



PINHAL NOVO
1 JULHO 2017

NIGHT RUN

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	227	LUIS F C MACAU	M	28		00:24:28.45	00:24:27.85	JUVENTUDE VIDIGALENSE
2	223	EDUARDO MBENGANI	M	32		00:24:29.72	00:24:29.12	SL BENFICA
3	213	SAMUEL BARATA	M	23		00:24:29.95	00:24:29.56	SL BENFICA
4	224	MARCO MIGUEL	M	27		00:24:48.09	00:24:47.24	SL BENFICA
5	211	PAULO GUIMARAES	M	40		00:26:58.13	00:26:58.02	
6	212	RUI NARIGUETA	M	40		00:27:42.19	00:27:41.23	OUTSYSTEMS OO
7	228	RUI M F BALTAZAR	M	51		00:28:27.67	00:28:21.42	ASSCT MUN PALMELA
8	198	JOSE M C CAMELO	M	45		00:28:44.20	00:28:44.20	ASSCT MUN PALMELA
9	53	PEDRO FERNANDES	M	35		00:29:04.20	00:29:04.20	REMO CLUBE LUSITANO
10	28	PEDRO MESTRE	M	46		00:29:22.50	00:29:22.44	OS ACELERA-O-PASSO
11	138	PAULO FERREIRA	M	43		00:29:55.64	00:29:54.21	FITNESSWAY PINHAL NOVO
12	207	ANTONIO BRANCO	M	52		00:30:06.75	00:30:05.71	
13	255	ANTÓNIO REIS	M	42		00:30:21.38	00:30:20.02	CDR RIBEIRINHO
14	13	LUIS REBELO	M	53		00:30:40.44	00:30:40.43	FALCÕES SELVAGENS
15	10	LUCIANO CONTENTE	M	41		00:31:00.31	00:31:00.22	C BENFICA SEIXAL
16	254	NELSON PEREIRA	M	48		00:31:08.08	00:31:06.58	ESCOLA ATLETISMO MONTIJO
17	63	JORGE VAZ	M	45		00:32:01.56	00:31:58.43	BRRNIGHTRUNNERS
18	234	RUI BOLOTA	M	44		00:32:13.09	00:32:12.92	
19	253	JOÃO N MARTINS	M	34		00:32:29.13	00:32:27.47	ESCOLA ATLETISMO MONTIJO
20	159	LUIS M P NUNES	M	33		00:32:34.42	00:32:32.53	
21	230	RUI MELO	M	36		00:32:43.99	00:32:41.52	
22	21	FILIPE GAISITA	M	26		00:33:13.07	00:33:10.61	CD AMIGOS PACO NASSA
23	182	FERNANDO MENDES	M	48		00:33:31.78	00:33:25.22	GINÁSIO VIVÊNCIA EXPLOSIVA
24	216	ANTONIO J M VERISSIMO	M	34		00:33:58.40	00:33:53.85	
25	92	MARCO SANTOS	M	37		00:33:58.57	00:33:56.97	
26	199	RUI M C CAMELO	M	45		00:34:09.71	00:34:08.69	ASSCT MUN PALMELA
27	184	IVO MENDES	M	35		00:34:12.01	00:34:10.82	GINÁSIO VIVÊNCIA EXPLOSIVA
28	54	MAURO L B SOUSA	M	33		00:34:23.62	00:34:23.14	
29	89	JOSÉ M COSTA	M	39		00:34:25.49	00:34:20.23	
30	88	CARLOS LUZ	M	45		00:34:32.44	00:34:32.44	BRRNIGHTRUNNERS
31	221	JOSÉ A R S PINTO	M	54		00:34:33.07	00:34:30.03	CLINICA DR CAUTELA
32	69	ANTÓNIO MOITA	M	57		00:34:38.18	00:34:38.16	BRRNIGHTRUNNERS
33	102	JORGE PE CURTO	M	41		00:34:46.51	00:34:44.77	OS COXOS E O MIGUEL
34	197	ALVARO J C COELHO	M	59		00:34:53.32	00:34:51.33	ASSCT MUN PALMELA
