

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
1º	1º	65	M20	ANDRE SILVA	PT	ESCOLA ATLETISMO ROSA OLIVEIRA	00:14:04
2º	2º	405	M20	AMERICO FERREIRA	PT	C D POVOA	00:14:21
3º	3º	187	M20	TUDOR MOLDOVAN	PT	GINASIO VILACONDENSE	00:14:38
4º	1º	188	M40	BALTAZAR SOUSA	PT	GINASIO VILACONDENSE	00:14:43
5º	2º	563	M40	CARLOS OLIVEIRA	PT	JOBRA	00:15:00
6º	4º	1756	M20	Nelson Loureiro	PT	INDIVIDUAL	00:15:10
7º	5º	479	M20	ALCINO SILVA	PT	C I A ALPENDORADA	00:15:13
8º	6º	146	M20	DAVID FERNANDES	PT	A R LUZ E VIDA GONDOMARENSE	00:15:23
9º	7º	1580	M20	americo pinho	PT	escapaes	00:15:39
10º	1º	351	M45	PORFIRIO ROCHA	PT	A C D S. JOAO DA SERRA	00:15:42
11º	2º	1043	M45	JOAQUIM LOPES	PT	PORTO RUNNERS	00:15:42
12º	3º	410	M40	VITOR GOMES	PT	C D POVOA	00:15:44
13º	1º	408	M18	JOAQUIM MOREIRA	PT	C D POVOA	00:15:48
14º	1º	350	M55	CASIMIRO GALHARDO	PT	A C D S. JOAO DA SERRA	00:15:49
15º	1º	1609	M50	EDUARDO SOUSA	PT	CARCAVELOS	00:15:51
16º	8º	64	M20	CARLOS DIAS	PT	ESCOLA ATLETISMO ROSA OLIVEIRA	00:15:58
17º	2º	352	M55	MANUEL DOURADO	PT	A C D S. JOAO DA SERRA	00:16:03
18º	4º	357	M40	SERGIO SOUSA	PT	A C D S. JOAO DA SERRA	00:16:03
19º	9º	1160	M20	tiago alves	PT	INDIVIDUAL	00:16:03
20º	2º	1329	M50	amandio silva	PT	carcavelos	00:16:06
21º	5º	354	M40	SALVADOR MANSILHA	PT	A C D S. JOAO DA SERRA	00:16:07
22º	3º	1608	M50	ARTUR CEPEDA	PT	CARCAVELOS	00:16:08
23º	2º	1595	M18	MIKAEL OLIVEIRA	PT	CARCAVELOS	00:16:09
24º	3º	1021	M45	MARIO GONÇALVES	PT	AMIGOS DO PAGODE	00:16:11
25º	10º	1940	M20	Nuno Marques	PT	INDIVIDUAL	00:16:17
26º	6º	1057	M40	Paulo Oliveira	PT	GD Banco Pinto & Sotto Mayor	00:16:19
27º	11º	358	M20	RICARDO RIBEIRO	PT	A C D S. JOAO DA SERRA	00:16:20
28º	12º	1984	M20	Diogo Felisberto	PT	INDIVIDUAL	00:16:24
29º	3º	317	M55	JOSE CAMELO	PT	S C SALGUEIROS	00:16:27
30º	13º	66	M20	JOAQUIM COELHO	PT	ESCOLA ATLETISMO ROSA OLIVEIRA	00:16:31
31º	14º	1138	M20	Tiago Serra	PT	INDIVIDUAL	00:16:37
32º	1º	222	M17	BRUNO SILVA	PT	A R LUZ E VIDA GONDOMARENSE	00:16:38
33º	15º	227	M20	ROGERIO MOREIRA	PT	A R LUZ E VIDA GONDOMARENSE	00:16:40
34º	2º	221	M17	FABIO BARBOSA	PT	A R LUZ E VIDA GONDOMARENSE	00:16:40
35º	16º	1569	M20	Francisco Bernardes	PT	INDIVIDUAL	00:16:41
36º	4º	1635	M45	Vitor Sousa	PT	INDIVIDUAL	00:16:48
37º	5º	359	M45	MARIO SILVA	PT	A C D S. JOAO DA SERRA	00:16:49
38º	17º	207	M20	TIAGO CASTRO	PT	IN ACTION	00:16:51
39º	18º	1464	M20	Marco Neves	PT	INDIVIDUAL	00:16:56
40º	19º	1856	M20	Paulo Soares	PT	INDIVIDUAL	00:16:57
41º	1º	411	F40	FATIMA SILVA	PT	C D POVOA	00:16:57
42º	20º	1176	M20	Eduardo Brandao	PT	PortoRunners	00:16:57
43º	21º	202	M20	HUGO BASTOS	PT	IN ACTION	00:16:58
44º	1º	62	F20	ROSA OLIVEIRA	PT	ESCOLA ATLETISMO ROSA OLIVEIRA	00:16:58
45º	3º	475	M17	MIGUEL MONTEIRO	PT	C I A ALPENDORADA	00:16:59
46º	4º	218	M17	MIGUEL CONSTANTE	PT	A R LUZ E VIDA GONDOMARENSE	00:17:00
47º	6º	237	M45	JOSE MENDES	PT	CLUBE GALP ENERGIA NORTE	00:17:04
48º	3º	1273	M18	rui marques	PT	INDIVIDUAL	00:17:15
49º	4º	1617	M55	fernando pereira	PT	carcavelos	00:17:15
50º	22º	1929	M20	Alcindo Freitas	PT	INDIVIDUAL	00:17:16
51º	23º	1035	M20	Luciano Vozniak	BR	PÉ REDONDO	00:17:18
52º	24º	180	M20	CARLOS MACHADO	PT	G D LIMPEZA URBANA	00:17:20

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

**Provisórias  
 Geral**

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
53 <sup>o</sup>	25 <sup>o</sup>	1196	M20	Manuel Quelhas Lima	PT	INDIVIDUAL	00:17:21
54 <sup>o</sup>	5 <sup>o</sup>	1618	M55	JOAQUIM RIBEIRO	PT	CARCAVELOS	00:17:27
55 <sup>o</sup>	1 <sup>o</sup>	241	M60	MANUEL ANDRADE	PT	CLUBE GALP ENERGIA NORTE	00:17:34
56 <sup>o</sup>	4 <sup>o</sup>	318	M50	FERNANDO CAMELO	PT	S C SALGUEIROS	00:17:35
57 <sup>o</sup>	26 <sup>o</sup>	468	M20	ALEXANDRE FERREIRA	PT	SAPADORES DA INVICTA ACD	00:17:37
58 <sup>o</sup>	7 <sup>o</sup>	1335	M40	António Vale	PT	INDIVIDUAL	00:17:39
59 <sup>o</sup>	5 <sup>o</sup>	1125	M50	VITOR CARRIÇO	PT	INDIVIDUAL	00:17:40
60 <sup>o</sup>	7 <sup>o</sup>	182	M45	JOSE COSTA	PT	G D LIMPEZA URBANA	00:17:43
61 <sup>o</sup>	2 <sup>o</sup>	314	M60	MANUEL PAIVA	PT	RESISTENTES	00:17:44
62 <sup>o</sup>	8 <sup>o</sup>	508	M45	AMARO VIEIRA SILVA	PT	ALVARELHOS	00:17:46
63 <sup>o</sup>	8 <sup>o</sup>	185	M40	FERNANDO FERREIRA	PT	G D LIMPEZA URBANA	00:17:51
64 <sup>o</sup>	9 <sup>o</sup>	470	M45	JOAQUIM NUNES	PT	SAPADORES DA INVICTA ACD	00:17:51
65 <sup>o</sup>	27 <sup>o</sup>	1145	M20	Diogo Serra	PT	INDIVIDUAL	00:17:52
66 <sup>o</sup>	28 <sup>o</sup>	562	M20	DOMINGOS OLIVEIRA	PT	INDIVIDUAL	00:17:52
67 <sup>o</sup>	9 <sup>o</sup>	1606	M40	SERGIO AMORIM	PT	CARCAVELOS	00:17:55
68 <sup>o</sup>	10 <sup>o</sup>	313	M45	MARIO MENDES	PT	RESISTENTES	00:17:56
69 <sup>o</sup>	29 <sup>o</sup>	1735	M20	Ivo Cruz	PT	INDIVIDUAL	00:17:58
70 <sup>o</sup>	6 <sup>o</sup>	1611	M50	JACINTO OLIVEIRA	PT	CARCAVELOS	00:17:58
71 <sup>o</sup>	7 <sup>o</sup>	356	M50	MARIO DUARTE	PT	A C D S. JOAO DA SERRA	00:18:01
72 <sup>o</sup>	8 <sup>o</sup>	507	M50	MANUEL ANTÓNIO CARNEIRO	PT	ALVARELHOS	00:18:02
73 <sup>o</sup>	30 <sup>o</sup>	1152	M20	André Fraga	PT	Locomotiva de Paranhos	00:18:03
74 <sup>o</sup>	6 <sup>o</sup>	360	M55	FERNANDO LEAL	PT	A C D S. JOAO DA SERRA	00:18:08
75 <sup>o</sup>	10 <sup>o</sup>	1453	M40	Ernesto Pinto	PT	INDIVIDUAL	00:18:10
76 <sup>o</sup>	11 <sup>o</sup>	627	M40	JOSE TAVARES	PT	INDIVIDUAL	00:18:10
77 <sup>o</sup>	31 <sup>o</sup>	1060	M20	josé pinto	PT	INDIVIDUAL	00:18:11
78 <sup>o</sup>	32 <sup>o</sup>	1872	M20	Pedro Ezequiel	PT	JAVIP	00:18:15
79 <sup>o</sup>	12 <sup>o</sup>	1707	M40	Paulo Pinto	PT	INDIVIDUAL	00:18:16
80 <sup>o</sup>	13 <sup>o</sup>	1449	M40	Fernando Filipe	PT	Individual	00:18:16
81 <sup>o</sup>	14 <sup>o</sup>	1161	M40	clemente teixeira	PT	INDIVIDUAL	00:18:17
82 <sup>o</sup>	33 <sup>o</sup>	407	M20	RUI LEITES	PT	C D POVOA	00:18:17
83 <sup>o</sup>	11 <sup>o</sup>	504	M45	JAIME CARLOS ASSUNÇÃO	PT	ALVARELHOS	00:18:19
84 <sup>o</sup>	15 <sup>o</sup>	506	M40	PAULO MANUEL OLIVEIRA	PT	ALVARELHOS	00:18:19
85 <sup>o</sup>	34 <sup>o</sup>	1710	M20	Andre Barbosa	PT	INDIVIDUAL	00:18:21
86 <sup>o</sup>	12 <sup>o</sup>	1447	M45	Firmino Nogueira	PT	Desnível Positivo Sportzone	00:18:24
87 <sup>o</sup>	35 <sup>o</sup>	1137	M20	Armando Pereira	PT	INDIVIDUAL	00:18:25
88 <sup>o</sup>	36 <sup>o</sup>	1124	M20	Paulo Pinho	PT	INDIVIDUAL	00:18:25
89 <sup>o</sup>	37 <sup>o</sup>	1968	M20	Vitor Carvalho	PT	INDIVIDUAL	00:18:25
90 <sup>o</sup>	38 <sup>o</sup>	1179	M20	Filipe Fidalgo	PT	MAIA AC	00:18:27
91 <sup>o</sup>	7 <sup>o</sup>	1614	M55	MANUEL GONSALVES	PT	CARCAVELOS	00:18:28
92 <sup>o</sup>	13 <sup>o</sup>	1607	M45	MANUEL RIBEIRO	PT	CARCAVELOS	00:18:28
93 <sup>o</sup>	39 <sup>o</sup>	348	M20	NELSON MARQUES	PT	A C D S. JOAO DA SERRA	00:18:31
94 <sup>o</sup>	14 <sup>o</sup>	1489	M45	Luis Trigo	PT	Cães da Avenida	00:18:31
95 <sup>o</sup>	40 <sup>o</sup>	1360	M20	paulo costa	PT	amigos da quinta das freiras	00:18:34
96 <sup>o</sup>	16 <sup>o</sup>	1333	M40	mauricio costa	PT	INDIVIDUAL	00:18:34
97 <sup>o</sup>	41 <sup>o</sup>	601	M20	LUIS SARDINHA	PT	INDIVIDUAL	00:18:34
98 <sup>o</sup>	42 <sup>o</sup>	1739	M20	Luciano Martins	PT	INDIVIDUAL	00:18:34
99 <sup>o</sup>	15 <sup>o</sup>	1278	M45	Luís Pereira	PT	INDIVIDUAL	00:18:36
100 <sup>o</sup>	43 <sup>o</sup>	1384	M20	Nuno Lago de Carvalho Marques	PT	Maia ac	00:18:37
101 <sup>o</sup>	17 <sup>o</sup>	1877	M40	Rodrigo Ferreira	PT	INDIVIDUAL	00:18:43
102 <sup>o</sup>	5 <sup>o</sup>	1921	M17	BRUNO PEREIRA	PT	INDIVIDUAL	00:18:44
103 <sup>o</sup>	9 <sup>o</sup>	1027	M50	Mário Sousa	PT	Amigos do Pagode	00:18:44
104 <sup>o</sup>	44 <sup>o</sup>	1642	M20	Vitor Cavadas	PT	INDIVIDUAL	00:18:46
105 <sup>o</sup>	18 <sup>o</sup>	1065	M40	Miguel Madureira	PT	INDIVIDUAL	00:18:47
106 <sup>o</sup>	16 <sup>o</sup>	1797	M45	VÍCTOR SILVA	PT	INDIVIDUAL	00:18:50
107 <sup>o</sup>	45 <sup>o</sup>	1747	M20	João Guimarães	PT	INDIVIDUAL	00:18:51
108 <sup>o</sup>	46 <sup>o</sup>	1774	M20	Henrique Coelho	PT	INDIVIDUAL	00:18:51
109 <sup>o</sup>	19 <sup>o</sup>	637	M40	MARIO PACHECO	PT	INDIVIDUAL	00:18:53
110 <sup>o</sup>	17 <sup>o</sup>	493	M45	JOSE BENTO MORAIS	PT	C R POPULAR S TIAGO	00:18:54
111 <sup>o</sup>	18 <sup>o</sup>	492	M45	JULIO JOSE RIBEIRO	PT	C R POPULAR S TIAGO	00:18:54
112 <sup>o</sup>	47 <sup>o</sup>	1461	M20	Cláudio Maia	PT	INDIVIDUAL	00:18:55

