



# CORRIDA SÃO SILVESTRE DE TÁBUA

**VIVEMOS DESPORTO**

CLASSIFICAÇÃO GERAL ABSOLUTA - 6 KMS

POS	NUM	NOME	EQUIPA	CATEGORIA	TEMPO	DIF.
1	18	Carlos NUNES	Casa do Povo de Mangualde	Senior /Masc	19:16.0	
2	70	Romeu GOUVEIA	Escaravelhos Team - C.M.Mouronho	Junior / Masc	19:39.8	00:23.9
3	384	Luis REIS	Escaravelhos Team - C.M.Mouronho	Veterano M36	19:48.9	00:09.0
4	19	Fábio ABRANTES	União Clube Eirense	Senior /Masc	20:01.6	00:12.7
5	121	Orlando PIRES	ARSM - Associação Recreativa de S. Miguel	Veterano M46	20:39.1	00:37.5
6	143	Tiago CORREIA	Maratona Clube Vila Chã - Seia	Senior /Masc	20:47.5	00:08.4
7	145	José SILVA	Maratona Clube Vila Chã - Seia	Veterano M36	20:53.7	00:06.1
8	47	Emanuel CORREIA	Escola Atletismo de Coimbra	Senior /Masc	20:56.8	00:03.1
9	41	Nuno SILVA	Clube de Atletismo Amigos de Belém	Senior /Masc	20:59.3	00:02.6
10	329	José JESUS	Formobike	Veterano M46	21:05.4	00:06.1
11	57	Fábio MARQUES	União Clube Eirense	Senior /Masc	21:06.0	00:00.6
12	62	João PATRICIO	Escaravelhos Team - C.M.Mouronho	Senior /Masc	21:06.7	00:00.7
13	20	Nuno SILVA	Gira Sol	Veterano M36	21:14.4	00:07.7
14	378	David ALVES	Escaravelhos Team - C.M.Mouronho	Senior /Masc	21:27.7	00:13.3
15	127	Carlos RIBEIRO	Tondela Runners	Veterano M36	21:35.4	00:07.7
16	305	Fernando CHAVES	Sport Viseu e Benfica	Veterano M56	21:39.7	00:04.3
17	360	Leandro ROSAS	Clube Desportivo Penacova	Junior / Masc	21:44.1	00:04.4
18	146	Jacinto CORREIA	Maratona Clube Vila Chã - Seia	Veterano M46	21:52.6	00:08.4
19	22	João ALVES	OFFLINE runners	Senior /Masc	21:59.7	00:07.2
20	278	Vitor CARDOSO	CluVe - C. A. de Veteranos de Coimbra	Veterano M36	22:06.3	00:06.5
21	155	Leonel MENDES	Ginásio Municipal de Tábua	Senior /Masc	22:15.0	00:08.7
22	331	José MADEIRA	CAOH – C. Atl. de Oliveira do Hospital	Senior /Masc	22:22.9	00:07.9
23	49	João CUNHA	Individual	Senior /Masc	22:25.0	00:02.1
24	306	Cláudio QUEIROGA	Dínamo Clube da Estação	Veterano M46	22:53.9	00:28.9
