

15 JULHO
2023

CORRIDA 10KM

CORRIDA DAS FESTAS DE LOURES

38º
TROFÉU
CORRIDA DAS
COLETIVIDADES
DO CONCELHO
DE LOURES

04/07/2023

Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	2166	SAID AMEQRANE	0:30:34.73	0:30:34.73	41	M	VetII M (40-44)	1	1	
2	2976	BRUNO LOURENCO	0:32:06.25	0:32:06.25	34	M	Sen M (20-34)	2	1	VITÓRIA FUTEBOL CLUBE
3	3170	ISMAEL TAVARES DE CARVALHO	0:32:12.67	0:32:11.63	29	M	Sen M (20-34)	3	2	AGUALVA RUNNERS
4	3116	RICARDO MADEIRA	0:32:18.44	0:32:18.44	40	M	VetII M (40-44)	4	2	MF GRUPO
5	3017	FILIPE REBELO	0:33:06.19	0:33:06.19	28	M	Sen M (20-34)	5	3	RUNTEJO
6	1	LUÍS RAÇÕES	0:34:13.29	0:34:13.25	47	M	VetIII M (45-49)	6	1	CA VALE FIGUEIRA
7	3011	MIGUEL QUARESMA	0:34:23.31	0:34:23.31	40	M	VetII M (40-44)	7	3	RUNTEJO
8	3006	ANTÓNIO SILVA	0:34:25.39	0:34:25.13	28	M	Sen M (20-34)	8	4	RUNTEJO
9	3024	MIGUEL PINTO	0:34:38.19	0:34:38.14	31	M	Sen M (20-34)	9	5	RUNTEJO
10	3123	NATANAEL GUERREIRO	0:34:54.32	0:34:54.32	30	M	Sen M (20-34)	10	6	BELENENSES
11	3026	CARLOS CANHA	0:35:00.61	0:34:59.80	33	M	Sen M (20-34)	11	7	RUNTEJO
12	2898	RICARDO CEIA	0:35:02.86	0:35:02.70	37	M	VetI M (35-39)	12	1	SC CASAINHOS
13	2912	SÉRGIO PAIVA	0:35:20.31	0:35:20.31	51	M	VetIV M (50-54)	13	1	
14	1656	PEDRO GOMES	0:35:34.17	0:35:34.00	45	M	VetIII M (45-49)	14	2	FEDERAÇÃO DA FAMÍLIA
15	2684	LUÍS VASQUES	0:35:34.32	0:35:34.32	31	M	Sen M (20-34)	15	8	CSP43 RUNNING TEAM
16	3060	BERNARDO MAGINA	0:35:34.91	0:35:34.43	19	M	Jun M (17-19)	16	1	
17	150	CARLOS OLIVEIRA	0:35:35.96	0:35:35.89	53	M	VetIV M (50-54)	17	2	CA VALE FIGUEIRA
18	524	PAULO ALVES	0:35:46.95	0:35:46.95	45	M	VetIII M (45-49)	18	3	IMPrensa NACIONAL CASA DA MOEDA
19	2973	HUGO DOURADO	0:36:13.53	0:36:08.73	43	M	VetII M (40-44)	19	4	
20	2936	FILIPE CORREIA	0:36:18.43	0:36:18.43	39	M	VetI M (35-39)	20	2	FEDERAÇÃO DA FAMÍLIA
21	3114	JOÃO RAMALHO	0:36:21.66	0:36:21.66	23	M	Sen M (20-34)	21	9	CDUL
22	3118	ANTÓNIO VILHENA	0:36:32.48	0:36:32.48	30	M	Sen M (20-34)	22	10	EXÉRCITO DE PORTUGAL
23	612	TIAGO CASTELA	0:36:38.64	0:36:38.64	35	M	VetI M (35-39)	23	3	INGLESES FC
24	2791	RICARDO PIRES	0:36:50.55	0:36:50.55	41	M	VetII M (40-44)	24	5	CF OS BELENENSES
25	1053	MIRIAM MARTINS	0:36:52.00	0:36:51.20	31	F	Sen F (20-34)	1	1	INGLESES FC

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26	2703	IVANDRO MOREIRA	0:36:53.16	0:36:53.16	34	M	Sen M (20-34)	25	11	AGUALVA RUNNERS
27	1388	MARCO PINTO	0:36:56.00	0:36:56.00	32	M	Sen M (20-34)	26	12	UD ALFORNELOS
28	2572	JOÃO CACHULO	0:36:57.00	0:36:55.50	35	M	VetI M (35-39)	27	4	CORRER LOURES
29	2838	ANDRE MELO	0:36:58.12	0:36:58.12	41	M	VetII M (40-44)	28	6	CORRER É SOFRER
30	2882	ANTÓNIO RODRIGUES	0:37:02.67	0:36:56.49	43	M	VetII M (40-44)	29	7	ACADEMIA DO PRO
31	1583	ROMÁRIO ALMEIDA	0:37:10.85	0:37:10.85	50	M	VetIV M (50-54)	30	3	WALKRUN-WERUN
32	3023	JOEL PENA	0:37:13.61	0:37:13.61	40	M	VetII M (40-44)	31	8	RUNTEJO
33	1687	DAVID SILVA	0:37:16.88	0:37:14.76	40	M	VetII M (40-44)	32	9	O MUNDO DA CORRIDA
34	2860	JORGE PEDROSO	0:37:20.98	0:37:18.19	50	M	VetIV M (50-54)	33	4	AA MAFRA
35	1876	NÉLSON MOURA	0:37:25.13	0:37:22.88	41	M	VetII M (40-44)	34	10	INGLESES FC
36	2571	FERNANDO FRAÚSTO	0:37:26.44	0:37:24.35	25	M	Sen M (20-34)	35	13	BEJA AC
37	360	LUÍS SANTOS	0:37:31.86	0:37:31.86	41	M	VetII M (40-44)	36	11	A VALE SILÊNCIO
38	1012	MARCO QUEDAS	0:37:34.06	0:37:34.06	39	M	VetI M (35-39)	37	5	ACR MEALHADA
39	2749	HERNÂNI FERNANDES	0:37:39.48	0:37:39.48	52	M	VetIV M (50-54)	38	5	GT10.30SX
40	2921	MIGUEL SILVA	0:37:43.46	0:37:43.46	34	M	Sen M (20-34)	39	14	GENTLEMENS SPORTS CLUB
41	2911	ANTÓNIO BARBOSA	0:37:50.32	0:37:49.74	43	M	VetII M (40-44)	40	12	ASS VALE GRANDE
42	3025	ANTÓNIO BONÉ	0:37:56.00	0:37:55.31	29	M	Sen M (20-34)	41	15	RUNTEJO
43	1136	BRUNO FRANCISCO	0:37:57.01	0:37:56.94	40	M	VetII M (40-44)	42	13	UA POVOENSE
44	455	FÁBIO DAVID	0:38:03.70	0:38:03.70	30	M	Sen M (20-34)	43	16	AD LEÕES APELAÇONENSES
45	3037	PEDRO MARTINS	0:38:08.24	0:38:08.18	55	M	VetV M (55-59)	44	1	ACR MEALHADA
46	2580	NUNO NAIÁ	0:38:08.66	0:38:06.39	49	M	VetIII M (45-49)	45	4	C MILLENNIUM BCP
47	3106	RITA COELHO	0:38:11.05	0:38:11.05	22	F	Sen F (20-34)	2	2	SALESIANOS DE MANIQUE
48	681	JOSÉ SILVA	0:38:15.03	0:38:13.96	49	M	VetIII M (45-49)	46	5	CORRER LISBOA
49	2600	JOÃO CRUZ	0:38:27.08	0:38:25.85	38	M	VetI M (35-39)	47	6	AFDD MONTIJO
50	3016	PAULO ARRENEGA	0:38:28.92	0:38:28.62	56	M	VetV M (55-59)	48	2	RUNTEJO
51	2847	JORGE DEUS	0:38:31.78	0:38:27.47	48	M	VetIII M (45-49)	49	6	

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52	2731	ANTONIO MURTEIRA	0:38:35.47	0:38:35.47	55	M	VetV M (55-59)	50	3	GD RIBEIRA LAGE
53	2971	FERNANDO PARENTE	0:38:37.39	0:38:34.66	45	M	VetIII M (45-49)	51	7	GENTLEMENS SPORTS CLUB
54	249	PEDRO MOTA	0:38:39.49	0:38:38.98	52	M	VetIV M (50-54)	52	6	CORRER LOURES
55	3097	HELDER COTRIM	0:38:40.00	0:38:36.81	43	M	VetII M (40-44)	53	14	
56	3009	ANA REBELO	0:38:51.48	0:38:51.48	30	F	Sen F (20-34)	3	3	RUNTEJO
57	2933	DIOGO CALADO	0:38:53.44	0:38:49.73	33	M	Sen M (20-34)	54	17	GDC BANCO PORTUGAL
58	3027	JOÃO BORREGO	0:39:05.18	0:39:04.37	52	M	VetIV M (50-54)	55	7	RUNTEJO
59	171	JOSÉ GOMES	0:39:17.05	0:39:17.05	45	M	VetIII M (45-49)	56	8	AGUALVA RUNNERS
60	242	MANUEL FERNANDES	0:39:19.06	0:39:19.06	45	M	VetIII M (45-49)	57	9	CAD A CORRER
61	815	RUI OLIVEIRA	0:39:21.79	0:39:19.84	48	M	VetIII M (45-49)	58	10	GD SÃO DOMINGOS
62	2978	ABEL GLÓRIA	0:39:27.42	0:39:25.61	60	M	VetVI M (60-64)	59	1	GDR REBOLEIRA
63	2852	NELSON LAPAS	0:39:28.33	0:39:23.38	41	M	VetII M (40-44)	60	15	ARC TOLEDO
64	153	CARLOS PEREIRA	0:39:36.96	0:39:36.96	55	M	VetV M (55-59)	61	4	GD SÃO DOMINGOS
65	118	JOAQUIM OLIVEIRA	0:39:38.58	0:39:36.97	56	M	VetV M (55-59)	62	5	CA VALE FIGUEIRA
66	19	RAFAEL SALGADO	0:39:44.30	0:39:44.30	17	M	Jun M (17-19)	63	2	CA VALE FIGUEIRA
67	2842	TIAGO SIMÕES	0:39:45.17	0:39:45.17	31	M	Sen M (20-34)	64	18	ONTRISPORTS
68	2846	ROGERIO OLIVEIRA	0:39:45.39	0:39:40.26	43	M	VetII M (40-44)	65	16	
69	3005	CARLOS FREITAS	0:39:46.38	0:39:36.81	52	M	VetIV M (50-54)	66	8	RUNTEJO
70	3021	MIGUEL SOUSA	0:39:47.60	0:39:37.95	39	M	VetI M (35-39)	67	7	RUNTEJO
71	3014	RICARDO MORAIS	0:39:51.68	0:39:51.68	33	M	Sen M (20-34)	68	19	RUNTEJO
72	2801	PAULO GOMES	0:39:52.49	0:39:14.56	43	M	VetII M (40-44)	69	17	WR - WALKRUN
73	2611	RUI PEREIRA	0:39:54.87	0:39:44.32	40	M	VetII M (40-44)	70	18	CORRER LISBOA
74	2627	BRUNO SOUSA	0:39:55.35	0:39:52.98	18	M	Jun M (17-19)	71	3	OCR PORTUGAL LAB
75	813	RUI NEVES	0:40:03.25	0:40:03.25	54	M	VetIV M (50-54)	72	9	GD SÃO DOMINGOS
76	677	PEDRO ROCHA	0:40:03.80	0:40:03.80	39	M	VetI M (35-39)	73	8	CÂMARA LISBOA CLUBE
77	2837	JOÃO FILIPE	0:40:05.74	0:39:56.09	36	M	VetI M (35-39)	74	9	CDUL

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78	640	LUÍS PINHEIRO	0:40:10.06	0:40:10.06	45	M	VetIII M (45-49)	75	11	AD LEÕES APELAÇONENSES
79	2820	PAULA MARTINS	0:40:12.06	0:40:09.96	42	F	VetII F (40-44)	4	1	INGLESES FC
80	1021	RUI RODRIGUES	0:40:13.59	0:40:12.14	26	M	Sen M (20-34)	76	20	ACR MEALHADA
81	469	RUI CLETO	0:40:14.80	0:40:12.52	53	M	VetIV M (50-54)	77	10	AA MAFRA
82	3022	PAULO VELEZ	0:40:23.80	0:40:23.80	43	M	VetII M (40-44)	78	19	RUNTEJO
83	2964	DAVID GOMES	0:40:26.16	0:39:56.90	28	M	Sen M (20-34)	79	21	
84	2007	MARCO BELO	0:40:26.21	0:40:24.28	45	M	VetIII M (45-49)	80	12	ALVERCA URBAN RUNNERS
85	2597	PEDRO SILVA	0:40:32.64	0:40:28.69	32	M	Sen M (20-34)	81	22	
86	94	JOSE PEREIRA	0:40:38.84	0:40:38.17	48	M	VetIII M (45-49)	82	13	CA VALE FIGUEIRA
87	2784	MARCELO PINTO	0:40:41.69	0:40:40.59	32	M	Sen M (20-34)	83	23	BARCADELTA
88	3075	GONÇALO MARTA	0:40:42.07	0:40:39.49	28	M	Sen M (20-34)	84	24	INGLESES FC
89	3043	DANIEL SIMÕES	0:40:44.48	0:40:31.27	23	M	Sen M (20-34)	85	25	ACPORTALEGREUTSM
90	109	PAULO LOPES	0:40:46.90	0:40:43.76	53	M	VetIV M (50-54)	86	11	CA VALE FIGUEIRA
91	946	AMÉLIA VITORINO	0:40:48.11	0:40:48.11	29	F	Sen F (20-34)	5	4	ACR Sª. DESTERRO
92	1635	RICARDO RODRIGUES	0:40:49.88	0:40:49.37	43	M	VetII M (40-44)	87	20	CORRER LOURES
93	2706	JOÃO CAMILO	0:40:51.92	0:40:19.65	31	M	Sen M (20-34)	88	26	
94	2568	BRUNO CARVALHO	0:40:54.72	0:40:38.35	37	M	VetI M (35-39)	89	10	BANDIDOS
95	3049	PEDRO SOUSA	0:41:11.42	0:41:11.42	41	M	VetII M (40-44)	90	21	VULCANENSE FUTEBOL CLUBE
96	1555	NUNO SANTOS	0:41:21.25	0:40:29.14	45	M	VetIII M (45-49)	91	14	
97	1067	CARLOS SILVA	0:41:22.19	0:41:09.98	52	M	VetIV M (50-54)	92	12	LINDA-A-PASTORA SC
98	2851	INÊS NORONHA	0:41:22.22	0:41:22.22	31	F	Sen F (20-34)	6	5	
99	461	AMÂNDIO GOUVEIA	0:41:22.45	0:41:22.45	47	M	VetIII M (45-49)	93	15	AD LEÕES APELAÇONENSES
100	2512	FRANCISCO RIBEIRO	0:41:24.91	0:41:22.20	51	M	VetIV M (50-54)	94	13	
101	2737	PEDRO SILVA	0:41:27.47	0:41:23.59	38	M	VetI M (35-39)	95	11	
102	2066	JORGE SIMÕES	0:41:28.78	0:41:27.31	46	M	VetIII M (45-49)	96	16	ASS VALE GRANDE
103	2829	JOÃO HENRIQUES	0:41:29.06	0:41:18.83	22	M	Sen M (20-34)	97	27	RXMV RUNNERS

