

3ª CORRIDA CIDADE DE ALVERCA

21 DE MAIO 2017

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	520	PEDRO GASPAR	M	23		00:34:10.05	00:34:10.05	PORTUGAL TALENTUS
2	290	MARCO CARDOSO	M	31		00:34:19.27	00:34:19.27	
3	605	HUGO RODRIGUES	M	20		00:34:24.01	00:34:22.67	UA POVOENSE
4	594	PAULO ALBINO	M	40		00:35:29.13	00:35:29.13	UA POVOENSE
5	519	JOÃO D FERREIRA	M	39		00:36:38.29	00:36:35.82	PORTUGAL TALENTUS
6	593	ALEXANDRE MONTEIRO	M	51		00:37:05.59	00:37:03.85	UA POVOENSE
7	521	DIOGO SILVA	M	21		00:37:31.38	00:37:29.83	PORTUGAL TALENTUS
8	439	DIOGO ABREU	M	29		00:38:00.62	00:38:00.62	DOROTHY RUNNERS
9	612	PAULO ARRENEGA	M	50		00:38:05.67	00:38:05.67	UA POVOENSE
10	283	PAULO COSTA	M	51		00:38:27.06	00:38:25.46	RB RUNNING
11	268	CARLOS VIEGAS	M	49		00:38:33.02	00:38:30.16	SR CAMARNAL
12	63	NELSON PEREIRA	M	40		00:38:36.50	00:38:33.65	GAREHOTELRUNNING
13	262	RICARDO JORGE	M	36		00:38:43.37	00:38:40.25	GFD RUNNING
14	678	JOÃO PEDRO	M	46		00:38:54.22	00:38:53.15	
15	169	ARMINDO TEIXEIRA	M	36		00:39:05.37	00:38:59.12	SC CASAINHOS
16	452	LUIS REBELO	M	52		00:39:13.59	00:39:11.00	FALCÕES SELVAGENS
17	286	FLORIANO SILVA	M	38		00:39:22.37	00:39:20.59	AMINHACORRIDA/ MY PROTEIN
18	26	LUIS M R TEIXEIRA	M	35		00:39:29.39	00:39:17.89	
19	714	CARLOS MARTINS	M	49		00:39:33.85	00:39:32.48	
20	218	PEDRO BARREIRÃO	M	30		00:39:42.58	00:39:40.19	FLUFFY AND FURIOUS
21	214	GONÇALO ZARCO	M	43		00:39:44.06	00:39:44.06	SCALABIS NIGHT RUNNERS
22	254	BRUNO MARRÃO	M	41		00:39:56.47	00:39:53.07	GO RUNNERS
23	287	ALEXANDRA SOUSA	F	29		00:39:58.44	00:39:55.38	GFD RUNNING
24	443	MIGUEL GUEDELHA	M	18		00:40:10.63	00:40:10.63	EIA - METROCAL
25	137	MANUEL B COSTA	M	60		00:40:11.94	00:40:02.48	CCDT METRO LX
26	466	JOAO P GAMEIRO	M	46		00:40:23.55	00:40:20.50	GAMEIRO E FILHOS
27	564	PEDRO FERNANDES	M	28		00:40:25.50	00:40:23.84	STILL FIT
28	474	DANIEL LOPES	M	37		00:40:30.22	00:40:25.68	GD OS RIBEIRINHOS
29	45	FÁBIO J P SILVA	M	29		00:40:32.36	00:40:28.59	ASS JORGE PINA
30	156	JOAQUIM ALEXANDRE	M	51		00:40:46.94	00:40:32.59	URD ARRANHÔ
31	102	RAFAEL A F D ABRUNHOSA	M	50		00:40:57.85	00:40:45.41	
32	465	PAULO NOVAIS	M	41		00:41:00.21	00:40:52.00	GAA VF XIRA
33	467	ROMAN ROMANYUK	M	36		00:41:03.91	00:41:00.08	GAMEIRO E FILHOS
34	252	JOÃO FERRAZ	M	32		00:41:11.85	00:40:56.30	FERRAZ
35	603	JOÃO AFONSO	M	59		00:41:16.33	00:41:14.19	UA POVOENSE
36	53	ANTÓNIO PEREIRA	M	52		00:41:21.52	00:41:11.10	CCDT METRO LX

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37	675	SÉRGIO TEIXEIRA	M	42	00:41:26.40	00:41:24.34	
38	205	CARLOS VIEIRA	M	33	00:41:29.64	00:41:25.92	
39	221	DANIEL GIEBELS	M	35	00:41:36.43	00:41:16.32	
40	395	CARLOS CUSTODIO	M	43	00:41:49.99	00:41:47.60	CAMARA LISBOA CLUBE
41	600	CELINA RODRIGUES	F	28	00:41:50.26	00:41:47.47	UA POVOENSE
42	604	JOÃO LUIS	M	41	00:41:52.90	00:41:50.28	UA POVOENSE
43	435	LUIS CASTRO	M	35	00:42:00.11	00:41:42.29	DGMFA RUNNERS
44	167	CARLOS BAPTISTA	M	56	00:42:04.26	00:41:57.88	SC CASAINHOS
45	266	MARCO FIDALGO	M	40	00:42:13.77	00:42:04.96	SR CAMARNAL
46	785	BRUNO PEREIRA	M	41	00:42:27.61	00:42:09.18	CAD A CORRER
47	436	RICARDO AZEVEDO	M	38	00:42:33.81	00:42:31.07	DGMFA RUNNERS
48	318	JOSÉ ALEIXO	M	48	00:42:47.30	00:42:44.79	ALVERCA URBAN RUNNERS
49	152	LUIS FERREIRA	M	50	00:42:56.64	00:42:42.32	URD ARRANHÔ
50	392	JOAO VALHELHAS	M	45	00:42:58.56	00:42:54.41	CAMARA LISBOA CLUBE
51	393	JULIO REIS	M	44	00:42:58.66	00:42:53.60	CAMARA LISBOA CLUBE
52	332	MARIO BORGES	M	32	00:43:02.79	00:42:56.31	ALVERCA URBAN RUNNERS
53	719	LUÍS MEALHA	M	45	00:43:06.78	00:42:25.98	
54	510	ANTÓNIO L MARTINS	M	51	00:43:07.26	00:42:53.49	NAV RUNNERS
55	125	MANUEL MEXIA	M	50	00:43:09.18	00:42:59.10	CLUBE TAP PORTUGAL
56	398	NUNO SILVA	M	38	00:43:09.93	00:42:58.93	CARACÓIS DE PEDRA
57	464	CLAUDIO MIRA	M	52	00:43:14.54	00:43:06.97	GAA VF XIRA
58	391	LICINIO FIDALGO	M	57	00:43:17.22	00:43:12.09	CAMARA LISBOA CLUBE
59	598	CARLOS FELICIO	M	46	00:43:20.08	00:43:17.23	UA POVOENSE
60	479	MÁRIO R SEABRA	M	45	00:43:24.44	00:43:02.81	GR JANZ E ASSOCIADOS
61	774	PAULO D PEREIRA	M	42	00:43:38.84	00:43:34.55	
62	796	FRANCISCO MULETA	M	62	00:43:42.28	00:43:42.28	
63	540	PAULO LOURENÇO	M	34	00:43:43.38	00:43:21.82	R FRENTE RIBEIRINHA POVOA STA IRIA
64	388	NUNO COSTA	M	44	00:43:52.50	00:43:46.83	CAD A CORRER
65	208	TIAGO SALVADO	M	38	00:43:58.63	00:43:54.92	MOVET
66	206	OZEIAS GESSO	M	40	00:44:00.00	00:44:00.00	
67	535	FILIPE OLIVEIRA	M	42	00:44:01.92	00:43:40.54	R FRENTE RIBEIRINHA POVOA STA IRIA
68	164	NUNO SILVA	M	41	00:44:04.62	00:43:53.20	LX RUN
69	425	RUI VALE	M	36	00:44:06.57	00:43:59.93	CORRER LISBOA
70	256	MAFALDA MARTINHO	F	28	00:44:06.76	00:44:00.64	CORRER LISBOA
71	33	ALEXANDRE VIEGAS	M	37	00:44:09.25	00:44:01.59	
72	534	ARNALDO ROLO	M	50	00:44:15.26	00:43:54.41	R FRENTE RIBEIRINHA POVOA STA IRIA

