

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	237	NUNO TINTIM	M	42	1	00:29:27.83	00:29:27.83	
2	97	RICARDO CEIA	M	33	2	00:30:36.50	00:30:34.65	SALOIOS
3	261	BRUNO MARCELINO	M	37	3	00:30:55.27	00:30:55.27	TRILHOS NOCTURNOS TEAM RUNNING
4	564	PEDRO BURRICA	M	44	4	00:31:27.28	00:31:25.95	GRCD LEIÃO
5	630	JOSÉ PIRES	M	43	5	00:31:56.05	00:31:53.35	CF OS BELENENSES
6	494	MIGUEL DAVID	M	48	6	00:32:21.86	00:32:16.66	CAMARA LISBOA CLUBE
7	567	JOÃO PEREIRA	M	28	7	00:32:24.29	00:32:22.92	
8	629	GUSTAVO SANTOS	M	47	8	00:32:39.87	00:32:36.83	CF OS BELENENSES
9	401	ACACIO MENDES	M	34	9	00:32:52.32	00:32:50.38	
10	627	CARLOS VISEU	M	50	10	00:33:38.55	00:33:35.44	CF OS BELENENSES
11	285	RUI PASTOR	M	47	11	00:33:45.90	00:33:30.92	PASTOR RACING
12	337	NUNO SILVA	M	48	12	00:33:55.01	00:33:52.20	C BENFICA ALG MEM-MARTINS
13	79	PEDRO GONÇALVES	M	37	13	00:33:56.25	00:33:50.74	AO RITMO DAS 200PPM
14	43	PAULO SANTOS	M	44	14	00:34:03.22	00:34:03.22	OS SALOIOS
15	308	PAULO RODRIGUES	M	52	15	00:34:20.54	00:34:20.54	
16	271	HELDER ROSÁRIO	M	39	16	00:34:30.22	00:34:30.22	GRCD LEIÃO
17	88	RICARDO CARVALHO	M	39	17	00:34:31.41	00:34:31.41	
18	569	HUGO CARAGO	M	46	18	00:34:42.19	00:34:39.24	C RECREATIVO DE SAPATARIA
19	84	CRISTIANO JOSÉ BRÁS MENDES	M	36	19	00:34:52.02	00:34:47.50	OUTURELA
20	416	BELCHIOR BARROCAS	M	52	20	00:34:52.16	00:34:49.16	CD ARNEIRO
21	256	HUGO REIS	M	42	21	00:34:54.85	00:34:53.26	ESTORIL PRAIA CREDIBOM
22	303	ALEXANDRE SANTOS	M	48	22	00:35:03.64	00:35:01.28	
23	68	JOÃO SIMÕES	M	18	23	00:35:10.62	00:35:08.25	AO RITMO DAS 200PPM
24	367	DIOGO RODRIGUES	M	21	24	00:35:15.05	00:35:06.63	
25	453	DUARTE COSTA	M	36	25	00:35:18.52	00:35:18.52	RUN FOR FRIENDS
26	628	GONÇALO FERAZ	M	36	26	00:35:22.74	00:35:19.27	CF OS BELENENSES
27	203	BRUNO GARCIA	M	41	27	00:35:28.16	00:35:21.14	
28	602	NELSON TAVARES	M	38	28	00:36:00.95	00:35:56.16	
29	122	FÁBIO NEVES	M	30	29	00:36:09.74	00:36:00.33	
30	604	HORÁCIO OLIVEIRA	M	45	30	00:36:13.45	00:36:03.32	TRINDADE BIKERS
31	224	NUNO FRADE	M	37	31	00:36:20.45	00:36:10.38	
32	632	RICARDO SANTOS	M	38	32	00:36:24.18	00:36:20.79	CF OS BELENENSES
33	509	EDUARDO LUÍS	M	41	33	00:36:27.35	00:36:15.68	ATÓMICOS
34	85	RUI HELENO	M	43	34	00:36:29.40	00:36:25.48	
35	544	RICARDO OLIVEIRA	M	38	35	00:37:25.72	00:37:06.87	

36	631	PEDRO ROSA AFONSO	M	52	36	00:37:28.05	00:37:25.73	CF OS BELENENSES
37	150	ÁLVARO GOMES	M	46	37	00:37:30.96	00:37:28.00	TERRAS FUNDEIRAS
38	90	NATACHA RIBEIRINHO	F	29	1	00:37:47.91	00:37:45.25	
39	510	TIAGO JORGE	M	34	38	00:37:53.57	00:37:43.23	
