

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	494	PEDRO RIBEIRO	M	29		00:34:39.82	00:34:39.82	CUA BENAVENTENSE
2	83	ANDRÉ ALVES	M	30		00:34:52.51	00:34:50.64	CUA BENAVENTENSE
3	97	JOSÉ PIRES	M	40		00:37:26.51	00:37:26.51	CUA BENAVENTENSE
4	283	PEDRO RAMOS	M	41		00:38:25.10	00:38:25.10	GRCD LEIAO
5	463	ANTÓNIO SANTOS	M	58		00:38:39.17	00:38:35.28	
6	476	NELSON T PEREIRA	M	40		00:38:42.83	00:38:40.43	GAREHOTELRUNING
7	367	VITOR MARQUES	M	37		00:38:48.23	00:38:45.08	
8	166	LUIS M SILVA	M	44		00:39:01.04	00:38:55.72	
9	201	MIGUEL G FERREIRA	M	43		00:39:02.22	00:38:55.91	
10	505	PEDRO MOTA	M	46		00:39:08.26	00:39:05.45	
11	107	ANÍBAL J S COSTA	M	46		00:39:12.21	00:39:05.75	
12	218	DAVID LOPES	M	30		00:39:16.82	00:39:13.51	
13	502	JOSÉ SILVA	M	53		00:39:19.28	00:39:16.56	HOVIONE
14	508	ALCIDES ESTRELA	M	40		00:39:29.63	00:39:25.33	
15	448	ANASTACIO VALADAS	M	63		00:39:39.51	00:39:35.93	GD SANTANDER TOTTA
16	495	MARIO PEREIRA	M	32		00:39:57.30	00:39:54.56	
17	237	PAULO NOVAIS	M	41		00:40:04.95	00:39:59.70	GAA VILA F XIRA
18	475	LUCILIA SOARES	F	54		00:40:06.94	00:40:06.94	CATAGÁS VULCANO
19	504	AURELIO AGUIAR	M	61		00:40:34.00	00:40:34.00	AA VALE SILENCIO
20	242	FERNANDO TAVARES	M	45		00:40:42.30	00:40:39.58	OS DUROS
21	347	NUNO PITA	M	41		00:40:46.65	00:40:41.01	CCDT METRO LX
22	513	ALEXANDRE MONTEIRO	M	42		00:40:59.32	00:40:56.39	RB RUNNING
23	35	EDUARDO SANTOS	M	38		00:41:07.71	00:41:01.23	
24	86	TELMO IÕES	M	31		00:41:12.21	00:40:49.70	
25	384	CARLOS A B RODRIGUES	M	28		00:41:12.21	00:41:12.21	GELPEIXE
26	179	HUGO M M FLORES	M	17		00:41:22.14	00:41:20.27	GRCD LEIAO
27	478	RUI MOTA	M	39		00:41:23.24	00:41:17.19	
28	408	LUIS M PEREIRA	M	45		00:41:24.17	00:41:06.59	
29	39	PAULO RIBEIRO	M	47		00:41:29.65	00:41:27.27	
30	436	SÉRGIO PIRES	M	42		00:41:38.26	00:41:32.42	
31	229	JOAQUIM E OLIVEIRA	M	51		00:41:38.94	00:41:32.21	CP EDP QLISBOA
32	446	RUI MACHINHO	M	40		00:41:41.63	00:41:35.23	GD SANTANDER TOTTA
33	93	BENVINDA SANTOS	F	23		00:41:44.68	00:41:38.80	JUVENTUDE VIDIGALENSE
34	430	JOÃO OLIVEIRA	M	36		00:41:44.78	00:41:40.69	
35	106	PAULO FERREIRA	M	39		00:41:45.71	00:41:39.06	

36	341	RICARDO MORENO	M	27	00:41:54.55	00:41:44.85	
37	163	CARLOS M PEREIRA	M	48	00:42:08.96	00:42:05.62	
38	143	AUGUSTO N FERREIRA	M	46	00:42:08.99	00:42:06.16	CORRER LISBOA
39	51	LUIS ISIDRO	M	41	00:42:24.53	00:42:15.92	
40	113	ANTÓNIO MARÇAL	M	58	00:42:54.69	00:42:50.01	
41	293	PAULO DURÃO	M	43	00:43:00.36	00:42:41.93	BAMBU RUNNING
42	315	LUIS M G JOSE	M	47	00:43:15.95	00:42:52.83	
43	114	PEDRO QUINTELA	M	32	00:43:21.81	00:42:59.35	
44	38	MIGUEL SOUSA	M	33	00:43:22.14	00:42:54.66	
45	282	JOÃO S. SILVA	M	48	00:43:23.32	00:43:12.08	
46	254	LUIS SILVA	M	36	00:43:26.27	00:42:55.61	
47	353	OSCAR M R SANTOS	M	60	00:43:28.37	00:43:18.35	
48	368	PAULO BOTELHO	M	42	00:43:41.34	00:43:31.84	
49	391	BRIAN OKANE	M	29	00:43:48.03	00:43:41.93	OS ZATOPEQUES
50	375	CLAUDIO DIAS	M	43	00:43:54.35	00:43:54.35	
51	48	DAVID PINHEIRO	M	39	00:43:58.91	00:43:24.36	CCD-AT
52	469	JOAO BOGALHEIRO	M	47	00:44:02.00	00:43:56.52	A VALE SILENCIO
53	357	AVELINO M SOARES	M	50	00:44:06.53	00:44:04.76	GRCD LEIAO
54	382	ANDRE P F W CARVALHO	M	58	00:44:12.46	00:44:03.92	GELPEIXE
