

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
1	3	Sandra Teixeira	Sporting Clube Portugal	00:17:02	00:17:00
2	1	Raquel Trabuco	Clube Elvense de Natacao	00:17:12	00:17:10
3	5	Vera Monica Santos Nunes	Sport Lisboa e Benfica	00:17:26	00:17:24
4	4	Jessica Matos	Juventude Vidigalense	00:18:30	00:18:27
5	6	Liliana Alexandre	Sporting Clube Portugal	00:19:01	00:18:55
6	8	Kcenia Vladimirovna Bougrova	Valejas Atletico Clube	00:19:10	00:19:09
7	7	Lucilia Soares	Sport Lisboa e Benfica	00:19:16	00:19:15
8	488	Sofia Marmelo	Clube de Atletismo de Ferreira do Zêzere	00:20:26	00:19:44
9	348	Alexandra Mayer Caldas Portela	Individual	00:20:44	00:20:02
10	10	Sonia Sousa	Sport Lisboa e Benfica	00:20:50	00:20:09
11	36	Cátia Sofia Nascimento	Individual	00:21:38	00:20:53
12	15	Ana Casteleiro	Individual	00:21:47	00:21:05
13	176	Raquel Farrajota Coelho Dourado	Individual	00:21:51	00:21:09
14	133	Marta Isabel dos Santos Anselmo	Individual	00:22:50	00:22:45
15	395	Nathalie Busk	ITEN	00:23:13	00:22:30
16	19	Claudia Romao	A Minha Corrida	00:23:30	00:22:48
17	426	Alfreda Maria Dimas Rocha	Individual	00:23:38	00:22:53
18	364	Vânia Maria Rocha Gomes	Individual	00:24:26	00:23:33
19	334	Salome Santos	Individual	00:24:37	00:23:54
20	39	Ana Mota	Individual	00:24:52	00:24:49
21	257	Tânia Filipe Freitas Azevedo	Individual	00:25:02	00:24:20
22	135	vania isabel de oliveir ferreira	Individual	00:25:09	00:24:24
23	161	Sonia Maria Cardoso Figueiredo	Individual	00:25:14	00:24:25
24	177	Sandra Castanheira Lopes	Individual	00:25:23	00:24:40
25	170	Joana Santenico	Capgemini Run Team	00:25:25	00:25:25
26	459	Sandra Maria Ferreira da Costa Triaes	MTV	00:25:33	00:24:50
27	361	Altina Rodrigues da Fonseca Cravid Gaspar	Individual	00:25:45	00:24:57
28	174	Melissa Farrajota Coelho Dourado	Individual	00:25:48	00:25:44
29	243	Sandra Maria Cruz	Individual	00:25:55	00:25:12
30	71	Paula Cristina Correia Coelho-da-Silva	Individual	00:26:05	00:25:11
31	159	Teresa Manuela Correia de Paiva	Individual	00:26:07	00:25:24
32	433	Marlene jardim de oliveira	Individual	00:26:10	00:25:27
33	250	Sónia Isabel Guisado Maurício	Individual	00:26:21	00:25:27
34	218	Ana Rita Raposo Duarte	Individual	00:26:31	00:25:42
35	146	Eva Isabel Lebreiro Costa	Individual	00:26:34	00:25:46
36	386	Szabina Huttner	Team Cisco Systems Portugal - Runners of Everything	00:26:36	00:26:36
37	374	catarina correia		00:26:38	00:25:53
38	216	Vanda Murteira	Individual	00:26:41	00:25:53
39	347	Rita Vasconcelos Marques	Individual	00:26:42	00:25:57
40	129	Cecília Paula Silva oliveira	Individual	00:26:52	00:26:09
41	155	mena maria fernandes alexandre	Individual	00:26:53	00:26:51
42	330	Ana Cristina Delgado Mendes	Individual	00:26:54	00:26:03
43	312	Joana Ferreira	As Rolhas	00:26:55	00:26:01
44	235	Ana Filipa Duarte Dinis Borges	Individual	00:27:04	00:26:16
45	194	Elisabete Teixeira	Oeiras Sport Clube	00:27:06	00:27:06

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
46	436	Ana Sofia Ambrósio	Ambrósio	00:27:15	00:26:32
47	377	Ana Vasconcelos Machado Faneca	Individual	00:27:17	00:27:11
48	89	Tânia Sofia Cândida Carvalho	Individual	00:27:20	00:26:30
49	404	Ana Paula dos Santos Silvas	Individual	00:27:31	00:27:24
50	511	Élia Maria Ventura Pedro Roque	Individual	00:27:34	00:26:45
51	208	Teresa Raquel de Oliveira Afonso	Individual	00:27:34	00:26:35
52	327	Ana Amorim Silva	Individual	00:27:36	00:27:36
53	11	Claudia Michele Vaz Correia	Dom Pedro Palace	00:27:37	00:26:48
54	137	Maria Teresa Teixeira	Individual	00:27:37	00:26:44