25	244	Pedro TAVARES	Tondela Runners	Veterano M36	23:11.7	00:17.8
26	393	José GARCIA	Maratona Clube Vila Chã - Seia	Senior /Masc	23:18.8	00:07.1
27	64	Fernando SANTOS	Escaravelhos Team - C.M.Mouronho	Junior / Masc	23:19.5	00:00.7
28	67	Marco CRUZ	Escaravelhos Team - C.M.Mouronho	Senior /Masc	23:21.2	00:01.7
29	110	Gabriel SILVA	Individual	Veterano M36	23:26.5	00:05.3
30	17	Zé PINTO	Escaravelhos Team - C.M.Mouronho	Veterano M36	23:28.2	00:01.6
31	398	Andreia SILVA	Gira Sol	Senior / Fem	23:31.7	00:03.5
32	60	David GOUVEIA	Escaravelhos Team - C.M.Mouronho	Senior /Masc	23:39.1	00:07.4
33	51	António DIAS	Maratona Clube Vila Chã - Seia	Veterano M56	23:46.9	00:07.8
34	299	Vítor FRANCISCO	Gira Sol	Senior /Masc	23:49.1	00:02.2
35	313	Carla CABRAL	Individual	Veterana	23:54.2	00:05.2
36	303	Luis MONTEIRO	Clube Novo Banco	Veterano M36	24:05.4	00:11.2
37	205	Jorge RODRIGUES	Ginásio Municipal de Tábua	Senior /Masc	24:21.3	00:15.9
38	122	António SILVA	ARSM - Associação Recreativa de S. Miguel	Veterano M56	24:28.9	00:07.5
39	402	Micael ALVES	Individual	Senior /Masc	24:36.9	00:08.1
40	279	Carlos RIBEIRO	CluVe - C. A. de Veteranos de Coimbra	Veterano M46	24:37.4	00:00.5
41	118	Mário MONTEIRO	OS GALGOS	Veterano M36	24:43.4	00:05.9
42	183	Filipe LOPES	Ginásio Municipal de Tábua	Veterano M36	24:43.7	00:00.4
43	147	António BORGES	Maratona Clube Vila Chã - Seia	Veterano M56	24:46.3	00:02.5
44	327	Julio DUARTE	Ginásio Municipal de Tábua	Veterano M36	24:50.2	00:03.9
45	74	Miguel ALVES	Escaravelhos Team - C.M.Mouronho	Junior / Masc	24:54.6	00:04.4
46	21	Pedro SILVA	Gira Sol	Veterano M36	25:01.5	00:06.9
47	292	Francisco AMARAL	Gestosa Runners	Veterano M46	25:03.8	00:02.3
48	42	João ALMEIDA	OFFLINE runners	Senior /Masc	25:05.5	00:01.6
49	396	Pedro RITO	Individual	Senior /Masc	25:07.8	00:02.4
50	156	Rui VAZ	Ginásio Municipal de Tábua	Veterano M36	25:11.3	00:03.5



