



BENFICA
Junta de Freguesia

XISTARCA
EVENTOS DESPORTIVOS

MEMORIAL FRANCISCO LÁZARO

08 JUL 2018



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	148	ANDRÉ ALVES	M	31	1	00:33:22.73	00:33:22.73	VITÓRIA FUTEBOL CLUBE
2	223	HUGO AUGUSTO	M	31	2	00:34:01.06	00:34:01.06	RUN TEJO
3	147	MARK RIBEIRO	M	31	3	00:34:29.34	00:34:29.34	VITÓRIA FUTEBOL CLUBE
4	230	LUIS BAÇO	M	42	1	00:35:11.73	00:35:11.73	AMINHACORRIDA/ MY PROTEIN
5	219	PEDRO ALVES	M	24	4	00:35:37.35	00:35:37.35	RUN TEJO
6	149	DAVID FERNANDES	M	43	2	00:35:43.34	00:35:40.84	VITÓRIA FUTEBOL CLUBE
7	222	CARLOS FREITAS	M	47	1	00:35:59.55	00:35:57.43	RUN TEJO
8	124	NUNO SOARES	M	36	5	00:36:41.72	00:36:39.01	CORRER LISBOA
9	33	ANTÓNIO R SANTOS	M	28	6	00:36:57.14	00:36:57.14	ADRC MATA DE BENFICA
10	202	LUIS RODRIGUES	M	47	2	00:38:35.84	00:38:34.21	JF BENFICA
11	72	AIRES PRATAS	M	63	1	00:38:40.07	00:38:38.86	
12	179	JOSE LOPES	M	54	1	00:38:42.11	00:38:42.11	RB RUNNING
13	137	LUIS PAULO	M	52	2	00:39:20.01	00:39:17.01	BAHIA
14	184	HELDER FRANCISCO	M	43	3	00:39:28.78	00:39:25.71	
15	218	LUIS TEIXEIRA	M	18	7	00:39:32.93	00:39:30.43	RUN TEJO
16	252	CARLOS PEREIRA	M	50	3	00:39:44.81	00:39:44.81	CORRER LOURES
17	226	ISIDRO DUARTE	M	51	4	00:39:47.40	00:39:43.51	RB RUNNING
18	173	GIANLUCA ALBA	M	47	3	00:39:51.05	00:39:48.84	PODISTICA SOLIDARIETÀ
19	145	HELENA MIRANDA	F	32	1	00:40:00.22	00:40:00.22	VITÓRIA FUTEBOL CLUBE
20	233	JOAO SIMOES	M	45	4	00:40:19.27	00:40:15.98	AMINHACORRIDA/ MY PROTEIN
21	205	JOSÉ D SANTOS	M	40	4	00:40:42.93	00:40:39.94	
22	26	DUARTE COSTA	M	34	8	00:40:44.29	00:40:44.29	RUN FOR FRIENDS
23	92	JOSÉ M GOMES	M	58	1	00:40:45.24	00:40:41.72	
24	82	ANTÓNIO SANTOS	M	55	2	00:40:48.40	00:40:40.41	CAA BELÉM
25	227	JOAO ROCHA	M	31	9	00:41:58.64	00:41:55.79	RB RUNNING
26	220	PEDRO A PEREIRA	M	43	5	00:42:15.94	00:42:13.27	RUN TEJO
27	51	RUI MERENDAS	M	45	5	00:42:47.12	00:42:41.39	ADRC MATA DE BENFICA
28	83	EDMUNDO FONTE	M	55	3	00:42:53.52	00:42:49.33	
29	213	LUÍS GAMA	M	54	5	00:42:55.52	00:42:49.45	
30	144	PAULO S P RODRIGUES	M	51	6	00:42:59.99	00:42:59.99	
31	177	GONÇALO FERREIRA	M	44	6	00:43:04.86	00:43:01.85	
32	245	HENRIQUE FERREIRA	M	48	6	00:43:07.89	00:43:02.57	ADRC MATA DE BENFICA
33	174	ANTONIO REBELO	M	46	7	00:43:12.79	00:43:03.90	
34	182	ANDRÉ MORGADO	M	33	10	00:43:14.88	00:43:08.95	CAD A CORRER
35	170	NUNO COSTA	M	44	7	00:43:33.49	00:43:27.86	
36	228	MARIO LOPES	M	43	8	00:43:51.57	00:43:40.55	AMINHACORRIDA/ MY PROTEIN