55	228	Rita Frasquilho	Individual	00:27:39	00:26:51
56	154	Ana Soraia Lebreiro Costa	Individual	00:27:41	00:26:53
57	12	Claudia Maria Serpa Garcia	CML	00:27:44	00:27:32
58	13	Claudia Sofia Pereira Mendes Gomes	CML	00:27:44	00:26:52
59	195	Filipa Teixeira	Oeiras Sport Clube	00:27:47	00:26:50
60	375	alexandra correia		00:27:48	00:27:03
61	14	Susana Isabel Santos	CML	00:27:55	00:27:03
62	43	Rafaela Ferreira do Norte	Individual	00:27:57	00:27:57
63	463	Mafalda	MTV	00:27:58	00:27:13
64	142	Rosa Fernandes	FF Forever	00:28:01	00:27:10
65	120	Sílvia Guedes Soares	Individual	00:28:02	00:28:02
66	74	Vânia Suzana de Sousa Rwezaura	Individual	00:28:02	00:27:56
67	121	Maria Madalena Raio Costa Ribeiro	Individual	00:28:02	00:27:18
68	132	Ana Catarina dos Santos Rebelo	Individual	00:28:04	00:27:16
69	180	Sandra Amélia Pereira Teixeira	Individual	00:28:05	00:27:21
70	175	Maria Luísa Gomes Farrajota Dourado	Individual	00:28:07	00:27:23
71	500	Ana Monteiro	CACAROLA	00:28:08	00:27:53
72	295	Isabel Maria Morais Gonçalves Bué	Individual	00:28:09	00:27:25
73	22	Sílvia Cristina Antunes Simões Baptista	Individual	00:28:10	00:27:25
74	489	Sandra Cristina Ferreira Seco	Individual	00:28:11	00:27:29
75	223	adriana	Individual	00:28:12	00:27:14
76	173	Sara Huberty Nogueira Ramos	Individual	00:28:14	00:27:25
77	111	Sara Valadares	Individual	00:28:21	00:27:24
78	110	Junia Anacleto	Individual	00:28:22	00:27:25
79	246	Ines Almeida Gomes	Individual	00:28:25	00:27:29
80	47	Catarina de Almeida Adegas Antunes Ferreira	Individual	00:28:34	00:27:49
81	32	Maria de Lurdes Alves	Individual	00:28:36	00:27:50
82	48	Inês Cardoso de Matos Themudo Barata	Individual	00:28:36	00:27:51
83	118	VERA BAROSA BOTELHO NOBRE LEITÃO LOPO DE CARVALHO	Individual	00:28:42	00:28:42
84	532	Valeria Auton	Individual	00:28:43	00:28:41
85	26	Ana Isabel Marques	Individual	00:28:43	00:27:57
86	217	Anabela Gonçalves Carrilho Valente	Individual	00:28:44	00:28:29
87	403	Maria Elisabete Tomás de Carvalho Santos	Individual	00:28:47	00:28:00
88	242	Ines Lima Cardoso	Individual	00:28:51	00:28:03
89	474	diane detollenaere		00:28:52	00:28:00
90	167	Debora Marina Alexandre Baptista	Individual	00:28:54	00:28:10

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
91	21	Meagan Louise Carty	Individual	00:28:56	00:28:06
92	141	Sónia Melo	FF Forever	00:29:00	00:28:09
93	143	Ana Margarida Torres Correia Barreiras	Individual	00:29:02	00:28:05
94	134	Barbara Perestrello Paixão Palma Miranda	Individual	00:29:09	00:28:13
95	451	Maria Magro	Karatecas	00:29:18	00:28:21
96	419	Carla Ribeiro Tavares	Individual	00:29:21	00:29:21
97	343	Maria Glória Teixeira Amaral Vieira		00:29:22	00:29:19
98	116	Catarina Nicho	Os Galgos	00:29:23	00:28:37
99	508	Laura Maria Lampreia Mateus	Individual	00:29:25	00:28:41
100	333	Sandra Cristina da Conceição Antunes	Individual	00:29:26	00:29:07
101	313	Jessica Goncalves	As Rolhas	00:29:27	00:29:12
102	469	Ana Rita Dinis	MTV	00:29:28	00:28:41
103	86	Patrícia Isabel Gomes Alves	Individual	00:29:35	00:29:35
104	470	Maria Odete de Jesus Augusto da Rosa	Individual	00:29:35	00:28:53
105	378	Ana Rute silva	Individual	00:29:36	00:28:45
106	92	Patrícia Carla Perestrello Paixão Palma Miranda	Individual	00:29:37	00:28:40
107	277	Maria João Cabaço	Individual	00:29:40	00:29:40
108	302	Ana Mafalda P. C. Cunha	Minions	00:29:44	00:28:58
109	402	Joana Roque		00:29:48	00:29:35
110	287	Beatriz Gata Teixeira da Silva	Individual	00:29:50	00:28:57
