

11 de Dezembro de 2021



CLASSIFICAÇÃO GERAL FEMININA

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	65	Rosa Pinto	NPCAD	VET 50	00:48:34
2	147	Susana Azevedo	teamlantem	SEN	00:51:18
3	138	Ângela João	Team shark	SEN	00:53:59
4	51	Paula Andrade	Grupo Desp	VET 50	00:54:05
5	144	Mônica Lopes	Vila verde	SEN	00:54:55
6	154	Gabriela Pelicano	EAT	VET 40	00:58:51
7	98	Alice Miranda	IND	VET 50	00:59:26
8	139	Diana Cancela	TeamShark	VET 40	00:59:44
9	118	LURDES FERREIRA	TEAM SHARK	VET 40	01:01:43
10	125	Susana Tavares	Team Shark	VET 40	01:02:46
11	128	Claudia Lopes	Team Shark	VET 40	01:03:00
12	28	Maria Rosa Barros Costa	B F Runner	VET 50	01:03:47
13	102	Sandra Aguiar	IND	VET 40	01:04:29
14	108	Joana Isabel Lage Monteiro	IND	SEN	01:04:30
15	91	ISABEL ARAÚJO	IND	VET 50	01:07:28
16	132	Márcia Pinto	Team Shark	SEN	01:10:57
17	58	Manuela Silva	Lobos Mont	VET 40	01:10:59
18	104	Sónia Guimarães	IND	VET 40	01:11:19
19	123	Madalena	Team Shark	VET 50	01:11:21
20	117	EMILIA TEIXEIRA	TEAM SHARK	VET 50	01:23:47

CLASSIFICAÇÃO GERAL MASCULINA

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	22	João Figueiredo	AFR&F	SEN	00:32:57
2	10	Rúben Veloso	ACDAV	SEN	00:33:06
3	149	Tiago Freitas	SCB	SEN	00:35:32
4	13	Joaquim Figueiredo	CDSSC	VET 50	00:38:30
5	34	Joaquim Lopes	CAAT	VET 40	00:38:33
6	23	Rafael Fernandes	AFR&F	SEN	00:39:14
7	12	Pedro ricardo faria sousa	ADRAVELEDA	SEN	00:39:21
8	70	Nuno Guimaraes	Olimpico V	VET 40	00:39:41
9	150	Adelino José Pereira	IND	VET 40	00:39:59
10	21	Paulo Leça	AFR&F	SEN	00:40:39
11	38	Paulo Jesus	DRGN	VET 40	00:40:49
12	35	Nuno Lemos	CAF-FR	VET 40	00:40:53
13	66	Jorge Luz	NPCAD	VET 50	00:41:00
14	16	Manuel Figueiredo	AFR&F	VET 50	00:42:05

