

Ordem	Dorsal	Nome	Clube	Tempo	Chip
1	5	Solange Jesus	Sporting Clube de Portugal	00:18:45.00	00:18:45.00
2	2	Olga Serbyn	Clube Atletismo de Fátima	00:18:47.03	00:18:47.03
3	3	Miriam dos Santos Martins	Grecas de Vagos	00:19:22.18	00:19:20.57
4	6	Abigail Brooks Santana	SFRAA Triatlo	00:19:51.96	00:19:51.89
5	4	Daniela Gordino	Sporting Clube de Portugal	00:21:14.42	00:21:14.42
6	159	Lucia Beatrice Naylor	St Julians Running Club	00:21:51.49	00:21:49.55
7	7	Joana Taneco	Clube Atletismo de Fátima	00:22:02.00	00:22:00.51
8	95	Sara Catarina Oliveira Gabriel	Associação Vale Grande	00:22:26.59	00:22:26.59
9	652	Sónia Alexandra das Neves Brandão	Individual	00:23:21.48	00:23:15.07
10	586	Marisa Alexandra da Silva Rodrigues	CENTRUM	00:23:31.17	00:23:28.79
11	378	Andreia Meireles	Individual	00:23:33.05	00:23:22.33
12	342	Margarida Dolores Rosa Vieira	Concha Azul	00:23:56.29	00:23:51.41
13	297	Tânia Guerreiro Rodrigues de Almeida	Individual	00:24:05.14	00:23:53.56
14	617	Ângela Suzano	MEDIS	00:24:09.87	00:24:06.33
15	545	Inês Mendes Resende	CP	00:24:10.96	00:24:07.15
16	623	Sara Silva	MEDIS II	00:24:14.88	00:24:05.33
17	440	MARTA ANSELMO	Individual	00:24:37.74	00:24:34.38
18	229	Carla Tavares	Individual	00:24:55.29	00:24:45.18
19	203	Anna Kochetkova	Individual	00:25:08.62	00:25:08.62
20	657	Iryna Konovalik	Individual	00:25:22.06	00:25:22.06
21	435	Elsa Cristina de Sousa Borda de Água	CorrErse	00:25:25.11	00:25:19.24
22	27	ELISABETE PINTO		00:25:29.44	00:25:23.24
23	558	Marta Martinho	SAUDA	00:25:45.46	00:25:40.37
24	386	Elena Iabanji	Individual	00:25:47.60	00:25:42.80
25	625	Tânia Nunes	Individual	00:25:48.21	00:25:48.21
26	243	Silvia Maria de Sousa Fernandes Lima	Sydana	00:25:52.84	00:25:49.47
27	544	Inês Oliveira Amaral	CP	00:25:54.93	00:25:51.41
28	139	Alexandra Gaspar José	As Camponesas	00:26:00.40	00:25:49.12
29	146	Rita Marques Mesquita	Individual	00:26:21.34	00:26:12.82
30	135	Maria Leonor de Sousa Mendes	Individual	00:26:22.07	00:26:12.61
31	260	Eva Jerónimo	Quintela	00:26:35.10	00:26:21.42
32	257	Tatiana Fonseca	Quintela	00:26:35.50	00:26:23.04
33	498	SARA CONCHINHAS	CLUBE ACCENTURE	00:26:42.99	00:26:42.99
34	578	Joana Rita Leal Curião	Entrepoto	00:26:47.45	00:26:41.10
35	144	Elsa Maria Alves Mação	Individual	00:26:50.07	00:26:39.34
36	24	Raquel Susana Peixoto Subtil	Individual	00:26:52.48	00:26:50.18
37	408	Flavia Oliveira pena	Individual	00:26:54.74	00:26:49.45
38	36	ANA MIRANDA PETRONILHO	Campolide todos juntos_Grupo de Caminhadas	00:27:01.71	00:26:57.24
39	35	ANA CATARINO MIRA	Campolide todos juntos_Grupo de Caminhadas	00:27:06.92	00:27:02.80
40	692	Aline Castro	Individual	00:27:11.85	00:27:06.52
41	158	Vanessa Naylor	St Julians Running Club	00:27:13.32	00:27:07.95
42	66	Joana Filipa Rodrigues Gaspar Garcia	Individual	00:27:15.72	00:27:06.64
43	390	Leonor Marques	Individual	00:27:19.24	00:27:14.36
44	528	Liliana Crespo Henriques	MTV Passatempos	00:27:23.58	00:27:16.26

Ordem	Dorsal	Nome	Clube	Tempo	Chip
45	587	Joana Sacramento Barreto Rodrigues Lopes	CENTRUM	00:27:24.75	00:27:24.75
46	82	Joana Rodrigues	Individual	00:27:28.74	00:27:21.56
47	230	Maria Madalena Ferreira	Individual	00:27:38.80	00:27:34.33
48	296	Magali Ferreira Patt	Individual	00:27:44.04	00:27:36.95
49	648	Sofia Freitas Soares	Individual	00:27:48.25	00:27:36.27
50	438	Catarina Linhares de Lima	CorrErse	00:27:49.54	00:27:43.69
51	299	Sara Guerreiro Rodrigues de Almeida	Individual	00:27:51.72	00:27:40.53
52	501	CRISTINA GREGORIO	MORAIS	00:27:52.73	00:27:40.51
53	673	Maria Amelia	Individual	00:27:53.34	00:27:50.14
54	594	Carolina Gomes Machado Conte de Morais	Fundação AGEAS Tagus Park	00:27:54.27	00:27:54.27
55	460	Milene Marques	ONE by BNP Paribas	00:27:56.41	00:27:56.41
56	465	Elisabete Santos	ONE by BNP Paribas	00:27:58.12	00:27:39.73
57	470	Sezinanda Guerreiro	ONE by BNP Paribas	00:28:03.11	00:28:03.11
58	62	Patricia Alexandra Bairrão de Almeida Martins	Individual	00:28:08.00	00:27:58.42
59	345	Carla Coelho		00:28:10.69	00:28:10.69
60	279	Sabrina Menezes junqueira	Individual	00:28:12.78	00:28:05.97
61	333	Sandra Dias	Pernas Loucas	00:28:22.02	00:28:05.61
62	253	pauline laporte weywada	Individual	00:28:24.35	00:28:16.91
