Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	297	CARLOS PAPACINZA	M	30	1	00:32:59.16	00:32:57.68	BEJA ATLÉTICO CLUBE
2	298	JOÃO CRUZ	M	33	2	00:33:07.01	00:33:06.96	BEJA ATLÉTICO CLUBE
3	361	NUNO CORREIA	M	43	1	00:33:32.78	00:33:30.99	AC SAMBRASENSE
4	264	JOÃO VAZ	M	51	1	00:33:44.27	00:33:42.94	CCD O ALVITEJO
5	443	HUGO RODRIGUES	M	22	3	00:33:51.70	00:33:50.63	VITORIA FUTEBOL CLUBE
6	499	EDGAR MATIAS	M	40	2	00:34:16.44	00:34:14.67	G.D.R. SÃO FRANCISCO DA SERRA
7	439	ANDRE ALVES	M	32	4	00:34:26.99	00:34:26.55	VITORIA FUTEBOL CLUBE
8	442	MARCELO SANTOS	M	33	5	00:34:33.95	00:34:33.96	VITORIA FUTEBOL CLUBE
9	337	ROBERTO BAIÃO	M	27	6	00:34:58.40	00:34:57.48	JUVENTUDE ATLÉTICO CLUBE
10	303	CUSTÓDIO ANTÓNIO	M	42	3	00:35:04.99	00:35:04.99	BEJA ATLÉTICO CLUBE
11	274	JOÃO SILVA	M	21	7	00:35:15.66	00:35:14.05	NARM MESSEJANA
12	339	FÁBIO REIS	M	25	8	00:35:37.57	00:35:36.08	CASA DE BENFICA DE FARO
13	505	FÁBIO SILVA	M	32	9	00:35:49.43	00:35:49.43	G.D.R. SÃO FRANCISCO DA SERRA
14	513	MARCO PINTO	M	28	10	00:35:53.96	00:35:52.21	UNIÃO DESPORTIVA ALFORNELOS
15	553	BRUNO LOUREIRO	M	35	1	00:35:58.26	00:35:56.39	A NATUREZA ENSINA
16	183	HUGO SANTOS	M	38	2	00:35:59.73	00:35:56.41	NASCIDOS PARA CORRER
17	340	RUI GUERREIRO	M	47	1	00:36:02.43	00:36:02.30	OLÍMPICO DE LAGOS
18	500	EUCLIDES ALMEIDA	M	38	3	00:36:07.61	00:36:05.89	G.D.R. SÃO FRANCISCO DA SERRA
19	242	JOAQUIM CRISTIANO	M	36	4	00:36:12.95	00:36:10.44	
20	362	KHALID TAHIRI	M	43	4	00:36:19.36	00:36:17.47	AC SAMBRASENSE
21	504	EMANUEL DIOGO	M	29	11	00:36:22.04	00:36:21.87	G.D.R. SÃO FRANCISCO DA SERRA
22	387	ARTUR OLIVEIRA	M	46	2	00:36:33.53	00:36:31.57	C BENFICA MEM MARTINS
23	350	DUARTE FORTES	M	20	12	00:36:42.10	00:36:39.63	BEJA ATLÉTICO CLUBE
24	271	ALEXANDRE PIMPÃO	M	47	3	00:36:46.58	00:36:44.61	NARM MESSEJANA
25	515	RAFAEL GONÇALVES	M	33	13	00:36:53.91	00:36:50.09	UNIÃO DESPORTIVA ALFORNELOS
26	403	ANTONIO MURTEIRA	M	51	2	00:36:59.43	00:36:56.65	C BENFICA MEM MARTINS
27	398	RUI CRUZ	M	18	1	00:37:00.78	00:36:59.08	C BENFICA MEM MARTINS
28	119	JOÃO CANIÇO	M	38	5	00:37:02.02	00:37:00.03	LF - PERSONAL TRAINER
29	272	PEDRO LOPES	M	27	14	00:37:03.35	00:37:03.35	NARM MESSEJANA
30	386	ALVARO OLIVEIRA	M	50	3	00:37:07.53	00:37:04.71	C BENFICA MEM MARTINS
31	168	PEDRO RIBEIRO	M	47	4	00:37:09.13	00:37:07.77	
32	336	CARLOS ALVES	M	52	4	00:37:09.22	00:37:07.31	BEJA ATLÉTICO CLUBE
33	218	DANIEL PEREIRA	M	33	15	00:37:20.32	00:37:13.46	JUVENTUDE ATLÉTICO CLUBE
34	514	LUÍS CARDOSO	M	30	16	00:37:32.58	00:37:28.84	UNIÃO DESPORTIVA ALFORNELOS
35	342	ANTÓNIO SILVA	M	51	5	00:37:38.86	00:37:38.36	

36	251	NUNO REBELO	M	30	17	00:37:55.03	00:37:51.54	RUN TEJO
37	427	TIAGO MORAIS	M	32	18	00:38:10.35	00:38:06.73	CDR AGUIAS UNIDAS
38	379	PETER KNIGHT	M	58	1	00:38:14.99	00:38:14.99	NDC ODEMIRA
39	421	MARCOLINO VERISSIMO	M	47	5	00:38:21.54	00:38:18.42	CDR AGUIAS UNIDAS
40	263	ARLINDO DIAS	M	40	5	00:38:28.80	00:38:18.77	GDCT REPSOL POLÍMEROS
41	516	JOSE TEIXEIRA	M	46	6	00:38:30.65	00:38:30.11	UNIÃO DESPORTIVA ALFORNELOS
42	363	PEDRO BOLEIXA	M	47	7	00:38:34.73	00:38:30.17	AC SAMBRASENSE
43	106	ALEXANDRE TIAGO	M	27	19	00:38:35.19	00:38:33.95	A NATUREZA ENSINA
44	493	PAULO CAVALINHOS	M	42	6	00:38:36.42	00:38:32.89	G.D.R. SÃO FRANCISCO DA SERRA
45	535	PAULO PINTO	M	46	8	00:38:38.68	00:38:36.07	A NATUREZA ENSINA
46	258	PAULO PONTEIRA	M	39	6	00:38:41.15	00:38:35.23	CLUBE DO SARGENTO DA ARMADA
47	305	MÁRIO GODINHO	M	54	6	00:38:48.26	00:38:46.40	BEJA ATLÉTICO CLUBE
48	527	LUIS CRUZ	M	47	9	00:38:57.65	00:38:53.29	MONTIJO RUNNERS
49	588	JOAO CARDOSO	M	57	2	00:39:00.07	00:38:59.90	
50	176	JOSÉ GAMITO	M	31	20	00:39:01.51	00:38:54.14	JUVENTUDE ATLÉTICO CLUBE
51	444	HERNANI FRANCISCO	M	50	7	00:39:03.53	00:39:03.44	VITORIA FUTEBOL CLUBE
52	429	DAVID LOPES	M	32	21	00:39:06.96	00:38:57.84	RUNNERS GRAFANIL
53	542	ANTONIO MOURO	M	43	7	00:39:24.82	00:39:21.51	A NATUREZA ENSINA
54	250	LUIS REBELO	M	55	3	00:39:33.82	00:39:33.04	FALCÕES SELVAGENS
55	343	GILSON PAULO	M	47	10	00:39:35.98	00:39:35.08	OLÍMPICO DE LAGOS
56	485	CARLOS SILVA	M	47	11	00:39:38.08	00:39:34.44	CLUBE DE ATLETISMO ALENTEJANOS DE FARO
57	582	MARCO CASSACA	M	46	12	00:39:42.26	00:39:41.39	VITORIA FUTEBOL CLUBE
58	538	CARLOS CRISTÃO	M	60	1	00:39:43.88	00:39:41.12	A NATUREZA ENSINA
59	494	JOÃO EDUARDO	M	33	22	00:39:44.21	00:39:41.71	G.D.R. SÃO FRANCISCO DA SERRA
60	437	PEDRO PINTO	M	34	23	00:39:44.69	00:39:34.59	TRAIL RUNNERS PORTIMÃO
61	273	RENATO GUERREIRO	M	39	7	00:39:51.61	00:39:51.61	NARM MESSEJANA
62	68	DAVID GORGULHO	M	37	8	00:39:52.83	00:39:52.83	
63	321	RUI GAMITO	M	37	9	00:39:54.05	00:39:45.49	JUVENTUDE ATLÉTICO CLUBE
64	391	HUGO PALMEIRO	M	43	8	00:39:54.16	00:39:51.63	C BENFICA MEM MARTINS
65	447	SÉNIO MESSIA	M	38	10	00:39:55.88	00:39:54.51	AABV LAGOA ALGARVE
66	448	DAVID SILVA	M	44	9	00:39:56.56	00:39:56.56	AMINHACORRIDA
67	134	JOÃO SANTOS	M	53	8	00:39:57.43	00:39:53.27	IRMÃOS LUZIAS
68	496	LUÍS PEREIRA TIRAPICOS	M	59	4	00:40:06.68	00:40:01.88	G.D.R. SÃO FRANCISCO DA SERRA
69	476	SARA INACIO	F	23	1	00:40:07.58	00:40:07.38	ADRAP
70	30	RUI PASTOR	M	46	13	00:40:15.26	00:40:11.62	PASTOR RACING
71	392	HUGO BORGES	M	36	11	00:40:21.57	00:40:16.43	C BENFICA MEM MARTINS

