



29 de outubro de 2017

Classificação Provisória

Diplomas disponíveis só com a Classificação Final

Ordem	Dorsal	Nome	Clube	Tempo Bruto	Tempo Líquido	Diplomas
1	1	Sandra Teixeira	Sporting Clube de Portugal	00:17:16.99	00:17:16.99	Diploma
2	7	Margarida Dionísio	Associação Cultural e Recreativa Senhora do Desterro	00:17:51.78	00:17:51.78	Diploma
3	6	Olga Serbyn	Sporting Clube de Portugal	00:17:58.76	00:17:58.76	Diploma
4	5	Mónica Moreiras	Atibá	00:19:15.86	00:19:15.86	Diploma
5	11	Laura Manteigas	Sporting Clube de Portugal	00:19:32.04	00:19:30.96	Diploma
6	425	MARIA CAROLINA DE SANTA RITA OLIVEIRA DUARTE	EUROCABE	00:20:15.59	00:20:14.42	Diploma
7	10	Daniela Gordino	Sporting Clube de Portugal	00:20:58.03	00:20:57.50	Diploma
8	32	vanda raquel jeronimo	Individual	00:21:34.20	00:21:34.20	Diploma
9	220	Miriam Isabel Gomes da Silva	Individual	00:21:59.36	00:21:55.39	Diploma
10	93	Inês Pereira de Brito	Individual	00:22:12.49	00:22:06.61	Diploma
11	2	Luzia Dias	Sporting Clube de Portugal	00:22:27.24	00:22:27.24	Diploma
12	203	Diana Sofia dos Santos Elias	Individual	00:22:28.71	00:22:27.46	Diploma
13	452	Catarina de Almeida Tavares	Ernest & Young	00:22:43.65	00:22:36.96	Diploma
14	370	Carla Sofia Freitas Perestrelo	ADECCO	00:22:47.46	00:22:47.10	Diploma
15	486	Joana Patrícia Cheira Vinagre	Individual	00:22:52.67	00:22:48.74	Diploma
16	24	Sara Catarina Oliveira Gabriel	Individual	00:22:58.83	00:22:58.83	Diploma
17	498	RITA MARQUES TOMAZ DE ALMEIDA ANDRADE	Individual	00:23:01.09	00:22:53.74	Diploma

18	453	Diana Wallis	Ernest & Young	00:23:34.27	00:23:22.49	Diploma
19	547	Ana Teresa Moreno da Silva	Individual	00:23:36.09	00:23:36.09	Diploma
20	341	Maria de Jesus varela	Individual	00:23:48.22	00:23:38.03	Diploma
21	342	Odília Gomes	Individual	00:24:06.05	00:23:56.13	Diploma
22	207	Mónica Moreno		00:24:16.51	00:24:09.13	Diploma
23	289	FILIPA ISABEL MOITA	Individual	00:24:30.87	00:24:28.04	Diploma
24	74	Patrícia Gomes-Alves	Individual	00:24:34.89	00:24:32.30	Diploma
25	550	Patrícia Bacelar	Saúda	00:24:38.53	00:24:34.72	Diploma
26	583	Maria de Fátima Lourenço Cardoso	Individual	00:24:49.83	00:24:46.57	Diploma
27	276	Laura Pereira Rego	Individual	00:25:12.83	00:25:12.83	Diploma
28	442	Angélica Simão	As novas promessas	00:25:27.14	00:25:25.98	Diploma
29	441	Susana Cardoso	As novas promessas	00:25:27.99	00:25:26.80	Diploma
30	116	Rita Maria Mata Constantino	Individual	00:25:29.32	00:25:28.19	Diploma
31	532	Elisabete Picanço	MDM- Movimento Democrático De Mulheres	00:25:30.68	00:25:15.94	Diploma
32	531	Carolina Nunes	Individual	00:25:31.74	00:25:31.74	Diploma
33	447	Ana Carolina Amaral Martins	Ernest & Young	00:25:33.35	00:25:26.90	Diploma
34	518	Liliana Ferreira Pedro		00:25:38.12	00:25:22.09	Diploma
35	71	MEAGAN LOUISE CARTY	Individual	00:25:38.34	00:25:36.79	Diploma
36	166	Paula Alexandra Lopes Marcelino	Individual	00:25:40.47	00:25:40.47	Diploma
37	180	BEATRIZ DE PINA MARIZ	Clube Millennium BCP	00:25:40.53	00:25:33.81	Diploma
38	26	ELISABETE BACELAR LUIS PINTO	Individual	00:25:45.37	00:25:39.19	Diploma
39	424	Marta Isabel Francisca Gomes	Chamusca O Coração do Ribatejo	00:25:48.57	00:25:38.28	Diploma
40	141	Paula Cristina Julião dos Santos Alves	Individual	00:25:58.85	00:25:58.85	Diploma
41	56	Cláudia Sofia Alves Guerra	Individual	00:26:02.91	00:26:01.24	Diploma
42	167	Ana Lúcia dos Santos Elias Álvaro	Individual	00:26:08.31	00:26:06.86	Diploma
43	590	Andreia Filipa Da Horta Mira	Individual	00:26:08.45	00:25:53.73	Diploma
44	98	Iliana Serrão	Individual	00:26:14.99	00:26:14.99	Diploma
45	542	Maria João Martins Menezes Filipe Rocha	Individual	00:26:20.43	00:26:14.88	Diploma
46	25	Ana Amorim	Individual	00:26:20.74	00:26:18.86	Diploma
47	320	Telma Bejinha	Aljustrelenses	00:26:23.62	00:26:13.50	Diploma
48	13	Isabel Ribeiro	Grupo Jamor	00:26:34.45	00:26:32.12	Diploma
49	124	Sandra Isabel Martins da Silva Palma de Oliveira	Individual	00:26:35.37	00:26:34.02	Diploma
50	64	Vera Rita Conde Afonso	Individual	00:26:36.01	00:26:30.17	Diploma
51	187	MARIA ROCHA RODRIGUES	Clube Millennium BCP	00:26:37.34	00:26:32.88	Diploma
52	454	Laura Rodrigues	Ernest & Young	00:26:39.46	00:26:20.12	Diploma
53	115	Rita Rodrigues Morais	Individual	00:26:41.20	00:26:40.63	Diploma
54	497	Ana Candeias	Individual	00:26:44.53	00:26:44.53	Diploma
55	174	Irina Félix	Mãe e Filha	00:26:46.43	00:26:43.67	Diploma
56	254	Márcia da Conceição Fernandes Franco	Individual	00:26:48.56	00:26:38.36	Diploma