35	123	CARLOS A M BATISTA	M	43		00:34:58.08	00:34:53.91	
36	124	JOAQUIM RAMALHO	M	47		00:35:19.73	00:35:18.65	CORRER LISBOA



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37	176	MÁRIO M A BARBOSA	M	41	00:35:41.66	00:35:36.76	
38	131	ORLANDO ALVES	M	45	00:35:55.88	00:35:53.60	
39	130	ELIO GALEGO	M	34	00:36:01.46	00:35:46.91	STILLFIT
40	160	JOSÉ LEITÃO	M	44	00:36:07.95	00:36:05.66	ECI RUNNING TEAM
41	17	MIGUEL ÂNGELO	M	33	00:36:08.88	00:36:06.83	CD AMIGOS PACO NASSA
42	82	CARLOS TEIXEIRA	M	35	00:36:10.14	00:36:05.64	
43	193	ARMANDO CORREIA	M	65	00:36:20.75	00:36:19.50	LESMAS ALOPRADAS
44	7	PAULO LETRAS	M	40	00:36:23.97	00:36:20.40	
45	232	LUIS BATISTA	M	51	00:36:29.82	00:36:28.08	
46	78	RUI SILVA	M	28	00:36:32.98	00:36:20.31	SPOTSTYLE
47	110	JOSÉ SANTOS	M	47	00:36:33.73	00:36:33.51	
48	149	RUI M M LOURENÇO	M	47	00:36:36.56	00:36:29.53	
49	79	MÁRIO MOITA	M	44	00:36:40.92	00:36:38.56	AA PINHALNOVENSE
50	214	JOAO CALDEIRA	M	26	00:36:43.41	00:36:39.62	BRRNIGHTRUNNERS
51	31	ARTUR CANDEIAS	M	44	00:36:50.69	00:36:10.86	OS ACELERA-O-PASSO
52	58	MALVINA M O GOMES	F	38	00:36:51.33	00:36:49.38	CICLOPINHAL - LOJA DE BIKES PINHAL NOVO
53	66	PEDRO PEREIRA	M	51	00:36:57.64	00:36:52.39	
54	172	MIHAIL COSTANDOI	M	22	00:37:02.26	00:36:51.21	SPOTSTYLE
55	237	PAULO J G MONTEIRO	M	36	00:37:03.40	00:37:00.72	
56	178	CARLOS GONÇALVES	M	34	00:37:11.23	00:37:04.33	GINÁSIO VIVÊNCIA EXPLOSIVA
57	129	PAULO ALMEIDA	M	44	00:37:36.04	00:37:33.31	
58	98	MÁRCIA SANTOS	F	34	00:37:45.14	00:37:42.40	
59	1	HERMÍNIO B BENTO	M	59	00:37:50.16	00:37:50.11	FITNESSWAY PINHAL NOVO
60	104	CARLOS SAMPAIO	M	42	00:38:06.12	00:38:06.07	
61	240	JOAO C S FORTE	M	36	00:38:08.00	00:38:04.84	
62	236	ORLINDO FIGUEIREDO	M	69	00:38:08.90	00:38:07.26	SS CGD
63	99	HÉLDER NUNES	M	38	00:38:09.74	00:38:06.20	
64	95	RAFAEL BATISTA	M	17	00:38:10.12	00:38:06.07	
65	12	MÁRIO M L COSTA	M	26	00:38:17.09	00:38:11.88	
66	100	DELFIN PRATAS	M	48	00:38:35.84	00:38:31.28	BRRNIGHTRUNNERS
67	171	RICARDO LOPES	M	28	00:38:38.30	00:38:17.01	SPOTSTYLE
68	187	PAULO PINTO	M	45	00:38:42.36	00:38:41.13	GINÁSIO VIVÊNCIA EXPLOSIVA
69	155	LUIS JOSE	M	47	00:38:50.14	00:38:46.65	
70	156	ANA JOSE	F	44	00:38:50.60	00:38:46.97	
71	226	LUIS M CALHA	M	48	00:38:51.04	00:38:50.59	
72	44	FILIPA MENDES	F	26	00:38:51.33	00:38:45.20	RUN24RUN