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37	224	RICARDO MORENO	M	28	11	00:43:57.52	00:43:52.01	RUN TEJO
38	54	RUI MANUEL MATOS	M	55	4	00:43:58.74	00:43:53.37	
39	102	NUNO S ALMEIDA	M	37	12	00:44:02.03	00:44:02.03	
40	199	SÍLVIO ROMÃO	M	37	13	00:44:18.59	00:44:10.65	
41	65	NELSON DIAS	M	57	5	00:44:20.06	00:44:15.88	
42	108	NUNO E SANTO	M	48	8	00:44:36.91	00:44:29.15	LISBON MOONLIGHT RUNNERS
43	53	JOÃO GUTERRES	M	43	9	00:44:42.14	00:44:37.89	
44	31	JOSÉ PINTO	M	55	6	00:44:45.35	00:44:38.74	
45	12	BOGDAN SANDU	M	25	14	00:44:50.63	00:44:45.89	
46	77	RODOLFO CARNEIRO	M	29	15	00:44:51.70	00:44:45.74	
47	115	CARLOS FRANÇA	M	39	16	00:44:54.57	00:44:49.34	CAD A CORRER
48	259	GABRIEL MOREIRA	M	60	2	00:45:12.49	00:45:01.50	
49	87	JOÃO SANTOS	M	53	7	00:45:15.46	00:45:11.56	
50	143	MIGUEL A AMARAL	M	40	10	00:45:20.25	00:45:16.56	
51	79	HÉLDER COTRIM	M	38	17	00:45:28.48	00:45:28.48	
52	104	JOAQUIM FRADE	M	62	3	00:45:31.06	00:45:28.18	SS CGD
53	48	RUI ALMEIDA	M	45	9	00:45:59.87	00:45:59.87	ADRC MATA DE BENFICA
54	80	JOAO HEITOR	M	67	4	00:46:10.79	00:46:07.94	ÁGUIAS DE PAÇO D ARCOS
55	241	ANDRE CAPELO	M	26	18	00:46:20.71	00:46:09.33	JF BENFICA
56	239	RICARDO CAPELO	M	33	19	00:46:20.77	00:46:09.71	JF BENFICA
57	90	MANUEL TAVARES	M	59	7	00:46:45.64	00:46:36.30	RUN PIRILAMPO
58	107	ARLINDO DUARTE	M	53	8	00:46:52.88	00:46:45.04	LISBON MOONLIGHT RUNNERS
59	27	EDUARDO COELHO	M	35	20	00:46:54.73	00:46:47.25	ADRC MATA DE BENFICA
60	209	JOAQUIM SANTOS	M	60	5	00:46:57.48	00:46:53.43	FALCOES SELVAGENS
61	38	HELDER VALADAS	M	37	21	00:47:09.28	00:47:02.49	OS PERIGOSOS
62	40	CARLOS SOUSA	M	61	6	00:47:13.86	00:47:07.06	OS PERIGOSOS
63	44	DINIS RIBAS	M	47	10	00:47:15.57	00:46:59.54	ARRIBAS RUNNING
64	196	JORGE MIMOSO	M	46	11	00:47:23.75	00:47:10.83	GANGUE DAS 06:10
65	14	JORGE VILELA	M	52	9	00:47:25.06	00:47:25.06	NA VILA REAL
66	73	RUI HENRIQUES	M	47	12	00:47:29.86	00:47:20.75	
67	86	FRANCISCO PASSOS	M	57	8	00:47:33.89	00:47:27.87	
68	186	HUGO DINIS	M	30	22	00:47:50.66	00:47:50.66	
69	10	ÁLVARO GOMES	M	45	13	00:47:55.10	00:47:51.82	TERRAS FUNDEIRAS
70	159	CARLOS COSTA	M	47	14	00:47:55.15	00:47:52.27	CLUBE ANACOM
71	247	CLAUDIA BORRALHO	F	44	1	00:48:01.91	00:47:59.36	RUN TEJO
72	154	ANTONIO ALMEIDA	M	54	10	00:48:02.14	00:47:58.06	ND AUTOCOOPE
73	122	JOÃO FERNANDES	M	37	23	00:48:02.96	00:47:51.55	



