



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	1233	PAULO PINHEIRO	M	30	1	00:30:35.39	00:30:35.39	SPORTING CP
2	1234	ANDRALINO FURTADO	M	26	2	00:30:35.73	00:30:33.98	SPORTING CP
3	644	PEDRO ARSÉNIO	M	36	1	00:30:47.83	00:30:47.83	RUN TEJO
4	576	JOSÉ GASPAR	M	42	1	00:31:22.82	00:31:21.34	CF OS BELENENSES
5	20	ANDRÉ FILIPE COSTA	M	28	3	00:32:48.80	00:32:48.80	
6	557	JOÃO VAZ	M	51	1	00:32:57.98	00:32:55.76	CCD O ALVITEJO
7	625	HUGO AUGUSTO	M	33	4	00:33:53.42	00:33:51.68	RUN TEJO
8	645	PEDRO MARQUES	M	37	2	00:34:07.84	00:34:07.84	RUN TEJO
9	566	PEDRO URBANO	M	23	5	00:34:14.89	00:34:11.47	GDR REBOLEIRA
10	501	RUDIMAR MOURA	M	43	2	00:34:22.85	00:34:18.43	CF OS BELENENSES
11	631	VASCO MARTA	M	27	6	00:34:29.59	00:34:28.12	RUN TEJO
12	1023	JORGE RODRIGUES	M	47	1	00:34:34.47	00:34:33.43	FUNDÃO - CARLOS M FARINHA TAVARES
13	529	NUNO TEIXEIRA	M	35	3	00:34:35.99	00:34:29.56	CF OS BELENENSES
14	846	SERGIO E P TAVARES	M	40	3	00:34:40.81	00:34:40.45	MM- CRISTINA LOUREIRO FAUSTINO
15	428	LUÍS BRITO	M	44	4	00:34:45.79	00:34:45.43	CF OS BELENENSES
16	222	CARLOS ARIEIRO	M	44	5	00:34:47.16	00:34:46.00	A NATUREZA ENSINA
17	493	PEDRO ESTEVES	M	42	6	00:34:49.97	00:34:47.73	CF OS BELENENSES
18	535	PAULO GARCIA	M	46	2	00:34:52.32	00:34:52.32	CF OS BELENENSES
19	1262	NUNO TINTIM	M	42	7	00:35:10.00	00:35:08.57	
20	250	BRUNO LOUREIRO	M	35	4	00:35:17.80	00:35:16.80	A NATUREZA ENSINA
21	1291	PEDRO PEDRO	M	37	5	00:35:23.64	00:35:23.64	RB RUNNING
22	216	LUIS GOUVEIA	M	52	2	00:35:27.82	00:35:27.82	A NATUREZA ENSINA
23	640	ANTÓNIO ARAÚJO	M	54	3	00:35:32.22	00:35:29.85	RUN TEJO
24	1030	MARTIM NUNES	M	43	8	00:35:36.25	00:35:36.25	FUNDÃO - CARLOS M FARINHA TAVARES
25	1027	GABRIEL MACCHI	M	43	9	00:35:36.90	00:35:36.90	FUNDÃO - CARLOS M FARINHA TAVARES
26	635	FILIPE REBELO	M	24	7	00:35:43.00	00:35:43.00	RUN TEJO
27	838	BRUNO V ROLIM	M	37	6	00:35:57.33	00:35:50.16	MM- CRISTINA LOUREIRO FAUSTINO
28	485	JOÃO PEDRO MENDONÇA	M	47	3	00:36:00.09	00:35:57.99	
29	375	JOÃO BAIÓIA	M	19	8	00:36:04.00	00:36:01.15	C BENFICA REGUENGOS DE MONSARAZ
30	797	JORGE M G ALVES	M	52	4	00:36:06.14	00:36:03.61	MM- MONICA CRISTINA IRIA
31	325	PEDRO JOAQUIM	M	37	7	00:36:08.26	00:36:05.29	ADSSR BOMBEIROS LISBOA
32	77	RUI HENRIQUES	M	46	4	00:36:14.26	00:36:14.27	FF PAZ MUNDIAL UNIFICAÇÃO
33	1301	JOÃO ROCHA	M	32	9	00:36:23.38	00:36:21.73	RB RUNNING
34	1268	HUGO JORGE	M	26	10	00:36:33.55	00:36:30.41	
35	229	ALEXANDRE TIAGO	M	29	11	00:36:38.08	00:36:34.04	A NATUREZA ENSINA



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36	494	PEDRO MOTA	M	48	5	00:36:42.00	00:36:42.00	CF OS BELENENSES
37	410	FERNANDO SANTOS	M	49	6	00:36:48.35	00:36:45.63	CF OS BELENENSES
38	421	JORGE MATOS	M	49	7	00:36:49.00	00:36:49.00	CF OS BELENENSES
39	1024	DANIEL ANASTÁCIO	M	49	8	00:36:50.31	00:36:46.70	FUNDÃO - CARLOS M FARINHA TAVARES
40	1107	NUNO VARELA	M	39	8	00:36:53.31	00:36:53.31	MM- BM - BAL
41	273	TIAGO MARQUES	M	42	10	00:37:03.53	00:37:01.88	C BENFICA REGUENGOS DE MONSARAZ
42	224	HELDER CARMINÉ	M	40	11	00:37:09.95	00:37:07.72	A NATUREZA ENSINA
43	5068	GONÇALO CHAMPALIMAUD	M	38	9	00:37:15.04	00:36:39.68	
44	426	JOSÉ PIRES	M	43	12	00:37:19.53	00:37:18.37	CF OS BELENENSES
45	84	MIGUEL LIMA SIMÕES DA SILVA	M	23	12	00:37:21.56	00:37:17.12	OS ZATOPEQUES
46	435	MÁRIO PIRES	M	45	9	00:37:25.44	00:37:20.07	CF OS BELENENSES
47	149	MARGARIDA DIONÍSIO	F	32	1	00:37:30.60	00:37:30.60	ACR SENHORA DO DESTERRO
48	857	DAVID KARIM	M	41	13	00:37:31.75	00:37:29.86	MM- MONICA CRISTINA IRIA
49	496	RAUL CAETANO	M	47	10	00:37:32.01	00:37:32.01	CF OS BELENENSES
50	456	PAULO MARIZ	M	51	5	00:37:33.00	00:37:03.75	C MILLENNIUM BCP
51	318	JOSÉ TRINCHETE	M	34	13	00:37:33.21	00:37:30.01	NIL
52	5039	FILIPE LOURENÇO	M	47	11	00:37:37.11	00:37:27.59	ASSOCIAÇÃO BAIRRO DO CANSADO
53	169	JOSÉ ALVES	M	48	12	00:37:40.48	00:37:36.36	CCDTMETROLX
54	500	RICARDO PIRES	M	37	10	00:37:42.00	00:37:39.50	CF OS BELENENSES
55	303	ABEL GLÓRIA	M	57	1	00:37:45.45	00:37:40.63	
56	559	AIRES PRATAS	M	64	1	00:37:45.94	00:37:43.13	UA POVOENSE
57	542	RICARDO SILVA	M	28	14	00:37:49.31	00:37:49.31	CF OS BELENENSES
58	643	ALEXANDRA ALVES SOUSA	F	36	1	00:37:49.42	00:37:46.78	RUN TEJO
59	247	CLEBY ARAUJO	M	53	6	00:37:49.88	00:37:48.03	A NATUREZA ENSINA
60	429	LUÍS LUCIANO	M	52	7	00:37:49.97	00:37:48.85	CF OS BELENENSES
61	650	FERNANDO PIRES	M	42	14	00:37:51.02	00:37:49.16	GALHARDOS RUNNERS
62	59	FERNANDO VICENTE	M	54	8	00:38:00.79	00:37:57.85	
63	364	BRUNO FRANCISCO	M	36	11	00:38:01.22	00:37:59.05	AMIGOS DO TINHAO E DE PONTE DE FAJAO
64	226	PAULO PINTO	M	46	13	00:38:13.16	00:38:04.31	A NATUREZA ENSINA
65	599	JOSE MARCELINO	M	56	2	00:38:19.35	00:38:19.35	CA ODIMARQ
66	572	VITOR SALVADOR	M	48	14	00:38:23.16	00:38:11.91	ACR SENHORA DO DESTERRO
67	444	PAULO GOMES	M	39	12	00:38:24.59	00:38:14.42	CF OS BELENENSES
68	403	CARLOS TAVARES	M	33	15	00:38:26.78	00:38:21.49	CF OS BELENENSES
69	626	NUNO NAIA	M	45	15	00:38:27.96	00:38:25.73	RUN TEJO
70	1037	PEDRO M M SANTOS	M	47	16	00:38:29.00	00:38:29.00	FUNDÃO - CARLOS M FARINHA TAVARES
71	235	JOÃO LIMÃO	M	45	17	00:38:31.84	00:38:28.69	A NATUREZA ENSINA



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72	1108	PAULO LOPES	M	49	18	00:38:32.93	00:38:32.19	MM- BM - BAL
73	401	ARTUR CARVALHO	M	48	19	00:38:37.30	00:38:34.19	CF OS BELENENSES
74	898	HUGO J R PALMEIRO	M	43	15	00:38:44.37	00:38:35.58	MEM MARTINS - MONICA CRISTINA IRIA
75	1235	KCÉNIA BOUGROVA	F	24	2	00:38:47.38	00:38:47.00	SPORTING CP
76	1304	PAULO COSTA	M	53	9	00:38:47.55	00:38:45.15	RB RUNNING
77	237	MÁRIO BOUCINHA	M	47	20	00:38:51.07	00:38:47.31	A NATUREZA ENSINA
78	1080	ANTONIO HENRIQUES	M	62	2	00:38:55.07	00:38:54.55	MM- BM - BAL
79	1255	ANDRÉ PERDIGÃO	M	31	16	00:38:56.27	00:38:55.38	BIMBO - MEM MARTINS
80	223	JOSE FACHADAS	M	49	21	00:38:59.86	00:38:54.58	A NATUREZA ENSINA
81	284	LUIS FAUSTINO	M	42	16	00:39:02.68	00:39:02.68	
82	779	PEDRO M T SOARES	M	41	17	00:39:03.55	00:39:02.22	MM- CARLOS M C JESUS
83	747	JOSÉ PINA	M	49	22	00:39:05.59	00:39:02.91	MM- BM - BAL
84	304	LUIS BORREGO ALVES	M	39	13	00:39:07.10	00:39:05.59	
85	425	JOSÉ MIGUEL LOURENÇO	M	30	17	00:39:08.19	00:39:04.78	CF OS BELENENSES
86	228	CARLOS CRISTÃO	M	60	3	00:39:09.59	00:39:06.40	A NATUREZA ENSINA
87	238	JOÃO OLIVEIRA	M	29	18	00:39:10.18	00:39:08.12	A NATUREZA ENSINA
88	780	RITA M F FERNANDES	F	25	3	00:39:10.77	00:39:07.65	MM- CARLOS M C JESUS
89	432	LUIS MARÇAL	M	43	18	00:39:12.13	00:39:06.81	CF OS BELENENSES
90	1278	SERGIO SALGUEIRO	M	30	19	00:39:12.39	00:39:09.28	
91	503	RUI COELHO	M	47	23	00:39:14.20	00:39:04.72	CF OS BELENENSES
92	865	NUNO R T SILVA	M	48	24	00:39:23.82	00:39:15.08	MM- MONICA CRISTINA IRIA
93	729	ALEXANDRE C LEAL	M	43	19	00:39:24.31	00:39:19.60	MM- RICARDO J M CONCEICAO
94	1019	TIAGO FONSECA	M	20	20	00:39:29.85	00:39:25.87	FUNDÃO - CARLOS M FARINHA TAVARES
95	1296	ROBERTO GUERREIRO	M	37	14	00:39:30.37	00:39:23.10	RB RUNNING
96	1161	JOSE LUÍS DIAS	M	56	3	00:39:30.48	00:39:28.38	
97	776	JOSÉ C S MORREIRA	M	42	20	00:39:35.45	00:39:35.45	MM- CARLOS M C JESUS
98	431	BRUNO CARVALHO	M	41	21	00:39:36.78	00:39:31.06	MONSANTO RUNNING TEAM
99	681	CRISTIANO PAES	M	48	25	00:39:37.18	00:39:35.06	RUNNING CLUB SANTA CASA
100	505	SARA MARINHO	F	29	4	00:39:38.60	00:39:30.15	CF OS BELENENSES
101	358	SANDRA CONCEIÇÃO	F	39	2	00:39:58.02	00:39:55.08	A NATUREZA ENSINA
102	1100	JOSÉ L PEREIRA	M	44	22	00:40:11.27	00:40:09.14	MM- BM - BAL
103	637	ANA FILIPA REBELO	F	26	5	00:40:14.46	00:40:14.46	RUN TEJO
104	460	JOSE BAPTISTA	M	53	10	00:40:19.91	00:40:18.10	GD SANTANDERTOTTA
105	62	RUI BARROS	M	50	11	00:40:21.00	00:40:21.00	
106	157	ANTONIO RUA	M	56	4	00:40:22.49	00:40:07.69	EX FEDERADOS
107	124	STEPHAN KOENIG	M	51	12	00:40:33.00	00:40:22.96	PERNAS DE GAFANHOTO
108	1295	PEDRO FERREIRA	M	52	13	00:40:34.00	00:40:23.53	RB RUNNING



