

EPIC

PROLOGO

Classificação do Prologo



Clas	Dor.	Apelido e Nome	Categoria	Tempo	Diferença
1	220	Pedro Romero	Open Men	6:20.25	
2	192	Tiago Lavadelas*	Open Men	6:21.14	0.89
3	115	Rui Carvalho*	Open Men	6:23.69	3.44
4	127	Diogo Almeida	Open Men	6:24.59	4.34
5	210	Carlos Rocha	Open Men	6:25.59	5.34
6	165	Bruno Anselmo	Open Men	6:27.83	7.58
7	178	Pedro Lacão*	Open Men	6:28.14	7.89
8	133	Rodrigo Gomes	Open Men	6:29.38	9.13
9	163	David Vaz	Open Men	6:37.31	17.06
10	194	Pedro Correia*	Open Men	6:38.02	17.77
11	156	Marco Meira*	Master Men	6:38.39	18.14
12	233	Rui Matias*	Open Men	6:38.53	18.28
13	114	Nuno Vicente*	Master Men	6:39.57	19.32
14	222	Alejandro Peña	Master Men	6:40.19	19.94
15	101	Hernâni Broco	Open Men	6:41.55	21.30
16	161	João Ribeiro	Open Men	6:44.24	23.99
17	128	Manuel Rodrigues	Open Men	6:45.24	24.99
18	167	Valério Ferreira	Open Men	6:47.77	27.52
19	173	Claudio Lourenço	Master Men	6:51.11	30.86
20	134	Telmo Rodrigues	Master Men	6:51.84	31.59
21	160	Jose Presado*	Open Men	6:54.71	34.46
22	130	Ruben Pereira	Open Men	6:56.35	36.10
23	207	Hugo Ceia*	Open Men	6:56.38	36.13
24	229	Edgar Cordeiro*	Open Men	6:57.31	37.06
25	225	José Ramos*	Open Men	6:58.70	38.45
26	147	Pedro Villalón	Open Men	6:58.89	38.64
27	155	José Bancaleiro*	Open Men	6:59.90	39.65
28	106	Bruno Janeiro*	Open Men	7:00.18	39.93
29	113	Avelino Monteiro*	Master Men	7:00.93	40.68
30	146	Antonio Fernandes	Open Men	7:02.22	41.97
31	174	Helder Palma*	Master Men	7:02.54	42.29
32	230	Vitor Graca	Master Men	7:02.64	42.39
33	103	Rui Pires	Open Men	7:03.39	43.14
34	191	Joaquim Caeiro	Master Men	7:04.03	43.78
35	208	António Velez*	Open Men	7:04.07	43.82
36	104	Luis Miranda*	Open Men	7:04.50	44.25
37	215	Joao Correia	Open Men	7:05.35	45.10
38	186	Simão Costa	Open Men	7:07.30	47.05
39	217	Jose Dominguez	Open Men	7:08.30	48.05
40	179	Rodrigo Rodrigo*	Open Men	7:08.98	48.73
41	132	João Fernandes*	Open Men	7:09.35	49.10
42	226	Marco Almeida	Master Men	7:09.50	49.25
43	120	Pedro Quintas	Master Men	7:09.52	49.27
44	126	Ricardo Marques	Open Men	7:11.09	50.84
45	190	Duarte Alegria*	Open Men	7:11.36	51.11
46	105	David Rasteiro*	Master Men	7:13.23	52.98
47	206	Jorge Ribeiro	Open Men	7:13.54	53.29
48	168	Pedro Patrício*	Open Men	7:14.74	54.49
49	119	Fernando Brito	Master Men	7:16.38	56.13
50	189	Nelson Narciso*	Master Men	7:16.40	56.15
51	136	Samuel Retamar	Open Men	7:16.79	56.54
52	205	Filipe Fernandes*	Open Men	7:17.48	57.23





