RANKING DE PORTUGAL - 2015 / 2016 a partir de 31-10-15

MASCULINOS

ACTUALIZADO : 31/10/2016

Marca Minima para entrar no Ranking 2.40.00

MARATONA

NOME	ANO	CLUBE	MARCA	LOCAL	DATA	RECORD PESSOAL MARCA	RECORD PESSOAL ANO	OBSERVAÇÕES	ÉPOCA 2014 / 2015	ÉPOCA 2013 / 2014	ÉPOCA 2012 / 2013	ÉPOCA 2011 / 2012	ÉPOCA 2010 / 2011	ÉPOCA 2009 / 2010	ÉPOCA 2008 / 2009	ÉPOCA 2007 / 2008	ÉPOCA 2006 / 2007	ÉPOCA 2005 / 2006
RICARDO RIBAS	77	SLB	2.13.21	DUSSELDORF (GER)	24/04/16	2.14.14	2012			2.14.37	2.15.43	2.14.14	2.28.35			2.15.38		
JOSÉ MOREIRA	80	SCP	2.15.09	VALÊNCIA (ESP)	15/11/15	2.13.37	2010		2.17.46	2.16.19		2.25.22	2.16.44	2.13.37	2.14.05			
HERMANO FERREIRA	82	SCP	2.15.48	VIENA (AUT)	10/04/16	2.13.28	2010		2.15.53		2.14.53	2.13.28		2.13.28				
PEDRO RIBEIRO	81	SCP	2.20.46	HAMBURGO (GER)	17/04/16													
NÉLSON CRUZ	77	CPPEA	2.21.28	PRAGA (CZE)	08/05/16	2.17.39	2006		2.29.19			2.19.47			2.27.16			
BRUNO PAIXÃO	84	BAC	2.21.38	BADAJOZ (ESP)	13/03/16				2.29.03		2.26.48							
PAULO GOMES	73	CUAB	2.23.13	PORTO	08/11/15	2.12.51	2007			2.21.16			2.15.09			2.18.15		
AUGUSTO COSTA	69	AMONT	2.23.46	HAMBURGO (GER)	17/04/16				2.28.01	2.36.51			2.29.52	2.35.59				
RUI MUGA	84	CAMOG	2.25.03	VALÊNCIA (ESP)	15/11/15					2.29.41								
LUÍS PEREIRA	81	CAT-P	2.26.41	ROTERDÃO (HOL)	10/04/16													
TIAGO A. SILVA	86	ADRAP	2.28.58	MACAU	06/12/15	2.19.31	2014		2.20.19	2.19.31								
MIHAIL LALEV	82	SCB	2.29.13	BADAJOZ (ESP)	13/03/16					2.29.22	2.31.52							
MIGUEL QUARESMA	83	IFC	2.29.18	MACAU	06/12/15	2.23.53	2015		2.23.53									
GIL FERREIRA	71	ADERCUS	2.30.41	BADAJOZ (ESP)	13/03/16					2.28.40	2.29.33	2.28.18	2.25.05	2.26.14	2.26.06			
RUI PEDRO SILVA	81	SLB	2.30.52	RIO JANEIRO (BRA)	21/08/16	2.12.15	2012		2.13.54	2.13.11		2.12.15						
JORGE DA CRUZ	65	MAFRA	2.31.43	ROTERDÃO (HOL)	10/04/16				2.32.35	2.33.46								
NUNO ROMÃO	73	GFDR	2.31.56	VALÊNCIA (ESP)	15/11/15	2.31.42	2015		2.31.42	2.36.07	2.32.38			2.36.21	2.36.32	2.35.03	2.32.11	
BRUNO FRANCISCO		JSA	2.32.09	BERLIM (GER)	25/09/16													
RICARDO ESPADA	84	SCB	2.32.46	SEVILHA (ESP)	21/02/16				2.30.18									
BRUNO FERREIRA	85	ACDSJ	2.33.12	BERLIM (GER)	25/09/16													
ANTÓNIO MOREIRA	87	ADERC	2.33.51	CORUNHA (ESP)	17/04/16				2.31.40									
PAULO J. PEREIRA	76	GDCG	2.34.47	BADAJOZ (ESP)	13/03/16				2.33.41	2.31.32	2.35.20	2.33.13	2.34.41					
NUNO CARPINTEIRO	82	KAIN	2.35.08	BADAJOZ (ESP)	13/03/16					2.31.47								
VASCO BATISTA		EAROS	2.35.23	BARCELONA (ESP)	13/03/16				2.38.18									
PAULO MACEDO	93	ADRAP	2.35.26	FUNCHAL	31/01/16													
JOSÉ ALBERTO CARVALHO	77	CAMOG	2.36.02	PORTO	08/11/15													
TIAGO COSTA	88	SLB	2.36.40	HAMBURGO (GER)	17/04/16													
JORGE AIRES	74	EABARR	2.36.53	BADAJOZ (ESP)	13/03/16				2.36.58	2.34.26	2.38.28	2.36.45	2.33.31					
ANTÓNIO SOUSA	70		2.37.11	MILÃO (ITA)	03/04/16	2.13.00	2002				2.29.20	2.24.48	2.22.21		2.18.03	2.17.05		2.29.47
CARLOS LOPES		CAMOG	2.37.20	PORTO	08/11/15				2.39.45									
JOAQUIM LOPES	63	PTRUN	2.39.04	LONDRES (GBR)	24/04/16													
LUÍS SEMEDO		ACP	2.39.21	BADAJOZ (ESP)	13/03/16													
JOÃO GINJA		NAZAB	2.40.00	PORTO	08/11/15					2.39.55	2.38.09	2.36.08						

