

05
MAIO
2019

2ª CORRIDA DEFESA NACIONAL

10
KM
CORRIDA

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	1062	MIGUEL QUARESMA	M	35	1	00:32:20.00	00:32:20.00	RUNTEJO
2	600	ROBERTO LADEIRAS	M	26	1	00:32:58.04	00:32:58.04	GFD RUNNING
3	1053	FILIPPE REBELO	M	24	2	00:33:35.17	00:33:35.17	RUNTEJO
4	1081	PEDRO LOPES	M	28	3	00:34:20.77	00:34:19.86	UNIÃO FCI DE TOMAR
5	73	RICARDO JORDÃO	M	36	2	00:34:42.43	00:34:40.52	CLUBE DE PRAÇAS DA ARMADA
6	696	PAULO GARCIA	M	46	1	00:34:57.10	00:34:54.05	OS BELENENSES
7	313	PEDRO GUIMARÃES	M	38	3	00:35:05.38	00:35:03.64	INGLESES FUTEBOL CLUBE
8	384	RICARDO SANTOS	M	39	4	00:35:06.11	00:35:04.84	OLÍMPICO DE OEIRAS
9	315	JULIO FINOTE	M	49	2	00:35:18.56	00:35:15.91	CCD SINTRENSE
10	550	JORGE MARCELINO	M	46	3	00:35:26.75	00:35:25.10	INDUSTRIAL DESPORTIVO VIEIRENSE
11	448	DANIEL ALMEIDA	M	19	4	00:35:39.97	00:35:38.28	ACADEMIA MILITAR
12	72	PEDRO LOMBA	M	36	5	00:35:44.92	00:35:43.14	CLUBE DE PRAÇAS DA ARMADA
13	553	PEDRO FERREIRA	M	45	4	00:35:52.00	00:35:52.00	ACVERMOIL
14	516	PEDRO PEDRO	M	37	6	00:35:53.18	00:35:53.14	RB RUNNING
15	507	HUGO SILVA	M	32	5	00:36:09.07	00:36:07.13	RB RUNNING
16	838	TIAGO CASTELA	M	31	6	00:36:11.98	00:36:09.41	DCI - TRILHOS LUSO BUSSACO
17	381	JAIME NUNES	M	49	5	00:36:12.99	00:36:11.92	
18	352	PEDRO URBANO	M	22	7	00:36:37.37	00:36:37.37	G D R DA REBOLEIRA
19	677	FERNANDO ALVES	M	52	6	00:37:11.26	00:37:08.22	URBAN RUN TEAM
20	285	ANILSON VIVACE	M	30	8	00:37:12.77	00:37:12.77	RUNTEJO
21	1152	ANTÓNIO CARINHAS	M	28	9	00:37:18.25	00:37:14.69	
22	1050	CARLOS FREITAS	M	48	7	00:37:19.38	00:37:16.23	RUNTEJO
23	960	PEDRO SERRA	M	35	7	00:37:26.10	00:37:26.10	TARTARUGAS SOLIDÁRIAS
24	1056	JOAO FREIRE	M	26	10	00:37:27.20	00:37:27.20	RUNTEJO
25	827	EDUARDO RIBEIRO NETO MARQUES	M	35	8	00:37:34.43	00:37:31.32	
26	1245	DAVID LOPES	M	32	11	00:37:47.17	00:37:44.17	
27	1114	NUNO RUELA	M	46	8	00:38:10.49	00:38:09.02	GFD RUNNING
28	1066	PAULO ARRENEGA	M	52	9	00:38:14.84	00:38:11.59	RUNTEJO
29	518	JOAO ROCHA	M	31	12	00:38:17.97	00:38:14.47	RB RUNNING
30	222	JOANA RAMALHO	F	28	1	00:38:23.13	00:38:22.10	
31	106	HUGO FERREIRA	M	42	9	00:38:31.32	00:38:28.89	
32	963	DIOGO GARCIA	M	31	13	00:38:32.12	00:38:30.59	CORRER LISBOA
33	988	BRUNO AMARO	M	40	10	00:38:33.87	00:38:29.59	RUN FOR FRIENDS
34	1169	DAVID LOPES	M	32	14	00:38:36.83	00:38:33.19	URBAN RUN TEAM
35	71	RICARDO OLIVEIRA	M	39	11	00:38:38.42	00:38:34.26	CLUBE DE PRAÇAS DA ARMADA

36	380	TELMO VIEGAS	M	42	12	00:38:40.37	00:38:36.57	CLUBE ATLETISMO DE FÁTIMA
37	517	ROBERTO GUERREIRO	M	37	13	00:38:41.16	00:38:37.97	RB RUNNING
38	862	KCÉNIA BOUGROVA	F	24	2	00:38:42.14	00:38:40.76	SPORTING CP
39	1055	INOCENCIO AMORIM	M	40	14	00:38:46.28	00:38:43.42	RUNTEJO
40	1063	NUNO M FERREIRA	M	44	15	00:38:50.40	00:38:46.44	RUNTEJO
41	1138	ANTÓNIO ARAÚJO	M	54	10	00:38:58.44	00:38:55.08	
42	663	FERNANDO GOMES	M	45	11	00:39:02.86	00:39:00.51	FERRARIS DA SERAFINA
43	713	ANTÓNIO GONÇALVES	M	54	12	00:39:05.84	00:39:03.94	AMEG
44	1054	FILIPPE SANTOS	M	45	13	00:39:06.23	00:39:06.23	RUNTEJO
45	599	ALEXANDRA SOUSA	F	36	1	00:39:17.36	00:39:17.02	JOMA
46	1071	PEDRO PRETO	M	47	14	00:39:26.00	00:39:26.00	RUNTEJO
47	1057	JORGE ABREU	M	34	15	00:39:26.96	00:39:23.66	RUNTEJO
48	546	JOSÉ MANUEL GOMES	M	58	1	00:39:32.46	00:39:28.10	
49	747	RICARDO MENDES	M	33	16	00:39:36.62	00:38:43.26	CBAMM & FRIENDS
50	295	PAULO JORGE MARTINS	M	49	15	00:39:50.23	00:39:41.98	ASSOCIAÇÃO DESPORTIVA NÚCLEO DE OEIRAS
51	304	FRANCISCO ALEGRIA	M	19	17	00:39:51.02	00:39:42.71	ACADEMIA MILITAR
52	521	CARLOS ANSELMO	M	48	16	00:39:53.28	00:39:49.58	RB RUNNING
53	1065	NUNO NAIA	M	44	16	00:39:58.03	00:39:54.78	RUNTEJO
54	668	MARCO BENGALINHA	M	37	17	00:39:58.55	00:39:52.48	
55	468	RICARDO SERGIO	M	19	18	00:40:03.00	00:39:46.10	ACADEMIA MILITAR
56	522	HUGO LUZ	M	43	18	00:40:03.60	00:40:01.15	RB RUNNING
57	675	ANTONIO SANTOS	M	60	2	00:40:03.99	00:40:00.13	ASSOCIAÇÃO VALE GRANDE
58	689	ANDRÉ PINTO	M	30	19	00:40:05.46	00:39:58.74	BALANCE RUNNING CLUB
59	637	JOÃO SIMÃO	M	50	17	00:40:09.32	00:40:04.10	
60	357	RUI PASTOR	M	46	18	00:40:18.28	00:40:18.28	
61	1213	MARIO DURO	M	41	19	00:40:27.54	00:40:24.74	MILLENNIUM BCP
62	317	RODRIGO CORREIA	M	39	20	00:40:37.42	00:40:37.42	CCD SINTRENSE
63	992	TIAGO GONÇALVES	M	31	20	00:40:37.94	00:40:33.91	
64	390	JOAO DANIEL ANTUNES	M	25	21	00:40:39.23	00:40:35.19	CLUBE ATLETISMO DE FATIMA
65	1229	JOÃO M CORREIA	M	42	21	00:40:45.57	00:40:34.88	
66	752	HUGO PALMEIRO	M	43	22	00:40:49.67	00:39:48.80	CBAMM & FRIENDS
67	662	PEDRO GIRÃO	M	33	22	00:40:50.76	00:40:48.54	FERRARIS DA SERAFINA
68	386	JOSE BORGES	M	43	23	00:40:52.21	00:40:50.34	LINDA-A-PASTORA SC
69	231	GIL XAVIER ALVES	M	42	24	00:40:54.50	00:40:52.45	SALAMANDRECOS
70	473	SÉRGIO TEIXEIRA	M	44	25	00:41:00.61	00:40:55.08	
71	1064	JOSE M SALAZAR	M	59	3	00:41:02.48	00:40:58.96	RUNTEJO
72	1069	PEDRO FAVINHA	M	46	19	00:41:14.84	00:41:10.87	RUNTEJO

73	880	CARLOS PEDRO	M	48	20	00:41:15.17	00:41:10.93	
74	234	EDUARDO PENA	M	54	21	00:41:16.22	00:40:46.74	KEEP RUNNING
75	286	APOLO PEREIRA	M	49	22	00:41:22.91	00:41:19.16	RUNTEJO
76	543	ALVARO RODRIGUES	M	39	26	00:41:31.19	00:41:25.36	
77	464	FRANCISCO ALMEIDA	M	19	23	00:41:31.22	00:41:31.22	ACADEMIA MILITAR
78	514	RUI COSTA	M	33	24	00:41:34.11	00:41:29.51	RB RUNNING
79	409	PAULO VIEIRA	M	51	23	00:41:35.35	00:41:30.23	
80	520	RUBEN PINTO	M	40	27	00:41:36.62	00:41:32.54	RB RUNNING
81	303	LUIS NARCISO	M	19	25	00:41:41.39	00:41:33.56	ACADEMIA MILITAR
82	541	LUIS GARCIA	M	31	26	00:41:53.62	00:41:42.44	
83	1102	FREDERICO MIRANDA	M	37	28	00:41:56.18	00:41:51.16	
84	856	MICAEL RECHENA	M	36	29	00:41:56.81	00:41:56.81	LEVEL STAGE ACCOUNTING SERVICES
85	56	TEOTONIO NETO	M	55	4	00:41:57.43	00:41:50.56	ADRC MATA DE BENFICA
86	296	MIGUEL BAPTISTA	M	46	24	00:41:59.72	00:41:52.15	
87	287	AVELINO SOARES	M	52	25	00:42:00.37	00:41:56.64	RUNTEJO
88	466	LEONARDO HOMEM	M	19	27	00:42:01.32	00:42:01.32	ACADEMIA MILITAR
89	460	RICARDO MOURA	M	19	28	00:42:02.03	00:41:54.67	ACADEMIA MILITAR
90	891	JORGE SOUSA	M	55	5	00:42:02.84	00:41:57.12	CORRER LISBOA
91	519	NELSON DIAS	M	58	6	00:42:03.67	00:42:00.34	RB RUNNING
92	1196	GUILHERME SEITI SUGUIMATSU	M	35	30	00:42:06.65	00:41:55.32	CORRER LISBOA
93	1126	ATLETA NÃO CADASTRADO	M	0	29	00:42:06.71	00:42:01.61	
94	733	JOÃO VIVEIROS	M	21	30	00:42:10.99	00:41:58.72	46°CFS
95	198	CARLOS MOREIRA	M	61	7	00:42:15.38	00:42:15.38	CORRER LISBOA
96	1219	ANDRE SILVA	M	18	31	00:42:17.83	00:42:12.50	MILLENNIUM BCP
97	508	JOSE NASCIMENTO	M	56	8	00:42:22.71	00:42:20.64	RB RUNNING
98	447	AFONSO BARATA	M	19	32	00:42:27.24	00:42:19.44	ACADEMIA MILITAR
99	810	PAULO VIEGAS	M	23	33	00:42:31.07	00:42:28.75	
100	1225	PAULO GUIMARAES	M	42	31	00:42:32.66	00:42:27.21	A MINHA CORRIDA
101	420	VÍTOR ALVITO	M	32	34	00:42:35.40	00:42:27.16	
102	914	JOAQUIM RAMALHO	M	49	26	00:42:36.93	00:42:30.28	CORRER LISBOA
103	91	GONÇALO GRAZINA	M	29	35	00:42:37.00	00:42:29.77	LINK
104	117	NUNO RODRIGUES	M	41	32	00:42:38.18	00:42:32.30	JAVALIS, AMIZADE E GLÓRIA
105	819	FRANCISCO ESTEVES	M	24	36	00:42:38.27	00:42:32.26	
106	815	JOÃO MEDINAS	M	28	37	00:42:41.33	00:42:32.65	CASA DO BENFICA DE REGUENGOS DE MONSARAZ
107	1201	JOSÉ ESTEVES	M	30	38	00:42:41.58	00:42:36.89	
108	408	BRUNO FERREIRA	M	22	39	00:42:42.23	00:42:30.72	CMCO
109	195	FABRIZIO OTTAVIANI	M	43	33	00:42:44.40	00:42:28.74	

