

Ordem	Dorsal	Nome	Clube	Tempo	Chip
1	3	Ana Mafalda Ferreira	Sporting Clube de Portugal	00:17:33	00:17:32
2	1	Sandra Teixeira	Sporting Clube Portugal	00:18:15	00:18:14
3	2	Raquel Trabuco	Clube de Futebol Os Belenenses	00:18:24	00:18:24
4	6	Margarida Dion?sio	Associacao cultural e recreativa senhora do desterro	00:18:36	00:18:35
5	4	Liliana Alexandre	Sporting Clube Portugal	00:18:41	00:18:40
6	573	Kcénia Bougrova	Individual	00:19:51	00:19:49
7	8	Ines Oliveira	Sporting Clube Portugal	00:19:54	00:19:54
8	10	Lucilia Soares	Aminhacorrída/Kalenji	00:20:30	00:20:29
9	5	Katarina Larsson	Sporting Clube Portugal	00:20:38	00:20:37
10	567	Ana Catarina Mouralinho Machado	Individual	00:21:19	00:21:18
11	406	Ana Isabel Lopes	Sporting Clube Portugal	00:21:45	00:21:44
12	319	Andreia Filipa da Cunha Gomes	Individual	00:22:13	00:22:12
13	9	Helena Carvalho	Sporting Clube Portugal	00:23:45	00:23:45
14	446	Sara Pessoa	Planet Pink Corrida	00:24:27	00:24:06
15	572	Márcia Paulette Ricardo Neto	Individual	00:24:28	00:24:27
16	165	Mafalda Sofia Carvalho Gameiro Cepa	Individual	00:24:37	00:24:35
17	249	Isabel Alexandra de Ascensão Gomes Pisco	Individual	00:25:00	00:24:57
18	551	Juliane Schieve	Individual	00:25:04	00:25:00
19	337	Ann-Kathrin Franke	Individual	00:25:12	00:25:02
20	592	Vânia Maria Rocha Gomes	Individual	00:25:23	00:25:22
21	45	Carla Sofia da Silva Magina	Individual	00:25:26	00:25:12
22	310	Ana Filipa Bilé Silva Coutinho		00:25:46	00:25:43
23	476	Raquel Subtil	Kalorias Girls Power	00:25:52	00:25:50
24	323	Ana Monteiro	InnoWave Technologies	00:25:53	00:25:53
25	223	Agnieszka Lukowska	Individual	00:25:53	00:25:42
26	63	Sara Catarina Oliveira Gabriel	Individual	00:25:59	00:25:53
27	388	Szabina Huttner	Individual	00:26:08	00:26:07
28	519	Ana Isabel Marques	MTV	00:26:13	00:26:09
29	609	Paula Alexandra Lopes Marcelino	Individual	00:26:24	00:26:22
30	389	ISABEL GOMES	CLUBE DESPORTIVO MOITENSE	00:26:35	00:26:23
31	544	Vanessa Paraiba	MultiOpticas	00:26:36	00:26:36
32	543	Daniela Diniz	MultiOpticas	00:26:37	00:26:36
33	430	Carmen Cristino	Vegetais de Corrida	00:26:39	00:26:38
34	431	Adelaide Manhiça	Vegetais de Corrida	00:26:40	00:26:40
35	322	Carolina Guedes	InnoWave Technologies	00:26:41	00:26:37
36	211	Anita Pajak	Individual	00:26:45	00:26:35
37	173	Paula Cristina Correia Coelho-da-Silva	Individual	00:26:47	00:26:44
38	145	Nádia Afonso	Team Work	00:26:52	00:26:40
39	577	Maria Julia Borges Calisto	Individual	00:26:55	00:26:53
40	358	Beatriz Gata Teixeira da Silva	Individual	00:26:58	00:26:54
41	475	Vera Louça	Kalorias Girls Power	00:26:58	00:26:55
42	334	Ana Fernandes	Maxilas	00:27:07	00:27:05
43	185	deolinda pinheiro		00:27:08	00:27:04
44	149	ana teresa silva pinto felix	Individual	00:27:10	00:27:09
45	530	Joana Marques	MTV	00:27:11	00:26:57

Ordem	Dorsal	Nome	Clube	Tempo	Chip
46	298	Maria de Fátima Lopes Branco	Individual	00:27:16	00:27:01
47	382	ISABEL BUE	Individual	00:27:17	00:27:14
48	247	Teresa Raquel de Oliveira Afonso	Individual	00:27:19	00:27:16
49	451	Inês Ribeiro Fernandes	Individual	00:27:21	00:27:17
50	177	Patrícia Isabel Gomes Alves	Individual	00:27:32	00:27:28
51	306	Ana Sofia Rodrigues Ambrósio	Ambrósio	00:27:38	00:27:37
52	25	MEAGAN LOUISE CARTY	Individual	00:27:41	00:27:35
53	133	Cristina da Conceição Borralho Baião	Individual	00:27:42	00:27:35
54	50	Paula Isabel Dias Egidio Augusto Branco	Individual	00:27:52	00:27:52
55	520	Mafalda Maria Da Mesquita Faria Duarte	MTV	00:27:54	00:27:52
56	473	Cátia Pereira	Kalorias Girls Power	00:27:56	00:27:53
57	454	PAULA CRISTINA BARATA LEÃO	Individual	00:27:57	00:27:52
58	288	Emanuela Monzani	Individual	00:27:57	00:27:51
59	266	Teresa Costa	Capgemini	00:27:58	00:27:53
60	355	Vera Carvalho	Carvalho	00:27:59	00:27:44
