



Class	Num	Nome	Sx	Idd	Pos Esc	T. Bruto	T. Líquido	Equipe	Adepto
1	1064	DUARTE LEITÃO	M	9	1	00:24:01.15	00:24:01.15		BELENENSES
2	1162	MARTA MORENO	F	27	1	00:24:07.10	00:24:07.10		SPORTINGUISTA
3	1063	MORAIS	F	50	2	00:24:13.23	00:24:13.23		SPORTINGUISTA
4	1062	MARINA MARTINS	F	43	3	00:24:24.47	00:24:24.47		SPORTINGUISTA
5	1061	MAGDA LEITAO	F	47	4	00:25:18.44	00:25:18.44		SPORTINGUISTA
6	1083	MARCELO FERREIRA	M	20	2	00:27:10.17	00:27:10.17		BENFIQUISTA
7	1164	ANTONIO COSTA	M	60	3	00:27:55.86	00:27:55.86	EPAL	SPORTINGUISTA
8	1111	LUCAS BARROSO	M	11	4	00:28:44.95	00:28:44.95	GD SANTANDER TOTTA	SPORTINGUISTA
9	1040	JOSE REIS	M	56	5	00:28:49.99	00:28:49.99		BENFIQUISTA
10	1030	MANUEL DUQUE ASCENÇÃO	M	10	6	00:29:38.69	00:29:38.69	FAMÍLIA DUQUE ASCENÇÃO	BENFIQUISTA
11	1080	CAROLINA MARQUES	F	16	5	00:29:42.99	00:29:42.99		SPORTINGUISTA
12	1126	PATRÍCIA CARDOSO	F	41	6	00:29:49.79	00:29:49.79		BENFIQUISTA
13	602	ESTRELA MARIZ	F	48	7	00:30:16.19	00:30:07.19	C MILLENNIUM BCP	BENFIQUISTA
14	1020	LUIS DOMINGOS	M	56	7	00:30:29.36	00:30:29.36		SPORTINGUISTA
15	1023	CARLOS CAMACHO	M	14	8	00:30:48.32	00:30:48.32	LEÕES DA QUINTA	BENFIQUISTA
16	1033	FERNANDO OLIVEIRA	M	42	9	00:30:57.16	00:30:57.16		BENFIQUISTA
17	1079	FRANCISCO MOEDAS	M	58	10	00:31:09.39	00:31:09.39	OS FILHOS DA NOITE	SPORTINGUISTA
18	1110	HUGO CARDOSO	M	33	11	00:31:25.80	00:31:25.80	GD SANTANDER TOTTA	BENFIQUISTA
19	1139	MADALENA LOPES CARVALHO	F	29	8	00:32:00.05	00:32:00.05		BENFIQUISTA
20	1009	JOANA DE SÁ	F	39	9	00:32:00.79	00:32:00.79		BELENENSES
21	1065	JOANA A.	F	38	10	00:32:03.32	00:32:03.32		SPORTINGUISTA
22	1124	ANGELA MATOS	F	13	11	00:32:08.77	00:32:08.77	C MILLENNIUM BCP	SPORTINGUISTA
23	1123	NUNO MATOS	M	39	12	00:32:08.79	00:32:08.79	C MILLENNIUM BCP	BENFIQUISTA
24	1140	GUILHERMINA LOPES	F	53	12	00:32:15.02	00:32:15.02		SPORTINGUISTA
25	1046	NUNO MIGUEL CARVALHO	M	16	13	00:32:34.09	00:32:34.09		SPORTINGUISTA
26	1165	MARTA PORTUGAL	F	34	13	00:32:37.88	00:32:37.88		SPORTINGUISTA
27	1132	ALICE CRUZ	F	65	14	00:33:59.38	00:33:59.38		SPORTINGUISTA
28	461	TÂNIA FERREIRA	F	29	15	00:34:02.10	00:34:02.10		SPORTINGUISTA
29	1163	NAZARE BARREIRO	F	48	16	00:34:02.65	00:34:02.65		SPORTINGUISTA
30	1114	ANTONIO SOUSA	M	71	14	00:34:13.84	00:34:13.84	C MILLENNIUM BCP	BENFIQUISTA
31	1029	JORGE ASCENÇÃO	M	43	15	00:34:15.41	00:34:15.41	FAMÍLIA DUQUE ASCENÇÃO	ADEPTO
32	1161	MARTA RODRIGUES	F	45	17	00:34:28.66	00:34:28.66		SPORTINGUISTA
33	1047	KARAMOKO COMARA	M	45	16	00:34:51.95	00:34:51.95		SPORTINGUISTA
34	1067	RITA MARTA	F	50	18	00:35:58.04	00:35:58.04		BENFIQUISTA