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109	1288	HUGO LUZ	M	44	23	00:40:41.00	00:40:32.02	RB RUNNING
110	573	VITOR CHAGAS	M	45	26	00:40:43.00	00:40:41.28	CF OS BELENENSES
111	255	LUIS SILVÉRIO BARBOSA BARBOSA	M	44	24	00:40:44.00	00:39:39.39	
112	148	JOÃO GUTERRES	M	44	25	00:40:45.00	00:40:39.72	CORRER LISBOA
113	1272	MARIANA BRUGGER	F	34	6	00:40:58.00	00:40:51.01	
114	856	PEDRO F V CARRASQUEIRA	M	38	15	00:41:02.00	00:40:57.10	MM- MONICA CRISTINA IRIA
115	629	AVELINO SOARES	M	52	14	00:41:10.22	00:41:03.63	RUN TEJO
116	346	PAULO RIBEIRO	M	50	15	00:41:12.07	00:40:56.77	
117	434	MARCOS OLIVEIRA	M	47	27	00:41:19.08	00:41:14.73	CF OS BELENENSES
118	313	JOAQUIM OLIVEIRA	M	52	16	00:41:22.13	00:41:17.75	CLUBE EDP LISBOA
119	476	ANTONIO LOURO	M	46	28	00:41:23.15	00:40:47.52	GD SANTANDERTOTTA
120	178	PAULO PALMA	M	55	5	00:41:24.28	00:41:22.97	DREAM RUNNERS ÉVORA
121	413	GUSTAVO SANTOS	M	47	29	00:41:26.67	00:41:26.67	CF OS BELENENSES
122	811	JAIME H PINTO	M	59	6	00:41:31.16	00:41:28.05	MM- MÓNICA CRISTINA IRIA
123	1025	FRANCISCO MADEIRA	M	58	7	00:41:31.33	00:41:31.14	FUNDÃO - CARLOS M FARINHA TAVARES
124	609	RUI CARMO	M	37	16	00:41:33.20	00:41:29.91	
125	64	VALTER NUNES	M	37	17	00:41:35.00	00:41:35.00	
126	388	LIVIA MENDES	F	37	3	00:41:35.01	00:41:26.39	BR ESPORTES
127	70	DUARTE COSTA	M	36	18	00:41:45.44	00:41:44.73	RUN FOR FRIENDS
128	203	RUI CARVALHO	M	40	26	00:41:46.05	00:41:35.58	A NATUREZA ENSINA
129	188	NUNO SANTOS DE ALMEIDA	M	38	19	00:41:46.45	00:41:34.27	
130	1137	BRUNO MATIAS	M	42	27	00:41:48.41	00:41:36.14	MM- BM - BM
131	821	JOÃO P FRANÇA	M	26	21	00:41:50.54	00:41:33.76	MM- PAULA MANUELA A FRANÇA
132	820	ALEXANDRE FRANÇA	M	21	22	00:41:52.35	00:41:37.11	MM- PAULA MANUELA A FRANÇA
133	862	ANTONIO M G SANTOS	M	57	8	00:41:52.42	00:41:45.17	MM- FERNANDA ABRANCHES SILVA
134	633	VITOR GONÇALVES	M	52	17	00:41:55.00	00:41:48.39	RUN TEJO
135	1029	FRANCISCO CASTELEIRO	M	62	4	00:41:57.59	00:41:57.59	FUNDÃO - CARLOS M FARINHA TAVARES
136	732	DAVID SARAIVA	M	37	20	00:42:01.36	00:41:37.93	MM- OLGA C SILVA MORENO
137	1176	LUIS CASCÃO	M	46	30	00:42:01.75	00:42:01.75	
138	1312	GONÇALO CORREIA	M	37	21	00:42:03.49	00:41:56.85	
139	701	JOAO SIMOES	M	48	31	00:42:03.91	00:41:59.42	
140	37	PATRICK SIMÕES	M	37	22	00:42:09.90	00:42:07.22	CORRER LISBOA
141	409	FÁBIO SAMUEL ESPIGUINHA MARMELO	M	32	23	00:42:11.99	00:41:56.08	CF OS BELENENSES
142	628	NUNO MELO	M	33	24	00:42:13.51	00:42:10.98	EY RUNNERS
143	241	SÉRGIO MACATRÃO	M	62	5	00:42:14.08	00:42:09.94	A NATUREZA ENSINA
144	1138	GONÇALO LAGOA	M	37	23	00:42:17.88	00:42:03.96	MM- BM - BM
145	404	CARLOS VISEU	M	49	32	00:42:18.51	00:42:10.16	CF OS BELENENSES



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146	407	CRISTIANO MARQUES	M	47	33	00:42:19.18	00:42:10.83	CF OS BELENENSES
147	412	GONÇALO FERREIRA	M	46	34	00:42:19.26	00:42:14.56	CF OS BELENENSES
148	38	BRUNO PANDAIO	M	43	28	00:42:19.76	00:42:19.76	DOLCE FURADOURO
149	1120	VASCO GONÇALVES	M	56	9	00:42:25.06	00:42:19.81	MM- BM - BAL
150	1081	CARLOS GONÇALVES	M	45	35	00:42:27.29	00:42:24.61	MM- BM - BAL
151	509	TIAGO SOUSA	M	25	25	00:42:36.83	00:42:30.32	CF OS BELENENSES
152	170	ORLANDO SILVA	M	62	6	00:42:38.58	00:42:30.67	CCDTMETROLX
153	22	EUCLIDES SOARES	M	30	26	00:42:40.39	00:42:34.52	
154	398	LÚCIA OLIVEIRA	F	40	1	00:42:41.19	00:42:41.19	GENERG
155	1124	MARCO BAETA	M	45	36	00:42:42.62	00:42:26.26	MM- BM - BAL
156	1306	CARLA DIAS	F	46	1	00:42:46.52	00:42:43.46	GD SANTANDER TOTTA
157	1016	JOÃO P P ALMEIDA	M	33	27	00:42:51.43	00:42:34.95	MM- JOÃO PEDRO P ALMEIDA
158	372	VALÉRIO MENDES	M	44	29	00:43:00.48	00:42:53.99	N.A.Z. ABÓBODA
159	100	PEDRO MANAÇAS	M	46	37	00:43:03.31	00:42:52.59	A NATUREZA ENSINA
160	510	VICENT SOBRINHO	M	54	18	00:43:06.05	00:42:57.58	CF OS BELENENSES
161	612	SÉRGIO SANTOS	M	55	10	00:43:08.70	00:42:59.21	CA AMIGOS PARQUE DA PAZ
162	442	NUNO QUEIJA	M	46	38	00:43:09.82	00:43:00.10	CF OS BELENENSES
163	417	JOANA ROSA	F	31	7	00:43:10.68	00:43:05.38	CF OS BELENENSES
164	491	PEDRO CANELAS	M	47	39	00:43:11.50	00:43:06.80	CF OS BELENENSES
165	665	JOAO MARAL	M	50	19	00:43:14.23	00:43:10.45	SS CGD
166	967	JOSE R D BATISTA	M	34	28	00:43:18.55	00:42:30.72	BRAGA - JHONNY J V MAGALHAES
167	636	TELMA SOFIA SILVA	F	28	8	00:43:26.69	00:43:22.39	RUN TEJO
168	663	MARTA CONCEIÇÃO	F	35	4	00:43:26.99	00:43:26.99	LIFE CENTER
169	111	FRANCISCO ROSÁRIO	M	50	20	00:43:28.66	00:43:20.24	NÚCLEO DO SPORTING CP DO SEIXAL
170	530	RUI FONSECA	M	54	21	00:43:34.38	00:43:29.71	CF OS BELENENSES
171	945	RICARDO GONÇALVES	M	26	29	00:43:35.81	00:43:22.30	MM- PAULA MANUELA A FRANÇA
172	387	ARMANDO LEITE	M	39	24	00:43:40.94	00:43:32.31	
173	567	RICARDO TRIGUEIRO	M	36	25	00:43:41.53	00:43:30.15	GS ADICENSE
174	271	PEDRO PINTO	M	23	30	00:43:44.18	00:43:30.17	
175	1017	HUGO A S RIBEIRO	M	27	31	00:43:46.87	00:43:30.93	MM- JOÃO PEDRO P ALMEIDA
176	531	MIGUEL ROCHA	M	48	40	00:43:47.07	00:43:42.26	CF OS BELENENSES
177	785	PALOMA G DOMINGOS	F	19	9	00:43:47.93	00:43:47.93	SANTARÉM - CRISTINA M LOUREIRO FAUSTINO
178	5103	JOSÉ ALBERTO DOS SANTOS	M	49	41	00:43:50.98	00:42:00.78	
179	286	NUNO JESUS	M	39	26	00:43:52.33	00:43:39.67	SUNSET RUNNING TEAM
180	1026	RICARDO D LEITÃO	M	43	30	00:43:54.47	00:43:33.34	MM- PAULA C ALBUQ CAETANO
181	78	INÊS BRITO	F	47	2	00:43:55.55	00:43:37.94	
182	495	PEDRO ROSA AFONSO	M	52	22	00:43:55.77	00:43:51.30	CF OS BELENENSES



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183	31	ANTÓNIO CERDEIRA	M	63	7	00:43:55.96	00:43:50.53	
184	72	PAULO GOMES	M	46	42	00:43:57.24	00:43:39.04	
185	231	PEDRO HIPOLITO	M	48	43	00:43:57.91	00:43:53.61	A NATUREZA ENSINA
186	86	SÉRGIO NUNO NUNES	M	45	44	00:43:59.00	00:43:53.92	CARAP AUS DE CORRIDA
187	687	LUIS PEDRO PEIXOTO NUNES	M	44	31	00:44:09.99	00:44:00.98	BENFICA EM FORMA
188	649	MARCO PAULO LOPES DOS SANTOS	M	39	27	00:44:17.48	00:44:10.22	BRRNIGHTRUNNERS
189	541	ALEXANDRE ALMEIDA	M	39	28	00:44:18.00	00:44:18.00	CF OS BELENENSES
190	638	PAULO SILVA	M	53	23	00:44:21.33	00:44:14.75	RUN TEJO
191	1326	JOSE M SALAZAR	M	59	11	00:44:22.71	00:44:05.66	RUN TEJO
192	5091	ANTÓNIO CARVALHO	M	51	24	00:44:22.90	00:44:04.06	
193	87	LUIZ GARCIA	M	56	12	00:44:26.43	00:43:35.19	
194	5056	LUIS CABAÇA	M	42	32	00:44:29.65	00:43:48.44	
195	651	CARLOS LOPES	M	45	45	00:44:37.98	00:44:37.98	AMINHACORRIDA
196	1254	RENATA FERNANDES	F	38	5	00:44:50.00	00:44:46.52	BIMBO - MEM MARTINS
197	943	LUIZ FERRÃO	M	67	1	00:44:51.10	00:44:48.31	MM- MONICA CRISTINA IRIA
198	1299	TONY ALMEIDA	M	37	29	00:44:51.72	00:43:59.15	RB RUNNING
199	411	FILIPA OLIVEIRA	F	48	3	00:44:53.21	00:44:33.71	CF OS BELENENSES
200	402	CARLOS FORTUNATO	M	58	13	00:44:56.54	00:44:44.41	CF OS BELENENSES
201	221	SONIA FREITAS	F	46	4	00:45:00.12	00:44:55.87	A NATUREZA ENSINA
202	256	RICARDO SARMENTO	M	35	30	00:45:00.76	00:44:56.78	
203	1123	JEAN P PASSOS	M	36	31	00:45:11.17	00:45:11.17	MM- BM - BAL
204	1095	JORGE PAREDES	M	43	33	00:45:11.28	00:44:33.35	MM- BM - BAL
205	621	ORLANDO DIAS	M	54	25	00:45:12.24	00:45:08.42	
206	424	RUI OLIVEIRA	M	48	46	00:45:16.14	00:45:10.16	CF OS BELENENSES
207	173	ANTÓNIO RODRIGUES	M	52	26	00:45:16.70	00:45:08.94	
208	165	ANTÓNIO PEREIRA	M	55	14	00:45:20.40	00:45:08.35	CCDTMETROLX
209	539	PATRÍCIA MARQUES	F	26	10	00:45:22.17	00:44:59.64	CF OS BELENENSES
210	236	RODRIGO SILVA	M	51	27	00:45:26.81	00:45:15.43	A NATUREZA ENSINA
211	130	MANUEL CURADO	M	53	28	00:45:29.13	00:45:13.70	TRANSITEX
212	5084	CARLOS PINTO	M	28	32	00:45:35.42	00:43:47.45	
213	276	JOAO VIDINHA	M	46	47	00:45:40.67	00:45:34.72	CORRIDAS E COMIDAS
214	786	GRACIETE D C ALVES	F	45	5	00:45:44.77	00:45:19.51	MM- MONICA CRISTINA IRIA
215	230	JOÃO DIAS	M	53	29	00:45:46.31	00:45:39.78	A NATUREZA ENSINA
216	537	RICARDO SANTOS	M	38	32	00:45:48.84	00:45:42.51	CF OS BELENENSES
217	1158	RUI PEDRO VIEIRA	M	49	48	00:45:56.96	00:45:36.47	
218	160	MIGUEL ABRAÇOS	M	42	34	00:45:58.71	00:45:45.81	EX FEDERADOS
219	242	BEATRIZ FERREIRA	F	22	11	00:45:59.49	00:45:48.44	A NATUREZA ENSINA



