

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	18	CARLOS PAPACINZA	M	29	1	00:33:09.98	00:33:09.98	BEJA AC
2	506	ANDRE A 132	M	31	2	00:33:26.07	00:29:17.75	VITORIA FUTEBOL CLUBE
3	377	LUÍS RAÇÕES	M	42	1	00:33:42.21	00:33:42.22	C.C.D. O ALVITEJO
4	498	DIOGO SILVA	M	22	3	00:34:18.14	00:34:18.14	VITORIA FUTEBOL CLUBE
5	547	RUI DOLORES	M	33	4	00:34:28.27	00:34:28.27	AMICICLO GRANDOLA
6	546	HUGO RODRIGUES	M	21	5	00:34:31.43	00:34:31.43	UA POVOENSE
7	306	CELSO BRITO	M	34	6	00:34:35.59	00:34:34.94	AC SAMBRASENSE
8	511	CUSTÓDIO ANTÓNIO	M	41	2	00:34:43.08	00:34:41.71	BEJA AC
9	408	JOÃO CRUZ	M	32	7	00:34:55.00	00:34:55.00	BEJA AC
10	517	LUIS BAÇO	M	42	3	00:34:57.68	00:34:57.68	VITORIA FUTEBOL CLUBE
11	378	JOÃO VAZ	M	50	1	00:35:03.65	00:35:03.65	C.C.D. O ALVITEJO
12	180	PEDRO TRINDADE	M	34	8	00:35:25.06	00:35:25.06	AMICICLO GRANDOLA
13	536	MARIO PEDRO	M	42	4	00:35:43.43	00:35:42.46	MPRH
14	479	FABIO SILVA	M	31	9	00:35:54.02	00:35:52.83	GDR S FRANCISCO DA SERRA
15	222	PEDRO POEIRA	M	36	1	00:35:57.74	00:35:57.02	ND ODEMIRA
16	483	EDGAR MATIAS	M	39	2	00:36:12.64	00:36:12.31	GDR S FRANCISCO DA SERRA
17	273	ROBERTO BAIÃO	M	26	10	00:36:21.61	00:36:21.56	JUVENTUDE ATLÉTICO CLUBE
18	476	RUI GONÇALVES	M	42	5	00:36:26.71	00:36:24.49	GDR S FRANCISCO DA SERRA
19	538	ESTEVÃO JANEIRO	M	22	11	00:36:31.29	00:36:30.86	BEJA AC
20	301	DAVID FERNANDES	M	43	6	00:36:42.83	00:36:42.83	VITORIA FUTEBOL CLUBE
21	183	ALEXANDRE M PIMPÃO	M	46	1	00:36:44.32	00:36:44.32	NARM MESSEJANA
22	361	PEDRO AMIGO	M	36	3	00:36:45.43	00:36:45.44	CCR ALTO DO MOINHO
23	478	EMANUEL DIOGO	M	28	12	00:36:46.87	00:36:45.94	GDR S FRANCISCO DA SERRA
24	451	RUI CRUZ	M	17	1	00:36:49.84	00:36:49.79	C BENFICA ALG M MARTINS
25	181	JOÃO JESUS	M	28	13	00:36:52.27	00:36:52.27	AMICICLO GRANDOLA
26	491	PEDRO M SANTOS	M	36	4	00:36:54.75	00:32:45.67	VITORIA FUTEBOL CLUBE
27	389	CARLOS ARIEIRO	M	43	7	00:36:56.56	00:36:53.32	A NATUREZA ENSINA
28	447	ARTUR OLIVEIRA	M	45	2	00:36:59.92	00:36:59.92	C BENFICA ALG M MARTINS
29	381	JOÃO CANIÇO	M	37	5	00:37:18.94	00:37:18.94	3B TRIATLO
30	14	JOSE M CORREIA	M	51	2	00:37:30.04	00:37:28.92	
31	419	ARMINDO TEIXEIRA	M	36	6	00:37:32.30	00:37:32.30	SPORTING CLUBE DE CASAINHOS
32	497	JOÃO FERREIRA	M	32	14	00:37:59.62	00:37:59.62	VITORIA FUTEBOL CLUBE
33	85	HUGO BALUGA	M	22	15	00:38:03.00	00:38:02.89	AMICICLO GRANDOLA
34	492	JOÃO VEIGA	M	58	1	00:38:03.71	00:38:03.72	UA POVOENSE
35	185	DUARTE FORTES	M	19	2	00:38:06.55	00:38:05.32	NARM MESSEJANA
36	410	ANTÓNIO ARAÚJO	M	53	3	00:38:16.41	00:38:16.41	

37	299	HERNANI FRANCISCO	M	49	3	00:38:26.29	00:38:24.81	VITORIA FUTEBOL CLUBE
38	442	LUIS CRUZ	M	46	4	00:38:44.88	00:38:39.02	MONTIJO RUNNERS
39	537	REGULA HULLIGER	F	39	1	00:38:47.41	00:38:47.41	MPRH
40	51	RÚBEN J D FONSECA	M	36	7	00:38:49.50	00:38:49.50	AMICICLO GRANDOLA
41	518	ANTÓNIO AFONSO	M	48	5	00:38:53.29	00:38:51.06	CR ALTURENSE
42	489	LUIS PEREIRA	M	58	2	00:38:57.01	00:38:56.53	GDR S FRANCISCO DA SERRA
43	111	NUNO CHAINHO	M	32	16	00:39:01.15	00:39:00.55	OS KOTAS
44	205	RICARDO FIRMINO	M	34	17	00:39:05.43	00:39:00.87	AABV
45	267	DANIEL PEREIRA	M	32	18	00:39:09.46	00:39:09.46	JUVENTUDE ATLÉTICO CLUBE
46	406	PAULO GARCIA	M	45	6	00:39:10.99	00:39:10.99	OS GALGOS
47	334	PAULO PINTO	M	45	7	00:39:17.20	00:39:15.29	CA AMIGOS PARQUE DA PAZ
48	567	MÁRIO S GODINHO	M	53	4	00:39:26.00	00:39:26.00	BEJA AC
49	116	LEONEL GONÇALVES	M	43	8	00:39:29.42	00:39:27.48	OS KOTAS
50	481	PAULO CAVALINHOS	M	41	9	00:39:31.17	00:39:27.34	GDR S FRANCISCO DA SERRA
51	450	JOÃO AFONSO	M	49	8	00:39:33.62	00:39:27.49	C BENFICA ALG M MARTINS
52	453	HUGO BORGES	M	35	8	00:39:38.15	00:39:36.77	C BENFICA ALG M MARTINS
53	472	EUCLIDES ALMEIDA	M	37	9	00:39:46.99	00:39:41.94	GDR S FRANCISCO DA SERRA
54	420	FÁBIO PEREIRA	M	26	19	00:39:49.66	00:39:45.39	SPORTING CLUBE DE CASAINHOS
55	512	PEDRO COSTA	M	49	9	00:39:58.90	00:39:56.83	BEJA AC
56	466	ALVARO OLIVEIRA	M	49	10	00:40:06.36	00:40:05.28	C BENFICA ALG M MARTINS
57	437	PEDRO M BOLEIXA	M	46	11	00:40:16.19	00:40:16.19	CD QUARTEIRA
58	221	ANA LOURENÇO	F	35	2	00:40:26.89	00:40:26.89	ND ODEMIRA
59	184	ANTÓNIO PARREIRA	M	62	1	00:40:32.58	00:40:32.08	NARM MESSEJANA
60	436	ANACLETO FAÍSCA	M	60	2	00:40:34.55	00:40:34.55	AREIAS DE SÃO JOÃO
61	37	EDUARDO MONTINHOS	M	42	10	00:40:37.23	00:40:16.94	UDCB TERRAS DE BARRO
62	231	MARCOLINO VERISSIMO	M	46	12	00:40:37.64	00:40:11.13	SS CGD
63	411	RICARDO MACHADO	M	36	10	00:40:38.19	00:40:38.19	LEBRES DE DOMINGO
64	266	BRUNO GAMITO	M	34	20	00:40:39.58	00:40:27.05	JUVENTUDE ATLÉTICO CLUBE
65	4	CARLOS CRISTÃO	M	59	3	00:40:43.35	00:40:40.85	
66	505	HELENA MIRANDA	F	32	1	00:40:45.44	00:40:43.64	VITORIA FUTEBOL CLUBE
67	285	JOÃO RODRIGUES	M	43	11	00:40:46.85	00:40:44.84	BV MONTEMOR-O-NOVO
68	386	CARLOS LIMA	M	47	13	00:40:48.82	00:40:47.15	A NATUREZA ENSINA
69	494	PEDRO LOPES	M	26	21	00:40:54.67	00:40:51.92	SNR
70	29	JOÃO SANTOS	M	52	5	00:40:58.12	00:40:53.66	IRMÃOS LUZIAS LDA
71	154	JOSÉ M G GAMITO	M	30	22	00:40:59.92	00:40:49.94	MARIANITO'S FAMILY
72	580	VASCO RAFAEL	M	29	23	00:40:59.96	00:40:58.78	
73	432	HELDER FAIA	M	43	12	00:41:00.73	00:40:43.94	CP EDP - SINES