63	654	Ana Jorge	Individual	00:28:29.71	00:28:23.36
64	398	Ana Jacinto de Oliveira Marques	Capgemini	00:28:30.10	00:28:18.91
65	393	Marta Sofia da Silva Andrade	Individual	00:28:33.78	00:28:28.67
66	280	Madalena Correia Martins da Luz Costa	Individual	00:28:36.71	00:28:16.00
67	475	Justyna Niescioruk	ONE by BNP Paribas	00:28:37.45	00:28:37.45
68	64	Isabel Rodrigues	Eci Running Team	00:28:38.88	00:28:24.21
69	117	Cristina Neves	Individual	00:28:40.27	00:28:35.52
70	387	Claudia Marques	As corajosas	00:28:42.46	00:28:22.46
71	206	Mariana Falcão Viana Baptista	Individual	00:28:42.62	00:28:17.84
72	136	Patricia Gaboleiro Pereira	As Camponesas	00:28:43.28	00:28:29.73
73	432	Filipa Maria C S Ribeiro	Individual	00:28:47.00	00:28:37.53
74	319	Ana Fernandes	Juntas Somos Mais Fortes	00:28:49.34	00:28:45.91
75	467	Joana Esteves	ONE by BNP Paribas	00:28:50.57	00:28:32.18
76	207	Susana Maia	Individual	00:28:52.04	00:28:37.06
77	457	Sonia Fidalgo	ONE by BNP Paribas	00:28:57.33	00:28:57.33
78	589	Maria Gabriela Quaresma	Fundação AGEAS Entrepосто	00:29:03.13	00:28:45.86
79	559	Rita Gonçalves	SAUDA	00:29:03.62	00:28:45.91
80	348	VERA SUSANA VITORINO TRINDADE	Individual	00:29:11.17	00:28:56.60
81	668	Fabíola Gondim	Individual	00:29:18.88	00:28:52.72
82	216	Sónia Melo	CP Secil	00:29:20.73	00:29:01.14
83	471	Sofia Garcia	ONE by BNP Paribas	00:29:21.96	00:29:06.67
84	262	Ana Marta Nóbrega Ratão	Individual	00:29:23.99	00:29:05.94
85	500	CLAUIDIA JOAQUIM	MORAIS	00:29:25.87	00:29:13.08
86	410	Catarina Pécurto	Clube Tejo Atlântico	00:29:32.12	00:29:12.03
87	433	MARIANA GASPAS FARIA	Individual	00:29:34.35	00:29:34.35
88	148	Mónica Graça	Individual	00:29:34.71	00:29:12.97

Ordem	Dorsal	Nome	Clube	Tempo	Chip
89	584	Déniz Lima David	Individual	00:29:37.44	00:29:30.36
90	630	Danisia Maria Correia Da Cruz	Individual	00:29:37.91	00:29:30.84
91	624	Alexandra Maria Amaral Gomes Pinto	MEDIS III	00:29:39.41	00:29:39.41
92	295	Fiona sofia costa freixeiro de Almeida	Individual	00:29:40.90	00:29:37.09
93	87	Fatima Machado	Individual	00:29:42.99	00:29:38.52
94	537	Ana Filipa Pinho Gomes	CP	00:29:43.04	00:29:23.01
95	538	Angela Maria Tavares Oliveira	CP	00:29:44.13	00:29:44.13
96	33	Susana Caetano	Team Cristinas	00:29:44.76	00:29:36.79
97	664	Carmel Sharkey	Individual	00:29:46.00	00:29:46.00
98	112	Catarina Lopes	As Serranitas	00:29:46.09	00:29:24.38
99	111	Odete Francisco	As Serranitas	00:29:46.25	00:29:24.42
100	126	Femke Bakker	Individual	00:29:47.04	00:29:47.04
101	400	Filipa Andrade Santos Robalo Vilallonga	Capgemini	00:29:50.00	00:29:50.00
102	208	Rosilda Gomes da Silva Poço	Individual	00:29:51.15	00:29:51.15
103	505	SÓNIA PEREIRA	MORAIS	00:29:55.21	00:29:42.65
104	255	Nélia Pinto	Quintela	00:30:04.42	00:29:52.13
105	417	Delia Hulme	MICROSOFT	00:30:05.48	00:30:05.48
106	415	Claudia Carvalho	MICROSOFT	00:30:07.63	00:30:07.63
107	349	Ana Cristina Rodrigues da Silva Ulpiano	Individual	00:30:08.58	00:29:57.63
108	54	Clara Pestana	Individual	00:30:09.55	00:30:05.09
109	698	Erica Cavaco Casanova da Ponte	Individual	00:30:10.84	00:30:02.03
110	513	Ana Carolina Costa Oliveira	Individual	00:30:14.17	00:30:14.17
111	175	Inês Lima Cardoso	Individual	00:30:19.15	00:30:19.15
112	157	Sara Turner	St Julians Running Club	00:30:20.44	00:30:20.44
113	396	Marlene oliveira	Individual	00:30:21.51	00:30:18.48
114	18	Andreia Café	AminhaCorrida	00:30:22.22	00:30:09.76
115	599	Maria Ines Gamboa de Carvalho Martins Rodrigues Gonzalez Pereira	Fundação AGEAS Tagus Park	00:30:22.85	00:30:06.48
116	101	Leonor Loureiro	KLAV	00:30:23.86	00:30:20.10
117	539	Maria Adelaide Scarlatti de Quadrio Costa Raposo	CP	00:30:24.33	00:30:03.60
118	151	Ana Alexandra Pirata da Cruz	Individual	00:30:25.62	00:30:04.82
119	155	Filipa Medeiros	socarto team	00:30:27.20	00:30:17.25
120	503	TÂNIA RAMINHOS	MORAIS	00:30:27.94	00:30:14.99
121	649	Clémence Da Eira Freitas	Individual	00:30:32.04	00:30:32.04
122	439	Carine de azeved monteiro fernandes	Individual	00:30:33.02	00:30:22.20
123	134	Maria Virgínia Graça Frade Mesquita	Individual	00:30:34.54	00:30:34.54
124	450	Ana Faria	ORDEM DOS PSICÓLOGOS	00:30:34.90	00:30:34.90
