



Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	1059	LUÍS MACAU	M	29	1	00:32:57.02	00:32:56.94	
2	978	JOSÉ GASPAR	M	41	1	00:32:59.89	00:32:58.07	
3	1276	MARCO MELLO	M	48	1	00:35:23.72	00:35:22.37	
4	515	PEDRO NOGUEIRA	M	36	1	00:35:48.79	00:35:18.50	
5	382	BRUNO SABIDO	M	24	2	00:36:14.03	00:36:12.77	DESPORTIVO MONTE REAL
6	518	FRANCISCO ROCHA	M	51	1	00:36:28.08	00:36:00.46	
7	221	PAULO ROLA	M	52	2	00:36:50.77	00:36:49.31	NAZABOBODA
8	601	PAULO DELGADO	M	51	3	00:37:28.35	00:37:27.63	
9	586	RUI BELO	M	42	2	00:37:33.21	00:37:33.11	
10	428	TIAGO DIAS	M	25	3	00:37:42.97	00:37:34.03	
11	1146	RUI ALVES	M	37	2	00:37:46.51	00:37:40.21	CLUBE FERROVIÁRIO DE PORTUGAL
12	387	JOÃO PIRES	M	43	3	00:37:49.11	00:37:48.89	DESPORTIVO MONTE REAL
13	390	PAULO JERÓNIMO	M	49	2	00:37:54.66	00:37:52.52	DESPORTIVO MONTE REAL
14	227	PEDRO MONTEIRO	M	37	3	00:37:57.46	00:37:56.93	
15	516	SÉRGIO TAVARES	M	39	4	00:38:09.71	00:37:42.34	
16	737	FRANCISCO MONTE	M	38	5	00:38:14.11	00:38:13.19	
17	551	RICARDO PIRES	M	36	6	00:38:15.85	00:38:14.27	NAZABOBODA
18	716	RICARDO OLIVEIRA	M	43	4	00:38:16.74	00:38:14.23	CLUBE RECREATIVO AMIEIRINHENSE
19	236	DUARTE BRITO	M	27	4	00:38:23.88	00:38:23.10	NAZABOBODA
20	233	ANTONIO JANEIRO	M	43	5	00:38:25.08	00:38:25.08	NAZABOBODA
21	1057	CLÁUDIA PEREIRA	F	42	1	00:38:26.99	00:38:26.53	
22	1060	PEDRO CRUZ	M	32	5	00:38:30.01	00:38:29.55	
23	451	NUNO SILVA	M	37	7	00:38:30.11	00:38:27.52	
24	367	FILIPE SILVEIRA	M	36	8	00:38:30.27	00:38:28.63	
25	134	RICARDO SANTOS	M	38	9	00:38:42.30	00:38:38.28	
26	246	JOSÉ JARMELA	M	54	4	00:38:49.84	00:38:49.19	NAZABOBODA
27	720	JOAO GUERREIRO	M	52	5	00:38:53.51	00:38:51.48	CLUBE RECREATIVO AMIEIRINHENSE
28	986	MIGUEL CORREIA	M	51	6	00:39:05.49	00:39:01.92	
29	257	VITOR PEREIRA	M	31	6	00:39:19.22	00:39:17.55	NAZABOBODA
30	705	RUI H FFWPU	M	45	3	00:39:24.56	00:39:24.10	
31	261	TELMO NOGUEIRA	M	34	7	00:39:32.00	00:39:27.04	
32	908	JOAO COELHO	M	39	10	00:39:33.48	00:39:24.24	
33	1293	KCÉNIA BOUGROVA	F	23	1	00:39:46.16	00:39:45.72	
34	250	SIMÃO SEIÇA	M	33	8	00:39:49.05	00:39:43.68	NAZABOBODA
35	742	DAVID PEREIRA	M	26	9	00:39:53.90	00:39:52.63	
36	721	JOSE RAIMUNDO	M	56	1	00:40:00.67	00:40:00.67	CLUBE RECREATIVO AMIEIRINHENSE



37	280	SANDRA CRUZ	F	38	2	00:40:01.37	00:39:57.85	
38	346	JORGE CAIADO	M	47	4	00:40:02.95	00:39:58.36	
39	1027	FÁBIO PEREIRA	M	26	10	00:40:03.11	00:40:00.59	
40	226	RICARDO PEREIRA	M	21	11	00:40:04.80	00:40:01.74	NAZABOBODA
41	718	JOAO GOMES	M	56	2	00:40:08.05	00:40:05.49	CLUBE RECREATIVO AMIEIRINHENSE
42	446	VASCO RIJO	M	30	12	00:40:12.84	00:40:01.03	
43	279	PAULO GUIMARÃES	M	41	6	00:40:14.96	00:40:12.97	
44	228	ALMERINDO SECO	M	59	3	00:40:15.43	00:40:12.49	NAZABOBODA
45	275	CARLOS LOPES	M	44	7	00:40:17.66	00:40:12.80	
46	854	JOSÉ GUIMARÃES	M	44	8	00:40:18.11	00:40:14.42	GOALL RUNNING
47	349	RAFAEL ABRUNHOSA	M	51	7	00:40:18.39	00:40:16.55	
48	549	NUNO SANTOS	M	40	9	00:40:36.51	00:40:32.94	
49	1051	SANDRO SILVA	M	39	11	00:40:48.89	00:40:06.04	
50	1058	PEDRO VIEIRA	M	44	10	00:40:55.76	00:40:29.95	
51	48	JOAQUIM M GRILO	M	41	11	00:40:56.29	00:39:59.71	
52	379	HENRIQUE COELHO	M	44	12	00:40:59.63	00:40:57.27	
53	1270	JORGE MACHADO	M	32	13	00:41:03.16	00:40:44.94	
54	800	IVO SANTOS	M	35	12	00:41:04.10	00:41:00.75	CLUBE COLABORADORES AGEAS
55	538	VITOR M C MARTINS	M	49	5	00:41:04.77	00:41:01.95	
56	570	JOSE ESTEVES	M	52	8	00:41:17.17	00:41:17.17	
57	212	ALEXANDRE NUNES	M	43	13	00:41:18.43	00:40:25.42	
58	39	JOSEPH THOMAS	M	30	14	00:41:23.23	00:41:21.46	
59	597	HERNÂNI D J FERNANDES	M	47	6	00:41:27.03	00:41:21.11	
60	276	SARA MARINHO	F	28	2	00:41:34.85	00:41:32.32	
61	1117	JOSÉ M GOMES	M	58	4	00:41:37.02	00:41:37.02	
62	1135	HUGO PATRÍCIO	M	41	14	00:41:39.23	00:41:31.48	CLUBE FERROVIÁRIO DE PORTUGAL
63	691	GONÇALO ALMEIDA	M	26	15	00:41:42.28	00:40:41.20	
64	1078	DIOGO HENRIQUES	M	20	16	00:41:42.40	00:41:39.45	
65	488	JABA RECORDATI	M	38	13	00:41:44.32	00:41:28.47	JABA RECORDATI
66	1076	PAULO OLIVEIRA	M	49	7	00:41:46.30	00:41:46.30	CCD PM CASCAIS 3
67	703	PAULO VIEIRA	M	50	9	00:41:49.14	00:41:40.90	
68	1283	CRISTINA GARCIA	F	47	1	00:41:54.04	00:41:51.83	
69	575	MÓNICA MOREIRAS	F	38	3	00:41:54.43	00:41:52.97	
70	596	PEDRO MARQUES	M	46	8	00:41:54.90	00:41:50.65	
71	857	CRISTÓVÃO PEDROSA	M	30	17	00:41:58.17	00:41:54.63	GOALL RUNNING
72	954	JOÃO PAIXÃO	M	47	9	00:41:59.46	00:41:36.21	NAPA
73	381	ABEL COSTA	M	54	10	00:42:01.45	00:41:49.33	DESPORTIVO MONTE REAL



74	719	JOAQUIM MORAIS	M	61	1	00:42:07.37	00:42:05.12	CLUBE RECREATIVO AMIEIRINHENSE
75	96	NUNO J D PRAZERES	M	51	11	00:42:12.87	00:42:10.12	C MILLENNIUM BCP
76	308	MATEUSZ STUDNIAK	M	28	18	00:42:28.75	00:42:27.54	
77	1212	SÖREN MORGENER	M	31	19	00:42:32.63	00:42:22.50	
78	1167	GONÇALO FERREIRA	M	31	20	00:42:39.87	00:42:34.93	CCD CRÉDITO AGRÍCOLA MÚTUA
79	1138	JOSÉ E SANTOS	M	49	10	00:42:41.89	00:40:57.39	CLUBE FERROVIÁRIO DE PORTUGAL
80	770	MIGUEL T SOUSA	M	43	15	00:42:50.14	00:42:29.21	CLUBE COLABORADORES AGEAS
81	1151	RICARDO A LAVAREDA	M	24	21	00:42:52.15	00:42:48.08	
82	80	DANIEL VERISSIMO	M	36	14	00:42:54.62	00:42:47.22	SS CGD
83	79	ANTÔNIO MARTINHO	M	41	16	00:42:55.01	00:42:47.39	
84	391	LUIS PEREIRA	M	48	11	00:42:56.92	00:42:56.35	DESPORTIVO MONTE REAL
85	118	NUNO F S TORCATO	M	41	17	00:42:58.54	00:42:55.20	C MILLENNIUM BCP
86	623	GUILHERME S SUGUIMATSU	M	35	15	00:43:06.12	00:41:59.75	
87	1079	ANTÓNIO FIGUEIREDO	M	38	16	00:43:06.45	00:41:21.59	CLUBE FERROVIÁRIO DE PORTUGAL
88	712	NELSON COSTA	M	49	12	00:43:10.88	00:43:08.19	
89	441	HUGO J R PALMEIRO	M	42	18	00:43:11.88	00:42:03.75	
90	438	NELSON MOREIRA	M	40	19	00:43:15.05	00:43:10.66	
91	778	BERNARDO MALHADOR	M	41	20	00:43:16.96	00:43:11.03	GOALL RUNNING
92	644	MARIO R SEABRA	M	46	13	00:43:20.77	00:42:51.59	
93	671	ROMULO TEIXEIRA	M	40	21	00:43:23.16	00:42:41.85	
94	43	PEDRO MOTA	M	47	14	00:43:36.93	00:40:27.33	
95	1129	CLÁUDIO BERNARDINO	M	43	22	00:43:41.99	00:43:30.03	CLUBE FERROVIÁRIO DE PORTUGAL
96	443	ALBERTINO PIRES	M	46	15	00:43:47.00	00:43:46.19	
97	952	ALEXANDRE FIGUEIREDO	M	45	16	00:43:54.22	00:43:29.62	NAPA
98	461	EDUARDO CAMÕES	M	25	22	00:43:55.34	00:42:47.65	MERCER RUNNERS
99	941	JOÃO SANTOS	M	20	23	00:44:00.94	00:43:33.30	OS GALGOS
100	103	LUIS M L GODINHO	M	52	12	00:44:04.67	00:43:40.12	C MILLENNIUM BCP
101	1326	FERNANDO NARCISO	M	22	24	00:44:04.83	00:42:54.88	
102	1341	NUNO FERREIRA	M	41	23	00:44:04.92	00:43:15.90	
103	1113	ANTÓNIO PUCARIÇO	M	56	5	00:44:05.18	00:44:01.81	CCD PM CASCAIS 2
104	648	RICARDO MARTINS	M	44	24	00:44:05.62	00:44:02.58	
105	254	TIAGO PIRES	M	20	25	00:44:06.50	00:44:06.48	NAZABOBODA
106	1070	ANTÓNIO ALMEIDA	M	47	17	00:44:08.70	00:42:21.93	
107	1034	JOSE A D LAGARICO	M	47	18	00:44:11.17	00:43:23.35	
108	1036	ALEXANDRE S A PIMENTA	M	36	17	00:44:11.71	00:43:25.69	
109	58	DIOGO PEREIRA	M	42	25	00:44:12.51	00:43:57.32	C MILLENNIUM BCP
110	587	ANTÓNIO PEDRO	M	40	26	00:44:18.16	00:43:47.95	



111	352	EDGAR REINHARDT	M	45	19	00:44:20.09	00:44:02.58	
112	1047	ARTUR CARVALHO	M	46	20	00:44:22.35	00:43:55.90	CLUBE FERROVIÁRIO DE PORTUGAL
113	412	MANUEL G P MORAIS	M	51	13	00:44:23.90	00:44:20.92	
114	962	JOAQUIM ROSA	M	56	6	00:44:26.19	00:44:13.63	N. A. PAPAGAIOS DE CASCAIS
115	955	LUIS MENDES	M	45	21	00:44:27.94	00:44:05.09	NAPA
116	1132	EURICO NICO	M	57	7	00:44:32.31	00:43:48.53	CLUBE FERROVIÁRIO DE PORTUGAL
117	74	VITOR VARIZO	M	43	27	00:44:35.52	00:43:49.38	
118	1242	CARLOS NELSON	M	57	8	00:44:40.12	00:44:27.93	CCD METRO DE LISBOA
119	976	ANDRÉ SANTOS	M	23	26	00:44:45.38	00:44:01.94	
120	1269	ANTÓNIO L MARTINS	M	52	14	00:44:45.69	00:44:44.77	
121	1203	PEDRO BRÁS	M	35	18	00:44:47.15	00:44:02.62	SS CGD
122	225	RAUL RODRIGUES	M	60	2	00:44:50.90	00:44:50.22	NAZABOBODA
123	1334	JOSÉ M S CRUZ	M	45	22	00:44:52.89	00:44:47.58	
124	564	LUIS VELOSO	M	46	23	00:44:52.99	00:43:28.81	
125	679	JOÃO ROSADO	M	56	9	00:44:54.59	00:44:51.12	
126	873	SAMIR TAJUDINE	M	35	19	00:44:54.78	00:44:22.33	
127	894	JOÃO MORAIS	M	44	28	00:44:57.00	00:44:14.72	
128	789	RITA SANTOS	F	23	3	00:44:58.13	00:44:01.66	SIMECQ
129	1217	JUVENAL MOREIRA	M	54	15	00:44:58.14	00:44:55.55	NUCLEO DESPORTIVO AUTOCOOPE
130	299	JOSÉ F MIRANDA	M	57	10	00:44:58.57	00:44:54.28	
131	1281	FERNANDO FIGUEIREDO	M	48	24	00:45:01.06	00:45:01.06	
132	1219	MAURO MACHADO	M	31	27	00:45:02.16	00:44:51.26	
133	777	JORGE CARVALHO	M	40	29	00:45:03.81	00:44:45.86	CLUBE COLABORADORES AGEAS
134	672	JORGE SOBRAL	M	39	20	00:45:08.61	00:44:26.66	
135	711	JOÃO LOPES	M	37	21	00:45:11.38	00:45:00.16	N. A. PAPAGAIOS DE CASCAIS
136	21	JOSE MARTINS	M	23	28	00:45:20.91	00:44:23.06	
137	697	ANDRÉ F F NUNES	M	28	29	00:45:24.38	00:45:22.00	
138	1056	RUI FREITAS	M	41	30	00:45:25.08	00:44:29.99	
139	1200	LÚCIA OLIVEIRA	F	39	4	00:45:27.32	00:45:21.68	
140	1012	NELSON MOTA	M	48	25	00:45:28.89	00:45:00.45	
141	714	JOSÉ CARLOS	M	55	11	00:45:30.08	00:45:19.23	N. A. PAPAGAIOS DE CASCAIS
142	555	CRISTIANO MARQUES	M	46	26	00:45:33.17	00:45:33.00	
143	663	ARMINDO J RODRIGUES	M	51	16	00:45:40.57	00:45:11.80	
144	832	ROSARIO BADESSA	M	32	30	00:45:41.91	00:45:30.59	
145	584	BEATRIZ FERNANDES	F	49	2	00:45:44.84	00:45:19.04	CLÍNICA SANTA MADALENA
146	1241	CARLOS MOREIRA	M	65	3	00:45:45.44	00:45:32.72	CCD METRO DE LISBOA
147	1296	AVELINO SOARES	M	51	17	00:45:47.81	00:45:07.02	



