

Class	Num	Nome	Sx	Idd	Pos Escal	Pontos Marinha	Pontos Exército	Pontos Aérea	Soma Pontos	Class CFA M/F	T. Bruto	T. Líquido	Equipe
1	452	PAULO GUIMARAES	M	41	1						00:34:22.41	00:34:19.91	AMINHACORRIDA
2	181	DANIEL S ALMEIDA	M	19	1						00:34:42.65	00:34:40.92	ACADEMIA MILITAR
3	465	PEDRO AMIGO	M	36	2						00:34:44.50	00:34:42.13	TEAM BELLISSIMUS CAFFÉ
4	185	RUI PEREIRA	M	43	3	100	100	100.0	300.0	1	00:34:59.74	00:34:56.93	PENICHE A CORRER
5	130	DAVID LOPES	M	32	2	97.2	97.8	97.9	292.9	2	00:35:44.80	00:35:43.20	
6	448	FABIO PRATAS	M	34	3						00:35:57.84	00:35:55.44	AMINHACORRIDA
7	491	ANTÓNIO MIRANDA	M	28	4						00:36:06.59	00:36:05.43	
8	179	DIOGO MIGUEL FERREIRA DE OLIVEIRA	M	23	5						00:37:25.83	00:37:16.92	ACADEMIA MILITAR
9	478	JOSÉ NARCISO	M	46	1						00:37:31.78	00:37:31.78	HC RUNNERS
10	53	CRISTIANO NOGUEIRA	M	30	6	91.5	92.4	92.3	276.2	4	00:37:55.58	00:37:51.97	41.º
11	25	DUARTE COSTA	M	35	4	93.6	91.6	92.1	277.3	3	00:38:00.93	00:37:56.94	RUN FOR FRIENDS
12	464	FRANCISCO M PEREIRA	M	26	7						00:38:04.57	00:38:03.30	BV MONTEMOR-O-NOVO
13	75	RAFAEL ABRUNHOSA	M	52	2	90.4	90.8	91.3	272.5	5	00:38:18.47	00:38:15.36	
14	435	JOAO SANTO	M	33	8						00:38:25.78	00:38:19.48	
15	173	SÉRGIO MANUEL REBELO TEIXEIRA	M	43	5	89.7	91	90.6	271.3	8	00:38:37.90	00:38:36.47	ACADEMIA MILITAR
16	500	FLORIANO SILVA	M	39	6						00:38:38.99	00:38:38.99	AMINHACORRIDA
17	159	MIGUEL BARBA	M	40	7	90.6	90.6	90.5	271.7	7	00:38:39.01	00:38:34.86	PENICHE A CORRER
18	399	JOAQUIM A CARREIRA	M	55	1						00:38:47.71	00:38:46.66	DOLCE FORADOURO
19	480	JOÃO PATEIRA	M	41	8						00:38:55.47	00:38:51.82	
20	481	BENVINDA SANTOS	F	24	1						00:38:56.53	00:38:56.53	JUVENTUDE VIDIGALENSE
21	180	LUIS C NARCISO	M	20	9						00:39:02.15	00:38:58.76	ACADEMIA MILITAR
22	109	JOAO FRANCO	M	65	1	88.4	89.6	89.2	267.2	10	00:39:12.56	00:39:08.91	OS CARREGUEIRENSES
23	183	CELIO ANASTACIO	M	39	9	92.9	88.4	89.2	270.5	9	00:39:14.39	00:39:12.40	PENICHE A CORRER
24	82	RUBEN RECHENA	M	29	10	91.9	91.3	89.1	272.3	6	00:39:17.33	00:39:11.40	
25	125	TIAGO TROMBINHAS	M	18	11						00:39:45.34	00:39:23.58	QUARENTÕES NA BISGA
26	76	GIL ALVES	M	42	10	88.4	88	88.0	264.4	11	00:39:46.77	00:39:45.93	
27	107	JOAO BERNARDES	M	43	11	87.7	86.6	87.8	262.1	12	00:39:52.54	00:39:50.11	OS CARREGUEIRENSES
28	382	DAVID LEITAO	M	19	12						00:40:06.18	00:40:02.27	PENICHE A CORRER
29	415	JOÃO ARENGA	M	67	2						00:40:29.13	00:40:27.03	NAVIGATOR CLUBE SETUBAL
30	338	LÚCIO MONTEIRO	M	38	12						00:40:31.01	00:40:03.06	GDS SEBASTIÃO FREG CANHA
31	186	JACINTO FERREIRA	M	49	3	86.6	85.8	86.1	258.5	15	00:40:37.83	00:40:33.31	PENICHE A CORRER
32	178	RÚBEN ALEXANDRE FÉLIX RIBEIRO	M	25	13	85.2	86	86.1	257.3	16	00:40:38.20	00:40:31.85	ACADEMIA MILITAR
33	368	ANASTACIO VALADAS	M	65	3						00:40:47.39	00:40:43.87	GD SANTANDER TOTTA
34	132	MIGUEL RIBEIRO	M	48	4	86.6	84.2	85.5	256.3	17	00:40:55.89	00:40:48.84	T&M

35	110	MANUEL LINO	M	54	5	87.4	87.7	85.3	260.4	13	00:41:01.00	00:40:44.20	OS CARREGUEIRENSES
36	15	ANTÓNIO MARTINS	M	53	6	86.6	87.8	85.1	259.5	14	00:41:07.05	00:40:48.80	NAV RUNNERS
