

10K OCR POLICE CHALLENGE LEIRIA

RESULTADOS POR GENERO: ELITE

Fecha 17 Jun 2018

Pos	NOMBRE	DORSAL	EQUIPA	GENERAL	MIN/KM	TIEMPO OFICIAL
Masculino						
1	JOSÉ FILIPE MOREIRA SILVA	61		1	4:50	00:48:24
2	LUIS MARTINS	31	OCR Police Challenge Team	2	4:52	00:48:42
3	GONÇALO SILVA	174	No Pain Box	3	4:57	00:49:33
4	FILIPE ANTUNES	173	No Pain Box	4	5:00	00:50:00
5	TIAGO DUARTE	34	SPALD ginásios	5	5:08	00:51:20
6	LUÍS SANTOS	198	Viriatos	6	5:13	00:52:10
7	PAULO SOUSA	168	No Pain Box	7	5:17	00:52:52
8	RUI CANELAS	156	SPALD ginásios	8	5:26	00:54:21
9	PEDRO GONÇALVES	53	EcoVegan	9	5:32	00:55:25
10	BRUNO FREIRIA FERNÁNDEZ	26		10	5:46	00:57:48
11	JOSÉ VIDAL	58		11	5:48	00:58:06
12	RICARDO GASPAR	94		12	5:53	00:58:58
13	RUI LOUREIRO	85	DM / Desportos de Montanha	13	6:04	01:00:41
14	OSVALDO HORTA	138		14	6:28	01:04:44
15	MARCO FRANCISCO	143	Monsanto Running Team	15	6:37	01:06:17
16	PAULO RODRIGUES	86	OCR Portugal LAB	16	6:39	01:06:33
17	JOÃO COENTRÃO	64	ESR	17	6:54	01:09:08
18	RICARDO PORTUGAL	142	OCR Police Challenge Team	18	7:11	01:11:58
19	SÉRGIO RAMOS	88	OCR Portugal LAB	20	7:34	01:15:41
20	BRUNO CARRIÇO	87	SPALD ginásios	21	8:05	01:20:59
21	BRUNO FARIA	149	Wild Runners /Silves	22	8:16	01:22:41
22	JOÃO SANTOS	197	Esquadrão + Fit ocr team	23	8:34	01:25:48
23	FILIPE LOPES	72	45Cfs	24	8:41	01:26:52
24	HELDER RODRIGUES	56	OCR Police Challenge Team	25	8:47	01:27:50
25	TOMÁS ALMEIDA CURADO TAPUM	20	Arrábida Obstacle Runners	26	8:57	01:29:32
26	CARLOS PINHO	175	CrossFit AlphaDen	27	9:32	01:35:22
27	PEDRO PALMA	92	OCR Portugal	28	10:04	01:40:49
28	BRUNO SARAIVA	77	Gesinserde Team	29	10:10	01:41:46
29	VALTER MAÇÃ	135	Ekma	30	10:18	01:43:04
30	PEDRO ANDRÉ BRITO ALEIXO	191	Arrábida Obstacle Runners	31	10:20	01:43:20
31	EMANUEL INÁCIO	136	L'itfit Viseu	32	10:33	01:45:37
32	MIGUEL VALIDO	101	OCR Portugal LAB	33	10:57	01:49:34
33	FRANCISCO FERNANDES	193	B.T.M.	34	11:20	01:53:29
34	JOÃO BRANCO	52	OCR Portugal LAB	35	12:11	02:01:58
35	PEDRO MARQUES	181	CrossFit AlphaDen	36	12:35	02:05:57
36	RICARDO REGO	195	B.T.M.	37	13:10	02:11:43
37	SAMUEL MARGARIDO	114	OCR Portugal LAB	38	15:41	02:36:54
38	SERGIO MADEIRA	117	Crossfit 244	39	18:35	03:05:56
	HUGO LEAL	119	Crossfit 244		19:49	03:18:15
	RICARDO SOUSA	120	Crossfit 244		19:49	03:18:15
	JOHNNY CARVALHO	121	Crossfit 244		19:49	03:18:16

