



Campeonatos Nacionais de Estrada

FPA **COMPETIÇÕES**

Joane - VN Famalicão - 02/10/2022

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

Série 1

1	Solange Jesus	1987	VET 35	CDFE	0:33:58	55	Catarina Lourenço	1978	VET 40	QFC	0:42:30
2	Ana Mafalda Ferreira	1988	SEN	SCP	0:34:03	56	Diana Almeida	1994	SEN	SCB	0:42:36
3	Catarina Ribeiro	1990	SEN	SCP	0:34:30	57	Ana Rebelo	1993	SEN	RUNTEJO	0:42:43
4	Andreia Santos	1985	VET 35	RDA	0:34:35	58	Deonilde Costa	1974	VET 45	ACV	0:42:45
5	Vanessa Carvalho	1991	SEN	SCB	0:34:40	59	Alexandra Portela	1970	VET 50	RUNTEJO	0:42:57
6	Rafaela Fonseca	1983	VET 35	SCS	0:34:47	60	Anita Alves	2002	SUB-23	CFOD	0:43:08
7	Carla Martinho	1976	VET 45	RDA	0:34:53	61	Carla Nunes	1996	SEN	ADL-P	0:43:10
8	Carla Salomé Rocha	1990	SEN	SCP	0:34:59	62	Cátia Rodrigues	1992	SEN	ARC-EAC	0:43:18
9	Susana Cunha	1988	SEN	RDA	0:35:30	63	Antónia Jordão	1977	VET 45	ANE	0:43:25
10	Susana Francisco	1991	SEN	SCB	0:35:36	64	Deolinda Oliveira	1968	VET 50	EAT	0:43:40
11	Rita Figueiredo	2003	JUN	SCP	0:35:46	65	Margarida Dionísio	1987	VET 35	CDFE	0:43:45
12	Joana Nunes	1985	VET 35	RDA	0:35:50	66	Sofia Silva	2003	JUN	SCP	0:43:46
13	Sara Duarte	1999	SEN	SCB	0:35:52	67	Júlia Conceição	1968	VET 50	FCPF	0:43:50
14	Lia Lemos	2001	SUB-23	SCP	0:35:53	68	Liliana Gonçalves	1980	VET 40	CAST	0:44:13
15	Ana Marinho	2003	JUN	EAROS	0:35:54	69	Graça Costa	1963	VET 55	AMONT	0:44:17
16	Susana Godinho	1992	SEN	CDFE	0:36:05	70	Carolina Ribeiro	2003	JUN	RDA	0:44:37
17	Mónica F Silva	2000	SUB-23	CDSSC	0:36:31	71	Filipa Moutinho	1982	VET 40	UFCT	0:44:37
18	Laura Silva	1984	VET 35	CDSSC	0:36:50	72	Júlia Sousa	1969	VET 50	EAT	0:44:39
19	Joana Ferreira	1997	SEN	RDA	0:36:50	73	Tânia Silva	1988	SEN	LFC-F	0:44:41
20	Diana Fernandes	2004	JUN	UDV	0:36:52	74	Vanda Ribeiro	1975	VET 45	ACRSD	0:44:49
21	Cátia Pereira	2001	SUB-23	JV	0:37:01	75	Jamila Dionísio	1976	VET 45	CDQ	0:44:55
22	Marisa Vieira	1982	VET 40	IND	0:37:46	76	Chantal Xhervelle	1968	VET 50	BEL ANE	0:44:56
23	Kcénia Bougrova	1994	SEN	RUNTEJO	0:38:02	77	Sara Nunes	1977	VET 40	IND	0:44:59
24	Mafalda Oliveira	1992	SEN	CDFE	0:38:32	78	Guilhermina Rebola	1974	VET 45	GDD	0:45:05
25	Neide Dias	1987	VET 35	CDFE	0:38:35	79	Ana Pereira	2004	JUN	ADCCJC	0:45:20
26	Raquel Sampaio	2002	SUB-23	UDV	0:38:50	80	Bárbara Rita Abreu	1993	SEN	RUNTEJO	0:45:27
27	Susana Vilela	1983	VET 35	LAVRA	0:39:01	81	Matilde Baptista	1966	VET 55	JAM	0:45:29
28	Marta Castro	2003	JUN	SCP	0:39:05	82	Célia Matias	1980	VET 40	CPM	0:45:33
29	Mónica Ferreira	1977	VET 45	SCS	0:39:27	83	Patrícia Ferreira	1985	VET 35	FCPF	0:45:37
30	Filipa Veloso	1989	SEN	ANE	0:39:27	84	Rosa Pinto	1961	VET 60	NPCAD	0:45:38
31	Sabina Neca	1976	VET 45	ACRSD	0:39:27	85	Claudia Pereira	1976	VET 45	RUNFORCE	0:45:42
32	Eva Fernandes	2000	SUB-23	GRE-AA	0:39:46	86	Sandra Maciel	1985	VET 35	ELCT	0:45:46
33	Maria José Pinto	1981	VET 40	UFCT	0:39:51	87	Helena Machado	1985	VET 35	CRCANDO	0:45:47
34	Sara Carvalho	1988	SEN	CDSSC	0:39:56	88	Dora Sá	1977	VET 45	CDFE	0:45:52
35	Beatriz Fernandes	2002	SUB-23	SCB	0:40:01	89	Sara Lobo	1995	SEN	RUNTEJO	0:45:55
36	Daniela Silva	1993	SEN	CFB	0:40:21	90	Gabriela Almeida	2004	JUN	CFOD	0:45:55
37	Margarida Oliveira	2004	JUN	CDFE	0:40:23	91	Marta Caeiro	1989	SEN	RUNRIVER	0:46:00
38	Estela Melo	1976	VET 45	UDV	0:40:31	92	Claudia Figueiredo	1976	VET 45	BRA ANE	0:46:01
39	Ana Catarina Carrelo	1993	SEN	UFCT	0:40:32	93	Maria Monteiro	1967	VET 55	CPM	0:46:04
40	Sara Neto	1989	SEN	CFB	0:40:36	94	Paula Fernandes	1978	VET 40	CFB	0:46:06
41	Ana Silva	1998	SEN	EAT	0:40:37	95	Paula Martinho	1979	VET 40	CPM	0:46:08
42	Sílvia Silva	1993	SEN	QTRILHO	0:40:48	96	Helena Santos	1968	VET 50	ACA	0:46:09
43	Beatriz Rios	2003	JUN	SCP	0:40:56	97	Sofia Peixoto	1984	VET 35	ELCT	0:46:20
44	Alice Oliveira	2000	SUB-23	EAT	0:41:02	98	Alice Couto	1967	VET 55	CFOD	0:46:23
45	Sara Cruz	2003	JUN	SCP	0:41:06	99	Anabela Silva	1975	VET 45	EAROS	0:46:28
46	Tânia Cruz	1986	VET 35	ACRSD	0:41:09	100	Inês Neto	1981	VET 40	GCB	0:46:38
47	Ana Nunes	1999	SEN	ADL-P	0:41:11	101	Raquel Vasconcelos	1978	VET 40	SCS	0:46:44
48	Lara Costa	2004	JUN	ARAC	0:41:22	102	Joana Santos	2003	JUN	CDFE	0:46:59
49	Ana Eustáquio	1978	VET 40	CPTSC	0:41:22	103	Fátima Dantas	1962	VET 60	GJVP	0:47:08
50	Lídia Pereira	1967	VET 55	GRE-AA	0:41:50	104	Anjos Moreira	1972	VET 50	GDD	0:47:19
51	Carolina Escada	2000	SUB-23	ACRSD	0:42:01	105	Marisa Fernandes	1985	VET 35	ELCT	0:47:22
52	Daniela Gregório	1994	SEN	EAT	0:42:05	106	Elisabete Macedo	1981	VET 40	RUNTEJO	0:47:28
53	Carla Almeida	1988	SEN	CFP	0:42:24	107	Mónica Rodrigues	1975	VET 45	NBA	0:47:32
54	Andreia Cunha	1986	VET 35	CDFE	0:42:24	108	Carla Rodrigues	1972	VET 50	CFOD	0:47:47
						109	Susana Bettencourt	1980	VET 40	NSIT	0:47:52
						110	Telma Sofia Silva	1991	SEN	RUNTEJO	0:47:56
						111	Ana Ribeiro	1991	SEN	UFCT	0:48:02
						112	Itala Marx	1991	SEN	BRA GCB	0:48:06



