

CORRIDA SAÚDE MAIS SOLIDÁRIA

10 KMS FEMININOS

Dorsal	Atleta	Clube	TEMPO	CLASSIFICAÇÃO
250	Charlotte Baker	BTT	00:41:35	1
189	Mariana	BTT	00:43:03	2
86	Ana Sofia Mendes	Individual	00:44:54	3
171	Graça Roldão	BTT	00:46:05	4
72	Cristiana Santos	Capenafirme	00:47:03	5
157	Sara Tainha	Individual	00:47:21	6
441	Isabel Amorim	Individual	00:47:40	7
222	Ana Francisco	Individual	00:47:57	8
252	Vera Vaz	BTT - Equipa David Vaz	00:48:04	9
464	TANIA CARVALHO	Individual	00:48:10	10
158	Patricia Gomes	PROPODIO	00:49:27	11
290	Raquel Pedro	Associação Jorge Pina	00:50:57	12
221	Patricia Emídio	Individual	00:51:03	13
156	Beatriz Afonso	Individual	00:51:03	14
310	Susana Amorim	Individual	00:51:36	15
139	Filipa Gomes	Individual	00:52:05	16
267	Carol	Individual	00:52:05	17
344	Fatima Branco	Individual	00:52:22	18
413	Joaquim Mendes	Individual	00:52:22	19
408	Ana Luísa Faria Pinto	Running Seals	00:53:24	20
169	Mulheres da Maratona	Individual	00:53:32	21
12	Joana Canhoto	Individual	00:54:14	22
388	Daniela Oliveira Alves	Individual	00:54:47	23
229	Sofia Pinheiro	Pais 21 - Down Portugal	00:54:50	24
208	SWIERKOCKA EWA	Individual	00:54:56	25
281	Ana Tição Ana Almeida	Individual	00:55:06	26
137	Carolina Passos	Individual	00:55:09	27
357	Diana Silva	Individual	00:55:28	28
138	Margarida	Individual	00:55:41	29
217	Carina Condeco	WonderCouple	00:55:50	30
241	Filipa Luís Simões	Individual	00:55:51	31
411	Teresa Farinha	Individual	00:56:20	32
325	Sandra Isabel Jaleca Serafim	Mind Source Runners	00:56:23	33
345	Bárbara Alexandre	Individual	00:56:41	34
140	Mariana Ruivo	Individual	00:57:01	35
456	Catarina Monteiro Machado	Individual	00:57:02	36
141	Madalena Aniceto	Individual	00:57:10	37
78	Andreia Sousa	Individual	00:57:10	38
313	Filipa Carmo	Running Seals	00:57:23	39
279	Irina Cardoso	BTT	00:57:47	40
350	Ana Silva	Individual	00:58:40	41
180	Teresa Moreno	BTT	00:58:42	42
183	Cheila Almeida	BTT	00:58:52	43
147	Mafalda Duarte	Running Seals	00:58:56	44
175	Lurdes Silva	BTT	00:59:07	45
258	Isabel Boavida	BTT - Equipa David Vaz	00:59:14	46
259	Filipa Maldonado	BTT - Equipa David Vaz	00:59:15	47
43	Katja Sietmann	Individual	00:59:35	48