57	481	Ana Rosa Pola Mendes	Individual	00:26:48.80	00:26:37.32	Diploma
58	539	Elizabeth Lage	Parceiras	00:26:55.05	00:26:47.54	Diploma
59	31	Sandra Filipa Rodrigues da Cruz	Individual	00:26:58.78	00:26:50.99	Diploma
60	47	Daniela Sofia Costa Nascimento	Individual	00:26:59.21	00:26:52.64	Diploma
61	256	Ana Silvério	Individual	00:27:08.05	00:27:07.96	Diploma
62	589	Sara Pereira de Simas Roque Guerra Duarte	Individual	00:27:09.09	00:27:03.61	Diploma
63	516	Nanci Boto	MITSUBISHI	00:27:10.94	00:27:07.17	Diploma
64	45	Ana Mira		00:27:12.56	00:26:59.62	Diploma
65	381	Carla Alexandra Fernandes de Carvalho Faria	Médias	00:27:18.68	00:27:16.61	Diploma
66	63	Madalena Correia Martins da Luz Costa	Individual	00:27:20.53	00:27:09.60	Diploma
67	519	Ana Raquel Vieira e Silva Braga do Patrocínio	Individual	00:27:20.63	00:27:19.03	Diploma
68	221	Maria Dulce da Cruz Silva Gomes	Individual	00:27:23.06	00:27:20.10	Diploma
69	170	Isabel Maria Costa Baptista Rodrigues	Individual	00:27:28.92	00:27:27.98	Diploma
70	570	Nilcilene Ormond	Individual	00:27:33.53	00:27:28.06	Diploma
71	131	Nadia Tadeu Miranda	Individual	00:27:34.43	00:27:31.29	Diploma
72	82	Maria de Lurdes Bento Duarte	Individual	00:27:35.97	00:27:35.97	Diploma
73	359	Paula Isabel Marques Nogueira	Clube PT – zcs	00:27:42.26	00:27:36.96	Diploma
74	471	Rute Isabel da Palma Ragageles		00:27:43.18	00:27:43.18	Diploma
75	372	Elisabete Ribeiro da Silva Santos	ADECCO	00:27:44.92	00:27:33.96	Diploma
76	178	ANA GIL PIRES MARQUES	Clube Millennium BCP	00:27:47.97	00:27:40.38	Diploma
77	318	Patrícia Machado	Guizo Runners	00:27:48.16	00:27:48.16	Diploma
78	138	Lurdes Silva	Individual	00:27:49.15	00:27:45.48	Diploma
80	242	Sandra Marisa Campos da Cruz	Individual	00:27:51.28	00:27:48.64	Diploma
81	108	Christy Bratz	Individual	00:27:51.63	00:27:49.96	Diploma
82	412	SARA DUARTE CONCHINHAS	ACCENTTURE	00:27:52.08	00:27:40.63	Diploma
83	565	Joana Gonçalves	Saúda	00:27:54.34	00:27:37.80	Diploma
84	445	Andreia Cristina Nunes Oliveira	Individual	00:27:55.15	00:27:40.47	Diploma
85	51	luisa maria ribeiro falé costa	Quarentões na Bisga	00:27:55.83	00:27:51.31	Diploma
86	402	Sandra Coelho	CapRun	00:27:56.24	00:27:46.78	Diploma
87	525	Helena Maria Borges Carvalho Silva	Individual	00:28:00.27	00:27:51.49	Diploma
88	394	Rosemary Branco	Individual	00:28:02.76	00:28:00.84	Diploma
89	404	Rita Da Purificação Pereira Fernandes De Oliveira	Individual	00:28:02.88	00:28:01.23	Diploma
90	380	Maria de Fátima Pereira Lopes Dias	Individual	00:28:03.71	00:27:55.69	Diploma
91	284	Ana Crisina Estevão Almeida Pontes	Individual	00:28:04.40	00:28:04.40	Diploma
92	325	ISABEL SILVA	A MINHA GRÁFICA	00:28:06.67	00:27:57.32	Diploma
93	456	Sara Barata	Ernest & Young	00:28:08.76	00:28:02.43	Diploma
94	513	Ana Rita Boto	MITSUBISHI	00:28:08.80	00:28:04.57	Diploma
95	436	Cátia Parreira	trio slow motion	00:28:10.71	00:28:04.80	Diploma
96	272	Sara Cristina Alberto da Silva Martins	Individual	00:28:13.82	00:28:10.91	Diploma

97	317	Andreia de Sousa Peleja Amiguinho	Individual	00:28:14.52	00:28:11.02	Diploma
98	244	Paula Cunha		00:28:14.65	00:28:10.27	Diploma
99	271	Inês Filipa Massano da Silva	Individual	00:28:16.29	00:28:07.73	Diploma
100	474	Rita Broeiro Baptista	Individual	00:28:17.41	00:28:16.27	Diploma
101	470	Silvia Alexandra Silva Martins do Ó		00:28:18.31	00:28:18.31	Diploma
102	617	Sara Valadar		00:28:18.56	00:28:03.78	Diploma
103	616	Júnia Anacleto		00:28:18.73	00:28:04.51	Diploma
104	46	Olesya Driga		00:28:20.24	00:28:07.29	Diploma
105	286	Catia Rocha – Camisola M	Individual	00:28:21.82	00:28:14.84	Diploma
106	100	Alexandra Marina Pestana	Individual	00:28:26.21	00:28:23.00	Diploma
107	307	Joana Isabel Pereira Rodrigues	MTV	00:28:28.04	00:28:28.04	Diploma
108	102	Celia Maria Brito Carvalho	Individual	00:28:28.07	00:28:25.32	Diploma
109	264	Armanda Marisa Duarte Moreira	Individual	00:28:28.24	00:28:26.27	Diploma
110	377	Cristina Oliveira Cruz	Individual	00:28:31.65	00:28:22.16	Diploma
112	217	Maria Virgínia Graça Frade Mesquita	Individual	00:28:34.95	00:28:32.56	Diploma
113	451	Ana Rita Fernandes César Córias	Ernest & Young	00:28:35.37	00:28:27.71	Diploma
114	171	Catarina Isabel Nobre Maleita	Individual	00:28:35.80	00:28:32.44	Diploma
115	83	Liliana Bernardo	TALISCAS	00:28:37.65	00:28:30.23	Diploma
116	15	Ana Cabeleira	Mitsubishi	00:28:47.03	00:28:31.77	Diploma
117	16	Diana Damião	Mitsubishi	00:28:47.25	00:28:31.17	Diploma
118	44	Maria do ceu ferreira Ribeiro Duarte	Individual	00:28:47.64	00:28:43.66	Diploma
119	225	Ana Paula Moreira	Foros De Vale Figueira Futebol Clube	00:28:51.26	00:28:35.27	Diploma
120	224	Ana Isabel Mémé	Foros De Vale Figueira Futebol Clube	00:28:51.54	00:28:35.04	Diploma
121	258	Alejandra Valdez Lopez Nazareth de sousa	Individual	00:28:55.02	00:28:41.98	Diploma
122	517	Maria Madalena Lopes Branco	Individual	00:28:56.37	00:28:40.24	Diploma
123	152	Raquel Coelho Simoes	Individual	00:28:59.87	00:28:44.73	Diploma
124	460	Carla Costa	LG	00:29:02.50	00:28:49.78	Diploma
125	177	Andreia	Individual	00:29:04.86	00:29:04.86	Diploma
126	109	Fabiola Carvalho Freire Saraiva Amado	Individual	00:29:08.05	00:29:05.79	Diploma
127	620	Cátia Lindim		00:29:13.09	00:29:11.35	Diploma
128	218	Natalia Lopes	Individual	00:29:18.01	00:29:13.08	Diploma
129	355	Ana Isabel Fernandes Pereira Lima	Clube PT – zcs	00:29:20.97	00:29:04.91	Diploma
130	353	Ana Paula Fernandes	Juntas Somos Mais Fortes	00:29:21.86	00:29:20.97	Diploma
131	348	Ana Teresa Samuel	Juntas Somos Mais Fortes	00:29:24.03	00:29:21.97	Diploma
132	591	Cineyde Barros	Individual	00:29:24.27	00:29:06.47	Diploma
133	578	Tania Patrícia Ferreira Gonçalves	Individual	00:29:24.78	00:29:18.75	Diploma
134	129	Ana Filipa Marques Pereira de Sousa Nogueira	Individual	00:29:28.33	00:29:19.37	Diploma
135	459	Ana Maltez	LG	00:29:28.57	00:29:16.41	Diploma
136	463	Susana Silveiro	LG	00:29:28.87	00:29:14.93	Diploma