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74	231	JORGE AMARAL	M	49	15	00:48:09.27	00:48:05.97	AMINHACORRIDA/ MY PROTEIN
75	55	JOSÉ PEDRO	M	46	16	00:48:19.49	00:48:05.41	
76	111	HORÁCIO OLIVEIRA	M	44	11	00:48:32.11	00:48:25.50	TRINDADE BIKERS
77	58	MIGUEL DIAS	M	30	24	00:48:32.62	00:48:25.51	
78	57	LINO GOMES	M	56	9	00:48:32.97	00:48:24.21	CCD CRÉDITO AGRÍCOLA MÚTUO
79	56	RUI MELO	M	47	17	00:48:35.69	00:48:27.37	CCD CRÉDITO AGRÍCOLA MÚTUO
80	203	MOIZES ALMEIDA	M	45	18	00:48:41.22	00:48:28.12	
81	23	RUI MENDES	M	46	19	00:48:53.37	00:48:46.65	
82	97	PAULO D FREIRE	M	51	11	00:49:03.82	00:49:00.01	
83	60	MONICA MARTINS	F	34	2	00:49:06.97	00:49:02.01	
84	100	JOSÉ NETO	M	61	7	00:49:27.95	00:49:23.60	TEAM NETO
85	68	BRUNO DIAS	M	41	12	00:49:39.05	00:49:23.67	SS CGD
86	138	EURICO GOMES	M	55	10	00:49:44.01	00:49:35.15	ADCR PJ
87	198	ANDRÉ SANTOS	M	29	25	00:49:47.86	00:49:40.17	RUN FOR FRIENDS
88	116	FABIANO FERREIRA	M	37	26	00:49:49.17	00:49:33.06	BENFICA EM FORMA
89	201	MANUEL SOBREDA	M	51	12	00:50:09.01	00:49:57.24	JF BENFICA
90	99	ANTÓNIO C NOVAS	M	40	13	00:50:11.55	00:49:54.29	
91	66	FILIPPE G DUARTE	M	32	27	00:50:35.87	00:50:13.70	
92	155	CARLOS FERREIRA	M	61	8	00:50:40.66	00:50:40.66	ND AUTOCOOPE
93	61	TIAGO CATALAO	M	35	28	00:50:45.25	00:50:40.44	
94	110	JOSÉ M BARRADAS	M	38	29	00:50:47.38	00:50:40.88	
95	96	JOÃO PASSEIRO	M	55	11	00:50:50.79	00:50:40.33	ADC CATUJAL
96	95	ALMERINDO SILVA	M	59	12	00:50:51.04	00:50:51.04	ADC CATUJAL
97	235	RUI MENA	M	46	20	00:51:03.10	00:50:56.73	JF BENFICA
98	67	RITA CRUZ	F	21	3	00:51:11.66	00:51:08.92	RUN TEJO
99	74	PAULO GOMES	M	45	21	00:51:18.93	00:51:11.60	
100	169	ANIBAL CARVALHO	M	66	9	00:51:40.64	00:51:32.61	
101	129	FILIPPE ROSÁRIO	M	27	30	00:51:41.91	00:51:17.23	
102	212	FRANCISCO BANDO	M	67	10	00:51:43.45	00:51:35.45	
103	210	JOSE MONTEIRO	M	61	11	00:51:43.50	00:51:36.57	
104	75	PAULA GOMES	F	43	2	00:51:52.02	00:51:44.46	
105	101	RAFAELA GONÇALVES	F	24	4	00:52:02.57	00:51:59.41	
106	76	JÚLIO FERREIRA	M	63	12	00:52:16.17	00:52:06.61	
107	248	JOSÉ MOGA	M	60	13	00:52:26.97	00:52:22.05	A VALE SILENCIO
108	180	ARMANDO LACERDA	M	63	14	00:52:30.66	00:52:26.05	OCULISTA PORTAS STO ANTÓNIO
109	19	GERMANO BERNARDO	M	62	15	00:52:31.97	00:52:15.45	
110	84	ADRIANO COTRIM	M	76	16	00:52:42.66	00:52:42.66	



