

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
1	360	JOSE GONCALVES	IDIVIDUAL	1	00:32:56	00:32:56	M40
2	273	Francisco Pedro	clube de atletismo odimarq	1	00:33:35	00:33:35	M45
3	343	Aita Tamang	CHELAS	1	00:34:29	00:34:29	SENM
4	364	Tiago Silva	CHELAS	2	00:34:49	00:34:49	SENM
5	509	LUIS BAÇO	Aminhacorrida/Myprotein	2	00:35:18	00:35:18	M40
6	272	Andre Ferreira	clube de atletismo odimarq	1	00:35:24	00:35:24	M35
7	511	PAULO MARTINS	Marchadores do Lumiar	3	00:35:27	00:35:27	SENM
8	305	Paulo Alves	Associação Vale Grande	2	00:35:58	00:35:58	M35
9	467	Leonardo Pena Simoes	OS METRALHAS BTT	3	00:36:41	00:36:41	M35
10	148	António Figueiredo	Os Galgos	4	00:36:58	00:36:58	M35
11	510	ANDRE ANTUNES	Marchadores do Lumiar	4	00:37:14	00:37:14	SENM
12	235	Nelson Pereira	garehotelrunning	3	00:37:19	00:37:19	M40
13	156	António Gonçalves	LEBRE	2	00:37:25	00:37:25	M45
14	39	Nuno Silva	IDIVIDUAL	5	00:37:45	00:37:45	M35
15	353	pedro marques	CHELAS	4	00:37:54	00:37:54	M40
16	168	Pedro Ramos	GRCD Leiao	5	00:38:08	00:38:08	M40
17	82	Edgar Trigo	Federação da Família para a Paz Mundial e Uni	3	00:38:13	00:38:13	M45
18	149	Jose Santos	Os Galgos	4	00:38:18	00:38:18	M45
19	16	João Silva	Casa da Dizima	6	00:38:20	00:38:20	M35
20	18	Pedro Baptista junior	Casa da Dizima	5	00:38:21	00:38:21	SENM
21	79	Rui Henriques	Federação da Família para a Paz Mundial e Uni	6	00:38:51	00:38:51	M40
22	429	Frederico Lazaro	ESCUTEIROS	7	00:38:57	00:38:57	M35
23	155	João Lopes	LEBRE	1	00:38:59	00:38:59	M55
24	83	Mário Rodrigues	Federação da Família para a Paz Mundial e Uni	1	00:39:05	00:39:05	M50
25	63	Constantino Araujo	IDIVIDUAL	2	00:39:07	00:39:07	M50
26	329	Laura Bernard	joma	1	00:39:09	00:39:09	SENF
27	477	JORGE PARDAL	TARTARUGAS SOLIDÁRIAS	7	00:39:12	00:39:12	M40
28	252	Francisco José Louro de Oliveira Serrano	URBAN RUN TEAM	5	00:39:30	00:39:30	M45
29	27	Antonio Garcia	IDIVIDUAL	2	00:39:32	00:39:32	M55
30	159	João Narra	LEBRE	6	00:40:01	00:40:01	M45
31	154	Fábio Duarte	Runners Team	6	00:40:08	00:40:08	SENM
32	171	jose alberto gomes baptista	GRCD Leiao	3	00:40:11	00:40:11	M50
33	282	Miguel David	IDIVIDUAL	7	00:40:21	00:40:21	M45
34	291	Rui Miguel Costa do Vale	CORRER LISBOA	8	00:40:26	00:40:26	M35
35	373	Epiménio Oliveira	ACADEMIA DO LUMIAR	4	00:40:26	00:40:26	M50
36	298	Eladio Manuel	IDIVIDUAL	8	00:40:28	00:40:28	M45
37	190	Hélder José Duarte Machado	IDIVIDUAL	9	00:40:48	00:40:48	M45
38	309	Nuno Calisto	IDIVIDUAL	8	00:40:51	00:40:51	M40
39	397	Tiago Marques	ACADEMIA DO LUMIAR	7	00:40:59	00:40:59	SENM
40	499	GONÇALO FERREIRA	IDIVIDUAL	10	00:41:10	00:41:10	M45
41	493	DIAMANTINO SERRANO	ANTÓNIO PINTO	9	00:41:13	00:41:13	M40
42	200	joão Amaro	Inspeção-Ameixoeira	10	00:41:16	00:41:16	M40
43	66	LUIS DIONISIO SANTOS	IDIVIDUAL	5	00:41:23	00:41:23	M50
44	183	João Costa	Runners Team	8	00:41:25	00:41:25	SENM
45	14	Fábio Correia	CORRER LISBOA	9	00:41:39	00:41:39	SENM

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
46	484	Maria Lobanova	Centro Social da Musgueira - MEDIATECA	10	00:42:03	00:42:03	SENM
47	468	Ricardo Rosa	OS METRALHAS BTT	9	00:42:06	00:42:06	M35
48	346	Gabriel Gonçalves	CHELAS	1	00:42:06	00:42:06	M60
49	460	Michael Monnier	OS METRALHAS BTT	12	00:42:08	00:42:08	M45
50	13	carlos manuel silva bernardo	IDIVIDUAL	11	00:42:11	00:42:11	M4
51	257	Maulide Xavier Dias	IDIVIDUAL	11	00:42:13	00:42:13	M40
52	349	Eduardo Rodrigues	CHELAS	3	00:42:14	00:42:14	M55
53	164	Marino Soares	Runners Team	11	00:42:20	00:42:20	SENM
54	488	José Santos	Centro Social da Musgueira - MEDIATECA	14	00:42:25	00:42:25	M45