Pos	NOMBRE	DORSAL	EQUIPA	GENERAL	MIN/KM	TIEMPO OFICIAL
	AMÂNDIO CARAPINHA	124	Clube Desportivo Ribeirense		10:14	01:42:26
	ANTÓNIO PALMEIRA	125	Clube Desportivo Ribeirense		10:15	01:42:38
	RUI PARROCHINHA	126	Clube Desportivo Ribeirense		12:19	02:03:16
	RENATO FIGUEIREDO	128	Panamá lover's		11:47	01:57:58
	PEDRO MARQUES	131	Crossfit 244		19:49	03:18:16
	PEDRO CASTRO	132			11:20	01:53:27
	FRANCISCO BENTO	102	Desportos de Montanha			
	GONÇALO VALENTE	103			11:23	01:53:54
	FILIPE MARTINS	104	wolf1422			
	DANIEL BARROS	105			10:06	01:41:06
	PAULO CALMEIRO	106			15:20	02:33:24
	DAVID GASPAR	107	Crossfit 244		19:49	03:18:15
	RUI LISBOA	108	Crossfit 244		19:49	03:18:15
	PAULO CONCEIÇÃO	109	Crossfit 244		19:49	03:18:16
	HELDER DOMINGOS	110	DM		14:59	02:29:54
	TIAGO GONÇALVES	111	GNR Viseu		12:39	02:06:39
	JOSÉ CARVALHO	112	BearCave Trail-OCR		14:01	02:20:12
	ALEXANDRE RESENDE	79	Gesinserde Team		18:02	03:00:22
	TIAGO LOPES	80	Gesinserde Team		18:02	03:00:23
	TELMO MATOS	81	Gesinserde Team		18:02	03:00:23
	PAULINO GIL DE SOUSA	83			10:44	01:47:20
	HUGO MAGALHAES	84	Alameda de Ruas N47 Mire		21:02	03:30:28
	CRISTIANO SILVA	74	Dragon Police		15:02	02:30:23
	RICARDO OLIVEIRA	75	Gesinserde Team		11:13	01:52:16
	ELIAS JUSTUS	76	Gesinserde Team		11:22	01:53:42
	VITOR SILVA	93				
	VALTER ANDRADE	89	Crossfit Viseu Box		11:26	01:54:23
	MARIAN RACHITA	91	Titanes Madrid		8:47	01:27:52
	DIOGO SILVA	63			11:56	01:59:26
	IGOR COSTA	57			17:21	02:53:31
	DIOGO FILIPE SOARES	65			11:56	01:59:26
	RODRIGO TEIXEIRA	66			12:49	02:08:15
	NEUTON MARQUES	67	ATLÉTICO CLUBE		16:57	02:49:30
	PEDRO RODRIGUES	69			11:47	01:57:59
	RICARDO FERNANDES	23	Fundo Social dos Bombeiros		16:48	02:48:06
	DIOGO BOTELHO	24	Fundo Social dos Bombeiros		16:48	02:48:06
	RICARDO JORGE COSTA	27	Tonsai-Bio Fátima		10:16	01:42:43
	RAFAEL NEVES	54	OCR Portugal LAB		11:52	01:58:42
	NUNO MONTEIRO	55	Crossfit Montijo		14:19	02:23:19
	RAFAEL SOUSA	33	OCR Police Challenge Team		18:11	03:01:59
	MARCO MENDES	35			12:33	02:05:33
	RUI CRUZ	36	Mesh Nazareth		10:09	01:41:35
	JOAO VITOR MIRANDA	37	OCR Police Challenge Team		10:25	01:44:19
	FRANCISCO JOSÉ CUNHA	40			11:49	01:58:14
	PEDRO MARQUES	41	CPM			
	PEDRO MESQUITA	44	Dragon Police		15:02	02:30:25
	JOÃO QUEIRÓS	46	Dragon Police		15:02	02:30:23
	LISANDRO TOMÁS	47	Dragon Police		15:02	02:30:23
	JOAO EUFÉMIO	49	Crossfit Montijo		11:37	01:56:11
	BRUNO SILVA	50	Crossfit Montijo		14:20	02:23:20

