



Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	250	AFONSO SIMÃO	0:31:02.00	0:31:02.00	25	M	Jun Sen M (0-34)	1	1	CAS
2	232	HUGO ROCHA	0:31:13.00	0:31:10.47	26	M	Jun Sen M (0-34)	2	2	GD ESTREITO
3	302	ISMAEL CARVALHO	0:31:49.00	0:31:47.84	29	M	Jun Sen M (0-34)	3	3	RUN TEJO - PREVENT SPRAIN
4	354	MIGUEL FORTUNATO	0:33:13.53	0:33:13.53	26	M	Jun Sen M (0-34)	4	4	WINSPOINT
5	289	ANTÓNIO SILVA	0:33:30.00	0:33:27.25	28	M	Jun Sen M (0-34)	5	5	RUN TEJO - PREVENT SPRAIN
6	369	HUGO CORREIA	0:33:50.00	0:33:50.00	31	M	Jun Sen M (0-34)	6	6	RUN TEJO - PREVENT SPRAIN
7	319	MIGUEL PINTO	0:34:12.84	0:34:10.47	31	M	Jun Sen M (0-34)	7	7	RUN TEJO - PREVENT SPRAIN
8	330	VASCO MARTA	0:34:20.41	0:34:20.41	31	M	Jun Sen M (0-34)	8	8	RUN TEJO - PREVENT SPRAIN
9	313	LUIS BRITO	0:34:28.00	0:34:28.00	48	M	VetIII M (45-49)	9	1	RUN TEJO - PREVENT SPRAIN
10	27	GABRIEL PEREIRA	0:34:36.97	0:34:36.97	18	M	Jun Sen M (0-34)	10	9	RUN TEJO - PREVENT SPRAIN
11	306	JOEL PENA	0:35:01.00	0:35:01.00	40	M	VetII M (40-44)	11	1	RUN TEJO - PREVENT SPRAIN
12	387	CARLOS OLIVEIRA	0:35:21.97	0:35:18.88	53	M	VetIV M (50-54)	12	1	MAXPROG
13	329	TIAGO GRAÇA	0:35:31.00	0:35:31.00	36	M	VetI M (35-39)	13	1	RUN TEJO - PREVENT SPRAIN
14	368	NELSON COIMBRA	0:35:42.00	0:35:42.00	41	M	VetII M (40-44)	14	2	MAXPROG
15	246	SÉRGIO BATALHA	0:36:01.00	0:36:01.00	54	M	VetIV M (50-54)	15	2	CUA BENAVENTENSE - 3B TRIATLO
16	26	PAULO TORRES	0:36:11.26	0:36:11.26	47	M	VetIII M (45-49)	16	2	CF OS BELENENSES
17	309	JOSÉ CARVALHO	0:36:58.54	0:36:58.54	31	M	Jun Sen M (0-34)	17	10	RUN TEJO - PREVENT SPRAIN
18	238	CARLOS LOPES	0:37:08.09	0:37:08.09	50	M	VetIV M (50-54)	18	3	CUA BENAVENTENSE - 3B TRIATLO
19	286	AMIR ANIBAL	0:37:15.00	0:37:15.00	24	M	Jun Sen M (0-34)	19	11	RUN TEJO - PREVENT SPRAIN
20	120	HERNÂNI FERNANDES	0:37:22.55	0:37:22.55	52	M	VetIV M (50-54)	20	4	GT10.30SX
21	95	TIAGO FERREIRA	0:37:46.34	0:37:42.41	36	M	VetI M (35-39)	21	2	ALVERCA URBAN RUNNERS
22	288	ANTÓNIO BONÉ	0:37:51.00	0:37:51.00	30	M	Jun Sen M (0-34)	22	12	RUN TEJO - PREVENT SPRAIN
23	363	RICARDO ALVES	0:38:16.10	0:38:16.10	39	M	VetI M (35-39)	23	3	MEDIPREMIER
24	301	FÁBIO ZUADA	0:38:25.11	0:38:21.26	28	M	Jun Sen M (0-34)	24	13	RUN TEJO - PREVENT SPRAIN



25	320	PAULO ARRENEGA	0:38:31.61	0:38:28.83	57	M	VetV M (55-59)	25	1	RUN TEJO - PREVENT SPRAIN
26	538	BRUNO FRANCISCO	0:38:33.14	0:38:33.14	40	M	VetII M (40-44)	26	3	
27	310	JOSÉ NOBRE	0:38:46.39	0:38:46.39	37	M	VetI M (35-39)	27	4	RUN TEJO - PREVENT SPRAIN
28	118	MATHEUS SOUZA	0:38:49.29	0:38:49.29	36	M	VetI M (35-39)	28	5	HF TREINAMENTO ESPORTIVO
29	307	JOHN BORREGO	0:38:52.06	0:38:52.06	54	M	VetIV M (50-54)	29	5	RUN TEJO - PREVENT SPRAIN
30	204	MARCO BELO	0:38:52.74	0:38:52.74	45	M	VetIII M (45-49)	30	3	
31	287	ANA REBELO	0:38:56.00	0:38:56.00	30	F	Jun Sen F (0-34)	1	1	RUN TEJO - PREVENT SPRAIN
32	255	ANTÓNIO ARAÚJO	0:39:11.36	0:39:11.36	58	M	VetV M (55-59)	31	2	
33	54	JOÃO PEDRO	0:39:25.61	0:39:25.61	53	M	VetIV M (50-54)	32	6	
34	82	JOÃO FERNANDES	0:39:27.12	0:39:27.12	35	M	VetI M (35-39)	33	6	2600TR
35	318	MIGUEL SOUSA	0:39:27.97	0:39:22.02	39	M	VetI M (35-39)	34	7	RUN TEJO - PREVENT SPRAIN
36	161	RAFAEL VENTURA	0:39:31.07	0:39:31.07	39	M	VetI M (35-39)	35	8	BALBOAS E NAPOLEOES
37	342	ANTÓNIO SANTOS	0:39:40.00	0:39:40.00	65	M	VetVI M (60-99)	36	1	MAXPROG
38	518	BRUNO FALCATO	0:39:51.00	0:39:48.85	41	M	VetII M (40-44)	37	4	2600TR
39	219	JOÃO GÓIS	0:40:02.63	0:39:58.63	32	M	Jun Sen M (0-34)	38	14	
40	279	LUIS REBELO	0:40:06.00	0:40:02.79	59	M	VetV M (55-59)	39	3	CAAC
41	308	JORGE SILVA	0:40:10.85	0:40:06.57	48	M	VetIII M (45-49)	40	4	RUN TEJO - PREVENT SPRAIN
42	275	HORACIO ALEXANDRE	0:40:15.00	0:40:15.00	34	M	Jun Sen M (0-34)	41	15	ACADEMIA DO PR
43	65	CLÁUDIO MIRA	0:40:20.00	0:40:20.00	58	M	VetV M (55-59)	42	4	2600TR
44	125	MARIO FERNANDES	0:40:25.00	0:40:25.00	56	M	VetV M (55-59)	43	5	
45	214	MANUEL PAIVA	0:40:30.00	0:40:26.85	46	M	VetIII M (45-49)	44	5	ASAS NOS PÉS
46	334	DARIO MESQUITA	0:40:35.00	0:40:28.02	40	M	VetII M (40-44)	45	5	
47	127	ANDRÉ MARTINS	0:40:42.00	0:40:42.00	38	M	VetI M (35-39)	46	9	
48	85	CARLOS CAEIRO	0:40:55.64	0:40:55.64	49	M	VetIII M (45-49)	47	6	AMINHACORRIDARUNEXTREM
49	224	JOSÉ LOUREIRO	0:40:58.00	0:40:58.00	28	M	Jun Sen M (0-34)	48	16	
50	293	CARLOS FREITAS	0:41:01.08	0:41:01.08	52	M	VetIV M (50-54)	49	7	RUN TEJO - PREVENT SPRAIN