61	57	Sílvia Cristina Nunes Marçal	Individual	00:28:01	00:27:45
62	540	Catia Cristina da Fonseca Formigo	DEPILCLUB	00:28:07	00:26:28
63	452	Elia Maria Ventura Pedro Roque	Individual	00:28:08	00:28:05
64	164	Maria Cidália Ribeiro	Atletas	00:28:09	00:27:56
65	269	Ana Videira	Capgemini	00:28:10	00:28:05
66	300	Nanxi Wang	Individual	00:28:11	00:28:01
67	481	Ana Sofia Candeias	Individual	00:28:11	00:28:07
68	198	Arlinda Maria Rocha Oliveira	Individual	00:28:12	00:28:07
69	352	Carla Cardoso		00:28:12	00:28:05
70	353	Manuela Barreto		00:28:12	00:27:51
71	187	Maria de Fátima Pereira Lopes Dias	Individual	00:28:13	00:28:08
72	215	Fatima Machado	Individual	00:28:16	00:28:09
73	259	Ana Maria Pereira Vilariça Folgado	Individual	00:28:26	00:28:22
74	95	Sara Marisa Pereira da Costa Miranda	Individual	00:28:27	00:28:09
75	399	SUSANA DUARTE ROCHA	CLUBE MILLENNIUM BCP	00:28:30	00:28:08
76	558	Ana Rita Raposo Duarte	Individual	00:28:31	00:28:25
77	559	Joana Luís Armada Brás	Individual	00:28:32	00:28:24
78	628	Mary Russel		00:28:33	00:28:22
79	104	Paula Maria Santos Moniz Pinheiro	Individual	00:28:36	00:28:31
80	260	Marta Santos	Capgemini	00:28:37	00:28:31
81	326	Inês Campos Viana Pinto	Individual	00:28:38	00:28:32
82	202	Ana Rita Costa Ferreira	Individual	00:28:42	00:28:28
83	256	BEATRIZ PEREIRA SÉCIO		00:28:43	00:28:41
84	330	Rute Alexandra Almeida Gomes	Individual	00:28:45	00:28:41
85	130	Isabel Maria Costa Baptista Rodrigues	Individual	00:28:50	00:28:47
86	118	Gislaine dias dos santos costa	Individual	00:28:51	00:28:41
87	595	Sara Isabel das Neves Barata	Individual	00:29:01	00:28:47
88	252	Andreia Alves	Individual	00:29:02	00:28:48
89	555	Mónica Susana de Sousa e Silva dos Santos Mendes	Individual	00:29:04	00:28:52
90	443	Janny Silva	Planet Pink Corrida	00:29:05	00:28:42

Ordem	Dorsal	Nome	Clube	Tempo	Chip
91	102	Marília Sofia Silva Abreu	Individual	00:29:05	00:29:01
92	367	Madalena Correia Martins da Luz Costa	Individual	00:29:05	00:29:00
93	391	JOANA PATRICIA MARQUES ANTUNES	CLUBE MILLENNIUM BCP	00:29:13	00:28:53
94	283	Ella Writer	Hiscox Lions	00:29:13	00:29:05
95	281	Silvia Carvalho	Hiscox Lions	00:29:14	00:29:05
96	268	Ana Marques	Capgemini	00:29:17	00:29:05
97	338	Ana Isabel Silva Matias	Individual	00:29:19	00:29:14
98	69	Cláudia Tavares	Individual	00:29:19	00:29:05
99	311	Lúcia Maria Libório dos Reis Bilé Silva		00:29:21	00:29:17
100	607	SANDRA FERNANDES	Reabilitação Funcional Desportiva	00:29:24	00:29:12
101	36	Sara Ragageles	Semper Fi	00:29:24	00:29:06
102	448	Angela Magalhães	Planet Pink Corrida	00:29:25	00:29:04
103	148	Alexandra Leal	Team Work	00:29:26	00:29:12
104	146	Raquel Fernandez	Team Work	00:29:26	00:29:13
105	414	Ana Isabel Costa Mestre	Individual	00:29:27	00:29:11
106	401	GRACIANA GONCALVES QUINTAL ESTEVES	CLUBE MILLENNIUM BCP	00:29:28	00:29:06
107	587	Carla Almeida	Individual	00:29:28	00:29:24
108	209	Inês Resende	Las Gatas	00:29:28	00:29:22
109	379	maria veloso	Individual	00:29:29	00:29:29
110	207	Inês Afonso Alves Barroso	Individual	00:29:30	00:29:11
111	175	Vanessa Sofia Lúcio Bandeira	Individual	00:29:30	00:29:26
112	335	Natacha Bravo Pimenta	Maxilas	00:29:32	00:29:30
113	570	Patrícia Pires Bacelar	Individual	00:29:35	00:29:18
114	299	paula alexandra matos silva	Individual	00:29:35	00:29:26
115	78	Celia Figueiredo	Individual	00:29:39	00:29:29
116	110	Arlane Aragão Pereira	Individual	00:29:40	00:29:21
117	575	Joana Pinheiro Pimentel Guerra	Individual	00:29:49	00:29:43
118	186	Fátima Da Conceição Caires Nunes	Individual	00:29:51	00:29:41
119	275	Tania Isabel Raimundo Rodrigues	Individual	00:29:51	00:29:34
120	278	Susana Fernandes Andrade	Individual	00:29:51	00:29:34
121	289	Paula Cristina Simoes Oliveira Gomes	San'tias	00:29:53	00:29:44
122	83	Sezinanda Guerreiro	Individual	00:29:55	00:29:39