111	62	ROSA MARIA FALARDO	Individual	00:29:50	00:29:05
112	448	Cristina Pereira	GRUPO REMAX VANTAGEM	00:29:53	00:29:42
113	199	Andreia Lopes	Mânfias Team	00:29:55	00:29:43
114	522	Cristina Gomez Serrate	Individual	00:29:58	00:29:15
115	256	Patrícia Helena Marcelo Gaspar Marques Costal	Individual	00:29:58	00:29:14
116	31	Ana Rita Clemente Ferrito	Individual	00:29:59	00:29:17
117	168	Inês Ferreira de Brito	Individual	00:30:01	00:30:01
118	67	Paula Isabel Marques Nogueira	Individual	00:30:04	00:29:04
119	379	Cátia Marisa secundino	Individual	00:30:06	00:29:15
120	50	Joana Sofia Fernandes Barata Oliveira	Individual	00:30:06	00:29:22
121	126	MARTA SOFIA JESUS CORREIA GRIFO	CLUBE MILLENNIUM BCP	00:30:09	00:29:20
122	480	Inês Farinha Resende	Individual	00:30:09	00:29:21
123	360	Vanessa Andreia da Silva Pereira	Individual	00:30:12	00:29:23
124	269	Joana Silva	Dúzia	00:30:12	00:30:02
125	28	Isabel Maria Sobreda Barbieri Cardoso	Individual	00:30:13	00:29:20
126	68	maria joao fernandes simoes	Individual	00:30:13	00:29:29
127	240	Maria Luís Marques dos Santos	Individual	00:30:14	00:29:18
128	212	Maria José Camacho das Neves Rodrigues Mira	Individual	00:30:17	00:29:29
129	391	Ana Filipa Ledo Fernandes Garrido de Figueiredo	Individual	00:30:18	00:30:18
130	493	Maria Genoveva Guerra	LABCO	00:30:19	00:29:22
131	452	Isabel Santos	Karatecas	00:30:19	00:29:22
132	131	Teresa Alves	Individual	00:30:19	00:29:19
133	322	Ana Rita Saldanha	Individual	00:30:22	00:30:02
134	148	Diana Mendes		00:30:25	00:30:25
135	336	Ondina Teodoro	Individual	00:30:32	00:29:31

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
136	45	ISABEL MARIA COSTA BAPTISTA RODRIGUES	Individual	00:30:33	00:30:29
137	420	Marisa da Costa Nobre	Individual	00:30:33	00:29:35
138	109	Sara Buirá	Individual	00:30:34	00:30:34
139	303	Sara Filipa Baptista	Minions	00:30:36	00:29:50
140	33	Maria Helena Gaspar Rodrigues Bispo	Individual	00:30:38	00:29:52
141	182	Inês Ucha	Popozudas	00:30:39	00:29:38
142	185	Patrícia Oliveira	Popozudas	00:30:40	00:29:39
143	498	Luciana Ribeiro	MARY KAY	00:30:41	00:29:50
144	499	Catarina Ribeiro	MARY KAY	00:30:41	00:29:50
145	253	Madalena Teixeira de Figueiredo		00:30:45	00:30:00
146	138	Maria Fernanda Antunes Rolo de Massano Ranita Teixeira	Individual	00:30:45	00:30:45
147	70	Marta Maria Santos Miranda Sousa	Individual	00:30:45	00:29:53
148	376	Marta Cristina dos Santos Cantante	Individual	00:30:46	00:30:46
149	20	Maria Gordo	Centro de Marcha e Corrida do Jamor	00:30:47	00:30:05
150	75	Maria Helena Alexandre	Individual	00:30:52	00:30:08
151	35	Luisa Maria Ribeiro Falé da Costa	Individual	00:30:55	00:30:03
152	472	Mafalda Dias Pinheiro	Sis	00:30:56	00:30:06
153	471	Teresa Fortunato	Sis	00:30:56	00:30:46
154	456	Joana Nicolau Tordo	AXA Coracoes em Acao	00:31:00	00:30:05
155	457	Ines Isabel dos Santos Cardoso	AXA Coracoes em Acao	00:31:00	00:31:00
156	248	Ana Seijo Pinto de Almeida Miranda	Individual	00:31:01	00:30:07
157	44	Maria Joao Pinto Monteiro Alves	Individual	00:31:01	00:30:11
158	325	GLÓRIA MARIA SOUSA LOPES MARCELINO HENRIQUES	Individual	00:31:01	00:31:01
159	113	Susana Costa Ramalho	Individual	00:31:02	00:30:13
160	165	Sandra margarida Luis Cruz Guerreiro	Individual	00:31:06	00:29:46
161	397	Susana Patricia Dinis das Neves Valente Nunes	ITEN	00:31:07	00:30:14
162	332	PAULA CRISTINA BARATA LEÃO	Individual	00:31:08	00:31:08
163	38	Linda de Jesus Arsénio Lavado Ribeiro	Individual	00:31:09	00:30:09
164	222	natacha manuela salgueiro custodio	Individual	00:31:10	00:30:50
