

Ordem	Dorsal	Nome	Clube	Tempo	Chip
1	2	Ana Ferreira	Sporting Clube de Portugal	00:17:18.90	00:17:18.90
2	4	Olga Serbyn	Clube Atletismo de Fátima	00:17:58.63	00:17:58.63
3	8	Miriam Martins	Grecas	00:18:12.26	00:18:13.79
4	1	Sandra Teixeira	Sporting Clube de Portugal	00:18:40.81	00:18:41.09
5	5	Margarida Dionísio	Assoc. Cultural Rec. Senhora do Desterro	00:19:17.82	00:19:17.92
6	203	Filipa Moutinho	Individual	00:19:56.23	00:19:56.29
7	7	Daniela Gordino	Sporting Clube de Portugal	00:20:12.78	00:20:14.18
8	18	Luzia Dias	Sporting Clube de Portugal	00:22:01.00	00:22:01.00
9	387	Joana Soares Taneco	100%FitClub	00:22:25.71	00:22:26.99
10	65	Sara Catarina Oliveira Gabriel	Individual	00:22:55.28	00:22:55.28
11	463	Carolina da Silva Ferreira	SAUDA	00:23:05.83	00:23:15.99
12	120	Marta Labucha	Individual	00:23:20.97	00:23:28.24
13	493	Elsa Agua	Individual	00:23:44.72	00:23:48.90
14	118	Beatriz Sofia Seixas Gonçalves	Individual	00:24:11.00	00:24:15.33
15	509	Ana Isabel Fanica Gomes	AGEAS - Parque das Nações	00:24:18.05	00:24:23.50
16	19	Eugénia Teixeira	Linda-a Pastora	00:24:33.26	00:24:33.26
17	338	Selma Nair Gonçalves	Arquiconsult	00:24:35.09	00:24:39.35
18	481	Ana Catarina dos Santos Rebelo	Individual	00:24:59.30	00:25:05.19
19	410	BEATRIZ DE PINA MARIZ	Clube Millennium BCP	00:25:02.03	00:25:05.63
20	109	Marina de Jesus Dias Rodrigues	Individual	00:25:13.38	00:25:13.38
21	532	Maria Fátima Lourenço Cardoso	Individual	00:25:17.28	00:25:19.72
22	440	Diana Araújo Wallis de Carvalho	EY	00:25:34.68	00:25:34.68
23	492	Catarina Linhares de Lima	Individual	00:25:31.74	00:25:35.79
24	533	Catarina Isabel Cardão Vargès	Individual	00:25:33.72	00:25:37.28
25	524	Ana Raquel Bragança	Individual	00:25:27.51	00:25:38.03
26	385	LUCIA FERREIRA	ACCENTURE	00:25:23.82	00:25:39.19
27	286	Patrícia Isabel Gomes	Individual	00:25:46.16	00:25:49.54
28	411	ANA GIL PIRES MARQUES	Clube Millennium BCP	00:25:52.46	00:25:55.32
29	25	ELISABETE BACELAR LUIS PINTO	Individual	00:25:50.05	00:25:57.42
30	28	Raquel Susana Peixoto Subtil	Individual	00:25:59.58	00:26:03.25
31	67	Maria Angelica Gafanha	Individual	00:25:59.79	00:26:03.62
32	198	Vanda Bragança	BE IN SHAPE	00:25:44.68	00:26:03.72
33	528	Cheila Susana Neiva Mussá	Individual	00:25:56.37	00:26:04.42
34	443	Ana Monteiro	ENTREPOSTO AUTO	00:25:59.65	00:26:14.05
35	163	Maria de Lurdes Bento Duarte	Individual	00:26:15.70	00:26:15.70
36	167	Laura Pereira Rego	Individual	00:26:07.77	00:26:23.37
37	422	Filipa Moita	Individual	00:26:08.43	00:26:25.26
38	470	Ana Rita Viera Figueiredo Dias	SAUDA	00:26:28.22	00:26:28.22
39	47	Maria Conceição Soares Vaz	Individual	00:26:27.49	00:26:30.56
40	196	Marta Arromba	BE IN SHAPE	00:26:16.24	00:26:34.07
41	191	Adelaide Silva	BE IN SHAPE	00:26:15.43	00:26:34.68
42	192	Patricia Mateus	BE IN SHAPE	00:26:17.51	00:26:35.33
43	462	Marta Martinho	SAUDA	00:26:30.89	00:26:40.73
44	476	Mariana Peixeiro da Fonseca Passos	MTV	00:26:34.20	00:26:42.33

Ordem	Dorsal	Nome	Clube	Tempo	Chip
45	475	Maria Madalena Azevedo e Castro da Cruz Belo	MTV	00:26:34.52	00:26:42.66
46	594	Carla Novo	Individual	00:26:47.67	00:26:47.67
47	308	Joana Piçarra	Individual	00:26:43.23	00:26:49.14
48	91	Sílvia Isabel da Costa Miranda	Individual	00:26:46.69	00:26:50.34
49	179	Ana Mira	Campolide todos Juntos_ Grupo de caminhadas	00:26:50.25	00:26:55.43
50	225	Caroline Nunes	Run4Life	00:26:47.90	00:26:57.64
51	34	Nádia Miranda	Individual	00:26:57.71	00:27:06.05
52	287	Carla Isabel Ferreira Pereira	Individual	00:27:07.93	00:27:07.93
53	311	Adriana Pereira Borda d' Água	Individual	00:27:02.80	00:27:08.30
54	162	Maria Madalena Pereira de Oliveira Ferreira	Individual	00:27:01.76	00:27:14.88
55	536	pauline laporte weywada	Individual	00:27:07.56	00:27:15.17
56	381	ELODIE COUTO	ACCENTURE	00:27:04.16	00:27:17.42
