



Posição Geral	Dorsal	Nome	Tempo Prova	Tempo Líquido	Idade	Género	Escalão	Posição Género	Posição Escalão	Equipa
1	1079	HUGO GARROTE	0:21:02.48	0:21:02.25	41	M	VetII M (40-44)	1	1	HG TRAINING SYSTEM
2	1045	ASTIE PIERRE	0:21:23.34	0:21:21.91	31	M	Jun Sen M (18-34)	2	1	SAFTIUP
3	276	PAULO JORGE SANTOS	0:23:38.29	0:22:13.44	48	M	VetIII M (45-49)	3	1	MEDIALIVRE
4	1056	JOSÉ MARCOS FILHO	0:23:52.67	0:23:50.54	27	M	Jun Sen M (18-34)	4	2	RUN TEJO - PREVENT SPRAIN
5	1097	PEDRO SANTOS	0:24:05.99	0:24:05.98	33	M	Jun Sen M (18-34)	5	3	
6	1000	CATARINA AUGUSTO BORGES	0:24:10.91	0:24:10.88	27	F	Jun Sen F (18-34)	1	1	1º DEZEMBRO QUEIJAS
7	1054	YURDAN KLINSMAN CAETANO	0:25:46.73	0:25:43.12	25	M	Jun Sen M (18-34)	6	4	
8	1007	BRUNO REMÉDIOS	0:26:21.74	0:26:21.65	25	M	Jun Sen M (18-34)	7	5	OS ULTRAS
9	1078	PEDRO BRANDÃO	0:26:59.51	0:26:50.00	32	M	Jun Sen M (18-34)	8	6	IBET MOVE
10	1017	RUI PASTOR	0:27:29.83	0:27:29.83	51	M	VetIV M (50-54)	9	1	PASTOR RACING
11	1081	FERNANDO PAULO	0:28:09.69	0:28:09.69	70	M	VetVIII M (70-90)	10	1	GRUPO DESPORTIVO DE CHELAS
12	1070	DANIEL OLIVEIRA	0:28:10.02	0:27:59.69	31	M	Jun Sen M (18-34)	11	7	CAFÉ COM LEITE
13	1098	CATARINA LEMOS	0:28:25.64	0:28:19.42	30	F	Jun Sen F (18-34)	2	2	2800MOVE
14	1071	RODRIGO DO PORCIUNCULA	0:28:29.77	0:28:23.53	25	M	Jun Sen M (18-34)	12	8	
15	67	JOANA VAZ	0:28:29.80	0:28:21.87	27	F	Jun Sen F (18-34)	3	3	
16	1043	CATARINA OLIVEIRA	0:28:39.49	0:28:36.75	30	F	Jun Sen F (18-34)	4	4	
17	1042	NUNO LOURENÇO	0:28:40.29	0:28:39.98	30	M	Jun Sen M (18-34)	13	9	
18	1041	CARLOS OLIVEIRA	0:28:53.78	0:28:51.62	66	M	VetVII M (65-69)	14	1	
19	1062	RODRIGO DE PEREIRA	0:30:24.39	0:30:20.77	24	M	Jun Sen M (18-34)	15	10	
20	1063	RUI VASCO GASPAR	0:30:36.77	0:30:24.95	34	M	Jun Sen M (18-34)	16	11	
21	1030	MIGUEL PEREIRA PIRES	0:30:39.00	0:30:25.99	24	M	Jun Sen M (18-34)	17	12	NEYOND
22	382	CARLOS GOMES	0:30:46.23	0:30:27.28	58	M	VetV M (55-59)	18	1	
23	1093	AFONSO HENRIQUES	0:31:12.99	0:31:12.99	24	M	Jun Sen M (18-34)	19	13	MATRIX DE HARRIS
24	1003	MIGUEL SILVA	0:31:21.14	0:31:18.07	28	M	Jun Sen M (18-34)	20	14	OS ULTRAS



25	1088	NUNO AGUIAR	0:32:25.91	0:32:20.12	42	M	VetII M (40-44)	21	2	
26	1085	BRUNO BELÉM	0:32:35.00	0:32:35.00	35	M	VetI M (35-39)	22	1	
27	1034	RICARDO FILIPE ALMEIDA	0:33:45.47	0:33:31.33	29	M	Jun Sen M (18-34)	23	15	NEYOND
