

**14 ABR
2019****80ª ESTAFETA
CASCAIS-OEIRAS-LISBOA****20
KM**

Class	Nr Equipa	Equipa	Escalão	Pos Escalão	Tempo Prova	Percurso	Dorsal Atleta	Nome Atleta	Tempo individual	Tempo acumulado
1	30	GFD RUNNING 1	Sen Mas	1	01:02:30.60	1	301	AVELINO EUSEBIO	00:15:35.41	00:15:35.41
						2	302	CARLOS CARDOSO	00:16:27.00	00:32:02.41
						3	303	JOAO FERNANDES	00:14:56.83	00:46:59.24
						4	304	ROBERTO LADEIRAS	00:15:31.36	01:02:30.60
2	88	RUN TEJO SEN MASC 1	Sen Mas	2	01:02:56.98	1	881	PAULO PAULA	00:14:51.18	00:14:51.18
						2	882	FILIPE REBELO	00:16:39.61	00:31:30.79
						3	883	MIGUEL QUARESMA	00:15:11.45	00:46:42.24
						4	884	HUGO AUGUSTO	00:16:14.74	01:02:56.98
3	77	MARATONA CP	Sen Mas	3	01:04:57.75	1	771	JOAO PEREIRA	00:15:36.85	00:15:36.85
						2	772	BRUNO VIEIRA	00:16:51.25	00:32:28.10
						3	773	TIAGO GUILHERME	00:16:18.60	00:48:46.70
						4	774	GONÇALO BATISTA	00:16:11.05	01:04:57.75
4	110	CF OS BELENENSES SEM MASC	Sen Mas	4	01:06:08.28	1	1101	RICARDO SILVA	00:16:36.33	00:16:36.33
						2	1102	ISAÍAS GOMES	00:17:35.87	00:34:12.20
						3	1103	CELSO PINTO	00:16:14.07	00:50:26.27
						4	1104	HUGO PEREIRA	00:15:42.01	01:06:08.28
5	111	CF OS BELENENSES VET M40 1	Vet M40	1	01:09:40.00	1				
						2				
						3				
						4	1114	RENATO MANUEL	01:09:40.00	01:09:40.00
6	64	RODA NO AR	Sen Mas	5	01:10:47.64	1	641	TELMO VIEGAS	00:18:22.39	00:18:22.39
						2	642	JAIME NUNES	00:18:15.48	00:36:37.87
						3	643	LUIS SEMEDO	00:17:32.73	00:54:10.60
						4	644	RICARDO SANTOS	00:16:37.04	01:10:47.64
7	91	RUN TEJO VET M40 1	Vet M40	2	01:11:30.82	1	911	DAVID FERNANDES	00:17:49.22	00:17:49.22
						2	912	NUNO FERREIRA	00:18:38.18	00:36:27.40
						3	913	CARLOS FREITAS	00:17:05.02	00:53:32.42
						4	914	INOCÊNCIO AMORIM	00:17:58.40	01:11:30.82
8	89	RUN TEJO SEN MASC 2	Sen Mas	6	01:11:56.24	1	891	JOAO FERREIRA	00:17:03.35	00:17:03.35
						2	892	JOÃO FREIRE	00:18:34.62	00:35:37.97
						3	893	ANDRÉ CARDOSO	00:18:04.83	00:53:42.80
						4	894	ANILSON VIVACE	00:18:13.44	01:11:56.24
9	72	DESPORTIVO MONTE REAL F	Sen Mas	7	01:12:34.63	1	721	JOÃO PIRES	00:17:38.06	00:17:38.06

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						2	722	ABEL COSTA		00:19:58.84	00:37:36.90
						3	723	PAULO JERÓNIMO		00:18:07.13	00:55:44.03
						4	724	BRUNO SABIDO		00:16:50.60	01:12:34.63
10	102	NAZ ABOBODA SEN M	Sen Mas	8	01:13:18.21	1	1021	VÍTOR PEREIRA		00:18:37.08	00:18:37.08
						2	1022	ANTÓNIO JANEIRO		00:18:37.93	00:37:15.01
						3	1023	DUARTE BRITO		00:17:36.72	00:54:51.73
						4	1024	TIAGO PIRES		00:18:26.48	01:13:18.21
11	106	NAZ ABOBODA VET M50 1	Vet M50	1	01:14:14.48	1	1061	JOSE JARMELA		00:18:17.60	00:18:17.60
						2	1062	JOSÉ BRITO		00:19:26.94	00:37:44.54
						3	1063	PAULO ROLA		00:18:21.93	00:56:06.47
						4	1064	ALMERINDO SECO		00:18:08.01	01:14:14.48
12	69	LINDA-A-PASTORA SC 3	Sen Mas	9	01:14:22.53	1	691	JOSÉ BORGES		00:18:21.35	00:18:21.35
						2	692	SÉRGIO MALHEIRO		00:18:56.33	00:37:17.68
						3	693	PEDRO MAGALHAES		00:17:22.70	00:54:40.38
						4	694	RUI CARMO		00:19:42.15	01:14:22.53