35	1084	FERNANDO FERREIRA	M	54	17	00:36:03.73	00:36:03.73		BENFIQUISTA
36	1025	MANUELA	F	57	19	00:36:13.40	00:36:13.40		BENFIQUISTA
37	1010	SANDRA DEUS	F	32	20	00:36:33.10	00:36:33.10	SEMPRE A CORRER	BENFIQUISTA
38	1103	MARGARIDA MORAIS	F	23	21	00:36:53.87	00:36:53.87		SPORTINGUISTA
39	1104	AIDAN KELLY	M	23	18	00:36:54.96	00:36:54.96		BENFIQUISTA
40	1021	ISABEL SILVA	F	61	22	00:36:58.26	00:36:58.26		BELENENSES
41	536	PEDRO DIAS	M	46	19	00:37:01.81	00:37:01.81	GD SANTANDER TOTTA	PORTISTA
42	1115	M ^a LISETE GOMES	M	77	20	00:38:02.77	00:38:02.77	C MILLENNIUM BCP	BENFIQUISTA
43	1122	MARIANA GOMES	F	13	23	00:38:05.00	00:38:05.00	C MILLENNIUM BCP	SPORTINGUISTA
44	1160	CÁTIA CABRAL	F	36	24	00:38:07.92	00:38:07.92	GD SANTANDER TOTTA	BENFIQUISTA
45	1028	MARGARIDA DUQUE ASCENCAO	F	43	25	00:38:10.71	00:38:10.71	FAMILIA DUQUE ASCENÇÃO	BENFIQUISTA
46	1031	RITA DUQUE ASCENÇÃO	F	14	26	00:38:11.06	00:38:11.06	FAMÍLIA DUQUE ASCENÇÃO	VIMARENENSE
47	1074	SARA MOREIRA	F	48	27	00:38:57.18	00:38:57.18	OS FILHOS DA NOITE	BENFIQUISTA
48	1131	CARLOS JESUS	M	50	21	00:39:17.07	00:39:17.07		SPORTINGUISTA
49	1032	MARIANA SOARES	F	66	28	00:39:39.06	00:39:39.06		SPORTINGUISTA
50	1099	FERNANDA	F	60	29	00:40:56.61	00:40:56.61	CALVÁRIAS	SPORTINGUISTA
51	1098	NITA	F	56	30	00:40:58.66	00:40:58.66	CALVARIAS	BENFIQUISTA
52	1022	PRECIOSA	F	60	31	00:41:17.45	00:41:17.45	LEÕES DA QUINTA	SPORTINGUISTA
53	1128	RUI NEVES	M	57	22	00:41:33.61	00:41:33.61		BENFIQUISTA
54	1125	CRISTINA ANDRADE	F	46	32	00:41:37.62	00:41:37.62	C MILLENNIUM BCP	SPORTINGUISTA
55	1129	LUISA NEVES	F	52	33	00:41:43.61	00:41:43.61		SPORTINGUISTA
56	1087	VITOR ALMEIDA	M	58	23	00:42:23.59	00:42:23.59		BENFIQUISTA
57	1068	MAURO SILVA	M	28	24	00:43:04.57	00:43:04.57	VELOZES E CANSADOS	BENFIQUISTA
58	1070	SONIA TEIXEIRA	F	39	34	00:43:05.07	00:43:05.07	VELOZES E CANSADOS	BENFIQUISTA
59	1071	LAURA SILVA	F	25	35	00:43:05.14	00:43:05.14	VELOZES E CANSADOS	SPORTINGUISTA
60	384	CRISTINA MAIA	F	57	36	00:43:31.52	00:43:31.52	RUN FOR LUNCH	PORTISTA
61	1145	BB	F	14	37	00:43:34.21	00:43:34.21	NPB	BENFIQUISTA
62	1144	PAULA RODRIGUES	F	37	38	00:43:34.24	00:43:34.24	NPB	SPORTINGUISTA
63	1112	JOAO ROCHA	M	66	25	00:43:35.79	00:43:35.79	GD SANTANDER TOTTA	BENFIQUISTA
64	1113	JOSE LOUÇAS	M	75	26	00:43:36.73	00:43:36.73	GD SANTANDER TOTTA	SPORTINGUISTA
65	1072	FILOMENA MARTINS	F	57	39	00:43:43.41	00:43:43.41	MÃES	SPORTINGUISTA
66	1073	ISABEL ALVES	F	61	40	00:43:44.75	00:43:44.75	MÃES	SPORTINGUISTA
67	1100	CARLOS GIRAO	M	51	27	00:43:48.74	00:43:48.74		SPORTINGUISTA
68	1101	ANAP	F	40	41	00:43:48.77	00:43:48.77		BENFIQUISTA
69	133	HELENA SANTOS	F	39	42	00:43:55.35	00:43:55.35	CARACOLETAS	BENFIQUISTA
70	134	TÂNIA GONÇALVES	F	29	43	00:43:55.59	00:43:55.59	CARACOLETAS	SPORTINGUISTA