55	499	ADILSON LINO	M	44	00:44:14.22	00:44:10.91	
56	399	PAULO GOMES	M	43	00:44:25.29	00:44:14.74	CORRER LISBOA
57	274	NUNO A G BOGALHEIRO	M	44	00:44:30.05	00:44:25.08	A VALE SILENCIO
58	80	ANDRE MOTA	M	40	00:44:40.43	00:44:32.43	URD ARRANHÒ
59	332	ALFREDO VALENTE	M	53	00:44:41.23	00:44:35.95	
60	483	ACÁCIO MENDES	M	31	00:44:42.48	00:44:30.99	
61	239	RUBEN CHAVES	M	27	00:44:45.66	00:44:36.71	
62	245	RUI F B S CARMO	M	34	00:44:47.35	00:44:42.62	
63	401	JOSÉ TAVARES	M	48	00:44:50.22	00:44:40.02	CORRER LISBOA
64	54	FREDERICO RICHART	M	30	00:44:53.28	00:44:28.13	
65	29	CARLOS RESA	M	35	00:44:58.21	00:44:43.92	
66	260	ALEXANDRE YIP	M	44	00:44:58.94	00:44:43.00	70
67	386	ORLANDO V C L SILVA	M	59	00:45:00.32	00:44:52.68	GELPEIXE
68	345	RUI GOMEZ	M	41	00:45:01.09	00:44:54.20	
69	337	TIAGO S PEREIRA	M	46	00:45:03.30	00:44:47.71	
70	72	EVELINO MAGALHÃES	M	42	00:45:04.12	00:44:59.56	FAMILIA MAGALHÃES
71	21	JORGE FERREIRA	M	58	00:45:04.15	00:45:01.59	HOVIONE

72	439	RUI M P HENRIQUES	M	41	00:45:05.56	00:45:00.03	
73	176	PAULO J R GONÇALVES	M	28	00:45:18.82	00:45:15.52	
74	111	ANTÓNIO VALE	M	30	00:45:19.79	00:44:49.08	
75	371	ANTÓNIO S COSTA	M	49	00:45:20.56	00:45:06.74	GRUPO FCM
76	75	EDGAR FRANCISCO	M	51	00:45:22.81	00:45:14.84	URD ARRANHÒ
77	199	JORGE C S COSTA	M	37	00:45:26.04	00:45:17.51	
78	342	JOSÉ A P MATOS	M	50	00:45:40.00	00:45:32.48	APACHE
79	309	ANDREIA C A MIRA	F	34	00:45:40.81	00:45:15.90	ASAS NOS PÉS
80	310	ANTÓNIO P N TOMÉ	M	43	00:45:41.78	00:45:17.42	ASAS NOS PÉS
81	402	RÚBEN MAURICIO	M	37	00:45:46.95	00:45:43.48	
82	351	FERNANDO MARQUES	M	34	00:45:49.90	00:45:45.84	TONDELA RUNNERS
83	442	PAULO SANTOS	M	50	00:45:54.83	00:45:52.90	LOURDETE PERFUMARIAS
84	392	PAULO N C CAMPOS	M	46	00:45:55.52	00:45:43.20	PERNAS DE GAFANHOTO
85	170	JUAN PEREZ	M	33	00:45:56.07	00:45:40.07	
86	487	FIRMINO M S DUARTE	M	40	00:46:07.85	00:45:40.49	ADCR PJ
87	252	SÉRGIO CAMPOS	M	49	00:46:11.91	00:45:57.17	
88	208	ANTÓNIO L R M FERREIRA	M	33	00:46:12.65	00:45:49.41	
89	230	TIAGO RIBEIRO	M	29	00:46:22.21	00:45:58.64	GRCD LEIAO
90	363	PAULO S MENDES	M	42	00:46:26.16	00:45:59.35	GRCD LEIAO
91	231	JOAO RIBEIRA	M	38	00:46:31.66	00:46:29.28	CAPTAIN FLY
92	94	MARCIO TEMTEM	M	35	00:46:34.61	00:46:26.43	DPD - HOVIONE
93	74	FILIFE BRANCO	M	47	00:46:40.37	00:46:32.70	URD ARRANHÒ
94	14	ORLANDO ALVES	M	45	00:46:43.56	00:46:27.89	BELÉM RUNERS
95	308	RICARDO GOMES	M	42	00:46:46.59	00:46:20.00	
96	90	ROGÉRIO BATALHA	M	26	00:46:49.77	00:46:43.84	TRIO 17
97	253	EDUARDO A F GOMES	M	47	00:46:53.02	00:46:20.76	
98	12	FILIFE VICENTE	M	44	00:46:56.02	00:46:44.80	
99	424	PEDRO SEQUEIRA	M	37	00:46:58.11	00:46:54.75	ND AUTOCOOPE
100	385	FERNANDO D ALMEIDA	M	38	00:47:04.81	00:46:56.47	GELPEIXE
101	222	JORGE SANTOS	M	50	00:47:13.48	00:46:48.96	CARREGUEIRA RUNNERS
102	209	SÍLVIO ROMÃO	M	36	00:47:16.49	00:46:54.98	
103	413	DANIEL VERÍSI0	M	35	00:47:19.57	00:47:08.50	CORRER LISBOA
104	398	CARLOS BATISTA	M	43	00:47:19.60	00:47:09.29	CORRER LISBOA
105	233	ANTÓNIO RODRIGUES	M	50	00:47:24.33	00:47:17.98	
106	232	KAL DA SILVA	M	50	00:47:24.50	00:47:22.30	CAPTAIN FLY
107	78	PAULO TOMAS	M	44	00:47:26.06	00:47:17.75	URD ARRANHÒ

