

I São Silvestre de Lousada & São Silvestre da Pequenada 2015

Escalão: Benjamins A

Feminino

Nascidos entre 2006 , 2007 e 2008

Posição	Dorsal	Nome	Equipa
1	376	LARA MACHADO	União Desportiva de Várzea
2	138	MARCELA SILVA	Dragões do Vale de Vizela
3	137	CLÁUDIA RIBEIRO	Dragões do Vale de Vizela
4	346	RITA LOPES	NBA Barrosas
5	106	LARA MARTINS	A.D.LUSTOSA
6	232	LEONOR ROCHA	Individual
7	253	ARIANA BESSA	Individual
8	239	CAROLINA MOTA	Individual
9	334	MARTA SILVA	Individual
10	155	MARTA RICARDO	Individual
11	416	Pedro Moreno	
12	443	Sara Neto	
13	175	MARGARIDA AZEVEDO	Individual
14	282	ANA JOÃO	Individual
15	154	SARA FERREIRA	Individual
16	153	INÊS SOUSA	Individual
17	405	Ana Barbosa	
18	205	LUANA FERREIRA	Individual
19	197	ANA MOREIRA	Individual
20	268	ANA MORAIS	Individual
21	168	MARGARIDA SILVA	Individual
22	288	MATILDE LOPES	Individual
23	413	Rita Magalhães	
24	417	Letícia teixeira	
25	269	CÁTIA P.FARIA	Individual
26	243	MARIA LEAL	Individual
27	330	LARA FERNANDES	Individual
28	448	Diana Teixeira	
29	164	CRSITINA ALEXANDRA	Individual
30	150	MARIA MOTA	Individual
31	177	RAFAELA SOARES	Individual
32	309	CATARINA SOUSA	Individual
33	305	INÊS MARQUES	Individual
34	406	Martina Faria	
35	446	Matilde Carvalho	
36	152	MARIA SILVA	Individual
37	267	LARA FERREIRA	Individual
38	229	LUANA OLIVEIRA	Individual

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Escalão: **Benjamins A**

Masculino

Nascidos entre 2006 , 2007 e 2008

Posição	Dorsal	Nome	Equipa
1	440	Gonçalo Marques	
2	335	RODRIGO BARROS	Jose costa
3	337	PEDRO JESUS	lousada runners
4	390	HENRIQUE TELES	União Desportiva de Várzea
5	161	JOSÉ CUNHA	Individual
6	199	GUILHERME MARQUES	Individual
7	441	Gabriel Magalhães	
8	344	ANDRÉ NUNES	NBA Barrosas
9	343	HERDER SILVA	NBA Barrosas
10	180	MARTIM ROCHA	Individual
11	284	DIOGO GRANJA	Individual
12	407	Alexandre Dias	
13	298	JOSÉ MAGALHÃES	Individual
14	249	GONÇALO PACHECO	Individual
15	107	JORGE MARTINS	A.D.LUSTOSA
16	163	JOÃO MONTEIRO	Individual
17	314	DIOGO MORAIS	Individual
18	101	BRUNO CUNHA	A.D.LUSTOSA
19	202	JOSÉ MARTINS	Individual
20	187	MIGUEL PINTO	Individual
21	172	PAULO FRANCISCO	Individual
22	415	RODRIGO RIBEIRO	Individual
23	241	DAVID FARIA	Individual
24	307	LEONARDO SABROSO	Individual
25	329	LEANDRO VIEIRA	Individual
26	322	TIAGO BESSA	Individual
27	401	Afonso Camelo	
28	287	RAFAEL SOUSA	Individual
29	292	RODRIGO ROCHA	Individual
30	285	HENRIQUE FERREIRA	Individual
31	185	MIGUEL NETO	Individual
32	174	TOMÁS MEIRELES	Individual
33	402	Duarte Camelo	
34	281	GONÇALO MAGALHÃES	Individual
35	156	GONÇALO PEREIRA	Individual
36	325	GONÇALO PEREIRA	Individual
37	144	RAFAEL SECA	Fafe Runners
38	277	NUNO ALMEIDA	Individual
39	157	GONÇALO MEIRELES	Individual
40	319	JOÃO MAGALHÃES	Individual
41	310	FRANCISCO SOUSA	Individual
42	260	JOANA COSTA	Individual

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Escalão: **Benjamins A**

Masculino

Nascidos entre 2006 , 2007 e 2008

Posição	Dorsal	Nome	Equipa
43	270	TOMÁS MOREIRA	Individual
44	293	GUILHERME TEIXEIRA	Individual
45	258	RICARDO FERREIRA	Individual
46	188	RODRIGO MARQUES	Individual
47	162	MICHAEL CUNHA	Individual
48	256	GUILHERME	Individual
49	275	ALEXANDRE MELO	Individual
50	182	SIMÃO ALVES	Individual
51	176	MARCO SILVA	Individual
52	179	FRANCISCA ROCHA	Individual
53	183	DANIEL RIBEIRO	Individual
54	167	DINIS BATISTA	Individual
55	317	RODRIGO FERREIRA	Individual
56	295	ANDRÉ RIBEIRO	Individual
57	240	GONÇALO OLIVEIRA	Individual
58	160	FRANCISCO PINTO	Individual
59	409	Pedro Pinto	

I São Silvestre de Lousada & São Silvestre da Pequeneda 2015

Escalão: **Benjamins B**

Feminino

Nascidos entre 2004 e 2005

Posição	Dorsal	Nome	Equipa	DataNasc
1	142	ANA TALAGAIA	Dragões do Vale de Vizela	26-01-2004
2	349	BEATRIZ OLIVEIRA	NBA Barrosas	17-01-2005
3	348	LARA FARIA	NBA Barrosas	22-05-2005
4	347	JÉSSICA SILVA	NBA Barrosas	05-01-2005
5	449	Sofia Meneses	Individual	06-02-2005
6	217	DIANA MAGALHÃES	Individual	04-07-2004
7	444	Isabel Neto	Individual	21-02-2001
8	198	RITA MOURA	Individual	11-03-2008
9	410	Ana Neto	Individual	19-11-2004
10	350	PAULA MOREIRA	NBA Barrosas	19-10-2005

I São Silvestre de Lousada & São Silvestre da Pequenada 2015

Escalão: **Benjamins B**

Masculino

Nascidos entre 2004 e 2005

Posição	Dorsal	Nome	Equipa
1	133	LUCAS PINTO	Dragões do Vale de Vizela
2	400	JOÃO BESSA	União Desportiva de Várzea
3	360	FRANCISCO OLIVEIRA	NBA Barrosas
4	134	JOÃO CARDOSO	Dragões do Vale de Vizela
5	340	FABIO SILVA	NBA Barrosas
6	445	Nuno Silva	Individual
7	313	RICARDO GOMES	Individual
8	236	ÓSCAR RIBEIRO	Individual
9	233	PEDRO ROCHA	Individual
10	102	LUIS FERREIRA	A.D.LUSTOSA
11	226	RICARDO MENESES	Individual
12	227	AFONSO PIRES	Individual
13	225	SIMÃO FREITAS	Individual
14	341	JOÃO MARTINS	NBA Barrosas
15	339	DOMINGOS GAUDENCIO	NBA Barrosas
16	442	Pedro Cardoso	Individual
17	411	Francisco Silva	Individual

I São Silvestre de Lousada & São Silvestre da Pequenada 2015

Escalão: **Infantis**

Feminino

Nascidos entre 2002 e 2003

Posição	Dorsal	Nome	Equipa
1	130	PATRÍCIA MARTINS	Dragões do Vale de Vizela
2	368	FILIPA LOPES	União Desportiva de Várzea
3	355	INES SILVA	NBA Barrosas
4	113	ANA GUIMARAES	A.D.LUSTOSA
5	373	VÂNIA SILVA	União Desportiva de Várzea
6	374	SOFIA AIRES	União Desportiva de Várzea
7	375	RAQUEL SAMPAIO	União Desportiva de Várzea
8	105	FILIPA RODRIGUES	A.D.LUSTOSA
9	117	FRANCISCA SANTOS	C. D. S. Salvador do Campo
10	139	ANA MAGALHÃES	Dragões do Vale de Vizela
11	112	LEONOR COSTA	A.D.LUSTOSA
12	404	Carolina Camelo	
13	353	BRUNA RIBEIRO	NBA Barrosas