51	183	PAULO PINTO	0:41:10.96	0:41:07.36	50	M	VetIV M (50-54)	50	8	A NATUREZA ENSINA
52	291	BRUNO PEREIRA	0:41:11.54	0:41:11.54	46	M	VetIII M (45-49)	51	7	RUN TEJO - PREVENT SPRAIN
53	501	VÍTOR MARQUES	0:41:12.23	0:41:08.67	44	M	VetII M (40-44)	52	6	RUNNERS FRENTE RIBEIRINHA PSI
54	328	TIAGO RIBEIRO	0:41:12.30	0:41:10.30	35	M	VetI M (35-39)	53	10	RUN TEJO - PREVENT SPRAIN
55	188	HUGO BOURA	0:41:13.56	0:41:06.58	35	M	VetI M (35-39)	54	11	ALVERCA URBAN RUNNERS
56	71	JOAO PAIS	0:41:17.00	0:41:17.00	63	M	VetVI M (60-99)	55	2	SR CAMARNAL
57	350	DANIEL DOMINGUES	0:41:21.92	0:41:19.75	38	M	VetI M (35-39)	56	12	
58	262	DIOGO FELIX	0:41:25.23	0:41:16.63	33	M	Jun Sen M (0-34)	57	17	VULCANENSE FUTEBOL CLUBE
59	339	JOSE PEREIRA	0:41:25.55	0:41:22.22	48	M	VetIII M (45-49)	58	8	CA VALE FIGUEIRA
60	61	CELSE QUITERES	0:41:28.85	0:41:23.79	32	M	Jun Sen M (0-34)	59	18	
61	111	CONSTANTINO ARAUJO	0:41:33.14	0:41:30.86	56	M	VetV M (55-59)	60	6	
62	325	RENATO CORREIA	0:41:38.50	0:41:38.50	41	M	VetII M (40-44)	61	7	RUN TEJO - PREVENT SPRAIN
63	221	CAMILO TARMAHOMED	0:41:42.00	0:41:39.96	51	M	VetIV M (50-54)	62	9	ACADEMIA DO PRO PENICHE
64	155	DAVID SOARES	0:41:45.17	0:41:45.11	39	M	VetI M (35-39)	63	13	2600TR
65	239	GABRIEL ALVES	0:41:52.98	0:41:52.98	56	M	VetV M (55-59)	64	7	CUA BENAVENTENSE - 3B TRIATLO
66	321	PAULO VELEZ	0:41:55.67	0:41:51.01	43	M	VetII M (40-44)	65	8	RUN TEJO - PREVENT SPRAIN
67	382	JOSÉ MARCELINO	0:42:01.00	0:42:01.00	60	M	VetVI M (60-99)	66	3	GDR REBOLEIRA
68	292	CARLA ALMEIDA	0:42:01.90	0:42:01.90	34	F	Jun Sen F (0-34)	2	2	RUN TEJO - PREVENT SPRAIN
69	304	JOÃO GRAÇA	0:42:04.00	0:42:04.00	60	M	VetVI M (60-99)	67	4	RUN TEJO - PREVENT SPRAIN
70	365	DIOGO GONÇALVES	0:42:09.13	0:42:09.13	41	M	VetII M (40-44)	68	9	
71	94	PAULO CARTAXO	0:42:14.00	0:42:13.97	44	M	VetII M (40-44)	69	10	2600TR
72	297	DUARTE TEIXEIRA	0:42:22.53	0:42:17.50	43	M	VetII M (40-44)	70	11	RUN TEJO - PREVENT SPRAIN
73	62	JOÃO ALVES	0:42:27.04	0:42:27.04	36	M	VetI M (35-39)	71	14	
74	305	JOAQUIM AMARAL	0:42:30.40	0:42:30.40	48	M	VetIII M (45-49)	72	9	RUN TEJO - PREVENT SPRAIN
75	324	JOAQUIM GOMES	0:42:35.00	0:42:29.92	32	M	Jun Sen M (0-34)	73	19	RUN TEJO - PREVENT SPRAIN
76	102	NELSON FRADIQUE	0:42:48.00	0:42:48.00	48	M	VetIII M (45-49)	74	10	



