



CORRIDA de Belém

28 MAIO
2023
ESTÁDIO DO RESTELO

Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	1225	JOSÉ GASPAR	0:32:52.77	0:31:36.01	45	M	VetIII M (45-49)	1	1	GD PALMEIROS
2	1252	BJORN WASTVEDT	0:33:58.01	0:33:57.10	33	M	Seniores M (18-34)	2	1	SPORTSKLUBBEN VIDAR
3	922	RODRIGO RODRIGUES	0:34:37.80	0:34:37.80	20	M	Seniores M (18-34)	3	2	UNIDOS NO CALVÁRIO
4	797	MIGUEL SILVA	0:34:58.36	0:34:57.50	28	M	Seniores M (18-34)	4	3	CRP RIBAFRIA
5	1556	RICARDO JORDÃO	0:35:07.22	0:35:07.17	40	M	VetII M (40-44)	5	1	CF OS BELENENSES
6	437	RUBEN PARREIRA	0:35:29.80	0:35:28.31	28	M	Seniores M (18-34)	6	4	
7	1518	PAULO GARCIA	0:35:35.82	0:35:35.32	50	M	VetIV M (50-54)	7	1	CF OS BELENENSES
8	1541	RODOLFO VILELA	0:36:13.06	0:36:10.24	35	M	VetI M (35-39)	8	1	CF OS BELENENSES
9	1545	FILIFE LOPES	0:36:19.43	0:36:18.39	22	M	Seniores M (18-34)	9	5	CF OS BELENENSES
10	495	DAVID JARDIM	0:36:40.24	0:36:39.43	25	M	Seniores M (18-34)	10	6	ASSOCIAÇÃO ALEGRIA MADEIRA
11	1525	RUDIMAR MOURA	0:37:08.75	0:37:05.04	47	M	VetIII M (45-49)	11	2	CF OS BELENENSES
12	1526	RICARDO PIRES	0:37:10.80	0:35:46.25	41	M	VetII M (40-44)	12	2	CF OS BELENENSES
13	1555	FREDERICO LÁZARO	0:37:14.94	0:35:51.73	43	M	VetII M (40-44)	13	3	CF OS BELENENSES
14	1030	LUIS ALLEN	0:37:37.06	0:37:36.75	53	M	VetIV M (50-54)	14	2	GD SANTANDER TOTTA
15	1128	LUIS CASTRO	0:37:43.80	0:37:39.34	24	M	Seniores M (18-34)	15	7	
16	543	JOÃO LOPES	0:37:52.27	0:37:50.46	37	M	VetI M (35-39)	16	2	GDC BANCO PORTUGAL
17	990	TIAGO MARTINS	0:38:22.90	0:38:22.85	32	M	Seniores M (18-34)	17	8	CÂMARA LISBOA CLUBE
18	341	JOÃO VIEIRA	0:38:33.83	0:38:30.16	28	M	Seniores M (18-34)	18	9	CORRE CARDOSO
19	1073	LEONARDO ACOSTA	0:38:41.66	0:38:32.05	37	M	VetI M (35-39)	19	3	
20	1080	ABEL GLÓRIA	0:38:41.80	0:38:40.41	60	M	VetVI M (60-64)	20	1	GDR REBOLEIRA
21	965	JORGE DEUS	0:38:45.80	0:38:14.67	48	M	VetIII M (45-49)	21	3	CCD TRANQUILIDADE
22	632	FÁBIO PRATAS	0:38:52.31	0:38:50.23	38	M	VetI M (35-39)	22	4	JOMA
23	1139	VICENT SOBRINHO	0:39:11.96	0:39:10.56	57	M	VetV M (55-59)	23	1	CF OS BELENENSES
24	1143	LÚCIO ALVES	0:39:15.78	0:39:14.68	51	M	VetIV M (50-54)	24	3	CF OS BELENENSES
25	624	RICARDO FIGUEIREDO	0:39:22.68	0:39:21.57	22	M	Seniores M (18-34)	25	10	



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26	971	RICARDO ALVES	0:39:32.06	0:37:56.08	39	M	VetI M (35-39)	26	5	CCD TRANQUILIDADE
27	796	FRANCISCO DOMINGOS	0:39:35.07	0:39:10.47	19	M	Seniores M (18-34)	27	11	
28	780	RUI FREITAS	0:39:36.84	0:39:32.43	30	M	Seniores M (18-34)	28	12	SPORT COMÉRCIO E SALGUEIROS
29	631	MARCO BELO	0:39:39.39	0:39:38.14	45	M	VetIII M (45-49)	29	4	ALVERCA URBAN RUNNERS
30	1087	DUARTE CANARIO	0:39:39.68	0:39:27.23	41	M	VetII M (40-44)	30	4	
31	443	TOMÁS GONÇALVES	0:39:46.83	0:39:46.12	20	M	Seniores M (18-34)	31	13	
32	1015	NUNO FERREIRA	0:39:49.80	0:39:47.95	48	M	VetIII M (45-49)	32	5	CF OS BELENENSES
33	1167	GARETH ALTINI	0:39:52.46	0:39:46.09	47	M	VetIII M (45-49)	33	6	
34	272	NUNO ALMEIDA	0:39:53.05	0:39:47.64	43	M	VetII M (40-44)	34	5	
35	820	ANASTASIIA MARCHENKO	0:40:07.80	0:40:07.80	19	F	Seniores F (18-34)	1	1	
36	996	PEDRO VALENTE	0:40:28.00	0:40:24.50	44	M	VetII M (40-44)	35	6	
37	1028	ANTONIO LOURO	0:40:29.97	0:40:20.98	49	M	VetIII M (45-49)	36	7	GD SANTANDER TOTTA
38	1528	LUÍS MARÇAL	0:40:32.03	0:40:30.39	46	M	VetIII M (45-49)	37	8	CF OS BELENENSES
39	1535	ANDRÉ ALVES	0:40:34.81	0:40:34.14	36	M	VetI M (35-39)	38	6	CF OS BELENENSES
40	1120	TIAGO MARGATO	0:40:44.31	0:40:37.87	24	M	Seniores M (18-34)	39	14	
41	1098	JORGE CORREIA	0:40:52.29	0:40:50.73	51	M	VetIV M (50-54)	40	4	GDR REBOLEIRA
42	1168	FILIPPE OLIVEIRA	0:40:59.91	0:40:46.36	40	M	VetII M (40-44)	41	7	
43	968	JOÃO SERRA	0:41:05.80	0:41:05.80	51	M	VetIV M (50-54)	42	5	CCD TRANQUILIDADE
44	1215	DANIEL DOMINGUES	0:41:12.18	0:39:35.69	37	M	VetI M (35-39)	43	7	CCR PÓVOA DE ATALAIA
45	1550	ALEXANDRE PEDROSA	0:41:13.05	0:41:12.99	47	M	VetIII M (45-49)	44	9	CF OS BELENENSES
46	1138	RAUL CAETANO	0:41:15.01	0:41:14.66	51	M	VetIV M (50-54)	45	6	CF OS BELENENSES
47	500	NUNO ALMEIDA	0:41:18.11	0:41:18.11	42	M	VetII M (40-44)	46	8	
48	1140	RUI COELHO	0:41:23.99	0:41:15.91	51	M	VetIV M (50-54)	47	7	CF OS BELENENSES
49	799	ANDRE MARTINS	0:41:34.86	0:41:02.47	38	M	VetI M (35-39)	48	8	RUNWIN€
50	1062	BRUNO FERNANDES	0:41:38.21	0:41:29.13	42	M	VetII M (40-44)	49	9	
51	919	DANIEL MARTINS	0:41:38.80	0:41:38.80	26	M	Seniores M (18-34)	50	15	UNIDOS NO CALVÁRIO



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52	909	ANTÓNIO SANTOS	0:41:39.58	0:41:39.58	64	M	VetVI M (60-64)	51	2	MAXPROG
53	1149	MIGUEL VERDUGO	0:41:43.80	0:41:37.46	26	M	Seniores M (18-34)	52	16	CF OS BELENENSES
54	1516	NUNO QUEIJA	0:41:47.80	0:41:47.80	50	M	VetIV M (50-54)	53	8	CF OS BELENENSES
55	411	MIGUEL TEIXEIRA	0:41:51.76	0:41:38.28	59	M	VetV M (55-59)	54	2	
56	577	PEDRO NETO	0:41:57.26	0:41:49.51	50	M	VetIV M (50-54)	55	9	
57	1514	GONÇALO FERREIRA	0:41:58.65	0:41:58.08	50	M	VetIV M (50-54)	56	10	CF OS BELENENSES
58	1527	CARLOS VISEU	0:42:00.45	0:42:00.37	53	M	VetIV M (50-54)	57	11	CF OS BELENENSES
59	582	BRUNO OLIVEIRA	0:42:03.80	0:41:55.75	56	M	VetV M (55-59)	58	3	
60	458	TIAGO AZEVEDO	0:42:07.73	0:42:06.62	20	M	Seniores M (18-34)	59	17	
61	1519	AVELINO SOARES	0:42:13.71	0:42:13.10	56	M	VetV M (55-59)	60	4	CF OS BELENENSES
62	1236	MAURICIO VIDANIA	0:42:15.42	0:42:12.22	32	M	Seniores M (18-34)	61	18	CLUBE ACCENTURE
63	913	ASTIE PIERRE	0:42:19.00	0:41:34.93	31	M	Seniores M (18-34)	62	19	
64	915	BERNARDINO RIBEIRO	0:42:20.22	0:42:15.12	55	M	VetV M (55-59)	63	5	
65	653	AFONSO CARVALHO	0:42:21.31	0:40:43.52	27	M	Seniores M (18-34)	64	20	SCALABIS NIGHT RUNNERS
66	499	CARLOS HENRIQUES	0:42:21.93	0:42:19.33	39	M	VetI M (35-39)	65	9	O MUNDO DA CORRIDA
67	1189	JÚLIO REIS	0:42:31.57	0:42:24.76	49	M	VetIII M (45-49)	66	10	CAMARA LISBOA CLUBE
68	506	PAULO COSTA	0:42:43.15	0:42:43.15	46	M	VetIII M (45-49)	67	11	ASS VALE GRANDE
69	920	GONÇALO BARROCAS	0:42:46.80	0:42:46.80	20	M	Seniores M (18-34)	68	21	UNIDOS NO CALVÁRIO
70	1090	DIOGO CLETO	0:42:51.20	0:42:38.90	24	M	Seniores M (18-34)	69	22	
71	1056	GUILHERME RAMOS	0:42:52.23	0:42:41.66	19	M	Seniores M (18-34)	70	23	
72	634	RODRIGO COSTA	0:42:53.69	0:42:50.24	29	M	Seniores M (18-34)	71	24	SFP LOUREIROS
73	778	SARAH ROBINSON	0:42:55.80	0:42:46.34	29	F	Seniores F (18-34)	2	2	
74	1524	CRISTIANO MARQUES	0:42:59.80	0:42:59.80	51	M	VetIV M (50-54)	72	12	CF OS BELENENSES
75	1037	PEDRO SILVA	0:43:03.69	0:42:57.08	32	M	Seniores M (18-34)	73	25	
76	485	LUÍS LEMOS	0:43:06.64	0:42:57.37	46	M	VetIII M (45-49)	74	12	CLUBE OGMA
77	1066	BRUNO HENRIQUES	0:43:06.91	0:43:03.17	27	M	Seniores M (18-34)	75	26	CLUBE DAS GAZELAS



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78	840	RÚBEN SIMÃO	0:43:09.00	0:42:04.06	31	M	Seniores M (18-34)	76	27	
79	1171	JORGE SIMÕES	0:43:11.58	0:43:09.37	45	M	VetIII M (45-49)	77	13	ASS VALE GRANDE
80	1551	JOAQUIM VAZ	0:43:19.43	0:43:16.72	48	M	VetIII M (45-49)	78	14	CF OS BELENENSES
81	1554	ARMANDO MUCHAGATA	0:43:21.20	0:43:10.04	51	M	VetIV M (50-54)	79	13	CF OS BELENENSES
82	496	GONCALO ABREU	0:43:21.41	0:42:56.00	20	M	Seniores M (18-34)	80	28	ASSOCIAÇÃO ALEGRIA MADEIRA
83	490	JOÃO CANHOTO	0:43:22.52	0:43:20.58	53	M	VetIV M (50-54)	81	14	CORRER LOURES
84	1530	PAULA FERNANDES	0:43:24.28	0:43:23.29	45	F	VetIII F (45-49)	3	1	CF OS BELENENSES
85	298	BRANT PAULSON	0:43:28.66	0:43:22.86	48	M	VetIII M (45-49)	82	15	
86	1568	MATEUS PEREIRA	0:43:32.54	0:43:27.36	27	M	Seniores M (18-34)	83	29	
87	473	CARLOS CAEIRO	0:43:33.01	0:43:22.83	49	M	VetIII M (45-49)	84	16	AMINHACORRIDARUNEXTREM
88	1523	JOAO ROSA	0:43:39.04	0:43:31.41	34	M	Seniores M (18-34)	85	30	CF OS BELENENSES
89	946	TIAGO DORES	0:43:41.07	0:42:36.08	44	M	VetII M (40-44)	86	10	VANGUARD PROPERTIES
90	585	PEDRO DIAS	0:43:48.63	0:43:28.88	34	M	Seniores M (18-34)	87	31	
91	1005	BRUNO PRESTES	0:43:51.32	0:43:43.37	23	M	Seniores M (18-34)	88	32	EQUIPE DINAMICA
92	331	FRANCISCO MACHADO	0:43:52.20	0:43:47.69	44	M	VetII M (40-44)	89	11	RUN 4 FUN
93	905	MAXIMIANO SANTOS	0:43:55.59	0:43:52.95	59	M	VetV M (55-59)	90	6	MAXPROG
94	934	LUIZ NASCIMENTO	0:44:00.95	0:43:55.78	36	M	VetI M (35-39)	91	10	
95	933	ALLAN HOUSSOULLIEZ	0:44:01.00	0:44:01.00	31	M	Seniores M (18-34)	92	33	
96	393	CARLOS PRECISO	0:44:10.14	0:43:52.90	49	M	VetIII M (45-49)	93	17	MARGEM SUL POWER
97	937	RUI FEIO	0:44:10.18	0:43:45.31	59	M	VetV M (55-59)	94	7	
98	1521	VÍTOR GONZAS	0:44:10.26	0:44:05.28	56	M	VetV M (55-59)	95	8	CF OS BELENENSES
99	552	ANTÓNIO SIMÕES	0:44:16.15	0:44:05.36	53	M	VetIV M (50-54)	96	15	GDC BANCO PORTUGAL
100	340	RUI PIRES	0:44:24.44	0:44:21.70	44	M	VetII M (40-44)	97	12	
101	976	NUNO REIS	0:44:25.24	0:44:21.25	41	M	VetII M (40-44)	98	13	CCD TRANQUILIDADE
102	572	TIAGO FERREIRA	0:44:27.96	0:44:24.96	35	M	VetI M (35-39)	99	11	A-TEAM
103	332	FERNANDO GOMES	0:44:28.62	0:44:01.97	49	M	VetIII M (45-49)	100	18	



