

XXXV GRANDE PRÉMIO DE ATLETISMO DA SILVA

25 DE OUTUBRO DE 2015

Dorsal	Class.	Class.	Atleta	Clube	Sexo	Idade	Tempo
		Esc.					Oficial
126	1	1	MIGUEL RIBEIRO	CLUBE DE ATLETISMO OLIMPICO VIANENSE	M	28	30:21.41
197	2	2	RICARDO RIBAS	SPORT LISBOA E BENFICA	M	38	30:44.91
264	3	3	MIHAIL LALEV	SCBRAGA	M	33	31:16.64
225	4	4	HUGO SANTOS	SAO JOAO DA SERRA	M	25	31:45.75
112	5	5	ANDRE SILVA	S.C.BRAGA	M	23	31:53.39
242	6	6	RICARDO VALE	SPORTING CLUBE DE BRAGA	M	27	32:35.24
199	7	1	MANUEL PACHECO	N.A.TAIPAS	M	48	32:40.26
202	8	1	ABILIO PEREIRA	N.A.TAIPAS	M	41	32:46.52
214	9	2	FERNANDO GRILO	SIRA SOC INSTRUCAO E RECREIO ALDREENSE	M	40	32:56.61
226	10	3	LUIS SILVA	ADERCUS	M	40	33:05.98
236	11	7	AMERICO MOREIRA	C. D. POVOA	M	26	33:20.76
311	12	4	ROGERIO MARQUES	CYCLONES SANITOP	M	41	33:27.96
150	13	5	FERNANDO	GD AIRAO CURVIA	M	40	33:30.10
265	14	2	ABILIO COSTA	CLUBE DESPORTIVO DE SAO SALVADOR DO CAMPO	M	50	33:38.14
172	15	6	VITOR ALMEIDA	AMIGOS DA MONTANHA	M	45	33:40.23
312	16	3	ADELINO	CYCLONES SANITOP	M	51	33:49.52
154	17	8	MARCELO COSTA	GRUPO JUVENIL DE VILA DE PUNHE	M	24	33:51.23
206	18	9	JOSE ARAUJO	N.A.TAIPAS	M	32	34:11.29
179	19	4	HENRIQUE DIAS	GRUPO DRAMATICO E RECREATIVO DA RETORTA	M	49	34:25.89
310	20	10	MIGUEL MAIA	CYCLONES SANITOP	M	36	34:33.07
89	21	1	DOROTEIA PEIXOTO	AMIGOS DA MONTANHA	F	32	34:35.13
153	22	11	SERGIO LIMA	GRUPO JUVENIL DE VILA DE PUNHE	M	33	34:54.79
151	23	5	JOAQUIM SILVA	GD AIRAO CURVIA	M	46	34:56.46
60	24	2	LEONOR CARNEIRO	SPORTING CLUBE DE PORTUGAL	F	37	35:27.98
216	25	12	JOSE OLIVEIRA	CENTRO CULTURAL E DESPORTIVO COELIMA	M	39	35:38.85
4	26	6	JOAQUIM	CRISNEL KIDS	M	50	35:53.68
5	27	7	JOAO NEIVA	INDIVIDUAL	M	49	35:56.64
184	28	13	TIAGO PINTO	GRUPO DRAMATICO E RECREATIVO DA RETORTA	M	22	36:05.02
148	29	8	JOSE ANDRADE	MOVIMENTO DE JUVENTUDE DE MERELIM	M	48	36:09.61
257	30	14	LUIS COSTA	CCDRIBEIRAO	M	19	36:12.68
152	31	9	JOSE ALVES	GD AIRAO CURVIA	M	51	36:20.25
208	32	7	HELDER PINHEIRO	INDIVIDUAL	M	45	36:32.43
247	33	15	ANDRE MACHADO	INDIVIDUAL	M	24	36:34.47
158	34	8	MANUEL	GRUPO JUVENIL DE VILA DE PUNHE	M	45	36:55.53
203	35	16	PAULO FONTAO	N.A.TAIPAS	M	19	37:01.35
166	36	9	ADRIANO SA	AGUIAS DE ALVELOS	M	44	37:07.45
86	37	10	HILARIO GARIM	ASSOCIACAO CULTURAL E RECREATIVA DE RORIZ	M	59	37:13.22
