

**MEIA MARATONA DE OVAR 2015 - 18/10/2015**

## Relatório Feminino Geral

**GERAL FEMININA**

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	292	VANESSA FERNANDES	F	30		01:12:37	01:12:35	SL BENFICA
2	14	CATARINA RIBEIRO	F	25		01:13:30	01:13:28	SL BENFICA
3	16	SALOMÉ ROCHA	F	25		01:14:39	01:14:37	SL BENFICA
4	12	CLÁUDIA PEREIRA	F	39		01:14:52	01:14:50	INDIVIDUAL
5	6	CARLA MARTINHO	F	38		01:15:11	01:15:10	ADERCUS
6	8	DULCE FÉLIX	F	31		01:17:26	01:17:24	SL BENFICA
7	2223	CLARISSE CRUZ	F	37		01:18:37	01:18:37	RB RUNNING
8	2182	CÁTIA SANTOS	F	23		01:18:37	01:18:37	GD ESTREITO MADEIRA
9	237	JOANA NUNES	F	30		01:19:50	01:19:48	ADERCUS
10	276	SOLANGE JESUS	F	28		01:19:52	01:19:49	SPORTING CP
11	19	SÓNIA PINTO	F	23		01:20:59	01:20:57	ALUNOS DE ALMEIRM
12	2119	EMILIA K PISOEIRO	F	29		01:21:28	01:21:20	INDIVIDUAL
13	10	JÉSSICA AUGUSTO	F	33		01:22:03	01:22:00	INDIVIDUAL
14	275	SUSANA GODINHO	F	23		01:22:38	01:22:35	SL BENFICA
15	274	DIANA ALMEIDA	F	21		01:23:05	01:23:02	SL BENFICA
16	277	DANIELA SOUSA	F	22		01:23:19	01:23:16	ADRAP
17	1007	MARLENE LOPES	F	32		01:23:43	01:23:40	GD AIRÃO CURVIA
18	945	LIDIA PEREIRA	F	48		01:24:24	01:24:22	CP MANGUALDE
19	268	CARLA MACHADO	F	45		01:24:33	01:24:29	UD VÁRZEA
20	2084	HELENA LOBO	F	47		01:26:12	01:26:01	NA TAIPAS
21	2160	MADALENA SILVA	F	42		01:26:21	01:26:17	ACR CONDE
22	2038	INÊS L L SAPAGE	F	40		01:26:33	01:26:30	GAIA RUNNING
23	252	JÉSSICA MATOS	F	21		01:27:25	01:27:22	JUVENTUDE VIDIGALENSE
24	478	DULCINEA SILVA	F	43		01:28:40	01:28:26	OS CANSADOS
25	204	SILVIA SANTOS	F	35		01:30:51	01:30:49	CA OVAR
26	2203	ZELIA BORGES	F	41		01:31:25	01:31:21	MAIA AC/CRIOBABY
27	264	CÁTIA COSTA	F	26		01:31:25	01:31:22	MAIA AC/CRIOBABY
28	265	DIANA SOUSA	F	25		01:31:26	01:31:22	MAIA AC/CRIOBABY
29	1556	ANA L REIS	F	35		01:32:27	01:32:18	INDIVIDUAL
30	1069	AMÉLIA VIEIRA	F	26		01:32:34	01:31:52	GDC CASTELO PAIVA
31	1514	SUSANA MOREIRA	F	33		01:33:40	01:32:06	INDIVIDUAL
32	946	LURDES MONTEIRO	F	48		01:34:45	01:34:29	CP MANGUALDE
33	374	CRISTINA OLIVEIRA	F	45		01:35:52	01:34:11	INDIVIDUAL
34	1853	JOANA C F CIRNE	F	26		01:36:10	01:34:57	INDIVIDUAL
35	2152	TANIA PEREIRA	F	25		01:37:15	01:36:21	ACR CAMBRA
36	1109	LUIS MENDES	F	34		01:37:25	01:36:42	VITÓRIA SPORT CLUBE
