

28.07.18

3^a Costa de Caparica
CORRIDA NOTURNA

10 KM

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	150	MARCO CARDOSO	M	32	1	00:35:44.37	00:35:43.12	CDR RIBEIRINHO
2	359	MANUEL SOUSA	M	46	1	00:37:48.00	00:37:48.00	CLUBE DE PRAÇAS DA ARMADA
3	361	ANTONIO BRANCO	M	53	1	00:38:26.38	00:38:24.57	CLUBE DE PRACAS DA ARMADA
4	374	JOEL GOMES	M	38	2	00:38:35.67	00:38:32.66	WREXHAM
5	322	TIAGO NOGUEIRA	M	36	3	00:38:38.00	00:38:37.78	AMINHACORRIDA/ MY PROTEIN
6	429	NELSON PEREIRA	M	41	1	00:38:56.88	00:38:55.47	GARE HOTEL RUNNING
7	356	BRUNO LOUREIRO	M	34	4	00:39:40.78	00:39:39.71	CLUBE DE PRAÇAS DA ARMADA
8	355	JORGE MARRAO	M	42	2	00:40:13.56	00:40:10.39	GO! RUNNERS / OUTPROSTORE
9	358	FERNANDO SANTOS	M	53	2	00:40:20.12	00:40:18.36	CLUBE DE PRAÇAS DA ARMADA
10	244	LUIS CRUZ CRUZ	M	46	2	00:40:20.26	00:40:20.26	MONTIJO RUNNERS
11	436	MIGUEL SOBRAL	M	39	5	00:40:35.27	00:40:32.97	A NATUREZA ENSINA
12	153	HELDER FRANCISCO	M	43	3	00:40:45.00	00:40:42.87	
13	397	AIRES AIRES PRATAS	M	63	1	00:41:12.31	00:41:12.31	ODIMARQ
14	223	ANTÓNIO MIRANDA	M	28	6	00:41:15.30	00:41:13.02	
15	245	JOAO CARDOSO	M	56	1	00:41:20.00	00:41:18.97	MONTIJO RUNNERS
16	309	JOSÉ LUÍS SIMÕES	M	59	2	00:41:25.00	00:41:22.31	
17	419	ISIDRO DUARTE	M	51	3	00:41:46.79	00:41:43.85	RB RUNNING
18	113	EDUARDO LAGAREIRO	M	49	3	00:41:51.22	00:41:46.90	AD IALBAX
19	10	DUARTE COSTA	M	35	7	00:42:09.11	00:42:07.74	RUN FOR FRIENDS
20	226	JOSÉ MANUEL GOMES	M	58	3	00:42:36.46	00:42:34.59	
21	324	JOSE MARQUES	M	51	4	00:42:46.11	00:42:43.09	AMINHACORRIDA/ MY PROTEIN
22	370	JOSE SILVA	M	54	5	00:42:52.69	00:42:52.69	99PROVASGRATUITAS
23	17	JORGE PARDAL	M	45	4	00:42:58.40	00:42:56.62	TARTARUGAS SOLIDÁRIAS
24	432	VALERIO MENDES	M	43	4	00:42:58.50	00:42:54.16	NAZABOBODA
25	378	GUILHERME HORA	M	44	5	00:42:58.57	00:42:53.69	
26	360	ANTÓNIO MADEIRA	M	57	4	00:42:59.18	00:42:57.88	CLUBE DE PRAÇAS DA ARMADA
27	310	JOÃO LIMÃO	M	45	5	00:42:59.28	00:42:56.02	
28	136	NELSON PEREIRA	M	50	6	00:42:59.72	00:42:56.92	MONTIJO RUNNERS
29	217	NELSON MARTINS	M	34	8	00:43:10.00	00:43:00.37	ELITE RUNNERS
30	285	RUI MACHINHO	M	41	6	00:43:15.00	00:43:12.28	GD SANTANDERTOTTA
31	274	PAULO SALVADOR PACHECO RODRIGUES	M	51	7	00:43:16.00	00:43:14.94	
32	357	MARIO LOURENÇO	M	53	8	00:43:19.50	00:43:16.65	CLUBE DE PRAÇAS DA ARMADA
33	410	ANDRÉ MORGADO	M	33	9	00:44:05.00	00:43:58.52	CAD A CORRER
34	200	PEDRO DUARTE	M	21	10	00:44:12.65	00:44:08.31	
35	222	NELSON PESTANA	M	30	11	00:44:13.69	00:43:54.99	
36	145	ADRIANO SOUSA	M	36	12	00:44:19.63	00:44:17.47	

