

3ª MINI MARATONA VALE DE CAMBRA

03 DE MAIO DE 2015

SÉNIORES MASCULINOS

Pos.	Dorsal	Nome	Categoria	Equipa	Tempo	Média	Dif. resp, 1º
1	272	Andre Aniceto	Senior	ACR Vale de Cambra	00:34:33	3,27	00:00:00
2	276	Filipe Ferreira	Senior	ACR Vale de Cambra	00:34:45	3,28	00:00:11
3	274	Tiago Pinho	Senior	ACR Vale de Cambra	00:35:33	3,33	00:00:59
4	287	Fabio Paiva	Senior	VilaCesari Opinlux	00:37:28	3,44	00:02:54
5	188	luis silva	Senior	N.A.Cucujães	00:39:14	3,55	00:04:40
6	275	Bruno Freitas	Senior	ACR Vale de Cambra	00:39:29	3,56	00:04:55
7	4	toni soares	Senior	Indivíduo	00:40:30	4,3	00:05:57
8	199	Oscar Torres	Senior	Indivíduo	00:41:41	4,1	00:07:07
9	361	José Martins	Senior	CMMCVC	00:41:58	4,11	00:07:24
10	207	Nelson Bastos	Senior	CMMCVC	00:42:42	4,16	00:08:08
11	286	ANDRÉ SANTOS	Senior	Indivíduo	00:43:08	4,18	00:08:34
12	321	Rui Cardoso	Senior	Clube Campismo	00:43:16	4,19	00:08:43
13	130	César Barros	Senior	Indivíduo	00:43:20	4,2	00:08:47
14	129	Fernando Oliveira	Senior	Indivíduo	00:43:38	4,21	00:09:04
15	115	José Tavares	Senior	Intercaimabike	00:43:39	4,21	00:09:05
16	306	Bruno Silva	Senior	Gimnágua	00:44:09	4,24	00:09:35
17	183	Mario Rodrigues	Senior	Ginásio Fit4Fun	00:44:10	4,25	00:09:37
18	177	Joao Alves	Senior	Ginásio Fit4Fun	00:44:15	4,25	00:09:41
19	211	Andre Sousa	Senior	Blue Cloud Consulting	00:44:49	4,28	00:10:15
20	169	João Moreira	Senior	João	00:44:50	4,29	00:10:16
21	346	Tiago Rodrigues	Senior	Ginásio Fit4Fun	00:44:50	4,29	00:10:16
22	127	Cláudio Coval	Senior	Indivíduo	00:45:17	4,31	00:10:43
23	153	Carlos Bastos	Senior	Ginásio Fit4Fun	00:45:22	4,32	00:10:48
24	23	Jose Beira	Senior	Ginásio Fit4Fun	00:45:23	4,32	00:10:49

