

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
MEIA MARATONA 21097 MT					
1.	4	VITOR OLIVEIRA	1.VET-M35-39	MAIA AC	1:09:10
2.	742	RICARDO PEREIRA	1.SEN-M	JARDIM DA SERRA	1:10:08
3.	295	ANDRÉ ANICETO	2.SEN-M	ACR VALEDECAMBRA	1:10:37
4.	564	ANDRÉ SILVA	3.SEN-M	ÁGUIAS DE ALVELOS	1:12:27
5.	604	ADELINO JOSÉ OLIVEIRA	4.SEN-M	GIRASOL	1:12:30
6.	343	ROGÉRIO BESSA	5.SEN-M	JOBRA	1:13:00
7.	3	JOSÉ PEDRO COSTA	6.SEN-M	ATLETICO DA PÓVOA	1:14:52
8.	586	FERNANDO SANTOS	1.VET-M40-44	CASA POVO MANGUALDE	1:15:02
9.	556	AUGUSTO COSTA	1.VET-M45-49	AMIGOS DA MONTANHA	1:15:47
10.	617	HÉLDER PIRES	7.SEN-M	CA OVAR / X5	1:15:54
11.	2	CARLA MARTINHO	1.VET-F40-44	RECREIO DE ÁGUEDA	1:16:08
12.	705	JOAO PEREIRA	2.VET-M40-44		1:16:08
13.	6	DOROTEIA PEIXOTO	1.SEN-F	AMIGOS DA MONTANHA	1:16:55
14.	5	MANUEL MENDES	2.VET-M45-49	VITÓRIA SPORT CLUB	1:17:45
15.	293	FIIPE ROCHA	8.SEN-M	DCI/CCRPEDRULHA-MEALHA	1:17:54
16.	265	RENATO SOUSA	9.SEN-M	A D RIO LARGO C ESPINHO	1:17:58
17.	683	BRUNO PEREIRA	10.SEN-M	RECREIO DESP. DE ÁGUEDA	1:19:26
18.	277	TONI SOARES	11.SEN-M	JUVENTUDE ILHA VERDE	1:19:53
19.	493	FILIFE CUNHA CUNHA	2.VET-M35-39	ÁGUIAS DE ALVELOS	1:20:25
20.	489	RICARDO GOMES	12.SEN-M	LOJA DO ATLETA - AGUEDA	1:21:12
21.	12	RUI RODRIGUES	3.VET-M35-39	INDIVIDUAL	1:21:20
22.	545	BRAULIO HERRERO	4.VET-M35-39	CLUB ATLÉTICO SANEME	1:21:39
23.	508	SÉRGIO LOPES	5.VET-M35-39	ANGOLA	1:22:03
24.	267	JOAQUIM ALVES	3.VET-M45-49	AMIGOS DA PICUA	1:22:35
25.	791	MARCELO ARAÚJO	13.SEN-M	ADCCJCLARK	1:22:48
26.	296	ANTÓNIO PINTO	1.VET-M50-54	ACR VALEDECAMBRA	1:22:57
27.	177	BASILIO SOUSA	3.VET-M40-44	CSRDC SANTIAGO	1:23:45
28.	416	LUÍS SIMÕES	1.VET-M55-59	INDIVIDUAL	1:23:57
29.	307	MÁRCIO LOUREIRO	6.VET-M35-39	DCI/CCDRPEDRULHA-MEALHA	1:24:00
30.	580	MÁRIO MONTEIRO	7.VET-M35-39	NOSSA SENHORA DA	1:24:09
31.	144	TELMO REIS	8.VET-M35-39	LOUSADA RUNNERS	1:24:18
32.	685	LUIS MIGUEL	4.VET-M40-44	RECREIO DESP. DE ÁGUEDA	1:24:28
33.	370	CARLOS SILVA	4.VET-M45-49	INDIVIDUAL	1:24:37
34.	190	JOAQUIM NOGUEIRA	5.VET-M45-49	GESINSERDE TEAM	1:24:38
35.	684	LUIS SANTOS	9.VET-M35-39	RECREIO DESP. DE ÁGUEDA	1:24:39
36.	744	CERVEIRA ALVARO	2.VET-M50-54	UAM MONTEREAU (FRANCE)	1:24:56
37.	193	HILÁRIO PINTO	5.VET-M40-44	GESINSERDE TEAM	1:24:58
38.	102	PAULO GOMES	3.VET-M50-54	INDIVIDUAL	1:24:59
39.	616	SAMUEL TOMÁS	10.VET-M35-39	NAVR	1:25:12
40.	572	TELMO ALMEIDA	6.VET-M40-44	DCI/CCDRPEDRULHA-MEALHA	1:25:17

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Geral	Dorsal	Nome	Escalão	Equipa	Tempo
41.	499	FERNANDO SANTIAGO	2.VET-M55-59	INDIVIDUAL	1:25:20
42.	429	DAVIDE LOURENÇO	6.VET-M45-49	DINAMO CLUBE DA ESTAÇÃO	1:25:32
43.	772	PATRÍCIA ROSADO	2.SEN-F	JUVENTUDE VIDIGALENSE	1:25:33
44.	774	BRUNO SANTOS	11.VET-M35-39	INDIVIDUAL	1:25:33
45.	95	JOSÉ GRIJÓ	12.VET-M35-39	INDIVIDUAL	1:25:56
46.	579	CARLOS ALMEIDA	7.VET-M40-44	ALTO TRILHO - JAVALIS	1:26:12
47.	723	LÍDIA PEREIRA	1.VET-F50-54	GDR GRANJA - TRUTAS DO MA	1:26:34
48.	453	JOÃO ALMEIDA	7.VET-M45-49	DCI/CCDRP-ATLETAS	1:26:36
49.	799	MILTON SANTOS	14.SEN-M	SPORT CLUBE BEIRA-MAR	1:26:47
50.	159	JOEL BARBOSA	15.SEN-M	C. S. R. D. C. SANTIAGO	1:26:50
51.	124	CARLOS CAETANO	8.VET-M40-44	INDIVIDUAL	1:26:57
52.	285	VALTER OLIVEIRA	13.VET-M35-39	RSNR	1:27:09
53.	749	VARENNE ESTELLE	2.VET-F40-44	UAM MONTEREAU (FRANCE)	1:27:25
54.	363	JOAO MALHEIRO	16.SEN-M	ADEFACEC	1:27:59
55.	542	MIGUEL GAFANHA	9.VET-M40-44	INDIVIDUAL	1:28:02
56.	554	JOSE CORTAFIOS	10.VET-M40-44	INDIVIDUAL	1:28:05
57.	369	TIAGO SILVA	17.SEN-M	INDIVIDUAL	1:28:08
58.	139	PAULO MONTEIRO	18.SEN-M	INDIVIDUAL	1:28:14
59.	608	CLÁUDIO QUEIROGA	8.VET-M45-49	DÍNAMO CLUBE DA ESTAÇÃO	1:28:14
60.	29	JOÃO AMÂNDIO	19.SEN-M	INDIVIDUAL	1:28:19
61.	331	PAULA RIOS MARQUES	3.VET-F40-44	EDV-VIANATRIL	1:28:23
62.	422	ANDRE ALMEIDA	14.VET-M35-39	INDIVIDUAL	1:28:31
63.	565	HENRIQUE PIRES	20.SEN-M	ÁGUIAS DE ALVELOS	1:28:52
64.	82	SÉRGIO TEIXEIRA	11.VET-M40-44	INDIVIDUAL	1:28:53
65.	573	PAULO RAMIREZ	12.VET-M40-44	OZXTREME	1:28:58
66.	132	NUNO AMARAL	15.VET-M35-39	LOJA DO ATLETA / CONSUMIX	1:29:40
67.	534	JOSÉ MANUEL TEIXEIRA	16.VET-M35-39	INDIVIDUAL	1:30:07
68.	260	WOUTER BROECK	13.VET-M40-44	ADRLCE	1:30:08
69.	509	RICARDO SOUSA	21.SEN-M	RUN TO BE ALIVE	1:30:19
70.	524	LUÍS PEREIRA	17.VET-M35-39	INDIVIDUAL	1:30:22
71.	476	JOSÉ ALMEIDA	18.VET-M35-39	NÚCLEO ATLET. VILA REAL	1:30:24
72.	283	VITOR RIBAU	9.VET-M45-49	INDIVIDUAL	1:30:47
73.	908	TADEU ROMA	10.VET-M45-49		1:30:55
74.	785	MÁRCIO FERREIRA	1.JUN-M	DCI/CCDRPEDRULHA-MEALHA	1:30:59
75.	374	BRUNO SILVA	19.VET-M35-39	INDIVIDUAL	1:31:11
76.	439	MIGUEL PATO	14.VET-M40-44	ROYAL SCHOOL OF	1:31:14
77.	576	SÉRGIO ALMEIDA	22.SEN-M	ACD OS ÍLHAVOS	1:31:16
78.	64	PAULO SILVA	20.VET-M35-39	INDIVIDUAL	1:31:23
79.	246	GUSTAVO ROXO	4.VET-M50-54	INVICTA RUNNERS TEAM	1:31:30
80.	353	CARLOS MARTINS	1.VET-M60	INDIVIDUAL	1:31:40
81.	599	JORGE MARTINS	15.VET-M40-44	DIARIO AVEIRO	1:31:48
82.	800	NUNO SILVA FARIA	21.VET-M35-39		1:31:53

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Geral	Dorsal	Nome	Escalão	Equipa	Tempo
83.	262	JOSÉ PEREIRA	22.VET-M35-39	ADRLCE	1:32:00
84.	457	SALVADOR SILVA	16.VET-M40-44	ACD S.JOÃO DA SERRA	1:32:02
85.	33	ANTÓNIO TRIGUEIRO	17.VET-M40-44	INDIVIDUAL	1:32:05
86.	405	JORGE QUEIROS	11.VET-M45-49	NAC	1:32:07
87.	389	RAFAEL GUEDES	18.VET-M40-44	INDIVIDUAL	1:32:15
88.	376	NUNO MARIZ	12.VET-M45-49	INDIVIDUAL	1:32:15
89.	574	RICARDO SARAIVA	13.VET-M45-49	UNIÃO CLUBE EIRENSE	1:32:24
90.	121	JOSE CUNHA	19.VET-M40-44	INDIVIDUAL	1:32:31
91.	425	LUIS CAVALEIRO	23.VET-M35-39	RUN@FIGUEIRA	1:32:33
92.	420	NUNO LOUREIRO	14.VET-M45-49	RUN@FIGUEIRA	1:32:35
93.	443	PAULO GONÇALVES	23.SEN-M	ROYAL SCHOOL OF	1:32:37
94.	428	RUI SILVA	20.VET-M40-44	INDIVIDUAL	1:32:38
95.	810	RODRIGO NUNES	5.VET-M50-54	RECREIO DESP. DE ÁGUEDA	1:32:49
96.	40	FERNANDO MORAIS	3.VET-M55-59	INDIVIDUAL	1:32:51
97.	264	ZÉ RODRIGO	24.VET-M35-39	ADRLCE	1:33:08
98.	672	RUI MELO	24.SEN-M	SPORT CLUBE BEIRA-MAR	1:33:08
99.	783	PAULO ANTONIO	15.VET-M45-49	CLUBE GRECAS VAGOS	1:33:14
100.	773	FERNANDO FREIRE	21.VET-M40-44	GRECAS	1:33:15
101.	52	RUI GOMES	22.VET-M40-44	GD OS RIBEIRINHOS	1:33:19
102.	692	LUÍS BRANCO	25.SEN-M	FOGAÇAS COM MALAPOS	1:33:23
103.	803	JOÃO FERREIRA	25.VET-M35-39	AFISOVAR	1:33:24
104.	268	MANUEL SILVA	2.VET-M60	AMIGOS DA PICUA	1:33:24
105.	194	CARLOS PINHO	23.VET-M40-44	PAPA MILHAS	1:33:30
106.	435	PEDRO CUNHA	24.VET-M40-44	DÍNAMO CLUBE ESTAÇÃO	1:33:31
107.	748	PREDAL THIERRY	16.VET-M45-49	UAM MONTEREAU (FRANCE)	1:33:32
108.	417	JORGE GONÇALVES	6.VET-M50-54	CLUBE DESPORTIVO	1:33:35
109.	607	NUNO LEITE	26.VET-M35-39	INDIVIDUAL	1:33:41
110.	184	NUNO CACHULO	26.SEN-M	BRIGADA DO PNEU	1:33:42
111.	204	HELDER GONÇALVES	27.SEN-M	GTEAM	1:33:44
112.	694	JOSÉ JARMELA	7.VET-M50-54	NAZ-ABÓBODA	1:33:48
113.	615	NUNO SOARES	27.VET-M35-39	CORRER LISBOA	1:33:55
114.	666	PAULO MIRANDA	25.VET-M40-44	SPORT CLUBE BEIRA-MAR	1:34:01
115.	297	JOSÉ CORREIA	26.VET-M40-44	ACR VALEDECAMBRA	1:34:06
116.	613	JORGE CARDOSO	27.VET-M40-44	INDIVIDUAL	1:34:17
117.	520	MÁRIO NÓBREGA	8.VET-M50-54	NIVERFIX RUNNING TEAM	1:34:20
118.	335	ROGERIO VIEIRA	9.VET-M50-54	SARC-SALGUEIRAL-RUN	1:34:28
119.	517	PEDRO LOURENÇO	28.VET-M35-39	INDIVIDUAL	1:34:30
120.	400	MÁRIO PIRES	28.SEN-M	INDIVIDUAL	1:34:31
121.	452	JORGE DELGADO	29.SEN-M	CASA BENFICA FIGUEIRA FOZ	1:34:34
122.	447	TIAGO FIDALGO	29.VET-M35-39	HELIFLEX	1:34:37
123.	22	CARLOS CUNHA	10.VET-M50-54	INDIVIDUAL	1:34:39
124.	682	JOÃO GONÇALVES	30.SEN-M	INDIVIDUAL	1:34:43