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111	208	RUI ENCARNAÇÃO	M	41	14	00:52:59.40	00:52:42.88	
112	200	LUIS SOARES	M	31	31	00:53:05.00	00:52:51.76	JF BENFICA
113	13	JOÃO MOITEIRO	M	46	22	00:53:17.68	00:53:08.03	
114	125	MARCO SILVA	M	39	32	00:53:18.53	00:53:09.20	
115	189	JOAQUIM MENDES	M	54	13	00:53:45.44	00:53:37.22	
116	194	LEONEL FREIRA	M	44	15	00:53:53.95	00:53:47.69	CAD A CORRER
117	162	AUGUSTO CARRIÇO	M	51	14	00:53:54.06	00:53:47.67	CAD A CORRER
118	28	JORGE NUNES	M	41	16	00:54:02.31	00:53:49.80	ADRC MATA DE BENFICA
119	16	NUNO ALVES	M	41	17	00:54:04.87	00:54:00.31	
120	216	HUGO J. SOBREIRA	M	40	18	00:54:09.51	00:54:03.48	
121	50	HUGO COLAÇO	M	40	19	00:54:38.34	00:54:32.46	
122	141	RUI GONÇALVES	M	58	13	00:54:38.36	00:54:33.71	
123	78	VITOR MARTINS	M	67	17	00:54:39.04	00:54:27.17	
124	229	MARCIA GASPAS	F	41	3	00:54:40.05	00:54:24.26	AMINHACORRIDA/ MY PROTEIN
125	94	PAULO FALCÃO	M	31	33	00:54:43.62	00:54:21.63	
126	42	VIRGILIO F FERAZ	M	69	18	00:54:47.77	00:54:39.24	FALCOES DO CHILE
127	109	JOSÉ FERREIRA	M	25	34	00:55:00.93	00:54:50.81	
128	113	VASCO SANTOS	M	59	14	00:55:11.44	00:54:58.56	GANGUE DAS 06:10
129	105	FRANCISCO GOMES	M	35	35	00:55:14.94	00:55:03.83	
130	91	CECÍLIA TAVARES	F	51	1	00:55:22.18	00:55:14.13	RUN PIRILAMPO
131	22	ANTÓNIO VARELA	M	52	15	00:55:27.72	00:55:23.81	
132	71	TAM AFONSO	M	65	19	00:55:48.72	00:55:39.92	TAC- TRANQUILIDADE ATLETISMO CLUBE
133	146	LUÍS CRUZ	M	47	23	00:55:53.93	00:55:53.93	VITÓRIA FUTEBOL CLUBE
134	140	ANA GONÇALVES	F	30	5	00:56:16.36	00:56:12.23	
135	45	FÁTIMA BRANCO	F	51	2	00:56:23.51	00:56:13.83	
136	253	ANTONIO LIMA	M	55	15	00:56:27.88	00:56:22.84	
137	59	PAULO JERÓNIMO	M	55	16	00:56:28.12	00:56:21.97	
138	185	RAFAEL V SANTOS	M	51	16	00:56:32.81	00:56:16.17	CCDT METRO LX
139	49	PEDRO BARREIRÃO	M	31	36	00:56:37.50	00:48:47.81	ERCÍLIA TEAM
140	232	TINA OLIVEIRA	F	54	3	00:56:37.60	00:56:28.45	AMINHACORRIDA/ MY PROTEIN
141	217	NELSON MELO	M	41	20	00:56:52.03	00:56:45.15	
142	133	ODETE NOGUEIRA	F	63	4	00:57:13.89	00:56:57.44	
143	167	PAULO REVÉS	M	46	24	00:57:31.21	00:57:31.21	LESMAS ALOPRADAS
144	168	PAULO ANTUNES	M	50	17	00:57:31.21	00:57:31.21	LESMAS ALOPRADAS
145	136	JEREMIAS RIBEIRO	M	75	20	00:57:49.97	00:57:42.23	
146	135	GONÇALO EUSÉBIO	M	38	37	00:57:55.48	00:57:47.68	
147	206	ALÍPIO COSTA	M	56	17	00:57:56.38	00:57:40.87	LOPES FAMILY & FRIENDS



