

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	22	EDUARDO MBENGANI	M	25		00:31:31.62	00:31:31.62	SL BENFICA
2	1747	JOAO PEREIRA	M	20		00:31:32.10	00:31:30.97	MARATONA CP
3	1035	PEDRO ARSENIO	M	32		00:31:37.53	00:31:36.05	BEJA AC
4	1723	MIGUEL QUARESMA	M	33		00:32:07.96	00:32:07.96	INGLESES FC
5	1724	LUIS RAÇOES	M	40		00:32:15.00	00:32:15.00	INGLESES FC
6	1751	HUGO GANCHAS	M	20		00:32:57.52	00:32:57.52	SL BENFICA
7	1603	RAFAEL VERISSIMO	M	24		00:32:58.51	00:32:55.79	ADNO
8	1715	DAVID TAVARES	M	18		00:33:09.22	00:33:09.22	INGLESES FC
9	1714	RICARDO FERREIRA	M	18		00:33:19.79	00:33:19.79	INGLESES FC
10	1717	HUGO GIL	M	19		00:33:32.31	00:33:32.31	INGLESES FC
11	477	MARCO A S P MIGUEL	M	26		00:33:39.26	00:33:38.48	CDR RIBEIRINHO
12	1763	HUGO RODRIGUES	M	20		00:33:48.89	00:33:44.61	UA POVOENSE
13	1733	PAULO ANTONIO	M	49		00:33:58.10	00:33:58.10	INGLESES FC
14	978	PAULO GUIMARAES	M	39		00:34:16.77	00:34:16.72	AMINHACORRIDA
15	560	VANDERLEY SILVA	M	23		00:34:26.73	00:34:24.21	GD CHELAS
16	1602	EDGAR SEMEDO	M	30		00:34:32.49	00:34:31.32	ADL APELACONENSES
17	1762	GONÇALO CLAUDIO	M	21		00:34:33.55	00:34:29.12	UA POVOENSE
18	324	RODRIGO G N GREGÓRIO	M	34		00:34:36.31	00:34:32.23	GO!RUNNERS
19	1761	FILIPE FRAQUEIRO	M	22		00:35:25.70	00:35:25.70	UA POVOENSE
20	1688	JOAO GINJA	M	51		00:35:29.64	00:35:26.68	CF OS BELENENSES
21	1720	DAVID VILAS	M	20		00:35:34.54	00:35:34.54	INGLESES FC
22	669	BRUNO CARVALHO	M	37		00:35:37.81	00:35:35.60	FCR ROSSÃO
23	1770	PAULO ALBINO	M	39		00:35:40.22	00:35:40.22	UA POVOENSE
24	1649	CARLOS CORREIA	M	42		00:35:40.57	00:35:40.57	C BENFICA TORRES VEDRAS
25	1744	SUSANA CUNHA	F	28		00:35:52.71	00:35:50.75	LINDA PASTORA SC
26	1743	JOSE C CAMACHO	M	30		00:35:53.94	00:35:53.94	LINDA PASTORA SC
27	1657	LUIS GOMES	M	48		00:35:55.13	00:35:52.82	C BENFICA TORRES VEDRAS
28	1652	NELSON SANTOS	M	42		00:36:03.19	00:36:01.69	C BENFICA TORRES VEDRAS
29	382	ANTONIO BRANCO	M	52		00:36:05.62	00:36:05.62	NA PENTEADO
30	732	PAULO PINHEIRO	M	39		00:36:08.04	00:36:07.32	CUA BENAVENTENSE
31	558	PAULO J C SILVA	M	44		00:36:39.28	00:36:35.47	NAZ ABOBODA
32	1731	ALBERTO CHAIÇA	M	43		00:36:44.75	00:36:42.89	INGLESES FC
33	1732	EUSEBIO ROSA	M	48		00:36:45.35	00:36:43.63	INGLESES FC
34	1771	PAULO ARRENEGA	M	50		00:36:59.22	00:36:55.87	UA POVOENSE
35	1725	NUNO ALVES	M	41		00:37:11.01	00:37:10.56	INGLESES FC

36	1729	JOSE FERREIRA	M	43	00:37:11.03	00:37:10.36	INGLESES FC
37	1727	MARCO GOMES	M	42	00:37:15.29	00:37:08.98	INGLESES FC
38	175	JOÃO MACIEL	M	35	00:37:19.34	00:37:19.34	
39	1206	HEITOR CARDOSO	M	52	00:37:31.16	00:37:26.05	CORRER LISBOA
40	1663	AIRES PRATAS	M	61	00:37:36.50	00:37:33.72	CA ODIMARQ
41	1730	DOMINGOS CARNEIRO	M	43	00:37:40.89	00:37:40.89	INGLESES FC
42	1690	RICARDO DAMIAO	M	40	00:37:43.12	00:37:32.55	CF OS BELENENSES
43	1676	PEDRO GUIMARAES	M	36	00:37:51.54	00:37:47.69	CDUL
44	1124	LUIS M S BAÇO	M	41	00:37:52.63	00:37:47.79	
45	1153	PEDRO PIMENTEL	M	43	00:37:53.62	00:37:50.98	SS CGD
46	1767	JOSE FERREIRA	M	37	00:37:53.74	00:37:53.74	UA POVOENSE
47	433	NUNO M LOPES	M	40	00:37:55.18	00:37:49.74	CCD-AT
48	1239	JOAO RAMOS	M	50	00:38:01.65	00:37:57.13	INGLESES FC
49	1721	JOAO FREIRE	M	23	00:38:01.88	00:38:00.51	INGLESES FC
50	135	PAULO N J SEQUEIRA	M	38	00:38:04.10	00:38:04.10	AMIGOS DOS LOBOS
51	216	PAULO SILVESTRE	M	44	00:38:06.82	00:38:02.69	
52	1348	MIGUEL RUIVO	M	27	00:38:07.85	00:38:03.17	ADL APELAÇONENSES
53	137	JOÃO P MAIA	M	54	00:38:10.44	00:38:10.44	FALCÕES SELVAGENS
54	1245	PAULO RAMOS	M	54	00:38:13.33	00:38:13.30	INGLESES FC
55	1236	JOAQUIM MACHADO	M	45	00:38:13.48	00:38:13.44	INGLESES FC
56	877	JOÃO P C VIEIRA	M	22	00:38:23.66	00:38:14.66	
57	731	JOSÉ PIRES	M	40	00:38:32.67	00:38:31.90	CUA BENAVENTENSE
58	1754	ALEXANDRE MONTEIRO	M	50	00:38:35.85	00:38:14.17	UA POVOENSE
59	1704	VITOR SANTOS	M	42	00:38:36.05	00:38:36.05	CF OS BELENENSES
60	485	TIAGO N F R SILVA	M	37	00:38:36.41	00:38:21.93	
61	24	VANESSA FERNANDES	F	25	00:38:36.57	00:38:36.57	SL BENFICA
62	1108	JOSÉ BAPTISTA	M	30	00:38:38.53	00:38:29.61	
63	681	LUÍS BRITO	M	41	00:38:43.05	00:38:41.40	CA VALE FIGUEIRA
64	1176	SERGIO M F SANTOS	M	48	00:38:44.59	00:38:42.55	
65	1234	BERNARDINO SOARES	M	43	00:38:45.67	00:38:33.01	INGLESES FC
66	1227	ALCINDO NEVES	M	31	00:38:45.94	00:38:45.89	INGLESES FC
67	976	JORGE AMARAL	M	48	00:38:46.13	00:38:42.89	AMINHACORRIDA
68	1675	JOAO PATEIRA	M	38	00:38:48.36	00:38:43.94	CDUL
69	384	PEDRO CEROL	M	32	00:38:49.20	00:38:39.78	
70	945	TIAGO POVOA	M	27	00:38:50.28	00:38:47.65	A VALE SILENCIO
71	1660	LUIS REBELO	M	52	00:38:54.96	00:38:54.96	C BENFICA TORRES VEDRAS

72	1777	RICARDO PITA	M	36	00:38:57.91	00:38:55.31	CM LISBOA
73	1673	RITA MINEIRO	F	19	00:38:58.68	00:38:58.68	CDUL
74	1642	GUILHERME AFONSO	M	21	00:39:02.42	00:39:02.42	C BENFICA TORRES VEDRAS
75	1719	BERNARDO PEREIRA	M	19	00:39:07.10	00:39:06.33	INGLESES FC
76	1187	INACIO SERRAZINA	M	57	00:39:07.88	00:39:02.51	CRP RIBAFRIA
77	883	JOAO FERREIRA	M	38	00:39:08.86	00:39:00.10	CÂMARA L CLUBE
78	1645	FABIO FERREIRA	M	26	00:39:10.52	00:39:07.15	C BENFICA TORRES VEDRAS
79	814	JOSÉ R O FALÉ	M	35	00:39:11.90	00:39:11.90	CLUBE OGMA
80	1062	MÁRIO R TORDODIAS	M	39	00:39:12.33	00:39:09.07	THOUGHTRAIL ALENQUER
81	1745	HUMBERTO VIAIS	M	53	00:39:12.73	00:39:07.50	LINDA PASTORA SC
82	1018	GUILHERME HORA	M	42	00:39:14.85	00:39:13.38	EPAL
83	195	TIAGO CORREIA	M	24	00:39:20.26	00:39:03.11	GD ÁGUIAS MOITA
84	820	MIGUEL SANTOS	M	45	00:39:21.57	00:39:03.32	
85	191	CARLOS M A CAETANO	M	43	00:39:39.38	00:39:34.79	
86	1383	NUNO TINTIM	M	40	00:39:46.79	00:39:30.00	AMCR FONTE GRADA
87	1182	ALBERTO RODRIGUES	M	56	00:39:54.35	00:39:48.12	
88	646	FERNANDO CANDEIAS	M	45	00:39:58.10	00:39:55.63	SS CGD
89	1728	HELIO MARQUES	M	42	00:40:04.60	00:39:59.38	INGLESES FC
90	1328	ARLINDO PAIXAO	M	53	00:40:05.56	00:40:02.46	
91	782	MIGUEL R REIS	M	18	00:40:11.75	00:39:55.52	ESTÓNIA
92	1769	MONICA VIEIRA	F	41	00:40:13.24	00:40:09.64	UA POVOENSE
93	1310	NUNO ALMODOVATE	M	48	00:40:13.40	00:39:51.02	
94	1079	MÁRIO RAIMUNDO	M	35	00:40:13.80	00:40:04.99	
95	1029	NUNO M P SANTOS	M	38	00:40:13.84	00:39:44.65	CLUBE VODAFONE
96	343	DAVID V GONÇALVES	M	33	00:40:15.82	00:39:46.56	
97	559	SÉRGIO MORGADO	M	43	00:40:16.18	00:40:11.38	SALAMANDRECOS
98	1619	LUIS OLIVEIRA	M	46	00:40:18.74	00:40:15.32	C BENFICA ALG M MARTINS
99	1225	PEDRO MOREIRA	M	19	00:40:20.38	00:40:18.80	INGLESES FC
100	181	ANTÓNIO NUNES	M	44	00:40:20.78	00:40:07.22	CP RTP
101	930	GIL XAVIER ALVES	M	40	00:40:24.30	00:40:18.90	UNIDOS DA MANUTENÇÃO
102	1664	LUIS VIEIRA	M	46	00:40:26.11	00:40:22.38	CA VALE FIGUEIRA
103	431	JOÃO BARATA	M	46	00:40:26.96	00:40:24.71	
104	670	ANTONIO SILVA	M	56	00:40:34.89	00:40:34.89	FCR ROSSÃO
105	1686	JOAO JORGE	M	22	00:40:37.78	00:40:34.54	CF OS BELENENSES
106	1765	JOAO AFONSO	M	59	00:40:41.83	00:40:22.90	UA POVOENSE
107	1143	NELSON PEREIRA	M	40	00:40:45.76	00:40:08.34	GAREHOTELRUNNING

108	889	JOÃO VALHELHAS	M	45	00:40:49.93	00:40:41.79	CÂMARA L CLUBE
109	1613	JOSE PIÇARRA	M	60	00:40:59.30	00:40:54.50	C BENFICA ALG M MARTINS
110	1641	JOAO CALDEIRA	M	50	00:41:10.92	00:41:07.55	C BENFICA TORRES VEDRAS
111	1386	PAULO LOPES	M	45	00:41:13.50	00:41:13.50	GRD RIBEIRA DA LAGE
112	1726	RUI PAREDES	M	41	00:41:16.07	00:41:09.82	INGLESES FC
113	1612	VITOR SILVA	M	50	00:41:17.28	00:40:39.10	C BENFICA ALG M MARTINS
114	1697	CARLOS FORTUNATO	M	56	00:41:19.11	00:41:17.15	CF OS BELENENSES
115	952	JORGE JANUARIO	M	40	00:41:20.40	00:41:20.40	A VALE SILENCIO
116	221	RICARDO CORREIA	M	38	00:41:21.22	00:41:15.11	CAPTAIN FLY
117	1772	JOAO RICARDO	M	33	00:41:25.87	00:41:25.87	UA POVOENSE
118	900	FABIO CRUZ	M	31	00:41:26.40	00:41:26.40	LFC RUNNING
119	1737	BEATRIZ SANGUINO	F	18	00:41:26.50	00:41:20.96	INGLESES FC
120	455	TIAGO COSTA	M	37	00:41:30.13	00:40:58.72	WIKABOO
121	713	ÁLVARO SILVA	M	34	00:41:34.15	00:41:20.35	
122	1755	ANA MACEDO	F	44	00:41:35.82	00:41:35.82	UA POVOENSE
123	1102	VÍTOR NOVAIS	M	41	00:41:36.02	00:40:41.00	GAA VF XIRA
124	792	CARLOS MONTEIRO	M	56	00:41:40.92	00:41:35.01	GD SAO DOMINGOS
125	1378	ALEXANDRE TREMOSEIRO	M	40	00:41:42.73	00:41:42.73	JF OLIVAIS
126	616	ROGERIO ARAUJO	M	52	00:41:43.00	00:41:30.28	C MILLENNIUM BCP
127	899	ARTUR VALENTIM	M	40	00:41:44.37	00:41:35.97	
128	610	ANDRE D GONCALVES	M	20	00:41:44.83	00:41:21.53	C MILLENNIUM BCP
129	1678	ALEXANDRE ILDEFONSO	M	18	00:41:46.36	00:41:45.16	CDUL
130	438	JOAQUIM A FIGUEIREDO	M	59	00:41:46.39	00:41:40.20	CDR RIBEIRINHO
131	1610	JOAO AFONSO	M	47	00:41:50.27	00:41:11.14	C BENFICA ALG M MARTINS
132	1748	DUARTE MELAO	M	18	00:41:54.86	00:41:53.92	MARATONA CP
133	1627	TIAGO JORGE	M	31	00:42:00.31	00:41:58.72	C BENFICA ALG M MARTINS
134	1734	PATRICIA ROMAO	F	18	00:42:01.41	00:41:54.80	INGLESES FC
135	770	BRUNO FRANCISCO	M	33	00:42:02.98	00:41:28.50	AMIGOS DO FRANCISCO
136	1235	LUIS AIRES	M	45	00:42:05.32	00:42:05.32	INGLESES FC
137	1643	DIOGO JACINTO	M	22	00:42:14.03	00:42:05.13	C BENFICA TORRES VEDRAS
138	1075	WILSON FERNANDES	M	30	00:42:14.72	00:41:56.43	OS ECONÓMICOS
139	655	PAULO PIRES	M	51	00:42:15.16	00:41:54.66	SS CGD
140	234	JOAO GONCALVES	M	44	00:42:17.41	00:42:11.74	
141	92	JOSÉ SANTOS	M	47	00:42:17.91	00:41:56.10	CCDT METRO LX
142	1614	HUGO BORGES	M	34	00:42:22.06	00:41:49.57	C BENFICA ALG M MARTINS
143	1628	PEDRO CARRASQUEIRA	M	36	00:42:22.32	00:41:50.02	C BENFICA ALG M MARTINS