209	LESZKA MONIKA	Individual	00:59:45	49
332	Nilcilene Benedita da Silva Ormond	Individual	01:00:02	50
323	Ivone de Miranda e Santos Flores Costa	Mind Source Runners	01:00:09	51
124	Carla Domingos	CCD Crédito Agrícola Mútuo	01:00:37	52
188	Christina	BTT	01:00:50	53
153	Raquel Nunes	CNS 10km	01:00:58	54
272	CLÁUDIA TAM	Individual	01:00:58	55
101	Carla Ventura	Individual	01:01:00	56
274	Margarida Alves	Individual	01:01:16	57
352	Maria Helena Cardoso Gomes de Lacerda	Oculista Portas Santo António	01:01:20	58
48	Mary Millicent	Individual	01:01:29	59
284	Ana Sousa	Individual	01:01:33	60
47	Carolina Helena	Individual	01:01:45	61
129	Paula Neto	CCD Crédito Agrícola Mútuo	01:01:56	62
460	Maria Joana Leal da Silva Farinha	Team FARINHA	01:02:40	63
291	Maria Pedro	Associação Jorge Pina	01:02:51	64
204	Isabel Magalhães	Individual	01:02:54	65
29	Claudia Faria	BTT	01:03:10	66
117	Ana Rita Ribeiro	Individual	01:03:23	67
205	Isabel Pinto	Individual	01:03:23	68
239	Mariana Cidade	Individual	01:03:25	69
50	ana lopes	Individual	01:04:12	70
167	Carolina Constant	BTT	01:04:12	71
61	ANA TOMAS	SR. CAMARNAL	01:04:19	72
192	Ana Branco	BTT	01:04:36	73
212	Helena Sal	Individual	01:05:03	74
91	Joana	Individual	01:05:18	75
253	Bianca Accioly	BTT - Equipa David Vaz	01:05:32	76
179	Vanessa F.	BTT	01:06:02	77
361	Susana Rita Domingues Tavares	Individual	01:07:06	78
266	Sónia Martins	Individual	01:07:06	79
181	Sara Reis	BTT	01:07:09	80
445	Zita Daniela Batista Fernandes	Individual	01:07:35	81
63	Vanda Martins	Individual	01:08:19	82
443	Maria de Fátima Gil Pires Soares Lyra	Individual	01:08:33	83
13	Rita Ribau	Individual	01:08:44	84
14	Diana Venda	Individual	01:08:44	85
387	Ana Maria Ramos	Individual	01:09:47	86
234	Sofia Ferreirim	CaixaSlow	01:09:50	87
377	Sofia Alexandra Nunes Cartó	Individual	01:09:57	88
419	Carla Trindade Santos	Individual	01:10:06	89
193	Anabela Valadas	BTT	01:11:01	90
41	Sónia Barata	Individual	01:11:03	91
75	Andreia Gouveia	Individual	01:11:26	92
131	VANESSA FRANCO	Individual	01:11:36	93
93	Tânia Soares	Individual	01:11:56	94
155	Elsa Lavrador	Individual	01:12:37	95
135	Rita Franco	Individual	01:18:59	96
224	Ana Castro	Individual	01:20:25	97
58	sara de sousa	tartarugas solidarias	01:22:05	98
8	Vera Miguel	BTT	01:36:57	99

10 KMS MASCULINOS

Dorsal	Atleta	Clube	TEMPO	CLASSIFICAÇÃO
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396	Pedro Miguel Simões Martins Duarte Machado	Individual	00:34:32	1
289	Pina Jorge	Associação Jorge Pina	00:36:05	2
374	Ricardo Abreu	Associação Jorge Pina	00:36:06	3
116	Hugo Dourado	Individual	00:36:15	4
367	Ricardo Miguel Gomes Soares dos Santos Pires	Individual	00:37:53	5
113	Bernardo Fazendeiro	Golfinhos	00:38:47	6
35	BRUNO MARRÃO	Clube ANA Lisboa	00:39:13	7
372	Nuno Silva Ferreira	Individual	00:39:14	8
427	José Diogo Santos	Individual	00:39:27	9
143	António Silva	Individual	00:39:39	10
386	Jose Pedro Rua	Individual	00:39:50	11
59	jose esteves	tartarugas solidarias	00:40:09	12
10	Ricardo Correia	Individual	00:40:10	13
52	Miguel Barba	Peniche a Correr	00:40:36	14
354	Ricardo Jorge Alves Teixeira	Individual	00:40:40	15
320	Mihail MISHA Costandoi	Individual	00:40:53	16
20	Luis Pires	Individual	00:40:55	17
256	Fernando Matos	BTT - Equipa David Vaz	00:40:57	18
109	ANTONIO Rebelo	Individual	00:41:21	19
438	Pedro Santos Barbosa	BTT	00:41:23	20
336	HUMBERTO CORREIA	NUCLEO DESPORTIVO AUTOCOOPE	00:41:31	21
326	David José Vicente Saraiva	Mind Source Runners	00:41:44	22
384	JOAO CARLOS ANES TOMAZ	CREDIN PORTUGAL	00:41:50	23
451	José Pina	Associação Jorge Pina	00:42:09	24
261	Tiago Branco	BTT - Equipa David Vaz	00:42:11	25
425	CristiAno Paes	Individual	00:42:17	26
84	Edgar Aguiar	Individual	00:42:24	27
278	Miguel Lima	BTT	00:42:44	28
269	Luis Marques	Individual	00:42:45	29
120	Luis Rodrigues	BTT	00:42:50	30
297	Tiago Rodrigues	Claramente	00:43:09	31
31	Diogo Matos	Individual	00:43:12	32
133	Bernardino Ribeiro	Individual	00:43:39	33
382	Luis Miguel Pinto Vieira	MdM - Médicos do Mundo	00:43:40	34
300	Francisco Jordão	Individual	00:43:41	35
198	Francisco Baptista	Claramente	00:44:04	36
56	José Correia	Individual	00:44:05	37
236	Rui Vicente	Individual	00:44:10	38
30	Jorge Faria	BTT	00:44:21	39
370	João Gregório	Associação Jorge Pina	00:44:22	40
87	Pedro CarambaMan	Individual	00:44:24	41
383	RUI CESAR RAMOS DA MOTA	CREDIN PORTUGAL	00:44:24	42
309	David Simão	Individual	00:44:24	43
458	Pedro João Figueiredo Aparício	Team FARINHA	00:44:46	44
165	Gonçalo Pires	BTT	00:44:46	45
270	Gerson Júnior	Individual	00:44:50	46
303	Ricardo Lourenço	Individual	00:44:51	47
335	CARLOS FERREIRA	NUCLEO DESPORTIVO AUTOCOOPE	00:44:57	48
214	J Carlos Almeida	BTT	00:45:08	49
298	Stephen Curry	Running Seals	00:45:09	50
333	JUVENAL MOREIRA	NUCLEO DESPORTIVO AUTOCOOPE	00:45:13	51
103	António S. Costa	Individual	00:45:16	52
366	Daniel Guerreiro	Individual	00:45:16	53