83	38	11	JOSE VIANA	QUEIROZTEAM	M	56	37:28.84
304	39	17	PEDRO JAQUES	GRUPO JUVENIL DE VILA DE PUNHE	M	20	37:38.91
221	40	12	JOAQUIM COSTA	ARPO	M	47	37:40.86
223	41	10	HUGO FARIA	NODDY BIKE TEAM	M	41	37:47.96

200	42	3	LURDES PEREIRA	N.A.TAIPAS	F	32	37:54.37
91	43	11	JOSE PAIS	INDIVIDUAL	M	42	38:06.76
301	44	4	MARLENE BORGES	G.D.AIRAO	F	32	38:13.54
297	45	13	ANTONIO MEIRA	FERREIROLUX	M	50	38:14.19
156	46	18	EUGENIO BARROS	GRUPO JUVENIL DE VILA DE PUNHE	M	37	38:19.80
175	47	19	NUNO MIRANDA	AMIGOS DA MONTANHA	M	38	38:30.28
243	48	20	MICHAEL SOUSA	INDIVIDUAL	M	27	38:32.67
58	49	21	JOSE SILVA	INDIVIDUAL	M	27	38:38.37
21	50	12	JOAQUIM FERREIRA	INDIVIDUAL	M	45	38:49.32
105	51	22	CARLOS MARTINS	INDIVIDUAL	M	37	38:52.18
229	52	14	ARMINDO ALVES	CENTRO CULTURAL E DESPORTIVO COELIMA	M	50	38:54.34
308	53	5	VANESSA	CYCLONES SANITOP	F	24	38:55.85
222	54	15	ANTONIO	CENTRO CULTURAL E DESPORTIVO COELIMA	M	47	38:56.01
39	55	13	ANTONIO ARAUJO	S.C.BRAGA	M	43	38:56.48
136	56	23	FILIFE GAJO	A. D. CALCA FOLHAS	M	20	39:12.11
3	57	24	NELSON COSTA	CRISNEL KIDS	M	33	39:16.79
307	58	14	JOSE FERREIRA	INDIVIDUAL	M	41	39:20.17
198	59	1	MADALENA SILVA	ACR CONDE	F	42	39:26.03
127	60	15	VITORIA CLUBE	VITORIASC DE GUIMARAES	M	41	39:36.05
87	61	16	JOAQUIM	ASSOCIACAO CULTURAL E RECREATIVA DE RORIZ	M	52	39:42.18
72	62	25	ORLANDO SILVA	DETRASPARENTE RUNNING TEAM	M	32	39:53.35
75	63	26	RUI FONSECA	DETRASPARENTE RUNNING TEAM	M	27	39:53.49
235	64	2	FATIMA SILVA	C. D. POVOA	F	45	39:58.22
269	65	27	JOSE MARQUES	GULBENKIAN	M	37	40:02.21
268	66	16	PAULO MATOS	GULBENKIAN	M	45	40:14.98
316	67	17	ABEL LIMA		M	47	40:23.01
85	68	18	MANUEL MIRANDA	ASSOCIACAO CULTURAL E RECREATIVA DE RORIZ	M	53	40:27.12
109	69	19	JOAO GOMES	INDIVIDUAL	M	51	40:44.10
140	70	20	JOSE FERNANDES	MOVIMENTO DE JUVENTUDE DE MERELIM	M	58	40:44.87
122	71	21	JOSE ROMANO	INDIVIDUAL	M	52	40:47.32
76	72	28	PEDRO FERNANDES	DETRASPARENTE RUNNING TEAM	M	22	40:51.15
228	73	22	MANUEL MACHADO	CENTRO CULTURAL E DESPORTIVO COELIMA	M	49	40:53.93
171	74	23	CARLOS FERREIRA	BOAVISTA	M	55	40:58.61
132	75	17	DELFINO CONCEICAO	SAO JOAO DA SERRA	M	44	40:59.33
135	76	24	MANUEL GAJO	A. D. CALCA FOLHAS	M	51	41:11.51
141	77	29	RICARDO FERREIRA	MOVIMENTO DE JUVENTUDE DE MERELIM	M	29	41:19.37
