



**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Corta-mato Curto**  
**3km - Sub-18 F | SUB-18 - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
415	Maria João Pimentel	CFOD	SUB-18	00:00:00:00
847	Lara Machado	UDV	SUB-18	00:00:00:00
850	Daniela Fernandes	UDV	SUB-18	00:00:00:00
843	Margarida Teixeira	UDV	SUB-18	00:00:00:00
842	Marta Teixeira	UDV	SUB-18	00:00:00:00
840	Bianca Dias	UDV	SUB-18	00:00:00:00
846	Cátia Seixas	UDV	SUB-18	00:00:00:00
568	Lara Santos	GDD	SUB-18	00:00:00:00
16	Mariana Saltão	ACDRSQ	SUB-18	00:00:00:00
17	Ana Luísa Silva	ACDRSQ	SUB-18	00:00:00:00
15	Branca Fernandes	ACDRSQ	SUB-18	00:00:00:00
480	Leonor Pereira	EAROS	SUB-18	00:00:00:00
481	Inês Almeida	EAROS	SUB-18	00:00:00:00
487	Maria Baltar	EAROS	SUB-18	00:00:00:00
777	Carolina Correia	SCP	SUB-18	00:00:00:00
788	Inês Lopes	SCP	SUB-18	00:00:00:00
786	Sofia Rocha	SCP	SUB-18	00:00:00:00
549	Nicole Alves	GDCRM	SUB-18	00:00:00:00
448	Michelle Elmer	CPPEA	SUB-18	00:00:00:00
446	Ema Simão	CPPEA	SUB-18	00:00:00:00
440	Isabel Luís	CPPEA	SUB-18	00:00:00:00
164	Beatriz Viegas	CAF-SCF	SUB-18	00:00:00:00
323	Leonor Pepe	CDFE	SUB-18	00:00:00:00
329	Ana Marques	CDFE	SUB-18	00:00:00:00
776	Joana Alves	SCP	SUB-18	00:00:00:00
606	Stela Fernandes	GS	SUB-18	00:00:00:00
775	Teresa Delfino	SCP	SUB-18	00:00:00:00
679	Francisca Sá	PCC	SUB-18	00:00:00:00
377	Joana Cardoso	CEN	SUB-18	00:00:00:00
743	Cármén Sá	RUNTEJO	SUB-18	00:00:00:00
73	Cátia Khvas	ADNO	SUB-18	00:00:00:00
637	Inês Sousa	LFC-F	SUB-18	00:00:00:00
638	Beatriz Faria	LFC-F	SUB-18	00:00:00:00
681	Carolina Diegues	PCC	SUB-18	00:00:00:00
685	Lara Duarte	PCC	SUB-18	00:00:00:00
686	Mariana Reis	PCC	SUB-18	00:00:00:00
838	Ana Costa	UDV	SUB-18	00:00:00:00
865	Margarida Pereira	UFCT	SUB-18	00:00:00:00
147	Carolina Pinguero	BARBARIS	SUB-18	00:00:00:00
265	Luisa Burguete	CBA-S	SUB-18	00:00:00:00
416	Victória Antunes	CFOD	SUB-18	00:00:00:00
779	Clara Barbosa	SCP	SUB-18	00:00:00:00
601	Beatriz Pequeno	GRECAS	SUB-18	00:00:00:00
845	Lara Costa	UDV	SUB-18	00:00:00:00
878	Beatriz Paula	VGAC	SUB-18	00:00:00:00
303	Rita Durão	CCRDA	SUB-18	00:00:00:00
412	Catarina Mourão	CFOD	SUB-18	00:00:00:00
413	Rita Gomes	CFOD	SUB-18	00:00:00:00

**Federados : 48**



**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Corta-mato Curto**  
**3km - Sub-18 M | SUB-18 - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
199	Francisco Martins	CATRP	SUB-18	00:00:00:00
507	Simão Domingues	GAUB	SUB-18	00:00:00:00
508	Dinis Fernandes	GAUB	SUB-18	00:00:00:00
92	Gabriel Figueiredo	AFR F	SUB-18	00:00:00:00
802	Santiago Marques	SCUT	SUB-18	00:00:00:00
764	Rafael Fragoso	SCE	SUB-18	00:00:00:00
836	Jorge Silva	UDV	SUB-18	00:00:00:00
839	Jorge Miranda	UDV	SUB-18	00:00:00:00
281	Gabriel Neto	CBF	SUB-18	00:00:00:00
278	Martim Martins	CBF	SUB-18	00:00:00:00
198	Filipe Prates	CATRP	SUB-18	00:00:00:00
291	Rafael Estêvão	CBTV	SUB-18	00:00:00:00
14	Diogo Bandarra	ACDRSQ	SUB-18	00:00:00:00
485	Gonçalo Rodrigues	EAROS	SUB-18	00:00:00:00
168	José Afonso	CAOB-A	SUB-18	00:00:00:00
171	Duarte Vilas Boas	CAOB-A	SUB-18	00:00:00:00
170	Tomás Ferreira	CAOB-A	SUB-18	00:00:00:00
169	Diogo Pacheco	CAOB-A	SUB-18	00:00:00:00
471	Dinis Silva	CRDP	SUB-18	00:00:00:00
186	Rodrigo Melo	CAS	SUB-18	00:00:00:00
334	Vicente Afonso	CDQ	SUB-18	00:00:00:00
774	Afonso Carvalho	SCP	SUB-18	00:00:00:00
782	Salvador Santos	SCP	SUB-18	00:00:00:00
791	Rodrigo Nunes	SCP	SUB-18	00:00:00:00
304	Afonso Silva	CCRDA	SUB-18	00:00:00:00
548	João Pedro Maltez	GDCRM	SUB-18	00:00:00:00
76	Afonso Oliveira	ADPALM	SUB-18	00:00:00:00
449	Vasco Costa Lopes	CPPEA	SUB-18	00:00:00:00
570	Tomás Costa	GDIB	SUB-18	00:00:00:00
571	Rafael Alves	GDIB	SUB-18	00:00:00:00
442	João Silva	CPPEA	SUB-18	00:00:00:00
872	Hélio Cortiglia	UFD	SUB-18	00:00:00:00
326	Daniel Cruz	CDFE	SUB-18	00:00:00:00
610	Manuel Dos Santos	GS	SUB-18	00:00:00:00
608	Gabriel Simões	GS	SUB-18	00:00:00:00
609	Rogério Cabrita	GS	SUB-18	00:00:00:00
607	Martim Cruz	GS	SUB-18	00:00:00:00
861	Tiago Homem	UFCT	SUB-18	00:00:00:00
864	Manuel Cruz	UFCT	SUB-18	00:00:00:00
270	Miguel Lopes	CBA-S	SUB-18	00:00:00:00
267	João Pedro Silva	CBA-S	SUB-18	00:00:00:00
271	Tiago Marques	CBA-S	SUB-18	00:00:00:00
819	João Rodrigues	SLB	SUB-18	00:00:00:00
773	André Ribeiro	SCP	SUB-18	00:00:00:00
687	Cristiano Marques	PCC	SUB-18	00:00:00:00
70	Santiago Agatão	ADNO	SUB-18	00:00:00:00
578	Afonso Marques	GDPAV	SUB-18	00:00:00:00
65	Francisco Azevedo	ADNO	SUB-18	00:00:00:00
376	Martim Pestana	CEN	SUB-18	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
742	Luca Robinson	RUNTEJO	SUB-18	00:00:00:00
457	Rodrigo Baptista	CPTSC	SUB-18	00:00:00:00
462	David Pinto	CPTSC	SUB-18	00:00:00:00
459	Bernardo Salgado	CPTSC	SUB-18	00:00:00:00
296	Gonçalo Almeida	CCDS	SUB-18	00:00:00:00
441	Diogo Pinto	CPPEA	SUB-18	00:00:00:00
636	Rodrigo Rouxinol	LFC-F	SUB-18	00:00:00:00
801	Afonso Duarte	SCUT	SUB-18	00:00:00:00
803	David Ferreira	SCUT	SUB-18	00:00:00:00
268	Afonso Costa	CBA-S	SUB-18	00:00:00:00
280	Duarte Jacinto	CBF	SUB-18	00:00:00:00
66	Guilherme Filipe	ADNO	SUB-18	00:00:00:00
445	Tiago Machado	CPPEA	SUB-18	00:00:00:00
71	Rafael Santos	ADNO	SUB-18	00:00:00:00
166	Rodrigo Silva	CAF-SCF	SUB-18	00:00:00:00
183	Tomás Rosário	CAS	SUB-18	00:00:00:00
187	Bruno Coelho	CAS	SUB-18	00:00:00:00
293	Simão Guerra	CBTV	SUB-18	00:00:00:00
327	Ricardo Alves	CDFE	SUB-18	00:00:00:00
572	Thiago Vieira	GDPVAV	SUB-18	00:00:00:00
577	Martim Prates	GDPVAV	SUB-18	00:00:00:00
767	Patrick Ribeiro	SCE	SUB-18	00:00:00:00
277	Afonso Paixão	CBF	SUB-18	00:00:00:00
804	Gabriel Agostinho	SCUT	SUB-18	00:00:00:00
841	Jorge Guimarães	UDV	SUB-18	00:00:00:00
866	João Ferreira	UFCT	SUB-18	00:00:00:00
378	Santiago Carvalho	CEN	SUB-18	00:00:00:00

