

# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
<b>10km</b>								
1.	158	Daniel GREGORIO	SEN M	1	<b>31:03</b>	31:03	03:06	CAS
2.	413	Leonel FERNANDES	SEN M	2	<b>31:39</b>	31:39	03:09	CLUBE DE ATLETISMO
3.	448	Jorge SANTA CRUZ	SEN M	3	<b>32:36</b>	32:36	03:15	S.C. BRAGA
4.	156	Carlos M NUNES	SEN M	4	<b>33:46</b>	33:46	03:22	CASA DO POVO DE
5.	216	Rui LOPES	SEN M	5	<b>34:23</b>	34:23	03:26	CDCR DOS CTT DE
6.	411	Carla MARTINHO	SEN F	1	<b>34:59</b>	34:59	03:29	ADERCUS
7.	212	Fernando SANTOS	VET M40	1	<b>35:05</b>	35:05	03:30	CASA DO POVO DE
8.	439	Helder PIRES	SEN M	6	<b>35:12</b>	35:12	03:31	X5 HEALTH CLUB
9.	293	Joao FRANCA	SEN M	7	<b>35:30</b>	35:30	03:33	CLUBE DOS GALITOS
10.	435	Marco COSTA	SEN M	8	<b>35:37</b>	35:37	03:33	X5 HEALTH CLUB
11.	609	Josue OLIVEIRA	VET M40	2	<b>35:46</b>	35:46	03:34	
12.	426	Paulo FERREIRA	VET M45	1	<b>35:51</b>	35:51	03:35	ADERCUS
13.	364	Manuel PINTO	VET M40	3	<b>35:51</b>	35:49	03:34	
14.	521	Cristiana VALENTE	SEN F	2	<b>36:10</b>	36:10	03:37	ADERCUS
15.	532	Domingos SANTOS	SEN M	9	<b>36:15</b>	36:15	03:37	X5 HEALTH CLUB
16.	444	Vitor PINHO	VET M40	4	<b>36:47</b>	36:47	03:40	X5 HEALTH CLUB
17.	306	Luis MARTINS	SEN M	10	<b>37:05</b>	37:04	03:42	TONDELA RUNNERS
18.	159	Luis SIMOES	VET M55	1	<b>37:30</b>	37:30	03:45	INDIVIDUAL
19.	440	Marcio SERRADO	SEN M	11	<b>37:31</b>	37:31	03:45	X5 HEALTH CLUB
20.	199	Nuno H SILVA	SEN M	12	<b>37:32</b>	37:32	03:45	CLUTA RUNNERS
21.	551	Filipe QUELHAS	SEN M	13	<b>37:38</b>	37:38	03:45	AC PORTALEGRE / UTSM
22.	564	Carlos A RIBEIRO	SEN M	14	<b>37:39</b>	37:38	03:45	TONDELA RUNNERS
23.	79	Filipe RAMALHO	SEN M	15	<b>37:40</b>	37:40	03:46	
24.	147	Paulo GOMES	VET M45	2	<b>37:43</b>	37:43	03:46	INDIVIDUAL
25.	299	Rui MELO	SEN M	16	<b>37:47</b>	37:47	03:46	SPORT CLUBE
26.	300	Paulo MIRANDA	VET M40	5	<b>38:13</b>	38:13	03:49	SPORT CLUBE
27.	425	Francisco GAMELAS	SEN M	17	<b>38:26</b>	38:26	03:50	ADERCUS
28.	531	Domingos PRESAS	VET M45	3	<b>38:48</b>	38:48	03:52	X5 HEALTH CLUB
29.	536	Helder KICKER	SEN M	18	<b>38:48</b>	38:48	03:52	X5 HEALTH CLUB
30.	20	Nuno OLIVEIRA	SEN M	19	<b>38:58</b>	38:57	03:53	INDIVIDUAL
31.	449	Pedro BARBOSA	SEN M	20	<b>39:23</b>	39:23	03:56	
32.	282	Hernani FURTADO	SEN M	21	<b>39:40</b>	39:39	03:57	ESPINHO RUNNERS
33.	361	Miguel GAFANHA	VET M40	6	<b>39:40</b>	39:40	03:58	INDIVIDUAL
34.	555	Silvia SANTOS	SEN F	3	<b>39:47</b>	39:47	03:58	X5 HEALTH CLUB
35.	248	Filipe FONSECA	SEN M	22	<b>39:47</b>	39:47	03:58	CLUBE ATLETISMO
36.	434	Americo VALENTE	VET M50	1	<b>39:51</b>	39:50	03:59	X5 HEALTH CLUB
37.	514	Antonio	VET M55	2	<b>39:54</b>	39:32	03:57	X5 HEALTH CLUB
38.	399	Carlos FERREIRA	VET M40	7	<b>39:54</b>	39:54	03:59	X5 HEALTH CLUB
39.	87	Antonio SILVA	SEN M	23	<b>39:55</b>	39:52	03:59	BOSCH
40.	255	Sergio EDGAR	SEN M	24	<b>39:59</b>	39:59	03:59	INDIVIDUAL
41.	84	Pedro CARDOSO	VET M40	8	<b>40:00</b>	40:00	04:00	BOSCH

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## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
42.	133	Jorge COSTA	SEN M	25	<b>40:08</b>	40:05	04:00	
43.	418	Jaime JUNIOR	SEN M	26	<b>40:09</b>	40:03	04:00	CCD-RENAULT, CACIA
44.	377	Joao F AMANDIO	SEN M	27	<b>40:12</b>	40:09	04:00	INDIVIDUAL
45.	553	Filipe SILVA	SEN M	28	<b>40:22</b>	40:21	04:02	X5 HEALTH CLUB
46.	505	Filipe CARVALHO	SEN M	29	<b>40:28</b>	40:25	04:02	INDIVIDUAL
47.	101	Ricardo COELHO	SEN M	30	<b>40:28</b>	40:23	04:02	BOSCH
48.	447	Joao TEIXEIRA	SEN M	31	<b>40:29</b>	40:11	04:01	
49.	479	Fernando MARTINS	SEN M	32	<b>40:31</b>	40:26	04:02	
50.	96	Nuno PEREIRA	SEN M	33	<b>40:31</b>	40:27	04:02	BOSCH
51.	241	Daniel AGUIAR	SEN M	34	<b>40:40</b>	40:39	04:03	
52.	359	Carlos VENANCIO	SEN M	35	<b>40:44</b>	40:37	04:03	
53.	63	Pedro COSTA	SEN M	36	<b>40:46</b>	40:29	04:02	RUN&FUN
54.	50	Paulo SILVA	SEN M	37	<b>40:47</b>	40:47	04:04	TAINADAS
55.	329	Miguel GONCALVES	SEN M	38	<b>40:50</b>	40:44	04:04	
56.	41	Fernando MORAIS	VET M50	2	<b>40:52</b>	40:52	04:05	INDIVIDUAL
57.	417	Pedro SILVA	SEN M	39	<b>40:55</b>	40:51	04:05	CCD-RENAULT, CACIA
58.	112	Isac SILVA	SEN M	40	<b>41:17</b>	41:17	04:07	TAINADAS
59.	507	Ricardo MOREIRA	SEN M	41	<b>41:19</b>	41:17	04:07	X5 HEALTH CLUB
60.	419	Nuno ALMEIDA	SEN M	42	<b>41:30</b>	41:25	04:08	CCD-RENAULT, CACIA
61.	316	Daniel GUEDES	SEN M	43	<b>41:32</b>	41:32	04:09	
62.	556	Nuno VIDAL	VET M40	9	<b>41:35</b>	41:35	04:09	X5 HEALTH CLUB
63.	570	Valdemar OLIVEIRA	VET M50	3	<b>41:35</b>	41:33	04:09	KOTRAILRUNNING
64.	495	Pedro MELO	SEN M	44	<b>41:38</b>	41:18	04:07	INDIVIDUAL
65.	526	Anibal SILVA	VET M60	1	<b>41:48</b>	41:48	04:10	X5 HEALTH CLUB
66.	64	Jose CUNHA	VET M40	10	<b>41:49</b>	41:32	04:09	RUN&FUN
67.	138	Joao FERNANDES	SEN M	45	<b>41:55</b>	41:51	04:11	INDIVIDUAL
68.	534	Fernando ROCHA	VET M45	4	<b>41:58</b>	41:47	04:10	X5 HEALTH CLUB
69.	314	Jose CASTRO	VET M45	5	<b>41:59</b>	41:58	04:11	CLUBE NOVO BANCO
70.	580	Goncalo FERREIRA	SEN M	46	<b>42:02</b>	41:59	04:11	KOTRAILRUNNING
71.	26	Antonio JF SILVA	SEN M	47	<b>42:06</b>	42:06	04:12	INDIVIDUAL
72.	181	Carlos GUERRA	VET M45	6	<b>42:14</b>	42:12	04:13	RECREIO DESP. DE
73.	44	Manuel MARQUES	VET M45	7	<b>42:17</b>	42:13	04:13	
74.	51	Joao CASTRO	VET M50	4	<b>42:22</b>	42:18	04:13	INDIVIDUAL
75.	494	Diogo LIMA	SEN M	48	<b>42:23</b>	42:09	04:12	OS MAMUTES
76.	196	Joao ALMADA	VET M55	3	<b>42:29</b>	42:29	04:14	AD TRAVASSO
77.	169	Carlos CUNHA	VET M50	5	<b>42:30</b>	42:26	04:14	INDIVIDUAL
78.	548	Virgilio TEIXEIRA	SEN M	49	<b>42:33</b>	42:33	04:15	X5 HEALTH CLUB
79.	197	Joao MONIZ	SEN M	50	<b>42:34</b>	42:34	04:15	INDIVIDUAL
80.	183	Tiago JESUS	SEN M	51	<b>42:35</b>	42:35	04:15	RECREIO DESP.
81.	591	Bruno MARTINS	SEN M	52	<b>42:38</b>	42:32	04:15	KOTRAILRUNNING
82.	295	Miriam MARTINS	SEN F	4	<b>42:46</b>	42:38	04:15	SPORT CLUBE
83.	291	Celia MATIAS	SEN F	5	<b>42:48</b>	42:47	04:16	CASA DO POVO DE