15	168	Manuel Soares	IND	VET 40	00:42:05
16	43	Alberto Silva	G.D.F.C.	VET 40	00:42:24
17	44	Joaquim Oliveira	GDFC	VET 50	00:42:25
18	20	Agostinho Figueiredo	AFR&F	VET 40	00:42:38
19	177	Miguel Santos	IND	VET 40	00:42:38
20	24	Nuno Guimarães	AFR&F	JUN	00:42:40
21	141	Rodrigo Silva	Topfit24	VET 40	00:42:51
22	101	Paulo Campos	IND	VET 40	00:42:52
23	176	Paulo Quintas	NAST	VET 50	00:44:47
24	14	Vítor Figueiredo	AFR&F	VET 50	00:44:53
25	42	Humberto Lopes	G. D. F. C	VET 50	00:45:34
26	41	Jorge castro	F.em Forma	VET 50	00:45:49
27	46	Bruno André Lopes	GDFCAMP	SEN	00:46:15
28	45	Fernando Vieira	GDFC	VET 50	00:46:15
29	136	Joaquim Silva	Team lante	VET 40	00:46:18
30	151	Emanuel Freitas	TLantemil	SEN	00:46:27
31	114	Nuno Machado	IND	SEN	00:47:10
32	76	Vergílio Veloso	Pontofinal	VET 50	00:47:31
33	15	Fernando Figueiredo	AFR&F	VET 50	00:48:12
34	63	Ricardo Marques Moreira	MSS	VET 40	00:48:29
35	156	Jorge Costa	EAT	VET 40	00:48:41
36	88	Serafim Ramos	IND	VET 50	00:49:07
37	82	Paulo Freitas Jorge	SCS	VET 50	00:49:16
38	84	Rui Santos	SPORTING F	VET 50	00:49:24
39	83	João Resende	SCS	VET 40	00:49:49
40	71	JOSE PEREIRA	PONTOFINAL	VET 50	00:50:12
41	140	Pedro Santos	TeamShark	VET 40	00:51:06
42	95	Rui Godinho	IND	VET 50	00:52:39
43	47	Emílio José Alberto Trigueira Gonçalves	GDFCAMPANI	VET 50	00:53:03
44	174	André Gomes	IND	SEN	00:53:41
45	167	Justino Pereira	Falcões	VET 50	00:53:48
46	92	David Nogueira	IND	VET 50	00:54:01
47	134	Arlindo Pereira	Team Shark	VET 50	00:54:04
48	158	Celso Araújo	AfipreTeam	VET 50	00:54:18
49	25	Artur Silva	All About	VET 50	00:54:20
50	124	Fernando Mendes	Team Shark	VET 50	00:54:31
51	72	Humberto Pinho	PSR	VET 50	00:54:44
52	85	Nuno José Borges de Pinho Monteiro	IND	VET 50	00:54:45
53	57	Daniel Reis	LUSOS XXI	SEN	00:54:46
54	19	João Carvalho	AFR&F	VET 40	00:55:59
55	164	Manuel Silva	IND	VET 50	00:56:00
56	74	Alexandre Ferreira	PontoFinal	VET 50	00:56:00
57	110	Bruno Filipe Cardoso Amorim	IND	SEN	00:56:01
58	111	João Miguel Gonçalves Martins	IND	SEN	00:58:16
59	79	Virgílio Oliveira	SCMoitense	VET 50	00:58:17
60	50	Fernando Andrade	Grupo Desp	VET 50	00:58:22
61	52	André Cunha	I-Run	VET 40	00:58:26
62	137	Carlos tadeia	MSScontabi	VET 50	00:59:07

63	163	Celestino da Silva	IND	VET 50	00:59:24
64	75	Joaquim Pinheiro	Pontofinal	VET 50	00:59:26
65	162	João Silva	IND	VET 50	00:59:26
66	33	José Ricardo	Boavista	VET 50	00:59:31
67	131	Renato Lourenço	Team Shark	SEN	00:59:33
68	135	Cândido Francisco G Silva	Team Shark	VET 50	01:01:44
69	116	RUI ALMEIDA	TEAM SHARK	VET 50	01:01:59
70	60	Nuno Sá	LsoFitness	VET 40	01:02:14
71	119	Paulo Areal	Team SHARK	VET 40	01:02:20
72	157	João Serdoura	Tribraga	VET 40	01:03:01
73	26	David Martins	All About	VET 40	01:03:02
74	103	José Bonifácio	IND	VET 40	01:03:10
75	96	Henrique Barros	IND	VET 50	01:03:11
76	31	Alberto Brandão	B F Runner	VET 40	01:03:47
77	64	Álvaro Silva	MSS-Contab	VET 50	01:04:27
78	56	Sérgio Costa	LUSOS XXI	VET 40	01:05:43
79	55	João Carvalho	LUSOS XXI	VET 40	01:05:43
80	78	Artur Fonseca	Ruptura	VET 40	01:06:03
81	152	FERNANDO LOPES	SRCEPANENC	VET 50	01:06:10
82	130	Nuno de Carvalho	Team Shark	SEN	01:07:07
83	54	António Oliveira	Invicta	VET 50	01:07:08
84	29	Ricardo Brandão	B F Runner	VET 40	01:07:18
85	49	José Carlos Castro Resse Lascasas	GONDOMARF	VET 50	01:09:03
86	48	Francisco Oliveira	GONDOMARF	VET 50	01:09:04
87	145	Nuno Silva	lobos mont	VET 40	01:10:59
88	62	Rui Machado	MSS	VET 50	01:15:13
89	129	Joel Filipe Patrão Carneiro	Team Shark	SEN	01:15:19
90	30	Ricardo B. Braga	B F Runner	VET 40	01:15:25
91	77	José Antonio freitas	Rolling av	VET 50	01:21:00

