



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	898	PAULO GOMES	M	41	1	00:34:34.38	00:34:33.54	A MINHA CORRIDA
2	703	RUI LOPES	M	41	2	00:34:51.15	00:34:51.14	
3	504	RUI BALTAZAR	M	52	1	00:35:47.08	00:35:44.99	PALMELENSE FUTEBOL CLUBE
4	293	NUNO RAPOSO	M	41	3	00:35:57.52	00:35:56.23	
5	264	LUIS PEDROSO	M	47	1	00:36:39.77	00:36:39.06	
6	447	JÚLIO MANUEL FINOTE ALMEIDA	M	49	2	00:36:54.91	00:36:54.33	CCD SINTRENSE
7	779	BRUNO ROLIM	M	36	1	00:36:59.41	00:36:48.53	
8	482	ALCIDES ESTRELA	M	41	4	00:36:59.44	00:36:57.28	SS CGD
9	663	CARLOS GOMES	M	55	1	00:37:02.00	00:36:59.31	CLUBE EDP
10	252	ANTÓNIO RODRIGUES	M	38	2	00:37:22.05	00:37:20.23	ACADEMIA DO PRO PENICHE
11	260	HENRIQUE ZAULI PIRES	M	34	3	00:37:45.71	00:37:45.72	
12	541	JOÃO CORREIA	M	55	2	00:37:55.68	00:37:55.68	
13	188	RICARDO CASANOVA	M	39	4	00:38:05.26	00:38:04.20	
14	398	DIOGO SILVA	M	39	5	00:38:16.81	00:38:13.43	PALMELENSE FUTEBOL CLUBE
15	479	ABEL GLÓRIA	M	56	3	00:38:18.34	00:38:16.27	
16	405	JOSÉ PIRES	M	42	5	00:38:27.78	00:38:25.98	CUAB
17	425	JORGE SOUSA	M	39	6	00:38:30.66	00:38:28.57	GD RR REBOLEIRA
18	613	LUIS MONTEIRO	M	46	3	00:38:39.45	00:38:37.41	NOVO BANCO
19	268	EDUARDO QUARESMA	M	39	7	00:38:54.33	00:38:50.00	VALEHAD AC
20	585	PEDRO A MARTINS	M	50	2	00:38:56.77	00:38:54.61	C MILLENNIUM BCP
21	845	LUIS LIMA	M	47	4	00:38:58.89	00:38:58.06	
22	313	LUIS BARRACHO	M	33	8	00:38:59.40	00:38:55.67	
23	11	ALEXANDRA ALVES	F	35	1	00:39:19.33	00:39:19.28	JOMA
24	159	PEDRO MARQUES	M	43	6	00:39:21.16	00:39:19.57	
25	354	ARMANDO PESSOA	M	48	5	00:39:23.25	00:39:21.82	
26	236	DAVID SILVA	M	35	9	00:39:42.79	00:39:37.87	O MUNDO DA CORRIDA
27	611	LUIS GODINHO	M	52	3	00:39:47.25	00:39:45.14	NOVO BANCO
28	145	PEDRO NUNES	M	44	7	00:39:51.83	00:39:21.57	SEM LIMITES
29	309	RUI GRAZINA	M	56	4	00:39:52.06	00:39:48.16	CCD SINTRENSE
30	333	JOÃO PAIXAO	M	47	6	00:39:54.24	00:39:42.87	NAPA
31	683	PEDRO COSTA	M	49	7	00:39:55.09	00:39:52.75	CCDCAM
32	130	TIAGO NOGUEIRA	M	36	10	00:39:55.99	00:39:55.99	AMINHACORRIDA
33	484	JOSE MARCELINO	M	55	5	00:40:16.06	00:40:14.88	CD ESTRELA
34	811	TIAGO RIBEIRO	M	34	11	00:40:18.96	00:40:11.52	
35	269	MARCO LOURENÇO	M	40	8	00:40:25.68	00:40:19.77	NO ROLLBACK
36	659	AMANUEL KINFE GEBRIEL	M	22	12	00:40:33.64	00:38:02.11	HERO GARAGE BOX



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37	250	MIGUEL LOURENÇO	M	45	8	00:40:50.76	00:40:49.45	
38	483	ANDRÉ NUNES	M	28	13	00:40:55.93	00:40:45.36	SS CGD
39	673	FERNANDO CAPITAO	M	48	9	00:40:59.42	00:40:52.60	
40	572	NUNO M NAIÁ	M	44	9	00:41:00.12	00:40:57.67	C MILLENNIUM BCP
41	695	FRANCISCO FREIRE	M	38	14	00:41:01.78	00:40:57.79	GD BPI
42	780	JOÃO FREITAS	M	33	15	00:41:34.91	00:41:21.67	
43	375	MANUEL BARROSO	M	54	4	00:41:42.28	00:41:29.87	
44	478	GONÇALO MARTA	M	23	16	00:41:48.20	00:41:47.62	CORRER LISBOA
45	319	FERNANDO ALMEIDA	M	40	10	00:41:53.70	00:41:52.15	GELPEIXE
46	786	MAFALDA MARTINHO	F	29	2	00:41:56.00	00:41:45.72	
47	556	PAULO CALDEIRA	M	40	11	00:42:08.69	00:42:08.69	
48	330	LUIS MENDES	M	45	10	00:42:15.76	00:42:07.88	NAPA
49	429	NUNO LINO	M	38	17	00:42:19.06	00:42:15.29	
50	239	ALEXANDRE FIGUEIREDO	M	44	12	00:42:25.30	00:42:11.73	NAPA
51	39	JOAO ARROJADO	M	28	18	00:42:35.13	00:42:29.84	WERUNTEAM
52	513	JOSE COUTINHO	M	44	13	00:42:35.59	00:42:31.52	
53	563	JOSE L FARINHA	M	43	14	00:42:47.18	00:42:39.39	C MILLENNIUM BCP
54	445	HÉLIO JORGE RIBEIRO DA COSTA	M	32	19	00:43:02.33	00:42:53.52	
55	859	MARIA JOSE FRIAS	F	50	1	00:43:04.91	00:43:04.91	AA MAFRA
56	464	ANDRÉ VILHENA	M	25	20	00:43:10.54	00:43:03.05	RUNNERS PUMP BPLANET
57	257	JOÃO MENESES	M	29	21	00:43:14.30	00:42:36.47	
58	38	LENDEL FERREIRA	M	36	22	00:43:21.13	00:43:17.32	WERUNTEAM
59	465	NUNO SANTOS DE ALMEIDA	M	37	23	00:43:25.06	00:43:19.14	
60	795	LUÍS TEIXEIRA	M	35	24	00:43:25.69	00:43:20.80	
61	472	CRISTIANO NOGUEIRA	M	30	25	00:43:25.75	00:43:23.10	CARAPAUS
62	451	STEPHAN KOENIG	M	50	5	00:43:27.13	00:43:16.05	PERNAS DE GAFANHOTO
63	121	CARLOS RUXA	M	31	26	00:43:30.21	00:43:27.20	GFD RUNNING
64	64	JORGE VAZ	M	44	15	00:43:31.76	00:43:30.32	
65	489	GONÇALO OLIVEIRA	M	56	6	00:43:32.47	00:42:47.98	GDCT UNICRE
66	521	JOAO OLEGARIO	M	44	16	00:43:36.00	00:43:34.89	OS GORDOS
67	271	PAULO FERREIRA	M	40	17	00:43:44.47	00:43:40.30	
68	433	PEDRO BARREIRÃO	M	32	27	00:43:45.69	00:43:41.21	
69	266	FABIO LEITAO	M	30	28	00:43:48.82	00:43:30.54	
70	600	HUGO CARAGO	M	45	11	00:43:53.85	00:43:47.70	NOVO BANCO
71	161	FERNANDA MARQUES SANTINHA	F	46	1	00:43:56.00	00:43:43.91	
72	142	DÁRIO PALMA	M	37	29	00:43:57.16	00:43:46.14	
73	336	HUGO FILIPE DA COSTA MORAIS CALADO	M	35	30	00:43:58.77	00:43:52.12	RUNNERS PUMP BPLANET