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Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
84.	528	Antonio PEREIRA	VET M60	2	<b>42:48</b>	42:47	04:16	X5 HEALTH CLUB
85.	587	Joao COUTO	VET M40	11	<b>42:49</b>	42:43	04:16	KOTRAILRUNNING
86.	584	Filipe SILVA	SEN M	53	<b>42:50</b>	42:44	04:16	KOTRAILRUNNING
87.	491	Aderito CURTO	VET M55	4	<b>42:52</b>	42:47	04:16	GIRA SOL
88.	358	Joao Diogo	SEN M	54	<b>42:59</b>	42:52	04:17	
89.	585	Arnaldo SANTOS	VET M50	6	<b>43:00</b>	42:56	04:17	KOTRAILRUNNING
90.	582	Henrique DIAS	SEN M	55	<b>43:00</b>	42:56	04:17	KOTRAILRUNNING
91.	286	Jose OLIVEIRA	SEN M	56	<b>43:05</b>	42:58	04:17	INDIVIDUAL
92.	565	Paulo GOMES	VET M40	12	<b>43:06</b>	43:06	04:18	INDIVIDUAL
93.	388	Edmilson CARDOSO	SEN M	57	<b>43:08</b>	43:00	04:18	
94.	242	Hugo OLIVEIRA	SEN M	58	<b>43:10</b>	43:08	04:18	
95.	27	Rui MATOS	VET M60	3	<b>43:17</b>	43:14	04:19	INDIVIDUAL
96.	218	Mario PIRES	SEN M	59	<b>43:17</b>	42:55	04:17	
97.	226	Leandro SIMOES	SEN M	60	<b>43:20</b>	43:16	04:19	ADEGA TIA MICAS
98.	85	Joao SANTANA	VET M40	13	<b>43:25</b>	43:19	04:19	BOSCH
99.	533	Emanuel VALENTE	VET M50	7	<b>43:27</b>	43:26	04:20	X5 HEALTH CLUB
100.	519	Vitor EMANUEL	SEN M	61	<b>43:32</b>	43:30	04:21	X5 HEALTH CLUB
101.	474	Hugo NUNES	SEN M	62	<b>43:34</b>	43:31	04:21	GINASIO GIM LINE
102.	618	Gonzalo HUETOS	SEN M	63	<b>43:38</b>	43:38	04:21	
103.	267	Paulo MONTEIRO	SEN M	64	<b>43:42</b>	43:40	04:22	
104.	19	Emidio CORREIA	SEN M	65	<b>43:43</b>	43:38	04:21	
105.	315	Rafael GUEDES	VET M40	14	<b>43:52</b>	43:52	04:23	
106.	524	Alexandra	VET F40	1	<b>43:52</b>	43:52	04:23	X5 HEALTH CLUB
107.	301	Bruno PONTE	SEN M	66	<b>44:00</b>	43:54	04:23	SPORT CLUBE
108.	391	Carlos ALMEIDA	VET M55	5	<b>44:04</b>	44:04	04:24	SAUDE IN
109.	409	Nuno OLIVEIRA	SEN M	67	<b>44:06</b>	43:54	04:23	INDIVIDUAL
110.	406	Joao MOREIRA	VET M40	15	<b>44:06</b>	44:03	04:24	X5 HEALTH CLUB
111.	166	Miguel CAMPOS	VET M40	16	<b>44:07</b>	44:04	04:24	INDIVIDUAL
112.	42	Paulo FIDALGO	SEN M	68	<b>44:08</b>	44:04	04:24	
113.	272	Jose VIEIRA	VET M40	17	<b>44:10</b>	44:02	04:24	
114.	228	Heitor SANTOS	VET M55	6	<b>44:13</b>	44:09	04:24	
115.	589	Rui MESQUITA	SEN M	69	<b>44:17</b>	44:17	04:25	KOTRAILRUNNING
116.	451	Susana ANDRADE	VET F40	2	<b>44:28</b>	44:25	04:26	X5 HEALTH CLUB
117.	221	Jose DUARTE	SEN M	70	<b>44:30</b>	44:03	04:24	
118.	477	Antonio M	VET M40	18	<b>44:33</b>	44:29	04:26	INDIVIDUAL
119.	69	Ivo SILVA	SEN M	71	<b>44:34</b>	44:25	04:26	
120.	540	Nuno RIBEIRO	SEN M	72	<b>44:35</b>	44:33	04:27	X5 HEALTH CLUB
121.	76	Paulo SANTOS	VET M40	19	<b>44:37</b>	44:37	04:27	
122.	209	Joana CUNHA	SEN F	6	<b>44:37</b>	44:34	04:27	CASA POVO
123.	456	Rosa FERREIRA	VET F50	1	<b>44:38</b>	44:37	04:27	X5 HEALTH CLUB
124.	464	Vitor SA	SEN M	73	<b>44:39</b>	44:39	04:27	X5 HEALTH CLUB
125.	162	Joao RODRIGUES	SEN M	74	<b>44:42</b>	44:31	04:27	CLUTA RUNNERS