96	Alexandre Cardana	Individual	00:45:18	54
295	Francisco Barbosa	Individual	00:45:29	55
308	Miguel Carvalho	Running Seals	00:45:33	56
105	Henrique Vaz	Individual	00:45:35	57
231	JL Santos	Individual	00:45:40	58
177	Luís Craveiro	BTT	00:45:44	59
168	Pedro Bravo	BTT	00:45:45	60
121	Tiui .	Running Seals	00:45:48	61
38	António Vicêncio	CCD PM CASCAIS	00:45:50	62
268	ALEXANDRE SANTOS	Individual	00:45:56	63
199	Sérgio Sales	Individual	00:46:02	64
149	Ricardo Veiga	BTT	00:46:07	65
44	Hernâni Magalhães	Individual	00:46:11	66
341	Alessandro Righetti	Individual	00:46:14	67
128	Miguel Vinagre	CCD Crédito Agrícola Mútuo	00:46:26	68
447	Samuel Luis Sequeira Lemos	BTT	00:46:26	69
3	Pedro Gonçalves	Individual	00:46:32	70
220	Flávio Ferreira	Individual	00:46:32	71
329	João Ricardo Yee Rodrigues	Mind Source Runners	00:46:36	72
79	Gonçalo Grazina	Link	00:46:38	73
424	Bruno Corgas	Individual	00:47:06	74
206	André Melícia	Individual	00:47:09	75
107	Francisco Abecasis	Individual	00:47:14	76
130	Rui Melo	CCD Crédito Agrícola Mútuo	00:47:26	77
57	Luis Carvalho	Individual	00:47:29	78
439	João Pedro Pires Silva Godinho	Mind Source Runners	00:47:37	79
355	Ricardo Manuel Fernandes Gonçalves	Individual	00:47:39	80
429	Guilherme Sousa	Individual	00:47:39	81
380	Pedro Filipe Correia	Individual	00:47:40	82
452	Sérgio Nunes	Marvila Jovem	00:47:41	83
264	João Miranda	BTT	00:47:45	84
126	Jorge Honório	CCD Crédito Agrícola Mútuo	00:47:56	85
282	Fresco Jorge Filipe	Invictus da Margem Sul	00:47:57	86
64	Machado Machado	Individual	00:47:57	87
283	Silva Miguel	Invictus da Margem Sul	00:47:57	88
244	João Fonseca	BTT	00:47:58	89
243	Francisco Teles	Individual	00:48:07	90
173	Martim Oliveira	BTT	00:48:13	91
34	Francisco Nascimento	Individual	00:48:13	92
251	Rui Gonçalves	BTT - Equipa David Vaz	00:48:21	93
314	HUGO CIPRIANO	Individual	00:48:27	94
462	Faizal Ismael	Individual	00:48:32	95
334	JORGE MOREIRA	NUCLEO DESPORTIVO AUTOCOOPE	00:48:35	96
412	josé augusto rodrigues	Individual	00:48:44	97
201	Carlos Antunes	Individual	00:48:50	98
421	Francisco Geraldês	Individual	00:48:57	99
373	José Pedro Mira Monteiro Louro	Individual	00:49:00	100
134	Luís Duarte	Running Seals	00:49:00	101
184	Daniel	BTT	00:49:01	102
127	Luís Damião	CCD Crédito Agrícola Mútuo	00:49:10	103
302	Rui Henriques	Individual	00:49:12	104
351	Valdemar Rente	Individual	00:49:13	105
88	João Pereira	Individual	00:49:24	106
454	Miguel Meireles	BTT	00:49:33	107