57	339	Vanessa Sofia Gomes	Arquiconsult	00:27:14.33	00:27:18.29
58	117	Rosilda Gomes da Silva Poço	Individual	00:27:17.02	00:27:21.44
59	255	Dília Vilela Martins de Nóbrega	Individual	00:27:07.00	00:27:22.52
60	61	Ângela Santos		00:27:25.33	00:27:27.14
61	129	isabel Rodrigues	ECI Running Team	00:27:30.25	00:27:33.12
62	43	Vera Rita Conde Afonso	Individual	00:27:31.04	00:27:35.04
63	453	Nanci Boto	SAUDA	00:27:30.66	00:27:37.77
64	428	Cátia Sofia Pinela Parreira	Individual	00:27:26.70	00:27:38.98
65	382	MARIA RAQUEL GAUDENCIO	ACCENTURE	00:27:27.98	00:27:42.08
66	222	Rita Teixeira Costa	Individual	00:27:32.59	00:27:42.59
67	591	Océane HAYOT	Individual	00:27:35.75	00:27:51.02
68	158	Ana Santos	doismaisdois	00:27:43.91	00:27:51.96
69	498	Carolina Gomes Machado Conte de Morais	AGEAS - Tagus Park	00:27:42.45	00:27:53.89
70	63	Maria de Lurdes da Costa da Silva Frutuoso	Individual	00:27:51.35	00:27:54.76
71	92	Ana Sofia Rodrigues Ambrósio	Individual	00:27:54.31	00:27:57.46
72	518	Carla Alexandra Fernandes Carvalho Faria	MEDIS	00:27:54.39	00:27:59.30
73	208	Ana Maria Martins da Palma Marques	Individual	00:27:48.75	00:28:01.11
74	175	Ana Filipa Diogo da Silva Firmino	Individual	00:27:57.70	00:28:01.26
75	157	Ana Ferreira	doismaisdois	00:27:53.71	00:28:02.18
76	251	Luisa Maria Ribeiro Falé da Costa	Quarentões na Bisga	00:27:54.90	00:28:02.18
77	205	Ana Marta Nóbrega Ratão	Individual	00:27:56.49	00:28:03.61
78	178	Ana Petronilho	Campolide todos Juntos_ Grupo de caminhadas	00:28:02.54	00:28:08.36
79	37	Cláudia Sofia Silva Nunes	Individual	00:28:02.38	00:28:10.03
80	450	Nilcilene Ormond	SAUDA	00:28:01.82	00:28:10.85
81	130	ISABEL SILVA	A MINHA GRÁFICA	00:28:05.65	00:28:12.12
82	365	Ana Fernandes	Juntas Somos Mais Fortes	00:28:11.50	00:28:12.80
83	419	Carina Andreia País Saramago	Individual	00:28:00.87	00:28:15.90
84	107	PAULA CUNHA	DN RUNNERS	00:28:07.12	00:28:17.06
85	426	Ana Jorge	Individual	00:28:13.37	00:28:17.93
86	427	Carmen Cristino	Individual	00:28:13.63	00:28:18.19
87	455	Ana Rita Rocha Ribeiro Boto	SAUDA	00:28:11.86	00:28:19.96
88	501	Maria Inês Gamboa de Carvalho Martins Rodrigues Gonzalez Pereira	AGEAS - Tagus Park	00:28:07.10	00:28:20.17

Ordem	Dorsal	Nome	Clube	Tempo	Chip
89	81	Sandra Cristina Viana Cruz		00:28:21.14	00:28:21.14
90	108	MARIA GONÇALVES	DN RUNNERS	00:28:12.16	00:28:21.50
91	228	Sara Cristina Traguedo Alfenim	Individual	00:28:18.66	00:28:24.43
92	20	Silvia Pedro	Grupo do Jamor	00:28:26.39	00:28:26.44
93	48	Ana Nunes Ribeiro	Individual	00:28:30.94	00:28:30.94
94	266	Clara Clérigo	Individual	00:28:17.41	00:28:31.55
95	185	Lucimar Orrico	Individual	00:28:28.22	00:28:37.22
96	254	Maria fatima milheiro	Individual	00:28:31.67	00:28:38.24
97	106	Sara Cristina Guedes Silva	Individual	00:28:42.13	00:28:46.02
98	378	IRIS ALMEIDA	ACCENTURE	00:28:35.83	00:28:47.50
99	445	Joana Rita Leal Laranjeira Curião	ENTREPOSTO AUTO	00:28:30.33	00:28:47.83
100	270	sandy marycross	Individual	00:28:40.09	00:28:48.25
101	416	MARIA HELENA G F GRACA AFONSO	Clube Millennium BCP	00:28:49.45	00:28:51.61
102	486	Ana Marques Amado	Porto de mos	00:28:41.03	00:28:52.10
103	507	Silvia Alexandra Silva Martins Do O	AGEAS - Entreposto	00:28:41.62	00:28:53.99
104	485	Carla Sofia Rosa Brito	Porto de mos	00:28:44.87	00:28:55.93
105	491	Alice Machado	Linda-a-Pastora Sporting Clube	00:28:53.84	00:28:56.06
106	330	Ligia sofia valentim antunes	Individual	00:28:41.63	00:28:56.47
107	344	Maria Fernanda Cabá	Caminheiros da Gardunha	00:29:00.79	00:29:00.87
108	229	EDUARDA ROXO	Mais felizes e saudáveis Membros ind Herbalife Nutrition	00:28:49.69	00:29:01.76
109	231	Carla Marina Gonçalves	Mais felizes e saudáveis Membros ind Herbalife Nutrition	00:29:02.06	00:29:02.06