123	73	Jolanta Rikveile Mourinha	Individual	00:29:56	00:29:47
124	345	Daniela Freire Patrão	Sempre Mulheres	00:29:57	00:29:50
125	344	Vanessa Costa Abreu	Sempre Mulheres	00:29:57	00:29:50
126	436	Jacinta Sousa	Planet Pink Corrida	00:29:59	00:29:38
127	76	Maria Luisa Soares	Individual	00:30:02	00:29:51
128	105	Raquel Maria Melo Amaral	Individual	00:30:03	00:30:03
129	312	Júnia Anacleto	Individual	00:30:06	00:30:02
130	606	Sara Anacleto Valadares	Individual	00:30:06	00:30:02
131	243	Rita Alexandra Sanches Lopes	Individual	00:30:07	00:30:05
132	332	Dídia Ferreira	Individual	00:30:15	00:30:06
133	129	Nilda Silva	As Rebeldes	00:30:16	00:27:44
134	487	Patrícia Maria Ferreira Faustino	Individual	00:30:17	00:30:11
135	561	Alzira Ferreira Duarte Marques	MARQUES	00:30:17	00:30:11

Ordem	Dorsal	Nome	Clube	Tempo	Chip
136	433	Inês Esteves	Planet Pink Corrida	00:30:17	00:29:56
137	560	Isabel Maria Marques Ladeira	MARQUES	00:30:18	00:30:10
138	469	Ana Madalena gourgel	Individual	00:30:20	00:30:17
139	324	Marlene jardim de oliveira	Individual	00:30:20	00:30:20
140	604	Susana Costa Ramalho	Individual	00:30:20	00:30:11
141	190	Raquel Alexandra Vieira Torres	Individual	00:30:22	00:30:08
142	437	Sara Pardal	Planet Pink Corrida	00:30:23	00:30:00
143	407	ALEXANDRA CRISTINA S CARVALHO ANICETO	CLUBE MILLENNIUM BCP	00:30:25	00:30:05
144	328	Ana Paula Santos Silva	Individual	00:30:26	00:30:13
145	432	Carla Manuela da Silva Capela	Individual	00:30:28	00:30:13
146	139	Tânia Filipa Mendes Agostinho	Individual	00:30:29	00:30:13
147	564	Roberta Goes	Individual	00:30:29	00:30:13
148	47	Sara Helena de Jesus Graça Barata	Individual	00:30:32	00:30:22
149	42	Ana Maria Santos Gaudêncio	Individual	00:30:33	00:30:30
150	455	Maria Glória Teixeira Amaral Vieira	Manas	00:30:35	00:30:19
151	94	Rute Miriam Ferreira Figueiredo	Individual	00:30:36	00:30:19
152	35	Marta Redondo	Semper Fi	00:30:36	00:30:16
153	477	Cláudia Lampreia	Kalorias Girls Power	00:30:41	00:30:36
154	93	Beatriz Sofia Silva Furtado	Individual	00:30:42	00:30:25
155	468	Ana Rita dos Campos Madeira	Individual	00:30:44	00:30:38
156	605	Célia Maria Simão de Ribeiro	Individual	00:30:44	00:30:27
157	601	Maria Amelia Coelho Coutinho	Individual	00:30:44	00:30:42
158	75	INÊS ADAGÓI	Individual	00:30:44	00:30:30
159	583	Carolina Martins Salvaterra	Individual	00:30:44	00:30:32
160	360	Joana Dias	As atletas do 29 de Fevereiro	00:30:45	00:28:18
161	569	Cristiana Silva Figueiredo	Individual	00:30:50	00:30:31
162	479	Ana Raquel Marinheiro	Kalorias Girls Power	00:30:52	00:30:49
163	160	Carla Rute Pereira Filipe Andrade	Individual	00:30:52	00:30:43
164	163	Sofia Salvador	Atletas	00:30:53	00:30:38
165	248	Tatiana Filipa Salgueiro Sanches	Individual	00:30:54	00:30:39
166	112	Sandra Andrade	Individual	00:30:59	00:30:52
167	26	Ana Paula da Silva Costa Duarte	Individual	00:31:03	00:31:02
168	54	Catarina Nunes	ascomadres	00:31:03	00:30:57
169	53	Maria João Alves	ascomadres	00:31:03	00:30:58
170	474	Susana Bernardo	Kalorias Girls Power	00:31:03	00:30:59
171	152	Patrícia Carla Perestrello PAixão PALma Miranda	Individual	00:31:05	00:30:48
172	470	Elisabete Ramos da Costa Alves Teixeira	Individual	00:31:14	00:31:13
173	599	Fanni Takács	Individual	00:31:16	00:30:58
174	159	Barbara Perestrelo Paixao Palma Miranda	Individual	00:31:25	00:31:07
175	376	Patrícia Bertolo	Individual	00:31:25	00:31:22
176	68	Lurdes Silva	Individual	00:31:26	00:29:02
177	539	Cecilia Santos de Almeida	DEPILCLUB	00:31:26	00:29:49
178	287	MARKELLA KOSMA	Individual	00:31:27	00:31:09
179	267	Vera Silva	Capgemini	00:31:29	00:31:26
180	554	Sofia Alexandra Simal Cordeiro	Individual	00:31:30	00:31:19

Ordem	Dorsal	Nome	Clube	Tempo	Chip
181	46	Inês Alexandra Cortesão Cordeiro Alves	Individual	00:31:30	00:31:13