55	112	alfredo valente	IDIVIDUAL	4	00:42:25	00:42:25	M55
56	405	Fernando Fernandes	ACADEMIA DO LUMIAR	2	00:42:26	00:42:26	M60
57	313	Sadiq Kassamo	URBAN RUN TEAM	13	00:42:28	00:42:28	M45
58	42	António Merujo	Armada Torreebse	5	00:42:28	00:42:28	M55
59	341	Carlos Santos	Associação De Moradores Do Bairro Da Cruz Ver	10	00:42:36	00:42:36	M35
60	368	António Sousa	ACADEMIA DO LUMIAR	6	00:42:37	00:42:37	M55
61	104	Luis Pires Pereira de Albuquerque	GDCFidelidade	15	00:42:51	00:42:51	M45
62	474	Vasco Rijo	OS METRALHAS BTT	12	00:42:57	00:42:57	SENM
63	362	Jose Dias	CHELAS	7	00:42:59	00:42:59	M55
64	471	Bruno Filipe Soares Gomes	OS METRALHAS BTT	13	00:43:13	00:43:13	SENM
65	227	MARIO FILIPE CRISTO PAULINO DURO	clube Millennium bcp	12	00:43:21	00:43:21	M40
66	74	Miguel Rocha	IDIVIDUAL	16	00:43:24	00:43:24	M45
67	316	Lucas Dutra	GEE Atletismo	14	00:43:32	00:43:32	SENM
68	317	José Salvador	GEE Atletismo	15	00:43:32	00:43:32	SENM
69	340	Marco Baptista	Associação De Moradores Do Bairro Da Cruz Ver	11	00:43:34	00:43:34	M35
70	91	António José Baptista Martinho	GDCFidelidade	13	00:43:36	00:43:36	M40
71	379	João Navarro	ACADEMIA DO LUMIAR	14	00:43:46	00:43:46	M40
72	25	Fernando Costa	IDIVIDUAL	15	00:43:58	00:43:58	M40
73	228	PEDRO ALEXANDRE LOURENCO SA	clube Millennium bcp	17	00:43:58	00:43:58	M45
74	506	CARLOS LOPES	Aminhacorrida/Myprotein	16	00:44:02	00:44:02	M40
75	315	Wilson Fernandes	GEE Atletismo	16	00:44:02	00:44:02	SENM
76	303	Sílvio Romão	IDIVIDUAL	12	00:44:04	00:44:04	M35
77	133	Pedro Manuel Ramos Caramba	CORRER LISBOA	17	00:44:06	00:44:06	M40
78	12	José Bastos	FOUR 3	14	00:44:10	00:44:10	M35
79	261	jose pereira	IDIVIDUAL	18	00:44:12	00:44:12	M40
80	88	Eduardo Manuel Alves da Silva	IDIVIDUAL	8	00:44:12	00:44:12	M55
81	514	ANDREIA REIS	Marchadores do Lumiar	2	00:44:12	00:44:12	SENF
82	470	Nuno Filipe Rodrigues Santos	OS METRALHAS BTT	13	00:44:13	00:44:13	M35
83	495	PAULO RODRIGUES	ANTÓNIO PINTO	15	00:44:18	00:44:18	M35
84	432	Jorge Costa	ESCUTEIROS	19	00:44:26	00:44:26	M40
85	4	Ernesto Pereira	Fariseus	18	00:44:26	00:44:26	M45
86	237	Cátia Sofia Nascimento	CORRER LISBOA	1	00:44:28	00:44:28	F35
87	255	David Miguel Veiga da Silva	CORRER LISBOA	16	00:44:28	00:44:28	M35
88	248	lorenzo vogelgesang	IDIVIDUAL	17	00:44:34	00:44:34	SENM
89	10	André Justino Leandro	FOUR 3	18	00:44:34	00:44:34	SENM
90	152	Tiago David Rodrigues	IDIVIDUAL	19	00:44:35	00:44:35	SENM

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
91	351	Jose Serra	CHELAS	9	00:44:36	00:44:36	M55
92	269	Luís Gomes	IDIVIDUAL	20	00:44:36	00:44:36	SENM
93	43	Gonçalo Ferraz	IDIVIDUAL	17	00:44:42	00:44:42	M35
94	262	Paulo Alexandre Caldeira	IDIVIDUAL	20	00:44:44	00:44:44	M40
95	61	joao braz	clube de atletismo odimarq	6	00:44:48	00:44:48	M50
96	383	ANTONIO PEREIRA	ACADEMIA DO LUMIAR	7	00:44:48	00:44:48	M50
97	357	Fasuto Sa	CHELAS	21	00:44:49	00:44:49	M40
98	374	MARCOS COSTA	ACADEMIA DO LUMIAR	3	00:44:49	00:44:49	M60
99	344	Filipe Rodrigues	CHELAS	21	00:44:49	00:44:49	SENM
100	352	Americo Pimenta	CHELAS	8	00:44:55	00:44:55	M50
101	177	Luís Correia	Amigos Vale Silencio	22	00:44:57	00:44:57	SENM
102	480	Carlos Pinto	Centro Social da Musgueira - MEDIATECA	23	00:44:58	00:44:58	SENM
103	130	Pedro Farinha	SERUL	18	00:44:59	00:44:59	M35
104	292	Carlos Semide	IDIVIDUAL	22	00:45:03	00:45:03	M40
105	498	DAVID JESUS	OS METRALHAS BTT	19	00:45:06	00:45:06	M45
106	361	Orlado Barbosa	CHELAS	10	00:45:06	00:45:06	M55
107	451	Mario Mendes Amaro	OS METRALHAS BTT	9	00:45:07	00:45:07	M50
108	295	Pedro Medeiros Pinto	IDIVIDUAL	24	00:45:09	00:45:09	SENM