74	309	RUI BERNARDO	M	51	6	00:41:06.03	00:41:05.54	AC SAMBRASENSE
75	21	RICARDO FARIA	M	38	11	00:41:07.09	00:40:54.10	JUVENTUDE ATLÉTICO CLUBE
76	397	MIGUEL SOBRAL	M	39	12	00:41:08.58	00:41:05.95	A NATUREZA ENSINA
77	1	JOSÉ FELIX	M	50	7	00:41:22.10	00:41:07.19	LINDA A PASTORA
78	404	ANDRÉ AFONSO	M	29	24	00:41:23.86	00:41:16.40	MAGNUNSSSENS
79	441	PAULO LOPES	M	49	14	00:41:25.44	00:41:19.04	MONTIJO RUNNERS
80	425	MANUEL B COSTA	M	62	3	00:41:27.04	00:41:21.34	CCDTMETROLX
81	440	JOÃO CARDOSO	M	56	4	00:41:27.80	00:41:27.24	MONTIJO RUNNERS
82	426	JOÃO P OLIVEIRA	M	42	13	00:41:28.08	00:41:20.73	CCDTMETROLX
83	331	SERGIO SANTOS	M	54	8	00:41:29.27	00:41:24.88	CA AMIGOS PARQUE DA PAZ
84	189	JOSÉ L SIMÕES	M	59	5	00:41:32.28	00:41:29.40	
85	477	FERNANDO MESTRE	M	45	15	00:41:36.23	00:41:35.62	GDR S FRANCISCO DA SERRA
86	253	RICARDO CASTANHO	M	43	14	00:41:40.47	00:41:40.47	CCR ALTO DO MOINHO
87	298	NUNO PORTO	M	53	9	00:41:42.77	00:41:41.28	VITORIA FUTEBOL CLUBE
88	283	ANTONIO MALHÃO	M	50	10	00:41:45.08	00:41:40.71	BV MONTEMOR-O-NOVO
89	173	JORGE FONTES	M	57	6	00:41:46.61	00:41:41.67	BEJA AC
90	470	PAULO CHAINHO	M	54	11	00:42:00.00	00:42:00.00	GDR S FRANCISCO DA SERRA
91	454	LUIS FERREIRA	M	41	15	00:42:02.10	00:41:57.41	C BENFICA ALG M MARTINS
92	150	ALBERTO RODRIGUES	M	57	7	00:42:04.00	00:42:01.15	CCR ALTO DO MOINHO
93	551	PAULO BARRADAS	M	36	13	00:42:08.60	00:42:03.51	
94	439	NELSON PEREIRA	M	50	12	00:42:12.15	00:42:06.11	MONTIJO RUNNERS
95	421	EDUARDO SANTOS	M	39	14	00:42:14.08	00:42:10.54	SPORTING CLUBE DE CASAINHOS
96	28	RUI J L SOUSA	M	44	16	00:42:18.71	00:41:58.24	SINGARUNNERS
97	22	RUI CARVALHO	M	39	15	00:42:22.71	00:42:11.88	
98	417	ALEXANDRE F NUNES	M	29	25	00:42:24.16	00:41:58.57	LEBRES DE DOMINGO
99	268	FLÁVIO PINELA	M	37	16	00:42:25.61	00:42:12.26	JUVENTUDE ATLÉTICO CLUBE
100	209	DIONÍSIO BAPTISTA	M	56	8	00:42:29.46	00:42:28.72	AABV
101	409	LÚCIA OLIVEIRA	F	39	3	00:42:33.57	00:42:33.41	GENERG
102	144	NELSON COSTA	M	49	16	00:42:37.26	00:42:34.93	NA PAPAGAIOS DE CASCAIS
103	247	JOAQUIM LOPES	M	55	9	00:42:41.57	00:42:39.21	CP PINHEIRO DA CRUZ
104	308	LEONEL CRISTINA	M	53	13	00:42:46.90	00:42:45.16	AC SAMBRASENSE
105	11	PETER STEINHAUSEN	M	66	1	00:42:57.96	00:42:57.96	
106	228	ANTÓNIO M A SILVESTRE	M	52	14	00:42:58.77	00:42:58.77	SSTMODEMIRA
107	542	ALEXANDRE FIGUEIREDO	M	45	17	00:43:00.49	00:42:47.20	CCR ALTO DO MOINHO
108	101	GONÇALO SANTOS	M	44	17	00:43:04.47	00:43:01.46	GDC PORTOS DE SINES E DO ALGARVE
109	445	JORGE AMARAL	M	50	15	00:43:08.65	00:43:04.02	AMINHACORRIDA.COM
110	91	JULIO REIS	M	45	18	00:43:14.58	00:43:13.55	CAMARA LISBOA CLUBE

111	73	DAVID O GORGULHO	M	36	17	00:43:18.85	00:43:17.06	
112	198	SERGIO LIMA	M	36	18	00:43:20.94	00:43:17.32	AABV
113	289	HELIODORO ARRANJA	M	47	19	00:43:26.22	00:43:18.43	BV MONTEMOR-O-NOVO
114	356	ALBERTO SILVA	M	41	18	00:43:34.68	00:43:32.76	GD SANTA CRUZ / LITORAL MOTORS
115	275	VASCO RODRIGUES	M	36	19	00:43:41.97	00:43:35.41	JUVENTUDE ATLÉTICO CLUBE
116	152	LUIS CHAINHO	M	40	19	00:43:43.23	00:43:40.53	OS KOTAS
117	468	JOSÉ INOCÊNCIO	M	66	2	00:43:52.25	00:43:49.97	C BENFICA ALG M MARTINS
118	118	TELMA CRUZ	F	42	1	00:43:54.71	00:43:54.71	ESTUDAMIX
119	407	HENRIQUE MATEUS	M	45	20	00:44:03.87	00:44:03.87	OS GALGOS
120	252	VITOR DIAS	M	47	21	00:44:09.49	00:44:09.49	ND ODEMIRA
121	114	LUIS ALEIXO	M	39	20	00:44:17.63	00:44:14.18	OS KOTAS
122	448	LUIS ROUSSADO	M	48	22	00:44:19.17	00:44:13.99	C BENFICA ALG M MARTINS
123	471	HUGO GONÇALVES	M	37	21	00:44:24.42	00:44:00.74	GDR S FRANCISCO DA SERRA
124	393	SERGIO MACATRÃO	M	62	4	00:44:29.17	00:44:29.17	A NATUREZA ENSINA
125	17	JOSÉ GOUVEIA	M	50	16	00:44:32.05	00:44:17.19	C SARGENTO ARMADA
126	413	FILIPE PEREIRA	M	25	26	00:44:32.45	00:44:22.20	LEBRES DE DOMINGO
127	284	CARLOS MESTRINHO	M	44	20	00:44:34.13	00:44:28.62	BV MONTEMOR-O-NOVO
128	493	ÁLVARO BEIJINHA	M	41	21	00:44:42.60	00:44:37.47	
129	553	NUNO ROQUE	M	45	23	00:44:45.68	00:44:37.11	
130	480	DANIEL SILVÉRIO	M	43	22	00:44:51.94	00:44:46.73	GDR S FRANCISCO DA SERRA
131	487	RUI FREITAS	M	65	3	00:44:53.25	00:44:49.38	GDR S FRANCISCO DA SERRA
132	79	JOSÉ GORDILHO	M	54	17	00:44:53.37	00:44:39.72	CAA BELÉM
133	405	MÁRIO MONTEIRO	M	45	24	00:44:54.00	00:44:30.23	OS GALGOS
134	516	MIGUEL SILVA	M	35	22	00:44:54.91	00:44:43.41	C BENFICA SEIXAL
135	269	HELDER GUERREIRO	M	41	23	00:44:55.44	00:44:43.80	JUVENTUDE ATLÉTICO CLUBE
136	338	RUI TEIXEIRA	M	54	18	00:45:00.81	00:44:29.17	CA AMIGOS PARQUE DA PAZ
137	383	DAVID ROSA	M	42	24	00:45:01.48	00:45:01.48	A NATUREZA ENSINA
138	201	PAULO NASCIMENTO	M	48	25	00:45:03.59	00:44:47.73	AABV
139	550	BRUNO A M ALMEIDA	M	18	3	00:45:03.90	00:44:43.37	SINGARUNNERS
140	548	NUNO SILVA	M	42	25	00:45:04.44	00:44:52.67	LX RUN
141	262	JOSE LANÇA	M	65	4	00:45:05.02	00:45:02.03	CCR ALTO DO MOINHO
142	131	JOAO SANTOS	M	53	19	00:45:05.80	00:45:02.21	C PRAÇAS DA ARMADA
143	509	GUMERSINDO RODRIGUES	M	68	5	00:45:11.44	00:45:09.01	VITORIA FUTEBOL CLUBE
144	143	JOSÉ CARLOS	M	55	10	00:45:16.79	00:45:06.72	NA PAPAGAIOS DE CASCAIS
145	297	AMELIA COSTA	F	52	1	00:45:20.99	00:45:15.52	CCR ALTO DO MOINHO
146	170	GONÇALO	M	32	27	00:45:21.16	00:45:04.84	
147	230	LEANDRO REIS	M	49	26	00:45:21.86	00:45:06.21	