77	86	RUI RODRIGUES	0:42:57.82	0:42:57.76	49	M	VetIII M (45-49)	75	11	CORRER SOC. REC. DA GRANJA
78	379	JOÃO CARDOSO	0:42:59.00	0:42:56.04	37	M	VetI M (35-39)	76	15	
79	193	PAULO TOMAS	0:43:02.38	0:42:56.76	50	M	VetIV M (50-54)	77	10	ALCOBELA
80	220	PEDRO MAGALHÃES	0:43:06.00	0:43:06.00	33	M	Jun Sen M (0-34)	78	20	
81	332	NATACHA CUNHA	0:43:09.00	0:43:09.00	40	F	VetII F (40-44)	3	1	RUN TEJO - PREVENT SPRAIN
82	157	ANDRE PERDIGAO	0:43:11.31	0:43:04.73	35	M	VetI M (35-39)	79	16	LINDA-A-PASTORA SC
83	218	DIAMANTINO GAMITO	0:43:18.00	0:43:18.00	57	M	VetV M (55-59)	80	8	LINDA-A-PASTORA SC
84	371	MARCO CASEIRO	0:43:26.64	0:43:21.64	45	M	VetIII M (45-49)	81	12	OS PERIGOSOS
85	364	NUNO REIS	0:43:31.00	0:43:31.00	41	M	VetII M (40-44)	82	12	MEDIPREMIER
86	312	SARA LOBO	0:43:36.00	0:43:36.00	28	F	Jun Sen F (0-34)	4	3	RUN TEJO - PREVENT SPRAIN
87	153	EDUARDO MENDONÇA	0:43:41.00	0:43:34.68	25	M	Jun Sen M (0-34)	83	21	RUNNERS FRENTE RIBEIRINHA PSI
88	158	JOSE PAJINHA	0:43:46.00	0:43:39.15	63	M	VetVI M (60-99)	84	5	BV ALVERCA
89	243	LUÍS GOMES	0:43:50.69	0:43:46.81	43	M	VetII M (40-44)	85	13	CUA BENAVENTENSE - 3B TRIATLO
90	44	PEDRO FIGUEIREDO	0:43:57.00	0:43:51.61	48	M	VetIII M (45-49)	86	13	2PIPOS
91	290	BÁRBARA ABREU	0:44:07.00	0:44:07.00	30	F	Jun Sen F (0-34)	5	4	RUN TEJO - PREVENT SPRAIN
92	299	EVELINO MAGALHÃES	0:44:12.34	0:44:11.63	49	M	VetIII M (45-49)	87	14	RUN TEJO - PREVENT SPRAIN
93	192	JOAQUIM ALEXANDRE	0:44:14.01	0:44:09.70	57	M	VetV M (55-59)	88	9	ALCOBELA
94	360	GILBERTO PAULINHO	0:44:15.65	0:44:13.02	58	M	VetV M (55-59)	89	10	TALENTOS TEAM
95	373	TIAGO LOURENÇO	0:44:15.83	0:44:15.83	30	M	Jun Sen M (0-34)	90	22	CÁ CALHARÁS
96	189	FILIPE BRANCO	0:44:17.38	0:44:13.39	53	M	VetIV M (50-54)	91	11	ALCOBELA
97	361	RITA SANTOS	0:44:17.81	0:44:17.81	28	F	Jun Sen F (0-34)	6	5	SIMECQ
98	187	ANA MACHADI	0:44:19.00	0:44:19.00	26	F	Jun Sen F (0-34)	7	6	OS BORDALITOS
99	251	GABRIEL FERREIRA	0:44:21.28	0:44:16.92	23	M	Jun Sen M (0-34)	92	23	
100	182	RODRIGO SILVA	0:44:22.26	0:44:17.90	56	M	VetV M (55-59)	93	11	A NATUREZA ENSINA
101	154	RUI PANÇA	0:44:28.00	0:44:13.42	51	M	VetIV M (50-54)	94	12	GT10.30SX
102	196	DANIEL INÁCIO	0:44:32.46	0:44:24.52	34	M	Jun Sen M (0-34)	95	24	



103	81	NUNO COVÃO	0:44:34.66	0:44:22.50	47	M	VetIII M (45-49)	96	15	ROTARY VILA FRANCA DE XIRA
104	171	MIGUEL FERREIRA	0:44:38.16	0:44:38.16	38	M	VetI M (35-39)	97	17	2600TR
105	346	HUGO FARIA	0:44:39.00	0:44:28.97	46	M	VetIII M (45-49)	98	16	
106	74	PEDRO GONÇALVES	0:44:40.00	0:44:40.00	38	M	VetI M (35-39)	99	18	A VALE SILÊNCIO
107	391	GUILHERME CARVALHO	0:44:42.41	0:44:24.44	34	M	Jun Sen M (0-34)	100	25	
108	143	JOSÉ PEREIRA	0:44:47.01	0:44:42.25	61	M	VetVI M (60-99)	101	6	GRUPO BARRAQUEIRO
109	242	MIGUEL MATOS	0:44:51.59	0:44:48.49	29	M	Jun Sen M (0-34)	102	26	CUA BENAVENTENSE - 3B TRIATLO
110	383	FABIO FAIA	0:44:54.44	0:44:47.61	33	M	Jun Sen M (0-34)	103	27	
111	356	GUILHERME FALEIROS	0:44:59.00	0:44:36.36	30	M	Jun Sen M (0-34)	104	28	
112	179	HELDER VALADAS	0:45:07.00	0:45:07.00	43	M	VetII M (40-44)	105	14	OS PERIGOSOS
113	117	LEONEL ALVES	0:45:10.39	0:45:05.57	44	M	VetII M (40-44)	106	15	
114	236	EDGAR ANASTACIO	0:45:12.00	0:45:00.00	59	M	VetV M (55-59)	107	12	AZA - AZAMBUJA COM ALMA
115	311	JOSÉ FILHO	0:45:14.00	0:45:14.00	27	M	Jun Sen M (0-34)	108	29	RUN TEJO - PREVENT SPRAIN
116	298	ELISABETE MACEDO	0:45:16.39	0:45:16.39	42	F	VetII F (40-44)	8	2	RUN TEJO - PREVENT SPRAIN
117	505	CARLOS VIEIRA	0:45:21.46	0:45:18.56	39	M	VetI M (35-39)	109	19	CA VALE FIGUEIRA
118	316	MARIO RIBEIRO	0:45:30.79	0:45:26.54	58	M	VetV M (55-59)	110	13	RUN TEJO - PREVENT SPRAIN
119	323	PEDRO MARQUES	0:45:31.07	0:45:31.07	29	M	Jun Sen M (0-34)	111	30	RUN TEJO - PREVENT SPRAIN
120	129	NUNO COSTA	0:45:38.05	0:45:31.60	50	M	VetIV M (50-54)	112	13	CAD A CORRER
121	72	FILIPA SILVA	0:45:42.00	0:45:42.00	25	F	Jun Sen F (0-34)	9	7	2600TR
122	30	SARA GABRIEL	0:45:46.70	0:45:46.70	34	F	Jun Sen F (0-34)	10	8	SR CAMARNAL
123	90	FRANCISCO ALQUEIDAO	0:45:49.00	0:45:49.00	59	M	VetV M (55-59)	113	14	MAXPROG
124	34	ANTÓNIO GONÇALVES	0:45:52.00	0:45:52.00	47	M	VetIII M (45-49)	114	17	A VALE SILÊNCIO
125	169	PEDRO CARVALHO	0:45:54.55	0:45:42.37	46	M	VetIII M (45-49)	115	18	
126	322	PEDRO VIEIRA	0:45:56.43	0:45:56.43	20	M	Jun Sen M (0-34)	116	31	RUN TEJO - PREVENT SPRAIN
127	295	CLÁUDIA BORRALHO	0:46:01.35	0:46:01.35	50	F	VetIV F (50-54)	11	1	RUN TEJO - PREVENT SPRAIN
128	70	FILIFE CARVALHO	0:46:19.23	0:46:19.22	32	M	Jun Sen M (0-34)	117	32	SR CAMARNAL