125	449	Ana Amaro	ORDEM DOS PSICÓLOGOS	00:30:34.92	00:30:34.92
126	98	Fernanda Neves	KLAV	00:30:36.74	00:30:32.58
127	114	Paula Alexandra Matos Silva	Individual	00:30:41.66	00:30:41.66
128	281	Sofia Costa	Individual	00:30:43.52	00:30:36.45
129	566	Ana Cristina da Silva Carvalho	SAUDA	00:30:44.27	00:30:24.55
130	78	Tatiana da Silva	Individual	00:30:46.04	00:30:40.99
131	374	Aparecida CONCEICAO TEIXEIRA DA SILVA	Individual	00:30:47.04	00:30:41.86
132	211	Liliana Carina Medeiros Afonso Carreira	Individual	00:30:48.14	00:30:35.49

Ordem	Dorsal	Nome	Clube	Tempo	Chip
133	373	Carla Maria e Silva de Almeida	Individual	00:30:48.51	00:30:40.28
134	156	Filipa Silva Oliveira	St Julians Running Club	00:30:50.69	00:30:50.69
135	100	Ana Silva	KLAV	00:30:52.26	00:30:48.59
136	651	Ana Rolo	As Comadres	00:30:57.14	00:30:41.75
137	486	Maria de Lurdes Costa Frutuoso	Individual	00:30:57.49	00:30:57.49
138	128	Isabel Maria Teixeira Carvalho	Individual	00:30:58.62	00:30:58.62
139	80	nella veloso	Individual	00:31:02.27	00:30:57.00
140	510	Margarida Ribeiri	Individual	00:31:09.89	00:31:07.42
141	228	Catarina Oliveira	Oliveira's	00:31:14.23	00:31:05.21
142	411	Cláudia Madeira	Clube Tejo Atlântico	00:31:17.31	00:31:17.31
143	209	Elsa Alexandra Teixeira Loureiro	Individual	00:31:21.56	00:31:13.22
144	205	Paula Fernandes	Individual	00:31:24.80	00:31:17.83
145	119	Sandra Cristina Viana Cruz	Cruz	00:31:28.73	00:31:26.67
146	41	Carla Rodrigues	La família	00:31:30.07	00:31:30.07
147	363	Alexandra Marques Pereira	OK Runners	00:31:30.07	00:31:21.95
148	344	Ana Sofia Ferreira Baptista	Individual	00:31:30.71	00:31:20.64
149	370	Sílvia Isabel Manso Carlos	Individual	00:31:31.54	00:31:28.96
150	478	Paula Cristina Pinheiro Pereirinho	Individual	00:31:32.86	00:31:21.43
151	185	Aline de Almeida Prado Boralli	Individual	00:31:36.23	00:31:21.22
152	351	rosa broncas		00:31:38.33	00:31:32.98
153	152	Sandra Sofia Ferreira Duarte	Individual	00:31:41.23	00:31:30.24
154	240	Nádia Campos Rocha	Individual	00:31:43.57	00:31:35.24
155	332	Elsa Neves	Pernas Loucas	00:31:52.86	00:31:35.58
156	646	Elsa Ribeiro	My Gym UMPASSODECADEVEZ	00:31:53.29	00:31:53.29
157	518	Samanta Louis	Individual	00:31:54.00	00:31:54.00
158	452	Cátia Rodrigues	not fast but fabulous	00:31:54.62	00:31:54.62
159	448	Celia de Almeida	Individual	00:31:54.98	00:31:45.16
160	245	Isaura Pinto	Individual	00:31:55.08	00:31:50.00
161	565	Rita Russo	SAUDA	00:31:56.57	00:31:37.73
162	666	Maria do Rosário Guerra	Individual	00:31:57.21	00:31:51.38
163	219	Filipa Simões	CP Secil	00:31:59.25	00:31:40.02
164	213	Sara Garcia	CP Secil	00:32:00.29	00:31:41.65
165	116	celia cristina vieira rodrigues	Individual	00:32:01.03	00:31:50.43
166	115	sara fernandes	Individual	00:32:02.27	00:31:51.92
167	16	Maria Gordo	Grupo Jamor	00:32:02.55	00:32:00.33
168	527	Dora Isabel Colaço Baltazar	MTV Passatempos	00:32:03.88	00:31:50.70
169	362	Susan Pereira	OK Runners	00:32:09.64	00:32:01.37
170	361	Ana Mota	OK Runners	00:32:09.86	00:32:01.87
171	399	Sandra Morgado Coelho	Capgemini	00:32:12.02	00:32:12.02
172	540	Ivone Cristina Coelho Carapeta	CP	00:32:13.06	00:31:50.89
173	352	sonia coelho		00:32:14.80	00:32:08.86
174	637	Carolina Macari	BIOTEN II	00:32:15.40	00:31:56.14
175	635	Tania Sofia Fonseca Grafino	BIOTEN II	00:32:15.73	00:31:56.01
176	636	Diana Sofia Neves Mota Pedro	BIOTEN II	00:32:16.30	00:31:57.15

Ordem	Dorsal	Nome	Clube	Tempo	Chip
177	329	Ana Rosa Rodrigues	Pernas Loucas	00:32:19.00	00:32:03.42
178	328	Sonia Casaca	Pernas Loucas	00:32:19.35	00:32:02.37
179	596	Dora Isabel Reis Arenga	Fundação AGEAS Tagus Park	00:32:23.50	00:32:23.50
180	371	Eliana Luís Carrêlo	Individual	00:32:25.28	00:32:16.51
181	442	Filipa Alexandra Modesto Afonso	Individual	00:32:26.16	00:32:11.83
182	79	Sandra Isabel Reinas Antunes	Individual	00:32:31.25	00:32:14.59
183	414	Raquel Lopes Maio	Clube PT - zcs	00:32:31.72	00:32:26.30
184	694	Elisabete Cristina Cunha	Individual	00:32:33.79	00:32:33.79
185	125	HELENA PINTO	Individual	00:32:37.39	00:32:28.42
186	502	SUSANA PEREIRA	MORAIS	00:32:37.93	00:32:25.43
187	650	Leonor Pinto	As Comadres	00:32:39.09	00:32:23.01
188	347	CAROLINE REIS CARACAS	Individual	00:32:41.14	00:32:38.01