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
113 <sup>o</sup>	19 <sup>o</sup>	1221	M45	Jose Pereira	PT	INDIVIDUAL	00:18:55
114 <sup>o</sup>	48 <sup>o</sup>	615	M20	RICARDO ROCHA	PT	G A I G	00:18:55
115 <sup>o</sup>	49 <sup>o</sup>	295	M20	PEDRO FERREIRA	PT	PEZINHOS LA	00:18:56
116 <sup>o</sup>	10 <sup>o</sup>	382	M50	HERNANI SOARES	PT	INDIVIDUAL	00:18:59
117 <sup>o</sup>	2 <sup>o</sup>	9	F20	MANUELA MACHADO	PT	CYCLONES SANITOP	00:18:59
118 <sup>o</sup>	50 <sup>o</sup>	1530	M20	Rafael Águas	PT	INDIVIDUAL	00:19:00
119 <sup>o</sup>	51 <sup>o</sup>	1332	M20	César Neves	PT	INDIVIDUAL	00:19:01
120 <sup>o</sup>	52 <sup>o</sup>	1054	M20	Marco Almeida	PT	INDIVIDUAL	00:19:03
121 <sup>o</sup>	53 <sup>o</sup>	1980	M20	Sérgio Barreira	PT	INDIVIDUAL	00:19:03
122 <sup>o</sup>	54 <sup>o</sup>	1465	M20	Pedro Matos	PT	INDIVIDUAL	00:19:03
123 <sup>o</sup>	55 <sup>o</sup>	1162	M20	Rui Gonçalves	PT	INDIVIDUAL	00:19:03
124 <sup>o</sup>	56 <sup>o</sup>	1857	M20	fabio pinhel	PT	INDIVIDUAL	00:19:06
125 <sup>o</sup>	57 <sup>o</sup>	1298	M20	Pedro Silva Pereira	PT	INDIVIDUAL	00:19:06
126 <sup>o</sup>	58 <sup>o</sup>	1841	M20	Carlos Duarte	PT	INDIVIDUAL	00:19:06
127 <sup>o</sup>	59 <sup>o</sup>	1032	M20	Álvaro Gomes	PT	INDIVIDUAL	00:19:06
128 <sup>o</sup>	20 <sup>o</sup>	1858	M40	Paulo Gomes	PT	No Tomorrow Running Team	00:19:07
129 <sup>o</sup>	60 <sup>o</sup>	1071	M20	carlos fonseca	PT	INDIVIDUAL	00:19:10
130 <sup>o</sup>	61 <sup>o</sup>	234	M20	ANTONIO SANTOS	PT	CLUBE GALP ENERGIA NORTE	00:19:12
131 <sup>o</sup>	62 <sup>o</sup>	1433	M20	NUNO FERREIRA	PT	INDIVIDUAL	00:19:16
132 <sup>o</sup>	8 <sup>o</sup>	1558	M55	jose rebelo	PT	INDIVIDUAL	00:19:16
133 <sup>o</sup>	63 <sup>o</sup>	1814	M20	Alexandre Neves	PT	INDIVIDUAL	00:19:18
134 <sup>o</sup>	64 <sup>o</sup>	1133	M20	Jorge Sousa	PT	Individual	00:19:19
135 <sup>o</sup>	21 <sup>o</sup>	1950	M40	Pedro Barbosa	PT	INDIVIDUAL	00:19:19
136 <sup>o</sup>	65 <sup>o</sup>	1181	M20	joaquim coelho	PT	INDIVIDUAL	00:19:19
137 <sup>o</sup>	3 <sup>o</sup>	545	F20	ANA MARGARIDA COELHO	PT	LACTOGAL	00:19:20
138 <sup>o</sup>	66 <sup>o</sup>	299	M20	JORGE MANUEL ALVES	PT	INDIVIDUAL	00:19:20
139 <sup>o</sup>	67 <sup>o</sup>	1167	M20	Tiago Santos	PT	Locomotiva de Paranhos	00:19:21
140 <sup>o</sup>	68 <sup>o</sup>	1520	M20	Ricardo Teixeira	PT	INDIVIDUAL	00:19:22
141 <sup>o</sup>	22 <sup>o</sup>	1042	M40	Paulo Faria	PT	INDIVIDUAL	00:19:26
142 <sup>o</sup>	9 <sup>o</sup>	566	M55	ANTONIO SANTOS FACEBOOK	PT	APO	00:19:26
143 <sup>o</sup>	11 <sup>o</sup>	179	M50	JOSE RIBEIRO	PT	G D LIMPEZA URBANA	00:19:28
144 <sup>o</sup>	69 <sup>o</sup>	1141	M20	Nelson Martins	PT	INDIVIDUAL	00:19:29
145 <sup>o</sup>	70 <sup>o</sup>	1943	M20	Bruno Pereira	PT	Os Caipiras	00:19:31
146 <sup>o</sup>	71 <sup>o</sup>	1505	M20	Rui Oliveira	PT	INDIVIDUAL	00:19:31
147 <sup>o</sup>	1 <sup>o</sup>	1205	F45	Cristina Saraiva	PT	INDIVIDUAL	00:19:32
148 <sup>o</sup>	72 <sup>o</sup>	497	M20	DANIEL ALBERTO SOARES	PT	C R POPULAR S TIAGO	00:19:33
149 <sup>o</sup>	23 <sup>o</sup>	1565	M40	Vitor Silva	PT	Individual	00:19:34
150 <sup>o</sup>	73 <sup>o</sup>	1358	M20	Hugo Carvalho	PT	INDIVIDUAL	00:19:35
151 <sup>o</sup>	74 <sup>o</sup>	1816	M20	Bruno Sousa	PT	Andarilhos Bike Team	00:19:35
152 <sup>o</sup>	20 <sup>o</sup>	490	M45	MAXIMILIANO RODRIGUES	PT	C R POPULAR S TIAGO	00:19:36
153 <sup>o</sup>	10 <sup>o</sup>	282	M55	JOSE RESENDE	PT	LEOES DO VENEZA	00:19:36
154 <sup>o</sup>	21 <sup>o</sup>	1648	M45	José Macedo	PT	Alfenense	00:19:37
155 <sup>o</sup>	6 <sup>o</sup>	1981	M17	Alirio Simoes	PT	INDIVIDUAL	00:19:38
156 <sup>o</sup>	3 <sup>o</sup>	1348	M60	Manuel Valentim	PT	individual	00:19:39
157 <sup>o</sup>	75 <sup>o</sup>	1108	M20	João Cacheira	PT	INDIVIDUAL	00:19:44
158 <sup>o</sup>	76 <sup>o</sup>	1111	M20	Eduardo Ferreira	PT	INDIVIDUAL	00:19:46
159 <sup>o</sup>	77 <sup>o</sup>	1262	M20	hugo bonito	PT	INDIVIDUAL	00:19:46
160 <sup>o</sup>	78 <sup>o</sup>	1851	M20	Pedro Campos	PT	INDIVIDUAL	00:19:47
161 <sup>o</sup>	79 <sup>o</sup>	1435	M20	Neftali Sillero	ES	INDIVIDUAL	00:19:47
162 <sup>o</sup>	80 <sup>o</sup>	1294	M20	Bruno Vilaça	PT	INDIVIDUAL	00:19:48
163 <sup>o</sup>	81 <sup>o</sup>	1817	M20	Daniel Oliveira	PT	INDIVIDUAL	00:19:49
164 <sup>o</sup>	11 <sup>o</sup>	527	M55	BENJAMIM KIMBUELAS	PT	LEOES DO VENEZA	00:19:52
165 <sup>o</sup>	12 <sup>o</sup>	489	M55	JOSE KIMBUELAS	PT	INDIVIDUAL	00:19:52
166 <sup>o</sup>	82 <sup>o</sup>	1597	M20	Pedro Cardoso	PT	INDIVIDUAL	00:19:53
167 <sup>o</sup>	83 <sup>o</sup>	1025	M20	Elisio Miguel Oliveira Almeida	PT	INDIVIDUAL	00:19:54
168 <sup>o</sup>	84 <sup>o</sup>	74	M20	MIGUEL AROSO	PT	LACTOGAL	00:19:54
169 <sup>o</sup>	85 <sup>o</sup>	1285	M20	pedro dias	PT	INDIVIDUAL	00:19:55
170 <sup>o</sup>	86 <sup>o</sup>	1548	M20	Jose Saraiva	PT	INDIVIDUAL	00:19:56
171 <sup>o</sup>	87 <sup>o</sup>	614	M20	JOEL MARQUES	PT	G A I G	00:19:58
172 <sup>o</sup>	12 <sup>o</sup>	1166	M50	Serafim Ramos	PT	Clube do Pessoal EDP - Porto	00:20:00

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
173 °	88 °	1139	M20	J Filipe Moreira	PT	INDIVIDUAL	00:20:00
174 °	24 °	1507	M40	Joao Bandeira	PT	INDIVIDUAL	00:20:02
175 °	89 °	1389	M20	Carlos Neves	PT	INDIVIDUAL	00:20:03
176 °	13 °	624	M55	CARLOS ALVES	PT	INDIVIDUAL	00:20:05
177 °	90 °	1089	M20	Emanuel Ribeiro	PT	INDIVIDUAL	00:20:06
178 °	91 °	233	M20	RICARDO ALBUQUERQUE	PT	CLUBE GALP ENERGIA NORTE	00:20:06
179 °	22 °	496	M45	ANTONIO MANUEL NASCIMENTO	PT	C R POPULAR S TIAGO	00:20:08
180 °	4 °	1509	F20	Alexandra Sofia Monteiro	PT	INDIVIDUAL	00:20:10
181 °	92 °	1954	M20	Nuno Pinto	PT	INDIVIDUAL	00:20:11
182 °	23 °	1269	M45	RUI MARQUES	PT	INDIVIDUAL	00:20:11
183 °	93 °	1100	M20	César Vidal	PT	Santa Justa runners - Valongo	00:20:11
184 °	1 °	217	F17	SORAIA VIGARIO	PT	A R LUZ E VIDA GONDOMARENSE	00:20:12
185 °	94 °	1787	M20	João Lopes	PT	INDIVIDUAL	00:20:14
186 °	24 °	355	M45	JORGE MOTA	PT	A C D S. JOAO DA SERRA	00:20:14
187 °	95 °	1512	M20	Pedro Brandão	PT	INDIVIDUAL	00:20:17
188 °	13 °	1788	M50	ANTONIO FERREIRA	PT	INDIVIDUAL	00:20:17
189 °	5 °	63	F20	PAULA QUINTELA	PT	ESCOLA ATLETISMO ROSA OLIVEIRA	00:20:18
190 °	96 °	1850	M20	Helder Fonseca	PT	INDIVIDUAL	00:20:19
191 °	25 °	1686	M45	Valmar Silva	BR	INDIVIDUAL	00:20:20
192 °	97 °	214	M20	HENRIQUE NEVES	PT	A R LUZ E VIDA GONDOMARENSE	00:20:23
193 °	98 °	1768	M20	Pedro Oliveira	PT	INDIVIDUAL	00:20:23
194 °	25 °	98	M40	VITOR FERNANDES	PT	LIBERTY SEGUROS	00:20:24
195 °	99 °	1226	M20	João Sousa	PT	INDIVIDUAL	00:20:24
196 °	26 °	1440	M40	JOSÉ FERREIRA	PT	INDIVIDUAL	00:20:25
197 °	6 °	215	F20	VANESSA PINTO	PT	A R LUZ E VIDA GONDOMARENSE	00:20:25
198 °	27 °	230	M40	GERMANO NEVES	PT	A R LUZ E VIDA GONDOMARENSE	00:20:25
199 °	100 °	128	M20	MIGUEL DIAS	PT	LACTOGAL	00:20:26
200 °	4 °	424	M60	OSCAR LOUREIRO	PT	INDIVIDUAL	00:20:29
201 °	101 °	1085	M20	Pedro Guimarães	PT	INDIVIDUAL	00:20:29
202 °	5 °	1143	M60	Custodio Neto	PT	individual	00:20:30
203 °	28 °	1391	M40	Albano Martins	PT	INDIVIDUAL	00:20:30
204 °	26 °	1462	M45	Avelino faria	MZ	INDIVIDUAL	00:20:32
205 °	27 °	480	M45	JORGE DIAS	PT	C I A ALPENDORADA	00:20:33
206 °	29 °	505	M40	JOSÉ CARLOS OLIVEIRA	PT	ALVARELHOS	00:20:34
207 °	102 °	1069	M20	Paulo Serra	PT	INDIVIDUAL	00:20:35
208 °	14 °	446	M50	PEDRO SOARES	PT	C F OLIVEIRA DO DOURO	00:20:35
209 °	103 °	1439	M20	RUI SANTOS	PT	INDIVIDUAL	00:20:35
210 °	104 °	178	M20	HUGO RIBEIRO	PT	ROADRUNNERS	00:20:36
211 °	7 °	170	F20	JOANA ARAUJO	PT	ROADRUNNERS	00:20:37
212 °	105 °	169	M20	HUGO ARAUJO	PT	ROADRUNNERS	00:20:37
213 °	106 °	171	M20	TOMAS ARAUJO	PT	ROADRUNNERS	00:20:37
214 °	107 °	1301	M20	João Ribeiro	PT	INDIVIDUAL	00:20:41
215 °	108 °	1186	M20	Pedro Leite Antunes	PT	INDIVIDUAL	00:20:43
216 °	6 °	281	M60	JOSÉ ABREU	PT	LEOES DO VENEZA	00:20:45
217 °	109 °	1517	M20	Bruno Cunha	PT	INDIVIDUAL	00:20:46
218 °	30 °	491	M40	JOSE MANUEL MORAIS	PT	C R POPULAR S TIAGO	00:20:46
219 °	31 °	1142	M40	José Carlos Fonseca	PT	INDIVIDUAL	00:20:47
220 °	110 °	1871	M20	Rui Costa	PT	INDIVIDUAL	00:20:48
221 °	7 °	526	M60	ANTONIO LOURENÇO	PT	LEOES DO VENEZA	00:20:48
222 °	111 °	56	M20	SERGIO PINTO	PT	S C C SANTOS	00:20:49
223 °	112 °	618	M20	LUIS ABREU	PT	G A I G	00:20:50
224 °	113 °	129	M20	JOAO RAMALHAO	PT	LACTOGAL	00:20:50
225 °	114 °	1345	M20	PEDRO BRANDAO	PT	INDIVIDUAL	00:20:50
226 °	115 °	1106	M20	Rodrigo Valle Teixeira	PT	INDIVIDUAL	00:20:50
227 °	116 °	55	M20	BRUNO BATISTA	PT	S C C SANTOS	00:20:51
228 °	32 °	1469	M40	Jorge Populo	PT	INDIVIDUAL	00:20:51