37	1239	DULCE BASTOS	F	42		01:37:40	01:37:36	RAINHA CLUB
38	1085	JOANA FORTUNA	F	24		01:38:10	01:37:36	C SPIRIDON GAIA
39	1484	MIRIAM MARTINS	F	23		01:38:11	01:38:03	INDIVIDUAL
40	2204	SÓNIA MOTA	F	40		01:38:16	01:38:12	MAIA AC/CRIOBABY
41	1568	ANA CORREIA	F	41		01:38:18	01:38:02	INDIVIDUAL
42	1718	CLARA MEDEIROS	F	45		01:39:07	01:38:26	INDIVIDUAL
43	1560	Mª MAFALDA FERNANDO	F	19		01:39:45	01:39:10	INDIVIDUAL
44	1551	ESTELA S S PIMENTA	F	35		01:40:01	01:39:11	INDIVIDUAL
45	2169	ANA MARTINS	F	26		01:40:38	01:39:44	ACR CAMBRA
46	1558	ANA M P GOMES	F	37		01:40:42	01:39:56	INDIVIDUAL
47	1965	CLÁUDIA CARVALHO	F	35		01:40:48	01:40:10	SR CEPANENSE
48	1438	CÉLIA C MATIAS	F	34		01:40:52	01:40:30	TONDELA RUNNERS
49	739	DANIELA SANCHES	F	42		01:41:03	01:39:49	UNIDOS À FRESCA
50	2112	ANGELINA PINHO	F	42		01:41:17	01:39:49	BUDEGUITAS RUNNERS
51	63	VALQUIRIA SILVA	F	39		01:41:23	01:40:06	BOAVISTA FC
52	212	MARIA COSTA	F	53		01:41:30	01:41:24	SS CM OVAR
53	29	ELISABETE SILVA	F	50		01:41:52	01:41:47	AFIS/OVAR
54	2102	ROSA FERREIRA	F	48		01:43:42	01:43:34	NA TAIPAS

55	523	PAULA MOUTINHO	F	39	01:44:30	01:43:43	INDIVIDUAL
56	818	RITA C REBELO	F	32	01:45:14	01:43:37	CP EDP - DELEGAÇÃO DE GAIA
57	1843	ALICE COUTO	F	48	01:45:20	01:44:50	INDIVIDUAL
58	1810	JOAQUIM COSTA	F	47	01:45:39	01:45:03	AMARANTE RT
59	357	DONZILIA C SILVA	F	46	01:45:43	01:44:00	TERRORES DO ASFALTO
60	526	DANIELA SOARES	F	35	01:45:43	01:44:29	UNIDOS À FRESCA
61	895	GILDA MOTA	F	47	01:46:14	01:45:21	GCADONAS
62	579	Mª ANJOS PEREIRA	F	36	01:46:20	01:45:35	DÍNAMO CLUBE ESTAÇÃO
63	1466	SANDRINE SOUSA	F	39	01:46:22	01:46:10	JOBRA A JOVENS BRANCA
64	446	PAULA C F SILVA	F	45	01:46:22	01:44:47	INDIVIDUAL
65	2042	VERA VENTURA	F	31	01:46:36	01:46:23	INDIVIDUAL
66	712	CARLA RUBIO	F	53	01:47:03	01:46:19	ESPOSOS SILVA
67	1889	HELENA M S BARBOSA	F	40	01:47:08	01:46:49	INDIVIDUAL
68	199	ORLANDA REGO	F	44	01:47:29	01:46:06	GAIA RUNNING
69	735	LUÍSA ALMEIDA	F	50	01:47:44	01:47:18	TARTARUGAS DO ASFALTO
70	1985	SARA CONCEIÇÃO	F	35	01:47:51	01:47:01	INDIVIDUAL
71	2053	DARIA K TATARNIKOVA	F	26	01:48:16	01:48:04	INDIVIDUAL
72	490	CARLA R M GUIMARÃES	F	42	01:48:17	01:47:51	TARTARUGAS DO ASFALTO
73	1646	MARLENE RIBEIRO	F	38	01:48:52	01:48:35	AMIGOS PARQUE BIOLOGICO