165	385	Claudia Cascais	Team Cisco Systems Portugal - Runners of Everything	00:31:12	00:29:02
166	281	Ana Catarina Cunha	InnoWave Technologies	00:31:13	00:30:23
167	497	Marta Sofia da Silva Ribeiro	Individual	00:31:15	00:31:15
168	449	Catarina Filipa Atalaia Martins	Individual	00:31:16	00:30:25
169	112	Maria Lúcia da Silva Oliveira Carvalho	Individual	00:31:17	00:30:30
170	149	Mariana Rebocho		00:31:19	00:31:17
171	249	Carla Marisa Branco Santa Bárbara Teixeira	Individual	00:31:20	00:30:26
172	394	Inês Maria Simões Palmela	Individual	00:31:21	00:30:26
173	224	MARIA TERESA MARTINS ADAGÓI	Individual	00:31:22	00:30:39
174	241	Dina Maria Santos Lima Cardoso	Individual	00:31:23	00:30:35
175	356	VANDA RAFAEL	RUNNERS	00:31:25	00:30:28
176	534	Berta Matos	Individual	00:31:25	00:30:31
177	355	SOFIA VAZ	RUNNERS	00:31:27	00:30:30
178	91	Nídia Silva	Individual	00:31:30	00:30:48
179	117	Marisa Gonçalves	Os Galgos	00:31:30	00:30:44
180	65	Mónica Lopes Graça	Individual	00:31:31	00:30:44

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
181	455	Bárbara Calado	Migas	00:31:34	00:30:43
182	454	Joana Lopes	Migas	00:31:34	00:30:43
183	37	Ana-Alice Simões Pereira	Individual	00:31:35	00:30:49
184	351	carla Alexandra F.Moura	Individual	00:31:38	00:31:38
185	523	Blanca Gallego	Individual	00:31:39	00:30:54
186	482	CARINA ANDREIA FARMHOUSE TORRES BRIZIDA	Dom Pedro Palace	00:31:39	00:30:49
187	481	Ana Filipa Paes	Individual	00:31:40	00:31:32
188	123	Sara Ezequiel Gomes Godinho Maurício	Individual	00:31:40	00:30:48
189	232	Sandra Cristina Fialho Casadinho Braga	Individual	00:31:42	00:30:52
190	387	Dilcia Colmenares	Team Cisco Systems Portugal - Runners of Everything	00:31:43	00:31:43
191	23	Rosa Maria Brandão Gameiro	Individual	00:31:46	00:30:59
192	279	Inês Mendea Paulo	MP	00:31:49	00:30:56
193	227	Ana Luísa Gonçalves do Nascimento Sousa	Individual	00:31:53	00:31:06
194	58	Alejandra Valdez Lopez	Individual	00:31:55	00:30:58
195	60	LEONOR AZEVEDO	Individual	00:31:57	00:31:47
196	25	Sofia Alexandra Batista Ruivo Fernandes	Individual	00:32:03	00:31:16
197	90	Adriana Rodrigues Cabral	Individual	00:32:06	00:31:55
198	440	Annie Dyne	Individual	00:32:07	00:30:30
199	306	CARLA CATARINA GOUVEIA DOS ANJOS GUILHERME	Individual	00:32:08	00:31:59
200	192	Ana Júlia Passos de Amorim	Individual	00:32:14	00:31:27
201	94	Tânia Isabel Triguinho	Individual	00:32:19	00:31:30
202	504	Ana Isabel Dias	Individual	00:32:23	00:31:28
203	350	Vânia Alexandra Sabina Muge	Individual	00:32:26	00:32:26
204	280	Maria Eugénia lopes	Individual	00:32:27	00:31:42
205	190	Renata Felix	costa team	00:32:27	00:32:27
206	189	Luciana Climaco Chaves Martins	costa team	00:32:27	00:32:27
207	460	Natalia Monteiro de Sousa Henriques	MTV	00:32:27	00:31:28
208	506	Susana Patricia Martinho do Carmo	Individual	00:32:28	00:32:08
209	417	Sofia Florindo	Individual	00:32:29	00:31:45
210	435	MARIA INES PERDIGÃO MORAIS DA LUZ	Individual	00:32:29	00:31:45
211	502	Marta Francisco Ramires	Individual	00:32:39	00:31:43
212	152	JOSILAINE DIAS VIRMIEIRO DE CARVALHO	Individual	00:32:40	00:31:44
213	362	mafalda pereira farinha	Individual	00:32:41	00:31:58
214	521	Maria Jesus Ara	Individual	00:32:42	00:32:38
215	276	MANUELA JANICAS	Individual	00:32:45	00:32:45
216	464	Patricia Torres	MTV	00:32:45	00:31:59
217	462	Carla Leitao	MTV	00:32:45	00:31:59
218	85	Ana Paula dos Santos Sousa Coimbra	Individual	00:32:46	00:32:03
219	369	Simone Lackner	Individual	00:32:46	00:31:51
