

G. P. Natal - 10km - CLASSIFICAÇÃO SENIOR-F

Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
1	1755	IRINA SERGEEVA	0:34:34		0:16:17	0:34:34	0:03:27	
2	1811	SUSANA CUNHA	0:35:23	0:00:49	0:16:33	0:35:22	0:03:32	LINDA-A-PASTORA SPORTING CLUBE
3	1328	RAQUEL TRABUCO	0:36:13	0:01:38	0:16:47	0:36:12	0:03:37	
4	1038	FILIPA SANTOS	0:36:18	0:01:43	0:17:00	0:36:15	0:03:37	AGUIAS DE ALPIARCA - TRIATLO
5	121	MARGARIDA DIONÍSIO	0:37:19	0:02:44	0:17:09	0:37:17	0:03:43	
6	424	ALEXANDRA ALVES	0:39:17	0:04:42	0:18:19	0:39:15	0:03:55	ACOREANA CLUBE BANIF
7	1361	SANDRA CRUZ	0:39:37	0:05:02	0:18:44	0:39:29	0:03:56	CLUBE PEDRO PESSOA EA
8	130	KCÉNIA BOUGROVA	0:39:41	0:05:06	0:18:44	0:39:39	0:03:57	VALEJAS ATLETICO CLUBE
9	1195	JOANA GRAÇA	0:40:10	0:05:35	0:18:38	0:40:08	0:04:00	RUN4FUN
10	1039	ANDREIA FERRUM	0:42:24	0:07:49	0:19:24	0:42:21	0:04:14	AGUIAS DE ALPIARCA - TRIATLO
11	1040	EDUARDA VIDIGUEIRA	0:42:30	0:07:55	0:19:35	0:42:18	0:04:13	AGUIAS DE ALPIARCA - TRIATLO
12	466	ISABEL MATIAS	0:44:04	0:09:29	0:20:29	0:43:58	0:04:23	ACOREANA CLUBE BANIF
13	1337	SHIN ISABELA PIRES	0:44:15	0:09:40	0:20:47	0:44:10	0:04:25	CASA DO BENFICA DE ALGUEIRAO M
14	1712	SOLANGE FERNANDES	0:44:17	0:09:42	0:20:11	0:42:47	0:04:16	CLUBE ATLETISMO SALESIANOS DE MANIQUE
15	1638	ISABEL COELHO DIAS DA SILVA	0:44:45	0:10:10	0:21:00	0:43:58	0:04:23	
16	1676	SARA MARINHO	0:45:21	0:10:46	0:20:43	0:44:35	0:04:27	ASSOCIACAO DESPORTIVA NUCLEOEIRAS
17	1441	SARA LOUREIRO	0:45:38	0:11:03	0:21:28	0:45:29	0:04:32	SPORTING CLUBE DE CASINHO
18	931	CÁTIA SOFIA NASCIMENTO	0:46:49	0:12:14	0:21:58	0:46:38	0:04:39	CORRER LISBOA
19	823	VANESSA ROCHA	0:46:50	0:12:15	0:21:32	0:46:29	0:04:38	SS CGD
20	1633	ANA MARGARIDA GARCIA MARTINS	0:47:30	0:12:55	0:21:16	0:46:40	0:04:40	
21	398	FILIPA GONÇALVES	0:49:43	0:15:08	0:23:13	0:49:13	0:04:55	G D C BANCO DE PORTUGAL
22	983	PATRÍCIA CASTANHO	0:49:51	0:15:16	0:22:18	0:47:43	0:04:46	
23	201	CATARINA COSTA	0:50:15	0:15:40	0:23:07	0:49:38	0:04:57	PES TROIKADOS
24	1664	DÉBORA GARCIA	0:50:25	0:15:50	0:23:35	0:49:33	0:04:57	ASSOCIACAO CULTURAL E RECREATIVA DA MEAL
25	990	CATARINA SANTOS	0:51:14	0:16:39	0:23:59	0:50:02	0:05:00	LEBRES E TARTARUGAS
26	1004	LILIANA RODRIGUES	0:51:21	0:16:46	0:23:39	0:50:07	0:05:00	SERVICOS SOCIAIS MONTEPIO