40	570	RUI MANUEL PEREIRA	M	55	39	00:37:58.49	00:37:55.26	
41	220	TIAGO SANTOS	M	32	40	00:37:59.22	00:37:47.64	
42	86	FRANCISCO SILVEIRA	M	51	41	00:38:16.35	00:38:14.76	NAZ ABOBODA
43	542	LÚCIO SANTOS	M	58	42	00:38:17.44	00:38:12.75	K FITNESS STUDIO
44	25	JOAO BOGALHEIRO	M	49	43	00:38:17.68	00:38:11.17	A VALE SILENCIO
45	75	ISIDRO SIMÕES	M	43	44	00:38:17.90	00:37:59.33	AO RITMO DAS 200PPM
46	78	LINA EUGÉNIO	F	33	2	00:38:22.79	00:38:17.22	AO RITMO DAS 200PPM
47	22	PAULO NUNES	M	46	45	00:38:22.84	00:38:16.03	CORRER LISBOA
48	15	CARLOS CRAVEIRA	M	48	46	00:38:23.86	00:38:18.13	
49	451	CARLOS DUARTE	M	66	47	00:38:25.53	00:38:21.61	CD ARNEIRO
50	33	MAGDA FARINHA	F	38	3	00:38:26.09	00:38:22.38	
51	368	LEONEL SELEIRO	M	62	48	00:38:26.93	00:38:25.19	AA AGUALVA
52	500	AMERICO PITA	M	60	49	00:38:28.01	00:38:23.97	
53	117	ANTÓNIO GONÇALVES	M	21	50	00:38:28.93	00:38:22.54	SANTANA FC TRAIL TEAM
54	314	LEANDRO RODRIGUES	M	36	51	00:38:31.65	00:38:29.10	BORALÁ RUNNING
55	45	JOAO PEREIRA	M	37	52	00:38:39.09	00:38:35.07	SALOIOS
56	128	CARLOS NORONHA	M	39	53	00:38:39.43	00:38:35.05	
57	611	PATRÍCIA ANTUNES	F	44	4	00:38:40.92	00:38:20.95	
58	465	JOSE GALVAO	M	53	54	00:38:49.39	00:38:41.94	CAMARA LISBOA CLUBE
59	164	SARA CARREGA	F	21	5	00:38:52.23	00:38:30.63	
60	620	INÊS MARQUES	F	42	6	00:39:11.47	00:39:07.68	99 PROVAS GRATUITAS
61	240	JOÃO FERNANDES	M	38	55	00:39:21.71	00:39:11.26	
62	104	LUIS CARREGA	M	19	56	00:39:26.08	00:39:07.65	
63	566	JOSÉ BARATA	M	76	57	00:39:26.85	00:39:25.51	GRCD LEIÃO
64	626	JOÃO FERRO	M	27	58	00:39:30.94	00:39:22.86	
65	411	ABÍLIO OLIVEIRA	M	54	59	00:39:31.48	00:39:27.15	
66	234	PAULO TOMÁS	M	50	60	00:39:44.85	00:39:42.64	
67	485	HENRIQUE PEREIRA	M	43	61	00:39:54.32	00:39:49.07	
68	508	JOEL MÓSCA	M	51	62	00:39:54.36	00:39:49.35	ATLETAS À SOLTA
69	593	DELFIN PRATAS	M	51	63	00:40:03.95	00:39:48.05	BRRNIGHTRUNNERS
70	528	RAÚL GOMES	M	21	64	00:40:14.83	00:39:59.05	CD ARNEIRO
71	289	DARIO BENTO	M	30	65	00:40:17.79	00:40:01.70	
72	26	NUNO SANTOS SILVA	M	43	66	00:40:22.28	00:40:14.76	10 KAPAS

73	521	ARTUR SILVA	M	35	67	00:40:27.77	00:40:12.94	
74	514	PAULO BARROCAS	M	19	68	00:40:42.18	00:40:37.82	CD ARNEIRO
75	459	VICENTE BOTO	M	47	69	00:40:58.02	00:40:54.85	CORRER LISBOA
76	206	JORGE VAZ	M	45	70	00:41:00.70	00:40:58.86	
77	583	JOÃO SIMÕES	M	29	71	00:41:01.35	00:40:45.49	
78	448	MANUEL ALVES	M	53	72	00:41:07.21	00:41:03.82	CD ARNEIRO
79	623	RICARDO OLIVEIRA	M	36	73	00:41:14.54	00:41:06.74	
80	192	ANTONIO MANUEL MAURÍCIO	M	53	74	00:41:17.35	00:41:06.84	