72	372	ANA LOURENCO	F	36	1	00:40:28.24	00:40:28.25	NDC ODEMIRA
73	169	JOÃO CONCHINHA	M	21	24	00:40:32.93	00:40:31.60	CALISTBROTHERS
74	367	LUIS BRITO	M	42	10	00:40:35.75	00:40:28.78	AC SAMBRASENSE
75	425	RAUL PENA	M	53	9	00:40:38.40	00:40:37.88	CDR AGUIAS UNIDAS
76	269	JOSÉ LUÍS SIMÕES	M	60	2	00:40:43.62	00:40:42.38	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
77	373	PAULO PATRICIO	M	34	25	00:40:44.00	00:40:41.59	NDC ODEMIRA
78	304	PEDRO COSTA	M	50	10	00:40:48.65	00:40:46.79	BEJA ATLÉTICO CLUBE
79	374	PEDRO POEIRA	M	37	12	00:41:00.97	00:40:59.35	NDC ODEMIRA
80	413	AGOSTINHO GONÇALVES	M	60	3	00:41:12.60	00:41:08.56	CDR AGUIAS UNIDAS
81	113	VITOR SANTOS	M	35	13	00:41:14.20	00:41:06.11	JUVENTUDE ATLÉTICO CLUBE
82	246	JOÃO OLIVEIRA	M	43	11	00:41:15.94	00:41:07.03	CCDTMETROLX
83	152	LUIS MESQUITA	M	44	12	00:41:16.78	00:41:14.92	
84	189	RUI JOSÉ DE SOUSA	M	45	14	00:41:16.87	00:40:45.97	SINGARUNNERS
85	140	JOSÉ CANILHAS	M	51	11	00:41:18.81	00:41:15.50	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
86	205	MÁRIO MONTEIRO	M	46	15	00:41:20.83	00:41:01.38	MORNING RUNNERS
87	369	RUI BERNARDO	M	52	12	00:41:33.48	00:41:28.79	AC SAMBRASENSE
88	428	VITOR JORGE	M	57	5	00:41:41.61	00:41:38.15	CDR AGUIAS UNIDAS
89	384	LUIS FERREIRA	M	42	13	00:41:42.67	00:41:38.24	C BENFICA MEM MARTINS
90	461	FERNANDO DIAS	M	41	14	00:41:52.20	00:41:51.29	BV MONTEMOR-O-NOVO
91	314	NELSON PEREIRA	M	51	13	00:41:54.43	00:41:49.38	MONTIJO RUNNERS
92	464	HELIODORO ARRANJA	M	48	16	00:42:01.02	00:41:55.39	BV MONTEMOR-O-NOVO
93	484	FERNANDO FERNANDES	M	57	6	00:42:06.05	00:42:03.91	CLUBE DE ATLETISMO ALENTEJANOS DE FARO
94	316	FRANCISCO CERQUEIRA	M	47	17	00:42:06.20	00:41:45.38	KER SPORT TRAIL RUNNING
95	351	PAULO LOPES	M	50	14	00:42:13.52	00:42:08.57	MONTIJO RUNNERS
96	323	ANDRÉ AFONSO	M	30	26	00:42:17.07	00:42:03.64	
97	151	RICARDO FARIA	M	39	14	00:42:23.60	00:42:09.18	JUVENTUDE ATLÉTICO CLUBE
98	360	LEONEL CRISTINA	M	54	15	00:42:25.11	00:42:23.51	AC SAMBRASENSE
99	224	RICARDO SILVA	M	37	15	00:42:41.37	00:42:32.09	
100	366	MIGUEL DOMINGOS	M	51	16	00:42:42.54	00:42:42.54	AC SAMBRASENSE
101	112	FERNANDO MESTRE	M	46	18	00:42:45.95	00:42:38.73	JUVENTUDE ATLÉTICO CLUBE
102	178	ANTÓNIO FERREIRA DOS SANTOS	M	43	15	00:42:48.25	00:42:47.05	NASCIDOS PARA CORRER
103	257	JOSÉ GOUVEIA	M	51	17	00:42:56.83	00:42:52.27	CLUBE DO SARGENTO DA ARMADA
104	188	NUNO PALMINHA	M	38	16	00:42:57.18	00:42:48.17	JUVENTUDE ATLÉTICO CLUBE
105	510	PAULO CHAINHO	M	55	7	00:42:58.62	00:42:53.14	G.D.R. SÃO FRANCISCO DA SERRA
106	245	NUNO PITA	M	43	16	00:42:59.24	00:42:50.81	CCDTMETROLX
107	233	JOSÉ CUNHA	M	55	8	00:43:01.28	00:42:52.39	OS ZATOPEQUES

108	124	JÚLIO REIS	M	46	19	00:43:03.51	00:43:00.14	CÂMARA LISBOA CLUBE
109	133	NUNO SILVA	M	48	20	00:43:04.47	00:42:56.14	CLUBE FUTEBOL OS BELENENSES
110	311	ANDRÉ BALTASAR	M	32	27	00:43:11.78	00:42:59.46	
111	288	RENATO CABRAL	M	28	28	00:43:12.06	00:42:57.74	
112	93	LUIS ALEIXO	M	40	17	00:43:12.33	00:43:07.93	OS KOTAS
113	98	MARCO VICENTE	M	40	18	00:43:13.63	00:43:11.30	ÉVORA NIGTH RUNNERS
114	396	JOAO SOARES	M	65	1	00:43:27.28	00:43:23.82	C BENFICA MEM MARTINS
115	72	MARCOS LIMA	M	33	29	00:43:28.19	00:43:26.86	BOXRUNNERS
116	477	BRUNO MOREIRA	M	37	17	00:43:29.84	00:43:17.21	GRUPO DESPORTIVO DE SANTA CRUZ / LITORALMOTORS.PT
117	170	VASCO RODRIGUES	M	37	18	00:43:37.01	00:43:37.01	JUVENTUDE ATLÉTICO CLUBE
118	498	RAFAEL GONÇALVES	M	24	30	00:43:39.80	00:43:11.48	G.D.R. SÃO FRANCISCO DA SERRA
119	252	ANA REBELO	F	26	2	00:43:41.00	00:43:37.63	RUN TEJO
120	15	JOSÉ CARLOS GOMES	M	59	9	00:43:41.98	00:43:31.90	LIGEIRINHOS
121	196	GONÇALO SANTOS	M	45	21	00:43:43.40	00:43:31.33	GDC PORTOS DE SINES E DO ALGARVE
122	81	JOAQUIM LOPES	M	56	10	00:43:44.60	00:43:31.43	AMICICLO GRÂNDOLA
123	368	RENATO MARTINS	M	43	19	00:43:45.91	00:43:35.50	AC SAMBRASENSE
124	522	DINA OLIVEIRA	F	39	2	00:43:47.94	00:43:44.16	
125	579	ANTONIO TEIXEIRA	M	49	22	00:43:50.27	00:43:38.20	OS KOTAS
126	177	LUIS FERREIRA	M	51	18	00:43:53.21	00:43:44.89	JUVENTUDE ATLÉTICO CLUBE
127	375	ANTONIO LUIS	M	41	20	00:44:00.05	00:43:46.86	NDC ODEMIRA
128	296	JOSE M SERRANO	M	48	23	00:44:08.09	00:43:59.20	MONSANTO RUNNING TEAM
129	466	PEDRO PEREIRA	M	41	21	00:44:10.34	00:44:09.35	BV MONTEMOR-O-NOVO
130	236	HUGO TOMÉ	M	36	19	00:44:13.59	00:44:09.96	SRCDRF MONTE GODEL
131	132	ANTÓNIO ROLO	M	36	20	00:44:14.48	00:43:57.85	REPSOL PEAD SINES
132	558	RUI CARVALHO	M	40	22	00:44:18.43	00:44:02.58	A NATUREZA ENSINA
133	283	ANDRE SAPATA	M	30	31	00:44:18.99	00:44:18.99	
134	488	JAIME COSTA	M	33	32	00:44:19.28	00:44:05.72	GDCT REPSOL POLÍMEROS
135	497	HUGO GONÇALVES	M	31	33	00:44:21.77	00:43:56.69	G.D.R. SÃO FRANCISCO DA SERRA
136	480	ANTÓNIO CAMACHO	M	64	4	00:44:25.97	00:44:21.93	PALMELENSE FUTEBOL CLUBE
137	565	FÁBIO PEREIRA	M	27	34	00:44:27.06	00:44:17.34	SPORTING CLUBE DE CASAINHOS
138	234	PAULO BASÍLIO	M	51	19	00:44:27.37	00:44:17.04	OS ZATOPEQUES
139	141	JOÃO PARENTE	M	58	11	00:44:30.12	00:44:25.62	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
140	534	CARLA DIAS	F	46	1	00:44:31.58	00:44:28.27	
141	210	ANTÓNIO M SILVESTRE	M	53	20	00:44:37.41	00:44:19.70	SSTMODEMIRA
142	179	JOAO GARVÃO	M	38	21	00:44:39.99	00:44:39.99	JUVENTUDE ATLÉTICO CLUBE
143	354	ALVARO BEIJINHA	M	42	23	00:44:42.45	00:44:42.20	FUTEBOL CLUBE ALVALADENSE