148	23	FLAVIANO DIAS	M	68	6	00:45:25.52	00:45:23.61	AMICICLO GRANDOLA
149	556	ALEXANDRE CAVALHEIRO	M	43	26	00:45:30.55	00:44:31.93	
150	31	JOAO MIRANDA	M	27	28	00:45:33.00	00:45:12.71	
151	58	PAULO COSTA	M	51	20	00:45:34.87	00:45:30.89	SFUAP
152	320	JOÃO SALDANHA	M	38	23	00:45:37.07	00:45:33.24	FAMÍLIA DO CORAÇÃO
153	300	MIGUEL DUARTE	M	44	27	00:45:44.27	00:45:26.18	VITORIA FUTEBOL CLUBE
154	280	ABILIO CATARRO	M	61	5	00:45:49.23	00:45:49.23	BV MONTEMOR-O-NOVO
155	276	LUÍS FERREIRA	M	51	21	00:45:49.74	00:45:37.91	JUVENTUDE ATLÉTICO CLUBE
156	473	PAULO DAMASO	M	20	29	00:46:04.77	00:46:03.63	GDR S FRANCISCO DA SERRA
157	310	PAULO SANTOS	M	51	22	00:46:06.65	00:46:03.83	AC SAMBRASENSE
158	340	MARIO MARTINS	M	51	23	00:46:11.52	00:45:38.71	CA AMIGOS PARQUE DA PAZ
159	227	ANTONIO PEREIRA	M	64	6	00:46:13.22	00:46:07.90	CCR ALTO DO MOINHO
160	457	CARLOS OLEASTRO	M	55	11	00:46:16.08	00:46:16.08	C BENFICA ALG M MARTINS
161	415	CARMEN VIEGAS	F	39	4	00:46:17.60	00:46:17.60	LEBRES DE DOMINGO
162	211	MANUEL CARRASQUEIRA	M	51	24	00:46:19.48	00:46:13.16	IRMÃOS LUZIAS LDA
163	496	ALVARO COSTA	M	56	12	00:46:21.00	00:46:08.43	
164	75	LUIS C MESQUITA	M	43	28	00:46:23.12	00:46:21.72	
165	467	EDUARDO TANGANHITO	M	71	1	00:46:25.14	00:46:22.81	C BENFICA ALG M MARTINS
166	113	HENRIQUE RAFAEL	M	43	29	00:46:28.64	00:46:28.64	OS KOTAS
167	282	ANTONIO GASPAR	M	57	13	00:46:33.26	00:46:26.74	BV MONTEMOR-O-NOVO
168	565	JOÃO ABRANTES	M	62	7	00:46:33.99	00:46:28.61	A NATUREZA ENSINA
169	137	ALBINO D J VICENTE	M	53	25	00:46:38.55	00:46:30.07	BINOTEAM
170	130	GONÇALO SEROMENHO	M	36	24	00:46:42.32	00:46:25.25	PINHEIRO MANSO RUNNERS
171	203	ANTÓNIO FERREIRA	M	51	26	00:46:43.19	00:46:41.31	AABV
172	332	AMAVEL FIGUEIREDO	M	58	14	00:46:47.25	00:46:33.83	CA AMIGOS PARQUE DA PAZ
173	136	JOSÉ SANTOS	M	55	15	00:46:50.77	00:46:21.19	
174	186	JOÃO FERRO	M	26	30	00:46:52.06	00:46:48.27	NARM MESSEJANA
175	287	PEDRO PEREIRA	M	40	30	00:46:55.02	00:46:49.66	BV MONTEMOR-O-NOVO
176	192	PAULO OLIVEIRA	M	42	31	00:47:00.22	00:46:45.54	ND ODEMIRA
177	351	NUNO VENTURA	M	24	31	00:47:03.71	00:46:53.10	GDC PORTOS DE SINES E DO ALGARVE
178	349	HILARIO TORRES	M	59	16	00:47:15.13	00:46:52.01	
179	257	FERNANDO VERISSIMO	M	56	17	00:47:19.37	00:46:59.57	CHESTER´S TEAM
180	256	JORGE DUARTE	M	43	32	00:47:19.54	00:47:00.23	CHESTER´S TEAM
181	133	PEDRO BRAS	M	42	33	00:47:20.27	00:47:04.99	B(13)X CROSSFIT ENDURANCE
182	382	ANTONIO S S VIEIRA	M	69	7	00:47:31.69	00:47:28.05	
183	333	CARLOS COELHO	M	58	18	00:47:35.37	00:47:20.53	CA AMIGOS PARQUE DA PAZ
184	142	MARIA J MADEIRA	F	47	1	00:47:36.39	00:47:35.45	NA PAPAGAIOS DE CASCAIS

185	324	SANDRA ISABEL	F	35	5	00:47:37.81	00:47:37.33	GDCT REPSOL POLÍMEROS
186	106	ANTONIO C P PARREIRA	M	60	8	00:47:39.55	00:47:36.30	OS KOTAS
187	564	ANTONIO NASCIMENTO	M	60	9	00:47:41.58	00:47:41.58	A NATUREZA ENSINA
188	375	CARLOS COSTA	M	47	27	00:47:42.59	00:47:11.10	CLUBE ANACOM
189	54	VITOR G MARTINS	M	58	19	00:47:43.09	00:47:43.09	NA PENTEADO
190	59	ANTÓNIA JORDÃO	F	40	2	00:47:45.83	00:47:43.50	SFUAP
191	210	DEOLINDA LOPES	F	51	2	00:47:51.64	00:47:50.00	AABV
192	53	MIRIAM SILVA	F	35	6	00:47:55.09	00:47:44.40	MDF
193	35	PAULA GUEDES	F	46	2	00:47:56.72	00:47:54.39	CA AMIGOS PARQUE DA PAZ
194	213	PAULO FERREIRA	M	51	27	00:47:56.99	00:47:48.14	CCR ALTO DO MOINHO
195	545	ANDRÉ POMBINHO	M	26	32	00:48:01.77	00:47:51.66	LEBRES DE DOMINGO
196	120	ANA I BRÁS	F	33	2	00:48:05.15	00:47:52.61	CCD PM CASCAIS
197	153	ANTONIO SANTOS	M	65	8	00:48:06.74	00:48:05.14	
198	387	LUIS PIRES	M	50	28	00:48:08.11	00:47:57.38	A NATUREZA ENSINA
199	44	ANA FRANCISCO	F	43	3	00:48:11.40	00:47:54.70	
200	443	FERNANDO SILVA	M	51	29	00:48:11.86	00:47:56.35	
201	169	LUIS MARIANO	M	56	20	00:48:11.97	00:48:06.84	GD ÁGUIAS DA MOITA
202	510	FILIPPE ALEXANDRE	M	18	4	00:48:12.79	00:47:56.23	
203	329	TIAGO PINTO	M	30	33	00:48:14.44	00:48:02.11	CCR ALTO DO MOINHO
204	366	MARCOS LIMA	M	32	34	00:48:17.26	00:48:11.20	ALPHAFITNESS
205	581	FERNANDO DIAS	M	40	34	00:48:17.39	00:48:10.26	
206	245	VERISSIMO PEREIRA	M	47	28	00:48:18.60	00:48:18.60	CP PINHEIRO DA CRUZ
207	294	FRANCISCO PINTO	M	55	21	00:48:19.11	00:48:07.41	CCR ALTO DO MOINHO
208	374	DIOGO COSTA	M	70	2	00:48:21.40	00:48:16.96	C BENFICA SEIXAL
209	204	HONÓRIO TEIXEIRA	M	49	29	00:48:22.27	00:48:22.27	AABV
210	132	MANUEL JACINTO	M	62	10	00:48:23.07	00:48:06.06	C PRAÇAS DA ARMADA
211	214	ANTONIO RIBEIRO	M	70	3	00:48:23.83	00:48:11.25	CDR AGUIAS UNIDAS AMORA SEIXAL
212	281	ANTONIO CAEIRO	M	50	30	00:48:27.15	00:48:22.33	BV MONTEMOR-O-NOVO
213	533	LUIS BAIXINHO	M	34	35	00:48:29.08	00:47:58.36	C MILLENNIUM BCP
214	388	PAULO BRISSOS	M	53	31	00:48:31.53	00:48:25.57	A NATUREZA ENSINA
215	373	JOAQUIM GUERREIRO	M	61	11	00:48:32.02	00:48:18.43	C BENFICA SEIXAL
216	520	RODRIGO FERREIRA	M	37	25	00:48:33.38	00:48:06.31	C MILLENNIUM BCP
217	216	BRUNO J PACHECO	M	27	36	00:48:33.94	00:48:18.57	
218	43	PAULO FRANCISCO	M	48	30	00:48:35.60	00:48:19.81	
219	555	JAIME COSTA	M	32	37	00:48:37.82	00:47:58.15	GDCT REPSOL POLÍMEROS
220	460	ANABELA FERREIRA	F	47	3	00:48:38.23	00:48:11.27	C BENFICA ALG M MARTINS
221	562	SOLANGE GUERREIRO	F	27	3	00:48:40.35	00:48:39.59	ND ODEMIRA

