

22ª Corrida da Lagoa de Santo André "América Lima"

08 Julho 2017

Class	Num	Nome	Sx	Idd	P. Esc	T. Bruto	T. Líquido	Equipe
1	236	CARLOS M C PAPACINZA	M	28	1	00:32:39.54	00:32:36.66	BEJA AC
2	396	LUÍS RAÇÕES	M	41	1	00:33:56.58	00:33:54.42	CCD O ALVITEJO
3	397	JOÃO VAZ	M	49	1	00:34:12.70	00:34:10.85	CCD O ALVITEJO
4	619	LUIS FERNANDES	M	23	2	00:34:42.49	00:34:39.42	GAF
5	448	PAULO GUIMARAES	M	40	2	00:34:56.33	00:34:54.02	AMINHACORRIDA/MYPROTEIN
6	323	MARIO CASSACA	M	44	3	00:35:05.72	00:35:03.77	CA ODIMARQ
7	526	CUSTÓDIO ANTÓNIO	M	40	4	00:35:06.22	00:35:04.97	BEJA AC
8	626	JOAO CORREIA	M	43	5	00:35:07.11	00:35:02.93	
9	729	DIOGO BAENA	M	34	3	00:35:09.90	00:35:07.38	JUVENTUDE VIDIGALENSE
10	525	JOSÉ LAIR	M	41	6	00:35:13.46	00:35:12.32	BEJA AC
11	486	FILIPE CORREIA	M	33	4	00:35:20.06	00:35:19.05	GDR S FRANCISCO SERRA
12	167	JOÃO REBELO	M	23	5	00:36:02.05	00:35:59.45	UF COMÉRCIO INDÚSTRIA
13	504	ROBERTO BAIÃO	M	25	6	00:36:08.45	00:36:06.27	JUVENTUDE AC
14	528	VALDO PATO	M	26	7	00:36:13.26	00:36:10.80	BEJA AC
15	597	VÍTOR CARVALHEIRA	M	28	8	00:36:14.73	00:36:10.60	CN ALVITO
16	628	JOÃO JESUS	M	27	9	00:36:17.00	00:36:14.21	AMICICLO GRÂNDOLA
17	163	RUI GONÇALVES	M	41	7	00:36:32.44	00:36:30.38	AMICICLO GRÂNDOLA
18	107	LEONTINO LAMPREIA	M	31	10	00:37:02.23	00:36:53.91	C BENFICA SEIXAL
19	252	FÁBIO SILVA	M	31	11	00:37:04.11	00:37:01.80	GDCT REPSOL POLÍMEROS
20	449	LUIS M S BAÇO	M	41	8	00:37:05.72	00:37:03.26	AMINHACORRIDA/MYPROTEIN
21	176	ALEXANDRE PIMPÃO	M	45	2	00:37:11.09	00:37:08.17	NAR MESSEJANA
22	502	PEDRO F N TRINDADE	M	33	12	00:37:11.12	00:37:08.91	AMICICLO GRÂNDOLA
23	12	PEDRO FERNANDES	M	35	1	00:37:18.97	00:37:15.45	REMO CLUBE LUSITANO
24	347	JOAO CORREIA	M	51	1	00:37:23.43	00:37:22.96	AA AVIS
25	490	EMANUEL DIOGO	M	27	13	00:37:24.04	00:37:21.36	GDR S FRANCISCO SERRA
26	593	PAULO GILSON	M	43	9	00:37:46.18	00:37:43.98	AABV - LAGOA - ALGARVE
27	506	EDUARDO MONTINHOS	M	41	10	00:37:50.58	00:37:47.42	UDCB TERRAS DE BARRO
28	565	NUNO CHAINHO	M	31	14	00:37:59.64	00:37:59.64	OS KOTAS
29	640	RICARDO SOUSA	M	18	1	00:38:14.98	00:38:10.57	
30	79	JOÃO CANIÇO	M	36	2	00:38:18.49	00:38:13.58	3B-S
31	503	RUBEN FONSECA	M	35	3	00:38:20.16	00:38:19.59	AMICICLO GRÂNDOLA
32	553	ANTONIO MURTEIRA	M	49	3	00:38:24.06	00:38:22.53	C BENFICA ALG M MARTINS
33	399	RICARDO SIMÕES	M	52	2	00:38:25.59	00:38:20.56	CCD O ALVITEJO
34	558	VASCO MURTEIRA	M	18	2	00:38:35.33	00:38:33.13	C BENFICA ALG M MARTINS
35	118	JOSÉ FELIX	M	49	4	00:38:35.95	00:38:24.60	AA AVIS
36	186	ARMINDO TEIXEIRA	M	36	4	00:38:44.05	00:38:37.59	SC CASAINHOS

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37	541	AILTON MONTEIRO	M	18	3	00:38:48.46	00:38:42.49	C BENFICA ALG M MARTINS
38	419	MANUEL VEIGA	M	53	3	00:38:50.42	00:38:43.49	GDC CRUZ PICADA
39	472	EDMUNDO ALVES	M	54	4	00:38:51.81	00:38:47.22	CCR ALTO MOINHO
40	222	ANACLETO FAÍSCA	M	59	1	00:38:58.75	00:38:49.91	CD AREIAS S JOÃO
41	475	ANA DIAS	F	22	1	00:39:04.10	00:39:01.83	NDC ODEMIRA
42	179	DUARTE FORTES	M	18	4	00:39:04.51	00:39:01.31	NAR MESSEJANA
43	585	RICARDO FIRMINO	M	33	15	00:39:04.73	00:39:00.30	AABV - LAGOA - ALGARVE
44	301	JOAQUIM FREITAS	M	37	5	00:39:10.19	00:39:06.22	BV MONTEMOR-O-NOVO
45	56	LUCIANO CONTENTE	M	41	11	00:39:10.59	00:39:07.77	C BENFICA SEIXAL
46	489	ROGÉRIO CASSACA	M	46	5	00:39:18.42	00:39:18.28	GDR S FRANCISCO SERRA
47	398	ANTÓNIO PAIS	M	47	6	00:39:32.04	00:39:27.92	CCD O ALVITEJO
48	600	MATHEUS ROICHMAN	M	18	5	00:39:34.84	00:39:17.71	CN ALVITO
49	413	ELVINO GALEGO	M	34	16	00:39:37.07	00:39:31.98	SC VIANA DO ALENTEJO/LUIS BRANCO RT
50	377	VÍTOR SANTOS	M	33	17	00:39:46.45	00:39:32.60	JUVENTUDE AC
51	533	JOAO AFONSO	M	48	7	00:39:47.65	00:39:32.98	C BENFICA ALG M MARTINS
52	191	PAULO PINTO	M	44	12	00:39:51.01	00:39:44.15	CA AMIGOS PARQUE DA PAZ
53	292	JOÃO CARDOSO	M	55	2	00:39:57.40	00:39:48.23	C BENFICA SEIXAL
54	627	MÁRIO GODINHO	M	52	5	00:40:01.39	00:39:59.69	BEJA AC
55	270	NELSON OLIVEIRA	M	39	6	00:40:05.89	00:39:54.12	CLAC - ENTRONCAMENTO
56	255	JOÃO CARRILHO	M	31	18	00:40:06.45	00:40:05.11	GDCT REPSOL POLÍMEROS
57	281	NELSON PEREIRA	M	48	8	00:40:08.05	00:39:57.10	ESC ATL MONTIJO-AFDD
58	590	ROGÉRIO PINGUINHA	M	53	6	00:40:10.26	00:40:06.71	TARTUGAS DE LOULÉ
59	466	ALBERTO RODRIGUES	M	57	3	00:40:11.71	00:40:06.78	CCR ALTO MOINHO
60	535	VITOR SILVA	M	51	7	00:40:18.24	00:40:13.25	C BENFICA ALG M MARTINS
61	190	PAULO J S CAVALINHOS	M	41	13	00:40:18.98	00:40:12.84	CORRER EM SANTO ANDRÉ
62	192	SERGIO SANTOS	M	53	8	00:40:24.26	00:40:18.01	CA AMIGOS PARQUE DA PAZ
63	309	JOÃO RODRIGUES	M	41	14	00:40:25.50	00:40:16.31	BV MONTEMOR-O-NOVO
64	223	LUÍS XAVIER	M	47	9	00:40:27.10	00:40:17.82	CD AREIAS S JOÃO
65	442	PEDRO MÉSQUITA	M	26	19	00:40:27.47	00:40:18.68	SCALABIS NIGHT RUNNER
66	287	ANTÓNIO MARTINS	M	45	10	00:40:30.91	00:40:23.56	GDCT REPSOL POLÍMEROS
67	539	MIGUEL CRUZ	M	19	6	00:40:31.18	00:40:16.38	C BENFICA ALG M MARTINS
68	238	JORGE AUGUSTO	M	34	20	00:40:36.88	00:40:33.95	NS MOURA
69	474	JOAO P MARQUES	M	55	4	00:40:36.99	00:40:34.09	CCR ALTO MOINHO
70	586	TIAGO SILVA	M	32	21	00:40:38.21	00:40:35.95	AABV - LAGOA - ALGARVE
71	283	JORGE TRINDADE	M	43	15	00:40:42.41	00:40:30.54	ESC ATL MONTIJO-AFDD
72	618	JOSÉ SIMÕES	M	58	5	00:40:42.92	00:40:40.91	JD NEVES
73	584	SÉNIO MESSIA	M	35	7	00:40:46.99	00:40:40.53	AABV - LAGOA - ALGARVE