148	1246	ORLANDO SOUSA	M	56	12	00:45:48.19	00:45:35.09	CCD METRO DE LISBOA
149	420	RICARDO DUARTE	M	20	31	00:45:49.70	00:45:23.40	BELOURA RUNNERS
150	920	ÓSCAR G LOPES	M	39	22	00:45:53.50	00:45:26.50	CARACÓIS TURBINADOS
151	964	STEPHAN KOENIG	M	50	18	00:45:55.62	00:45:04.27	
152	893	JOÃO ROCHA	M	31	32	00:45:56.43	00:45:14.92	
153	1277	PEDRO CABRITA	M	40	31	00:46:03.02	00:45:31.79	
154	419	ALEXANDRE DUARTE	M	46	27	00:46:03.04	00:45:37.10	BELOURA RUNNERS
155	1282	PAULO MOTA	M	41	32	00:46:03.62	00:45:34.07	
156	1285	LUIS DIAS	M	51	19	00:46:06.24	00:46:06.24	
157	509	RAFAEL V D SEQUEIRA	M	23	33	00:46:06.97	00:45:01.14	
158	1152	JOAQUIM FRADE	M	63	4	00:46:10.20	00:46:07.51	SS CGD
159	514	JOSÉ GONÇALVES	F	51	3	00:46:13.41	00:44:06.32	
160	32	CAROLINA AQUERO	F	35	5	00:46:13.73	00:46:12.57	
161	953	CÉLIA CECILIO	F	45	4	00:46:16.60	00:45:52.81	NAPA
162	478	PAULO J N REIS	M	48	28	00:46:18.57	00:46:07.65	
163	310	VITOR JORGE	M	24	34	00:46:19.32	00:45:15.67	
164	842	MORGAN JOHANSSON	M	44	33	00:46:20.81	00:46:10.59	
165	82	CARLOS FLORÊNCIA	M	35	23	00:46:20.87	00:46:10.76	
166	1230	RODOLFO OLIVEIRA	M	41	34	00:46:22.76	00:45:32.47	HAPPY RUNNERS
167	826	RODRIGO F SANTOS	M	45	29	00:46:26.48	00:46:17.16	
168	1300	RUI J V FONSECA	M	53	20	00:46:26.54	00:46:15.97	
169	37	JORGE FERREIRA	M	47	30	00:46:28.08	00:46:23.42	
170	578	HUGO ROCHA	M	29	35	00:46:30.10	00:46:05.45	CLÍNICA SANTA MADALENA
171	1273	PAULO SANTOS	M	51	21	00:46:31.90	00:46:29.88	
172	510	CARLOS J SEQUEIRA	M	50	22	00:46:32.72	00:45:29.20	
173	771	MIGUEL F ESTEVES	M	34	36	00:46:34.19	00:46:14.29	CLUBE COLABORADORES AGEAS
174	858	FILIFE BRANCO	M	48	31	00:46:36.25	00:46:09.07	A.M.C.D.TITUARIA
175	1087	RUI VIEIRA	M	51	23	00:46:38.78	00:46:22.42	CCD PM CASCAIS 3
176	1279	ANTÓNIO ADRO	M	49	32	00:46:41.64	00:46:15.93	
177	170	BENTO RIBEIRO	M	56	13	00:46:42.74	00:46:42.06	
178	386	JOÃO MARQUES	M	49	33	00:46:46.17	00:46:46.17	DESPORTIVO MONTE REAL
179	315	FILIFE A D OLIVEIRA	M	37	24	00:46:46.93	00:46:43.89	
180	146	RICARDO ROCHA	M	51	24	00:46:47.46	00:46:36.69	
181	1289	PEDRO J C RIBEIRO	M	47	34	00:46:51.08	00:46:38.97	
182	1144	PEDRO GONÇALVES	M	42	35	00:46:52.03	00:46:25.51	CLUBE FERROVIÁRIO DE PORTUGAL
183	422	ANDRE MALHADO	M	34	37	00:46:52.32	00:46:26.10	BELOURA RUNNERS
184	194	RUI POMBINHO	M	54	25	00:46:54.24	00:46:26.12	VALE DE MADEIROS



185	728	GONÇALO AREIA	M	47	35	00:46:58.02	00:45:41.03	
186	861	LUIS FERREIRA	M	51	26	00:47:00.19	00:46:33.62	A.M.C.D.TITUARIA
187	1206	LUÍS CALHA	M	50	27	00:47:02.03	00:47:00.99	
188	508	EDUARDO SILVA	M	55	14	00:47:02.51	00:46:47.76	
189	104	FERNANDO A S RODRIGUES	M	54	28	00:47:03.28	00:46:24.09	C MILLENNIUM BCP
190	448	TIAGO ALMEIDA	M	30	38	00:47:06.40	00:46:53.22	
191	933	ALBISIO F MAGALHAES	M	64	5	00:47:09.17	00:46:59.19	
192	949	MARIO P AMORIM	M	23	39	00:47:09.45	00:47:03.17	
193	89	ANTÓNIO GODINHO	M	44	36	00:47:11.44	00:46:12.29	
194	853	RÚBEN ESTEVES	M	30	40	00:47:13.62	00:46:21.65	GOALL RUNNING
195	479	SÉRGIO M R MANSO	M	34	41	00:47:15.99	00:47:05.45	
196	909	PAULO CABRAL	M	34	42	00:47:17.06	00:46:48.84	
197	1089	JOÃO P V NOGUEIRA	M	47	36	00:47:18.13	00:47:12.82	
198	1062	PAULO TAINHA	M	54	29	00:47:18.64	00:47:17.85	
199	1063	NUNO PEREIRA	M	41	37	00:47:21.89	00:46:24.97	
200	307	FRANCISCO C GUERRA	M	37	25	00:47:22.28	00:47:17.45	
201	1295	RICARDO FIGUEIREDO	M	43	38	00:47:25.94	00:46:45.71	
202	481	HUGO BARRETO	M	36	26	00:47:26.10	00:46:18.84	
203	846	HENRIQUE FERREIRA	M	47	37	00:47:26.99	00:46:58.97	A.M.C.D.TITUARIA
204	1098	ANTÓNIO VELOSO	M	47	38	00:47:27.62	00:47:09.53	CCD PM CASCAIS 2
205	1107	RUBEN GONÇALVES	M	39	27	00:47:28.40	00:47:11.24	
206	1015	VIRGÍLIO MADEIRA	M	59	15	00:47:29.39	00:46:53.08	
207	432	JOAO SAYANDA	M	44	39	00:47:30.09	00:47:28.96	
208	1240	BRUNO BARBOSA	M	27	43	00:47:31.05	00:46:33.48	CCD METRO DE LISBOA
209	471	LUIS AZEVEDO	M	53	30	00:47:31.80	00:47:23.23	
210	913	FERNANDO SIMÕES	M	52	31	00:47:31.97	00:47:30.09	
211	1216	JOÃO CALDAS	M	56	16	00:47:33.38	00:47:22.12	NUCLEO DESPORTIVO AUTOCOOPE
212	224	PEDRO RODRIGUES	M	34	44	00:47:41.47	00:47:38.08	NAZABOBODA
213	180	RUI OLIVEIRA	M	54	32	00:47:45.23	00:47:23.19	FALCÕES SELVAGENS
214	167	PEDRO V PEREIRA	M	38	28	00:47:46.54	00:47:35.06	
215	899	JORGE FERREIRA	M	60	6	00:47:49.10	00:47:49.10	
216	693	CARLOS P RODRIGUES	M	61	7	00:47:49.69	00:47:47.58	CLUBE EDP - LISBOA
217	320	ANDRÉ WIBORG	M	59	17	00:47:54.38	00:47:45.22	
218	353	PAULO CORDEIRO	M	47	39	00:47:55.45	00:47:34.75	
219	1275	JOSÉ HEITOR	M	57	18	00:47:56.82	00:47:25.15	
220	241	HERCULANO DOMINGUES	M	63	8	00:47:58.47	00:47:56.37	NAZABOBODA
221	1050	JOSÉ LOPES	M	52	33	00:47:59.48	00:47:36.55	



222	1220	HUGO MACHADO	M	41	40	00:48:01.56	00:47:51.04	
223	755	MIGUEL BARRADAS	M	45	40	00:48:04.56	00:47:43.79	
224	447	JOSÉ CUNHA	M	31	45	00:48:05.06	00:46:54.39	
225	1000	JOÃO L CARVALHO	M	44	41	00:48:05.67	00:47:17.65	
226	195	MARIANA POMBINHO	F	26	4	00:48:05.79	00:47:36.03	VALE DE MADEIROS
227	961	JOSÉ VIANA	M	43	42	00:48:06.87	00:47:52.70	
228	215	CARLOS MONTEIRO	M	50	34	00:48:07.28	00:47:13.81	
229	859	EDGAR FRANCISCO	M	52	35	00:48:09.20	00:47:42.84	A.M.C.D.TITUARIA
230	833	CASIMIRO S ABREU	M	60	9	00:48:14.12	00:48:08.43	
231	950	PAULO D A AMORIM	M	52	36	00:48:14.56	00:48:08.46	
232	231	ANDREIA BAILO	F	25	5	00:48:18.42	00:48:09.82	NAZABOBODA
233	651	ANDRÉ LOPES	M	44	43	00:48:19.88	00:47:49.84	
234	638	MÓNICA FAISCA	F	39	6	00:48:23.73	00:48:08.22	
235	781	GERSON A NETO	M	56	19	00:48:25.25	00:48:18.32	
236	879	FRANCISCO NASCIMENTO	M	26	46	00:48:25.66	00:47:57.01	
237	213	JOÃO R	M	51	37	00:48:26.86	00:48:07.13	
238	394	FILIPE PIRES	M	41	44	00:48:27.37	00:47:57.17	
239	1075	RUI VASQUES	M	52	38	00:48:27.71	00:48:10.52	CCD PM CASCAIS 3
240	829	JOÃO NÓBREGA	M	28	47	00:48:29.80	00:46:43.73	
241	1005	FAUSTO ISAAC	M	49	41	00:48:33.20	00:47:56.63	
242	128	MARCELO PINTO	M	50	39	00:48:33.79	00:47:35.61	
243	1350	LUIS NOGUEIRA	M	48	42	00:48:34.93	00:47:49.57	OS GALGOS
244	223	PEDRO MENDONÇA	M	42	45	00:48:35.30	00:48:31.52	NAZABOBODA
245	862	PEDRO BRAVO	M	39	29	00:48:39.54	00:47:32.96	
246	614	ADIL ABBAS	M	31	48	00:48:41.86	00:46:22.65	
247	641	ANTÓNIO MATIAS	M	61	10	00:48:43.51	00:48:21.44	
248	684	ANDRE CABRAL	M	42	46	00:48:46.45	00:48:27.33	
249	1196	JOAO BORRALHO	M	43	47	00:48:46.88	00:48:46.88	
250	201	JOSÉ BÁRBARA	M	52	40	00:48:47.17	00:48:02.38	
251	1198	FRANCISCO J B PEREIRA	M	25	49	00:48:47.71	00:48:37.95	
252	141	JOÃO TEIXEIRA	M	49	43	00:48:47.87	00:47:47.99	
253	702	SANDRA BAILOTE	F	46	5	00:48:50.31	00:48:46.82	
254	476	MANUEL ARAÚJO	M	57	20	00:48:50.92	00:48:47.44	
255	739	JOÃO BASÍLIO	M	56	21	00:48:51.82	00:48:44.48	
256	1237	PAULO SILVA	M	53	41	00:48:52.00	00:48:52.00	
257	430	VAGNER P M VAGNER	M	24	50	00:48:55.72	00:48:46.63	
258	129	MANUEL ROSA	M	53	42	00:48:57.17	00:47:29.53	



259	150	ISABEL RODRIGUES	F	47	6	00:48:58.34	00:48:26.64	
260	401	PEDRO MIGUEL	M	45	44	00:48:58.96	00:48:12.76	
261	153	ANA P NUNES	F	38	7	00:48:58.99	00:48:27.84	
262	1092	ARMANDO DIAS	M	53	43	00:48:59.88	00:48:15.59	CLUBE FERROVIÁRIO DE PORTUGAL
263	317	RUI MANUEL M MENDES	M	46	45	00:49:01.49	00:48:53.39	
264	652	JOSE GASPAR	M	45	46	00:49:01.87	00:48:45.59	QUINTETO
265	1199	FÁTIMA BRANCO	F	51	7	00:49:02.55	00:48:56.78	
266	350	HUGO BRANCO	M	32	51	00:49:02.68	00:49:01.26	
267	1114	ANTÓNIO HORTA	M	65	11	00:49:03.28	00:48:27.29	CCD PM CASCAIS 2
268	855	FRANCISCO BASTOS	M	30	52	00:49:03.47	00:49:03.47	GOALL RUNNING
269	277	CARLOS LOPES	M	44	48	00:49:04.60	00:49:02.67	
270	676	LUIS APOLINÁRIO	M	49	47	00:49:06.48	00:46:31.63	
271	827	RUI SANTOS	M	38	30	00:49:06.52	00:49:05.34	
272	1006	FERNANDO CELESTINO	M	59	22	00:49:09.12	00:48:34.52	
273	444	RAQUEL BELTRÃO	F	40	8	00:49:13.63	00:48:24.64	
274	1298	PEDRO GIL	M	42	49	00:49:13.92	00:47:16.69	
275	411	PAULO J GARCIA	M	48	48	00:49:15.79	00:48:25.59	
276	1210	JORGE COSTA	M	43	50	00:49:16.55	00:48:57.34	
277	960	HUGO TAVARES	M	39	31	00:49:18.78	00:48:40.47	
278	882	LEONARDO RIGATTO	M	28	53	00:49:20.59	00:49:00.61	
279	1222	PEDRO REIS	M	43	51	00:49:20.88	00:49:13.62	
280	181	CRISTINA CORTEZ	F	53	8	00:49:23.53	00:49:02.16	FALCÕES SELVAGENS
281	62	ATLETA NÃO CADASTRADO	M	0	1	00:49:25.66	00:48:45.13	
282	769	NELSON S SILVA	M	43	52	00:49:27.43	00:49:14.50	CLUBE COLABORADORES AGEAS
283	851	PEDRO M D PINTO	M	32	54	00:49:28.19	00:48:45.59	
284	1322	BRUNO D R SIMÕES	M	25	55	00:49:31.82	00:48:27.97	
285	396	RUI HELENO	M	42	53	00:49:32.48	00:49:07.26	
286	795	FERNANDO ALMEIDA	M	51	44	00:49:33.82	00:49:28.69	
287	768	PAULO J PAIXÃO	M	43	54	00:49:34.21	00:49:14.15	CLUBE COLABORADORES AGEAS
288	704	HUGO REBELO	M	44	55	00:49:34.49	00:49:31.82	
289	445	JOÃO BELTRÃO	M	38	32	00:49:34.99	00:48:45.39	
290	1136	JORGE MARTINHO	M	49	49	00:49:35.27	00:48:45.56	CLUBE FERROVIÁRIO DE PORTUGAL
291	1292	MARCOS PEREIRA	M	62	12	00:49:35.86	00:48:32.05	
292	791	NUNO GALVÃO	M	55	23	00:49:38.48	00:48:12.23	SIMECQ
293	404	NUNO ANTÓNIO	M	45	50	00:49:39.16	00:48:42.41	BOLA DO DIDA
294	1205	EVELINO MAGALHAES	M	44	56	00:49:39.17	00:48:45.59	
295	406	EDUARDO GARCIA	M	56	24	00:49:40.24	00:48:43.27	BOLA DO DIDA