222	220	PAULO PATRICIO	M	33	38	00:48:40.54	00:48:40.54	ND ODEMIRA
223	449	VITOR SILVA	M	52	32	00:48:42.14	00:48:15.82	C BENFICA ALG M MARTINS
224	461	CRISTINA CARVALHO	F	47	4	00:48:42.31	00:48:15.67	C BENFICA ALG M MARTINS
225	535	CARLOS JESUS	M	36	26	00:48:48.62	00:48:44.30	
226	394	PAULO FOLGADO	M	50	33	00:48:49.53	00:48:38.97	A NATUREZA ENSINA
227	384	CARLOS MARINHO	M	38	27	00:48:52.16	00:48:32.74	A NATUREZA ENSINA
228	2022	FRANCISCO ROSA	M	54	34	00:48:53.78	00:48:51.27	BV MONTEMOR-O-NOVO
229	392	FILIPA FERNANDES	F	35	7	00:48:56.01	00:48:45.06	A NATUREZA ENSINA
230	391	FLORBELA BARROS	F	45	5	00:48:56.12	00:48:45.52	A NATUREZA ENSINA
231	395	SERGIO FILIPE	M	37	28	00:48:58.03	00:48:47.11	A NATUREZA ENSINA
232	475	JOAO EDUARDO	M	32	39	00:49:00.11	00:48:59.68	GDR S FRANCISCO DA SERRA
233	134	RICARDO MATIAS	M	25	40	00:49:06.31	00:48:50.30	B(13)X CROSSFIT ENDURANCE
234	532	PEDRO PEREIRA	M	51	35	00:49:07.29	00:48:35.28	C MILLENNIUM BCP
235	515	NUNO FONTES	M	32	41	00:49:09.26	00:48:53.85	
236	307	MANUEL J FAÍSCA	M	73	4	00:49:12.70	00:49:07.12	AC SAMBRASENSE
237	141	CARLOS LOURENÇO	M	48	31	00:49:15.40	00:49:14.21	NA PAPAGAIOS DE CASCAIS
238	588	FRANCISCO FARROPAS	M	72	5	00:49:21.99	00:49:10.64	C.U.IDANHENSE
239	501	ANTÓNIO MARTINS	M	40	35	00:49:22.77	00:48:59.35	
240	199	ALAN GUESDEN	M	63	12	00:49:27.87	00:49:23.82	AABV
241	196	JOSÉ MATEUS	M	40	36	00:49:31.62	00:48:53.35	KAINAGUA
242	207	DANIEL FERNANDES	M	21	42	00:49:34.86	00:49:31.60	AABV
243	330	PEDRO T F SILVA	M	38	29	00:49:37.68	00:49:22.14	B(13)X CROSSFIT ENDURANCE
244	200	JOÃO DUARTE	M	50	36	00:49:44.81	00:49:41.31	AABV
245	549	SUSANA MATEUS	F	28	4	00:49:46.74	00:49:07.11	GDCT REPSOL POLÍMEROS
246	372	HENRIQUE OLIVEIRA	M	47	32	00:49:47.78	00:49:25.04	C BENFICA SEIXAL
247	151	ANTONIO SANTOS	M	61	13	00:49:49.15	00:49:29.03	
248	354	ANA PIRES	F	29	5	00:49:50.09	00:49:50.09	SARAPITOLAS
249	56	CARLOS PENA	M	49	33	00:49:54.05	00:49:42.18	GRD OS FIXES
250	74	HUMBERTO J D BARROS	M	37	30	00:50:00.02	00:49:43.52	KANINOS
251	236	FREDERICO CARVALHO	M	39	31	00:50:03.29	00:49:48.88	SCA/ RUN ALCÁÇOVAS
252	316	MANUEL PARDAL	M	65	9	00:50:04.30	00:49:56.70	AA LEBRES M SADO
253	57	CARLOS GONÇALVES	M	54	37	00:50:07.34	00:50:02.29	SFUAP
254	490	RUI M D BRÁS	M	24	43	00:50:10.54	00:49:57.94	CCD PM CASCAIS
255	265	ALBERTINO PACHECO	M	54	38	00:50:10.88	00:50:10.88	JUVENTUDE ATLÉTICO CLUBE
256	368	NUNO GANCHINHO	M	34	44	00:50:12.12	00:49:54.02	ALPHAFITNESS
257	182	LETÍCIA ESPERANÇA	F	35	8	00:50:15.53	00:50:12.44	HOPE
258	534	JOSÉ DUARTE	M	50	39	00:50:17.30	00:50:17.30	KANINOS

259	379	JOÃO P ALMEIDA	M	51	40	00:50:17.58	00:49:59.49	KANINOS
260	568	NUNO CAMPOS	M	42	37	00:50:17.67	00:50:08.39	PLANO B
261	158	HUGO M N GAUDÊNCIO	M	43	38	00:50:18.03	00:49:39.12	CORRER EM SANTO ANDRÉ
262	157	RUI J N GAUDÊNCIO	M	45	34	00:50:18.15	00:49:38.98	CORRER EM SANTO ANDRÉ
263	165	MANUEL C AMBRÓSIO	M	47	35	00:50:18.47	00:49:56.92	FAMÍLIA AMBRÓSIO
264	587	FÁBIO COELHO	M	32	45	00:50:21.50	00:50:07.05	
265	117	PAULO L MIGUEL	M	45	36	00:50:25.89	00:50:17.26	OS KOTAS
266	416	RUBEN CARVALHO	M	22	46	00:50:35.34	00:50:35.34	LEBRES DE DOMINGO
267	82	CARLA SANTOS	F	48	6	00:50:36.85	00:50:33.67	SPEEDRUNNERS
268	81	ARTUR SOARES	M	45	37	00:50:37.01	00:50:33.65	SPEEDRUNNERS
269	112	HENRIQUE ESPADA	M	43	39	00:50:42.59	00:50:30.77	OS KOTAS
270	107	JOSÉ VILHENA	M	51	41	00:50:42.67	00:50:33.08	OS KOTAS
271	554	ANA ROQUE	F	41	4	00:50:44.18	00:50:35.52	
272	250	ROBERTO MATOS	M	41	40	00:50:47.67	00:50:21.40	CP PINHEIRO DA CRUZ
273	488	FERNANDO SOBRAL	M	60	14	00:50:48.18	00:50:19.90	GDR S FRANCISCO DA SERRA
274	277	VÍTOR SANTOS	M	34	47	00:50:48.73	00:50:48.73	JUVENTUDE ATLÉTICO CLUBE
275	272	PAULO PEREIRA	M	38	32	00:50:49.12	00:50:40.22	JUVENTUDE ATLÉTICO CLUBE
276	365	ANTÓNIO CUSTÓDIO	M	58	22	00:50:49.92	00:50:42.89	ALPHAFITNESS
277	5	PAULO LOURO	M	50	42	00:50:49.99	00:50:41.73	TST
278	128	PEDRO RAMOS	M	35	33	00:50:52.23	00:50:38.31	CCD PM CASCAIS
279	162	ALZIRA SOBRAL	F	56	1	00:50:54.33	00:50:46.96	CCR ALTO DO MOINHO
280	98	JOAQUIM CARRILHO	M	51	43	00:50:55.80	00:50:27.76	SS CGD
281	286	MANUEL ANTONIO	M	59	23	00:50:57.33	00:50:42.69	BV MONTEMOR-O-NOVO
282	149	SEVERINO CRUZ	M	55	24	00:51:01.53	00:50:39.75	
283	570	TIAGO FERNANDES	M	30	48	00:51:02.20	00:50:43.50	ALPHAFITNESS
284	423	JOSE FERNANDES	M	65	10	00:51:06.14	00:51:02.22	RESTAURANTE FAZ FIGURA
285	359	MIGUEL PEDRO	M	48	38	00:51:19.15	00:51:19.15	PEDRO'S & ASSOCIADOS
286	521	IVO SILVA	M	68	11	00:51:19.30	00:51:05.34	C MILLENNIUM BCP
287	123	CLÁUDIA BICO	F	38	9	00:51:19.66	00:51:07.12	CCD PM CASCAIS
288	127	PAULO OLIVEIRA	M	49	39	00:51:19.85	00:51:06.88	CCD PM CASCAIS
289	86	NUNO FRAGOSO	M	42	41	00:51:21.70	00:50:47.50	
290	110	JOÃO CACERES	M	19	5	00:51:22.86	00:51:06.56	OS KOTAS
291	573	MARISA FERRAZ	F	38	10	00:51:24.42	00:51:10.57	
292	119	ALBERTO ABREU	M	50	44	00:51:29.10	00:51:15.70	CCD PM CASCAIS
293	463	JOSÉ DUARTE	M	54	45	00:51:30.26	00:51:04.32	C BENFICA ALG M MARTINS
294	414	NELSON MARTINS	M	36	34	00:51:37.73	00:51:28.03	LEBRES DE DOMINGO
295	249	TIAGO DIAS	M	34	49	00:51:38.18	00:51:38.18	CP PINHEIRO DA CRUZ