I São Silvestre de Lousada & São Silvestre da Pequenada 2015

Escalão: **Infantis**

Masculino

Nascidos entre 2002 e 2003

Posição	Dorsal	Nome	Equipa
1	371	RÚBEN PIRES	União Desportiva de Várzea
2	110	PEDRO NOGUEIRA	A.D.LUSTOSA
3	108	JOAO CARDOSO	A.D.LUSTOSA
4	228	LEANDRO FERNANDES	Individual
5	224	Flávio Rafael Bessa	Individual
6	356	TIAGO NUNES	NBA Barrosas
7	103	TIAGO RODRIGUES	A.D.LUSTOSA
8	385	RÚBEN SAMPAIO	União Desportiva de Várzea
9	366	JOÃO GOMES	Team tonisports
10	143	DIOGO SECA	Fafe Runners
11	230	NELSON NETO	Individual
12	336	RODRIGO BARROS	Jose costa

I São Silvestre de Lousada & São Silvestre da Pequenada 2015

Escalão: **Iniciados**

Feminino

Nascidos entre 2000 e 2001

Posição	Dorsal	Nome	Equipa
1	395	MARTA SILVA	União Desportiva de Várzea
2	396	TATIANA COSTA	União Desportiva de Várzea
3	141	BRUNA MONTEIRO	Dragões do Vale de Vizela
4	397	JOANA MIDÃO	União Desportiva de Várzea
5	104	LEANDRA NETO	A.D.LUSTOSA
6	216	MARIANA VIEIRA	Individual
7	234	JOANA REGADAS	Individual

I São Silvestre de Lousada & São Silvestre da Pequeneda 2015

Escalão: Iniciados

Masculino

Nascidos entre 2000 e 2001

Posição	Dorsal	Nome	Equipa
1	364	ANDRE SOUSA	NUCLEO ATLETISMO DE CUCUJÃES
2	135	MARCO MAGALHÃES	Dragões do Vale de Vizela
3	389	HUGO TELES	União Desportiva de Várzea
4	352	BRUNO NETO	NBA Barrosas
5	399	RICARDO SAMPAIO	União Desportiva de Várzea
6	377	RICARDO RIBEIRO	União Desportiva de Várzea
7	100	BERNARDO OLIVEIRA	A.D.LUSTOSA
8	354	DIOGO FERREIRA	NBA Barrosas

I São Silvestre de Lousada & São Silvestre da Pequeneda 2015

Escalão: **Juvenis**

Feminino

Nascidos entre 1998 e 1999

Posição	Dorsal	Nome	Equipa
1	378	ANABELA PAIVA	União Desportiva de Várzea
2	111	ANA NUNES	A.D.LUSTOSA
3	412	Diana Pereira	Individual
4	116	CATIA GONÇALVES	A.D.LUSTOSA

I São Silvestre de Lousada & São Silvestre da Pequeneda 2015

Escalão: **Juvenis**

Masculino

Nascidos entre 1998 e 1999

Posição	Dorsal	Nome	Equipa
1	115	JOAO SILVA	A.D.LUSTOSA

1ª Corrida São Silvestre de Lousada

Classificação Geral Masculina

10,00 Km.

Pos.	Dor.	Nome	Equipa	Cat.	Pos.	Tempo	T/Km.	Dif.
1	1126	SILVA, TIAGO	NUCLEO ATLETISMO DE CU	SEN_M	1	32:28.33	03:15	
2	1214	MONTEIRO, CARLOS	Dragões do Vale de Vizela	V40_M	1	32:48.43	03:17	0:00:20
3	1222	OLIVEIRA, HÉLDER	Dragões do Vale de Vizela	SEN_M	2	32:51.85	03:17	0:00:24
4	1181	SANTOS, PEDRO	Individual	SEN_M	3	33:00.12	03:18	0:00:32
5	1280	Fernandes, Adelino	Individual	V40_M	2	33:27.97	03:21	0:01:00
6	1127	SILVA, JOSÉ	NUCLEO ATLETISMO DE CU	V45_M	1	33:53.84	03:23	0:01:26
7	1184	GONÇALVES, FERNANDO	Fafe Runners	V50_M	1	34:15.50	03:26	0:01:47
8	1023	PINTO, FLÁVIO	Ásperos & AM	SEN_M	4	35:10.53	03:31	0:02:43
9	1265	LUZ, JORGE	Boavista FC	V50_M	2	35:13.71	03:31	0:02:46
10	1284	Soares, Pedro	Individual	SEN_M	5	35:30.36	03:33	0:03:02
11	1107	REAL, JOSE	PARQUE TODO O ANO - VIZ	SEN_M	6	35:38.06	03:34	0:03:10
12	1197	MOURA, TIAGO	Individual	SEN_M	7	35:44.41	03:34	0:03:16
13	1122	GONÇALVES, LUIS	A.D.LUSTOSA	JUN_M	1	35:50.67	03:35	0:03:23
14	1227	SILVA, ADÃO	F.C.PENAFIEL	V50_M	3	35:55.51	03:36	0:03:28
15	1291	Teixeira, Horácio	Individual	V60_M	1	35:59.67	03:36	0:03:32
16	1293	Bessa, Luís	Dragões do Vale de Vizela	SEN_M	8	36:10.26	03:37	0:03:42
17	1074	SANTOS, JOSE	Individual	V55_M	1	36:16.83	03:38	0:03:49
18	1000	MOURA, CARLOS	Individual	SEN_M	9	36:23.39	03:38	0:03:55
19	1178	RIBEIRO, BRUNO	NBA Barrosas	JUN_M	2	36:36.40	03:40	0:04:08
20	1004	CAMILO, EDUARDO	Individual	SEN_M	10	36:36.77	03:40	0:04:09
21	1246	PINTO, TIAGO	Individual	SEN_M	11	36:47.95	03:41	0:04:20
22	1021	CARVALHO, JOSÉ	Ásperos & AM	SEN_M	12	36:51.04	03:41	0:04:23
23	1283	Sousa, Marco	Individual	SEN_M	13	37:08.28	03:43	0:04:40
24	1115	JESUS, ANTONIO	lousada runners	V45_M	2	37:10.00	03:43	0:04:42
25	1183	SECA, ALBANO	Fafe Runners	V40_M	3	37:20.81	03:44	0:04:53
26	1123	ALMEIDA, FERNANDO	F.C.PENAFIEL	V45_M	3	37:21.79	03:44	0:04:54
27	1217	FERREIRA, JOSÉ	A.D.LUSTOSA	V50_M	4	37:22.94	03:44	0:04:55
28	1147	FERNANDES, ALIPIO	Petro Basto	V50_M	5	37:30.42	03:45	0:05:02
29	1165	PEDROSA, FERNANDO	Individual	V50_M	6	37:33.33	03:45	0:05:05
30	1166	PEDROSA, DIOGO	Individual	SEN_M	14	37:35.53	03:46	0:05:08
31	1014	REIS, TELMO	LOUSADA RUNNERS	SEN_M	15	37:38.20	03:46	0:05:10
32	1119	CARDOSO, TELMO	A.D.LUSTOSA	V40_M	4	37:41.02	03:46	0:05:13
33	1176	FERNANDES, FLÁVIO	NBA Barrosas	V45_M	4	37:51.25	03:47	0:05:23
34	1053	GONÇALVES, CESAR	Lousada Runners	SEN_M	16	38:00.15	03:48	0:05:32
35	1281	COELHO, MIGUEL	União Desportiva de Várzea	SEN_M	17	38:08.12	03:49	0:05:40
36	1017	MENDES, HÉLDER	Individual	SEN_M	18	38:17.34	03:50	0:05:49
37	1133	RIBEIRO, GONÇALO	Individual	SEN_M	19	38:19.39	03:50	0:05:51
38	1186	147373603, FERNANDO	Individual	V60_M	2	38:37.56	03:52	0:06:10
39	1052	BAPTISTA, ANDRE	Individual	SEN_M	20	38:43.14	03:52	0:06:15
40	1148	OLIVEIRA, JOSÉ	Petro Basto	V50_M	7	38:47.58	03:53	0:06:20
41	1106	COELHO, JOSE	PARQUE TODO O ANO - VIZ	V50_M	8	39:00.54	03:54	0:06:33
42	1045	REGADAS, ADÃO	Individual	V50_M	9	39:08.49	03:55	0:06:40
43	1103	OLIVEIRA, NUNO	Individual	SEN_M	21	39:11.20	03:55	0:06:43

