



# 13º Grande Prémio de Atletismo "Bernardino Machado"

FPA COMPETIÇÕES

VN Famalicão - 09/06/2024

10km - Femininos | SUB-20 a MASTER - F | Dia 1

## Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Ana Marinho	2003	SUB-23		C D S SALVADOR CAMPO	0:37:45
2	Marlene Santos		M 40		ADActive	0:38:28
3	Sílvia Pereira	1979	M 45		TEAM EL COMANDANTE	0:40:50
4	Helena Machado	1985	M 35		C R CANDOSO	0:43:07
5	Élia Oliveira		M 50		Individual	0:43:52
6	Luisa Oliveira		M 50		Novos Rumo	0:44:24
7	Anabela Silva	1975	M 45		E A ROSA OLIVEIRA	0:45:45
8	Rosa Oliveira	1966	M 55		E A ROSA OLIVEIRA	0:45:52
9	Isabel		M 40		Individual	0:46:28
10	Fátima Oliveira		M 50		Novos Rumo	0:47:09
11	Susana Alves	1992	SEN		DRAGONCLUB	0:47:12
12	Catarina Borges	2003	SUB-23		DRAGONCLUB	0:47:24
13	Micaela Martins		M 40		E A ROSA OLIVEIRA	0:47:52
14	Bernadete Faria		M 50		Individual	0:48:17
15	Filipa		SEN		Individual	0:48:44
16	Márcia Conceição		M 45		Individual	0:49:23
17	Cristina Oliveira	1980	M 40		365 RUNNING PROJECT	0:49:27
18	Angélica Rocha	1983	M 40		DRAGONCLUB	0:50:09
19	Ana Lírio		SEN		Individual	0:50:50
20	Isabel Oliveira		M 40		Blinha	0:50:53
21	Cristina Madureira		M 45		Individual	0:53:01
22	Catarina de Quina Rodrigues		M 35		Individual	0:53:04
23	Eliana Faria		SEN		Individual	0:53:08
24	Célia Costa		M 50		FamaForma	0:53:32
25	Soraia Pereira		SEN		Individual	0:53:33
25	Carmo Mesquita		M 60		FamaForma	0:53:33
27	Carla Ferreira		M 40		A TEATRO CONSTRUÇÃO	0:53:40
28	Carla Monteiro		M 35		Individual	0:53:48
29	Nilda Magalhães		M 55		Individual	0:53:52
30	Helena Fernandes		M 40		Individual	0:54:08
31	Paula Silva		M 45		Individual	0:54:09
32	Marcela Fernandes		M 40		Individual	0:54:21
33	Isabel Ribeiro		M 35		ARCVSC	0:54:22
34	Carolina Folegatti		M 40		Individual	0:54:24
35	Inês Sousa		SEN		MilesVibes	0:54:36
36	Emília Santos		M 50		ETB-SME	0:54:42
37	Cândida Pinheiro		M 50		FamaForma	0:54:49
38	Manuela Rocha		M 35		Tsunami	0:55:01
39	Isabel Fernandes		M 50		ARCVSC	0:55:17
40	Virgínia Santos		M 35		FamaForma	0:55:38
41	MARIA ELISA MOREIRA BORGES CRUZ		M 55		PTTIAGOB	0:55:41
42	Isabel Silva		M 40		Individual	0:55:44
43	Ana Lima		M 40		Individual	0:55:58
44	Vitória Gil		SEN		Individual	0:56:24
45	Élia Oliveira		M 50		Individual	0:56:32
46	Natália Silva		M 45		FamaForma	0:56:33
47	Margarida Pinto		M 50		ARPO	0:56:46
48	Jéssica Martins Pinto		SEN		Individual	0:56:52
49	Maria do Céu Silva		M 50		drgn	0:56:56
50	Sofia Oliveira		M 40		Team Lante	0:57:48
51	Marisa Gouveia		M 40		Bota&Siga	0:58:12
52	Ana Oliveira		M 35		ADActive	0:59:01
52	Maria Araújo		M 35		FamaForma	0:59:01
54	Ana Medeiros		SEN		Brandinhos	0:59:02



