

Ordem	Dorsal	Nome	Clube	Tempo	Chip
1	1	Ana Ferreira	Sporting Clube de Portugal	00:16:25.79	00:16:25.79
2	4	Miriam Martins	Ingleses Futebol Clube	00:17:42.71	00:17:41.45
3	2	Sandra Teixeira	Sporting Clube de Portugal	00:18:14.13	00:18:14.13
4	5	Margarida Dionísio	Associação Cultural e Recreativa Senhora do Desterro	00:18:25.20	00:18:23.84
5	7	Mónica Moreiras	Associação de Moradores de Atibá	00:19:03.53	00:19:02.54
6	11	Rita Bacelar	Grupo de Atletismo de Fátima	00:19:33.99	00:19:33.99
7	13	Cristina Picoto	Associação de Moradores de Atibá	00:19:49.25	00:19:49.25
8	257	Marlene Ferreira	Individual	00:21:14.00	00:21:11.38
9	509	Sara Gabriel	Associação Vale Grande	00:21:20.50	00:21:18.91
10	10	Eugénia Teixeira	Linda a Pastora Sporting Clube	00:21:41.11	00:21:41.11
11	320	Maria da Graça de Oliveira Gonçalves Castro	Individual	00:22:22.81	00:22:20.69
12	351	Andreia Santos	A minha Corrida	00:22:24.75	00:22:16.98
13	259	Susana Vasques	Multipessoal	00:22:56.46	00:22:54.22
14	348	Susana Miguel Querido	Individual	00:22:58.32	00:22:55.03
15	480	Arlete Rego	GROUPE SEB PORTUGAL	00:23:31.78	00:23:22.57
16	449	Sónia Maria Cardoso Figueiredo	HERBALIFE	00:23:43.87	00:23:39.54
17	192	Catarina Santos Gomes Faria	Individual	00:23:57.24	00:23:42.49
18	406	CRISTINA DUCRÓS AGUIRRE	ACCENTURE	00:24:00.83	00:24:00.83
19	483	Cândida Ganchas	Fundação AGEAS - Tagus Park	00:24:11.95	00:24:07.56
20	371	Ana Rita Duarte	Individual	00:24:12.19	00:24:08.38
21	166	Daniela Alexandra da Silva Bicho	Individual	00:24:34.09	00:24:34.09
22	128	PATRICIA ISABEL GOMES ALVES	Individual	00:24:35.84	00:24:32.32
23	447	Mariana Monteiro	HERBALIFE	00:24:40.00	00:24:40.00
24	8	Daniela Gordino	Sporting Clube de Portugal	00:24:44.98	00:24:43.86
25	485	Daniela Guimarães Moreira	Fundação AGEAS - Tagus Park	00:24:55.01	00:24:49.23
26	527	Mafalda silvano nunes dos santos	Individual	00:24:56.82	00:24:41.22
27	279	Mafalda Sofia António da Silva	Individual	00:24:58.14	00:24:44.44
28	264	Annalisa Zamagni	Individual	00:24:58.45	00:24:54.73
29	102	Maria da Conceição Paiva Tarelho	Individual	00:24:59.17	00:24:54.98
30	88	Anabela Vaz	Individual	00:25:00.58	00:24:57.75
31	205	Maria da Glória da Costa Garcia	Individual	00:25:08.46	00:25:04.46
32	295	Maria Rosa da Silva Jardim Fidalgo	Individual	00:25:26.10	00:25:10.22
33	116	Nadine Alexandra dos Santos Eugenia	Campolide todos juntos_Grupo de Caminhadas	00:25:26.63	00:25:16.94
34	236	MARIA ROCHA RODRIGUES	Clube Millennium Bcp	00:25:31.57	00:25:30.27
35	461	Ana Rita Benevides Cordeiro de Madalena Pires	VEET e DUREX	00:25:33.34	00:25:33.34
36	385	Suzana Pestana	ALPIARÇA em Movimento	00:25:37.16	00:25:37.16
37	25	ELISABETE PINTO		00:25:38.42	00:25:30.51
38	500	Julia Cristina Salsinha	Fundação AGEAS - Parque das Nações	00:25:40.12	00:25:40.12
39	418	Stephanie Marie Christine da Costa	FENO DE PORTUGAL II	00:25:48.69	00:25:34.56
40	419	Silvie Lopes da Silva Luís Ferreira	FENO DE PORTUGAL II	00:25:48.74	00:25:34.63
41	302	Sara Silva	Mãe	00:25:49.50	00:25:46.51
42	559	Catarina Silv?rio	Tecnovia	00:26:06.86	00:25:55.91
43	473	Sónia Alexandra Rosa Lage	CP	00:26:09.54	00:26:01.14
44	508	Helena de Lurdes Filipe Brinca Diniz	Individual	00:26:10.01	00:26:06.96

Ordem	Dorsal	Nome	Clube	Tempo	Chip
45	446	Joana Simao Vieira	OVOS MATINADOS	00:26:11.03	00:26:00.81
46	91	ANA MIRA	Campolide todos juntos_Grupo de Caminhadas	00:26:12.65	00:26:04.69
47	492	Sílvia Miranda	Fundação AGEAS - Tagus Park	00:26:16.40	00:26:14.00
48	113	Raquel Sofia Nobre	Individual	00:26:17.47	00:26:10.78