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104	739	PEDRO FILIPE	0:44:30.10	0:44:16.77	44	M	VetII M (40-44)	101	14	ASSOCIAÇÃO CRESCER LIVRE
105	1147	JOSÉ MASSUÇA	0:44:30.33	0:44:30.28	52	M	VetIV M (50-54)	102	16	CF OS BELENENSES
106	1202	BRUNO BRITO	0:44:35.62	0:44:29.97	45	M	VetIII M (45-49)	103	19	AMINHACORRIDAPACER
107	290	MARIANA VILALOBOS	0:44:38.58	0:44:38.58	27	F	Seniores F (18-34)	4	3	
108	809	HENRIQUE AMADOR	0:44:42.49	0:44:41.94	51	M	VetIV M (50-54)	104	17	SS CGD
109	1206	JOAO PEREIRA	0:44:43.59	0:44:18.81	46	M	VetIII M (45-49)	105	20	
110	1166	MARCOS MESQUITA	0:44:49.99	0:44:38.59	55	M	VetV M (55-59)	106	9	
111	704	HUGO MATEUS	0:44:52.74	0:44:45.06	23	M	Seniores M (18-34)	107	34	
112	1187	LICÍNIO FIDALGO	0:44:54.17	0:44:41.76	63	M	VetVI M (60-64)	108	3	CAMARA LISBOA CLUBE
113	535	JOSE SILVA	0:44:56.56	0:43:09.41	54	M	VetIV M (50-54)	109	18	CD MAFRA
114	549	LUÍS RIO	0:44:57.99	0:44:47.20	51	M	VetIV M (50-54)	110	19	GDC BANCO PORTUGAL
115	459	NUNO FIGUEIREDO	0:44:58.88	0:44:50.85	44	M	VetII M (40-44)	111	15	CORRER LISBOA
116	975	VIRGILIO MADEIRA	0:45:01.65	0:45:00.95	64	M	VetVI M (60-64)	112	4	CCD TRANQUILIDADE
117	1025	ANASTACIO VALADAS	0:45:04.39	0:45:02.59	69	M	VetVII M (65-69)	113	1	GD SANTANDER TOTTA
118	1001	JOSÉ SILVA	0:45:06.68	0:44:51.42	39	M	VetI M (35-39)	114	12	
119	1091	MARIA GRIBANOVA	0:45:07.02	0:45:06.98	32	F	Seniores F (18-34)	5	4	
120	532	HUGO CHAVES	0:45:08.37	0:44:36.60	25	M	Seniores M (18-34)	115	35	LOBOS BRUNHEIRO CHAVESANTEROS
121	1072	ABDEREZECK BENAÏSSA	0:45:08.40	0:45:03.70	42	M	VetII M (40-44)	116	16	
122	1563	NICOLE SOBRINHO	0:45:08.77	0:45:04.18	23	F	Seniores F (18-34)	6	5	
123	1176	JOSÉ OLIVEIRA	0:45:15.99	0:45:03.65	41	M	VetII M (40-44)	117	17	
124	1048	DAVID NEVES	0:45:25.08	0:45:09.45	41	M	VetII M (40-44)	118	18	
125	715	GUILHERME MARTINS	0:45:33.96	0:45:26.37	23	M	Seniores M (18-34)	119	36	
126	1142	RICARDO SANTOS	0:45:35.38	0:45:29.27	42	M	VetII M (40-44)	120	19	CF OS BELENENSES
127	708	JOÃO FACHADA	0:45:41.59	0:45:39.97	26	M	Seniores M (18-34)	121	37	
128	1192	GONÇALO MARTINS	0:45:42.37	0:45:15.13	35	M	VetI M (35-39)	122	13	CAMARA LISBOA CLUBE
129	1217	RICARDO PITA	0:45:42.42	0:45:15.41	46	M	VetIII M (45-49)	123	21	CAMARA LISBOA CLUBE



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130	402	PEDRO FIGUEIREDO	0:45:43.18	0:45:33.99	48	M	VetIII M (45-49)	124	22	GD BPI
131	633	STEPHAN KOENIG	0:45:44.61	0:43:02.78	55	M	VetV M (55-59)	125	10	
132	1153	JAIME DUARTE	0:45:46.25	0:45:42.12	36	M	VetI M (35-39)	126	14	CF OS BELENENSES
133	733	RICARDO PEREIRA	0:45:47.08	0:45:42.01	24	M	Seniores M (18-34)	127	38	
134	1101	PAULO FERREIR	0:45:47.76	0:45:27.59	42	M	VetII M (40-44)	128	20	OS CARACOIS
135	642	MIGUEL AMARAL	0:45:48.88	0:45:40.93	45	M	VetIII M (45-49)	129	23	
136	717	JAMILLE CARLOS	0:45:49.80	0:45:40.75	41	F	VetII F (40-44)	7	1	
137	652	PEDRO CARVALHO	0:45:49.87	0:45:47.65	59	M	VetV M (55-59)	130	11	SCALABIS NIGHT RUNNERS
138	988	ANDRÉ BOAS	0:45:56.03	0:45:48.01	30	M	Seniores M (18-34)	131	39	
139	888	DAVID PEREIRA	0:45:58.00	0:45:58.00	29	M	Seniores M (18-34)	132	40	
140	834	BILLY SANTOS	0:46:02.45	0:45:07.28	45	M	VetIII M (45-49)	133	24	LEBRES DO OESTE
141	893	JORGE GONÇALVES	0:46:03.80	0:46:03.80	37	M	VetI M (35-39)	134	15	CLUBE TAP PORTUGAL
142	413	JOÃO FONSECA	0:46:05.77	0:45:48.42	49	M	VetIII M (45-49)	135	25	BIFANAS DE CORRIDA
143	811	JOAQUIM FRADE	0:46:11.54	0:46:10.04	67	M	VetVII M (65-69)	136	2	SS CGD
144	1102	LUÍS ALMEIDA	0:46:12.52	0:45:31.43	41	M	VetII M (40-44)	137	21	
145	958	SÍLVIO ROMÃO	0:46:13.00	0:46:13.00	42	M	VetII M (40-44)	138	22	CMC ODIVELAS
146	1122	CARLA BERNARDINO	0:46:13.41	0:46:12.67	46	F	VetIII F (45-49)	8	2	EQUIPA CS
147	1010	SEBASTIÃO LORENA	0:46:16.83	0:45:23.43	36	M	VetI M (35-39)	139	16	JEOS RUN
148	595	JOÃO CARVALHO	0:46:17.92	0:46:11.12	54	M	VetIV M (50-54)	140	20	
149	1265	MIGUEL GOMES	0:46:20.20	0:46:04.52	26	M	Seniores M (18-34)	141	41	
150	621	PEDRO PIMPÃO	0:46:21.51	0:46:04.64	20	M	Seniores M (18-34)	142	42	
151	435	AMANDIO RODRIGUES	0:46:21.80	0:46:21.80	50	M	VetIV M (50-54)	143	21	
152	718	MANUEL OLIVEIRA	0:46:23.10	0:45:18.99	23	M	Seniores M (18-34)	144	43	
153	569	JOÃO PIRES	0:46:23.31	0:46:05.94	52	M	VetIV M (50-54)	145	22	
154	1045	RICARDO LOURENÇO	0:46:24.56	0:46:23.13	46	M	VetIII M (45-49)	146	26	
155	510	EDUARDO MENDONÇA	0:46:26.29	0:45:25.79	25	M	Seniores M (18-34)	147	44	



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156	1121	CHRISTOPHER LAM	0:46:27.98	0:45:54.87	30	M	Seniores M (18-34)	148	45	
157	940	MAXIM LETUNOVSKIY	0:46:30.00	0:45:50.59	34	M	Seniores M (18-34)	149	46	
158	941	MIGUEL COSTA	0:46:30.18	0:46:16.91	36	M	VetI M (35-39)	150	17	JEOS RUN
159	1152	RUI FONSECA	0:46:37.75	0:46:27.83	58	M	VetV M (55-59)	151	12	CF OS BELENENSES
160	992	ROGÉRIO VENÂNCIO	0:46:38.53	0:46:36.59	68	M	VetVII M (65-69)	152	3	O MUNDO DA CORRIDA
161	1151	ORLEAN SANTOS	0:46:38.82	0:46:16.91	28	M	Seniores M (18-34)	153	47	CF OS BELENENSES
162	462	FILIPE LEITAO	0:46:39.93	0:46:30.08	46	M	VetIII M (45-49)	154	27	
163	625	FILIPE FILIPE	0:46:40.60	0:46:38.85	56	M	VetV M (55-59)	155	13	SESIMBRA MAR
164	1031	SÉRGIO SALES	0:46:42.62	0:45:30.66	41	M	VetII M (40-44)	156	23	GD SANTANDER TOTTA
165	323	GLÁUCIA SOARES	0:46:42.82	0:46:42.82	41	F	VetII F (40-44)	9	2	
166	537	JOSE MANUEL	0:46:50.12	0:45:07.22	50	M	VetIV M (50-54)	157	23	CD MAFRA
167	1002	ARNALDO SALOMÃO	0:46:51.70	0:46:41.88	40	M	VetII M (40-44)	158	24	
168	269	RUI MENDES	0:46:51.73	0:46:40.69	51	M	VetIV M (50-54)	159	24	
169	1256	CHARLES LOGAN	0:46:51.75	0:46:38.88	39	M	VetI M (35-39)	160	18	
170	1109	CARLA SANTOS	0:46:56.90	0:46:33.71	45	F	VetIII F (45-49)	10	3	KBT
171	1050	HUMBERTO BORGES	0:46:57.49	0:46:48.74	55	M	VetV M (55-59)	161	14	
172	984	TITO NASCIMENTO	0:46:58.14	0:46:49.05	42	M	VetII M (40-44)	162	25	ELITE RUNNERS
173	1158	ANDRÉ NUNES	0:46:58.74	0:46:22.34	18	M	Seniores M (18-34)	163	48	CF OS BELENENSES
174	845	PEDRO RICARDO	0:46:59.83	0:46:44.88	49	M	VetIII M (45-49)	164	28	
175	1561	ANAIS MONIZ	0:46:59.86	0:46:36.83	34	F	Seniores F (18-34)	11	6	CF OS BELENENSES
176	1012	NIKOLA ZIVIC	0:47:00.92	0:46:46.40	30	F	Seniores F (18-34)	12	7	
177	849	JOÃO LEAL	0:47:15.00	0:47:15.00	21	M	Seniores M (18-34)	165	49	
178	1501	RICARDO FERNANDES	0:47:17.14	0:45:23.81	46	M	VetIII M (45-49)	166	29	OS FERNANDES
179	693	BRUNO SERRA	0:47:17.36	0:46:48.96	38	M	VetI M (35-39)	167	19	
180	1536	ANABELA FERREIRA	0:47:18.58	0:47:17.27	52	F	VetIV F (50-54)	13	1	CF OS BELENENSES
181	818	NORBERTO CABAÇO	0:47:18.94	0:47:15.39	45	M	VetIII M (45-49)	168	30	



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182	1534	ANDERSON LATTUADA	0:47:19.45	0:47:07.02	47	M	VetIII M (45-49)	169	31	CF OS BELENENSES
183	481	JOSÉ MARTINS	0:47:23.13	0:46:59.05	35	M	VetI M (35-39)	170	20	TD TEAM
184	1124	CARLOS FERREIRA	0:47:23.98	0:47:14.59	45	M	VetIII M (45-49)	171	32	ELITE RUNNERS
185	925	PEDRO ANTUNES	0:47:30.74	0:47:16.44	49	M	VetIII M (45-49)	172	33	GDRC PONTERROLENSE
186	810	JOAO CORREIA	0:47:31.15	0:46:40.62	62	M	VetVI M (60-64)	173	5	SS CGD
187	1016	JOÃO MARTINS	0:47:36.61	0:47:32.15	55	M	VetV M (55-59)	174	15	CF OS BELENENSES
188	1510	MANUEL ROCHA	0:47:36.99	0:47:33.90	51	M	VetIV M (50-54)	175	25	CAA BELEM
189	491	LEONEL ALVES	0:47:38.33	0:47:32.70	44	M	VetII M (40-44)	176	26	
190	1105	JOSÉ MARTINS	0:47:39.67	0:46:46.13	23	M	Seniores M (18-34)	177	50	
191	456	RUBEN FAGUNDES	0:47:41.44	0:47:31.06	24	M	Seniores M (18-34)	178	51	
192	994	TIAGO SILVA	0:47:42.06	0:47:22.77	33	M	Seniores M (18-34)	179	52	CAA BELEM
193	841	RUI BERNARDO	0:47:48.00	0:47:36.14	40	M	VetII M (40-44)	180	27	
194	636	RAMIRO CONCEIÇÃO	0:47:50.49	0:47:08.59	45	M	VetIII M (45-49)	181	34	POWER RUNNERS DE ALMADA
195	1234	JOÃO TAVARES	0:47:54.38	0:47:38.63	24	M	Seniores M (18-34)	182	53	CLUBE ACCENTURE
196	398	MIGUEL DONAS-BOTTO	0:47:55.44	0:47:38.30	25	M	Seniores M (18-34)	183	54	
197	1564	TOM DOONEY	0:48:00.56	0:47:54.04	27	M	Seniores M (18-34)	184	55	
198	297	FILIPPE MADEIRA	0:48:07.20	0:48:02.21	46	M	VetIII M (45-49)	185	35	
199	883	HUGO GOMES	0:48:11.00	0:45:19.41	39	M	VetI M (35-39)	186	21	KBT
200	418	NUNO CABEÇA	0:48:14.27	0:47:58.14	54	M	VetIV M (50-54)	187	26	
201	503	FILIPPE FERREIRA	0:48:18.45	0:47:34.51	47	M	VetIII M (45-49)	188	36	RUN & WIN(E)
202	1230	FERNANDO ARVELAIZ	0:48:18.57	0:47:23.76	34	M	Seniores M (18-34)	189	56	CLUBE ACCENTURE
203	1544	AMÉLIA SARAIVA	0:48:19.69	0:47:58.81	18	F	Seniores F (18-34)	14	8	CF OS BELENENSES
204	709	TIAGO SARAIVA	0:48:25.48	0:45:52.96	46	M	VetIII M (45-49)	190	37	
205	1023	JOSE VIEGAS	0:48:30.98	0:48:05.86	45	M	VetIII M (45-49)	191	38	GD SANTANDER TOTTA
206	1231	FRANCISCO ROMÃO	0:48:32.87	0:48:15.52	27	M	Seniores M (18-34)	192	57	CLUBE ACCENTURE
207	878	JUNIOR HARTMAN	0:48:34.00	0:48:34.00	32	M	Seniores M (18-34)	193	58	