129	52	BERNARDO RODRIGUES	0:46:21.00	0:46:21.00	26	M	Jun Sen M (0-34)	118	33	
130	370	JOAO SOUSA	0:46:23.91	0:46:15.86	25	M	Jun Sen M (0-34)	119	34	
131	75	PEDRO RAPOSO	0:46:29.46	0:46:19.23	40	M	VetII M (40-44)	120	16	O ULTIMO APAGA A LUZ
132	303	JOAO PINTO	0:46:36.00	0:46:19.71	32	M	Jun Sen M (0-34)	121	35	RUN TEJO - PREVENT SPRAIN
133	282	JOSÉ ALVES	0:46:40.72	0:46:30.67	53	M	VetIV M (50-54)	122	14	
134	12	PATRICK MAGALHAES	0:46:44.11	0:46:34.57	41	M	VetII M (40-44)	123	17	CORRE K'EMAGRECES
135	112	PAULO GASPAR	0:46:45.77	0:46:45.77	44	M	VetII M (40-44)	124	18	
136	226	FILIFE LOURENÇO	0:46:47.00	0:46:40.97	33	M	Jun Sen M (0-34)	125	36	
137	115	PAULO SILVA	0:46:50.43	0:46:41.42	55	M	VetV M (55-59)	126	15	PINHAL NOVO A CORRER
138	285	ALEXANDRA PORTELA	0:46:54.00	0:46:54.00	53	F	VetIV F (50-54)	12	2	RUN TEJO - PREVENT SPRAIN
139	209	NUNO MARQUES	0:46:58.65	0:46:43.67	50	M	VetIV M (50-54)	127	15	ASAS NOS PÉS
140	133	FÁBIO FERREIRA	0:47:01.34	0:47:01.34	37	M	VetI M (35-39)	128	20	OS BORDALITOS
141	362	CARLOS GOMES	0:47:02.00	0:47:02.00	31	M	Jun Sen M (0-34)	129	37	SIMECQ
142	348	RICARDO GRILO	0:47:02.54	0:46:56.25	47	M	VetIII M (45-49)	130	19	
143	386	GONÇALO FILIFE	0:47:02.99	0:46:55.31	18	M	Jun Sen M (0-34)	131	38	
144	103	CONCEIÇÃO PEREIRA	0:47:10.00	0:47:10.00	61	F	VetVI F (60-99)	13	1	CA VALE FIGUEIRA
145	273	FRANCISCO BARBOSA	0:47:15.00	0:47:05.97	23	M	Jun Sen M (0-34)	132	39	
146	357	GUILHERME NERY	0:47:20.09	0:47:00.70	30	M	Jun Sen M (0-34)	133	40	
147	137	LÚCIA TRIGUEIROS	0:47:21.59	0:47:21.59	38	F	VetI F (35-39)	14	1	RUN & WIN(E)
148	167	FRANCISCO GONÇALVES	0:47:25.78	0:47:25.78	18	M	Jun Sen M (0-34)	134	41	
149	46	PEDRO ANTÃO	0:47:27.19	0:47:20.34	33	M	Jun Sen M (0-34)	135	42	
150	64	NUNO TEIXEIRA	0:47:31.00	0:47:24.97	45	M	VetIII M (45-49)	136	20	
151	241	LUÍS ANDRADE	0:47:32.00	0:47:27.17	41	M	VetII M (40-44)	137	19	CUA BENAVENTENSE - 3B TRIATLO
152	512	AGOSTINHO AMANTE	0:47:34.69	0:47:31.79	39	M	VetI M (35-39)	138	21	
153	300	EZEQUIEL ANDRADE	0:47:35.35	0:47:35.35	49	M	VetIII M (45-49)	139	21	RUN TEJO - PREVENT SPRAIN
154	164	JOAQUIM BRAGA	0:47:38.17	0:47:24.26	40	M	VetII M (40-44)	140	20	



155	39	LUÍS MEIRA	0:47:42.65	0:47:28.14	34	M	Jun Sen M (0-34)	141	43	
156	248	EDUARDO NEVES	0:47:54.34	0:47:54.34	43	M	VetII M (40-44)	142	21	CAA BELEM
157	394	RICARDO VICENTE	0:47:55.00	0:47:47.99	37	M	VetI M (35-39)	143	22	
158	397	HUGO VICENTE	0:47:55.17	0:47:38.69	41	M	VetII M (40-44)	144	22	VOXELWOLVES
159	16	HARUN RASHID	0:47:55.17	0:47:55.17	39	M	VetI M (35-39)	145	23	CORRER LISBOA
160	254	GUSTAVO RAMOS	0:47:58.00	0:47:50.06	37	M	VetI M (35-39)	146	24	
161	41	CARLOS JÚNIOR	0:48:02.34	0:48:02.34	50	M	VetIV M (50-54)	147	16	
162	91	PAULO BRANCO	0:48:11.55	0:47:56.31	56	M	VetV M (55-59)	148	16	
163	128	JOSÉ MARQUES	0:48:19.34	0:48:19.34	42	M	VetII M (40-44)	149	23	OS CARACOIS
164	60	IVONE ANTUNES	0:48:19.36	0:48:14.00	47	F	VetIII F (45-49)	15	1	RUNNERS FRENTE RIBEIRINHA PSI
165	280	FERNANDO SEQUEIRA	0:48:20.84	0:48:10.37	49	M	VetIII M (45-49)	150	22	
166	139	TIAGO RAIMUNDO	0:48:36.02	0:48:27.22	43	M	VetII M (40-44)	151	24	JATAPANHO
167	69	JOAQUIM JESUS	0:48:38.00	0:48:38.00	63	M	VetVI M (60-99)	152	7	SR CAMARNAL
168	351	FILIPPE MADEIRA	0:48:40.38	0:48:25.85	46	M	VetIII M (45-49)	153	23	PINTOSMADEIRAS
169	267	NUNO JESUS	0:48:45.44	0:48:33.90	43	M	VetII M (40-44)	154	25	VULCANENSE FUTEBOL CLUBE
170	223	ANTONIO MATOS	0:48:47.11	0:48:44.13	65	M	VetVI M (60-99)	155	8	RUNNERS FRENTE RIBEIRINHA PSI
171	40	MIGUEL FERNANDES	0:48:53.97	0:48:53.97	33	M	Jun Sen M (0-34)	156	44	
172	393	MANUEL GONÇALVES	0:48:55.00	0:48:37.32	46	M	VetIII M (45-49)	157	24	
173	240	FILIPPE MATOS	0:48:56.46	0:48:54.18	37	M	VetI M (35-39)	158	25	CUA BENAVENTENSE - 3B TRIATLO
174	211	DAVID BOTEQUIM	0:48:57.17	0:48:41.56	39	M	VetI M (35-39)	159	26	ASAS NOS PÉS
175	215	DANIELA SANTOS	0:48:57.35	0:48:41.48	36	F	VetI F (35-39)	16	2	ASAS NOS PÉS
176	98	ANTÔNIO FERREIRA	0:49:01.00	0:48:53.74	64	M	VetVI M (60-99)	160	9	
177	268	PEDRO PIRES	0:49:03.07	0:48:51.14	48	M	VetIII M (45-49)	161	25	VULCANENSE FUTEBOL CLUBE
178	396	RAFAEL VICENTE	0:49:04.00	0:49:04.00	37	M	VetI M (35-39)	162	27	VOXELWOLVES
179	208	CARLOS IPE	0:49:05.78	0:48:50.20	47	M	VetIII M (45-49)	163	26	ASAS NOS PÉS
180	266	PEDRO LUÍS	0:49:24.49	0:49:16.05	50	M	VetIV M (50-54)	164	17	VULCANENSE FUTEBOL CLUBE



