



Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	274	GABRIEL SILVA	0:34:08.69	0:34:08.57	19	M	Juniores M (18-20)	1	1	CDR RIBERINHO
2	162	NUNO RAPOSO	0:34:28.23	0:34:28.18	26	M	Seniores M (21-34)	2	1	2830 TRAIL RUNNERS
3	273	MARCO TAVARES	0:35:23.72	0:35:23.69	30	M	Seniores M (21-34)	3	2	CDR RIBERINHO
4	244	RICARDO REIS	0:35:54.70	0:35:52.63	46	M	VetIII M (45-49)	4	1	A DESP NUCLEOEIRAS
5	206	JOAO JESUS	0:37:06.85	0:37:06.80	33	M	Seniores M (21-34)	5	3	
6	66	HÉLDER SANTOS	0:37:12.19	0:37:12.13	35	M	VetI M (35-39)	6	1	CDR RIBERINHO
7	207	PAULO CANTANTE	0:37:49.57	0:37:48.75	50	M	VetIV M (50-54)	7	1	
8	223	ROGÉRIO COSTA	0:38:02.38	0:38:02.38	44	M	VetII M (40-44)	8	1	PALMELENSE FC
9	119	HERNÂNI FERNANDES	0:38:11.45	0:38:11.37	52	M	VetIV M (50-54)	9	2	GT10.30SX
10	13	DAVIDE OLIVEIRA	0:38:29.17	0:38:28.39	43	M	VetII M (40-44)	10	2	
11	76	ANDRÉ ALVES	0:38:34.36	0:38:34.20	36	M	VetI M (35-39)	11	2	CF OS BELENENSES
12	94	MÁRCIO BERNARDES	0:38:41.57	0:38:40.74	44	M	VetII M (40-44)	12	3	
13	266	RUI BALTAZAR	0:38:52.52	0:38:52.52	57	M	VetV M (55-59)	13	1	ASSCT MUN PALMELA
14	275	RAFAEL MARÇALO	0:39:23.97	0:39:23.43	23	M	Seniores M (21-34)	14	4	CDR RIBERINHO
15	237	MARTIM NUNES	0:39:38.65	0:39:37.09	46	M	VetIII M (45-49)	15	2	RESTAURANTE BARCADELTA
16	75	PALMIRA QUINHAMA	0:39:42.00	0:39:40.98	45	F	VetIII F (45-49)	1	1	WALKRUN-WERUN
17	72	DUARTE COSTA	0:39:47.55	0:39:47.29	39	M	VetI M (35-39)	16	3	FEDERAÇÃO DA FAMÍLIA
18	218	FELICIANO CONDESSO	0:39:54.84	0:39:46.38	36	M	VetI M (35-39)	17	4	
19	115	MARTA PÁSCOA	0:40:00.96	0:39:59.66	22	F	Seniores F (21-34)	2	1	TÁLENTOS TEAM
20	307	RUI BASTOS	0:40:04.72	0:40:02.82	47	M	VetIII M (45-49)	18	3	CASA BENFICA DO SEIXAL
21	67	TIAGO COSTA	0:40:12.77	0:40:10.90	30	M	Seniores M (21-34)	19	5	
22	338	CARLOS RODRIGUES	0:40:38.73	0:40:37.18	31	M	Seniores M (21-34)	20	6	CDR RIBERINHO
23	96	MARCELO PINTO	0:40:39.34	0:40:37.67	32	M	Seniores M (21-34)	21	7	RESTAURANTE BARCADELTA
24	282	NUNO SILVA	0:40:44.37	0:40:43.60	43	M	VetII M (40-44)	22	4	HECATEAM
25	183	RICARDO TIM	0:40:48.31	0:40:46.44	36	M	VetI M (35-39)	23	5	



26	304	RICARDO RODRIGUES	0:40:50.39	0:40:50.05	45	M	VetIII M (45-49)	24	4	TÁLENTOS TEAM
27	238	PEDRO FERNANDES	0:41:08.52	0:41:07.81	41	M	VetII M (40-44)	25	5	REMO CLUBE LUSITANO
28	194	FIRMINO DIAS	0:41:11.99	0:41:09.71	45	M	VetIII M (45-49)	26	5	
29	234	TIAGO NOGUEIRA	0:41:24.09	0:41:21.93	39	M	VetI M (35-39)	27	6	SALAVESSA TEAM
30	200	TIAGO OLIVEIRA	0:42:01.81	0:42:00.35	25	M	Seniores M (21-34)	28	8	
31	294	BRUNO CATARINO	0:42:15.55	0:42:13.92	32	M	Seniores M (21-34)	29	9	TRAMAGAL SPORT UNIÃO
32	246	CARLOS SILVA	0:42:19.42	0:42:19.12	52	M	VetIV M (50-54)	30	3	LINDA PASTORA SC