137	329	Ana Patrícia da Cruz Parreira	Individual	00:29:33.07	00:29:21.99	Diploma
138	475	Maria Margarida Inácio Simões Franco	Individual	00:29:33.28	00:29:31.11	Diploma
139	127	Ana Luísa Assunção Tomás	Individual	00:29:34.25	00:29:22.94	Diploma
140	496	Maria Luisa Vieira Soares	Individual	00:29:36.95	00:29:36.95	Diploma
141	619	Tatiana Paganini		00:29:42.54	00:29:25.81	Diploma
142	137	Isabel Maria Vouga	Individual	00:29:44.30	00:29:44.30	Diploma
143	411	MARIA MANUELA FERREIRA GOMES	ACCENTTURE	00:29:46.72	00:29:40.39	Diploma
144	410	MAFALDA PEREIRA DA ROCHA	ACCENTTURE	00:29:46.94	00:29:39.98	Diploma
145	153	Maria Ines Fonseca Saraiva Agulheiro Santos Peralta	Individual	00:29:47.31	00:29:30.96	Diploma
146	97	Maria Emilia Rocha Nóbrega Maria	Individual	00:29:47.83	00:29:47.83	Diploma
147	259	Susana Isabel Mendes	Individual	00:29:49.53	00:29:37.51	Diploma
148	427	Ana Paula Silva Martins Rodrigues	Individual	00:29:52.24	00:29:44.47	Diploma
149	179	ANA LUCIA FERREIRA SILVESTRE	Clube Millennium BCP	00:29:53.62	00:29:48.60	Diploma
150	173	Leonor Cruz	Mãe e Filha	00:29:54.11	00:29:50.77	Diploma
151	184	MADALENA PINA MARIZ	Clube Millennium BCP	00:29:55.62	00:29:49.89	Diploma
152	55	Zenaide Ferreira Alves	Individual	00:30:06.29	00:30:05.15	Diploma
153	84	Lina Fernanda Coelho Sousa	Individual	00:30:06.73	00:30:05.76	Diploma
154	128	Diana Teresa Henriques Nunes da Costa	Individual	00:30:06.77	00:29:58.66	Diploma
155	573	Ana Pereira		00:30:07.01	00:29:50.80	Diploma
156	530	Maria Fátima mineiro flora	Individual	00:30:08.99	00:30:03.39	Diploma
157	216	Rosa Maria Falardo	Individual	00:30:14.76	00:30:14.29	Diploma
158	60	Alda Cristina Miguel Morais	Individual	00:30:15.29	00:30:06.34	Diploma
159	387	Sandra Cristina Círiaco	Médis	00:30:17.00	00:30:11.12	Diploma
160	538	Filipa Direito	Individual	00:30:19.44	00:30:05.21	Diploma
161	21	Claudia Patricia Parreira Gaspar	Individual	00:30:19.64	00:30:08.11	Diploma
162	205	Deotília de Sousa Madureira Carvalho	Individual	00:30:21.58	00:30:21.58	Diploma
163	197	Ana Sofia Duarte dos Santos Lança	BP2SEA	00:30:22.84	00:30:16.75	Diploma
164	122	Ana Rita Afonso Pinheiro de Andrade Ribeiro Gonçalves	Individual	00:30:25.00	00:30:20.58	Diploma
165	139	Fernanda Teixeira	Individual	00:30:27.44	00:30:26.11	Diploma
166	526	ANA PATRÍCIA MACHADO RIBEIRO CANDEIAS	Individual	00:30:28.63	00:30:23.59	Diploma
167	392	Matilde Dimas	Julians	00:30:30.50	00:30:30.50	Diploma
168	305	Carla Susana Cardoso Monteiro	MTV	00:30:34.18	00:30:22.94	Diploma
169	303	Ana Maria Cardoso Monteiro	MTV	00:30:34.67	00:30:20.19	Diploma
170	175	ANABELA PEREIRA AFONSO VAZ	Individual	00:30:39.53	00:30:38.70	Diploma
171	357	Helena Isabel Leitão Salgueiro	Clube PT - zcs	00:30:40.24	00:30:29.86	Diploma
172	188	OLGA SOFIA NOBRE GOUVEIA LOPES	Clube Millennium BCP	00:30:43.23	00:30:41.64	Diploma
173	494	Natalia Rodrigues Baptista Fernandes	Individual	00:30:46.32	00:30:40.48	Diploma
174	308	Joana Marques	MTV	00:30:46.86	00:30:28.29	Diploma
175	540	Rita Lage	Parceiras	00:30:49.51	00:30:41.87	Diploma