182	361	Cátia Ferro	As atletas do 29 de Fevereiro	00:31:32	00:29:03
183	21	Mariana Seixas Serer Morais Bizarro	Individual	00:31:38	00:31:34
184	169	Sandra Maria Gonçalves Pais de Sousa	Individual	00:31:44	00:31:38
185	527	Ana Patricia Machado Pinto Torres	MTV	00:31:45	00:31:31
186	12	Margarida Oliveira Santos	MITSUBISHI	00:31:51	00:27:40
187	258	Elsa Granja	Individual	00:31:56	00:31:39
188	220	Salomé Glórias	pace.makers	00:31:59	00:31:57
189	351	Filipa Margarida Santos Nunes Martins	Individual	00:32:02	00:31:50
190	121	Sara Margarida Serrano Lucas Fernandes	Individual	00:32:03	00:31:47
191	271	Sandra Coelho	Capgemini	00:32:03	00:32:00
192	242	Carla Alexandra Ferreira de Moura	Individual	00:32:08	00:31:56
193	67	Ana Luísa Gonçalves do Nascimento Sousa	Individual	00:32:09	00:32:07
194	325	Fernanda Teixeira	Individual	00:32:14	00:32:09
195	525	Maria de Fatima Oliveira Goncalves Barata	MTV	00:32:15	00:32:01
196	562	Letícia de Oliveira Florencio	Individual	00:32:15	00:31:57
197	492	Teresa Margarida Pocas	ANTENA 1	00:32:15	00:31:50
198	548	Marta Goncalves	MultiOpticas	00:32:17	00:32:16
199	545	Ana Portugal	MultiOpticas	00:32:17	00:32:16
200	342	CAROLINE NUNES	RUN 4 LIFE	00:32:19	00:31:59
201	339	ELZA CARDOSO	RUN 4 LIFE	00:32:19	00:32:00
202	230	Ana Rita Franco		00:32:22	00:32:15
203	74	TERESA ADAGÓI	Individual	00:32:24	00:32:11
204	333	Ilda Andreia Monteiro Pires	Individual	00:32:24	00:32:12
205	563	Ana Dias	Individual	00:32:26	00:32:09
206	183	Ana-Alice Simões Pereira	Individual	00:32:27	00:32:22
207	200	Catia Januario	Moinhosonfire	00:32:28	00:32:15
208	201	Ana Januario	Moinhosonfire	00:32:28	00:32:17
209	55	Filipa de Matos castelo	Individual	00:32:28	00:32:16
210	580	CARINA ANDREIA FARMHOUSE TORRES BRIZIDA	Dom Pedro Palace	00:32:29	00:32:16
211	486	Carmen Sofia Ferreira Simões	Individual	00:32:30	00:32:25
212	596	Luisa Maria Santos Correia	Individual	00:32:30	00:32:30
213	368	Carla Sofia Rego Rodrigues	Individual	00:32:32	00:32:24
214	119	celia maria pinto brito	Individual	00:32:32	00:32:27
215	90	Rute Sofia António de Sousa	Individual	00:32:37	00:32:28
216	517	Claudia Isabel Campos Colaco	MTV	00:32:39	00:32:36
217	518	Joana Filipa Silva Miguel	MTV	00:32:39	00:32:35
218	528	Carla Maria dos Santos Leitao	MTV	00:32:40	00:32:26
219	611	Tiessa Iracema Morgado Matias	Individual	00:32:42	00:32:19
220	213	Rita de Andrade	EDP Runners	00:32:44	00:32:36
221	471	Ana Isabel Pereira de Andrade Caldas	Individual	00:32:46	00:32:38
222	49	Sónia Véstias	Individual	00:32:48	00:32:32
223	147	Joana Fernandes	Team Work	00:32:49	00:32:36
224	381	CARLA SOFIA FONSECA LOURENÇO AZEVEDO	Individual	00:32:49	00:32:48
225	552	Ileen Rosenkiewicz		00:32:55	00:32:50

Ordem	Dorsal	Nome	Clube	Tempo	Chip
226	366	Ana Laranjo	Individual	00:32:57	00:32:49
227	109	Cátia Sofia Henriques Reixa	Individual	00:32:57	00:32:39
228	398	ANA ISABEL CORREIA MARQUES GONCALVES	CLUBE MILLENNIUM BCP	00:32:59	00:32:57
229	346	Maria Isabel Serras Moucho	Individual	00:33:01	00:32:59
230	151	Marisa Alexandra Eleutério Batista	Individual	00:33:03	00:32:58
231	309	Sandra Marques Mendes	Individual	00:33:03	00:32:52
232	610	Joana Inês Farinha Fernandes	Individual	00:33:04	00:32:46
233	153	Raquel Sofia Campião Rilho	Individual	00:33:04	00:32:46
234	272	Sónia Teles	Capgemini	00:33:06	00:33:02
235	402	Johanna Heilig		00:33:07	00:32:59
236	445	Sofia Ambrioso	Planet Pink Corrida	00:33:10	00:32:48
237	444	Marilene Reis	Planet Pink Corrida	00:33:10	00:32:48
238	313	Joana Pereira da Rosa Jardim de Oliveira	Individual	00:33:20	00:33:12
239	199	Daniela Santos	Moinhosonfire	00:33:20	00:33:08
240	231	Beatriz Delgado		00:33:20	00:33:13
241	507	Mariana Saraiva	LABCO	00:33:23	00:29:48
