

**10KM****18º Grande Prémio de ATLETISMO**  
**CIDADE MONTE-MOR - O - NOVO**

4 MARÇO 2018

Class	Num	Nome	Sx	Idd	Pos Escal	Camp. Alentejo	T. Bruto	T. Líquido	Equipe
1	64	BRUNO PAIXÃO	M	33	1	Sim	00:30:45.68	00:30:45.68	BEJA ATLÉTICO CLUBE
2	149	MARCO MIGUEL	M	27	2		00:32:26.11	00:32:26.11	C PRAÇAS DA ARMADA
3	89	CARLOS SILVA	M	34	3		00:32:36.33	00:32:36.33	GDR REBOLEIRA
4	285	RICARDO FIGUEIREDO	M	28	4		00:32:45.16	00:32:45.16	CAS
5	150	JOAO MOTA	M	32	5		00:32:50.26	00:32:48.98	C PRAÇAS DA ARMADA
6	66	CARLOS PAPACINZA	M	29	6	Sim	00:32:52.99	00:32:50.83	BEJA ATLÉTICO CLUBE
7	67	MIGUEL QUARESMA	M	34	7	Sim	00:32:53.97	00:32:53.97	BEJA ATLÉTICO CLUBE
8	141	CRISTIANO BORGES	M	18	1		00:33:09.23	00:33:09.23	SC REBOLEIRA E DAMAIA
9	144	JORGE ROBALO	M	37	1		00:33:24.29	00:33:24.29	CA VALE FIGUEIRA
10	261	GONÇALO VARELA	M	20	8	Sim	00:33:30.54	00:33:30.54	GD DIANA
11	90	LUIS COELHO	M	45	1		00:33:39.40	00:33:39.40	GDR REBOLEIRA
12	199	LUCIANO GORDO	M	49	2		00:33:49.11	00:33:49.11	CCD MUNICIPIO DE PORTALEGRE
13	30	JOÃO VAZ	M	50	1		00:33:59.04	00:33:59.04	CCD O ALVITEJO
14	229	LUIS RAÇÕES	M	42	1		00:34:02.08	00:34:02.08	INGLESES FC
15	65	JOÃO CRUZ	M	32	9	Sim	00:34:23.80	00:34:22.11	BEJA ATLÉTICO CLUBE
16	214	FERNANDO MATOS	M	51	2		00:34:34.07	00:34:32.04	
17	259	JOÃO ANDRÉ	M	31	10	Sim	00:34:45.07	00:34:43.75	GD DIANA
18	190	PEDRO POEIRA	M	36	2	Sim	00:35:00.21	00:35:00.21	NDC ODEMIRA
19	61	PAULO GUIMARAES	M	40	2		00:35:03.40	00:35:03.40	AMINHACORRIDA/ MY PROTEIN
20	62	LUIS BAÇO	M	42	3		00:35:19.66	00:35:19.66	AMINHACORRIDA/ MY PROTEIN
21	92	JOSÉ ANTUNES	M	51	3		00:35:26.07	00:35:24.44	GDR REBOLEIRA
22	45	EZEQUIEL LOBO	M	43	4	Sim	00:35:29.22	00:35:27.99	CA VIANA DO ALENTEJO / FRIBAIÃO
23	79	ALEXEI SCUTARU	M	45	3	Sim	00:35:30.29	00:35:30.29	BEJA ATLÉTICO CLUBE
24	220	ANDRE ALVES	M	31	11		00:35:33.19	00:35:33.19	VITÓRIA FUTEBOL CLUBE
25	221	MARK RIBEIRO	M	31	12		00:35:33.84	00:35:33.84	VITÓRIA FUTEBOL CLUBE
26	94	EUGÉNIO NETO	M	55	1		00:35:36.46	00:35:36.46	GDR REBOLEIRA
27	57	PAULO BENEVENTE	M	38	3		00:35:43.40	00:35:41.61	
28	249	RICARDO JORDAO	M	36	4		00:35:48.04	00:35:48.04	C PRAÇAS DA ARMADA
29	148	PEDRO LOMBA	M	35	5		00:35:53.55	00:35:51.87	C PRAÇAS DA ARMADA
30	93	JOSÉ INACIO	M	52	4		00:36:06.55	00:36:05.11	GDR REBOLEIRA
31	78	CUSTÓDIO ANTÓNIO	M	41	5	Sim	00:36:14.68	00:36:14.68	BEJA ATLÉTICO CLUBE
32	248	FILIPE MOTA	M	49	4	Sim	00:36:19.93	00:36:18.60	AD IALBAX
33	225	DAVID FERNANDES	M	43	6		00:36:23.65	00:36:23.65	VITÓRIA FUTEBOL CLUBE
34	80	HUGO CARVALHO	M	36	6	Sim	00:36:25.71	00:36:23.59	BEJA ATLÉTICO CLUBE
35	270	DAVID AZEVEDO	M	18	2	Sim	00:36:26.65	00:36:25.41	GD DIANA
36	226	PEDRO FERNANDES	M	36	7		00:36:27.60	00:36:27.60	VITÓRIA FUTEBOL CLUBE

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**CIDADE MONTE-MOR-O-NOVO****4 MARÇO 2018**