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

220	42	MÁRIO FERNANDES	M	43	35	00:46:00.43	00:45:02.13	
221	1271	CAROLINA SILVA	F	27	12	00:46:01.15	00:45:37.82	
222	1324	GILBERTO DIAS	M	57	15	00:46:02.23	00:44:26.53	AA MAFRA
223	80	JOÃO PIRES	M	48	49	00:46:06.00	00:46:00.60	
224	48	MAURÍCIO F LOBATO DA CRUZ	M	40	36	00:46:06.98	00:45:56.17	
225	54	RUI RODRIGUES	M	53	30	00:46:09.73	00:45:58.37	
226	571	RITA CRUZ	F	22	13	00:46:10.33	00:45:47.40	CF OS BELENENSES
227	5092	PEDRO BERNARDO	M	43	37	00:46:11.63	00:46:02.42	
228	843	RUI D C PEREIRA	M	43	38	00:46:11.64	00:44:44.83	MM- CRISTINA LOUREIRO FAUSTINO
229	847	CARLOS M S RODRIGUES	M	62	8	00:46:11.83	00:44:51.39	MM- CRISTINA LOUREIRO FAUSTINO
230	1267	LUIS M ROCHA	M	48	50	00:46:13.49	00:45:56.43	
231	449	FERNANDO RODRIGUES	M	55	16	00:46:14.70	00:45:49.93	C MILLENNIUM BCP
232	439	MÓNICA MILER	F	38	6	00:46:15.63	00:46:07.78	CF OS BELENENSES
233	579	JORGE MÁXIMO	M	44	39	00:46:15.75	00:46:07.90	CF OS BELENENSES
234	502	RUI AFONSO	M	50	31	00:46:15.95	00:46:06.62	CF OS BELENENSES
235	83	BRUNO CORREIA	M	37	33	00:46:16.84	00:45:57.28	
236	969	NUNO M M MARTINS	M	28	33	00:46:17.22	00:45:28.92	BRAGA - JHONNY JOSE VIVAS MAGALHAES
237	615	AMÁVEL FIGUEIREDO	M	59	17	00:46:19.31	00:46:09.24	CA AMIGOS PARQUE DA PAZ
238	5045	PEDRO GONÇALVES	M	37	34	00:46:22.00	00:46:11.61	
239	5046	LINA EUGÉNIO	F	32	14	00:46:23.00	00:46:12.04	
240	180	MIGUEL PALMA	M	41	40	00:46:24.69	00:46:00.90	BRRNIGHTRUNNERS
241	280	SÉRGIO GRADE	M	38	35	00:46:26.20	00:45:57.10	
242	36	EMANUEL SEITA	M	44	41	00:46:28.18	00:46:11.05	
243	759	AFONSO H L NUNES	M	57	18	00:46:29.46	00:46:06.80	MM- TIAGO A MORAIS CARDOSO
244	920	NUNO M F SILVA	M	48	51	00:46:30.09	00:46:25.82	MM- CARLA S M MOURAO
245	686	ANGELO BANDEIRA	M	49	52	00:46:34.68	00:46:09.35	
246	526	GONÇALO MENDES	M	27	34	00:46:36.26	00:46:06.08	CF OS BELENENSES
247	214	LUIS SOUSA	M	44	42	00:46:36.50	00:46:24.88	A NATUREZA ENSINA
248	620	JOÃO PEREIRA	M	39	36	00:46:38.25	00:46:38.25	
249	1252	MARIO GOMES	M	49	53	00:46:45.26	00:46:14.20	BIMBO - MEM MARTINS
250	109	ANA CAMELO	F	24	15	00:46:47.98	00:46:35.89	
251	134	LUÍS BARRELAS	M	47	54	00:46:48.00	00:46:32.56	TRANSITEX
252	7060	RAMIRO MADUREIRA	M	41	43	00:46:50.13	00:46:25.71	
253	866	ANABELA FERREIRA	F	48	6	00:46:51.42	00:46:25.57	MM- MONICA CRISTINA IRIA
254	778	MARIO M D LOPES	M	44	44	00:46:51.50	00:46:12.14	MM- CARLOS M C JESUS
255	103	RICARDO CORREIA	M	41	45	00:46:54.94	00:46:50.27	ATLÉTICO CLUBE DE PORTUGAL
256	1227	FRANCISCO NASCIMENTO DA CUNHA	M	38	37	00:46:56.35	00:46:25.44	



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

257	162	DAVID JERONIMO	M	32	35	00:46:57.48	00:46:43.67	EX FEDERADOS
258	362	ELISABETE FERNANDES	F	43	2	00:46:59.37	00:46:47.80	
259	647	ARTUR DENOMINATO	M	47	55	00:47:01.81	00:46:08.01	PI-LINHA RUNNERS
260	828	RICARDO M MOREIRA	M	40	46	00:47:02.34	00:46:54.93	MAIA - MANUEL ALBERTO M MOURA
261	164	JORGE VENANCIO	M	40	47	00:47:06.71	00:46:53.95	EX FEDERADOS
262	181	JOSÉ ADRIÃO	M	47	56	00:47:07.74	00:46:52.64	GD SBSI
263	598	NUNO MALTEZ	M	48	57	00:47:08.97	00:46:46.89	
264	1073	ANTONIO CAMACHO	M	67	2	00:47:09.82	00:47:02.30	MM- BM - BAL
265	254	MARLENE OLIVEIRA LUIS DE OLIVEIRA	F	41	3	00:47:11.94	00:46:02.24	
266	768	ANTÓNIO J L PAINHA	M	52	32	00:47:13.62	00:47:04.13	MM- CRISTINA LOUREIRO FAUSTINO
267	764	JORGE A B AZEVEDO	M	48	58	00:47:13.88	00:47:04.39	MM- CRISTINA LOUREIRO FAUSTINO
268	1249	PEDRO CANECO	M	46	59	00:47:15.25	00:47:06.49	BIMBO - MEM MARTINS
269	771	ACÁCIO A D CONCEIÇÃO	M	57	19	00:47:16.18	00:46:57.88	MM- CARLOS M C JESUS
270	774	CARLOS L C MIRANDA	M	67	3	00:47:16.21	00:46:59.07	MM- CARLOS M C JESUS
271	261	SANDRO ROSENDO	M	34	36	00:47:16.26	00:46:51.67	
272	679	SALVADOR CARVALHO	M	32	37	00:47:16.44	00:46:56.24	
273	1011	NUNO MENDES	M	46	60	00:47:17.29	00:46:50.43	MM- MONICA CRISTINA IRIA
274	1074	ANTONIO FERNANDES	M	63	9	00:47:17.80	00:47:11.39	MM- BM - BAL
275	326	MARTA MELO	F	43	4	00:47:18.72	00:47:09.05	CASA BENFICA SEIXAL
276	414	PAULA FERNANDES	F	41	5	00:47:20.98	00:47:07.51	
277	154	FRANCISCO NASCIMENTO	M	27	38	00:47:22.00	00:46:55.04	
278	1185	MAFALDA QUINTAS ROCHA	F	16	16	00:47:23.27	00:46:41.29	
279	211	ÁLVARO FRANCISCO	M	67	4	00:47:24.36	00:47:00.02	
280	1076	ANTONIO MINA	M	58	20	00:47:25.35	00:47:18.44	MM- BM - BAL
281	1084	CONCEIÇÃO PEREIRA	F	57	1	00:47:25.56	00:47:25.56	MM- BM - BAL
282	76	FABIANO FERREIRA	M	39	38	00:47:28.32	00:47:18.81	BENFICA EM FORMA
283	574	LUIS AFONSO CARVALHO	M	58	21	00:47:38.11	00:47:15.47	CF OS BELENENSES
284	517	PEDRO LOPES	M	41	48	00:47:40.26	00:47:19.87	CF OS BELENENSES
285	480	CARLOS NEVES	M	39	39	00:47:40.66	00:47:28.61	
286	143	DANIEL PINTO	M	29	39	00:47:42.18	00:47:18.98	BRRNIGHTRUNNERS
287	327	MIGUEL FRIAS	M	43	49	00:47:42.30	00:47:39.64	
288	581	MARTA NUNES	F	37	7	00:47:43.91	00:47:43.91	CF OS BELENENSES
289	999	TIAGO SANTOS	M	26	40	00:47:49.59	00:47:36.64	MM- PAULA MANUELA A FRANÇA
290	746	JOÃO MORÃO	M	50	33	00:47:51.96	00:47:24.79	MM- JOÃO MORÃO
291	290	MIGUEL RIBEIRO	M	47	61	00:47:52.99	00:47:19.49	HAPPY RUNNERS
292	523	FILIPPE CARREIRO	M	32	41	00:47:55.10	00:47:43.97	CASCAIS CRUSADERS
293	322	DAVID BERNARDO	M	37	40	00:47:59.70	00:47:33.29	



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

294	323	GINA MARTINS	F	45	7	00:48:00.20	00:47:33.67	
295	554	PEDRO CARVALHEIRO	M	36	41	00:48:00.85	00:47:23.00	BNIE
296	722	NUNO M F CARVALHO	M	50	34	00:48:02.81	00:47:39.72	MM- OLGA C SILVA MORENO
297	1223	ESTEVÃO DA CUNHA	M	40	50	00:48:05.56	00:47:34.53	
298	191	ROBERTO FREITAS	M	44	51	00:48:08.21	00:47:58.77	
299	614	CARLOS COELHO	M	59	22	00:48:09.27	00:47:28.92	CA AMIGOS PARQUE DA PAZ
300	616	JOSÉ CABRAL	M	62	10	00:48:09.85	00:47:31.14	CA AMIGOS PARQUE DA PAZ
301	941	JOÃO D M COSTA	M	26	42	00:48:10.00	00:48:10.00	MM- CLÁUDIA M SALES GARCIA
302	751	NUNO M PATRÍCIO	M	50	35	00:48:12.74	00:47:53.74	MM- CRISTINA LOUREIRO FAUSTINO
303	73	PAULA CRISTINA GOMES	F	45	8	00:48:12.96	00:47:51.28	
304	1311	Antônio Grilo	M	55	23	00:48:17.44	00:48:03.14	
305	1140	MÁRCIA GUERREIRO	F	42	6	00:48:18.01	00:40:43.06	MM- BM - DRA LUISA
306	888	ACÁCIO D S CLEMENTE	M	51	36	00:48:21.60	00:47:45.41	MEM MARTINS - CARLOS M CRUZ DE JESUS
307	585	PAULO PEREIRA TAVARES	M	42	52	00:48:27.76	00:48:03.06	COLÉGIO SÃO JOÃO DE BRITO
308	673	ANTONIO DENTINHO	M	32	43	00:48:28.67	00:48:08.29	
309	860	SÉRGIO A A SILVA	M	33	44	00:48:29.12	00:48:09.39	MM- SÉRGIO ALEXANDRE A SILVA
310	605	FÁTIMA BRANCO	F	52	1	00:48:32.02	00:48:28.25	
311	138	STEVEN MARTINEZ	M	20	45	00:48:41.44	00:48:01.23	TRANSITEX
312	5066	SÍLVIO ROMÃO	M	38	42	00:48:43.36	00:47:45.69	
313	1265	ANSELMO FERREIRA	M	41	53	00:48:45.27	00:48:16.34	
314	1208	FILOMENA SANTOS	F	45	9	00:48:47.90	00:48:33.05	
315	220	VITOR FREITAS	M	47	62	00:48:48.60	00:48:36.64	A NATUREZA ENSINA
316	5067	JORGE CAMPOS	M	45	63	00:48:48.70	00:48:28.45	
317	1283	JORGE DIAS	M	52	37	00:48:49.50	00:48:03.46	
318	110	PEDRO CARVALHO	M	42	54	00:48:51.01	00:48:15.65	
319	196	JOSE XAVIER	M	32	46	00:48:52.49	00:48:40.10	
320	197	LARA RODRIGUES	F	35	8	00:48:52.51	00:48:41.80	
321	858	VÍTOR SANTOS	M	51	38	00:48:56.74	00:48:56.74	MM- MONICA CRISTINA IRIA
322	979	NUNO G CORREIA	M	47	64	00:48:57.01	00:48:34.90	MM- MARIA JOAO LEITÃO S PEDRO
323	1110	PEDRO TAVARES	M	39	43	00:49:05.16	00:48:35.24	MM- BM - BAL
324	1250	FERNANDO MONTEIRO	M	44	55	00:49:05.18	00:48:57.93	BIMBO - MEM MARTINS
325	51	FRANCISCO COSTA	M	42	56	00:49:05.94	00:48:41.19	BRRNIGHTRUNNERS
326	321	MIGUEL MARQUES	M	28	47	00:49:06.43	00:49:06.43	XINHOS
327	233	JOSE MARTINS	M	61	11	00:49:06.60	00:48:54.86	A NATUREZA ENSINA
328	337	TOMÁS FROES	M	27	48	00:49:06.64	00:48:52.28	
329	248	DANIEL SAMPAIO	M	41	57	00:49:09.70	00:48:43.96	LISRUNING CPA
330	652	JORGE AMARAL	M	51	39	00:49:09.71	00:48:45.30	AMINHACORRIDA