110	786	RUI MERENDAS	M	45	27	00:42:45.27	00:42:39.06	ADRC MATA DE BENFICA
111	823	AUGUSTO NUNES	M	56	9	00:42:49.08	00:42:41.33	
112	432	ANTÓNIO MARTINS	M	53	28	00:42:53.83	00:42:48.61	NAV RUNNERS
113	459	ANDRE PEREIRA	M	19	40	00:42:55.00	00:42:47.17	ACADEMIA MILITAR
114	1161	HELDER PEREIRA	M	39	34	00:42:57.99	00:42:47.32	
115	249	MIGUEL SEQUEIRA	M	36	35	00:42:58.41	00:42:47.83	LINDA-A-PASTORA SC
116	783	NUNO PITA	M	43	36	00:43:02.12	00:42:53.26	
117	107	BRUNO CARRIÇO	M	31	41	00:43:05.11	00:42:51.59	
118	763	ANTONIO SILVA	M	18	42	00:43:06.17	00:42:04.80	CBAMM & FRIENDS
119	762	VITOR SILVA	M	52	29	00:43:06.41	00:42:02.23	CBAAMM & FRIENDS
120	579	JAIME PINTO	M	59	10	00:43:07.66	00:42:59.29	
121	58	HENRIQUE FERREIRA	M	49	30	00:43:10.61	00:43:04.97	ADRC MATA DE BENFICA
122	573	CEDRIC MONTEIRO	M	32	43	00:43:15.48	00:43:15.48	TEEN FROM RESTELO
123	214	JOSÉ GUIMAS	M	52	31	00:43:16.52	00:43:06.72	OS MATRECOS
124	23	EDUARDO FILIPE	M	23	44	00:43:16.84	00:42:45.68	
125	732	PEDRO SOUSA	M	23	45	00:43:17.67	00:43:05.57	46 CFS
126	926	JOÃO GRANJA	M	46	32	00:43:20.33	00:43:09.89	BORINHAS
127	455	GUILHERME CAMPOS	M	19	46	00:43:21.43	00:43:04.32	ACADEMIA MILITAR
128	33	RODRIGO RAMOS	M	21	47	00:43:22.09	00:43:10.72	
129	462	PEDRO GOMES	M	19	48	00:43:24.10	00:43:15.81	ACADEMIA MILITAR
130	321	JOSÉ BERNARDO	M	49	33	00:43:26.83	00:43:21.18	CCD SINTRENSE
131	454	JOAO ALMEIDA	M	19	49	00:43:27.10	00:43:10.12	ACADEMIA MILITAR
132	711	FRANCISCO FRANÇA	M	18	50	00:43:28.00	00:43:28.00	AMEG
133	122	MARGARIDA VITORINO	F	26	3	00:43:31.78	00:43:30.24	
134	829	PEDRO CASTRO JORGE	M	25	51	00:43:35.35	00:43:35.35	
135	1044	STEPHAN KOENIG	M	50	34	00:43:36.61	00:43:02.62	PERNAS DE GAFANHOTO
136	346	MANUEL AMARO	M	63	11	00:43:40.14	00:43:23.77	CCR ALTO DO MOINHO
137	1162	NINA GUßMANN	F	26	4	00:43:44.16	00:43:44.16	
138	930	LEANDRO REIS	M	49	35	00:43:46.07	00:43:44.76	S.O. HOUILLES
139	544	MARCOS OLIVEIRA	M	46	36	00:43:53.65	00:43:25.83	
140	167	FRANCISCO GUERRA	M	38	37	00:43:54.26	00:43:46.08	
141	1122	LUÍS MARTINHO	M	34	52	00:43:56.38	00:43:25.34	
142	691	PAULO ROSÁRIO COSTA	M	46	37	00:43:59.85	00:43:32.72	BALANCE RUNNING CLUB
143	728	SÉRGIO MACHADO	M	42	38	00:44:08.15	00:44:02.89	SEAWOLVES
144	873	HÉLDER COTRIM	M	39	39	00:44:09.38	00:43:57.93	FF PAZ MUNDIAL E UNI
145	1003	PEDRO FERRAZ	M	42	40	00:44:12.16	00:43:56.01	CORRER LISBOA
146	181	DANIEL VERISSIMO	M	37	41	00:44:17.36	00:44:17.36	SS CGD

147	269	ANTÓNIO ALMEIDA	M	47	38	00:44:18.97	00:44:02.11	GFD RUNNING
148	784	PEDRO GONÇALVES	M	37	42	00:44:21.49	00:43:48.72	
149	1222	ANTONIO CARROLA	M	79	1	00:44:25.28	00:43:42.13	MILLENNIUM BCP
150	456	PAULO FERNANDES	M	19	53	00:44:26.67	00:44:08.75	ACADEMIA MILITAR
151	197	MANUEL SILVA	M	19	54	00:44:28.21	00:44:16.64	
152	453	RODRIGO BARRETO	M	19	55	00:44:28.23	00:44:10.43	ACADEMIA MILITAR
153	1185	CÉSAR SILVA	M	29	56	00:44:29.63	00:44:21.61	
154	576	ANTONIO RAMOS	M	47	39	00:44:33.71	00:44:27.88	FF PAZ MUNDIAL E UNI
155	935	DIAMANTINO GAMITO	M	53	40	00:44:35.81	00:44:31.19	LINDA-A-PASTORA SPORTING CLUBE
156	1030	TIAGO SILVA	M	19	57	00:44:37.34	00:44:37.34	
157	358	TIAGO FERREIRA	M	37	43	00:44:40.66	00:43:51.49	
158	738	JOAO ALFREDO ALVES MARQUES JOÃO MARQUES	M	53	41	00:44:44.94	00:43:33.59	GRD. RIBEIRA DA LAGE
159	1000	DAVID RAMOS	M	38	44	00:44:48.41	00:44:38.79	
160	556	DIOGO MATOS	M	41	45	00:44:48.98	00:44:27.59	ENCONTRAMO-NOS NA META
161	75	PEDRO MIGUEL SILVA	M	37	46	00:44:51.88	00:44:36.79	MARGINAIS A FUNDO
162	458	DUARTE SOARES	M	19	58	00:44:52.71	00:44:34.76	ACADEMIA MILITAR
163	461	GONÇALO ROCHA	M	19	59	00:44:55.17	00:44:55.17	ACADEMIA MILITAR
164	871	PAULO MASSANO	M	40	47	00:44:57.52	00:44:36.05	ENCONTRAMO-NOS NA META
165	850	RICARDO PINELA	M	28	60	00:44:59.13	00:44:49.79	
166	1074	RUBEN DIAS	M	44	48	00:44:59.64	00:44:55.49	RUNTEJO
167	687	GUSTAVO RAMOS	M	33	61	00:45:01.80	00:44:47.45	
168	469	DAVID ALEXANDRE	M	25	62	00:45:06.04	00:44:46.30	ACADEMIA MILITAR
169	385	JOANA SOARES TANECO	F	35	2	00:45:07.78	00:45:01.33	OLÍMPICO DE OEIRAS
170	939	BRUNO LEITE	M	35	49	00:45:07.93	00:45:01.45	
171	1036	PAULO SANTOS	M	52	42	00:45:11.11	00:45:06.33	LOURDETE PERFUMARIAS
172	833	MIGUEL SANTOS	M	33	63	00:45:12.18	00:44:39.98	
173	813	RUI CARVALHO	M	40	50	00:45:12.21	00:44:30.61	A NATUREZA ENSINA
174	616	JOÃO FERRO	M	27	64	00:45:13.01	00:45:09.40	
175	807	JORGE CANTEIRO	M	49	43	00:45:20.15	00:45:14.32	CCD TRANQUILIDADE
176	548	DEONILDE COSTA	F	44	3	00:45:20.58	00:45:12.25	AC VERMOIL
177	1002	RUI SILVA	M	48	44	00:45:24.44	00:45:14.16	CLUBE DESPORTIVO ESTRELA
178	795	VIRGILIO MADEIRA	M	60	12	00:45:29.03	00:45:23.24	CCD TRANQUILIDADE
179	112	TATIANA SAVELYEVA	F	44	4	00:45:29.06	00:45:29.06	
180	739	FRANCISCO VILELA	M	44	51	00:45:29.98	00:44:58.58	GRD. RIBEIRA DA LAGE
181	1119	VITOR SILVA	M	57	13	00:45:30.13	00:45:30.13	
182	702	EDUARDO ANJOS ALVES RODRIGUES	M	60	14	00:45:30.32	00:45:21.26	GRUPO DESPORTIVO DE CHELAS
183	15	PAULO SANTOS	M	55	15	00:45:31.21	00:45:12.52	

184	1076	VITOR GONÇALVES	M	52	45	00:45:32.00	00:45:32.00	RUNTEJO
185	470	FREDERICO NOBRE	M	30	65	00:45:38.00	00:45:38.00	ACADEMIA MILITAR
186	673	PEDRO CORREIA	M	36	52	00:45:50.83	00:45:28.19	
187	664	JOÃO PEDRO RIBEIRO	M	33	66	00:45:51.44	00:45:41.59	
188	943	ANTÓNIO PAINHA	M	51	46	00:45:52.58	00:45:47.39	
189	998	RUBEN ALVES	M	39	53	00:45:52.96	00:45:46.62	
190	928	JOÃO BRAZ	M	32	67	00:45:54.02	00:44:50.17	
191	262	LUIS CARVALHO	M	41	54	00:45:54.18	00:45:40.47	ODIVELAS RUN
192	292	BRUNO ARAÚJO-GOMES	M	45	47	00:45:55.77	00:45:55.77	GOMAS TEAM
193	1147	MÁRIO MAIA	M	28	68	00:45:56.25	00:45:37.85	
194	796	FERNANDO CELESTINO	M	60	16	00:45:57.75	00:45:42.44	CCD TRANQUILIDADE
195	478	MIGUEL BARRADAS	M	46	48	00:46:00.38	00:45:47.89	CORRER LISBOA
196	525	DIOGO COSTA	M	27	69	00:46:01.29	00:44:45.75	
197	523	JOÃO SANTOS	M	21	70	00:46:03.57	00:44:48.52	
198	717	LEANDRO SOUSA	M	33	71	00:46:07.69	00:44:56.60	
199	161	NUNO FRADE	M	37	55	00:46:14.25	00:46:01.67	NOTEAM
200	501	SUSANA MARTINS	F	29	5	00:46:14.71	00:46:05.23	OS MARTINS
201	1078	BRUNO VAZ	M	49	49	00:46:18.00	00:46:11.92	MILLENNIUM BCP
202	740	POMPEU AIRES	M	53	50	00:46:19.63	00:45:07.97	GRD. RIBEIRA DA LAGE
203	183	JOAQUIM FRADE	M	63	17	00:46:20.83	00:46:12.38	SS CGD
204	566	RUI LUIS	M	24	72	00:46:21.04	00:46:11.13	RUNNERS GRAFANIL
205	189	NOÉMIA SEQUEIRA	F	51	1	00:46:21.35	00:46:13.03	SS CGD
206	242	JOSÉ FONSECA	M	58	18	00:46:21.41	00:46:21.39	
207	530	FRANCISCO FURÃO	M	37	56	00:46:22.00	00:46:09.96	
208	920	TOMÁS SOUSA	M	42	57	00:46:22.33	00:46:06.03	FF PAZ MUNDIAL E UNI
209	877	JORGE COSTA	M	51	51	00:46:25.03	00:46:25.03	
210	414	ANTÓNIO RAMALHO RAMALHO	M	55	19	00:46:28.59	00:46:14.94	
211	282	ANA FILIPA	F	26	6	00:46:28.89	00:46:24.01	RUNTEJO
212	1059	JORGE QUARENTA	M	48	52	00:46:30.39	00:46:25.16	RUNTEJO
213	969	LUÍS BALINHO	M	44	58	00:46:31.46	00:45:58.17	NÚCLEO SPORTING CLUBE DE PORTUGAL DO SEIXAL
214	867	RUI AFONSO	M	43	59	00:46:34.68	00:46:27.09	
215	499	MANUEL MARTINS	M	62	20	00:46:37.12	00:46:27.94	OS MARTINS
216	416	FÁBIO LAFORÊT	M	33	73	00:46:37.96	00:46:37.96	
217	343	AMERICO RAMOS	M	60	21	00:46:39.84	00:46:22.87	
218	690	PAULO FERREIRA	M	32	74	00:46:42.91	00:46:10.86	BALANCE RUNNING CLUB
219	826	RUI SANCHES	M	47	53	00:46:43.79	00:45:53.89	
220	302	JOAO MACHADO	M	19	75	00:46:49.37	00:46:40.69	ACADEMIA MILITAR

221	861	PEDRO FERREIRA	M	40	60	00:46:50.26	00:46:32.18	
222	327	RUI GRAZINA	M	57	22	00:47:01.00	00:46:39.39	CCD SINTRENSE
223	463	JOSE SILVA	M	19	76	00:47:01.58	00:47:01.58	ACADEMIA MILITAR
224	1038	ISMAEL FAIZAL	M	41	61	00:47:04.34	00:47:04.34	MARVILA JOVEM
225	910	RICARDO MARTINS	M	28	77	00:47:04.97	00:46:42.23	
226	379	TIAGO RODRIGUES	M	20	78	00:47:05.70	00:46:19.77	RAC'S
227	78	DAVID MARCOS	M	35	62	00:47:06.54	00:47:03.95	
228	1226	ANTONIA JORDAO	F	44	5	00:47:06.55	00:46:57.99	A MINHA CORRIDA
229	881	TIAGO MARQUES	M	36	63	00:47:10.80	00:47:10.80	DREAMSEEKERS
230	650	DINIS RIBAS	M	48	54	00:47:10.82	00:46:28.62	ARRIBAS RUNNING
231	192	TIAGO AVELAS	M	44	64	00:47:13.06	00:46:44.96	SS CGD
232	734	VASCO RIBEIRO	M	45	55	00:47:16.44	00:47:09.20	WHS TEAM
233	726	FILIPE MARTINS	M	39	65	00:47:16.57	00:47:05.19	
234	513	BRUNO VICENTE	M	34	79	00:47:18.12	00:47:05.76	RB RUNNING
235	254	CARLOS NEVES	M	39	66	00:47:18.17	00:47:07.29	
236	37	FRANCISCO PASSOS	M	57	23	00:47:18.72	00:47:02.27	
237	608	HÉLDER FERREIRA	M	47	56	00:47:21.48	00:46:44.66	HUT RUNNERS WARRIORS
238	342	CARLOS CRAVEIRA	M	47	57	00:47:22.21	00:47:07.59	
239	565	ANTONIO VIEIRA	M	69	2	00:47:22.70	00:47:14.19	
240	337	ALEXANDRE GUERRA	M	43	67	00:47:23.72	00:46:29.01	
241	843	ALBERTO MATIAS	M	61	24	00:47:27.64	00:47:06.12	
242	160	ALEXANDRE PALMEIRO	M	36	68	00:47:29.41	00:47:13.56	
243	610	TÂNIA ALMEIDA	F	26	7	00:47:30.42	00:47:09.76	HUT RUNNERS WARRIORS
244	319	JOÃO CARDOSO	M	45	58	00:47:31.48	00:47:08.93	CCD SINTRENSE
245	42	PAULO CALDEIRA	M	48	59	00:47:31.74	00:47:11.22	
246	607	CESAR CORREIA	M	44	69	00:47:32.50	00:47:12.50	HUT RUNNERS WARRIORS
247	261	PEDRO FILIPE	M	40	70	00:47:32.62	00:47:18.42	
248	326	ORLANDO PEDRO	M	52	60	00:47:39.26	00:46:42.66	CCD SINTRENSE
249	768	JOSE DUARTE	M	55	25	00:47:40.05	00:46:39.67	CBAMM & FRIENDS
250	676	MARIO SOBRAL	M	44	71	00:47:41.00	00:47:13.68	CORRER LISBOA
251	851	JORGE SANTOS	M	40	72	00:47:41.32	00:47:30.63	
252	305	ANTONIO ALMEIDA	M	55	26	00:47:41.34	00:47:36.74	NUCLEO DESPORTIVO AUTOCOOPE
253	527	CARLOS TEIXEIRA GONCALVES	M	70	3	00:47:41.44	00:47:41.44	
254	730	HUGO FAVINHA	M	35	73	00:47:41.62	00:47:23.98	SEAWOLVES
255	643	HELDER FERNANDES	M	39	74	00:47:41.72	00:47:18.24	
256	1166	MARTA VERÍSSIMO	F	25	8	00:47:44.52	00:47:34.74	
257	1079	BRUNO DIAS	M	42	75	00:47:45.23	00:47:36.06	SS CGD