144	468	JOSE CARAVELA	M	59	12	00:44:44.38	00:44:43.09	BV MONTEMOR-O-NOVO
145	382	JOSÉ INOCENCIO	M	67	2	00:44:56.06	00:44:51.23	C BENFICA MEM MARTINS
146	21	PAULO COSTA	M	52	21	00:44:56.39	00:44:49.81	SFUAP
147	139	MANUEL SILVA	M	54	22	00:45:01.17	00:44:57.58	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
148	549	CARLOS LIMA	M	49	24	00:45:04.93	00:45:02.11	A NATUREZA ENSINA
149	550	PAULA GUEDES	F	48	2	00:45:05.58	00:45:02.44	A NATUREZA ENSINA
150	182	RAFAEL SILVA	M	25	35	00:45:06.09	00:44:53.61	
151	578	PAULO SANTOS	M	52	23	00:45:06.89	00:45:02.34	AC SAMBRASENSE
152	44	ANA ISABEL BRÁS	F	34	3	00:45:15.42	00:45:03.33	CCD PM CASCAIS
153	389	EDUARDO TANGANHITO	M	72	1	00:45:16.33	00:45:10.87	C BENFICA MEM MARTINS
154	407	FERNANDO CORREIA	M	54	24	00:45:18.34	00:45:13.77	C BENFICA MEM MARTINS
155	376	PAULO OLIVEIRA	M	42	24	00:45:19.14	00:45:18.36	NDC ODEMIRA
156	90	NUNO CHAINHO	M	33	36	00:45:19.68	00:45:02.13	OS KOTAS
157	511	ROGÉRIO MATOS	M	37	22	00:45:20.10	00:45:01.80	G.D.R. SÃO FRANCISCO DA SERRA
158	290	RUI CORREIA	M	49	25	00:45:20.90	00:45:04.38	
159	463	CARLOS MESTRINHO	M	45	26	00:45:25.40	00:45:22.53	BV MONTEMOR-O-NOVO
160	278	JOSÉ CARLOS	M	56	13	00:45:26.36	00:45:06.20	NA PAPAGAIOS DE CASCAIS
161	146	PEDRO SANTOS	M	46	27	00:45:40.35	00:45:35.42	SRCDRF MONTE GODEL
162	306	FREDERICO CARVALHO	M	40	25	00:45:42.38	00:45:14.16	SCA/RUN ALCÁÇOVAS
163	422	ORLINDO FIGUEIREDO	M	71	2	00:45:43.69	00:45:43.15	CDR AGUIAS UNIDAS
164	277	ALBERTO SILVA	M	42	26	00:45:45.70	00:45:36.48	GD SANTA CRUZ
165	430	RUI LUIS	M	30	37	00:45:47.09	00:45:36.58	RUNNERS GRAFANIL
166	324	MAURO PIMENTA	M	43	27	00:45:47.74	00:45:10.46	GAA VILA FRANCA DE XIRA
167	548	MANUEL VILELA	M	55	14	00:45:50.73	00:45:49.69	A NATUREZA ENSINA
168	370	ANTONIO MARTINS	M	43	28	00:45:53.95	00:45:43.25	AC SAMBRASENSE
169	216	FRANCISCO BOTELHO	M	24	38	00:45:58.97	00:45:45.79	
170	293	JULIETA MOTA	F	46	3	00:46:05.49	00:45:56.09	CORRER LISBOA
171	344	ALEIX BARBA GARCIA	M	26	39	00:46:11.07	00:46:02.89	
172	332	SÉRGIO ALEXANDRE MÓNICA	M	49	28	00:46:13.83	00:46:00.25	COALA
173	198	NUNO VENTURA	M	25	40	00:46:15.81	00:46:06.50	GDC PORTOS DE SINES E DO ALGARVE
174	239	BRUNO PACHECO	M	28	41	00:46:18.25	00:45:59.25	REPSOL PEAD SINES
175	456	LEANDRO REIS	M	50	25	00:46:19.48	00:45:51.93	SO HUILLES
176	462	ABILIO CATARRO	M	62	5	00:46:25.17	00:46:24.67	BV MONTEMOR-O-NOVO
177	292	MARIA LUCAS	F	51	1	00:46:27.05	00:46:20.87	GDF - FIDELIDADE
178	469	JOSE TAVARES	M	47	29	00:46:31.53	00:46:31.07	BV MONTEMOR-O-NOVO
179	54	NUNO PEREIRA	M	35	23	00:46:35.66	00:46:21.63	JD MELIDENSE - ATLETISMO
180	378	PEDRO SERALHA	M	47	30	00:46:36.71	00:46:21.82	NDC ODEMIRA