296	865	RUI	M	46	51	00:49:40.82	00:49:27.57	
297	670	NOÉMIA SEQUEIRA	F	50	9	00:49:41.61	00:48:55.26	SS CGD
298	982	JOÃO L COSTA	M	55	25	00:49:43.43	00:48:45.52	
299	207	CRISTINA AZEVEDO	F	44	9	00:49:44.87	00:49:25.34	
300	440	JOSÉ JACINTO	M	45	52	00:49:46.49	00:48:37.46	
301	219	RUI M D BARREIRO	M	46	53	00:49:48.33	00:49:41.75	
302	214	JOAO F SILVA	M	42	57	00:49:49.81	00:48:55.80	
303	1342	GONÇALO P DUARTE	M	30	56	00:49:52.34	00:49:01.01	
304	668	MIGUEL DIAS	M	43	58	00:49:54.34	00:49:41.71	SS CGD
305	395	FRANCISCO ABECASIS	M	42	59	00:49:55.84	00:49:23.26	
306	466	TIAGO BORGES	M	42	60	00:49:57.22	00:48:49.64	MERCER RUNNERS
307	1066	TIAGO PEREIRA	M	34	57	00:49:57.70	00:49:01.50	
308	653	RUI FIGUEIREDO	M	43	61	00:49:58.12	00:49:40.01	QUINTETO
309	1022	RITA ROCHA	F	42	10	00:49:58.57	00:48:46.51	
310	589	ANTÓNIO J PINTO	M	51	45	00:50:05.15	00:49:36.54	
311	71	PAULO SARROEIRA	M	47	54	00:50:05.60	00:49:51.44	CLUBE RECREATIVO AMIEIRINHENSE
312	1287	PEDRO RIBEIRO	M	40	62	00:50:05.82	00:49:52.13	
313	730	AMÉRICO RAMOS	M	59	26	00:50:16.47	00:49:27.19	
314	217	MIKAEL CALNER	M	47	55	00:50:16.77	00:50:07.07	
315	1214	ANTONIO ALMEIDA	M	54	46	00:50:18.37	00:50:07.27	NUCLEO DESPORTIVO AUTOCOOPE
316	1142	MICHEL GOMES	M	42	63	00:50:21.29	00:49:33.90	CLUBE FERROVIÁRIO DE PORTUGAL
317	887	PEDRO BELO	M	35	33	00:50:25.99	00:49:40.44	
318	289	MARYSE LEMAILE	F	29	6	00:50:26.28	00:50:04.77	
319	56	CARLOS J P RAMOS	M	51	47	00:50:26.82	00:49:18.50	C MILLENNIUM BCP
320	220	PAULINO PACHECO	M	61	13	00:50:28.24	00:50:23.80	NAZABOBODA
321	281	JOAQUIM VIANA	M	65	14	00:50:31.30	00:50:04.16	
322	427	NUNO MARQUES	M	51	48	00:50:31.40	00:50:20.50	
323	621	FREDERICO CARVALHO	M	39	34	00:50:35.92	00:49:55.79	
324	956	NELSON COLAÇO	M	46	56	00:50:36.19	00:49:57.35	NAPA
325	148	PEDRO SINGÉIS	M	47	57	00:50:37.44	00:49:55.43	
326	77	FLÁVIO L MARTINS	M	37	35	00:50:37.71	00:49:10.62	
327	496	JABA RECORDATI	M	38	36	00:50:40.19	00:50:05.70	JABA RECORDATI
328	1166	CARLOS SILVA	M	54	49	00:50:40.81	00:49:43.86	CCD CRÉDITO AGRÍCOLA MÚTUO
329	122	JOSE L N MARQUES	M	48	58	00:50:41.96	00:50:07.02	C MILLENNIUM BCP
330	121	JOSE M BRANCO	M	67	15	00:50:42.80	00:50:38.25	C MILLENNIUM BCP
331	126	NORBERTO MARQUES	M	47	59	00:50:43.80	00:49:47.60	
332	987	CARLOS DUARTE	M	65	16	00:50:44.41	00:50:03.18	



333	1150	ALCIDES M D FERNANDES	M	55	27	00:50:48.66	00:50:48.66	
334	1115	ALBERTO ABREU	M	50	50	00:50:49.29	00:50:31.86	CCD PM CASCAIS 2
335	234	ARMINDO SANTOS	M	63	17	00:50:50.54	00:49:34.86	NAZABOBODA
336	151	EURICO GOMES	M	55	28	00:50:54.59	00:50:27.60	
337	166	CAMILO VIEIRA	M	50	51	00:50:55.01	00:50:51.58	N. A. PAPAGAIOS DE CASCAIS
338	657	EVGENII EGOROV	M	36	37	00:50:59.37	00:45:51.26	
339	1119	MARIA POLICARPO	F	44	11	00:51:01.41	00:50:42.57	CCD PM CASCAIS 1
340	918	TIAGO CATALÃO	M	35	38	00:51:02.58	00:50:35.36	CARACÓIS TURBINADOS
341	1084	JOÃO AGOSTINHO	M	27	58	00:51:08.27	00:50:57.90	LINK
342	685	ULF BIZZOZERO	M	44	64	00:51:08.68	00:50:44.65	
343	724	CARLOS GREGORIO	M	62	18	00:51:09.84	00:50:30.20	
344	49	PAULO J C FARINHA	M	46	60	00:51:12.99	00:50:15.08	
345	1189	PAULO RODRIGUES	M	45	61	00:51:14.68	00:50:12.20	
346	1094	MANUEL COSTA	M	63	19	00:51:14.71	00:50:21.00	
347	1190	RICARDO SANTOS	M	43	65	00:51:15.10	00:50:14.35	
348	288	PEDRO FERREIRA	M	40	66	00:51:15.78	00:51:15.78	
349	796	VASCO ASCENSÃO	M	48	62	00:51:16.84	00:51:16.84	
350	286	RAÚL COSTA	M	57	29	00:51:17.31	00:51:17.31	
351	529	CARLOS TEIXEIRA	M	58	30	00:51:17.31	00:50:26.23	
352	984	JOSÉ MAIO	M	55	31	00:51:17.90	00:50:38.04	
353	994	PEDRO BUENO	M	50	52	00:51:18.41	00:50:38.89	
354	968	FILIPE GINJA	M	32	59	00:51:18.48	00:50:39.27	
355	793	JOSÉ ASCENSÃO	M	37	39	00:51:19.11	00:50:27.80	
356	1088	FERNADO FARIA	M	56	32	00:51:24.30	00:51:14.70	LINK
357	816	JOAO R LEITE	M	49	63	00:51:25.04	00:50:29.04	
358	983	JOSÉ PEDRO	M	46	64	00:51:26.22	00:50:25.56	
359	1335	FERNANDO J S CRUZ	M	17	2	00:51:31.18	00:51:24.57	
360	743	JOSE MONTEIRO	M	61	20	00:51:31.20	00:50:55.79	
361	356	MIGUEL VICENTE	M	43	67	00:51:33.53	00:51:04.56	
362	669	CARLOS LEITÃO	M	55	33	00:51:34.14	00:50:47.62	SS CGD
363	1290	FERNANDO MARQUES	M	53	53	00:51:34.77	00:50:29.71	
364	107	JORGE M R SALVADO	M	55	34	00:51:35.99	00:50:59.88	C MILLENNIUM BCP
365	645	VÍTOR PEREIRA	M	42	68	00:51:37.79	00:51:08.91	
366	88	FILIPE J ALVES	M	30	60	00:51:38.14	00:50:51.32	
367	741	JOAO MACEDO	M	52	54	00:51:38.61	00:50:37.03	
368	600	ANTÓNIO C NOVAS	M	40	69	00:51:42.06	00:50:41.63	
369	1024	HENRIQUE BELMAR	M	60	21	00:51:45.01	00:50:58.37	



370	439	LUIS PALMA	M	45	65	00:51:47.93	00:50:42.54	
371	1131	ANDRÉ ZEFERINO	M	40	70	00:51:48.54	00:51:38.69	LINK
372	847	ANDRÉ MOTA	M	41	71	00:51:49.41	00:51:22.38	A.M.C.D.TITUARIA
373	193	RUI RODRIGUES	M	52	55	00:51:49.90	00:51:18.82	
374	642	MAJA K CLARKE	F	46	10	00:51:51.16	00:51:33.03	
375	1225	AMARO GOUVEIA	M	61	22	00:51:53.12	00:50:56.17	
376	906	BARBARA BRÁS	F	21	7	00:51:53.93	00:50:54.41	SS CGD
377	362	CASSIANO R MOUTINHO	M	40	72	00:51:55.60	00:50:44.55	
378	365	JOSE REBELO	M	52	56	00:51:56.12	00:51:26.44	
379	804	WELLINGTON F SATYRO	M	53	57	00:51:56.22	00:50:34.24	
380	92	PEDRO GOMES	M	30	61	00:51:57.64	00:51:34.42	
381	216	BRUNO M REIS	M	41	73	00:51:58.48	00:51:19.67	
382	792	RICARDO NOBRE	M	38	40	00:51:59.42	00:50:32.85	SIMECQ
383	1134	GUILHERME GONÇALVES	M	58	35	00:52:00.81	00:51:12.96	CLUBE FERROVIÁRIO DE PORTUGAL
384	1106	ALEXANDRA MACHADO	F	38	12	00:52:02.00	00:51:45.54	CCD PM CASCAIS 2
385	678	FERNANDO OLIVEIRA	M	51	58	00:52:03.64	00:51:54.73	
386	26	EDSON LOURENCO	M	39	41	00:52:05.78	00:51:47.43	
387	1043	JOSÉ MARTINS	M	32	62	00:52:06.80	00:51:51.55	
388	1065	DIOGO RODRIGUES	M	38	42	00:52:08.53	00:51:09.71	
389	42	CELSE BARATA	M	37	43	00:52:08.91	00:50:32.32	
390	1124	JOÃO C PEREIRA	M	55	36	00:52:16.79	00:52:08.30	CCD PM CASCAIS 1
391	696	MANUEL MAGALHÃES	M	46	66	00:52:18.66	00:51:35.46	
392	45	CARLOS PENA	M	49	67	00:52:19.21	00:51:24.66	
393	1009	ISABEL MOTA	F	44	13	00:52:19.53	00:50:22.85	
394	784	NUNO P S FORTE	M	45	68	00:52:22.12	00:47:38.36	
395	44	JOSÉ MATEUS	M	70	23	00:52:24.39	00:51:27.63	
396	831	ROGÉRIO LUIS	M	46	69	00:52:24.81	00:51:22.55	
397	1304	MÁRIO SANTOS	M	49	70	00:52:26.30	00:51:36.52	
398	904	PEDRO LOURO	M	35	44	00:52:28.91	00:51:46.21	SS CGD
399	418	MANUEL G FFWPU	M	70	24	00:52:30.80	00:52:21.25	
400	1180	ACACIO A P TRINTA	M	42	74	00:52:33.02	00:51:24.91	
401	907	NUNO CABANAS	M	45	71	00:52:35.04	00:51:49.43	
402	1038	JOÃO CAETANO	M	41	75	00:52:35.90	00:51:20.35	FUNDAÇÃO BP
403	1238	RENATO FERNANDES	M	42	76	00:52:36.28	00:51:48.61	
404	848	GONÇALO BAROUTAKIS	M	44	77	00:52:41.15	00:52:41.15	
405	388	LILIANA CORREIA	F	25	8	00:52:41.38	00:52:34.72	DESPORTIVO MONTE REAL
406	149	FILIPE GONÇALVES	M	40	78	00:52:41.82	00:51:59.62	