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Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
126.	573	Pedro GOMES	SEN M	75	<b>44:42</b>	44:38	04:27	KOTRAILRUNNING
127.	422	Sergio SILVA	SEN M	76	<b>44:47</b>	44:39	04:27	AFIS/OVAR
128.	397	Rui ANDRADE	VET M50	8	<b>44:53</b>	44:53	04:29	2RUN4GUIDEDOGS
129.	476	Daniel RODRIGUES	SEN M	77	<b>44:54</b>	44:51	04:29	INDIVIDUAL
130.	140	Paul SHEPHERD	VET M50	9	<b>44:55</b>	44:48	04:28	
131.	594	Antonio PIRES	VET M55	7	<b>44:56</b>	44:55	04:29	KOTRAILRUNNING
132.	572	Daniel ESPINHAL	SEN M	78	<b>44:56</b>	44:50	04:29	KOTRAILRUNNING
133.	203	Americo ALHAIS	VET M50	10	<b>44:57</b>	44:51	04:29	AVEIRO
134.	30	Joao RODRIGUES	VET M40	20	<b>44:57</b>	44:48	04:28	NOKIA RUNNERS
135.	113	Armindo BASTOS	VET M40	21	<b>44:59</b>	44:54	04:29	INDIVIDUAL
136.	227	Marco COELHO	SEN M	79	<b>45:01</b>	44:56	04:29	INDIVIDUAL
137.	220	Joao SIMOES	SEN M	80	<b>45:02</b>	44:35	04:27	
138.	275	Rodrigo SANTOS	SEN M	81	<b>45:03</b>	45:00	04:30	RECREIO DESPORTIVO
139.	195	Antonio RATOLA	SEN M	82	<b>45:04</b>	44:57	04:29	RATOLAS
140.	347	Alexander	VET M55	8	<b>45:06</b>	45:03	04:30	INDIVIDUAL
141.	457	Angelina FERREIRA	VET F50	2	<b>45:07</b>	45:06	04:30	X5 HEALTH CLUB
142.	131	Cesar SOUSA	SEN M	83	<b>45:08</b>	44:57	04:29	CLUTA RUNNERS
143.	592	Joao CRUZ	SEN M	84	<b>45:11</b>	44:56	04:29	KOTRAILRUNNING
144.	56	Agnelo SILVA	SEN M	85	<b>45:15</b>	44:46	04:28	VAGUEIRA RUNNERS
145.	535	Filipe MACHADO	SEN M	86	<b>45:15</b>	45:15	04:31	X5 HEALTH CLUB
146.	268	Nuno CACHULO	SEN M	87	<b>45:16</b>	45:13	04:31	
147.	302	Nelson DUARTE	VET M40	22	<b>45:17</b>	45:17	04:31	SPORT CLUBE
148.	88	Aventino LIMA	VET M40	23	<b>45:18</b>	45:12	04:31	BOSCH
149.	105	Nuno SILVA	SEN M	88	<b>45:19</b>	45:13	04:31	
150.	163	Antonio MARQUES	VET M45	8	<b>45:19</b>	45:15	04:31	INDIVIDUAL
151.	537	Jose ANDRADE	SEN M	89	<b>45:20</b>	45:09	04:30	X5 HEALTH CLUB
152.	193	Pedro A RATOLA	VET M50	11	<b>45:21</b>	45:14	04:31	RATOLA
153.	381	Francisco GOMES	SEN M	90	<b>45:25</b>	45:12	04:31	FIT& FUN
154.	132	Paulo TAVARES	SEN M	91	<b>45:25</b>	45:22	04:32	
155.	581	Daniel VIANA	SEN M	92	<b>45:29</b>	45:25	04:32	KOTRAILRUNNING
156.	231	Luis AMARAL	VET M40	24	<b>45:33</b>	45:25	04:32	
157.	509	Marco PINHO	VET M50	12	<b>45:38</b>	45:34	04:33	X5 HEALTH CLUB
158.	525	Andre BOTELHO	VET M40	25	<b>45:40</b>	45:39	04:33	X5 HEALTH CLUB
159.	506	Marcio MACHADO	SEN M	93	<b>45:41</b>	45:31	04:33	
160.	297	Miguel CUNHA	SEN M	94	<b>45:43</b>	45:43	04:34	SPORT CLUBE
161.	333	Sergio CONCEICAO	SEN M	95	<b>45:46</b>	45:26	04:32	FLEXIASSEMBLY
162.	80	Fernando	VET M50	13	<b>45:57</b>	45:52	04:35	INDIVIDUAL
163.	611	Mariño MARTINS	SEN M	96	<b>45:57</b>	45:52	04:35	
164.	123	Daniel CALVAO	SEN M	97	<b>45:57</b>	45:56	04:35	CNPM
165.	352	Joel OLIVEIRA	SEN M	98	<b>45:58</b>	45:53	04:35	PIRATAS RUNNERS
166.	530	Bruno MOURA	SEN M	99	<b>45:58</b>	45:55	04:35	X5 HEALTH CLUB
167.	544	Raquel ANDRADE	SEN F	7	<b>45:59</b>	45:57	04:35	X5 HEALTH CLUB

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Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
168.	229	Artur ROCHA	SEN M	100	<b>46:02</b>	45:54	04:35	
169.	184	Daniel JESUS	SEN M	101	<b>46:06</b>	46:03	04:36	RECREIO DESP.
170.	353	Pedro CRAVEIRO	VET M40	26	<b>46:07</b>	46:03	04:36	PIRATAS RUNNERS
171.	75	Antonio LOURENCO	VET M40	27	<b>46:15</b>	46:12	04:37	INDIVIDUAL
172.	49	Luis ALMEIDA	VET M40	28	<b>46:25</b>	46:09	04:36	INDIVIDUAL
173.	86	Vitor VARELA	VET M45	9	<b>46:25</b>	46:21	04:38	BOSCH
<b>174.</b>	<b>458</b>	<b>Cristiana PINTO</b>	<b>SEN F</b>	<b>8</b>	<b>46:27</b>	<b>46:18</b>	<b>04:37</b>	<b>X5 HEALTH CLUB</b>
175.	459	Filipe RAMOS	VET M40	29	<b>46:27</b>	46:23	04:38	X5 HEALTH CLUB
176.	247	Joao CRAVEIRO L	VET M40	30	<b>46:34</b>	46:24	04:38	
177.	136	Delfim TORRES	VET M40	31	<b>46:36</b>	46:36	04:39	INDIVIDUAL
178.	396	Joao NEVES	VET M45	10	<b>46:48</b>	46:47	04:40	CPT SOBRAL DE CEIRA
179.	258	Nuno FONTES	VET M45	11	<b>46:48</b>	46:28	04:38	
180.	82	Alves BRUNO	SEN M	102	<b>46:50</b>	46:45	04:40	BOSCH
181.	303	Fred GOMES	SEN M	103	<b>46:52</b>	46:38	04:39	CLUTA RUNNERS
182.	239	Manuel FERREIRA	VET M40	32	<b>46:55</b>	46:44	04:40	INDIVIDUAL
183.	160	Paulo PINTO	VET M45	12	<b>47:06</b>	46:50	04:41	INDIVIDUAL
184.	83	Carlos FERREIRA	VET M40	33	<b>47:08</b>	47:04	04:42	BOSCH
185.	595	Manuel BARBOSA	VET M50	14	<b>47:12</b>	47:10	04:43	KOTRAILRUNNING
186.	34	Nelson SILVA	SEN M	104	<b>47:12</b>	47:03	04:42	NOKIA RUNNERS
187.	606	Jose CANHA	VET M50	15	<b>47:13</b>	47:08	04:42	KOTRAILRUNNING
188.	455	Helder FONSECA	SEN M	105	<b>47:13</b>	47:04	04:42	X5 HEALTH CLUB
189.	283	Hernani AMARAL	VET M60	4	<b>47:15</b>	47:05	04:42	ROYAL TEAM
190.	111	Jorge COSTA	VET M50	16	<b>47:20</b>	47:19	04:43	INDIVIDUAL
191.	207	Tiago TAVARES	SEN M	106	<b>47:24</b>	47:13	04:43	INDIVIDUAL
192.	214	Carlos ESTIMA	VET M45	13	<b>47:25</b>	47:24	04:44	RECREIO DESPORTIVO
193.	401	Jose GOMES	VET M40	34	<b>47:26</b>	47:23	04:44	X5 HEALTH CLUB
194.	357	Paulo CALISTO	SEN M	107	<b>47:28</b>	47:21	04:44	
195.	429	Bruno RAMALHO	SEN M	108	<b>47:30</b>	47:05	04:42	RAMALHOS
<b>196.</b>	<b>586</b>	<b>Daniela SANTOS</b>	<b>SEN F</b>	<b>9</b>	<b>47:34</b>	<b>47:30</b>	<b>04:45</b>	<b>KOTRAILRUNNING</b>
197.	290	Antonio LOURENCO	VET M55	9	<b>47:34</b>	47:30	04:45	RANGEL E OLIVEIRA,
198.	189	Tiago CUNHA	SEN M	109	<b>47:38</b>	47:27	04:44	
199.	14	Joao GRACA	VET M60	5	<b>47:40</b>	47:38	04:45	ACRM SILVEIRINHA
200.	253	Paulino DIAS	VET M50	17	<b>47:42</b>	47:26	04:44	CIRES RUNNING TEAM
201.	222	Carlos MADUREIRA	SEN M	110	<b>47:43</b>	47:40	04:46	3 DUQUES
202.	549	Francisco	VET M40	35	<b>47:48</b>	47:45	04:46	
203.	368	Fernando LOPES	VET M60	6	<b>47:50</b>	47:40	04:46	INDIVIDUAL
204.	22	Joaquim RAMALHO	VET M45	14	<b>47:52</b>	47:49	04:46	
205.	523	Adao DIAS	VET M60	7	<b>47:53</b>	47:52	04:47	X5 HEALTH CLUB
206.	527	Antonio	VET M50	18	<b>47:53</b>	47:53	04:47	X5 HEALTH CLUB
207.	116	Carlos NOGUEIRA	SEN M	111	<b>47:54</b>	47:42	04:46	CMMC DE ALBERGARIA
208.	251	Fernando PINTO	VET M45	15	<b>48:07</b>	47:52	04:47	CIRES RUNNING TEAM
209.	383	Paulo BATISTA	SEN M	112	<b>48:09</b>	47:48	04:46	FIT& FUN

# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
210.	54	Pedro BODAS	SEN M	113	<b>48:09</b>	47:40	04:46	VAGUEIRA RUNNERS
211.	206	Antonio RAMOS	VET M55	10	<b>48:13</b>	48:07	04:48	AVEIRO
212.	602	Cristofe FONSECA	SEN M	114	<b>48:16</b>	48:10	04:49	KOTRAILRUNNING
213.	604	Herculano GOMES	VET M55	11	<b>48:22</b>	48:09	04:48	KOTRAILRUNNING
214.	398	Marco CESTA	SEN M	115	<b>48:24</b>	47:57	04:47	FIT&AMP;FUN
215.	11	Pedro FERREIRA	VET M40	36	<b>48:24</b>	48:12	04:49	
216.	171	Rui COSTA	SEN M	116	<b>48:25</b>	48:00	04:48	INDIVIDUAL
217.	318	Filipe TAVARES	SEN M	117	<b>48:25</b>	48:06	04:48	INDIVIDUAL
218.	321	Pedro PAIVA	VET M40	37	<b>48:26</b>	48:18	04:49	INDIVIDUAL
<b>219.</b>	<b>28</b>	<b>Joana TAVARES</b>	<b>SEN F</b>	<b>10</b>	<b>48:27</b>	<b>48:18</b>	<b>04:49</b>	<b>NOKIA RUNNERS</b>
220.	480	Andre MARQUES	SEN M	118	<b>48:32</b>	48:26	04:50	
221.	538	Jose SOUSA	VET M50	19	<b>48:33</b>	48:33	04:51	X5 HEALTH CLUB
222.	404	Antonio SILVA	VET M45	16	<b>48:34</b>	48:24	04:50	X5 HEALTH CLUB
223.	104	Valdemar ALMEIDA	VET M50	20	<b>48:34</b>	48:34	04:51	
224.	490	Paulo SILVA	VET M40	38	<b>48:36</b>	48:27	04:50	INDIVIDUAL
225.	363	Tiago MOREIRA	SEN M	119	<b>48:37</b>	48:28	04:50	INDIVIDUAL
226.	475	Diogo BAPTISTA	SEN M	120	<b>48:37</b>	48:34	04:51	GINASIO GIM LINE
227.	366	Marcio GUIMARAES	SEN M	121	<b>48:39</b>	48:17	04:49	
228.	190	Jorge LOUREIRO	SEN M	122	<b>48:39</b>	48:14	04:49	
229.	421	Antonio BARROS	VET M60	8	<b>48:40</b>	48:34	04:51	CCD-RENAULT, CACIA
230.	313	Manuel JACINTO	SEN M	123	<b>48:43</b>	48:35	04:51	CORRER VISEU
<b>231.</b>	<b>436</b>	<b>Maria COSTA</b>	<b>VET F50</b>	<b>3</b>	<b>48:48</b>	<b>48:45</b>	<b>04:52</b>	<b>X5 HEALTH CLUB</b>
232.	442	Arlindo PINTO	VET M55	12	<b>48:49</b>	48:46	04:52	X5 HEALTH CLUB
<b>233.</b>	<b>567</b>	<b>Fatima ALEIXO</b>	<b>VET F40</b>	<b>3</b>	<b>48:49</b>	<b>48:46</b>	<b>04:52</b>	<b>AFIS/OVAR</b>
234.	441	Marco SILVA	SEN M	124	<b>48:49</b>	48:49	04:52	X5 HEALTH CLUB
235.	288	Carlos CUNHA	SEN M	125	<b>48:51</b>	48:25	04:50	
236.	62	Rui MARTINS	VET M45	17	<b>48:52</b>	48:25	04:50	RUN&FUN
237.	443	Joaquim COSTA	VET M55	13	<b>48:57</b>	48:57	04:53	X5 HEALTH CLUB
238.	124	Valter FERREIRA	SEN M	126	<b>48:58</b>	48:38	04:51	INDIVIDUAL
239.	36	Virgilio NETO	VET M40	39	<b>48:59</b>	48:55	04:53	TBSIC
<b>240.</b>	<b>43</b>	<b>Fernanda GOMES</b>	<b>VET F40</b>	<b>4</b>	<b>49:03</b>	<b>48:59</b>	<b>04:53</b>	
<b>241.</b>	<b>107</b>	<b>Severina ALMEIDA</b>	<b>SEN F</b>	<b>11</b>	<b>49:04</b>	<b>49:01</b>	<b>04:54</b>	
242.	339	Andre NOVA	SEN M	127	<b>49:12</b>	48:43	04:52	
243.	601	Tiago OLIVEIRA	SEN M	128	<b>49:15</b>	49:01	04:54	KOTRAILRUNNING
244.	437	Hugues ALMEIDA	SEN M	129	<b>49:18</b>	48:56	04:53	X5 HEALTH CLUB
<b>245.</b>	<b>485</b>	<b>Alda CORDEIRO</b>	<b>VET F40</b>	<b>5</b>	<b>49:18</b>	<b>49:13</b>	<b>04:55</b>	<b>FIT&amp;FUN</b>
246.	350	Pedro POLONIO	SEN M	130	<b>49:19</b>	49:00	04:54	INDIVIDUAL
247.	424	Rui GOMES	SEN M	131	<b>49:21</b>	49:01	04:54	INDIVIDUAL
248.	262	Rui SILVA	SEN M	132	<b>49:26</b>	48:58	04:53	
249.	270	Pedro GOMES	SEN M	133	<b>49:27</b>	49:04	04:54	
250.	210	Francisco CASEGAS	SEN M	134	<b>49:31</b>	49:26	04:56	
251.	200	Paulo MARCAL	SEN M	135	<b>49:33</b>	48:52	04:53	

# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
252.	13	Alberto BRANCO	VET M45	18	<b>49:34</b>	49:30	04:57	
253.	230	Albano TORRES	VET M45	19	<b>49:34</b>	49:13	04:55	
254.	608	Telmo DIAS	SEN M	136	<b>49:38</b>	49:28	04:56	
255.	217	Tiago TEIXEIRA	SEN M	137	<b>49:41</b>	49:19	04:55	
<b>256.</b>	<b>246</b>	<b>Carla CARDOSO</b>	<b>VET F40</b>	<b>6</b>	<b>49:41</b>	<b>49:38</b>	<b>04:57</b>	<b>INDIVIDUAL</b>
257.	617	Miguel SANTOS	VET M45	20	<b>49:47</b>	49:29	04:56	
258.	408	Joel Jose GINGA	SEN M	138	<b>49:47</b>	49:28	04:56	CORRER SAO
259.	562	Nuno NEVES	SEN M	139	<b>50:00</b>	49:41	04:58	FIT&FUN
260.	596	Apolinario PEREIRA	SEN M	140	<b>50:05</b>	49:57	04:59	KOTRAILRUNNING
261.	588	Fernando BANCA	VET M40	40	<b>50:10</b>	49:50	04:59	KOTRAILRUNNING
262.	173	Paulo DIAS	SEN M	141	<b>50:11</b>	50:02	05:00	VESPA RUNNERS
<b>263.</b>	<b>560</b>	<b>Bernardete COELHO</b>	<b>SEN F</b>	<b>12</b>	<b>50:15</b>	<b>49:56</b>	<b>04:59</b>	<b>FIT&amp;FUN</b>
264.	597	Joaquim MOTA	VET M40	41	<b>50:23</b>	50:17	05:01	KOTRAILRUNNING
265.	484	Abilio BORGES	VET M50	21	<b>50:34</b>	50:24	05:02	INDIVIDUAL
266.	61	Tiago MATIAS	SEN M	142	<b>50:34</b>	50:24	05:02	INDIVIDUAL
267.	488	Pedro LEITE	SEN M	143	<b>50:34</b>	50:22	05:02	FIT&FUN
268.	331	Jorge MARQUES	SEN M	144	<b>50:38</b>	50:18	05:01	FLEXIASSEMBLY
269.	53	Joao NEGRAO	SEN M	145	<b>50:40</b>	50:10	05:01	VAGUEIRA RUNNERS
<b>270.</b>	<b>559</b>	<b>Daniela OLIVEIRA</b>	<b>SEN F</b>	<b>13</b>	<b>50:49</b>	<b>50:27</b>	<b>05:02</b>	<b>X5 HEALTH CLUB</b>
271.	15	Joao SANTOS	SEN M	146	<b>50:51</b>	50:50	05:05	ENDORPHINS RUNNERS
272.	235	Paulo MENDES	SEN M	147	<b>50:54</b>	50:49	05:04	CANIANOS
273.	461	Jose ANDRADE	VET M40	42	<b>50:58</b>	50:49	05:04	X5 HEALTH CLUB
274.	373	Luis CARVALHO	SEN M	148	<b>51:02</b>	50:53	05:05	ABUTRES
<b>275.</b>	<b>374</b>	<b>Ana MARQUES</b>	<b>SEN F</b>	<b>14</b>	<b>51:02</b>	<b>50:53</b>	<b>05:05</b>	<b>ABUTRES</b>
276.	208	Ricardo FONTE	SEN M	149	<b>51:05</b>	51:00	05:06	CANIANOS
277.	558	Victor FERREIRA	VET M40	43	<b>51:06</b>	50:43	05:04	X5 HEALTH CLUB
278.	557	Carlos MARQUES	VET M50	22	<b>51:06</b>	50:43	05:04	X5 HEALTH CLUB
279.	431	Alexandre ALMEIDA	VET M40	44	<b>51:07</b>	50:50	05:05	
<b>280.</b>	<b>405</b>	<b>Maria PAIS</b>	<b>VET F50</b>	<b>4</b>	<b>51:08</b>	<b>50:58</b>	<b>05:05</b>	<b>X5 HEALTH CLUB</b>
281.	367	Luis PACHECO	VET M40	45	<b>51:12</b>	51:02	05:06	
282.	182	Filipe ALMEIDA	VET M40	46	<b>51:13</b>	51:09	05:06	RECREIO DESP.
283.	322	Carlos LOPES	VET M40	47	<b>51:18</b>	51:11	05:07	CORRERIA
<b>284.</b>	<b>148</b>	<b>Ana FIGUEIREDO</b>	<b>SEN F</b>	<b>15</b>	<b>51:18</b>	<b>51:07</b>	<b>05:06</b>	<b>INDIVIDUAL</b>
<b>285.</b>	<b>610</b>	<b>Rita GLORIA</b>	<b>SEN F</b>	<b>16</b>	<b>51:19</b>	<b>51:04</b>	<b>05:06</b>	<b>CLUBE PT</b>
<b>286.</b>	<b>185</b>	<b>Isabel ENES</b>	<b>VET F40</b>	<b>7</b>	<b>51:23</b>	<b>51:06</b>	<b>05:06</b>	<b>CIRES RUNNING TEAM</b>
287.	167	Antonio LEMOS	VET M45	21	<b>51:25</b>	51:20	05:08	MOLINHAS TEAM
<b>288.</b>	<b>546</b>	<b>Sandra AMORIM</b>	<b>VET F40</b>	<b>8</b>	<b>51:28</b>	<b>51:23</b>	<b>05:08</b>	<b>X5 HEALTH CLUB</b>
<b>289.</b>	<b>287</b>	<b>Susana LOPES</b>	<b>VET F40</b>	<b>9</b>	<b>51:32</b>	<b>51:25</b>	<b>05:08</b>	<b>CORRER VISEU</b>
290.	129	Nuno M OLIVEIRA	VET M40	48	<b>51:34</b>	51:32	05:09	LUSO-ATLANTICA SA
291.	250	Joaquim OLIVEIRA	SEN M	150	<b>51:34</b>	51:18	05:07	CIRES RUNNING TEAM
292.	141	Luis CARTA	SEN M	151	<b>51:36</b>	51:26	05:08	NOKIA RUNNERS
<b>293.</b>	<b>249</b>	<b>Gloria ANTELO</b>	<b>SEN F</b>	<b>17</b>	<b>51:36</b>	<b>51:31</b>	<b>05:09</b>	<b>INDIVIDUAL</b>

# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
294.	416	Carlos MARTINS	SEN M	152	<b>51:36</b>	51:32	05:09	CCD-RENAULT, CACIA
295.	481	Pedro CARDOSO	VET M50	23	<b>51:38</b>	51:25	05:08	
296.	482	Joao CARDOSO	SEN M	153	<b>51:38</b>	51:25	05:08	
297.	410	Vasco SILVA	VET M45	22	<b>51:40</b>	51:32	05:09	
298.	574	Sandro RAFAEL	SEN M	154	<b>51:40</b>	51:34	05:09	KOTRAILRUNNING
299.	365	Miguel MENDES	SEN M	155	<b>51:44</b>	51:27	05:08	INDIVIDUAL
300.	568	Luis BARBAS	VET M45	23	<b>51:51</b>	51:43	05:10	VALMET RUNERS
301.	432	Pedro PINHEIRO	VET M45	24	<b>51:52</b>	51:36	05:09	
302.	16	Jose CAETANO	VET M55	14	<b>51:56</b>	51:53	05:11	INDIVIDUAL
303.	215	Pedro VIEIRA	SEN M	156	<b>51:58</b>	51:25	05:08	
304.	351	Pedro FERREIRA	SEN M	157	<b>51:58</b>	51:30	05:09	INDIVIDUAL
305.	289	Rui PINTO	SEN M	158	<b>52:03</b>	51:42	05:10	
<b>306.</b>	<b>99</b>	<b>Catia SANTOS</b>	<b>SEN F</b>	<b>18</b>	<b>52:05</b>	<b>51:58</b>	<b>05:11</b>	<b>BOSCH</b>
307.	380	Jose CARVALHO	SEN M	159	<b>52:06</b>	51:37	05:09	
308.	81	Rui PEREIRA	VET M40	49	<b>52:07</b>	51:59	05:11	BOSCH
309.	213	Mario TORRAO	VET M40	50	<b>52:07</b>	52:04	05:12	INDIVIDUAL
310.	38	Francisco	SEN M	160	<b>52:07</b>	51:55	05:11	INDIVIDUAL
311.	427	Carvalho LUSOS	SEN M	161	<b>52:08</b>	51:48	05:10	LUSOS XXI
312.	370	Americo PESSOA	VET M50	24	<b>52:33</b>	52:18	05:13	
313.	202	Oliveira SOUSA	VET M45	25	<b>52:33</b>	52:27	05:14	AVEIRO
314.	23	David NOGUEIRA	SEN M	162	<b>52:39</b>	52:22	05:14	
315.	97	Nuno ALVES	VET M40	51	<b>52:39</b>	52:14	05:13	BOSCH
316.	198	Leonardo JESUS	SEN M	163	<b>52:44</b>	52:12	05:13	CLUTA RUNNERS
317.	178	Joao COELHO	VET M50	25	<b>52:45</b>	52:43	05:16	BAR ISCA-UNIVERSID
318.	395	Rui GENIO	SEN M	164	<b>52:46</b>	52:46	05:16	ADT TRAIL
319.	320	Joao FALCAO	VET M40	52	<b>52:48</b>	52:22	05:14	
320.	211	Joao SOUSA	SEN M	165	<b>52:48</b>	52:22	05:14	
321.	58	Nuno VIEIRA	VET M40	53	<b>52:48</b>	52:06	05:12	HOLMES PLACE AVEIRO
<b>322.</b>	<b>48</b>	<b>Isabel SOARES</b>	<b>VET F40</b>	<b>10</b>	<b>52:50</b>	<b>52:35</b>	<b>05:15</b>	<b>BRANDAO SOARES</b>
323.	342	Paulo HENRIQUES	SEN M	166	<b>52:54</b>	52:35	05:15	CASCI
324.	508	Miguel MOURA	VET M40	54	<b>52:54</b>	52:44	05:16	X5 HEALTH CLUB
325.	225	Luis GOMES	SEN M	167	<b>52:59</b>	52:41	05:16	RUNNING TRIBE
326.	336	Jose PIRES	VET M40	55	<b>53:04</b>	52:43	05:16	FLEXIASSEMBLY
327.	170	Joao A MATOS	VET M40	56	<b>53:11</b>	52:52	05:17	
<b>328.</b>	<b>547</b>	<b>Sofia REIS</b>	<b>SEN F</b>	<b>19</b>	<b>53:22</b>	<b>53:18</b>	<b>05:19</b>	<b>X5 HEALTH CLUB</b>
329.	356	Augusto SILVA	VET M50	26	<b>53:29</b>	53:28	05:20	
330.	21	Adriano SANTOS	SEN M	168	<b>53:30</b>	53:22	05:20	ADREQUEIXO
331.	500	Nuno MOREIRA	SEN M	169	<b>53:31</b>	53:21	05:20	X5 HEALTH CLUB
332.	98	Carlos MARTINS	VET M50	27	<b>53:31</b>	53:27	05:20	BOSCH
333.	25	Tiago MARQUES	SEN M	170	<b>53:32</b>	53:15	05:19	
<b>334.</b>	<b>161</b>	<b>Gorete MOREIRA</b>	<b>SEN F</b>	<b>20</b>	<b>53:35</b>	<b>53:15</b>	<b>05:19</b>	
<b>335.</b>	<b>550</b>	<b>Susana CONDE</b>	<b>SEN F</b>	<b>21</b>	<b>53:37</b>	<b>53:34</b>	<b>05:21</b>	



# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
336.	332	Tiago CARREIRA	SEN M	171	<b>53:38</b>	53:19	05:19	FLEXIASSEMBLY
337.	371	Joao RODRIGUES	VET M50	28	<b>53:40</b>	53:26	05:20	
338.	619	Carlos SILVA	VET M50	29	<b>53:42</b>	53:31	05:21	RUNNING ESPINHO
339.	180	Pedro SIMOES	VET M45	26	<b>53:43</b>	53:20	05:20	
<b>340.</b>	<b>393</b>	<b>Deolinda</b>	<b>VET F50</b>	<b>5</b>	<b>53:46</b>	<b>53:11</b>	<b>05:19</b>	
341.	502	Jose QUADRADO	VET M40	57	<b>53:54</b>	53:35	05:21	JOGGING LOVERS
342.	392	Rui DIAS	SEN M	172	<b>53:59</b>	53:25	05:20	
<b>343.</b>	<b>513</b>	<b>Margarida</b>	<b>VET F50</b>	<b>6</b>	<b>54:05</b>	<b>53:55</b>	<b>05:23</b>	<b>X5 HEALTH CLUB</b>
344.	155	Paulo CRUZ	SEN M	173	<b>54:06</b>	53:41	05:22	INDIVIDUAL
345.	487	Pedro REIS	SEN M	174	<b>54:27</b>	54:12	05:25	FIT&FUN
<b>346.</b>	<b>238</b>	<b>Paula PAIVA</b>	<b>SEN F</b>	<b>22</b>	<b>54:37</b>	<b>54:25</b>	<b>05:26</b>	<b>CMCM</b>
<b>347.</b>	<b>52</b>	<b>Teresa MALHEIRO</b>	<b>VET F50</b>	<b>7</b>	<b>54:37</b>	<b>54:26</b>	<b>05:26</b>	<b>CMMC ALBERGARIA</b>
348.	172	Joao BERNARDO	VET M40	58	<b>54:44</b>	54:21	05:26	
349.	149	Antonio GOMES	VET M50	30	<b>54:54</b>	54:48	05:28	INDIVIDUAL
350.	91	Pedro CORREIA	SEN M	175	<b>55:05</b>	54:51	05:29	BOSCH
351.	137	Christopher	VET M40	59	<b>55:11</b>	54:46	05:28	DOGS BOLLOCKS
<b>352.</b>	<b>445</b>	<b>Sara RATOLA</b>	<b>SEN F</b>	<b>23</b>	<b>55:14</b>	<b>54:59</b>	<b>05:29</b>	<b>FIT&amp;FUN</b>
353.	135	Tiago NUNES	VET M40	60	<b>55:15</b>	55:09	05:30	
354.	102	Paulo BAPTISTA	SEN M	176	<b>55:20</b>	55:05	05:30	BOSCH
355.	205	Jose FRAGA	VET M40	61	<b>55:22</b>	55:16	05:31	AVEIRO
356.	312	Albino CANELAS	VET M60	9	<b>55:22</b>	55:11	05:31	
357.	188	Daniel COIMBRA	SEN M	177	<b>55:23</b>	54:52	05:29	
<b>358.</b>	<b>201</b>	<b>Manuel OLIVEIRA</b>	<b>VET F50</b>	<b>8</b>	<b>55:35</b>	<b>55:14</b>	<b>05:31</b>	<b>ACAIL FERRO</b>
<b>359.</b>	<b>561</b>	<b>Virginia FERREIRA</b>	<b>SEN F</b>	<b>24</b>	<b>55:36</b>	<b>55:23</b>	<b>05:32</b>	<b>FIT&amp;FUN</b>
<b>360.</b>	<b>17</b>	<b>Ana ROCHA</b>	<b>SEN F</b>	<b>25</b>	<b>55:36</b>	<b>55:15</b>	<b>05:31</b>	
361.	566	Jose PINHAL	VET M40	62	<b>55:45</b>	55:35	05:33	
362.	73	Paulo RAMOS	VET M40	63	<b>55:47</b>	55:22	05:32	GJPB
363.	340	Bruno LAMEIRO	SEN M	178	<b>55:51</b>	55:39	05:33	
<b>364.</b>	<b>478</b>	<b>Claudia FAUSTINO</b>	<b>VET F40</b>	<b>11</b>	<b>55:52</b>	<b>55:39</b>	<b>05:33</b>	
365.	328	Nuno IGREJA	VET M40	64	<b>55:55</b>	55:48	05:34	
366.	369	Andre PEREIRA	SEN M	179	<b>55:57</b>	55:24	05:32	
<b>367.</b>	<b>516</b>	<b>Alice APOLONIA</b>	<b>SEN F</b>	<b>26</b>	<b>56:00</b>	<b>55:47</b>	<b>05:34</b>	<b>X5 HEALTH CLUB</b>
<b>368.</b>	<b>279</b>	<b>Sandra CAMPOS</b>	<b>VET F40</b>	<b>12</b>	<b>56:03</b>	<b>55:32</b>	<b>05:33</b>	
<b>369.</b>	<b>219</b>	<b>Ana MONTEZ</b>	<b>SEN F</b>	<b>27</b>	<b>56:05</b>	<b>55:42</b>	<b>05:34</b>	
370.	177	N.n. 177		1	<b>56:06</b>	55:51	05:35	
371.	486	Cesario ROCHA	VET M45	27	<b>56:09</b>	56:06	05:36	FIT&FUN
372.	237	Ivo ANGELICO	SEN M	180	<b>56:16</b>	55:44	05:34	CLUTA RUNNERS
373.	522	Miguel MIRANDA	SEN M	181	<b>56:22</b>	56:11	05:37	
<b>374.</b>	<b>145</b>	<b>Tania JULIAO</b>	<b>SEN F</b>	<b>28</b>	<b>56:24</b>	<b>56:09</b>	<b>05:36</b>	
375.	423	Antonio ANTUNES	VET M40	65	<b>56:39</b>	56:30	05:39	
376.	376	Nelson SIMOES	SEN M	182	<b>56:42</b>	56:23	05:38	CORRER S. BERNARDO
<b>377.</b>	<b>433</b>	<b>Fatima SILVA</b>	<b>VET F40</b>	<b>13</b>	<b>56:43</b>	<b>56:14</b>	<b>05:37</b>	

# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
378.	501	Filipe RAMA	VET M40	66	<b>56:52</b>	56:35	05:39	
<b>379.</b>	<b>446</b>	<b>Susana PEREIRA</b>	<b>SEN F</b>	<b>29</b>	<b>57:03</b>	<b>56:51</b>	<b>05:41</b>	<b>PINDERICUS RUNNING</b>
380.	616	Jose PEREIRA	VET M45	28	<b>57:05</b>	56:58	05:41	
<b>381.</b>	<b>403</b>	<b>Gabriela VEIGA</b>	<b>VET F40</b>	<b>14</b>	<b>57:32</b>	<b>57:19</b>	<b>05:43</b>	<b>X5 HEALTH CLUB</b>
382.	134	Filipe COQUIM	SEN M	183	<b>57:42</b>	57:25	05:44	
383.	280	Nuno SILVA	VET M40	67	<b>57:42</b>	57:11	05:43	
384.	600	Helder BISCAIA	VET M40	68	<b>57:53</b>	57:39	05:45	KOTRAILRUNNING
385.	504	Rodolfo	SEN M	184	<b>57:57</b>	57:25	05:44	
386.	263	Filipe COSTA	SEN M	185	<b>57:57</b>	57:28	05:44	
<b>387.</b>	<b>77</b>	<b>Luisa SOARES</b>	<b>VET F40</b>	<b>15</b>	<b>58:04</b>	<b>57:49</b>	<b>05:46</b>	
388.	362	Jorge ALMEIDA	SEN M	186	<b>58:06</b>	57:24	05:44	
389.	142	Leandro AMADOR	SEN M	187	<b>58:06</b>	57:25	05:44	INDIVIDUAL
390.	599	Patricia PIMENTEL	VET M40	69	<b>58:07</b>	57:52	05:47	KOTRAILRUNNING
391.	32	Daniel RODRIGUES	SEN M	188	<b>58:08</b>	57:58	05:47	NOKIA RUNNERS
392.	330	Jorge MARTINS	SEN M	189	<b>58:16</b>	58:16	05:49	
393.	151	Alberto	SEN M	190	<b>58:22</b>	57:51	05:47	
394.	234	Luis QUINTINO	VET M60	10	<b>58:23</b>	58:06	05:48	AFIS/OVAR
395.	194	Pedro P RATOLA	SEN M	191	<b>58:29</b>	58:27	05:50	RATOLAS
396.	309	Fernando BRAS	VET M55	15	<b>58:30</b>	58:18	05:49	
<b>397.</b>	<b>192</b>	<b>Regina RATOLA</b>	<b>SEN F</b>	<b>30</b>	<b>58:31</b>	<b>58:30</b>	<b>05:51</b>	<b>RATOLAS</b>
398.	308	Jose PEREIRA	VET M60	11	<b>58:37</b>	58:25	05:50	
<b>399.</b>	<b>354</b>	<b>Teresa FILENO</b>	<b>SEN F</b>	<b>31</b>	<b>58:41</b>	<b>58:32</b>	<b>05:51</b>	<b>INDIVIDUAL</b>
400.	60	Luis GOMES	SEN M	192	<b>58:41</b>	58:21	05:50	INDIVIDUAL
<b>401.</b>	<b>324</b>	<b>Filipa NEVES</b>	<b>SEN F</b>	<b>32</b>	<b>58:44</b>	<b>58:32</b>	<b>05:51</b>	
<b>402.</b>	<b>323</b>	<b>Andreia NEVES</b>	<b>SEN F</b>	<b>33</b>	<b>58:45</b>	<b>58:32</b>	<b>05:51</b>	
<b>403.</b>	<b>179</b>	<b>Annabelle LUIS</b>	<b>VET F40</b>	<b>16</b>	<b>58:51</b>	<b>58:27</b>	<b>05:50</b>	
<b>404.</b>	<b>65</b>	<b>Ana BIZARRO</b>	<b>SEN F</b>	<b>34</b>	<b>58:53</b>	<b>58:25</b>	<b>05:50</b>	<b>RUN&amp;FUN</b>
405.	254	Carlos DIAS	VET M45	29	<b>58:58</b>	58:42	05:52	CIRES RUNNING TEAM
406.	89	Nelson RE	VET M45	30	<b>58:58</b>	58:41	05:52	BOSCH
<b>407.</b>	<b>37</b>	<b>Ligia CASIMIRO</b>	<b>SEN F</b>	<b>35</b>	<b>59:02</b>	<b>58:46</b>	<b>05:52</b>	<b>INDIVIDUAL</b>
408.	257	Jose VIANA	SEN M	193	<b>59:07</b>	58:47	05:52	
409.	233	Jose PINHO	VET M45	31	<b>59:29</b>	58:59	05:53	
410.	503	Hugo DIAS	SEN M	194	<b>59:29</b>	58:58	05:53	
411.	394	Antonio DIAS	VET M55	16	<b>59:34</b>	59:00	05:54	
<b>412.</b>	<b>389</b>	<b>Joana MOUTELA</b>	<b>SEN F</b>	<b>36</b>	<b>59:35</b>	<b>59:27</b>	<b>05:56</b>	
413.	187	Luis A CAMPOS	SEN M	195	<b>59:40</b>	59:09	05:54	
<b>414.</b>	<b>18</b>	<b>Marta ESTEVES</b>	<b>SEN F</b>	<b>37</b>	<b>59:41</b>	<b>59:19</b>	<b>05:55</b>	
<b>415.</b>	<b>31</b>	<b>Daniela CASTRO</b>	<b>SEN F</b>	<b>38</b>	<b>59:50</b>	<b>59:41</b>	<b>05:58</b>	<b>NOKIA RUNNERS</b>
416.	252	Alexandre	VET M45	32	<b>59:52</b>	59:35	05:57	CIRES RUNNING TEAM
<b>417.</b>	<b>583</b>	<b>Fatima COSTA</b>	<b>SEN F</b>	<b>39</b>	<b>59:57</b>	<b>59:49</b>	<b>05:58</b>	<b>KOTRAILRUNNING</b>
418.	349	Isabel LOURENCO	VET M45	33	<b>1:00:08</b>	59:54	05:59	INDIVIDUAL
419.	348	Rui ABRANTES	VET M45	34	<b>1:00:08</b>	59:55	05:59	

# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
420.	310	Fernando	VET M50	31	<b>1:00:09</b>	59:58	05:59	
421.	55	Nuno RIBEIRO	SEN M	196	<b>1:00:12</b>	59:43	05:58	VAGUEIRA RUNNERS
422.	489	Joao GOMES	SEN M	197	<b>1:00:14</b>	1:00:08	06:00	
423.	271	Liliana MORGADO	SEN F	40	<b>1:00:16</b>	59:52	05:59	
424.	269	Antonio GOMES	VET M55	17	<b>1:00:17</b>	59:53	05:59	
425.	341	Arselio SANTOS	SEN M	198	<b>1:00:17</b>	59:53	05:59	INDIVIDUAL
426.	334	Jose ALBERTO	SEN M	199	<b>1:00:20</b>	59:59	05:59	FLEXIASSEMBLY
427.	335	Luis CABETE	SEN M	200	<b>1:00:20</b>	1:00:00	06:00	FLEXIASSEMBLY
428.	467	Iris CAMARINHA	SEN F	41	<b>1:00:23</b>	1:00:14	06:01	X5 HEALTH CLUB
429.	552	Elisabete SILVA	VET F40	17	<b>1:00:23</b>	1:00:16	06:01	X5 HEALTH CLUB
430.	414	Luis SOARES	SEN M	201	<b>1:00:26</b>	59:54	05:59	PALMAZ RUNNING TEAM
431.	518	Hugo VELHOTE	VET M40	70	<b>1:00:33</b>	1:00:19	06:01	X5 HEALTH CLUB
432.	94	Nuno MARNOTO	SEN M	202	<b>1:00:35</b>	1:00:29	06:02	BOSCH
433.	578	Catarina LOPES	SEN F	42	<b>1:00:48</b>	1:00:33	06:03	KOTRAILRUNNING
434.	24	Hugo FERNANDES	SEN M	203	<b>1:00:50</b>	1:00:27	06:02	
435.	232	Joao A OLIVEIRA	SEN M	204	<b>1:00:52</b>	1:00:41	06:04	
436.	273	Beatriz BARCIELA	VET F40	18	<b>1:01:09</b>	1:00:53	06:05	CIRES RUNNING TEAM
437.	345	Ana Lucia PIRES	SEN F	43	<b>1:01:23</b>	1:00:57	06:05	RUNFORESTRUN
438.	579	Maria FERREIRA	VET F50	9	<b>1:01:33</b>	1:01:26	06:08	KOTRAILRUNNING
439.	571	Carlos CARIA	SEN M	205	<b>1:01:34</b>	1:01:19	06:07	KOTRAILRUNNING
440.	59	Sofia GOMES	SEN F	44	<b>1:01:54</b>	1:01:35	06:09	INDIVIDUAL
441.	70	Guilherme	SEN M	206	<b>1:02:00</b>	1:01:42	06:10	OS MAMUTES
442.	74	Nuno DIAS	SEN M	207	<b>1:02:14</b>	1:01:52	06:11	
443.	244	Paulo ALMEIDA	VET M45	35	<b>1:02:31</b>	1:02:31	06:15	
444.	243	Patricia OLIVEIRA	SEN F	45	<b>1:02:32</b>	1:02:20	06:14	
445.	236	Mariana OLIVEIRA	SEN F	46	<b>1:02:33</b>	1:02:20	06:14	
446.	186	Regina MOTA	VET F40	19	<b>1:02:40</b>	1:02:22	06:14	MOLINHAS TEAM
447.	344	Andre PINTO	SEN M	208	<b>1:02:40</b>	1:02:10	06:13	INDIVIDUAL
448.	245	Alexandre ALMEIDA	VET M45	36	<b>1:02:40</b>	1:02:22	06:14	MOLINHAS TEAM
449.	174	Marta FONSECA	VET F40	20	<b>1:02:51</b>	1:02:39	06:15	FLY RENT A CAR
450.	175	Joao MORTAGUA	VET M40	71	<b>1:02:52</b>	1:02:40	06:16	FLY RENT A CAR
451.	343	Vera SILVA	SEN F	47	<b>1:03:10</b>	1:02:44	06:16	INDIVIDUAL
452.	66	Jose SANTOS	VET M45	37	<b>1:03:19</b>	1:02:51	06:17	RUN&FUN
453.	382	Vanessa FORMIGO	SEN F	48	<b>1:03:21</b>	1:03:07	06:18	FIT&FUN
454.	563	Joana MARTINS	SEN F	49	<b>1:03:38</b>	1:03:19	06:19	FIT&FUN
455.	605	Manuela BARBOSA	VET F50	10	<b>1:03:38</b>	1:03:19	06:19	KOTRAILRUNNING
456.	387	Jorge OLIVEIRA	VET M60	12	<b>1:03:53</b>	1:03:44	06:22	BTTRAIN
457.	126	Jose GIRAO	VET M50	32	<b>1:03:57</b>	1:03:44	06:22	CMMC
458.	125	Paula TEIXEIRA	VET F40	21	<b>1:03:58</b>	1:03:37	06:21	CMMC
459.	473	Cesar CARVALHO	SEN M	209	<b>1:03:59</b>	1:03:51	06:23	X5 HEALTH CLUB
460.	462	Tania CORREIA	SEN F	50	<b>1:04:00</b>	1:03:53	06:23	X5 HEALTH CLUB
461.	463	Helder NICOLAU	SEN M	210	<b>1:04:00</b>	1:03:52	06:23	X5 HEALTH CLUB

# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
462.	453	Americo FONSECA	VET M45	38	<b>1:04:21</b>	1:04:21	06:26	X5 HEALTH CLUB
463.	460	Rui SILVA	SEN M	211	<b>1:04:21</b>	1:04:21	06:26	X5 HEALTH CLUB
464.	469	Carla SOFIA	VET F40	22	<b>1:04:21</b>	1:04:21	06:26	X5 HEALTH CLUB
465.	471	Ligia MARQUES	SEN F	51	<b>1:04:21</b>	1:04:21	06:26	X5 HEALTH CLUB
466.	497	Americo SANTOS	VET M45	39	<b>1:04:21</b>	1:04:21	06:26	X5 HEALTH CLUB
467.	452	Daiane BORBA	SEN F	52	<b>1:04:22</b>	1:04:22	06:26	X5 HEALTH CLUB
468.	468	Manuel SILVA	VET M50	33	<b>1:04:22</b>	1:04:22	06:26	X5 HEALTH CLUB
469.	607	Sara CARIA	SEN F	53	<b>1:05:07</b>	1:04:41	06:28	KOTRAILRUNNING
470.	372	Ana FIGUEIREDO	VET F40	23	<b>1:05:33</b>	1:05:10	06:31	INDIVIDUAL
471.	305	Rafael SANTOS	SEN M	212	<b>1:05:34</b>	1:05:11	06:31	RAFA
472.	304	Rogério SILVA	VET M45	40	<b>1:05:34</b>	1:05:11	06:31	ROGER
473.	384	Regina MARVAO	SEN M	213	<b>1:05:37</b>	1:05:18	06:31	
474.	146	Daniel FERRAZ	SEN M	214	<b>1:05:39</b>	1:05:39	06:33	
475.	346	Joao Paulo MOITA	SEN M	215	<b>1:06:05</b>	1:05:39	06:33	RUNFORESTRUN
476.	165	Miguel QUINTA	SEN M	216	<b>1:06:23</b>	1:06:09	06:36	CMMC ALB-A-VELHA E
477.	164	Cristina REDONDO	SEN F	54	<b>1:06:23</b>	1:06:09	06:36	
478.	115	Angela VIDAL	SEN F	55	<b>1:06:49</b>	1:06:35	06:39	CMMC DE ALBERGARIA
479.	465	Pedro FAMILIAR	SEN M	217	<b>1:06:55</b>	1:06:45	06:40	X5 HEALTH CLUB
480.	520	Mario DIAS	SEN M	218	<b>1:07:11</b>	1:06:57	06:41	X5 HEALTH CLUB
481.	110	Zelia ALVES	SEN F	56	<b>1:07:11</b>	1:06:46	06:40	
482.	515	Hugo FERREIRA	SEN M	219	<b>1:07:11</b>	1:06:57	06:41	X5 HEALTH CLUB
483.	428	Ana RAMALHO	SEN F	57	<b>1:07:45</b>	1:07:20	06:44	RAMALHOS
484.	40	Mariana MENDES	SEN F	58	<b>1:09:03</b>	1:08:38	06:51	
485.	71	Ivone NOVAIS	VET F40	24	<b>1:10:00</b>	1:09:46	06:58	CMMC
486.	223	Rafaela CASTRO	SEN F	59	<b>1:10:00</b>	1:09:46	06:58	CMMC
487.	360	Maria Joao PINHO	VET F40	25	<b>1:10:00</b>	1:09:45	06:58	INDIVIDUAL
488.	278	Margarida CAMPOS	VET F40	26	<b>1:10:04</b>	1:09:33	06:57	
489.	122	Angela ACOSTA	VET F40	27	<b>1:10:06</b>	1:09:44	06:58	
490.	120	Isaura COSTA	VET F50	11	<b>1:10:06</b>	1:09:52	06:59	CMMC ALBERGARIA A
491.	128	Helena	VET F50	12	<b>1:10:06</b>	1:09:45	06:58	CMMC
492.	127	Joao COVAS	VET M55	18	<b>1:11:01</b>	1:10:47	07:04	CMMC
493.	106	Iolanda BABO	SEN F	60	<b>1:11:01</b>	1:10:50	07:05	CMMC ALB-A-VELHA E
494.	285	Pedro MOREIRA	SEN M	220	<b>1:11:10</b>	1:10:37	07:03	
495.	284	Maria NOGUEIRA	SEN F	61	<b>1:11:11</b>	1:10:38	07:03	
496.	450	Sonia PINHO	SEN F	62	<b>1:13:18</b>	1:13:18	07:19	GINASIO GIM LINE
497.	117	Joana LEMOS	VET F40	28	<b>1:13:27</b>	1:13:03	07:18	VIVO NA FARRA
498.	118	Maria TAVARES	VET F40	29	<b>1:13:27</b>	1:13:02	07:18	VIVO NA FARRA
499.	119	Elsa PEREIRA	SEN F	63	<b>1:13:27</b>	1:13:03	07:18	VIVO NA FARRA
500.	67	Ana Isabel	SEN F	64	<b>1:14:10</b>	1:13:53	07:23	OS MAMUTES
501.	68	Luis FILIPE	SEN M	221	<b>1:14:10</b>	1:13:52	07:23	OS MAMUTES
502.	153	Ana Filipa BRANCO	SEN F	65	<b>1:14:12</b>	1:13:41	07:22	
503.	386	Deolinda ALVES	VET F50	13	<b>1:15:54</b>	1:15:45	07:34	SPORT CLUB

# CORRIDA CIDADE DE AVEIRO 2016

## Classificação geral

Class	Dorsal	Nome	Escalão	Class Esc	Tempo	Tempo chip	Ritmo	Equipa
504.	575	Marcia CABRAL	SEN F	66	1:17:24	1:16:58	07:41	KOTRAILRUNNING
DSQ	130	Alexandra OLIVEIRA	VET F40	-1	DSQ			LUSO-ATLANTICA SA
DSQ	108	Armenio NEVES	VET M60	-1	DSQ			INDIVIDUAL
DSQ	454	Pedro SILVA	SEN M	222	DSQ		03:01	X5 HEALTH CLUB
DSQ	338	Candida ROCHA	VET F50	14	DSQ		03:13	
DSQ	154	Carla RODRIGUES	VET F40	30	DSQ		03:36	
DSQ	35	Jacinta OLIVEIRA	SEN F	67	DSQ		04:45	NOKIA RUNNERS

Número de registos: 510

06/04/2016 - 15:23:04