28	1059	THIAGO CARRAPATOSO	0:33:46.18	0:33:40.34	39	M	VetI M (35-39)	24	2	RELÂMPAGO
29	1018	RICARDO JOÃO GIÃO	0:34:16.26	0:34:12.70	34	M	Jun Sen M (18-34)	25	16	FC BARREIRENSE
30	1060	NATÁLIA TEIXEIRA MENDONÇA	0:34:22.75	0:34:16.88	40	F	VetII F (40-44)	5	1	RELÂMPAGO
31	1068	MARIA CAROLINA LIMA	0:34:27.90	0:34:23.71	29	F	Jun Sen F (18-34)	6	5	CAFÉ COM LEITE
32	1065	PAULO SÉRGIO VIEIRA	0:34:54.71	0:34:54.71	32	M	Jun Sen M (18-34)	26	17	
33	1035	SOFIA CARINA ABREU	0:35:12.10	0:35:01.41	30	F	Jun Sen F (18-34)	7	6	NEYOND
34	1067	FERNANDA RIGONI FERREIRA	0:35:17.74	0:35:08.94	27	F	Jun Sen F (18-34)	8	7	CAFÉ COM LEITE
35	1077	TERESA SERRA	0:35:45.34	0:35:37.42	43	F	VetII F (40-44)	9	2	IBET MOVE
36	1076	MARGARIDA SERRA	0:35:45.38	0:35:38.32	43	F	VetII F (40-44)	10	3	IBET MOVE
37	1009	ANA PATRÍCIO	0:36:15.65	0:36:02.52	43	F	VetII F (40-44)	11	4	
38	1008	ANDRÉ FILIPE RODRIGUES	0:36:16.21	0:36:04.31	42	M	VetII M (40-44)	27	3	
39	1010	RAQUEL SOUSA	0:36:16.84	0:36:04.85	43	F	VetII F (40-44)	12	5	
40	1031	PAULA ALEXANDRA HENRIQUES	0:37:01.40	0:36:50.66	41	F	VetII F (40-44)	13	6	NEYOND
41	1072	DORA CRISTINA CARRILHO	0:37:18.39	0:37:07.54	34	F	Jun Sen F (18-34)	14	8	
42	473	ANA KAROLINE REIS	0:37:42.88	0:36:19.69	26	F	Jun Sen F (18-34)	15	9	
43	1094	CATARINA HENRIQUES	0:37:47.39	0:37:44.50	19	F	Jun Sen F (18-34)	16	10	MATRIX DE HARRIS
44	1074	HÉLIA CRISTINA VARANDA	0:37:49.72	0:37:35.60	31	F	Jun Sen F (18-34)	17	11	
45	1050	GONÇALO SIMÕES MIRANDA	0:38:10.55	0:37:58.70	18	M	Jun Sen M (18-34)	28	18	
46	1049	MARIANA NEVES MOYSÉS	0:38:10.61	0:37:58.92	18	F	Jun Sen F (18-34)	18	12	
47	1052	NEUSA GODINHO	0:38:29.94	0:38:17.10	48	M	VetIII M (45-49)	29	2	
48	1024	TANIA PINA	0:38:56.53	0:38:52.99	42	F	VetII F (40-44)	19	7	C MILLENNIUM BCP
49	1039	ANDRÉ MURICY MEDEIROS	0:39:30.31	0:39:28.02	51	M	VetIV M (50-54)	30	2	
50	1087	MARIA JOSÉ	0:39:54.86	0:39:54.77	55	F	VetV F (55-59)	20	1	



51	1095	FILIPA BRAGANÇA	0:40:20.36	0:40:14.96	47	F	VetIII F (45-49)	21	1	MATRIX DE HARRIS
52	1092	ANA NUNES	0:40:20.64	0:40:17.12	57	F	VetV F (55-59)	22	2	MATRIX DE HARRIS
53	1020	ANDRÉ LARANJEIRA	0:40:44.60	0:40:44.60	19	M	Jun Sen M (18-34)	31	19	
54	1073	ROSALIE CAVALEIRO DELGADO	0:40:51.70	0:40:38.71	35	F	VetI F (35-39)	23	1	
55	1058	MARIANA SALLES SIMARRO	0:40:55.01	0:40:24.35	34	F	Jun Sen F (18-34)	24	13	