74	1732	CARMEN C S LIMA	F	39	01:49:10	01:47:39	RUNNING CLASS HP ARRÁBIDA
75	1129	DEOLINDA FARIA	F	43	01:49:29	01:49:03	RODA DOS VENTOS
76	387	CATARINA LEITE	F	34	01:50:14	01:49:05	INDIVIDUAL
77	191	ELISABETE REPAS	F	49	01:50:35	01:49:12	GAIA RUNNING
78	433	CELINE GOMES	F	30	01:51:09	01:50:40	CDCR CTT PORTO
79	2226	CATARINA REGALO	F	35	01:51:21	01:51:14	VEISEU 2001
80	432	HELENA GOMES	F	42	01:51:22	01:50:10	CDCR CTT PORTO
81	1735	SUSANA M S S FERNANDES	F	39	01:51:22	01:50:50	INDIVIDUAL
82	1647	MANUELA SOUSA	F	44	01:51:48	01:50:39	LOUSADA RUNNERS
83	2212	SILVIA CARDOSO	F	37	01:51:58	01:50:38	C BANIF
84	601	Mª JUDITE R MARTINS	F	43	01:52:09	01:51:28	ARCOZELO.ATLETAS
85	733	GLÓRIA MONTEIRO	F	41	01:52:21	01:51:52	TARTARUGAS DO ASFALTO
86	806	CLARA CERQUEIRA	F	46	01:52:27	01:52:07	AD AMARANTE
87	30	FATIMA ALEIXO	F	43	01:52:52	01:52:46	AFIS/OVAR
88	1989	CRISTINA SILVA	F	44	01:53:13	01:53:04	FIT4FUN
89	494	ELISABETE MARTINS	F	35	01:53:20	01:52:59	GRE BONFIM
90	1243	MARISA GOLÇALVES	F	32	01:53:28	01:51:54	RAINHA CLUB
91	704	HELENA RAMOS	F	35	01:53:31	01:52:19	GD LEOES VENEZA
92	532	MARISA LOPES	F	36	01:53:36	01:52:33	LOPES XARÁ
93	1893	FERNANDA PINHO	F	47	01:53:39	01:52:22	MOREIRA RELAX RUNNERS
94	675	CONCEIÇÃO FERREIRA	F	49	01:53:46	01:53:07	GINASIO FIT4FUN
95	474	INÉS MATOS	F	26	01:53:48	01:52:46	INDIVIDUAL
96	1856	CRISTINA ALMEIDA	F	43	01:53:54	01:53:21	OS KAGADOS
97	1988	HELENA MARTINS	F	34	01:53:55	01:53:46	FIT4FUN
98	1761	MÁRCIA PINTO	F	23	01:54:11	01:53:19	INDIVIDUAL
99	1120	PAULA LOPES	F	38	01:54:34	01:53:11	NO TOMORROW RUNNING TEAM
100	859	FERNANDA PICOTTEZ	F	45	01:54:36	01:53:16	INDIVIDUAL
101	2070	TERESA OLIVEIRA	F	35	01:54:45	01:54:15	NO TOMORROW RUNNING TEAM
102	1475	RAQUEL F VASCONCELOS	F	37	01:54:45	01:53:21	NO TOMORROW RUNNING TEAM
103	1234	CLAUDIA SILVA	F	32	01:54:48	01:53:46	RAINHA CLUB
104	1361	MARIANA MARTINS	F	34	01:54:59	01:53:40	SPRINTOLOS
105	105	MARIA MARINHO	F	50	01:55:11	01:54:16	ACR VALDÁGUA
106	825	GORETTI SILVA	F	51	01:55:13	01:54:29	CALDAS S JORGE SC
107	933	ANA M BARBOSA	F	55	01:55:15	01:54:57	INDIVIDUAL
108	1975	PAULA A R GONÇALVES	F	39	01:55:24	01:54:32	ADRULSM
109	673	MONICA MONTENEGRO	F	45	01:55:40	01:54:17	GINASIO FIT4FUN