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74	222	IVO FERREIRA	M	42	18	00:44:01.46	00:43:54.63	RUNNERS PUMP BPLANET
75	234	ARTUR JOSÉ CARVALHO	M	55	7	00:44:11.03	00:44:08.72	CORRER LISBOA
76	549	NUNO HENRIQUES	M	43	19	00:44:24.76	00:44:22.74	GDCTINCM
77	75	JOSÉ MANUEL	M	54	6	00:44:29.02	00:42:54.50	GRCD LEIAO
78	55	HELDER SILVA	M	47	12	00:44:41.68	00:44:38.11	
79	473	EDERSON SOARES LOPES	M	37	31	00:44:41.70	00:44:11.22	
80	162	ARTUR VASQUES	M	24	32	00:44:42.90	00:44:40.55	
81	331	CELIA CECILIO	F	45	2	00:44:50.88	00:44:42.16	NAPA
82	717	JOSÉ F.C. NOGUEIRA	M	58	8	00:44:55.36	00:44:22.08	
83	527	JORGE PAREDES	M	44	20	00:44:56.64	00:44:13.61	ACADEMIA DO LUMIAR
84	367	MANUEL SANTOS	M	28	33	00:45:00.85	00:44:45.06	
85	34	EDGAR MAGRO	M	37	34	00:45:02.02	00:44:38.79	
86	25	JORGE FERNANDO LOTRA VIEIRA	M	51	7	00:45:04.62	00:45:01.96	FJ LOTRA
87	389	LEONEL SELEIRO	M	61	1	00:45:06.41	00:44:59.03	AMIGOS DO ATLETISMO DA AGUALVA
88	63	LUIS PEREIRA	M	47	13	00:45:07.23	00:44:43.02	4FONIX
89	12	AUGUSTO SEMEDO	M	60	2	00:45:09.43	00:44:50.95	
90	553	SILVÉRIO LOPES CORREIA	M	51	8	00:45:11.20	00:45:09.48	
91	195	ÓSCAR SANTOS	M	61	3	00:45:15.55	00:45:07.63	CA PATAMEIRAS
92	742	TELMO SANTOS BERNARDO	M	28	35	00:45:17.52	00:44:55.42	
93	476	VITOR PAULO NOVAIS	M	41	21	00:45:18.46	00:45:02.70	GAAVFX
94	848	HUGO ANTUNES	M	39	36	00:45:19.31	00:44:49.33	
95	531	JOÃO COVAS	M	56	9	00:45:20.01	00:45:16.28	XATORTA
96	460	GUILHERME BORCIC	M	18	37	00:45:20.61	00:45:17.81	
97	399	ÁLVARO COELHO	M	61	4	00:45:29.23	00:45:19.00	PALMELENSE FUTEBOL CLUBE
98	847	FRANCISCO BOTELHO	M	18	38	00:45:30.13	00:45:15.99	
99	24	ANTÓNIO MARÇAL	M	59	10	00:45:41.34	00:45:38.20	
100	321	NUNO COSTA	M	42	22	00:45:45.25	00:45:37.54	CARAPAUS
101	198	MANUEL RODRIGUES	M	58	11	00:45:46.47	00:45:39.13	CA PATAMEIRAS
102	539	MIGUEL ROCHA	M	47	14	00:45:50.28	00:45:46.81	
103	750	PAULO ANTUNES	M	45	15	00:46:08.72	00:45:48.24	
104	475	ANTÓNIO TEIXEIRA	M	48	16	00:46:10.77	00:46:05.07	
105	191	CARLOS ALBERTO ANTUNES	M	61	5	00:46:11.63	00:40:32.12	
106	225	EDUARDO RODRIGUES	M	59	12	00:46:13.20	00:46:10.98	
107	208	LUIS SILVA	M	37	39	00:46:13.67	00:45:20.97	
108	351	CARLOS PIRES	M	44	23	00:46:14.77	00:45:54.24	
109	453	MANUEL SOARES	M	43	24	00:46:15.09	00:45:38.79	
110	157	FILIPA VELOSO	F	29	3	00:46:16.16	00:46:06.45	



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111	158	DAVID NEVES	M	36	40	00:46:17.16	00:46:07.11	
112	511	JOAO ABREU	M	21	41	00:46:18.17	00:46:17.87	
113	664	SERGIO BARBOSA	M	33	42	00:46:23.63	00:46:17.11	CLUBE EDP
114	678	CARLOS SILVA	M	54	9	00:46:24.90	00:46:20.18	CCDCAM
115	226	SANDRA CUNHA	F	44	1	00:46:25.23	00:45:58.85	
116	390	BERNARDO GRADÍSSIMO	M	60	6	00:46:26.68	00:46:15.98	AMIGOS DO ATLETISMO DA AGUALVA
117	133	VIRGILIO M MADEIRA	M	59	13	00:46:41.57	00:46:26.73	CCD TRANQUILIDADE
118	846	GONCALO SILVA	M	38	43	00:46:45.31	00:46:16.04	
119	781	FRANCISCO AMARAL	M	33	44	00:46:46.62	00:46:34.25	
120	660	PEDRO TRABUCHO	M	54	10	00:46:47.45	00:46:38.92	
121	829	ANTONIO SENA	M	47	17	00:46:53.16	00:46:27.35	
122	371	PAULO TORRES	M	42	25	00:47:00.89	00:46:50.12	GAREHOTELRUNNING
123	459	PAULO MOREIRA	M	49	18	00:47:08.00	00:46:56.39	OS FILHOS DA NOITE
124	442	DANIEL PAIVA	M	28	45	00:47:09.40	00:47:08.02	GALHARDOS RUNNERS
125	830	ATLETA NÃO CADASTRADO	M	0	46	00:47:10.92	00:46:46.12	
126	211	PEDRO REIS	M	43	26	00:47:11.87	00:47:08.78	
127	401	PEDRO MONTEIRO	M	43	27	00:47:14.13	00:47:01.40	
128	296	LUÍS MIGUEL NOGUEIRA	M	44	28	00:47:20.70	00:47:17.98	GRCD LEIAO
129	360	RUI ROLIM	M	48	19	00:47:22.93	00:47:08.96	
130	277	VASCO RIBEIRO	M	45	20	00:47:23.80	00:47:05.84	WHS TEAM
131	357	JOSE AZEVEDO RAPOSO	M	49	21	00:47:32.76	00:47:30.60	
132	773	CARLOS JORGE COSTA ESCÓRCIO	M	32	47	00:47:34.94	00:47:21.09	
133	499	JOÃO BANDADAS	M	21	48	00:47:39.64	00:47:28.66	FUNPARRA
134	347	CARLOS SANTOS	M	38	49	00:47:41.93	00:47:06.28	
135	719	JORGE ALVES	M	43	29	00:47:42.44	00:47:17.17	
136	587	MARIANA N MARTINS	F	21	4	00:47:44.44	00:47:42.97	C MILLENNIUM BCP
137	36	RICARDO MONTEIRO	M	40	30	00:47:46.56	00:47:43.13	WERUNTEAM
138	679	JOAO VIEIRA	M	60	7	00:47:50.01	00:47:46.03	CCDCAM
139	135	FERNANDO CELESTINO	M	59	14	00:47:52.27	00:47:37.95	CCD TRANQUILIDADE
140	518	CARLOS JESUS	M	36	50	00:47:53.33	00:47:48.19	CCSINT
141	210	HELENA FREILÃO	F	35	5	00:47:56.79	00:47:55.30	
142	74	ARMANDO TRIGUEIRO	M	45	22	00:47:56.90	00:47:49.61	
143	456	PEDRO FERNANDES	M	44	31	00:47:56.95	00:47:56.95	
144	19	CARLOS NEVES	M	38	51	00:47:57.59	00:47:52.08	
145	498	RODRIGO COSTA	M	25	52	00:47:58.56	00:47:47.09	FUNPARRA
146	558	CARLOS MARINHO	M	38	53	00:47:59.75	00:47:46.89	
147	88	VITOR TEIXEIRA	M	50	11	00:48:00.22	00:47:56.92	