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Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
125.	185	PEDRO MAIA	31.SEN-M	GRUPO FONTES RUNNING	1:34:44
126.	646	HUGO BASTOS	32.SEN-M	PACERS	1:34:45
127.	111	JOAO ALMADA	4.VET-M55-59	A.D.TRAVASSÔ	1:34:48
128.	480	JOÃO ROCHA	30.VET-M35-39	NAVR	1:34:51
129.	648	RUI ALMEIDA	31.VET-M35-39	PACERS	1:34:51
130.	647	MÁRCIO PEREIRA	32.VET-M35-39	PACERS	1:34:51
131.	804	CARLOS MENDES	33.VET-M35-39	TARTARUGAS DO ASFALTO	1:34:55
132.	693	VASCO LADEIRO	5.VET-M55-59	INDIVIDUAL	1:35:00
133.	341	CRISTÓVÃO GOMES	34.VET-M35-39	INDIVIDUAL	1:35:05
134.	521	CARLOS NUNES	17.VET-M45-49	NIVERFIX RUNNING TEAM	1:35:17
135.	340	NUNO MAGALHÃES	18.VET-M45-49	TARTARUGAS DO ASFALTO	1:35:28
136.	560	PEDRO SILVA	28.VET-M40-44	CCD-RENAULT - CACIA	1:35:32
137.	497	PEDRO MOTA	29.VET-M40-44	INDIVIDUAL	1:35:36
138.	559	JAIME JÚNIOR	19.VET-M45-49	CCD-RENAULT - CACIA	1:35:38
139.	492	RICARDO SILVA	33.SEN-M	INDIVIDUAL	1:35:41
140.	707	PAULO PEREIRA	20.VET-M45-49	SCVA	1:35:43
141.	761	VITOR RITO	34.SEN-M	RUNNING ESPINHO	1:36:06
142.	512	CARLOS FERNANDES	35.SEN-M	INDIVIDUAL	1:36:07
143.	807	LUIS MIGUEL SILVA	36.SEN-M		1:36:10
144.	602	BRUNO ARAÚJO	37.SEN-M	INDIVIDUAL	1:36:10
145.	765	VITOR CUNHA	30.VET-M40-44	RUNNING ESPINHO	1:36:14
146.	315	RICARDO GONÇALVES	35.VET-M35-39	GUERREIROS DA MANHÃ	1:36:16
147.	721	MÁRIO RODRIGUES	31.VET-M40-44	GDR GRANJA - TRUTAS DO MA	1:36:21
148.	410	RODOLFO PINTO	36.VET-M35-39	INDIVIDUAL	1:36:23
149.	626	RICARDO SILVA	32.VET-M40-44	TUGAS NA ESTRADA	1:36:29
150.	266	JOSE MARINHO	21.VET-M45-49	AMIGOS DA PICUA	1:36:29
151.	196	JORGE FARIA	37.VET-M35-39	NOKIA RUNNERS	1:36:40
152.	798	SUSANA RIBEIRO	3.SEN-F	NÚCLEO ATLETISMO	1:36:46
153.	465	MARCOS RATOLA	38.VET-M35-39	INDIVIDUAL	1:36:55
154.	345	JOSÉ GARCIA	6.VET-M55-59	MATRECOS	1:36:55
155.	80	LUIS RAMOS	33.VET-M40-44	INDIVIDUAL	1:36:59
156.	130	JOSE CARLOS CAMPOS	7.VET-M55-59	INDIVIDUAL	1:37:02
157.	754	MARCO PINHO	11.VET-M50-54	RUNNING ESPINHO	1:37:06
158.	778	CECÍLIO FERREIRA	34.VET-M40-44	JUVENTUDE CORTEGACENSE	1:37:07
159.	550	MARCO ANTUNES	39.VET-M35-39	INDIVIDUAL	1:37:15
160.	19	JOAO JOSE CASTRO	12.VET-M50-54	INDIVIDUAL	1:37:19
161.	471	FERNANDO ROLDÃO	22.VET-M45-49	GAVIÕES	1:37:30
162.	472	ANTÓNIO FERREIRA	13.VET-M50-54	GAVIÕES	1:37:32
163.	470	VASCO RICARDO	40.VET-M35-39	GAVIÕES	1:37:33
164.	17	FILIPE MONTEIRO	38.SEN-M	MOLINHAS TEAM	1:37:34
165.	575	RICARDO FREITAS	39.SEN-M	INDIVIDUAL	1:37:35
166.	176	LUDGERO MOREIRA	40.SEN-M	INDIVIDUAL	1:37:40

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Geral	Dorsal	Nome	Escalão	Equipa	Tempo
167.	44	NUNO PEREIRA	41.VET-M35-39	INDIVIDUAL	1:37:44
168.	224	FERNANDO MATOS	35.VET-M40-44	INDIVIDUAL	1:37:45
169.	440	GONÇALO PATO	41.SEN-M	ROYAL SCHOOL OF	1:37:45
170.	212	PEDRO ALVES	42.SEN-M	INDIVIDUAL	1:37:47
171.	906	JOSIAS MEIRA	42.VET-M35-39		1:37:51
172.	789	FERNANDO MENDES	23.VET-M45-49	INDIVIDUAL	1:37:55
173.	636	LIGIA MENDES	4.VET-F40-44	GAIA RUNNING	1:37:56
174.	49	JORGE ALMEIDA	43.VET-M35-39	INDIVIDUAL	1:37:57
175.	430	ANTÓNIO CORUCHO	14.VET-M50-54	INDIVIDUAL	1:38:06
176.	129	JOÃO ROCHA	43.SEN-M	ACD OS ÍLHAVOS	1:38:07
177.	50	PAULO DUARTE	36.VET-M40-44	INDIVIDUAL	1:38:17
178.	589	PEDRO NUNES	44.VET-M35-39	NÚCLEO ATLETISMO DE VILA	1:38:21
179.	348	VASCO OLIVEIRA	44.SEN-M	INDIVIDUAL	1:38:27
180.	165	JOÃO SANTANA	37.VET-M40-44	BOSCH TERMOTECNOLOGIA	1:38:27
181.	164	PEDRO CARDOSO	38.VET-M40-44	BOSCH TERMOTECNOLOGIA	1:38:27
182.	222	SILVIO FERREIRA	45.VET-M35-39	NASCIDOS PARA CORRER	1:38:29
183.	539	CARLOS SOUSA	39.VET-M40-44	SARC RUN	1:38:29
184.	392	LEONARDO JESUS	45.SEN-M	INDIVIDUAL	1:38:37
185.	766	MANUEL ABREU	40.VET-M40-44	RUNNING ESPINHO	1:38:40
186.	313	JOAQUIM GOMES	3.VET-M60	A D RIO LARGO C ESPINHO	1:38:40
187.	451	SÉRGIO BRUNO ALVES RIBEIRO	46.VET-M35-39	BIOMATER	1:38:55
188.	227	VASCO AMARAL	46.SEN-M	BRIGADA DO PNEU	1:38:58
189.	120	FILIFE ROUXINOL	41.VET-M40-44	VAMOS CORRER EM ILHAVO	1:39:05
190.	356	JOÃO FONSECA	47.SEN-M	INDIVIDUAL	1:39:08
191.	609	FILIFE EDUARDO COSTA FÉLIX	48.SEN-M	INDIVIDUAL	1:39:12
192.	699	MIGUEL CAMPOS	24.VET-M45-49	INDIVIDUAL	1:39:12
193.	311	MIGUEL PEREIRA	49.SEN-M	INDIVIDUAL	1:39:13
194.	675	FERNANDO LOPES	42.VET-M40-44	CDC S.MARTINHO DA	1:39:14
195.	491	GONÇALO MATOS	43.VET-M40-44	ELECTREX	1:39:18
196.	671	EMIDIO CORREIA	50.SEN-M	SPORT CLUBE BEIRA-MAR	1:39:19
197.	321	ADÉRITO CURTO	8.VET-M55-59	GIRA SOL	1:39:35
198.	630	JORGE VILELA	25.VET-M45-49	ADREQUEIXO	1:39:42
199.	469	JOSÉ PLÁCIDO	44.VET-M40-44	PASTELARIA RIAPARQUE	1:39:45
200.	155	JOÃO SOUSA	45.VET-M40-44	ANDAR A CORRER	1:39:52
201.	544	CARLOS ALVES	26.VET-M45-49	INDIVIDUAL	1:40:03
202.	252	PAULO CARDOSO	27.VET-M45-49	INDIVIDUAL	1:40:04
203.	30	PEDRO HENRIQUES	51.SEN-M	INDIVIDUAL	1:40:06
204.	303	TONY GRAÇA	15.VET-M50-54	DCI/CCDR - PEDRULHA	1:40:07
205.	308	MARISA JOAO	5.VET-F40-44	DCI/CCDRPEDRULHA-MEALHA	1:40:07
206.	632	CÉSAR TEIXEIRA	46.VET-M40-44	GAIA RUNNING	1:40:13
207.	298	ANTONIO BRAGA	47.VET-M40-44	JHARVARD	1:40:13
208.	719	ALCIDES PEREIRA	28.VET-M45-49	GDR GRANJA - TRUTAS DO MA	1:40:18