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74	400	ANTÓNIO DUARTE	M	59	6	00:40:49.18	00:40:42.37	CCD O ALVITEJO
75	491	PAULO DÂMASO	M	19	7	00:40:59.90	00:40:53.40	GDR S FRANCISCO SERRA
76	376	EUCLIDES ALMEIDA	M	34	22	00:41:01.55	00:40:47.06	JUVENTUDE AC
77	465	JOAO P PAIXAO	M	46	11	00:41:03.15	00:40:56.25	CCR ALTO MOINHO
78	479	LUIS PINHEIRO	M	39	8	00:41:04.53	00:41:01.16	ADC CATUJAL
79	209	ALVARO P OLIVEIRA	M	48	12	00:41:07.32	00:40:57.84	
80	378	NELSON SERRÃO	M	29	23	00:41:10.75	00:40:55.88	JUVENTUDE AC
81	284	PAULO LOPES	M	48	13	00:41:12.29	00:41:00.15	ESC ATL MONTIJO-AFDD
82	275	ANTONIO M A SILVESTRE	M	51	9	00:41:12.55	00:41:02.27	SST MUN ODEMIRA
83	609	JOÃO SANTOS	M	51	10	00:41:15.03	00:41:04.40	KETT CLUB
84	527	PEDRO COSTA	M	49	14	00:41:16.30	00:41:10.78	BEJA AC
85	277	ANDRÉ AFONSO	M	28	24	00:41:23.38	00:41:15.58	CORRER EM SANTO ANDRÉ
86	177	ANTÓNIO PARREIRA	M	60	1	00:41:24.22	00:41:24.03	NAR MESSEJANA
87	395	PAULO CONCEIÇÃO	M	47	15	00:41:25.51	00:41:19.97	C ELVENSE NATAÇÃO
88	305	ANTONIO MALHÃO	M	49	16	00:41:28.93	00:41:24.22	BV MONTEMOR-O-NOVO
89	406	JOÃO BAIÃO	M	47	17	00:41:32.43	00:41:28.58	UDCB TERRAS DE BARRO
90	529	BRUNO M P P GAMITO	M	33	25	00:41:34.17	00:41:20.86	JUVENTUDE AC
91	344	ANTONIO VALENTE	M	35	9	00:41:36.61	00:41:23.26	AA AVIS
92	226	HERNANI J FERNANDES	M	46	18	00:41:38.12	00:41:26.95	C BENFICA SEIXAL
93	351	MIGUEL LACERDA	M	22	26	00:41:39.49	00:41:37.65	STO ANDRÉ SC
94	266	LEONEL CRISTINA	M	52	11	00:41:39.52	00:41:33.64	AC SAMBRASENSE
95	196	ANTÓNIO INÁCIO	M	49	19	00:41:41.58	00:41:27.77	
96	432	ALEXANDRE FIGUEIREDO	M	43	16	00:41:42.49	00:41:34.78	NAPA
97	289	RAFAEL SILVA	M	38	10	00:41:49.28	00:41:45.43	PENICHE@CORRER
98	524	ANTÓNIO AFONSO	M	47	20	00:41:50.80	00:41:46.28	CR ALTURENSE
99	321	JOÃO MARTINS	M	34	27	00:41:52.15	00:41:41.72	ESC ATL MONTIJO-AFDD
100	412	JOÃO SANTOS	M	39	11	00:41:53.32	00:41:47.44	CORRER EM SANTO ANDRÉ
101	53	GERMANO SILVA	M	59	7	00:41:54.80	00:41:49.83	AD REAL ACADEMIA
102	469	JOSE AMIGO	M	65	1	00:41:59.38	00:41:54.19	CCR ALTO MOINHO
103	575	DIONÍSIO BAPTISTA	M	55	8	00:42:01.56	00:41:58.69	AABV - LAGOA - ALGARVE
104	730	ALÍPIO TRIGO	M	40	17	00:42:04.80	00:41:52.67	
105	64	JOÃO MARQUES	M	37	12	00:42:07.04	00:41:43.78	CCD TRANQUILIDADE
106	547	LUIS PEDRO	M	40	18	00:42:08.18	00:42:03.76	C BENFICA ALG M MARTINS
107	485	LUÍS PEREIRA	M	48	21	00:42:08.26	00:42:02.43	GDR S FRANCISCO SERRA
108	45	NELSON COSTA	M	48	22	00:42:09.00	00:42:05.58	NA PAPAGAIOS DE CASCAIS
109	477	VITOR DIAS	M	45	23	00:42:10.33	00:42:07.79	NDC ODEMIRA
110	340	LUIS C A MESQUITA	M	43	19	00:42:16.22	00:42:12.44	

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111	480	AMANDIO GOUVEIA	M	42	20	00:42:16.44	00:42:13.29	ADC CATUJAL
112	300	JOSE CARAVELA	M	56	9	00:42:22.70	00:42:16.53	BV MONTEMOR-O-NOVO
113	559	SERGIO FIGUEIREDO	M	39	13	00:42:24.03	00:42:08.87	C BENFICA ALG M MARTINS
114	522	FÁBIO GOMES	M	32	28	00:42:25.76	00:41:52.26	LEBRES DE DOMINGO - CARVALHAL
115	308	ANTONIO CAEIRO	M	48	24	00:42:25.99	00:42:21.02	BV MONTEMOR-O-NOVO
116	195	BENVINDA SANTOS	F	23	2	00:42:30.74	00:42:27.66	JUVENTUDE VIDIGALENSE
117	411	FILIFE FERREIRA	M	31	29	00:42:32.65	00:41:53.30	FERRO E FOGO
118	643	RUBEN GUERREIRO	M	17	8	00:42:34.82	00:42:24.35	EEZY RUNNING
119	185	FÁBIO PEREIRA	M	25	30	00:42:36.14	00:42:23.16	SC CASAINHOS
120	508	RICARDO FELIX	M	37	14	00:42:37.81	00:42:23.61	A NATUREZA ENSINA
121	379	FLÁVIO PINELA	M	37	15	00:42:44.18	00:42:18.99	JUVENTUDE AC
122	523	ARMANDO SOUSA	M	45	25	00:42:47.71	00:42:31.87	CORRER EM SANTO ANDRÉ
123	437	PAULO ROMÃO	M	37	16	00:42:57.49	00:42:47.02	JUVENTUDE AC
124	468	AGOSTINHO GONCALVES	M	58	10	00:43:01.27	00:42:49.93	CCR ALTO MOINHO
125	428	RICARDO MACHADO	M	35	17	00:43:03.54	00:42:32.00	LEBRES DE DOMINGO
126	299	ANTONIO GASPAR	M	56	11	00:43:03.65	00:42:56.54	BV MONTEMOR-O-NOVO
127	148	JOSÉ CUNHA	M	52	12	00:43:05.05	00:42:49.97	OS ZATPEQUES
128	380	HÉLDER GUERREIRO	M	40	21	00:43:10.58	00:42:56.75	JUVENTUDE AC
129	388	ANTÓNIO MASSANO	M	34	31	00:43:15.49	00:43:00.43	C BENFICA SEIXAL
130	357	IVO NUNES	M	42	22	00:43:15.91	00:42:57.92	LOJA DU PEIXE
131	431	FILIFE PEREIRA	M	24	32	00:43:18.05	00:42:46.18	LEBRES DE DOMINGO
132	536	HUGO BORGES	M	34	33	00:43:18.48	00:43:15.26	C BENFICA ALG M MARTINS
133	272	PAULO GUERRA	M	46	26	00:43:21.33	00:43:03.12	AR CASAENCE
134	154	JÚLIO REIS	M	44	23	00:43:21.82	00:43:13.42	CÂMARA LISBOA CLUBE
135	414	FRANCISCO TORRINHA	M	53	13	00:43:27.67	00:43:05.35	SC VIANA DO ALENTEJO/LUIS BRANCO RT
136	14	CARLOS LIMA	M	46	27	00:43:37.63	00:43:30.96	CA AMIGOS PARQUE DA PAZ
137	574	PEDRO ONOFRE	M	56	12	00:43:40.44	00:43:37.63	AABV - LAGOA - ALGARVE
138	383	LUÍS FERREIRA	M	49	28	00:43:41.69	00:43:27.62	JUVENTUDE AC
139	570	LUIS M ALEIXO	M	38	18	00:43:43.90	00:43:38.07	OS KOTAS
140	204	HENRIQUE ADREGA	M	65	2	00:43:46.44	00:43:28.91	CAA BELÉM
141	629	JOSÉ A PEDRAS	M	61	2	00:43:51.12	00:43:36.02	CORRER EM SANTO ANDRÉ
142	623	PETER STEINHAUSEN	M	65	3	00:43:56.21	00:43:53.61	
143	534	JOSE INOCENCIO	M	65	4	00:44:00.37	00:43:56.62	C BENFICA ALG M MARTINS
144	326	GONÇALO SANTOS	M	43	24	00:44:06.88	00:43:58.47	GDC PORTOS DE SINES E DO ALGARVE
145	566	EDUARDO CONDENÇO	M	19	9	00:44:12.93	00:43:54.32	OS KOTAS
146	147	PAULO BASÍLIO	M	50	14	00:44:20.12	00:44:04.87	OS ZATPEQUES
147	588	GHEORGHE CONDREA	M	18	10	00:44:23.40	00:44:18.55	AABV - LAGOA - ALGARVE