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73	512	BENTO VALENTE	M	52	00:44:22.33	00:44:22.33	OS PERIGOSOS
74	76	CARLOS OLIVEIRA	M	33	00:44:28.78	00:44:19.40	GAREHOTELRUNNING
75	329	HELDER PEREIRA	M	37	00:44:33.40	00:44:26.93	ALVERCA URBAN RUNNERS
76	143	JOSÉ NETO	M	60	00:44:35.68	00:44:32.03	TEAM NETO
77	245	RAFAEL VENTURA	M	32	00:44:36.51	00:44:21.86	BALBOAS E NAPOLEÕES TEAM
78	561	JOAQUIM CARVALHO	M	29	00:44:38.30	00:44:20.67	STILL FIT
79	606	LUIS SANTOS	M	49	00:44:39.84	00:44:37.10	UA POVOENSE
80	554	RUI P RODRIGUES	M	42	00:44:41.64	00:44:21.71	SR GRANJA
81	553	ANTÓNIO MESQUITA	M	39	00:44:45.17	00:44:26.63	SR GRANJA
82	500	LUIS G MONTEIRO	M	21	00:44:46.57	00:44:43.62	MONTEIROS RUNNERS
83	140	JOÃO GREGÓRIO	M	40	00:44:50.62	00:44:29.51	R FRENTE RIBEIRINHA POVOA STA IRIA
84	582	LUIS VICTÓRIA	M	38	00:44:57.94	00:44:44.00	TERTÚLIA N6
85	110	MIGUEL VELEZ	M	38	00:44:59.73	00:44:56.46	CAMARA LISBOA CLUBE
86	499	RICARDO EUSTAQUIO	M	35	00:45:00.35	00:44:51.53	MALVAROSAPLACE
87	373	DIAMANTINO GAMITO	M	51	00:45:00.36	00:44:55.26	ATLÉTICO VIA RARA
88	667	DAVID RAMOS	M	36	00:45:01.13	00:44:55.24	
89	323	LUÍS M SANTOS	M	47	00:45:01.79	00:44:47.57	ALVERCA URBAN RUNNERS
90	154	ANDRÈ MOTA	M	40	00:45:03.71	00:44:47.24	URD ARRANHÔ
91	639	JOÃO VEIGA	M	49	00:45:05.72	00:45:04.14	
92	150	FILIPE BRANCO	M	47	00:45:05.72	00:44:49.75	URD ARRANHÔ
93	662	CLÁUDIO DIAS	M	43	00:45:08.06	00:45:06.27	
94	390	ILISITO FERREIRA	M	33	00:45:15.63	00:45:00.56	CAD A CORRER
95	809	NELSON DIAS	M	56	00:45:15.71	00:45:09.05	CLINICA STA MADALENA
96	812	BEATRIZ FERNANDES	F	47	00:45:15.82	00:45:08.88	CLINICA STA MADALENA
97	685	CARLOS FRANÇA	M	38	00:45:18.15	00:45:14.63	
98	505	NUNO PEREIRA	M	40	00:45:25.09	00:45:03.27	MONTEIROS RUNNERS
99	430	FERNANDO FIGUEIREDO	M	51	00:45:26.85	00:45:26.85	DGMFA RUNNERS
100	488	TIAGO RAIMUNDO	M	38	00:45:28.75	00:45:01.42	JATAPANHO
101	589	JORGE M M FREITAS	M	57	00:45:28.76	00:45:26.44	UA POVOENSE
102	735	JOSÉ F AMARO	M	40	00:45:28.99	00:45:17.99	
103	431	PAULO MATA	M	53	00:45:30.49	00:45:28.19	DGMFA RUNNERS
104	679	EDUARDO MARQUES	M	31	00:45:33.38	00:45:26.18	
105	308	EDUARDO COELHO	M	34	00:45:34.17	00:45:11.92	ADRC MATA DE BENFICA
106	233	PEDRO M J HENRIQUES	M	26	00:45:35.13	00:45:35.13	
107	672	ÂNGELA MAURÍCIO	F	42	00:45:49.16	00:45:49.16	
108	108	PEDRO CARVALHO	M	32	00:45:52.11	00:45:35.52	CAD A CORRER
109	139	ORLANDO ALVES	M	45	00:45:56.99	00:45:47.44	BELEM RUNERS

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110	220	TOZÉ CARNEIRO	M	48	00:45:59.15	00:45:59.15	CLUBE OGMA
111	660	FILIFE ARCADINHO	M	37	00:45:59.34	00:45:37.34	
112	784	JOSE MACHADO	M	51	00:46:00.16	00:45:46.22	NAV RUNNERS
113	526	SERGIO GONÇALVES	M	44	00:46:01.67	00:45:43.58	PSP
114	36	BRUNO QUENTAL	M	42	00:46:02.80	00:45:22.03	RUNRUS
115	651	ADRIANO GOMINHO	M	51	00:46:05.39	00:46:05.39	
116	319	ANTÓNIO GONÇALVES	M	56	00:46:06.03	00:46:00.28	ALVERCA URBAN RUNNERS
117	690	AIRES S PEDRO	M	62	00:46:07.51	00:46:07.51	
118	236	PAULO SANTOS	M	50	00:46:10.48	00:46:02.46	LOURDETE PERFUMARIAS
119	629	RUBEN COSTA	M	36	00:46:11.91	00:46:09.14	
120	492	PAULO CRAVEIRO	M	40	00:46:16.04	00:45:48.11	JATAPANHO
121	551	DINIS SILVA	M	45	00:46:17.10	00:46:12.25	SCALABIS NIGHT RUNNERS
122	755	RUI PINTO	M	35	00:46:17.32	00:45:40.32	
123	537	SONIA RAMALHO	F	33	00:46:17.48	00:45:49.55	R FRENTE RIBEIRINHA POVOA STA IRIA
124	238	PAULO MARTINS	M	49	00:46:20.68	00:46:11.77	
125	354	JOÃO QUITALO	M	65	00:46:34.28	00:46:07.70	APOGMA
126	658	JOSÉ P LOPES	M	59	00:46:34.67	00:46:25.61	
127	124	JORGE GONÇALVES	M	30	00:46:37.37	00:46:26.71	CLUBE TAP PORTUGAL
128	652	CARLOS CONSTÂNCIO	M	41	00:46:37.44	00:46:24.87	
129	427	JALMOR MOR	M	48	00:46:38.79	00:46:29.34	CORRER LISBOA
130	253	RUI RODRIGUES	M	51	00:46:48.01	00:46:27.98	SR GRANJA
131	437	FRANCISCO MORAIS	M	37	00:46:51.10	00:46:19.27	DGMFA RUNNERS
132	151	EDGAR FRANCISCO	M	51	00:46:52.08	00:46:37.00	URD ARRANHÔ
133	267	JOSE FRANCO	M	58	00:46:54.57	00:46:52.07	SR CAMARNAL
134	717	PATRICK P MAGALHÃES	M	34	00:46:56.63	00:46:34.83	
135	524	TIAGO FERREIRA	M	35	00:46:56.76	00:46:34.56	PSP
136	459	NUNO LOPES	M	42	00:47:01.80	00:46:42.70	FC ESTRELAS LISBOA
137	274	MANUEL A R FIDALGO	M	49	00:47:04.51	00:46:44.19	GDA-GYDARUN
138	644	LUIS FEIJOCA	M	36	00:47:08.34	00:46:57.55	
139	96	VICTOR SILVA	M	51	00:47:11.24	00:46:40.01	AA LEBRES SADO
140	643	JORGE BORGES	M	40	00:47:13.80	00:47:02.71	
141	361	CELIA HENRIQUES	F	47	00:47:19.28	00:47:11.72	APOGMA
142	259	RICARDO SILVA	M	35	00:47:20.69	00:46:54.86	
143	79	ALEXANDRE J P MATEUS	M	38	00:47:21.27	00:47:11.76	
144	468	NELSON BRANCO	M	43	00:47:23.69	00:47:19.24	GAMEIRO E FILHOS
145	441	NELSON CARVALHO	M	35	00:47:29.60	00:46:59.32	EIA - METROCAL
146	446	PEDRO CRUZ	M	34	00:47:29.86	00:46:58.85	EIA - METROCAL