110	110	Carla Guerreiro	FIDELIDADE GDC	00:29:04.89	00:29:04.89
111	241	Maria Virgínia Graça Frade Mesquita	Individual	00:29:03.11	00:29:06.27
112	549	Maria João Gonçalves Teixeira	Individual	00:29:09.51	00:29:13.98
113	358	Cláudia Marques	Individual	00:29:13.45	00:29:14.84
114	165	Mislayne Silva	Individual	00:29:14.43	00:29:19.34
115	294	Sara Teiga	Pernas Loucas	00:29:13.63	00:29:20.27
116	230	Vânia Rocha e Silva	Mais felizes e saudáveis Membros ind Herbalife Nutrition	00:29:07.52	00:29:20.60
117	490	Filipa Henriques		00:29:20.65	00:29:21.89
118	489	Mariana Matos		00:29:22.09	00:29:22.09
119	155	Hirondina Simões	Individual	00:29:21.48	00:29:25.90
120	68	Paula Madeira	Individual	00:29:25.04	00:29:26.71
121	190	Filomena Pedra	BE IN SHAPE	00:29:10.41	00:29:27.70
122	527	Cláudia Sofia Marques Gomes		00:29:21.62	00:29:28.00
123	423	MARIA DE LOURDES BENTO	Individual	00:29:26.98	00:29:31.30
124	96	Carla Rodrigues	Individual	00:29:21.28	00:29:31.83
125	309	Sandra Marisa Martins Bispo Dias	Individual	00:29:24.61	00:29:32.05
126	295	Ana Margarida Pires	Pernas Loucas	00:29:25.92	00:29:32.71
127	482	Sofia Capote	Sun&Vegs	00:29:28.94	00:29:32.84
128	346	Mafalda de Silva Sousa	Individual	00:29:26.61	00:29:35.44
129	168	Cláudia Patricia Parreira Gaspar	Individual	00:29:18.99	00:29:36.64
130	194	Celina Serrano	BE IN SHAPE	00:29:19.88	00:29:37.55
131	449	Nina Carla Ferreira Duarte Almeida Sousa Santos	SAUDA	00:29:28.73	00:29:37.97
132	131	TERESA GONÇALVES	A MINHA GRÁFICA	00:29:31.74	00:29:38.71

Ordem	Dorsal	Nome	Clube	Tempo	Chip
133	219	heleno bastardo	Individual	00:29:36.55	00:29:40.00
134	94	Ana Luísa Gago Neves Leitão Pereira	Individual	00:29:34.79	00:29:40.66
135	193	Patricia Ramos	BE IN SHAPE	00:29:24.77	00:29:43.68
136	484	Elisabete Rosa Brito	Porto de mos	00:29:35.65	00:29:46.23
137	210	Andreia Alinho Varão Negreira	Individual	00:29:28.09	00:29:50.53
138	402	OLGA SOFIA NOBRE GOUVEIA LOPES	Clube Millennium BCP	00:29:43.29	00:29:51.71
139	156	Sonia Martins	doismaisdois	00:29:46.59	00:29:54.70
140	111	Maria Farinha	FIDELIDADE GDC	00:29:44.32	00:29:58.54
141	238	Ana Rita Leitão Franco	Individual	00:29:58.98	00:29:58.98
142	224	Andreia Correia Barão	Individual	00:29:56.57	00:30:00.99
143	173	Maria Margarida Inácio Simões Franco	Individual	00:29:54.83	00:30:01.54
144	317	Natalia Fernandes	Individual	00:30:06.15	00:30:06.15
145	341	Mafalda Vagos	Arquiconsult	00:30:06.66	00:30:09.41
146	437	Ines Carlota Pinto Caixnha de Marques dos Santos	EY	00:29:28.81	00:30:10.46
147	386	LUIZA RAMOS	ACCENTURE	00:29:52.44	00:30:10.99
148	86	Neusa Patrícia Anjos Santinho	Individual	00:29:59.36	00:30:11.21
149	126	Rosa Falardo	Individual	00:30:17.63	00:30:20.50
150	541	Ana Cristina Caré Bengala de Miradouro Paulino	NOS LUSOMUNDO	00:30:10.24	00:30:23.60
151	542	Lucinda Maria Guerra Caldeira Tavares	NOS LUSOMUNDO	00:30:11.11	00:30:24.70
152	75	Sónia Rocha		00:30:14.94	00:30:25.73
153	525	Cristina Maria Santos Lopes Silva	Individual	00:30:21.84	00:30:30.70
154	30	Christy Bratz	Individual	00:30:22.97	00:30:30.83
155	342	Dora Pedro	Arquiconsult	00:30:27.87	00:30:31.73
156	226	Sandra Salzêdas	Run4Life	00:30:21.33	00:30:31.77
157	362	Ana Patrícia Rodrigues		00:30:27.37	00:30:40.59
158	360	Maria Teresa Ferreira Serpa Maia Vidal	Individual	00:30:28.09	00:30:40.60
159	363	Beatriz Lemos		00:30:29.19	00:30:41.56
160	376	MANUELA GOMES	ACCENTURE	00:30:37.00	00:30:47.10
161	97	Sara Maria Sá Santos	Individual	00:30:36.19	00:30:47.65
162	332	Marisa da Silva Duarte	Individual	00:30:41.37	00:30:47.97
163	465	Ana Miguel Matos Barroco	SAUDA	00:30:46.76	00:30:51.65
164	337	Ana Ribeiro	Individual	00:30:43.70	00:30:53.55
165	80	Sónia Maria Pires Andrade	Individual	00:30:42.79	00:30:53.60
166	33	Andrea Titternigton Cravinho	Individual	00:30:53.30	00:30:59.19