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208	454	JOÃO FERREIRA	0:48:34.28	0:48:25.33	33	M	Seniores M (18-34)	194	59	
209	1251	SEBASTIÃO SEGURO	0:48:34.43	0:46:33.05	31	M	Seniores M (18-34)	195	60	
210	378	JOELMA SILVA	0:48:35.05	0:46:37.44	40	F	VetII F (40-44)	15	3	AA MAFRA
211	480	FILIPA CASAL	0:48:36.83	0:48:28.79	40	F	VetII F (40-44)	16	4	
212	379	RICARDO CORREIA	0:48:37.27	0:48:28.89	42	M	VetII M (40-44)	196	28	AA MAFRA
213	806	ANDRE LOPES	0:48:37.44	0:48:28.93	38	M	VetI M (35-39)	197	22	SS CGD
214	794	JONY DOMINGOS	0:48:41.27	0:48:15.82	46	M	VetIII M (45-49)	198	39	
215	734	JOSÉ GOUVEIA	0:48:41.80	0:48:37.38	54	M	VetIV M (50-54)	199	27	
216	1569	ALVARO SILVA	0:48:43.41	0:47:02.65	29	M	Seniores M (18-34)	200	61	
217	320	PAULO SILVA	0:48:46.00	0:48:19.06	38	M	VetI M (35-39)	201	23	
218	1154	MIGUEL ROCHA	0:48:47.54	0:46:43.81	51	M	VetIV M (50-54)	202	28	CF OS BELENENSES
219	584	JOÃO RODRIGUES	0:48:48.45	0:48:34.58	52	M	VetIV M (50-54)	203	29	
220	1135	FERNANDO CARVALHÃO	0:48:50.69	0:48:42.15	43	M	VetII M (40-44)	204	29	
221	1161	KATERINA KALOGERAKIS	0:48:51.26	0:48:32.74	29	F	Seniores F (18-34)	17	9	
222	448	NUNO CONDEÇO	0:48:53.48	0:48:47.63	42	M	VetII M (40-44)	205	30	
223	350	HUGO MOREIRA	0:48:58.42	0:48:06.44	43	M	VetII M (40-44)	206	31	LEBRES DO OESTE
224	1126	TIAGO DIAS	0:48:58.96	0:48:33.40	34	M	Seniores M (18-34)	207	62	
225	788	AMÉRICO SANTOS	0:49:01.61	0:48:36.66	54	M	VetIV M (50-54)	208	30	
226	815	NOÉMIA SEQUEIRA	0:49:03.03	0:48:10.79	55	F	VetV F (55-59)	18	1	SS CGD
227	507	RUI NOGARÓ	0:49:04.97	0:48:54.13	28	M	Seniores M (18-34)	209	63	
228	1223	PEDRO FÉLIX	0:49:07.67	0:47:55.31	54	M	VetIV M (50-54)	210	31	
229	710	MIGUEL OLIVEIRA	0:49:08.93	0:48:47.72	35	M	VetI M (35-39)	211	24	
230	1502	CANDIDO POÇAS	0:49:10.52	0:48:18.19	53	M	VetIV M (50-54)	212	32	BANDIDOS
231	1506	JOSÉ GORDILHO	0:49:11.61	0:48:54.24	59	M	VetV M (55-59)	213	16	CAA BELEM
232	1163	WISCHEGG ROBERT	0:49:11.83	0:48:37.32	40	M	VetII M (40-44)	214	32	
233	939	JOÃO TELES	0:49:13.21	0:47:14.51	31	M	Seniores M (18-34)	215	64	OZ RUNNING TEAM



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234	405	JOÃO HEITOR	0:49:14.82	0:49:07.62	72	M	VetVIII M (70-99)	216	1	ÁGUIAS PAÇO DARCOS
235	1097	JOSÉ BARRADAS	0:49:19.23	0:48:47.94	43	M	VetII M (40-44)	217	33	
236	1103	MIGUEL FERREIRA	0:49:20.01	0:48:44.29	37	M	VetI M (35-39)	218	25	
237	259	NUNO MADEIRA	0:49:20.55	0:49:17.13	37	M	VetI M (35-39)	219	26	A-TEAM
238	729	TIAGO BRITO	0:49:23.73	0:48:44.83	38	M	VetI M (35-39)	220	27	
239	628	RITA LOPES	0:49:25.42	0:49:05.08	31	F	Seniores F (18-34)	19	10	
240	1255	ALEXANDER DRESCHER	0:49:25.80	0:48:21.05	26	M	Seniores M (18-34)	221	65	LIQUIDE RUNNER
241	444	NUNO SILVA	0:49:27.20	0:48:55.81	32	M	Seniores M (18-34)	222	66	
242	291	WALLACE MAGALHÃES	0:49:27.75	0:47:14.74	37	M	VetI M (35-39)	223	28	BACON & PANCETAS
243	916	NUNO ALMEIDA	0:49:27.80	0:49:27.80	38	M	VetI M (35-39)	224	29	
244	547	JOAQUIM FERRÃO	0:49:29.31	0:49:01.32	62	M	VetVI M (60-64)	225	6	GDC BANCO PORTUGAL
245	415	PEDRO CASTANHA	0:49:31.56	0:49:16.60	47	M	VetIII M (45-49)	226	40	
246	1209	RUI MARTINS	0:49:33.66	0:49:06.66	23	M	Seniores M (18-34)	227	67	
247	1035	PAULO ALMEIDA	0:49:33.94	0:49:22.90	58	M	VetV M (55-59)	228	17	
248	282	ADELAIDE DAMIÃO	0:49:34.12	0:49:31.68	58	F	VetV F (55-59)	20	2	
249	1515	PEDRO FAVINHA	0:49:35.79	0:49:31.26	50	M	VetIV M (50-54)	229	33	CF OS BELENENSES
250	655	JOAO ANTUNES	0:49:40.27	0:49:37.59	56	M	VetV M (55-59)	230	18	CORRER QUELUZ
251	650	LÚCIA TRIGUEIROS	0:49:40.98	0:48:54.44	38	F	VetI F (35-39)	21	1	RUN AND WIN[E]
252	334	GUILHERME LUZ	0:49:45.02	0:49:29.76	30	M	Seniores M (18-34)	231	68	
253	987	JOÃO CARREIRAS	0:49:45.23	0:49:23.67	29	M	Seniores M (18-34)	232	69	
254	807	CRISTINA GABRIEL	0:49:45.63	0:48:52.80	41	F	VetII F (40-44)	22	5	SS CGD
255	671	JOSE FARINHA	0:49:47.55	0:49:00.42	48	M	VetIII M (45-49)	233	41	C MILLENNIUM BCP
256	713	DAVID ALMEIDA	0:49:48.25	0:46:54.85	51	M	VetIV M (50-54)	234	34	
257	752	CÍNTIA MARIANO	0:49:48.43	0:49:25.37	43	F	VetII F (40-44)	23	6	
258	675	JOAO GONCALVES	0:49:49.50	0:49:02.65	56	M	VetV M (55-59)	235	19	C MILLENNIUM BCP
259	546	LOURENÇO BANGY	0:49:52.98	0:49:44.64	21	M	Seniores M (18-34)	236	70	GDC BANCO PORTUGAL



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260	324	JOSÉ PARDAL	0:49:55.06	0:48:40.02	48	M	VetIII M (45-49)	237	42	
261	252	JOAQUIM BRAGA	0:49:55.39	0:49:22.54	40	M	VetII M (40-44)	238	34	
262	960	PEDRO SILVA	0:49:58.00	0:49:37.98	39	M	VetI M (35-39)	239	30	
263	654	CARLOS CORREIA	0:49:59.86	0:47:45.64	57	M	VetV M (55-59)	240	20	
264	1092	DIOGO LUIS	0:50:00.00	0:49:55.10	36	M	VetI M (35-39)	241	31	CHURRASQUEIRA PAZ
265	581	BRUNO OLIVEIRA	0:50:00.53	0:48:56.90	33	M	Seniores M (18-34)	242	71	NAOSRUN
266	1513	EDUARDO NEVES	0:50:01.26	0:49:47.65	43	M	VetII M (40-44)	243	35	CAA BELEM
267	714	GIL JORGE	0:50:05.85	0:49:30.11	54	M	VetIV M (50-54)	244	35	
268	748	JOÃO ESTEVÃO	0:50:06.34	0:47:52.05	43	M	VetII M (40-44)	245	36	
269	1203	FRANCISCO FARINHA	0:50:06.98	0:50:01.56	40	M	VetII M (40-44)	246	37	AMINHACORRIDAPACER
270	1552	SIMÃO RIBEIRO	0:50:10.00	0:49:43.01	40	M	VetII M (40-44)	247	38	CF OS BELENENSES
271	387	PEDRO LOMBA	0:50:10.76	0:49:51.96	28	M	Seniores M (18-34)	248	72	
272	1548	RUI PARREIRA	0:50:12.48	0:50:07.06	57	M	VetV M (55-59)	249	21	CF OS BELENENSES
273	476	PAULO MOREIRA	0:50:17.64	0:49:51.89	56	M	VetV M (55-59)	250	22	
274	363	EDUARDO DOMINGOS	0:50:19.52	0:49:28.79	36	M	VetI M (35-39)	251	32	
275	364	MARCELO CARDEIRA	0:50:20.43	0:49:52.05	53	M	VetIV M (50-54)	252	36	LINDA A PASTORA SC
276	1020	MIGUEL SERRA	0:50:20.52	0:49:37.62	33	M	Seniores M (18-34)	253	73	
277	445	JOSÉ FIDALGO	0:50:22.24	0:49:54.05	57	M	VetV M (55-59)	254	23	AGUALVA-RUNNERS
278	338	ANTONIO OLIVEIRA	0:50:23.85	0:50:09.10	70	M	VetVIII M (70-99)	255	2	
279	372	RUI TIBÉRIO	0:50:24.64	0:47:59.73	52	M	VetIV M (50-54)	256	37	
280	871	JOAO PAULO	0:50:24.80	0:49:58.89	53	M	VetIV M (50-54)	257	38	LEBRES DO OESTE
281	1111	IVO MENDES	0:50:27.02	0:49:57.61	38	M	VetI M (35-39)	258	33	
282	666	ANA MARQUES	0:50:27.82	0:49:58.31	62	F	VetVI F (60-64)	24	1	C MILLENNIUM BCP
283	1063	DIVANY SÁ	0:50:27.89	0:50:14.72	46	F	VetIII F (45-49)	25	4	
284	867	MARIANA GRADE	0:50:28.80	0:50:28.80	59	F	VetV F (55-59)	26	3	AGUALVA RUNNERS
285	998	JOÃO CORREIA	0:50:29.71	0:50:07.84	53	M	VetIV M (50-54)	259	39	



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286	508	EURICO GONÇALVES	0:50:31.07	0:49:25.76	56	M	VetV M (55-59)	260	24	
287	848	CARLOS VIEIRA	0:50:31.30	0:50:31.30	53	M	VetIV M (50-54)	261	40	CORRER LOURES
288	1006	FRANCISCO PASSOS	0:50:31.96	0:50:02.98	62	M	VetVI M (60-64)	262	7	
289	851	MATHEUS VIANNA	0:50:32.00	0:49:49.00	40	M	VetII M (40-44)	263	39	DR RUNNER
290	1008	RICARDO FIGUEIREDO	0:50:38.97	0:50:13.85	53	M	VetIV M (50-54)	264	41	
291	414	MARCO VAZ	0:50:39.42	0:50:35.73	40	M	VetII M (40-44)	265	40	CLUBE OGMA
292	545	KARIM BANGY	0:50:39.69	0:48:31.34	35	M	VetI M (35-39)	266	34	GDC BANCO PORTUGAL
293	1175	FRANCISCO MARTINHO	0:50:46.70	0:49:27.52	34	M	Seniores M (18-34)	267	74	
294	821	ISIDRO DIAS	0:50:47.00	0:50:47.00	51	M	VetIV M (50-54)	268	42	
295	861	ABEL FELICIO	0:50:47.81	0:50:23.04	49	M	VetIII M (45-49)	269	43	RUN 4 FUN
296	868	ANA GASPAR	0:50:50.14	0:50:23.14	44	F	VetII F (40-44)	27	7	
297	1150	VILMA FLORES	0:50:51.04	0:50:45.34	54	F	VetIV F (50-54)	28	2	CF OS BELENENSES
298	746	FILIFE PEREIRA	0:50:54.72	0:50:44.30	41	M	VetII M (40-44)	270	41	
299	488	NUNO NEVES	0:50:57.46	0:50:44.14	46	M	VetIII M (45-49)	271	44	
300	580	GONÇALO PEREIRA	0:51:00.70	0:50:36.79	30	M	Seniores M (18-34)	272	75	NESHA HOP & RUN TEAM
301	1049	PEDRO CAEIRO	0:51:03.58	0:50:43.55	28	M	Seniores M (18-34)	273	76	
302	1117	TIAGO FAÍSCA	0:51:09.69	0:50:50.91	32	M	Seniores M (18-34)	274	77	
303	1244	FERNANDO CUNHA	0:51:12.55	0:50:34.36	44	M	VetII M (40-44)	275	42	
304	639	VASCO AZEVEDO	0:51:13.96	0:51:00.53	62	M	VetVI M (60-64)	276	8	
305	556	JOÃO RODRIGUES	0:51:17.37	0:50:33.86	43	M	VetII M (40-44)	277	43	GDC BANCO PORTUGAL
306	412	ANABELA CONSTANTE	0:51:19.72	0:51:01.79	48	F	VetIII F (45-49)	29	5	BIFANAS DE CORRIDA
307	493	MANUEL VERDELHO	0:51:19.94	0:51:09.16	23	M	Seniores M (18-34)	278	78	
308	1127	JOÃO QUELHAS	0:51:23.80	0:51:16.15	48	M	VetIII M (45-49)	279	45	CLUBE OGMA
309	571	ANDRÉ RIBEIRO	0:51:24.72	0:47:43.30	38	M	VetI M (35-39)	280	35	
310	1131	CAIO LOPES	0:51:26.73	0:50:58.67	24	M	Seniores M (18-34)	281	79	THE G TEAM
311	745	NUNO CARVALHO	0:51:26.83	0:51:13.82	31	M	Seniores M (18-34)	282	80	



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312	592	MIGUEL DINIS	0:51:29.77	0:50:50.39	24	M	Seniores M (18-34)	283	81	
313	274	NUNO OLIVEIRA	0:51:32.19	0:50:26.42	45	M	VetIII M (45-49)	284	46	
314	1064	TIAGO RODRIGUES	0:51:32.26	0:51:24.48	29	M	Seniores M (18-34)	285	82	
315	846	SÓNIA BRANCO	0:51:33.70	0:51:21.02	44	F	VetII F (40-44)	30	8	
316	1100	TIAGO TELES	0:51:34.50	0:50:45.08	38	M	VetI M (35-39)	286	36	SS CGD
317	1116	JOÃO CARVALHO	0:51:39.51	0:50:12.69	33	M	Seniores M (18-34)	287	83	
318	1200	THAIS SILVA	0:51:39.71	0:51:15.96	32	F	Seniores F (18-34)	31	11	
319	1218	DIOGO FIDALGO	0:51:40.14	0:51:24.01	30	M	Seniores M (18-34)	288	84	CAMARA LISBOA CLUBE
320	1210	FRANCISCO CORDEIRO	0:51:40.94	0:50:44.66	39	M	VetI M (35-39)	289	37	
321	1040	NELSON VAZ	0:51:42.77	0:50:22.53	33	M	Seniores M (18-34)	290	85	LV GRUP
322	1089	JOAO SOUSA	0:51:44.43	0:51:22.53	25	M	Seniores M (18-34)	291	86	
323	383	JOÃO SEIXAS	0:51:44.93	0:50:17.19	29	M	Seniores M (18-34)	292	87	
324	555	TIAGO DUARTE	0:51:45.36	0:51:00.84	40	M	VetII M (40-44)	293	44	GDC BANCO PORTUGAL
325	1517	RUI AFONSO	0:51:45.49	0:51:41.49	54	M	VetIV M (50-54)	294	43	CF OS BELENENSES
326	995	INÊS FREITAS	0:51:47.14	0:51:11.28	41	F	VetII F (40-44)	32	9	CAA BELEM
327	1221	SERGIO SILVA	0:51:47.26	0:51:08.27	43	M	VetII M (40-44)	295	45	
328	554	GONÇALO DUARTE	0:51:47.36	0:51:05.98	35	M	VetI M (35-39)	296	38	GDC BANCO PORTUGAL
329	825	ORLANDO DIAS	0:51:48.07	0:51:31.06	57	M	VetV M (55-59)	297	25	
330	812	JOSE DIMAS	0:51:48.55	0:49:28.90	54	M	VetIV M (50-54)	298	44	SS CGD
331	376	LUIS SOUSA	0:51:50.64	0:51:41.37	58	M	VetV M (55-59)	299	26	
332	588	LESSANDRO MOREIRA	0:51:52.57	0:51:15.24	36	M	VetI M (35-39)	300	39	
333	470	CARLOS TEIXEIRA	0:51:59.92	0:51:37.10	63	M	VetVI M (60-64)	301	9	
334	529	JOÃO SOUSA	0:52:10.11	0:51:18.71	40	M	VetII M (40-44)	302	46	
335	430	JOSÉ BRAGANÇA	0:52:12.35	0:52:07.76	45	M	VetIII M (45-49)	303	47	
336	1065	SOFIA REIS	0:52:12.86	0:52:08.69	27	F	Seniores F (18-34)	33	12	CLUBE DAS GAZELAS
337	1537	JORGE ANDRADE	0:52:14.88	0:52:00.92	61	M	VetVI M (60-64)	304	10	CF OS BELENENSES



