

25 DE MAIO DE 2019



16ª CORRIDA DE SOLIDARIEDADE

APAV

10 KM  
CORRIDA

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	240	ANDRÉ MELO	M	37	1	00:36:52.30	00:36:52.30	CORRER LISBOA
2	28	FREDERICO LAZARO	M	39	2	00:37:12.51	00:37:10.25	
3	189	NUNO ANTUNES	M	44	3	00:38:44.23	00:38:41.99	URBAN RUN TEAM
4	308	ALEXANDRA SOUSA	F	36	1	00:39:06.02	00:39:04.48	CLUBE JOMA
5	369	ALCIDES ESTRELA	M	41	4	00:39:08.49	00:39:05.64	INDIVIDUAL
6	301	SAMUEL GALVEIA	M	38	5	00:39:15.40	00:39:15.40	NAVIGATOR CLUBE SETÚBAL
7	385	MIGUEL FERNANDES	M	40	6	00:39:23.54	00:39:18.49	EPAL
8	84	RUI TOMÁS	M	43	7	00:39:30.82	00:39:27.31	SRCDRF MONTE GODEL
9	309	EDSON OLIVEIRA	M	37	8	00:39:45.10	00:39:39.86	INDIVIDUAL
10	80	JOSÉ MANUEL GOMES	M	58	1	00:39:49.24	00:39:46.82	INDIVIDUAL
11	111	GONÇALO FERREIRA	M	32	1	00:40:04.38	00:40:00.10	INDIVIDUAL
12	377	JOSE PIRES	M	42	9	00:40:16.52	00:39:45.97	CF OS BELENENSES
13	66	RUI PASTOR	M	46	1	00:40:26.22	00:40:12.39	INDIVIDUAL
14	399	JOÃO SILVA	M	39	10	00:40:34.30	00:40:31.16	FIT6
15	274	FRANCISCO CERQUEIRA	M	47	2	00:40:35.97	00:40:28.91	KER SPORT TRAIL RUNNING
16	285	RUI MACHINHO	M	42	11	00:40:41.18	00:40:36.74	GD SANTANDERTOTTA
17	58	ANTONIO SANTOS	M	60	2	00:41:04.90	00:40:59.80	ASS VALE GRANDE
18	374	GONÇALO CALDEIRA	M	23	2	00:41:36.00	00:41:33.10	AMINHACORRIDA
19	354	FRANCISCO SERRANO	M	45	3	00:41:54.65	00:41:20.96	URBAN RUN TEAM
20	193	JOÃO SALGUEIRO ANTUNES	M	49	4	00:42:08.29	00:42:08.29	URBAN RUN TEAM
21	316	JOSÉ PINTO	M	56	3	00:42:35.03	00:42:29.50	INDIVIDUAL
22	353	NELSON DIAS	M	58	4	00:42:58.75	00:42:54.11	INDIVIDUAL
23	197	CÉSAR SILVA	M	29	3	00:43:09.27	00:43:06.02	PLURAL DREAM TEAM
24	65	CARLOS MOREIRA	M	61	5	00:43:27.25	00:43:24.18	CORRER LISBOA
25	278	PEDRO JORGE	M	26	4	00:43:29.54	00:43:22.39	INDIVIDUAL
26	22	JORGE VAZ	M	45	5	00:43:36.56	00:43:31.41	INDIVIDUAL
27	291	CARLA DIAS	F	46	1	00:43:40.00	00:43:40.00	GD SANTANDERTOTTA
28	167	RUI ANTUNES	M	41	12	00:43:53.68	00:43:47.41	C NOTURNA PARQUE DAS NAÇÕES
29	379	NUNO SILVA	M	48	6	00:44:00.55	00:43:58.79	CF OS BELENENSES
30	387	PEDRO ANTUNES	M	42	13	00:44:07.82	00:43:37.70	INDIVIDUAL
31	382	JOAO MARAL	M	50	7	00:44:12.12	00:44:07.75	SS CGD
32	272	MIGUEL BARBA	M	41	14	00:44:18.36	00:44:04.03	PENICHE A CORRER
33	233	RUI CARVALHO	M	40	15	00:44:25.28	00:43:36.17	A NATUREZA ENSINA
34	364	ROMAO PEDROSO	M	32	5	00:44:31.07	00:44:05.90	INDIVIDUAL
35	137	PAULO SANTOS	M	52	8	00:44:32.91	00:44:30.66	LOURDETE PERFUMARIAS
36	87	LEANDRO REIS	M	50	9	00:44:49.21	00:44:30.17	SRCDRF MONTE GODEL