33	276	PEDRO PIMENTEL	0:42:25.68	0:42:25.31	37	M	VetI M (35-39)	31	7	CDR RIBERINHO
34	278	GONÇALO CORCEIRO	0:42:30.54	0:42:29.46	42	M	VetII M (40-44)	32	6	CDR RIBERINHO
35	308	ANTONIO INACIO	0:42:34.84	0:42:33.64	55	M	VetV M (55-59)	33	2	CRUZ E AMIGOS DA CORRIDA
36	97	NUNO VARELA	0:42:37.77	0:42:33.89	48	M	VetIII M (45-49)	34	6	
37	136	RENATO CRISTINA	0:42:47.91	0:42:47.82	50	M	VetIV M (50-54)	35	4	GT10.30SX
38	45	VASCO AZINHEIRA	0:42:51.78	0:42:50.84	30	M	Seniores M (21-34)	36	10	
39	339	JORGE PERFEITO	0:42:57.03	0:42:56.90	53	M	VetIV M (50-54)	37	5	CDR RIBERINHO
40	134	RODRIGO COSTA	0:42:59.56	0:42:53.07	29	M	Seniores M (21-34)	38	11	SFP LOUREIROS
41	277	VIRGILIO GONÇALVES	0:43:20.25	0:43:20.22	52	M	VetIV M (50-54)	39	6	CDR RIBERINHO
42	254	JOSÉ SANTOS	0:43:28.91	0:43:24.14	57	M	VetV M (55-59)	40	3	AD TÁLENTOS TEAM
43	187	LUÍS NUNES	0:43:32.20	0:43:27.76	44	M	VetII M (40-44)	41	7	PINHAL NOVO A CORRER
44	346	HELENA MOREIRA	0:43:46.00	0:43:45.06	46	F	VetIII F (45-49)	3	2	AMINHACORRIDA/RUNNINGEXTREM
45	173	FILIPE SANTOS	0:44:01.44	0:43:59.35	30	M	Seniores M (21-34)	42	12	
46	77	DANIEL RODRIGUES	0:44:08.50	0:43:55.50	31	M	Seniores M (21-34)	43	13	
47	121	CARLOS BELINDRO	0:44:14.66	0:44:09.05	41	M	VetII M (40-44)	44	8	
48	127	TOMÉ FERREIRA	0:44:22.23	0:44:20.07	31	M	Seniores M (21-34)	45	14	
49	95	PAULO TOLEDO	0:44:23.28	0:44:23.28	58	M	VetV M (55-59)	46	4	
50	219	DIOGO SACOTO	0:44:28.64	0:44:17.51	33	M	Seniores M (21-34)	47	15	FALSOS RÁPIDOS
51	285	LUÍS OLIVEIRA	0:44:30.32	0:44:28.43	54	M	VetIV M (50-54)	48	7	VITÓRIA DE SETÚBAL



52	188	IÚRI SILVA	0:44:38.88	0:44:34.87	22	M	Seniores M (21-34)	49	16	
53	73	TIAGO FAÍSCA	0:44:45.05	0:44:43.97	32	M	Seniores M (21-34)	50	17	
54	165	CARLA PEREIRA	0:44:45.16	0:44:43.42	38	F	VetI F (35-39)	4	1	CA VALE FIGUEIRA
55	68	RUI PIRES	0:44:45.99	0:44:40.46	44	M	VetII M (40-44)	51	9	
56	257	ÁLVARO COELHO	0:44:52.83	0:44:52.64	65	M	VetVI M (60-65)	52	1	ASSCT MUN PALMELA
57	137	NUNO BARRETO	0:44:53.90	0:44:49.92	49	M	VetIII M (45-49)	53	7	
58	180	LUDGERO MAIA	0:45:04.89	0:44:57.59	42	M	VetII M (40-44)	54	10	
59	47	JOAO SABINA	0:45:07.82	0:44:51.59	45	M	VetIII M (45-49)	55	8	FOODEIVOS
60	208	ANTÓNIO SILVA	0:45:16.39	0:45:12.87	50	M	VetIV M (50-54)	56	8	PINHAL NOVO A CORRER
61	114	JOÃO PÁSCOA	0:45:21.71	0:45:19.70	55	M	VetV M (55-59)	57	5	TÁLENTOS TEAM
62	335	RICARDO MENINO	0:45:28.65	0:45:21.66	34	M	Seniores M (21-34)	58	18	GD SANTANDER TOTTA
63	116	JOÃO CORREIA	0:45:33.16	0:45:29.64	28	M	Seniores M (21-34)	59	19	
64	177	JOSÉ REIS	0:45:38.22	0:45:38.19	20	M	Juniores M (18-20)	60	2	
65	108	FRANCISCO OLIVEIRA	0:45:40.26	0:45:32.89	29	M	Seniores M (21-34)	61	20	