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104	2065	PAULO COSTA	0:41:31.83	0:41:30.15	47	M	VetIII M (45-49)	98	17	ASS VALE GRANDE
105	2704	RENATO CORREIA	0:41:33.98	0:41:23.57	41	M	VetII M (40-44)	99	22	ALHANDRA SC
106	2896	FILIPE ANTUNES	0:41:41.67	0:41:41.67	28	M	Sen M (20-34)	100	28	CMC ODIVELAS
107	766	CLAUDIO CASEIRO	0:41:44.07	0:41:18.10	46	M	VetIII M (45-49)	101	18	CORRER LISBOA
108	2761	JOÃO OLIVEIRA	0:41:50.22	0:41:48.02	47	M	VetIII M (45-49)	102	19	CCDT METRO LX
109	2840	ADOLFO LEAL	0:41:53.90	0:41:41.22	56	M	VetV M (55-59)	103	6	CORRER É SOFRER
110	648	MIGUEL CRUZ	0:41:54.02	0:41:52.09	24	M	Sen M (20-34)	104	29	CORRER LISBOA
111	2603	HENRIQUE SANTOS	0:42:02.10	0:41:26.88	28	M	Sen M (20-34)	105	30	ASS VALE GRANDE
112	3007	TIAGO RIBEIRO	0:42:07.05	0:41:55.71	35	M	VetI M (35-39)	106	12	RUNTEJO
113	2807	PAULO TORRES	0:42:08.40	0:41:55.81	47	M	VetIII M (45-49)	107	20	CF OS BELENENSES
114	2770	LUÍS LEMOS	0:42:09.23	0:41:56.31	47	M	VetIII M (45-49)	108	21	CLUBE OGMA
115	2622	DANIEL DIOGO	0:42:17.55	0:42:16.95	36	M	VetI M (35-39)	109	13	
116	98	CARLOS GONÇALVES	0:42:20.15	0:42:17.13	49	M	VetIII M (45-49)	110	22	CA VALE FIGUEIRA
117	218	RUI RODRIGUES	0:42:20.48	0:42:19.04	48	M	VetIII M (45-49)	111	23	CORRER SR GRANJA
118	1261	NUNO FERNANDES	0:42:22.03	0:42:16.84	19	M	Jun M (17-19)	112	4	UA POVOENSE
119	2528	NELSON FRADIQUE	0:42:22.87	0:42:18.10	47	M	VetIII M (45-49)	113	24	
120	740	HUGO ROQUE	0:42:24.43	0:42:21.85	44	M	VetII M (40-44)	114	23	SC CASAINHOS
121	263	JORGE VAZ	0:42:26.54	0:42:26.01	49	M	VetIII M (45-49)	115	25	CORRER LOURES
122	2990	ANTÓNIO DIONÍSIO	0:42:30.36	0:42:16.03	49	M	VetIII M (45-49)	116	26	
123	907	FLÁVIO SANTOS	0:42:30.68	0:42:30.53	27	M	Sen M (20-34)	117	31	FEDERAÇÃO DA FAMÍLIA
124	3095	RUI OLIVEIRA	0:42:31.70	0:42:30.88	52	M	VetIV M (50-54)	118	14	ZATOPEQUES FERNÃO FERRO
125	1323	MARCO COSTA	0:42:32.56	0:42:12.54	47	M	VetIII M (45-49)	119	27	CORRER LOURES
126	2765	NUNO PITA	0:42:37.55	0:42:37.55	47	M	VetIII M (45-49)	120	28	CCDT METRO LX
127	3012	BRUNO PEREIRA	0:42:38.71	0:42:27.00	45	M	VetIII M (45-49)	121	29	RUNTEJO
128	2732	CARLOS CAEIRO	0:42:39.13	0:42:38.10	49	M	VetIII M (45-49)	122	30	AMINHACORRIDARUNEXTREM
129	1004	JOSÉ LOPES	0:42:39.69	0:42:38.04	59	M	VetV M (55-59)	123	7	ACR MEALHADA

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130	1717	ANTÓNIO MERUJO	0:42:41.12	0:42:37.40	64	M	VetVI M (60-64)	124	2	C BENFICA TORRES VEDRAS
131	135	AIRES PRATAS	0:42:41.96	0:42:39.60	68	M	VetVII M (65-99)	125	1	CA VALE FIGUEIRA
132	1962	FILIPPE GOMES	0:42:42.42	0:42:35.86	39	M	VetI M (35-39)	126	14	CA VALE FIGUEIRA
133	693	FRANCISCO FREIRE	0:42:43.99	0:42:42.13	43	M	VetII M (40-44)	127	24	URBAN RUN TEAM
134	867	JOÃO SILVESTRE	0:42:44.53	0:42:39.32	18	M	Jun M (17-19)	128	5	CORRER LOURES
135	3015	JORGE NUNES	0:42:46.02	0:42:34.30	48	M	VetIII M (45-49)	129	31	RUNTEJO
136	3020	RITA RODRIGUES	0:42:47.23	0:42:47.23	28	F	Sen F (20-34)	7	6	RUNTEJO
137	2707	JOAO MARQUES	0:42:59.94	0:42:45.26	36	M	VetI M (35-39)	130	15	
138	763	JOSÉ PAJINHA	0:43:01.89	0:43:00.42	62	M	VetVI M (60-64)	131	3	LINDA-A-PASTORA SC
139	2892	FLAVIO REIS	0:43:03.37	0:42:59.99	41	M	VetII M (40-44)	132	25	BRUXOS RUNNERS
140	2583	PEDRO SOUSA	0:43:05.32	0:43:05.32	39	M	VetI M (35-39)	133	16	ROCKY TEAM
141	2961	FRANCISCO MACHADO	0:43:10.55	0:42:59.52	45	M	VetIII M (45-49)	134	32	RUN 4 FUN
142	246	JOÃO CANHOTO	0:43:10.90	0:43:10.90	53	M	VetIV M (50-54)	135	15	CORRER LOURES
143	3044	PATRICIO RODRIGUEZ	0:43:11.82	0:43:11.82	40	M	VetII M (40-44)	136	26	CALAFATE RUNNING TEAM
144	2553	HUGO MATEUS	0:43:15.22	0:42:40.16	23	M	Sen M (20-34)	137	32	
145	2748	MIGUEL FERREIRA	0:43:15.98	0:42:39.66	50	M	VetIV M (50-54)	138	16	
146	2542	PEDRO FILIPE	0:43:21.27	0:43:21.27	44	M	VetII M (40-44)	139	27	
147	1325	PAULO COSTA	0:43:21.36	0:43:21.34	47	M	VetIII M (45-49)	140	33	GD SÃO DOMINGOS
148	2893	ANTÓNIO LOURO	0:43:22.66	0:43:19.16	43	M	VetII M (40-44)	141	28	BRUXOS RUNNERS
149	3059	LUÍS FERNANDES	0:43:25.24	0:43:25.24	33	M	Sen M (20-34)	142	33	GT10.30SX
150	2733	ARNALDO ROLO	0:43:32.27	0:43:17.94	57	M	VetV M (55-59)	143	8	RFRPSI
151	88	TERESA SILVA	0:43:33.21	0:43:29.37	46	F	VetIII F (45-49)	8	1	CA VALE FIGUEIRA
152	588	LUCÍLIA SOARES	0:43:34.04	0:43:34.04	61	F	VetVI F (60-64)	9	1	INGLESES FC
153	3088	PEDRO CONTUMÉLIAS	0:43:39.80	0:42:36.44	25	M	Sen M (20-34)	144	34	NAFCS
154	1529	CARLOS MARCELINO	0:43:45.06	0:43:44.24	60	M	VetVI M (60-64)	145	4	GD REBOLEIRA
155	166	HENRIQUE RAMOS	0:43:46.56	0:43:45.09	62	M	VetVI M (60-64)	146	5	AGUALVA RUNNERS

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156	571	GABRIEL GONÇALVES	0:43:46.76	0:43:45.45	68	M	VetVII M (65-99)	147	2	INGLESES FC
157	2880	SÓNIA NEVES	0:43:47.00	0:43:47.00	48	F	VetIII F (45-49)	10	2	INGLESES FC
158	2738	PAULO SANTOS	0:43:51.12	0:43:47.62	56	M	VetV M (55-59)	148	9	AC SAMBRASENSE
159	49	JOÃO BRANCO	0:43:52.00	0:43:52.00	24	M	Sen M (20-34)	149	35	CA VALE FIGUEIRA
160	3169	SÍLVIO ROMÃO	0:43:53.02	0:43:42.20	42	M	VetII M (40-44)	150	29	CMC ODIVELAS
161	2885	DÉCIO MARTINS	0:43:53.32	0:43:31.67	37	M	VetI M (35-39)	151	17	
162	543	MARIA CASTRO	0:43:53.72	0:43:50.11	50	F	VetIV F (50-54)	11	1	CORRER LISBOA
163	468	ANA SANTOS	0:44:04.62	0:44:04.62	53	F	VetIV F (50-54)	12	2	AA MAFRA
164	739	ANTÓNIO GODINHO	0:44:05.41	0:43:54.65	49	M	VetIII M (45-49)	152	34	SC CASAINHOS
165	2709	CÉSAR ALMEIDA	0:44:09.69	0:43:27.24	38	M	VetI M (35-39)	153	18	BOBADELAS RUNNING TEAM
166	3099	NUNO CORDEIRO	0:44:09.93	0:44:09.93	46	M	VetIII M (45-49)	154	35	
167	2876	CAROLINA MARQUES	0:44:13.78	0:43:54.78	28	F	Sen F (20-34)	13	7	CARAVELA
168	3168	Atleta Sem Registo	0:44:14.10	0:44:14.10			Atl Sem Reg	1	1	
169	2678	ALEXANDRE SANTOS	0:44:17.84	0:43:56.15	57	M	VetV M (55-59)	155	10	SS CGD
170	180	RAQUEL ALVES	0:44:21.67	0:44:21.17	55	F	VetV F (55-59)	14	1	AGUALVA RUNNERS
171	2813	FILIPE SANTOS	0:44:22.01	0:44:04.03	30	M	Sen M (20-34)	156	36	
172	3089	FRANCISCO OLIVEIRA	0:44:23.90	0:43:19.44	29	M	Sen M (20-34)	157	37	
173	2905	LUIS SILVA	0:44:24.77	0:44:20.84	41	M	VetII M (40-44)	158	30	
174	2787	JOÃO TELES	0:44:26.17	0:44:26.17	31	M	Sen M (20-34)	159	38	OZ RUNNING TEAM
175	2858	DIAMANTINO GAMITO	0:44:26.28	0:44:21.20	57	M	VetV M (55-59)	160	11	LINDA-A-PASTORA SC
176	1633	EDUARDO LUÍS	0:44:27.77	0:44:08.99	45	M	VetIII M (45-49)	161	36	
177	2913	JOÃO LOPES	0:44:28.40	0:44:27.82	64	M	VetVI M (60-64)	162	6	
178	72	NUNO SALGADO	0:44:29.80	0:44:27.95	44	M	VetII M (40-44)	163	31	CA VALE FIGUEIRA
179	40	DAVID NOGUEIRA	0:44:30.00	0:44:23.79	19	M	Jun M (17-19)	164	6	CA VALE FIGUEIRA
180	695	SADIQ KASSAMO	0:44:31.52	0:44:29.36	49	M	VetIII M (45-49)	165	37	URBAN RUN TEAM
181	124	JOSÉ DELFINO	0:44:31.69	0:44:27.83	62	M	VetVI M (60-64)	166	7	CA VALE FIGUEIRA

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182	2702	GUILHERME TELES	0:44:35.12	0:43:51.21	37	M	VetI M (35-39)	167	19	BOBADELAS RUNNING TEAM
183	259	CARLOS SEQUEIRA	0:44:36.52	0:44:32.00	55	M	VetV M (55-59)	168	12	CORRER LOURES
184	2514	RUI BERNARDO	0:44:38.68	0:44:35.29	40	M	VetII M (40-44)	169	32	ALDEIA DO BISPO
185	2567	RICARDO CARVALHO	0:44:41.06	0:44:24.42	43	M	VetII M (40-44)	170	33	CORRER LISBOA
186	110	LUIS ALVES	0:44:43.11	0:44:35.63	52	M	VetIV M (50-54)	171	17	CA VALE FIGUEIRA
187	3008	MARIO RIBEIRO	0:44:45.04	0:44:43.26	58	M	VetV M (55-59)	172	13	RUNTEJO
188	2550	CARLOS FAUSTINO	0:44:47.97	0:44:13.73	43	M	VetII M (40-44)	173	34	TEAM TULIPA
189	356	ANTÓNIO GONÇALVES	0:44:49.20	0:44:30.91	47	M	VetIII M (45-49)	174	38	A VALE SILÊNCIO
190	2618	JOAQUIM CHITAS	0:44:49.29	0:44:05.37	48	M	VetIII M (45-49)	175	39	BOBADELAS RUNNING TEAM
191	2529	SÉRGIO CARDOSO	0:44:52.85	0:43:52.33	35	M	VetI M (35-39)	176	20	
192	2768	VALDEVAGNER SANTOS	0:44:52.98	0:44:52.98	33	M	Sen M (20-34)	177	39	
193	2655	JOÃO SEIXAS	0:44:54.56	0:44:51.21	29	M	Sen M (20-34)	178	40	
194	971	GONÇALO PALMINHA	0:44:54.86	0:44:21.28	45	M	VetIII M (45-49)	179	40	CMC ODIVELAS
195	2839	ARLINDO PAIXÃO	0:44:55.59	0:44:41.26	60	M	VetVI M (60-64)	180	8	CORRER É SOFRER
196	439	JAIME PINTO	0:44:55.70	0:44:52.41	63	M	VetVI M (60-64)	181	9	AD PALMEIROS
197	2928	FAUSTO SÁ	0:44:58.77	0:44:26.87	46	M	VetIII M (45-49)	182	41	MARVILA JOVEM
198	2843	FREDERICO LÁZARO	0:44:59.41	0:44:59.41	43	M	VetII M (40-44)	183	35	CF OS BELENENSES
199	3071	FILIPPE VALE	0:45:00.00	0:44:19.05	28	M	Sen M (20-34)	184	41	HSSC TEAM
200	2878	SÉRGIO PACHECO	0:45:01.08	0:44:57.63	45	M	VetIII M (45-49)	185	42	PENICHE A CORRER
201	272	RICARDO SUZANO	0:45:02.56	0:44:41.54	37	M	VetI M (35-39)	186	21	CORRER LOURES
202	2818	LUDGERO MAIA	0:45:04.00	0:44:30.26	42	M	VetII M (40-44)	187	36	
203	3120	LUIS PAULO	0:45:08.50	0:45:08.50	57	M	VetV M (55-59)	188	14	BAHIA
204	2886	LUÍS MADRUGA	0:45:11.39	0:44:23.99	36	M	VetI M (35-39)	189	22	LIT TEAM
205	1567	CARLOS NUNES	0:45:12.51	0:44:43.88	50	M	VetIV M (50-54)	190	18	
206	89	JORGE PAREDES	0:45:12.73	0:45:10.58	46	M	VetIII M (45-49)	191	43	CA VALE FIGUEIRA
207	134	NORBERTO COELHO	0:45:12.89	0:45:07.35	67	M	VetVII M (65-99)	192	3	CA VALE FIGUEIRA