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148	576	ANTÓNIO FERREIRA	M	50	15	00:44:34.71	00:44:34.28	AABV - LAGOA - ALGARVE
149	325	VANESSA A SILVA	F	32	3	00:44:35.51	00:44:17.41	
150	108	DAVID GORGULHO	M	35	19	00:44:37.76	00:44:31.30	
151	542	NARCISO SA	M	50	16	00:44:42.15	00:44:36.22	C BENFICA ALG M MARTINS
152	726	JOSE FILHO	M	54	17	00:44:42.85	00:44:23.29	ATR CABRAS DOIDAS
153	548	JOAO PEREIRA	M	39	20	00:44:47.00	00:44:40.32	C BENFICA ALG M MARTINS
154	581	EUNICE FERNANDES	F	42	1	00:44:47.45	00:44:46.17	AABV - LAGOA - ALGARVE
155	487	PAULO CHAINHO	M	53	18	00:44:48.57	00:44:42.98	GDR S FRANCISCO SERRA
156	509	AMERICO SANTOS	M	59	13	00:45:06.20	00:44:52.17	A NATUREZA ENSINA
157	372	RUI GAMITO	M	35	21	00:45:06.34	00:44:50.30	JUVENTUDE AC
158	587	DANIEL FERNANDES	M	20	34	00:45:06.71	00:44:58.49	AABV - LAGOA - ALGARVE
159	360	FILIPA SILVA	F	35	1	00:45:07.22	00:44:53.92	VILLAGE RUNNERS
160	579	CARLOS NATHIS	M	49	29	00:45:07.67	00:44:59.43	AABV - LAGOA - ALGARVE
161	589	FILIPE SANTOS	M	41	25	00:45:18.27	00:45:06.73	AABV - LAGOA - ALGARVE
162	310	HELIODORO ARRANJA	M	44	26	00:45:23.32	00:45:15.71	BV MONTEMOR-O-NOVO
163	594	GABRIEL GUERREIRO	M	19	11	00:45:26.49	00:45:21.97	UDCB TERRAS DE BARRO
164	239	LUIS SOBRAL	M	55	14	00:45:27.65	00:45:15.10	GD ÁGUIAS DA MOITA
165	621	DANIEL PEREIRA	M	18	12	00:45:30.14	00:45:26.43	
166	387	JOÃO PEREIRA	M	20	35	00:45:32.00	00:45:32.00	JUVENTUDE AC
167	55	RUI PANÇA	M	45	30	00:45:33.03	00:45:13.79	C BENFICA SEIXAL
168	512	ANTONIO ROSADO	M	52	19	00:45:33.05	00:45:20.40	ESTRELA FC
169	126	ANTÓNIO MAURÍCIO	M	65	5	00:45:34.40	00:45:22.26	CP EDP SINES
170	271	JOSÉ BOUCEIRO	M	52	20	00:45:35.20	00:45:16.34	ADCR PJ
171	285	RODRIGO R R SILVA	M	31	36	00:45:35.71	00:45:09.14	SINESCROSSTRaining
172	617	ANTÓNIO CAMPANIÇO	M	38	22	00:45:36.47	00:45:16.99	JD NEVES
173	312	PEDRO PEREIRA	M	39	23	00:45:39.54	00:45:26.14	BV MONTEMOR-O-NOVO
174	616	MANUEL SILVA	M	52	21	00:45:41.03	00:45:22.15	JD NEVES
175	725	CARLOS ROSARIO	M	40	27	00:45:43.00	00:45:28.16	
176	578	JOÃO DUARTE	M	49	31	00:45:43.79	00:45:41.53	AABV - LAGOA - ALGARVE
177	598	ÂNGELA SILVÉRIO	F	29	4	00:45:44.37	00:45:17.15	CN ALVITO
178	42	Mª JOÃO MADEIRA	F	46	1	00:45:48.14	00:45:45.00	NA PAPAGAIOS DE CASCAIS
179	43	JOSÉ CARLOS	M	54	22	00:45:48.63	00:45:46.75	NA PAPAGAIOS DE CASCAIS
180	213	PAULO COSTA	M	50	23	00:45:49.29	00:45:41.15	SFUAP
181	560	JOSE VILHENA	M	50	24	00:45:52.71	00:45:48.95	OS KOTAS
182	402	JOÃO JACINTO	M	60	3	00:45:52.81	00:45:41.03	CCD O ALVITEJO
183	63	GUSTAVO VINHA	M	38	24	00:45:55.05	00:45:40.85	ATR CABRAS DOIDAS
184	267	PAULO SANTOS	M	50	25	00:45:55.50	00:45:50.90	AC SAMBRASENSE

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185	453	RUI SOBRAL	M	20	37	00:45:59.65	00:45:20.73	CP PINHEIRO CRUZ
186	278	TIAGO GUERREIRO	M	38	25	00:46:01.86	00:45:54.07	WE RFUNTASTIC
187	454	VERISSIMO PEREIRA	M	46	32	00:46:04.67	00:45:25.85	CP PINHEIRO CRUZ
188	333	PEDRO SILVA	M	40	28	00:46:04.73	00:45:38.98	GDC PORTOS DE SINES E DO ALGARVE
189	10	JOÃO VIDINHA	M	44	29	00:46:07.40	00:45:47.45	CORRIDAS E COMIDAS
190	561	ANTONIO PARREIRA	M	59	15	00:46:07.90	00:46:02.41	OS KOTAS
191	265	MANUEL FAISCA	M	72	1	00:46:10.04	00:45:59.28	AC SAMBRASENSE
192	638	PAULO HENRIQUES	M	47	33	00:46:15.57	00:45:45.39	
193	57	RENATO CRISTINA	M	44	30	00:46:17.34	00:45:58.76	C BENFICA SEIXAL
194	26	CARLA FERNANDES	F	38	2	00:46:19.37	00:46:15.09	CA AMIGOS PARQUE DA PAZ
195	371	TIAGO SILVA	M	33	38	00:46:19.64	00:45:52.05	VILLAGE RUNNERS
196	207	MIGUEL CASTILHO	M	35	26	00:46:24.36	00:46:01.07	
197	580	JORGE REIS	M	47	34	00:46:29.90	00:46:28.73	AABV - LAGOA - ALGARVE
198	583	SÉRGIO SEROMENHO	M	41	31	00:46:30.47	00:46:20.36	AABV - LAGOA - ALGARVE
199	201	JOAO SANTOS	M	53	26	00:46:30.60	00:46:24.97	C PRAÇAS ARMADA
200	571	JOSÉ MARTINS	M	67	6	00:46:30.79	00:46:06.82	AABV - LAGOA - ALGARVE
201	142	RUI VIEIRA	M	42	32	00:46:32.51	00:46:05.26	
202	381	VASCO RODRIGUES	M	35	27	00:46:35.32	00:46:20.99	JUVENTUDE AC
203	606	FLAVIANO DIAS	M	67	7	00:46:39.63	00:46:33.47	
204	215	ANTÓNIA JORDÃO	F	39	3	00:46:42.74	00:46:38.18	SFUAP
205	322	JOSÉ VILHENA	M	52	27	00:46:44.94	00:46:33.21	RADICAIS DOS TRILHOS
206	33	JOSÉ MIRA	M	65	8	00:46:48.08	00:46:37.20	CA AMIGOS PARQUE DA PAZ
207	390	PEDRO BRÁS	M	41	33	00:46:48.89	00:46:32.23	B13X CROSSFIT ENDURANCE
208	80	RENÉ DUARTE	M	67	9	00:46:57.60	00:46:44.86	C BENFICA SEIXAL
209	282	FAUSTINO PEREIRINHA	M	54	28	00:46:58.83	00:46:51.37	ESC ATL MONTIJO-AFDD
210	137	PEDRO OLIVEIRA	M	47	35	00:47:07.57	00:46:38.10	
211	603	ÁLVARO BEIJINHA	M	41	34	00:47:11.33	00:46:54.66	
212	136	JOSÉ RUIZ	M	49	36	00:47:15.81	00:47:06.31	ADS E NATURAL MONTEXNA
213	334	RUI SEROMENHO	M	40	35	00:47:16.46	00:46:50.35	GDC PORTOS DE SINES E DO ALGARVE
214	651	NUNO MARTINHO	M	41	36	00:47:16.71	00:46:59.89	ALPHAFITNESS
215	230	JOÃO SALDANHA	M	46	37	00:47:17.12	00:46:33.92	FAMÍLIA DO CORAÇÃO
216	567	ANTONIO TEIXEIRA	M	48	38	00:47:17.84	00:46:53.59	OS KOTAS
217	447	CARLOS LOPES	M	43	37	00:47:18.99	00:46:50.87	AMINHACORRIDA/MYPROTEIN
218	403	MANUEL VITORINO	M	67	10	00:47:20.40	00:47:09.35	CCD O ALVITEJO
219	374	TELMO MATOS	M	27	39	00:47:21.44	00:46:56.09	JUVENTUDE AC
220	443	DANIEL LANÇA	M	33	40	00:47:22.56	00:47:18.00	BEJA AC
221	286	SANDRA ISABEL	F	34	5	00:47:36.63	00:47:35.56	GDCT REPSOL POLÍMEROS

