



I Cross S. Salvador - Os Ílhavos

FPA **COMPETIÇÕES**

Ílhavo (Parque da Murteira) - 12/02/2023

Sub18/juvenis Fem (nasc. 2006/2007) 2500m | JUV - F | Dia 1

Série 1

1	Mariana Oliveira	2006	JUV	CAOB-A	0:09:44.86
2	Mariana Henriques	2006	JUV	JOBRA	0:10:44.24
3	Íris Vicente	2007	JUV	GRECAS	0:11:20.52
4	Nádia Morais	2007	JUV	ACRSD	0:11:59.95
5	Mariana Monteiro	2006	JUV	SCE	0:15:38.99

Sub18/juvenis Masc (nasc. 2006/2007) 2500m | JUV - M | Dia 1

Série 1

1	Duarte Vilas Boas	2007	JUV	CAOB-A	0:08:01.99
2	José Afonso	2007	JUV	CAOB-A	0:08:15.67
3	Rafael Fragoso	2006	JUV	SCE	0:08:44.89
4	Tomás Espadilha	2007	JUV	GRECAS	0:09:16.02
5	Eric Souza	2006	JUV	BRA ACDI	0:09:23.74
6	Micael Santos	2006	JUV	ACDI	0:09:33.92
7	Patrick Ribeiro	2006	JUV	SCE	0:10:22.52

Sub16/iniciados Fem (nasc. 2008/2009) 1400m | INI - F | Dia 1

Série 1

1	Catarina Sousa	2008	INI	SCE	0:08:49.67
2	Leticia Valente	2008	INI	ACDCVC	0:08:53.45
3	Joana Tavares	2008	INI	GJPB	0:09:12.30
4	Filipa Silva	2008	INI	SCE	0:09:15.02
5	Leonor Fernandes	2009	INI	SCE	0:09:48.77
6	Joana Pinto		INI	HM	0:10:40.77
7	Anna Federica Santos	2009	INI	ACDI	0:13:26.49

Sub16/iniciados Masc (nasc. 2008/2009) 1400m | INI - M | Dia 1

Série 1

1	João Rodrigues	2008	INI	ACDCVC	0:07:19.99
2	Fernando Margalho	2008	INI	ACRSD	0:07:57.33
3	Rúben Coelho	2008	INI	SCE	0:08:02.55
4	Diogo Pinho	2008	INI	ACDCVC	0:08:16.33
5	Rodrigo Nunes	2009	INI	CDC	0:08:27.61
6	Rúben Nibra	2009	INI	GRECAS	0:08:29.67
7	Gustavo Perry	2008	INI	GRECAS	0:09:08.39
8	Kirill Lyman	2009	INI	CDC	0:09:13.77
10	Duarte Pequeno	2008	INI	GRECAS	0:09:16.42
11	Pedro Henriques Pereira		INI	Os Ílhavos	0:09:22.05
12	Santiago Maciel	2009	INI	GRECAS	0:10:17.74
13	Afonso Oliveira	2009	INI	ACDI	0:10:18.05

Sub14/Infantis Fem (nasc. 2010/2011) 1000m | INF - F | Dia 1

Série 1

1	Ana Miguel Silva	2010	INF	SCE	0:07:06.05
2	Alícia Garcia	2010	INF	CPV ACRSD	0:07:15.14
3	Ana Rocha	2011	INF	ACDCVC	0:07:27.21
4	Beatriz Silva	2010	INF	CDFE	0:07:27.58
5	Ana Martins	2010	INF	JOBRA	0:07:45.92
6	Luísa Assunção	2010	INF	GJPB	0:07:51.80
7	Maria João Amaral	2010	INF	JOBRA	0:07:53.70
8	Maria Miguel Amorim	2010	INF	ACDI	0:08:00.70
9	Matilde Ferreira	2010	INF	CAOB-A	0:08:08.49
10	Maria Fernandes	2010	INF	GJPB	0:08:12.61
11	Francisca Pinto	2010	INF	JOBRA	0:08:25.30

12	Mafalda Nunes	2011	INF	GJPB	0:08:30.92
13	Margarida Pinho	2010	INF	ACDI	0:08:38.61
14	Gabriela Fragoso	2011	INF	SCE	0:09:18.17
15	Angella da Costa		INF	GRECAS	0:09:37.05
16	Mafalda Tavares	2011	INF	GJPB	0:09:42.95
17	Rita Almeida Ferreira		INF	ADCP	0:10:49.83
18	Gabriela Ferreira Carapinha		INF	ADCP	0:11:25.64