144	1750	RUI MERUJO	M	57	00:42:27.64	00:42:09.65	SCU TORREENSE
145	843	DIOGO SOUSA	M	29	00:42:30.38	00:42:30.38	GO!RUNNERS
146	482	ALEXANDRE LEAL	M	40	00:42:30.47	00:42:18.66	CARAPPAUS DE CORRIDA
147	1656	JOAO P SANTOS	M	45	00:42:32.77	00:42:29.26	C BENFICA TORRES VEDRAS
148	167	JOSE L GONÇALVES	M	41	00:42:35.78	00:42:25.83	PENICHE A CORRER
149	349	MIGUEL SILVA	M	20	00:42:37.85	00:42:18.42	OS ZATOPEQUES
150	1712	JOSE SERRA	M	53	00:42:39.44	00:42:33.68	GD CHELAS
151	206	PAULO S C ALVES	M	46	00:42:42.90	00:42:34.61	JAVALI DA ARRABIDA
152	570	FERNANDO PAULO	M	63	00:42:44.20	00:42:41.41	GD CHELAS
153	393	DANIEL AZEITEIRO	M	29	00:42:45.38	00:42:45.38	PEACE-UDOS
154	613	PEDRO M QUARESMA	M	50	00:42:45.51	00:42:45.51	C MILLENNIUM BCP
155	1384	HELDER BATISTA	M	46	00:42:45.58	00:42:27.03	
156	1132	EDGAR AMORIM	M	41	00:42:52.76	00:42:40.46	
157	288	JOSÉ MONTEIRO	M	59	00:42:59.53	00:42:50.55	
158	801	ANDRÉ PATRÍCIO	M	25	00:43:00.36	00:41:33.85	GALP RUNNERS
159	762	NUNO M R C CARVALHINHO	M	42	00:43:02.61	00:42:40.28	
160	1217	LUÍS M A LOUREIRO	M	31	00:43:03.38	00:41:55.30	
161	253	MIGUEL ROCHA	M	45	00:43:05.84	00:42:59.20	
162	954	ANDRÉ SANTOS	M	40	00:43:09.27	00:43:09.27	A VALE SILENCIO
163	1738	PATRICIA FERREIRA	F	18	00:43:09.64	00:43:09.64	INGLESES FC
164	902	HUGO F E CARAGO	M	43	00:43:11.90	00:42:59.73	CARAPPAUS DE CORRIDA
165	796	HERLANDER MARTINS	M	60	00:43:11.96	00:42:47.94	GD SAO DOMINGOS
166	818	CARLOS ROSADO	M	48	00:43:12.25	00:43:12.25	C RUGBY JUROMENHA
167	1768	MARISA COSTA	F	37	00:43:12.90	00:43:12.90	UA POVOENSE
168	472	ANTÓNIO MACHADO	M	46	00:43:13.18	00:42:53.69	
169	1683	ISABELA SHIN	F	36	00:43:15.23	00:43:13.21	CF OS BELENENSES
170	522	MARIO LOURENÇO	M	51	00:43:16.01	00:42:58.00	C PRAÇAS ARMADA
171	464	ANTONIO ALMEIDA	M	46	00:43:20.61	00:43:20.61	
172	781	ANTONIO GONÇALVES	M	51	00:43:21.10	00:43:21.10	CA VALE FIGUEIRA
173	844	RUI FILIPE	M	51	00:43:21.22	00:42:52.70	OS ZATOPEQUES
174	1655	MIGUEL CARMO	M	45	00:43:22.43	00:43:19.10	C BENFICA TORRES VEDRAS
175	1679	SANDRA BARROS	F	45	00:43:23.69	00:43:20.54	CF OS BELENENSES
176	1669	PAULO SANTOS	M	51	00:43:28.41	00:43:26.46	CAMARA L CLUBE
177	194	LUIS MARIANO	M	54	00:43:29.75	00:43:18.43	GD ÁGUIAS MOITA
178	450	SÉRGIO NUNES	M	42	00:43:29.99	00:43:19.12	CARAPPAUS DE CORRIDA
179	1023	ANTÓNIO INÁCIO	M	60	00:43:31.20	00:43:26.60	GDRC PONTERROLENSE

180	1281	SANDRO SILVA	M	37	00:43:31.52	00:43:31.52	
181	1611	ANTONIO COELHO	M	60	00:43:32.57	00:43:28.24	C BENFICA ALG M MARTINS
182	449	LUIS MARQUES	M	41	00:43:34.07	00:43:27.75	
183	941	LUÍS FERREIRA	M	47	00:43:34.95	00:43:34.95	A VALE SILENCIO
184	537	JOSE DIAS	M	55	00:43:35.72	00:43:15.31	GD CHELAS
185	1654	JOAO MIRANDA	M	46	00:43:36.78	00:43:36.78	C BENFICA TORRES VEDRAS
186	499	MANUEL TAVARES	M	58	00:43:37.63	00:43:19.47	RUN PIRILAMPO
187	1651	ELISABETE GOMES	F	44	00:43:38.23	00:43:38.23	C BENFICA TORRES VEDRAS
188	1648	NELSON MOREIRA	M	38	00:43:40.23	00:43:16.64	C BENFICA TORRES VEDRAS
189	1692	PEDRO REIS	M	44	00:43:40.25	00:43:26.45	CF OS BELENENSES
190	544	RUI CAETANO	M	49	00:43:43.92	00:43:38.85	GD CHELAS
191	538	TIAGO FARINHA	M	34	00:43:44.28	00:42:46.30	GD CHELAS
192	1776	CARLOS PEDRO	M	45	00:43:44.64	00:43:38.55	LINDA PASTORA SC
193	1696	APOLO PEREIRA	M	47	00:43:46.19	00:43:05.42	CF OS BELENENSES
194	957	RICARDO CAMPOS	M	41	00:43:48.31	00:42:55.82	CCD-AT
195	434	CARLOS PIRES	M	45	00:43:49.76	00:43:33.38	URCA
196	214	MIGUEL SILVA	M	20	00:43:50.66	00:43:50.66	
197	1736	CAROLINA CAROÇO	F	18	00:43:50.74	00:43:45.70	INGLESES FC
198	821	MARCO CARDOSO	M	30	00:43:51.24	00:43:48.63	
199	323	RUI BOLOTA	M	44	00:43:52.61	00:43:47.91	
200	869	ANTÓNIO J L MARTINS	M	50	00:43:53.29	00:43:39.31	NAV RUNNERS
201	83	LUIS MARTINS	M	50	00:43:54.66	00:43:42.94	REST CARLA
202	90	NUNO A PITA	M	41	00:43:55.23	00:43:32.44	CCDT METRO LX
203	830	INES F G V ALMEIDA	F	32	00:43:55.57	00:43:48.14	CP CORROIOS
204	1687	INOCENCIO AMORIM	M	38	00:43:55.75	00:43:51.67	CF OS BELENENSES
205	86	CARLOS NELSON	M	55	00:43:56.16	00:43:33.40	CCDT METRO LX
206	842	MANUEL MENDONÇA	M	36	00:43:57.74	00:42:52.18	
207	1232	LUIS FERNANDES	M	42	00:44:00.35	00:43:58.70	INGLESES FC
208	546	JOÃO BRONZE	M	39	00:44:02.17	00:43:47.07	
209	541	ORLANDO BARBOSA	M	59	00:44:02.47	00:43:59.08	GD CHELAS
210	353	PAULO BASÍLIO	M	49	00:44:04.84	00:43:48.44	OS ZATOPEQUES
211	224	JOAO CAIRES	M	49	00:44:05.36	00:43:48.52	ND AUTOCOOPE
212	898	NUNO VENANCIO	M	40	00:44:08.26	00:43:58.69	
213	196	MAURO PIMENTA	M	40	00:44:08.26	00:44:08.26	
214	235	HELDER VALADAS	M	36	00:44:10.10	00:43:36.14	OS PERIGOSOS
215	217	MARTA M S ANDRADE	F	41	00:44:10.75	00:43:53.26	PORTUGAL TALENTUS

216	975	CARLOS LOPES	M	42	00:44:11.18	00:43:59.44	AMINHACORRIDA
217	160	JOSÉ CARLOS	M	54	00:44:11.38	00:44:02.27	NA PAPAGAIOS CASCAIS
218	530	PEDRO FERREIRA	M	40	00:44:14.70	00:43:59.70	
219	496	JOSÉ DIOGO	M	34	00:44:16.88	00:44:02.32	URBAN RUN TEAM
220	487	ANTÓNIO CARDOSO	M	49	00:44:18.24	00:44:01.98	URBAN RUN TEAM
221	1756	CARLOS FELICIO	M	45	00:44:20.47	00:43:56.02	UA POVOENSE
222	1668	JOSE BOTELHO	M	49	00:44:21.01	00:44:18.70	CAMARA L CLUBE
223	328	ANTONIO CUMBRE	M	37	00:44:21.01	00:43:20.47	
224	1718	VASCO DUARTE	M	19	00:44:21.81	00:44:20.56	INGLESES FC
225	1013	MIGUEL RAMOS	M	36	00:44:22.35	00:44:22.35	AMCR FONTE GRADA
226	620	OSCAR MARQUES	M	63	00:44:23.41	00:44:23.41	C MILLENNIUM BCP
227	264	RUI LACERDA	M	44	00:44:24.39	00:44:09.39	GRCD LEIÃO
228	265	ANA FRUTUOSO	F	42	00:44:24.53	00:44:09.15	GRCD LEIÃO
229	1633	JOAQUIM SILVA	M	44	00:44:24.89	00:43:50.33	C BENFICA ALG M MARTINS
230	498	MÁRCIO AZEVEDO	M	31	00:44:26.80	00:44:26.80	N ÁRBITROS TORRES VEDRAS
231	463	JOÃO P F SILVA	M	46	00:44:27.84	00:44:15.11	TURRES TRAIL TEAM
232	564	EDUARDO RODRIGUES	M	57	00:44:29.19	00:44:08.78	GD CHELAS
233	342	FERNANDO FARIA	M	36	00:44:30.41	00:44:30.41	
234	1061	HUGO CALDEIRA	M	39	00:44:31.43	00:44:20.51	
235	709	RAUL J GODINHO	M	51	00:44:37.60	00:44:25.28	OS OURIQUIENSES
236	1050	Mª JOAO SALGADO	F	46	00:44:38.10	00:44:38.10	
237	1775	JOSE CONCEICAO	M	70	00:44:40.38	00:44:38.78	LINDA PASTORA SC
238	858	LUIS ALVES	M	47	00:44:41.43	00:44:41.43	EVELX - ASS ESTILOS VIDA SAUDÁVEL
239	289	MÁRIO SEABRA	M	44	00:44:41.79	00:44:14.90	GR JANZ E ASSOCIADOS
240	595	NUNO M P RICARDO	M	38	00:44:44.25	00:44:27.73	
241	378	ANTONIO REBELO	M	45	00:44:51.36	00:44:51.36	
242	48	SÉRGIO MANSO	M	32	00:44:52.41	00:44:42.85	
243	133	RICARDO MARTINS	M	31	00:44:53.15	00:44:40.36	
244	111	NUNO GONÇALO	M	33	00:44:53.51	00:44:41.85	CARAPAUS DE CORRIDA
245	1622	JOSE INOCENCIO	M	64	00:44:54.65	00:44:42.52	C BENFICA ALG M MARTINS
246	445	JOSÉ BERNARDO	M	48	00:44:55.26	00:44:25.59	GA MONSANTO/GASCAN
247	1087	LUIS LOPES	M	47	00:44:55.58	00:44:42.28	A VALE SILENCIO
248	348	EDUARDO SILVA	M	24	00:44:57.03	00:44:57.03	OS ZATOPEQUES
249	1766	JORGE FREITAS	M	57	00:44:57.11	00:44:52.81	UA POVOENSE
250	402	Mª JOÃO MADEIRA	F	46	00:44:58.89	00:44:49.51	ADCR PJ
251	905	VASCO COELHO	M	41	00:44:59.05	00:44:34.59	CARACOIS DE CORRIDA

252	1142	PAULO TORRES	M	40	00:44:59.06	00:44:21.03	GAREHOTELRUNNING
253	810	JOSÉ BADALO	M	51	00:44:59.28	00:44:59.28	ADCSA BALDIO
254	117	BRUNO PEREIRA	M	40	00:44:59.84	00:44:14.66	GRUPETA RUNNING TEAM
255	226	SERGIO BORGES	M	44	00:45:01.20	00:44:50.64	ND AUTOCOOPE
256	1001	JOSÉ MAIO	M	53	00:45:01.86	00:45:01.86	CD ARNEIRO
257	1379	LUIS CARVALHO	M	28	00:45:02.34	00:45:02.34	JF OLIVAIS
258	984	JOAO P SIMOES	M	35	00:45:04.02	00:44:27.17	
259	829	JOSÉ V ALMEIDA	M	67	00:45:05.46	00:44:56.80	CP CORROIOS
260	609	JOAO C GONCALVES	M	49	00:45:06.62	00:44:42.70	C MILLENNIUM BCP
261	1186	GONÇALO FRAGOSO	M	32	00:45:07.18	00:44:29.65	CCD CASA PIA
262	1032	JOSÉ C N RAMOS	M	41	00:45:07.21	00:44:21.76	EXPLICOLÂNDIA
263	80	ANTÓNIO ALMEIDA	M	45	00:45:08.31	00:43:40.98	
264	1064	TIAGO SOUSA	M	34	00:45:11.32	00:45:06.47	GO!RUNNERS
265	192	EDUARDO LUÍS	M	38	00:45:11.79	00:45:11.79	ATÓMICOS
266	1752	ALEXANDRA PIRES	F	26	00:45:13.85	00:45:06.65	UA POVOENSE
267	521	HORACIO OLIVEIRA	M	42	00:45:15.96	00:44:39.57	C PRAÇAS ARMADA
268	1665	CONCEICAO PEREIRA	F	55	00:45:20.59	00:45:19.09	CA VALE FIGUEIRA
269	1385	RUI L MARQUES	M	39	00:45:21.17	00:45:21.17	
270	1340	RICARDO COELHO	M	27	00:45:22.35	00:45:04.66	
271	435	DEOLINDO ANDRÉ	M	56	00:45:23.48	00:45:02.17	URCA
272	178	JOÃO PIMENTEL	M	35	00:45:24.79	00:45:16.39	
273	1677	FREDERICO LAZARO	M	37	00:45:26.10	00:44:50.39	CDUL
274	756	TIAGO PINTO	M	38	00:45:26.57	00:45:20.82	
275	78	JOÃO PARADINHA	M	43	00:45:28.27	00:44:50.98	
276	418	JOSÉ SARAIVA	M	48	00:45:28.88	00:45:21.88	
277	436	PEDRO FONSECA	M	26	00:45:30.11	00:45:16.68	
278	428	JORGE NUNES	M	50	00:45:30.19	00:44:32.81	
279	689	JOAQUIM SILVA	M	48	00:45:30.91	00:45:06.68	ADCR PJ
280	763	JOSÉ A PEREIRA	M	47	00:45:32.23	00:44:47.23	
281	964	LUIS D SANTOS	M	49	00:45:35.03	00:45:07.21	
282	1037	LUIS RAMOS	M	37	00:45:36.61	00:45:22.84	ESTRELAS DE LISBOA
283	313	PEDRO XAVIER	M	44	00:45:37.77	00:45:01.69	GD SANTANDER TOTTA
284	1067	RAUL SANTOS	M	59	00:45:38.33	00:45:29.05	FF PAZ MUNDIAL
285	252	HUGO F S V HILÁRIO	M	38	00:45:40.25	00:45:27.90	TREVO-MEDICINA DESPORTIVA
286	562	CARLOS RODRIGUES	M	44	00:45:41.08	00:45:20.17	GD CHELAS
287	439	HUGO OLIVEIRA	M	40	00:45:41.36	00:45:08.49	

288	794	JOÃO SILVA	M	57	00:45:41.88	00:45:34.30	GD SAO DOMINGOS
289	671	CARLOS MACHADO	M	47	00:45:46.19	00:45:33.13	FCR ROSSÃO
290	1617	CARLOS OLEASTRO	M	53	00:45:47.09	00:45:47.09	C BENFICA ALG M MARTINS
291	37	EDUARDO RIBEIRO	M	32	00:45:47.15	00:45:47.15	
292	386	JOSÉ LOPES	M	50	00:45:51.29	00:45:42.49	
293	876	SERGIO M C OLIVEIRA	M	41	00:45:52.33	00:45:52.33	
294	483	PAULO J A G NUNES	M	44	00:45:53.61	00:44:55.98	
295	527	SÉRGIO PIRES	M	41	00:45:54.17	00:45:54.17	
296	867	ANGELO F CANETO	M	26	00:45:54.55	00:45:45.33	
297	1258	ANASTACIO NETO	M	42	00:45:58.65	00:45:18.48	C NOT PARQUE NACOES
298	592	ANDRÉ MORGADO	M	32	00:45:59.28	00:45:51.07	
299	580	ANTÓNIO REIS	M	41	00:46:01.25	00:45:49.86	WWW.RIOMAGICDELUXE.COM
300	503	TIAGO A SILVA	M	36	00:46:01.43	00:44:56.98	
301	1113	MIGUEL RAMALHO	M	33	00:46:02.83	00:46:02.83	VALADARES
302	516	ALEXANDRE COSTA	M	40	00:46:03.02	00:45:36.59	CLUBE VODAFONE
303	962	RICARDO FRANCO	M	31	00:46:03.23	00:45:46.97	C TRIATLO DO FUNDÃO
304	1115	GONÇALO LAGOS	M	29	00:46:04.47	00:45:24.75	VALADARES
305	1662	DANIEL SILVA	M	56	00:46:04.82	00:45:29.33	CA ODIMARQ
306	34	FREDERICO FERNANDES	M	40	00:46:05.51	00:46:05.51	QUINTA PARAMOS - ATLETISMO
307	1758	CELINA RODRIGUES	F	27	00:46:05.97	00:45:18.06	UA POVOENSE
308	1335	NELSON M SANTOS	M	36	00:46:07.56	00:45:39.90	
309	1749	ROSALIA SALDANHA	F	43	00:46:09.18	00:46:03.50	SCU TORREENSE
310	59	MARCO FRANCISCO	M	33	00:46:09.40	00:46:03.08	SCUT
311	149	FERNANDO CARREIRO	M	55	00:46:11.08	00:46:07.25	
312	1040	NUNO LOPES	M	42	00:46:12.03	00:45:39.06	ESTRELAS DE LISBOA
313	1151	JOÃO BRAZ	M	30	00:46:12.91	00:45:49.79	
314	282	LUIS M FERREIRA	M	49	00:46:12.94	00:45:59.70	RUN 4 FUN
315	357	ALBERTO DOMINGUES	M	44	00:46:14.82	00:45:39.41	JATAPANHO
316	140	BRUNO SILVA	M	36	00:46:15.05	00:46:15.05	BIFANAS CORRIDA
317	1705	ANA E D L VIEIRA	F	41	00:46:17.34	00:46:13.86	EVELX - ASS ESTILOS VIDA SAUDÁVEL
318	611	VIRGILIO COSTA	M	46	00:46:17.62	00:46:17.62	C MILLENNIUM BCP
319	523	JOSÉ MATOS	M	48	00:46:18.17	00:46:02.56	C PRAÇAS ARMADA
320	768	CARLOS VIDAIS	M	43	00:46:19.52	00:46:19.52	ATLETICO VIA RARA
321	39	PEDRO FERRAZ	M	40	00:46:21.96	00:45:45.96	BJWHF
322	1167	MARIO J MARQUES	M	56	00:46:22.04	00:46:15.75	
323	1233	FRANCISCO PESSOA	M	43	00:46:22.24	00:46:11.26	INGLESES FC