27	478	JOANA RIBEIRO	0:51:36	0:17:01	0:23:06	0:50:35	0:05:03	
28	430	SUSANA MATIAS	0:51:37	0:17:02	0:23:41	0:50:21	0:05:02	MOVET
29	37	SANDRA TRIÃES	0:51:48	0:17:13	0:23:56	0:51:14	0:05:07	
30	656	MAGALI GUERREIRO	0:51:59	0:17:25	0:24:21	0:51:15	0:05:07	CLUBE ROBBIALAC
31	357	SANDRA ARRAIAS	0:52:20	0:17:45	0:24:15	0:51:04	0:05:06	OS ARRAIAS
32	1807	PATRICIA SANTOS	0:52:55	0:18:20	0:24:00	0:51:27	0:05:08	LINDA-A-PASTORA SPORTING CLUBE
33	1618	TOURAI	0:53:16	0:18:41	0:24:17	0:52:05	0:05:12	
34	332	ROSALINA GIL	0:53:39	0:19:04	0:24:37	0:52:19	0:05:13	ROADRUNNERS
35	1554	MARIA COTRIM	0:54:49	0:20:14	0:24:29	0:53:02	0:05:18	SCALABIS NIGHT RUNNERS
36	1290	SARA PAULINO	0:55:29	0:20:54	0:25:36	0:53:53	0:05:23	JUBASTEAM
37	317	INÊS ABRANTES	0:55:29	0:20:54	0:26:01	0:53:40	0:05:22	BANCO ALIMENTAR
38	1112	JOANA DOS SANTOS PENÃO	0:55:38	0:21:04	0:25:43	0:55:12	0:05:31	PERNAS DE PAU
39	1113	ANA ISABEL ANDRADE COSTA	0:55:38	0:21:04	0:25:42	0:55:12	0:05:31	PERNAS DE PAU
40	621	CÁTIA SILVA	0:56:02	0:21:27	0:25:54	0:55:12	0:05:31	
41	237	MARTA ANDRADE	0:56:07	0:21:32	0:25:57	0:55:01	0:05:30	
42	516	ÉNIA	0:56:09	0:21:35	0:25:24	0:55:53	0:05:35	
43	1681	CATARINA GOMES	0:57:11	0:22:37	0:25:51	0:55:49	0:05:34	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
44	1058	ANA SOFIA CORREIA	0:57:13	0:22:38	0:26:15	0:56:55	0:05:41	CORRER LISBOA
45	902	SUSANA CLIMAS	0:57:33	0:22:58	0:25:59	0:55:43	0:05:34	OS CARACOIS FURIOSOS
46	821	SARA PINTO	0:57:34	0:22:59	0:26:34	0:55:31	0:05:33	SS CGD
47	1263	CÁTIA RODRIGUES	0:57:47	0:23:12	0:26:47	0:57:16	0:05:43	
48	285	JOANA VAZ	0:57:49	0:23:14	0:27:22	0:55:43	0:05:34	BANCO ALIMENTAR
49	1166	INÊS PAIS	0:57:51	0:23:17	0:26:08	0:56:34	0:05:39	MOVET
50	1622	ANDREIA CASTRO	0:58:01	0:23:26	0:27:06	0:56:58	0:05:41	



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Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
51	421	CLAUDIA TAM	0:58:16	0:23:42	0:27:00	0:57:03	0:05:42	ACOREANA CLUBE BANIF
52	895	CATARINA FALCÃO	0:58:17	0:23:42	0:27:07	0:56:24	0:05:38	
53	415	ANDREIA OLIVEIRA	0:58:31	0:23:56	0:26:27	0:57:35	0:05:45	AC TEAM
54	1265	SOFIA RAPOSO	0:58:39	0:24:04	0:26:43	0:56:46	0:05:40	BANCO ALIMENTAR
55	293	SUSANA FERREIRA	0:58:59	0:24:24	0:26:45	0:56:57	0:05:41	