**Federados : 76**



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**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Corta-mato Curto**  
**4km - Sub-20 e Seniores | SUB-20 a MASTER - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
466	Catarina Rodrigues	CRAL	SUB-20	00:00:00:00
545	Vanessa Da Silva	GDCRM	MASTER	00:00:00:00
505	Daniela Cordeiro	GAUB	SEN	00:00:00:00
467	Matilde Padrão	CRAL	SUB-20	00:00:00:00
848	Diana Fernandes	UDV	SUB-20	00:00:00:00
832	Raquel Sampaio	UDV	SUB-23	00:00:00:00
849	Lara Sampaio	UDV	SUB-20	00:00:00:00
833	Helena Alves	UDV	SEN	00:00:00:00
42	Amélia Vitorino	ACRS	SEN	00:00:00:00
710	Joana Ferreira	RDA	SEN	00:00:00:00
705	Joana Nunes	RDA	MASTER	00:00:00:00
706	Sara Carvalho	RDA	MASTER	00:00:00:00
369	Diana Sousa	CDSSC	SEN	00:00:00:00
372	Ana Marinho	CDSSC	SUB-23	00:00:00:00
371	Mónica F Silva	CDSSC	SEN	00:00:00:00
11	Raquel Caires	AAC	SUB-23	00:00:00:00
634	Tânia Silva	LFC-F	MASTER	00:00:00:00
676	Mafalda Assis	PCC	SUB-23	00:00:00:00
683	Ana Oliveira	PCC	SUB-23	00:00:00:00
172	Joana Gomes	CAOV	SEN	00:00:00:00
125	Lara Costa	ARAC	SUB-20	00:00:00:00
780	Luna Neves	SCP	SUB-20	00:00:00:00
778	Margarida Barão	SCP	SUB-20	00:00:00:00
790	Beatriz Azevedo	SCP	SUB-20	00:00:00:00
781	Rita Figueiredo	SCP	SUB-23	00:00:00:00
196	Mariana Torres	CATRP	SEN	00:00:00:00
83	Sara Inácio	ADRAP	SEN	00:00:00:00
762	Beatriz Fernandes	SCB	SUB-23	00:00:00:00
758	Lia Lemos	SCB	SUB-23	00:00:00:00
748	Jéssica Augusto	SCB	MASTER	00:00:00:00
621	Maria Bernardo	IND	SEN	00:00:00:00
437	Sofia Martins	CPPEA	SUB-20	00:00:00:00
447	Mariana Santos	CPPEA	SUB-23	00:00:00:00
443	Catarina Carmo	CPPEA	SEN	00:00:00:00
444	Carolina Seleiro	CPPEA	SUB-20	00:00:00:00
438	Ana Rita Pires	CPPEA	SUB-20	00:00:00:00
133	Daniela Assunção	ATLB	SUB-20	00:00:00:00
414	Anita Alves	CFOD	SUB-23	00:00:00:00
322	Margarida Oliveira	CDFE	SUB-20	00:00:00:00
319	Joana Santos	CDFE	SUB-23	00:00:00:00
52	Carina Ferreira	ADCCJC	SUB-20	00:00:00:00
857	Ana Catarina Carrelo	UFCT	SEN	00:00:00:00
854	Maria José Pinto	UFCT	MASTER	00:00:00:00
611	Vera Simões	GS	SUB-23	00:00:00:00
478	Ana Silva	CVSP	SEN	00:00:00:00
566	Beatriz Pardal	GDD	SUB-20	00:00:00:00
266	Magda Aleixo	CBA-S	SUB-20	00:00:00:00
262	Ana Reis	CBA-S	SEN	00:00:00:00
517	Bianca Albuquerque	GCB	SEN	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
810	Rita Costa	SLB	SUB-20	00:00:00:00
55	Beatriz Picado	ADCV	SUB-20	00:00:00:00
735	Bárbara Rita Abreu	RUNTEJO	SEN	00:00:00:00
739	Sara Lobo	RUNTEJO	SEN	00:00:00:00
745	Kcénia Bougrova	RUNTEJO	SEN	00:00:00:00
741	Maria Luís Santos	RUNTEJO	SUB-23	00:00:00:00
711	Silvania Costa	RUNTEJO	SUB-20	00:00:00:00
594	Joana Duarte	GRE-AA	SUB-23	00:00:00:00
595	Eva Fernandes	GRE-AA	SEN	00:00:00:00
772	Joana Lopes	SCP	SUB-23	00:00:00:00
128	Milene Jesus	ARLVG	SUB-20	00:00:00:00
130	Elisabete Veiga	ARLVG	SUB-20	00:00:00:00
450	Lucie Maréchal	CPPEA	SEN	00:00:00:00
483	Ana Faria	EAROS	SUB-20	00:00:00:00
492	Ana Silva	EAT	SEN	00:00:00:00
494	Maria João Araújo	EAT	SUB-20	00:00:00:00
37	Helena Miranda	ACRSD	MASTER	00:00:00:00
41	Cátia Teixeira	ACRSD	SEN	00:00:00:00
53	Helena Rodrigues	ADCCJC	SUB-20	00:00:00:00
63	Tatiana Moura	ADNO	SUB-23	00:00:00:00
69	Petra Santos	ADNO	SUB-20	00:00:00:00
317	Susana Godinho	CDFE	SEN	00:00:00:00
324	Neide Dias	CDFE	MASTER	00:00:00:00
523	Inês Neto	GCB	MASTER	00:00:00:00
524	Gisela Teixeira	GCB	MASTER	00:00:00:00
682	Maria Oliveira	PCC	SUB-23	00:00:00:00
702	Carla Martinho	RDA	MASTER	00:00:00:00
704	Rafaela Fonseca	RDA	MASTER	00:00:00:00
736	Ana Rebelo	RUNTEJO	SEN	00:00:00:00
749	Vanessa Carvalho	SCB	SEN	00:00:00:00
760	Mariana Machado	SCB	SEN	00:00:00:00
770	Sofia Silva	SCP	SUB-23	00:00:00:00
814	Bárbara Neiva	SLB	SUB-23	00:00:00:00
851	Beatriz Fernandes	UDV	SUB-20	00:00:00:00
853	Filipa Moutinho	UFCT	MASTER	00:00:00:00
855	Ana Ribeiro	UFCT	SEN	00:00:00:00
38	Andreia Jesus	ACRSD	MASTER	00:00:00:00
522	Delmina Romão	GCB	MASTER	00:00:00:00
493	Ana Cruz	EAT	SEN	00:00:00:00
491	Daniela Gregório	EAT	SEN	00:00:00:00
51	Ana Pereira	ADCCJC	SUB-20	00:00:00:00
129	Filipa Matos	ARLVG	SUB-20	00:00:00:00
759	Sara Duarte	SCB	SEN	00:00:00:00
161	Inês Mendes	CAF-SCF	MASTER	00:00:00:00
305	Hanifa El Khatib	CDFE	SUB-20	00:00:00:00
469	Miriam Rodrigues	CRAL	SUB-20	00:00:00:00
575	Maria José Martins	GDPAV	SEN	00:00:00:00
650	Daniela Mendes	MVCV	SEN	00:00:00:00
167	Joana Bagagem	CAMG	SUB-23	00:00:00:00
294	Beatriz Oliveira	CBTV	SUB-20	00:00:00:00
312	Margarida Dionísio	CDFE	MASTER	00:00:00:00
314	Joana Fonseca	CDFE	MASTER	00:00:00:00
320	Beatriz Bastos	CDFE	SUB-23	00:00:00:00
318	Inês Correia	CDFE	SUB-23	00:00:00:00
439	Rita Ribeiro	CPPEA	SEN	00:00:00:00
521	Adélia Sendas	GCB	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
678	Joana Paisana	PCC	SUB-23	00:00:00:00
707	Susana Cunha	RDA	MASTER	00:00:00:00
709	Carolina Ribeiro	RDA	SUB-23	00:00:00:00
757	Mara Rodrigues	SCB	SUB-20	00:00:00:00
837	Jéssica Furtado	UDV	SUB-20	00:00:00:00
310	Andreia Santos	CDFE	MASTER	00:00:00:00
313	Solange Jesus	CDFE	MASTER	00:00:00:00
364	Laura Silva	CDSSC	MASTER	00:00:00:00
411	Gabriela Almeida	CFOD	SUB-20	00:00:00:00