**26 DEZEMBRO  
2015**

**VIVEMOS DESPORTO**



# CORRIDA SÃO SILVESTRE DE TÁBUA

**VIVEMOS DESPORTO**

CLASSIFICAÇÃO GERAL ABSOLUTA - 6 KMS

POS	NUM	NOME	EQUIPA	CATEGORIA	TEMPO	DIF.
51	112	João CUNHA	Individual	Senior /Masc	25:18.3	00:07.0
52	250	Rui PINTO	Ginásio Municipal de Tábua	Veterano M46	25:23.0	00:04.7
53	78	José NUNES	Escaravelhos Team - C.M.Mouronho	Senior /Masc	25:26.1	00:03.1
54	288	Jorge MARQUES	Super Minions	Veterano M36	25:34.6	00:08.5
55	5	Pedro SALGUEIRO	CBI RUNNERS	Veterano M36	25:42.9	00:08.4
56	131	Célia MATIAS	Tondela Runners	Veterana	25:47.7	00:04.8
57	258	Joel RODRIGUES	Herbalife	Senior /Masc	25:54.7	00:07.0
58	257	Luís RODRIGUES	Herbalife	Senior /Masc	26:01.1	00:06.4
59	296	António GONÇALVES	Individual	Veterano M36	26:04.4	00:03.3
60	71	Leonardo SOUSA	Escaravelhos Team - C.M.Mouronho	Junior / Masc	26:09.6	00:05.1
61	401	Carlo ALVES	Individual	Veterano M46	26:10.2	00:00.6
62	154	Hugo CRUZ	Ginásio Municipal de Tábua	Senior /Masc	26:14.6	00:04.4
63	375	Leonardo BRITO	Escaravelhos Team - C.M.Mouronho	Junior / Masc	26:16.1	00:01.5
64	160	Bruno GONÇALVES	Ginásio Municipal de Tábua	Senior /Masc	26:16.6	00:00.5
65	294	Fernando ANDRADE	Ginásio Municipal de Tábua	Veterano M46	26:20.4	00:03.8
66	281	Vitor GOMES	CluVe - C. A. de Veteranos de Coimbra	Veterano M46	26:20.6	00:00.2
67	297	Adérito CURTO	Gira Sol	Veterano M46	26:24.7	00:04.1
68	26	Jorge AMARAL	OFFLINE runners	Veterano M36	26:25.6	00:00.9
69	202	Ramiro PAIS	Individual	Veterano M46	26:28.9	00:03.3
70	362	Celia ALVES	Clube Desportivo Penacova	Veterana	26:31.5	00:02.6
71	212	Fábio CAETANO	Escaravelhos Team - C.M.Mouronho	Senior /Masc	26:40.6	00:09.1
72	48	António CUNHA	Individual	Junior / Masc	26:45.9	00:05.2
73	25	António NEVES	OFFLINE runners	Junior / Masc	26:48.8	00:03.0
74	113	Victor DOURADO	Individual	Veterano M36	26:51.0	00:02.2
75	52	Helder LOPES	Maratona Clube Vila Chã - Seia	Veterano M36	26:53.6	00:02.6
76	130	Paulo SILVA	Tondela Runners	Veterano M36	27:02.1	00:08.5
77	120	Valter MARQUES	Individual	Veterano M36	27:13.9	00:11.8
78	29	Luís PINTO	OFFLINE runners	Senior /Masc	27:20.0	00:06.0
79	1	Ricardo CRUZ	Ginásio Municipal de Tábua	Veterano M36	27:22.4	00:02.4
80	286	Antonio ANTUNES	Escaravelhos Team - C.M.Mouronho	Veterano M36	27:23.3	00:00.9
81	302	Celso TRINDADE	Individual	Senior /Masc	27:24.8	00:01.5
82	3	Luis LAIRES	CBI RUNNERS	Veterano M36	27:25.7	00:00.9
83	34	Fernando SOUSA	OFFLINE runners	Senior /Masc	27:31.8	00:06.1
84	328	Claudio MATOS	Ginásio Municipal de Tábua	Veterano M36	27:42.8	00:11.0
85	301	Gustavo RIBEIRO	Herbalife	Senior /Masc	27:43.7	00:00.9
86	43	Luís RIBEIRO	OFFLINE runners	Senior /Masc	27:48.3	00:04.7
87	162	Carina FERREIRA	Ginásio Municipal de Tábua	Veterana	28:03.7	00:15.3
88	152	Andre SILVA	Ginásio Municipal de Tábua	Senior /Masc	28:12.1	00:08.4
89	284	Mário SANTOS	Ginásio Municipal de Tábua	Veterano M46	28:14.0	00:02.0
90	403	Manuel MONTEIRO	Escaravelhos Team - C.M.Mouronho	Veterano M36	28:29.8	00:15.8
91	298	Odeta CRUZ	Gira Sol	Veterana	28:34.2	00:04.4
92	233	Pedro ALMEIDA	Escaravelhos Team - C.M.Mouronho	Senior /Masc	28:39.3	00:05.1
93	172	Daniel RODRIGUES	Ginásio Municipal de Tábua	Senior /Masc	28:45.0	00:05.8
94	33	Fábio ANTUNES	OFFLINE runners	Senior /Masc	28:52.7	00:07.6
95	198	João ABRANTES	Comissão Melhoramentos Percelada	Senior /Masc	28:55.6	00:02.9
96	151	Rodrigo OLIVEIRA	Individual	Senior /Masc	28:57.9	00:02.3
97	181	Vasco FIGUEIREDO	Ginásio Municipal de Tábua	Veterano M36	28:58.7	00:00.9
98	387	Rogério ESTEVES	Escaravelhos Team - C.M.Mouronho	Veterano M46	28:59.9	00:01.1
99	27	Joaquim OLIVEIRA	OFFLINE runners	Veterano M36	29:01.2	00:01.4
100	128	Flávio FERREIRA	Tondela Runners	Veterano M46	29:07.8	00:06.5