37	68	VÍTOR ALVITO	M	32	14	81.8	84.4	84.5	250.7	21	00:41:23.26	00:41:17.21	
38	74	EMANUEL RODRIGUES	M	30	15	80.6	82.7	83.9	247.2	25	00:41:41.21	00:41:35.81	
39	100	CARLOS ABRUNHOSA	M	48	7	81.2	81.6	83.8	246.6	26	00:41:46.17	00:41:30.88	C MILLENNIUM BCP
40	114	RUI SALES	M	52	8	85	84.3	83.3	252.6	19	00:42:00.19	00:41:52.90	OS CARREGUEIRENSES
41	49	RUI MERUJO	M	59	2	82.8	83.8	83.1	249.7	22	00:42:07.93	00:41:57.67	
42	431	RICARDO SILVA	M	37	13						00:42:10.90	00:41:46.70	
43	157	VIRGÍLIO MADEIRA	M	59	3	80.5	82.6	82.9	246.0	28	00:42:13.20	00:42:06.23	CCD TRANQUILIDADE
44	156	NELSON MOTA	M	48	9	84.8	84.3	82.8	251.9	20	00:42:16.31	00:42:10.94	CCD TRANQUILIDADE
45	93	VASYL PALIY	M	42	14	85.3	84.8	82.5	252.6	18	00:42:23.08	00:42:05.18	UNITED WARRIORS
46	154	JORGE CANTEIRO	M	49	10	83.4	79.8	82.1	245.3	29	00:42:36.60	00:42:30.65	CCD TRANQUILIDADE
47	131	RUI LUIS	M	29	16	79.4	81.8	81.9	243.1	30	00:42:42.02	00:42:33.91	
48	22	EZEQUIEL FERNANDES	M	62	4	81.7	82.8	81.6	246.1	27	00:42:53.72	00:42:50.23	PALMELENSE FUTEBOL CLUBE
49	44	MARCOS RATOLA	M	39	15	78.7	80	81.5	240.2	32	00:42:54.45	00:42:46.87	
50	145	JOSÉ CORREIA	M	37	16						00:42:57.99	00:42:43.94	
51	454	FILIPA VIEIRA	F	29	2	83.5	82.9	81.4	247.8	1	00:43:00.28	00:42:58.84	AMINHACORRIDA
52	103	ARMANDO PARREIRA	M	50	11	84.3	83.4	81.2	248.9	24	00:43:06.72	00:43:03.56	ARMADA TORRIENSE
53	447	JOÃO P F SILVA	M	48	12						00:43:10.82	00:43:05.13	BLOG JOÃO PAULO FÉLIX ATLETA
54	155	MIGUEL BRANDÃO	M	31	17	81.5	80.3	81.0	242.8	31	00:43:12.16	00:42:57.43	CCD TRANQUILIDADE
55	499	JOAO JACINTO	M	61	5						00:43:17.17	00:43:12.60	CCD ALVITEJO
56	419	FÁBIO PENTEADO	M	34	18						00:43:28.74	00:43:16.23	
57	418	TIAGO LOURO	M	31	19						00:43:28.75	00:43:15.00	
58	66	JORGE CRUZ	M	32	20	80.9	77.6	80.5	239.0	33	00:43:29.28	00:43:13.78	UNITED WARRIORS
59	340	JORGE BARBOSA	M	33	21						00:43:31.72	00:43:20.39	
60	482	RENATO CARMO	M	55	6						00:43:40.00	00:43:23.14	EMFA
61	126	JOÃO FERRO	M	27	22						00:43:40.27	00:43:26.15	
62	510	JOSE GASPAR	M	46	13						00:43:48.27	00:43:41.58	QUARTETO
63	477	RICARDO SANTOS	M	37	17						00:43:57.40	00:43:54.94	
64	34	JOÃO FRAGOSO	M	44	18	79.5	79.5	79.5	238.5	34	00:43:59.91	00:43:58.02	CLUBE VODAFONE
65	191	ANTONIO SANTOS	M	65	4	79.2	78.3	79.2	236.7	35	00:44:09.60	00:44:06.41	CORRER LISBOA
66	337	MIGUEL ÂNGELO	M	25	23						00:44:18.85	00:43:50.87	GDS SEBASTIÃO FREG CANHA
67	417	MANUEL CARDIM	M	67	5						00:44:23.85	00:44:13.59	NAVIGATOR CLUBE SETUBAL
68	31	CARLOS CÉSAR	M	34	24	76.7	77.2	78.6	232.5	40	00:44:30.30	00:43:52.40	DUROS
69	387	NUNO SILVA	M	44	19						00:44:32.94	00:44:28.49	PENICHE A CORRER
70	174	DAVID ROSA ALEXANDRE	M	24	25	84.8	85.8	78.5	249.1	23	00:44:33.40	00:44:26.38	ACADEMIA MILITAR

71	342	LUIS LOURENÇO	M	33	26						00:44:38.31	00:44:26.80	
72	453	EMANUEL MARTINS	M	41	20						00:44:39.43	00:44:38.39	AMINHACORRIDA
73	310	NUNO JESUS	M	38	21						00:44:40.29	00:44:23.08	SUNSET RUNNING TEAM
74	133	JOÃO FERNANDES	M	37	22	79.2	77.8	78.2	235.2	38	00:44:45.71	00:44:28.09	
75	91	PEDRO FERREIRA	M	41	23	78.8	79.1	78.1	236.0	37	00:44:47.82	00:44:41.60	CLUBE ROBBIALAC