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37	277	FÁBIO FERREIRA	M	32	6	00:44:53.46	00:44:48.88	AUBAY RUNNERS
38	112	CAROLINA GUEDES	F	28	1	00:45:03.98	00:44:31.06	INDIVIDUAL
39	21	ALVARO GOMES	M	46	10	00:45:14.63	00:45:10.69	TERRAS FUNDEIRAS
40	406	GONÇALO SILVA	M	39	16	00:45:25.21	00:45:17.69	ONE BY BNP
41	200	JOAQUIM FRADE	M	63	6	00:45:38.05	00:45:31.45	SS CGD
42	383	NOEMIA SEQUEIRA	F	51	2	00:45:38.05	00:45:31.45	SS CGD
43	407	JOEL MOSCA	M	51	11	00:45:55.94	00:45:50.62	ATLETAS À SOLTA
44	219	JOAO DA NOVA RIBEIRA	M	40	17	00:46:09.49	00:46:07.05	CAPTAIN FLY - RUNNERS
45	398	NUNO AURELIANO	M	41	18	00:46:11.00	00:46:11.00	IND
46	365	RICARDO SANTOS	M	38	19	00:46:13.22	00:46:09.87	INDIVIDUAL
47	328	MIGUEL MOURA	M	32	7	00:46:17.19	00:46:12.82	INDIVIDUAL
48	202	MIGUEL E O SANTOS	M	24	8	00:46:20.00	00:46:20.00	INDIVIDUAL
49	45	LUÍS BALINHO	M	44	20	00:46:25.21	00:46:18.28	NÚCLEO SPORTING CLUBE DE PORTUGAL DO SEIXAL
50	300	JOAO HEITOR	M	68	1	00:46:29.98	00:46:24.51	AGUIAS PACO ARCOS
51	29	M <sup>a</sup> GRAÇA O G CASTRO	F	46	3	00:46:33.83	00:46:33.83	RUNNERS DE KINTAL
52	113	CARLOS VIEIRA	M	26	9	00:46:38.79	00:46:11.54	INDIVIDUAL
53	310	ANDRE FILIPE	M	29	10	00:46:52.55	00:46:52.55	SS CGD
54	215	RENATO GOMES	M	41	21	00:46:59.59	00:46:44.08	INDIVIDUAL
55	214	CAMILA GOMES	F	37	2	00:47:02.05	00:46:46.24	INDIVIDUAL
56	15	FRANCISCO BISPO	M	59	7	00:47:14.84	00:46:55.14	INDIVIDUAL
57	178	RENATO CARVALHO	M	36	22	00:47:28.56	00:47:19.65	INDIVIDUAL
58	126	JOÃO TEIXEIRA	M	49	12	00:47:28.88	00:47:20.55	INDIVIDUAL
59	33	PEDRO MONTEIRO	M	44	23	00:47:33.63	00:47:28.87	INDIVIDUAL
60	247	HENRIQUE ADREGA	M	67	2	00:47:47.38	00:47:29.84	CAA BELÉM
61	281	CRISTIANO FILIPE	M	27	11	00:47:48.14	00:47:44.44	AUBAY RUNNERS
62	127	NUNO GOMES	M	43	24	00:47:56.07	00:47:47.63	INDIVIDUAL
63	139	FABIANO FERREIRA	M	38	25	00:48:12.95	00:47:58.39	BENFICA EM FORMA
64	26	RUI MENDES	M	47	13	00:48:20.89	00:48:13.13	PARTICULAR
65	359	ANTÓNIO CARVALHO	M	21	12	00:48:31.99	00:48:31.99	DECATHLON ALMADA
66	266	JOÃO VARANDA	M	44	26	00:48:33.58	00:48:26.00	SISCOG
67	319	ANDRÉ RIBEIRO	M	32	13	00:48:39.32	00:48:36.17	PT ANDRÉ RIBEIRO
68	91	JOÃO FERNANDES	M	38	27	00:48:40.64	00:48:11.86	INDIVIDUAL
69	150	JOÃO OLIVEIRA	M	48	14	00:48:42.00	00:48:29.73	INDIVIDUAL
70	311	JOSE AUGUSTO	M	40	28	00:48:47.57	00:48:39.52	SS CGD
71	268	CARLOS OLIVEIRA	M	61	8	00:48:48.37	00:48:39.62	INDIVIDUAL
72	136	RICARDO CONCEIÇÃO	M	33	14	00:48:53.98	00:48:52.19	LOURDETE PERFUMARIAS
73	356	EUGÉNIA IZAÍAS	F	56	1	00:48:58.03	00:48:55.07	