**Federados : 114**



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**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Corta-mato Curto**  
**4km - Sub-20 e Seniores | SUB-20 a MASTER - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
870	Edgar Anjos	UFD	SEN	00:00:00:00
811	José Carlos Pinto	SLB	SEN	00:00:00:00
527	João Melgo	GCB	SEN	00:00:00:00
526	João Carlos Ferreira	GCB	SUB-23	00:00:00:00
525	Helder Narciso	GCB	SEN	00:00:00:00
472	Sandro Candeias	CRDP	SUB-23	00:00:00:00
470	Eduardo Gonçalves	CRDP	SUB-20	00:00:00:00
451	Pedro Loução	CPSL	SUB-23	00:00:00:00
396	Filipe Lopes	CFB	SEN	00:00:00:00
375	João Muñoz	CEN	SEN	00:00:00:00
373	Lourenço Ferreira	CDSSC	SUB-23	00:00:00:00
333	Filipe Fernandes	CDQ	SUB-20	00:00:00:00
328	Nuno Alves	CDFE	SUB-23	00:00:00:00
321	Rodrigo Silva	CDFE	SUB-20	00:00:00:00
316	Tiago Madureira	CDFE	SEN	00:00:00:00
315	Nuno Lopes	CDFE	MASTER	00:00:00:00
300	Fábio Durão	CCRDA	MASTER	00:00:00:00
297	Fábio Serrano	CCFB	MASTER	00:00:00:00
290	Tiago Maniés	CBTV	SUB-20	00:00:00:00
800	Grabiel Murillo	SCS	MASTER	00:00:00:00
766	Rui Ferreira	SCE	SUB-20	00:00:00:00
751	Luís Saraiva	SCB	SEN	00:00:00:00
771	Lourenço Ferreira	SCP	SUB-23	00:00:00:00
651	Afonso Mendonça	MCVC	SEN	00:00:00:00
68	Valter Cardoso	ADNO	SUB-23	00:00:00:00
537	Vítor Oliveira	GDCG	MASTER	00:00:00:00
64	Tiago Sabino	ADNO	SUB-23	00:00:00:00
330	Pedro Ramos	CDFE	SUB-20	00:00:00:00
325	Rafael Lopes	CDFE	SEN	00:00:00:00
652	André Correia	MCVC	SEN	00:00:00:00
72	Alexandre Pereira	ADNO	SUB-23	00:00:00:00
67	Diogo Batista	ADNO	SEN	00:00:00:00
799	Bernardo Rocha	SCS	SEN	00:00:00:00
761	Diogo Rosário	SCB	SEN	00:00:00:00
649	António Rodrigues	MCVC	MASTER	00:00:00:00
640	Duarte Monteiro	LSC	SUB-20	00:00:00:00
639	Guilherme Moreira	LSC	SUB-20	00:00:00:00
635	Eduardo Salazar	LFC-F	SUB-20	00:00:00:00
620	Paulo Rodrigues	IND	SEN	00:00:00:00
600	Eduardo Beça	GRECAS	SUB-20	00:00:00:00
589	Telmo Nascimento	GDSPO	SEN	00:00:00:00
588	Rui Alves	GDSPO	SEN	00:00:00:00
564	Mário Grilo	GDD	SEN	00:00:00:00
543	Leandro Pereira	GDCG	SUB-20	00:00:00:00
542	Amado Martins	GDCG	SEN	00:00:00:00
541	João Pedro Casal	GDCG	SEN	00:00:00:00
359	José C Moreira	CDSSC	MASTER	00:00:00:00
344	Marco Tavares	CDRR	SEN	00:00:00:00
180	Rui Borges	CAS	SEN	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
179	Paulo Mendes	CAS	SEN	00:00:00:00
178	António Rodrigues	CAS	MASTER	00:00:00:00
165	Jaime Silva	CAF-SCF	SUB-20	00:00:00:00
146	Valdemar Madeira	BARBARIS	SEN	00:00:00:00
367	José Sousa	CDSSC	SEN	00:00:00:00
789	Duarte Santos	SCP	SUB-23	00:00:00:00
181	Nuno Fernandes	CAS	SEN	00:00:00:00
182	Afonso Simão	CAS	SEN	00:00:00:00
192	Roberto Reigado	CASJ	SEN	00:00:00:00
191	Daniel Martins	CASJ	SEN	00:00:00:00
856	João Valente	UFCT	SEN	00:00:00:00
184	João Pais	CAS	SUB-23	00:00:00:00
370	Luís Contente	CDSSC	SEN	00:00:00:00
160	Marco Cunha	CAF-SCF	MASTER	00:00:00:00
48	Bruno Queirós	ACRVC	SEN	00:00:00:00
40	António Silva	ACRSD	MASTER	00:00:00:00
86	Luís Carlos Oliveira	ADVA	SEN	00:00:00:00
188	Simão Silva	CASINTRA	SUB-20	00:00:00:00
269	João Bento	CBA-S	SUB-23	00:00:00:00
875	João Bragadeste	VFC	MASTER	00:00:00:00
863	Júlio Couceiro	UFCT	SUB-23	00:00:00:00
860	Pedro Saldanha	UFCT	SEN	00:00:00:00
812	Miguel Moreira	SLB	SEN	00:00:00:00
808	Duarte Gomes	SLB	SEN	00:00:00:00
798	Nuno Nascimento	SCS	SUB-23	00:00:00:00
796	Eusébio Oliveira	SCS	SEN	00:00:00:00
795	Hugo Daniel Santos	SCS	SEN	00:00:00:00
794	Thibaut Ghods	SCP	SEN	00:00:00:00
793	Leandro Monteiro	SCP	SUB-23	00:00:00:00
792	Rodrigo Martins	SCP	SUB-20	00:00:00:00
783	Rodrigo Lima	SCP	SUB-23	00:00:00:00
769	João Pereira	SCP	SUB-23	00:00:00:00
754	Paulo Barbosa	SCB	SEN	00:00:00:00
708	João Almeida	RDA	SEN	00:00:00:00
688	Rodrigo Pepe	PCC	SUB-20	00:00:00:00
684	Fábio Proença	PCC	SUB-23	00:00:00:00
680	Naim Ketfi	PCC	SUB-23	00:00:00:00
677	David Silva	PCC	SUB-23	00:00:00:00
675	João Monteiro	PCC	MASTER	00:00:00:00
648	Jorge Albuquerque	MCVC	MASTER	00:00:00:00
579	Patrick Lima	GDRCP	SEN	00:00:00:00
453	Tomás Rafael	CPSL	SUB-23	00:00:00:00
343	Rafael Marçalo	CDRR	SEN	00:00:00:00
185	Francisco Júlio	CAS	SUB-20	00:00:00:00
163	Tiago Pinto	CAF-SCF	SEN	00:00:00:00
45	Bruno Jesus	ACRVC	MASTER	00:00:00:00
44	Ricardo Opinião	ACRSD	SEN	00:00:00:00
43	António Curto	ACRSD	SEN	00:00:00:00
29	Pedro Martins	ACRSD	MASTER	00:00:00:00
479	Leandro Gonçalves	EAROS	SUB-20	00:00:00:00
454	Diogo Simões	CPSL	SUB-23	00:00:00:00
592	João Pontes	GRE-AA	SEN	00:00:00:00
593	Mário Almeida	GRE-AA	SUB-23	00:00:00:00
340	Renato Cabral	CDRAU	SEN	00:00:00:00
458	André Ferreira	CPTSC	SUB-23	00:00:00:00
463	Rúben Fortunato	CPTSC	SUB-23	00:00:00:00