44	1170 MONTEIRO, SÉRGIO	CIA Alpendorada	SEN_M	22	39:12.39	03:55	0:06:44
45	1300 Rocha, Alberto	Individual	V40_M	5	39:18.14	03:56	0:06:50
46	1203 CARNEIRO, PAULO	A. S. H. de Monte Córdova	V45_M	5	39:29.35	03:57	0:07:01
47	1077 OLIVEIRA, AUGUSTO	Paredes Aventura	V40_M	6	39:30.81	03:57	0:07:03
48	1033 MOREIRA, ANTONIO	Individual	V40_M	7	39:30.92	03:57	0:07:03
49	1057 OLIVEIRA, RUI	Individual	SEN_M	23	39:40.57	03:58	0:07:13
50	1196 CUNHA, VITOR	Individual	SEN_M	24	39:47.13	03:59	0:07:19
51	1088 PEREIRA, ANTONIO	Individual	V45_M	6	39:49.09	03:59	0:07:21
52	1082 GONÇALVES, CESAR	Privilege Seguros	SEN_M	25	39:49.31	03:59	0:07:21
53	1289 Ferreira, Bernardino	Individual	V50_M	10	39:51.39	03:59	0:07:23
54	1210 SILVARES, JOAQUIM	Individual	V40_M	8	39:51.47	03:59	0:07:23
55	1182 CORREIA, JOÃO	Lousada Runners	V45_M	7	39:54.18	03:59	0:07:26
56	1240 FREITAS, MANUEL	Individual	V45_M	8	40:01.43	04:00	0:07:33
57	1128 SOUSA, RICARDO	Individual	SEN_M	26	40:04.30	04:00	0:07:36
58	1179 ALMEIDA, JOSÉ	Individual	V55_M	2	40:08.67	04:01	0:07:41
59	1091 MARTINS, MANUEL	Individual	V40_M	9	40:15.03	04:02	0:07:47
60	1177 VAZ, MARCO	NBA Barrosas	SEN_M	27	40:28.81	04:03	0:08:01
61	1089 CARVALHO, LUÍS	Lousada Runners	SEN_M	28	40:30.50	04:03	0:08:02
62	1079 PEREIRA, MANUEL	Lousada Runners	V45_M	9	40:33.97	04:03	0:08:06
63	1086 COSTA, JOSE	lousada runners	SEN_M	29	40:34.08	04:03	0:08:06
64	1261 MARQUES, ABILIO	Unidade Especial de Corrida	V55_M	3	40:34.50	04:03	0:08:06
65	1108 PEDROSO, RUI	Individual	SEN_M	30	40:40.41	04:04	0:08:12
66	1038 SAMPAIO, PAULO	Lousada Runners	SEN_M	31	40:42.96	04:04	0:08:15
67	1146 CAMILO, HELDER	Paredes Aventura	SEN_M	32	40:43.51	04:04	0:08:16
68	1202 TAVARES, JOÃO	Individual	SEN_M	33	40:50.40	04:05	0:08:22
69	1288 Pereira, Joaquim	Grupo Recreativo Estrela do Boi	V60_M	3	40:51.98	04:05	0:08:24
70	1201 8_MATOS, AGOSTINHO	MOTOBMARRETAS	SEN_M	34	40:54.95	04:05	0:08:27
71	1096 GOMES, ANTÓNIO	Team tonisports	V45_M	10	40:56.73	04:06	0:08:29
72	1134 ROCHA, CARLOS	Individual	SEN_M	35	41:00.81	04:06	0:08:33
73	1066 COUTO, RENATO	Individual	SEN_M	36	41:04.11	04:06	0:08:36
74	1058 LEITE, ANTÓNIO	RunTeam CHP	SEN_M	37	41:04.67	04:06	0:08:37
75	1295 Carvalho, Fábio	Individual	SEN_M	38	41:17.82	04:08	0:08:50
76	1175 NUNES, FERNANDO	Individual	V40_M	10	41:22.56	04:08	0:08:55
77	1007 MATOS, RUI	Individual	SEN_M	39	41:26.89	04:09	0:08:59
78	1159 CUNHA, EUGENIO	Individual	V40_M	11	41:42.22	04:10	0:09:14
79	1099 OLIVEIRA, ANTÓNIO	Lousada Runners	V55_M	4	42:06.00	04:13	0:09:38
80	1145 NUNO, #Erro	Padaria Delicia	SEN_M	40	42:06.54	04:13	0:09:39
81	1139 FARIA, JOSÉ	Individual	V40_M	12	42:09.13	04:13	0:09:41
82	1008 COSTA, BELMIRO	Individual	V50_M	11	42:11.28	04:13	0:09:43
83	1020 FERNANDO, FERNANDO	Lince Runners	SEN_M	41	42:16.56	04:14	0:09:49
84	1172 MENDES, TIAGO	Individual	V45_M	11	42:19.00	04:14	0:09:51
85	1029 FREITAS, PAULO	Individual	SEN_M	42	42:22.45	04:14	0:09:54
86	1247 MONTEIRO, AUGUSTO	Amigos de Penafiel	V55_M	5	42:27.37	04:15	0:09:59
87	1206 GUIMARAES, NELSON	apolis	SEN_M	43	42:31.63	04:15	0:10:04
88	1026 DEVEZA, HÉLDER	Individual	V40_M	13	42:31.95	04:15	0:10:04
89	1062 FERREIRA, JOSE	Individual	V40_M	14	42:35.28	04:16	0:10:07
90	1200 MONTEIRO, MODESTO	C. I. A. ALPENDURADA	V55_M	6	42:36.08	04:16	0:10:08
91	1252 Cunha, Bruno	Vizela 2	SEN_M	44	42:39.26	04:16	0:10:11
92	1199 VIEIRA, PEDRO	C. I. A. ALPENDURADA	SEN_M	45	42:42.00	04:16	0:10:14
93	1095 CARNEIRO, SÉRGIO	Individual	SEN_M	46	42:48.97	04:17	0:10:21