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148	655	RUI MENA	M	47	23	00:48:00.63	00:47:51.95	
149	690	PAULO OLIVEIRA LOPES	M	37	54	00:48:05.29	00:47:54.22	GD BPI
150	579	PAULO H PAIS	M	53	12	00:48:07.09	00:47:45.30	C MILLENNIUM BCP
151	58	BRUNO ARAUJO-GOMES	M	44	32	00:48:09.92	00:48:07.02	GOMAS TEAM
152	810	MANUEL PEREIRA ARAÚJO	M	57	15	00:48:10.65	00:47:58.93	
153	356	ANDRE GONCALVES	M	27	55	00:48:12.01	00:47:34.57	
154	261	WASHINGTON ALVES	M	42	33	00:48:26.00	00:48:22.30	
155	612	LUIS JOSÉ	M	48	24	00:48:31.27	00:48:04.02	NOVO BANCO
156	551	JESSICA MARANNI	F	25	6	00:48:33.62	00:44:03.13	
157	91	LUIS BASTOS	M	56	16	00:48:36.28	00:48:26.64	SS CGD
158	616	NUNO POMBO	M	42	34	00:48:36.37	00:48:20.25	NOVO BANCO
159	94	HELDER FELIX	M	44	35	00:48:39.51	00:48:31.08	OPRATLCANTE
160	900	JORGE AMARAL	M	47	25	00:48:48.81	00:48:20.35	
161	255	ROGÉRIO SILVA	M	39	56	00:48:51.80	00:48:47.76	
162	334	LUIS REDONDO	M	45	26	00:48:58.75	00:48:57.36	
163	369	RICARDO CRUZ	M	18	57	00:49:00.00	00:48:25.10	
164	485	ANTONIO BATISTA	M	71	8	00:49:04.53	00:48:56.96	CD ESTRELA
165	241	ALEXANDRE PALMEIRO	M	36	58	00:49:04.76	00:48:52.77	
166	468	NUNO SILVA	M	35	59	00:49:12.34	00:48:50.00	
167	640	IVAN CORREIA	M	26	60	00:49:15.11	00:49:15.11	
168	290	JOÃO ESTEVÃO	M	38	61	00:49:16.64	00:48:50.90	
169	346	MARCO BAPTISTA	M	36	62	00:49:17.89	00:48:42.08	ACD BOCAL
170	735	SONIA BRANDAO	F	46	3	00:49:19.95	00:48:59.12	GD BPI
171	276	NUNO FRAGOSO	M	42	36	00:49:24.31	00:48:51.82	
172	793	JOÃO LEITÃO	M	38	63	00:49:26.53	00:49:10.57	
173	790	NUNO MARQUES	M	51	13	00:49:26.94	00:49:10.98	
174	764	ROGER DOS SANTOS LOUREIRO	M	43	37	00:49:27.06	00:49:21.71	
175	361	JOÃO FERNANDES	M	37	64	00:49:27.20	00:49:01.67	
176	680	JORGE HONORIO	M	33	65	00:49:41.06	00:49:33.08	CCDCAM
177	376	NELSON COLAÇO	M	46	27	00:49:41.52	00:49:27.06	NAPA
178	298	FILIPE GINJA DUARTE	M	32	66	00:49:42.35	00:49:11.43	
179	677	LUIS BARRETO	M	47	28	00:49:45.02	00:49:26.29	
180	156	GIL JORGE	M	49	29	00:49:46.40	00:49:26.11	
181	566	MARIO R FARIA	M	51	14	00:49:46.70	00:49:43.44	C MILLENNIUM BCP
182	15	RUI MENDES	M	46	30	00:49:50.66	00:49:42.47	PARTICULAR
183	503	SUSANA DURO	F	19	7	00:49:51.16	00:49:46.56	
184	388	ALBERTO LEAL	M	53	15	00:49:52.36	00:49:23.97	



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185	737	LUIS JORGE SANTOS	M	47	31	00:49:53.24	00:49:33.15	
186	251	CARLOS MANUEL FERREIRA ELIAS	M	48	32	00:49:54.74	00:49:37.85	
187	452	FERNANDO CARREIRO	M	57	17	00:49:55.36	00:49:26.97	LINCES DA BELA VISTA
188	776	DIOGO GARCIA	M	31	67	00:49:56.49	00:49:45.90	
189	528	LÚCIA COSTA	F	43	2	00:49:56.68	00:49:18.48	ACADEMIA DO LUMIAR
190	408	PAULO BRITO	M	47	33	00:49:56.88	00:49:49.88	J.O.MONTE ABRAÃO
191	194	ANTONIO MORAIS	M	65	9	00:49:57.04	00:49:46.81	CA PATAMEIRAS
192	168	JOÃO REIS	M	46	34	00:49:57.62	00:49:49.93	
193	143	TIAGO ROCHA	M	42	38	00:49:58.66	00:49:30.18	VALEJAS AC
194	763	JOAO MESQUITA	M	47	35	00:49:59.80	00:45:21.83	
195	524	JOSÉ RIBEIRO	M	28	68	00:50:07.84	00:49:55.95	ACADEMIA DO LUMIAR
196	136	ELIZETE DUARTE	F	45	4	00:50:07.91	00:49:57.82	CCD TRANQUILIDADE
197	258	CATARINA SILVA	F	29	8	00:50:11.54	00:49:33.83	
198	406	JORGE FERREIRA	M	56	18	00:50:12.26	00:50:09.30	
199	332	ANTONIO RICO	M	45	36	00:50:15.03	00:50:00.93	NAPA
200	461	HUGO VALADARES	M	44	39	00:50:19.92	00:50:12.57	
201	681	LUIS DAMIAO	M	51	16	00:50:22.33	00:50:16.72	CCDCAM
202	111	MIGUEL SOUSA	M	48	37	00:50:28.87	00:50:21.01	
203	745	NUNO MESTRE	M	44	40	00:50:31.93	00:50:11.21	
204	166	GILSON SILVA	M	38	69	00:50:36.11	00:50:28.99	
205	126	JOAO BRAZ	M	54	17	00:50:36.30	00:50:03.94	
206	394	FRANCISCO PESSOA	M	45	38	00:50:38.00	00:50:29.99	
207	574	JOSE L REBELO	M	52	18	00:50:48.37	00:50:46.19	C MILLENNIUM BCP
208	20	BRUNO AMARO	M	37	70	00:50:55.45	00:50:41.62	
209	372	JOSE MONTEIRO	M	61	10	00:50:57.49	00:50:33.39	
210	397	DIOGO RODRIGUES	M	20	71	00:50:59.16	00:50:43.00	
211	374	DINIS QUITÉRIO	M	43	41	00:51:02.52	00:50:58.08	
212	348	ERNESTO GUIA	M	64	11	00:51:04.75	00:50:32.85	ACD BOCAL
213	102	SÉRGIO FREITAS	M	42	42	00:51:08.27	00:50:37.43	
214	516	AFONSO ATAÍDE	M	24	72	00:51:09.80	00:50:38.04	
215	813	OLIMPIO GUEDELHA	M	63	12	00:51:14.00	00:51:14.00	GAAVF XIRA
216	818	ATLETA NÃO CADASTRADO	M	0	73	00:51:14.45	00:51:01.39	
217	509	TIAGO RODRIGUES	M	30	74	00:51:22.68	00:51:02.98	
218	113	ALMERINDO SILVA	M	59	19	00:51:25.55	00:51:00.10	A.D.C.CATUJAL
219	85	CARLOS MORAIS	M	53	19	00:51:28.42	00:51:05.56	
220	114	JOÃO PASSEIRO	M	55	20	00:51:29.93	00:51:04.06	A.D.C.CATUJAL
221	380	PEDRO FERNANDES	M	23	75	00:51:35.67	00:51:16.44	