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208	2998	PAULO TOMAS	0:45:16.39	0:45:16.39	50	M	VetIV M (50-54)	193	19	ALCOBELA
209	2803	FRANCISCO BRANCO	0:45:19.42	0:45:19.42	29	M	Sen M (20-34)	194	42	
210	2879	JOSÉ JOAQUIM	0:45:22.15	0:45:19.41	61	M	VetVI M (60-64)	195	10	NAZA
211	977	DANIEL RIMOLI	0:45:22.34	0:45:13.20	38	M	VetI M (35-39)	196	23	CORRER LISBOA
212	2811	NUNO CHAVES	0:45:22.61	0:45:03.85	31	M	Sen M (20-34)	197	43	
213	2575	PEDRO SÁ	0:45:25.79	0:45:06.27	50	M	VetIV M (50-54)	198	20	C MILLENNIUM BCP
214	2574	PEDRO PEREIRA	0:45:25.85	0:45:08.32	56	M	VetV M (55-59)	199	15	C MILLENNIUM BCP
215	2970	TITO NASCIMENTO	0:45:27.15	0:45:12.11	42	M	VetII M (40-44)	200	37	
216	2010	VIRGÍLIO MADEIRA	0:45:27.44	0:44:56.34	64	M	VetVI M (60-64)	201	11	CASA BENFICA SEIXAL
217	115	JOSÉ MARQUES	0:45:32.51	0:45:27.68	56	M	VetV M (55-59)	202	16	CA VALE FIGUEIRA
218	517	VITOR ARAUJO	0:45:35.31	0:45:35.31	45	M	VetIII M (45-49)	203	44	AD LEÕES APELAÇONENSES
219	2815	JOÃO PEREIRA	0:45:36.13	0:45:18.29	31	M	Sen M (20-34)	204	44	
220	1899	ANTÓNIO SOUSA	0:45:38.10	0:45:34.55	61	M	VetVI M (60-64)	205	12	CA VALE FIGUEIRA
221	1870	LUÍS RUA	0:45:39.21	0:44:58.72	38	M	VetI M (35-39)	206	24	
222	2769	JOÃO JORGE	0:45:39.21	0:45:13.76	41	M	VetII M (40-44)	207	38	GRUPETA RUNNING TEAM
223	2548	JUNIOR HARTMAN	0:45:40.42	0:45:10.82	32	M	Sen M (20-34)	208	45	
224	2599	SERGIO SILVA	0:45:42.20	0:44:57.95	44	M	VetII M (40-44)	209	39	
225	119	JORGE MARÇAL	0:45:44.92	0:45:44.92	57	M	VetV M (55-59)	210	17	CA VALE FIGUEIRA
226	1578	EDMIR CORREIA	0:45:45.51	0:45:45.51	31	M	Sen M (20-34)	211	46	GD SÃO DOMINGOS
227	782	ANABELA CARVALHO	0:45:47.00	0:45:47.00	59	F	VetV F (55-59)	15	2	GD SÃO DOMINGOS
228	355	PEDRO GONÇALVES	0:45:49.08	0:45:32.21	38	M	VetI M (35-39)	212	25	A VALE SILÊNCIO
229	92	ANTÓNIO SIMÕES	0:45:52.74	0:45:51.70	47	M	VetIII M (45-49)	213	45	CA VALE FIGUEIRA
230	2601	ILÍDIA JOSÉ	0:45:54.86	0:45:50.59	35	F	VetI F (35-39)	16	1	AFDD MONTIJO
231	2593	RUI HENRIQUES	0:45:58.31	0:45:14.64	52	M	VetIV M (50-54)	214	21	
232	935	NUNO AFONSO	0:45:59.02	0:45:18.32	45	M	VetIII M (45-49)	215	46	RUN24RUN
233	104	RUI MENDES	0:46:00.70	0:45:57.47	51	M	VetIV M (50-54)	216	22	CA VALE FIGUEIRA

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234	2864	PAULO GOMES	0:46:05.42	0:46:04.34	44	M	VetII M (40-44)	217	40	ONTRISPORTS
235	2680	JOAQUIM FRADE	0:46:07.19	0:45:56.66	67	M	VetVII M (65-99)	218	4	SS CGD
236	2698	MANEL SERRANO	0:46:09.93	0:45:59.30	22	M	Sen M (20-34)	219	47	OCR PORTUGAL LAB
237	2883	DANIEL TRINDADE	0:46:11.05	0:45:46.18	23	M	Sen M (20-34)	220	48	UAPOVENSE
238	2771	NELSON LOURENÇO	0:46:11.54	0:46:11.54	52	M	VetIV M (50-54)	221	23	
239	1463	Atleta Sem Registo	0:46:12.99	0:46:12.99			Atl Sem Reg	2	2	
240	2672	RAQUEL SUBTIL	0:46:13.01	0:46:13.01	38	F	VetI F (35-39)	17	2	
241	2974	JOÃO FERREIRA	0:46:14.74	0:45:57.90	33	M	Sen M (20-34)	222	49	
242	2914	JOSÉ PEREIRA	0:46:21.73	0:46:21.73	61	M	VetVI M (60-64)	223	13	BARRAQUEIRO
243	546	SÉRGIO FERREIRA	0:46:22.42	0:45:56.89	45	M	VetIII M (45-49)	224	47	CORRER LISBOA
244	3056	IGOR SANTOS	0:46:22.54	0:46:20.52	38	M	VetI M (35-39)	225	26	RUNNERS DO DEMO
245	2906	PATRÍCIA COSTA	0:46:25.35	0:46:21.86	38	F	VetI F (35-39)	18	3	
246	1436	CARLA BERNARDINO	0:46:27.00	0:46:12.00	46	F	VetIII F (45-49)	19	3	
247	2589	SAMUEL VOGEL	0:46:31.01	0:46:29.43	30	M	Sen M (20-34)	226	50	
248	723	FÁBIO PEREIRA	0:46:33.38	0:46:25.55	31	M	Sen M (20-34)	227	51	SC CASINHOS
249	702	CARLOS RODRIGUES	0:46:34.04	0:46:34.04	65	M	VetVII M (65-99)	228	5	URBAN RUN TEAM
250	2728	RUI PÉCURTO	0:46:38.03	0:46:14.51	50	M	VetIV M (50-54)	229	24	
251	2585	CARLOS COSTA	0:46:40.58	0:46:36.07	36	M	VetI M (35-39)	230	27	
252	2506	FILIPPE FERREIRA	0:46:41.68	0:46:35.28	47	M	VetIII M (45-49)	231	48	
253	2935	RUI PIRES	0:46:42.37	0:46:20.28	44	M	VetII M (40-44)	232	41	
254	1847	RÚBEN VALADÃO	0:46:45.12	0:46:14.80	44	M	VetII M (40-44)	233	42	
255	2977	AFONSO SOUSA	0:46:45.41	0:46:38.80	18	M	Jun M (17-19)	234	7	
256	1856	LUIS SANTOS	0:46:47.27	0:46:36.16	55	M	VetV M (55-59)	235	18	URBAN RUN TEAM
257	2521	BRUNO SERRA	0:46:49.74	0:46:46.35	39	M	VetI M (35-39)	236	28	
258	2614	PEDRO VAZ	0:46:51.48	0:46:22.69	34	M	Sen M (20-34)	237	52	
259	266	MARIA FERNANDES	0:46:52.73	0:46:48.63	57	F	VetV F (55-59)	20	3	CORRER LOURES

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260	2664	RUI LAMEGO	0:46:52.99	0:46:52.99	38	M	VetI M (35-39)	238	29	PRIME RUNNING CLUB
261	2866	ANTONIO JANELAS	0:46:53.63	0:45:58.28	61	M	VetVI M (60-64)	239	14	PINHAL NOVO
262	528	NUNO HENRIQUES	0:46:54.72	0:46:53.94	48	M	VetIII M (45-49)	240	49	IMPRESA NACIONAL CASA DA MOEDA
263	68	PEDRO TAVARES	0:46:54.99	0:46:20.70	42	M	VetII M (40-44)	241	43	CA VALE FIGUEIRA
264	363	CARLOS REIS	0:46:58.00	0:46:46.51	56	M	VetV M (55-59)	242	19	A VALE SILÊNCIO
265	2873	ALEKSANDR INGAL	0:46:59.94	0:46:59.94	39	M	VetI M (35-39)	243	30	
266	121	VASCO GONÇALVES	0:47:01.56	0:46:54.96	60	M	VetVI M (60-64)	244	15	CA VALE FIGUEIRA
267	275	ANA OLIVEIRA	0:47:04.40	0:46:59.65	45	F	VetIII F (45-49)	21	4	CORRER LOURES
268	464	FERNANDO FERNANDES	0:47:07.42	0:47:02.85	68	M	VetVII M (65-99)	245	6	AD LEÕES APELAÇONENSES
269	2532	JOÃO CARVALHO	0:47:09.31	0:47:09.27	54	M	VetIV M (50-54)	246	25	
270	262	JORGE PEREIRA	0:47:09.50	0:47:05.29	46	M	VetIII M (45-49)	247	50	CORRER LOURES
271	435	VERA DUARTE	0:47:09.68	0:47:05.07	50	F	VetIV F (50-54)	22	3	CORRER LOURES
272	1883	DIOGO VIEGAS	0:47:10.35	0:46:52.93	17	M	Jun M (17-19)	248	8	ACR MEALHADA
273	2958	FÁBIO PIO	0:47:16.46	0:46:45.27	51	M	VetIV M (50-54)	249	26	GD SANTANDER TOTTA
274	2918	CARLOS ROSADO	0:47:20.35	0:47:09.50	55	M	VetV M (55-59)	250	20	CLUBE RUGBY JUROMENHA
275	3096	JAMILLE CARLOS	0:47:21.01	0:47:06.94	41	F	VetII F (40-44)	23	2	
276	2979	PAULO CARVALHO	0:47:21.71	0:47:12.75	36	M	VetI M (35-39)	251	31	
277	962	RICARDO FRANCO	0:47:23.44	0:47:02.64	37	M	VetI M (35-39)	252	32	
278	987	ANTONIO PEREIRA	0:47:25.20	0:47:05.37	59	M	VetV M (55-59)	253	21	ACR MEALHADA
279	3053	KATHERINE BOTH	0:47:25.41	0:47:16.45	35	F	VetI F (35-39)	24	4	JOMA
280	3094	JORGE MONTEIRO	0:47:27.97	0:47:25.03	50	M	VetIV M (50-54)	254	27	ZATOPEQUES FERNÃO FERRO
281	1055	LUIS CARVALHO	0:47:29.80	0:47:03.73	45	M	VetIII M (45-49)	255	51	CORRER LISBOA
282	2884	JOÃO SANTOS	0:47:30.99	0:47:26.61	58	M	VetV M (55-59)	256	22	NRD ÍDOLOS PRAÇA
283	117	ALBERTO PASCOAL	0:47:32.93	0:47:32.93	56	M	VetV M (55-59)	257	23	CA VALE FIGUEIRA
284	974	NUNO OLIVEIRA	0:47:34.57	0:47:29.64	48	M	VetIII M (45-49)	258	52	CORRER LOURES
285	542	RUI GRAÇA	0:47:35.77	0:47:09.29	55	M	VetV M (55-59)	259	24	CORRER LISBOA

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286	2509	CRISTIANO MENDES	0:47:36.68	0:47:19.82	39	M	VetI M (35-39)	260	33	
287	3010	JOAQUIM AMARAL	0:47:38.19	0:47:26.84	48	M	VetIII M (45-49)	261	53	RUNTEJO
288	3013	EVELINO MAGALHÃES	0:47:38.69	0:47:29.17	48	M	VetIII M (45-49)	262	54	RUNTEJO
289	908	ISABEL SANTOS	0:47:41.86	0:47:29.57	54	F	VetIV F (50-54)	25	4	FEDERAÇÃO DA FAMÍLIA
290	1339	LUÍS RIBEIRO	0:47:44.62	0:46:43.37	49	M	VetIII M (45-49)	263	55	VALE GRANDE
291	248	MARIA DUARTE	0:47:47.07	0:47:39.62	54	F	VetIV F (50-54)	26	5	CORRER LOURES
292	2540	EDUARDO PINHEIRO	0:47:47.82	0:47:45.91	57	M	VetV M (55-59)	264	25	
293	3112	PEDRO COSTA	0:47:48.87	0:47:48.87	46	M	VetIII M (45-49)	265	56	CORRER LISBOA
294	3000	JOSÉ ALMEIDA	0:47:49.96	0:46:49.23	30	M	Sen M (20-34)	266	53	OS XAVIERES DO RUACANÁ
295	2629	FILIPPE OLIVEIRA	0:47:57.10	0:47:27.61	45	M	VetIII M (45-49)	267	57	
296	2802	BRUNO AMARO	0:47:57.83	0:47:20.07	42	M	VetII M (40-44)	268	44	
297	3167	Atleta Sem Registo	0:47:58.46	0:47:58.46			Atl Sem Reg	3	3	
298	3001	PEDRO SILVA	0:47:59.13	0:47:59.13	39	M	VetI M (35-39)	269	34	
299	666	PAULO GONÇALVES	0:48:00.78	0:47:09.48	51	M	VetIV M (50-54)	270	28	CÂMARA LISBOA CLUBE
300	667	MIGUEL VELEZ	0:48:02.05	0:47:09.27	59	M	VetV M (55-59)	271	26	CÂMARA LISBOA CLUBE
301	2573	ANA MARQUES	0:48:02.57	0:48:02.02	62	F	VetVI F (60-64)	27	2	C MILLENNIUM BCP
302	1051	FERNANDO FRANCISCO	0:48:05.77	0:48:02.05	50	M	VetIV M (50-54)	272	29	INGLESES FC
303	2645	MANUEL ROCHA	0:48:06.78	0:47:59.61	51	M	VetIV M (50-54)	273	30	CAA BELEM
304	2545	RUBEN FAGUNDES	0:48:08.54	0:47:55.66	24	M	Sen M (20-34)	274	54	CLUBE OLIMPICO DE OEIRAS
305	2895	CARLOS MONTEIRO	0:48:10.63	0:48:04.68	60	M	VetVI M (60-64)	275	16	ADCR O INDEPENDENTE
306	2804	MIGUEL BARROS	0:48:11.31	0:47:46.11	45	M	VetIII M (45-49)	276	58	OCR PORTUGAL LAB
307	2891	VALDEMAR FERREIRA	0:48:12.00	0:47:35.38	47	M	VetIII M (45-49)	277	59	
308	538	ORLANDO FERREIRA	0:48:15.20	0:48:15.20	53	M	VetIV M (50-54)	278	31	CORRER LOURES
309	2805	BRUNO GOMES	0:48:15.40	0:47:50.12	49	M	VetIII M (45-49)	279	60	
310	705	CARLOS SANTOS	0:48:22.19	0:47:29.84	63	M	VetVI M (60-64)	280	17	CÂMARA LISBOA CLUBE
311	2696	HÉLDER PEREIRA	0:48:24.00	0:47:06.04	30	M	Sen M (20-34)	281	55	DAVINCIS DE BIGODE