49	557	V?nia Faria	Tecnovia	00:26:18.85	00:26:14.07
50	377	Elisabete Venâncio	My Friends	00:26:19.36	00:26:17.31
51	304	Maud Weterings	Individual	00:26:23.55	00:26:17.65
52	44	Nadia Miranda	Individual	00:26:23.93	00:26:17.47
53	484	Carolina Gomes Machado Conte de Moraes	Fundação AGEAS - Tagus Park	00:26:29.13	00:26:17.41
54	397	Flavia Oliveira pena	Individual	00:26:31.65	00:26:28.90
55	467	Ana Carolina Amaral Martins	EY	00:26:32.26	00:26:22.41
56	154	Beatriz Matias	Primas	00:26:33.92	00:26:28.97
57	280	Ana Paula Dos Santos Malicia Vieira Gonçalves	Individual	00:26:36.34	00:26:28.01
58	54	isabel Rodrigues	Individual	00:26:37.15	00:26:32.93
59	437	Helena Maria Alonso dos Santos	SAÚDA	00:26:37.79	00:26:24.33
60	14	Clara Tabuada	Grupo do Jamor	00:26:38.95	00:26:37.11
61	486	Ivone Costa	Fundação AGEAS - Tagus Park	00:26:39.60	00:26:34.22
62	299	Ana Claudia Silva	Individual	00:26:40.83	00:26:40.83
63	491	Sidónia Atanásio	Fundação AGEAS - Tagus Park	00:26:41.93	00:26:36.55
64	459	Odília Maria Fernandes Pereira	ZOME	00:26:47.74	00:26:44.10
65	378	Ana Diniz	My Friends	00:26:48.66	00:26:46.13
66	379	Judite Matreno	My Friends	00:26:48.70	00:26:46.28
67	89	ISABEL SILVA	A MINHA GRÁFICA	00:26:50.39	00:26:48.39
68	481	Ana Margarida Sousa Simão	Fundação AGEAS - Tagus Park	00:26:53.86	00:26:40.20
69	489	Maria Inês Gamboa de Carvalho Martins Rodrigues Gonzalez Pereira	Fundação AGEAS - Tagus Park	00:26:53.98	00:26:41.66
70	178	Ana Margarida Bento Teixeira de Jesus	Individual	00:26:57.42	00:26:57.42
71	71	Maria de Lurdes Bento Duarte	Individual	00:26:57.60	00:26:54.96
72	130	Lúcia Alexandra Pereira Adelineo	Individual	00:26:59.21	00:26:57.98
73	443	Joana Filipa Ferreira Esteves	OVOS MATINADOS	00:27:07.45	00:26:57.04
74	452	Sara Raquel Alves de Oliveira	MATRIZAUTO	00:27:07.59	00:27:07.59
75	388	Elsa Basílio	Individual	00:27:08.00	00:27:03.21
76	149	Dilia Fátima Vilela Martins Nobrega	Individual	00:27:08.37	00:27:08.37
77	286	Anabela Lopes	Individual	00:27:10.09	00:27:04.71
78	287	VANDA MARIA LOPES MARTA SOARES	Individual	00:27:10.69	00:27:05.42
79	173	Ana Rolo	Pinto	00:27:11.91	00:27:03.72
80	168	Maria Madalena Pereira de Oliveira Ferreira	Individual	00:27:15.53	00:27:10.37
81	334	Sezinanda Isabel Candeias Guerreiro	ONE by BNP Paribas	00:27:32.01	00:27:26.14
82	318	Sara Simões Nabais da Silva Ferreira	Schneider Electric	00:27:32.06	00:27:24.73
83	283	Mouralinda Serralha	Princesas do Alentejo	00:27:33.15	00:27:30.86
84	505	Cidália Santos Carvalheiro	Individual	00:27:36.93	00:27:26.76
85	339	Andreia Cristina Pereira Alves	ONE by BNP Paribas	00:27:38.53	00:27:30.50
86	258	Lara Saraiva de Jesus	Individual	00:27:39.23	00:27:34.83
87	355	Claudia Marques	testemunho	00:27:45.08	00:27:36.47
88	402	ANA RITA BRITO OLIVEIRA	ACCENTURE	00:27:47.19	00:27:47.19

Ordem	Dorsal	Nome	Clube	Tempo	Chip
89	274	Alexandra Pestana	Individual	00:27:48.32	00:27:42.91
90	383	Maria Fernanda Cabá	Caminheiros da Gardunha	00:27:56.01	00:27:56.01
91	125	Marisa Duarte	Naus Trail Team	00:27:57.01	00:27:54.84
92	309	Claudia Cláudia Filipa Cardoso Jeronimo	Individual	00:28:00.84	00:28:00.84
93	472	Ana Filipa Pinho Gomes	CP	00:28:02.59	00:27:53.82
94	326	Mariana França Dória Feijó	Amigas	00:28:03.43	00:27:58.92
95	425	Carla Martinho	SAÚDA	00:28:04.00	00:27:46.96
96	206	Sandra Cristina Viana Cruz		00:28:05.43	00:28:03.76
97	172	Leonor Pinto	Pinto	00:28:05.67	00:27:56.26
98	328	Sónia Rocha	Relax	00:28:05.82	00:27:58.19
99	345	Delia Hulme	MICROSOFT	00:28:06.30	00:27:54.21