**26 DEZEMBRO  
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**VIVEMOS DESPORTO**



# CORRIDA SÃO SILVESTRE DE TÁBUA

VIVEMOS DESPORTO

CLASSIFICAÇÃO GERAL ABSOLUTA - 6 KMS

POS	NUM	NOME	EQUIPA	CATEGORIA	TEMPO	DIF.
101	237	Luís PEREIRA	Individual	Veterano M36	29:14.8	00:07.1
102	239	João CABRAL	Individual	Senior /Masc	29:21.9	00:07.0
103	182	Nuno MARTINHO	Ginásio Municipal de Tábua	Veterano M36	29:21.9	00:00.1
104	238	Renato TIAGO	Individual	Veterano M36	29:31.6	00:09.7
105	282	Afonso MACEDO	CluVe - C. A. de Veteranos de Coimbra	Veterano M56	29:33.3	00:01.7
106	58	Armando DELGADO	Casa do Benfica da Figueira da Foz	Veterano M56	29:35.4	00:02.0
107	79	Fábio BRÁS	Escaravelhos Team - C.M.Mouronho	Senior /Masc	29:41.3	00:06.0
108	265	Renato DIAS	Herbalife	Senior /Masc	29:41.7	00:00.4
109	12	Hugo VICENTE	GD Vasco da Gama de Candosa	Veterano M36	29:47.3	00:05.6
110	262	Dário SIMÕES	Herbalife	Senior /Masc	29:51.8	00:04.5
111	245	Dina MOTA	Tondela Runners	Veterana	29:54.4	00:02.6
112	76	Fábio BARBOSA	Escaravelhos Team - C.M.Mouronho	Junior / Masc	30:01.1	00:06.8
113	117	António C.MONTEIRO	OS GALGOS	Veterano M56	30:06.4	00:05.2
114	204	José CORREIA	Ginásio Municipal de Tábua	Veterano M36	30:09.3	00:02.9
115	149	Isaías PERALTA	Maratona Clube Vila Chã - Seia	Veterano M56	30:10.6	00:01.3
116	30	Duarte ANTUNES	OFFLINE runners	Senior /Masc	30:12.3	00:01.8
117	55	Rute LOPES	União Clube Eirense	Senior / Fem	30:26.5	00:14.2
118	68	Carlos MARTINS	Escaravelhos Team - C.M.Mouronho	Senior /Masc	30:40.8	00:14.3
119	61	Carlos RODRIGUES	Escaravelhos Team - C.M.Mouronho	Senior /Masc	30:41.0	00:00.2
120	291	Davide BORGES	Gestosa Runners	Veterano M36	30:54.0	00:13.0
121	397	Bruno SANTOS	Individual	Senior /Masc	30:55.1	00:01.0
122	50	Ricardo OLIVEIRA	Individual	Veterano M36	30:55.9	00:00.8
123	272	Mafalda FRIAS	Sempre a 30	Veterana	31:08.2	00:12.3
124	273	Miguel MATOS	Sempre a 30	Veterano M36	31:09.7	00:01.5
125	310	David ALVES	Escaravelhos Team - C.M.Mouronho	Senior /Masc	31:12.2	00:02.5
126	124	José MOURA	Individual	Veterano M46	31:13.1	00:00.9
127	116	LOURO	Individual	Senior /Masc	31:24.2	00:11.1
128	321	Margarida PEGADO	U. F. de Covas e V. N. de Oliveirinha	Senior / Fem	31:29.8	00:05.7
129	325	Sara MARTINS	CluVe - C. A. de Veteranos de Coimbra	Veterana	31:38.9	00:09.1
130	46	António PINTO	OFFLINE runners	Senior /Masc	31:40.1	00:01.2
131	218	João SANTOS	Escaravelhos Team - C.M.Mouronho	Veterano M36	31:42.7	00:02.6
132	45	Diogo RIBEIRO	OFFLINE runners	Senior /Masc	31:44.5	00:01.8
133	10	Jose MARTINHO	CBI RUNNERS	Veterano M36	31:52.9	00:08.4
134	290	Anabela CORREIA	Tondela Runners	Veterana	32:05.3	00:12.3
135	209	Ricardo SOUSA	Escaravelhos Team - C.M.Mouronho	Senior /Masc	32:16.2	00:10.9
136	165	Vitor SIMOES	Ginásio Municipal de Tábua	Veterano M56	32:24.1	00:07.9
137	241	João FERNANDES	Individual	Senior /Masc	32:26.0	00:01.9
138	126	Carlos TEIXEIRA	Tondela Runners	Veterano M56	32:32.7	00:06.7
139	125	Sergio TEIXEIRA	Tondela Runners	Senior /Masc	32:32.8	00:00.1
140	311	Marianela FIGUEIREDO	Individual	Veterana	32:53.9	00:21.1
141	39	Júlio POCINHO	Escaravelhos Team - C.M.Mouronho	Veterano M36	33:18.3	00:24.5
142	280	Teresa MENDES	CluVe - C. A. de Veteranos de Coimbra	Veterana	33:22.1	00:03.7
143	267	Rui ABRANTES	Herbalife	Veterano M36	33:23.3	00:01.2
144	148	José CAETANO	Maratona Clube Vila Chã - Seia	Veterano M56	33:31.0	00:07.7
145	132	Maria GOMES	Tondela Runners	Veterana	33:31.5	00:00.6
146	133	Juliana REBELO	Tondela Runners	Senior / Fem	33:31.5	00:00.0
147	180	Anabela FIGUEIREDO	Ginásio Municipal de Tábua	Veterana	33:41.4	00:09.9
148	326	Helena FERREIRA	Individual	Veterana	33:45.1	00:03.7
149	337	Teresa AMARO	CAOH – C. Atl. de Oliveira do Hospital	Veterana	33:52.7	00:07.6
150	92	Daniela MATEUS	Escaravelhos Team - C.M.Mouronho	Junior / Fem	33:54.3	00:01.6