37	19	JOSE CORREIA	M	51	5		00:36:28.14	00:36:26.31	
38	104	ALEXANDRE PIMPÃO	M	46	5	Sim	00:36:37.02	00:36:37.02	NAR MESSEJANA
39	107	DUARTE FORTES	M	20	13	Sim	00:36:40.63	00:36:40.63	NAR MESSEJANA
40	252	VITOR CORDEIRO	M	53	6		00:36:41.31	00:36:41.31	EDV—VIANA TRAIL
41	41	PEDRO FERNANDES	M	22	14	Sim	00:36:43.77	00:36:42.44	C BENFICA REGUENGOS MONSARAZ
42	193	RAUL LOURENÇO	M	47	6	Sim	00:36:52.86	00:36:49.92	NDC ODEMIRA
43	260	FRANCISCO LARANJEIRA	M	20	15	Sim	00:36:53.76	00:36:52.26	GD DIANA
44	51	CARLOS FRADE	M	40	7		00:36:54.95	00:36:54.95	BORBA TRAIL / CCD MATRIZ
45	257	ERNESTO ZAMBUJO	M	45	7	Sim	00:37:02.34	00:37:02.34	GD DIANA
46	147	MANUEL SOUSA	M	46	8		00:37:09.96	00:37:07.47	C PRAÇAS DA ARMADA
47	224	SILVESTRE GOMES	M	62	1		00:37:16.36	00:37:16.36	VITÓRIA FUTEBOL CLUBE
48	323	NUNO PAIVA	M	29	16	Sim	00:37:18.03	00:37:14.93	AC PORTALEGRE
49	258	DANIEL MACHADO	M	39	8	Sim	00:37:19.39	00:37:18.16	GD DIANA
50	81	JOÃO MARQUES	M	49	9	Sim	00:37:25.04	00:37:25.04	BEJA ATLÉTICO CLUBE
51	27	PEDRO MARQUES	M	40	8		00:37:31.91	00:37:31.91	AM ATIBÁ
52	175	JOAQUIM FREITAS	M	40	9	Sim	00:37:34.87	00:37:32.99	BV MONTEMOR-O-NOVO
53	70	BRUNO FREITAS	M	24	17	Sim	00:37:40.83	00:37:38.08	BEJA ATLÉTICO CLUBE
54	196	PETER KNIGHT	M	56	2	Sim	00:37:44.21	00:37:44.21	NDC ODEMIRA
55	292	LICINIO CANHOTO	M	47	10	Sim	00:37:48.84	00:37:48.84	BARABRIS TEAM BARBACENA
56	63	TIAGO NOGUEIRA	M	35	9		00:37:53.67	00:37:53.67	AMINHACORRIDA/ MY PROTEIN
57	164	MARIO GRILO	M	22	18	Sim	00:37:55.07	00:37:53.71	BV MONTEMOR-O-NOVO
58	75	PATRÍCIA SERAFIM	F	34	1	Sim	00:38:04.85	00:38:04.85	BEJA ATLÉTICO CLUBE
59	69	FÁBIO CUNHA	M	24	19	Sim	00:38:08.68	00:38:08.68	BEJA ATLÉTICO CLUBE
60	337	JOSÉ CONSTANTINO	M	42	10	Sim	00:38:11.25	00:38:11.25	C ATL. TRAIL RUNNERS PONTE
61	327	MARCO NABAIS	M	40	11	Sim	00:38:21.23	00:38:18.96	AC PORTALEGRE
62	103	ANTONIO BRANCO	M	53	7		00:38:24.59	00:38:24.59	NA PENTEADO
63	101	JOSÉ JARMELA	M	53	8		00:38:30.73	00:38:29.28	NAZ-ABÓBODA
64	288	VALDEMAR MADEIRA	M	23	20	Sim	00:38:31.23	00:38:27.66	BARABRIS TEAM BARBACENA
65	262	DIOGO FERNANDES	M	20	21	Sim	00:38:33.12	00:38:31.73	GD DIANA
66	340	ANDRE COSTA	M	33	22		00:38:38.61	00:38:37.33	AMINHACORRIDA/ MY PROTEIN
67	106	JOÃO SILVA	M	20	23	Sim	00:38:40.01	00:38:40.01	NAR MESSEJANA
68	83	JOSÉ BRITO	M	41	12	Sim	00:38:45.42	00:38:45.42	BEJA ATLÉTICO CLUBE
69	267	RAQUEL CABAÇO	F	30	2	Sim	00:38:47.94	00:38:47.94	GD DIANA
70	117	DIOGO FLAMINO	M	21	24		00:38:48.49	00:38:44.26	LINCES DE MONTEMOR
71	308	ANDRÉ TRINDADE	M	29	25	Sim	00:38:51.59	00:38:46.87	AC PORTALEGRE
72	289	LUIS MIRANDA	M	33	26	Sim	00:39:04.66	00:39:00.77	BARABRIS TEAM BARBACENA
73	22	VÍTOR GATEIRA	M	29	27		00:39:06.94	00:39:06.94	ÉVORA NIGHT RUNNERS

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**CIDADE MONTEMOR-O-NOVO****4 MARÇO 2018**