181	24	JORGE SANTOS	0:49:28.00	0:49:09.87	45	M	VetIII M (45-49)	165	27	2600TR
182	352	JOÃO SANTOS	0:49:32.53	0:49:31.05	35	M	VetI M (35-39)	166	28	2600TR
183	191	LUIS FERREIRA	0:49:37.64	0:49:31.49	56	M	VetV M (55-59)	167	17	ALCOBELA
184	399	INÊS CASANOVA	0:49:40.00	0:49:31.40	33	F	Jun Sen F (0-34)	17	9	
185	509	LEONARDO CABACEIRA	0:49:43.77	0:49:29.70	28	M	Jun Sen M (0-34)	168	45	
186	384	PAULO LOPES	0:49:44.21	0:49:44.21	42	M	VetII M (40-44)	169	26	ALVERCA URBAN RUNNERS
187	264	SÓNIA NEVES	0:49:49.39	0:49:36.36	45	F	VetIII F (45-49)	18	2	VULCANENSE FUTEBOL CLUBE
188	96	BÁRBARA CRUZ	0:49:50.79	0:49:47.55	32	F	Jun Sen F (0-34)	19	10	2600TR
189	343	JOÃO NETO	0:49:51.86	0:49:51.86	29	M	Jun Sen M (0-34)	170	46	
190	227	FRANCISCO NOBRE	0:49:53.41	0:49:43.75	51	M	VetIV M (50-54)	171	18	
191	231	AGOSTINHO SILVA	0:49:54.98	0:49:37.29	40	M	VetII M (40-44)	172	27	GT10.30SX
192	100	JORGE BARBOSA	0:49:57.00	0:49:48.38	53	M	VetIV M (50-54)	173	19	
193	66	FRANCISCO PASSOS	0:50:02.50	0:49:49.24	62	M	VetVI M (60-99)	174	10	
194	503	DANIEL NOBRE	0:50:03.55	0:49:42.88	23	M	Jun Sen M (0-34)	175	47	
195	274	VÍTOR AMADO	0:50:06.52	0:50:06.52	69	M	VetVI M (60-99)	176	11	CA VALE FIGUEIRA
196	138	PAULO CRAVEIRO	0:50:22.00	0:50:12.71	46	M	VetIII M (45-49)	177	28	JATAPANHO
197	149	ANTÓNIO BARBAS	0:50:42.00	0:50:33.64	56	M	VetV M (55-59)	178	18	
198	195	EMANUEL MAGALHÃES	0:51:08.05	0:51:08.05	34	M	Jun Sen M (0-34)	179	48	
199	104	INÊS PEREIRA	0:51:13.58	0:51:11.29	34	F	Jun Sen F (0-34)	20	11	CA VALE FIGUEIRA
200	97	NUNO APARÍCIO	0:51:15.61	0:51:15.61	49	M	VetIII M (45-49)	180	29	AZA - AZAMBUJA COM ALMA
201	145	JOSÉ BRAGANÇA	0:51:16.51	0:51:09.82	45	M	VetIII M (45-49)	181	30	
202	194	JOSE FERREIRA	0:51:42.83	0:51:36.91	51	M	VetIV M (50-54)	182	20	ALCOBELA
203	235	VITOR MORAIS	0:51:42.87	0:51:42.87	65	M	VetVI M (60-99)	183	12	
204	233	ANTÓNIO RODRIGUES	0:51:42.94	0:51:25.39	46	M	VetIII M (45-49)	184	31	2600TR
205	237	MÁRCIO DUARTE	0:51:44.06	0:51:34.70	36	M	VetI M (35-39)	185	29	
206	172	DEOLINDA ARAÚJO	0:51:59.71	0:51:52.44	41	F	VetII F (40-44)	21	3	