FEDERAÇÃO
PORTUGUESA
ATLETISMO

100 ANOS
1921 - 2021

113	Dina Oliveira	1979	VET 40	ANE	0:48:15	174	Elsa Soares	1980	VET 40	ACV	0:56:57
114	Maria Luís Santos	2001	SUB-23	RUNTEJO	0:48:27	175	Ana Neto	1978	VET 40	FCV	0:57:01
115	Manuela Gonçalves	1970	VET 50	CPTSC	0:48:27	176	Manuela Rodrigues	1974	VET 45	ADCCJC	0:57:25
116	Marlene Martins	1979	VET 40	GDRG	0:48:31	177	Susana Sobral	1972	VET 45	CDQ	0:57:29
117	Ana Oliveira	2001	SUB-23	CSJSC	0:48:31	178	Carla Coelho	1974	VET 45	CFB	0:58:46
118	Rosária Sebastião	1978	VET 40	GCB	0:48:43	179	Isabel Tomé	1968	VET 50	CPM	0:58:48
119	Alexandra Vieira	1969	VET 50	NSIT	0:48:46	180	Fátima Aguiar	1966	VET 55	RUNRIVER	0:59:04
120	Ana Neves	1975	VET 45	CDP	0:48:49	181	Inês Bernardo	1981	VET 40	CFB	0:59:08
121	Anabela Ferreira	1970	VET 50	CFB	0:48:52	182	Vanda Augusto	1954	VET 65	ANE	0:59:34
122	Conceição Pereira	1961	VET 60	CAVF	0:49:14	183	Leonor Mendonça	1994	SEN	SCS	0:59:50
123	Fátima Silva	1970	VET 50	CDP	0:49:18	184	Glória Pereira	1965	VET 55	GCB	1:00:48
124	Isabel Oliveira	1975	VET 45	GDRG	0:49:20	185	Vlada Yatsyno	2000	SUB-23	CDQ	1:00:52
125	Sandra Matos	1974	VET 45	ARLVG	0:49:20	186	Hermínia Pereira	1963	VET 55	CDSSC	1:00:56
126	Delmina Romão	1977	VET 45	GCB	0:49:33	187	Marlene Silva	1988	SEN	CDCNAV	1:02:30
127	Maria Oliveira	2001	SUB-23	CSJSC	0:49:36	188	Fátima Barbosa	2003	JUN	ADCCJC	1:03:18
128	Graça Beleza	1979	VET 40	CDFE	0:49:39	189	Maria Fernandes	1952	VET 70	SSTSJM	1:06:19
129	Marta Sousa	1979	VET 40	ADCCJC	0:49:47	190	Ana Guimarães	2003	JUN	ADL-P	1:08:08
130	Maria Antónia Bessa	1969	VET 50	AMA-P	0:49:54	191	Liliana Ferreira	1984	VET 35	RUNRIVER	1:17:07
131	Catarina Lopes	1991	SEN	GCB	0:49:59	192	Carolina Ribeiro	1958	VET 60	SSTSJM	1:19:02
132	Sofia Pinheiro	1975	VET 45	ANE	0:50:13	10Km - Masculinos SUB-20 a MASTER - M Dia 1					
133	Maria Nunes	1985	VET 35	ADCCJC	0:50:36	Série 1					
134	Maria Pinto	1984	VET 35	NBA	0:50:41	1	Rui Pinto	1992	SEN	SCP	0:29:41
135	Ana Rosário	1972	VET 45	ANE	0:50:45	2	Bernardo Rocha	2000	SUB-23	SCS	0:29:43
136	Anabela Salazar	1972	VET 50	RUNTEJO	0:51:03	3	Lucas Da Silva	1999	SEN	SCP	0:29:45
137	Sónia Beleza	1977	VET 40	CDFE	0:51:04	4	Francisco Rodrigues	1995	SEN	SCB	0:29:49
138	Rute Oliveira	1977	VET 45	GDD	0:51:06	5	Miguel Marques	1995	SEN	SCP	0:29:52
139	Ana Melo	1989	SEN	NSIT	0:51:11	6	Samuel Freire	1990	SEN	CPV VFC	0:29:55
140	Helena Mourão	1960	VET 60	ACRS	0:51:13	7	Filipe Vitorino	1998	SEN	CNRM	0:29:56
141	Bruna Ortiga	2001	SUB-23	EAROS	0:51:16	8	Rui Teixeira	1982	VET 40	SCP	0:29:58
142	Liliana Santos	1982	VET 35	EAROS	0:51:16	9	Hélio Gomes	1984	VET 35	SCP	0:30:04
143	Bianca Albuquerque	1992	SEN	BRA	0:51:25	10	Paulo Barbosa	1994	SEN	SCB	0:30:06
144	Márcia Silva	1987	VET 35	NBA	0:51:27	11	Pedro Amaro	2002	SUB-23	RDA	0:30:18
145	Carina Ferreira	2004	JUN	ADCCJC	0:51:32	12	Nuno Lopes	1987	VET 35	CDFE	0:30:23
146	Anabela Santos	1972	VET 50	SSTSJM	0:51:33	13	João Almeida	1996	SEN	RDA	0:30:25
147	Conceição Santos	1977	VET 40	CDP	0:51:59	14	Luís Saraiva	1993	SEN	SCB	0:30:27
148	Adélia Tavares	1967	VET 55	ADCCJC	0:52:11	15	Tiago Costa	1988	SEN	SCB	0:30:28
149	Andreia Pereira	1992	SEN	RUNTEJO	0:52:24	16	Rui Pedro Silva	1981	VET 40	CDSSC	0:30:32
150	Adelaide Almeida	1974	VET 45	ACA	0:52:29	17	Diogo Rosário	2000	SUB-23	SCB	0:30:32
151	Anabela Possacos	1969	VET 50	GCB	0:52:47	18	João Amaro	2002	SUB-23	RDA	0:30:34
152	Fátima Eusébio	1990	SEN	CDCNAV	0:52:59	19	Nuno Pereira	2000	SUB-23	SCP	0:30:51
153	Maria José Lopes	1977	VET 45	NBA	0:53:03	20	Andralino Furtado	1992	SEN	VFC	0:30:52
154	Cláudia Borralho	1973	VET 45	RUNTEJO	0:53:03	21	João Pais	2002	SUB-23	CAS	0:30:53
155	Adélia Sendas	1973	VET 45	GCB	0:53:07	21	Martim Monteiro	2000	SUB-23	RUNTEJO	0:30:52
156	Ana Pereira	1967	VET 55	CFOD	0:53:11	22	Rúben Pires	2003	JUN	UDV	0:30:58
157	Inês Correia	2003	JUN	CDFE	0:53:34	23	Miguel Ribeiro	1987	VET 35	CAOV	0:31:09
158	Fátima Barros	1978	VET 40	GJVP	0:53:45	24	Luís Oliveira	1999	SEN	RDA	0:31:10
159	Elisabete Barbosa	1973	VET 45	ADCCJC	0:53:51	25	Nuno Fernandes	1997	SEN	CAS	0:31:14
160	Filipa Martins	1999	SEN	ADCCJC	0:53:52	26	Roberto Ladeiras	1992	SEN	VFC	0:31:17
161	Susana Vasconcelos	1977	VET 45	RUNRIVER	0:54:12	27	Rui Muga	1984	VET 35	CAMC	0:31:18
162	Sónia Monteiro	1980	VET 40	ACA	0:55:06	28	João Valente	1993	SEN	UFCT	0:31:18
163	Maria Santos	1972	VET 50	CUI	0:55:10	29	Davide Silva	1995	SEN	SCB	0:31:20
164	Paula Gonçalves	1970	VET 50	CDCNAV	0:55:11	30	Fernando Serrão	1993	SEN	SCP	0:31:21
165	Susana Duarte	1971	VET 50	SSTSJM	0:55:25	31	Bruno Silva	1983	VET 35	PRC	0:31:25
166	Inês Silva	2003	JUN	CDFE	0:55:50	32	António Silva	1987	VET 35	ACRS	0:31:27
167	Lisa Vieira	1985	VET 35	CDQ	0:56:02	33	Pedro Ribeiro	1981	VET 40	PRC	0:31:31
168	Marília Cavaco	1950	VET 70	CDQ	0:56:06	34	Miguel Moreira	2000	SUB-23	SCB	0:31:37
169	Elsa Bruxelas	1959	VET 60	CFB	0:56:20	35	Rafael Lopes	2000	SUB-23	CDFE	0:31:43
170	Carla Nascimento	1980	VET 40	CFB	0:56:20	36	Licínio Pimentel	1977	VET 45	SCP	0:31:45
171	Rafaela Faria	1995	SEN	GJVP	0:56:31	37	Carlos Lopes	1981	VET 40	CAMC	0:31:48
172	Sara Machado	1995	SEN	NBA	0:56:37	38	Rui Borges	1996	SEN	SCB	0:32:03
173	Sara Sousa	2003	JUN	ADCCJC	0:56:55						