74	331	BRUNO NEVES	M	31	28	Sim	00:39:13.87	00:39:10.85	AC PORTALEGRE
75	166	ALEXANDRE CANDEIAS	M	29	29		00:39:16.72	00:39:13.45	BV MONTEMOR-O-NOVO
76	46	JOSÉ GANSO	M	40	13	Sim	00:39:17.72	00:39:17.72	CA VIANA DO ALENTEJO / FRIBAIÃO
77	153	PEDRO VIEIRA	M	35	10	Sim	00:39:24.08	00:39:21.81	ESTRELA FC
78	86	NUNO VALENTE	M	38	11	Sim	00:39:28.83	00:39:26.55	BEJA ATLÉTICO CLUBE
79	201	ANTÓNIO URBANO	M	54	9	Sim	00:39:36.28	00:39:34.50	FUTEBOL CLUBE CASTRENSE
80	136	MÁRIO FIGUEIRAS	M	41	14		00:39:38.08	00:39:32.83	ACM MONTEMOR A CORRER
81	324	JOÃO FARINHA	M	32	30	Sim	00:39:38.68	00:39:34.30	AC PORTALEGRE
82	299	PEDRO SOUSA	M	32	31	Sim	00:39:39.99	00:39:36.45	ADR AMIGOS A AVIS
83	140	JOÃO CORREIA	M	51	10	Sim	00:39:40.19	00:39:37.25	ADR AMIGOS A AVIS
84	91	JORGE CORREIA	M	46	11		00:39:40.55	00:39:40.55	GDR REBOLEIRA
85	274	GONÇALO GALGUINHO	M	42	15	Sim	00:39:43.12	00:39:43.12	C ELVENSE NATAÇÃO
86	16	ANTÓNIO GARCIA	M	55	3		00:39:44.22	00:39:44.22	
87	222	FLORIVAL BACALHAU	M	60	2		00:39:49.29	00:39:48.01	VITÓRIA FUTEBOL CLUBE
88	185	FRANCISCO GUERREIRO	M	18	3	Sim	00:39:53.20	00:39:51.64	NDC ODEMIRA
89	170	JOÃO RODRIGUES	M	43	16	Sim	00:39:55.02	00:39:52.12	BV MONTEMOR-O-NOVO
90	302	JOÃO FERNANDES	M	58	4	Sim	00:40:00.74	00:40:00.74	AC PORTALEGRE
91	256	ILDEFONSO BARREIROS	M	56	5	Sim	00:40:02.07	00:40:02.07	GD DIANA
92	328	JOSÉ REIS	M	39	12	Sim	00:40:03.04	00:40:03.04	AC PORTALEGRE
93	139	ANTÓNIO VALENTE	M	35	13	Sim	00:40:17.75	00:40:13.27	ADR AMIGOS A AVIS
94	191	LICINIO MATOS	M	35	14	Sim	00:40:18.27	00:40:16.24	NDC ODEMIRA
95	112	JOSÉ MARCELINO	M	55	6		00:40:18.27	00:40:15.94	CD ESTRELA
96	85	PEDRO COSTA	M	49	12	Sim	00:40:23.65	00:40:23.65	BEJA ATLÉTICO CLUBE
97	76	VERÓNICA SCUTARU	F	41	1	Sim	00:40:27.33	00:40:27.33	BEJA ATLÉTICO CLUBE
98	125	JOÃO RECTO	M	34	32		00:40:29.00	00:40:23.03	
99	95	FERNANDO SILVA	M	53	11		00:40:52.78	00:40:49.51	ESCOLA ATLETISMO CARTAXO
100	232	ROGÉRIO CASSACA	M	47	13		00:41:06.26	00:41:02.93	GDR SÃO FRANCISCO DA SERRA
101	305	RUI MONTEIRO	M	53	12	Sim	00:41:06.68	00:41:02.67	AC PORTALEGRE
102	291	JOÃO FONSECA	M	44	17	Sim	00:41:06.84	00:41:03.90	BARABRIS TEAM BARBACENA
103	295	PAULO PANAÇAS	M	35	15	Sim	00:41:07.77	00:41:04.45	BARABRIS TEAM BARBACENA
104	155	PAULO VIEGAS	M	36	16	Sim	00:41:12.84	00:41:07.88	ESTRELA FC
105	48	JOSÉ MESTRE	M	27	33	Sim	00:41:16.04	00:41:12.19	CA VIANA DO ALENTEJO / FRIBAIÃO
106	154	ANTÓNIO VALADAS	M	52	13		00:41:19.80	00:41:14.69	ESTRELA FC
107	47	MARCO JOSÉ	M	39	17	Sim	00:41:41.06	00:41:39.73	CA VIANA DO ALENTEJO / FRIBAIÃO
108	301	BRUNO CARRILHO	M	37	18	Sim	00:41:43.42	00:41:38.40	AC PORTALEGRE
109	187	NA LOURENÇO	F	34	3	Sim	00:41:49.86	00:41:46.87	NDC ODEMIRA
110	339	MARIO PEREIRA	M	33	34		00:41:55.34	00:41:55.34	AMINHACORRIDA/ MY PROTEIN

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**CIDADE MONTE-MOR-O-NOVO****4 MARÇO 2018**