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

222	448	FILIPE CORREIA	M	29	76	00:51:39.47	00:51:35.81	
223	78	LUIZA COSTA	F	49	5	00:51:39.49	00:50:55.67	QUARENTOES NA BISGA
224	609	JULIO FERREIRA	M	64	13	00:51:40.81	00:51:34.87	NOVO BANCO
225	288	ARLINDO ROLO	M	50	20	00:51:41.20	00:51:34.49	
226	424	MÁRCIO MENDES	M	32	77	00:51:41.26	00:51:03.40	
227	289	LUIS MARQUES	M	50	21	00:51:41.37	00:51:33.91	
228	187	JOAO MOITEIRO	M	46	39	00:51:43.00	00:51:19.56	
229	350	AFONSO BOTELHO	M	22	78	00:51:44.08	00:51:24.51	
230	529	ISABEL COSTA	F	42	3	00:51:47.98	00:51:09.13	ACADEMIA DO LUMIAR
231	620	PAULO VERISSIMO	M	51	22	00:51:49.02	00:51:44.33	NOVO BANCO
232	231	PEDRO CASTRO	M	38	79	00:51:51.84	00:51:17.44	
233	115	CARLOS JUNIOR	M	45	40	00:51:52.25	00:51:20.21	
234	395	MANUEL RODRIGUES	M	60	14	00:51:52.86	00:51:41.76	AMIGOS DO ATLETISMO DA AGUALVA
235	267	SHAK MARTINIANO	M	37	80	00:51:56.36	00:51:53.61	
236	384	JOÃO ARAÚJO	M	48	41	00:51:59.24	00:51:21.15	PALHAS
237	594	ANA MONTEIRO	F	52	2	00:52:00.69	00:51:56.06	NOVO BANCO
238	797	VASCO ALPALHÃO	M	48	42	00:52:00.92	00:51:52.56	
239	605	JOAQUIM MONTEIRO	M	50	23	00:52:01.03	00:51:56.02	NOVO BANCO
240	209	RENATA MILHANO	F	28	9	00:52:10.20	00:51:55.06	
241	366	JOSÉ RODRIGUES	M	28	81	00:52:11.24	00:51:54.04	
242	193	MIGUEL CARTO	M	37	82	00:52:14.14	00:51:33.22	
243	294	PAULO RIBEIRO	M	42	43	00:52:14.46	00:52:05.52	CMC - CARAPAUS
244	324	RAUL CARVALHO	M	59	21	00:52:17.59	00:52:11.83	GRUPO FS
245	339	FILIPE AUGUSTO	M	45	43	00:52:27.18	00:51:51.86	ALCES TEAM
246	343	PEDRO BARATA	M	43	44	00:52:28.59	00:51:52.59	
247	812	MIGUEL MARQUES	M	40	45	00:52:31.99	00:47:42.37	
248	692	JOÃO CARLOS BARRETO	M	47	44	00:52:40.03	00:52:21.19	GD BPI
249	462	FILIPE RODRIGUES	M	23	83	00:52:42.37	00:52:26.33	
250	435	BERNARDO RICCA	M	46	45	00:52:43.25	00:52:29.44	HCCM RUNNERS
251	274	MANUEL FIDALGO	M	66	15	00:52:44.42	00:52:30.00	
252	21	FRANCISCO LAFUENTE	M	26	84	00:52:44.56	00:52:22.40	
253	455	ANA PEDREIRA	F	38	10	00:52:44.67	00:52:32.53	
254	414	PAULO PALMINHA	M	48	46	00:52:46.97	00:52:32.45	
255	710	MARTA COSTA	F	46	6	00:52:47.18	00:52:20.85	
256	323	DIANA MORAIS	F	28	11	00:52:47.83	00:52:34.27	HCCM CONSULTING
257	238	RUI COSTA	M	51	24	00:52:47.89	00:52:21.17	NAPA
258	507	MAURO NUNES	M	40	46	00:52:49.58	00:52:49.58	



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

259	502	VERA BANGY	F	36	12	00:52:57.45	00:52:45.79	
260	615	MANUEL VENANCIO	M	46	47	00:53:01.19	00:52:47.91	NOVO BANCO
261	619	PAULO RICARDO	M	51	25	00:53:08.02	00:52:39.03	NOVO BANCO
262	311	BRUNO UMBELINO	M	21	85	00:53:08.85	00:52:58.91	TEAM É NÓIS
263	796	MARCOS RATOLA	M	39	86	00:53:09.93	00:53:03.28	
264	560	ALEXANDRA C COSTA	F	47	7	00:53:11.80	00:53:09.05	C MILLENNIUM BCP
265	99	PIERRE-JEAN DETOUR	M	31	87	00:53:12.62	00:52:34.17	
266	137	CARLOS BARGADO	M	53	26	00:53:14.32	00:53:01.03	CCD TRANQUILIDADE
267	322	NUNO ALVES	M	41	47	00:53:15.03	00:52:38.45	
268	308	BELARMINO PUNGO	M	34	88	00:53:15.74	00:53:15.74	
269	297	NUNO VAZ LOPES	M	48	48	00:53:22.15	00:53:20.75	CMC CARAPAU
270	568	ARTUR P BOTAO	M	49	49	00:53:24.25	00:53:12.35	C MILLENNIUM BCP
271	508	SARA FONSECA	F	20	13	00:53:26.14	00:52:59.49	
272	303	QUIM SANDE	M	58	22	00:53:26.55	00:53:00.07	
273	101	JOÃO COELHO	M	34	89	00:53:27.10	00:52:59.14	
274	256	WASHINGTON ALVES	M	42	48	00:53:28.15	00:53:25.39	
275	577	PEDRO M SANTOS	M	46	50	00:53:28.74	00:53:05.85	C MILLENNIUM BCP
276	138	ARTUR GAIO	M	35	90	00:53:30.42	00:53:19.23	CCD TRANQUILIDADE
277	495	NUNO AVÓ	M	51	27	00:53:32.67	00:53:30.44	LISBON MOONLIGHT RUNNERS
278	491	GONÇALO LOPES	M	42	49	00:53:38.07	00:53:26.03	GDCT UNICRE
279	584	JOANA P ANTUNES	F	23	14	00:53:38.11	00:53:23.50	C MILLENNIUM BCP
280	762	JOAO CATARINO	M	47	51	00:53:40.82	00:53:05.54	
281	60	JOSÉ MIGUEL SEREJO	M	38	91	00:53:41.53	00:53:37.21	
282	761	NELSON SANTOS	M	42	50	00:53:42.14	00:53:08.56	
283	134	FILIPE SILVA	M	41	51	00:53:43.27	00:53:23.06	CCD TRANQUILIDADE
284	801	CARLOS SANTOS	M	66	16	00:53:46.40	00:53:14.98	CLUBE FERROVIÁRIO P
285	206	NUNO AGOSTINHO	M	46	52	00:53:47.31	00:53:40.45	TEAM MELOM
286	119	BRUNO FERNANDES	M	39	92	00:53:49.38	00:53:08.93	
287	571	PEDRO M PEREIRA	M	52	28	00:53:52.76	00:53:28.77	C MILLENNIUM BCP
288	185	PEDRO SILVA	M	32	93	00:53:53.17	00:53:40.21	
289	662	PEDRO NUNO RIBEIRO REIS	M	45	53	00:53:57.01	00:53:25.75	
290	186	ADELINO GOMES	M	49	54	00:54:00.79	00:53:47.27	
291	65	JOAQUIM PINTO	M	59	23	00:54:01.60	00:54:00.66	
292	125	ANTÓNIO VARELA	M	52	29	00:54:03.31	00:53:59.46	
293	214	ALEXANDRE AZEVEDO	M	39	94	00:54:03.80	00:53:49.47	NAMORADOS
294	104	JOÃO PITO	M	29	95	00:54:07.77	00:53:59.95	
295	510	FRANCISCO ALVES	M	19	96	00:54:09.66	00:53:19.39	SPORT AMADORA E PUMAS