FEDERAÇÃO  
PORTUGUESA  
ATLETISMO



100 ANOS  
1921 - 2021

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
55	Carla Sofia Ribeiro Campos		SEN		Individual	0:59:08
56	Ludivine Reydellet		SEN		Individual	0:59:25
57	Linda Cunha		SEN		Individual	0:59:35
58	Carla Coutinho		SEN		Individual	0:59:42
59	Ana Miguel Afonso		SEN		Individual	1:00:14
60	Elsa Costa		M 45		Individual	1:00:43
61	Marcia Teixeira		M 45		Individual	1:00:44
62	Fernanda Lírio		M 50		Individual	1:00:48
63	Beatriz Mendes		SEN		As100Ju	1:00:49
64	Maria Rocha		M 45		Individual	1:00:58
65	Carla Sampaio		M 45		TSUNAMI	1:01:07
66	Claudia Henriques		M 35		Individual	1:01:34
66	Vânia Silva		M 35		MoutadosT	1:01:34
68	Sara Faria		SEN		Individual	1:01:55
69	Vanessa Dinis		SEN		Individual	1:01:57
70	Ana Ferreira		M 45		Individual	1:02:17
71	Eva Koukou		SUB-23		Individual	1:02:36
72	Ana Azevedo		M 35		Individual	1:02:48
73	Andreia Costa		SEN		Individual	1:03:25
74	Fátima Carvalho		M 50		Individual	1:03:38
75	Celeste Fonseca		M 45		FamaForma	1:03:39
76	Laura Garde		SUB-23		Individual	1:04:05
77	Ana Cristina Vieira		SUB-18		Individual	1:04:09
78	Sílvia Oliveira		M 45		Individual	1:04:14
79	Murielle Etheve		SEN		Individual	1:04:41
80	Cátia Pereira	1991	SEN		LIBERDADE F C	1:04:50
81	Diana Moura		M 45		Individual	1:05:01
82	Alexandra Teixeira		M 45		Individual	1:05:17
83	Patrícia		M 45		Individual	1:05:26
84	Gisela Santos		M 45		Individual	1:05:55
85	Sara Mendes		SEN		Individual	1:05:59
86	Cristiana Sofia Cunha da Costa		SEN		Individual	1:07:24
86	Paula Reis		SEN		Individual	1:07:24
86	Bruna Freitas		SEN		Pautinhas	1:07:24
89	Arminda Sampaio		M 55		Pautinhas	1:07:26
90	Ana Marques		M 35		Individual	1:07:36
91	Mathilde Bernardo		SUB-23		Individual	1:07:40
92	Olympe Bailly		SUB-23		Individual	1:07:41
93	Matilde Dubois		SUB-23		Individual	1:07:42
94	Marine Jaubert		SUB-23		Individual	1:07:43
95	Paula Silva		M 45		ContaKM	1:07:48
96	Bárbara Ferreira		SUB-20		ARCVSC	1:09:49
97	Rosa Faria		M 40		ARCVSC	1:09:50
98	Rute		SEN		Individual	1:10:08
99	Sara Silva		SEN		Individual	1:10:11
100	Maria Silva		M 65		Individual	1:10:57
101	Maria Fernandes		M 50		Individual	1:11:46
102	Marta Pereira		SEN		Individual	1:11:49
103	Ana Matos		M 35		Individual	1:11:54
104	Andreia Granjo		SEN		As100Ju	1:13:33
105	Suellen de Jesus		M 35		Individual	1:13:34
106	Maria Araújo		M 60		Individual	1:13:46
107	Susana Alves		M 40		Bota&Sigma	1:13:57
108	Aline D. Avila		M 35		ARCVSC	1:14:33
109	Ana Sá		SUB-18		Individual	1:16:50
110	Marisa Ribeiro		M 45		Só nós 2	1:16:53