207	331	TELMA SILVA	0:52:01.22	0:51:46.30	32	F	Jun Sen F (0-34)	22	12	RUN TEJO - PREVENT SPRAIN
208	296	DANIELA BATA	0:52:01.86	0:51:46.47	28	F	Jun Sen F (0-34)	23	13	RUN TEJO - PREVENT SPRAIN
209	68	PEDRO NOBRE	0:52:06.95	0:52:03.71	59	M	VetV M (55-59)	186	19	
210	116	HELENA GONÇALVES	0:52:15.72	0:52:15.72	48	F	VetIII F (45-49)	24	3	PINHAL NOVO A CORRER
211	124	GRAZIELA ALVES	0:52:17.85	0:52:05.50	40	F	VetII F (40-44)	25	4	ALVERCA URBAN RUNNERS
212	353	JOÃO FRANCISCO	0:52:36.22	0:52:36.22	46	M	VetIII M (45-49)	187	32	
213	519	LUÍS FEIJOCA	0:52:39.00	0:52:32.02	42	M	VetII M (40-44)	188	28	
214	372	RUTE VASCONCELOS	0:52:41.00	0:52:31.69	45	F	VetIII F (45-49)	26	4	
215	389	CARLOS PARRUCHINHA	0:52:58.00	0:52:46.91	37	M	VetI M (35-39)	189	30	
216	59	RUI PINTO	0:53:09.85	0:53:04.41	45	M	VetIII M (45-49)	190	33	RUNNERS FRENTE RIBEIRINHA PSI
217	276	CATARINA FERNANDES	0:53:14.00	0:52:58.34	39	F	VetI F (35-39)	27	3	ALVERCA URBAN RUNNERS
218	36	NUNO MOREIRA	0:53:14.10	0:53:08.20	42	M	VetII M (40-44)	191	29	ALVERCA URBAN RUNNERS
219	33	TELMO AZEVEDO	0:53:19.76	0:53:19.76	44	M	VetII M (40-44)	192	30	
220	77	PEDRO ASSUNÇÃO	0:53:22.96	0:53:12.62	47	M	VetIII M (45-49)	193	34	O ULTIMO APAGA A LUZ
221	48	JOSÉ RIBEIRO	0:53:24.00	0:53:05.56	51	M	VetIV M (50-54)	194	21	TURBOLENTOS
222	142	JORGE PEREIRA	0:53:27.52	0:53:11.06	34	M	Jun Sen M (0-34)	195	49	GRUPO BARRAQUEIRO
223	513	ANGELA APOLINARIO	0:53:42.55	0:53:34.63	39	F	VetI F (35-39)	28	4	
224	210	JORGE LOPES	0:53:45.59	0:53:29.95	51	M	VetIV M (50-54)	196	22	ASAS NOS PÉS
225	106	JOSE PEREIRA	0:53:51.08	0:53:45.81	66	M	VetVI M (60-99)	197	13	CA VALE FIGUEIRA
226	177	BENTO VALENTE	0:53:53.05	0:53:39.16	58	M	VetV M (55-59)	198	20	OS PERIGOSOS
227	180	MARIO LOPES	0:53:53.10	0:53:38.89	55	M	VetV M (55-59)	199	21	OS PERIGOSOS
228	84	PAULO FERNANDES	0:54:24.58	0:54:15.59	42	M	VetII M (40-44)	200	31	2600TR
229	178	ALCIDES NUNES	0:54:29.53	0:54:15.99	65	M	VetVI M (60-99)	201	14	OS PERIGOSOS
230	381	CRISTINA GASPAR	0:54:36.23	0:54:16.36	42	F	VetII F (40-44)	29	5	
231	502	RUI MOURA	0:54:38.33	0:54:33.33	43	M	VetII M (40-44)	202	32	ALVERCA URBAN RUNNERS
232	206	PAULA MACHADO	0:54:41.98	0:54:34.26	69	F	VetVI F (60-99)	30	2	



233	109	JOÃO VICTOR	0:54:42.00	0:54:42.00	66	M	VetVI M (60-99)	203	15	
234	18	MARISA NUNES	0:54:43.00	0:54:29.70	53	F	VetIV F (50-54)	31	3	VULCANENSE FUTEBOL CLUBE
235	380	LICÍNIO GASPAR	0:54:45.71	0:54:25.78	48	M	VetIII M (45-49)	204	35	
236	216	PAULO MARQUES	0:54:49.79	0:54:34.81	48	M	VetIII M (45-49)	205	36	ASAS NOS PÉS
237	150	CARLOS BELO	0:54:51.00	0:54:34.05	55	M	VetV M (55-59)	206	22	
238	265	EDUARDA ADRIANO	0:54:53.00	0:54:40.19	49	F	VetIII F (45-49)	32	5	VULCANENSE FUTEBOL CLUBE
239	355	DIOGO ALFARO	0:54:55.72	0:54:55.72	39	M	VetI M (35-39)	207	31	
240	271	MIGUEL ANGELO	0:55:03.42	0:54:45.24	47	M	VetIII M (45-49)	208	37	SS CGD
241	13	INES MARQUES	0:55:05.17	0:54:54.79	40	F	VetII F (40-44)	33	6	CORRE K'EMAGRECES
242	113	JOSÉ PRESAS	0:55:08.48	0:54:48.52	50	M	VetIV M (50-54)	209	23	
243	114	MIRIAM PRESAS	0:55:08.58	0:55:08.58	26	F	Jun Sen F (0-34)	34	14	
244	190	GABRIEL ANTONIO	0:55:14.38	0:54:53.62	59	M	VetV M (55-59)	210	23	ALCOBELA
245	376	JOÃO SALDANHA	0:55:26.54	0:55:14.61	46	M	VetIII M (45-49)	211	38	AMINHACORRIDAPACERS
246	175	MIGUEL ALMEIDA	0:55:32.10	0:55:32.10	39	M	VetI M (35-39)	212	32	CDAPN
247	101	ANTONIO ALEXANDRE	0:55:32.11	0:55:24.31	56	M	VetV M (55-59)	213	24	
248	508	VANESSA COSTA	0:55:33.00	0:55:33.00	36	F	VetI F (35-39)	35	5	MONTES SALOIOS TRAIL TEAM
249	159	JORGE SOUSA	0:55:33.00	0:55:14.18	35	M	VetI M (35-39)	214	33	
250	249	CLARA MINA	0:55:35.96	0:55:35.96	62	F	VetVI F (60-99)	36	3	CA VALE FIGUEIRA
251	526	MEHMET ESENDEMIR	0:55:36.27	0:55:36.27	41	M	VetII M (40-44)	215	33	
252	184	RITA DUQUE	0:55:42.54	0:55:37.77	41	F	VetII F (40-44)	37	7	ALVERCA URBAN RUNNERS
253	504	NUNO OLIVEIRA	0:55:59.06	0:55:38.32	47	M	VetIII M (45-49)	216	39	
254	20	ANTÓNIO MASCARENHAS	0:56:05.00	0:56:05.00	60	M	VetVI M (60-99)	217	16	
255	317	MATILDE GUAPO	0:56:11.58	0:55:55.55	30	F	Jun Sen F (0-34)	38	15	RUN TEJO - PREVENT SPRAIN
256	390	ILDA BARATA	0:56:40.69	0:56:28.34	62	F	VetVI F (60-99)	39	4	ALVERCA URBAN RUNNERS
257	87	ANTÓNIO NOGUEIRA	0:56:41.42	0:56:23.65	54	M	VetIV M (50-54)	218	24	
258	213	ROGÉRIO CARREIRO	0:56:54.00	0:56:54.00	62	M	VetVI M (60-99)	219	17	ASAS NOS PÉS