62	78	25	ZE DIAS	A D ESMERIZ RUNNING	M	54	41:24.32
155	79	30	JOEL MARTINS	GRUPO JUVENIL DE VILA DE PUNHE	M	25	41:26.79
209	80	6	MARA COSTA	BOAVISTA F.C.	F	29	41:38.28
147	81	18	JOSE VIDRAGO	MOVIMENTO DE JUVENTUDE DE MERELIM	M	44	41:39.06
32	82	19	PEDRO MIRANDA	VIDAATIVARUNNERS	M	40	41:45.50
318	83	31	PEDRO TORRES		M	32	41:58.54
8	84	20	ANTONIO	SCBRAGA	M	43	42:01.62
296	85	32	NUNO FIGUEIREDO	FERREIROLUX	M	30	42:04.00
108	86	26	ORLANDO OLIVEIRA	INDIVIDUAL	M	56	42:07.32

295	87	27	CARLOS MANO	FERREIROLUX	M	50	42:16.38
196	88	33	NUNO GONCALVES	INDIVIDUAL	M	30	42:24.35
215	89	34	ANDRE AZEVEDO	SIRA SOC INSTRUCAO E RECREIO ALDREENSE	M	18	42:25.26
79	90	21	RUI CARDOSO	INDIVIDUAL	M	40	42:25.40
298	91	35	FILIFE MACEDO	FERREIROLUX	M	37	42:25.95
309	92	7	FATIMA VEIGA	CYCLONES SANITOP	F	24	42:34.01
210	93	36	FREDERICO PETEJO	BOAVISTA F.C.	M	31	42:44.65
302	94	37	LUIS MENESES	INDIVIDUAL	M	35	42:48.36
104	95	22	DIONISIO	INDIVIDUAL	M	43	42:55.08
54	96	23	LUIS PATRAO	MOINHOS DAVENTURA	M	42	43:06.78
201	97	3	ELISABETE LOPES	N.A.TAIPAS	F	40	43:24.56
73	98	38	CARLOS VALE	DETRASPARENTE RUNNING TEAM	M	31	43:24.57
57	99	39	RICARDO FERREIRA	INDIVIDUAL	M	35	43:26.55
173	100	28	CARLOS BRITO	AMIGOS DA MONTANHA	M	47	43:31.73
292	101	40	SIMAO COUTO	FERREIROLUX	M	37	43:36.97
34	102	41	CARLOS NOVAIS	BARCELOS TEAM PORTUGAL	M	33	43:37.30
99	103	29	JOSE COSTA	A.C.VERMOIM	M	49	43:39.91
285	104	4	CLARA FREIRE	AMIGOS DA MONTANHA	F	42	43:44.74
289	105	30	DAVID GONCALVES	FERREIROLUX	M	58	43:45.28
22	106	42	EDUARDO PIMENTA	INDIVIDUAL	M	35	43:46.36
119	107	24	LUIS LIMA	AGUIAS DE ALVELOS	M	40	43:51.20
92	108	5	MARIA COSTA	VIDAATIVARUNNERS	F	52	43:52.81
273	109	31	JOSE CARDOSO	BARCELOS SAUDEL	M	48	43:52.85
103	110	25	FILIFE RIBEIRO	A.C.VERMOIM	M	42	44:13.37
321	111	43	LUCAS AFONSO		M	20	44:20.52
320	112	32	OTAVIO AFONSO		M	55	44:21.37
238	113	26	RUI LEITES	C. D. POVOA	M	40	44:28.08
67	114	44	PEDRO MARTINS	INDIVIDUAL	M	29	44:29.30
115	115	45	EDUARDO CUNHA	AGUIAS DE ALVELOS	M	37	44:34.47
116	116	46	LEONEL AZEVEDO	AGUIAS DE ALVELOS	M	35	44:39.82
207	117	33	JOAO SOUSA	INDIVIDUAL	M	54	44:42.36
117	118	27	PAULO BOAS	AGUIAS DE ALVELOS	M	42	44:45.15
27	119	34	CARLOS COSTA	ACTIONCOACH	M	50	44:48.73
252	120	35	ALBINO ROCHA	INDIVIDUAL	M	55	44:49.54