100	384	Maria João Marques Bernardes Borlinhas	Individual	00:28:06.60	00:28:05.43
101	335	Sónia Cristina Fidalgo Lopes	ONE by BNP Paribas	00:28:11.85	00:28:04.26
102	265	Lisa Alves Azevedo	Individual	00:28:14.79	00:28:14.79
103	474	Maria Adelaide Scarlatti de Quadrio Costa Raposo	CP	00:28:18.28	00:28:07.72
104	248	Carla Cristina Vieira Monteiro	Individual	00:28:20.66	00:28:13.96
105	290	Maria José Fonseca	Individual	00:28:21.00	00:28:21.00
106	442	Nilcilene Benedita da Silva Ormond	OVOS MATINADOS	00:28:23.63	00:28:18.83
107	523	Ludmila Cardoso Alves	Individual	00:28:24.04	00:28:05.97
108	210	maria veloso	Individual	00:28:25.31	00:28:10.37
109	80	Femke Bakker	Individual	00:28:29.32	00:28:28.17
110	187	Ana Margarida Carvalho	Individual	00:28:34.08	00:28:31.91
111	157	Maria de Fatima Pereira Mestre Milheiro	Individual	00:28:45.05	00:28:36.50
112	136	Vera Lúcia dos Passos Matos	Individual	00:28:45.23	00:28:30.19
113	148	Núria Sofia Agrela Abreu Cruz	Individual	00:28:45.73	00:28:41.72
114	137	Paula Cristina Miguel da Silva	Individual	00:28:48.86	00:28:34.23
115	394	Carla Sofia Marques Caeiro Sequeira	Individual	00:28:50.41	00:28:48.91
116	417	Mariana de Jesus Soares	FENO DE PORTUGAL II	00:28:52.19	00:28:42.78
117	174	Joana Santos	Individual	00:28:52.52	00:28:43.12
118	342	Teresa Barbosa	MICROSOFT	00:28:52.56	00:28:40.68
119	416	Joana de Jesus Ferreira	FENO DE PORTUGAL II	00:28:53.09	00:28:43.73
120	343	Lusiana Santos	MICROSOFT	00:28:54.27	00:28:42.39
121	400	INES MARIA GOMES FERREIRA	ACCENTURE	00:28:54.42	00:28:53.06
122	358	Rita Couto	Z	00:29:05.39	00:28:48.30
123	357	Zélia Lopes	Z	00:29:08.14	00:28:52.14
124	382	Cristina Maria Santos	Caminheiros da Gardunha	00:29:09.53	00:29:09.53
125	65	Liliana Carreira		00:29:09.67	00:28:55.17
126	477	Sandra Maria Ferreira da Costa Triães	MTV	00:29:10.59	00:29:03.38
127	46	Ana Nunes da Mata Maio	Individual	00:29:15.21	00:29:13.61
128	427	Ana Rita dos Campos Madeira	SAÚDA	00:29:15.34	00:29:09.30
129	428	Andreia Sofia António Moreira de Jesus	SAÚDA	00:29:15.89	00:29:09.97
130	325	Sofia Alexandra Almeida Santos	Amigas	00:29:18.00	00:29:13.18
131	107	Luisa Maria Ribeiro Falé da Costa	Quarentões na Bisga	00:29:20.22	00:29:12.67
132	292	Fernanda Teixeira	Individual	00:29:22.91	00:29:18.56

Ordem	Dorsal	Nome	Clube	Tempo	Chip
133	495	Tânia Patrícia Laranjeira Pedras Alvas	Fundação AGEAS - Tagus Park	00:29:24.81	00:29:10.79
134	479	Michela Viaggi	GROUPE SEB PORTUGAL	00:29:25.44	00:29:19.72
135	408	Maria Isabel Barbosa Rodrigues Pereira	Individual	00:29:30.38	00:29:15.80
136	76	Catarina Pita de Vasconcelos Coelho da Silva	Individual	00:29:36.12	00:29:35.14
137	398	MARIA JOAO FERREIRA DA COSTA MARQUES	ACCENTURE	00:29:37.00	00:29:37.00
138	155	Daniela Valente	Primas	00:29:37.26	00:29:33.56
139	399	CATIA SOFIA DE PINHO	ACCENTURE	00:29:37.96	00:29:25.31
140	501	Leila Gato	Fundação AGEAS - Parque das Nações	00:29:41.69	00:29:41.69
141	310	Francisca Neves de Sousa Poiares Baptista	Individual	00:29:44.93	00:29:31.99
142	176	Susana Marques	Individual	00:29:45.34	00:29:30.06
143	193	Maria da Luz Ricardo Mendes Simões	Individual	00:29:46.74	00:29:32.26
144	190	Sandra Valdeira	Gin na Meta	00:29:46.83	00:29:37.17
145	254	Sonia Rochette	Individual	00:29:46.96	00:29:36.39
146	216	Sandra Cristina dos Anjos Moura Pereira	Individual	00:29:49.16	00:29:44.71
147	319	Marta Isabel Francisca Gomes	Chamusca o Coração do Ribatejo	00:29:50.43	00:29:34.39
148	212	Luísa Maria Santos Gaião Rodrigues	Individual	00:29:51.21	00:29:51.21
