

CORRIDA LUZIA DIAS

Patrocinio: A M Bº CRUZ VERMELHA LUMIAR
 Apoio: JUNTA FREGUESIA LUMIAR
 Data: 18/11/2007
 Classif.: Relatório Geral Masculino e Feminino

	Coloc.	Num.	Atleta			Id.	Fx.Et.
Cl.	E.E Sx.	C.					
		SC1	SC2	SC3	Clube	Tempo	
	1	7		HELIO FUMO		32	M2034
1	M			SL BENFICA		00:31:33	
	2	3		MIGUEL QUARESMA		24	M2034
2	M			SPORTING CP		00:32:03	
	3	157		PAULO RAMOS		45	M4549
1	M			GC 1º MAIO AGUALVA		00:32:18	
	4	4		AMILCAR DUARTE		48	M4549
2	M			SPORTING CP		00:32:45	
	5	192		ANTONIO SANTOS		39	M3539
1	M			GD MACEDO OCULISTA		00:33:01	
	6	190		VIRGILIO GOMES		39	M3539
2	M			GD MACEDO OCULISTA		00:33:29	
	7	221		FILIPPE SILVA		54	M5099
1	M			GDR REBOLEIRA		00:33:29	
	8	86		CARLOS FERNANDES		33	M2034
3	M			GD IGREJA NOVA		00:33:52	
	9	88		MARIO CASSACA		35	M3539
3	M			GD IGREJA NOVA		00:34:21	
	10	90		FERNANDO ALVES		42	M4044
1	M			GD IGREJA NOVA		00:34:21	
	11	91		VITOR VENTURA		47	M4549
3	M			GD IGREJA NOVA		00:34:24	
	12	165		LUIS BATISTA		30	M2034
4	M			SL CAMPOLIDE		00:34:44	
	13	113		JOAO INOCENCIO		37	M3539
4	M			GRUPO S BERNARDO		00:36:11	
	14	350		VITOR AGUIAR		44	M4044
2	M			GC 1º MAIO AGUALVA		00:36:18	
	15	148		MANUEL MASCARENHAS		24	M2034
5	M			PRE TEAM		00:36:25	
	16	53		JORGE AMARAL		39	M3539
5	M			GD MPL		00:36:30	
	17	64		JOAO ESTEVAO		42	M4044
3	M			FC DESPERTAR		00:36:36	
	18	43		PAULO ALVES		29	M2034
6	M			GDCT IN CASA MOEDA		00:36:43	
	19	121		FABRICIO TOMAS		21	M2034
7	M			CN CARTAXO		00:37:04	
	20	79		ANTONIO SANTOS		49	M4549
4	M			SC REBOLEIRA DAMAIA		00:37:08	
	21	2		RITA SIMOES		25	F2099
1	F			SPORTING CP		00:37:10	
	22	299		SIMONE DELL ACQUA		26	M2034
8	M			INDIVIDUAL		00:37:13	

C_LuziaDias07					
5	M	23	92	ALFREDO PRAZERES	46 M4549
		24	185	GD IGREJA NOVA	00:37:25 38 M3539
6	M	25	118	GD MACEDO OCULISTA	00:37:32 24 M2034
9	M	26	270	NUNO CALVARIO	00:37:40 38 M3539
7	M	27	348	CN CARTAXO	00:37:41 39 F2099
2	F	28	356	FERNANDO VAZ	00:37:41 20 M2034
10	M	29	31	INDIVIDUAL	00:37:41 29 M2034
11	M	30	158	LUCILIA SOARES	00:37:47 47 M4549
6	M			SL BENFICA	00:37:48
				NN	
				FRANCISCO MACHADO	
				CARFACE	
				MANUEL RODRIGUES	
				GC 1º MAIO AGUALVA	