Dorsal	Nome	Clube	Escalão	Marca
460	João Albano	CPTSC	SUB-23	00:00:00:00
461	Francisco Graça	CPTSC	SUB-23	00:00:00:00
397	Simão Corrente	CFB	SEN	00:00:00:00
398	José Ferreira	CFB	SUB-23	00:00:00:00
731	Nuno Carraça	RUNTEJO	SEN	00:00:00:00
56	Lucas Matos	ADCV	SUB-23	00:00:00:00
746	Joshua Stern	RUNTEJO	SEN	00:00:00:00
730	Joaquim Gomes	RUNTEJO	SEN	00:00:00:00
734	Miguel Pinto	RUNTEJO	SEN	00:00:00:00
733	Vasco Marta	RUNTEJO	SEN	00:00:00:00
732	Diogo Jacinto	RUNTEJO	SEN	00:00:00:00
738	Hugo Correia	RUNTEJO	SEN	00:00:00:00
737	António Boné	RUNTEJO	SEN	00:00:00:00
740	Filipe Rebelo	RUNTEJO	SEN	00:00:00:00
744	Evandro Pires	RUNTEJO	SUB-20	00:00:00:00
399	Bernardo Magina	CFB	SUB-23	00:00:00:00
62	Tomás Esteves	ADNO	SUB-23	00:00:00:00
576	André Lopes	GDPVAV	SEN	00:00:00:00
547	Henrique Moura	GDCRM	SUB-20	00:00:00:00
806	João Amaro	SLB	SUB-23	00:00:00:00
807	Pedro Amaro	SLB	SUB-23	00:00:00:00
805	Duarte Cunha	SLB	SEN	00:00:00:00
809	André Pereira	SLB	SEN	00:00:00:00
813	Alexandre Figueiredo	SLB	SEN	00:00:00:00
818	Etsen Barros	SLB	SUB-23	00:00:00:00
815	Simão Bastos	SLB	SEN	00:00:00:00
816	Luís Oliveira	SLB	SEN	00:00:00:00
817	Rodrigo Freitas	SLB	SUB-20	00:00:00:00
204	Pedro Coutinho	CBA-S	SEN	00:00:00:00
263	Duarte Mendes	CBA-S	SEN	00:00:00:00
264	Miguel Costa	CBA-S	SEN	00:00:00:00
516	Martim Santos	GCAD	SUB-20	00:00:00:00
858	Ricardo Saldanha	UFCT	SEN	00:00:00:00
309	Helder Santos	CDFE	MASTER	00:00:00:00
871	Alexandre Caldeira	UFD	SUB-20	00:00:00:00
868	Ivo Tomé	UFD	SEN	00:00:00:00
768	Alex Macuácuca	SCP	SUB-20	00:00:00:00
497	Valter Costa	GAC-L	SEN	00:00:00:00
496	Nuno Casalinho	GAC-L	MASTER	00:00:00:00
498	Nuno Ferreira	GAC-L	SEN	00:00:00:00
869	André Carretas	UFD	SEN	00:00:00:00
419	Sandro Baessa	CFOD	SEN	00:00:00:00
418	Nelson Barbosa	CFOD	SUB-23	00:00:00:00
417	Cristiano Pereira	CFOD	SUB-23	00:00:00:00
159	André Pinto	CAF-SCF	MASTER	00:00:00:00
162	Luís Afonso	CAF-SCF	SEN	00:00:00:00
540	Fábio Oliveira	GDCG	SEN	00:00:00:00
546	Emanuel Ramalho	GDCRM	SEN	00:00:00:00
157	Rodrigo Gomes	CABB	SUB-23	00:00:00:00
452	Luís Candeias	CPSL	SEN	00:00:00:00
455	Tomé Candeias	CPSL	SUB-23	00:00:00:00
586	Manuel Belinha	GDSPO	MASTER	00:00:00:00
422	Matheus Borges	COP	SUB-23	00:00:00:00
423	João Brito	COP	SUB-20	00:00:00:00
750	Tiago Costa	SCB	MASTER	00:00:00:00
752	João Alves Lopes	SCB	SEN	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
755	Davide Silva	SCB	SEN	00:00:00:00
753	Paulo Rosário	SCB	SEN	00:00:00:00
756	Francisco Rodrigues	SCB	SEN	00:00:00:00
98	João Magalhães	AMA-P	SUB-23	00:00:00:00
273	Jorge Hilário	CBF	MASTER	00:00:00:00
272	Adíven Lopes	CBF	SEN	00:00:00:00
279	João Pedro Pinto	CBF	SUB-23	00:00:00:00
275	Gonçalo Casimiro	CBF	SEN	00:00:00:00
274	Amaro Teixeira	CBF	SEN	00:00:00:00
276	Alexandre Venâncio	CBF	SEN	00:00:00:00
197	Carlos Carvalho	CATRP	SEN	00:00:00:00
85	Fábio Nunes	ADVA	SEN	00:00:00:00
149	Leandro Miranda	BARBARIS	SUB-20	00:00:00:00
148	Bernardo Maneta	BARBARIS	SUB-20	00:00:00:00
150	Ricardo Louro	BARBARIS	SUB-20	00:00:00:00
301	Vital Sousa	CCRDA	SEN	00:00:00:00
302	Diogo Vendeiro	CCRDA	SEN	00:00:00:00
859	Ricardo Fonseca	UFCT	SEN	00:00:00:00
785	Daniel Salvadinho	SCP	SUB-20	00:00:00:00
787	João Pedro Santos	SCP	SUB-20	00:00:00:00
784	Rui Mineiro	SCP	SUB-20	00:00:00:00
624	Gabriel Pereira	JDN	SUB-20	00:00:00:00
331	Rodrigo Palma	CDQ	SUB-20	00:00:00:00
46	Bruno Freitas	ACRVC	MASTER	00:00:00:00
49	Carlos Rodrigues	ACRVC	SEN	00:00:00:00
47	Filipe Ferreira	ACRVC	SEN	00:00:00:00
626	João Correia	JIV	SUB-20	00:00:00:00
627	Miguel S Costa	JIV	SUB-20	00:00:00:00
625	Gonçalo Cabral	JIV	SUB-20	00:00:00:00
628	Lourenço Rodrigues	JIV	SUB-20	00:00:00:00
335	Afonso Godinho	CDQ	SUB-20	00:00:00:00
332	Igor Varela	CDQ	SUB-23	00:00:00:00
797	João Carvalho	SCS	SEN	00:00:00:00
190	Jorge Varela	CASJ	MASTER	00:00:00:00
193	Cristiano Borges	CASJ	SEN	00:00:00:00
629	Gelson Gonçalves	JOMA	SEN	00:00:00:00
632	Tomás Morais	JOMA	SEN	00:00:00:00
518	Braima Dabó	GCB	SEN	00:00:00:00
13	João Santos	AAC	SUB-20	00:00:00:00
12	Guilherme Martins	AAC	SUB-20	00:00:00:00
862	Diogo Silva	UFCT	SUB-23	00:00:00:00
876	Roberto Ladeiras	VFC	SEN	00:00:00:00
877	Andralino Furtado	VFC	SEN	00:00:00:00
873	Isaias Gomes	VFC	SEN	00:00:00:00
874	Samuel Freire	VFC	SEN	00:00:00:00
360	Rui Pedro Silva	CDSSC	MASTER	00:00:00:00
368	Hugo Fontes	CDSSC	SEN	00:00:00:00
18	Guilherme Fernandes	ACDRSQ	SUB-20	00:00:00:00
567	Diogo Gomes	GDD	SUB-20	00:00:00:00
565	Pedro Lacerda	GDD	SUB-20	00:00:00:00
569	Artur Machado	GDD	SUB-20	00:00:00:00
311	Ricardo Gomes	CDFE	MASTER	00:00:00:00
292	Lourenço Frazão	CBTV	SUB-20	00:00:00:00
32	Vítor Salvador	ACRSRSD	MASTER	00:00:00:00
342	João Moniz	CDRR	SEN	00:00:00:00
341	Gabriel Silva	CDRR	SUB-23	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
844	Tiago Leite	UDV	SUB-20	00:00:00:00
834	Rúben Pires	UDV	SUB-23	00:00:00:00
835	Francisco Almeida	UDV	SUB-20	00:00:00:00
852	João Bessa	UDV	SUB-20	00:00:00:00
641	André Barbosa	LSC	SUB-20	00:00:00:00
763	Márcio Dias	SCE	SUB-20	00:00:00:00
765	Rodrigo Barbosa	SCE	SUB-20	00:00:00:00
484	João Rodrigues	EAROS	SUB-20	00:00:00:00
486	João Azevedo	EAROS	SUB-20	00:00:00:00
482	Francisco Silva	EAROS	SUB-20	00:00:00:00
468	Tomás Fernandes	CRAL	SUB-20	00:00:00:00
504	Licínio Silva	GAUB	SEN	00:00:00:00
511	António Pedrosa	GAUB	SEN	00:00:00:00
509	Pedro Henrique	GAUB	SEN	00:00:00:00
510	Daniel Cabecinhas	GAUB	SUB-23	00:00:00:00
506	Rodrigo Feteira	GAUB	SUB-20	00:00:00:00