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2015

VIVEMOS DESPORTO



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VIVEMOS DESPORTO

CLASSIFICAÇÃO GERAL ABSOLUTA - 6 KMS

POS	NUM	NOME	EQUIPA	CATEGORIA	TEMPO	DIF.
151	330	Rui GONÇALVES	CAOH – C. Atl. de Oliveira do Hospital	Veterano M36	33:59.5	00:05.1
152	7	Rui FONTES	CBI RUNNERS	Veterano M36	34:03.8	00:04.3
153	275	Ana CALÇARÃO	Las Runners	Senior / Fem	34:05.3	00:01.5
154	276	Elisa MORAIS	Las Runners	Veterana	34:17.2	00:11.9
155	404	Carlos ROCHA	Individual	Veterano M46	34:17.5	00:00.3
156	269	José MARQUES	Herbalife	Senior /Masc	34:41.8	00:24.3
157	31	André FIGUEIREDO	OFFLINE runners	Senior /Masc	34:43.2	00:01.4
158	263	Rafael COSTA	Herbalife	Senior /Masc	34:57.5	00:14.2
159	173	Jose OLIVEIRA	Ginásio Municipal de Tábua	Veterano M36	35:07.0	00:09.5
160	11	Bárbara SANTOS	Individual	Senior / Fem	35:15.2	00:08.2
161	6	Jorge FERREIRA	CBI RUNNERS	Veterano M36	35:24.4	00:09.2
162	2	Vasco BATISTA	CBI RUNNERS	Veterano M36	35:24.7	00:00.3
163	200	Cármén RIBEIRO	Physio Girls	Senior / Fem	35:32.1	00:07.4
164	274	Luis MARTINS	Tondela Runners	Senior /Masc	35:34.3	00:02.3
165	248	Miguel ABRANTES	Ginásio Municipal de Tábua	Senior /Masc	35:40.1	00:05.8
166	227	Luís FERNANDES	Escaravelhos Team - C.M.Mouronho	Veterano M46	35:43.7	00:03.6
167	228	Sofia FERNANDES	Escaravelhos Team - C.M.Mouronho	Veterana	35:43.8	00:00.1
168	323	António OLIVEIRA	Individual	Veterano M36	35:47.3	00:03.5
169	177	Ana BORGES	Ginásio Municipal de Tábua	Veterana	35:49.6	00:02.4
170	232	Carina FERREIRA	Escaravelhos Team - C.M.Mouronho	Senior / Fem	35:51.5	00:01.9
171	377	Vanessa ALMEIDA	Escaravelhos Team - C.M.Mouronho	Junior / Fem	35:51.6	00:00.1
172	201	Ana CAMPOS	Physio Girls	Senior / Fem	35:56.1	00:04.5
173	344	Ana SILVA	CAOH – C. Atl. de Oliveira do Hospital	Junior / Fem	35:59.1	00:03.0
174	105	Ricardo AMARAL	Mouro a Correr	Senior /Masc	36:02.5	00:03.4