39	Ricardo Fonseca	1997	SEN	UFCT	0:32:08	100	Sérgio Rodrigues	1985	VET 35	NPCAD	0:34:19
40	Vasco Ferreira	1987	VET 35	RUNFORCE	0:32:12	101	Luís Martins	1981	VET 40	CATCTDT	0:34:20
41	Filipe Ferreira	1989	SEN	ACRVC	0:32:14	102	Rui Oliveira	2002	SUB-23	EAROS	0:34:23
42	José Carvalho	1977	VET 45	CAMC	0:32:17	103	Marco Francisco	1982	VET 35	UFCT	0:34:24
43	João Figueiredo	1993	SEN	AFR&F	0:32:20	104	Carlos Bessa	1991	SEN	RUNFORCE	0:34:24
44	Duarte Santos	2003	JUN	SCP	0:32:21	105	Paulo Morais	1982	VET 40	AGM	0:34:25
45	Luís Contente	1989	SEN	ACDRSQ	0:32:21	106	Ricardo Santos	1999	SEN	RDA	0:34:26
46	José C Moreira	1980	VET 40	CDSSC	0:32:23	107	Isaias Gomes	1994	SEN	CFB	0:34:26
47	Lourenço Ferreira	2003	JUN	SCP	0:32:26	108	Pedro Cardoso	1991	SEN	AFR&F	0:34:29
48	Nuno Pereira	1986	VET 35	CAMC	0:32:33	109	Luís Brito	1975	VET 45	CFB	0:34:31
49	Tomás Cerveira	2004	JUN	CNRM	0:32:34	110	Tiago Graça	1987	VET 35	CFP	0:34:34
50	Carlos Rodrigues	1993	SEN	ACRVC	0:32:36	111	José Pinto	2004	JUN	FCV	0:34:38
51	José Vieira	1997	SEN	GDCCP	0:32:36	112	António Costa	1969	VET 50	UDV	0:34:40
52	Ricardo Pedra	2002	SUB-23	CAOV	0:32:37	113	Marco Santos	1988	SEN	CBRUN	0:34:42
53	Leandro Monteiro	2003	JUN	SCP	0:32:38	114	Marco Faria	1976	VET 45	VIZELA	0:34:45
54	Ricardo Paixão	1986	VET 35	VFC	0:32:40	115	Bruno Abreu	1990	SEN	VTSC	0:34:49
55	Pedro Saldanha	2001	SUB-23	RUNTEJO	0:32:46	116	Alberto Fonte	1973	VET 45	RDA	0:34:52
56	Joaquim Figueiredo	1967	VET 55	CDSSC	0:32:46	117	Eurico Pereira	1998	SEN	UDV	0:34:52
57	Tiago Pereira	1984	VET 35	FCPF	0:32:48	118	Nuno Carraça	1989	SEN	RUNTEJO	0:34:54
58	Mihail Lalev	1982	VET 40	AGM	0:32:49	119	Paulo Pereira	1976	VET 45	GDCG	0:34:57
59	Tiago Nuno	1983	VET 35	UFCT	0:32:52	120	João Paulo Alves	1988	SEN	VTSC	0:34:57
60	Ricardo Figueiredo	1989	SEN	CAS	0:32:54	121	João Albano	2003	JUN	CPSTC	0:34:57
61	João Marques	2002	SUB-23	LAVRA	0:32:55	122	Jorge Cubal	1987	VET 35	GDCG	0:35:00
62	Ricardo Moreira	1994	SEN	FCPF	0:33:00	123	Ricardo Sousa	1988	SEN	GRE-AA	0:35:01
63	António Fernandes	1967	VET 55	GDCG	0:33:02	124	Tiago Nunes	2003	JUN	NBA	0:35:04
64	Cristiano Pereira	1996	SEN	CPM	0:33:04	125	Pedro Barreira	1984	VET 35	VTSC	0:35:05
65	Vítor Oliveira	1989	SEN	CFB	0:33:05	126	Eduardo Sousa	1974	VET 45	NSIT	0:35:05
66	Fábio Abrantes	1990	SEN	GRE-AA	0:33:07	127	José Manuel Andrade	1967	VET 50	AGM	0:35:08
67	Nuno Miguel Costa	1981	VET 40	CDSSC	0:33:12	128	Mark Macedo	1981	VET 40	FCPF	0:35:09
68	Nuno Alves	2002	SUB-23	CDFE	0:33:12	129	Jorge Neto	1982	VET 35	NBA	0:35:09
69	Tiago Madureira	1989	SEN	CDFE	0:33:15	130	Manuel Bessa	1978	VET 40	FCPF	0:35:09
70	João Alves Lopes	1998	SEN	SCB	0:33:15	131	António Cristóvão	1979	VET 40	GDCG	0:35:10
71	Bruno Jesus	1982	VET 40	ACRVC	0:33:16	132	Rui Pereira	1992	SEN	CBCB	0:35:12
72	Rodrigo Lima	2003	JUN	SCP	0:33:22	133	Miguel Pinto	1992	SEN	RUNTEJO	0:35:12
73	Tomás Carriço	2000	SUB-23	ARC-EAC	0:33:23	134	André Fonte	2002	SUB-23	RDA	0:35:18
74	Ricardo Barros	1987	VET 35	SCE	0:33:25	135	Paulo Garcia	1972	VET 45	CFB	0:35:22
75	João Trigueiros	1996	SEN	SCE	0:33:25	136	Rui Rodrigues	1980	VET 40	CATCTDT	0:35:24
76	Fábio Barbosa	1991	SEN	FCPF	0:33:27	137	André Pais	1998	SEN	CATCTDT	0:35:25
77	André Silva	1992	SEN	ELCT	0:33:28	138	Carlos Costa	1990	SEN	ARC-EAC	0:35:27
78	João Costa	1993	SEN	VTSC	0:33:29	139	Vasco Marta	1991	SEN	RUNTEJO	0:35:29
79	Augusto Costa	1969	VET 50	AMONT	0:33:34	140	Marco Pinho	1993	SEN	ACRVC	0:35:29
80	Marco Ferreira	1976	VET 45	UDV	0:33:34	141	Nuno Queiroz	1977	VET 40	CDSSC	0:35:31
81	Carlos Tiago	1979	VET 40	RUNTEJO	0:33:37	142	Paulo Mendes	1992	SEN	CAS	0:35:33
82	João Pereira	1975	VET 45	CDSSC	0:33:38	143	Diogo Miguéis	1991	SEN	SCE	0:35:33
83	Helder Santos	1983	VET 35	GDCG	0:33:44	144	Paulo Ribeiro	1972	VET 50	AMA-P	0:35:33
84	Nuno Ferreira	2000	SUB-23	GAC-L	0:33:46	145	Eduardo Salazar	2004	JUN	LFC-F	0:35:33
85	Tiago Godinho	1992	SEN	UFCT	0:33:47	146	Rui Alves	1995	SEN	GDSPO	0:35:33
86	Nelson Oliveira	1981	VET 40	ARC-EAC	0:33:47	147	Francisco Graça	2003	JUN	ASCV	0:35:35
87	João Magalhães	2003	JUN	AMA-P	0:33:48	148	Tiago Marques	1977	VET 45	ACRS	0:35:36
88	Hugo Daniel Santos	1990	SEN	SCS	0:33:48	149	Paulo Pereira	1991	SEN	AAC	0:35:38
89	Bruno Freitas	1981	VET 40	ACRVC	0:33:49	150	Hélder Soares	1987	VET 35	CAOV	0:35:40
90	Miguel Meira	1979	VET 40	CAOV	0:33:53	151	Ricardo Sousa	1997	SEN	PCC	0:35:44
91	Nuno Quitério	1986	VET 35	GCB	0:34:01	152	Rui Ferreira	2004	JUN	SCE	0:35:44
92	João Rodrigues	2004	JUN	EAROS	0:34:01	153	Tiago Correia	1986	VET 35	CAS	0:35:44
93	André Massaça	2002	SUB-23	SCP	0:34:05	154	Luís Santos	1979	VET 40	GDCCP	0:35:45
94	Marco Marques	1983	VET 35	ACRS	0:34:07	155	Nuno Machado	1983	VET 35	RUNFORCE	0:35:46
95	Nuno Raposo	1996	SEN	ANE	0:34:07	156	Rui Ramos	1977	VET 45	EAROS	0:35:49
96	Artur Rodrigues	1975	VET 45	GDCG	0:34:09	157	Daniel Cruz	1992	SEN	CAMC	0:35:50
97	Vítor Barbosa	1980	VET 40	GDCCP	0:34:14	158	João Da Cruz	1985	VET 35	CBRUN	0:35:53
98	Alexandre Tiago	1992	SEN	ANE	0:34:19	159	João Coentrão	1988	SEN	GRE-AA	0:35:57
99	João Pedro Casal	1999	SEN	GDCG	0:34:19	160	Júlio Couceiro	2003	JUN	UFCT	0:36:00