181	282	LUIS CHAINHO	M	43	29	00:46:39.99	00:46:39.99	AMICICLO GRÂNDOLA
182	302	PEDRO OLIVEIRA	M	42	30	00:46:43.07	00:46:42.04	BEJA ATLÉTICO CLUBE
183	206	GONÇALO RODRIGUES	M	41	31	00:46:43.44	00:46:23.36	MORNING RUNNERS
184	94	ANTONIO PARREIRA	M	61	6	00:46:55.42	00:46:51.67	OS KOTAS
185	483	PEDRO ALVES	M	47	31	00:46:56.38	00:46:41.10	
186	207	ALDINA MARQUES	F	48	4	00:46:57.33	00:46:37.86	MORNING RUNNERS
187	114	FLAVIANO DIAS	M	69	3	00:46:59.67	00:46:53.36	JUVENTUDE ATLÉTICO CLUBE
188	434	HUGO GUERREIRO	M	35	24	00:46:59.72	00:46:41.51	JUVENTUDE ATLÉTICO CLUBE
189	241	FÁBIO REIS	M	27	42	00:47:02.39	00:46:58.75	SRCDRF MONTE GODEL
190	420	JOSE RODRIGUES	M	57	15	00:47:06.40	00:46:59.98	CDR AGUIAS UNIDAS
191	279	PEDRO SILVA	M	39	25	00:47:09.67	00:46:51.86	LEGIÃO 13
192	338	ARMANDO SOUSA	M	47	32	00:47:10.84	00:46:53.30	
193	371	SOLANGE GUERREIRO	F	28	4	00:47:16.13	00:47:15.41	NDC ODEMIRA
194	377	VITOR DIAS	M	48	33	00:47:17.56	00:47:16.84	NDC ODEMIRA
195	276	HÉLDER GUERREIRO	M	42	32	00:47:18.70	00:47:07.49	JUVENTUDE ATLÉTICO CLUBE
196	158	FERNANDO SOUSA	M	51	26	00:47:18.87	00:46:46.64	MILLENNIUM BCP
197	472	ANTONIO GASPAR	M	58	16	00:47:25.79	00:47:20.65	BV MONTEMOR-O-NOVO
198	75	ANTÓNIO RICARDO SANTOS	M	47	34	00:47:28.20	00:47:19.89	ALSAB
199	51	RUI BRÁS	M	25	43	00:47:28.93	00:47:11.60	CCD PM CASCAIS
200	416	JOAO BARRONA	M	31	44	00:47:30.71	00:47:10.26	CDR AGUIAS UNIDAS
201	125	LICÍNIO FIDALGO	M	59	17	00:47:32.95	00:47:00.66	CÂMARA LISBOA CLUBE
202	438	MIGUEL DUARTE	M	45	35	00:47:33.53	00:47:12.85	VITORIA FUTEBOL CLUBE
203	137	ANA FRANCISCO	F	44	1	00:47:34.92	00:47:29.16	SRCDRF MONTE GODEL
204	39	NUNO GALVÃO	M	56	18	00:47:37.28	00:47:20.84	SIMECQ
205	145	FERNANDO ALMEIDA	M	52	27	00:47:46.82	00:47:41.61	SRCDRF MONTE GODEL
206	545	PAULO FOLGADO	M	51	28	00:47:50.80	00:47:45.25	A NATUREZA ENSINA
207	529	FRANCISCO MIRANDA	M	41	33	00:47:55.45	00:47:31.07	ALPHAFITNESS
208	45	ANTÓNIO VICÊNCIO	M	49	36	00:47:55.69	00:47:36.12	CCD PM CASCAIS
209	186	ANTONIO VIEIRA	M	70	3	00:47:57.29	00:47:35.84	
210	341	SANDRA BAILOTE	F	47	5	00:47:58.65	00:47:50.56	
211	131	ALBINO VICENTE	M	54	29	00:48:05.71	00:47:57.89	TDT
212	307	ANA ANGELO	F	38	3	00:48:10.07	00:48:05.67	BARRANCOS FC BIOGADO
213	308	ANTONIO MIGUEL CAMPANIÇO	M	40	34	00:48:10.37	00:48:05.76	BARRANCOS FC BIOGADO
214	253	RUBEN CUNHA	M	22	45	00:48:12.14	00:48:01.62	
215	154	SERGIO GUEDES	M	51	30	00:48:13.20	00:47:42.67	
216	326	JORGE FILIPE	M	53	31	00:48:14.25	00:48:00.10	P4R
217	410	VASCO MURTEIRA	M	18	2	00:48:16.16	00:48:08.79	C BENFICA MEM MARTINS

218	180	RICARDO ALVES	M	32	46	00:48:19.23	00:48:06.29	
219	359	RICARDO CONCEICAO	M	33	47	00:48:24.10	00:48:19.37	AC SAMBRASENSE
220	405	RUI CLETO	M	49	37	00:48:25.01	00:48:17.69	C BENFICA MEM MARTINS
221	194	LUISA LANDEIRO	F	48	6	00:48:25.84	00:47:55.14	SS CGD
222	388	CRISTINA CARVALO	F	48	7	00:48:35.00	00:48:27.75	C BENFICA MEM MARTINS
223	148	JOÃO SANTOS	M	54	32	00:48:37.57	00:48:32.58	CLUBE DE PRAÇAS DA ARMADA
224	563	SONIA FREITAS	F	46	8	00:48:41.43	00:48:34.98	A NATUREZA ENSINA
225	381	JOSE FERREIRA	M	76	4	00:48:49.42	00:48:44.03	NDC ODEMIRA
226	142	JOSÉ CAETANO	M	68	4	00:48:51.22	00:48:43.78	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
227	78	JOSE MORALES	M	51	33	00:48:51.36	00:48:33.75	BADAJOZ RUNNERS
228	65	ALEXANDRE PALMEIRO	M	37	26	00:48:51.92	00:48:35.63	
229	560	SOFIA PINHEIRO	F	44	2	00:48:53.88	00:48:47.86	A NATUREZA ENSINA
230	36	MANUEL AMBRÓSIO	M	48	38	00:49:00.14	00:48:45.01	
231	487	SUSANA MATEUS	F	30	5	00:49:02.55	00:48:49.12	GDCT REPSOL POLÍMEROS
232	173	JORGE PEREIRA	M	60	7	00:49:02.93	00:48:58.97	
233	71	VÂNIA MARGARIDA RAPOSO	F	39	4	00:49:03.74	00:49:00.86	BOXRUNNERS
234	417	JOAQUIM GUERREIRO	M	62	8	00:49:07.24	00:48:44.92	CDR AGUIAS UNIDAS
235	551	PEDRO HIPOLITO	M	49	39	00:49:08.52	00:49:00.71	A NATUREZA ENSINA
236	567	PAULO HENRIQUES	M	49	40	00:49:10.64	00:48:39.90	
237	249	PEDRO OLIVEIRA	M	49	41	00:49:11.36	00:48:40.77	
238	415	DIOGO COSTA	M	71	5	00:49:14.38	00:49:06.06	CDR AGUIAS UNIDAS
239	107	PAULO GONÇALVES	M	46	42	00:49:15.41	00:48:57.16	
240	128	CARLOS SOUSA	M	43	35	00:49:20.08	00:48:47.26	CÂMARA LISBOA CLUBE
241	76	NEUZA SILVA	F	33	6	00:49:23.51	00:49:05.81	
242	163	ANABELA PINELA	F	59	1	00:49:25.12	00:49:25.12	MILLENNIUM BCP
243	518	NUNO SANTOS	M	30	48	00:49:25.41	00:49:16.82	UNIÃO DESPORTIVA ALFORNELOS
244	506	PAULO DÂMASO	M	21	49	00:49:30.91	00:49:17.80	G.D.R. SÃO FRANCISCO DA SERRA
245	287	CARLA FERNANDES	F	40	3	00:49:35.96	00:49:32.65	AMINHACORRIDA
246	459	CARLOS SILVA	M	44	36	00:49:38.80	00:49:31.04	BV MONTEMOR-O-NOVO
247	248	FRANCISCO PLÍNIO	M	63	9	00:49:39.92	00:49:27.43	CCDTMETROLX
248	110	PAULO PEREIRA	M	39	27	00:49:41.84	00:49:33.10	JUVENTUDE ATLÉTICO CLUBE
249	471	MANUEL MARTINS	M	23	50	00:49:45.02	00:49:43.27	BV MONTEMOR-O-NOVO
250	268	JOSÉ SANTOS	M	56	19	00:49:45.22	00:49:24.27	
251	486	JOÃO ARVANAS	M	39	28	00:49:45.99	00:49:45.99	
252	96	GABRIEL SANTINHOS	M	20	51	00:49:47.21	00:49:47.21	OS KOTAS
253	294	PAULO CARÔCO	M	38	29	00:49:50.98	00:49:07.30	FAIÃO RUNNING TEAM
254	327	MARIA FIGUEIREDO	F	45	9	00:49:51.90	00:49:36.76	P4R