94	1260 COUTO, JOÃO	Individual	V45_M	12	42:48.97	04:17	0:10:21
95	1267 CRUZ, JOSÉ	AFONSINOS	V40_M	15	42:53.46	04:17	0:10:25
96	1136 RIBEIRO, BRUNO	Lousada Runners	SEN_M	47	42:53.78	04:17	0:10:26
97	1160 NARCISO, MARIO	Os do Podio	SEN_M	48	43:03.95	04:18	0:10:36
98	1257 CUNHA, BRUNO	Vizela 2	SEN_M	49	44:08.70	04:25	0:11:41
99	1102 NETO, JOSÉ	Individual	V40_M	16	44:12.97	04:25	0:11:45
100	1105 PEDROSO, RICARDO	Individual	SEN_M	50	44:14.03	04:25	0:11:46
101	1081 CARVALHO, FILIPE	Privilege Seguros	SEN_M	51	44:14.71	04:25	0:11:47
102	1161 CRESPO, MIGUEL	Os do Podio	SEN_M	52	44:15.21	04:26	0:11:47
103	1277 OLIVEIRA, JOÃO	Individual	SEN_M	53	44:15.64	04:26	0:11:48
104	1226 MIRANDA, LUÍS	Individual	SEN_M	54	44:42.68	04:28	0:12:15
105	1002 DIAS, LUÍS	Individual	V45_M	13	44:43.97	04:28	0:12:16
106	1044 RIBEIRO, TIAGO	Individual	SEN_M	55	44:48.73	04:29	0:12:21
107	1042 MOREIRA, LINO	Os TurboMula	V60_M	4	44:51.68	04:29	0:12:24
108	1238 Sousa, Luís	CAL - Clube Automóvel de Lou	SEN_M	56	44:54.16	04:29	0:12:26
109	1185 SILVA, BERNARDINO	Padaria Delicia	V50_M	12	44:56.83	04:30	0:12:29
110	1034 PINTO, DAVIDE	Individual	SEN_M	57	44:58.17	04:30	0:12:30
111	1263 GONÇALVES, ANTÓNIO	Lusitanusteam	SEN_M	58	45:09.96	04:31	0:12:42
112	1264 PEREIRA, ADELINO	Vizela 2	V40_M	17	45:13.13	04:31	0:12:45
113	1037 RAMOS, LEANDRO	Lusos XXI	SEN_M	59	45:19.55	04:32	0:12:52
114	1059 SOUSA, PAULO	RunTeam CHP	V40_M	18	45:22.26	04:32	0:12:54
115	1090 FONSECA, JORGE	Individual	V50_M	13	45:35.83	04:34	0:13:08
116	1205 PACHECO, JORGE	apolis	V45_M	14	45:39.11	04:34	0:13:11
117	1228 VAZ, FILIPE	Individual	SEN_M	60	45:49.96	04:35	0:13:22
118	1040 MOREIRA, MÁRCIO	Individual	SEN_M	61	45:52.00	04:35	0:13:24
119	1001 MARQUES, RICARDO	Individual	SEN_M	62	45:53.31	04:35	0:13:25
120	1275 SOUSA, LUÍS	Individual	SEN_M	63	46:00.14	04:36	0:13:32
121	1027 MARQUES, EDUARDO	Lousada Runners	V55_M	7	46:05.54	04:37	0:13:38
122	1016 COUTO, JOEL	Individual	SEN_M	64	46:12.80	04:37	0:13:45
123	1068 SOUSA, ANTÓNIO	Individual	V55_M	8	46:16.46	04:38	0:13:48
124	1142 LOPES, PAULO	Individual	SEN_M	65	46:24.69	04:38	0:13:57
125	1138 DUARTE, DAMIÃO	Individual	SEN_M	66	46:24.84	04:38	0:13:57
126	1015 NUNES, ANTONIO	Individual	V55_M	9	46:27.72	04:39	0:14:00
127	1243 RIBEIRO, ANTONIO	Lusitanusteam	V50_M	14	46:28.88	04:39	0:14:01
128	1268 DIAS, CAMILO	AFONSINOS	V40_M	19	46:56.67	04:42	0:14:29
129	1061 MARQUES, TELMO	Lousada Runners	SEN_M	67	47:00.90	04:42	0:14:33
130	1150 MATOS, EDUARDO	Individual	V60_M	5	47:07.09	04:43	0:14:39
131	1256 MAIA, FERNANDO	Individual	V50_M	15	47:24.23	04:44	0:14:56
132	1101 ALMEIDA, NUNO	Individual	SEN_M	68	47:24.75	04:44	0:14:57
133	1285 Teixeira, João	Individual	SEN_M	69	47:24.85	04:44	0:14:57
134	1131 SILVA, HUGO	Individual	SEN_M	70	47:44.86	04:46	0:15:17
135	1250 SILVA, ANÍBAL	Grupo Desportivo Ciclismo do V	V50_M	16	47:53.56	04:47	0:15:26
136	1041 RIBEIRO, CARLOS	Individual	SEN_M	71	47:57.59	04:48	0:15:30
137	1129 OLIVEIRA, NELSON	Lousada Runners	SEN_M	72	48:05.70	04:49	0:15:38
138	1254 FERREIRA, JOSÉ	Individual	JUN_M	3	48:08.08	04:49	0:15:40
139	1046 CORREIA, VITOR	Individual	SEN_M	73	48:17.95	04:50	0:15:50
140	1221 TEIXEIRA, MANUEL	Lousada Runners	V50_M	17	49:00.41	04:54	0:16:32
141	1018 MARIA, ANTÓNIO	Individual	V50_M	18	49:34.87	04:57	0:17:07
142	1287 Oliveira, João	Individual	SEN_M	74	49:37.05	04:58	0:17:09
143	1162 VENTUZELOS, JOÃO	Individual	JUN_M	4	49:37.31	04:58	0:17:09

144	1273 LOPES, PAULO	Vizela 2	V40_M	20	49:40.23	04:58	0:17:12
145	1219 SOUSA, JOÃO	Individual	SEN_M	75	49:43.00	04:58	0:17:15
146	1125 GONZAGA, JORGE	Individual	SEN_M	76	49:46.39	04:59	0:17:18
147	1152 MARTINS, HEITOR	CHP Run Team	SEN_M	77	49:47.46	04:59	0:17:19
148	1060 SOUSA, JOSÉ	RunTeam CHP	V45_M	15	50:25.08	05:03	0:17:57
149	1231 SIMÃO, JORGE	CAL - Clube Automóvel de Lou	V50_M	19	50:56.66	05:06	0:18:29
150	1151 TAVARES, DOMINGOS	Individual	V55_M	10	50:57.19	05:06	0:18:29
151	1114 COSTA, FILIPE	Individual	SEN_M	78	51:04.65	05:06	0:18:37
152	1253 RIBEIRO, RUI	Individual	V40_M	21	51:19.56	05:08	0:18:52
153	1163 VENTUZELOS, JOSÉ	Individual	V45_M	16	51:20.54	05:08	0:18:53
154	1220 GOUVEIA, VALDEMAR	Individual	SEN_M	79	51:29.67	05:09	0:19:02
155	1245 VASCONCELOS, RICARDO	Individual	SEN_M	80	51:29.91	05:09	0:19:02
156	1244 NOGUEIRA, LUÍS	Individual	V40_M	22	51:30.29	05:09	0:19:02
157	1109 OLIVEIRA, ARMANDO	Lousada Runners	V55_M	11	52:37.97	05:16	0:20:10
158	1154 SA, PAULO	CHP Run Team	SEN_M	81	52:41.66	05:16	0:20:14
159	1153 ALMEIDA, JOAQUIM	CHP Run Team	SEN_M	82	52:41.70	05:16	0:20:14
160	1278 Leal, Nuno		SEN_M	83	52:43.25	05:16	0:20:15
161	1005 PEREIRA, PAULO	Team 2007	SEN_M	84	52:54.18	05:17	0:20:26
162	1013 ALVES, HELDER	Individual	SEN_M	85	53:00.10	05:18	0:20:32
163	1141 DUARTE, NUNO	Individual	SEN_M	86	53:12.09	05:19	0:20:44
164	1043 RIBEIRO, JOSÉ	Individual	SEN_M	87	53:37.70	05:22	0:21:10
165	1116 MAGALHÃES, ALFREDO	Individual	V50_M	20	54:40.42	05:28	0:22:12
166	1225 Barbosa, Carlos		SEN_M	88	56:47.91	05:41	0:24:20
167	1055 LEAL, CARLOS	familiapatanisca.blogspot.com	SEN_M	89	57:05.57	05:43	0:24:38
168	1067 SERAFIM, PEDRO	Individual	SEN_M	90	57:38.28	05:46	0:25:10
169	1173 MAGALHÃES, FRANCISCO	Individual	JUN_M	5	58:10.44	05:49	0:25:42
170	1011 RIBEIRO, RUI	Individual	V40_M	23	58:24.92	05:50	0:25:57
171	1195 SOARES, VITOR	Individual	V40_M	24	59:48.78	05:59	0:27:21
172	1070 GARCIA, LUÍS	Individual	SEN_M	91	1:00:13.50	06:01	0:27:46
173	1071 MOREIRA, FILIPE	Individual	SEN_M	92	1:00:13.55	06:01	0:27:46
174	1292 Teixeira, Raúl		V50_M	21	1:01:02.64	06:06	0:28:35
175	1167 MIRANDA, NUNO	Individual	SEN_M	93	1:01:19.05	06:08	0:28:51
176	1294 Nunes, Luís		V55_M	12	1:01:40.99	06:10	0:29:13
177	1255 TAIPA, ARMANDO	Família Taipa/Ventura	SEN_M	94	1:02:22.11	06:14	0:29:54
178	1224 VALINHAS, VITOR	Lousada Runners	V50_M	22	1:03:52.20	06:23	0:31:24

1ª Corrida São Silvestre de Lousada

Classificação Geral Feminina

10,00 Km.