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209.	77	RUI MOURA	47.VET-M35-39	INDIVIDUAL	1:40:22
210.	438	JORGE PATO	48.VET-M40-44	ROYAL SCHOOL OF	1:40:23
211.	578	PAULO LIMA	29.VET-M45-49	HELIFLEX	1:40:30
212.	689	NUNO MARTINS	52.SEN-M	INDIVIDUAL	1:40:30
213.	229	ANDRÉ OLIVEIRA	48.VET-M35-39	BAND OF RUNNERS	1:40:32
214.	753	FILIFE OLIVEIRA	2.JUN-M	INDIVIDUAL	1:40:32
215.	500	NUNO MOREIRA	49.VET-M35-39	LAMEGO TRIBO RUNNERS	1:40:33
216.	114	PAULO TEIXEIRA	50.VET-M35-39	INDIVIDUAL	1:40:35
217.	219	RENATO MONTEIRO	53.SEN-M	GD RIBEIRINHOS	1:40:39
218.	371	MARTINHO GOMES	51.VET-M35-39	FAMILIA M	1:40:39
219.	907	HÉLDER DUARTE	54.SEN-M		1:40:41
220.	771	DANIEL AGUIAR	52.VET-M35-39	INDIVIDUAL	1:40:44
221.	805	LUIS PEDROSO	30.VET-M45-49	TARTARUGAS DO ASFALTO	1:40:44
222.	597	CLAUDIO PEREIRA	53.VET-M35-39	DIARIO AVEIRO	1:40:44
223.	650	DIOGO MAIA	55.SEN-M	PACERS	1:40:46
224.	349	JOSÉ LOPES	54.VET-M35-39	INDIVIDUAL	1:40:46
225.	649	JOÃO POÇAS	55.VET-M35-39	PACERS	1:40:47
226.	651	EMANUEL SANTOS	56.VET-M35-39	PACERS	1:40:47
227.	674	PAULO SILVA	49.VET-M40-44	CDC S.MARTINHO DA	1:40:53
228.	775	VALDEMAR OLIVEIRA	16.VET-M50-54	KO TRAIL RUNNING	1:40:54
229.	239	TIAGO COSTA	56.SEN-M	INDIVIDUAL	1:40:57
230.	60	JOAO CARLOS RIBEIRO	50.VET-M40-44	INDIVIDUAL	1:41:03
231.	45	ANTÓNIO RAFAEL	17.VET-M50-54	MOLINHAS TEAM	1:41:16
232.	138	HEITOR SANTOS	9.VET-M55-59	AVEIRO NIGHT RUNERS	1:41:23
233.	206	BRUNO PEIXOTO	57.VET-M35-39	REUMATICOS TEAM	1:41:25
234.	290	OSCAR RAMALHO	31.VET-M45-49	INDIVIDUAL	1:41:34
235.	460	ARTUR BALTAREJO	51.VET-M40-44	BRAGUINHAS RUNNERS	1:41:34
236.	402	CARLOS COSTA	52.VET-M40-44	SS CGD	1:41:42
237.	717	CARLOS NEVES	57.SEN-M	INDIVIDUAL	1:41:46
238.	673	BRUNO MIGUEL BARGE	58.VET-M35-39	CDC S.MARTINHO DA	1:41:46
239.	394	PAULO SOUSA	32.VET-M45-49	NEW LIFE CENTER	1:41:53
240.	620	JORGE CUBAL	58.SEN-M	INDIVIDUAL	1:42:05
241.	793	FILIFE PIRES	33.VET-M45-49	TARTARUGAS DO ASFALTO	1:42:05
242.	131	HEITOR ARAÚJO	18.VET-M50-54	INDIVIDUAL	1:42:06
243.	687	TERESA CARDOSO	6.VET-F40-44	CLUBE DOS GALITOS	1:42:09
244.	557	CARLOS SANTOS	34.VET-M45-49	CCD-RENAULT - CACIA	1:42:10
245.	292	PAULO FARIA	35.VET-M45-49	SENHORA DA HORA RUNNING	1:42:18
246.	768	JULIA SCHIAVON	1.VET-F35-39	RUNNING ESPINHO	1:42:21
247.	141	MIGUEL GONÇALVES	59.SEN-M	OSBACALHAUS-POLOAQUÁTIC	1:42:30
248.	779	JOÃO OLIVEIRA	53.VET-M40-44	JUVENTUDE CORTEGACENSE	1:42:30
249.	728	ARNALDO SANTOS	19.VET-M50-54	KO TRAIL RUNNING	1:42:31
250.	181	FILIFE CARVALHO	60.SEN-M	INDIVIDUAL	1:42:37

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
251.	427	PEDRO SILVA	61.SEN-M	MIRA Q CORREDORES	1:42:41
252.	180	TIAGO CASTRO	62.SEN-M	INDIVIDUAL	1:42:43
253.	562	TIAGO MENDONÇA	63.SEN-M	CCD-RENAULT - CACIA	1:42:45
254.	762	JOSÉ GOMES	54.VET-M40-44	RUNNING ESPINHO	1:42:52
255.	375	RUI SEABRA	64.SEN-M	CORRERIA	1:42:52
256.	741	HENRIQUE CASTRO	36.VET-M45-49	INDIVIDUAL	1:42:56
257.	587	MANUEL MARÇAL	4.VET-M60	CON_DORES DO CHOUPAL	1:43:05
258.	213	JOSÉ RESENDE	37.VET-M45-49	CENAP	1:43:05
259.	99	FERNANDO JORGE	55.VET-M40-44	INDIVIDUAL	1:43:08
260.	203	FLÁVIO SILVESTRE	65.SEN-M	NOKIA RUNNERS	1:43:14
261.	712	JOAO COUTO	56.VET-M40-44	TEAM VENTIL	1:43:14
262.	218	JUVENAL MAGUETA	10.VET-M55-59	GRUPO DESPORTIVO	1:43:15
263.	436	FILIPE MOURA	57.VET-M40-44	AMIGOS DAS SAPATILHAS	1:43:19
264.	505	RAQUEL ANDRADE	2.VET-F35-39	INDIVIDUAL	1:43:19
265.	506	BRUNO MOURA	66.SEN-M	INDIVIDUAL	1:43:19
266.	797	JOSÉ SILVA	67.SEN-M	NÚCLEO ATLETISMO	1:43:26
267.	255	NUNO PINHO	59.VET-M35-39	N.A.CUCUJÃES	1:43:28
268.	796	PEDRO LARANJO	38.VET-M45-49	INDIVIDUAL	1:43:29
269.	621	AMÉRICO FONSECA	39.VET-M45-49	X5 HEALTH CLUB	1:43:34
270.	448	JOSÉ CARLOS SIMÕES	40.VET-M45-49	HELIFLEX	1:43:41
271.	450	CLÁUDIO ALMEIDA	60.VET-M35-39	HELIFLEX	1:43:42
272.	263	RUI SILVA	20.VET-M50-54	ADRLCE	1:43:42
273.	79	LUIS RABAÇA	58.VET-M40-44	INDIVIDUAL	1:43:46
274.	432	JÚLIA LEGKOVA	4.SEN-F	INDIVIDUAL	1:43:52
275.	726	MÁRIO VIEIRA	61.VET-M35-39	INDIVIDUAL	1:44:00
276.	623	FATIMA GERALDES	1.VET-F45-49	TUGAS NA ESTRADA	1:44:02
277.	679	PAULO VILARINHO	41.VET-M45-49	GAIA RUNNING	1:44:02
278.	668	JOEL JOSÉ GINGA	62.VET-M35-39	SPORT CLUBE BEIRA-MAR	1:44:10
279.	746	DE OLIVEIRA JOAQUIM PAUL	42.VET-M45-49	UAM MONTEREAU (FRANCE)	1:44:11
280.	490	JOÃO MANUEL FERNANDES	5.VET-M60	INDIVIDUAL	1:44:12
281.	459	FRANCISCO COSTA	43.VET-M45-49	INDIVIDUAL	1:44:13
282.	431	JOAQUIM AMIEIRO	6.VET-M60	INDIVIDUAL	1:44:15
283.	388	RUI MAGALHAES	59.VET-M40-44	INDIVIDUAL	1:44:18
284.	169	ARMINDO BASTOS	60.VET-M40-44	BOSCH TERMOTECNOLOGIA	1:44:19
285.	127	TIAGO TEIXEIRA	68.SEN-M	INDIVIDUAL	1:44:20
286.	546	HUGO BALSEIRO	63.VET-M35-39	CLUB ATLÉTICO SANEME	1:44:22
287.	191	MÁRIO FELGUEIRAS	61.VET-M40-44	GESINSERDE TEAM	1:44:38
288.	415	JOÃO GIL DA COSTA	11.VET-M55-59	INDIVIDUAL	1:44:46
289.	214	MANUEL SILVA	62.VET-M40-44	CENAP	1:44:47
290.	654	VASCO TAVARES	63.VET-M40-44	PACERS	1:44:52
291.	458	BRUNO SARDEX	64.VET-M35-39	INDIVIDUAL	1:44:52
292.	226	NUNO RAMOS	64.VET-M40-44	INDIVIDUAL	1:44:59

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
293.	396	CELSO COELHO	12.VET-M55-59	BESJOGING	1:45:00
294.	756	JOSÉ FEITEIRA	44.VET-M45-49	RUNNING ESPINHO	1:45:01
295.	518	GUILHERME SOUSA	45.VET-M45-49	INDIVIDUAL	1:45:01
296.	253	PAULO MARÇAL	65.VET-M40-44	INDIVIDUAL	1:45:04
297.	192	CARLOS VIDAL	21.VET-M50-54	GESINSERDE TEAM	1:45:04
298.	795	MANUEL RIBEIRO	69.SEN-M	INDIVIDUAL	1:45:07
299.	117	NUNO LIMA	70.SEN-M	INDIVIDUAL	1:45:22
300.	581	LUIS NEVES	46.VET-M45-49	INDIVIDUAL	1:45:23
301.	903	JOAO CAPELOA	22.VET-M50-54		1:45:27
302.	299	TIAGO ORNELAS	65.VET-M35-39	JHARVARD	1:45:27
303.	85	LUIS DUARTE	47.VET-M45-49	INDIVIDUAL	1:45:28
304.	751	PEDRO ALBERTO RATOLA	23.VET-M50-54	INDIVIDUAL	1:45:31
305.	163	CARLOS FERREIRA	48.VET-M45-49	BOSCH TERMOTECNOLOGIA	1:45:31
306.	59	LUÍS MESQUITA	66.VET-M40-44	INDIVIDUAL	1:45:34
307.	333	JOSÉ JOAQUIM SILVA	49.VET-M45-49	INDIVIDUAL	1:45:38
308.	653	ALEXANDRA FERNANDES	2.VET-F45-49	PACERS	1:45:40
309.	126	PAULO RODRIGUES	24.VET-M50-54	G.D.LEOES DE VENEZA	1:45:40
310.	652	MARCO PEIXOTO	71.SEN-M	PACERS	1:45:40
311.	145	PAULO NINA	67.VET-M40-44	ANDAR A CORRER	1:45:43
312.	86	JOAQUIM HENRIQUES	68.VET-M40-44	INDIVIDUAL	1:45:54
313.	528	HUGO OLIVEIRA	72.SEN-M	INDIVIDUAL	1:45:56
314.	676	RICARDO DIOGO	69.VET-M40-44	OZXTREME/RDA	1:46:01
315.	547	ALMUDENA TASENDE	5.SEN-F	CLUB ATLÉTICO SANEME	1:46:07
316.	767	TIAGO SOARES	70.VET-M40-44	RUNNING ESPINHO	1:46:10
317.	166	FERNANDO FAUSTINO	25.VET-M50-54	BOSCH TERMOTECNOLOGIA	1:46:11
318.	257	VASCO MARQUES	71.VET-M40-44	INDIVIDUAL	1:46:12
319.	280	EDUARDO OLIVEIRA	72.VET-M40-44	INDIVIDUAL	1:46:14
320.	281	PAULO MESQUITA	73.SEN-M	INDIVIDUAL	1:46:15
321.	633	GABRIEL RODRIGUES	66.VET-M35-39	GAIA RUNNING	1:46:16
322.	361	FILIFE NUNES	74.SEN-M	INDIVIDUAL	1:46:16
323.	355	RUI ROCHA	67.VET-M35-39	INDIVIDUAL	1:46:19
324.	904	AMILCAR CARNACHO	7.VET-M60		1:46:29
325.	418	JORGE GONÇALVES	75.SEN-M	CLUBE DESPORTIVO	1:46:31
326.	736	PAULO SILVA	68.VET-M35-39	ROYAL SCHOOL OF	1:46:34
327.	186	FILIFE FONTES	73.VET-M40-44	GRUPO FONTES RUNNING	1:46:36
328.	629	LUIS SOUSA	26.VET-M50-54	INDIVIDUAL	1:46:51
329.	411	SOFIA PIGNATELLI	3.VET-F35-39	INDIVIDUAL	1:46:51
330.	36	JORGE PEIXOTO	27.VET-M50-54	INDIVIDUAL	1:47:06
331.	382	FERNANDO FRANCISCO	74.VET-M40-44	CMMC ÁGUEDA	1:47:17
332.	504	HENRIQUE FERNANDES	75.VET-M40-44	BIO TEAM RUN	1:47:18
333.	718	RICARDO FERREIRA	76.SEN-M	GDR GRANJA - TRUTAS DO MA	1:47:19
334.	510	RICARDO SANTOS	69.VET-M35-39	BIO TEAM RUN	1:47:20