81	400	JÚLIO GOUVEIA	M	39	75	00:41:18.07	00:41:15.64	
82	506	ANTÓNIO VARELA	M	53	76	00:41:45.49	00:41:42.35	
83	302	RICARDO RAMOS	M	44	77	00:41:47.46	00:41:36.64	
84	589	ROGÉRIO SILVA	M	40	78	00:41:47.70	00:41:41.77	
85	230	TIAGO OLIVEIRA	M	42	79	00:41:49.30	00:41:36.17	
86	476	ALEXANDRE SANTOS	M	24	80	00:42:03.63	00:41:47.11	
87	175	ANTONIO HORTA	M	62	81	00:42:11.00	00:41:47.50	TARTARUGAS SOLIDARIAS
88	87	RUI LAMEGO	M	35	82	00:42:16.14	00:42:07.73	CNPN - CORRIDA NOTURNA PARQUE DAS NAÇÕES
89	445	TOMÁS OLIVEIRA	M	18	83	00:42:16.95	00:42:05.52	CD ARNEIRO
90	424	JOÃO MOITEIRO	M	47	84	00:42:18.65	00:41:54.73	
91	342	FRANCISCO CAMPOS	M	33	85	00:42:21.26	00:42:11.33	
92	365	JAOQUIM CARDOSO	M	46	86	00:42:27.24	00:42:21.35	
93	378	CLAUSEN LAVOS	F	41	7	00:42:27.96	00:42:19.74	MOVIMENTO RUN
94	622	JORGE RAMOS	M	40	87	00:42:29.31	00:42:18.17	
95	69	ALFREDO NOTÁRIO	M	49	88	00:42:40.65	00:42:17.33	AO RITMO DAS 200PPM
96	57	MIGUEL CRUZ	M	49	89	00:42:40.76	00:42:22.89	AO RITMO DAS 200PPM
97	112	FILOMENA SANTOS	F	45	8	00:42:42.94	00:42:36.92	CORRER LISBOA
98	198	CLIDIA COELHO	F	52	9	00:42:55.83	00:42:43.50	A NATUREZA ENSINA
99	504	ALEXANDRA MACHADO	F	39	10	00:42:56.37	00:42:46.21	
100	581	CLÁUDIO GONÇALVES	M	36	90	00:43:06.99	00:42:59.35	
101	211	FRANCISCO MACHADO	M	41	91	00:43:11.60	00:43:02.12	
102	279	JOAO MONTEIRO	M	41	92	00:43:12.11	00:42:48.92	
103	618	ANTÓNIO JORGE	M	66	93	00:43:12.26	00:43:09.22	
104	617	NUNO GUERREIRO	M	51	94	00:43:16.01	00:42:57.62	
105	105	CARLA MENDES	F	44	11	00:43:18.10	00:42:57.17	ALVERCA URBAN RUNNERS
106	107	NUNO MENDES	M	46	95	00:43:18.45	00:42:57.88	ALVERCA URBAN RUNNERS
107	463	MIGUEL VELEZ	M	56	96	00:43:19.33	00:40:54.35	CAMARA LISBOA CLUBE
108	213	ARMANDO VELHO	M	53	97	00:43:29.94	00:43:21.11	RUN 4 FUN
109	159	JOAQUIM ANTÓNIO MENDES VIANA	M	56	98	00:43:30.41	00:43:19.69	

110	387	RICARDO SIMÕES	M	50	99	00:43:44.93	00:43:32.77	CORRER QUELUZ
111	245	CARLOS ANTUNES	M	68	100	00:43:49.21	00:43:42.64	JOBRINDE MONTES SALOIOS
112	410	SUSANA PINA PEREIRA	F	46	12	00:43:57.52	00:43:49.64	
113	176	NUNO MARTINS	M	42	101	00:43:59.00	00:43:41.00	
114	588	WASHINGTON ALVES	M	43	102	00:44:03.27	00:43:56.63	
115	574	PAULO MONTEIRO	M	45	103	00:44:06.72	00:43:44.59	
116	174	JALMOR JALMOR	M	51	104	00:44:08.17	00:44:00.41	PERO PINHEIRO
117	165	GONÇALO CALISTO	M	41	105	00:44:09.43	00:43:45.13	TEAM FUGASSA
118	526	JOSÉ SOUSA	M	69	106	00:44:10.54	00:44:04.26	CD ARNEIRO
119	499	MIGUEL CAETANO	M	19	107	00:44:10.61	00:44:01.64	