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

**Provisórias  
Geral**

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
229 <sup>o</sup>	8 <sup>o</sup>	1107	F20	Cristiana Ferreira	PT	INDIVIDUAL	00:20:52
230 <sup>o</sup>	117 <sup>o</sup>	1198	M20	Luís Pereira	PT	INDIVIDUAL	00:20:53
231 <sup>o</sup>	118 <sup>o</sup>	1696	M20	Hugo Silva	PT	INDIVIDUAL	00:20:53
232 <sup>o</sup>	119 <sup>o</sup>	1728	M20	Nuno Oliveira	PT	INDIVIDUAL	00:20:56
233 <sup>o</sup>	120 <sup>o</sup>	1367	M20	Sandro Mesquita	PT	Bio Runners	00:20:57
234 <sup>o</sup>	121 <sup>o</sup>	1655	M20	NUNO CONCEIÇÃO	PT	INDIVIDUAL	00:20:58
235 <sup>o</sup>	122 <sup>o</sup>	1972	M20	rui vides	PT	INDIVIDUAL	00:20:58
236 <sup>o</sup>	123 <sup>o</sup>	1578	M20	Rui Carvalho Goncalves	PT	INDIVIDUAL	00:20:59
237 <sup>o</sup>	124 <sup>o</sup>	1393	M20	Paulo Campos	PT	INDIVIDUAL	00:21:00
238 <sup>o</sup>	125 <sup>o</sup>	1831	M20	Paulo Osorio	PT	Unidos à Fresca	00:21:00
239 <sup>o</sup>	126 <sup>o</sup>	1009	M20	Hugo Ferreira	PT	INDIVIDUAL	00:21:01
240 <sup>o</sup>	14 <sup>o</sup>	1477	M55	Ricardo Osório	PT	INDIVIDUAL	00:21:01
241 <sup>o</sup>	127 <sup>o</sup>	1852	M20	Manuel Alves	PT	Caetano Runners	00:21:01
242 <sup>o</sup>	128 <sup>o</sup>	1743	M20	Ricardo Escoval	PT	INDIVIDUAL	00:21:02
243 <sup>o</sup>	8 <sup>o</sup>	276	M60	CARLOS PEREIRA	PT	LEOES DO VENEZA	00:21:02
244 <sup>o</sup>	129 <sup>o</sup>	473	M20	NATALINO SILVA	PT	SAPADORES DA INVICTA ACD	00:21:02
245 <sup>o</sup>	130 <sup>o</sup>	469	M20	ANTONIO OLIVEIRA	PT	SAPADORES DA INVICTA ACD	00:21:02
246 <sup>o</sup>	15 <sup>o</sup>	1024	M50	João Fonseca	PT	INDIVIDUAL	00:21:04
247 <sup>o</sup>	131 <sup>o</sup>	1101	M20	Carlos Azevedo	PT	INDIVIDUAL	00:21:06
248 <sup>o</sup>	9 <sup>o</sup>	1102	F20	Elisabete Santos	PT	INDIVIDUAL	00:21:06
249 <sup>o</sup>	10 <sup>o</sup>	1598	F20	SONIA BERNARDES	PT	CARCAVELOS	00:21:07
250 <sup>o</sup>	11 <sup>o</sup>	1561	F20	Helena Dias	PT	INDIVIDUAL	00:21:08
251 <sup>o</sup>	33 <sup>o</sup>	1641	M40	joaquim pereira	PT	individual	00:21:09
252 <sup>o</sup>	34 <sup>o</sup>	101	M40	JOSÉ LOPES	PT	LIBERTY SEGUROS	00:21:10
253 <sup>o</sup>	28 <sup>o</sup>	99	M45	JOSÉ RODRIGUES	PT	LIBERTY SEGUROS	00:21:11
254 <sup>o</sup>	132 <sup>o</sup>	780	M20	MARCIO COSTA	PT	INDIVIDUAL	00:21:12
255 <sup>o</sup>	12 <sup>o</sup>	1500	F20	Isa Silva	PT	INDIVIDUAL	00:21:13
256 <sup>o</sup>	133 <sup>o</sup>	1874	M20	Carlos Vieira	PT	INDIVIDUAL	00:21:13
257 <sup>o</sup>	15 <sup>o</sup>	1616	M55	jose corval	PT	carcavelos	00:21:15
258 <sup>o</sup>	13 <sup>o</sup>	1883	F20	Carla Monteiro	PT	INDIVIDUAL	00:21:16
259 <sup>o</sup>	29 <sup>o</sup>	1651	M45	Heiko Andresen	DE	SKG Frankfurt	00:21:17
260 <sup>o</sup>	134 <sup>o</sup>	1944	M20	Luis Teixeira	PT	Os Caipiras	00:21:18
261 <sup>o</sup>	135 <sup>o</sup>	1948	M20	Luis Campos	PT	Os Caipiras	00:21:18
262 <sup>o</sup>	136 <sup>o</sup>	1653	M20	Ricardo Pinto	PT	INDIVIDUAL	00:21:19
263 <sup>o</sup>	14 <sup>o</sup>	1571	F20	silvia gomes	PT	INDIVIDUAL	00:21:19
264 <sup>o</sup>	15 <sup>o</sup>	1711	F20	ISETE silva	PT	INDIVIDUAL	00:21:19
265 <sup>o</sup>	4 <sup>o</sup>	1253	M18	Miguel Santos	PT	INDIVIDUAL	00:21:21
266 <sup>o</sup>	35 <sup>o</sup>	1023	M40	Paulo Moreira	PT	INDIVIDUAL	00:21:24
267 <sup>o</sup>	137 <sup>o</sup>	494	M20	ANDRE FERNANDO SOUSA	PT	C R POPULAR S TIAGO	00:21:24
268 <sup>o</sup>	138 <sup>o</sup>	1436	M20	David Sora	PT	INDIVIDUAL	00:21:27
269 <sup>o</sup>	30 <sup>o</sup>	122	M45	FRANCISCO MONTEIRO	PT	INDIVIDUAL	00:21:27
270 <sup>o</sup>	139 <sup>o</sup>	1918	M20	Nuno Oliveira	PT	INDIVIDUAL	00:21:27
271 <sup>o</sup>	140 <sup>o</sup>	1501	M20	Antonio Mendes	PT	INDIVIDUAL	00:21:29
272 <sup>o</sup>	141 <sup>o</sup>	1822	M20	rui vieira	PT	INDIVIDUAL	00:21:29
273 <sup>o</sup>	16 <sup>o</sup>	1185	F20	Diana Maia	PT	INDIVIDUAL	00:21:29
274 <sup>o</sup>	142 <sup>o</sup>	1727	M20	Nuno Carvalho	PT	GDVA	00:21:30
275 <sup>o</sup>	16 <sup>o</sup>	1681	M55	Anselmo Moreira	PT	INDIVIDUAL	00:21:30
276 <sup>o</sup>	143 <sup>o</sup>	1620	M20	paulo ferreira	PT	INDIVIDUAL	00:21:30
277 <sup>o</sup>	144 <sup>o</sup>	1703	M20	Jaime Santos	PT	INDIVIDUAL	00:21:30
278 <sup>o</sup>	16 <sup>o</sup>	186	M50	JOSE LEITES	PT	G D LIMPEZA URBANA	00:21:30
279 <sup>o</sup>	145 <sup>o</sup>	53	M20	NUNO ZENHA	PT	S C C SANTOS	00:21:31
280 <sup>o</sup>	146 <sup>o</sup>	1082	M20	Nuno Macedo	PT	Miradouro	00:21:31
281 <sup>o</sup>	147 <sup>o</sup>	1834	M20	José Sá	PT	INDIVIDUAL	00:21:31
282 <sup>o</sup>	148 <sup>o</sup>	1722	M20	Carlos Barbosa	PT	GDVA	00:21:32
283 <sup>o</sup>	17 <sup>o</sup>	1833	F20	Angela Pimenta	PT	INDIVIDUAL	00:21:32
284 <sup>o</sup>	17 <sup>o</sup>	1969	M55	manuel gonçaves	PT	Escola do Movimento	00:21:33
285 <sup>o</sup>	149 <sup>o</sup>	1212	M20	António Coimbra	PT	INDIVIDUAL	00:21:33
286 <sup>o</sup>	18 <sup>o</sup>	1402	F20	Sofia Ferreira	PT	INDIVIDUAL	00:21:34
287 <sup>o</sup>	19 <sup>o</sup>	515	F20	ELISABETE ROCHA	PT	LAMBAREIROS DO ASFALTO	00:21:34
288 <sup>o</sup>	9 <sup>o</sup>	1026	M60	Rodrigo Almeida	PT	INDIVIDUAL	00:21:34

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
289 °	18 °	1334	M55	Joaquim Carvalho	PT	NO TOMORROW	00:21:34
290 °	31 °	514	M45	GILBERTO PIRES	PT	LAMBAREIROS DO ASFALTO	00:21:35
291 °	150 °	235	M20	JUAQUIM RIBEIRO	PT	CLUBE GALP ENERGIA NORTE	00:21:36
292 °	2 °	199	F45	DORES SILVA	PT	GINASIO VILACONDENSE	00:21:37
293 °	151 °	1563	M20	Henrique Silva	PT	INDIVIDUAL	00:21:37
294 °	19 °	1171	M55	Fernando Manuel Azevedo	PT	INDIVIDUAL	00:21:39
295 °	5 °	1331	M18	HUMBERTO ALMEIDA	PT	CARCAVELOS	00:21:41
296 °	152 °	1490	M20	Pedro Costa	PT	INDIVIDUAL	00:21:42
297 °	153 °	226	M20	RICARDO QUEIROZ	PT	A R LUZ E VIDA GONDOMARENSE	00:21:42
298 °	154 °	1219	M20	PEDRO ALVES SA	PT	INDIVIDUAL	00:21:43
299 °	155 °	1577	M20	Nuno Gonçalves	PT	INDIVIDUAL	00:21:43
300 °	36 °	1699	M40	Damião Pacheco	PT	HPP boavista	00:21:44
301 °	156 °	1876	M20	Jose Figueiredo	PT	INDIVIDUAL	00:21:44
302 °	157 °	1378	M20	João Costa	PT	INDIVIDUAL	00:21:44
303 °	158 °	1446	M20	António Coimbra	PT	INDIVIDUAL	00:21:45
304 °	20 °	198	F20	ALBINA GAVINA	PT	GINASIO VILACONDENSE	00:21:45
305 °	159 °	538	M20	RUI PEDRO GUEDES	PT	LACTOGAL	00:21:46
306 °	160 °	1713	M20	Pedro Andrade	PT	INDIVIDUAL	00:21:47
307 °	6 °	1922	M18	Henrique Cardoso	PT	INDIVIDUAL	00:21:47
308 °	161 °	1644	M20	Tiago Viegas	PT	INDIVIDUAL	00:21:48
309 °	17 °	1115	M50	Fernando Pinho	PT	Mlradoiro	00:21:49
310 °	162 °	61	M20	HUGO SOARES	PT	S C C SANTOS	00:21:50
311 °	163 °	1314	M20	Rui Amorim	PT	INDIVIDUAL	00:21:50
312 °	10 °	589	M60	VITOR CARDOSO FACEBOOK	PT	APO	00:21:51
313 °	11 °	242	M60	ADELINO MOUTINHO	PT	CLUBE GALP ENERGIA NORTE	00:21:52
314 °	12 °	243	M60	ANTONIO CIDADE	PT	CLUBE GALP ENERGIA NORTE	00:21:52
315 °	3 °	1683	F45	alzira ferreira	PT	grupo são paio de oleiros	00:21:52
316 °	32 °	1596	M45	viktor moreira	PT	INDIVIDUAL	00:21:53
317 °	7 °	1270	M17	Tiago Marques	PT	INDIVIDUAL	00:21:54
318 °	20 °	283	M55	MANUEL MONTEIRO	PT	LEOES DO VENEZA	00:21:54
319 °	7 °	385	M18	DIOGO ALEXANDRE	PT	INDIVIDUAL	00:21:54
320 °	8 °	302	M17	JORGE FILIPE FREITAS	PT	FREITAS	00:21:55
321 °	8 °	301	M18	MIGUEL ANGELO FREITAS	PT	FREITAS	00:21:55
322 °	164 °	1317	M20	André Cruz	PT	INDIVIDUAL	00:21:55
323 °	37 °	300	M40	RUI JORGE FREITAS	PT	FREITAS	00:21:56
324 °	2 °	1135	F40	Fernanda Pinho	PT	Parque Health Club	00:21:57
325 °	165 °	1061	M20	José Pedro Silva	PT	INDIVIDUAL	00:21:57
326 °	4 °	1064	F45	Cristina Teixeira	PT	INDIVIDUAL	00:21:57
327 °	166 °	1510	M20	André Bandeira	PT	INDIVIDUAL	00:21:58
328 °	2 °	216	F17	ANA ALMEIDA	PT	A R LUZ E VIDA GONDOMARENSE	00:21:59
329 °	3 °	219	F17	DIANA OLIVEIRA	PT	A R LUZ E VIDA GONDOMARENSE	00:22:00
330 °	3 °	1300	F40	raquel souza	PT	INDIVIDUAL	00:22:00
331 °	13 °	1865	M60	DOMINGOS AZEVEDO	PT	INDIVIDUAL	00:22:00
332 °	38 °	471	M40	JOSE SILVA	PT	SAPADORES DA INVICTA ACD	00:22:02
333 °	18 °	1117	M50	joaquim armando	PT	individual	00:22:02
334 °	167 °	1326	M20	Ricardo Costa	PT	INDIVIDUAL	00:22:03
335 °	168 °	1773	M20	Miguel Carvalho	PT	INDIVIDUAL	00:22:04
336 °	169 °	1667	M20	Nuno Carvalho	PT	INDIVIDUAL	00:22:04
337 °	170 °	1308	M20	Oswaldo Ferreira	PT	Oporto Squash & Running	00:22:06
338 °	21 °	569	F20	SONIA CARVALHO FACEBOOK	PT	APO	00:22:07
339 °	171 °	1397	M20	Leonel Souto	PT	INDIVIDUAL	00:22:08
340 °	14 °	1134	M60	Belmiro Azevedo	PT	Individual	00:22:09
341 °	172 °	1483	M20	Mário Oliveira	PT	INDIVIDUAL	00:22:12
342 °	39 °	1568	M40	Nuno Dias	PT	INDIVIDUAL	00:22:13
343 °	40 °	1574	M40	Felipe Gonçalves	PT	INDIVIDUAL	00:22:15
344 °	173 °	1129	M20	Paulo Pereira	PT	INDIVIDUAL	00:22:15
345 °	174 °	1204	M20	Tiago Barros	PT	INDIVIDUAL	00:22:17