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

296	32	DIOGO SILVA	M	27	97	00:54:15.20	00:53:37.07	CONDOR
297	49	CARLOS RODRIGUES	M	40	52	00:54:15.69	00:53:51.08	
298	792	SANDRO PINTO	M	43	53	00:54:18.42	00:54:02.09	
299	784	VITOR FEITOR	M	40	54	00:54:20.66	00:53:56.89	
300	665	ALCIDIO PEREIRA	M	54	30	00:54:21.53	00:53:58.30	
301	302	SERGIO SILVA	M	39	98	00:54:24.43	00:53:59.17	
302	806	TAM AFONSO	M	65	17	00:54:29.61	00:54:17.33	CCD TRANQUILIDADE
303	175	MIGUEL SILVA	M	46	55	00:54:29.71	00:53:50.22	TARTARUGAS DO TEJO
304	370	LUÍS NETO	M	54	31	00:54:30.08	00:54:12.58	CARAP AUS DE CORRIDA
305	106	RAFAELA GONÇALVES	F	24	15	00:54:31.61	00:54:30.28	
306	155	DAVID ALMEIDA	M	47	56	00:54:32.84	00:54:14.02	
307	754	PEDRO LEITE SILVA	M	43	55	00:54:39.15	00:54:39.15	
308	364	CARLA MORGADO	F	45	8	00:54:40.25	00:54:16.50	
309	139	ANA RUTE PANELA	F	44	4	00:54:43.79	00:54:33.45	CCD TRANQUILIDADE
310	592	ANA FERREIRA	F	49	9	00:54:45.41	00:54:16.06	NOVO BANCO
311	618	PAULO GONÇALVES	M	50	32	00:54:47.25	00:54:17.82	NOVO BANCO
312	286	LUCIANO REIS	M	58	24	00:54:47.94	00:54:22.87	
313	540	PEDRO JORGE A CARQUEJEIRO	M	35	99	00:54:51.95	00:54:18.20	
314	291	PAULO PAIAS	M	39	100	00:54:52.83	00:54:23.39	VALEJAS AC
315	176	JOÃO PAULO DIAS	M	48	57	00:54:56.71	00:54:41.46	
316	704	RICARDO CAETANO	M	27	101	00:54:57.64	00:54:36.74	
317	732	XIAOQUE	M	31	102	00:54:58.30	00:54:58.30	
318	300	CARINA VEIGA	F	32	16	00:54:59.83	00:54:34.66	
319	345	MÁRIO COELHO	M	57	25	00:55:01.79	00:54:40.55	
320	16	JOSE FREITAS	M	57	26	00:55:04.09	00:54:42.22	ASAS DE ALMADA
321	604	JOÃO RAMOS	M	46	58	00:55:06.42	00:54:36.06	NOVO BANCO
322	515	DEOLINDA PINHEIRO	F	51	3	00:55:08.11	00:54:56.29	
323	382	JOÃO ZARRO	M	42	56	00:55:08.86	00:54:32.76	JUNINHOS
324	638	JORGE RIBEIRO	M	50	33	00:55:09.00	00:52:37.25	
325	87	RUI MOTA	M	52	34	00:55:09.53	00:50:19.43	HERO GARAGE BOX
326	108	RICARDO OLIVEIRA	M	35	103	00:55:11.93	00:50:08.81	
327	628	VIRGILIO OLIVEIRA	M	57	27	00:55:14.39	00:54:40.92	ADCR POLICIA JUDICIARIA
328	219	VASCO RODEIA	M	49	59	00:55:18.18	00:55:09.00	
329	246	CAROL FERNANDES	F	31	17	00:55:34.76	00:55:21.48	TRI SHARKS CASCAIS
330	213	RAQUEL DUARTE	F	39	18	00:55:35.57	00:55:21.25	NAMORADOS
331	721	JOÃO RESENDE	M	46	60	00:55:44.88	00:55:17.72	
332	667	HUGO RODRIGUES	M	43	57	00:55:47.49	00:55:35.45	



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

333	583	FILIPA M BARATA	F	16	19	00:55:49.26	00:55:49.26	C MILLENNIUM BCP
334	567	CARLA S TRABULO	F	46	10	00:55:49.32	00:55:49.32	C MILLENNIUM BCP
335	581	ANA C TELES	F	44	5	00:55:49.32	00:55:49.32	C MILLENNIUM BCP
336	578	VANESSA A BAPTISTA	F	37	20	00:55:49.55	00:55:25.65	C MILLENNIUM BCP
337	582	SANDRA S GOMES	F	44	6	00:55:49.55	00:55:49.55	C MILLENNIUM BCP
338	561	FERNANDO H FERREIRA	M	71	18	00:55:49.77	00:55:23.86	C MILLENNIUM BCP
339	562	FERNANDO J SERRANO	M	52	35	00:55:49.96	00:55:26.83	C MILLENNIUM BCP
340	559	LEONEL F BRANDAO	M	51	36	00:55:50.55	00:55:28.76	C MILLENNIUM BCP
341	575	PAULO J CARREIRA	M	50	37	00:55:53.04	00:55:18.30	C MILLENNIUM BCP
342	589	PEDRO F TOME	M	41	58	00:55:54.20	00:55:30.56	C MILLENNIUM BCP
343	13	PEDRO BARROSO	M	37	104	00:55:54.39	00:55:31.74	
344	720	JOAQUIM NOGUEIRA	M	65	19	00:55:55.15	00:55:18.22	
345	105	MARIA GONÇALVES	F	45	11	00:55:56.95	00:55:47.98	OS SALOIOS
346	169	SUSANA REIS	F	43	7	00:55:59.42	00:55:52.97	
347	259	PEDRO ABREU	M	41	59	00:55:59.69	00:55:39.38	
348	598	FERNANDO FILIPE	M	50	38	00:56:00.03	00:55:47.50	NOVO BANCO
349	305	JOAQUIM SANTOS	M	54	39	00:56:04.49	00:55:55.70	CMC CARAPAU DE
350	684	RUI TOMAS	M	47	61	00:56:06.37	00:56:01.43	CCDCAM
351	59	MARIO MIRA	M	52	40	00:56:08.71	00:55:42.27	
352	728	ALBERTO MIGUEL DIAS TEIXEIRA	M	32	105	00:56:08.82	00:55:39.70	
353	658	PAULO POLVORA	M	49	62	00:56:11.15	00:56:00.81	
354	393	MANUEL EMÍDIO	M	62	20	00:56:17.13	00:56:05.58	AMIGOS DO ATLETISMO DA AGUALVA
355	391	FERNANDO SANTOS	M	60	21	00:56:17.22	00:56:06.77	
356	92	LUIS SILVA	M	48	63	00:56:20.07	00:56:05.64	SS CGD
357	741	LUIS MIGUEL FERNANDES	M	49	64	00:56:20.81	00:55:59.78	
358	746	SORAIA MESTRE	F	19	21	00:56:21.14	00:55:59.98	
359	497	FILIPE LEITE	M	39	106	00:56:21.82	00:55:47.95	
360	379	PEDRO PALRÃO	M	52	41	00:56:22.35	00:56:06.88	
361	23	FABIANO FERREIRA	M	38	107	00:56:25.80	00:55:54.17	BENFICA EM FORMA
362	355	JOAQUIM GAMITO	M	57	28	00:56:30.17	00:56:07.76	
363	335	BRUNO GUERREIRO	M	43	60	00:56:43.84	00:56:34.48	
364	42	HUGO PEREIRA	M	41	61	00:56:45.45	00:56:42.36	WERUNTEAM
365	441	ADELINO PEREIRA	M	54	42	00:56:45.80	00:56:10.29	RUN2FINISH.PT
366	608	JORGE MONTEIRO	M	51	43	00:56:46.60	00:56:09.39	NOVO BANCO
367	614	MANUEL ANASTÁCIO	M	49	65	00:56:46.93	00:56:08.12	NOVO BANCO
368	536	THELMO CUNHA	M	58	29	00:56:47.02	00:56:10.25	RUN2FINISH.PT
369	337	DIAMANTINO PEREIRA	M	40	62	00:56:47.31	00:56:09.72	ALCES TEAM



