

# 10K OCR POLICE CHALLENGE LEIRIA

## CATEGORIAS OCR EU: ELITE

Date: 17 Jun 2018

Pos	Dorsal	Name	Equipa	T.Oficial
<b>Masculino : 18-24 M</b>				
1	72	FILIFE LOPES	45Cfs	01:26:52
0	63	DIOGO SILVA		01:59:26
0	24	DIOGO BOTELHO	Fundo Social dos Bombeiros Sapadores	02:48:06
0	33	RAFAEL SOUSA	OCR Police Challenge Team	03:01:59
0	176	FILIFE CARVALHO	CrossFit AlphaDen	02:09:40
<b>Femenino : 18-24 F</b>				
0	12	HELENA ALMEIDA		02:48:57
0	32	RAQUEL FERREIRA	OCR Police Challenge Team	03:17:23
0	60	ANNA ROCHA	JAVALIS	02:28:05
<b>Masculino : 25-29 M</b>				
1	61	JOSÉ FILIFE MOREIRA SILVA		00:48:24
2	174	GONÇALO SILVA	No Pain Box	00:49:33
3	34	TIAGO DUARTE	SPALD ginásios	00:51:20
4	53	PEDRO GONÇALVES	EcoVegan	00:55:25
5	94	RICARDO GASPAS		00:58:58
6	138	OSVALDO HORTA		01:04:44
7	86	PAULO RODRIGUES	OCR Portugal LAB	01:06:33
8	20	TOMÁS ALMEIDA CURADO	Arrábida Obstacle Runners	01:29:32
9	191	PEDRO ANDRÉ BRITO ALEIXO	Arrábida Obstacle Runners	01:43:20
10	136	EMANUEL INÁCIO	L'itfit Viseu	01:45:37
11	52	JOÃO BRANCO	OCR Portugal LAB	02:01:58
12	181	PEDRO MARQUES	CrossFit AlphaDen	02:05:57
13	117	SERGIO MADEIRA	Crossfit 244	03:05:56
0	121	JOHNNY CARVALHO	Crossfit 244	03:18:16
0	166	TIAGO CARVALHO	L'itfit Viseu	02:08:56
0	178	MARCELO OLIVEIRA	CrossFit AlphaDen	02:09:42
0	200	FILIFE ALMAS	Viriatos	
0	57	IGOR COSTA		02:53:31
0	41	PEDRO MARQUES	CPM	
0	47	LISANDRO TOMÁS	Dragon Police	02:30:23
0	23	RICARDO FERNANDES	Fundo Social dos Bombeiros Sapadores	02:48:06
0	35	MARCO MENDES		02:05:33
0	2	RICARDO GONÇALVES		02:31:45
0	6	JOÃO MONTEIRO	JRP	02:15:12
0	11	RENATO ALEXANDRE	JRP	02:15:12
0	93	VITOR SILVA		
0	103	GONÇALO VALENTE		01:53:54
0	104	FILIFE MARTINS	wolf1422	
0	106	PAULO CALMEIRO		02:33:24
0	107	DAVID GASPAS	Crossfit 244	03:18:15
0	108	RUI LISBOA	Crossfit 244	03:18:15
0	74	CRISTIANO SILVA	Dragon Police	02:30:23