110	2026	JULIANA C GOMES	F	28	01:55:42	01:54:05	INDIVIDUAL
111	2190	DANIELA PALHARES	F	43	01:56:04	01:55:07	INDIVIDUAL
112	1019	CARLA M O NUNES	F	38	01:56:05	01:54:27	INDIVIDUAL
113	803	DANIELA L SILVA	F	26	01:56:07	01:54:33	COOL RUNNERS
114	187	ANA COELHO	F	33	01:56:11	01:54:48	GAIA RUNNING

115	1356	CRISTIANA RESENDE	F	37	01:57:05	01:55:58	SPRINTOLOS
116	196	LURDES DUARTE	F	50	01:57:19	01:55:51	GAIA RUNNING
117	1337	CLÁUDIA PESQUEIRA	F	37	01:57:19	01:56:06	UNIDOS À FRESCA
118	1032	CARINA S PEREIRA	F	42	01:57:39	01:57:08	GOLDEN SMILE
119	1581	PAULA C OLIVEIRA	F	44	01:57:42	01:56:56	INDIVIDUAL
120	1567	Mª CRISTINA A SILVA	F	48	01:57:55	01:57:41	INDIVIDUAL
121	824	MARIA LEITE	F	41	01:58:03	01:57:16	CALDAS S JORGE SC
122	525	HELENA MOURÃO	F	55	01:58:12	01:57:58	GDC CASTELO PAIVA
123	437	ANABELA G SANTOS	F	43	01:58:14	01:57:29	GD LOUROCOOP
124	542	ROSA L SILVA	F	47	01:58:22	01:57:21	LIGEIRINHOS
125	1814	CARLA RIBEIRO	F	39	01:58:23	01:56:50	INDIVIDUAL
126	2128	SÓNIA RIBEIRO	F	33	01:58:38	01:58:16	INDIVIDUAL
127	1699	ANA C PISSARRA	F	43	01:58:52	01:58:13	INDIVIDUAL
128	2118	Mª LURDES COELHO	F	34	01:58:54	01:58:33	INDIVIDUAL
129	163	DANIELA OLIVEIRA	F	26	01:58:57	01:57:43	OS FALTA D AR
130	203	SILVIA PERALTA	F	39	01:59:03	01:57:37	GAIA RUNNING
131	1961	CRISTINA CUNHA	F	41	01:59:08	01:58:30	SR CEPANENSE
132	1162	DULCE ALMEIDA	F	28	01:59:09	01:57:52	DMPS
133	225	RAQUEL LIMA	F	21	01:59:46	01:58:05	INDIVIDUAL
134	2198	ISABEL FERREIRA	F	24	01:59:51	01:58:16	INDIVIDUAL
135	1090	Mª CÉU SOUSA	F	48	01:59:57	01:59:11	GRUPO AMIZADE
136	1028	SUSANA MONTEIRO	F	31	02:00:27	02:00:17	HP ARRÁBIDA
137	1444	ANA P PINTO	F	43	02:00:36	01:59:05	RUN TO BE ALIVE
138	1922	FILOMENA OLIVEIRA	F	51	02:00:53	01:59:43	INDIVIDUAL
139	1820	DULCE M BARROS	F	42	02:00:56	01:59:56	MAQMOTOR
140	820	JOANA C REBELO	F	34	02:00:58	01:59:20	CP EDP - DELEGAÇÃO DE GAIA
141	1924	MÓNICA VILELA	F	36	02:01:04	02:00:44	INDIVIDUAL
142	1637	TELMA OLIVEIRA	F	21	02:01:11	01:59:40	INDIVIDUAL
143	1521	JOANA MOURA	F	24	02:01:12	01:59:41	INDIVIDUAL
144	2187	ELEONORA SOUSA	F	30	02:01:22	02:01:05	INDIVIDUAL
145	785	ANA S CLETO	F	27	02:01:23	02:01:07	USF CRUZ DE CELAS - COIMBRA
146	2222	BÁRBARA BALDAIA	F	38	02:01:32	02:01:01	TSF RUNNERS