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CORRIDA NOTURNA



10 KM

37	404	ALEXANDRE LEAL	M	42	7	00:44:29.04	00:44:21.97	
38	308	NUNO CORREIA	M	51	9	00:44:36.65	00:44:34.07	A NATUREZA ENSINA
39	332	JOSÉ BRITO	M	55	5	00:44:43.41	00:44:39.89	
40	313	BRUNO FERNANDES	M	38	13	00:44:44.00	00:44:38.25	C.C.D. DAS AUTARQUIAS DE ALMADA
41	58	PEDRO GOMES	M	60	2	00:44:46.83	00:44:46.42	A NATUREZA ENSINA
42	408	DAVID SALVADOR	M	30	14	00:44:55.00	00:44:44.26	
43	364	ALEXANDRE CANTANHEDE	M	39	15	00:45:10.87	00:45:08.16	CLUBE DE PRAÇAS DA ARMADA
44	311	JOÃO RAMALHO	M	33	16	00:45:28.07	00:45:28.07	
45	438	FERNANDES LAURINE	F	25	1	00:45:45.00	00:45:39.51	
46	342	JOSÉ PROENÇA	M	56	6	00:46:06.07	00:46:04.45	
47	365	SILVESTRE DEMETRIO	M	51	10	00:46:12.60	00:46:11.30	CLUBE DE PRACAS DA ARMADA
48	122	HUGO PEREIRA	M	37	17	00:46:26.00	00:46:22.14	
49	225	RICARDO MARQUES	M	36	18	00:46:26.43	00:46:21.14	
50	118	LUIS CARVALHO	M	42	8	00:46:30.05	00:46:21.21	TARTARUGAS SOLIDÁRIAS
51	205	PAULO COSTA	M	51	11	00:46:44.13	00:46:37.51	SFUAP
52	189	TIAGO BOLEGAS	M	25	19	00:46:47.70	00:46:36.36	
53	273	JOÃO MARTINS	M	61	3	00:46:55.00	00:46:50.45	
54	329	LUIS SOUSA	M	43	9	00:46:55.44	00:46:39.77	A NATUREZA ENSINA
55	440	PEDRO SANTOS	M	45	6	00:46:56.95	00:46:44.06	
56	79	FERNANDO CORDA	M	51	12	00:46:58.76	00:46:49.38	VALEJAS AC
57	395	JOÃO SANTOS	M	53	13	00:46:59.36	00:46:54.65	CLUBE DE PRAÇAS DA ARMADA
58	147	JOÃO PAIXÃO	M	36	20	00:46:59.67	00:46:49.02	MAU MAUS RUNNERS
59	367	ÁLVARO RAMOS FERREIRA	M	36	21	00:47:00.61	00:46:48.24	
60	333	PAULO SANTOS	M	51	14	00:47:06.65	00:47:03.67	LOURDETE PERFUMARIAS
61	77	PAULO JORGE GUIA	M	40	10	00:47:06.85	00:46:56.31	VALEJAS AC
62	20	DANIEL VASCONCELOS	M	37	22	00:47:16.97	00:47:08.93	
63	29	JOÃO CARVALHO	M	44	11	00:47:24.14	00:47:18.56	TEAM MELOM
64	327	MANUEL JOÃO SILVA	M	43	12	00:47:24.83	00:47:10.09	DOMINGUEIRA VENDAS NOVAS
65	277	LUIS COSTA	M	47	7	00:47:26.19	00:47:22.55	SERRADO F C ATLETISMO
66	156	GERSON JÚNIOR	M	27	23	00:47:39.68	00:47:15.23	RUN4FUN - DV_PT
67	155	RUI VICENTE	M	29	24	00:47:39.77	00:47:14.40	RUN4FUN - DV_PT
68	85	PAULO ALMEIDA	M	46	8	00:47:40.00	00:47:40.00	
69	120	TIAGO DIAS	M	37	25	00:47:44.60	00:47:30.24	
70	65	RICARDO SOUSA	M	32	26	00:47:50.21	00:47:29.28	
71	94	RUI PAVIA	M	33	27	00:47:52.97	00:47:46.11	MONTIJO RUNNERS
72	307	DAVID ROSA	M	42	13	00:47:57.58	00:47:52.75	A NATUREZA ENSINA
73	46	PAULO PAIS	M	36	28	00:47:58.62	00:47:48.57	