120	243	RAFAELA GONÇALVES	F	25	13	00:44:13.53	00:44:10.83	
121	412	LUÍS MIGUEL CARVALHO DA FRAGOSO	M	45	108	00:44:14.35	00:44:01.22	
122	548	JOSÉ ALVES	M	57	109	00:44:18.21	00:44:10.54	
123	582	ATLETA NÃO CADASTRADO	M	0	110	00:44:19.18	00:43:47.60	
124	242	RICARDO CAMPOS	M	43	111	00:44:20.85	00:44:09.36	
125	283	ANA CATARINA MENEZES	F	44	14	00:44:25.02	00:43:56.72	TARTARUGAS SOLIDARIAS
126	370	FERNANDO SANTOS	M	66	112	00:44:28.71	00:44:26.65	AA AGUALVA
127	531	JOSE FIDALGO	M	53	113	00:44:28.76	00:44:19.83	
128	295	TIAGO DELGADO	M	31	114	00:44:30.69	00:41:46.55	AO RITMO DAS 200PPM
129	80	HENRIQUE NARCISO	M	52	115	00:44:30.73	00:41:46.02	AO RITMO DAS 200PPM
130	109	PEDRO RAMOS	M	51	116	00:44:31.35	00:44:14.61	
131	421	RITA ANTUNES	F	35	15	00:44:35.00	00:44:30.63	CD ARNEIRO
132	454	MIGUEL LOPES	M	39	117	00:44:36.51	00:44:31.10	CDA
133	396	TIAGO MOREIRA	M	47	118	00:44:41.71	00:44:37.58	CCD O ALVITEJO/O FORNO
134	286	ÁLVARO MARUJEIRO	M	45	119	00:44:51.27	00:44:34.07	
135	345	JORGE CRUZ	M	48	120	00:44:51.59	00:44:31.87	C MARCHA E CORRIDA DE ODIVELAS
136	95	JOSÉ ROLÃO	M	63	121	00:44:54.40	00:44:39.46	CNPN - CORRIDA NOTURNA PARQUE DAS NAÇÕES
137	452	FERNANDO OLIVEIRA	M	44	122	00:44:54.73	00:44:33.83	
138	212	MARIANA SILVA	F	23	16	00:44:57.51	00:44:42.21	ESPIGUEIROS RUNNERS - CAPARROSINHA
139	420	GLÓRIA GARCIA	F	46	17	00:44:59.83	00:44:48.65	ECI RUNNING TEAM
140	130	DAVID AZEDO	M	31	123	00:45:03.88	00:44:54.19	
141	359	JOÃO ANICETO	M	50	124	00:45:13.29	00:44:48.53	
142	597	JOAQUIM DIAS GUERRA	M	56	125	00:45:13.88	00:44:55.61	
143	562	FERNANDO COELHO	M	53	126	00:45:18.54	00:44:52.22	OS AMIGOS DA BIANCA
144	563	CARLOS SILVA	M	54	127	00:45:18.87	00:44:54.10	OS AMIGOS DA BIANCA
145	540	GONÇALO JORGE	M	37	128	00:45:24.22	00:45:10.04	
146	472	EDUARDO MANSO	M	57	129	00:45:27.44	00:45:01.41	CAMARA LISBOA CLUBE

147	93	CRISTINA LINO	F	53	18	00:45:36.45	00:45:28.34	ALVERCA URBAN RUNNERS
148	579	NUNO PINTO	M	45	130	00:45:39.02	00:45:17.98	
149	40	EDUARDA RODRIGUES	F	50	19	00:45:39.13	00:45:28.13	
150	48	TAM AFONSO	M	66	131	00:45:42.57	00:45:39.09	
151	189	CARLOS DIAS	M	63	132	00:45:42.67	00:45:27.95	CNPN - CORRIDA NOTURNA PARQUE DAS NAÇÕES
152	406	ÁLVARO JORGE	M	62	133	00:45:45.36	00:45:23.51	
153	545	RENATO PAULETA	M	53	134	00:45:47.13	00:45:15.05	TARTARUGAS SOLIDÁRIAS
154	590	FILOMENA JACINTO	F	53	20	00:45:47.21	00:45:16.01	TARTARUGA SOLIDÁRIAS
155	307	RUI CARVALHO	M	50	135	00:45:48.01	00:45:29.18	
156	310	SÉRGIO MORGADO	M	47	136	00:45:49.39	00:45:30.35	
157	143	SÉRGIO FERREIRA	M	47	137	00:45:53.08	00:45:44.30	