108	178	GONÇALO COSTA	M	18	00:47:29.79	00:47:21.86	
109	275	TIAGO MARTINS	M	39	00:47:30.84	00:47:27.49	CAPTAIN FLY
110	18	GONÇALO P FERAZ	M	33	00:47:34.56	00:47:16.06	
111	294	OLIVIER DURÃO	M	40	00:47:35.05	00:47:16.76	BAMBU RUNNING
112	507	PEDRO LIMA	M	23	00:47:40.82	00:47:24.60	RUN FOR FRIENDS
113	101	PAULO MARQUES	M	32	00:47:43.07	00:47:14.22	
114	177	AURELIO ARAUJO	M	48	00:47:43.92	00:47:43.92	
115	28	JOAQUIM SANTOS	M	59	00:47:44.38	00:47:18.94	FALCOES SELVAGENS
116	417	JOSE MONTEIRO	M	60	00:47:45.30	00:47:41.62	
117	426	INÊS VIEIRA SANTOS	F	28	00:47:46.90	00:47:36.59	FURÕES DO ALENTEJO
118	435	JOÃO P CACELAS	M	46	00:47:51.75	00:47:42.67	
119	467	ANTONIO FERNANDES	M	60	00:47:54.93	00:47:40.89	A VALE SILENCIO
120	47	MANUEL MARTINHO	M	49	00:48:02.83	00:47:28.37	CCD-AT
121	42	JOSE MELO	M	41	00:48:19.98	00:48:08.16	
122	360	HELDER ROSÁRIO	M	36	00:48:25.28	00:48:03.15	GRCD LEIAO
123	140	RUI BARROS	M	48	00:48:30.34	00:48:09.38	
124	175	TIAGO D MARQUES	M	26	00:48:41.18	00:48:36.08	CORRER LISBOA
125	432	MIGUEL VINAGRE	M	41	00:48:42.32	00:48:32.76	CCD CRÉDITO AGRÍCOLA
126	277	JOSÉ EUSÉBIO	M	47	00:48:47.14	00:48:37.12	
127	223	FRANCISCO VIEIRA	M	48	00:48:50.25	00:48:45.00	SS CGD
128	258	PEDRO PEREIRA	M	51	00:48:51.78	00:48:47.62	
129	379	CARLOS B SILVA	M	33	00:48:55.12	00:48:17.36	
130	243	VITOR MONTEIRO	M	54	00:48:58.71	00:48:55.66	OS DUROS
131	49	RICARDO CAMPOS	M	41	00:49:02.57	00:48:27.09	CCD-AT
132	396	JORGE ROCHA	M	38	00:49:03.92	00:48:38.22	FONIX TEAM
133	336	CARLOS FERREIRA	M	55	00:49:05.71	00:48:49.95	
134	214	CARLOS MATOS	M	57	00:49:06.03	00:48:36.36	
135	11	ÁLVARO GOMES	M	43	00:49:07.99	00:49:03.40	
136	24	RENATO CORREIA	M	34	00:49:12.53	00:48:50.72	
137	240	LUIS CONSTANTINO	M	34	00:49:12.92	00:48:56.63	MACKENZI
138	136	EVA BRAZ	F	36	00:49:22.24	00:49:19.88	GRCD LEIAO
139	418	FRANCISCO BANDO	M	66	00:49:22.49	00:49:17.92	
140	311	HUGO SANTOS	M	37	00:49:28.72	00:49:13.21	CLUBE CORRIDA REN
141	509	VITOR JORGE	M	45	00:49:31.51	00:49:24.21	
142	43	ANTONIO MELGAO	M	37	00:49:33.70	00:49:05.78	
143	215	ALEXANDRE CARDANA	M	34	00:49:37.20	00:49:23.09	BRIGADA DO REUMÁTICO

144	468	CARLOS COSTA	M	50	00:49:44.37	00:49:44.37	A VALE SILENCIO
145	457	TIAGO CANHOTO	M	45	00:49:47.33	00:49:16.72	GD SANTANDER TOTTA
146	62	RICARDO J N GARISO	M	34	00:49:56.87	00:49:44.24	
147	334	ANA C LOPES	F	43	00:50:06.43	00:49:50.81	
148	95	VICENTE BOTO	M	44	00:50:13.94	00:50:13.94	CORRER LISBOA
149	15	ANDREIA CORREIA	F	36	00:50:15.47	00:49:54.64	
150	168	ADRIANO B ENCARNAÇÃO	M	28	00:50:16.75	00:49:42.35	
151	425	SERGIO BORGES	M	44	00:50:17.18	00:50:12.74	ND AUTOCOOPE
152	355	JOSÉ L MARQUES	M	46	00:50:20.85	00:49:55.45	
153	41	DÁRIO FERREIRA	M	31	00:50:29.92	00:49:48.69	
154	189	SUSANA FREITAS	F	39	00:50:30.94	00:50:29.03	CORRER LISBOA
155	249	BERNARDINO ANTUNES	M	55	00:50:34.03	00:50:13.56	
156	319	CARLOS BARGADO	M	52	00:50:39.47	00:50:30.36	TAC
157	366	MÁRIO BORDALO	M	29	00:50:40.69	00:50:33.13	
158	376	JOÃO GARCIA	M	29	00:50:53.95	00:50:27.19	
159	234	NUNO FONTES	M	30	00:50:56.81	00:50:30.76	
160	66	TÂNIA CABRITO	F	34	00:51:01.29	00:50:47.16	
161	346	TATIANA ILDEFONSO	F	34	00:51:06.67	00:50:55.68	CCDT METRO LX