259	506	MIKAEL COEL	0:57:09.12	0:56:48.66	34	M	Jun Sen M (0-34)	220	50	
260	79	FILIPE VALENTE	0:57:10.00	0:56:57.46	45	M	VetIII M (45-49)	221	40	ROTARY VILA FRANCA DE XIRA
261	516	LEONOR FARINHA	0:57:12.00	0:57:04.87	60	F	VetVI F (60-99)	40	5	
262	392	SOFIA GERALDES	0:57:13.50	0:56:55.86	31	F	Jun Sen F (0-34)	41	16	
263	176	LUIS ARCADINHO	0:57:15.07	0:57:02.05	71	M	VetVI M (60-99)	222	18	OS PERIGOSOS
264	28	VITOR PRATA	0:57:17.00	0:57:17.00	59	M	VetV M (55-59)	223	25	AZA - AZAMBUJA COM ALMA
265	333	GONÇALO MARTINEZ	0:57:19.00	0:57:19.00	23	M	Jun Sen M (0-34)	224	51	
266	152	SARA FERNANDES	0:57:21.44	0:57:15.43	25	F	Jun Sen F (0-34)	42	17	RUNNERS FRENTE RIBEIRINHA PSI
267	359	PAULA LEMOS	0:57:23.00	0:57:23.00	57	F	VetV F (55-59)	43	1	LINDA-A-PASTORA SC
268	126	SUSANA FERNANDES	0:57:25.00	0:57:25.00	41	F	VetII F (40-44)	44	8	
269	29	CRISTINA LINO	0:57:28.61	0:57:23.94	57	F	VetV F (55-59)	45	2	ALVERCA URBAN RUNNERS
270	47	ANTÓNIO PATRÃO	0:57:33.83	0:57:33.83	54	M	VetIV M (50-54)	225	25	TURBOLENTOS
271	156	ADÉRITO CARRELHAS	0:57:37.00	0:57:37.00	69	M	VetVI M (60-99)	226	19	
272	108	IOLA SANTOS	0:57:41.00	0:57:28.74	47	F	VetIII F (45-49)	46	6	OS NINOS
273	212	JOSÉ GOUVEIA	0:57:47.00	0:57:47.00	56	M	VetV M (55-59)	227	26	ASAS NOS PÉS
274	181	CARLOS SOUSA	0:57:56.38	0:57:42.64	66	M	VetVI M (60-99)	228	20	OS PERIGOSOS
275	205	HELENA MARQUES	0:57:56.57	0:57:52.10	48	F	VetIII F (45-49)	47	7	RUNNERS FRENTE RIBEIRINHA PSI
276	378	CARLA CERQUEIRA	0:58:05.43	0:57:48.48	42	F	VetII F (40-44)	48	9	
277	349	LIDIA RAMOS	0:58:07.00	0:58:07.00	50	F	VetIV F (50-54)	49	4	
278	42	RUI PASTOR	0:58:10.00	0:58:10.00	51	M	VetIV M (50-54)	229	26	PASTOR RACING
279	201	NUNO LAGES	0:58:13.68	0:58:02.06	40	M	VetII M (40-44)	230	34	
280	203	VITOR SANTOS	0:58:16.09	0:58:16.09	44	M	VetII M (40-44)	231	35	
281	200	HELENA SOUSA	0:58:25.84	0:58:06.41	44	F	VetII F (40-44)	50	10	SUBLIMES
282	258	NUNO PEDROSO	0:58:29.98	0:58:07.92	46	M	VetIII M (45-49)	232	41	
283	229	JOSE CORREIA	0:58:31.89	0:58:18.03	57	M	VetV M (55-59)	233	27	GT10.30SX
284	270	MANUEL BAPTISTA	0:58:33.98	0:58:22.22	58	M	VetV M (55-59)	234	28	SS CGD



285	88	RICARDO NOGUEIRA	0:58:39.00	0:58:39.00	47	M	VetIII M (45-49)	235	42	
286	277	GILBERTO GONÇALVES	0:58:45.96	0:58:35.70	74	M	VetVI M (60-99)	236	21	CAA BELEM
287	80	NUNO VALENTE	0:58:46.00	0:58:33.21	48	M	VetIII M (45-49)	237	43	ROTARY VILA FRANCA DE XIRA
288	278	J. RODRIGUES	0:58:46.23	0:58:46.23	55	M	VetV M (55-59)	238	29	CAA BELEM
289	244	NIDIA AGOSTINHO	0:58:54.00	0:58:43.19	44	F	VetII F (40-44)	51	11	CUA BENAVENTENSE - 3B TRIATLO
290	517	CARLOS BARBOSA	0:59:02.17	0:58:53.71	53	M	VetIV M (50-54)	239	27	
291	272	ANTÓNIO POMBINHO	0:59:05.08	0:59:00.08	66	M	VetVI M (60-99)	240	22	
292	136	JOSÉ LEITÃO	0:59:06.03	0:58:57.37	50	M	VetIV M (50-54)	241	28	ALVERCA URBAN RUNNERS
293	131	CRISTINA SANTOS	0:59:07.05	0:58:59.36	48	F	VetIII F (45-49)	52	8	ALVERCA URBAN RUNNERS
294	56	PEDRO SOARES	0:59:13.00	0:59:02.56	50	M	VetIV M (50-54)	242	29	CASA DO MONTE
295	170	PAULO ROMEIRO	0:59:19.00	0:59:19.00	55	M	VetV M (55-59)	243	30	
296	337	FERNANDO PINHEIRO	0:59:25.00	0:59:08.97	52	M	VetIV M (50-54)	244	30	
297	107	CARLOS MELO	0:59:31.07	0:59:31.07	46	M	VetIII M (45-49)	245	44	OS NINOS
298	55	LUÍS PEREIRA	0:59:37.00	0:59:37.00	41	M	VetII M (40-44)	246	36	
299	63	LUIS PROENÇA	0:59:43.05	0:59:28.06	53	M	VetIV M (50-54)	247	31	
300	367	FRANCISCO PEREIRA	0:59:49.00	0:59:33.74	24	M	Jun Sen M (0-34)	248	52	
301	366	PEDRO ANGELO	0:59:55.00	0:59:55.00	54	M	VetIV M (50-54)	249	32	
302	168	ANDREIA NEVES	1:00:12.00	1:00:12.00	39	F	VetI F (35-39)	53	6	
303	207	PAULO REIS	1:00:34.02	1:00:20.25	54	M	VetIV M (50-54)	250	33	
304	123	JUDITE BAIXINHO	1:00:37.72	1:00:24.59	37	F	VetI F (35-39)	54	7	SANTIAGO FC
305	92	ANTÓNIO COSTA	1:00:40.99	1:00:28.27	62	M	VetVI M (60-99)	251	23	
306	269	HENRIQUE MOUTA	1:00:41.57	1:00:23.24	43	M	VetII M (40-44)	252	37	SS CGD
307	99	SERGIO PEREIRA	1:00:59.82	1:00:59.82	51	M	VetIV M (50-54)	253	34	
308	160	NUNO DIONÍSIO	1:01:04.35	1:00:42.65	47	M	VetIII M (45-49)	254	45	
309	247	ANTÓNIO NOVAS	1:01:39.13	1:01:39.13	45	M	VetIII M (45-49)	255	46	
310	345	JOÃO RODRIGUES	1:01:49.22	1:01:30.04	34	M	Jun Sen M (0-34)	256	53	