13	29	GFD RUNNING 2	Sen Fem	1	01:14:28.70	1	291	VERA NUNES		00:18:03.78	00:18:03.78
						2	292	CEU NUNES		00:19:17.03	00:37:20.81
						3	293	CLAUDIA PEREIRA		00:17:38.35	00:54:59.16
						4	294	CARLA RIBEIRO		00:19:29.54	01:14:28.70
14	112	CF OS BELENENSES VET M40 2	Vet M40	3	01:15:10.00	1					
						2					
						3					
						4	1124	NUNO QUEIJA		01:15:10.00	01:15:10.00
15	92	RUN TEJO VET M40 2	Vet M40	4	01:15:26.30	1	921	NUNO NAIA		00:19:06.26	00:19:06.26
						2	922	FILIPE SANTOS		00:19:10.84	00:38:17.10
						3	923	RUI ASCENÇÃO		00:18:14.74	00:56:31.84
						4	924	JORGE QUARENTA		00:18:54.46	01:15:26.30
16	96	RUN TEJO VET M50	Vet M50	2	01:15:48.00	1	961	ELIAS FORTES		00:18:15.03	00:18:15.03
						2	962	JOSÉ SALAZAR		00:20:19.87	00:38:34.90
						3	963	PAULO ARRENEGA		00:17:40.77	00:56:15.67
						4	964	AVELINO SOARES		00:19:32.33	01:15:48.00
17	83	RODINHAS NO AR	Misto	1	01:17:18.56	1	831	OLGA SEBYN		00:18:24.74	00:18:24.74
						2	832	JOÃO ANTUNES		00:19:53.01	00:38:17.75
						3	833	JOANA SOARES		00:21:07.65	00:59:25.40
						4	834	RODRIGO SILVÉRIO		00:17:53.16	01:17:18.56

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18	113	CF OS BELENENSES VET M40 3	Vet M40	5	01:18:00.00	1				
						2				
						3				
						4	1134	GONÇALO FERREIRA	01:18:00.00	01:18:00.00
19	8	ALVERCA URBAN RUNNERS 2	Sen Mas	10	01:18:28.55	1	81	PAULO TORRES	00:19:23.61	00:19:23.61
						2	82	NELSON PEREIRA	00:19:04.99	00:38:28.60
						3	83	JOSÉ ALEIXO	00:19:47.19	00:58:15.79
						4	84	ADELINO INÊS	00:20:12.76	01:18:28.55
20	68	LINDA-A-PASTORA SC 2	Vet M40	6	01:19:03.49	1	681	CARLOS PEDRO	00:20:07.30	00:20:07.30
						2	682	RUI PREGO	00:21:04.36	00:41:11.66
						3	683	PAULO SILVA	00:17:06.98	00:58:18.64
						4	684	PEDRO CANELAS	00:20:44.85	01:19:03.49
21	97	RUN TEJO SEN FEM 1	Sen Fem	2	01:19:25.93	1	971	ANDREIA SANTOS	00:17:53.36	00:17:53.36
						2	972	TELMA SILVA	00:22:30.35	00:40:23.71
						3	973	JOANA RAMALHO	00:18:14.94	00:58:38.65
						4	974	ANA FILIPA	00:20:47.28	01:19:25.93
22	114	CF OS BELENENSES VET M40 4	Vet M40	7	01:20:42.00	1				
						2				
						3				
						4	1144	NUNO SILVA	01:20:42.00	01:20:42.00
23	32	GFD RUNNING 4	Vet M50	3	01:20:44.90	1	321	VICTOR CARVALHO	00:19:15.26	00:19:15.26
						2	322	PAULO TAINHA	00:22:22.46	00:41:37.72
						3	323	LUIS PEREIRA	00:19:53.51	01:01:31.23
						4	324	LUIS MATOS PIRES	00:19:13.67	01:20:44.90
24	109	SPORTING CLUBE PORTUGAL	Sen Fem	3	01:20:48.00	1	1091	KCENIA BOLGROV	00:19:10.17	00:19:10.17
						2	1092	LUZIA DIAS	00:23:30.88	00:42:41.05
						3	1093	DANIELA GORDINO	00:20:24.78	01:03:05.83
						4	1094	LAURA TABORDA	00:17:42.17	01:20:48.00
25	54	CCD CRÉDITO AGRÍCOLA 1	Vet M40	8	01:20:55.82	1	541	LUÍS ZÊZERE	00:22:13.25	00:22:13.25
						2	542	NUNO ROSA	00:19:45.53	00:41:58.78
						3	543	MIGUEL GONÇALVES	00:18:03.41	01:00:02.19
						4	544	RUI MOREIRA	00:20:53.63	01:20:55.82
26	21	GIN-JOY	Sen Mas	11	01:21:14.10	1	211	RICARDO NETO	00:20:16.83	00:20:16.83
						2	212	TIAGO RODRIGUES	00:19:37.04	00:39:53.87
						3	213	DANIEL VALENTE	00:18:15.45	00:58:09.32