111	35	FRANCISCO M. PEREIRA	M	25	35		00:42:02.94	00:41:58.93	ACM MONTE-MOR A CORRER
112	346	PEDRO GIL	M	45	14		00:42:03.50	00:42:03.50	GDR REBOLEIRA
113	123	EMÍLIO PAULINO	M	58	7	Sim	00:42:06.76	00:42:01.01	AC PORTALEGRE
114	20	CARLOS VISEU	M	48	15		00:42:16.84	00:42:12.53	
115	54	BRUNO MOREIRA	M	36	19		00:42:19.22	00:42:19.22	GD SANTA CRUZ / LITORALMOTORS.PT
116	311	MANUEL CEIA	M	58	8	Sim	00:42:22.72	00:42:20.90	AC PORTALEGRE
117	247	LUCILIA SOARES	F	56	1		00:42:26.99	00:42:25.21	CA GALINHEIRAS
118	24	FERNANDO CHAMUSCA	M	67	1		00:42:40.39	00:42:40.39	LINDA-A-PASTORA SC
119	98	FERNANDO PELARIGO	M	53	14		00:42:45.38	00:42:42.11	ESCOLA ATLETISMO CARTAXO
120	115	AVELINO ALVES	M	53	15		00:42:45.44	00:42:40.51	ESCOLA ATLETISMO CARTAXO
121	108	RENATO GUERREIRO	M	37	20	Sim	00:42:50.50	00:42:50.50	NAR MESSEJANA
122	29	PEDRO CAPUCHO	M	42	18		00:42:53.03	00:42:46.43	CORRER EM ÉVORA
123	343	ANTONIO SARAIVA	M	65	2		00:42:56.62	00:42:55.33	GDR REBOLEIRA
124	10	LUÍS SIMÕES	M	41	19		00:42:58.11	00:42:54.84	TRAIL DO TEXUGO - REDONDO
125	38	ANTÓNIO CATRONGA	M	58	9	Sim	00:42:58.99	00:42:56.50	C BENFICA REGUENGOS MONSARAZ
126	293	JOÃO CARVALHO	M	44	20	Sim	00:43:01.38	00:42:58.44	BARABRIS TEAM BARBACENA
127	325	MIGUEL SERAFIM	M	47	16	Sim	00:43:04.04	00:42:59.18	AC PORTALEGRE
128	236	LUÍS PEREIRA	M	48	17		00:43:07.12	00:43:07.12	GDR SÃO FRANCISCO DA SERRA
129	171	CARLOS MESTRINHO	M	44	21	Sim	00:43:17.69	00:43:08.91	BV MONTE-MOR-O-NOVO
130	314	JOÃO CARLOS CORREIA	M	56	10	Sim	00:43:18.40	00:43:15.08	AC PORTALEGRE
131	43	ÂNGELO INFANTE	M	38	21	Sim	00:43:26.01	00:43:22.64	C BENFICA REGUENGOS MONSARAZ
132	178	ANTONIO MALHÃO	M	49	18		00:43:28.73	00:43:28.73	BV MONTE-MOR-O-NOVO
133	202	FRANCISCO ROSA	M	17	4	Sim	00:43:31.28	00:43:31.28	FUTEBOL CLUBE CASTRENSE
134	152	PETER STEINHOUSEN	M	65	3		00:43:34.71	00:43:33.37	
135	268	ANA MARTINS	F	28	4	Sim	00:43:37.82	00:43:32.47	GD DIANA
136	163	NUNO REBOCHO	M	26	36		00:43:38.46	00:43:35.08	BV MONTE-MOR-O-NOVO
137	162	ALEXANDRE SERRANO	M	23	37	Sim	00:43:43.57	00:43:39.44	BV MONTE-MOR-O-NOVO
138	273	PEDRO CORREIA	M	43	22	Sim	00:43:43.85	00:43:43.85	C ELVENSE NATAÇÃO
139	235	ANTÓNIO PIRES	M	50	16		00:43:53.85	00:43:53.85	GDR SÃO FRANCISCO DA SERRA
140	233	TITO PEREIRA	M	36	22		00:43:53.97	00:43:41.34	GDR SÃO FRANCISCO DA SERRA
141	253	RUI QUARESMA	M	47	19	Sim	00:44:02.73	00:44:01.10	GD DIANA
142	237	VASCO AGOSTINHO	M	52	17		00:44:03.38	00:44:03.38	GDR SÃO FRANCISCO DA SERRA
143	231	LUÍS CANDEIAS	M	20	38	Sim	00:44:07.74	00:44:07.74	CASA POVO DE SÃO LUIS
144	330	PAULO RODRIGUES	M	49	20	Sim	00:44:21.63	00:44:17.42	AC PORTALEGRE
145	227	JOÃO SIMÕES	M	36	23		00:44:22.90	00:44:11.99	LINCES DE MONTE-MOR
146	181	HELIODORO ARRANJA	M	47	21		00:44:23.11	00:44:15.55	BV MONTE-MOR-O-NOVO
147	241	HUGO GONÇALVES	M	30	39		00:44:31.13	00:44:19.20	GDR SÃO FRANCISCO DA SERRA