296	364	PEDRO CORDEIRO	M	36	35	00:51:38.70	00:51:21.09	ALPHAFITNESS
297	48	MÁRIO CORREIA	M	43	42	00:51:42.53	00:51:32.79	
298	6	VÍTOR J C MARQUES	M	57	25	00:51:48.39	00:51:28.69	CA AMIGOS PARQUE DA PAZ
299	577	ATLETA NÃO CADASTRADO	M	0	6	00:51:49.87	00:51:40.53	
300	345	RUI SILVA	M	67	12	00:51:51.83	00:51:19.37	CA AMIGOS PARQUE DA PAZ
301	125	JULIO MEIRELES	M	66	13	00:51:55.64	00:51:48.57	CCD PM CASCAIS
302	177	NELSON S VILHENA	M	40	43	00:52:07.86	00:51:52.68	CC REN
303	163	RICARDO CAMPOS	M	42	44	00:52:12.66	00:52:03.00	DESPORTIVO DE ODIVELAS
304	446	CARLOS LOPES	M	43	45	00:52:14.04	00:51:54.19	AMINHACORRIDA.COM
305	295	PATRICIA MARUJO	F	30	6	00:52:14.49	00:52:01.67	CCR ALTO DO MOINHO
306	376	INÉS BERNARDO	F	19	1	00:52:14.83	00:52:14.83	ND ODEMIRA
307	390	VIRGILIO OLIVEIRA	M	57	26	00:52:17.34	00:51:51.17	A NATUREZA ENSINA
308	412	VERA GOMES	F	39	11	00:52:18.20	00:52:18.20	LEBRES DE DOMINGO
309	464	LÚCIO MORAIS	M	58	27	00:52:19.21	00:52:19.21	C BENFICA ALG M MARTINS
310	10	FERNANDO ALMEIDA	M	51	46	00:52:19.82	00:52:02.60	
311	569	RAFAEL JUNQUEIRA	M	30	50	00:52:23.70	00:52:04.92	ALPHAFITNESS
312	429	NUNO M AZEVEDO	M	40	46	00:52:27.70	00:51:52.63	CCDTMETROLX
313	218	SERGIO SILVA	M	44	47	00:52:29.00	00:52:22.91	
314	76	CARLOS PEREIRA	M	36	36	00:52:37.86	00:52:03.53	IR E O MELHOR REMEDIO RUNNERS
315	418	CARLOS A SANTOS	M	44	48	00:52:39.50	00:52:05.90	
316	70	CARLOS MATOS	M	58	28	00:52:42.76	00:52:18.24	C BENFICA SEIXAL
317	427	FRANCISCO PLÍNIO	M	62	15	00:52:43.03	00:52:08.95	CCDTMETROLX
318	24	JOAQUIM A VEIGA	M	43	49	00:52:44.54	00:52:34.67	CORRIDAS E COMIDAS
319	77	MIGUEL RAMOS	M	39	37	00:52:45.84	00:52:12.95	IR E O MELHOR REMEDIO RUNNERS
320	398	MARIO FONSECA	M	45	40	00:52:51.19	00:52:40.31	A NATUREZA ENSINA
321	543	INÉS KOL	F	37	12	00:52:54.22	00:52:19.74	#JESUSVIVE
322	482	JOAO NOGUEIRA	M	43	50	00:52:54.40	00:52:36.59	GDR S FRANCISCO DA SERRA
323	552	SÍLVIA DOMINGOS	F	35	13	00:52:58.58	00:52:51.80	
324	115	JOAQUIM SANTANA	M	34	51	00:53:00.13	00:52:41.68	OS KOTAS
325	242	RUI SOBRAL	M	31	52	00:53:03.71	00:52:36.27	CP PINHEIRO DA CRUZ
326	241	ARMINDO CHAINHO	M	43	51	00:53:04.14	00:52:38.62	CP PINHEIRO DA CRUZ
327	402	NUNO MARTINS	M	37	38	00:53:17.67	00:52:44.82	
328	531	LEONEL BRANDAO	M	50	47	00:53:18.10	00:52:44.36	C MILLENNIUM BCP
329	225	CARLOS MANUEL	M	42	52	00:53:21.87	00:53:00.73	
330	317	JOSÉ M MARQUES	M	63	16	00:53:30.50	00:53:21.67	AA LEBRES M SADO
331	255	ANTONIO GRAZINA	M	69	14	00:53:32.29	00:53:13.10	CHESTER'S TEAM
332	422	RODRIGO OLIVEIRA	M	68	15	00:53:35.09	00:53:35.09	SPORTING CLUBE DE CASAINHOS

