



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	111	ANTÓNIO PINTO	M	43	1	00:22:17.15	00:22:17.15	GRD OS FIXES
2	87	FLÁVIO SANTOS	M	22	2	00:22:57.22	00:22:57.22	FF PAZ MUNDIAL E UNIFICAÇÃO
3	52	NATANAEEL GUERREIRO	M	25	3	00:22:57.32	00:22:54.87	AMIGOS DO ATLETISMO DE MAFRA
4	192	NELSON FONSECA	M	40	4	00:23:09.27	00:23:06.82	JOBRINDE-MONTES SALOIOS
5	185	RICARDO FERREIRA	M	25	5	00:23:34.73	00:23:34.18	
6	21	PEDRO NUNES	M	29	6	00:24:12.75	00:24:11.83	GROWIN
7	155	JOAQUIM SILVA	M	46	7	00:24:25.26	00:24:22.89	CDCR CTT LISBOA
8	126	PEDRO NUNES	M	39	8	00:24:25.30	00:24:22.51	
9	1	DUARTE COSTA	M	35	9	00:24:32.36	00:24:30.05	RUN FOR FRIENDS
10	186	PAULO BARRADAS	M	37	10	00:25:18.67	00:25:17.74	
11	203	JORGE AMARAL	M	50	11	00:25:38.22	00:25:37.21	AMINHACORRIDA
12	50	LUIS NOBRE	M	47	12	00:25:45.24	00:25:44.40	PENICHE@CORRER
13	152	MIGUEL SOARES	M	24	13	00:25:51.90	00:25:46.31	
14	60	NELSON FELIX	M	39	14	00:25:51.97	00:25:43.17	
15	65	MÁRIO RUI SEABRA	M	46	15	00:26:11.69	00:26:02.84	GRUPO RECREATIVO JANZ E ASSOCIADOS
16	19	MILENE SANTOS	F	26	1	00:26:45.06	00:26:44.27	GROWIN
17	160	PAULO SALVADOR RODRIGUES	M	51	16	00:26:47.76	00:26:47.27	
18	41	VITOR BATISTA	M	51	17	00:26:56.13	00:26:43.83	VAN & NELA & VB
19	29	JOÃO CARVALHO	M	44	18	00:27:19.15	00:27:17.26	TEAM MELOM
20	45	PAULO ALMEIDA	M	42	19	00:27:20.08	00:27:10.39	
21	68	ARMINDO RODRIGUES	M	51	20	00:27:38.38	00:27:28.54	GRUPO RECREATIVO JANZ E ASSOCIADOS
22	102	ANTÓNIA JORDÃO	F	41	2	00:27:59.34	00:27:57.03	FAST WITCHES
23	193	MÁRCIO FONSECA	M	18	21	00:28:34.33	00:28:31.45	JOBRINDE-MONTES SALOIOS
24	67	VITOR PEREIRA	M	42	22	00:28:57.48	00:28:46.39	GRUPO RECREATIVO JANZ E ASSOCIADOS
25	162	SÉRGIO FREITAS	M	42	23	00:28:59.13	00:28:55.51	
26	165	MANUEL REGO	M	47	24	00:29:08.59	00:29:05.83	
27	136	LUISA LANDEIRO	F	48	3	00:29:22.60	00:29:20.51	
28	99	NATACHA RIBEIRINHO	F	28	4	00:29:22.66	00:29:22.66	
29	116	FILIPE JOSE ALVES	M	30	25	00:29:23.18	00:29:14.09	
30	169	RICARDO CONCEIÇÃO	M	33	26	00:29:51.26	00:29:51.26	
31	33	FERNANDO CARREIRO	M	57	27	00:29:53.67	00:29:46.07	LINCES DA BELA VISTA
32	39	SERGIO SANTOS	M	46	28	00:29:59.85	00:29:56.14	
33	83	CARLA FERNANDES	F	40	5	00:30:14.88	00:30:12.83	FAST WITCHES
34	187	SÍLVIA DOMINGOS	F	35	6	00:30:30.03	00:30:26.72	
35	88	ISABEL SANTOS	F	49	7	00:30:30.40	00:30:28.89	FF PAZ MUNDIAL E UNIFICAÇÃO
36	179	GERSON ALVES	M	56	29	00:30:32.12	00:30:27.63	