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74	135	MIGUEL OLIVEIRA	M	43	14	00:47:58.82	00:47:54.19	CORRER LISBOA
75	157	PEDRO SILVA	M	51	15	00:48:01.15	00:47:52.53	
76	224	ANTÓNIO CERDEIRA	M	61	4	00:48:01.35	00:47:56.40	
77	256	BRUNO DUQUE	M	36	29	00:48:01.55	00:47:38.40	
78	41	IVO BOUÇA	M	41	15	00:48:06.00	00:47:59.46	BARBADINHOS RUNNERS
79	91	EMANUEL SEITA	M	43	16	00:48:08.07	00:47:57.01	
80	437	CARLOS JESUS	M	36	30	00:48:12.00	00:48:02.56	
81	351	PAULO VALE FIGUEIRA	M	54	16	00:48:27.76	00:48:16.24	
82	249	CARLOS SILVA	M	26	31	00:48:31.66	00:48:11.50	
83	42	CARLOS ALBERTO LIMA	M	47	9	00:48:38.07	00:48:34.21	A NATUREZA ENSINA
84	435	SERGIO SANTOS	M	54	17	00:48:39.58	00:48:37.07	CA AMIGOS PARQUE PAZ
85	119	PAULA GUEDES	F	46	1	00:48:40.00	00:48:37.66	c a amigos parque da paz
86	102	ANDRÉ BESELGA	M	31	32	00:48:40.74	00:48:14.89	
87	380	ROGÉRIO VENÂNCIO	M	63	5	00:48:44.20	00:48:41.63	O MUNDO DA CORRIDA
88	129	JUSTINIANO SILVA	M	53	18	00:48:47.41	00:48:31.14	
89	326	JORGE AMARAL	M	50	19	00:48:51.62	00:48:35.31	AMINHACORRIDA/ MY PROTEIN
90	350	PATRÍCIA VIEIRA	F	28	2	00:48:52.00	00:48:45.99	MONTIJO RUNNERS
91	199	TIAGO BOLETO	M	35	33	00:48:52.46	00:48:48.61	GALHETEIRO
92	379	HENRIQUE DIAS	M	63	6	00:49:02.54	00:48:56.53	CORRER LISBOA
93	423	ANA VIEIRA	F	44	2	00:49:04.00	00:49:00.30	EVELX
94	403	RUI FONSECA	M	46	10	00:49:04.10	00:46:41.38	CMA
95	53	CARLOS PEREIRA	M	52	20	00:49:06.49	00:48:59.19	
96	12	RUI ALMEIDA	M	39	34	00:49:07.00	00:48:25.54	OS SPRINTERS
97	292	RUI CUNHA	M	52	21	00:49:07.59	00:49:00.59	GD SANTANDERTOTTA
98	409	EASY LDA.	M	59	7	00:49:10.95	00:49:04.96	EASY CITY
99	13	LUIS PIMENTEL	M	30	35	00:49:13.94	00:48:33.78	OS SPRINTERS
100	16	MÁRIO DUQUE	M	50	22	00:49:16.05	00:49:12.93	
101	390	CARLA DIAS	F	45	3	00:49:18.03	00:49:18.03	GD SANTANDERTOTTA
102	306	JOÃO MOITA	M	33	36	00:49:31.70	00:49:27.40	
103	295	FILIPE PINTO	M	32	37	00:49:33.00	00:49:33.00	GD SANTANDERTOTTA
104	54	PAULO PRAÇA	M	55	8	00:49:33.62	00:49:26.30	
105	107	FERNANDO ALMEIDA	M	51	23	00:49:35.60	00:49:29.69	
106	377	LUÍS CARVALHO	M	44	17	00:49:36.31	00:49:27.71	
107	341	LUÍS CLARA	M	45	11	00:49:46.57	00:49:30.68	
108	366	MAKSIM KOLOSKOV	M	30	38	00:49:53.00	00:49:49.19	
109	430	ANTONIO INACIO	M	45	12	00:49:54.00	00:49:54.00	
110	267	TIAGO PINHAL	M	42	18	00:49:54.28	00:49:40.07	ZIMBRA FOX RUNNERS

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111	407	INES MARQUES	F	41	4	00:49:54.93	00:49:51.34	AMINHACORRIDA/ MY PROTEIN
112	234	JORGE VAZ	M	44	19	00:49:59.80	00:49:46.59	
113	294	JOSE PEREIRA	M	49	13	00:50:00.00	00:49:47.23	GD SANTANDERTOTTA
114	92	ANDRÉ NOIVO	M	34	39	00:50:00.40	00:49:49.88	ZIPALHO TEAM
115	272	NUNO SILVA	M	42	20	00:50:01.09	00:47:52.69	LX RUN
116	296	PEDRO PALHA	M	37	40	00:50:02.97	00:49:50.01	GD SANTANDERTOTTA
117	394	ANTÓNIO ALMEIDA	M	56	9	00:50:03.44	00:49:58.02	VIA3RUNNERS
118	263	FILIPE LACERDA	M	25	41	00:50:03.74	00:49:51.97	OCULISTA PORTAS DE SANTO ANTÓNIO
119	201	CARLOS NUNES	M	49	14	00:50:06.30	00:49:56.92	CLUBE TAP PORTUGAL
120	382	CARLA PEREIRA	F	34	3	00:50:08.24	00:49:55.96	
121	413	NUNO RIBEIRO	M	34	42	00:50:09.78	00:49:54.35	
122	291	RAUL CUSTODIO	M	30	43	00:50:22.79	00:50:03.34	GD SANTANDERTOTTA
123	334	RICARDO CONCEIÇÃO	M	32	44	00:50:25.57	00:50:22.84	LOURDETE PERFUMARIAS
124	209	JOSÉ NETO	M	61	7	00:50:37.15	00:50:33.35	TEAM NETO
125	183	LUÍS BALINHO	M	43	21	00:50:50.86	00:50:37.22	
126	218	FABIANO FERREIRA	M	37	45	00:50:52.17	00:50:23.06	BENFICA EM FORMA
127	206	VASCO BERNARDO	M	39	46	00:50:53.36	00:50:53.36	NAVIGATOR CLUBE SETUBAL
128	190	NUNO GOMES	M	42	22	00:50:56.05	00:50:49.69	
129	242	FERNANDO LOPO	M	66	8	00:51:00.00	00:50:58.66	NÚCLEO ATLETISMO VIALONGA
130	299	JOSÉ CARVALHO	M	43	23	00:51:02.04	00:50:42.38	
131	35	CARLOS MANUEL FERREIRA ELIAS	M	48	15	00:51:07.20	00:51:07.20	
132	337	ARMANDO CORREIA	M	66	9	00:51:16.71	00:51:11.21	LESMAS ALOPRADAS
133	439	ATLETA NÃO CADASTRADO	M	0	47	00:51:20.72	00:51:11.22	
134	349	JOAO RAMOS	M	36	48	00:51:22.80	00:50:58.37	
135	289	BRUNO BANZA	M	42	24	00:51:24.60	00:49:18.97	GD SANTANDERTOTTA
136	297	JOSE BAPTISTA	M	52	24	00:51:25.69	00:51:22.51	GD SANTANDERTOTTA
137	123	SEVERINO CRUZ	M	55	10	00:51:32.22	00:51:22.43	
138	266	TOMASZ DREBOT	M	39	49	00:51:34.41	00:51:20.25	ZIMBRA FOX RUNNERS
139	204	HUGO ALVES	M	45	16	00:51:37.53	00:51:29.97	
140	233	BRUNO CORREIA	M	36	50	00:51:40.82	00:51:20.65	
141	165	LUÍS SIMÕES	M	42	25	00:51:47.24	00:51:35.20	
142	347	SERGIO MELRO	M	52	25	00:51:54.95	00:51:31.22	BORA BORA
143	71	JOSÉ GONÇALVES	M	43	26	00:52:00.39	00:52:00.39	
144	319	DAVID QUEIROZ	M	23	51	00:52:03.00	00:51:40.91	MUSGA41
145	426	RUI ENCARNACAO	M	41	27	00:52:11.32	00:51:42.54	
146	170	VITOR GOUVEIA	M	31	52	00:52:11.81	00:51:49.75	SOMOS TGV
147	235	FILIPE GINJA DUARTE	M	32	53	00:52:22.63	00:51:57.36	