**Federados : 233**



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**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Corta-mato Curto**  
**4km - Veteranas F35, F40 e F45 | MASTER - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
306	Sónia Beleza	CDFE	MASTER	00:00:00:00
503	Luísa Areia	GAUB	MASTER	00:00:00:00
828	Estela Melo	UDV	MASTER	00:00:00:00
59	Ana Pires	ADIALBAX	MASTER	00:00:00:00
35	Sabina Neca	ACRSD	MASTER	00:00:00:00
39	Tânia Cruz	ACRSD	MASTER	00:00:00:00
563	Sara Feitor	GDD	MASTER	00:00:00:00
556	Rute Oliveira	GDD	MASTER	00:00:00:00
558	Ana António	GDD	MASTER	00:00:00:00
633	Katherine Both	JOMA	MASTER	00:00:00:00
824	Susana Silva	SSTSJM	MASTER	00:00:00:00
144	Cláudia Bатуca	BARBARIS	MASTER	00:00:00:00
78	Liliana Silva	ADR4E	MASTER	00:00:00:00
426	Teresa Branco	CPARM	MASTER	00:00:00:00
152	Maria Rodrigues	BVMN	MASTER	00:00:00:00
156	Susana Espada	BVMN	MASTER	00:00:00:00
23	Maria Manuel Cabral	ACP	MASTER	00:00:00:00
670	Helena Resende	NAZA	MASTER	00:00:00:00
618	Elisabete Carvalho	IND	MASTER	00:00:00:00
308	Graça Beleza	CDFE	MASTER	00:00:00:00
112	Paula Simões	ANE	MASTER	00:00:00:00
118	Sofia Jorge	ANE	MASTER	00:00:00:00
119	Dina Oliveira	ANE	MASTER	00:00:00:00
115	Sofia Pinheiro	ANE	MASTER	00:00:00:00
117	Elsa Miranda	ANE	MASTER	00:00:00:00
474	Olga Madeira	CVSP	MASTER	00:00:00:00
409	Andreia Ribeiro	CFOD	MASTER	00:00:00:00
259	Mónica Matafome	CBA-S	MASTER	00:00:00:00
255	Sónia Ribeiro	CBA-S	MASTER	00:00:00:00
245	Valérie Santos	CBA-S	MASTER	00:00:00:00
228	Filipa Lopes	CBA-S	MASTER	00:00:00:00
234	Fátima Pires	CBA-S	MASTER	00:00:00:00
394	Paula Fernandes	CFB	MASTER	00:00:00:00
726	Rita Rosa	RUNTEJO	MASTER	00:00:00:00
723	Sandra M Cruz	RUNTEJO	MASTER	00:00:00:00
127	Célia Alves	ARC-EAC	MASTER	00:00:00:00
603	Alexandra Silva	GRQL	MASTER	00:00:00:00
605	Raquel Subtil	GRQL	MASTER	00:00:00:00
395	Inês Bernardo	CFB	MASTER	00:00:00:00
700	Liliana Soares	RC	MASTER	00:00:00:00
82	Anabela Pires	ADRAAA	MASTER	00:00:00:00
698	Cristina Carochinho	RC	MASTER	00:00:00:00
24	Rute Ferreira	ACP	MASTER	00:00:00:00
60	Rita Magarreiro	ADIALBAX	MASTER	00:00:00:00
232	Cristina Pedro	CBA-S	MASTER	00:00:00:00
559	Eufrásia Bica	GDD	MASTER	00:00:00:00
693	Laura Martins	RC	MASTER	00:00:00:00
696	Liliana Cerca	RC	MASTER	00:00:00:00
719	Cláudia Borralho	RUNTEJO	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
727	Elisabete Macedo	RUNTEJO	MASTER	00:00:00:00
153	Graça Lopes	BVMN	MASTER	00:00:00:00
260	Telma Azevedo	CBA-S	MASTER	00:00:00:00
249	Ana Casimiro	CBA-S	MASTER	00:00:00:00
241	Carla Silvério	CBA-S	MASTER	00:00:00:00
233	Dora Santos	CBA-S	MASTER	00:00:00:00
554	Guilhermina Rebola	GDD	MASTER	00:00:00:00
689	Catarina Lourenço	QFC	MASTER	00:00:00:00
243	Patrícia Lopes	CBA-S	MASTER	00:00:00:00
230	Magda Pereira	CBA-S	MASTER	00:00:00:00
240	Jazulina Gomes	CBA-S	MASTER	00:00:00:00
599	Ana Estrela	GRECAS	MASTER	00:00:00:00
253	Joana Garcia	CBA-S	MASTER	00:00:00:00
237	Patrícia Catroga	CBA-S	MASTER	00:00:00:00
254	Ana Damas	CBA-S	MASTER	00:00:00:00
287	Sónia Parreira	CBTV	MASTER	00:00:00:00
289	Joseline Santos	CBTV	MASTER	00:00:00:00

