:00	MARINHA-CEFA
50	268	SÉRGIO PIRES	M	38	00:43:04	INDIVIDUAL
51	133	LUÍS TRINDADE	M	37	00:43:05	INDIVIDUAL
52	166	LUIS BATATA	M	38	00:43:11	VILA FRIA JG SEGUROS
53	1162	RUI MACHINHO	M	39	00:43:11	GD SANTANDER TOTTA
54	855	PAULO A CALDEIRA	M	37	00:43:13	INDIVIDUAL
55	1102	JOEL RODRIGUES	M	36	00:43:28	INDIVIDUAL
56	686	LUIS GONÇALVES	M	38	00:43:28	C MILLENNIUM BCP
57	775	SÉRGIO N M B PONTES	M	38	00:43:36	TARTARUGAS SOLIDÁRIAS
58	435	PEDRO CARRASQUEIRA	M	35	00:43:39	SRD CHELEIRENSE
59	451	JOÃO GONÇALVES	M	39	00:43:51	INDIVIDUAL
60	320	CANDIDO MARQUES	M	35	00:43:55	RAIL RUNNERS
61	1135	ILDEBRANDO J P AIRES	M	39	00:43:58	INDIVIDUAL
62	929	BRUNO PISSARRA	M	39	00:44:01	CORRER LISBOA
63	1106	HUGO COSTA	M	36	00:44:05	KEEP RUNNING
64	177	CARLOS M MARQUES	M	37	00:44:15	INDIVIDUAL
65	750	PAULO J O SIMÕES	M	35	00:44:19	INDIVIDUAL
66	173	PAULO J S FERREIRA	M	38	00:44:21	INDIVIDUAL
67	915	BRUNO SEMEDO	M	37	00:44:32	CCD-AT
68	717	TELMO PEDRO	M	37	00:44:59	AJ PINA
69	1013	PEDRO TORRINHA	M	39	00:45:16	SS CGD
70	360	ANTÓNIO ORLANDO	M	39	00:45:22	INDIVIDUAL
71	548	PEDRO RIBEIRO	M	38	00:45:27	ESTRELAS DE LUZ
72	336	BRUNO BERNARDO	M	37	00:45:29	INDIVIDUAL
73	73	BRUNO RIBEIRO	M	35	00:45:54	KANINOS
74	128	LUÍS CORREIA	M	39	00:45:59	CRIMINALISTIC RUNNERS
75	57	MANUEL J L ALVES	M	36	00:46:07	INDIVIDUAL
76	212	ABEL GONÇALVES	M	37	00:46:13	MARINHA-CEFA
77	1327	ANTONIO M BARBOSA	M	35	00:46:17	INDIVIDUAL
78	660	JÁCOME D M SILVA	M	35	00:46:18	INDIVIDUAL
79	1371	MANUEL VALENÇA	M	35	00:46:26	INDIVIDUAL
80	101	NELSON RISSO	M	39	00:46:35	INDIVIDUAL

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M3539

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
81	1426	NUNO MOLEIRO	M	38	00:46:37	INDIVIDUAL
82	924	NUNO ORIOLA	M	37	00:46:38	REAB FUNCIONAL DESPORTIVA
83	1198	GONÇALO NUNO	M	37	00:46:40	
84	129	FERNANDO RODRIGUES	M	39	00:46:46	CRIMINALISTIC RUNNERS
85	402	FERNANDO FARIA	M	35	00:46:54	INDIVIDUAL
86	1167	EDUARDO LEITE	M	39	00:47:06	INDIVIDUAL
87	531	PAULO GUILHERME	M	36	00:47:13	INDIVIDUAL
88	587	EDUARDO LUÍS	M	37	00:47:16	ATOMIC TEAM
89	1265	PEDRO VICENTE	M	38	00:47:19	INDIVIDUAL
90	1153	TIAGO DOMINGUES	M	38	00:47:39	GD SANTANDER TOTTA
91	619	FRANCISCO ALMEIDA	M	39	00:47:48	CLUBE STRESS
92	117	CARLOS NORONHA	M	35	00:47:49	INDIVIDUAL
93	1376	NUNO PEREIRA	M	39	00:47:52	INDIVIDUAL
94	94	RUI A V SANTOS	M	35	00:47:54	INDIVIDUAL
95	956	PEDRO M C TORRES	M	36	00:47:58	INDIVIDUAL
96	1148	PEDRO SERRA	M	39	00:48:01	CORRER LISBOA
97	156	HUGO PAULO	M	38	00:48:01	INDIVIDUAL
98	180	DANIEL RAMOS	M	39	00:48:06	JOBRINDE - MONTES SALOIOS
99	298	CARLOS A L SIMÕES	M	36	00:48:11	VILA SECA RUN TEAM
100	877	CARLOS E B CRUZ	M	39	00:48:16	INDIVIDUAL
101	243	JORGE F NUNES	M	37	00:48:28	INDIVIDUAL
102	849	DULCINIO VASCONCELOS	M	39	00:48:40	GO!RUNNERS
103	741	FILIPPE RODRIGUES	M	38	00:48:43	INDIVIDUAL
104	1338	CARLOS F HELENO	M	35	00:49:10	INDIVIDUAL
105	1274	JOÃO C RODRIGUES	M	36	00:49:15	LEVITANTES ASFALTO
106	937	ANTÓNIO ANJOS	M	37	00:49:45	100fobias
107	782	EDUARDO RODRIGUES	M	35	00:49:49	SS CGD
108	1301	PEDRO B BAÇÃO	M	36	00:49:49	INDIVIDUAL
109	325	PEDRO SÁ	M	39	00:50:12	RAIL RUNNERS
110	440	RICARDO CARVALHO	M	36	00:50:18	INDIVIDUAL
111	436	NUNO ANASTACIO	M	36	00:50:29	RUNLOVERS
112	447	NUNO GONÇALVES	M	36	00:50:31	INDIVIDUAL
113	980	LUÍS BOLETO	M	38	00:50:33	INDIVIDUAL
114	936	FILIPPE ALMEIDA	M	35	00:51:06	100fobias
115	807	MIGUEL REIS	M	39	00:51:09	SS CGD
116	566	JOSÉ R L F M FERNANDES	M	37	00:51:23	RUN AZORES
117	67	LUIS F L ÁLVARO	M	38	00:51:26	INDIVIDUAL
118	776	PAULO SERRA	M	39	00:51:30	INDIVIDUAL
119	1342	RICARDO L MENDES	M	37	00:51:37	INDIVIDUAL
120	1379	RUI SOUSA	M	38	00:51:53	INDIVIDUAL

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M3539

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
121	190	JUSTINO SANTOS	M	35	00:51:55	CENAS RUNNING
122	1228	TOMÁS SOUSA	M	39	00:52:03	SFRAA
123	72	MARCO CACHINHO	M	35	00:52:14	KANINOS
124	865	HELDER JORGE	M	37	00:52:16	O MUNDO DA CORRIDA
125	528	ANTONIO C NOVAS	M	37	00:52:18	GODINHO
126	483	VALTER OLIVEIRA	M	38	00:52:27	GDCT IN CASA MOEDA
127	928	JOÃO P CEGONHO	M	37	00:52:32	CLARA
128	1290	BRUNO M CLARO	M	35	00:53:10	INDIVIDUAL
129	1119	RUI MATOS	M	38	00:53:14	BE2RUN
130	1246	RICARDO JESUS	M	36	00:53:31	INDIVIDUAL
131	297	RICARDO CANO	M	37	00:53:37	CAA BELEM
132	1276	MARCO A SOUSA	M	38	00:53:46	LEVITANTES ASFALTO
133	811	PEDRO ALMEIDA	M	39	00:53:56	SS CGD
134	229	BECKAS CARAMONA	M	37	00:54:01	PERIMETRO FINAL
135	1417	RENATO SARAGOÇA	M	39	00:54:28	INDIVIDUAL
136	1368	JOÃO C PINTO	M	39	00:54:56	INDIVIDUAL
137	1168	ANDRÉ BEJA	M	37	00:54:59	INDIVIDUAL
138	1287	NUNO J MORGADO	M	35	00:55:22	INDIVIDUAL
139	1391	NUNO JESUS	M	37	00:55:23	INDIVIDUAL
140	1377	ADOLFO BAIXINHO	M	39	00:55:29	INDIVIDUAL
141	1414	PEDRO CORREIA	M	37	00:55:40	INDIVIDUAL
142	600	HUGO J S DIONÍSIO	M	38	00:55:57	INDIVIDUAL
143	954	HUGO REIS	M	38	00:57:09	Rush Team
144	771	PEDRO VIEIRA	M	35	00:58:04	C TENIS AMADORA
145	92	RUI C VAZ	M	38	00:58:24	INDIVIDUAL
146	917	PAULO F T CUSTÓDIO	M	37	00:58:54	SUBMARINOS
147	219	ANDRÉ PEREIRA	M	37	00:58:54	COFINA RUNNERS
148	1257	RAFAEL NEVES	M	39	00:59:01	INDIVIDUAL
149	82	MIGUEL QUINTANILHA	M	39	00:59:13	INDIVIDUAL
150	1149	JOSÉ GOMES	M	37	00:59:14	CORRER LISBOA
151	1249	NUNO BRITO	M	39	00:59:36	INDIVIDUAL
152	466	MÁRCIO LOURENÇO	M	37	00:59:41	INDIVIDUAL
153	1344	ALBERTINO MONTEIRO	M	38	00:59:58	INDIVIDUAL
154	1002	JOÃO T C COSTA	M	36	01:00:06	TEAM MF
155	1267	CALISTO COELHO	M	35	01:00:11	C TENIS AMADORA
156	772	JOAO MOLEIRO	M	35	01:00:12	C TENIS AMADORA
157	71	EDUARDO PESTANA	M	36	01:00:38	KANINOS
158	697	CARLOS FELGUEIRAS	M	38	01:01:31	INDIVIDUAL
159	459	PAULO A SILVA	M	39	01:02:30	INDIVIDUAL
160	1332	RICARDO SOEIRO	M	38	01:04:28	INDIVIDUAL