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						4	214	JORGE RAMOS	00:23:04.78	01:21:14.10
27	33	NAV RUNNERS TWRLIS/APP	Sen Mas	12	01:21:29.06	1	331	LUIS AMANDIO	00:19:47.78	00:19:47.78
						2	332	JOÃO CARDOSO	00:20:56.67	00:40:44.45
						3	333	RUI VALÉRIO	00:19:58.71	01:00:43.16
						4	334	ANTÓNIO MARTINS	00:20:45.90	01:21:29.06
28	31	GFD RUNNING 3	Vet M40	9	01:21:42.14	1	311	NUNO RUELA	00:18:08.76	00:18:08.76
						2	312	ANTONIO MARCELO	00:22:32.98	00:40:41.74
						3	313	RUI PALMA	00:17:36.37	00:58:18.11
						4	314	PEDRO CERDEIRA	00:23:24.03	01:21:42.14
29	104	NAZ ABOBODA VET M40	Vet M40	10	01:21:49.65	1	1041	CARLOS ROUXINOL	00:20:35.88	00:20:35.88
						2	1042	VALÉRIO MENDES	00:22:11.79	00:42:47.67
						3	1043	DAVID BOTELHO	00:20:25.30	01:03:12.97
						4	1044	PEDRO RODRIGUES	00:18:36.68	01:21:49.65
30	93	RUN TEJO VET M40 3	Vet M40	11	01:23:51.40	1	931	PEDRO FAVINHA	00:20:29.62	00:20:29.62
						2	932	PEDRO PEREIRA	00:22:46.22	00:43:15.84
						3	933	APOLO PEREIRA	00:19:20.46	01:02:36.30
						4	934	VITOR GONÇALVES	00:21:15.10	01:23:51.40
31	74	CCD SIEMENS	Sen Mas	13	01:24:32.93	1	741	FILIPE COSTA	00:21:21.08	00:21:21.08
						2	742	JOÃO DIAS	00:23:04.61	00:44:25.69
						3	743	RUI COSTA	00:19:43.93	01:04:09.62
						4	744	JOÃO QUEIROZ	00:20:23.31	01:24:32.93
32	23	TARTARUGAS SOLIDARIAS	Sen Mas	14	01:24:34.60	1	231	JORGE PARDAL	00:18:53.20	00:18:53.20
						2	232	LUIS CARVALHO	00:27:15.64	00:46:08.84
						3	233	JOAO JACINTO	00:21:05.40	01:07:14.24
						4	234	PEDRO SERRA	00:17:20.36	01:24:34.60
33	94	RUN TEJO VET M40 4	Vet M40	12	01:24:48.63	1	941	RUBEN DIAS	00:21:40.31	00:21:40.31
						2	942	LUIS CHAVES	00:21:41.54	00:43:21.85
						3	943	MÁRIO JERONIMO	00:20:24.91	01:03:46.76
						4	944	VASCO DUARTE	00:21:01.87	01:24:48.63
34	4	ADRC MATA DE BENFICA	Misto	2	01:26:18.86	1	41	TEOTÓNIO NETO	00:20:21.63	00:20:21.63
						2	42	HENRIQUE FERREIRA	00:21:22.14	00:41:43.77
						3	43	ELSA MIRANDA	00:22:03.26	01:03:47.03
						4	44	ANDRÉ MENDONÇA	00:22:31.83	01:26:18.86
35	50	RUNNING CREW	Sen Mas	15	01:26:34.01	1	501	PAULO SOUSA	00:21:39.36	00:21:39.36
						2	502	FILIPE MARTINS	00:22:46.76	00:44:26.12

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						3	503	HELDER JOSE	00:19:45.75	01:04:11.87
						4	504	FILIPE CASTRO	00:22:22.14	01:26:34.01
36	42	GD SANTANDERTOTTA	Misto	3	01:26:51.16	1	421	RUI MACHINHO	00:19:47.18	00:19:47.18
						2	422	LUIS GOMES	00:23:53.98	00:43:41.16
						3	423	JOAO FRAZAO	00:20:29.80	01:04:10.96
						4	424	RITA L MOGO	00:22:40.20	01:26:51.16
37	35	MATA DE BENFICA-B	Sen Mas	16	01:26:54.34	1	351	RUI MERENDAS	00:19:26.27	00:19:26.27
						2	352	EDUARDO COELHO	00:23:16.47	00:42:42.74
						3	353	PAULO MERENDAS	00:22:20.44	01:05:03.18
						4	354	AIRIS SILVA	00:21:51.16	01:26:54.34
38	57	METROCAL	Sen Mas	17	01:27:35.30	1	571	JOSÉ PINHO	00:21:04.14	00:21:04.14
						2	572	JOAQUIM GUEDELHA	00:25:27.78	00:46:31.92
						3	573	RODRIGO PINHO	00:20:15.89	01:06:47.81
						4	574	MIGUEL GUEDELHA	00:20:47.49	01:27:35.30
