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2023



10 KM

Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	1204	JOÃO SANTOS	0:35:02.18	0:35:02.18	20	M	un Sen M (034)	1	1	CA PENAFIRME
2	1264	DANIEL ARAÚJO	0:35:50.76	0:35:50.76	39	M	Vet I M (3539)	2	1	AD PALMEIROS
3	1123	PATRICK LIMA	0:38:52.85	0:38:52.85	28	M	un Sen M (034)	3	2	GDRC PONTERROLENSE
4	1258	LUIS REBELO	0:39:20.54	0:39:20.54	58	M	/et V M (5559)	4	1	C BENFICA TORRES VEDRAS
5	1119	LUIS BARBOSA	0:40:10.26	0:40:10.26	47	M	/et III M (4549)	5	1	FRESH FRUIT NAZARÉ
6	1291	JOEL COSTA	0:40:33.11	0:40:33.11	34	M	un Sen M (034)	6	3	
7	1080	JOAQUIM RODRIGUES	0:40:35.79	0:40:35.79	53	M	/et IV M (5054)	7	1	OS CARREGUEIRENSES
8	1266	JOÃO MIRANDA	0:40:39.35	0:40:39.35	35	M	Vet I M (3539)	8	2	
9	1099	PAULINE VIE	0:40:47.63	0:40:47.63	23	F	lun Sen F (034)	1	1	
10	1184	ABILIO SILVA	0:40:54.42	0:40:54.42	50	M	/et IV M (5054)	9	2	GDRC PONTERROLENSE
11	1098	JEAN-MICHEL VIE	0:41:35.38	0:41:35.38	50	M	/et IV M (5054)	10	3	
12	1102	CÉSAR ANDRADE	0:42:11.00	0:42:11.00	42	M	/et II M (4044)	11	1	
13	1223	LILIANA ALEXANDRE	0:42:59.00	0:42:59.00	32	F	lun Sen F (034)	2	2	
14	1219	FREDERICO COSTA	0:43:04.00	0:43:04.00	33	M	un Sen M (034)	12	4	
15	1202	RENATO SANTOS	0:43:06.00	0:43:06.00	23	M	un Sen M (034)	13	5	CA PENAFIRME
16	1172	MARCO SILVA	0:43:07.00	0:43:07.00	26	M	un Sen M (034)	14	6	
17	1218	ASTIE PIERRE	0:43:31.00	0:43:31.00	30	M	un Sen M (034)	15	7	
18	1275	SÉRGIO PACHECO	0:43:39.00	0:43:39.00	44	M	/et II M (4044)	16	2	PENICHE A CORRER
19	1171	MÁRIO MOREIRA	0:43:43.00	0:43:43.00	46	M	/et III M (4549)	17	2	CORRER QUELUZ
20	1047	LUÍS SILVA	0:43:51.00	0:43:51.00	36	M	Vet I M (3539)	18	3	NESHA HOP & RUN TEAM
21	1249	ANTONIO AGUIAR	0:43:54.00	0:43:54.00	59	M	/et V M (5559)	19	2	GDRC PONTERROLENSE
22	1175	DUARTE SANTOS	0:44:01.00	0:44:01.00	28	M	un Sen M (034)	20	8	
23	1227	JOSE MANUEL	0:44:03.00	0:44:03.00	49	M	/et III M (4549)	21	3	CD MAFRA
24	1069	JOÃO VITORINO	0:44:47.58	0:44:47.58	57	M	/et V M (5559)	22	3	

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Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
25	1239	FRANCISCO ALVES	0:44:54.89	0:44:54.89	20	M	un Sen M (034	23	9	
26	1211	DAVID PEREIRA	0:45:05.00	0:45:05.00	23	M	un Sen M (034	24	10	DAVID PEREIRA
27	1288	JOÃO GUERREIRO	0:45:15.00	0:45:15.00	24	M	un Sen M (034	25	11	PT DRUNNERS
28	1257	LUIS AFONSO	0:45:25.67	0:45:25.67	24	M	un Sen M (034	26	12	PT DRUNNERS