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25	369	Élio Tavares	Senior	Indivíduar	00:46:00	4,36	00:11:26
26	202	Gonçalo Martins	Senior	Coxos Mancos e Limitados	00:46:11	4,37	00:11:37
27	278	Nelson Soares	Senior	ACR Vale de Cambra	00:46:24	4,38	00:11:50
28	12	Carlos Martins	Senior	Ginásio Fit4Fun	00:46:26	4,38	00:11:52
29	253	Jorge Costa	Senior	Indivíduar	00:46:51	4,41	00:12:17
30	118	Samuel Martinho	Senior	Indivíduar	00:47:10	4,43	00:12:36
31	173	Rui Paiva	Senior	Indivíduar	00:48:03	4,48	00:13:29
32	168	Mickael Ferreira	Senior	Ginásio Fit4Fun	00:48:09	4,48	00:13:35
33	189	Nuno Santos	Senior	Indivíduar	00:48:25	4,5	00:13:51
34	154	Jose Santos	Senior	Ginásio Fit4Fun	00:49:06	4,54	00:14:32
35	15	Jorge Costa	Senior	Ginásio Fit4Fun	00:49:22	4,56	00:14:48
36	133	Hugo Valqueresma	Senior	Indivíduar	00:49:29	4,56	00:14:55
37	312	Luis Pinho	Senior	Luis Filipe	00:49:43	4,58	00:15:09
38	239	Jorge Miguel Cubal	Senior	Indivíduar	00:49:56	4,59	00:15:22
39	242	Helder rocha	Senior	Indivíduar	00:49:56	4,59	00:15:22
40	6	Ricardo Trigo	Senior	Ginásio Fit4Fun	00:50:17	5,1	00:15:43
41	318	António Silva	Senior	Indivíduar	00:50:33	5,3	00:15:59
42	360	Luis Miguel Oliveira	Senior	CS P Sao Pedro Casteloes	00:50:57	5,5	00:16:23
43	152	Helder Bastos	Senior	Ginásio Fit4Fun	00:51:04	5,6	00:16:30
44	33	Francisco Figueiredo	Senior	Ginásio Fit4Fun	00:51:13	5,7	00:16:39
45	330	Marco Soares	Senior	Indivíduar	00:51:21	5,8	00:16:48
46	305	Antonio Bastos	Senior	Indivíduar	00:51:24	5,8	00:16:50
47	347	Tiago Silva	Senior	Ginásio Fit4Fun	00:51:35	5,9	00:17:01
48	254	Daniel Tavares	Senior	Indivíduar	00:51:36	5,9	00:17:02
49	164	Pedro Magalhaes	Senior	Ginásio Fit4Fun	00:51:39	5,9	00:17:05
50	252	Paulo Tavares	Senior	Indivíduar	00:51:40	5,1	00:17:06
51	246	Rui Miguel Costa	Senior	Indivíduar	00:51:54	5,11	00:17:20

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52	139	Pedro Pinho	Senior	Indivíduar	00:51:56	5,11	00:17:22
53	147	Tiago Filipe Pereira	Senior	Indivíduar	00:52:08	5,12	00:17:34
54	112	Marinho Duarte	Senior	Indivíduar	00:52:10	5,13	00:17:36
55	307	Ricardo Jorge Tavares	Senior	CSP Sao Pedro Castelões	00:52:17	5,13	00:17:43
56	349	Tiago Tavares	Senior	Indivíduar	00:52:20	5,14	00:17:46
57	277	Francis Fernandes	Senior	ACR Vale de Cambra	00:52:31	5,15	00:17:57
58	53	Ricardo bastos	Senior	Indivíduar	00:53:02	5,18	00:18:29
59	240	Marco Janeiro	Senior	Oliveira's	00:53:05	5,18	00:18:31
60	329	Daniel Almeida	Senior	Daniel	00:53:05	5,18	00:18:32
61	370	Catarina Rios	Senior	Clube Campismo	00:53:07	5,18	00:18:33
62	341	José Luís	Senior	Ginásio Fit4Fun	00:53:41	5,22	00:19:07
63	163	Marcos Soares	Senior	Ginásio Fit4Fun	00:53:42	5,22	00:19:08
64	338	Nuno Bastos	Senior	Indivíduar	00:53:45	5,22	00:19:11
65	122	Tiago Moreira	Senior	Indivíduar	00:53:47	5,22	00:19:13
66	215	José Bernardo	Senior	CMMCVC	00:53:53	5,23	00:19:19
67	345	Guilherme Machado	Senior	Ginásio Fit4Fun	00:54:31	5,27	00:19:57
68	186	Miguel Jesus	Senior	Ginásio Fit4Fun	00:54:31	5,27	00:19:57
69	192	Helder Correia	Senior	os passarinhos	00:54:33	5,27	00:19:59
70	76	Pedro Reis	Senior	Ginásio Fit4Fun	00:54:41	5,28	00:20:07
71	30	Carlos Correia	Senior	Ginásio Fit4Fun	00:54:50	5,29	00:20:16
72	3	Pedro Cardoso	Senior	Indivíduar	00:54:51	5,29	00:20:17
73	216	Jorge Cruz	Senior	CMMCVC	00:54:59	5,29	00:20:25
74	210	Luis Pedro	Senior	CMMCVC	00:54:59	5,29	00:20:25
75	357	Vasco Coutinho	Senior	CMMCVC	00:54:59	5,29	00:20:25
76	47	Simao Freitas	Senior	Ginásio Fit4Fun	00:55:09	5,3	00:20:36
77	373	Francisco Andrade	Senior	Indivíduar	00:55:15	5,31	00:20:41
78	83	Ricardo Silva	Senior	os passarinhos	00:55:42	5,34	00:21:08