158	137	PAULO GONÇALVES	M	51	138	00:46:02.60	00:45:51.06	CLUBE NOVO BANCO
159	505	ANTÓNIO RODRIGUES	M	49	139	00:46:09.47	00:45:59.00	
160	470	ERNESTO MONTEIRO	M	48	140	00:46:12.14	00:45:44.51	CAMARA LISBOA CLUBE
161	173	MARIA DE LURDES GONÇALVES	F	51	21	00:46:14.16	00:45:44.92	
162	425	RALUCA MARTINS	F	41	22	00:46:18.30	00:46:13.57	CD ARNEIRO
163	334	MIGUEL GUILHERME	M	38	141	00:46:20.42	00:46:15.04	GUIZO RUNNERS
164	317	PATRÍCIA MACHADO	F	37	23	00:46:20.64	00:46:13.59	GUIZO RUNNERS
165	616	CONSTÂNCIO ALMEIDA	M	60	142	00:46:21.41	00:46:01.19	
166	614	JOÃO PINTO	M	58	143	00:46:21.51	00:46:02.47	
167	390	GUILHERME SANTOS SILVA	M	19	144	00:46:26.76	00:46:18.50	10 KAPAS
168	495	EDGAR TAVARES	M	37	145	00:46:27.62	00:46:00.49	CAMARA LISBOA CLUBE
169	193	DINA NUNES	F	32	24	00:46:28.03	00:46:03.87	
170	149	LUÍS RIBEIRO	M	45	146	00:46:54.75	00:46:35.41	C MARCHA E CORRIDA DE ODIVELAS
171	16	LUIS LOURENCO	M	42	147	00:46:56.94	00:46:38.06	
172	153	JOANA PIÇARRA	F	45	25	00:47:01.15	00:46:48.19	A NATUREZA ENSINA
173	154	DOMINGOS GATO	M	47	148	00:47:01.54	00:46:47.92	A NATUREZA ENSINA
174	113	EUNICE RAQUEL SILVA LOURENÇO	F	43	26	00:47:09.18	00:47:07.52	
175	405	JACINTO PEREIRA	M	62	149	00:47:17.20	00:47:05.28	LISRUNNING CPA
176	260	ALBERTO SANTOS	M	58	150	00:47:36.76	00:47:22.87	CNPN - CORRIDA NOTURNA PARQUE DAS NAÇÕES
177	254	JOSE PAULO GOMES GOMES	M	50	151	00:47:36.96	00:47:23.13	CNPN - CORRIDA NOTURNA PARQUE DAS NAÇÕES
178	99	VERA FONSECA	F	37	27	00:47:43.53	00:47:37.48	
179	379	CARLA GONÇALVES	F	45	28	00:47:47.78	00:47:39.24	TARTARUGAS
180	272	MARISA RIANÇO	F	39	29	00:47:52.04	00:47:23.12	TARTARUGAS SOLIDÁRIAS
181	278	CARLOS RODRIGUES	M	47	152	00:47:52.33	00:47:22.45	MONTES SALOIOS TRAIL TEAM
182	267	JOÃO ALBERTO	M	52	153	00:47:53.29	00:47:25.18	MONTES SALOIOS TRAIL TEAM
183	284	PAULO BOTELHO	M	45	154	00:47:53.43	00:47:24.98	MONTES SALOIOS TRAIL TEAM

184	386	CARLOS ALFEIRÃO	M	39	155	00:47:54.01	00:47:52.35	
185	81	NUNO BUGIO	M	46	156	00:48:00.16	00:47:42.29	AO RITMO DAS 200PPM
186	432	NUNO MARTINHO	M	45	157	00:48:08.96	00:47:52.71	
187	246	JOAO BRAZ BRAZ	M	55	158	00:48:13.00	00:48:08.49	JOBRINDE MONTES SALOIOS
188	32	LEONOR GARCIA	F	39	30	00:48:21.67	00:47:57.25	3X
189	507	RITA CORREIA	F	39	31	00:48:22.81	00:47:59.83	
190	427	CÉLIA SILVA	F	43	32	00:48:34.77	00:48:15.15	LINDA-A-PASTORA SC
191	214	CARLOS MORAIS	M	54	159	00:48:45.12	00:48:31.94	
192	215	BRUNO MORAIS	M	28	160	00:48:45.90	00:48:32.34	
193	426	Mª LURDES A P O N GANHAO	F	52	33	00:48:53.29	00:48:48.29	CD ARNEIRO
