

Campeonato do Norte de Corta-Mato



Viana do Castelo - (19/11/2022 - 19/11/2022)

	500m	Benj A F BEN	J A - F Dia 1			1000m	Benj B M BI	ENJ B - M Dia 1	
Série	1				Sério	e 1			
1	Mariana Sousa	2013 BENJ A	ARLVG	0:02:54.37	1	Tiago Costa	2011 BENJ B	BFC	0:04:1
2	Adriana Ribeiro	2013 BENJ A	UDV	0:02:55.86	2	Tomás Soares	2011 BENI B	UDV	0:04:2
3	Inês Pinto	2013 BENJ A	CESMC	0:02:33.80	3	Diogo Costa	2011 BENJ B	CAM-VC	0:04:2
		-				-	-		
4	Iris Queirós	2015 BENJ A	CESMC	0:03:15.74	4	Mateus Lima	2012 BENJ B	CAOV	0:04:
5	Leonor Sampaio	2014 BENJ A	NBA	0:03:20.77	5	David Lyubera	2011 BENJ B	ACPV	0:04:
6	Mariana Cunha	2011 BENJ B	UDV	0:03:22.32	6	Daniel Querales	2012 BENJ B	ACDSJS	0:04:
7	Valentina Cruz	2014 BENJ A	LFC-F	0:03:27.88	7	Dinis Liquito	2011 BENJ B	CAM-VC	0:04:
8	Flor Rei	2013 BENJ A	GDC-VC	0:03:31.78	8	Theo Oliveira	2011 BENJ B	BRA EAT	0:04:
9	Maria Miranda	2013 BENJ A	GDC-VC	0:03:33.87	9	Francisco Ramalho	2012 BENJ B	GCVR	0:05:
10	Zoé Gorodetskaya	2015 BENJ A	BEL BFC	0:03:37.21	10	Mauro Rocha	BENJ B	ADA	0:05:0
11	Luísa Maia	2014 BENJ A	ACPV	0:03:42.85	11	Eduardo Moreira	2012 BENJ B	GJVP	0:05:
12	Mia Cunha	2014 BENJ A	GJVP	0:04:03.05	12	Leticia São João	ND	ADA	0:05:
13	Esther Hallais	2016 BENJ A	BRA LFC-F	0:04:42.20	13	Gustavo Fialho	2012 BENJ B	CYCL	0:05:
14	Valentina Vilas Boas	2013 BENJ A	GDC-VC	0:04:43.06	14	Kevin Rodrigues	2012 BENJ B	GCVR	0:05:
15	Jéssica Brito Lima	2013 BENJ A	GDC-VC	0:04:55.29	15	João Pedro Faria	2011 BENJ B	CYCL	0:05:
16	Mafalda Taborda	2014 BENJ A	CAOV	0:04:56.35	16	André Matos	2012 BENJ B	GJVP	0:05:
	500m	Benj A M BEN	I A - M Dia 1		17	Rodrigo Mendes	2011 BENJ B	UDV	0:05:
	J00III	benj A M ben	j A - M Dia 1		18	André Lamas	2011 BENJ B	GCVR	0:05:
érie	1					20	00m Inf F IN	F - F Dia 1	
1	Tiago Fernandes	2013 BENJ A	GDC-VC	0:02:49.57			oom mi i m	r - r Dia r	
2	Afonso Silva	2013 BENJ A	ARLVG	0:03:12.47	Série	e 1			
3	Augustomesquita	2013 BENJ A	DURIUS	0:03:16.50	1	Mariana Maciel	2009 INF	EAROS	0:07:4
4	Gabriel Sathler	2016 BENJ A	LFC-F	0:03:17.44	2	Catarina Leão	2009 INF	ARLVG	0:08:0
	Sebastião Henriques	2013 BENJ A	DURIUS	0:03:19.45	3	Rafaela Araújo	2010 INF	EAROS	0:08:2
6	Paulo Bourbon	2016 BENJ A	LFC-F	0:03:25.65	4	Mariana Martins	2010 INF	EAROS	0:08:2
7	Duarte Lima	2015 BENJ A	GJVP	0:03:58.40	5	Rafaela Sá	2009 INF	NBA	0:08:2