162	349	RUTE SANTOS	F	50	00:51:08.24	00:50:49.38	
163	46	JOÃO FIALHO	M	38	00:51:11.45	00:50:37.20	CCD-AT
164	70	ANTÓNIO J B PINHEIRO	M	49	00:51:14.59	00:51:05.27	
165	344	MARIA LEMOS	F	50	00:51:18.71	00:51:11.97	
166	431	JOÃO VIEIRA	M	58	00:51:20.58	00:51:10.43	CCD CRÉDITO AGRÍCOLA
167	220	ANTONIO C NOVAS	M	38	00:51:23.16	00:51:00.18	
168	352	PEDRO MORGADO	M	36	00:51:23.75	00:51:19.97	TONDELA RUNNERS
169	454	LINO OLIVEIRA	M	71	00:51:25.01	00:51:21.11	GD SANTANDER TOTTA
170	161	TIAGO JACOB	M	20	00:51:26.54	00:50:51.01	
171	438	INÉS KOL	F	36	00:51:26.77	00:50:54.31	
172	380	PEPE P COSTA	M	33	00:51:40.72	00:51:02.23	
173	190	RICARDO SANTOS	M	41	00:51:43.60	00:51:41.34	CORRER LISBOA
174	246	GILBERTO GONÇALVES	M	68	00:51:48.93	00:51:44.44	
175	415	PEDRO PECHILGA	M	30	00:51:50.58	00:51:17.13	TARTARUGAS SOLIDARIAS
176	10	CAIRO SILVA	M	43	00:51:58.51	00:51:35.94	GRCD LEIAO
177	453	JOAO ROCHA	M	66	00:52:09.85	00:52:06.74	GD SANTANDER TOTTA
178	164	SONIA NEVES	F	41	00:52:17.12	00:52:02.90	CORRER LISBOA
179	377	SHEILA M GALIANO	F	45	00:52:19.21	00:51:56.44	GRCD LEIAO

180	304	HORÁCIO VIEIRA	M	67	00:52:19.87	00:51:59.00	
181	423	JOSE DIAS	M	59	00:52:22.73	00:52:18.58	ND AUTOCOOPE
182	236	JOSÉ SERAFIM	M	60	00:52:23.31	00:52:17.00	GAA VILA F XIRA
183	482	ANTÓNIO J M HENRIQUES	M	50	00:52:28.67	00:52:13.80	ESQUADRIAS & TRAJETÓRIAS
184	410	JOSÉ M CAEIRO	M	24	00:52:31.76	00:52:10.88	1AR
185	296	PEDRO NUNES	M	44	00:52:34.94	00:52:19.89	
186	295	JOÃO MARQUES	M	43	00:52:41.82	00:52:06.76	
187	400	PAULA GOMES	F	42	00:52:42.51	00:52:31.26	CORRER LISBOA
188	259	CLÁUDIO MILHEIRO	M	40	00:52:44.48	00:52:07.94	
189	144	MIGUEL GAMA	M	48	00:52:54.15	00:52:43.27	
190	68	VITOR COLELA	M	45	00:52:54.41	00:52:27.29	
191	273	MARTINHO DIAS	M	40	00:52:54.65	00:52:37.67	
192	216	ANDRÉ CARVALHO	M	34	00:52:56.04	00:52:41.61	BRIGADA DO REUMÁTICO
193	124	FILIPE GINJA DUARTE	M	31	00:52:57.02	00:52:19.91	
194	44	RITA CAPUCHO	F	42	00:53:06.01	00:52:47.54	CCD-AT
195	203	JORGE ESTEVES	M	46	00:53:06.10	00:52:46.90	QUARENTOES NA BISGA
196	287	ORLANDO FERREIRA	M	47	00:53:06.84	00:52:53.38	RUN 4 FUN
197	130	RUI PATEIRO	M	36	00:53:09.57	00:52:55.43	JIMBRAS RUNNING TEAM
198	129	VIRGÍNIO PATEIRO	M	45	00:53:10.34	00:52:55.87	JIMBRAS RUNNING TEAM
199	479	JOSE BARATA	M	56	00:53:11.53	00:53:07.16	GD SANTANDER TOTTA
200	406	JOSÉ M S F ANDRADE	M	48	00:53:13.97	00:53:11.06	PINABIKE
201	350	CARLOS TEIXEIRA	M	67	00:53:15.04	00:53:11.55	TONDELA RUNNERS
202	89	CRISTINA BATALHA	F	31	00:53:18.17	00:53:12.15	TRIO 17
203	381	JOSÉ FINS	M	46	00:53:21.28	00:53:06.17	
204	77	GABRIEL ANTONIO	M	53	00:53:24.44	00:52:46.75	URD ARRANHÒ
205	125	VITOR TEIXEIRA	M	48	00:53:30.02	00:53:24.40	CORRER LISBOA
206	511	ANTONIO LIMA	M	54	00:53:30.19	00:53:30.19	
207	491	ANDRÉ COLAÇO	M	25	00:53:31.06	00:52:51.48	
208	160	CARLOS MARQUES	M	47	00:53:34.09	00:52:58.29	
209	359	FILIPA FRANCISCO	F	40	00:53:34.97	00:53:20.68	
210	434	RUI TOMÁS	M	41	00:53:37.50	00:53:29.69	CCD CRÉDITO AGRÍCOLA
211	247	PAULO J ROSA	M	53	00:53:41.03	00:53:17.79	
212	33	JOSÉ BAIXINHO	M	59	00:53:41.46	00:53:23.57	SANTIAGO FC
213	339	IVO PEREIRA	M	38	00:53:41.47	00:53:32.21	3B-S
214	512	RICARDO VAZ	M	38	00:53:42.06	00:53:22.01	