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Coloc.		Num.	Atleta		Id.	Fx.Et.
Cl.	E.E Sx. C.					
		SC1	SC2	SC3	Clube	Tempo
8	M	31	15	JOSE NUNES	AM BCV LUMIAR	36 M3539
		32	71	MARIO JORGE	UDCA	43 M4044
4	M	33	155	JOSEFA BONGUE	GC 1º MAIO AGUALVA	31 F2099
	F	34	25	EDUARDO TANGANITO	AM BCV LUMIAR	60 M5099
2	M	35	194	JOAO CALDAS	CLUBE AUTOCOOPE	41 M4044
		36	119	ANTONIO PAIAS	BOAVISTA S MATEUS	50 M5099
3	M	37	68	VITOR FERNANDES	UDCA	33 M2034
	M	38	85	RICARDO MOREIRA	OS ZATOPEQUES	41 M4044
6	M	39	222	MANUEL AMARO	C ARSENAL ALFEITE	52 M5099
		40	20	PAULO NEVES	AM BCV LUMIAR	42 M4044
7	M	41	159	DOMINGOS CARDOSO	GC 1º MAIO AGUALVA	47 M4549
	M	42	52	PAULO GOMES	BLUE LINE	37 M3539
9	M	43	179	CARLOS FORTUNATO	GD MACEDO OCULISTA	47 M4549
	M	44	93	ANTONIO REBELO		52 M5099

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5	M		GD IGREJA NOVA	00:39:30	
	45	33	ELIANO REIS	29	M2034
13	M		CARFACE	00:39:31	
	46	12	LUIS FERREIRA	27	M2034
14	M		AM BCV LUMIAR	00:39:32	
	47	106	PAULO CARMO	32	M2034
15	M		#1	00:40:06	
	48	6	ARMANDO ALDEGALEGA	69	M5099
6	M		SPORTING CP	00:40:08	
	49	195	JUVENAL MOREIRA	43	M4044
8	M		CLUBE AUTOCOOPE	00:40:09	
	50	280	ARTUR TAVARES	42	M4044
9	M		INDIVIDUAL	00:40:17	
	51	235	ANTONIO NUNES	53	M5099
7	M		INDIVIDUAL	00:40:20	
	52	70	ARMANDO ABRANTES	45	M4549
9	M		UDCA	00:40:33	
	53	138	LUIS MONTEIRO	35	M3539
10	M		GCDT BES	00:40:52	
	54	13	BERNARDO GRANDISSIMO	49	M4549
10	M		AM BCV LUMIAR	00:40:57	
	55	202	FABIO MARINHO	20	M2034
16	M		CLUBE AUTOCOOPE	00:40:59	
	56	84	ANTONIO JACINTO	47	M4549
11	M		OS ZATOPEQUES	00:41:03	
	57	10	CARLOS GONÇALVES	36	M3539
11	M		AM BCV LUMIAR	00:41:04	
	58	95	LUIS OLIVEIRA	36	M3539
12	M		GD IGREJA NOVA	00:41:13	
	59	131	ANTONIO DIAS	49	M4549
12	M		CCDT AUT ALMADA	00:41:14	
	60	196	ANTONIO ALMEIDA	43	M4044
10	M		CLUBE AUTOCOOPE	00:41:17	
	61	200	MARCO GOUVEIA	34	M2034
17	M		CLUBE AUTOCOOPE	00:41:20	
	62	18	JOSE PEIXOTO	47	M4549
13	M		AM BCV LUMIAR	00:41:25	
	63	267	ERNESTO GUIA	53	M5099
8	M		INDIVIDUAL	00:41:25	
	64	87	JOSE LAGARIÇO	37	M3539
13	M		GD IGREJA NOVA	00:41:28	
	65	201	MARIO VAZ	39	M3539
14	M		CLUBE AUTOCOOPE	00:41:35	
	66	96	LUCIO SANTOS	46	M4549
14	M		GD IGREJA NOVA	00:41:36	
	67	156	RAQUEL PEDRO	22	F2099
4	F		GC 1º MAIO AGUALVA	00:41:38	