161	Joaquim Lopes	1963	VET 55	CDSSC	0:36:01	222	Agostinho Figueiredo	1979	VET 40	AFR&F	0:37:08	
162	Paulo Oliveira	2000	SUB-23	DRGN	0:36:02	223	Hernani Furtado	1979	VET 40	SCE	0:37:10	
163	Patrício Castro	1976	VET 45	ACVSM	0:36:03	224	Miguel Passos	1975	VET 45	CAFH	0:37:12	
164	Ricardo Opinião	1999	SEN	ACRSD	0:36:04	225	Rui Taborda	1978	VET 40	SCS	0:37:12	
165	Pablo Rego Alves	1994	SEN	ESP	GCB	0:36:04	226	Luís Silva	1977	VET 40	GDCG	0:37:13
166	Pedro Saldanha	1999	SEN	UFCT	0:36:05	227	Américo Moreira	1989	SEN	CDP	0:37:14	
167	António Curto	1998	SEN	GCAD	0:36:06	228	Énio Silva	1987	VET 35	CAFH	0:37:16	
168	Rúben Fortunato	2002	SUB-23	CPTSC	0:36:07	229	João Oliveira	1997	SEN	SCBM	0:37:17	
169	Rui Fernandes	1997	SEN	EAROS	0:36:12	230	Bruno Teixeira	1979	VET 40	ADAM	0:37:18	
170	Paulo Silva	1972	VET 45	NAZA	0:36:12	231	Joel Pena	1983	VET 35	RUNTEJO	0:37:18	
171	João Pereira	2003	JUN	SCP	0:36:13	232	Nuno Fernandes	1976	VET 45	RUNTEJO	0:37:19	
172	João Monteiro	1985	VET 35	PCC	0:36:14	233	Carlos Costa	1974	VET 45	UDV	0:37:21	
173	António Teixeira	1980	VET 40	FCPF	0:36:15	234	Samuel Veiga	2002	SUB-23	CPV	CAOV	0:37:22
174	Joaquim Pacheco	1970	VET 50	VTSC	0:36:16	235	Jorge Rodrigues	1966	VET 55	NAZA	0:37:24	
175	Virgílio Gomes	1968	VET 50	NAZA	0:36:17	236	António Jesus	1963	VET 55	NPCAD	0:37:25	
176	Rafael Canaria	2001	SUB-23	CUI	0:36:17	237	Rui Lopes	1977	VET 45	AAC	0:37:27	
177	Pedro Ferreira	1974	VET 45	ACV	0:36:18	238	Miguel Coelho	1995	SEN	ADL-P	0:37:27	
178	Grabiel Murillo	1984	VET 35	VEN	SCS	0:36:18	239	José Ferreira	2003	JUN	CFB	0:37:29
179	Sérgio Paiva	1987	VET 35	CAO	0:36:21	240	João Paulo Ferreira	1976	VET 45	ACRSD	0:37:29	
180	Augusto Cardoso	1970	VET 50	ACRSD	0:36:25	241	Paulo Costa	1974	VET 45	NAZA	0:37:32	
181	Carlos Ribeiro	1976	VET 45	CATCTDT	0:36:25	242	Manuel F Ferreira	1965	VET 55	GDCG	0:37:33	
182	Nuno Marques	1977	VET 45	CDQ	0:36:26	243	José Vilela	1972	VET 50	IND	0:37:34	
183	João Gonçalves	1983	VET 35	CFB	0:36:28	244	João Veiga	1959	VET 60	ANE	0:37:34	
184	José Moreira	1970	VET 50	CDSSC	0:36:28	245	Naim Ketfi	2002	SUB-23	ESP	PCC	0:37:36
185	Tiago Rosas	2001	SUB-23	SCE	0:36:29	246	Miguel Massuça	2004	JUN	SCP	0:37:39	
186	Francisco Silva	2004	JUN	EAROS	0:36:29	247	Mário Silva	1963	VET 55	ACRSD	0:37:41	
187	Vítor Ramos	1979	VET 40	RUNRIVER	0:36:32	248	Jorge Santos	1972	VET 50	ARC-EAC	0:37:42	
188	Joaquim Alves	1968	VET 50	SCS	0:36:35	249	André Natário	2001	SUB-23	VIZELA	0:37:43	
189	Bruno Queirós	1992	SEN	ACRVC	0:36:36	250	Mário Contreiras	1967	VET 50	CDSSC	0:37:47	
190	Sandro Baessa	1999	SEN	CFOD	0:36:39	251	João Jesus Silva	1975	VET 45	VTSC	0:37:58	
191	Paulo Pereira	1975	VET 45	DRGN	0:36:40	252	Manuel Costa	1963	VET 55	ADL-P	0:37:58	
192	Élvio Silva	1986	VET 35	CAFH	0:36:40	253	Nelson Magalhaes	1977	VET 40	UDV	0:37:59	
193	Jorge Santos	1984	VET 35	FCPF	0:36:43	254	Raúl Goulart	1976	VET 45	CAFH	0:38:00	
194	Abílio Costa	1965	VET 55	CDSSC	0:36:44	255	Tiago Valente	1982	VET 35	CAMC	0:38:01	
195	Miguel Gonçalves	1981	VET 40	CAFH	0:36:45	256	José Jarmela	1964	VET 55	NAZA	0:38:04	
196	José Silva	1973	VET 45	MCVC	0:36:45	257	Sérgio Santos	1975	VET 45	GCAD	0:38:10	
197	João Pereira	1961	VET 60	AFIS	0:36:45	258	Alexandre Venâncio	1998	SEN	CBF	0:38:10	
198	Sérgio Paiva	1972	VET 50	ADNO	0:36:46	259	João Ginja	1965	VET 55	NAZA	0:38:12	
199	Ricardo Gomes	1984	VET 35	CDFE	0:36:46	260	Filipe Leite	1972	VET 50	UDV	0:38:15	
200	Nelson Barbosa	2003	JUN	CFOD	0:36:47	261	Miguel Ribeiro	2001	SUB-23	MAC	0:38:16	
201	Rodrigo Silva	2004	JUN	CDFE	0:36:47	262	Amaro Teixeira	1989	SEN	CBF	0:38:17	
202	Milton Santos	1992	SEN	UFCT	0:36:47	263	Pedro Teixeira	1973	VET 45	NPCAD	0:38:19	
203	Rui Santos	1972	VET 50	SCE	0:36:48	264	Carlos Arieiro	1974	VET 45	ANE	0:38:19	
204	Ricardo Neves	1989	SEN	GDAIRAO	0:36:48	265	Alexandre Ferreira	1962	VET 60	VIZELA	0:38:20	
205	Hélder Silva	1979	VET 40	QTRILHO	0:36:49	266	Sílvio Guimarães	1973	VET 45	CDSSC	0:38:22	
206	Orlando Neves	1970	VET 50	LAVRA	0:36:49	267	Pedro Carneiro	1975	VET 45	GRE-AA	0:38:23	
207	Erick Araújo	1996	SEN	AGM	0:36:50	268	Paulo Martins	1982	VET 40	VIZELA	0:38:26	
208	Fernando Santos	1973	VET 45	CPM	0:36:51	269	Alfredo Fernandes	2002	SUB-23	VTSC	0:38:28	
209	Flávio Gonçalves	1983	VET 35	IND	0:36:53	270	Adelino Fernandes	1964	VET 55	LFC-F	0:38:28	
210	Paulo Rola	1965	VET 55	NAZA	0:36:54	271	Luís Dantas	1984	VET 35	EDL	0:38:29	
211	André Machado	1991	SEN	CAOV	0:36:54	272	Joaquim Rocha	1965	VET 55	UDV	0:38:32	
212	Jorge Vale	1969	VET 50	ELCT	0:36:55	273	Luís Jorge Teixeira	2000	SUB-23	RUNTEJO	0:38:36	
213	Paulo Benevente	1979	VET 40	AJPINA	0:36:55	274	Pedro Terra	1957	VET 65	SSTSJM	0:38:37	
214	Lourenço Ferreira	2003	JUN	RDA	0:36:55	275	Paulo Oliveira	1989	SEN	ACVSM	0:38:37	
215	Ricardo Saldanha	1995	SEN	UFCT	0:36:57	276	Manuel F Mendes	1971	VET 50	VTSC	0:38:37	
216	José Tavares	1965	VET 55	GDCG	0:36:59	277	André Soares	1981	VET 40	RUNRIVER	0:38:39	
217	Gil Ferreira	1971	VET 50	CDSSC	0:37:02	278	Bruno Paixão	1982	VET 40	CFB	0:38:39	
218	António Lourenço	1972	VET 50	GDRG	0:37:02	279	Paulo Arrenega	1966	VET 55	RUNTEJO	0:38:40	
219	Vasco Batista	1975	VET 45	VTSC	0:37:04	280	Manuel Belinha	1977	VET 40	GDSPO	0:38:40	
219	David Silva	2001	SUB-23	PCC	0:37:04	281	Carlos Carneiro	1969	VET 50	CAMC	0:38:40	
221	Mário Teixeira	1980	VET 40	SCS	0:37:04	282	Bruno Pires	1986	VET 35	GCB	0:38:41	