194	299	RUI CORREIA	M	45	161	00:48:55.94	00:48:55.94	
195	135	RITA CERTÃ	F	43	34	00:48:56.68	00:48:30.27	TARTARUGAS SOLIDÁRIAS
196	568	SÓNIA CORREIA	F	43	35	00:49:00.43	00:48:48.81	GDCT IN CM
197	443	ANDRÉ SILVA	M	19	162	00:49:00.49	00:48:42.65	CD ARNEIRO
198	442	JOÃO BONITO	M	25	163	00:49:10.05	00:49:00.71	
199	298	CATIA MARIANO	F	39	36	00:49:29.93	00:49:00.61	
200	349	LUIZA MALAGUEIRO	F	53	37	00:49:36.28	00:49:10.70	
201	65	ANTÓNIO PEREIRA	M	45	164	00:49:38.79	00:49:16.32	AO RITMO DAS 200PPM
202	565	FERNANDO PESTANA	M	77	165	00:49:40.40	00:49:40.40	GRCD LEIÃO
203	541	ÁGNES KOPPÁNYI	F	34	38	00:49:45.53	00:49:32.81	
204	17	JORGE FERREIRA	M	54	166	00:49:58.94	00:49:46.77	
205	357	MARIA MILHO	F	38	39	00:50:02.89	00:49:37.88	
206	356	TIAGO MONTEIRO	M	35	167	00:50:03.44	00:49:38.03	
207	555	SANDRA GONÇALVES	F	46	40	00:50:06.14	00:49:55.90	
208	554	ESMERALDO GONÇALVES	M	47	168	00:50:06.19	00:49:56.55	
209	363	ELSA BRUXELAS	F	59	41	00:50:21.33	00:50:12.63	TARTARUGAS SOLIDÁRIAS
210	28	NELSON LOURO	M	39	169	00:50:22.26	00:50:10.30	
211	195	NELSON ALEXANDRE PIMENTEL DA SILVA CORREIA	M	40	170	00:50:30.19	00:50:06.52	
212	199	VIRGILIO BLANCO	M	59	171	00:50:36.34	00:50:21.69	A NATUREZA ENSINA
213	225	FILIPPE FRADE	M	34	172	00:50:41.69	00:50:30.82	
214	530	ANDRÉ PEREIRA	M	21	173	00:50:41.89	00:50:37.47	CD ARNEIRO
215	587	ANA PARRACHO	F	53	42	00:50:48.45	00:50:13.69	TARTARUGAS SOLIDÁRIAS
216	595	LUCINDA BARATA	F	55	43	00:50:48.86	00:50:31.22	BRRNIGHTRUNNERS
217	438	SARA SILVA	F	31	44	00:50:49.34	00:50:15.13	
218	168	ELISABETE DIAS	F	44	45	00:50:49.37	00:50:15.51	TARTARUGAS SOLIDÁRIAS
219	183	FERNANDO SOUSA SOUSA	M	57	174	00:50:51.25	00:50:20.95	TARTARUGAS SOLIDARIAS
220	606	ROSA FIDALGO	F	52	46	00:50:55.72	00:50:50.20	

221	170	NUNO CORREIA	M	46	175	00:50:56.29	00:50:27.40	
222	106	ANA ROMÃO	F	49	47	00:50:56.34	00:50:36.02	
223	179	FERNANDA GONÇALVES	F	46	48	00:50:56.70	00:50:27.71	
224	102	CRISTINA CARREGA	F	46	49	00:50:56.93	00:50:36.62	
225	322	ANA PAULETA	F	42	50	00:50:57.24	00:50:35.99	C BENFICA ALG MEM-MARTINS
226	362	LÍVIA LOURENÇO	F	42	51	00:51:02.99	00:50:49.72	CORRER QUELUZ
227	306	PALMIRA RIBEIRO	F	51	52	00:51:10.98	00:51:08.87	TRILHOS NOTURNOS
228	274	SANDRA TEIXEIRA	F	39	53	00:51:14.44	00:51:01.51	
229	187	MARCO PAULO MENDES	M	45	176	00:51:25.69	00:51:19.16	
230	144	EMÍLIO GONÇALVES	M	52	177	00:51:41.54	00:51:15.39	TEAM SENSE
231	431	ANA CARLA SILVA	F	50	54	00:51:41.88	00:51:14.63	
232	428	PAULA FERREIRA	F	46	55	00:51:42.10	00:51:15.16	SEIXAL RUNNING