109	496	JOÃO DAMÁSIO	ANTÓNIO PINTO	23	00:45:10	00:45:10	M40
110	275	Jaime Bacharel	IDIVIDUAL	20	00:45:10	00:45:10	M45
111	188	Mário Pires Miguel	GDRR	4	00:45:17	00:45:17	M60
112	318	Rui Miguel Prazeres Henriques	IDIVIDUAL	24	00:45:19	00:45:19	M40
113	67	Nelson Rodrigues	Os patricios	19	00:45:23	00:45:23	M35
114	186	Tiago Fernandes	Tartarugas Ninja	20	00:45:32	00:45:32	M35
115	68	Eduardo Silva	Os patricios	11	00:45:32	00:45:32	M55
116	381	João Raquel	ACADEMIA DO LUMIAR	25	00:45:36	00:45:36	M40
117	347	Jorge Marques	CHELAS	21	00:45:38	00:45:38	M45
118	363	Tiago Farinha	CHELAS	21	00:45:39	00:45:39	M35
119	121	Ricardo Bernardes	Runners Team	25	00:45:42	00:45:42	SENM
120	176	Ricardo Santos	Amigos Vale Silencio	26	00:45:45	00:45:45	SENM
121	120	José Costa Alves	IDIVIDUAL	22	00:45:52	00:45:52	M45
122	258	Raul Quaresma	IDIVIDUAL	22	00:45:53	00:45:53	M35
123	192	Guilherme Alves	Globetrotters	26	00:45:55	00:45:55	M40
124	205	Daniel Augusto de Castro Nunes	IDIVIDUAL	12	00:46:04	00:46:04	M55
125	515	ALEXANDRE CORREIA	Associação De Moradores Do Bairro Da Cruz Ver	27	00:46:07	00:46:07	SENM
126	259	Tiago Daniel Santos Marques	IDIVIDUAL	28	00:46:13	00:46:13	SENM
127	195	Edgar Santos	Lobos Carvalhal	23	00:46:23	00:46:23	M35
128	245	Luis Anjos	IDIVIDUAL	23	00:46:25	00:46:25	M45
129	263	Diogo Assunção	Here 4 Beer	29	00:46:25	00:46:25	SENM
130	449	Carlos Leitao	OS METRALHAS BTT	13	00:46:31	00:46:31	M55
131	239	Pedro Proença dos Reis	IDIVIDUAL	27	00:46:33	00:46:33	M40
132	519	VASCO FERNANDES	IDIVIDUAL	24	00:46:37	00:46:37	M35
133	64	Francisco Passos	IDIVIDUAL	14	00:46:38	00:46:38	M55
134	338	Ernesto Guia	Associação De Moradores Do Bairro Da Cruz Ver	5	00:46:40	00:46:40	M60
135	436	Claudia Romão	ESCUTEIROS	2	00:46:47	00:46:47	F35

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
136	501	PEDRO SANTOS	ESCUTEIROS	25	00:46:47	00:46:47	M35
137	403	Pedro Trabucho	ACADEMIA DO LUMIAR	12	00:46:47	00:46:47	M50
138	157	Carlos Brás	LEBRE	11	00:46:48	00:46:48	M50
139	522	JOAO REBELO	IDIVIDUAL	10	00:46:49	00:46:49	M50
140	521	RUI MARTINS	IDIVIDUAL	6	00:46:55	00:46:55	M60
141	166	Ana Silvia Alves Sobreira	IDIVIDUAL	1	00:46:56	00:46:56	F45
142	253	João Pereira de Faria	El Corte Inglés Running Team	24	00:46:57	00:46:57	M45
143	444	Fernando Monteiro	Centro de Refugiados	30	00:46:58	00:46:58	SENM
144	53	Manuel Coito	IDIVIDUAL	26	00:47:02	00:47:02	M35
145	143	Diogo Massuça	IDIVIDUAL	31	00:47:05	00:47:05	SENM
146	142	José Massuça	IDIVIDUAL	25	00:47:06	00:47:06	M45
147	345	Paulo Cardoso	CHELAS	15	00:47:09	00:47:09	M55
148	350	Carlos Rodrigues	CHELAS	26	00:47:10	00:47:10	M45
149	80	Isabel Santos	Federação da Família para a Paz Mundial e Uni	2	00:47:11	00:47:11	F45
150	174	Nuno Gomes	IDIVIDUAL	28	00:47:12	00:47:12	M40
151	58	António Marçal	IDIVIDUAL	16	00:47:12	00:47:12	M55
152	118	Leandro Souza	IDIVIDUAL	27	00:47:16	00:47:16	M35
153	247	Bart-Jan Schoenmakers	GDINE	13	00:47:16	00:47:16	M50
154	210	Manuel Martinho	Desportivo de Odivelas	14	00:47:16	00:47:16	M50
155	135	Rodrigo Durão	IDIVIDUAL	29	00:47:18	00:47:18	M40
156	191	Miguel Alves	Globetrotters	28	00:47:22	00:47:22	M35
157	119	Romain Cauchois	IDIVIDUAL	32	00:47:25	00:47:25	SENM
158	28	PEDRO REISINHO PEREIRA	IDIVIDUAL	15	00:47:27	00:47:27	M50
159	314	Ricardo Campos	IDIVIDUAL	30	00:47:28	00:47:28	M40
160	523	PEDRO PROENÇA	Individual	27	00:47:31	00:47:31	M45
161	457	Joao Areal	OS METRALHAS BTT	28	00:47:37	00:47:37	M45
162	284	David Fróis	IDIVIDUAL	29	00:47:46	00:47:46	M45
163	204	Fábio Miguel Ribeiro Ferrão	CORRER LISBOA	33	00:47:47	00:47:47	SENM