176	336	Ana Rita Leitão Franco	Individual	00:30:50.47	00:30:36.02	Diploma
177	335	Juliana Costa	Os que correm às xs	00:30:51.14	00:30:39.05	Diploma
178	79	ORQUIDEA CLARA BATISTA NEVES	Individual	00:30:51.60	00:30:16.03	Diploma
179	546	Teresa marise martins ramos	Individual	00:30:51.66	00:30:51.66	Diploma
180	334	Sofia Alves	Os que correm às xs	00:30:51.83	00:30:39.85	Diploma
181	548	Catarina Raquel Dias Neves	Individual	00:30:52.02	00:30:39.13	Diploma
182	231	Dora Sousa	BFF – Best friends Forever	00:30:53.97	00:28:55.23	Diploma
183	232	Paula Antunes	BFF – Best friends Forever	00:30:54.38	00:28:55.00	Diploma
184	403	Sónia Maria Pires Andrade	Individual	00:30:57.99	00:30:57.99	Diploma
185	157	Neusa Patricia dos Anjos Santinho	Individual	00:30:58.23	00:30:57.81	Diploma
186	241	Sofia Alexandra Alemida Santos	Individual	00:30:58.53	00:30:50.38	Diploma
187	250	Ana Lobo Ferreira	Martins	00:31:00.25	00:30:46.68	Diploma
188	248	Sónia Martins	Martins	00:31:00.48	00:30:46.37	Diploma
189	326	TERESA GONÇALVES	A MINHA GRÁFICA	00:31:02.94	00:30:51.48	Diploma
190	22	Andreia Filipa Caseiro dos Santos	Individual	00:31:03.79	00:31:03.79	Diploma
191	409	INES SAMPAIO DOS REIS ALMEIDA	ACCENTTURE	00:31:05.20	00:30:53.05	Diploma
192	160	Sónia Coelho	Coelho	00:31:05.65	00:31:03.33	Diploma
193	158	Rosa Broncas	Coelho	00:31:06.04	00:31:02.91	Diploma
194	34	Marta Sousa	Individual	00:31:06.48	00:31:01.54	Diploma
195	107	Filomena Carmo Pedra	BE IN SHAPE	00:31:07.68	00:30:53.50	Diploma
196	433	Inês Oliveira	ROCKPORT	00:31:10.72	00:31:04.98	Diploma
197	414	Ana Lourenço	CP	00:31:13.26	00:31:13.26	Diploma
198	464	Zélia Araújo	LG	00:31:15.00	00:31:00.49	Diploma
199	42	Francisca Gomes Pinheiro Pereira Vaz	Individual	00:31:15.10	00:31:06.78	Diploma
200	253	Joana Filipa Nalha Dias Caeiro	Individual	00:31:15.92	00:31:05.72	Diploma
201	345	Carla Cristina Domingos Bernardino	Individual	00:31:19.62	00:30:43.87	Diploma
202	467	Maria Catarina Bobone da Camara Pinto Leite Formigal		00:31:19.77	00:30:39.08	Diploma
203	40	Inês Sofia Fernandes Baptista	Individual	00:31:19.82	00:31:16.13	Diploma
204	105	Fátima Rosada Pereira Pinto de Bragança	Individual	00:31:21.40	00:31:20.33	Diploma
205	581	Ana Margarida Candeias	Pernas Loucas	00:31:21.73	00:31:11.51	Diploma
206	582	Sonia Margarida Videira Casaca	Pernas Loucas	00:31:22.43	00:31:09.94	Diploma
207	277	Liliana Cristina Lampreia Gonçalves	Individual	00:31:22.72	00:31:22.47	Diploma
208	423	Elisa Catarina Santos Pires	Chamusca O Coração do Ribatejo	00:31:29.93	00:31:19.49	Diploma
209	89	Nidia Maria Gonçalves Da Silva	Individual	00:31:30.08	00:31:24.24	Diploma
210	611	Ana Cristina Cardoso		00:31:35.27	00:31:18.21	Diploma
211	246	Sandra Cruz		00:31:35.78	00:31:33.86	Diploma
212	94	Ana Luísa Gago Pereira	Individual	00:31:36.01	00:31:29.75	Diploma
213	432	Dora Gomes	Junta Freguesia Figueira Venda Nova	00:31:39.26	00:31:29.51	Diploma
214	428	Marcela Pereira Alves	Individual	00:31:40.10	00:31:31.74	Diploma

215	279	Maria Levina Fernandes Cardoso Santos	Individual	00:31:40.62	00:31:40.62	Diploma
216	195	Kelly Agostinho Nascimento	BP2SEA	00:31:41.27	00:31:32.72	Diploma
217	58	Isabel Brás	Individual	00:31:43.68	00:31:32.49	Diploma
218	57	Marlene dos Santos Parada	Individual	00:31:45.05	00:31:33.74	Diploma
219	200	Tânia Filipa Teodoro Dias	BP2SEA	00:31:46.64	00:31:45.02	Diploma
220	104	Susana Costa	Individual	00:31:46.90	00:31:44.16	Diploma
221	388	maria alexandra de castro escrivão gonçalves	Individual	00:31:52.50	00:31:33.04	Diploma
222	610	Rita Cristina Simões		00:31:53.34	00:31:53.10	Diploma
223	331	Neuza Rebelo	Zita\'s TEAM	00:31:53.92	00:31:35.93	Diploma
224	332	Sónia Vicente	Zita\'s TEAM	00:31:55.71	00:31:39.53	Diploma
225	297	Paula Cristina Ferreira Palma de Sousa	Individual	00:31:57.85	00:31:55.22	Diploma
226	68	Maria de Fátima Belchior Nunes	Individual	00:32:04.48	00:32:03.68	Diploma
227	592	sonia botelho	Individual	00:32:04.51	00:31:46.09	Diploma
228	344	Tânia Horta	Individual	00:32:05.33	00:31:55.71	Diploma
229	480	linda suse lopes pinto diasd	Individual	00:32:06.77	00:31:47.62	Diploma
230	577	Ana-Alice Pereira	Individual	00:32:08.63	00:32:00.27	Diploma
231	17	Vanessa Hillebrand		00:32:09.45	00:31:59.57	Diploma
232	612	Ana Rolo		00:32:14.67	00:32:01.85	Diploma
233	397	Sandra Lopes	CapRun	00:32:19.57	00:32:19.57	Diploma
234	537	Karin Wolanski		00:32:22.70	00:32:19.55	Diploma
235	159	Teresa Mata	Coelho	00:32:23.68	00:32:19.08	Diploma
236	465	Cristina Maria da Costa Maia Santos	Individual	00:32:27.53	00:32:13.91	Diploma
237	183	FILIPA GIL MARQUES	Clube Millennium BCP	00:32:31.42	00:32:25.64	Diploma
238	69	Carla Alexandra Reis Morais	Individual	00:32:31.55	00:32:16.11	Diploma
239	76	Ana Maria Dias	Individual	00:32:31.99	00:32:31.42	Diploma
240	457	Teresa Ferreira Coelho	Ernest & Young	00:32:32.82	00:32:24.27	Diploma
241	438	Vanessa Neves	trio slow motion	00:32:36.30	00:32:29.73	Diploma
242	27	ISABEL MARIA COSTA AMARAL	Individual	00:32:38.47	00:32:29.16	Diploma
243	212	Tânia Santos		00:32:40.50	00:32:34.30	Diploma
244	413	Maria Barros	Individual	00:32:47.23	00:32:39.53	Diploma
245	443	Helena Brazão	As novas promessas	00:32:49.65	00:32:49.21	Diploma
246	559	Ana Cristina do Vale santos Vicente Pires	Sáúda	00:32:56.05	00:32:42.92	Diploma
247	130	Carla Alexandra Almeida	Individual	00:32:58.13	00:32:44.51	Diploma
248	295	Ana Lúcia Batista Matias	Individual	00:32:59.03	00:32:52.00	Diploma
249	91	PAMELA CRISTINA LOPES GURGEL VALENTE	Individual	00:32:59.30	00:32:42.33	Diploma
250	202	Ana Catarina Venancio Ramalho	BP2SEA	00:32:59.48	00:32:48.10	Diploma
251	208	Tânia Alvas		00:32:59.58	00:32:50.95	Diploma
252	572	Mónica Marques		00:33:00.90	00:32:42.53	Diploma
253	354	Cátia Rubina	Zita\'s Team	00:33:01.85	00:32:45.12	Diploma