258	789	PAULO ESPANHOL	M	49	61	00:47:45.63	00:47:27.76	
259	751	LUIS PALMA	M	45	62	00:47:47.84	00:46:48.82	CBAMM & FRIENDS
260	148	PEDRO FÉLIX	M	50	63	00:47:48.31	00:46:43.94	
261	737	AMADEU BRIGAS	M	52	64	00:47:54.86	00:47:21.77	GRD. RIBEIRA DA LAGE
262	93	ANDRE ZEFERINO	M	41	76	00:47:59.72	00:47:52.49	LINK
263	263	JOSÉ GONÇALVES	M	46	65	00:48:01.10	00:47:06.93	
264	560	JOSE AFONSO	M	45	66	00:48:01.28	00:47:59.10	
265	942	MÁRIO LAGEIRO	M	52	67	00:48:02.66	00:47:04.74	CCD SINTRENSE
266	465	TOMAS MENDONÇA	M	19	80	00:48:03.69	00:47:42.07	ACADEMIA MILITAR
267	467	RICARDO SANTOS	M	19	81	00:48:06.63	00:47:44.69	ACADEMIA MILITAR
268	812	CARLOS ANTUNES	M	68	4	00:48:06.86	00:47:58.78	JOBINDE MONTES SALOIOS
269	657	JORGE GONÇALVES	M	44	77	00:48:07.81	00:47:53.41	RUNNERS DE KINTAL
270	967	HELDER COELHO	M	45	68	00:48:09.19	00:47:47.15	
271	361	VITOR TEIXEIRA	M	51	69	00:48:11.30	00:48:04.37	
272	957	BRUNO CORREIA	M	36	78	00:48:11.41	00:47:53.46	
273	697	JOÃO LEITÃO	M	48	70	00:48:13.10	00:47:56.73	RUNLOVERS
274	908	PAULO JERÓNIMO	M	56	27	00:48:13.55	00:47:39.27	FIDELIDADE GDC
275	609	FERNANDO ALMEIDA	M	51	71	00:48:14.93	00:47:53.94	HUT RUNNERS ALMADA
276	581	PEDRO CRUZ	M	41	79	00:48:16.04	00:47:35.85	
277	1098	FERNANDO RODRIGUES	M	54	72	00:48:16.43	00:47:20.55	MILLENNIUM BCP
278	177	JOSÉ REBELO	M	44	80	00:48:17.00	00:48:17.00	TERMOZIT
279	1072	RITA CRUZ	F	22	9	00:48:19.02	00:48:12.69	RUNTEJO
280	219	FREDERICO NOBRE	M	42	81	00:48:20.01	00:48:20.01	CLUBE ATLETISMO AMIGOS DE BELÉM
281	350	ALCINDO ALMEIDA	M	61	28	00:48:23.76	00:48:07.09	
282	69	JOAQUIM MARTINS	M	51	73	00:48:26.20	00:48:18.72	
283	639	RICARDO LOURENÇO	M	42	82	00:48:26.92	00:48:16.52	
284	68	PAULA GEADAS MARTINS	F	47	2	00:48:29.53	00:48:22.89	
285	794	FILIPE SILVA	M	41	83	00:48:29.84	00:48:22.18	CCD TRANQUILIDADE
286	685	PEDRO PEREIRA	M	18	82	00:48:30.44	00:47:38.79	TEAM FUGASSA
287	806	ANTONIO SENA	M	48	74	00:48:32.59	00:48:32.59	CCD TRANQUILIDADE
288	975	HENRIQUE DIAS	M	64	29	00:48:36.27	00:48:14.10	CORRER LISBOA
289	945	RICARDO CARVALHO	M	42	84	00:48:38.09	00:48:28.05	ESGALHADA TRAIL TEAM
290	294	DIOGO SANTOS	M	21	83	00:48:39.05	00:48:14.45	
291	946	NUNO VICENTE	M	41	85	00:48:39.65	00:48:28.62	
292	991	NATACHA RIBEIRINHO	F	28	10	00:48:41.00	00:48:31.21	
293	542	INÉS NUNES	F	26	11	00:48:41.49	00:48:30.61	
294	479	JOANA SILVA	F	29	12	00:48:43.67	00:48:43.67	

295	952	EUGÉNIA IZAÍAS	F	56	1	00:48:49.61	00:48:32.57	FF PAZ MUNDIAL E UNI
296	1132	SARA BARATA	F	27	13	00:48:50.63	00:48:39.09	SEASIDE
297	80	ACÁCIO CLEMENTE	M	51	75	00:48:54.33	00:48:27.97	
298	344	ANTONIO SANTOS	M	66	5	00:48:54.56	00:48:37.22	CORRER LISBOA
299	1020	GONÇALO FONSECA E SILVA	M	22	84	00:48:54.88	00:48:40.82	PORTUGUESE SPECIAL FORCES
300	779	FRANCISCO PLÍNIO	M	63	30	00:48:56.19	00:48:33.20	OS TUGAS
301	1068	PAULO SILVA	M	53	76	00:48:58.84	00:48:58.84	RUNTEJO
302	188	MIGUEL DIAS	M	43	86	00:49:03.21	00:48:36.22	SS CGD
303	329	PEDRO LUIS	M	46	77	00:49:05.41	00:48:54.96	
304	785	LINA EUGÉNIO	F	32	14	00:49:08.67	00:48:35.76	
305	569	LUÍS MIGUEL	M	41	87	00:49:09.38	00:49:09.38	LISBOA
306	620	ANÍBAL DE BRITO	M	37	88	00:49:14.66	00:48:20.35	COTAS E CODE
307	55	RICARDO VIEGAS	M	42	89	00:49:15.02	00:49:08.36	AMINHACORRIDA
308	709	ISABEL FRANÇA	F	46	3	00:49:15.54	00:49:12.76	AMEG
309	351	NUNO MENDES	M	39	90	00:49:18.02	00:48:40.33	VIMEIRO
310	1181	ETELVINA VIDAL	F	51	4	00:49:18.46	00:49:13.50	ACROBATIC DRAGON
311	601	JOSÉ BARREIRA	M	56	31	00:49:18.71	00:48:26.11	
312	743	JORGE FERREIRA	M	57	32	00:49:19.37	00:49:07.84	
313	674	MAXIMIANO SANTOS	M	55	33	00:49:20.16	00:49:02.40	
314	1194	BRUNO FILIPE MATIAS BALEIZÃO	M	34	85	00:49:23.07	00:48:16.95	
315	841	RICARDO PINTO SOUSA	M	39	91	00:49:25.35	00:49:21.01	SERVIÇOS SOCIAIS MONTEPIO
316	1173	ANDRE LABORINHO	M	51	78	00:49:26.22	00:49:18.75	CORRER LISBOA
317	1024	JOÃO PAULO DIAS	M	49	79	00:49:28.84	00:48:38.05	
318	854	RICARDO OLIVEIRA	M	41	92	00:49:32.40	00:48:59.02	
319	362	HERMINIO BENTO	M	60	34	00:49:33.53	00:49:31.14	
320	1105	NUNO MARTINS	M	41	93	00:49:33.94	00:49:08.31	RUN FORREST RUN
321	855	JOSÉ RECHENA	M	61	35	00:49:34.48	00:49:25.13	LEVEL STAGE ACCOUNTING SERVICES
322	328	JOSÉ BORGES	M	59	36	00:49:36.65	00:49:23.92	CCD SINTRENSE
323	1116	JOAQUIM SANTOS	M	61	37	00:49:37.85	00:49:14.99	FALCOES SELVAGENS
324	153	MIGUEL DIAS	M	31	86	00:49:37.85	00:49:19.16	ADRC MATA DE BENFICA
325	1067	PAULO MORAIS	M	48	80	00:49:37.86	00:49:33.86	RUNTEJO
326	1051	CLAUDIA BORRALHO	F	45	5	00:49:38.37	00:49:38.37	RUNTEJO
327	853	ALEXANDRA MARQUES	F	23	15	00:49:38.64	00:48:41.36	
328	440	PAULO SOUSA	M	39	94	00:49:39.75	00:49:29.17	
329	852	MARCELO SILVA	M	23	87	00:49:40.45	00:48:43.24	
330	180	CATIA FONSECA	F	37	6	00:49:43.54	00:49:16.79	SS CGD
331	179	CARLOS LEITÃO	M	55	38	00:49:44.74	00:49:36.31	SS CGD

332	430	DAVID SILVA	M	36	95	00:49:46.26	00:49:07.03	
333	163	PAULO GOMES	M	45	81	00:49:48.30	00:49:36.18	
334	152	NUNO JACINTO	M	34	88	00:49:49.08	00:48:42.57	
335	1127	NUNO PATRICIO	M	49	82	00:49:50.13	00:49:29.74	SEASIDE
336	582	MIGUEL BAPTISTA	M	30	89	00:49:50.54	00:48:15.79	
337	341	SHEILA GALIANO	F	46	6	00:49:50.74	00:49:50.74	
338	164	PAULA CRISTINA GOMES	F	44	7	00:49:50.81	00:49:38.37	
339	1205	JORGE SERRA	M	45	83	00:49:56.28	00:49:41.86	
340	587	MÁRIO BOTEQUILHA	M	49	84	00:49:59.08	00:49:39.92	
341	1103	EUGÉNIA ANDRADE	F	40	8	00:50:04.96	00:49:49.22	EGOÍSMO POSITIVO
342	291	LUIS ARAUJO	M	50	85	00:50:05.29	00:49:00.23	TARTARUGAS SOLIDARIAS
343	146	IVO CLARO	M	41	96	00:50:05.51	00:48:59.86	TARTARUGAS SOLIDARIAS
344	529	JOSE FERNANDES	M	65	6	00:50:09.51	00:50:09.51	RESTAURANTE FAZ FIGURA
345	808	SÉRGIO RODRIGUES	M	44	97	00:50:09.92	00:49:36.06	MAD MAX TEAM
346	1025	NUNO PALMA	M	45	86	00:50:10.84	00:49:45.99	
347	435	RUI FIGUEIREDO	M	44	98	00:50:13.23	00:49:58.28	QUARTETO
348	1250	RICARDO DIAS	M	36	99	00:50:13.91	00:49:45.52	
349	481	LUIS LAVRADOR	M	44	100	00:50:14.00	00:49:48.00	
350	190	SÓNIA BROCHADO	F	41	9	00:50:16.35	00:50:03.01	SSCGD
351	1042	RUI PINTO	M	43	101	00:50:17.19	00:49:48.57	MARVILA JOVEM
352	938	CARLOS TROMBINHAS	M	44	102	00:50:20.56	00:49:31.99	QUARENTÕES NA BISGA
353	298	ANDRÉ VILHENA	M	26	90	00:50:21.62	00:49:20.25	NAUS TRAIL TEAM
354	297	RODRIGO VILHENA	M	18	91	00:50:22.00	00:49:19.88	
355	727	JOÃO MARREIROS	M	48	87	00:50:23.01	00:50:06.20	SEAWOLVES
356	402	RODRIGO SANTOS	M	46	88	00:50:23.80	00:49:55.60	
357	672	HUGO PEREIRA	M	30	92	00:50:24.46	00:49:42.65	C. A. ANDATRILHOS FREAMUNDE
358	45	SÓNIA NEVES	F	41	10	00:50:24.62	00:49:58.84	SUNSET RUNNING TEAM
359	1109	BRUNO BATISTA	M	27	93	00:50:24.90	00:49:54.17	
360	1136	FERNANDO FIGUEIREDO	M	40	103	00:50:26.41	00:50:26.41	SEASIDE
361	171	LUIS ALEXANDRE	M	48	89	00:50:27.55	00:50:02.90	
362	865	GILBERTO SANTOS	M	52	90	00:50:28.40	00:49:20.10	
363	669	MARCO COSTA	M	42	104	00:50:29.18	00:49:56.36	
364	809	PAULO ALVES	M	43	105	00:50:30.14	00:49:52.15	
365	354	PEDRO CLETO	M	46	91	00:50:30.36	00:49:58.70	
366	339	PAULO SILVA	M	45	92	00:50:32.09	00:50:07.39	BIGROSCAS
367	355	HARUN AR RASHID	M	34	94	00:50:34.07	00:50:34.07	
368	835	CLAUDENI ALMEIDA	M	45	93	00:50:35.73	00:49:08.93	

369	1090	AUGUSTO LOURENCO	M	54	94	00:50:35.91	00:50:04.55	MILLENNIUM BCP
370	671	CLÁUDIO DIAS	M	46	95	00:50:38.19	00:50:03.97	
371	1199	JOÃO MOITEIRO	M	47	96	00:50:39.87	00:50:16.01	
372	994	ANTÓNIO BATISTA	M	71	7	00:50:40.63	00:50:31.92	CLUBE DESPORTIVO ESTRELA
373	1230	ANA M CORREIA	F	41	11	00:50:41.32	00:50:41.32	
374	1221	CARLOS JUSTO	M	42	106	00:50:41.37	00:49:58.11	MILLENNIUM BCP
375	60	MARCEL PAULOKAT	M	25	95	00:50:44.64	00:50:11.45	ADRC MATA DE BENFICA
376	417	PAULO GOMES	M	50	97	00:50:46.95	00:50:23.86	
377	1012	PEDRO NOBRE	M	42	107	00:50:48.23	00:49:49.79	CONDORES VARGE MONDAR
378	372	RODRIGO ABREU	M	37	108	00:50:49.39	00:50:35.11	
379	377	RODRIGO CORREIA	M	48	98	00:50:49.94	00:50:07.38	
380	375	MIGUEL SANTA-MARTA	M	31	96	00:50:50.10	00:50:35.74	AGAP2RUN
381	490	FILIPE DUARTE	M	33	97	00:50:50.42	00:49:36.80	SERVIÇOS SOCIAIS MONTEPIO
382	1022	SÉRGIO JESUS	M	51	99	00:50:50.48	00:50:35.22	
383	753	BEATRIZ DOMINGUES	F	18	16	00:50:51.57	00:49:52.13	CBAMM & FRIENDS
384	1227	CARLOS LOPES	M	44	109	00:50:51.87	00:50:30.19	A MINHA CORRIDA
385	278	EDGAR OLIVEIRA	M	36	110	00:50:54.21	00:50:25.47	
386	403	RICARDO FIGUEIREDO	M	50	100	00:50:54.29	00:49:35.37	
387	497	ANTÓNIO CAIXEIRO	M	49	101	00:50:54.61	00:49:26.95	SERVIÇOS SOCIAIS MONTEPIO
388	976	JUAN MANUEL ANTUNEZ COELLO	M	51	102	00:50:55.02	00:50:32.65	
389	900	FERNANDO GOMES	M	58	39	00:50:55.32	00:49:43.64	
390	159	VICENTE BOTO	M	46	103	00:50:55.93	00:50:50.32	
391	1017	CARLOS SOUSA	M	36	111	00:50:58.05	00:50:22.91	
392	1019	DUARTE GOES	M	22	98	00:50:59.18	00:50:45.67	PORTUGUESE SPECIAL FORCES
393	84	PATRICIA MATOS	F	45	7	00:51:00.83	00:50:46.43	LINDA-A-PASTORA SC
394	136	LUÍS NETO	M	55	40	00:51:02.60	00:50:45.18	CARAP AUS DE CORRIDA
395	750	ANABELA FERREIRA	F	48	8	00:51:03.10	00:50:03.62	CBAMM & FRIENDS
396	1010	LUIS SANTOS	M	47	104	00:51:03.11	00:50:06.57	CONDORES VARGE MONDAR
397	703	FRANCISCO COSTA	M	41	112	00:51:04.84	00:50:44.00	BRRNIGHTRUNNERS
398	631	JOHN SAX	M	40	113	00:51:04.90	00:50:05.76	NATO
399	634	LUIS ROSADO	M	41	114	00:51:05.05	00:51:05.05	NATO
400	64	ARTUR AGUIAR	M	46	105	00:51:08.29	00:51:02.20	AMINHACORRIDA
401	266	PAULO DANTAS	M	45	106	00:51:09.28	00:51:01.78	
402	24	SARA RODRIGUES	F	26	17	00:51:09.64	00:50:37.57	
403	484	ANTÓNIO AMARAL	M	41	115	00:51:14.25	00:50:17.58	GUIZO RUNNERS
404	87	FERNANDO FARIA	M	56	41	00:51:18.78	00:50:50.33	LINK
405	924	NUNO FRAGOSO	M	43	116	00:51:21.09	00:50:38.30	LINCES DA BELA VISTA