271	TAM AFONSO	Individual	00:49:38	108
202	PAULO PALMINHA	Individual	00:49:42	109
97	Fernando Almeida	Individual	00:49:54	110
16	Mario Bordalo	Individual	00:49:56	111
62	Nuno Condeço	Individual	00:50:04	112
391	Carlos Filipe	BTT - Equipa David Vaz	00:50:05	113
343	Guilherme Miguel Alvito dos Santos Luís	Individual	00:50:10	114
489	MANUEL CORREIA	BTT	00:50:19	115
71	Paulo Pereira	Capenafirme	00:50:30	116
286	Nuno Figueiredo	Individual	00:50:32	117
83	Rodrigo Chiolas	Link	00:50:37	118
60	HERNANI TOMAS	SR. CAMARNAL	00:50:42	119
327	Carlos Miguel Fernandes Francisco	Mind Source Runners	00:50:46	120
328	João Tiago Florêncio Martins	Mind Source Runners	00:50:48	121
248	André Laborinho	Individual	00:50:50	122
67	Vasco Silva	Creeps Running Team	00:50:51	123
68	Pedro Silva	Creeps Running Team	00:50:51	124
353	Armando Manuel Semião Bastos de Lacerda	Oculista Portas Santo António	00:51:13	125
98	José Caeiro	Individual	00:51:15	126
228	Afonso Gonçalves	Individual	00:51:23	127
348	luis sabino	Individual	00:51:25	128
457	João Filipe Dionísio Matoso	Individual	00:51:26	129
65	JOSE PEREIRA	Individual	00:51:26	130
363	Fábio Jorge Gonçalves Justo	Individual	00:51:28	131
245	LUIS MARQUES	Individual	00:51:29	132
339	Pedro Miguel Inácio Coelho	BTT	00:51:30	133
347	fernando silva	Individual	00:51:32	134
346	bruno oliveira	Individual	00:51:33	135
315	Gonçalo Alves	Individual	00:51:34	136
311	Tiago Rodrigues	Individual	00:51:36	137
80	João Agostinho	Link	00:51:37	138
51	jose carlos	Individual	00:51:38	139
434	José Maria de Almeida Gonçalves	Individual	00:51:43	140
399	MIGUEL DIAS CARDOSO	Individual	00:51:44	141
246	ARLINDO ROLO	Individual	00:51:46	142
453	Nuno Ferreira	Marvila Jovem	00:51:50	143
142	Nuno Silva	Individual	00:51:51	144
203	Manuel Pereira	Individual	00:51:52	145
218	Filipe Paulo	BTT	00:51:53	146
444	António Lima	MdM - Médicos do Mundo	00:51:58	147
322	Diogo José Carvalho Vaz Pinto	Individual	00:52:01	148
240	André Lisboa	Individual	00:52:08	149
305	Pedro Monzelo	Individual	00:52:10	150
185	Bruno Silva Santos	BTT	00:52:14	151
25	Igor Jaumandreu	Individual	00:52:18	152
395	Pedro Miguel Andrade Silva	Individual	00:52:22	153
211	Henrique Neves	Individual	00:52:28	154
152	Rafael Santos	Individual	00:52:31	155
330	Leandro Magalhães Gonçalves	Mind Source Runners	00:52:43	156
249	José Pedro	Individual	00:52:44	157
450	José Maria Pizarro de Sampaio e Melo Lupi	Individual	00:52:46	158
123	Jorge Borbinha	Individual	00:52:48	159
342	Riccardo Hénin	Individual	00:52:49	160