242	158	Catarina da Conceição Silva Dias Pinheiro	Individual	00:33:26	00:33:10
243	143	Milene Carneiro da Silva	Individual	00:33:27	00:33:14
244	157	Rosa Falardo	Individual	00:33:28	00:33:24
245	579	Maria José Martins da Silva Ventura	Individual	00:33:29	00:33:19
246	263	Vanda Pereira	Capgemini	00:33:31	00:33:28
247	593	Carla Filipa Silva Azevedo	Individual	00:33:32	00:33:07
248	415	Filomena Pedra	Be in Shape	00:33:33	00:33:15
249	576	Natacha Catarina de Rocha Vitorino	Individual	00:33:33	00:33:07
250	410	MONICA PATRICIA CAMEIRA VELHO	CLUBE MILLENNIUM BCP	00:33:35	00:33:16
251	22	Ana Rita Afonso Pinheiro de Andrade Ribeiro Goncalves	Individual	00:33:39	00:33:34
252	409	MAGDA ALEXANDRA F CARVALHO OURELO	CLUBE MILLENNIUM BCP	00:33:40	00:33:22
253	229	Diana Açucena Santos	As camponesas	00:33:40	00:32:55
254	214	Andreia Vanessa Parreira Lourenço	Individual	00:33:40	00:33:23
255	308	Marta Gabriel	Ambrósio	00:33:42	00:33:40
256	447	Carina Coisinha	Planet Pink Corrida	00:33:43	00:33:22
257	496	Ines Palmela	FARMINVESTE IPG	00:33:43	00:33:31
258	155	Cláudia Marina Campos Farias	Individual	00:33:43	00:33:24
259	497	Karine Ramos	FARMINVESTE IPG	00:33:43	00:33:32
260	585	Daniela Filipe Baptista	Individual	00:33:45	00:33:38
261	212	Joana Soares	EDP Runners	00:33:47	00:33:39
262	566	Paula Alexandra Silva	Individual	00:33:48	00:33:40
263	420	Sara Cláudia Duarte Marinho	Individual	00:33:50	00:33:37
264	584	Joana D'Arc Chouriço	Individual	00:33:51	00:33:47
265	489	Isabel Maria Andrade perdiz firmino	Individual	00:33:52	00:33:51
266	23	Ana Margarida Morgado Madeira	Individual	00:33:52	00:33:40
267	316	Ana Sofia Carvalho	Rebenta a Bolha	00:33:54	00:33:43
268	317	Eunice Oliveira	Rebenta a Bolha	00:33:55	00:33:44
269	348	MARIA DO CEU CAETANO RODRIGUES	Individual	00:33:56	00:33:40
270	320	Ana Paula dos Santos Cunha	Individual	00:33:56	00:33:55

Ordem	Dorsal	Nome	Clube	Tempo	Chip
271	91	Andreia Sofia Pires Barata	Individual	00:33:59	00:33:43
272	150	Ana Cristina Sanches Gomes	Individual	00:33:59	00:33:45
273	15	Ana Raquel Gomes Teixeira	MITSUBISHI	00:34:00	00:29:47
274	424	Cidália Margarida Machado Tomás	Individual	00:34:07	00:33:51
275	459	Viviane Motta Varela	Individual	00:34:07	00:33:50
276	172	Tania Henriques	Individual	00:34:08	00:34:03
277	327	Sandra Carla Camacho Fernandes Rodrigues	Individual	00:34:09	00:34:01
278	380	Vera Lúcia Costa Bexiga	Individual	00:34:11	00:34:04
279	416	Ana Alexandra Silva	Be in Shape	00:34:11	00:33:52
280	241	Maria Eugénia Ventura Lopes	Individual	00:34:16	00:34:08
281	255	HELENA MARIA DE OLIVEIRA SÉCIO		00:34:16	00:34:14
282	32	Maria da Conceição fernandes	Individual	00:34:16	00:34:15
283	503	Claudia Isabel Colaco	LABCO	00:34:18	00:34:15
284	483	Ana Rita Gamito Bentes de Campos	Individual	00:34:18	00:34:10
285	478	Ana Margarida Lagoa	Kalorias Girls Power	00:34:19	00:34:16
286	357	Vera Patricia Delgado Gomes	Individual	00:34:19	00:34:08
287	262	Sara Miranda Cardoso	Capgemini	00:34:21	00:34:16
288	602	Ana Rute Ferreira		00:34:22	00:34:18
289	603	Inês Garcia Lino		00:34:22	00:34:18
290	556	Joana Isabel Moreira Fonseca	Individual	00:34:27	00:34:09
291	565	Cátia Susana Silva	Individual	00:34:27	00:34:20
292	92	Cecília Soares Conceição	Individual	00:34:31	00:34:10
293	48	Diana Lourenço Batista da Silva	Individual	00:34:31	00:34:21
294	170	Maria alice Jorge gomes	Individual	00:34:33	00:34:33
295	439	Olga Lolita	Planet Pink Corrida	00:34:34	00:34:13
296	438	Manuela Silva	Planet Pink Corrida	00:34:35	00:34:13
297	413	silvia maria guerreiro martins	Individual	00:34:35	00:34:25
298	586	Ana Isabel Bilé Aguilera Lourenço	Individual	00:34:36	00:34:26
299	28	Ana Cristina Osório Castro	Individual	00:34:43	00:34:35
300	277	Isa Andreia Pereira Dias	Individual	00:34:44	00:34:24