35	121	36	RAUL FERNANDES	INDIVIDUAL	M	64	44:55.46
43	122	47	JOSE PEREIRA	INDIVIDUAL	M	28	44:59.72
1	123	28	MANUEL GOMES	INDIVIDUAL	M	41	45:02.23
241	124	29	FILIFE ABREU	SIPE SINDICATO PROFESSORES	M	45	45:10.18
26	125	37	JOAQUIM PEREIRA	ADMINOVA	M	48	45:11.15
13	126	38	ISIDRO LINHARES	ADMINOVA	M	53	45:16.02
93	127	48	JOAO LINHARES	INDIVIDUAL	M	37	45:16.73
157	128	49	RICARDO SILVA	GRUPO JUVENIL DE VILA DE PUNHE	M	37	45:19.05
120	129	39	JOSE GOMES	AGUIAS DE ALVELOS	M	46	45:31.27
80	130	50	CARLOS SOUSA	INDIVIDUAL	M	31	45:38.75
159	131	30	JOAO CERQUEIRA	GRUPO JUVENIL DE VILA DE PUNHE	M	44	45:39.71

181	132	6	CONCEICAO CRUZ	BARCELOS SAUDEL	F	52	45:41.67
113	133	51	RAFAEL ESCRIVAES	INDIVIDUAL	M	27	45:41.94
97	134	40	JOAQUIM FERREIRA	A.C.VERMOIM	M	52	45:45.05
48	135	52	PEDRO BRAGA	EM FORCA	M	37	45:45.65
59	136	8	CRISTINA ABREU	INDIVIDUAL	F	30	45:51.24
84	137	53	VITOR LIMA	INDIVIDUAL	M	28	45:54.16
237	138	54	VITOR RODRIGUES	C. D. POVOA	M	33	46:03.11
251	139	55	GABRIEL SILVA	SURICATAS	M	25	46:03.46
107	140	31	JOSE CORREIA	INDIVIDUAL	M	41	46:04.60
46	141	32	JORGE RIBEIRO	INDIVIDUAL	M	42	46:12.93
294	142	41	CONSTANTINO	FERREIROLUX	M	60	46:13.83
118	143	56	RUI BOAS	AGUIAS DE ALVELOS	M	39	46:20.93
170	144	57	NELSON	INDIVIDUAL	M	28	46:29.92
287	145	42	JOAO ARANTES	FERREIROLUX	M	48	46:32.98
160	146	9	FATIMA BARROS	GRUPO JUVENIL DE VILA DE PUNHE	F	37	46:35.13
278	147	58	PAULO ALMEIDA	BARCELOS SAUDEL	M	34	46:48.29
2	148	43	JOSE SILVA	EXPERIENCIAR	M	48	46:53.50
30	149	33	PAULO VIEIRA	VIDAATIVARUNNERS	M	45	46:56.01
317	150	34	CARLOS SILVA		M	44	47:04.15
186	151	59	VITOR SILVA	BARCELOS SAUDEL	M	33	47:23.61
319	152	44	CARLOS COSTA		M	48	47:24.22
133	153	60	RUI MARTINS	INDIVIDUAL	M	38	47:40.37
267	154	45	MANUEL CALDAS	INDIVIDUAL	M	57	47:43.14
101	155	35	PAULO PIRES	A.C.VERMOIM	M	41	47:49.39
95	156	61	JOEL GOMES	AGUIAS DE ALVELOS	M	29	47:53.77
142	157	10	FILIPA GOMES	MOVIMENTO DE JUVENTUDE DE MERELIM	F	29	48:13.51
10	158	36	JOAO LINHARES	ADMINOVA	M	43	48:14.78
271	159	46	FRANCISCO VARZIM	BARCELOS SAUDEL	M	46	48:14.78
25	160	62	DAVID SILVA	INDIVIDUAL	M	34	48:16.49
28	161	63	TELMO LIMA	INDIVIDUAL	M	39	48:23.51
250	162	64	MARINHO	SURICATAS	M	28	48:35.18
71	163	65	ANDRE TORRES	INDIVIDUAL	M	38	48:37.75
164	164	47	ALBINO VALE	INDIVIDUAL	M	65	48:54.27