ÉPOCA - 2014 / 2015

									ÉPOCA 2014 / 2015	ÉPOCA 2013 / 2014	ÉPOCA 2012 / 2013	ÉPOCA 2011 / 2012	ÉPOCA 2010 / 2011	ÉPOCA 2009 / 2010	ÉPOCA 2008 / 2009	ÉPOCA 2007 / 2008	ÉPOCA 2006 / 2007	ÉPOCA 2005 / 2006
RUI PEDRO SILVA	81	SLB	2.13.54	PORTO	02/11/14	2.12.15	2012		2.13.54	2.13.11		2.12.15						
HERMANO FERREIRA	82	SCP	2.15.53	LONDRES (GBR)	26/04/15	2.13.28	2010		2.15.53		2.14.53	2.13.28		2.13.28				
JOSÉ MOREIRA	80	SLB	2.17.46	PRAGA (CZE)	03/05/15	2.13.37	2010		2.17.46	2.16.19		2.25.22	2.16.44	2.13.37	2.14.05			
TIAGO A. SILVA	86	ADRAP	2.20.19	HAMBURGO (GER)	26/04/15	2.19.31	2014		2.20.19	2.19.31								
JORGE VARELA	80	CASJ	2.22.01	LISBOA	18/10/15				2.22.01									
CARLOS COSTA	86	CDSSC	2.23.41	PORTO	02/11/14				2.23.41									
MIGUEL QUARESMA	83	IFC	2.23.53	PARIS (FRA)	12/04/15				2.23.53									
CARLOS FREITAS	84	RCT	2.24.02	HAMBURGO (GER)	26/04/15				2.24.02		2.31.03							
BRUNO FRAGA	77	GDRR	2.24.21	BADAJOZ (ESP)	22/03/15				2.24.21	2.23.58	2.23.03							
LUIS FEITEIRA	73	SCP	2.25.23	SÃO PAULO (BRA)	17/05/15	2.11.57	2009		2.25.23	2.32.39	2.17.25	2.13.12		2.13.07	2.11.57			
HEITOR OLIVEIRA	82	CYCL	2.25.25	PORTO	02/11/14				2.25.25									
CARLOS MIGUEL DA SILVA	83	GDRR	2.27.10	LISBOA	18/10/15				2.27.10	2.24.29								
VITOR BARBOSA	69	GDRRET	2.27.20	PORTO	02/11/14				2.27.20									
AUGUSTO COSTA	69	AMONT	2.28.01	SEVILHA (ESP)	22/02/15				2.28.01	2.36.51			2.29.52	2.35.59				
JORGE RAFAEL OLIVEIRA	80	IND	2.28.48	BERLIM (GER)	27/09/15				2.28.48	2.31.57								
BRUNO PAIXÃO	84	CUAB	2.29.03	BADAJOZ (ESP)	22/03/15				2.29.03		2.26.48							
NÉLSON CRUZ	77	CPPEA	2.29.19	NOVA IORQUE (USA)	02/11/14	2.17.39	2006		2.29.19			2.19.47			2.27.16			
RICARDO ESPADA		VILAB	2.30.18	AMESTERDÃO (NED)	18/10/15				2.30.18									
PAULO SOARES	75	CDASJ	2.30.42	LISBOA	18/10/15				2.30.42			2.39.37	2.34.57					
TELMO SILVA	78	ATIBA	2.31.35	PORTO	02/11/14				2.31.35	2.28.44	2.35.13	2.25.06	2.24.35	2.24.29				
ANTÓNIO MOREIRA	87	ADERC	2.31.40	BADAJOZ (ESP)	22/03/15				2.31.40									

NUNO ROMÃO	73	GDRR	**2.31.42**	BADAJOZ (ESP)	22/03/15	2.32.11	2007		**2.31.42**	**2.36.07**	**2.32.38**			**2.36.21**	**2.36.32**	**2.35.03**	**2.32.11**		
JOSÉ PIRES	87	DVV	**2.32.25**	PORTO	02/11/14				**2.32.25**										
JORGE CRUZ	65	ROLY	**2.32.35**	HAMBURGO (GER)	26/04/15				**2.32.35**	**2.33.46**									
JOSÉ GASPAR	77		**2.32.42**	NOVA IORQUE (USA)	02/11/14				**2.32.42**										
EUSÉBIO ROSA	68	IFC	**2.33.01**	LYON (FRA)	16/08/15	2.21.44	2004		**2.33.01**	**2.36.42**	**2.31.40**	**2.25.22**		**2.24.14**		**2.29.21**			
PAULO J. PEREIRA	76	EABARR	**2.33.41**	BADAJOZ (ESP)	22/03/15				**2.33.41**	**2.31.32**	**2.35.20**	**2.33.13**	**2.34.41**						
ARMANDO MONTEIRO	74	UAP	**2.34.31**	SEVILHA (ESP)	22/02/15				**2.34.31**	**2.32.40**									
EZEQUIEL LOBO	74	BVM	**2.34.33**	SEVILHA (ESP)	22/02/15				**2.34.33**										
FLÁVIO FERNANDES	79	CASJ	**2.35.04**	LISBOA	18/10/15				**2.35.04**										
MÁRIO CARREIRA		PTRUN	**2.35.12**	BERLIM (GER)	27/09/15				**2.35.12**	**2.36.08**									
MIGUEL GONÇALVES		ADRAP	**2.35.19**	SEVILHA (ESP)	22/02/15				**2.35.19**										
PEDRO MAIA		GDRR	**2.35.24**	BADAJOZ (ESP)	22/03/15				**2.35.24**	**2.36.24**		**2.39.11**			**2.39.39**				
VITOR CORDEIRO	64	ACP	**2.35.27**	BADAJOZ (ESP)	22/03/15	2.16.06	2003		**2.35.27**							**2.29.05**	**2.27.08**	**2.27.28**	
MÁRIO CASSACA	72	GDRR	**2.35.41**	BADAJOZ (ESP)	22/03/15				**2.35.41**	**2.37.30**									
JOÃO SÁ		CAFUN	**2.35.42**	PORTO	02/11/14				**2.35.42**										
BALTAZAR SOUSA	69	BFC	**2.36.01**	PORTO	02/11/14	2.24.45	2006		**2.36.01**	**2.38.28**	**2.36.50**	**2.36.21**	**2.31.49**	**2.32.50**	**2.27.29**	**2.31.01**		**2.24.45**	
CARLOS FERREIRA			**2.36.15**	LONDRES (GBR)	26/04/15				**2.36.15**										
ANDRÉ CASTRO		ADCPN	**2.36.54**	FRANKFURT (GER)	25/10/15				**2.36.54**										
JORGE AIRES	74	EABARR	**2.36.58**	BADAJOZ (ESP)	22/03/15				**2.36.58**	**2.34.26**	**2.38.28**	**2.36.45**	**2.33.31**						
ULISSES LOPES	64	CPTBC	**2.37.16**	PORTO	02/11/14				**2.37.16**	**2.34.23**									
VASCO BATISTA		EAROS	**2.38.18**	PORTO	02/11/14				**2.38.18**										
CARLOS CARDOSO			**2.38.22**	NOVA IORQUE (USA)	02/11/14				**2.38.22**										
ADELINO FERNANDES		CYCL	**2.38.32**	PORTO	02/11/14				**2.38.32**										
GABRIEL MACCHI		GCAD	**2.38.35**	BERLIM (GER)	27/09/15				**2.38.35**							**2.37.11**			
MÁRIO OLIVEIRA		IND	**2.38.37**	PORTO	02/11/14				**2.38.37**										
JOÃO PAULO FERREIRA	76	GARMIN	**2.38.50**	PORTO	02/11/14				**2.38.50**	**2.36.45**		**2.38.00**	**2.36.32**						
MARCO MELLO	70	ATIBA	**2.39.15**	PORTO	02/11/14				**2.39.15**	**2.34.31**		**2.37.45**							
PAULO PAIVA		GDCCP	**2.39.16**	PORTO	02/11/14				**2.39.16**										
AMÉRICO CALDEIRA			**2.39.22**	LISBOA	18/10/15				**2.39.22**										
MARCO BERNARDO	80	NAVR	**2.39.36**	PORTO	02/11/14				**2.39.36**										
FILIPE COUTINHO		IND	**2.39.39**	PORTO	02/11/14				**2.39.39**										
CARLOS LOPES		IND	**2.39.45**	PORTO	02/11/14				**2.39.45**										
LUIS GIL		GAIA TRAIL	**2.39.52**	PORTO	02/11/14				**2.39.52**			**2.38.42**							