	David Lima	2017 BENJ A	GJVP	0:05:50.78	6	Margarida Monteiro	2009 INF	EAT	0:08:3
					7	Inês Pacheco	2009 INF	NBA	0:08:3
	1000m	Benj B F BEN	IJ B - F Dia 1		8	Ana Silva	2009 INF	EAROS	0:08:3
Série	1				9	Lara Cunha	2009 INF	UDV	0:08:3
_					10	Leonor Gonçalves	2010 INF	EAROS	0:08:4
1	Margarida Mota	2011 BENJ B	UDV	0:04:22.70	11	Lara Mendes	2010 INF	NBA	0:08:4
2	Maria Inês Teixeira	2011 BENJ B	UDV	0:04:35.93					
3	Inês Lopes	2011 BENJ B	BFC	0:04:41.52	12	Mariana Queirós	2009 INF	CESMC	0:09:0
4	Leonor Castro	2012 BENJ B	UDV	0:04:41.99	13	Ana Moreira	2010 INF	ACPV	0:09:0
5	Carolina Faria	2011 BENJ B	LFC-F	0:04:47.92	14	Diana Dias	2009 INF	GDC-VC	0:09:1
6	Inês Pereira	2011 BENJ B	NBA	0:04:48.97	15	Eugénia Correia	2010 INF	BFC	0:09:4
7	Mariana Teixeira	2011 BENJ B	UDV	0:04:52.35	16	Camila Liquito	2009 INF	CYCL	0:10:2
8	Matilde Teixeira	2011 BENJ B	UDV	0:04:55.68	17	Bruna Meira	2010 INF	CYCL	0:10:4
9	Leonor Monteiro	2012 BENJ B	LFC-F	0:05:04.09	18	Salomé Henriques	2009 INF	DURIUS	0:10:4
10	Elize Gorodetskaya	2012 BENJ B	BEL BFC	0:05:10.37	19	Lara Selores	2009 INF	DURIUS	0:10:4
11	Teresa Lopes	2012 BENJ B	LFC-F	0:05:15.85	20	Letícia Vieira	2009 INF	CYCL	0:11:5
12	Inês Araújo	2012 BENJ B	NBA	0:05:16.72	21	Mariana Dias	2009 INF	GDC-VC	0:13:5
13	Joana Queirós	2012 BENJ B	CESMC	0:05:19.22	22	Luana Gomes	2009 INF	GDC-VC	0:14:1
14	Flávia Ferreira	2011 BENJ B	NBA	0:05:20.80	23	Matilde Jorge	2010 INF	CAOV	0:14:4
15	Laura Duarte	2011 BENJ B	CAM-VC	0:05:23.78		200	0m Inf M IN	F - M Dia 1	
16	Margarida Marques	2011 BENJ B	NBA	0:05:25.37				L II DIU I	
17	Leonor Lopes	2012 BENJ B	LFC-F	0:05:25.81	Série	e 1			
18	lara Sathler	2012 BENJ B	LFC-F	0:05:26.58	1	Tiago José Silva	2009 INF	EAROS	0:07:
19	Maria Ferreira	ND	NBA	0:05:44.14	2	Tiago Macedo	2009 INF	ACPV	0:07:
	Lara Silva	ND	CAOV	0:05:44.37	3	Ricardo Vieira	2009 INF	NBA	0:07:
70	Laiu Jiiva	ND							
20	Alica Volynko	2012 RENIE	IIKB EVT						0.07
21	Alisa Volynko	2012 BENJ B	UKR EAT	0:06:04.27	4	Hélder Silva	2010 INF	GDRJR ECPE	
	Alisa Volynko Kristina Tsybrivska Matilde Ferreira	2012 BENJ B 2011 BENJ B 2012 BENJ B	UKR EAT EAT CAOV	0:06:04.27 0:06:29.02 0:06:32.99	5	Gaspar Ferreira Makoto Levene	2010 INF 2009 INF 2009 INF	FCPF MOZ ACPV	0:07: 0:08: 0:08:

7 Rafael Santos

2009 INF

GDC-VC







0:08:04.06

9 Fábio Ferreira 2009 INF NBA 0:08:15.61 10 João Abreu 2009 INF CYCL 0:08:17.51 11 Dinis Sousa 2010 INF LFC-F 0:08:21.61 12 João Torres 2009 INF ACPV 0:08:26.61 13 Rodrigo Oliveira INF A.S.Mamede 0:08:28.91 14 Simão Rego 2009 INF CAM-VC 0:08:29.01 15 Paulo Lages 2010 INF GDC-VC 0:08:40.71 16 Édi Rei 2010 INF GDC-VC 0:08:49.21 17 João Pereira 2010 INF GDC-VC 0:08:50.44 18 Mateus Alves 2010 INF GDC-VC 0:09:09.25 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.25 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.01 22 Vasco Amaral 2009 INF CESMC 0:09:46.01 23 Francisco Costa 2010 INF GJVP 0:09:57.31 24 Gonçalo Neto 2010 INF NBA 0:10:03.94 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.44 26 Eduardo Costa 2010 INF GJVP 0:10:24.75 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF NBA 0:10:10.66.83							
10 João Abreu 2009 INF CYCL 0:08:17.57 11 Dinis Sousa 2010 INF LFC-F 0:08:21.60 12 João Torres 2009 INF ACPV 0:08:26.61 13 Rodrigo Oliveira INF A.S.Mamede 0:08:28.91 14 Simão Rego 2009 INF CAM-VC 0:08:29.01 15 Paulo Lages 2010 INF GDC-VC 0:08:40.76 16 Édi Rei 2010 INF GDC-VC 0:08:40.76 17 João Pereira 2010 INF GDC-VC 0:08:49.26 18 Mateus Alves 2010 INF BRA ACPV 0:09:02.55 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.26 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.01 22 Vasco Amaral 2009	8	José Marinho	2009	INF		NBA	0:08:07.65
11 Dinis Sousa 2010 INF LFC-F 0:08:21.66 12 João Torres 2009 INF ACPV 0:08:26.66 13 Rodrigo Oliveira INF A.S.Mamede 0:08:28.90 14 Simão Rego 2009 INF CAM-VC 0:08:29.00 15 Paulo Lages 2010 INF GDC-VC 0:08:40.78 16 Édi Rei 2010 INF GDC-VC 0:08:49.28 17 João Pereira 2010 INF GDC-VC 0:08:49.28 18 Mateus Alves 2010 INF GDC-VC 0:08:50.44 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.26 20 Rodrigo Lopes 2010 INF CAOV 0:09:09.26 21 Henrique Silva 2010 INF CESMC 0:09:28.00 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF <td>9</td> <td>Fábio Ferreira</td> <td>2009</td> <td>INF</td> <td></td> <td>NBA</td> <td>0:08:15.69</td>	9	Fábio Ferreira	2009	INF		NBA	0:08:15.69
12 João Torres 2009 INF ACPV 0:08:26.6° 13 Rodrigo Oliveira INF A.S.Mamede 0:08:28.9° 14 Simão Rego 2009 INF CAM-VC 0:08:29.0° 15 Paulo Lages 2010 INF GDC-VC 0:08:40.7° 16 Édi Rei 2010 INF GDC-VC 0:08:49.2° 17 João Pereira 2010 INF GDC-VC 0:08:50.4° 18 Mateus Alves 2010 INF GDC-VC 0:09:09.20 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.20 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.00 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF GJVP 0:09:57.30 24 Gonçalo Neto 2010 INF <td>10</td> <td>João Abreu</td> <td>2009</td> <td>INF</td> <td></td> <td>CYCL</td> <td>0:08:17.57</td>	10	João Abreu	2009	INF		CYCL	0:08:17.57
13 Rodrigo Oliveira INF A.S.Mamede 0:08:28.9 14 Simão Rego 2009 INF CAM-VC 0:08:29.0 15 Paulo Lages 2010 INF GDC-VC 0:08:40.76 16 Édi Rei 2010 INF GDC-VC 0:08:49.26 17 João Pereira 2010 INF GDC-VC 0:08:50.4 18 Mateus Alves 2010 INF BRA ACPV 0:09:02.5 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.2 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.09 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF GJVP 0:09:57.33 24 Gonçalo Neto 2010 INF NBA 0:10:03.94 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.40 26 Eduardo Costa 2010 INF NBA 0:10:	11	Dinis Sousa	2010	INF		LFC-F	0:08:21.64
14 Simão Rego 2009 INF CAM-VC 0:08:29.09 15 Paulo Lages 2010 INF GDC-VC 0:08:40.76 16 Édi Rei 2010 INF GDC-VC 0:08:49.26 17 João Pereira 2010 INF GDC-VC 0:09:02.55 18 Mateus Alves 2010 INF BRA ACPV 0:09:02.55 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.26 20 Rodrigo Lopes 2010 INF CAOV 0:09:09.26 21 Henrique Silva 2010 INF CESMC 0:09:28.09 22 Vasco Amaral 2009 INF CESMC 0:09:28.09 23 Francisco Costa 2010 INF GJVP 0:09:57.33 24 Gonçalo Neto 2010 INF NBA 0:10:03.99 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.40 26 Eduardo Costa	12	João Torres	2009	INF		ACPV	0:08:26.67
15 Paulo Lages 2010 INF GDC-VC 0:08:40.7% 16 Édi Rei 2010 INF GDC-VC 0:08:49.2% 17 João Pereira 2010 INF GDC-VC 0:09:02.5% 18 Mateus Alves 2010 INF BRA ACPV 0:09:02.5% 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.2% 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.1% 21 Henrique Silva 2010 INF CESMC 0:09:28.0% 22 Vasco Amaral 2009 INF CESMC 0:09:46.0% 23 Francisco Costa 2010 INF GJVP 0:09:57.3% 24 Gonçalo Neto 2010 INF NBA 0:10:03.9% 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.4% 26 Eduardo Costa 2010 INF NBA 0:10:24.7% 27 Paulo Pinto	13	Rodrigo Oliveira		INF		A.S.Mamede	0:08:28.91