189	341	Fabiana Amaro de Brito	Individual	00:32:45.72	00:32:45.72
190	660	Ingrid de Olivera	Ateliê do Equilibrio	00:32:48.43	00:32:34.28
191	174	Dina Maria Santos Lima Cardoso	Individual	00:32:52.94	00:32:52.94
192	32	Sandra Marisa Rocha Freitas	Individual	00:32:53.88	00:32:53.88
193	294	Claudia Selene Mercado Huicochea	Individual	00:32:55.17	00:32:55.17
194	223	Dina Santos	Pipis Velozes	00:33:03.35	00:32:43.73
195	282	Rita Nunes		00:33:04.70	00:32:53.38
196	283	Ana Maria Gonçalves		00:33:04.82	00:32:54.35
197	149	MÓNICA SOFIA OLIVEIRA VIEGAS	Individual	00:33:08.03	00:33:00.44
198	451	Teresa Maria Ferreira Bertrand	Individual	00:33:08.99	00:32:58.43
199	124	Inês Sofia Fernandes Baptista	Individual	00:33:15.25	00:33:08.80
200	34	Rute Atalaia	Team Cristinas	00:33:17.26	00:33:09.50
201	459	Liliana Canelas	ONE by BNP Paribas	00:33:18.64	00:33:12.34
202	366	Ligia Valerio		00:33:22.94	00:33:06.95
203	367	Alexandra Santos		00:33:23.27	00:33:07.27
204	210	Sonia Filomena Barros Carreira Coutinho	Individual	00:33:27.74	00:33:14.69
205	517	Helena Guerra	Individual	00:33:44.83	00:33:37.36
206	313	HELENA LUISA CEVADINHA SIMÕES	Individual	00:33:50.83	00:33:34.68
207	520	Joana de Jesus Ferreira	MTV Passatempos	00:33:51.78	00:33:35.50
208	191	Iris Carvalho	Ladies S	00:33:54.34	00:33:36.71
209	188	Karolina Mikicka	Ladies S	00:33:55.08	00:33:37.60
210	476	Joana Sofia Gomes Leitão	InnoWave Team	00:33:55.87	00:33:46.22
211	477	Vanessa Sofia Gomes Leitão	InnoWave Team	00:33:57.68	00:33:47.85
212	504	CARLA PEREIRA	MORAIS	00:34:03.05	00:33:50.36
213	263	Rafaela Sofia Martins Peralta	Individual	00:34:04.16	00:33:51.38
214	102	Rosa Falardo	Individual	00:34:05.19	00:33:50.36
215	268	SusanaFreitas	Individual	00:34:06.90	00:33:57.60
216	182	Patrícia Isabel Martinho Antunes	Individual	00:34:12.09	00:34:00.97
217	231	Manuela Maria Guerreiro Gonçalves de Castro	Individual	00:34:14.90	00:34:08.55
218	88	Isabel Maria Sobreda Barbieri Cardoso	Individual	00:34:15.11	00:34:08.02
219	22	Sara Feio	Individual	00:34:15.28	00:34:01.37
220	369	Carina Palhinhas		00:34:16.22	00:33:59.77

Ordem	Dorsal	Nome	Clube	Tempo	Chip
221	368	Anabela Castiço		00:34:16.40	00:33:59.71
222	288	Elisa Dias	Clínica Santa Madalena	00:34:20.51	00:34:20.51
223	634	Esmeralda Saraiva Alves de Oliveira	BIOTEN II	00:34:23.46	00:34:23.46
224	52	Natércia da Ascensão Caldeira Ribeiro Pombo	Individual	00:34:23.63	00:34:15.30
225	653	Aurora Lopes Mousinho	Individual	00:34:25.90	00:34:16.85
226	306	Joana Pinto Figueiredo	Individual	00:34:30.45	00:34:17.04
227	261	Susana Carla da Nóbrega Maria	Individual	00:34:31.82	00:34:13.91
228	508	Elisa Catarina Santos Pires	Chamusca O Coração do Ribatejo	00:34:38.36	00:34:38.36
229	222	Paula Félix	Pipis Velozes	00:34:40.21	00:34:21.26
230	693	Atleta não cadastrado		00:34:41.00	00:34:41.00
231	389	Sonia Cristina Ferreira Palma Tavares	Individual	00:34:47.15	00:34:47.15
232	196	Ana Parracho	Ladies S	00:34:47.88	00:34:29.79
233	372	Ana Cristina de Jesus Maurício	Individual	00:34:56.04	00:34:48.08
234	356	Inês Mota de Matos Santa	Individual	00:34:58.37	00:34:52.79
235	409	Elisabete Vale	Clube Tejo Atlântico	00:34:58.75	00:34:37.30
236	567	Ana Cristina do Vale Santos Vicente Pires	SAUDA	00:35:01.52	00:34:42.37
237	94	Maria Teresa Martins Adagói	Individual	00:35:03.06	00:34:53.51
238	224	Joana Rodrigues	Pipis Velozes	00:35:04.54	00:34:45.35
239	51	ROSA MARIA JESUS ALVES REIS	Individual	00:35:05.77	00:35:00.50
240	110	Paula Cristina Canas da Silva Costa	Individual	00:35:06.37	00:35:00.57
241	133	Susana Margarida Martins Fernandes de Azevedo e Silva	Individual	00:35:12.80	00:35:12.80
242	659	Samara de Oliveira	Ateliê do Equilibrio	00:35:22.81	00:35:07.41
243	201	Ana Paula Silvestre Correia	Individual	00:35:23.56	00:35:11.47
244	202	Ana Rita Saraiva Batista Rodrigues	Individual	00:35:24.24	00:35:11.92
245	604	Tania Patrícia Laranjeira Pedras Alvas	Fundação AGEAS Tagus Park	00:35:25.21	00:35:25.21
246	658	Gisele de Oliveira	Ateliê do Equilibrio	00:35:25.25	00:35:10.33
247	379	Antonia Machado	Individual	00:35:28.85	00:35:28.85
248	183	Nidia Silva	Individual	00:35:31.58	00:35:31.58