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338	1075	RALPH LYU	0:52:19.48	0:51:43.87	43	M	VetII M (40-44)	305	47	
339	959	EMI SILVA	0:52:21.00	0:52:21.00	40	F	VetII F (40-44)	34	10	ASS VALE GRANDE
340	598	CARLOS MARTINS	0:52:25.44	0:51:10.21	52	M	VetIV M (50-54)	306	45	EQUIPA OK!
341	396	VALTER MACHADO	0:52:26.68	0:52:15.08	30	M	Seniores M (18-34)	307	88	
342	823	HUGO BAPTISTA	0:52:27.70	0:51:43.60	44	M	VetII M (40-44)	308	48	
343	690	XIQUITITA HÚNGARO	0:52:29.47	0:51:55.26	25	M	Seniores M (18-34)	309	89	NOVA SBE
344	498	LUIS GODINHO	0:52:31.71	0:52:05.37	51	M	VetIV M (50-54)	310	46	CLUBE VODAFONE
345	583	VALTER DUARTE	0:52:31.76	0:52:18.58	43	M	VetII M (40-44)	311	49	
346	570	MARIA GONÇALVES	0:52:33.00	0:52:07.04	55	F	VetV F (55-59)	35	4	
347	1211	RODRIGO NUNES	0:52:34.00	0:51:42.54	23	M	Seniores M (18-34)	312	90	OS CORRE PARA COMER
348	1165	PANAGIOTIS LASKARIS	0:52:35.13	0:52:00.04	39	M	VetI M (35-39)	313	40	FRONTEX
349	695	RUI PEIXOTO	0:52:37.00	0:52:37.00	33	M	Seniores M (18-34)	314	91	JORGE PINA ONTRACK
350	927	ANTONIO INACIO	0:52:37.10	0:52:25.81	67	M	VetVII M (65-69)	315	4	GDRC PONTERROLENSE
351	838	ARMANDO COELHO	0:52:37.29	0:50:29.29	42	M	VetII M (40-44)	316	50	
352	957	TIAGO RODRIGUES	0:52:37.74	0:52:13.09	49	M	VetIII M (45-49)	317	48	ONTRISPORTS
353	482	BERNARDO VILLAR	0:52:38.33	0:51:50.76	58	M	VetV M (55-59)	318	27	RUN & WIN(E)
354	579	RICARDO LUZ	0:52:38.61	0:52:14.96	32	M	Seniores M (18-34)	319	92	NESHA HOP & RUN TEAM
355	736	BETHANY GUM	0:52:38.79	0:52:17.12	29	F	Seniores F (18-34)	36	13	RUN & WIN(E)
356	859	PEDRO L	0:52:39.00	0:52:39.00	42	M	VetII M (40-44)	320	51	
357	890	DYEGO BEZERRA	0:52:39.24	0:52:32.44	29	M	Seniores M (18-34)	321	93	
358	938	MANUEL COSTA	0:52:39.73	0:52:15.45	40	M	VetII M (40-44)	322	52	
359	735	TIAGO QUINTÃO	0:52:40.73	0:52:05.89	37	M	VetI M (35-39)	323	41	
360	1246	DIOGO FERREIRA	0:52:40.77	0:52:22.48	38	M	VetI M (35-39)	324	42	AR LISBOA
361	692	RAQUEL COMPRIDO	0:52:41.35	0:52:23.97	33	F	Seniores F (18-34)	37	14	AR LISBOA
362	882	ANA GOMES	0:52:42.00	0:52:42.00	49	F	VetIII F (45-49)	38	6	KBT
363	1118	ANA BARREIROS	0:52:42.96	0:52:30.60	40	F	VetII F (40-44)	39	11	



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364	986	JOSÉ RAIMUNDO	0:52:45.71	0:52:37.06	46	M	VetIII M (45-49)	325	49	ELITE RUNNERS
365	747	MARCOS PEREIRA	0:52:47.47	0:52:32.57	67	M	VetVII M (65-69)	326	5	
366	561	ANTÓNIO BARBAS	0:52:49.28	0:50:07.22	55	M	VetV M (55-59)	327	28	
367	908	DEIVID FERREIRA	0:52:54.00	0:52:54.00	38	M	VetI M (35-39)	328	43	
368	1261	ÓSCAR ROCHA	0:52:57.84	0:52:30.92	62	M	VetVI M (60-64)	329	11	VIRIATHVS RUNNERS VISEU
369	505	JOAO PRISTA	0:52:57.98	0:52:10.46	44	M	VetII M (40-44)	330	53	
370	829	RICARDO ELIAS	0:53:01.12	0:52:42.21	27	M	Seniores M (18-34)	331	94	
371	1022	MIGUEL TEIXEIRA	0:53:02.36	0:52:16.58	44	M	VetII M (40-44)	332	54	
372	1136	ERICK LOPES	0:53:03.81	0:52:37.40	29	M	Seniores M (18-34)	333	95	
373	619	SARA CONCHINHAS	0:53:03.89	0:52:49.91	30	F	Seniores F (18-34)	40	15	
374	903	TOMÁS MENDES	0:53:04.00	0:52:11.00	21	M	Seniores M (18-34)	334	96	SECA ADEGAS
375	917	ANDRÉ MARINHO	0:53:04.40	0:52:45.75	42	M	VetII M (40-44)	335	55	
376	564	VITOR MORAIS	0:53:05.23	0:52:36.40	64	M	VetVI M (60-64)	336	12	
377	558	JOÃO ALELUIA	0:53:07.15	0:52:22.46	40	M	VetII M (40-44)	337	56	GDC BANCO PORTUGAL
378	929	PEDRO CARRILHO	0:53:07.73	0:52:39.49	21	M	Seniores M (18-34)	338	97	
379	607	FERNANDO AZEVEDO	0:53:08.79	0:50:52.54	70	M	VetVIII M (70-99)	339	3	
380	347	JOANA NEVES	0:53:09.71	0:49:48.48	24	F	Seniores F (18-34)	41	16	
381	904	JOÃO BRITO	0:53:11.00	0:52:18.00	23	M	Seniores M (18-34)	340	98	SECA ADEGAS
382	326	LUIS SENA	0:53:11.09	0:53:01.82	47	M	VetIII M (45-49)	341	50	
383	1096	RAUL TAMAYO	0:53:11.70	0:52:49.90	36	M	VetI M (35-39)	342	44	
384	743	PAULO FREIRE	0:53:12.24	0:50:46.21	56	M	VetV M (55-59)	343	29	
385	649	SÍLVIA CASTILHO	0:53:13.41	0:53:06.88	23	F	Seniores F (18-34)	42	17	
386	1125	EMANUEL MAGALHÃES	0:53:18.40	0:52:58.00	33	M	Seniores M (18-34)	344	99	
387	354	CARLOS NEVES	0:53:19.00	0:53:19.00	43	M	VetII M (40-44)	345	57	
388	617	CELSO PEREIRA	0:53:20.09	0:52:51.72	44	M	VetII M (40-44)	346	58	
389	1027	CARLOS MORAIS	0:53:23.15	0:52:37.31	57	M	VetV M (55-59)	347	30	GD SANTANDER TOTTA



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390	608	ANTÓNIO PAIVA	0:53:26.29	0:53:02.40	43	M	VetII M (40-44)	348	59	
391	441	PAULO SILVA	0:53:26.81	0:53:08.49	54	M	VetIV M (50-54)	349	47	PINHAL NOVO A CORRER
392	610	HUGO PEREIRA	0:53:26.92	0:53:14.94	45	M	VetIII M (45-49)	350	51	ARROJA CITY
393	835	INÊS TOMÉ	0:53:29.93	0:52:30.09	41	F	VetII F (40-44)	43	12	LEBRES DO OESTE
394	1060	ANDREIA RAMOS	0:53:31.66	0:53:07.70	27	F	Seniores F (18-34)	44	18	NITRO TURTLES
395	1059	PAULO SOARES	0:53:31.89	0:53:07.71	27	M	Seniores M (18-34)	351	100	NITRO TURTLES
396	924	NUNO CAEIRO	0:53:33.00	0:52:37.68	35	M	VetI M (35-39)	352	45	TICO&TECO
397	1570	DIOGO LEMOS	0:53:33.33	0:53:09.53	30	M	Seniores M (18-34)	353	101	
398	1190	WAGNER PINHEIRO	0:53:35.30	0:52:26.12	42	M	VetII M (40-44)	354	60	
399	439	HELENA GONÇALVES	0:53:36.19	0:53:17.48	48	F	VetIII F (45-49)	45	7	PINHAL NOVO A CORRER
400	544	NELSON MADEIRA	0:53:36.78	0:52:46.23	35	M	VetI M (35-39)	355	46	GDC BANCO PORTUGAL
401	602	GONÇALO SANTOS	0:53:37.60	0:52:28.02	43	M	VetII M (40-44)	356	61	EQUIPA OK!
402	768	RUI ESTEVES	0:53:38.41	0:52:28.02	48	M	VetIII M (45-49)	357	52	EQUIPA OK!
403	325	ANA SENA	0:53:43.21	0:53:35.05	41	F	VetII F (40-44)	46	13	
404	559	MAURO FONTES	0:53:45.99	0:53:41.41	60	M	VetVI M (60-64)	358	13	
405	1011	MARGARIDA RODRIGUES	0:53:47.05	0:52:43.04	22	F	Seniores F (18-34)	47	19	
406	465	JORGE TOMAS	0:53:47.61	0:53:43.42	43	M	VetII M (40-44)	359	62	
407	1243	ALEXANDRE RODRIGUES	0:53:48.57	0:53:08.72	47	M	VetIII M (45-49)	360	53	
408	280	GUADALUPE SOLIS	0:53:54.02	0:53:28.38	31	F	Seniores F (18-34)	48	20	
409	1077	CHRISTIAN SCHULZ	0:53:54.43	0:53:38.79	51	M	VetIV M (50-54)	361	48	
410	599	PAULO CARVALHO	0:53:55.86	0:52:46.24	45	M	VetIII M (45-49)	362	54	EQUIPA OK!
411	1148	ANTÓNIO OLIVEIRA	0:54:00.55	0:53:59.14	47	M	VetIII M (45-49)	363	55	CF OS BELENENSES
412	774	ANDRÉ DIAS	0:54:02.54	0:50:56.55	31	M	Seniores M (18-34)	364	102	
413	703	NANCI BOTO	0:54:04.17	0:53:48.80	30	F	Seniores F (18-34)	49	21	
414	679	GONÇALO FILENO	0:54:06.08	0:53:21.63	30	M	Seniores M (18-34)	365	103	RUN & WIN(E)
415	808	FERNANDO LIMA	0:54:10.22	0:53:18.67	53	M	VetIV M (50-54)	366	49	SS CGD



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416	305	SÓNIA NEVES	0:54:13.85	0:53:58.71	45	F	VetIII F (45-49)	50	8	LUISONIA
417	1562	CRISTINA GABRIEL	0:54:14.28	0:54:14.28	41	F	VetII F (40-44)	51	14	CF OS BELENENSES
418	1094	FILOMENA JACINTO	0:54:15.73	0:53:56.17	56	F	VetV F (55-59)	52	5	
419	918	ALESSANDRO NASCIMENTO	0:54:27.44	0:54:02.96	43	M	VetII M (40-44)	367	63	
420	348	PEDRO PINTO	0:54:27.60	0:52:00.84	26	M	Seniores M (18-34)	368	104	
421	921	JÚLIA ROXO	0:54:27.80	0:54:27.80	29	F	Seniores F (18-34)	53	22	UNIDOS NO CALVÁRIO
422	889	TIAGO LIBERALESSO	0:54:28.00	0:54:28.00	31	M	Seniores M (18-34)	369	105	TIAGO LIBERALESSO
423	1566	DINIS CORREIA	0:54:30.43	0:54:05.84	37	M	VetI M (35-39)	370	47	
424	401	GUILHERME GODINHO	0:54:33.25	0:54:19.29	48	M	VetIII M (45-49)	371	56	
425	762	JORGE FERRO	0:54:33.70	0:53:28.90	57	M	VetV M (55-59)	372	31	
426	358	RICARDO CRAVEIRO	0:54:36.35	0:53:54.76	31	M	Seniores M (18-34)	373	106	
427	460	CARLA SANTOS	0:54:37.85	0:53:33.26	46	F	VetIII F (45-49)	54	9	
428	773	ANTÓNIO NEVES	0:54:40.76	0:53:26.83	39	M	VetI M (35-39)	374	48	EPIC TEAM
429	306	LUIS SOUSA	0:54:41.84	0:52:12.25	46	M	VetIII M (45-49)	375	57	LUISONIA
430	1242	SARA RODRIGUES	0:54:42.80	0:54:42.80	36	F	VetI F (35-39)	55	2	
431	1194	CLAUDIA VICENTE	0:54:44.80	0:50:33.92	25	F	Seniores F (18-34)	56	23	
432	300	PATRICIA DINIS	0:54:45.02	0:54:30.00	54	F	VetIV F (50-54)	57	3	
433	895	PAULO MONTEIRO	0:54:45.80	0:54:45.80	41	M	VetII M (40-44)	376	64	CLUBE TAP PORTUGAL
434	962	JORGE PEDRO	0:54:46.00	0:54:46.00	55	M	VetV M (55-59)	377	32	
435	660	TIAGO BESSA	0:54:46.12	0:53:30.02	42	M	VetII M (40-44)	378	65	C MILLENNIUM BCP
436	786	JOAQUIM CARVALHO	0:54:46.24	0:52:27.46	52	M	VetIV M (50-54)	379	50	GRUPETA RUNNING TEAM
437	646	CLÁUDIO CARVALHO	0:54:47.33	0:54:18.82	34	M	Seniores M (18-34)	380	107	
438	452	RÚBEN SILVA	0:54:47.34	0:54:14.95	66	M	VetVII M (65-69)	381	6	AFRS
439	427	JOAO FERNANDES	0:54:48.95	0:53:53.94	41	M	VetII M (40-44)	382	66	BEJA
440	1204	TÓ RAMOS	0:54:49.55	0:54:42.62	51	M	VetIV M (50-54)	383	51	AMINHACORRIDAPACER
441	724	ALEXANDRE SANDINHA	0:54:55.86	0:54:12.86	35	M	VetI M (35-39)	384	49	RUN & WIN(E)