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
335.	28	PAULO FIDALGO	70.VET-M35-39	INDIVIDUAL	1:47:45
336.	558	CARLOS MARTINS	71.VET-M35-39	CCD-RENAULT - CACIA	1:47:45
337.	65	FERNANDO MAGALHAES	28.VET-M50-54	INDIVIDUAL	1:47:45
338.	217	JOSÉ FONSECA	50.VET-M45-49	INDIVIDUAL	1:47:46
339.	525	JOÃO CARLOS PEREIRA	72.VET-M35-39	INDIVIDUAL	1:47:47
340.	272	ANTÓNIO PEREIRA	51.VET-M45-49	AMIGOS DA PICUA	1:47:49
341.	271	PAULO MARTINS	76.VET-M40-44	AMIGOS DA PICUA	1:47:49
342.	309	ANGELINA PINHO	7.VET-F40-44	BUDEGUITA RUNNERS	1:47:56
343.	373	MARCELO MOREIRA	73.VET-M35-39	BUDEGUITA RUNNERS	1:47:56
344.	67	LUIS DIAS	74.VET-M35-39	C.D.PATEIRA/BIKE RIDERS	1:48:01
345.	722	MARILYNE MARQUES	6.SEN-F	GDR GRANJA - TRUTAS DO MA	1:48:11
346.	720	SÉRGIO GABRIEL	75.VET-M35-39	GDR GRANJA - TRUTAS DO MA	1:48:11
347.	183	CARLOS SANTOS	29.VET-M50-54	INDIVIDUAL	1:48:21
348.	645	ANTÓNIO A. SILVA	77.VET-M40-44	INDIVIDUAL	1:48:23
349.	519	NUNO TUNES	78.VET-M40-44	NIVERFIX RUNNING TEAM	1:48:23
350.	88	NUNO SILVA	79.VET-M40-44	INDIVIDUAL	1:48:26
351.	56	JOÃO SIMÕES	77.SEN-M	INDIVIDUAL	1:48:28
352.	593	JOÃO COELHO	30.VET-M50-54	INDIVIDUAL	1:48:28
353.	347	MIGUEL QUEIRÓS	13.VET-M55-59	INDIVIDUAL	1:48:31
354.	523	LUÍS SOUSA	78.SEN-M	TRIATLO GALITOS	1:48:36
355.	135	JOÃO TIAGO FARO	79.SEN-M	INDIVIDUAL	1:48:41
356.	384	BERNARDIM CORREIA	8.VET-M60	CMMC ÁGUEDA	1:48:41
357.	770	SARA MANUELA CARVALHO	7.SEN-F	CLUBE CONDEIXA	1:48:41
358.	270	SERGIO FERREIRA	9.VET-M60	AMIGOS DA PICUA	1:48:43
359.	543	AVELINO RODRIGUES	80.VET-M40-44	INDIVIDUAL	1:48:43
360.	769	MENGRU LIU	8.SEN-F	INDIVIDUAL	1:48:45
361.	701	RICARDO RELVAS	76.VET-M35-39	SOREMA	1:48:48
362.	594	FRANCISCO ROQUE	52.VET-M45-49	INDIVIDUAL	1:48:52
363.	93	PAULO SILVA	81.VET-M40-44	INDIVIDUAL	1:48:54
364.	507	VÍTOR TOMÁS	82.VET-M40-44	BIO TEAM RUN	1:48:58
365.	530	VICTOR CAMPOS	10.VET-M60	DAR - RECARDÃES	1:48:59
366.	351	NUNO DIAS	53.VET-M45-49	BUDEGUITA RUNNERS	1:49:02
367.	387	NARCISO ARROMBA	11.VET-M60	CLUVE	1:49:08
368.	167	AVENTINO LIMA	83.VET-M40-44	BOSCH TERMOTECNOLOGIA	1:49:09
369.	380	DINA SOUSA	8.VET-F40-44	CMMC ÁGUEDA	1:49:11
370.	279	NUNO RODRIGUES	84.VET-M40-44	OFRUNNING	1:49:23
371.	641	PEDRO LOBO	77.VET-M35-39	SÓ PARA A CAMISOLA	1:49:24
372.	758	VITOR SANTOS	85.VET-M40-44	RUNNING ESPINHO	1:49:27
373.	441	RUI AMORIM	78.VET-M35-39	ROYAL SCHOOL OF	1:49:30
374.	339	CLÁUDIA PIMPAREL	9.VET-F40-44	SHOTS INTERNATION	1:49:36
375.	642	JOSÉ ALVES	54.VET-M45-49	SÓ PARA A CAMISOLA	1:49:43
376.	468	MÁRIO SIMÕES	31.VET-M50-54	PASTELARIA RIAPARQUE	1:49:45

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
377.	688	JOÃO VAZ	80.SEN-M	INDIVIDUAL	1:49:47
378.	98	MIGUEL PIMENTEL	86.VET-M40-44	INDIVIDUAL	1:49:47
379.	61	JOEL AZEVEDO	79.VET-M35-39	INDIVIDUAL	1:49:59
380.	84	HUGO NUNES	81.SEN-M	INDIVIDUAL	1:50:02
381.	730	ANTÓNIO OLIVEIRA	32.VET-M50-54	INDIVIDUAL	1:50:06
382.	53	EDUARDO GOMES	55.VET-M45-49	INDIVIDUAL	1:50:17
383.	532	FILIPE COSTA	3.JUN-M	ADREQUEIXO	1:50:18
384.	378	DAVID NOGUEIRA	80.VET-M35-39	INDIVIDUAL	1:50:20
385.	536	RAUL FERREIRA	82.SEN-M	PINTO FERREIRA	1:50:20
386.	424	FRANCISCO MENDES	87.VET-M40-44	BIO TEAM RUN	1:50:25
387.	784	SUZETE MARCO	10.VET-F40-44	CLUBE GRECAS VAGOS	1:50:38
388.	119	RUI SILVA	33.VET-M50-54	INDIVIDUAL	1:50:38
389.	393	PEDRO SILVEIRA	81.VET-M35-39	AMIGOS DAS SAPATILHAS	1:50:39
390.	498	JOÃO LEÃO	56.VET-M45-49	INDIVIDUAL	1:50:44
391.	538	NELSON VIEIRA	88.VET-M40-44	INDIVIDUAL	1:50:46
392.	703	CARLA REIS	9.SEN-F	INDIVIDUAL	1:50:50
393.	157	RICARDO RIBEIRO	57.VET-M45-49	S&M	1:50:57
394.	714	HENRIQUE BORGES	58.VET-M45-49	INDIVIDUAL	1:50:57
395.	330	JOÃO DIAS	59.VET-M45-49	OFRUNNING	1:50:59
396.	46	PAULO SILVA	60.VET-M45-49	CRAZY PAPA KM'S	1:51:04
397.	118	ABÍLIO XAVIER	82.VET-M35-39	INDIVIDUAL	1:51:09
398.	90	ANA RICARDO	10.SEN-F	N. A. CUCUJÃES	1:51:09
399.	678	JOSE ESTEVES	14.VET-M55-59	INDIVIDUAL	1:51:09
400.	475	CARLOS SILVA	89.VET-M40-44	INDIVIDUAL	1:51:12
401.	221	PAULO TAVARES	83.VET-M35-39	INDIVIDUAL	1:51:24
402.	408	CARLA CARDOSO	11.VET-F40-44	SC BEIRA-MAR	1:51:24
403.	414	PAULO RÉ	61.VET-M45-49	INDIVIDUAL	1:51:29
404.	235	MAFALDA OLIVEIRA	11.SEN-F	ATLÉTICO DA MADALENA	1:51:29
405.	178	MARIO SAMPAIO	12.VET-M60	CSRDC SANTIAGO	1:51:37
406.	160	MARCO CUSTÓDIO	83.SEN-M	INDIVIDUAL	1:51:40
407.	638	VERA VENTURA	12.SEN-F	SÓ PARA A CAMISOLA	1:51:49
408.	27	FERNANDO BANCA	90.VET-M40-44	CRAZY PAPA KM'S	1:51:51
409.	205	JORGE GONÇALVES	84.VET-M35-39	GTEAM	1:52:00
410.	735	RICARDO MAIA	85.VET-M35-39	HELIFLEX	1:52:01
411.	733	HENRIQUE BARBEDO	62.VET-M45-49	HELIFLEX	1:52:02
412.	734	SERGIO CUNHA	91.VET-M40-44	HELIFLEX	1:52:04
413.	659	HUGUES ALMEIDA	84.SEN-M	PACERS	1:52:09
414.	495	NÉLIA SANTOS	3.VET-F45-49	INDIVIDUAL	1:52:25
415.	287	MANUEL SANTOS SILVA	63.VET-M45-49	INDIVIDUAL	1:52:33
416.	337	DANIEL VIEIRA	85.SEN-M	INDIVIDUAL	1:52:40
417.	462	EDUARDO MARTINS	86.SEN-M	GRUNIL	1:52:56
418.	691	NUNO ALEGRIA	92.VET-M40-44	INDIVIDUAL	1:52:59