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

370	543	ALEXANDRA CANDEIAS	F	41	8	00:56:47.73	00:52:00.02	
371	147	RUI CARVALHO	M	48	66	00:56:50.15	00:56:10.35	
372	440	PEDRO NUNES	M	38	108	00:56:52.45	00:55:55.88	
373	544	RICARDO CAMPOS	M	42	63	00:56:54.21	00:56:37.75	DESPORTIVO DE ODIVELAS
374	47	CLÁUDIO NUNES	M	32	109	00:56:54.53	00:56:25.16	OS ZECAS
375	218	ALEXANDRA CENTENO	F	45	12	00:56:56.62	00:56:47.57	
376	76	SANDRO PRATES	M	39	110	00:56:56.80	00:55:57.15	
377	803	JOSÉ LACERDA	M	63	22	00:57:02.96	00:56:57.60	
378	791	CRISTINA CALDEIRA	F	49	13	00:57:04.11	00:56:45.66	
379	590	INÊS BERNARDO	F	36	22	00:57:04.60	00:56:43.99	C MILLENNIUM BCP
380	385	MARIA ARAUJO	F	48	14	00:57:07.24	00:56:28.45	PALHAS
381	490	CARLOS VIEGAS	M	60	23	00:57:08.11	00:57:07.09	GDCT UNICRE
382	688	RICARDO MIGUEL MARTINS	M	45	67	00:57:08.20	00:57:08.20	GD BPI
383	693	INES PINTO BARRADAS	F	38	23	00:57:08.43	00:56:25.05	GD BPI
384	204	IRENE CARVALHO	F	47	15	00:57:20.41	00:57:13.89	TEAM MELOM
385	299	PAULO FALCÃO	M	31	111	00:57:21.46	00:56:50.73	
386	648	MARIO RUI COSTA	M	42	64	00:57:22.30	00:56:54.58	
387	486	CARLOS ALVES	M	61	24	00:57:25.40	00:57:05.93	CLUBE FERROVIÁRIO P
388	552	CARLOS MARTINS	M	58	30	00:57:29.99	00:57:01.36	
389	50	LUÍS RATO	M	21	112	00:57:38.76	00:57:22.59	
390	595	ANTONIO BARATA	M	42	65	00:57:42.58	00:57:19.57	NOVO BANCO
391	519	PEDRO PINTO DUARTE	M	37	113	00:57:46.17	00:57:29.00	
392	141	JOSÉ BAIXINHO	M	60	25	00:57:46.68	00:57:12.13	SANTIAGO FUTEBOL CLUBE
393	668	PEDRO CAPOTE	M	41	66	00:57:47.22	00:57:47.22	
394	555	MIGUEL FERNANDES	M	18	114	00:57:48.40	00:57:39.90	
395	570	LUIS F BAIXINHO	M	34	115	00:57:48.81	00:57:26.99	C MILLENNIUM BCP
396	554	ANTÓNIO FERNANDES	M	49	68	00:57:48.84	00:57:40.31	
397	725	DOMINGOS FAUSTINO	M	46	69	00:58:09.34	00:58:01.32	
398	622	RICARDO SILVA	M	41	67	00:58:10.50	00:57:20.83	NOVO BANCO
399	381	RUI FERNANDES	M	44	68	00:58:11.86	00:57:43.00	
400	152	GUILHERME CORREIA	M	19	116	00:58:18.37	00:58:01.25	
401	368	VITOR CRUZ	M	54	44	00:58:20.67	00:57:47.88	
402	10	RUI BARROS	M	49	70	00:58:21.88	00:58:02.97	
403	263	GILBERTO GONÇALVES	M	69	26	00:58:31.99	00:57:59.47	CLUBE ATLETISMO AMIGOS DE BELÉM
404	272	RUI VIGOÇO	M	73	27	00:58:32.00	00:57:51.62	
405	800	PATRICK SIMÕES	M	36	117	00:58:33.62	00:57:34.72	
406	436	LUIS MARQUES	M	44	69	00:58:43.53	00:58:15.32	



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

407	646	SAMUEL ROSADO	M	40	70	00:58:49.79	00:58:22.00	
408	467	PEDRO GOMES	M	19	118	00:58:51.81	00:58:35.93	
409	353	TERESA MARTINS	F	59	4	00:58:57.00	00:58:41.90	SS CGD
410	505	JOAQUIM PALMEIRO	M	48	71	00:58:57.83	00:58:44.98	
411	657	PAULO ASCENCAO	M	47	72	00:59:00.02	00:58:49.25	
412	506	CRISTINA PALMEIRO	F	48	16	00:59:00.43	00:58:48.11	
413	409	VANESSA QUEIRÓS	F	46	17	00:59:01.64	00:58:55.37	
414	724	FERNANDO PAULO DOS SANTOS	M	37	119	00:59:06.47	00:58:27.49	
415	329	JOANA PIÇARRA	F	44	9	00:59:06.68	00:58:59.03	
416	470	MARTA MALHADAS	F	36	24	00:59:12.23	00:58:48.58	
417	630	JOSE CATITA	M	60	28	00:59:22.50	00:58:50.09	ADCR POLICIA JUDICIARIA
418	631	JOAO GONCALVES	M	57	31	00:59:22.66	00:58:48.58	ADCR POLICIA JUDICIARIA
419	466	JOÃO GOMES	M	55	32	00:59:25.74	00:59:08.74	
420	496	NUNO SANTO	M	48	73	00:59:26.81	00:58:54.87	LISBON MOONLIGHT RUNNERS
421	224	SANDRA MARTINS	F	41	10	00:59:27.20	00:58:55.61	4AOKM
422	270	PAULO GOMES	M	54	45	00:59:29.14	00:59:02.43	
423	625	XANA FILIPE	F	47	18	00:59:37.37	00:59:24.18	NOVO BANCO
424	697	PAULO MARQUES ALMEIDA	M	45	74	00:59:39.16	00:59:17.73	MONTEPIO
425	417	ANA FANECA	F	46	19	00:59:40.21	00:58:59.16	FANECAS
426	89	FERNANDO ALVES	M	56	33	00:59:40.54	00:59:08.12	SS CGD
427	235	ANA PAULA SARDINHA FIGUEIREDO	F	52	5	00:59:47.17	00:59:39.38	
428	427	MÁRIO NUNES	M	46	75	00:59:50.22	00:52:19.57	CUCA TEAM
429	525	LUÍS SOUSA	M	44	71	00:59:50.34	00:59:39.32	ACADEMIA DO LUMIAR
430	428	CARLA NUNES	F	40	11	00:59:50.85	00:52:17.57	CUCA TEAM
431	212	SANDRA GONÇALVES	F	32	25	00:59:51.96	00:59:46.73	
432	647	SUSANA GUERREIRO	F	41	12	00:59:53.81	00:59:26.84	
433	458	ALEXANDRE BORGES	M	36	120	00:59:58.77	00:59:34.56	
434	287	GERMANO BERNARDO	M	63	29	00:59:59.16	00:59:20.64	PRAZER DA CORRIDA
435	701	ALEXANDRA BAPTISTA	F	43	13	00:59:59.43	00:59:46.35	MONTEPIO
436	564	CARLA S LOURENCO	F	43	14	00:59:59.87	00:59:49.17	C MILLENNIUM BCP
437	265	MARGARIDA GOMES FERREIRA	F	50	6	01:00:02.98	00:59:36.41	
438	150	RUI SOARES	M	37	121	01:00:06.88	00:59:32.54	
439	43	EDGAR RAMOS	M	45	76	01:00:16.74	00:59:41.14	
440	512	ANA LUÍSA BOTINAS	F	41	15	01:00:18.89	00:59:36.43	
441	606	JORGE ASCENÇÃO	M	44	72	01:00:22.39	01:00:03.22	NOVO BANCO
442	149	CÁTIA SOARES	F	36	26	01:00:41.83	01:00:06.86	
443	623	RUI PAIVA	M	39	122	01:00:49.28	01:00:30.85	NOVO BANCO



