



Listagem de Atletas inscritos
Campeonatos Nacionais de Corrida em Montanha
Juniores - 5KM | SUB-20 - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
220	Beatriz Rodrigues	CDCFASA	SUB-20	00:00:00:00
159	Francisca Encarnação	GDR	SUB-20	00:00:00:00
66	Catarina Rebelo	CDCFASA	SUB-20	00:00:00:00
65	Elsa Barros	CDCFASA	SUB-20	00:00:00:00
117	Diana Martins	GCAD	SUB-20	00:00:00:00
28	Ana Pereira	ADCCJC	SUB-20	00:00:00:00
30	Helena Rodrigues	ADCCJC	SUB-20	00:00:00:00
53	Daniela Assunção	ATLB	SUB-20	00:00:00:00

Federados : 8





Listagem de Atletas inscritos
Campeonatos Nacionais de Corrida em Montanha
Juniores - 5KM | SUB-20 - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
29	André Pereira	ADCCJC	SUB-20	00:00:00:00
115	Miguel Alves	FCPF	SUB-20	00:00:00:00
86	Vítor Faria	CFCARV	SUB-20	00:00:00:00
214	Esménio Beirão	SCP	SUB-20	00:00:00:00
78	David Kotchetov	CDL	SUB-20	00:00:00:00
68	Leo Soeiro	CDCFASA	SUB-20	00:00:00:00
67	Miguel Nunes	CDCFASA	SUB-20	00:00:00:00
118	Martim Santos	GCAD	SUB-20	00:00:00:00
208	Jorge Sousa	PCC	SUB-20	00:00:00:00
209	Rodrigo Pepe	PCC	SUB-20	00:00:00:00
210	Francisco Oliveira	PCC	SUB-20	00:00:00:00

Federados : 11





Listagem de Atletas inscritos
Campeonatos Nacionais de Corrida em Montanha
Seniores e Veteranos - 10KM | SUB-23 a MASTER - F