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147	656	PAULO MARQUES	M	32	00:47:32.66	00:47:00.46	
148	749	DANIEL MOURÃO	M	64	00:47:35.69	00:47:30.47	
149	720	ANIBAL LOPES	M	52	00:47:43.69	00:47:30.50	
150	94	AMERICO A P ANTUNES	M	50	00:47:43.93	00:47:40.51	ALVERCA URBAN RUNNERS
151	144	MARCIO NETO	M	37	00:47:48.07	00:47:42.92	TEAM NETO
152	583	HUGO MENDONCA	M	41	00:47:49.56	00:47:34.38	TERTÚLIA N6
153	615	RUI TAVARES	M	41	00:47:51.34	00:47:24.03	UDCA
154	405	CARLOS MARTINS	M	43	00:47:51.80	00:47:31.31	CCD CRÉDITO AGRÍCOLA MÚTUO
155	763	JOSÉ COSTA	M	39	00:47:52.90	00:47:35.59	
156	565	LUIS RAPOSO	M	26	00:47:56.86	00:47:33.35	STILL FIT
157	358	CARLOS SOUSA	M	49	00:47:59.80	00:47:55.59	APOGMA
158	420	JOÃO QUELHAS	M	42	00:48:04.80	00:47:42.55	CLUBE OGMA
159	527	CRISTOVAO MARCOS	M	32	00:48:06.87	00:47:43.09	PSP
160	607	LUISA MONTEIRO	F	50	00:48:08.42	00:48:06.83	UA POVOENSE
161	215	ANTÓNIO MARTINHO	M	40	00:48:08.88	00:48:08.88	CORRER LISBOA
162	396	SERGIO LOPES	M	30	00:48:16.20	00:47:58.26	CAMARA LISBOA CLUBE
163	62	NANDO TORRES	M	54	00:48:16.60	00:48:12.52	GAREHOTELRUNNING
164	122	EDUARDO GOMES	M	47	00:48:23.42	00:48:13.18	
165	261	LUIS M M SANTOS	M	40	00:48:27.34	00:48:19.03	CORRER LISBOA
166	362	FERNANDO FERNANDES	M	56	00:48:31.94	00:48:15.20	APOGMA
167	501	PAULO R MONTEIRO	M	26	00:48:31.96	00:48:28.15	MONTEIROS RUNNERS
168	781	CAMILO TARMAHOMED	M	44	00:48:34.78	00:48:33.51	UD VILAFRAQUENSE
169	272	DANIEL VERÍSSIMO	M	35	00:48:35.08	00:48:27.85	CORRER LISBOA
170	310	PEDRO MIRANDA	M	34	00:48:35.43	00:48:28.39	ALVERCA URBAN RUNNERS
171	453	ANA F REBELO	F	24	00:48:35.61	00:48:29.48	FALCÕES SELVAGENS
172	680	FRANCISCO J L PASSOS	M	55	00:48:37.12	00:48:21.61	
173	766	RICARDO SILVA	M	25	00:48:37.42	00:48:27.32	
174	269	BRUNO DIAS	M	40	00:48:37.96	00:48:14.38	SS CGD
175	105	PAULO NUNES	M	44	00:48:40.78	00:48:32.47	CORRER LISBOA
176	106	MARTA CONCEIÇÃO	F	32	00:48:41.01	00:48:33.15	CORRER LISBOA
177	107	CARLOS MARTINHO	M	47	00:48:44.24	00:48:28.10	CAD A CORRER
178	649	HELDER PALHAS	M	44	00:48:44.30	00:48:26.57	
179	543	JOSÉ CRUZ	M	42	00:48:46.59	00:48:35.22	RUN FOR LUNCH
180	121	PAULO J R JESUS	M	49	00:48:48.15	00:48:39.03	
181	572	ELIO GALIGO	M	34	00:49:00.38	00:48:35.97	STILL FIT
182	558	PEDRO FONSECA	M	20	00:49:03.26	00:48:57.36	STILL FIT
183	480	VÍTOR M PEREIRA	M	41	00:49:04.45	00:48:37.40	GR JANZ E ASSOCIADOS

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184	52	CARLOS TEIXEIDA	M	35	00:49:08.20	00:48:50.91	
185	372	JOÃO DUARTE	M	23	00:49:10.88	00:48:38.29	ASS 10KM TAGARRO
186	495	JOEL GONCALVES	M	43	00:49:11.55	00:48:59.15	JOBEL
187	688	CARLOS A ALMEIDA	M	60	00:49:17.90	00:49:15.40	
188	41	ANDRÉ DIAS	M	30	00:49:20.97	00:48:50.29	CCD CRÉDITO AGRÍCOLA MÚTUO
189	258	JORGE FERRO	M	50	00:49:24.06	00:49:00.06	
190	84	ANTÓNIO MARTINS	M	63	00:49:26.81	00:49:13.97	CA NAZARÉ
191	769	MANUEL G ALVES	M	59	00:49:27.99	00:49:27.99	
192	426	PAULO M GOMES	M	43	00:49:34.54	00:49:25.16	CORRER LISBOA
193	588	ZULMIRA N BELO	F	50	00:49:37.33	00:49:33.85	UA POVOENSE
194	207	NUNO SILVA	M	40	00:49:46.84	00:49:30.87	3B-S
195	349	FATIMA MARTINS	F	36	00:49:50.59	00:49:32.99	ALVERCA URBAN RUNNERS
196	403	CÂNDIDO ALVES	M	44	00:49:51.01	00:49:36.22	CCD CRÉDITO AGRÍCOLA MÚTUO
197	399	RICARDO RIBEIRO	M	41	00:49:51.09	00:49:24.42	CASTANHEIRAS
198	502	ISABEL L BONIFACIO	F	42	00:49:51.85	00:49:24.87	MONTEIROS RUNNERS
199	645	JOAQUIM GALVÃO	M	62	00:49:52.94	00:49:36.75	
200	356	MARIO RAMOS	M	58	00:50:02.39	00:49:45.99	APOGMA
201	370	NUNO MARQUES	M	43	00:50:03.07	00:49:37.50	ASAS NOS PÉS
202	196	PEDRO LOPES	M	38	00:50:04.31	00:49:41.47	SS CGD
203	721	FRANCISCO VITORINO	M	66	00:50:06.80	00:49:49.81	
204	327	LUIS BASILIO	M	37	00:50:12.08	00:50:06.12	ALVERCA URBAN RUNNERS
205	244	GUSTAVO GONZÁLEZ	M	31	00:50:16.64	00:49:49.71	
206	470	ISIDRO CARVALHO	M	46	00:50:18.31	00:50:09.84	GAREHOTELRUNNING
207	475	EDGAR ANASTACIO	M	52	00:50:19.50	00:49:58.74	GDA-GYDARUN
208	410	MIGUEL VINAGRE	M	41	00:50:22.79	00:49:57.65	CCD CRÉDITO AGRÍCOLA MÚTUO
209	568	SOFIA N	F	25	00:50:23.65	00:50:01.64	STILL FIT
210	626	HUGO D FERREIRA	M	34	00:50:24.67	00:50:04.74	
211	641	LUÍS ISIDORO	M	33	00:50:31.72	00:50:25.17	
212	162	BRUNO LOUREIRO	M	42	00:50:32.51	00:50:15.81	GAREHOTELRUNNING
213	250	MARIO MACHADO	M	56	00:50:33.30	00:50:16.69	
214	389	LEONEL FREIRA	M	42	00:50:37.50	00:50:19.29	CAD A CORRER
215	481	ARMINDO J RODRIGUES	M	49	00:50:38.40	00:50:09.23	GR JANZ E ASSOCIADOS
216	382	MARIO LOPES	M	48	00:50:40.25	00:50:24.82	BS RUNNERS
217	127	JOÃO SOUSA	M	51	00:50:42.04	00:50:32.06	CLUBE TAP PORTUGAL
218	237	RICARDO CONCEIÇÃO	M	31	00:50:44.11	00:50:35.48	LOURDETE PERFUMARIAS
219	602	FERNANDA NUNES	F	61	00:50:47.23	00:50:41.25	UA POVOENSE
220	514	JOSÉ BRISA	M	57	00:51:01.11	00:50:48.64	OS PERIGOSOS