66	175	BERNARDO SANTOS	0:45:44.35	0:45:39.27	24	M	Seniores M (21-34)	62	21	
67	253	MÁRIO BARBOSA	0:45:47.65	0:45:46.07	46	M	VetIII M (45-49)	63	9	
68	12	RAQUEL SUBTIL	0:45:49.02	0:45:48.84	38	F	VetI F (35-39)	5	2	
69	34	JOÃO LOUREIRO	0:45:50.73	0:45:39.81	40	M	VetII M (40-44)	64	11	
70	78	HUGO COSTA	0:45:50.79	0:45:48.21	39	M	VetI M (35-39)	65	8	
71	140	JOÃO CARDOSO	0:46:00.49	0:45:50.69	36	M	VetI M (35-39)	66	9	
72	143	LUÍS AMÂNDIO	0:46:00.49	0:45:51.35	33	M	Seniores M (21-34)	67	22	
73	86	JOÃO BARRONA	0:46:01.05	0:45:53.92	35	M	VetI M (35-39)	68	10	CDR ÁGUIAS UNIDAS
74	290	JOAQUIM FRADE	0:46:09.83	0:46:08.34	67	M	VetVII M (66-99)	69	1	SS CGD
75	295	RAFAEL ROMÃO	0:46:13.05	0:46:08.11	41	M	VetII M (40-44)	70	12	WOLF PACK ARRÁBIDA TEAM
76	203	BERNARDO MOTA	0:46:14.44	0:46:12.12	47	M	VetIII M (45-49)	71	10	RESTAURANTE BARCADELTA
77	280	TITO NASCIMENTO	0:46:24.04	0:46:15.57	42	M	VetII M (40-44)	72	13	ELITE RUNNERS



78	204	ANDRE SANTOS	0:46:25.33	0:46:22.49	41	M	VetII M (40-44)	73	14	RESTAURANTE BARCADELTA
79	22	PEDRO OLIVEIRA	0:46:27.55	0:46:22.71	33	M	Seniores M (21-34)	74	23	
80	250	JOSÉ RAMALHO	0:46:31.71	0:46:19.71	56	M	VetV M (55-59)	75	6	
81	59	ANDRÉ OLIVEIRA	0:46:31.82	0:46:19.32	29	M	Seniores M (21-34)	76	24	
82	318	DAVID AUGUSTO	0:46:32.10	0:46:18.47	33	M	Seniores M (21-34)	77	25	C MILLENNIUM BCP
83	111	ANTONIO JANELAS	0:46:41.67	0:46:36.24	61	M	VetVI M (60-65)	78	2	
84	347	IVO FERNANDES	0:46:48.08	0:46:45.79	46	M	VetIII M (45-49)	79	11	
85	39	LEONEL ALVES	0:46:49.32	0:46:46.44	44	M	VetII M (40-44)	80	15	
86	157	TIAGO BOLEGAS	0:46:52.04	0:46:44.67	30	M	Seniores M (21-34)	81	26	
87	106	DANIEL PINTO	0:46:54.37	0:46:50.03	33	M	Seniores M (21-34)	82	27	BRRNIGHTRUNNERS
88	170	ALEXANDRE SILVA	0:47:00.04	0:46:53.21	24	M	Seniores M (21-34)	83	28	
89	284	JORGE AZEVEDO	0:47:05.00	0:46:47.29	50	M	VetIV M (50-54)	84	9	
90	341	JESUS SILVA	0:47:09.86	0:46:59.57	56	M	VetV M (55-59)	85	7	
91	87	CARLOS GOUVEIA	0:47:19.28	0:47:16.53	42	M	VetII M (40-44)	86	16	RESTAURANTE BARCADELTA
92	24	PEDRO COELHO	0:47:25.82	0:47:21.19	32	M	Seniores M (21-34)	87	29	
93	23	NUNO DOMINGUES	0:47:26.80	0:47:25.37	42	M	VetII M (40-44)	88	17	
94	36	JOSÉ CESTEIRO	0:47:26.96	0:47:15.49	39	M	VetI M (35-39)	89	11	
95	125	ROBERTO FERREIRA	0:47:31.25	0:47:27.64	35	M	VetI M (35-39)	90	12	
96	190	DINIS BONAPARTE	0:47:36.02	0:47:32.47	18	M	Juniores M (18-20)	91	3	
97	158	DAVID JERONIMO	0:47:46.75	0:47:38.51	44	M	VetII M (40-44)	92	18	
98	91	RITA PAULINO	0:47:47.46	0:47:37.03	35	F	VetI F (35-39)	6	3	
99	337	JOAQUIM FIGUEIREDO	0:48:07.57	0:48:07.49	66	M	VetVII M (66-99)	93	2	
100	117	JOÃO SANTOS	0:48:08.84	0:48:03.05	58	M	VetV M (55-59)	94	8	ÍDOLOS DA PRAÇA
101	49	MATHEUS MAKINI	0:48:23.89	0:48:08.86	25	M	Seniores M (21-34)	95	30	