220	297	Sabrina Lima Colussi Nascimento	Individual	00:32:47	00:32:43
221	122	Ana Cristina Rodrigues Nogueira de Sousa Pedrógão	Individual	00:32:51	00:32:51
222	41	Natalia Lopes	Individual	00:32:52	00:31:58
223	87	Cátia Rodrigues	Not Fast But Fabulous	00:32:56	00:32:08
224	88	Sérgia Lemos	Not Fast But Fabulous	00:32:57	00:32:09
225	214	Carla Maria Chrystello	Individual	00:32:59	00:32:59

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
226	61	JOANA EZEQUIEL GOMES GODINHO MAURICIO	Individual	00:33:00	00:32:08
227	301	Berta Alexandra Rodrigues Alves	Individual	00:33:01	00:32:13
228	193	paula alexandra matos silva	Individual	00:33:04	00:32:19
229	434	crisrina isabel pais de sousa ferreira	Individual	00:33:09	00:33:02
230	344	Eduarda Teixeira Amaral		00:33:10	00:33:07
231	401	Ana Maria Almeida		00:33:11	00:32:18
232	271	Célia Maria Silva Cunha Figueiredo	Individual	00:33:12	00:32:19
233	40	Sandra Cristina de Sousa Andrade	Individual	00:33:13	00:32:26
234	305	Mariana Salas Monteiro Silva	Individual	00:33:14	00:32:31
235	450	Joana Raquel Atalaia Martins	Individual	00:33:14	00:33:14
236	335	SUSANA ISABEL PINTO DE ALMEIDA MESQUITA	Individual	00:33:17	00:32:28
237	292	Teresa Maria Bento Poeiras Mesquita	Individual	00:33:18	00:32:29
238	384	Pauliina NÄppilÄä	Individual	00:33:19	00:31:42
239	307	Cristina Maria Oliveira Ferreira	Individual	00:33:20	00:32:25
240	487	Sandra Dalila Jorge Sereno	Individual	00:33:21	00:33:21
241	150	Joana Costa		00:33:22	00:33:22
242	365	Marta Palhim	Individual	00:33:24	00:32:34
243	96	maria madalena mendes garro ferreira da cunha	Individual	00:33:24	00:32:37
244	485	Claudia Sofia Freire Rodrigues	Vencedores Mcvities	00:33:28	00:32:31
245	207	Carla Isabel Ferreira Pereira	Individual	00:33:29	00:33:14
246	467	Carla Vieira	MTV	00:33:30	00:32:30
247	466	Micaela Lizardo	MTV	00:33:30	00:33:10
248	304	Filipa Correia	Minions	00:33:31	00:33:25
249	136	Maria Isabel Serras Moucho	Individual	00:33:31	00:32:48
250	231	Débora Raquel Sousa Simões	Individual	00:33:33	00:32:43
251	399	Rosa Maria Jesus Alves Miranda Reis	Individual	00:33:39	00:32:57
252	233	Carla Sofia Damas Morais	Individual	00:33:40	00:33:24
253	209	Dina Isabel Ferreira Paulino	Individual	00:33:41	00:33:41
254	119	Maria do Carmo Sá Teles de Araujo Rolo	Individual	00:33:42	00:33:42
255	108	Beatriz Sécio		00:33:42	00:32:55
256	205	Sónia Isabel Neves Gomes	Individual	00:33:46	00:32:52
257	245	Celia Maria Martins Almeida	Individual	00:33:47	00:32:51
258	57	Bárbara Martins Paiva da Cunha	Individual	00:33:52	00:33:52
259	290	Maria Cristina Alves	Individual	00:33:57	00:33:00
260	160	Sandra de Fatima Barbosa Coelho Cardoso	Individual	00:33:59	00:33:07
261	505	Manuela Maria Cardoso de Oliveira	Individual	00:34:02	00:33:05
262	63	Edite Maria Correia Araújo Aires	Individual	00:34:07	00:33:07
263	438	Marta Gabriel	Ambrósio	00:34:10	00:33:27
264	244	Marie Lucette Lalaumirina	Individual	00:34:20	00:33:19
265	342	Teresa Margarida Almeida Caetano	Individual	00:34:21	00:33:29
266	274	Vanessa Codea		00:34:22	00:33:24
267	49	Joana Isabel Moreira Fonseca	Individual	00:34:22	00:33:28
268	352	Lucia Maria Porfirio Pereira Rebelo	Individual	00:34:24	00:33:26
269	273	Rita Ferreira		00:34:24	00:33:25
270	97	sandra tomé	Individual	00:34:30	00:33:43

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
271	318	Rita Bravo	Diva's Runners	00:34:30	00:33:34
272	255	Maria Alice Jorge Gomes	Individual	00:34:34	00:33:37
273	317	Filipa Loureiro	Diva's Runners	00:34:34	00:34:34