255	566	NUNO LUCAS	M	45	43	00:49:55.24	00:49:36.54	TÃLENTOS TEAM
256	111	ALBERTINO PACHECO	M	55	20	00:49:56.62	00:49:46.70	JUVENTUDE ATLÉTICO CLUBE
257	449	CARLOS LOPES	M	44	37	00:49:58.09	00:49:46.52	AMINHACORRIDA
258	47	IVAN RAMOS	M	35	30	00:49:58.67	00:49:42.34	CCD PM CASCAIS
259	402	JOAO GRILO	M	31	52	00:50:15.50	00:49:55.81	C BENFICA MEM MARTINS
260	441	EDUARDO BORGES	M	49	44	00:50:16.85	00:49:48.30	VITORIA FUTEBOL CLUBE
261	492	DANIEL SILVÉRIO	M	44	38	00:50:17.56	00:50:02.88	G.D.R. SÃO FRANCISCO DA SERRA
262	593	LUIS MIRANDA	M	52	34	00:50:21.01	00:49:52.45	ATR CABRAS DOIDAS
263	592	LUIS LUIS	M	57	21	00:50:21.58	00:49:52.56	
264	520	SERGIO PAIVA	M	47	45	00:50:22.11	00:50:22.09	UNIÃO DESPORTIVA ALFORNELOS
265	122	MIGUEL VELEZ	M	55	22	00:50:25.37	00:49:50.21	CÂMARA LISBOA CLUBE
266	48	JULIO MEIRELES	M	67	5	00:50:27.10	00:50:11.31	CCD PM CASCAIS
267	414	ANTONIO RIBEIRO	M	71	6	00:50:29.42	00:50:15.81	CDR AGUIAS UNIDAS
268	22	CARLOS GONÇALVES	M	55	23	00:50:33.67	00:50:28.00	SFUAP
269	223	ALVARO SILVA	M	62	10	00:50:36.64	00:50:21.61	CLUBE DE PRAÇAS DA ARMADA
270	530	JOÃO FARINHA	M	26	53	00:50:40.30	00:50:14.81	ALPHAFITNESS
271	16	ISABEL RODRIGUES	F	48	10	00:50:41.48	00:50:08.77	ADCR -POLIÇIA JUDICIÁRIA
272	571	PAULO CONÇALVES	M	43	39	00:50:46.07	00:50:14.65	
273	138	ANA ARAÚJO	F	46	11	00:50:46.97	00:50:40.78	SRCDRF MONTE GODEL
274	221	MANUEL BATISTA	M	70	7	00:50:51.72	00:50:36.98	CLUBE DE PRAÇAS DA ARMADA
275	121	ANTÓNIO SANTOS	M	62	11	00:51:10.03	00:50:48.83	
276	20	RUI RAPOSO	M	51	35	00:51:11.06	00:50:45.59	AMICICLO GRÂNDOLA
277	454	CARLOS NEVES	M	51	36	00:51:19.19	00:50:54.54	
278	453	JOÃO SALDANHA	M	47	46	00:51:19.24	00:50:54.08	
279	325	JOANA SILVA	F	22	7	00:51:22.02	00:51:07.82	
280	255	HENRIQUE ALVAREDO	M	61	12	00:51:22.30	00:51:13.71	CLUBE DO SARGENTO DA ARMADA
281	524	CARLOS NIZ	M	44	40	00:51:22.65	00:50:57.05	A NATUREZA ENSINA
282	86	ANDRÉ MORGADO	M	74	8	00:51:33.00	00:51:20.06	ESTRELA NEGRA
283	322	LIPING ZHONG	M	45	47	00:51:35.34	00:51:03.94	
284	43	ALBERTO ABREU	M	51	37	00:51:38.52	00:51:19.49	CCD PM CASCAIS
285	135	MARIA JOSE SANTOS	F	51	2	00:51:39.70	00:51:30.65	IRMÃOS LUZIAS
286	418	JOSE GARRIDO	M	53	38	00:51:45.47	00:51:28.13	CDR AGUIAS UNIDAS
287	80	AMALIA BEJAR	F	51	3	00:51:50.37	00:51:50.37	BADAJOZ RUNNERS
288	346	PAULO BOTAS	M	39	31	00:51:53.72	00:51:22.11	
289	208	ANA JACINTO	F	44	4	00:51:56.85	00:51:38.55	
290	175	MICHEL DERWEDUWEN	M	66	6	00:52:02.11	00:51:45.62	
291	32	CARLOS JESUS	M	37	32	00:52:06.09	00:51:56.69	CCS

292	419	JOSE PULIDO	M	69	7	00:52:08.37	00:51:59.72	CDR AGUIAS UNIDAS
293	310	MÁRIO BURRICA	M	39	33	00:52:12.77	00:49:52.78	UDCB - TERRAS DE BARRO
294	166	RUI BAPTISTA	M	55	24	00:52:23.20	00:52:05.30	MILLENNIUM BCP
295	95	JOSE VILHENA	M	52	39	00:52:27.16	00:52:25.46	OS KOTAS
296	63	CLÁUDIO VINHA	M	24	54	00:52:31.15	00:52:02.80	
297	13	ROSA LÍDIA SILVA	F	51	4	00:52:31.42	00:52:06.92	LIGEIRINHOS
298	445	RICARDO CAMPOS	M	43	41	00:52:35.83	00:52:12.65	
299	62	ANTONIO CAIADO	M	49	48	00:52:45.89	00:52:22.43	BARRANCOS FC BIOGADO
300	460	CARINA REBOCHO	F	29	8	00:52:46.55	00:52:46.23	BV MONTEMOR-O-NOVO
301	406	ANA CLETO	F	49	12	00:52:48.18	00:52:40.69	C BENFICA MEM MARTINS
302	243	RAFAEL SANTOS	M	52	40	00:52:50.12	00:52:30.48	CCDTMETROLX
303	591	MARIA INES GUERREIRO	F	42	5	00:52:51.83	00:52:43.34	
304	385	CARLA RODRIGUES	F	48	13	00:53:03.81	00:52:49.26	C BENFICA MEM MARTINS
305	149	MANUEL CARLOS VICENTE PEDRO	M	56	25	00:53:10.31	00:53:08.52	CLUBE PESSOAL EDP SINES
306	89	MARGARIDA PEDRO	F	55	2	00:53:11.17	00:53:10.63	OS KOTAS
307	192	JOAQUIM CARRILHO	M	52	41	00:53:16.82	00:52:50.30	SS CGD
308	103	JOAQUIM VEIGA	M	44	42	00:53:22.86	00:52:55.88	CORRIDAS E COMIDAS
309	408	VITOR REVEZ	M	59	26	00:53:23.50	00:53:17.67	C BENFICA MEM MARTINS
310	237	MANUEL SARAIVA	M	58	27	00:53:26.58	00:52:59.41	
311	523	LUIS PIRES	M	52	42	00:53:30.43	00:53:05.21	A NATUREZA ENSINA
312	546	FLORBELA BARROS	F	47	14	00:53:30.50	00:53:04.76	A NATUREZA ENSINA
313	313	ALBERTO ROMÃO	M	57	28	00:53:36.65	00:53:02.98	
314	539	ANA ROSARIO	F	47	15	00:53:37.27	00:53:27.72	A NATUREZA ENSINA
315	201	CARLOS PALHINHAS	M	45	49	00:53:37.46	00:53:16.65	GDC PORTOS DE SINES E DO ALGARVE
316	528	PEDRO CORDEIRO	M	37	34	00:53:38.49	00:53:08.15	ALPHAFITNESS
317	509	PEDRO GAMITO	M	42	43	00:53:38.56	00:53:38.56	G.D.R. SÃO FRANCISCO DA SERRA
318	70	MÁRIO CORREIA	M	44	44	00:53:42.39	00:53:35.38	
319	14	DEOLINDA SILVA	F	59	3	00:53:48.22	00:53:24.40	LIGEIRINHOS
320	226	DIOGO NUNES	M	31	55	00:53:49.27	00:53:08.81	
321	190	MARIA DE JESUS DE SOUSA	F	40	6	00:54:06.10	00:53:34.52	SINGARUNNERS
322	309	VICTOR SANTOS	M	62	13	00:54:07.25	00:53:35.82	
323	267	ANTONIO SEROMENHO	M	60	14	00:54:10.46	00:53:46.20	
324	331	JOSE FINURAS	M	48	50	00:54:12.11	00:53:44.21	CAAPP
325	411	NUNO RAFAEL	M	39	35	00:54:15.83	00:53:56.15	C BENFICA MEM MARTINS
326	289	TIAGO DANIEL	M	25	56	00:54:21.80	00:54:09.49	
327	452	VICTOR FREITAS	M	47	51	00:54:22.79	00:54:14.20	A NATUREZA ENSINA
328	357	RAUL CARVALHO	M	50	43	00:54:23.10	00:54:19.11	MONTIJO RUNNERS