Federados

Dorsal	Nome	Clube	Escalão	Marca
218	Amélia Loureiro	VRV	MASTER	00:45:42:18
147	Sandra Ferreira	GDCG	MASTER	00:50:03:00
11	Adélia Tavares	ADCCJC	MASTER	00:00:00:00
18	Ângela Rodrigues	ADCCJC	MASTER	00:00:00:00
21	Ângela Silva	ADCCJC	MASTER	00:00:00:00
23	Vera Rodrigues	ADCCJC	SEN	00:00:00:00
26	Filipa Martins	ADCCJC	SEN	00:00:00:00
22	Andreia Teixeira	ADCCJC	SEN	00:00:00:00
24	Catarina Vieira	ADCCJC	SEN	00:00:00:00
114	Anabela Aguiar	FCPF	SEN	00:00:00:00
98	Helena Gomes	FCPF	MASTER	00:00:00:00
112	Marina Teles	FCPF	SEN	00:00:00:00
97	Júlia Conceição	FCPF	MASTER	00:00:00:00
108	Patrícia Ferreira	FCPF	MASTER	00:00:00:00
41	Carla Pereira	ADTL	MASTER	00:00:00:00
177	Violeta Silva	GDRG	MASTER	00:00:00:00
170	Maria Otilia Pina	GDRG	MASTER	00:00:00:00
171	Marlene Martins	GDRG	MASTER	00:00:00:00
169	Isabel Oliveira	GDRG	MASTER	00:00:00:00
176	Daniela Cunha	GDRG	MASTER	00:00:00:00
173	Cidália Teixeira	GDRG	MASTER	00:00:00:00
172	Cecília Almeida	GDRG	MASTER	00:00:00:00
184	Bruna Rocha	GDRG	SUB-23	00:00:00:00
77	Tânia Almeida	CDL	SEN	00:00:00:00
116	Marisa Vieira	FURFOR	MASTER	00:00:00:00
151	Carla Guterres	GDR	MASTER	00:00:00:00
93	Rosa Soares	ELCT	SEN	00:00:00:00
217	Catarina Fernandes	VRV	MASTER	00:00:00:00
47	Joana Soares	AJS	SEN	00:00:00:00
125	Rosária Sebastião	GCB	MASTER	00:00:00:00
120	Teresa Catita	GCB	MASTER	00:00:00:00
127	Paula Alves	GCB	MASTER	00:00:00:00
124	Delmina Romão	GCB	MASTER	00:00:00:00
123	Adélia Sendas	GCB	MASTER	00:00:00:00
119	Bianca Albuquerque	GCB	SEN	00:00:00:00
211	Joana Esperanço	PMC	SEN	00:00:00:00
212	Carolina Ribeiro	RDA	SUB-23	00:00:00:00
75	Sofia Correia	CDL	MASTER	00:00:00:00
200	Daniela Mendes	MCVC	SEN	00:00:00:00
72	Patrícia Antunes	CDL	MASTER	00:00:00:00
76	Daniela Falcão	CDL	SEN	00:00:00:00
70	Rosa Silva	CDL	MASTER	00:00:00:00
69	Maria Do Céu Nunes	CDL	MASTER	00:00:00:00
62	Tânia Fernandes	CAMC	MASTER	00:00:00:00
83	Laureen Teixeira	CEE-M	SEN	00:00:00:00
85	Sara Rodrigues	CEE-M	SEN	00:00:00:00
84	Ana Roda	CEE-M	SEN	00:00:00:00
81	Débora Mª Silva	CEE-M	SEN	00:00:00:00
82	Isabel Rodrigues	CEE-M	SEN	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
80	Camila João	CEE-M	SEN	00:00:00:00
89	Deolinda Oliveira	EAT	MASTER	00:00:00:00
92	Ana Cruz	EAT	SEN	00:00:00:00
186	Rosário Barros	IND	MASTER	00:00:00:00
73	Ana Bela Morgado	CDL	MASTER	00:00:00:00
110	Bebiana Gomes	FCPF	SEN	00:00:00:00
94	Isabel Galhardo	FCPF	MASTER	00:00:00:00
55	Lucinda Moreiras	CAMC	MASTER	00:00:00:00
193	Esmeralda Soares	JOBRA	MASTER	00:00:00:00
188	Arlete Santos	JOBRA	MASTER	00:00:00:00
194	Liliana Pereira	JOBRA	MASTER	00:00:00:00
191	Ana Pereira	JOBRA	MASTER	00:00:00:00
189	Ana Aleixo	JOBRA	MASTER	00:00:00:00
192	Elia Rodrigues	JOBRA	MASTER	00:00:00:00
142	Sandra Teixeira	GDCCP	MASTER	00:00:00:00
178	Mara Silva	GDRG	SEN	00:00:00:00
174	Catarina Silva	GDRG	MASTER	00:00:00:00
203	Joana Paisana	PCC	SUB-23	00:00:00:00
206	Ana Oliveira	PCC	SUB-23	00:00:00:00
205	Maria Oliveira	PCC	SUB-23	00:00:00:00
31	Fátima Barbosa	ADCCJC	SUB-23	00:00:00:00
13	Manuela Rodrigues	ADCCJC	MASTER	00:00:00:00
19	Maria Nunes	ADCCJC	MASTER	00:00:00:00

Federados : 72



FEDERAÇÃO
PORTUGUESA
ATLETISMO



100 ANOS
1921 - 2021



Listagem de Atletas inscritos
Campeonatos Nacionais de Corrida em Montanha
Seniores e Veteranos - 10KM | SUB-23 a MASTER - M