## Série 1

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
1	Rui Fernandes	1997	SEN		E A ROSA OLIVEIRA	0:32:17
2	Miguel Vieira	1996	SEN		M JUVENTUDE MERELIM	0:32:39
3	Joaquim Figueiredo	1967	M 55		A FIGUEIREDO RUNNERS	0:33:03
4	Marco Santos	1988	M 35		365 RUNNING PROJECT	0:33:15
5	Domingos Manuel de lima Fernandes		M 55		INDIVIDUAL	0:34:06
6	Rui Pinto		M 45		Individual	0:35:07
7	Rui Oliveira	2002	SUB-23		GDR SANTA TECLA	0:35:16
8	Paulo Oliveira	2000	SEN		GDR SANTA TECLA	0:35:18
9	Rui Ramos	1977	M 45		E A ROSA OLIVEIRA	0:35:34
10	Pedro Oliveira	1983	M 40		365 RUNNING PROJECT	0:36:03
11	Sérgio Peixoto	1989	M 35		365 RUNNING PROJECT	0:36:04
12	Tiago D Silva	2002	SUB-23		E A ROSA OLIVEIRA	0:36:11
13	Filipe Fontes	1978	M 45		A C VALE S MARTINHO	0:36:19
14	Paulo Pereira	1975	M 45		DRAGONCLUB	0:36:45
15	André Silva		M 35		Individual	0:36:52
16	José Freitas	1977	M 45		E A ROSA OLIVEIRA	0:36:55
17	Gonçalo Costa	2006	SUB-20		ASS PAPA LÉGUAS	0:37:26
18	Nuno Costa	1993	SEN		MINHO LIMA TRAIL	0:37:47
19	João Azevedo	2005	SUB-20		S L BENFICA	0:37:48
20	Jorge Pereira		SEN		ADActive	0:38:28
21	Agostinho Rodrigues	1964	M 60		A.MONT/ESCOLA DO RIO	0:38:32
22	Miguel Silva		M 40		Individual	0:38:46
23	MARCOS OLINDINO		M 35		ARCVSC	0:39:02
24	Liborio Vilela		M 45		TSUNAMI	0:39:10
25	Ricardo Costa		M 35		Individual	0:39:21
26	Vítor Coelho		M 50		LANTEMIL	0:39:22
27	Belmiro Rodrigues		M 60		COIMBROES	0:39:25
28	Paulo Gomes		M 35		ADActive	0:39:27
29	Diogo		SEN		Individual	0:39:44
30	Miguel Roriz		M 45		Individual	0:39:46
31	Paulo Macedo		M 50		Individual	0:39:50
32	Bruno Pereira	1982	M 40		E A ROSA OLIVEIRA	0:40:03
33	Adelino Fernandes	1964	M 55		Individual	0:40:17
34	Fernando Maia		M 45		BLASQEM	0:40:21
35	Bruno Aguiar		M 35		ADActive	0:40:27
36	Vítor Figueiredo	1962	M 60		A FIGUEIREDO RUNNERS	0:40:33
37	Diogo Barros		M 45		Individual	0:40:37
38	Amaro Barbosa		M 35		Team Sinde	0:40:47
39	Sebastião Pinto	1975	M 45		QUEBRARITMO RUN	0:40:49
40	Hélder Silva		M 40		Individual	0:40:51
41	José Dinis		M 35		MoutadosT	0:41:00
41	José Barquero		M 45		GAVIÕES	0:41:00
43	Augusto Araújo		M 50		ADActive	0:41:03
44	Guilherme António Torres Coelho		M 35		A. r. Area	0:41:17
45	Hélio Machado		M 40		MoutadosT	0:41:34
46	Bruno Martins		M 35		Individual	0:41:42
47	Andre Araujo		SEN		Individual	0:41:47
48	Henrique Paredes		M 60		E A ROSA OLIVEIRA	0:42:00
49	Carlos Silva	1976	M 45		ASS MOINHO VERMOIM	0:42:06
50	Martinho Correia		M 45		Individual	0:42:12
51	Humberto Neves		M 45		Individual	0:42:17
52	Joaquim Dinis	1969	M 55		OS SANTA APOLÓNIA	0:42:18
53	José Costa		M 45		ARPO	0:42:20
54	Flávio Gomes		M 45		Individual	0:42:22
55	Arlindo Barros		M 40		GAVIÕES	0:42:25
56	Pedro Catarino		M 35		DRAGONCLUB	0:42:28
57	Filipe Coelho	1976	M 45		E A ROSA OLIVEIRA	0:42:46



Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
58	José Fernandes		M 50		Individual	0:42:47
59	José Dias	1961	M 60		Individual	0:42:51
60	LUIS MARTINS		M 60		OS FLECHIN	0:43:02
61	José Luís Freitas		M 50		AD PEDOME	0:43:10
62	Rui Azevedo	1971	M 50		DESNÍVEL POSITIVO	0:43:12
63	Ricardo Oliveira	1977	M 45		LIBERDADE F C	0:43:13
64	Márcio Sá	1986	M 35		QUEBRARITMO RUN	0:43:14
64	Joaquim Coelho	1964	M 60		E A ROSA OLIVEIRA	0:43:14
66	José Azevedo		M 45		Tsunami	0:43:15
67	Gil		M 45		Individual	0:43:16
67	Fernando Dinis		M 45		Individual	0:43:16
69	Sérgio Sousa		M 40		Individual	0:43:17
69	Helder Ferreira		M 45		E A ROSA OLIVEIRA	0:43:17
71	João Ribeiro		SEN		Individual	0:43:21
72	Rui Martins	1977	M 45		E A ROSA OLIVEIRA	0:43:23
73	Joel Cunha		M 40		E A ROSA OLIVEIRA	0:43:24
74	Paulo		SEN		Individual	0:43:25
74	José Machado		M 45		Individual	0:43:25
76	José Azevedo	1967	M 55		Individual	0:43:32
77	José Rodrigues		M 50		Individual	0:43:41
78	Jorge Beliago	1996	SEN		E ATLETISMO TROFA	0:43:45
79	Sérgio Alves		M 40		Individual	0:43:46
80	António Oliveira		M 50		Individual	0:43:52
81	Luís Fonseca	1985	M 35		Individual	0:43:55
81	Manuel Carvalho		M 60		BLASQEM	0:43:55
83	Rui Sousa		M 40		Individual	0:44:00
84	Cheritat Geoffray		SUB-23		Individual	0:44:02
85	Pedro Gomes		SEN		Individual	0:44:03
85	João Costa		SEN		Turbulento	0:44:03
87	Rui		SEN		Individual	0:44:08
88	Paulo Fernandes		M 50		Individual	0:44:10
89	Joaquim Barbosa		M 55		Individual	0:44:11
90	João Lopes		SEN		Individual	0:44:12
90	João Portela		SEN		Individual	0:44:12
92	Jairo Lourenço		M 35		Individual	0:44:22
93	Nuno Marinho		M 40		Individual	0:44:23
94	Francisco Morais		M 45		ADActive	0:44:30
95	Pedro Silva		M 35		Individual	0:44:31
95	Paulo Cunha		M 50		GAVIÕES	0:44:31
97	André Martins	1977	M 45		MONT BLUE TEAM	0:44:32
98	Jorge Daniel Azevedo Silva		SEN		Individual	0:44:33
99	Arthur Renouf		SEN		Individual	0:44:35
100	Severino Ribeiro	1962	M 60		Individual	0:44:38
101	JOAQUIM JORGE CASTRO DA SILVA		M 50		POTES OURO	0:44:42
102	Eduardo Barbosa		M 45		Individual	0:44:57
103	Diogo Costa		SEN		Individual	0:44:58
104	José Reis	1962	M 60		JUVENTUDE MOZELENSE	0:45:00
105	Jesus Campos		M 40		MoutadosT	0:45:06
106	Alvarino Sampaio		M 45		Individual	0:45:15
106	Rogério Moreira		M 45		QUEBRARITMO RUN	0:45:15
108	Francisco Azevedo		M 50		Individual	0:45:19
109	André Vieira Castro	1976	M 45		365 RUNNING PROJECT	0:45:20
110	Manuel Antunes		SEN		Individual	0:45:21
111	Micael Guimarães		M 45		Individual	0:45:22
111	Adelino faria		M 55		Individual	0:45:22
113	PAULO ARAÚJO		M 50		ARC Vale S	0:45:30
114	Francisco Silva	1983	M 40		ASS MOINHO VERMOIM	0:45:31
115	Daniel Marinho		M 45		GAVIÕES	0:45:33
116	Roberto Magalhães		M 45		ARCVSC	0:45:43
117	Maximino Lopes	1973	M 50		C R CANDOSO	0:45:45

Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
118	Porfírio Lírio		M 55		Individual	0:45:54
119	Leandro Ferreira		M 40		ARCVSC	0:46:07
120	Colin		SUB-23		Individual	0:46:10
121	Pedro Marques		M 45		FC Landim	0:46:11
122	Joaquim Ferreira	1963	M 60		ASS CULT VERMOIM	0:46:13
123	Fernando Sousa		M 65		Individual	0:46:15
124	Octávio Oliveira		M 45		Individual	0:46:21
125	Paulo Dias		SEN		Individual	0:46:27
126	Pedro Lima		M 50		Individual	0:46:36
127	Diogo Pereira		SEN		Individual	0:46:44
128	Vítor Costa	1973	M 50		ASS CULT VERMOIM	0:46:47
129	Marco Martins		SEN		Individual	0:46:59
130	Vergílio Veloso		M 50		PontoFinal	0:47:01
131	Rui Torres		M 35		Individual	0:47:04
132	Carlos Ferreira		M 50		Potes Ouro	0:47:06
133	Miguel Oliveira		M 40		Team Lante	0:47:08
134	António Manuel Coelho Pimenta		SEN		A.R.S	0:47:09
135	Jorge Andrade		M 50		FamaForma	0:47:11
136	Sérgio Pereira		M 35		Dragon Clu	0:47:12
137	Adolfo Ferreira		M 55		Individual	0:47:15
138	Manuel Carvalho		M 55		Individual	0:47:18
139	Pedro Silva		M 35		Individual	0:47:19
140	Assis Azevedo		M 65		Individual	0:47:20
141	Bruno Amorim		SEN		Individual	0:47:21
142	Pedro Couto		SUB-18		Individual	0:47:23
142	Vítor Silva		M 40		PRORIVER	0:47:23
142	Andre Veloso		M 35		Individual	0:47:23
145	António Borges		M 55		Individual	0:47:24
145	Ilídio Oliveira		M 35		Individual	0:47:24
147	JOSÉ BORGES		M 55		PTTIAGOB	0:47:29
148	Miguel Marinho	1964	M 60		E A ROSA OLIVEIRA	0:47:30
149	Marco Rocha		M 50		Individual	0:47:33
149	Marco Ferreira		M 35		FamaGeneve	0:47:33
151	André Soares		M 35		NSCPvNF	0:47:34
152	Nuno Silva		M 35		Individual	0:47:37
153	Vitor mendes		M 45		MINHOAV	0:47:42
154	Ricardo Oliveira		M 40		Individual	0:47:50
155	Alexandre Simões	1979	M 45		E A ROSA OLIVEIRA	0:47:54
155	José Campos		M 45		ARCVSC	0:47:54
157	Pedro Dinis		M 45		Individual	0:48:00
158	Bruno Costa		M 45		Potes Ouro	0:48:03
158	Marco Pereira		M 50		Potes Ouro	0:48:03
160	Jorge Costa		M 55		Individual	0:48:05
161	José Barbosa		M 65		FamaForma	0:48:13
162	Miguel Machado	1975	M 45		LIBERDADE F C	0:48:16
163	José Martins		M 55		Individual	0:48:18
163	Milton Cabral	1976	M 45		LIBERDADE F C	0:48:18
165	Pedro Voga		M 45		Individual	0:48:19
166	Carlos Osório		M 60		Fam Geneve	0:48:20
167	Sérgio Pereira		M 40		Individual	0:48:24
168	Valdemar Carvalho		M 55		DIABOS	0:48:26
169	Sérgio carvalho		M 45		SERLACA TE	0:48:27
170	Simão Couto		M 45		Individual	0:48:32
171	Joao Araujo		SEN		Individual	0:48:34
172	Sérgio Araujo		M 45		Individual	0:48:38
173	Ricardo Meira		M 45		Individual	0:48:39
174	Manuel Figueiredo	1965	M 55		A FIGUEIREDO RUNNERS	0:48:42
175	João Carvalho	1980	M 40		A FIGUEIREDO RUNNERS	0:48:43
176	Pedro Guedes		M 35		Individual	0:48:44
177	Paulo Santos		M 50		Individual	0:48:45



Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
178	José Pereira		M 55		PontoFinal	0:48:50
179	Alexandre Coelho		M 40		Individual	0:48:52
180	Paulo Carneiro		M 50		Individual	0:48:55
181	Abilio Faria		M 55		ADActive	0:48:57
182	Paulo Jesus	1976	M 45		DRAGONCLUB	0:49:00
183	Bruno Silva		M 35		F C Landim	0:49:08
184	Artur Ferreira		M 50		Individual	0:49:13
185	Rogério Pereira		M 40		Individual	0:49:21
186	Joel Abreu		M 35		Bota&Siga	0:49:26
186	Bruno Esteves	1981	M 40		365 RUNNING PROJECT	0:49:26
188	Manuel Silva		M 55		GAVIÕES	0:49:30
189	Paulo Jorge Marques		M 55		PontoFinal	0:49:31
190	Hugo Machado		M 40		Individual	0:49:33
191	Júlio Oliveira		M 60		Individual	0:49:35
192	José Costa	1966	M 55		ASS CULT VERMOIM	0:49:36
193	Luís Queirós		M 35		ADActive	0:49:52
193	Francisco Moreira		SEN		Individual	0:49:52
195	Pedro Martins		M 50		Individual	0:49:56
196	Jorge Oliveira		SEN		Individual	0:49:58
197	Luís Gonçalves		M 50		NSCPUNF	0:49:59
198	Antenor Costa		M 55		MoutadosT	0:50:00
199	Hélder Ribeiro		M 35		Individual	0:50:01
200	Paulo Marinho		M 45		FamaForma	0:50:02
201	José Santos		M 35		Individual	0:50:07
201	André Barbosa		SEN		Individual	0:50:07
203	Artur Neves		M 50		Individual	0:50:12
204	Tiago Manuel Torres da Costa Araújo		SEN		Individual	0:50:16
205	Hélder Catarino		M 40		Individual	0:50:20
206	Fernando Rocha		M 50		Individual	0:50:22
207	João		SEN		Individual	0:50:28
207	Miguel		SEN		Individual	0:50:28
209	João Almeida		M 45		E A ROSA OLIVEIRA	0:50:36
210	Fábio Silva		SEN		Individual	0:50:38
211	Carlos Machado		M 55		A TEATRO CONSTRUÇÃO	0:50:46
211	Rui Machado		SEN		Individual	0:50:46
213	Hugo Peixoto	1986	M 35		CB RUN	0:50:49
214	Narciso Oliveira	1957	M 65		A TEATRO CONSTRUÇÃO	0:50:56
214	Jorge		M 50		PotesOuro	0:50:56
214	Gilberto Augusto Sampaio Moreira		M 40		Individual	0:50:56
217	Ivo		SEN		Individual	0:50:58
217	Nuno Silva		M 35		Individual	0:50:58
219	Rogério Fontes		SEN		Individual	0:51:00
220	Pedro Oliveira		SEN		Individual	0:51:03
221	Rui Campos		M 45		Individual	0:51:06
222	Vasco		M 40		CB RUN	0:51:13
223	Marco Correia		SEN		Individual	0:51:16
224	José Ribeiro		SEN		Individual	0:51:18
225	Paulo Gonçalves		M 50		Individual	0:51:25
226	José Manuel Pereira		M 50		Individual	0:51:29
227	Ricardo Machado		M 45		Individual	0:51:33
228	Domingos Silva		M 55		Individual	0:51:35
229	Jorge Costa		M 60		Individual	0:51:36
230	Helder Gomes		M 35		Individual	0:51:38
231	José Faria		M 45		Individual	0:51:40
232	Carlos Martins		SEN		Individual	0:51:45
232	Carlos Costa		M 55		FamaForma	0:51:45
234	MANUEL FRAGA		M 45		POTES OURO	0:51:47
235	Diogo Ribeiro Rocha		SEN		Individual	0:51:50
236	Armindo Lopes		M 55		ARCVSC	0:51:57
237	Daniel Costa		M 40		Individual	0:52:01



Posição	Nome	Ano	Escalao	Nac	Clube	Marca
238	Adriano Pinto	1951	M 70		MILLENIUM BCP	0:52:05
239	Fernando Ribeiro		M 45		Individual	0:52:11
240	Rui		SEN		Individual	0:52:12
241	Vasco Ricardo		M 40		GAVIÕES	0:52:13
241	Bruno Carneiro		M 40		MoutadosT	0:52:13
243	Ricardo ALves		M 35		PERILHAL	0:52:14
244	Simão Fernandes		SEN		Individual	0:52:15
245	Henrique Martins		M 35		Individual	0:52:20
246	Avelino Pereira		M 55		Bota&Siga	0:52:39
247	Diogo Moreira		SEN		Individual	0:52:40
247	Pedro Carvalho		M 35		Bota&Siga	0:52:40
249	Paulo Pinto		M 50		Individual	0:52:45
250	António Rodrigues		M 65		FamaForma	0:52:47
251	Adelino Fernandes		M 45		Individual	0:52:49
251	Carlos Lopes		M 40		Individual	0:52:49
253	Nuno Ramos		M 45		ADActive	0:52:50
253	Pedro		SEN		Individual	0:52:50
255	Pedro Daniel Carvalho Da Fonseca Vilas Boas		SEN		Individual	0:52:56
256	João Cruz		M 50		Individual	0:53:03
257	Renato Ferreira		M 45		Individual	0:53:15
258	António Manuel Domingues Fonseca		M 50		Dragon Clu	0:53:21
259	João Silva	1957	M 65		Individual	0:53:22
260	João Sá		M 40		ADESMERIZ	0:53:24
261	Pedro Pereira		SEN		Individual	0:53:25
262	Romário Pinho		M 35		ADEPE	0:53:32
263	José Cunha		SEN		CFVA Trofa	0:53:34
264	Francisco Carvalho		M 50		Individual	0:53:39
264	Rui Silva		M 40		Individual	0:53:39
266	José Silva		M 35		ADESMERIZ	0:53:40
267	Xavier Oliveira		M 50		A TEATRO CONSTRUÇÃO	0:53:44
268	Tiago Machado	2008	SUB-18		A C VALE S MARTINHO	0:53:50
269	Pedro Miguel Costa Faria		SUB-23		Individual	0:53:51
270	Nuno Martins		M 45		Individual	0:53:52
271	Delfim maria lima Monteiro		M 60		Individual	0:53:59
272	Vítor Lourenço		M 40		Potes Ouro	0:54:02
273	Armindo Manuel Lopes Fernandes		M 55		Individual	0:54:05
274	José Faria		M 50		FamaForma	0:54:17
274	Vasco Mota		SEN		Brandinhos	0:54:17
276	Virgílio Oliveira		M 60		Individual	0:54:32
277	António Lima		M 45		Individual	0:54:34
278	António Ribeiro		M 45		Individual	0:54:37
279	Miguel Santos		M 45		ETB-SME	0:54:42
280	Paulo Santos		M 45		Individual	0:54:47
280	Carlos Barros		M 45		Individual	0:54:47
282	Alfredo Machado		M 55		FamaForma	0:54:50
283	Machado		M 40		Tsunami	0:55:03
284	Daniel Costa		M 40		Individual	0:55:21
285	João Ferreira		M 40		Individual	0:55:22
286	Carlos Gomes		M 40		Individual	0:55:24
287	Hélder Araújo		M 40		FamaForma	0:55:40
288	Ricardo Carneiro		M 35		Individual	0:55:45
289	Carlos Pontes		M 55		GAVIÕES	0:55:50
289	José Oliveira		M 50		GAVIÕES	0:55:50
289	Manuel Granja		M 55		GAVIÕES	0:55:50
289	Augusto Lima		M 50		GAVIÕES	0:55:50
293	Hugo Neves		M 45		Individual	0:55:51
293	joaquim pinheiro		M 50		PontoFinal	0:55:51
295	André Pinheiro		M 40		Individual	0:55:53
296	José Couto		SEN		Individual	0:55:55
297	Liaoning		M 50		Individual	0:55:56