Pos.	Dor. Nome	Equipa	Cat.	Pos.	Tempo	T/Km.	Dif.
1	1075 FREITAS, CRISTINA	Lousada Runners	JUN_F	1	35:46.88	03:35	
2	1282 NUNES, CARLA	A.D.LUSTOSA	JUN_F	2	38:06.45	03:49	0:02:19
3	1270 SOUSA, GISELA	Individual	SEN_F	1	42:38.43	04:16	0:06:51
4	1271 SOUSA, MARGARIDA	Individual	V40_F	1	42:38.45	04:16	0:06:51
5	1031 ALMEIDA, SUSANA	Individual	SEN_F	2	42:54.68	04:17	0:07:08
6	1032 TEIXEIRA, MARISA	Individual	SEN_F	3	42:55.41	04:18	0:07:08
7	1132 RUNNERS, ANTÓNIA	Lousada Runners	V40_F	2	43:33.89	04:21	0:07:47
8	1279 Teixeira, Frederico		SEN_F	4	43:58.49	04:24	0:08:11
9	1274 SOUSA, CARLA	Individual	SEN_F	5	44:15.93	04:26	0:08:29
10	1073 FERNANDES, MÓNICA	Lousada Runners	V40_F	3	45:35.31	04:34	0:09:48
11	1249 SOUSA, FÁTIMA	Dragões do Vale de Vizela	V40_F	4	45:42.07	04:34	0:09:55
12	1051 GOMES, HELENA	Individual	V40_F	5	46:09.80	04:37	0:10:23
13	1078 MELO, ESMERALDA	FKC A-TEAM	V50_F	1	46:42.73	04:40	0:10:56
14	1158 SOARES, SILVIA	Os do Podio	SEN_F	6	47:42.28	04:46	0:11:55
15	1169 CARDOSO, ELSA	Os do Podio	SEN_F	7	47:43.55	04:46	0:11:57
16	1087 COSTA, PATRICIA	lousada runners	SEN_F	8	47:48.91	04:47	0:12:02
17	1155 COSTA, ANDREIA	Individual	SEN_F	9	47:52.33	04:47	0:12:05
18	1156 SOUSA, MANUELA	Individual	V40_F	6	47:59.49	04:48	0:12:12
19	1124 MENDONÇA, CECÍLIA	Individual	SEN_F	10	49:46.52	04:59	0:14:00
20	1094 CORREIA, JÚLIA	Individual	SEN_F	11	49:47.14	04:59	0:14:00
21	1085 ROCHA, MARIANA	Individual	SEN_F	12	49:47.77	04:59	0:14:01
22	1098 NETO, JOANA	Individual	SEN_F	13	49:47.98	04:59	0:14:01
23	1084 FERREIRA, MARTA	Individual	SEN_F	14	50:15.18	05:02	0:14:28
24	1296 Moreira, Sílvia	Individual	SEN_F	15	50:56.11	05:06	0:15:09
25	1113 MOURA, JOANA	Lousada Runners	SEN_F	16	51:12.33	05:07	0:15:25
26	1030 CUNHA, ANDREA	Individual	SEN_F	17	51:13.38	05:07	0:15:26
27	1187 SOUSA, CARLA	Individual	SEN_F	18	51:23.09	05:08	0:15:36
28	1144 SOUSA, ELISABETE	Individual	SEN_F	19	52:57.46	05:18	0:17:10
29	1056 SOUSA, SÓNIA	Individual	SEN_F	20	53:14.31	05:19	0:17:27
30	1266 FERREIRA, SANDRA	Individual	SEN_F	21	53:56.39	05:24	0:18:09
31	1180 LOPES, SARA	Individual	SEN_F	22	54:12.82	05:25	0:18:26
32	1065 MOREIRA, SÓNIA	Individual	SEN_F	23	54:41.19	05:28	0:18:54
33	1093 OLIVEIRA, ISABEL	Individual	SEN_F	24	54:44.99	05:28	0:18:58
34	1036 ISABEL, ANA	Individual	SEN_F	25	54:46.42	05:29	0:18:59
35	1233 SILVA, SANDRA	CAL - Clube Automóvel de Lou	SEN_F	26	54:55.89	05:30	0:19:09
36	1083 BARBOSA, CIDÁLIA	Lousada Runners	SEN_F	27	54:56.66	05:30	0:19:10
37	1299 Ribeiro, Ana	Individual	V40_F	7	54:58.42	05:30	0:19:11
38	1006 MOREIRA, MICAELA	Team 2007	SEN_F	28	54:59.51	05:30	0:19:13
39	1262 MEIRELES, RAFAELA	Individual	SEN_F	29	55:15.35	05:32	0:19:28
40	1035 SILVA, ANA	Individual	SEN_F	30	56:46.29	05:41	0:20:59
41	1054 LEAL, RITA	familiapatanisca.blogspot.com	SEN_F	31	57:06.19	05:43	0:21:19
42	1174 MAGALHÃES, MARIA	Individual	V50_F	2	57:35.41	05:46	0:21:48
43	1100 MOTA, LUISA	Individual	SEN_F	32	57:42.84	05:46	0:21:56

44	1117 MAGALHÃES, SANDRA	Lousada Runners	SEN_F	33	58:07.08	05:49	0:22:20
45	1003 GONÇALVES, ALBERTINA	Individual	SEN_F	34	59:19.45	05:56	0:23:32
46	1118 SOARES, CRISTINA	Individual	V40_F	8	59:47.47	05:59	0:24:00
47	1072 RIBEIRO, MARCIA	Individual	SEN_F	35	1:00:06.75	06:01	0:24:20
48	1286 Nunes, Ana	Individual	JUN_F	3	1:00:06.90	06:01	0:24:20
49	1164 VENTUZELOS, FILIPA	Individual	V40_F	9	1:00:33.14	06:03	0:24:46
50	1168 FERNANDES, CRISTINA	Individual	SEN_F	36	1:01:18.11	06:08	0:25:31
51	1258 VENTURA, GRAÇA	Família Taipa/Ventura	V40_F	10	1:02:22.82	06:14	0:26:36
52	1298 Silva, Maria	Individual	V40_F	11	1:03:15.00	06:19	0:27:28
53	1213 FERREIRA, MARIA	Lousada Runners	V50_F	3	1:08:46.52	06:53	0:33:00
54	1019 MORAIS, TERESA	Individual	SEN_F	37	1:11:51.26	07:11	0:36:04
55	1012 ABREU, SOFIA	Individual	SEN_F	38	1:16:17.24	07:38	0:40:30
56	1064 MARQUES, MARGARIDA	Lousada Runners	V40_F	12	1:16:22.58	07:38	0:40:36
57	1076 SILVA, INÊS	Lousada Runners	SEN_F	39	1:16:23.01	07:38	0:40:36
58	1110 OLIVEIRA, ANGELA	Lousada Runners	V50_F	4	1:16:23.87	07:38	0:40:37

1ª Corrida São Silvestre de Lousada

Classificação Geral

10,00 Km.