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Cl.	E.E	Coloc. Cx. C.	Num.	Atleta	Id.	Fx.Et.
			SC1 SC2 SC3	Clube	Tempo	
15	M	68	8	MANUEL RODRIGUES	49	M4549
				AM BCV LUMIAR	00:41:40	
11	M	69	241	DANIEL VIVAS	42	M4044
				INDIVIDUAL	00:41:50	
18	M	70	42	NUNO SOUSA	33	M2034
				GDCT IN CASA MOEDA	00:41:54	
16	M	71	72	SILVERIO BRAS	47	M4549
				UDCA	00:41:55	
15	M	72	134	ALEXANDRE NEVES	35	M3539
				GCDT BES	00:42:00	
9	M	73	51	FRANCISCO PEREIRA	53	M5099
				PLUMAS	00:42:04	
19	M	74	274	VITOR LEBRE	32	M2034
				INDIVIDUAL	00:42:05	
10	M	75	16	JOAO MOACHO	50	M5099
				AM BCV LUMIAR	00:42:06	
11	M	76	116	JOAO CAPINHA	54	M5099
				A Bº CANSADO	00:42:21	
12	M	77	302	JUAN COSTA	42	M4044
				INDIVIDUAL	00:42:26	
17	M	78	11	DANIEL NUNES	47	M4549
				AM BCV LUMIAR	00:42:34	
12	M	79	163	FERNANDO SANTOS	54	M5099
				GC 1º MAIO AGUALVA	00:42:42	
13	M	80	161	ALBERTO FERNANDES	55	M5099
				GC 1º MAIO AGUALVA	00:42:43	
13	M	81	173	LUIS LOURENÇO	41	M4044
				CCDP CM LOURES	00:42:48	
14	M	82	137	JULIO FERREIRA	53	M5099
				GCDT BES	00:42:50	
15	M	83	48	FRANCISCO CARDOSO	55	M5099
				PLUMAS	00:42:55	
20	M	84	305	FERNANDO EQUER	31	M2034
				INDIVIDUAL	00:42:57	
16	M	85	94	JOAQUIM FERREIRA	69	M5099
				GD IGREJA NOVA	00:42:59	
21	M	86	139	NUNO RODRIGUES	30	M2034
				GCDT BES	00:43:01	
17	M	87	140	SILVIO PAIVA	56	M5099
				GCDT BES	00:43:03	
18	M	88	136	JOAO VENCES	53	M5099
				GCDT BES	00:43:04	
22	M	89	60	MANUEL GONÇALVES	30	M2034
				POVOA S ADRIAO AC	00:43:06	
23	M	90	14	DAVID GUIMARAES	28	M2034
				AM BCV LUMIAR	00:43:07	
19	M	91	82	ARMANDO CORREIA	55	M5099
				LESMAS ALOPRADAS	00:43:10	
20	M	92	199	AMERICO COSTA	53	M5099
				CLUBE AUTOCOOPE	00:43:13	
14	M	93	279	ANTONIO VARELA	41	M4044
				INDIVIDUAL	00:43:16	
21	M	94	112	JOSE VALERIO	62	M5099
				GRUPO S BERNARDO	00:43:17	
22	M	95	117	FERNANDO MARQUES	58	M5099
				CP EDP CARREGADO	00:43:20	
16	M	96	32	PAULO SANTOS	38	M3539
				CARFACE	00:43:21	
23	M	97	120	JOSE SANTOS	57	M5099
				INDIVIDUAL	00:43:22	
17	M	98	240	JORGE ALMEIDA	37	M3539
				INDIVIDUAL	00:43:22	
		99	226	VICTOR AMADO	53	M5099

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24	M		INDIVIDUAL	00:43:27		
	100	49	NUNO SANTOS	38	M3539	
18	M		PLUMAS	00:43:29		
	101	342	PAULO SAINICA	36	M3539	
19	M		INDIVIDUAL	00:43:31		
	102	303	NUNO M CORREIA	41	M4044	
15	M		INDIVIDUAL	00:43:32		
	103	317	JOAO SILVA	39	M3539	
20	M		INDIVIDUAL	00:43:33		
	104	122	GUILHERME MARQUES	20	M2034	
24	M		CN CARTAXO	00:43:35		

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		Coloc.	Num.	Atleta		Id.	Fx.Et.
Cl.	E.E	Sx.	C.				
			SC1	SC2	SC3	Clube	Tempo
			105	129	ROSA PRATAS		48
5	F				C FERRV PORTUGAL		F2099
			106	124	MARIO SILVA		54
25	M				C FERRV PORTUGAL		M5099
			107	58	CARLOS PORFIRIO		55
26	M				SMAS SINTRA		M5099
			108	205	MANUEL FIDALGO		55
27	M				CCD EFACEC LX		M5099
			109	333	CARLOS A MENDES		50
28	M				INDIVIDUAL		M5099
			110	260	FERNANDO J M SILVA		41
16	M				INDIVIDUAL		M4044
			111	225	RAUL SANTOS		49
18	M				INDIVIDUAL		M4549
			112	273	LEONEL LEITAO		63
29	M				INDIVIDUAL		M5099
			113	204	FERNANDO BARNCO		58
30	M				CCD O ALVITEJO		M5099
			114	272	PAULO VALADA		42
17	M				INDIVIDUAL		M4044
			115	107	LUIS GALAMBA		41
18	M				#1		M4044
			116	210	GONÇALO OLIVEIRA		45
19	M				GDCT UNICRE		M4549
			117	246	JOAQUIM LOPES		60
31	M				INDIVIDUAL		M5099
			118	83	JOAO REVES		33
25	M				LESMAS ALOPRADAS		M2034
			119	296	ALEXANDRE VARGAS		41
19	M				INDIVIDUAL		M4044
			120	74	MANUEL CRISPIM		55
							M5099