29	1250	JOSUÉ FRANCISCO	0:45:39.53	0:45:39.53	51	M	/et IV M (5054	27	4	
30	1160	MIGUEL SANTOS	0:46:03.64	0:46:03.64	37	M	Vet I M (3539]	28	4	
31	1078	SARA GABRIEL	0:46:04.43	0:46:04.43	33	F	lun Sen F (034	3	3	SR CAMARNAL
32	1144	CATARINA BORGES	0:46:05.44	0:46:05.44	26	F	lun Sen F (034	4	4	1ºDEZEMBRO DE QUEIJAS
33	1083	JORGE LIMA	0:46:16.38	0:46:16.38	39	M	Vet I M (3539]	29	5	VIZINHAS FIT
34	1140	JOÃO ALVES	0:46:31.16	0:46:31.16	27	M	un Sen M (034	30	13	
35	1203	PEDRO LUCAS	0:46:41.27	0:46:41.27	47	M	/et III M (4549	31	4	CA PENAFIRME
36	1273	PAULO SILVA	0:46:44.07	0:46:44.07	35	M	Vet I M (3539]	32	6	
37	1030	AMADEU FRANCISCO	0:46:45.93	0:46:45.93	40	M	/et II M (4044	33	3	
38	1125	NUNO COVÃO	0:47:06.24	0:47:06.24	47	M	/et III M (4549	34	5	ROTARY VILA FRANCA DE XIRA
39	1243	FABIO QUERIDO	0:47:11.52	0:47:11.52	33	M	un Sen M (034	35	14	
40	1238	NUNO NEVES	0:47:16.35	0:47:16.35	47	M	/et III M (4549	36	6	
41	1088	EDUARDO PEREIRA	0:47:19.56	0:47:19.56	24	M	un Sen M (034	37	15	
42	1276	DANIELA F S MARTINHO	0:47:25.93	0:47:25.93	29	F	lun Sen F (034	5	5	
43	1230	JOAO FRANCO	0:47:36.09	0:47:36.09	69	M	'et VII M (6595	38	1	OS CARREGUEIRENSES
44	1193	TIAGO FERNANDES	0:47:37.33	0:47:37.33	30	M	un Sen M (034	39	16	TEAM TRACTORES
45	1129	FILIPPE FERREIRA	0:47:37.85	0:47:37.85	47	M	/et III M (4549	40	7	RUN&WIN(E)
46	1280	HUGO D P CHAVES	0:47:40.39	0:47:40.39	24	M	un Sen M (034	41	17	
47	1157	VASCO SILVA	0:47:40.97	0:47:40.97	42	M	/et II M (4044	42	4	
48	1090	BENJAMIM MEDALHA	0:47:46.49	0:47:46.49	51	M	/et IV M (5054	43	5	CALDAS RACE TEAM

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Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
49	1201	LARA ONOFRE	0:47:46.52	0:47:46.52	23	F	lun Sen F (034	6	6	CA PENAFIRME
50	1158	CARLOS CARDOSO	0:47:56.10	0:47:56.10	43	M	vet II M (4044	44	5	
51	1048	NUNO ALVES	0:48:11.14	0:48:11.14	25	M	un Sen M (034	45	18	
52	1241	RICARDO LUZ	0:48:21.95	0:48:21.95	31	M	un Sen M (034	46	19	
53	1236	ALFREDO FALCÃO	0:48:23.01	0:48:23.01	57	M	vet V M (5559	47	4	
54	1216	NUNO OLIVEIRA	0:48:37.33	0:48:37.33	45	M	vet III M (4549	48	8	
55	1254	PAULO SILVA	0:48:44.15	0:48:44.15	54	M	vet IV M (5054	49	6	PINHAL NOVO A CORRER
56	1087	FRANCISCO VIEIRA	0:48:50.09	0:48:50.09	38	M	Vet I M (3539]	50	7	
57	1182	MARCELO RIBEIRO	0:48:54.17	0:48:54.17	27	M	un Sen M (034	51	20	
58	1290	GONÇALO ÁGUAS	0:48:55.17	0:48:55.17	40	M	vet II M (4044	52	6	MALTA DA PINGA DE ALMEIRIM