274	424	Carla Sofia	Samsung	00:34:36	00:33:46
275	425	Lúcia Ribeiro	Samsung	00:34:38	00:33:47
276	422	Helena Chinelo	Samsung	00:34:38	00:33:48
277	77	Helena Maria candeias das dores	Individual	00:34:39	00:34:39
278	197	Ana Isabel Fernandes da Silva Bento	Individual	00:34:42	00:34:42
279	206	Marina de Jesus Carvalho Guedes	Individual	00:34:42	00:34:42
280	483	CARINA SOPHIA BRITO MATEUS	Dom Pedro Palace	00:34:43	00:33:54
281	309	Joana do Espírito Santo e Silva Moreira	Individual	00:34:44	00:33:55
282	278	Ana Mendes Paulo	MP	00:34:45	00:33:52
283	107	Helena Sécio		00:34:49	00:34:42
284	437	Ana Ferreira	Ambrósio	00:34:49	00:34:06
285	533	Monica Amaral	Individual	00:35:00	00:34:12
286	272	Mariana Henriques Loureiro	Individual	00:35:00	00:34:09
287	445	Marta Marques		00:35:02	00:32:29
288	226	Ana Paula Viegas	Individual	00:35:04	00:34:51
289	213	Maria Fernanda Lopes Simões Leitão	Individual	00:35:04	00:34:21
290	380	Susana Maria Porfirio Pereira Antunes	Individual	00:35:12	00:34:14
291	201	Sandra Coelho	Mânfias Team	00:35:18	00:35:05
292	357	CARINA SILVA	RUNNERS	00:35:22	00:34:24
293	311	Carla Costa	As Rolhas	00:35:25	00:34:30
294	247	Susana Catarina Alves Ferreira	Individual	00:35:32	00:34:34
295	389	Mariana França Doria Castro Feijó		00:35:40	00:34:55
296	345	Regina Maria Pico António Rosa	Individual	00:35:42	00:34:52
297	390	Sofia Alexandra Almeida Santos		00:35:44	00:34:59
298	34	Ana Cristina Osório Santos de Albergaria e Castro	Individual	00:35:47	00:34:57
299	27	Paula Cristina Canas da Silva Costa	Individual	00:35:50	00:35:50
300	251	Cláudia Sofia Figueira de Sousa Reis	Individual	00:35:56	00:35:03
301	84	Fernanda Maria Antunes Vieira	Individual	00:35:59	00:35:15
302	188	Sara Filipa Freire Costa	costa team	00:36:00	00:35:07
303	187	Rosangela Correia De Azevedo	costa team	00:36:01	00:36:01
304	204	Karine Ramos	Individual	00:36:06	00:36:06
305	346	Catia Sofia Mendes Tavares Alexandre	Individual	00:36:06	00:35:11
306	458	Joana Andreia Figueiredo Silva	AXA Coracoes em Acao	00:36:07	00:36:07
307	156	Cristina revês pimenta	Individual	00:36:08	00:35:12
308	219	Conceição Monteiro Raposo Duarte	Individual	00:36:09	00:36:00
309	398	Carla Nunes	ITEN	00:36:19	00:36:05
310	296	Joana Lobato Pereira heitor	Individual	00:36:19	00:35:21
311	162	Filipa Inês Herculano Nogueira e Sousa	Individual	00:36:20	00:35:20
312	310	Inês Paixão Duque Vieira de Sousa Leiria	Individual	00:36:21	00:35:32
313	439	Maria Rita beija Tavares Cabral de Sousa marcos	Individual	00:36:37	00:35:39
314	468	Ana Nascimento	MTV	00:36:38	00:35:39
315	465	Marisa Raoul	MTV	00:36:38	00:35:39

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
316	291	Olimpia Antunes Leitão Almeida	Individual	00:36:41	00:35:46
317	145	Ana Cristina Hermoso Serrano	Individual	00:36:42	00:36:33
318	18	Cassia Elibia Toscani Ribeiro Angonense	Individual	00:36:48	00:36:48
319	478	Ana Campos		00:36:49	00:35:54
320	479	Ana Silva		00:36:50	00:35:54
321	441	Patrícia Alexandra Martins Fialho Dionísio	Individual	00:37:01	00:36:11
322	51	Ana rita catarino filipe	Individual	00:37:04	00:36:21
323	83	Maria Guadalupe Palma Pereira	Individual	00:37:06	00:37:03
324	237	Ana Prata Pereira	MULHOMENS	00:37:10	00:36:20
325	66	Catarina Graça Ribeiro	Individual	00:37:23	00:36:36
326	461	Ana Filipa Gamito de Oliveira Clemente	MTV	00:37:24	00:36:26
327	368	Manuela Costa		00:37:29	00:35:23
328	282	Ana Filipa Teixeira	InnoWave Technologies	00:37:31	00:36:38
329	392	Carla Sofia Cardoso Silveira Duarte	Glory Global Solutions	00:37:32	00:36:47