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148	214	MÁRIO LOBO	M	45	25	00:57:56.65	00:57:41.37	LOPES FAMILY & FRIENDS
149	215	LUIS LOPES	M	38	38	00:57:56.72	00:57:41.36	LOPES FAMILY & FRIENDS
150	88	CATARINA AFONSO	F	34	6	00:57:57.65	00:57:53.83	
151	178	SARA GOMES	F	21	7	00:58:01.55	00:57:57.57	
152	34	FILIFE GOUCHA	M	29	39	00:58:10.25	00:57:56.28	ADRC MATA DE BENFICA
153	114	RAFAEL AZRIEL	M	48	26	00:58:37.48	00:58:28.26	
154	238	PAULO ASCENÇÃO	M	47	27	00:58:43.99	00:58:33.01	JF BENFICA
155	181	MARIA LACERDA	F	54	5	00:58:54.75	00:58:50.18	OCULISTA PORTAS STO ANTÓNIO
156	132	MONICA VEIGA	F	35	8	00:59:04.43	00:58:47.65	
157	62	ALFREDO MARTINHO	M	41	21	01:00:00.53	00:59:47.14	MARÍTIMO LISBOA CLUBE
158	150	CARLOS VIEGAS	M	60	21	01:00:44.66	01:00:39.45	GDCT UNICRE
159	41	JORGE SANTOS	M	53	18	01:00:46.19	01:00:32.62	O DESPERTAR CASAL CAMBRA
160	254	DINIS SANTOS	M	64	22	01:00:46.45	01:00:35.94	C FUTEBOL BENFICA
161	236	Mª GORETI FERNANDES	F	54	6	01:01:28.80	01:01:17.51	JF BENFICA
162	139	ROBERTO FREITAS	M	42	22	01:01:38.98	01:01:38.98	
163	251	GILBERTO GONÇALVES	M	69	23	01:01:43.07	01:01:33.34	
164	29	GONÇALO ABREU	M	41	23	01:01:52.22	01:01:38.29	ADRC MATA DE BENFICA
165	47	CLÁUDIA SOUSA	F	40	4	01:01:52.45	01:01:38.53	ADRC MATA DE BENFICA
166	172	LURDES SILVA	F	50	7	01:01:55.70	01:01:55.70	
167	103	HENRIQUE GAIRIFO	M	63	24	01:02:01.47	01:01:54.07	SS CGD
168	15	FÁBIO MARTINS	M	28	40	01:02:32.26	01:02:17.66	
169	20	ANTONIO HENRIQUES	M	60	25	01:02:42.90	01:02:33.89	
170	153	RUI FRANGO	M	51	19	01:02:50.94	01:02:43.30	C OLIMPICO OEIRAS
171	36	NATACHA MOUCO	F	24	9	01:02:57.54	01:02:39.09	PANDAS GORDOS
172	85	EDUARDO AMORIM	M	47	28	01:02:59.28	01:02:47.05	
173	126	SUSANA MONTEIRO	F	24	10	01:03:04.51	01:02:46.51	
174	225	MARIA FORTES	F	43	5	01:03:06.25	01:02:59.16	RUN TEJO
175	70	CLÁUDIA TAM	F	36	11	01:03:49.94	01:03:35.54	TAC- TRANQUILIDADE ATLETISMO CLUBE
176	69	VIRGILIO FERREIRA	M	64	26	01:03:58.81	01:03:41.34	
177	98	JOAO NETA	M	40	24	01:04:14.00	01:03:54.90	QUEIMANDO OBACON
178	106	ANTÓNIO GUEDES	M	47	29	01:04:57.61	01:04:43.21	LISBON MOONLIGHT RUNNERS
179	128	SUSANA TEIXEIRA	F	27	12	01:05:14.61	01:04:56.32	
180	119	MARIA QUITÉRIA	F	44	6	01:05:16.55	01:05:03.76	ALGYMNS
181	151	PAULO FRANÇA	M	56	18	01:05:27.70	01:05:23.91	GDCT UNICRE
182	237	MARIA F FERNANDES	F	57	8	01:05:45.08	01:05:34.33	JF BENFICA
183	134	FILOMENA JACINTO	F	51	9	01:06:27.07	01:06:10.52	
184	193	JOAO GOMES	F	41	7	01:06:58.15	01:06:40.64	