44	165	66	ANDRE FREITAS	INDIVIDUAL	M	33	48:57.49
41	166	67	SERGIO MATOS	INDIVIDUAL	M	26	49:11.40
266	167	7	ELISABETE	CLUBE DESPORTIVO DE SAO SALVADOR DO CAMPO	F	41	49:18.42
279	168	48	PAULO COSTA	BARCELOS SAUDEL	M	48	49:18.86
224	169	11	ANA CARDOSO	INDIVIDUAL	F	23	49:23.21
169	170	12	CARLA FIGUEIREDO	INDIVIDUAL	F	31	49:23.55
77	171	8	MARIA MENDES	TURBULENTOS	F	48	49:27.48
56	172	37	AIRES PATRAO	MOINHOS DAVENTURA	M	40	49:42.37
31	173	49	JOSE CUNHA	INDIVIDUAL	M	47	49:49.07
23	174	68	NUNO DANTAS	INDIVIDUAL	M	36	50:06.46
124	175	69	SERGIO SOUTO	INDIVIDUAL	M	38	50:18.98
288	176	50	MANUEL BRITO	FERREIROLUX	M	60	50:25.67

161	177	9	FATIMA DANTAS	GRUPO JUVENIL DE VILA DE PUNHE	F	55	50:44.17
218	178	51	JOSE MAGALHAES	ARPO	M	70	50:49.77
213	179	52	ARMANDINO COUTO	ARPO	M	53	50:50.16
217	180	70	SERGIO	ARPO	M	38	50:50.16
220	181	53	ANIBAL COSTA	ARPO	M	56	50:50.79
53	182	10	MARIA MARTINS	INDIVIDUAL	F	40	51:09.56
286	183	54	AMADEU FERREIRA	FERREIROLUX	M	60	51:38.11
11	184	71	RUI SOUSA	INDIVIDUAL	M	32	51:45.04
182	185	72	ABILIO CASANOVA	VIDAATIVARUNNERS	M	35	52:17.85
139	186	73	ANDRE COSTA	A. D. CALCA FOLHAS	M	27	52:37.58
131	187	74	JORGE LOUREIRO	A. D. CALCA FOLHAS	M	35	52:37.89
185	188	11	ROSALINA COSTA	BARCELOS SAUDEL	F	47	52:46.62
137	189	55	ADELINO FARIA	INDIVIDUAL	M	51	52:56.22
270	190	56	JOAO CRUZ	BARCELOS SAUDEL	M	54	53:02.19
61	191	75	ALEXANDRE LISBOA	INDIVIDUAL	M	37	53:04.01
322	192	13	CARLA GONCALVES		F	38	53:05.05
272	193	12	JULIA COSTA	BARCELOS SAUDEL	F	50	53:14.18
291	194	57	JAIME LIMA	FERREIROLUX	M	56	53:23.64
290	195	58	DOMINGOS MATEUS	FERREIROLUX	M	51	53:32.94
293	196	59	JOAQUIM PEREIRA	FERREIROLUX	M	57	53:33.15
102	197	60	ALBINO SILVA	INDIVIDUAL	M	48	53:55.14
24	198	61	JOSE LOUREIRO	ADMINOVA	M	48	53:55.31
90	199	14	BERTA CARVALHO	INDIVIDUAL	F	36	54:03.75
283	200	76	ELOI FIGUEIREDO	INDIVIDUAL	M	34	54:17.20
306	201	77	CARLOS	INDIVIDUAL	M	39	54:17.69
260	202	38	JORGE ARAUJO	GANITA SPORTIVE	M	40	54:35.42
233	203	39	PAULO FARIA	AGUIAS DE ALVELOS	M	40	54:41.11
274	204	13	ANA MATOS	BARCELOS SAUDEL	F	46	55:00.04
188	205	14	ISABEL FERREIRA	BARCELOS SAUDEL	F	41	55:00.27
313	206	40	PAULO COSTA	INDIVIDUAL	M	42	55:04.18
253	207	78	JOAQUIM SILVA	SURICATAS	M	20	55:14.88
280	208	15	PAULA AMORIM	BARCELOS SAUDEL	F	38	55:22.59