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
419.	153	DANIEL MALHEIRO	34.VET-M50-54	ANDAR A CORRER	1:53:07
420.	275	ANA MARIA BARBOSA	1.VET-F55-59	TRIO MARAVILHA	1:53:16
421.	76	FILIPE COSTA	86.VET-M35-39	INDIVIDUAL	1:53:21
422.	318	FERNANDO CARAPELHO	87.VET-M35-39	GRUPO DESPORTIVO	1:53:21
423.	902	ANA GAMA	13.SEN-F	INDIVIDUAL	1:53:22
424.	516	JOAQUIM MENESES	13.VET-M60	VETERANOS PORTO	1:53:23
425.	81	FERNANDO AZEVEDO	15.VET-M55-59	INDIVIDUAL	1:53:24
426.	563	JOAQUIM MOREIRA	64.VET-M45-49	PORTO SENTIDO RUNNERS	1:53:28
427.	549	SARA NUNES	4.VET-F35-39	AFISOVAR	1:53:28
428.	249	ARMÉNIO NEVES	14.VET-M60	VAMOS CORRER EM ÍLHAVO	1:53:32
429.	655	FRANCISCO FONSECA	87.SEN-M	PACERS	1:53:33
430.	698	HERNÂNI AMARAL	15.VET-M60	ROYAL TEAM	1:53:34
431.	444	JOÃO SANTOS	88.VET-M35-39	FREELETICS VAGOS	1:53:41
432.	755	RUI PINTO	93.VET-M40-44	RUNNING ESPINHO	1:53:46
433.	156	JOÃO MÁRIO	35.VET-M50-54	ANDAR A CORRER	1:53:51
434.	802	LUIA MARIA LEMOS MOTA	14.SEN-F	CORRE RIA	1:53:51
435.	200	NATÉRCIA SANTIAGO	12.VET-F40-44	NOKIA RUNNERS	1:53:52
436.	207	SANDRA NUNES	5.VET-F35-39	REUMATICOS TEAM	1:53:59
437.	449	VITOR NETO	94.VET-M40-44	HELIFLEX	1:54:02
438.	677	ORLANDA REGO	4.VET-F45-49	GAIA RUNNING	1:54:06
439.	631	VITOR FERNANDES	95.VET-M40-44	GAIA RUNNING	1:54:06
440.	412	CARLOS GAMELAS	89.VET-M35-39	INDIVIDUAL	1:54:09
441.	750	ANTÓNIO RATOLA	88.SEN-M	INDIVIDUAL	1:54:13
442.	286	JULIO TOME	96.VET-M40-44	INDIVIDUAL	1:54:14
443.	479	JOÃO ALEXANDRE MATOS	97.VET-M40-44	ELECTREX	1:54:14
444.	386	EDUARDO FERREIRA	65.VET-M45-49	INDIVIDUAL	1:54:20
445.	612	MANUEL ESTEVES BRANDÃO	89.SEN-M	INDIVIDUAL	1:54:30
446.	274	JOSE VIEIRA	66.VET-M45-49	INDIVIDUAL	1:54:39
447.	63	PAULO PINTO	67.VET-M45-49	INDIVIDUAL	1:54:51
448.	541	ARLINDO SANTOS	16.VET-M60	DAR-RECARDAES	1:55:05
449.	729	DANIELA SANTOS	15.SEN-F	KO TRAIL RUNNING	1:55:11
450.	910	FILIPE SILVA	98.VET-M40-44		1:55:12
451.	195	JOANA TAVARES	6.VET-F35-39	NOKIA RUNNERS	1:55:13
452.	359	RUI GOMES	36.VET-M50-54	INDIVIDUAL	1:55:13
453.	174	PAULO BAPTISTA	90.SEN-M	BOSCH TERMOTECNOLOGIA	1:55:14
454.	187	LILIANA COSTA	16.SEN-F	GRUPO FONTES RUNNING	1:55:16
455.	588	NUNO VEIGA	37.VET-M50-54	INDIVIDUAL	1:55:18
456.	18	ALEXANDRE DUARTE	99.VET-M40-44	CORRERIA	1:55:29
457.	91	AGOSTINHO CAPELA	100.VET-M40-44	INDIVIDUAL	1:55:29
458.	273	JOSE COUTINHO	90.VET-M35-39	AMIGOS DA PICUA	1:55:30
459.	624	ANA LUISA PEREIRA	13.VET-F40-44	TUGAS NA ESTRADA	1:55:33
460.	404	MANUEL PAIVA	17.VET-M60	INDIVIDUAL	1:55:41

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
461.	403	PEDRO PAIVA	101.VET-M40-44	INDIVIDUAL	1:55:41
462.	122	PATRICK MENDONÇA	91.SEN-M	INDIVIDUAL	1:55:42
463.	584	MIGUEL CARDOSO	91.VET-M35-39	INDIVIDUAL	1:55:43
464.	681	LILIANA SILVA	7.VET-F35-39	AGD SPORTSACADEMY	1:55:48
465.	680	MIGUEL ABRANTES	102.VET-M40-44	AGD SPORTSACADEMY	1:55:48
466.	66	RUI MARTINS	68.VET-M45-49	RUN&FUN	1:55:51
467.	710	JOSE MANUEL TEIXEIRA	18.VET-M60	AMARANTE RUNNING TEAM	1:55:54
468.	494	JOAQUIM FIRMINO MENDES	38.VET-M50-54	MONT. TRAIL RUNING/EFAPEL	1:55:55
469.	911	SARA CARDOSO	17.SEN-F		1:56:07
470.	92	TIAGO TAVARES	92.SEN-M	INDIVIDUAL	1:56:17
471.	261	JOSÉ FALCÃO	19.VET-M60	ADRLCE	1:56:23
472.	83	TIAGO PINHO	93.SEN-M	INDIVIDUAL	1:56:27
473.	73	JOSE LUIS FERREIRA	39.VET-M50-54	INDIVIDUAL	1:56:32
474.	570	PAULO FEITEIRA	103.VET-M40-44	OS KETUNTOS	1:56:44
475.	162	FILIPE MARTINS	94.SEN-M	BOSCH TERMOTECNOLOGIA	1:56:45
476.	456	NUNO CAMPOS	92.VET-M35-39	CGA	1:56:45
477.	216	OTÍLIA PEDROSA	18.SEN-F	INDIVIDUAL	1:56:46
478.	619	LUÍS SAMPAIO	93.VET-M35-39	CANIANOS	1:56:48
479.	808	RICARDO DUARTE	95.SEN-M	CERVEIRA TEAM RUNNING	1:56:50
480.	115	VITOR VIEIRA	40.VET-M50-54	ALL ABOUT	1:56:52
481.	752	PEDRO PAULO RATOLA	96.SEN-M	INDIVIDUAL	1:56:52
482.	399	PEDRO GOMES	16.VET-M55-59	INDIVIDUAL	1:56:58
483.	780	MÁRCIA COSTA	14.VET-F40-44	JUVENTUDE CORTEGACENSE	1:57:00
484.	656	MIRIAM MARTINS	19.SEN-F	PACERS	1:57:01
485.	23	RUI BARROS	97.SEN-M	CORRERIA	1:57:03
486.	708	ELISABETE REPAS	2.VET-F50-54	GAIA—RUNNING	1:57:05
487.	228	ANA COELHO	8.VET-F35-39	GAIA RUNNING	1:57:05
488.	319	BRUNO COSTA	94.VET-M35-39	INDIVIDUAL	1:57:07
489.	346	VITOR GOMES	41.VET-M50-54	CLUVE	1:57:19
490.	637	RUI MIGUEL SOUSA TAVARES	98.SEN-M	INDIVIDUAL	1:57:28
491.	464	EDUARDO FERREIRA	99.SEN-M	RUNNER'S DO DEMO	1:57:32
492.	640	TERESA MARTINS	9.VET-F35-39	SÓ PARA A CAMISOLA	1:57:33
493.	242	ANDRÉ CAMPOS	100.SEN-M	INDIVIDUAL	1:57:36
494.	35	BRUNO ALVES	95.VET-M35-39	INDIVIDUAL	1:57:42
495.	201	NELSON SILVA	101.SEN-M	NOKIA RUNNERS	1:57:56
496.	344	HUMBERTO OLIVEIRA	104.VET-M40-44	UNIÃO CLUVE EIRENSE	1:58:10
497.	328	SANDRO SOARES	96.VET-M35-39	INDIVIDUAL	1:58:11
498.	143	DULCE ALMEIDA	5.VET-F45-49	CFA	1:58:12
499.	317	RUI SOARES	69.VET-M45-49	INDIVIDUAL	1:58:12
500.	136	DIOGO PINTO	102.SEN-M	INDIVIDUAL	1:58:31
501.	137	MARISA CARREIRA	20.SEN-F	INDIVIDUAL	1:58:31
502.	142	RUI RODRIGUES	105.VET-M40-44	GAIA RUNNING	1:58:42

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
503.	670	MIGUEL CUNHA	103.SEN-M	SPORT CLUBE BEIRA-MAR	1:58:46
504.	385	FRANCISCO BASTOS	70.VET-M45-49	CIRES RUNNING TEAM	1:58:46
505.	175	INES ALMEIDA	15.VET-F40-44	AVEIRO RUNNERS	1:58:49
506.	757	JOSÉ MAIA	104.SEN-M	RUNNING ESPINHO	1:58:53
507.	364	RICARDO BASTOS	42.VET-M50-54	A A LEBRES DO SADO	1:58:55
508.	220	SAMUEL MATOS	105.SEN-M	ADC SÃO JACINTO	1:58:58
509.	716	JOÃO F SILVA	106.SEN-M	IEETA TEAM	1:58:59
510.	208	FERNANDO MARQUES	97.VET-M35-39	CASTRO MARQUES	1:59:08
511.	513	PEDRO DIAS	107.SEN-M	INDIVIDUAL	1:59:18
512.	234	ISABEL RIBAU	16.VET-F40-44	ÉPICOS	1:59:22
513.	231	DANIELA FERREIRA	10.VET-F35-39	ÉPICOS	1:59:26
514.	787	GORETI COUTO	11.VET-F35-39	INDIVIDUAL	1:59:27
515.	97	NUNO SEIXAS	98.VET-M35-39	INDIVIDUAL	1:59:32
516.	15	JOSÉ MANUEL COSTA	43.VET-M50-54	MOLINHAS TEAM	1:59:43
517.	381	CRISTINA SANTOS	6.VET-F45-49	CMMC ÁGUEDA	1:59:43
518.	445	AVELINO SILVA	20.VET-M60	CMMC ÁGUEDA	1:59:43
519.	561	RICARDO SILVA	108.SEN-M	CCD-RENAULT - CACIA	1:59:52
520.	173	JOÃO MAIA	17.VET-M55-59	BOSCH TERMOTECNOLOGIA	1:59:55
521.	635	JOSÉ RODRIGUES	44.VET-M50-54	GAIA RUNNING	2:00:07
522.	150	NUNO FONTOURA	99.VET-M35-39	ANDAR A CORRER	2:00:15
523.	486	DIOGO CRESPO	109.SEN-M	INDIVIDUAL	2:00:16
524.	487	RICARDO CUNHA	100.VET-M35-39	INDIVIDUAL	2:00:19
525.	149	JOSÉ LUIS ALVES	45.VET-M50-54	ANDAR A CORRER	2:00:24
526.	146	GISELA SOFIA RIBAU	12.VET-F35-39	ANDAR A CORRER	2:00:24
527.	189	FÁBIO FERREIRA	101.VET-M35-39	GESINSERDE TEAM	2:00:25
528.	643	ANTÓNIO BATEL	106.VET-M40-44	INDIVIDUAL	2:00:26
529.	529	CARLOS BARROSO	46.VET-M50-54	INDIVIDUAL	2:00:29
530.	34	RUI BARROS	71.VET-M45-49	INDIVIDUAL	2:00:34
531.	514	RUI GUIMARAES	102.VET-M35-39	CÃES D'AVENIDA	2:00:35
532.	320	ANDRÉ CAPOTE	103.VET-M35-39	INDIVIDUAL	2:00:43
533.	781	PAULO ABREU	72.VET-M45-49	AMARANTE RUNNING TEAM	2:00:44
534.	151	ANTÓNIO SANTOS	73.VET-M45-49	ANDAR A CORRER	2:00:44
535.	248	ANABELA LEITE	17.VET-F40-44	INDIVIDUAL	2:00:50
536.	306	PEDRO MARQUES	107.VET-M40-44	BORABORA, VAMOS LÁ!	2:00:50
537.	302	CRISTINA RIOS	18.VET-F40-44	STUNNING MOLECULE	2:00:52
538.	123	LÍGIA CASIMIRO	19.VET-F40-44	CIRES RUNNING TEAM	2:00:55
539.	566	PAULO PEDRA	74.VET-M45-49	EDV-VIANATRIL	2:01:06
540.	739	JOSE MOREIRA	104.VET-M35-39	INDIVIDUAL	2:01:11
541.	244	INÊS PEREIRA	21.SEN-F	PONTO ZEN	2:01:12
542.	182	BRIAN FERREIRA	110.SEN-M	INDIVIDUAL	2:01:22
543.	241	RICARDO MARTINS	105.VET-M35-39	INDIVIDUAL	2:01:24
544.	55	EDUARDO PAIS	106.VET-M35-39	INDIVIDUAL	2:01:36