C_LuziaDias07					
32	M		UDCA	00:44:32	
		121	75	EDUARDO MOUTINHO	39 M3539
21	M		UNIDOS EXPO	00:44:37	
		122	23	FLORIVAL ANDRADE	60 M5099
33	M		AM BCV LUMIAR	00:44:42	
		123	128	MARIO FERRO	55 M5099
34	M		C FERRV PORTUGAL	00:44:54	
		124	111	LUIS SANTOS	55 M5099
35	M		GRUPO S BERNARDO	00:44:55	
		125	182	FERNANDO CARVALHO	66 M5099
36	M		GD MACEDO OCULISTA	00:45:03	
		126	307	RICARDO MESSIAS	30 M2034
26	M		INDIVIDUAL	00:45:03	
		127	290	LUIS B R LEITAO	30 M2034
27	M		INDIVIDUAL	00:45:07	
		128	215	JOAQUIM CORRULA	41 M4044
20	M		BRANDOA CORRE	00:45:09	
		129	281	PAULO MARTINS	42 M4044
21	M		INDIVIDUAL	00:45:13	
		130	298	ORLANDO FERREIRA	37 M3539
22	M		INDIVIDUAL	00:45:19	
		131	147	JOSE L LOPES	49 M4549
20	M		CARFACE	00:45:23	
		132	326	AUGUSTO LOURENÇO	45 M4549
21	M		INDIVIDUAL	00:45:25	
		133	73	JOSE RODRIGUES	54 M5099
37	M		UDCA	00:45:29	
		134	352	ANTONIO GONCALVES	46 M4549
22	M		INDIVIDUAL	00:45:35	
		135	47	MARIO FERREIRA	48 M4549
23	M		JOMA	00:45:38	
		136	314	LUIS BARBOT	43 M4044
22	M		INDIVIDUAL	00:45:41	
		137	250	ARLINDO BRAS	43 M4044
23	M		INDIVIDUAL	00:45:43	
		138	62	JOAQUIM SANTOS	25 M2034
28	M		POVOA S ADRIAO AC	00:45:46	
		139	247	JOAO FERNANDES	59 M5099
38	M		INDIVIDUAL	00:45:55	
		140	256	JOSE A DUARTE	44 M4044
24	M		INDIVIDUAL	00:45:58	
		141	69	RUI TAVARES	32 M2034
29	M		UDCA	00:45:59	

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Coloc. Num. Atleta Id. Fx.Et.
Cl.E.E Sx. C.