442	Isaias Abel Lopes Pedro	Individual	00:52:54	161
379	João Maria Bravo Vieira Dias	Individual	00:53:00	162
102	Rui Barros	Individual	00:53:02	163
23	João Dias	CCD Siemens	00:53:05	164
397	Telmo André Costa Pinto	Individual	00:53:06	165
275	João Moiteiro	Individual	00:53:16	166
226	Joao Gonçalves	Individual	00:53:26	167
371	Miguel Dias Moniz Barreto	Individual	00:53:31	168
28	Fernando Gaspar	Individual	00:53:32	169
378	Bruno Araújo-Gomes	Individual	00:53:36	170
422	João Pedro Nunes Paulo da Silva Martins	Individual	00:53:36	171
296	Miguel	BTT	00:53:37	172
92	André Branco	Individual	00:53:38	173
402	Fábio Lima	Cofina Runners	00:53:40	174
163	Tomás Pires	BTT	00:53:44	175
150	Gualdino Freire	Individual	00:53:47	176
125	João Vieira	CCD Crédito Agrícola Mútuo	00:53:48	177
21	Paulo Balula	Individual	00:53:59	178
207	MIREK MATEUSZ	Individual	00:54:15	179
11	Pedro Mascarenhas	Individual	00:54:15	180
356	Tomás Santos	Individual	00:54:16	181
317	Alexandre Rainha Silva Campos	BTT	00:54:16	182
358	Luis André Soares Anastácio	Os Amiguinhos da Corrida	00:54:21	183
376	Pedro Matos	Individual	00:54:24	184
440	Alexandre Miguel Lopes Ferrão	Individual	00:54:24	185
359	Bruno de Sousa Patricio Belo	Os Amiguinhos da Corrida	00:54:29	186
132	Pedro Figueira	BTT - Equipa David Vaz	00:54:32	187
254	Rui Carvalho	BTT - Equipa David Vaz	00:54:32	188
414	José Catita	Individual	00:54:50	189
174	Miguel Oliveira	BTT	00:55:06	190
106	Guichande Duarte	Individual	00:55:10	191
389	Germano José Da Silva Ferreira	Individual	00:55:19	192
406	SIMÃO JOSÉ TEIXEIRA DA ROCHA	BTT	00:55:24	193
233	Grade Sérgio	Individual	00:55:31	194
191	Bernardo Pimentel	BTT	00:55:37	195
393	Miguel Além	Individual	00:55:39	196
390	João Frederico Nóbrega Carvalho	Individual	00:55:41	197
100	Bernardo Silva	Individual	00:55:47	198
242	Filipe Martins	Individual	00:55:52	199
306	João Miguel de Almeida de Campos	Individual	00:55:57	200
437	Kenny Patrick Figueira Rebelo	BTT	00:55:57	201
53	Gonçalo Silva	Peniche a Correr	00:56:05	202
293	Rochemback	Running Seals	00:56:07	203
316	José Manuel Guerra Quaresma Pedro	Individual	00:56:12	204
321	Gonçalo Regalo da Fonseca Franco Carvalho	Individual	00:56:42	205
299	NUNO CÔRTE-REAL	BTT	00:56:51	206
407	João António dos Reis Coimbra	Individual	00:56:57	207
394	Duarte Faria	Individual	00:57:08	208
176	Manuel Abecasis	BTT	00:57:10	209
277	João Pela	BTT	00:57:11	210
398	Luis Cabecinha	Individual	00:57:11	211
392	Carlos Dias	Individual	00:57:17	212
433	António Figueiredo	Individual	00:57:21	213

418	Mário Guarda	Individual	00:57:28	214
76	Luís Domingos	Individual	00:57:33	215
66	Bernardo Ramos	Individual	00:57:40	216
280	Fábio Cavaleiro	BTT	00:57:47	217
435	Carlos Miguel Coelho Rijo Marques da Silva	Individual	00:57:48	218
463	Luis Miguel Pereira Rosa	BTT	00:57:56	219
448	TITO AUGUSTO CONSTANTINO ANDRADE	BTT	00:58:08	220
273	Carlos Jerónimo	Individual	00:58:24	221
77	Vasco Martins	Individual	00:58:26	222
95	Pedro	Individual	00:58:33	223
94	Vasyl	Individual	00:58:34	224
312	David Mota	Individual	00:58:40	225
194	José Ferro	BTT	00:58:42	226
415	Pedro Palrão	Individual	00:58:46	227
166	Tiago Pires	BTT	00:58:48	228
260	Bruno Machado	BTT - Equipa David Vaz	00:58:49	229
182	Nuno	BTT	00:58:51	230
162	Rui Pires	BTT	00:58:52	231
337	ANTONIO ALMEIDA	NUCLEO DESPORTIVO AUTOCOOPE	00:58:55	232
89	Carlos Casal	Individual	00:59:02	233
446	Tiago Miguel dos Santos Simões	Individual	00:59:09	234
32	António Faria	Individual	00:59:12	235
319	Jorge Manuel Guerreiro Pires	Life Winner Team	00:59:20	236
247	Ivo Rodrigues	Individual	00:59:25	237
219	Joao Leitao	Individual	00:59:56	238
223	Henrique Costa	Individual	00:59:57	239
405	Vitor Pereira	Cofina Runners	01:00:26	240
154	Tiago Soares	CNS 10km	01:00:59	241
73	Tomás Mendonça	CapenaFirme	01:01:20	242
119	José Artur Barreiros	Individual	01:01:31	243
115	João Farinha	Golfinhos	01:01:47	244
118	João Faria	Individual	01:02:09	245
7	SAMUEL RAMOS	Individual	01:02:35	246
301	luigi rossi	Individual	01:02:50	247
417	Paulo Alves	Individual	01:03:10	248
324	Tiago Esteves Fernandes	Mind Source Runners	01:04:05	249
178	João F.	BTT	01:04:06	250
385	Luís Miguel Branco de Miranda	Individual	01:04:28	251
190	José Pimentel	BTT	01:04:55	252
104	André	Individual	01:04:57	253
216	Tiago Nascimento	WonderCouple	01:05:08	254
338	JOÃO CALDAS	NUCLEO DESPORTIVO AUTOCOOPE	01:05:14	255
230	SCARLATO POD.CASORIA	Individual	01:05:29	256
195	Pedro Batista	BTT	01:05:35	257
197	Tiago Principe	BTT	01:05:41	258
151	Orlando Sousa	Individual	01:05:43	259
22	Pedro Costa	CCD Siemens	01:07:09	260
423	ANTÓNIO VIDAS	Individual	01:07:39	261
318	António Manuel Moleiro Santos	Life Winner Team	01:09:24	262
235	André Lopes	CaixaSlow	01:09:39	263
416	Luís Lagarto	Individual	01:09:54	264
365	Luis Guilherme Sousa de Oliveira	Individual	01:10:31	265
196	Mário Principe	BTT	01:11:17	266