16 Édi Rei 2010 INF GDC-VC 0:08:49.24 17 João Pereira 2010 INF GDC-VC 0:08:50.44 18 Mateus Alves 2010 INF BRA ACPV 0:09:02.59 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.24 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.09 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF GJVP 0:09:57.33 24 Gonçalo Neto 2010 INF NBA 0:10:03.99 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.44 26 Eduardo Costa 2010 INF NBA 0:10:24.73 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	14	Simão Rego	2009	INF		CAM-VC	0:08:29.05
17 João Pereira 2010 INF GDC-VC 0:08:50.44 18 Mateus Alves 2010 INF BRA ACPV 0:09:02:59 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09:20 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.09 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF GJVP 0:09:57.30 24 Gonçalo Neto 2010 INF NBA 0:10:03.90 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.44 26 Eduardo Costa 2010 INF GJVP 0:10:24.75 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	15	Paulo Lages	2010	INF		GDC-VC	0:08:40.78
18 Mateus Alves 2010 INF BRA ACPV 0:09:02.59 19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.20 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.09 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF GJVP 0:09:57.30 24 Gonçalo Neto 2010 INF NBA 0:10:03.90 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.44 26 Eduardo Costa 2010 INF GJVP 0:10:24.75 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.60	16	Édi Rei	2010	INF		GDC-VC	0:08:49.28
19 Dinis Ferreira 2010 INF GDC-VC 0:09:09.20 20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.00 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF GJVP 0:09:57.30 24 Gonçalo Neto 2010 INF NBA 0:10:03.90 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.40 26 Eduardo Costa 2010 INF GJVP 0:10:24.73 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	17	João Pereira	2010	INF		GDC-VC	0:08:50.44
20 Rodrigo Lopes 2010 INF CAOV 0:09:10.19 21 Henrique Silva 2010 INF CESMC 0:09:28.09 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF GJVP 0:09:57.30 24 Gonçalo Neto 2010 INF NBA 0:10:03.90 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.40 26 Eduardo Costa 2010 INF GJVP 0:10:24.73 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	18	Mateus Alves	2010	INF	BRA	ACPV	0:09:02.59
21 Henrique Silva 2010 INF CESMC 0:09:28.09 22 Vasco Amaral 2009 INF CESMC 0:09:46.00 23 Francisco Costa 2010 INF GJVP 0:09:57.30 24 Gonçalo Neto 2010 INF NBA 0:10:03.94 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.44 26 Eduardo Costa 2010 INF GJVP 0:10:24.73 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	19	Dinis Ferreira	2010	INF		GDC-VC	0:09:09.20
22 Vasco Amaral 2009 INF CESMC 0:09:46.06 23 Francisco Costa 2010 INF GJVP 0:09:57.36 24 Gonçalo Neto 2010 INF NBA 0:10:03.96 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.46 26 Eduardo Costa 2010 INF GJVP 0:10:24.7 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	20	Rodrigo Lopes	2010	INF		CAOV	0:09:10.19
23 Francisco Costa 2010 INF GJVP 0:09:57.36 24 Gonçalo Neto 2010 INF NBA 0:10:03.94 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.44 26 Eduardo Costa 2010 INF GJVP 0:10:24.72 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	21	Henrique Silva	2010	INF		CESMC	0:09:28.09
24 Gonçalo Neto 2010 INF NBA 0:10:03.94 25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.44 26 Eduardo Costa 2010 INF GJVP 0:10:24.73 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	22	Vasco Amaral	2009	INF		CESMC	0:09:46.08
25 Rodrigo Meira 2009 INF GDC-VC 0:10:11.40 26 Eduardo Costa 2010 INF GJVP 0:10:24.71 27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.61	23	Francisco Costa	2010	INF		GJVP	0:09:57.38
26 Eduardo Costa 2010 INF GJVP 0:10:24.7 27 Paulo Pinto 2009 INF NBA 0:10:26.8 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.6	24	Gonçalo Neto	2010	INF		NBA	0:10:03.94
27 Paulo Pinto 2009 INF NBA 0:10:26.83 28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.63	25	Rodrigo Meira	2009	INF		GDC-VC	0:10:11.40
28 Denis Tsybrviskyy 2010 INF EAT 0:11:01.6	26	Eduardo Costa	2010	INF		GJVP	0:10:24.71
	27	Paulo Pinto	2009	INF		NBA	0:10:26.83
29 Maksim Tereshchenko 2009 INF EAT 0:11:57.43	28	Denis Tsybrviskyy	2010	INF		EAT	0:11:01.63
	29	Maksim Tereshchenko	2009	INF		EAT	0:11:57.42