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10 KM

148	252	ANA JOSE	F	45	5	00:52:28.45	00:52:17.67	
149	253	LUIS JOSE	M	48	17	00:52:28.71	00:52:17.79	
150	109	LUIS TAVARES	M	48	18	00:52:37.70	00:52:26.03	SS CGD
151	399	PEDRO DURÃES	M	43	28	00:52:40.18	00:52:33.65	PINHAL NOVO A CORRER
152	261	ARMANDO LACERDA	M	63	10	00:52:43.58	00:52:32.24	OCULISTA PORTAS DE SANTO ANTÓNIO
153	62	MIGUEL DIAS	M	43	29	00:52:46.00	00:52:35.90	SS CGD
154	44	FERNANDO AGOSTINHO	M	40	30	00:52:46.89	00:52:40.98	EL CORTE INGLÉS RUNNING TEAM
155	231	PAULA VENTURA	F	47	6	00:52:52.73	00:52:30.55	MONTIJO RUNNERS
156	64	ALFREDO JORGE NOTÁRIO	M	48	19	00:52:55.51	00:52:36.13	AO RITMO DAS 200 PPM
157	281	JOAQUIM PALMA	M	64	11	00:53:00.00	00:53:00.00	
158	158	AIRES ILDEFONSO	M	63	12	00:53:00.72	00:52:46.87	Cabeleireiro Moda Jovem
159	90	FERNANDO LUZ	M	48	20	00:53:02.59	00:52:43.89	GDCT UNICRE
160	59	CATIA FONSECA	F	36	4	00:53:03.78	00:52:54.20	SS CGD
161	103	RICARDO PIRES	M	31	54	00:53:06.00	00:52:40.29	
162	171	JOÃO DIAS	M	52	26	00:53:13.34	00:53:10.44	
163	391	JOÃO PENILO	M	34	55	00:53:13.80	00:52:46.86	
164	38	PEDRO MANAÇAS	M	45	21	00:53:15.20	00:53:00.76	A NATUREZA ENSINA
165	66	PAULO MANAÇAS	M	47	22	00:53:18.25	00:53:04.60	A NATUREZA ENSINA
166	86	PAULO DUARTE	M	52	27	00:53:29.00	00:53:10.06	GDCT UNICRE
167	78	MARCO JÚLIO	F	38	5	00:53:41.65	00:53:31.60	VALEJAS AC
168	230	PEDRO MARTINS	M	31	56	00:53:43.00	00:53:15.51	
169	255	BRUNO ALMEIDA	M	35	57	00:53:46.00	00:53:21.41	SERVIÇOS SOCIAIS MONTEPIO
170	411	JOSÉ SOARES	M	38	58	00:53:52.00	00:53:41.54	ELITE RUNNERS
171	375	JULIO PEREIRA	M	53	28	00:53:52.39	00:53:27.95	
172	268	PEDRO BARATA	M	43	31	00:53:57.09	00:53:42.41	ALCES TEAM
173	303	FILIPPE AUGUSTO	M	45	23	00:53:57.60	00:53:42.48	ALCES TEAM
174	173	JULIETA MOTA	F	45	7	00:53:59.97	00:53:48.30	
175	219	PEDRO ANICETO	M	33	59	00:54:02.00	00:54:02.00	
176	376	ANTONIO SAMPAIO	M	48	24	00:54:02.68	00:53:37.64	
177	21	TIAGO LOURO	M	30	60	00:54:04.29	00:53:56.50	
178	402	PAULA LEÃO	F	47	8	00:54:07.09	00:54:02.66	CMA
179	149	MANUEL DUARTE FLOR	M	70	13	00:54:08.37	00:53:47.52	
180	406	MARCIA CANTANHEDE	F	37	6	00:54:10.00	00:54:06.46	CLUBE DE PRAÇAS DA ARMADA
181	57	LEONEL BRANDÃO	M	50	29	00:54:13.50	00:54:07.84	C MILLENNIUM BCP
182	300	HELDER CORREIA	M	38	61	00:54:13.85	00:53:58.91	ALCES TEAM
183	317	JORGE CAMPOS	M	44	32	00:54:16.66	00:54:05.70	
184	417	TIAGO VITORINO	M	30	62	00:54:18.64	00:53:51.19	OS MÁGICOS