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221	113	ANTÓNIO J D C SILVA	M	46	00:51:02.06	00:50:55.02	
222	112	JOÃO P C SILVA	M	51	00:51:02.46	00:50:54.85	
223	133	CARLOS FERNANDES	M	30	00:51:03.29	00:50:21.99	
224	472	JOSÉ MAGALHÃES	M	63	00:51:08.19	00:50:42.90	GD INE
225	314	NUNO MOREIRA	M	35	00:51:20.30	00:51:17.27	ALVERCA URBAN RUNNERS
226	636	BRUNO GASPAR	M	41	00:51:22.19	00:51:17.98	
227	635	SOFIA GASPAR	F	33	00:51:22.41	00:51:17.94	
228	60	PAULO J F GUEDES	M	45	00:51:32.28	00:51:25.53	CCDT METRO LX
229	684	SARA C O GABRIEL	F	28	00:51:34.29	00:51:27.02	
230	159	HENRIQUE FALAGUEIRA	M	38	00:51:36.58	00:50:56.86	
231	573	TIAGO BAIÃO	M	33	00:51:39.97	00:51:16.08	STILL FIT
232	610	PAULA FERNANDES	F	39	00:51:43.32	00:51:38.70	UA POVOENSE
233	24	HUGO SILVA	M	37	00:51:45.42	00:51:18.83	
234	385	LUIS A CAMPOS	M	67	00:51:51.92	00:51:45.18	CÁ BOM
235	413	RUI GRAÇA	M	54	00:51:52.30	00:51:39.42	CCD CRÉDITO AGRÍCOLA MÚTUO
236	29	FLORBELA REIS	F	35	00:51:58.37	00:51:43.79	
237	118	HUGO HENRIQUES	M	35	00:52:01.25	00:51:48.28	OS PERIGOSOS
238	406	JOÃO VIEIRA	M	58	00:52:11.18	00:51:55.72	CCD CRÉDITO AGRÍCOLA MÚTUO
239	504	NUNO SANTOS	M	44	00:52:14.85	00:52:02.62	MONTEIROS RUNNERS
240	513	ALCIDES NUNES	M	54	00:52:15.17	00:52:01.81	OS PERIGOSOS
241	580	MÁRIO LOBO	M	44	00:52:16.32	00:51:53.91	TEAM LOPES
242	11	HELDER CARDOSO	M	41	00:52:23.04	00:51:43.86	
243	257	PEDRO M B SERRA	M	32	00:52:24.43	00:51:42.07	
244	305	ORLANDO COUTO	M	62	00:52:27.68	00:52:10.43	4 AO KM
245	88	ADÉRITO CARRELHAS	M	63	00:52:33.92	00:52:28.49	
246	376	PEDRO FLORES	M	41	00:52:34.87	00:52:29.38	AVR
247	232	ANGELO M L SOUSA	M	40	00:52:35.36	00:52:08.77	
248	698	JORGE M ALEIXO	M	41	00:52:36.88	00:52:08.61	
249	260	JOÃO ROSÁRIO	M	42	00:52:37.78	00:52:18.04	
250	321	FERNANDO J V PEDRO	M	44	00:52:38.34	00:52:31.44	ALVERCA URBAN RUNNERS
251	661	LUIS ARCADINHO	M	65	00:52:41.29	00:52:26.17	
252	31	SÉRGIO N C FRADE	M	32	00:52:42.38	00:52:28.94	ALVERCA URBAN RUNNERS
253	567	RITA N	F	25	00:52:43.36	00:52:21.35	STILL FIT
254	309	RICARDO TEODORO	M	36	00:52:50.81	00:52:37.76	ÁGUIAS RIBATEJANAS
255	301	JOÃO LIMA	M	57	00:52:55.57	00:52:31.53	4 AO KM
256	401	ANTONIO P AMARAL	M	40	00:53:21.18	00:52:56.08	CCD CRÉDITO AGRÍCOLA MÚTUO
257	761	CÉSAR RIBEIRO	M	43	00:53:23.96	00:53:01.59	

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258	760	JORGE MIGUEL	M	42	00:53:27.15	00:53:05.32	
259	529	JOAO LOPES	M	40	00:53:28.10	00:53:05.45	PSP
260	489	JOSÉ C R SANTOS	M	40	00:53:28.13	00:53:02.12	JATAPANHO
261	30	NUNO FERNANDES	M	43	00:53:35.58	00:52:56.95	PARALELOS DO RITMO
262	365	ALVARO FRANCISCO	M	65	00:53:38.00	00:52:56.27	ARANAV
263	710	JOSE RUIVO	M	66	00:53:38.60	00:52:56.97	
264	61	RAFAEL SANTOS	M	50	00:53:39.87	00:53:08.68	CCDT METRO LX
265	313	BRUNO MORAIS	M	39	00:53:44.80	00:53:40.59	ALVERCA URBAN RUNNERS
266	412	PEDRO FIGUEIREDO	M	42	00:53:47.83	00:53:21.96	CCD CRÉDITO AGRÍCOLA MÚTUO
267	428	ANTONIO SILVA	M	64	00:53:48.15	00:53:44.34	CORRER LISBOA
268	213	GONÇALO LOBO	M	31	00:53:55.18	00:53:30.14	
269	706	HELDER DUARTE	M	40	00:53:58.80	00:53:38.54	
270	768	PEDRO NOBRE	M	39	00:53:59.26	00:53:59.26	
271	182	PAULO F C C PASCOAL	M	49	00:53:59.47	00:53:50.85	
272	255	CLÁUDIO MILHEIRO	M	40	00:53:59.90	00:53:37.29	
273	414	RUI TOMÁS	M	46	00:54:03.27	00:53:57.28	CCD CRÉDITO AGRÍCOLA MÚTUO
274	674	CHEILA DIAS	F	30	00:54:04.00	00:53:42.47	
275	270	FRANCISCO F SILVA	M	29	00:54:05.35	00:53:39.39	
276	339	LINO SILVA	M	44	00:54:12.23	00:54:06.05	ALVERCA URBAN RUNNERS
277	99	MÓNICA MORENO	F	31	00:54:12.84	00:53:52.88	
278	148	PAULO SILVESTRE	M	47	00:54:14.63	00:53:46.67	R FRENTE RIBEIRINHA POVOA STA IRIA
279	360	JOSE PIRES	M	46	00:54:16.83	00:53:50.94	APOGMA
280	281	MIGUEL FREITAS	M	38	00:54:17.39	00:53:31.26	
281	209	NUNO MARES	M	39	00:54:17.81	00:54:08.33	MOVET
282	549	FLUVIA CASAM	F	34	00:54:22.56	00:53:55.00	SALTIMBOCCA
283	234	CARLA H M LOPES	F	34	00:54:24.83	00:54:08.55	
284	782	NUNO FERNANDES	M	39	00:54:25.37	00:53:57.83	
285	82	JOSE MORENO	M	47	00:54:29.19	00:53:45.72	GINJINHA RUNNERS
286	585	GONÇALO CAMPOS	M	41	00:54:29.52	00:53:57.31	TERTÚLIA N6
287	701	MAURO F SILVA	M	27	00:54:30.24	00:54:03.92	
288	138	RICARDO M S SIMÕES	M	39	00:54:31.26	00:54:08.02	GAREHOTELRUNNING
289	476	JOSE A MARQUES	M	56	00:54:34.14	00:54:12.76	GDA-GYDARUN
290	135	JOÃO SILVEIRA	M	48	00:54:36.10	00:54:22.28	
291	523	FILIPA FERRO	F	39	00:54:40.70	00:54:19.17	PORTUGAL TALENTUS
292	673	PAULO DIAS	M	52	00:54:43.57	00:54:21.64	
293	550	DAVID CHARRINHO	M	34	00:54:44.46	00:54:09.39	SC CASAINHOS
294	682	CESAR SILVESTRE	M	40	00:54:45.00	00:54:45.00	