56	1022	ANA TORRES	0:41:28.91	0:41:24.77	39	F	VetI F (35-39)	25	2	C MILLENNIUM BCP
57	1064	MATHEUS DUQUE SANTOS	0:41:39.36	0:41:34.46	25	M	Jun Sen M (18-34)	32	20	
58	1091	CARLA LIMA	0:42:16.65	0:42:11.97	53	F	VetIV F (50-54)	26	1	MATRIX DE HARRIS
59	1086	ANA BENTO	0:42:20.06	0:42:07.93	39	F	VetI F (35-39)	27	3	
60	1061	ADEMIR MOISÉS SOUZA	0:42:25.38	0:42:25.38	34	M	Jun Sen M (18-34)	33	21	
61	1012	RAFAELLA MARIA MENEZES	0:42:27.63	0:42:04.37	33	F	Jun Sen F (18-34)	28	14	
62	1025	ANA FILIPA LUCAS	0:42:36.57	0:42:24.68	28	F	Jun Sen F (18-34)	29	15	NEYOND
63	1036	SORAIA FELICIA REZENDE	0:42:54.80	0:42:41.02	27	F	Jun Sen F (18-34)	30	16	NEYOND
64	1090	JOÃO MARQUES	0:44:05.98	0:44:00.01	59	M	VetV M (55-59)	34	2	MATRIX DE HARRIS
65	1032	PEDRO BERNARDO GONCALVES	0:44:17.69	0:44:06.16	25	M	Jun Sen M (18-34)	35	22	NEYOND
66	1066	LARISSA PINELI ANDRÉ	0:44:43.48	0:44:35.27	21	F	Jun Sen F (18-34)	31	17	CAFÉ COM LEITE
67	1080	MARGARIDA FONSECA	0:45:36.24	0:45:35.97	68	F	VetVII F (65-69)	32	1	
68	1019	ANA LUÍSA LARANJEIRA	0:45:41.88	0:45:41.88	21	F	Jun Sen F (18-34)	33	18	
69	1048	PATRÍCIA FANECO	0:46:04.29	0:45:50.05	41	F	VetII F (40-44)	34	8	
70	1046	SOFIA FARINHA	0:46:14.11	0:46:08.18	48	F	VetIII F (45-49)	35	2	
71	1047	JOSÉ FRÓIS	0:46:40.96	0:46:24.84	66	M	VetVII M (65-69)	36	2	
72	1055	MARIA MANUELA MATOS	0:46:54.67	0:46:54.67	50	F	VetIV F (50-54)	36	2	
73	1051	RODRIGO FONSECA	0:47:13.58	0:47:02.07	40	M	VetII M (40-44)	37	4	
74	1075	CARINA SILVA	0:48:38.30	0:48:28.70	43	F	VetII F (40-44)	37	9	IBET MOVE
75	1014	MANUEL SEQUEIRA	0:49:31.65	0:49:27.90	73	M	VetVIII M (70-90)	38	2	TÁLENTOS TEAM
76	1057	LEONOR COELHO RIBEIRO	0:50:08.54	0:49:59.01	57	F	VetV F (55-59)	38	3	



77	1083	DANIEL SILVA	0:53:57.35	0:53:39.59	63	M	VetVI M (60-64)	39	1	GRUPO DESPORTIVO DE CHELAS
78	1044	FLORBELA CARVALHO	0:55:45.32	0:55:30.84	51	F	VetIV F (50-54)	39	3	CARACOIS RUNNERS
79	1040	ALESSANDRA MASSEIRA POLETO	1:01:09.04	1:00:49.14	50	F	VetIV F (50-54)	40	4	
80	1026	ANA MARIA NAVARRO	1:03:56.13	1:03:56.13	48	F	VetIII F (45-49)	41	3	NEYOND
81	1053	BRUNA FRANÇA ARAÚJO	1:04:01.02	1:03:15.82	29	F	Jun Sen F (18-34)	42	19	
82	1069	SANDRA BRITES	1:04:26.37	1:04:10.01	47	F	VetIII F (45-49)	43	4	
83	1084	ALMERINDA CARVALHO	1:27:39.96	1:27:39.96	57	F	VetV F (55-59)	44	4	GRUPO DESPORTIVO DE CHELAS