			ÉPOCA - 2013 / 2014						**ÉPOCA 2013 / 2014**	**ÉPOCA 2012 / 2013**	**ÉPOCA 2011 / 2012**	**ÉPOCA 2010 / 2011**	**ÉPOCA 2009 / 2010**	**ÉPOCA 2008 / 2009**	**ÉPOCA 2007 / 2008**	**ÉPOCA 2006 / 2007**	**ÉPOCA 2005 / 2006**
RUI PEDRO SILVA	81	SLB	**2.13.11**	PORTO	03/11/13	2.12.15	2012		**2.13.11**		**2.12.15**						
RICARDO RIBAS	77	SLB	**2.14.37**	HAMBURGO (GER)	04/05/14	2.14.14	2012		**2.14.37**	**2.15.43**	**2.14.14**	**2.28.35**			**2.15.38**		
JOSÉ MOREIRA	80	SLB	**2.16.19**	PORTO	03/11/13	2.13.37	2010		**2.16.19**		**2.25.22**	**2.16.44**	**2.13.37**	**2.14.05**			
TIAGO A. SILVA	86	ADRAP	**2.19.31**	BERLIM (GER)	28/09/14				**2.19.31**								
PAULO GOMES	73	CUAB	**2.21.16**	PORTO	03/11/13	2.12.51	2007		**2.21.16**			**2.15.09**			**2.18.15**		
BRUNO FRAGA	77	GDRR	**2.23.58**	BADAJOZ (ESP)	23/03/14				**2.23.58**	**2.23.03**							
DANIEL PEIXOTO	82	CCSJM	**2.24.17**	CORUNHA (ESP)	27/04/14	2.23.18	2011		**2.24.17**	**2.27.13**	**2.23.18**						
CARLOS MIGUEL DA SILVA	83	GDRR	**2.24.29**	LISBOA	05/10/14				**2.24.29**								
LUIS SILVA	75	ADERCUS	**2.24.35**	BADAJOZ (ESP)	23/03/14	2.19.58	2008		**2.24.35**	**2.37.45**	**2.22.58**	**2.24.53**	**2.24.24**	**2.19.58**			
ALBERTO CHAÍÇA	73	IFC	**2.26.23**	SEVILHA (ESP)	23/02/14	2.09.24	2003		**2.26.23**	**2.22.10**	**2.15.22**				**2.14.49**		
DUARTE MARQUES	83	AALP	**2.28.27**	SEVILHA (ESP)	23/02/14				**2.28.27**								
GIL FERREIRA	71	ADERCUS	**2.28.40**	BADAJOZ (ESP)	23/03/14				**2.28.40**	**2.29.33**	**2.28.18**	**2.25.05**	**2.26.14**	**2.26.06**			
TELMO SILVA	78	ATIBA	**2.28.44**	PARIS (FRA)	06/04/14				**2.28.44**	**2.35.13**	**2.25.06**	**2.24.35**	**2.24.29**				
MIHAIL LALEV (BUL)	82	GDAC	**2.29.22**	BADAJOZ (ESP)	23/03/14				**2.29.22**	**2.31.52**							
RUI MUGA	84	GCB	**2.29.41**	BILBAO (ESP)	18/10/14				**2.29.41**								
PEDRO GOMES		BPICO	**2.29.52**	LISBOA	05/10/14				**2.29.52**	**2.32.48**							
PAULO J. PEREIRA	76	NAC	**2.31.32**	PORTO	03/11/13			**KAIN**	**2.31.32**	**2.35.20**	**2.33.13**	**2.34.41**					
NUNO CARPINTEIRO	82	KAIN	**2.31.47**	SEVILHA (ESP)	23/02/14				**2.31.47**								
JORGE RAFAEL OLIVEIRA	70	JUF	**2.31.57**	BERLIM (GER)	28/09/14				**2.31.57**								
CARLOS MENDES	68	MUNDO	**2.32.36**	SEVILHA (ESP)	23/02/14				**2.32.36**	**2.35.45**	**2.36.24**						
LUIS FEITEIRA	73	SCP	**2.32.39**	VALÊNCIA (ESP)	17/11/13	2.11.57	2009		**2.32.39**	**2.17.25**	**2.13.12**		**2.13.07**	**2.11.57**			
ARMANDO MONTEIRO	74	FSGCB	**2.32.40**	GENEVE (SUI)	03/05/14				**2.32.40**								
PAULO MARQUES	76	CPARM	**2.32.44**	VALÊNCIA (ESP)	17/11/13				**2.32.44**								
JORGE CRUZ	65	ROLY	**2.33.46**	FRANKFURT (GER)	26/10/14				**2.33.46**								
ULISSES LOPES	64	IND	**2.34.23**	PORTO	03/11/13				**2.34.23**								
IGOR TIMBALARI	74	CDCN	**2.34.25**	SEVILHA (ESP)	23/02/14				**2.34.25**						**2.27.31**		
PAULO PEREIRA		BARREIRA	**2.34.25**	BADAJOZ (ESP)	23/03/14				**2.34.25**								
JORGE AIRES	74	BARREIRA	**2.34.26**	BADAJOZ (ESP)	23/03/14				**2.34.26**	**2.38.28**	**2.36.45**	**2.33.31**					
MARCO MELLO	70		**2.34.31**	PARIS (FRA)	06/04/14				**2.34.31**		**2.37.45**						
MIGUEL ÂNGELO	71	BARREIRA	**2.34.54**	BADAJOZ (ESP)	23/03/14				**2.34.54**	**2.34.16**	**2.35.13**			**2.30.43**			
CUSTÓDIO ANTÓNIO	77	BARREIRA	**2.35.28**	BADAJOZ (ESP)	23/03/14				**2.35.28**	**2.30.11**	**2.35.56**	**2.39.55**	**2.30.48**				
CARLOS MARTINS		IND	**2.35.32**	PORTO	03/11/13				**2.35.32**								

NUNO ROMÃO	73	GDRR	**2.36.07**	MADRID (ESP)	27/04/14	2.32.11	2007	**2.36.07**	**2.32.38**			**2.36.21**	**2.36.32**	**2.35.03**	**2.32.11**		
MÁRIO CARREIRA		PTRUN	**2.36.08**	VALÊNCIA (ESP)	17/11/13			**2.36.08**									
FRANCISCO ROCHA	67	AAMAFRA	**2.36.15**	VALÊNCIA (ESP)	17/11/13			**2.36.15**									
PEDRO MAIA		AAMAFRA	**2.36.24**	BADAJOZ (ESP)	23/03/14			**2.36.24**		**2.39.11**			**2.39.39**				
EUSÉBIO ROSA	68	IFC	**2.36.42**	LISBOA	05/10/14	2.21.44	2004	**2.36.42**	**2.31.40**	**2.25.22**		**2.24.14**		**2.29.21**			
JOÃO PAULO FERREIRA	76	GARMIN	**2.36.45**	PORTO	03/11/13			**2.36.45**		**2.38.00**	**2.36.32**						
AUGUSTO COSTA	69	NAT	**2.36.51**	HAMBURGO (GER)	04/05/14			**2.36.51**			**2.29.52**	**2.35.59**					
MÁRIO CASSACA	72	ODIMARQ	**2.37.30**	PORTO	03/11/13			**2.37.30**									
EUGÉNIO NETO	62	GDRR	**2.38.14**	PORTO	03/11/13			**2.38.14**						**2.37.55**			
JOÃO INOCÊNCIO		AVSL	**2.38.19**	BADAJOZ (ESP)	23/03/14			**2.38.19**									
BALTAZAR SOUSA	69		**2.38.28**	SEVILHA (ESP)	23/02/14	2.24.45	2006	**2.38.28**	**2.36.50**	**2.36.21**	**2.31.49**	**2.32.50**	**2.27.29**	**2.31.01**		**2.24.45**
ORLANDO NEVES		IND	**2.39.04**	PORTO	03/11/13			**2.39.04**									
JOÃO GINJA		NAZAB	**2.39.55**	LISBOA	05/10/14			**2.39.55**	**2.38.09**	**2.36.08**							