324	1250	LEONEL SELEIRO	M	59	00:46:22.46	00:46:11.89	INGLESES FC
325	40	HUGO BRÁS	M	36	00:46:23.04	00:45:46.25	BJWHF
326	999	PEDRO BUENO	M	48	00:46:23.09	00:46:15.29	CD ARNEIRO
327	532	RICARDO S GARCIA	M	42	00:46:24.98	00:46:24.98	
328	1691	JOSE LEMOS	M	54	00:46:25.32	00:46:12.84	CF OS BELENENSES
329	377	FERNANDO CELESTINO	M	58	00:46:27.18	00:46:09.14	AÇOREANA
330	1634	LUIZ FERRAO	M	64	00:46:29.00	00:46:21.00	C BENFICA ALG M MARTINS
331	1069	JOAO P VEIGA	M	28	00:46:29.31	00:45:52.19	CORRER LISBOA
332	777	JOÃO RAMOS	M	32	00:46:31.04	00:46:07.68	BLOCK CONTROL
333	846	BRUNO MARTINS	M	39	00:46:32.28	00:46:25.52	
334	1183	PAULO PALMA	M	53	00:46:34.06	00:46:28.26	
335	1150	GONÇALO MEXIA	M	28	00:46:35.01	00:45:38.80	PERNAS DE GAFANHOTO
336	294	PEDRO PALHA	M	30	00:46:35.46	00:45:23.02	GD SANTANDER TOTTA
337	1382	ATLETA NÃO CADASTRADO	M	0	00:46:36.52	00:46:07.89	
338	1118	PEDRO SANTOS	M	40	00:46:37.16	00:46:08.81	
339	1361	ROGERIO SANTOS	M	40	00:46:37.93	00:45:47.15	GO FIT OLIVAIS
340	1175	LUIS CORREIA	M	31	00:46:40.40	00:46:40.40	
341	1093	HELIA SANTOS	F	32	00:46:42.77	00:46:24.74	
342	107	RODRIGO MARIANO	M	39	00:46:45.09	00:46:07.08	
343	102	MARIO RODRIGUES	M	42	00:46:45.64	00:45:56.77	
344	772	JOÃO GAMA	M	41	00:46:46.47	00:46:10.86	AMIGOS DO FRANCISCO
345	1226	GONÇALO PIRROLAS	M	20	00:46:47.17	00:46:47.17	INGLESES FC
346	168	VITOR MANSO	M	54	00:46:47.71	00:46:38.04	PENICHE A CORRER
347	1160	MARCO GUIA	M	39	00:46:48.06	00:46:19.21	
348	1117	LUIS SILVESTRE	M	39	00:46:49.35	00:46:14.94	COININHA RUNNERS
349	860	RICARDO SOEIRO	M	39	00:46:51.02	00:46:31.08	
350	1702	JOSE FIGUEIREDO	M	64	00:46:51.33	00:46:40.69	CF OS BELENENSES
351	1010	EDUARDO TELES	M	43	00:46:51.69	00:46:34.55	AMCR FONTE GRADA
352	1103	ANTÓNIO RIBEIRO	M	55	00:46:52.37	00:45:55.91	GAA VF XIRA
353	907	JOÃO PEREIRA	M	49	00:46:52.41	00:45:46.38	MULTIRUNNERS
354	1214	CARLOS H S PINTO	M	27	00:46:52.97	00:45:43.92	
355	422	FERNANDO COSTA	M	40	00:46:53.26	00:46:44.32	
356	906	PAULO RANA	M	52	00:46:53.46	00:46:34.59	
357	1109	ROGÉRIO CARREIRO	M	55	00:46:54.60	00:46:32.27	
358	534	JOAQUIM AZEVEDO	M	52	00:46:54.75	00:46:40.39	GD CHELAS
359	751	PEDRO PROENÇA	M	46	00:46:55.04	00:46:55.04	ÁRBITROS DE FUTEBOL

360	1133	NUNO LUCAS	M	36	00:46:57.31	00:45:55.97	PERNAS DE GAFANHOTO
361	1653	CLAUDIO DIAS	M	42	00:46:59.06	00:46:54.61	C BENFICA TORRES VEDRAS
362	871	SANDRO COSTA	M	33	00:47:02.24	00:46:13.05	
363	1168	RICARDO SANTOS	M	30	00:47:05.11	00:45:59.84	
364	949	CARLOS PASCOA	M	49	00:47:05.89	00:47:05.89	A VALE SILENCIO
365	572	ANA F REBELO	F	23	00:47:06.61	00:46:55.93	FALCÕES SELVAGENS
366	1637	JOSE ALVES	M	67	00:47:08.31	00:46:56.66	C BENFICA ALG M MARTINS
367	1606	ALBINO OLIVEIRA	M	71	00:47:08.47	00:47:06.68	C BENFICA ALG M MARTINS
368	697	MIGUEL FIGUEIRÓ	M	43	00:47:09.46	00:46:46.72	
369	872	MANUEL MARTINHO	M	49	00:47:12.96	00:46:22.15	CCD-AT
370	1181	JOÃO M N GONÇALVES	M	29	00:47:13.68	00:46:14.52	
371	405	FIRMINO DUARTE	M	40	00:47:16.06	00:46:29.65	ADCR PJ
372	314	JOAO JESUS	M	41	00:47:18.18	00:47:11.04	GD SANTANDER TOTTA
373	1116	PEDRO CANECO	M	43	00:47:18.80	00:46:43.64	COININHA RUNNERS
374	548	PAULA CARDOSO	F	40	00:47:19.53	00:47:06.99	FF PAZ MUNDIAL
375	823	CARLOS E CORREIA	M	37	00:47:22.91	00:47:17.26	
376	188	JOAQUIM SANTOS	M	58	00:47:24.35	00:46:26.40	FALCÕES SELVAGENS
377	1033	JOÃO S FERREIRA	M	27	00:47:24.57	00:47:24.57	
378	1193	MÁRIO PEIXOTO	M	48	00:47:26.71	00:47:06.44	
379	965	FRANCISCO J B J PEREIRA	M	23	00:47:27.15	00:47:04.00	LIBERTY SEGUROS
380	753	RUI RODRIGUES	M	38	00:47:29.95	00:47:29.95	ÁRBITROS DE FUTEBOL
381	260	ISABEL SANTOS	F	47	00:47:30.11	00:47:23.47	FF PAZ MUNDIAL
382	788	ELISA VARELA	F	43	00:47:31.78	00:47:28.93	GD SAO DOMINGOS
383	1071	VITOR JORGE	M	54	00:47:32.28	00:47:19.76	AMINHACORRIDA
384	1778	ATLETA NÃO CADASTRADO	M	0	00:47:34.60	00:46:46.00	
385	885	LICÍNIO FIDALGO	M	57	00:47:35.09	00:46:46.73	CÂMARA L CLUBE
386	355	JORGE DURÃES	M	50	00:47:37.81	00:47:19.04	OS ZATOPEQUES
387	1604	JORGE SANTOS	M	63	00:47:37.94	00:47:37.94	C BENFICA ALG M MARTINS
388	1636	CARLOS FERNANDES	M	28	00:47:38.48	00:47:19.58	C BENFICA ALG M MARTINS
389	812	ARMINDO QUEIMADO	M	51	00:47:39.15	00:47:26.90	ADCSA BALDIO
390	1122	MÁRIO A R DUARTE	M	32	00:47:39.86	00:46:44.93	
391	97	MANUEL REGO	M	45	00:47:42.40	00:47:25.23	
392	358	PAULO CRAVEIRO	M	40	00:47:43.34	00:47:06.63	JATAPANHO
393	383	VITOR MANUEL MARTINS	M	57	00:47:45.75	00:46:51.07	NA PENTEADO
394	381	BRUNO SILVA RIBEIRO	M	38	00:47:48.46	00:47:40.80	NA PENTEADO
395	373	VIRGÍLIO MADEIRA	M	57	00:47:48.96	00:47:26.00	AÇOREANA

396	836	ROGÉRIO GONÇALVES	M	47	00:47:49.61	00:47:49.61	OS GALGOS
397	119	JORGE NETO	M	44	00:47:50.08	00:47:36.28	CDO MOSCAVIDE
398	923	PEDRO SERRA	M	40	00:47:50.48	00:47:35.46	CORRER LISBOA
399	761	JOÃO TAVARES	M	41	00:47:52.48	00:47:52.48	CCD-AT
400	1056	ANÍBAL LOPES	M	51	00:47:53.25	00:46:51.57	RUN 4 FUN
401	1398	NUNO MARTINS	M	44	00:47:53.29	00:47:37.91	
402	639	ANTONIO TABORDA	M	66	00:47:54.21	00:47:43.90	SS CGD
403	110	ANTONIO M FERNANDES	M	80	00:47:55.59	00:47:28.32	
404	222	ANTONIO ALMEIDA	M	53	00:47:56.20	00:47:45.31	ND AUTOCOOPE
405	331	PAULO N C CAMPOS	M	46	00:47:56.23	00:46:55.80	PERNAS DE GAFANHOTO
406	327	ALCINO RAMOS	M	58	00:47:56.81	00:47:52.96	
407	1247	BERNARDO GRADISSIMO	M	58	00:47:59.29	00:47:12.88	INGLESES FC
408	640	BRUNO R SILVA	M	35	00:48:00.91	00:47:28.92	SS CGD
409	103	LINO M P FERREIRA	M	40	00:48:05.38	00:47:10.45	OS DUQUES
410	650	JOAQUIM FRADE	M	61	00:48:05.43	00:48:05.43	SS CGD
411	278	JOAQUIM GUERREIRO	M	44	00:48:05.58	00:47:24.68	AA LEBRES SADO
412	1096	WILSON JUNIOR	M	21	00:48:05.76	00:48:01.02	
413	1014	SÉRGIO C COSTA	M	39	00:48:06.69	00:46:50.71	NINJAS DA MATA
414	399	NUNO GASPAR	M	36	00:48:06.89	00:47:47.20	
415	1278	LUIS M GRAÇA	M	46	00:48:07.96	00:48:07.96	
416	1277	RUI ANDRE	M	59	00:48:08.68	00:47:15.50	
417	774	JOÃO TORNEIRO	M	50	00:48:09.15	00:47:35.30	AMIGOS DO FRANCISCO
418	1163	MIGUEL SAN PAYO	M	54	00:48:09.40	00:47:30.63	
419	147	NUNO MARTINS	M	37	00:48:11.06	00:48:00.47	OCR PORTUGAL
420	101	NUNO ANTUNES	M	47	00:48:11.91	00:47:22.69	
421	986	MIGUEL JUDAS	M	43	00:48:13.40	00:47:35.11	
422	1051	ANTÓNIO RAMOS	M	45	00:48:13.97	00:48:04.93	FCR ROSSÃO
423	1139	DANIEL R POUCHINHO	M	26	00:48:14.06	00:47:59.67	
424	666	ALFREDO SOUSA	M	61	00:48:16.22	00:47:39.24	CARACOIS DE CORRIDA
425	442	CARLOS COELHO	M	55	00:48:17.78	00:47:59.86	GA MONSANTO/GASCAN
426	356	TIAGO RAIMUNDO	M	37	00:48:20.34	00:47:44.14	JATAPANHO
427	800	FERNANDO GUERREIRO	M	69	00:48:20.39	00:47:55.19	GD SAO DOMINGOS
428	290	VÍTOR PEREIRA	M	40	00:48:21.09	00:47:52.72	GR JANZ E ASSOCIADOS
429	513	JOAO ROSA	M	41	00:48:23.53	00:47:57.64	CLUBE VODAFONE
430	847	PAULO RIBEIRO	M	35	00:48:25.97	00:48:19.24	DIFFRACTION.PT
431	897	RUI M S HENRIQUES	M	45	00:48:26.71	00:47:45.00	

432	227	PEDRO SEQUEIRA	M	37	00:48:28.71	00:48:11.45	ND AUTOCOOPE
433	440	FERNANDO VAZ	M	47	00:48:29.50	00:48:29.50	
434	508	NORBERTO MARQUES	M	46	00:48:33.44	00:47:30.58	
435	91	RAFAEL SANTOS	M	49	00:48:34.67	00:48:01.63	CCDT METRO LX
436	730	RUI R ARAÚJO	M	58	00:48:35.67	00:48:05.09	CCDT METRO LX
437	1072	JOÃO MARQUES	M	51	00:48:36.98	00:48:18.26	GRD RIBEIRA DA LAGE
438	607	FERNANDO A RODRIGUES	M	52	00:48:38.05	00:47:33.49	C MILLENNIUM BCP
439	535	CARLOS SA	M	46	00:48:38.17	00:48:15.04	GD CHELAS
440	454	HENRIQUE PEREIRA	M	40	00:48:38.48	00:47:44.09	NA PENTEADO
441	1380	NUNO F PINHAO	M	46	00:48:38.70	00:48:26.41	JF OLIVAIS
442	43	ARMINDO RODRIGUES	M	49	00:48:40.72	00:48:11.14	
443	204	RAFAEL SANTOS	M	44	00:48:40.95	00:48:40.95	
444	476	EZEQUIEL OLIVEIRA	M	38	00:48:41.10	00:48:41.10	AA LEBRES SADO
445	927	SERGIO PONTES	M	40	00:48:42.67	00:48:17.47	SUPER RED
446	1002	JOSÉ SOUSA	M	66	00:48:42.99	00:48:42.99	CD ARNEIRO
447	994	RUI RODRIGUES	M	51	00:48:43.90	00:48:29.36	AB CAMPOLIDE
448	61	CARLOS PENA	M	47	00:48:44.21	00:48:31.09	GRD OS FIXES
449	33	LUIS PENTEADO	M	45	00:48:45.27	00:48:45.27	BUERAPIDOS
450	577	RUI RODRIGUES	M	49	00:48:45.40	00:48:45.40	OS TUGAS
451	1318	JOAO P FERREIRA	M	35	00:48:45.85	00:47:52.33	
452	1178	RUI MADRUGA	M	48	00:48:47.38	00:48:47.38	
453	1076	EBRIMA BAYO	M	25	00:48:47.56	00:48:26.83	OS ECONÓMICOS
454	973	EDUARDO FIGUEIRA	M	21	00:48:48.02	00:47:51.31	O PRATICANTE
455	370	NELSON MOTA	M	46	00:48:48.16	00:47:50.71	AÇOREANA
456	1741	FERNANDA GIL	F	47	00:48:48.68	00:48:48.68	INGLESES FC
457	237	MÁRIO LOPES	M	48	00:48:49.06	00:48:12.27	OS PERIGOSOS
458	106	RUI ALEGRE	M	37	00:48:49.39	00:47:58.61	COXOS
459	819	LUÍS M PEREIRA	M	39	00:48:50.26	00:48:31.01	
460	159	ANTONIO M F PEREIRA	M	56	00:48:50.89	00:48:13.67	
461	1248	MANUEL RODRIGUES	M	58	00:48:50.93	00:48:37.75	INGLESES FC
462	561	FILIPPE RODRIGUES	M	21	00:48:52.17	00:48:52.17	GD CHELAS
463	1246	AGOSTINHO TORRES	M	55	00:48:52.35	00:48:39.98	INGLESES FC
464	1188	ANDRE SERRAZINA	M	30	00:48:53.12	00:47:57.67	CRP RIBAFRIA
465	1625	AGOSTINHO CRISTINO	M	68	00:48:53.40	00:48:53.40	C BENFICA ALG M MARTINS
466	408	RUI REAL	M	35	00:48:53.84	00:48:53.84	BIFANAS CORRIDA
467	1253	FERNANDO SANTOS	M	63	00:48:55.12	00:48:44.30	INGLESES FC