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442	682	JORGE NUNES	0:54:56.03	0:54:14.05	69	M	VetVII M (65-69)	385	7	
443	512	FILIPE GINJA	0:54:57.87	0:51:12.83	37	M	VetI M (35-39)	386	50	
444	1249	LUÍS CABAÇA	0:54:59.07	0:53:33.01	45	M	VetIII M (45-49)	387	58	TARTARUGAS SOLIDÁRIAS
445	1224	PAULA SOBRAL	0:54:59.81	0:53:31.85	50	F	VetIV F (50-54)	58	4	
446	641	LUIS PINTO	0:55:01.46	0:54:13.70	56	M	VetV M (55-59)	388	33	
447	487	CARLOS MARTINHO	0:55:01.52	0:54:42.93	58	M	VetV M (55-59)	389	34	
448	590	MARCO MALTEZ	0:55:02.40	0:54:18.89	45	M	VetIII M (45-49)	390	59	ALL-INFITNESS, LDA
449	1248	CATIA SIMAS	0:55:03.08	0:52:21.41	22	F	Seniores F (18-34)	59	24	
450	382	FRANCISCO SAMPAIO	0:55:04.11	0:55:04.11	31	M	Seniores M (18-34)	391	108	
451	785	JOÃO RODRIGUES	0:55:11.24	0:55:01.89	34	M	Seniores M (18-34)	392	109	
452	1522	CARLA NASCIMENTO	0:55:16.41	0:52:51.51	43	F	VetII F (40-44)	60	15	CF OS BELENENSES
453	442	TIAGO CAMPOS	0:55:18.94	0:54:53.60	47	M	VetIII M (45-49)	393	60	
454	1061	JOAQUIM FERNANDES	0:55:19.82	0:54:52.67	72	M	VetVIII M (70-99)	394	4	
455	892	JOÃO RUIVO	0:55:21.61	0:54:27.01	39	M	VetI M (35-39)	395	51	CLUBE TAP PORTUGAL
456	408	MÁRIO NUNES	0:55:22.22	0:54:24.01	50	M	VetIV M (50-54)	396	52	OS CORRE PARA COMER
457	404	SILVÉRIO RODRIGUES	0:55:23.41	0:54:45.90	53	M	VetIV M (50-54)	397	53	
458	589	AMÉLIA ROSA	0:55:26.85	0:54:46.63	52	F	VetIV F (50-54)	61	5	ALL-INFITNESS, LDA
459	342	PAULO CARDOSO	0:55:27.00	0:54:46.03	59	M	VetV M (55-59)	398	35	CORRE CARDOSO
460	1250	RITA CERTÃ	0:55:33.60	0:54:15.68	47	F	VetIII F (45-49)	62	10	TARTARUGAS SOLIDÁRIAS
461	1266	LUÍS FONTE	0:55:36.39	0:55:22.24	51	M	VetIV M (50-54)	399	54	
462	349	KARIM MADAOU	0:55:37.00	0:54:56.44	37	M	VetI M (35-39)	400	52	CAMPO RUN
463	932	GAËLLE DUBERN	0:55:37.00	0:55:37.00	30	M	Seniores M (18-34)	401	110	
464	1186	MIGUEL VELEZ	0:55:39.57	0:55:12.21	59	M	VetV M (55-59)	402	36	CAMARA LISBOA CLUBE
465	989	CARLOS MARTINS	0:55:40.85	0:54:52.39	42	M	VetII M (40-44)	403	67	
466	779	ANDRÉ SANTOS	0:55:52.60	0:55:26.21	32	M	Seniores M (18-34)	404	111	
467	1539	BERNARDINO PEREIRA	0:55:53.53	0:55:53.53	87	M	VetVIII M (70-99)	405	5	CF OS BELENENSES



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468	910	CARLOS FILHO	0:55:54.00	0:55:06.29	33	M	Seniores M (18-34)	406	112	
469	1155	PAULO MATIAS	0:55:54.95	0:55:21.32	56	M	VetV M (55-59)	407	37	CF OS BELENENSES
470	800	FABIO BATISTA	0:55:57.72	0:55:47.44	30	M	Seniores M (18-34)	408	113	
471	328	JOÃO CARVALHO	0:55:57.76	0:55:57.76	29	M	Seniores M (18-34)	409	114	
472	542	JOSÉ MONTEIRO	0:55:58.96	0:55:45.65	66	M	VetVII M (65-69)	410	8	GDC BANCO PORTUGAL
473	591	CÍNTIA LOPES	0:56:02.02	0:55:20.67	22	F	Seniores F (18-34)	63	25	
474	339	DAVID ALMEIDA	0:56:02.21	0:54:58.30	35	M	VetI M (35-39)	411	53	RONALDOS
475	466	SERGIO ROBERTO	0:56:02.87	0:55:48.74	51	M	VetIV M (50-54)	412	55	OS COXOS
476	319	LOURENÇO SOUSA	0:56:04.94	0:54:54.59	39	M	VetI M (35-39)	413	54	
477	981	MÁRIO CORREIA	0:56:06.28	0:55:50.05	41	M	VetII M (40-44)	414	68	CCD TRANQUILIDADE
478	1032	FRANCISCO SILVA	0:56:07.17	0:55:36.08	47	M	VetIII M (45-49)	415	61	GD SANTANDER TOTTA
479	761	CLÁUDIO MILHEIRO	0:56:08.54	0:55:01.87	46	M	VetIII M (45-49)	416	62	
480	395	JOSÉ RODRIGUES	0:56:13.32	0:55:26.30	58	M	VetV M (55-59)	417	38	
481	1565	LUIS MARINHO	0:56:14.04	0:56:13.12	48	M	VetIII M (45-49)	418	63	
482	1520	CARLA COELHO	0:56:15.69	0:56:01.87	48	F	VetIII F (45-49)	64	11	CF OS BELENENSES
483	384	MIGUEL ALMEIDA	0:56:15.87	0:54:47.98	29	M	Seniores M (18-34)	419	115	
484	1041	RUI SILVA	0:56:17.52	0:54:54.78	35	M	VetI M (35-39)	420	55	LV GRUP
485	605	INÊS CAMPO	0:56:17.69	0:55:53.10	40	F	VetII F (40-44)	65	16	MLSPORTS
486	898	NUNO CORREIA	0:56:21.18	0:52:56.40	51	M	VetIV M (50-54)	421	56	
487	446	NUNO BERNARDO	0:56:21.92	0:54:55.01	42	M	VetII M (40-44)	422	69	
488	492	HÉLIA POCINHO	0:56:22.53	0:56:09.39	41	F	VetII F (40-44)	66	17	OS COXOS
489	270	DANILO RIOS	0:56:23.33	0:56:00.28	47	M	VetIII M (45-49)	423	64	CREW SOFT RUN
490	680	CATIA LUCAS	0:56:24.06	0:56:24.06	43	F	VetII F (40-44)	67	18	CAA BELEM
491	993	OSMAR SANTOS	0:56:25.52	0:55:47.06	46	M	VetIII M (45-49)	424	65	CAA BELEM
492	440	RAQUEL TELES	0:56:26.63	0:56:15.09	24	F	Seniores F (18-34)	68	26	
493	991	MARIANA OLIVEIRA	0:56:27.13	0:55:33.57	36	F	VetI F (35-39)	69	3	JOES RUN



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494	433	NICOLAS GENEAU	0:56:27.47	0:55:39.33	39	M	VetI M (35-39)	425	56	
495	1009	MADALENA LORENA	0:56:27.74	0:55:30.75	35	F	VetI F (35-39)	70	4	JEOS RUN
496	450	GONÇALO SILVA	0:56:30.53	0:56:00.91	44	M	VetII M (40-44)	426	70	AFRS
497	720	RICARDO GONÇALVES	0:56:31.90	0:54:59.79	33	M	Seniores M (18-34)	427	116	
498	1164	KONSTANTINOS STAVROPOULOS	0:56:34.36	0:55:59.27	31	M	Seniores M (18-34)	428	117	FRONTEX
499	775	MAURÍCIO RODRIGUES	0:56:39.76	0:56:04.90	49	M	VetIII M (45-49)	429	66	
500	876	MATHILDE LEO	0:56:41.00	0:55:18.52	31	F	Seniores F (18-34)	71	27	
501	361	LUIS CATITA	0:56:47.48	0:56:42.29	65	M	VetVII M (65-69)	430	9	
502	479	FRANCISCO VERDELHO	0:56:48.99	0:56:37.84	26	M	Seniores M (18-34)	431	118	
503	553	GINA CHEIO	0:56:57.23	0:56:41.65	52	F	VetIV F (50-54)	72	6	GDC BANCO PORTUGAL
504	1144	LUÍS PALMA	0:56:57.91	0:56:46.35	49	M	VetIII M (45-49)	432	67	CF OS BELENENSES
505	1507	NUNO NUNES	0:56:58.29	0:56:53.10	50	M	VetIV M (50-54)	433	57	CAA BELEM
506	620	MARCELO AUGUSTO	0:56:59.52	0:56:45.31	32	M	Seniores M (18-34)	434	119	
507	1039	PATRÍCIA BRAZINHA	0:57:04.65	0:56:57.56	45	F	VetIII F (45-49)	73	12	
508	1029	JOAO SEQUEIRA	0:57:07.68	0:56:39.77	47	M	VetIII M (45-49)	435	68	GD SANTANDER TOTTA
509	425	RAFAEL SANTOS	0:57:07.72	0:56:53.78	56	M	VetV M (55-59)	436	39	CCDT METRO LX
510	360	FERNANDO CARDIA	0:57:08.86	0:56:49.05	54	M	VetIV M (50-54)	437	58	
511	1038	PEDRO LOURENÇO	0:57:08.99	0:57:01.21	49	M	VetIII M (45-49)	438	69	
512	467	MARTA ZYGZULA	0:57:11.77	0:56:53.00	29	F	Seniores F (18-34)	74	28	
513	421	FRANCISCO PLÍNIO	0:57:13.42	0:57:13.42	67	M	VetVII M (65-69)	439	10	CCDT METRO LX
514	1188	CARLOS FOLGADO	0:57:13.52	0:56:59.13	63	M	VetVI M (60-64)	440	14	CAMARA LISBOA CLUBE
515	1549	CARLA PEDROSA	0:57:13.81	0:57:02.06	49	F	VetIII F (45-49)	75	13	CF OS BELENENSES
516	278	ANDRÓNICO DUARTE	0:57:16.50	0:57:08.58	45	M	VetIII M (45-49)	441	70	
517	551	SUSANA MAURÍCIO	0:57:17.74	0:56:35.40	30	F	Seniores F (18-34)	76	29	GDC BANCO PORTUGAL
518	477	CARLOS ANTUNES	0:57:20.53	0:54:23.22	38	M	VetI M (35-39)	442	57	TD TEAM
519	388	INÊS MARQUES	0:57:22.42	0:57:10.67	26	F	Seniores F (18-34)	77	30	



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520	541	KOENRAAD VONS	0:57:24.86	0:56:17.52	48	M	VetIII M (45-49)	443	71	
521	1083	JOÃO ANDRADE	0:57:25.85	0:56:37.56	37	M	VetI M (35-39)	444	58	
522	250	ADAM CUENCA	0:57:31.29	0:57:02.01	41	M	VetII M (40-44)	445	71	JOMA
523	741	JOÃO SANTOS	0:57:31.55	0:56:11.78	56	M	VetV M (55-59)	446	40	TARTARUGAS SOLIDÁRIAS
524	1042	AUGUSTO CACHUCHO	0:57:36.93	0:57:34.64	25	M	Seniores M (18-34)	447	120	EQUIPA RODOLFO NATARIO
525	1043	RODOLFO NATÁRIO	0:57:37.16	0:57:33.39	49	M	VetIII M (45-49)	448	72	EQUIPA RODOLFO NATARIO
526	1146	BEATRIZ FERREIRA	0:57:37.91	0:57:17.46	27	F	Seniores F (18-34)	78	31	CF OS BELENENSES
527	638	JOANA RODRIGUES	0:57:39.61	0:57:15.48	33	F	Seniores F (18-34)	79	32	RUN & WIN(E)
528	566	JOSÉ MORAIS	0:57:42.00	0:56:56.97	26	M	Seniores M (18-34)	449	121	RUN & WIN(E)
529	557	JOÃO SILVA	0:57:45.66	0:57:04.51	34	M	Seniores M (18-34)	450	122	GDC BANCO PORTUGAL
530	814	MIGUEL ANGELO	0:57:47.76	0:56:56.47	47	M	VetIII M (45-49)	451	73	SS CGD
531	281	MÁRIO SOBRAL	0:57:51.47	0:57:27.16	48	M	VetIII M (45-49)	452	74	CORRER LISBOA
532	1052	ADRIANO GONÇALVES	0:57:59.54	0:57:28.04	49	M	VetIII M (45-49)	453	75	
533	828	INÊS MESTRE	0:57:59.94	0:57:27.55	26	F	Seniores F (18-34)	80	33	
534	906	CARLOS RYDIN	0:58:00.40	0:58:00.40	62	M	VetVI M (60-64)	454	15	RYDIN
535	1162	VLAHO LUCIC	0:58:00.60	0:57:23.75	38	M	VetI M (35-39)	455	59	CRO
536	322	ARMANDO COSTA	0:58:01.07	0:56:18.91	52	M	VetIV M (50-54)	456	59	
537	1254	JÚLIO SANTOS	0:58:01.07	0:57:57.14	30	M	Seniores M (18-34)	457	123	
538	1070	INÊS MATIAS	0:58:03.41	0:57:21.75	23	F	Seniores F (18-34)	81	34	
539	292	JOSE SANTOS	0:58:06.04	0:57:33.90	43	M	VetII M (40-44)	458	72	
540	1110	RUI CORREIA	0:58:07.89	0:57:06.52	49	M	VetIII M (45-49)	459	76	
541	296	CARLOS JÚNIOR	0:58:08.26	0:57:38.72	49	M	VetIII M (45-49)	460	77	
542	1219	JOSÉ FREITAS	0:58:08.30	0:57:10.29	99	M	VetVIII M (70-99)	461	6	
543	289	RITA TAVARES	0:58:09.08	0:57:27.44	27	F	Seniores F (18-34)	82	35	RUNTEJO/ PREVENT PRAIN
544	856	LUÍS REVÉS	0:58:10.41	0:57:08.68	49	M	VetIII M (45-49)	462	78	CCD SIEMENS
545	1021	BRUNO CUNHA	0:58:11.34	0:57:28.34	43	M	VetII M (40-44)	463	73	