164	71	luis azevedo	CORRER LISBOA	16	00:47:48	00:47:48	M50
165	175	António Fernandes	Amigos Vale Silencio	7	00:47:51	00:47:51	M60
166	274	Leonor Matos Silva	IDIVIDUAL	3	00:48:04	00:48:04	F35
167	517	ANGELO COSTA	Associação De Moradores Do Bairro Da Cruz Ver	34	00:48:08	00:48:08	SENM
168	342	Telmo Coelho	Associação De Moradores Do Bairro Da Cruz Ver	31	00:48:10	00:48:10	M40
169	103	Luis Miguel Soares Ressurreição	GDCFidelidade	30	00:48:15	00:48:15	M45
170	386	José Teixeira	ACADEMIA DO LUMIAR	8	00:48:15	00:48:15	M60
171	40	manuel pineda	IDIVIDUAL	29	00:48:18	00:48:18	M35
172	230	Paulo Francisco I	IDIVIDUAL	32	00:48:22	00:48:22	M45
173	163	Nuno Rosa	IDIVIDUAL	33	00:48:23	00:48:23	M40
174	6	Luís Miguel Maia Bravo da Mata	IDIVIDUAL	31	00:48:25	00:48:25	M45
175	339	João Batista	Associação De Moradores Do Bairro Da Cruz Ver	32	00:48:27	00:48:27	M40
176	150	João Santos	Os Galgos	35	00:48:27	00:48:27	SENM
177	117	JOAO GUTERRES	IDIVIDUAL	17	00:48:29	00:48:29	M55
178	454	Noemia Sequeira	OS METRALHAS BTT	3	00:48:30	00:48:30	F45
179	137	JOSE MONTEIRO	IDIVIDUAL	9	00:48:30	00:48:30	M60
180	520	ALBINO TOMÁS	IDIVIDUAL	10	00:48:37	00:48:37	M60

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
181	180	Belmiro Silva	IDIVIDUAL	18	00:48:38	00:48:38	M55
182	132	Marta Nunes	IDIVIDUAL	30	00:48:42	00:48:42	M35
183	508	JOSE AMARO	Aminhacorrida/Myprotein	34	00:48:53	00:48:53	M40
184	51	Sergio Castro	IDIVIDUAL	31	00:49:05	00:49:05	M35
185	380	João Peres	ACADEMIA DO LUMIAR	33	00:49:06	00:49:06	M45
186	244	JOSE V. RODRIGUES	IDIVIDUAL	17	00:49:07	00:49:07	M50
187	153	Carlos Gonçalves	Margem Sul Runners	35	00:49:10	00:49:10	M45
188	256	JOÃO MOREIRA	VALE DE MADEIROS SC	34	00:49:11	00:49:11	M45
189	242	Elida Vieira	El Coyote Cojo	3	00:49:12	00:49:12	SENF
190	194	Gonçalo Carpinteiro	IDIVIDUAL	32	00:49:17	00:49:17	M35
191	494	RUI COSTA	ANTÓNIO PINTO	36	00:49:19	00:49:19	M45
192	184	Ioan Matei	IDIVIDUAL	19	00:49:20	00:49:20	M55
193	387	Lúcia Costa	ACADEMIA DO LUMIAR	4	00:49:25	00:49:25	F35
194	390	Miguel Figueiró	ACADEMIA DO LUMIAR	36	00:49:26	00:49:26	M40
195	395	Rodrigo Opa	ACADEMIA DO LUMIAR	35	00:49:28	00:49:28	M40
196	140	Anibal José Gomes de Carvalho	IDIVIDUAL	11	00:49:31	00:49:31	M60
197	139	FRANCISCO BANDO	IDIVIDUAL	12	00:49:31	00:49:31	M60
198	250	Carlos Pinto de Abreu	IDIVIDUAL	18	00:49:35	00:49:35	M50
199	231	Ana francisco	IDIVIDUAL	5	00:49:42	00:49:42	F35
200	206	Joana Mendes	IDIVIDUAL	4	00:49:43	00:49:43	SENF
201	399	José Freitas	ACADEMIA DO LUMIAR	36	00:49:43	00:49:43	SENM
202	101	João José Cardoso Ribeiro	GDCFidelidade	13	00:49:45	00:49:45	M60
203	127	LUCIO MORAIS	IDIVIDUAL	20	00:49:46	00:49:46	M55
204	124	Rui Barros	Clube PT	19	00:49:47	00:49:47	M50
205	197	Mário Vicente	Inspeção-Ameixoeira	14	00:49:53	00:49:53	M60
206	264	Tiago Guerra	Here 4 Beer	37	00:50:05	00:50:05	SENM
207	331	João Calisto	IDIVIDUAL	21	00:50:06	00:50:06	M55
208	179	Dora Sofia Cunha Simoes	Jobrinde - Montes Saloios	7	00:50:10	00:50:10	F35
209	473	Marco Dias	OS METRALHAS BTT	38	00:50:13	00:50:13	SENM
210	507	ANA AMARO	Aminhacorrida/Myprotein	6	00:50:14	00:50:14	F35
211	167	João Miguel Santos de Barros Maldonado	IDIVIDUAL	39	00:50:21	00:50:21	SENM
212	236	Fernando Torres	garehotelrunning	22	00:50:23	00:50:23	M55
213	377	Isabel Costa	ACADEMIA DO LUMIAR	8	00:50:37	00:50:37	F35
214	85	Carlos marinho	IDIVIDUAL	33	00:50:37	00:50:37	M35
215	254	Luis Ribeiro da Silva	CORRER LISBOA	20	00:50:39	00:50:39	M50
216	497	ANTÓNIO FONSECA	ANTÓNIO PINTO	15	00:50:45	00:50:45	M60