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222	85	NELSON MOTA	M	36	28	00:47:42.11	00:47:06.98	TAC - TRANQUILIDADE AÇOREANA CLUBE
223	362	ARMANDO PACHECO	M	44	38	00:47:45.56	00:47:20.85	VILLAGE RUNNERS
224	556	JOSE ALVES	M	67	11	00:47:46.24	00:47:41.21	C BENFICA ALG M MARTINS
225	101	JOÃO P G DOMINGOS	M	47	39	00:47:47.36	00:47:14.63	
226	297	ABILIO CATARRO	M	60	4	00:47:48.58	00:47:41.37	BV MONTEMOR-O-NOVO
227	298	AGOSTINHO PINTO	M	60	5	00:47:48.72	00:47:41.61	BV MONTEMOR-O-NOVO
228	19	SILVÉRIO CORREIA	M	50	29	00:47:51.06	00:47:46.28	TEAM BIFANAS
229	100	CARLOS COELHO	M	57	16	00:47:52.57	00:47:32.97	CA AMIGOS PARQUE DA PAZ
230	572	JOAQUIM PALHINHA	M	65	12	00:47:54.20	00:47:43.10	AABV - LAGOA - ALGARVE
231	294	JOSÉ FERREIRA	M	74	2	00:47:57.44	00:47:47.62	NDC ODEMIRA
232	573	ALAIN GUESDON	M	62	6	00:47:59.36	00:47:56.56	AABV - LAGOA - ALGARVE
233	166	RUI CORREIA	M	47	40	00:48:00.52	00:47:37.15	
234	20	CARLOS MATOS	M	57	17	00:48:02.27	00:47:42.57	C BENFICA SEIXAL
235	116	MÁRIO MARTINS	M	49	41	00:48:04.02	00:47:34.70	CA AMIGOS PARQUE DA PAZ
236	482	NUNO ROQUE	M	40	39	00:48:15.48	00:47:52.85	B13X CROSSFIT ENDURANCE
237	54	RICARDO ALVES	M	34	41	00:48:17.00	00:48:17.00	C BENFICA SEIXAL
238	647	ÁLVARO SERRANITO	M	55	18	00:48:18.82	00:48:16.27	ALPHAFITNESS
239	293	HUGO PARREIRA	M	43	40	00:48:20.14	00:48:01.99	VITORIA FC ERMIDENSE
240	467	ANTONIO PEREIRA	M	63	7	00:48:20.59	00:48:01.17	CCR ALTO MOINHO
241	550	JOSE DUARTE	M	53	30	00:48:21.46	00:48:02.11	C BENFICA ALG M MARTINS
242	67	JOAO NUNES	M	53	31	00:48:27.61	00:48:07.44	
243	210	PAULO CARÔCO	M	36	29	00:48:29.11	00:48:03.94	FAIÃO RUNNING TEAM
244	605	CARLOS ROCHA	M	53	32	00:48:30.29	00:47:58.26	JD NEVES
245	408	DANIEL REBECA	M	30	42	00:48:31.87	00:47:53.91	FERRO E FOGO
246	656	MIGUEL MENDES	M	23	43	00:48:32.96	00:48:11.10	
247	50	PAULO FERRO	M	44	41	00:48:35.88	00:48:16.82	C BENFICA SEIXAL
248	727	CARLOS COSTA	M	48	42	00:48:37.97	00:48:02.93	
249	494	JOÃO FARINHA	M	24	44	00:48:38.03	00:48:18.56	ALPHAFITNESS
250	279	ILIDIO DE CAMPOS	M	57	19	00:48:38.54	00:48:35.66	NDC ODEMIRA
251	356	INES BERNARDO	F	18	1	00:48:39.35	00:48:36.78	NDC ODEMIRA
252	445	ALVARO SILVA	M	60	8	00:48:39.90	00:48:29.47	C PRAÇAS ARMADA
253	655	NUNO GANCHINHO	M	33	45	00:48:40.53	00:48:19.95	
254	336	CARLOS PFUMO	M	21	46	00:48:40.71	00:48:19.51	GDC PORTOS DE SINES E DO ALGARVE
255	264	SOLANGE GUERREIRO	F	25	6	00:48:45.24	00:48:42.74	NDC ODEMIRA
256	263	PAULO PATRÍCIO	M	31	47	00:48:46.30	00:48:43.12	NDC ODEMIRA
257	18	ANA MOTA	F	27	7	00:48:48.39	00:48:27.35	
258	401	JOAQUIM MARTINS	M	56	20	00:48:48.57	00:48:36.38	CCD O ALVITEJO

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259	214	CARLOS GONÇALVES	M	53	33	00:48:55.81	00:48:46.58	SFUAP
260	313	LUIS UMBELINO	M	40	42	00:48:58.70	00:48:47.25	BV MONTEMOR-O-NOVO
261	391	GONÇALO PAIS	M	39	30	00:48:59.66	00:48:51.00	LASURENA
262	52	ALVARO PINTO	M	60	9	00:49:01.80	00:48:44.33	AD REAL ACADEMIA
263	146	JOSÉ MORAIS	M	55	21	00:49:03.50	00:48:46.73	OS ZATOPÉQUES
264	540	ALEXANDRE REIS	M	56	22	00:49:03.66	00:48:48.54	C BENFICA ALG M MARTINS
265	149	JOÃO SILVA	M	58	23	00:49:04.09	00:48:49.06	OS ZATOPÉQUES
266	545	ESTELA COSTA	F	42	2	00:49:06.63	00:48:48.98	C BENFICA ALG M MARTINS
267	384	MARCOS PARREIRA	M	28	48	00:49:07.78	00:48:52.52	JUVENTUDE AC
268	505	JOSÉ ORVALHO	M	69	13	00:49:11.20	00:49:11.20	CCD O ALVITEJO
269	145	HUGO LOURENÇO	M	43	43	00:49:13.58	00:49:01.25	CCDP MUN CASCAIS
270	564	LUIS CHAINHO	M	39	31	00:49:13.98	00:49:09.22	OS KOTAS
271	134	LITA BEJAR	F	49	2	00:49:15.36	00:49:05.75	ADS E NATURAL MONTEXNA
272	110	SALETE BORGES	F	48	3	00:49:18.54	00:49:08.53	CA AMIGOS PARQUE DA PAZ
273	367	RUI MONTEIRO	M	21	49	00:49:19.42	00:48:53.47	VILLAGE RUNNERS
274	361	JOSÉ M COSTA	M	38	32	00:49:19.68	00:48:55.63	VILLAGE RUNNERS
275	197	PEDRO PEREIRA	M	51	34	00:49:23.00	00:48:52.40	
276	415	LUIS M P NUNES	M	33	50	00:49:23.17	00:48:55.05	
277	601	RAFAEL TORRES	M	18	13	00:49:23.21	00:49:02.18	CN ALVITO
278	330	TIAGO PAULO	M	43	44	00:49:28.13	00:49:02.22	GDC PORTOS DE SINES E DO ALGARVE
279	645	JOAQUIM SEVERINO	M	66	14	00:49:29.32	00:49:16.45	REI DO CHOCO CARRASQUEIRA
280	104	DANIEL SILVÉRIO	M	41	45	00:49:34.16	00:49:05.07	
281	405	JOÃO LOUZEIRO	M	29	51	00:49:36.46	00:48:56.48	FERRO E FOGO
282	269	MARIANA SILVA	F	33	8	00:49:37.47	00:49:33.14	AC SAMBRASENSE
283	637	PAULO ROCHA	M	40	46	00:49:37.57	00:48:52.49	BEBEDOLAS
284	194	JORGE M S CARREIRAS	M	50	35	00:49:37.57	00:49:05.50	
285	462	ALZIRA SOBRAL	F	55	1	00:49:44.47	00:49:37.29	CCR ALTO MOINHO
286	331	PAULO GOMES	M	55	24	00:49:47.89	00:49:21.49	GDC PORTOS DE SINES E DO ALGARVE
287	160	RAFAEL PINA	M	36	33	00:49:57.00	00:49:14.84	CÂMARA LISBOA CLUBE
288	171	RICARDO PITA	M	37	34	00:49:57.49	00:49:18.48	CÂMARA LISBOA CLUBE
289	552	PAULO FISHER	M	44	47	00:49:57.66	00:49:42.11	C BENFICA ALG M MARTINS
290	633	CARLOS PARREIRA	M	36	35	00:50:02.16	00:49:44.70	VFCE
291	416	ANTONIO RIBEIRO	M	69	15	00:50:03.71	00:49:32.30	CDR AGUIAS UNIDAS AMORA
292	112	PAULO FRANCISCO	M	48	43	00:50:11.70	00:49:49.43	
293	113	ANA FRANCISCO	F	43	3	00:50:11.85	00:49:49.26	
294	66	PAULO LOURO	M	49	44	00:50:12.37	00:49:44.15	TST
295	513	LUIS M C ROQUE	M	47	45	00:50:14.37	00:50:14.37	CA AMIGOS PARQUE DA PAZ