407	939	TOMASZ CIESLIK	M	37	45	00:52:42.61	00:52:27.96	
408	1120	JULIO MEIRELES	M	66	25	00:52:42.83	00:52:18.09	CCD PM CASCAIS 1
409	975	BRUNO SANTOS	M	33	63	00:52:43.48	00:51:59.36	
410	710	JOÃO C SILVA	M	33	64	00:52:44.08	00:52:20.40	
411	1307	BÁRBARA R ABREU	F	24	9	00:52:45.82	00:51:34.19	
412	383	ELSA SABIDO	F	47	11	00:52:45.86	00:52:37.50	DESPORTIVO MONTE REAL
413	1013	PAULO TORRÃO	M	47	72	00:52:46.84	00:52:10.92	
414	1343	SARA I BARATA	F	26	10	00:52:49.45	00:52:33.14	
415	1191	ANTONIO PEREIRA	M	43	79	00:52:49.53	00:51:47.52	
416	127	MIGUEL TEIXEIRA	M	39	46	00:52:50.38	00:51:55.61	
417	402	LUÍS NUNES	M	47	73	00:52:52.37	00:51:56.08	BOLA DO DIDA
418	174	RUI V D SILVA	M	54	59	00:52:54.60	00:52:54.60	
419	31	ANTONIO RICO	M	45	74	00:52:55.02	00:52:16.54	
420	328	GOMPEU AIRES	M	55	37	00:52:55.08	00:50:06.41	
421	674	EDGAR A R GONÇALVES	M	38	47	00:52:57.20	00:52:44.46	
422	1016	MA F HUNG	F	68	1	00:52:58.00	00:52:58.00	
423	957	RUI COSTA	M	51	60	00:52:58.08	00:52:18.95	NAPA
424	218	HUGO PAULO	M	41	80	00:52:59.39	00:51:58.03	
425	1260	JOÃO GONÇALVES	M	40	81	00:52:59.96	00:52:53.51	
426	917	MÓNICA MARTINS	F	35	14	00:53:01.12	00:52:33.90	CARACÓIS TURBINADOS
427	1284	CARLA ADRO	F	46	12	00:53:01.31	00:52:35.91	
428	1159	MANUEL A PEREIRA	M	48	75	00:53:01.84	00:52:50.49	
429	559	JOÃO MONTEIRO	M	25	65	00:53:02.04	00:51:38.64	
430	329	JOÃO MARQUES	M	53	61	00:53:02.13	00:50:16.44	
431	650	JOÃO MADEIRA	M	40	82	00:53:03.65	00:53:00.50	
432	745	HUGO DIAS	M	40	83	00:53:04.79	00:52:02.92	
433	47	FILIPA PIRES	F	38	15	00:53:05.86	00:52:11.53	
434	878	ANTÓNIO O G SILVA	M	71	26	00:53:09.33	00:52:59.86	
435	135	JON BERNHARDSEN	M	34	66	00:53:09.48	00:51:35.70	
436	60	ALEXANDRA C G COSTA	F	47	13	00:53:10.87	00:52:41.89	C MILLENNIUM BCP
437	1207	LUÍS GRANCHO	M	50	62	00:53:15.69	00:53:12.18	
438	594	SÉRGIO FERREIRA	M	44	84	00:53:17.33	00:52:44.71	
439	566	MANUEL FLOR	M	70	27	00:53:18.49	00:52:30.94	
440	767	SÉRGIO M RODRIGUES	M	44	85	00:53:19.72	00:52:59.10	CLUBE COLABORADORES AGEAS
441	561	HUGO TORRADO	M	29	67	00:53:21.77	00:52:50.87	
442	903	JOÃO VEIGAS	M	28	68	00:53:22.34	00:52:31.55	
443	410	JOÃO FUNÇÃO	M	36	48	00:53:23.00	00:52:23.07	



444	258	NELSON SANTOS	M	35	49	00:53:24.59	00:53:04.27	
445	753	JOÃO FERREIRA	M	60	28	00:53:25.34	00:53:03.54	
446	450	JOAQUIM LOPES	M	70	29	00:53:25.61	00:52:24.49	
447	380	LEONEL A F JOSÉ	M	48	76	00:53:27.28	00:50:51.00	
448	486	JABA RECORDATI	F	38	16	00:53:28.96	00:52:54.38	JABA RECORDATI
449	494	JABA RECORDATI	M	38	50	00:53:29.67	00:52:56.31	JABA RECORDATI
450	550	BRUNO CARDOSO	M	32	69	00:53:36.61	00:52:33.48	
451	1192	HÉLDER MARQUES	M	41	86	00:53:39.28	00:52:36.42	
452	437	PATRICIA BACELAR	F	28	11	00:53:41.34	00:52:56.00	
453	407	ALEXANDRE PALMEIRO	M	36	51	00:53:42.84	00:52:41.72	
454	464	JOÃO M F SOARES	M	25	70	00:53:46.06	00:52:35.50	MERCER RUNNERS
455	797	PEDRO R DIAS	M	46	77	00:53:46.88	00:48:59.49	
456	373	LEO DJAVIDNIA	M	20	71	00:53:50.26	00:52:09.31	
457	708	MIGUEL HORTA	M	41	87	00:53:51.91	00:52:46.70	
458	436	ALFREDO BACELAR	M	53	63	00:53:53.48	00:53:08.02	
459	123	EDUARDO C S VILHENA	M	51	64	00:53:54.39	00:52:40.82	C MILLENNIUM BCP
460	398	JAVIER M MARTIN	M	38	52	00:53:57.42	00:53:34.90	
461	399	PILAR I D URZAIZ	F	33	12	00:53:57.66	00:53:35.58	
462	363	JOSE A FILHO	M	40	88	00:53:58.63	00:52:49.40	
463	707	LUIS PINTO	M	38	53	00:53:59.26	00:52:55.25	
464	1323	FILIPE M D SIMÕES	M	55	38	00:53:59.98	00:52:55.85	
465	327	JOAO PRISTA	M	40	89	00:54:02.91	00:53:39.37	
466	722	ANDREIA RIJO	F	35	17	00:54:03.25	00:53:33.49	
467	1243	FRANCISCO PLINIO	M	62	30	00:54:05.09	00:53:05.65	CCD METRO DE LISBOA
468	640	JACINTO GODINHO	M	54	65	00:54:06.76	00:53:06.96	
469	1067	RIO DIEGUES	M	61	31	00:54:07.77	00:53:26.08	
470	397	LUKASZ H BIBIK	M	39	54	00:54:08.43	00:52:28.68	
471	980	RUI DIAS	M	35	55	00:54:09.13	00:52:50.03	
472	930	MIGUEL ROBIN	M	46	78	00:54:12.08	00:53:25.10	
473	821	MARTA AFONSO	F	44	18	00:54:15.37	00:53:40.72	
474	811	CARINA SACCHI	F	33	13	00:54:18.43	00:52:59.89	
475	1103	LUIS GONZAGA	M	37	56	00:54:19.90	00:54:01.84	
476	540	JOAO SANCHEZ	M	56	39	00:54:20.01	00:54:20.01	
477	802	GERMANO BERNARDO	M	63	32	00:54:20.92	00:53:02.18	
478	738	JORGE SOUSA	M	45	79	00:54:21.09	00:53:43.83	
479	1170	RUI TOMÁS	M	47	80	00:54:22.87	00:53:40.51	CCD CRÉDITO AGRÍCOLA MÚTUO
480	998	MIGUEL MATEUS	M	43	90	00:54:25.77	00:53:44.87	



481	408	SARA IDEIAS	F	43	19	00:54:27.33	00:53:27.51	
482	375	ALEX OLIVEIRA	F	45	14	00:54:27.91	00:53:48.07	
483	204	FREDERICO M L MORAIS	M	22	72	00:54:28.64	00:54:14.04	
484	989	JOSÉ SOUSA	M	68	33	00:54:29.31	00:53:21.28	
485	484	JABA RECORDATI	F	38	20	00:54:29.37	00:54:14.22	JABA RECORDATI
486	973	RODRIGO M R MARIANO	M	41	91	00:54:29.41	00:53:56.39	
487	1003	ARTUR GAIO	M	34	73	00:54:29.66	00:53:54.82	
488	1271	JOSÉ SILVA	M	50	66	00:54:30.24	00:53:31.88	
489	874	GONÇALO DINIS	M	36	57	00:54:31.99	00:53:59.37	
490	694	JOÃO OLIVEIRA	M	20	74	00:54:33.49	00:54:02.64	
491	1228	PATRÍCIA RIBEIRO	F	47	15	00:54:36.16	00:53:41.25	HAPPY RUNNERS
492	86	SUSANA AMORIM	F	32	14	00:54:36.16	00:54:15.88	
493	83	BRUNO DOBRITO	M	38	58	00:54:36.51	00:54:28.27	
494	1161	CARLOS JUSTO	M	42	92	00:54:37.58	00:54:09.05	
495	666	ANTÓNIO VARELA	M	52	67	00:54:37.76	00:54:31.90	
496	872	FILIPE SÁ	M	47	81	00:54:37.99	00:54:06.74	
497	63	BERNARDO RICCA	M	46	82	00:54:38.16	00:53:56.80	
498	158	PEDRO MORAIS	M	46	83	00:54:38.80	00:54:27.01	
499	1194	NUNO J L MARQUES	M	41	93	00:54:38.80	00:53:18.29	
500	709	JOÃO BATISTA	M	36	59	00:54:39.70	00:53:34.17	
501	885	CÉSAR VISTAS	M	48	84	00:54:40.14	00:54:33.42	
502	981	JORGE DIAS	M	51	68	00:54:41.50	00:53:21.38	
503	183	PEDRO COUTINHO	M	41	94	00:54:42.74	00:54:11.17	
504	1294	CARLOS CRAVEIRA	M	47	85	00:54:46.10	00:54:30.00	
505	377	MIGUEL NUNES	M	46	86	00:54:46.18	00:54:46.18	
506	500	LEONEL F F BRANDAO	M	51	69	00:54:46.63	00:54:15.24	C MILLENNIUM BCP
507	1346	HUGO COLAÇO	M	40	95	00:54:47.23	00:53:53.95	
508	1347	LUÍS NETO	M	54	70	00:54:47.31	00:54:38.73	
509	870	SOFIA FERREIRA	F	31	15	00:54:48.04	00:53:55.07	GOALL RUNNING
510	780	CARLOS SANTOS	M	59	40	00:54:48.65	00:53:36.23	SIMECQ
511	1315	JORGE GOMES	M	34	75	00:54:49.26	00:53:45.09	
512	592	CLEONICE OLIVEIRA	F	53	16	00:54:49.45	00:54:45.95	
513	1165	DAVID AZEDO	M	30	76	00:54:52.97	00:54:44.33	
514	992	JOÃO BARRETO	M	26	77	00:54:54.23	00:54:16.80	
515	624	PEDRO FAVINHA	M	46	87	00:54:57.14	00:54:15.51	
516	937	ROGÉRIO MATOS	M	56	41	00:54:58.88	00:54:54.53	
517	106	LUIS P V MONTEIRO	M	46	88	00:55:05.92	00:54:30.60	C MILLENNIUM BCP



518	637	ANDRÉ INOCÊNCIO	M	31	78	00:55:08.43	00:54:52.41	
519	602	JOSÉ SANTOS	M	57	42	00:55:09.05	00:53:54.46	
520	253	SUSANA PÍFANO	F	31	16	00:55:09.05	00:54:59.71	NAZABOBODA
521	1261	RAFAELA GONÇALVES	F	24	17	00:55:09.86	00:55:09.09	
522	1231	FERNANDO ARAÚJO	M	41	96	00:55:11.90	00:54:31.91	
523	470	PAULO PALMINHA	M	48	89	00:55:13.14	00:54:34.10	
524	646	ANTÓNIO BARBAS	M	51	71	00:55:13.19	00:54:53.81	
525	931	JORGE M R CARTEIRO	M	34	79	00:55:15.70	00:54:46.72	
526	929	LUÍS SANTOS	M	31	80	00:55:16.66	00:53:48.55	
527	830	SABINE RADAU	F	39	21	00:55:16.74	00:54:28.14	
528	717	ATLETA NÃO CADASTRADO	M	0	3	00:55:18.69	00:54:36.73	
529	35	RICARDO MONTEIRO	M	24	81	00:55:19.33	00:54:50.67	
530	429	JOAQUIM PRUDÊNCIO	M	53	72	00:55:20.69	00:55:09.16	N. A. PAPAGAIOS DE CASCAIS
531	1244	HUGO PINTO	M	42	97	00:55:22.37	00:54:21.39	CCD METRO DE LISBOA
532	819	LUISA S RAMOS	F	50	17	00:55:23.15	00:54:59.00	
533	465	DANIELA S AMARO	F	24	18	00:55:24.03	00:54:14.02	MERCER RUNNERS
534	736	RUI SOARES	M	43	98	00:55:24.27	00:55:18.76	SS CGD
535	251	SOFIA PIRES	F	20	19	00:55:27.14	00:55:27.12	NAZABOBODA
536	1176	TERESA CAPELA	F	49	18	00:55:28.43	00:54:31.09	
537	359	JOSÉ CASIMIRO	M	33	82	00:55:30.71	00:55:27.93	
538	1072	IVAN RAMOS	M	34	83	00:55:32.32	00:55:15.86	CCD PM CASCAIS 1
539	530	ANDRÉ CATELA	M	22	84	00:55:32.95	00:54:41.57	
540	656	MATTHEW HIME	M	44	99	00:55:33.47	00:54:09.11	
541	556	IOAN MATEI	M	58	43	00:55:34.53	00:55:33.93	
542	1339	CAJO	M	50	73	00:55:35.26	00:54:44.58	
543	871	SÓNIA VICENTE	F	43	22	00:55:35.30	00:54:33.87	
544	567	ARMANDO M S LACERDA	M	63	34	00:55:36.83	00:55:03.81	
545	1007	FRANCISCO PEREIRA	M	51	74	00:55:38.16	00:55:06.93	
546	1014	PEDRO PELEJA	M	45	90	00:55:39.32	00:55:24.14	
547	53	PAULO SILVA	M	57	44	00:55:39.48	00:54:27.39	
548	762	ANTONIO J M TEIXEIRA	M	57	45	00:55:39.87	00:54:50.66	
549	628	PAULO FERNANDES	M	50	75	00:55:40.02	00:55:24.28	
550	836	LUIS SIMOES	M	41	100	00:55:40.99	00:54:52.78	
551	298	MARIA R D FIDALGO	F	51	19	00:55:42.30	00:55:28.99	
552	612	MARTA FERNANDES	F	26	20	00:55:42.38	00:55:26.17	
553	205	JOSÉ C S MORAIS	M	60	35	00:55:42.70	00:55:28.10	
554	85	SUSANA P PEREIRA	F	47	20	00:55:43.80	00:55:28.06	