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M3539

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
161	265	CARLOS F A CORREIA	M	39	01:04:39	AS LEBRES RINCHOA
162	1283	RUI P RODRIGUES	M	36	01:04:45	INDIVIDUAL
163	535	JÓÃO C SANTOS	M	35	01:04:59	SS MONTEPIO GERAL
164	1304	JÓÃO P SANTO	M	37	01:05:00	INDIVIDUAL
165	1422	AFONSO PINO	M	39	01:05:04	FERROVIARIOS
166	912	CARLOS MARUTA	M	37	01:06:30	INDIVIDUAL
167	145	JOSE P S PINTO	M	36	01:08:10	INDIVIDUAL
168	417	TIAGO SILVA	M	38	01:12:06	INDIVIDUAL

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	858	NUNO ROMÃO	M	42	00:33:39	GDR REBOLEIRA/ GFD
2	1100	HELDER FERREIRA	M	40	00:34:20	UFCl TOMAR
3	859	LUIS COELHO	M	42	00:34:32	GDR REBOLEIRA/ GFD
4	981	ANTÓNIO PINTO	M	40	00:34:36	GRD OS FIXES
5	1063	CARLOS FREITAS	M	44	00:34:52	CF OS BELENENSES
6	963	FERNANDO PEREIRA	M	42	00:36:03	GFD RUNNING
7	55	FERNANDO MIRANDA	M	43	00:36:10	INDIVIDUAL
8	199	JORGE COSME	M	43	00:36:40	ESC ATLETISMO CARTAXO
9	611	HENRIQUE MEIRA	M	44	00:37:26	CA ODIMARQ
10	806	MARCOLINO VERISSIMO	M	44	00:37:59	SS CGD
11	793	FERNANDO CANDEIAS	M	44	00:38:14	SS CGD
12	78	PEDRO MARQUES	M	40	00:38:29	GD CHELAS
13	126	DIDIER VALENTE	M	44	00:38:35	MONSANTO RT
14	50	JOSE CORTAFIOS	M	40	00:38:36	INDIVIDUAL
15	146	CARLOS M A CAETANO	M	42	00:38:43	GRCD LEIAO
16	1254	PAULO COSTA	M	41	00:38:45	INDIVIDUAL
17	1295	SÉRGIO P PAIVA	M	43	00:38:55	NUCLEOEIRAS
18	33	ALEXANDRE MONTEIRO	M	41	00:38:59	RB RUNNING
19	857	JORGE CORREIA	M	44	00:39:08	GDR REBOLEIRA/ GFD
20	215	MANUEL SOUSA	M	44	00:39:39	MARINHA-CEFA
21	452	LUIS MENDES	M	42	00:39:46	NAPA
22	1072	GONÇALO FERREIRA	M	43	00:39:46	CF OS BELENENSES
23	1154	ANTÓNIO LOURO	M	42	00:39:49	GD SANTANDER TOTTA
24	113	MIGUEL TEIXEIRA	M	42	00:39:59	INDIVIDUAL
25	87	LUÍS CIPRIANO	M	42	00:40:03	AMCR FONTE GRADA
26	488	ANTONIO REBELO	M	44	00:40:04	INDIVIDUAL
27	1073	PEDRO PEREIRA	M	40	00:40:06	CF OS BELENENSES
28	1003	RICARDO M M FOUTO	M	40	00:40:10	TEAM MF
29	175	IVO PINA	M	43	00:40:13	INDIVIDUAL
30	338	PEDRO GABRIEL	M	41	00:40:17	CA AMIGOS PAQUE PAZ
31	755	HUGO BATISTA	M	41	00:40:27	INDIVIDUAL
32	995	PEDRO SEMEDO	M	43	00:40:29	SC REBOLEIRA DAMAIA
33	642	PEDRO RAMOS	M	40	00:40:31	GRCD LEIAO
34	136	PAULO J C SILVA	M	43	00:40:35	NAZ ABÓBODA
35	647	HERNANI J FERNANDES	M	44	00:40:45	INDIVIDUAL
36	521	RUI LACERDA	M	43	00:40:47	GARMIN/ CO OEIRAS
37	368	JAIME MAURICIO	M	41	00:40:48	RUNLOVERS
38	181	PAULA S CARDOSO	M	43	00:41:06	A JORGE PINA
39	1335	HENRIQUE J MATEUS	M	43	00:41:10	INDIVIDUAL
40	179	LUIS C A MESQUITA	M	41	00:41:18	INDIVIDUAL

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	1264	RUI GERALDES	M	42	00:41:24	RAIL RUNNERS
42	930	CLÁUDIO ROCHA	M	41	00:41:33	LIS RUNNING CPA
43	902	PAULO TELES	M	44	00:41:36	SAMORUNNING - CORRER BENAVENTE
44	91	JOSE M M DIAS	M	44	00:41:41	INDIVIDUAL
45	1406	PAULO LOPES	M	44	00:41:45	CARRASCO&AMIGOS
46	1255	SOFIA CAETANO	M	42	00:42:07	INDIVIDUAL
47	1404	SÉRGIO T VIEGAS	M	40	00:42:13	INDIVIDUAL
48	1222	MIGUEL MENEZES	M	43	00:42:15	SFRAA
49	773	NUNO RUELA	M	43	00:42:27	INDIVIDUAL
50	1064	JOÃO ROCHA	M	44	00:42:34	CF OS BELENENSES
51	892	MIGUEL ROCHA	M	44	00:42:39	INDIVIDUAL
52	169	PEDRO RUNA	M	41	00:42:52	ADL APELAÇONENCES
53	1092	PAULO RIBEIRO	M	44	00:42:58	DO RANGEL
54	121	RUI CARDOSO	M	44	00:43:02	UNIDOS MANUTENÇÃO
55	940	JOAQUIM COELHO	M	41	00:43:13	INDIVIDUAL
56	1349	ORLANDO CORREIA	M	44	00:43:29	AB CAMPOLIDE
57	454	ALBERTO ARAUJO	M	42	00:43:30	RB RUNNING
58	542	SERGIO SANTOS	M	43	00:43:30	INDIVIDUAL
59	471	PAULO BRITO	M	44	00:43:39	SPORTING CP
60	422	ARTUR GONÇALVES	M	40	00:43:44	AA LEBRES SADO
61	138	RUI MARINO	M	41	00:43:59	JOBRINDE - MONTES SALOIOS
62	885	LUIS MARQUES	M	40	00:44:09	INDIVIDUAL
63	489	JOÃO PAIXÃO	M	44	00:44:14	NA PERNA ASSADA
64	340	PEDRO MOREIRA	M	42	00:44:17	GD INE
65	1074	PEDRO FARINHA	M	43	00:44:24	CF OS BELENENSES
66	123	FERNANDO GOMES	M	42	00:44:35	UNIDOS MANUTENÇÃO
67	409	NUNO MESTRE	M	41	00:44:37	UNIDOS MANUTENÇÃO
68	704	LUIS M M MONTEIRO	M	44	00:44:47	INDIVIDUAL
69	1245	NUNO FRANCO	M	42	00:44:53	INDIVIDUAL
70	316	ALEXANDRE SANTOS	M	44	00:44:54	INDIVIDUAL
71	176	RUI SILVA	M	43	00:45:01	INDIVIDUAL
72	317	CARLOS CRAVEIRA	M	44	00:45:03	GRCD LEIAO
73	652	RUI LARANJEIRO	M	42	00:45:04	CA AMIGOS PARQUE PAZ
74	893	CARLOS A S SANTOS	M	41	00:45:04	INDIVIDUAL
75	884	BRUNO SILVA	M	41	00:45:07	INDIVIDUAL
76	1132	ANTONIO RICO	M	43	00:45:10	JOBRINDE - MONTES SALOIOS
77	357	PEDRO CANELAS	M	43	00:45:24	INDIVIDUAL
78	186	JOÃO CABELEIRA	M	42	00:45:25	CLUBE STRESS
79	107	JAIME BEATO	M	40	00:45:38	RUN F RIBEIRINHA PÓVOA STA IRIA
80	512	ANTONIO ALMEIDA	M	44	00:45:41	GARMIN/ CO OEIRAS