233	462	HUMBERTO FIGUEIREDO	M	56	178	00:51:44.23	00:51:21.47	
234	258	CARLOS NOGUEIRA	M	49	179	00:51:54.74	00:51:43.02	TRILHOS NOCTURNOS
235	228	MICAEL SOARES	M	33	180	00:52:10.47	00:51:59.85	
236	139	CARLA ATILHO	F	48	56	00:52:10.80	00:52:04.06	SANTANA FC TRAIL TEAM
237	572	CARLA MOTA	F	45	57	00:52:18.21	00:52:18.21	
238	573	CARLA MOTA	F	45	58	00:52:18.53	00:51:56.39	
239	486	CARLOS FERREIRA	M	56	181	00:52:25.83	00:51:59.36	CAMARA LISBOA CLUBE
240	233	MARISA MARTINS	F	43	59	00:52:29.72	00:52:07.62	
241	127	JOÃO AZEDO	M	57	182	00:52:33.58	00:52:24.09	
242	601	JOÃO FERREIRA	M	51	183	00:52:34.30	00:52:20.66	
243	437	JOSÉ MAIO	M	56	184	00:52:36.66	00:49:43.49	CD ARNEIRO
244	441	FILIPPE PEREIRA	M	18	185	00:52:37.35	00:49:44.16	CD ARNEIRO
245	446	JOÃO BARRETO	M	27	186	00:52:37.44	00:49:44.26	CD ARNEIRO
246	444	RITA MAIO	F	18	60	00:52:37.44	00:49:44.40	CD ARNEIRO
247	58	CARLA SOBREDA	F	49	61	00:52:39.26	00:52:29.72	AO RITMO DAS 200PPM
248	59	CRISTINA FILIPE	F	52	62	00:52:39.43	00:52:25.67	AO RITMO DAS 200PPM
249	209	EDUARDO LOPES	M	51	187	00:52:42.91	00:52:34.46	ASAS DE ALMADA
250	624	LUIS GUERREIRO	M	37	188	00:53:17.45	00:52:49.77	
251	235	ANABELA MARTINS	F	47	63	00:53:23.52	00:53:03.01	BRRNIGHTRUNNERS
252	516	NICOLAU FURTADO	M	54	189	00:53:40.66	00:53:33.81	
253	398	CAMILA ROCHA	F	39	64	00:53:44.10	00:53:27.64	
254	118	BRUNO CABRAL	M	45	190	00:53:53.51	00:53:29.96	OS SALOIOS
255	44	MARIA GONÇALVES	F	47	65	00:53:53.85	00:53:30.30	OS SALOIOS
256	27	VARELA SAO	F	45	66	00:54:09.36	00:53:57.97	CORRER QUELUZ
257	287	SÓNIA ENVIA	F	42	67	00:54:21.52	00:54:03.18	

258	239	CELIA LOURENCO	F	23	68	00:54:27.84	00:54:09.90	BRR NIGHTRUNNERS
259	241	MARIA ALBERTA ESTEVES	F	54	69	00:54:28.15	00:54:07.88	BRR NIGHTRUNNERS
260	447	DANIELA MAIA	F	40	70	00:54:31.13	00:54:14.89	CD ARNEIRO
261	221	CRISTINA FERREIRA	F	43	71	00:54:44.33	00:54:36.28	
262	148	ANA SOFIA RIBEIRO	F	45	72	00:54:46.89	00:54:30.38	C MARCHA E CORRIDA DE ODIVELAS
263	323	VERA TOLÊDO	F	44	73	00:54:49.44	00:54:27.80	C BENFICA ALG MEM-MARTINS
264	336	CARLA RODRIGUES	F	48	74	00:54:49.61	00:54:30.33	C BENFICA ALG MEM-MARTINS
265	316	ADALBERTO GRILO	M	57	191	00:54:49.80	00:54:28.67	C BENFICA ALG MEM-MARTINS
266	20	SÓNIA MARTINS	F	31	75	00:54:49.98	00:54:49.98	RUNNING DONA MARIA
267	304	VITOR SANTOS	M	51	192	00:54:50.45	00:54:30.48	C BENFICA ALG MEM-MARTINS
268	71	HENRIQUE NOTÁRIO	M	19	193	00:55:02.66	00:54:42.57	AO RITMO DAS 200PPM
269	66	MARIA PEREIRA	F	48	76	00:55:08.46	00:54:53.02	AO RITMO DAS 200PPM