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185	63	JOAO GOMES	M	67	27	01:06:58.50	01:06:41.30	JG SEGUROS
186	64	CARLOS GOMES	M	57	19	01:06:58.57	01:06:42.27	JG SEGUROS
187	175	TERESA SCHOLZ	F	31	13	01:07:13.30	01:07:00.02	
188	176	ANDRE FERREIRA	M	33	41	01:07:13.37	01:06:59.88	
189	89	MAYER RAPOSO	M	71	28	01:07:40.46	01:07:32.61	AA LEBRES SADO
190	52	FRANCISCO RIBEIRO	M	70	29	01:08:44.91	01:08:34.14	
191	211	MIGUEL SILVA	M	73	30	01:08:50.27	01:08:42.52	
192	30	NUNO GUERREIRO	M	34	42	01:09:39.39	01:09:25.51	ADRC MATA DE BENFICA
193	118	ARTUR DINIS	M	61	31	01:09:44.46	01:09:32.86	ALGYMNS
194	195	LUIS LOPES	M	68	32	01:09:48.78	01:09:33.67	LOPES FAMILY & FRIENDS
195	161	JOSÉ VAZ	M	60	33	01:09:53.82	01:09:50.66	CLUBE ANACOM
196	171	DANIEL RAPOSO	M	37	43	01:10:23.47	01:10:10.90	COALA - COA LITORAL ALENTEJANO
197	164	ISABEL GARCIA	F	51	10	01:10:24.07	01:10:24.07	GUIZO RUNNERS
198	166	GUIOMAR TOMÉ	F	67	11	01:10:39.37	01:10:37.20	GUIZO RUNNERS
199	165	LINO PIRES	M	38	44	01:11:59.37	01:11:59.37	GUIZO RUNNERS
200	127	CARLA BARROS	F	30	14	01:12:27.31	01:12:08.54	
201	93	MARIA MACEDO	F	56	12	01:13:45.25	01:13:41.07	
202	160	CARLOS FAIAS	M	51	20	01:16:38.92	01:16:25.94	CLUBE ANACOM
203	244	HELDER VARANDAS	M	70	34	01:18:14.70	01:18:09.01	
204	190	ANTÓNIO MARQUES	M	71	35	01:19:32.91	01:19:32.91	
205	123	CARLA CHITA	F	39	15	01:19:44.09	01:19:44.09	GUIZO RUNNERS
206	221	CARLOS ALVES	M	41	25	01:25:12.71	01:25:12.71	RUN TEJO
207	187	Mª CARMO ANJOS	F	71	13	01:25:44.35	01:25:32.43	CONDOR
208	188	LUCINDA HENRIQUES	F	69	14	01:26:03.33	01:25:51.52	CONDOR

Total de registros: 208