254	333	Zita Alves	Zita\'s TEAM	00:33:02.35	00:32:45.16	Diploma
255	230	Vanda Margarida Antunes dos Santos Quistorp	Individual	00:33:07.68	00:33:06.73	Diploma
256	119	Elisabete fernandes marques	Individual	00:33:07.87	00:32:48.39	Diploma
257	118	Maria de Iurdes silva gonçalves amaral	Individual	00:33:08.17	00:32:48.62	Diploma
258	367	Ana Maria Bernardino Mendes	Individual	00:33:08.33	00:33:07.38	Diploma
259	356	Helena Conceição Fazenda Martins Machado	Clube PT – zcs	00:33:10.63	00:33:05.01	Diploma
260	340	Teresa Sousa	Individual	00:33:13.90	00:33:01.58	Diploma
261	613	Carla Guedes		00:33:14.16	00:33:00.59	Diploma
262	337	Leonor Pinto	Individual	00:33:14.56	00:33:00.70	Diploma
263	99	Maria Cândida Pires Gonçalves Augusto	Individual	00:33:20.36	00:33:16.09	Diploma
264	321	Andreia Filipa Dimas Ferreira	Individual	00:33:21.28	00:33:08.79	Diploma
265	290	Marta Isabel da Silva Rodrigues Barbosa	Individual	00:33:21.62	00:33:08.13	Diploma
266	125	Nazaré Anacleto Rodrigues Velez	Individual	00:33:29.89	00:33:28.11	Diploma
267	181	CARLA ISABEL DUARTE VIEIRA BRITO	Clube Millennium BCP	00:33:30.45	00:33:25.02	Diploma
268	558	Ana Rita Germano Antunes Russo	Saúda	00:33:32.41	00:33:18.93	Diploma
269	251	Ana Filipa da Conceição Milheiras	Individual	00:33:33.14	00:33:24.04	Diploma
270	163	Andrea Sucena Mendes de Sousa	Individual	00:33:33.18	00:33:18.49	Diploma
271	468	Monica Sofia Barardo dos Santos Rodrigues Runa		00:33:33.58	00:33:28.51	Diploma
272	72	Hélia Cristina Frias Ferreira	Individual	00:33:34.57	00:33:34.04	Diploma
273	156	Ângela Santos		00:33:41.17	00:33:33.11	Diploma
274	571	Ana Isabel Sebastião Pereira da Mata	Individual	00:33:41.87	00:33:28.04	Diploma
275	28	Carla Cristina Carvalho Cardoso	Individual	00:33:43.56	00:33:37.58	Diploma
276	133	Sandra		00:33:47.11	00:33:32.47	Diploma
277	132	Catarina		00:33:47.63	00:33:32.25	Diploma
278	169	Anabela Miguel Fernandes	Individual	00:33:55.43	00:33:46.38	Diploma
279	569	Sofia Isabel Macedo Santos	Individual	00:33:56.50	00:33:43.78	Diploma
280	106	Ana Alexandra Silva	BE IN SHAPE	00:34:13.51	00:33:58.18	Diploma
281	285	Cátia Horta	SS CGD	00:34:13.62	00:34:06.06	Diploma
282	400	Sara Cardoso	CapRun	00:34:16.71	00:34:08.86	Diploma
283	401	Ana Tostão	CapRun	00:34:16.76	00:34:09.27	Diploma
284	399	Raquel Inácio	CapRun	00:34:17.39	00:34:17.39	Diploma
285	274	Ana Filipa Mendes de Melo Moreira da Fonseca	Individual	00:34:17.59	00:34:08.03	Diploma
286	278	Laura Joana Elomaa Pires Nicolau	Individual	00:34:17.60	00:34:08.10	Diploma
287	543	Sandra Alves	Individual	00:34:20.77	00:34:05.11	Diploma
288	446	Cidália Malta	Individual	00:34:21.91	00:34:15.30	Diploma
289	237	Sandra Isabel Trindade Gaspar	Individual	00:34:24.46	00:34:20.21	Diploma
290	176	EURÍDICE MARIA MIRANDA DOS MÁRTIRES ESTEVENS	Individual	00:34:26.05	00:34:25.86	Diploma
291	567	Claudia Sofia da Silva Batalha	Saúda	00:34:26.40	00:34:13.11	Diploma
292	145	Alda Maria Evaristo Apolinário do Vale Lima	Individual	00:34:27.96	00:34:27.96	Diploma