275	209	79	PEDRO GOMES	INDIVIDUAL	M	28	55:59.85
262	210	41	MANUEL COSTA	GANITA SPORTIVE	M	40	56:08.33
194	211	16	HELENA LOUREIRO	BARCELOS SAUDEL	F	36	56:25.19
50	212	15	MARIA MANO	INDIVIDUAL	F	51	56:48.15
88	213	80	HELDER CUNHA	INDIVIDUAL	M	35	57:02.57
106	214	16	SONIA SANTOS	INDIVIDUAL	F	40	57:56.17
263	215	62	JOAQUIM	GANITA SPORTIVE	M	56	57:56.20
143	216	17	ISABEL ALVES	MOVIMENTO DE JUVENTUDE DE MERELIM	F	40	58:26.25
33	217	17	ANA ROCHA	INDIVIDUAL	F	39	58:44.37
282	218	63	FERNANDO	SPEM EM FORCA.	M	47	58:47.70
40	219	81	RUI SANTOS	INDIVIDUAL	M	22	58:53.01
277	220	18	MONICA REBELO	BARCELOS SAUDEL	F	34	58:56.55
190	221	19	GRACA MARTINS	BARCELOS SAUDEL	F	39	59:26.61

193	222	20 SANDRA SILVA	BARCELOS SAUДАVEL	F	24	59:26.85
162	223	21 RAFAELA FARIA	GRUPO JUVENIL DE VILA DE PUNHE	F	20	59:37.10
45	224	82 FILIPE ROCHA	CRCN NEVES	M	35	59:44.70
52	225	22 NATALIA SIMOES	SPEM	F	33	59:51.28
51	226	64 CARLOS SANTOS	INDIVIDUAL	M	52	59:51.57
231	227	83 PEDRO RIBEIRO	NAO VALHO NADA MAS JAVALI	M	32	1:00:29.55
258	228	84 SERGIO NEIVA	GANITA SPORTIVE	M	28	1:00:50.81
261	229	65 JOSE CUNHA	GANITA SPORTIVE	M	46	1:00:50.98
259	230	23 DIANA BRITO	GANITA SPORTIVE	F	27	1:00:51.16
254	231	85 LUIS SILVA	SURICATAS	M	16	1:01:01.83
123	232	42 FERNANDO CUNHA	STRADA	M	43	1:01:20.51
232	233	24 ANA DIAS	NAO VALHO NADA MAS JAVALI	F	31	1:01:31.01
121	234	86 JOSE CUNHA	AGUIAS DE ALVELOS	M	29	1:02:17.63
234	235	25 ISABEL SANTOS	NAO VALHO NADA MAS JAVALI	F	31	1:03:08.88
111	236	87 RUBEN BRANCO	EM FORCA	M	38	1:03:20.27
187	237	18 FERNANDA ROCHA	BARCELOS SAUДАVEL	F	53	1:03:41.25
183	238	88 NUNO CRUZ	BARCELOS SAUДАVEL	M	35	1:03:41.67
189	239	26 FILIPA FERREIRA	BARCELOS SAUДАVEL	F	37	1:03:42.06
165	240	19 ANA MIRANDA	INDIVIDUAL	F	51	1:03:42.11
195	241	27 ANGELA CARVALHO	BARCELOS SAUДАVEL	F	30	1:03:42.16
94	242	43 JOAO VIEIRA	INDIVIDUAL	M	43	1:03:42.25
192	243	28 CIDALIA SANTOS	BARCELOS SAUДАVEL	F	38	1:03:42.61
276	244	20 SORAIA REBELO	BARCELOS SAUДАVEL	F	40	1:03:43.12
174	245	66 JOSE AMARAL	AMIGOS DA MONTANHA	M	47	1:03:43.31
134	246	29 PATRICIA	INDIVIDUAL	F	37	1:03:55.42
49	247	30 ANA MARTINS	EM FORCA	F	37	1:05:22.24
81	248	89 PEDRO OLIVEIRA	INDIVIDUAL	M	29	1:06:11.45
315	249	31 SUSANA PEREIRA	INDIVIDUAL	F	28	1:06:13.22