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

331	7054	TITO NASCIMENTO	M	39	44	00:49:10.14	00:48:35.51	
332	477	SUSANA GUERREIRO	F	42	7	00:49:13.79	00:48:37.92	GD SANTANDERTOTTA
333	532	MIGUEL BASTOS	M	54	40	00:49:13.86	00:49:02.61	CF OS BELENENSES
334	1106	MANUEL TORRADO	M	64	12	00:49:14.42	00:49:06.82	MM- BM - BAL
335	743	ALEXANDRE CABAÇO	M	37	45	00:49:15.12	00:48:53.58	MM- RICARDO COELHO
336	127	JOÃO NEVES	M	47	65	00:49:21.47	00:48:56.37	
337	823	LUIS M V PALMA	M	46	66	00:49:23.85	00:49:00.14	MM- MONICA CRISTINA IRIA
338	365	LUIS GAMA	M	56	24	00:49:24.08	00:49:01.97	AMIGOS DO TINHAO E DE PONTE DE FAJAO
339	443	ÓSCAR RODRIGUES	M	49	67	00:49:24.94	00:49:24.94	CF OS BELENENSES
340	26	NUNO ROMÃO	M	51	41	00:49:25.79	00:48:49.48	
341	855	HUGO D C PEDRO	M	22	49	00:49:26.05	00:48:06.18	MM- CRISTINA LOUREIRO FAUSTINO
342	690	VASCOPINHEIRO	M	55	25	00:49:26.43	00:48:58.81	MM- MARIA JOSÉ PIRES
343	384	ABIGAIL PEREIRA	F	34	17	00:49:32.63	00:42:25.01	OVERALL
344	382	MARTA LOPES	F	43	8	00:49:33.01	00:42:25.81	OVERALL
345	166	BRUNO BARBOSA	M	28	50	00:49:34.08	00:48:56.79	CCDTMETROLX
346	383	DULCE CARVALHO	F	44	9	00:49:34.33	00:42:27.36	OVERALL
347	1148	FÁTIMA NETO	F	56	2	00:49:40.62	00:42:03.61	MM- BM - DRA LUISA
348	602	LUIS DUARTE	M	45	68	00:49:41.29	00:49:08.79	GREGÓRIOS
349	150	PAULO PALMINHA	M	49	69	00:49:42.43	00:49:28.93	
350	7062	ARMANDO TRIGUEIRO	M	46	70	00:49:42.59	00:49:29.55	
351	787	FERNANDO A R FIGUEIREDO	M	49	71	00:49:45.37	00:48:42.95	MM- MONICA CRISTINA IRIA
352	52	HARUN AR RASHID	M	35	46	00:49:46.19	00:49:29.50	RUNNING IN LISBON
353	174	JOAQUIM CARDOSO	M	46	72	00:49:46.47	00:49:20.62	
354	281	JOÃO MOITEIRO	M	47	73	00:49:47.22	00:49:23.20	
355	683	MARIA QUARESMA	F	61	1	00:49:49.47	00:49:42.69	RUNNING CLUB SANTA CASA
356	642	FILIPE CASTRO	M	36	47	00:49:56.14	00:49:43.38	RUN TEJO
357	556	JORGE MIGUEL SANCHES E SILVA	M	40	58	00:49:57.59	00:49:19.78	
358	580	VERA SANCHES	F	39	9	00:49:57.95	00:49:21.62	CF OS BELENENSES
359	1061	FRANCISCO COSTA	M	47	74	00:49:58.49	00:48:44.89	MM- BM - NS
360	1118	TIAGO OLIVEIRA	M	42	59	00:49:59.25	00:49:43.85	MM- BM - BAL
361	1327	TODD MOZER	M	59	26	00:49:59.50	00:49:34.85	
362	268	JOSÉ SILVA	M	51	42	00:50:00.23	00:49:28.25	CD MAFRA
363	267	DANIEL SILVA	M	41	60	00:50:00.30	00:49:28.32	
364	1127	BRUNO NUNES	M	37	48	00:50:02.71	00:49:31.18	MM- BM - ANAM
365	803	SARA C S TAINHA	F	13	18	00:50:05.34	00:49:29.98	MM- CRISTINA LOUREIRO FAUSTINO
366	748	GONCALO DUARTE	M	42	61	00:50:05.94	00:49:40.02	MM- GONCALO DUARTE
367	863	JOSÉ C GARDILHO	M	55	27	00:50:07.14	00:49:59.09	MM- FERNANDA ABRANCHES SILVA



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

368	521	JOSÉ MAGALHÃES	M	65	5	00:50:07.93	00:49:37.74	CF OS BELENENSES
369	5049	AMARO GOUVEIA	M	62	13	00:50:10.03	00:49:59.87	
370	393	FERNANDO CONCEIÇÃO	M	54	43	00:50:12.58	00:49:58.18	
371	1069	ALBERTO PASCOAL	M	52	44	00:50:14.48	00:50:05.16	MM- BM - BAL
372	570	AFONSO SOUSA	M	49	75	00:50:15.31	00:50:03.51	
373	661	DULCE REIS	F	50	2	00:50:22.84	00:49:53.87	LIFE CENTER
374	864	CARLA A A RODRIGUES	F	48	10	00:50:28.03	00:50:02.91	MM- MONICA CRISTINA IRIA
375	1085	CONCEIÇÃO RODRIGUES	F	59	3	00:50:33.97	00:50:27.25	MM- BM - BAL
376	819	ANTÓNIO BOGAS	M	53	45	00:50:35.98	00:50:07.94	MM- MONICA CRISTINA IRIA
377	911	ANTÓNIO M F CAETANO	M	47	76	00:50:37.00	00:50:16.00	MM- PAULA C ALBUQ CAETANO
378	115	CLAUDENI ALMEIDA	M	46	77	00:50:39.49	00:49:16.25	
379	689	RUISAFARA	M	47	78	00:50:39.64	00:50:11.74	MM- MARIA JOSÉ PIRES
380	151	MÁRCIO MARREIROS	M	39	49	00:50:40.21	00:49:52.50	
381	527	NUNO FONSECA	M	44	62	00:50:40.39	00:50:09.96	CF OS BELENENSES
382	97	OSVALDO BARROS	M	59	28	00:50:42.70	00:50:20.15	BRRNIGHTRUNNERS
383	730	VITOR M R SANTOS	M	48	79	00:50:53.88	00:50:43.29	MM- RICARDO J M CONCEICAO
384	43	ALFREDO JORGE NOTÁRIO	M	49	80	00:50:55.66	00:50:06.34	AO RITMO DAS 200 PPM
385	646	CARLA MORGADO	F	49	11	00:50:56.06	00:50:35.49	RUN TEJO
386	752	MARIA VARELA	F	44	10	00:50:58.96	00:50:34.29	MM- SÓNIA VEIGA PINHO
387	639	RUI SILVA	M	47	81	00:50:59.20	00:50:47.68	RUN TEJO
388	954	JORGE M M SOUSA	M	17	51	00:51:03.85	00:50:28.23	MAIA - PEDRO MIGUEL L NUNES
389	662	LILIANA BRÁS	F	36	10	00:51:04.75	00:50:35.27	LIFE CENTER
390	773	CARLOS A J AFONSO	M	43	63	00:51:04.76	00:50:27.73	MM- CARLOS M C JESUS
391	1063	PAULO SOUSA	M	46	82	00:51:04.81	00:49:42.67	MM- BM - NS
392	32	NUNO BERTON	M	47	83	00:51:04.89	00:50:11.99	
393	96	ISABEL GONÇALVES	F	38	11	00:51:05.25	00:50:41.21	BRRNIGHTRUNNERS
394	473	JOAO SEQUEIRA	M	43	64	00:51:08.76	00:50:48.37	GD SANTANDERTOTTA
395	783	RUI J RODRIGUES	M	49	84	00:51:09.76	00:50:31.43	MM- CARLOS M C JESUS
396	1237	SEBASTIEN PRADON	M	48	85	00:51:10.52	00:50:48.94	
397	1082	CARLOS PEREIRA	M	62	14	00:51:11.36	00:51:04.55	MM- BM - BAL
398	347	TIAGO CANARIAS	M	19	52	00:51:12.00	00:51:12.00	
399	569	JOÃO RAMOS	M	27	53	00:51:12.39	00:50:34.19	BNIE
400	740	FRANCISCO CARVALHO	M	47	86	00:51:13.63	00:50:45.26	MM- RICARDO COELHO
401	245	JOSÉ FREITAS	M	41	65	00:51:17.22	00:50:46.79	
402	217	ANA ROSARIO	F	47	12	00:51:21.83	00:51:21.83	A NATUREZA ENSINA
403	947	PEDRO PATEIRO	M	25	54	00:51:28.12	00:51:12.82	MM- PAULA MANUELA A FRANÇA
404	916	JOÃO P S MORAIS	M	22	55	00:51:28.35	00:51:11.18	MM- SANDRA ANTÓNIO



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

405	106	JORGE COSTA	M	58	29	00:51:28.88	00:50:49.28	FF PAZ MUNDIAL UNIFICAÇÃO
406	60	MIGUEL SILVA	M	52	46	00:51:34.92	00:51:19.44	A NATUREZA ENSINA
407	682	RICARDO CORREIA	M	30	56	00:51:36.04	00:51:36.04	RUNNING CLUB SANTA CASA
408	90	ANTÓNIO RODRIGUES	M	25	57	00:51:36.93	00:50:45.06	FEEL THE JOJO ON YOUR SKIN
409	982	PEDRO M BARROS	M	26	58	00:51:37.29	00:51:17.14	MM- MARIA JOAO LEITÃO S PEDRO
410	1320	SERGIO VIEIRA	M	48	87	00:51:37.39	00:50:52.40	
411	349	LUÍS FIGUEIREDO	M	57	30	00:51:40.21	00:51:13.59	
412	1253	ADELINO MONTEIRO	M	56	31	00:51:41.74	00:51:33.65	BIMBO - MEM MARTINS
413	594	RUI GUSTAVO	M	48	88	00:51:42.50	00:51:08.23	COLÉGIO SÃO JOÃO DE BRITO
414	129	FERNANDO LIMA	M	53	47	00:51:43.71	00:51:04.92	TRANSITEX
415	1071	ÁLVARO PINHEIRO	M	47	89	00:51:44.25	00:51:37.87	MM- BM - BAL
416	177	NUNO CHARRUA	M	42	66	00:51:44.79	00:51:29.30	
417	354	MIGUEL CAETANO	M	19	59	00:51:46.01	00:51:23.85	
418	5015	PEDRO PINTO	M	67	6	00:51:46.27	00:50:52.54	
419	1065	MAURO CASTRO	M	44	67	00:51:47.52	00:50:25.79	MM- BM - NS
420	492	PEDRO CARQUEIJEIRO	M	36	50	00:51:47.83	00:51:07.89	CF OS BELENENSES
421	6961	ANIBAL CARVALHO	M	68	7	00:51:49.30	00:51:43.14	
422	243	MARIA OLIVEIRA	F	54	3	00:51:51.32	00:51:41.40	
423	69	JOÃO FERRO	M	27	60	00:51:56.06	00:51:33.95	
424	586	JOÃO PEDRO HORTA SIMÕES	M	32	61	00:52:01.78	00:51:21.44	COLÉGIO SÃO JOÃO DE BRITO
425	334	ANA PAULA TELO	F	47	13	00:52:01.85	00:51:58.27	
426	584	FILIPA CRISTINA DA SILVA DAVID	F	29	19	00:52:05.17	00:51:28.68	COLÉGIO SÃO JOÃO DE BRITO
427	66	PAULO VELEZ	M	48	90	00:52:05.73	00:51:22.76	
428	655	PAULO GUIMARÃES	M	42	68	00:52:07.98	00:51:43.17	AMINHACORRIDA
429	289	CARLA RIBEIRO	F	48	14	00:52:08.57	00:51:35.43	HAPPY RUNNERS
430	376	FILIPE PÊGO	M	35	51	00:52:09.74	00:51:51.07	
431	693	HENRIQUE NARCISO	M	52	48	00:52:11.85	00:51:19.14	
432	163	JORGE RODRIGUES	M	60	15	00:52:19.54	00:52:05.42	EX FEDERADOS
433	50	IRINA PEDRO	F	39	12	00:52:19.91	00:51:54.38	BRRNIGHTRUNNERS
434	1166	CARLOS MANUEL LOUREIRO	M	45	91	00:52:20.40	00:51:55.10	
435	1143	MÁRBIA FERNANDES	F	44	11	00:52:23.37	00:44:50.39	MM- BM - DRA LUISA
436	513	JORGE GONÇALVES	M	39	52	00:52:23.54	00:51:46.10	CF OS BELENENSES
437	506	CÉLIA ANACLETO	F	38	13	00:52:23.67	00:51:43.71	CF OS BELENENSES
438	253	CECILIA NICOLAU	F	52	4	00:52:23.90	00:52:00.53	AA LEBRES DO SADO
439	1075	ANTONIO SILVA	M	66	8	00:52:23.99	00:51:56.73	MM- BM - BAL
440	30	LUIS RODRIGUES	M	52	49	00:52:26.85	00:51:49.99	
441	872	MANUEL MOURA	M	55	32	00:52:28.35	00:52:09.68	MAIA - MANUEL ALBERTO M MOURA