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546	626	ANA FILIPE	0:58:11.66	0:57:45.42	54	F	VetIV F (50-54)	83	7	SESIMBRA MAR
547	793	FYNN ANTON	0:58:14.00	0:58:14.00	35	M	VetI M (35-39)	464	60	
548	283	LEONEI SILVESTRE	0:58:14.53	0:57:09.11	65	M	VetVII M (65-69)	465	11	
549	1533	FERNANDA LATTUADA	0:58:14.60	0:58:01.79	48	F	VetIII F (45-49)	84	14	CF OS BELENENSES
550	852	PEDRO DIAS	0:58:17.00	0:58:17.00	41	M	VetII M (40-44)	466	74	
551	1058	MARIA FERNANDES	0:58:18.13	0:57:42.33	65	F	VetVII F (65-69)	85	1	AMIGOSDACORRIDA
552	974	MARTA SOUSA	0:58:18.92	0:57:49.38	54	F	VetIV F (50-54)	86	8	CCD TRANQUILIDADE
553	697	MARISA LARGUINHO	0:58:20.13	0:57:39.76	40	F	VetII F (40-44)	87	19	ML SPORTS
554	687	HUGO BATISTA	0:58:21.07	0:57:11.74	32	M	Seniores M (18-34)	467	124	
555	667	VANDA CORREIA	0:58:29.01	0:57:55.82	48	F	VetIII F (45-49)	88	15	C MILLENNIUM BCP
556	668	PAULO PINTO	0:58:29.29	0:57:55.51	59	M	VetV M (55-59)	468	41	C MILLENNIUM BCP
557	651	FILIPE PORELO	0:58:37.31	0:58:11.92	31	M	Seniores M (18-34)	469	125	
558	606	SUSANA SILVA	0:58:47.13	0:57:50.80	38	F	VetI F (35-39)	89	5	
559	273	ADRIANO ZAMBUJEIRA	0:58:48.54	0:58:11.57	46	M	VetIII M (45-49)	470	79	
560	985	PATRÍCIA NUNES	0:58:49.23	0:55:43.39	39	F	VetI F (35-39)	90	6	ELITE RUNNERS
561	1003	PAULO GORNIK	0:58:57.91	0:58:07.52	45	M	VetIII M (45-49)	471	80	
562	1198	PANAGIOTIS ALEVIZOS	0:58:58.75	0:58:24.47	42	M	VetII M (40-44)	472	75	FRONTEX
563	1123	CARLOS FERREIRA	0:59:00.48	0:58:51.08	66	M	VetVII M (65-69)	473	12	ND AUTOOCOOPE
564	385	SÉRGIO GONÇALVES	0:59:00.72	0:58:02.30	43	M	VetII M (40-44)	474	76	
565	1505	GILBERTO GONÇALVES	0:59:06.08	0:58:08.01	74	M	VetVIII M (70-99)	475	7	CAA BELEM
566	317	FRANCISCO GONÇALVES	0:59:08.69	0:58:25.94	32	M	Seniores M (18-34)	476	126	
567	953	PAULA SEVERINO	0:59:12.00	0:59:01.90	31	F	Seniores F (18-34)	91	36	
568	392	LUIS SOARES	0:59:13.80	0:59:13.80	45	M	VetIII M (45-49)	477	81	MARGEM SUL POWER
569	705	LAURA REGO	0:59:16.22	0:58:38.04	21	F	Seniores F (18-34)	92	37	
570	1174	CARLOS ABREU	0:59:20.97	0:59:10.53	55	M	VetV M (55-59)	478	42	
571	644	ANDREZA ARAUJO	0:59:22.76	0:59:02.97	46	F	VetIII F (45-49)	93	16	



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572	879	JOAQUIM ROQUE	0:59:24.00	0:59:24.00	56	M	VetV M (55-59)	479	43	GUERREIRO ROQUE
573	1113	JOAQUIM GUERREIRO	0:59:30.49	0:58:58.12	68	M	VetVII M (65-69)	480	13	
574	766	JAIME VEIGA	0:59:42.00	0:59:23.76	60	M	VetVI M (60-64)	481	16	
575	263	PEDRO ALVES	0:59:42.91	0:59:05.71	39	M	VetI M (35-39)	482	61	
576	400	ÁLVARO PINTO	0:59:44.03	0:59:44.03	66	M	VetVII M (65-69)	483	14	AD REAL ACADEMIA
577	1257	HUGO ROQUE	0:59:44.53	0:59:06.87	37	M	VetI M (35-39)	484	62	
578	451	ALBERTO CARVALHO	0:59:44.83	0:59:15.55	65	M	VetVII M (65-69)	485	15	AFRS
579	1264	ANTÓNIO MACHADINHO	0:59:51.17	0:59:28.59	62	M	VetVI M (60-64)	486	17	
580	1086	ITALO VALERO	0:59:53.61	0:58:19.90	34	M	Seniores M (18-34)	487	127	
581	346	AUGUSTO CORREIA	0:59:55.62	0:59:43.18	69	M	VetVII M (65-69)	488	16	
582	681	ANÍBAL CARVALHO	0:59:55.91	0:58:50.93	71	M	VetVIII M (70-99)	489	8	
583	627	TIAGO MATOS	0:59:59.20	0:59:11.04	42	M	VetII M (40-44)	490	77	
584	1205	LUÍS PEREIRA	0:59:59.51	0:57:28.17	46	M	VetIII M (45-49)	491	82	AMINHACORRIDAPACER
585	365	MARCO MARCO	1:00:00.63	0:59:30.01	55	M	VetV M (55-59)	492	44	
586	1112	ARTUR FARINHA	1:00:02.79	0:59:08.00	60	M	VetVI M (60-64)	493	18	
587	386	MARTA PINTO	1:00:04.85	0:59:53.63	26	F	Seniores F (18-34)	94	38	
588	1014	CARLOS FERNANDES	1:00:05.44	0:59:50.52	48	M	VetIII M (45-49)	494	83	CF OS BELENENSES
589	1088	ANTÓNIO MOREIRA	1:00:06.00	0:59:28.76	59	M	VetV M (55-59)	495	45	
590	447	PAULO FERREIRA	1:00:06.09	0:58:38.10	47	M	VetIII M (45-49)	496	84	
591	434	KIKE YIN	1:00:09.58	0:59:19.04	36	M	VetI M (35-39)	497	63	
592	792	SABRINA KNUDSEN	1:00:10.43	0:58:46.88	34	F	Seniores F (18-34)	95	39	TEAM BEVEGT.DE
593	268	SANDRA LEITE	1:00:18.31	0:59:12.84	42	F	VetII F (40-44)	96	20	
594	526	RICARDO AMARO	1:00:18.82	1:00:00.31	44	M	VetII M (40-44)	498	78	ML SPORTS
595	864	TIAGO COSTA	1:00:23.00	1:00:23.00	32	M	Seniores M (18-34)	499	128	
596	767	PEDRO OLIVEIRA	1:00:23.07	0:59:48.87	39	M	VetI M (35-39)	500	64	OS SUPER HERÓIS
597	844	ANA SILVA	1:00:26.00	0:59:25.76	33	F	Seniores F (18-34)	97	40	AS IGAS



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598	854	RICARDO RIBEIRO	1:00:27.00	1:00:27.00	38	M	VetI M (35-39)	501	65	
599	1229	DANIEL FONSECA	1:00:30.23	0:59:30.66	31	M	Seniores M (18-34)	502	129	CLUBE ACCENTURE
600	942	JOANA HOLSTEIN	1:00:31.01	1:00:31.01	33	F	Seniores F (18-34)	98	41	VANGUARD PROPERTIES
601	318	SOFIA GONÇALVES	1:00:32.52	0:59:51.82	26	F	Seniores F (18-34)	99	42	
602	901	RODRIGO RISCADO	1:00:34.54	1:00:32.86	49	M	VetIII M (45-49)	503	85	
603	663	MARINA MORGADO	1:00:38.12	1:00:07.58	33	F	Seniores F (18-34)	100	43	C MILLENNIUM BCP
604	900	MARIA VELOSO	1:00:40.80	1:00:40.80	71	F	VetVIII F (70-99)	101	1	
605	677	JOÃO SILVA	1:00:43.99	1:00:12.70	27	M	Seniores M (18-34)	504	130	
606	805	ALEXANDRE SANTOS	1:00:46.29	0:59:24.23	57	M	VetV M (55-59)	505	46	SS CGD
607	1208	VITOR FARINHA	1:00:49.54	0:59:24.75	49	M	VetIII M (45-49)	506	86	
608	550	FRANCISCO GORJÃO	1:00:54.64	0:59:31.70	30	M	Seniores M (18-34)	507	131	GDC BANCO PORTUGAL
609	862	SILVIA BETTENCOURT	1:00:55.23	1:00:55.23	38	F	VetI F (35-39)	102	7	
610	1504	JORGE RODRIGUES	1:00:58.74	1:00:00.98	54	M	VetIV M (50-54)	508	60	CAA BELEM
611	276	PAULO SOEIRO	1:01:02.00	0:59:57.23	45	M	VetIII M (45-49)	509	87	
612	288	HUGO CASTRO	1:01:03.77	1:00:20.81	32	M	Seniores M (18-34)	510	132	RUNTEJO/ PREVENT PRAIN
613	1262	JOSU AZANTA	1:01:04.01	1:00:37.64	65	M	VetVII M (65-69)	511	17	
614	321	RICARDO SILVA	1:01:08.94	1:00:24.06	44	M	VetII M (40-44)	512	79	
615	833	HERMÍNIO COSTA	1:01:11.34	1:01:05.30	61	M	VetVI M (60-64)	513	19	
616	1134	CARLOTA PINTO	1:01:21.90	1:00:26.30	36	F	VetI F (35-39)	103	8	
617	359	CARLOS SILVA	1:01:26.24	1:00:42.16	38	M	VetI M (35-39)	514	66	
618	389	LUIS JESUS	1:01:28.95	1:01:28.95	47	M	VetIII M (45-49)	515	88	
619	1055	CAROLINA CONSTANT	1:01:29.28	1:00:52.06	44	F	VetII F (40-44)	104	21	TIA BELA TEAM
620	896	SIMÃO VINHAS	1:01:30.03	1:00:43.96	53	M	VetIV M (50-54)	516	61	CLUBE TAP PORTUGAL
621	1199	ATHANSIOS TIGANIS	1:01:30.93	1:00:57.92	39	M	VetI M (35-39)	517	67	FRONTEX
622	961	ARMANDO ALMEIDA	1:01:32.81	1:00:53.86	64	M	VetVI M (60-64)	518	20	
623	719	FRANCISCA KARAS	1:01:34.36	1:00:15.33	25	F	Seniores F (18-34)	105	44	



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624	509	SARA FERNANDES	1:01:37.84	1:00:37.35	24	F	Seniores F (18-34)	106	45	
625	255	ROBERT VINTEN	1:01:40.52	1:00:30.25	48	M	VetIII M (45-49)	519	89	
626	647	ARMANDO RODRIGUES	1:01:43.52	1:01:00.14	35	M	VetI M (35-39)	520	68	
627	740	ALEXANDRE AIRES	1:01:46.93	1:00:43.02	34	M	Seniores M (18-34)	521	133	RONALDOS
628	474	ODÍLIA PEREIRA	1:01:50.22	1:00:32.80	51	F	VetIV F (50-54)	107	9	
629	523	CATARINA AFONSO	1:01:51.14	1:01:28.80	45	F	VetIII F (45-49)	108	17	RUN & WIN(E)
630	730	CÉLIA MINAU	1:01:53.94	1:01:28.82	47	F	VetIII F (45-49)	109	18	GDC BANCO PORTUGAL
631	293	PATRICIA VALADAS	1:02:01.69	1:01:08.85	30	F	Seniores F (18-34)	110	46	
632	294	PEDRO COSTA	1:02:05.23	1:01:13.17	33	M	Seniores M (18-34)	522	134	
633	1263	GEORGIOS ZAFEIRIOU	1:02:11.07	1:01:36.59	31	M	Seniores M (18-34)	523	135	
634	303	ANTÓNIO SANTOS	1:02:16.99	1:01:44.44	52	M	VetIV M (50-54)	524	62	
635	723	RICARDO JESUS	1:02:17.76	0:59:50.14	35	M	VetI M (35-39)	525	69	
636	1226	ALEXIA SILVA	1:02:19.20	1:01:42.12	26	F	Seniores F (18-34)	111	47	CLUBE ACCENTURE
637	951	RAÍZA GUSMÃO	1:02:21.01	1:01:58.97	32	F	Seniores F (18-34)	112	48	
638	1160	GONÇALO EUSÉBIO	1:02:29.00	1:01:27.53	43	M	VetII M (40-44)	526	80	
639	1512	JOÃO ALMEIDA	1:02:37.17	1:02:37.17	45	M	VetIII M (45-49)	527	90	CAA BELEM
640	1132	DANIEL VILAO	1:02:42.80	1:01:51.53	45	M	VetIII M (45-49)	528	91	#GANGUEDASCALORIAS
641	536	JORGE PAULINO	1:02:42.98	1:02:39.19	67	M	VetVII M (65-69)	529	18	CD MAFRA
642	521	LUIS PROENÇA	1:02:43.36	1:02:06.81	53	M	VetIV M (50-54)	530	63	
643	519	CARLOS LOURENCO	1:02:44.19	1:01:37.88	50	M	VetIV M (50-54)	531	64	
644	520	PEDRO CATARINO	1:02:45.44	0:59:10.36	42	M	VetII M (40-44)	532	81	
645	601	PAULO CABANAS	1:02:55.98	1:01:43.04	45	M	VetIII M (45-49)	533	92	EQUIPA OK!
646	586	MARISA BRÁS	1:03:02.09	1:02:17.67	34	F	Seniores F (18-34)	113	49	
647	670	ALVARO IMAGINARIO	1:03:04.00	1:02:32.13	45	M	VetIII M (45-49)	534	93	C MILLENNIUM BCP
648	804	ANA CRUZ	1:03:06.83	1:02:36.18	47	F	VetIII F (45-49)	114	19	FIDELIDADE GDC
649	691	CORDILHEI ARRÁBIDA	1:03:09.57	1:02:37.03	26	F	Seniores F (18-34)	115	50	NOVA SBE