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148	332	JOAQUIM BARBAS	M	53	18	Sim	00:44:35.21	00:44:27.74	AC PORTALEGRE
149	143	ANTÔNIO MIGUEL FALARDO LEONOR	M	38	24		00:44:39.71	00:44:38.27	
150	158	JOÃO SALOIO	M	18	5		00:44:43.84	00:44:38.40	BV MONTE-MOR-O-NOVO
151	269	CAROLINA ESCADA	F	18	1	Sim	00:44:48.72	00:44:43.54	GD DIANA
152	177	JOSÉ VARELA	M	44	23		00:44:52.13	00:44:48.96	BV MONTE-MOR-O-NOVO
153	212	JOSÉ BADALO	M	52	19		00:44:53.29	00:44:47.68	ADCSABALDIO
154	133	NUNO MATOS	M	46	22		00:44:59.12	00:44:50.11	ACM MONTE-MOR A CORRER
155	296	MARCOS CAIOLA	M	20	40	Sim	00:45:01.38	00:44:54.05	BARABRIS TEAM BARBACENA
156	157	MANUEL SERRA	M	67	4		00:45:02.91	00:45:01.68	
157	50	NELSON LIMA	M	42	24		00:45:04.76	00:45:01.21	SÃO GERALDO RUNNING TEAM
158	264	SANDRA PITEIRA	F	45	1	Sim	00:45:16.01	00:45:16.01	GD DIANA
159	251	PAULO PALMA	M	54	20		00:45:17.11	00:45:13.17	DREAM RUNNERS ÉVORA
160	183	ANTONIO GASPAR	M	56	11	Sim	00:45:23.27	00:45:23.27	BV MONTE-MOR-O-NOVO
161	238	GONÇALO SANTOS	M	44	25		00:45:25.11	00:45:18.14	GDR SÃO FRANCISCO DA SERRA
162	203	VITORINA MOURATO	F	53	2	Sim	00:45:30.39	00:45:27.81	AC PORTALEGRE
163	146	DANIEL PINTO	M	44	26		00:45:41.49	00:45:37.23	C BENFICA REGUENGOS MONSARAZ
164	39	JOÃO RAMALHO	M	18	6		00:45:41.81	00:45:36.42	C BENFICA REGUENGOS MONSARAZ
165	329	JOSÉ MARTINS	M	45	23	Sim	00:45:44.42	00:45:38.30	AC PORTALEGRE
166	113	RUI SILVA	M	47	24		00:45:45.75	00:45:36.42	CD ESTRELA
167	217	JOÃO FERREIRA	M	24	41		00:45:50.71	00:45:40.28	
168	122	AUGUSTO ARAGAO	M	28	42		00:45:56.67	00:45:56.67	GD SANTA CRUZ / LITORALMOTORS.PT
169	319	SÉRGIO CARINHAS	M	50	21	Sim	00:46:02.18	00:45:55.06	AC PORTALEGRE
170	313	PEDRO TAVARES	M	44	27	Sim	00:46:02.94	00:45:57.26	AC PORTALEGRE
171	56	HUGO BENEVENTE	M	31	43		00:46:05.78	00:46:05.78	
172	119	JÚLIA ALVES	F	45	2		00:46:15.69	00:46:15.69	LINCES DE MONTE-MOR
173	194	VITOR DIAS	M	46	25	Sim	00:46:30.24	00:46:30.24	NDC ODEMIRA
174	116	JOÃO HENRIQUES	M	44	28	Sim	00:46:37.20	00:46:31.30	AC PORTALEGRE
175	174	PEDRO PEREIRA	M	40	29		00:46:53.87	00:46:46.02	BV MONTE-MOR-O-NOVO
176	218	GUMERSINDO RODRIGUES	M	68	5		00:46:57.98	00:46:56.75	VITÓRIA FUTEBOL CLUBE
177	287	JOSÉ MANETA	M	45	26	Sim	00:47:00.10	00:46:52.74	BARABRIS TEAM BARBACENA
178	242	RUI FREITAS	M	65	6		00:47:00.42	00:47:00.42	GDR SÃO FRANCISCO DA SERRA
179	173	FERNANDO DIAS	M	40	30		00:47:02.17	00:47:02.17	BV MONTE-MOR-O-NOVO
180	345	JOANA BRANCO	F	18	2		00:47:02.39	00:46:59.17	NA PENTEADO
181	26	GONÇALO RAMINHOS	M	32	44		00:47:02.45	00:47:02.45	
182	246	VANDA ROSA	F	37	1	Sim	00:47:05.73	00:47:03.30	AD IALBAX
183	205	MARIO MIGUEL	M	67	7		00:47:11.47	00:47:11.47	GDR REBOLEIRA
184	165	ANDRÉ SANTOS	M	25	45	Sim	00:47:24.97	00:47:20.85	BV MONTE-MOR-O-NOVO