56	1333	CÁTIA MARIANO	0:59:00	0:24:25	0:27:10	0:57:34	0:05:45	CASA DO BENFICA DE ALGUEIRAO M
57	651	ANA REBELO	0:59:02	0:24:27	0:26:26	0:58:32	0:05:51	REBELOS
58	1452	ALEXANDRA SOUSA	0:59:29	0:24:54	0:26:54	0:58:11	0:05:49	MOVET
59	1400	GILDA ROCHA	0:59:51	0:25:17	0:26:30	0:59:21	0:05:56	BRAIN TUMOR TEAM
60	812	NILDA SILVA	0:59:52	0:25:17	0:27:19	0:58:25	0:05:50	SS CGD
61	1519	SARA LOPES	0:59:54	0:25:20	0:27:35	0:57:41	0:05:46	VALADARES
62	406	SUSANA AMORIM	0:59:54	0:25:20	0:27:37	0:59:10	0:05:55	CORRER LISBOA
63	1864	LUCIENNE NEVES	0:59:59	0:25:24	0:27:32	0:57:53	0:05:47	LIBERTY SEGUROS
64	1697	SOFIA BERNARDES	1:00:20	0:25:45	0:29:05	0:59:01	0:05:54	CENTRO DESPORTIVO UNIVERSITARIO DE LISBO
65	1209	DANIELA OLIVEIRA	1:00:41	0:26:06	0:28:16	0:59:33	0:05:57	GD INE
66	284	CATARINA SIMAO	1:00:53	0:26:18	0:27:41	0:58:46	0:05:52	BANCO ALIMENTAR
67	1886	CATARINA MATOS	1:01:22	0:26:48	0:28:02	0:59:37	0:05:57	
68	1610	SUSANA PINHEIRO	1:01:36	0:27:01	0:27:59	0:59:32	0:05:57	
69	912	MARGARIDA SANTOS	1:01:39	0:27:04	0:28:21	0:59:57	0:05:59	BANCO ALIMENTAR
70	980	ANGELICA TAVARES	1:01:39	0:27:05	0:28:13	1:00:54	0:06:05	
71	1876	MARIANA MIRA	1:01:43	0:27:08	0:28:12	1:00:49	0:06:04	
72	992	ANA FILIPA CANELHAS	1:01:50	0:27:15	0:28:09	1:00:51	0:06:05	SERVICOS SOCIAIS MONTEPIO
73	1567	CLAUDIA SANTOS	1:01:56	0:27:22	0:27:57	0:59:53	0:05:59	
74	1450	ANA FILIPA BARREIRA FERREIRA	1:02:29	0:27:54	0:28:10	1:02:10	0:06:13	CORRER LISBOA
75	1189	RAQUEL MARTINS	1:02:30	0:27:55	0:28:11	1:02:11	0:06:13	CORRER LISBOA
76	1175	PANTERA NEGRA	1:02:46	0:28:11	0:28:01	1:01:23	0:06:08	CASA DA DIZIMA
77	914	TERESA MONTEIRO	1:03:00	0:28:25	0:28:56	1:01:19	0:06:07	BANCO ALIMENTAR
78	655	INÊS CUNHA	1:03:06	0:28:31	0:29:45	1:02:20	0:06:14	CLUBE ROBBIALAC
79	1607	JOANA PEREZ	1:03:09	0:28:34	0:30:03	1:02:41	0:06:16	
80	211	ANA BERNARDO	1:03:19	0:28:44	0:26:11	1:02:23	0:06:14	
81	1643	MARIA FRANCO FERREIRA	1:03:28	0:28:53	0:28:52	1:01:21	0:06:08	
82	1061	REBECA GUERRA	1:03:30	0:28:55	0:29:07	1:02:11	0:06:13	
83	1305	CARLA OLIVEIRA	1:04:31	0:29:56	0:27:18	1:02:45	0:06:16	TIVOLI
84	1289	MAGDA VERISSIMO	1:04:37	0:30:02	0:29:34	1:03:01	0:06:18	JUBASTEAM
85	1083	MARTA BESSA	1:04:42	0:30:07	0:29:04	1:02:49	0:06:16	SAMSUNG