406	348	SOFIA MASSANO	F	44	12	00:51:24.46	00:51:10.89	
407	859	VITALIY PRIN	M	41	117	00:51:26.49	00:51:26.49	PETMANIA VET
408	139	LUIS OLIVEIRA	M	49	107	00:51:27.37	00:50:53.49	
409	140	PAULO BÉNARD GUEDES	M	44	118	00:51:30.51	00:50:56.48	BÉNARD GUEDES
410	1035	HUGO PEREIRA	M	38	119	00:51:32.74	00:51:05.75	
411	575	LUÍS GUERREIRO	M	39	120	00:51:33.03	00:51:00.74	TEEN FROM RESTELO
412	1160	JOÃO FERNANDES	M	38	121	00:51:37.06	00:50:56.33	
413	1211	RUI RIJO	M	50	108	00:51:38.26	00:51:19.94	MILLENNIUM BCP
414	1212	PEDRO BROCO	M	46	109	00:51:39.56	00:51:20.77	MILLENNIUM BCP
415	309	NUNO CABANAS	M	46	110	00:51:39.69	00:51:26.81	
416	510	SUSANA VICENTE	F	40	13	00:51:41.51	00:51:28.79	RB RUNNING
417	511	OLGA MARTINS	F	44	14	00:51:43.09	00:51:30.61	RB RUNNING
418	1073	ROSA FREITAS	F	53	9	00:51:43.73	00:51:37.44	RUNTEJO
419	1149	DARLINDO BAIETA	M	48	111	00:51:43.95	00:51:02.46	
420	898	MARIA SALETE BORGES	F	49	10	00:51:45.07	00:51:03.76	JOBRINDE MONTES SALOIOS
421	129	EURICO TEIXEIRA	M	40	122	00:51:46.87	00:51:13.74	RUNING OF DONA MARIA
422	170	RUI FERREIRA	M	32	99	00:51:46.90	00:50:47.37	
423	787	PEDRO RIBEIRO	M	41	123	00:51:49.04	00:51:20.14	
424	606	PEDRO MARIA	M	42	124	00:51:50.74	00:51:24.61	
425	774	RICARDO SILVA	M	38	125	00:51:52.39	00:51:11.90	CBAMM & FRIENDS
426	780	EDITE SA	F	52	11	00:51:55.77	00:51:55.77	OS TUGAS
427	334	JOAO COSTA	M	51	112	00:51:56.88	00:51:21.28	CCD SINTRENSE
428	778	RAFAEL SANTOS	M	52	113	00:51:57.18	00:51:27.25	OS TUGAS
429	318	CÉU LEITÃO	F	53	12	00:51:58.36	00:51:58.36	CCD SINTRENSE
430	895	ROBERTO FREITAS	M	43	126	00:52:08.33	00:50:59.67	
431	29	JOÃO FIALHO	M	40	127	00:52:16.78	00:51:25.11	DESPORTIVO DE ODIVELAS
432	1027	PAULO PALMINHA	M	48	114	00:52:18.04	00:52:18.04	
433	204	JOÃO JARDIM	M	22	100	00:52:19.64	00:52:19.64	
434	205	NUNO REBELO	M	29	101	00:52:19.69	00:52:19.69	
435	142	ANTÓNIO PAIVA	M	39	128	00:52:21.24	00:51:24.70	
436	723	SOFIA BATISTA	F	31	18	00:52:21.36	00:51:30.40	
437	426	NUNO FRIAS	M	30	102	00:52:21.97	00:51:38.77	
438	264	MÁRIO SANTOS	M	44	129	00:52:22.82	00:51:26.85	
439	1007	ALLAN PARISE CAPUCCI	M	36	130	00:52:24.38	00:52:16.97	
440	1216	NELSON SILVA	M	44	131	00:52:26.97	00:51:29.05	MILLENNIUM BCP
441	125	CLARA AUGUSTO	F	54	13	00:52:27.27	00:52:19.97	
442	968	MANUEL PINEDA NAVARRO	M	39	132	00:52:28.45	00:52:15.96	DIABLOS RUNNERS

443	449	FERNANDO SIMÕES	M	49	115	00:52:28.85	00:51:58.46	
444	1220	MANUEL PEREIRA	M	49	116	00:52:30.34	00:51:47.29	MILLENNIUM BCP
445	65	ARTUR SANTOS	M	49	117	00:52:31.45	00:52:31.45	
446	126	LARA RODRIGUES	F	34	19	00:52:33.20	00:52:07.79	
447	878	BARBARA SILVEIRA	F	54	14	00:52:33.25	00:51:54.34	CRAZY & RADICAL GILS
448	127	JOSÉ XAVIER	M	32	103	00:52:34.80	00:52:09.81	
449	1058	MARIO RIBEIRO	M	53	118	00:52:36.14	00:52:29.44	RUNTEJO
450	1029	PEDRO GONÇALVES	M	48	119	00:52:37.37	00:51:46.83	SPEM
451	1208	MARCOS NORITAKE	M	52	120	00:52:38.09	00:52:08.28	MILLENNIUM BCP
452	916	ALFREDO REIS	M	64	42	00:52:41.37	00:52:20.70	CORRER LISBOA
453	797	CARLOS BARGADO	M	54	121	00:52:42.04	00:52:26.96	CCD TRANQUILIDADE
454	123	PAULO MANUEL CORREIA NUNES	M	54	122	00:52:46.62	00:52:37.38	
455	821	RUI PARREIRA	M	53	123	00:52:47.36	00:52:20.62	
456	872	ADRIANO COTRIM	M	77	8	00:52:47.55	00:52:36.37	FF PAZ MUNDIAL E UNI
457	283	ANA GIL	F	58	2	00:52:48.79	00:52:42.24	RUNTEJO
458	611	LUIS ALMEIDA	M	52	124	00:52:52.88	00:52:15.78	HUT RUNNERS WARRIORS
459	237	ANDRÉ ARAUJO	M	22	104	00:52:53.28	00:52:05.85	
460	376	FABIO PINTO	M	29	105	00:52:53.33	00:52:37.66	AGAP2RUN
461	857	FLÁVIO SANTOS	M	23	106	00:52:54.61	00:52:14.38	
462	196	LUCA RANISE	M	49	125	00:52:55.86	00:52:22.57	
463	396	JOÃO FRANCISCO TEIXEIRA	M	50	126	00:52:56.80	00:52:32.50	
464	306	CARLOS FERREIRA	M	62	43	00:52:56.85	00:52:51.96	NUCLEO DESPORTIVO AUTOCOOPE
465	289	CARLA NASCIMENTO	F	38	15	00:52:59.69	00:52:53.22	RUNTEJO
466	540	LUZIA LEAL	F	46	15	00:53:00.40	00:52:47.08	
467	1031	ALBERTO ROMÃO	M	56	44	00:53:01.14	00:52:01.52	
468	955	RUI DUARTE	M	48	127	00:53:02.19	00:51:56.17	TARTARUGAS SOLIDÁRIAS
469	902	PAULO NEVES	M	41	133	00:53:02.34	00:52:22.62	
470	1228	CARLA FERNANDES	F	40	16	00:53:02.97	00:52:53.81	A MINHA CORRIDA
471	822	PEDRO LEITÃO	M	44	134	00:53:06.34	00:52:21.13	REI
472	614	ELSA MAÇÃO	F	43	17	00:53:07.65	00:52:29.40	HUT RUNNER'S WARRIO'S
473	923	CARLOS JUNIOR	M	45	128	00:53:14.19	00:52:46.98	
474	842	ADELINO GOMES	M	49	129	00:53:15.07	00:52:49.73	
475	692	EDITE ROSA	F	45	16	00:53:15.45	00:52:43.72	BALANCE RUNNING CLUB
476	694	JOÃO PEDRO SILVA	M	39	135	00:53:15.98	00:52:43.52	BALANCE RUNNING CLUB
477	1008	MARIA DE DEUS PALMA PALMA	F	61	3	00:53:17.61	00:52:54.85	
478	681	HUGO SANTOS	M	40	136	00:53:18.09	00:52:26.42	TEAM FUGASSA
479	641	ANTONIO SAMPAIO	M	49	130	00:53:20.84	00:52:10.06	

480	228	SELMA NAIR GONÇALVES	F	44	18	00:53:22.17	00:52:28.02	
481	863	JOÃO NEVES	M	46	131	00:53:23.71	00:52:50.05	
482	251	CÁTIA FERNANDES CÂMARA	F	33	20	00:53:23.79	00:52:50.91	
483	981	INÊS COUTINHO	F	32	21	00:53:24.03	00:53:24.03	
484	699	ÍRIS MAURÍCIO	F	42	19	00:53:24.33	00:53:08.60	RUNLOVERS
485	640	JULIO PEREIRA	M	53	132	00:53:24.72	00:52:14.89	
486	276	BRUNO MADEIRA	M	41	137	00:53:29.33	00:53:05.50	
487	130	ALEXANDRA SOUSA	F	37	20	00:53:29.90	00:52:49.41	
488	1011	NUNO MESTRE	M	45	133	00:53:30.17	00:52:32.69	CONDORES VARGE MONDAR
489	221	SÉRGIO RODRIGUES	M	45	134	00:53:30.91	00:53:17.54	CLUBE ATLETISMO AMIGOS DE BELÉM
490	990	ARTEMISA MENDES	F	30	22	00:53:31.56	00:53:21.59	
491	719	JOSÉ GARCIA	M	51	135	00:53:31.95	00:52:52.33	
492	937	CARLOS TOMÉ	M	52	136	00:53:32.59	00:52:44.29	QUARENTÕES NA BISGA
493	134	TIAGO BARROS	M	41	138	00:53:33.32	00:52:52.24	
494	1070	PEDRO HENRIQUES	M	45	137	00:53:36.41	00:53:07.57	RUNTEJO
495	512	PEDRO MARTINS	M	44	139	00:53:36.77	00:53:23.69	RB RUNNING
496	368	PAULO FONSECA	M	45	138	00:53:37.50	00:53:23.10	
497	849	RUI SERAFIM	M	46	139	00:53:39.29	00:53:06.67	LX RUN
498	568	RUI AGRIAO	M	25	107	00:53:40.26	00:53:28.83	CORRER LISBOA
499	200	BRUNO SILVA	M	43	140	00:53:42.00	00:52:56.70	1 KM/X
500	773	NUNO SILVA	M	38	141	00:53:42.22	00:53:02.60	CBAMM & FRIENDS
501	1009	JOÃO PAULO ANTUNES	M	48	140	00:53:42.81	00:53:18.11	
502	995	VIRGILIO RODRIGUES	M	71	9	00:53:44.42	00:53:35.27	CLUBE DESPORTIVO ESTRELA
503	452	PAULO PEDREIRA	M	41	142	00:53:48.51	00:53:17.85	
504	419	HUGO FERNANDES	M	43	143	00:53:48.62	00:53:09.94	
505	76	ELISABETE SILVA	F	39	21	00:53:50.00	00:53:11.72	
506	267	ANIA GUERREIRO	F	35	22	00:53:50.63	00:53:42.99	
507	279	RUI ALDEANO	M	36	144	00:53:51.28	00:53:21.12	
508	1041	ANA PEDREIRA	F	38	23	00:53:52.59	00:53:33.94	PRAZER EM CORRER - ILHA TERCEIRA
509	594	JOANA JERÓNIMO	F	21	23	00:53:54.58	00:53:08.74	RAC'S
510	1121	FILIPA FRANCISCO	F	42	24	00:53:55.50	00:53:35.29	CORRER LISBOA
511	90	PEDRO CORREIA	M	28	108	00:53:56.13	00:53:27.01	LINK
512	879	MARIA MAGRO	F	45	17	00:53:59.07	00:53:19.98	CRAZY & RADICAL GIRLS
513	989	KEILA MOACHO	F	27	24	00:53:59.56	00:53:14.67	RUN FORREST RUN
514	14	JOÃO ANTUNES	M	63	45	00:54:00.62	00:53:44.62	
515	347	JOSÉ FERREIRA	M	54	141	00:54:05.28	00:53:32.18	
516	545	SARA GOMES	F	22	25	00:54:07.26	00:53:48.40	CORRER LISBOA