330	393	Filipa Duarte Yañez	Glory Global Solutions	00:37:32	00:36:47
331	320	Carolina Costa Jorge Marcos Quintino	Individual	00:37:37	00:37:25
332	373	Diana Filip	Shewolf	00:37:38	00:36:39
333	396	Ana Cristina Sousa	ITEN	00:37:38	00:35:01
334	139	Sandra Tinoco	FF Forever	00:37:39	00:36:47
335	503	Laura Marti	Individual	00:37:40	00:36:03
336	289	Ana Cristina Prata	Individual	00:38:00	00:37:17
337	473	martelle bertens		00:38:09	00:37:17
338	196	Merícia Correia Pereira	Individual	00:38:14	00:37:27
339	328	eufrasina da silva alves lima	Individual	00:38:19	00:37:24
340	366	Sonia Batista		00:38:21	00:35:48
341	238	Carla Costa Pereira	MULHOMENS	00:38:27	00:37:37
342	81	Carmen Helena Pereira Batista Nogueira	Individual	00:38:34	00:37:41
343	476	Helena Pires	Individual	00:38:40	00:37:52
344	509	Jennifer Remmer	Individual	00:38:44	00:37:57
345	202	Vera Sousa	Mãnfiás Team	00:38:45	00:37:54
346	358	Maria Paula Fernandes Cabral	Individual	00:38:55	00:38:37
347	359	Maria do Carmo Mendes Gonçalves	Individual	00:38:56	00:38:56
348	514	Fernanda Piana Santos Lima de Oliveira	Individual	00:39:04	00:38:41
349	147	Mirlene Nataly Lima Santos Cruz	Individual	00:39:05	00:39:05
350	512	HELENA FERREIRA	Individual	00:39:08	00:38:18
351	24	Ana Márcia Rijo Vieira	Individual	00:39:10	00:38:10
352	453	Elisabete Antonio	Karatecas	00:39:13	00:38:56
353	294	Madalena Monteiro Felício	Individual	00:39:30	00:39:30
354	283	Cátia Lima	InnoWave Technologies	00:39:31	00:38:38
355	324	Lucinda Lopes Henriques	Individual	00:39:34	00:38:51
356	229	Isabel Rosa		00:39:35	00:35:38
357	225	Susana Gonçalves Viegas	Individual	00:39:46	00:38:52
358	103	olimpia Felix	Individual	00:39:53	00:38:54
359	353	EDITE SILVA	Individual	00:39:58	00:39:12
360	491	Patricia Alexandre Duarte Ramos	LABCO	00:40:04	00:39:45

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
361	260	Carla Rodrigues	Dúzia	00:40:06	00:40:06
362	230	Sandra Rosa		00:40:18	00:36:21
363	140	Tânia Trindade	FF Forever	00:40:27	00:40:15
364	494	Ana Isabel Baia de Matos	Individual	00:40:30	00:39:46
365	95	Marisa Accioly	Individual	00:40:33	00:39:31
366	447	Susana dos Santos Martins	Individual	00:40:54	00:31:55
367	496	Cátia Martins		00:40:56	00:40:09
368	495	Joana Martins		00:40:57	00:40:09
369	172	Graciete Berta de Sousa Nobre	Individual	00:41:00	00:40:10
370	370	Mónica Sofia Grangeia Pinto Torga	Individual	00:41:04	00:41:04
371	78	Rita Margarida das Neves Augusto da Silva Marques	Individual	00:42:01	00:41:53
372	315	Maria da Conceição de Souza Sobrinho	Individual	00:43:33	00:42:39
373	314	Isabelle Le Gué	Individual	00:43:33	00:42:39
374	331	Leila Maria Caldeira	Individual	00:44:17	00:43:24
375	418	Ana Francisca Afonso Antonio	Individual	00:44:38	00:37:10
376	270	Paula Venerando	Individual	00:45:33	00:38:40
377	367	Maria Emilia Batista		00:45:33	00:41:47
378	444	Dora Lopes		00:46:05	00:46:05
379	203	Amelia Gasch	Individual	00:46:22	00:42:20
380	144	Maria do Mar Hermoso Serrano	Individual	00:47:02	00:46:13
381	372	Sofia Inácio	Shewolf	00:47:29	00:46:28
382	262	Paula Cardoso	Dúzia	00:47:30	00:47:30
383	73	Maria Madalena Saraiva Pires da Fonseca	Individual	00:47:37	00:46:36
384	101	Maria Filomena Seródio Monteiro	Individual	00:47:51	00:47:51
385	100	Ana Cristina Seródio Monteiro	Individual	00:47:51	00:47:51
386	171	Ana Lúcia Loureiro	Capgemini Run Team	00:48:06	00:48:06
387	531	Ana Silva	Individual	00:49:30	00:36:48
388	518	Ana Mafalda de Gouveia Fernandes	Individual	00:49:30	00:49:30