66	250	21 ISABEL SABINO	INDIVIDUAL	F	45	1:06:13.77
281	251	22 CRISTINA SILVA	BARCELOS SAUДАVEL	F	40	1:07:37.61
110	252	32 ANA MACEDO	EM FORCA	F	36	1:07:41.22
249	253	33 ALEXANDRINA	SURICATAS	F	27	1:10:38.42

Diferença	min/Km	Distância
+0:00.0	3:02	10
+0:23.5	3:05	10
+0:55.2	3:08	10
+1:24.3	3:11	10
+1:31.9	3:11	10
+2:13.8	3:16	10
+2:18.8	3:16	10
+2:25.1	3:16	10
+2:35.2	3:18	10
+2:44.5	3:19	10
+2:59.3	3:20	10
+3:06.5	3:21	10
+3:08.7	3:21	10
+3:16.7	3:22	10
+3:18.8	3:22	10
+3:28.1	3:23	10
+3:29.8	3:23	10
+3:49.8	3:25	10
+4:04.4	3:26	10
+4:11.6	3:28	10
+4:13.7	3:28	10
+4:33.3	3:29	10
+4:35.0	3:29	10
+5:06.5	3:33	10
+5:17.4	3:34	10
+5:32.2	3:36	10
+5:35.2	3:36	10
+5:43.6	3:36	10
+5:48.2	3:37	10
+5:51.2	3:37	10
+5:58.8	3:38	10
+6:11.0	3:39	10
+6:13.0	3:39	10
+6:34.1	3:42	10
+6:39.9	3:42	10
+6:46.0	3:42	10
+6:51.8	3:43	10
+7:07.4	3:45	10
+7:17.5	3:46	10
+7:19.4	3:46	10
+7:26.5	3:47	10

+7:32.9	3:47	10
+7:45.3	3:49	10
+7:52.1	3:49	10
+7:52.7	3:49	10
+7:58.4	3:50	10
+8:08.8	3:51	10
+8:11.2	3:51	10
+8:16.9	3:52	10
+8:27.9	3:53	10
+8:30.7	3:53	10
+8:32.9	3:54	10
+8:34.4	3:54	10
+8:34.6	3:54	10
+8:35.0	3:54	10
+8:50.7	3:56	10
+8:55.3	3:56	10
+8:58.7	3:56	10
+9:04.6	3:57	10
+9:14.6	3:57	10
+9:20.7	3:58	10
+9:31.9	3:59	10
+9:32.0	3:59	10
+9:36.8	4:00	10
+9:40.8	4:00	10
+9:53.5	4:02	10
+10:01.6	4:02	10
+10:05.7	4:03	10
+10:22.7	4:04	10
+10:23.4	4:04	10
+10:25.9	4:05	10
+10:29.7	4:05	10
+10:32.5	4:05	10
+10:37.2	4:06	10
+10:37.9	4:06	10
+10:50.1	4:07	10
+10:57.9	4:08	10
+11:02.9	4:09	10
+11:05.3	4:09	10
+11:16.8	4:10	10
+11:17.6	4:10	10
+11:24.1	4:10	10
+11:37.1	4:12	10
+11:40.2	4:12	10
+11:42.6	4:12	10
+11:45.9	4:13	10

+11:54.9	4:14	10
+12:02.9	4:14	10
+12:03.8	4:15	10
+12:04.0	4:15	10
+12:04.5	4:15	10
+12:12.6	4:15	10
+12:23.2	4:17	10
+12:26.9	4:17	10
+12:33.6	4:17	10
+12:45.3	4:19	10
+13:03.1	4:20	10
+13:03.1	4:20	10
+13:05.1	4:20	10
+13:10.3	4:21	10
+13:15.5	4:22	10
+13:15.9	4:22	10
+13:18.5	4:22	10
+13:23.3	4:22	10
+13:23.8	4:22	10
+13:24.9	4:23	10
+13:29.8	4:23	10
+13:31.4	4:23	10
+13:31.4	4:23	10
+13:51.9	4:25	10
+13:59.1	4:26	10
+13:59.9	4:26	10
+14:06.6	4:27	10
+14:07.9	4:27	10
+14:13.0	4:27	10
+14:18.4	4:28	10
+14:20.9	4:28	10
+14:23.7	4:28	10
+14:27.3	4:29	10
+14:28.1	4:29	10
+14:34.0	4:30	10