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312	1440	FERNANDO SOUSA	0:48:28.63	0:47:44.42	55	M	VetV M (55-59)	282	27	FEDERAÇÃO DA FAMÍLIA
313	329	LUIS PÔTRA	0:48:28.80	0:48:08.64	43	M	VetII M (40-44)	283	45	ALVERCA URBAN RUNNERS
314	511	JOSÉ SANTOS	0:48:29.89	0:48:29.89	18	M	Jun M (17-19)	284	9	AD LEÕES APELAÇONENSES
315	2963	ANTONIO FREITAS	0:48:30.06	0:47:37.72	31	M	Sen M (20-34)	285	56	
316	2824	JORGE GARCIA	0:48:30.32	0:48:14.38	35	M	VetI M (35-39)	286	35	
317	2656	MIGUEL ALMEIDA	0:48:31.51	0:48:27.58	29	M	Sen M (20-34)	287	57	
318	2740	PAULO SILVA	0:48:32.27	0:48:13.88	54	M	VetIV M (50-54)	288	32	PINHAL NOVO A CORRER
319	185	JOSÉ FIDALGO	0:48:35.00	0:48:27.55	56	M	VetV M (55-59)	289	28	AGUALVA RUNNERS
320	2615	MÁRIO GASPAR	0:48:36.03	0:48:11.48	58	M	VetV M (55-59)	290	29	CORRER LISBOA
321	704	CLÁUDIA MADEIRA	0:48:36.47	0:48:10.22	43	F	VetII F (40-44)	28	3	CORRER LISBOA
322	1892	DAVID VALADARES	0:48:36.76	0:47:37.69	23	M	Sen M (20-34)	291	58	UD PONTE FRIELAS
323	3036	SAMUEL LATAS	0:48:36.93	0:48:20.38	21	M	Sen M (20-34)	292	59	ACR MEALHADA
324	2594	HENRIQUE COELHO	0:48:38.16	0:48:15.51	42	M	VetII M (40-44)	293	46	OPTICALIA RUNNING TEAM
325	636	EDUARDO QUINTAIS	0:48:42.20	0:48:19.86	49	M	VetIII M (45-49)	294	61	CORRER LISBOA
326	547	HUGO BRÁS	0:48:43.52	0:48:01.74	43	M	VetII M (40-44)	295	47	CORRER LISBOA
327	1346	EMIBERTA SILVA	0:48:46.85	0:48:34.80	40	F	VetII F (40-44)	29	4	ASS VALE GRANDE
328	2586	PAULO SILVA	0:48:48.08	0:47:53.53	38	M	VetI M (35-39)	296	36	
329	2525	CARLOS RESA	0:48:48.63	0:48:30.65	42	M	VetII M (40-44)	297	48	
330	2013	NELSON SILVA	0:48:53.90	0:48:37.46	39	M	VetI M (35-39)	298	37	A VALE SILÊNCIO
331	2547	MIGUEL FERREIRA	0:48:57.63	0:48:20.19	34	M	Sen M (20-34)	299	60	
332	958	VENÂNCIO GUERREIRO	0:48:58.20	0:48:43.44	68	M	VetVII M (65-99)	300	7	AD LEÕES APELAÇONENSES
333	365	ARMANDO ALMEIDA	0:48:58.94	0:48:58.65	64	M	VetVI M (60-64)	301	18	A VALE SILÊNCIO
334	123	CONCEIÇÃO PEREIRA	0:49:00.40	0:48:58.64	61	F	VetVI F (60-64)	30	3	CA VALE FIGUEIRA
335	2530	RITA CORREIA	0:49:01.00	0:48:38.38	42	F	VetII F (40-44)	31	5	
336	2806	FABIO BATISTA	0:49:08.82	0:48:52.80	30	M	Sen M (20-34)	302	61	
337	2872	PEDRO ROBERTO	0:49:09.05	0:48:16.84	36	M	VetI M (35-39)	303	38	

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338	274	ABEL DIAS	0:49:09.11	0:48:33.29	44	M	VetII M (40-44)	304	49	CORRER LOURES
339	2726	JOÃO CARVALHO	0:49:10.09	0:48:21.59	29	M	Sen M (20-34)	305	62	
340	2853	TIAGO LOURENÇO	0:49:10.24	0:48:11.85	29	M	Sen M (20-34)	306	63	CÁ CALHARÁS
341	2670	JOÃO RODRIGUES	0:49:10.54	0:48:54.73	34	M	Sen M (20-34)	307	64	
342	2610	JOÃO PINTO	0:49:10.77	0:48:30.95	26	M	Sen M (20-34)	308	65	ADLA
343	2717	RAFAEL PEREIRA	0:49:11.36	0:48:34.26	33	M	Sen M (20-34)	309	66	
344	2665	ELSA PIRES	0:49:11.65	0:49:09.45	32	F	Sen F (20-34)	32	8	PRIME RUNNING CLUB
345	3046	SÉRGIO PATRÍCIO	0:49:12.13	0:49:12.13	44	M	VetII M (40-44)	310	50	
346	2533	CARVALHEIRA DIAS	0:49:12.93	0:49:04.49	31	M	Sen M (20-34)	311	67	FIDELIDADE GDC
347	2995	FILIPPE BRANCO	0:49:13.66	0:48:57.00	53	M	VetIV M (50-54)	312	33	ALCOBELA
348	2537	JOÃO QUELHAS	0:49:14.78	0:48:51.39	48	M	VetIII M (45-49)	313	62	CLUBE OGMA
349	251	SUSANA RAMOS	0:49:15.40	0:49:09.22	43	F	VetII F (40-44)	33	6	CORRER LOURES
350	277	RICARDO DINIS	0:49:16.09	0:49:10.02	38	M	VetI M (35-39)	314	39	CORRER LOURES
351	2613	RICARDO PAIXÃO	0:49:16.92	0:48:46.94	37	M	VetI M (35-39)	315	40	
352	136	CARLOS CAEIRO	0:49:23.11	0:49:22.19	68	M	VetVII M (65-99)	316	8	CA VALE FIGUEIRA
353	650	ADRIANA ROQUE	0:49:23.65	0:49:09.53	37	F	VetI F (35-39)	34	5	ADC CATUJAL
354	260	CARLOS VIEIRA	0:49:25.96	0:49:21.25	54	M	VetIV M (50-54)	317	34	CORRER LOURES
355	2000	BRUNO SILVA	0:49:26.52	0:49:11.61	37	M	VetI M (35-39)	318	41	A VALE SILÊNCIO
356	2772	CARLOS TROMBINHAS	0:49:27.03	0:48:36.43	49	M	VetIII M (45-49)	319	63	
357	2541	NELSON MOREIRA	0:49:27.83	0:48:39.93	38	M	VetI M (35-39)	320	42	RUNTEJO-PREVENT SPRAIN
358	2555	PEDRO RAPOSO	0:49:29.95	0:49:06.07	39	M	VetI M (35-39)	321	43	O ULTIMO APAGA A LUZ
359	138	VITOR AMADO	0:49:34.14	0:49:27.72	69	M	VetVII M (65-99)	322	9	CA VALE FIGUEIRA
360	1019	RICARDO GARCIA	0:49:41.89	0:49:24.95	30	M	Sen M (20-34)	323	68	ACR MEALHADA
361	2561	JOSÉ TAVARES	0:49:43.71	0:49:29.75	55	M	VetV M (55-59)	324	30	CORRER LISBOA
362	3090	CARLOS TOMÉ	0:49:43.90	0:48:51.64	56	M	VetV M (55-59)	325	31	
363	1943	QUIM SANTOS	0:49:45.09	0:49:04.41	41	M	VetII M (40-44)	326	51	RUN24RUN

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364	2642	INÊS FREITAS	0:49:45.52	0:48:59.44	41	F	VetII F (40-44)	35	7	CAA BELEM
365	984	ANA MONTEIRO	0:49:45.77	0:49:28.55	35	F	VetI F (35-39)	36	6	ACR MEALHADA
366	1610	NUNO MENDES	0:49:46.49	0:49:02.60	50	M	VetIV M (50-54)	327	35	UA POVOENSE
367	1609	CARLA MENDES	0:49:47.77	0:49:07.79	48	F	VetIII F (45-49)	37	5	UA POVOENSE
368	2632	PAULO LOURO	0:49:48.00	0:49:48.00	58	M	VetV M (55-59)	328	32	
369	2743	BRUNO MATEUS	0:49:48.01	0:49:03.98	26	M	Sen M (20-34)	329	69	BOBADELAS RUNNING TEAM
370	269	NUNO FERREIRA	0:49:48.17	0:48:58.01	44	M	VetII M (40-44)	330	52	CORRER LOURES
371	2828	RODRIGO MENDES	0:49:48.36	0:49:35.11	21	M	Sen M (20-34)	331	70	RXMV RUNNERS
372	2045	HARUN RASHID	0:49:49.14	0:49:48.40	38	M	VetI M (35-39)	332	44	CORRER LISBOA
373	2910	JOAQUIM SAFARA	0:49:49.41	0:49:42.71	61	M	VetVI M (60-64)	333	19	CORRER LISBOA
374	2827	TOMÁS MENDES	0:49:50.06	0:49:34.97	22	M	Sen M (20-34)	334	71	RXMV RUNNERS
375	398	RICARDO VICTOR	0:49:51.51	0:49:32.13	37	M	VetI M (35-39)	335	45	ALVERCA URBAN RUNNERS
376	3103	BRUNO BRITO	0:49:53.19	0:49:53.19	43	M	VetII M (40-44)	336	53	AMINHACORRIDAPACER
377	2834	SEBASTIAN MAZUR	0:49:53.70	0:49:00.82	32	M	Sen M (20-34)	337	72	
378	3045	RUI BRÁS	0:49:54.08	0:49:44.66	46	M	VetIII M (45-49)	338	64	AGUALVA RUNNERS
379	2626	SANDRA ALVES	0:49:54.70	0:49:48.20	48	F	VetIII F (45-49)	38	6	OCR PORTUGAL LAB
380	2617	ALEXANDRE DÂMASO	0:50:11.52	0:49:08.51	55	M	VetV M (55-59)	339	33	
381	2747	VALTER DUARTE	0:50:12.35	0:49:38.39	43	M	VetII M (40-44)	340	54	
382	2821	HUGO PASCOALINHO	0:50:12.37	0:49:28.17	43	M	VetII M (40-44)	341	55	BOBABDELAS RUNNING TEAM
383	2690	SÉRGIO PAZ	0:50:18.16	0:50:18.16	51	M	VetIV M (50-54)	342	36	
384	3039	FÁBIO JÚLIO	0:50:18.76	0:50:05.91	34	M	Sen M (20-34)	343	73	AGUALVA RUNNERS
385	2965	PEDRO LOPES	0:50:21.69	0:50:08.09	26	M	Sen M (20-34)	344	74	AGUALVA RUNNERS
386	2750	PEDRO LIGEIRO	0:50:24.04	0:50:06.03	49	M	VetIII M (45-49)	345	65	
387	2932	MANUEL DOMINGUES	0:50:25.82	0:49:21.29	31	M	Sen M (20-34)	346	75	BAGAS TEAM
388	2931	ANDRÉ BEZERRA	0:50:26.00	0:49:21.75	29	M	Sen M (20-34)	347	76	BAGAS
389	2934	INÊS SOUSA	0:50:26.40	0:49:24.65	27	F	Sen F (20-34)	39	9	BAGAS

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390	174	MARIANA GRADE	0:50:26.65	0:50:24.71	59	F	VetV F (55-59)	40	4	AGUALVA RUNNERS
391	3124	ANTÓNIO GUERREIRO	0:50:28.52	0:50:28.52	65	M	VetVII M (65-99)	348	10	
392	2909	GRAZIELA ALVES	0:50:31.67	0:50:23.91	40	F	VetII F (40-44)	41	8	
393	2812	HELDER BONAPARTE	0:50:32.61	0:50:14.04	46	M	VetIII M (45-49)	349	66	
394	2507	JOSÉ PARDAL	0:50:35.57	0:49:49.93	49	M	VetIII M (45-49)	350	67	
395	2677	LUIS NUNES	0:50:37.47	0:50:22.21	47	M	VetIII M (45-49)	351	68	MARVILA JOVEM
396	2676	RUI PINTO	0:50:37.74	0:50:22.99	47	M	VetIII M (45-49)	352	69	MARVILA JOVEM
397	1312	ZULMIRA RODRIGUES	0:50:42.35	0:50:36.59	56	F	VetV F (55-59)	42	5	UA POVOENSE
398	2721	HUGO TORRES	0:50:44.48	0:50:09.74	45	M	VetIII M (45-49)	353	70	TEAM BOCK
399	2774	PEDRO IVO	0:50:44.88	0:50:44.88	48	M	VetIII M (45-49)	354	71	#HILLSONGRUNNERS
400	2694	NUNO AZEVEDO	0:50:47.80	0:50:23.35	45	M	VetIII M (45-49)	355	72	HDI
401	3166	Atleta Sem Registo	0:50:50.73	0:50:50.73			Atl Sem Reg	4	4	
402	93	RODRIGO OPA	0:50:50.92	0:50:50.86	47	M	VetIII M (45-49)	356	73	CA VALE FIGUEIRA
403	2972	CATARINA PARENTE	0:50:51.64	0:50:48.08	19	F	Jun F (17-19)	43	1	GENTLEMENS SPORTS CLUB
404	2763	ORLANDO SILVA	0:50:51.92	0:50:27.09	65	M	VetVII M (65-99)	357	11	CCDT METRO LX
405	2730	MARIA CAMACHO	0:50:52.70	0:50:40.95	52	F	VetIV F (50-54)	44	6	GD RIBEIRA LAGE
406	2621	ANTÓNIO BARBAS	0:51:01.46	0:50:48.10	56	M	VetV M (55-59)	358	34	
407	1992	JOSÉ BICA	0:51:02.86	0:51:02.86	41	M	VetII M (40-44)	359	56	CORRER LISBOA
408	2930	AURÉLIO RAULINO	0:51:06.34	0:50:36.31	54	M	VetIV M (50-54)	360	37	
409	796	MIGUEL GUERREIRO	0:51:07.96	0:50:42.66	18	M	Jun M (17-19)	361	10	GD SÃO DOMINGOS
410	649	JORGE CRUZ	0:51:09.06	0:50:40.82	53	M	VetIV M (50-54)	362	38	CORRER LISBOA
411	2897	NUNO CAMEIRINHA	0:51:09.51	0:51:07.31	29	M	Sen M (20-34)	363	77	
412	3080	JOÃO CAL	0:51:15.58	0:51:02.17	30	M	Sen M (20-34)	364	78	
413	2687	JOSÉ ALVES	0:51:16.77	0:50:26.61	53	M	VetIV M (50-54)	365	39	
414	2722	HELDER RODRIGUES	0:51:17.29	0:50:42.04	50	M	VetIV M (50-54)	366	40	TEAM BOCK
415	3050	SÓNIA NEVES	0:51:18.64	0:50:19.21	45	F	VetIII F (45-49)	45	7	VULCANENSE FUTEBOL CLUBE