249	614	Alexandra Silva	MEDIS	00:35:31.87	00:35:19.38
250	67	Maria Eugénia Marcos Luíz	Individual	00:35:35.75	00:35:22.00
251	340	Cecilia Ayaco Francisco	Individual	00:35:40.92	00:35:40.92
252	320	Ana Samuel	Juntas Somos Mais Fortes	00:35:43.72	00:35:43.72
253	162	Maria José Francisco	Individual	00:35:45.32	00:35:41.01
254	273	Inês Récio	Iswari	00:35:50.00	00:35:50.00
255	661	Maria Cândida Pires Gonçalves Augusto	Individual	00:35:51.59	00:35:51.59
256	220	Dina Vicente	CP Secil	00:35:52.01	00:35:52.01
257	402	Maria Eduarda González Larangeira	Individual	00:35:52.90	00:35:52.90
258	562	Carla Martinho	SAUDA	00:35:53.98	00:35:35.29
259	561	Margarida Maria de Frias Rodrigues de Oliveira	SAUDA	00:35:54.97	00:35:54.97
260	168	Inês Oliveira	FAMILY FIRST	00:35:57.23	00:35:47.17
261	446	Ana Filipa Alves	As pupilas do luis	00:35:59.28	00:35:51.20
262	453	Sérgia Lemos	not fast but fabulous	00:36:05.19	00:36:05.19
263	127	Magda Filipa Bretes Ferreira da Conceição Pereira	Individual	00:36:11.19	00:36:07.48
264	145	Armandina Nunes	Individual	00:36:12.39	00:35:58.20

Ordem	Dorsal	Nome	Clube	Tempo	Chip
265	167	Ágnes Koppányi	Individual	00:36:12.44	00:36:12.44
266	461	federica cossu	ONE by BNP Paribas	00:36:13.59	00:35:53.58
267	494	MARIANA HENRIQUES	CLUBE ACCENTURE	00:36:15.26	00:36:15.26
268	672	Tarcianaportugal@hotmail.com	Individual	00:36:16.34	00:36:09.69
269	633	Carla Cristina Coragem Grosa	BIOTEN II	00:36:16.94	00:36:16.94
270	184	Sónia dos Reis Carvalho	Individual	00:36:17.00	00:36:13.34
271	250	Maria Silva	Individual	00:36:21.74	00:36:21.74
272	91	Dina Oliveira	Individual	00:36:25.14	00:36:10.94
273	507	Marta Isabel Francisca Gomes	Chamusca O Coração do Ribatejo	00:36:29.74	00:36:29.74
274	394	Carla Sofia de Oliveira Tavares	Individual	00:36:31.29	00:36:17.49
275	121	Marta Susana Beijoca Sá Meira do Carmo	Cruz	00:36:32.81	00:36:30.66
276	445	Sara pascoa nunes	As pupilas do luis	00:36:33.07	00:36:24.76
277	275	Elisabete	Iswari	00:36:34.30	00:36:34.30
278	21	Carla Sofia Tavares Gonçalves	Individual	00:36:34.88	00:36:19.10
279	138	Cátia Susana Almeida Zurga	As Camponesas	00:36:35.13	00:36:35.13
280	391	Sofia Jardim	REFOOD CASCAIS	00:36:35.48	00:36:20.28
281	23	Carla Margarida da Silva Gomes Costa	Individual	00:36:35.72	00:36:23.20
282	392	Rita Araujo	REFOOD CASCAIS	00:36:36.09	00:36:21.01
283	557	Mariana Vendeirinho Neves	SAUDA	00:36:37.48	00:36:22.91
284	576	Cláudia Silva	Entrepосто	00:36:40.66	00:36:33.94
285	40	Alexandra Lopes	La família	00:36:41.89	00:36:31.12
286	39	Margarida Lopes	La família	00:36:42.57	00:36:33.06
287	434	Rita Isabel Padeiro Gateira	Individual	00:36:45.35	00:36:35.36
288	239	Carla Sofia Pires Duarte	Individual	00:36:46.79	00:36:46.79
289	199	filipa daniela azevedo moreira	Individual	00:36:47.34	00:36:47.34
290	536	ANDREIA FERREIRA	TST	00:36:50.00	00:36:50.00
291	129	Maria Eugénia Ventura Lopes	Individual	00:37:00.61	00:37:00.61
292	331	Cristina Pereira	Pernas Loucas	00:37:02.25	00:36:44.50
293	350	teresa mata		00:37:07.15	00:37:01.12
294	413	Maria Teresa da Costa Ramos Lopes	Clube PT - zcs	00:37:26.89	00:37:21.26
295	419	Inês Raquel de Almeida Lopes Nunes	Individual	00:37:26.96	00:37:11.30
296	620	Rosa Maria Brandão Gameiro	MEDIS II	00:37:28.59	00:37:28.59
297	499	Cecília Maria Pereira Silva Marinho	Individual	00:37:36.08	00:37:24.68
298	302	Carla Neves	Individual	00:37:36.08	00:37:19.55
299	418	Sara Russo Rosa	Individual	00:37:39.53	00:37:39.53
300	227	Alexandra Oliveira	Oliveira's	00:37:51.60	00:37:41.86
301	404	Ana Filipa Lopes Miguel	Individual	00:37:52.50	00:37:42.46
302	447	Liliana Cristina Lampreia Gonçalves	Individual	00:37:54.38	00:37:52.33
303	179	Carina Isabel Ferreira Guedes Osorio	Individual	00:37:58.25	00:37:47.77
304	355	Gabriela Santos	Individual	00:37:59.03	00:37:37.55
305	575	Ana Paula Martins	AUSÓNIA	00:37:59.55	00:37:59.55
306	238	Miriam da Silva Ferreira	Individual	00:38:03.41	00:38:03.41
307	496	RITA LAZARO	CLUBE ACCENTURE	00:38:04.34	00:38:04.34
308	278	Ana Cristina Osório Santos Albergaria Castro	Individual	00:38:06.08	00:38:01.99

Ordem	Dorsal	Nome	Clube	Tempo	Chip
309	154	Alice Gomes	socarto team	00:38:10.13	00:38:00.23