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79	84	Joaquim Costa	Senior	os passarinhos	00:55:43	5,34	00:21:09
80	326	joao martins	Senior	tu es aquilo que treinas	00:56:15	5,37	00:21:41
81	267	Afonso Montenegro	Senior	Indivíduo	00:56:20	5,38	00:21:46
82	356	José	Senior	Indivíduo	00:56:25	5,38	00:21:51
83	106	António Ferreira	Senior	Indivíduo	00:56:27	5,38	00:21:53
84	39	Rui Fernandes	Senior	Ginásio Fit4Fun	00:56:36	5,39	00:22:02
85	255	andre fernandes	Senior	Indivíduo	00:56:53	5,41	00:22:19
86	362	Nelson Oliveira	Senior	Ginásio Fit4Fun	00:56:57	5,41	00:22:23
87	309	Rui Costa	Senior	FISIOSIMETRIA	00:57:00	5,42	00:22:26
88	271	FRANCISCO OLIVEIRA	Senior	Indivíduo	00:57:16	5,43	00:22:42
89	337	André Almeida	Senior	GIMN'AGUA	00:57:32	5,45	00:22:58
90	229	David Fernandes	Senior	Indivíduo	00:57:39	5,45	00:23:05
91	113	Ricardo Ferreira	Senior	Indivíduo	00:58:00	5,48	00:23:27
92	148	Ricardo Silva	Senior	RuNnErS RuSt	00:58:09	5,48	00:23:35
93	322	Domingos Gonçalves	Senior	Indivíduo	00:58:20	5,5	00:23:46
94	325	André Vigário	Senior	Indivíduo	00:58:20	5,5	00:23:46
95	195	José Rafael	Senior	Rolhas&Caricas	00:59:02	5,54	00:24:28
96	244	André Tavares	Senior	Indivíduo	00:59:20	5,56	00:24:46
97	355	Tiago Gomes	Senior	Indivíduo	00:59:33	5,57	00:24:59
98	354	Bruno Tavares	Senior	Bruno	00:59:36	5,57	00:25:02
99	49	Jorge Tiago Pinho	Senior	Ginásio Fit4Fun	00:59:56	5,59	00:25:22
100	315	Mário Tavares	Senior	Indivíduo	00:59:57	5,59	00:25:23
101	256	André Moreira	Senior	Indivíduo	01:00:06	6	00:25:32
102	151	Bruno Moreira	Senior	Ginásio Fit4Fun	01:00:14	6,1	00:25:40
103	268	ADÃO FREITAS	Senior	Indivíduo	01:02:08	6,12	00:27:35
104	135	Micael Lucas Pinto	Senior	Indivíduo	01:02:29	6,14	00:27:56
105	350	Jorge Pereira	Senior	CVP Vale de Cambra	01:03:09	6,18	00:28:35