76	306	JALMOR JALMOR	M	50	14						00:44:49.58	00:44:30.47	
77	408	PEDRO CORREIA	M	36	24						00:44:51.57	00:44:26.60	
78	344	ARMANDO S MARQUES	M	57	7						00:44:53.00	00:44:53.00	C MILLENNIUM BCP
79	169	CARLOS JESUS	M	36	25	65.2	77.4	77.9	220.5	51	00:44:54.93	00:44:50.58	
80	432	JOSÉ VAZ	M	60	8						00:44:57.46	00:44:50.22	CLUBE ANACOM
81	483	INES ALMEIDA	F	34	3						00:45:00.22	00:44:57.86	EMFA
82	52	MARCO FERREIRA	M	38	26	79.8	78.9	77.5	236.2	36	00:45:10.00	00:45:10.00	SUNDAY RUNNERS
83	172	ANDRÉ FILIPE PINTO DA FONSECA	M	33	27	78.2	78.8	77.4	234.4	39	00:45:12.00	00:45:12.00	ACADEMIA MILITAR
84	168	JOÃO TEIXEIRA	M	49	15						00:45:31.01	00:45:18.95	
85	354	CARLOS TEIXEIRA	M	46	16						00:45:32.72	00:45:01.94	GD SANTANDER TOTTA
86	356	CARLOS GONÇALVES	M	49	17						00:45:41.35	00:45:16.21	GD SANTANDER TOTTA
87	329	FRANCISCO GAMA	M	54	18						00:45:47.10	00:45:34.10	
88	509	RUI FIGUEIREDO	M	43	27						00:45:50.12	00:45:40.54	QUARTETO
89	115	HELIO REIS	M	43	28	75.7	76.5	76.2	228.4	42	00:45:56.69	00:45:49.98	OS CARREGUEIRENSES
90	165	FERNANDO RODRIGUES	M	54	19						00:45:57.56	00:45:29.43	C MILLENNIUM BCP
91	64	ARTUR GONÇALVES	M	43	29	75.8	75.4	75.9	227.1	43	00:46:05.28	00:45:34.78	A.A.LEBRES DO SADO
92	170	FERNANDO CELESTINO	M	60	9	77.2	76.9	75.8	229.9	41	00:46:08.86	00:45:39.91	CCD TRANQUILIDADE
93	327	PEDRO HIPÓLITO	M	48	20						00:46:20.31	00:46:12.48	A NATUREZA ENSINA
94	84	EDUARDO TACANHO	M	44	30	75.3	75.5	75.4	226.2	44	00:46:23.20	00:46:15.09	
95	62	CARLOS MAGALHAES	M	36	31	75	73.7	75.4	224.1	47	00:46:24.80	00:46:08.23	
96	385	JORGE PAULINO	M	56	10						00:46:29.59	00:46:24.96	PENICHE A CORRER
97	445	JOÃO CALISTO	M	58	11						00:46:31.80	00:46:19.85	
98	341	RUBEN PARDAL	M	32	28						00:46:32.03	00:46:19.89	
99	129	FÁBIO SIMÕES	M	22	29	71.6	74.4	74.9	220.9	49	00:46:42.95	00:46:22.55	
100	48	RENATO CARVALHO	M	36	32	74.3	71.7	74.9	220.9	50	00:46:44.24	00:46:34.55	GIN
101	405	RICARDO RAPOSO	M	40	33						00:46:49.71	00:46:39.57	LAGOA DA PEDRA & ARREDORES
102	158	CLÁUDIO VIDREIRO	M	47	21	74.4	75.2	74.6	224.2	46	00:46:53.68	00:46:44.82	
103	409	PAULO FAUSTINO	M	43	34						00:46:56.34	00:46:47.87	LAGOA DA PEDRA & ARREDORES
104	383	DALILA PEREIRA	F	26	4						00:46:58.30	00:46:54.25	PENICHE A CORRER
105	430	NELSON FERNANDES	M	37	35						00:47:00.58	00:46:39.80	
106	504	DAVID FONTES	M	32	30						00:47:06.34	00:46:53.88	GDS SEBASTIAO CANHA

107	40	LUIS LOUREIRO	M	38	36	75.7	75	74.0	224.7	45	00:47:16.85	00:46:55.71	
108	427	ANA JOSE	F	45	1						00:47:18.15	00:47:12.11	
109	426	LUIS JOSE	M	50	22						00:47:18.30	00:47:11.77	
110	444	ALCINDO ALMEIDA	M	60	12						00:47:19.00	00:47:19.00	CACÉM
111	390	TIAGO VIEIRA	M	25	31						00:47:26.45	00:47:16.57	TUGAS NA ESTRADA
112	366	JOSE C PEREIRA	M	49	23						00:47:33.22	00:47:04.11	GD SANTANDER TOTTA
113	457	FRANCISCO PEREIRA	M	51	24						00:47:34.56	00:47:27.56	CCD TRANQUILIDADE
114	421	CARLOS SILVA	M	55	13						00:47:37.89	00:47:09.68	
115	123	AFONSO TOMÉ	M	18	32						00:47:38.00	00:47:38.00	QUARENTÕES NA BISGA