340	Abel Alexandre Dourado da Silva	Individual	01:11:26	267
15	MÁRIO PIRES	Individual	01:12:11	268
2	Johnny thomassen	Individual	01:12:30	269
262	Duarte Abrantes	BTT - Equipa David Vaz	01:12:37	270
74	Luis Lavrador	Individual	01:13:40	271
46	MARCELLO ALBUQUERQUE	Individual	01:13:48	272
45	DOUGLAS ALBUQUERQUE	Individual	01:13:48	273
455	Miguel Filipe Nunes	Individual	01:14:08	274
288	CARLOS FAIAS	Individual	01:20:33	275
287	FERNANDO MARQUES	Individual	01:23:48	276

7 KMS FEMININOS

Dorsal	Atleta	Clube	TEMPO	CASSIFICAÇÃO
1594	Sónia Cardoso	Individual	00:33:55	1
1557	Bea Carreira	BTT	00:34:11	2
3510	Teresa Maria Caires Gomes da Silva	Individual	00:34:18	3
1564	Catarina Duarte	BTT	00:34:44	4
3532	Maria do Céu Leite da Silva	Running For My Life	00:35:10	5
3531	Beatriz Cristina Martins	Running For My Life	00:35:11	6
1591	Catarina Carvalheiro	ROTAFLOW - CARDIOTORACICA	00:35:15	7
1584	Marília Pires	Individual	00:35:48	8
1621	Inês Lourenço	Individual	00:36:12	9
1618	Lia Neto	BTT	00:36:43	10
1585	Inês Pires	Individual	00:37:45	11
3540	Filipa Chaves Lopes da Silva	Individual	00:38:15	12
3519	Sara Isabel Abreu Alves	Individual	00:38:53	13
1542	Joana Gomes	Individual	00:39:03	14
1570	Alexandra Patriarca	CNS 7km	00:39:30	15
1553	Filipa Caines	Individual	00:39:41	16
1600	Anna	BTT	00:39:45	17
1536	Sofia Mendes	Individual	00:40:08	18
1569	Susana Dias	CNS 7km	00:40:16	19
1568	Helena Santos	CNS 7km	00:40:16	20
1539	Filipa Pinto	Individual	00:40:20	21
1538	Laura Castro	Individual	00:40:20	22
3513	Ines Oliveira	Individual	00:40:25	23
1554	Banza	Individual	00:40:47	24
1529	Catarina Silva	Individual	00:40:49	25
1504	Ana Grilo	Individual	00:41:01	26
1573	Cristina Sales	BTT	00:41:30	27
1606	RAQUEL MOLEIRO	BTT - Equipa David Vaz	00:41:44	28
1549	Inês Carolino	Claramente	00:41:51	29
1525	Susana Gomes	Individual	00:42:00	30
1551	Beatriz Faria	Individual	00:42:20	31
1593	Mary Millicent	Individual	00:42:31	32
3528	Inês Catarina Conceição Gonçalves	Individual	00:42:33	33
1631	Sonia Pinto	BEIRUN	00:42:48	34
1602	Rita Nogueira	Individual	00:42:58	35
1527	Carla Fonseca	Capenafirme	00:43:10	36
1520	Rita Almeida	Individual	00:43:19	37
3507	MARIA MANUEL FERREIRA NEVES DOS SANTOS	BTT	00:43:22	38
3567	VERA LUCIA BRITO LOPES	Individual	00:43:27	39
3533	Ana-Alice Simões Pereira	Individual	00:43:33	40