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

442	508	THOMAS TEWS	M	30	62	00:52:31.67	00:52:20.33	CF OS BELENENSES
443	1121	VIRGILIO NASCIMENTO	M	65	9	00:52:35.57	00:52:25.78	MM- BM - BAL
444	1079	SUSANA EVANGELISTA	F	44	12	00:52:35.86	00:52:25.37	MM- BM - BAL
445	524	CARLA LOPES	F	47	15	00:52:37.73	00:52:04.96	CF OS BELENENSES
446	484	PEDRO CONFRARIA	M	41	69	00:52:38.81	00:51:53.82	CARVALHO CONFRARIA
447	373	WALTER GOMES	M	51	50	00:52:39.38	00:51:32.77	MARIA DOS REMÉDIOS AE
448	1314	ANTONIO LOPES	M	52	51	00:52:41.66	00:52:16.21	
449	1317	HUGO COSTA	M	44	70	00:52:44.34	00:52:02.66	
450	399	ÁLVARO JORGE	M	62	16	00:52:44.50	00:51:58.64	CARACOIS TURBINADOS
451	1117	SONIAL COSTA	F	37	14	00:52:45.10	00:52:18.15	MM- BM - BAL
452	190	HELENA SOUSA	F	40	13	00:52:45.36	00:50:31.58	
453	832	CARLOS A D NOGUEIRA	M	8	63	00:52:45.68	00:52:24.37	MM- CARLINDA C P FONSECA
454	808	SÓNIA I D ANTÃO	F	40	14	00:52:45.76	00:52:45.76	MM- CARLINDA C P FONSECA
455	917	CATARINA D O SANTOS	F	33	20	00:52:46.57	00:52:11.52	MM- CRISTIANA D LOUREIRO
456	698	PALMIRA QUINHAMA	F	21	21	00:52:46.85	00:45:15.58	
457	859	LARA HERVETH	F	38	15	00:52:59.70	00:52:09.39	MM- CRISTINA LOUREIRO FAUSTINO
458	1216	JORGE ROSA	M	53	52	00:53:00.69	00:52:41.10	
459	201	RITA RAMOS	F	41	15	00:53:01.06	00:52:08.59	
460	648	NUNO CLARA	M	39	53	00:53:01.85	00:52:51.50	
461	350	JOAQUIM PALMA	M	65	10	00:53:02.18	00:52:45.47	
462	113	RAUL MOITA	M	63	17	00:53:02.98	00:52:26.54	
463	471	SANDRO PRATES	M	39	54	00:53:03.21	00:52:22.58	GD SANTANDERTOTTA
464	1060	NUNO ROUPETA	M	46	92	00:53:10.97	00:52:04.36	MM- BM - NS
465	118	SONIA DANTAS	F	40	16	00:53:14.17	00:52:44.99	
466	711	GUILHERME F GOMES	M	20	64	00:53:17.96	00:52:58.58	MM- PAULA C ALBUQ CAETANO
467	1238	PEDRO GUILHERME DA SILVA PEREIRA CABAÇO	M	54	53	00:53:18.49	00:53:01.40	
468	1163	RICARDO JORGE COSTA	M	42	71	00:53:19.59	00:52:54.75	
469	1263	INES PINHO	F	38	16	00:53:20.16	00:52:55.32	
470	168	PEDRO CUNHA	M	56	33	00:53:22.31	00:52:44.89	CCDTMETROLX
471	1219	ANTÓNIO NASCIMENTO DA CUNHA	M	50	54	00:53:25.06	00:52:51.42	
472	695	SARA FIGUEIREDO	F	29	22	00:53:28.42	00:52:39.01	
473	117	JOAO MARQUES	M	42	72	00:53:29.31	00:52:59.79	
474	53	JOSÉ SEQUEIRA	M	49	93	00:53:32.48	00:52:58.83	
475	490	PEDRO BATISTA	M	47	94	00:53:33.98	00:53:05.17	CF OS BELENENSES
476	161	FERNANDO JERONIMO	M	66	11	00:53:34.43	00:53:20.87	EX FEDERADOS
477	99	CARLA NASCIMENTO	F	39	17	00:53:34.61	00:53:25.60	RUN TEJO
478	627	ANABELA SALAZAR	F	47	16	00:53:34.81	00:48:42.78	RUN TEJO



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

479	159	LUIS CUNHA	M	53	55	00:53:34.91	00:53:21.63	EX FEDERADOS
480	259	LUIS ROMANEIRO	M	59	34	00:53:35.76	00:53:17.97	CORRIDAS E COMIDAS
481	183	CARLA SILVA	F	46	17	00:53:36.45	00:53:21.65	GD SBSI
482	553	JOAO VARANDAS	M	37	55	00:53:36.67	00:52:53.24	BRRNIGHTRUNNERS
483	593	MARIA BATISTA	F	39	18	00:53:36.91	00:52:59.64	COLÉGIO SÃO JOÃO DE BRITO
484	1005	LUIS M C MEDEIROS	M	34	65	00:53:37.85	00:53:01.81	MM- XIL REY VERÍSSIMO
485	1002	JOÃO M M DIREITINHO	M	48	95	00:53:38.18	00:53:02.14	MM- XIL REY VERÍSSIMO
486	1003	VITOR M R CAVACO	M	48	96	00:53:38.38	00:53:04.41	MM- XIL REY VERÍSSIMO
487	1083	CLARA MINA	F	58	4	00:53:40.31	00:53:34.03	MM- BM - BAL
488	702	MIGUEL CRUZ	M	40	73	00:53:41.74	00:53:27.84	
489	515	JOÃO CARVALHO	M	44	74	00:53:51.47	00:53:33.20	CF OS BELENENSES
490	798	VERA M M VICENTE	F	37	19	00:53:53.60	00:52:55.79	MM- CRISTINA LOUREIRO FAUSTINO
491	897	JOSÉ M P VÉSTIAS	M	48	97	00:53:56.60	00:52:57.07	MM- FLORINDA PIRES S SANTOS
492	800	PAULA C C DINIS	F	50	5	00:54:02.15	00:53:39.80	MM- CRISTINA LOUREIRO FAUSTINO
493	799	JOSÉ L DINIS	M	52	56	00:54:02.19	00:53:43.84	MM- CRISTINA LOUREIRO FAUSTINO
494	761	CARLOS A T MOURÃO	M	48	98	00:54:05.59	00:53:34.21	MM- CARLA S M MOURAO
495	1000	RICARDO J R CORREIA	M	41	75	00:54:10.67	00:53:46.71	MM- CARLOS M S FERREIRA
496	455	CARLOS DINIS	M	55	35	00:54:13.22	00:53:59.95	C MILLENNIUM BCP
497	499	RICARDO PEREIRA	M	45	99	00:54:14.11	00:53:33.54	CF OS BELENENSES
498	767	FILIPPE J M ALVES	M	49	100	00:54:14.48	00:53:25.11	MM- CRISTINA LOUREIRO FAUSTINO
499	822	ANTONIO J FRANÇA	M	56	36	00:54:16.61	00:53:42.34	MM- PAULA MANUELA A FRANÇA
500	976	CARLOS M S FERREIRA	M	34	66	00:54:19.08	00:52:31.79	MM- CARLOS M S FERREIRA
501	1039	HUGO A A ASSUNÇÃO	M	43	76	00:54:19.19	00:53:48.10	MM- HUGO ALEXANDRE ASSUNÇÃO
502	546	JOAQUIM AGOSTINHO	M	52	57	00:54:20.66	00:53:30.41	STRAVISTAS VENDA DO PINHEIRO
503	352	DAVIDE SENA	M	29	67	00:54:20.79	00:53:39.62	
504	272	ANDRE LUIZ LOIOLA VAZ	M	32	68	00:54:21.51	00:53:26.02	
505	659	RITA AFONSO	F	33	23	00:54:23.60	00:53:56.49	LIFE CENTER
506	782	RUI M D GOMES	M	38	56	00:54:23.86	00:53:44.12	MM- CARLOS M C JESUS
507	433	MARCO BASTOS	M	45	101	00:54:27.25	00:53:58.81	CF OS BELENENSES
508	445	PAULO MARTINS	M	49	102	00:54:27.27	00:53:59.06	CF OS BELENENSES
509	1251	LUIS FRAGOSO	M	45	103	00:54:29.01	00:54:14.17	BIMBO - MEM MARTINS
510	179	RITA PALMA	F	49	18	00:54:33.49	00:54:33.49	DREAM RUNNERS ÉVORA
511	1157	RICARDO CAMPOS	M	43	77	00:54:34.39	00:53:34.41	
512	514	DAVID ALMEIDA	M	38	57	00:54:35.30	00:54:15.15	CF OS BELENENSES
513	745	PEDRO J D MARINHO	M	44	78	00:54:38.15	00:53:35.00	MM- RICARDO COELHO
514	219	JOANA PIÇARRA	F	44	17	00:54:40.47	00:54:01.82	



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

515	218	DOMINGOS GATO	M	47	104	00:54:40.60	00:54:04.45	A NATUREZA ENSINA
516	5086	ANTÓNIO REIS	M	56	37	00:54:40.72	00:52:57.31	
517	57	CIDÁLIA PIMENTEL	F	46	19	00:54:41.00	00:54:41.00	
518	207	CARLA MENDES	F	43	18	00:54:42.52	00:54:00.08	TARTARUGAS SOLIDÁRIAS
519	208	PEDRO BANON	M	42	79	00:54:42.86	00:54:01.15	TARTARUGAS SOLIDÁRIAS
520	600	IVO M COSTA	M	37	58	00:54:47.65	00:53:11.60	GREGÓRIOS
521	708	VICTOR AGOSTINHO	M	37	59	00:54:49.92	00:53:59.03	
522	601	TOMÉ CAUPERS	M	36	60	00:54:50.84	00:53:15.61	GREGÓRIOS
523	172	RAFAEL SANTOS	M	52	58	00:54:52.53	00:54:14.14	CCDTMETROLX
524	5032	NUNO BUGIO	M	46	105	00:54:53.00	00:54:00.89	
525	1322	MARIA JOAO GONÇALVES	F	51	6	00:54:55.41	00:54:24.61	
526	199	LEONOR MENDES	F	19	24	00:54:58.42	00:54:15.46	
527	262	LUCIMAR ORRICO	F	36	20	00:55:00.69	00:55:00.69	
528	670	MIGUEL MARECOS	M	45	106	00:55:00.78	00:54:39.08	
529	1240	FRANCOIS RIVIERE	M	66	12	00:55:02.56	00:54:44.65	
530	817	NUNO M C RAFAEL	M	39	61	00:55:03.40	00:54:33.64	MM- MONICA CRISTINA IRIA
531	983	MARIA J L PEDRO	F	40	19	00:55:07.73	00:54:49.02	MM- MARIA JOAO LEITÃO S PEDRO
532	543	RITA DELGADO	F	43	20	00:55:10.41	00:55:01.79	CF OS BELENENSES
533	430	JOANA ANTUNES	F	24	25	00:55:11.58	00:54:57.18	PORTUGAL RUNNING
534	664	MARIA MAGRO	F	46	20	00:55:11.85	00:54:42.84	LIFE CENTER
535	246	CARLOS SECO SECO	M	59	38	00:55:17.07	00:54:46.68	
536	1092	JOÃO FERREIRA	M	48	107	00:55:18.11	00:54:26.05	MM- BM - BAL
537	278	RITA MESQUITA	F	20	26	00:55:18.45	00:54:36.00	HSA ENGENHARIA, LDA
538	359	TERESA ANTUNES	F	20	27	00:55:18.72	00:54:36.17	
539	282	JOANA CAIXINHA	F	19	28	00:55:18.78	00:54:33.31	
540	141	PAULA CUNHA	F	39	21	00:55:21.69	00:54:37.14	DN RUNNERS
541	339	MICHAEL BORSODORF	M	54	59	00:55:22.02	00:54:31.17	
542	395	PEDRO BATISTA	M	39	62	00:55:22.14	00:54:40.11	CARACOIS TURBINADOS
543	192	SANDRO BRAZ	M	36	63	00:55:24.77	00:54:56.95	
544	700	NUNO GIÃO	M	46	108	00:55:24.90	00:54:31.05	
545	978	RITA CORREIA	F	39	22	00:55:33.24	00:55:11.37	MM- MARIA JOAO LEITÃO S PEDRO
546	1321	PEDRO NOGUEIRA	M	48	109	00:55:33.70	00:55:02.26	
547	263	JOÃO ORLANDO CARRILHO	M	54	60	00:55:35.77	00:55:08.73	
548	374	GONÇALO SILVA	M	35	64	00:55:35.88	00:55:15.35	
549	234	CARLA OLEIRINHA	F	49	21	00:55:39.48	00:55:00.77	A NATUREZA ENSINA
550	871	ANA C PAULETA	F	42	21	00:55:39.52	00:54:59.11	MM- JOSÉ DA CRUZ PAULETA
551	882	ROMÁRIO F D ALMEIDA	M	46	110	00:55:39.54	00:54:55.59	MM- MONICA CRISTINA IRIA