86	1355	MARIANA TEIXEIRA MARQUES	1:04:45	0:30:10	0:28:34	1:04:13	0:06:25	CORREDORES ANONIMOS
87	1054	VANIA SILVA	1:05:20	0:30:45	0:30:22	1:04:24	0:06:26	
88	544	VICTORIA MELO	1:06:24	0:31:49	0:30:06	1:04:12	0:06:25	
89	591	ANA FILIPA ALMEIDA SILVA	1:06:35	0:32:00	0:30:32	1:05:50	0:06:35	CORRER LISBOA
90	534	RITA SOFIA NEVES	1:06:43	0:32:08	0:30:26	1:04:38	0:06:27	
91	923	INES NETO	1:06:54	0:32:19	0:31:09	1:04:45	0:06:28	
92	221	CÁTIA ANASTÁCIO	1:07:17	0:32:42	0:30:25	1:06:04	0:06:36	CLUBE DO NOVO BANCO
93	925	CATARINA LOPES	1:07:28	0:32:53	0:31:59	1:05:17	0:06:31	
94	919	CÁTIA SIMÕES	1:07:34	0:32:59	0:30:40	1:05:15	0:06:31	POUCOS POR MUITOS
95	1644	CATIA BASTO	1:07:42	0:33:07	0:30:12	1:05:35	0:06:33	
96	1273	CATIA PEREIRA HENRIQUES	1:07:56	0:33:21	0:29:43	1:06:51	0:06:41	CORRER EPAL
97	1008	MÓNICA ABREU	1:08:08	0:33:33	0:29:17	1:06:58	0:06:41	SERVICOS SOCIAIS MONTEPIO
98	964	FILIPA ABREU	1:08:39	0:34:04	0:36:06	1:08:39	0:06:51	THE LAST ONES
99	958	GISELA CARVALHO	1:09:40	0:35:05	0:30:44	1:07:49	0:06:46	FC ESTRELAS LISBOA
100	905	VANESSA FERREIRA	1:09:50	0:35:15	0:31:16	1:08:00	0:06:48	OS CARACOIS FURIOSOS



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Posição	Dorsal	Atleta	T. Oficial	Dif. 1º	T. 5k	T. Real	Ritmo	Equipa
101	166	LUISA ALVES	1:10:00	0:35:25	0:32:38	1:09:02	0:06:54	BANCO ALIMENTAR
102	1204	ANDREIA SOFIA	1:10:08	0:35:34	0:30:13	1:08:00	0:06:48	TARTARUGAS SOLIDARIAS
103	513	ANA BELA FERREIRA	1:10:44	0:36:09	0:30:23	1:09:44	0:06:58	
104	101	JOANA MARTA SANTANA	1:11:46	0:37:11	0:32:36	1:11:10	0:07:07	
105	1045	CARINA RODRIGUES	1:11:53	0:37:18	0:31:59	1:10:04	0:07:00	
106	1652	CARLA ALMEIDA	1:12:26	0:37:51	0:32:05	1:11:04	0:07:06	
107	1136	TÂNIA ABREU	1:13:27	0:38:52	0:32:53	1:12:34	0:07:15	
108	1492	CATARINA MARQUES	1:13:44	0:39:09	0:33:19	1:11:48	0:07:10	
109	557	LURDES SANTOS	1:16:09	0:41:34	0:33:43	1:14:22	0:07:26	
110	1162	MAFALDA PEREIRA	1:16:34	0:41:59	0:34:35	1:15:09	0:07:30	MONTE DA LUA
111	414	ELSA SANCHEZ CORREIA	1:16:48	0:42:14	0:33:01	1:14:42	0:07:28	1 DESAFIO
112	369	PATRICIA MARQUES	1:17:11	0:42:36	0:34:26	1:14:57	0:07:29	
113	1163	FILIPA LOPES	1:18:22	0:43:47	0:34:35	1:16:56	0:07:41	MONTE DA LUA
114	1074	HELENA CHINELO	1:19:43	0:45:08	0:35:19	1:17:48	0:07:46	SAMSUNG