293	618	Denise Lirio de Araújo		00:34:30.27	00:34:30.27	Diploma
294	365	Ana Paula dos Santos Vitorino Jorge	Individual	00:34:34.57	00:34:34.57	Diploma
295	86	Elisabete Castanheira	Individual	00:34:37.95	00:34:37.95	Diploma
296	50	paula cristina canas silva costa	Quarentões na Bisga	00:34:38.22	00:34:33.85	Diploma
297	140	Manuela Maria Guerreiro Gonçalves de Castro	Individual	00:34:38.35	00:34:21.91	Diploma
298	580	Sandra Isabel Lisboa Leal	Individual	00:34:39.49	00:34:35.00	Diploma
299	310	Lurdes Vale	MTV	00:34:42.27	00:34:31.14	Diploma
300	313	Maria Santos	MTV	00:34:44.35	00:34:24.84	Diploma
301	368	Anabela Gomes Miranda	Individual	00:34:45.08	00:34:26.52	Diploma
302	65	Líliia Ferreira	Individual	00:34:48.77	00:30:37.83	Diploma
303	473	Mónica Ribeiro Moreira Fezas Vital	Individual	00:34:54.17	00:34:52.84	Diploma
304	523	Susana Ferreira	Individual	00:34:54.84	00:34:52.38	Diploma
305	155	Ana Almeida		00:35:02.00	00:34:53.18	Diploma
306	172	Paula Alexandra Esteves Cunha Rodrigues	Individual	00:35:08.99	00:34:56.78	Diploma
307	96	Susana Carla da Nóbrega Maria	Individual	00:35:09.81	00:35:07.39	Diploma
308	30	ROSA MARIA JESUS ALVES MIRANDA REIS	Individual	00:35:13.30	00:35:04.27	Diploma
309	292	Marisa Alexandra Raposo Martins	Raporal SA	00:35:17.17	00:35:13.79	Diploma
310	510	Patricia Berezetchi	GOLDNUTRITION	00:35:22.50	00:35:15.40	Diploma
311	369	Carina Alexandra Grilo da Silva Sousa	ADECCO	00:35:22.90	00:32:04.69	Diploma
312	437	Sara Rebelo	trio slow motion	00:35:25.95	00:35:22.99	Diploma
313	123	Maria de Lourdes Monteiro	Individual	00:35:27.88	00:35:18.10	Diploma
314	117	Maria Olivia Rugani	Individual	00:35:27.91	00:35:27.91	Diploma
315	114	Sonia Maria Pinto Catdoso SARDinha	Individual	00:35:44.76	00:35:41.12	Diploma
316	199	Vera Alves	BP2SEA	00:35:47.67	00:35:37.78	Diploma
317	298	Andreia Filipa dos Santos	Individual	00:35:48.48	00:35:30.13	Diploma
318	524	Maria das Dores Pereira Brandão Barbosa	Individual	00:35:49.00	00:34:23.70	Diploma
319	206	Ana Cristina Osório Santos Albergaria e Castro	Individual	00:35:56.85	00:35:47.30	Diploma
320	247	Marta Carmo		00:36:02.26	00:36:00.56	Diploma
321	314	Marisa Pardal	MTV	00:36:02.33	00:36:02.33	Diploma
322	151	Sandra Isabel Rodrigues Serafim	Individual	00:36:07.65	00:36:06.70	Diploma
323	408	ELISABETE MENDES DA COSTA	ACCENTTURE	00:36:12.74	00:35:55.00	Diploma
324	407	CATIA SILVA DE CARVALHO	ACCENTTURE	00:36:13.78	00:35:58.37	Diploma
325	491	Paula Neffe	CCD Sintrense	00:36:18.53	00:36:05.55	Diploma
326	487	Paula Serra	CCD Sintrense	00:36:18.62	00:36:04.92	Diploma
327	488	Paula Moreira	CCD Sintrense	00:36:21.54	00:36:09.39	Diploma
328	294	Maria Madalena Cardoso Guerra Antunes	Raporal SA	00:36:36.21	00:36:33.39	Diploma
329	211	Sara Monteiro		00:36:39.35	00:36:30.49	Diploma
330	213	Vera Santos		00:36:39.44	00:36:32.29	Diploma
331	198	Inês Couto de Sousa Tavares da Silva	BP2SEA	00:36:41.93	00:36:33.70	Diploma

332	362	Djara Delgado	CRDM	00:36:46.02	00:36:46.02	Diploma
333	126	Maria da Conceição Saraiva Direito Goulart Leitão	Individual	00:36:48.53	00:36:34.76	Diploma
334	150	Naria de Fátima Gonçalves da Silva Marques Mendes	Individual	00:36:53.26	00:36:50.31	Diploma
335	110	joana martins de oliveira botelho	Individual	00:37:08.86	00:37:08.86	Diploma
336	366	Rosa da Conceição Arantes da Silva	Individual	00:37:24.35	00:35:40.37	Diploma
337	492	Isabel Cristina Gonçalves Martins Penedo	Individual	00:37:29.38	00:37:11.53	Diploma
338	461	Cristália Maria Estevam Ribeiro Ramos	LG	00:37:32.65	00:34:53.44	Diploma
339	555	Ana Margarida Baião	Saúda	00:37:37.62	00:37:21.07	Diploma
340	391	Sofia Clara	Julians	00:37:40.77	00:37:40.61	Diploma
341	386	Rosa Maria Brandão Gameiro	Médís	00:37:46.32	00:37:42.92	Diploma
342	477	Susana Filipa Penedo Gonçalves	Individual	00:37:51.95	00:37:34.20	Diploma
343	293	Maria Cristina Guarda de Sousa	Raporal SA	00:37:52.28	00:37:49.64	Diploma
344	521	Manuela Cabral	Utinovadoras	00:38:01.86	00:37:56.92	Diploma
345	520	Paula Joaquim	Utinovadoras	00:38:02.04	00:37:56.52	Diploma
346	566	Catarina Bernardino de Freitas Ferreira	Saúda	00:38:04.98	00:37:48.11	Diploma
347	80	Marlene oliveira	Individual	00:38:07.08	00:38:01.44	Diploma
348	33	Suzette Marise Pereira Izidoro	Individual	00:38:14.95	00:37:55.14	Diploma
349	235	Bruna Sande de Magalhães	Individual	00:38:23.15	00:38:05.20	Diploma
350	239	Claudia Patrícia Fernandes Silva	Individual	00:38:23.60	00:38:05.62	Diploma
351	154	Patricia Susana Moreira Martins Teixeira	Individual	00:38:33.95	00:38:33.95	Diploma
352	323	Ana Maria Machado da Silva	Individual	00:38:40.35	00:37:00.18	Diploma
353	322	Ana Rita Branquinho de Campos	Individual	00:38:40.96	00:37:00.24	Diploma
354	576	Vânia Cunha da Silva	Individual	00:38:41.33	00:38:41.33	Diploma
355	315	Patrícia Torres	MTV	00:38:56.57	00:38:38.73	Diploma
356	210	Liliana Almeida		00:39:01.29	00:38:53.69	Diploma
357	505	Inês Sofia Baptista Rodrigues	GOLDNUTRITION	00:39:02.45	00:38:49.75	Diploma
358	504	Filipa Daniela Rainho Goulão	GOLDNUTRITION	00:39:02.90	00:38:50.21	Diploma
359	135	Sandra Portela	As Tias	00:39:03.27	00:38:47.49	Diploma
360	134	Catarina Pinheiro	As Tias	00:39:04.41	00:38:49.88	Diploma
361	466	ana Pereira Trinta		00:39:14.77	00:38:53.48	Diploma
362	358	Maria Teresa da Costa Ramos Lopes	Clube PT - zcs	00:39:19.89	00:39:14.14	Diploma
363	136	Sofia Portela	As Tias	00:39:21.01	00:39:04.51	Diploma
364	338	Rita Cipriano Pedroso	Individual	00:39:21.33	00:39:16.31	Diploma
365	339	Mafalda Girão Domingos Pereira	Individual	00:39:21.78	00:39:15.79	Diploma
366	360	Avelina Monteiro	CRDM	00:39:23.92	00:39:23.92	Diploma
367	544	Rute Alves		00:39:25.77	00:39:09.94	Diploma
368	458	Vanessa Mota	Ernest & Young	00:39:28.98	00:39:17.74	Diploma
369	61	Maria Amélia Costa	Individual	00:39:44.46	00:39:41.71	Diploma
370	75	Ana Paula de Almeida Rolão Bernardo Lourenço Bastos	Individual	00:39:44.53	00:39:32.82	Diploma