468	811	ANTÓNIO SERRA	M	57	00:48:56.51	00:48:43.62	ADCSA BALDIO
469	515	PEDRO ROSA	M	46	00:48:56.75	00:48:31.19	CLUBE VODAFONE
470	624	VITOR GOMES	M	47	00:48:58.26	00:48:12.86	C MILLENNIUM BCP
471	839	LEONEL S JOSÉ	M	45	00:48:58.34	00:48:05.84	SC ALFRAGIDE
472	663	TIAGO AVELAS	M	41	00:48:59.47	00:48:20.36	SS CGD
473	752	ALEXANDRE BENTO	M	43	00:48:59.65	00:48:29.04	ÁRBITROS DE FUTEBOL
474	96	NUNO SIMÃO	M	48	00:48:59.84	00:48:43.83	
475	817	JOSE P LOPES	M	59	00:48:59.92	00:48:40.59	
476	667	VENÂNCIO GUERREIRO	M	61	00:48:59.94	00:48:22.13	CARACOIS DE CORRIDA
477	754	HUGO RIBEIRO	M	35	00:49:00.11	00:49:00.11	ÁRBITROS DE FUTEBOL
478	750	ANDRÉ CAMPOS	M	38	00:49:00.50	00:48:29.54	ÁRBITROS DE FUTEBOL
479	98	RUI FERNANDES	M	45	00:49:01.88	00:49:01.88	
480	517	RUI P BARBOSA	M	45	00:49:02.19	00:48:36.19	CLUBE VODAFONE
481	497	JOSÉ MONTEIRO	M	72	00:49:02.74	00:49:02.74	
482	581	JOAQUIM CRISPIM	M	60	00:49:02.83	00:48:24.15	UDCA
483	471	NUNO MENDES	M	27	00:49:03.60	00:49:03.60	
484	1320	RUI CALCADA	M	29	00:49:04.97	00:48:33.58	
485	118	JOÃO J FERNANDES	M	35	00:49:08.16	00:48:20.25	
486	1189	NATALINA BORDINO	F	30	00:49:08.78	00:48:14.11	CRP RIBAFRIA
487	1210	NUNO ABRANTES	M	36	00:49:09.02	00:48:07.07	PERNAS DE GAFANHOTO
488	62	RICARDO PIMENTA	M	41	00:49:09.55	00:49:09.55	
489	1077	JOSE C PEREIRA	M	47	00:49:15.07	00:47:45.21	GD SANTANDER TOTTA
490	993	MANUEL FONSECA	M	53	00:49:17.13	00:49:13.23	AB CAMPOLIDE
491	474	JOSÉ LUIS CARDOSO	M	45	00:49:17.65	00:48:41.16	
492	672	FLÁVIO A S RAMOS	M	31	00:49:19.64	00:48:46.72	
493	223	CARLOS FERREIRA	M	59	00:49:22.22	00:49:11.91	ND AUTOCOOPE
494	608	PAULO PAIS	M	51	00:49:22.56	00:49:22.56	C MILLENNIUM BCP
495	203	PEDRO CASTRO	M	41	00:49:23.42	00:49:23.42	
496	1343	PEDRO M M ALVES	M	44	00:49:24.24	00:49:08.26	
497	54	PAULO SOUSA	M	43	00:49:25.57	00:49:15.96	
498	239	CARLOS SOUSA	M	59	00:49:25.63	00:48:54.02	OS PERIGOSOS
499	307	DANIEL SIMOES	M	43	00:49:28.12	00:48:56.34	GD SANTANDER TOTTA
500	977	TINA OLIVEIRA	F	52	00:49:29.57	00:49:17.46	AMINHACORRIDA
501	1177	LUIS RODRIGUES	M	28	00:49:29.93	00:48:29.69	
502	238	MARCO CASEIRO	M	38	00:49:29.98	00:48:55.76	OS PERIGOSOS
503	1021	PEDRO MONTEIRO	M	30	00:49:31.06	00:49:25.81	

504	1192	JORGE L ALVES	M	28	00:49:35.25	00:48:36.02	
505	808	PEDRO A A M M RODRIGUES	M	34	00:49:35.96	00:49:35.96	EDUCAR A SORRIR
506	84	NUNO NUNES	M	42	00:49:36.91	00:49:27.59	CCD-AT
507	416	LUÍS FIDALGO	M	48	00:49:36.92	00:48:56.96	AA LEBRES SADO
508	392	JORGE CAMPOS	M	42	00:49:40.46	00:48:38.44	
509	350	JOÃO SILVA	M	57	00:49:41.43	00:49:41.43	OS ZATOPQUES
510	1179	STEINMANN ANNA	F	23	00:49:42.08	00:49:08.99	
511	170	JOSÉ SIMÕES	M	54	00:49:42.31	00:48:26.60	O MUNDO DA CORRIDA
512	550	ARTUR DENOMINATO	M	44	00:49:43.25	00:49:00.97	PI-LINHA RUNNERS
513	44	JORGE SERRA	M	50	00:49:45.05	00:49:45.05	ALCOCHETE RUNNERS
514	563	PAULO CARDOSO	M	54	00:49:45.26	00:49:28.35	GD CHELAS
515	743	JOSÉ M ROLÃO	M	60	00:49:45.31	00:49:45.31	
516	599	CIDALIA PIMENTEL	F	43	00:49:46.09	00:49:37.51	SIMECQ
517	1354	NUNO CORREIA	M	50	00:49:46.25	00:48:27.15	
518	1355	JOSE MAGALHAES	M	62	00:49:46.75	00:48:26.94	
519	878	AIRES AFONSECA	M	39	00:49:47.83	00:49:21.98	SEF RUNNING TEAM
520	649	JOAO CHUMBINHO	M	47	00:49:48.17	00:49:02.65	SS CGD
521	851	LUIZA PALMINHAS	F	45	00:49:48.63	00:49:48.63	RUNLOVERS
522	659	RODRIGO ALMEIDA	M	37	00:49:48.89	00:49:03.53	SS CGD
523	334	MARGARIDA COELHO	F	50	00:49:49.02	00:49:46.09	
524	658	RICARDO SEQUEIRA	M	29	00:49:50.02	00:48:58.81	SS CGD
525	1650	SONIA PARREIRA	F	37	00:49:50.29	00:49:44.35	C BENFICA TORRES VEDRAS
526	1646	DULIO PARREIRA	M	37	00:49:50.73	00:49:50.73	C BENFICA TORRES VEDRAS
527	652	NUNO COSTA	M	42	00:49:52.10	00:49:07.14	SS CGD
528	1140	NUNO M MAIA	M	44	00:49:52.34	00:49:52.34	
529	715	JOAO SARAIVA	M	37	00:49:52.77	00:48:45.96	
530	121	CARLOS GONCALVES	M	35	00:49:55.64	00:49:36.96	PRIMOS DOS POUSOS
531	177	JOÃO PEDRO FONSECA	M	42	00:49:55.68	00:49:39.28	BIFANAS CORRIDA
532	176	ANABELA CONSTANTE	F	42	00:49:56.07	00:49:41.36	BIFANAS CORRIDA
533	1012	SÉRGIO CIPRIANO	M	38	00:49:57.24	00:49:00.62	AMCR FONTE GRADA
534	630	ANDRE BARBOSA	M	33	00:49:57.25	00:49:31.92	
535	369	FRANCISCO PEREIRA	M	49	00:49:57.40	00:49:24.03	AÇOREANA
536	185	JOSE V RODRIGUES	M	50	00:49:57.94	00:49:57.94	
537	874	PAULO D S FREIRE	M	49	00:49:58.08	00:49:53.01	
538	318	HUGO REBELO	M	42	00:50:02.14	00:49:55.08	HR
539	1618	ALEXANDRE REIS	M	56	00:50:02.18	00:50:02.18	C BENFICA ALG M MARTINS

540	547	ANTONIO CARDOSO	M	45	00:50:02.93	00:49:44.50	FF PAZ MUNDIAL
541	329	ALEXANDRE FREDERICO	M	32	00:50:03.06	00:49:55.75	
542	1145	RUI FARIA	M	44	00:50:09.16	00:49:39.93	RUN 4 FUN
543	1773	ZULMIRA BELO	F	50	00:50:09.41	00:49:50.86	UA POVOENSE
544	146	RICARDO BORDALO	M	47	00:50:09.78	00:49:24.81	
545	631	HUGO BARBOSA	M	36	00:50:10.92	00:49:46.86	
546	857	QUINTINO VAZ	M	53	00:50:12.42	00:49:12.73	EVELX - ASS ESTILOS VIDA SAUDÁVEL
547	259	SUSANA SANTOS	F	18	00:50:12.69	00:50:06.00	FF PAZ MUNDIAL
548	826	VASCO S P V ESTEVES	M	45	00:50:16.14	00:50:16.14	
549	574	RICARDO MARTINS	M	33	00:50:16.50	00:49:22.65	
550	1152	ALFREDO LEITE	M	40	00:50:19.12	00:50:15.39	
551	123	RICARDO LEITÃO	M	40	00:50:19.90	00:50:19.90	BOELAS TEAM
552	124	LUIS FERREIRA	M	40	00:50:20.04	00:50:20.04	BOELAS TEAM
553	368	FERNANDO ANDRADE	M	62	00:50:20.18	00:50:20.18	AÇOREANA
554	293	PAULO MOUTINHO	M	45	00:50:20.63	00:50:20.63	
555	699	LUIS FERREIRA	M	49	00:50:21.30	00:49:51.25	URD ARRANHO
556	465	RUI GUILHERME	M	42	00:50:22.09	00:49:38.33	
557	698	EDGAR FRANCISCO	M	51	00:50:24.11	00:50:24.11	URD ARRANHO
558	678	JORGE A T ESTEVES	M	52	00:50:24.38	00:49:54.87	
559	400	VIRGILIO OLIVEIRA	M	56	00:50:25.10	00:50:25.10	ADCR PJ
560	901	MANUEL P NAVARRO	M	37	00:50:26.04	00:50:16.56	
561	1309	MIGUEL SOUSA	M	56	00:50:26.32	00:49:39.62	
562	1267	RUI BERNARDES	M	46	00:50:26.37	00:50:26.37	C NOT PARQUE NACOES
563	795	GONÇALO REBELO	M	57	00:50:30.23	00:50:01.78	GD SAO DOMINGOS
564	1616	CARLOS SILVA	M	51	00:50:30.30	00:50:30.30	C BENFICA ALG M MARTINS
565	182	LUIS M D SANTOS	M	51	00:50:32.83	00:49:35.43	
566	586	ÁLVARO PINHEIRO	M	45	00:50:33.79	00:49:54.40	CA VALE FIGUEIRA
567	711	RODOLFO NEVES	M	41	00:50:35.27	00:50:09.12	OS OURIQUIENSES
568	276	PEDRO PIRES	M	51	00:50:35.84	00:50:35.84	AA LEBRES SADO
569	412	LUIS FRAGOSO	M	42	00:50:38.22	00:50:29.77	CATERINGPOR
570	475	MIGUEL RODRIGUES	M	47	00:50:39.17	00:50:14.56	
571	1735	MARIANA JORGE	F	18	00:50:39.94	00:50:33.94	INGLESES FC
572	1238	CARLOS LEITAO	M	48	00:50:43.56	00:49:24.13	INGLESES FC
573	946	ANTÓNIO FERNANDES	M	60	00:50:44.36	00:49:37.04	A VALE SILENCIO
574	873	EDUARDO M BASSO	M	45	00:50:49.49	00:49:58.92	
575	924	GONÇALO A J CARVALHO	M	22	00:50:51.40	00:50:51.40	

576	352	JOSÉ CUNHA	M	52	00:50:53.02	00:50:53.02	OS ZATOPEQUES
577	1742	VIRGINIA PEREIRA	F	50	00:50:53.26	00:50:46.01	INGLESES FC
578	347	JOSÉ MORAIS	M	55	00:50:53.27	00:50:36.40	OS ZATOPEQUES
579	798	ANTÓNIO PORTIJO	M	62	00:50:55.53	00:50:51.54	GD SAO DOMINGOS
580	144	RUI MATOS	M	38	00:50:55.87	00:50:30.56	BE2RUN
581	511	JOSÉ M CAMELO	M	42	00:50:57.00	00:50:28.42	CLUBE VODAFONE
582	1190	CATARINA SERRAZINA	F	29	00:50:57.17	00:50:34.79	CRP RIBAFRIA
583	233	ANTONIO REGO	M	46	00:51:02.32	00:50:19.85	
584	805	PEDRO GAGLIARDINI	M	28	00:51:02.92	00:49:54.53	HC RUNNERS
585	804	JOÃO DE CARVALHO	M	28	00:51:03.60	00:51:03.60	HC RUNNERS
586	127	MIGUEL CASTELA	M	46	00:51:07.08	00:50:22.12	AA LEBRES SADO
587	320	JOSÉ FIGUEIREDO	M	45	00:51:07.61	00:50:35.74	
588	173	JOSÉ GABRIEL	M	59	00:51:07.70	00:50:33.62	
589	787	ROSÁRIA MORGADO	F	42	00:51:07.74	00:51:04.23	GD SAO DOMINGOS
590	791	JOSÉ LUIS	M	52	00:51:07.91	00:51:03.76	GD SAO DOMINGOS
591	1031	RAQUEL MOREIRA	F	29	00:51:08.65	00:51:08.65	
592	478	DANIEL BRETES	M	34	00:51:09.04	00:50:16.30	
593	514	PAULO ALVES	M	43	00:51:09.37	00:50:41.70	CLUBE VODAFONE
594	506	CLÁUDIO A B AREIAS	M	35	00:51:09.41	00:50:15.89	5 QUINAS
595	765	NUNO CHARRUA	M	40	00:51:11.40	00:50:47.95	
596	248	AMÍLCAR ROMÃO	M	65	00:51:11.58	00:50:21.71	GDR S FRANCISCO SERRA
597	1670	INES FREIRE	F	19	00:51:11.89	00:50:41.26	CDUL
598	602	ALEXANDRE MATEUS	M	40	00:51:14.18	00:50:26.43	
599	1228	JOAO PINTO	M	38	00:51:15.08	00:51:06.45	INGLESES FC
600	53	BRUNO SANTOS	M	41	00:51:16.38	00:50:01.39	GORUN VENDAS NOVAS
601	1059	RICARDO CONCEIÇÃO	M	31	00:51:18.89	00:51:14.75	
602	1331	JOAO CORREIA	M	48	00:51:19.08	00:51:19.08	
603	758	ELSA LUIS	F	46	00:51:19.13	00:51:03.46	BIFANAS CORRIDA
604	680	JOÃO PASSEIRO	M	54	00:51:23.12	00:50:39.19	ADC CATUJAL
605	679	ALMERINDO SILVA	M	57	00:51:23.19	00:50:38.26	ADC CATUJAL
606	735	MARCO BAPTISTA	M	35	00:51:24.26	00:50:19.10	ACD BOCAL
607	1764	INES ARRENEGA	F	41	00:51:24.45	00:51:07.40	UA POVOENSE
608	1757	CATARINA CAROLA	F	27	00:51:25.34	00:51:25.34	UA POVOENSE
609	1130	FERNANDO BARBOSA	M	50	00:51:25.46	00:50:20.58	
610	1291	JORGE BORREGERO	M	32	00:51:25.53	00:51:11.80	
611	632	PAULO PIRES	M	49	00:51:25.91	00:50:20.90	

612	524	JOAO SANTOS	M	52	00:51:26.02	00:51:10.69	C PRAÇAS ARMADA
613	739	JOÃO BATISTA	M	39	00:51:26.33	00:50:20.94	ACD BOCAL
614	904	LUIS FONSECA	M	42	00:51:26.43	00:51:26.43	
615	582	MANUEL CRISPIM	M	64	00:51:27.50	00:50:49.46	UDCA
616	155	CARLA FERREIRA	F	40	00:51:29.40	00:50:57.54	FALCÕES SELVAGENS
617	154	JOSÉ C MARTINS	M	37	00:51:29.40	00:50:57.58	FALCÕES SELVAGENS
618	850	NUNO TEMPERA	M	46	00:51:30.80	00:51:30.80	RUNLOVERS
619	648	JOAO CABRITO	M	53	00:51:31.48	00:50:52.15	SS CGD
620	1083	LUIS LEÃO	M	38	00:51:31.56	00:50:17.59	STANLEY TEAM
621	908	CARLOS RODRIGUES	M	42	00:51:32.38	00:50:51.33	NEPN
622	1336	FERNANDO RODRIGUES	M	49	00:51:32.44	00:50:51.07	TEAM L.A.R.A.
623	1286	RUI TAVARES	M	41	00:51:33.28	00:51:33.28	
624	840	JOSÉ SILVA	M	31	00:51:36.74	00:50:45.29	
625	834	JOSÉ P C P SILVA	M	28	00:51:39.06	00:50:49.21	
626	833	HELENA RESENDE	F	36	00:51:40.62	00:50:49.21	
627	411	GIL ALCÂNTARA	M	51	00:51:40.93	00:50:45.35	OS DUQUES LENTOS
628	536	FAUSTO SA	M	40	00:51:41.99	00:51:41.99	GD CHELAS
629	526	PAULA SILVA	F	43	00:51:42.11	00:50:54.81	SC REBOLEIRA DAMAIA
630	1244	FERNANDO RAMALHETE	M	54	00:51:43.85	00:50:51.43	INGLESES FC
631	894	ANA I VIGIA	F	44	00:51:45.37	00:51:21.56	
632	457	JOAQUIM CARRUFA	M	46	00:51:46.11	00:51:10.65	
633	1197	ASSOCIAÇÃO CORRER LISBOA	M	36	00:51:46.99	00:51:33.07	CORRER LISBOA
634	991	DAVID PALMEIRO	M	50	00:51:50.27	00:51:27.19	AB CAMPOLIDE
635	1254	ALBERTO FERNANDES	M	63	00:51:51.06	00:51:38.76	INGLESES FC
636	943	LEONEL NEVES	M	63	00:51:52.15	00:50:39.59	A VALE SILENCIO
637	466	MIGUEL MATOS	M	50	00:51:52.85	00:51:52.85	DOR DE BURRO
638	1774	PAULA MADEIRA	F	32	00:51:54.19	00:51:35.26	UA POVOENSE
639	492	ROGÉRIO SALAS	M	45	00:51:54.50	00:51:54.50	
640	136	LEONOR R CANDEIAS	F	28	00:52:00.48	00:51:43.28	AMIGOS DOS LOBOS
641	955	ANTÓNIO COELHO	M	42	00:52:00.93	00:50:53.36	A VALE SILENCIO
642	303	LINO OLIVEIRA	M	71	00:52:02.89	00:51:55.84	GD SANTANDER TOTTA
643	491	VALTER NUNES	M	40	00:52:07.60	00:51:09.38	
644	387	FRANCISCO BANDO	M	65	00:52:10.59	00:52:10.59	
645	488	SALOMÉ SANTOS	F	46	00:52:11.39	00:51:57.24	URBAN RUN TEAM
646	771	LUÍS GAMA	M	53	00:52:11.69	00:51:35.42	AMIGOS DO FRANCISCO
647	1280	JOAQUIM JOIA	M	52	00:52:12.65	00:51:53.12	