270	392	CARLO MORAIS	M	40	194	00:55:22.80	00:53:44.77	
271	397	RAQUEL GOMES	F	41	77	00:55:22.85	00:53:40.70	
272	493	CEL ALMEIDA	F	50	78	00:55:29.91	00:55:02.20	CAMARA LISBOA CLUBE
273	134	LUÍS CABAÇA	M	42	195	00:55:39.74	00:55:12.41	TARTARUGAS SOLIDÁRIAS
274	161	VANDA OLIVEIRA	F	49	79	00:55:40.05	00:55:12.75	TARTARUGAS SOLIDÁRIAS
275	248	CÉLIA PASSINHAS	F	43	80	00:55:52.97	00:55:35.49	
276	111	MANUEL NOBRE BAPTISTA	M	54	196	00:56:03.93	00:55:41.15	
277	49	CLAUDIA TAM	F	37	81	00:56:04.10	00:55:41.41	
278	184	FILIPA SERRANHO SERRANHO	F	40	82	00:56:21.62	00:55:52.02	TARTARUGAS SOLIDARIAS
279	262	FERNANDO CHASQUEIRA	M	69	197	00:56:52.30	00:56:39.92	
280	329	LINO PIRES	M	39	198	00:57:33.68	00:54:31.47	GUIZO RUNNERS
281	320	ANTÓNIO AMARAL	M	41	199	00:57:34.23	00:54:32.36	GUIZO RUNNERS
282	333	HENRIQUE DINIS	M	18	200	00:57:34.30	00:54:31.63	GUIZO RUNNERS
283	319	LUÍS SANTOS	M	45	201	00:57:34.30	00:54:32.10	GUIZO RUNNERS
284	332	MARIANA FARINHA	F	19	83	00:57:34.38	00:54:32.07	GUIZO RUNNERS
285	330	PATRÍCIA FARINHA	F	39	84	00:57:34.42	00:54:31.28	GUIZO RUNNERS
286	591	ZÍDIA CAMPINO	F	49	85	00:58:14.37	00:57:54.36	BRR NIGHTRUNNERS
287	449	ARLINDA OLIVEIRA	F	53	86	00:58:51.84	00:58:34.32	CD ARNEIRO
288	232	EDERVAL NASCIMENTO E SILVA JUNIOR	M	41	202	00:58:52.11	00:58:52.11	DAFUNDO
289	76	CARLA SIMÕES	F	45	87	00:59:02.05	00:58:42.45	AO RITMO DAS 200PPM
290	600	RUI MELÃO	M	55	203	00:59:23.42	00:59:09.56	A NATUREZA ENSINA
291	360	CARLA ANICETO	F	48	88	00:59:23.50	00:58:57.38	
292	110	HENRIQUE VILHENA	M	63	204	00:59:25.37	00:58:59.01	
293	326	GUIOMAR TOMÉ	F	69	89	00:59:34.72	00:59:26.78	GUIZO RUNNERS
294	238	ANA MONTESINOS	F	49	90	00:59:42.58	00:59:22.08	BRRNIGHTRUNNERS



295	461	DIANA FIGUEIREDO	F	29	91	01:00:11.37	00:59:48.79	
296	321	SARA CHALANTE	F	32	92	01:01:44.96	01:01:41.81	TRILHOS NOCTURNOS
297	450	FRANCELINA SILVA	F	55	93	01:02:07.10	01:01:47.70	CD ARNEIRO
298	399	HELENA SÁ	F	67	94	01:02:09.16	01:01:52.43	
299	610	ANABELA ALVES	F	52	95	01:05:02.46	01:04:45.03	
300	282	ANTONIO PAIS	M	72	205	01:06:04.18	01:06:01.31	CCD O ALVITEJO/O FORNO
301	366	RITA PEREIRA	F	44	96	01:06:12.51	01:05:55.36	
302	608	PATRÍCIA NÓBREGA	F	48	97	01:06:30.45	01:06:15.55	
303	34	PAULO REIS	M	43	206	01:09:10.05	01:08:45.76	TEAM FUGASSA
304	305	RITA TAVARES	F	48	98	01:10:22.20	01:09:58.20	
305	352	SANDRA REGINA VESCOVI	F	56	99	01:13:06.82	01:12:31.98	
306	350	ELISABETE PORTELADA	F	44	100	01:17:31.09	01:17:02.95	
307	609	EUGÉNIA ROQUE	F	60	101	01:19:20.00	01:19:03.18	

**Total de registros: 307**