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
545.	243	ANGELA BRAMÃO	13.VET-F35-39	PONTO ZEN	2:01:38
546.	140	PAULO FERREIRA	107.VET-M35-39	PONTO ZEN	2:01:39
547.	577	FLORBELA PEIXOTO	14.VET-F35-39	INDIVIDUAL	2:01:44
548.	622	JOSÉ NOGUEIRA	18.VET-M55-59	TUGAS NA ESTRADA	2:01:46
549.	625	RICARDO NETO	19.VET-M55-59	TUGAS NA ESTRADA	2:01:46
550.	426	LARA AZAMBUJO	22.SEN-F	RUN@FIGUEIRA	2:01:58
551.	421	SUSANA CABRAL	20.VET-F40-44	RUN@FIGUEIRA	2:01:58
552.	360	LILIANA RIBEIRO	23.SEN-F	CROSSFIT AVEIRO	2:02:00
553.	484	JOÃO DONO	75.VET-M45-49	INDIVIDUAL	2:02:00
554.	75	PEDRO FERREIRA	108.VET-M40-44	INDIVIDUAL	2:02:14
555.	488	PEDRO CONDE	108.VET-M35-39	INDIVIDUAL	2:02:28
556.	391	HERCULANO CARDOSO	47.VET-M50-54	A.C.VERMOIM	2:02:28
557.	312	DANIEL LOPES	111.SEN-M	A D RIO LARGO C ESPINHO	2:02:36
558.	455	DÁRIO CANAS	109.VET-M35-39	INDIVIDUAL	2:02:39
559.	329	RUI PEREIRA	110.VET-M35-39	OFRUNNING	2:02:48
560.	548	ALCINO PATOILLO	76.VET-M45-49	CCD - RENAULT, CACIA	2:02:49
561.	515	MARCO COSTA	111.VET-M35-39	INDIVIDUAL	2:02:50
562.	104	PEDRO TAVARES	112.SEN-M	INDIVIDUAL	2:02:50
563.	740	LUIS BASTIÃO	4.JUN-M	INDIVIDUAL	2:02:50
564.	696	ALEXANDRE RITCHIE	109.VET-M40-44	RUN@FIGUEIRA	2:02:57
565.	401	ANA MONTEZ	24.SEN-F	INDIVIDUAL	2:03:00
566.	567	JOAQUIM COSTA	77.VET-M45-49	AMARANTE RUNNING TEAM	2:03:04
567.	250	JULIO COSTA	78.VET-M45-49	INDIVIDUAL	2:03:11
568.	26	RENATO RIBEIRO	112.VET-M35-39	CRAZY PAPA KM'S	2:03:14
569.	322	JOÃO REDONDO	20.VET-M55-59	INDIVIDUAL	2:03:18
570.	32	PEDRO FIGUEIREDO	110.VET-M40-44	INDIVIDUAL	2:03:23
571.	199	ANDRÉ TAVARES	113.VET-M35-39	NOKIA RUNNERS	2:03:32
572.	454	ARMANDO DELGADO	21.VET-M60	CASA BENFICA FIGUEIRA FOZ	2:03:35
573.	794	PAULO LEITE	48.VET-M50-54	ALL ABOUT SPIRIT TEAM	2:03:38
574.	792	ELSA MARTA SILVA	21.VET-F40-44	TARTARUGAS DO ASFALTO	2:03:39
575.	24	ALBERTO BRANCO	79.VET-M45-49	INDIVIDUAL	2:03:54
576.	731	CARLA ROSA	22.VET-F40-44	INDIVIDUAL	2:04:01
577.	54	ABÍLIO TEIXEIRA	114.VET-M35-39	SCIRUNNERS	2:04:02
578.	477	ANTÓNIO MELO	49.VET-M50-54	CORRER VISEU	2:04:16
579.	503	ISABEL INÁCIO	7.VET-F45-49	CORRER VISEU	2:04:16
580.	482	FILIPE AIROSA	113.SEN-M	INDIVIDUAL	2:04:30
581.	42	MARIA CARVALHO	25.SEN-F	INDIVIDUAL	2:04:37
582.	352	MARCO MORGADO	115.VET-M35-39	INDIVIDUAL	2:04:38
583.	434	PEDRO RUANO DE CASTRO	80.VET-M45-49	INDIVIDUAL	2:04:48
584.	634	JORGE PEREIRA	111.VET-M40-44	GAIA RUNNING	2:04:50
585.	326	MARIA JOSÉ MOREIRA	23.VET-F40-44	3DUKES	2:04:52
586.	478	LUIS RODRIGUES	81.VET-M45-49	RUN@FIGUEIRA	2:04:56

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
587.	237	JOÃO SOARES	114.SEN-M	CLUVE	2:04:59
588.	13	MARTA SENOS	26.SEN-F	INDIVIDUAL	2:05:07
589.	62	GORETE MOREIRA	27.SEN-F	INDIVIDUAL	2:05:07
590.	600	MARÍLIA VIEIRA	24.VET-F40-44	INDIVIDUAL	2:05:09
591.	289	LUÍS GOMES	115.SEN-M	INDIVIDUAL	2:05:10
592.	334	ANGELINA SILVA	3.VET-F50-54	INDIVIDUAL	2:05:30
593.	511	AGOSTINHO FONTES	21.VET-M55-59	RUN TO BE ALIVE	2:05:48
594.	37	NUNO MARNOTO	112.VET-M40-44	INDIVIDUAL	2:05:55
595.	569	MARCOS FEITEIRA	116.VET-M35-39	OS KETUNTOS	2:05:58
596.	700	PEDRO VICENTE	50.VET-M50-54	INDIVIDUAL	2:06:08
597.	446	ANDRÉ PEREIRA	116.SEN-M	INDIVIDUAL	2:06:37
598.	481	ALICE VIDINHA	28.SEN-F	INDIVIDUAL	2:06:41
599.	197	JOÃO GOMES	113.VET-M40-44	NOKIA RUNNERS	2:06:41
600.	48	JORGE MARQUES	114.VET-M40-44	INDIVIDUAL	2:06:54
601.	697	JORGE NUNES	117.VET-M35-39	ADRC MATA DE BENFICA	2:07:14
602.	282	MÁRIO CARVALHO	118.VET-M35-39	OFRUNNING	2:07:31
603.	667	SARA SANTOS	15.VET-F35-39	SPORT CLUBE BEIRA-MAR	2:07:48
604.	215	ROGÉRIO SILVA	115.VET-M40-44	INDIVIDUAL	2:07:53
605.	537	JÚLIO FERREIRA	22.VET-M60	PINTO FERREIRA	2:08:05
606.	437	LILIANA SIMÕES	25.VET-F40-44	INDIVIDUAL	2:08:10
607.	20	RUI JORGE FERREIRA	82.VET-M45-49	INDIVIDUAL	2:08:11
608.	171	CARLOS MARTINS	51.VET-M50-54	BOSCH TERMOTECNOLOGIA	2:08:12
609.	269	ANTÓNIO TEIXEIRA	52.VET-M50-54	AMIGOS DA PICUA	2:08:13
610.	628	GLÓRIA MONTEIRO	26.VET-F40-44	TARTARUGAS DO ASFALTO	2:08:14
611.	501	MANUEL SILVA	83.VET-M45-49	INDIVIDUAL	2:08:15
612.	551	JOEL SILVA	117.SEN-M	INDIVIDUAL	2:08:19
613.	154	JOSÉ SÃO MARCOS	53.VET-M50-54	ANDAR A CORRER	2:08:28
614.	764	GABRIELA VEIGA	27.VET-F40-44	RUNNING ESPINHO	2:08:35
615.	96	ANA PAULA TEIXEIRA	4.VET-F50-54	INDIVIDUAL	2:08:42
616.	170	RICARDO BOTELHO	119.VET-M35-39	BOSCH TERMOTECNOLOGIA	2:08:43
617.	11	MARTA LOUREIRO	16.VET-F35-39	INDIVIDUAL	2:09:05
618.	582	RICARDO FONTE	116.VET-M40-44	CANIANOS	2:09:11
619.	665	JUAN FERREIRA	117.VET-M40-44	SPORT CLUBE BEIRA-MAR	2:09:36
620.	413	BAGUI SALVADO	17.VET-F35-39	INDIVIDUAL	2:09:36
621.	238	MARIA LOBO	29.SEN-F	INDIVIDUAL	2:09:48
622.	390	VÍTOR SOUSA	118.SEN-M	INDIVIDUAL	2:09:55
623.	738	ALDA CORDEIRO	8.VET-F45-49	LADECASA	2:10:15
624.	611	FÁBIO FIGUEIREDO	5.JUN-M	INDIVIDUAL	2:10:46
625.	128	CLAUDIA NOGUEIRA	30.SEN-F	INDIVIDUAL	2:10:53
626.	603	NÁDIA VALENTE	31.SEN-F	INDIVIDUAL	2:11:04
627.	74	LUIS PAULO FERREIRA	54.VET-M50-54	INDIVIDUAL	2:11:45
628.	760	JOSÉ SILVA	118.VET-M40-44	RUNNING ESPINHO	2:11:57

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
629.	605	MIGUEL MIRANDA	120.VET-M35-39	INDIVIDUAL	2:11:59
630.	627	ALBANO LOUREIRO	84.VET-M45-49	INDIVIDUAL	2:12:00
631.	211	JOSÉ PINHAL	85.VET-M45-49	INDIVIDUAL	2:13:14
632.	777	ANABELA MARQUES	28.VET-F40-44	JUVENTUDE CORTEGACENSE	2:13:22
633.	10	ANTONIO LOUREIRO	121.VET-M35-39	INDIVIDUAL	2:13:42
634.	21	NELSON SIMÕES	122.VET-M35-39	BERNAS RUN	2:13:46
635.	147	JOÃO PAULO CARVALHO	55.VET-M50-54	ANDAR A CORRER	2:13:56
636.	101	MIGUEL PEREIRA	119.VET-M40-44	INDIVIDUAL	2:14:07
637.	398	AGOSTINHO GOMES	22.VET-M55-59	INDIVIDUAL	2:14:19
638.	463	TIAGO LOPES	120.VET-M40-44	INDIVIDUAL	2:14:31
639.	905	ROSA CAÇADOR	5.VET-F50-54	INDIVIDUAL	2:14:48
640.	158	PHILIPPE DOMINGUES	86.VET-M45-49	CFA	2:14:48
641.	332	FERNANDO MARQUES	87.VET-M45-49	INDIVIDUAL	2:14:51
642.	552	EUGÉNIO SANTOS	56.VET-M50-54	INDIVIDUAL	2:15:00
643.	553	ANCA SANTOS	32.SEN-F	INDIVIDUAL	2:15:00
644.	247	ALBERTINA GONÇALVES	18.VET-F35-39	LOUSADA RUNNERS	2:15:16
645.	395	CÁTIA COELHO	33.SEN-F	BESJOGING	2:15:21
646.	601	RUI SIMÕES	121.VET-M40-44	INDIVIDUAL	2:15:29
647.	294	HELENA AMARO	19.VET-F35-39	INDIVIDUAL	2:15:43
648.	100	LUÍSA CIRNE	20.VET-F35-39	INDIVIDUAL	2:15:43
649.	338	ANDRÉ PINTO	119.SEN-M	INDIVIDUAL	2:15:53
650.	809	ANA SILVA	21.VET-F35-39		2:16:05
651.	782	IVA SILVA	22.VET-F35-39	EDV-VIANATRIL	2:16:13
652.	316	CATARINA MÓNICA	29.VET-F40-44	GUERREIROS DA MANHÃ	2:16:30
653.	568	NATERCIA TEIXEIRA	9.VET-F45-49	AMARANTE RUNNING TEAM	2:16:33
654.	379	LUIS ALMEIDA	122.VET-M40-44	INDIVIDUAL	2:16:40
655.	112	ISABEL ESTEVES	10.VET-F45-49	MOLINHAS TEAM	2:17:02
656.	706	CÉSAR ALVES	123.VET-M40-44	AFISOVAR	2:17:07
657.	323	ANDRÉ NAZÁRIO	123.VET-M35-39	INDIVIDUAL	2:17:08
658.	535	ADRIANA SILVA	30.VET-F40-44	INDIVIDUAL	2:17:22
659.	618	JOSÉ ANDRADE	88.VET-M45-49	X5 HEALTH CLUB	2:17:39
660.	152	ANA RAFEIRO	31.VET-F40-44	ANDAR A CORRER	2:17:52
661.	116	ROSA TAVARES	32.VET-F40-44	INDIVIDUAL	2:17:53
662.	362	MARGARIDA CARVALHO	11.VET-F45-49	VAMOS CORRER EM ÍLHAVO	2:17:53
663.	522	JOAO ORVALHO	23.VET-M55-59	INDIVIDUAL	2:17:54
664.	301	LUIS VIANA	89.VET-M45-49	STUNNING MOLECULE	2:18:08
665.	87	RUI ESTIMA	124.VET-M35-39	INDIVIDUAL	2:18:12
666.	467	RUI PAIVA	125.VET-M35-39	INVICTA RUNNERS TEAM	2:18:20
667.	502	ANA SALGUEIRO	6.VET-F50-54	MUSA - ESCOLA DE MÚSICA	2:18:21
668.	342	MANUEL PEREIRA	23.VET-M60	INDIVIDUAL	2:18:21
669.	168	SANDRO LOPES	126.VET-M35-39	BOSCH TERMOTECNOLOGIA	2:18:24
670.	72	VÍTOR SANTOS	127.VET-M35-39	MINIS E BIFANAS	2:19:10