Pos.	Dor.	Nombre	Club	Cat.	Pos.	Tiempo	T/Km.	Dif.
1	1126	SILVA, TIAGO	NUCLEO ATLETISMO DE CU	SEN_M	1	32:28.33	03:15	
2	1214	MONTEIRO, CARLOS	Dragões do Vale de Vizela	V40_M	1	32:48.43	03:17	0:00:20
3	1222	OLIVEIRA, HÉLDER	Dragões do Vale de Vizela	SEN_M	2	32:51.85	03:17	0:00:24
4	1181	SANTOS, PEDRO	Individual	SEN_M	3	33:00.12	03:18	0:00:32
5	1280	Fernandes, Adelino	Individual	V40_M	2	33:27.97	03:21	0:01:00
6	1127	SILVA, JOSÉ	NUCLEO ATLETISMO DE CU	V45_M	1	33:53.84	03:23	0:01:26
7	1184	GONÇALVES, FERNANDO	Fafe Runners	V50_M	1	34:15.50	03:26	0:01:47
8	1023	PINTO, FLÁVIO	Ásperos & AM	SEN_M	4	35:10.53	03:31	0:02:43
9	1265	LUZ, JORGE	Boavista FC	V50_M	2	35:13.71	03:31	0:02:46
10	1284	Soares, Pedro	Individual	SEN_M	5	35:30.36	03:33	0:03:02
11	1107	REAL, JOSE	PARQUE TODO O ANO - VIZ	SEN_M	6	35:38.06	03:34	0:03:10
12	1197	MOURA, TIAGO	Individual	SEN_M	7	35:44.41	03:34	0:03:16
13	1075	FREITAS, CRISTINA	Lousada Runners	JUN_F	1	35:46.88	03:35	0:03:19
14	1122	GONÇALVES, LUIS	A.D.LUSTOSA	JUN_M	1	35:50.67	03:35	0:03:23
15	1227	SILVA, ADÃO	F.C.PENAFIEL	V50_M	3	35:55.51	03:36	0:03:28
16	1291	Teixeira, Horácio	Individual	V60_M	1	35:59.67	03:36	0:03:32
17	1293	Bessa, Luís	Dragões do Vale de Vizela	SEN_M	8	36:10.26	03:37	0:03:42
18	1074	SANTOS, JOSE	Individual	V55_M	1	36:16.83	03:38	0:03:49
19	1000	MOURA, CARLOS	Individual	SEN_M	9	36:23.39	03:38	0:03:55
20	1178	RIBEIRO, BRUNO	NBA Barrosas	JUN_M	2	36:36.40	03:40	0:04:08
21	1004	CAMILO, EDUARDO	Individual	SEN_M	10	36:36.77	03:40	0:04:09
22	1246	PINTO, TIAGO	Individual	SEN_M	11	36:47.95	03:41	0:04:20
23	1021	CARVALHO, JOSÉ	Ásperos & AM	SEN_M	12	36:51.04	03:41	0:04:23
24	1283	Sousa, Marco	Individual	SEN_M	13	37:08.28	03:43	0:04:40
25	1115	JESUS, ANTONIO	lousada runners	V45_M	2	37:10.00	03:43	0:04:42
26	1183	SECA, ALBANO	Fafe Runners	V40_M	3	37:20.81	03:44	0:04:53
27	1123	ALMEIDA, FERNANDO	F.C.PENAFIEL	V45_M	3	37:21.79	03:44	0:04:54
28	1217	FERREIRA, JOSÉ	A.D.LUSTOSA	V50_M	4	37:22.94	03:44	0:04:55
29	1147	FERNANDES, ALIPIO	Petro Basto	V50_M	5	37:30.42	03:45	0:05:02
30	1165	PEDROSA, FERNANDO	Individual	V50_M	6	37:33.33	03:45	0:05:05
31	1166	PEDROSA, DIOGO	Individual	SEN_M	14	37:35.53	03:46	0:05:08
32	1014	REIS, TELMO	LOUSADA RUNNERS	SEN_M	15	37:38.20	03:46	0:05:10
33	1119	CARDOSO, TELMO	A.D.LUSTOSA	V40_M	4	37:41.02	03:46	0:05:13
34	1176	FERNANDES, FLÁVIO	NBA Barrosas	V45_M	4	37:51.25	03:47	0:05:23
35	1053	GONÇALVES, CESAR	Lousada Runners	SEN_M	16	38:00.15	03:48	0:05:32
36	1282	NUNES, CARLA	A.D.LUSTOSA	JUN_F	2	38:06.45	03:49	0:05:38
37	1281	COELHO, MIGUEL	União Desportiva de Várzea	SEN_M	17	38:08.12	03:49	0:05:40
38	1017	MENDES, HÉLDER	Individual	SEN_M	18	38:17.34	03:50	0:05:49
39	1133	RIBEIRO, GONÇALO	Individual	SEN_M	19	38:19.39	03:50	0:05:51
40	1186	147373603, FERNANDO	Individual	V60_M	2	38:37.56	03:52	0:06:10
41	1052	BAPTISTA, ANDRE	Individual	SEN_M	20	38:43.14	03:52	0:06:15
42	1148	OLIVEIRA, JOSÉ	Petro Basto	V50_M	7	38:47.58	03:53	0:06:20
43	1106	COELHO, JOSE	PARQUE TODO O ANO - VIZ	V50_M	8	39:00.54	03:54	0:06:33

44	1045 REGADAS, ADÃO	Individual	V50_M	9	39:08.49	03:55	0:06:40
45	1103 OLIVEIRA, NUNO	Individual	SEN_M	21	39:11.20	03:55	0:06:43
46	1170 MONTEIRO, SÉRGIO	CIA Alpendorada	SEN_M	22	39:12.39	03:55	0:06:44
47	1300 Rocha, Alberto	Individual	V40_M	5	39:18.14	03:56	0:06:50
48	1203 CARNEIRO, PAULO	A. S. H. de Monte Córdova	V45_M	5	39:29.35	03:57	0:07:01
49	1077 OLIVEIRA, AUGUSTO	Paredes Aventura	V40_M	6	39:30.81	03:57	0:07:03
50	1033 MOREIRA, ANTONIO	Individual	V40_M	7	39:30.92	03:57	0:07:03
51	1057 OLIVEIRA, RUI	Individual	SEN_M	23	39:40.57	03:58	0:07:13
52	1196 CUNHA, VITOR	Individual	SEN_M	24	39:47.13	03:59	0:07:19
53	1088 PEREIRA, ANTONIO	Individual	V45_M	6	39:49.09	03:59	0:07:21
54	1082 GONÇALVES, CESAR	Privilege Seguros	SEN_M	25	39:49.31	03:59	0:07:21
55	1289 Ferreira, Bernardino	Individual	V50_M	10	39:51.39	03:59	0:07:23
56	1210 SILVARES, JOAQUIM	Individual	V40_M	8	39:51.47	03:59	0:07:23
57	1182 CORREIA, JOÃO	Lousada Runners	V45_M	7	39:54.18	03:59	0:07:26
58	1240 FREITAS, MANUEL	Individual	V45_M	8	40:01.43	04:00	0:07:33
59	1128 SOUSA, RICARDO	Individual	SEN_M	26	40:04.30	04:00	0:07:36
60	1179 ALMEIDA, JOSÉ	Individual	V55_M	2	40:08.67	04:01	0:07:41
61	1091 MARTINS, MANUEL	Individual	V40_M	9	40:15.03	04:02	0:07:47
62	1177 VAZ, MARCO	NBA Barrosas	SEN_M	27	40:28.81	04:03	0:08:01
63	1089 CARVALHO, LUÍS	Lousada Runners	SEN_M	28	40:30.50	04:03	0:08:02
64	1079 PEREIRA, MANUEL	Lousada Runners	V45_M	9	40:33.97	04:03	0:08:06
65	1086 COSTA, JOSE	lousada runners	SEN_M	29	40:34.08	04:03	0:08:06
66	1261 MARQUES, ABILIO	Unidade Especial de Corrida	V55_M	3	40:34.50	04:03	0:08:06
67	1108 PEDROSO, RUI	Individual	SEN_M	30	40:40.41	04:04	0:08:12
68	1038 SAMPAIO, PAULO	Lousada Runners	SEN_M	31	40:42.96	04:04	0:08:15
69	1146 CAMILO, HELDER	Paredes Aventura	SEN_M	32	40:43.51	04:04	0:08:16
70	1202 TAVARES, JOÃO	Individual	SEN_M	33	40:50.40	04:05	0:08:22
71	1288 Pereira, Joaquim	Grupo Recreativo Estrela do Boi	V60_M	3	40:51.98	04:05	0:08:24
72	1201 8_MATOS, AGOSTINHO	MOTOBMARRETAS	SEN_M	34	40:54.95	04:05	0:08:27
73	1096 GOMES, ANTÓNIO	Team tonisports	V45_M	10	40:56.73	04:06	0:08:29
74	1134 ROCHA, CARLOS	Individual	SEN_M	35	41:00.81	04:06	0:08:33
75	1066 COUTO, RENATO	Individual	SEN_M	36	41:04.11	04:06	0:08:36
76	1058 LEITE, ANTÓNIO	RunTeam CHP	SEN_M	37	41:04.67	04:06	0:08:37
77	1295 Carvalho, Fábio	Individual	SEN_M	38	41:17.82	04:08	0:08:50
78	1175 NUNES, FERNANDO	Individual	V40_M	10	41:22.56	04:08	0:08:55
79	1007 MATOS, RUI	Individual	SEN_M	39	41:26.89	04:09	0:08:59
80	1159 CUNHA, EUGENIO	Individual	V40_M	11	41:42.22	04:10	0:09:14
81	1099 OLIVEIRA, ANTÓNIO	Lousada Runners	V55_M	4	42:06.00	04:13	0:09:38
82	1145 NUNO, #Erro	Padaria Delicia	SEN_M	40	42:06.54	04:13	0:09:39
83	1139 FARIA, JOSÉ	Individual	V40_M	12	42:09.13	04:13	0:09:41
84	1008 COSTA, BELMIRO	Individual	V50_M	11	42:11.28	04:13	0:09:43
85	1020 FERNANDO, FERNANDO	Lince Runners	SEN_M	41	42:16.56	04:14	0:09:49
86	1172 MENDES, TIAGO	Individual	V45_M	11	42:19.00	04:14	0:09:51
87	1029 FREITAS, PAULO	Individual	SEN_M	42	42:22.45	04:14	0:09:54
88	1247 MONTEIRO, AUGUSTO	Amigos de Penafiel	V55_M	5	42:27.37	04:15	0:09:59
89	1206 GUIMARAES, NELSON	apolis	SEN_M	43	42:31.63	04:15	0:10:04
90	1026 DEVEZA, HÉLDER	Individual	V40_M	13	42:31.95	04:15	0:10:04
91	1062 FERREIRA, JOSE	Individual	V40_M	14	42:35.28	04:16	0:10:07
92	1200 MONTEIRO, MODESTO	C. I. A. ALPENDURADA	V55_M	6	42:36.08	04:16	0:10:08
93	1270 SOUSA, GISELA	Individual	SEN_F	1	42:38.43	04:16	0:10:10