389	261	Cristina Loureiro	Dúzia	00:49:45	00:42:23
390	200	Rita Monteiro	Mânfias Team	00:49:49	00:48:58
391	259	Ana Filipa Teixeira Simões	Dúzia	00:50:40	00:50:40
392	258	Alda Carlota Teixeira Paiva Simões	Dúzia	00:51:08	00:50:16
393	268	Alice Pereira	Dúzia	00:51:08	00:50:16
394	275	ANA PATRICIA CARVALHO	Individual	00:51:29	00:51:29
395	308	Nadia Goncalves	Individual	00:51:29	00:48:51
396	321	Ana Sousa	Individual	00:51:29	00:48:51
397	79	Adélia Rosane Müller	Individual	00:52:24	00:41:25
398	537	Isabel Cabacinho	Individual	00:53:07	00:52:05
399	536	Teresa Antunes	Individual	00:53:08	00:52:06
400	239	Carla Sofia Batista Floriano	Individual	00:53:26	00:53:26
401	371	Isa Alexandra Grangeia Pinto Torga	Individual	00:54:18	00:53:56
402	124	ANA ISABEL MARQUES GONCALVES	CLUBE MILLENNIUM BCP	00:56:41	00:50:10
403	446	David Santos		00:56:46	00:52:46
404	442	Celeste Santos		00:56:50	00:56:50
405	381	Alzira Maria Jesus Ferreira Reis	Individual	00:58:28	00:52:26

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido
406	266	Beatriz Cardoso	Dúzia	00:58:34	00:58:34
407	263	Isabel Morganho	Dúzia	00:58:35	00:58:35
408	405	Maria Isabel Ferraz Gomes	EGOR	00:59:01	00:59:01
409	406	Marcia Cristiana Marques Ferraz	EGOR	00:59:01	00:59:01
410	264	Rosário Galego	Dúzia	01:00:07	00:52:51
411	265	Sara Lobo	Dúzia	01:00:08	00:52:52
412	169	Sandra Helena Lopes	Capgemini Run Team	01:01:07	01:01:07
413	492	Patricia Maria Pereira Marques	LABCO	01:04:06	01:04:06
414	288	Angela Natalia Oliveira Dias	Individual	01:04:36	01:04:36
415	421	Christine Miki	Individual	01:04:43	00:55:49
416	181	Cristina Santos	Popozudas	01:05:46	01:05:46
417	517	Alejandra Topete de Cuba	Individual	01:08:21	01:08:21
418	298	anna	Individual	01:08:52	01:08:52
419	316	Maria Isabel Loureiro	Diva's Runners	01:08:58	01:08:58
420	319	Telma Gaspar	Diva's Runners	01:08:58	01:08:58
421	267	Filipa Pereira	Dúzia	01:10:43	01:10:43
422	341	susana ferreira	eurostoes	01:11:02	01:11:02
423	337	mafalda pina	eurostoes	01:11:02	01:11:02
424	339	ines cardoso	eurostoes	01:11:02	01:11:02
425	338	carla cardoso	eurostoes	01:11:02	01:11:02
426	340	vanda silva	eurostoes	01:11:03	01:11:03
427	477	Helena Bento	Individual	01:11:57	01:11:57
428	125	FOCK YIOT WAN CHIU	CLUBE MILLENNIUM BCP	01:12:07	01:12:07
429	179	Ana Jorge	Individual	01:13:37	01:05:07
430	105	ANA CRISTINA FRANCISCO DINIS NOGUEIRA CHAVES	Individual	01:13:38	01:05:07
431	93	Laurinda Simões	Individual	01:13:38	01:05:06
432	540	Maria Monteiro de Sa	Individual	01:15:57	01:15:57
433	539	Ana Catarina Alves	Individual	01:15:57	01:06:22
434	538	Ana Rita Santos	Individual	01:15:57	01:15:57
435	323	Eduarda Alexandra Seródio Freitas	Individual	01:17:17	01:17:17
436	104	Maria Graciosa Ribeiro Alves Baceira	Individual	01:19:53	01:19:53
437	515	Ana Cristina baptista	Individual	01:20:14	01:06:07
438	236	Teresinha Teodoro	Individual	01:21:21	01:21:21
439	106	ARTEMIA PARADA CARBALLO	Individual	01:21:21	01:21:21
440	414	Ana Maria Marques Rodrigues	EGOR	01:23:48	01:12:28
441	413	aldina maria martins rafael	EGOR	01:23:49	01:23:49
443	428	PATRICIA FERNANDES		01:25:50	01:25:50
444	431	ISABEL RODRIGUES		01:25:50	01:25:50
445	430	SUSANA CARDOSO		01:25:55	01:25:55
446	153	Maria Felisbela de Moura Ribeiro Teixeira	Individual	01:27:37	01:17:32
447	98	jacira Rodrigues mariana	Individual	01:28:35	01:28:35
448	151	Marisa Isabel de Carvalho Nobre	Individual	01:29:53	01:29:53
449	166	Maria Conceição Fernandes Corrente Ferreira	Individual	01:33:47	01:33:47