333	179	RICARDO COSTA	M	31	53	00:53:35.29	00:53:13.95	AMICICLO GRANDOLA
334	401	FERNANDA FAISCA	F	39	14	00:53:36.37	00:53:07.59	TEAM RUNNING CABRAS DOIDAS
335	539	LUÍS C S MIRANDA	M	51	48	00:53:38.73	00:53:17.55	A.T.R. CABRAS DOIDAS
336	444	TINA OLIVEIRA	F	54	3	00:53:43.18	00:53:43.18	AMINHACORRIDA.COM
337	430	MÁRIO J BURRICA	M	38	39	00:53:45.40	00:53:23.54	UDCB TERRAS DE BARRO
338	104	JOÃO SANTOS	M	41	53	00:53:50.54	00:53:20.24	GDC PORTOS DE SINES E DO ALGARVE
339	3	FILIPE J SILVA	M	57	29	00:53:52.09	00:53:27.59	
340	544	RICARDO VIEGAS	M	41	54	00:53:56.75	00:53:23.34	#JESUSVIVE
341	19	ANTONIO CAIADO	M	48	41	00:53:59.22	00:53:24.12	BE FUNS
342	68	JOSE VERMELHUDO	M	58	30	00:54:01.25	00:53:38.07	SEIXAL-RUNNING
343	403	PEDRO OLIVEIRA	M	39	40	00:54:04.20	00:53:47.74	
344	367	FRANCISCO MIRANDA	M	40	55	00:54:09.91	00:53:29.51	ALPHAFITNESS
345	559	LUIS PALMA	M	44	56	00:54:10.42	00:53:46.69	C BENFICA ALG M MARTINS
346	400	ANA MILITAO	F	52	4	00:54:15.17	00:54:12.29	UDCB TERRAS DE BARRO
347	302	JOSÉ BORGES	M	48	42	00:54:15.63	00:53:56.75	VITORIA FUTEBOL CLUBE
348	190	NUNO P VENTURA	M	45	43	00:54:19.61	00:54:19.61	
349	47	VANDA CORREIA	F	43	5	00:54:21.70	00:54:13.14	
350	288	MIGUEL VARELA	M	33	54	00:54:25.82	00:54:20.03	BV MONTEMOR-O-NOVO
351	462	SÓNIA FERREIRA	F	37	15	00:54:28.14	00:54:28.14	C BENFICA ALG M MARTINS
352	296	JOÃO P MARQUES	M	56	31	00:54:30.07	00:54:17.69	CCR ALTO DO MOINHO
353	502	MIGUEL COROA	M	23	55	00:54:33.10	00:54:26.48	ARMADA DA LAGOA
354	41	RUI M C RAPOSO	M	50	49	00:54:34.62	00:54:16.40	AMICICLO GRANDOLA
355	243	FERNANDO SERRÃO	M	47	44	00:54:49.51	00:54:41.35	CP PINHEIRO DA CRUZ
356	524	ALEXANDRA COSTA	F	46	7	00:54:49.84	00:54:18.78	C MILLENNIUM BCP
357	336	CARLOS ARAGONEZ	M	45	45	00:54:52.74	00:54:28.36	CA AMIGOS PARQUE DA PAZ
358	337	ANA ARAGONEZ	F	40	6	00:54:53.28	00:54:27.34	CA AMIGOS PARQUE DA PAZ
359	174	SÉRGIO MÓNICA	M	48	46	00:54:54.20	00:54:37.52	COALA
360	499	LUIS CRUZ	M	47	47	00:54:56.84	00:54:53.98	VITORIA FUTEBOL CLUBE
361	360	ANA C PEIXOTO	F	41	7	00:54:59.00	00:54:59.00	PEDRO'S & ASSOCIADOS
362	30	JOSÉ CALISTO	M	35	41	00:54:59.35	00:54:23.89	BE FUNS
363	248	BRÁLIA CHAINHO	F	52	5	00:55:15.24	00:54:53.22	CP PINHEIRO DA CRUZ
364	325	CARLOS JESUS	M	67	16	00:55:16.22	00:54:43.72	GDCT REPSOL POLÍMEROS
365	126	PAULA MACHADO	F	63	1	00:55:16.96	00:55:03.60	CCD PM CASCAIS
366	435	MANUEL PEDRO	M	55	32	00:55:28.20	00:54:58.25	CP EDP - SINES
367	109	MARGARIDA PEDRO	F	54	6	00:55:28.91	00:55:24.51	OS KOTAS
368	438	FÁTIMA BRANCO	F	51	7	00:55:33.34	00:55:27.94	
369	371	LUIS FERRO	M	46	48	00:55:33.57	00:55:10.95	C BENFICA SEIXAL

370	503	PEDRO P DUARTE	M	37	42	00:55:38.89	00:55:32.10	
371	362	FRANCISCO RQUE	M	50	50	00:55:45.34	00:55:15.31	SANTO ANDRÉ RUNNER'S
372	363	HUGO PEREIRA	M	39	43	00:55:46.69	00:55:16.17	SANTO ANDRÉ RUNNER'S
373	396	LINDA SILVA	F	51	8	00:55:51.22	00:55:36.59	A NATUREZA ENSINA
374	84	ANABELA P ESTACIO	F	45	8	00:55:55.88	00:55:37.37	UDCB TERRAS DE BARRO
375	80	JORGE A D PEREIRA	M	59	33	00:55:55.95	00:55:37.14	UDCB TERRAS DE BARRO
376	292	ROSA AFONSO	F	50	9	00:56:04.35	00:55:43.59	CCR ALTO DO MOINHO
377	261	JOSÉ A D BARATA	M	58	34	00:56:04.72	00:55:43.44	
378	71	DERWEDUWEN MICHEL	M	65	17	00:56:06.57	00:55:58.50	
379	244	ELISIO ALBERTO	M	60	17	00:56:09.13	00:55:59.21	CP PINHEIRO DA CRUZ
380	572	GONÇALO SEABRA	M	40	57	00:56:09.40	00:56:09.40	OS ZAFOPQUES
381	571	FRANCISCO HEITOR	M	44	58	00:56:09.89	00:55:40.25	O PRATICANTE
382	513	AURÉLIO G GOMES	M	59	35	00:56:11.38	00:56:02.38	GROUPETA
383	103	FERNANDO FRAGATEIRO	M	57	36	00:56:14.76	00:55:43.82	GDC PORTOS DE SINES E DO ALGARVE
384	424	RAFAEL V SANTOS	M	51	51	00:56:18.77	00:55:42.35	CCDTMETROLX
385	224	JOSÉ C SARAIVA	M	55	37	00:56:24.46	00:56:05.66	HA GLONG
386	69	ÂNGELA D C MENDES	F	34	7	00:56:32.89	00:56:27.11	
387	2025	JOSE CARAVELA	M	58	38	00:56:38.05	00:56:14.62	BV MONTEMOR-O-NOVO
388	582	MARIA CORREIA	F	52	10	00:56:38.18	00:56:14.45	
389	194	PAULO M ABADIA	M	47	49	00:56:41.08	00:56:19.26	C BENFICA SEIXAL
390	504	ALMA MARQUES	F	47	9	00:56:44.65	00:56:20.63	OS GALGOS
391	88	MIGUEL VELEZ	M	54	52	00:56:49.14	00:56:38.50	CAMARA LISBOA CLUBE
392	124	IVAN RAMOS	M	34	56	00:56:50.95	00:56:37.48	CCD PM CASCAIS
393	465	ELSA OLIVEIRA	F	53	11	00:56:58.99	00:56:50.94	C BENFICA ALG M MARTINS
394	188	PAULA RITA	F	50	12	00:57:00.12	00:56:56.99	
395	258	JULIO PARREIRA	M	69	18	00:57:04.19	00:56:41.41	CHESTER'S TEAM
396	61	LISA SANTOS	F	38	16	00:57:04.77	00:56:52.69	SFUAP
397	343	RUBEN COUTO	M	36	44	00:57:05.14	00:56:33.24	CA AMIGOS PARQUE DA PAZ
398	528	ANTONIO ALMEIDA	M	51	53	00:57:12.97	00:56:41.66	C MILLENNIUM BCP
399	32	SUSANA LEITÃO	F	43	8	00:57:13.08	00:57:00.83	NA PAPAGAIOS DE CASCAIS
400	2032	ANABELA CARVALHO	F	42	9	00:57:15.77	00:56:45.28	ESTUDAMIX
401	193	CARLOS LUDOVINO	M	42	59	00:57:17.34	00:56:52.28	LEBRES DE DOMINGO
402	219	ALEXANDRA PEREIRA	F	40	10	00:57:17.57	00:56:52.00	LEBRES DE DOMINGO
403	60	MARIA GONÇALVES	F	50	13	00:57:26.00	00:57:20.35	SFUAP
404	452	JOAQUIM MÓNICA	M	59	39	00:57:31.35	00:57:03.43	C BENFICA ALG M MARTINS
405	291	PAULO SOARES	M	48	50	00:57:32.15	00:56:55.65	CCR ALTO DO MOINHO
406	212	MARCOS FAUSTINO	M	61	18	00:57:54.20	00:57:43.78	CCR ALTO DO MOINHO