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
81	1268	NUNO NAIA	M	41	00:45:43	GDINE
82	678	JOSE FARINHA	M	40	00:45:48	C MILLENNIUM BCP
83	758	HUMBERTO BRITO	M	40	00:46:04	CCDT METRO LX
84	1405	LUIS A VIEGAS	M	42	00:46:06	INDIVIDUAL
85	1322	RUI TOSCANO	M	42	00:46:07	INDIVIDUAL
86	170	CARLOS B S S V GRADE	M	41	00:46:09	INDIVIDUAL
87	795	HENRIQUE AMADOR	M	44	00:46:13	SS CGD
88	56	ANGELO A T FERNANDES	M	42	00:46:20	INDIVIDUAL
89	1080	FRANCISCO A PESSOA	M	42	00:46:33	DO RANGEL
90	913	FRANCISCO COSTA	M	40	00:46:35	JF LOURES
91	651	CARLOS CALADO	M	42	00:46:45	INDIVIDUAL
92	958	HEITOR GOMES	M	43	00:46:47	GEORUNNERS
93	1012	NUNO ABREU	M	40	00:46:47	SS CGD
94	274	RUI GAMEIRO	M	42	00:46:49	CP RTP
95	442	HELDER SILVA	M	41	00:47:00	INDIVIDUAL
96	1244	PEDRO CARDOSO	M	42	00:47:01	INDIVIDUAL
97	287	DIOGO ALAGADOR	M	41	00:47:02	LINDA-A-PASTORA SC
98	818	TIAGO AVELAS	M	40	00:47:08	SS CGD
99	332	ANTONIO PINTO	M	42	00:47:12	INDIVIDUAL
100	60	PEDRO MENDES	M	44	00:47:23	INDIVIDUAL
101	111	ALEXANDRE DOMINGOS	M	42	00:47:28	INDIVIDUAL
102	1309	PEDRO M MACEDO	M	40	00:47:39	INDIVIDUAL
103	1395	MIGUEL JUDAS	M	42	00:47:40	INDIVIDUAL
104	273	PAULO J A G NUNES	M	43	00:47:41	INDIVIDUAL
105	762	HUGO PINTO	M	40	00:47:44	CCDT METRO LX
106	618	JOÃO FAUSTINO	M	42	00:47:45	CLUBE STRESS
107	690	JOSE HENRIQUES	M	44	00:47:46	AD REAL ACADEMIA
108	310	DINIS RIBAS	M	44	00:47:51	DES LAMEIRA GRANDE
109	191	HELDER M C CABANA	M	41	00:47:55	INDIVIDUAL
110	1213	ARTUR BASILIO	M	40	00:48:10	O PRATICANTE
111	306	JORGE MIMOSO	M	44	00:48:28	INDIVIDUAL
112	635	PEDRO REIS	M	40	00:48:40	OS GLORIOSOS
113	914	VITOR TEIXEIRA	M	43	00:48:43	JF LOURES
114	953	PEDRO DIAS	M	41	00:48:44	KEEP RUNNING
115	986	ANTÓNIO CARDOSO	M	44	00:48:52	SC REBOLEIRA DAMAIA
116	584	SÉRGIO EIRA	M	43	00:48:53	INDIVIDUAL
117	824	PAULO GONCALVES	M	44	00:49:01	INDIVIDUAL
118	646	PAULO MENDES	M	41	00:49:02	GRCD LEIAO
119	178	MIGUEL PEREIRA	M	41	00:49:13	PI-LINHA RUNNERS
120	161	RUI M DIAS	M	40	00:49:14	PI-LINHA RUNNERS

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
121	1138	CARLOS SEMIDE	M	41	00:49:20	INDIVIDUAL
122	842	PAULO COSTA	M	43	00:49:20	INDIVIDUAL
123	1409	JOSUÉ FRADE	M	43	00:49:34	CARRASCO&AMIGOS
124	1392	FRANCISCO CARVALHO	M	43	00:49:42	INDIVIDUAL
125	1424	JOAO CARVALHO	M	40	00:49:43	FERROVIARIOS
126	875	PEDRO RIBEIRO	M	44	00:49:44	ESTRELAS DE LUZ
127	75	LUIS M P MARTINS	M	41	00:49:46	INDIVIDUAL
128	69	CARLOS BATISTA	M	41	00:49:55	3 DELTA
129	639	CARLOS VITORINO	M	42	00:50:03	INDIVIDUAL
130	799	JOAO HENRIQUES	M	41	00:50:08	SS CGD
131	312	LUIS M S N CALHEIROS	M	41	00:50:08	BPI RUNNERS
132	1019	CARLOS LOPES	M	41	00:50:12	AMINHACORRIDA/ KALENJI
133	803	LUIS MARTINS	M	44	00:50:16	SS CGD
134	1266	VITOR B. CORREIA	M	40	00:50:21	INDIVIDUAL
135	44	PEDRO MARTINS	M	41	00:50:31	RB RUNNING
136	1152	FABIO PIO DIAS	M	44	00:50:36	GD SANTANDER TOTTA
137	174	RICARDO J B SANTOS	M	40	00:50:38	ESPAÇO 55
138	1378	NUNO BAIXINHO	M	40	00:50:56	INDIVIDUAL
139	934	LUIS AGUIAR	M	44	00:51:13	INDIVIDUAL
140	132	FERNANDO J M MENDES	M	44	00:51:19	FUZILEIROS
141	1143	SERGIO BORGES	M	43	00:51:32	INDIVIDUAL
142	414	PAULO SOUSA	M	42	00:51:32	INDIVIDUAL
143	1183	VITOR L FERREIRA	M	43	00:51:35	INDIVIDUAL
144	301	JOÃO FARIA	M	43	00:51:40	AMIGOS DO JAMOR
145	135	FILIFE A SÁ	M	44	00:51:42	VILA FRIA JG SEGUROS
146	262	JOSÉ C ABRANTES	M	44	00:51:58	INDIVIDUAL
147	801	JOSE MARTINS	M	41	00:52:07	SS CGD
148	1294	SÉRGIO C BRAGANÇA	M	41	00:52:10	INDIVIDUAL
149	866	RICARDO S GARCIA	M	41	00:52:26	INDIVIDUAL
150	481	NUNO GONÇALVES	M	40	00:52:28	GDCT IN CASA MOEDA
151	153	ANTÓNIO J E DUARTE	M	40	00:52:51	CORRER LISBOA
152	960	DAVID FERNANDES	M	41	00:52:56	GFD RUNNING
153	1011	CARLOS ALBANO	M	44	00:53:06	SS CGD
154	593	VASCO COELHO	M	40	00:53:07	CARACÓIS CORRIDA
155	632	LUIS M F ANTUNES	M	43	00:53:10	RB RUNNING
156	669	FERNANDO ROSA	M	40	00:53:20	C MILLENNIUM BCP
157	1389	RODRIGO MARTINS	M	41	00:53:23	INDIVIDUAL
158	341	JOÃO C S MENDES	M	40	00:53:24	CR SANTOMEN EMPREITEIROS
159	829	PEDRO VALENTE	M	43	00:53:27	INDIVIDUAL
160	439	RICARDO CAMPOS	M	40	00:53:27	AFO



# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M4044

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
161	1121	MIGUEL GARCIA	M	42	00:53:35	INDIVIDUAL
162	1235	CARLOS M. R. CARRACHA	M	43	00:53:41	INDIVIDUAL
163	1103	JOÃO CAMPOS	M	43	00:54:24	INDIVIDUAL
164	1105	JOEL SILVA	M	42	00:54:25	INDIVIDUAL
165	122	CARLOS ROSA	M	43	00:54:29	UNIDOS MANUTENÇÃO
166	867	RAFAEL S LOPEZ	M	40	00:54:43	LIS RUNNING CPA
167	559	RUI ANTUNES	M	44	00:54:47	INDIVIDUAL
168	711	ANTONIO ALMEIDA	M	44	00:55:27	INDIVIDUAL
169	1375	RUI SANTOS	M	43	00:55:49	INDIVIDUAL
170	630	MIGUEL RIBEIRO	M	43	00:55:49	WIKABOO
171	486	MARCO REIS	M	40	00:55:49	INDIVIDUAL
172	236	PAULO DIAS	M	43	00:56:16	A JORGE PINA
173	585	NUNO A DIAS	M	40	00:56:48	OS FOGUETES
174	1275	RUI C SOUSA	M	40	00:57:12	LEVITANTES ASFALTO
175	939	RICARDO M G S T ALMEIDA	M	40	00:57:35	INDIVIDUAL
176	470	GONÇALO DELCA	M	41	00:57:46	INDIVIDUAL
177	908	PAULO MIRANDA	M	44	00:58:02	INDIVIDUAL
178	188	TIAGO DIONISIO	M	41	00:58:06	CLUBE STRESS
179	96	MIGUEL Â R SANTOS	M	42	00:58:19	ESPAÇO 55
180	972	JOSÉ P TOMÉ	M	40	00:58:46	PERNAS DE GAFANHOTO
181	1387	PAULO MENDES	M	44	00:59:09	INDIVIDUAL
182	1416	BRUNO DIAS	M	40	00:59:13	INDIVIDUAL
183	1137	PEDRO AC CARVALHO	M	43	00:59:14	CORRER LISBOA
184	561	NUNO BERNARDO	M	43	00:59:36	INDIVIDUAL
185	890	LUIS SEGADÃES	M	42	00:59:36	INDIVIDUAL
186	83	PAULO D SILVA	M	40	00:59:36	INDIVIDUAL
187	949	EDUARDO AMORIM	M	44	00:59:51	INDIVIDUAL
188	99	PEDRO MURTINHAL	M	44	01:00:43	O MUNDO DA CORRIDA
189	674	VASCO OURELO	M	40	01:00:59	C MILLENNIUM BCP
190	377	MIGUEL CORINO	M	44	01:01:03	INDIVIDUAL
191	1393	JOÃO MENDES	M	44	01:01:05	INDIVIDUAL
192	1238	PAULO A. D. ROBERTO	M	43	01:01:16	INDIVIDUAL
193	544	PAULO ROXO	M	40	01:01:20	INDIVIDUAL
194	1308	HELDER CARREIRA	M	44	01:01:49	INDIVIDUAL
195	1328	JOSÉ R BARBOSA	M	40	01:02:18	INDIVIDUAL
196	550	BRUNO SOARES	M	41	01:02:51	INDIVIDUAL
197	588	JOSE NUNES	M	42	01:02:58	INDIVIDUAL
198	968	VITOR SOUSA	M	42	01:04:07	GFD RUNNING
199	93	PEDRO E FERREIRA	M	42	01:04:49	ESPAÇO 55
200	537	MANUEL C SANTOS	M	41	01:04:58	SS MONTEPIO GERAL