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10 KM

185	50	LUÍS SANTOS	M	41	33	00:54:21.12	00:54:00.84	
186	197	MINA REBOLA	F	43	9	00:54:23.56	00:54:11.68	GRUPO DESPORTIVO DIANA
187	80	JOSE PEDRO	M	64	14	00:54:26.81	00:54:20.27	
188	32	PEDRO OLIVEIRA	M	39	63	00:54:29.72	00:54:23.25	
189	328	ALVARO FERREIRA	M	51	30	00:54:29.98	00:54:29.98	C.D.MAFRA
190	34	ANA ALMEIDA	F	38	7	00:54:30.01	00:54:22.87	SAPATILHAS FRIENDS
191	33	FERNANDO SILVA	M	39	64	00:54:30.82	00:54:23.80	SAPATILHAS FRIENDS
192	164	CÉSAR FERREIRA	M	37	65	00:54:30.90	00:54:15.91	
193	254	ANTONIO FRANCO	M	53	31	00:54:34.30	00:54:10.16	SERVIÇOS SOCIAIS MONTEPIO
194	140	ELISABETE SANTOS	F	39	8	00:54:41.02	00:54:32.54	OPTICALIA RUNNING TEAM
195	418	FÁBIO VARANDA	M	35	66	00:54:41.73	00:54:13.94	OS MÁGICOS
196	240	VIRGILIO OLIVEIRA	M	57	11	00:54:43.63	00:54:26.98	ADCR POLÍCIA JUDICIÁRIA
197	214	PAULO ALVES	M	42	34	00:54:44.50	00:54:40.40	
198	213	RUI HELENO	M	42	35	00:54:44.75	00:54:40.96	
199	321	PEDRO SANTOS	M	42	36	00:54:48.21	00:54:45.07	EME
200	56	JOÃO PASSEIRO	M	55	12	00:54:48.80	00:54:22.54	A.D.C.CATUJAL
201	25	LUIS COLAÇO	M	45	25	00:54:48.93	00:54:31.22	
202	37	RUI PARREIRA	M	52	32	00:55:11.77	00:54:51.45	PARRA TEAM
203	427	DA ROSA FERNANDES	M	28	67	00:55:18.73	00:54:50.19	
204	372	NOELIA MARTÍNEZ	F	34	9	00:55:23.46	00:55:05.99	TARTARUGAS
205	293	ANTONIO CASTRO	M	49	26	00:55:28.16	00:55:15.36	GD SANTANDERTOTTA
206	362	TERESA SILVA	F	45	10	00:55:35.50	00:55:28.93	CLUBE DE PRAÇAS DA ARMADA
207	316	LUÍS GONÇALVES	M	58	13	00:55:47.79	00:55:30.79	C.C.D. DAS AUTARQUIAS DE ALMADA
208	55	ALMERINDO SILVA	M	59	14	00:55:49.00	00:55:23.09	A.D.C.CATUJAL
209	30	NUNO AGOSTINHO	M	45	27	00:55:54.49	00:55:48.58	TEAM MELOM
210	172	RUBEN COSTA	M	41	37	00:55:55.53	00:55:38.25	
211	415	LUÍS PIEDADE	M	49	28	00:55:56.39	00:55:46.35	GO! RUNNERS / OUTPROSTORE
212	101	FILIPE GOMES	M	50	33	00:55:58.11	00:55:36.74	
213	392	DIOGO AMBRÓSIO	M	26	68	00:56:12.39	00:55:46.12	PUXA CARROÇA
214	393	PEDRO AMBRÓSIO	M	55	15	00:56:13.27	00:55:47.97	PUXA CARROÇA
215	84	VITOR LEMOS	M	37	69	00:56:27.00	00:56:21.57	
216	139	HENRIQUE MAGALHÃES COELHO	M	37	70	00:56:27.74	00:56:19.00	OPTICALIA RUNNING TEAM
217	259	TERESA CARDOSO	F	39	10	00:56:28.00	00:56:04.54	SERVIÇOS SOCIAIS MONTEPIO
218	131	LUCIANO REIS	M	58	16	00:56:35.88	00:56:13.98	
219	416	HUGO LEITE	M	35	71	00:56:41.00	00:56:34.18	
220	315	JOAQUIM FERNANDES	M	68	15	00:56:41.05	00:56:31.13	C.C.D. DAS AUTARQUIAS DE ALMADA
221	290	LUIS DIAS	M	43	38	00:56:57.82	00:56:43.96	GD SANTANDERTOTTA