ÉPOCA - 2012 / 2013

								ÉPOCA 2012 / 2013	ÉPOCA 2011 / 2012	ÉPOCA 2010 / 2011	ÉPOCA 2009 / 2010	ÉPOCA 2008 / 2009	ÉPOCA 2007 / 2008	ÉPOCA 2006 / 2007	ÉPOCA 2005 / 2006
RUI SILVA	77	SCP	**2.12.16**	BERLIM (GER)	29/09/13	2.12.16	2013	**2.12.16**							
HERMANO FERREIRA	82	GDRC	**2.14.53**	ROMA (ITA)	17/03/13	2.13.28	2010	**2.14.53**	**2.13.28**		**2.13.28**				
RICARDO RIBAS	77	SLB	**2.15.43**	HAMBURGO (GER)	21/04/13	2.14.14	2012	**2.15.43**	**2.14.14**	**2.28.35**			**2.15.38**		
LUIS FEITEIRA	73	IND	**2.17.25**	DUSSELDORF (GER)	28/04/13	2.11.57	2009	**2.17.25**	**2.13.12**		**2.13.07**	**2.11.57**			
ALBERTO CHAÍÇA	73	IND	**2.22.10**	SEVILHA (ESP)	24/02/13	2.09.24	2003	**2.22.10**	**2.15.22**				**2.14.49**		
BRUNO FRAGA	77	GDRR	**2.23.03**	LISBOA	09/12/12			**2.23.03**							
DANIEL PINHEIRO	83	MAC	**2.25.11**	PORTO	28/10/12	2.23.00	2012	**2.25.11**	**2.23.00**						
BRUNO PAIXÃO	84	ACP	**2.26.48**	BADAJOZ (ESP)	17/03/13			**2.26.48**							
DANIEL PEIXOTO	82	CCSJM	**2.27.13**	PORTO	28/10/12	2.23.18	2011	**2.27.13**	**2.23.18**						
AIRES SOUSA	71	FCPF	**2.28.07**	LISBOA	09/12/12			**2.28.07**				**2.32.25**			
ANTÓNIO SOUSA	70	GCOO	**2.29.20**	LISBOA	09/12/12	2.13.00	2002	**2.29.20**	**2.24.48**	**2.22.21**		**2.18.03**	**2.17.05**		**2.29.47**
GIL FERREIRA	71	ADERCUS	**2.29.33**	LISBOA	09/12/12			**2.29.33**	**2.28.18**	**2.25.05**	**2.26.14**	**2.26.06**			
CUSTÓDIO ANTÓNIO	77	CPARM	**2.30.11**	LISBOA	09/12/12			**2.30.11**	**2.35.56**	**2.39.55**	**2.30.48**				
CARLOS FREITAS	84	ADRAP	**2.31.03**	LISBOA	09/12/12			**2.31.03**							
EUSÉBIO ROSA	68	ODIMARQ	**2.31.40**	SEVILHA (ESP)	24/02/13	2.21.44	2004	**2.31.40**	**2.25.22**		**2.24.14**		**2.29.21**		
MIHAIL LALEV (BUL)	82	GDAC	**2.31.52**	CORUNHÃ (ESP)	21/04/13			**2.31.52**							
NUNO ROMÃO	73	GDRR	**2.32.38**	BADAJOZ (ESP)	17/03/13	2.32.11	2007	**2.32.38**			**2.36.21**	**2.36.32**	**2.35.03**	**2.32.11**	
HÉLDER FERREIRA	75	UFCIT	**2.32.45**	PORTO	28/10/12			**2.32.45**	**2.31.32**			**2.37.40**			
PEDRO GOMES		OALUM	**2.32.48**	BADAJOZ (ESP)	17/03/13			**2.32.48**							
MIGUEL ÂNGELO	71	ACV	**2.34.16**	BADAJOZ (ESP)	17/03/13			**2.34.16**	**2.35.13**			**2.30.43**			
LUIS MOTA	70	CAFZZ	**2.34.20**	SEVILHA (ESP)	24/02/13			**2.34.20**	**2.36.27**	**2.39.23**	**2.39.19**				
TELMO SILVA	78		**2.35.13**	BADAJOZ (ESP)	17/03/13			**2.35.13**	**2.25.06**	**2.24.35**	**2.24.29**				
PAULO J. PEREIRA	76	NAC	**2.35.20**	BADAJOZ (ESP)	17/03/13			**2.35.20**	**2.33.13**	**2.34.41**					
PEDRO MARQUES		CPARM	**2.35.21**	BADAJOZ (ESP)	17/03/13			**2.35.21**							
CARLOS MENDES		NAZAB	**2.35.45**	LISBOA	09/12/12			**2.35.45**	**2.36.24**						
JOSÉ HEITOR			**2.36.19**	BADAJOZ (ESP)	17/03/13			**2.36.19**							
BALTAZAR SOUSA	69	GCV	**2.36.50**	PORTO	28/10/12	2.24.45	2006	**2.36.50**	**2.36.21**	**2.31.49**	**2.32.50**	**2.27.29**	**2.31.01**		**2.24.45**
JOÃO INOCÊNCIO		AVSL	**2.37.25**	SEVILHA (ESP)	24/02/13										
LUIS MIGUEL MARQUES		ASICSP	**2.37.38**	PORTO	28/10/12			**2.37.38**							
LUIS SILVA	75	ADERCUS	**2.37.45**	MACAU	02/12/12	2.19.58	2008	**2.37.45**	**2.22.58**	**2.24.53**	**2.24.24**	**2.19.58**			
VIRGÍLIO GOMES		NAZAB	**2.37.57**	LISBOA	09/12/12			**2.37.57**							
JOÃO GINJA		NAZAB	**2.38.09**	BADAJOZ (ESP)	17/03/13			**2.38.09**	**2.36.08**						
MARTIM NUNES	76	GCAD	**2.38.18**	PORTO	28/10/12			**2.38.18**		**2.38.13**			**2.35.48**		
JORGE AIRES	74	BARREIRA	**2.38.28**	BADAJOZ (ESP)	17/03/13			**2.38.28**	**2.36.45**	**2.33.31**					
JORGE DA CRUZ	65	AAMAFRA	**2.38.37**	CASTELLON (ESP)	09/12/12			**2.38.37**							
PAULO MARTINS	75		**2.38.50**	PARIS (FRA)	07/04/13			**2.38.50**							
LUIS MAGALHÃES		JOBRA	**2.39.38**	PORTO	28/10/12			**2.39.38**			**2.33.44**				