Clas	Dor.	Apelido e Nome	Categoria	Tempo	Diferença
53	182	Rogério Penas	Master Men	7:17.59	57.34
54	149	Kikas Sousa	Open Men	7:17.73	57.48
55	184	Ricardo Saraiva	Open Men	7:17.95	57.70
56	158	Carlos Augusto	Master Men	7:19.15	58.90
57	185	Bruno Rosa	Open Men	7:19.62	59.37
58	176	Arnaldo Monteiro	Seniors Men	7:21.70	1:01.45
59	144	Fernando Lopes	Open Men	7:22.35	1:02.10
60	227	Nelson Cordeiro	Master Men	7:23.39	1:03.14
61	180	Humberto Ratinho	Master Men	7:27.09	1:06.84
62	159	Nuno Assis*	Open Men	7:28.56	1:08.31
63	224	Ricardo Salgueiro	Open Men	7:30.11	1:09.86
64	183	Adriano Fernandes	Open Men	7:31.10	1:10.85
65	201	Jacinto Trindade	Master Men	7:31.18	1:10.93
66	118	César Bernardo	Master Men	7:31.31	1:11.06
67	166	Celina Carpinteiro	Women	7:31.56	1:11.31
68	170	Tiago Alves	Master Men	7:32.36	1:12.11
69	200	Manelito Silva*	Open Men	7:33.45	1:13.20
70	116	Nuno Escarameia*	Open Men	7:33.64	1:13.39
71	181	Rui Domingos	Open Men	7:34.62	1:14.37
72	122	Miguel Rocha	Open Men	7:34.73	1:14.48
73	157	Leonardo Sousa	Seniors Men	7:36.17	1:15.92
74	219	Ricardo Gomes	Open Men	7:36.55	1:16.30
75	232	João Costa*	Open Men	7:36.91	1:16.66
76	231	Artur Gonçalves	Seniors Men	7:38.29	1:18.04
77	211	João Alberto*	Open Men	7:38.67	1:18.42
78	187	Nuno Gil	Open Men	7:40.07	1:19.82
79	199	Ruben Nabica*	Open Men	7:41.62	1:21.37
80	112	Joao Carvalho	Open Men	7:41.95	1:21.70
81	111	José Renga*	Open Men	7:42.69	1:22.44
82	221	Susana Alonso	Women	7:43.11	1:22.86
83	135	Carlos Madureira*	Seniors Men	7:43.88	1:23.63
84	129	Jorge Alves	Master Men	7:51.22	1:30.97
85	164	Ricardo Mafra*	Open Men	7:51.49	1:31.24
86	143	Filipe Pires	Open Men	7:51.57	1:31.32
87	137	André Cândido	Open Men	7:52.02	1:31.77
88	110	Emídio Mata*	Master Men	7:52.54	1:32.29
89	162	Paulo Roque*	Master Men	7:54.20	1:33.95
90	214	Jorge Castela	Open Men	7:54.85	1:34.60
91	228	José Andrade*	Open Men	7:55.11	1:34.86
92	193	Luis Basilio	Master Men	7:55.79	1:35.54
93	175	José Carvalho	Seniors Men	7:56.90	1:36.65
94	203	António Magrinho	Open Men	7:57.82	1:37.57
95	172	Renato água	Open Men	7:58.48	1:38.23
96	198	Miguel Cardoso	Open Men	7:59.71	1:39.46
97	148	Ângelo Carrapiço*	Master Men	8:00.15	1:39.90
98	213	Rui Fortunato	Master Men	8:00.36	1:40.11
99	216	Carlos Abelha	Master Men	8:03.02	1:42.77
100	142	Nuno Marques	Master Men	8:03.39	1:43.14
101	107	Rui Silva*	Master Men	8:07.50	1:47.25
102	139	Firmino Paulo*	Master Men	8:09.12	1:48.87
103	131	Bruno Francisco	Open Men	8:10.94	1:50.69
104	141	Gonçalo Gonçalves	Master Men	8:11.88	1:51.63
105	177	Luís Ramos*	Open Men	8:12.91	1:52.66





Clas	Dor.	Apelido e Nome	Categoria	Tempo	Diferença
106	102	Joao Feiteira*	Master Men	8:22.65	2:02.40
107	117	Guilherme Ribeiro*	Open Men	8:24.41	2:04.16
108	124	Filipa Gonçalves*	Women	8:28.55	2:08.30
109	202	João Edral	Open Men	8:33.31	2:13.06
110	169	Pedro Catarino	Open Men	8:33.53	2:13.28
111	195	Vitor Taia	Open Men	8:38.94	2:18.69
112	209	Carlos Cardona	Master Men	8:42.42	2:22.17
113	196	Antonio Serrano	Master Men	8:48.17	2:27.92
114	145	Mario Rui	Open Men	8:49.01	2:28.76
115	171	Noel Rolão	Master Men	9:14.87	2:54.62
116	154	Ana Vintém*	Women	9:44.82	3:24.57
117	204	Liliana Aguiar	Women	10:09.74	3:49.49

Ausentes

100	Marco Castelo*	Master Men
108	Sérgio Bural	Open Men
109	Alexandre Casinhas	Open Men
121	Dionisio Lopes	Open Men
123	Luís Carvalhinho*	Open Men
125	Tiago Falcão	Open Men
138	Fábio Belo*	Open Men
140	José Castanheira	Open Men
150	Bruno Rocha	Open Men
151	António Almeida	Seniors Men
152	Sérgio Alves	Master Men
153	Luís Rosado	Master Men
188	Miguel Bandeiras*	Open Men
197	Pedro Leon	Open Men
212	Antonio Magrinho*	Seniors Men
218	João Ferreira*	Open Men
223	Rui Pires	Open Men
234	Jorge Batista	Open Men