94	1271 SOUSA, MARGARIDA	Individual	V40_F	1	42:38.45	04:16	0:10:10
95	1252 Cunha, Bruno	Vizela 2	SEN_M	44	42:39.26	04:16	0:10:11
96	1199 VIEIRA, PEDRO	C. I. A. ALPENDURADA	SEN_M	45	42:42.00	04:16	0:10:14
97	1095 CARNEIRO, SÉRGIO	Individual	SEN_M	46	42:48.97	04:17	0:10:21
98	1260 COUTO, JOÃO	Individual	V45_M	12	42:48.97	04:17	0:10:21
99	1267 CRUZ, JOSÉ	AFONSINOS	V40_M	15	42:53.46	04:17	0:10:25
100	1136 RIBEIRO, BRUNO	Lousada Runners	SEN_M	47	42:53.78	04:17	0:10:26
101	1031 ALMEIDA, SUSANA	Individual	SEN_F	2	42:54.68	04:17	0:10:27
102	1032 TEIXEIRA, MARISA	Individual	SEN_F	3	42:55.41	04:18	0:10:27
103	1160 NARCISO, MARIO	Os do Podio	SEN_M	48	43:03.95	04:18	0:10:36
104	1132 RUNNERS, ANTÓNIA	Lousada Runners	V40_F	2	43:33.89	04:21	0:11:06
105	1279 Teixeira, Frederico		SEN_F	4	43:58.49	04:24	0:11:30
106	1257 CUNHA, BRUNO	Vizela 2	SEN_M	49	44:08.70	04:25	0:11:41
107	1102 NETO, JOSÉ	Individual	V40_M	16	44:12.97	04:25	0:11:45
108	1105 PEDROSO, RICARDO	Individual	SEN_M	50	44:14.03	04:25	0:11:46
109	1081 CARVALHO, FILIPE	Privilege Seguros	SEN_M	51	44:14.71	04:25	0:11:47
110	1161 CRESPO, MIGUEL	Os do Podio	SEN_M	52	44:15.21	04:26	0:11:47
111	1277 OLIVEIRA, JOÃO	Individual	SEN_M	53	44:15.64	04:26	0:11:48
112	1274 SOUSA, CARLA	Individual	SEN_F	5	44:15.93	04:26	0:11:48
113	1226 MIRANDA, LUÍS	Individual	SEN_M	54	44:42.68	04:28	0:12:15
114	1002 DIAS, LUÍS	Individual	V45_M	13	44:43.97	04:28	0:12:16
115	1044 RIBEIRO, TIAGO	Individual	SEN_M	55	44:48.73	04:29	0:12:21
116	1042 MOREIRA, LINO	Os TurboMula	V60_M	4	44:51.68	04:29	0:12:24
117	1238 Sousa, Luís	CAL - Clube Automóvel de Lou	SEN_M	56	44:54.16	04:29	0:12:26
118	1185 SILVA, BERNARDINO	Padaria Delicia	V50_M	12	44:56.83	04:30	0:12:29
119	1034 PINTO, DAVIDE	Individual	SEN_M	57	44:58.17	04:30	0:12:30
120	1263 GONÇALVES, ANTÓNIO	Lusitanusteam	SEN_M	58	45:09.96	04:31	0:12:42
121	1264 PEREIRA, ADELINO	Vizela 2	V40_M	17	45:13.13	04:31	0:12:45
122	1037 RAMOS, LEANDRO	Lusos XXI	SEN_M	59	45:19.55	04:32	0:12:52
123	1059 SOUSA, PAULO	RunTeam CHP	V40_M	18	45:22.26	04:32	0:12:54
124	1073 FERNANDES, MÓNICA	Lousada Runners	V40_F	3	45:35.31	04:34	0:13:07
125	1090 FONSECA, JORGE	Individual	V50_M	13	45:35.83	04:34	0:13:08
126	1205 PACHECO, JORGE	apolis	V45_M	14	45:39.11	04:34	0:13:11
127	1249 SOUSA, FÁTIMA	Dragões do Vale de Vizela	V40_F	4	45:42.07	04:34	0:13:14
128	1228 VAZ, FILIPE	Individual	SEN_M	60	45:49.96	04:35	0:13:22
129	1040 MOREIRA, MÁRCIO	Individual	SEN_M	61	45:52.00	04:35	0:13:24
130	1001 MARQUES, RICARDO	Individual	SEN_M	62	45:53.31	04:35	0:13:25
131	1275 SOUSA, LUÍS	Individual	SEN_M	63	46:00.14	04:36	0:13:32
132	1027 MARQUES, EDUARDO	Lousada Runners	V55_M	7	46:05.54	04:37	0:13:38
133	1051 GOMES, HELENA	Individual	V40_F	5	46:09.80	04:37	0:13:42
134	1016 COUTO, JOEL	Individual	SEN_M	64	46:12.80	04:37	0:13:45
135	1068 SOUSA, ANTÓNIO	Individual	V55_M	8	46:16.46	04:38	0:13:48
136	1142 LOPES, PAULO	Individual	SEN_M	65	46:24.69	04:38	0:13:57
137	1138 DUARTE, DAMIÃO	Individual	SEN_M	66	46:24.84	04:38	0:13:57
138	1015 NUNES, ANTONIO	Individual	V55_M	9	46:27.72	04:39	0:14:00
139	1243 RIBEIRO, ANTONIO	Lusitanusteam	V50_M	14	46:28.88	04:39	0:14:01
140	1078 MELO, ESMERALDA	FKC A-TEAM	V50_F	1	46:42.73	04:40	0:14:15
141	1268 DIAS, CAMILO	AFONSINOS	V40_M	19	46:56.67	04:42	0:14:29
142	1061 MARQUES, TELMO	Lousada Runners	SEN_M	67	47:00.90	04:42	0:14:33
143	1150 MATOS, EDUARDO	Individual	V60_M	5	47:07.09	04:43	0:14:39