310	246	Filomena Pedra	Be In Shape	00:38:11.45	00:38:11.45
311	247	Ana Alexandra Silva	Be In Shape	00:38:12.42	00:38:12.42
312	187	Claudia Machado Nogueira	Individual	00:38:15.45	00:37:59.81
313	416	Magdalena Konca	MICROSOFT	00:38:20.87	00:38:20.87
314	579	Lara Francisco Baioa de Cristo Anes	Individual	00:38:24.25	00:38:24.25
315	523	Ana Mónica Tavares Parreira	MTV Passatempos	00:38:25.01	00:38:25.01
316	308	Adriana marques	Individual	00:38:29.28	00:38:24.66
317	700	Sara Silva	Individual	00:38:31.44	00:38:24.49
318	699	Maria de Lurdes Silva	Individual	00:38:31.51	00:38:24.38
319	267	Chloe Downes	Sole Sisters	00:38:33.00	00:38:17.63
320	266	Rebecca Blackburn	Sole Sisters	00:38:33.26	00:38:17.06
321	212	Cláudia Sofia Guerrinha Carvalho Pires	Individual	00:38:39.56	00:38:26.88
322	301	Monica Filipa Rodrigues da Silva	Individual	00:38:39.98	00:38:27.59
323	173	Alexandra Santana	FAMILY FIRST	00:38:43.66	00:38:43.66
324	259	Ana Quintela	Quintela	00:38:45.74	00:38:32.28
325	258	Sofia Casanova	Quintela	00:38:46.04	00:38:33.02
326	204	Patricia Cristina de Souza Poço Martins	Individual	00:39:02.21	00:39:02.21
327	665	Cátia Vieira Gil	Individual	00:39:02.75	00:36:47.59
328	647	Helena Armani	My Gym UMPASSODECADEVEZ	00:39:04.81	00:39:04.81
329	194	Joana Costa	Ladies S	00:39:10.72	00:38:53.27
330	195	Lisa Zambujinho	Ladies S	00:39:23.44	00:39:04.60
331	383	Carla Cristina Domingos Bernardino	Individual	00:39:35.30	00:39:35.30
332	526	Ana Maria Cardoso Monteiro	MTV Passatempos	00:39:37.56	00:39:37.56
333	542	Solange Patrícia Sousa Esteves	CP	00:39:39.39	00:39:16.63
334	541	Sónia Alexandra Rosa Lage	CP	00:39:40.32	00:39:18.42
335	346	Sandra Ferreira		00:39:42.48	00:39:42.48
336	177	Ana Dória	Individual	00:39:54.21	00:39:54.21
337	382	Maria Manuela Correia Velez Grilo Martins Costa	Individual	00:39:57.48	00:39:36.00
338	588	fernanda maria simao silva ribeiro	Fundação AGEAS Entrepoto	00:40:05.60	00:39:48.74
339	591	Julia Cristina Salsinha	Fundação AGEAS Parque das Nações	00:40:11.68	00:40:11.68
340	339	Marlene Alexandra Cardoso Cunha	Individual	00:40:11.81	00:40:03.16
341	81	Ana Cristina Banha Pacheco	Individual	00:40:26.57	00:40:26.57
342	71	Paula Resende	BFF's	00:40:40.04	00:40:20.94
343	70	Paula Henriques	BFF's	00:40:41.10	00:40:21.51
344	315	Miriam Guimarães C. de Lima	Individual	00:40:41.50	00:40:41.50
345	141	Sofia Vale Lima	Goal	00:40:44.99	00:40:43.39
346	140	Alda Apolinario	Goal	00:40:45.20	00:40:43.26
347	304	Ana Laranja	Laranja	00:40:47.60	00:40:47.60
348	388	Beatriz Carvalho Moreira	As corajosas	00:40:58.61	00:40:46.72
349	480	Isabella Zanutta	LusItaMex	00:41:00.40	00:41:00.40
350	385	Irene Queiros	Individual	00:41:07.49	00:41:07.49
351	321	Carla Vaz	Juntas Somos Mais Fortes	00:41:07.72	00:41:07.72
352	324	Donzilia Baptista	Juntas Somos Mais Fortes	00:41:08.54	00:41:08.54



Ordem	Dorsal	Nome	Clube	Tempo	Chip
353	180	Paula Carrelo	Individual	00:41:09.05	00:41:09.05
354	83	Fernanda Maria Rala Vieira	Individual	00:41:11.05	00:41:11.05
355	85	Paula Da Conceição Ventura Nunes	Individual	00:41:11.11	00:41:11.11
356	364	Carla Luz	OK Runners	00:41:42.43	00:41:33.62
357	365	Célia Machado	OK Runners	00:41:43.42	00:41:34.46
358	305	Olga Jorge	Laranja	00:41:49.04	00:41:49.04
359	142	Amélia Costa	As Babes de Corroios	00:41:56.89	00:41:53.13
360	90	Denise Stelman	Individual	00:42:00.85	00:41:47.14
361	462	Manuela Bruno	ONE by BNP Paribas	00:42:07.88	00:41:49.01
362	314	MARIA OLINDA ALVES VELOSO	Individual	00:42:09.02	00:42:09.02
363	455	Daniela Torres	ONE by BNP Paribas	00:42:21.42	00:42:21.42
364	163	Ondina Teodoro	Individual	00:42:26.67	00:42:26.67
365	298	Teresa Resende Ribeiro	Individual	00:42:59.89	00:42:43.27
366	430	Marina Alexandra Cacais Pantalião	Individual	00:43:03.44	00:43:03.44
367	264	Sandra Cristina Cabaço Máximo Sousa	Individual	00:43:07.54	00:43:02.00
368	265	Marta Máximo Sousa	Individual	00:43:08.69	00:43:02.32
369	46	Ana Maria Santos Paulo	Individual	00:43:17.03	00:42:59.87
370	193	Claudia Silva	Ladies S	00:43:20.37	00:43:02.42
371	160	Walkiria Benedetti	St Julians Running Club	00:43:23.33	00:43:23.33
372	137	Ana teresa Sousa Silva Pereira	As Camponesas	00:43:38.16	00:43:38.16