217	158	Henrique Ferreira	LEBRE	37	00:50:56	00:50:56	M45
218	2	LUIZ MIGUEL CHÂTILLON	IDIVIDUAL	16	00:51:02	00:51:02	M60
219	296	Hugo J. Sobreira	IDIVIDUAL	37	00:51:04	00:51:04	M40
220	356	Carlos Sa	CHELAS	38	00:51:07	00:51:07	M45
221	334	Tomás Sousa	Federação da Família para a Paz Mundial e Uni	38	00:51:15	00:51:15	M40
222	52	João Wang de Abreu	IDIVIDUAL	40	00:51:21	00:51:21	SENM
223	131	Alfredo Oliveira Chambel	GDCFidelidade	21	00:51:38	00:51:38	M50
224	312	Nuno Duarte	SERUL	39	00:51:44	00:51:44	M45
225	408	Ana Veiga	ACADEMIA DO LUMIAR	5	00:51:45	00:51:45	SENF

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
226	302	José Paulo Gonçalves	IDIVIDUAL	39	00:51:47	00:51:47	M40
227	126	João Francisco Duarte	IDIVIDUAL	17	00:51:49	00:51:49	M60
228	308	Pedro Ramos	Team Aventura Trail	41	00:51:49	00:51:49	SENM
229	92	Bárbara Isabel Agostinho Gonçalves	GDCFidelidade	6	00:51:50	00:51:50	SENF
230	77	Vitor Teixeira	IDIVIDUAL	22	00:51:55	00:51:55	M50
231	411	Nuno Pinela	TRAIL MIRÓBRIGA	40	00:51:56	00:51:56	M40
232	293	Pedro Bastos	IDIVIDUAL	40	00:51:56	00:51:56	M45
233	76	Nuno Fragoso	SerBenfiquista Running Team	42	00:52:00	00:52:00	M40
234	300	Ricardo Silva	IDIVIDUAL	41	00:52:01	00:52:01	M40
235	435	Manuel Chinita	ESCUTEIROS	23	00:52:01	00:52:01	M50
236	193	Hugo Silva	Globetrotters	43	00:52:03	00:52:03	M40
237	128	Paul Mota	IDIVIDUAL	34	00:52:06	00:52:06	M35
238	134	Silvio Paiva	Clube Novo Banco	18	00:52:06	00:52:06	M60
239	209	João Fialho	Desportivo de Odivelas	35	00:52:09	00:52:09	M35
240	207	Alexandra Guerreiro	Desportivo de Odivelas	4	00:52:10	00:52:10	F45
241	73	Hélio Augusto	Azeitão Running	44	00:52:18	00:52:18	M40
242	222	FILIPA ALEXANDRA FREITAS VILAR	clube Millennium bcp	7	00:52:18	00:52:18	SENF
243	469	Bruno Santos	OS METRALHAS BTT	36	00:52:26	00:52:26	M35
244	456	Olimpio Jose Rocha Farragolo Lopes	OS METRALHAS BTT	41	00:52:27	00:52:27	M45
245	17	Maria Martins	Casa da Dizima	8	00:52:28	00:52:28	SENF
246	420	Carlos Luzia	ESCUTEIROS	24	00:52:32	00:52:32	M50
247	144	Luís Neto	Carapaus de Corrida	25	00:52:35	00:52:35	M50
248	215	FERNANDO MANUEL SILVA DE ALMEIDA	clube Millennium bcp	26	00:52:45	00:52:45	M50
249	384	José Padrão Gonçalves	ACADEMIA DO LUMIAR	27	00:52:49	00:52:49	M50
250	95	Carlos Manuel Nabais Martins	GDCFidelidade	42	00:52:50	00:52:50	M45
251	56	JORGE HUMBERTO PEREIRA	IDIVIDUAL	23	00:52:54	00:52:54	M55
252	285	David Almeida	IDIVIDUAL	43	00:53:02	00:53:02	M45
253	59	Jose Baixinho	Santiago Futebol Clube	19	00:53:02	00:53:02	M60
254	426	Sandra Felicio	ESCUTEIROS	5	00:53:06	00:53:06	F45
255	526	RICARDO NUNES	Individual	42	00:53:09	00:53:09	SENM
256	211	LEONEL FERNANDO FERREIRA GAMEIRO BRANDAO	clube Millennium bcp	28	00:53:10	00:53:10	M50
257	304	Vitor Afonso Quaresma Lourenço	Jobrinde - Montes Saloios	29	00:53:13	00:53:13	M50
258	301	Alexandre Espirito Santo	IDIVIDUAL	37	00:53:17	00:53:17	M35
259	234	Vasco Alpalhão	IDIVIDUAL	44	00:53:20	00:53:20	M45
260	422	Fernando Lobato Silva	ESCUTEIROS	24	00:53:20	00:53:20	M55
261	307	Ricardo Ramos	Team Aventura Trail	43	00:53:21	00:53:21	SENM
262	355	Abel Costa	CHELAS	20	00:53:32	00:53:32	M60
263	125	Luis Manuel Lopes Vicente	IDIVIDUAL	25	00:53:33	00:53:33	M55
264	260	Miguel Marques	IDIVIDUAL	26	00:53:38	00:53:38	M55
265	393	Pedro Henriques	ACADEMIA DO LUMIAR	45	00:53:40	00:53:40	M40
266	160	Eugénia Ribeiro	LEBRE	6	00:53:44	00:53:44	F45
267	111	Pedro Miguel Marques Abreu	GDCFidelidade	46	00:53:47	00:53:47	M40
268	448	Carlos Tenorio	OS METRALHAS BTT	27	00:53:50	00:53:50	M55
269	391	Norberto Coelho	ACADEMIA DO LUMIAR	21	00:53:50	00:53:50	M60