71	132	ISABEL PIRES	F	48	44	00:43:57.73	00:43:57.73	AS CARACOLETAS	BENFIQUISTA
72	1058	FLOR	F	45	45	00:43:58.14	00:43:58.14	GUIZO RUNNERS	PORTISTA
73	1094	RAQUEL SANTOS	F	34	46	00:44:15.86	00:44:15.86	CAA BELEM	SPORTINGUISTA
74	1147	SANDRA MARQUES	F	27	47	00:44:16.28	00:44:16.28	CAA BELEM	SPORTINGUISTA
75	1135	ANA GAZUL	F	52	48	00:44:23.87	00:44:23.87	PETIT GYM CLUB	SPORTINGUISTA
76	1092	ANA AZEVEDO	F	46	49	00:44:26.31	00:44:26.31	CAA BELEM	PORTISTA
77	1091	PAULA CORDEIRO	F	49	50	00:44:26.49	00:44:26.49	CAA BELEM	SPORTINGUISTA
78	1093	RUTE AFONSO	F	39	51	00:44:31.58	00:44:31.58	CAA BELEM	BENFIQUISTA
79	1095	RENATO PEREIRA	M	27	28	00:44:33.75	00:44:33.75	CAA BELEM	PORTISTA
80	1137	VANIA OLIVEIRA	F	29	52	00:44:38.81	00:44:38.81		BENFIQUISTA
81	1041	ANA REIS	M	55	29	00:44:38.93	00:44:38.93		SPORTINGUISTA
82	1138	DEODATA SANTOS	F	57	53	00:44:41.79	00:44:41.79		SPORTINGUISTA
83	1088	ANA SILVANO	F	57	54	00:45:15.73	00:45:15.73		SPORTINGUISTA
84	1134	DIANA CRUZ	F	32	55	00:45:46.91	00:45:46.91	PETIT GYM CLUB	SPORTINGUISTA
85	1136	SANDRA GASPAR	F	37	56	00:45:48.59	00:45:48.59	PETIT GYM CLUB	SPORTINGUISTA
86	1133	PEDRO SOUSA	M	51	30	00:45:49.11	00:45:49.11	PETIT GYM CLUB	SPORTINGUISTA
87	1159	AMERICO MARQUES	M	52	31	00:45:49.71	00:45:49.71		PORTISTA
88	1082	ALEXANDRA SIMÕES	F	27	57	00:46:21.50	00:46:21.50		VIMARENENSE
89	1017	CARLA SOUSA	F	44	58	00:46:21.56	00:46:21.56		SPORTINGUISTA
90	1042	MILÚ EUSÉBIO	F	50	59	00:46:45.83	00:46:45.83	GUIZO RUNNERS	SPORTINGUISTA
91	1043	ISABEL BENTO	F	48	60	00:46:45.91	00:46:45.91	GUIZO RUNNERS	SPORTINGUISTA
92	1060	CELESTE BOAVENTURA	F	47	61	00:46:48.91	00:46:48.91		BENFIQUISTA
93	1121	Mª JOAO GOMES	F	49	62	00:46:53.94	00:46:53.94	C MILLENNIUM BCP	BENFIQUISTA
94	1013	JORGE FREITAS	M	53	32	00:47:34.97	00:47:34.97		BENFIQUISTA
95	1105	J.ROCHA	M	69	33	00:47:37.97	00:47:37.97		SPORTINGUISTA
96	1008	SUSE LOPES	F	33	63	00:47:50.33	00:47:50.33		SPORTINGUISTA
97	1007	LUIS CARVALHO	M	40	34	00:47:50.39	00:47:50.39		BENFIQUISTA
98	1141	GDCT UNICRE	F	53	64	00:48:02.18	00:48:02.18	GDCT UNICRE	BELNENSES
99	1116	Mª HELENA AFONSO	F	54	65	00:48:06.16	00:48:06.16	C MILLENNIUM BCP	BENFIQUISTA
100	1102	ELSA SANTOS	F	38	66	00:48:07.73	00:48:07.73		BELNENSES
101	1050	NATÁLIA TEIXEIRA	F	66	67	00:48:20.16	00:48:20.16	OS TEIXEIRAS	BENFIQUISTA
102	1051	ISABEL TEIXEIRA	F	36	68	00:48:20.96	00:48:20.96	OS TEIXEIRAS	BENFIQUISTA
103	1049	JOSÉ TEIXEIRA	M	57	35	00:48:22.30	00:48:22.30	OS TEIXEIRAS	BENFIQUISTA
104	1127	RUTE JANINE	F	32	69	00:48:25.95	00:48:25.95		PORTISTA
105	1027	TERESA PASSEIRO	F	58	70	00:49:12.86	00:49:12.86	ADC CATUJAL	SPORTINGUISTA
106	1026	MARIA SILVA	F	58	71	00:49:13.08	00:49:13.08	ADC CATUJAL	SPORTINGUISTA
107	1034	GRAÇA PEREIRA	F	49	72	00:49:42.37	00:49:42.37	LEOAS	SPORTINGUISTA