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
346 °	175 °	1383	M20	RUI PEREIRA	PT	INDIVIDUAL	00:22:18
347 °	9 °	184	M18	JOAO RIBEIRO	PT	G D LIMPEZA URBANA	00:22:18
348 °	19 °	1222	M50	José Pedro Martins	PT	INDIVIDUAL	00:22:18
349 °	176 °	1172	M20	Paulo MAdeira	PT	INDIVIDUAL	00:22:19
350 °	41 °	1016	M40	António Araújo	PT	INDIVIDUAL	00:22:20
351 °	42 °	632	M40	JOSE SILVA	PT	INDIVIDUAL	00:22:21
352 °	43 °	630	M40	JOAQUIM MATEUS	PT	INDIVIDUAL	00:22:21
353 °	177 °	1771	M20	Sérgio Areias	PT	INDIVIDUAL	00:22:21
354 °	178 °	1867	M20	Ricardo Sousa	PT	INDIVIDUAL	00:22:22
355 °	10 °	1705	M18	Leandro Berenguer	PT	INDIVIDUAL	00:22:22
356 °	179 °	1020	M20	jose pereira	PT	INDIVIDUAL	00:22:23
357 °	15 °	620	M60	ALBERTO MELO	PT	INDIVIDUAL	00:22:24
358 °	33 °	1078	M45	Arlindo Caldas	PT	INDIVIDUAL	00:22:26
359 °	20 °	183	M50	BARTOLOMEU MOTA	PT	G D LIMPEZA URBANA	00:22:26
360 °	180 °	1862	M20	João Leal Fernandes	PT	INDIVIDUAL	00:22:27
361 °	21 °	1965	M55	Valdemiro Barbosa	PT	INDIVIDUAL	00:22:30
362 °	181 °	1149	M20	André Barbosa	PT	INDIVIDUAL	00:22:30
363 °	44 °	1073	M40	José Dias	PT	INDIVIDUAL	00:22:31
364 °	34 °	1364	M45	Lino Silva	PT	INDIVIDUAL	00:22:35
365 °	182 °	1289	M20	Pedro Gonçalves	PT	INDIVIDUAL	00:22:37
366 °	21 °	1131	M50	Ilídio Ramos	PT	INDIVIDUAL	00:22:38
367 °	183 °	172	M20	RICARDO SANTOS	PT	ROADRUNNERS	00:22:39
368 °	4 °	1279	F40	Fatima Azevedo	PT	INDIVIDUAL	00:22:40
369 °	184 °	617	M20	CANDIDO ROCHA	PT	G A I G	00:22:42
370 °	185 °	1497	M20	João Pedro da Costa	PT	Porto Runners	00:22:43
371 °	35 °	1518	M45	José Moreira	PT	INDIVIDUAL	00:22:44
372 °	22 °	1982	F20	Andreia Sousa	PT	INDIVIDUAL	00:22:45
373 °	9 °	1927	M17	João Rocha	PT	INDIVIDUAL	00:22:47
374 °	186 °	1475	M20	Miguel Alvim	PT	INDIVIDUAL	00:22:48
375 °	187 °	1250	M20	José Almeida	PT	INDIVIDUAL	00:22:48
376 °	188 °	1292	M20	Sergio Martins	PT	Sai da frente	00:22:49
377 °	16 °	482	M60	JOSE MAGALHAES	PT	C I A ALPENDORADA	00:22:49
378 °	189 °	1132	M20	Pedro Vasconcelos	PT	INDIVIDUAL	00:22:50
379 °	190 °	1798	M20	Mario Orichowski Vespa	BR	3R - Rock n Roll Runners	00:22:51
380 °	191 °	1622	M20	Filipe Lopes	PT	INDIVIDUAL	00:22:51
381 °	45 °	1373	M40	mario antunes	PT	INDIVIDUAL	00:22:52
382 °	192 °	307	M20	JOSE MARTINS	PT	SAI DA FRENTE	00:22:54
383 °	193 °	1752	M20	Fernando Silvano	PT	INDIVIDUAL	00:22:54
384 °	194 °	59	M20	PAULO GRAÇA	PT	S C C SANTOS	00:22:56
385 °	46 °	605	M40	MANUEL CUNHA	PT	MANVIARUNNERS	00:22:58
386 °	47 °	1769	M40	Joaquim José Seabra Silva	PT	BT4	00:22:58
387 °	195 °	532	M20	DIOGO MARTINS	PT	LACTOGAL	00:22:58
388 °	196 °	636	M20	BRUNO TEIXEIRA	PT	INDIVIDUAL	00:22:59
389 °	197 °	1321	M20	Vitor Silva	PT	INDIVIDUAL	00:23:00
390 °	11 °	1412	M18	Marco Guimarães	PT	INDIVIDUAL	00:23:00
391 °	12 °	537	M18	LEONARDO PEDROSA	PT	LACTOGAL	00:23:01
392 °	23 °	644	F20	ARIANA SANTOS	PT	INDIVIDUAL	00:23:02
393 °	198 °	1357	M20	Miguel Leão	PT	INDIVIDUAL	00:23:04
394 °	199 °	1938	M20	Jorge Cardoso	PT	INDIVIDUAL	00:23:04
395 °	200 °	539	M20	FRANCISCO GONCALVES	PT	LACTOGAL	00:23:05
396 °	201 °	1169	M20	Paulo Amadeu	PT	INDIVIDUAL	00:23:05
397 °	202 °	1887	M20	Marcelo Petry	BR	INDIVIDUAL	00:23:06
398 °	24 °	543	F20	CATARINA MONTEIRO	PT	LACTOGAL	00:23:06
399 °	22 °	1370	M50	Jose Caseiro	PT	individual	00:23:08
400 °	23 °	1022	M50	AGOSTINHO FONTES	PT	Individual	00:23:09
401 °	24 °	123	M50	JOÃO MONTEIRO	PT	INDIVIDUAL	00:23:13
402 °	48 °	1701	M40	Paulo Vasconcelos	PT	INDIVIDUAL	00:23:15
403 °	36 °	1443	M45	Jorge Pinto	PT	INDIVIDUAL	00:23:16
404 °	49 °	1873	M40	Francisco Pacheco	PT	INDIVIDUAL	00:23:16
405 °	37 °	1930	M45	António Gomes	PT	INDIVIDUAL	00:23:16

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
406 °	50 °	1096	M40	Gaspar Sousa	PT	INDIVIDUAL	00:23:16
407 °	203 °	174	M20	BRUNO CUNHA	PT	ROADRUNNERS	00:23:17
408 °	51 °	560	M40	FERNANDO OLIVEIRA	PT	INDIVIDUAL	00:23:17
409 °	25 °	1109	F20	Sofia Azevedo	PT	INDIVIDUAL	00:23:18
410 °	38 °	1849	M45	francelino fernandes	PT	INDIVIDUAL	00:23:18
411 °	204 °	1860	M20	Ricardo Costa	PT	INDIVIDUAL	00:23:18
412 °	205 °	1750	M20	Jorge Ferreira	PT	INDIVIDUAL	00:23:19
413 °	206 °	1646	M20	Francisco Ferreira	PT	INDIVIDUAL	00:23:19
414 °	207 °	540	M20	ANTONIO SILVA	PT	LACTOGAL	00:23:20
415 °	25 °	1404	M50	Rui Teles	PT	INDIVIDUAL	00:23:20
416 °	208 °	100	M20	PAULO PIRES	PT	LIBERTY SEGUROS	00:23:22
417 °	209 °	1560	M20	Pedro Paiva	PT	INDIVIDUAL	00:23:23
418 °	210 °	1519	M20	Mário Espinha	PT	INDIVIDUAL	00:23:23
419 °	26 °	1494	M50	helder oliveira	PT	INDIVIDUAL	00:23:23
420 °	4 °	1751	F17	isabel saraiva	PT	Porto Runners	00:23:23
421 °	52 °	1400	M40	Luis Carreiro	PT	INDIVIDUAL	00:23:25
422 °	211 °	1411	M20	Manuel Almeida	PT	INDIVIDUAL	00:23:25
423 °	212 °	1463	M20	Mário Filipe Fonseca	PT	Nascidos para correr	00:23:27
424 °	17 °	1330	M60	eduardo paquete	PT	carcavelos	00:23:27
425 °	39 °	1254	M45	Augusto Correia	PT	INDIVIDUAL	00:23:27
426 °	40 °	1437	M45	Mário Lucena	PT	Individual	00:23:30
427 °	53 °	60	M40	PEDRO VIEIRA	PT	S C C SANTOS	00:23:31
428 °	22 °	371	M55	ARMANDO PENEDA	PT	EDP	00:23:34
429 °	213 °	1789	M20	Daniel Monteiro	PT	INDIVIDUAL	00:23:35
430 °	214 °	531	M20	JOAO ALMEIDA	PT	LACTOGAL	00:23:35
431 °	215 °	1659	M20	André Sampaio	PT	INDIVIDUAL	00:23:35
432 °	18 °	1863	M60	Reinaldo Pinto	PT	INDIVIDUAL	00:23:36
433 °	54 °	1234	M40	Joao Resende	PT	INDIVIDUAL	00:23:37
434 °	26 °	1685	F20	Sónia Teixeira	PT	Sport clube do porto	00:23:38
435 °	27 °	1418	F20	Teresa Oliveira	PT	INDIVIDUAL	00:23:38
436 °	19 °	1552	M60	Eduardo falcao	PT	INDIVIDUAL	00:23:38
437 °	55 °	1859	M40	Tasso Caio	PT	Caetano Runners	00:23:38
438 °	23 °	1441	M55	José Alves	PT	INDIVIDUAL	00:23:39
439 °	216 °	1457	M20	Sérgio Dos Santos	PT	INDIVIDUAL	00:23:40
440 °	28 °	1776	F20	Joana Carvalho	PT	INDIVIDUAL	00:23:40
441 °	20 °	1460	M60	Alberto Lizardo	PT	INDIVIDUAL	00:23:41
442 °	29 °	1693	F20	Fátima Batista Santos	PT	INDIVIDUAL	00:23:42
443 °	21 °	1036	M60	antonio carvalho	PT	cantinho atleta	00:23:43
444 °	27 °	1480	M50	Rui Sá	PT	INDIVIDUAL	00:23:44
445 °	56 °	1880	M40	Luís Barata da Rocha	PT	INDIVIDUAL	00:23:47
446 °	217 °	1113	M20	Joao PenhaGarcia	PT	INDIVIDUAL	00:23:47
447 °	218 °	10	M20	FILIPE FERNANDES	PT	INDIVIDUAL	00:23:48
448 °	5 °	1488	F45	Elisabete Repas	PT	INDIVIDUAL	00:23:49
449 °	219 °	1003	M20	Vasco Vinhas	PT	Os Flecha 21	00:23:49
450 °	30 °	1004	F20	Raquel Ferreira	PT	Os Flecha 21	00:23:49
451 °	28 °	1528	M50	Joaquim Castro	PT	INDIVIDUAL	00:23:52
452 °	29 °	1881	M50	Eduardo Bianchi de Aguiar	PT	INDIVIDUAL	00:23:52
453 °	30 °	306	M50	JOAQUIM BATISTA	PT	INDIVIDUAL	00:23:53
454 °	24 °	284	M55	MARIO MIRANDA	PT	LEOES DO VENEZA	00:23:53
455 °	220 °	1380	M20	Carlos Pereira	PT	INDIVIDUAL	00:23:53
456 °	31 °	1214	F20	Antónia Coimbra	PT	INDIVIDUAL	00:23:54
457 °	221 °	1354	M20	RUI COUTINHO	PT	INDIVIDUAL	00:23:55
458 °	32 °	1382	F20	Sofia Apolinario	PT	INDIVIDUAL	00:23:56
459 °	22 °	240	M60	MANUEL ROCHA	PT	CLUBE GALP ENERGIA NORTE	00:23:56
460 °	1 °	232	F18	ANA ROCHA	PT	CLUBE GALP ENERGIA NORTE	00:23:58
461 °	23 °	239	M60	FERNANDO CARVALHO	PT	CLUBE GALP ENERGIA NORTE	00:23:58
462 °	222 °	1801	M20	Ricardo Veloso	PT	INDIVIDUAL	00:24:01
463 °	13 °	1013	M18	Francisco Silva	PT	INDIVIDUAL	00:24:01
464 °	41 °	1015	M45	Paulo Silva	PT	INDIVIDUAL	00:24:01
465 °	223 °	1888	M20	Marcelo Fonseca	PT	INDIVIDUAL	00:24:02