102	281	FRANCISCO CALVETE	0:48:25.26	0:48:11.74	32	M	Seniores M (21-34)	96	31	
103	123	JOAQUIM MIRADOR	0:48:33.13	0:48:26.32	54	M	VetIV M (50-54)	97	10	



104	205	MARCO SANTOS	0:48:34.63	0:48:28.38	41	M	VetII M (40-44)	98	19	
105	104	NUNO MORGADO	0:48:41.91	0:48:30.65	42	M	VetII M (40-44)	99	20	CORRER LISBOA
106	79	ANA CORREIA	0:48:43.05	0:48:34.51	43	F	VetII F (40-44)	7	1	
107	80	GIL CARNEIRO	0:48:43.25	0:48:34.93	45	M	VetIII M (45-49)	100	12	
108	150	JORGE PÉ-CURTO	0:48:48.15	0:48:45.17	48	M	VetIII M (45-49)	101	13	AAMA
109	103	GIZELA MOTA	0:48:48.62	0:48:45.29	48	F	VetIII F (45-49)	8	3	PINHAL NOVO A CORRER
110	252	HUGO LOPES	0:48:49.56	0:48:35.96	41	M	VetII M (40-44)	102	21	SALAVESSA TEAM
111	213	DIOGO RIBEIRO	0:48:49.77	0:48:40.01	34	M	Seniores M (21-34)	103	32	
112	226	FLAVIO PEREIRA	0:48:55.49	0:48:51.41	34	M	Seniores M (21-34)	104	33	RESTAURANTE BARCADELTA
113	62	ORLINDO FIGUEIREDO	0:49:13.46	0:49:13.18	75	M	VetVII M (66-99)	105	3	PINHAL NOVO A CORRER
114	65	RICARDO ANACLETO	0:49:20.33	0:48:58.34	47	M	VetIII M (45-49)	106	14	FOODEIVOS
115	193	SANDRA ROCHA	0:49:29.17	0:49:10.00	45	F	VetIII F (45-49)	9	4	
116	71	MANUEL MARTINS	0:49:32.81	0:49:16.58	47	M	VetIII M (45-49)	107	15	
117	90	FILIPE SALVADINHO	0:49:34.47	0:49:24.15	41	M	VetII M (40-44)	108	22	
118	126	TIAGO GONÇALVES	0:49:34.59	0:49:17.94	38	M	VetI M (35-39)	109	13	
119	154	PEDRO NUNES	0:49:37.87	0:49:31.79	48	M	VetIII M (45-49)	110	16	2830 TRAIL RUNNERS
120	32	CHEILA DIAS	0:49:41.90	0:49:32.09	35	F	VetI F (35-39)	10	4	
121	113	NUNO SANTOS	0:49:46.78	0:49:32.20	41	M	VetII M (40-44)	111	23	MOZRUN
122	292	MIGUEL DIAS	0:49:52.59	0:49:38.89	48	M	VetIII M (45-49)	112	17	SS CGD
123	222	ANA MARINHEIRO	0:50:05.61	0:49:55.77	33	F	Seniores F (21-34)	11	2	FALSOS RÁPIDOS
124	61	NUNO AFONSO	0:50:05.82	0:49:53.43	27	M	Seniores M (21-34)	113	34	
125	182	RICARDO SAMPAIO	0:50:08.55	0:49:49.50	31	M	Seniores M (21-34)	114	35	
126	146	HELDER SILVA	0:50:15.09	0:50:08.52	53	M	VetIV M (50-54)	115	11	BRRNIGHTRUNNERS
127	147	ALEXANDRA SILVA	0:50:16.12	0:50:12.45	46	F	VetIII F (45-49)	12	5	BRRNIGHTRUNNERS
128	189	HELDER BONAPARTE	0:50:16.79	0:50:13.53	46	M	VetIII M (45-49)	116	18	
129	69	TIAGO SILVA	0:50:17.37	0:49:57.50	39	M	VetI M (35-39)	117	14	



130	120	MIGUEL JORGE	0:50:19.35	0:50:13.46	39	M	VetI M (35-39)	118	15	
131	93	NUNO RODRIGUES	0:50:24.77	0:50:12.13	44	M	VetII M (40-44)	119	24	
132	70	PEDRO CORREIA	0:50:27.68	0:50:06.93	40	M	VetII M (40-44)	120	25	
133	245	JOANA PIÇARRA	0:50:39.75	0:50:35.20	48	F	VetIII F (45-49)	13	6	
134	28	VAGNER SIMPLÍCIO	0:50:50.12	0:50:38.50	38	M	VetI M (35-39)	121	16	
135	197	DEIVID FERREIRA	0:50:56.44	0:50:53.66	38	M	VetI M (35-39)	122	17	ROLEX