Sub14/Infantis Masc (nasc. 2010/2011) 1000m | INF - M | Dia 1

Série 1

1	Tiago Costa	2010	INF	ACVSM	0:06:46.39
2	Tiago Mêna	2010	INF	ACDI	0:06:57.08
3	Daniel Leal	2010	INF	CDC	0:07:05.14
4	Paulo Cruz	2010	INF	ACRSD	0:07:23.58
5	Jeremias Gil	2011	INF	CAOB-A	0:08:06.30

Benjamins B Fem (nasc. 2012/2013) 800m | BENJ B - F | Dia 1

Série 1

1	Mafalda Morais	2012	BENJ B	SCE	0:03:12.30
2	Laura Pequeno	2013	BENJ B	GRECAS	0:03:28.99
3	Sofia Duarte	2013	BENJ B	SCE	0:03:37.42
4	Irina Castro	2012	BENJ B	SCE	0:03:38.61
5	Aurora Nolasco	2013	BENJ B	CAOB-A	0:03:46.74
6	Letícia Oliveira	2014	BENJ A	JOBRA	0:03:48.30
7	Mengxin Mei	2013	BENJ B	CHN CAOB-A	0:03:58.95
8	Sara Bolle	2012	BENJ B	SCE	0:04:14.61
10	Francisca Loureiro	2013	BENJ B	ACDI	0:04:32.30

Benjamins B Masc (nasc. 2012/2013) 800m | BENJ B - M | Dia 1

Série 1

1	Santiago Oliveira	2013	BENJ B	GRECAS	0:03:02.14
2	Martim Oliveira	2012	BENJ B	JOBRA	0:03:04.55
3	Gustavo Oliveira	2012	BENJ B	CAOB-A	0:03:07.80
4	Gabriel Lima	2012	BENJ B	CAOB-A	0:03:08.80
5	Gonçalo Freitas	2012	BENJ B	GJPB	0:03:10.55
6	João Rebola		BENJ B	IND	0:03:19.49
7	Mateus Lima	2012	BENJ B	CAOB-A	0:03:21.08
8	André Pascoal	2013	BENJ B	ACDI	0:03:34.21
9	Pedro Mêna	2012	BENJ B	ACDI	0:03:44.30
10	Tomás Gonçalves	2012	BENJ B	CAOB-A	0:03:49.77
11	Gabriel Souza	2012	BENJ B	BRA ACDI	0:03:52.17

Benjamins A Fem (nasc. 2014/2017) 400m | BENJ A - F | Dia 1

Série 1

1	Margarida Almeida	2014	BENJ A	GRECAS	0:01:38.02
2	Juliana Almeida	2014	BENJ A	GRECAS	0:01:40.39
3	Francisca Leitão	2014	BENJ A	CAOB-A	0:01:44.24
4	Diana Oliveira	2016	BENJ A	JOBRA	0:01:56.14
5	Francisca Amaral	2014	BENJ A	JOBRA	0:02:00.89
6	Bruna Pinto	2015	BENJ A	GJPB	0:02:05.83
7	Graça Silva	2014	BENJ A	CAOB-A	0:02:08.52
8	Carolina Assunção	2014	BENJ A	GJPB	0:02:11.36
9	Kyara Vicente		BENJ A	GRECAS	0:02:16.02
10	Francisca Pedro		BENJ A	IND	0:02:21.33
11	Mariana Gil	2014	BENJ A	CAOB-A	0:02:24.24
12	Ana Eduarda Pinho	2015	BENJ A	ACDI	0:02:30.45
13	Beatriz Amorim	2015	BENJ A	ACDI	0:02:57.52



FEDERAÇÃO
PORTUGUESA
ATLETISMO

100 ANOS
1921 - 2021

Benjamins A Masc (nasc. 2014/2017) 400m | BENJ A - M | Dia 1**Série 1**

1	Martim Nunes	2014	BENJ A	GJPB	0:01:28.02
2	Diogo Ramos	2014	BENJ A	CAOB-A	0:01:37.14
3	Miguel Rebola		BENJ A	IND	0:01:43.64
4	João Costa	2014	BENJ A	ACVSM	0:01:45.24
5	Júlio Andrade	2016	BENJ A	ACDI	0:01:47.49
6	Manuel Abreu	2015	BENJ A	CDC	0:01:49.27
7	Francisco Neves	2015	BENJ A	CAOB-A	0:01:51.30
8	Gabriel Piorro	2016	BENJ A	ACDI	0:01:53.17
9	Gonçalo Rocha	2017	BENJ A	GRECAS	0:01:56.70
10	Vasco Perry		BENJ A	GRECAS	0:02:02.74
11	Stefano da Costa		BENJ A	GRECAS	0:02:07.05
12	Xavier Lemos	2016	BENJ A	CDC	0:02:15.36
13	Inês Seixas	2014	BENJ A	ACDI	0:02:16.61
14	Luís Oliveira	2015	BENJ A	CAOB-A	0:02:17.49
15	Simão Neiva		BENJ A	IND	0:03:15.61