**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
466 °	224 °	1720	M20	Tiago Francesco	PT	INDIVIDUAL	00:24:02
467 °	225 °	370	M20	PAULO COSTA	PT	RUNNING STARS	00:24:03
468 °	226 °	1395	M20	Filipe Lima	PT	INDIVIDUAL	00:24:03
469 °	227 °	1119	M20	Ricardo Bastos	PT	INDIVIDUAL	00:24:03
470 °	33 °	1928	F20	Suse Silva	PT	INDIVIDUAL	00:24:03
471 °	5 °	1038	F17	Catia Costa	PT	Maiastars	00:24:03
472 °	34 °	1467	F20	Elisabete Alves	PT	INDIVIDUAL	00:24:07
473 °	228 °	1140	M20	Ricardo Fernandes	PT	INDIVIDUAL	00:24:09
474 °	229 °	1174	M20	Marcelo Ribeiro	PT	INDIVIDUAL	00:24:09
475 °	230 °	1158	M20	Pedro Silva	PT	INDIVIDUAL	00:24:11
476 °	231 °	1805	M20	Rui Miguel Rua	PT	INDIVIDUAL	00:24:15
477 °	35 °	1846	F20	Sandra Moreira	PT	INDIVIDUAL	00:24:16
478 °	25 °	398	M55	ANTONIO RODRIGUES BARBOSA	PT	C T SMAS PORTO	00:24:19
479 °	36 °	1394	F20	Silvia Teixeira	PT	INDIVIDUAL	00:24:19
480 °	37 °	1128	F20	Ana Costa	PT	INDIVIDUAL	00:24:19
481 °	38 °	1498	F20	Manuela Damas	PT	Porto Runners	00:24:19
482 °	26 °	1744	M55	Rui Tavares	PT	INDIVIDUAL	00:24:21
483 °	232 °	1150	M20	Rui Faria	PT	INDIVIDUAL	00:24:25
484 °	42 °	1782	M45	Antonio Cardoso	PT	INDIVIDUAL	00:24:27
485 °	57 °	1387	M40	Nuno Sousa Pereira	PT	INDIVIDUAL	00:24:28
486 °	27 °	238	M55	DOMINGOS SERENO	PT	CLUBE GALP ENERGIA NORTE	00:24:29
487 °	43 °	1450	M45	Sérgio Pereira	PT	INDIVIDUAL	00:24:31
488 °	233 °	1903	M20	Abílio Cardoso Teixeira	PT	INDIVIDUAL	00:24:32
489 °	234 °	1955	M20	Joao Pereira	PT	Individual	00:24:32
490 °	235 °	1532	M20	Paulo Oliveira	PT	INDIVIDUAL	00:24:33
491 °	236 °	1656	M20	Nuno Moita	PT	INDIVIDUAL	00:24:33
492 °	39 °	1553	F20	Joana Figueiredo	PT	INDIVIDUAL	00:24:33
493 °	237 °	1265	M20	Paulo Graça	PT	No Tomorrow - Running Team	00:24:33
494 °	40 °	1712	F20	Raquel Pinto	PT	INDIVIDUAL	00:24:34
495 °	238 °	1556	M20	Américo Dias	PT	INDIVIDUAL	00:24:34
496 °	41 °	228	F20	CLAUDIA SANTOS~	PT	A R LUZ E VIDA GONDOMARENSE	00:24:34
497 °	239 °	1118	M20	Jose Carlos Machado	PT	Individual	00:24:35
498 °	42 °	1086	F20	Susana Fernandes	PT	INDIVIDUAL	00:24:35
499 °	240 °	590	M20	VASCO ANDRE PACHECO FACEBOOK	PT	APO	00:24:39
500 °	241 °	1427	M20	Ivo Martins	PT	INDIVIDUAL	00:24:40
501 °	44 °	1044	M45	Francisco Santos	PT	Miradouro	00:24:41
502 °	242 °	1745	M20	João Miguel Silva	PT	INDIVIDUAL	00:24:44
503 °	243 °	588	M20	JOVITO OLIVEIRA FACEBOOK	PT	APO	00:24:46
504 °	244 °	1757	M20	Fábio Vieira	PT	INDIVIDUAL	00:24:47
505 °	245 °	639	M20	RICARDO CARVALHO	PT	INDIVIDUAL	00:24:48
506 °	45 °	542	M45	CARLOS ELIAS TORRES	PT	LACTOGAL	00:24:52
507 °	246 °	389	M20	ANTONIO COSTA	PT	TOYOTA RUNNERS	00:24:53
508 °	247 °	1665	M20	Luís Fonte	PT	INDIVIDUAL	00:24:55
509 °	46 °	1084	M45	Rui Martins	PT	CLUBE MILLENNIUM BCP	00:24:56
510 °	10 °	1211	M17	César Oliveira	PT	INDIVIDUAL	00:24:56
511 °	58 °	1040	M40	Manuel Marques	PT	individual	00:24:58
512 °	248 °	1045	M20	Filipe Monteiro	PT	INDIVIDUAL	00:25:01
513 °	249 °	1835	M20	nuno pereira	PT	individual	00:25:03
514 °	28 °	1385	M55	José Espírito Santo	PT	Maia AC	00:25:04
515 °	250 °	1306	M20	Diogo Barros	PT	INDIVIDUAL	00:25:06
516 °	43 °	1210	F20	Lia Oliveira	PT	INDIVIDUAL	00:25:06
517 °	31 °	1688	M50	Gilmar Farias	BR	INDIVIDUAL	00:25:07
518 °	59 °	1807	M40	Paulo Carvalho	PT	INDIVIDUAL	00:25:09
519 °	251 °	1422	M20	Heitor Trindade	PT	INDIVIDUAL	00:25:09
520 °	252 °	1791	M20	Pedro Gonçalves	PT	INDIVIDUAL	00:25:10
521 °	44 °	1010	F20	Diana Monteiro	PT	INDIVIDUAL	00:25:11
522 °	45 °	1266	F20	Erica Reis	PT	No Tomorrow - Running Team	00:25:12
523 °	253 °	1220	M20	João Pinto	PT	INDIVIDUAL	00:25:14

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
524 <sup>o</sup>	254 <sup>o</sup>	1886	M20	Albino Monteiro	PT	INDIVIDUAL	00:25:14
525 <sup>o</sup>	255 <sup>o</sup>	1268	M20	Pedro Soares	PT	INDIVIDUAL	00:25:17
526 <sup>o</sup>	32 <sup>o</sup>	1749	M50	Manuel António Ribeiro	PT	T-REX	00:25:17
527 <sup>o</sup>	11 <sup>o</sup>	1985	M17	TIAGO LEITE	PT	INDIVIDUAL	00:25:17
528 <sup>o</sup>	60 <sup>o</sup>	1766	M40	José Silva	PT	Nascidos para correr	00:25:19
529 <sup>o</sup>	46 <sup>o</sup>	1527	F20	ana silva	PT	INDIVIDUAL	00:25:19
530 <sup>o</sup>	256 <sup>o</sup>	1951	M20	Paulo Couto	PT	INDIVIDUAL	00:25:21
531 <sup>o</sup>	257 <sup>o</sup>	1966	M20	José Gama	PT	INDIVIDUAL	00:25:22
532 <sup>o</sup>	61 <sup>o</sup>	638	M40	PAULO RONCHA	PT	INDIVIDUAL	00:25:22
533 <sup>o</sup>	258 <sup>o</sup>	1156	M20	António Basaloco	PT	INDIVIDUAL	00:25:22
534 <sup>o</sup>	47 <sup>o</sup>	1190	F20	carmen sousa	PT	INDIVIDUAL	00:25:24
535 <sup>o</sup>	48 <sup>o</sup>	1767	F20	Sónia Sousa	PT	INDIVIDUAL	00:25:24
536 <sup>o</sup>	47 <sup>o</sup>	1748	M45	António Santos	PT	T-REX	00:25:25
537 <sup>o</sup>	5 <sup>o</sup>	1287	F40	Paula Costa	PT	INDIVIDUAL	00:25:25
538 <sup>o</sup>	49 <sup>o</sup>	1444	F20	Alexandra Cunha	PT	INDIVIDUAL	00:25:26
539 <sup>o</sup>	48 <sup>o</sup>	1762	M45	Artur Pereira	PT	INDIVIDUAL	00:25:26
540 <sup>o</sup>	259 <sup>o</sup>	1366	M20	Rui Morais	PT	INDIVIDUAL	00:25:27
541 <sup>o</sup>	260 <sup>o</sup>	1356	M20	Jerónimo Silva	PT	INDIVIDUAL	00:25:28
542 <sup>o</sup>	261 <sup>o</sup>	396	M20	PEDRO ANTUNES	PT	SITIO DOS CAES	00:25:28
543 <sup>o</sup>	62 <sup>o</sup>	1979	M40	jose leite	PT	INDIVIDUAL	00:25:28
544 <sup>o</sup>	50 <sup>o</sup>	395	F20	SUSANA FONSECA	PT	SITIO DOS CAES	00:25:29
545 <sup>o</sup>	2 <sup>o</sup>	1891	F18	Ana Vieira	PT	Ala NunAlvares de Gondomar	00:25:29
546 <sup>o</sup>	6 <sup>o</sup>	1092	F40	florbela goncalves	PT	INDIVIDUAL	00:25:29
547 <sup>o</sup>	6 <sup>o</sup>	1830	F17	Danielle Rocha	BR	INDIVIDUAL	00:25:29
548 <sup>o</sup>	51 <sup>o</sup>	1077	F20	La Salete Pinto	PT	INDIVIDUAL	00:25:30
549 <sup>o</sup>	63 <sup>o</sup>	1091	M40	CARLOS PLACIDO	PT	INDIVIDUAL	00:25:30
550 <sup>o</sup>	49 <sup>o</sup>	549	M45	RAUL BIZARRO	PT	INDIVIDUAL	00:25:30
551 <sup>o</sup>	52 <sup>o</sup>	1148	F20	MARIA DIAS	PT	INDIVIDUAL	00:25:32
552 <sup>o</sup>	12 <sup>o</sup>	1661	M17	MÁRIO CORREIA	PT	INDIVIDUAL	00:25:32
553 <sup>o</sup>	262 <sup>o</sup>	625	M20	NUNO SOBRAL	PT	INDIVIDUAL	00:25:33
554 <sup>o</sup>	263 <sup>o</sup>	1514	M20	MÁRIO LIMA	PT	INDIVIDUAL	00:25:35
555 <sup>o</sup>	14 <sup>o</sup>	1700	M18	José Xu	CN	INDIVIDUAL	00:25:36
556 <sup>o</sup>	264 <sup>o</sup>	1658	M20	RICARDO FALCAO	PT	FALCON & SENINHO	00:25:36
557 <sup>o</sup>	265 <sup>o</sup>	592	M20	FREDERICO REIS MATIAS FACEBOOK	PT	APO	00:25:36
558 <sup>o</sup>	266 <sup>o</sup>	1005	M20	Joaquim Santos	PT	INDIVIDUAL	00:25:37
559 <sup>o</sup>	267 <sup>o</sup>	335	M20	ANDRE NASCIMENTO	PT	ARQUELOGOS ATLETICO CLUBE	00:25:37
560 <sup>o</sup>	53 <sup>o</sup>	626	F20	MARTA FERREIRA	PT	VIDA ACTIVA	00:25:39
561 <sup>o</sup>	268 <sup>o</sup>	120	M20	BUNO CORREIA	PT	LACTOGAL	00:25:40
562 <sup>o</sup>	269 <sup>o</sup>	1587	M20	hugo costa	PT	INDIVIDUAL	00:25:40
563 <sup>o</sup>	64 <sup>o</sup>	1291	M40	paulo ramos	PT	PAZ BASEBALL CLUB de OLIVEIRA de AZEMÉIS	00:25:41
564 <sup>o</sup>	54 <sup>o</sup>	510	F20	DANIELA PINTO	PT	LAMBAREIROS DO ASFALTO	00:25:42
565 <sup>o</sup>	270 <sup>o</sup>	512	M20	EMANUEL NUNES	PT	LAMBAREIROS DO ASFALTO	00:25:42
566 <sup>o</sup>	271 <sup>o</sup>	1522	M20	Nuno Oliveira	PT	INDIVIDUAL	00:25:43
567 <sup>o</sup>	272 <sup>o</sup>	1245	M20	Cláudio Martins	PT	Os Ligeirinhos	00:25:44
568 <sup>o</sup>	55 <sup>o</sup>	1386	F20	Ana Luis Reis	PT	açai	00:25:46
569 <sup>o</sup>	273 <sup>o</sup>	1187	M20	Nuno Martins	PT	INDIVIDUAL	00:25:46
570 <sup>o</sup>	56 <sup>o</sup>	1313	F20	Andreia Correia	PT	INDIVIDUAL	00:25:48
571 <sup>o</sup>	57 <sup>o</sup>	1302	F20	Mariana Costa	PT	INDIVIDUAL	00:25:48
572 <sup>o</sup>	6 <sup>o</sup>	1208	F45	Paula Cristina Paiva	PT	INDIVIDUAL	00:25:48
573 <sup>o</sup>	274 <sup>o</sup>	189	M20	JOAO SILVA	PT	GINASIO VILACONDENSE	00:25:49
574 <sup>o</sup>	58 <sup>o</sup>	1213	F20	maricica nistor	RO	INDIVIDUAL	00:25:50
575 <sup>o</sup>	7 <sup>o</sup>	1567	F45	fernanda coelho	PT	INDIVIDUAL	00:25:51
576 <sup>o</sup>	65 <sup>o</sup>	1937	M40	Eduardo Fonseca	PT	INDIVIDUAL	00:25:52
577 <sup>o</sup>	59 <sup>o</sup>	1515	F20	Leonor Valente	PT	INDIVIDUAL	00:25:52
578 <sup>o</sup>	24 <sup>o</sup>	633	M60	JOSE COSTA FERREIRA	PT	INDIVIDUAL	00:25:53
579 <sup>o</sup>	8 <sup>o</sup>	467	F45	LEONOR LAPA	PT	INDIVIDUAL	00:25:53
580 <sup>o</sup>	13 <sup>o</sup>	391	M17	DAVID BRANCO	PT	TOYOTA RUNNERS	00:25:55
581 <sup>o</sup>	275 <sup>o</sup>	387	M20	RICARDO CAMPOS	PT	TOYOTA RUNNERS	00:25:55