1530	Cláudia Silva	Individual	00:43:34	41
3502	Joana Horta Fernandes	Mind Source Runners II	00:43:45	42
3505	Patrícia Sofia Soares Diniz Pinto	Mind Source Runners II	00:43:46	43
3539	Ana Filipa Lourenço	Individual	00:43:47	44
1560	Ana Cristina	BTT	00:43:49	45
3564	Madalena Pires Trindade Alexandre	Pequenotas	00:43:51	46
3563	Leonor Maria Gomes Proença Reis Figueira	Pequenotas	00:43:51	47
3543	Joana tavares	Individual	00:43:55	48
1617	BARBARA MIRAGAIA	Individual	00:44:06	49
1505	Aline Almeida	Individual	00:44:10	50
1509	Silvia Dias	Individual	00:44:23	51
1558	Sancha Pereira	Individual	00:44:24	52
1532	Joana Tavares	Individual	00:44:39	53
1613	Silvia Alves	Individual	00:44:53	54
1637	Marilena Simoes	Individual	00:44:56	55
1559	Joana Fonseca	BTT	00:44:59	56
1612	Margarida Almeida	Individual	00:45:11	57
1620	Carla Lima	BTT	00:45:44	58
1544	Sónia Barreira	BTT	00:45:44	59
1619	Sofia Barreira	BTT	00:45:44	60
1608	Maria Cunha	Individual	00:45:59	61
1567	Ana Félix	BTT	00:46:16	62
1588	Margarida Morais	Individual	00:46:21	63
3560	Ana Rita do Rosário Teixeira	Individual	00:46:28	64
3548	ANA CATARINA DUARTE PEREIRA BATISTA	BTT	00:46:41	65
1575	MARIA ALVES	Individual	00:47:31	66
1562	Liliana Abreu	BTT	00:47:33	67
1508	Evguenia Bekman	BTT	00:47:35	68
1523	Rita M.Netto	Individual	00:48:01	69
1550	Marta Reis	Claramente	00:48:23	70
1577	Maria Penas	Individual	00:49:01	71
1583	Rita Nunes	Individual	00:49:02	72
3558	Alexandra Rosa	Probably Gonna Walk Most Of It	00:49:07	73
1526	Susana Silva	Capenafirme	00:49:27	74
1528	Sara Dias	Capenafirme	00:49:27	75
3561	Andrea de Almeida Pereira	FreeWifi Solutions	00:49:36	76
1623	Lina	Individual	00:49:38	77
1616	Sara Mahomed	Individual	00:49:39	78
3559	Cláudia Sacramento	Probably Gonna Walk Most Of It	00:50:05	79
1512	Rita Cardoso	Individual	00:50:23	80
3518	LAURA MONTEIRO SANTOS LOUÇÃO	LOUÇÃO	00:50:44	81
3508	Clarisse Sofia Ramos Guerreiro	BTT	00:51:29	82
3509	Ancuta Mihaela Cotoz	BTT	00:51:30	83
1628	Mafalda Ventura	Individual	00:52:12	84
1565	Nora	BTT	00:52:48	85
1574	Isabel Ponte	Individual	00:54:04	86
1503	MARGARIDA FONSECA	Individual	00:56:23	87
3504	Teresa Margarida da Ponte Rodrigues Pereira	Mind Source Runners II	00:56:24	88
1604	Ana Morais	Individual	00:56:55	89
1610	Maná Abdouni	Individual	00:57:05	90
1533	Joana Manique	Individual	00:58:47	91
172	Filipa Oliveira	BTT	01:28:32	92