648	716	RICARDO P GOMES	M	24	00:52:14.11	00:51:29.75	OS PRIMOS
649	972	JOAO FIGUEIRA	M	19	00:52:17.90	00:51:21.87	O PRATICANTE
650	65	PEDRO MARTINS	M	31	00:52:18.94	00:51:55.55	
651	1209	LORENO DELGADO	M	48	00:52:19.33	00:51:36.76	
652	1279	NUNO R PEREIRA	M	30	00:52:20.70	00:52:02.95	
653	456	MÓNICA CARRUFA	F	32	00:52:22.28	00:51:48.07	
654	593	CARLOS BICHO	M	49	00:52:23.32	00:51:37.21	NAV RUNNERS
655	1303	PEDRO VALENTIM	M	41	00:52:24.03	00:52:24.03	
656	1374	HUGO GASPAR	M	39	00:52:24.14	00:52:03.32	JF OLIVAIS
657	166	PEDRO H C BARROSO	M	35	00:52:25.62	00:52:25.62	
658	1287	JOSE A C SILVA	M	46	00:52:27.68	00:51:51.10	
659	1022	JOÃO BANHA	M	25	00:52:28.05	00:52:28.05	
660	1296	ANDRE NUNES	M	30	00:52:29.51	00:52:29.51	
661	1760	FERNANDA NUNES	F	60	00:52:33.22	00:52:15.63	UA POVOENSE
662	1334	MARCO A L BAPTISTA	M	39	00:52:33.66	00:52:33.66	
663	1166	ADILSON LINO	M	43	00:52:33.91	00:52:24.95	
664	734	NUNO GUERREIRO	M	37	00:52:34.25	00:52:34.25	
665	1052	SÉRGIO MATOS	M	39	00:52:34.72	00:51:56.04	
666	126	CECÍLIA NICOLAU	F	49	00:52:35.40	00:52:35.40	AA LEBRES SADO
667	647	FRANCISCO CLERIGO	M	63	00:52:37.56	00:52:37.56	SS CGD
668	1341	BRUNO PROENCA	M	36	00:52:37.69	00:52:30.19	
669	1322	VITOR RAMOS	M	37	00:52:40.28	00:51:51.58	
670	109	CARLOS PEREIRA	M	34	00:52:40.46	00:52:40.46	
671	241	RICARDO MENDES	M	38	00:52:40.70	00:52:27.71	ROAD RUNNERS
672	745	RICARDO AMARAL	M	20	00:52:41.47	00:52:41.47	
673	1299	DANIEL DIAS	M	41	00:52:42.79	00:52:42.79	
674	89	PAULO A MORAIS	M	43	00:52:42.88	00:52:10.65	CCDT METRO LX
675	1180	DANIEL A G SAMPAIO	M	36	00:52:44.34	00:51:47.34	
676	724	ANTONIO CAMACHO	M	64	00:52:45.09	00:52:45.09	CA VALE FIGUEIRA
677	1316	RICARDO NEVES	M	33	00:52:47.71	00:51:44.04	GO FIT
678	1308	JOSE MOTA	M	56	00:52:48.56	00:52:01.18	
679	390	JOSÉ GOMES	M	47	00:52:50.54	00:52:45.69	CATERINGPOR
680	1048	SERGIO FERREIRA	M	45	00:52:51.02	00:52:18.10	
681	512	ROBERTO SILVA	M	43	00:52:52.80	00:52:24.04	CLUBE VODAFONE
682	1366	LUIS BOLETO	M	39	00:52:53.00	00:52:53.00	GO FIT OLIVAIS
683	396	JOÃO ROMÃO	M	28	00:52:53.46	00:52:53.46	PEACE-UDOS

684	280	SOFIA GAMA	F	22	00:52:54.83	00:52:54.83
685	583	JOÃO SILVEIRA	M	48	00:52:55.94	00:52:30.63
686	590	TERESA SEPÚLVEDA	F	35	00:52:56.25	00:52:56.25
687	1353	RODRIGO A M C G REIS	M	43	00:52:58.67	00:51:43.94
688	215	JORGE MARTINHO	M	49	00:52:58.97	00:52:58.97
689	719	NUNO FRANCISCO	M	41	00:52:59.76	00:52:42.34
690	1224	JOSE G FIGUEIREDO	M	19	00:53:01.28	00:51:55.17
691	213	ANA GRILO	F	24	00:53:02.12	00:52:39.16
692	1154	DAVID MARTINHO	M	33	00:53:02.26	00:51:56.30 A VALE SILENCIO
693	1213	JOÃO F PERFEITO	M	28	00:53:02.85	00:52:01.31
694	914	SÉRGIO LEE	M	41	00:53:03.41	00:52:34.38 MONTE LEE
695	304	JOAO ROCHA	M	65	00:53:03.60	00:52:56.46 GD SANTANDER TOTTA
696	779	HELDER VIDAL	M	46	00:53:03.76	00:52:36.87 NOS PERDIDOS
697	365	PAULO TORRÃO	M	45	00:53:04.90	00:53:04.90 AÇOREANA
698	427	MANUEL DUARTE	M	56	00:53:05.04	00:52:31.79 CARAPPAUS DE CORRIDA
699	283	RUI DIAS	M	39	00:53:05.80	00:52:40.16 MOVET
700	426	CLAUDIO RODRIGUES	M	51	00:53:05.87	00:52:33.19 CARAPPAUS DE CORRIDA
701	1317	DUARTE CARREIRA	M	31	00:53:06.79	00:53:06.53 JF OLIVAIS
702	725	VIRGILIO NASCIMENTO	M	62	00:53:08.03	00:51:53.97 CA VALE FIGUEIRA
703	31	JORGE M S CARREIRAS	M	50	00:53:08.20	00:53:08.20
704	1342	ANDREIA SARMENTO	F	31	00:53:10.02	00:53:02.77 OCR PORTUGAL
705	1333	MARCELO CHAGAS	M	28	00:53:10.21	00:53:10.21 LV SEACORE
706	913	ALEXANDRE LEE	M	39	00:53:11.41	00:52:41.89 MONTE LEE
707	741	FILIPE SILVA	M	39	00:53:11.43	00:52:02.23 ACD BOCAL
708	596	PEDRO ROSENDO	M	30	00:53:13.04	00:53:13.04 CA VALE FIGUEIRA
709	985	GONÇALO PEDRO	M	36	00:53:13.80	00:53:13.80
710	809	RUI M ALMEIDA	M	38	00:53:17.16	00:53:17.16
711	1003	JOANA M FERREIRA	F	33	00:53:19.58	00:53:19.58
712	855	JOSE R LUIS	M	39	00:53:20.17	00:53:00.81
713	1344	FRANCISCO B PEREIRA	M	42	00:53:21.49	00:53:06.04
714	51	MIGUEL DIAS	M	45	00:53:22.11	00:52:55.35 RUN 4 FUN
715	638	ANTONIO NEGRINHO	M	52	00:53:22.82	00:52:20.44 SS CGD
716	1098	JOÃO PRELHAZ	M	56	00:53:24.20	00:52:52.21
717	665	JOANA PRAZERES	F	26	00:53:28.45	00:53:08.95 CARACOIS DE CORRIDA
718	236	ALCIDES NUNES	M	58	00:53:28.94	00:52:52.72 OS PERIGOSOS
719	87	JOÃO MOREIRA	M	49	00:53:32.55	00:52:58.84 CCDT METRO LX

720	423	JOANA NARCISO	F	24	00:53:35.47	00:53:02.32	
721	605	BRUNO COSTA	M	38	00:53:36.40	00:53:02.96	
722	186	CARLOS M F MACHADO	M	40	00:53:38.74	00:53:38.74	
723	717	SILVIA V ROSA	F	43	00:53:42.57	00:52:58.21	OS PRIMOS
724	68	MIGUEL BARRADAS	M	34	00:53:44.59	00:53:44.59	
725	354	LUIS GRAVE	M	60	00:53:47.34	00:53:17.90	OS ZATOPQUES
726	1297	BRUNO M PRETO	M	39	00:53:51.41	00:53:51.41	
727	502	PAULO PEREIRA	M	51	00:53:51.55	00:53:21.14	
728	501	RICARDO MOREIRA	M	51	00:53:51.94	00:53:20.56	
729	1295	RUI GUSTAVO	M	45	00:53:52.98	00:52:45.49	
730	1237	HELDER SIMAS	M	48	00:53:53.38	00:53:53.38	INGLESES FC
731	1671	LEONOR ABECASSIS	F	19	00:53:53.97	00:53:20.24	CDUL
732	169	MANUELA PINTO	F	54	00:53:54.55	00:52:38.36	O MUNDO DA CORRIDA
733	948	PAULO BARBEITO	M	52	00:53:54.97	00:53:54.97	A VALE SILENCIO
734	920	JORGE LOPES	M	42	00:53:55.46	00:53:55.46	GD CHELAS
735	571	AMERICO PIMENTA	M	51	00:53:55.90	00:53:35.10	GD CHELAS
736	461	JOÃO FERNANDES	M	37	00:53:56.40	00:52:32.94	CORRER LISBOA
737	1367	CARLOS SANTOS	M	50	00:53:56.66	00:52:59.70	GO FIT OLIVAIS
738	589	DIOGO A LUCAS	M	18	00:53:57.14	00:53:57.14	PERNETAS
739	1095	MARISA I A SANTOS	F	38	00:53:57.75	00:53:18.90	
740	232	PEPE M C PEREIRA	M	33	00:53:59.38	00:53:02.47	
741	1092	NUNO FONTES	M	30	00:53:59.80	00:52:42.09	
742	180	JOSE L S CORREIA	M	57	00:54:00.80	00:53:15.74	
743	419	RUI SANTOS	M	28	00:54:00.99	00:53:19.34	
744	1351	TITO NASCIMENTO	M	36	00:54:03.33	00:54:03.33	
745	1326	LEONEL BRANDAO	M	49	00:54:06.36	00:53:52.44	C MILLENNIUM BCP
746	199	FILIPE J J NEVES	M	48	00:54:06.63	00:53:42.71	CDR RIBEIRINHO
747	1629	JOAO GRILO	M	29	00:54:06.69	00:53:29.02	C BENFICA ALG M MARTINS
748	1607	BRUNO MATIAS	M	32	00:54:06.71	00:53:28.89	C BENFICA ALG M MARTINS
749	407	GILBERTO GONÇALVES	M	68	00:54:06.93	00:54:06.93	CAA BELÉM
750	198	FILIPE J T TIAGO	M	47	00:54:07.51	00:53:44.31	CDR RIBEIRINHO
751	150	AURÉLIO G GOMES	M	57	00:54:07.78	00:53:43.28	
752	112	BRUNO CONCEIÇÃO	M	41	00:54:08.91	00:53:31.61	
753	549	JOAO FRADE	M	45	00:54:09.04	00:53:21.34	
754	46	JOSÉ FINURAS	M	46	00:54:10.81	00:53:04.40	MULTIRUNNERS
755	888	JOÃO PEREIRA	M	46	00:54:11.68	00:53:49.36	CÂMARA L CLUBE

756	891	EDUARDO MANSO	M	55	00:54:11.95	00:53:50.10	CÂMARA L CLUBE
757	1148	AIRES ILDEFONSO	M	61	00:54:12.99	00:52:25.05	
758	1125	JOÃO M PEDRO	M	44	00:54:15.07	00:53:15.55	
759	1004	RUI M GODINHO	M	31	00:54:18.49	00:53:49.27	
760	70	BRUNO AZAMBUJO	M	45	00:54:18.95	00:53:50.97	
761	933	CARLOS A J DIAS	M	60	00:54:19.78	00:53:54.48	
762	852	SEBASTIAO GUERRA	M	31	00:54:20.70	00:52:55.09	
763	707	JORGE PEREZ	M	55	00:54:20.83	00:53:54.40	OS OURIQUIENSES
764	587	PAULO GONÇALVES	M	50	00:54:21.35	00:54:21.35	PERNETAS
765	633	ALCIDES ESTRELA	M	39	00:54:21.55	00:54:00.67	SS CGD
766	187	ANTÓNIO VENTURA	M	45	00:54:21.56	00:54:21.56	
767	588	NUNO A FERREIRA	M	36	00:54:21.71	00:54:21.71	PERNETAS
768	661	SEVERINO ROSA	M	61	00:54:21.90	00:53:19.98	SS CGD
769	1389	DIOGO GONCALVES	M	33	00:54:22.15	00:54:22.15	
770	742	SARA REIS	F	22	00:54:22.33	00:53:40.87	C BENFICA ALG M MARTINS
771	853	MADALENA CLUNY	F	29	00:54:23.60	00:54:23.60	
772	727	JOSÉ LINDO	M	70	00:54:25.91	00:54:21.38	CA VALE FIGUEIRA
773	1319	RICARDO MESTRE	M	37	00:54:28.37	00:54:28.37	
774	219	DAVID SOUTO	M	28	00:54:28.53	00:53:32.34	
775	218	GUSTAVO GONZÁLEZ	M	31	00:54:28.89	00:53:33.14	
776	385	NÚRIA C P FERREIRA	F	34	00:54:29.34	00:53:36.60	OS DUQUES
777	228	PAULO SANTOS	M	52	00:54:30.71	00:53:18.93	
778	1360	PEDRO QUINTANILHA	M	35	00:54:32.48	00:53:48.51	GO FIT OLIVAIS
779	606	ANGELO FLOR	M	60	00:54:34.26	00:54:01.20	
780	99	JOÃO ANTUNES	M	61	00:54:38.33	00:53:27.59	
781	815	ORLANDO FONTAN	M	48	00:54:42.02	00:54:12.48	OS AUGUINHAS
782	813	SILVERIO BRAS	M	56	00:54:42.70	00:53:48.26	
783	573	MIGUEL C LOURENCO	M	28	00:54:44.55	00:53:59.82	
784	603	CARLOS PATRICIO	M	44	00:54:45.21	00:53:36.89	
785	708	PAULO REBELO	M	50	00:54:46.49	00:54:21.62	OS OURIQUIENSES
786	766	CARLOS CORREIA	M	51	00:54:47.93	00:54:22.25	ATLETICO VIA RARA
787	882	PAULO V CARDOSO	M	53	00:54:48.13	00:54:12.28	
788	79	GUSTAVO M PEREIRA	M	46	00:54:55.95	00:54:55.95	
789	1661	JORGE CRUZ	M	51	00:54:56.83	00:54:27.60	C BENFICA TORRES VEDRAS
790	718	PEDRO OLIVEIRA	M	45	00:54:57.14	00:54:57.14	
791	1722	PEDRO DUARTE	M	30	00:54:57.20	00:54:51.97	INGLESES FC

792	884	ADELINO PIRES	M	54	00:54:57.97	00:54:08.30	CÂMARA L CLUBE
793	822	JOÃO D T ARAÚJO	M	29	00:54:58.06	00:54:58.06	
794	950	FERNANDO SILVA	M	52	00:54:58.35	00:53:49.07	A VALE SILENCIO
795	942	ARMANDO ALMEIDA	M	57	00:54:58.74	00:54:58.74	A VALE SILENCIO
796	1716	JOAO BERNARDINO	M	18	00:54:58.93	00:54:07.52	INGLESES FC
797	951	TIAGO SILVA	M	25	00:54:59.08	00:54:59.08	A VALE SILENCIO
798	424	JOANA MARTINS	F	25	00:54:59.58	00:54:27.14	
799	212	ALEXANDRE TAM	M	37	00:54:59.92	00:54:34.61	
800	500	CECÍLIA TAVARES	F	50	00:55:00.53	00:54:41.27	RUN PIRILAMPO
801	528	LUÍS M S ROSA	M	41	00:55:00.97	00:54:51.10	TARTARUGAS SOLIDÁRIAS
802	1041	PEDRO CARVALHO	M	40	00:55:05.52	00:54:05.43	ESTRELAS DE LISBOA
803	992	ANTONIO LIMA	M	53	00:55:07.72	00:55:04.84	AB CAMPOLIDE
804	391	MÁRIO ALVES	M	61	00:55:08.18	00:53:45.61	SFUAP
805	686	RITA CAPUCHO	F	42	00:55:08.22	00:54:15.92	
806	362	ELIZETE DUARTE	F	43	00:55:09.00	00:54:08.00	AÇOREANA
807	367	ANTÓNIO ALBUQUERQUE	M	47	00:55:09.33	00:54:07.99	AÇOREANA
808	1615	PAULA SOARES	F	46	00:55:11.47	00:54:35.35	C BENFICA ALG M MARTINS
809	207	CARLOS M FAÍSCA	M	34	00:55:12.07	00:54:33.46	
810	1146	CARLA REBELO	F	49	00:55:13.88	00:55:13.88	RUN 4 FUN
811	153	RUI GAMEIRO	M	43	00:55:15.37	00:54:59.41	CP RTP
812	338	PEDRO F C ALMEIDA	M	40	00:55:21.98	00:55:21.98	BIFANAS CORRIDA
813	704	DIOGO A M MOREIRA	M	27	00:55:27.77	00:55:01.00	
814	1046	MAURO FIGUEIRA	M	39	00:55:28.33	00:54:34.52	ESTRELAS DE LISBOA
815	211	CARLOS CURA	M	33	00:55:28.56	00:55:03.76	
816	1377	NUNO GOMES	M	43	00:55:29.63	00:55:04.57	JF OLIVAIS
817	1330	ALBERTO JORGE	M	58	00:55:31.81	00:55:31.81	
818	1044	JOAQUIM MOURA	M	39	00:55:33.31	00:54:38.66	ESTRELAS DE LISBOA
819	246	ANTÓNIO AMARAL	M	53	00:55:35.44	00:55:27.04	CATERINGPOR
820	285	LUÍS SIMÃO	M	38	00:55:35.88	00:55:20.76	BIFANAS CORRIDA
821	284	M <sup>a</sup> JOÃO REGALO	F	43	00:55:36.18	00:55:21.20	BIFANAS CORRIDA
822	148	JOÃO FIALHO	M	37	00:55:37.69	00:54:44.00	CCD-AT
823	1081	ALVARO J P PALHARES	M	23	00:55:42.10	00:54:44.94	
824	518	LUIS FOUTO	M	45	00:55:45.29	00:54:38.11	CLUBE VODAFONE
825	1289	TANIA GARCIA	F	29	00:55:50.68	00:55:35.97	
826	1302	PAULO C REIS	M	46	00:55:54.86	00:55:54.86	
827	1740	ANA F RODRIGUES	F	20	00:55:58.44	00:55:07.40	INGLESES FC