39	70	LINDA-A-PASTORA SC 4	Misto	4	01:27:44.90	1	701	MARISA RODRIGUES	00:23:28.47	00:23:28.47
						2	702	EUGÉNIA TEIXEIRA	00:23:27.93	00:46:56.40
						3	703	ISABEL JERONIMO	00:21:18.91	01:08:15.31
						4	704	MIGUEL SEQUEIRA	00:19:29.59	01:27:44.90
40	78	GFD RUNNING 5	Sen Mas	18	01:27:48.54	1	781	LUIS MACHADO	00:20:31.21	00:20:31.21
						2	782	BRUNO COELHO	00:23:29.44	00:44:00.65
						3	783	LUIS LOURENÇO	00:21:20.75	01:05:21.40
						4	784	CESAR FERREIRA	00:22:27.14	01:27:48.54
41	25	LEIÓNICAS	Sen Fem	4	01:28:09.69	1	251	EVA SILVA	00:22:18.99	00:22:18.99
						2	252	ANA CAROLINA SILVA	00:22:28.53	00:44:47.52
						3	253	ANA BIGODE	00:22:32.44	01:07:19.96
						4	254	RITA ROSA	00:20:49.73	01:28:09.69
42	9	ALVERCA URBAN RUNNERS 3	Misto	5	01:28:45.08	1	91	PAULO LOPES	00:22:08.45	00:22:08.45
						2	92	MIGUEL MACHADO	00:20:56.75	00:43:05.20
						3	93	NUNO MENDES	00:22:13.27	01:05:18.47
						4	94	CARLA MENDES	00:23:26.61	01:28:45.08
43	107	NAZ ABOBODA VET M50 2	Vet M50	4	01:28:54.38	1	1071	FRANCISCO SILVEIRA	00:21:49.13	00:21:49.13
						2	1072	CARLOS SOUSA	00:26:01.14	00:47:50.27
						3	1073	JOÃO SANTOS	00:20:45.39	01:08:35.66
						4	1074	ARMINDO SANTOS	00:20:18.72	01:28:54.38
44	13	BIJAGÓS	Sen Mas	19	01:29:55.49	1	131	ANDRÉ CALDEIRA	00:24:10.21	00:24:10.21

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						2	132	EDGAR MAGRO	00:22:34.58	00:46:44.79
						3	133	LUIS FRANQUEIRA	00:23:13.91	01:09:58.70
						4	134	PEDRO MESQUITA	00:19:56.79	01:29:55.49
45	117	EAE LAZY RUNNERS	Misto	6	01:30:20.00	1	1171	PEDRO BERNARDO	00:21:55.00	00:21:55.00
						2	1172	JOÃO GUTERRES	00:20:15.00	00:42:10.00
						3	1173	TIAGO BIOUCAS	00:23:22.00	01:05:32.00
						4	1174	MARGARIDA LUCAS	00:24:48.00	01:30:20.00
46	48	FRIENDS RUNNERS	Misto	7	01:30:49.23	1	481	TIAGO VELEZ	00:22:05.86	00:22:05.86
						2	482	CARLOS TEIXEIRA	00:22:41.66	00:44:47.52
						3	483	MAFALDA MARTINHO	00:22:56.73	01:07:44.25
						4	484	GABRIELA GENOVA	00:23:04.98	01:30:49.23
47	90	RUN TEJO SEN MASC 3	Sen Mas	20	01:31:03.75	1	901	RICARDO MOTA	00:23:34.76	00:23:34.76
						2	902	DÁRIO ALMEIDA	00:24:52.50	00:48:27.26
						3	903	BRUNO ROCHA	00:20:09.92	01:08:37.18
						4	904	DIOGO COELHO	00:22:26.57	01:31:03.75
48	60	GRUPO ALEGRE UNIDO BAJOUCA B	Misto	8	01:31:49.21	1	601	MARIA SILVÉRIO	00:23:42.76	00:23:42.76
						2	602	LILIANA FERREIRA	00:25:28.81	00:49:11.57
						3	603	RODRIGO FERREIRA	00:21:17.43	01:10:29.00
						4	604	DIOGO DOMINGUES	00:21:20.21	01:31:49.21
49	55	CCD CRÉDITO AGRÍCOLA 2	Sen Mas	21	01:32:07.70	1	551	PEDRO FERNANDES	00:23:38.57	00:23:38.57
						2	552	MIGUEL VINAGRE	00:24:41.16	00:48:19.73
						3	553	NUNO SIMÕES	00:22:55.87	01:11:15.60
						4	554	ANDRÉ LOPES	00:20:52.10	01:32:07.70
50	26	JOBRINDE - MONTES SALOIOS	Misto	9	01:32:16.67	1	261	PEDRO SANTOS	00:21:11.13	00:21:11.13
						2	262	JOSÉ TOMÁS	00:22:23.99	00:43:35.12
						3	263	JOÃO ALBERTO	00:22:58.86	01:06:33.98
						4	264	ALEXANDRA DINIS	00:25:42.69	01:32:16.67
51	99	RUN TEJO VET F40 1	Vet F40	1	01:33:10.79	1	991	CLAUDIA BORRALHO	00:23:14.10	00:23:14.10
						2	992	ANABELA SALAZAR	00:25:30.77	00:48:44.87