Federados

Dorsal	Nome	Clube	Escalão	Marca
213	Hélio Fumo	RDEMO	MASTER	00:30:00:00
146	Artur Rodrigues	GDCG	MASTER	00:30:00:16
56	Hélder Deveza	CAMC	MASTER	01:33:07:90
36	Tiago Pereira	ADM09	MASTER	00:00:00:00
37	Carlos Gomes	ADM09	MASTER	00:00:00:00
38	Fábio Barbosa	ADM09	SEN	00:00:00:00
64	André Roberto	CAOB	SUB-23	00:00:00:00
79	Diogo Baena	CDSSC	MASTER	00:00:00:00
71	Luís Correia	CDL	MASTER	00:00:00:00
74	Rui Neves	CDL	MASTER	00:00:00:00
58	Pedro Rodrigues	CAMC	MASTER	00:00:00:00
61	Rui Muga	CAMC	MASTER	00:00:00:00
158	Cláudio Maurício	GDR	SUB-23	00:00:00:00
149	Arlindo Dias	GDR	MASTER	00:00:00:00
150	Roberto Leal	GDR	MASTER	00:00:00:00
152	Paulo Fernandes	GDR	MASTER	00:00:00:00
157	Nuno Dias	GDR	MASTER	00:00:00:00
219	André Machado	VTSC	SEN	00:00:00:00
154	José Assunção	GDR	MASTER	00:00:00:00
153	Ricardo Gama	GDR	MASTER	00:00:00:00
201	Eduardo Medeiros	MDLCORRE	MASTER	00:00:00:00
215	Eurico Pereira	UDV	SEN	00:00:00:00
90	Ivan Pinto	EAT	MASTER	00:00:00:00
88	Abílio Marques	EAT	MASTER	00:00:00:00
91	Jorge Beliago	EAT	SEN	00:00:00:00
185	Rui Roberto	IND	MASTER	00:00:00:00
87	Vasco Monteiro	DEST	MASTER	00:00:00:00
60	Carlos Lopes	CAMC	MASTER	00:00:00:00
46	Paulo Macedo	AJS	SEN	00:00:00:00
57	José Carvalho	CAMC	MASTER	00:00:00:00
216	Rui Gomes	VRV	MASTER	00:00:00:00
155	Filipe Duarte	GDR	MASTER	00:00:00:00
199	José Gonçalves	MCVC	MASTER	00:00:00:00
198	Jacinto Correia	MCVC	MASTER	00:00:00:00
197	Isaías Peralta	MCVC	MASTER	00:00:00:00
105	Raul Ferreira	FCPF	MASTER	00:00:00:00
99	Aires Sousa	FCPF	MASTER	00:00:00:00
95	Adão Silva	FCPF	MASTER	00:00:00:00
63	João Chumbo	CAMC	SEN	00:00:00:00
59	Ilídio Moreiras	CAMC	MASTER	00:00:00:00
50	Manuel Lino	ATLB	MASTER	00:00:00:00
54	Orlando Alves	CAMC	MASTER	00:00:00:00
144	Bruno Pinto	GDCCP	MASTER	00:00:00:00
51	Joaquim Godinho	ATLB	MASTER	00:00:00:00
187	Francisco Soares	JOBRA	MASTER	00:00:00:00
190	Ricardo Oliveira	JOBRA	MASTER	00:00:00:00
195	José Ferreira	JOBRA	MASTER	00:00:00:00
138	Rui Rodrigues	GDCCP	MASTER	00:00:00:00
143	Vítor Barbosa	GDCCP	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
140	Joaquim Barbosa	GDCCP	MASTER	00:00:00:00
134	Fernando Ramos	GDCCP	MASTER	00:00:00:00
141	Nuno Silva	GDCCP	MASTER	00:00:00:00
139	Luís Santos	GDCCP	MASTER	00:00:00:00
137	Sérgio Azevedo	GDCCP	MASTER	00:00:00:00
135	Nicolau Santos	GDCCP	MASTER	00:00:00:00
136	Vítor Pinheiro	GDCCP	MASTER	00:00:00:00
202	João Monteiro	PCC	MASTER	00:00:00:00
204	Ricardo Sousa	PCC	SEN	00:00:00:00
207	Miguel Gomes	PCC	SUB-23	00:00:00:00
16	Hélder Pinto	ADCCJC	MASTER	00:00:00:00