+14:38.3	4:30	10
+14:40.8	4:30	10
+14:48.7	4:31	10
+14:49.7	4:31	10
+14:54.6	4:32	10
+14:55.3	4:32	10
+14:57.6	4:32	10
+15:09.8	4:33	10
+15:17.3	4:34	10
+15:18.3	4:34	10

+15:20.2	4:34	10
+15:20.5	4:34	10
+15:23.6	4:35	10
+15:24.2	4:35	10
+15:29.8	4:35	10
+15:32.7	4:35	10
+15:41.7	4:37	10
+15:42.0	4:37	10
+15:43.2	4:37	10
+15:51.5	4:37	10
+15:52.4	4:37	10
+15:59.5	4:38	10
+16:08.5	4:39	10
+16:11.5	4:39	10
+16:13.7	4:40	10
+16:26.8	4:41	10
+16:32.1	4:41	10
+16:34.6	4:41	10
+16:42.7	4:42	10
+17:02.2	4:45	10
+17:02.8	4:45	10
+17:18.9	4:46	10
+17:21.7	4:46	10
+17:27.9	4:47	10
+17:32.3	4:47	10
+17:52.1	4:50	10
+17:53.3	4:50	10
+17:53.3	4:50	10
+17:55.0	4:50	10
+18:02.1	4:50	10
+18:13.7	4:51	10
+18:16.3	4:52	10
+18:32.8	4:53	10
+18:36.0	4:54	10
+18:50.0	4:55	10
+18:57.0	4:56	10
+18:57.4	4:56	10
+19:01.8	4:56	10
+19:02.1	4:56	10
+19:06.0	4:57	10
+19:20.9	4:58	10
+19:27.6	4:59	10
+19:45.0	5:01	10
+19:57.5	5:02	10
+20:04.2	5:03	10

+20:22.7	5:04	10
+20:28.3	5:05	10
+20:28.7	5:05	10
+20:28.7	5:05	10
+20:29.3	5:05	10
+20:48.1	5:07	10
+21:16.7	5:10	10
+21:23.6	5:11	10
+21:56.4	5:14	10
+22:16.1	5:16	10
+22:16.4	5:16	10
+22:25.2	5:17	10
+22:34.8	5:18	10
+22:40.7	5:18	10
+22:42.6	5:18	10
+22:43.6	5:19	10
+22:52.7	5:19	10
+23:02.2	5:21	10
+23:11.5	5:21	10
+23:11.7	5:21	10
+23:33.7	5:24	10
+23:33.9	5:24	10
+23:42.3	5:24	10
+23:55.8	5:26	10
+23:56.2	5:26	10
+24:14.0	5:27	10
+24:19.7	5:28	10
+24:38.6	5:30	10
+24:38.8	5:30	10
+24:42.7	5:31	10
+24:53.4	5:31	10
+25:01.1	5:32	10
+25:38.4	5:36	10
+25:46.9	5:37	10
+26:03.7	5:39	10
+26:26.7	5:41	10
+26:41.1	5:42	10
+27:34.7	5:47	10
+27:34.8	5:47	10
+28:04.8	5:50	10
+28:22.9	5:52	10
+28:26.3	5:53	10
+28:31.6	5:54	10
+28:35.1	5:54	10
+29:05.2	5:57	10

+29:05.4	5:57	10
+29:15.7	5:58	10
+29:23.3	5:59	10
+29:29.8	5:59	10
+29:30.1	5:59	10
+30:08.1	6:03	10
+30:29.4	6:05	10
+30:29.5	6:05	10
+30:29.7	6:05	10
+30:40.4	6:06	10
+30:59.1	6:08	10
+31:09.6	6:09	10
+31:56.2	6:13	10
+32:47.4	6:19	10
+32:58.8	6:20	10
+33:19.8	6:22	10
+33:20.2	6:22	10
+33:20.6	6:22	10
+33:20.7	6:22	10
+33:20.7	6:22	10
+33:20.8	6:22	10
+33:21.2	6:22	10
+33:21.7	6:22	10
+33:21.9	6:22	10
+33:34.0	6:23	10
+35:00.8	6:32	10
+35:50.0	6:37	10
+35:51.8	6:37	10
+35:52.3	6:37	10
+37:16.2	6:46	10
+37:19.8	6:46	10
+40:17.0	7:04	10