73	201	INÉS SANTOS	F	23	00:38:52.19	00:38:42.76	



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74	229	MÁRIO TEIXEIRA	M	63	00:38:55.66	00:38:51.27	
75	170	EMANUEL SOUSA	M	49	00:39:08.49	00:38:55.62	SPOTSTYLE
76	114	CARLOS GERTRUDES	M	55	00:39:20.00	00:39:07.60	ABTT - PALMELA
77	85	CARLOS M N MARTINS	M	49	00:39:27.26	00:39:21.93	BRRNIGHTRUNNERS
78	109	DAVID S MARTINS	M	25	00:39:30.09	00:39:29.92	
79	161	SÓNIA MAURÍCIO	F	42	00:39:33.34	00:39:29.22	ECI RUNNING TEAM
80	27	PAULO J DOMINGUES	M	45	00:39:35.32	00:39:31.95	
81	120	CHEILA DIAS	F	30	00:39:36.80	00:39:35.20	UFCI ATLETISMO
82	215	TIAGO N L CARVALHO	M	33	00:39:37.62	00:39:32.15	
83	24	RICARDO J A L CAPELO	M	32	00:39:37.80	00:39:32.12	CLUBE CIMPOR
84	108	PAULO A P CAVALEIRO	M	23	00:39:50.71	00:39:50.71	
85	68	HENRIQUE S MARTINS	M	56	00:39:53.39	00:39:50.55	
86	146	JOAO P VALENTE	M	31	00:39:58.94	00:39:56.41	FITNESSWAY PINHAL NOVO
87	175	LUIS DIAS	M	35	00:40:03.77	00:39:57.04	PRAFIT CLUBE VIVENCIA EXPLOSIVA
88	190	RUI ANTUNES	M	20	00:40:06.71	00:40:01.38	GINÁSIO VIVÊNCIA EXPLOSIVA
89	203	VITOR H L REAL	M	33	00:40:09.86	00:40:06.63	
90	101	GIL PEREIRA	M	47	00:40:12.33	00:40:11.03	BRRNIGHTRUNNERS
91	128	ANA ROQUE	F	40	00:40:21.00	00:40:16.95	BRRNIGHTRUNNERS
92	117	MANUEL RIJO	M	65	00:40:31.04	00:40:24.24	R&C
93	147	CARLOS SECO	M	56	00:40:32.84	00:40:28.98	
94	87	JOAQUIM MERENDEIRA	M	51	00:40:40.56	00:40:27.39	PINHALBIKE TEAM
95	46	RICARDO DIAS	M	40	00:40:41.33	00:40:32.58	OS ACELERA-O-PASSO
96	76	FILIFE A P SILVA	M	39	00:40:46.83	00:40:31.83	TRANQUILIDADE AÇOREANA CLUBE
97	121	DIANA PEREIRA	F	24	00:40:49.20	00:40:47.34	UFCI ATLETISMO
98	248	ANTÓNIO BARBAS	M	50	00:40:51.20	00:40:44.98	
99	119	RITA OLIVEIRA	F	25	00:40:52.57	00:40:38.91	
100	195	VITOR AGUILAR	M	66	00:40:54.43	00:40:52.11	RUN 4 FUN
101	194	JOAO NICOLAU	M	32	00:40:54.77	00:40:45.71	
102	86	MÁRIO S FERRO	M	64	00:41:03.49	00:41:00.33	
103	91	LUÍS RALHA	M	35	00:41:04.65	00:40:56.61	
104	200	JORGE LOURENCO	M	47	00:41:10.61	00:41:04.22	
105	77	CLÁUDIA NOVAIS	F	49	00:41:14.32	00:41:14.32	OS ACELERA-O-PASSO
106	173	GODINHO S RAMOS	M	36	00:41:32.31	00:41:21.77	
107	60	HÉLDER PALMA	M	41	00:41:41.63	00:41:37.83	BRRNIGHTRUNNERS
108	4	NUNO M OLIVEIRA	M	45	00:41:43.58	00:41:40.79	LUSO-ATLÂNTICA C SEGUROS SA