144	1256 MAIA, FERNANDO	Individual	V50_M	15	47:24.23	04:44	0:14:56
145	1101 ALMEIDA, NUNO	Individual	SEN_M	68	47:24.75	04:44	0:14:57
146	1285 Teixeira, João	Individual	SEN_M	69	47:24.85	04:44	0:14:57
147	1158 SOARES, SILVIA	Os do Podio	SEN_F	6	47:42.28	04:46	0:15:14
148	1169 CARDOSO, ELSA	Os do Podio	SEN_F	7	47:43.55	04:46	0:15:16
149	1131 SILVA, HUGO	Individual	SEN_M	70	47:44.86	04:46	0:15:17
150	1087 COSTA, PATRICIA	lousada runners	SEN_F	8	47:48.91	04:47	0:15:21
151	1155 COSTA, ANDREIA	Individual	SEN_F	9	47:52.33	04:47	0:15:24
152	1250 SILVA, ANÍBAL	Grupo Desportivo Ciclismo do V	V50_M	16	47:53.56	04:47	0:15:26
153	1041 RIBEIRO, CARLOS	Individual	SEN_M	71	47:57.59	04:48	0:15:30
154	1156 SOUSA, MANUELA	Individual	V40_F	6	47:59.49	04:48	0:15:31
155	1129 OLIVEIRA, NELSON	Lousada Runners	SEN_M	72	48:05.70	04:49	0:15:38
156	1254 FERREIRA, JOSÉ	Individual	JUN_M	3	48:08.08	04:49	0:15:40
157	1046 CORREIA, VITOR	Individual	SEN_M	73	48:17.95	04:50	0:15:50
158	1221 TEIXEIRA, MANUEL	Lousada Runners	V50_M	17	49:00.41	04:54	0:16:32
159	1018 MARIA, ANTÓNIO	Individual	V50_M	18	49:34.87	04:57	0:17:07
160	1287 Oliveira, João	Individual	SEN_M	74	49:37.05	04:58	0:17:09
161	1162 VENTUZELOS, JOÃO	Individual	JUN_M	4	49:37.31	04:58	0:17:09
162	1273 LOPES, PAULO	Vizela 2	V40_M	20	49:40.23	04:58	0:17:12
163	1219 SOUSA, JOÃO	Individual	SEN_M	75	49:43.00	04:58	0:17:15
164	1125 GONZAGA, JORGE	Individual	SEN_M	76	49:46.39	04:59	0:17:18
165	1124 MENDONÇA, CECÍLIA	Individual	SEN_F	10	49:46.52	04:59	0:17:19
166	1094 CORREIA, JÚLIA	Individual	SEN_F	11	49:47.14	04:59	0:17:19
167	1152 MARTINS, HEITOR	CHP Run Team	SEN_M	77	49:47.46	04:59	0:17:19
168	1085 ROCHA, MARIANA	Individual	SEN_F	12	49:47.77	04:59	0:17:20
169	1098 NETO, JOANA	Individual	SEN_F	13	49:47.98	04:59	0:17:20
170	1084 FERREIRA, MARTA	Individual	SEN_F	14	50:15.18	05:02	0:17:47
171	1060 SOUSA, JOSÉ	RunTeam CHP	V45_M	15	50:25.08	05:03	0:17:57
172	1296 Moreira, Sílvia	Individual	SEN_F	15	50:56.11	05:06	0:18:28
173	1231 SIMÃO, JORGE	CAL - Clube Automóvel de Lou	V50_M	19	50:56.66	05:06	0:18:29
174	1151 TAVARES, DOMINGOS	Individual	V55_M	10	50:57.19	05:06	0:18:29
175	1114 COSTA, FILIPE	Individual	SEN_M	78	51:04.65	05:06	0:18:37
176	1113 MOURA, JOANA	Lousada Runners	SEN_F	16	51:12.33	05:07	0:18:44
177	1030 CUNHA, ANDREA	Individual	SEN_F	17	51:13.38	05:07	0:18:45
178	1253 RIBEIRO, RUI	Individual	V40_M	21	51:19.56	05:08	0:18:52
179	1163 VENTUZELOS, JOSÉ	Individual	V45_M	16	51:20.54	05:08	0:18:53
180	1187 SOUSA, CARLA	Individual	SEN_F	18	51:23.09	05:08	0:18:55
181	1220 GOUVEIA, VALDEMAR	Individual	SEN_M	79	51:29.67	05:09	0:19:02
182	1245 VASCONCELOS, RICARDO	Individual	SEN_M	80	51:29.91	05:09	0:19:02
183	1244 NOGUEIRA, LUÍS	Individual	V40_M	22	51:30.29	05:09	0:19:02
184	1109 OLIVEIRA, ARMANDO	Lousada Runners	V55_M	11	52:37.97	05:16	0:20:10
185	1154 SA, PAULO	CHP Run Team	SEN_M	81	52:41.66	05:16	0:20:14
186	1153 ALMEIDA, JOAQUIM	CHP Run Team	SEN_M	82	52:41.70	05:16	0:20:14
187	1278 Leal, Nuno		SEN_M	83	52:43.25	05:16	0:20:15
188	1005 PEREIRA, PAULO	Team 2007	SEN_M	84	52:54.18	05:17	0:20:26
189	1144 SOUSA, ELISABETE	Individual	SEN_F	19	52:57.46	05:18	0:20:29
190	1013 ALVES, HELDER	Individual	SEN_M	85	53:00.10	05:18	0:20:32
191	1141 DUARTE, NUNO	Individual	SEN_M	86	53:12.09	05:19	0:20:44
192	1056 SOUSA, SÓNIA	Individual	SEN_F	20	53:14.31	05:19	0:20:46
193	1043 RIBEIRO, JOSÉ	Individual	SEN_M	87	53:37.70	05:22	0:21:10

194	1266 FERREIRA, SANDRA	Individual	SEN_F	21	53:56.39	05:24	0:21:28
195	1180 LOPES, SARA	Individual	SEN_F	22	54:12.82	05:25	0:21:45
196	1116 MAGALHÃES, ALFREDO	Individual	V50_M	20	54:40.42	05:28	0:22:12
197	1065 MOREIRA, SÓNIA	Individual	SEN_F	23	54:41.19	05:28	0:22:13
198	1093 OLIVEIRA, ISABEL	Individual	SEN_F	24	54:44.99	05:28	0:22:17
199	1036 ISABEL, ANA	Individual	SEN_F	25	54:46.42	05:29	0:22:18
200	1233 SILVA, SANDRA	CAL - Clube Automóvel de Lou	SEN_F	26	54:55.89	05:30	0:22:28
201	1083 BARBOSA, CIDÁLIA	Lousada Runners	SEN_F	27	54:56.66	05:30	0:22:29
202	1299 Ribeiro, Ana	Individual	V40_F	7	54:58.42	05:30	0:22:30
203	1006 MOREIRA, MICAELA	Team 2007	SEN_F	28	54:59.51	05:30	0:22:32
204	1262 MEIRELES, RAFAELA	Individual	SEN_F	29	55:15.35	05:32	0:22:47
205	1035 SILVA, ANA	Individual	SEN_F	30	56:46.29	05:41	0:24:18
206	1225 Barbosa, Carlos		SEN_M	88	56:47.91	05:41	0:24:20
207	1055 LEAL, CARLOS	familiapatanisca.blogspot.com	SEN_M	89	57:05.57	05:43	0:24:38
208	1054 LEAL, RITA	familiapatanisca.blogspot.com	SEN_F	31	57:06.19	05:43	0:24:38
209	1174 MAGALHÃES, MARIA	Individual	V50_F	2	57:35.41	05:46	0:25:07
210	1067 SERAFIM, PEDRO	Individual	SEN_M	90	57:38.28	05:46	0:25:10
211	1100 MOTA, LUISA	Individual	SEN_F	32	57:42.84	05:46	0:25:15
212	1117 MAGALHÃES, SANDRA	Lousada Runners	SEN_F	33	58:07.08	05:49	0:25:39
213	1173 MAGALHÃES, FRANCISCO	Individual	JUN_M	5	58:10.44	05:49	0:25:42
214	1011 RIBEIRO, RUI	Individual	V40_M	23	58:24.92	05:50	0:25:57
215	1003 GONÇALVES, ALBERTINA	Individual	SEN_F	34	59:19.45	05:56	0:26:51
216	1118 SOARES, CRISTINA	Individual	V40_F	8	59:47.47	05:59	0:27:19
217	1195 SOARES, VITOR	Individual	V40_M	24	59:48.78	05:59	0:27:21
218	1072 RIBEIRO, MARCIA	Individual	SEN_F	35	1:00:06.75	06:01	0:27:39
219	1286 Nunes, Ana	Individual	JUN_F	3	1:00:06.90	06:01	0:27:39
220	1070 GARCIA, LUÍS	Individual	SEN_M	91	1:00:13.50	06:01	0:27:46
221	1071 MOREIRA, FILIPE	Individual	SEN_M	92	1:00:13.55	06:01	0:27:46
222	1164 VENTUZELOS, FILIPA	Individual	V40_F	9	1:00:33.14	06:03	0:28:05
223	1292 Teixeira, Raúl		V50_M	21	1:01:02.64	06:06	0:28:35
224	1168 FERNANDES, CRISTINA	Individual	SEN_F	36	1:01:18.11	06:08	0:28:50
225	1167 MIRANDA, NUNO	Individual	SEN_M	93	1:01:19.05	06:08	0:28:51
226	1294 Nunes, Luís		V55_M	12	1:01:40.99	06:10	0:29:13
227	1255 TAIPA, ARMANDO	Família Taipa/Ventura	SEN_M	94	1:02:22.11	06:14	0:29:54
228	1258 VENTURA, GRAÇA	Família Taipa/Ventura	V40_F	10	1:02:22.82	06:14	0:29:55
229	1298 Silva, Maria	Individual	V40_F	11	1:03:15.00	06:19	0:30:47
230	1224 VALINHAS, VITOR	Lousada Runners	V50_M	22	1:03:52.20	06:23	0:31:24
231	1213 FERREIRA, MARIA	Lousada Runners	V50_F	3	1:08:46.52	06:53	0:36:19
232	1019 MORAIS, TERESA	Individual	SEN_F	37	1:11:51.26	07:11	0:39:23
233	1012 ABREU, SOFIA	Individual	SEN_F	38	1:16:17.24	07:38	0:43:49
234	1064 MARQUES, MARGARIDA	Lousada Runners	V40_F	12	1:16:22.58	07:38	0:43:55
235	1076 SILVA, INÊS	Lousada Runners	SEN_F	39	1:16:23.01	07:38	0:43:55
236	1110 OLIVEIRA, ANGELA	Lousada Runners	V50_F	4	1:16:23.87	07:38	0:43:56