175	106	Tânia COSTA	Mouro a Correr	Senior / Fem	36:02.7	00:00.2
176	59	Melissa GAMA	Escaravelhos Team - C.M.Mouronho	Senior / Fem	36:07.9	00:05.2
177	176	Carla OLIVEIRA	Ginásio Municipal de Tábua	Senior / Fem	36:15.5	00:07.6
178	199	Rafaela SOUSA	Physio Girls	Senior / Fem	36:22.0	00:06.5
179	75	Diogo NOVAIS	Escaravelhos Team - C.M.Mouronho	Senior /Masc	36:23.4	00:01.4
180	80	Silvia DIAS	Escaravelhos Team - C.M.Mouronho	Senior / Fem	36:23.4	00:00.0
181	153	Sandra SEMEDO	Ginásio Municipal de Tábua	Veterana	36:44.1	00:20.7
182	175	Maria SILVA	Ginásio Municipal de Tábua	Veterana	36:50.9	00:06.8
183	101	Joao MARQUES	Escaravelhos Team - C.M.Mouronho	Veterano M36	36:59.7	00:08.8
184	159	Renata SANTOS	Ginásio Municipal de Tábua	Veterana	37:03.1	00:03.4
185	383	Marco ABREU	Escaravelhos Team - C.M.Mouronho	Veterano M36	37:09.6	00:06.4
186	109	Carlos VALE	Individual	Veterano M36	37:23.9	00:14.4
187	164	Sara SANTOS	Ginásio Municipal de Tábua	Senior / Fem	37:33.9	00:10.0
188	376	Carina NOVAIS	Escaravelhos Team - C.M.Mouronho	Junior / Fem	37:38.0	00:04.1
189	107	Paulo ELISEU	Individual	Veterano M46	37:44.5	00:06.5
190	390	Alice RIBEIRO	Escaravelhos Team - C.M.Mouronho	Veterana	38:27.7	00:43.2
191	405	António JESUS	Individual	Veterano M56	38:30.7	00:03.0
192	246	Tiago LAMEIRAS	Ginásio Municipal de Tábua	Senior /Masc	38:43.2	00:12.6
193	168	Gonçalo COSTA	Ginásio Municipal de Tábua	Senior /Masc	38:46.1	00:02.9
194	28	Marco ANTUNES	OFFLINE runners	Senior /Masc	39:00.0	00:13.8
195	266	Francisco PEREIRA	Herbalife	Senior /Masc	39:00.7	00:00.7
196	406	Daniela MIRANDA	Herbalife	Senior / Fem	39:00.8	00:00.2
197	197	Sofia RODRIGUES	Comissão Melhoramentos Percelada	Junior / Fem	39:25.9	00:25.1
198	13	Joana BRITO	Like N'Elas	Senior / Fem	40:46.1	01:20.3
199	322	Paulo CARVALHO	U. F. de Covas e V. N. de Oliveirinha	Veterano M36	41:14.6	00:28.5
200	386	Antonio SANTOS	Escaravelhos Team - C.M.Mouronho	Veterano M46	41:21.6	00:06.9