108	1035	MARIA JOÃO PEREIRA	F	43	73	00:49:42.39	00:49:42.39	LEOAS	BENFIQUISTA
109	1066	LILIANA MARTA	F	26	74	00:49:48.79	00:49:48.79		BENFIQUISTA
110	1118	FERNANDO AFONSO	M	58	36	00:50:59.08	00:50:59.08	C MILLENNIUM BCP	SPORTINGUISTA
111	1053	VILMA MOY	F	46	75	00:51:05.78	00:51:05.78		SPORTINGUISTA
112	1151	RITA ADONIS	F	25	76	00:51:12.43	00:51:12.43		SPORTINGUISTA
113	1150	JOANA MONTEIRO	F	31	77	00:51:13.09	00:51:13.09		PORTISTA
114	1149	FILIPA ANICETO	F	45	78	00:51:14.72	00:51:14.72		BENFIQUISTA
115	1055	JOÃO CANAVILHAS	M	55	37	00:51:44.37	00:51:44.37		BENFIQUISTA
116	1054	CHIU ARRUDA	F	58	79	00:51:52.86	00:51:52.86		BENFIQUISTA
117	1154	MELANIE	F	8	80	00:51:55.09	00:51:55.09	VERDINHOS	SPORTINGUISTA
118	1153	ALVES	F	30	81	00:51:55.51	00:51:55.51	VERDINHOS	SPORTINGUISTA
119	1056	GABRIEL MURTA	M	7	38	00:52:02.13	00:52:02.13		BENFIQUISTA
120	1057	MANUELA GOMES	F	39	82	00:52:02.36	00:52:02.36	PAÇO DE ARCOS	SPORTINGUISTA
121	1119	VICTOR COELHO	F	49	83	00:52:06.38	00:52:06.38	C MILLENNIUM BCP	SPORTINGUISTA
122	1117	ISABEL NUNES	F	49	84	00:52:07.44	00:52:07.44	C MILLENNIUM BCP	BENFIQUISTA
123	1014	ILDA NOBRE	F	79	85	00:52:25.12	00:52:25.12		BENFIQUISTA
124	1038	LEANDRO PINTO	M	63	39	00:53:06.34	00:53:06.34		BENFIQUISTA
125	1039	CÉLIA SANTOS	F	66	86	00:53:08.09	00:53:08.09		BENFIQUISTA
126	1077	HELENA MOEDAS	F	54	87	00:54:05.19	00:54:05.19	OS FILHOS DA NOITE	SPORTINGUISTA
127	1006	ELISABETE HIDALGO	F	50	88	00:54:05.38	00:54:05.38	VAMOS A TODAS	BENFIQUISTA
128	1078	CÉU SERRA	F	49	89	00:54:05.43	00:54:05.43	OS FILHOS DA NOITE	SPORTINGUISTA
129	1075	ISABEL MARQUES	F	56	90	00:54:06.75	00:54:06.75	OS FILHOS DA NOITE	BENFIQUISTA
130	1004	LURDES RICARDO	F	45	91	00:54:07.90	00:54:07.90	VAMOS A TODAS	SPORTINGUISTA
131	1001	PAULA BAGUEICHO	F	53	92	00:54:08.26	00:54:08.26	VAMOS A TODAS	SPORTINGUISTA
132	1076	TERESA SOUSA	F	53	93	00:54:08.71	00:54:08.71	OS FILHOS DA NOITE	SPORTINGUISTA
133	1003	ISABEL VELOSO	F	55	94	00:54:09.98	00:54:09.98	VAMOS A TODAS	BENFIQUISTA
134	1130	ANA MARTINS	F	40	95	00:54:14.18	00:54:14.18	STAR	SPORTINGUISTA
135	1166	SUSANA LOURENÇO	F	67	96	00:56:19.68	00:56:19.68		SPORTINGUISTA
136	1059	PAULA MACHADO	F	55	97	01:12:31.14	01:12:31.14	GUIZO RUNNERS	BENFIQUISTA
137	1081	ANA CRUZ	F	30	98	01:13:20.13	01:13:20.13		SPORTINGUISTA
138	1085	MARIANA	F	28	99	01:13:24.52	01:13:24.52		BENFIQUISTA

Total de registros: 138



Resumo dos clubes apoiados:

Posição	Chegados	Apoio
1	1	Adepto
2	5	Belenenses
3	55	Benfiquista
4	8	Portista
5	67	Sportinguista
6	2	Vimarenense