7 kms MASCULINOS

Dorsal	Atleta	Clube	TEMPO	CLASSIFICAÇÃO
1513	Duarte Brito	NAZ Abóboda	00:23:59	1
1634	Sir Francisco	Www.estabil.pt	00:24:15	2
1514	José Brito	NAZ Abóboda	00:24:20	3
1586	NATANAEL GUERREIRO	Individual	00:24:39	4
1596	Lourenço Moniz	Individual	00:30:18	5
3514	Gonçalo Nuno Freitas Batista	Individual	00:30:40	6
1516	Diogo Nóbrega	Individual	00:31:03	7
1548	PONCHO	Individual	00:31:38	8
1546	SISCOG BC	SISCOG	00:31:47	9
3555	ricardo jorge pinto nicolau	Mind Source Runners II	00:32:00	10
3546	Bruno Miguel Duarte Amaro	Individual	00:32:42	11
1581	Lucas Manuel	Individual	00:32:45	12
3527	João Martins	BTT - Equipa David Vaz	00:33:19	13
3526	António Vaz Pedro	BTT - Equipa David Vaz	00:33:20	14
3530	João Pinto Mourão Rodrigues	Individual	00:33:30	15
1587	José Pedro Morais	Individual	00:33:30	16
1607	FERNANDO MANUEL	BTT - Equipa David Vaz	00:33:54	17
1556	Bertolino	FDUL	00:33:57	18
3565	José António Jacinto Rodrigues	Individual	00:34:02	19
1601	Sérgio Vilela	Individual	00:34:07	20
1636	Nuno Alves	Individual	00:34:18	21
1590	Hugo Duarte	ROTAFLOW - CARDIOTORACICA	00:35:14	22
3552	João Carlos Marques Tavares	MdM - Médicos do Mundo	00:36:03	23
1534	Miguel Henriques	Individual	00:36:31	24
1518	João Marques	Individual	00:36:53	25
1524	Henrique Vilhena	Individual	00:37:54	26
3535	Henrique Gairifo Manuel	Individual	00:37:54	27
1611	Pedro Cardo	Individual	00:37:56	28
1517	CORREIA FERNANDO	Individual	00:38:03	29
3529	Hugo Correia Lopes	Individual	00:38:06	30
3541	Luis Manuel Vilela Vaz Pereira	Individual	00:38:12	31
1603	Francisco Martinho	Individual	00:38:16	32
1547	André	Individual	00:38:53	33
3554	Joel Filipe Dias Francisco	Mind Source Runners II	00:38:56	34
3566	João Grave Silvestre	BTT	00:39:21	35
1635	Gabriel Nogueira	Individual	00:39:24	36
1552	João Antunes	Individual	00:39:36	37
1535	Gonçalo Vilelas	Individual	00:39:49	38
3516	Leonardo Costa	Associação Jorge Pina	00:39:52	39
3562	Ricardo Novaes Ferreira	FreeWifi Solutions	00:40:09	40
1615	Luis Abreu	Individual	00:41:31	41
3501	Sebastião da Gama Castanheira Martins	Individual	00:41:46	42
1540	Alexandre Ferreira	Claramente	00:41:52	43
1531	Francisco Silva	Individual	00:41:59	44
1597	Rui Osório	Pais 21 - Down Portugal	00:42:13	45
1578	David Alexandre	Individual	00:42:18	46
3534	José António Martins Tavares	Individual	00:42:23	47
1580	Pedro Alexandre	Individual	00:43:16	48
3544	Jose gato	Individual	00:43:55	49
1510	Gonçalo Ribeiro	Individual	00:45:18	50
3553	Alfredo Pereira Duarte	MdM - Médicos do Mundo	00:46:00	51
3537	Maurício Antunes	Individual	00:46:34	52

3549	FRANCISCO LEAL ROCHA	BTT	00:46:41	53
1541	Alberto Lixa	Individual	00:47:09	54
1522	José Costa	Individual	00:48:01	55
1511	Carlos Cardoso	Individual	00:48:05	56
1572	Joaquim Ferreira	CNS 7km	00:48:52	57
3520	Afonso Raposo	Probably Gonna Walk Most Of It	00:49:06	58
3517	NUNO MIGUEL RAMOS LOUÇÃO	LOUÇÃO	00:50:43	59
3511	André João Plácido Cabral	Individual	00:51:36	60
1633	António Monzelo	Individual	00:52:10	61
1605	Nuno Mendes	Individual	00:56:55	62
1609	Luiz Abdouni	Individual	00:57:05	63
1545	SISCOG RCC	SISCOG	00:57:41	64
3506	Carlos Miguel Pires de Almeida	Mind Source Runners II	00:57:51	65
1563	Luís Pimenta	BTT	00:59:09	66
1561	Manuel Castro	BTT	00:59:09	67
1614	HIPÓLITO REIS	BTT	01:04:35	68
5	Amílcar Santiago	Individual	01:07:46	69
108	JORGE INÁCIO	Individual	01:22:57	70