37	15	JOÃO MOITEIRO	M	46	30	00:30:36.96	00:30:32.13	
38	137	MIGUEL DIAS	M	43	31	00:30:44.34	00:30:40.58	SS CGD
39	138	CÁTIA FONSECA	F	36	8	00:30:45.41	00:30:41.13	SS CGD
40	36	RICARDO REIS	M	30	32	00:31:06.38	00:31:05.50	
41	131	ALMERINDO SILVA	M	59	33	00:31:13.74	00:31:08.59	A.D.C.CATUJAL
42	89	SUSANA SANTOS	F	18	9	00:31:33.73	00:31:30.19	FF PAZ MUNDIAL E UNIFICAÇÃO
43	97	VANDA MAIA	F	42	10	00:31:45.27	00:31:44.19	
44	53	ANTÓNIO GUERREIRO	M	60	34	00:31:50.33	00:31:44.21	AMIGOS DO ATLETISMO DE MAFRA
45	161	SUSANA PIFANO	F	31	11	00:31:50.80	00:31:42.73	
46	214	Estela Costa	F	43	12	00:31:57.93	00:31:51.06	
47	115	PAULA SILVA	F	45	13	00:32:39.76	00:32:37.51	SPORTING CLUBE REBOLEIRA E DAMAIA
48	194	MIGUEL CAETANO	M	18	35	00:33:16.07	00:33:06.61	
49	213	Paulo Gonçalves	M	51	36	00:33:22.27	00:33:15.31	
50	125	NUNO COSTA	M	26	37	00:33:28.65	00:33:25.44	
51	180	DANIELA ALVES	F	34	14	00:33:30.22	00:33:25.73	
52	145	ANTÓNIO MANUEL VENTURA	M	48	38	00:33:45.28	00:33:32.55	
53	117	PAULA SANTOS	F	46	15	00:33:45.45	00:33:44.09	OS BOLHA NO PÉ
54	28	NUNO AGOSTINHO	M	45	39	00:33:46.85	00:33:42.40	TEAM MELOM
55	70	RICARDO CANTEIRO	M	21	40	00:33:47.29	00:33:36.08	GRUPO RECREATIVO JANZ E ASSOCIADOS
56	22	ELISABETE PINTO	F	48	16	00:34:02.17	00:33:55.76	
57	66	VITOR MOREIRA	M	29	41	00:34:06.04	00:33:54.76	GRUPO RECREATIVO JANZ E ASSOCIADOS
58	188	FERNANDO MARQUES	M	68	42	00:34:12.80	00:34:11.02	CLUBE PESSOAL EDP CARREGADO
59	86	CARLOS ALBERTO DOS JESUS	M	54	43	00:34:26.39	00:34:20.58	
60	27	IRENE CARVALHO	F	47	17	00:34:32.98	00:34:28.38	TEAM MELOM
61	47	LUIS PINTO	M	39	44	00:34:58.22	00:34:58.22	TRILHOS & BIGODES
62	124	NURIA DAMASO	F	27	18	00:34:58.26	00:34:55.49	
63	75	JOÃO BATISTA	M	37	45	00:34:58.34	00:34:47.95	
64	79	MIGUEL HORTA	M	42	46	00:35:00.71	00:34:50.19	
65	148	DANIEL MARTINS	M	37	47	00:35:21.45	00:35:21.45	SARAPITOLAS
66	195	ARMANDO MORAIS	M	54	48	00:35:22.19	00:35:20.69	SARAPITOLAS
67	69	FÁBIO GOMES	M	27	49	00:35:45.19	00:35:33.53	GRUPO RECREATIVO JANZ E ASSOCIADOS
68	127	REON FUJIEDA	M	22	50	00:35:59.72	00:35:52.72	PINDORAMA
69	128	BRUNO KEN MARCHEZEPE	M	22	51	00:35:59.96	00:35:52.82	PINDORAMA
70	72	JOSE CRUZ	M	64	52	00:36:28.03	00:36:21.08	LINCES DA BELA VISTA
71	10	ANTÓNIO GONÇALVES	M	50	53	00:36:31.89	00:36:26.87	
72	110	LUÍS MIRANDA	M	44	54	00:36:35.51	00:36:28.17	
73	81	PEDRO CRUZ	M	49	55	00:36:36.01	00:36:25.85	