116	119	JOÃO BERNARDO	M	18	33						00:47:39.08	00:47:15.13	QUARENTÕES NA BISGA
117	375	CECÍLIA NICOLAU	F	52	2						00:47:44.58	00:47:13.76	AA LEBRES SADO
118	111	CARLOS FERREIRA	M	48	25	71.6	75.7	73.2	220.5	52	00:47:47.25	00:47:41.46	OS CARREGUEIRENSES
119	440	LUIS ALEXANDRE	M	48	26						00:47:48.34	00:47:36.47	
120	373	PAULO PAREDES	M	45	27						00:47:48.92	00:47:40.10	BROTHERS TEAM
121	374	PAULO BARROS	M	46	28						00:47:49.07	00:47:40.48	BROTHERS TEAM
122	507	ATLETA NÃO CADASTRADO	M	0	34						00:47:50.00	00:47:50.00	
123	324	SÓNIA NEVES	F	40	1						00:47:52.92	00:47:36.84	
124	153	ANTÓNIO SENA	M	47	29	75	73.5	73.1	221.6	48	00:47:53.36	00:47:37.39	CCD TRANQUILIDADE
125	438	ABDEREZECK BENAÏSSA	M	38	37						00:47:55.87	00:47:41.71	
126	128	BRUNO VON AMANN	M	35	38	66	71	72.9	209.9	62	00:48:00.80	00:47:58.36	
127	124	CARLOS TROMBINHAS	M	44	39						00:48:02.16	00:47:39.93	QUARENTÕES NA BISGA
128	303	M ^a LURDES GONÇALVES	F	51	3						00:48:03.81	00:47:49.04	
129	424	RUI GRAÇA	M	56	14						00:48:03.85	00:47:38.17	
130	83	PATRICIA MATOS	F	44	2	71	69.9	72.8	213.7	2	00:48:05.77	00:48:02.40	LINDA-A-PASTORA SPORTING CLUBE
131	411	JOÃO SABINA	M	41	40						00:48:06.01	00:47:40.38	
132	479	JORDI PAMIES	M	34	35						00:48:07.49	00:47:53.70	
133	328	VLADIMIRO BRAVO	M	38	41						00:48:17.60	00:48:11.21	A NATUREZA ENSINA
134	86	JOSÉ MIGUEL GUIMARÃES	M	54	30	70.5	73	72.3	215.8	56	00:48:24.05	00:47:52.56	
135	60	PEDRO CANHA	M	43	42	72.1	71.7	72.2	216.0	54	00:48:26.04	00:48:21.29	
136	59	ANTONIO COUTINHO	M	53	31	72.1	71.7	72.2	216.0	55	00:48:26.26	00:48:17.35	
137	333	EMANUEL CARLOS	M	26	36						00:48:27.71	00:48:05.57	GALERA DA CORRIDA
138	449	JORGE AMARAL	M	50	32						00:48:29.20	00:48:02.32	AMINHACORRIDA
139	149	JEREMIAS CARDOSO	M	54	33	70.4	71.9	72.2	214.5	57	00:48:29.20	00:48:23.02	OS TATOOS
140	323	JOÃO MOITEIRO	M	47	34						00:48:43.60	00:48:27.70	
141	314	RAFAEL AZRIEL	M	49	35						00:48:45.53	00:48:40.37	
142	412	JOEL MÓSCA	M	51	36						00:48:46.38	00:48:25.46	

143	455	LUIS SOUSA	M	44	43						00:48:46.38	00:48:25.46	
144	358	CARLA LOPES	F	50	4						00:48:47.69	00:48:47.69	GD SANTANDER TOTTA
145	355	JOSE RIBEIRO	M	74	6						00:48:48.36	00:48:48.36	GD SANTANDER TOTTA
146	69	PEDRO LUÍS	M	45	37	69.2	73.6	71.5	214.3	58	00:48:57.19	00:48:55.44	
147	501	OLIMPIO GUEDELHA	M	63	15						00:49:06.72	00:48:40.67	RESINEIROS L
148	434	ANA MESQUITA	F	28	5						00:49:12.06	00:49:08.28	
149	469	JOAQUIM PINHEIRO	M	39	44						00:49:12.49	00:48:43.03	
150	142	JOAQUIM BENTES	M	54	38	71.1	70.9	71.1	213.1	59	00:49:13.76	00:49:03.04	QUARTETO
151	19	LUIS NETO	M	54	39	73.1	72.4	70.9	216.4	53	00:49:20.70	00:49:09.76	CARAPAU DE CORRIDA
152	436	PEDRO ESTEVES	M	25	37						00:49:27.21	00:49:22.24	TUBARÕES DOS MINUTOS
153	55	ALBERTO ROMÃO	M	56	16	71.3	70.6	70.7	212.6	60	00:49:30.07	00:49:02.16	
154	378	IRINA S ARAÚJO	F	41	3						00:49:33.45	00:49:29.44	PENICHE A CORRER
155	386	MARGARIDA MARTINS	F	60	1						00:49:33.67	00:49:29.74	PENICHE A CORRER
156	459	TAM AFONSO	M	66	7						00:49:44.04	00:49:39.40	CCD TRANQUILIDADE
157	67	FERNANDO OLIVEIRA	M	51	40						00:49:47.50	00:49:47.50	OS LENTOS