828	1298	RUI PINTO	M	39	00:55:59.69	00:55:59.69	
829	1191	DIOGO SANTOS	M	25	00:55:59.86	00:55:59.86	ÁRBITROS DE FUTEBOL
830	1365	CARLOS SERRA	M	48	00:56:01.97	00:56:01.97	GO FIT OLIVAIS
831	1364	JOSE ALMEIDA	M	49	00:56:02.06	00:55:17.32	GO FIT OLIVAIS
832	41	LUIS TOSTE	M	50	00:56:04.08	00:55:24.42	
833	145	NUNO SILVA	M	43	00:56:05.02	00:55:20.77	GRUPETA RUNNING TEAM
834	1313	FILIPA MALHEIRO	F	43	00:56:05.54	00:56:05.54	
835	184	ALEXANDRE ABADE	M	41	00:56:05.94	00:56:05.94	
836	780	TIAGO CANHOTO	M	44	00:56:09.69	00:55:19.91	
837	963	ELIZABETH DUARTE	F	46	00:56:10.00	00:55:41.99	OS GALGOS
838	85	JOÃO CRUZ	M	42	00:56:10.37	00:55:18.08	
839	1262	ARLINDO SANTOS	M	54	00:56:11.46	00:55:18.33	C NOT PARQUE NACOES
840	1259	FERNANDO SERRANO	M	47	00:56:11.69	00:56:11.69	C NOT PARQUE NACOES
841	1123	JOEL J GINGA	M	36	00:56:11.69	00:54:56.77	SC BEIRA-MAR
842	915	PAULO SILVA	M	56	00:56:11.95	00:54:56.67	TREINO TURISTICO DE ODIVELAS
843	82	JOÃO CAMPOS	M	44	00:56:12.09	00:54:57.94	PAVNESC.COM
844	656	PEDRO HENRIQUES	M	30	00:56:12.87	00:56:12.87	SS CGD
845	47	LUIS CANASTRA	M	41	00:56:13.30	00:54:54.78	
846	970	CARLOS FIGUEIRA	M	41	00:56:14.44	00:55:15.65	O PRATICANTE
847	292	FILIPE TEIXEIRA	M	30	00:56:15.11	00:55:47.01	GR JANZ E ASSOCIADOS
848	63	NUNO MOLERO	M	34	00:56:15.56	00:56:15.56	
849	1350	TIAGO TÚBAL	M	44	00:56:16.43	00:55:45.47	
850	446	NUNO VENTURA	M	43	00:56:17.15	00:54:58.44	GA MONSANTO/GASCAN
851	414	MAFALDA NUNES	F	48	00:56:17.77	00:56:17.77	AA LEBRES SADO
852	258	RICARDO L P CARVALHO	M	42	00:56:17.97	00:55:17.24	
853	1272	JOAO CONDE	M	34	00:56:19.12	00:55:56.27	
854	936	MARCO RIBEIRO	M	35	00:56:20.10	00:55:04.25	
855	1060	ADELINO INES	M	32	00:56:26.62	00:56:14.37	
856	389	ANGELO M L SOUSA	M	40	00:56:28.99	00:55:33.04	
857	242	ELENA VILAR	F	39	00:56:30.25	00:56:18.07	MORES
858	243	JOSE ANTONIO	M	41	00:56:30.43	00:56:30.43	MORES
859	676	EVA C V RPOSA	F	47	00:56:36.47	00:56:14.25	CORRER LISBOA
860	690	RICARDO J F FROUFE	M	36	00:56:38.87	00:56:38.87	LETS RUN MODAFOCAS
861	300	PAULA FIGUEIREDO	F	59	00:56:40.37	00:56:23.96	GD SANTANDER TOTTA
862	38	JOAO M M M DUQUE	M	59	00:56:41.43	00:56:07.11	
863	1321	FERNANDO AVELINO	M	53	00:56:41.87	00:55:32.93	A VALE SILENCIO

864	600	RICARDO MARQUES	M	39	00:56:41.94	00:56:28.41	
865	1111	JOÃO MORADIAS	M	46	00:56:42.46	00:56:00.84	VALADARES
866	1276	JOANA CALDEIRA	F	41	00:56:42.69	00:55:54.96	
867	158	DANIEL RAMOS	M	40	00:56:43.12	00:56:43.12	JOBRINDE - MONTES SALOIOS
868	622	NUNO MENDES	M	31	00:56:47.05	00:56:26.82	C MILLENNIUM BCP
869	557	M <sup>a</sup> FÁTIMA L CARDOSO	F	57	00:56:51.02	00:56:05.79	
870	880	RICARDO A C VIEIRA	M	18	00:56:51.61	00:56:06.88	
871	926	ABILIO TAVARES	M	61	00:56:52.09	00:56:42.56	
872	614	MANUEL PEREIRA	M	56	00:56:55.08	00:55:37.60	C MILLENNIUM BCP
873	903	JOÃO NASCIMENTO	M	51	00:56:55.12	00:55:37.34	
874	220	NUNO M R SILVA	M	36	00:56:56.58	00:55:36.80	
875	1345	CARLOS M FREITAS	M	47	00:56:58.74	00:56:42.13	
876	490	ANDREIA PEREIRA	F	19	00:57:03.80	00:56:57.04	AP
877	1159	MARCO JULIO	M	36	00:57:04.70	00:56:25.45	
878	1099	DELFINA M ALEXANDRE	F	48	00:57:06.67	00:57:06.67	
879	380	LUCIO SILVA	M	46	00:57:07.57	00:57:07.57	GD SANTANDER TOTTA
880	344	LUIS DUARTE	M	42	00:57:08.95	00:56:17.01	RUNNERS F RIBEIRINHA PÓVOA STA IRIA
881	1127	SÉRGIO C SILVA	M	40	00:57:08.98	00:56:16.01	
882	628	JOAO P CALADO	M	51	00:57:13.50	00:56:43.83	C MILLENNIUM BCP
883	1275	MANUEL MENDES	M	42	00:57:15.56	00:57:01.08	
884	579	BRUNO S AGOSTINHO	M	44	00:57:17.45	00:56:31.33	
885	458	ANTÓNIO PEREIRA	M	64	00:57:17.93	00:56:42.29	
886	1356	LINA MONTEIRO	F	34	00:57:21.82	00:56:37.29	GO FIT OLIVAIS
887	1243	FRANCISCO CUNHA	M	52	00:57:23.02	00:57:21.70	INGLESES FC
888	1242	JOSE SILVA	M	53	00:57:23.14	00:57:21.54	INGLESES FC
889	738	CARLOS SANTOS	M	36	00:57:23.26	00:57:23.26	ACD BOCAL
890	740	ERNESTO GUIA	M	62	00:57:23.57	00:56:15.74	ACD BOCAL
891	736	TELMO COELHO	M	41	00:57:24.08	00:57:24.08	ACD BOCAL
892	447	VÍTOR RODRIGUES	M	62	00:57:26.98	00:56:14.06	GA MONSANTO/GASCAN
893	1387	JOSE SOUSA	M	57	00:57:27.09	00:56:24.99	
894	1251	MANUEL EMIDIO	M	60	00:57:29.75	00:57:18.19	INGLESES FC
895	1088	JOSÉ PEREIRA	M	70	00:57:30.78	00:56:24.22	A VALE SILENCIO
896	161	CELIA SILVEIRA	F	44	00:57:30.98	00:56:54.38	C PRAÇAS ARMADA
897	893	PAULA LEITÃO	F	42	00:57:31.28	00:56:45.04	CÂMARA L CLUBE
898	510	PAULO MARTINS	M	49	00:57:31.35	00:56:27.59	
899	1097	RICARDO AMARO	M	26	00:57:31.92	00:56:39.18	

900	939	FABIO SOUSA	M	29	00:57:33.24	00:57:33.24	
901	32	FERNANDO CARVALHO	M	45	00:57:33.28	00:57:33.28	BUERAPIDOS
902	1273	PEDRO MARTINS	M	34	00:57:33.48	00:57:33.48	
903	938	BRUNO GONÇALVES	M	35	00:57:33.66	00:56:17.83	
904	509	MIGUEL TEIXEIRA	M	37	00:57:36.10	00:56:31.94	
905	421	RUI M P PIRES	M	43	00:57:37.89	00:56:26.32	
906	1231	NUNO MARQUES	M	42	00:57:37.97	00:56:29.49	INGLESES FC
907	1101	JOSÉ SERAFIM	M	60	00:57:38.50	00:56:41.30	GAA VF XIRA
908	469	JOSÉ SEBASTIÃO	M	45	00:57:41.30	00:57:41.30	DOR DE BURRO
909	55	MARTINHO DIAS	M	40	00:57:41.57	00:57:06.37	CORRER LISBOA
910	1680	CLAUDIA BORRALHO	F	43	00:57:41.92	00:57:29.93	CF OS BELENENSES
911	567	ABEL COSTA	M	59	00:57:42.05	00:57:17.31	GD CHELAS
912	266	CARLOS JESUS	M	34	00:57:42.16	00:57:34.95	
913	420	MILENE BAÇÃO	F	29	00:57:44.88	00:57:04.40	
914	1080	PATRICIA RIBERIO	F	31	00:57:47.55	00:56:51.73	
915	862	PEDRO A LUIS	M	33	00:57:47.66	00:57:24.79	
916	1024	MANUEL NOBRE	M	46	00:57:48.53	00:56:20.28	
917	1047	PEDRO COELHO	M	36	00:57:48.53	00:57:15.45	ESTRELAS DE LISBOA
918	1349	VÍTOR HUGO FARIA	M	30	00:57:48.76	00:57:48.76	
919	1128	NUNO GALVAO	M	53	00:57:51.77	00:57:04.71	SIMECQ
920	209	LILIANA RODRIGUES	F	40	00:57:52.53	00:56:41.28	LETS RUN MODAFOCAS
921	543	MARIA BICA	F	43	00:57:53.75	00:57:53.75	GD CHELAS
922	312	IVO LIMA	M	39	00:57:57.43	00:57:22.53	GD SANTANDER TOTTA
923	848	NUNO MARQUES	M	49	00:57:58.48	00:57:58.48	RUNLOVERS
924	1112	LUIS COELHO	M	52	00:57:58.81	00:57:11.78	VALADARES
925	849	JOANA PERALTA	F	40	00:57:59.15	00:57:59.15	RUNLOVERS
926	1605	NATALYA MARCHEVA	F	50	00:58:00.93	00:58:00.93	C BENFICA ALG M MARTINS
927	404	JOÃO COSTA	M	45	00:58:01.22	00:57:11.57	ADCR PJ
928	987	SARA SEZIFREDO	F	37	00:58:02.82	00:57:24.16	
929	845	ELISIO COSTA	M	60	00:58:04.84	00:58:04.84	OS ZATOPEQUES
930	555	RUI REIS	M	36	00:58:07.50	00:56:57.45	LETS RUN MODAFOCAS
931	193	RUI LARANJEIRO	M	43	00:58:09.61	00:58:09.61	CA AMIGOS PARQUE PAZ
932	1219	FABIO COELHO	M	31	00:58:11.45	00:57:13.36	
933	1220	JOAQUIM COELHO	M	63	00:58:11.72	00:57:14.16	
934	125	ANALICE SILVA	F	73	00:58:13.00	00:58:13.00	O MUNDO DA CORRIDA
935	256	ANDRÉ AMARAL	M	18	00:58:13.09	00:58:13.09	

936	251	VITOR FELIZARDO	M	44	00:58:16.03	00:57:00.14	GORUN VENDAS NOVAS
937	201	JOÃO SIMÕES	M	53	00:58:17.23	00:58:17.23	CLUBE OGMA
938	200	JOAQUIM VENÂNCIO	M	62	00:58:17.44	00:58:17.44	CLUBE OGMA
939	231	CARLOS A G CONSTANTINO	M	37	00:58:19.85	00:57:49.91	
940	568	HUGO COSTA	M	38	00:58:21.59	00:57:55.74	GD CHELAS
941	569	ANDREIA MONTEIRO	F	38	00:58:21.79	00:57:56.28	GD CHELAS
942	486	JOÃO N L L ESTEVES	M	37	00:58:25.20	00:58:11.62	
943	484	RITA A ESTEVES	F	44	00:58:25.42	00:58:11.61	
944	759	RUI SOUSA	M	46	00:58:26.02	00:58:26.02	BIFANAS CORRIDA
945	479	PATRÍCIA MACHADO	F	33	00:58:28.13	00:58:25.38	
946	654	PAULO ABREU	M	40	00:58:32.14	00:57:29.34	SS CGD
947	71	JOAQUIM M C L PINTO	M	46	00:58:34.81	00:58:09.63	NAV RUNNERS
948	286	PAULO SILVA	M	44	00:58:35.03	00:57:24.34	
949	287	RODOLFO NUNES	M	42	00:58:35.13	00:57:24.64	
950	1114	JORGE AZEVEDO	M	43	00:58:38.16	00:57:50.02	VALADARES
951	744	PAULO AMARAL	M	53	00:58:38.34	00:57:47.43	
952	895	JORGE M ROSA	M	44	00:58:43.16	00:57:34.31	
953	1063	TÂNIA R C CRUZ	F	35	00:58:46.12	00:58:42.38	THOUGHTTRAIL ALENQUER
954	36	HENRIQUE AMADOR	M	45	00:58:47.02	00:58:00.56	SS CGD
955	1710	FERNANDA SANTOS	F	61	00:58:47.74	00:57:34.37	EVELX - ASS ESTILOS VIDA SAUDÁVEL
956	335	HELIO GODINHO	M	66	00:58:48.14	00:58:01.66	
957	267	ANTÓNIO ALMEIDA	M	48	00:58:49.66	00:58:49.66	
958	1164	CARLA S SANTOS	F	43	00:58:51.49	00:57:49.81	
959	1165	ALBERTINO NOVO	M	45	00:58:51.55	00:57:49.88	
960	783	PEDRO MARTINS	M	38	00:58:52.89	00:58:21.10	
961	967	NUNO M C MARTINS	M	43	00:58:53.57	00:58:53.57	LIBERTY SEGUROS
962	968	NUNO R A G MENDES	M	38	00:58:54.79	00:58:54.79	LIBERTY SEGUROS
963	637	ANTONIO CARPINTEIRO	M	71	00:58:55.40	00:58:55.40	SS CGD
964	959	MARCO P M CACHINHO	M	36	00:58:56.47	00:58:56.47	KANINOS
965	1674	ERMELINDA MINEIRO	F	55	00:58:57.40	00:58:21.23	CDUL
966	1038	GISELA CARVALHO	F	31	00:58:58.48	00:57:56.08	ESTRELAS DE LISBOA
967	1036	MARISA GONÇALVES	F	40	00:59:01.45	00:58:33.97	OS GALGOS
968	505	FRANCISCO VELOSO	M	56	00:59:01.69	00:58:35.30	
969	585	RAQUEL PINHEIRO	F	39	00:59:03.56	00:59:03.56	CA VALE FIGUEIRA
970	1144	MANUEL J P FRANCO	M	27	00:59:05.21	00:58:47.30	
971	1375	SANDRA GASPAR	F	41	00:59:07.26	00:58:47.23	JF OLIVAIS

972	394	RUI RAMOS	M	32	00:59:07.58	00:59:07.58	PEACE-UDOS
973	1085	M <sup>a</sup> ADELAIDE TAVARES	F	27	00:59:07.69	00:59:07.69	
974	1230	SERGIO VALENTE	M	41	00:59:10.57	00:59:10.57	INGLESES FC
975	1107	NELSON CASTELÔA	M	51	00:59:12.23	00:59:08.87	
976	1620	PATRICIA PEDRO	F	51	00:59:13.83	00:58:29.48	C BENFICA ALG M MARTINS
977	1621	JOAQUIM CRUZ	M	58	00:59:15.31	00:58:17.70	C BENFICA ALG M MARTINS
978	623	PEDRO MURCA	M	50	00:59:16.14	00:58:49.88	C MILLENNIUM BCP
979	1388	NUNO SIMAO	M	48	00:59:17.72	00:58:47.26	
980	254	ALFREDO PIEDADE	M	54	00:59:20.01	00:59:14.81	CATERINGPOR
981	432	DIOGO F B FONTE	M	29	00:59:20.12	00:59:13.84	
982	1257	OLGA MONTEIRO	F	41	00:59:21.19	00:57:56.05	INGLESES FC
983	1624	FERNANDO FERREIRA	M	78	00:59:21.79	00:59:08.65	C BENFICA ALG M MARTINS
984	890	ERNESTO MONTEIRO	M	45	00:59:21.86	00:56:35.09	CÂMARA L CLUBE
985	629	CARLA GOMES	F	37	00:59:22.45	00:59:22.45	PENICHE A CORRER
986	1358	EDUARDO FREITAS	M	47	00:59:24.51	00:58:35.37	GO FIT OLIVAI
987	594	TABREZ HANIF	M	31	00:59:28.60	00:58:41.26	
988	403	AURÉLIO AFONSO	M	40	00:59:29.35	00:58:39.88	ADCR PJ
989	642	CLAUDIA LOURENCO	F	45	00:59:33.19	00:58:52.83	SS CGD
990	721	JOÃO M P A CANHOTO	M	47	00:59:33.80	00:58:33.77	
991	1373	JORGE MAXIMO	M	41	00:59:33.95	00:59:32.67	CM LISBOA
992	960	TERESA CASCAIS	F	39	00:59:35.47	00:59:35.47	
993	533	M <sup>a</sup> LEONOR M J NOGUEIRA	F	45	00:59:36.15	00:58:29.12	
994	773	LUÍS OLIVEIRA	M	64	00:59:36.88	00:58:30.59	AMIGOS DO FRANCISCO
995	1110	JOAQUIM VALADARES	M	52	00:59:43.08	00:58:55.57	VALADARES
996	279	NUNO VAZ	M	45	00:59:43.41	00:59:43.41	
997	1292	MANUEL SEQUEIRA	M	66	00:59:43.44	00:59:43.44	GDCT REPSOL
998	1391	PAULO D SILVA	M	41	00:59:43.76	00:58:21.99	
999	50	MARIO PIRES	M	57	00:59:44.65	00:59:44.65	
1000	113	ANA GOMES	F	41	00:59:45.20	00:59:08.25	
1001	183	GONÇALO MALHEIRO	M	44	00:59:46.87	00:58:34.30	
1002	937	JOÃO RODRIGUES	M	36	00:59:47.58	00:58:31.11	
1003	645	FERNANDO ALVES	M	55	00:59:48.92	00:58:48.23	SS CGD
1004	138	ANA I MARTINS	F	56	00:59:49.15	00:59:14.97	FALCÕES SELVAGENS
1005	1368	MONICA LOPES	F	39	00:59:49.20	00:59:02.35	GO FIT OLIVAI
1006	797	JOAQUIM LEITÃO	M	60	00:59:50.39	00:59:24.92	GD SAO DOMINGOS
1007	790	ANTONIETA BRITO	F	53	00:59:50.83	00:59:43.08	GD SAO DOMINGOS