C_LuziaDias07						
	SC1	SC2	SC3	Clube	Tempo	
23	M	142	104	MARIO LOPES	38	M3539
				GD MPL	00:46:07	
6	F	143	232	EULALIA CARVALHO	34	F2099
				INDIVIDUAL	00:46:14	
24	M	144	233	ANTONIO SOUSA	45	M4549
				INDIVIDUAL	00:46:15	
39	M	145	327	JOAO REIS	56	M5099
				INDIVIDUAL	00:46:22	
40	M	146	35	JOSE HORTA	59	M5099
				OS IMPARAVEIS	00:46:24	
30	M	147	223	JOAO RAQUEL	30	M2034
				CUA BENAVENTENSE	00:46:27	
31	M	148	63	DAVID BRASA	33	M2034
				POVOA S ADRIAO AC	00:46:29	
32	M	149	149	PEDRO MENDES	20	M2034
				PRE TEAM	00:46:29	
33	M	150	251	FREDERICO LEITAO	20	M2034
				INDIVIDUAL	00:46:36	
24	M	151	319	ANTONIO SUL	38	M3539
				INDIVIDUAL	00:46:38	
41	M	152	212	JOSE PRAÇA	62	M5099
				GDCT UNICRE	00:46:44	
34	M	153	209	VITOR CID	33	M2034
				GDCT UNICRE	00:46:52	
35	M	154	17	JOSE SARAIVA	32	M2034
				AM BCV LUMIAR	00:46:56	
25	M	155	19	JORGE ANTUNES	42	M4044
				AM BCV LUMIAR	00:46:57	
42	M	156	197	JOSE DIAS	50	M5099
				CLUBE AUTOCOOPE	00:47:03	
7	F	157	203	CACILDA BRANCO	56	F2099
				CCD O ALVITEJO	00:47:11	
26	M	158	264	EDUARDO CORREIA	41	M4044
				INDIVIDUAL	00:47:13	
25	M	159	130	CARLOS MANTEU	39	M3539
				CBE SA	00:47:24	
43	M	160	126	FERNANDO PESTANA	60	M5099
				C FERRV PORTUGAL	00:47:39	
44	M	161	234	JOSE CUNHA	53	M5099
				INDIVIDUAL	00:47:39	
45	M	162	22	JOSE MONTEIRO	60	M5099
				AM BCV LUMIAR	00:47:46	
8	F	163	152	ANALICE SILVA	63	F2099
				LIBERDADE AC	00:47:48	
46	M	164	261	JOAO DUARTE	55	M5099
				INDIVIDUAL	00:47:50	
36	M	165	242	JOAO A SILVA	31	M2034
				INDIVIDUAL	00:47:56	
26	M	166	325	NUNO M B MARTINS	35	M3539
				INDIVIDUAL	00:47:59	
47	M	167	5	JOAQUIM FERREIRA	70	M5099
				SPORTING CP	00:48:00	
37	M	168	61	JOAO GONÇALVES	25	M2034
				POVOA S ADRIAO AC	00:48:01	
48	M	169	231	FERNANDO LUIS	71	M5099
				INDIVIDUAL	00:48:13	
49	M	170	97	ANTONIO BENIGNO	55	M5099
				GD IGREJA NOVA	00:48:14	
9	F	171	105	ALICE GONÇALVES	35	F2099
				GD MPL	00:48:16	
50	M	172	224	JOSE BAIXINHO	50	M5099
				SANTIAGO FC	00:48:16	
10	F	173	320	ISABEL RODRIGUES	36	F2099
				INDIVIDUAL	00:48:16	
51	M	174	110	JOAO PINTO	50	M5099
				GRUPO S BERNARDO	00:48:30	
		175	21	JOAO MILHEIRO	48	M4549

C_LuziaDias07					
25	M		AM BCV LUMIAR	00:48:35	
	176	50	ANTONIO MOURA	56	M5099
52	M		PLUMAS	00:48:42	
	177	160	CARDOSO SANTOS	42	M4044
27	M		GC 1º MAIO AGUALVA	00:48:45	
	178	304	GONÇALO SILVA	28	M2034
38	M		INDIVIDUAL	00:48:46	

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Coloc.		Num.	Atleta		Id.	Fx.Et.
Cl.	E.E Sx. C.					
		SC1	SC2	SC3	Clube	Tempo
39	M	179	228	RUI SANTOS		32 M2034
				INDIVIDUAL		00:48:52
53	M	180	9	DOMINGOS RODRIGUES		50 M5099
				AM BCV LUMIAR		00:48:55
26	M	181	297	JOSE A C SANTOS		46 M4549
				INDIVIDUAL		00:49:01
27	M	182	229	JOAO GONÇALVES		35 M3539
				INDIVIDUAL		00:49:03
27	M	183	262	LUIS VICENTE		47 M4549
				INDIVIDUAL		00:49:03
28	M	184	89	JOAO LOPES		42 M4044
				GD IGREJA NOVA		00:49:07
40	M	185	141	JOSE SERRA		33 M2034
				LETRAS & NUMEROS		00:49:09
54	M	186	339	JOSE MALÉS		53 M5099
				INDIVIDUAL		00:49:24
41	M	187	286	FERNANDO ANTUNES		29 M2034
				INDIVIDUAL		00:49:25
42	M	188	239	PEDRO MARIA		33 M2034
				INDIVIDUAL		00:49:26
43	M	189	38	JOSE LIBERATO		31 M2034
				GDCT IN CASA MOEDA		00:49:27
28	M	190	244	CARLOS LAGARTO		37 M3539
				INDIVIDUAL		00:49:27
44	M	191	324	MIGUEL MARINA		33 M2034
				INDIVIDUAL		00:49:43
45	M	192	328	NUNO BARRALÓ		31 M2034
				INDIVIDUAL		00:49:46
28	M	193	29	DOMINGOS COSTA		47 M4549
				AM BCV LUMIAR		00:49:52
29	M	194	41	JOAO FREIRE		42 M4044
				GDCT IN CASA MOEDA		00:49:59
46	M	195	237	JOAO MENDES		32 M2034
				CR SANTOMEN IMP		00:50:03
		196	30	JOAO VELOSO		40 M4044