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296	240	FILIPE NEVES	M	49	46	00:50:14.49	00:49:44.97	GD ÁGUIAS DA MOITA
297	22	ARTUR SOARES	M	44	48	00:50:15.07	00:49:53.53	SPEEDRUNNERS
298	23	CARLA SANTOS	F	47	4	00:50:16.13	00:49:54.54	SPEEDRUNNERS
299	311	RUI CHAPA	M	34	52	00:50:18.68	00:50:07.61	BV MONTEMOR-O-NOVO
300	141	RICARDO FARIA	M	37	36	00:50:22.29	00:50:06.55	
301	91	ALBERTO ABREU	M	50	36	00:50:32.49	00:50:19.29	CCDP MUN CASCAIS
302	261	CONSTANTINO MENDAO	M	57	25	00:50:34.11	00:50:28.31	C PRAÇAS ARMADA
303	119	MANUEL SARAIVA	M	56	26	00:50:35.45	00:50:15.60	AA AVIS
304	471	ANTONIO SOBRAL	M	60	10	00:50:35.79	00:50:28.53	CCR ALTO MOINHO
305	13	PAULA GUEDES	F	45	5	00:50:36.34	00:50:31.75	CA AMIGOS PARQUE DA PAZ
306	115	SCOT SIMPSON	M	69	16	00:50:38.15	00:50:17.36	
307	563	JOAO CACERES	M	18	14	00:50:38.32	00:50:19.33	OS KOTAS
308	144	JULIO MEIRELES	M	65	17	00:50:45.39	00:50:31.69	CCDP MUN CASCAIS
309	35	JOSÉ FALCÃO	M	65	18	00:50:45.84	00:50:38.33	AD RIO LARGO C ESPINHO
310	439	LUCIANO LUCAS	M	59	27	00:50:53.00	00:50:29.08	COALA
311	306	MANUEL ANTONIO	M	56	28	00:50:53.21	00:50:42.24	BV MONTEMOR-O-NOVO
312	530	FERNANDA MARTINS	F	52	1	00:50:53.84	00:50:50.54	GDC PORTOS DE SINES E DO ALGARVE
313	316	ANTONIO AMARAL	M	42	49	00:50:58.89	00:50:46.68	BV MONTEMOR-O-NOVO
314	15	RUI SILVA	M	66	19	00:50:59.72	00:50:29.41	CA AMIGOS PARQUE DA PAZ
315	317	MIGUEL VARELA	M	33	53	00:51:00.26	00:50:48.07	BV MONTEMOR-O-NOVO
316	143	RUI TEIXEIRA	M	53	37	00:51:01.16	00:50:31.89	CA AMIGOS PARQUE DA PAZ
317	32	JACINTO A C BATISTA	M	57	29	00:51:04.28	00:50:43.30	C BENFICA SEIXAL
318	274	RUI M C RAPOSO	M	49	47	00:51:05.25	00:50:42.19	AMICICLO GRÂNDOLA
319	423	CARLOS PEREIRA	M	37	37	00:51:15.09	00:51:00.39	GD SANTACRUZ/LITORALMOTORS.PT
320	422	MARTA CIPRIANO	F	35	4	00:51:15.57	00:51:02.04	GD SANTACRUZ/LITORALMOTORS.PT
321	514	CARMEN VIEGAS	F	38	5	00:51:16.04	00:50:41.13	LEBRES DE DOMINGO - CARVALHAL
322	515	RICARDO GOMES	M	37	38	00:51:17.19	00:50:43.01	LEBRES DE DOMINGO - CARVALHAL
323	295	MÁRIO J BURRICA	M	37	39	00:51:28.56	00:51:23.97	
324	59	JOÃO LIMA	M	57	30	00:51:35.68	00:51:02.32	4 AO KM
325	519	DANIEL RAPOSO	M	36	40	00:51:36.50	00:51:31.39	COALA
326	211	MARIO ALVES	M	61	11	00:51:42.90	00:51:10.17	SFUAP
327	430	BRUNO CARVALHO	M	39	41	00:51:51.54	00:51:15.57	LEBRES DE DOMINGO
328	493	PEDRO CORDEIRO	M	35	42	00:51:52.39	00:51:32.47	ALPHAFITNESS
329	424	ARTUR ALEXANDRE	M	40	50	00:51:53.59	00:51:16.92	LOJA DU PEIXE
330	332	NUNO VENTURA	M	23	54	00:51:55.25	00:51:23.11	GDC PORTOS DE SINES E DO ALGARVE
331	348	ANTONIO CORDEIRO	M	63	12	00:51:55.45	00:51:44.73	AA AVIS
332	17	JOAQUIM VEIGA	M	42	51	00:51:57.88	00:51:37.93	CORRIDAS E COMIDAS

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333	481	ANTONIO VIEIRA	M	68	20	00:52:00.96	00:51:55.55	
334	521	RICARDO CAMPOS	M	41	52	00:52:05.76	00:51:42.99	
335	495	ANTÓNIO CUSTÓDIO	M	57	31	00:52:11.65	00:51:53.25	ALPHAFITNESS
336	133	MANUEL PEDRO	M	54	38	00:52:15.89	00:51:48.21	CP EDP SINES
337	96	PAULA MACHADO	F	62	1	00:52:16.05	00:51:46.39	CCDP MUN CASCAIS
338	172	MIGUEL PEDRO	M	47	48	00:52:18.26	00:51:29.26	FRAQUINHOSTEAM
339	460	PATRICIA MARUJO	F	29	9	00:52:22.29	00:52:07.95	CCR ALTO MOINHO
340	140	RUI CABAÇO	M	46	49	00:52:24.09	00:51:44.70	BRAVOS
341	511	FILIPA FERNANDES	F	34	10	00:52:25.07	00:52:10.49	A NATUREZA ENSINA
342	646	CARLOS COSTA	M	51	39	00:52:35.39	00:52:12.75	A VALE SILENCIO
343	630	HUGO PEREIRA	M	38	43	00:52:40.09	00:51:59.19	SANTO ANDRÉ RUNNERS
344	276	FRANCISCO J A B C ROQUE	M	49	50	00:52:41.50	00:52:00.16	SANTO ANDRÉ RUNNERS
345	549	NUNO RAFAEL	M	37	44	00:52:46.94	00:52:29.73	C BENFICA ALG M MARTINS
346	500	RICARDO TRIGUEIRO	M	34	55	00:52:56.87	00:52:22.31	
347	392	JOÃO TIAGO	M	30	56	00:52:59.00	00:52:43.14	B13X CROSSFIT ENDURANCE
348	602	GONÇALO PARREIRINHA	M	17	15	00:53:00.08	00:52:38.36	CN ALVITO
349	345	JORGE ROCHA	M	40	53	00:53:00.55	00:52:25.76	AA AVIS
350	650	FRANCISCO BAETA	M	21	57	00:53:01.36	00:52:41.20	ALPHAFITNESS
351	244	JOAQUIM CARRILHO	M	50	40	00:53:03.31	00:52:17.37	SS CGD
352	546	BERNARDO GRADISSIMO	M	59	32	00:53:14.16	00:52:34.15	C BENFICA ALG M MARTINS
353	557	VITOR ROCHA	M	57	33	00:53:15.20	00:52:36.86	C BENFICA ALG M MARTINS
354	488	FERNANDO BEIJINHA	M	68	21	00:53:19.05	00:53:13.88	GDR S FRANCISCO SERRA
355	592	JOSE FERREIRA	M	17	16	00:53:19.66	00:53:14.67	AABV - LAGOA - ALGARVE
356	121	PATRÍCIA SANTOS	F	33	11	00:53:19.85	00:53:10.39	TÁLENTOS TEAM
357	219	JOSÉ MANUEL MARQUES	M	62	13	00:53:21.62	00:52:59.42	AA LEBRES SADO
358	189	RODRIGO OLIVEIRA	M	67	22	00:53:24.77	00:52:55.98	SC CASAINHOS
359	427	PAULO OLIVEIRA	M	40	54	00:53:29.33	00:53:26.18	NDC ODEMIRA
360	459	ROSA AFONSO	F	50	2	00:53:30.59	00:53:03.48	CCR ALTO MOINHO
361	610	MARIA JOSE SANTOS	F	49	6	00:53:31.67	00:53:07.94	KETT CLUB
362	463	MARGARIDA AMIGO	F	58	2	00:53:31.76	00:53:17.57	CCR ALTO MOINHO
363	168	SEVERINO CRUZ	M	52	41	00:53:35.25	00:53:06.77	AFIS-OVAR
364	611	SANDRA NUNES	F	40	4	00:53:37.77	00:53:23.78	GD SANTACRUZ/LITORALMOTORS.PT
365	420	NUNO SANTOS	M	27	58	00:53:39.03	00:53:24.33	GD SANTACRUZ/LITORALMOTORS.PT
366	569	RUI P GONÇALVES	M	49	51	00:53:39.20	00:53:32.27	OS KOTAS
367	247	JÚLIO MARTINS	M	60	14	00:53:39.45	00:53:10.81	CP EDP SINES
368	250	ANTONIO SANTOS	M	61	15	00:53:39.79	00:53:08.05	
369	421	PEDRO NUNES	M	37	45	00:53:40.48	00:53:25.59	GD SANTACRUZ/LITORALMOTORS.PT