555	562	LUIS M L VICENTE	M	57	46	00:55:44.41	00:55:30.14	
556	341	ANSELMO FERREIRA	M	40	101	00:55:45.06	00:54:52.64	
557	344	LAURA HOEPELMAN	F	20	21	00:55:46.60	00:54:53.66	
558	936	RAUL J MATOS	M	50	76	00:55:49.83	00:55:46.24	
559	1195	SUSANA ESPADA	F	33	22	00:55:50.09	00:54:29.36	
560	888	MARISA RODRIGUES	F	36	23	00:55:50.62	00:55:04.35	
561	502	ESMERALDO GONÇALVES	M	46	91	00:55:51.81	00:54:51.40	
562	1071	LILIANA F C PEREIRA	F	31	23	00:55:54.00	00:55:01.73	
563	1010	JOÃO SERRA	M	46	92	00:55:55.01	00:55:12.82	
564	459	ANDRÉ HERDADE	M	30	85	00:55:55.31	00:54:47.17	MERCER RUNNERS
565	1049	PEDRO H C BARROSO	M	37	60	00:55:56.70	00:55:02.21	
566	995	MANUEL ALVES	M	52	77	00:55:58.62	00:55:18.86	
567	1306	JOSE FERREIRA	M	62	36	00:55:58.73	00:55:01.31	SS CGD
568	590	ALEXANDRE DRAKE	M	51	78	00:56:00.00	00:56:00.00	
569	662	JOAQUIM BENTES	M	68	37	00:56:00.63	00:55:44.30	QUINTETO
570	698	MARIA T KNAPIC	F	65	2	00:56:01.51	00:55:53.72	
571	993	TERESA VIDOEIRA	F	24	24	00:56:02.07	00:54:55.03	
572	801	JOAQUIM GAMITO	M	57	47	00:56:02.58	00:55:53.50	
573	988	LUIS VIDOEIRA	M	61	38	00:56:03.07	00:54:55.97	
574	588	VITOR PONTES	M	52	79	00:56:05.13	00:55:59.53	
575	727	DILIA CARREIRA	F	26	25	00:56:06.41	00:55:14.05	GOALL RUNNING
576	744	ANTONIO A P PAULA	M	32	86	00:56:06.60	00:55:02.10	
577	1091	ANTÓNIO MONTEIRO	M	71	39	00:56:07.47	00:55:39.93	CLUBE FERROVIÁRIO DE PORTUGAL
578	912	ANA NETO	F	39	24	00:56:09.42	00:55:23.71	
579	565	JOANA FLOR	F	33	26	00:56:10.30	00:55:21.42	
580	1259	PEDRO ANSELMO	M	44	102	00:56:11.09	00:55:38.81	
581	393	CLAUDINO A D ANJOS	M	52	80	00:56:11.83	00:56:00.51	
582	1147	RUI VARANDA	M	47	93	00:56:11.87	00:55:24.27	CLUBE FERROVIÁRIO DE PORTUGAL
583	245	JOSE BRITO	M	56	48	00:56:13.61	00:55:24.10	NAZABOBODA
584	247	PATRÍCIA LUZ	F	40	25	00:56:14.88	00:55:25.02	NAZABOBODA
585	462	DIOGO ALARCAO	M	52	81	00:56:14.97	00:55:06.75	MERCER RUNNERS
586	1193	ANDRÉ CHANOCA	M	37	61	00:56:15.09	00:56:11.87	
587	997	NUNO P D CONCEIÇÃO	M	45	94	00:56:16.23	00:55:53.41	
588	421	MARIO SILVA	M	46	95	00:56:17.37	00:55:51.53	BELOURA RUNNERS
589	1153	JOÃO PARDAL	M	38	62	00:56:18.39	00:55:24.31	
590	449	FRANCISCO SILVA	M	43	103	00:56:18.62	00:55:55.29	
591	1154	FANNY SIMON	F	31	27	00:56:19.27	00:55:25.67	



592	300	JOSÉ M R FIDALGO	M	52	82	00:56:24.96	00:56:11.09	
593	563	JJOÃO F DUARTE	M	65	40	00:56:27.12	00:56:11.23	
594	232	CARLOS RIBEIRO	M	42	104	00:56:27.37	00:55:46.75	
595	504	ALEXANDRE GOMES	M	49	96	00:56:27.82	00:55:38.30	
596	991	ANDRÉ SILVA	M	25	87	00:56:28.02	00:55:50.51	
597	115	CARLOS M F FERNANDES	M	52	83	00:56:28.73	00:56:06.60	C MILLENNIUM BCP
598	69	RENATO CORREIA	M	43	105	00:56:30.86	00:55:09.46	
599	110	MARIO A V MENDES	M	54	84	00:56:34.16	00:56:02.42	C MILLENNIUM BCP
600	95	ANDREIA S S COSTA	F	45	21	00:56:34.49	00:55:51.93	C MILLENNIUM BCP
601	1048	AFONSO PINO	M	42	106	00:56:35.50	00:55:25.83	CLUBE FERROVIÁRIO DE PORTUGAL
602	845	HERCINIO GONÇALVES	M	42	107	00:56:35.87	00:56:12.73	
603	519	PAULO FELICIANO	M	49	97	00:56:37.52	00:56:14.53	
604	948	ANTONIO FONSECA	M	48	98	00:56:38.84	00:55:52.42	OS GALGOS
605	1139	MANUEL ANTÓNIO	M	61	41	00:56:41.67	00:55:19.35	CLUBE FERROVIÁRIO DE PORTUGAL
606	633	LEONOR ANTUNES	F	49	22	00:56:45.00	00:56:27.44	N. A. PAPAGAIOS DE CASCAIS
607	497	JABA RECORDATI	M	38	63	00:56:46.41	00:56:11.70	JABA RECORDATI
608	591	FERNANDA RIBEIRO	F	50	23	00:56:50.05	00:56:34.04	
609	1021	JOANA CALDEIRA	F	43	26	00:56:50.62	00:55:39.20	
610	229	EDUARDO MORENO	M	48	99	00:56:55.15	00:56:14.52	
611	291	FILIPE TEIXEIRA	M	26	88	00:56:56.99	00:56:17.37	
612	860	GABRIEL ANTONIO	M	54	85	00:57:01.38	00:55:20.34	A.M.C.D.TITUARIA
613	533	ALDA AGOSTINHO	F	49	24	00:57:02.58	00:55:43.57	OS ANDARILHOS
614	814	JOÃO G JERÓNIMO	M	23	89	00:57:03.60	00:55:59.55	
615	1278	FERNANDO SANTOS	M	57	49	00:57:04.54	00:56:21.80	
616	140	LUIS ROBERTO	M	55	50	00:57:05.97	00:55:50.95	FUNDAÇÃO BP
617	290	JOSÉ ALVES	M	56	51	00:57:06.39	00:56:36.85	CLUBE EDP - LISBOA
618	963	MANUEL BRAZ	M	69	42	00:57:08.07	00:56:36.29	N. A. PAPAGAIOS DE CASCAIS
619	532	JOÃO FERREIRA	M	44	108	00:57:08.55	00:55:50.96	OS ANDARILHOS
620	1082	PEDRO SAMORRINHA	M	34	90	00:57:09.71	00:56:59.86	
621	435	LUIS P R SOARES	M	44	109	00:57:09.93	00:54:57.07	
622	84	JOAQUIM NICOLAU	M	53	86	00:57:12.24	00:56:56.18	
623	348	MÁRIO COELHO	M	57	52	00:57:12.26	00:56:35.73	
624	785	RAFAEL AZRIEL	M	48	100	00:57:13.00	00:56:46.41	
625	630	CARLOS SANTOS	M	66	43	00:57:14.54	00:56:24.60	
626	536	FERNANDO SILVA	M	49	101	00:57:15.10	00:55:58.30	OS ANDARILHOS
627	189	FLÁVIO M G SANTOS	M	22	91	00:57:17.69	00:57:08.36	
628	686	ANTÓNIO TEIXEIRA	M	71	44	00:57:19.24	00:57:12.96	



629	191	JORGE PEDRO	M	50	87	00:57:25.10	00:56:44.93	
630	1288	LILIANA SANTOS	F	38	27	00:57:25.99	00:57:12.30	
631	934	PEDRO FERNANDES	M	52	88	00:57:27.21	00:57:03.13	
632	627	FRANCISCO OLIVEIRA	M	26	92	00:57:28.09	00:55:30.09	
633	182	LUIS REVÉS	M	44	110	00:57:29.91	00:56:59.45	
634	923	GABRIELA GENOVA	F	30	28	00:57:29.94	00:56:11.01	
635	695	JOAQUIM CARRONHA	M	68	45	00:57:30.90	00:57:30.90	N. A. PAPAGAIOS DE CASCAIS
636	1044	JOAQUIM JOIA	M	54	89	00:57:32.96	00:56:15.21	
637	658	MANUEL ANTUNES	M	58	53	00:57:33.80	00:56:54.15	
638	1004	TAM AFONSO	M	65	46	00:57:34.13	00:57:07.33	
639	1344	HUGO CASACA	M	39	64	00:57:36.42	00:56:44.12	
640	1011	JORGE SERRA	M	52	90	00:57:36.87	00:57:36.87	
641	1338	MARCOS SERRANO	M	36	65	00:57:37.11	00:56:45.77	
642	1111	NUNO ALMEIDA	M	46	102	00:57:45.11	00:57:26.76	CCD PM CASCAIS 1
643	1148	JOÃO D'ALMEIDA	M	41	111	00:57:47.04	00:57:26.92	
644	173	JOSÉ CORREIA	M	58	54	00:57:47.04	00:57:37.19	
645	372	SAMY DJAVIDNIA	M	46	103	00:57:50.38	00:56:09.14	
646	1317	NUNO AGOSTINHO	M	45	104	00:57:52.43	00:57:03.56	
647	654	PAULO VAZ	M	45	105	00:57:53.41	00:57:34.44	QUINTETO
648	64	PEDRO CACHAÇO	M	47	106	00:57:53.42	00:56:57.71	
649	378	VICTOR RISCADO	M	47	107	00:57:55.89	00:57:01.29	
650	1251	CARLOS M P TELHADO	M	68	47	00:57:56.08	00:57:24.20	
651	66	DIANA MORAIS	F	28	29	00:58:03.33	00:57:22.93	
652	1133	GONÇALO BERNARDINO	M	40	112	00:58:07.62	00:57:53.52	CLUBE FERROVIÁRIO DE PORTUGAL
653	943	CALU CARDOSO	M	42	113	00:58:08.93	00:57:24.45	OS GALGOS
654	1143	ALDINA MARQUES	F	47	25	00:58:09.06	00:57:20.38	CLUBE FERROVIÁRIO DE PORTUGAL
655	1140	MARINA LEITÃO	F	38	28	00:58:09.18	00:57:42.72	CLUBE FERROVIÁRIO DE PORTUGAL
656	36	ROBIN PAYNE	F	56	3	00:58:09.42	00:56:52.31	
657	776	JOSÉ X SOUSA	M	43	114	00:58:10.55	00:57:08.73	CLUBE COLABORADORES AGEAS
658	523	FRANCISCO CLERIGO	M	65	48	00:58:11.79	00:57:24.10	SS CGD
659	442	LUCIANO REIS	M	58	55	00:58:12.05	00:57:18.37	
660	1188	MARTIM XAVIER	M	20	93	00:58:12.79	00:57:09.99	
661	729	CLAUS MEYER	M	51	91	00:58:13.13	00:57:24.33	
662	1118	CARLOS ALVES	M	61	49	00:58:13.89	00:57:33.79	CLUBE FERROVIÁRIO DE PORTUGAL
663	54	LUIS RODRIGUES	M	51	92	00:58:15.03	00:57:39.40	
664	160	NUNO ALVES	M	64	50	00:58:16.75	00:58:02.81	
665	113	ARTUR P A BOTAO	M	49	108	00:58:18.05	00:58:12.32	C MILLENNIUM BCP



666	28	MARIEL IBANEZ	F	28	30	00:58:18.29	00:57:51.83	
667	29	DANIEL RIELEY	M	29	94	00:58:19.85	00:57:59.48	
668	389	MARGARIDA COELHO	F	70	4	00:58:23.18	00:58:18.36	DESPORTIVO MONTE REAL
669	1330	RODRIGO	M	48	109	00:58:27.42	00:56:55.40	
670	1329	JORGE M COELHO	M	42	115	00:58:30.32	00:58:05.14	
671	512	CARLOS GONÇALVES	M	22	95	00:58:33.10	00:56:40.26	
672	293	MANUEL ROCHA	M	64	51	00:58:33.36	00:57:51.08	
673	513	FRANCISCO GONÇALVES	M	22	96	00:58:34.60	00:56:43.67	
674	38	MANUEL SEMBASTIAO	M	42	116	00:58:35.80	00:57:52.90	
675	1100	JOSÉ PIRES	M	44	117	00:58:39.24	00:58:27.95	LINK
676	1108	MARIA ADELINA	F	65	5	00:58:41.77	00:57:50.14	
677	296	JOAQUIM BARROCAS	M	65	52	00:58:42.30	00:57:46.59	
678	1328	JOÃO CANAS	M	39	66	00:58:43.21	00:58:35.16	
679	55	DULCE M S RAMOS	F	49	26	00:58:43.40	00:58:03.50	C MILLENNIUM BCP
680	94	LUIS M L COSTA	M	49	110	00:58:43.67	00:58:01.94	C MILLENNIUM BCP
681	1327	SAMUEL MARTINS	M	42	118	00:58:44.40	00:58:36.68	
682	927	MIGUEL REDMONT	M	48	111	00:58:45.84	00:57:42.37	
683	511	ANTÓNIO GONÇALVES	M	53	93	00:58:46.20	00:56:56.24	
684	155	ORLANDO DINIS	M	62	53	00:58:47.50	00:58:21.21	
685	272	MARCO FORTES	M	36	67	00:58:52.08	00:57:29.11	
686	312	RUI FERNANDES	M	44	119	00:58:54.97	00:58:50.00	
687	921	PEDRO BATISTA	M	38	68	00:58:55.35	00:57:50.55	CARACÓIS TURBINADOS
688	98	TIAGO M P ROSA	M	35	69	00:58:56.20	00:58:00.52	C MILLENNIUM BCP
689	969	PEDRO M B SILVA	M	46	112	00:58:56.40	00:58:32.77	
690	1248	RAFAEL SANTOS	M	51	94	00:58:56.96	00:57:55.29	CCD METRO DE LISBOA
691	340	AMILCAR POVOA	M	72	54	00:58:58.09	00:58:16.68	
692	238	JOÃO ALFAIATE	M	39	70	00:58:58.96	00:58:58.96	
693	902	DINIS FERNANDES	M	58	56	00:59:02.05	00:57:45.93	
694	979	NUNO DOMINGUES	M	46	113	00:59:04.49	00:58:43.85	
695	692	FERNANDO M H CARREIRO	M	57	57	00:59:04.66	00:57:38.35	
696	690	JOSÉ A M CRUZ	M	64	55	00:59:05.10	00:57:38.82	
697	723	LUIS M D SANTOS	M	53	95	00:59:07.50	00:58:11.01	
698	125	JORGE FERREURA	M	53	96	00:59:09.30	00:58:13.87	
699	1215	ATLETA NÃO CADASTRADO	M	0	4	00:59:13.16	00:59:00.97	
700	534	RICARDO RIBEIRO	M	33	97	00:59:13.52	00:57:56.90	OS ANDARILHOS
701	783	SANDRO PRATES	M	39	71	00:59:14.81	00:57:42.64	
702	237	FERNANDO CARDOSO	M	66	56	00:59:17.15	00:58:25.04	NAZABOBODA