371	376	Raquel Oliveira Cruz	Individual	00:39:45.76	00:39:36.81	Diploma
372	147	Helena Maria Oliveira de Almeida Nunes	Individual	00:39:51.42	00:39:35.88	Diploma
373	261	Maria Luísa Vieira Moniz	Individual	00:40:35.93	00:40:22.20	Diploma
374	489	Paula Arruda	CCD Sintrense	00:40:40.29	00:40:28.17	Diploma
375	113	Bárbara António de Jesus	As Nabantinas	00:40:40.45	00:40:39.04	Diploma
376	111	Natércia Maria Nunes António de Jesus	As Nabantinas	00:40:41.53	00:40:41.53	Diploma
377	112	Isabel Tomás Costa	As Nabantinas	00:40:41.64	00:40:41.64	Diploma
378	502	Andreia Lucas Pendão Martins	GOLDNUTRITION	00:41:03.30	00:40:45.72	Diploma
379	508	Joana Marques Coelho	GOLDNUTRITION	00:41:03.44	00:40:45.71	Diploma
380	287	Joana de Jesus Ferreira	Individual	00:41:05.77	00:40:58.76	Diploma
381	41	Ana Rita Barreiros	Individual	00:41:18.31	00:41:09.75	Diploma
382	495	Fernanda Rodrigues Braga	Individual	00:41:21.81	00:41:18.26	Diploma
383	148	Luisa Alexandra Morais da Fonte	Individual	00:41:45.83	00:41:41.98	Diploma
384	233	Helena Maria Rodrigues Lourenço	Individual	00:41:46.50	00:41:30.13	Diploma
385	238	Paula Cristina da Costa Santos	Individual	00:41:48.93	00:41:30.98	Diploma
386	149	Ana Marta Rocha Paulino Marques	Individual	00:41:49.32	00:41:49.01	Diploma
387	228	CÉLIA GUERREIRO DIAS	Individual	00:41:58.57	00:41:39.76	Diploma
388	227	ANA BORGES AGULHA	Individual	00:41:58.76	00:41:39.99	Diploma
389	349	Donzília Baptista	Juntas Somos Mais Fortes	00:42:00.93	00:41:58.06	Diploma
390	346	Paula Costa	Juntas Somos Mais Fortes	00:42:01.35	00:41:59.27	Diploma
391	275	Ana Maria Santos	Individual	00:42:09.16	00:40:19.51	Diploma
392	243	Maria Salomé Tavares Sanches	Individual	00:42:14.73	00:42:11.43	Diploma
393	389	Carolina Azevedo	Julians	00:42:42.74	00:42:41.15	Diploma
394	390	Noor Vissram	Julians	00:42:43.76	00:42:42.67	Diploma
395	288	Mariana de Jesus Soares	Individual	00:43:00.58	00:43:00.58	Diploma
396	554	Margarida Carvalho	Saúda	00:43:02.67	00:42:39.92	Diploma
397	70	Maria Luísa Gomes Santos	Individual	00:43:07.93	00:41:21.91	Diploma
398	440	Ana Catarina Madureira Alves Serra	Individual	00:43:27.60	00:43:23.52	Diploma
399	67	Ana Paula Guilherme P. Fialho Lourenço	Individual	00:44:03.34	00:43:55.61	Diploma
400	120	filipa moreira		00:44:48.27	00:44:40.06	Diploma
401	374	Patricia isabel Mendonça dos santos	Simple the best	00:44:48.43	00:44:48.43	Diploma
402	361	Débora Barceló	CRDM	00:44:49.09	00:44:49.09	Diploma
403	587	Olimpia felix	Individual	00:44:59.14	00:43:36.50	Diploma
404	493	Maria Graciete de Sousa Ferreira	Individual	00:45:36.04	00:45:36.04	Diploma
405	209	Rute Ribeiro		00:45:36.55	00:45:27.65	Diploma
406	214	Paula Cardoso		00:45:36.87	00:45:28.44	Diploma
407	545	Susana Lourenço		00:45:39.97	00:45:39.97	Diploma
408	560	Alexandra Maria Rodrigues Lopes Ribeiro	Saúda	00:45:44.12	00:45:30.39	Diploma
409	161	Vanessa Cláudio dos Santos Correia	Individual	00:45:55.30	00:45:35.25	Diploma