270	214	PAULO HELDER DA CONCEICAO REBOCHO	clube Millennium bcp	30	00:53:59	00:53:59	M50

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
271	323	Carlos Gonçalves	SERUL	45	00:54:02	00:54:02	M45
272	146	Miguel angelo melo silva	Margem Sul Runners	31	00:54:11	00:54:11	M50
273	70	Elisabete Assunção	Assunção	7	00:54:17	00:54:17	F45
274	464	Pedro Carvalho	OS METRALHAS BTT	47	00:54:19	00:54:19	M40
275	208	Rita Capucho	Desportivo de Odivelas	9	00:54:29	00:54:29	F35
276	109	Pedro Abreu	IDIVIDUAL	48	00:54:33	00:54:33	M40
277	268	Bruno Seabra	IDIVIDUAL	49	00:54:39	00:54:39	M40
278	72	Fernando Pereira	Azeitão Running	46	00:54:41	00:54:41	M45
279	401	RUI SANTINHO	ACADEMIA DO LUMIAR	44	00:54:46	00:54:46	SENM
280	170	José Barata	GRCD Leiao	22	00:54:51	00:54:51	M60
281	145	Bruno Alexandre Silva Loução	GDCFidelidade	38	00:54:57	00:54:57	M35
282	266	Filipe Flores Ribeiro	IDIVIDUAL	51	00:55:01	00:55:01	M40
283	392	Paulo Neves	ACADEMIA DO LUMIAR	32	00:55:02	00:55:02	M50
284	378	João Covas	ACADEMIA DO LUMIAR	28	00:55:02	00:55:02	M55
285	396	Ruben Santos	ACADEMIA DO LUMIAR	45	00:55:02	00:55:02	SENM
286	106	Paulo Alexandre Luzio Cabanas	GDCFidelidade	50	00:55:03	00:55:03	M40
287	19	Carlos Cortês	IDIVIDUAL	29	00:55:05	00:55:05	M55
288	335	Alzira Melão	Federação da Família para a Paz Mundial e Uni	9	00:55:12	00:55:12	F45
289	23	ELISABETE PINTO	IDIVIDUAL	8	00:55:13	00:55:13	F45
290	251	Luis Domingues	IDIVIDUAL	39	00:55:31	00:55:31	M35
291	196	Maria do Céu Azevedo Pinto	IDIVIDUAL	11	00:55:34	00:55:34	F45
292	8	Hugo Pereira	H&M	52	00:55:34	00:55:34	M40
293	1184	CARLA CHIU	Individual	10	00:55:36	00:55:36	F45
294	90	Ana Carina Vieira Rodrigues	IDIVIDUAL	9	00:55:39	00:55:39	SENF
295	115	JOSÉ CASTRO	IDIVIDUAL	23	00:55:40	00:55:40	M60
296	433	Alexandra Dinis	ESCUTEIROS	10	00:55:44	00:55:44	F35
297	57	Nuno Molero	IDIVIDUAL	40	00:55:57	00:55:57	M35
298	7	António José Gaspar Pombinho	IDIVIDUAL	24	00:56:01	00:56:01	M60
299	26	pedro santos	Jobrinde - Montes Saloios	47	00:56:04	00:56:04	M45
300	281	Juventina Silva	Especiais de Corrida	11	00:56:05	00:56:05	F35
301	290	André Patrício	Rãs Cozidas	46	00:56:06	00:56:06	SENM
302	267	Ana Gonçalves	IDIVIDUAL	12	00:56:07	00:56:07	F35
303	412	Marta Cunha	ESCUTEIROS	13	00:56:08	00:56:08	F35
304	369	Artur Botão	ACADEMIA DO LUMIAR	48	00:56:16	00:56:16	M45
305	336	Joaquim Fonseca	Federação da Família para a Paz Mundial e Uni	25	00:56:19	00:56:19	M60
306	388	Luís Alves	ACADEMIA DO LUMIAR	49	00:56:57	00:56:57	M45
307	445	Jose Reinaldo Cristovao	OS METRALHAS BTT	26	00:57:03	00:57:03	M60
308	322	Pedro Miguel Nunes Santos	IDIVIDUAL	47	00:57:07	00:57:07	SENM
309	169	Fernando Pestana	GRCD Leiao	27	00:57:12	00:57:12	M60
310	376	Honorato Moura	ACADEMIA DO LUMIAR	53	00:57:13	00:57:13	M40
311	442	Cláudia Fonseca	Centro de Refugiados	10	00:57:13	00:57:13	SENF
312	479	Leandro Sousa	Centro Social da Musgueira - MEDIATECA	48	00:57:20	00:57:20	SENM
313	294	Manuel Cardoso	IDIVIDUAL	33	00:57:24	00:57:24	M50
314	129	José Manuel Roque Abreu	GDCFidelidade	28	00:57:30	00:57:30	M60
315	60	Judite Baixinho	Santiago Futebol Clube	11	00:57:37	00:57:37	SENF

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
316	332	Julia Calisto	IDIVIDUAL	1	00:57:43	00:57:43	F55
317	102	José Carlos Simão Alves	GDCFidelidade	29	00:57:45	00:57:45	M60
318	458	Paula Costa	OS METRALHAS BTT	12	00:57:49	00:57:49	F45
319	9	Marta Pereira	H&M	14	00:57:50	00:57:50	F35
320	459	Rui Duarte	OS METRALHAS BTT	50	00:57:50	00:57:50	M45
321	311	Renata Gomes Milhano	IDIVIDUAL	12	00:57:50	00:57:50	SENF