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	RUI COSTA	1	HILTI OCRA PT		12:48	02:08:01
	RICARDO GONÇALVES	2			15:10	02:31:45
	NUNO BÓIA	5			10:15	01:42:38
	JOÃO MONTEIRO	6	JRP		13:31	02:15:12
	EZEQUIEL REIS	7			13:52	02:18:47
	MIGUEL FERNANDES	9	OCR Police Challenge Team		12:31	02:05:17
	RENATO ALEXANDRE	11	JRP		13:31	02:15:12
	PAULO OLIVEIRA	13	JRP		13:31	02:15:12
	SÉRGIO SALGADO	16	Ekma		10:18	01:43:04
	NUNO GONÇALVES	17	RUNCROSSTRAIL		20:23	03:23:58
	RICARDO GONÇALVES	115	Crossfit 244			
	VITOR SANTOS	116			9:58	01:39:41
	ALEJANDRO PINHO	96	Gesinserde Team		18:02	03:00:24
	JORGE MARQUES	137	Lobo Solitário		12:09	02:01:39
	DAVID TORRES	139			12:30	02:05:00
	RUI SILVA	140			14:57	02:29:31
	ABEL LARANJEIRO	160	Crossfit 244		19:49	03:18:16
	JOSE MELATO	162	OCR Portugal LAB		21:14	03:32:20
	RUI ALEXANDRE FERNANDES	163	OCR Portugal LAB		12:47	02:07:54
	DANIEL ALMEIDA	164	OCR Portugal LAB		9:52	01:38:44
	PAULO GASPAR	165				
	TIAGO CARVALHO	166	L'itfit Viseu		12:53	02:08:56
	PAULO A. LOPES	167	OCR Portugal		6:58	01:09:48
	FILIPE CARVALHO	176	CrossFit AlphaDen		12:58	02:09:40
	MANUEL WEBER	177	CrossFit AlphaDen		9:12	01:32:02
	MARCELO OLIVEIRA	178	CrossFit AlphaDen		12:58	02:09:42
	ANTONIO PIRES	179	CrossFit AlphaDen		12:57	02:09:39
	CLÁUDIO LOUREIRO LOUREIRO	145	Canisport		11:20	01:53:27
	FRED LISBOA	147	CrossFit Leiria		17:29	02:54:59
	NUNO MARTO	151	Crossfit 244		19:49	03:18:16
	BRUNO PAZ	154	Crossfit 244		19:49	03:18:16
	DIOGO CASEIRO	155			14:40	02:26:47
	FILIPE GUERTAS	169	No Pain Box		8:59	01:29:54
	MARIO FALACHO	170	No Pain Box			
	MAURO SILVA	171	No Pain Box		8:57	01:29:36
	LINO PINTO	172	No Pain Box			
	JOSÉ MACHADO	196			11:42	01:57:05
	GUILHERME NEVES	182	CrossFit AlphaDen		12:39	02:06:37
	DAVID SILVA	183	CrossFit AlphaDen		12:35	02:05:54
	PAULO RENATO PEREIRA	186			10:48	01:48:05
	BRUNO LOUSA	187	CrossFit AlphaDen		12:58	02:09:40
	RUI ALBERTO BERNARDO	189	Arrábida Obstacle Runners		11:12	01:52:08
	LUÍS MIGUEL CORREIA	190	Arrábida Obstacle Runners		9:22	01:33:43
	JOSÉ MARQUES	199	Viriatos		5:37	00:56:12
	FILIPE ALMAS	200	Viriatos			

Femenino

1	LORENA GONZÁLEZ MIRA	42		19	7:28	01:14:46
	ANNA ROCHA	60	JAVALIS		14:48	02:28:05
	HELGA SILVA	82	Gesinserde Team		16:31	02:45:19

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	NÍDIA MARTINS	97	Gesinserde Team		16:43	02:47:19
	CLÁUDIA VARANDAS	98	Gesinserde Team		16:38	02:46:23
	TÂNIA GANÇO	99	Gesinserde Team		16:39	02:46:30
	NATASHA PLANAS	100	OCR Portugal LAB			
	SUSANA MARTINS	118	Crossfit 244		18:31	03:05:12
	DIANA CARPINTEIRO	122	OCR Portugal LAB		19:55	03:19:16
	CARLA MENDES	123	Crossfit 244		18:31	03:05:11
	MARIANA SILVA	129			13:52	02:18:41
	SARA CARVALHO	130	Gesinserde Team		16:43	02:47:19
	GISELA PINHAL	133	OCR Portugal LAB		15:59	02:39:56
	MARIA AFONSO	134	Crossfit 244		18:31	03:05:12
	TERESA SILVA	141			16:03	02:40:34
	ALINA PALADI	146	OCR Portugal LAB		16:12	02:42:00
	OLGA SILVA	150	Crossfit 244		18:31	03:05:12
	ANGELA RAMALHO	157			15:55	02:39:11
	SOFIA LISBOA	158	Crossfit 244		18:31	03:05:11
	FILIPA YANEZ	161	OCR Portugal LAB		19:55	03:19:16
	ANA DORES	180	CrossFit AlphaDen		17:50	02:58:23
	DIANA FERREIRA	194	B.T.M.		11:27	01:54:39
	HELENA ALMEIDA	12			16:53	02:48:57
	DENISE PEREIRA	18	RUNCROSSTRAIL		13:08	02:11:29
	INÊS CALVINHO DE OLIVEIRA	19	Arrábida Obstacle Runners		9:54	01:39:03
	ANA BOTAS	25	ATLÉTICO CLUBE		21:11	03:31:55
	JOANA SILVA	30	OCR Police Challenge Team		9:14	01:32:28
	RAQUEL FERREIRA	32	OCR Police Challenge Team		19:44	03:17:23