158	423	NUNO SIMÕES	M	41	45						00:49:51.98	00:49:27.62	
159	497	EMILIO GONÇALVES	M	51	41						00:50:03.79	00:49:34.77	
160	182	VASCO ALPALHÃO	M	49	42	70.2	70.7	69.8	210.7	61	00:50:08.78	00:50:00.76	
161	503	EDGAR COSTA	M	53	43						00:50:14.57	00:49:50.27	URGO
162	502	ANDRE CASTRO	M	30	38						00:50:15.00	00:49:49.66	URGO
163	122	CARLOS TOMÉ	M	52	44						00:50:23.10	00:50:01.85	QUARENTÕES NA BISGA
164	147	JOÃO INGLÊS	M	33	39	68.5	70.2	69.4	208.1	64	00:50:25.87	00:50:12.84	GD SÃO SEBASTIÃO DE CANHA
165	188	ANA GERVÁSIO	F	23	6	69.1	71.8	69.3	210.2	3	00:50:28.69	00:50:24.97	
166	508	ANTONIO RIBEIRO	M	54	45						00:50:34.33	00:50:23.21	QUARTETO
167	463	PAULO VAZ	M	46	46						00:50:34.48	00:50:23.55	QUARTETO
168	28	DIOGO AMBRÓSIO	M	26	40	68.4	71.4	69.2	209.0	63	00:50:34.89	00:50:18.55	PUXA CARROÇA
169	372	FERNANDO MARQUES	M	64	17						00:50:38.60	00:50:09.29	GD SANTANDER TOTTA
170	79	NORBERTO MARQUES	M	48	47						00:50:40.10	00:50:17.17	
171	305	ROGERIO DIAS	M	42	46						00:50:44.24	00:50:26.67	
172	88	ELISABETE SILVA	F	36	4	67.7	69.7	68.9	206.3	4	00:50:47.34	00:50:43.79	LINDA-A-PASTORA SPORTING CLUBE
173	393	RICARDO SERODIO	M	40	47						00:50:48.94	00:50:32.81	
174	505	JOSE REBELO	M	52	48						00:50:51.98	00:50:37.67	C MILLENIUM BCP
175	312	ELISABETE PINTO	F	48	5						00:50:53.77	00:50:34.42	
176	484	FILIPA ALMEIDA	F	34	7						00:51:00.35	00:50:57.31	EMFA
177	439	GUILHERME GODINHO	M	43	48						00:51:13.48	00:50:55.57	SUNSET RUNNING TEAM
178	362	CRISTINA OLIVEIRA	F	36	5						00:51:17.18	00:51:00.85	GD SANTANDER TOTTA

179	365	CARINA SILVA	F	33	8						00:51:17.57	00:51:04.47	GD SANTANDER TOTTA
180	33	FERNANDO JORGE MONTEIRO MENDES	M	47	49	69.6	68.7	68.1	206.4	65	00:51:21.75	00:51:03.58	
181	35	JOSÉ MARIA PEDRO	M	64	18	65.1	66.9	68.1	200.1	68	00:51:24.35	00:51:07.01	
182	304	ANTÓNIO J G POMBINHO	M	61	19						00:51:25.40	00:51:13.87	
183	345	ANA G P MARQUES	F	58	2						00:51:26.31	00:51:00.11	C MILLENNIUM BCP
184	29	PEDRO AMBRÓSIO	M	55	20	66.4	68.6	68.0	203.0	66	00:51:26.70	00:51:10.53	PUXA CARROÇA
185	63	NUNO CORREIA	M	42	49	64	65.4	67.9	197.3	70	00:51:33.50	00:51:16.97	UNITED WARRIORS
186	416	FERNANDO MARTINHO	M	56	21						00:51:55.57	00:51:39.83	NAVIGATOR CLUBE SETUBAL
187	422	LUIA MOURÃO	F	39	6						00:52:00.51	00:51:36.15	
188	47	JOÃO ZARRO	M	42	50	68.1	67.1	67.2	202.4	67	00:52:03.56	00:51:39.86	JUNINHOS
189	102	RUI SILVA	M	54	50						00:52:15.01	00:52:04.92	
190	38	ANTÓNIO JORGE	M	66	8	64.2	65.3	67.0	196.5	71	00:52:15.12	00:52:09.68	SINDEQ
191	403	DANIEL FATELA	M	40	51						00:52:16.75	00:52:08.28	LAGOA DA PEDRA & ARREDORES
192	135	JOÃO PEREIRA	M	40	52	64.6	64.6	66.6	195.8	72	00:52:34.13	00:52:09.12	
193	394	NUNO MARIZ	M	45	51						00:52:39.18	00:52:11.35	C MILLENNIUM BCP
194	36	ELISA GERALDES	F	33	9	68.8	69.6	66.4	204.8	5	00:52:39.23	00:52:20.85	REFISICA TEAM
195	359	DIOGO ROCHA	M	19	41						00:52:41.13	00:52:33.47	GD SANTANDER TOTTA
196	316	VITOR TEIXEIRA	M	56	22						00:52:50.23	00:52:36.20	CCD SIEMENS
197	317	BARBOTIN DAVID	M	34	42						00:52:52.93	00:52:28.08	TOKANDAR