407	27	MARIA D J SOUSA	F	39	17	00:58:07.78	00:57:47.76	SINGARUNNERS
408	140	VITOR GONÇALVES	M	48	51	00:58:08.60	00:57:27.61	4 AO KM
409	138	ISADORA COSTA	F	30	8	00:58:08.77	00:57:27.55	4 AO KM
410	121	ANTÓNIO VICENCIO	M	48	52	00:58:18.00	00:58:04.54	CCD PM CASCAIS
411	129	TERESA SIMÕES	F	45	10	00:58:18.14	00:58:05.51	CCD PM CASCAIS
412	399	RUI LOPES	M	42	60	00:58:19.57	00:57:47.17	
413	385	ANA ROSARIO	F	46	11	00:58:23.19	00:58:08.28	A NATUREZA ENSINA
414	96	TERESA GONÇALVES	F	42	11	00:58:23.59	00:58:10.27	
415	251	ANA SILVA	F	42	12	00:58:23.82	00:58:02.34	CP PINHEIRO DA CRUZ
416	527	MARIO MARCELINO	M	59	40	00:58:26.82	00:57:51.65	C MILLENNIUM BCP
417	590	MANUEL SEQUEIRA	M	67	19	00:58:29.81	00:58:09.52	GDCT REPSOL
418	195	NELA MARQUEZ	F	47	12	00:58:30.41	00:58:16.84	NA PAPAGAIOS DE CASCAIS
419	167	ERNESTO PRATAS	M	61	19	00:58:32.45	00:58:07.65	EQUIPA PRATAS
420	168	DOLORES PRATAS	F	54	14	00:58:32.55	00:58:10.50	EQUIPA PRATAS
421	94	PAULA LEITAO	F	44	13	00:58:38.13	00:58:29.74	CAMARA LISBOA CLUBE
422	202	ANITA NASCIMENTO	F	51	15	00:58:44.03	00:58:34.80	AABV
423	339	ZECA AFONSO	M	57	41	00:58:58.03	00:58:28.72	CA AMIGOS PARQUE DA PAZ
424	458	JOAQUIM HERMENEGILDO	M	55	42	00:59:07.86	00:58:59.81	C BENFICA ALG M MARTINS
425	566	MEDA VENTURA	F	38	18	00:59:23.25	00:59:23.25	
426	526	CARLA RIBEIRO	F	40	14	00:59:23.40	00:58:48.93	C MILLENNIUM BCP
427	579	RUTE FIGUEIRAS	F	40	15	00:59:28.87	00:59:28.87	
428	139	JOÃO LIMA	M	58	43	00:59:34.15	00:58:52.98	4 AO KM
429	456	JOÃO SOARES	M	64	20	00:59:36.67	00:59:08.08	C BENFICA ALG M MARTINS
430	237	FERNANDO ALVES	M	56	44	00:59:37.01	00:59:11.30	SS CGD
431	191	LUIS A P BILAU	M	65	20	00:59:37.32	00:59:11.54	SS CGD
432	327	FILIPA MARTINS	F	42	16	00:59:39.71	00:59:32.51	CC REN
433	87	LUIS MIGUEL	M	42	61	00:59:41.18	00:59:20.46	
434	583	PEDRO ROQUE	M	20	57	00:59:46.55	00:59:46.55	
435	344	LUIS ROQUE	M	48	53	00:59:46.59	00:59:13.65	CA AMIGOS PARQUE DA PAZ
436	52	DULCE GOMES	F	58	2	00:59:50.11	00:59:25.85	MDF
437	335	SARA FRANCISCO	F	39	19	00:59:52.12	00:59:21.00	CA AMIGOS PARQUE DA PAZ
438	321	CARLOS NEVES	M	50	54	00:59:53.19	00:59:24.10	FAMÍLIA DO CORAÇÃO
439	38	JOAQUIM F C PINTO	M	59	45	00:59:53.20	00:59:16.08	
440	15	JORGE M G PIRES	M	63	21	00:59:54.06	00:59:18.18	
441	322	JOÃO BOLINHAS	M	37	45	00:59:54.10	00:59:54.10	FAMÍLIA DO CORAÇÃO
442	560	CARLOS MAGALHÃES	M	49	54	01:00:00.46	00:59:32.40	JUNTOS SOMOS MAIS FORTES
443	561	LIDÍA	F	54	16	01:00:00.54	00:59:32.75	JUNTOS SOMOS MAIS FORTES



444	352	DANIEL MARTINS	M	37	46	01:00:05.04	01:00:05.04	SARAPITOLAS
445	122	BRUNO SANTOS	M	36	47	01:00:17.05	00:59:39.06	CCD PM CASCAIS
446	145	HELENA ROSA	F	52	17	01:00:17.16	01:00:07.54	NA PAPAGAIOS DE CASCAIS
447	2	MANUEL SARAIVA	M	57	46	01:00:22.64	00:59:55.63	LINDA A PASTORA
448	215	PAULA GUERREIRO	F	48	13	01:00:22.83	01:00:10.25	CDR AGUIAS UNIDAS AMORA SEIXAL
449	586	CARLOS CHANCA	M	43	62	01:00:42.90	01:00:14.65	
450	278	IVONE LEAL	F	50	18	01:01:13.27	01:00:52.75	
451	585	DORA SOUSA	F	38	20	01:01:17.07	01:00:49.19	
452	357	RUBEN PEDRO	M	32	58	01:01:21.54	01:01:21.54	PEDRO'S & ASSOCIADOS
453	358	RUI PEDRO	M	43	63	01:01:21.59	01:00:40.26	PEDRO'S & ASSOCIADOS
454	92	JOAO FIGUEIREDO	M	61	22	01:01:23.13	01:01:15.81	CAMARA LISBOA CLUBE
455	523	JOSE REBELO	M	52	55	01:01:24.49	01:00:51.40	C MILLENNIUM BCP
456	369	RAQUEL MATA	F	36	21	01:01:27.02	01:01:13.80	ALPHAFITNESS
457	578	LIGIA CRISTÃO	F	51	19	01:01:27.18	01:01:15.31	
458	95	DANIEL OLIVEIRA	M	62	23	01:01:34.17	01:01:25.79	CAMARA LISBOA CLUBE
459	328	RUI P XAVIER	M	51	56	01:01:47.23	01:01:34.56	CP EDP - LISBOA
460	353	ARMANDO MORAIS	M	54	57	01:01:52.23	01:01:29.40	SARAPITOLAS
461	355	MÓNICA SANTOS	F	40	17	01:01:52.54	01:01:52.54	SARAPITOLAS
462	13	LUIS ROMANEIRO	M	58	47	01:01:53.54	01:01:43.73	CORRIDAS E COMIDAS
463	33	CLÁUDIA RAMOS	F	44	18	01:01:53.88	01:01:44.08	CORRIDAS E COMIDAS
464	46	MÁRIO SANTIAGO	M	53	58	01:01:55.20	01:01:37.85	KANINOS
465	260	RUI PASSOS	M	42	64	01:01:56.48	01:01:56.48	
466	303	ANA R T RODRIGUES	F	26	9	01:02:08.18	01:01:52.34	3 MIÚDAS GIRAS
467	304	SILVIA SANTOS	F	36	22	01:02:08.83	01:01:53.47	3 MIÚDAS GIRAS
468	25	MARGARIDA PISCO	F	25	10	01:02:35.57	01:02:35.57	
469	99	HENRIQUE GAIRIFO	M	63	24	01:02:36.70	01:02:09.26	SS CGD
470	485	ANTÓNIO SIMÕES	M	54	59	01:02:45.41	01:02:21.08	GDR S FRANCISCO DA SERRA
471	484	LUIS PERAREIRA	M	49	55	01:02:45.53	01:02:20.30	GDR S FRANCISCO DA SERRA
472	486	PEDRO GAMITO	M	41	65	01:02:47.61	01:02:20.14	GDR S FRANCISCO DA SERRA
473	223	IRENE D C INÁCIO	F	49	14	01:02:49.58	01:02:31.58	HA GLONG
474	146	LÉNIA CARLOS	F	38	23	01:02:56.82	01:02:46.44	NA PAPAGAIOS DE CASCAIS
475	319	LÍDIA VIEIRA	F	44	19	01:03:03.67	01:02:56.00	AA LEBRES M SADO
476	519	CATARINA ALTAS	F	44	20	01:03:18.17	01:02:59.04	C MILLENNIUM BCP
477	12	EDUARDO AMORIM	M	47	56	01:03:26.16	01:02:50.03	
478	318	JOSÉ M SÁ	M	59	48	01:03:36.91	01:03:29.16	AA LEBRES M SADO
479	541	JOSE CURVA	M	58	49	01:03:39.20	01:03:36.93	A.T.R. CABRAS DOIDAS
480	39	LUZ RODRIGUES	F	63	2	01:03:56.58	01:03:49.54	ESTRELA NEGRA