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

552	957	MÓNICA FREIRE	F	46	22	00:55:39.58	00:54:55.81	MM- JOSÉ DA CRUZ PAULETA
553	881	PAULO ISMÉNIO	M	43	80	00:55:39.58	00:54:59.18	MM- JOSÉ DA CRUZ PAULETA
554	294	RUI MELÃO	M	23	69	00:55:39.89	00:55:00.00	
555	104	EDUARDO SILVA	M	35	65	00:55:41.64	00:55:09.88	
556	925	PEDRO M L NUNES	M	46	111	00:55:44.23	00:55:12.01	MAIA - PEDRO MIGUEL L NUNES
557	910	SANDRA M M MONTEIRO	F	40	22	00:55:45.14	00:55:25.82	MM- CRISTIANA D LOUREIRO
558	1035	JORGE M R MAGALHÃES	M	39	66	00:55:48.01	00:54:45.52	MM- CRISTIANA D LOUREIRO
559	919	PEDRO M R SOUSA	M	38	67	00:55:48.05	00:54:42.88	MM- CRISTIANA D LOUREIRO
560	310	ALEXANDRE DRAKE	M	52	61	00:55:52.84	00:55:05.49	
561	454	ARTUR BOTAO	M	50	62	00:55:53.18	00:55:25.06	C MILLENNIUM BCP
562	1319	PEDRO CAMILOTE	M	40	81	00:55:57.61	00:55:10.67	
563	974	JOÃO P M ANTÓNIO	M	27	70	00:55:59.39	00:55:16.14	MM- SANDRA ANTÓNIO
564	301	RUI ALDEANO	M	36	68	00:56:00.35	00:55:18.44	
565	184	DIOGO ADRIÃO	M	20	71	00:56:01.61	00:55:46.82	G.D.SBSI
566	1020	DANIELA PARENTE	F	20	29	00:56:08.63	00:56:02.92	FUNDÃO - CARLOS M FARINHA TAVARES
567	419	JOÃO ROCHA MARINHO	M	47	112	00:56:10.58	00:53:24.31	CF OS BELENENSES
568	904	ILDA RODRIGUES	F	50	7	00:56:14.56	00:55:41.83	MM- PAULA MANUELA A FRANÇA
569	244	SAMARA OLIVEIRA	F	26	30	00:56:15.37	00:56:15.37	
570	1136	RUBEN CASEIRO	M	34	72	00:56:15.40	00:55:47.07	MM- BM - RUB
571	1323	SOFIA CANDIDO	F	47	23	00:56:17.32	00:55:46.41	
572	720	FRANCISCO M R PRAZERES	M	44	82	00:56:19.31	00:55:55.43	MM- OLGA C SILVA MORENO
573	466	SERGIO SILVA	M	40	83	00:56:21.46	00:55:44.96	GD SANTANDERTOTTA
574	465	CARINA SILVA	F	33	31	00:56:21.82	00:55:44.51	GD SANTANDERTOTTA
575	288	JOÃO CORREIA BOTELHO	M	42	84	00:56:22.82	00:55:32.39	
576	279	HELENA VAL	F	23	32	00:56:25.54	00:56:25.54	
577	922	NUNO T DURAO	M	37	69	00:56:29.38	00:53:24.76	MM- RAQUEL GUERREIRO SILVA
578	1245	RAKAR LUKADO	M	40	85	00:56:32.73	00:55:59.49	BIMBO - MEM MARTINS
579	5054	PAULA SOBRAL	F	46	24	00:56:34.56	00:55:51.82	
580	1099	JOSÉ LINDO	M	73	13	00:56:35.18	00:56:30.95	MM- BM - BAL
581	89	FRANCISCO RODRIGUES	M	26	73	00:56:35.98	00:55:40.11	FEEL THE JOJO ON YOUR SKIN
582	884	TIAGO A P GUERRA	M	12	74	00:56:36.20	00:55:37.77	MM- CARLINDA C P FONSECA
583	886	BRUNO M G SILVA	M	21	75	00:56:36.95	00:55:40.01	MM- CARLINDA C P FONSECA
584	156	ORLANDO SANTOS	M	48	113	00:56:41.08	00:56:26.52	EX FEDERADOS
585	344	JOÃO BARRIGOLA	M	36	70	00:56:42.59	00:56:04.65	
586	964	ANA S C MARÇAL	F	37	23	00:56:42.63	00:56:27.10	MM- CARLA S M MOURAO
587	775	HUGO F D PRAGANA	M	27	76	00:56:44.89	00:56:04.52	MM- CARLOS M C JESUS
588	772	AMÍLCAR J D PRAGANA	M	55	39	00:56:44.97	00:56:04.58	MM- CARLOS M C JESUS



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

589	1104	LUCIA COSTA	F	41	23	00:56:45.73	00:55:46.98	MM- BM - BAL
590	1276	RUI PEDRO BARATA	M	42	86	00:56:52.77	00:56:10.90	
591	1264	NUNO MADEIRA	M	41	87	00:56:55.46	00:49:48.55	
592	826	PEDRO V O MOURA	M	24	77	00:56:57.41	00:49:18.60	MAIA - MANUEL ALBERTO M MOURA
593	436	ALEXANDRA QUEIROZ	F	53	8	00:57:18.27	00:56:49.21	CF OS BELENENSES
594	739	RITA NEVES	F	36	24	00:57:18.40	00:56:35.80	MM- RICARDO COELHO
595	136	RUI VASCONCELOS	M	39	71	00:57:19.14	00:56:37.90	TRANSITEX
596	91	ANDRÉ SOUSA PEREIRA	M	28	78	00:57:20.48	00:56:28.58	FEEL THE JOJO ON YOUR SKIN
597	744	RUTE HENRIQUES	F	42	24	00:57:31.33	00:57:01.18	MM- RICARDO COELHO
598	142	JOÃO ROMANEIRO	M	46	114	00:57:31.50	00:57:31.50	ADL RUNNERS
599	545	PEDRO PINTO DUARTE	M	38	72	00:57:32.00	00:57:32.00	
600	901	JORGE L PEREIRA	M	0	79	00:57:32.51	00:56:40.43	VISEU - MARCO ANTONIO LOPES MELO
601	479	JOÃO CARVALHO	M	50	63	00:57:33.47	00:56:55.38	
602	762	ANA S S FRIAS	F	37	25	00:57:34.03	00:57:08.23	MM- ANA LÚCIA MOREIRA CAÇÃO
603	913	JOÃO A M RODRIGUES	M	51	64	00:57:34.30	00:57:34.30	MM- SANDRA ANTÓNIO
604	25	FERNANDA AFONSO	F	49	25	00:57:35.17	00:57:04.26	
605	472	LUCIO SILVA	M	53	65	00:57:35.44	00:56:39.54	GD SANTANDERTOTTA
606	1170	RUI MANUEL CORREIA	M	45	115	00:57:36.13	00:56:40.56	
607	809	PALMIRA D J ALBERTO	F	52	9	00:57:37.49	00:56:42.07	MM- PALMIRA DE JESUSALBERTO
608	1172	PAULA CRISTINA FERREIRA	F	46	26	00:57:39.82	00:56:45.87	
609	885	ALBANO J A SILVA	M	51	66	00:57:40.96	00:56:43.62	MM- CARLINDA C P FONSECA
610	965	CLARA P TEIXEIRA	F	40	25	00:57:41.65	00:57:25.70	MM- CARLA S M MOURAO
611	450	RUI RODRIGUES	M	50	67	00:57:43.28	00:56:57.29	C MILLENNIUM BCP
612	341	PATRICIA BRANCO	F	46	27	00:57:45.10	00:56:49.86	
613	340	LUCIA VENTURA	F	44	26	00:57:45.45	00:56:51.99	
614	1277	BRUNO DIONISIO	M	28	80	00:57:46.90	00:56:58.68	
615	438	MIGUEL GOMES	M	48	116	00:57:49.95	00:56:52.94	CF OS BELENENSES
616	488	CATARINA FERREIRA	F	37	26	00:57:53.59	00:57:07.93	
617	204	LISA SANTOS	F	40	27	00:57:55.23	00:57:14.20	A NATUREZA ENSINA
618	182	MARGARIDA MARQUES	F	46	28	00:57:58.07	00:57:25.42	GD SBSI
619	1032	JOSÉ MONTALVÃO	M	55	40	00:58:00.05	00:57:28.71	MM- OLGA C SILVA MORENO
620	29	SKADI LEHMANN	F	56	5	00:58:04.21	00:57:30.30	LISCH HIMALAYA TEAM DEUTSCHLANG
621	721	JOSE M PEREIRA	M	58	41	00:58:04.51	00:57:10.60	MM- FLORINDA PIRES S SANTOS
622	135	ANDRÉ SOUSA	M	28	81	00:58:04.66	00:57:05.34	TRANSITEX
623	101	ZUZKA PAULINO	F	29	33	00:58:09.29	00:57:36.60	
624	1021	PAULA A PIRES	F	51	10	00:58:15.83	00:57:57.01	MM- PAULA C ALBUQ CAETANO
625	264	CARLA MARIANO	F	47	29	00:58:16.99	00:57:32.79	TRANSITEX



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

626	870	ADALBERTO GRILO	M	57	42	00:58:17.27	00:57:33.42	MM- MONICA CRISTINA IRIA
627	861	VERA TOLÊDO	F	44	28	00:58:17.38	00:57:34.01	MM- MONICA CRISTINA IRIA
628	790	ANA S G FEIJÓ	F	33	34	00:58:18.96	00:57:17.79	MM- CRISTINA LOUREIRO FAUSTINO
629	5694	JORGE FRAGA	M	57	43	00:58:19.32	00:57:21.16	
630	265	MARIA JOAO LIMA	F	52	11	00:58:20.92	00:57:38.48	TRANSITEX
631	210	ACÁCIO MENDES	M	70	14	00:58:24.10	00:57:41.90	TARTARUGAS SOLIDÁRIAS
632	1275	DANIELA MOREIRA	F	26	35	00:58:24.75	00:57:36.25	
633	270	DIAMANTINO ALBUQUERQUE	M	65	15	00:58:34.08	00:57:59.17	CD MAFRA
634	275	DANIEL PEIXOTO	M	39	73	00:58:34.29	00:58:06.43	
635	194	HÉLIO BARRELAS	M	36	74	00:58:35.38	00:58:07.12	H&J
636	193	JOANA GONÇALVES	F	35	27	00:58:35.53	00:58:07.28	H&J
637	1068	BRUNO RIBEIRO	M	41	88	00:58:37.69	00:57:57.82	MM- BM - NS
638	1211	TERESA LANCASTRE	F	30	36	00:58:45.17	00:58:02.43	
639	1232	DIOGO CARMO	M	58	44	00:58:45.28	00:58:05.58	
640	335	JALVES ALVES	M	61	18	00:58:45.60	00:56:56.55	
641	293	MARTA REIS	F	29	37	00:58:46.77	00:57:46.32	
642	331	RICARDO LOBO	M	42	89	00:58:50.20	00:57:57.06	
643	1305	LUIS POLIDO	M	32	82	00:58:53.84	00:58:12.47	CF BELENENSES
644	478	MARIO RUI COSTA	M	43	90	00:58:54.46	00:58:17.57	GD SANTANDERTOTTA
645	186	CLÁUDIA CARDOSO	F	33	38	00:58:58.47	00:58:24.37	
646	128	PEDRO ALMEIDA	M	44	91	00:58:59.12	00:58:59.12	A NATUREZA ENSINA
647	351	MÉLODIE SILVA	F	25	39	00:58:59.28	00:58:18.38	
648	777	MARCO P F GOUVEIA	M	46	117	00:59:06.88	00:58:54.09	MM- CARLOS M C JESUS
649	474	PAULA FIGUEIREDO	F	62	2	00:59:09.13	00:58:18.03	GD SANTANDERTOTTA
650	213	CLEBER ROCHA	M	41	92	00:59:14.63	00:59:14.63	
651	343	JOÃO BONITO	M	25	83	00:59:17.75	00:58:22.82	
652	1012	HELDER COELHO	M	46	118	00:59:18.51	00:58:31.38	MM- FLORINDA PIRES S SANTOS
653	1013	SUSANA P S MENDES	F	39	28	00:59:18.57	00:58:32.45	MM- FLORINDA PIRES S SANTOS
654	482	TAHAMARA DIAS	F	44	29	00:59:19.58	00:59:03.92	
655	481	LUIS AZEVEDO	M	57	45	00:59:20.88	00:59:06.55	
656	1310	PEDRO LUIS	M	36	75	00:59:26.80	00:58:31.54	
657	868	DUARTE M P SILVA	M	20	84	00:59:31.36	00:58:34.43	MM- CARLINDA C P FONSECA
658	79	LUIS SOUSA	M	48	119	00:59:34.31	00:59:28.71	
659	653	TINA OLIVEIRA	F	55	6	00:59:34.34	00:58:51.38	AMINHACORRIDA
660	355	JOÃO RODRIGUES	M	61	19	00:59:40.51	00:59:08.57	
661	175	NUNO PIRES	M	25	85	00:59:46.65	00:58:46.79	
662	692	RUTE ALVES	F	41	30	00:59:50.25	00:59:22.87	