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2^a CORRIDA DEFESA NACIONAL

10
KM
CORRIDA

517	423	JACINTO BATISTA	M	59	46	00:54:08.25	00:54:08.25	CASA BENFICA SEIXAL
518	1232	CARLOS PALHINHAS	M	44	145	00:54:09.79	00:53:47.64	GDC PORTO SINES E ALGARVE
519	537	TIAGO MENESES	M	38	146	00:54:11.82	00:53:45.12	
520	273	PEDRO SILVA	M	40	147	00:54:13.13	00:53:17.85	
521	1134	CARLA P FERNANDES	F	38	25	00:54:19.42	00:53:58.76	SEASIDE
522	682	GONÇALO CALISTO	M	41	148	00:54:21.33	00:53:29.08	TEAM FUGASSA
523	931	IGOR JAUMANDREU	M	51	142	00:54:21.64	00:53:55.48	CLUB CORREDORES SANCHINARRO
524	666	MANUEL MARQUES	M	55	47	00:54:22.36	00:53:47.10	
525	1141	NUNO ARRAIANO	M	27	109	00:54:24.06	00:53:08.01	
526	986	SANDRA ALVES	F	47	18	00:54:25.68	00:53:41.37	RUN FORREST RUN
527	1170	PIERRE JEAN DETOUR	M	32	110	00:54:26.47	00:54:26.47	
528	764	CRISTINA CARVALHO	F	49	19	00:54:26.56	00:53:24.55	CBAMM & FRIENDS
529	156	NELSON CAMPOS	M	64	48	00:54:27.32	00:54:26.00	
530	765	JOAO SOARES	M	65	10	00:54:28.69	00:53:24.86	CBAMM & FRIENDS
531	199	GIL PEREIRA	M	49	143	00:54:31.52	00:53:46.55	1 KM/X
532	66	RUI FLORES	M	41	149	00:54:31.56	00:54:14.33	
533	1118	LÉA BÉCOT	F	20	26	00:54:34.86	00:53:39.34	
534	941	VANESSA SEQUEIRA	F	36	26	00:54:35.77	00:53:54.46	
535	848	HUGO CARDOSO	M	40	150	00:54:37.19	00:53:57.32	
536	83	ANTÓNIO VARELA	M	53	144	00:54:39.08	00:54:24.18	
537	705	RUI GONÇALVES	M	59	49	00:54:40.38	00:54:03.22	
538	206	FERNANDO VAZ	M	34	111	00:54:42.25	00:53:37.05	DAVID VAZ
539	215	FERNANDO OLIVEIRA	M	51	145	00:54:44.35	00:54:19.99	OS LENTOS
540	207	FILIPE SERRANO	M	37	151	00:54:45.30	00:53:39.95	
541	338	JOSÉ GENTIL	M	45	146	00:54:47.41	00:53:52.68	
542	721	JOANA ANTUNES	F	24	27	00:54:47.52	00:54:04.25	
543	1131	INES CAMPOS	F	36	27	00:54:49.05	00:54:30.07	SEASIDE
544	720	GONÇALO LOPES	M	43	152	00:54:49.62	00:54:06.50	GDCT UNICRE
545	874	ISABEL GONÇALVES	F	38	28	00:54:50.49	00:54:32.28	
546	875	OSVALDO BARROS	M	59	50	00:54:50.65	00:54:50.65	
547	515	ARKELLA GRANADOS	F	31	28	00:54:55.07	00:54:42.07	RB RUNNING
548	475	PATRÍCIA MACHADO	F	36	29	00:54:55.41	00:53:58.83	GUIZO RUNNERS
549	1184	ANTÓNIO CASAS NOVAS	M	40	153	00:54:56.01	00:54:18.41	
550	651	ELISABETE PINTO	F	48	20	00:54:56.70	00:53:51.39	
551	49	PEDRO ALMEIDA	M	50	147	00:54:58.43	00:53:59.80	
552	48	EDUARDA ADRIANO	F	44	30	00:54:59.55	00:54:33.53	SUNSET RUNING TEAM
553	918	JOAQUIM FONSECA	M	63	51	00:55:02.79	00:54:45.87	FF PAZ MUNDIAL E UNI

554	1140	DAVID PARDAL	M	28	112	00:55:03.60	00:53:48.12	
555	1142	LEONARDO COSTA	M	26	113	00:55:04.11	00:53:49.12	
556	1203	JOSE SILVA	M	52	148	00:55:04.31	00:53:59.88	
557	1084	ANDRÉ TRIGUEIRO	M	34	114	00:55:05.90	00:54:12.20	LISBONRUNNER
558	593	TIAGO SILVA	M	21	115	00:55:11.84	00:54:25.36	RAC'S
559	729	MICAELO BARATA	M	38	154	00:55:13.32	00:54:55.61	SEA WOLVES
560	830	NUNO MARQUES	M	44	155	00:55:15.21	00:54:39.33	
561	61	ANDRÉ MENDONÇA	M	36	156	00:55:15.32	00:55:03.37	ADRC MATA DE BENFICA
562	824	PEDRO SILVA VIEIRA	M	46	149	00:55:15.85	00:54:45.31	
563	903	MARCELO COSTA	M	49	150	00:55:17.49	00:54:27.12	
564	954	CARLOS MELO	M	52	151	00:55:17.73	00:54:56.77	CORRER LISBOA
565	442	EDGAR FONTES	M	35	157	00:55:19.39	00:55:16.19	
566	1	ATLETA NÃO CADASTRADO	M	0	116	00:55:19.56	00:55:17.44	
567	405	ANA CAMELO	F	30	29	00:55:19.56	00:55:19.46	
568	864	NUNO DELGADO	M	42	158	00:55:20.01	00:55:19.91	
569	1040	ANA MOTA	F	32	30	00:55:20.37	00:55:01.68	
570	51	JOÃO GOULART	M	36	159	00:55:20.51	00:55:17.07	SOMOS DEFESA
571	101	JOSÉ CARLOS MIMOSO	M	46	152	00:55:20.97	00:55:20.86	
572	882	DANIEL PINTO	M	29	117	00:55:24.72	00:55:03.15	BRRNIGHTRUNNERS
573	1023	PEDRO CAMPOS SILVA	M	56	52	00:55:25.80	00:55:25.80	
574	604	JOÃO COIMBRA	M	45	153	00:55:27.23	00:54:15.35	
575	427	RUI FRIAS	M	59	53	00:55:27.44	00:54:43.86	
576	860	LUIS KAISELER	M	54	154	00:55:28.99	00:54:16.17	
577	528	FRANCISCO FERNANDES	M	39	160	00:55:32.70	00:54:52.68	
578	437	PAULO VAZ	M	46	155	00:55:33.37	00:55:18.40	QUARTETO
579	917	PEDRO VITORINO	M	38	161	00:55:34.04	00:54:20.06	
580	371	CARLOS FERNANDES	M	30	118	00:55:34.16	00:55:19.98	AGAP2RUN
581	596	ANA SINTRA	F	21	31	00:55:35.51	00:54:48.86	RAC'S
582	800	TAM AFONSO	M	66	11	00:55:37.65	00:55:24.60	CCD TRANQUILIDADE
583	1150	AMANDIO BUSCA	M	51	156	00:55:37.78	00:55:01.78	
584	896	JOAO FILIPE	M	42	162	00:55:37.90	00:55:01.61	
585	564	FERNANDO PIRES	M	52	157	00:55:40.72	00:55:08.72	
586	1214	JOEL ESTEVES	M	39	163	00:55:43.90	00:55:38.70	MILLENNIUM BCP
587	754	JOSE INOCENCIO	M	67	12	00:55:45.77	00:55:10.60	CBAMM & FRIENDS
588	936	CARLOS HILARIO	M	53	158	00:55:46.27	00:55:17.59	
589	128	RITA RAMOS	F	28	32	00:55:46.67	00:54:44.29	
590	756	ALEXANDRA RODRIGUES	F	48	21	00:55:47.07	00:54:44.70	CBAMM & FRIENDS

591	847	SERGIO SERRA	M	38	164	00:55:48.68	00:55:01.55	
592	724	CATARINA CONCEIÇÃO	F	33	33	00:55:48.92	00:54:58.34	
593	1112	CÉLIA SILVA	F	42	31	00:55:49.65	00:55:20.84	LINDA-A-PASTORA SC
594	399	CLAUDIA ANTUNES	F	28	34	00:55:49.91	00:55:04.95	
595	1172	SÓNIA RIBEIRO	F	37	32	00:55:51.00	00:54:47.00	DAVID VAZ ASSOCIAÇÃO
596	680	LUIS RAPOSO	M	29	119	00:55:51.61	00:54:59.01	
597	143	MANUEL BARROS	M	62	54	00:55:53.05	00:54:35.76	CLUBE ANACOM
598	1159	MARA MARTINHO	F	24	35	00:55:54.88	00:55:42.95	
599	1171	MIGUEL MARTINS	M	43	165	00:55:55.18	00:54:50.53	DAVID VAZ ASSOCIAÇÃO
600	1158	CATARINA CAROLA	F	29	36	00:55:55.64	00:55:55.64	
601	226	EUGÉNIO SANTOS	M	53	159	00:55:56.34	00:55:30.66	CORRER ALGÉS
602	615	PEDRO PIRES	M	43	166	00:56:00.74	00:54:33.49	
603	788	LILIANA SANTOS	F	39	33	00:56:01.70	00:55:32.09	
604	1045	MIGUEL MARQUES	M	41	167	00:56:01.71	00:56:01.71	
605	944	CARLOS MANUEL OLIVEIRA E SILVA	M	54	160	00:56:03.36	00:55:26.86	
606	757	SONIA FERREIRA	F	38	34	00:56:06.33	00:55:04.87	CBAMM & FRIENDS
607	1101	JOSÉ FIDALGO	M	52	161	00:56:06.63	00:55:55.66	
608	85	ANA SOFIA ALEIXO	F	41	35	00:56:08.57	00:55:40.90	LINDA-A-PASTORA SC
609	18	MÁRIO NUNES	M	46	162	00:56:13.56	00:55:09.79	OS CORRE PARA COMER
610	393	JOÃO AFONSO	M	46	163	00:56:15.01	00:55:37.65	
611	103	ANA SOFIA CACHAPA	F	32	37	00:56:17.83	00:56:17.83	
612	487	RUI RATO	M	44	168	00:56:18.99	00:55:18.18	COXOS DO PALMEIRA
613	1082	LEONEL BRANDAO	M	51	164	00:56:21.72	00:56:10.58	MILLENNIUM BCP
614	636	CARLOS BERNARDINO	M	49	165	00:56:23.63	00:55:38.70	CORRER LISBOA
615	356	RICARDO CORREIA	M	40	169	00:56:25.42	00:55:35.30	
616	191	JOAO FONTES	M	41	170	00:56:26.64	00:55:37.39	SS CGD
617	12	SANDRA ARRAIAS	F	38	36	00:56:30.64	00:55:43.35	OS ARRAIAS
618	1124	HELDER SANTOS	M	41	171	00:56:32.73	00:56:20.58	SEASIDE
619	96	JOAO PESSANHA	M	57	55	00:56:35.21	00:55:49.32	
620	598	VERA TRINDADE	F	28	38	00:56:35.94	00:55:55.53	CORRER LISBOA
621	451	MARCO CANADA	M	35	172	00:56:36.45	00:56:05.67	
622	145	RITA CERTÁ	F	43	37	00:56:36.89	00:55:31.40	TARTARUGAS SOLIDÁRIAS
623	407	SOFIA MORGADO	F	48	22	00:56:39.10	00:56:39.10	100NOÇÃO
624	88	ANTÓNIO DIAS	M	54	166	00:56:40.81	00:56:27.32	LINK
625	482	MIGUEL GUILHERME	M	38	173	00:56:41.22	00:55:44.16	GUIZO RUNNERS
626	404	JORGE PEDRO	M	51	167	00:56:44.94	00:55:26.42	
627	335	SONIA PEREIRA	F	44	38	00:56:48.98	00:56:22.42	

628	777	ISABEL MELO	F	48	23	00:56:55.31	00:56:55.31	CBAMM & FRIENDS
629	625	GIUSEPPE MATO	M	36	174	00:56:55.79	00:55:55.28	NATO
630	157	NÂNCI BÔTO	F	26	39	00:56:55.80	00:56:35.39	
631	102	FILIPA FERREIRA	F	33	40	00:56:56.16	00:56:17.04	
632	688	MIGUEL BARBA	M	40	175	00:56:56.49	00:56:18.32	PENICHE A CORRER
633	250	SÓNIA SEQUEIRA	F	43	39	00:56:57.15	00:56:30.61	LINDA-A-PASTORA SC
634	613	SARA ALMEIDA	F	23	41	00:56:57.22	00:56:19.59	HUT RUNNERS WARRIORS
635	901	MÓNICA MARTINS	F	41	40	00:56:57.26	00:56:17.26	
636	693	ALEXANDRA BISCAIA	F	33	42	00:56:58.80	00:56:20.17	PENICHE A CORRER
637	539	CARLOS CARDOSO DA SILVA	M	52	168	00:57:02.62	00:55:52.35	
638	892	JOAO ZARRO	M	43	176	00:57:03.48	00:56:39.83	JUNINHOS
639	1021	LUIS AFONSO	M	42	177	00:57:05.41	00:56:14.99	
640	1043	NUNO SÍLVIO FERREIRA	M	39	178	00:57:05.95	00:56:34.64	
641	100	ANABELA SANTOS	F	45	24	00:57:09.75	00:56:43.30	LINDA-A-PASTORA SPORTING CLUBE
642	1207	PEDRO FERNANDES	M	42	179	00:57:09.94	00:56:33.57	MILLENNIUM BCP
643	397	CRISTINA SILVERIO	F	41	41	00:57:09.98	00:56:37.44	
644	1104	LUIS PINTO	M	52	169	00:57:11.07	00:57:11.07	
645	933	JOSE CASTRO	M	62	56	00:57:12.36	00:56:54.18	ABRE MAIS
646	964	RUI MARTINS	M	25	120	00:57:12.83	00:56:21.09	
647	115	SABINE RADAU	F	39	42	00:57:12.88	00:56:31.75	DDO/DTA LISBON
648	919	MERCEDES FONSECA	F	63	4	00:57:14.97	00:56:57.94	FF PAZ MUNDIAL E UNI
649	866	JORGE PAULINO	M	63	57	00:57:19.15	00:56:44.22	CLUBE DESPORTIVO DE MAFRA
650	220	JORGE ALMEIDA	M	70	13	00:57:21.06	00:56:45.25	CLUBE ATLETISMO AMIGOS DE BELÉM
651	1168	PEDRO PALRÃO	M	52	170	00:57:21.28	00:56:32.22	
652	656	ELSA RUTE MENDES	F	52	25	00:57:22.78	00:56:42.08	RUNNERS DE KINTAL
653	63	CLAUDIA SOUSA	F	41	43	00:57:23.26	00:56:52.58	ADRC MATA DE BENFICA
654	704	IRINA PEDRO	F	39	44	00:57:26.13	00:57:04.88	BRRNIGHTRUNNERS
655	227	CATALINA SANTOS	F	34	43	00:57:28.87	00:57:03.89	CORRER ALGÉS
656	983	ALEXANDRINA FILIPE	F	47	26	00:57:30.77	00:57:05.62	
657	1247	SARA MIRANDA	F	26	44	00:57:31.68	00:56:49.99	
658	904	IÑIGO PÉREZ	M	32	121	00:57:34.02	00:56:23.42	
659	905	JORGE BORREGUERO	M	36	180	00:57:34.14	00:56:23.25	
660	491	JAIME GOMES	M	62	58	00:57:36.14	00:56:22.42	SERVIÇOS SOCIAIS MONTEPIO
661	398	BRUNA FILIPA AMORIM	F	31	45	00:57:38.84	00:57:38.84	
662	89	JOSÉ PIRES	M	45	171	00:57:39.94	00:57:10.59	LINK
663	121	INÉS MACHADO	F	40	45	00:57:40.21	00:56:19.15	
664	474	ANGELO FLOR	M	63	59	00:57:40.35	00:56:59.20	