Sub20/Seniores/Veteranos Fem 5000m | JUN a VET - F | Dia 1**Série 1**

1	Margarida Oliveira	2004	JUN	CDFE	0:23:29.74
2	Ana Marta Pinto	1991	SEN	SCBM	0:23:38.27
3	Sara Mendes	1990	SEN	GJPB	0:24:34.08
4	Joana Santos	2003	SUB-23	CDFE	0:24:42.14
5	Celeste Oliveira	1996	SEN	ACDCVC	0:25:00.89
7	Raquel Cirne	1997	SEN	AFIS	0:26:39.49
8	Ana Estrela	1981	VET 40	GRECAS	0:27:01.67
9	Ana Aleixo	1981	VET 40	JOBRA	0:27:39.36
10	Eduarda Vinagre	1972	VET 50	GDA	0:28:10.49
11	FÁTIMA PINHO		VET 55	ACDI	0:28:17.02
12	Elia Rodrigues	1984	VET 35	JOBRA	0:28:39.05
13	MARTA LOUREIRO		VET 40	ACDI	0:28:42.70
14	Suzete Marco	1972	VET 50	GRECAS	0:29:08.03
15	JOANA VALENTE		VET 35	ACDI	0:29:30.14
16	Marta Senos	1992	SEN	ACDI	0:29:48.11
17	Maria José Monteiro	2003	SUB-23	SCE	0:31:14.67
18	Marisa Ferreira	1982	VET 40	GJPB	0:32:14.95
19	Ana Madalena de Almeida Gomes Barbosa		SEN	IND	0:32:31.49
20	Sandra Pinto	1979	VET 40	JAM	0:35:01.27
21	Isabel Azevedo	1973	VET 45	ACDCVC	0:35:10.24
22	ELISABETH DA CRUZ		VET 50	ACDI	0:35:37.89
23	Sofia Marcos		SEN	ACDI	0:36:00.58
24	Patrícia Silva	1978	VET 40	ACDCVC	0:36:17.61
25	CATARINA SOARES		VET 40	ACDI	0:38:00.36
26	Ana Gonçalves		VET 55	IND	0:38:44.42

Sub20/Seniores/Veteranos Masc 5000m | JUN a VET - M | Dia 1**Série 1**

1	Vítor Oliveira	1981	VET 40	GDCG	0:18:31.36
2	Filipe Ferreira	1989	SEN	ACRVC	0:18:56.14
3	Nuno Miguel Costa	1981	VET 40	CDSSC	0:19:03.05
4	Matheus Pinto	2005	JUN	CAOB-A	0:19:55.24
5	Pedro Magalhães	1995	SEN	GDEVS	0:20:10.77
6	Ricardo Oliveira	1982	VET 40	JOBRA	0:20:28.49
7	Luís Silva	1977	VET 45	GDCG	0:20:30.27