						3	993	SANDRA BARROS	00:20:48.44	01:09:33.31
						4	994	ROSA FREITAS	00:23:37.48	01:33:10.79
52	80	XPANDERS	Misto	10	01:33:29.88	1	801	JOANA PINTO	00:26:04.58	00:26:04.58
						2	802	ALEXANDRE GOMES	00:22:02.94	00:48:07.52
						3	803	HENRIQUE FERNANDES	00:24:49.19	01:12:56.71
						4	804	NUNO SANTOS	00:20:33.17	01:33:29.88

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53	116	CCD TRANQUILIDADE	Sen Mas	22	01:33:37.00	1	1161	LUIS PALMEIRO	00:24:50.00	00:24:50.00
						2	1162	FILIFE SILVA	00:23:48.00	00:48:38.00
						3	1163	RUI SILVA	00:23:02.00	01:11:40.00
						4	1164	BRUNO DUARTE	00:21:57.00	01:33:37.00
54	24	LEASEPLAN RUNNERS	Misto	11	01:35:02.65	1	241	MARLENE PINA	00:25:20.60	00:25:20.60
						2	242	NUNO MORGADO	00:21:37.87	00:46:58.47
						3	243	CARLOS BRITO	00:22:39.13	01:09:37.60
						4	244	CARLA NEVES	00:25:25.05	01:35:02.65
55	37	FCA RUNNERS 1	Misto	12	01:35:11.86	1	371	FILIFE TOMAZ	00:25:01.72	00:25:01.72
						2	372	SANDRA	00:27:09.21	00:52:10.93
						3	373	RUBEN	00:20:10.65	01:12:21.58
						4	374	RUI	00:22:50.28	01:35:11.86
56	41	LINK COM	Sen Mas	23	01:35:33.54	1	411	JOÃO AGOSTINHO	00:23:50.74	00:23:50.74
						2	412	SAMUEL GOMES	00:24:42.62	00:48:33.36
						3	413	TIAGO ALVES	00:27:05.25	01:15:38.61
						4	414	FELISBERTO MONTEIRO	00:19:54.93	01:35:33.54
57	67	LINDA-A-PASTORA SC 1	Vet F40	2	01:36:34.17	1	671	ANA CRISTINA FRUTUOSO	00:20:59.56	00:20:59.56
						2	672	PATRÍCIA MATOS	00:25:12.33	00:46:11.89
						3	673	SÓNIA SEQUEIRA	00:25:00.21	01:11:12.10
						4	674	ANA SOFIA ALEIXO	00:25:22.07	01:36:34.17
58	40	LINK EDOC	Sen Mas	24	01:36:45.76	1	401	CARLOS PALMA	00:24:08.59	00:24:08.59
						2	402	ANDRÉ ALVES	00:30:42.74	00:54:51.33
						3	403	GONÇALO GRAZINA	00:18:45.60	01:13:36.93
						4	404	FERNANDO FARIA	00:23:08.83	01:36:45.76
59	103	NAZ ABOBODA SEN F	Sen Fem	5	01:36:47.37	1	1031	SUSANA PÍFANO	00:25:29.19	00:25:29.19
						2	1032	CÁTIA PRATAS	00:23:20.88	00:48:50.07
						3	1033	ANDREIA BAIOA	00:23:47.00	01:12:37.07
						4	1034	SOFIA PIRES	00:24:10.30	01:36:47.37
60	12	ALVERCA URBAN RUNNERS 6	Misto	13	01:36:49.93	1	121	HUGO BOURA	00:21:42.37	00:21:42.37
						2	122	AMÉRICO ANTUNES	00:24:31.55	00:46:13.92
						3	123	MÓNICA MORENO	00:28:33.43	01:14:47.35
						4	124	CARLOS MACHADO	00:22:02.58	01:36:49.93
61	76	TRILHOS & BIGODES	Sen Mas	25	01:37:14.80	1	761	LUÍS PINTO	00:24:15.23	00:24:15.23
						2	762	MIGUEL HORTA	00:23:48.81	00:48:04.04
						3	763	JOÃO BATISTA	00:23:00.50	01:11:04.54
						4	764	NUNO GRAÇA	00:26:10.26	01:37:14.80

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62	108	B2 PT RUNNING	Misto	14	01:37:39.61	1	1081	BRUNO GONÇALVES	00:21:46.33	00:21:46.33
						2	1082	PEDRO SOUSA	00:25:13.81	00:47:00.14
						3	1083	BÁRBARA GONÇALVES	00:24:35.51	01:11:35.65
						4	1084	BÁRBARA PIASSAROLLO	00:26:03.96	01:37:39.61
63	39	FCA RUNNERS 3	Sen Mas	26	01:38:42.38	1	391	ANTERO DIAS	00:23:52.22	00:23:52.22
						2	392	BRUNO	00:24:57.24	00:48:49.46
						3	393	JORGE	00:22:24.80	01:11:14.26
						4	394	ANTONIO	00:27:28.12	01:38:42.38