283	José Madeira	1991	SEN	MCVC	0:38:41	344	Pedro Silva	1974	VET 45	CAO	0:40:19
284	Rui Machado	1974	VET 45	SCBM	0:38:47	345	Bruno Rolim	1982	VET 40	AJPINA	0:40:20
285	José Monteiro	1957	VET 65	CPTBC	0:38:49	346	Abulai Dabo	2002	SUB-23	AJPINA	0:40:20
286	Henrique Pires	1993	SEN	ELCT	0:38:51	347	Paulo Matos	1970	VET 50	AGM	0:40:22
287	Ricardo Rodrigues	1976	VET 45	IND	0:38:52	348	Pedro Cunha	1980	VET 40	VIZELA	0:40:23
288	Jorge Luz	1964	VET 55	NPCAD	0:38:52	349	Paulo Lopes	1983	VET 35	ELCT	0:40:25
289	Filipe Lima	1974	VET 45	EDL	0:38:53	350	Filipe Fontes	1978	VET 40	ACVSM	0:40:27
290	Jorge Cunha	1977	VET 45	UDV	0:38:53	351	Nelson Carvalhosa	1979	VET 40	SCS	0:40:29
291	Marco Pinto	1982	VET 40	AGM	0:38:53	352	Diogo Jacinto	1994	SEN	GDRCP	0:40:30
292	Rui Alves	1971	VET 50	ACRSD	0:38:54	353	Cesário Simões	1969	VET 50	CAS	0:40:32
293	Licínio Carreira	1973	VET 45	ACV	0:38:54	354	Miguel Costa	1979	VET 40	PRC	0:40:33
294	Cristiano Pereira	2002	SUB-23	CFOD	0:38:55	355	Luís Massapina	1979	VET 40	CDQ	0:40:36
295	Sérgio Azevedo	1976	VET 45	GDCCP	0:38:57	356	Carlos Sousa	1982	VET 35	ADCCJC	0:40:36
296	Paulo Oliveira	1982	VET 35	SCS	0:38:57	357	António Moura	1992	SEN	SCS	0:40:44
297	Cláudio Araújo	1979	VET 40	ADOSA	0:39:01	358	Rui Martins	1977	VET 45	EAROS	0:40:45
298	Augusto Aluai	1967	VET 50	SCE	0:39:02	359	Armando Bastos	1974	VET 45	GDSPO	0:40:46
299	Joel Silva	2002	SUB-23	EAROS	0:39:03	360	Jorge Fontes	1981	VET 40	CDCNAV	0:40:47
300	Hélder Silva	1980	VET 40	CFOD	0:39:05	361	Jorge Gonçalves	1985	VET 35	IND	0:40:53
301	Simão Seiça	1984	VET 35	NAZA	0:39:08	362	Ramiro Ribeiro	1980	VET 40	NBA	0:40:55
302	Joaquim Pinheiro	1981	VET 40	FCPF	0:39:14	363	Lino Ferreira	1971	VET 50	GDCG	0:40:58
303	Carlos Monteiro	1973	VET 45	VIZELA	0:39:16	364	José Pedrosa	1976	VET 45	NBA	0:41:00
304	Filipe Correia	1983	VET 35	ANE	0:39:16	365	Carlos Moreira	1958	VET 60	CLX	0:41:02
305	Paulo Leça	1983	VET 35	AFR&F	0:39:20	366	Luís Filipe Rosa	1971	VET 50	CAS	0:41:05
306	Daniel Silva	1993	SEN	RUNRIVER	0:39:21	367	Vicent Sobrinho	1965	VET 55	BRA CFB	0:41:06
307	Rafael Fernandes	1996	SEN	AFR&F	0:39:23	368	Flávio Fernandes	1968	VET 50	NBA	0:41:07
308	Daniel Sousa	1988	SEN	IND	0:39:26	369	Pedro Amigo	1982	VET 40	ANE	0:41:13
309	Pedro Lopes	1985	VET 35	CBRUN	0:39:28	370	Arlindo Sousa	1963	VET 55	ACA	0:41:15
310	Diogo Fernandes	1997	SEN	ACRSD	0:39:32	371	Manuel Urbano	1968	VET 50	GDCG	0:41:21
311	Rodolfo Vilela	1988	SEN	BRA CFB	0:39:33	372	Paulo Oliveira	1969	VET 50	SCE	0:41:21
312	João Bernardino	1998	SEN	ELCT	0:39:38	373	Virgílio Figueiredo	1969	VET 50	MCVC	0:41:24
313	Sérgio Lima	1982	VET 40	GJVP	0:39:46	374	Luís Filipe Silva	1980	VET 40	ADOSA	0:41:27
314	Ricardo Gomes	1986	VET 35	NPCAD	0:39:46	375	Jorge Sousa	2004	JUN	PCC	0:41:32
315	Eduardo Brandão	1982	VET 40	RUNRIVER	0:39:46	376	Alírio Sebastião	1977	VET 45	GCB	0:41:33
316	Carlos Freitas	1971	VET 50	RUNTEJO	0:39:48	377	Manuel G. Azevedo	1963	VET 55	GDAIRAO	0:41:33
317	Fernando Figueiredo	1964	VET 55	AFR&F	0:39:50	378	Diogo Barros	1975	VET 45	CBRUN	0:41:33
318	Nuno Pires	1984	VET 35	CUI	0:39:52	379	Nelson Videira	1983	VET 35	ARALF	0:41:33
319	Rui Costa	1976	VET 45	CAO	0:39:53	380	Carlos Almeida	1973	VET 45	GDRG	0:41:34
320	Manuel Ribeiro	1974	VET 45	ACVSM	0:39:55	381	Fernando Silva	1965	VET 55	CDCNAV	0:41:35
321	Vítor Pinheiro	1973	VET 45	GDCCP	0:39:55	382	Sérgio Silva	1979	VET 40	RUNRIVER	0:41:36
322	Jorge Pires	1971	VET 50	GCB	0:39:56	383	José Carvalho	1991	SEN	RUNTEJO	0:41:38
323	José Marques	1978	VET 40	AGM	0:39:56	384	Octávio Capela	1963	VET 55	GDRG	0:41:40
324	Jorge Nunes	1974	VET 45	RUNTEJO	0:39:57	385	Jorge Ferreira	1976	VET 45	GDAIRAO	0:41:40
325	António Boné	1993	SEN	RUNTEJO	0:39:58	386	Flávio Rodrigues	1993	SEN	CAMC	0:41:43
326	Carlos Sequeira	1979	VET 40	CAO	0:40:00	387	Carlos Torres	1982	VET 40	IND	0:41:44
327	Dinis Batista	1973	VET 45	CAO	0:40:01	388	Carlos Cristão	1959	VET 60	RUNTEJO	0:41:46
328	Fernando Sousa	1983	VET 35	ADCCJC	0:40:02	389	Pedro Martins	1968	VET 50	ACRSD	0:41:50
329	Leandro Pereira	2004	JUN	GDCG	0:40:04	390	Carlos Campos	1976	VET 45	ACA	0:41:51
330	Elias Fortes	1966	VET 55	RUNTEJO	0:40:05	391	Vítor Fonseca	1981	VET 40	ACA	0:41:54
331	Augusto Antunes	1964	VET 55	PRC	0:40:05	392	José Fernandes	1955	VET 65	CUI	0:42:00
332	João Chumbo	1993	SEN	CAMC	0:40:05	393	Miguel Ângelo Alves	1970	VET 50	QTRILHO	0:42:00
333	Tiago Magalhães	2001	SUB-23	CAST	0:40:06	394	Ivo Gonçalves	1999	SEN	GJVP	0:42:05
334	Nelson Costa	1982	VET 35	ELCT	0:40:07	395	Avelino Soares	1966	VET 55	CFB	0:42:06
335	Luís Marçal	1976	VET 45	CFB	0:40:09	396	Augusto Pereira	1955	VET 65	CDSSC	0:42:08
336	Orlando Alves	1965	VET 55	GCB	0:40:09	397	Manuel Palmeiro	1963	VET 55	GCB	0:42:08
337	Vítor Azevedo	1971	VET 50	ELCT	0:40:09	398	Samuel Cunha	1985	VET 35	ELCT	0:42:09
338	Pedro Burrica	1975	VET 45	RUNTEJO	0:40:10	399	António Mouro	1976	VET 45	ANE	0:42:20
339	Ricardo Saraiva	1970	VET 50	GRE-AA	0:40:10	400	Telmo Cardoso	1975	VET 45	ADL-P	0:42:20
340	Carlos Ferreira	1975	VET 45	FCPF	0:40:11	401	José Pina	1978	VET 40	CDQ	0:42:22
341	Diogo Loureiro	2004	JUN	ACA	0:40:15	402	António Rodrigues	1984	VET 35	MCVC	0:42:22
342	Simão Santos	1975	VET 45	SCE	0:40:17	403	Avelino Freitas	1974	VET 45	GDSPO	0:42:27
343	César Silva	2004	JUN	FCV	0:40:17	404	Jacinto Correia	1964	VET 55	MCVC	0:42:29