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416	2619	JOÃO SILVA	0:51:20.52	0:50:29.62	57	M	VetV M (55-59)	367	35	
417	553	VIRGÍNIA PEREIRA	0:51:23.58	0:51:23.58	57	F	VetV F (55-59)	46	6	INGLESES FC
418	2736	LOURENCO BANGY	0:51:24.01	0:50:51.80	19	M	Jun M (17-19)	368	11	BANGY
419	3113	HELENA SANTOS	0:51:28.70	0:51:28.70	38	F	VetI F (35-39)	47	7	CORRER LISBOA
420	338	ANTÓNIO GONÇALVES	0:51:29.22	0:51:01.94	61	M	VetVI M (60-64)	369	20	ALVERCA URBAN RUNNERS
421	2817	PAULO GARCIA	0:51:36.70	0:51:35.44	31	M	Sen M (20-34)	370	79	
422	2734	KARIM BANGY	0:51:39.59	0:51:07.02	44	M	VetII M (40-44)	371	57	BANGY
423	810	MATHILDE MORGADO	0:51:40.65	0:51:31.71	47	F	VetIII F (45-49)	48	8	GD SÃO DOMINGOS
424	437	ALMERINDO SILVA	0:51:42.27	0:51:23.23	64	M	VetVI M (60-64)	372	21	ADC CATUJAL
425	436	JOÃO PASSEIRO	0:51:43.25	0:51:23.78	60	M	VetVI M (60-64)	373	22	ADC CATUJAL
426	789	RICARDO CONCEIÇÃO	0:51:44.17	0:51:41.23	37	M	VetI M (35-39)	374	46	GD SÃO DOMINGOS
427	2868	PEDRO SILVA	0:51:45.47	0:50:50.91	37	M	VetI M (35-39)	375	47	OS ABRANTINOS VOADORES
428	2869	JOÃO SILVA	0:51:46.24	0:50:51.67	39	M	VetI M (35-39)	376	48	OS ABRANTINOS VOADORES
429	3082	JOÃO SILVA	0:51:47.13	0:51:32.91	64	M	VetVI M (60-64)	377	23	GD SÃO DOMINGOS
430	2695	JOÃO FERNANDES	0:51:50.77	0:50:59.90	22	M	Sen M (20-34)	378	80	
431	132	JOSÉ NETO	0:51:52.25	0:51:52.25	66	M	VetVII M (65-99)	379	12	CA VALE FIGUEIRA
432	2647	MARCIO ANDRADE	0:52:04.95	0:52:04.95	42	M	VetII M (40-44)	380	58	CAA BELEM
433	2996	EDGAR FRANCISCO	0:52:07.39	0:51:51.88	57	M	VetV M (55-59)	381	36	ALCOBELA
434	798	ORLANDO SILVA	0:52:08.69	0:51:55.94	63	M	VetVI M (60-64)	382	24	GD SÃO DOMINGOS
435	2985	ANDRÉ MENDES	0:52:10.67	0:51:16.66	35	M	VetI M (35-39)	383	49	
436	2570	CANDIDO POÇAS	0:52:11.63	0:51:54.26	53	M	VetIV M (50-54)	384	41	BANDIDOS
437	2916	ANDRÉ PESTANA	0:52:13.57	0:52:12.92	40	M	VetII M (40-44)	385	59	IRMÃOS PESTANA
438	3076	JOÃO MIRANDA	0:52:13.60	0:52:08.13	20	M	Sen M (20-34)	386	81	42 LISBOA RUNNERS CLUB
439	794	FERNANDO GUERREIRO	0:52:19.47	0:52:17.19	76	M	VetVII M (65-99)	387	13	GD SÃO DOMINGOS
440	3092	ANDREIA DIAS	0:52:20.23	0:52:20.23	27	F	Sen F (20-34)	49	10	AGUALVA RUNNERS
441	245	HELENA PINTO	0:52:21.01	0:52:12.79	52	F	VetIV F (50-54)	50	7	CORRER LOURES

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442	41	GONÇALO LOPES	0:52:22.30	0:52:21.70	20	M	Sen M (20-34)	388	82	CA VALE FIGUEIRA
443	2782	CRISTIANA OLIVEIRA	0:52:23.33	0:51:49.75	25	F	Sen F (20-34)	51	11	
444	933	JORGE CORDEIRO	0:52:24.20	0:51:43.66	62	M	VetVI M (60-64)	389	25	RUN24RUN
445	268	MOISÉS VENTURA	0:52:24.78	0:52:05.57	45	M	VetIII M (45-49)	390	74	CORRER LOURES
446	376	MIGUEL CAMPOS	0:52:26.08	0:51:53.43	50	M	VetIV M (50-54)	391	42	CORRER LOURES
447	3107	FERNANDO MARCOS	0:52:30.47	0:52:30.47	58	M	VetV M (55-59)	392	37	
448	2075	ANA CORREIA	0:52:32.87	0:52:23.87	35	F	VetI F (35-39)	52	8	
449	2798	JORGE CAETANO	0:52:33.02	0:51:31.73	46	M	VetIII M (45-49)	393	75	
450	819	GONÇALO REBELO	0:52:33.52	0:52:22.30	64	M	VetVI M (60-64)	394	26	GD SÃO DOMINGOS
451	614	RUI MOURA	0:52:34.54	0:52:12.67	42	M	VetII M (40-44)	395	60	ALVERCA URBAN RUNNERS
452	258	ANTÔNIO FERNANDES	0:52:35.53	0:52:22.42	57	M	VetV M (55-59)	396	38	CORRER LOURES
453	2800	INÊS PEIXOTO	0:52:36.64	0:52:00.65	44	F	VetII F (40-44)	53	9	WR - WALKRUN
454	2502	JORGE PONCIANO	0:52:37.39	0:51:35.83	51	M	VetIV M (50-54)	397	43	
455	2566	JOSÉ AFONSO	0:52:38.07	0:51:37.22	30	M	Sen M (20-34)	398	83	
456	2538	JOÃO CAMPIÃO	0:52:40.67	0:52:24.91	35	M	VetI M (35-39)	399	50	
457	584	JOSÉ BOTELHO	0:52:41.75	0:52:11.88	55	M	VetV M (55-59)	400	39	INGLESES FC
458	126	CLARA MINA	0:52:42.68	0:52:41.77	62	F	VetVI F (60-64)	54	4	CA VALE FIGUEIRA
459	3042	ANA LETRA	0:52:43.94	0:51:51.36	53	F	VetIV F (50-54)	55	8	LINDA-A-PASTORA SC
460	2531	NUNO CORREIA	0:52:45.52	0:52:19.00	51	M	VetIV M (50-54)	401	44	
461	3031	JOSE PROENÇA	0:52:45.66	0:51:54.76	61	M	VetVI M (60-64)	402	27	LINDA-A-PASTORA SC
462	2646	NUNO NUNES	0:52:48.00	0:52:48.00	50	M	VetIV M (50-54)	403	45	CAA BELEM
463	2923	PAULO LUÍS	0:52:48.18	0:51:46.29	22	M	Sen M (20-34)	404	84	
464	1896	GONÇALO TRISTÃO	0:52:51.35	0:52:33.89	35	M	VetI M (35-39)	405	51	ACR MEALHADA
465	2659	DAVID ALMEIDA	0:53:01.21	0:51:55.80	35	M	VetI M (35-39)	406	52	RONALDOS
466	2518	NICOLAU JESUS	0:53:01.37	0:52:58.59	42	M	VetII M (40-44)	407	61	
467	2854	JOAQUIM CARDOSO	0:53:01.86	0:52:10.73	51	M	VetIV M (50-54)	408	46	

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468	3047	ANA A	0:53:07.27	0:53:00.98	46	F	VetIII F (45-49)	56	9	
469	2877	PAULO SILVA	0:53:20.37	0:52:56.64	49	M	VetIII M (45-49)	409	76	
470	2754	CÁTIA RODRIGUES	0:53:20.95	0:52:50.11	38	F	VetI F (35-39)	57	9	
471	2741	HELENA GONÇALVES	0:53:29.50	0:53:09.27	48	F	VetIII F (45-49)	58	10	PINHAL NOVO A CORRER
472	2939	PAULO CLARO	0:53:33.70	0:52:44.48	49	M	VetIII M (45-49)	410	77	FEDERAÇÃO DA FAMÍLIA
473	3074	KATJA LETRAS	0:53:40.63	0:52:59.58	48	F	VetIII F (45-49)	59	11	DO YOU RUN?
474	3073	PAULO LETRAS	0:53:40.73	0:52:57.42	46	M	VetIII M (45-49)	411	78	DO YOU RUN?
475	505	RICARDO CAMPOS	0:53:42.69	0:52:53.99	47	M	VetIII M (45-49)	412	79	
476	2826	PEDRO RIBEIRO	0:53:43.03	0:53:09.78	39	M	VetI M (35-39)	413	53	
477	2785	LEANDRO LUÍS	0:53:43.85	0:53:43.85	36	M	VetI M (35-39)	414	54	MEL
478	3164	Atleta Sem Registo	0:53:43.94	0:53:43.94			Atl Sem Reg	5	5	
479	3033	PEDRO PINTO	0:53:44.66	0:52:50.07	37	M	VetI M (35-39)	415	55	
480	596	NUNO MARQUES	0:53:45.17	0:53:12.39	48	M	VetIII M (45-49)	416	80	INGLESES FC
481	127	CONCEIÇÃO RODRIGUES	0:53:45.56	0:53:40.66	63	F	VetVI F (60-64)	60	5	CA VALE FIGUEIRA
482	2758	RICARDO OLIVEIRA	0:53:50.35	0:52:59.52	42	M	VetII M (40-44)	417	62	
483	2637	NUNO VENTURA	0:53:52.44	0:53:29.36	50	M	VetIV M (50-54)	418	47	GA ALGÉS
484	901	ISABEL RODRIGUES	0:53:52.80	0:53:02.79	52	F	VetIV F (50-54)	61	9	FEDERAÇÃO DA FAMÍLIA
485	912	RAUL SANTOS	0:53:53.17	0:53:05.58	65	M	VetVII M (65-99)	419	14	FEDERAÇÃO DA FAMÍLIA
486	2862	JOÃO CACELAS	0:53:57.80	0:53:25.43	52	M	VetIV M (50-54)	420	48	
487	3055	NUNO BOTELHO	0:54:04.73	0:53:29.06	49	M	VetIII M (45-49)	421	81	
488	2999	JOSE FERREIRA	0:54:08.53	0:53:50.98	52	M	VetIV M (50-54)	422	49	ALCOBELA
489	2997	LUIS FERREIRA	0:54:09.19	0:53:53.21	56	M	VetV M (55-59)	423	40	ALCOBELA
490	2630	PEDRO OLIVEIRA	0:54:14.05	0:54:04.79	39	M	VetI M (35-39)	424	56	
491	2836	TIAGO OLIVEIRA	0:54:14.31	0:53:35.77	35	M	VetI M (35-39)	425	57	CLUBE EDP - LISBOA
492	1570	NUNO LIMA	0:54:14.40	0:53:33.44	45	M	VetIII M (45-49)	426	82	RUN24RUN
493	2725	RICARDO CAMILO	0:54:15.51	0:53:29.23	38	M	VetI M (35-39)	427	58	

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494	2943	RUI CORREIA	0:54:16.30	0:53:41.17	49	M	VetIII M (45-49)	428	83	RAMBOS
495	2986	DAVID PALLARES	0:54:16.41	0:54:00.87	30	M	Sen M (20-34)	429	85	
496	2948	BARBARA SILVA	0:54:17.83	0:53:42.12	50	F	VetIV F (50-54)	62	10	RAMBOS
497	3115	GONÇALO DUARTE	0:54:20.20	0:54:20.20	35	M	VetI M (35-39)	430	59	CORRER LISBOA
498	2987	ALBA BONFILL	0:54:21.63	0:54:04.45	28	F	Sen F (20-34)	63	12	
499	2823	VÍTOR ALMEIDA	0:54:25.99	0:53:38.97	36	M	VetI M (35-39)	431	60	IMORTAIS
500	2699	HUGO COSTA	0:54:27.87	0:54:13.89	45	M	VetIII M (45-49)	432	84	UBER WAS BUSY
501	2830	GABRIEL SANTOS	0:54:29.50	0:54:09.50	34	M	Sen M (20-34)	433	86	
502	2937	LOURDES ROMERO	0:54:30.93	0:53:41.20	64	F	VetVI F (60-64)	64	6	FEDERAÇÃO DA FAMÍLIA
503	97	LUIS SOUSA	0:54:33.90	0:54:27.46	48	M	VetIII M (45-49)	434	85	CA VALE FIGUEIRA
504	947	MARGARIDA VITORINO	0:54:35.32	0:53:42.30	30	F	Sen F (20-34)	65	13	AF SALESIANOS
505	2663	MANUEL COITO	0:54:35.35	0:53:36.38	43	M	VetII M (40-44)	435	63	
506	2887	ANDRÉ MARTINS	0:54:39.32	0:53:50.75	35	M	VetI M (35-39)	436	61	LIT TEAM
507	2809	RICARDO LEITÃO	0:54:41.77	0:53:48.06	40	M	VetII M (40-44)	437	64	MIND SOURCE RUNNERS
508	2539	ARMANDO COSTA	0:54:45.10	0:54:12.56	52	M	VetIV M (50-54)	438	50	
509	576	JOÃO OLIVEIRA	0:54:47.29	0:54:15.69	63	M	VetVI M (60-64)	439	28	INGLESES FC
510	2503	VITOR BERNARDO	0:54:49.05	0:54:06.29	43	M	VetII M (40-44)	440	65	
511	2794	TÂNIA CARMO	0:54:55.26	0:54:37.76	37	F	VetI F (35-39)	66	10	NAVIGATOR CLUBE SETÚBAL
512	624	ALEXANDRE QUADRIO	0:54:55.28	0:54:10.51	52	M	VetIV M (50-54)	441	51	CORRER LOURES
513	3072	FABIO MATIAS	0:54:55.45	0:54:28.48	37	M	VetI M (35-39)	442	62	HSSC TEAM
514	458	CATIA BASTOS	0:54:57.60	0:54:41.17	36	F	VetI F (35-39)	67	11	AD LEÕES APELAÇONENSES
515	2759	RAFAEL SANTOS	0:54:57.62	0:54:31.64	56	M	VetV M (55-59)	443	41	CCDT METRO LX
516	361	HERNÂNI SILVA	0:54:57.66	0:54:20.90	61	M	VetVI M (60-64)	444	29	A VALE SILÊNCIO
517	3085	PEDRO LOURENÇO	0:54:58.42	0:53:59.38	49	M	VetIII M (45-49)	445	86	
518	323	NUNO MOREIRA	0:54:58.48	0:54:37.71	41	M	VetII M (40-44)	446	66	ALVERCA URBAN RUNNERS
519	3087	PATRÍCIA BRAIZINHA	0:54:58.64	0:54:01.18	45	F	VetIII F (45-49)	68	12	