149	64	Sónia Coutinho		00:29:51.51	00:29:36.42
150	213	Márcia Gaião Rodrigues	Individual	00:29:51.93	00:29:51.93
151	82	Marie Couture		00:29:55.22	00:29:39.35
152	346	Claudia Carvalho	MICROSOFT	00:29:56.38	00:29:44.71
153	261	Silvia Marina Gomes Vicente	Individual	00:29:57.64	00:29:53.57
154	119	Sofia Capote	Casa do Benfica da charneca	00:29:58.25	00:29:53.74
155	217	Maria de Lurdes Frutuoso	Individual	00:30:00.36	00:29:59.42
156	39	Tânia Trindade	Individual	00:30:00.64	00:29:53.58
157	390	Dina Oliveira	Individual	00:30:00.86	00:29:48.44
158	56	Madalena Correia Martins da Luz Costa	Individual	00:30:01.53	00:30:01.53
159	251	Ana Patrícia Machado Ribeiro Candeias	Individual	00:30:02.30	00:29:58.24
160	323	Maria Fernanda Morujo da Graça Neves	Individual	00:30:05.09	00:29:53.60
161	529	Mariana De Niz	Individual	00:30:06.32	00:29:48.63
162	504	Carla Maria Resende Pais	Individual	00:30:08.23	00:30:06.08
163	12	Rita Machado	Individual	00:30:08.48	00:30:04.89
164	294	Ana Lúcia Correia Cacheira	Individual	00:30:15.70	00:30:13.12
165	528	Eleonora Fagnani	Individual	00:30:16.19	00:30:12.78
166	538	Cineyde Barros	Individual	00:30:16.87	00:30:05.14
167	160	Dina Santos	Individual	00:30:20.47	00:30:11.98
168	367	Sofia costa	Individual	00:30:22.18	00:30:15.56
169	464	Marta Pereira Pinto	EY	00:30:22.49	00:30:13.30
170	376	Ana Margarida Silva	Individual	00:30:22.69	00:30:13.21
171	463	Ana Maria Egas Simões	EY	00:30:22.87	00:30:13.78
172	478	Izilda Paula Leal Brites Lourenço	AGEAS PORTUGAL	00:30:23.57	00:30:17.11
173	90	TERESA GONÇALVES	A MINHA GRÁFICA	00:30:26.64	00:30:24.40
174	375	Ellen dos Santos	Individual	00:30:29.73	00:30:20.44
175	214	Susana Margarida Martins Fernandes de Azevedo e Silva	Individual	00:30:34.19	00:30:32.65
176	60	Fabiana amaro de brito.	Individual	00:30:52.77	00:30:52.77

Ordem	Dorsal	Nome	Clube	Tempo	Chip
177	106	Paula Cristina Canas da Silva Costa	Quarentões na Bisga	00:30:59.00	00:30:49.00
178	300	Celia Carvalho	Individual	00:31:06.56	00:30:57.02
179	558	Diana Rafael	Individual	00:31:10.00	00:31:10.00
180	360	sonia coelho	confagri	00:31:11.72	00:31:09.17
181	373	Cláudia Alexandra Pedro dos Santos	Individual	00:31:16.65	00:31:10.96
182	372	Juste Malinauskaite	Individual	00:31:17.49	00:31:13.01
183	252	Maria João Domingos Teixeira Leite	Individual	00:31:18.83	00:31:18.83
184	127	Telma Filipa Marques	Individual	00:31:19.08	00:31:13.55
185	322	Maria Alexandra Bento Vilela Ferreira Borges	Individual	00:31:19.30	00:31:07.32
186	103	Filomena Maria Alcobia Francisco	Individual	00:31:19.53	00:31:18.05
187	315	Manuela Silva	Individual	00:31:31.30	00:31:23.54
188	266	Rita Barrão Iglésias	Individual	00:31:32.72	00:31:25.81
189	278	Nirceia Vitoretta	CCLumiar	00:31:34.02	00:31:22.81
190	414	Rita Travassos	MÉDIS	00:31:35.60	00:31:22.01
191	62	Silvia Margarida da Costa Dias	Individual	00:31:38.84	00:31:22.02
192	306	Maria Luísa da Silva Cruz	Individual	00:31:40.12	00:31:40.12
193	183	Karine JUILLIEN	Individual	00:31:40.90	00:31:26.58
194	86	Sandra Antunes	Individual	00:31:41.13	00:31:31.67
195	337	Sandra Cristina Sousa Domingues	ONE by BNP Paribas	00:31:42.84	00:31:34.00
196	38	Ana Luísa Gonçalves Nascimento Sousa	Individual	00:31:42.88	00:31:40.97
197	49	Marlene jardim de oliveira	Individual	00:31:46.83	00:31:37.24
198	28	INÊS BRITO	girls runners	00:31:48.30	00:31:32.17
199	27	TERESA FERREIRA	girls runners	00:31:48.32	00:31:32.76
200	199	Cátia Ramos	Individual	00:31:48.55	00:31:39.68
201	395	Maria Isabel serras Moucho	Individual	00:31:48.78	00:31:46.20