301	58	Joana de Jesus Vitório	Individual	00:34:45	00:34:29
302	594	Paula Fernandes	Individual	00:34:49	00:34:43
303	600	Filipa Caldeira	Individual	00:34:49	00:34:42
304	435	Maria das Dores Aleixo	Planet Pink Corrida	00:34:51	00:34:30
305	434	Inês Henriques	Planet Pink Corrida	00:34:51	00:34:29
306	280	Rita Maria Pereira Camecelha	Centro de Marcha e Corrida do Jamor	00:34:52	00:34:50
307	629	Ana Assun?		00:34:52	00:34:46
308	210	Filipa Caseiro	Las Gatas	00:34:52	00:34:47
309	97	Filipa Daniela Azevedo Moreira	Individual	00:34:53	00:34:44
310	553	Franciele Sousa Pereira	Individual	00:34:56	00:34:43
311	195	Maria Adelaide Silva Leitão	Individual	00:34:57	00:34:52
312	176	Rita Isabel Clemente Lourenço	Individual	00:34:57	00:34:52
313	44	Rosa Maria Brandão Gameiro	Individual	00:34:59	00:34:46
314	107	Patricia Susana Moreira Martins	Individual	00:35:01	00:34:52
315	302	Emanuela Castro	Individual	00:35:03	00:34:45

Ordem	Dorsal	Nome	Clube	Tempo	Chip
316	400	MAFALDA MARIA ALVES C C SEBASTIAO	CLUBE MILLENNIUM BCP	00:35:05	00:34:49
317	238	Tania Afonso Cardoso	Individual	00:35:09	00:34:49
318	239	Maria Isabel Capela Afonso	Individual	00:35:10	00:34:49
319	362	Antonia Machado	As Vizinhas	00:35:11	00:35:03
320	219	Cristina Marcos	pace.makers	00:35:30	00:35:29
321	218	Anabela Santos	pace.makers	00:35:30	00:35:29
322	571	Catarina Portugal	Individual	00:35:32	00:35:15
323	34	Argentina Tehmurasp	Individual	00:35:35	00:35:25
324	405	CARLA SOFIA PEDROSO MEDEIROS	CLUBE MILLENNIUM BCP	00:35:37	00:35:37
325	354	Madalena Duque Teixeira de Figueiredo	Individual	00:35:37	00:35:23
326	513	Joana Isabel de Castro Santos Pinto	LABCO	00:35:38	00:32:40
327	374	Alice do Carmo Figueiredo Branco Nunes	Individual	00:35:40	00:35:19
328	370	Paula Sofia Rua Ribeiro	Individual	00:35:40	00:35:18
329	412	Ângela Maria Correia Isaias Vardasca	Individual	00:35:40	00:35:21
330	132	ana brito		00:35:43	00:35:37
331	131	teresa ferreira		00:35:44	00:35:38
332	371	Rosa Lopes Marçal	LRH	00:35:48	00:35:39
333	417	Maria Marçalo	Be in Shape	00:35:49	00:35:30
334	240	Ana Gabriela Mendes Fragoso	Individual	00:35:52	00:35:47
335	372	Helga Nunes Leitão	LRH	00:35:55	00:35:45
336	304	Daniela Alexandra Caetano de Azevedo		00:35:56	00:35:41
337	303	Vanda Cristina Marques de Deus		00:35:56	00:35:40
338	485	Paula Maria Calado Martins Honrado	Individual	00:36:04	00:35:58
339	196	Mónica Lopes Graça	Individual	00:36:05	00:35:54
340	261	SANDRA HELENA LOPES	Capgemini	00:36:13	00:36:10
341	99	Ana Queiroz		00:36:14	00:36:04
342	101	Raquel Saraiva		00:36:14	00:36:02
343	100	Inês Martins		00:36:15	00:36:05
344	226	Maria do Rosário Correia Teixeira	As camponesas	00:36:21	00:35:35
345	336	Danisha Ismail Gulamali	Individual	00:36:22	00:36:11
346	547	Andreia Silva	MultiOpticas	00:36:25	00:36:22
347	484	Cláudia Margarida Galvão Rei	Individual	00:36:27	00:36:07
348	225	Marta João Veríssimo de Azevedo	Individual	00:36:27	00:36:04
349	168	Susana isabel teixeira freitas	Individual	00:36:28	00:36:10
350	307	Ana Ferreira	Ambrósio	00:36:35	00:36:33
351	490	Catarina Duarte Pereira Fonseca	Individual	00:36:36	00:36:26
352	460	Sónia Batista	Fashion Team	00:36:42	00:36:29
353	245	Ana Pires	Individual	00:36:42	00:36:33
354	246	Marta Alexandra Pires	Individual	00:36:43	00:36:33
355	17	Ana Paula Simoes Pequeno	MITSUBISHI	00:36:44	00:36:38
356	19	Patricia Sofia Pequeno Dias	MITSUBISHI	00:36:44	00:36:37
357	340	SANDRA SALZEDAS	RUN 4 LIFE	00:36:46	00:36:26
358	167	Ana maria canelas teixeira freitas	Individual	00:36:48	00:36:31
359	193	Ana Silva		00:36:50	00:36:42
360	192	Ana Campos		00:36:50	00:36:42



Ordem	Dorsal	Nome	Clube	Tempo	Chip
361	597	Marta Isabel das Dores Gamito	Individual	00:36:55	00:36:49
362	385	Cátia Filipa Horta Madeira	Individual	00:36:59	00:36:41