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520	3052	RUI OLIVEIRA	0:54:59.87	0:53:53.26	31	M	Sen M (20-34)	447	87	
521	2683	MIGUEL ANGELO	0:55:03.00	0:54:24.15	47	M	VetIII M (45-49)	448	87	SS CGD
522	2962	NUNO APARÍCIO	0:55:06.95	0:54:21.74	48	M	VetIII M (45-49)	449	88	AZA-AZAMBUJA COM ALMA
523	2724	CATARINA SANTOS	0:55:08.60	0:54:21.56	37	F	VetI F (35-39)	69	12	
524	2638	JOÃO SERRA	0:55:09.37	0:55:09.37	51	M	VetIV M (50-54)	450	52	CCD TRANQUILIDADE
525	1356	SANDRA MONTEIRO	0:55:10.15	0:55:10.15	45	F	VetIII F (45-49)	70	13	ASS VALE GRANDE
526	2650	JORGE SERRA	0:55:10.30	0:54:47.78	56	M	VetV M (55-59)	451	42	CCD TRANQUILIDADE
527	2863	AFONSO RODRIGUES	0:55:12.01	0:54:49.56	44	M	VetII M (40-44)	452	67	
528	1994	VITOR CLARA	0:55:13.32	0:55:06.32	56	M	VetV M (55-59)	453	43	CORRER LOURES
529	2554	PEDRO ASSUNÇÃO	0:55:14.68	0:54:50.48	47	M	VetIII M (45-49)	454	89	O ULTIMO APAGA A LUZ
530	2861	GONÇALO DIAS	0:55:16.19	0:54:27.51	23	M	Sen M (20-34)	455	88	
531	2848	ÁLVARO GOMES	0:55:18.64	0:54:46.74	50	M	VetIV M (50-54)	456	53	TERRAS FUNDEIRAS
532	2792	PEDRO ALVES	0:55:19.00	0:54:59.83	39	M	VetI M (35-39)	457	63	
533	2711	JORGE PEDREIRA	0:55:19.59	0:55:19.59	43	M	VetII M (40-44)	458	68	
534	2793	NUNO PRATAS	0:55:19.96	0:55:00.51	39	M	VetI M (35-39)	459	64	
535	2889	EDUARDO BARRADAS	0:55:20.82	0:55:00.80	41	M	VetII M (40-44)	460	69	
536	941	NELSON SIMÕES	0:55:22.18	0:54:41.61	50	M	VetIV M (50-54)	461	54	RUN24RUN
537	2865	RICARDO PINHEIRO	0:55:26.20	0:54:26.23	29	M	Sen M (20-34)	462	89	CÁ CALHARÁS
538	2520	RICARDO RODRIGUES	0:55:30.59	0:55:26.26	41	M	VetII M (40-44)	463	70	
539	2952	DENIS STENDERCHUCK	0:55:35.65	0:55:01.66	43	M	VetII M (40-44)	464	71	RAMBOS
540	3163	Atleta Sem Registo	0:55:36.18	0:55:36.18			Atl Sem Reg	6	6	
541	2966	RUI NOGUEIRA	0:55:38.04	0:54:59.57	46	M	VetIII M (45-49)	465	90	
542	2714	LUÍS PINTO	0:55:39.05	0:55:01.33	33	M	Sen M (20-34)	466	90	
543	2716	PEDRO RODRIGUES	0:55:41.24	0:54:54.07	44	M	VetII M (40-44)	467	72	
544	157	ANA LOPES	0:55:44.10	0:55:35.63	47	F	VetIII F (45-49)	71	14	AGUALVA RUNNERS
545	172	JOSÉ MANUEL	0:55:44.30	0:55:09.91	47	M	VetIII M (45-49)	468	91	AGUALVA RUNNERS

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546	3051	MARISA NUNES	0:55:48.00	0:54:50.64	53	F	VetIV F (50-54)	72	11	VULCANENSE FUTEBOL CLUBE
547	2951	AGOSTINO MARQUES	0:55:48.24	0:54:55.37	65	M	VetVII M (65-99)	469	15	RAMBOS
548	3018	HUGO CASTRO	0:55:50.80	0:55:11.52	32	M	Sen M (20-34)	470	91	RUNTEJO
549	2915	JOÃO PESTANA	0:55:57.43	0:55:53.93	22	M	Sen M (20-34)	471	92	IRMÃOS PESTANA
550	2628	ANTONIO MELGAO	0:56:01.88	0:55:09.51	43	M	VetII M (40-44)	472	73	
551	2766	SÓNIA COSTA	0:56:02.09	0:55:13.92	61	F	VetVI F (60-64)	73	7	CCDT METRO LX
552	2739	JOÃO NABUCO	0:56:03.89	0:55:01.39	37	M	VetI M (35-39)	473	65	
553	3019	RITA TAVARES	0:56:06.16	0:55:29.52	27	F	Sen F (20-34)	74	14	RUNTEJO
554	2796	CARLOS ALVES	0:56:06.91	0:56:06.91	61	M	VetVI M (60-64)	474	30	
555	2983	CARLOS RODRIGUES	0:56:07.51	0:55:54.01	42	M	VetII M (40-44)	475	74	AGUALVA RUNNERS
556	3117	PAULO MARTINS	0:56:07.55	0:56:07.55	59	M	VetV M (55-59)	476	44	
557	2590	JOSÉ FERRAZ	0:56:08.70	0:55:51.86	61	M	VetVI M (60-64)	477	31	GINÁSIO CLUBE DE QUELUZ
558	2764	LEONOR FERREIRA	0:56:09.55	0:55:41.71	48	F	VetIII F (45-49)	75	15	CCDT METRO LX
559	256	PEDRO SILVA	0:56:11.56	0:55:38.50	65	M	VetVII M (65-99)	478	16	CORRER LOURES
560	278	ANA FRIÉZA	0:56:12.06	0:56:06.30	35	F	VetI F (35-39)	76	13	CORRER LOURES
561	2902	PAULO ANJOS	0:56:12.46	0:55:12.71	35	M	VetI M (35-39)	479	66	OS XAVIERES DO RUACANÁ
562	2760	FRANCISCO PLÍNIO	0:56:15.41	0:55:51.63	67	M	VetVII M (65-99)	480	17	CCDT METRO LX
563	2901	DANIEL BARROS	0:56:17.55	0:55:18.29	38	M	VetI M (35-39)	481	67	OS XAVIERES DO RUACANÁ
564	3058	TIAGO CORREIA	0:56:23.20	0:55:31.71	35	M	VetI M (35-39)	482	68	RUN TOURISM
565	3102	PEDRO SERRA	0:56:23.49	0:56:23.49	39	M	VetI M (35-39)	483	69	AMINHACORRIDAPACER
566	3104	SERGIO PIRES	0:56:26.32	0:56:26.32	43	M	VetII M (40-44)	484	75	AMINHACORRIDAPACER
567	2832	PAULO GONÇALVES	0:56:28.78	0:56:11.05	57	M	VetV M (55-59)	485	45	MARVILA JOVEM
568	653	PAULO VALDIVIESO	0:56:30.72	0:56:08.81	56	M	VetV M (55-59)	486	46	MONTES SALOIOS TRAIL TEAM
569	2658	LINO COSTA	0:56:36.72	0:55:56.38	41	M	VetII M (40-44)	487	76	
570	541	MONICA LOPES	0:56:39.17	0:56:14.95	45	F	VetIII F (45-49)	77	16	CORRER LISBOA
571	2534	ANTÓNIO SANTOS	0:56:41.37	0:56:14.71	52	M	VetIV M (50-54)	488	55	

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572	2557	AMÂNDIO RODRIGUES	0:56:42.88	0:56:29.00	50	M	VetIV M (50-54)	489	56	
573	140	ANTÓNIO CAMACHO	0:56:42.93	0:56:33.95	71	M	VetVII M (65-99)	490	18	CA VALE FIGUEIRA
574	2947	NUNO SANTOS	0:56:46.13	0:55:50.27	48	M	VetIII M (45-49)	491	92	RAMBOS
575	322	CRISTINA LINO	0:56:47.62	0:56:26.80	57	F	VetV F (55-59)	78	7	ALVERCA URBAN RUNNERS
576	128	LÚCIO MORAIS	0:56:49.99	0:56:15.23	63	M	VetVI M (60-64)	492	32	CA VALE FIGUEIRA
577	2526	MANUEL FILIPE	0:56:54.11	0:56:02.38	40	M	VetII M (40-44)	493	77	
578	2938	ANA NUNES	0:56:55.65	0:56:07.69	52	F	VetIV F (50-54)	79	12	FEDERAÇÃO DA FAMÍLIA
579	257	ADELINA BRUM	0:56:57.08	0:56:50.32	54	F	VetIV F (50-54)	80	13	CORRER LOURES
580	370	SÍLVIA CAMPOS	0:56:59.78	0:56:26.90	46	F	VetIII F (45-49)	81	17	CORRER LOURES
581	3078	FRANCISCO PEREIRA	0:57:02.00	0:56:48.77	56	M	VetV M (55-59)	494	47	CCD TRANQUILIDADE
582	3040	ANDRÉ MARINHO	0:57:10.17	0:57:10.17	42	M	VetII M (40-44)	495	78	
583	966	NATÁLIA FERNANDES	0:57:21.94	0:56:49.16	60	F	VetVI F (60-64)	82	8	CMC ODIVELAS
584	3093	MIGUEL DIAS	0:57:22.53	0:57:22.53	51	M	VetIV M (50-54)	496	57	
585	2588	EDUARD HIENTZ	0:57:24.22	0:57:20.24	28	M	Sen M (20-34)	497	93	
586	3028	GONÇALO GAMEIRO	0:57:27.46	0:56:33.42	29	M	Sen M (20-34)	498	94	
587	2756	ALDO SILVA	0:57:29.30	0:56:46.49	47	M	VetIII M (45-49)	499	93	
588	3077	CARLOS SÁ	0:57:30.80	0:57:30.80	53	M	VetIV M (50-54)	500	58	
589	2845	JOAQUIM ROQUE	0:57:32.39	0:57:14.51	56	M	VetV M (55-59)	501	48	
590	2857	MADALENA PINA	0:57:36.54	0:57:09.39	56	F	VetV F (55-59)	83	8	LINDA-A-PASTORA SC
591	2780	ARMINDO PEREIRA	0:57:39.04	0:56:57.54	52	M	VetIV M (50-54)	502	59	
592	2907	JOSÉ PRESAS	0:57:42.31	0:56:36.31	49	M	VetIII M (45-49)	503	94	
593	2795	TIAGO GALEGO	0:57:47.37	0:57:30.42	44	M	VetII M (40-44)	504	79	NAVIGATOR CLUBE SETÚBAL
594	2957	PAULO COELHO	0:57:48.44	0:57:03.15	59	M	VetV M (55-59)	505	49	GD SANTANDER TOTTA
595	2544	JOÃO MARGAÇA	0:57:52.41	0:57:38.69	49	M	VetIII M (45-49)	506	95	CONSULAI RUNNING TEAM
596	2956	JOAO SEQUEIRA	0:57:53.09	0:57:07.52	47	M	VetIII M (45-49)	507	96	GD SANTANDER TOTTA
597	2954	SANDRO PRATES	0:57:53.94	0:57:08.79	44	M	VetII M (40-44)	508	80	GD SANTANDER TOTTA

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598	2515	ANTÓNIO MASCARENHAS	0:57:54.19	0:57:34.46	59	M	VetV M (55-59)	509	50	
599	2519	MANUEL GOMES	0:57:57.28	0:57:52.70	57	M	VetV M (55-59)	510	51	
600	453	LETISIA OLIVEIRA	0:58:06.46	0:57:48.05	27	F	Sen F (20-34)	84	15	AD LEÕES APELAÇONENSES
601	2992	ANA NEVES	0:58:08.49	0:57:32.72	55	F	VetV F (55-59)	85	9	GD SAO DOMINGOS
602	3041	BRUNO FELISBERTO	0:58:12.52	0:58:05.93	39	M	VetI M (35-39)	511	70	
603	2653	ANTONIO NOGUEIRA	0:58:15.59	0:57:27.12	53	M	VetIV M (50-54)	512	60	
604	2602	SILVIA BETTENCOURT	0:58:17.40	0:57:49.75	38	F	VetI F (35-39)	86	14	
605	2043	JOSÉ MONTEIRO	0:58:22.80	0:58:22.80	66	M	VetVII M (65-99)	513	19	GD SÃO DOMINGOS
606	1827	FILIPA MARTINS	0:58:24.76	0:57:58.78	40	F	VetII F (40-44)	87	10	ACR MEALHADA
607	2668	RICARDO NOGUEIRA	0:58:26.00	0:57:38.19	47	M	VetIII M (45-49)	514	97	
608	783	ANIBAL CARVALHO	0:58:31.58	0:57:38.73	71	M	VetVII M (65-99)	515	20	GD SÃO DOMINGOS
609	79	ISABEL COSTA	0:58:32.52	0:57:39.44	44	F	VetII F (40-44)	88	11	CA VALE FIGUEIRA
610	2605	RICARDO COSTA	0:58:33.00	0:57:35.86	47	M	VetIII M (45-49)	516	98	
611	2565	ANDRE SZENESZI	0:58:37.65	0:58:05.21	48	M	VetIII M (45-49)	517	99	BRUNO REIS
612	1439	FRANCISCO BANDO	0:58:38.13	0:58:25.96	72	M	VetVII M (65-99)	518	21	RUN24RUN
613	1226	LEONOR FERNANDES	0:58:40.05	0:57:57.72	22	F	Sen F (20-34)	89	16	UA POVOENSE
614	1118	ANA MACEDO	0:58:40.35	0:57:54.43	50	F	VetIV F (50-54)	90	14	UA POVOENSE
615	955	DAVID ALMEIDA	0:58:43.25	0:58:14.97	51	M	VetIV M (50-54)	519	61	LINDA-A-PASTORA SC
616	973	FILOMENA SANTOS	0:58:47.97	0:57:46.34	49	F	VetIII F (45-49)	91	18	CMC ODIVELAS
617	560	ANA ROLO	0:58:49.26	0:58:22.11	57	F	VetV F (55-59)	92	10	INGLESES FC
618	3165	Atleta Sem Registo	0:58:59.71	0:58:59.71			Atl Sem Reg	7	7	
619	2504	CAROLINA VALADAS	0:59:01.68	0:58:32.34	26	F	Sen F (20-34)	93	17	
620	3063	NELSON SOARES	0:59:04.01	0:58:08.46	30	M	Sen M (20-34)	520	95	HSSC TEAM
621	544	PAULA ALMEIDA	0:59:05.68	0:58:36.83	51	F	VetIV F (50-54)	94	15	CORRER LISBOA
622	2994	SUSANA ESTEVES	0:59:06.70	0:58:16.85	47	F	VetIII F (45-49)	95	19	
623	2578	PEDRO SANTOS	0:59:06.88	0:58:16.93	51	M	VetIV M (50-54)	521	62	C MILLENNIUM BCP