2500m Ini F	INI - F	Dia 1

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CÁ.	-i-	1
ЭĿ.	rie	

1	Catarina Brito	2007 INI	MAC	0:10:00.32
2	Inês Almeida	2007 INI	EAROS	0:10:23.59
3	Maria Rodrigues	2008 INI	LFC-F	0:10:31.59
4	Inês Sarmento	2007 INI	ARLVG	0:10:45.49
5	Maria Machado	2008 INI	EAROS	0:10:49.75
6	Mariana Beja	2008 INI	CYCL	0:10:52.35
7	Beatriz Leão	2007 INI	ARLVG	0:10:52.43
8	Clara Costa	2008 INI	LFC-F	0:11:06.42
9	Joana Esteves	2007 INI	CYCL	0:11:21.39
10	Leonor Pereira	2007 INI	EAROS	0:11:23.07
11	Mafalda Araújo	2008 INI	LFC-F	0:11:37.81
12	Sandrina Costa	2007 INI	CYCL	0:11:39.67
13	Ana Araújo	2008 INI	NBA	0:11:50.38
14	Joana Solé	2007 INI	CYCL	0:12:43.70
15	Eduarda Rios Viana	2007 INI	CYCL	0:12:48.91
16	Carolina Santos	2008 INI	CYCL	0:13:40.17
17	Rafaela Viana	2007 INI	EAT	0:13:50.65
18	Eva Cruz	2008 INI	GDC-VC	0:14:58.74
19	Joana Soares	2008 INI	CYCL	0:15:33.60

Série 1

1	Nelson Moreira	2007	INI	NBA	0:10:21.65
2	Simão Simões	2008	INI	CYCL	0:10:27.04
3	João Magalhães	2008	INI	ARLVG	0:10:34.44
4	Henrique Teles	2008	INI	UDV	0:10:46.72
5	Gonçalo Rodrigues	2007	INI	EAROS	0:10:58.68
6	Pedro Rosa	2007	INI	GJVP	0:11:05.89
7	David Vieites	2008	INI	CYCL	0:11:12.09
8	José Cunha	2007	INI	CAAV	0:11:34.46
9	Tiago Pinto	2007	INI	CESMC	0:11:39.36
10	Sebastião Relha Gomes		INI	IND	0:11:43.78
11	Leonardo Serrão	2008	INI	CYCL	0:11:51.60
12	Jorge Carvalho	2007	INI	CYCL	0:12:26.09
13	João Miguel Silva	2007	INI	ACPV	0:12:27.93
14	Rodrigo Rouxinol	2007	INI	LFC-F	0:12:43.39

15	José Vicente	2007 INI	CYCL	0:12:48.59
16	Dinis Neves	2007 INI	EAROS	0:13:00.29
17	Leandro Marinho	2008 INI	NBA	0:13:04.06
18	Tomás Lima	2008 INI	CYCL	0:16:23.23
19	André Rodrigues	2008 INI	FAROS	0.16.57.08

4000m	Juv F	JUV - F	Dia 1

Série 1

1	Ariana Cardoso	2006 JUV	NBA	0:17:00.12
2	Filipa Matos	2005 JUV	ARLVG	0:17:03.87
3	Rita Lopes	2006 JUV	NBA	0:17:24.56
4	Anabela Sousa	2006 JUV	CAAV	0:19:19.63
5	Jéssica Silva	2005 JUV	NBA	0:19:43.63
6	Inês Sousa	2006 JUV	LFC-F	0:19:44.26
7	Beatriz Faria	2006 JUV	LFC-F	0:20:00.65
8	Madalena Meneses	2006 JUV	NBA	0:25:56.95

5000m Juv M | JUV - M | Dia 1

Série 1

1	Gaspar Oliveira	2005 JUV	CDP	0:18:05.21
2	Frederico Vilhena	2006 JUV	LFC-F	0:18:14.57
3	Mário Henriques	2006 JUV	DURIUS	0:18:17.79
4	Xavier Videira	2006 JUV	CYCL	0:18:18.11
5	Tiago Nogueira	2005 JUV	CAAV	0:18:32.72
6	Diogo A Ferreira	2005 JUV	NBA	0:18:56.76
7	Dinis Noronha	2005 JUV	CDP	0:19:16.29
8	Francisco Gaudêncio	2005 JUV	NBA	0:19:23.46
9	Tiago Costa	2006 JUV	CDP	0:19:34.30
10	Rúben Ferreira	2005 JUV	NBA	0:20:59.28
11	Pedro Sousa	2005 JUV	GJVP	0:21:16.13
12	Afonso Sampaio	2006 JUV	NBA	0:24:09.78
13	Manuel Martins	2006 JUV	GJVP	0:24:53.66