Posição	Nome	Ano	Escalao	Nac	Clube	Marca
298	Rui Martins		M 40		Individual	0:55:59
299	Pedro Rodrigues		SEN		Individual	0:56:18
300	Pedro Lima		SUB-18		Individual	0:56:20
301	André Carvalho		M 35		Individual	0:56:28
302	Armando Oliveira		M 50		Individual	0:56:33
303	Bruno Guimarães		M 45		Individual	0:56:38
304	Domingos Cardoso	1958	M 65		TEAM EL COMANDANTE	0:56:41
305	Rafael Soares		SEN		Brandinhos	0:56:46
305	Carlos		M 60		ARPO	0:56:46
305	Luis Sá		M 40		Individual	0:56:46
308	Ricardo Gonçalves		M 35		Individual	0:56:47
309	JOSÉ MANUEL TEIXEIRA DO AMARAL		M 65		Individual	0:56:51
310	Aaron Balensi		SEN		Individual	0:57:52
311	FERNANDO CAMACHO		M 60		Individual	0:57:55
312	Jorge Vale		M 60		FamaRuners	0:58:08
313	Rui Gomes		M 40		Bota&Siga	0:58:11
314	Paulo Gomes		M 45		Bota&Siga	0:58:12
315	MIGUEL DUARTE		M 45		Individual	0:58:35
316	Miguel Dias		SEN		ITRunners	0:58:41
317	Armando silva		SEN		Individual	0:58:42
317	Mário Dias		M 60		FamaForma	0:58:42
317	José Meira		M 65		FamaForma	0:58:42
320	Ricardo Carvalho		M 45		FamaForma	0:58:59
321	Ricardo Mendes		M 40		ADActive	0:59:01
321	Albano Alexandre Pontes		M 45		Individual	0:59:01
323	João Pedro Salgueiro		SUB-20		Individual	0:59:02
323	Pedro VilasBoas		M 35		Individual	0:59:02
325	José Ribeiro		M 65		SPORTING	0:59:25
326	Ricardo Correia		M 40		FamaForma	0:59:36
327	Diogo Fernandes		SEN		Individual	1:00:15
328	Carlos Correia		M 55		Individual	1:00:17
329	Carlos silva		SEN		Individual	1:00:27
330	Alexandre Oliveira		M 50		Individual	1:00:47
331	Clemente Meireles		M 55		Individual	1:01:02
332	José Matos		M 45		Individual	1:01:04
333	Herculano Cardoso		M 55		Individual	1:01:19
333	Cláudio Costa		M 50		Individual	1:01:19
335	António Vieira		M 60		FamaForma	1:02:14
336	David Silva		SEN		Individual	1:02:21
337	Vítor oliveira		M 45		Individual	1:02:50
338	José Barbosa		M 50		Individual	1:03:26
339	Luis Monteiro		M 50		Individual	1:03:47
340	Rafael Ferreira		SEN		Brandinhos	1:04:02
341	Manuel Almeida		M 55		OS SANTA APOLÓNIA	1:04:08
342	Fernando Luís		M 40		Individual	1:04:25
343	Rui Vilaça		M 35		Individual	1:04:28
343	Hugo Sá		M 35		Individual	1:04:28
345	Pedro Costa	1976	M 45		LIBERDADE F C	1:05:54
346	Jose		M 60		Pautinhas	1:06:20
347	Humberto Lima		M 55		Individual	1:07:00
348	Filipe Couto		M 50		Individual	1:07:03
349	Albino Ferreira		M 60		Individual	1:07:24
350	José Eduardo		SEN		Pautinhas	1:07:26
351	Miguel Sousa		M 35		Individual	1:07:37
352	José Costa		M 45		Individual	1:07:41
352	Léna DOMBROWSKI		SUB-23		Individual	1:07:41
354	Helder Sousa		M 45		Individual	1:07:46
355	Marco Nunes		SEN		Brandinhos	1:07:58
355	Diego Alves		SEN		Brandinhos	1:07:58
355	Vitor Cruz		SEN		Brandinhos	1:07:58