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
582	276	1426	M20	António Vieira	PT	INDIVIDUAL	00:25:55
583	277	1420	M20	Pedro Aniceto	PT	INDIVIDUAL	00:25:56
584	60	1272	F20	IARA BORGES	PT	INDIVIDUAL	00:25:57
585	278	1753	M20	Rui Neto	PT	INDIVIDUAL	00:25:59
586	61	1615	F20	Maria Oliveira	PT	INDIVIDUAL	00:25:59
587	62	1875	F20	ANDREIA CARVALHO	PT	INDIVIDUAL	00:25:59
588	9	1206	F45	Margarida Neves	PT	INDIVIDUAL	00:26:00
589	279	1535	M20	Paulo Alves	PT	INDIVIDUAL	00:26:00
590	29	606	M55	SALVADOR SILVA	PT	MANVIARUNNERS	00:26:01
591	280	1793	M20	Luís Pinho	PT	INDIVIDUAL	00:26:01
592	63	1430	F20	Tulia Aires	PT	INDIVIDUAL	00:26:01
593	64	1421	F20	Helena Lobão	PT	INDIVIDUAL	00:26:02
594	65	1231	F20	Ana Nobre	PT	INDIVIDUAL	00:26:03
595	66	1240	M40	Fernando Espinhosa	PT	INDIVIDUAL	00:26:08
596	10	390	F45	GRAÇA PINTO	PT	TOYOTA RUNNERS	00:26:09
597	66	1942	F20	Paula Kiyomi Okuro	BR	INDIVIDUAL	00:26:09
598	67	1083	F20	Raquel Silva	PT	INDIVIDUAL	00:26:12
599	68	1884	F20	Teresa Carvalho	PT	INDIVIDUAL	00:26:13
600	69	1066	F20	Sandra Lemos	PT	INDIVIDUAL	00:26:14
601	70	1632	F20	Diana Sousa	PT	INDIVIDUAL	00:26:16
602	281	1654	M20	António Bonito	PT	INDIVIDUAL	00:26:16
603	282	1413	M20	Miguel Amado	PT	INDIVIDUAL	00:26:17
604	30	1019	M55	Fernando Teixeira	PT	INDIVIDUAL	00:26:18
605	71	1429	F20	Susana Silva	PT	INDIVIDUAL	00:26:18
606	283	1423	M20	João Marques	PT	INDIVIDUAL	00:26:18
607	284	1761	M20	Gonçalo Pessoa	PT	INDIVIDUAL	00:26:20
608	285	1810	M20	RICARDO PINTO	PT	INDIVIDUAL	00:26:21
609	33	310	M50	CARLOS NORABUENA	PT	PERUANOS EM PORTUGAL	00:26:22
610	11	1105	F45	Armanda Pinto	PT	INDIVIDUAL	00:26:24
611	286	1643	M20	Pedro Ferreira	PT	INDIVIDUAL	00:26:24
612	287	388	M20	PEDRO CARVALHO	PT	TOYOTA RUNNERS	00:26:26
613	50	521	M45	JORGE CARVALHO	PT	INDIVIDUAL	00:26:26
614	72	1062	F20	Vanessa Filipa Costa Sousa	PT	INDIVIDUAL	00:26:28
615	288	1159	M20	Vitor Santos	PT	INDIVIDUAL	00:26:28
616	73	1063	F20	Susana Filipa Jorge Pinheiro	PT	INDIVIDUAL	00:26:28
617	74	1941	F20	Daniela Oliveira	PT	INDIVIDUAL	00:26:29
618	7	558	F17	BENEDITA BARREIROS	PT	INDIVIDUAL	00:26:31
619	7	516	F40	MARIA CONCEIÇÃO PINTO	PT	INDIVIDUAL	00:26:32
620	25	1677	M60	António pereira	PT	individual	00:26:35
621	75	557	F20	ROSARIO GUERRA	PT	INDIVIDUAL	00:26:36
622	76	1935	F20	Claudia Alexandra Sousa	PT	INDIVIDUAL	00:26:39
623	289	1352	M20	Ricardo Manuel Sousa	PT	INDIVIDUAL	00:26:39
624	290	1048	M20	paulo monteiro	PT	INDIVIDUAL	00:26:41
625	77	1812	F20	CELIA SOUSA	PT	INDIVIDUAL	00:26:41
626	34	1002	M50	JOSÉ CLEMENTE	PT	Individual	00:26:43
627	291	1017	M20	Daniel Machado	PT	INDIVIDUAL	00:26:43
628	35	1827	M50	Pedro Costa	PT	INDIVIDUAL	00:26:44
629	67	1911	M40	ANTÓNIO SANTOS	PT	INDIVIDUAL	00:26:44
630	51	1555	M45	João Santiago	PT	INDIVIDUAL	00:26:45
631	292	1844	M20	Pedro Silva	PT	INDIVIDUAL	00:26:46
632	293	1848	M20	Eduardo Moreira	PT	INDIVIDUAL	00:26:46
633	31	553	M55	MANUEL PEREIRA	PT	S S MONTEPIO	00:26:47
634	294	1732	M20	Augusto Silveira	PT	INDIVIDUAL	00:26:47
635	78	1738	F20	CAROLINA GOMES	PT	INDIVIDUAL	00:26:47
636	26	483	M60	MANUEL BARBOSA	PT	C I A ALPENDORADA	00:26:48
637	27	1485	M60	Eduardo Almeida	PT	Llfe Club	00:26:51
638	295	1260	M20	Tiago Fonseca	PT	INDIVIDUAL	00:26:53
639	79	1246	F20	Patrícia Teixeira	PT	Os Ligeirinhos	00:26:54
640	80	1037	F20	Andreia Costa	PT	Maiastars	00:26:55
641	296	1919	M20	Ricardo Vieira	PT	INDIVIDUAL	00:26:55

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
642 <sup>o</sup>	12 <sup>o</sup>	1099	F45	Ana Basto	PT	INDIVIDUAL	00:26:56
643 <sup>o</sup>	68 <sup>o</sup>	1229	M40	Paulo Costa	PT	Triatlo AASM	00:27:00
644 <sup>o</sup>	81 <sup>o</sup>	1251	F20	Raquel Santos	PT	INDIVIDUAL	00:27:00
645 <sup>o</sup>	82 <sup>o</sup>	1932	F20	Vanessa Fernandes	PT	INDIVIDUAL	00:27:04
646 <sup>o</sup>	83 <sup>o</sup>	2000	F20	Susana Gomes	PT	INDIVIDUAL	00:27:05
647 <sup>o</sup>	8 <sup>o</sup>	1581	F40	Margarida Nunes	PT	INDIVIDUAL	00:27:11
648 <sup>o</sup>	13 <sup>o</sup>	1582	F45	Manuela Silva	PT	INDIVIDUAL	00:27:11
649 <sup>o</sup>	297 <sup>o</sup>	1680	M20	Rui Sousa	PT	Sport clube do porto	00:27:13
650 <sup>o</sup>	84 <sup>o</sup>	1280	F20	Carla Reis	PT	INDIVIDUAL	00:27:15
651 <sup>o</sup>	85 <sup>o</sup>	1274	F20	Célia Ferreira	PT	INDIVIDUAL	00:27:15
652 <sup>o</sup>	14 <sup>o</sup>	571	F45	CONCEIO LOPES PEREIRA FACEBOOK	PT	APO	00:27:18
653 <sup>o</sup>	86 <sup>o</sup>	1359	F20	Sonia Diogo	PT	INDIVIDUAL	00:27:22
654 <sup>o</sup>	298 <sup>o</sup>	1288	M20	Rui Gonçalves	PT	INDIVIDUAL	00:27:25
655 <sup>o</sup>	87 <sup>o</sup>	1371	F20	Susana Ramos	PT	INDIVIDUAL	00:27:25
656 <sup>o</sup>	299 <sup>o</sup>	1304	M20	Bruno Ferreira	PT	INDIVIDUAL	00:27:26
657 <sup>o</sup>	300 <sup>o</sup>	1310	M20	Nuno Silva	PT	INDIVIDUAL	00:27:27
658 <sup>o</sup>	88 <sup>o</sup>	1765	F20	ANABELA MARTINS	PT	INDIVIDUAL	00:27:27
659 <sup>o</sup>	89 <sup>o</sup>	1307	F20	Liliana Ferraz	PT	INDIVIDUAL	00:27:27
660 <sup>o</sup>	90 <sup>o</sup>	1904	F20	Mariana Vilar	PT	INDIVIDUAL	00:27:29
661 <sup>o</sup>	91 <sup>o</sup>	1014	F20	Joana Styliano	PT	INDIVIDUAL	00:27:30
662 <sup>o</sup>	92 <sup>o</sup>	1233	F20	Daniela Silva	PT	INDIVIDUAL	00:27:30
663 <sup>o</sup>	69 <sup>o</sup>	1692	M40	Carlos Cabouco	PT	INDIVIDUAL	00:27:38
664 <sup>o</sup>	93 <sup>o</sup>	1796	F20	Maria Bastos	PT	INDIVIDUAL	00:27:42
665 <sup>o</sup>	301 <sup>o</sup>	1225	M20	tiago gama	BR	INDIVIDUAL	00:27:43
666 <sup>o</sup>	94 <sup>o</sup>	1410	F20	Margarida Micaelo Rosa	PT	INDIVIDUAL	00:27:47
667 <sup>o</sup>	95 <sup>o</sup>	1709	F20	Wendy Cruz Varela	CR	INDIVIDUAL	00:27:50
668 <sup>o</sup>	14 <sup>o</sup>	1931	M17	Pedro Hotz Valle Teixeira	PT	INDIVIDUAL	00:27:51
669 <sup>o</sup>	70 <sup>o</sup>	1039	M40	Joaquim Costa	PT	INDIVIDUAL	00:27:55
670 <sup>o</sup>	302 <sup>o</sup>	634	M20	LUIS SILVA	PT	INDIVIDUAL	00:27:56
671 <sup>o</sup>	96 <sup>o</sup>	1499	F20	Sofia Barros	PT	INDIVIDUAL	00:27:59
672 <sup>o</sup>	97 <sup>o</sup>	1012	F20	Marta Alves	PT	INDIVIDUAL	00:28:00
673 <sup>o</sup>	15 <sup>o</sup>	1168	F45	Maria Alice Guimarães	PT	INDIVIDUAL	00:28:01
674 <sup>o</sup>	71 <sup>o</sup>	1920	M40	Ricardo Beirão	PT	INDIVIDUAL	00:28:02
675 <sup>o</sup>	303 <sup>o</sup>	628	M20	NUNO VASCONCELOS	PT	INDIVIDUAL	00:28:02
676 <sup>o</sup>	304 <sup>o</sup>	578	M20	CLUDIO FERNANDO SANTOS FACEBOOK	PT	APO	00:28:14
677 <sup>o</sup>	305 <sup>o</sup>	1295	M20	José Barbosa	PT	INDIVIDUAL	00:28:15
678 <sup>o</sup>	306 <sup>o</sup>	1223	M20	Ricardo Gomes	PT	INDIVIDUAL	00:28:15
679 <sup>o</sup>	98 <sup>o</sup>	1889	F20	Renata Carvalho	PT	INDIVIDUAL	00:28:22
680 <sup>o</sup>	32 <sup>o</sup>	1913	M55	juvenal carvalho	PT	INDIVIDUAL	00:28:25
681 <sup>o</sup>	15 <sup>o</sup>	1691	M17	Duarte Rocha	PT	INDIVIDUAL	00:28:28
682 <sup>o</sup>	28 <sup>o</sup>	1523	M60	Pedro Valle Teixeira	PT	INDIVIDUAL	00:28:30
683 <sup>o</sup>	307 <sup>o</sup>	1861	M20	Helder Ferreira	PT	INDIVIDUAL	00:28:32
684 <sup>o</sup>	99 <sup>o</sup>	1312	F20	Andreia Vieira	PT	INDIVIDUAL	00:28:33
685 <sup>o</sup>	33 <sup>o</sup>	1605	M55	Antonio Jose Rocha	PT	INDIVIDUAL	00:28:33
686 <sup>o</sup>	100 <sup>o</sup>	1189	F20	Dolores Vazquez	ES	INDIVIDUAL	00:28:34
687 <sup>o</sup>	308 <sup>o</sup>	1784	M20	Bruno Silva	PT	INDIVIDUAL	00:28:37
688 <sup>o</sup>	16 <sup>o</sup>	474	M17	JOSE DIAS	PT	C I A ALPENDORADA	00:28:39
689 <sup>o</sup>	16 <sup>o</sup>	1764	F45	Louisa Maria Fry	GB	Clube Corrida In&Out Parque Aguda	00:28:40
690 <sup>o</sup>	309 <sup>o</sup>	1513	M20	Pedro Júlio	PT	INDIVIDUAL	00:28:43
691 <sup>o</sup>	101 <sup>o</sup>	1783	F20	Sandra Carvalho	PT	INDIVIDUAL	00:28:51
692 <sup>o</sup>	102 <sup>o</sup>	329	F20	LAURINDA REIS	PT	INDIVIDUAL	00:28:53
693 <sup>o</sup>	17 <sup>o</sup>	1074	M17	Pedro Dias	PT	INDIVIDUAL	00:28:54
694 <sup>o</sup>	9 <sup>o</sup>	1524	F40	Cláudia Graça	PT	INDIVIDUAL	00:28:55
695 <sup>o</sup>	29 <sup>o</sup>	1526	M60	João Luis Graça	PT	INDIVIDUAL	00:28:55
696 <sup>o</sup>	103 <sup>o</sup>	316	F20	CARINA PEREIRA	PT	INDIVIDUAL	00:28:56
697 <sup>o</sup>	310 <sup>o</sup>	315	M20	RICARDO REGO	PT	INDIVIDUAL	00:28:56
698 <sup>o</sup>	104 <sup>o</sup>	1217	F20	Susana Cardoso	PT	INDIVIDUAL	00:29:00