109	20	PEDRO FLORES	M	32	00:41:47.44	00:41:44.27	CD AMIGOS PACO NASSA
110	30	GIZELA MOTA	F	42	00:41:49.24	00:41:41.90	OS ACELERA-O-PASSO



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111	11	ANTÓNIO M S JORGE	M	63	00:41:54.91	00:41:48.56	
112	158	NUNO CAMPOS	M	41	00:42:01.69	00:41:57.13	
113	204	RUBEN SARAMAGO	M	34	00:42:11.53	00:42:08.33	
114	150	BRUNO MARQUES	M	32	00:42:22.76	00:42:12.65	
115	22	RÚBEN PAGAIME	M	35	00:42:24.28	00:42:20.00	CD AMIGOS PACO NASSA
116	231	FILIPA MELO	F	33	00:42:26.76	00:42:18.92	
117	75	JOSÉ M S G MARTINS	M	49	00:42:27.98	00:42:23.29	BRRNIGHTRUNNERS
118	47	PEDRO CALHA	M	46	00:42:38.16	00:42:29.37	OS ACELERA-O-PASSO
119	247	PAULO SARAIVA	M	50	00:42:45.13	00:42:40.54	
120	19	RICARDO LOURENÇO	M	36	00:42:47.15	00:42:43.75	CD AMIGOS PACO NASSA
121	185	LEONOR RAMALHO	F	42	00:43:00.54	00:42:57.65	GINÁSIO VIVÊNCIA EXPLOSIVA
122	35	PAULO CABICA	M	56	00:43:16.63	00:43:08.12	OS ACELERA-O-PASSO
123	42	MANUEL J DURÃES	M	39	00:43:17.70	00:42:59.02	OS ACELERA-O-PASSO
124	196	PEDRO M C C FERREIRA	M	42	00:43:20.49	00:43:12.55	ASSCT MUN PALMELA
125	93	JOSE BATISTA	M	47	00:43:21.17	00:43:14.93	
126	141	ANA CESTEIRO	F	31	00:43:21.42	00:43:05.90	FITNESSWAY PINHAL NOVO
127	145	RICARDO RIBEIRO	M	31	00:43:21.74	00:43:04.97	FITNESSWAY PINHAL NOVO
128	113	MARINA G PÉREZ	F	34	00:43:27.59	00:43:14.58	CARACOIS SELVAGENS
129	74	MARCO SOL	M	45	00:43:34.06	00:43:30.53	BRRNIGHTRUNNERS
130	73	M ^a ALBERTA ESTEVES	F	52	00:43:34.13	00:43:29.93	BRRNIGHTRUNNERS
131	244	JOÃO MORGADO	M	32	00:43:37.07	00:43:28.07	
132	186	LUIS LOUÇÃ	M	34	00:43:38.96	00:43:32.28	GINÁSIO VIVÊNCIA EXPLOSIVA
133	37	TIAGO PAULINO	M	36	00:43:39.99	00:43:30.81	
134	45	NUNO AFONSO	M	39	00:43:41.26	00:43:35.61	RUN24RUN
135	43	MARLENE MENDES	F	41	00:43:41.89	00:43:36.30	RUN24RUN
136	241	MERCEDES FONSECA	F	61	00:43:43.43	00:43:33.67	OS SUPER
137	258	JOSE BARRETO	M	50	00:43:44.34	00:43:41.02	
138	103	JOAO CARMONA	M	50	00:43:47.94	00:43:40.90	
139	218	SILVIA ROSA	F	43	00:43:48.37	00:43:35.09	OS PRIMOS
140	217	RICARDO GOMES	M	24	00:43:48.59	00:43:26.13	OS PRIMOS
141	183	IRIA ESTEVES	F	45	00:43:49.67	00:43:47.10	GINÁSIO VIVÊNCIA EXPLOSIVA
142	202	BEATRICE TADEU	F	23	00:43:50.04	00:43:40.36	
143	162	PATRÍCIA N ROMÃO	F	35	00:43:53.05	00:43:48.88	
144	111	LUIS M NUNES	M	38	00:43:55.12	00:43:42.87	