329	259	JOSE VERMELHUDO	M	59	29	00:54:26.13	00:54:00.71	TÃLENTOS TEAM
330	217	FERNANDO SANTOS	M	50	44	00:54:28.44	00:53:51.15	
331	108	HELENA RODRIGUES	F	45	16	00:54:28.84	00:54:08.84	
332	364	MANUEL FAISCA	M	74	9	00:54:29.32	00:54:20.31	AC SAMBRASENSE
333	256	MAGNÍFICA ALVAREDO	F	64	1	00:54:32.94	00:54:26.86	CLUBE DO SARGENTO DA ARMADA
334	412	LUCIO MORAIS	M	59	30	00:54:37.20	00:54:30.87	C BENFICA MEM MARTINS
335	458	MANUEL ANTONIO	M	60	15	00:54:39.48	00:54:33.82	BV MONTEMOR-O-NOVO
336	58	RODRIGO GERMANO	M	37	36	00:54:40.71	00:54:09.28	JD MELIDENSE - ATLETISMO
337	91	JOAQUIM SANTANA	M	35	37	00:54:41.77	00:54:29.70	OS KOTAS
338	572	LUIS GUSTAVO	M	47	52	00:54:41.86	00:54:27.36	
339	426	RICARDO BRUNHETA	M	18	3	00:54:42.36	00:54:38.64	CDR AGUIAS UNIDAS
340	238	ANA MILITAO	F	53	5	00:54:43.29	00:54:40.68	UDCB - TERRAS DE BARRO
341	18	LUIS DIAS	M	50	45	00:54:48.39	00:54:14.63	
342	320	RICARDO MATIAS	M	26	57	00:54:50.01	00:54:29.90	LEGIÃO 13
343	436	CÉLIA ANACLETO	F	40	7	00:54:51.34	00:54:19.61	
344	312	SELMA RESENDE	F	53	6	00:54:52.32	00:54:44.53	
345	185	JORGE CARREIRAS	M	52	46	00:55:02.69	00:54:24.56	
346	334	ANA GUIA	F	47	17	00:55:03.59	00:54:50.92	TRANSPORTES TML
347	532	TIAGO FERNANDES	M	31	58	00:55:11.26	00:54:44.43	ALPHAFITNESS
348	73	CÁTIA RODRIGUES	F	35	5	00:55:12.98	00:54:57.38	BOXRUNNERS
349	50	PEDRO RAMOS	M	36	38	00:55:17.75	00:54:57.37	CCD PM CASCAIS
350	102	LUIS ROMANEIRO	M	59	31	00:55:19.45	00:54:56.87	CORRIDAS E COMIDAS
351	380	ILIDIO CAMPOS	M	59	32	00:55:22.43	00:55:09.37	NDC ODEMIRA
352	212	RENATO DOMINGOS	M	32	59	00:55:44.47	00:54:59.33	
353	577	VANDA CORREIA	F	44	8	00:55:48.59	00:55:42.24	
354	574	JOSE C SIMOES	M	49	53	00:55:49.99	00:55:17.63	
355	317	MARIA VIANA	F	41	9	00:55:52.34	00:55:28.14	KER SPORT TRAIL RUNNING
356	333	CARLOS JESUS	M	68	8	00:55:56.83	00:55:20.69	GDCT REPSOL POLÍMEROS
357	156	JOÃO MARTINS	M	45	54	00:56:00.00	00:55:26.14	
358	390	ELSA OLIVEIRA	F	54	7	00:56:00.95	00:55:45.12	C BENFICA MEM MARTINS
359	204	MARIA INÊS GALVÃO	F	33	9	00:56:03.30	00:55:45.59	TUGAS ON TOUR
360	358	ANA BRANCO	F	45	18	00:56:08.43	00:55:53.18	MONTIJO RUNNERS
361	129	PAULA LEITÃO	F	45	19	00:56:16.09	00:55:40.30	CÂMARA LISBOA CLUBE
362	123	RAFAEL PINA	M	42	45	00:56:16.26	00:55:42.40	CÂMARA LISBOA CLUBE
363	197	TIAGO PAULO	M	45	55	00:56:16.67	00:55:47.40	GDC PORTOS DE SINES E DO ALGARVE
364	435	ANTÓNIO SALSINHA	M	68	9	00:56:24.91	00:56:03.66	BEJA ATLÉTICO CLUBE
365	31	JOÃO LIMA	M	59	33	00:56:28.54	00:55:56.86	4 AO KM

366	495	FERNANDO BEIJINHA	M	69	10	00:56:32.59	00:56:20.01	G.D.R. SÃO FRANCISCO DA SERRA
367	167	JOSE REBELO	M	53	47	00:56:34.70	00:56:27.21	MILLENNIUM BCP
368	23	MANUELA GONÇALVES	F	51	8	00:56:37.51	00:56:30.93	SFUAP
369	77	CARMEN LOUREIRO	F	54	9	00:56:40.76	00:56:24.58	BADAJOZ RUNNERS
370	120	MANUEL SILVA	M	43	46	00:56:44.32	00:56:17.80	
371	195	OLGA BORGES	F	44	10	00:56:44.93	00:56:13.39	SS CGD
372	181	ÂNGELA MENDES	F	35	6	00:56:48.40	00:56:38.90	
373	147	SEVERINO CRUZ	M	56	34	00:56:48.45	00:56:27.38	
374	117	JOSÉ MARQUES	M	64	16	00:56:49.21	00:56:15.04	AA LEBRES DO SADO
375	573	JOSE CURVA	M	59	35	00:56:52.02	00:56:44.00	
376	59	SÓNIA PEREIRA	F	39	7	00:56:54.28	00:56:24.49	JD MELIDENSE - ATLETISMO
377	569	JOAO NOGUEIRA	M	44	47	00:56:54.51	00:56:27.01	REMAX SINES
378	533	PEDRO GUIMARÃES	M	46	56	00:56:57.23	00:56:28.82	ALPHAFITNESS
379	203	TERESA GONÇALVES	F	43	11	00:56:57.47	00:56:42.46	
380	74	CARLOS MANUEL	M	43	48	00:57:03.04	00:56:47.59	
381	270	PAULA RITA	F	51	10	00:57:05.08	00:57:02.79	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
382	56	CRISTINA GREGORIO	F	41	12	00:57:11.19	00:56:39.86	JD MELIDENSE - ATLETISMO
383	38	SÓNIA LOURO	F	42	13	00:57:21.20	00:57:15.45	FAMÍLIA LOURO
384	409	LUIS GRAVE	M	62	17	00:57:24.80	00:57:15.66	OS ZATOPEQUES
385	49	PAULA MACHADO	F	64	2	00:57:26.11	00:57:07.57	CCD PM CASCAIS
386	473	FILIPE FERREIRA	M	42	49	00:57:28.11	00:57:17.55	BV MONTEMOR-O-NOVO
387	474	ELISABETE PICANÇO	F	42	14	00:57:28.30	00:57:17.09	BV MONTEMOR-O-NOVO
388	404	FERNANDA CAMACHO	F	48	20	00:57:41.28	00:57:33.02	C BENFICA MEM MARTINS
389	508	ANTÓNIO SIMÕES	M	55	36	00:57:43.63	00:57:32.52	G.D.R. SÃO FRANCISCO DA SERRA
390	335	JOSÉ SARAIVA	M	50	48	00:57:54.16	00:57:17.22	
391	88	MARINA PEDRO	F	31	10	00:57:55.31	00:57:53.52	OS KOTAS
392	554	JOANA PIÇARRA	F	45	21	00:57:58.16	00:57:45.32	A NATUREZA ENSINA
393	355	BRUNO PRAZERES	M	38	39	00:57:58.84	00:57:58.84	FALCÕES SELVAGENS
394	537	VIRGILIO OLIVEIRA	M	59	37	00:57:59.09	00:57:47.44	A NATUREZA ENSINA
395	547	DAVID ROSA	M	43	50	00:58:00.46	00:57:54.41	A NATUREZA ENSINA
396	199	RENATO PENAS	M	42	51	00:58:03.52	00:57:40.72	GDC PORTOS DE SINES E DO ALGARVE
397	162	MARIA FOLQUES	F	49	22	00:58:08.91	00:57:41.28	MILLENNIUM BCP
398	160	PEDRO PEREIRA	M	52	49	00:58:08.96	00:57:43.53	MILLENNIUM BCP
399	161	LUIS BAIXINHO	M	35	40	00:58:09.09	00:57:44.65	MILLENNIUM BCP
400	165	PEDRO LOURENCO SA	M	46	57	00:58:09.87	00:57:45.17	MILLENNIUM BCP
401	101	TELMA MATEUS	F	27	11	00:58:19.96	00:58:01.28	LEGIÃO 13
402	17	LOURDES ROMERO	F	60	3	00:58:31.63	00:57:58.82	