ÉPOCA - 2011 / 2012

								ÉPOCA 2011 / 2012	ÉPOCA 2010 / 2011	ÉPOCA 2009 / 2010	ÉPOCA 2008 / 2009	ÉPOCA 2007 / 2008	ÉPOCA 2006 / 2007	ÉPOCA 2005 / 2006
RUI PEDRO SILVA	81	IND	**2.12.15**	VIENA (AUT)	15/04/12	2.12.15	2012	**2.12.15**						
LUIS FEITEIRA	73	IND	**2.13.12**	AMESTERDÃO (NED)	16/10/11	2.11.57	2009	**2.13.12**		**2.13.07**	**2.11.57**			
HERMANO FERREIRA	82	GDRC	**2.13.28**	TURIM (ITA)	13/11/11	2.13.28	2010	**2.13.28**		**2.13.28**				
RICARDO RIBAS	77	MCP	**2.14.14**	HAMBURGO (GER)	29/04/12	2.15.38	2008	**2.14.14**	**2.28.35**			**2.15.38**		
ALBERTO CHAÍÇA	73	SUC	**2.15.22**	AMESTERDÃO (NED)	16/10/11	2.09.24	2003	**2.15.22**				**2.14.49**		
FERNANDO SILVA	80	MCP	**2.17.04**	PRAGA (CZE)	13/05/12	2.12.09	2009	**2.17.04**			**2.12.09**			
NÉLSON CRUZ (CVD)	77	GDPS	**2.19.47**	AMESTERDÃO (NED)	15/04/12	2.17.39	2006	**2.19.47**			**2.27.16**			
VASCO AZEVEDO	74	SCL	**2.20.58**	DUSSELDORF (GER)	29/04/12	2.19.21	2008	**2.20.58**	**2.23.09**	**2.20.42**	**2.19.21**	**2.19.57**		
BRUNO SOARES	79	CPTBC	**2.22.36**	PORTO	06/11/11			**2.22.36**	**2.32.51**					
LUIS SILVA	75	ADERCUS	**2.22.58**	PORTO	06/11/11	2.19.58	2008	**2.22.58**	**2.24.53**	**2.24.24**	**2.19.58**			
DANIEL PINHEIRO	83	MAC	**2.23.00**	VIENA (AUT)	15/04/12			**2.23.00**						

DANIEL PEIXOTO	82	ADERCUS	**2.23.18**	PORTO	06/11/11				**2.23.18**							
JORGE PINTO	70	JUF	**2.23.38**	BADAJOZ (ESP)	18/03/12				**2.23.38**							
CARLOS SANTOS	73	SLB	**2.24.44**	DUSSELDORF (GER)	29/04/12				**2.24.44**	**2.26.01**						
ANTÓNIO SOUSA	70	GCOO	**2.24.48**	NOVA IORQUE (USA)	06/11/11	2.13.00	2002		**2.24.48**	**2.22.21**		**2.18.03**	**2.17.05**		**2.29.47**	
TELMO SILVA	78	AMATIBA	**2.25.06**	BADAJOZ (ESP)	18/03/12				**2.25.06**	**2.24.35**	**2.24.29**					
EUSÉBIO ROSA	68	ODIMARQ	**2.25.22**	BADAJOZ (ESP)	18/03/12	2.21.44	2004		**2.25.22**		**2.24.14**		**2.29.21**			
JOSÉ MOREIRA	80	CYCL	**2.25.22**	DUSSELDORF (GER)	29/04/12	2.13.37	2010		**2.25.22**	**2.16.44**	**2.13.37**	**2.14.05**				
GIL FERREIRA	71	ADERCUS	**2.28.18**	PORTO	06/11/11				**2.28.18**	**2.25.05**	**2.26.14**	**2.26.06**				
ÓSCAR MENDES	81	LFC - F	**2.29.54**	PORTO	06/11/11				**2.29.54**							
NUNO NOGUEIRA	87	CPM	**2.30.25**	LISBOA	04/12/11				**2.30.25**							
HÉLDER FERREIRA	75	UFCIT	**2.31.32**	LISBOA	04/12/11				**2.31.32**			**2.37.40**				
PAULO J. PEREIRA	76	NAC	**2.33.13**	PORTO	06/11/11				**2.33.13**	**2.34.41**						
JOSÉ BRAGA	62	OZENERG	**2.34.57**	PORTO	06/11/11				**2.34.57**			**2.39.13**				
NÉLSON LOUREIRO		IND	**2.35.05**	PORTO	06/11/11				**2.35.05**	**2.33.32**	**2.35.41**					
MIGUEL ÂNGELO	71	ACV	**2.35.13**	LISBOA	04/12/11				**2.35.13**			**2.30.43**				
CARLOS SAIAS	73	CDRR	**2.35.29**	MADRID (ESP)	22/04/12				**2.35.29**							
CUSTÓDIO ANTÓNIO	77	ASASMIL	**2.35.56**	BADAJOZ (ESP)	18/03/12				**2.35.56**	**2.39.55**	**2.30.48**					
JOÃO GINJA		NAZAB	**2.36.08**	BARCELONA (ESP)	25/03/12				**2.36.08**							
BALTAZAR SOUSA	69	GCV	**2.36.21**	PORTO	06/11/11	2.24.45	2006		**2.36.21**	**2.31.49**	**2.32.50**	**2.27.29**	**2.31.01**		**2.24.45**	
CARLOS MENDES		NAZAB	**2.36.24**	BARCELONA (ESP)	25/03/12				**2.36.24**							
LUIS MOTA	70	ADRAB	**2.36.27**	SEVILHA (ESP)	19/02/12				**2.36.27**	**2.39.23**	**2.39.19**					
FERNANDO ALVES	66	AAMAFRA	**2.36.41**	NICE - CANNES (FRA)	20/11/11				**2.36.41**							
JORGE AIRES	74	BARREIRA	**2.36.45**	BADAJOZ (ESP)	18/03/12				**2.36.45**	**2.33.31**						
PAULO PEREIRA		ADERCUS	**2.37.21**	BADAJOZ (ESP)	18/03/12				**2.37.21**							
MARCO MELLO		AMATIBA	**2.37.45**	BADAJOZ (ESP)	18/03/12				**2.37.45**							
JOÃO PAULO FERREIRA	76	GCOO	**2.38.00**	SEVILHA (ESP)	19/02/12				**2.38.00**	**2.36.32**						
FELISBERTO REIGADO	70	CDASJ	**2.38.04**	FARO	09/10/11				**2.38.04**	**2.39.16**						
LUIS GIL		EDP	**2.38.42**	PORTO	06/11/11				**2.38.42**							
JORGE CORREIA		BARREIRA	**2.38.58**	BADAJOZ (ESP)	18/03/12				**2.38.58**							
JOÃO TALHAS	64	ADS	**2.39.10**	PORTO	06/11/11				**2.39.10**							
MÁRIO BARBOSA			**2.39.10**	MILÃO (ITA)	15/04/12				**2.39.10**		**2.36.09**	**2.35.12**	**2.35.59**			
PEDRO MAIA		AAMAFRA	**2.39.11**	PORTO	06/11/11				**2.39.11**			**2.39.39**				
PAULO SOARES	75	CDASJ	**2.39.37**	FARO	09/10/11				**2.39.37**	**2.34.57**						
ANTÓNIO PEREIRA	81	ADERCUS	**2.39.38**	LISBOA	04/12/11				**2.39.38**							
JOÃO FAUSTINO			**2.39.38**	SEVILHA (ESP)	19/02/12				**2.39.38**							
DELFIM PIMENTEL		AMATIBA	**2.39.49**	BADAJOZ (ESP)	18/03/12				**2.39.49**							
ANTÓNIO O. FERNANDES	77	ADERCUS	**2.39.50**	PORTO	06/11/11				**2.39.50**							
ADELINO SILVA		CMGOND	**2.39.54**	PORTO	06/11/11				**2.39.54**							