Categoria : Open Men

1	220	Pedro Romero	Open Men	6:20.25	
2	192	Tiago Lavelas*	Open Men	6:21.14	0.89
3	115	Rui Carvalho*	Open Men	6:23.69	3.44
4	127	Diogo Almeida	Open Men	6:24.59	4.34
5	210	Carlos Rocha	Open Men	6:25.59	5.34
6	165	Bruno Anselmo	Open Men	6:27.83	7.58
7	178	Pedro Lação*	Open Men	6:28.14	7.89
8	133	Rodrigo Gomes	Open Men	6:29.38	9.13
9	163	David Vaz	Open Men	6:37.31	17.06
10	194	Pedro Correia*	Open Men	6:38.02	17.77
11	233	Rui Matias*	Open Men	6:38.53	18.28
12	101	Hernâni Broco	Open Men	6:41.55	21.30
13	161	João Ribeiro	Open Men	6:44.24	23.99
14	128	Manuel Rodrigues	Open Men	6:45.24	24.99
15	167	Valério Ferreira	Open Men	6:47.77	27.52
16	160	Jose Presado*	Open Men	6:54.71	34.46



Clas	Dor.	Apelido e Nome	Categoria	Tempo	Diferença
17	130	Ruben Pereira	Open Men	6:56.35	36.10
18	207	Hugo Ceia*	Open Men	6:56.38	36.13
19	229	Edgar Cordeiro*	Open Men	6:57.31	37.06
20	225	José Ramos*	Open Men	6:58.70	38.45
21	147	Pedro Villalón	Open Men	6:58.89	38.64
22	155	José Bancaleiro*	Open Men	6:59.90	39.65
23	106	Bruno Janeiro*	Open Men	7:00.18	39.93
24	146	Antonio Fernandes	Open Men	7:02.22	41.97
25	103	Rui Pires	Open Men	7:03.39	43.14
26	208	António Velez*	Open Men	7:04.07	43.82
27	104	Luis Miranda*	Open Men	7:04.50	44.25
28	215	Joao Correia	Open Men	7:05.35	45.10
29	186	Simão Costa	Open Men	7:07.30	47.05
30	217	Jose Dominguez	Open Men	7:08.30	48.05
31	179	Rodrigo Rodrigo*	Open Men	7:08.98	48.73
32	132	João Fernandes*	Open Men	7:09.35	49.10
33	126	Ricardo Marques	Open Men	7:11.09	50.84
34	190	Duarte Alegria*	Open Men	7:11.36	51.11
35	206	Jorge Ribeiro	Open Men	7:13.54	53.29
36	168	Pedro Patrício*	Open Men	7:14.74	54.49
37	136	Samuel Retamar	Open Men	7:16.79	56.54
38	205	Filipe Fernandes*	Open Men	7:17.48	57.23
39	149	Kikas Sousa	Open Men	7:17.73	57.48
40	184	Ricardo Saraiva	Open Men	7:17.95	57.70
41	185	Bruno Rosa	Open Men	7:19.62	59.37
42	144	Fernando Lopes	Open Men	7:22.35	1:02.10
43	159	Nuno Assis*	Open Men	7:28.56	1:08.31
44	224	Ricardo Salgueiro	Open Men	7:30.11	1:09.86
45	183	Adriano Fernandes	Open Men	7:31.10	1:10.85
46	200	Manelito Silva*	Open Men	7:33.45	1:13.20
47	116	Nuno Escarameia*	Open Men	7:33.64	1:13.39
48	181	Rui Domingos	Open Men	7:34.62	1:14.37
49	122	Miguel Rocha	Open Men	7:34.73	1:14.48
50	219	Ricardo Gomes	Open Men	7:36.55	1:16.30
51	232	João Costa*	Open Men	7:36.91	1:16.66
52	211	João Alberto*	Open Men	7:38.67	1:18.42
53	187	Nuno Gil	Open Men	7:40.07	1:19.82
54	199	Ruben Nabiça*	Open Men	7:41.62	1:21.37
55	112	Joao Carvalho	Open Men	7:41.95	1:21.70
56	111	José Renga*	Open Men	7:42.69	1:22.44
57	164	Ricardo Mafra*	Open Men	7:51.49	1:31.24
58	143	Filipe Pires	Open Men	7:51.57	1:31.32
59	137	André Cândido	Open Men	7:52.02	1:31.77
60	214	Jorge Castela	Open Men	7:54.85	1:34.60
61	228	José Andrade*	Open Men	7:55.11	1:34.86
62	203	António Magrinho	Open Men	7:57.82	1:37.57
63	172	Renato água	Open Men	7:58.48	1:38.23
64	198	Miguel Cardoso	Open Men	7:59.71	1:39.46
65	131	Bruno Francisco	Open Men	8:10.94	1:50.69
66	177	Luís Ramos*	Open Men	8:12.91	1:52.66
67	117	Guilherme Ribeiro*	Open Men	8:24.41	2:04.16
68	202	João Edral	Open Men	8:33.31	2:13.06
69	169	Pedro Catarino	Open Men	8:33.53	2:13.28