Pos	Dorsal	Name	Equipa	T.Oficial
0	65	DIOGO FILIPE SOARES		01:59:26
<b>Femenino : 25-29 F</b>				
0	19	INÊS CALVINHO DE OLIVEIRA	Arrábida Obstacle Runners	01:39:03
0	99	TÂNIA GANÇO	Gesinserde Team	02:46:30
0	129	MARIANA SILVA		02:18:41
0	180	ANA DORES	CrossFit AlphaDen	02:58:23
<b>Masculino : 30-34 M</b>				
1	173	FILIPE ANTUNES	No Pain Box	00:50:00
2	198	LUÍS SANTOS	Viriatos	00:52:10
3	168	PAULO SOUSA	No Pain Box	00:52:52
4	156	RUI CANELAS	SPALD ginásios	00:54:21
5	26	BRUNO FREIRIA FERNÁNDEZ		00:57:48
6	143	MARCO FRANCISCO	Monsanto Running Team	01:06:17
7	64	JOÃO COENTRÃO	ESR	01:09:08
8	87	BRUNO CARRIÇO	SPALD ginásios	01:20:59
9	175	CARLOS PINHO	CrossFit AlphaDen	01:35:22
10	92	PEDRO PALMA	OCR Portugal	01:40:49
11	135	VALTER MAÇÃ	Ekma	01:43:04
12	193	FRANCISCO FERNANDES	B.T.M.	01:53:29
13	195	RICARDO REGO	B.T.M.	02:11:43
14	114	SAMUEL MARGARIDO	OCR Portugal LAB	02:36:54
0	111	TIAGO GONÇALVES	GNR Viseu	02:06:39
0	112	JOSÉ CARVALHO	BearCave Trail-OCR	02:20:12
0	116	VITOR SANTOS		01:39:41
0	120	RICARDO SOUSA	Crossfit 244	03:18:15
0	145	CLÁUDIO LOUREIRO	Canisport	01:53:27
0	139	DAVID TORRES		02:05:00
0	154	BRUNO PAZ	Crossfit 244	03:18:16
0	155	DIOGO CASEIRO		02:26:47
0	187	BRUNO LOUSA	CrossFit AlphaDen	02:09:40
0	190	LUÍS MIGUEL CORREIA	Arrábida Obstacle Runners	01:33:43
0	182	GUILHERME NEVES	CrossFit AlphaDen	02:06:37
0	170	MARIO FALACHO	No Pain Box	
0	171	MAURO SILVA	No Pain Box	01:29:36
0	172	LINO PINTO	No Pain Box	
0	89	VALTER ANDRADE	Crossfit Viseu Box	01:54:23
0	91	MARIAN RACHITA	Titanes Madrid	01:27:52
0	84	HUGO MAGALHAES	Alameda de Ruas N47 Mire de Tibaes	03:30:28
0	79	ALEXANDRE RESENDE	Gesinserde Team	03:00:22
0	80	TIAGO LOPES	Gesinserde Team	03:00:23
0	81	TELMO MATOS	Gesinserde Team	03:00:23
0	75	RICARDO OLIVEIRA	Gesinserde Team	01:52:16
0	49	JOAO EUFÉMIO	Crossfit Montijo	01:56:11
0	44	PEDRO MESQUITA	Dragon Police	02:30:25
0	46	JOÃO QUEIRÓS	Dragon Police	02:30:23
0	37	JOAO VITOR MIRANDA	OCR Police Challenge Team	01:44:19
0	55	NUNO MONTEIRO	Crossfit Montijo	02:23:19

### Femenino : 30-34 F

Pos	Dorsal	Name	Equipa	T.Oficial
0	18	DENISE PEREIRA	RUNCROSSTRAIL	02:11:29
0	158	SOFIA LISBOA	Crossfit 244	03:05:11
0	130	SARA CARVALHO	Gesinserde Team	02:47:19
0	122	DIANA CARPINTEIRO	OCR Portugal LAB	03:19:16
0	123	CARLA MENDES	Crossfit 244	03:05:11
0	146	ALINA PALADI	OCR Portugal LAB	02:42:00
0	150	OLGA SILVA	Crossfit 244	03:05:12
0	97	NÍDIA MARTINS	Gesinserde Team	02:47:19

### Femenino : 35-39 F

1	42	LORENA GONZÁLEZ MIRA		01:14:46
0	82	HELGA SILVA	Gesinserde Team	02:45:19
0	98	CLÁUDIA VARANDAS	Gesinserde Team	02:46:23
0	133	GISELA PINHAL	OCR Portugal LAB	02:39:56
0	161	FILIPA YANEZ	OCR Portugal LAB	03:19:16
0	194	DIANA FERREIRA	B.T.M.	01:54:39
0	118	SUSANA MARTINS	Crossfit 244	03:05:12
0	25	ANA BOTAS	ATLÉTICO CLUBE MARINHENSE	03:31:55
0	30	JOANA SILVA	OCR Police Challenge Team	01:32:28