403	470	MIGUEL VARELA	M	36	41	00:58:34.21	00:58:28.99	BV MONTEMOR-O-NOVO
404	475	VALÉRIE ANTUNES DOS SANTOS	F	36	8	00:58:42.74	00:58:18.93	CASA DE BENFICA DE ABRANTES
405	575	JOAO SILVEIRA	M	48	58	00:58:43.32	00:58:24.64	
406	171	MARIA MESTRE	F	56	4	00:58:59.29	00:58:55.24	
407	150	ELISABETE VALE	F	35	9	00:59:08.64	00:58:52.54	JUVENTUDE ATLÉTICO CLUBE
408	41	SUSANA MENDES	F	40	15	00:59:15.00	00:58:40.52	
409	399	LUIS SOUSA	M	44	52	00:59:19.44	00:59:07.71	C BENFICA MEM MARTINS
410	481	PAULO FERNANDES	M	47	59	00:59:25.44	00:59:01.00	AA LEBRES DO SADO
411	570	MEDA VENTURA	F	39	10	00:59:28.91	00:59:22.23	
412	99	JORGE CORREIA	M	58	38	00:59:28.97	00:59:17.35	
413	193	LUIS BILAU	M	66	11	00:59:29.19	00:59:03.53	SS CGD
414	213	RITA PEREIRA	F	33	12	00:59:32.66	00:58:48.21	
415	191	FERNANDO ALVES	M	57	39	00:59:56.77	00:59:30.98	SS CGD
416	583	JOAO CRUZ	M	26	60	00:59:59.70	00:59:40.98	AMINHACORRIDA
417	187	AMILCAR PÓVOA	M	73	10	01:00:08.21	01:00:05.49	CAAPP
418	262	PEDRO JOSÉ	M	39	42	01:00:11.44	00:59:33.34	PJ TEAM
419	82	JOÃO PEREIRA	M	37	43	01:00:11.75	00:59:34.53	
420	281	JÚLIO PEREIRA	M	58	40	01:00:22.34	01:00:09.69	
421	393	JOAQUIM CRUZ	M	60	18	01:00:23.11	01:00:01.45	C BENFICA MEM MARTINS
422	541	LUISA LEITE	F	49	23	01:00:23.65	01:00:15.07	A NATUREZA ENSINA
423	225	MARIA H ANDRADE	F	58	5	01:00:31.25	01:00:02.51	
424	423	PAULA GUERREIRO	F	49	24	01:00:36.34	01:00:18.74	CDR AGUIAS UNIDAS
425	127	CARLOS FERREIRA	M	56	41	01:00:49.64	01:00:12.80	CÂMARA LISBOA CLUBE
426	52	FILOMENA JESUS	F	47	25	01:00:53.29	01:00:26.97	CAAPP
427	318	MARIA PUGA	F	54	11	01:00:53.33	01:00:25.81	O MUNDO DA CORRIDA
428	143	CARLOS ROCHA	M	55	42	01:00:59.45	01:00:13.46	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO
429	352	BRUNO ABRANTES	M	42	53	01:01:04.01	01:00:41.94	FALCÕES SELVAGENS
430	100	MARCO CIPRIANO	M	42	54	01:01:11.43	01:00:42.64	
431	83	ANTÓNIO JOSÉ POMBINHO	M	62	19	01:01:13.56	01:01:08.56	CALADOS VOADORES
432	40	OLGA GALVÃO	F	56	6	01:01:14.58	01:00:39.59	SIMECQ
433	126	JOAO FIGUEIREDO	M	62	20	01:01:25.70	01:00:49.11	CÂMARA LISBOA CLUBE
434	222	JOAQUIM PEREIRA	M	80	11	01:01:25.94	01:01:18.30	CLUBE DE PRAÇAS DA ARMADA
435	479	DORA RUSSO	F	39	11	01:01:33.98	01:01:18.73	MONTIJO RUNNERS
436	347	CRISTINA CAPOTE	F	36	12	01:01:43.73	01:01:19.74	JUVENTUDE ATLÉTICO CLUBE
437	451	PEDRO FORTES	M	50	50	01:01:48.13	01:01:39.88	A NATUREZA ENSINA
438	401	INACIO GONCALVES	M	68	12	01:01:50.56	01:01:29.33	C BENFICA MEM MARTINS
439	559	LISA SANTOS	F	40	16	01:01:52.65	01:01:36.15	A NATUREZA ENSINA

440	397	PATRICIA PEDRO	F	54	12	01:02:06.12	01:01:50.25	C BENFICA MEM MARTINS
441	254	RUTE FIGUEIRAS	F	41	17	01:02:15.60	01:02:00.07	
442	57	CLÁUDIA JOAQUIM	F	45	26	01:02:17.17	01:01:47.07	JD MELIDENSE - ATLETISMO
443	84	LUZ RODRIGUES	F	64	4	01:02:18.66	01:02:13.87	ESTRELA NEGRA
444	130	ANABELA MEIA-VIA	F	51	13	01:02:34.30	01:02:21.89	CÂMARA LISBOA CLUBE
445	349	JOSE RAPOSO	M	67	13	01:02:51.14	01:02:47.04	COALA
446	580	CLAUDIA TEIXEIRA	F	45	27	01:03:16.88	01:02:41.24	OS KOTAS
447	424	PAULO FERREIRA	M	46	60	01:03:32.74	01:03:01.01	CDR AGUIAS UNIDAS
448	286	SERAFIM MARQUES	M	70	12	01:03:32.95	01:03:03.94	TÃLENTOS TEAM
449	97	PEDRO DE JESUS VIEIRA PONTE	M	59	43	01:03:55.15	01:03:40.47	
450	552	CARLA OLEIRINHA	F	49	28	01:03:59.22	01:03:47.33	A NATUREZA ENSINA
451	232	SUSANA PORFIRIO DA SILVA	F	43	18	01:04:05.57	01:03:42.71	
452	526	PEDRO SANTOS	M	31	61	01:04:18.11	01:03:53.35	
453	491	JOÃO SANTOS	M	42	55	01:04:22.75	01:04:22.75	OS KOTAS
454	395	JOAQUIM HERMENEGILDO	M	56	44	01:04:28.12	01:04:10.89	C BENFICA MEM MARTINS
455	66	MARIA RIBEIRO	F	51	14	01:04:34.40	01:04:09.96	TRILHOS NOTURNOS
456	87	ALCINA CORREIA	F	66	1	01:04:40.51	01:04:33.62	ESTRELA NEGRA
457	26	JUSTILIANO MEIRELES SILVA	M	65	14	01:05:06.87	01:04:44.10	FALCÕES SELVAGENS
458	157	LEONEL BRANDAO	M	51	51	01:05:13.97	01:04:56.95	MILLENNIUM BCP
459	164	IVO SILVA	M	69	15	01:05:14.14	01:04:56.26	MILLENNIUM BCP
460	116	FRANCISCO PRATES	M	71	13	01:05:28.77	01:04:54.24	AA LEBRES DO SADO
461	280	ALEXANDRA PEREIRA	F	25	13	01:05:28.98	01:05:16.64	
462	118	LÍDIA VIEIRA	F	45	29	01:05:30.12	01:04:56.59	AA LEBRES DO SADO
463	200	PAULO GOMES	M	57	45	01:05:40.30	01:05:18.55	GDC PORTOS DE SINES E DO ALGARVE
464	211	ANDREIA GOMES	F	26	14	01:05:40.67	01:05:18.29	
465	12	MARCIA JERONYMO	F	41	19	01:05:41.02	01:05:16.71	
466	92	HENRIQUE ESPADA	M	44	56	01:05:44.76	01:05:14.87	OS KOTAS
467	285	EDUARDO LOPES	M	51	52	01:06:12.95	01:05:42.42	
468	27	FILIPE SILVA	M	58	46	01:06:22.22	01:05:54.15	A NATUREZA ENSINA
469	440	LUIS MARGARIDO	M	23	62	01:06:39.97	01:06:39.98	VITORIA FUTEBOL CLUBE
470	24	Mª FATIMA CHAINHO	F	57	7	01:06:48.03	01:06:46.04	OS KOTAS
471	55	SUSANA PEREIRA	F	35	13	01:07:25.68	01:06:54.76	JD MELIDENSE - ATLETISMO
472	244	ORLANDO SOUSA	M	57	47	01:07:25.73	01:07:05.79	CCDTMETROLX
473	219	TÂNIA SIMÕES	F	37	14	01:07:28.61	01:06:58.32	ENCONTRAMO-NOS NA META
474	220	RAÚL MASSANO	M	40	57	01:07:28.69	01:06:58.24	ENCONTRAMO-NOS NA META
475	501	MARIA JOÃO PEREIRA	F	39	15	01:07:39.47	01:07:26.85	G.D.R. SÃO FRANCISCO DA SERRA
476	478	ANA PONTES	F	42	20	01:08:03.19	01:07:36.40	