**10KM****18º Grande Prémio de ATLETISMO**  
**CIDADE MONTE-MOR-O-NOVO****4 MARÇO 2018**

185	11	ANDRÉ COURELA	M	28	46		00:47:27.14	00:47:16.71	OS PARDALITOS RUNNING TEAM
186	172	MARIA RODRIGUES	F	43	2	Sim	00:47:27.71	00:47:24.10	BV MONTE-MOR-O-NOVO
187	131	ROGÉRIO COSTA	M	44	31		00:47:37.46	00:47:29.26	ACM MONTE-MOR A CORRER
188	195	LUIS LOURENÇO	M	54	22	Sim	00:47:58.77	00:47:48.34	NDC ODEMIRA
189	322	ANA MIRANDA	F	28	5	Sim	00:48:03.09	00:47:56.72	AC PORTALEGRE
190	32	JOÃO MARQUES	M	31	47		00:48:07.88	00:47:58.49	
191	184	ABILIO CATARRO	M	61	3	Sim	00:48:08.06	00:48:04.12	BV MONTE-MOR-O-NOVO
192	87	MIGUEL NAVEGA	M	26	48	Sim	00:48:28.11	00:48:22.76	AC PORTALEGRE
193	156	MANUEL MAIA	M	54	23		00:48:33.58	00:48:30.78	
194	271	ANDREIA CARBOILA	F	18	3	Sim	00:48:35.89	00:48:33.59	C ELVENSE NATACÃO
195	263	ANJOS MOREIRA	F	45	3	Sim	00:48:39.28	00:48:31.17	GD DIANA
196	120	JOSÉ CARVALHEIRA	M	35	25		00:48:45.43	00:48:45.43	LINCES DE MONTE-MOR
197	272	CLAUDIA BATUCA	F	34	6	Sim	00:48:47.52	00:48:44.03	C ELVENSE NATACÃO
198	290	JEREMY GAMELAS	M	30	49	Sim	00:48:47.84	00:48:39.68	BARABRIS TEAM BARBACENA
199	254	ROGÉRIO CHARRUA	M	45	27	Sim	00:48:59.06	00:48:59.06	GD DIANA
200	49	PAULO LETRAS	M	41	32		00:49:12.71	00:49:05.71	SATURNOS
201	15	VITALINO LINO	M	56	12		00:49:40.28	00:49:31.57	CORRER EM ÉVORA
202	142	DULCE AMARAL	F	39	2		00:49:42.26	00:49:42.26	SC REBOLEIRA E DAMAIA
203	250	BRUNO PALMA	M	25	50		00:49:42.91	00:49:38.76	DREAM RUNNERS ÉVORA
204	210	JOAQUIM NEVES	M	25	51		00:49:44.91	00:49:39.73	
205	97	VITOR SANTOS	M	54	24		00:49:46.67	00:49:40.01	ESCOLA ATLETISMO CARTAXO
206	96	SUZETE SILVA	F	48	4		00:49:47.57	00:49:41.32	ESCOLA ATLETISMO CARTAXO
207	99	JOSE ALVES	M	51	25		00:49:48.11	00:49:48.11	ESCOLA ATLETISMO CARTAXO
208	102	VITOR MANUEL MARTINS	M	58	13		00:50:06.84	00:50:06.84	NA PENTEADO
209	198	JOSE FERREIRA	M	75	8	Sim	00:50:14.24	00:50:14.24	NDC ODEMIRA
210	315	ALMERINDA VELEZ	F	53	3	Sim	00:50:14.31	00:50:07.07	AC PORTALEGRE
211	132	MANUEL BRAVO	M	40	33		00:50:24.09	00:50:16.69	ACM MONTE-MOR A CORRER
212	88	JOSÉ TAVARES	M	46	28		00:50:27.73	00:50:21.18	
213	111	ANTÓNIO BATISTA	M	70	9		00:50:38.34	00:50:38.34	CD ESTRELA
214	211	ARMINDO QUEIMADO	M	52	26		00:50:39.73	00:50:33.17	ADCSABALDIO
215	320	PAULA MATOS	F	50	4	Sim	00:50:42.82	00:50:34.87	AC PORTALEGRE
216	335	ANA TEIXEIRA	F	33	7	Sim	00:50:54.39	00:50:50.35	C ATL. TRAIL RUNNERS PONTE
217	336	BRUNO MARQUÊS	M	42	34	Sim	00:50:54.75	00:50:54.75	C ATL. TRAIL RUNNERS PONTE
218	326	LUIS CASIMIRO RODRIGUES	M	43	35	Sim	00:51:10.02	00:51:04.58	AC PORTALEGRE
219	40	JOSÉ CALADO	M	41	36	Sim	00:51:27.32	00:51:22.41	C BENFICA REGUENGOS MONSARAZ
220	169	RUI CHAPA	M	36	26		00:51:38.90	00:51:34.10	BV MONTE-MOR-O-NOVO
221	126	ORLINDO FIGUEIREDO	M	70	10		00:51:41.83	00:51:40.50	SS CGD