202	313	Iolanda Paloma Barros Pires	Individual	00:31:49.37	00:31:49.37
203	198	Elsa Alexandra Teixeira Loureiro	Individual	00:31:52.15	00:31:42.98
204	316	Ariane Real paulino	Individual	00:31:52.68	00:31:36.29
205	61	Maria Goreti Martins da Cunha	Individual	00:31:53.12	00:31:36.53
206	330	Cidália Malta	Individual	00:31:57.21	00:31:50.46
207	311	Maria João Neves de Sousa Poiares Baptista	Individual	00:32:00.79	00:31:47.21
208	445	Carla Sofia Martins Neto	OVOS MATINADOS	00:32:13.77	00:32:02.96
209	159	Paula Félix	Individual	00:32:16.78	00:32:08.79
210	146	Vânia Neves Pereira Silva	Individual	00:32:18.09	00:32:13.02
211	145	Andreia Cristina Ferreira Belchior Queridinha Gouveia	Individual	00:32:18.29	00:32:12.82
212	129	Susana Cristina Espadanal Costa	Individual	00:32:24.84	00:32:20.37
213	296	Ana Alice Simões Pereira	CLUBE PT	00:32:25.54	00:32:17.96
214	525	HELENA LUISA CEVADINHA SIMÕES	Individual	00:32:26.13	00:32:22.90
215	167	Maria da Conceição Calheiros Viegas	Individual	00:32:26.26	00:32:10.62
216	243	Meire Guedes	Individual	00:32:27.16	00:32:21.65
217	522	Madalena Estevao	Individual	00:32:27.44	00:32:16.39
218	204	Maria José Inácio Anacleto Reiçadas	Individual	00:32:27.59	00:32:21.96
219	152	Bárbara Cunha	Individual	00:32:35.43	00:32:32.15
220	48	Maria de Fátima Belchior Nunes	Individual	00:32:39.80	00:32:38.58

Ordem	Dorsal	Nome	Clube	Tempo	Chip
221	97	Maria José Caramujo	Ana Paula	00:32:41.06	00:32:33.72
222	365	Vânia Alegre	Vivafit do Carregado	00:32:43.35	00:32:27.81
223	413	Paula Baptista	MÉDIS	00:32:51.64	00:32:39.44
224	359	teresa mata	confagri	00:32:51.81	00:32:50.36
225	369	Ana Sofia Carvalho		00:32:53.16	00:32:39.65
226	200	Rita Aurora Rodrigues Alves Albuquerque da Costa	Individual	00:32:55.08	00:32:45.96
227	381	Sandra Marta Nobre Plecha	Individual	00:33:01.29	00:32:59.60
228	510	Célia Gil	Nefro Team	00:33:02.38	00:32:44.79
229	511	Patricia Matias	Nefro Team	00:33:02.45	00:32:47.12
230	451	Esmeralda Saraiva Alves de Oliveira	HERBALIFE	00:33:07.12	00:33:05.82
231	215	Rita Alexandra Vieira Rebelo	Individual	00:33:07.83	00:33:07.83
232	87	filipa moreira	Individual	00:33:07.92	00:32:54.78
233	16	Fernanda pereira cutrim	Individual	00:33:13.52	00:32:57.90
234	53	Carla Sofia Martins d'Almeida de Sousa	Individual	00:33:24.30	00:33:19.58
235	249	Isilda Rabasquinho	Individual	00:33:24.31	00:33:17.72
236	412	Sandra Ciríaco	MÉDIS	00:33:32.83	00:33:22.46
237	411	Anabela Lagarto	MÉDIS	00:33:32.89	00:33:22.13
238	275	HELENA TENTE	Individual	00:33:37.93	00:33:33.67
239	74	Cátia Raquel das Neves Lopes	Individual	00:33:45.53	00:33:32.64
240	256	Helena Sofia Sousa Pereira da Silva	Individual	00:33:45.63	00:33:33.20
241	269	Maria Cândida Pires Gonçalves Augusto	Individual	00:33:45.72	00:33:33.76
242	460	Sara Alexandra da Costa Chalante	ZOME	00:33:56.12	00:33:42.87
243	83	Cristina Pelin		00:34:06.54	00:33:49.94
244	363	Catarina Vieira	Vivafit do Carregado	00:34:07.46	00:33:52.61
245	317	Maria Eugénia Marcos Luiz	Individual	00:34:07.88	00:34:00.62
246	364	Cristina Lopes	Vivafit do Carregado	00:34:08.18	00:33:52.95
247	170	Berta Matos	Individual	00:34:09.26	00:33:52.14
248	131	Ana Filipa Duarte Melrinho	Individual	00:34:10.91	00:34:09.49
249	201	Nídia Maria Gonçalves da Silva	Individual	00:34:14.03	00:34:03.94
250	98	Carla Caramujo	Ana Paula	00:34:14.63	00:34:04.82
251	244	Sonia Maria Pinto Cardoso Sardinha	Individual	00:34:15.70	00:34:09.42
252	141	Mónica Alexandra Silva Marques	Individual	00:34:21.29	00:34:12.91