26 DEZEMBRO  
2015

VIVEMOS DESPORTO



# CORRIDA SÃO SILVESTRE DE TÁBUA

VIVEMOS DESPORTO

CLASSIFICAÇÃO GERAL ABSOLUTA - 6 KMS

POS	NUM	NOME	EQUIPA	CATEGORIA	TEMPO	DIF.
201	16	Ana MARTINHO	Like N'Elas	Veterana	41:22.2	00:00.6
202	14	Natália SOARES	Like N'Elas	Veterana	41:22.7	00:00.5
203	100	Antonio ESTEVES	Escaravelhos Team - C.M.Mouronho	Veterano M46	41:23.9	00:01.2
204	374	Daniela BATISTA	Escaravelhos Team - C.M.Mouronho	Junior / Fem	41:59.0	00:35.0
205	170	Susana SERRANO	Ginásio Municipal de Tábua	Veterana	43:24.9	01:26.0
206	295	Manuel SILVA	Ginásio Municipal de Tábua	Veterano M46	43:38.6	00:13.6
207	247	Patricia LAMEIRAS	Ginásio Municipal de Tábua	Senior / Fem	44:22.2	00:43.6
208	392	Maria SANTOS	Escaravelhos Team - C.M.Mouronho	Veterana	44:22.6	00:00.5
209	380	Sara GOUVEIA	Escaravelhos Team - C.M.Mouronho	Senior / Fem	44:47.3	00:24.6
210	90	José NUNES	Escaravelhos Team - C.M.Mouronho	Veterano M36	44:52.2	00:04.9
211	254	Jimmy CORDEIRO	Herbalife	Senior / Masc	44:56.1	00:03.9
212	255	Vânia COSTA	Herbalife	Senior / Fem	44:57.1	00:01.0
213	379	Catarina VIEIRA	Escaravelhos Team - C.M.Mouronho	Senior / Fem	45:00.8	00:03.7
214	171	Ana FERNANDES	Ginásio Municipal de Tábua	Senior / Fem	45:00.8	00:00.1
215	56	Jorge LOPES	União Clube Eirense	Veterano M46	45:03.7	00:02.8
216	400	Catia FERNANDES	Ginásio Municipal de Tábua	Senior / Fem	46:41.2	01:37.6
217	163	Raquel BORGES	Ginásio Municipal de Tábua	Senior / Fem	46:42.2	00:00.9
218	208	Rui NUNES	Ginásio Municipal de Tábua	Veterano M36	46:42.6	00:00.4
219	179	Rui ALVES	Ginásio Municipal de Tábua	Veterano M36	46:43.5	00:00.9
220	249	Maria ALVES	Ginásio Municipal de Tábua	Veterana	46:43.8	00:00.3
221	268	Lena ABRANTES	Herbalife	Veterana	46:53.4	00:09.6
222	226	Joana NUNES	Escaravelhos Team - C.M.Mouronho	Junior / Fem	48:13.2	01:19.8
223	72	Anabela SANCHES	Escaravelhos Team - C.M.Mouronho	Veterana	48:48.5	00:35.3
224	77	Maria GOUVEIA	Escaravelhos Team - C.M.Mouronho	Veterana	49:30.6	00:42.2
225	69	Olga QUARESMA	Escaravelhos Team - C.M.Mouronho	Veterana	49:31.3	00:00.7
226	223	Maria BATISTA	Escaravelhos Team - C.M.Mouronho	Veterana	52:28.3	02:57.0
227	221	Ana SANTOS	Escaravelhos Team - C.M.Mouronho	Veterana	52:53.0	00:24.8
228	300	Luis OLIVEIRA	Individual	Veterano M36	57:02.3	04:09.3
229	252	Ana MARTINS	Escaravelhos Team - C.M.Mouronho	Senior / Fem	59:02.0	01:59.7
230	216	Andreia RODRIGUES	Escaravelhos Team - C.M.Mouronho	Senior / Fem	59:02.5	00:00.5
231	217	Joana GOUVEIA	Escaravelhos Team - C.M.Mouronho	Senior / Fem	59:03.0	00:00.5
232	89	Cláudia ABRANCHES	Escaravelhos Team - C.M.Mouronho	Senior / Fem	59:03.3	00:00.2



26 DEZEMBRO  
2015

VIVEMOS DESPORTO