59	1289	NUNO JOSÉ FERNANDES LOPES	0:48:55.36	0:48:55.36	45	M	vet III M (4549	53	9	MALTA DA PINGA DE ALMEIRIM
60	1323	LEANDRO SALVADOR	0:49:10.00	0:49:10.00	18	M	un Sen M (034	54	21	
61	1138	JOÃO PEREIRA	0:49:15.99	0:49:15.99	31	M	un Sen M (034	55	22	CARREGUEIRENSES
62	1049	ANA ESCOLA	0:49:17.24	0:49:17.24	23	F	lun Sen F (034	7	7	
63	1259	RICARDO GONÇALVES	0:49:24.76	0:49:24.76	39	M	Vet I M (3539]	56	8	
64	1120	MARLENE MAÇÃ	0:49:29.68	0:49:29.68	44	F	Vet II F (4044)	8	1	FRESH FRUIT NAZARÉ
65	1122	ALEXANDRE ARAÚJO	0:49:37.36	0:49:37.36	53	M	vet IV M (5054	57	7	
66	1050	JOÃO DUARTE	0:49:42.83	0:49:42.83	30	M	un Sen M (034	58	23	GXD XL
67	1038	LUÍS HENRIQUETA	0:49:42.91	0:49:42.91	29	M	un Sen M (034	59	24	GXD XL
68	1210	JOÃO SANTOS	0:49:44.35	0:49:44.35	34	M	un Sen M (034	60	25	
69	1205	JOÃO MARQUES	0:50:00.36	0:50:00.36	23	M	un Sen M (034	61	26	
70	1194	PEDRO CARVALHO	0:50:00.49	0:50:00.49	25	M	un Sen M (034	62	27	EAT PASTA RUN FASTA
71	1101	ANA MARTINHO	0:50:00.67	0:50:00.67	38	F	Vet I F (3539)	9	1	
72	1012	DANIELA MOREIRA	0:50:13.09	0:50:13.09	30	F	lun Sen F (034	10	8	

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Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
73	1018	PEDRO MATIAS	0:50:13.55	0:50:13.55	24	M	un Sen M (034	63	28	
74	1267	DAVID BRANDÃO	0:50:19.49	0:50:19.49	29	M	un Sen M (034	64	29	
75	1137	DIOGO GONÇALVES	0:50:25.00	0:50:25.00	26	M	un Sen M (034	65	30	
76	1042	RICARDO ALVES	0:50:28.67	0:50:28.67	26	M	un Sen M (034	66	31	RUNNING WITHOUT WHEELS
77	1229	JOSE MOURA	0:50:29.06	0:50:29.06	36	M	Vet I M (3539]	67	9	
78	1206	ANTÓNIO MATEUS	0:50:32.00	0:50:32.00	52	M	/et IV M (5054	68	8	
79	1189	NUNO OLIVEIRA	0:50:32.48	0:50:32.48	50	M	/et IV M (5054	69	9	PANTERA NEGRA PINHAL NOVO
80	1242	ARMANDO LACERDA	0:50:34.44	0:50:34.44	68	M	'et VII M (659€	70	2	GD DIANA
81	1198	PEDRO SERRAO	0:50:35.96	0:50:35.96	36	M	Vet I M (3539]	71	10	COME+CORRE
82	1094	RENATO ROCHA	0:50:54.32	0:50:54.32	34	M	un Sen M (034	72	32	
83	1095	JOANA NARCISO	0:50:54.32	0:50:54.32	30	F	lun Sen F (034	11	9	
84	1031	HÉLDER PEREIRA	0:51:07.59	0:51:07.59	29	M	un Sen M (034	73	33	BOBADELAS
85	1035	DANIEL MIRANDA	0:51:20.60	0:51:20.60	26	M	un Sen M (034	74	34	MIPI
86	1075	ANA SILVA	0:51:22.46	0:51:22.46	47	F	Vet III F (4549]	12	1	
87	1177	DIOGO FERNANDES	0:51:28.00	0:51:28.00	28	M	un Sen M (034	75	35	EAT PASTA RUN FASTA
88	1277	FRANCISCO F DIOGO	0:51:36.46	0:51:36.46	25	M	un Sen M (034	76	36	CABEÇAS GORDAS