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650	375	PALOMA GONÇALVES	1:03:11.49	1:02:47.95	26	F	Seniores F (18-34)	116	51	
651	685	SÓNIA SUN	1:03:12.65	1:02:59.87	22	F	Seniores F (18-34)	117	52	
652	426	RUI PASTOR	1:03:13.00	0:59:39.38	50	M	VetIV M (50-54)	535	65	CCDT METRO LX
653	887	JOÃO SOBRAL	1:03:21.66	1:02:47.56	31	M	Seniores M (18-34)	536	136	
654	694	SANDRA FURTADO	1:03:23.37	1:02:59.92	40	F	VetII F (40-44)	118	22	JORGE PINA ONTRACK
655	1173	LAURA SÁNCHEZ	1:03:25.50	1:02:48.85	48	F	VetIII F (45-49)	119	20	
656	1195	JOAQUIM RODRIGUES	1:03:28.90	1:03:14.51	43	M	VetII M (40-44)	537	82	
657	676	JOAQUIM FULGENCIO	1:03:29.16	1:02:35.87	65	M	VetVII M (65-69)	538	19	C MILLENNIUM BCP
658	623	ANA FERREIRA	1:03:29.19	1:02:21.76	40	F	VetII F (40-44)	120	23	PETINGA
659	622	CARLOS TOMAZ	1:03:29.33	1:02:22.88	48	M	VetIII M (45-49)	539	94	PETINGA
660	373	VANDA GOMES	1:03:35.77	1:03:17.30	45	F	VetIII F (45-49)	121	21	
661	565	ANTÓNIO MASCARENHAS	1:03:35.90	1:03:33.96	59	M	VetV M (55-59)	540	47	
662	256	JOAQUIM SERENO	1:03:35.90	1:03:19.22	46	M	VetIII M (45-49)	541	95	
663	403	ISABEL RODRIGUES	1:03:38.29	1:03:02.24	56	F	VetV F (55-59)	122	6	
664	469	SILVIA MENDES	1:03:38.51	1:03:19.15	43	F	VetII F (40-44)	123	24	OS CARACÓIS
665	527	NUNO NETO	1:03:42.12	1:02:31.79	44	M	VetII M (40-44)	542	83	
666	978	TAM AFONSO	1:03:44.64	1:03:16.98	70	M	VetVIII M (70-99)	543	9	CCD TRANQUILIDADE
667	600	JORGE PENEIROL	1:03:44.72	1:03:44.72	52	M	VetIV M (50-54)	544	66	EQUIPA OK!
668	928	MARTA MIRANDA	1:03:46.00	1:03:46.00	35	F	VetI F (35-39)	124	9	
669	1180	GONÇALO OLIVEIRA	1:04:01.35	1:04:01.35	61	M	VetVI M (60-64)	545	21	GDCT UNICRE
670	357	INÊS CRAVEIRO	1:04:01.59	1:03:22.59	26	F	Seniores F (18-34)	125	53	
671	538	SARA CARVALHO	1:04:04.91	1:03:00.05	44	F	VetII F (40-44)	126	25	TU E EU
672	539	PAULO COSTA	1:04:04.95	1:02:59.10	42	M	VetII M (40-44)	546	84	TU E EU
673	970	ARTUR GAIO	1:04:21.34	1:03:35.47	39	M	VetI M (35-39)	547	70	CCD TRANQUILIDADE
674	597	MARIA GARNEL	1:04:23.61	1:04:04.54	31	F	Seniores F (18-34)	127	54	
675	969	ISABEL MOTA	1:04:25.00	1:04:25.00	49	F	VetIII F (45-49)	128	22	CCD TRANQUILIDADE



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676	1220	BEATRIZ SALGUEIRO	1:04:25.20	1:02:55.22	33	F	Seniores F (18-34)	129	55	
677	483	PAULA COSTA	1:04:26.25	1:04:09.25	49	F	VetIII F (45-49)	130	23	
678	353	JUNIOR BARROSO	1:04:31.14	1:03:14.81	34	M	Seniores M (18-34)	548	137	
679	816	RUI SOARES	1:04:32.13	1:04:09.47	48	M	VetIII M (45-49)	549	96	SS CGD
680	1540	CARLOS CRESPO	1:04:32.33	1:03:02.43	61	M	VetVI M (60-64)	550	22	CF OS BELENENSES
681	1260	FILIPPE MATOS	1:04:35.75	1:03:39.57	34	M	Seniores M (18-34)	551	138	
682	277	MARIO PIRES	1:04:37.31	1:03:37.81	64	M	VetVI M (60-64)	552	23	
683	513	PAULO FALCÃO	1:04:37.47	1:03:21.48	36	M	VetI M (35-39)	553	71	
684	637	ANDRÉ DIONÍSIO	1:04:38.29	1:03:59.42	35	M	VetI M (35-39)	554	72	POWER RUNNERS DE ALMADA
685	449	VANDA MARTINS	1:04:39.65	1:04:31.41	45	F	VetIII F (45-49)	131	24	
686	674	CATARINA ALTAS	1:04:40.17	1:04:08.70	49	F	VetIII F (45-49)	132	25	C MILLENNIUM BCP
687	352	FRANCISCO MARTINS	1:04:42.26	1:03:27.75	37	M	VetI M (35-39)	555	73	
688	343	MARGARETE FERREIRA	1:04:43.26	1:03:49.22	54	F	VetIV F (50-54)	133	10	
689	1137	TERESA ATANÁSIO	1:04:43.51	1:03:56.21	46	F	VetIII F (45-49)	134	26	
690	504	NUNO DIAS	1:04:45.36	1:03:22.08	39	M	VetI M (35-39)	556	74	OS FLECHAS
691	351	JOÃO LÁZARO	1:04:48.54	1:03:25.86	39	M	VetI M (35-39)	557	75	
692	524	NEUZA CARVALHO	1:04:54.03	1:04:13.32	38	F	VetI F (35-39)	135	10	
693	1212	JOANA ARAÚJO	1:04:54.26	1:03:11.13	35	F	VetI F (35-39)	136	11	LOLITOS
694	1532	JOÃO ROSA	1:04:55.94	1:04:31.57	52	M	VetIV M (50-54)	558	67	CF OS BELENENSES
695	337	JOÃO SOUZA	1:05:01.39	1:04:33.45	49	M	VetIII M (45-49)	559	97	
696	336	ALEXANDRA CÔCO	1:05:01.67	1:02:06.85	48	F	VetIII F (45-49)	137	27	
697	1232	JOÃO CORDEIRO	1:05:01.96	1:04:24.72	38	M	VetI M (35-39)	560	76	CLUBE ACCENTURE
698	753	TIAGO COIMBRA	1:05:03.37	1:04:30.09	20	M	Seniores M (18-34)	561	139	
699	391	LAURINDA CASTRO	1:05:05.14	1:04:47.11	64	F	VetVI F (60-64)	138	2	
700	486	SARA SILVA	1:05:05.93	1:04:50.26	51	F	VetIV F (50-54)	139	11	
701	453	PEDRO CARVALHO	1:05:17.13	1:04:47.21	48	M	VetIII M (45-49)	562	98	



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702	689	JONATHAN PIRES	1:05:20.00	1:02:57.30	38	M	VetI M (35-39)	563	77	
703	261	FERNANDO DIAS	1:05:20.79	1:02:58.09	37	M	VetI M (35-39)	564	78	
704	301	MARGARIDA MONTEIRO	1:05:20.94	1:04:40.60	29	F	Seniores F (18-34)	140	56	
705	271	JOÃO CUNHA	1:05:27.18	1:04:22.34	35	M	VetI M (35-39)	565	79	
706	1085	SUSANNA BOETTGER	1:05:34.14	1:04:46.06	25	F	Seniores F (18-34)	141	57	
707	475	EDUARDO LOPES	1:05:37.69	1:04:37.94	55	M	VetV M (55-59)	566	48	RAMBOS
708	502	SAMANTA LOUIS	1:05:39.45	1:05:10.89	51	F	VetIV F (50-54)	142	12	
709	847	ISABEL FERNANDES	1:05:43.92	1:05:21.17	46	F	VetIII F (45-49)	143	28	
710	658	LEONEL BRANDAO	1:05:44.00	1:04:51.34	55	M	VetV M (55-59)	567	49	C MILLENNIUM BCP
711	635	ARTUR SILVA	1:05:45.22	1:05:27.40	37	M	VetI M (35-39)	568	80	
712	763	JOSÉ VALE	1:05:47.67	1:05:46.91	62	M	VetVI M (60-64)	569	24	
713	1081	BEATRIZ COSTA	1:05:52.53	1:05:20.52	28	F	Seniores F (18-34)	144	58	
714	751	TAIANE ALEIXO	1:05:59.45	1:04:33.84	34	F	Seniores F (18-34)	145	59	
715	1044	SHARA BARON	1:06:03.09	1:06:01.51	36	F	VetI F (35-39)	146	12	EQUIPA RODOLFO NATARIO
716	333	MARTA REIS	1:06:07.99	1:05:44.04	43	F	VetII F (40-44)	147	26	
717	684	PEDRO PEREIRA	1:06:10.86	1:05:48.39	42	M	VetII M (40-44)	570	85	FIDELIDADE GDC
718	997	INÊS FONTES	1:06:18.24	1:06:12.61	32	F	Seniores F (18-34)	148	60	
719	1559	ANA BOTO	1:06:18.62	1:05:30.22	45	F	VetIII F (45-49)	149	29	
720	683	PAULA MOURA	1:06:26.38	1:03:28.07	41	F	VetII F (40-44)	150	27	FIDELIDADE GDC
721	534	DIAMANTINO ALBUQUERQUE	1:06:29.04	1:06:27.21	69	M	VetVII M (65-69)	571	20	CD MAFRA
722	977	CLAUDIA TAM	1:06:29.55	1:05:30.71	41	F	VetII F (40-44)	151	28	CCD TRANQUILIDADE
723	750	DANIEL ALEIXO	1:06:32.81	1:05:04.06	34	M	Seniores M (18-34)	572	140	
724	1157	SANDRA PER	1:06:38.04	1:05:17.57	44	F	VetII F (40-44)	152	29	CF OS BELENENSES
725	1207	ODETE FRANCISCO	1:06:39.44	1:05:42.97	52	F	VetIV F (50-54)	153	13	
726	672	CARLA LOURENCO	1:06:40.20	1:05:20.50	47	F	VetIII F (45-49)	154	30	C MILLENNIUM BCP
727	1253	SERAFIM MARQUES	1:06:40.45	1:05:40.22	74	M	VetVIII M (70-99)	573	10	



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728	410	NUNO DANTAS	1:06:43.69	1:05:46.56	49	M	VetIII M (45-49)	574	99	OS CORRE PARA COMER
729	254	VÂNIA FARIA	1:06:55.31	1:06:51.83	37	F	VetI F (35-39)	155	13	
730	853	EVA SOUSA	1:07:02.00	1:07:02.00	38	F	VetI F (35-39)	156	14	
731	1071	SÉRGIO SOUSA	1:07:13.12	1:06:29.64	28	M	Seniores M (18-34)	575	141	
732	1227	ANA CASTRO	1:07:17.31	1:06:23.39	32	F	Seniores F (18-34)	157	61	CLUBE ACCENTURE
733	603	MAURO CORREIA	1:07:21.62	1:06:07.56	32	M	Seniores M (18-34)	576	142	EQUIPA OK!
734	1191	FABIANA SCHIFFLER	1:07:22.03	1:06:14.35	41	F	VetII F (40-44)	158	30	
735	836	CLÁUDIA GARCIA	1:07:23.15	1:06:21.90	39	F	VetI F (35-39)	159	15	LEBRES DO OESTE
736	604	CARLA GUERREIRO	1:07:23.94	1:06:06.40	45	F	VetIII F (45-49)	160	31	EQUIPA OK!
737	866	PEDRO DUARTE	1:07:24.00	1:07:24.00	42	M	VetII M (40-44)	577	86	
738	722	ELIZABETH NASH	1:07:29.19	1:06:46.14	41	F	VetII F (40-44)	161	31	
739	1084	ANTÓNIO NOVAS	1:07:37.01	1:06:16.24	45	M	VetIII M (45-49)	578	100	
740	576	ISABEL GODINHO	1:07:49.84	1:06:47.62	29	F	Seniores F (18-34)	162	62	NAOS RUN
741	562	FÁTIMA ALMEIDA	1:07:52.00	1:04:44.30	63	F	VetVI F (60-64)	163	3	
742	515	ROBIN STATFELD	1:07:58.99	1:07:47.76	60	M	VetVI M (60-64)	579	25	
743	1119	IVO SANTOS	1:08:04.20	1:07:25.08	36	M	VetI M (35-39)	580	81	A VALE SILÊNCIO
744	1193	LUÍS SANTOS	1:08:04.67	1:07:26.22	64	M	VetVI M (60-64)	581	26	A VALE SILÊNCIO
745	330	ANA PINTO	1:08:06.43	1:07:05.54	29	F	Seniores F (18-34)	164	63	CCD SIEMENS
746	1051	LARA FILIPA	1:08:14.54	1:08:04.94	25	F	Seniores F (18-34)	165	64	
747	1511	LUIZ ROSA	1:08:14.67	1:07:45.00	70	M	VetVIII M (70-99)	582	11	CAA BELEM
748	309	RUTE ROSA	1:08:19.59	1:07:33.37	29	F	Seniores F (18-34)	166	65	
749	616	MARIANA CARVALHO	1:08:21.97	1:07:16.35	18	F	Seniores F (18-34)	167	66	ARROJA CITY
750	560	SÉRGIO VENTURA	1:08:26.49	1:07:02.41	41	M	VetII M (40-44)	583	87	
751	1181	HUGO SOUSA	1:08:34.35	1:07:50.45	42	M	VetII M (40-44)	584	88	GDCT UNICRE
752	731	PEDRO GERALDES	1:08:38.74	1:07:20.16	54	M	VetIV M (50-54)	585	68	
753	1259	MARIANA FARIA	1:08:39.17	1:08:39.17	23	F	Seniores F (18-34)	168	67	



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754	759	PEDRO RODRIGUES	1:08:39.95	1:08:21.69	65	M	VetVII M (65-69)	586	21	
755	771	ANA MIGUEL	1:08:41.50	1:08:05.58	26	F	Seniores F (18-34)	169	68	
756	760	TERESA WONG	1:08:42.72	1:08:27.54	57	F	VetV F (55-59)	170	7	
757	983	ANTÓNIO FRÁGUAS	1:08:50.55	1:08:45.40	45	M	VetIII M (45-49)	587	101	
758	772	LUÍS OLIVEIRA	1:08:58.00	1:07:43.34	38	M	VetI M (35-39)	588	82	EPIC TEAM
759	643	LUISA MADEIRA	1:08:58.34	1:08:47.11	44	F	VetII F (40-44)	171	32	
760	980	HUGO OLIMPIO	1:09:04.05	1:08:26.97	47	M	VetIII M (45-49)	589	102	CCD TRANQUILIDADE
761	716	JORGE FILHO	1:09:16.95	1:08:22.47	40	M	VetII M (40-44)	590	89	
762	367	INÊS ARAÚJO	1:09:18.77	1:08:40.02	58	F	VetV F (55-59)	172	8	
763	1082	MARIANA COSTA	1:09:19.25	1:08:46.04	31	F	Seniores F (18-34)	173	69	
764	362	CÉSAR GUERRA	1:09:19.62	1:07:55.25	53	M	VetIV M (50-54)	591	69	
765	1557	PEDRO BICA	1:09:19.83	1:08:45.22	18	M	Seniores M (18-34)	592	143	CF OS BELENENSES
766	1543	ANDRÉ PAREDES	1:09:20.95	1:08:48.84	18	M	Seniores M (18-34)	593	144	CF OS BELENENSES
767	872	RAQUEL FORTUNATO	1:09:25.30	1:09:25.30	49	F	VetIII F (45-49)	174	32	CORRIDAS DE MADRUGADA
768	1228	BERNARDO MELO	1:09:35.68	1:08:38.50	28	M	Seniores M (18-34)	594	145	CLUBE ACCENTURE
769	885	MIGUEL PINHEIRO	1:09:36.00	1:09:36.00	34	M	Seniores M (18-34)	595	146	
770	1237	PEDRO ABALADA	1:09:37.00	1:08:40.67	25	M	Seniores M (18-34)	596	147	CLUBE ACCENTURE
771	886	LUÍS SOBRAL	1:09:37.22	1:08:25.21	60	M	VetVI M (60-64)	597	27	
772	884	RAFAELA ROCHA	1:09:39.00	1:09:39.00	33	F	Seniores F (18-34)	175	70	
773	803	VICTOR AFFONSO	1:09:39.70	1:09:20.05	32	M	Seniores M (18-34)	598	148	
774	698	RICARDO DUARTE	1:09:44.74	1:09:06.95	31	M	Seniores M (18-34)	599	149	ML SPORTS
775	517	SOFIA FERREIRA	1:09:45.39	1:09:40.93	33	F	Seniores F (18-34)	176	71	ML SPORTS
776	464	LILIANA CHENG	1:09:48.23	1:09:35.04	23	F	Seniores F (18-34)	177	72	
777	802	PAULO SILVA	1:09:59.46	1:09:31.73	26	M	Seniores M (18-34)	600	150	
778	262	RUI CARVALHO	1:10:01.59	1:09:44.44	58	M	VetV M (55-59)	601	50	
779	686	PEDRO MARQUES	1:10:10.66	1:08:52.87	22	M	Seniores M (18-34)	602	151	