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CORRIDA NOTURNA

10 KM

222	371	JOAO FERREIRA	M	58	17	00:57:00.00	00:56:52.70	CORRER LISBOA
223	106	NUNO OLIVEIRA	M	40	39	00:57:00.30	00:56:42.55	
224	265	PAULA SILVA	F	45	11	00:57:03.23	00:56:58.55	SC REBOLEIRA E DAMAIA
225	179	ROGÉRIO FERNANDES	M	44	40	00:57:05.74	00:56:55.58	
226	302	PEDRO SANTANA	M	33	72	00:57:08.25	00:56:53.96	ALCES TEAM
227	301	ANTONIO CANUTO	M	35	73	00:57:11.71	00:56:55.72	ALCES TEAM
228	82	LUIS FERREIRA	M	64	16	00:57:14.24	00:57:01.72	
229	305	FILIPA MOITA	F	30	11	00:57:15.82	00:57:11.36	
230	280	LUÍS FIGUEIREDO	M	56	18	00:57:24.00	00:57:15.10	
231	52	HELENA SÉCIO	F	52	1	00:57:24.15	00:57:16.48	
232	112	NUNO SANTOS	M	44	41	00:57:33.04	00:57:14.02	CLUBE OGMA
233	175	FILIPE BASTO	M	51	34	00:57:41.37	00:57:34.77	
234	257	CÉLIA BORGES	F	44	12	00:57:43.79	00:57:19.04	SERVIÇOS SOCIAIS MONTEPIO
235	210	PAULO REVÉS	M	46	29	00:57:50.65	00:57:34.56	LESMAS ALOPRADAS
236	166	MARIA DA LUZ CONCHINHA	F	59	2	00:57:51.00	00:57:45.68	CLUBE DO STRESS
237	338	ROSA AFONSO	F	50	3	00:57:51.59	00:57:30.31	CCR ALTO MOINHO
238	250	GERMANO BERNARDO	M	62	17	00:57:51.65	00:57:32.61	PRAZER DA CORRIDA
239	93	SOFIA FRANÇA	F	37	12	00:57:56.62	00:57:46.02	ZIPALHO TEAM
240	72	NELSON RUA	M	35	74	00:58:00.71	00:57:42.93	
241	15	HÉLIO AUGUSTO	M	42	42	00:58:06.51	00:57:54.36	AZEITAO RUNNING
242	304	DANIEL FERREIRA	M	36	75	00:58:10.10	00:58:10.10	
243	83	JORGE LEMOS	M	47	30	00:58:17.37	00:58:17.37	
244	287	CARINA VEIGA	F	32	13	00:58:17.74	00:58:00.60	GD SANTANDERTOTTA
245	238	CLÁUDIA QUINTELA	F	34	14	00:58:18.58	00:57:52.64	
246	22	CRISTINA CUNHA	F	48	13	00:58:19.37	00:58:10.01	LX RUN
247	247	LUIS MARQUES	M	50	35	00:58:21.00	00:58:07.32	
248	248	ARLINDO ROLO	M	49	31	00:58:21.18	00:58:07.68	
249	373	CLÁUDIA MENDONÇA	F	40	14	00:58:23.13	00:58:15.85	
250	314	HENRIQUE VELOSO	M	39	76	00:58:27.10	00:58:09.00	C.C.D. DAS AUTARQUIAS DE ALMADA
251	396	FERNANDO ROBLES	M	49	32	00:58:27.70	00:58:19.23	
252	45	JOÃO PINA	M	48	33	00:58:28.00	00:58:05.90	
253	188	MANUEL SÁ	M	72	18	00:58:30.00	00:58:17.93	
254	363	VANDA FERREIRA	F	40	15	00:58:30.36	00:58:16.51	CLUBE DE PRAÇAS DA ARMADA
255	187	HÉLDER SÁ	M	46	34	00:58:30.97	00:58:18.39	PAI É FILHO
256	181	CARLA HENRIQUES	F	42	16	00:58:35.33	00:58:19.06	
257	352	SÓNIA ANTÃO	F	39	15	00:58:38.23	00:58:22.25	
258	405	JOAO VIEIRA	M	45	35	00:58:41.58	00:58:16.23	