89	1152	ANTÓNIO BARBAS	0:51:40.38	0:51:40.38	55	M	/et V M (5559	77	5	
90	1252	SANDRO TEIXEIRA	0:51:42.79	0:51:42.79	45	M	/et III M (4549	78	10	
91	1253	HELENA GONÇALVES	0:51:45.61	0:51:45.61	48	F	Vet III F (4549]	13	2	PINHAL NOVO A CORRER
92	1089	MARCELO COELHO	0:51:51.00	0:51:51.00	30	M	un Sen M (034	79	37	
93	1053	CARLOS JÚNIOR	0:52:08.16	0:52:08.16	49	M	/et III M (4549	80	11	
94	1155	TIAGO MARTINS	0:52:18.50	0:52:18.50	36	M	Vet I M (3539]	81	11	
95	1064	RAUL SILVA	0:52:18.57	0:52:18.57	55	M	/et V M (5559	82	6	OESTE RUNNERS
96	1200	RUI SERRÃO	0:52:18.90	0:52:18.90	34	M	un Sen M (034	83	38	COME+CORRE

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Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
97	1034	JOANA PINHO	0:52:19.01	0:52:19.01	22	F	Jun Sen F (034)	14	10	MIPI
98	1081	PEDRO CAIADO	0:52:28.57	0:52:28.57	70	M	Vet VII M (6595)	84	3	OS CARREGUEIRENSES
99	1287	ROBERTO BETTENCOURT	0:52:32.76	0:52:32.76	47	M	Vet III M (4549)	85	12	
100	1086	NICOLAU JESUS	0:52:40.00	0:52:40.00	41	M	Vet II M (4044)	86	7	
101	1060	DANIEL MIRANDA	0:52:50.06	0:52:50.06	56	M	Vet V M (5559)	87	7	
102	1278	RODRIGO F A FREITAS	0:52:51.51	0:52:51.51	18	M	Jun Sen M (034)	88	39	CABEÇAS GORDAS
103	1169	LUIS MORAIS	0:52:55.00	0:52:55.00	52	M	Vet IV M (5054)	89	10	
104	1143	PAULO MOREIRA	0:52:58.11	0:52:58.11	56	M	Vet V M (5559)	90	8	
105	1091	SERGIO MEDALHA	0:53:04.26	0:53:04.26	42	M	Vet II M (4044)	91	8	CALDAS RACE TEAM
106	1173	JOANA RIBEIRO	0:53:11.48	0:53:11.48	29	F	Jun Sen F (034)	15	11	MADE IN DAGORDA
107	1068	TIAGO MEIRA	0:53:33.11	0:53:33.11	40	M	Vet II M (4044)	92	9	
108	1156	NUNO POMBO	0:53:34.95	0:53:34.95	36	M	Vet I M (3539)	93	12	
109	1324	CRISTIANO COELHO	0:53:37.93	0:53:37.93	18	M	Jun Sen M (034)	94	40	
110	1196	MARCO MALTEZ	0:53:38.18	0:53:38.18	44	M	Vet II M (4044)	95	10	
111	1180	ARMANDO COSTA	0:53:50.92	0:53:50.92	52	M	Vet IV M (5054)	96	11	UNITED RUNNERS
112	1168	TIAGO MORAIS	0:53:54.24	0:53:54.24	25	M	Jun Sen M (034)	97	41	
113	1222	VASCO PIPA	0:54:09.39	0:54:09.39	59	M	Vet V M (5559)	98	9	
114	1247	SÉRIGO RIBEIRO	0:54:13.72	0:54:13.72	55	M	Vet V M (5559)	99	10	
115	1052	DULCE RAMOS	0:54:28.53	0:54:28.53	53	F	Vet IV F (5054)	16	1	TUGASBCP
116	1139	VITOR LEAL	0:54:43.83	0:54:43.83	23	M	Jun Sen M (034)	100	42	
117	1234	MANUELA MACHADO-FRIEL	0:54:49.58	0:54:49.58	49	F	Vet III F (4549)	17	3	
118	1195	AMÉLIA ROSA	0:54:56.07	0:54:56.07	52	F	Vet IV F (5054)	18	2	
119	1134	CLÁUDIO MIRANDA	0:54:59.56	0:54:59.56	26	M	Jun Sen M (034)	101	43	ACDR ARNEIROS/SALIOSBTT