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106	179	Marcos Fernandes	Senior	Ginásio Fit4Fun	01:03:36	6,21	00:29:02
107	302	Pedro Gonçalves	Senior	CATARI	01:03:45	6,22	00:29:11
108	200	João Rebelo	Senior	Coxos Mancos e Limitados	01:04:27	6,26	00:29:54
109	366	Igor Gaspar	Senior	Gadajola da Ribeira Run	01:05:20	6,32	00:30:46
110	236	rui ribeiro	Senior	Indivídual	01:07:45	6,46	00:33:11
DSQ	372	Diogo Soares	Senior	Indivídual	00:53:55	N/A	00:19:21
DNF	310	José Paiva	Senior	FISIOSIMETRIA	N/A	N/A	N/A



SÉNIORES FEMININOS

Pos.	Dorsal	Nome	Categoria	Equipa	Tempo	Média	Dif. resp, 1º
1	273	Mónica Simões	Senior F	Adercus	00:41:57	4,11	00:00:00
2	234	Maria Silva	Senior F	Indivíduar	00:44:20	4,26	00:02:23
3	167	Silvia Vilar	Senior F	Ginásio Fit4Fun	00:46:35	4,39	00:04:37
4	38	Marisa Santos	Senior F	Ginásio Fit4Fun	00:50:33	5,3	00:08:36
5	32	Daniela Russo	Senior F	Ginásio Fit4Fun	00:51:13	5,7	00:09:16
6	327	Filipa Cerqueira	Senior F	Indivíduar	00:52:25	5,14	00:10:28
7	82	Ricardo Silva	Senior F	Indivíduar	00:52:31	5,15	00:10:33
8	212	Ana Lousada	Senior F	Blue Cloud Consulting	00:53:26	5,2	00:11:29
9	250	joana aguiar	Senior F	Indivíduar	00:55:03	5,3	00:13:05
10	16	Isabel Ferreira	Senior F	Ginásio Fit4Fun	00:55:45	5,34	00:13:47
11	160	ELSA SOARES	Senior F	Ginásio Fit4Fun	00:56:29	5,38	00:14:32
12	221	Helena Silva	Senior F	CMMCV	00:56:44	5,4	00:14:46
13	2	Âna Soares	Senior F	Indivíduar	00:56:46	5,4	00:14:48
14	143	Marisa Silva	Senior F	Indivíduar	00:57:03	5,42	00:15:05
15	303	Patricia Oliveira	Senior F	CATARI	00:57:06	5,42	00:15:08
16	161	CARLA CORREIA	Senior F	Ginásio Fit4Fun	00:57:06	5,42	00:15:09
17	331	Eva Carvalho	Senior F	Indivíduar	00:57:10	5,43	00:15:12
18	102	Anna Kondratyuk	Senior F	Ginásio Fit4Fun	00:57:23	5,44	00:15:25
19	123	Patricia Ferreira	Senior F	Indivíduar	00:58:05	5,48	00:16:07
20	46	Marcia Costa	Senior F	Ginásio Fit4Fun	00:58:07	5,48	00:16:10
21	181	Susana Bastos	Senior F	Ginásio Fit4Fun	00:58:10	5,49	00:16:13
22	37	Ana Santos	Senior F	Ginásio Fit4Fun	00:58:10	5,49	00:16:13
23	144	Teresa Bastos	Senior F	Indivíduar	00:58:28	5,5	00:16:31
24	24	Nathalie Martins	Senior F	Ginásio Fit4Fun	00:58:58	5,53	00:17:00