145	168	JOÃO LOURENÇO	M	37	00:44:03.12	00:43:58.70	CD AMIGOS PACO NASSA
146	55	ANDRÉ CHANOCA	M	36	00:44:12.37	00:44:07.25	HUSTLE
147	18	SAMUEL BASTO	M	36	00:44:26.94	00:44:22.79	CD AMIGOS PACO NASSA



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148	105	RITA CORREIA	F	38	00:44:43.62	00:44:32.55	
149	167	JOSÉ ESTRABOCHA	M	48	00:44:52.35	00:44:41.29	
150	174	PAULO M B SANTOS	M	36	00:44:52.47	00:44:42.26	
151	9	ANA MARTINS	F	25	00:45:00.83	00:44:47.41	ABTT - PALMELA
152	181	EUGÉNIA DAVID	F	38	00:45:01.31	00:44:58.80	GINÁSIO VIVÊNCIA EXPLOSIVA
153	164	MANUEL QUINTAS	M	41	00:45:03.36	00:44:55.98	
154	132	BRUNO GOMES	M	40	00:45:03.76	00:44:58.17	
155	94	MANUEL DUQUE	M	46	00:45:08.22	00:45:01.96	
156	148	ESMERALDA RAMALHO	F	45	00:45:37.06	00:45:31.12	
157	219	MAURO FONSECA	M	40	00:45:39.02	00:45:25.03	OS PRIMOS
158	16	PAULO MARIA	M	36	00:46:08.92	00:46:05.82	CD AMIGOS PACO NASSA
159	15	HENRIQUE MARTINS	M	35	00:46:33.62	00:46:23.86	
160	169	PEDRO VIEIRA	M	20	00:46:50.43	00:46:38.16	SPOTSTYLE
161	136	CARLOS CELORINDA	M	36	00:46:52.16	00:46:34.73	FITNESSWAY PINHAL NOVO
162	34	TERESA CABICA	F	52	00:47:21.57	00:47:21.57	OS ACELERA-O-PASSO
163	166	SÉRGIO ROLA	M	38	00:47:34.54	00:47:25.98	
164	81	SOFIA AMBRIOSO	F	39	00:47:44.42	00:47:40.81	BRRNIGHTRUNNERS
165	80	SAMUEL TRANCOSO	M	47	00:47:44.69	00:47:42.70	BRRNIGHTRUNNERS
166	179	CRISTIANA RODRIGUES	F	25	00:47:49.78	00:47:41.42	GINÁSIO VIVÊNCIA EXPLOSIVA
167	243	JOAO MARTINS	M	32	00:48:00.23	00:47:54.34	
168	56	VIRGÍLIO SILVA	M	49	00:48:06.07	00:47:54.44	
169	127	ELSA VILHENA	F	40	00:48:26.23	00:48:12.25	
170	191	RUI FARINHA	M	43	00:48:27.19	00:48:14.75	GINÁSIO VIVÊNCIA EXPLOSIVA
171	151	CLAUDIA TAVARES	F	37	00:48:43.28	00:48:18.01	
172	152	VÍTOR TAVARES	M	35	00:48:45.61	00:48:28.88	
173	133	NIDBERTO PAIVA	M	39	00:49:06.08	00:48:52.23	
174	72	JOSE F R CALISTO	M	33	00:49:06.68	00:48:57.62	BEFUNS
175	97	LUÍS A E S CABRAL	M	23	00:49:07.10	00:48:59.41	
176	96	CLÁUDIA M G SANTOS	F	25	00:49:07.17	00:48:49.71	
177	118	JOAO LANDEIRO	M	71	00:49:09.46	00:48:57.58	
178	29	VERA SANCHES	F	36	00:49:13.11	00:49:05.37	OS ACELERA-O-PASSO
179	165	NELSON PEREIRA	M	39	00:49:17.61	00:49:09.33	
180	222	ALEXANDRA M A G PINTO	F	42	00:49:36.83	00:49:24.85	CLINICA DR CAUTELA
181	242	JOAQUIM FONSECA	M	61	00:49:41.75	00:49:31.40	OS SUPER