**Federados : 66**



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**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Corta-mato Curto**  
**4km - Veteranos M35, M40 e M45 | MASTER - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
619	André Cardoso	IND	MASTER	00:15:00:00
534	Paulo Pereira	GDCG	MASTER	00:00:00:00
433	Nelson Cruz	CPPEA	MASTER	00:00:00:00
434	Carlos Alpoim	CPPEA	MASTER	00:00:00:00
435	António Leirão	CPPEA	MASTER	00:00:00:00
533	Paulo Gomes	GDCG	MASTER	00:00:00:00
666	João Pires	NAZA	MASTER	00:00:00:00
668	Pedro Mendonça	NAZA	MASTER	00:00:00:00
431	Marco Gomes	CPPEA	MASTER	00:00:00:00
430	Nuno Cidade Do Carmo	CPPEA	MASTER	00:00:00:00
135	Bruno Paixão	BAC	MASTER	00:00:00:00
697	Tiago Belo	RC	MASTER	00:00:00:00
699	Pedro Peniche	RC	MASTER	00:00:00:00
701	Filipe Mocho	RC	MASTER	00:00:00:00
591	Pedro Carneiro	GRE-AA	MASTER	00:00:00:00
694	José Saias	RC	MASTER	00:00:00:00
695	Jorge Dias	RC	MASTER	00:00:00:00
379	Rodolfo Vilela	CFB	MASTER	00:00:00:00
392	Joaquim Vaz	CFB	MASTER	00:00:00:00
725	Evelino Magalhães	RUNTEJO	MASTER	00:00:00:00
728	Tiago Ribeiro	RUNTEJO	MASTER	00:00:00:00
724	Carlos Tiago	RUNTEJO	MASTER	00:00:00:00
729	Tiago Graça	RUNTEJO	MASTER	00:00:00:00
720	Jorge Nunes	RUNTEJO	MASTER	00:00:00:00
721	Luís Brito	RUNTEJO	MASTER	00:00:00:00
390	Horácio Oliveira	CFB	MASTER	00:00:00:00
674	Gonçalo Sá	PCC	MASTER	00:00:00:00
195	Bruno Marqués	CATRP	MASTER	00:00:00:00
475	António Carvalho	CVSP	MASTER	00:00:00:00
298	Fábio Lima	CCRAM	MASTER	00:00:00:00
231	Miguel Dinis	CBA-S	MASTER	00:00:00:00
256	André Alves	CBA-S	MASTER	00:00:00:00
247	Edgar Gaspar	CBA-S	MASTER	00:00:00:00
229	Pedro Alfaiate	CBA-S	MASTER	00:00:00:00
226	Luís Quintas	CBA-S	MASTER	00:00:00:00
225	Pedro Silva	CBA-S	MASTER	00:00:00:00
258	Dino Bento	CBA-S	MASTER	00:00:00:00
239	Joel Martins	CBA-S	MASTER	00:00:00:00
246	Ricardo Rodrigues	CBA-S	MASTER	00:00:00:00
251	Luís Pires	CBA-S	MASTER	00:00:00:00
224	Nuno Gil	CBA-S	MASTER	00:00:00:00
257	Rui Milagaia	CBA-S	MASTER	00:00:00:00
261	Diogo Santos	CBA-S	MASTER	00:00:00:00
238	Miguel Capitulino	CBA-S	MASTER	00:00:00:00
252	Gonçalo Lopes	CBA-S	MASTER	00:00:00:00
408	Hélder Ribeiro	CFOD	MASTER	00:00:00:00
410	Bruno Santiago	CFOD	MASTER	00:00:00:00
477	José Luís Gonçalves	CVSP	MASTER	00:00:00:00
515	Luís Jesus	GCAD	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
514	Sérgio Santos	GCAD	MASTER	00:00:00:00
120	Alexandre Tavares	ANE	MASTER	00:00:00:00
114	Carlos Saias	ANE	MASTER	00:00:00:00
122	Filipe Correia	ANE	MASTER	00:00:00:00
111	António Reis	ANE	MASTER	00:00:00:00
116	Marco Fatelo	ANE	MASTER	00:00:00:00
307	Nuno Cardoso	CDFE	MASTER	00:00:00:00
84	Luís Filipe Pratas	ADVA	MASTER	00:00:00:00
867	Luís Gaião	UFD	MASTER	00:00:00:00
671	Pedro Rodrigues	NAZA	MASTER	00:00:00:00
90	Joaquim Lopes	AFR F	MASTER	00:00:00:00
536	Artur Rodrigues	GDCG	MASTER	00:00:00:00
141	João Carvalho	BARBARIS	MASTER	00:00:00:00
75	Hugo Borges	ADPALM	MASTER	00:00:00:00
95	João Guedes	AJL	MASTER	00:00:00:00
25	Pedro Azeitona	ACP	MASTER	00:00:00:00
26	Hélder Melo	ACP	MASTER	00:00:00:00
155	Joaquim Freitas	BVMN	MASTER	00:00:00:00
154	Nuno Marques	BVMN	MASTER	00:00:00:00
80	Arnaldo Tomás	ADR4E	MASTER	00:00:00:00
587	Avelino Freitas	GDSP0	MASTER	00:00:00:00
585	Armando Bastos	GDSP0	MASTER	00:00:00:00
203	Luís Rações	CAVF	MASTER	00:00:00:00
882	Paulo Martins	VIZELA	MASTER	00:00:00:00
476	Rui Varandas	CVSP	MASTER	00:00:00:00
96	Paulo Benevente	AJPINA	MASTER	00:00:00:00
582	Joaquim Leal	GDRCP	MASTER	00:00:00:00
142	Manuel Rodrigues	BARBARIS	MASTER	00:00:00:00
145	Luis Miranda	BARBARIS	MASTER	00:00:00:00
94	Bruno Heleno	AJL	MASTER	00:00:00:00
357	Jorge Campos	CDSSC	MASTER	00:00:00:00
690	Francisco Machado	R4F	MASTER	00:00:00:00
642	Bruno Castro	MBT	MASTER	00:00:00:00
176	Mário Cardoso	CAS	MASTER	00:00:00:00
703	Hugo Ramalho	RDA	MASTER	00:00:00:00
561	Nuno Conchinha	GDD	MASTER	00:00:00:00
557	Daniel Machado	GDD	MASTER	00:00:00:00
560	João Charrua	GDD	MASTER	00:00:00:00
562	Nelson Cota	GDD	MASTER	00:00:00:00
366	Carlos Miguel Silva	CDSSC	MASTER	00:00:00:00
365	Miguel Fernandes	CDSSC	MASTER	00:00:00:00
361	Nuno Queiroz	CDSSC	MASTER	00:00:00:00
355	Silvio Guimaraes	CDSSC	MASTER	00:00:00:00
358	Hélder Ferreira	CDSSC	MASTER	00:00:00:00
363	Diogo Baena	CDSSC	MASTER	00:00:00:00
747	Tiago Valério	SAB	MASTER	00:00:00:00
286	Nuno Carrasqueiro	CBTV	MASTER	00:00:00:00
288	Luís Ferreira	CBTV	MASTER	00:00:00:00
34	João Paulo Ferreira	ACRSD	MASTER	00:00:00:00
36	Tiago Marques	ACRSD	MASTER	00:00:00:00
830	Nelson Magalhaes	UDV	MASTER	00:00:00:00
831	Marco Ferreira	UDV	MASTER	00:00:00:00
829	Carlos Costa	UDV	MASTER	00:00:00:00
501	Joel Couto	GAUB	MASTER	00:00:00:00
502	Hugo Horta	GAUB	MASTER	00:00:00:00
124	Marco Alves	AP-CM	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
79	Nuno Sousa	ADR4E	MASTER	00:00:00:00
242	José Fontinha	CBA-S	MASTER	00:00:00:00
89	Miguel Figueiredo	AFR F	MASTER	00:00:00:00
248	João Borda D Água	CBA-S	MASTER	00:00:00:00
250	Nelson Saraiva	CBA-S	MASTER	00:00:00:00
91	Agostinho Figueiredo	AFR F	MASTER	00:00:00:00
136	Ricardo Paixão	BAC	MASTER	00:00:00:00
143	António Valente	BARBARIS	MASTER	00:00:00:00
177	Tiago Correia	CAS	MASTER	00:00:00:00
374	Jorge Santos	CEN	MASTER	00:00:00:00
428	João Alma Santa	CPERV	MASTER	00:00:00:00
539	Jorge Cubal	GDCG	MASTER	00:00:00:00
574	Rui Martins	GDPAV	MASTER	00:00:00:00
604	Davide Oliveira	GRQL	MASTER	00:00:00:00
220	Paulo Renato	CBA-S	MASTER	00:00:00:00
227	Filipe Pires	CBA-S	MASTER	00:00:00:00
244	Nelson Marques	CBA-S	MASTER	00:00:00:00
535	Luís Silva	GDCG	MASTER	00:00:00:00
538	Carlos Costa	GDCG	MASTER	00:00:00:00
573	Sérgio Assis	GDPAV	MASTER	00:00:00:00
881	Marco Faria	VIZELA	MASTER	00:00:00:00
113	Carlos Arieiro	ANE	MASTER	00:00:00:00
121	Adelino Monteiro	ANE	MASTER	00:00:00:00
285	Quirino Caetano	CBTV	MASTER	00:00:00:00
356	João Pereira	CDSSC	MASTER	00:00:00:00
362	Nuno Miguel Costa	CDSSC	MASTER	00:00:00:00
391	Alexandre Pedrosa	CFB	MASTER	00:00:00:00
432	Luís Sanches	CPPEA	MASTER	00:00:00:00
436	André Morgado	CPPEA	MASTER	00:00:00:00
473	Nuno Martins	CVSP	MASTER	00:00:00:00