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624	2757	ELISABETE ROSA	0:59:07.66	0:58:46.63	50	F	VetIV F (50-54)	96	16	GA ALGÉS
625	2604	RUI VASCONCELOS	0:59:09.41	0:58:36.20	44	M	VetII M (40-44)	522	81	
626	3079	MÁRIO ROGADO	0:59:11.76	0:58:06.45	43	M	VetII M (40-44)	523	82	CORRER LISBOA
627	2673	CARLOS ALMEIDA	0:59:17.07	0:58:39.36	40	M	VetII M (40-44)	524	83	
628	2989	ISABEL SANTOS	0:59:22.29	0:59:17.74	56	F	VetV F (55-59)	97	11	AC SAMBRASENSE
629	2577	LEONEL BRANDAO	0:59:23.71	0:59:06.56	55	M	VetV M (55-59)	525	52	C MILLENNIUM BCP
630	2003	ANTÓNIO TEIXEIRA	0:59:26.88	0:59:23.43	62	M	VetVI M (60-64)	526	33	CORRER LOURES
631	2779	ANA NETO	0:59:27.21	0:59:01.48	44	F	VetII F (40-44)	98	12	LINDA-A-PASTORA SC
632	252	JOANA JESUS	0:59:30.83	0:58:39.15	35	F	VetI F (35-39)	99	15	CORRER LOURES
633	137	VIRGÍLIO NASCIMENTO	0:59:35.40	0:59:35.40	69	M	VetVII M (65-99)	527	22	CA VALE FIGUEIRA
634	1389	NUNO SANTOS	0:59:38.84	0:58:57.53	34	M	Sen M (20-34)	528	96	UD ALFORNELOS
635	619	DULCE REIS	0:59:41.14	0:59:01.87	54	F	VetIV F (50-54)	100	17	MONTES SALOIOS TRAIL TEAM
636	3054	LUIS CHAREU	0:59:45.27	0:58:55.38	53	M	VetIV M (50-54)	529	63	PEGADA TAVIRA
637	2919	IRAUNA CARVALHO	0:59:46.36	0:58:53.07	26	F	Sen F (20-34)	101	18	R.C RUNNERS
638	2775	JOÃO SOUZA	0:59:51.76	0:59:47.28	50	M	VetIV M (50-54)	530	64	
639	2870	TIAGO BRÁS	0:59:53.65	0:59:12.35	40	M	VetII M (40-44)	531	84	
640	82	SÓNIA FERNANDES	0:59:55.26	0:59:50.99	44	F	VetII F (40-44)	102	13	CA VALE FIGUEIRA
641	2692	RAFAEL NAVEGA	0:59:57.30	0:59:35.24	29	M	Sen M (20-34)	532	97	SECA ADEGAS
642	2691	ANTÓNIO FIGUEIREDO	0:59:57.45	0:59:35.16	43	M	VetII M (40-44)	533	85	SECA ADEGAS
643	2700	ROGÉRIO ESTEVES	1:00:10.60	0:59:57.26	33	M	Sen M (20-34)	534	98	UBER WAS BUSY
644	2981	TOMÁS CONDD	1:00:19.47	1:00:05.60	24	M	Sen M (20-34)	535	99	
645	902	LUÍS DIAS	1:00:23.52	1:00:23.52	54	M	VetIV M (50-54)	536	65	FEDERAÇÃO DA FAMÍLIA
646	1665	JOSE ROSEIRO	1:00:26.83	0:59:28.14	65	M	VetVII M (65-99)	537	23	CA VALE FIGUEIRA
647	2562	MARIA VIANA	1:00:29.42	1:00:20.48	59	F	VetV F (55-59)	103	12	GD O INDEPENDENTE
648	769	SUSANA SIMÕES	1:00:31.94	0:59:48.42	52	F	VetIV F (50-54)	104	18	CORRER LOURES
649	352	RUI PASTOR	1:00:47.79	1:00:47.79	50	M	VetIV M (50-54)	538	66	PASTOR RACING

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650	2890	FRANCISCO GORJÃO	1:00:58.57	1:00:02.66	30	M	Sen M (20-34)	539	100	
651	452	SUSANA PINHEIRO	1:01:05.70	1:00:50.16	27	F	Sen F (20-34)	105	19	AD LEÕES APELAÇONENSES
652	3119	FÁTIMA LUCIANO	1:01:13.71	1:01:13.71	40	F	VetII F (40-44)	106	14	
653	982	ALBERTINA BOTELHO	1:01:15.95	1:00:46.29	60	F	VetVI F (60-64)	107	9	ACR MEALHADA
654	512	TATIANA PINTO	1:01:16.70	1:00:35.50	22	F	Sen F (20-34)	108	20	AD LEÕES APELAÇONENSES
655	2535	MARIA CORREIA	1:01:17.83	1:01:09.36	70	F	VetVII F (65-99)	109	1	GD O INDEPENDENTE
656	2682	MANUEL BAPTISTA	1:01:18.01	1:00:32.61	58	M	VetV M (55-59)	540	53	SS CGD
657	2549	TIAGO ESTEVES	1:01:22.28	1:00:39.82	40	M	VetII M (40-44)	541	86	
658	2667	MÁRIO SOBRAL	1:01:22.59	1:00:19.76	48	M	VetIII M (45-49)	542	100	
659	865	VANESSA BEIRÃO	1:01:24.43	1:00:56.63	36	F	VetI F (35-39)	110	16	CASA CONCELHO ARCOS VALDEVEZ
660	863	ALZIRA CRUZ	1:01:25.15	1:00:58.23	56	F	VetV F (55-59)	111	13	CASA CONCELHO ARCOS VALDEVEZ
661	2888	HENRIQUE SAMPAIO	1:01:25.52	1:00:37.99	35	M	VetI M (35-39)	543	71	LIT TEAM
662	267	PALMIRA RIBEIRO	1:01:28.70	1:01:04.51	55	F	VetV F (55-59)	112	14	CORRER LOURES
663	2789	MD AHMED	1:01:32.62	1:01:05.65	32	M	Sen M (20-34)	544	101	RA RUNNER
664	2657	JOANA HENRIQUES	1:01:33.23	1:01:33.20	27	F	Sen F (20-34)	113	21	
665	2014	CARLOS GUERREIRO	1:01:34.11	1:01:14.96	64	M	VetVI M (60-64)	545	34	A VALE SILÊNCIO
666	2929	CARLOS FERREIRA	1:01:35.25	1:01:02.09	66	M	VetVII M (65-99)	546	24	ND AUTOCOOPE
667	2899	HÉLDER MARTINS	1:01:37.74	1:01:04.55	53	M	VetIV M (50-54)	547	67	SC CASAINHOS
668	3061	PEDRO DIAS	1:01:39.20	1:01:14.85	36	M	VetI M (35-39)	548	72	HSSC TEAM
669	2867	KAROLINE ALLÃO	1:01:41.54	1:00:43.32	28	F	Sen F (20-34)	114	22	
670	2871	BRUNO SOUSA	1:01:42.48	1:01:03.20	40	M	VetII M (40-44)	549	87	
671	2984	GABRIELA MATOS	1:01:44.51	1:00:46.06	26	F	Sen F (20-34)	115	23	
672	2701	SOFIA ESTEVES	1:01:47.60	1:01:33.38	35	F	VetI F (35-39)	116	17	UBER WAS BUSY
673	930	TULES RAMOS	1:01:54.22	1:01:11.69	26	M	Sen M (20-34)	550	102	RUN24RUN
674	2662	ARTUR MARTINS	1:01:56.06	1:01:31.09	28	M	Sen M (20-34)	551	103	OPTICALIA RUNNING TEAM
675	2511	PAULA COSTA	1:01:56.77	1:01:28.27	49	F	VetIII F (45-49)	117	20	

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676	2639	ISABEL MOTA	1:01:57.05	1:01:25.83	49	F	VetIII F (45-49)	118	21	CCD TRANQUILIDADE
677	2661	PAULA RAÇÕES	1:02:01.03	1:01:31.59	48	F	VetIII F (45-49)	119	22	A BELA E O FERNANDO
678	2660	FERNANDO CÂNDIDO	1:02:01.66	1:01:32.86	57	M	VetV M (55-59)	552	54	A BELA E O FERNANDO
679	3111	FÁBIO MORAIS	1:02:07.40	1:02:07.40	36	M	VetI M (35-39)	553	73	RUN24RUN
680	940	MARLENE MENDES	1:02:08.89	1:01:27.59	47	F	VetIII F (45-49)	120	23	RUN24RUN
681	2799	TIAGO RODRIGUES	1:02:15.92	1:01:13.61	37	M	VetI M (35-39)	554	74	OS CUNHADOS
682	2644	GILBERTO GONÇALVES	1:02:16.37	1:01:29.55	74	M	VetVII M (65-99)	555	25	CAA BELEM
683	2955	LUIS DUQUE	1:02:16.42	1:01:29.25	55	M	VetV M (55-59)	556	55	GD SANTANDER TOTTA
684	2744	RAUL CARVALHO	1:02:22.70	1:01:59.08	64	M	VetVI M (60-64)	557	35	GA ALGÉS
685	3105	MONICA SANTOS	1:02:36.51	1:02:36.51	45	F	VetIII F (45-49)	121	24	AMINHACORRIDAPACER
686	2825	ANDREIA RIBEIRO	1:02:37.65	1:02:06.33	33	F	Sen F (20-34)	122	24	
687	991	CÁTIA RODRIGUES	1:02:43.54	1:02:17.57	41	F	VetII F (40-44)	123	15	ACR MEALHADA
688	806	JOAQUIM LEITÃO	1:02:58.86	1:02:39.24	67	M	VetVII M (65-99)	558	26	GD SÃO DOMINGOS
689	1023	SARA ALTURAS	1:03:13.95	1:03:13.95	17	F	Jun F (17-19)	124	2	ACR MEALHADA
690	1080	BRUNO RELVAS	1:03:15.31	1:02:44.07	38	M	VetI M (35-39)	559	75	ACR MEALHADA
691	3034	RICARDO RAPOSO	1:03:18.34	1:02:38.47	40	M	VetII M (40-44)	560	88	ACR MEALHADA
692	2917	ANTÓNIO PESTANA	1:03:19.03	1:03:18.99	41	M	VetII M (40-44)	561	89	IRMÃOS PESTANA
693	2991	ESTEFANIA REBELO	1:03:21.45	1:03:21.45	18	F	Jun F (17-19)	125	3	GD SAO DOMINGOS
694	781	JOSE ANTUNES	1:03:38.33	1:02:35.95	68	M	VetVII M (65-99)	562	27	GD SÃO DOMINGOS
695	320	JOÃO CARVALHO	1:03:43.83	1:03:24.79	60	M	VetVI M (60-64)	563	36	ALVERCA URBAN RUNNERS
696	321	ALEXANDRA PESTANA	1:03:43.92	1:03:25.90	51	F	VetIV F (50-54)	126	19	ALVERCA URBAN RUNNERS
697	2165	INÊS COELHO	1:03:45.42	1:03:23.25	37	F	VetI F (35-39)	127	18	
698	2752	ANTÓNIO COSTA	1:03:45.43	1:03:02.15	62	M	VetVI M (60-64)	564	37	
699	1081	EVA MORGADO	1:03:57.37	1:03:24.94	66	F	VetVII F (65-99)	128	2	CMC ODIVELAS
700	968	ELISABETE MARIA	1:03:58.71	1:03:20.05	53	F	VetIV F (50-54)	129	20	CMC ODIVELAS
701	3091	FLAVIO MATIAS	1:04:05.88	1:03:16.33	38	M	VetI M (35-39)	565	76	MATIAS RACING TEAM