64	38	FCA RUNNERS 2	Misto	15	01:38:44.06	1	381	RAFAEL CORREIA	00:27:54.06	00:27:54.06
						2	382	MATILDE	00:21:37.11	00:49:31.17
						3	383	ANGELO	00:21:35.10	01:11:06.27
						4	384	LUIS	00:27:37.79	01:38:44.06
65	14	ODIVELAS	Misto	16	01:39:16.88	1	141	EDGAR GOMES	00:22:20.13	00:22:20.13
						2	142	PAULO MACHADO	00:26:18.03	00:48:38.16
						3	143	INES MACHADO	00:26:25.36	01:15:03.52
						4	144	FRANCISCA ALVES	00:24:13.36	01:39:16.88
66	34	U.D.F.A.C.	Sen Mas	27	01:39:53.83	1	341	LUIS RATO	00:27:00.45	00:27:00.45
						2	342	JOÃO OLIVEIRA	00:23:31.40	00:50:31.85
						3	343	FERNANDO CHAMBEL	00:24:58.94	01:15:30.79
						4	344	EMANUEL RAÚL	00:24:23.04	01:39:53.83
67	17	THE LAST ONES	Misto	17	01:41:13.28	1	171	MIGUEL LOPES	00:23:57.90	00:23:57.90
						2	172	LUIS FORTES	00:28:42.02	00:52:39.92
						3	173	RICARDO ABREU	00:25:54.90	01:18:34.82
						4	174	FILIPA ABREU	00:22:38.46	01:41:13.28
68	3	30 SEGUNDOS AO KM	Misto	18	01:41:39.34	1	31	RUI JORGE SANTOS	00:22:27.50	00:22:27.50
						2	32	LUIS LOPES	00:31:07.83	00:53:35.33
						3	33	PEDRO PAULO	00:24:11.69	01:17:47.02
						4	34	MADALENA SOARES	00:23:52.32	01:41:39.34
69	79	SC RUNNING TEAM	Misto	19	01:41:40.89	1	791	HUGO SANTOS	00:22:53.36	00:22:53.36
						2	792	NÍDIA MARTINS	00:27:14.16	00:50:07.52
						3	793	NUNO SILVA	00:22:37.24	01:12:44.76
						4	794	JOÃO CHURRO	00:28:56.13	01:41:40.89
70	10	ALVERCA URBAN RUNNERS 4	Misto	20	01:42:23.26	1	101	HÉLDER LOURENÇO	00:25:11.94	00:25:11.94
						2	102	CRISTINA FILIPE	00:29:50.00	00:55:01.94
						3	103	JOÃO CARVALHO	00:20:26.58	01:15:28.52

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						4	104	ALEXANDRA PESTANA	00:26:54.74	01:42:23.26
71	58	AI NÓS, JAMOR	Misto	21	01:42:33.74	1	581	ISABEL MACIEL	00:25:44.20	00:25:44.20
						2	582	RITA PEREIRA	00:29:21.76	00:55:05.96
						3	583	SÓNIA BARROS	00:23:36.86	01:18:42.82
						4	584	RUI BARRO	00:23:50.92	01:42:33.74
72	65	WILL RUN 4 BEER	Vet M40	13	01:42:35.15	1	651	RICARDO AZEVEDO	00:25:04.93	00:25:04.93
						2	652	ORLANDO ROMAO	00:29:17.98	00:54:22.91
						3	653	GILBERTO PINTO	00:24:13.07	01:18:35.98
						4	654	MIGUEL CHAVES	00:23:59.17	01:42:35.15
73	125	B2 PT RUNNING 2	Sen Fem	6	01:43:02.00	1	1251	JOANA LOPES	00:29:33.00	00:29:33.00
						2	1252	CRISTINA NOBRE	00:24:36.00	00:54:09.00
						3	1253	MARIA PRAÇA	00:22:21.00	01:16:30.00
						4	1254	MARTA AGOSTINHO	00:26:32.00	01:43:02.00
74	61	CHICKS WITH KICKS	Sen Fem	7	01:43:03.23	1	611	ELISA ARNOULD	00:24:15.55	00:24:15.55
						2	612	MARIA HEITOR	00:31:33.20	00:55:48.75
						3	613	NICOLE DOS SANTOS	00:24:14.25	01:20:03.00
						4	614	CATARINA PARGANA	00:23:00.23	01:43:03.23
75	118	EQUIPA PORTUGAL RUNNING	Vet M50	5	01:44:09.00	1	1181	JORGE MARQUES	00:33:17.00	00:33:17.00
						2	1182	HENRIQUE VILHENA	00:25:12.00	00:58:29.00
						3	1183	JACINTO PEREIRA	00:24:18.00	01:22:47.00
						4	1184	MARIO GOMES	00:21:22.00	01:44:09.00
76	98	RUN TEJO SEN FEM 2	Sen Fem	8	01:44:13.94	1	981	RITA CRUZ	00:22:30.30	00:22:30.30
						2	982	ANA FILIPA SERRÃO	00:27:27.49	00:49:57.79