136	300	SANDRA MONTEIRO	0:50:59.01	0:50:59.01	47	F	VetIII F (45-49)	14	7	
137	286	FILIPE SILVA	0:51:10.46	0:51:00.27	45	M	VetIII M (45-49)	123	19	CCD TRANQUILIDADE
138	191	JOÃO PEREIRA	0:51:10.54	0:51:06.97	31	M	Seniores M (21-34)	124	36	
139	145	DELFIN PRATAS	0:51:25.64	0:51:16.19	55	M	VetV M (55-59)	125	9	BRRNIGHTRUNNERS
140	27	PEDRO ANJOS	0:51:34.14	0:51:34.14	21	M	Seniores M (21-34)	126	37	
141	199	PAULO PINTO	0:51:35.59	0:51:32.34	50	M	VetIV M (50-54)	127	12	PINHAL NOVO A CORRER
142	195	RACHEL OLIVEIRA	0:51:40.76	0:51:27.01	47	F	VetIII F (45-49)	15	8	
143	216	ANTÓNIO CARVALHO	0:51:41.77	0:51:26.78	63	M	VetVI M (60-65)	128	3	
144	29	TIAGO ROSA	0:51:47.09	0:51:42.18	38	M	VetI M (35-39)	129	18	MAC RUNNERS
145	40	ALEXANDRA RIBEIRO	0:51:51.28	0:51:51.28	38	F	VetI F (35-39)	16	5	
146	102	PEDRO CARRILHO	0:51:53.00	0:51:53.00	21	M	Seniores M (21-34)	130	38	
147	184	PAULO TRINDADE	0:51:54.29	0:51:52.48	33	M	Seniores M (21-34)	131	39	
148	299	GONÇALO AUGUSTO	0:51:58.52	0:51:46.37	42	M	VetII M (40-44)	132	26	
149	227	CAROLINA MARQUÊS	0:52:01.98	0:51:58.05	28	F	Seniores F (21-34)	17	3	RESTAURANTE BARCADELTA
150	57	JOSÉ OLIVEIRA	0:52:02.16	0:51:53.43	42	M	VetII M (40-44)	133	27	
151	217	VERISSIMO CHALEGRE	0:52:19.10	0:52:12.03	32	M	Seniores M (21-34)	134	40	
152	168	EZEQUIEL FERNANDES	0:52:26.43	0:52:23.50	66	M	VetVII M (66-99)	135	4	
153	289	MARTIM COSTA	0:52:34.01	0:52:18.31	18	M	Juniores M (18-20)	136	4	TERRIM TEAM
154	233	ANTÓNIO BARBAS	0:52:37.70	0:52:32.03	56	M	VetV M (55-59)	137	10	
155	48	ÉLIO JOAQUIM	0:52:51.41	0:52:28.23	39	M	VetI M (35-39)	138	19	PHODEI-VOS



156	51	HERMINIO BENTO	0:53:00.39	0:53:00.27	64	M	VetVI M (60-65)	139	4	GDC ESTRELA NEGRA
157	122	JOSE CORREIA	0:53:07.22	0:51:36.88	57	M	VetV M (55-59)	140	11	GT10.30SX
158	185	JOÃO CAMPIÃO	0:53:18.23	0:52:59.49	35	M	VetI M (35-39)	141	20	
159	100	FILIPA SOBRAL	0:53:19.15	0:53:16.17	33	F	Seniores F (21-34)	18	4	PINHAL NOVO A CORRER
160	236	JOAQUIM BRANQUINHO	0:53:25.94	0:53:18.07	45	M	VetIII M (45-49)	142	20	C BENFICA SEIXAL
161	89	PEDRO LOPES	0:53:37.20	0:53:24.20	42	M	VetII M (40-44)	143	28	CDR ÁGUIAS UNIDAS
162	249	ISABEL NUNES	0:53:40.43	0:53:28.43	51	F	VetIV F (50-54)	19	1	
163	141	DIANA CARDOSO	0:53:48.47	0:53:39.04	34	F	Seniores F (21-34)	20	5	
164	248	NUNO LOUREIRO	0:54:07.37	0:53:48.20	40	M	VetII M (40-44)	144	29	
165	314	MARCO MARTINS	0:54:08.98	0:54:04.23	40	M	VetII M (40-44)	145	30	
166	240	KATJA LETRAS	0:54:12.27	0:54:04.36	48	F	VetIII F (45-49)	21	9	DO YOU RUN?
167	156	ANA SILVA	0:54:14.50	0:54:01.92	22	F	Seniores F (21-34)	22	6	
168	241	PAULO LETRAS	0:54:14.65	0:54:07.31	46	M	VetIII M (45-49)	146	21	DO YOU RUN?