665	1115	LUIS REIS	M	56	60	00:57:40.47	00:57:17.44	FALCÕES SELVAGENS
666	391	EDGAR RAMOS	M	46	172	00:57:45.58	00:57:01.72	
667	132	VERA PAULO	F	37	46	00:57:46.05	00:57:06.07	
668	445	CRISTINA ZANCU	F	47	27	00:57:46.57	00:57:04.18	
669	1117	ANA MARTINS	F	52	28	00:57:46.93	00:57:24.26	FALCÕES SELVAGENS
670	698	HELENA LEITÃO	F	49	29	00:57:47.73	00:57:31.61	RUNLOVERS
671	890	MIGUEL BATISTA	M	28	122	00:57:54.54	00:56:41.45	
672	887	JOANA JACINTO	F	26	46	00:57:55.04	00:56:41.95	
673	889	RÍNIA PEDRO	F	25	47	00:57:56.03	00:57:56.03	
674	888	RITA REYES	F	26	48	00:57:56.03	00:56:43.36	
675	233	PEDRO DIAS	M	44	181	00:57:56.58	00:57:56.58	KEEP RUNNING
676	1092	FERNANDO FERREIRA	M	72	14	00:57:57.88	00:57:47.14	MILLENNIUM BCP
677	363	DANIEL BARROQUEIRO	M	25	123	00:58:00.94	00:57:33.64	
678	776	FRANCISCO SILVA	M	24	124	00:58:02.62	00:57:21.70	CBAMM & FRIENDS
679	1146	HUGO CASACA	M	40	182	00:58:09.11	00:57:21.75	FUSION 2 FIGHT TEAM
680	555	CARLOS PEREIRA	M	42	183	00:58:09.32	00:57:05.99	
681	1144	MARCOS SERRANO	M	37	184	00:58:09.59	00:58:09.59	FUSION 2 FIGHT TEAM
682	533	ANA CRISTINA VIEIRA DANTAS	F	37	47	00:58:10.76	00:56:43.75	SÃO DOMINGOS DE RANA
683	534	SUELY VIEIRA	M	43	185	00:58:10.76	00:56:43.54	
684	488	ARTUR GAIO	M	35	186	00:58:13.72	00:57:57.44	CCD TRANQUILIDADE
685	248	ANA NETO	F	40	48	00:58:16.22	00:57:48.87	LINDA-A-PASTORA SC
686	353	JORGE SANTOS	M	54	173	00:58:16.68	00:57:44.62	O DESPERTAR DE CASAL DE CAMBRA
687	670	NUNO FERNANDES	M	45	174	00:58:20.89	00:57:05.50	
688	366	JOAO FARIA	M	47	175	00:58:21.25	00:57:49.92	VIMEIRO
689	622	IVO SERÓDIO	M	27	125	00:58:21.36	00:58:21.36	
690	623	ELISABETE ALMEIDA	F	30	49	00:58:21.58	00:58:21.58	NATO
691	336	GONÇALO COSTA	M	20	126	00:58:23.17	00:57:46.58	
692	1032	HIPOLITO PEREIRA	M	25	127	00:58:25.44	00:58:25.44	
693	1246	ATLETA NÃO CADASTRADO	M	0	128	00:58:26.31	00:57:35.06	
694	182	HENRIQUE GAIRIFO	M	64	61	00:58:27.82	00:57:24.79	SS CGD
695	422	NUNO AMARO	M	49	176	00:58:29.29	00:57:30.76	
696	113	LUÍS CARVALHO	M	45	177	00:58:30.51	00:57:52.62	ASSOCIAÇÃO SALGUEIRO MAIA
697	978	NAYJARA SANTOS	F	26	50	00:58:30.59	00:58:06.98	
698	333	ISABEL VIDINHA	F	48	30	00:58:30.97	00:58:30.97	BORINHAS
699	1210	ALEXANDRE COSTA	M	47	178	00:58:31.52	00:58:20.98	MILLENNIUM BCP
700	1111	LUÍS COELHO	M	47	179	00:58:31.84	00:57:56.92	
701	325	ORLANDO MARTINS	M	63	62	00:58:33.13	00:57:34.49	CCD SINTRENSE

702	147	LUÍS CABAÇA	M	41	187	00:58:37.55	00:57:30.85	TARTARUGAS SOLIDÁRIAS
703	1223	CRISTINA LOURENCO	F	54	31	00:58:40.14	00:58:09.73	MILLENNIUM BCP
704	316	JOSE BAIXINHO	M	61	63	00:58:41.99	00:58:04.97	SANTIAGO FUTEBOL CLUBE
705	428	ANA MONTEIRO	F	42	49	00:58:43.86	00:58:43.86	
706	486	DIOGO SANTOS	M	44	188	00:58:44.14	00:57:44.02	COXOS DO PALMEIRA
707	429	CARLA MONTEIRO	F	43	50	00:58:44.16	00:58:21.89	
708	365	ISABEL RODRIGUES	M	52	180	00:58:45.30	00:58:14.75	VIMEIRO
709	1110	JOAO PIMENTEL	M	30	129	00:58:48.28	00:58:48.28	
710	884	CATARINA RODRIGUES	F	39	51	00:58:49.61	00:58:17.00	GRCD LEIÃO
711	1193	JOÃO LÁZARO	M	35	189	00:58:53.22	00:58:10.95	OS FLECHAS
712	97	RUI ROMÃO	M	49	181	00:58:53.41	00:58:07.87	
713	1192	NUNO DIAS	M	35	190	00:58:53.89	00:58:11.35	OS FLECHAS
714	44	MARISA NUNES	F	49	32	00:58:55.34	00:58:28.47	SUNSET RUNNING TEAM
715	987	LUIS DOMINGUES	M	37	191	00:58:56.83	00:57:47.11	FCA RUNNERS
716	98	JOAO PESSANHA	M	22	130	00:58:56.92	00:58:10.78	
717	43	NUNO JESUS	M	38	192	00:58:58.52	00:58:32.00	SUNSET RUNNING TEAM
718	401	FERNANDO CARDIA	M	50	182	00:58:59.16	00:57:58.68	
719	885	MIGUEL MELO	M	51	183	00:58:59.56	00:58:59.56	ASSOCIAÇÃO NATUREZA ENSINA
720	1145	CARLOS MARQUES	M	50	184	00:59:00.49	00:58:13.49	FUSION 2 FIGHT TEAM
721	1087	TIAGO ROSA	M	35	193	00:59:01.47	00:58:05.36	MILLENNIUM BCP
722	557	JOANA GAROUPA	F	44	52	00:59:04.54	00:58:01.56	
723	1026	BRUNO AMARO	M	37	194	00:59:05.48	00:57:37.65	GD LAGE
724	1195	JOÃO GODINHO	M	34	131	00:59:08.87	00:58:02.24	
725	314	JUDITE BAIXINHO	F	33	51	00:59:12.39	00:58:35.60	SANTIAGO FUTEBOL CLUBE
726	1154	MARIA DE LURDES DUARTE	F	40	53	00:59:13.41	00:58:49.26	
727	1224	LEANDRO SOUTO	M	32	132	00:59:15.26	00:58:13.66	
728	660	JORGE CHAVES	M	45	185	00:59:18.32	00:58:36.38	RUNNERS DE KINTAL
729	907	PEDRO ABREU	M	42	195	00:59:18.44	00:58:43.75	FIDELIDADE GDC
730	906	GUIDO COSTA	M	40	196	00:59:19.77	00:59:19.77	FIDELIDADE GDC
731	1139	CARLOS NOGUEIRA	M	48	186	00:59:21.87	00:59:02.23	SEASIDE
732	1128	EUNICE RAQUEL	F	42	54	00:59:22.37	00:59:02.60	SEASIDE
733	1123	FERNANDO MANUEL	M	66	15	00:59:23.95	00:59:03.42	SEASIDE
734	707	CARLOS CARDOSO	M	53	187	00:59:23.96	00:59:00.04	ALVERCA URBAN RUNNERS
735	659	ISABEL REIS	F	45	33	00:59:24.67	00:58:42.91	RUNNERS DE KINTAL
736	592	FERNANDO FIGUEIREDO	M	40	197	00:59:31.24	00:59:00.64	CORRER LISBOA
737	603	PAULA FERREIRA	F	46	34	00:59:32.28	00:59:05.05	WOMEN RUNNERS
738	444	LUÍS GONÇALVES	M	51	188	00:59:33.75	00:58:49.21	

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MAIO
2019

2ª CORRIDA DEFESA NACIONAL

10
KM
CORRIDA

739	494	LUIS GRECHCO	M	46	189	00:59:37.35	00:58:24.98	SERVIÇOS SOCIAIS MONTEPIO
740	915	ESMERALDA RAMALHO	F	47	35	00:59:37.39	00:59:16.21	CORRER LISBOA
741	1151	LUIS GARÇÃO	M	52	190	00:59:40.28	00:59:04.31	
742	288	CARLA COELHO	F	44	55	00:59:40.43	00:59:12.73	RUNTEJO
743	284	ANABELA SALAZAR	F	47	36	00:59:40.77	00:59:34.22	RUNTEJO
744	259	JORGE PEREIRA	M	38	198	00:59:41.11	00:58:15.60	
745	370	JOAQUIM CUNHA	M	47	191	00:59:45.67	00:59:31.93	
746	162	FILIPE FRADE	M	34	133	00:59:47.69	00:59:34.55	SEM MEDOS
747	360	EDUARDO MARTINS	M	32	134	00:59:49.12	00:59:49.12	
748	831	JOÃO SOUSA	M	39	199	00:59:51.71	00:59:18.09	
749	655	PAULO PADRÃO	M	51	192	00:59:52.62	00:58:49.72	
750	624	JOSE NETO	M	52	193	00:59:54.03	00:59:54.03	NATO
751	443	LÍLIA GONÇALVES	F	52	37	00:59:57.83	00:59:13.37	
752	982	FERNANDO FILIPE	M	50	194	00:59:58.07	00:59:33.27	
753	718	LUIS PEREIRA	M	34	135	01:00:00.70	00:58:47.43	
754	770	ISABEL CHUNG	F	47	38	01:00:01.76	00:59:19.73	CBAMM & FRIENDS
755	956	CARLA DUARTE	F	47	39	01:00:01.93	00:58:56.06	TARTARUGAS SOLIDÁRIAS
756	373	FRANCISCO MAURICIO	M	29	136	01:00:01.94	00:59:46.89	AGAP2RUN
757	1153	JOSE SATURNINO	M	47	195	01:00:04.27	00:59:00.75	QUELUZ
758	202	RUTE CAEIRO	F	25	52	01:00:04.87	00:59:03.50	1 KM/X
759	22	TIAGO VASCONCELOS	M	58	64	01:00:05.91	00:59:31.12	
760	201	PEDRO CORREIA	M	50	196	01:00:06.99	00:59:05.49	1 KM/X
761	235	ARLINDO BARBOSA	M	65	16	01:00:09.28	00:59:44.96	
762	272	PAULO FERNANDES	M	52	197	01:00:11.55	00:59:12.70	
763	323	TERESA SOUSA	F	46	40	01:00:11.72	00:59:45.15	BORINHAS
764	81	MARIO ANJO	M	54	198	01:00:12.77	00:59:46.61	ANJO & MENDES
765	940	VINCENZO SCARLATO	M	50	199	01:00:13.08	01:00:13.08	CF OS BELENENSES
766	929	JOSÉ CERQUEIRA	M	49	200	01:00:15.44	00:59:52.13	
767	959	ROBERTO BETTENCOURT	M	43	200	01:00:15.92	00:59:32.48	
768	958	ANA GODINHO	F	48	41	01:00:15.97	00:59:32.23	
769	82	GESSINA MENDES	F	50	42	01:00:16.03	00:59:50.41	ANJO & MENDES
770	330	LUÍSA PIRES	F	48	43	01:00:16.51	00:59:50.26	BORINHAS
771	759	MARCOS LEONARDO	M	67	17	01:00:19.81	00:59:16.38	CBAMM & FRIENDS
772	934	MADALENA PINA	F	52	44	01:00:21.49	00:59:53.07	LINDA-A-PASTORA CLUBE
773	1163	MANUEL GOMES	M	53	201	01:00:22.68	00:59:34.36	CLUBE MARGINAL
774	495	LUIS REIS	M	62	65	01:00:23.32	00:59:12.30	SERVIÇOS SOCIAIS MONTEPIO
775	438	MIGUEL CARNEIRO	M	35	201	01:00:25.44	01:00:22.35	