311	148	MARCO RODRIGUES	1:02:10.75	1:02:02.83	48	M	VetIII M (45-49)	257	47	
312	83	JOÃO CARVALHO	1:02:28.54	1:02:22.32	60	M	VetVI M (60-99)	258	24	
313	58	ALEXANDRA PESTANA	1:02:29.00	1:02:23.53	51	F	VetIV F (50-54)	55	5	ALVERCA URBAN RUNNERS
314	257	MARCO LUZ	1:02:59.74	1:02:37.95	46	M	VetIII M (45-49)	259	48	
315	259	RUI MENDES	1:03:09.00	1:02:47.08	45	M	VetIII M (45-49)	260	49	
316	57	FERNANDA AFONSO	1:03:19.00	1:03:08.72	55	F	VetV F (55-59)	56	3	CASA DO MONTE
317	377	MÓNICA SANTOS	1:03:35.00	1:03:35.00	51	F	VetIV F (50-54)	57	6	AMINHACORRIDAPACERS
318	510	JOSÉ BARATA	1:03:59.00	1:03:59.00	43	M	VetII M (40-44)	261	38	BETÃO LIZ - GRUPO CIMPOR
319	400	LUIZ ROSA	1:04:12.00	1:04:00.85	70	M	VetVI M (60-99)	262	25	CAA BELEM
320	263	NATACHA CUSTÓDIO	1:04:42.00	1:04:27.72	36	F	VetI F (35-39)	58	8	VULCANENSE FUTEBOL CLUBE
321	53	ADRIANO CUNHA	1:05:03.39	1:04:47.52	69	M	VetVI M (60-99)	263	26	
322	14	CARINA VICENTE	1:05:04.00	1:05:04.00	38	F	VetI F (35-39)	59	9	
323	166	CATIA RIBEIRO	1:05:35.00	1:05:34.34	38	F	VetI F (35-39)	60	10	
324	141	CARLA MARTINIANO	1:05:50.00	1:05:32.65	37	F	VetI F (35-39)	61	11	GRUPO BARRAQUEIRO
325	151	FÁTIMA ALMEIDA	1:06:51.09	1:06:42.63	63	F	VetVI F (60-99)	62	6	
326	165	MARTA RAMOS	1:07:23.08	1:07:20.86	47	F	VetIII F (45-49)	63	9	
327	89	SANDRA NEVES	1:07:27.26	1:07:27.26	47	F	VetIII F (45-49)	64	10	
328	283	ELSA TEIXEIRA	1:07:28.47	1:07:28.47	41	F	VetII F (40-44)	65	12	MALVA VISÃO
329	284	JOÃO BARÃO	1:07:28.50	1:07:28.50	29	M	Jun Sen M (0-34)	264	54	MALVA VISÃO
330	31	PEDRO VALENTE	1:08:00.00	1:07:48.57	52	M	VetIV M (50-54)	265	35	
331	335	BÁRBARA LIMA	1:09:00.00	1:09:00.00	38	F	VetI F (35-39)	66	12	
332	105	ANA FERREIRA	1:10:00.00	1:10:00.00	41	F	VetII F (40-44)	67	13	CA VALE FIGUEIRA
333	32	RITA VALENTE	1:11:00.00	1:11:00.00	51	F	VetIV F (50-54)	68	7	
334	347	ANDRÉ PINHEIRO	1:12:00.00	1:12:00.00	19	M	Jun Sen M (0-34)	266	55	
335	281	FERNANDO PINTO	1:13:59.27	1:13:42.34	65	M	VetVI M (60-99)	267	27	
336	35	ANTÓNIO MOURA	1:14:05.00	1:14:05.00	66	M	VetVI M (60-99)	268	28	

**CORRIDA
10KM**



CINPOR
3ª CORRIDA

**22 OUT
2023**

337	144	MANUEL NOVAIS	1:14:20.00	1:14:03.19	49	M	VetIII M (45-49)	269	50	GRUPO BARRAQUEIRO
338	37	ANABELA PINTO	1:15:01.00	1:14:55.10	42	F	VetII F (40-44)	69	14	ALVERCA URBAN RUNNERS
339	222	JORGE MARTINS	1:15:26.81	1:15:12.26	69	M	VetVI M (60-99)	270	29	
340	253	PAULO OLIVEIRA	1:16:02.36	1:16:02.36	53	M	VetIV M (50-54)	271	36	CARACOIS RUNNERS
341	162	EMILIA CASTANHEIRA	1:16:03.67	1:15:47.10	50	F	VetIV F (50-54)	70	8	
342	22	LINA SOUSA	1:17:10.00	1:17:10.00	36	F	VetI F (35-39)	71	13	TEAM LINA
343	21	JOÃO LAMAS	1:17:10.11	1:16:56.25	40	M	VetII M (40-44)	272	39	TEAM LINA
344	49	PEDRO CAVACO	1:19:39.96	1:19:20.13	44	M	VetII M (40-44)	273	40	
345	524	MÓNICA JOÃO	1:25:25.64	1:24:18.32	34	F	Jun Sen F (0-34)	72	18	
346	522	INÊS VILLEGAS	1:25:27.53	1:24:20.82	30	F	Jun Sen F (0-34)	73	19	
347	398	PAULA FERNANDES	1:28:15.63	1:28:01.46	46	F	VetIII F (45-49)	74	11	