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295	713	CARLOS CORREIA	M	31	00:54:49.36	00:54:42.25	
296	199	AMÂNDIO VITORINO	M	69	00:54:50.81	00:54:26.91	
297	355	JOSE ANDRE	M	61	00:54:57.65	00:54:57.65	APOGMA
298	359	HELDER GANDARINHO	M	48	00:54:57.75	00:54:40.37	APOGMA
299	677	JOÃO PARDAL	M	37	00:54:58.05	00:54:16.66	
300	44	LUIS FERREIRA	M	62	00:54:58.87	00:54:42.39	
301	273	SUSANA R A TOSCANO	F	38	00:55:00.65	00:54:39.89	GDA-GYDARUN
302	584	PEDRO SANTOS	M	41	00:55:01.41	00:54:27.56	TERTÚLIA N6
303	460	PAULA LEITÃO	F	38	00:55:01.73	00:54:43.08	FC ESTRELAS LISBOA
304	552	JORGE OLIVEIRA	M	41	00:55:03.78	00:54:46.53	SPORT ALENQUER E BENFICA
305	16	JAIME M S L SIMÕES	M	40	00:55:05.03	00:54:39.90	
306	312	RICARDO J L MATOS	M	45	00:55:08.51	00:55:02.24	ALVERCA URBAN RUNNERS
307	574	RICARDO SERRA	M	27	00:55:12.72	00:54:49.79	STILL FIT
308	726	TIAGO MOUTA	M	29	00:55:14.51	00:54:35.27	
309	725	TIAGO PINHEL	M	36	00:55:14.63	00:54:35.76	
310	627	AUGUSTO RIBEIRO	M	48	00:55:16.29	00:54:56.24	
311	579	ALIPIO COSTA	M	55	00:55:21.10	00:55:00.34	TEAM LOPES
312	81	PAULO MARQUES	M	42	00:55:22.66	00:55:02.98	PAPA-LÉGUAS
313	622	PEDRO GOMES	M	43	00:55:23.97	00:54:52.79	
314	23	PEDRO VICENTE	M	52	00:55:24.79	00:54:46.27	PARALELOS DO RITMO
315	171	ELISABETH LOUREIRO	F	61	00:55:26.35	00:54:50.12	SC CASAINHOS
316	251	FILIPE FERRAZ	M	40	00:55:30.38	00:55:30.38	FERRAZ
317	15	LARA C VALENTE	F	35	00:55:37.80	00:55:24.67	
318	17	ANTÓNIO M L F SALGUEIRO	M	52	00:55:39.32	00:55:20.90	
319	92	JOSÉ BAIXINHO	M	59	00:55:39.86	00:55:09.95	SANTIAGO FC
320	357	PAULO PIRES	M	52	00:55:40.01	00:55:22.82	APOGMA
321	640	NUNO SANTOS	M	46	00:55:46.19	00:55:08.19	
322	486	JOAQUIM MENDES	M	53	00:55:46.82	00:55:31.10	HERBALIFE
323	729	HUGO GATOS	M	33	00:55:47.99	00:55:09.53	
324	227	LUÍS VALENTE	M	45	00:55:49.06	00:55:22.31	
325	394	CATIA MARIANO	F	36	00:55:49.70	00:55:35.51	CAMARA LISBOA CLUBE
326	224	FRANCISCO FERREIRA	M	46	00:55:53.92	00:55:37.62	
327	85	TIAGO REIS	M	35	00:55:58.68	00:55:18.73	ZIPALHO
328	86	ALEXANDRA RODRIGUES	F	44	00:55:58.79	00:55:18.81	ZIPALHO
329	38	JOAO NICOLAU	M	31	00:56:00.30	00:55:27.90	
330	530	PAULA MADEIRA	F	32	00:56:04.82	00:55:59.96	PSP
331	65	ARTUR SANTOS	M	51	00:56:05.63	00:55:45.69	GAREHOTELRUNNING

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332	83	RUI ALMEIDA	M	41	00:56:06.71	00:55:39.90	R FRENTE RIBEIRINHA POVOA STA IRIA
333	415	SERGIO CARVALHO	M	45	00:56:15.26	00:55:50.37	CCD CRÉDITO AGRÍCOLA MÚTUO
334	371	DAVID FORTUNATO	M	25	00:56:19.37	00:55:45.86	ASS 10KM TAGARRO
335	702	NUNO MATEUS	M	40	00:56:21.91	00:55:50.80	
336	776	MAURO AMENDOA	M	33	00:56:26.92	00:56:15.39	UD VILAFRAQUENSE
337	408	LUISA MOURÃO	F	37	00:56:27.31	00:56:12.36	CCD CRÉDITO AGRÍCOLA MÚTUO
338	302	ISADORA COSTA	F	28	00:56:27.57	00:56:03.53	4 AO KM
339	759	ANDRÉ CALADO	M	26	00:56:28.06	00:55:59.45	
340	303	VITOR GONÇALVES	M	47	00:56:28.09	00:56:02.68	4 AO KM
341	35	HELENA QUINTAL	F	47	00:56:28.56	00:55:47.71	RUNRUS
342	351	NUNO FERNANDES	M	48	00:56:30.16	00:56:11.94	ALVERCA URBAN RUNNERS
343	93	JUDITE BAIXINHO	F	31	00:56:32.05	00:56:03.35	SANTIAGO FC
344	155	GABRIEL ANTONIO	M	53	00:56:32.06	00:55:48.81	URD ARRANHÒ
345	779	BRUNO FERNANDES	M	38	00:56:33.68	00:56:20.62	UD VILAFRAQUENSE
346	770	YULIYA SOCHYKHINA	F	23	00:56:35.67	00:56:07.22	
347	324	PEDRO FERREIRA	M	44	00:56:40.91	00:56:34.33	ALVERCA URBAN RUNNERS
348	748	CARLA MORGADO	F	44	00:56:41.34	00:56:01.10	
349	750	MARTA MALHADAS	F	35	00:56:41.69	00:56:41.69	
350	200	ARTUR J R GASPAR	M	44	00:56:45.96	00:56:07.69	
351	201	MÁRIO A S GONÇALVES	M	47	00:56:46.43	00:56:08.32	
352	284	MARCO FARELO	M	35	00:56:48.25	00:56:34.49	
353	665	FRANCISCO VELOSO	M	56	00:56:50.43	00:56:19.70	
354	12	PEDRO DIAS	M	37	00:56:50.51	00:56:12.69	DSBC
355	202	Mª INÊS F PEREIRA	F	18	00:56:50.91	00:56:12.03	DSBC
356	304	AURÉLIO CALADO	M	67	00:56:54.09	00:56:29.26	4 AO KM
357	100	RICARDO VICTOR	M	31	00:56:58.58	00:56:38.05	
358	731	CARLA MENDES	F	42	00:57:00.57	00:56:27.01	
359	666	NUNO MENDES	M	43	00:57:01.18	00:56:26.82	
360	230	HELDER MENEZES	M	39	00:57:12.99	00:56:32.07	
361	421	RAÚL COSTA	M	56	00:57:13.50	00:57:08.97	CLUBE ROBBIALAC
362	637	MIGUEL GUTERRES	M	37	00:57:14.71	00:56:49.86	
363	179	LUÍS M S SOBRAL	M	54	00:57:15.50	00:56:43.34	SOBRAIS
364	653	FERNANDO J F BICHO	M	49	00:57:16.17	00:57:16.17	
365	691	ANTONIO M S ALTER	M	56	00:57:21.72	00:56:46.71	
366	375	RAQUEL ROCHA	F	27	00:57:25.16	00:56:58.01	ATÓMICOS
367	217	JOÃO DIONÍSIO	M	38	00:57:26.02	00:56:40.27	EQUIPA SARRAZINAS
368	311	CARLOS CARDOSO	M	51	00:57:31.57	00:57:19.34	ALVERCA URBAN RUNNERS