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405	Carlos Viseu	1969	VET 50	CFB	0:42:34	466	Filipe Coelho	1976	VET 45	EAROS	0:45:03
406	Zeferino Neto	1969	VET 50	CDSSC	0:42:34	467	Aurélio Costa	1968	VET 50	ACA	0:45:06
407	Nuno Sousa	1985	VET 35	ADCCJC	0:42:40	468	Francisco Silveira	1968	VET 50	NAZA	0:45:10
408	Nuno Maio	1982	VET 40	SCS	0:42:40	469	Joaquim Teixeira	1968	VET 50	NBA	0:45:12
409	André Pereira	2004	JUN	ADCCJC	0:42:41	470	Henrique Meira	1971	VET 50	ANE	0:45:14
410	Marco Silva	1980	VET 40	CAO	0:42:43	471	António Trigueiro	1971	VET 50	NAZA	0:45:16
411	Álvaro Sousa	1969	VET 50	ADOSA	0:42:45	472	Nuno Queija	1972	VET 45	CFB	0:45:17
412	Joaquim Amaral	1975	VET 45	RUNTEJO	0:42:47	473	Anselmo Moreira	1954	VET 65	CFOD	0:45:19
413	João Capa	1969	VET 50	AGM	0:42:48	474	Hélder Vieira	1976	VET 45	VTSC	0:45:21
414	Raul Silva	1984	VET 35	RUNRIVER	0:42:53	475	Augusto Ferreira	1973	VET 45	CPTBC	0:45:24
415	Vítor Gonçalves	1966	VET 55	CFB	0:42:54	476	José Ribeiro	1951	VET 70	CLUVE	0:45:27
416	João Santos	1959	VET 60	NAZA	0:42:56	477	Luís Jesus	1974	VET 45	GCAD	0:45:28
417	Vítor Figueiredo	1962	VET 55	AFR&F	0:42:56	478	Nuno Gabriel	1989	SEN	VTSC	0:45:28
418	Pedro Bessa	1998	SEN	PCC	0:42:57	479	João Cunha	1965	VET 55	NKAR	0:45:29
419	Roberto Machado	1984	VET 35	ACVSM	0:42:57	480	Mário Jorge Ribeiro	1965	VET 55	RUNTEJO	0:45:41
420	José Gonçalves	1972	VET 50	MCVC	0:42:58	481	José Costa	1966	VET 55	ACVERM	0:45:46
421	Alcindo Dias	1973	VET 45	GDSPO	0:42:59	482	Marco Fatelo	1978	VET 40	ANE	0:45:47
422	Cláudio Ferreira	2004	JUN	NBA	0:43:01	483	Fernando Chamusca	1950	VET 70	ANE	0:45:48
423	Jorge Campos	1975	VET 45	CDSSC	0:43:07	484	David Tavares	1961	VET 60	RUNRIVER	0:45:52
424	Helder Narciso	1992	SEN	GCB	0:43:07	485	Diogo Ribeiro	1980	VET 40	CRCANDO	0:46:00
425	Ezequiel Fernandes	1974	VET 45	EDL	0:43:09	486	Luís Soares	1976	VET 45	CDRCA	0:46:05
426	Rui Avelans Coelho	1972	VET 50	CFB	0:43:10	487	Vítor Pontes	1987	VET 35	VIZELA	0:46:07
427	Joaquim Coelho	1964	VET 55	EAROS	0:43:11	488	Carlos Eusébio	1972	VET 50	CDCNAV	0:46:07
428	Adão Silva	1964	VET 55	FCPF	0:43:11	489	Ricardo Almeida	1976	VET 45	CFOD	0:46:09
429	Raúl Bartolomeu	1988	SEN	GCB	0:43:12	490	António Pinto	1967	VET 55	ACRVC	0:46:12
430	Rafael Castro	2002	SUB-23	EAROS	0:43:14	491	António Gonçalves	1977	VET 45	EAROS	0:46:20
431	Manuel Alves	1958	VET 60	CDSSC	0:43:15	492	Joaquim Ferreira	1963	VET 55	ACVERM	0:46:26
432	José Ferreira	1962	VET 60	ADL-P	0:43:18	493	Alexandre Pedrosa	1975	VET 45	CFB	0:46:27
433	Davide Fernandes	1986	VET 35	GJVP	0:43:24	494	Vítor Lopes	1967	VET 50	ACV	0:46:30
434	Miguel Caseiro	1983	VET 35	CAMC	0:43:28	495	Sérgio Sousa	1975	VET 45	RUNTEJO	0:46:37
435	Manuel Silva	1975	VET 45	CFOD	0:43:29	496	Manuel Novais	1961	VET 60	VTSC	0:46:43
436	Gonçalo Ferreira	1972	VET 45	CFB	0:43:30	497	Paulo Faria	1969	VET 50	CPTBC	0:46:43
437	Alberto Maravilha	1965	VET 55	NAZA	0:43:30	498	Francisco Mateus	1965	VET 55	ACA	0:46:44
438	Luís Rijo	2003	JUN	CUI	0:43:32	499	Henrique Baessa	1972	VET 45	GCB	0:46:46
439	Miguel Figueiredo	1973	VET 45	AFR&F	0:43:33	500	Joaquim Santos	1971	VET 50	RUNTEJO	0:46:48
440	João Carvalho	1980	VET 40	AFR&F	0:43:33	501	Jóice Jesus	1975	VET 45	NPCAD	0:46:50
441	André Cristino	1990	SEN	ARALF	0:43:34	502	Joao Guimaraes	1966	VET 55	ADL-P	0:46:50
442	João Videira	1967	VET 55	ARALF	0:43:47	503	Jacinto Oliveira	1958	VET 60	CPTBC	0:46:52
443	Armindo Rodrigues	1971	VET 50	ADCCJC	0:43:54	504	António Pereira	1954	VET 65	NPCAD	0:46:52
444	Hélder Faria	1980	VET 40	CRCANDO	0:43:57	505	Mário Penarrias	1987	VET 35	ARALF	0:46:56
445	Fernando Ribeiro	1966	VET 55	RUNRIVER	0:43:57	506	Nuno Silva	1998	SEN	CDCNAV	0:46:56
446	Pedro Leal	1966	VET 55	CAO	0:43:58	507	Pedro Rodrigues	2004	JUN	GJVP	0:46:58
447	Francisco Novais	1964	VET 55	VTSC	0:43:58	508	José Salgado	1970	VET 50	CRCANDO	0:46:59
448	Eugénio Barros	1977	VET 45	GJVP	0:44:01	509	Hélder Ferreira	1977	VET 40	CDSSC	0:47:01
449	Osório Pinto	1961	VET 60	AMA-P	0:44:06	510	Jorge Beliago	1996	SEN	EAT	0:47:03
450	Jorge Miranda	1989	SEN	NBA	0:44:10	511	Francisco Miranda	1972	VET 45	ACVERM	0:47:28
451	Narciso Oliveira	1957	VET 65	ATC	0:44:13	512	Pedro Rodrigues	1984	VET 35	NAZA	0:47:32
452	Fernando Ferreira	1973	VET 45	ACA	0:44:17	513	Vítor Pereira	1966	VET 55	CPTBC	0:47:35
453	David Sousa	1967	VET 50	CPTBC	0:44:27	514	Rui Machado	1982	VET 40	CRCANDO	0:47:37
454	Fernando Oliveira	1954	VET 65	UDV	0:44:31	515	Domingos Pinto	1959	VET 60	CFOD	0:47:37
455	Vítor Salvador	1971	VET 50	ACRSO	0:44:31	516	Nélson Ferreira	1979	VET 40	ACV	0:47:43
456	Hélder Deveza	1974	VET 45	CAMC	0:44:36	517	Rui Paquete	1982	VET 40	CPTBC	0:47:54
457	José Pinto	1971	VET 50	CAO	0:44:41	518	Joel Xavier	1987	VET 35	CAMC	0:47:55
458	Nelson Rafael	1973	VET 45	CDQ	0:44:43	519	Paulo Freitas	1977	VET 45	FCV	0:47:56
459	José Salazar	1960	VET 60	RUNTEJO	0:44:44	520	João Marques	1953	VET 65	CAS	0:47:57
460	Joaquim Dinis	1969	VET 50	ADOSA	0:44:46	521	Paulo Gomes	1987	VET 35	CDCNAV	0:48:00
461	Heitor Araújo	1965	VET 55	IND	0:44:46	522	Sérgio Mendes	1978	VET 40	CPTBC	0:48:00
462	Luís Bidarra	1971	VET 50	CAS	0:44:48	523	Filipe Guimarães	1975	VET 45	VTSC	0:48:02
463	Joaquim Ferreira	1970	VET 50	AGM	0:44:56	524	Severino Santos	1955	VET 65	GDRG	0:48:07
464	Alexandre Almeida	1980	VET 40	CFB	0:44:56	525	Francisco Carvalho	1966	VET 55	CFOD	0:48:13
465	Hélder Teixeira	1981	VET 40	CDFE	0:45:00	526	Vítor Lopes	1990	SEN	CDSSC	0:48:13