167	361	Maria de Fátima de Jesus Machado	Individual	00:30:52.60	00:31:03.16
168	389	Elsa Mariano Queiroz Alves Mariano das Neves	Individual	00:30:52.66	00:31:08.88
169	457	Esmeralda Saraiva Alves de Oliveira	SAUDA	00:31:11.43	00:31:11.43
170	412	FILIPA GIL MARQUES	Clube Millennium BCP	00:31:09.69	00:31:12.63
171	161	Cristina Baquero Alquezar	Individual	00:31:01.54	00:31:17.41
172	404	ALDA MARIA ALMEIDA VINAGRE	Clube Millennium BCP	00:31:16.43	00:31:19.90
173	237	Catarina Oliveira	Luso Atlântica Corretor de Seguros SA	00:31:05.60	00:31:21.44
174	274	carla gracio	Individual	00:31:16.70	00:31:23.28
175	55	Carla Guedes	As Comadres	00:31:28.09	00:31:28.12
176	600	Maria Fonseca	Individual	00:31:30.00	00:31:30.00

Ordem	Dorsal	Nome	Clube	Tempo	Chip
177	289	Sonia Casaca	Pernas Loucas	00:31:23.84	00:31:30.18
178	288	Ana Rosa Rodrigues	Pernas Loucas	00:31:23.79	00:31:30.35
179	172	Maria José Caramujo	Sobopram Team	00:31:26.63	00:31:31.65
180	282	Natalia Lopes	Individual	00:31:27.21	00:31:36.33
181	49	Manuela Maria Guerreiro Gonçalves de Castro	Individual	00:31:27.77	00:31:38.02
182	409	ESTRELA MARIA ROCHA PINA MARIZ	Clube Millennium BCP	00:31:37.22	00:31:39.88
183	151	Maria de Fátima Belchior Nunes	Individual	00:31:39.69	00:31:41.69
184	553	Carolina dos Santos Teodoro	Individual	00:31:39.73	00:31:41.80
185	545	Fabiola madeira Gondim	Individual	00:31:41.84	00:31:41.84
186	322	Maria Luisa da Silva Cruz	Individual	00:31:42.74	00:31:42.74
187	217	Marta Murta	Individual	00:31:25.67	00:31:43.89
188	221	Cleide Raquel Jorge Asseiceiro	Individual	00:31:50.53	00:31:55.97
189	434	Sara Isabel das Neves Barata	EY	00:31:39.72	00:31:57.10
190	521	Carla Vaz	MEDIS	00:31:53.98	00:31:59.31
191	538	Ana Catarina Marques da Silva	Individual	00:31:42.74	00:32:03.19
192	290	Cristina Pereira	Pernas Loucas	00:32:05.33	00:32:10.83
193	273	Claudia Esteves	Individual	00:32:05.52	00:32:12.76
194	71	Telma Marques	Futebol Clube Estrelas Lisboa	00:32:15.75	00:32:15.75
195	209	Maria Levina Fernandes Cardoso Santos	Individual	00:32:17.61	00:32:19.78
196	99	Maria João pote	Individual	00:32:05.36	00:32:21.35
197	122	Ana Catarina Carpinteiro Ramos	Individual	00:32:20.84	00:32:27.97
198	397	Beatriz Torrão Costa de Almeida	Individual	00:32:14.86	00:32:29.70
199	138	Dora Sofia Lopes Duarte	Individual	00:32:31.58	00:32:31.58
200	413	SANDRA ISABEL MACHADO SIMPLICIO	Clube Millennium BCP	00:32:22.07	00:32:32.59
201	408	CARLA ISABEL DUARTE VIEIRA BRITO	Clube Millennium BCP	00:32:20.38	00:32:32.81
202	276	Joana Antunes	PORTUGAL RUNNING	00:32:21.55	00:32:33.63
203	70	Susana Lumier	Individual	00:32:30.82	00:32:34.88
204	89	catarina pita de vasconcelos coelho da silva	Individual	00:32:34.06	00:32:35.87
205	522	Claudia Patricia Madeira Fortunato	Individual	00:32:29.69	00:32:37.66
206	256	Cristina Cabrita	Individual	00:32:24.55	00:32:39.14
207	247	Dina Manuela Neto De Oliveira	Individual	00:32:24.36	00:32:39.32
208	516	Mariana Bizarro Duarte	MEDIS	00:32:25.77	00:32:42.57
209	356	Helena Pinto	Individual	00:32:31.74	00:32:44.96
210	88	SAndra Monteiro	Individual	00:32:40.00	00:32:49.47
211	141	Valeria Zattar de Brito	Individual	00:32:48.13	00:32:52.45
212	149	Carina Teixeira		00:32:39.06	00:32:55.59
213	537	Andreia Isabel Fernandes Andrade Clemente	Individual	00:32:53.98	00:33:00.91
214	331	Irene Augusta Neiva Queiros	Individual	00:33:01.95	00:33:01.95
215	526	Maria Inês Marques Gomes		00:33:00.27	00:33:06.23
216	590	Paula Fernandes	Individual	00:33:06.58	00:33:06.58
217	395	Ariadna Salazar	Dom Pedro Hotels	00:32:59.20	00:33:07.98
218	299	Liliana Cristina Lampreia Gonçalves	Individual	00:33:11.05	00:33:12.00
219	544	carla Isabel alves do carmo	Individual	00:32:59.80	00:33:14.70
220	243	Liliana da Silva Francisco	Individual	00:33:15.27	00:33:15.27