169	192	LUIS LOUREIRO	0:54:23.31	0:54:03.75	39	M	VetI M (35-39)	147	21	
170	176	RENÉ DUARTE	0:54:30.31	0:54:25.30	73	M	VetVII M (66-99)	148	5	GT10.30SX
171	33	ANTÓNIO COSTA	0:54:34.04	0:54:15.70	62	M	VetVI M (60-65)	149	5	GRUPO DESPORTIVO DGTF
172	186	HELDER REIS	0:54:34.87	0:54:14.42	48	M	VetIII M (45-49)	150	22	
173	21	FLÁVIO RATINHO	0:54:37.20	0:54:22.78	37	M	VetI M (35-39)	151	22	
174	14	DAVID VIEIRA	0:54:43.37	0:54:27.76	36	M	VetI M (35-39)	152	23	
175	311	JORGE PONCIANO	0:54:58.62	0:54:40.16	51	M	VetIV M (50-54)	153	13	
176	43	IRINA PEDRO	0:54:59.36	0:54:48.54	43	F	VetII F (40-44)	23	2	BRRNIGHTRUNNERS
177	242	HELDER BOTAS	0:55:03.04	0:54:44.09	54	M	VetIV M (50-54)	154	14	
178	124	PEDRO OLIVEIRA	0:55:12.68	0:55:10.56	39	M	VetI M (35-39)	155	24	OS SUPER HERÓIS
179	297	TÂNIA CARMO	0:55:16.64	0:55:07.24	37	F	VetI F (35-39)	24	6	NAVIGATOR CLUBE DE SETÚBAL
180	155	PEDRO RIBEIRO	0:55:38.23	0:55:22.63	43	M	VetII M (40-44)	156	31	
181	313	RICARDO MORAIS	0:55:56.20	0:55:47.94	44	M	VetII M (40-44)	157	32	CENTRO MUNICIPALMARCHA CORRIDA



182	84	PEDRO RIBEIRO	0:56:02.00	0:55:42.50	39	M	VetI M (35-39)	158	25	
183	331	SERGIO SILVA	0:56:09.14	0:56:09.14	43	M	VetII M (40-44)	159	33	GD SANTANDER TOTTA
184	44	FRANCISCO COSTA	0:56:20.95	0:56:11.69	46	M	VetIII M (45-49)	160	23	BRRNIGHTRUNNERS
185	201	ANTONIO OLIVEIRA	0:56:21.68	0:56:08.06	59	M	VetV M (55-59)	161	12	
186	82	FERNANDO NASCIMENTO	0:56:29.76	0:56:25.65	56	M	VetV M (55-59)	162	13	TÁLENTOS TEAM
187	81	ELISABETE LOURENÇO	0:56:29.85	0:56:25.21	48	F	VetIII F (45-49)	25	10	TÁLENTOS TEAM
188	211	MANUELA SILVA	0:56:37.14	0:56:20.95	47	F	VetIII F (45-49)	26	11	
189	210	MIGUEL GONÇALVES	0:56:39.06	0:56:22.83	46	M	VetIII M (45-49)	163	24	
190	163	VÍTOR SANTOS	0:56:42.20	0:56:25.41	41	M	VetII M (40-44)	164	34	DRAGON BALL
191	160	ELIANA BATISTA	0:56:42.59	0:56:28.44	29	F	Seniores F (21-34)	27	7	
192	161	ALEXANDRE ABREU	0:56:43.56	0:56:30.00	28	M	Seniores M (21-34)	165	41	
193	174	BEATRIZ PALMA	0:56:44.02	0:56:32.24	24	F	Seniores F (21-34)	28	8	
194	178	VITOR RIBEIRO	0:56:47.58	0:56:39.50	43	M	VetII M (40-44)	166	35	
195	41	LEILA LOPES	0:56:49.84	0:56:42.16	39	F	VetI F (35-39)	29	7	
196	105	PEDRO CARVALHO	0:56:52.69	0:56:37.36	36	M	VetI M (35-39)	167	26	
197	321	ANDRÉ RODRIGUES	0:57:10.44	0:57:00.57	41	M	VetII M (40-44)	168	36	
198	322	MÓNICA MOURATO	0:57:10.65	0:57:00.26	40	F	VetII F (40-44)	30	3	
199	152	VÍCTOR CANDEIAS	0:57:16.79	0:57:00.26	50	M	VetIV M (50-54)	169	15	
200	231	VANESSA ALEGRIA	0:57:20.70	0:57:08.03	37	F	VetI F (35-39)	31	8	
201	296	CATARINA FERREIRA	0:57:31.05	0:57:28.89	39	F	VetI F (35-39)	32	9	
202	46	FILIPA DIAS	0:57:33.44	0:57:12.99	46	F	VetIII F (45-49)	33	12	FOODEIVOS
203	172	LUCAS SMOLDERS	0:57:37.61	0:57:32.06	22	M	Seniores M (21-34)	170	42	
204	35	FATIMA RODRIGUES	0:57:43.03	0:57:27.54	56	F	VetV F (55-59)	34	1	
205	235	NIDBERTO PAIVA	0:57:54.52	0:57:40.18	45	M	VetIII M (45-49)	171	25	SALAVESSA TEAM
206	85	JOÃO FERNANDES	0:57:59.00	0:57:45.64	46	M	VetIII M (45-49)	172	26	PINHAL NOVO A CORRER