### Masculino : 35-39 M

1	31	LUIS MARTINS	OCR Police Challenge Team	00:48:42
2	85	RUI LOUREIRO	DM / Desportos de Montanha	01:00:41
3	142	RICARDO PORTUGAL	OCR Police Challenge Team	01:11:58
4	149	BRUNO FARIA	Wild Runners /Silves	01:22:41
5	56	HELDER RODRIGUES	OCR Police Challenge Team	01:27:50
6	77	BRUNO SARAIVA	Gesinserde Team	01:41:46
0	96	ALEJANDRO PINHO	Gesinserde Team	03:00:24
0	105	DANIEL BARROS		01:41:06
0	102	FRANCISCO BENTO	Desportos de Montanha	
0	76	ELIAS JUSTUS	Gesinserde Team	01:53:42
0	66	RODRIGO TEIXEIRA		02:08:15
0	67	NEUTON MARQUES	ATLÉTICO CLUBE MARINHENSE	02:49:30
0	1	RUI COSTA	HILTI OCRA PT	02:08:01
0	50	BRUNO SILVA	Crossfit Montijo	02:23:20
0	27	RICARDO JORGE COSTA	Tonsai-Bio Fátima	01:42:43
0	13	PAULO OLIVEIRA	JRP	02:15:12
0	7	EZEQUIEL REIS		02:18:47
0	5	NUNO BÓIA		01:42:38
0	151	NUNO MARTO	Crossfit 244	03:18:16
0	160	ABEL LARANJEIRO	Crossfit 244	03:18:16
0	162	JOSE MELATO	OCR Portugal LAB	03:32:20
0	110	HELDER DOMINGOS	DM	02:29:54
0	119	HUGO LEAL	Crossfit 244	03:18:15
0	115	RICARDO GONÇALVES	Crossfit 244	
0	189	RUI ALBERTO BERNARDO	Arrábida Obstacle Runners	01:52:08
0	196	JOSÉ MACHADO		01:57:05
0	165	PAULO GASPAS		
0	169	FILIPE GUERTAS	No Pain Box	01:29:54
0	167	PAULO A. LOPES	OCR Portugal	01:09:48
0	183	DAVID SILVA	CrossFit AlphaDen	02:05:54

Pos	Dorsal	Name	Equipa	T.Oficial
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### Masculino : 40-44 M

1	58	JOSÉ VIDAL		00:58:06
2	88	SÉRGIO RAMOS	OCR Portugal LAB	01:15:41
3	197	JOÃO SANTOS	Esquadrão + Fit ocr team	01:25:48
0	199	JOSÉ MARQUES	Viriatos	00:56:12
0	125	ANTÓNIO PALMEIRA	Clube Desportivo Ribeirense	01:42:38
0	126	RUI PARROCHINHA	Clube Desportivo Ribeirense	02:03:16
0	128	RENATO FIGUEIREDO	Panamá lover's	01:57:58
0	131	PEDRO MARQUES	Crossfit 244	03:18:16
0	132	PEDRO CASTRO		01:53:27
0	164	DANIEL ALMEIDA	OCR Portugal LAB	01:38:44
0	147	FRED LISBOA	CrossFit Leiria	02:54:59
0	137	JORGE MARQUES	Lobo Solitário	02:01:39
0	109	PAULO CONCEIÇÃO	Crossfit 244	03:18:16
0	54	RAFAEL NEVES	OCR Portugal LAB	01:58:42
0	9	MIGUEL FERNANDES	OCR Police Challenge Team	02:05:17
0	16	SÉRGIO SALGADO	Ekma	01:43:04
0	17	NUNO GONÇALVES	RUNCROSSTRAIL	03:23:58

### Femenino : 40-44 F

0	157	ANGELA RAMALHO		02:39:11
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### Masculino : 45-49 M

0	36	RUI CRUZ	Mesh Nazareth	01:41:35
0	40	FRANCISCO JOSÉ CUNHA		01:58:14
0	69	PEDRO RODRIGUES		01:57:59
0	140	RUI SILVA		02:29:31
0	163	RUI ALEXANDRE FERNANDES	OCR Portugal LAB	02:07:54
0	124	AMÂNDIO CARAPINHA	Clube Desportivo Ribeirense	01:42:26
0	186	PAULO RENATO PEREIRA		01:48:05

### Femenino : 45-49 F

0	100	NATASHA PLANAS	OCR Portugal LAB	
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### Masculino : 50+ M

0	177	MANUEL WEBER	CrossFit AlphaDen	01:32:02
0	179	ANTONIO PIRES	CrossFit AlphaDen	02:09:39
0	83	PAULINO GIL DE SOUSA		01:47:20

### Femenino : 50+ F

0	134	MARIA AFONSO	Crossfit 244	03:05:12
0	141	TERESA SILVA		02:40:34

### Masculino : Unknown

1	101	MIGUEL VALIDO	OCR Portugal LAB	01:49:34
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