10 KM

703	922	ALVARO JORGE	M	61	57	00:59:17.65	00:58:13.06	CARACÓIS TURBINADOS
704	41	DANIEL ELIAS	M	47	114	00:59:19.14	00:58:20.20	
705	806	BRUNO J R FERREIRA	M	28	98	00:59:19.20	00:58:40.69	
706	868	FERNANDA PRIM	F	42	29	00:59:20.71	00:58:09.44	
707	364	BRUNO VAZ	M	49	115	00:59:21.66	00:58:42.98	
708	186	RITA OLIVEIRA	F	37	30	00:59:24.43	00:58:02.89	
709	1037	PAULO CASTANHEIRA	M	44	120	00:59:25.83	00:58:11.66	FUNDAÇÃO BP
710	188	PAULO BRIOSO	M	40	121	00:59:29.56	00:58:18.38	
711	495	SILVIA SANTOS	F	48	27	00:59:30.54	00:58:53.68	
712	282	GILBERTO GONÇALVES	M	69	58	00:59:30.92	00:59:02.48	
713	295	CARLOS M F ELIAS	M	48	116	00:59:32.01	00:58:48.04	
714	1149	JORGE ALMEIDA	M	70	59	00:59:34.41	00:59:03.61	
715	1349	FERNANDO ROQUETTE	M	54	97	00:59:35.14	00:58:29.47	
716	787	NUNO T W GAMEIRO	M	45	117	00:59:36.11	00:58:18.28	
717	935	CÉU MIGUEL	F	54	28	00:59:37.07	00:59:13.36	
718	345	JOÃO RITO	M	59	58	00:59:39.74	00:58:37.16	
719	1097	CLÁUDIA BICO	F	38	31	00:59:41.61	00:59:24.84	CCD PM CASCAIS 2
720	1102	CÁTIA BANDOLA	F	38	32	00:59:41.91	00:59:25.15	CCD PM CASCAIS 2
721	965	JORGE MATOS	M	50	98	00:59:42.69	00:58:39.30	
722	266	MIGUEL FERNANDES	M	44	122	00:59:43.45	00:58:08.91	
723	1112	BERNARDO FERNANDES	M	30	99	00:59:43.70	00:59:22.76	CCD PM CASCAIS 2
724	93	PEDRO ANTUNES	M	42	123	00:59:44.03	00:59:19.21	
725	75	CARLOS H PAIVA	M	49	118	00:59:52.19	00:58:52.25	
726	715	DANIEL CONCEIÇÃO	M	53	99	00:59:54.94	00:59:36.24	N. A. PAPAGAIOS DE CASCAIS
727	1263	PEDRO RAÍNHO	M	31	100	00:59:55.17	00:58:45.72	LEBRES DE FRONTEIRA
728	581	NUNO M GONÇALVES	M	29	101	00:59:55.32	00:59:10.52	CLÍNICA SANTA MADALENA
729	1268	JORGE M GURITA	M	59	59	00:59:56.42	00:59:34.67	
730	1185	RODRIGO CORREIA	M	41	124	00:59:59.18	00:58:50.33	
731	305	MANUEL PAULO	M	61	60	01:00:02.82	00:59:16.58	RUN2FINISH.PT
732	424	HENRIQUE ROSA	M	20	102	01:00:03.27	00:59:37.23	BELOURA RUNNERS
733	262	ADELINO PEREIRA	M	54	100	01:00:03.70	00:59:18.42	RUN2FINISH.PT
734	306	THELMO CUNHA	M	58	60	01:00:04.52	00:59:16.85	RUN2FINISH.PT
735	304	JORGE MONTEIRO	M	51	101	01:00:04.93	00:59:18.08	RUN2FINISH.PT
736	184	MANUEL PEDRO	M	44	125	01:00:05.11	00:59:20.06	
737	552	JOÃO FORTES	M	35	72	01:00:07.13	00:58:30.53	
738	1254	FRANCISCO PENIM	M	52	102	01:00:10.12	00:58:57.16	
739	358	FRIAS,MANUEL	M	61	61	01:00:11.65	00:59:32.36	



740	661	RICARDO DIAS	M	45	119	01:00:14.39	00:59:38.45	
741	818	NUNO MARCELINO	M	42	126	01:00:15.88	00:59:13.82	
742	914	PATRICIA PASSOS	F	45	29	01:00:16.97	00:59:41.71	
743	196	ANTONIO PAIS	M	70	62	01:00:18.50	00:59:57.44	VALE DE MADEIROS
744	1164	JOÃO AZEDO	M	56	61	01:00:19.16	01:00:02.66	
745	360	MÁRCIA GASPAR	F	41	33	01:00:20.13	00:58:57.92	
746	699	JOSÉ XAVIER	M	31	103	01:00:21.68	00:59:01.75	
747	34	JORGE LOUREIRO	M	43	127	01:00:23.05	01:00:02.42	
748	812	DAVID J S ALMEIDA	M	47	120	01:00:23.09	00:59:45.18	
749	775	CAROLINA MORAIS	F	37	34	01:00:23.62	00:59:48.30	CLUBE COLABORADORES AGEAS
750	1187	FREDERICO MORAIS	M	38	73	01:00:23.76	00:59:47.12	
751	700	LARA RODRIGUES	F	34	31	01:00:25.33	00:59:05.97	
752	68	PAULA FERREIRA	F	45	30	01:00:25.37	00:59:05.13	
753	681	CARLOS M E BERNARDINO	M	48	121	01:00:25.97	00:58:49.21	
754	274	JAIME N SANTOS	M	20	104	01:00:25.98	00:59:08.94	
755	1310	JOSE MAGALHAES	M	51	103	01:00:26.13	00:59:45.28	
756	1182	JOÃO C SANTOS	M	38	74	01:00:26.80	00:59:49.62	
757	1101	CLÁUDIA GONZAGA	F	38	35	01:00:27.51	01:00:06.81	
758	374	PEDRO OLIVEIRA	M	47	122	01:00:28.81	00:59:48.68	
759	574	CARLOS CASAL	M	43	128	01:00:30.27	00:59:57.01	
760	608	SABIR KANJI	M	39	75	01:00:33.66	00:59:37.19	SS CGD
761	834	ANTONIO MARTINS	M	40	129	01:00:35.43	00:59:46.30	
762	749	BRUNO LAGARO	M	40	130	01:00:36.15	00:59:24.09	
763	607	MÁRIO RODRIGUES	M	38	76	01:00:36.73	00:59:41.76	
764	423	PAULO ROSA	M	50	104	01:00:41.13	01:00:14.20	BELOURA RUNNERS
765	405	CÁTIA AMARO	F	37	36	01:00:42.46	00:59:44.69	BOLA DO DIDA
766	1104	SARA GOMES	F	21	32	01:00:45.06	01:00:19.14	
767	102	PAULO J C GONCALVES	M	45	123	01:00:49.31	00:59:53.40	C MILLENNIUM BCP
768	469	LUÍS M COELHO	M	46	124	01:00:50.21	01:00:11.79	
769	1045	VALTER TEIXEIRA	M	50	105	01:00:52.05	01:00:18.14	CLUBE FERROVIÁRIO DE PORTUGAL
770	1163	PAULO ROXO	M	43	131	01:00:52.66	00:57:30.73	
771	337	NÁDIA PINHO	F	41	37	01:00:55.49	00:59:52.91	
772	338	CARLOS MARQUES	M	55	62	01:00:56.09	01:00:48.33	
773	752	PAULO SENA	M	46	125	01:00:58.05	01:00:09.61	
774	371	MAGIC C LUZ	F	38	38	01:01:00.30	01:00:26.19	
775	255	TOMAS FERREIRA	M	20	105	01:01:04.15	01:00:16.39	NAZABOBODA
776	947	LUCIA DUARTE	F	43	39	01:01:04.15	01:00:32.66	OS GALGOS



777	1336	RITA ROMERO	F	43	40	01:01:05.55	01:00:40.40	
778	539	TIAGO P MARTINS	M	22	106	01:01:07.38	01:00:51.97	
779	889	ROCHA FIGUEIREDO	M	62	63	01:01:08.37	01:01:03.42	
780	940	SONIA PINTO	F	47	31	01:01:10.62	01:00:26.70	OS GALGOS
781	945	CARLOS GARCIA	M	46	126	01:01:11.39	01:00:39.45	OS GALGOS
782	946	MARTA MARQUES	F	28	33	01:01:14.25	01:00:43.25	OS GALGOS
783	468	JOSÉ CATITA	M	60	64	01:01:14.71	00:59:52.00	
784	259	JOSÉ J C SANTOS	M	52	106	01:01:17.54	00:59:59.57	
785	545	TIAGO CAETANO	M	23	107	01:01:20.34	01:01:06.28	
786	884	ROBERTO CARDETA	M	36	77	01:01:20.43	01:00:06.34	
787	883	LUIS SILVA	M	40	132	01:01:23.19	01:00:08.97	
788	1077	MARIA J POEIRAS	F	54	32	01:01:24.17	01:00:47.31	ESTREMOZ A CORRER
789	1090	INÊS BARROSO	F	20	34	01:01:24.98	01:00:50.71	ESTREMOZ A CORRER
790	1074	SANDRA SERRANO	F	43	41	01:01:25.13	01:00:51.16	ESTREMOZ A CORRER
791	1274	NELSON A P CORREIA	M	38	78	01:01:25.34	01:00:10.61	
792	1080	LUÍSA PARREIRA	F	24	35	01:01:25.68	01:00:51.53	ESTREMOZ A CORRER
793	1083	ISABEL ALVES	F	51	33	01:01:27.77	01:00:54.28	ESTREMOZ A CORRER
794	916	MADALENA PIRES	F	29	36	01:01:28.21	01:00:29.95	
795	856	FERNANDO MARTINS	M	54	107	01:01:29.49	01:00:37.11	GOALL RUNNING
796	531	THIAGO F CHAGAS	M	34	108	01:01:30.59	00:59:56.47	
797	270	RICARDO ROMÃO	M	39	79	01:01:30.62	01:00:25.79	
798	271	MIGUEL LOPES	M	46	127	01:01:31.36	01:00:27.31	
799	165	ATLETA NÃO CADASTRADO	M	0	5	01:01:32.76	01:00:35.28	
800	200	RUI PINTO	M	53	108	01:01:33.86	01:00:34.39	
801	1123	JORGE JOURDAN	M	57	63	01:01:35.13	01:00:59.40	CCD PM CASCAIS 1
802	713	HELENA ROSA	F	52	34	01:01:35.64	01:01:18.10	
803	369	SENDA RAMOS	F	41	42	01:01:36.29	01:01:15.12	
804	603	RUI F CARVALHO	M	48	128	01:01:36.73	01:00:14.31	
805	999	IRENE S CARVALHO	F	47	35	01:01:39.36	01:00:51.15	
806	417	MICHEL E REIS	M	40	133	01:01:40.60	01:01:25.29	
807	1020	MM2019	F	41	43	01:01:41.31	01:00:30.08	
808	1095	PAULA MACHADO	F	64	6	01:01:42.29	01:01:25.88	CCD PM CASCAIS 3
809	23	NUNO MOLARINHO	M	47	129	01:01:45.09	01:00:35.58	
810	647	ANTONIO RIBEIRO	M	53	109	01:01:45.64	01:01:26.39	QUINTETO
811	61	RICARDO LEAL	M	42	134	01:01:46.25	01:01:04.25	
812	1332	MARTA R GOMES	F	27	37	01:01:48.25	01:01:01.76	
813	761	BRUNO M R TEIXEIRA	M	31	109	01:01:50.12	01:01:01.55	



814	543	ORLANDO MARTA	M	46	130	01:01:51.11	01:01:18.20	
815	294	ERMELINDA OLIVEIRA	F	42	44	01:01:51.86	01:01:08.22	
816	161	JOSÉ BARATA	M	75	65	01:01:52.68	01:01:02.95	
817	864	CARLOS CHANÇA	M	44	135	01:01:55.58	01:01:10.60	
818	119	PAULO J C ARSENIO	M	47	131	01:01:56.36	01:01:33.41	C MILLENNIUM BCP
819	1337	PEDRO SILVA	M	41	136	01:01:57.50	01:01:57.50	
820	301	ANA MARQUES	F	48	36	01:01:59.41	01:01:15.93	
821	278	GENINHA ANDRADE	F	29	38	01:02:00.55	01:01:21.37	
822	568	MARIA H C LACERDA	F	64	7	01:02:01.25	01:01:27.94	
823	283	HELENA ADEGAS	F	56	8	01:02:05.23	01:01:58.30	
824	1052	JOSÉ PINTO	M	55	64	01:02:05.29	01:01:21.31	
825	655	MIGUEL MARQUES	M	40	137	01:02:06.21	01:01:27.48	
826	688	ANTÓNIO OLIVEIRA	M	51	110	01:02:06.68	01:01:37.24	
827	385	FLORÊNCIO COELHO	M	72	66	01:02:07.43	01:02:01.94	DESPORTIVO MONTE REAL
828	1053	ALEXANDRA PINTO	F	43	45	01:02:09.15	01:01:24.64	
829	977	FERNANDA CUNHA	F	52	37	01:02:10.47	01:00:38.54	
830	560	RUI MARQUES	M	47	132	01:02:12.99	01:01:44.16	
831	1223	SANDRA GONÇALVES	F	32	39	01:02:13.04	01:01:49.00	
832	120	PAULO J M CARREIRA	M	50	111	01:02:19.03	01:00:59.98	C MILLENNIUM BCP
833	199	JORGE RODRIGUES	M	57	65	01:02:19.35	01:01:49.54	VALE DE MADEIROS
834	463	NIKUNJ SHARMA	M	29	110	01:02:24.19	00:56:28.36	MERCER RUNNERS
835	27	RUI MATOS	M	41	138	01:02:26.16	01:02:11.96	
836	249	SANDRINA CUNHA	F	35	46	01:02:32.33	01:01:44.68	NAZABOBODA
837	1099	MÁRIO SANTOS	M	48	133	01:02:34.14	01:02:15.62	CCD PM CASCAIS 1
838	112	TIAGO F S NOGUEIRA	M	45	134	01:02:35.56	01:01:38.99	C MILLENNIUM BCP
839	725	CESALTINA GREGORIO	F	61	9	01:02:37.50	01:01:56.25	
840	366	NUNO V H ANJOS	M	51	112	01:02:42.63	01:02:08.56	
841	843	VANESSA GONÇALVES	F	25	40	01:02:43.08	01:02:17.79	
842	487	JABA RECORDATI	F	38	47	01:02:44.48	01:02:10.14	JABA RECORDATI
843	844	ISABEL GONÇALVES	F	46	38	01:02:45.87	01:02:23.70	
844	203	JOAQUIM PALMEIRO	M	48	135	01:02:49.69	01:01:31.69	
845	403	ELSA NUNES	F	45	39	01:02:49.89	01:01:52.33	BOLA DO DIDA
846	972	CLÁUDIO MOREIRA	M	39	80	01:02:51.08	01:01:29.40	
847	748	PATRICIA SILVA	F	43	48	01:02:51.13	01:02:45.65	
848	809	MARGARIDA RODRIGUES	F	52	40	01:02:53.20	01:02:53.20	
849	334	ORLANDO COSTA	M	44	139	01:02:54.18	01:01:48.77	
850	971	CARLA CUNHA	F	43	49	01:02:54.35	01:01:32.62	