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370	492	JOÃO MORENO	M	36	46	00:53:41.17	00:53:27.22	PAPA LÉGUAS
371	562	MARGARIDA PEDRO	F	53	3	00:53:56.78	00:53:45.20	OS KOTAS
372	125	JOÃO ALMEIDA	M	58	34	00:53:57.83	00:53:14.30	CP EDP SINES
373	11	DINA VIDINHA	F	40	5	00:53:59.88	00:53:38.49	CORRIDAS E COMIDAS
374	382	RUI PERIQUITO	M	43	55	00:54:00.88	00:53:42.23	JUVENTUDE AC
375	456	FERNANDO SERRÃO	M	46	52	00:54:01.84	00:53:49.73	CP PINHEIRO CRUZ
376	478	CESAR GONÇALVES	M	44	56	00:54:06.87	00:53:34.21	ADC CATUJAL
377	507	LINDALVA SILVA	F	50	4	00:54:11.52	00:53:56.46	A NATUREZA ENSINA
378	510	DAVID ROSA	M	40	57	00:54:12.00	00:53:43.42	A NATUREZA ENSINA
379	93	BRUNO SANTOS	M	35	47	00:54:17.00	00:53:43.44	CCDP MUN CASCAIS
380	111	FERNANDO ALMEIDA	M	50	42	00:54:17.15	00:53:54.50	
381	248	CESAR SANTOS	M	44	58	00:54:24.81	00:53:54.95	70
382	188	ARMANDO CORREIA	M	34	59	00:54:31.08	00:54:06.68	SC CASAINHOS
383	58	ISADORA COSTA	F	28	12	00:54:33.54	00:53:58.17	4 AO KM
384	429	VERA GOMES	F	38	6	00:54:40.38	00:54:07.63	LEBRES DE DOMINGO
385	608	LUIS ABREU	M	38	48	00:54:41.54	00:54:04.26	
386	129	FRANCISCO REBELO	M	50	43	00:54:49.59	00:54:09.49	CP EDP SINES
387	41	MARIO CORREIA	M	42	59	00:54:51.29	00:54:42.77	CORRER EM SANTO ANDRÉ
388	612	ANTÓNIO A M A GOMES	M	50	44	00:54:53.29	00:54:14.04	
389	641	JOÃO CABEDAL	M	32	60	00:54:54.62	00:54:44.49	
390	632	JOÃO NOGUEIRA	M	41	60	00:54:55.57	00:54:31.41	JANELA SOBERANA -REMAX SIRIUS
391	97	PAULO OLIVEIRA	M	49	53	00:55:00.08	00:54:48.22	CCDP MUN CASCAIS
392	94	CLAUDIA BICO	F	37	7	00:55:01.53	00:54:49.75	CCDP MUN CASCAIS
393	127	DAVID ROSA	M	31	61	00:55:02.97	00:54:21.79	CP EDP SINES
394	246	JOSE BARATA	M	56	35	00:55:06.88	00:54:50.66	
395	551	FLORBELA FERREIRA	F	46	7	00:55:08.03	00:54:50.82	C BENFICA ALG M MARTINS
396	102	FERNANDO OLIVEIRA	M	62	16	00:55:09.10	00:54:29.56	
397	75	ANTONIO J A CAIADO	M	46	54	00:55:09.83	00:54:46.63	BE FUNS
398	636	SUSANA CARVALHO	F	32	13	00:55:11.60	00:54:25.35	BEBEDOLAS
399	150	LUIS GRAVE	M	60	14	00:55:13.83	00:54:57.23	OS ZATPEQUES
400	426	MANUEL ALEXANDRE	M	60	62	00:55:21.67	00:54:45.49	LOJA DU PEIXE
401	327	SÉRGIO TIMÓTEO	M	56	17	00:55:25.28	00:55:10.22	GDC PORTOS DE SINES E DO ALGARVE
402	517	CRISTINA RODRIGUES	F	36	18	00:55:26.14	00:54:50.41	LEBRES DE DOMINGO - CARVALHAL
403	180	MARIA MESTRE	F	54	36	00:55:26.16	00:55:20.72	UDCB TERRAS DE BARRO
404	516	MARIO BERNARDINO	M	37	8	00:55:27.32	00:54:52.59	LEBRES DE DOMINGO - CARVALHAL
405	531	ADALBERTO GRILO	M	55	5	00:55:30.68	00:55:06.05	C BENFICA ALG M MARTINS
406	232	CARLOS NEVES	M	49	49	00:55:32.84	00:54:47.70	FAMÍLIA DO CORAÇÃO

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407	233	JOÃO BOLINHAS	M	36	37	00:55:33.52	00:54:51.16	FAMÍLIA DO CORAÇÃO
408	452	ELISIO ALBERTO	M	58	55	00:55:39.95	00:55:01.52	CP PINHEIRO CRUZ
409	337	CARLA AFONSO	F	41	50	00:55:45.48	00:55:24.21	GINASIO C BRAGANCA
410	71	HENRIQUE VILHENA	M	61	38	00:55:53.43	00:55:36.29	CORRER QUELUZ
411	249	PAULO A B GORDO	M	50	6	00:55:53.46	00:55:35.76	CORRER QUELUZ
412	280	ILÍDIA JOSÉ	F	29	19	00:56:01.93	00:55:42.89	ESC ATL MONTIJO-AFDD
413	620	HUMBERTO CAMPOS	M	40	45	00:56:09.69	00:56:06.27	
414	139	M ^ª JOÃO CABAÇO	F	46	15	00:56:10.42	00:55:33.33	BRAVOS
415	385	GONÇALO GAMITO	M	31	61	00:56:10.82	00:55:43.26	JUVENTUDE AC
416	455	FABIO MATEUS	M	29	8	00:56:11.04	00:55:31.71	CP PINHEIRO CRUZ
417	457	RUI PEREIRA	M	49	63	00:56:11.81	00:55:33.11	CP PINHEIRO CRUZ
418	649	RAQUEL MATA	F	35	64	00:56:17.35	00:56:13.46	ALPHAFITNESS
419	497	CARMEN MENDES	F	42	56	00:56:18.69	00:55:58.66	ALPHAFITNESS
420	352	MONICA MONTEIRO	F	35	9	00:56:24.18	00:56:00.17	
421	318	NUNO CHAPA	M	40	7	00:56:24.55	00:56:06.47	BV MONTEMOR-O-NOVO
422	353	JOSE SARAIVA	M	41	10	00:56:24.90	00:55:59.90	
423	16	MANUEL SOBRAL	M	72	62	00:56:25.69	00:55:55.94	CA AMIGOS PARQUE DA PAZ
424	175	RICARDO PEREIRA	M	27	63	00:56:27.34	00:56:19.32	
425	256	CARLOS JESUS	M	66	3	00:56:27.58	00:55:44.52	GDCT REPSOL POLÍMEROS
426	464	ISAURA PEREIRA	F	60	65	00:56:29.88	00:56:02.97	CCR ALTO MOINHO
427	446	RÚBEN FERREIRA	M	23	23	00:56:32.29	00:56:18.81	
428	532	ARNALDO MACHADO	M	66	2	00:56:32.85	00:56:22.45	C BENFICA ALG M MARTINS
429	389	CLÁUDIA MATOS	F	33	66	00:56:34.56	00:56:19.38	C BENFICA SEIXAL
430	273	JOSE S M VERMELHUDO	M	57	24	00:56:35.74	00:56:24.20	NAV RUNNERS
431	174	IVO SILVA	M	67	16	00:56:37.21	00:56:14.40	
432	484	JOAO GAMEIRO	M	50	39	00:56:41.16	00:56:06.31	
433	355	ANA MILITÃO	F	50	25	00:56:48.60	00:56:43.57	UDCB TERRAS DE BARRO
434	369	CARLOS MATIAS	M	55	46	00:56:48.97	00:56:23.56	VILLAGE RUNNERS
435	451	ARMINDO CHAINHO	M	42	6	00:56:49.87	00:56:32.10	CP PINHEIRO CRUZ
436	324	CARLOS CUPETO	M	57	40	00:56:56.10	00:56:37.45	TTERRA
437	202	LUIZ ROSA	M	64	64	00:56:59.66	00:56:29.74	CAA BELÉM
438	203	GILBERTO GONÇALVES	M	68	41	00:57:01.29	00:56:30.93	CAA BELÉM
439	599	JOAQUIM PARREIRINHA	M	54	20	00:57:02.05	00:56:40.37	CN ALVITO
440	328	RENATO PENAS	M	39	26	00:57:03.18	00:56:37.24	GDC PORTOS DE SINES E DO ALGARVE
441	476	MARIA DIAS	F	41	47	00:57:13.99	00:57:09.09	NDC ODEMIRA
442	657	RITA RAPOSO	F	20	51	00:57:15.41	00:56:42.47	
443	393	RAQUEL JUNQUEIRA	F	35	8	00:57:18.17	00:56:59.79	B13X CROSSFIT ENDURANCE