1008	932	JOAO MERUJE	M	62	00:59:50.88	00:59:42.30	
1009	828	LUIS SOUSA	M	41	00:59:52.73	00:58:57.11	
1010	921	PEDRO SANTOS	M	44	00:59:52.77	00:59:17.06	JOBRIINDE - MONTES SALOIOS
1011	1121	JOÃO DIAS	M	53	00:59:52.81	00:58:53.29	
1012	261	HELENA COSTA	F	55	00:59:53.36	00:59:46.67	CATERINGPOR
1013	1120	ANGELA SOLPOSTO	F	39	00:59:53.55	00:58:55.12	
1014	462	NUNO OLIVEIRA	M	38	00:59:55.47	00:58:44.57	
1015	275	CATARINA VARGES	F	43	00:59:55.90	00:59:55.90	AA LEBRES SADO
1016	916	ISABEL SANTOS	F	41	00:59:56.82	00:59:21.50	
1017	918	M <sup>a</sup> MARGARIDA MAGRO	F	43	00:59:56.94	00:59:21.26	KARATECAS
1018	870	EDUARDO MOUTINHO	M	48	00:59:57.88	00:59:57.88	
1019	747	JOÃO M J PEREIRA	M	50	00:59:58.89	00:59:50.60	CORRER LISBOA
1020	317	CARLOS B PEREIRA	M	46	01:00:00.32	00:58:30.02	GD SANTANDER TOTTA
1021	928	PEDRO MURTIHAL	M	45	01:00:01.15	00:58:49.72	
1022	366	NUNO PICAMILHO	M	39	01:00:02.11	00:59:01.12	AÇOREANA
1023	685	HUANA A MENDES	F	22	01:00:02.53	01:00:02.53	MATILHA RADICAL
1024	684	MÁRIO M P ANJO	M	52	01:00:02.83	00:58:44.79	MATILHA RADICAL
1025	262	VITOR H S FIGUEIREDO	M	38	01:00:07.32	00:58:45.27	
1026	1372	CARLOS CABRAL	M	40	01:00:07.55	00:59:22.88	GO FIT OLIVAIS
1027	1369	ELISABETE COSTA	F	36	01:00:08.15	00:59:22.28	GO FIT OLIVAIS
1028	1141	NUNO PEREIRA	M	44	01:00:11.90	01:00:00.14	
1029	1147	TATIANA ILDEFONSO	F	34	01:00:12.23	01:00:12.23	
1030	886	JOÃO FIGUEIREDO	M	60	01:00:12.36	00:59:24.86	CÂMARA L CLUBE
1031	692	JORGE PINTO	M	39	01:00:13.22	01:00:13.22	
1032	865	DOMINGOS ROSADO	M	53	01:00:13.70	01:00:13.70	C NOT PARQUE NACOES
1033	507	JORGE FERREIRA	M	51	01:00:16.46	00:59:13.85	
1034	1700	HENRIQUE LINARES	M	63	01:00:18.42	01:00:08.12	CF OS BELENENSES
1035	525	SÉRGIO CARDOSO	M	37	01:00:25.26	00:59:03.25	
1036	971	CARLA FIGUEIRA	F	37	01:00:25.69	00:59:26.32	O PRATICANTE
1037	94	SOFIA REBOCHO	F	33	01:00:26.44	01:00:26.44	
1038	95	JOÃO SANTOS	M	33	01:00:26.88	01:00:26.88	
1039	1086	ANA T M OLIVEIRA	F	18	01:00:27.02	01:00:11.70	RUNNING AACADEMY - O2 LIFE CENTER
1040	695	FERNANDO A C FARINHA	M	49	01:00:27.42	01:00:12.99	
1041	1049	JOAO SALGADO	M	47	01:00:34.56	01:00:34.56	
1042	816	JOÃO TUBAL	M	41	01:00:39.08	01:00:39.08	OS AUGUINHAS
1043	866	JOAO ALVES	M	53	01:00:41.23	00:59:38.40	

1044	1074	SANDRA SANTOS	F	38	01:00:41.32	01:00:22.00	OS ECONÓMICOS
1045	722	RICARDO MONTEIRO	M	26	01:00:42.07	01:00:42.07	
1046	917	JOSE MORUJO	M	53	01:00:44.25	00:59:17.59	
1047	856	MARIANA PEREIRA	F	60	01:00:45.23	01:00:21.92	EVELX - ASS ESTILOS VIDA SAUDÁVEL
1048	641	CARLOS ALBANO	M	45	01:00:47.17	01:00:47.17	SS CGD
1049	1131	AQUILINO J M VENTURA	M	49	01:00:49.29	01:00:49.29	
1050	1184	RITA PALMA	F	47	01:00:49.69	01:00:43.89	
1051	627	FILIPA VILAR	F	31	01:00:50.07	01:00:31.34	C MILLENNIUM BCP
1052	988	NINO RALEIRAS	M	44	01:00:50.52	01:00:16.33	
1053	120	ANTONIO J DUARTE	M	68	01:00:50.78	00:59:56.58	
1054	376	HELENA SANTOS	F	54	01:00:50.94	01:00:26.12	AÇOREANA
1055	947	PAULO PORTUGAL	M	51	01:00:51.27	00:59:41.50	A VALE SILENCIO
1056	375	ANTÓNIO JORGE	M	62	01:00:52.54	01:00:27.24	AÇOREANA
1057	1170	LUIS MOGEIRO	M	35	01:00:53.51	00:59:50.99	
1058	1082	PAULO ROSA	M	38	01:00:58.24	00:59:45.71	STANLEY TEAM
1059	337	MANUEL FRANCISCO	M	57	01:01:01.30	01:00:25.68	CARAP AUS DE CORRIDA
1060	459	NUNO CLEMENTE	M	43	01:01:01.91	01:00:26.97	CARAP AUS DE CORRIDA
1061	664	CRISTIANA ALMEIDA	F	52	01:01:02.26	01:00:01.96	SS CGD
1062	636	ANDRE NORONHA	M	52	01:01:02.70	01:01:02.70	SS CGD
1063	1293	JOANA MOREIRA	F	35	01:01:04.46	01:00:49.42	
1064	912	PAULO SANTOS	M	46	01:01:05.83	01:00:45.28	
1065	321	CARLOS MOTA	M	42	01:01:05.99	00:59:54.76	
1066	733	PEDRO MACHADO	M	48	01:01:06.12	01:01:06.12	LIKERUN
1067	911	RUI COSTA	M	47	01:01:06.33	01:01:06.33	
1068	108	PAULA MARIANO	F	42	01:01:19.51	01:00:40.41	
1069	944	JOÃO INOCÊNCIO	M	46	01:01:21.68	01:01:21.68	A VALE SILENCIO
1070	953	GABRIELA MARQUES	F	39	01:01:21.69	01:00:14.67	A VALE SILENCIO
1071	940	SANDRA BATISTA	F	40	01:01:22.21	01:01:22.21	A VALE SILENCIO
1072	653	PATRICIO TAVARES	M	29	01:01:26.84	01:01:26.84	SS CGD
1073	644	DORA REIS	F	50	01:01:29.58	01:00:13.38	SS CGD
1074	1223	MARIBEL SILVA	F	49	01:01:31.38	01:00:24.36	
1075	66	JORGE LOPES	M	50	01:01:31.40	01:00:57.93	
1076	1194	SOFIA SANTOS	F	41	01:01:36.47	01:00:24.65	
1077	683	GRAÇA A C PEREIRA	F	48	01:01:39.31	01:01:39.31	MATILHA RADICAL
1078	682	LUIS H C SILVA	M	45	01:01:39.37	01:01:39.37	MATILHA RADICAL
1079	702	CARLOS M D SILVA	M	42	01:01:39.81	01:01:39.81	MATILHA RADICAL

1080	1198	LUÍS MIRANDA	M	57	01:01:43.23	01:01:43.23	TEJÁVISTA
1081	1268	HUGO FERREIRA	M	37	01:01:45.08	01:00:27.60	
1082	700	CATARINA A DIAS	F	26	01:01:48.63	01:01:21.94	
1083	1352	RODOLFO CARNEIRO	M	28	01:02:11.16	01:02:11.16	
1084	1106	JOÃO BARRETO	M	24	01:02:11.58	01:01:21.36	CD ARNEIRO
1085	998	ANDRÉ SILVA	M	18	01:02:12.61	01:01:22.07	CD ARNEIRO
1086	1635	ROSA DIAS	F	49	01:02:12.76	01:02:12.76	C BENFICA ALG M MARTINS
1087	1030	RAFAEL S LOPEZ	M	41	01:02:14.47	01:01:24.74	SIMECQ
1088	662	SILVIA NEIVA	F	46	01:02:14.93	01:01:27.07	SS CGD
1089	657	PEDRO LUZIO	M	40	01:02:15.04	01:01:23.52	SS CGD
1090	710	JOAO P MAGALHAES	M	52	01:02:17.08	01:02:01.25	OS OURIQUIENSES
1091	688	SARA PRATES	F	38	01:02:26.16	01:02:04.78	ATLETISMO VIDENSE
1092	687	MANUEL PRATES	M	44	01:02:26.41	01:02:05.15	ATLETISMO VIDENSE
1093	470	RUI TABORDA	M	50	01:02:29.90	01:02:29.90	DOR DE BURRO
1094	749	JOÃO SOUSA	M	45	01:02:35.16	01:01:32.95	
1095	1211	LIANDRÁ PLACIDO	F	19	01:02:36.55	01:02:36.55	JORGE DE JESUS
1096	1632	ISABEL FONSECA	F	56	01:02:36.62	01:01:46.69	C BENFICA ALG M MARTINS
1097	1390	PEDRO R PEREIRA	M	50	01:02:39.45	01:01:33.14	C MILLENNIUM BCP
1098	453	ARMANDO J SILVA	M	66	01:02:39.71	01:02:31.41	
1099	643	CRISTIANA REIS	F	38	01:02:40.70	01:01:13.16	SS CGD
1100	726	RUI LUIS	M	59	01:02:41.49	01:02:16.34	CA VALE FIGUEIRA
1101	1027	INÊS F	F	45	01:02:42.43	01:01:27.59	4RUN
1102	311	JOSE MONTEIRO	M	67	01:02:49.90	01:02:49.90	GD SANTANDER TOTTA
1103	208	MIGUEL RODRIGUES	M	37	01:02:50.44	01:02:50.44	LETS RUN MODAFOCAS
1104	591	PAULO D SILVA	M	41	01:02:53.71	01:02:02.69	
1105	1134	JOSE NUNES	M	43	01:02:56.39	01:02:56.39	
1106	1026	RICARDO SÁ	M	46	01:02:59.47	01:02:59.47	4RUN
1107	277	PAULO MOTA	M	49	01:02:59.64	01:02:59.64	AA LEBRES SADO
1108	1028	RICARDO GALO	M	38	01:03:00.13	01:03:00.13	4RUN
1109	1042	RICARDO LOURENÇO	M	45	01:03:02.92	01:02:00.98	ESTRELAS DE LISBOA
1110	604	ALEXANDRE CORREIA	M	38	01:03:04.42	01:02:32.17	
1111	542	ADILIA BARBOSA	F	57	01:03:05.73	01:03:05.73	GD CHELAS
1112	129	FLAVIO FRANCISCO	M	43	01:03:07.59	01:01:59.60	
1113	130	ANTONIO FRANCISCO	M	18	01:03:07.59	01:03:07.59	
1114	1203	GONÇALO PEREIRA	M	24	01:03:09.32	01:02:04.85	CHICOS TEAM
1115	319	RUI PEREIRA	M	46	01:03:11.95	01:01:52.06	FALCÕES SELVAGENS

1116	1381	ATLETA NÃO CADASTRADO	M	0	01:03:15.13	01:02:45.87	
1117	1119	CARLA PENEDO	F	37	01:03:18.21	01:03:08.76	
1118	835	RICARDO L PINTO	M	41	01:03:18.38	01:03:09.41	MOTA COM MEDO
1119	473	ALEXANDRA PIRES	F	49	01:03:26.38	01:02:57.15	
1120	245	ALBERTO SANTOS	M	55	01:03:27.04	01:03:19.38	CATERINGPOR
1121	776	LUÍS CUNHA	M	54	01:03:29.02	01:02:02.46	
1122	1304	JOAQUIM ALEIXO	M	46	01:03:35.33	01:02:12.60	
1123	1157	RUI JULIO	M	41	01:03:43.51	01:02:45.94	
1124	58	RUI B RIBEIRO	M	40	01:03:43.74	01:02:44.66	SCUT
1125	651	MANUEL BRAS	M	48	01:03:45.36	01:03:45.36	SS CGD
1126	868	CÉLIA AZENHA	F	52	01:03:53.49	01:03:40.52	AA LEBRES SADO
1127	179	SILVINO MARTINS	M	67	01:03:53.98	01:03:23.27	
1128	1229	RICARDO DAMIAO	M	40	01:03:54.07	01:02:48.80	INGLESES FC
1129	896	CATARINA J L S ROLO	F	30	01:03:55.29	01:03:06.42	
1130	881	CÁTIA F CÂMARA	F	30	01:03:55.44	01:03:06.26	
1131	272	RODRIGO M S FERRO	M	20	01:03:57.20	01:03:39.39	
1132	824	TÂNIA GRAFINO	F	36	01:03:58.51	01:03:15.73	
1133	444	LUÍS ANTUNES	M	54	01:03:58.61	01:02:40.48	GA MONSANTO/GASCAN
1134	545	RUBEN SERRA	M	18	01:04:03.18	01:03:46.94	GD CHELAS
1135	1017	SUSANA VILAÇA	F	31	01:04:03.22	01:02:49.41	
1136	712	MÁRIO J C AGREIRO	M	44	01:04:03.82	01:02:59.33	
1137	841	LILIANA RIBEIRO	F	24	01:04:08.52	01:03:28.14	
1138	892	CARLOS FERREIRA	M	52	01:04:11.00	01:03:47.07	CÂMARA L CLUBE
1139	531	JOSÉ MACIEL	M	32	01:04:12.28	01:03:25.45	FALCÕES SELVAGENS
1140	720	FILIPA FRANCISCO	F	39	01:04:12.71	01:03:56.41	
1141	1202	ANDRÉ OLIVEIRA	M	22	01:04:13.72	01:03:08.41	CHICOS TEAM
1142	1312	FILIPE CARDOSO	M	32	01:04:15.26	01:04:15.26	
1143	706	ANTONIO J V RIBEIRO	M	51	01:04:23.16	01:04:23.16	
1144	1090	HUGO POMBO	M	40	01:04:23.30	01:02:58.63	
1145	1091	CARLOS BATISTA	M	63	01:04:23.37	01:02:57.07	
1146	104	RITA S G MARTINHO	F	33	01:04:30.87	01:03:37.15	OS DUQUES
1147	131	DANIEL M FEITEIRONA	M	34	01:04:32.51	01:03:08.58	
1148	132	SARA LOPES	F	31	01:04:32.75	01:03:09.67	
1149	172	GIL FERREIRA	M	31	01:04:33.08	01:03:07.82	PAPA ASFALTO
1150	769	NATALINO NUNES	M	40	01:04:33.20	01:04:33.20	ATLETICO VIA RARA
1151	105	JOSÉ A BARREIROS	M	45	01:04:34.05	01:03:43.77	