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25	208	Cláudia Rocha	Senior F	CMMCVC	00:59:03	5,54	00:17:05
26	245	Ana Monteiro	Senior F	Indivídual	00:59:19	5,55	00:17:22
27	336	Diana Pascoal	Senior F	Indivídual	00:59:27	5,56	00:17:30
28	180	Luciana Fernandes	Senior F	Ginásio Fit4Fun	01:00:04	6	00:18:07
29	155	Lucia Almeida	Senior F	Ginásio Fit4Fun	01:00:06	6	00:18:08
30	150	Andreia Bastos	Senior F	Ginásio Fit4Fun	01:00:12	6,1	00:18:14
31	311	Daniela Fernandes	Senior F	FISIOSIMETRIA	01:01:52	6,11	00:19:54
32	213	Joana Sousa	Senior F	Blue Cloud Consulting	01:03:09	6,18	00:21:11
33	103	Sofia Bastos	Senior F	Ginásio Fit4Fun	01:03:17	6,19	00:21:20
34	203	Alícia Rebelo	Senior F	Coxos Mancos e Limitados	01:04:27	6,26	00:22:30
35	301	Cristina Costa	Senior F	CATARI	01:04:46	6,28	00:22:49
36	86	Lara Silva	Senior F	os passarinhos	01:05:01	6,3	00:23:03
37	339	Helena Bastos	Senior F	Ginásio Fit4Fun	01:05:48	6,34	00:23:51
38	166	Veronica Soares	Senior F	Ginásio Fit4Fun	01:05:49	6,34	00:23:51
39	159	Sandra Rodrigues	Senior F	Ginásio Fit4Fun	01:05:49	6,34	00:23:52
40	219	Liliana Costa	Senior F	CMMCVC	01:06:57	6,41	00:24:59
41	81	Carla Barbosa	Senior F	Indivídual	01:09:09	6,54	00:27:12
42	165	Ana Carolina	Senior F	Ginásio Fit4Fun	01:09:11	6,55	00:27:14
43	304	Elsa Oliveira	Senior F	CATARI	01:09:15	6,55	00:27:18
44	260	Fátima Lopes	Senior F	Fátima Lopes	01:09:16	6,55	00:27:18
45	13	Liliana Santiago	Senior F	Ginásio Fit4Fun	01:10:26	7,2	00:28:29
46	114	Júlia Mortágua	Senior F	Indivídual	01:13:51	7,23	00:31:53
47	75	Estefânia Martins	Senior F	Indivídual	01:13:51	7,23	00:31:54

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VETERANOS MASCULINOS M1

Pos.	Dorsal	Nome	Categoria	Equipa	Tempo	Média	Dif. resp, 1º
1	313	alfredo antonio	Vet M1	N A CUCUJÃES	00:40:39	4,3	00:00:00
2	100	Jose Romeu Costa	Vet M1	Ginásio Fit4Fun	00:41:09	4,6	00:00:30
3	88	Francisco José Almeida	Vet M1	Indivídual	00:43:58	4,23	00:03:19
4	197	Alcino Gouveia	Vet M1	Ascários de Escariz	00:45:20	4,32	00:04:41
5	201	João Ponces	Vet M1	Coxos Mancos e Limitados	00:46:11	4,37	00:05:32
6	194	Nuno Cruz	Vet M1	Indivídual	00:46:13	4,37	00:05:34
7	193	Jorge Miguel Queiros	Vet M1	Ginásio Fit4Fun	00:46:19	4,37	00:05:40
8	196	Jose Oliveira	Vet M1	Ascários de Escariz	00:47:45	4,46	00:07:06
9	132	Carlos Fernades	Vet M1	Indivídual	00:48:16	4,49	00:07:36
10	374	José da Rocha	Vet M1	Ginásio Fit4Fun	00:48:51	4,53	00:08:12
11	90	Fernando Rothés	Vet M1	Ginásio Fit4Fun	00:49:30	4,57	00:08:50
12	191	Celso Costa	Vet M1	Indivídual	00:50:15	5,1	00:09:36
13	175	Carlos Brandão	Vet M1	Indivídual	00:50:24	5,2	00:09:45
14	176	Filipe Tavares	Vet M1	Indivídual	00:50:39	5,3	00:09:59
15	104	Luis Almeida	Vet M1	Ginásio Fit4Fun	00:52:07	5,12	00:11:28
16	80	Ricardo Soares	Vet M1	Intercaimabike	00:52:39	5,15	00:12:00
17	198	nuno silva	Vet M1	Indivídual	00:52:43	5,16	00:12:04
18	233	rui silva	Vet M1	Indivídual	00:53:33	5,21	00:12:54
19	128	fernando bastos	Vet M1	Indivídual	00:54:45	5,28	00:14:06
20	5	Ivo Almeida	Vet M1	Ginásio Fit4Fun	00:54:45	5,28	00:14:06
21	146	Miguel Dias	Vet M1	Indivídual	00:54:52	5,29	00:14:13
22	261	Luís Oliveira	Vet M1	Oliveira's	00:55:28	5,32	00:14:49
23	251	Agostinho Silva	Vet M1	GDC CODAL	00:56:46	5,4	00:16:07
24	333	Armindo Tavares	Vet M1	Indivídual	00:56:50	5,41	00:16:11
25	367	André Tavares	Vet M1	Intercaima	00:58:05	5,48	00:17:25