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444	106	NUNO FRAGOSO	M	41	17	00:57:22.55	00:56:48.85	
445	373	NUNO PACHECO	M	33	11	00:57:24.21	00:56:58.60	JUVENTUDE AC
446	156	DANIEL OLIVEIRA	M	61	65	00:57:28.73	00:56:46.26	CÂMARA LISBOA CLUBE
447	366	SUSANA REIS	F	36	67	00:57:31.77	00:57:05.43	VILLAGE RUNNERS
448	368	CARLOS TOMAZ	M	34	21	00:57:33.60	00:57:06.57	VILLAGE RUNNERS
449	217	FRANCISCO PRATES	M	69	12	00:57:34.27	00:57:12.02	AA LEBRES SADO
450	499	PEDRO GUIMARÃES	M	44	68	00:57:40.98	00:57:17.50	ALPHAFITNESS
451	216	MANUELA GONÇALVES	F	49	27	00:57:44.41	00:57:34.79	SFUAP
452	138	INÊS BRITO	F	28	66	00:57:46.74	00:57:09.66	BRAVOS
453	73	Mª JOÃO EMÍDIO	F	49	9	00:57:49.27	00:57:39.27	TÁLENTOS TEAM
454	51	FRANCISCO FERRO	M	69	18	00:57:49.77	00:57:35.44	C BENFICA SEIXAL
455	117	RICARDO RODRIGUES	M	32	10	00:57:51.05	00:57:15.46	
456	245	LUIS BILAU	M	64	28	00:57:54.21	00:57:06.71	SS CGD
457	625	LIGIA M J R CRISTAO	F	49	69	00:57:54.51	00:57:45.21	CORRER EM SANTO ANDRÉ
458	648	PATRÍCIA PÁSCOA	F	39	22	00:57:55.25	00:57:32.16	ALPHAFITNESS
459	40	VANDA CORREIA	F	42	11	00:57:55.73	00:57:45.99	CORRER EM SANTO ANDRÉ
460	170	HUGO MARTINS	M	34	13	00:57:56.47	00:57:19.42	WALKING AND RUNNING
461	243	FERNANDO ALVES	M	56	9	00:57:56.86	00:57:10.45	SS CGD
462	544	PAULO GONÇALVES	M	50	70	00:58:10.74	00:57:53.49	C BENFICA ALG M MARTINS
463	537	JOAQUIM MONICA	M	59	42	00:58:10.85	00:57:33.01	C BENFICA ALG M MARTINS
464	27	RÚBEN COUTO	M	35	48	00:58:11.28	00:57:40.27	CA AMIGOS PARQUE DA PAZ
465	538	PATRICIA PEDRO	F	52	43	00:58:11.42	00:57:33.20	C BENFICA ALG M MARTINS
466	314	LEONARDO MALHÃO	M	18	52	00:58:13.89	00:58:05.59	BV MONTEMOR-O-NOVO
467	304	ELISABETE PICANÇO	F	39	7	00:58:19.63	00:58:01.65	BV MONTEMOR-O-NOVO
468	470	MARCOS FAUSTINO	M	60	17	00:58:22.53	00:58:06.44	CCR ALTO MOINHO
469	596	NUNO SERRÃO	M	37	14	00:58:26.38	00:58:04.54	JUVENTUDE AC
470	358	CARLOS LUDOVINO	M	40	23	00:58:29.21	00:57:51.51	
471	359	ALEXANDRA PEREIRA	F	39	53	00:58:29.43	00:57:51.35	
472	425	QUIM SANTOS	M	50	67	00:58:30.84	00:57:53.29	LOJA DU PEIXE
473	436	SUSANA SOBRAL	F	30	15	00:58:32.34	00:57:50.77	FERRO E FOGO
474	577	ANITA NASCIMENTO	F	50	49	00:58:46.59	00:58:37.18	AABV - LAGOA - ALGARVE
475	24	SARAFIM MARQUES	M	58	19	00:58:51.17	00:58:23.14	CA AMIGOS PARQUE DA PAZ
476	25	HELENA CUNHA	F	58	8	00:58:51.35	00:58:24.24	CA AMIGOS PARQUE DA PAZ
477	193	ANTÓNIO AFONSO	M	56	44	00:58:52.05	00:58:24.43	CA AMIGOS PARQUE DA PAZ
478	105	JOSÉ P RAPOSO	M	65	3	00:58:58.09	00:58:52.50	
479	654	SANDRA CURTO	F	44	45	00:58:58.29	00:58:40.13	
480	607	ADRIANA GRIFO	F	37	29	00:59:13.76	00:58:38.00	

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481	89	LUIS ROMANEIRO	M	57	10	00:59:19.99	00:58:55.87	CORRIDAS E COMIDAS
482	37	CLÁUDIA NUNES	F	39	16	00:59:20.47	00:58:56.37	MAIS QUE CUIDAR RUNNING
483	28	VIRGINIA FONSECA	F	43	46	00:59:21.57	00:58:58.11	CORRIDAS E COMIDAS
484	404	JOSÉ GRILATE	M	72	17	00:59:23.10	00:58:59.90	CCD O ALVITEJO
485	268	ISABEL SANTOS	F	50	11	00:59:40.92	00:59:36.79	AC SAMBRASENSE
486	290	RUI P SANTOS	M	42	4	00:59:42.36	00:58:53.98	FRAQUINHOS
487	169	CARLOS MORAIS	M	48	9	00:59:44.74	00:59:07.72	WALKING AND RUNNING
488	438	JOSE AMARO CURVA	M	57	68	00:59:47.94	00:59:27.30	ATR CABRAS DOIDAS-BEJA
489	291	ANA C PEIXOTO	F	40	57	00:59:48.23	00:58:59.87	FRAQUINHOS
490	555	ANA R MOURA	F	41	47	00:59:49.18	00:59:31.13	C BENFICA ALG M MARTINS
491	46	HELENA ROSA	F	51	12	01:00:02.96	01:00:00.32	NA PAPAGAIOS DE CASCAIS
492	44	DANIEL CONCEIÇÃO	M	51	13	01:00:03.06	00:59:48.22	NA PAPAGAIOS DE CASCAIS
493	182	ANABELA ESTACIO	F	44	10	01:00:07.57	01:00:00.81	UDCB TERRAS DE BARRO
494	184	JORGE PEREIRA	M	58	50	01:00:08.03	01:00:01.58	UDCB TERRAS DE BARRO
495	157	CARLOS FERREIRA	M	53	14	01:00:09.88	00:59:28.38	CÂMARA LISBOA CLUBE
496	187	NUNO PEREIRA	M	45	48	01:00:12.41	01:00:06.75	SC CASAINHOS
497	613	PAULA RITA	F	49	51	01:00:13.72	00:59:40.44	JD NEVES
498	364	ALEXANDRA JACINTO	F	27	58	01:00:37.21	01:00:11.93	VILLAGE RUNNERS
499	591	LUÍS SOUSA	M	42	12	01:00:56.56	01:00:40.49	ACADEMIA LUMIAR
500	343	ISABEL ALVES	F	49	20	01:01:02.84	01:00:23.22	AA AVIS
501	473	PAULO SOARES	M	47	69	01:01:03.88	01:00:18.34	CCR ALTO MOINHO
502	341	OTILIA VEDOR	F	40	13	01:01:04.05	01:00:25.38	AA AVIS
503	241	ANABELA NEVES	F	37	59	01:01:07.14	01:00:40.05	GD ÁGUIAS DA MOITA
504	434	TERESA PRATAS	F	41	15	01:01:18.63	01:00:43.27	LEBRES DE DOMINGO - CARVALHAL
505	131	PEDRO PONTE	M	57	18	01:01:18.64	01:00:37.65	CP EDP SINES
506	161	LUZ RODRIGUES	F	62	16	01:01:19.96	01:01:09.92	ESTRELA NEGRA
507	212	ANA MONTEIRO	F	31	49	01:01:24.37	01:01:14.75	SFUAP
508	440	CARLOS A B TORPES	M	30	3	01:01:28.80	01:00:48.62	FERRO E FOGO
509	614	IVONE LEAL	F	49	21	01:01:34.03	01:01:00.42	JD NEVES
510	394	ANTÓNIO EDUARDO	M	63	71	01:01:36.97	01:01:11.35	
511	417	JOSE PULIDO	M	67	14	01:01:46.30	01:01:34.73	CDR AGUIAS UNIDAS AMORA
512	407	MÓNICA MADEIRA	F	30	24	01:01:57.42	01:01:13.58	FERRO E FOGO
513	258	MÁRIO MILHARADAS	M	32	30	01:02:07.97	01:01:35.14	GDCT REPSOL POLÍMEROS
514	95	IVAN RAMOS	M	34	22	01:02:17.06	01:02:04.41	CCDP MUN CASCAIS
515	76	ANA GAUDENCIO	F	44	72	01:02:27.07	01:01:52.62	RAVINAS
516	90	IVO M A SILVA	M	38	73	01:02:27.93	01:01:58.90	
517	728	ANA CAROLINA PADUA	F	25	17	01:02:39.40	01:02:33.77	