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CORRIDA NOTURNA



10 KM

259	398	PAULA TANGANHO	F	42	17	00:58:42.54	00:58:34.54	
260	348	MARIA NORONHA	F	48	18	00:58:50.92	00:58:26.87	BORA BORA
261	61	SABIR KANJI	M	39	77	00:59:00.00	00:58:40.38	SS CGD
262	431	MARIO RODRIGUES	M	38	78	00:59:00.17	00:58:40.25	
263	60	HENRIQUE GAIRIFO	M	63	19	00:59:03.61	00:58:39.67	SS CGD
264	14	FERNANDO PEREIRA	M	47	36	00:59:06.36	00:58:54.08	AZEITAO RUNNING
265	264	RUI SANTOS	M	38	79	00:59:20.90	00:58:53.68	
266	168	RODRIGO GOMES	M	35	80	00:59:25.00	00:59:01.84	SOMOS TGV
267	110	ORLINDO FIGUEIREDO	M	70	20	00:59:25.74	00:59:23.88	SS CGD
268	191	LUIS AZEVEDO	M	53	36	00:59:26.67	00:59:20.87	CORRER LISBOA
269	163	HELDER SANTOS	M	41	43	00:59:28.28	00:59:23.29	CORRER LISBOA
270	76	FILIPE JUNOT	M	36	81	00:59:29.80	00:59:09.81	
271	325	TINA OLIVEIRA	F	54	4	00:59:39.59	00:59:22.62	AMINHACORRIDA/ MY PROTEIN
272	28	IRENE CARVALHO	F	47	19	00:59:39.77	00:59:35.49	TEAM MELOM
273	146	VALÉRIA BENITES	F	46	20	00:59:56.14	00:59:37.84	
274	232	NUNO MOLERO	M	45	37	00:59:57.31	00:59:42.97	
275	320	HENRIQUE VILHENA	M	62	21	01:00:03.50	00:59:38.69	
276	368	CRISTINA LINO	F	52	5	01:00:18.94	01:00:10.93	ALVERCA URBAN RUNNERS
277	75	MARISA PEREIRA	F	40	21	01:00:22.10	01:00:15.31	
278	283	MARIO COSTA	M	42	44	01:00:25.00	01:00:12.04	GD SANTANDERTOTTA
279	286	CARLOS ALVES	M	49	38	01:00:25.48	01:00:12.61	GD SANTANDERTOTTA
280	212	MARCOS DA SILVA ERNESTO	M	50	37	01:00:25.71	01:00:15.22	
281	202	ELSA BRUXELAS	F	58	6	01:00:29.00	01:00:13.97	TARTARUGAS SOLIDÁRIAS
282	343	RITA MACHADO	F	30	16	01:00:29.14	01:00:10.20	
283	344	FILIPA FERREIRA	F	25	17	01:00:31.36	01:00:12.62	
284	39	EDGAR RAMOS	M	45	39	01:00:37.31	01:00:30.07	BARBADINHOS RUNNERS
285	211	PAULO ANTUNES	M	50	38	01:00:52.34	01:00:38.23	LESMAS ALOPRADAS
286	420	ANA V FANECA	F	46	22	01:00:57.13	01:00:32.78	
287	284	SUSANA GUERREIRO	F	41	23	01:00:58.13	01:00:44.64	GD SANTANDERTOTTA
288	169	GRAÇA FERNANDES	F	53	7	01:01:10.88	01:00:48.01	SOMOS TGV
289	389	NUNO OLIVEIRA	M	46	40	01:01:25.54	01:01:20.91	LUSO-ATLÂNTICA CORRETOR DE SEGUROS SA
290	167	EUNICE RAQUEL SILVA LOURENÇO	F	42	24	01:01:35.75	01:01:19.55	ACADEMIA FITNESS MILITAR
291	162	JOANA FLOR	F	33	18	01:01:37.70	01:01:17.12	
292	412	GRAÇA NOBRE	F	58	8	01:02:11.42	01:02:03.05	ALVERCA URBAN RUNNERS
293	87	CARLOS VIEGAS	M	60	22	01:02:23.69	01:02:05.53	GDCT UNICRE
294	276	MARISA ANTUNES	F	41	25	01:02:33.67	01:02:13.47	
295	336	TIAGO ROSA	M	34	82	01:02:41.00	01:02:23.44	

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CORRIDA NOTURNA

10 KM

296	433	NELSON MELO	M	41	45	01:03:26.85	01:03:06.45	
297	195	PEDRO SILVA VIEIRA	M	45	41	01:03:30.51	01:03:19.90	
298	386	DANIELA VINHAS	F	38	19	01:03:42.28	01:03:24.39	
299	141	PEDRO VIEIRA	M	37	83	01:04:10.00	01:04:01.36	OPTICALIA RUNNING TEAM
300	298	CLÁUDIA MATOS	F	41	26	01:04:30.58	01:04:10.09	
301	24	RAFAEL MARCHANTE	M	46	42	01:04:42.25	01:04:21.30	LOS SOBRAOS
302	312	ARMANDO GONÇALVES	M	65	23	01:05:04.48	01:04:47.09	C.C.D. DAS AUTARQUIAS DE ALMADA
303	111	CARLA REIS	F	37	20	01:05:09.25	01:04:47.32	
304	177	CARLOS CARDOSO	M	52	39	01:05:10.10	01:05:02.06	ALVERCA URBAN RUNNERS
305	369	MARGARIDA MONTEIRO	F	52	9	01:05:14.26	01:05:05.67	ALVERCA URBAN RUNNERS
306	421	BRUNO PEREIRA	M	23	84	01:05:15.02	01:05:02.70	
307	387	NAYARA PINHEIRO	F	21	21	01:05:17.37	01:05:02.20	RUNNING FAMILY
308	388	EUCINÁRIO PINHEIRO	M	53	40	01:05:20.07	01:05:04.39	RUNNING FAMILY
309	19	CARLOS GALRÃO	M	28	85	01:05:34.14	01:05:34.14	
310	88	ANA MADEIRA	M	45	43	01:05:38.99	01:05:21.00	GDCT UNICRE
311	47	EDUARDO AMORIM	M	47	44	01:05:55.25	01:05:29.61	
312	108	RICARDO TAVARES	M	37	86	01:05:58.44	01:05:39.56	
313	318	MARCO PASSINHAS	M	42	46	01:06:20.62	01:06:00.80	
314	424	MARIANA PEREIRA	F	60	10	01:06:28.92	01:06:19.24	EVELX
315	422	CARLOS SECUNDO	M	69	24	01:06:43.90	01:06:43.90	
316	425	MARIA F SANTOS	F	63	11	01:06:48.17	01:06:44.87	EVELX
317	229	FILIPA ARESTA	F	35	22	01:06:54.77	01:04:53.04	
318	208	FABIO GODINHO	M	29	87	01:06:57.79	01:06:43.82	OCULISTA PORTAS DE SANTO ANTÓNIO
319	89	PAULO FRANÇA	M	56	19	01:07:01.60	01:06:41.53	GDCT UNICRE
320	128	ANTÓNIO PINHO	M	66	25	01:07:03.14	01:06:38.35	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO
321	180	RUI MENESES	M	42	47	01:07:16.98	01:07:07.26	
322	354	HELENA TAVARES	F	51	12	01:07:42.22	01:07:30.08	AS PRIMEIRAS
323	262	HELENA LACERDA	F	54	13	01:07:45.38	01:07:32.79	OCULISTA PORTAS DE SANTO ANTÓNIO
324	184	CARLA PEREIRA	F	46	27	01:07:45.69	01:07:36.40	
325	104	RUI ALEXANDRE	M	39	88	01:08:05.07	01:07:35.67	D-GENERATION X RUNNERS
326	148	PEDRO CARETAS	M	34	89	01:08:40.28	01:08:28.65	MAU MAUS RUNNERS
327	221	RITA MESTRE	F	36	23	01:08:56.77	01:06:55.04	
328	144	EMI SILVA	F	35	24	01:09:09.25	01:08:48.14	
329	143	SÍLVIO ROMÃO	M	37	90	01:09:10.85	01:08:50.40	
330	271	SERGIO CRUZ	M	44	48	01:09:28.33	01:09:04.50	
331	270	PEDRO MARQUES	M	24	91	01:09:32.71	01:09:08.89	
332	81	JOSÉ RODRIGUES	M	33	92	01:10:00.70	01:09:38.13	