776	962	TIAGO FERNANDES	M	34	137	01:00:28.34	00:59:34.84	
777	496	RITA GONÇALVES	F	43	56	01:00:30.36	00:59:16.50	SERVIÇOS SOCIAIS MONTEPIO
778	492	JOÃO CARLOS SANTOS	M	38	202	01:00:30.55	00:59:16.96	SERVIÇOS SOCIAIS MONTEPIO
779	1148	ELISABETE MACEDO	F	38	57	01:00:32.21	00:59:51.75	GRCD LEIÃO
780	897	JORGE SILVA	M	44	203	01:00:32.26	00:59:51.31	GRCD LEIÃO
781	92	JOÃO JORGE	M	33	138	01:00:37.12	01:00:08.07	LINK
782	580	ELISA GONÇALVES	F	47	45	01:00:37.16	00:59:50.53	HUT GIRLS
783	977	EDUARDO SILVA	M	28	139	01:00:43.22	01:00:19.62	
784	218	LUIZ ROSA	M	66	18	01:00:47.93	01:00:11.96	CLUBE ATLETISMO AMIGOS DE BELÉM
785	256	PAULO PIMPÃO	M	33	140	01:00:48.60	00:59:22.38	
786	767	VILMA RODRIGUES	F	45	46	01:00:51.92	00:59:49.21	CBAMM & FRIENDS
787	834	SARA OLIVEIRA	F	44	58	01:00:52.08	01:00:16.18	
788	1001	ARMANDO TAVARES	M	70	19	01:00:53.63	01:00:43.98	CLUBE DESPORTIVO ESTRELA
789	165	CARLOS BATISTA	M	45	202	01:00:55.57	01:00:16.51	
790	597	NATÁLIA GUILHERME	F	35	59	01:00:56.90	00:59:29.21	PETMANIA VET
791	1206	LUIS SILVA	M	50	203	01:00:58.16	01:00:28.62	MILLENNIUM BCP
792	439	JESSY	F	36	60	01:00:58.73	00:59:30.97	
793	814	LISA SANTOS	F	39	61	01:01:00.26	01:00:18.79	SFUAP
794	1049	PAULO MONTEIRO	M	28	141	01:01:00.31	01:01:00.31	
795	883	ELISABETE RODRIGUES	F	39	62	01:01:00.96	01:00:53.77	
796	745	NUNO FIGUEIREDO	M	42	204	01:01:01.89	00:59:57.86	CBAMM & FRIENDS
797	110	RUI MACHADO	M	25	142	01:01:02.79	01:01:02.79	
798	232	NUNO GONÇALVES	M	65	20	01:01:03.57	01:00:09.31	KEEP RUNNING
799	749	JORGE JESUS	M	66	21	01:01:04.54	00:59:59.70	CBAMM & FRIENDS
800	744	ANGELA FIGUEIREDO	F	42	63	01:01:04.59	01:01:04.59	CBAMM & FRIENDS
801	99	MÁRIO FERNANDES	M	50	204	01:01:09.63	01:01:09.63	
802	771	RUI PEDRO	M	48	205	01:01:15.08	01:00:35.24	CBAMM & FRIENDS
803	769	CARLOS CABARAO	M	63	66	01:01:16.69	01:00:34.38	CBAMM & FRIENDS
804	50	PAULO CUNHA	M	44	205	01:01:20.14	01:00:03.58	
805	714	GONÇALO VASCONCELOS	M	49	206	01:01:30.53	01:00:55.92	
806	736	PEDRO FIGUEIREDO	M	40	206	01:01:39.04	01:00:41.46	WHS TEAM
807	845	ARASH ABBASNIA	M	35	207	01:01:39.30	01:00:29.81	
808	1077	FRANCISCO CLERIGO	M	65	22	01:01:47.55	01:01:12.09	SS CGD
809	240	CAMILA ROCHA	F	38	64	01:01:53.91	01:01:03.67	
810	793	JEREMIA RIBEIRO	M	76	23	01:01:55.77	01:01:18.39	
811	174	SALVATORE PASCIUTO	M	41	208	01:01:55.90	01:01:55.90	
812	280	GIUSEPPE DEROSA	M	42	209	01:01:57.57	01:00:56.79	

813	1108	NUNO CARVALHO	M	28	143	01:01:58.71	01:00:39.81	MEIA TOLA
814	446	RITA ANNES	F	40	65	01:02:05.42	01:01:21.06	
815	828	BRUNO MARTINS	M	42	210	01:02:06.18	01:00:57.98	REI
816	245	ANA ROMAO	F	48	47	01:02:10.45	01:01:26.67	
817	846	SERGIO AMADOR	M	43	211	01:02:10.49	01:01:22.71	
818	1157	JORGE LOPES	M	52	207	01:02:13.68	01:01:04.74	
819	997	ANA CAROLLINA WINTER	F	38	66	01:02:18.20	01:01:06.39	MTFITRUN
820	236	ANA SANTOS	F	21	53	01:02:18.87	01:01:30.86	
821	1083	ARTUR SANTOS	M	36	212	01:02:20.30	01:01:03.57	
822	493	JOÃO DIEGUES	M	47	208	01:02:21.30	01:01:09.12	SERVIÇOS SOCIAIS MONTEPIO
823	1080	CLAUDIA NUNES	F	34	54	01:02:22.07	01:01:04.79	
824	1099	ZUZKA PAULINO	F	29	55	01:02:27.83	01:01:50.64	
825	119	CATARINA CLÉRIGO	F	51	48	01:02:28.00	01:01:13.61	
826	1155	PHELIM O'KANE	M	61	67	01:02:30.03	01:02:07.21	
827	844	KEVIN RODRIGUES	M	23	144	01:02:30.80	01:01:32.90	
828	158	ANA RITA ROCHA BOTO	F	41	67	01:02:33.21	01:02:10.28	
829	374	LUIS PEREIRA	M	32	145	01:02:33.73	01:02:17.85	AGAP2RUN
830	108	SOFIA GORGULHO	F	53	49	01:02:34.45	01:01:12.02	
831	1156	JOSE LOPES	M	62	68	01:02:34.92	01:02:02.59	AMIGOS DA ESTRELA
832	1096	CARLOS ESPIRITO SANTO	M	60	69	01:02:39.01	01:01:41.42	MILLENNIUM BCP
833	150	JOSE ROLETA	M	50	209	01:02:39.92	01:01:28.82	
834	151	MADALENA ALMEIDA	F	54	50	01:02:43.02	01:01:32.31	
835	340	LUÍS CUNHA	M	56	70	01:02:43.81	01:01:22.01	
836	876	LUCINDA BARATA	F	55	5	01:02:45.82	01:01:57.43	BRR NIGHN RUNNERS
837	1248	JOSE CATITA	M	60	71	01:02:45.88	01:02:06.43	
838	299	CRISTINA CARREGA	F	46	51	01:02:45.94	01:02:01.46	
839	804	MONICA QUARENTA	F	45	52	01:02:45.98	01:02:07.67	CCD TRANQUILIDADE
840	21	ATLETA NÃO CADASTRADO	M	0	146	01:02:46.73	01:01:42.81	
841	782	SONIA LIMA	F	57	6	01:03:01.15	01:03:01.15	CORRER LISBOA
842	186	MANUEL BAPTISTA	M	54	210	01:03:05.96	01:02:16.80	SS CGD
843	583	NEIDE GUERREIRO	F	66	1	01:03:09.10	01:03:02.68	
844	649	RUI MANUEL VAZ	M	47	211	01:03:11.00	01:02:28.71	
845	965	HELENA ISABEL SANTOS	F	38	68	01:03:12.35	01:02:33.49	ISABELINHAS
846	137	PEDRO JARDIM	M	42	213	01:03:13.43	01:03:13.43	OS JARDINS
847	138	ÂNGELA JARDIM	F	42	69	01:03:13.68	01:02:23.74	OS JARDINS
848	86	RITA MINA	F	46	53	01:03:14.55	01:02:46.32	LINDA PASTORA SPORTING CLUBE
849	758	HELENA BISPO	F	36	70	01:03:16.47	01:02:13.73	CBAMM & FRIENDS

850	400	NUNO CAMILO	M	41	214	01:03:27.30	01:02:35.33	TEAM FUGASSA
851	19	CARLA NUNES	F	41	71	01:03:27.89	01:02:22.72	OS CORRE PARA COMER
852	1204	PEDRO NOGUEIRA	M	47	212	01:03:29.32	01:02:11.38	
853	387	FERNANDO ALVES	M	61	72	01:03:37.56	01:02:54.93	
854	972	CÉLIA MARIA CATARINO	F	51	54	01:03:37.72	01:02:29.62	SUNDAYRUNNERS
855	260	GERMANO BERNARDO	M	63	73	01:03:39.89	01:02:09.34	PRAZER DA CORRIDA
856	239	CESAR GUERRA	M	49	213	01:03:40.56	01:02:09.98	CT
857	252	PAULO PIRES SILVA	M	48	214	01:03:44.25	01:02:34.20	SOBRAL DE MONTE AGRAÇO
858	532	NUNO GRANDÃO	M	46	215	01:03:49.68	01:02:36.21	
859	57	FRANCISCO ARTUR RIBEIRO	M	68	24	01:03:53.87	01:03:53.87	ADRC MATA DE BENFICA
860	244	SÓNIA ALVES	F	45	55	01:03:57.77	01:03:57.77	
861	247	PEDRO BASTOS	M	50	216	01:03:57.96	01:03:12.63	
862	415	Mª JOAO F SIMOES	F	50	56	01:03:59.23	01:03:33.58	
863	817	HELDER MENEZES	M	41	215	01:04:01.63	01:03:13.71	
864	950	BÁRBARA MOREIRA	F	26	56	01:04:01.73	01:02:45.59	
865	489	CLAUDIA GRENCHO	F	46	57	01:04:03.31	01:02:50.65	SERVIÇOS SOCIAIS MONTEPIO
866	26	SÉRGIO COSTA	M	49	217	01:04:03.93	01:03:48.06	
867	1133	SANDRA BATISTA	F	46	58	01:04:06.23	01:03:46.18	SEASIDE
868	1014	LUIS MEIRA	M	45	218	01:04:06.99	01:03:07.48	CONDORES VARGE MONDAR
869	367	ANTÓNIO IRIA	M	50	219	01:04:08.64	01:03:47.97	CORRER LISBOA
870	559	MARCIA JERONYMO	F	41	72	01:04:10.43	01:03:06.82	
871	332	CATARINA MESQUITA	F	55	7	01:04:17.80	01:03:51.24	INF. D HENRIQUE 178 2 EDQ
872	111	RITA GORGULHO	F	26	57	01:04:22.97	01:02:59.08	
873	966	CARLOS ALBERTO ISABEL	M	51	220	01:04:35.29	01:03:55.75	ISABELINHAS
874	993	RUI MAGALHÃES	M	42	216	01:04:35.38	01:03:48.78	
875	644	ALINE ALMEIDA	F	40	73	01:04:35.77	01:04:13.13	WIKABOO
876	425	MARINA TOMÁS	F	24	58	01:04:38.06	01:04:08.51	
877	766	VERA TOLÉDO	F	43	74	01:04:49.12	01:03:46.39	CBAMM & FRIENDS
878	1091	PAULO CARREIRA	M	51	221	01:04:50.02	01:04:06.40	MILLENNIUM BCP
879	948	CÁTIA ROCHA	F	28	59	01:04:51.68	01:03:35.23	
880	1016	JOAO SANTOS	M	18	147	01:04:52.77	01:03:54.09	CONDORES VARGE MONDAR
881	947	MIGUEL CARDOSO	M	28	148	01:04:54.12	01:03:38.15	
882	13	DIOGO ARRAIAS	M	65	25	01:04:54.88	01:04:07.21	OS ARRAIAS
883	626	MASSIMO MELCHIONDA	M	52	222	01:05:00.65	01:04:00.61	NATO
884	836	SUSANA DA SILVA	F	43	75	01:05:01.31	01:04:39.87	
885	1164	FRANCISCO COITO	M	67	26	01:05:03.24	01:04:14.27	CLUBE MARGINAL
886	635	KAREN STEADMAN	M	46	223	01:05:08.10	01:05:08.10	NATO

887	502	IVO ALEXANDRE MARQUES	M	37	217	01:05:10.96	01:04:37.71	
888	411	CARLOS JESUS	M	48	224	01:05:12.90	01:04:09.15	
889	1177	ANDRÉ PEREIRA	M	28	149	01:05:16.58	01:03:04.85	WILDISCOVERY
890	324	EMILIA BORGES	F	56	8	01:05:20.69	01:04:44.43	CCD SINTRENSE
891	621	NICOLAU FURTADO	M	54	225	01:05:22.12	01:04:34.97	NICOLAU FURTADO
892	331	INÊS COSTA	F	48	59	01:05:23.49	01:04:46.63	CCD SINTRENSE
893	927	LENA VIEIRA	F	56	9	01:05:24.52	01:04:45.34	
894	840	CARLOS VIEIRA	M	49	226	01:05:24.84	01:04:51.93	
895	434	JOAQUIM BENTES	M	68	27	01:05:27.57	01:05:27.57	QUARTETO
896	70	VALTER PEDRO	M	38	218	01:05:29.04	01:04:40.16	
897	281	ALEXANDRE BENTO	M	57	74	01:05:29.71	01:05:00.59	RUNTEJO
898	433	ANTONIO RIBEIRO	M	54	227	01:05:29.83	01:04:55.91	QUARTETO
899	798	CLAUDIA TAM	F	37	76	01:05:32.86	01:04:51.09	CCD TRANQUILIDADE
900	216	GILBERTO GONÇALVES	M	70	28	01:05:36.89	01:04:59.82	CLUBE ATLETISMO AMIGOS DE BELÉM
901	255	VASCO GONÇALVES	M	33	150	01:05:40.05	01:04:14.92	
902	1125	SONIA GODINHO	F	43	77	01:05:40.75	01:05:18.60	SEASIDE
903	268	CARINA RODRIGUES	F	35	78	01:05:43.68	01:04:43.38	RODRIGUERRA
904	211	VANDA OLIVEIRA	F	49	60	01:05:46.48	01:04:39.61	TARTARUGAS SOLIDÁRIAS
905	212	ANTONIO HORTA	M	62	75	01:05:46.96	01:04:39.75	
906	270	JOÃO GUERRA	M	33	151	01:05:49.27	01:04:48.18	RODRIGUERRA
907	951	HERMÍNIO COSTA	M	57	76	01:05:50.18	01:04:57.76	
908	805	LUIS PALMEIRO	M	49	228	01:05:52.59	01:05:52.59	CCD TRANQUILIDADE
909	1034	PAULO PATRICIO	M	47	229	01:05:52.73	01:04:48.15	
910	1060	LUIS ISABELINHA	M	46	230	01:05:57.23	01:05:29.17	RUNTEJO
911	1135	CARLA NASCIMENTO	F	43	79	01:05:58.41	01:05:36.27	SEASIDE
912	383	SÉRGIO BOGAS	M	40	219	01:05:58.67	01:05:04.10	
913	974	JOÃO BADALO	M	42	220	01:06:02.29	01:05:32.67	
914	265	RUI ISIDORO	M	43	221	01:06:03.49	01:05:07.70	
915	131	ALEXANDRE PAULO	M	38	222	01:06:05.31	01:05:24.58	
916	209	INÊS MARTINS	F	34	60	01:06:06.50	01:05:25.66	
917	20	NATACHA CABRAL	F	44	80	01:06:09.64	01:05:04.58	OS CORRE PARA COMER
918	238	VIRGILIO ARAUJO	M	60	77	01:06:10.55	01:05:20.88	
919	913	ADAIR CANDEIAS	M	43	223	01:06:10.82	01:04:56.55	ADAIR CANDEIAS
920	820	NUNO RODRIGUES	M	43	224	01:06:12.66	01:05:49.91	
921	1178	HÉLÈNE GALEWICZ	F	28	61	01:06:13.46	01:04:53.76	WILDISCOVERY
922	176	SÓNIA GUERREIRO	F	38	81	01:06:13.60	01:05:46.43	TERMOZIT
923	996	MARCO SOUZA	M	51	231	01:06:14.65	01:05:02.22	MTFITRUN