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702	3048	NATACHA CUSTÓDIO	1:04:10.99	1:03:12.52	36	F	VetI F (35-39)	130	19	VULCANENSE FUTEBOL CLUBE
703	2705	JOÃO PEREIRA	1:04:22.93	1:03:52.87	57	M	VetV M (55-59)	566	56	CORRER LISBOA
704	2693	ANA SILVA	1:04:29.13	1:04:29.13	47	F	VetIII F (45-49)	131	25	
705	163	ELISABETE PINTO	1:04:35.59	1:04:26.54	66	F	VetVII F (65-99)	132	3	AGUALVA RUNNERS
706	102	CARLOS RODRIGUES	1:04:40.17	1:04:04.85	50	M	VetIV M (50-54)	567	68	CA VALE FIGUEIRA
707	2631	FERNANDO RODRIGUES	1:04:51.72	1:04:13.35	53	M	VetIV M (50-54)	568	69	
708	2720	JOÃO SILVA	1:04:55.13	1:04:23.95	35	M	VetI M (35-39)	569	77	
709	3098	PEDRO SILVA	1:04:57.48	1:04:57.48	29	M	Sen M (20-34)	570	104	
710	2894	ANDRÉ TOMÁS	1:05:00.50	1:04:38.13	33	M	Sen M (20-34)	571	105	GD SAO DOMINGOS
711	2569	SILVIA MENDES	1:05:01.64	1:04:58.45	44	F	VetII F (40-44)	133	16	CARACÓIS RUNNERS
712	2940	PAULO FERREIRA	1:05:01.79	1:05:01.79	42	M	VetII M (40-44)	572	90	FEDERAÇÃO DA FAMÍLIA
713	1062	CLÁUDIA BALTAZAR	1:05:02.43	1:04:29.46	50	F	VetIV F (50-54)	134	21	CMC ODIVELAS
714	2900	CARLOS AMORIM	1:05:04.40	1:04:04.71	36	M	VetI M (35-39)	573	78	OS XAVIERES DO RUACANÁ
715	2584	ANA PEREIRA	1:05:13.15	1:04:16.02	32	F	Sen F (20-34)	135	25	ROCKY TEAM
716	2968	SANDRA GONÇALVES	1:05:22.62	1:04:47.64	50	F	VetIV F (50-54)	136	22	CDCR DOS CTT
717	2969	ESMERALDO GONÇALVES	1:05:26.23	1:04:53.97	50	M	VetIV M (50-54)	574	70	CDCR DOS CTT
718	2950	MANUELA FERREIRA	1:05:37.23	1:04:40.80	47	F	VetIII F (45-49)	137	26	RAMBOS
719	2942	EDUARDO LOPES	1:05:37.38	1:04:42.75	55	M	VetV M (55-59)	575	57	RAMBOS
720	334	ANA CALIÇA	1:05:38.10	1:05:16.84	44	F	VetII F (40-44)	138	17	ALVERCA URBAN RUNNERS
721	2713	RUDI VERSLUIS	1:05:44.41	1:05:34.90	67	M	VetVII M (65-99)	576	28	
722	2797	BERTA DIAS	1:06:05.71	1:05:49.04	58	F	VetV F (55-59)	139	15	
723	2735	VERA BANGY	1:06:06.51	1:05:36.27	40	F	VetII F (40-44)	140	18	BANGY
724	1026	ADANIA CARVALHO	1:06:07.39	1:05:39.86	17	F	Jun F (17-19)	141	4	ACR MEALHADA
725	3101	JOÃO REGO	1:06:09.87	1:06:09.87	33	M	Sen M (20-34)	577	106	
726	797	SANDRA GUERREIRO	1:06:23.36	1:05:57.20	17	F	Jun F (17-19)	142	5	GD SÃO DOMINGOS
727	3032	ANA PINTO	1:06:25.44	1:05:32.04	29	F	Sen F (20-34)	143	26	CCD SIEMENS

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728	2579	RODOLFO LIMA	1:06:37.44	1:06:29.27	56	M	VetV M (55-59)	578	58	C MILLENNIUM BCP
729	2011	IDALINA MADEIRA	1:06:43.51	1:06:05.68	62	F	VetVI F (60-64)	144	10	CASA BENFICA SEIXAL
730	2920	CARINA ALBUQUERQUE	1:06:47.14	1:06:19.63	34	F	Sen F (20-34)	145	27	ACR MEALHADA
731	1011	LUÍS HENRIQUES	1:06:50.97	1:06:05.28	59	M	VetV M (55-59)	579	59	ACR MEALHADA
732	823	CÁTIA SARAMAGO	1:07:04.47	1:06:43.86	37	F	VetI F (35-39)	146	20	GD SÃO DOMINGOS
733	3067	ANA ESTEVES	1:07:12.14	1:06:08.94	23	F	Sen F (20-34)	147	28	HSSC TEAM
734	2993	PAULA MAURICIO	1:07:14.78	1:06:36.63	58	F	VetV F (55-59)	148	16	GD SAO DOMINGOS
735	3068	HIGOR SILVA	1:07:15.79	1:06:14.11	27	M	Sen M (20-34)	580	107	HSSC TEAM
736	2067	LOURDES BENTO	1:07:23.77	1:06:32.90	66	F	VetVII F (65-99)	149	4	UD PONTE FRIELAS
737	61	ANA GONÇALVES	1:07:38.06	1:07:00.04	38	F	VetI F (35-39)	150	21	CA VALE FIGUEIRA
738	3083	RUTE ELEUTÉRIO	1:07:48.49	1:07:40.45	30	F	Sen F (20-34)	151	29	AGUALVA RUNNERS
739	3029	NELSON CASTELÔA	1:07:52.24	1:07:10.67	57	M	VetV M (55-59)	581	60	
740	2620	FÁTIMA ALMEIDA	1:08:19.18	1:08:09.06	63	F	VetVI F (60-64)	152	11	
741	2510	SANDRA MOTA	1:08:35.16	1:08:02.94	48	F	VetIII F (45-49)	153	27	
742	2591	DIRK DRIEDGER	1:08:39.08	1:07:23.67	62	M	VetVI M (60-64)	582	38	
743	3110	JOAQUIM M.	1:08:44.75	1:08:44.75	46	M	VetIII M (45-49)	583	101	FARMÁCIA DA BOAVISTA
744	2723	JOÃO FORTUNATO	1:08:57.72	1:08:28.56	34	M	Sen M (20-34)	584	108	
745	2719	ERNESTO AUGUSTO	1:09:30.44	1:08:25.41	49	M	VetIII M (45-49)	585	102	
746	2822	CARLA FERNANDES	1:09:44.36	1:08:52.88	43	F	VetII F (40-44)	154	19	BOBABELAS RUNNING TEAM
747	2669	SANDRA NEVES	1:09:48.14	1:08:59.90	47	F	VetIII F (45-49)	155	28	
748	967	ISAURA PINTO	1:10:06.14	1:10:06.14	61	F	VetVI F (60-64)	156	12	CMC ODIVELAS
749	179	PEDRO PINTO	1:10:29.11	1:10:18.90	65	M	VetVII M (65-99)	586	29	AGUALVA RUNNERS
750	325	SARA BARATA	1:10:38.66	1:10:16.14	46	F	VetIII F (45-49)	157	29	ALVERCA URBAN RUNNERS
751	2527	JOANA CHOURIÇO	1:10:51.35	1:10:41.45	59	F	VetV F (55-59)	158	17	RUNNING CLUB SANTA CASA
752	536	ANA MARTINS	1:10:54.43	1:10:16.54	49	F	VetIII F (45-49)	159	30	CORRER LOURES
753	535	HUGO MARTINS	1:10:57.60	1:10:17.18	47	M	VetIII M (45-49)	587	103	CORRER LOURES

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754	2875	THAMIRIS TELIS	1:10:59.57	1:10:00.13	31	M	Sen M (20-34)	588	109	
755	2874	MAEL LOSTECQUE	1:11:01.09	1:11:01.09	30	M	Sen M (20-34)	589	110	
756	2505	JOHNNY THOMASSEN	1:11:13.84	1:10:36.13	63	M	VetVI M (60-64)	590	39	
757	2641	NELSON DIOGO	1:11:18.59	1:10:49.84	23	M	Sen M (20-34)	591	111	CCD TRANQUILIDADE
758	795	JUDITE GUERREIRO	1:11:22.14	1:10:55.17	69	F	VetVII F (65-99)	160	5	GD SÃO DOMINGOS
759	2681	LUIS QUINTAL	1:11:25.40	1:11:10.68	56	M	VetV M (55-59)	592	61	SS CGD
760	465	JOSÉ BACANHIM	1:12:16.78	1:11:35.81	71	M	VetVII M (65-99)	593	30	AD LEÕES APELAÇONENSES
761	2762	ORLANDO SOUSA	1:12:17.02	1:11:27.69	61	M	VetVI M (60-64)	594	40	CCDT METRO LX
762	3122	LETICIA MATOS	1:12:20.24	1:12:20.24	33	F	Sen F (20-34)	161	30	LAINELE
763	3121	ELAINE AMARAL	1:12:21.15	1:12:21.15	44	F	VetII F (40-44)	162	20	LAINELE
764	2922	MIGUEL ESTEVES	1:12:23.08	1:12:12.64	28	M	Sen M (20-34)	595	112	
765	2982	MERCEDES FONSECA	1:12:35.88	1:12:35.88	68	F	VetVII F (65-99)	163	6	FEDERACAO DA FAMILIA
766	917	JOAQUIM FONSECA	1:12:35.88	1:12:35.88	67	M	VetVII M (65-99)	596	31	FEDERAÇÃO DA FAMÍLIA
767	2746	ANA BIBI	1:12:39.83	1:12:17.03	47	F	VetIII F (45-49)	164	31	GA ALGÉS
768	2745	LUCIA CARVALHO	1:12:39.94	1:12:18.13	59	F	VetV F (55-59)	165	18	GA ALGÉS
769	2816	JACI MONTE	1:12:46.92	1:12:02.16	49	F	VetIII F (45-49)	166	32	CORRER LOURES
770	2945	SERAFIM MARQUES	1:12:48.47	1:11:54.30	74	M	VetVII M (65-99)	597	32	RAMBOS
771	2648	EDUARDO NEVES	1:12:50.50	1:12:08.12	43	M	VetII M (40-44)	598	91	CAA BELEM
772	2944	HELENA DORES	1:12:51.29	1:11:56.08	58	F	VetV F (55-59)	167	19	RAMBOS
773	2643	ISABEL MARQUES	1:12:52.75	1:12:07.53	46	F	VetIII F (45-49)	168	33	CAA BELEM
774	1061	HELENA PIRES	1:13:11.07	1:12:37.86	66	F	VetVII F (65-99)	169	7	CMC ODIVELAS
775	1071	SÓNIA CASON	1:13:16.68	1:12:48.86	54	F	VetIV F (50-54)	170	23	LINDA-A-PASTORA SC
776	2607	GUILHERME AFONSO	1:13:27.76	1:12:26.12	28	M	Sen M (20-34)	599	113	
777	2980	JOSÉ CATITA	1:13:28.49	1:12:32.98	65	M	VetVII M (65-99)	600	33	
778	2959	SANDRA MARTINS	1:13:28.67	1:12:31.71	46	F	VetIII F (45-49)	171	34	4 AO KM
779	2606	PATRYCJA SMOLAREK	1:13:32.47	1:12:30.42	31	F	Sen F (20-34)	172	31	

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780	2595	MARIANA COELHO	1:13:42.81	1:13:16.75	28	F	Sen F (20-34)	173	32	OPTICALIA RUNNING TEAM
781	731	ELISABETH LOUREIRO	1:13:50.05	1:13:15.34	67	F	VetVII F (65-99)	174	8	SC CASAINHOS
782	809	TERESA MEDEIROS	1:14:27.09	1:13:49.43	62	F	VetVI F (60-64)	175	13	GD SÃO DOMINGOS
783	2640	RAQUEL SERRA	1:14:36.67	1:14:07.60	20	F	Sen F (20-34)	176	33	CCD TRANQUILIDADE
784	3003	SUSANA ANTUNES	1:16:13.05	1:15:19.42	40	F	VetII F (40-44)	177	21	THE SAL RUNNERS
785	934	SÓNIA AMBRÓSIO	1:16:36.06	1:15:53.99	44	F	VetII F (40-44)	178	22	RUN24RUN
786	144	JOSÉ LINDO	1:16:57.17	1:16:54.50	77	M	VetVII M (65-99)	601	34	CA VALE FIGUEIRA
787	2666	ANA PEREIRA	1:16:58.22	1:15:54.66	48	F	VetIII F (45-49)	179	35	
788	2679	HENRIQUE MOUTA	1:17:08.87	1:16:07.98	43	M	VetII M (40-44)	602	92	SS CGD
789	2903	RICARDO OLIVEIRA	1:17:27.27	1:17:11.24	27	M	Sen M (20-34)	603	114	
790	2941	JOSÉ ROBALO	1:17:33.46	1:16:31.32	68	M	VetVII M (65-99)	604	35	
791	1072	DIANA FREITAS	1:20:01.08	1:20:01.08	37	F	VetI F (35-39)	180	22	CMC ODIVELAS
792	1691	OLGA ANTUNES	1:20:02.11	1:19:28.97	63	F	VetVI F (60-64)	181	14	CMC ODIVELAS
793	155	ANA GALAMBA	1:20:20.07	1:20:17.22	65	F	VetVII F (65-99)	182	9	AGUALVA RUNNERS
794	47	MARIA BALASTEIRO	1:20:21.69	1:20:12.30	22	F	Sen F (20-34)	183	34	CA VALE FIGUEIRA
795	73	MIGUEL BALASTEIRO	1:20:23.22	1:20:12.65	49	M	VetIII M (45-49)	605	104	CA VALE FIGUEIRA
796	332	ANA MARTINS	1:21:30.11	1:21:07.38	64	F	VetVI F (60-64)	184	15	ALVERCA URBAN RUNNERS
797	2783	ANA COSTA	1:21:51.47	1:21:09.72	53	F	VetIV F (50-54)	185	24	
798	173	MARIA SERRA	1:21:52.76	1:21:43.98	51	F	VetIV F (50-54)	186	25	AGUALVA RUNNERS
799	2788	JOSÉ COSTA	1:21:59.16	1:21:16.71	57	M	VetV M (55-59)	606	62	
800	2946	BEATRIZ SILVA	1:22:14.45	1:21:19.61	64	F	VetVI F (60-64)	187	16	RAMBOS
801	2688	RUI MELÃO	1:24:05.00	1:23:03.85	59	M	VetV M (55-59)	607	63	
802	2546	PAULA CAVALHEIRO	1:24:36.09	1:24:25.62	56	F	VetV F (55-59)	188	20	
803	2608	ANABELA PINTO	1:24:46.85	1:23:47.84	42	F	VetII F (40-44)	189	23	ALVERCA URBAN RUNNERS
804	938	CORINA AFONSO	1:27:44.57	1:27:02.59	65	F	VetVII F (65-99)	190	10	RUN24RUN
805	2689	PAULO SOUSA	1:27:52.55	1:26:46.74	45	M	VetIII M (45-49)	608	105	

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806	2671	MARA CANDEIAS	1:27:52.72	1:26:46.43	32	F	Sen F (20-34)	191	35	
807	250	MARIANA SOARES	1:27:53.60	1:26:49.47	71	F	VetVII F (65-99)	192	11	CORRER LOURES
808	1089	FÁTIMA MARTINS	1:28:46.16	1:28:05.98	54	F	VetIV F (50-54)	193	26	RUN24RUN
809	2831	SANDRA FERNANDES	1:28:55.32	1:28:10.16	52	F	VetIV F (50-54)	194	27	CAA BELEM
810	2649	ISABEL NOBRE	1:28:56.58	1:28:11.44	73	F	VetVII F (65-99)	195	12	CAA BELEM
811	2975	KARIN FRANCO	1:28:58.30	1:28:12.34	57	F	VetV F (55-59)	196	21	
812	2790	MD RAJIB	1:29:53.16	1:29:25.58	32	M	Sen M (20-34)	609	115	RA RUNNER
813	143	FRANCISCO MOUCHINHO	1:32:58.82	1:32:19.43	74	M	VetVII M (65-99)	610	36	CA VALE FIGUEIRA
814	2949	ANTÓNIO ABREU	1:33:45.70	1:33:45.70	48	M	VetIII M (45-49)	611	106	RAMBOS
815	2953	RUI PINTO	1:33:46.26	1:33:46.26	57	M	VetV M (55-59)	612	64	RAMBOS
816	3160	Atleta Sem Registo	1:33:46.76	1:33:46.76			Atl Sem Reg	8	8	