851	202	CRISTINA PALMEIRO	F	48	41	01:02:56.94	01:01:38.55	
852	1017	EDGAR RAMOS	M	45	136	01:03:01.15	01:02:38.07	
853	24	ANA MELO	F	43	50	01:03:03.31	01:01:54.16	
854	1345	JOSÉ VALE	M	58	66	01:03:08.52	01:03:06.75	
855	1211	ELISABETE COSTA	F	44	51	01:03:10.08	01:02:48.44	
856	472	HELDER SANTOS	M	41	140	01:03:10.73	01:02:51.31	
857	820	MAGDA D ROCHA	F	41	52	01:03:11.46	01:02:19.45	
858	754	CARLOS T GONCALVES	M	70	67	01:03:11.81	01:02:18.84	
859	557	MANUEL M LOPES	M	61	68	01:03:12.17	01:02:51.75	
860	1125	ISABEL VIEIRA	F	46	42	01:03:13.38	01:02:55.49	CCD PM CASCAIS 1
861	211	SANDRA NUNES	F	48	43	01:03:14.13	01:02:38.19	
862	558	MANUEL PIEDADE	M	61	69	01:03:14.83	01:02:54.51	
863	1257	TIAGO M DIAS	M	40	141	01:03:15.02	01:02:58.94	
864	1086	SARA HENRIQUES	F	44	53	01:03:16.08	01:02:59.15	CCD PM CASCAIS 3
865	892	RUI M VELEZ	M	61	70	01:03:17.38	01:02:59.06	
866	619	ANA M BARRADAS	F	40	54	01:03:19.08	01:01:42.60	
867	1245	ISABEL FRANÇA	F	46	44	01:03:23.30	01:03:09.04	CCD METRO DE LISBOA
868	1239	GONÇALO A VASCONCELOS	M	48	137	01:03:26.53	01:03:11.93	
869	144	ISABEL SANTIAGO	F	51	45	01:03:26.59	01:02:11.53	
870	416	EDUARDO M R LOPES	M	47	138	01:03:29.87	01:02:01.39	
871	143	JOSE SANTOS	M	49	139	01:03:30.85	01:02:15.68	
872	159	FERNANDO PESTANA	M	71	71	01:03:32.85	01:02:43.09	
873	1109	CARLA DESTAPADO	F	45	46	01:03:33.51	01:03:15.72	CCD PM CASCAIS 2
874	1297	CATARINA RODRIGUES	F	39	55	01:03:35.38	01:02:38.68	
875	817	CARLA FARIA	F	49	47	01:03:35.71	01:02:40.16	
876	583	DAVID SABINO	M	29	111	01:03:36.71	01:02:22.16	CLÍNICA SANTA MADALENA
877	392	MARGARIDA ALMEIDA	F	48	48	01:03:38.39	01:03:05.69	
878	942	DANIEL MACHADO	M	37	81	01:03:41.80	01:02:56.18	OS GALGOS
879	951	RITA MAARQUES	F	44	56	01:03:43.38	01:02:58.87	OS GALGOS
880	706	NUNO SANTOS	M	29	112	01:03:43.72	01:03:37.29	
881	483	RUTE FERREIRA	F	26	41	01:03:47.38	01:03:12.82	
882	65	HÉLDER ALMEIDA	M	24	113	01:03:54.00	01:03:12.56	
883	758	VITOR J RAMOS	M	47	140	01:03:58.59	01:03:38.82	CLUBE COLABORADORES AGEAS
884	837	HUGO JULIÃO	M	33	114	01:04:02.67	01:03:07.02	
885	1320	JOÃO M DANTAS	M	21	115	01:04:04.31	01:02:35.58	
886	751	MARIO VINHAS	M	50	113	01:04:08.08	01:03:14.37	
887	750	POKAS	F	40	57	01:04:10.49	01:03:18.18	



888	944	VERA FONTE	F	30	42	01:04:10.85	01:03:21.15	OS GALGOS
889	807	CARLOS GALRÃO	M	28	116	01:04:14.82	01:02:47.49	
890	157	AUGUSTO BARBOSA	M	35	82	01:04:26.75	01:04:14.45	
891	639	MARIA J D MOURA	F	43	58	01:04:26.90	01:04:01.36	
892	252	SUSANA FIGUEIRA	F	42	59	01:04:27.66	01:04:19.12	NAZABOBODA
893	22	JOAO BRITO	M	25	117	01:04:32.05	01:03:08.82	
894	503	SANDRA GONÇALVES	F	45	49	01:04:38.84	01:03:39.26	
895	774	CATARINA C ALTAS	F	45	50	01:04:41.52	01:04:01.92	CLUBE COLABORADORES AGEAS
896	1019	FERNANDO ALVES	M	60	72	01:04:46.21	01:04:22.74	
897	415	BENGT LINDMARK	M	73	73	01:04:50.41	01:04:17.06	
898	604	JUSTILIANO M SILVA	M	64	74	01:04:56.31	01:04:17.28	
899	1026	NELI BARREIROS	F	42	60	01:04:57.27	01:03:46.39	
900	480	JOSÉ J P GIL	M	46	141	01:04:59.14	01:03:44.45	
901	1023	NELSON BARREIROS	M	48	142	01:04:59.89	01:03:48.55	
902	1181	PEDRO T S MONTEIRO	M	36	83	01:05:01.91	01:03:50.45	
903	78	VERÔNICA C FARIA	F	38	61	01:05:04.80	01:03:38.91	
904	970	SANDRA VEIGA	F	44	62	01:05:10.43	01:03:25.36	OS GALGOS
905	354	JOÃO RAMOS	M	49	143	01:05:11.63	01:02:24.16	
906	701	CARLOS VIEIRA	M	49	144	01:05:13.69	01:04:01.55	
907	303	JOAQUIM SIMÃO	M	55	67	01:05:14.19	01:04:28.62	RUN2FINISH.PT
908	890	TALIA D DUIK	F	41	63	01:05:15.79	01:04:04.49	
909	886	DEDREI NELL	F	43	64	01:05:17.80	01:05:17.80	
910	1141	MARISA GONÇALVES	F	41	65	01:05:22.11	01:04:38.19	CLUBE FERROVIÁRIO DE PORTUGAL
911	1046	CATARINA NICHU	F	52	51	01:05:22.28	01:04:36.79	CLUBE FERROVIÁRIO DE PORTUGAL
912	1266	RENATO BARBOSA	M	34	118	01:05:27.32	01:04:17.39	LEBRES DE FRONTEIRA
913	825	MARIA J VASQUEZ	F	44	66	01:05:28.63	01:04:55.17	
914	891	LUIZ C G MIRANDA	M	65	75	01:05:34.04	01:05:14.90	
915	154	PEDRO M P GIL	M	40	142	01:05:34.06	01:04:18.89	
916	1311	ANA MADEIRA	F	37	67	01:05:34.19	01:04:25.51	
917	197	TIAGO MOREIRA	M	46	145	01:05:36.35	01:05:13.67	VALE DE MADEIROS
918	521	IDALINA MARTINS	F	43	68	01:05:40.05	01:01:04.26	
919	316	FILIPA CABRAL	F	46	52	01:05:40.09	01:04:26.75	
920	841	ANDRÉ LOURENÇO	M	37	84	01:05:42.15	01:05:17.27	
921	974	PAULA MARIANO	F	44	69	01:05:43.10	01:05:10.79	
922	680	PATRICIA GONCALVES	F	50	53	01:05:43.16	01:05:09.31	
923	321	INES RIO	F	40	70	01:05:43.48	01:04:29.87	
924	376	JORGE DOMINGUES	M	65	76	01:05:43.60	01:05:08.97	



10 KM

925	1137	JORGE RODRIGUES	M	40	143	01:05:45.25	01:04:54.59	CLUBE FERROVIÁRIO DE PORTUGAL
926	615	ISABEL MAGALHÃES	F	62	10	01:05:47.03	01:05:07.83	
927	30	FLORENCE CHAPUIS	F	29	43	01:05:53.34	01:05:32.37	
928	138	CESAR F GUERRA	M	48	146	01:05:54.06	01:04:56.13	
929	347	SARA FARO	F	41	71	01:05:57.37	01:05:10.35	
930	772	CATARINA M FIGUEIRA	F	40	72	01:05:58.12	01:05:36.20	CLUBE COLABORADORES AGEAS
931	263	ALEXANDRA SILVA	F	43	73	01:05:58.21	01:05:11.75	
932	726	SVEN DANKERS	M	35	85	01:06:02.56	01:04:32.95	
933	400	JOAO MERUJE	M	64	77	01:06:10.36	01:05:47.33	
934	1318	JOSÉ C PATINHA	M	47	147	01:06:14.19	01:04:45.30	
935	163	PAULO BARATA	M	44	144	01:06:15.39	01:05:08.89	
936	1145	ROSA PRATAS	F	59	11	01:06:16.71	01:05:51.24	CLUBE FERROVIÁRIO DE PORTUGAL
937	622	MARIA J F SIMOES	F	49	54	01:06:20.94	01:05:43.32	
938	87	HELDER MARTINS	M	49	148	01:06:24.02	01:05:46.79	OS GALGOS
939	185	ANA S D JANEIRO	F	37	74	01:06:25.15	01:06:11.93	
940	537	HENRIQUE COSTA	M	30	119	01:06:26.68	01:05:08.07	OS ANDARILHOS
941	535	MARCIA CRESPO	F	30	44	01:06:27.78	01:05:10.39	OS ANDARILHOS
942	1085	RUI SYMANIC	M	39	86	01:06:28.35	01:06:09.76	
943	631	KAREN RESENDE	F	48	55	01:06:33.66	01:05:40.61	
944	838	ROGÉRIO DIAS	M	47	149	01:06:33.80	01:06:08.92	
945	757	ATLETA NÃO CADASTRADO	M	0	6	01:06:34.55	01:06:18.89	
946	1001	MIGUEL ANGELO	M	42	145	01:06:36.67	01:05:05.91	SS CGD
947	593	MÓNICA TEIXEIRA	F	33	45	01:06:38.55	01:04:03.93	
948	1280	TIAGO LAGE	M	33	120	01:06:39.20	01:04:01.82	
949	357	RUI SANTOS	M	57	68	01:06:39.69	01:06:04.51	
950	839	MIGUEL DIAS	M	30	121	01:06:43.60	01:05:47.19	
951	756	SILVIA MORGADO	F	45	56	01:06:44.22	01:06:44.22	
952	813	SÉRGIO MORGADO	M	45	150	01:06:45.21	01:05:22.45	
953	172	MANUEL RIBEIRO	M	64	78	01:06:51.62	01:06:42.59	
954	1093	CARLOS A C SANTOS	M	35	87	01:06:51.97	01:05:26.28	
955	169	ANTONIO MARQUES	M	53	114	01:06:52.01	01:06:42.96	
956	67	SÔNIA M C LIMA	F	56	12	01:06:58.04	01:06:09.92	
957	900	LÉNIA CARLOS	F	38	75	01:06:59.84	01:06:42.65	N. A. PAPAGAIOS DE CASCAIS
958	747	NELIA LAGARTO	F	41	76	01:07:02.19	01:05:49.91	
959	1130	ELISABETH DUARTE	F	47	57	01:07:02.97	01:06:18.88	CLUBE FERROVIÁRIO DE PORTUGAL
960	1250	MICHAEL BRAZ	M	48	151	01:07:03.13	01:06:31.77	
961	788	SUSANA MENDES	F	39	77	01:07:03.17	01:05:37.40	SIMECQ



962	779	CELESTE ALMEIDA	F	49	58	01:07:03.29	01:05:38.24	SIMECQ
963	790	OLGA GALVÃO	F	55	13	01:07:03.43	01:05:39.99	SIMECQ
964	339	DAVID P C PINTO	M	25	122	01:07:05.52	01:06:57.77	
965	1286	ANA D PINTO	F	50	59	01:07:06.53	01:06:44.64	
966	142	PAULO PADRÃO	M	50	115	01:07:07.70	01:06:07.20	
967	139	JOÃO EUSÉBIO	M	48	152	01:07:08.94	01:05:54.18	FUNDAÇÃO BP
968	1039	PEDRO MORAIS	M	44	146	01:07:12.16	01:05:56.19	FUNDAÇÃO BP
969	548	FERNANDO	M	68	79	01:07:12.65	01:06:37.45	
970	460	ANA S PINTO	F	33	46	01:07:15.40	01:06:05.52	MERCER RUNNERS
971	609	IGOR FARIA	M	34	123	01:07:19.27	01:05:58.04	
972	863	CAROLINA CONSTANT	F	39	78	01:07:19.94	01:06:13.35	
973	192	RICARDO FIGUEIREDO	M	49	153	01:07:24.06	01:06:42.66	
974	765	TIAGO NASCIMENTO	M	30	124	01:07:25.03	01:06:03.69	CLUBE COLABORADORES AGEAS
975	572	PEDRO ALFERES	M	54	116	01:07:26.92	01:06:44.53	
976	1224	NUNO R FERNANDES	M	56	69	01:07:29.12	01:07:01.86	
977	117	CARLOS A M CONCEICAO	M	55	70	01:07:33.96	01:07:11.89	C MILLENNIUM BCP
978	985	RITA MAIO	F	26	47	01:07:37.33	01:06:59.71	
979	810	MARIA SANTOS	F	51	60	01:07:37.47	01:07:29.63	
980	1262	CATARINA GOMES	F	31	48	01:07:37.82	01:06:27.81	LEBRES DE FRONTEIRA
981	901	DANIELA FERREIRA	F	34	49	01:07:38.97	01:06:17.72	
982	239	FERNANDO PIRES	M	65	80	01:07:48.41	01:07:24.13	NAZABOBODA
983	687	SOFIA OLIVEIRA	F	25	50	01:07:52.19	01:07:22.91	
984	506	MAYER RAPOSO	M	71	81	01:07:56.29	01:07:49.12	
985	384	ETELVINA PAULINO	F	48	61	01:07:58.60	01:07:52.92	DESPORTIVO MONTE REAL
986	828	MADALENA SOARES	F	50	62	01:08:00.21	01:07:58.61	
987	1029	MARIA QUITÉRIA	F	45	63	01:08:07.67	01:07:02.15	
988	99	ANA L S CARVALHO	F	42	79	01:08:11.99	01:07:15.83	C MILLENNIUM BCP
989	131	BÁRBARA FARIA	F	34	51	01:08:18.57	01:07:30.07	
990	1232	ANTÓNIO GASPAR	M	74	82	01:08:25.28	01:08:25.28	GDCTINCM
991	1233	DORA SOUSA	F	38	80	01:08:29.48	01:07:44.90	GDCTINCM
992	928	ISABEL	F	48	64	01:08:35.43	01:07:30.49	
993	109	CARLOS A D TOME	M	67	83	01:08:46.21	01:08:46.21	C MILLENNIUM BCP
994	330	JOANA C C ALVES	F	30	52	01:08:55.49	01:07:51.20	
995	331	CRISTINA VICENTE	F	28	53	01:08:55.78	01:07:51.29	
996	269	RODRIGO SANTOS	M	31	125	01:08:56.18	01:07:51.76	
997	1264	RAQUEL BARBOSA	F	33	54	01:08:59.19	01:07:49.74	LEBRES DE FRONTEIRA
998	919	VANESSA M PEREIRA	F	30	55	01:09:14.86	01:08:38.30	CARACÓIS TURBINADOS