**M4044**

<b>Class</b>	<b>Num</b>	<b>Nome</b>	<b>Sx</b>	<b>Idd</b>	<b>T. Bruto</b>	<b>Equipe</b>
201	712	RUI SANTOS	M	43	01:06:28	INDIVIDUAL
202	735	LUIS NEVES	M	42	01:07:22	AÇOREANA C BANIF
203	725	PEDRO BURGUETTE	M	40	01:07:22	AÇOREANA C BANIF
204	370	JOEL RODRIGUES	M	42	01:11:29	MAFRA COM VENTO ESTABIL

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M4549

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	1017	AUGUSTO COSTA	M	46	00:32:55	AMIGOS MONTANHA
2	959	ANTONIO SOUSA	M	45	00:33:33	GFD RUNNING
3	245	JOÃO VAZ	M	47	00:34:21	CCD O ALVITEJO
4	861	JOSÉ ANTUNES	M	49	00:34:48	GDR REBOLEIRA/ GFD
5	343	JOSE C O D SILVA	M	45	00:35:41	ASS VALE GRANDE
6	1362	VERGILIO GOMES	M	47	00:35:44	DO RANGEL
7	499	ANTONIO MURTEIRA	M	48	00:36:17	GRD RIBEIRA LAGE
8	510	JOAO MIRANDA	M	45	00:36:26	CLUBE VODAFONE
9	702	PAULO J S S CARVALHO	M	46	00:36:37	SC REBOLEIRA DAMAIA
10	1297	VITOR A. LIMA	M	48	00:36:50	NUCLEOIRAS
11	1065	FERNANDO SANTOS	M	45	00:37:14	CF OS BELENENSES
12	22	PAULO COSTA	M	49	00:37:22	RB RUNNING
13	490	JORGE RODRIGUES	M	49	00:37:24	NAZ ABÓBODA
14	383	PAULO ARRENEGA	M	49	00:37:45	UA POVOENSE
15	277	ANTÓNIO FERREIRA	M	48	00:38:19	BLACKBULLS-CLUBE CONDEIXA
16	701	ELIAS M FORTES	M	49	00:38:51	SC REBOLEIRA DAMAIA
17	238	CARLOS MARQUES	M	49	00:39:10	NAZ ABÓBODA
18	743	PAULO DELGADO	M	48	00:39:22	INDIVIDUAL
19	860	PAULO MOREIRA	M	46	00:39:26	GDR REBOLEIRA/ GFD
20	263	PEDRO J C GOUVEIA	M	47	00:39:40	INDIVIDUAL
21	279	LUIS RODRIGUES	M	45	00:39:46	INDIVIDUAL
22	740	RUI OLIVEIRA	M	45	00:39:58	AÇOREANA C BANIF
23	903	ALEXANDRE CUNHA	M	47	00:40:12	O MUNDO DA CORRIDA
24	41	ISIDRO DUARTE	M	48	00:40:34	RB RUNNING
25	1147	J PEDRO MARQUES	M	46	00:40:44	INDIVIDUAL
26	1027	LUIS ROUSSADO	M	45	00:40:48	C BENFICA ALG M MARTINS
27	676	PEDRO SILVA	M	49	00:40:50	C MILLENNIUM BCP
28	1034	LUIS OLIVEIRA	M	45	00:40:55	C BENFICA ALG M MARTINS
29	1046	HELDER LOPES	M	46	00:40:55	C BENFICA ALG M MARTINS
30	1199	JOÃO C. NARRA	M	46	00:41:01	INDIVIDUAL
31	1411	ANTÓNIO B COSTA	M	45	00:41:04	MONSANTO RUNNING
32	51	JOÃO S ANTUNES	M	45	00:41:05	WIKABOO
33	275	RUI VIEIRA	M	46	00:41:28	PORTELA - RUNNING POINT
34	42	PEDRO FERREIRA	M	48	00:41:34	RB RUNNING
35	1299	ANTÓNIO LAZERA MARTINS	M	49	00:42:15	INDIVIDUAL
36	333	MIGUEL DAVID	M	45	00:42:28	INDIVIDUAL
37	901	PEDRO AGUIAR	M	49	00:42:38	INDIVIDUAL
38	1041	HELDER MARTINS	M	46	00:42:50	C BENFICA ALG M MARTINS
39	227	PAULO S C ALVES	M	45	00:43:10	INDIVIDUAL
40	1361	LUIS ALVES	M	46	00:43:19	DO RANGEL

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M4549

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	1118	JOSÉ NUNES	M	47	00:43:21	INDIVIDUAL
42	962	FERNANDO LOPES	M	45	00:43:33	GFD RUNNING
43	505	POMPEU AIRES	M	49	00:43:35	GRD RIBEIRA LAGE
44	140	CARLOS M P VISEU	M	46	00:43:39	INDIVIDUAL
45	713	ALEXANDRE DIAS	M	46	00:43:43	JOMA
46	195	LUIS M MATIAS	M	49	00:44:02	PESTE & SINDAS
47	473	JORGE NUNES	M	49	00:44:09	INDIVIDUAL
48	226	PEDRO M R C LIMA	M	49	00:44:29	INDIVIDUAL
49	1373	MANUEL G SILVA	M	45	00:44:36	INDIVIDUAL
50	420	PAULO ALMEIDA	M	48	00:44:40	INDIVIDUAL
51	477	JORGE SOBRINHO	M	46	00:44:51	CAFE CARTOON RT
52	1320	JOSÉ C NUNES	M	48	00:44:52	INDIVIDUAL
53	506	AMADEU BRIGAS	M	49	00:44:54	GRD RIBEIRA LAGE
54	1117	LIBERTO SANTOS	M	48	00:45:04	INDIVIDUAL
55	108	RUI ANTUNES	M	49	00:45:05	INDIVIDUAL
56	1025	NARCISO SÁ	M	48	00:45:06	C BENFICA ALG M MARTINS
57	393	RUI SILVA	M	45	00:45:16	CD ESTRELA
58	985	APOLO PEREIRA	M	46	00:45:20	SC REBOLEIRA DAMAIA
59	1408	HELDER BATISTA	M	45	00:45:21	CARRASCO&AMIGOS
60	43	CARLOS ANSELMO	M	45	00:45:23	RB RUNNING
61	1053	LUIS BARBOSA	M	45	00:45:32	C BENFICA ALG M MARTINS
62	495	VASCO ALPALHÃO	M	45	00:45:36	ALPALHAO
63	150	VITOR SARAIVA	M	46	00:45:40	FALCOES SELVAGENS
64	371	HENRIQUE SIMAO	M	48	00:45:44	JOBRINDE - MONTES SALOIOS
65	1009	AMERICO SANTOS	M	47	00:45:49	INDIVIDUAL
66	366	LUIS FERREIRA	M	49	00:46:00	RUNLOVERS
67	819	LUIS QUENTAL	M	49	00:46:09	SS CGD
68	389	ABÍLIO MARINHO	M	46	00:46:23	CD ESTRELA
69	321	JOSÉ LUÍS DIAS	M	49	00:46:31	RAIL RUNNERS
70	1113	JOÃO M FERREIRA	M	45	00:46:48	INDIVIDUAL
71	769	MANUEL A G ALVES	M	48	00:46:53	INDIVIDUAL
72	314	DAVID GONÇALVES	M	48	00:47:01	INDIVIDUAL
73	165	JOSÉ BARRINHA	M	45	00:47:18	VILA FRIA JG SEGUROS
74	688	JOSE ALMEIDA	M	46	00:47:26	C MILLENNIUM BCP
75	339	BART SCHOENMAKERS	M	47	00:47:53	GD INE
76	392	RUI TRINDADE	M	46	00:47:56	CD ESTRELA
77	1159	JOSÉ C PEREIRA	M	46	00:48:05	GD SANTANDER TOTTA
78	89	PAULO J S SOUSA	M	45	00:48:07	INDIVIDUAL
79	406	JOSÉ GOUVEIA	M	47	00:48:08	C SARGENTO ARMADA
80	835	JOÃO FONSECA	M	46	00:48:11	AMCF - ARRÁBIDA TRAIL TEAM