410	300	Patricia Carinhas	Individual	00:45:59.55	00:45:47.66	Diploma
411	296	Licinia Madalena Simoes Ferreira	Individual	00:46:02.71	00:45:50.48	Diploma
412	324	Maria Reiçadas	Individual	00:46:02.82	00:45:51.47	Diploma
413	527	Maria Ferreira	Individual	00:46:12.62	00:46:12.62	Diploma
414	363	Mónica Bito	CRDM	00:46:23.54	00:46:23.54	Diploma
415	364	Marta Lourenço	CRDM	00:46:26.58	00:46:26.58	Diploma
416	54	Mabiliaconceicao rosário pereira barata	Individual	00:46:30.61	00:46:30.61	Diploma
417	485	Nadir Brites		00:47:04.26	00:46:46.21	Diploma
418	484	Dilma D' Almeida		00:47:04.35	00:46:46.19	Diploma
419	462	Rebeca Pereira Calhau	LG	00:47:08.41	00:44:30.53	Diploma
420	193	Ana Peralta Nogueira	BP2SEA	00:47:34.76	00:47:34.76	Diploma
421	142	Cristna Isabel Lopes Amante	Individual	00:47:57.34	00:47:08.43	Diploma
422	12	Carla França	Grupo Jamor	00:48:19.54	00:48:17.38	Diploma
423	204	Edneia de Oliveira Mota	Individual	00:48:27.98	00:48:07.98	Diploma
424	575	Ana Azaredo	Individual	00:48:28.46	00:48:18.21	Diploma
425	312	Maria Alzira do Carmo	MTV	00:48:28.67	00:48:18.26	Diploma
426	255	Patrícia Paula Condesso Marques	Individual	00:49:13.13	00:49:03.86	Diploma
427	240	Catarina Andreia da Silva Portugal	Individual	00:49:36.56	00:49:26.20	Diploma
428	234	Iris Braga	Individual	00:49:42.33	00:49:24.38	Diploma
429	95	Maria João Delgado Rosário Serra	Individual	00:49:48.40	00:49:31.83	Diploma
430	350	Cristina Robles	Juntas Somos Mais Fortes	00:50:52.82	00:50:50.26	Diploma
431	352	Maria Conceição Neves	Juntas Somos Mais Fortes	00:50:53.54	00:50:48.60	Diploma
432	347	Teresa Santos	Juntas Somos Mais Fortes	00:50:53.97	00:50:51.40	Diploma
433	121	carla duarte		00:54:18.73	00:54:08.66	Diploma
434	236	Silvia de Jesus Sande	Individual	00:54:24.73	00:54:07.45	Diploma
435	257	Sonia Patrícia Martinho Correia Filipe	Individual	00:54:26.11	00:54:08.44	Diploma
436	268	Vera Alexandra da Cunha Martinho	Individual	00:54:35.51	00:54:35.51	Diploma
437	222	Zaida Manuela Fonseca Pires	Individual	00:55:09.10	00:55:04.12	Diploma
438	229	Célia Maria De Almeida Fernandes	Individual	00:55:09.40	00:55:04.60	Diploma
439	219	Cecília Maria Figueiredo de Oliveira	Individual	00:55:09.42	00:55:04.13	Diploma
440	252	Ana Margarida Gaspar de Sousa Paulo	Individual	00:55:11.17	00:55:11.17	Diploma
441	549	Nina Carla Ferreira Duarte de Almeida Sousa Santos	Saúda	00:55:26.58	00:55:26.58	Diploma
442	562	Mónica Correia	Saúda	00:56:29.23	00:56:29.23	Diploma
443	568	Ângela Marques	Saúda	00:56:30.03	00:56:30.03	Diploma
444	563	Sónia Silva	Saúda	00:56:30.08	00:56:30.08	Diploma
445	269	Carla Sofia Estevinha Lopes	Individual	00:57:49.78	00:57:49.78	Diploma
446	270	Ana Patricia Dias Eirinha	Individual	00:57:50.75	00:57:50.75	Diploma
447	351	Marisa Fernandes	Juntas Somos Mais Fortes	00:57:58.64	00:57:53.28	Diploma
448	49		Individual	00:58:19.86	00:58:00.72	Diploma

449	52	Elisabete Ferreira	Individual	00:58:20.07	00:57:58.02	Diploma
450	48	Fabiola Gonçalves Coelho Tavares	Individual	00:58:20.60	00:58:01.09	Diploma
451	267	Alexandra Maria Baeta Conde	Individual	01:02:49.86	01:02:49.86	Diploma
452	469	Ana Pinto		01:03:18.57	01:03:18.57	Diploma
453	59	Susanne Nunes	Individual	01:06:29.20	01:01:53.97	Diploma
454	302	Ana Carolina Vaz Pinto Da Silva Almada	MTV	01:08:21.71	01:07:26.68	Diploma
455	265	Ana Paula Martins Matos	Individual	01:09:34.69	01:07:08.61	Diploma
456	260	Isabel Almeida	Individual	01:09:53.95	01:07:16.97	Diploma
457	439	Ana Rita Cabita Gonçalves	Individual	01:09:56.89	01:09:56.89	Diploma
458	472	LILIANA MARGARIDA ANTONIO DA SILVA	Individual	01:10:22.07	01:07:44.08	Diploma
459	385	Guiomar Fernanda da Costa Rua	Médicis	01:10:46.13	01:10:46.13	Diploma
460	384	Fátima de Lurdes Nobre Urbano Gonçalves	Médicis	01:10:46.31	01:10:46.31	Diploma
461	189	ORLANDA SOFIA OLIVEIRA GRACA MARTINS	Clube Millennium BCP	01:17:57.09	01:16:12.48	Diploma
462	146	Ana Paula Bastos da Silva Lopes	Individual	01:17:59.92	01:17:59.92	Diploma
463	77	Eduarda da Silva Correia Marques	Individual	01:18:02.55	01:18:02.55	Diploma
464	507	Isabel Maria Chanoca Pinheiro	GOLDNUTRITION	01:21:19.64	01:21:19.64	Diploma
465	190	ROSA MARIA BRANDAO GAMEIRO	Clube Millennium BCP	01:22:05.24	01:22:05.24	Diploma
466	586	Maria Isabel Almeida		01:30:23.64	01:30:23.64	Diploma
467	585	Andreia Filipa Fernandes		01:30:25.99	01:30:25.99	Diploma
468	584	Ana Cristina Mendes da Conceição Fernandes		01:30:27.89	01:30:27.89	Diploma
469	431	Dolores Reis	Junta Freguesia Figueira Venda Nova	01:31:08.16	01:31:08.16	Diploma
470	430	Carla Sobral	Junta Freguesia Figueira Venda Nova	01:31:11.04	01:31:11.04	Diploma
471	85	maria celeste santos boaventura mendes	Individual	01:35:44.65	01:35:44.65	Diploma
472	280	Telma Nunes	As maiores da aldeia	01:36:37.24	01:36:37.24	Diploma
473	343	Isabel Maria Ferreira Lagarto Couveiro	Individual	01:38:38.81	01:38:38.81	Diploma
474	379	Ana Borges	Individual	01:41:17.27	01:41:17.27	Diploma
475	557	Cecília Alexandra Caetano Silvério	Saúda	01:42:01.53	01:42:01.53	Diploma
476	556	Vera Freitas	Saúda	01:42:01.77	01:42:01.77	Diploma
477	418	Beatriz Saúde	CP	01:43:06.59	01:43:06.59	Diploma
478	417	Barbara Fidalgo	CP	01:43:07.33	01:43:07.33	Diploma
479	579	Maria Luísa dos Santos Martins peixeiro	Individual	01:44:03.05	01:44:03.05	Diploma
480	299	Ana Sofia Freira Fortunato	Individual	01:45:07.91	01:45:07.91	Diploma