Série 1

1	Catarina Arieira	2004 JUN	CAM-VC	0:23:33.07

5000m Jun F | JUN - F | Dia 1

6000m	Sen F	SUB-23 a	VET - F	Dia 1

Séi	rie 1			
1	Joana Gomes	1989 SEN	CAOV	0:22:51.39
2	Sara Ribeiro	1993 SEN	CAOV	0:24:53.15
3	Paula Costa	1979 VET 40	ACDAV	0:25:04.24
4	Tânia Silva	1988 SEN	LFC-F	0:25:42.63
5	Lucinda Moreiras	1968 VET 50	CAMC	0:26:09.19
6	Fátima Veiga	1991 SEN	CAM-VC	0:26:12.46
7	Júlia Conceiçao	1968 VET 50	FCPF	0:27:00.00
8	Elisabete Nunes	1973 VET 45	SCS	0:27:04.13
9	Patrícia Ferreira	1985 VET 35	FCPF	0:27:27.51
10	Cláudia Nóbrega	1984 VET 35	NAVR	0:27:39.81
11	Fátima Dantas	1962 VET 60	GJVP	0:27:51.51
12	2 Magda Reina	1980 VET 40	NBA	0:28:04.06
13	B Joana Barros	1991 SEN	CAM-VC	0:28:30.13
14	Florinda Fernandes	1969 VET 50	CAM-VC	0:28:43.56
15	Marlene Ferreira	1976 VET 45	NBA	0:28:50.55
16	Sara Marinho	1982 VET 40	CAOV	0:29:00.14
17	Raquel Vasconcelos	1978 VET 40	SCS	0:29:06.19
18	B Maria José Lopes	1977 VET 45	NBA	0:29:41.21
19	Angela Fornelos	1977 VET 45	ACDAV	0:30:00.50
20) Ana Moreira	1973 VET 45	ARALF	0:30:05.32
21	Márcia Silva	1987 VET 35	NBA	0:30:05.78







22	Fátima Barros	1978	VET 40		GJVP	0:31:34.88
23	Sara Rego	1984	VET 35		GJVP	0:32:04.64
24	Romana Gunkevych	1991	SEN	POL	CAM-VC	0:32:17.15
25	Sara Machado	1995	SEN		NBA	0:32:19.09
26	Irina Gorodetskaya	1978	VET 40	BEL	BFC	0:37:17.47
27	Lúcia Nunes	1968	VET 50		SCS	0:38:15.86

7000m Jun M | JUN - M | Dia 1

Série 1

1	Tiago Nunes	2003	JUN	NBA	0:25:27.87
2	Eduardo Salazar	2004	JUN	LFC-F	0:27:03.82
3	Cláudio Ferreira	2004	JUN	NBA	0:27:14.03
4	Gabriel Presa	2004	JUN	CYCL	0:27:51.93
5	Pedro Amaral	2004	JUN	CESMC	0:28:01.73
6	Duarte de Abreu Pereira		JUN	IND	0:31:58.20
7	Pedro Rodrigues	2004	JUN	GJVP	0:32:36.02
8	Gonçalo Pinto Vieira		JUN	IND	0:33:39.53
9	Paulo Soares	2003	JUN	NBA	0:41:35.84

8000m Sen M | SUB-23 a VET - M | Dia 1

Série 1

١	JCIIC	. 1					
	1	Ricardo Dias	1984	VET 35		CAOV	0:25:39.34
	2	Miguel Ribeiro	1987	VET 35		CAOV	0:25:53.25
	3	Rui Muga	1984	VET 35		CAMC	0:26:32:84
	4	José Carvalho	1977	VET 45		CAMC	0:26:50.09
	5	Nuno Pereira	1986	VET 35		CAMC	0:27:07.46
	6	Ricardo Pedra	2002	SUB-23		CAOV	0:27:19.07
	7	Pedro Rodrigues	1978	VET 40		CAMC	0:27:42.70
	8	Gonçalo Amorim	2002	SUB-23		ACDAV	0:27:59.01
	9	Manuel Bessa	1978	VET 40		FCPF	0:28:04.59
	10	Hélder Soares	1987	VET 35		CAOV	0:28:41.04
	11	André Pinto	1984	VET 35		CAF-SCF	0:28:44.55
	12	António Teixeira	1980	VET 40		FCPF	0:28:53.15
	13	Miguel Meira	1979	VET 40		CAOV	0:28:59.99
	14	Miguel Maia	1979	VET 40		ACPV	0:29:12.18
	15	Carlos Monteiro	1989	SEN	CPV	CAM-VC	0:29:18.58
	16	Manuel Curral	1994	SEN		ARALF	0:29:37.34
	17	Samuel Veiga	2002	SUB-23	CPV	CAOV	0:29:37.51
	18	Carlos Ferreira	1975	VET 45		CAMC	0:29:50.17