120	1093	BRUNO RODRIGUES	0:55:05.37	0:55:05.37	38	M	Vet I M (3539)	102	13	CALDAS RACE TEAM

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121	1045	ÂNGELO GERALDO	0:55:10.45	0:55:10.45	34	M	un Sen M (034	103	44	NESHA HOP & RUN TEAM
122	1043	FÁBIO BATALHA	0:55:10.59	0:55:10.59	33	M	un Sen M (034	104	45	NESHA HOP & RUN TEAM
123	1126	NUNO VALENTE	0:55:12.07	0:55:12.07	48	M	/et III M (4549	105	13	ROTARY VILA FRANCA DE XIRA
124	1279	MARCO LOPES	0:55:29.07	0:55:29.07	45	M	/et III M (4549	106	14	
125	1109	JOSÉ SANTOS	0:55:41.49	0:55:41.49	57	M	/et V M (5559	107	11	
126	1272	RITA VICENTE	0:55:42.87	0:55:42.87	27	F	lun Sen F (034	19	12	
127	1124	FILIPE VALENTE	0:55:43.14	0:55:43.14	44	M	/et II M (4044	108	11	ROTARY VILA FRANCA DE XIRA
128	1269	SOFIA GONÇALVES	0:55:43.80	0:55:43.80	26	F	lun Sen F (034	20	13	
129	1215	LEONEL SILVESTRE	0:55:46.17	0:55:46.17	65	M	'et VII M (6599	109	4	
130	1159	RICARDO RODRIGUES	0:55:54.34	0:55:54.34	24	M	un Sen M (034	110	46	
131	1268	JOÃO FERREIRA	0:55:58.66	0:55:58.66	25	M	un Sen M (034	111	47	
132	1096	JOÃO PESTANA	0:56:01.70	0:56:01.70	21	M	un Sen M (034	112	48	
133	1044	MÁRIO ESTEVES	0:56:08.55	0:56:08.55	31	M	un Sen M (034	113	49	NESHA HOP & RUN TEAM
134	1199	JOSE TERRAS	0:56:15.29	0:56:15.29	36	M	Vet I M (3539)	114	14	COME+CORRE
135	1016	TAHAMARA DIAS	0:56:52.78	0:56:52.78	48	F	Vet III F (4549)	21	4	
136	1246	JOÃO PENEDO	0:56:54.50	0:56:54.50	35	M	Vet I M (3539)	115	15	
137	1100	KARINE VIE	0:56:56.57	0:56:56.57	50	F	vet IV F (5054	22	3	
138	1113	MÁRIO FAUSTINO	0:56:58.53	0:56:58.53	52	M	/et IV M (5054	116	12	
139	1191	JOÃO SIMAS	0:57:02.81	0:57:02.81	45	M	/et III M (4549	117	15	
140	1015	LUIS AZEVEDO	0:57:22.91	0:57:22.91	60	M	/et VI M (6064	118	1	
141	1270	FRANCISCO GONÇALVES	0:57:25.59	0:57:25.59	32	M	un Sen M (034	119	50	
142	1163	MARIA BORGES	0:57:48.07	0:57:48.07	58	F	Vet V F (5559)	23	1	1ºDEZEMBRO DE QUEIJAS
143	1231	CARLOS FERREIRA	0:57:51.98	0:57:51.98	52	M	/et IV M (5054	120	13	OS CARREGUEIRENSES
144	1183	RITA DUARTE	0:57:52.33	0:57:52.33	46	F	Vet III F (4549)	24	5	GDRC PONTERROLENSE

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145	1059	PEDRO SILVA	0:57:56.05	0:57:56.05	45	M	/et III M (4549	121	16	
146	1011	JORGE SEBASTIÃO	0:58:05.57	0:58:05.57	47	M	/et III M (4549	122	17	
147	1284	VÍTOR AGUILAR	0:58:05.68	0:58:05.68	72	M	'et VII M (6595	123	5	
148	1207	LUIS REIS	0:58:28.41	0:58:28.41	33	M	un Sen M (034	124	51	