Clas	Dor.	Apelido e Nome	Categoria	Tempo	Diferença
70	195	Vitor Taia	Open Men	8:38.94	2:18.69
71	145	Mario Rui	Open Men	8:49.01	2:28.76

Ausentes

108	Sérgio Burgal	Open Men
109	Alexandre Casinhas	Open Men
121	Dionisio Lopes	Open Men
123	Luís Carvalhinho*	Open Men
125	Tiago Falcão	Open Men
138	Fábio Belo*	Open Men
140	José Castanheira	Open Men
150	Bruno Rocha	Open Men
188	Miguel Bandeiras*	Open Men
197	Pedro Leon	Open Men
218	João Ferreira*	Open Men
223	Rui Pires	Open Men
234	Jorge Batista	Open Men

Categoria : Master Men

1	156	Marco Meira*	Master Men	6:38.39	
2	114	Nuno Vicente*	Master Men	6:39.57	1.18
3	222	Alejandro Peña	Master Men	6:40.19	1.80
4	173	Claudio Lourenço	Master Men	6:51.11	12.72
5	134	Telmo Rodrigues	Master Men	6:51.84	13.45
6	113	Avelino Monteiro*	Master Men	7:00.93	22.54
7	174	Helder Palma*	Master Men	7:02.54	24.15
8	230	Vitor Graca	Master Men	7:02.64	24.25
9	191	Joaquim Caeiro	Master Men	7:04.03	25.64
10	226	Marco Almeida	Master Men	7:09.50	31.11
11	120	Pedro Quintas	Master Men	7:09.52	31.13
12	105	David Rasteiro*	Master Men	7:13.23	34.84
13	119	Fernando Brito	Master Men	7:16.38	37.99
14	189	Nelson Narciso*	Master Men	7:16.40	38.01
15	182	Rogério Penas	Master Men	7:17.59	39.20
16	158	Carlos Augusto	Master Men	7:19.15	40.76
17	227	Nelson Cordeiro	Master Men	7:23.39	45.00
18	180	Humberto Ratinho	Master Men	7:27.09	48.70
19	201	Jacinto Trindade	Master Men	7:31.18	52.79
20	118	César Bernardo	Master Men	7:31.31	52.92
21	170	Tiago Alves	Master Men	7:32.36	53.97
22	129	Jorge Alves	Master Men	7:51.22	1:12.83
23	110	Emídio Mata*	Master Men	7:52.54	1:14.15
24	162	Paulo Roque*	Master Men	7:54.20	1:15.81
25	193	Luis Basilio	Master Men	7:55.79	1:17.40
26	148	Ângelo Carrapiço*	Master Men	8:00.15	1:21.76
27	213	Rui Fortunato	Master Men	8:00.36	1:21.97
28	216	Carlos Abelha	Master Men	8:03.02	1:24.63
29	142	Nuno Marques	Master Men	8:03.39	1:25.00
30	107	Rui Silva*	Master Men	8:07.50	1:29.11
31	139	Firmino Paulo*	Master Men	8:09.12	1:30.73



Clas	Dor.	Apelido e Nome	Categoria	Tempo	Diferenca
32	141	Gonçalo Gonçalves	Master Men	8:11.88	1:33.49
33	102	Joao Feiteira*	Master Men	8:22.65	1:44.26
34	209	Carlos Cardona	Master Men	8:42.42	2:04.03
35	196	Antonio Serrano	Master Men	8:48.17	2:09.78
36	171	Noel Rolão	Master Men	9:14.87	2:36.48

Ausentes

100	Marco Castelo*	Master Men
152	Sérgio Alves	Master Men
153	Luís Rosado	Master Men

Categoria : Seniors Men

1	176	Arnaldo Monteiro	Seniors Men	7:21.70	
2	157	Leonardo Sousa	Seniors Men	7:36.17	14.47
3	231	Artur Gonçalves	Seniors Men	7:38.29	16.59
4	135	Carlos Madureira*	Seniors Men	7:43.88	22.18
5	175	José Carvalho	Seniors Men	7:56.90	35.20

Ausentes

151	António Almeida	Seniors Men
212	Antonio Magrinho*	Seniors Men

Categoria : Women

1	166	Celina Carpinteiro	Women	7:31.56	
2	221	Susana Alonso	Women	7:43.11	11.55
3	124	Filipa Gonçalves*	Women	8:28.55	56.99
4	154	Ana Vintém*	Women	9:44.82	2:13.26
5	204	Liliana Aguiar	Women	10:09.74	2:38.18