215	485	FLÁVIA HELENO	F	23	00:53:43.33	00:53:26.08	



216	133	JOÃO M P A CANHOTO	M	47	00:53:44.52	00:53:32.61	
217	202	RICARDO A VIEGAS	M	40	00:53:48.20	00:53:15.34	
218	322	ABEL COSTA	M	59	00:53:51.08	00:53:36.03	ILUMIFRUTA
219	374	JOÃO MENDES	M	41	00:53:51.15	00:53:18.33	
220	82	ANA ARAUJO	F	44	00:53:54.64	00:53:24.72	TARTARUGAS SALOIAS
221	30	RICARDO M S TÕES	M	39	00:53:55.58	00:53:24.04	
222	503	LISA SANTOS	F	37	00:54:01.15	00:53:31.83	
223	150	NELSON CARVALHO	M	29	00:54:05.93	00:53:24.18	
224	312	CARLA MORGADO	F	44	00:54:07.52	00:53:49.53	
225	131	JOÃO RAFAEL	M	26	00:54:21.35	00:53:44.94	
226	241	LUIS BRITO	M	26	00:54:23.25	00:54:07.10	MACKENZI
227	422	CARLOS FERREIRA	M	60	00:54:30.59	00:54:30.59	ND AUTOCOOPE
228	284	FERNANDO PESTANA	M	70	00:54:31.71	00:54:29.58	GRCD LEIAO
229	473	MANUEL AÇO	M	47	00:54:33.22	00:54:11.00	PEPSICO
230	226	LUIS PROENÇA	M	47	00:54:35.95	00:54:21.68	
231	256	JORGE CAMPOS	M	42	00:54:36.12	00:54:23.53	
232	169	VÍTOR BERNARDO	M	37	00:54:40.78	00:54:12.93	
233	191	JOSÉ RAPOSO	M	49	00:54:45.54	00:54:20.91	
234	67	JORGE H PEREIRA	M	53	00:54:49.74	00:54:24.03	
235	151	FÁBIO MARQUES	M	28	00:54:50.74	00:54:08.88	
236	493	SEBASTIAN KAGENEK	M	17	00:55:01.67	00:54:49.99	
237	116	JOSÉ SILVA	M	32	00:55:04.91	00:54:43.56	FORTÍSIOS RUNNING TEAM
238	459	CARLOS TEIXEIRA	M	44	00:55:06.72	00:54:49.66	GD SANTANDER TOTTA
239	492	PHILIP VILLAX	M	17	00:55:06.95	00:54:54.46	
240	456	LARA VELOSO	F	41	00:55:07.07	00:54:50.83	GD SANTANDER TOTTA
241	117	NUNO MOLERO	M	35	00:55:08.41	00:55:03.88	
242	31	HELDER MENEZES	M	39	00:55:12.11	00:54:43.23	
243	25	FÁBIO PIO	M	45	00:55:22.38	00:55:10.69	
244	135	CARLOS DIOGO	M	46	00:55:27.24	00:54:42.46	
245	356	JORGE SALVADO	M	54	00:55:34.53	00:55:08.06	C MILLENNIUM BCP
246	238	ANTONIO RIBEIRO	M	56	00:55:36.94	00:55:23.48	GAA VILA F XIRA
247	373	ANTÓNIO ANTUNES	M	49	00:55:42.30	00:55:27.37	
248	34	JUDITE BAIXINHO	F	31	00:55:44.70	00:55:26.81	SANTIAGO FC
249	197	PEDRO C DIAS	M	30	00:55:45.99	00:55:34.04	
250	466	MIGUEL N CANSADO	M	46	00:55:56.96	00:55:45.63	HOVIONE
251	489	NUNO ROSA	M	42	00:55:59.04	00:55:34.03	

252	464	JOAO P C SEQUEIRA	M	26	00:56:03.08	00:55:51.84	
253	206	JOÃO P OSORIO	M	42	00:56:10.77	00:55:51.94	
254	36	LUÍS M S SOBRAL	M	54	00:56:12.37	00:55:45.61	SOBRAIS
255	123	MÁRIO RODRIGUES	M	47	00:56:20.99	00:55:51.95	
256	390	PHELIM OKANE	M	59	00:56:29.04	00:56:09.88	OS ZATOPEQUES
257	207	LUIZ ROSA	M	64	00:56:30.07	00:56:22.77	CAA BELÉM
258	451	CARINA VEIGA	F	31	00:56:39.29	00:56:15.21	GD SANTANDER TOTTA
259	212	RUI SILVA	M	31	00:56:43.25	00:56:14.94	CARREGUEIRA RUNNERS
260	409	HUGO M SERAFIM	M	34	00:56:55.43	00:56:34.91	1AR
261	278	BRUNO M R TEIXEIRA	M	29	00:56:57.48	00:56:29.13	
262	441	MARCO FERNANDES	M	28	00:56:59.28	00:56:29.62	RUN FOR FRIENDS
263	200	LUIS FERNANDES	M	40	00:57:10.44	00:56:53.32	70
264	88	TACIANA BONIFÁCIO	F	32	00:57:25.09	00:57:18.09	TRIO 17
265	142	TERESA IOES	F	40	00:57:26.28	00:57:17.66	
266	141	ANTONIO IOES	M	41	00:57:27.13	00:57:18.85	
267	186	PAULO NOGUEIRA	M	51	00:57:28.18	00:57:04.05	
268	484	JÚLIO GOUVEIA	M	34	00:57:49.72	00:57:37.16	
269	326	MÁRIO CAETANO	M	38	00:57:59.70	00:57:25.74	