**Federados : 135**



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**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Corta-mato Curto**  
**4KM - Veteranas F50+ | MASTER - F**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
598	Suzete Marco	GRECAS	MASTER	00:00:00:00
382	Elsa Bruxelas	CFB	MASTER	00:00:00:00
692	Ana Racha	RC	MASTER	00:00:00:00
134	Ana Militão	BAC	MASTER	00:00:00:00
465	Maria Carrega	CRAL	MASTER	00:00:00:00
489	Deolinda Oliveira	EAT	MASTER	00:00:00:00
490	Júlia Sousa	EAT	MASTER	00:00:00:00
27	Helena Mourão	ACRSD	MASTER	00:00:00:00
50	Adélia Tavares	ADCCJC	MASTER	00:00:00:00
664	Cristina Paiva	NAZA	MASTER	00:00:00:00
555	Anjos Moreira	GDD	MASTER	00:00:00:00
348	Hermínia Pereira	CDSSC	MASTER	00:00:00:00
58	Cristina Canário	ADIALBAX	MASTER	00:00:00:00
623	Matilde Baptista	JAM	MASTER	00:00:00:00
631	Paula Sousa	JOMA	MASTER	00:00:00:00
386	Anabela Ferreira	CFB	MASTER	00:00:00:00
339	Paula Guerreiro	CDRAU	MASTER	00:00:00:00
219	Teresa Mendes	CBA-S	MASTER	00:00:00:00
597	Isabel Parracho	GRECAS	MASTER	00:00:00:00
822	Susana Duarte	SSTSJM	MASTER	00:00:00:00
385	Beatriz Fernandes	CFB	MASTER	00:00:00:00
284	Elisabete Gomes	CBTV	MASTER	00:00:00:00
617	Rosa Estêvão	IND	MASTER	00:00:00:00
622	Marinha Baptista	JAM	MASTER	00:00:00:00
405	Alice Couto	CFOD	MASTER	00:00:00:00
716	Alexandra Portela	RUNTEJO	MASTER	00:00:00:00
596	Lídia Pereira	GRECAS	MASTER	00:00:00:00
823	Anabela Santos	SSTSJM	MASTER	00:00:00:00
821	Natália Santos	SSTSJM	MASTER	00:00:00:00
820	Maria Fernandes	SSTSJM	MASTER	00:00:00:00
33	Alexandra Lamas	ACRSD	MASTER	00:00:00:00
22	Helena Ceia	ACP	MASTER	00:00:00:00
667	Ilda Sousa	NAZA	MASTER	00:00:00:00
21	Odete Barbas	ACP	MASTER	00:00:00:00
106	Eugénia Izaías	ANE	MASTER	00:00:00:00
110	Ana Rosário	ANE	MASTER	00:00:00:00
101	Vanda Augusto	ANE	MASTER	00:00:00:00
108	Carla Oleirinha	ANE	MASTER	00:00:00:00
123	Chantal Xhervelle	ANE	MASTER	00:00:00:00
406	Ana Pereira	CFOD	MASTER	00:00:00:00
214	Paula Gomes	CBA-S	MASTER	00:00:00:00
222	Flora Carrilho	CBA-S	MASTER	00:00:00:00
235	Paula Varelas	CBA-S	MASTER	00:00:00:00
236	Fernanda Varelas	CBA-S	MASTER	00:00:00:00
299	Joaquina Flores	CCRAM	MASTER	00:00:00:00
673	Ilda Sá	PCC	MASTER	00:00:00:00
400	Clídia Coelho	CFB	MASTER	00:00:00:00
714	Rosa Freitas	RUNTEJO	MASTER	00:00:00:00
602	Isabel Maldonado	GRQL	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
393	Paula Guedes	CFB	MASTER	00:00:00:00

**Federados : 50**



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**Listagem de Atletas inscritos**  
**Campeonatos Nacionais de Corta-mato Curto**  
**4KM - Veteranos M50+ | MASTER - M**