149	1070	JOSÉ GONÇALVES	0:58:40.61	0:58:40.61	58	M	/et V M (5559	125	12	
150	1228	JOSE CARLOS	0:58:44.25	0:58:44.25	58	M	/et V M (5559	126	13	CD MAFRA
151	1282	NICOLE GONÇALVES	0:58:46.36	0:58:46.36	32	F	un Sen F (034	25	14	
152	1170	TIAGO MARTINS	0:59:27.72	0:59:27.72	44	M	/et II M (4044	127	12	CALDAS RACE TEAM
153	1154	TÂNIA CORREIA	0:59:38.23	0:59:38.23	28	F	un Sen F (034	26	15	
154	1150	BRUNO SANTOS	0:59:53.23	0:59:53.23	27	M	un Sen M (034	128	52	
155	1225	JORGE PAULINO	0:59:57.59	0:59:57.59	66	M	'et VII M (6595	129	6	CD MAFRA
156	1262	ANTÓNIO CASTRO	1:00:01.89	1:00:01.89	53	M	/et IV M (5054	130	14	GD SANTANDER TOTTA
157	1233	PATRÍCIA MIRANDA	1:00:08.76	1:00:08.76	48	F	Vet III F (4549	27	6	
158	1271	MARCO CLAUDINO	1:00:18.31	1:00:18.31	39	M	Vet I M (3539	131	16	
159	1051	NUNO MARTINS	1:00:28.17	1:00:28.17	29	M	un Sen M (034	132	53	
160	1293	SIDNEY OCHIAI	1:00:57.24	1:00:57.24	52	M	/et IV M (5054	133	15	
161	1260	DAVID MOTA	1:00:58.37	1:00:58.37	35	M	Vet I M (3539	134	17	
162	1176	MARIANA SOBREIRO	1:00:59.53	1:00:59.53	28	F	un Sen F (034	28	16	EAT PAST RUN FAST
163	1185	MARIBEL SILVA	1:01:32.98	1:01:32.98	55	F	Vet V F (5559)	29	2	GDRC PONTERROLENSE
164	1178	RODRIGO COSTA	1:01:40.00	1:01:40.00	29	M	un Sen M (034	135	54	N/A
165	1145	DAVID SILVA	1:01:49.81	1:01:49.81	38	M	Vet I M (3539)	136	18	
166	1167	PAULO SOBERANO	1:01:51.51	1:01:51.51	56	M	/et V M (5559	137	14	INETUM
167	1248	MARLENE BORGES	1:02:21.66	1:02:21.66	35	F	Vet I F (3539)	30	2	BOBADELAS
168	1149	PAULO HENRIQUE	1:03:00.58	1:03:00.58	24	M	un Sen M (034	138	55	

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Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
169	1161	JOÃO FRANCO	1:03:01.34	1:03:01.34	33	M	un Sen M (034	139	56	
170	1292	LUÍS PEREIRA	1:03:01.58	1:03:01.58	35	M	Vet I M (3539)	140	19	
171	1188	CARLOS SILVA	1:03:08.37	1:03:08.37	63	M	et VI M (6064	141	2	
172	1107	ADRIANO CUNHA	1:03:10.20	1:03:10.20	69	M	et VII M (659€	142	7	
173	1029	RUTE ROSA	1:03:10.71	1:03:10.71	29	F	un Sen F (034	31	17	
174	1224	DIAMANTINO ALBUQUERQUE	1:03:17.80	1:03:17.80	68	M	et VII M (659€	143	8	CD MAFRA
175	1281	DIANA PERALTA	1:03:19.17	1:03:19.17	31	F	un Sen F (034	32	18	
176	1063	RAFAELA GONÇALVES	1:03:31.30	1:03:31.30	29	F	un Sen F (034	33	19	
177	1028	RUDI VERSLUIS	1:03:32.84	1:03:32.84	67	M	et VII M (659€	144	9	
178	1074	NUNO SANTOS	1:03:34.58	1:03:34.58	59	M	et V M (5559	145	15	