15	Carlos Sousa	ADCCJC	MASTER	00:00:00:00
14	Fernando Jesus	ADCCJC	MASTER	00:00:00:00
12	Armindo Rodrigues	ADCCJC	MASTER	00:00:00:00
17	Fernando Sousa	ADCCJC	MASTER	00:00:00:00
20	Nuno Sousa	ADCCJC	MASTER	00:00:00:00
27	Samuel Silva	ADCCJC	SEN	00:00:00:00
25	Bruno Pinheiro	ADCCJC	SEN	00:00:00:00
107	Jorge Santos	FCPF	MASTER	00:00:00:00
111	Bruno Caetano	FCPF	SEN	00:00:00:00
109	José Rocha	FCPF	MASTER	00:00:00:00
100	João Amorim	FCPF	MASTER	00:00:00:00
101	Manuel Bessa	FCPF	MASTER	00:00:00:00
102	Mark Macedo	FCPF	MASTER	00:00:00:00
96	José Vieira	FCPF	MASTER	00:00:00:00
104	Joaquim Pinheiro	FCPF	MASTER	00:00:00:00
103	Carlos Ferreira	FCPF	MASTER	00:00:00:00
106	António Teixeira	FCPF	MASTER	00:00:00:00
113	Hugo Soares	FCPF	SUB-23	00:00:00:00
175	Sérgio Gabriel	GDRG	MASTER	00:00:00:00
161	Severino Santos	GDRG	MASTER	00:00:00:00
168	Paulo Loureiro	GDRG	MASTER	00:00:00:00
180	Paulo Lourenço	GDRG	SEN	00:00:00:00
162	Octávio Capela	GDRG	MASTER	00:00:00:00
166	Carlos Almeida	GDRG	MASTER	00:00:00:00
167	Mário Rodrigues	GDRG	MASTER	00:00:00:00
183	Mauro Nascimento	GDRG	MASTER	00:00:00:00
182	Marcelo Gonçalves	GDRG	SEN	00:00:00:00
163	Fernando Basto	GDRG	MASTER	00:00:00:00
181	Eduardo Bebiano	GDRG	SEN	00:00:00:00
179	Diogo Pereirinha	GDRG	SEN	00:00:00:00
165	António Lourenço	GDRG	MASTER	00:00:00:00
164	Alcídes Pereira	GDRG	MASTER	00:00:00:00
160	Acácio Fonseca	GDRG	MASTER	00:00:00:00
145	Paulo Gomes	GDCG	MASTER	00:00:00:00
196	Duarte Rodrigues	MAC	SEN	00:00:00:00
132	Lucas Zafanelli	GCB	SEN	00:00:00:00
43	Juvenal Faria	AJS	MASTER	00:00:00:00
44	Décio Abreu	AJS	MASTER	00:00:00:00
45	Leandro Soares	AJS	SEN	00:00:00:00
48	Eduardo Pestana	AJS	SUB-23	00:00:00:00
40	Eugénio Almeida	ADTL	MASTER	00:00:00:00
33	João Ribeiro	ADCRVB	MASTER	00:00:00:00
34	José Ribeiro	ADCRVB	MASTER	00:00:00:00
35	Celso Loureiro	ADCRVB	MASTER	00:00:00:00
32	António Ribeiro	ADCRVB	MASTER	00:00:00:00



Dorsal	Nome	Clube	Escalão	Marca
156	Bruno Tecelão	GDR	MASTER	00:00:00:00
148	João Soares	GDR	MASTER	00:00:00:00
52	Diogo Reis	ATLB	SEN	00:00:00:00
128	Nuno Quitério	GCB	MASTER	00:00:00:00
121	Manuel Palmeiro	GCB	MASTER	00:00:00:00
129	Bruno Pires	GCB	MASTER	00:00:00:00
122	João Alves	GCB	MASTER	00:00:00:00
126	Alírio Sebastião	GCB	MASTER	00:00:00:00
133	Pablo Rego Alves	GCB	SEN	00:00:00:00
130	Helder Narciso	GCB	SEN	00:00:00:00
131	João Carlos Ferreira	GCB	SUB-23	00:00:00:00
42	Paulo Ferreira	ADTL	MASTER	00:00:00:00
49	António Nunes	ARAC	MASTER	00:00:00:00
39	Ricardo Moreira	ADM09	SEN	00:00:00:00

Federados : 119



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