Ordem	Dorsal	Nome	Clube	Tempo	Chip
221	242	Ana Filipa Camacho da Costa	Individual	00:33:16.51	00:33:16.51
222	207	Olesya Nezhdanova Dias	Individual	00:33:09.59	00:33:17.50
223	377	RENATA MARINHO	ACCENTURE	00:33:01.15	00:33:19.26
224	313	Inês Moital		00:33:09.80	00:33:21.00
225	312	Carla Botelho da Silva		00:33:10.71	00:33:21.46
226	345	Lurdes Amaral	Individual	00:33:07.59	00:33:22.14
227	595	Elisabete Marques	Individual	00:33:07.97	00:33:22.17
228	340	Sara Chalaça	Arquiconsult	00:33:29.49	00:33:33.82
229	204	Susana Carla da Nóbrega Maria	Individual	00:33:30.33	00:33:37.21
230	50	Maria Cândida Pires Gonçalves Augusto	Individual	00:33:36.71	00:33:41.84
231	183	Susanne Schaefer Nunes	Individual	00:33:35.66	00:33:43.46
232	170	Carla Caramujo	Sobopram Team	00:33:39.00	00:33:44.32
233	39	Carla Real	Individual	00:33:28.53	00:33:44.71
234	480	Ana Rita Oliveira	LIPTON	00:33:30.48	00:33:45.88
235	479	susana ventura	LIPTON	00:33:29.57	00:33:46.58
236	519	Ana Sofia Carvalho	MEDIS	00:33:41.36	00:33:50.90
237	119	Maria Eugénia Marcos Luíz	Individual	00:33:54.09	00:33:58.52
238	100	FATIMA DA CONCEICAO MORAIS MARTINS	Individual	00:33:51.15	00:34:02.67
239	248	Cristina Santos	miudas giras	00:33:51.03	00:34:07.33
240	552	Patrícia Rolo Moreira	Os Filhos da Noite	00:33:55.20	00:34:09.20
241	421	Vanessa Neves	Individual	00:33:57.01	00:34:09.71
242	589	Anabela Assunção	Individual	00:34:10.80	00:34:14.81
243	199	Dina Alexandra Oliveira do Nascimento	Individual	00:33:58.00	00:34:17.18
244	90	Ana Margarida Lopes	Individual	00:34:10.01	00:34:19.66
245	277	Andreia Martins Café	A minha corrida / Myprotein	00:34:18.83	00:34:31.76
246	188	Patrícia Raposeira	Individual	00:34:20.44	00:34:35.40
247	189	Joana sanfona	Individual	00:34:20.75	00:34:35.56
248	278	EUNICE RAQUEL SILVA LOURENÇO	A minha corrida / Myprotein	00:34:25.04	00:34:37.51
249	269	Dília Maria Dias Rodrigues Amaro	Individual	00:34:34.86	00:34:38.29
250	592	Patricia Martins	Individual	00:34:38.29	00:34:43.89
251	280	Teresa Oliveira	Cowork aeroporto	00:34:30.69	00:34:44.79
252	281	Susana Figueiredo	Cowork aeroporto	00:34:31.32	00:34:44.95
253	279	Isabel Estrela	Cowork aeroporto	00:34:30.27	00:34:44.99
254	448	Filipa Candeias Teixeira	ENTREPOSTO AUTO	00:34:32.08	00:34:48.36
255	447	Carla Maria de Jesus Candeias Teixeira	ENTREPOSTO AUTO	00:34:32.65	00:34:49.43
256	296	HELENA SIMÕES	SEMPRE EM FORMA	00:34:31.08	00:34:51.02
257	85	Marta Beijoca Carmo		00:34:49.59	00:34:51.96
258	51	Hélia Cristina Frias Ferreira	Individual	00:34:57.76	00:35:02.44
259	200	Marta Araújo	Individual	00:34:51.61	00:35:04.53
260	201	Carolina Spencer	Individual	00:34:50.77	00:35:04.58
261	515	Mónica Maria Rocha Fabião	MEDIS	00:35:06.04	00:35:13.32
262	514	Carla Maria Guedes Sousa	MEDIS	00:35:05.81	00:35:13.44
263	136	Berta Matos	Individual	00:35:08.27	00:35:14.19
264	473	Sandra São João	FUTURO	00:35:02.45	00:35:19.66

Ordem	Dorsal	Nome	Clube	Tempo	Chip
265	474	Mariana Henriques	FUTURO	00:35:02.52	00:35:20.03
266	406	PATRICIA ALEXANDRA SILVA AUGUSTO	Clube Millennium BCP	00:35:16.04	00:35:24.11
267	343	Paula Moniz Pinheiro	Caminheiros da Gardunha	00:35:15.13	00:35:27.77
268	239	Arlinda maria da rocha oliveira	Individual	00:35:17.05	00:35:27.90
269	244	Rute Marisa de Castro Soares Carrilho	Individual	00:35:16.50	00:35:28.10
270	64	Viviana da Silva Gonçalves	Individual	00:35:20.27	00:35:31.72
271	430	Paula Alexandra Nascimento Joaquim	SCHNEIDER ELECTRIC	00:35:14.76	00:35:33.15
272	216	Audrey de Souza	As Mosqueteiras	00:35:27.42	00:35:33.70
273	368	Ana Teresa Samuel	Juntas Somos Mais Fortes	00:35:32.57	00:35:34.09
274	460	Mariana Neves	SAUDA	00:35:34.27	00:35:34.27
275	512	Ana Rita Santos Abreu	AGEAS - Parque das Nações	00:35:25.01	00:35:35.54