363	537	Ana Lina Lopes da Veiga Vaz	DEPILCLUB	00:37:02	00:36:41
364	536	Catia Sofia dos Reis Goncalves Monteiro	DEPILCLUB	00:37:05	00:36:44
365	622	Helena Morgado		00:37:06	00:36:59
366	450	Soraia Patrícia Caetano da Silva	Individual	00:37:11	00:36:55
367	343	Rosa Maria Jesus Alves Miranda Reis	Individual	00:37:26	00:37:25
368	156	Maria Rita Cabral Arrais de Melo e Castro	Individual	00:37:27	00:37:11
369	114	Elisa Margarida Monteiro Lopo	Individual	00:37:28	00:37:06
370	221	Patrícia Catarina Massano da Silva Peralta	Individual	00:37:29	00:37:04
371	290	Mafalda André	San'tias	00:37:31	00:37:22
372	428	Ana Chaves	Vegetais de Corrida	00:37:32	00:37:16
373	426	Laurinda Simoes	Vegetais de Corrida	00:37:32	00:37:16
374	427	Marta Gil	Vegetais de Corrida	00:37:32	00:37:17
375	425	Ana Jorge	Vegetais de Corrida	00:37:32	00:37:17
376	108	Adeice Rocha da Silva	Individual	00:37:33	00:37:26
377	550	Joana Laranjeira	Planet Pink Corrida	00:37:35	00:37:11
378	235	Mirlene Santos Cruz	Individual	00:37:42	00:37:29
379	237	CATARINA DE SEABRA CANCELA FONSECA ALVES	Individual	00:37:43	00:37:31
380	314	Maria João Arantes Rodrigues	Individual	00:37:43	00:37:34
381	24	Maria Leonor Salicio Geanini	Individual	00:37:45	00:37:37
382	466	Dora	Fashion Team	00:37:48	00:37:34
383	161	Augusta Cardoso	Atletas	00:37:49	00:37:35
384	162	Ana Teresa Porfirio	Atletas	00:37:50	00:37:35
385	491	Maria Teresa de Camelo Alcantara	ANTENA 1	00:37:51	00:37:25
386	77	Carla Margarida da Silva Gomes Costa	Individual	00:37:51	00:37:34
387	542	Patricia Sofia Brites Tavares da Costa	DEPILCLUB	00:37:56	00:37:36
388	37	Ana Martins	Semper Fi	00:37:59	00:37:41
389	59	Paula Silva Costa	Individual	00:38:04	00:37:53
390	318	Daniela Figueiredo	Individual	00:38:07	00:38:01
391	457	Catarina Filipa Castro Amaral	Manas	00:38:19	00:38:02
392	456	Eduarda Amaral	Manas	00:38:19	00:38:02
393	465	Manuela Costa	Fashion Team	00:38:24	00:38:11
394	589	Elsa Manuela Correia da Fonseca	Individual	00:38:31	00:38:31
395	273	Manuela Gomes	Capgemini	00:38:47	00:38:43
396	467	Adriana	Fashion Team	00:38:49	00:38:36
397	480	Margarida Santos	Individual	00:38:50	00:38:41
398	449	Carlota Alvim Xavier Kelly	Individual	00:39:00	00:38:46
399	234	Joana Raquel Santos Cardoso Correia	Individual	00:39:01	00:38:41
400	233	Inês Catarina Santos Cardoso Correia	Individual	00:39:01	00:38:38
401	557	Conceicao Monteiro Raposo Duarte	Individual	00:39:09	00:39:03
402	111	GERSIANE MELO DE ALMEIDA NASCIMENTO	Individual	00:39:20	00:38:58
403	179	Elisabeta Dorina Belbasz	Individual	00:39:22	00:38:38
404	578	Natália Mendes	Individual	00:39:31	00:39:21
405	250	Cátia Sofia dos Santos Gonçalves Alves	Individual	00:39:34	00:39:34

Ordem	Dorsal	Nome	Clube	Tempo	Chip
406	495	Catia Tavares Alexandre	FARMINVESTE IPG	00:39:36	00:39:27
407	502	Ana Simoes Tavares	FARMINVESTE IPG	00:39:36	00:39:27
409	626	Casseea Leal		00:39:59	00:36:08
410	408	MARIA LURDES G MARQUES ANICETO	CLUBE MILLENNIUM BCP	00:40:07	00:39:47
411	511	Ana Maria Rodrigues Gomes	LABCO	00:40:10	00:40:10
412	301	eufрасina alves lima	Individual	00:40:11	00:39:59
413	227	Maria João Correia Ferraz	As camponesas	00:40:13	00:39:28
414	228	Andreia Filipa Coito Martins	As camponesas	00:40:14	00:39:28
415	541	Vanda Lopes Nunes Simoes	DEPILCLUB	00:40:16	00:38:28
416	378	NATHALIA PINTO STOCCO MOREIRA	Individual	00:40:31	00:40:23
417	82	Carla de Jesus Bouça Catalão	Individual	00:40:33	00:40:18
418	81	Ana Raquel da Silva	Individual	00:40:33	00:40:18
419	66	Ana Vieira	Individual	00:40:34	00:40:25
420	359	Vera Maria Gata Teixeira da Silva	Individual	00:40:35	00:40:11
421	463	Tânia Santos	Fashion Team	00:40:37	00:40:24
422	423	SANDRA ANTUNES CUNHA	AXA Corações em Ação	00:40:37	00:40:37
423	124	Catherine Varino	As Rebeldes	00:40:44	00:37:28