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

663	422	JOSÉ BRITO	M	57	46	00:59:55.91	00:59:08.72	CF OS BELENENSES
664	34	ANTÓNIO VALE	M	31	86	00:59:56.98	00:56:44.49	CASAL NOT FIT
665	1129	NUNO TRONI	M	39	76	01:00:13.42	00:59:26.68	MM- BM - PM
666	525	CARLOS LOPES	M	52	68	01:00:14.34	00:59:44.59	CF OS BELENENSES
667	44	ANA LUCIA NOTÁRIO	F	50	12	01:00:20.65	00:52:52.68	AO RITMO DAS 200 PPM
668	981	PAULO MONTEIRO	M	45	120	01:00:22.17	00:59:58.86	MM- MARIA JOAO LEITÃO S PEDRO
669	1057	JORGE PAÇÃO	M	29	87	01:00:24.95	01:00:24.95	MM- JOANA SANTA BÁRBARA
670	458	BEATRIZ MARIZ	F	22	40	01:00:29.01	00:59:59.78	C MILLENNIUM BCP
671	1125	BRUNO MENDES	M	41	93	01:00:29.61	00:59:57.93	MM- BM - BM
672	522	VÍTOR FRIAS	M	33	88	01:00:38.00	01:00:25.27	CASCAIS CRUSADERS
673	459	LUIS MILHEIRO	M	59	47	01:00:38.72	01:00:26.51	GD SANTANDERTOTTA
674	742	ANDREIA OLIVEIRA	F	41	31	01:00:43.76	01:00:21.11	MM- RICARDO COELHO
675	804	PAULO MEIRELES	M	11	89	01:00:47.82	00:59:45.24	MM- MONICA CRISTINA IRIA
676	469	JOSE RIBEIRO	M	74	16	01:00:52.12	00:53:43.32	GD SANTANDERTOTTA
677	697	MARISA MARQUES	F	43	32	01:00:52.28	00:59:58.29	
678	548	YIMI VASQUEZ	M	35	77	01:00:58.94	00:59:59.28	LOS QUE TAL
679	561	RAFAEL PETTA	M	35	78	01:00:59.42	01:00:27.24	
680	596	LUCIANA RODRIGUES	F	39	29	01:00:59.48	01:00:27.43	
681	883	MARIA C CRAVEIRO	F	49	30	01:01:06.11	00:58:41.77	MM- CARLINDA C P FONSECA
682	274	CACIANO FOCHESTATTO	M	40	94	01:01:10.05	01:00:59.45	WM TOP
683	285	ROSILDA POÇO	F	32	41	01:01:16.56	01:00:34.16	
684	451	JOAO PORTUGAL	M	58	48	01:01:26.99	01:01:11.08	C MILLENNIUM BCP
685	176	JORGE PAULINO	M	63	20	01:01:37.18	01:01:04.44	CD MAFRA
686	269	LOURENÇO ALMEIDA	M	56	49	01:01:38.06	01:01:02.47	CD MAFRA
687	1149	HELENA CUSTÓDIO	F	42	33	01:01:42.31	00:59:19.11	MM- BM - DRA LUISA
688	1146	TERESA SILVA	F	61	3	01:01:42.48	00:59:20.19	MM- BM - DRA LUISA
689	1150	LUISA RALHA	F	60	4	01:01:42.52	00:59:20.95	MM- BM - DRA LUISA
690	1067	SUSANA CORREIA	F	39	30	01:01:42.66	01:01:02.81	MM- BM - NS
691	825	HERMÍNIA M OLIVEIRA	F	52	13	01:01:46.18	01:01:27.98	MAIA - MANUEL ALBERTO M MOURA
692	827	ERNESTO SANTOS	M	68	17	01:01:46.29	01:01:31.03	MAIA - MANUEL ALBERTO M MOURA
693	5018	MARCO ROQUE	M	45	121	01:01:49.96	01:00:56.29	
694	736	ANA C M SILVA	F	54	14	01:01:56.31	01:01:20.54	MM- FERNANDA ABRANCHES SILVA
695	1126	SILVIA DELGADO	F	41	34	01:02:00.72	01:01:27.46	MM- BM - BM
696	940	JORGE L D	M	58	50	01:02:12.05	00:54:25.38	MM- CARLA S M MOURAO
697	187	ANTONIO HENRIQUES	M	61	21	01:02:23.00	01:01:31.83	
698	563	JOÃO SANTOS	M	28	90	01:02:28.40	01:01:40.83	
699	564	INÉS OLIVAL	F	26	42	01:02:29.04	01:01:41.58	



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

700	613	ARMANDO GONÇALVES	M	67	18	01:02:30.03	01:01:36.99	CA AMIGOS PARQUE DA PAZ
701	1186	JOSÉ CARLOS FERREIRA	M	46	122	01:02:36.56	00:55:23.56	
702	533	ELSA SOARES	F	44	35	01:02:45.19	01:02:32.03	CF OS BELENENSES
703	953	JOAQUIM J SOUSA	M	46	123	01:02:50.97	01:02:04.45	MAIA - PEDRO MIGUEL L NUNES
704	955	PAULO H H FARIA	M	51	69	01:02:51.09	01:02:51.09	MAIA - PEDRO MIGUEL L NUNES
705	723	HELENA I S RIBEIRO	F	48	31	01:02:57.85	01:02:33.79	MM- OLGA C SILVA MORENO
706	996	VANESSA MARTINS	F	44	36	01:03:00.05	01:02:13.28	MAIA - PEDRO NUNES
707	283	ALEXANDRE ARAÚJO	M	26	91	01:03:02.55	01:02:54.34	BIG FAMILY
708	939	HÉLDER J C SILVA	M	36	79	01:03:05.55	01:02:26.11	MM- RUTE MATOS
709	206	JOAQUIM DIAS	M	57	51	01:03:05.55	01:02:17.42	
710	463	JOSE MONTEIRO	M	70	19	01:03:08.47	01:02:35.41	GD SANTANDERTOTTA
711	1318	SONIA BAPTISTA	F	39	31	01:03:09.66	01:02:32.43	
712	504	SARA CALDAS	F	43	37	01:03:10.17	01:02:13.82	CF OS BELENENSES
713	905	CUSTÓDIO SILVA	M	55	52	01:03:11.39	01:02:20.32	MM- PAULA MANUELA A FRANÇA
714	5004	JOSE MOREIRA	M	57	53	01:03:11.85	01:02:35.36	
715	906	ANA C SILVA	F	23	43	01:03:12.03	01:02:20.32	MM- PAULA MANUELA A FRANÇA
716	140	JOÃO PEREIRA	M	51	70	01:03:14.46	01:02:14.31	TRANSITEX
717	675	TERESA DOMINGOS	F	56	7	01:03:14.61	01:02:29.20	
718	5693	LUÍS FRAGA	M	37	80	01:03:16.16	01:02:18.82	
719	1313	ANTÓNIO QUADROS	M	45	124	01:03:17.39	01:02:15.49	
720	590	VASCO ALPALHÃO	M	49	125	01:03:17.50	01:02:28.13	COLÉGIO SÃO JOÃO DE BRITO
721	591	MARIA JOÃO GARCIA CALHAU CAETANO SILVA	F	39	32	01:03:17.60	01:02:28.72	COLÉGIO SÃO JOÃO DE BRITO
722	588	ANA RITA GARCIA PERLOIRO CRUZ	F	39	33	01:03:17.68	01:02:28.46	COLÉGIO SÃO JOÃO DE BRITO
723	592	TIAGO PINTO CAETANO SILVA	M	39	81	01:03:17.83	01:02:26.54	COLÉGIO SÃO JOÃO DE BRITO
724	784	INÊS C G SALGADO	F	26	44	01:03:22.68	01:02:48.10	MM- CRISTINA LOUREIRO FAUSTINO
725	980	CARLA MOTA	F	45	32	01:03:23.13	01:03:06.20	MM- MARIA JOAO LEITÃO S PEDRO
726	887	PEDRO M I SILVA	M	33	92	01:03:25.74	01:02:26.58	MM- CARLINDA C P FONSECA
727	400	ARMANDO MUCHAGATA	M	48	126	01:03:28.87	01:02:45.22	CF OS BELENENSES
728	416	ISAÍAS GOMES	M	24	93	01:03:28.99	00:57:54.46	CF OS BELENENSES
729	92	JOÃO SENA	M	27	94	01:03:37.50	01:02:43.05	FEEL THE JOJO ON YOUR SKIN
730	765	DULCE J H MARCOS	F	42	38	01:03:39.47	01:02:37.72	MM- CRISTINA LOUREIRO FAUSTINO
731	763	MONICA S A GOMES	F	46	33	01:03:39.56	01:02:37.52	MM- CRISTINA LOUREIRO FAUSTINO
732	24	PEDRO SOARES	M	45	127	01:03:43.80	01:03:13.69	
733	314	MARIÁNGELES ACILU	F	40	39	01:03:59.85	01:02:08.85	
734	227	SILVIA PINTO	F	44	40	01:04:06.59	01:03:27.62	A NATUREZA ENSINA
735	938	MÓNICA A C RIBEIRO	F	36	34	01:04:09.76	01:03:30.51	MM- RUTE MATOS
736	65	LUÍS MIRANDA	M	45	128	01:04:14.32	01:03:27.73	OS GALGOS



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

737	544	PEDRO GOUVEIA	M	26	95	01:04:18.92	01:03:29.60	RENAULT RUN CLUB
738	551	MIGUEL BRITO	M	26	96	01:04:19.27	01:03:29.46	
739	988	CARLA C D BERNARDINO	F	43	41	01:04:24.62	01:03:27.74	MM- FERNANDA ABRANCHES SILVA
740	82	SUSANA BENTO	F	42	42	01:04:29.44	01:03:30.17	CENTRO MARCHA E CORRIDA LISBOA
741	74	MARIA SANTOS	F	45	34	01:04:30.02	01:03:29.45	CENTRO MARCHA E CORRIDA LISBOA
742	71	PAULA LEITAO	F	45	35	01:04:30.21	01:03:30.29	CENTRO MARCHA E CORRIDA LISBOA
743	158	JOAO NITA	M	45	129	01:04:32.02	01:04:16.93	EX FEDERADOS
744	1221	ANDRÉ DA CUNHA	M	43	95	01:04:35.39	01:03:59.04	
745	185	MARINA FERREIRA	F	28	45	01:04:36.34	01:03:34.34	
746	656	PAULO GALLI	M	47	130	01:04:40.39	01:03:54.11	GALLI
747	333	VANESSA LUCAS	F	31	46	01:04:42.22	01:02:56.47	
748	332	VINICIUS COGO	M	31	97	01:04:42.30	01:02:56.84	
749	305	RUTE DIAS	F	46	36	01:04:48.31	01:03:47.04	
750	483	INÊS CARVALHO	F	42	43	01:04:49.54	01:04:08.70	CARVALHO CONFRARIA
751	989	HUGO A M MARQUES	M	42	96	01:04:53.27	01:03:56.04	MM- FERNANDA ABRANCHES SILVA
752	622	JOÃO HENRIQUES	M	43	97	01:04:54.88	01:04:54.88	
753	1220	JOSÉ NASCIMENTO DA CUNHA	M	45	131	01:04:58.95	01:04:58.95	
754	1103	LEANDRO PINHEIRO	M	15	98	01:05:00.75	01:04:05.93	MM- BM - BAL
755	5037	CRISTINA FELIPE	F	52	15	01:05:02.43	01:04:17.63	
756	699	CARLA SOBREDA	F	19	47	01:05:03.06	01:04:16.34	
757	5006	JOHANNE VAN OERTZEN	F	23	48	01:05:06.61	01:04:16.53	
758	549	ANDREA DE ITUARTE	F	28	49	01:05:09.36	01:04:09.70	LOS QUE TAL
759	754	CÉLIA CORTE	F	36	35	01:05:10.76	01:04:47.98	MM- SÓNIA VEIGA PINHO
760	716	NUNO SANTOS	M	35	82	01:05:32.55	01:05:06.01	MM- GONCALO DUARTE
761	714	TIAGO FERREIRA	M	41	98	01:05:32.86	01:05:06.31	MM- GONCALO DUARTE
762	1248	SÓNIA FERNANDES	F	40	44	01:05:42.34	01:05:08.71	BIMBO - MEM MARTINS
763	5074	CRISTINA GUIA	F	47	37	01:05:52.61	01:03:58.20	
764	5076	PAULA ALEXANDRE DOS SANTOS	F	46	38	01:05:52.63	01:03:53.58	
765	737	MIGUEL C M OLIVEIRA	M	52	71	01:06:02.62	01:05:24.63	MM- FERNANDA ABRANCHES SILVA
766	519	DINA COSTA	F	35	36	01:06:05.92	01:05:47.97	CF OS BELENENSES
767	995	TIAGO M PEDROSA	M	29	99	01:06:14.01	01:05:23.09	MAIA - PEDRO NUNES
768	47	ROSA REIS	F	62	5	01:06:16.38	01:05:52.38	
769	457	ESTRELA MARIZ	F	50	16	01:06:19.47	01:05:47.21	C MILLENNIUM BCP
770	760	CARLA S L MOURÃO	F	47	39	01:06:29.63	00:59:00.34	MM- CARLA S M MOURAO
771	338	ROSANGELA LOURENÇON	F	50	17	01:06:30.41	01:05:34.61	
772	704	PATRICIA CRUZ	F	18	50	01:06:33.01	01:05:43.38	