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26	259	António Silva	Vet M1	CMMCVC	00:59:02	5,54	00:18:23
27	140	PAULO RAMOS	Vet M1	GJPB - O. AZEMÉIS	00:59:20	5,56	00:18:41
28	300	Rui Costa	Vet M1	CATARI	01:00:43	6,4	00:20:04
29	343	Luis Pinho	Vet M1	Ginásio Fit4Fun	01:01:36	6,9	00:20:57
30	209	Rui Gomes	Vet M1	Individual	01:02:44	6,16	00:22:05
31	340	Rui Ferreira	Vet M1	Ginásio Fit4Fun	01:05:48	6,34	00:25:09

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VETERANOS MASCULINOS M2

Pos.	Dorsal	Nome	Categoria	Equipa	Tempo	Média	Dif. resp, 1º
1	353	Manuel Ferreira	Vet M2	Indivíduar	00:35:14	3,31	00:00:00
2	279	Antonio Pinto	Vet M2	ACR Vale de Cambra	00:39:41	3,58	00:04:27
3	323	Fernando Antunes	Vet M2	Fernando	00:41:15	4,7	00:06:00
4	280	Celso Paiva	Vet M2	ACR Vale de Cambra	00:42:19	4,13	00:07:04
5	157	Carlos Maria	Vet M2	Ginásio Fit4Fun	00:42:29	4,14	00:07:14
6	111	Manuel Tavares	Vet M2	Indivíduar	00:45:40	4,34	00:10:25
7	131	José António	Vet M2	Indivíduar	00:46:34	4,39	00:11:19
8	116	Diamantino Valqueresma	Vet M2	Indivíduar	00:49:28	4,56	00:14:13
9	25	BALTAZAR FERREIRA	Vet M2	Indivíduar	00:49:33	4,57	00:14:18
10	324	João Meixedo	Vet M2	Indivíduar	00:49:34	4,57	00:14:19
11	77	Pedro Manuel Bastos	Vet M2	Ginásio Fit4Fun	00:50:29	5,2	00:15:14
12	281	Enio Pinho	Vet M2	ACR Vale de Cambra	00:54:30	5,27	00:19:16
13	142	Paulo Martins	Vet M2	Indivíduar	00:54:41	5,28	00:19:26
14	352	Eusébio Ferreira	Vet M2	Ginásio Fit4Fun	00:55:44	5,34	00:20:29
15	230	Júlio Guimarães	Vet M2	Oliveira's	00:56:33	5,39	00:21:18
16	137	António Alberto M.Gomes	Vet M2	CMVLC	01:01:10	6,7	00:25:56
17	365	João Paulo Silva	Vet M2	Indivíduar	01:02:44	6,16	00:27:30