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
699 <sup>o</sup>	52 <sup>o</sup>	121	M45	ALBERTO PINHO	PT	INDIVIDUAL	00:29:06
700 <sup>o</sup>	3 <sup>o</sup>	1216	F18	Márcia Silva	PT	INDIVIDUAL	00:29:07
701 <sup>o</sup>	53 <sup>o</sup>	1949	M45	Pedro America	PT	INDIVIDUAL	00:29:10
702 <sup>o</sup>	311 <sup>o</sup>	1409	M20	Paulo Ferreira	PT	INDIVIDUAL	00:29:12
703 <sup>o</sup>	105 <sup>o</sup>	1375	F20	Andreia Marques	PT	INDIVIDUAL	00:29:13
704 <sup>o</sup>	30 <sup>o</sup>	1989	M60	José Glória	PT	INDIVIDUAL	00:29:14
705 <sup>o</sup>	10 <sup>o</sup>	574	F40	CLAUDIA RODRIGUES FACEBOOK	PT	APO	00:29:18
706 <sup>o</sup>	4 <sup>o</sup>	201	F18	ANA ARTEIRO	PT	GINASIO VILACONDENSE	00:29:18
707 <sup>o</sup>	31 <sup>o</sup>	200	M60	TOME ARTEIRO	PT	GINASIO VILACONDENSE	00:29:18
708 <sup>o</sup>	106 <sup>o</sup>	1649	F20	ELISABETE DIAS	PT	INDIVIDUAL	00:29:20
709 <sup>o</sup>	107 <sup>o</sup>	1650	F20	Sandra Parra	PT	INDIVIDUAL	00:29:20
710 <sup>o</sup>	18 <sup>o</sup>	1184	M17	Rodrigo Remelgado	PT	Individual	00:29:21
711 <sup>o</sup>	36 <sup>o</sup>	1121	M50	Paulo Valente	PT	INDIVIDUAL	00:29:21
712 <sup>o</sup>	312 <sup>o</sup>	1183	M20	Fernando Remelgado	PT	Individual	00:29:21
713 <sup>o</sup>	54 <sup>o</sup>	1541	M45	antonio organista	PT	individual	00:29:22
714 <sup>o</sup>	313 <sup>o</sup>	1853	M20	Luis Alves	PT	INDIVIDUAL	00:29:24
715 <sup>o</sup>	108 <sup>o</sup>	1737	F20	helena nascimento	PT	INDIVIDUAL	00:29:24
716 <sup>o</sup>	5 <sup>o</sup>	577	F18	MNICA SOFIA BARROS MORAIS FACEBOOK	PT	APO	00:29:29
717 <sup>o</sup>	314 <sup>o</sup>	1398	M20	Andre Matos	PT	INDIVIDUAL	00:29:29
718 <sup>o</sup>	315 <sup>o</sup>	1390	M20	Rodrigo Fernandes	PT	INDIVIDUAL	00:29:29
719 <sup>o</sup>	316 <sup>o</sup>	1487	M20	Joao Madeira	PT	INDIVIDUAL	00:29:30
720 <sup>o</sup>	317 <sup>o</sup>	328	M20	MANUEL MARTINS	PT	INDIVIDUAL	00:29:32
721 <sup>o</sup>	8 <sup>o</sup>	1926	F17	Raquel Barros	PT	boavista fc (karate)	00:29:37
722 <sup>o</sup>	109 <sup>o</sup>	1319	F20	Helena Neiva	PT	INDIVIDUAL	00:29:40
723 <sup>o</sup>	110 <sup>o</sup>	1675	F20	Sandra Martins	PT	INDIVIDUAL	00:29:40
724 <sup>o</sup>	318 <sup>o</sup>	1320	M20	Paulo Rodrigues	PT	INDIVIDUAL	00:29:40
725 <sup>o</sup>	9 <sup>o</sup>	1271	F17	Rita Marques	PT	INDIVIDUAL	00:29:41
726 <sup>o</sup>	111 <sup>o</sup>	1639	F20	Mariana Pinto	PT	INDIVIDUAL	00:29:42
727 <sup>o</sup>	112 <sup>o</sup>	1052	F20	ana cardoso	PT	INDIVIDUAL	00:29:43
728 <sup>o</sup>	319 <sup>o</sup>	1165	M20	André Lopes	PT	INDIVIDUAL	00:29:50
729 <sup>o</sup>	17 <sup>o</sup>	1227	F45	Maria João Oliveira e silva	PT	INDIVIDUAL	00:29:52
730 <sup>o</sup>	320 <sup>o</sup>	1277	M20	Gonçalo Nobre	PT	INDIVIDUAL	00:29:53
731 <sup>o</sup>	113 <sup>o</sup>	1714	F20	Luísa Rebelo	PT	LUSOS XXI	00:29:54
732 <sup>o</sup>	114 <sup>o</sup>	1381	F20	Catarina Paquete	PT	INDIVIDUAL	00:29:54
733 <sup>o</sup>	321 <sup>o</sup>	1983	M20	Carlos Costa	PT	INDIVIDUAL	00:29:56
734 <sup>o</sup>	15 <sup>o</sup>	1986	M18	Fábio Costa	PT	INDIVIDUAL	00:29:56
735 <sup>o</sup>	322 <sup>o</sup>	1424	M20	Tiago Pinto	PT	INDIVIDUAL	00:29:57
736 <sup>o</sup>	115 <sup>o</sup>	1363	F20	Carla Lourenço	PT	INDIVIDUAL	00:29:58
737 <sup>o</sup>	18 <sup>o</sup>	1263	F45	Maria Silva	PT	INDIVIDUAL	00:29:59
738 <sup>o</sup>	116 <sup>o</sup>	1192	F20	Débora Xavier	PT	INDIVIDUAL	00:29:59
739 <sup>o</sup>	323 <sup>o</sup>	1455	M20	Armandino Ferreira	PT	INDIVIDUAL	00:30:00
740 <sup>o</sup>	324 <sup>o</sup>	1967	M20	António Lourenço	PT	INDIVIDUAL	00:30:02
741 <sup>o</sup>	117 <sup>o</sup>	1376	F20	Liliana Teixeira	PT	INDIVIDUAL	00:30:02
742 <sup>o</sup>	55 <sup>o</sup>	1625	M45	acacio queiros	PT	INDIVIDUAL	00:30:09
743 <sup>o</sup>	72 <sup>o</sup>	1636	M40	Paulo Carvalhal	PT	INDIVIDUAL	00:30:09
744 <sup>o</sup>	19 <sup>o</sup>	1104	M17	Gonçalo Ferreira	PT	INDIVIDUAL	00:30:14
745 <sup>o</sup>	118 <sup>o</sup>	1379	F20	helena oliveira	PT	INDIVIDUAL	00:30:16
746 <sup>o</sup>	32 <sup>o</sup>	498	M60	ANTONIO PEREIRA	PT	A D AMARANTE	00:30:20
747 <sup>o</sup>	119 <sup>o</sup>	1094	F20	Inês Azevedo	PT	INDIVIDUAL	00:30:23
748 <sup>o</sup>	120 <sup>o</sup>	1018	F20	Diana Carneiro	PT	INDIVIDUAL	00:30:25
749 <sup>o</sup>	73 <sup>o</sup>	334	M40	VITOR FONSECA	PT	ARQUELOGOS ATLETICO CLUBE	00:30:25
750 <sup>o</sup>	74 <sup>o</sup>	1593	M40	Fernando Silva	PT	INDIVIDUAL	00:30:28
751 <sup>o</sup>	11 <sup>o</sup>	1592	F40	Maria Marques	PT	INDIVIDUAL	00:30:28
752 <sup>o</sup>	325 <sup>o</sup>	1533	M20	Carlos Oliveira	PT	INDIVIDUAL	00:30:31
753 <sup>o</sup>	19 <sup>o</sup>	500	F45	ENGRACIA FERREIRA	PT	INDIVIDUAL	00:30:38
754 <sup>o</sup>	20 <sup>o</sup>	1173	F45	Manuela Ribeiro	PT	INDIVIDUAL	00:30:39
755 <sup>o</sup>	326 <sup>o</sup>	1917	M20	Tiago Teixeira	PT	INDIVIDUAL	00:30:42
756 <sup>o</sup>	121 <sup>o</sup>	1915	F20	Liliana Teixeira	PT	INDIVIDUAL	00:30:42

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
757 <sup>o</sup>	327 <sup>o</sup>	1112	M20	Bruno Oliveira	PT	INDIVIDUAL	00:30:45
758 <sup>o</sup>	12 <sup>o</sup>	648	F40	PAULA AMORIM	PT	INDIVIDUAL	00:30:46
759 <sup>o</sup>	56 <sup>o</sup>	1759	M45	Paulo Amorim	PT	INDIVIDUAL	00:30:46
760 <sup>o</sup>	122 <sup>o</sup>	1079	F20	Sara Varejão	PT	Demónios do crossfit	00:30:47
761 <sup>o</sup>	123 <sup>o</sup>	1731	F20	Vera Valente	PT	INDIVIDUAL	00:30:47
762 <sup>o</sup>	124 <sup>o</sup>	1687	F20	Helena Otto	PT	INDIVIDUAL	00:30:47
763 <sup>o</sup>	37 <sup>o</sup>	1232	M50	Eduardo Gonçalves	PT	INDIVIDUAL	00:30:47
764 <sup>o</sup>	125 <sup>o</sup>	1007	F20	Mafalda Rocha	PT	INDIVIDUAL	00:30:47
765 <sup>o</sup>	126 <sup>o</sup>	312	F20	MARLENY PACHERRES	PT	PERUANOS EM PORTUGAL	00:30:49
766 <sup>o</sup>	127 <sup>o</sup>	1666	F20	Diana Magalhães	PT	INDIVIDUAL	00:30:49
767 <sup>o</sup>	128 <sup>o</sup>	622	F20	SILVIA SANTOS	PT	INDIVIDUAL	00:30:53
768 <sup>o</sup>	328 <sup>o</sup>	1627	M20	Hernâni Lamego	PT	INDIVIDUAL	00:30:58
769 <sup>o</sup>	129 <sup>o</sup>	1242	F20	Ana Rita Pinto	PT	INDIVIDUAL	00:30:58
770 <sup>o</sup>	130 <sup>o</sup>	127	F20	DANIELA MAGALHAES	PT	LACTOGAL	00:31:03
771 <sup>o</sup>	329 <sup>o</sup>	530	M20	PEDRO COSTA	PT	LACTOGAL	00:31:04
772 <sup>o</sup>	330 <sup>o</sup>	1901	M20	Pedro Barros	PT	INDIVIDUAL	00:31:05
773 <sup>o</sup>	331 <sup>o</sup>	1537	M20	antonio marques	PT	INDIVIDUAL	00:31:05
774 <sup>o</sup>	332 <sup>o</sup>	1466	M20	João Ferra	PT	INDIVIDUAL	00:31:06
775 <sup>o</sup>	21 <sup>o</sup>	1209	F45	Maria do Carmo Rodrigues	PT	INDIVIDUAL	00:31:10
776 <sup>o</sup>	131 <sup>o</sup>	311	F20	ROSA POZO	PT	PERUANOS EM PORTUGAL	00:31:12
777 <sup>o</sup>	333 <sup>o</sup>	211	M20	SALVATORE P	PT	IN ACTION	00:31:14
778 <sup>o</sup>	22 <sup>o</sup>	1252	F45	Maria Arcos	PT	INDIVIDUAL	00:31:20
779 <sup>o</sup>	334 <sup>o</sup>	1468	M20	Filipe Lopes	PT	INDIVIDUAL	00:31:27
780 <sup>o</sup>	132 <sup>o</sup>	1715	F20	Sarah Dias da Cunha	PT	INDIVIDUAL	00:31:32
781 <sup>o</sup>	23 <sup>o</sup>	1828	F45	Magda Noronha	PT	INDIVIDUAL	00:31:34
782 <sup>o</sup>	133 <sup>o</sup>	1322	F20	Filipa Ferreira	PT	INDIVIDUAL	00:31:41
783 <sup>o</sup>	20 <sup>o</sup>	1959	M17	Hugo Ribeiro	PT	INDIVIDUAL	00:31:43
784 <sup>o</sup>	335 <sup>o</sup>	1736	M20	José Mateus	PT	INDIVIDUAL	00:31:44
785 <sup>o</sup>	134 <sup>o</sup>	1474	F20	Isabel Cabral	PT	INDIVIDUAL	00:31:47
786 <sup>o</sup>	75 <sup>o</sup>	1962	M40	Marco Bastos	PT	Inimigos do Podium	00:32:01
787 <sup>o</sup>	24 <sup>o</sup>	1963	F45	Alexandra Bastos	PT	Inimigos do Podium	00:32:01
788 <sup>o</sup>	57 <sup>o</sup>	1536	M45	João Afonso Trigo	PT	Caes da Avenida	00:32:03
789 <sup>o</sup>	135 <sup>o</sup>	1000	F20	Cristina Correia	PT	INDIVIDUAL	00:32:12
790 <sup>o</sup>	136 <sup>o</sup>	1697	F20	Diana Fonseca	PT	INDIVIDUAL	00:32:13
791 <sup>o</sup>	58 <sup>o</sup>	1900	M45	Pedro Cid	PT	Cool Running	00:32:22
792 <sup>o</sup>	336 <sup>o</sup>	1854	M20	João Pereira	PT	Portorunners	00:32:25
793 <sup>o</sup>	10 <sup>o</sup>	1905	F17	Liliana Moreira	PT	INDIVIDUAL	00:32:25
794 <sup>o</sup>	137 <sup>o</sup>	1742	F20	Claudia Nunes	PT	INDIVIDUAL	00:32:28
795 <sup>o</sup>	13 <sup>o</sup>	1342	F40	Albertina Nunes	PT	LUSOS XXI	00:32:29
796 <sup>o</sup>	337 <sup>o</sup>	1958	M20	Helder Ribeiro	PT	INDIVIDUAL	00:32:37
797 <sup>o</sup>	138 <sup>o</sup>	1046	F20	Catarina Thomaz	PT	INDIVIDUAL	00:32:38
798 <sup>o</sup>	139 <sup>o</sup>	1890	F20	Alexandra Araújo	PT	INDIVIDUAL	00:32:42
799 <sup>o</sup>	14 <sup>o</sup>	1163	F40	Carolina Fernandes	PT	INDIVIDUAL	00:32:44
800 <sup>o</sup>	140 <sup>o</sup>	1127	F20	Natália Mendes	PT	INDIVIDUAL	00:32:45
801 <sup>o</sup>	38 <sup>o</sup>	1540	M50	Rui Lemos	PT	INDIVIDUAL	00:32:46
802 <sup>o</sup>	59 <sup>o</sup>	1529	M45	Paulo Pereira	PT	INDIVIDUAL	00:32:47
803 <sup>o</sup>	60 <sup>o</sup>	1506	M45	Francisco Delfino	PT	INDIVIDUAL	00:32:47
804 <sup>o</sup>	338 <sup>o</sup>	1811	M20	Hugo César	PT	INDIVIDUAL	00:32:47
805 <sup>o</sup>	61 <sup>o</sup>	1619	M45	jorge Albuquerque	PT	INDIVIDUAL	00:32:47
806 <sup>o</sup>	76 <sup>o</sup>	1080	M40	Alberto César	PT	INDIVIDUAL	00:32:48
807 <sup>o</sup>	141 <sup>o</sup>	1438	F20	Carmen Oliveira	PT	INDIVIDUAL	00:32:50
808 <sup>o</sup>	142 <sup>o</sup>	1491	F20	Joana Marques	PT	INDIVIDUAL	00:32:50
809 <sup>o</sup>	143 <sup>o</sup>	1218	F20	Elisabete Almeida	PT	INDIVIDUAL	00:32:59
810 <sup>o</sup>	33 <sup>o</sup>	523	M60	ARMANDINO CRAMEZ	PT	LEOES DO VENEZA	00:33:14
811 <sup>o</sup>	339 <sup>o</sup>	293	M20	VITOR COELHO	PT	LEOES DO VENEZA	00:33:14
812 <sup>o</sup>	340 <sup>o</sup>	1239	M20	Licínio Sousa	PT	INDIVIDUAL	00:33:15
813 <sup>o</sup>	39 <sup>o</sup>	280	M50	JOAQUIM NUNES	PT	LEOES DO VENEZA	00:33:15
814 <sup>o</sup>	40 <sup>o</sup>	285	M50	PAULO RODRIGUES	PT	LEOES DO VENEZA	00:33:15
815 <sup>o</sup>	341 <sup>o</sup>	289	M20	DAVID MANUEL	PT	LEOES DO VENEZA	00:33:16
816 <sup>o</sup>	41 <sup>o</sup>	524	M50	JOSÉ PIRES	PT	LEOES DO VENEZA	00:33:16