179	1072	CARLA MAFRA	1:03:34.87	1:03:34.87	48	F	Vet III F (4549	34	7	
180	1073	CARLA COSTA	1:03:35.56	1:03:35.56	45	F	Vet III F (4549	35	8	
181	1148	ANA MARQUES	1:03:43.24	1:03:43.24	28	F	un Sen F (034	36	20	
182	1147	JOÃO SANTOS	1:03:43.38	1:03:43.38	30	M	un Sen M (034	146	57	
183	1255	LUIS PROENÇA	1:03:44.85	1:03:44.85	53	M	et IV M (5054	147	16	
184	1104	ANDRÉ INÁCIO	1:03:45.43	1:03:45.43	58	M	et V M (5559	148	16	AS SETAS
185	1106	JOÃO SERRANO	1:03:46.19	1:03:46.19	47	M	et III M (4549	149	18	AS SETAS
186	1209	PAULO SOEIRO	1:03:55.00	1:03:55.00	45	M	et III M (4549	150	19	
187	1320	TERESA ANTASTÁSIO	1:04:05.20	1:04:05.20	46	F	Vet III F (4549	37	9	
188	1263	MARIA MARCELINO	1:04:43.19	1:04:43.19	65	F	et VII F (6599	38	1	GD SANTANDER TOTTA
189	1067	JORGE SILVA	1:04:52.07	1:04:52.07	41	M	Vet II M (4044	151	13	
190	1192	LUIS GUICHO	1:05:20.40	1:05:20.40	43	M	Vet II M (4044	152	14	
191	1082	PATRÍCIA LIMA	1:05:25.93	1:05:25.93	33	F	un Sen F (034	39	21	VIZINHAS FIT
192	1084	SUSANA RIBEIRO	1:05:27.53	1:05:27.53	37	F	Vet I F (3539)	40	3	VIZINHAS FIT

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Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
193	1103	ANA CEREJO	1:05:31.17	1:05:31.17	58	F	Vet V F (5559)	41	3	AS SETAS
194	1105	SUSANA VILHENA	1:05:31.34	1:05:31.34	48	F	Vet III F (4549)	42	10	AS SETAS
195	1117	PAULO DELICADO	1:06:10.55	1:06:10.55	52	M	Vet IV M (5054)	153	17	
196	1022	ANA PENA	1:06:26.86	1:06:26.86	28	F	Jun Sen F (034)	43	22	
197	1244	JOÃO HENRIQUES	1:06:32.22	1:06:32.22	55	M	Vet V M (5559)	154	17	
198	1085	IRINA RIBEIRO	1:06:45.20	1:06:45.20	39	F	Vet I F (3539)	44	4	VIZINHAS FIT
199	1213	SUSANA BENTO	1:06:45.98	1:06:45.98	46	F	Vet III F (4549)	45	11	
200	1251	CARLOS VICENTE	1:06:52.10	1:06:52.10	50	M	Vet IV M (5054)	155	18	
201	1325	PAULO DIAS	1:06:54.00	1:06:54.00	48	M	Vet III M (4549)	156	20	
202	1021	PAULO FERREIRA	1:07:17.20	1:07:17.20	31	M	Jun Sen M (034)	157	58	
203	1092	JOSE LOUREIRO	1:07:34.29	1:07:34.29	43	M	Vet II M (4044)	158	15	CALDAS RACE TEAM
204	1079	ANTONIO BERNARDES	1:07:34.55	1:07:34.55	73	M	Vet VII M (6595)	159	10	OS CARREGUEIRENSES
205	1190	JÉSSICA ALVES	1:07:39.00	1:07:39.00	29	F	Jun Sen F (034)	46	23	
206	1208	EMANUEL FRANCISCO	1:07:44.16	1:07:44.16	31	M	Jun Sen M (034)	160	59	
207	1071	NUNO MAFRA	1:08:05.27	1:08:05.27	46	M	Vet III M (4549)	161	21	
208	1142	NUNO PIMENTA	1:08:08.50	1:08:08.50	44	M	Vet II M (4044)	162	16	
209	1027	ANA GOMES	1:08:27.62	1:08:27.62	32	F	Jun Sen F (034)	47	24	