198	318	MARILIA RIBEIRO	F	35	7						00:52:53.03	00:52:28.25	
199	367	LUCIO SILVA	M	52	52						00:52:58.62	00:52:29.08	GD SANTANDER TOTTA
200	24	PAULO FERREIRA	M	45	53	66	65.4	66.0	197.4	69	00:53:01.72	00:52:30.43	
201	446	JULIA CALISTO	F	55	3						00:53:14.90	00:53:02.14	
202	161	LEONEL BRANDAO	M	51	54						00:53:21.07	00:52:53.72	C MILLENNIUM BCP
203	121	RICARDO CARDOSO	M	40	53						00:53:24.03	00:52:52.59	
204	26	ANA CATARINA MENEZES	F	43	8	63.7	64	65.5	193.2	8	00:53:24.43	00:52:53.28	
205	81	SOFIA ALEIXO	F	41	9	63.8	62.5	65.4	191.7	10	00:53:28.03	00:53:25.03	LINDA-A-PASTORA SPORTING CLUBE
206	32	FERNANDO FIÃES	M	54	55	63.8	66	65.4	195.2	73	00:53:29.48	00:53:08.25	
207	346	MANUEL DIAS	M	51	56						00:53:30.36	00:53:10.26	
208	85	JOSÉ PEDRO GUIMARÃES	M	55	23	63.6	63.7	65.3	192.6	76	00:53:36.48	00:53:04.99	
209	498	ALEXANDRA COSTA	F	47	6						00:53:40.45	00:53:10.88	C MILLENNIUM BCP
210	392	RAUL J S RIBEIRO	M	33	43						00:53:43.38	00:53:34.16	
211	150	CARLA CARDOSO	F	52	7	64.1	65.6	65.1	194.8	7	00:53:45.09	00:53:37.86	OS TATOOS
212	113	ANTONIO BERNARDES	M	69	9						00:53:50.32	00:53:44.77	OS CARREGUEIRENSES
213	78	JORGE FERREIRA	M	53	57	64.3	65	64.9	194.2	74	00:53:52.32	00:53:28.29	
214	139	LUIS RIBEIRO	M	56	24	63.6	61.7	64.9	190.2	78	00:53:52.84	00:53:26.49	

215	307	NUNO MOLERO	M	46	58						00:53:56.15	00:53:35.15	
216	360	LINO OLIVEIRA	M	73	10						00:54:01.15	00:53:53.53	GD SANTANDER TOTTA
217	363	ANTONIO CASTRO	M	49	59						00:54:01.50	00:53:31.15	GD SANTANDER TOTTA
218	27	RITA OLIVEIRA	F	26	10	65.6	64.9	64.7	195.2	6	00:54:02.35	00:53:58.97	41.º
219	320	JOSE PACHECO	M	52	60						00:54:02.49	00:53:45.61	
220	451	VANDA FERREIRA	F	41	10						00:54:05.64	00:53:36.40	AMINHACORRIDA
221	467	BLANCA DELGADO	F	54	8						00:54:16.29	00:54:10.97	MEXICO TEAM
222	144	FERNANDO ALVES	M	57	25	64.2	63.7	64.4	192.3	77	00:54:17.82	00:53:49.60	SS CGD
223	41	ELISABETE SANTOS	F	37	11	63.9	64.3	64.4	192.6	9	00:54:20.85	00:53:50.46	
224	39	CARLOS ABELHA	M	48	61	64.4	64.3	64.4	193.1	75	00:54:21.42	00:53:51.11	
225	466	JUAN DELGADO	M	58	26						00:54:39.42	00:54:32.36	MEXICO TEAM
226	471	RODRIGO DOMINGUES	M	42	54						00:54:42.00	00:54:42.00	
227	443	LUIS VALENTE	M	48	62						00:54:47.90	00:54:34.62	
228	404	JEREMIAS RIBEIRO	M	75	11						00:54:54.84	00:54:45.22	
229	336	ROSA OLIVEIRA	F	50	9						00:54:57.26	00:54:28.85	GDS SEBASTIÃO FREG CANHA
230	413	ANDRÉ ALVES	M	31	44						00:55:01.02	00:54:40.46	RUNNERS DO BAIRRE
231	414	RUI ÁGUA BOA	M	38	55						00:55:01.69	00:54:39.93	RUNNERS DO BAIRRE
232	105	JOSÉ SILVA	M	52	63	61.4	64	63.5	188.9	80	00:55:06.09	00:54:35.89	
233	369	IVO LIMA	M	41	56						00:55:10.94	00:54:52.87	GD SANTANDER TOTTA
234	470	CATARINA MORGADO	F	38	12						00:55:16.05	00:54:59.51	
235	117	JOÃO ROSÁRIO	M	47	64	61.2	62.6	63.3	187.1	82	00:55:18.00	00:55:18.00	
236	127	MIGUEL GUERRA	M	43	57	59.4	62.8	63.2	185.4	83	00:55:23.70	00:55:02.19	T&M
237	488	JAIME COELHO	M	41	58						00:55:26.10	00:55:10.85	EMFA
238	489	JULIANA AQUINO	F	35	13						00:55:26.83	00:55:11.95	EMFA