276	511	Rosa Maria Oliveira Santos Abreu	AGEAS - Parque das Nações	00:35:23.44	00:35:35.71
277	211	Antonia Prates	Individual	00:35:37.46	00:35:41.43
278	399	Victoria Genovez Soares	Individual	00:35:44.32	00:35:44.32
279	349	Maria Teresa da Costa Ramos Lopes	Clube PT - zcs	00:35:35.89	00:35:51.05
280	56	Diana Branco	Individual	00:35:41.72	00:35:51.69
281	466	Andreia Labaredas	SAUDA	00:35:41.62	00:35:51.93
282	517	Rosa Maria Brandão Gameiro	MEDIS	00:35:49.36	00:35:54.54
283	218	Rita Avó	Individual	00:35:58.15	00:35:58.15
284	187	Alna Paula dos Santos Vitorino Jorge	Individual	00:35:58.36	00:35:58.36
285	306	Maria Clara Pissarra Silva	Individual	00:35:52.96	00:35:59.78
286	234	Isilda Rabasquinho	Amigas TNT	00:35:47.52	00:36:01.18
287	220	Maria Manuela Correia	Individual	00:35:58.91	00:36:03.01
288	235	Patricia Sequeira	Amigas TNT	00:35:52.02	00:36:04.79
289	459	Margarida Maria de Frias Rodrigues de Oliveira	SAUDA	00:35:54.72	00:36:06.28
290	471	Ana Patricia Calaes de Almeida Nunes Ferreira	SAUDA	00:35:55.21	00:36:06.39
291	336	Beatriz Moreira	Individual	00:36:11.91	00:36:14.64
292	414	ANA MADALENA M GONCALVES VILELA	Clube Millennium BCP	00:36:01.73	00:36:15.70
293	425	Epifanea Francisca Rodrigues	Individual	00:36:19.30	00:36:24.24
294	298	MARIA GARCIA	SEMPRE EM FORMA	00:36:07.94	00:36:28.13
295	334	Dina pinto	Individual	00:36:21.18	00:36:32.24
296	550	Sara Feio	Individual	00:36:22.85	00:36:35.31
297	487	Carla Sofia Soares Correia Gonçalves	Individual	00:36:25.83	00:36:38.94
298	488	Mariana De Barros Guimarães	Individual	00:36:26.07	00:36:39.21
299	452	Maria Arlete Ferreira Duarte Almeida Sousa Santos	SAUDA	00:36:32.65	00:36:41.09
300	530	Sónia Coelho	Coelho	00:36:36.58	00:36:41.43
301	333	Catarina Gonçalves Sebastião	Individual	00:36:26.32	00:36:41.62
302	236	Alexandra Oliveira	Luso Atlântica Corretor de Seguros SA	00:36:30.98	00:36:46.46
303	46	Ana Cristina Osório Santos Albergaria Castro	Individual	00:36:35.60	00:36:49.61
304	531	Teresa Mata	Coelho	00:36:48.90	00:36:54.07
305	93	Anabela Pereira Afonso Vaz	Individual	00:36:55.40	00:36:58.60
306	253	Carla Sofia de Oliveira Tavares	Individual	00:36:45.66	00:36:59.16
307	415	CARLA MARIA CONCEICAO AGOSTINHO NEVES	Clube Millennium BCP	00:36:59.04	00:37:20.34
308	245	Ana Rita Maduro	Individual	00:37:05.62	00:37:23.25

Ordem	Dorsal	Nome	Clube	Tempo	Chip
309	174	Susana Ferreira	Individual	00:37:19.87	00:37:25.79
310	154	Cristina de Jesus Barata Gonçalves Sebastião	Individual	00:37:12.28	00:37:26.78
311	186	Ana Rita Barreiros	Individual	00:37:34.51	00:37:34.51
312	297	SUSANA SIMÕES	SEMPRE EM FORMA	00:37:17.46	00:37:38.75
313	250	Paula Cristina Canas da Silva Costa	Quarentões na Bisga	00:37:42.35	00:37:42.35
314	24	ROSA MARIA JESUS ALVES MIRANDA REIS	Individual	00:37:32.21	00:37:44.32
315	128	Ana Sofia Rodrigues Gaspar Lopes Ramos	Individual	00:37:40.62	00:37:48.32
316	31	Catarina Madureira	Individual	00:37:40.21	00:37:48.76
317	150	Rafaela David Fernandes Lourenço	Individual	00:37:32.47	00:37:50.78
318	148	Cátia Silva		00:37:35.65	00:37:52.81
319	291	Vera Grilo	Pernas Loucas	00:37:59.67	00:38:06.58
320	293	Albertina	Pernas Loucas	00:37:59.58	00:38:07.01
321	267	Maria de Jesus Correia	Individual	00:38:06.80	00:38:26.40
322	232	Sónia Lascas	Individual	00:38:06.82	00:38:26.71
323	301	Ana andrea Reduto Cameira Matias Isaac	Individual	00:38:16.58	00:38:34.40
324	300	Ana Patrícia Sousa dos Santos	Individual	00:38:15.10	00:38:34.42
325	497	Maria Formigal Leitão	XS Sports Nutrition	00:38:33.87	00:38:40.54
326	496	Natália Costa	XS Sports Nutrition	00:38:33.51	00:38:40.99
327	60	Carla Margarida da Silva Gomes Costa	Individual	00:38:38.65	00:38:50.84
328	73	Ana Raquel Assis Fernandes Marcelo	Individual	00:38:47.52	00:38:51.76
329	76	Helena Lourenço		00:38:48.43	00:39:00.01