207	179	SÉRGIO SILVA	0:58:10.00	0:58:02.43	50	M	VetIV M (50-54)	173	16	



208	269	PAULO GRILO	0:58:15.11	0:58:01.13	33	M	Seniores M (21-34)	174	43	ASSCT MUN PALMELA
209	293	OLIVIA GASPAR	0:58:26.72	0:58:16.79	52	F	VetIV F (50-54)	35	2	SS CGD
210	224	FILIPE GOMES	0:58:40.15	0:58:23.12	55	M	VetV M (55-59)	175	14	
211	315	PAULO ROSADO	0:58:44.66	0:58:28.78	62	M	VetVI M (60-65)	176	6	
212	196	MARCIO OLIVEIRA	0:59:05.09	0:58:50.35	50	M	VetIV M (50-54)	177	17	
213	359	CATARINA COELHO	0:59:08.29	0:58:53.31	28	F	Seniores F (21-34)	36	9	ACADÉMICA PINHALNOVENSE
214	251	ANABELA MARTINS	0:59:08.66	0:59:02.63	36	F	VetI F (35-39)	37	10	AMICICLO GRÂNDOLA
215	303	NICOLE BERGER	0:59:25.53	0:59:20.89	48	F	VetIII F (45-49)	38	13	TÁLENTOS TEAM
216	171	DIOGO CARMO	0:59:28.06	0:59:19.11	21	M	Seniores M (21-34)	178	44	
217	164	CARLA NEVES	0:59:41.56	0:59:28.72	39	F	VetI F (35-39)	39	11	CORRER LISBOA
218	129	CATARINA RODRIGUES	0:59:44.98	0:59:31.40	23	F	Seniores F (21-34)	40	10	GINÁSIO VIVÊNCIA EXPLOSIVA
219	316	LEONEL BRANDAO	0:59:50.88	0:59:39.88	55	M	VetV M (55-59)	179	15	C MILLENNIUM BCP
220	221	PEDRO ALMEIDA	0:59:56.85	0:59:47.65	33	M	Seniores M (21-34)	180	45	FALSOS RÁPIDOS
221	287	ELISABETE ÁGUAS	1:00:05.83	0:59:54.29	58	F	VetV F (55-59)	41	2	CCD O ALVITEJO
222	340	TAYNA BRITO	1:00:08.09	1:00:01.44	28	F	Seniores F (21-34)	42	11	
223	131	ANA FIGUEIRAS	1:00:12.97	1:00:01.95	48	F	VetIII F (45-49)	43	14	GINÁSIO VIVÊNCIA EXPLOSIVA
224	130	ANA SANTOS	1:00:13.24	1:00:01.66	42	F	VetII F (40-44)	44	4	GINÁSIO VIVÊNCIA EXPLOSIVA
225	133	PAULO DOMINGUES	1:00:17.54	1:00:06.59	50	M	VetIV M (50-54)	181	18	
226	323	JOAQUIM ROQUE	1:00:21.03	1:00:14.55	56	M	VetV M (55-59)	182	16	GUERREIRO ROQUE
227	320	ANA DUARTE	1:00:35.03	1:00:20.11	30	F	Seniores F (21-34)	45	12	C MILLENNIUM BCP
228	298	TIAGO GALEGO	1:00:55.37	1:00:45.18	44	M	VetII M (40-44)	183	37	NAVIGATOR CLUBE DE SETÚBAL
229	128	ANTÓNIO JORGE	1:00:55.57	1:00:49.47	70	M	VetVII M (66-99)	184	6	
230	30	KELLEY IRISH	1:01:17.00	1:00:58.74	55	F	VetV F (55-59)	46	3	SETÚBAL OUTDOORS
231	255	GUILHERME MATOS	1:01:40.97	1:01:24.10	37	M	VetI M (35-39)	185	27	
232	25	DAYANE SANTANA	1:02:13.03	1:02:06.36	29	F	Seniores F (21-34)	47	13	
233	118	RUI PASTOR	1:02:31.28	1:02:14.11	50	M	VetIV M (50-54)	186	19	PASTOR RACING



234	99	CRISTINA SANTOS	1:02:31.48	1:02:26.75	47	F	VetIII F (45-49)	48	15	
235	98	JOSÉ LEITÃO	1:02:31.71	1:02:26.73	50	M	VetIV M (50-54)	187	20	PINHAL NOVO A CORRER
236	38	DULCE SUBTIL	1:02:36.77	1:02:25.33	41	F	VetII F (40-44)	49	5	
237	198	PRISCILA ALMEIDA	1:02:36.85	1:02:33.82	31	F	Seniores F (21-34)	50	14	
238	10	EDUARDO BERNARDO	1:02:52.29	1:02:46.65	51	M	VetIV M (50-54)	188	21	SUDU
239	11	SUSANA SOUSA	1:02:52.37	1:02:46.99	47	F	VetIII F (45-49)	51	16	SUDU
240	83	ANDREIA RIBEIRO	1:02:54.33	1:02:35.38	33	F	Seniores F (21-34)	52	15	
241	37	ANA CESTEIRO	1:03:16.12	1:03:04.75	37	F	VetI F (35-39)	53	12	
242	215	TIAGO ROCHA	1:03:45.08	1:03:29.35	33	M	Seniores M (21-34)	189	46	
243	167	VERA RAMOS	1:04:54.85	1:04:44.34	41	F	VetII F (40-44)	54	6	MEXE-TE