						3	983	CARLA NASCIMENTO	00:24:28.37	01:14:26.16
						4	984	INÉS SABINO	00:29:47.78	01:44:13.94
77	100	RUN TEJO VET F40 2	Vet F40	3	01:44:28.40	1	1001	ANA GIL	00:25:07.42	00:25:07.42
						2	1002	GUILHERMINA CRUZ	00:27:57.30	00:53:04.72
						3	1003	CARLA COELHO	00:26:43.25	01:19:47.97
						4	1004	ANA PASSOS	00:24:40.43	01:44:28.40
78	62	SS CGD	Vet M40	14	01:44:33.50	1	621	MANUEL BAPTISTA	00:30:09.50	00:30:09.50
						2	622	HENRIQUE GAIRIFO	00:26:02.17	00:56:11.67
						3	623	JOSE DIMAS	00:25:35.42	01:21:47.09
						4	624	EMANUEL AGUAS	00:22:46.41	01:44:33.50
79	86	V DATLETAS 2	Misto	22	01:44:44.64	1	861	LUIS MARTINS	00:22:19.03	00:22:19.03
						2	862	RUI AMENDOEIRA	00:25:04.45	00:47:23.48

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						3	863	ANA CLÁUDIA AMENDOEIRA	00:26:43.57	01:14:07.05
						4	864	TIAGO BESSA	00:30:37.59	01:44:44.64
80	71	LINDA-A-PASTORA SC 5	Misto	23	01:45:55.78	1	711	ANABELA SANTOS	00:27:36.35	00:27:36.35
						2	712	JOÃO PEDRO PEREIRA	00:24:37.20	00:52:13.55
						3	713	ANA NETO	00:25:32.78	01:17:46.33
						4	714	RITA MINA	00:28:09.45	01:45:55.78
81	5	ISQ-E	Sen Mas	28	01:46:40.22	1	51	NUNO PESSOA	00:26:29.80	00:26:29.80
						2	52	ARTUR DENOMINATO	00:27:02.78	00:53:32.58
						3	53	ALEXANDRE M BAPTISTA	00:25:20.12	01:18:52.70
						4	54	SAMUEL VALENTE	00:27:47.52	01:46:40.22
82	2	CORRO POR TI IOLANDA	Sen Mas	29	01:46:49.21	1	21	RICARDO FARIA	00:26:07.82	00:26:07.82
						2	22	TIAGO ALVES	00:30:12.41	00:56:20.23
						3	23	JOÃO NEVES	00:24:18.10	01:20:38.33
						4	24	JOAQUIM GUERRA	00:26:10.88	01:46:49.21
83	36	MATA DE BENFICA-C	Misto	24	01:46:59.91	1	361	NUNO GUERREIRO	00:28:17.33	00:28:17.33
						2	362	CLÁUDIA SOUSA	00:27:51.21	00:56:08.54
						3	363	TERESA TORRES	00:28:16.22	01:24:24.76
						4	364	PEDRO ROSA	00:22:35.15	01:46:59.91
84	51	CLUBE COLABORADORES AGEAS	Misto	25	01:47:02.94	1	511	VITOR RAMOS	00:30:45.33	00:30:45.33
						2	512	LUIS NEVES FRANCO	00:20:53.04	00:51:38.37
						3	513	JOÃO PAULO PINTO	00:26:51.84	01:18:30.21
						4	514	ANA MARIA GUIMARÃES	00:28:32.73	01:47:02.94
85	73	RUNIXS	Misto	26	01:48:12.91	1	731	PEDRO LOPES	00:24:18.05	00:24:18.05
						2	732	RUI DIAS	00:30:06.02	00:54:24.07
						3	733	PAULO CANIÇO	00:21:54.40	01:16:18.47
						4	734	FATIMA RIBEIRO	00:31:54.44	01:48:12.91
86	82	DESPORTIVO MONTE REAL M	Vet F40	4	01:48:50.35	1	821	MARGARIDA COELHO	00:26:50.69	00:26:50.69
						2	822	EVELVINA PAULINO	00:29:34.72	00:56:25.41
						3	823	TERESA JERÓNIMO	00:28:19.61	01:24:45.02
						4	824	ELSA SABIDO	00:24:05.33	01:48:50.35
87	6	TANGAS CLUBE	Vet M50	6	01:49:24.42	1	61	ANTÓNIO FONSECA	00:25:16.57	00:25:16.57
						2	62	MÁRIO ANTÓNIO	00:30:17.52	00:55:34.09
						3	63	JOÃO MIGUEL	00:23:57.45	01:19:31.54
						4	64	ARTUR MARTINS	00:29:52.88	01:49:24.42
88	115	CF OS BELENENSES SEN FEM	Sen Fem	9	01:50:04.00	1				

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97	49	GALIFRANGO	Sen Mas	31	01:58:15.47	1	491	RUI LAMEGO	00:26:04.17	00:26:04.17
						2	492	DAVID JOSE DOS SANTOS SILVA	00:35:15.55	01:01:19.72