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M4549

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
81	1115	ANTÓNIO J VARELA	M	49	00:48:13	INDIVIDUAL
82	485	ANTONIO SOUSA	M	47	00:48:14	KANINOS
83	1030	ANTÓNIO VALE	M	48	00:48:14	C BENFICA ALG M MARTINS
84	322	LUÍS FERREIRA	M	48	00:48:24	RAIL RUNNERS
85	815	SEBASTIAO BARATA	M	46	00:48:29	SS CGD
86	1155	RUI CUNHA	M	49	00:48:34	GD SANTANDER TOTTA
87	1239	JOÃO P. F. SILVA	M	45	00:48:39	INDIVIDUAL
88	1232	JOSÉ M. S. LOPES	M	49	00:48:44	INDIVIDUAL
89	684	ANTONIO ALMEIDA	M	49	00:48:52	C MILLENNIUM BCP
90	81	VICTOR DIAS	M	49	00:48:53	GD CHELAS
91	426	MIGUEL CASTELA	M	45	00:48:56	AA LEBRES SADO
92	699	JORGE D PINHEIRO	M	49	00:49:02	RUN 4 FUN
93	1179	JORGE M BRITO	M	45	00:49:04	INDIVIDUAL
94	70	JOSÉ TAVARES	M	47	00:49:12	3 DELTA
95	98	CARLOS J PERALTA	M	47	00:49:18	INDIVIDUAL
96	1291	LUIS A CARVALHINHO	M	48	00:49:22	INDIVIDUAL
97	724	MARCO MALAGUERRA	M	45	00:49:22	AÇOREANA C BANIF
98	710	PAULO GOULART	M	47	00:49:23	CLUBE ANACOM
99	249	PAULO GAMBOA	M	45	00:49:24	CA PATAMEIRAS
100	670	LUIS COSTA	M	46	00:49:28	C MILLENNIUM BCP
101	662	PAULO BASILIO	M	48	00:49:29	OS ZATOPEQUES
102	948	VITOR RODRIGUES	M	46	00:49:33	GRCD LEIAO
103	1280	PAULO J PIRES	M	48	00:49:38	INDIVIDUAL
104	364	JOÃO LEITÃO	M	45	00:49:43	RUNLOVERS
105	1197	LUIS M. ROQUE	M	46	00:49:47	CA AMIGOS PARQUE PAZ
106	1314	PEDRO MEIRELES	M	46	00:49:50	INDIVIDUAL
107	1189	ANTÓNIO M PATRÍCIO	M	48	00:49:52	INDIVIDUAL
108	472	RUI PRIMO SILVA	M	47	00:49:56	INDIVIDUAL
109	131	DAVID A D SIMAO	M	45	00:49:58	CORRER LISBOA
110	1383	CARLOS SERRA	M	47	00:50:05	INDIVIDUAL
111	1166	RUI M L MARTINS	M	48	00:50:15	INDIVIDUAL
112	222	NELSON BARREIROS	M	46	00:50:27	COFINA RUNNERS
113	220	AVELINO SOARES	M	49	00:50:37	COFINA RUNNERS
114	1045	ANTÓNIO BOGAS	M	49	00:50:43	C BENFICA ALG M MARTINS
115	189	JOAQUIM RAMALHO	M	46	00:50:48	INDIVIDUAL
116	324	MANUEL ANTÓNIO	M	46	00:51:04	RAIL RUNNERS
117	234	RICARDO FIGUEIREDO	M	46	00:51:45	INDIVIDUAL
118	77	JOSÉ FINURAS	M	45	00:51:57	MULTIRUNNERS
119	429	JOÃO ANTUNES	M	46	00:51:58	INDIVIDUAL
120	61	JOSÉ MAGRO	M	45	00:52:05	RUN F RIBEIRINHA PÓVOA STA IRIA

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M4549

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
121	509	CARLOS FERNANDES	M	49	00:52:17	CLUBE VODAFONE
122	1133	ANTÓNIO LUIS	M	47	00:52:27	JOBRINDE - MONTES SALOIOS
123	256	PAULO LOURINHO	M	46	00:52:46	CAA BELEM
124	657	LUIS A SILVA	M	47	00:52:49	INDIVIDUAL
125	518	PAULO SANTOS	M	48	00:53:09	GARMIN/ CO OEIRAS
126	620	CARLOS P ABREU	M	48	00:53:19	CLUBE STRESS
127	1298	RUI M MADRUGA	M	47	00:53:40	INDIVIDUAL
128	766	RAFAEL SANTOS	M	48	00:54:00	CCDT METRO LX
129	511	VITOR M COIMBRA	M	45	00:54:11	CLUBE VODAFONE
130	182	LUIS M S LEMOS	M	48	00:54:40	INDIVIDUAL
131	362	NUNO MARQUES	M	48	00:54:59	RUNLOVERS
132	1128	NUNO TEMPERA	M	46	00:55:00	SPIRIDON FRANKFURT
133	756	PAULO ONOFRE	M	45	00:55:20	AMCF - ARRÁBIDA TRAIL TEAM
134	778	JOSE PACHECO	M	49	00:55:33	INDIVIDUAL
135	1178	JOÃO BRITES	M	46	00:55:33	INDIVIDUAL
136	235	CARLOS PENA	M	46	00:55:42	CORRER POR GOSTO
137	68	PAULO PRATA	M	48	00:55:54	INDIVIDUAL
138	1312	ALEXANDRE A DRAKE	M	48	00:56:15	INDIVIDUAL
139	1423	VALTER TEIXEIRA	M	47	00:56:25	FERROVIARIOS
140	187	LUÍS BARROS	M	45	00:56:46	CLUBE STRESS
141	556	JOÃO SILVA	M	45	00:56:49	OS FOGUETES
142	557	MARCOS DIAS	M	46	00:56:50	OS FOGUETES
143	920	RUI XAVIER	M	48	00:56:55	INDIVIDUAL
144	66	FRANCISCO M A SARDINHA	M	45	00:57:17	INDIVIDUAL
145	208	JOÃO C A BORGES	M	48	00:57:25	INDIVIDUAL
146	836	BENTO GALAMBA	M	49	00:57:41	SC REBOLEIRA DAMAIA
147	809	PAULO BAILAO	M	45	00:58:00	SS CGD
148	278	PAULO SILVA	M	49	00:59:12	INDIVIDUAL
149	1038	JOAO C LOPES	M	48	01:00:35	C BENFICA ALG M MARTINS
150	74	JOÃO P ALMEIDA	M	48	01:00:38	KANINOS
151	1127	VÍTOR GONÇALVES	M	46	01:00:40	4 AO KM
152	1388	MÁRIO LUIS	M	47	01:02:19	INDIVIDUAL
153	1311	LUIS A DIONISIO	M	45	01:02:20	INDIVIDUAL
154	814	RUI OLIVEIRA	M	49	01:03:05	SS CGD
155	539	PAULO PEREIRA	M	45	01:04:58	SS MONTEPIO GERAL
156	533	CARLOS F AZEVEDO	M	48	01:04:58	SS MONTEPIO GERAL
157	722	ANTONIO GUEDES	M	45	01:07:21	AÇOREANA C BANIF
158	736	NUNO E SANTO	M	45	01:07:22	AÇOREANA C BANIF
159	734	NELSON MOTA	M	45	01:07:23	AÇOREANA C BANIF
160	558	ANTÓNIO O NASCIMENTO	M	49	01:09:28	N&A CNAS

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M4549

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
161	520	RUI FRANGO	M	49	01:09:35	GARMIN/ CO OEIRAS
162	378	LUIS M M MATIAS	M	49	01:11:29	INDIVIDUAL
163	223	NUNO JERÓNIMO	M	48	01:19:32	COFINA RUNNERS

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M5054

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	369	JORGE CRUZ	M	50	00:34:01	MAFRA COM VENTO ESTABIL
2	1136	JOÃO GINJA	M	50	00:34:35	NAZ ABÓBODA
3	862	EUGÉNIO NETO	M	53	00:34:42	GDR REBOLEIRA/ GFD
4	1058	AMÉRICO PEREIRA	M	51	00:34:50	C BENFICA ALG M MARTINS
5	831	JOAQUIM M J LOPES	M	52	00:35:40	PORTO RUNNERS
6	1305	JOSE INACIO	M	50	00:35:56	GDR REBOLEIRA
7	607	ALEXANDRE SOARES	M	53	00:36:24	CA ODIMARQ
8	753	ANTONIO D BRANCO	M	51	00:36:28	CR PENTEADO
9	290	JOÃO CALDEIRA	M	54	00:36:30	LINDA-A-PASTORA SC
10	594	JOSE A M MARTINS	M	50	00:36:38	INAPA
11	475	JOAO J CORREIA	M	52	00:37:22	INDIVIDUAL
12	965	CARLOS GOMES	M	53	00:38:17	GFD RUNNING
13	579	ARETINO MOTA	M	53	00:38:34	LINDA-A-PASTORA SC
14	213	MÁRIO ROSA	M	50	00:38:51	MARINHA-CEFA
15	449	FRANCISCO GAIO	M	52	00:38:58	FISIO-MASSAGEM
16	441	ANTÓNIO R LOPES	M	50	00:39:06	AD NUCLEO OEIRAS
17	1051	MANUEL GONÇALVES	M	54	00:39:55	C BENFICA ALG M MARTINS
18	1334	JOSÉ M VIEIRA	M	53	00:40:23	PROAVENTURAS
19	120	MANUEL SOARES	M	51	00:40:40	UNIDOS MANUTENÇÃO
20	967	VICTOR CARVALHO	M	53	00:40:48	GFD RUNNING
21	527	EDMUNDO F F FONTE	M	53	00:40:55	INDIVIDUAL
22	396	JOSÉ MARCELINO	M	53	00:41:04	CD ESTRELA
23	767	JOSE P CUNHA	M	52	00:41:15	CCDT METRO LX
24	503	JOAO OLIVEIRA	M	51	00:41:19	GRD RIBEIRA LAGE
25	1359	JOSÉ LOPES	M	51	00:41:20	DO RANGEL
26	608	ANTONIO MOREIRA	M	52	00:41:25	CA ODIMARQ
27	591	FERNANDO SANTIAGO	M	54	00:41:38	RUNLOVERS
28	952	EDUARDO PENA	M	51	00:42:01	KEEP RUNNING
29	606	JOAQUIM MARTINS	M	52	00:42:07	CA ODIMARQ
30	130	RUI P JULIÃO	M	50	00:42:13	GEORUNNERS
31	546	ARMANDO J V DIAS	M	50	00:42:18	INDIVIDUAL
32	154	PAULO TABOAS	M	50	00:42:32	SALAMANDRECOS
33	810	PAULO PIRES	M	50	00:42:32	SS CGD
34	86	SÉRGIO R L C PEREIRA	M	50	00:42:56	INDIVIDUAL
35	258	JOÃO S NUNES	M	52	00:42:59	INDIVIDUAL
36	1370	LINO M SANTOS	M	51	00:43:00	NUCLEOEIRAS
37	139	JOSE SILVA	M	52	00:43:18	ODIMARQ
38	696	ANGELO FELGUEIRAS	M	51	00:43:25	INDIVIDUAL
39	504	JOAO MARQUES	M	50	00:43:35	GRD RIBEIRA LAGE
40	206	JOÃO C LOURENÇO	M	53	00:43:41	SALAMANDRECOS



# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M5054

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	302	JOAO LOURENCO	M	50	00:43:43	AMIGOS DO JAMOR
42	957	LUIS M A N VALVERDE	M	50	00:43:43	C PEDRO PESSOA ESC ATLETISMO
43	997	EMANUEL FREITAS	M	52	00:43:49	CENTURY21 CATISOL
44	935	ANTONIO FERNANDES	M	52	00:44:05	INDIVIDUAL
45	760	CARLOS N SILVA	M	54	00:44:30	CCDT METRO LX
46	80	JOSE SERRA	M	52	00:44:33	GD CHELAS
47	830	ACÁCIO CONCEIÇÃO	M	53	00:44:43	INDIVIDUAL
48	790	DAVID FAUSTINO	M	50	00:44:49	SS CGD
49	1180	JOSÉ F JESUS	M	50	00:44:49	INDIVIDUAL
50	826	MIGUEL BOLOU	M	52	00:44:52	INDIVIDUAL
51	498	FERNANDO CORREIA	M	50	00:44:53	GRD RIBEIRA LAGE
52	673	PAULO SOUSA	M	53	00:45:13	C MILLENNIUM BCP
53	347	MANUEL ARAÚJO	M	54	00:45:48	GRD OS FIXES
54	1358	MANUEL ARAÚJO	M	54	00:46:26	DO RANGEL
55	351	CARLOS COELHO	M	54	00:46:27	GA MONSANTO GASCAN
56	1048	CARLOS OLEASTRO	M	52	00:46:43	C BENFICA ALG M MARTINS
57	1240	JÓÃO C. C. PEREIRA	M	52	00:46:47	AC PORTALEGRE
58	1381	MAHENDRASINH BASSANGY	M	51	00:47:04	INDIVIDUAL
59	589	ALMERINDO SILVA	M	50	00:47:17	INDIVIDUAL
60	152	MIGUEL SAN-PAYO	M	53	00:47:27	RUN 4 FUN
61	461	RENATO INÁCIO	M	54	00:47:36	ADCR PAINHO
62	1351	MANUEL FONSECA	M	52	00:48:15	AB CAMPOLIDE
63	204	ANTÓNIO R PEREIRA	M	53	00:48:19	C COLAB AXA
64	1313	PEDRO TRABUCHO	M	51	00:48:20	BPI RUNNERS
65	1345	DOMINGOS RODRIGUES	M	50	00:48:31	INDIVIDUAL
66	797	JOAO CABRITO	M	52	00:48:37	SS CGD
67	1407	JOAQUIM GUERRA	M	52	00:48:40	CARRASCO&AMIGOS
68	20	PAULO RODRIGUES	M	53	00:48:45	ESC MOVIMENTO
69	1188	CARLOS CORREIA	M	51	00:48:59	INDIVIDUAL
70	564	JÓÃO J V MARTINS	M	51	00:49:03	VITORIA C BENQUERENÇAS
71	1116	PAULO J A MATEUS	M	50	00:49:03	LINDA-A-PASTORA SC
72	167	JOSE MIRANDA	M	50	00:49:05	GFD RUNNING
73	64	HENRIQUE RUIVO	M	54	00:49:27	TARTARUGAS SOLIDÁRIAS
74	872	CARLOS SILVA	M	52	00:49:33	CCD CA MÚTUO
75	777	MANUEL CANANÉ	M	50	00:49:36	CORRER LISBOA
76	209	PAULO SANTOS	M	51	00:50:08	INDIVIDUAL
77	721	HELDER ROMANO	M	50	00:50:36	INDIVIDUAL
78	1364	JÓÃO SANCHES	M	53	00:50:38	DO RANGEL
79	1372	CARLOS A OLIVEIRA	M	51	00:50:39	INDIVIDUAL
80	493	LUIS LUIS	M	53	00:50:55	INDIVIDUAL

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M5054

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
81	715	AMADEU PEREIRA	M	52	00:51:16	INDIVIDUAL
82	304	JAIME MAGALHAES	M	51	00:51:40	AMIGOS DO JAMOR
83	390	CARLOS FREIRE	M	53	00:51:43	CD ESTRELA
84	210	JOSE NOGUEIRA	M	54	00:51:44	INDIVIDUAL
85	1193	LUIS M MONTEIRO	M	52	00:51:54	INDIVIDUAL
86	168	JOSE MATIAS	M	51	00:52:19	INDIVIDUAL
87	1382	PAULO GOMES	M	50	00:52:19	PRAZERES CORRIDA
88	184	PEDRO NETO	M	50	00:52:19	CLUBE STRESS
89	1001	CONSTANTINO PINTO	M	52	00:52:32	SCMA
90	100	LUÍS NETO SILVA	M	51	00:52:34	CARAP AUS CORRIDA
91	870	JOSÉ SARAIVA	M	52	00:52:52	CORRER LISBOA
92	897	ARMANDO FERNANDES	M	51	00:53:44	INDIVIDUAL
93	1306	FERNANDO MARQUES	M	52	00:53:50	INDIVIDUAL
94	873	DAMIÃO REGA	M	54	00:53:56	INDIVIDUAL
95	1273	HERMINIO CABACEIRA	M	54	00:54:24	INDIVIDUAL
96	1350	ANTÓNIO LIMA	M	52	00:54:26	AB CAMPOLIDE
97	311	FERNANDO MORAIS	M	53	00:55:03	BPI RUNNERS
98	746	FRANCISCO J C E RIBEIRO	M	51	00:55:14	INDIVIDUAL
99	932	JOÃO TEIXEIRA	M	54	00:55:15	INDIVIDUAL
100	798	JOAO CORREIA	M	54	00:55:19	SS CGD
101	1403	JOAQUIM M MATOS	M	50	00:55:27	INDIVIDUAL
102	764	MÁRIO GONÇALVES	M	50	00:55:34	CCDT METRO LX
103	300	JOÃO BANDARRINHA	M	52	00:55:37	INDIVIDUAL
104	675	MIGUEL SANTOS	M	54	00:55:39	C MILLENNIUM BCP
105	349	JOÃO PINTO	M	54	00:55:53	GA MONSANTO GASCAN
106	1339	JOSÉ M MARTINS	M	50	00:56:42	INDIVIDUAL
107	792	FERNANDO ALVES	M	54	00:56:50	SS CGD
108	1215	DAVID SILVA	M	51	00:56:57	O PRATICANTE
109	560	JORGE OLIVEIRA	M	52	00:57:39	INDIVIDUAL
110	581	PEDRO ALFERES	M	51	00:58:07	INDIVIDUAL
111	348	LUIS ANTUNES	M	53	00:58:39	GA MONSANTO GASCAN
112	751	CARLOS CRESPO	M	53	00:59:19	GRD OS FIXES
113	513	CARLOS LOURENÇO	M	54	00:59:20	GARMIN/ CO OEIRAS
114	933	LUÍS ALMEIDA	M	54	00:59:23	LIS RUNNING CPA
115	1055	JOAQUIM HERMENEGILDO	M	52	00:59:35	C BENFICA ALG M MARTINS
116	1123	FERNANDO DIAS	M	52	00:59:54	INDIVIDUAL
117	127	PAULO F V OLIVEIRA	M	51	01:00:04	INDIVIDUAL
118	1165	SÉRGIO V S CALADO	M	50	01:00:19	INDIVIDUAL
119	106	PEDRO MACHADO	M	53	01:01:58	RUN 4 FUN
120	159	VITOR LUCAS	M	52	01:02:08	BREAKAWAY

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M5054

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
121	785	ANDRE NORONHA	M	51	01:02:18	SS CGD
122	354	LUIS ALVES	M	53	01:02:36	GA MONSANTO GASCAN
123	1146	CARLOS A S JESUS	M	51	01:02:42	INDIVIDUAL
124	1035	CUSTÓDIO SILVA	M	51	01:03:23	C BENFICA ALG M MARTINS
125	950	HEITOR CARDOSO	M	51	01:04:46	CORRER LISBOA
126	110	CARLOS PEDREIRINHO	M	51	01:04:50	LIDIA E CARLOS
127	765	ORLANDO SOUSA	M	53	01:04:53	CCDT METRO LX
128	538	MANUEL J NARCISO	M	51	01:04:58	SS MONTEPIO GERAL
129	1140	EDUARDO EUSTAQUIO	M	51	01:06:13	AA MAFRA
130	730	VITOR RAFAEL	M	52	01:07:21	AÇOREANA C BANIF
131	868	JOSÉ M PEREIRA	M	53	01:11:31	INDIVIDUAL
132	804	LUIS PARIS	M	50	01:13:40	SS CGD