74	42	JOÃO CAMPIÃO	M	30	56	00:36:37.74	00:36:37.74	
75	101	CECÍLIA NICOLAU	F	51	19	00:36:41.24	00:36:29.03	AA LEBRES DO SADO
76	49	TERESA NICOLAU	F	56	20	00:36:41.53	00:36:29.30	
77	178	CLÁUDIA CUNHA	F	41	21	00:36:48.69	00:36:42.39	
78	156	ELISABETE FONSECA	F	38	22	00:37:11.55	00:37:02.93	JOBRINDE - MONTES SALOIOS
79	34	FILIPA MARTINS	F	43	23	00:37:19.99	00:37:16.17	
80	212	Joana Silva	F	16	24	00:37:39.41	00:37:30.80	
81	105	HELENA CUNHA	F	59	25	00:37:45.20	00:37:40.68	FAST WITCHES
82	175	ANTÓNIO SOARES	M	51	57	00:38:08.31	00:38:02.05	
83	163	JOANA MOURA	F	21	26	00:38:17.37	00:38:05.47	
84	71	ANDRÉ FERREIRA	M	29	58	00:38:17.54	00:38:05.70	GRUPO RECREATIVO JANZ E ASSOCIADOS
85	166	MARTA GONÇALVES	F	19	27	00:38:19.26	00:38:07.23	
86	95	PATRICIA DINIS	F	49	28	00:38:30.18	00:38:20.03	
87	96	JOÃO SEBORRO	F	51	29	00:38:30.39	00:38:17.83	
88	38	DANIEL ALMEIDA	M	29	59	00:39:06.62	00:38:55.29	
89	37	MARIA JOÃO SILVA	F	31	30	00:39:06.72	00:38:55.28	
90	106	SUSANA RODRIGUES	F	20	31	00:39:07.29	00:38:57.87	
91	80	INÉS CRUZ	F	19	32	00:39:09.50	00:39:00.05	
92	190	ADRIANA ROQUE	F	33	33	00:39:26.81	00:39:23.70	AS PODEROSAS
93	191	CATARINA SILVA	F	25	34	00:39:26.93	00:39:24.11	AS PODEROSAS
94	189	CARLA COSTA	F	35	35	00:39:26.93	00:39:21.88	AS PODEROSAS
95	109	SILVÉRIO MALTA	M	43	60	00:39:27.41	00:39:19.52	
96	94	ISABEL PINHO	F	33	36	00:39:40.64	00:39:40.64	OS FOTES
97	135	HENRIQUE COSTA	M	30	61	00:39:41.72	00:39:30.77	TUBARÕES
98	134	MÁRCIA CRESPO	F	30	37	00:39:41.74	00:39:30.84	TUBARÕES
99	159	HERIKA ESTEVES	F	37	38	00:40:15.95	00:40:08.08	BSTUDIO DARK SIDE
100	157	TIAGO CARA NOVA	M	33	62	00:40:16.02	00:40:08.57	BSTUDIO DARK SIDE
101	158	ELISABETE FIRMO	F	35	39	00:40:16.47	00:40:05.84	BSTUDIO DARK SIDE
102	25	ARMANDO VALENTE	M	48	63	00:40:49.09	00:40:44.16	
103	26	CARLA CARDOSO	F	44	40	00:40:49.15	00:40:44.89	
104	84	TAHAMARA DIAS	F	43	41	00:41:14.36	00:41:12.00	
105	85	LUIS AZEVEDO	M	56	64	00:41:14.62	00:41:11.78	
106	211	Filomena Silva	F	47	42	00:41:16.01	00:41:07.24	
107	74	JOANA ALMEIDA	F	42	43	00:41:19.12	00:41:15.94	
108	24	TERESA SERRALHEIRO FLORÊNCIA	F	35	44	00:41:32.41	00:41:27.69	
109	143	ANA FANECAS	F	46	45	00:42:06.59	00:40:37.85	FANECAS
110	144	KLAUDIA KAMINSKA	F	29	46	00:42:06.76	00:40:37.14	FANECAS



111	40	VANESSA I. ALVES ROSA	F	27	47	00:42:35.44	00:40:28.16	VAN & NELA & VB
112	130	PEDRO SELEM BARROCA	M	23	65	00:42:58.60	00:42:51.74	PINDORAMA
113	114	FILIPA FEITEIRA	F	37	48	00:43:12.62	00:43:08.55	OS BOLHA NO PÉ
114	98	ALEXANDRA VIVAS	F	39	49	00:43:12.76	00:43:10.91	
115	35	CLAUDIO TAVARES	M	29	66	00:43:54.93	00:43:45.43	
116	167	ANA AFONSO	F	22	50	00:44:40.57	00:44:35.18	A BELA E O ZOMBIE
117	183	LIDIA REZIO	F	49	51	00:45:13.66	00:45:07.46	LIDIA E CARLOS
118	182	CARLOS PEDREIRINHO	M	54	67	00:45:13.88	00:45:07.91	LIDIA E CARLOS
119	154	VALÉRIA MELLO	F	63	52	00:46:17.20	00:46:10.67	
120	100	MAYER RAPOSO	M	71	68	00:48:15.78	00:48:03.59	AA LEBRES DO SADO
121	122	EDUARDA FLORENCIA	F	46	53	00:49:31.72	00:49:17.75	BOMBAS
122	123	ANTONIO FLORENCIA	M	47	69	00:49:31.82	00:49:16.73	BOMBAS
123	181	JOSÉ RODRIGUES	M	32	70	00:49:32.85	00:49:21.81	
124	147	MARIA GODINHO	F	46	54	00:49:32.89	00:49:22.38	
125	146	ANA GODINHO	F	43	55	00:49:33.45	00:49:23.20	
126	173	CARLA GONÇALVES	F	40	56	00:50:11.64	00:50:03.02	
127	172	CARLOS VICENTE	M	46	71	00:50:12.97	00:50:04.48	
128	63	SARA FEIO	F	42	57	00:50:22.17	00:50:22.17	
129	76	ROSA CASSIS	F	47	58	00:51:45.09	00:51:39.01	OS FOTES
130	77	ANA CARINA AGOSTINHO	F	37	59	00:51:45.13	00:51:41.05	OS FOTES
131	58	RICARDO RODRIGUES	M	40	72	00:52:56.00	00:52:48.27	
132	170	CARLOS GONÇALVES	M	57	73	00:53:42.01	00:53:33.34	
133	171	RITA LAGO	M	40	74	00:53:42.10	00:53:38.22	
134	59	CARLA LIMA	F	45	60	00:53:51.45	00:53:43.80	
135	78	ANA CRISTINA SILVA	F	52	61	00:53:51.45	00:53:44.40	

Total de registros: 135