**Federados**

Dorsal	Nome	Clube	Escalão	Marca
388	Nuno Queija	CFB	MASTER	00:00:00:00
139	João Branquinho	BARBARIS	MASTER	00:00:00:00
383	Avelino Soares	CFB	MASTER	00:00:00:00
381	Bernardino Pereira	CFB	MASTER	00:00:00:00
380	Vicent Sobrinho	CFB	MASTER	00:00:00:00
384	Vítor Gonçalves	CFB	MASTER	00:00:00:00
456	Álvaro Coelho	CPTSC	MASTER	00:00:00:00
336	António Ribeiro	CDRAU	MASTER	00:00:00:00
337	Orlindo Figueiredo	CDRAU	MASTER	00:00:00:00
338	Raul Pena	CDRAU	MASTER	00:00:00:00
691	Paulo Ribeiro	RC	MASTER	00:00:00:00
19	Emílio Paulino	ACP	MASTER	00:00:00:00
104	José Amigo	ANE	MASTER	00:00:00:00
488	António Neto	EAT	MASTER	00:00:00:00
88	Fernando Figueiredo	AFR F	MASTER	00:00:00:00
140	Licínio Canhoto	BARBARIS	MASTER	00:00:00:00
551	João Barrulas	GDD	MASTER	00:00:00:00
657	Jorge Rodrigues	NAZA	MASTER	00:00:00:00
665	António Trigueiro	NAZA	MASTER	00:00:00:00
672	Jorge Santos	OCL	MASTER	00:00:00:00
879	Alexandre Ferreira	VIZELA	MASTER	00:00:00:00
138	Filipe Mota	BARBARIS	MASTER	00:00:00:00
81	João Correia	ADRAAA	MASTER	00:00:00:00
107	António Antunes	ANE	MASTER	00:00:00:00
206	Jorge Rio Cardoso	CBA-S	MASTER	00:00:00:00
217	Jorge Correia	CBA-S	MASTER	00:00:00:00
132	Joaquim Godinho	ATLB	MASTER	00:00:00:00
200	Vítor Amado	CAVF	MASTER	00:00:00:00
215	Nuno Gomes	CBA-S	MASTER	00:00:00:00
347	Joaquim Lopes	CDSSC	MASTER	00:00:00:00
351	José Moreira	CDSSC	MASTER	00:00:00:00
404	Francisco Carvalho	CFOD	MASTER	00:00:00:00
544	Paulo Galego	GDCRM	MASTER	00:00:00:00
552	Ildefonso Barreiros	GDD	MASTER	00:00:00:00
553	Ernesto Zambujo	GDD	MASTER	00:00:00:00
584	Manuel Valente	GDSPO	MASTER	00:00:00:00
643	Isaías Peralta	MCVC	MASTER	00:00:00:00
644	Jacinto Correia	MCVC	MASTER	00:00:00:00
645	Virgílio Figueiredo	MCVC	MASTER	00:00:00:00
646	José Gonçalves	MCVC	MASTER	00:00:00:00
647	José Silva	MCVC	MASTER	00:00:00:00
61	Sérgio Paiva	ADNO	MASTER	00:00:00:00
282	Rui Merujo	CBTV	MASTER	00:00:00:00
109	Rui Jorge	ANE	MASTER	00:00:00:00
529	David Fernandes	GDCG	MASTER	00:00:00:00
99	Fernando Ferreira	ANE	MASTER	00:00:00:00
530	José Tavares	GDCG	MASTER	00:00:00:00
424	António Branco	CPARM	MASTER	00:00:00:00
102	José Luis Pires	ANE	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
350	Mário Contreiras	CDSSC	MASTER	00:00:00:00
283	Luis Rebelo	CBTV	MASTER	00:00:00:00
401	Auspício Fernandes	CFOD	MASTER	00:00:00:00
345	Joaquim Pereira	CDSSC	MASTER	00:00:00:00
346	Augusto Pereira	CDSSC	MASTER	00:00:00:00
825	Pedro Terra	SSTSJM	MASTER	00:00:00:00
352	Joaquim Figueiredo	CDSSC	MASTER	00:00:00:00
402	Anselmo Moreira	CFOD	MASTER	00:00:00:00
407	Américo Pereira	CFOD	MASTER	00:00:00:00
425	António Horta	CPARM	MASTER	00:00:00:00
519	Manuel Palmeiro	GCB	MASTER	00:00:00:00
520	Jorge Pires	GCB	MASTER	00:00:00:00
532	António Fernandes	GDCG	MASTER	00:00:00:00
658	Alberto Maravilha	NAZA	MASTER	00:00:00:00
661	João Santos	NAZA	MASTER	00:00:00:00
654	António Horta	NAZA	MASTER	00:00:00:00
655	Paulino Pacheco	NAZA	MASTER	00:00:00:00
660	Paulo Rola	NAZA	MASTER	00:00:00:00
656	Herculano Domingues	NAZA	MASTER	00:00:00:00
653	Joaquim Neiva	NAZA	MASTER	00:00:00:00
659	Jorge Paiva	NAZA	MASTER	00:00:00:00
662	José Jarmela	NAZA	MASTER	00:00:00:00
669	Paulo Silva	NAZA	MASTER	00:00:00:00
663	Francisco Silveira	NAZA	MASTER	00:00:00:00
158	Paulo Carvalho	CAF-SCF	MASTER	00:00:00:00
531	Lino Ferreira	GDCG	MASTER	00:00:00:00
74	Artur Oliveira	ADPALM	MASTER	00:00:00:00
137	Fernando Silva	BARBARIS	MASTER	00:00:00:00
151	Abílio Catarro	BVMN	MASTER	00:00:00:00
421	José Miguel Pais	CLX	MASTER	00:00:00:00
880	Carlos Monteiro	VIZELA	MASTER	00:00:00:00
77	António Patrício	ADR4E	MASTER	00:00:00:00
583	Valdemar Alves	GDSPO	MASTER	00:00:00:00
97	Paulo Ribeiro	AMA-P	MASTER	00:00:00:00
202	Rui Mendes	CAVF	MASTER	00:00:00:00
201	Aires Pratas	CAVF	MASTER	00:00:00:00
427	António Cordeiro	CPERV	MASTER	00:00:00:00
615	Jorge Freitas	IND	MASTER	00:00:00:00
174	Luís Bidarra	CAS	MASTER	00:00:00:00
175	Cesário Simões	CAS	MASTER	00:00:00:00
173	Luís Filipe Rosa	CAS	MASTER	00:00:00:00
581	Abílio Silva	GDRCP	MASTER	00:00:00:00
614	António Rodrigues	IND	MASTER	00:00:00:00
580	António Inácio	GDRCP	MASTER	00:00:00:00
612	António Alves	IDV	MASTER	00:00:00:00
613	António Ferreira	IDV	MASTER	00:00:00:00
528	Albano Braga	GDCC	MASTER	00:00:00:00
189	Miguel Silva	CASJ	MASTER	00:00:00:00
630	Alfredo Sousa	JOMA	MASTER	00:00:00:00
87	Vítor Figueiredo	AFR F	MASTER	00:00:00:00
353	Gil Ferreira	CDSSC	MASTER	00:00:00:00
131	Narciso Oliveira	ATC	MASTER	00:00:00:00
354	Zeferino Neto	CDSSC	MASTER	00:00:00:00
349	Abílio Costa	CDSSC	MASTER	00:00:00:00
550	Armando De Lacerda	GDD	MASTER	00:00:00:00
420	Carlos Moreira	CLX	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
31	Augusto Cardoso	ACRSD	MASTER	00:00:00:00
30	Rui Alves	ACRSD	MASTER	00:00:00:00
28	Mário Silva	ACRSD	MASTER	00:00:00:00
826	Joaquim Rocha	UDV	MASTER	00:00:00:00
827	António Costa	UDV	MASTER	00:00:00:00
590	João Torres	GRCDL	MASTER	00:00:00:00
464	Carlos Carrega	CRAL	MASTER	00:00:00:00
499	Sérgio Marcelino	GAUB	MASTER	00:00:00:00
500	Virgílio Alberto	GAUB	MASTER	00:00:00:00
57	Jorge Martins	ADIALBAX	MASTER	00:00:00:00
495	Vítor Dinis	GAC-L	MASTER	00:00:00:00
20	Joaquim Barbas	ACP	MASTER	00:00:00:00
429	Pedro Costa Lopes	CPPEA	MASTER	00:00:00:00
126	Adérito Fontes	ARC-EAC	MASTER	00:00:00:00
103	João Veiga	ANE	MASTER	00:00:00:00
100	Fernando Chamusca	ANE	MASTER	00:00:00:00
105	Alberto Covas	ANE	MASTER	00:00:00:00
295	Júlio Finote	CCDS	MASTER	00:00:00:00
616	Luís Gouveia	IND	MASTER	00:00:00:00
513	Daniel Anastácio	GCAD	MASTER	00:00:00:00
512	Francisco Madeira	GCAD	MASTER	00:00:00:00
403	Domingos Pinto	CFOD	MASTER	00:00:00:00
194	João Paio	CATRP	MASTER	00:00:00:00
210	Carlos Pinto	CBA-S	MASTER	00:00:00:00
207	João Jacinto	CBA-S	MASTER	00:00:00:00
216	Vítor Diniz	CBA-S	MASTER	00:00:00:00
221	João Paulo Jacinto	CBA-S	MASTER	00:00:00:00
208	Vítor Marques	CBA-S	MASTER	00:00:00:00
211	Adelino Oliveira	CBA-S	MASTER	00:00:00:00
218	José Narciso	CBA-S	MASTER	00:00:00:00
209	José Durão	CBA-S	MASTER	00:00:00:00
205	Carlos Alfiate	CBA-S	MASTER	00:00:00:00
223	Paulo Baptista	CBA-S	MASTER	00:00:00:00
213	Luiz Mota	CBA-S	MASTER	00:00:00:00
212	Nuno Marques	CBA-S	MASTER	00:00:00:00
93	Luís Almeida	AJL	MASTER	00:00:00:00
54	Dionísio Massena	ADCV	MASTER	00:00:00:00
387	Gonçalo Ferreira	CFB	MASTER	00:00:00:00
713	Carlos Cristão	RUNTEJO	MASTER	00:00:00:00
718	Carlos Freitas	RUNTEJO	MASTER	00:00:00:00
717	Joaquim Santos	RUNTEJO	MASTER	00:00:00:00
715	Paulo Arrenega	RUNTEJO	MASTER	00:00:00:00
712	Manuel Martins	RUNTEJO	MASTER	00:00:00:00
722	Francisco Pedro	RUNTEJO	MASTER	00:00:00:00
389	Paulo Garcia	CFB	MASTER	00:00:00:00

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