C_LuziaDias07					
30	M		AM BCV LUMIAR	00:50:04	
	197	125	MARTINS BARATA	64	M5099
55	M		C FERRV PORTUGAL	00:50:04	
	198	335	ROBERTO BETTENCOURT	32	M2034
47	M		INDIVIDUAL	00:50:07	
	199	46	MANUEL OLIVEIRA	68	M5099
56	M		AAE BNU	00:50:13	
	200	285	MANUEL PERAS	51	M5099
57	M		INDIVIDUAL	00:50:17	
	201	102	MANUEL BALATA	57	M5099
58	M		CARACOIS ST IRIA	00:50:19	
	202	114	VICTOR MENDES	42	M4044
31	M		SOTECNICA	00:50:21	
	203	183	INACIO GONCALVES	56	M5099
59	M		GD MACEDO OCULISTA	00:50:22	
	204	189	RUI PEREIRA	43	M4044
32	M		GD MACEDO OCULISTA	00:50:22	
	205	59	JORGE M P SANTOS	30	M2034
48	M		POVOA S ADRIAO AC	00:50:24	
	206	184	ISABEL OLEIRO	34	F2099
11	F		GD MACEDO OCULISTA	00:50:25	
	207	258	JEREMIAS RIBEIRO	64	M5099
60	M		INDIVIDUAL	00:50:25	
	208	217	JOSE PIEDADE	45	M4549
29	M		BRANDOA CORRE	00:50:26	
	209	218	JOSE REIS	46	M4549
30	M		BRANDOA CORRE	00:50:30	
	210	193	ANTONIO COSTA	65	M5099
61	M		GD MACEDO OCULISTA	00:50:40	
	211	354	CARLOS OLIVEIRA	54	M5099
62	M		INDIVIDUAL	00:50:42	
	212	150	JOSE FIGUEIREDO	71	M5099
63	M		GD CASA PELES	00:50:52	
	213	243	VICTOR MORAIS	49	M4549
31	M		INDIVIDUAL	00:51:05	
	214	101	LINA MENDES	36	F2099
12	F		CARACOIS ST IRIA	00:51:08	
	215	98	LUIS REIS	50	M5099
64	M		SS MONTEPIO GERAL	00:51:19	

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Coloc.		Num.		Atleta		Id.		Fx.Et.	
Cl.	E.E	SX.	C.						
				SC1	SC2	SC3	Clube	Tempo	
13	F			216	54	TINA OLIVEIRA	GD MPL	43	F2099
				217	135	JOAO FERREIRA		56	M5099