270	321	ANDREIA MONTEIRO	F	38	00:58:01.15	00:57:44.53	ILUMIFRUTA
271	145	ISABEL CARDOSO	F	46	00:58:02.03	00:57:45.05	
272	444	MARIO RUI COSTA	M	41	00:58:04.28	00:57:42.52	GD SANTANDER TOTTA
273	27	NUNO REBELO	M	37	00:58:09.69	00:57:58.62	HOVIONE
274	64	TIAGO RIBEIRO	M	36	00:58:10.27	00:57:49.48	
275	335	JORGE A GONÇALVES	M	45	00:58:27.22	00:58:11.31	
276	263	ALBERTO RAMIRES	M	63	00:58:28.63	00:58:10.22	
277	26	JAIME IÕES	M	40	00:58:32.26	00:58:00.88	TARTARUGAS SALOIAS
278	443	ISABEL SANTOS	F	49	00:58:38.62	00:58:36.61	LOURDETE PERFUMARIAS
279	102	CLAUDIO MARTINS	M	32	00:58:39.19	00:58:07.71	
280	154	JORGE COSTA	M	56	00:58:40.63	00:58:12.24	AS PAPOILAS E OS MANJERICOS
281	157	MARIA LOURENÇO	F	44	00:58:40.78	00:58:12.97	AS PAPOILAS E OS MANJERICOS
282	450	LUIS R ALMEIDA	M	47	00:58:40.78	00:58:23.78	GD SANTANDER TOTTA
283	269	RICARDO LOPES	M	28	00:58:47.64	00:58:10.04	
284	452	TIAGO VEIGA	M	32	00:58:48.54	00:58:25.43	GD SANTANDER TOTTA
285	306	TÂNIA GRAFINO	F	36	00:58:48.96	00:58:36.17	PI-LINHA RUNNERS
286	305	MIGUEL PEREIRA	M	43	00:58:49.24	00:58:37.03	PI-LINHA RUNNERS
287	362	SANDRA I SILVA	F	42	00:58:51.08	00:58:29.08	GRCD LEIAO



288	474	MIKAEL SARAIVA	M	28	00:58:52.53	00:58:29.80	HEPAFILTRA
289	127	RUBEN ESTRELA	M	31	00:58:59.53	00:58:25.62	FOXSTAR
290	420	MARGARIDA TEIXEIRA	F	37	00:59:00.07	00:58:50.44	CORRER LISBOA
291	404	NILCILENE ORMOND	F	34	00:59:02.57	00:58:47.03	CORRER LISBOA
292	270	RUI LOURENÇO	M	35	00:59:07.56	00:58:25.51	
293	224	PAULO SOVERAL	M	40	00:59:11.62	00:58:42.79	CARREGUEIRA RUNNERS
294	213	CARLOS FERREIRA	M	33	00:59:11.81	00:58:44.62	CARREGUEIRA RUNNERS
295	187	RICARDO FIGUEIRA	M	36	00:59:12.18	00:58:48.03	CORREMOS COMO UM
296	13	JOÃO M J PEREIRA	M	50	00:59:13.16	00:59:06.36	CORRER LISBOA
297	126	ANA ROMANO	F	49	00:59:13.96	00:58:54.58	FOURTASTICS
298	100	ANA DIAS MARQUES	F	33	00:59:21.78	00:58:50.90	
299	378	JORGE LOPES	M	50	00:59:23.84	00:59:04.87	
300	403	CARLOS ROMÃO	M	53	00:59:25.88	00:59:17.70	
301	314	RICARDO M MARQUES	M	36	00:59:27.65	00:58:50.14	
302	325	PEDRO MARTINS	M	19	00:59:34.11	00:59:21.40	
303	370	NUNO CHAVES	M	24	00:59:37.13	00:59:07.98	
304	510	RUI GAMEIRO	M	43	00:59:40.20	00:59:16.98	
305	317	ANA M MARTINS	F	50	00:59:40.41	00:59:14.22	FALCOES SELVAGENS
306	365	EMMA GOMES	F	26	00:59:40.64	00:59:32.63	
307	316	LUÍS REIS	M	54	00:59:46.97	00:59:20.46	FALCOES SELVAGENS
308	261	PATRÍCIA MACHADO	F	34	00:59:54.82	00:59:54.82	
309	490	PAULO R V FALCÃO	M	30	00:59:55.81	00:59:18.37	
310	162	JOSÉ JACOB	M	51	01:00:11.89	01:00:11.89	
311	338	ANA R H MOTA	F	36	01:00:13.54	01:00:00.07	
312	165	CARLOS TAVARES	M	42	01:00:18.05	01:00:03.26	CORRER LISBOA
313	85	OLIVIA LUCAS	F	51	01:00:20.72	01:00:02.58	
314	115	SANDRA I B PIRE	F	45	01:00:22.90	01:00:01.78	C NOTURNA PARQUE NAÇÕES
315	23	CARLOS DIAS	M	61	01:00:23.08	00:59:22.41	
316	447	SALVADOR AFONSO	M	63	01:00:24.61	01:00:02.29	GD SANTANDER TOTTA
317	395	BEATRIZ MARIZ	F	20	01:00:24.95	00:59:59.72	FONIX TEAM
318	393	PAULO MARIZ	M	48	01:00:25.41	00:59:59.61	FONIX TEAM
319	411	BASILIO PAIXÃO	M	47	01:00:29.41	01:00:08.69	
320	387	ANDREIA SILVA	F	37	01:00:32.66	01:00:13.05	
321	63	SÉRGIO FROTA	M	36	01:00:32.67	01:00:11.24	
322	470	ESMERALDO PEREIRA	M	70	01:00:33.51	01:00:13.94	SS CGD