330	439	Ana Cristina Fernandes Moreira Horta Pereira	EY	00:38:46.44	00:39:03.47
331	370	Paula Costa	Juntas Somos Mais Fortes	00:39:10.13	00:39:10.13
332	367	Donzilia Baptista	Juntas Somos Mais Fortes	00:39:11.05	00:39:11.05
333	21	Carla Sofia Tavares Gonçalves	Individual	00:39:19.37	00:39:19.37
334	369	Carla Vaz	Juntas Somos Mais Fortes	00:39:28.37	00:39:28.37
335	45	carla duarte		00:39:28.07	00:39:37.23
336	44	filipa moreira		00:39:27.60	00:39:37.28
337	249	Sandra Silva	miudas giras	00:39:32.24	00:39:48.88
338	304	Sandra Marisa Rocha Freitas	Individual	00:39:53.87	00:39:53.87
339	307	Ana Catarina Rodrigues Abreu	Individual	00:39:55.23	00:39:55.23
340	520	Dulce Lopes	MEDIS	00:39:55.25	00:39:57.69
341	472	Alice Pinto	FUTURO	00:39:39.54	00:39:58.08
342	373	Susana Ferreira	Juntas Somos Mais Fortes	00:40:05.03	00:40:06.79
343	74	Carla Marlene da Silva Fernandes	Individual	00:40:13.49	00:40:18.34
344	599	Rute Santos	Individual	00:40:01.00	00:40:20.73
345	588	Lucimar Cruz	Individual	00:40:54.89	00:41:02.20
346	121	Cristina Castro	Individual	00:40:52.54	00:41:03.91
347	123	Tânia Baptista	Individual	00:40:53.28	00:41:04.58
348	429	Alexia Christèle Nathalie Delapierre	Individual	00:40:51.10	00:41:11.38
349	424	Alice Maria Cruz	Individual	00:41:09.03	00:41:13.97
350	494	Marina Alexandra Cacaís Pantalhão	Individual	00:41:25.10	00:41:38.37
351	139	Maria Manuela Correia Velez Grilo Martins Costa	Individual	00:41:37.32	00:41:55.15
352	431	Sónia Cristina Landeiro Rebelo	SCHNEIDER ELECTRIC	00:41:47.10	00:42:06.53

Ordem	Dorsal	Nome	Clube	Tempo	Chip
353	52	Ana Paula G. P. Fialho Lourenço	Individual	00:42:08.93	00:42:19.98
354	87	Cristina Neves	Individual	00:42:12.71	00:42:22.14
355	283	Teresa Maria Santos Ferreira Santos Resende Ribeiro	Individual	00:42:01.94	00:42:22.82
356	554	Antónia Horta Gomes	Individual	00:42:28.86	00:42:35.02
357	214	Lurdes Vale	As Mosqueteiras	00:42:29.67	00:42:36.89
358	597	Daniela Barroso	Individual	00:42:42.92	00:43:03.38
359	598	Madalena Costa	Individual	00:42:43.63	00:43:03.96
360	353	Junia Anacleto	Individual	00:43:23.90	00:43:23.90
361	354	Sara Valadares	Individual	00:43:24.29	00:43:24.29
362	543	Dina Nunes	Individual	00:43:30.60	00:43:30.60
363	393	Carla Galveia	Dom Pedro Hotels	00:44:29.34	00:44:44.16
364	42	Ana Andreia Pedro dos Santos Pinto	Individual	00:44:39.67	00:44:56.61
365	435	Fernanda Maria Nogueira Saude Lopes Marcelo	EY	00:44:40.77	00:44:57.36
366	146	Raquel Bento	Women Power	00:45:08.84	00:45:17.24
367	143	Telma Leitão	Women Power	00:45:08.32	00:45:17.29
368	145	Patrícia Freitas	Women Power	00:45:08.68	00:45:17.50
369	22	Maria Cecilia Oliveira Soares	Individual	00:45:42.18	00:45:42.18
370	380	SANDRA VENTURA	ACCENTURE	00:45:44.97	00:45:44.97
371	477	Carla Cristina Grosa	MTV	00:46:00.93	00:46:00.93
372	303	Nancy Faustino Trindade	Individual	00:46:01.26	00:46:01.26
373	144	Patrícia Simões	Women Power	00:45:55.68	00:46:04.72
374	83	Carina Andreia Bonito Prazeres		00:46:11.07	00:46:13.34
375	82	Vanessa Sofia Rebelo		00:46:11.02	00:46:13.51
376	350	Helena Conceição Fazenda Martins Machado	Clube PT - zcs	00:46:05.89	00:46:23.06
377	66	Maria Helena Rodrigues	Individual	00:46:23.34	00:46:28.19
378	102	CATARINA RUTE DA COSTA PINTO DE OLIVEIRA CIBRÃO	Individual	00:46:44.76	00:46:44.76
379	215	Alzira do Carmo	As Mosqueteiras	00:47:04.72	00:47:11.00
380	534	Ana Luísa Nascimento	Individual	00:47:29.04	00:47:44.16
381	535	Inês Duarte Lopes Galrinho	Individual	00:47:28.73	00:47:44.22
382	394	Jessica Galveia	Dom Pedro Hotels	00:47:34.71	00:47:49.46
383	401	Catarina Colaço	Team Colaço	00:47:41.23	00:47:50.19
384	400	Maria Joao Colaço	Team Colaço	00:47:56.25	00:47:56.25
385	112	Natércia Maria Nunes António de Jesus	As Nabantinas	00:47:56.61	00:47:58.09