						3	493	BRUNO ALBERTO FREIRE FELISBERTO	00:32:33.70	01:33:53.42
						4	494	JOSE CARLOS DIAS LAMEGO	00:24:22.05	01:58:15.47
98	87	V DATLETAS 3	Misto	32	01:59:07.90	1	871	MARIA DO CARMO ALMEIDA	00:27:31.60	00:27:31.60
						2	872	ANTONIO MENDES DE ALMEIDA	00:32:34.67	01:00:06.27
						3	873	FRANCISCO COUTINHO	00:28:07.93	01:28:14.20
						4	874	MARIA KNOBLICH	00:30:53.70	01:59:07.90
99	85	V DATLETAS 1	Misto	33	01:59:22.33	1	851	SARA NAZARÉ	00:26:46.46	00:26:46.46
						2	852	MARIANA NAZARÉ	00:41:52.50	01:08:38.96
						3	853	JOÃO SILVA	00:29:26.39	01:38:05.35
						4	854	PEDRO FERNANDES	00:21:16.98	01:59:22.33
100	28	R4F	Vet M40	15	02:00:01.43	1	281	PAULO CURTO DE SOUSA	00:37:09.74	00:37:09.74
						2	282	VASCO MURTA REBELO	00:31:56.25	01:09:05.99
						3	283	ANTÓNIO REGO	00:26:26.42	01:35:32.41
						4	284	VITOR AGUILAR	00:24:29.02	02:00:01.43
101	84	OS GALGOS	Misto	34	02:00:37.07	1	841	LUIS MIRANDA	00:27:12.82	00:27:12.82
						2	842	RICARDO PITEIRA	00:29:36.57	00:56:49.39
						3	843	MARTA MONTEIRO	00:35:36.36	01:32:25.75
						4	844	ANTÓNIO MONTEIRO	00:28:11.32	02:00:37.07
102	63	MIUDAS GIRAS	Sen Fem	10	02:02:16.73	1	631	ANA MARGARIDA DIAS	00:30:45.08	00:30:45.08
						2	632	CLÁUDIA BAETA	00:30:14.84	01:00:59.92
						3	633	CARMEN SANTOS	00:28:17.84	01:29:17.76
						4	634	SOFIA BONITO	00:32:58.97	02:02:16.73
103	22	AS QUENIANAS	Sen Fem	11	02:04:53.34	1	221	CARLA COSTA	00:30:24.16	00:30:24.16
						2	222	VERÓNICA PIAZZA	00:29:31.88	00:59:56.04
						3	223	ZÉLIA ARAUJO	00:33:41.80	01:33:37.84
						4	224	STEPH MALTEZ	00:31:15.50	02:04:53.34
104	81	M&MS	Misto	35	02:05:23.88	1	811	ERIC VAN LEUVEN	00:19:44.31	00:19:44.31
						2	812	MAGDA LOURENÇO	00:27:43.33	00:47:27.64
						3	813	MAXIMUS KUIPERS	00:37:27.59	01:24:55.23
						4	814	MADDOX KUIPERS	00:40:28.65	02:05:23.88
105	101	RUN TEJO MISTO	Misto	36	02:05:49.10	1	1011	PAULA FIGUEIREDO	00:28:06.37	00:28:06.37
						2	1012	MARIA FORTES	00:29:00.17	00:57:06.54
						3	1013	HUGO BAPTISTA	00:24:51.15	01:21:57.69
						4	1014	JOANA CRUZ	00:43:51.41	02:05:49.10

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106	16	ROSAS DO DESERTO	Vet F40	6	02:07:27.81	1	161	SANDRA PIRES	00:30:33.88	00:30:33.88
						2	162	MARIANA SOARES	00:38:08.97	01:08:42.85
						3	163	SONIA LIMA	00:29:26.60	01:38:09.45
						4	164	LENA VIEIRA	00:29:18.36	02:07:27.81
107	95	RUN TEJO VET M40 5	Vet M40	16	02:10:20.44	1	951	PAULO SILVA	00:23:56.62	00:23:56.62
						2	952	ALEXANDRE BENTO	00:31:50.19	00:55:46.81
						3	953	LUIS ISABELINHA	00:28:15.31	01:24:02.12
						4	954	ARMANDO MARQUES	00:46:18.32	02:10:20.44
108	7	ALVERCA URBAN RUNNERS	Sen Fem	12	02:27:01.72	1	71	RITA DUQUE	00:27:57.86	00:27:57.86
						2	72	ANA CALIÇA	00:32:21.91	01:00:19.77
						3	73	SARA BARATA	00:30:56.96	01:31:16.73
						4	74	RITA MERENDA	00:55:44.99	02:27:01.72
109	59	GRUPO ALEGRE UNIDO BAJOUCA (Desclass)	Misto	37	01:16:24.48	1	591	LICINIO SILVA	00:17:23.43	00:17:23.43
						2	592	JOEL COUTO	00:17:40.12	00:35:03.55
						3	593	DANIEL CABECINHAS	00:21:00.05	00:56:03.60
						4	594	MILENE SANTOS	00:20:20.88	01:16:24.48