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

444	624	SILVIO PAIVA	M	66	30	01:00:49.37	01:00:39.62	NOVO BANCO
445	744	LUIS MIGUEL MEIRA	M	44	73	01:01:00.18	01:00:37.92	
446	749	ORLANDO PEREIRA	M	59	34	01:01:00.19	01:00:38.83	
447	140	JUDITE BAIXINHO	F	32	27	01:01:04.99	01:00:29.99	SANTIAGO FUTEBOL CLUBE
448	340	HELDER CORREIA	M	38	123	01:01:07.44	01:00:30.11	
449	342	PAULO SERRANO	M	48	77	01:01:07.82	01:00:30.74	
450	759	CLAUDIA SILVA	F	27	28	01:01:22.57	01:01:22.57	
451	758	MARCO FREITAS	M	44	74	01:01:23.39	01:00:44.08	
452	79	LUIS COSTA	M	53	46	01:01:34.64	01:00:53.76	QUARENTOES NA BISGA
453	446	JOÃO CUNHA LOPES	M	47	78	01:01:46.90	01:01:26.65	
454	621	PEDRO DOMINGOS	M	46	79	01:01:48.22	01:01:09.97	NOVO BANCO
455	320	PEDRO GRAÇA	M	40	75	01:01:49.92	01:01:37.29	
456	522	RUI CRISPIM	M	42	76	01:01:52.57	01:01:50.42	OS GORDOS
457	48	TIAGO MARQUES	M	33	124	01:01:53.61	01:01:24.82	OS ZECAS
458	520	RUI FERREIRA	M	38	125	01:01:56.24	01:01:56.24	OS GORDOS
459	691	MIGUEL NUNO CHAVES	M	48	80	01:02:00.30	01:01:17.71	GD BPI
460	377	NICOLAU FURTADO	M	53	47	01:02:01.21	01:01:43.45	
461	689	PEDRO JOEL BARELA	M	38	126	01:02:01.54	01:01:19.55	GD BPI
462	500	MIGUEL COSTA SANTOS	M	48	81	01:02:03.58	01:01:50.46	
463	501	SÓNIA COSTA SANTOS	F	42	16	01:02:03.62	01:01:51.02	
464	167	MARCELO CARDOSO	M	49	82	01:02:08.17	01:02:05.61	
465	493	ANTÓNIO NUNES	M	63	31	01:02:08.64	01:01:36.58	LISBON MOONLIGHT RUNNERS
466	807	CLAUDIA TAM	F	36	29	01:02:09.00	01:01:35.06	CCD TRANQUILIDADE
467	494	HELENA SANTOS	F	55	7	01:02:09.03	01:01:39.77	LISBON MOONLIGHT RUNNERS
468	778	JOAO CAMACHO	M	31	127	01:02:12.52	01:01:44.41	
469	53	PAULO JERÓNIMO	M	55	35	01:02:16.09	01:01:52.40	ASAS DE ALMADA
470	31	EDUARDO LOPES	M	50	48	01:02:16.54	01:01:53.76	ASAS DE ALMADA
471	565	CARLA A FARIA	F	49	20	01:02:24.08	01:02:19.82	C MILLENNIUM BCP
472	586	MARIA M FONSECA	F	49	21	01:02:38.37	01:02:33.65	C MILLENNIUM BCP
473	481	MANUEL OLIVEIRA	M	79	32	01:02:50.59	01:01:54.71	AAE BNU
474	480	JOAO BRANCO	M	71	33	01:02:51.08	01:01:53.75	AAE BNU
475	716	JOSÉ NOGUEIRA	M	63	34	01:02:56.92	01:02:21.95	
476	573	CARLOS A TOME	M	67	35	01:02:58.13	01:02:33.78	C MILLENNIUM BCP
477	244	MOISÉS FERNANDES	M	49	83	01:02:58.51	01:02:36.38	
478	215	MANUEL NOBRE BAPTISTA	M	53	49	01:03:02.69	01:02:27.09	
479	816	ATLETA NÃO CADASTRADO	M	0	128	01:03:11.87	01:02:42.81	
480	153	BRUNO COSTA	M	40	77	01:03:32.72	01:03:15.17	



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

481	438	NUNO GRANDÃO	M	46	84	01:03:36.76	01:03:36.76	
482	146	JOÃO PINA	M	49	85	01:03:42.74	01:03:23.54	
483	220	JOÃO SEGURO	M	39	129	01:03:46.19	01:03:34.51	
484	492	ANTÓNIO GUEDES	M	47	86	01:03:59.65	01:03:26.69	LISBON MOONLIGHT RUNNERS
485	315	VITOR MANUEL TEIXEIRA	M	58	36	01:04:08.68	01:03:37.65	
486	849	ATLETA NÃO CADASTRADO	M	0	130	01:04:08.90	01:03:08.29	
487	237	ISILDA BARRADAS	F	68	8	01:04:15.95	01:04:09.98	
488	694	HUGO ALEXANDRE REIS	M	40	78	01:04:18.26	01:03:55.81	GD BPI
489	403	RICARDO CALDEIRA	M	39	131	01:04:21.94	01:03:24.19	
490	738	ISABEL MARIA SANTOS	F	44	17	01:04:26.31	01:04:05.80	
491	607	JORGE MAXIMO	M	43	79	01:04:32.76	01:04:03.71	NOVO BANCO
492	66	JOÃO CASTRO	M	42	80	01:04:47.45	01:04:12.13	
493	328	DOMINGOS GATO	M	46	87	01:05:07.16	01:04:30.72	
494	419	ETELVINA SERRA	F	58	9	01:05:14.81	01:04:42.58	MÃE E FILHA
495	200	GONCALO PIRES	M	40	81	01:05:25.58	01:04:57.59	
496	33	VASCO FERREIRA	M	44	82	01:05:50.89	01:05:13.18	
497	675	RAPHAEL GOMES	M	23	132	01:06:01.43	01:05:47.37	
498	656	CATIA LOPES	F	19	30	01:06:09.30	01:05:58.52	
499	596	ANTONIO REIS	M	52	50	01:06:25.53	01:06:10.26	NOVO BANCO
500	682	PAULA NETO	F	54	10	01:06:52.92	01:06:47.63	CCDCAM
501	831	JULIO MOITA	M	49	88	01:07:00.53	01:06:33.08	
502	533	NUNO OLIVEIRA	M	42	83	01:07:07.99	01:06:41.21	
503	402	MARTA AMARO	F	38	31	01:07:10.12	01:07:01.72	CMC CARAPPAUS
504	127	PEDRO MATOS	M	38	133	01:07:21.62	01:06:57.17	SEM LIMITES
505	426	NATACHA CABRAL	F	43	18	01:07:23.42	01:06:45.05	CUCATEAM
506	449	LUIS MIGUEL CALHEIROS	M	21	134	01:07:24.92	01:06:42.69	
507	450	SANDRA SENAS	F	43	19	01:07:25.40	01:06:43.03	
508	431	PAULO CAEIRO	M	37	135	01:07:27.04	01:06:35.48	
509	325	MARIA CARVALHO	F	54	11	01:07:28.84	01:07:22.37	GRUPO FS
510	610	LUIS ANTUNES	M	48	89	01:07:31.16	01:07:02.57	NOVO BANCO
511	123	ANA DIAS	F	47	22	01:07:35.77	01:07:13.67	
512	151	ALEXANDRE MIGUEL CORREIA	M	40	84	01:07:39.48	01:07:21.40	
513	804	NUNO CRUZ	M	45	90	01:07:44.28	01:07:09.60	
514	805	SANDRA CRUZ	F	46	23	01:07:44.51	01:07:09.75	
515	782	ANA SILVA	F	36	32	01:07:46.17	00:59:57.17	
516	783	VALDEMAR RENTE	M	44	85	01:07:46.21	00:59:57.01	
517	386	MARTA ARAUJO	F	18	33	01:08:02.44	01:07:22.22	PALHAS