CLASSIFICAÇÕES POR ESCALÃO

SENIORES FEMININOS

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	147	Susana Azevedo	teamlantem	SEN	00:51:18
2	138	Ângela João	Team shark	SEN	00:53:59
3	144	Mônica Lopes	Vila verde	SEN	00:54:55
4	108	Joana Isabel Lage Monteiro	IND	SEN	01:04:30
5	132	Márcia Pinto	Team Shark	SEN	01:10:57

VETERANOS F40

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	154	Gabriela Pelicano	EAT	VET 40	00:58:51
2	139	Diana Cancela	TeamShark	VET 40	00:59:44

3	118	LURDES FERREIRA	TeamShark	VET 40	01:01:43
4	125	Susana Tavares	Team Shark	VET 40	01:02:46
5	128	Claudia Lopes	Team Shark	VET 40	01:03:00
6	102	Sandra Aguiar	IND	VET 40	01:04:29
7	58	Manuela Silva	Lobos Mont	VET 40	01:10:59
8	104	Sónia Guimarães	IND	VET 40	01:11:19

VETERANOS F50

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	65	Rosa Pinto	NPCAD	VET 50	00:48:34
2	51	Paula Andrade	Grupo Desp	VET 50	00:54:05
3	98	Alice Miranda	IND	VET 50	00:59:26
4	28	Maria Rosa Barros Costa	B F Runner	VET 50	01:03:47
5	91	ISABEL ARAÚJO	IND	VET 50	01:07:28
6	123	Madalena	Team Shark	VET 50	01:11:21
7	117	EMILIA TEIXEIRA	TEAM SHARK	VET 50	01:23:47

JUNIORES MASCULINOS

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	24	Nuno Guimarães	AFR&F	JUN	00:42:40

SENIORES MASCULINOS

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	22	João Figueiredo	AFR&F	SEN	00:32:57
2	10	Rúben Veloso	ACDAV	SEN	00:33:06
3	149	Tiago Freitas	SCB	SEN	00:35:32
4	23	Rafael Fernandes	AFR&F	SEN	00:39:14
5	12	Pedro ricardo faria souza	ADRAVELEDA	SEN	00:39:21
6	21	Paulo Leça	AFR&F	SEN	00:40:39
7	46	Bruno André Lopes	GDFCAMP	SEN	00:46:15
8	151	Emanuel Freitas	TLantemil	SEN	00:46:27
9	114	Nuno Machado	IND	SEN	00:47:10
10	174	André Gomes	IND	SEN	00:53:41
11	57	Daniel Reis	LUSOS XXI	SEN	00:54:46
12	110	Bruno Filipe Cardoso Amorim	IND	SEN	00:56:01
13	111	João Miguel Gonçalves Martins	IND	SEN	00:58:16
14	131	Renato Lourenço	Team Shark	SEN	00:59:33
15	130	Nuno de Carvalho	Team Shark	SEN	01:07:07
16	129	Joel Filipe Patrão Carneiro	Team Shark	SEN	01:15:19

VETERANOS M40

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	34	Joaquim Lopes	CAAT	VET 40	00:38:33
2	70	Nuno Guimaraes	Olimpico V	VET 40	00:39:41
3	150	Adelino José Pereira	IND	VET 40	00:39:59
4	38	Paulo Jesus	DRGN	VET 40	00:40:49
5	35	Nuno Lemos	CAF-FR	VET 40	00:40:53
6	168	Manuel Soares	IND	VET 40	00:42:05
7	43	Alberto Silva	G.D.F.C.	VET 40	00:42:24
8	20	Agostinho Figueiredo	AFR&F	VET 40	00:42:38
9	177	Miguel Santos	IND	VET 40	00:42:38
10	141	Rodrigo Silva	Topfit24	VET 40	00:42:51
11	101	Paulo Campos	IND	VET 40	00:42:52
12	136	Joaquim Silva	Team lante	VET 40	00:46:18
13	63	Ricardo Marques Moreira	MSS	VET 40	00:48:29
14	156	Jorge Costa	EAT	VET 40	00:48:41
15	83	João Resende	SCS	VET 40	00:49:49
16	140	Pedro Santos	TeamShark	VET 40	00:51:06
17	19	João Carvalho	AFR&F	VET 40	00:55:59
18	52	André Cunha	I-Run	VET 40	00:58:26
19	60	Nuno Sá	LsoFitness	VET 40	01:02:14
20	119	Paulo Areal	Team SHARK	VET 40	01:02:20
21	157	João Serdoura	Tribraga	VET 40	01:03:01
22	26	David Martins	All About	VET 40	01:03:02
23	103	José Bonifácio	IND	VET 40	01:03:10
24	31	Alberto Brandão	B F Runner	VET 40	01:03:47
25	56	Sérgio Costa	LUSOS XXI	VET 40	01:05:43
26	55	João Carvalho	LUSOS XXI	VET 40	01:05:43
27	78	Artur Fonseca	Ruptura	VET 40	01:06:03
28	29	Ricardo Brandão	B F Runner	VET 40	01:07:18
29	145	Nuno Silva	lobos mont	VET 40	01:10:59
30	30	Ricardo B. Braga	B F Runner	VET 40	01:15:25