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369	746	FRANCISCO LINHOL	M	63	00:57:37.26	00:56:57.74	
370	462	PEDRO DINIS	M	40	00:57:43.98	00:57:24.44	FC ESTRELAS LISBOA
371	229	SONIA DANTAS	F	38	00:57:47.81	00:57:29.98	
372	242	ANDRÉ NOIVO	M	34	00:57:50.35	00:57:10.74	ZIPALHO
373	243	SOFIA FRANÇA	F	36	00:57:51.20	00:57:10.68	ZIPALHO
374	632	CLAUDIA PIMENTEL	F	28	00:57:53.60	00:57:16.02	
375	43	ACÁCIO GAMBOA	M	45	00:57:59.32	00:57:33.89	
376	51	CARLOS FERREIRA	M	43	00:57:59.48	00:57:32.50	
377	533	ZELUIS DOMINGOS	M	51	00:58:01.44	00:57:32.33	R FRENTE RIBEIRINHA POVOA STA IRIA
378	141	NUNO MOLERO	M	35	00:58:07.73	00:57:55.31	
379	773	MARCOS PINTO	M	38	00:58:26.01	00:58:26.01	
380	545	LUIS C ALMEIDA	M	46	00:58:28.12	00:58:15.78	RUN FOR LUNCH
381	473	CARLA A LOPES	F	44	00:58:29.99	00:58:03.96	GD INE
382	681	DENISE FERNANDES	F	41	00:58:34.20	00:58:14.85	
383	350	NUNO GONÇALVES	M	36	00:58:35.81	00:58:17.72	ALVERCA URBAN RUNNERS
384	142	JOÃO P GASPAR	M	53	00:58:38.10	00:58:13.54	
385	571	FERNANDO DAMIAO	M	43	00:58:41.54	00:58:16.90	STILL FIT
386	134	ARMANDO COSTA	M	38	00:58:42.36	00:58:20.16	
387	383	FERNANDO RAMOS	M	52	00:58:55.36	00:58:39.69	BS RUNNERS
388	624	PAULO ROMEIRO	M	48	00:59:00.93	00:58:27.48	
389	625	JOSE CABRITO	M	46	00:59:01.56	00:58:27.28	
390	97	NUNO OLIVEIRA	M	39	00:59:02.14	00:58:37.10	
391	13	PAULO J F N LAPÃO	M	51	00:59:04.59	00:58:30.63	
392	340	ALEXANDRE SILVA	M	17	00:59:05.55	00:58:52.93	ALVERCA URBAN RUNNERS
393	491	NELSON SILVA	M	34	00:59:06.81	00:58:39.92	JATAPANHO
394	316	HELDER LOURENÇO	M	45	00:59:09.75	00:58:50.15	ALVERCA URBAN RUNNERS
395	663	JOÃO LOPES	M	48	00:59:09.88	00:58:33.88	
396	655	MIGUEL RIBEIRO	M	42	00:59:10.30	00:58:33.63	
397	623	DOMINGOS MOREIRA	M	75	00:59:19.81	00:58:50.85	
398	145	NUNO MACHADO	M	41	00:59:21.28	00:58:55.18	
399	616	LUIS RODRIGUES	M	35	00:59:27.74	00:58:59.80	UJ ALVERCA
400	634	AMERICO VAZ	M	63	00:59:32.86	00:59:15.26	
401	104	JOSÉ PINTO	M	35	00:59:33.32	00:59:02.05	
402	447	CARLA VICTORIA	F	43	00:59:39.49	00:59:06.74	EIA - METROCAL
403	442	JOAQUIM GUEDELHA	M	52	00:59:39.96	00:59:10.45	EIA - METROCAL
404	586	FERNANDO MARTINS	M	51	00:59:43.64	00:59:30.89	TRIOODEMIRA
405	450	JOAQUIM VENANCIO	M	62	00:59:43.81	00:59:14.62	EIA - METROCAL

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406	723	ORLANDO PEIXEIRO	M	56	00:59:45.26	00:59:45.26	
407	195	FERNANDO ALVES	M	56	00:59:46.14	00:59:21.38	SS CGD
408	181	JORGE M ROSA	M	45	00:59:46.63	00:59:23.74	
409	163	NUNO D T SILVA	M	39	00:59:50.39	00:59:09.96	
410	40	AUGUSTO CARRIÇO	M	50	00:59:50.78	00:59:21.99	
411	222	JOANA FERNANDES	F	27	00:59:57.15	00:59:41.41	CORRER LISBOA
412	223	ALEXANDRE FELÍCIO	M	26	00:59:57.72	00:59:57.72	CORRER LISBOA
413	422	PEDRO FERREIRA	M	39	00:59:57.90	00:59:52.99	CLUBE ROBBIALAC
414	109	FERNANDO MENDES	M	56	01:00:00.82	00:59:38.04	
415	225	BRUNO SILVA	M	32	01:00:02.86	00:59:24.48	
416	432	RUI GUERREIRO	M	52	01:00:04.84	00:59:36.94	DGMFA RUNNERS
417	740	CLAUDIO MARTINS	M	32	01:00:06.32	00:59:27.22	
418	433	CATARINA GOMES	F	35	01:00:08.93	00:59:40.22	DGMFA RUNNERS
419	454	NUNO COUREIRO	M	50	01:00:11.50	00:59:41.06	FALCÕES SELVAGENS
420	42	ANDREIA PEREIRA	F	27	01:00:12.83	00:59:42.44	CCD CRÉDITO AGRÍCOLA MÚTUO
421	592	ANABELA AMORIM	F	51	01:00:15.37	01:00:03.20	UA POVOENSE
422	379	CELIA FONSECA	F	46	01:00:16.23	01:00:04.43	AVR
423	595	ANA MACEDO	F	44	01:00:16.48	00:59:53.30	UA POVOENSE
424	277	PAULO NOGUEIRA	M	51	01:00:18.66	01:00:09.94	
425	576	LUIS LOPES	M	37	01:00:19.47	00:59:58.98	TEAM LOPES
426	709	ALEXANDRE MEDROA	M	49	01:00:21.42	00:59:45.03	
427	461	SANDRA DINIS	F	40	01:00:21.93	01:00:03.05	FC ESTRELAS LISBOA
428	654	JORGE PIRES	M	62	01:00:22.80	00:59:50.21	
429	240	MIGUEL A S LOPES	M	38	01:00:22.91	00:59:58.40	
430	648	JOAQUIM F C PINTO	M	58	01:00:24.11	00:59:52.30	
431	147	JOÃO FRUTUOSO	M	31	01:00:29.56	00:59:48.04	
432	228	JOAO MARQUES	M	40	01:00:47.05	01:00:28.17	
433	767	LILIANA PITACHO	F	31	01:00:54.27	01:00:24.92	
434	336	JOAO MARTINS	M	36	01:01:03.13	01:00:32.77	ALVERCA URBAN RUNNERS
435	246	LUIS TAVARES	M	47	01:01:04.88	01:00:26.21	SS CGD
436	548	PAULO PINTO	M	39	01:01:07.19	01:00:39.98	SALTIMBOCCA
437	14	JOSÉ A TAVARES	M	43	01:01:11.80	01:00:34.10	
438	539	RUI CARDOSO	M	35	01:01:14.16	01:00:44.86	R FRENTE RIBEIRINHA POVOA STA IRIA
439	411	NUNO SIMÕES	M	39	01:01:17.12	01:00:32.37	CCD CRÉDITO AGRÍCOLA MÚTUO
440	168	NUNO PEREIRA	M	45	01:01:17.40	01:01:02.41	SC CASAINHOS
441	718	INÉS C G MARQUES	F	33	01:01:18.35	01:00:50.58	
442	342	MARIA FERNANDES	F	53	01:01:26.79	01:01:16.12	ALVERCA URBAN RUNNERS