19	Jorge Neto	1982	VET 40		NBA	0:30:01.30
20	Raul Ferreira	1982	VET 40		FCPF	0:30:06.06
21	Luís Dantas	1984	VET 35		EDL	0:30:10.76
22	Yevhen Kovaliykh		VET 40		SCB	0:30:14.95
23	Mark Macedo	1981	VET 40		FCPF	0:30:19.27
24	Sérgio Lima	1982	VET 40		GJVP	0:30:25.88
25	Pedro Nunes	1978	VET 40		NAVR	0:30:38.60
26	Nuno Felgueiras	1984	VET 35		CAM-VC	0:30:47.25
27	Manuel Branquinho	1970	VET 50		GJVP	0:30:47.25
28	Mário Crujeira	1987	VET 35		CAM-VC	0:31:15.15
29	Filipe Lima	1974	VET 45		EDL	0:31:18.92
30	Carlos Carneiro	1969	VET 50		CAMC	0:31:35.57
31	Paulo Oliveira	1989	SEN		ACVSM	0:31:37.20
32	Filipe Fontes	1978	VET 40		ACVSM	0:32:07.95
33	Nelson Videira	1983	VET 35		ARALF	0:32:11.55
34	Rubén Coelho	1989	SEN		ACDAV	0:32:29.55
35	António Fernandes	1973	VET 45		GDCTENVC	0:32:33.42
36	Tiago Valente	1982	VET 40		CAMC	0:32:55.90
37	Manuel Ribeiro	1974	VET 45		ACVSM	0:33:01.64
38	João Videira	1967	VET 55		ARALF	0:33:03.61
39	Davide Fernandes	1986	VET 35		GJVP	0:33:07.17
40	Tomás Morais	2011	BENJ B		CAM-VC	0:33:15.06
41	Jorge Miranda	1989	SEN		NBA	0:33:28.28
42	Ivo Gonçalves	1999	SEN		GJVP	0:33:44.33
43	João Chumbo	1993	SEN		CAMC	0:33:54.33
44	Stephane Simões	1976	VET 45		EDV	0:34:03.35
45	Eugénio Barros	1977	VET 45		GJVP	0:34:09.02
46	Flávio Fernandes	1968	VET 50		NBA	0:34:27.48
47	Ezequiel Fernandes	1974	VET 45		EDL	0:34:33.96
48	Luís Coutinho	1990	SEN		CAM-VC	0:34:34.67
49	Marco Videira	1981	VET 40		ARALF	0:34:52.00
50	Artur Costa	1989	SEN		CAMC	0:35:09.77
51	Roberto Machado	1984	VET 35		ACVSM	0:35:10.67
52	Hélder Deveza	1974	VET 45		CAMC	0:35:12.20
53	Miguel Rego	1980	VET 40		IND	0:36:30.37
54	Vítor Silva	1973	VET 45		FCPF	0:36:36.73
55	Gwenael Renard	1981	VET 40	BEL	BFC	0:37:09.21
56	Jonas Santos	1971	VET 50	BRA	ACVSM	0:44:35.61
57	José Pacheco	1963	VET 55		SCS	0:52:42.76