253	289	Carla Neves	Individual	00:34:22.75	00:34:19.45
254	430	Cristiana Sofia Correia Monteiro	SAÚDA	00:34:22.97	00:34:11.13
255	432	Beatriz Escarigo Carvalho	SAÚDA	00:34:23.29	00:34:12.70
256	207	Vanessa Sofia Jorge Gomes Rebelo		00:34:35.86	00:34:32.49
257	208	Monica Isabel Cardoso Morgado		00:34:36.02	00:34:32.17
258	465	Joana Oliveira Amado	EY	00:34:38.42	00:34:29.70
259	209	Marta Susana Beijoca e Sá Meira do Carmo		00:34:43.59	00:34:40.85
260	179	Vanda Sofia Cristeto de Brito	Individual	00:35:00.63	00:34:46.67
261	240	Rita Barradas	EasyTurbis	00:35:05.71	00:35:05.71
262	242	Sofia Mouzinho	EasyTurbis	00:35:05.81	00:34:52.76
263	109	Ausenda Maria dos Ssntos Nunes Brás Moreira Pires	Individual	00:35:17.17	00:34:59.86
264	185	Arlinda Oliveira	Individual	00:35:25.01	00:35:11.43

Ordem	Dorsal	Nome	Clube	Tempo	Chip
265	184	Rute Carrilho	Individual	00:35:25.77	00:35:12.23
266	211	Ana Isabel Torrão Pepe Costa	Individual	00:35:27.36	00:35:18.10
267	260	ALINE LOPES BARCELOS COUTINHO	Individual	00:35:37.45	00:35:37.45
268	403	CARLA SOFIA GOMES FLORES	ACCENTURE	00:35:41.64	00:35:41.64
269	247	Ana Alexandra Matthes Quintela Cruz	Individual	00:35:41.97	00:35:33.35
270	293	Sandra González	Individual	00:35:42.36	00:35:36.47
271	246	Maria Nélia Guerreiro Sabino Pinto	Individual	00:35:43.66	00:35:34.67
272	488	Maria Elisabeta Costa Fonseca	Fundação AGEAS - Tagus Park	00:35:44.28	00:35:44.28
273	431	Filipa Gonçalves Correia	SAÚDA	00:35:45.52	00:35:40.39
274	270	Teresa Silvestre	Individual	00:35:49.80	00:35:41.79
275	457	Ana Paula Freitas Balanco Lourenço	ZOME	00:35:51.61	00:35:51.61
276	158	Helena Maria Machado Romão	Individual	00:35:53.80	00:35:43.89
277	470	Ana Cristina Horta	EY	00:36:03.92	00:35:52.75
278	111	Maria Manuela Correia Velez Grilo Martins Costa	Individual	00:36:08.27	00:36:01.74
279	321	Dina Teresa Fernandes Pinheiro	Individual	00:36:16.47	00:36:02.24
280	314	Ana Paula Magalhães Vasconcelos	Individual	00:36:23.12	00:36:17.34
281	560	Inês Mendes da Silva	Individual	00:36:28.62	00:36:19.50
282	156	Filipa Paramés	Individual	00:36:29.08	00:36:29.08
283	458	Vera Lúcia Ferreira Lima	ZOME	00:36:34.93	00:36:19.49
284	282	Hélia Cristina Frias Ferreira	Individual	00:36:35.18	00:36:24.61
285	436	Inês Ferreira Ribeiro	SAÚDA	00:36:36.47	00:36:25.16
286	55	Ana Jorge	Individual	00:36:39.12	00:36:36.91
287	327	Marina Alexandra Cacaís Pantalhão	Individual	00:36:39.46	00:36:35.44
288	401	CLAUDIA FILIPA BRAZINHA CARDOSO	ACCENTURE	00:36:45.01	00:36:30.33
289	537	Ana Rita Guerreiro Queiroz	Individual	00:36:55.24	00:36:41.15
290	356	Beatriz Moreira	testemunho	00:37:01.79	00:36:52.46
291	341	Magdalena Konca	MICROSOFT	00:37:03.56	00:36:50.92
292	165	Ana Sofia Albuquerque Jorge	Individual	00:37:09.80	00:36:53.19
293	175	Maria Leonor Salicio Geanini	Individual	00:37:12.79	00:36:57.27
294	161	Susanne Schäfer	Individual	00:37:49.54	00:37:49.54
295	303	Maria de Lurdes Silva	Mãe	00:37:50.76	00:37:47.55
296	284	Elisabete Martins Fernandes	Individual	00:38:01.29	00:37:43.35
297	42	FATIMA DA CONCEICAO MORAIS MARTINS	Individual	00:38:18.04	00:38:02.14
298	40	ROSA MARIA JESUS ALVES MIRANDA REIS	Individual	00:38:18.31	00:38:04.01
299	410	Cláudia Serra	MÉDIS	00:38:29.57	00:38:16.65
300	487	Josélia Maria Nunes Deodato	Fundação AGEAS - Tagus Park	00:38:36.65	00:38:31.02
301	494	Tânia Filipa Jesus da Cunha	Fundação AGEAS - Tagus Park	00:38:36.70	00:38:31.64
302	482	Anne Lucie Gouveia	Fundação AGEAS - Tagus Park	00:38:36.76	00:38:31.85
303	332	Emilie Ducos	ONE by BNP Paribas	00:38:57.72	00:38:57.72