182	41	LUIS NEVES	M	43	00:49:54.13	00:49:48.51	TRANQUILIDADE AÇOREANA CLUBE
183	163	MARTA COSTA	F	27	00:49:54.67	00:49:48.82	
184	157	LUIS SILVA	M	66	00:50:09.80	00:50:08.54	



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185	256	PAULO A ROSADO	M	56	00:50:15.68	00:50:00.85	
186	257	OLGA MIRANDA	F	50	00:50:16.02	00:50:01.22	
187	233	FLAVIA PENAN	F	28	00:50:37.57	00:50:34.64	BRRNIGHTRUNNERS
188	137	DINA ALEGRIA	F	40	00:50:38.91	00:50:24.17	FITNESSWAY PINHAL NOVO
189	39	JOÃO N J O PINTO	M	52	00:50:39.99	00:50:30.23	
190	220	ANA F M JACINTO	F	25	00:50:54.28	00:50:43.59	BRRNIGHTRUNNERS
191	126	DANIELA BOLETA	F	23	00:52:46.99	00:52:44.71	
192	125	LUCIA GONÇALVES	F	41	00:52:49.35	00:52:44.93	
193	106	FÁBIO RAMALHO	M	29	00:53:08.89	00:52:56.62	BRRNIGHTRUNNERS
194	107	FILIPA TEIXEIRA	F	28	00:53:09.05	00:52:54.72	BRRNIGHTRUNNERS
195	84	ANA P GASOPO	F	56	00:53:11.37	00:52:50.66	BRRNIGHTRUNNERS
196	70	ANABELA MARQUES	F	45	00:53:20.80	00:53:08.53	BRRNIGHTRUNNERS
197	83	CARLOS GASOPO	M	54	00:53:20.80	00:53:12.06	BRRNIGHTRUNNERS
198	238	EDUARDO M F TEIXEIRA	M	18	00:53:41.11	00:53:34.20	
199	246	PEDRO M S LOURENÇO	M	18	00:53:41.47	00:53:34.61	
200	115	SÉRGIO RIJO	M	38	00:54:25.52	00:54:14.42	R&C
201	116	MARTA CALADO	F	31	00:54:25.58	00:54:15.13	R&C
202	134	PATRÍCIA M M CASTRO	F	25	00:54:57.96	00:54:44.47	
203	188	PEDRO PIRES	M	46	00:56:27.42	00:56:16.02	GINÁSIO VIVÊNCIA EXPLOSIVA
204	192	VERA PIRES	F	47	00:56:27.79	00:56:16.66	GINÁSIO VIVÊNCIA EXPLOSIVA
205	245	CARLA MORGADO	F	29	00:57:11.06	00:57:03.38	
206	67	CAROLINA PEREIRA	F	20	00:57:25.30	00:57:20.05	
207	249	FATIMA M ALMEIDA	F	57	00:57:31.76	00:57:23.68	
208	153	RUBEN SILVA	M	26	00:57:36.35	00:57:26.71	
209	154	FILIPA OLIVEIRA	F	22	00:57:36.63	00:57:26.48	
210	90	MONICA A P COSTA	F	43	00:58:36.04	00:58:33.47	AD PALMELENSE
211	144	JESSICA SILVA	F	17	00:59:25.52	00:59:09.66	FITNESSWAY PINHAL NOVO
212	140	ADRIANA MARÇAL	F	26	00:59:25.90	00:59:10.43	FITNESSWAY PINHAL NOVO
213	52	LUIS M C CAMPINO	M	22	01:03:39.58	01:03:27.35	BRRNIGHTRUNNERS
214	143	VERA OLIVEIRA	F	38	01:07:31.92	01:07:15.85	FITNESSWAY PINHAL NOVO
215	139	MAGDA LAGARTO	F	35	01:07:32.03	01:07:15.14	FITNESSWAY PINHAL NOVO
216	142	JOANA GOMES	F	22	01:07:33.53	01:07:33.53	FITNESSWAY PINHAL NOVO

Total de registros: 216