C_LuziaDias07					
65	M		GCDT BES	00:51:32	
	218	103	LUIS GOMES	52	M5099
66	M		CARACOIS ST IRIA	00:51:35	
	219	322	LUIS H C COSTA	52	M5099
67	M		INDIVIDUAL	00:51:46	
	220	133	MIGUEL BASTOS	42	M4044
33	M		GD INE	00:51:47	
	221	214	JOAO VAZ	43	M4044
34	M		BRANDOA CORRE	00:51:49	
	222	66	ISAAC SOUSA	27	M2034
49	M		PE ATLETA	00:51:50	
	223	80	LILIA SANTOS	45	F2099
14	F		SC REBOLEIRA DAMAIA	00:51:54	
	224	34	HUGO FERNANDES	27	M2034
50	M		OS IMPARAVEIS	00:52:04	
	225	145	CARLOS FIUZA	51	M5099
68	M		LETRAS & NUMEROS	00:52:22	
	226	132	NUNO SILVA	53	M5099
69	M		GD INE	00:52:24	
	227	329	RODRIGO SERGIO	33	M2034
51	M		INDIVIDUAL	00:52:33	
	228	252	PEDRO PEREIRA	37	M3539
29	M		INDIVIDUAL	00:52:50	
	229	294	MARGARIDA FONSECA	52	F2099
15	F		INDIVIDUAL	00:52:58	
	230	295	MAISA BASTOS	34	F2099
16	F		INDIVIDUAL	00:52:58	
	231	353	VITOR SILVA	55	M5099
70	M		GD MACEDO OCULISTA	00:53:02	
	232	99	ANTONIO FRANCO	42	M4044
35	M		SS MONTEPIO GERAL	00:53:08	
	233	40	ANTONIO GASPAR	63	M5099
71	M		GDCT IN CASA MOEDA	00:53:26	
	234	171	FERNANDO PEREIRA	65	M5099
72	M		CCDP CM LOURES	00:53:32	
	235	249	FERNANDO MATIAS	42	M4044
36	M		INDIVIDUAL	00:53:46	
	236	323	FRANCISCO MARINA	58	M5099
73	M		INDIVIDUAL	00:53:46	
	237	198	CARLOS FERREIRA	50	M5099
74	M		CLUBE AUTOCOOPE	00:53:50	
	238	175	ANTONIA OLEIRO	40	F2099
17	F		GD MACEDO OCULISTA	00:53:56	
	239	291	ALVARO AZEVEDO	25	M2034
52	M		INDIVIDUAL	00:54:02	
	240	188	ROSINDA GONÇALVES	53	F2099
18	F		GD MACEDO OCULISTA	00:54:15	
	241	259	EBERHARD WILHELM	59	M5099
75	M		INDIVIDUAL	00:54:16	
	242	316	MANUEL BARROTE	36	M3539
30	M		INDIVIDUAL	00:54:20	
	243	276	JORGE NEVES	39	M3539
31	M		INDIVIDUAL	00:54:24	
	244	343	JOAO P S LIMA	47	M4549
32	M		INDIVIDUAL	00:54:25	
	245	127	MIGUEL BARATA	34	M2034
53	M		C FERRV PORTUGAL	00:54:39	
	246	24	MARIA LIMA	52	F2099
19	F		AM BCV LUMIAR	00:54:48	
	247	275	MANUEL GONÇALVES	59	M5099
76	M		INDIVIDUAL	00:54:49	
	248	330	PEDRO ROCHA	33	M2034
54	M		INDIVIDUAL	00:54:50	
	249	77	M ^a CEU ROSEIRO	39	F2099
20	F		AS 3 AMIGAS	00:55:00	
	250	211	PAULO DUARTE	42	M4044
37	M		GDCT UNICRE	00:55:12	
	251	208	FERNANDO GONÇALVES	40	M4044

38	M			C_LuziaDias07			
		252	36	GDCT UNICRE	00:55:14	61	M5099
77	M			JOSE BARREIROS	00:55:19		
				OS IMPARAVEIS			

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Cl.	E.E	Sx.	Coloc.	Num.	Atleta	Id.	Fx.Et.
			C.				
				SC1	SC2	SC3	Clube
							Tempo
78	M			253	151	PEDRO PINTO	50 M5099
						GC 1º MAIO AGUALVA	00:55:29
32	M			254	245	RUI SANTOS	38 M3539
						INDIVIDUAL	00:55:32
55	M			255	253	RAFAEL PEREIRA	20 M2034
						INDIVIDUAL	00:55:43
33	M			256	301	ANTONIO C SIMOES	36 M3539
						INDIVIDUAL	00:56:05
79	M			257	81	CARLOS DUARTE	61 M5099
						SC REBOLEIRA DAMAIA	00:56:06
80	M			258	37	MANUEL MARTINS	65 M5099
						OS IMPARAVEIS	00:56:11
56	M			259	39	VASCO FERREIRA	32 M2034
						GDCT IN CASA MOEDA	00:56:18
21	F			260	334	SANDRA MARTINS	30 F2099
						INDIVIDUAL	00:56:23
34	M			261	345	JOAO TÁVORA	36 M3539
						INDIVIDUAL	00:56:41
57	M			262	100	ANTONIO MENDES	31 M2034
						CARACOIS ST IRIA	00:56:46
35	M			263	312	JOAO SOUSA	36 M3539
						INDIVIDUAL	00:56:53
58	M			264	108	NUNO OLIVEIRA	31 M2034
						#1	00:57:08
59	M			265	306	RUI NUNES	27 M2034
						INDIVIDUAL	00:57:16
60	M			266	65	JOAO FERNANDES	26 M2034
						PE ATLETA	00:57:27
36	M			267	331	ANTONIO MOURA	35 M3539
						INDIVIDUAL	00:57:31
22	F			268	146	ELIZABETE SERRA	38 F2099
						LETRAS & NUMEROS	00:57:37
81	M			269	206	ANTONIO LOPES	58 M5099
						CCD EFACEC LX	00:57:58
23	F			270	347	ANA PAULA SANTOS	30 F2099
						GD MPL	00:58:00
82	M			271	227	RAUL HENRIQUES	72 M5099
						INDIVIDUAL	00:58:01
				272	351	JORGE PARREIRA	67 M5099