999	759	ANA GUIMARÃES	F	60	14	01:09:16.17	01:08:52.44	CLUBE COLABORADORES AGEAS
1000	799	JOÃO P PINTO	M	49	154	01:09:16.22	01:08:53.67	CLUBE COLABORADORES AGEAS
1001	171	JORGE M N BAPTISTA	M	63	84	01:09:17.83	01:08:58.68	
1002	925	PEDRO LOPES	M	43	147	01:09:26.08	01:07:51.58	
1003	242	ANNE BURGERT	F	33	56	01:09:28.91	01:08:07.23	
1004	643	RICARDO E D PITEIRA	M	27	126	01:09:31.22	01:08:18.66	
1005	617	LÚCIA CARVALHO	F	54	65	01:09:35.21	01:09:13.66	FALCÕES SELVAGENS
1006	76	JOÃO P D SANTOS	M	33	127	01:09:35.24	01:08:35.04	
1007	905	PAULO PASSOS	M	49	155	01:09:41.50	01:09:06.48	
1008	522	CATARINA MARTINS	F	18	57	01:10:00.19	01:05:24.54	
1009	1175	PAULO CAPELA	M	48	156	01:10:10.36	01:09:12.15	
1010	426	LUÍS LIBÂNIO	M	61	85	01:10:11.71	01:10:11.71	
1011	243	ILDA SOUSA	F	56	15	01:10:13.36	01:10:05.78	NAZABOBODA
1012	355	FERNANDO J MIGUEL	M	49	157	01:10:21.44	01:09:50.07	
1013	1171	RUI XAVIER	M	51	117	01:10:29.97	01:07:39.60	CLUBE EDP - LISBOA
1014	866	NUNO OLIVEIRA	M	42	148	01:10:30.86	01:09:50.82	
1015	547	SARA P CAETANO	F	20	58	01:10:31.16	01:10:17.61	
1016	297	ARMÉNIO SILVA	M	80	86	01:10:34.22	01:09:34.03	
1017	81	TERESA FLORÊNCIO	F	35	81	01:10:44.43	01:09:20.81	
1018	137	INÊS ALVES	F	47	66	01:10:45.55	01:09:33.71	
1019	433	RICARDO RODRIGUES	M	43	149	01:10:48.33	01:09:19.48	
1020	746	ANA P REIS	F	43	82	01:10:49.78	01:10:42.37	
1021	915	CRISTINA LOURENÇO	F	59	16	01:10:51.57	01:09:52.95	
1022	525	FERNANDO VELOSO1	M	57	71	01:10:51.74	01:10:51.74	
1023	1272	LUÍS CHARRÉU	M	48	158	01:10:53.82	01:09:54.67	
1024	580	SUSANA BARREIROS	F	29	59	01:10:55.50	01:10:15.14	CLÍNICA SANTA MADALENA
1025	284	NICOLA HALLETT-CAMPBELL	F	41	83	01:11:08.65	01:10:36.74	
1026	1127	RAFAEL LOPES	M	20	128	01:11:12.63	01:11:12.63	LINK
1027	130	ANA C FREITAS	F	50	67	01:11:15.44	01:09:47.70	
1028	1340	MARIO PIRES	M	59	72	01:11:29.43	01:09:47.75	
1029	911	ANA PEREIRA	F	43	84	01:11:29.50	01:11:08.07	
1030	209	RICARDO F ALVES	M	48	159	01:11:32.66	01:10:03.66	
1031	632	DETROYAT	F	46	68	01:11:37.59	01:10:43.62	
1032	1025	ELISABETH LOUREIRO	F	62	17	01:11:38.97	01:10:30.68	
1033	1028	ARTUR DINIS	M	61	87	01:11:41.86	01:10:37.67	
1034	958	VITOR PIMENTA	M	52	118	01:11:45.36	01:11:15.11	
1035	132	JOSÉ C FARIA	M	58	73	01:11:58.16	01:11:09.94	



1036	1265	CAROLINA FITAS	F	31	60	01:12:13.89	01:11:00.82	LEBRES DE FRONTEIRA
1037	1267	JOANA GOMES	F	31	61	01:12:14.46	01:11:01.61	LEBRES DE FRONTEIRA
1038	966	NUNO FREITAS	M	39	88	01:12:15.06	01:12:15.06	
1039	635	CRISTINA CADIMA	F	40	85	01:12:32.51	01:12:15.49	
1040	636	RUI TEIXEIRA	M	48	160	01:12:32.81	01:12:16.17	
1041	760	HUGO FERREIRA	M	41	150	01:12:35.64	01:11:01.36	
1042	164	ADRIANA	F	37	86	01:12:42.33	01:12:29.58	
1043	292	JOAO P L VAZ	M	45	161	01:12:47.41	01:12:40.64	
1044	1308	SALOMÉ GLÓRIAS	F	47	69	01:12:52.80	01:11:38.31	
1045	1309	CRISTINA MARCOS	F	51	70	01:12:53.10	01:11:38.99	
1046	168	ISABEL RODRIGUES	F	52	71	01:12:57.49	01:12:05.24	
1047	1213	MÁRIO C DUARTE	M	53	119	01:12:58.53	01:11:48.01	
1048	576	ELISA DIAS	F	29	62	01:13:01.33	01:11:59.50	CLÍNICA SANTA MADALENA
1049	210	NUNO MARTINS	M	37	89	01:13:02.59	01:12:04.18	
1050	524	MANUEL BRÁS	M	50	120	01:13:03.16	01:12:49.78	SS CGD
1051	187	ANTONIO COSME	M	66	88	01:13:03.86	01:11:34.39	
1052	208	ANA MARTINS	F	39	87	01:13:05.32	01:12:07.16	
1053	808	ANA B SANTOS	F	44	88	01:13:09.20	01:12:56.48	CLUBE COLABORADORES AGEAS
1054	97	ALDA M A VINAGRE	F	45	72	01:13:18.90	01:12:01.70	C MILLENNIUM BCP
1055	606	JOAO LANDEIRO	M	72	89	01:13:39.45	01:12:18.56	
1056	869	VALERIA SANTOS	F	50	73	01:13:44.00	01:12:31.28	
1057	924	ÂNGELA PIRRALHO	F	33	63	01:13:45.03	01:12:47.78	
1058	498	LUIS LAVRADOR	M	43	151	01:13:47.16	01:12:49.79	
1059	1096	JOSÉ FIALHO	M	58	74	01:14:10.99	01:13:20.01	CCD PM CASCAIS 1
1060	1105	PAULA D D VALLE	F	45	74	01:14:11.57	01:13:20.36	
1061	206	FILIPPE M L MORAIS	M	28	129	01:14:19.46	01:14:04.10	
1062	489	JABA RECORDATI	M	38	90	01:14:25.92	01:13:38.28	
1063	1040	JOSE SOUSA	M	55	75	01:14:28.55	01:13:18.21	
1064	501	SELMA MARCELLI	F	46	75	01:14:29.23	01:09:08.61	
1065	162	MIGUEL BARATA	M	45	162	01:14:31.86	01:13:25.61	
1066	235	CRISTINA PAIVA	F	47	76	01:15:07.23	01:14:59.62	NAZABOBODA
1067	70	CRISTIANO B CAMPOS	M	42	152	01:15:21.74	01:14:03.41	
1068	910	RITA CARVALHINHO	F	44	89	01:15:54.45	01:15:32.88	
1069	1235	NUNO HENRIQUES	M	43	153	01:15:55.92	01:15:09.45	GDCTINCM
1070	542	MIGUEL M D SOUSA	M	72	90	01:15:57.03	01:14:26.30	
1071	585	IVO FERREIRA	M	29	130	01:16:11.30	01:11:38.27	CLÍNICA SANTA MADALENA
1072	582	SILVIA FERREIRA	F	29	64	01:16:11.39	01:11:38.59	CLÍNICA SANTA MADALENA



1073	649	FÁTIMA BARBAS	F	58	18	01:16:14.85	01:15:54.94	
1074	116	FERNANDO J B SERRANO	M	52	121	01:16:19.17	01:15:36.80	C MILLENNIUM BCP
1075	458	RODRIGO SALGADO	M	39	91	01:16:20.34	01:15:09.82	MERCER RUNNERS
1076	33	JOAO RAPOSO	M	78	91	01:16:33.71	01:16:08.01	
1077	485	JABA RECORDATI	F	38	90	01:16:38.15	01:15:51.26	JABA RECORDATI
1078	660	MONICA BELTRAN	F	36	91	01:16:40.08	01:16:01.89	
1079	664	THOMAS KAMBER	M	40	154	01:16:40.11	01:16:02.57	
1080	313	MAGDA RIBEIRO	F	38	92	01:16:48.36	01:15:31.05	
1081	309	PAULO JUNIOR	M	61	92	01:16:49.13	01:16:21.37	
1082	786	INES CARVALHO	F	41	93	01:17:00.53	01:17:00.53	
1083	332	FLORINDA PEREIRA	F	62	19	01:17:17.80	01:17:17.80	
1084	1221	JOSÉ A BARREIROS	M	47	163	01:17:33.81	01:14:03.10	
1085	492	JABA RECORDATI	M	38	92	01:17:38.14	01:16:24.90	JABA RECORDATI
1086	490	JABA RECORDATI	M	38	93	01:17:41.22	01:16:28.22	
1087	1073	ANA SILVESTRE	F	46	77	01:17:48.08	01:17:48.08	CLUBE FERROVIÁRIO DE PORTUGAL
1088	1305	GI RIBEIRO	F	51	78	01:17:56.44	01:17:04.23	
1089	333	GUIDO COSTA	M	39	94	01:18:28.54	01:17:25.36	
1090	499	ELSA LAVRADOR	F	36	94	01:18:36.66	01:17:39.77	
1091	179	JOSÉ GOUVEIA	M	40	155	01:18:40.25	01:18:03.20	FALCÕES SELVAGENS
1092	136	LUIS F ALVES	M	56	76	01:19:09.20	01:17:57.24	
1093	477	ANA SILVA	F	59	20	01:19:13.72	01:19:12.56	
1094	198	SUSANA MARTINS	F	43	95	01:19:21.50	01:18:28.26	
1095	114	CARLO A C PINHO	M	44	156	01:19:40.02	01:19:07.37	C MILLENNIUM BCP
1096	57	FERNANDO H R FERREIRA	M	71	93	01:19:40.33	01:19:10.21	C MILLENNIUM BCP
1097	457	JOÃO D SANTOS	M	34	131	01:19:42.85	01:18:34.83	MERCER RUNNERS
1098	111	MARCIA A C GONZALEZ	F	47	79	01:19:43.55	01:19:43.55	C MILLENNIUM BCP
1099	105	JOSE M V FERNANDES	M	48	164	01:19:44.18	01:19:12.81	C MILLENNIUM BCP
1100	108	PEDRO M M CUNHA	M	40	157	01:19:44.19	01:19:44.19	C MILLENNIUM BCP
1101	1081	MARIA M MACEDO	F	56	21	01:19:46.86	01:19:20.97	
1102	634	SERGIO CURY	M	59	77	01:19:52.65	01:18:21.21	
1103	475	RUI P SANTOS	M	49	165	01:20:05.78	01:19:22.04	
1104	546	JOÃO CAETANO	M	55	78	01:20:10.47	01:19:56.36	
1105	544	GERMANO M A VAZ	M	54	122	01:20:10.77	01:19:57.12	
1106	248	ARMINDO COUTO	M	58	79	01:20:29.72	01:20:29.72	NAZABOBODA
1107	361	ADEICE R D SILVA	F	56	22	01:20:41.10	01:19:40.12	
1108	482	PAULA SOUSA	F	51	80	01:21:18.30	01:20:43.42	
1109	569	SARA SOUSA	F	40	96	01:21:34.95	01:21:28.64	



1110	990	FRANCELINA SILVA	F	54	81	01:21:44.70	01:21:06.59	
1111	967	JOSÉ FREITAS	M	40	158	01:23:33.36	01:23:33.36	
1112	222	PEDRO BRAVO	M	48	166	01:24:44.29	01:24:44.29	NAZABOBODA
1113	230	ANDRE LEANDRO	M	34	132	01:24:47.78	01:23:30.70	NAZABOBODA
1114	1348	ANTONIO RIBEIRO	M	53	123	01:25:00.52	01:24:07.51	
1115	311	ANTÓNIO MARQUES	M	72	94	01:25:27.33	01:24:49.11	
1116	618	HUGO ROCHA	M	36	95	01:25:48.17	01:24:34.15	
1117	616	CARLA MENDES	F	29	65	01:25:49.60	01:24:36.25	
1118	520	PAULO MORAIS	M	50	124	01:27:26.13	01:27:26.13	
1119	273	JAIME SEVERINO	M	50	125	01:27:38.13	01:26:04.04	
1120	467	INÊS PEREIRA	F	28	66	01:28:00.77	01:28:00.77	MERCER RUNNERS
1121	190	LUÍS M LEITÃO	M	54	126	01:28:03.07	01:27:31.04	
1122	318	ALESSANDRA MOREIRA	F	43	97	01:28:25.16	01:27:04.70	
1123	25	JORGE ROVISCO	M	51	127	01:28:38.65	01:27:06.98	
1124	659	AMÉLIA COSTA	F	60	23	01:28:55.43	01:28:48.30	
1125	1201	MARIA C ANJOS	F	72	24	01:29:31.72	01:28:24.26	
1126	553	LUIS M B BRAGA	M	50	128	01:29:33.88	01:27:56.77	
1127	1249	MANUELA CRUZ	F	62	25	01:29:39.92	01:28:39.13	
1128	1247	PAULO FERNANDES	M	46	167	01:29:40.96	01:28:38.38	CCD METRO DE LISBOA
1129	526	ILDA VELOSO	F	54	82	01:30:05.89	01:29:27.98	
1130	852	ANA PINTO	F	25	67	01:30:57.34	01:30:10.49	
1131	1299	JOANA D CHOURIÇO	F	55	26	01:31:40.81	01:26:18.30	
1132	176	JOÃO CAMPOS	M	46	168	01:31:52.94	01:30:36.35	
1133	177	ELSA FONSECA	F	44	98	01:31:56.83	01:30:40.42	
1134	880	LUISA RODRIGUES	F	58	27	01:32:23.18	01:32:23.18	
1135	1155	RITA MOREIRA	F	23	68	01:32:30.11	01:32:30.11	
1136	677	HUMBERTO M F FILIPE	M	65	95	01:34:02.08	01:34:02.08	
1137	1126	HUGO LOURENÇO	M	44	159	01:34:06.88	01:32:31.24	CCD PM CASCAIS 1
1138	1069	MARGARIDA GODINHO	F	32	69	01:34:14.58	01:34:14.58	
1139	626	FILIPA BAPTISTA	F	32	70	01:34:15.03	01:34:15.03	
1140	579	FILIPA ALMIRANTE	F	29	71	01:35:16.50	01:35:16.50	
1141	577	EUNICE GUARDADO	F	29	72	01:35:51.23	01:35:51.23	CLÍNICA SANTA MADALENA
1142	1202	LUCINDA L HENRIQUES	F	69	28	01:38:18.99	01:37:11.52	
1143	1162	SUSANA TOMÉ	F	43	99	01:39:09.67	01:39:09.67	
1144	1314	CRISTINA BRITO	F	39	100	01:49:59.85	01:48:52.89	
1145	527	PAULA RODRIGUES	F	42	101	01:50:00.23	01:50:00.23	

Total de registros: 1145