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

518	457	ANA PAULA BOTA	F	41	20	01:08:13.33	01:07:53.95	
519	262	VALERIYA SEMCHENKO	F	22	34	01:08:15.53	01:07:51.03	
520	617	PAULA MELLO	F	51	12	01:08:22.21	01:07:42.46	NOVO BANCO
521	576	CARLOS A CONCEICAO	M	55	37	01:08:22.42	01:07:52.30	C MILLENNIUM BCP
522	317	ARMENIO PATRICIO	M	78	36	01:08:26.98	01:08:18.89	
523	802	MÁRIO PIRES	M	59	38	01:08:40.39	01:08:06.86	
524	221	MARISA DUARTE	F	45	24	01:09:16.01	01:09:06.91	
525	245	TERESA GONÇALVES	F	48	25	01:09:16.07	01:09:06.88	RUNNERS PUMP BPLANET
526	422	ANTÓNIO JÚNIOR	M	51	51	01:09:25.17	01:08:46.61	
527	410	NUNO BARRADAS	M	42	86	01:09:32.26	01:09:23.07	
528	69	ANA ROLO	F	52	13	01:09:53.77	01:09:47.56	CORRER POR LISBOA
529	68	LEONOR PINTO	F	46	26	01:09:55.44	01:09:49.13	CORRER POR LISBOA
530	67	JORGE PIRES	M	63	37	01:10:21.88	01:10:21.88	
531	469	INÊS COELHO	F	25	35	01:10:27.44	01:10:03.68	
532	189	JORGE CEREJEIRA	M	51	52	01:11:23.13	01:10:44.17	ALLINRACE
533	107	MARIA SILVA	F	49	27	01:12:05.59	01:11:44.07	
534	437	PEDRO GOMES	M	42	87	01:12:17.13	01:11:49.40	
535	651	MARISA TEIXEIRA	F	27	36	01:12:17.17	01:11:39.72	
536	772	DIOGO ALEXANDRE SANTOS	M	33	136	01:12:29.58	01:12:11.86	
537	771	LUÍS FILIPE CARNEIRO DA SILVA	M	34	137	01:12:30.03	01:12:11.73	
538	418	INÊS PAULINO	F	35	37	01:12:35.42	01:12:03.11	MÃE E FILHA
539	129	JORGE MANUEL NUNES DA FONSECA BAPTISTA	M	63	38	01:12:55.21	01:12:27.57	
540	434	MARISA COSTA	F	32	38	01:13:13.31	01:13:07.47	
541	708	MIGUEL DIAS	M	44	88	01:13:44.70	01:13:05.72	
542	712	MARIA ALICE GUIMARÃES	F	56	14	01:14:06.29	01:13:41.40	
543	747	ANA PAULA SILVA SOUSA	F	51	15	01:14:17.07	01:13:55.40	
544	674	ANTONIO VITOR MONTEIRO	M	51	53	01:15:01.18	01:14:47.84	
545	304	SUSANA TOLEDO	F	32	39	01:15:13.69	01:14:48.19	
546	454	CARLA ALVES	F	43	21	01:15:13.79	01:14:45.55	
547	307	MARIA ALZIRA VIEIRA GOMES	F	54	16	01:15:30.01	01:15:10.86	CARAPAUS
548	292	ANTÓNIO VIDAS	M	54	54	01:15:49.87	01:15:15.71	CLUBE ANACOM
549	84	JUAN RAMON RIVAS PULIDO	M	69	39	01:16:00.68	01:15:26.51	
550	523	PAULO PEREIRA	M	27	138	01:16:23.30	01:16:21.99	OS GORDOS
551	109	DENISE STELMAN	F	58	17	01:16:31.10	01:15:48.22	
552	160	CARMEN SOBRAL	F	40	22	01:17:29.55	01:17:12.82	
553	652	MARIA SARAIVA	F	46	28	01:17:43.02	01:17:04.61	
554	278	ANABELA SANTOS	F	40	23	01:18:02.98	01:17:45.05	WHS TEAM



CORRIDA E CAMINHADA SAMS QUADROS

29 SET

10k

555	514	MAYER RAPOSO	M	71	40	01:18:24.28	01:18:17.07	ASSOCIAÇÃO AT LEBRES DO SADO
556	702	ZARA CARDOSO	F	45	29	01:19:02.46	01:18:22.44	
557	530	FRANCISCO MOUCHINHO	M	69	41	01:19:38.74	01:19:13.19	ACADEMIA DO LUMIAR
558	420	RAFAEL MURTA	M	34	139	01:19:45.89	01:19:10.57	
559	421	NAGA HYMA CHAKRAVARTHI	F	37	40	01:19:48.81	01:19:11.86	
560	727	DIOGO ALVIM	M	45	91	01:21:05.27	01:20:40.39	
561	534	PAULA RESENDE	F	51	18	01:21:09.83	01:20:50.16	SPEEDY GONZALEZ
562	535	CARLOS MARQUES	M	51	55	01:21:11.28	01:20:51.89	SPEEDY GONZALEZ
563	416	CÉLIA SILVA	F	45	30	01:21:18.38	01:20:51.18	
564	415	ROSA FIGUEIREDO	F	22	41	01:21:20.75	01:20:52.92	
565	444	ANTÓNIO MARQUES	M	72	42	01:23:04.36	01:22:56.49	
566	365	CRISTINA RODRIGUES	F	46	31	01:23:54.13	01:23:54.13	UF CUSTOIAS LEÇA GUIFÕES
567	383	JOSÉ NUNES	M	47	92	01:23:54.93	01:23:54.93	CARAPAUS
568	249	MARINA AZEVEDO	F	52	19	01:27:10.97	01:26:53.15	
569	248	BASILIO PAIXAO	M	49	93	01:27:12.93	01:26:56.10	
570	362	JULIANA VERAS	F	30	42	01:28:40.12	01:25:51.60	

Total de registros: 570