239	167	PAULO PADRÃO	M	50	65						00:55:29.30	00:55:17.94	
240	30	MARCO CARVALHO	M	42	59	60.9	63.4	63.0	187.3	81	00:55:33.42	00:55:04.37	
241	380	CATARINA HONORATO	F	38	14						00:55:33.64	00:55:27.88	PENICHE A CORRER
242	309	FILIPA MELO	F	35	15						00:55:33.93	00:55:22.08	
243	308	RUI MELO	M	38	60						00:55:34.55	00:55:20.96	
244	349	JOÃO LÁZARO	M	34	45						00:55:50.50	00:55:14.96	OS FLECHAS
245	348	NUNO DIAS	M	34	46						00:55:50.56	00:55:15.29	OS FLECHAS
246	397	NATÁLIA FERNANDES	F	42	16						00:55:52.56	00:55:36.53	
247	120	SONIA GARCIA	F	42	17						00:55:55.32	00:55:31.11	QUARENTÕES NA BISGA
248	118	SERGIO BERNARDO	M	45	66						00:55:55.56	00:55:32.26	QUARENTÕES NA BISGA
249	18	FERNANDA AFONSO	F	51	10	60.7	63.2	62.4	186.3	11	00:56:03.78	00:55:41.84	
250	474	FILIPE SILVA	M	18	47						00:56:06.90	00:55:50.48	SUNSET RUNNING TEAM
251	425	PAULO FRANÇA	M	56	27						00:56:10.37	00:55:55.93	GDCT UNICRE

252	141	VITOR MARQUES	M	57	28	60.3	61.7	62.0	184.0	84	00:56:28.41	00:56:00.43	
253	315	LUIS REVÉS	M	45	67						00:56:36.93	00:56:23.78	CCD SIEMENS
254	56	FILIFE LEITE	M	39	61						00:56:48.01	00:56:33.18	
255	495	ANTONIO CANEIRA	M	57	29						00:56:49.59	00:56:27.47	
256	410	ANA FILIPA DIAS	F	41	18						00:56:57.47	00:56:31.89	
257	151	JOSÉ BAIXINHO	M	61	30	63.7	64.9	61.2	189.8	79	00:57:08.49	00:56:48.37	SANTIAGO FUTEBOL CLUBE
258	330	ANA PATRICIO	F	38	19						00:57:10.19	00:56:42.95	GDS SEBASTIÃO FREG CANHA
259	407	LUIS GONÇALVES	M	31	48						00:57:11.46	00:57:01.67	LAGOA DA PEDRA & ARREDORES
260	339	RITA FARINHA	F	43	20						00:57:12.52	00:56:45.08	GDS SEBASTIÃO FREG CANHA
261	17	PEDRO SOARES	M	45	68	58.4	59.1	61.1	178.6	89	00:57:17.91	00:56:55.92	
262	54	ELDER MENEZES	M	41	62	59.3	62.2	60.9	182.4	86	00:57:24.81	00:56:57.70	
263	94	ANA CARREIRA	F	40	21	61.7	61.3	60.9	183.9	13	00:57:25.44	00:57:20.84	
264	77	NUNO REQUEIJÃO	M	42	63	60.3	61.7	60.7	182.7	85	00:57:40.75	00:57:12.73	
265	475	MARISA NUNES	F	49	11						00:57:44.85	00:57:28.41	SUNSET RUNNING TEAM
266	37	CESAR GUERRA	M	49	69	60.3	59.1	60.5	179.9	88	00:57:50.48	00:57:18.04	CT
267	136	PAULO MARTINS	M	50	70	61.1	59.2	60.5	180.8	87	00:57:52.42	00:57:21.60	RUNNING TEEN FROM RESTELO
268	450	TINA OLIVEIRA	F	54	12						00:57:56.00	00:57:31.78	AMINHACORRIDA
269	152	JUDITE BAIXINHO	F	32	11	62.5	62.2	60.4	185.1	12	00:57:58.16	00:57:39.35	SANTIAGO FUTEBOL CLUBE
270	441	ISABEL CARVALHO	F	43	22						00:57:59.56	00:57:50.35	LAGOA DA PEDRA & ARREDORES
271	442	ISAURA GAMA	F	45	13						00:58:00.39	00:57:48.81	LAGOA DA PEDRA & ARREDORES
272	492	PEDRO LUIS	M	35	64						00:59:08.06	00:58:58.61	
273	494	CARLOS CHANÇA	M	44	65						00:59:10.54	00:58:37.33	EGGBITE - SPORTS APP TEST TEAM
274	89	RAÚL COSTA	M	58	31	56.8	59.8	59.0	175.6	90	00:59:18.84	00:59:13.74	CLUBE ROBBIALAC
275	90	JOSÉ VILELA	M	54	71	56.7	55.5	59.0	171.2	92	00:59:18.96	00:59:13.20	CLUBE ROBBIALAC
276	437	JOSÉ CATITA	M	60	32						00:59:29.32	00:58:57.44	
277	456	CLAUDIA TAM	F	37	23						00:59:29.47	00:58:57.32	CCD TRANQUILIDADE
278	420	TOMÁS CORREIA	M	25	49						00:59:35.82	00:59:15.07	
279	402	Mª JOSÉ VASCO	F	49	14						00:59:44.70	00:59:27.75	SUNSET RUNNING TEAM