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M5559

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	1010	LUIS PEREIRA	M	56	00:37:59	BEJA AC
2	342	ANTÓNIO MADEIRA	M	55	00:39:47	C PRAÇAS ARMADA
3	609	FELIX TAVEIRA	M	57	00:39:58	CA ODIMARQ
4	610	ANTONIO PAIAS	M	58	00:40:17	CA ODIMARQ
5	53	ANTONIO BILA	M	59	00:40:22	INDIVIDUAL
6	580	ALMIRO FEIJÃO	M	57	00:40:53	LINDA-A-PASTORA SC
7	1284	ORLANDO REBELO	M	58	00:41:22	INDIVIDUAL
8	1356	ANTÓNIO VALE	M	58	00:41:42	DO RANGEL
9	303	PEDRO GOMES	M	57	00:41:43	LINDA-A-PASTORA SC
10	1360	JOSÉ FIGUEIREDO	M	56	00:41:44	DO RANGEL
11	308	ANTÓNIO JACINTO	M	55	00:41:46	AUTOJACINTO
12	192	JOSE PIÇARRA	M	59	00:41:51	UA POVOENSE
13	574	JOÃO A O VEIGA	M	56	00:42:03	C PEDRO PESSOA ESC ATLETISMO
14	1357	JOSÉ MACHADO	M	59	00:42:09	DO RANGEL
15	484	ANTÓNIO MERUJO	M	56	00:42:24	SCU TORREENSE
16	79	RAUL RODRIGUES	M	57	00:42:36	GD CHELAS
17	1086	JOÃO SANTOS	M	57	00:43:21	DO RANGEL
18	1032	ALCINO ALMEIDA	M	57	00:43:30	C BENFICA ALG M MARTINS
19	252	ÓSCAR SANTOS	M	58	00:43:42	CA PATAMEIRAS
20	663	CARLOS FOLGADO	M	55	00:44:02	CARRASCO & AMIGOS
21	448	ANTÓNIO MARÇAL	M	56	00:44:03	INDIVIDUAL
22	825	JOSE FIGUEIREDO	M	59	00:44:09	INDIVIDUAL
23	1085	DOMINGOS PENEDO	M	57	00:44:14	DO RANGEL
24	1233	MANUEL G. SILVA	M	56	00:44:40	INDIVIDUAL
25	627	JOSÉ A P MONTEIRO	M	59	00:44:45	INDIVIDUAL
26	1098	ANTÓNIO COELHO	M	59	00:44:56	RUNNING
27	1355	MÁRIO L RAMOS	M	57	00:45:58	INDIVIDUAL
28	549	LUIS AMORIM	M	57	00:46:04	INDIVIDUAL
29	403	ANDRÉ WIBORG	M	57	00:46:21	WL84
30	1075	LEONEL J SELEIRO	M	58	00:46:33	DO RANGEL
31	852	JOSÉ GABRIEL	M	58	00:46:47	INDIVIDUAL
32	404	FRANCISCO CURTINHA	M	57	00:46:49	C SARGENTO ARMADA
33	621	LUIS VIDOEIRA	M	58	00:47:02	INDIVIDUAL
34	372	JOSE NETO	M	58	00:47:11	TEAM NETO
35	1026	RUI EMÍDIO	M	59	00:47:18	C BENFICA ALG M MARTINS
36	496	MANUEL SOBRAL	M	59	00:47:38	INDIVIDUAL
37	689	ALVARO PINTO	M	58	00:47:43	AD REAL ACADEMIA
38	407	HENRIQUE ALVAREDO	M	58	00:48:18	C SARGENTO ARMADA
39	445	JOÃO VERISSIMO	M	57	00:48:27	INDIVIDUAL
40	955	JOAO CALISTO	M	55	00:48:35	INDIVIDUAL

## 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

## M5559

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	693	DANIEL NUNES	M	56	00:48:39	AD REAL ACADEMIA
42	1081	MANUEL A RODRIGUES	M	57	00:48:41	DO RANGEL
43	820	VITOR BARATA	M	56	00:48:50	SS CGD
44	628	JOAQUIM M FERRÃO	M	55	00:48:54	INDIVIDUAL
45	1107	ALBERTO L M MATIAS	M	58	00:48:59	INDIVIDUAL
46	731	CARLOS FONSECA	M	55	00:48:59	AÇOREANA C BANIF
47	880	MANUEL NASCIMENTO	M	57	00:49:04	CA AMIGOS PAQUE PAZ
48	977	JOSE MOURA	M	59	00:49:08	INDIVIDUAL
49	1056	ALEXANDRE REIS	M	55	00:49:21	C BENFICA ALG M MARTINS
50	431	PAULO SILVA	M	55	00:49:29	INDIVIDUAL
51	694	MIGUEL SOUSA	M	55	00:50:00	WIKABOO
52	501	VITOR REVEZ	M	56	00:50:32	GRD RIBEIRA LAGE
53	1352	MANUEL MARTINS	M	59	00:50:33	AB CAMPOLIDE
54	624	JORGE BICHO	M	56	00:51:00	4@FUNDO
55	695	JOSE MOTA	M	55	00:51:01	WIKABOO
56	1079	MANUEL J EMIDIO	M	59	00:51:22	DO RANGEL
57	706	JACINTO PEREIRA	M	58	00:51:50	LIS RUNNING CPA
58	63	JAIME LAMEGO	M	55	00:51:57	XTREME LEVEL
59	244	JOSE L S CORREIA	M	56	00:52:20	INDIVIDUAL
60	233	VIRGILIO OLIVEIRA	M	55	00:52:21	A NATUREZA ENSINA
61	255	JÚLIO CASTRO	M	56	00:52:48	CAA BELEM
62	405	ALBANO GINJA	M	59	00:52:53	C SARGENTO ARMADA
63	330	ANTÓNIO JUBILADO	M	59	00:53:51	INDIVIDUAL
64	284	FRANCISCO REIS	M	58	00:54:29	LINDA-A-PASTORA SC
65	103	CARLOS RENATO	M	55	00:54:37	TARTARUGAS SOLIDÁRIAS
66	680	ANTONIO SANTOS	M	56	00:54:44	C MILLENNIUM BCP
67	1042	JOAQUIM MÓNICA	M	57	00:55:14	C BENFICA ALG M MARTINS
68	353	CONSTANCIO ALMEIDA	M	56	00:55:53	GA MONSANTO GASCAN
69	837	ORLANDO DUARTE	M	58	00:56:18	EMFORÇA
70	1126	JOÃO LIMA	M	55	00:56:18	4 AO KM
71	599	CARLOS BANDEIJAS	M	55	00:57:14	VILA FRIA JG SEGUROS
72	987	MÁRIO J MARQUES	M	55	00:57:15	SC REBOLEIRA DAMAIA
73	780	MANUEL BARROS	M	58	00:57:15	CLUBE ANACOM
74	1384	LUIS MATOS	M	57	00:57:49	INDIVIDUAL
75	313	ANTÓNIO SANCHES	M	59	00:57:53	INDIVIDUAL
76	783	ALVARO FURTADO	M	57	00:58:00	SS CGD
77	230	MANUEL AZEVED	M	58	00:58:33	VETERANOS MASSAMÁ
78	84	LUIZ M CHÂTILLON	M	57	00:58:42	INDIVIDUAL
79	228	LUIS LIBANIO	M	58	00:58:57	PERIMETRO FINAL
80	457	AURELIANO A VASCONCELOS	M	57	00:59:57	INDIVIDUAL

**M5559**

<b>Class</b>	<b>Num</b>	<b>Nome</b>	<b>Sx</b>	<b>Idd</b>	<b>T. Bruto</b>	<b>Equipe</b>
81	681	MARIO MARCELINO	M	57	01:00:09	C MILLENNIUM BCP
82	672	JOAO CUNHA	M	58	01:01:32	C MILLENNIUM BCP
83	1230	JOAQUIM FONSECA	M	59	01:01:56	SFRAA
84	241	ANTÓNIO MARQUES	M	59	01:03:10	CA MATINHA
85	259	ANTONIO COSTA	M	57	01:03:20	INDIVIDUAL
86	534	JAIME GOMES	M	59	01:04:58	SS MONTEPIO GERAL
87	536	JOSÉ GUERREIRO	M	58	01:04:59	SS MONTEPIO GERAL
88	911	LUIS ROSA	M	58	01:06:29	INDIVIDUAL
89	622	MIGUEL A G S LEAL	M	57	01:07:12	INDIVIDUAL

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M6064

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	716	SILVESTRE GOMES	M	60	00:36:38	BOAVISTA S MATEUS
2	283	AIRES PRATAS	M	60	00:38:25	LINDA-A-PASTORA SC
3	1151	SALVADOR AFONSO	M	61	00:38:32	GD SANTANDER TOTTA
4	1004	AURÉLIO AGUIAR	M	60	00:40:05	A VALE SILENCIO
5	1158	ANASTACIO VALADAS	M	62	00:41:10	GD SANTANDER TOTTA
6	1367	JOSÉ INOCÊNCIO	M	63	00:42:12	DO RANGEL
7	1014	ARSÊNIO FERNANDES	M	60	00:42:42	ARSM
8	1307	GABRIEL GONÇALVES	M	60	00:42:55	INDIVIDUAL
9	626	EUGÉNIO RUIVO	M	62	00:43:11	INDIVIDUAL
10	1087	JOÃO SOARES	M	62	00:43:25	DO RANGEL
11	280	CARLOS PORFÍRIO	M	64	00:44:10	O MUNDO DA CORRIDA
12	344	VÍTOR AMADO	M	62	00:44:19	GRD OS FIXES
13	827	AUGUSTO LOPES	M	61	00:44:20	GD SANTANDER TOTTA
14	703	JOSÉ S REIS	M	62	00:45:47	SC REBOLEIRA DAMAIA
15	989	FRANCISCO MULETA	M	60	00:46:00	SC REBOLEIRA DAMAIA
16	250	ANTÓNIO MORAIS	M	62	00:46:16	CA PATAMEIRAS
17	1043	JORGE SANTOS	M	62	00:47:15	C BENFICA ALG M MARTINS
18	211	ROGÉRIO M VENANCIO	M	61	00:47:16	O MUNDO DA CORRIDA
19	1365	ORLANDO MARTINS	M	62	00:48:46	DO RANGEL
20	443	CARLOS RANGEL	M	62	00:48:52	INDIVIDUAL
21	1078	ALBERTO P FERNANDES	M	62	00:48:57	DO RANGEL
22	1084	JANUÁRIO COELHO	M	62	00:49:49	DO RANGEL
23	1021	FLORIMUNDO SILVA	M	60	00:50:09	AMINHACORRIDA/ KALENJI
24	973	ALDÓNIO M FERNANDES	M	61	00:50:19	LINDA-A-PASTORA SC
25	1005	LEONEL NEVES	M	62	00:50:23	A VALE SILENCIO
26	1190	JOAQUIM M PALMA	M	61	00:51:01	INDIVIDUAL
27	237	ANTONIO RELVAS	M	60	00:51:06	FALCOES SELVAGENS
28	551	JOAO M R BATISTA	M	62	00:52:11	INDIVIDUAL
29	232	PAULO QUARESMA	M	60	00:52:37	VETERANOS MASSAMÁ
30	794	FRANCISCO CLERIGO	M	62	00:52:58	SS CGD
31	816	SEVERINO ROSA	M	60	00:53:00	SS CGD
32	151	JOÃO ANTUNES	M	60	00:53:16	INDIVIDUAL
33	1279	FERNANDO J TAVARES	M	62	00:53:23	INDIVIDUAL
34	119	MIGUEL BARBOSA	M	61	00:53:33	UNIDOS MANUTENÇÃO
35	329	SERAFIM S GONÇALVES	M	62	00:54:39	INDIVIDUAL
36	601	MANUEL COSTA	M	60	00:54:41	M&B
37	334	JOÃO BENEVENTE	M	63	00:54:57	CA AMIGOS PAQUE PAZ
38	1425	FERNANDO CLAUDINO	M	63	00:55:04	
39	345	MÁRIO SOUSA	M	61	00:55:14	GRD OS FIXES
40	839	ANTONIO RIBEIRO	M	64	00:55:18	INDIVIDUAL