477	536	SILVIA PINTO	F	44	21	01:09:10.09	01:08:59.33	A NATUREZA ENSINA
478	562	MARIO RAMALHO	M	47	61	01:09:21.40	01:09:10.76	A NATUREZA ENSINA
479	540	MARIANA BIZARRO	F	44	22	01:09:21.54	01:09:11.49	A NATUREZA ENSINA
480	556	LUIS PARRO	M	58	48	01:09:22.93	01:08:53.59	A NATUREZA ENSINA
481	227	EDUARDO AMORIM	M	48	62	01:10:02.57	01:09:28.63	
482	202	CARLA NASCIMENTO	F	43	23	01:10:15.20	01:09:47.61	
483	231	TERESA REIS	F	41	24	01:10:15.45	01:09:46.44	
484	235	ANA CURVA	F	57	8	01:10:42.08	01:10:08.76	ATR CABRAS DOIDAS
485	555	DOMINGOS GATO	M	46	63	01:10:49.41	01:10:38.49	A NATUREZA ENSINA
486	356	CRISTINA REBOLA	F	46	30	01:10:53.47	01:10:30.11	
487	467	JOAQUIM MARTINS	M	56	49	01:11:13.79	01:11:04.46	BV MONTEMOR-O-NOVO
488	42	MARIA ALMEIDA	F	49	31	01:11:29.31	01:10:54.72	SIMECQ
489	507	CARINA CANDEIAS	F	29	15	01:11:56.75	01:11:38.25	G.D.R. SÃO FRANCISCO DA SERRA
490	174	INÊS ALMEIDA	F	34	16	01:12:04.34	01:11:47.79	JUVENTUDE ATLÉTICO CLUBE
491	230	BEATRIZ SILVA	F	60	5	01:12:23.79	01:11:56.24	TÃLENTOS TEAM
492	228	HELENA DORES	F	54	15	01:12:24.20	01:11:54.63	TÃLENTOS TEAM
493	503	MILENE MATOS	F	20	17	01:12:44.53	01:12:24.23	G.D.R. SÃO FRANCISCO DA SERRA
494	502	ISAURA MATOS	F	47	32	01:13:15.04	01:12:54.95	G.D.R. SÃO FRANCISCO DA SERRA
495	25	Mª ROSÁRIO VILHENA	F	51	16	01:14:29.19	01:14:27.85	OS KOTAS
496	284	FRANCISCO SILVA	M	45	64	01:14:37.37	01:14:04.62	CLUB DO SARGENTO DA ARMADA
497	544	HELENA PRATA	F	51	17	01:14:37.73	01:14:30.71	A NATUREZA ENSINA
498	28	MIGUEL DIONÍSIO	M	26	63	01:15:06.38	01:14:34.97	
499	29	SANDRA SOBRAL	F	39	16	01:15:06.71	01:14:33.90	
500	155	MARIA PINHO	F	26	18	01:15:12.56	01:14:35.57	
501	153	ANA PINHO	F	48	33	01:15:13.84	01:14:36.70	
502	512	FATIMA ABREU	F	70	2	01:15:15.40	01:14:48.09	UNIÃO DESPORTIVA ALFORNELOS
503	105	CÉLIA LUZ	F	42	25	01:15:33.80	01:15:12.05	CORRIDAS E COMIDAS
504	104	CLAUDIA RAMOS	F	45	34	01:15:42.93	01:15:20.35	CORRIDAS E COMIDAS
505	348	MARIA ANDRADE	F	23	19	01:16:25.20	01:16:01.58	GYP-RUN
506	229	FERNANDA VIEIRA	F	59	9	01:16:27.14	01:15:58.23	TÃLENTOS TEAM
507	319	ELSA CORREIA	F	35	17	01:16:57.66	01:16:19.51	
508	345	RAUL CAMPOS	M	37	44	01:16:58.15	01:16:58.15	
509	85	CARLOS RODRIGUES	M	77	14	01:17:30.83	01:17:17.82	ESTRELA NEGRA
510	265	MARTA MATOS	F	41	26	01:18:13.35	01:17:54.67	
511	266	PEDRO LOPES	M	41	58	01:18:13.44	01:17:52.52	
512	353	EZEQUIEL ABRANTES	M	66	16	01:18:50.79	01:18:29.05	FALCÕES SELVAGENS
513	67	MANUEL LIMA	M	54	53	01:18:50.92	01:18:25.15	TRILHOS NOTURNOS

514	260	CONCEICAO MARQUES	F	49	35	01:20:04.46	01:19:35.58	CLUBE DO SARGENTO DA ARMADA
515	328	AGAPITO BELGA	M	68	17	01:20:05.22	01:19:54.12	CAAPP
516	432	NUNO FRANCISCO	M	36	45	01:22:50.22	01:22:28.36	REPSOL PEAD SINES
517	433	REBECA CARDOSO	F	20	20	01:22:50.34	01:22:27.92	REPSOL PEAD SINES
518	295	OTÍLIA JESUS	F	43	27	01:23:02.03	01:22:29.38	
519	564	CARLOS GUERREIRO	M	50	54	01:23:03.09	01:22:27.21	
520	315	TIAGO SANTOS	M	24	64	01:23:04.51	01:22:28.69	
521	581	INES MAIA	F	25	21	01:23:05.04	01:22:32.24	
522	517	ANTONIO CARDOSO	M	48	65	01:38:00.53	01:38:00.53	UNIÃO DESPORTIVA ALFORNELOS
523	215	MARIO FERREIRA	M	54	55	01:46:30.00	01:46:03.23	TN
524	214	MARIA FERREIRA	F	50	18	01:46:30.00	01:46:30.00	TN

Total de registros: 524

Classificações colectivas baseadas na soma das posições dos 5 primeiros atletas mistos de cada equipa:

Classificação	Equipa	Chegados	Soma Posições	Posições				
				1º	2º	3º	4º	5º
1	**BEJA ATLÉTICO CLUBE**	**9**	**68**	**1**	**2**	**10**	**23**	**32**
2	**G.D.R. SÃO FRANCISCO DA SERRA**	**20**	**102**	**6**	**13**	**18**	**21**	**44**
3	**VITORIA FUTEBOL CLUBE**	**8**	**128**	**5**	**7**	**8**	**51**	**57**
4	C BENFICA MEM MARTINS	27	169	22	26	27	30	64
5	A NATUREZA ENSINA	32	214	15	43	45	53	58
6	AC SAMBRASENSE	12	226	3	20	42	74	87
7	JUVENTUDE ATLÉTICO CLUBE	19	236	9	33	50	63	81
8	CDR AGUIAS UNIDAS	16	319	37	39	75	80	88
9	UNIÃO DESPORTIVA ALFORNELOS	8	357	14	25	34	41	243
10	NDC ODEMIRA	11	393	38	72	77	79	127
11	BV MONTEMOR-O-NOVO	16	614	90	92	129	144	159
12	GD SOCIEDADE FILARMÓNICA 24 DE OUTUBRO BALEIZÃO	7	673	76	85	139	147	226
13	OS KOTAS	14	829	112	125	156	184	252
14	SRCDRF MONTE GODEL	6	888	130	161	189	203	205
15	MONTIJO RUNNERS	6	922	48	91	95	328	360
16	CCD PM CASCAIS	8	1083	152	199	208	258	266
17	CÂMARA LISBOA CLUBE	9	1175	108	201	240	265	361
18	CCDTMETROLX	5	1209	82	106	247	302	472
19	CLUBE DO SARGENTO DA ARMADA	5	1276	46	103	280	333	514
20	GDC PORTOS DE SINES E DO ALGARVE	6	1368	121	173	315	363	396
21	MILLENNIUM BCP	10	1496	196	242	294	367	397
22	ALPHAFITNESS	5	1518	207	270	316	347	378
23	JD MELIDENSE - ATLETISMO	6	1715	179	336	376	382	442
24	SS CGD	5	1727	221	307	371	413	415
25	FALCÕES SELVAGENS	5	1845	54	393	429	457	512
26	TÃLENTOS TEAM	6	2015	255	329	448	491	492