ÉPOCA - 2010 / 2011

									ÉPOCA 2010 / 2011	ÉPOCA 2009 / 2010	ÉPOCA 2008 / 2009	ÉPOCA 2007 / 2008	ÉPOCA 2006 / 2007	ÉPOCA 2005 / 2006
PAULO GOMES	73	GDRC	**2.15.09**	PORTO	07/11/10	2.12.51	2007		**2.15.09**			**2.18.15**		
SÉRGIO SILVA	83	MAC	**2.16.21**	PRAGA (CZE)	08/05/11	2.16.21	2011		**2.16.21**					
JOSÉ MOREIRA	80	CYCL	**2.16.44**	VIENA (AUT)	17/04/11	2.13.37	2010		**2.16.44**	**2.13.37**	**2.14.05**			
ANTÓNIO SOUSA	70	GCOO	**2.22.21**	BOSTON (USA)	18/04/11	2.13.00	2002	VETERANO - 1	**2.22.21**		**2.18.03**	**2.17.05**		**2.29.47**
VASCO AZEVEDO	74	SCL	**2.23.09**	LISBOA	05/12/10	2.19.21	2008		**2.23.09**	**2.20.42**	**2.19.21**	**2.19.57**		
ANTÓNIO FERNANDES	67	ACRVC	**2.24.25**	PORTO	07/11/10			VETERANO - 1	**2.24.25**					
TELMO SILVA	78		**2.24.35**	SAN SEBASTIAN (ESP)	28/11/10				**2.24.35**	**2.24.29**				
LUIS SILVA	75	ADERCUS	**2.24.53**	PORTO	07/11/10	2.19.58	2008		**2.24.53**	**2.24.24**	**2.19.58**			
GIL FERREIRA	71	ADERCUS	**2.25.05**	BADAJOZ (ESP)	31/01/11				**2.25.05**	**2.26.14**	**2.26.06**			
CARLOS SANTOS	73	SLB	**2.26.01**	DUSSELDORF (GER)	08/05/11				**2.26.01**					
RICARDO RIBAS	77	MCP	**2.28.35**	VIENA (AUT)	17/04/11	2.15.38	2008		**2.28.35**			**2.15.38**		
LUIS ALMEIDA	72	ESTFC	**2.28.45**	BADAJOZ (ESP)	31/01/11				**2.28.45**					
AUGUSTO COSTA	69	NAT	**2.29.52**	PORTO	07/11/10				**2.29.52**	**2.35.59**				
BALTAZAR SOUSA	69	GCV	**2.31.49**	PARIS (FRA)	10/04/11	2.24.45	2006	VETERANO - 1	**2.31.49**	**2.32.50**	**2.27.29**	**2.31.01**		**2.24.45**
LUIS LIMA	71	NOSPORTZ	**2.32.39**	PORTO	07/11/10				**2.32.39**					
BRUNO SOARES	79	EDPPEN	**2.32.51**	PORTO	07/11/10				**2.32.51**					
JORGE AIRES	74	CPB	**2.33.31**	BADAJOZ (ESP)	31/01/11				**2.33.31**					
NÉLSON L. DA SILVA	80	IND	**2.33.32**	PORTO	07/11/10				**2.33.32**	**2.35.41**				
PAULO J. PEREIRA	76	NAC	**2.34.41**	PORTO	07/11/10				**2.34.41**					
JOSÉ JARMELA	64	UAG	**2.34.49**	BARCELONA (ESP)	06/03/11	2.31.29	2007		**2.34.49**	**2.32.46**	**2.32.08**	**2.31.29**	**2.33.23**	
PAULO SOARES	75	CRA	**2.34.57**	FARO	10/10/10				**2.34.57**					
NUNO NUNES	80	CNRM	**2.35.40**	LISBOA	05/12/10				**2.35.40**					
TIAGO AIRES			**2.36.00**	SEVILHA (ESP)	13/02/11				**2.36.00**					
PEDRO PESSOA	66	GDPS	**2.36.09**	FARO	10/10/10	2.28.28	2009		**2.36.09**	**2.28.28**	**2.30.08**	**2.31.39**		
HENRIQUE SANTOS		CUAB	**2.36.20**	PORTO	07/11/10				**2.36.20**					
JOÃO PAULO FERREIRA	76	UAG	**2.36.32**	BARCELONA (ESP)	06/03/11				**2.36.32**					
PAULO PINHEIRO	77	MCP	**2.37.01**	SEVILHA (ESP)	13/02/11				**2.37.01**	**2.35.17**	**2.29.59**			

MARTIM NUNES	76	ABC	**2.38.13**	FARO	10/10/10			**2.38.13**			**2.35.48**		
TELMO VELOSO		PTRUN	**2.38.21**	PORTO	07/11/10			**2.38.21**	**2.39.46**				
DAVID FERNANDES		CDRAR	**2.39.07**	PORTO	07/11/10			**2.39.07**		**2.37.28**			
FELISBERTO REIGADO	70	CDASJ	**2.39.16**	FARO	10/10/10			**2.39.16**					
LUIS MOTA	70	ADRAB	**2.39.23**	PORTO	07/11/10			**2.39.23**	**2.39.19**				
CUSTÓDIO ANTÓNIO	77	IND	**2.39.55**	PORTO	07/11/10			**2.39.55**	**2.30.48**				