304	507	Jaqueline Paranzini de Araújo	Individual	00:38:59.54	00:38:45.85
305	333	Sandrine Botelho	ONE by BNP Paribas	00:38:59.69	00:38:59.69
306	312	Susana Manso Carvalho	Individual	00:39:17.26	00:39:08.10
307	281	Vanessa Domingos	Individual	00:39:22.92	00:39:10.62
308	162	Eufрасina Lima	Individual	00:39:23.26	00:39:12.90

Ordem	Dorsal	Nome	Clube	Tempo	Chip
309	370	Conceição Duarte	Individual	00:39:27.79	00:39:22.87
310	218	Andreia Santos	Individual	00:39:29.79	00:39:12.11
311	368	Mónica Carvalho		00:39:35.20	00:39:22.09
312	526	Sandra Cristina Bôto Lopes	Individual	00:39:42.89	00:39:33.04
313	288	Ana Sofia de Matos Salvado Fideles	Individual	00:39:49.62	00:39:36.67
314	45	Vilma Miranda	Individual	00:39:49.76	00:39:49.76
315	50	Catarina Madureira	Individual	00:39:50.06	00:39:50.06
316	72	joana martins de oliveira botelho	Individual	00:40:13.48	00:40:06.38
317	329	Helena Lourenço	Relax	00:40:22.26	00:40:13.84
318	353	Rita Mafalda Cavaco Simões		00:40:27.29	00:40:24.41
319	126	Lídia Mestre	Naus Trail Team	00:40:27.83	00:40:24.90
320	354	Eulália Maria Martins Cavaco Simões		00:40:28.19	00:40:24.27
321	163	Ana Sofia de Jesus Vieira	Individual	00:40:28.21	00:40:28.21
322	150	Ana Rita	Individual	00:40:42.85	00:40:42.85
323	123	Maria da Conceição Leitão	Individual	00:40:42.90	00:40:25.72
324	151	Ana Paula	Individual	00:40:43.50	00:40:43.50
325	262	Teresa Maria Ribeiro Santos	Individual	00:41:42.09	00:41:34.42
326	466	Sílvia Caldeira Martins Barreto	EY	00:41:44.50	00:41:44.50
327	362	Patricia Alexandra Pais de Brito Freire	Individual	00:41:45.30	00:41:32.29
328	100	CLAUDIA OANA PARASCHIV	Individual	00:41:46.22	00:41:33.04
329	255	Graça Maria Epifânio Pinto Dias	Individual	00:41:46.24	00:41:32.14
330	448	Ana Maria Carvalho Grazina Quintela Ribeiro	HERBALIFE	00:41:47.20	00:41:40.77
331	462	Romana Maria Coutinho dos Santos Pereira	VEET e DUREX	00:41:50.27	00:41:44.46
332	421	Carla Alexandra Paulos Matias	FENO DE PORTUGAL II	00:41:59.03	00:41:39.48
333	420	Andreia Sofia Vaz Oliveira	FENO DE PORTUGAL II	00:41:59.63	00:41:40.12
334	78	Arténia Carballo	Individual	00:42:01.66	00:41:56.75
335	389	Ana cólica Magalhães	Individual	00:42:28.59	00:42:12.22
336	99	Ana Paula Lourenço	Individual	00:42:52.65	00:42:52.65
337	112	Sandrina Palas Silveira	Individual	00:43:05.57	00:43:02.53
338	404	ISABELLA SOARES	ACCENTURE	00:43:08.57	00:42:52.05
339	530	Rita Rito	La familia	00:43:44.69	00:43:44.69
340	238	ANA MADALENA M GONCALVES VILELA	Clube Millennium Bcp	00:43:46.58	00:43:32.19
341	297	Maria Teresa da Costa Ramos Lopes	CLUBE PT	00:43:46.69	00:43:32.73
342	331	Barbara Horváth	ONE by BNP Paribas	00:43:52.11	00:43:52.11
343	387	Fabiana Ferreira Aguiar Chiavone	Individual	00:44:05.57	00:43:45.88
344	324	Teresa Resende Ribeiro	Individual	00:44:30.74	00:44:27.35
345	496	Ana Carina Pereira Salsinha Carvalho	Fundação AGEAS - Parque das Nações	00:44:30.89	00:44:30.89
346	298	Helena Conceição Fazenda Martins Machado	CLUBE PT	00:45:10.57	00:44:53.83
347	84	Luisa Alexandra Morais da Fonte	Individual	00:45:16.13	00:45:10.91
348	118	Cidália Santos	Casa do Benfica da charneca	00:45:23.44	00:45:18.21
349	498	Catarina Alexandra Santos Azevedo Ramos	Fundação AGEAS - Parque das Nações	00:45:35.49	00:45:35.49
350	70	Marina Isabel da Silva Ramos	Individual	00:47:21.44	00:47:14.99
351	69	Vera Dulce Bastos Sousa	Individual	00:47:21.51	00:47:15.06
352	352	Andreia Teodorico	A minha Corrida	00:48:10.08	00:48:10.08



Ordem	Dorsal	Nome	Clube	Tempo	Chip