373	543	Joana Diniz Braga Gonçalves da Cunha	CP	00:43:54.39	00:43:54.39
374	401	Alexandra Athayde Fonseca	Individual	00:43:54.84	00:43:30.17
375	458	Ana Margarida Carrasqueira	ONE by BNP Paribas	00:43:56.82	00:43:56.82
376	611	Joana Filipa Robalo Lopes	MEDIS	00:44:02.52	00:43:44.10
377	612	Carina Andreia da Costa Santos	MEDIS	00:44:02.53	00:43:44.88
378	190	Carin Santos	Ladies S	00:44:23.49	00:44:05.54
379	493	MANUELA GOMES	CLUBE ACCENTURE	00:44:26.57	00:44:26.57
380	497	SANDRA DUARTE	CLUBE ACCENTURE	00:44:26.72	00:44:26.72
381	271	Fábia Joana da Costa Lindo Pinto	Individual	00:44:29.95	00:44:25.67
382	269	Filipa Moutinho	Individual	00:44:30.20	00:44:25.92
383	99	Alexandra Borges	KLAV	00:44:40.39	00:44:35.97
384	96	Raquel Cunha	KLAV	00:44:40.46	00:44:35.74
385	130	Natércia Maria Nunes António de Jesus	Nabantinas	00:44:41.89	00:44:39.50
386	327	Austrelina Gomes	Juntas Somos Mais Fortes	00:44:42.09	00:44:42.09
387	131	Bárbara Antonio de Jesus	Nabantinas	00:44:54.00	00:44:51.14
388	307	Mireia Pineda Barta	Individual	00:45:00.62	00:45:00.62
389	291	Isabel Alemany	Ramiras Team	00:45:03.01	00:45:03.01
390	233	Sofia Alexandra Almeida Santos	Individual	00:45:03.04	00:45:03.04
391	290	Sandra González	Ramiras Team	00:45:03.40	00:45:03.40
392	293	Laura Gorriz	Ramiras Team	00:45:05.15	00:45:05.15
393	603	Susana Bento Marques	Fundação AGEAS Tagus Park	00:45:06.07	00:45:06.07
394	48	Elsa Manuela Correia da Fonseca	Brave Runners	00:45:07.86	00:44:49.64
395	122	Carina Andreia Bonito Prazeres	Cruz	00:45:08.38	00:45:08.38
396	120	Vanessa Sofia Rebelo	Cruz	00:45:08.78	00:45:06.23

Ordem	Dorsal	Nome	Clube	Tempo	Chip
397	605	Liliana Castanheira Valente	Fundação AGEAS Tagus Park	00:45:20.06	00:45:20.06
398	454	Ana Capinha	ONE by BNP Paribas	00:45:32.01	00:45:24.20
399	147	Leila Maria Caldeira	Individual	00:45:38.01	00:45:38.01
400	406	Margarida Lopes	Musas Running	00:46:09.62	00:45:58.26
401	407	Raquel Sequeira	Musas Running	00:46:09.92	00:45:58.03
402	317	Jessica Leandro	Private Solutions	00:46:20.95	00:45:59.27
403	316	Berta Rodrigues	Private Solutions	00:46:21.02	00:45:59.37
404	237	Paula Cristina Ferreira Marques da Silva Domingos	Individual	00:46:38.62	00:46:38.62
405	176	Arlete da Silva Garganta	Individual	00:47:18.39	00:47:04.93
406	226	Argentina Lourdes de Abreu Tehmurasp	Individual	00:47:26.15	00:47:15.53
407	25	Marie Lucette Leal	Madagáscar 4ever	00:47:26.85	00:47:06.00
408	221	Cristina Vicente	CP Secil	00:47:39.29	00:47:39.29
409	403	Dina Alexandra Oliveira do Nascimento	Individual	00:48:21.93	00:48:21.93
410	26	Valência leal Morais	Madagáscar 4ever	00:48:25.16	00:48:04.54
411	254	ZENAIDA CHANI CHALLCO	Individual	00:48:45.13	00:48:45.13
412	577	Maria da Conceição Madeira Leal	Entrepосто	00:48:47.93	00:48:47.93
413	443	Camila Quintino	Individual	00:49:08.92	00:49:08.92
414	336	Fatima Carvalho	Pernas Loucas	00:49:19.70	00:49:01.00
415	335	Cidalia Cristeto	Pernas Loucas	00:49:20.38	00:49:00.85
416	323	Teresa Santos	Juntas Somos Mais Fortes	00:49:42.72	00:49:42.72
417	326	Susana Ferreira	Juntas Somos Mais Fortes	00:49:42.84	00:49:42.84
418	84	Paula Rodrigues	Individual	00:49:47.71	00:49:47.71
419	644	Mariana Oliveira	My Gym UMPASSODECADA VEZ	00:50:32.03	00:50:32.03
420	395	Maria Rosário Pires de Carvalho	Individual	00:51:21.07	00:51:11.82
421	143	Otília Quintião	As Babes de Corroios	00:51:33.11	00:51:29.71
422	645	Debora Martins	My Gym UMPASSODECADA VEZ	00:51:50.07	00:51:50.07
423	643	Rayana Ceolin	My Gym UMPASSODECADA VEZ	00:51:50.35	00:51:50.35
424	74	Fernanda Gordo	BFF's	00:52:14.63	00:51:54.43
425	583	Íris Paiva	AMMC	00:52:20.76	00:52:20.76
426	582	Rita Madureira	AMMC	00:52:20.77	00:52:20.77
427	581	Isabel Moraes Cardoso	AMMC	00:52:21.78	00:52:21.78
428	521	Carla Susana Cardoso Monteiro	MTV Passatempos	00:52:31.40	00:52:31.40
429	524	Maria dos Anjos Cardoso Monteiro	MTV Passatempos	00:52:31.58	00:52:31.58
430	514	Sandra Maria Sares Ferreira Morgado	Individual	00:53:25.39	00:53:17.41
431	642	Maria Olinda da Anunciação Gomes Mestre	Fura Vidas	00:54:33.01	00:54:33.01
432	555	Sofia Homem de Gouveia Nunes	IVI	00:55:08.03	00:55:08.03