210	1187	CATARINA SILVA	1:08:45.03	1:08:45.03	25	F	Jun Sen F (034)	48	25	
211	1076	SANDRA PINTO	1:09:04.03	1:09:04.03	35	F	Vet I F (3539)	49	5	HIGIA
212	1077	JOÃO FRANCO	1:09:04.46	1:09:04.46	31	M	Jun Sen M (034)	163	60	HIGIA
213	1212	MARIA JOAO	1:09:34.95	1:09:34.95	48	F	Vet III F (4549)	50	12	
214	1214	JOÃO CUNHA	1:10:23.20	1:10:23.20	35	M	Vet I M (3539)	164	20	
215	1274	FILIPE ALVES	1:10:32.12	1:10:32.12	18	M	Jun Sen M (034)	165	61	CAA BELEM
216	1121	SUSANA HENRIQUES	1:10:59.26	1:10:59.26	42	F	Vet II F (4044)	51	2	

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Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
217	1153	FÁTIMA ALMEIDA	1:11:03.85	1:11:03.85	62	F	Vet VI F (6064	52	1	
218	1010	INES NOGUEIRA	1:11:46.32	1:11:46.32	37	F	Vet I F (3539)	53	6	
219	1039	SAMUEL JOAQUIM	1:12:06.37	1:12:06.37	69	M	'et VII M (6599	166	11	
220	1135	ISABEL MARQUES	1:12:07.93	1:12:07.93	46	F	Vet III F (4549	54	13	CAA BELEM
221	1136	SANDRA MARTINS	1:12:08.71	1:12:08.71	45	F	Vet III F (4549	55	14	CAA BELEM
222	1040	JOÃO GOMES	1:12:08.75	1:12:08.75	51	M	/et IV M (5054	167	19	
223	1132	SUSANA ALVES	1:12:19.51	1:12:19.51	47	F	Vet III F (4549	56	15	
224	1036	RÚBEN QUARESMA	1:12:27.61	1:12:27.61	28	M	un Sen M (034	168	62	TASCAPRESSA
225	1240	ANTÓNIO PRIMOR	1:12:42.00	1:12:42.00	80	M	'et VII M (6599	169	12	SC MOITENSE
226	1256	G CUNHA	1:13:39.40	1:13:39.40	26	F	lun Sen F (034	57	26	PT DRUNNERS
227	1130	JOÃO MATOS	1:14:29.16	1:14:29.16	66	M	'et VII M (6599	170	13	
228	1065	RITA PINHEIRO	1:19:07.82	1:19:07.82	28	F	lun Sen F (034	58	27	
229	1110	RODRIGO SANTOS	1:19:15.69	1:19:15.69	46	M	/et III M (4549	171	22	
230	1108	JOAQUIM SANTOS	1:19:15.82	1:19:15.82	71	M	'et VII M (6599	172	14	
231	1057	MÁRIO ALMEIDA	1:20:11.92	1:20:11.92	41	M	/et II M (4044	173	17	BORA NESSA
232	1058	RAQUEL ROMÃO	1:20:12.05	1:20:12.05	39	F	Vet I F (3539)	59	7	BORA NESSA
233	1245	ELISABETE FONSECA	1:21:36.45	1:21:36.45	50	F	Vet IV F (5054	60	4	
234	1032	TÂNIA VIEIRA	1:29:37.99	1:29:37.99	36	F	Vet I F (3539)	61	8	ANIMUS
235	1033	INÊS BERNARDO	1:29:38.71	1:29:38.71	43	F	Vet II F (4044)	62	3	ANIMUS
236	1237	VANIA MARTINS	1:29:54.14	1:29:54.14	43	F	Vet II F (4044)	63	4	
237	1014	ANABELA PINTO	1:29:54.71	1:29:54.71	41	F	Vet II F (4044)	64	5	ALVERCA URBAN RUNNERS
238	1037	FRANCISCO CIPRIANO	1:29:54.96	1:29:54.96	81	M	'et VII M (6599	174	15	AMCR FONTE GRADA
239	1283	MARIA CARMO ANJOS	1:31:19.35	1:31:19.35	76	F	/et VII F (6599	65	2	