527	Augusto Castro	1959	VET 60	SCE	0:48:15	561	Francisco Madeira	1961	VET 60	GCAD	0:52:33
528	José Augusto Silva	1983	VET 35	CDRCA	0:48:16	562	José Gomes	1953	VET 65	CDCNAV	0:52:34
529	José Amigo	1952	VET 70	ANE	0:48:45	563	Diogo Pereirinha	1990	SEN	GDRG	0:52:36
530	David Fernandes	1957	VET 65	GDCG	0:48:46	564	José Ferreira	1973	VET 45	ADCCJC	0:52:41
531	Vítor Costa	1973	VET 45	ACVERM	0:48:46	565	Manuel Carvalho	1978	VET 40	ADOSA	0:52:55
532	Rui Costa	1981	VET 40	CDCNAV	0:48:49	566	António Rodrigues	1965	VET 55	ACRS	0:53:10
533	Vítor Rodrigues	1982	VET 35	CDP	0:48:52	567	Paulino Pacheco	1956	VET 65	NAZA	0:53:11
534	Nélson Ferreira	1985	VET 35	CBRUN	0:48:57	568	Evelino Magalhães	1974	VET 45	RUNTEJO	0:53:17
535	Joaquim Vaz	1975	VET 45	CFB	0:49:03	569	Armando De Lacerda	1954	VET 65	GDD	0:53:24
536	José Coutinho	1970	VET 50	GJVP	0:49:03	570	Manuel Mendes	1958	VET 60	CRCANDO	0:53:56
537	Hélder Costa	1979	VET 40	FCV	0:49:07	571	Joaquim Pereira	1968	VET 50	CFOD	0:53:59
538	António Rocha	1978	VET 40	RUNRIVER	0:49:11	572	Joaquim Faria	1964	VET 55	VTSC	0:54:06
539	Gumersindo Rodrigues	1950	VET 70	VFC	0:49:12	573	José Rocha	1984	VET 35	RUNRIVER	0:54:08
540	Torcato Costa	1970	VET 50	FCV	0:49:39	574	Américo Pereira	1971	VET 50	CFOD	0:54:26
541	Joaquim Sequeira	1973	VET 45	CFB	0:49:44	575	Narciso Costa	1979	VET 40	CAMC	0:55:06
542	António Santos	1966	VET 55	GDCG	0:49:46	576	Hélio Vila Franca	1980	VET 40	CAMC	0:55:07
543	Paulo Leite	1970	VET 50	FCV	0:49:55	577	Orlando Ferreira	1964	VET 55	CPTBC	0:55:23
544	Miguel Marinho	1964	VET 55	EAROS	0:50:05	578	Leandro Santos	1957	VET 65	ACV	0:55:34
545	Porfírio Saraiva	1958	VET 60	RUNRIVER	0:50:10	579	Eugénio Mendes	1961	VET 60	ACV	0:55:53
546	Marco Vaz	1978	VET 40	NBA	0:50:14	580	Rui Ferreira	1990	SEN	NBA	0:57:04
547	Armando Almeida	1972	VET 45	CDFE	0:50:14	581	António Mata	1961	VET 60	VTSC	0:57:56
548	Jean Mercereau	1969	VET 50	FRA CAMC	0:50:16	582	José Santos	1972	VET 45	ACV	0:58:26
549	João Duarte	1977	VET 45	CUI	0:50:33	583	Isaías Peralta	1947	VET 75	MVC	0:58:36
550	Rui Lopes	1976	VET 45	CAMC	0:50:48	584	Duarte Escobar	1974	VET 45	ARALF	1:00:06
551	Manuel Martins	1945	VET 75	RUNTEJO	0:51:06	585	Nuno Soares	1983	VET 35	SSTSJM	1:00:38
552	Bruno Caetano	1989	SEN	OCL	0:51:08	586	Fernando Santos	1943	VET 75	AFIS	1:00:55
553	Francisco Farropas	1946	VET 75	CUI	0:51:25	587	Bernardino Pereira	1936	VET 85	CFB	1:00:55
554	Nélson Moreira	1985	VET 35	RUNTEJO	0:51:28	588	Alfredo Santos	1955	VET 65	ACV	1:02:29
555	Jose Moreira	1965	VET 55	SCS	0:51:35	589	Hélder Salazar	1995	SEN	LFC-F	1:02:30
556	Valdemar Alves	1962	VET 55	GDSPO	0:51:37	590	António Leite	1969	VET 50	NAC	1:03:19
557	Jorge Mendes	1981	VET 40	FCV	0:51:51	591	João Pires	1971	VET 50	CFB	1:04:28
558	Alexandre Simões	1979	VET 40	EAROS	0:52:06	592	Joaquim Ribeiro	1955	VET 65	CPTBC	1:09:08
559	Avelino De Freitas	1953	VET 65	VTSC	0:52:18	593	Joaquim Neiva	1943	VET 75	NAZA	1:16:31
560	Óscar Da Silva	1961	VET 60	ELCT	0:52:32						