386	114	Isabel Tomás Costa	As Nabantinas	00:47:56.96	00:47:59.01
387	329	Dina Maria Ferreira		00:47:48.56	00:48:08.80
388	326	Monica Marques		00:47:48.47	00:48:08.87
389	324	Joana Malcata		00:47:48.90	00:48:08.97
390	396	Carla Sobral	Individual	00:48:10.81	00:48:10.81
391	420	Anabela Gonçalves	Individual	00:48:11.71	00:48:11.71
392	58	Carla Alexandra Monteiro Rosa Almeida	Individual	00:48:20.09	00:48:20.09
393	446	Maria da Conceição Madeira Leal	ENTREPOSTO AUTO	00:48:10.34	00:48:28.79
394	444	Carla Monteiro	ENTREPOSTO AUTO	00:49:29.58	00:49:45.85
395	374	Austrelina Gomes	Juntas Somos Mais Fortes	00:49:45.35	00:49:47.52
396	372	Conceição Neves	Juntas Somos Mais Fortes	00:49:45.71	00:49:48.95

Ordem	Dorsal	Nome	Clube	Tempo	Chip
397	371	Teresa Santos	Juntas Somos Mais Fortes	00:49:45.72	00:49:49.11
398	40	Lidia Catarina Sousa Monteiro	Individual	00:50:59.30	00:51:15.91
399	41	Sandra Maria Simões da Sulva Teixeira de Sousa	Individual	00:51:00.44	00:51:16.19
400	325	Marta Rocha		00:50:58.66	00:51:17.83
401	327	Carla Martins		00:50:58.30	00:51:18.54
402	328	Catarina Marques		00:51:18.55	00:51:18.55
403	69	maria joao fernandes simoes	Individual	00:51:29.06	00:51:29.06
404	257	Maria de lurdes carvalho	Individual	00:52:32.74	00:52:32.74
405	246	Maria da Conceição pereira	Individual	00:52:51.83	00:52:51.83
406	388	Ana Sofia Santos	Individual	00:52:18.57	00:52:54.37
407	314	Ana cristina pereira	Individual	00:52:17.24	00:52:55.05
408	366	Cristina Robles	Juntas Somos Mais Fortes	00:53:45.00	00:53:45.55
409	375	Paula Nunes	Juntas Somos Mais Fortes	00:53:44.40	00:53:45.56
410	177	Marlene oliveira	Individual	00:56:01.12	00:56:01.12
411	134	Isabel Louro		00:58:02.86	00:58:02.86
412	78	joana martins de oliveira botelho	Individual	00:58:18.70	00:58:29.47
413	166	Maria Inês de Macedo Fonseca Rodrigues	Individual	00:58:19.99	00:58:30.28
414	135	Ana Sofia Louro		00:58:31.07	00:58:31.07
415	132	Teresa Costa		00:58:32.32	00:58:32.32
416	359	Agostinha Cunha	Individual	00:58:32.85	00:58:32.85
417	540	Joana Abreu Machado Barata Gorgueira	NOS LUSOMUNDO	01:01:20.50	01:01:20.50
418	539	Rita Andrea de Almeida Barroso Luís	NOS LUSOMUNDO	01:01:21.77	01:01:21.77
419	160	Maria Luísa Santos	Individual	01:04:18.81	01:04:18.81
420	26	ISABEL MARIA COSTA AMARAL	Individual	01:05:06.22	01:05:06.22
421	271	Maria do Carmo Cardoso Lopes Martins	Individual	01:05:55.43	01:05:55.43
422	355	Maria Helena Fernandes de Oliveira	Individual	01:06:11.35	01:06:11.35
423	546	Angelina de Jesus alves lopes garcia	Individual	01:12:06.21	01:12:06.21
424	53	Rebeca Pereira Calhau	Individual	01:15:15.72	01:15:15.72
425	206	Diana Gaivao	Individual	01:16:58.19	01:16:58.19
426	593	Nilza Tajra	Individual	01:17:26.39	01:17:26.39
427	27	Helena Isabel Pires do Nascimento	Individual	01:23:51.74	01:23:51.74
428	202	Paula Cristina Brás Soares Rito Mariano	Individual	01:24:32.55	01:24:32.55
429	407	INES QUEIROS TRINCHEIRAS	Clube Millennium BCP	01:29:25.08	01:29:25.08
430	59	Ana Filipa Marques Pereira de Sousa Nogueira	Individual	01:31:39.34	01:31:39.34
431	418	Ana Rosa Pola	Individual	01:40:41.07	01:40:41.07
432	261	Andreia Rodrigues Leonardo	Team Lindinhas	01:42:12.54	01:42:12.54
433	265	Cátia Alexandra Moreira Martins	Team Lindinhas	01:42:12.72	01:42:12.72
434	258	Alexandra Dara Jesus da Silva	Team Lindinhas	01:42:13.20	01:42:13.20
435	263	Patricia Andreia Gomes Santos	Team Lindinhas	01:42:13.50	01:42:13.50
436	264	Sara Patricia Almeida Silva	Team Lindinhas	01:42:14.66	01:42:14.66
437	262	Ana Filipa Antunes da Silva	Team Lindinhas	01:42:16.57	01:42:16.57
438	495	Mariana Batalha	XS Sports Nutrition	01:47:18.42	01:47:18.42
439	181	OLGA LUZIA MONTEIRO MENDES COELHO	Individual	01:48:55.58	01:48:55.58
440	275	Grace Rodrigues da Conceição	Individual	01:55:20.06	01:55:20.06