C_LuziaDias07						
83	M		INDIVIDUAL	00:58:02		
	273	309	MIGUEL CANSADO	37	M3539	
37	M		INDIVIDUAL	00:59:03		
	274	289	MANUEL MATOS	57	M5099	
84	M		INDIVIDUAL	00:59:20		
	275	207	ADELINO CASTRO	55	M5099	
85	M		CCD EFACEC LX	00:59:30		
	276	123	PEDRO AMARAL	20	M2034	
61	M		CN CARTAXO	00:59:35		
	277	213	PAULO FRANÇA	49	M4549	
33	M		GDCT UNICRE	00:59:41		
	278	288	JOAO R SILVA	20	M2034	
62	M		INDIVIDUAL	01:00:01		
	279	67	JOAO PINHO	27	M2034	
63	M		PE ATLETA	01:00:22		
	280	292	SERGIO MORAIS	35	M3539	
38	M		INDIVIDUAL	01:00:36		
	281	300	ALFREDO SILVA	52	M5099	
86	M		INDIVIDUAL	01:00:47		
	282	216	MANUEL DUARTE	45	M4549	
34	M		BRANDOA CORRE	01:00:49		
	283	219	ALEXANDRE FREITAS	36	M3539	
39	M		BRANDOA CORRE	01:00:51		
	284	310	NUNO MOREIRA	34	M2034	
64	M		INDIVIDUAL	01:00:59		
	285	254	VICENTE PEREIRA	52	M5099	
87	M		INDIVIDUAL	01:01:03		
	286	278	JOAO XISTRA	45	M4549	
35	M		INDIVIDUAL	01:01:06		
	287	344	JOSE JORGE	58	M5099	
88	M		INDIVIDUAL	01:01:17		
	288	318	NUNO TEXIER	33	M2034	
65	M		INDIVIDUAL	01:01:22		
	289	187	PAULA COUTO	44	F2099	
24	F		GD MACEDO OCULISTA	01:01:33		

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Coloc.		Num.	Atleta		Id.	Fx.Et.	
Cl.E.E	Sx. C.						
		SC1	SC2	SC3	Clube	Tempo	
89		290	178	ARTUR	DINIS	50	M5099
	M			GD	MACEDO OCULISTA	01:01:34	
90		291	153	JOAO	CARVALHO	57	M5099
	M			LEOES	PATAMEIRAS	01:01:43	
91		292	248	JOSE N	CORREIA	72	M5099
	M			INDIVIDUAL		01:02:22	
		293	313	LUIS	AMORIM	28	M2034

			C_LuziaDias07		
66	M		INDIVIDUAL	01:02:44	
	294	76	PAULA SOUSA	28	F2099
25	F		AS 3 AMIGAS	01:03:44	
	295	346	JORGE BARREIRA	46	M4549
36	M		GD MPL	01:03:45	
	296	269	ANDREIA PEREIRA	22	F2099
26	F		INDIVIDUAL	01:04:08	
	297	268	NUNO SANTIAGO	31	M2034
67	M		INDIVIDUAL	01:04:09	
	298	308	LUIS MOREIRA	34	M2034
68	M		INDIVIDUAL	01:15:00	