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
671.	68	RUI FURTADO	124.VET-M40-44	MINIS E BIFANAS	2:19:10
672.	70	VALTER COUTINHO	125.VET-M40-44	MINIS E BIFANAS	2:19:10
673.	690	NUNO QUEIROZ	126.VET-M40-44	INDIVIDUAL	2:19:14
674.	202	LUÍS CARTA	120.SEN-M	NOKIA RUNNERS	2:19:27
675.	592	ARCELINA MARTINHO	33.VET-F40-44	INDIVIDUAL	2:19:54
676.	58	VERA SILVA	23.VET-F35-39	MOLINHAS TEAM	2:19:54
677.	423	JOÃO BERNARDO	90.VET-M45-49	TRIBO NR	2:21:33
678.	276	MARIA ADELAIDE HORTA	2.VET-F55-59	TRIO MARAVILHA	2:21:38
679.	41	CARLA SANTOS	12.VET-F45-49	INDIVIDUAL	2:21:56
680.	232	PATRÍCIA FERREIRA	34.SEN-F	ÉPICOS	2:22:22
681.	397	OFÉLIA AUGUSTO	3.VET-F55-59	BESJOGING	2:22:58
682.	31	SUSANA FERREIRA	24.VET-F35-39	INDIVIDUAL	2:23:43
683.	658	JORGE PEREIRA	121.SEN-M	PACERS	2:24:16
684.	663	PATRICIA ANTELO	25.VET-F35-39	PACERS	2:24:48
685.	527	FRANCISCO CUNHA	91.VET-M45-49	OS MEIAS	2:24:48
686.	662	RICARDO VILAÇA	127.VET-M40-44	PACERS	2:24:48
687.	1	PAULO HENRIQUES	128.VET-M35-39	CASCI	2:24:48
688.	461	ISABEL MARTINS	4.VET-F55-59	GRUNIL	2:24:49
689.	89	ADÉRITO RAÍNHO	128.VET-M40-44	EMSAPOR	2:24:58
690.	236	VITOR CARDOSO	57.VET-M50-54	ATLÉTICO DA MADALENA	2:25:36
691.	39	JOAO MATOS	129.VET-M40-44	INDIVIDUAL	2:26:51
692.	148	ANTÓNIO RIBEIRO	92.VET-M45-49	ANDAR A CORRER	2:26:53
693.	305	JOSÉ CARLOS SANTOS	93.VET-M45-49	INDIVIDUAL	2:27:01
694.	198	DANIELA BRITES	35.SEN-F	NOKIA RUNNERS	2:27:30
695.	571	LUIS SOARES	94.VET-M45-49	INDIVIDUAL	2:27:32
696.	284	JOÃO PAULO CARVALHO	129.VET-M35-39	LUSOS XXI	2:27:35
697.	732	RUI GOMES	130.VET-M35-39	MARRETAS TEAM	2:28:46
698.	583	EDITE GONÇALVES	26.VET-F35-39	INDIVIDUAL	2:28:46
699.	209	SUSANA CASTRO	34.VET-F40-44	INDIVIDUALCASTRO MARQUES	2:30:13
700.	108	JOSÉ M. A.SILVA	58.VET-M50-54	SUNSET RUNNERS	2:31:33
701.	109	FERNANDA SOUSA	13.VET-F45-49	SUNSET RUNNERS	2:31:33
702.	433	DUARTE SÁ	24.VET-M60	INDIVIDUAL	2:31:33
703.	251	PAULA JULIETA	27.VET-F35-39	BORABORA, VAMOS LÁ!	2:32:08
704.	25	ANA GONÇALVES	14.VET-F45-49	CORRERIA	2:32:33
705.	595	CRISTINA GOMES	35.VET-F40-44	DIARIO AVEIRO	2:33:13
706.	596	HUGO SANTOS	122.SEN-M	DIARIO AVEIRO	2:33:14
707.	223	HENRIQUE GONÇALVES	25.VET-M60	VETERANOS DO PORTO	2:41:17
708.	711	JOÃO ALMEIDA	123.SEN-M	IEETA TEAM	2:52:16
709.	254	MARIA JOÃO PINHO	36.VET-F40-44	INDIVIDUAL	2:52:55
DSQ	172	BRUNO SILVA	DSQSEN-M	BOSCH TERMOTECNOLOGIA	55:52
DSQ	230	MARGARIDA VASCONCELOS	DSQVET-F45-49	MOLINHAS TEAM	59:15
DSQ	419	FLÁVIO SILVA	DSQSEN-M	CLUBE DESPORTIVO	1:02:15

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
DSQ	210	LUÍS OLIVEIRA	DSQVET-M50-54	ESCOLA DO MOVIMENTO	1:06:45
DSQ	745	MARIA FABRICE	DSQVET-F40-44	UAM MONTEREAU (FRANCE)	1:29:04
DSQ	483	PAULA ASCENÇÃO	DSQSEN-F	A RAINHA E OS PRINCÍPES	2:47:30

MINI 7 KM

1.	801	MARCO MARQUES	1.SEN-M	CMMC ÁGUEDA	23:10
2.	2203	PIGOREGNE ALEXIA	2.SEN-M		23:24
3.	2215	OUISSAM MENAN	3.SEN-M		23:53
4.	2144	ROMEU GOMES	1.JUN-M	C.C. SÃO JOÃO DA MADEIRA	24:37
5.	2108	ALBERTO SANEMETERIO	1.VET-M35-39	INDIVIDUAL	25:53
6.	2141	MIGUEL SILVA	2.JUN-M	CAPGE	25:59
7.	2170	JORGE PIMENTA	4.SEN-M	DCI/CCDRPEDRULHAMEALHAD	26:06
8.	2214	SOLANGE JESUS	1.SEN-F	SCP	26:15
9.	2080	MIGUEL NEVES	5.SEN-M	BRESIMAR AUTOMAÇÃO	26:16
10.	2138	CRISTIANO OLIVEIRA	6.SEN-M	SPORT CLUBE BEIRA-MAR	26:25
11.	2158	HENRIQUE MOREIRA	7.SEN-M	INDIVIDUAL	27:31
12.	2011	ANA LUÍSA RAMOS	2.SEN-F	RECREIO DESPORTIVO	27:36
13.	2022	FILIPE CARVALHO	2.VET-M35-39	INDIVIDUAL	28:18
14.	2222	JOEL RAMALHOTO	8.SEN-M		28:27
15.	2139	MIGUEL MOURA	9.SEN-M	SPORT CLUBE BEIRA-MAR	28:40
16.	2166	JOSÉ NEIVA	10.SEN-M	INDIVIDUAL	28:46
17.	2097	FÁTIMA PINHO	1.VET-F50-54	GRECAS	28:48
18.	2143	PEDRO CANHA	1.VET-M40-44	INDIVIDUAL	29:09
19.	2171	DANIEL MONTEIRO	11.SEN-M	ACADEMIA FERNANDA	29:29
20.	2175	PAULO BRIGA	1.VET-M45-49	GRECAS	29:36
21.	2047	LEANDRO SANTOS	3.JUN-M	INDIVIDUAL	29:55
22.	2202	DUPUY BREMAU	4.JUN-M		29:59
23.	2153	CARLOS NUNES	3.VET-M35-39	CASA DO POVO DE	30:16
24.	2204	JULIEN ANTHONY	12.SEN-M		31:11
25.	2122	SARA PINHO	1.VET-F35-39	SPORTING CP	32:02
26.	2066	MIGUEL ANGELO MATOS	2.VET-M40-44	INDIVIDUAL	32:44
27.	2002	JOSEÉ FERNANDES	4.VET-M35-39	INDIVIDUAL	32:50
28.	2063	FRANCISCO SILVA	1.VET-M55-59	INDIVIDUAL	33:11
29.	2079	JOAQUIM ALMEIDA	2.VET-M55-59	INDIVIDUAL	33:14
30.	2057	PEDRO GALHANO	13.SEN-M	RUNWINE	33:27
31.	2094	MICHAEL GOUVEIA	14.SEN-M	INDIVIDUAL	33:28
32.	2216	MOHAMED ZEGGANE	15.SEN-M		33:50
33.	2024	RUI PIRES	3.VET-M40-44	VIRIATHVS RUNNERS VISEU	34:13
34.	2169	LUIS INÁCIO	5.VET-M35-39	INDIVIDUAL	34:13
35.	2219	ISAAC CONGALVES	6.VET-M35-39		34:18
36.	2220	GISELL ANDRADE	3.SEN-F	INDIVIDUAL	34:22
37.	2152	ANDRÉ NUNES	16.SEN-M	CASA DO POVO DE	34:38

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
38.	2178	EMANUEL ALVES	17.SEN-M	INDIVIDUAL	34:42
39.	2177	ANA SOFIA FREITAS	4.SEN-F	INDIVIDUAL	34:42
40.	2068	SÉRGIO VIEIRA	2.VET-M45-49	CLUBE DESPORTIVO	34:51
41.	2123	PEDRO MARQUES	3.VET-M45-49	INDIVIDUAL	35:02
42.	2106	CARLOS PEREIRA	18.SEN-M	INDIVIDUAL	35:11
43.	2023	MARINA TELES	5.SEN-F	C. S. R. D. C. SANTIAGO	35:19
44.	2124	ANTÓNIO LOUREIRO SANTOS	4.VET-M45-49	INDIVIDUAL	35:26
45.	2033	CÉSAR RODRIGUES	19.SEN-M	NOKIA RUNNERS	35:31
46.	2146	NELSON DE OLIVEIRA	7.VET-M35-39	INDIVIDUAL	35:32
47.	2040	HUGO GONÇALVES	20.SEN-M	BRIGADA DO PNEU	35:40
48.	2084	ANDRÉ GUERRA	21.SEN-M	INDIVIDUAL	35:45
49.	2209	ARMANDO SANTOS	1.VET-M50-54		35:54
50.	2007	ANA JORGE TRÓIA	6.SEN-F	INDIVIDUAL	35:55
51.	2019	LUIS FERREIRA	22.SEN-M	INDIVIDUAL	36:07
52.	2150	PAULO PIRES	5.VET-M45-49	INDIVIDUAL	36:08
53.	2118	JOÃO SARDO	1.VET-M60	ÉPICOS	36:13
54.	2127	CRISTIANO VASCONCELOS	23.SEN-M	INDIVIDUAL	36:16
55.	2078	DELFIN COSTA	3.VET-M55-59	ALBALOGIC	36:17
56.	2133	CARLOS PIRES	6.VET-M45-49	INDIVIDUAL	36:21
57.	2119	VITOR BARRETO	7.VET-M45-49	INDIVIDUAL	36:21
58.	2205	SOFIA MARTINS	2.VET-F35-39		36:22
59.	2031	RUI PAIVA	24.SEN-M	INDIVIDUAL	36:25
60.	2062	JOSÉ TAVARES	5.JUN-M	INDIVIDUAL	36:33
61.	2201	CLAUDIA REI	2.VET-F50-54		36:34
62.	2014	MARIA ISABEL PEREIRA	7.SEN-F	INDIVIDUAL	36:45
63.	2056	HELDER CUNHA	25.SEN-M	RUNWINE	36:47
64.	2005	HILÁRIO ESPADILHA	4.VET-M40-44	INDIVIDUAL	36:48
65.	2136	EDIVALDO MACIEL	26.SEN-M	SPORT CLUBE BEIRA-MAR	36:49
66.	2137	LEANDRO AMADOR	8.VET-M35-39	SPORT CLUBE BEIRA-MAR	36:50
67.	2126	ANDRE BRANCO	6.JUN-M	INDIVIDUAL	37:00
68.	2017	LUDIMAR GUENDA	27.SEN-M	INDIVIDUAL	37:01
69.	2132	MARIA JOÃO ALMEIDA	1.VET-F40-44	INDIVIDUAL	37:07
70.	2129	URANIA CHUVA	2.VET-F40-44	BIO TEAM RUN	37:12
71.	2181	NUNO CRUZ	5.VET-M40-44	INDIVIDUAL	37:13
72.	2071	ALEXANDRE LARANJEIRA	9.VET-M35-39	INDIVIDUAL	37:26
73.	2082	PAULO SANTOS	28.SEN-M	INDIVIDUAL	37:32
74.	2157	CECILIA ALMEIDA	3.VET-F35-39	INDIVIDUAL	37:38
75.	2145	CLEMENTINA ANDRADE	3.VET-F50-54	C.C. SÃO JOÃO DA MADEIRA	37:40
76.	2135	SÉRGIO PIRES	29.SEN-M	INDIVIDUAL	37:52
77.	2116	PEDRO BARBOSA	30.SEN-M	INDIVIDUAL	37:56
78.	2208	NUNO PIRES	31.SEN-M		38:01
79.	2104	JORGE APARICIO	8.VET-M45-49	INDIVIDUAL	38:06