147	1445	ISABEL RIBAU	F	41	02:01:54	02:00:17	VAMOS CORRER EM ÍLHAVO
148	1446	DANIELA FERREIRA	F	36	02:02:03	02:00:26	VAMOS CORRER EM ÍLHAVO
149	1642	AURORA MARQUES	F	38	02:02:18	02:00:42	RAINHA CLUB
150	1979	SANDRA GONÇALO	F	42	02:02:20	02:00:53	INDIVIDUAL
151	1609	MARGARIDA C REIS	F	47	02:02:24	02:01:01	TUGAS NA ESTRADA
152	765	CARLA A A OLIVEIRA	F	36	02:02:32	02:02:03	INDIVIDUAL
153	438	Mª ALICE FERNANDES	F	63	02:02:32	02:01:46	GD LOUROCOOP
154	1679	ANA P CASTRO	F	46	02:02:51	02:01:53	CA LAMAS
155	505	GRAÇA LEITE	F	56	02:02:54	02:02:36	ACREFA
156	775	CIDÁLIA MARIA	F	36	02:02:58	02:01:49	LOUSADA RUNNERS
157	1748	SARA G S HENRIQUES	F	30	02:03:16	02:03:03	INDIVIDUAL
158	1977	ELSA M P P SILVA	F	39	02:03:30	02:03:03	TARTARUGAS DO ASFALTO
159	1078	CLAUDIA FIGUEIREDO	F	39	02:03:51	02:02:53	STREET RUNNERS
160	2027	ELISABETE MATOS	F	41	02:04:07	02:03:54	21 I WILL SURVIVE
161	1769	SUSANA COSTA	F	39	02:04:27	02:03:08	INDIVIDUAL
162	423	INÉS MORGADO	F	37	02:04:27	02:03:08	INDIVIDUAL
163	1198	ANA NOVA	F	25	02:05:22	02:03:57	INDIVIDUAL
164	1398	SARA MAGALHÃES	F	37	02:05:29	02:04:02	PERNETAS
165	835	FATIMA COSTA	F	38	02:05:31	02:04:48	CALDAS S JORGE SC
166	1033	LILIA M R SILVA	F	34	02:05:34	02:05:34	GOLDEN SMILE
167	431	ISABEL CARVALHO	F	43	02:05:36	02:04:26	CDCR CTT PORTO
168	383	AURORA PIRES	F	38	02:05:41	02:04:05	SNT
169	1127	PAULA RODRIGUES	F	52	02:05:46	02:05:21	RODA DOS VENTOS
170	1441	KÁTIA PEREIRA	F	38	02:05:52	02:04:26	PERNETAS
171	473	Mª LUZ OLIVENÇA	F	48	02:06:01	02:04:27	TROCÓPASSO
172	154	CARLA PEREIRA	F	36	02:06:06	02:04:28	AÇOREANA SEGUROS
173	1358	JOANA ALÇADA	F	37	02:06:50	02:05:44	SPRINTOLOS
174	2061	ANABELA A BASTOS	F	43	02:07:21	02:06:01	CALDAS S JORGE SC

175	1686	SÍLVIA CAETANO	F	36	02:07:52	02:06:54	MARRETAS
176	2063	Mª ISABEL C SILVA	F	54	02:08:34	02:07:14	CALDAS S JORGE SC
177	1555	CRISTINA DIAS	F	45	02:09:31	02:08:14	CTADTRILHOSDECINFAES
178	1327	SILVIA COUTO	F	28	02:09:34	02:08:26	RUNRUN
179	1428	DIANA R F MONTEIRO	F	33	02:09:50	02:08:07	INDIVIDUAL
180	1046	LILIANA PINTO	F	33	02:09:54	02:08:37	PERNETAS
181	1757	HELENA M C NEVES	F	36	02:10:02	02:08:41	INDIVIDUAL
182	1263	RAFAELA CUNHA	F	34	02:10:02	02:08:36	INDIVIDUAL
183	1967	SANDRA COSTA	F	22	02:10:06	02:09:27	SR CEPANENSE
184	1320	SOFIA AZANHA	F	31	02:10:08	02:09:10	RAINHA CLUB