ÉPOCA - 2009 / 2010

								ÉPOCA 2009 / 2010	ÉPOCA 2008 / 2009	ÉPOCA 2007 / 2008	ÉPOCA 2006 / 2007	ÉPOCA 2005 / 2006
LUIS FEITEIRA	73	MCP	**2.13.07**	FUKUOKA (JPN)	06/12/09	2.11.57	2009	**2.13.07**	**2.11.57**			
ALBERTO CHAIÇA	73	GDRC	**2.13.18**	PORTO	08/11/09	2.09.24	2003	**2.13.18**		**2.14.49**		
HERMANO FERREIRA	82	MCP	**2.13.28**	VIENA (AUT)	18/04/10	2.13.28	2010	**2.13.28**				
JOSÉ MOREIRA	80	CYCL	**2.13.37**	SEVILHA (ESP)	14/02/10	2.14.05	2009	**2.13.37**	**2.14.05**			
VASCO AZEVEDO	74	BFC	**2.20.42**	LISBOA	06/12/09	2.19.21	2008	**2.20.42**	**2.19.21**	**2.19.57**		
HÉLDER ORNELAS	74	GDRC	**2.22.44**	NOVA IORQUE (USA)	01/11/09	2.09.59	2005	**2.22.44**		**2.23.20**		
EUSÉBIO ROSA	68	SUC	**2.24.14**	SEVILHA (ESP)	14/02/10	2.21.44	2004	**2.24.14**		**2.29.21**		
LUIS SILVA	75	ADERCUS	**2.24.24**	SEVILHA (ESP)	14/02/10	2.19.58	2008	**2.24.24**	**2.19.58**			
TELMO SILVA	78	GDUCX	**2.24.29**	SEVILHA (ESP)	14/02/10			**2.24.29**				
GIL FERREIRA	71	ADERCUS	**2.26.14**	SEVILHA (ESP)	14/02/10			**2.26.14**	**2.26.06**			
ABILIO PEREIRA	74	NAJ	**2.27.41**	MACAU (MAC)	06/12/09			**2.27.41**	**2.25.11**			
PEDRO PESSOA	66	GDPS	**2.28.28**	PORTO	08/11/09	2.30.08	2009	**2.28.28**	**2.30.08**	**2.31.39**		
CUSTÓDIO ANTÓNIO	77	AGUNI	**2.30.48**	BADAJOZ (ESP)	31/01/10			**2.30.48**				
ALEXANDRINO AGUIAR	68	ESBLA	**2.31.01**	TOULOUSE (FRA)	25/10/09			**2.31.01**				
EURICO JOSÉ CANDEIAS		IND	**2.31.33**	PORTO	08/11/09			**2.31.33**	**2.34.06**			
JOÃO SERRALHEIRO	70	GDACB	**2.31.55**	TOULOUSE (FRA)	25/10/09			**2.31.55**	**2.30.13**			
JOSÉ JARMELA	64	UAG	**2.32.46**	PARIS (FRA)	11/04/10	2.31.29	2007	**2.32.46**	**2.32.08**	**2.31.29**	**2.33.23**	
BALTAZAR SOUSA	69	GCV	**2.32.50**	PORTO	08/11/09	2.24.45	2006	**2.32.50**	**2.27.29**	**2.31.01**		**2.24.45**
LUIS MAGALHÃES		JOBRA	**2.33.44**	PORTO	08/11/09			**2.33.44**				
ANTÓNIO ZEFERINO (CVD)		IND	**2.34.32**	PORTO	08/11/09			**2.34.32**	**2.34.17**	**2.37.13**		
PAULO PINHEIRO	77	MCP	**2.35.17**	SEVILHA (ESP)	14/02/10			**2.35.17**	**2.29.59**			
NÉLSON LOUREIRO		IND	**2.35.41**	PORTO	08/11/09			**2.35.41**				
AUGUSTO COSTA	69	NAT	**2.35.59**	PORTO	08/11/09			**2.35.59**				
MÁRIO BARBOSA		LFC - F	**2.36.09**	PORTO	08/11/09			**2.36.09**	**2.35.12**	**2.35.59**		
NUNO ROMÃO	73	IND	**2.36.21**	PARIS (FRA)	11/04/10	2.32.11	2007	**2.36.21**	**2.36.32**	**2.35.03**	**2.32.11**	
ANTÓNIO MEIRA		NAT	**2.36.22**	PORTO	08/11/09			**2.36.22**	**2.36.42**			
LUIS GOMES		ATBARR	**2.36.22**	BADAJOZ (ESP)	31/01/10			**2.36.22**	**2.39.58**			
RUI PACHECO			**2.36.50**	PARIS (FRA)	11/04/10			**2.36.50**				
FILIPE NUNES		ABCAN	**2.37.38**	LISBOA	06/12/09			**2.37.38**				
RUI AFONSO		AGUNI	**2.37.46**	BADAJOZ (ESP)	31/01/10			**2.37.46**		**2.38.05**		
JOSÉ LOURO		AGUNI	**2.37.54**	BADAJOZ (ESP)	31/01/10			**2.37.54**				
RUI BELO			**2.38.53**	BARCELONA (ESP)	07/03/10			**2.38.53**				
LUIS MOTA		AGBEL	**2.39.19**	SEVILHA (ESP)	14/02/10			**2.39.19**				
CARLOS GOMES		EDP LX	**2.39.31**	PORTO	08/11/09			**2.39.31**				
RUI COSTA		CAO	**2.39.40**	PORTO	08/11/09			**2.39.40**				
ANTÓNIO MAGALHÃES		COELIMA	**2.39.40**	PORTO	08/11/09			**2.39.40**				
TELMO VELOSO		PTRUN	**2.39.46**	PORTO	08/11/09			**2.39.46**				

ÉPOCA - 2008 / 2009

								ÉPOCA 2008 / 2009	ÉPOCA 2007 / 2008	ÉPOCA 2006 / 2007	ÉPOCA 2005 / 2006
LUIS FEITEIRA	73	GDRC	**2.11.57**	PRAGA (CZE)	10/05/09	2.11.57	2009	**2.11.57**			
FERNANDO SILVA	80	MCP	**2.12.09**	PRAGA (CZE)	10/05/09	2.12.09	2009	**2.12.09**			
JOSÉ MOREIRA	80	CYCL	**2.14.05**	BERLIM (GER)	22/08/09	2.14.05	2009	**2.14.05**			
ANTÓNIO SALVADOR	66	CYCL	**2.17.48**	PORTO	26/10/08	2.14.18	1997	**2.17.48**	**2.22.52**		
ANTÓNIO SOUSA	70	BPN	**2.18.03**	HAMBURGO (GER)	26/04/09	2.13.00	2002	**2.18.03**	**2.17.05**		**2.29.47**
VASCO AZEVEDO	74	BFC	**2.19.21**	MACAU	07/12/08	2.19.57	2007	**2.19.21**	**2.19.57**		
LUIS SILVA	75	ADERCUS	**2.19.58**	PORTO	26/10/08			**2.19.58**			
ABILIO PEREIRA	74	NAJ	**2.25.11**	LISBOA	10/05/09			**2.25.11**			
DELFIM CONCEIÇÃO	71	NAJ	**2.26.02**	SEVILHA (ESP)	22/02/09			**2.26.02**			
GIL FERREIRA	71	ADERCUS	**2.26.06**	LISBOA	10/05/09			**2.26.06**			
NÉLSON CRUZ (CVD)	77	GDUCX	**2.27.16**	BERLIM (GER)	22/08/09	2.17.39	2006	**2.27.16**			
BALTAZAR SOUSA	69	GCV	**2.27.29**	PORTO	26/10/08	2.24.45	2006	**2.27.29**	**2.31.01**		**2.24.45**
PAULO PINHEIRO	77	MCP	**2.29.59**	SEVILHA (ESP)	22/02/09			**2.29.59**			
PEDRO PESSOA	66	CRPS	**2.30.08**	LISBOA	10/05/09	2.31.39	2008	**2.30.08**	**2.31.39**		
JOÃO SERRALHEIRO	70	GDACB	**2.30.13**	BADAJOZ (ESP)	01/02/09			**2.30.13**			
MIGUEL ÂNGELO	71	2APOMBAL	**2.30.43**	PORTO	26/10/08			**2.30.43**			
JOSÉ JARMELA	64	UAG	**2.32.08**	LISBOA	07/12/08	2.31.29	2007	**2.32.08**	**2.31.29**	**2.33.23**	
AIRES SOUSA	71	FCPF	**2.32.25**	LISBOA	07/12/08			**2.32.25**			
EURICO JOSÉ RODRIGUES			**2.34.06**	SEVILHA (ESP)	22/02/09			**2.34.06**			
ANTÓNIO ZEFERINO (CVD)		IND	**2.34.17**	LISBOA	10/05/09			**2.34.17**	**2.37.13**		