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
80.	2045	NUNO APARÍCIO	10.VET-M35-39	INDIVIDUAL	38:07
81.	2032	TIAGO LOPES	32.SEN-M	INDIVIDUAL	38:13
82.	2107	JOSÉ NATÁLIO	9.VET-M45-49	INDIVIDUAL	38:27
83.	2120	CATIA COELHO	8.SEN-F	INDIVIDUAL	38:31
84.	2095	SANDRO MARQUES	6.VET-M40-44	HELIFLEX	38:39
85.	2212	SANDRA COUTINHO	9.SEN-F		38:48
86.	2211	BARBARA VIEIRA	10.SEN-F		38:48
87.	2054	LUCAS APARÍCIO	7.JUN-M	INDIVIDUAL	38:53
88.	2046	FILIPA APARÍCIO	4.VET-F35-39	INDIVIDUAL	39:00
89.	2092	ANA SEQUEIRA	1.VET-F45-49	INDIVIDUAL	39:03
90.	2105	ADELAIDE DUARTE	5.VET-F35-39	NAC	39:04
91.	2114	PEDRO MARTINS	33.SEN-M	BML FIT	39:07
92.	2073	CARMO MARINHO	4.VET-F50-54	INDIVIDUAL	39:07
93.	2091	JOANA GONÇALVES	11.SEN-F	GRUNIL	39:09
94.	2012	JOSÉ CAETANO	4.VET-M55-59	INDIVIDUAL	39:12
95.	2109	ISABEL MARINHA	3.VET-F40-44	CLUBE VODAFONE	39:15
96.	2009	FERNANDO GODINHO	10.VET-M45-49	INDIVIDUAL	39:30
97.	2117	PORFÍRIO MARTINS	5.VET-M55-59	BML FIT	39:53
98.	2025	MIGUEL AGOMES	11.VET-M35-39	INDIVIDUAL	40:01
99.	2179	RUI JESUS	34.SEN-M	INDIVIDUAL	40:04
100.	2213	EDUARDO CONDE	6.VET-M55-59		40:24
101.	2156	ANTÓNIO VALENTE	35.SEN-M	INDIVIDUAL	40:49
102.	2142	ELIZABETE PATACO	4.VET-F40-44	INDIVIDUAL	40:57
103.	2131	ADRIANA BIZARRO	1.JUN-FEM	INDIVIDUAL	41:01
104.	2183	SILVÉRIO FERNANDES	36.SEN-M	AMIGOS DAS SAPATILHAS	41:06
105.	2207	PATRICIA SANTOS	6.VET-F35-39		41:15
106.	2134	CONCEIÇÃO TAVARES	2.VET-F45-49	CAPGE	41:16
107.	2004	ALEXANDRA PINHO	3.VET-F45-49	INDIVIDUAL	41:21
108.	2093	JOAO MENDES	37.SEN-M	OS MEIAS	41:35
109.	2030	SILVANA LOPES	12.SEN-F	INDIVIDUAL	41:35
110.	2164	SANDRA SANTOS	5.VET-F40-44	INDIVIDUAL	41:51
111.	2015	MARIA DAMAS	7.VET-F35-39	INDIVIDUAL	42:03
112.	2149	ANTÓNIO LEMOS	11.VET-M45-49	INDIVIDUAL	42:03
113.	2162	PAULO SILVA	7.VET-M40-44	AS BESTAS	42:11
114.	2161	PEDRO TELES	12.VET-M35-39	AS BESTAS	42:11
115.	2037	ALBERTINA FERNANDES	5.VET-F50-54	ÉPICOS	42:13
116.	2223	ANA FERNANDES	8.VET-F35-39		42:15
117.	2021	MÁRIO PAIVA	13.VET-M35-39	INDIVIDUAL	42:16
118.	2081	BRUNO TOITO	14.VET-M35-39	HELIFLEX	42:17
119.	2035	MARCO JERÓNIMO	38.SEN-M	BRIGADA DO PNEU	42:26
120.	2155	JOÃO PINHO	2.VET-M50-54	BMLFIT	42:59
121.	2090	JÉSSICA ESTRELA	13.SEN-F	INDIVIDUAL	43:03

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
122.	2151	SOFIA MARCOS	2.JUN-FEM	GRECAS	43:05
123.	2184	ÂNGELA ALMEIDA	14.SEN-F	INDIVIDUAL	43:08
124.	2147	ELSA MARTINS	6.VET-F40-44	MOLINHAS TEAM	43:21
125.	2121	JULIANA SILVA	15.SEN-F	INDIVIDUAL	43:22
126.	2044	CLAUDIA PINTO	9.VET-F35-39	INDIVIDUAL	43:25
127.	2043	MARIANA LIMAS	3.JUN-FEM	INDIVIDUAL	43:25
128.	2167	CÁTEA SANCHEZ	10.VET-F35-39	A ESPANHOLA	43:36
129.	2013	TÂNIA MATIAS	16.SEN-F	A ESPANHOLA	43:36
130.	2067	ANTONIO SILVA	7.VET-M55-59	CMMC ÁGUEDA	43:42
131.	2218	SARA COSTA	7.VET-F40-44	XINXA	43:51
132.	2217	FILIPE RAMALHEIRA	8.VET-M40-44	XINXA	43:52
133.	2115	JOSÉ GUIMARÃES	3.VET-M50-54	INDIVIDUAL	44:02
134.	2069	ROSA CARDOSO	1.VET-F60	INDIVIDUAL	44:23
135.	2125	CARLA CASTRO	8.VET-F40-44	INDIVIDUAL	44:27
136.	2018	PAULO ROCHA	15.VET-M35-39	INDIVIDUAL	44:29
137.	2173	MARGARIDA VASCONCELOS	4.VET-F45-49	MOLINHAS TEAM	44:33
138.	2006	MARISOL VALENTE	5.VET-F45-49	INDIVIDUAL	45:02
139.	2182	CARMEN SOBRINHO	17.SEN-F	INDIVIDUAL	45:05
140.	2085	VÂNIA RESENDE	18.SEN-F	INDIVIDUAL	45:27
141.	2206	CLAUDIA DURAO SILVA	19.SEN-F		45:45
142.	2026	MAFALDA MAGALHÃES	4.JUN-FEM	INDIVIDUAL	46:09
143.	2027	SANDRA GOMES	9.VET-F40-44	INDIVIDUAL	46:12
144.	2008	SANDRA AGUIAR	10.VET-F40-44	INDIVIDUAL	46:18
145.	2163	PRISCILLA MONTEIRO	20.SEN-F	INDIVIDUAL	46:22
146.	2048	SARA NEVES	21.SEN-F	BORABORA, VAMOS LÁ!	46:37
147.	2148	REGINA MOTA	11.VET-F40-44	MOLINHAS TEAM	47:03
148.	2210	DONATO BARBEIRO	16.VET-M35-39		47:18
149.	2038	ELISABETE RIBEIRO	22.SEN-F	MAQUINAS EM MOVIMENTO	47:18
150.	2041	ANA ESPANHA	11.VET-F35-39	INDIVIDUAL	47:18
151.	2050	ANA CLÁUDIA COSTA	12.VET-F35-39	BORABORA, VAMOS LÁ!	47:25
152.	2128	CRISTINA MATIAS	6.VET-F45-49	INDIVIDUAL	48:00
153.	2072	ALEXANDRA LARANJEIRA	13.VET-F35-39	INDIVIDUAL	48:23
154.	2039	CRISTINA PIRES	23.SEN-F	BRIGADA DO PNEU	48:32
155.	2034	MARTA ESTEVES	24.SEN-F	BRIGADA DO PNEU	48:32
156.	2075	SÓNIA MARTINS	14.VET-F35-39	INDIVIDUAL	48:50
157.	2074	ISABEL SANTOS	25.SEN-F	INDIVIDUAL	48:51
158.	2051	REGINA MARVÃO	15.VET-F35-39	BORABORA, VAMOS LÁ!	49:35
159.	2113	PEDRO OLIVEIRA	17.VET-M35-39	INDIVIDUAL	50:29
160.	2111	INÊS BASTOS	26.SEN-F	BML FIT	50:43
161.	2001	ELISABETE RODRIGUES	16.VET-F35-39	INDIVIDUAL	50:53
162.	2058	ANA REIS	27.SEN-F	RUNWINE	50:53
163.	2112	ANA CATARINA SILVA	28.SEN-F	RUNWINE	50:53

HELIFLEX 1ª MEIA MARATONA DE ÍLHAVO

Classificação Geral

Geral	Dorsal	Nome	Escalão	Equipa	Tempo
164.	2160	PEDRO BARREIRINHA	18.VET-M35-39	XINXA	51:00
165.	2159	PAULO SOUSA	19.VET-M35-39	XINXA	51:00
166.	2088	EDITE SANTIAGO	1.VET-F55-59	INDIVIDUAL	51:26
167.	2049	ANA RIBEIRO	12.VET-F40-44	BORABORA, VAMOS LÁ!	51:43
168.	2052	CLÁUDIA PERALTA	13.VET-F40-44	BORABORA, VAMOS LÁ!	51:46
169.	2165	ANTÓNIO MATOS	12.VET-M45-49	BORABORA, VAMOS LÁ!	51:46
170.	2154	RUI MACHADO	4.VET-M50-54	INDIVIDUAL	52:07
171.	2087	SUZANA LEÃO	7.VET-F45-49	INDIVIDUAL	52:08
172.	2083	CAROLINA AUGUSTO	29.SEN-F	INDIVIDUAL	52:57
173.	2010	NADINE CASTELHANO	30.SEN-F	INDIVIDUAL	59:27
174.	2089	SOFIA MENDES	14.VET-F40-44	INDIVIDUAL	1:01:04
175.	2055	SÓNIA MARQUES	15.VET-F40-44	BORABORA, VAMOS LÁ!	1:18:48
176.	2086	SOFIA MORAIS	17.VET-F35-39	INDIVIDUAL	1:18:52
177.	2064	SOFIA ROCHA	31.SEN-F	INDIVIDUAL	1:20:33
DSQ	466	PEDRO FIGUEIREDO	DSQVET-M60	GRUPO DAS QUARTAS	38:56

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