



Nome	Clube	Esc	Sexo	Ano	TOTAL	Vit	ESG	Tempo	NAT	Tempo Corrida	LR	
Seniores			Masc									
1	MORAIS, Hugo	EC-CPM	Sen	1	2000	<b>1093</b>	22/4	282	2:09,03	292	13:01,00	519
2	OLIVEIRA, Eduardo	ADCRBA	Sen	1	2000	<b>1070</b>	17/9	242	2:11,78	287	12:39,42	541
3	COELHO, Vasco	AONDA	Sen	1	2001	<b>1057</b>	17/9	242	2:11,50	287	12:52,33	528
4	GONÇALVES, Tiago	ADCRBA	Sen	1	2002	<b>1002</b>	11/15	194	2:23,63	263	12:35,39	545
5	TALEIGO, Duarte	CNA	Sen	1	2003	<b>982</b>	10/16	186	2:15,84	279	13:03,00	517
6	MACIAS, Sebastiao	CPJ	Sen	1	1990	<b>966</b>	19/7	258	2:35,56	239	13:51,98	469
7	SILVÉRIO, Ricardo	ADCRBA	Sen	1	2001	<b>960</b>	15/11	226	2:31,78	247	13:33,95	487
8	SANTOS, Manuel	AONDA	Sen	1	1990	<b>956</b>	19/7	258	2:32,32	246	14:08,50	452
9	CARDOSO, Margarida	AONDA	Sen	1	2000	<b>948</b>	18/8	250	2:31,20	248	14:10,28	450
10	FEBRA, Ricardo	ADCRBA	Sen	1	2000	<b>906</b>	15/11	226	2:34,13	242	14:22,69	438
11	BIGODINHO, Henrique	EC-CPM	Sen	1	2000	<b>887</b>	13/13	210	2:44,53	221	14:04,63	456
12	MARQUES, Rodrigo	EC-CPM	Sen	1	2000	<b>880</b>	13/13	210	2:39,43	232	14:22,13	438
13	TOMÉ, Maria	LXT	Sen	1	2001	<b>873</b>	4/22	138	2:20,13	270	13:55,65	465
14	FRAZÃO, Gonçalo	ADCRBA	Sen	1	2002	<b>844</b>	9/17	178	2:32,83	245	14:39,06	421
15	SOARES, Duarte	PMP	Sen	1	2003	<b>825</b>	11/15	194	2:51,06	208	14:37,13	423
16	GUERREIRO, Juliana	PCC	Sen	1	2003	<b>814</b>	8/18	170	2:46,88	217	14:33,94	427
17	MARREIROS, Ana	ADCRBA	Sen	1	2000	<b>759</b>	12/14	202	2:32,41	246	16:29,58	311
18	TOMÉ, Eduardo	EC-CPM	Sen	1	2002	<b>759</b>	8/18	170	2:46,12	218	15:29,48	371
19	BRUSCHY, Duarte	AONDA	Sen	1	2003	<b>736</b>	13/13	210	2:32,28	246	17:00,53	280
20	REZENDES, Carlota	EC-CPM	Sen	1	2002	<b>728</b>	11/15	194	2:46,41	218	16:24,66	316
21	JARRAIS, Pedro	EC-CPM	Sen	1	2001	<b>713</b>	14/12	218	2:43,18	224	17:09,19	271
22	MARQUES, Bruno	PMP	Sen	1	2003	<b>628</b>	4/22	138	3:01,03	188	16:38,45	302
23	RIBEIRO, Tomás	PMP	Sen	1	2002	<b>522</b>	8/18	170	2:48,97	213	19:21,00	139
24	RIBEIRO, Maria	PMP	Sen	1	2000	<b>316</b>	1/25	114	2:54,08	202	22:38,21	0