8	Rui Ferreira	2004	JUN	SCE	0:21:07.99
9	António Oliveira	2005	JUN	ACDCVC	0:21:18.70
10	Alexandre Azevedo	1999	SEN	ARVOR	0:21:42.74
11	Jorge Valente	1994	SEN	ARVOR	0:21:45.33
12	Juan Oliveira	1978	VET 45	GRECAS	0:21:49.30
13	Daniel Gomes	1981	VET 40	JAM	0:21:55.45
14	Tiago Rosas	2001	SUB-23	SCE	0:22:01.67
15	Filipe Carvalho		VET 40	IND	0:22:06.27
16	Ricardo Pereira	2000	SEN	SCE	0:22:48.80
17	LUIS FERREIRA		VET 35	ACDI	0:23:05.61
18	Diogo Bastos	2004	JUN	ACDI	0:23:54.17
19	Márcio Dias	2005	JUN	SCE	0:23:09.67
20	Micael Alves	2004	JUN	ACDI	0:22:48.80
21	Louis Pires Da Cal	1996	SEN	ACDI	0:23:16.42
22	Mário Carvalho	1963	VET 55	CIMA	0:23:29.36
23	Carlos Marçalo	1987	VET 35	ACDI	0:23:33.36
24	Rui Gala		VET 35	IND	0:23:37.58
25	Abel Almeida	1973	VET 45	ACDCVC	0:23:52.80
26	António Martins	1986	VET 35	GJPB	0:23:54.17
27	MANUEL SÁ		VET 60	GDA	0:23:55.89
28	Tomás Almeida	2005	JUN	ACDCVC	0:24:00.64
29	Tiago Oliveira	2004	JUN	JAM	0:24:57.36
30	Ricardo Seromenho	1979	VET 40	JAM	0:24:57.89
31	José Proença	1977	VET 45	ACDI	0:25:10.05
32	Manuel Machado	1963	VET 55	GDA	0:25:10.58
33	João Paulo Ramalho	2002	SUB-23	ACDI	0:25:33.92
34	Justino Soares	1966	VET 55	JAM	0:25:39.70
35	Bruno Santiago	1983	VET 35	GJPB	0:25:45.33
36	Nuno Costa	1985	VET 35	JAM	0:25:52.17
37	Nuno Miguel Costa		SEN	Individual	0:26:21.11
38	Sérgio Almeida		VET 35	ACDI	0:26:38.55
39	Pedro Marques	1975	VET 45	GDA	0:26:46.52
40	MÁRIO MIGUEL FERREIRA		VET 45	ADCP	0:26:52.24
41	Francisco Soares	1960	VET 60	JOBRA	0:27:13.17
42	João Domingos	1960	VET 60	GRECAS	0:27:26.99
43	Vicente Pinto	1967	VET 55	JAM	0:27:27.77
44	Manuel Oliveira	1968	VET 50	JAM	0:27:59.45
45	Gilberto Pereira	1978	VET 40	GDA	0:28:11.08
46	JOÃO DONO		VET 55	ACDI	0:28:19.17
47	Hugo Sousa	1981	VET 40	GJPB	0:28:23.77
48	Pedro Laires		SEN	Individual	0:28:34.08
49	Sérgio		SUB-23	IND	0:28:37.30
50	André da Silva São Marcos		VET 35	CNAI	0:28:37.77
51	Hélder Martins	1983	VET 35	GJPB	0:28:49.74
52	Júlio Tomás Gomes Teixeira		SEN	IND	0:29:04.49
53	Valter Jacinto	1952	VET 70	GDA	0:29:29.64
54	Bruno Piorro	1985	VET 35	ACDI	0:29:31.80
55	João Barroco		VET 60	G.D.A.	0:30:17.77
56	João Eduardo Bonito Braga		VET 40	IND	0:30:18.64
57	Carlos Ortet	1973	VET 45	GDA	0:30:28.61
58	Hélder Rodrigues	1952	VET 70	ADREP	0:30:39.05
59	Paulo Manuel Oliveira Ramos		VET 50	GJPB	0:31:09.74
60	Álvaro Miguel de Almeida Gomes Barbosa		VET 45	IND	0:31:29.83
61	João Diogo SEmedo		SEN	Individual	0:33:27.24
62	Paulo Magano		VET 45	IND	0:33:27.64



Estatística Clubes

Sigla	Associação	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
-------	------------	-------------------------	------------------------	---------------------	----------------------------	---------------------------	------------------------



FEDERAÇÃO
PORTUGUESA
DE ATLETISMO



ANOS
1921 - 2021

Estatística Escalão

Escalão	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
BENJ A	10	13	23	10	13	23
BENJ B	10	8	18	10	8	18
INF	5	15	20	5	15	20
INI	11	6	17	11	6	17
JUV	7	5	12	7	5	12
JUN	8	1	9	8	1	9
SUB-23	2	2	4	2	2	4
SEN	6	5	11	6	5	11
VET 35	6	1	7	6	1	7
VET 40	7	5	12	7	5	12
VET 45	6	1	7	6	1	7
VET 50	1	2	3	1	2	3
VET 55	4	0	4	4	0	4
VET 60	2	0	2	2	0	2
VET 70	2	0	2	2	0	2
_NaoFederado	-	-	38	-	-	38



FEDERAÇÃO
PORTUGUESA
ATLETISMO

100 ANOS
1921 - 2021

Designação Clubes

Sigla

Nome

Associação



FEDERAÇÃO
PORTUGUESA
ATLETISMO



ANOS
1921 - 2021