VETERANOS MASCULINOS M3

Pos.	Dorsal	Nome	Categoria	Equipa	Tempo	Média	Dif. resp, 1º
1	317	Mário Silva	Vet M3	Indivíduar	00:38:07	3,48	00:00:00
2	222	Ernesto Pinho Almeida	Vet M3	Nucleo Atletismo Cucujães	00:39:26	3,56	00:01:19
3	248	Celso Torres	Vet M3	Ginásio Fit4Fun	00:43:55	4,23	00:05:48
4	282	Jose Graça	Vet M3	ACR Vale de Cambra	00:44:27	4,26	00:06:20
5	375	Albano Braga	Vet M3	Codal	00:44:33	4,27	00:06:26
6	141	Alvaro Oliveira	Vet M3	Indivíduar	00:45:49	4,34	00:07:41
7	320	germano nadais	Vet M3	Indivíduar	00:46:57	4,41	00:08:49
8	34	Adriano Moreira	Vet M3	Ginásio Fit4Fun	00:47:44	4,46	00:09:36
9	170	Nelson Silva	Vet M3	Indivíduar	00:50:06	5	00:11:58
10	283	Manuel Soares	Vet M3	ACR Vale de Cambra	00:50:46	5,4	00:12:39
11	241	jose santos	Vet M3	Indivíduar	00:52:05	5,12	00:13:57
12	284	Manuel Pinho	Vet M3	ACR Vale de Cambra	00:53:26	5,2	00:15:19
13	105	carlos bastos	Vet M3	Indivíduar	00:55:36	5,33	00:17:29
14	364	Antonio Sacramento	Vet M3	Indivíduar	00:57:06	5,42	00:18:59
15	319	Domingos Silva	Vet M3	Indivíduar	01:00:35	6,3	00:22:28
16	22	Luis Costa	Vet M3	Ginásio Fit4Fun	01:01:32	6,9	00:23:24
17	218	António Almeida	Vet M3	CMMCVC	01:03:27	6,2	00:25:20
18	10	Jose Almeida	Vet M3	CMMCVC	01:13:51	7,23	00:35:44
DSQ	58	Durbalino Ferreira	Vet M3	Ginásio Fit4Fun	00:54:45	N/A	00:16:38



VETERANOS FEMININOS

Pos.	Dorsal	Nome	Categoria	Equipa	Tempo	Média	Dif. resp, 1º
1	235	Isaura Gomes Lopes	Vet F	N A C	00:52:42	5,16	00:00:00
2	328	Mónica Oliveira	Vet F	Individual	00:53:28	5,2	00:00:46
3	206	Graça Leite	Vet F	ACREFA-LOUREIRO	00:53:48	5,22	00:01:06
4	217	Ana Silva	Vet F	CMMCV	00:53:57	5,23	00:01:14
5	145	Clotilde Santos	Vet F	Individual	00:56:59	5,41	00:04:17
6	257	Paula Tavares	Vet F	ACREFA-LOUREIRO	00:59:23	5,56	00:06:41
7	220	Joana Freire	Vet F	CMMCV	00:59:26	5,56	00:06:44
8	344	Cristina Tavares	Vet F	Ginásio Fit4Fun	01:01:34	6,9	00:08:52
9	178	Fernanda Almeida	Vet F	Ginásio Fit4Fun	01:01:34	6,9	00:08:52
10	187	Ana Maria Bastos	Vet F	Ginásio Fit4Fun	01:02:10	6,13	00:09:28
11	35	Luisa Amorim	Vet F	Ginásio Fit4Fun	01:03:17	6,19	00:10:34
12	36	Carla Almeida	Vet F	Ginásio Fit4Fun	01:04:23	6,26	00:11:41
13	19	Claudia Pissarra	Vet F	Ginásio Fit4Fun	01:09:16	6,55	00:16:33
14	342	Julia Jesus	Vet F	Ginásio Fit4Fun	01:10:27	7,2	00:17:45
15	26	ISABEL PAIVA	Vet F	Individual	01:11:50	7,11	00:19:08
DSQ	57	Conceição Ferreira	Vet F	Ginásio Fit4Fun	00:53:48	N/A	00:01:05