ÁLVARO RODRIGUES	65	CBF	**2.34.18**	SEVILHA (ESP)	22/02/09			**2.34.18**		
ALBERTO MAGALHÃES	70	COELIMA	**2.34.41**	PORTO	26/10/08			**2.34.41**		
MÁRIO BARBOSA		LFC - F	**2.35.12**	LISBOA	10/05/09			**2.35.12**	**2.35.59**	
EDUARDO EUSTÁQUIO		AAMAFRA	**2.35.43**	SEVILHA (ESP)	22/02/09			**2.35.43**		
ABRAHAM KIMETO (TAN)		ROC	**2.36.12**	LISBOA	07/12/08			**2.36.12**		
JOSÉ O. SANTOS	60	AAPL	**2.36.25**	LISBOA	10/05/09			**2.36.25**		
NUNO ROMÃO	73	IND	**2.36.32**	PORTO	26/10/08	2.32.11	2007	**2.36.32**	**2.35.03**	**2.32.11**
ANTÓNIO MEIRA			**2.36.42**	LISBOA	10/05/09			**2.36.42**		
JOSÉ MADURO	72	MAC	**2.36.42**	CARPI (ITA)	11/10/09			**2.36.42**		
PEDRO COSTA		MDFONTE	**2.36.54**	PORTO	26/10/08			**2.36.54**		
DAVID FERNANDES		CDRAU	**2.37.28**	LISBOA	07/12/08			**2.37.28**		
MANUEL PACHECO	67		**2.37.37**	LISBOA	10/05/09			**2.37.37**		
HÉLDER FERREIRA		IND	**2.37.40**	LISBOA	07/12/08			**2.37.40**		
CASIMIRO GALHARDO	55	ARES	**2.39.18**	PORTO	26/10/08			**2.39.18**		
JOSÉ BRAGA		GDRJR	**2.39.13**	LISBOA	07/12/08			**2.39.13**		
LUIS C. SARAIVA			**2.39.36**	BADAJOZ (ESP)	01/02/09			**2.39.36**		
PEDRO MAIA		AAMAFRA	**2.39.39**	PORTO	26/10/08			**2.39.39**		
LUIS GOMES		ATBARR	**2.39.58**	BADAJOZ (ESP)	01/02/09			**2.39.58**		

ÉPOCA - 2007 / 2008

								ÉPOCA 2007 / 2008	ÉPOCA 2006 / 2007	ÉPOCA 2005 / 2006
ALBERTO CHAÍÇA	73	GDRC	**2.14.49**	FUKUOKA (JPN)	02/12/07	2.09.24	2003	**2.14.49**		
RICARDO RIBAS	77	MCP	**2.15.38**	HAMBURGO (GER)	27/04/08	2.15.38	2008	**2.15.38**		
ANTÓNIO SOUSA	70	BPN	**2.17.05**	HAMBURGO (GER)	27/04/08	2.13.00	2002	**2.17.05**		**2.29.47**
YOUSSEF EL KALAY (MAR)	81	FCP	**2.17.21**	ENSCHEDE (NED)	27/04/08	2.18.32	2007	**2.17.21**		
PAULO GOMES	73	GDRC	**2.18.15**	BEIJING (CHN)	24/08/08	2.12.51	2007	**2.18.15**		
VASCO AZEVEDO	74	BFC	**2.19.57**	LISBOA	02/12/07	2.19.57	2007	**2.19.57**		
JOÃO SERRALHEIRO	70	GDACB	**2.20.50**	LISBOA	02/12/07	2.20.29	2002	**2.20.50**		
ANTÓNIO SALVADOR	66	CYCL	**2.22.52**	PORTO	21/10/07	2.14.18	1997	**2.22.52**		
HÉLDER ORNELAS	74	MCP	**2.23.20**	BEIJING (CHN)	24/08/08	2.09.59	2005	**2.23.20**		
NÉLSON CRUZ (CVD)	77	GDUCX	**2.23.47**	BEIJING (CHN)	24/08/08	2.17.39	2006	**2.23.47**		
MANUEL FERRAZ	75	CBF	**2.23.50**	MACAU (MAC)	02/12/07	2.22.22	2006	**2.23.50**	**2.22.22**	
IGOR TIMBALARI (MLD)	74	CDASJ	**2.27.31**	SEVILHA (ESP)	24/02/08			**2.27.31**		
LUIS COELHO	73	GDUCX	**2.27.52**	LISBOA	02/12/07			**2.27.52**		
VITOR CORDEIRO	64	ACP	**2.29.05**	CIUDAD REAL (ESP)	28/10/07	2.16.06	2003	**2.29.05**	**2.27.08**	**2.27.28**
EUSÉBIO ROSA	68	SUC	**2.29.21**	BADAJOZ (ESP)	27/01/08	2.21.44	2004	**2.29.21**		
BALTAZAR SOUSA	69	AÇOREANA	**2.31.01**	PORTO	21/10/07	2.24.45	2006	**2.31.01**		**2.24.45**
RUI COIMBRA	80	GD3SP	**2.31.13**	LISBOA	12/04/08			**2.31.13**		
JOSÉ JARMELA	64	UAG	**2.31.29**	LISBOA	02/12/07	2.33.23	2007	**2.31.29**	**2.33.23**	
PEDRO PESSOA	66	GDRR	**2.31.39**	LISBOA	12/04/08	2.32.42	2007	**2.31.39**		
LUIS FEITEIRA	73	GDRC	**2.32.34**	VIENA (AUT)	27/04/08	2.13.37	2007	**2.32.34**		
ALEXANDRE CANAL	67	SUC	**2.32.36**	BADAJOZ (ESP)	27/01/08			**2.32.36**		
ÁLVARO RODRIGUES	65	CBF	**2.32.47**	LISBOA	02/12/07			**2.32.47**		
NUNO ROMÃO	73	OCL	**2.35.03**	PORTO	21/10/07	2.32.11	2007	**2.35.03**	**2.32.11**	
MARTIM NUNES		ABC	**2.35.48**	LISBOA	02/12/07			**2.35.48**		
MÁRIO BARBOSA		LFC - F	**2.35.59**	PORTO	21/10/07			**2.35.59**		
FÉLIX PAULOS		FIXES	**2.36.15**	LISBOA	02/12/07			**2.36.15**		
MANUEL GABOLEIRO		SUC	**2.36.55**	BADAJOZ (ESP)	27/01/08			**2.36.55**		
GABRIEL MACCHI		GCAD	**2.37.11**	LISBOA	02/12/07			**2.37.11**		
ANTÓNIO ZEFERINO (CVD)		IND	**2.37.13**	PORTO	21/10/07			**2.37.13**		
MANUEL SOUSA	72	BFC	**2.37.21**	LISBOA	02/12/07			**2.37.21**		
JOSÉ REIS		JAM	**2.37.22**	LISBOA	02/12/07			**2.37.22**		
ANTÓNIO PACHECO	67	ECA	**2.37.40**	ANNECY (FRA)	13/04/08			**2.37.40**	**2.40.45**	
EUGÉNIO NETO	62	GDRR	**2.37.55**	LISBOA	12/04/08			**2.37.55**		
HUGO FERREIRA		GDUCX	**2.38.02**	LISBOA	02/12/07			**2.38.02**		
RUI AFONSO		SUC	**2.38.05**	BADAJOZ (ESP)	27/01/08			**2.38.05**		
ADÃO SILVA		FCPF	**2.38.44**	PORTO	21/10/07			**2.38.44**		
PAULO SOUSA		CBF	**2.39.00**	SEVILHA (ESP)	24/02/08			**2.39.00**		
JORGE RODRIGUES		GCAD	**2.39.11**	LISBOA	02/12/07			**2.39.11**		

Para qualquer correcção, sugestão ou comentário a este Ranking é favor enviar para:
Eduardo Oliveira - Seixas do Douro
Email:eeduatletismo@gmail.com