323	286	MARIA QUITÉRIA	F	43	01:00:34.19	01:00:04.79	ALGYMNS

324	372	PEDRO GUEDES	M	50	01:00:48.00	01:00:42.29	
325	416	ANDRÉ BASÍLIO	M	33	01:00:52.27	01:00:21.57	MABA
326	112	SANDRA MARQUES	F	34	01:00:54.51	01:00:24.03	
327	120	HELENA PINTO	F	45	01:00:55.25	01:00:35.74	
328	153	JOÃO BARRIGOLA	M	34	01:00:57.98	01:00:44.39	
329	228	AUGUSTO RIBEIRO	M	47	01:01:10.22	01:00:59.66	
330	227	INÉS BOLITO	F	28	01:01:10.89	01:01:00.69	
331	84	VITOR LUCAS	M	54	01:01:16.58	01:00:58.59	
332	302	JOÃO SERRA	M	45	01:01:18.60	01:01:11.06	
333	303	ISABEL MOTA	F	43	01:01:18.72	01:01:10.52	
334	301	RUI SALVADO	M	45	01:01:19.78	01:00:59.86	C NOTURNA PARQUE NAÇÕES
335	148	RUTE TEIXEIRA	F	39	01:01:21.10	01:00:59.30	C NOTURNA PARQUE NAÇÕES
336	480	JOSE RIBEIRO	M	72	01:01:40.79	01:01:11.28	GD SANTANDER TOTTA
337	155	JOSÉ MOREIRA	M	27	01:01:47.85	01:01:30.12	
338	279	SAMUEL JOAQUIM	M	64	01:01:56.14	01:01:43.47	
339	455	JOSE MONTEIRO	M	68	01:01:59.00	01:01:55.16	GD SANTANDER TOTTA
340	225	FRANCISCO C PEREIRA	M	46	01:02:03.41	01:01:19.84	
341	17	CARLOS PINTO	M	35	01:02:21.14	01:01:37.98	
342	159	JOAQUIM DIAS	M	54	01:02:33.30	01:02:04.59	AS PAPOILAS E OS MANJERICOS
343	118	NUNO DIAS	M	31	01:02:35.49	01:02:14.51	FORTÍSIOS RUNNING TEAM
344	324	MARCOS MARTINS	M	28	01:02:51.21	01:02:37.85	
345	73	HENRIQUE VILHENA	M	61	01:02:59.76	01:02:24.59	CORRER QUELUZ
346	461	JOSE VIEGAS	M	39	01:03:00.47	01:02:28.22	GD SANTANDER TOTTA
347	462	MAGA TOSTE	F	30	01:03:00.47	01:02:27.89	GD SANTANDER TOTTA
348	354	PEDRO M FILIPE	M	45	01:03:07.79	01:02:46.19	
349	405	LUIS A D CAETANO	M	27	01:03:07.95	01:02:45.87	B
350	19	LURDES ALVES	F	60	01:03:36.62	01:03:17.27	HOVIONE
351	32	SUSANA CAMPOS	F	38	01:03:36.62	01:03:25.04	
352	134	PEDRO MOREIRA	M	32	01:03:45.23	01:03:27.47	
353	167	CARLA PORTELA	F	42	01:03:52.36	01:03:32.97	
354	445	HUGO MOITA	M	36	01:04:12.60	01:03:51.29	GD SANTANDER TOTTA
355	96	ANA RITA BOTO	F	39	01:04:13.42	01:04:08.11	CORRER LISBOA
356	330	ISABEL M F RODRIGUES	F	44	01:04:13.68	01:03:55.52	CORRER LISBOA
357	65	SUSANA RODRIGUES	F	36	01:04:17.47	01:03:46.64	TARTARUGAS SALOIAS
358	333	JOSÉ M B CARVALHO	M	43	01:04:23.02	01:03:47.05	
359	56	MÁRIO TEIXEIRA	M	34	01:04:27.60	01:04:02.94	

360	50	NUNO MALHADAS	M	42	01:04:28.65	01:04:05.30	
361	394	ESTRELA MARIZ	F	48	01:05:03.11	01:04:37.91	FONIX TEAM
362	193	VANDA COVAS	F	36	01:05:15.68	01:04:37.34	
363	361	BRUNO SEQUEIRA	M	34	01:05:15.85	01:04:58.35	
364	471	LIDIA BAILAO	F	48	01:05:16.05	01:04:49.16	SS CGD
365	194	RICARDO SANTOS	M	37	01:05:16.31	01:04:38.24	
366	472	PAULO BAILAO	M	46	01:05:17.03	01:04:50.14	SS CGD
367	174	NÂNCI F BÔTO	F	24	01:05:50.63	01:05:45.31	CORRER LISBOA
368	221	ANTONIO PINHO	M	64	01:05:56.43	01:05:49.28	AA LEBRES SADO
369	244	JESSICA RAMOS	F	24	01:06:12.28	01:06:03.40	
370	171	ANA CRUZ	F	36	01:06:15.17	01:05:52.82	
371	285	ARTUR DINIS	M	59	01:06:23.68	01:05:53.87	ALGYMNS
372	331	DAVID FERNANDES	M	35	01:06:26.63	01:06:09.83	
373	320	JOÃO RUSSO	M	38	01:06:26.79	01:06:09.11	
374	183	MARCO RAMOS	M	39	01:06:27.98	01:05:44.00	CCRVEC
375	427	MANUEL ESMAEL	M	59	01:06:48.43	01:06:39.35	
376	105	BRUNA PIMENTA	F	29	01:06:51.64	01:06:20.36	