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518	88	RUI LOPES	M	40	54	01:02:44.30	01:02:14.64	
519	39	LIDIA SANTOS	F	53	23	01:02:44.55	01:02:16.04	
520	221	LÍDIA VIEIRA	F	43	70	01:02:46.26	01:02:24.71	AA LEBRES SADO
521	624	RUBEN PEDRO	M	31	11	01:02:51.89	01:02:02.64	FRAQUINHOS TEAM
522	659	RUI RAPOSO	M	49	18	01:03:09.31	01:02:34.88	
523	87	FILIPE J SILVA	M	57	74	01:03:09.49	01:02:37.80	
524	631	ANA P SOUSA	F	45	60	01:03:31.76	01:03:21.40	CORRER EM SANTO ANDRÉ
525	183	FILOMENA CARVALHO	F	48	50	01:03:33.68	01:03:27.35	UDCB TERRAS DE BARRO
526	498	MARCOS LIMA	M	31	15	01:03:38.70	01:02:57.54	ALPHAFITNESS
527	652	DANIEL PARRINHA	M	32	16	01:03:39.33	01:02:57.20	ALPHAFITNESS
528	208	MÓNICA GARRIDO	F	38	75	01:03:39.71	01:03:16.65	
529	622	MARIO A C CRUZ	M	47	76	01:03:46.86	01:03:17.54	
530	227	JUSTILIANO SILVA	M	63	19	01:03:52.85	01:03:07.06	FALCOES SELVAGENS
531	69	ANA C PRANTO	F	45	61	01:04:00.68	01:03:35.30	OS LEÕES
532	68	MANUEL L LEAO	M	48	25	01:04:01.09	01:03:34.66	OS LEÕES
533	483	PEDRO GAMITO	M	40	17	01:04:07.89	01:03:46.74	GDR S FRANCISCO SERRA
534	644	GONÇALO LOPES	M	18	62	01:04:39.84	01:04:08.36	EEZY RUNNING
535	200	JORGE DUARTE	M	52	71	01:04:42.86	01:04:01.91	CÂMARA LISBOA CLUBE
536	61	DANIELA SANTOS	F	18	18	01:04:43.05	01:04:11.58	CORRER EM SANTO ANDRÉ
537	501	ANA CURVA	F	55	52	01:05:02.25	01:04:33.43	ATR CABRAS DOIDAS-BEJA
538	48	MILENA F ALIPIO	F	49	2	01:05:21.75	01:05:05.11	OS PAPOS SECOS
539	49	SANDRA BOLAS	F	45	4	01:05:22.11	01:05:05.40	OS PAPOS SECOS
540	132	RUI GALINDRO	M	55	18	01:05:46.40	01:05:03.34	CP EDP SINES
541	350	VICTOR CARÔCO	M	40	19	01:06:13.13	01:05:33.97	FAIÃO RUNNING TEAM
542	103	MARIA RODRIGUES	F	61	51	01:06:17.96	01:05:37.94	
543	47	LÉNIA CARLOS	F	37	72	01:06:22.50	01:06:18.39	NA PAPAGAIOS DE CASCAIS
544	370	JORGE SEVERINO	M	42	4	01:06:25.65	01:06:00.02	VILLAGE RUNNERS
545	418	PAULA GUERREIRO	F	46	20	01:06:43.45	01:06:12.22	CDR AGUIAS UNIDAS AMORA
546	99	TANIA VALENTIM	F	34	73	01:07:12.11	01:06:36.72	CCDP MUN CASCAIS
547	461	ORLANDA MARTINS	F	46	20	01:07:37.30	01:07:23.23	CCR ALTO MOINHO
548	224	JOSÉ ALÍPIO	M	60	24	01:07:43.55	01:07:32.90	
549	354	PAULO VEIGA	M	51	21	01:07:59.76	01:07:38.41	UDCB TERRAS DE BARRO
550	78	PAULA SILVA	F	47	26	01:08:01.14	01:07:51.55	CORRER EM SANTO ANDRÉ
551	72	HUGO GAUDÊNCIO	M	42	53	01:08:02.00	01:07:57.91	CORRER EM SANTO ANDRÉ
552	83	HELENA DORES	F	52	22	01:08:02.47	01:07:52.40	SEIXAL-RUNNING
553	582	LIDIA FERNANDES	F	42	74	01:08:42.84	01:08:34.25	AABV - LAGOA - ALGARVE
554	74	MÁRIO EMÍDIO	M	53	12	01:08:57.05	01:08:48.64	TÁLENTOS TEAM

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555	84	BEATRIZ SILVA	F	58	19	01:08:57.38	01:08:46.83	SEIXAL-RUNNING
556	77	PEDRO PEREIRA	M	44	54	01:09:13.99	01:08:42.30	RAVINAS
557	231	ANA SALDANHA	F	45	5	01:09:57.20	01:09:12.98	FAMÍLIA DO CORAÇÃO
558	365	ÂNGELA ABREU	F	28	75	01:10:17.25	01:09:51.92	VILLAGE RUNNERS
559	410	RUI QUERIDO	M	38	23	01:10:44.19	01:10:10.54	
560	181	MARIA PONTES	F	55	25	01:10:51.47	01:10:45.14	UDCB TERRAS DE BARRO
561	253	AMADEU FERREIRA	M	75	55	01:11:32.10	01:10:58.88	GDCT REPSOL POLÍMEROS
562	319	FRANCISCO ROSA	M	53	6	01:11:35.78	01:11:23.29	BV MONTEMOR-O-NOVO
563	320	MARIA JOÃO	F	46	5	01:11:39.07	01:11:27.18	BV MONTEMOR-O-NOVO
564	409	CAROLINA RIBEIRO	F	32	55	01:11:51.94	01:11:08.34	FERRO E FOGO
565	82	ALBANO ALVES	M	62	24	01:12:06.74	01:12:00.28	C BENFICA SEIXAL
566	165	MARISA FERRAZ	F	37	26	01:12:21.65	01:11:46.90	
567	164	Mª JOÃO GONÇALVES	F	42	27	01:12:22.84	01:11:48.10	AMICICLO GRÂNDOLA
568	151	ELSA CORREIA	F	33	21	01:13:09.58	01:12:26.95	
569	254	MANUEL SANTOS	M	69	20	01:13:31.74	01:13:06.38	GDCT REPSOL POLÍMEROS
570	198	CAROLINA PEREIRA	F	20	27	01:14:05.67	01:13:35.06	
571	339	TIAGO LOURENÇO	M	47	31	01:16:09.55	01:15:56.27	
572	338	ALEXANDRA CLEMENTE	F	47	28	01:16:11.49	01:15:58.95	
573	257	JULIO MILHARADAS	M	65	63	01:16:11.90	01:15:35.46	GDCT REPSOL POLÍMEROS
574	634	PEDRO SANTOS	M	29	25	01:16:52.66	01:16:07.14	BEBEDOLAS
575	441	STEFANIA FILIP	F	30	32	01:17:27.07	01:16:43.47	FERRO E FOGO
576	162	CARLOS RODRIGUES	M	75	77	01:18:34.85	01:18:13.55	ESTRELA NEGRA
577	642	FAUSTO FRAGOSO	M	68	29	01:19:51.52	01:19:33.62	CANIHIITOS
578	444	JOAQUIM PEREIRA	M	97	6	01:21:00.35	01:20:52.88	C PRAÇAS ARMADA
579	114	MANUEL MOREIRA	M	70	33	01:23:53.76	01:23:45.00	
580	234	ONDINA SANCHES	F	36	7	01:24:14.77	01:23:29.80	FAMÍLIA DO CORAÇÃO

Total de registos: 580

Classificações colectivas baseadas na soma das posições dos quarto primeiros atletas chegados:

Class	Equipa	Soma das posições dos 1ºs 4 classificados	Nº atletas registados
1	BEJA AC	32	7
2	CCD O ALVITEJO	85	10
3	AMICICLO GRÂNDOLA	86	6
4	C BENFICA ALG M MARTINS	154	27
5	GDR S FRANCISCO SERRA	157	8
6	C BENFICA SEIXAL	208	15
7	AABV - LAGOA - ALGARVE	212	21
8	JUVENTUDE AC	219	18

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9	CCR ALTO MOINHO	244	16
10	BV MONTEMOR-O-NOVO	307	20
11	ESC ATL MONTIJO-AFDD	308	6
12	GDCT REPSOL POLÍMEROS	362	9
13	CORRER EM SANTO ANDRÉ	368	12
14	CA AMIGOS PARQUE DA PAZ	444	17
15	AA AVIS	453	8
16	OS KOTAS	493	10
17	CN ALVITO	517	6
18	NDC ODEMIRA	631	9
19	JD NEVES	662	6
20	UDCB TERRAS DE BARRO	684	10
21	AC SAMBRASENSE	751	5
22	GDC PORTOS DE SINES E DO ALGARVE	799	10
23	OS ZATOPEQUES	801	5
24	VILLAGE RUNNERS	850	11
25	SC CASAINHOS	895	5
26	NA PAPAGAIOS DE CASCAIS	958	6
27	LEBRES DE DOMINGO	967	4
28	SFUAP	969	6
29	A NATUREZA ENSINA	994	5
30	ALPHAFITNESS	1029	12
31	FERRO E FOGO	1118	8
32	CÂMARA LISBOA CLUBE	1157	6
33	CP PINHEIRO CRUZ	1157	7
34	LEBRES DE DOMINGO - CARVALHAL	1161	6
35	CCDP MUN CASCAIS	1215	9
36	B13X CROSSFIT ENDURANCE	1235	4
37	CP EDP SINES	1244	8
38	C PRAÇAS ARMADA	1333	4
39	LOJA DU PEIXE	1335	4
40	GD SANTACRUZ/LITORALMOTORS.PT	1368	5
41	CORRIDAS E COMIDAS	1377	5
42	FAMÍLIA DO CORAÇÃO	1591	5

Total de equipas com 4 ou mais atletas registados: 42