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443	743	JOSE C A REGO	M	63	01:01:31.37	01:01:05.62	
444	738	NUNO PINHEIRO	M	29	01:01:31.61	01:01:21.04	
445	239	PEDRO PEREIRA	M	29	01:01:31.99	01:01:00.83	
446	693	ALEXANDRA P COSTA	F	45	01:01:34.41	01:01:26.00	
447	752	NELSON COSTA	M	46	01:01:34.49	01:01:24.97	
448	279	NEVES SILVA	M	64	01:01:37.40	01:01:19.06	C FERROV PORTUGAL
449	116	DAVID V GOMES	M	39	01:01:41.71	01:01:10.14	
450	341	RICARDO CAPELO	M	32	01:01:56.84	01:01:43.85	ALVERCA URBAN RUNNERS
451	347	SOFIA PEREIRA	F	32	01:01:57.03	01:01:45.94	ALVERCA URBAN RUNNERS
452	149	FÁBIOS PINHEIRO	M	28	01:02:03.19	01:01:21.04	
453	193	CARLOS A C ALVES	M	34	01:02:10.14	01:01:19.62	
454	192	LUIS M C ALVES	M	34	01:02:10.60	01:01:21.14	
455	70	TATIANA TORRES	F	17	01:02:11.23	01:02:03.74	GAREHOTELRUNNING
456	197	JOAO LANDEIRO	M	71	01:02:11.45	01:01:42.02	
457	27	ANTÓNIO J FERREIRA	M	54	01:02:12.76	01:01:59.67	
458	315	PAULA RIBEIRO	F	39	01:02:14.51	01:02:10.10	ALVERCA URBAN RUNNERS
459	676	ANA DIAS MARQUES	F	33	01:02:17.77	01:01:37.29	
460	264	MÓNICA MARTINS	F	34	01:02:18.55	01:02:06.94	MACEIRA MARATHON CLUB
461	95	PEDRO M L ANTUNES	M	23	01:02:18.67	01:02:11.46	ALVERCA URBAN RUNNERS
462	276	ORLANDO C SILVA	M	32	01:02:24.54	01:02:13.69	MACEIRA MARATHON CLUB
463	265	TIAGO CATALÃO	M	33	01:02:24.77	01:02:15.18	MACEIRA MARATHON CLUB
464	263	JOÃO GRILO	M	30	01:02:24.80	01:02:13.47	MACEIRA MARATHON CLUB
465	248	JORGE CHAVES	M	42	01:02:28.62	01:02:17.92	
466	686	PAULA TANGANHO	F	40	01:02:32.10	01:02:00.88	
467	601	DEOLINDA URBANO	F	61	01:02:32.84	01:02:24.75	UA POVOENSE
468	619	ANABELA RUIVO	F	44	01:02:38.53	01:02:23.54	UJ ALVERCA
469	620	LUIS NABAIS	M	36	01:02:39.04	01:02:25.54	UJ ALVERCA
470	131	SEZINANDA GUERREIRO	F	36	01:02:39.85	01:01:57.46	
471	19	PAULO PINTO	M	40	01:02:40.79	01:02:24.82	FONSECAPINTO
472	570	VILJA OLE	F	26	01:02:44.36	01:02:07.64	STILL FIT
473	563	VITOR SERRA	M	53	01:02:44.64	01:02:08.04	STILL FIT
474	741	MIGUEL VASCONCELOS	M	46	01:02:45.09	01:02:23.82	
475	377	PAULO CORREIA	M	32	01:02:53.30	01:02:13.79	AVR
476	363	LILIANA AZENHA	F	38	01:02:55.74	01:02:32.16	AR SAO MIGUEL
477	111	JORGE DIAS	M	50	01:02:56.07	01:02:26.49	
478	87	GUIOMAR SOARES	F	44	01:03:01.09	01:02:33.32	R FRENTE RIBEIRINHA POVOA STA IRIA
479	194	TIAGO CACHUCHO	M	35	01:03:06.53	01:02:38.09	

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480	77	VASCO PINHEIRO	M	53	01:03:11.48	01:02:42.46	GAREHOTELRUNNING
481	745	CARLOS LOPES	M	49	01:03:20.10	01:02:55.16	
482	285	ANA C N S PEREIRA	F	51	01:03:34.37	01:02:57.78	
483	317	CRISTINA LINO	F	50	01:03:34.53	01:03:34.53	ALVERCA URBAN RUNNERS
484	241	CRISTIANO M SANTOS	M	38	01:03:35.78	01:03:12.05	
485	451	JUSTILIANO M SILVA	M	63	01:03:35.84	01:03:05.14	FALCÕES SELVAGENS
486	440	JOÃO P RIOS	M	50	01:03:37.05	01:03:37.05	EIA - METROCAL
487	166	VANDA FERREIRA	F	45	01:03:43.73	01:03:08.30	SC CASAINHOS
488	172	JOÃO FARINHA	M	31	01:03:44.02	01:03:07.94	SC CASAINHOS
489	101	DIOGO RIBEIRO	M	31	01:03:48.70	01:03:27.89	
490	416	SANDRA SILVA	F	45	01:03:49.06	01:02:57.89	CHIHUAHUA E SURICATA
491	417	TIAGO CARREIRO	M	36	01:03:49.14	01:02:57.52	CHIHUAHUA E SURICATA
492	58	JOÃO C BARBOSA	M	56	01:03:53.22	01:03:12.88	CCDT METRO LX
493	307	LUIS FEIO	M	57	01:03:57.30	01:03:31.66	4 AO KM
494	338	JOSE S MARTINS	M	66	01:04:11.89	01:03:45.62	ALVERCA URBAN RUNNERS
495	775	BRUNO FERREIRA	M	31	01:04:14.90	01:04:02.29	UD VILAFRAQUENSE
496	463	LUIS VARANDAS	M	52	01:04:18.52	01:04:09.86	GAA VF XIRA
497	507	JOSE CORDEIRO	M	30	01:04:20.53	01:04:12.84	MOTO CLUBE ALVERCA
498	180	JOÃO M C SOBRAL	M	25	01:04:21.78	01:03:50.77	SOBRAIS
499	506	JOANA TOMAS	F	25	01:04:24.95	01:04:18.01	MOTO CLUBE ALVERCA
500	328	MARGARIDA MONTEIRO	F	51	01:04:56.39	01:04:52.95	ALVERCA URBAN RUNNERS
501	249	ISABEL REIS	F	43	01:05:06.06	01:04:55.92	
502	335	HUGO DIAS	M	35	01:05:08.58	01:04:38.75	ALVERCA URBAN RUNNERS
503	715	ARMANDO CORREIA	M	59	01:05:32.00	01:05:24.32	
504	692	RICARDO PIRES	M	35	01:05:43.93	01:05:21.25	
505	126	JOAO VASCONCELOS	M	56	01:05:44.15	01:05:22.10	CLUBE TAP PORTUGAL
506	219	MARISA COSTA	F	30	01:05:48.81	01:05:41.69	FLUFFY AND FURIOUS
507	346	PEDRO NETO	M	44	01:05:52.03	01:05:33.22	ALVERCA URBAN RUNNERS
508	128	FILIPA A NUNES	F	28	01:05:55.36	01:05:26.91	
509	114	RENATA MILHANO	F	27	01:06:24.71	01:05:49.56	MARAS
510	478	JOÃO FERREIRA	F	45	01:06:30.30	01:05:47.16	GINJINHA RUNNERS
511	700	ISABEL RODRIGUES	F	44	01:06:30.47	01:06:21.58	
512	703	ISABEL MARTINS	F	48	01:06:30.78	01:06:18.04	
513	190	VANDA SEQUEIRA	F	40	01:06:40.62	01:06:07.54	C COLAB AGEAS
514	103	JOÃO PINTO	M	36	01:06:46.56	01:06:16.36	
515	174	ANTÓNIO NASCIMENTO	M	76	01:06:52.18	01:06:33.11	GDCT IN CM
516	344	FATIMA FERNANDES	F	55	01:07:27.89	01:07:15.20	ALVERCA URBAN RUNNERS