353	115	Isabel Costa	Jesus	00:48:18.30	00:48:15.51
354	114	Natércia Jesus	Jesus	00:48:18.51	00:48:15.40
355	58	Sandra Cristina Nunes camelo	Alice e Sandra	00:48:42.38	00:48:42.38
356	59	Maria Alice da Silva Carvalho	Alice e Sandra	00:48:42.82	00:48:42.82
357	195	Maria da Graça Leitão de Sousa	Individual	00:48:53.56	00:48:39.60
358	194	Cátia Vanessa Mendes de Sousa Simões	Individual	00:48:54.37	00:48:54.37
359	471	Fernanda Maria Nogueira Saude Lopes Marcelo	EY	00:50:42.33	00:50:32.22
360	516	Raquel Bento		00:52:29.56	00:52:10.96
361	237	PATRICIA ALEXANDRA SILVA AUGUSTO	Clube Millennium Bcp	00:52:29.70	00:52:10.78
362	517	Patrícia Freitas		00:52:30.37	00:52:13.37
363	515	Telma Leitão		00:52:30.64	00:52:11.72
364	230	Cristina Barbosa	CP Secil	00:52:40.12	00:52:20.52
365	225	Inês Madeira Gomes	CP Secil	00:52:40.36	00:52:20.55
366	229	Maria Filomena Mota	CP Secil	00:52:42.06	00:52:22.56
367	234	Rita Candeias	CP Secil	00:53:37.21	00:53:37.21
368	336	Andrea Zapata Madrid	ONE by BNP Paribas	00:54:26.37	00:54:26.37
369	224	Maria João Guilherme	CP Secil	00:58:07.03	00:57:47.52
370	223	Rita Gonçalves	CP Secil	00:58:09.76	00:57:50.12
371	344	Teodora Chokanova	MICROSOFT	01:00:41.50	01:00:41.50
372	503	Helena Armani da Silva	Individual	01:00:49.85	01:00:49.85
373	231	Telma Cruz	CP Secil	01:01:39.60	01:01:39.60
374	233	Diana Correia	CP Secil	01:01:40.86	01:01:40.86
375	220	Esperança Fernandes	CP Secil	01:04:43.03	01:04:43.03
376	219	Paula Ribeiro	CP Secil	01:04:43.38	01:04:43.38
377	222	Paula Simões	CP Secil	01:04:53.15	01:04:53.15
378	22	Carla Sofia Gonçalves	Individual	01:06:13.10	01:06:13.10
379	124	Ana Miriam Macedo mugeiro	Individual	01:06:28.57	01:06:28.57
380	271	cristina marques	os birds	01:06:56.88	01:06:56.88
381	272	fatima pinto	os birds	01:06:57.12	01:06:57.12
382	153	Sandra rute branco alves belezas Antunes	Individual	01:07:26.34	01:07:26.34
383	139	Anabela Gomes Miranda	Individual	01:09:38.88	01:09:38.88
384	143	Maria de Fátima Morte	Ribeiro	01:09:44.20	01:09:44.20
385	497	Ana Margarida Azevedo Pereira	Fundação AGEAS - Parque das Nações	01:10:15.20	01:10:15.20
386	34	Deuzirene Brito	Individual	01:10:17.95	01:10:17.95
387	21	Maria Cecília	Individual	01:11:16.06	01:11:16.06
388	433	Cláudia da Silva Andrade	SAÚDA	01:15:56.43	01:15:56.43
389	435	Ana Sofia Varandas Bártolo	SAÚDA	01:15:56.52	01:15:56.52
390	434	Joana Vargas Ferreira Camilo	SAÚDA	01:15:56.89	01:15:56.89
391	253	Susana Amaro	Individual	01:16:02.73	01:16:02.73
392	499	Joana Rita Bilro Barriga Negra	Fundação AGEAS - Parque das Nações	01:29:33.43	01:29:33.43
393	308	Paloma Cardoso Lessa Martins	Individual	01:30:27.90	01:30:27.90
394	191	Maria Deolinda Marques Matos	Individual	01:30:32.51	01:30:32.51
395	396	Ana da Conceição Novais Carvalho Lima	Individual	01:31:11.07	01:31:11.07
396	245	Luísa Alexandra de Vasconcelos Agostinho Abreu	Individual	01:33:16.08	01:33:16.08

Ordem	Dorsal	Nome	Clube	Tempo	Chip
397	533	Zélia Rei	As melhores	01:33:43.41	01:33:43.41
398	536	Ana Martins	As melhores	01:33:47.33	01:33:47.33
399	535	Florbela Telheiro	As melhores	01:33:51.29	01:33:51.29
400	182	Lurdes Lopes	Ruas	01:35:35.76	01:35:35.76
401	180	Ana Ruas	Ruas	01:35:36.37	01:35:36.37
402	181	Isabel Trindade	Ruas	01:35:37.98	01:35:37.98
403	453	Iracema Afonso Lázaro Moreira	ZOME	01:36:02.05	01:36:02.05
404	455	Carina Aleixo	ZOME	01:36:02.80	01:36:02.80
405	521	ANA PAULA ANTÓNIO MIRANDA BERNARDES PEREIRA	Individual	01:39:16.86	01:39:16.86
406	81	Maria dos Reis	Individual	01:40:56.44	01:40:56.44