424	65	Cátia Martins		00:40:52	00:40:31
425	64	Joana Martins		00:40:52	00:40:30
426	588	Madalena Carreira Rocheteau Fernandes	Individual	00:41:25	00:41:20
427	498	Maria Ravara Cary	FARMINVESTE IPG	00:41:28	00:41:08
428	499	Patricia Alexandra Borges Longo	FARMINVESTE IPG	00:41:41	00:41:41
429	125	Marta Aires	As Rebeldes	00:42:06	00:39:07
430	126	Anabela Gonçalves	As Rebeldes	00:42:06	00:39:07
431	216	Maria Couceiro		00:42:24	00:42:03
432	217	Margarida Catarino		00:42:24	00:42:02
433	286	Susana Catarina Alves Ferreira	Individual	00:42:44	00:42:44
434	422	ANA PAULA BARATA LOURO SOBREIRO	AXA Corações em Ação	00:42:57	00:42:57
435	103	Tânia Isabel Silva Furtado	Individual	00:43:06	00:42:52
436	113	Ana Rita Ramadas Lopes	Individual	00:43:08	00:42:54
437	512	Ana Isabel Franco Nobre	LABCO	00:43:10	00:43:10
438	493	Ana Cristina Lages Pinto	ANTENA 1	00:43:13	00:42:48
439	612	Ana Catarina Jesus	Individual	00:43:16	00:42:59
440	141	Lucia angela barreto cortinhal	Individual	00:43:31	00:39:21
441	27	Sandra Marina Mendes Martinho	Individual	00:43:59	00:43:57
442	509	Isabel da Silva Santos Leomaro	LABCO	00:44:38	00:44:36
443	72	Leila Maria Caldeira	Individual	00:45:20	00:44:58
444	392	SUSANA ISABEL G VASCONCELOS	CLUBE MILLENNIUM BCP	00:45:47	00:45:28
445	305	Andreia Cristina pinto de brito	Individual	00:45:47	00:45:42
446	461	Maria Emilia Batista	Fashion Team	00:46:14	00:46:02
447	347	Anabela Costa Pereira	Individual	00:46:26	00:46:26
448	630	Vanessa Martins	MITSUBISHI	00:46:53	00:46:53
449	390	MARIA JOAO H ANTUNES OLIVEIRA	CLUBE MILLENNIUM BCP	00:47:57	00:47:36
450	393	ESTELA ANJOS GONCALVES VASCONCELOS	CLUBE MILLENNIUM BCP	00:47:58	00:47:38
451	441	Cátia Tibério	Planet Pink Corrida	00:48:10	00:47:47

Ordem	Dorsal	Nome	Clube	Tempo	Chip
452	514	Clara Maria Mendes Rodrigues	LABCO	00:48:28	00:45:32
453	11	Ines Lopes	MITSUBISHI	00:50:53	00:50:53
454	341	TANIA SUBTL	RUN 4 LIFE	00:51:33	00:51:33
455	462	Celeste Santos	Fashion Team	00:51:36	00:51:24
456	464	Maria Dos Anjos	Fashion Team	00:51:36	00:51:24
457	40	Bárbara Marques	CUNHADAS	00:51:42	00:51:42
458	41	Carina Santos	CUNHADAS	00:51:43	00:51:43
459	458	Nancy Faustino Trindade	Individual	00:51:50	00:51:50
460	293	Maria João Eduardo	San\tias	00:52:08	00:51:59
461	291	Juliana Heinz	San\tias	00:52:08	00:51:58
462	292	Fabiola Anderson	San\tias	00:52:09	00:52:00
463	144	Paula Vieira	Team Work	00:52:18	00:52:05
464	574	Ana Luísa Catarino Guerreiro	Individual	00:52:34	00:52:34
465	364	Luiza Ferreira	As Vizinhas	00:52:38	00:52:25
466	494	Lenia Carlos	ANTENA 1	00:55:04	00:55:04
467	598	Melanie Goddard	Team Cisco Systems Portugal - Runners of Everything	00:56:13	00:56:13
468	127	Catia Lopes	As Rebeldes	00:57:37	00:54:14
469	122	Carla Silva	As Rebeldes	00:57:37	00:54:19
470	387	Maria de Fátima Silva	Individual	00:58:35	00:56:23
471	128	Cristina Marques	As Rebeldes	00:58:50	00:55:24
472	136	Sofia Brandão Ferreira Morato Costa	Individual	00:58:51	00:55:26
473	123	Catia Belga	As Rebeldes	00:58:51	00:55:27
474	56	Maria Augusta de Bessa Mendes Martinho	Individual	01:00:39	01:00:37
475	140	Helena Pereira	Individual	01:00:54	01:00:52
476	60	Maria Manuela Jorge Benardino Rodrigues	Individual	01:00:57	01:00:54
477	590	RAQUEL ALEXANDRA MARQUES GONÇALVES	Individual	01:04:00	01:04:00
478	608	SUSANA CRISTINA MOUTA MARQUES	Individual	01:04:00	01:04:00
479	236	MARTA FILIPA MARQUES GONÇALVES	Individual	01:04:01	01:04:01
480	274	Maria de Fátima de Melo Bandeira	Individual	01:08:17	01:08:17
481	500	Sofia Guerreiro	FARMINVESTE IPG	01:08:40	01:08:40
482	142	Maria Eugénia Antunes Rosa	Individual	01:12:40	01:09:40
483	349	Maria Elisabete Pinto Gonçalves	Individual	01:22:27	01:22:27
484	350	Isabel Alexandra Brás da Silva Lopes	Individual	01:22:27	01:22:27