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517	348	ANDRE CAPELO	M	25	01:07:28.01	01:07:16.20	ALVERCA URBAN RUNNERS
518	444	RENATO CARDOSO	M	23	01:07:28.23	01:06:56.72	EIA - METROCAL
519	64	MARIO TORRES	M	31	01:07:29.16	01:07:18.03	GAREHOTELRUNNING
520	708	JORGE MATA	M	46	01:07:44.81	01:07:02.89	
521	668	JOSÉ VAZ	M	50	01:07:50.76	01:07:19.10	
522	757	JOÃO VAZ	M	35	01:07:53.40	01:07:08.47	
523	183	ANA M GUIMARÃES	F	60	01:07:59.46	01:07:27.72	C COLAB AGEAS
524	186	JOÃO P PINTO	M	48	01:08:00.14	01:07:27.91	C COLAB AGEAS
525	630	LUIZA SILVA	F	31	01:08:00.15	01:07:23.23	
526	631	OLGA VIANA	F	29	01:08:00.16	01:07:23.82	
527	727	HUGO PASSOS	M	29	01:08:02.35	01:07:22.79	
528	91	ADILIA BARBOSA	F	57	01:08:12.12	01:08:09.17	
529	560	DIOGO ROMANO	M	13	01:08:16.31	01:07:52.90	STILL FIT
530	621	JOAO ROSARIO	M	44	01:08:17.18	01:07:48.20	UJ ALVERCA
531	747	FRANCISCO FERREIRA	M	47	01:08:18.38	01:07:47.20	
532	325	Mª FÁTIMA BELO	F	45	01:08:18.44	01:08:01.57	ALVERCA URBAN RUNNERS
533	578	LUIS LOPES	M	67	01:08:20.83	01:08:00.34	TEAM LOPES
534	55	FERNANDO C FERNANDES	M	65	01:08:22.35	01:07:39.91	CCDT METRO LX
535	780	ANA FERREIRA	F	20	01:08:29.42	01:08:16.67	UD VILAFRAQUENSE
536	161	SERTÓRIO CALADO	M	51	01:08:52.26	01:08:14.74	PARALELOS DO RITMO
537	132	IOLANDA VAZ	F	35	01:08:54.58	01:08:12.29	
538	384	CARLOS REIS	M	52	01:09:00.44	01:08:44.48	BS RUNNERS
539	806	PATRICIA BATISTA	F	41	01:09:23.40	01:08:50.20	CLINICA STA MADALENA
540	187	MIGUEL T SOUSA	M	42	01:09:25.47	01:08:52.45	C COLAB AGEAS
541	364	EMIDIO DIOGO	M	67	01:09:27.83	01:08:44.86	ARANAV
542	345	PAULÇO ASCENÇÃO	M	46	01:09:28.59	01:09:15.66	ALVERCA URBAN RUNNERS
543	366	CLAUDIO FONSECA	M	36	01:09:28.62	01:08:45.79	ARANAV
544	764	ALCINA SILVA	F	38	01:09:29.16	01:08:59.61	
545	728	BRUNA PIMENTA	F	29	01:09:34.07	01:08:53.36	
546	587	ANA MIRANDA	F	47	01:09:43.76	01:09:31.02	TRIOODEMIRA
547	66	ANA ROMAO	F	30	01:09:43.87	01:09:35.04	GAREHOTELRUNNING
548	75	CELIA QUEIROZ	F	45	01:09:53.22	01:09:48.81	GAREHOTELRUNNING
549	352	JOANA RIBEIRO	F	33	01:09:58.71	01:09:58.71	ALVERCA URBAN RUNNERS
550	59	ORLANDO SOUSA	M	55	01:10:13.35	01:09:32.41	CCDT METRO LX
551	89	ANTÓNIO MAIA	M	43	01:10:18.83	01:09:40.29	
552	581	ANA AFONSO	F	41	01:10:20.42	01:09:58.01	TEAM LOPES
553	400	EMILIA CASTANHEIRA	F	44	01:10:21.24	01:09:54.11	CASTANHEIRAS

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554	280	ORQUIDEA C B NEVES	F	35	01:10:59.67	01:10:50.49	
555	278	DINA LOBO	F	44	01:10:59.68	01:10:49.28	
556	48	NUNO M ANTONIO	M	42	01:11:22.56	01:11:00.82	
557	493	ADELAIDE GAMA	F	33	01:11:33.15	01:10:58.09	JATAPANHO
558	664	ROMEU FONSECA	M	31	01:11:38.08	01:10:47.76	
559	716	ARTUR FIGUEIREDO	M	56	01:11:38.97	01:10:47.57	
560	90	JOHNNY THOMASSEN	M	57	01:11:50.16	01:11:11.66	
561	772	NUNO CAMILO	M	39	01:11:54.73	01:11:27.17	
562	235	MARIANA G JESUS	F	22	01:12:20.50	01:11:49.44	
563	724	JOANA LISBOA	F	29	01:12:41.97	01:12:02.55	
564	123	MADALENA PINA	F	49	01:12:42.12	01:11:54.87	CLUBE TAP PORTUGAL
565	814	LUIS SILVA	M	65	01:13:20.17	01:13:12.09	CLINICA STA MADALENA
566	175	JOSÉ ABREU	M	68	01:13:32.07	01:13:13.86	GDCT IN CM
567	173	ANTÓNIO GASPAR	M	73	01:13:32.26	01:13:13.32	GDCT IN CM
568	477	DORA CRUZ	F	44	01:13:50.12	01:13:06.30	GINJINHA RUNNERS
569	490	CLÁUDIA VARELA	F	31	01:13:53.87	01:13:18.14	JATAPANHO
570	18	CARLA FONSECA	F	42	01:14:36.68	01:14:20.83	FONSECAPINTO
571	212	INÉS LAGOA	F	32	01:15:41.73	01:15:15.83	
572	211	JOÃO SILVESTRE	M	26	01:15:41.74	01:15:17.65	
573	732	MÓNICA CASTILHO	F	33	01:15:54.89	01:15:19.32	
574	69	RODRIGO TORRES	M	17	01:15:55.36	01:15:47.56	GAREHOTELRUNNING
575	575	SARA CARVALHA	F	42	01:15:56.40	01:15:36.46	TEAM LOPES
576	617	RITA PEREIRA	F	43	01:15:57.26	01:15:42.70	UJ ALVERCA
577	374	FABIO GAMITO	M	22	01:16:23.04	01:15:36.97	ATLÉTICO VIA RARA
578	306	MARTA FEIO	F	28	01:16:25.75	01:15:59.91	4 AO KM
579	378	ANA CALIÇA	F	38	01:16:48.91	01:16:42.95	AVR
580	697	JOÃO ACÁCIO	M	29	01:17:09.99	01:16:55.51	
581	696	MARCIA REIS	F	26	01:17:10.17	01:16:55.97	
582	115	SANDRA VIÇOSO	F	31	01:17:42.74	01:17:07.94	MARAS
583	57	GUALDINO FREIRE	M	71	01:18:11.75	01:17:37.35	CCDT METRO LX
584	247	ANTÓNIO MARQUES	M	70	01:18:28.24	01:18:22.48	
585	381	SARA BARATA	F	40	01:18:29.11	01:18:23.54	AVR
586	198	DUARTE NUNO	M	39	01:19:18.70	01:19:06.01	
587	160	NILZA BROWN	F	47	01:19:35.48	01:19:28.51	PARALELOS DO RITMO
588	37	FILIPE CORDEIRO	M	38	01:19:36.61	01:18:58.37	
589	20	AMÉRICO RUSSO	M	52	01:19:37.00	01:18:58.19	PARALELOS DO RITMO
590	71	VANESSA MARTINS	F	32	01:19:39.11	01:19:31.02	GAREHOTELRUNNING

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591	73	IRINA MACHADO	F	31	01:19:39.32	01:19:32.40	GAREHOTELRUNNING
592	334	RITA MERENDA	F	39	01:19:40.40	01:19:36.31	ALVERCA URBAN RUNNERS
593	456	RUI OLIVEIRA	M	53	01:20:09.69	01:19:40.42	FALCÕES SELVAGENS
594	569	GONÇALO CAMPOS	M	41	01:20:15.25	01:19:53.47	STILL FIT
595	50	SONIA C V ANJOS	F	43	01:20:33.12	01:20:16.53	
596	49	LUIS M S LEAL	M	42	01:20:34.78	01:20:18.18	
597	756	NUNO ENCARNAÇÃO	M	42	01:20:34.99	01:20:18.97	
598	25	CARLOS VALE	M	44	01:20:53.78	01:20:47.85	PARALELOS DO RITMO
599	786	CLAUDIA FREIRE	F	28	01:21:05.55	01:20:44.62	STILL FIT
600	787	MARIANA GUERRA	F	22	01:21:05.83	01:20:44.25	STILL FIT
601	72	ISABEL PEREIRA	F	48	01:21:05.86	01:20:56.92	GAREHOTELRUNNING
602	546	CARLA A ALMEIDA	F	45	01:21:27.15	01:21:15.19	RUN FOR LUNCH
603	544	CRISTINA MAIA	F	56	01:21:27.70	01:21:16.70	RUN FOR LUNCH
604	165	ANA M BAPTISTA	F	26	01:21:52.39	01:21:52.39	SC CASAINHOS
605	170	ABDURAMANE SEIDI	M	41	01:24:26.41	01:23:49.54	SC CASAINHOS
606	22	TIAGO DUARTE	M	18	01:25:06.78	01:24:28.87	PARALELOS DO RITMO
607	21	NUNO DUARTE	M	50	01:25:07.89	01:24:30.23	PARALELOS DO RITMO
608	509	VANESSA RALHA	F	35	01:26:29.39	01:25:45.28	MOVET
609	508	RUBEN MENDES	M	38	01:26:38.37	01:25:53.36	MOVET
610	188	NÁJLA P MATA	F	32	01:26:46.58	01:26:10.76	C COLAB AGEAS
611	74	CLEIDE QUEIROZ	F	54	01:26:57.75	01:26:52.56	GAREHOTELRUNNING
612	618	POLIANA MELLO	F	35	01:28:25.92	01:28:10.80	UJ ALVERCA

Total de registros: 612