322	241	Renato Andrade	El Coyote Cojo	54	00:57:53	00:57:53	M40
323	286	Francisco Fonseca e Silva	ZECAS	49	00:57:56	00:57:56	SENM
324	407	Helena Conceição	ACADEMIA DO LUMIAR	13	00:58:04	00:58:04	F45
325	441	Nuno Jorge	Centro de Refugiados	51	00:58:08	00:58:08	M45
326	238	JOSÉ MOREIRA	IDIVIDUAL	50	00:58:13	00:58:13	SENM
327	151	Esmeraldo Pereira	SS CGD	30	00:58:14	00:58:14	M60
328	265	Paulo Maciel	Here 4 Beer	51	00:58:16	00:58:16	SENM
329	219	ANTONIO MANUEL BONITO FERNANDES	clube Millennium bcp	34	00:58:41	00:58:41	M50
330	225	BERNARDO SIMOES VAGOS BRANDAO	clube Millennium bcp	52	00:58:41	00:58:41	SENM
331	372	Elisabete Lage	ACADEMIA DO LUMIAR	14	00:58:51	00:58:51	F45
332	389	Luís Garcia	ACADEMIA DO LUMIAR	55	00:58:51	00:58:51	M40
333	246	Miguel Ferreira	IDIVIDUAL	56	00:58:52	00:58:52	M40
334	289	Patrick Gomes	IDIVIDUAL	53	00:58:59	00:58:59	SENM
335	93	Beatriz Rute Pereira Figueiredo	GDCFidelidade	15	00:59:04	00:59:04	F35
336	108	Raquel Alexandra Filhote Duarte	GDCFidelidade	16	00:59:04	00:59:04	F35
337	105	Maria Helena Figueiredo Nunes Ribeiro	GDCFidelidade	15	00:59:04	00:59:04	F45
338	97	Diogo Castro Pereira	GDCFidelidade	52	00:59:04	00:59:04	M45
339	5	Eduardo Amorim	IDIVIDUAL	53	00:59:11	00:59:11	M45
340	1070	Maria Bica	CHELAS	17	00:59:16	00:59:16	F35
341	243	David Miranda	El Coyote Cojo	54	00:59:16	00:59:16	SENM
342	1	Rui Melão	IDIVIDUAL	35	00:59:19	00:59:19	M50
343	182	Sandra Luisa G. Morico Neto	GDCFidelidade	18	00:59:26	00:59:26	F35
344	406	Melânie Julião	ACADEMIA DO LUMIAR	16	00:59:37	00:59:37	F45
345	404	Tiago Martins	ACADEMIA DO LUMIAR	31	00:59:37	00:59:37	M60
346	288	Martinho Roque	IDIVIDUAL	36	00:59:38	00:59:38	M50
347	178	ANTÓNIO PAIS	VALE DE MADEIROS SC	32	00:59:41	00:59:41	M60
348	348	Adelino Gomes	CHELAS	54	00:59:47	00:59:47	M45
349	525	PATRICIA LOPES	Jobrinde - Montes Saloios	19	00:59:48	00:59:48	F35
350	37	Ana cabral	Par de Jarras	17	00:59:48	00:59:48	F45
351	434	João Alberto	ESCUTEIROS	37	00:59:49	00:59:49	M50
352	173	Nilcilene Ormond	CORRER LISBOA	20	00:59:50	00:59:50	F35
353	213	INES REGALADO RODRIGUES BERNARDO	clube Millennium bcp	21	00:59:58	00:59:58	F35
354	500	MICHEL CORREIA	IDIVIDUAL	23	01:00:02	01:00:02	F35
355	141	Sara Ribeiro	IDIVIDUAL	22	01:00:07	01:00:07	F35
356	36	Rui Domingues	Par de Jarras	39	01:00:14	01:00:14	M50
357	50	Manuel Nobre Baptista	IDIVIDUAL	38	01:00:16	01:00:16	M50
358	283	Antonio Manuel Henriques	IDIVIDUAL	33	01:00:23	01:00:23	M60
359	69	Oscar Assunção	Assunção	55	01:00:52	01:00:52	M45
360	490	Constante Rodrigues	Centro Social da Musgueira - MEDIATECA	57	01:01:16	01:01:16	M40

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
361	524	MARIA HELENA	Jobrinde - Montes Saloios	2	01:01:25	01:01:25	F55
362	359	Jose Rodrigues Costa	CHELAS	40	01:01:27	01:01:27	M50
363	249	Cláudia Sofia Dias Esteves da Cunha	CORRER LISBOA	24	01:01:31	01:01:31	F35
364	427	Martinho Dias	ESCUTEIROS	58	01:01:31	01:01:31	M40
365	299	Maria Silva	IDIVIDUAL	18	01:01:36	01:01:36	F45
366	394	JOSE GARCIA	ACADEMIA DO LUMIAR	41	01:01:37	01:01:37	M50
367	402	Maria Justina Ferreira	ACADEMIA DO LUMIAR	3	01:01:49	01:01:49	F55
368	15	Pedro Baptista	Casa da Dizima	42	01:01:54	01:01:54	M35
369	99	Hugo Miguel Nascimento Duarte	GDCFidelidade	41	01:01:55	01:01:55	M35
370	3	ANA LÚCIA CHÂTILLON	IDIVIDUAL	13	01:02:02	01:02:02	SENF
371	116	Alberto Lixa	IDIVIDUAL	31	01:02:08	01:02:08	M55
372	113	Vitor Lucas	Breakaway	30	01:02:10	01:02:10	M55
373	270	Zenaide Alves	IDIVIDUAL	14	01:02:57	01:02:57	SENF