Coletivas Sen M CNCM

Posicao	Clube	Pontos
1	CAOV	24.0
2	CAMC	21.0
3	FCPF	3.0

Coletivas Sen F CNCM

Posicao	Clube	Pontos
1	CAOV	19.0
2	CAM-VC	8.0
3	SCS	7.0

Coletivas Jun M CNCM

Posicao	Clube	Pontos
1	NBA	27.0

Coletivas Jun F CNCM

Posicao Clube Pontos

Coletivas Juv M CNCM

Posicao	Clube	Pontos
1	CDP	24.0
2	NBA	21.0

Coletivas Juv F CNCM

Posicao	Clube	Pontos
1	NBA	27.0

Coletivas Ini M CNCM

Posicao	Clube	Pontos
1	CYCL	18.0
2	EAROS	9.0

Coletivas Ini F CNCM

Posicao	Clube	Pontos
1	EAROS	22.0
2	LFC-F	15.0
3	CYCL	12.0



Coletivas Inf M CNCM

Posicao	Clube	Pontos
1	NBA	20.0
2	ACPV	18.0
3	GDC-VC	7.0

Coletivas Inf F CNCM

Posicao	Clube	Pontos
1	EAROS	27.0
2	NBA	13.0

Coletivas Benj B M CNCM

Posicao	Clube	Pontos
1	GCVR	10.0

Coletivas Benj B F CNCM

Posicao	Clube	Pontos
1	UDV	27.0
2	LFC-F	10.0
3	NBA	6.0

Coletivas Benj A M CNCM

Posicao	Clube	Pontos

Coletivas Benj A F CNCM

Posicao	Clube	Pontos
1	GDC-VC	19.0



Estatística Clubes

Sigla	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
ACDAV	2	2	4	2	2	4
ACDSJS	1	0	1	1	0	1
ACPV	7	2	9	7	2	9
ACVSM	5	0	5	5	0	5
ARALF	4	1	5	4	1	5
ARLVG	2	5	7	2	5	7
BFC	2	5	7	2	5	7
CAAV	2	1	3	2	1	3
CAF-SCF	1	0	1	1	0	1
CAM-VC	8	6	14	8	6	14
CAMC	10	1	11	10	1	11
CAOV	8	6	14	8	6	14
CDP	3	0	3	3	0	3
CESMC	4	4	8	4	4	8
CYCL	11	10	21	11	10	21
DURIUS	3	2	5	3	2	5
EAROS	4	8	12	4	8	12
EAT	3	4	7	3	4	7
EDL	3	0	3	3	0	3
EDV	1	0	1	1	0	1
FCPF	6	2	8	6	2	8
GCVR	3	0	3	3	0	3
GDC-VC	7	8	15	7	8	15
GDCTENVC	1	0	1	1	0	1
GDRJR	1	0	1	1	0	1
GJVP	15	4	19	15	4	19
IND	1	0	1	1	0	1
LFC-F	6	13	19	6	13	19
MAC	0	1	1	0	1	1
NAVR	1	1	2	1	1	2
NBA	17	18	35	17	18	35
SCS	1	3	4	1	3	4
UDV	3	8	11	3	8	11
_NaoFederado	-	-	9	-	-	9
_Total	146	115	270	146	115	270



Estatística Escalão

Escalão	Nº atletas Masculino	Nº atletas Feminino	Nº atletas Total	Participações Masculino	Participações Feminino	Participações Total
BENJ A	8	15	23	8	15	23
BENJ B	17	22	39	17	22	39
INF	28	23	51	28	23	51
INI	18	19	37	18	19	37
JUV	13	8	21	13	8	21
JUN	7	1	8	7	1	8
SUB-23	3	0	3	3	0	3
SEN	9	7	16	9	7	16
VET 35	12	4	16	12	4	16
VET 40	15	6	21	15	6	21
VET 45	10	5	15	10	5	15
VET 50	4	4	8	4	4	8
VET 55	2	0	2	2	0	2
VET 60	0	1	1	0	1	1
NaoFederado	_	_	9	-	_	9



Designação Clubes

Sigla	Nome	Associação
ACDAV	ACADEMIA DE VALDEVEZ	Viana do Castelo
ACDSJS	A C S JOÃO DA SERRA	Porto
ACPV	A C PÓVOA DE VARZIM	Porto
ACVSM	A C VALE S MARTINHO	Braga
ARALF	A R ALFANDEGUENSE	Bragança
ARLVG	A R L V GONDOMARENSE	Porto
BFC	BOAVISTA F C	Porto
CAAV	C A ARCOS VALDEVEZ	Viana do Castelo
CAF-SCF	S C FREAMUNDE	Porto
CAMC	CA MACEDO CAVALEIROS	Bragança
CAM-VC	C A MAZAREFES	Viana do Castelo
CAOV	OLÍMPICO VIANENSE	Viana do Castelo
CDP	CLUBE DESP DA PÓVOA	Porto
CESMC	C E MARCO CANAVESES	Porto
CYCL	CYCLONES A C	Viana do Castelo
DURIUS	DURIUS AC PESQUEIRA	Vila Real
EAROS	E A ROSA OLIVEIRA	Braga
EAT	E ATLETISMO TROFA	Porto
EDL	ESCOLA DESP LIMIANA	Viana do Castelo
EDV	ESCOLA DESP VIANA	Viana do Castelo
FCPF	F C PENAFIEL	Porto
GCVR	GINÁSIO C VILA REAL	Vila Real
GDCTENVC	GD ESTALEIROS NAVAIS	Viana do Castelo
GDC-VC	G DESP CASTELENSE	Viana do Castelo
GDRJR	G D R JUV RIBEIRAS	Porto
GJVP	G JUV VILA DE PUNHE	Viana do Castelo
IND	Individual	None
LFC-F	LIBERDADE F C	Braga
MAC	MAIA A C	Porto
NAVR	N ATLETISMO V REAL	Vila Real
NBA	N BARROSAS AMADOR	Porto
SCS	S C SALGUEIROS	Porto
UDV	U DESP DA VÁRZEA	Porto