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

773	171	ORLANDO SOUSA	M	57	54	01:06:33.90	01:05:48.32	CCDTMETROLX
774	225	MARIANA BIZARRO	F	43	45	01:06:34.19	01:05:48.70	A NATUREZA ENSINA
775	108	CINEYDE BARROS	F	35	37	01:06:39.36	01:05:06.22	
776	306	EDMAR D'ALMEIDA	M	29	100	01:06:39.47	01:05:05.77	
777	5077	NATERCIA LOURENÇO	F	42	46	01:06:50.14	01:04:49.14	
778	5079	JOAQUIM PEREIRA	M	49	132	01:06:51.12	01:04:59.08	
779	45	AFONSO FRANCISCO	M	39	83	01:06:56.80	01:06:13.48	
780	1034	ANTÓNIO VICENTE	M	69	20	01:07:04.60	01:04:06.85	MM- FLORINDA PIRES S SANTOS
781	568	CARLOS ALBERTO TEIXEIRA	M	78	21	01:07:08.59	01:06:11.54	
782	131	ANGELA FONSECA	F	48	40	01:07:14.10	01:06:18.12	TRANSITEX
783	155	CARLOS RESENDE	M	47	133	01:07:15.57	01:06:13.57	
784	694	MARIA CORREIA	F	19	51	01:07:20.00	01:06:52.93	
785	317	DOLORES PARETO	F	40	47	01:07:21.77	01:05:32.06	
786	1112	RAQUEL PINHEIRO	F	42	48	01:07:23.82	01:06:29.37	MM- BM - BAL
787	1247	VANESSA ROCHA	F	40	49	01:07:24.20	01:06:29.52	BIMBO - MEM MARTINS
788	952	CARLA M L COSTA	F	44	50	01:07:26.10	01:06:37.20	MAIA - PEDRO MIGUEL L NUNES
789	951	PAULO J CARDOSO	M	44	99	01:07:26.26	01:06:36.83	MAIA - PEDRO MIGUEL L NUNES
790	973	EDGAR F V LOURENCO	M	31	101	01:07:28.27	01:00:19.49	MEM MARTINS - EDGAR FILIPE VALENTE LOURENCO
791	733	RUI M R SANTOS	M	31	102	01:07:28.29	01:00:19.89	MM- EDGAR FILIPE V LOURENCO
792	348	JOSÉ ALIPIO	M	62	22	01:07:34.20	01:07:12.13	
793	1152	CHRISTIAN SOUSA	M	28	103	01:07:49.30	01:07:04.25	MM- BM - DRA LUISA
794	1151	ANA NETO	F	28	52	01:07:50.15	01:07:04.71	MM- BM - DRA LUISA
795	632	CELINA JORGE	F	37	38	01:07:54.18	01:07:03.87	
796	368	JOAO L O R CALVAO	M	41	100	01:07:56.85	01:07:22.17	
797	369	ANA F B F S O CALVAO	F	41	51	01:07:57.23	01:07:21.92	
798	830	MARIA PRAÇA	F	49	41	01:08:09.86	01:07:37.64	MAIA - MANUEL ALBERTO M MOURA
799	35	SANDRA MARQUES	F	36	39	01:08:11.85	01:06:34.59	CASAL NOT FIT
800	93	LUCINDA BARATA	F	55	8	01:08:14.13	01:07:30.42	BRRNIGHTRUNNERS
801	1242	SÓNIA BARTOLOMEU	F	25	53	01:08:24.05	01:07:41.65	
802	676	JOSÉ BARTOLOMEU	M	60	23	01:08:27.94	01:07:43.27	
803	308	ANTÓNIO JORGE GONÇALVES	M	40	101	01:08:37.44	01:07:40.53	PEAKY RUNNERS
804	209	FÁTIMA MENDES	F	62	6	01:08:43.18	01:07:54.69	TARTARUGAS SOLIDÁRIAS
805	394	RAQUEL PIRES	F	39	40	01:08:46.04	01:07:49.63	
806	1135	SILVIA ROBALO	F	41	52	01:09:05.42	01:07:59.92	MM- BM- JP
807	1130	JORGE PÊGO	M	42	102	01:09:06.11	01:08:01.85	MM- BM- JP
808	380	PEDRO DIAS	M	41	103	01:09:09.14	01:08:20.63	BNIE
809	379	JOAO LANDEIRO	M	73	22	01:09:23.50	01:08:40.84	



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

810	7061	PAULO SOEIRO	M	41	104	01:09:23.87	01:08:50.16	
811	356	ISABEL ALAMO	F	51	18	01:09:26.76	01:08:50.53	
812	102	CARLOS HILARIO	M	53	72	01:09:28.05	01:09:28.05	
813	309	NUNO ALCOBIA	M	43	105	01:09:31.74	01:08:36.01	PEAKY RUNNERS
814	597	SONIA SIMÕES	F	44	53	01:09:36.10	01:08:42.93	
815	558	JOSE MOREIRA	M	29	104	01:09:49.28	01:09:03.55	
816	755	AIDA M D RODRIGUES	F	47	42	01:09:57.35	01:09:57.35	MM- AIDA MARIA D RODRIGUES
817	475	SANDRA CUNHA	F	45	43	01:10:07.98	01:09:30.94	GD SANTANDERTOTTA
818	1049	CARLA COSTA	F	45	44	01:10:40.86	01:09:54.07	MAIA - PEDRO NUNES
819	1142	PAULA NEVES	F	59	9	01:10:47.34	01:10:47.34	MM- BM - DRA LUISA
820	27	JOANA DARC CHOURIÇO	F	56	10	01:10:54.77	01:10:42.02	RUNNING CLUB SANTA CASA
821	997	CLAUDIO ESTEVES	M	54	73	01:10:55.59	01:10:55.59	MAIA - PEDRO NUNES
822	198	JOSÉ ARTUR BARREIROS	M	48	134	01:10:56.80	01:10:06.02	
823	1187	CRISTINA ISABEL FERREIRA	F	43	54	01:11:01.33	01:10:01.30	
824	709	FILIPA GRAVELHO	F	30	54	01:11:01.41	01:10:00.49	
825	307	FLÁVIO FERREIRA	M	36	84	01:11:02.21	01:07:47.00	
826	122	BRUNO PEREIRA	M	18	105	01:11:06.15	01:11:06.15	
827	1097	JORGE VALENTE	M	38	85	01:11:07.95	01:04:01.37	MM- BM - BAL
828	1102	JOSÉ NETO	M	62	24	01:11:08.27	01:04:01.60	MM- BM - BAL
829	1088	FRANCISCO MOUCHINHO	M	70	55	01:11:08.57	01:04:02.13	MM- BM - BAL
830	1072	ANA GONÇALVES	F	34	23	01:11:08.57	01:04:01.97	MM- BM - BAL
831	1101	JOSÉ MARQUES	M	52	74	01:11:08.68	01:04:02.11	MM- BM - BAL
832	710	SUSANA M C GOMES	F	47	45	01:11:19.18	01:10:31.03	MM- PAULA C ALBUQ CAETANO
833	713	ERNESTO M C GOMES	M	48	135	01:11:19.23	01:10:27.44	MM- PAULA C ALBUQ CAETANO
834	249	MARIA SAMPAIO	F	42	55	01:11:19.88	01:10:15.92	LISRUNING CPA
835	252	TERESA PEREIRA	F	37	41	01:11:20.35	01:10:15.71	
836	132	CARLA AMORIM	F	29	56	01:11:34.05	01:10:35.08	TRANSITEX
837	749	GASTÃO ABOIM	M	42	106	01:11:47.13	01:10:58.63	MM- GONCALO DUARTE
838	977	SILVIA C N MARÇAL	F	37	42	01:11:49.36	01:09:25.79	MM- CARLOS M S FERREIRA
839	1066	BRUNO AGOSTINHO	M	47	136	01:11:51.28	01:11:51.28	MM- BM - NS
840	1064	MARIA J ALVES	F	43	19	01:11:56.73	01:10:48.92	MM- BM - NS
841	1062	ANA L GUERREIRO	F	50	56	01:11:56.73	01:10:48.53	MM- BM - NS
842	1031	SERGIO SALVADO	M	40	107	01:12:12.59	01:12:12.59	FUNDÃO - CARLOS M FARINHA TAVARES
843	33	FRANCISCO SOUSA	M	56	55	01:12:22.44	01:11:16.79	NATURA TRAIL
844	806	JORGE F D LOUSADA	M	29	106	01:12:33.08	01:07:26.75	MM- CARLINDA C P FONSECA
845	852	JOÃO P R SOUSA	M	19	107	01:12:49.43	01:12:03.25	MM- CRISTINA LOUREIRO FAUSTINO
846	950	JOAO M L CARDOSO	M	20	108	01:12:51.37	01:12:16.07	MAIA - PEDRO MIGUEL L NUNES



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22 PAÍSES, UMA SÓ META

22/09/19

847	942	JORGE A D BARATA	M	49	137	01:13:11.78	01:12:20.71	MM- FERNANDA ABRANCHES SILVA
848	167	ELISA DIAS	F	56	11	01:13:26.71	01:12:41.07	CCDTMETROLX
849	623	INES CISNEIROS	F	30	57	01:13:26.81	01:09:29.32	
850	85	FRANCISCO MARQUES	M	63	25	01:13:31.59	01:10:20.28	
851	391	EDVALDE DE SOUZA ARAUJO FILHO	M	31	109	01:13:48.85	01:11:51.77	
852	392	POLIANA MENDES DE PAULO	F	23	58	01:13:48.93	01:11:51.26	
853	139	VITORIA CRUZ	F	36	43	01:13:51.76	01:06:03.78	TRANSITEX
854	793	ISABEL SANTOS	F	51	20	01:13:53.29	01:13:30.83	MM- SÓNIA VEIGA PINHO
855	133	FILIPE MIRANDA	M	33	110	01:14:47.27	01:13:52.55	TRANSITEX
856	360	IGOR NETO	M	43	108	01:15:06.36	01:15:06.36	
857	361	IVONE NETO	F	42	57	01:15:06.60	01:14:08.65	
858	807	NELSON F L ALVES	M	32	111	01:15:21.32	01:10:16.03	MM- CARLINDA C P FONSECA
859	232	RUI MELÃO	M	55	56	01:15:29.01	01:14:10.26	A NATUREZA ENSINA
860	427	LAURA FABRICANTE	F	47	46	01:15:42.45	01:15:42.45	CF OS BELENENSES
861	908	JOSÉ T G FERREIRA	M	40	109	01:15:50.66	01:15:50.66	MM- CRISTIANA D LOUREIRO
862	486	RUI FALHAS	M	44	110	01:15:53.66	01:15:19.96	
863	114	VALERIA MOREIRA SANTOS	F	51	21	01:15:58.00	01:15:58.00	
864	408	CRISTINA CAETANO	F	48	47	01:16:03.91	01:16:03.91	CF OS BELENENSES
865	144	BRUNO MONTEIRO	M	33	112	01:16:08.82	01:15:20.43	
866	251	DELFINA PEREIRA	F	47	48	01:16:28.89	01:15:24.81	
867	921	MARIA D C ALVES	F	47	49	01:16:30.91	01:15:58.13	MM- CARLA S M MOURAO
868	756	HUGO J D E.L.CARDOSO	M	56	57	01:16:33.66	01:16:33.66	MM- HUGO JORGE E L CARDOSO
869	583	JOAO LIMA RAPOSO	M	45	138	01:16:51.37	01:16:51.37	COLÉGIO SÃO JOÃO DE BRITO
870	1147	NUNO PEREIRA	M	38	86	01:16:59.74	01:09:18.96	MM- BM - DRA LUISA
871	815	MANUEL N ANTÃO	M	45	139	01:17:04.20	01:17:04.20	MM- CARLINDA C P FONSECA
872	900	JOAO C D FERREIRA	M	59	58	01:18:24.60	01:17:33.27	MM- CRISTINA LOUREIRO FAUSTINO
873	1270	Katrina	F	34	59	01:19:05.54	01:18:00.23	Pinakamabagal
874	1269	CARLOS SAMPAIO	M	35	87	01:19:06.11	01:18:01.93	Pinakamabagal
875	239	LUIS PARRO	M	57	59	01:19:17.52	01:18:23.35	A NATUREZA ENSINA
876	993	SANDRA RODRIGUES	F	21	60	01:19:38.37	01:19:38.37	MAIA - PEDRO NUNES
877	390	RONNYO SOBREIRA	M	50	75	01:20:45.83	01:18:43.73	
878	728	VLAD DUBOX	M	45	140	01:24:27.51	01:24:27.51	MM- PAULA MARIA N SILVA
879	453	RODOLFO LIMA	M	52	76	01:26:32.62	01:26:32.62	C MILLENNIUM BCP
880	377	ANA RAMOS	F	36	44	01:27:04.56	01:26:13.50	RX RUNNERS
881	604	PATRICIA CARDOSO	F	37	45	01:28:52.46	01:28:00.32	
882	603	JORGE GODINHO	M	37	88	01:28:52.82	01:28:00.18	
883	555	SANDRA LOPES	F	34	61	01:31:40.36	01:30:54.26	



#RUNWITHUS 10K

22 PAÍSES, UMA SÓ META

22/09/19

884	1273	CÉLIA CARDOSO B	F	52	22	01:34:09.95	01:33:24.93
885	146	VANDA MONTEIRO	F	41	58	01:34:10.02	01:33:21.48
886	145	MARIANA LOPES	F	25	62	01:34:44.87	01:33:57.73

Total de registros: 886