481	507	VANESSA PAIS	F	32	11	01:03:56.73	01:03:18.04	RUNNING
482	508	DINIS CARTAS	M	35	48	01:03:57.07	01:03:17.92	RUNNING
483	370	FRANCISCO FERRO	M	70	6	01:04:23.19	01:04:00.78	C BENFICA SEIXAL
484	522	ANABELA PINELA	F	58	3	01:04:25.50	01:04:03.48	C MILLENNIUM BCP
485	558	HERLANDER BRAZ	M	58	50	01:04:32.43	01:04:10.31	
486	90	CARLOS FERREIRA	M	53	60	01:04:57.86	01:04:17.64	CAMARA LISBOA CLUBE
487	434	PEDRO PONTE	M	58	51	01:05:00.37	01:04:33.59	CP EDP - SINES
488	459	ROSA DIAS	F	50	20	01:05:01.34	01:04:33.87	C BENFICA ALG M MARTINS
489	102	JOSÉ MARTINS	M	30	59	01:05:06.90	01:04:27.54	GDC PORTOS DE SINES E DO ALGARVE
490	589	MARIA ANDRADE	F	22	12	01:05:07.19	01:04:27.66	
491	34	JUSTILIANO MEIRELES	M	64	25	01:05:25.78	01:04:39.88	FALCÕES SELVAGENS
492	314	MAYER RAPOSO	M	71	7	01:05:27.56	01:05:06.80	AA LEBRES M SADO
493	274	TELMO MATOS	M	28	60	01:05:32.91	01:04:59.85	JUVENTUDE ATLÉTICO CLUBE
494	350	MAGDALENA JANUSZKO	F	31	13	01:05:32.98	01:04:59.61	MTF-HCS
495	290	JOAO LANDEIRO	M	71	8	01:05:40.24	01:05:13.60	
496	171	GRACINDA A DELGADO	F	49	15	01:05:47.83	01:05:20.52	SFUAP
497	514	ANA M A RODRIGUES	F	58	4	01:05:58.59	01:05:49.89	GROUPETA
498	540	GONÇALO GAMITO	M	32	61	01:06:07.19	01:05:32.28	JUVENTUDE ATLÉTICO CLUBE
499	530	RUI RODRIGUES	M	49	57	01:06:24.31	01:05:47.93	C MILLENNIUM BCP
500	97	MANUEL BAPTISTA	M	53	61	01:06:28.85	01:05:57.12	SS CGD
501	78	GILBERTO GONÇALVES	M	69	21	01:06:28.93	01:05:56.59	CAA BELÉM
502	271	NUNO PACHECO	M	34	62	01:06:53.90	01:06:20.12	JUVENTUDE ATLÉTICO CLUBE
503	135	HUGO MIGUEL	M	34	63	01:06:53.99	01:06:18.17	B(13)X CROSSFIT ENDURANCE
504	176	FILOMENA CARVALHO	F	49	16	01:07:02.81	01:06:45.04	UDCB TERRAS DE BARRO
505	89	ANABELA MEIA-VIA	F	49	17	01:07:56.35	01:07:48.47	CAMARA LISBOA CLUBE
506	8	ANTÓNIO F O COSTA	M	67	22	01:08:04.49	01:07:49.33	
507	50	BEATRIZ SILVA	F	59	5	01:09:07.35	01:08:41.40	SEIXAL-RUNNING
508	208	LÍDIA FERNANDES	F	43	21	01:09:07.99	01:08:59.07	AABV
509	529	Mª A FOLQUES	F	48	18	01:09:12.69	01:08:40.89	C MILLENNIUM BCP
510	240	XICO MOURARIA	M	44	66	01:10:01.00	01:09:23.74	C SARGENTO ARMADA
511	500	MARINA PEDRO	F	29	14	01:10:01.86	01:09:32.69	OS KOTAS
512	42	HELENA DORES	F	53	21	01:10:27.71	01:10:03.06	SEIXAL-RUNNING
513	495	ANA I S CURVA	F	56	6	01:10:32.29	01:10:03.11	A.T.R. CABRAS DOIDAS
514	40	CARLOS RODRIGUES	M	76	9	01:10:50.70	01:10:37.36	ESTRELA NEGRA
515	341	SERAFIM MARQUES	M	69	23	01:11:51.37	01:11:24.32	CA AMIGOS PARQUE DA PAZ
516	49	FERNANDA VIEIRA	F	58	7	01:11:51.67	01:11:26.69	SEIXAL-RUNNING
517	259	ANTÓNIO GUITA	M	62	26	01:13:38.35	01:13:25.73	

518	62	PAULA COSTA	F	48	19	01:13:48.54	01:13:23.64	SFUAP
519	347	MANUEL SOBRAL	M	73	10	01:13:48.75	01:13:25.28	CA AMIGOS PARQUE DA PAZ
520	584	HELENA PRATA	F	50	22	01:13:48.99	01:13:22.78	CA AMIGOS PARQUE DA PAZ
521	45	MARIA CONDEÇO	F	55	8	01:15:43.13	01:15:38.79	KANINOS
522	232	PEDRO SANTOS	M	30	64	01:16:52.04	01:16:08.16	BEBEDOLAS
523	563	AGAPITO COSTA BELGA	M	67	24	01:17:42.90	01:17:17.02	CA AMIGOS PARQUE DA PAZ
524	323	MANUEL SANTOS	M	71	11	01:18:05.75	01:17:39.95	GDCT REPSOL POLÍMEROS
525	312	MARIA D L AMEIXA	F	49	20	01:18:27.76	01:18:10.18	SINGARUNNERS
526	293	ORLANDA MARTINS	F	46	21	01:19:38.00	01:19:23.98	CCR ALTO DO MOINHO
527	279	JOÃO RAPOSO	M	78	12	01:19:49.06	01:19:49.06	NA PAPAGAIOS DE CASCAIS
528	148	PAULA ANTUNES	F	46	22	01:20:24.88	01:20:10.77	CCR ALTO DO MOINHO
529	254	MAFY CASTANHO	F	20	15	01:20:25.06	01:20:09.83	CCR ALTO DO MOINHO
530	26	JOÃO GRAÇA	M	78	13	01:24:37.53	01:24:14.18	ND AUTOOCOOPE
531	16	MARIA MARQUES	F	48	23	01:29:03.42	01:28:35.10	C SARGENTO ARMADA
532	380	MARTA C GOMES	F	34	16	01:29:03.53	01:28:45.89	KANINOS
533	233	MÁRCIA HENRIQUES	F	30	17	01:29:12.40	01:28:29.52	BEBEDOLAS
534	234	LUÍS SEIXAS	M	31	65	01:29:12.65	01:28:29.38	BEBEDOLAS
535	311	MARIA M G BAIÃO	F	49	24	01:37:01.90	01:36:43.81	SINGARUNNERS
536	313	MARIA A D PARREIRA	F	57	9	01:39:51.52	01:39:33.85	SINGARUNNERS

Total de registros: 536

Classificação colectiva baseada na soma das posições dos 4 primeiros chegados de cada equipa:

Classificação	Equipa	Atletas Chegados	Soma Posições	Posições			
				1º	2º	3º	4º
1	VITORIA FUTEBOL CLUBE	13	36	2	4	10	20
2	BEJA AC	7	37	1	8	9	19
3	GDR S FRANCISCO DA SERRA	19	71	14	16	18	23
4	AMICICLO GRANDOLA	8	75	5	12	25	33
5	C BENFICA ALG M MARTINS	22	155	24	28	51	52
6	JUVENTUDE ATLÉTICO CLUBE	14	201	17	45	64	75
7	NARM MESSEJANA	4	289	21	35	59	174
8	MONTIJO RUNNERS	4	292	38	79	81	94
9	A NATUREZA ENSINA	18	295	27	68	76	124
10	CCR ALTO DO MOINHO	19	307	22	86	92	107
11	OS KOTAS	13	329	43	49	116	121
12	AC SAMBRASENSE	5	342	7	74	104	157
13	ND ODEMIRA	7	369	15	58	120	176
14	AABV	12	394	44	100	112	138
15	BV MONTEMOR-O-NOVO	12	395	67	88	113	127
16	CA AMIGOS PARQUE DA PAZ	19	424	47	83	136	158

17	LEBRES DE DOMINGO	10	448	63	98	126	161
18	SPORTING CLUBE DE CASAINHOS	4	512	31	54	95	332
19	NA PAPAGAIOS DE CASCAIS	9	667	102	144	184	237
20	OS GALGOS	4	688	46	119	133	390
21	CCDTMETROLX	5	791	80	82	312	317
22	C BENFICA SEIXAL	8	803	134	208	215	246
23	CP PINHEIRO DA CRUZ	10	876	103	206	272	295
24	C MILLENNIUM BCP	14	949	213	216	234	286
25	SFUAP	7	990	151	190	253	396
26	GDC PORTOS DE SINES E DO ALGARVE	5	1006	108	177	338	383
27	GDCT REPSOL POLÍMEROS	5	1013	185	219	245	364
28	CCD PM CASCAIS	12	1015	196	254	278	287
29	ALPHAFITNESS	8	1019	204	256	276	283
30	CHESTER 'S TEAM	4	1085	179	180	331	395
31	UDCB TERRAS DE BARRO	6	1118	61	337	346	374
32	B(13)X CROSSFIT ENDURANCE	4	1160	181	233	243	503
33	SINGARUNNERS	6	1167	96	139	407	525
34	SS CGD	6	1203	62	280	430	431
35	KANINOS	6	1231	250	258	259	464
36	CAMARA LISBOA CLUBE	7	1376	110	391	421	454
37	AA LEBRES M SADO	5	1535	252	330	475	478
38	PEDRO'S & ASSOCIADOS	4	1551	285	361	452	453
39	SARAPITOLAS	4	1613	248	444	460	461
40	SEIXAL-RUNNING	4	1877	342	507	512	516