**10KM****18º Grande Prémio de ATLETISMO**  
**CIDADE MONTEMOR-O-NOVO****4 MARÇO 2018**

222	341	FILIPA FADISTA	F	29	8		00:51:45.84	00:51:45.84	
223	342	NUNO SETUBAL	M	36	27		00:51:46.38	00:51:46.38	
224	14	SUSANA SANTOS	F	32	9		00:51:59.39	00:51:51.00	
225	348	LUIS PASSE BEM	M	42	37		00:52:01.89	00:51:56.50	SÃO GERALDO RUNNING TEAM
226	28	JOAQUIM CONDEÇA	M	44	38		00:52:02.09	00:51:54.27	CORRER EM ÉVORA
227	310	HELENA CEIA	F	48	5	Sim	00:52:11.97	00:52:11.97	AC PORTALEGRE
228	188	SOLANGE GUERREIRO	F	26	10	Sim	00:52:17.35	00:52:14.66	NDC ODEMIRA
229	145	TERESA SILVA	F	44	3		00:52:21.62	00:52:21.62	NA PENTEADO
230	23	MARA SILVA	F	38	3		00:52:27.98	00:52:19.26	CORRER EM ÉVORA
231	192	PAULO SOBRAL	M	41	39		00:52:36.10	00:52:25.08	NDC ODEMIRA
232	128	SAMUEL CINZAS	M	41	40		00:52:44.15	00:52:34.21	ACM MONTEMOR A CORRER
233	206	ANTONIO CORDEIRO	M	64	4	Sim	00:52:45.30	00:52:45.30	C POVO ERVEDAL
234	333	ODETE BARBAS	F	48	6	Sim	00:52:52.90	00:52:45.68	AC PORTALEGRE
235	58	ANTONIO SANTOS	M	50	27		00:53:04.95	00:52:58.68	
236	294	BRUNO ORRICO	M	33	52	Sim	00:53:11.95	00:53:02.67	BARABRIS TEAM BARBACENA
237	129	MÁRIO PINTO	M	35	28		00:53:14.64	00:53:04.18	ACM MONTEMOR A CORRER
238	130	VÂNIA PIRATA	F	33	11		00:53:15.40	00:53:05.17	ACM MONTEMOR A CORRER
239	168	MIGUEL VARELA	M	34	53		00:53:49.24	00:53:40.90	BV MONTEMOR-O-NOVO
240	277	JOÃO SERRA	M	20	54		00:54:08.58	00:54:04.03	ACM MONTEMOR A CORRER
241	266	ANA VARELA	F	50	5	Sim	00:54:09.46	00:54:02.19	GD DIANA
242	240	LUÍS GONÇALVES	M	42	41		00:54:10.76	00:53:59.27	GDR SÃO FRANCISCO DA SERRA
243	265	GUILHERMINA REBOLA	F	43	4	Sim	00:54:31.48	00:54:31.48	GD DIANA
244	100	JOÃO GAMEIRO	M	66	11		00:54:38.83	00:54:32.32	ESCOLA ATLETISMO CARTAXO
245	276	MARIA JOÃO RIBEIRO	F	38	4		00:54:46.48	00:54:37.41	CORRER EM ÉVORA
246	234	AMÍLCAR ROMÃO	M	66	12		00:55:10.69	00:54:59.12	GDR SÃO FRANCISCO DA SERRA
247	25	VANDA AUGUSTO	F	63	6		00:55:11.21	00:55:06.83	LINDA-A-PASTORA SC
248	42	SILVIA CAMPOS	F	40	5	Sim	00:55:23.10	00:55:18.67	C BENFICA REGUENGOS MONSARAZ
249	200	MARIA JUSTINO	F	45	7		00:55:52.57	00:55:45.45	CORRER EM ÉVORA
250	216	SÍLVIA ROSA	F	44	6		00:56:06.92	00:55:56.12	OS PRIMOS
251	204	FERNANDO MARTINHO	M	55	14		00:56:46.71	00:56:46.71	NAVIGATOR CLUBE SETUBAL
252	279	ANA GERVÁSIO	F	22	12		00:56:50.13	00:56:41.33	ACM MONTEMOR A CORRER
253	161	FILIPE SILVA	M	20	55	Sim	00:56:50.63	00:56:41.34	BV MONTEMOR-O-NOVO
254	176	ELISABETE PICANÇO	F	40	7	Sim	00:57:24.39	00:57:19.17	BV MONTEMOR-O-NOVO
255	52	CÁTIA ROQUE	F	26	13		00:57:51.37	00:57:41.81	GAFANHORI
256	53	JOSÉ MARIA CIGARRO	M	30	56		00:57:51.59	00:57:51.59	GAFANHORI
257	37	CESALTINA DELGADO	F	56	7	Sim	00:58:23.52	00:58:17.35	C BENFICA REGUENGOS MONSARAZ
258	186	INES BERNARDO	F	19	4	Sim	00:58:29.24	00:58:19.36	NDC ODEMIRA