# 41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015

## Relatório por Faixas Etárias

### M6064

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
41	352	VICTOR RODRIGUES	M	61	00:55:36	GA MONSANTO GASCAN
42	938	ADRIANO CUNHA	M	61	00:56:24	INDIVIDUAL
43	1421	CARLOS OLIVEIRA	M	62	00:56:35	FERROVIARIOS
44	851	JOSÉ BACANHIM	M	62	00:57:23	ADL APELAÇONENCES
45	413	ANTÓNIO R LOPES	M	60	00:58:16	CSB_RF
46	1181	GUILHERME N LOPES	M	61	00:58:27	INDIVIDUAL
47	1410	JOÃO CC SILVA	M	61	00:59:18	INDIVIDUAL
48	891	PEDRO GONÇALVES	M	61	00:59:30	INDIVIDUAL
49	337	CARLOS CATARINO	M	61	00:59:34	INDIVIDUAL
50	530	JOSÉ LAMAEGO	M	63	01:00:39	LEÕES BARCARENA
51	296	ALBERTO CANO	M	62	01:00:43	CAA BELEM
52	843	VITOR RODRIGUES	M	64	01:02:06	LINDA-A-PASTORA SC
53	1185	MANUEL A CASACA	M	64	01:02:17	INDIVIDUAL
54	350	ANTONIO PARDAL	M	60	01:02:43	GA MONSANTO GASCAN
55	425	ANTÓNIO PINHO	M	63	01:02:47	AA LEBRES SADO
56	1428	AVELINO SILVA	M	63	01:05:13	INDIVIDUAL
57	437	JORGE M M BAPTISTA	M	60	01:06:04	INDIVIDUAL
58	727	TAM AFONSO	M	63	01:07:21	AÇOREANA C BANIF
59	738	ANTONIO JORGE	M	61	01:07:26	AÇOREANA C BANIF



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## Relatório por Faixas Etárias

### M6599

Class	Num	Nome	Sx	Idd	T. Bruto	Equipe
1	282	FERNANDO CHAMUSCA	M	65	00:41:00	LINDA-A-PASTORA SC
2	1029	ALBINO NEIVA	M	70	00:45:26	C BENFICA ALG M MARTINS
3	863	MÁRIO MIGUEL	M	65	00:45:56	GDR REBOLEIRA/ GFD
4	720	MANUEL VICTORINO	M	75	00:46:18	CCD O ALVITEJO
5	613	EDUARDO TANGANHITO	M	68	00:46:22	CA ODIMARQ
6	1052	AGOSTINHO CRISTINO	M	67	00:46:24	C BENFICA ALG M MARTINS
7	1040	JOSE CANHOTO	M	65	00:46:28	C BENFICA ALG M MARTINS
8	808	ORLINDO FIGUEIREDO	M	67	00:46:55	SS CGD
9	395	JOSÉ GALAMBA	M	65	00:47:54	CD ESTRELA
10	399	MANUEL MARTINS	M	70	00:47:56	CD ESTRELA
11	299	ROMÃO BANDARRINHA	M	78	00:48:27	INDIVIDUAL
12	787	ANTONIO TABORDA	M	65	00:49:48	SS CGD
13	788	BERNARDINO PEREIRA	M	79	00:50:30	SS CGD
14	883	ANTONIO F CRUZ	M	65	00:51:11	INDIVIDUAL
15	1171	ANTÓNIO S VIEIRA	M	66	00:51:33	INDIVIDUAL
16	1018	JOAQUIM BORRALHO	M	68	00:51:45	RB RUNNING
17	400	JOAQUIM COSTA	M	65	00:52:09	CD ESTRELA
18	1182	ANTÓNIO J FERNANDES	M	67	00:52:15	INDIVIDUAL
19	387	ANTÓNIO BATISTA	M	68	00:52:38	CD ESTRELA
20	207	VITOR M N A MARTINS	M	65	00:52:43	INDIVIDUAL
21	1088	JOAQUIM NEIVA	M	72	00:55:07	DO RANGEL
22	532	ANTONIO FONSECA	M	69	00:55:38	INDIVIDUAL
23	641	MÁRIO ANTÓNIO	M	69	00:56:11	CD ESTRELA
24	394	VIRGÍLIO RODRIGUES	M	68	00:56:25	CD ESTRELA
25	1112	ANTÓNIO PAIS	M	68	00:56:26	VALE MADEIROS SC
26	714	GILBERTO GONÇALVES	M	67	00:56:31	CAA BELEM
27	786	ANTONIO CARPINTEIRO	M	70	00:56:31	SS CGD
28	1186	ANTÓNIO F GALHETO	M	67	00:56:49	INDIVIDUAL
29	1172	PETER HOFFMANN	M	70	00:57:38	INDIVIDUAL
30	118	LUÍS BRAZÃO	M	67	00:58:07	UNIDOS MANUTENÇÃO
31	410	JOÃO VENANCIO	M	69	00:58:31	CD ESTRELA
32	386	ARMANDO TAVARES	M	67	00:58:31	CD ESTRELA
33	231	JOÃO SANTOS	M	66	00:58:33	VETERANOS MASSAMÁ
34	844	JOSÉ E LINDO	M	69	00:58:35	INDIVIDUAL
35	791	ESMERALDO PEREIRA	M	69	00:58:40	SS CGD
36	988	JOÃO RODRIGUES	M	66	00:59:35	SC REBOLEIRA DAMAIA
37	1044	MÁRIO LAMEIRÃO	M	67	00:59:41	C BENFICA ALG M MARTINS
38	294	ANTONIO GABRIEL	M	71	01:00:07	INDIVIDUAL
39	508	MANUEL OLIVEIRA	M	76	01:00:07	CAA BELEM
40	640	ARTUR MARTINS	M	76	01:00:24	CD ESTRELA

**41 SAO SILVESTRE DA AMADORA 2015 - 31/12/2015**

## Relatório por Faixas Etárias

**M6599**

<b>Class</b>	<b>Num</b>	<b>Nome</b>	<b>Sx</b>	<b>Idd</b>	<b>T. Bruto</b>	<b>Equipe</b>
41	744	EDUARDO M DUARTE	M	66	01:00:40	INDIVIDUAL
42	285	JOSÉ ALAGADOR	M	70	01:00:41	LINDA-A-PASTORA SC
43	289	CARLOS MARQUES	M	78	01:00:41	LINDA-A-PASTORA SC
44	664	ANTONIO SANTOS	M	71	01:01:48	CARRASCO & AMIGOS
45	388	ANTÓNIO INACIO	M	69	01:02:38	CD ESTRELA
46	427	MAYER RAPOSO	M	68	01:03:26	AA LEBRES SADO
47	58	EBERHARD WILHELM	M	67	01:03:41	4 AO KM
48	596	AMILCAR SANTIAGO	M	67	01:04:00	INDIVIDUAL
49	1302	FERNANDO J SANTOS	M	68	01:04:04	INDIVIDUAL
50	529	EDMUNDO B CARDEIRA	M	68	01:04:18	LEÕES BARCARENA
51	269	JOÃO CACHINHO	M	65	01:04:27	KANINOS
52	545	JOSE M CARDOSO	M	72	01:04:32	INDIVIDUAL
53	1419	MANUEL S GOMES	M	70	01:05:54	INDIVIDUAL
54	757	ILÍDIO MONTEIRO	M	65	01:06:47	BE SMART
55	411	MARTINHO FREIRE	M	69	01:07:18	CD ESTRELA
56	726	JOAQUIM OLIMPIO	M	65	01:07:23	AÇOREANA C BANIF
57	391	CASSIANO CUNHA	M	72	01:07:42	CD ESTRELA
58	1024	FERNANDO FERREIRA	M	77	01:09:14	C BENFICA ALG M MARTINS
59	685	FERNANDO FERREIRA	M	69	01:09:18	C MILLENNIUM BCP
60	1337	JOAQUIM SÁ ARAÚJO	M	70	01:14:44	AA PEGO LONGO
61	761	GUALDINO FREIRE	M	70	01:15:41	CCDT METRO LX
62	1303	JORGE R RIBEIRO	M	74	01:19:24	INDIVIDUAL