374	226	TANIA MARINA C MARTINS SIMOES DURO	clube Millennium bcp	26	01:02:58	01:02:58	F35
375	483	Natércia Fundeiro	Centro Social da Musgueira - MEDIATECA	25	01:03:00	01:03:00	F35
376	482	Cristina Guia	Centro Social da Musgueira - MEDIATECA	19	01:03:00	01:03:00	F45
377	481	Helder Guia	Centro Social da Musgueira - MEDIATECA	59	01:03:00	01:03:00	M40
378	489	Joaquim Pereira	Centro Social da Musgueira - MEDIATECA	57	01:03:00	01:03:00	M45
379	487	Paula Santos	Centro Social da Musgueira - MEDIATECA	20	01:03:01	01:03:01	F45
380	486	Luis Francisco	Centro Social da Musgueira - MEDIATECA	56	01:03:01	01:03:01	M45
381	114	Olivia Lucas	Breakaway	21	01:03:20	01:03:20	F45
382	419	Florbela Morais	ESCUTEIROS	27	01:03:35	01:03:35	F35
383	421	Anabela Amaral	ESCUTEIROS	22	01:03:36	01:03:36	F45
384	297	Natália Beja	IDIVIDUAL	28	01:03:46	01:03:46	F35
385	75	Suzana Silveiro	IDIVIDUAL	23	01:04:11	01:04:11	F45
386	410	JAIME Trabucho	ACADEMIA DO LUMIAR	42	01:04:11	01:04:11	M50
387	202	Paulo Jorge Godinho	IDIVIDUAL	43	01:04:18	01:04:18	M50
388	87	Henrique Vilhena	Correr Queluz	34	01:04:32	01:04:32	M60
389	203	Antonio Pinho	Lebres do Sado Setubal	55	01:04:32	01:04:32	SENM
390	107	Paulo Jorge Ricardo Alves	GDCFidelidade	44	01:04:33	01:04:33	M50
391	518	Leopoldino Marcelino	CHELAS	35	01:04:45	01:04:45	M60
392	223	JOAQUIM CAPUCHO	IDIVIDUAL	36	01:04:55	01:04:55	M60
393	233	LEONEL COSTA FERREIRINHA	clube Millennium bcp	37	01:05:15	01:05:15	M60
394	358	Abilio Marcos	CHELAS	45	01:05:52	01:05:52	M50
395	100	Isabel Maria Caldeira Silva	GDCFidelidade	24	01:06:08	01:06:08	F45
396	201	Tânia Fernandes	Inspeção-Ameixoeira	15	01:06:18	01:06:18	SENF
397	279	Vanessa Cabral	Especiais de Corrida	29	01:06:49	01:06:49	F35
398	424	João Campo	ESCUTEIROS	58	01:07:06	01:07:06	M45
399	280	Leonor Cabral	Especiais de Corrida	16	01:07:26	01:07:26	SENF
400	278	Catarina Baptista	Especiais de Corrida	17	01:07:26	01:07:26	SENF
401	96	Cátia Cristina Faria Costa	GDCFidelidade	30	01:07:29	01:07:29	F35
402	271	Armando Ventura Luis	IDIVIDUAL	38	01:07:34	01:07:34	M60
403	98	Guido Germano Gomes Silva Costa	GDCFidelidade	43	01:07:35	01:07:35	M35
404	45	DÍDIA MARISA DA SILVA FERREIRA	IDIVIDUAL	31	01:07:56	01:07:56	F35
405	320	CARDOSO	Individual	59	01:08:04	01:08:04	M45

Lugar	Dorsal	Nome	Equipa	Esc.	Tempo	Chip	Escalão
406	20	Eduardo Bernardo	SUDU	60	01:08:11	01:08:11	M45
407	21	Susana Sousa	SUDU	32	01:08:12	01:08:12	F35
408	24	ISABEL AMARAL	IDIVIDUAL	25	01:08:13	01:08:13	F45
409	41	NUNO MIGUEL DA SILVA OLIVEIRA	IDIVIDUAL	60	01:08:35	01:08:35	M40
410	33	Isabel Maria Sobreda Barbieri Cardoso	IDIVIDUAL	46	01:08:43	01:08:43	M50
411	277	João Ribeiro	Especiais de Corrida	44	01:09:17	01:09:17	M35
412	276	Rita Melo	Especiais de Corrida	18	01:09:17	01:09:17	SENF
413	414	João Gonçalves	ESCUTEIROS	61	01:12:26	01:12:26	M45
414	218	Francisco Mouchinho	ACADEMIA DO LUMIAR	39	01:12:27	01:12:27	M60
415	240	Cristina Bettencourt	El Coyote Cojo	33	01:12:57	01:12:57	F35
416	417	Kiki Ameixial	ESCUTEIROS	26	01:16:22	01:16:22	F45
417	418	Nuno Ameixial	ESCUTEIROS	62	01:16:23	01:16:23	M45
418	375	Domingos da Costa	IDIVIDUAL	40	01:18:28	01:18:28	M60
419	354	JOSE EDUARDO GASPARRUDA	clube Millennium bcp	41	01:18:36	01:18:36	M60
420	217	FOCK YIOT WAN	clube Millennium bcp	4	01:18:37	01:18:37	F55
421	504	MARIA CARMO	ESCUTEIROS	5	01:19:12	01:19:12	F55
422	505	LUCINDA HENRIQUES	ESCUTEIROS	6	01:19:55	01:19:55	F55
423	161	Inês Guise	IDIVIDUAL	27	01:20:02	01:20:02	F45
424	162	João Garcia	IDIVIDUAL	47	01:20:02	01:20:02	M50
425	370	ISILDA RAVASQUINHO	ACADEMIA DO LUMIAR	27	01:23:18	01:23:18	F45