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780	749	JOÃO BESSA	1:10:12.90	1:08:53.88	23	M	Seniores M (18-34)	603	152	
781	875	ZAHRAA AHMAD	1:10:15.00	1:10:15.00	29	F	Seniores F (18-34)	178	73	
782	873	CRISTINA JANUÁRIO	1:10:15.17	1:09:34.07	49	F	VetIII F (45-49)	179	33	CORRIDAS DE MADRUGADA
783	260	SOFIA GONÇALVES	1:10:22.57	1:07:56.34	24	F	Seniores F (18-34)	180	74	
784	673	VIRGILIO FERREIRA	1:10:31.33	1:09:16.58	69	M	VetVII M (65-69)	604	22	C MILLENNIUM BCP
785	407	CARLA NUNES	1:10:38.17	1:09:45.80	45	F	VetIII F (45-49)	181	34	OS CORRE PARA COMER
786	368	RAQUEL PIRES	1:10:39.68	1:10:39.68	43	F	VetII F (40-44)	182	33	1 POR MÊS
787	618	ANDREIA BARRETO	1:10:41.43	1:10:00.70	29	F	Seniores F (18-34)	183	75	RUN & WIN(E)
788	615	MARIANA AGUIAR	1:10:41.90	1:09:33.48	18	F	Seniores F (18-34)	184	76	ARROJA CITY
789	1529	JOÃO OLIVEIRA	1:10:42.26	1:10:41.92	49	M	VetIII M (45-49)	605	103	CF OS BELENENSES
790	707	JOSÉ SOUSA	1:10:43.39	1:07:23.58	53	M	VetIV M (50-54)	606	70	RUN AND WIN(E)
791	463	MARTA LEITAO	1:10:47.75	1:10:17.09	46	F	VetIII F (45-49)	185	35	
792	826	JOANA PEDRO	1:10:49.72	1:10:45.34	50	F	VetIV F (50-54)	186	14	
793	316	MARTA SIMÕES	1:10:54.11	1:07:29.95	49	F	VetIII F (45-49)	187	36	
794	855	MARTA GOMES	1:10:56.00	1:10:56.00	32	F	Seniores F (18-34)	188	77	
795	817	SUSANA JESUS	1:10:56.93	1:10:02.60	48	F	VetIII F (45-49)	189	37	SS CGD
796	1000	KARINE NUNES	1:10:58.69	1:10:36.24	48	F	VetIII F (45-49)	190	38	
797	999	JOÃO NUNES	1:11:00.66	1:10:37.57	50	M	VetIV M (50-54)	607	71	
798	329	CATARINA ROCHA	1:11:07.39	1:10:44.69	30	F	Seniores F (18-34)	191	78	
799	424	ORLANDO SOUSA	1:11:11.78	1:07:30.67	60	M	VetVI M (60-64)	608	28	CCDT METRO LX
800	574	ELISABETE PINTO	1:11:21.41	1:10:53.66	66	F	VetVII F (65-69)	192	2	AGUALVA RUNNERS
801	416	CARINA AMARO	1:11:30.03	1:10:13.21	32	F	Seniores F (18-34)	193	79	
802	662	FERNANDO SERRANO	1:11:49.40	1:10:45.30	57	M	VetV M (55-59)	609	51	C MILLENNIUM BCP
803	721	JOANA LUIZ	1:11:50.36	1:09:22.81	37	F	VetI F (35-39)	194	16	
804	1068	FILIPA MOREIRA	1:12:05.71	1:11:32.46	45	F	VetIII F (45-49)	195	39	
805	645	LEANDRO ALVERNAZ	1:12:12.80	1:11:00.15	27	M	Seniores M (18-34)	610	153	BACO



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806	573	PEDRO PINTO	1:12:18.51	1:11:50.60	65	M	VetVII M (65-69)	611	23	AGUALVA RUNNERS
807	518	ANA FEITEIRA	1:12:23.56	1:11:43.03	33	F	Seniores F (18-34)	196	80	ML SPORTS
808	299	NELSON MATALOTO	1:12:32.52	1:11:41.69	44	M	VetII M (40-44)	612	90	
809	1036	ANABELA FERNANDES	1:12:38.75	1:12:35.92	51	F	VetIV F (50-54)	197	15	
810	409	NATACHA CABRAL	1:12:39.61	1:11:45.28	48	F	VetIII F (45-49)	198	40	OS CORRE PARA COMER
811	611	ANA PEREIRA	1:12:40.53	1:11:31.89	19	F	Seniores F (18-34)	199	81	ARROJA CITY
812	795	JOANA GONÇALVES	1:12:42.24	1:12:10.26	23	F	Seniores F (18-34)	200	82	
813	1130	CARLOS SANTIAGO	1:12:45.09	1:12:16.98	38	M	VetI M (35-39)	613	83	THE G TEAM
814	737	HENRIQUE RUIVO	1:12:48.37	1:11:32.31	61	M	VetVI M (60-64)	614	29	TARTARUGAS SOLIDARIAS
815	738	ALEXANDRA RUIVO	1:12:48.43	1:11:27.92	57	F	VetV F (55-59)	201	9	TARTARUGAS SOLIDARIAS
816	712	MAURICIO PIMENTA	1:12:49.62	1:11:28.22	41	M	VetII M (40-44)	615	91	
817	801	MIGUEL EGREJAS	1:12:57.93	1:11:35.38	38	M	VetI M (35-39)	616	84	
818	1074	PEDRO MOLEIRO	1:13:09.15	1:12:29.36	51	M	VetIV M (50-54)	617	72	
819	264	JOHNNY THOMASSEN	1:13:14.93	1:11:50.52	63	M	VetVI M (60-64)	618	30	
820	1542	AFONSO PEREIRA	1:13:15.85	1:12:42.92	18	M	Seniores M (18-34)	619	154	CF OS BELENENSES
821	1222	PAULA OLIVEIRA	1:13:29.05	1:11:58.66	33	F	Seniores F (18-34)	202	83	
822	769	TIAGO COSME	1:13:42.68	1:09:53.58	44	M	VetII M (40-44)	620	92	EQUIPA OK!
823	701	LICIANE DALBENS	1:13:55.15	1:13:02.94	39	F	VetI F (35-39)	203	17	OS CORRE PARA COMER
824	1196	JULIANDER PENITENTE	1:13:57.79	1:12:47.41	38	M	VetI M (35-39)	621	85	
825	587	RICARDO OLIVEIRA	1:13:59.00	1:11:26.98	27	M	Seniores M (18-34)	622	155	
826	966	ANTÓNIO ALBUQUERQUE	1:14:00.00	1:13:41.29	54	M	VetIV M (50-54)	623	73	CCD TRANQUILIDADE
827	630	ANA GOMES	1:14:09.85	1:13:39.66	33	F	Seniores F (18-34)	204	84	
828	609	MARTA PEREIRA	1:14:27.68	1:13:18.43	41	F	VetII F (40-44)	205	34	ARROJA CITY
829	754	SOFIA PRADA	1:14:35.28	1:14:02.00	19	F	Seniores F (18-34)	206	85	
830	302	INÊS CALDAS	1:14:47.49	1:14:10.22	44	F	VetII F (40-44)	207	35	
831	380	JOANA GAROUPA	1:14:51.48	1:13:03.40	48	F	VetIII F (45-49)	208	41	US



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832	1013	RAPHAEL OLIVEIRA	1:15:05.97	1:15:05.97	48	M	VetIII M (45-49)	624	104	
833	1047	INÊS ESTEVES	1:15:10.65	1:13:40.76	29	F	Seniores F (18-34)	209	86	
834	1046	PEDRO MESQUITA	1:15:10.70	1:13:43.02	37	M	VetI M (35-39)	625	86	
835	578	TOMAS OLIVEIRA	1:15:11.66	1:14:01.75	31	M	Seniores M (18-34)	626	156	NAOS RUN
836	308	MÁRIO ALMEIDA	1:15:21.84	1:14:32.04	42	M	VetII M (40-44)	627	93	PENICHE A CORRER
837	307	RAQUEL ROMÃO	1:15:23.87	1:14:36.85	39	F	VetI F (35-39)	210	18	PENICHE A CORRER
838	1024	PAULO COELHO	1:15:30.60	1:14:45.97	59	M	VetV M (55-59)	628	52	GD SANTANDER TOTTA
839	1026	FÁBIO PIO	1:15:32.02	1:14:46.36	51	M	VetIV M (50-54)	629	74	GD SANTANDER TOTTA
840	727	JORGE VALDEIRA	1:15:33.73	1:14:36.50	58	M	VetV M (55-59)	630	53	
841	1184	TERESA FLORENCIA	1:15:36.40	1:14:36.05	39	F	VetI F (35-39)	211	19	GDCT UNICRE
842	1182	MARISA MARTINS	1:15:36.41	1:14:36.17	43	F	VetII F (40-44)	212	36	GDCT UNICRE
843	755	ALEFF OLIVEIRA	1:16:04.66	1:14:31.17	28	M	Seniores M (18-34)	631	157	
844	1179	BENTO CORREIA	1:16:26.59	1:15:41.21	61	M	VetVI M (60-64)	632	31	GDCT UNICRE
845	1183	PAULO FRANÇA	1:16:30.33	1:15:45.68	61	M	VetVI M (60-64)	633	32	GDCT UNICRE
846	1567	MARGARIDA BENEVIDES	1:16:41.09	1:15:40.62	44	F	VetII F (40-44)	213	37	
847	973	CHRISTY CARVALHO	1:16:41.92	1:15:41.35	47	M	VetIII M (45-49)	634	105	CCD TRANQUILIDADE
848	742	JOÃO GONÇALVES	1:17:36.70	1:16:45.98	32	M	Seniores M (18-34)	635	158	
849	438	CLÁUDIA SILVA	1:17:38.00	1:16:45.59	40	F	VetII F (40-44)	214	38	
850	369	RITA PIRES	1:18:03.38	1:17:13.37	46	F	VetIII F (45-49)	215	42	1 POR MÊS
851	702	RUI ESPADINHA	1:18:05.54	1:17:10.22	41	M	VetII M (40-44)	636	94	OS CORRE PARA COMER
852	1033	PAULO OLIVEIRA	1:18:14.08	1:16:45.09	53	M	VetIV M (50-54)	637	75	CARACOIS RUNNERS
853	567	BRUNA FERNANDES	1:18:33.19	1:17:58.68	19	F	Seniores F (18-34)	216	87	
854	370	ANA RITO	1:19:33.39	1:18:45.94	47	F	VetIII F (45-49)	217	43	1 POR MÊS
855	575	ANA GALAMBA	1:20:09.91	1:16:55.95	65	F	VetVII F (65-69)	218	3	AGUALVA RUNNERS
856	285	DANIELA SERRALHEIRO	1:20:22.37	1:20:04.81	22	F	Seniores F (18-34)	219	88	RUN 2 LOVE
857	284	DIOGO AGOSTINHO	1:20:23.57	1:20:05.27	26	M	Seniores M (18-34)	638	159	RUN 2 LOVE



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858	266	PAULO DANIF	1:20:42.45	1:19:56.71	48	M	VetIII M (45-49)	639	106	
859	265	CLÁUDIA BEIRÃO	1:20:44.54	1:20:01.93	47	F	VetIII F (45-49)	220	44	
860	614	JOANA SANTOS	1:20:46.18	1:19:38.54	18	F	Seniores F (18-34)	221	89	ARROJA CITY
861	744	MELISSA MATOS	1:20:51.74	1:20:10.47	29	F	Seniores F (18-34)	222	90	
862	1129	DIOGO SILVA	1:21:16.12	1:20:32.21	28	M	Seniores M (18-34)	640	160	
863	1258	KAREN ROSA	1:24:20.62	1:23:29.07	30	F	Seniores F (18-34)	223	91	
864	891	LUIGI ROSSI	1:26:49.00	1:24:48.88	74	M	VetVIII M (70-99)	641	12	
865	613	RAQUEL DIAS	1:27:23.98	1:26:15.11	19	F	Seniores F (18-34)	224	92	ARROJA CITY
866	612	LUÍSA SANTOS	1:27:28.48	1:26:19.43	62	F	VetVI F (60-64)	225	4	ARROJA CITY
867	1185	VANESSA PINHEIRO	1:27:37.20	1:26:20.65	42	F	VetII F (40-44)	226	39	GDCT UNICRE
868	1178	ANA CUBA	1:27:37.25	1:26:19.91	45	F	VetIII F (45-49)	227	45	GDCT UNICRE
869	457	PAULA CAVALHEIRO	1:27:49.64	1:27:26.03	56	F	VetV F (55-59)	228	10	
870	1235	LEANA HODGES	1:27:58.65	1:27:20.22	31	F	Seniores F (18-34)	229	93	CLUBE ACCENTURE
871	315	LILIANA TOMÁS	1:29:54.22	1:29:20.00	37	F	VetI F (35-39)	230	20	
872	756	SAMARA SALES	1:32:37.68	1:31:08.66	31	F	Seniores F (18-34)	231	94	
873	1213	ELSA COSTA	1:33:23.36	1:29:32.83	39	F	VetI F (35-39)	232	21	LOLITOS
874	1214	BRUNO DUARTE	1:33:23.90	1:29:32.51	18	M	Seniores M (18-34)	642	161	LOLITOS
875	661	FOCK WAN	1:34:05.04	1:32:44.79	72	F	VetVIII F (70-99)	233	2	C MILLENNIUM BCP
876	312	VANESSA CAETANO	1:36:09.13	1:34:36.85	32	F	Seniores F (18-34)	234	95	PMT
877	311	MARTA PAIVA	1:36:09.57	1:34:40.44	43	F	VetII F (40-44)	235	40	PMT
878	1034	FLORBELA CARVALHO	1:36:44.00	1:35:14.09	50	F	VetIV F (50-54)	236	16	CARACOIS RUNNERS
879	371	CARLOS PIRES	1:40:31.12	1:39:34.63	74	M	VetVIII M (70-99)	643	13	1 POR MÊS
880	979	MA HUNG	1:47:55.15	1:46:37.28	73	F	VetVIII F (70-99)	237	3	CCD TRANQUILIDADE