Posicao	Nome	Ano	Escalao	Nac	Clube	Marca
358	Ricardo Filipe Silva Costa		SUB-23		Individual	1:08:16
359	José Miguel Araújo		SEN		Individual	1:10:11
360	Pedro Costa		SUB-20		Bota&Siga	1:13:57
361	Benjamim Costa		M 45		Individual	1:14:33
362	Hugo Martins		SUB-18		Individual	1:16:51
363	Paulo Martins		M 45		Só nós 2	1:16:53

## Coletiva Geral

Posicao	Clube	Pontos		
1	EAROS	48.0	23.0	30.0
2	365 RP	37.0		26.0
3	GDRST	25.0		19.0
4	ACVSM	24.0		4.0
5	ADActive	18.0	15.0	
6	AFR F	16.0		14.0
7	PLF	16.0		
8	MJM	15.0		15.0
9	SLB	15.0		
10	ARCVSC	14.0		
11	DRGN	10.0	11.0	3.0
12	CDSSC	8.0	16.0	



FEDERAÇÃO  
PORTUGUESA  
ATLETISMO



ANOS  
1921 - 2021

## Estatística Clubes

Sigla	Associação	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
365 RP	Braga	5	1	6	5	1	6
ACVERM	Braga	3	0	3	3	0	3
ACVSM	Braga	2	0	2	2	0	2
ADOSA	Braga	1	0	1	1	0	1
AFR F	Braga	4	0	4	4	0	4
AMLT	Viana do Castelo	1	0	1	1	0	1
AMONT	Braga	1	0	1	1	0	1
AMVE	Braga	2	0	2	2	0	2
ATC	Braga	1	0	1	1	0	1
BCP	Lisboa	1	0	1	1	0	1
CBRUN	Braga	1	0	1	1	0	1
CDSSC	Porto	0	1	1	0	1	1
CRCANDO	Braga	1	1	2	1	1	2
DP-VC	Viana do Castelo	1	0	1	1	0	1
DRGN	Braga	2	3	5	2	3	5
EAROS	Braga	10	2	12	10	2	12
EAT	Porto	1	0	1	1	0	1
ELCT	Braga	1	1	2	1	1	2
GDRST	Braga	2	0	2	2	0	2
IND	None	6	0	6	6	0	6
JAM	Aveiro	1	0	1	1	0	1
LFC-F	Braga	4	1	5	4	1	5
MBT-B	Braga	1	0	1	1	0	1
MJM	Braga	1	0	1	1	0	1
PLF	Braga	1	0	1	1	0	1
QRITMO	Braga	2	0	2	2	0	2
SLB	Lisboa	1	0	1	1	0	1
_NaoFederado		-	-	405	-	-	406
_Total		57	10	472	57	10	473



## Estatística Escalão

Escalão	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
SUB-18	1	0	1	1	0	1
SUB-20	2	0	2	2	0	2
SUB-23	2	2	4	2	2	4
SEN	5	2	7	5	2	7
M 35	5	1	6	5	1	6
M 40	5	2	7	5	2	7
M 45	16	2	18	16	2	18
M 50	3	0	3	3	0	3
M 55	6	1	7	6	1	7
M 60	8	0	8	8	0	8
M 65	3	0	3	3	0	3
M 70	1	0	1	1	0	1
_NaoFederado	-	-	405	-	-	406