**10KM****18º Grande Prémio de ATLETISMO**  
**CIDADE MONTEMOR-O-NOVO****4 MARÇO 2018**

259	197	ILIDIO CAMPOS	M	58	15	Sim	00:58:29.70	00:58:19.27	NDC ODEMIRA
260	31	SERGIO PEREIRA	M	45	29		00:58:52.07	00:58:52.07	
261	309	FILOMENA CORDEIRO	F	47	8	Sim	00:59:06.35	00:58:57.61	AC PORTALEGRE
262	160	LEONARDO MALHÃO	M	20	57		00:59:12.40	00:59:12.40	BV MONTEMOR-O-NOVO
263	215	RICARDO GOMES	M	25	58		00:59:13.78	00:59:13.78	OS PRIMOS
264	114	RICARDO VERGAS	M	50	28		00:59:19.72	00:59:12.56	ESCOLA ATLETISMO CARTAXO
265	138	GINA CATARRO	F	35	5		00:59:32.40	00:59:32.40	ACM MONTEMOR A CORRER
266	281	JOÃO BONITO	M	33	59		00:59:39.75	00:59:30.79	ACM MONTEMOR A CORRER
267	280	JOÃO FIGUEIRAS	M	34	60		00:59:40.24	00:59:31.73	ACM MONTEMOR A CORRER
268	307	NATALIA ALEXANDRE	F	41	8	Sim	00:59:51.47	00:59:45.41	AC PORTALEGRE
269	12	PAULO NUNES	M	31	61		00:59:54.44	00:59:44.53	OS PARDALITOS RUNNING TEAM
270	182	FRANCISCO ROSA	M	54	29		01:00:17.70	01:00:17.70	BV MONTEMOR-O-NOVO
271	300	INÊS FONSECA	F	43	9	Sim	01:00:21.86	01:00:10.25	ADR AMIGOS A AVIS
272	110	ARMANDO TAVARES	M	69	13		01:00:29.06	01:00:20.40	CD ESTRELA
273	55	JOÃO BENEVENTE	M	65	14		01:00:42.60	01:00:31.85	
274	109	VIRGILIO RODRIGUES	M	70	15		01:01:44.60	01:01:44.60	CD ESTRELA
275	124	FRANCISCO MATA	M	58	16		01:02:59.46	01:02:52.51	
276	278	JORGE NARIGUETA	M	20	62		01:03:01.61	01:02:52.50	ACM MONTEMOR A CORRER
277	230	ANA MEME	F	40	10		01:03:02.55	01:03:02.55	FVF FUTEBOL CLUBE
278	159	JOÃO LEBRE	M	18	7		01:03:43.88	01:03:37.58	BV MONTEMOR-O-NOVO
279	118	PATRÍCIA GAITAS	F	20	14		01:04:26.41	01:04:17.17	LINCES DE MONTEMOR
280	121	VANDA COELHO	F	39	6		01:04:26.73	01:04:17.30	LINCES DE MONTEMOR
281	275	MÁRIO GERMANO	M	73	16	Sim	01:09:01.08	01:08:56.65	C ELVENSE NATAÇÃO
282	179	MARIA JOAO	F	46	9		01:09:34.63	01:09:24.65	BV MONTEMOR-O-NOVO
283	208	MARIA NEVES	F	18	5	Sim	01:10:42.96	01:10:37.78	C POVO ERVEDAL
284	209	FELIZ VALERIO	M	58	17	Sim	01:10:43.35	01:10:37.49	CC FIGUEIRA E BARROS
285	134	CLÁUDIA BARBADO	F	44	11		01:17:31.88	01:17:20.77	ACM MONTEMOR A CORRER
286	135	SOFIA BREJO	F	41	12		01:17:47.29	01:17:47.29	ACM MONTEMOR A CORRER
287	137	JOSÉ CORREIA	M	48	30		01:17:47.57	01:17:36.04	ACM MONTEMOR A CORRER

**Total de registos: 287**



**10KM**

# 18º Grande Prémio de ATLETISMO

## CIDADE MONTEMOR - O - NOVO

4 MARÇO 2018

Classificações Colectivas baseadas na soma das posições dos 4 primeiros atletas chegados de cada equipa:

Classificação	Equipa	Chegados	Soma Pos	Posição			
				1º	2º	3º	4º
1	BEJA ATLÉTICO CLUBE	15	29	1	6	7	15
2	GDR REBOLEIRA	9	61	3	11	21	26
3	C PRAÇAS DA ARMADA	5	64	2	5	28	29
4	GD DIANA	17	105	10	17	35	43
5	VITÓRIA FUTEBOL CLUBE	7	118	24	25	33	36
6	AMINHACORRIDA/ MY PROTEIN	5	161	19	20	56	66
7	NDC ODEMIRA	13	202	18	42	54	88
8	AC PORTALEGRE	29	254	48	61	71	74
9	NAR MESSEJANA	4	265	38	39	67	121
10	BV MONTEMOR-O-NOVO	25	273	52	57	75	89
11	BARABRIS TEAM BARBACENA	10	293	55	64	72	102
12	CA VIANA DO ALENTEJO / FRIBAIÃO	4	310	22	76	105	107
13	C BENFICA REGUENGOS MONSARAZ	8	460	41	125	131	163
14	GDR SÃO FRANCISCO DA SERRA	10	507	100	128	139	140
15	ADR AMIGOS A AVIS	4	529	82	83	93	271
16	ACM MONTEMOR A CORRER	17	532	80	111	154	187
17	ESCOLA ATLETISMO CARTAXO	8	543	99	119	120	205
18	LINCES DE MONTEMOR	6	583	70	145	172	196
19	C ELVENSE NATAÇÃO	5	614	85	138	194	197
20	NA PENTEADO	4	679	62	180	208	229
21	CD ESTRELA	5	746	95	166	213	272
22	CORRER EM ÉVORA	6	779	122	201	226	230