1152	1362	Mª GRACA NASCIMENTO	F	52	01:04:34.09	01:03:49.26	GO FIT OLIVAIS
1153	1315	HELENA B BARDON	F	36	01:04:35.41	01:03:55.78	
1154	1314	JORDI S GUARDIA	M	33	01:04:35.42	01:03:55.76	
1155	997	RITA MAIO	F	18	01:04:35.59	01:03:45.56	CD ARNEIRO
1156	879	ANA AMORIM	F	42	01:04:39.69	01:04:12.72	SEF RUNNING TEAM
1157	268	VITOR DUARTE	M	57	01:04:50.33	01:04:50.33	NAZ ABOBODA
1158	67	MARIO RESINA	M	38	01:04:52.27	01:04:10.09	RESINAS
1159	257	RUI RESINA	M	35	01:04:52.46	01:04:10.47	RESINAS
1160	1055	FÁTIMA LEITÃO	F	55	01:04:56.84	01:04:56.84	
1161	677	CLARA MINA	F	56	01:05:01.03	01:04:48.69	CA VALE FIGUEIRA
1162	1135	ARTUR SANTOS	M	38	01:05:01.20	01:04:20.07	VALADARES
1163	1212	DIANA VERISSIMO	F	19	01:05:06.26	01:04:15.68	JORGE DE JESUS
1164	1185	JOAQUIM FRAGOSO	M	67	01:05:07.89	01:04:01.95	CCD CASA PIA
1165	270	AUGUSTO M S FERRO	M	42	01:05:14.00	01:04:57.15	
1166	271	SERGIO G MEIRA	M	42	01:05:14.05	01:04:56.13	
1167	1173	MARINA CARREIRAS	F	36	01:05:23.73	01:04:46.32	
1168	799	ANIBAL CARVALHO	M	65	01:05:23.93	01:04:18.24	GD SAO DOMINGOS
1169	1359	RUTE OLIVEIRA	F	46	01:05:26.65	01:04:39.49	GO FIT OLIVAIS
1170	634	ALEXANDRA RIBEIRO	F	40	01:05:37.21	01:04:56.26	SS CGD
1171	1073	JOÃO MARTINS	M	44	01:05:40.40	01:05:21.85	OS ECONÓMICOS
1172	598	NUNO A S LALANDA	M	40	01:05:40.54	01:04:24.71	
1173	1261	RUI M ALMEIDA	M	44	01:05:42.09	01:04:43.37	C NOT PARQUE NACOES
1174	529	FERNANDO A R LOURO	M	51	01:05:42.33	01:04:42.81	TARTARUGAS SOLIDÁRIAS
1175	1307	LUIS PINHAO	M	60	01:05:43.09	01:04:29.60	
1176	1305	JOAO CUNHA	M	48	01:05:43.38	01:04:31.15	
1177	1306	NUNO FILIPE	M	40	01:05:43.46	01:04:29.33	
1178	831	NELSON BARBOSA	M	39	01:05:52.69	01:04:46.86	CP CORROIOS
1179	832	FILIPA F G V ALMEIDA	F	32	01:05:52.78	01:04:47.13	CP CORROIOS
1180	30	EBERHARD A WILHELM	M	68	01:05:56.04	01:04:49.84	
1181	372	CLÁUDIA TAM	F	34	01:05:56.33	01:04:49.25	AÇOREANA
1182	398	VASCO ARMÉS	M	44	01:06:04.24	01:06:04.24	CARAPUS DE CORRIDA
1183	397	VITOR SANTOS	M	45	01:06:04.39	01:05:29.80	CARAPUS DE CORRIDA
1184	425	AGOSTINHO DIAS	M	51	01:06:04.42	01:05:29.93	CARAPUS DE CORRIDA
1185	1043	SANDRA LOURENÇO	F	40	01:06:05.06	01:05:02.90	ESTRELAS DE LISBOA
1186	1631	JORGE JESUS	M	63	01:06:07.10	01:06:07.10	C BENFICA ALG M MARTINS
1187	359	LUIS GOMES	M	43	01:06:08.77	01:05:37.82	

1188	364	LUIS NEVES	M	43	01:06:12.59	01:05:09.26	AÇOREANA
1189	281	GREGÓRIO PEDRO	M	56	01:06:18.60	01:06:00.51	
1190	764	JOANA CORREIA	F	32	01:06:25.50	01:06:25.50	
1191	673	CRISTINA BRIZIDO	F	40	01:06:31.36	01:06:05.26	
1192	1370	ALVARO FERREIRA	M	58	01:06:33.83	01:06:22.33	GO FIT OLIVAIS
1193	1100	JOSÉ M P P SANTOS	M	60	01:06:33.93	01:06:33.93	
1194	1201	FRANCISCO MATEUS	M	22	01:06:35.29	01:05:30.30	CHICOS TEAM
1195	340	VICTOR RODRIGUES	M	49	01:06:36.33	01:06:36.33	CCD O ALVITEJO
1196	935	HENRIQUE VILHENA	M	60	01:06:36.35	01:05:15.38	DONINHOS
1197	339	ELISABETE ÁGUAS	F	51	01:06:36.41	01:05:12.07	CCD O ALVITEJO
1198	341	HENRIQUE RUAS	M	76	01:06:36.81	01:05:15.44	CCD O ALVITEJO
1199	52	ADELAIDE FELIZARDO	F	39	01:06:37.19	01:05:20.22	GORUN VENDAS NOVAS
1200	301	ANTONIO CASTRO	M	47	01:06:38.38	01:05:09.68	GD SANTANDER TOTTA
1201	443	JOÃO PINTO	M	55	01:06:47.33	01:05:29.07	GA MONSANTO/GASCAN
1202	441	ANTÓNIO REYES	M	62	01:06:47.77	01:05:34.51	GA MONSANTO/GASCAN
1203	728	ANTÓNIO MOURA	M	60	01:06:51.44	01:06:37.46	CA VALE FIGUEIRA
1204	45	LUIS MARTINS	M	60	01:06:56.06	01:06:05.30	NAV RUNNERS
1205	621	LEONEL FERREIRINHA	M	68	01:06:56.13	01:06:18.09	C MILLENNIUM BCP
1206	1149	LUIS F MARTINS	M	41	01:06:58.84	01:06:16.57	
1207	1058	CARINA AFONSO	F	26	01:07:01.97	01:07:01.97	GINJUNHA FOREVA
1208	1057	PAULO BARRETO	M	36	01:07:02.81	01:07:02.81	GINJUNHA FOREVA
1209	81	CARLOS SANTOS	M	64	01:07:03.63	01:06:06.79	C FERROVIARIO P
1210	619	ANTONIO SOUSA	M	70	01:07:08.84	01:05:59.82	C MILLENNIUM BCP
1211	553	MARCO CASTANHEIRA	M	38	01:07:14.10	01:07:04.32	C CORREDORES RES CORGAS
1212	552	FERNANDO CASTANHEIRA	M	66	01:07:14.12	01:07:14.12	C CORREDORES RES CORGAS
1213	1221	RICARDO MORAIS	M	41	01:07:19.37	01:06:29.59	
1214	308	HELDER LOPES	M	46	01:07:21.25	01:06:26.75	GD SANTANDER TOTTA
1215	141	JOÃO MONTEIRO	M	32	01:07:22.81	01:06:41.30	
1216	336	MANUEL N BAPTISTA	M	52	01:07:25.06	01:06:45.36	
1217	565	LEOPOLDINO MARCELINO	M	77	01:07:29.68	01:06:41.02	GD CHELAS
1218	35	FRANCISCO COSTA	M	28	01:07:34.14	01:07:17.08	QUINTA PARAMOS - ATLETISMO
1219	197	ISMAR M T C FERREIRA	M	56	01:07:39.92	01:06:34.81	
1220	1327	HUMBERTO FERREIRA	M	70	01:07:45.35	01:07:45.35	C MILLENNIUM BCP
1221	1759	DEOLINDA URBANO	F	61	01:07:47.81	01:07:28.38	UA POVOENSE
1222	1065	JOAO ROSA	M	34	01:07:50.25	01:06:52.49	
1223	1066	VANDA ROSA	F	33	01:07:50.40	01:07:50.40	

1224	1104	ROBERTO FIFE	M	59	01:07:51.49	01:07:01.84	FIFE
1225	1346	ELOIZA REIS	F	51	01:07:51.79	01:07:51.79	FIFE
1226	635	ANA CALINAS	F	44	01:08:03.42	01:07:07.08	SS CGD
1227	660	ROGERIO LUIS	M	45	01:08:04.25	01:07:09.35	SS CGD
1228	163	RICARDO RIBEIRETE	M	18	01:08:09.55	01:08:09.55	ULTRA-LEVES DO CPOC
1229	974	FILOMENA CORREIA	F	62	01:08:09.78	01:08:04.15	O PRATICANTE
1230	162	ANDRÉ RIBEIRETE	M	40	01:08:10.78	01:08:10.78	ULTRA-LEVES DO CPOC
1231	374	IDALINA MADEIRA	F	55	01:08:11.46	01:08:11.46	AÇOREANA
1232	1161	JOAO MORAIS	M	44	01:08:12.25	01:07:16.40	
1233	1158	FILIPE SILVA	M	41	01:08:12.30	01:07:16.54	
1234	325	HUGO F F RODRIGUES	M	29	01:08:23.92	01:07:59.62	
1235	1006	FRANCISCO CIPRIANO	M	74	01:08:29.03	01:08:29.03	AMCR FONTE GRADA
1236	1045	MARA FIGUEIRA	F	38	01:08:31.38	01:08:31.38	ESTRELAS DE LISBOA
1237	668	ARQUIMINIO NUNES	M	62	01:08:33.79	01:08:13.57	CARACOIS DE CORRIDA
1238	803	BAVIECHE SAMGI	M	25	01:08:59.48	01:08:59.48	GALP RUNNERS
1239	807	RUTE FERREIRA	F	21	01:09:04.55	01:07:53.93	HC RUNNERS
1240	229	MAJ/TMI JORGE S A MARQUES	M	54	01:09:05.50	01:08:19.56	
1241	806	CARINA FERREIRA	F	27	01:09:07.99	01:07:57.56	HC RUNNERS
1242	1171	TITO PEDROSO	M	33	01:09:11.39	01:08:34.11	
1243	1174	MAGDA MARQUES	F	35	01:09:11.42	01:08:34.65	
1244	1172	JORGE CARREIRAS	M	28	01:09:11.56	01:08:36.68	
1245	142	BRUNO MONTEIRO	M	35	01:09:14.66	01:09:14.66	
1246	134	ANA M ALMEIDA	F	36	01:09:20.04	01:07:55.96	
1247	1084	RICARDO CALLAÇA	M	36	01:09:20.81	01:09:20.81	STANLEY TEAM
1248	1339	NUNO P M C DIAS	M	42	01:09:23.79	01:08:56.09	LETSRUNAZORES
1249	1337	ANA FILIPA FERREIRA	F	42	01:09:30.99	01:09:30.99	
1250	1338	MARGARIDA M BENTO	F	42	01:09:31.16	01:09:31.16	
1251	691	NUNO BATISTA	M	36	01:09:34.16	01:08:23.73	LETS RUN MODAFOCAS
1252	1271	DINA OLIVEIRA	F	39	01:09:34.16	01:09:34.16	
1253	1270	RUTE PATROCINIO	F	41	01:09:34.56	01:08:15.93	
1254	1376	JOSE ALEXANDRE	M	57	01:09:34.85	01:08:52.80	JF OLIVAIS
1255	1363	PAULA CARDOSO	F	40	01:09:36.33	01:08:49.72	GO FIT OLIVAIS
1256	468	PEDRO DIAS	M	46	01:09:44.98	01:09:44.98	DOR DE BURRO
1257	1199	HUGO PÁSCOA	M	40	01:09:54.41	01:09:54.41	TEJÀVISTA
1258	371	JOÃO SERRA	M	44	01:10:06.57	01:09:35.93	AÇOREANA
1259	701	JOSÉ SERRA	M	48	01:10:06.89	01:09:35.66	

1260	696	HELENA SERRA	F	51	01:10:15.26	01:09:35.03	GD CHELAS
1261	995	MARIA AGUIAR	F	45	01:10:17.29	01:09:43.50	AB CAMPOLIDE
1262	838	BRÍGIDA MENDES	F	35	01:10:20.10	01:09:19.33	RIC&BRI
1263	837	RICARDO TOUPA	M	40	01:10:20.64	01:09:20.66	RIC&BRI
1264	1053	CARLA RIBEIRO	F	42	01:10:27.73	01:09:16.15	
1265	1054	VITOR VENDA	M	45	01:10:28.51	01:10:28.51	
1266	128	MAYER RAPOSO	M	69	01:10:39.07	01:09:35.12	AA LEBRES SADO
1267	56	JOSÉ COELHO	M	37	01:10:39.98	01:08:31.07	
1268	415	PAULO FERNANDES	M	44	01:10:46.26	01:09:34.26	AA LEBRES SADO
1269	88	ORLANDO SOUSA	M	54	01:10:46.63	01:09:34.00	CCDT METRO LX
1270	401	ISABEL RODRIGUES	F	45	01:10:46.94	01:09:30.16	ADCR PJ
1271	1288	PAULO NOGUEIRA	M	51	01:11:13.26	01:11:13.26	
1272	202	NUNO M S OLIVEIRA	M	40	01:11:20.25	01:09:54.41	
1273	1285	JOSE MELAO	M	71	01:11:38.35	01:10:28.00	
1274	802	SÓNIA PEREIRA	F	27	01:11:47.76	01:11:47.76	GALP RUNNERS
1275	1007	ANTÓNIO CIPRIANO	M	71	01:11:56.39	01:10:49.10	AMCR FONTE GRADA
1276	1284	LUIS CAROUNHO	M	45	01:11:58.76	01:10:49.25	
1277	295	FABIO PIO	M	45	01:12:16.11	01:10:56.21	GD SANTANDER TOTTA
1278	1630	SONIA FERREIRA	F	36	01:12:42.78	01:12:06.52	C BENFICA ALG M MARTINS
1279	273	GERMANO BERNARDO	M	61	01:13:01.33	01:11:29.87	O PRAZER DA CORRIDA
1280	1218	JOANA PEREIRA	F	32	01:13:02.14	01:11:27.90	
1281	793	TERESA MEDEIROS	F	56	01:13:08.01	01:12:39.38	GD SAO DOMINGOS
1282	703	ZEFERINO BOAL	M	54	01:14:04.79	01:14:04.79	
1283	934	JORGE L B G SOARES	M	44	01:14:53.50	01:14:53.50	
1284	981	LIDIA S FARINHA	F	30	01:14:57.85	01:13:56.29	DA SILVA FF
1285	982	JOEL FERREIRA	M	32	01:14:58.42	01:13:56.77	DA SILVA FF
1286	1263	RUI SALVADO	M	45	01:15:13.74	01:14:14.22	C NOT PARQUE NACOES
1287	1260	CARLOS GONCALVES	M	47	01:15:14.06	01:14:15.60	C NOT PARQUE NACOES
1288	1264	SANDRA I PIRES	F	44	01:15:14.31	01:14:15.09	C NOT PARQUE NACOES
1289	410	SAMUEL MONTEIRO	M	51	01:15:22.66	01:14:28.19	OS DUQUES LENTOS
1290	863	RUI ALVARES	M	47	01:16:00.74	01:16:00.74	
1291	255	CRISTINA CARNEIRO	F	44	01:16:00.95	01:14:48.02	
1292	1707	MARINA A SILVA	F	36	01:16:05.86	01:15:26.43	EVELX - ASS ESTILOS VIDA SAUDÁVEL
1293	57	SANDRA ZOGG	F	45	01:16:35.76	01:14:40.45	
1294	1169	MARINA DINIS	F	35	01:17:22.99	01:16:19.95	
1295	489	RAQUEL LEONARDO	F	39	01:18:54.65	01:17:49.41	

1296	157	CARLOS MORAIS	M	45	01:19:37.86	01:19:01.70	FALCÕES SELVAGENS
1297	156	RUI OLIVEIRA	M	53	01:19:38.08	01:19:05.62	FALCÕES SELVAGENS
1298	1371	TERESA CAETANO	F	41	01:19:41.29	01:18:37.67	GO FIT OLIVAIS
1299	361	MA FEE HUNG	F	66	01:19:42.73	01:19:18.12	AÇOREANA
1300	1155	FRANCISCO A R MOUCHINHO	M	68	01:19:47.41	01:19:06.90	ACADEMIA LUMIAR
1301	480	ISABEL GARCIA	F	49	01:20:01.49	01:19:58.90	
1302	1205	JORGE VAZ	M	77	01:20:15.17	01:19:36.95	
1303	1266	ANA C AMANTE	F	48	01:20:23.44	01:19:23.57	C NOT PARQUE NACOES
1304	1265	RUTE TEIXEIRA	F	38	01:20:23.66	01:19:23.30	C NOT PARQUE NACOES
1305	1693	PEDRO MOTA	M	46	01:20:57.88	01:20:57.88	CF OS BELENENSES
1306	1682	ANA DUARTE	F	46	01:20:58.86	01:20:58.86	CF OS BELENENSES
1307	1000	FRANCELINA SILVA	F	52	01:21:48.40	01:20:59.61	CD ARNEIRO
1308	1078	JOSÉ PIRRALHA	M	40	01:22:28.90	01:21:44.49	
1309	929	FILIPE GONÇALVES	M	40	01:22:48.72	01:22:08.66	GRUPETA RUNNING TEAM
1310	566	ARTUR MARCELINO	M	75	01:23:55.57	01:23:55.57	GD CHELAS
1311	164	INÉS GUERREIRO	F	27	01:24:29.13	01:23:01.05	
1312	165	BRUNO GONÇALVES	M	27	01:24:29.17	01:23:01.22	
1313	27	LINO BARRUNCHO	M	41	01:26:37.92	01:26:37.92	
1314	174	ANA F A SILVA	F	31	01:26:38.77	01:26:38.77	CORRER LISBOA
1315	1780	ATLETA NÃO CADASTRADO	M	0	01:26:41.16	01:26:41.16	
1316	1216	ARNALDO LIMA	M	43	01:26:43.39	01:26:43.39	
1317	316	SUSANA GUERREIRO	F	40	01:26:43.65	01:26:43.65	GD SANTANDER TOTTA
1318	1397	ATLETA NÃO CADASTRADO	M	0	01:26:43.89	01:26:43.89	
1319	980	LUCILIA SOARES	F	54	01:29:38.00	01:29:38.00	AMINHACORRIDA
1320	1601	JOAQUIM ARAUJO	M	71	01:30:12.06	01:30:12.06	AA PEGO LONGO

**Total de registros: 1320**