924	1130	JOSE MOREIRA	M	29	152	01:06:15.47	01:05:39.81	
925	109	JOSE GORGULHO	M	54	232	01:06:18.78	01:04:57.49	
926	886	BEATRIZ FRANCO	F	63	10	01:06:23.58	01:05:29.81	
927	47	FILIPA REIS	F	42	82	01:06:40.52	01:06:14.73	SUNSET RUNNING TEAM
928	574	PAULO MARTINS	M	49	233	01:06:43.46	01:05:21.62	TEEN FROM RESTELO
929	120	PAULO NOGUEIRA	M	47	234	01:06:43.61	01:05:39.86	
930	531	MARISA MACHADO	F	30	62	01:06:45.34	01:06:17.92	
931	605	JOAO VEIGA	M	44	225	01:06:46.13	01:05:34.44	
932	970	VICTOR CERNEI	M	23	153	01:06:51.88	01:05:44.42	CARREGADO
933	558	ANTÓNIO ABRANTES	M	64	78	01:06:52.45	01:06:52.45	
934	450	SÓNIA SIMÕES	F	44	83	01:06:56.20	01:06:25.19	
935	229	CUSTÓDIO SILVA	M	54	235	01:07:00.72	01:05:58.50	
936	274	CARLOS INÁCIO	M	50	236	01:07:00.91	01:06:05.91	
937	932	ALEJANDRO JAUMANDREU	M	26	154	01:07:02.41	01:06:36.52	
938	34	LUÍS RAMOS	M	47	237	01:07:02.57	01:05:47.79	
939	1188	FÁTIMA CIDRA	F	49	61	01:07:11.81	01:05:51.64	
940	1190	ANA FILIPA DIAS	F	40	84	01:07:11.91	01:05:51.55	
941	1189	ANA PEREIRA	F	48	62	01:07:12.04	01:05:51.90	CORRER LISBOA
942	185	JOSÉ DIMAS	M	50	238	01:07:19.85	01:06:16.72	SS CGD
943	1085	LUÍS SERRA	M	38	226	01:07:20.13	01:07:15.88	
944	184	JORGE FIGUEIREDO	M	50	239	01:07:22.81	01:07:22.81	SS CGD
945	1187	PATRICIA COSTA	F	20	63	01:07:30.13	01:06:11.65	
946	679	VERA LIMA	F	46	63	01:07:31.38	01:07:31.38	
947	816	ATLETA NÃO CADASTRADO	M	0	155	01:07:31.81	01:06:43.51	
948	571	CATARINA ENCARNAÇÃO	F	21	64	01:07:31.90	01:07:31.90	
949	746	MARCHEVA NATALYA	F	53	64	01:07:32.58	01:07:32.58	CBAMM & FRIENDS
950	802	VITOR LUCAS	M	55	79	01:07:34.56	01:06:41.48	BREAKAWAY
951	95	PAULA FERREIRA	F	43	85	01:07:47.07	01:06:32.29	
952	257	PAULO SANTOS	M	37	227	01:07:52.94	01:07:52.94	
953	801	JOANA CRAVEIRO	F	25	65	01:07:53.87	01:06:49.57	
954	1198	HECTOR COSTA	M	40	228	01:07:59.37	01:06:55.88	
955	715	HÉLDER GUIA	M	45	240	01:08:00.30	01:06:46.87	
956	716	CRISTINA GUIA	F	46	65	01:08:00.51	01:06:47.48	
957	509	SÍLVIA BARRADAS	F	31	66	01:08:47.87	01:07:48.21	AO RITMO DAS 200 PPM
958	424	ARMANDO LUIS	M	71	29	01:09:10.53	01:08:41.13	
959	909	JOSÉ MONTEIRO	M	53	241	01:09:17.18	01:07:56.20	
960	549	TATIANA SILVA	F	32	67	01:09:24.33	01:08:16.40	

961	40	CARLA BERNARDINO	F	42	86	01:09:35.62	01:08:39.61	
962	253	JOAQUIM GABRIEL	M	53	242	01:09:43.10	01:08:33.11	
963	632	FRANCISCO PALEO	M	55	80	01:09:49.80	01:08:48.76	NATO
964	39	HUGO MARQUES	M	42	229	01:09:59.17	01:09:59.17	
965	586	JOANA FERREIRA	F	31	68	01:10:11.69	01:09:22.34	CORRER LISBOA
966	1165	PAULO GOMES	M	54	243	01:10:17.54	01:10:17.54	
967	1167	MÁRIA ANTUNES	F	30	69	01:10:18.06	01:09:10.49	
968	1191	PEDRO ANTUNES	M	25	156	01:10:21.22	01:09:29.15	AUR
969	961	CLAUDIA OLIVEIRA	F	36	87	01:10:31.34	01:10:31.34	CHARNECA DA CAPARICA
970	28	SUSANA ALMEIDA	F	43	88	01:10:33.05	01:09:39.90	DESPORTIVO DE ODIVELAS
971	30	RUI GOMES	M	41	230	01:10:33.83	01:09:40.85	DESPORTIVO DE ODIVELAS
972	1182	JOANA DARC CHOURIÇO	F	55	11	01:10:34.18	01:10:09.93	RUNNING CLUB SANTA CASA
973	312	JOSÉ DIAS	M	52	244	01:10:43.76	01:09:36.25	TRI
974	310	ISABEL CASTANHEIRA	F	49	66	01:10:45.03	01:09:36.63	TRI
975	1186	RITA CARVALHINHO	F	44	89	01:10:47.62	01:09:29.35	14 PISO
976	658	MANUELA CASTRO	F	43	90	01:10:53.70	01:10:12.83	RUNNERS DE KINTAL
977	725	ISABEL CARDOSO	F	53	67	01:10:55.69	01:10:55.69	
978	38	JORGE MANUEL NUNES DA FONSECA BAPTISTA	M	63	81	01:11:02.62	01:10:10.91	
979	1174	FILOMENA COSTA	F	52	68	01:11:21.06	01:11:01.69	WOMEN RUNNERS
980	577	ANTÓNIO SOUSA	M	35	231	01:11:48.35	01:10:35.85	SOUSA_FAMILY
981	953	JOSÉ BORRACHA	M	59	82	01:11:48.39	01:10:55.89	FF PAZ MUNDIAL E UNI
982	584	AGOSTINHO COELHO	M	52	245	01:11:53.69	01:11:20.48	SERVIÇOS SOCIAIS MONTEPIO
983	1183	MARIANA TEIXEIRA	F	27	70	01:11:54.16	01:10:53.30	
984	17	CASSIANO CUNHA	M	75	30	01:11:57.81	01:11:04.53	
985	1176	ALEXANDRA PEREIRA	F	24	71	01:11:58.08	01:10:37.84	
986	1215	ANA SILVA	F	45	69	01:12:00.25	01:11:03.96	MILLENNIUM BCP
987	1217	PAULO PINTO	M	54	246	01:12:03.15	01:11:06.40	MILLENNIUM BCP
988	364	ANTONIO HENRIQUES	M	60	83	01:12:16.83	01:11:22.52	ADCR PJ
989	803	OLIVIA LUCAS	F	53	70	01:12:23.65	01:11:30.41	BREAKAWAY
990	1015	ISABEL SANTOS	F	44	91	01:12:26.84	01:11:27.04	CONDORES VARGE MONDAR
991	1013	ANA PAULA SOUSA	F	51	71	01:13:04.47	01:12:06.00	CONDORES VARGE MONDAR
992	369	MANUELA CUNHS	F	45	72	01:13:10.10	01:12:56.54	
993	277	CARINA AMARO	F	28	72	01:13:45.76	01:13:16.31	
994	781	ORLANDO SOUSA	M	56	84	01:13:50.40	01:12:42.04	OS TUGAS
995	1046	RUI MELÃO	M	55	85	01:13:53.44	01:13:15.11	A NATUREZA ENSINA
996	612	MÓNICA RODRIGUES	F	32	73	01:13:55.93	01:13:18.04	HUT RUNNERS WARRIOR'S
997	225	ANA LOPES	F	50	73	01:14:02.79	01:13:31.49	

998	224	PAULO ALEXANDRE MIRANDA	M	48	247	01:14:04.77	01:13:33.16	
999	421	JOHNNY THOMASSEN	M	59	86	01:14:12.68	01:13:17.68	NORWAY
1000	172	JOANA ALEXANDRE	F	19	74	01:14:19.76	01:13:34.28	
1001	971	VIOLETA GUDKOVA	F	19	75	01:14:24.11	01:13:16.65	CARREGADO
1002	661	ATLETA NÃO CADASTRADO	M	0	157	01:14:25.55	01:14:25.55	
1003	418	DULCE MARCOS	F	42	92	01:14:25.89	01:13:47.59	
1004	653	JOÃO PINTO	M	25	158	01:14:27.87	01:13:21.31	
1005	654	RUTE PINTO	F	27	76	01:14:27.93	01:13:20.60	
1006	394	SUSANA BRANCO	F	48	74	01:14:34.50	01:13:44.37	
1007	790	SANDRA CAMPOS	F	44	93	01:14:36.87	01:14:06.78	
1008	67	NIDIA SILVA	F	64	12	01:14:44.49	01:13:34.24	
1009	166	DÍDIA FERREIRA	F	41	94	01:14:49.13	01:14:28.98	
1010	1175	SÓNIA ROLIM	F	52	75	01:14:50.50	01:13:49.28	
1011	547	MARIA MACEDO	F	56	13	01:15:23.50	01:15:03.81	
1012	1107	MARIANA MARQUES	F	24	77	01:15:24.88	01:14:05.50	
1013	504	DALILA ARAÚJO	F	30	78	01:15:35.40	01:14:51.34	
1014	483	ISABEL GARCIA	F	52	76	01:15:55.43	01:14:57.64	GUIZO RUNNERS
1015	223	HENRIQUE ADREGA	M	66	31	01:16:26.19	01:14:57.74	CLUBE ATLETISMO AMIGOS DE BELÉM
1016	217	ALBERTO CANO	M	65	32	01:16:27.18	01:14:57.97	CLUBE ATLETISMO AMIGOS DE BELÉM
1017	290	CARLOS ALVES	M	41	232	01:16:31.06	01:15:06.49	RUNTEJO
1018	893	MARGARIDA TEIXEIRA	F	39	95	01:16:44.41	01:15:46.22	CORRER LISBOS
1019	894	JOÃO BARATA	M	40	233	01:16:47.75	01:15:49.20	
1020	1089	FOCK WAN	F	68	2	01:16:51.80	01:15:55.56	MILLENNIUM BCP
1021	503	ANDRE SOUSA	M	28	159	01:16:52.63	01:16:07.31	
1022	619	BRUNO LIMPO	M	44	234	01:17:03.15	01:16:09.18	
1023	684	PAULO REIS	M	42	235	01:17:38.84	01:16:46.59	TEAM FUGASSA
1024	485	LINO PIRES	M	38	236	01:17:48.71	01:16:50.71	GUIZO RUNNERS
1025	187	MANUEL BRÁS	M	51	248	01:17:56.49	01:17:21.14	SS CGD
1026	32	JÉSSICA SILVA	F	21	79	01:18:06.66	01:16:45.41	
1027	31	SUSANA FRANCO	F	46	77	01:18:07.03	01:16:46.17	
1028	271	ANTÓNIA MACHADO	F	65	3	01:18:14.19	01:17:13.81	
1029	94	SONIA SILVA	F	41	96	01:18:18.79	01:17:04.01	
1030	536	ELISA DIAS	F	55	14	01:18:57.21	01:17:48.92	
1031	258	CARLA COSTA	F	40	97	01:19:21.02	01:17:56.09	
1032	563	ANA SOARES	F	51	78	01:19:52.78	01:19:02.44	
1033	1095	HENRIQUE ALVES	M	56	87	01:19:52.84	01:19:10.86	MILLENNIUM BCP
1034	585	MARIANA SOARES	F	67	4	01:20:05.30	01:19:15.95	CORRER LISBOA

05
MAIO
2019

2^a CORRIDA
DEFESA
NACIONAL

10
KM
CORRIDA

1035	561	PAULO JALLES DE ALMEIDA	M	47	249	01:20:35.28	01:20:35.28	
1036	246	SARA CARREGA	F	20	80	01:20:36.14	01:19:51.68	
1037	241	THIAGO SÁ	M	35	237	01:20:39.10	01:19:47.62	
1038	300	MARIA SÁ	F	67	5	01:20:39.19	01:19:47.43	
1039	742	EBERHARD A WILHELM	M	71	33	01:20:40.65	01:19:31.94	4 AO KM
1040	999	MARLENE PEREIRA	F	34	81	01:21:16.33	01:20:15.06	
1041	293	SARA ARAÚJO-GOMES	F	39	98	01:21:19.31	01:20:33.71	GOMAS TEAM
1042	210	MAYER RAPOSO	M	71	34	01:21:36.02	01:20:33.94	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO
1043	275	JOÃO PEREIRA	M	41	238	01:22:12.73	01:21:39.20	
1044	735	ANABELA SANTOS	F	41	99	01:22:13.54	01:21:15.89	WHS TEAM
1045	168	MARIA DO CARMO ANJOS	F	72	6	01:23:31.05	01:22:35.86	CONDOR
1046	591	LARA HERVETH	F	38	100	01:23:34.74	01:23:34.74	CORRER LISBOA
1047	476	LUÍS SANTOS	F	44	101	01:23:35.25	01:22:37.74	GUIZO RUNNERS
1048	1231	JOAQUIM CARDOSO	M	47	250	01:23:36.33	01:22:18.07	
1049	1179	TIAGO MARTINS	M	27	160	01:23:45.36	01:22:25.10	WILDISCOVERY
1050	1200	SARA DE SOUSA	F	30	82	01:23:50.36	01:22:56.99	
1051	799	MA FEE HUNG	F	69	7	01:23:55.84	01:22:58.45	CCD TRANQUILIDADE
1052	642	NUNO PAIXÃO	M	40	239	01:25:23.96	01:24:08.83	
1053	144	ANTÓNIO VIDAS	M	55	88	01:26:20.67	01:25:21.13	CLUBE ANACOM
1054	1106	AMÉLIA COSTA	F	61	15	01:27:53.69	01:26:58.04	ANE
1055	1028	CARLA SOFIA MALCATO RIBEIRO	F	22	83	01:29:06.30	01:29:06.30	

Total de registros: 1055