VETERANOS M50

Posicao	Dorsal	Nome	Clube	Escalão	Marca
1	13	Joaquim Figueiredo	CDSSC	VET 50	00:38:30
2	66	Jorge Luz	NPCAD	VET 50	00:41:00
3	16	Manuel Figueiredo	AFR&F	VET 50	00:42:05
4	44	Joaquim Oliveira	GDFC	VET 50	00:42:25
5	176	Paulo Quintas	NAST	VET 50	00:44:47
6	14	Vítor Figueiredo	AFR&F	VET 50	00:44:53
7	42	Humberto Lopes	G. D. F. C	VET 50	00:45:34
8	41	Jorge castro	F.em Forma	VET 50	00:45:49
9	45	Fernando Vieira	GDFC	VET 50	00:46:15
10	76	Vergílio Veloso	Pontofinal	VET 50	00:47:31

11	15	Fernando Figueiredo	AFR&F	VET 50	00:48:12
12	88	Serafim Ramos	IND	VET 50	00:49:07
13	82	Paulo Freitas Jorge	SCS	VET 50	00:49:16
14	84	Rui Santos	SPORTING F	VET 50	00:49:24
15	71	JOSE PEREIRA	PONTOFINAL	VET 50	00:50:12
16	95	Rui Godinho	IND	VET 50	00:52:39
17	47	Emílio José Alberto Trigueira Gonçalves	GDFCAMPANI	VET 50	00:53:03
18	167	Justino Pereira	Falcões	VET 50	00:53:48
19	92	David Nogueira	IND	VET 50	00:54:01
20	134	Arlindo Pereira	Team Shark	VET 50	00:54:04
21	158	Celso Araújo	AfipreTeam	VET 50	00:54:18
22	25	Artur Silva	All About	VET 50	00:54:20
23	124	Fernando Mendes	Team Shark	VET 50	00:54:31
24	72	Humberto Pinho	PSR	VET 50	00:54:44
25	85	Nuno José Borges de Pinho Monteiro	IND	VET 50	00:54:45
26	164	Manuel Silva	IND	VET 50	00:56:00
27	74	Alexandre Ferreira	PontoFinal	VET 50	00:56:00
28	79	Virgílio Oliveira	SCMoitense	VET 50	00:58:17
29	50	Fernando Andrade	Grupo Desp	VET 50	00:58:22
30	137	Carlos tadeia	MSScontabi	VET 50	00:59:07
31	163	Celestino da Silva	IND	VET 50	00:59:24
32	75	Joaquim Pinheiro	Pontofinal	VET 50	00:59:26
33	162	João Silva	IND	VET 50	00:59:26
34	33	José Ricardo	Boavista	VET 50	00:59:31
35	135	Cândido Francisco G Silva	Team Shark	VET 50	01:01:44
36	116	RUI ALMEIDA	TEAM SHARK	VET 50	01:01:59
37	96	Henrique Barros	IND	VET 50	01:03:11
38	64	Álvaro Silva	MSS-Contab	VET 50	01:04:27
39	152	FERNANDO LOPES	SRCEPANENC	VET 50	01:06:10
40	54	António Oliveira	Invicta	VET 50	01:07:08
41	49	José Carlos Castro Resse Lascasas	GONDOMARF	VET 50	01:09:03
42	48	Francisco Oliveira	GONDOMARF	VET 50	01:09:04
43	62	Rui Machado	MSS	VET 50	01:15:13
44	77	José Antonio freitas	Rolling av	VET 50	01:21:00

GERAL COLETIVA

Posicao	Equipa	Pontos
1	Team Shark	108
2	Ass Figueiredo's Runner's & Friends	98
3	G.D.F.C.	54