FEDERAÇÃO
PORTUGUESA
ATLETISMO

100 ANOS
1921 - 2021

Coletiva Senior Feminina

Posicao	Clube	Pontos
1	SCP	26.0
2	RDA	31.0
3	CDFE	58.0
4	SCB	58.0
5	ACRSD	173.0
6	EAT	174.0
7	RUNTEJO	189.0
8	UFCT	222.0
9	ANE	227.0
10	CDSSC	230.0
11	CFB	257.0
12	SCS	286.0
13	CFOD	375.0
14	CPM	449.0
15	GCB	456.0
16	NBA	538.0
17	ADCCJC	569.0
18	CDQ	587.0

Coletiva Senior Masculina

Posicao	Clube	Pontos
1	SCP	17.0
2	SCB	43.0
3	RDA	65.0
4	VFC	100.0
5	CAMC	148.0
6	CDSSC	173.0
7	CDFE	173.0
8	UFCT	198.0
9	CAS	231.0
10	ACRVC	234.0
11	CAOV	290.0
12	FCPF	296.0
13	GDCG	314.0
14	RUNTEJO	383.0
15	CFB	412.0
16	VTSC	432.0
17	ACRSD	434.0
18	SCS	452.0
19	SCE	473.0
20	AGM	492.0
21	UDV	536.0
22	ARC-EAC	541.0
23	CATCTDT	549.0
24	GDCCP	593.0
25	GRE-AA	609.0
26	AFR&F	672.0
27	ANE	697.0
28	EAROS	720.0
29	PRC	745.0
30	PCC	779.0
31	NAZA	782.0
32	CAFH	831.0
33	GCB	854.0



Posicao	Clube	Pontos
34	ELCT	881.0
34	NPCAD	881.0
36	VIZELA	888.0
37	CBRUN	950.0
38	IND	1039.0
39	RUNRIVER	1077.0
40	ACVSM	1100.0
41	CAO	1143.0
42	GDSPO	1179.0
43	CFOD	1210.0
44	NBA	1215.0
45	MVCV	1245.0
46	ADL-P	1312.0
47	CDQ	1386.0
48	CUI	1424.0
49	GCAD	1451.0
50	ACV	1468.0
51	GDRG	1496.0
52	ADCCJC	1524.0
53	ADOSA	1532.0
54	GJVP	1577.0
55	ACA	1592.0
56	CPTBC	1698.0
57	CDCNAV	1723.0
58	ARALF	1755.0
59	CRCANDO	1936.0
60	ACVERM	2000.0
61	FCV	2123.0

Coletiva Sub-20 Feminina

Posicao	Clube	Pontos
1	SCP	18.0
2	CDFE	49.0

Coletiva Sub-20 Masculina

Posicao	Clube	Pontos
1	SCP	16.0



Estatística Clubes

Sigla	Associação	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
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FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
1921 - 2021

Estatística Escalão

Escalão	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
SUB-23	34	14	48	34	14	48
SEN	109	42	151	109	42	151
VET 50	68	20	88	68	20	88
JUN	30	19	49	30	19	49
VET 60	21	6	27	21	6	27
VET 35	69	21	90	69	21	90
VET 45	99	30	129	99	30	129
VET 40	81	27	108	81	27	108
VET 65	18	1	19	18	1	19
VET 70	4	2	6	4	2	6
VET 55	55	10	65	55	10	65
VET 75	5	0	5	5	0	5
VET 85	1	0	1	1	0	1



Designação Clubes

Sigla

Nome

Associação



FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
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