377	138	JOSE MARQUES	M	41	01:06:59.98	01:06:20.87	
378	262	ISABEL GARCIA	F	50	01:07:00.25	01:06:57.49	
379	185	NUNO GALEGO	M	38	01:07:16.92	01:06:29.11	CCRVEC
380	184	CATARINA RAMOS	F	37	01:07:17.13	01:06:29.45	CCRVEC
381	281	ANA BARREIROS	F	34	01:07:41.74	01:07:20.09	
382	52	ANA CABRITA	F	39	01:08:03.31	01:07:39.64	
383	69	SONIA MARTINS	F	34	01:08:21.53	01:07:55.57	GRCD LEIAO
384	248	JOAQUIM CARDOSO	M	45	01:08:22.62	01:07:46.41	
385	255	RUI MELÃO	M	53	01:08:25.54	01:07:53.20	
386	419	MIGUEL SILVA	M	73	01:09:23.26	01:09:13.66	
387	397	CAMILA ROCHA	F	36	01:09:33.41	01:09:07.69	FONIX TEAM
388	181	PEDRO SANTOS	M	29	01:09:38.19	01:08:47.84	CCRVEC
389	37	JOÃO M C SOBRAL	M	25	01:09:50.81	01:09:20.67	SOBRAIS
390	172	LUCINDA REIS	F	65	01:09:55.12	01:09:27.57	AS PAPOILAS E OS MANJERICOS
391	348	PEDRO M S ARAÚJO	M	32	01:09:58.34	01:09:27.19	
392	313	PEDRO V A MARQUES	M	36	01:10:20.55	01:09:40.98	
393	307	RITA CARVALHINHO	F	42	01:10:26.17	01:10:20.16	CORRER LISBOA
394	414	LUIS HENRIQUES	M	53	01:10:32.71	01:09:59.10	
395	340	DELIA PEREIRA	F	38	01:11:17.25	01:11:07.34	3B-S

396	182	VERA PEREIRA	F	39	01:11:20.95	01:10:30.70	CCRVEC
397	500	INÉS OLIVEIRA	F	23	01:11:22.51	01:10:59.64	CORRER LISBOA
398	501	TIAGO VIEIRA	M	30	01:11:23.04	01:10:59.30	CORRER LISBOA
399	92	JOÃO PAULO	M	39	01:11:54.82	01:11:15.85	
400	91	ANA MONTEIRO	F	34	01:11:55.63	01:11:17.25	
401	128	ADALGISA DELGADO	F	31	01:12:02.70	01:11:32.76	FOXSTAR
402	486	MARCELO CALIXTO	M	35	01:12:46.27	01:12:18.83	
403	497	TANIA FERREIRA	F	28	01:12:51.84	01:12:18.01	
404	498	JOSÉ PEREIRA	M	41	01:12:53.09	01:12:28.41	
405	496	MARISA FELIZ	F	37	01:12:53.23	01:12:19.88	
406	323	BELMIRO PEREIRA	M	57	01:12:57.63	01:12:41.54	
407	506	ADRIANO ENCARNAÇÃO	M	28	01:13:34.45	01:13:01.00	
408	265	DANIELA ALMEIDA	F	22	01:13:49.38	01:13:30.37	
409	219	JOANA S M MOTA	F	31	01:13:49.90	01:13:17.58	
410	137	LUIS BRAZ	M	39	01:13:50.02	01:13:46.82	GRCD LEIAO
411	328	SONIA COELHO	F	48	01:14:02.26	01:13:49.37	
412	266	VITOR ALMEIDA	M	50	01:14:02.50	01:13:43.38	
413	327	TERESA MATA	F	54	01:14:03.34	01:13:49.97	
414	329	ROSA BRONCAS	F	44	01:14:03.39	01:13:50.49	
415	358	SILVIA M A SANTOS	F	33	01:14:27.92	01:14:07.14	
416	104	JOANA RODRIGUES	F	29	01:15:14.43	01:14:22.04	
417	280	ANTONIO FIGUEIREDO	M	59	01:15:15.14	01:15:01.53	
418	55	FILIPA BARREIROS	F	24	01:15:15.17	01:14:33.04	
419	412	MARINA AZEVEDO	F	50	01:17:00.86	01:16:38.40	
420	251	SANDRA GASPAR	F	34	01:18:17.95	01:18:02.65	
421	250	CARLOS SILVÉRIO	M	51	01:18:19.12	01:18:03.40	
422	71	FÁTIMA M ALMEIDA	F	57	01:18:21.65	01:18:11.97	
423	407	JOÃO PINA	M	30	01:18:59.74	01:18:01.61	
424	22	Mª GLÓRIA DIAS	F	60	01:19:55.26	01:16:55.01	
425	210	RICARDO PRATAS	M	42	01:20:51.64	01:20:22.25	LUSORUN
426	211	RITA CARVALHEIRO	F	37	01:20:52.26	01:20:21.87	LUSORUN
427	119	JOSÉ A A A DIAS	M	39	01:22:41.15	01:13:27.07	
428	289	CARLA MARQUES	F	29	01:24:08.72	01:23:44.01	TRILOGIA DE 5
429	288	JOÃO ABREU	M	34	01:24:08.83	01:23:43.52	TRILOGIA DE 5
430	291	MARISA FARÓFIAS	F	31	01:24:08.91	01:23:44.09	TRILOGIA DE 5
431	290	MÁRCIO RODRIGUES	M	30	01:24:09.89	01:23:43.45	TRILOGIA DE 5

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Total de registros: 431