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CORRIDA NOTURNA



10 KM

333	385	ELSA COSTA	F	38	25	01:10:12.00	01:09:54.00	
334	384	CARMEN COSTA	F	30	26	01:10:12.31	01:09:54.01	
335	132	FRANCISCO SARRASQUEIRO	M	71	26	01:10:21.94	01:10:13.32	
336	18	BRUNO BERNARDO	M	40	49	01:10:35.16	01:10:07.69	
337	116	MARISA MARTINS	F	41	28	01:10:38.02	01:10:11.46	
338	67	HUGO PEREIRA	M	33	93	01:10:41.00	01:10:19.36	
339	428	ANA ROLO	F	52	14	01:10:41.37	01:10:28.07	CORRER LISBOA
340	115	FABIO BAGAGEM	M	31	94	01:10:49.40	01:10:22.94	
341	114	ANA ROCHA	F	34	27	01:10:50.00	01:10:23.57	
342	196	ANDRÉ MENDES	M	20	95	01:10:50.98	01:10:23.81	
343	40	FERNANDO ALVES	M	60	27	01:10:51.91	01:10:44.19	BARBADINHOS RUNNERS
344	340	SIDNEY DA SILVA	M	45	45	01:11:50.86	01:11:32.07	RUNNERS PMPA
345	339	PAULO SOARES	M	48	46	01:11:56.23	01:11:19.06	CCR ALTO MOINHO
346	335	ANA LUCIA CARVALHO	F	42	29	01:12:00.59	01:11:43.02	
347	63	ISABEL GOMES	F	48	30	01:12:08.13	01:11:45.53	
348	68	JOAO VILHANA OPTICAMANIA VILHANA	M	47	47	01:12:09.76	01:11:47.13	ÓPTICAMANIA
349	258	JOÃO CATARINO	M	51	41	01:12:14.67	01:11:51.90	SERVIÇOS SOCIAIS MONTEPIO
350	260	HELDER PALMA	M	47	48	01:12:17.46	01:11:54.80	SERVIÇOS SOCIAIS MONTEPIO
351	160	ANTONIO HORTA	M	61	28	01:12:53.92	01:12:38.59	
352	161	VANDA OLIVEIRA	F	48	31	01:12:54.11	01:12:38.32	
353	345	VALERIA MOREIRA SANTOS	F	49	32	01:13:14.65	01:13:05.73	
354	216	JOÃO CARMO	M	54	42	01:13:48.00	01:13:48.00	RUFUS
355	215	CARLA SANTOS	F	47	33	01:13:48.62	01:13:39.64	RUFUS
356	203	SARA FARO	F	40	34	01:14:12.11	01:14:00.73	
357	237	CATARINA MILHANO	F	38	28	01:15:05.78	01:14:39.19	
358	182	SARA FERNANDES	F	33	29	01:15:18.47	01:14:55.52	
359	198	RITA CARVALHINHO	F	44	35	01:15:31.40	01:15:17.81	CORRER LISBOA
360	414	JOSÉ M R MARQUES	M	63	29	01:15:32.43	01:15:32.43	
361	69	LUÍS RIBEIRO	M	44	50	01:17:29.45	01:17:15.15	
362	381	NUNO LAGRANGE	M	43	51	01:20:09.43	01:20:09.43	
363	383	CARLA COSTA	F	41	36	01:20:12.54	01:19:51.26	
364	279	JOSÉ ALIPIO	M	61	30	01:21:33.93	01:21:26.57	
365	127	MAYER RAPOSO	M	71	31	01:21:44.26	01:21:38.78	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO
366	99	NUNO LOPES	M	34	96	01:21:56.24	01:21:49.61	
367	125	ADELINA FERRAZ	F	61	15	01:22:45.46	01:22:33.99	
368	269	NUNO BRÁS	M	36	97	01:23:53.91	01:23:10.20	
369	275	BRUNO CARDOSO	M	33	98	01:23:56.27	01:23:12.14	

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CORRIDA NOTURNA



10 KM

370	227	MARIA MACEDO	F	56	16	01:24:12.55	01:24:06.07
371	124	MARIA CRUZ	F	58	17	01:24:49.32	01:24:37.85
372	282	ROSARIO FONSECA	F	48	37	01:24:52.34	01:24:28.69
373	278	ANTÓNIO MARQUES	M	71	32	01:25:15.07	01:25:11.27

Total de registros: 373