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
817 °	144 °	1847	F20	Natércia Moreira	PT	INDIVIDUAL	00:33:16
818 °	25 °	197	F45	ROSA SOARES	PT	GINASIO VILACONDENSE	00:33:18
819 °	145 °	570	F20	MNICA CASTRO FERREIRA FACEBOOK	PT	APO	00:33:20
820 °	146 °	115	F20	MÁRCIA CUNHA	PT	LIBERTY SEGUROS	00:33:24
821 °	147 °	1521	F20	Elvira Lopes	PT	INDIVIDUAL	00:33:27
822 °	11 °	85	F17	Emma ARAUJO	PT	LIBERTY SEGUROS	00:33:29
823 °	15 °	84	F40	Isabel CARVALHO	PT	LIBERTY SEGUROS	00:33:29
824 °	148 °	116	F20	FÁTIMA TEIXEIRA	PT	LIBERTY SEGUROS	00:33:29
825 °	149 °	1503	F20	Ana André	PT	INDIVIDUAL	00:33:30
826 °	150 °	1053	F20	Luísa Nogueira	PT	INDIVIDUAL	00:33:32
827 °	342 °	1006	M20	Nuno Melo	PT	INDIVIDUAL	00:33:39
828 °	151 °	1247	F20	Tanya Martins	PT	Os Ligeirinhos	00:33:43
829 °	343 °	1241	M20	António Cardoso	PT	Os Ligeirinhos	00:33:43
830 °	34 °	245	M60	ERNANI CARVALHO	PT	CLUBE GALP ENERGIA NORTE	00:33:45
831 °	152 °	1694	F20	Joana Salgueiro	PT	INDIVIDUAL	00:33:47
832 °	6 °	1341	F18	LUISA SARDINHA	PT	INDIVIDUAL	00:33:56
833 °	153 °	635	F20	SILVIA SANTOS	PT	INDIVIDUAL	00:34:00
834 °	154 °	1923	F20	silvia Silva	PT	INDIVIDUAL	00:34:01
835 °	155 °	1337	F20	Sara Vieira	PT	INDIVIDUAL	00:34:01
836 °	156 °	1336	F20	Catarina Carvalho	PT	INDIVIDUAL	00:34:01
837 °	157 °	536	F20	MARIA JOAO GODINHO	PT	LACTOGAL	00:34:03
838 °	158 °	58	F20	SARA SOBRAL	PT	S C C SANTOS	00:34:08
839 °	16 °	259	F40	Julia Pinto Peixoto	PT	INDIVIDUAL	00:34:15
840 °	17 °	1346	F40	Ana Maria Gonçalves	PT	INDIVIDUAL	00:34:15
841 °	344 °	1679	M20	Bernardo Mota	PT	INDIVIDUAL	00:34:28
842 °	159 °	1676	F20	Joana Pinto	PT	INDIVIDUAL	00:34:29
843 °	345 °	309	M20	JOAO SILVA	PT	PERUANOS EM PORTUGAL	00:34:33
844 °	160 °	308	F20	MARIA SILVA	PT	PERUANOS EM PORTUGAL	00:34:33
845 °	161 °	1612	F20	Patricia Porto	PT	INDIVIDUAL	00:34:50
846 °	346 °	1585	M20	José Mendonça	PT	INDIVIDUAL	00:34:50
847 °	162 °	1916	F20	Sandra Magalhães	PT	INDIVIDUAL	00:35:34
848 °	12 °	1689	F17	Inês Viana	PT	INDIVIDUAL	00:35:36
849 °	13 °	533	F17	MARIA GONCALVES	PT	LACTOGAL	00:36:05
850 °	163 °	77	F20	SANDRA PEPI	PT	LACTOGAL	00:36:05
851 °	347 °	1486	M20	FILIPE PEIXE	PT	INDIVIDUAL	00:36:10
852 °	164 °	1276	F20	Marília Vasconcelos	PT	INDIVIDUAL	00:36:25
853 °	348 °	1478	M20	tiago peixe	PT	INDIVIDUAL	00:36:26
854 °	349 °	131	M20	PEDRO SANTOS	PT	LACTOGAL	00:36:50
855 °	165 °	203	F20	ANA BASTOS	PT	IN ACTION	00:36:59
856 °	21 °	1819	M17	Eduardo Jose Lima da Silva Mota	PT	INDIVIDUAL	00:37:05
857 °	77 °	1818	M40	Eduardo Jose da Silva Mota	PT	INDIVIDUAL	00:37:06
858 °	35 °	244	M60	LUIS MACHADO	PT	CLUBE GALP ENERGIA NORTE	00:37:11
859 °	166 °	1799	F20	Patricia Emilio	PT	INDIVIDUAL	00:37:13
860 °	350 °	366	M20	MIGUEL SILVA	PT	GAND DA ROTUNDA	00:37:16
861 °	351 °	367	M20	RICARDO MONTEIRO	PT	GAND DA ROTUNDA	00:37:16
862 °	78 °	535	M40	RUI GONCALVES	PT	LACTOGAL	00:37:16
863 °	22 °	534	M17	JOAO GONCALVES	PT	LACTOGAL	00:37:16
864 °	18 °	81	F40	MARIA JOSE PATRICIO	PT	LACTOGAL	00:37:19
865 °	167 °	1837	F20	Roseanne Autran	PT	INDIVIDUAL	00:37:22
866 °	62 °	1175	M45	Paulo Fernandes	PT	INDIVIDUAL	00:37:22
867 °	168 °	1177	F20	Susana Lourenço	PT	INDIVIDUAL	00:37:56
868 °	14 °	1690	F17	ines rodrigues	PT	INDIVIDUAL	00:38:19
869 °	19 °	1804	F40	Claudia Rocha	PT	INDIVIDUAL	00:38:43
870 °	169 °	1976	F20	ines guimaraes	PT	INDIVIDUAL	00:39:26
871 °	170 °	1956	F20	Andrea Machado	PT	INDIVIDUAL	00:39:26
872 °	352 °	643	M20	LEONARDO MAIA	PT	TEAM BIKESPACE BRAGA	00:39:29
873 °	26 °	1164	F45	Fernanda Ramos	PT	INDIVIDUAL	00:39:31
874 °	27 °	89	F45	Maria Luisa PIRES	PT	LIBERTY SEGUROS	00:39:51
875 °	28 °	1945	F45	Laura ANDRADE	PT	INDIVIDUAL	00:41:41

**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
 Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
876 °	171 °	629	F20	CRISTIANA CARDOSO	PT	EU +	00:43:03
877 °	172 °	511	F20	LETICIA MEB	PT	LAMBAREIROS DO ASFALTO	00:43:14
878 °	36 °	1255	M60	Manuel Ribeiro	PT	INDIVIDUAL	00:43:25
879 °	173 °	1257	F20	Carla Ribeiro	PT	INDIVIDUAL	00:43:25
880 °	29 °	1952	F45	Maria Pinho	PT	INDIVIDUAL	00:43:30
881 °	174 °	1502	F20	Sandra Marinho	PT	INDIVIDUAL	00:44:19
882 °	175 °	1755	F20	Paula Moreira	PT	INDIVIDUAL	00:45:09
883 °	176 °	1957	F20	Andreia Ribeiro	PT	INDIVIDUAL	00:45:11
884 °	30 °	642	F45	MARIA PEREIRA	PT	INDIVIDUAL	00:45:17
885 °	42 °	649	M50	ANTONIO VINHAS	PT	INDIVIDUAL	00:45:39
886 °	31 °	650	F45	AURORA VINHAS	PT	INDIVIDUAL	00:45:41
887 °	20 °	1634	F40	Rosa Sousa	PT	INDIVIDUAL	00:45:44
888 °	353 °	1573	M20	Maurício Conceição	PT	BTT MATOSINHOS	00:47:11
889 °	177 °	1576	F20	Susana Santos	PT	BTT MATOSINHOS	00:47:31
890 °	23 °	1575	M17	Tiago Santos	PT	BTT MATOSINHOS	00:47:31
891 °	178 °	67	F20	SUSANA CAMELO	PT	LACTOGAL	00:47:31
892 °	63 °	195	M45	MANUEL GAVINA	PT	GINASIO VILACONDENSE	00:47:37
893 °	32 °	196	F45	PAULA EIRAS	PT	GINASIO VILACONDENSE	00:47:37
894 °	179 °	194	F20	MELANIA MOLDOVAN	PT	GINASIO VILACONDENSE	00:47:38
895 °	43 °	1103	M50	Francisco Ferreira	PT	INDIVIDUAL	00:48:03
896 °	180 °	248	F20	Sandra Martins	PT	Lactogal	00:48:13
897 °	33 °	1224	F45	MARIA NAZARE SILVA	PT	INDIVIDUAL	00:48:57
898 °	37 °	1151	M60	FERNANDO PEREIRA	PT	INDIVIDUAL	00:48:57
899 °	34 °	1008	F45	Manuela Sousa	PT	INDIVIDUAL	00:49:01
900 °	79 °	114	M40	MANUEL PINHEIRO	PT	LIBERTY SEGUROS	00:49:33
901 °	354 °	113	M20	VICTOR SOUSA	PT	LIBERTY SEGUROS	00:49:33
902 °	35 °	177	F45	EVA MOREIRA	PT	ROADRUNNERS	00:50:12
903 °	38 °	176	M60	ANTONIO ARAUJO	PT	ROADRUNNERS	00:50:12
904 °	181 °	175	F20	HELENA CUNHA	PT	ROADRUNNERS	00:51:01
905 °	182 °	1193	F20	Ana Paula Conceição	PT	Individual	00:51:18
906 °	183 °	52	F20	SUSANA COSTA	PT	S C C SANTOS	00:51:41
907 °	80 °	57	M40	RICARDO ANDRADE	PT	S C C SANTOS	00:51:43
908 °	36 °	1415	F45	maria prazeres costa	PT	individual	00:51:46
909 °	184 °	1702	F20	Claudia Coelho	PT	INDIVIDUAL	00:53:19
910 °	24 °	320	M17	FILIPE MENDES	PT	BOLT	00:54:54
911 °	7 °	327	F18	INES AMORIM	PT	BOLT	00:54:55
912 °	37 °	319	F45	ALBINA MENDES	PT	BOLT	00:54:55
913 °	8 °	325	F18	FRANCISCA SOUSA	PT	BOLT	00:54:55
914 °	38 °	321	F45	ELISABETE MENDES	PT	BOLT	00:54:57
915 °	15 °	324	F17	INES MAGALHAES	PT	BOLT	00:54:57
916 °	185 °	322	F20	SUSANA MAGALHAES	PT	BOLT	00:54:58
917 °	355 °	323	M20	ORLANDO MAGALHAES	PT	BOLT	00:54:58
918 °	39 °	326	F45	MARLENE AMORIM	PT	BOLT	00:54:59
919 °	186 °	134	F20	RAQUEL SANTOS	PT	SOC. COM. C. SANTOS	00:55:01
920 °	187 °	135	F20	SUSANA SANTOS	PT	SOC. COM. C. SANTOS	00:55:01
921 °	40 °	206	F45	EMILIA ROCHA	PT	IN ACTION	00:55:19
922 °	41 °	204	F45	MARIA LURDES	PT	IN ACTION	00:55:19
923 °	356 °	1098	M20	Pedro Bastos	PT	ACOREANA	00:55:54
924 °	42 °	555	F45	ROSA PEREIRA	PT	S S MONTEPIO	00:56:37
925 °	188 °	556	F20	ANA PEREIRA	PT	S S MONTEPIO	00:56:37
926 °	357 °	554	M20	FILIPE RIBEIRO	PT	S S MONTEPIO	00:56:37
927 °	43 °	192	F45	JULIA LOUREIRO	PT	GINASIO VILACONDENSE	00:56:40
928 °	189 °	193	F20	PATRICIA LOUREIRO	PT	GINASIO VILACONDENSE	00:56:40
929 °	190 °	191	F20	SARA LOUREIRO	PT	GINASIO VILACONDENSE	00:56:40
930 °	34 °	190	M55	JOSE LOUREIRO	PT	GINASIO VILACONDENSE	00:56:40
931 °	39 °	647	M60	JOAO RODRIGUES	PT	INDIVIDUAL	00:56:47
932 °	358 °	645	M20	JOAO MIGUEL RODRIGUES	PT	INDIVIDUAL	00:56:47
933 °	191 °	224	F20	CATIA BARBOSA	PT	A R LUZ E VIDA GONDOMARENSE	00:57:01
934 °	81 °	1203	M40	Alberto Barros	PT	INDIVIDUAL	00:57:30



**EVENTO:** 3 Corrida e Caminhada dos Ossos Saudaveis  
**DATA:** 21-10-2012 10:30  
**ORGANIZADOR:** runporto

Provisórias  
Geral

Pos	Pos. Esc.	Dorsal	Escalão	Nome	NC	Equipa	Tempo
935 °	359 °	1716	M20	Joaquim Fernandes	PT	INDIVIDUAL	00:57:53
936 °	9 °	223	F18	ALEXANDRA SILVA	PT	A R LUZ E VIDA GONDOMARENSE	00:58:06
937 °	192 °	1998	F20	Maria de Fátima Macedo	PT	INDIVIDUAL	00:58:13
938 °	40 °	376	M60	ANTONIO DOS SANTOS OLIVEIRA	PT	INDIVIDUAL	00:58:25
939 °	44 °	375	F45	MARIA DE FATIMA OLIVEIRA	PT	INDIVIDUAL	00:58:25
940 °	64 °	378	M45	FERNANDO MOREIRA	PT	INDIVIDUAL	00:58:25
941 °	360 °	374	M20	SERGIO ALVES	PT	INDIVIDUAL	00:58:26
942 °	10 °	379	F18	JOANA SILVA	PT	INDIVIDUAL	00:58:27
943 °	193 °	296	F20	LILIANA FERREIRA	PT	PEZINHOS LA	00:58:59
944 °	194 °	1405	F20	Sandra Souto	PT	Margarida TEAM	00:59:03
945 °	195 °	1182	F20	fatima mota	PT	INDIVIDUAL	00:59:04
946 °	16 °	1987	F17	Paula Pereira	PT	INDIVIDUAL	00:59:07
947 °	25 °	613	M17	TIAGO OLIVEIRA	PT	OS AMIGOS	00:59:34
948 °	82 °	462	M40	PAULO SALVADOR	PT	INDIVIDUAL	00:59:36
949 °	17 °	461	F17	SOFIA SALVADOR	PT	INDIVIDUAL	00:59:37
950 °	45 °	1894	F45	Paula Carvalhal	PT	INDIVIDUAL	00:59:37
951 °	21 °	1897	F40	gracinda quintas	PT	INDIVIDUAL	00:59:39
952 °	46 °	377	F45	ROSA CANDIDA SILVA	PT	INDIVIDUAL	01:00:00
953 °	18 °	373	F17	INES ALVES	PT	INDIVIDUAL	01:00:01
954 °	361 °	1479	M20	pablo neves	PT	INDIVIDUAL	01:03:01
955 °	196 °	75	F20	ZINHA AROSO	PT	LACTOGAL	01:03:09
956 °	22 °	91	F40	Alexandra REAL	PT	LIBERTY SEGUROS	01:03:41