185	354	SUSANA MAGALHÃES	F	32	02:10:18	02:08:37	MADE IN CRT
186	308	SANDRA COSTA	F	37	02:10:30	02:09:37	A VALE SILÊNCIO
187	1651	INÊS GONÇALVES	F	24	02:10:47	02:09:24	TUGAS NA ESTRADA
188	1789	EMÍLIA ALVIM	F	38	02:10:51	02:09:50	INVICTA RUNNERS TEAM
189	2030	Mª MARGARIDA A M CARVALHO	F	46	02:12:05	02:11:05	INDIVIDUAL
190	2188	IVONE SOUSA	F	39	02:12:05	02:11:05	INDIVIDUAL
191	1278	FILIPA COVAS	F	29	02:12:19	02:10:42	INDIVIDUAL
192	1360	PAULA REGALADO	F	47	02:12:42	02:11:37	SPRINTOLOS
193	363	CATARINA S C JORGE	F	28	02:12:43	02:12:11	RCL
194	543	DEOLINDA R SILVA	F	55	02:13:00	02:11:49	LIGEIRINHOS
195	1312	LUÍSA CIRNE	F	34	02:13:08	02:12:06	INVICTA RUNNERS TEAM
196	378	PAULA TEIXEIRA	F	49	02:13:10	02:11:48	INDIVIDUAL
197	164	SANDRA MAGOLO	F	31	02:13:36	02:12:20	OS FALTA D AR
198	1865	GRAÇA RODRIGUES	F	46	02:13:42	02:12:09	RAINHA CLUB
199	1557	LUÍSA MOREIRA	F	58	02:14:00	02:12:43	INDIVIDUAL
200	1140	SILVIA CUNHA	F	39	02:14:07	02:12:27	INDIVIDUAL
201	2161	MARIA FERREIRA	F	53	02:14:28	02:13:41	INDIVIDUAL
202	1518	CRISTINA SILVA	F	45	02:14:48	02:13:32	PERNETAS
203	1366	Mª INÊS M GOMES	F	40	02:14:50	02:14:29	TONDELA RUNNERS
204	1606	SÍLVIA R A MOREIRA	F	37	02:14:59	02:13:50	LOUSADA RUNNERS
205	165	CÁTIA FERNANDES	F	33	02:15:03	02:13:47	OS FALTA D AR
206	1714	ELISABETE S P M VALE	F	31	02:15:41	02:15:22	INDIVIDUAL
207	1158	CARLA NEVES	F	44	02:15:49	02:15:05	CP TELECOM ZONA NORTE
208	1866	CLAUDIA FERREIRA	F	27	02:15:56	02:14:21	RAINHA CLUB
209	2210	PAULA RIBEIRO	F	44	02:16:09	02:15:55	A POVOA
210	1798	VERA NOGUEIRA	F	32	02:16:17	02:15:19	VERINHA MÁGICA
211	1897	SUSANA S ROCHA	F	40	02:17:19	02:16:09	CIRAC
212	285	BERTA NUNES	F	39	02:17:20	02:16:20	NA CUCUJÃES
213	787	FÁTIMA GERALDES	F	46	02:21:02	02:19:38	TUGAS NA ESTRADA
214	1282	SOLANGE M S NUNES	F	25	02:21:06	02:19:24	INDIVIDUAL
215	186	JOANA MARQUES	F	25	02:21:09	02:21:09	ELITE NM
216	1237	SARA MARTINS	F	37	02:23:09	02:21:34	RAINHA CLUB
217	1100	ANDREIA RIBEIRO	F	39	02:25:19	02:24:00	WELL RUNNER
218	1157	SÓNIA MADUREIRA	F	39	02:32:20	02:31:36	CP TELECOM ZONA NORTE
219	1670	ANDREA H F R AZEVEDO	F	38	02:34:49	02:33:09	INDIVIDUAL
220	774	Mª MIGUEL C SANTOS	F	38	02:42:58	02:41:20	INDIVIDUAL

**Total de registros: 220**