280	72	NUNO PAZ	M	34	50	58.1	56.2	58.5	172.8	91	00:59:46.51	00:59:12.18	
281	326	SÉRGIO FIGUEIREDO	M	40	66						01:00:40.63	01:00:16.35	FIGUEIREDO
282	325	JORGE FIGUEIREDO	M	35	67						01:00:40.64	01:00:15.89	FIGUEIREDO
283	140	MANUEL BAPTISTA	M	54	72						01:00:47.16	01:00:33.33	
284	493	GILBERTO GONÇALVES	M	70	12						01:00:48.87	01:00:33.50	CAA BELEM
285	71	MARIA TEIXEIRA	F	45	15						01:01:14.14	01:01:03.71	ALGYMNS
286	472	RUI PINTO	M	54	73						01:01:52.00	01:01:52.00	
287	350	GONÇALO NUNES	M	36	68						01:01:59.74	01:01:34.01	GDS SEBASTIÃO FREG CANHA

288	364	PEDRO DIAS	M	47	74						01:02:00.69	01:01:41.83	GD SANTANDER TOTTA
289	433	FILIPA REIS	F	42	24						01:02:06.85	01:01:47.63	SUNSET RUNNING TEAM
290	347	PAULO MARIZ	M	50	75						01:02:37.12	01:02:08.91	C MILLENNIUM BCP
291	396	BEATRIZ P MARIZ	F	22	12						01:02:37.23	01:02:08.70	C MILLENNIUM BCP
292	45	FRANCISCO COITO	M	67	13	55.4	55.2	55.7	166.3	94	01:02:51.00	01:02:51.00	CLUBE MARGINAL
293	46	MANUEL GOMES	M	53	76	55.5	55.2	55.7	166.4	93	01:02:51.00	01:02:51.00	CLUBE MARGINAL
294	331	TERESA NICOLAU	F	56	4						01:03:40.20	01:03:09.22	
295	395	ESTRELA MARIZ	F	49	16						01:03:41.40	01:03:14.09	C MILLENNIUM BCP
296	473	ANTONIO S ANTONIO	M	60	33						01:04:25.38	01:04:06.31	
297	70	ARTUR DINIS	M	61	34	52.2	53.3	54.0	159.5	96	01:04:45.29	01:04:33.65	ALGYMNS
298	148	NATACHA CUSTÓDIO	F	31	13	52.7	51.1	54.0	157.8	15	01:04:48.95	01:04:22.39	GD SÃO SEBASTIÃO DE CANHA
299	351	LINDA RIBEIRO	F	30	14						01:04:52.18	01:04:25.77	GDS SEBASTIÃO FREG CANHA
300	57	SÓNIA DOMINGOS	F	28	15						01:04:53.46	01:04:39.73	
301	95	FILIPE FERREIRA	M	32	51						01:06:38.57	01:06:03.07	PIPIUUU RUNNERS
302	96	ROGÉRIO FERREIRA	M	60	35						01:06:39.11	01:06:04.60	PIPIUUU RUNNERS
303	97	GUILHERME FERREIRA	M	25	52	52.4	56.6	52.5	161.5	95	01:06:39.97	01:06:05.30	PIPIUUU RUNNERS
304	98	MARGARIDA DOMINGUES	F	27	16	52.4	56.6	52.5	161.5	14	01:06:40.00	01:06:07.00	PIPIUUU RUNNERS
305	361	JOSE MONTEIRO	M	69	14						01:06:58.04	01:06:56.12	GD SANTANDER TOTTA
306	370	LUIS SILVA	M	76	15						01:07:20.44	01:07:09.26	GD SANTANDER TOTTA
307	428	LUIS MARTINS	M	63	36						01:08:57.34	01:08:37.40	NAV RUNNERS
308	377	LUIS CAMBEZ	M	42	69						01:10:04.74	01:09:51.97	PENICHE A CORRER
309	166	HENRIQUE ARMANDO ALVES	M	56	37	50	47.1	49.9	147.0	97	01:10:08.22	01:09:39.81	C MILLENNIUM BCP
310	468	ANA SOARES	F	51	17						01:11:54.69	01:11:26.89	
311	332	MARINA GAMEIRO	F	28	17						01:12:02.36	01:11:41.11	GALERA DA CORRIDA
312	164	FERNANDO HUMBERTO FERREIRA	M	72	16						01:12:15.20	01:11:46.70	C MILLENNIUM BCP
313	14	EBERHARD AXEL WILHELM	M	70	17						01:12:25.89	01:12:19.75	4 AO KM
314	371	MARIA PATRICIO	F	70	5						01:14:38.43	01:14:27.57	GD SANTANDER TOTTA
315	458	MA FEE HUNG	F	68	6						01:16:19.46	01:16:05.66	CCD TRANQUILIDADE
316	193	LUCINDA HENRIQUES	F	70	7	42	42.2	43.7	127.9	16	01:20:01.93	01:19:42.13	CONDOR
317	192	MARIA CARMO ANJOS	F	72	8	42	40.3	40.5	122.8	17	01:26:24.73	01:26:04.88	CONDOR

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