433	358	Isabel Maria Alves da Silva Balasteiro Cardoso	CCDV	00:55:41.09	00:55:41.09
434	669	MARCIA ALEXANDRA CAETANO GONZALEZ	Clube Millennium BCP	00:56:07.41	00:56:07.41
435	483	Criscilla Dayane Rodrigues Ramos Bocafoli	Individual	00:56:55.74	00:56:55.74
436	466	Alena Carre	ONE by BNP Paribas	00:58:30.22	00:58:30.22
437	531	Sandra Isabel Julião Ramos	MTV	00:59:48.81	00:59:48.81
438	530	Magda Martins Sebastião	MTV	00:59:48.98	00:59:48.98
439	334	Albertina Mora	Pernas Loucas	01:00:52.86	01:00:52.86
440	338	Ana Quaresma	Pernas Loucas	01:00:52.99	01:00:52.99

Ordem	Dorsal	Nome	Clube	Tempo	Chip
441	322	Paula Costa	Juntas Somos Mais Fortes	01:01:20.04	01:01:20.04
442	325	Fernanda Águas	Juntas Somos Mais Fortes	01:01:20.44	01:01:20.44
443	285	Bernardete Dias	CP Secil	01:01:28.33	01:01:28.33
444	172	Vanessa Chumbinho	FAMILY FIRST	01:02:18.21	01:02:18.21
445	171	Catarina Ribeiro	FAMILY FIRST	01:03:23.45	01:03:23.45
446	77	Teresa Catarina Santos	Individual	01:06:29.10	01:06:29.10
447	65	Susana Crisitna Meneses Fernandes Horta	Individual	01:06:29.48	01:06:29.48
448	59	Rita Manuela Santos Silva de Brito	Individual	01:06:30.55	01:06:30.55
449	300	Liliana Cláudia Alves Marques	Individual	01:06:54.23	01:06:54.23
450	309	Paula Cristina goncalves da silva marcelino	Individual	01:10:47.08	01:10:47.08
451	425	Virginie Brito	King's Daughters	01:11:18.69	01:11:18.69
452	249	FABIANA GONÇALVES	CASA DO PESSOAL DA RTP	01:11:42.33	01:11:42.33
453	69	Lucia Nogueira	Individual	01:11:48.12	01:11:48.12
454	215	Elisabete Fernandes	CP Secil	01:12:29.86	01:12:29.86
455	218	Beatriz Castro	CP Secil	01:12:30.07	01:12:30.07
456	488	Elsa Carvalho	CP Secil	01:12:31.43	01:12:31.43
457	489	Patricia Carvalho Silva	CP Secil	01:12:32.82	01:12:32.82
458	311	Sara Patrícia Casimiro Campos	Individual	01:13:32.36	01:13:32.36
459	310	Maria João Queirós da Silva Marques	Individual	01:13:32.83	01:13:32.83
460	663	Diana Sofia Serrao Garcia	Individual	01:13:49.93	01:13:49.93
461	359	Mariana Isabel Silva Balasteiro Cardoso	CCDV	01:14:00.97	01:14:00.97
462	123	Dolores Cabral Esteves	Individual	01:14:19.31	01:14:19.31
463	621	Carla Alexandra Fernandes Carvalho Faria	MEDIS II	01:17:55.85	01:17:55.85
464	58	Ana Sousa	BEVERLY GIRLS	01:21:11.27	01:21:11.27
465	56	Catarina Paulino	BEVERLY GIRLS	01:21:14.59	01:21:14.59
466	431	Ammar souhila	Individual	01:21:24.12	01:21:24.12
467	590	Ana Margarida Azevedo	Fundação AGEAS Parque das Nações	01:22:27.82	01:22:27.82
468	377	Micaela Conde	Powerpuff Girls	01:23:01.12	01:23:01.12
469	376	Maria João Branco	Powerpuff Girls	01:23:06.18	01:23:06.18
470	251	Célia Santos		01:23:22.13	01:23:22.13
471	252	Tânia Paiva		01:23:23.25	01:23:23.25
472	353	Maria Filomena Mota	CP Secil	01:24:55.43	01:24:55.43
473	284	Maria Lurdes Gomes	CP Secil	01:24:56.35	01:24:56.35
474	422	Cristina Amaral	As gordas	01:26:36.34	01:26:36.34
475	421	Fernanda Felix	As gordas	01:26:47.75	01:26:47.75
476	469	Sara Neto Silva	ONE by BNP Paribas	01:26:51.60	01:26:51.60
477	236	Maria João Guilherme	CP Secil	01:28:35.23	01:28:35.23
478	354	Cristina Teixeira	CP Secil	01:28:35.74	01:28:35.74
479	235	Rita Gonçalves	CP Secil	01:28:37.22	01:28:37.22
480	234	Elisabete Peixeiro	CP Secil	01:28:38.39	01:28:38.39
481	670	Lions		01:29:47.18	01:29:47.18
482	490	INES SANTOS	CLUBE ACCENTURE	01:30:46.32	01:30:46.32
483	492	MAFALDA RAPOSO	CLUBE ACCENTURE	01:30:46.65	01:30:46.65
484	495	MARTA GONCALVES	CLUBE ACCENTURE	01:30:49.01	01:30:49.01

Ordem	Dorsal	Nome	Clube	Tempo	Chip
485	485	Cristiana Apolinário Caetano	Individual	01:32:57.63	01:32:57.63
486	256	Sónia Pinto	Quintela	01:34:14.06	01:34:14.06
487	441	Teresa Gonçalves	Individual	01:34:27.46	01:34:27.46
488	49	Paula Alexandra Garcia Bengala	Brave Runners	01:35:03.44	01:35:03.44
489	656	Maria José Sanches folgado pinto pires	Individual	01:35:31.45	01:35:31.45
490	695	Silvia Martins	Individual	01:35:46.38	01:35:46.38
491	696	Roswitha Gellink	Individual	01:35:46.99	01:35:46.99
492	697	Ana Bastos	Individual	01:36:04.88	01:36:04.88
493	214	Ana Rute Apell	CP Secil	01:36:07.77	01:36:07.77
494	217	Margarida Castro	CP Secil	01:36:09.02	01:36:09.02
495	427	Celia Maria Farinha Brito Melo Carvalho	Individual	01:36:14.82	01:36:14.82