244	52	MARIA SOUSA	1:04:55.25	1:04:35.36	45	F	VetIII F (45-49)	55	17	FOODEIVOS
245	50	JOAQUINA VALENTE	1:05:29.35	1:05:17.77	63	F	VetVI F (60-65)	56	1	
246	327	TIAGO BANDEIRA	1:05:52.03	1:05:41.63	46	M	VetIII M (45-49)	190	27	GD SANTANDER TOTTA
247	54	JAIME CANTANTE	1:05:56.13	1:05:44.21	49	M	VetIII M (45-49)	191	28	
248	139	TERESA COSTA	1:06:08.21	1:05:55.27	58	F	VetV F (55-59)	57	4	
249	144	GONÇALO SILVA	1:06:12.87	1:06:01.09	25	M	Seniores M (21-34)	192	47	
250	333	RICARDO GAMA	1:06:14.63	1:06:07.24	38	M	VetI M (35-39)	193	28	GD SANTANDER TOTTA
251	332	CARINA SILVA	1:06:14.76	1:06:03.94	37	F	VetI F (35-39)	58	13	GD SANTANDER TOTTA
252	20	FERNANDA AFONSO	1:07:24.95	1:07:15.15	55	F	VetV F (55-59)	59	5	CASA DO MONTE
253	19	PEDRO SOARES	1:07:25.28	1:07:15.56	49	M	VetIII M (45-49)	194	29	CASA DO MONTE
254	101	CLAUDIO RODRIGUES	1:07:49.48	1:07:28.29	25	M	Seniores M (21-34)	195	48	
255	302	SAMUEL BASTO	1:08:03.32	1:07:46.54	42	M	VetII M (40-44)	196	38	
256	17	ANA CARTAXO	1:08:06.99	1:07:57.05	67	F	VetVII F (66-99)	60	1	PINHAL NOVO A CORRER
257	230	PAULO FERNANDES	1:08:22.80	1:08:16.77	52	M	VetIV M (50-54)	197	22	
258	92	JOANA PEREIRA	1:09:08.67	1:08:56.48	28	F	Seniores F (21-34)	61	16	CCD CRÉDITO AGRÍCOLA
259	26	SÓNIA OSÓRIO	1:09:20.71	1:09:06.09	47	F	VetIII F (45-49)	62	18	CDR ÁGUIAS UNIDAS



260	107	CÉSAR GUERRA	1:09:30.36	1:09:13.00	53	M	VetIV M (50-54)	198	23	
261	306	ELISABETE PINTO	1:10:12.61	1:10:05.77	66	F	VetVII F (66-99)	63	2	AGUALVA RUNNERS
262	325	ISABEL SEGURO	1:10:28.96	1:10:16.42	51	F	VetIV F (50-54)	64	3	CENTRO MUNICIPALMARCHA CORRIDA
263	220	MARGARIDA LAGOA	1:10:32.47	1:10:22.29	57	F	VetV F (55-59)	65	6	FALSOS RÁPIDOS
264	329	IRENEA COIMBRA	1:10:34.99	1:10:31.60	53	F	VetIV F (50-54)	66	4	GD SANTANDER TOTTA
265	330	GONÇALO COIMBRA	1:10:35.33	1:10:31.84	22	M	Seniores M (21-34)	199	49	GD SANTANDER TOTTA
266	336	RENATA MARQU	1:10:53.57	1:10:40.43	44	F	VetII F (40-44)	67	7	CENTRO MUNICIPALMARCHA CORRIDA
267	305	PEDRO PINTO	1:10:59.67	1:10:52.37	65	M	VetVI M (60-65)	200	7	AGUALVA RUNNERS
268	229	MARIA LUISA	1:11:10.58	1:10:52.65	38	F	VetI F (35-39)	68	14	
269	55	ADRIANA AMARAL	1:11:18.72	1:11:00.54	30	F	Seniores F (21-34)	69	17	
270	214	TIAGO NOGUEIRA	1:11:20.98	1:11:01.30	29	M	Seniores M (21-34)	201	50	
271	181	CLÁUDIO GUERRA	1:11:21.92	1:11:01.97	21	M	Seniores M (21-34)	202	51	
272	166	SÓNIA CASON	1:12:15.02	1:12:08.61	54	F	VetIV F (50-54)	70	5	
273	360	FÁBIO COELHO	1:12:33.27	1:12:33.27	29	M	Seniores M (21-34)	203	52	ACADÉMICA PINHALNOVENSE
274	225	PEDRO DIAS	1:15:32.17	1:15:14.87	45	M	VetIII M (45-49)	204	30	
275	42	CARLOS LOPES	1:15:36.25	1:15:27.46	64	M	VetVI M (60-65)	205	8	
276	232	FÁTIMA ALMEIDA	1:16:28.97	1:16:23.39	63	F	VetVI F (60-65)	71	2	
277	228	EUGENIA DAVID	1:16:38.30	1:16:27.65	45	F	VetIII F (45-49)	72	19	GINÁSIO VIVÊNCIA EXPLOSIVA
278	288	RUI COSTA	1:19:27.71	1:19:08.64	49	M	VetIII M (45-49)	206	31	TERRIM TEAM
279	247	RUI MELÃO	1:24:41.59	1:24:22.30	59	M	VetV M (55-59)	207	17	
280	317	BEATRIZ BRANDÃO	1:27:57.89	1:27:42.95	26	F	Seniores F (21-34)	73	18	C MILLENNIUM BCP