



24 Horas Individual - 2023

Posição	Dorsal	Nome	Género	Posição Género	Escalão	Posição Escalão	Tempo	Voltas	Km
1	8	ARSÉNIO SANTOS	Masc	1	M40	1	24:03:10.28	136	225,760
2	15	RENATO MEDEIROS	Masc	2	M40	2	24:07:57.90	126	209,160
3	40	MÁRIO MORCEGO	Masc	3	M50	1	24:07:11.80	122	202,520
4	68	DAVID FAUSTINO	Masc	4	M50	2	24:00:19.130	117	194,220
5	62	JOSÉ FONSECA	Masc	5	M50	3	23:55:08.420	114	189,240
6	54	JOÃO ESPIGUINHA	Masc	6	M40	3	24:09:08.80	114	189,240
7	12	NUNO OLIVEIRA	Masc	7	MSenior	1	24:07:57.380	110	182,600
8	6	ISABEL MOLEIRO	Fem	1	F50	1	24:00:11.650	108	179,280
9	64	ANDRÉ PEREIRA	Masc	8	M40	4	24:03:03.120	102	169,320
10	45	RODOLFO DEYLLLOT	Masc	9	M50	4	23:59:07.110	101	167,660
11	35	CARMEN HENRIQUE	Fem	2	F40	1	24:01:14.130	100	166,000
12	13	CARMEN FERREIRA	Fem	3	F50	2	23:55:10.280	97	161,020
13	4	JOSÉ AMARO	Masc	10	M40	5	23:58:59.670	97	161,020
14	3	ANA AMARO	Fem	4	F40	2	24:00:34.530	96	159,360
15	2	RUI ALVES	Masc	11	M40	6	24:00:25.40	89	147,740
16	53	RUI PEDRAS	Masc	12	M60	1	24:03:11.200	89	147,740
17	71	ALESSANDRO ALMEIDA	Masc	13	M40	7	24:03:14.550	88	146,080
18	67	PAULO PATRICIO	Masc	14	M40	8	24:01:00.450	84	139,440
19	43	LUÍS RIBEIRO	Masc	15	M40	9	24:00:11.650	82	137,780
20	52	ÓSCAR ROMÃO	Masc	16	M40	10	24:00:13.890	81	134,460
21	10	ANTÓNIO LOPES	Masc	17	M50	5	23:58:30.520	78	129,470
22	1	TEODORO TRINDADE	Masc	18	M60	2	24:01:16.860	78	129,470
23	60	JOÃO LEMOS	Masc	19	MSenior	2	24:01:38.620	78	129,470
24	44	ELISABETE MARIA	Fem	5	F50	3	24:00:19.780	72	119,520
25	20	SÓNIA SEQUEIRA	Fem	6	F40	3	24:04:56.330	71	117,860
26	66	DENISE BARROS	Fem	7	F40	4	19:32:10.10	68	112,880
27	36	ANA RANGEL	Fem	8	F40	5	24:05:38.950	68	112,880
28	39	FLÁVIO MONTEIRO	Masc	20	M50	6	23:58:29.690	67	111,220
29	46	ANA PINA	Fem	9	F50	4	23:58:48.780	67	111,220
30	17	CARLOS SANTOS	Masc	21	M60	3	24:00:17.10	67	111,220
31	7	JOAQUIM ALMEIDA	Masc	22	M40	11	24:05:45.560	66	109,560
32	48	PAULO ROQUE	Masc	23	M40	12	24:12:45.390	66	109,560
33	42	PEDRO ESTEVES	Masc	24	MSenior	3	24:00:10.740	64	106,240
34	30	ALEXANDRE JORGE	Masc	25	M40	13	24:00:27.340	64	106,240
35	14	LUÍS CARVALHO	Masc	26	M60	4	18:56:12.600	63	104,580
36	21	MIGUEL SEQUEIRA	Masc	27	M40	14	24:04:56.980	62	102,920
37	37	PAULO ROQUE	Masc	28	M40	15	20:58:47.350	61	101,260
38	63	ANA TAVARES	Fem	10	FSenior	1	24:06:36.520	60	99,600
39	56	PAULO ABADIA	Masc	29	M50	7	23:58:34.670	55	91,300
40	27	LILIANA PIRES	Fem	11	FSenior	2	24:00:54.990	53	87,980
41	9	LINA MATEUS	Fem	12	F40	6	23:58:30.200	49	81,340
42	59	JOÃO BARREIRA	Masc	30	MSenior	4	23:49:16.760	48	79,680
43	26	FRANCISCO MACAHDO	Masc	31	M40	16	24:01:21.900	46	76,360
44	49	HDP FERNANDES	Masc	32	MSenior	5	15:55:13.120	43	71,380

45	51	JOSÉ DUARTE	Masc	33	M40	17	24:14:01.750	40	66,400
46	29	RUI FARIA	Masc	34	M50	8	24:09:30.850	39	64,730
47	18	JOÃO ANTUNES	Masc	35	MSenior	6	24:16:31.300	38	63,080
48	50	PAULO RAPOSO	Masc	36	M50	9	24:00:22.860	36	59,760
49	47	JOAQUIM MONTEIRO	Masc	37	M50	10	24:00:09.910	35	58,100
50	23	LUÍS MADEIRA	Masc	38	M50	11	24:02:06.0	35	58,100
51	86	JORGE VIEIRA	Masc	39	M40	18	24:01:46.380	33	54,780
52	65	CANDIDA FIGUEIREDO	Fem	13	FSenior	3	24:04:31.100	33	54,780
53	38	MARINA MARQUES	Fem	14	F50	5	24:04:32.440	33	54,780
54	24	ORLANDO FERREIRA	Masc	40	M50	12	23:45:35.420	32	53,120
55	32	MIGHTY RUTHÉ	Fem	15	FSenior	4	23:46:59.260	31	51,460
56	25	ANA MELO	Fem	16	F40	7	23:57:20.340	29	48,140
57	11	SANDRA SIMÕES	Fem	17	F50	6	24:00:16.630	29	48,140
58	22	RITA FELIZOL	Fem	18	F50	7	24:02:06.40	29	48,140
59	70	PEDRO ALMEIDA	Masc	41	M40	19	03:22:47.860	19	31,540
60	84	FERNANDO FERREIRA	Masc	42	M60	5	24:01:12.290	9	14,940
61	19	JOÃO CAMPOS	Masc	43	M50	13	01:04:01.190	2	3,320