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74	40	ABÍLIO OLIVEIRA	M	53	15	00:49:10.35	00:49:04.58	INDIVIDUAL
75	329	JOÃO SANTOS	M	27	15	00:49:15.00	00:49:15.00	INDIVIDUAL
76	370	JOSÉ VEIGA	M	58	9	00:49:18.19	00:49:04.64	CORRER LISBOA
77	229	RAUL CARVALHO	M	60	10	00:49:19.92	00:49:08.02	GRUPO FS
78	368	NUNO PRATA	M	47	16	00:49:21.87	00:48:57.14	INDIVIDUAL
79	107	JOÃO PASSEIRO	M	56	11	00:49:27.51	00:49:09.88	ADC CATUJAL
80	339	ANTÓNIO NEVES	M	22	16	00:49:28.29	00:49:19.97	INDIVIDUAL
81	331	JOÃO CALISTO	M	58	12	00:49:29.00	00:49:08.13	INDIVIDUAL
82	191	FILIPPE GINJA DUARTE	M	33	17	00:49:33.56	00:49:13.50	INDIVIDUAL
83	313	RUI PEREIRA	M	48	17	00:49:39.39	00:49:26.98	SS CGD
84	234	BERNARDO REIS	M	32	18	00:49:43.66	00:49:39.49	INDIVIDUAL
85	239	ANA SANTOS	F	42	3	00:49:47.45	00:49:31.34	INDIVIDUAL
86	238	NELSON GOMES	M	41	29	00:49:47.99	00:49:31.91	INDIVIDUAL
87	251	CARLOS ANTUNES	M	68	3	00:49:49.97	00:49:44.44	JOBRIDE MONTES SALOIOS
88	375	LEOTINIO LAMPREIA	M	33	19	00:49:50.79	00:49:39.70	AMINHACORRIDA
89	390	HUGO SOBREIRA	M	41	30	00:49:55.00	00:49:52.23	APAV
90	195	SÉRGIO GRADE	M	38	31	00:49:57.36	00:49:43.25	INDIVIDUAL
91	280	PEDRO SANTOS	M	25	20	00:49:59.49	00:49:42.78	AUBAY RUNNERS
92	260	JOÃO LOURO	M	28	21	00:50:02.00	00:49:00.98	REMEMBER VERDIZELA HOT SUMMER NIGHTS
93	250	EUGÉNIA ANDRADE	F	40	4	00:50:04.93	00:49:52.54	INDIVIDUAL
94	128	ORLANDO DIAS	M	53	18	00:50:15.66	00:50:05.03	INDIVIDUAL
95	47	ANTONIO BARBAS	M	51	19	00:50:19.06	00:50:09.17	INDIVIDUAL
96	152	HENRIQUE JOAQUIM	M	48	20	00:50:22.15	00:49:58.46	INDIVIDUAL
97	83	LUIS MARQUES	M	51	21	00:50:25.56	00:50:14.70	INDIVIDUAL
98	86	ARLINDO ROLO	M	50	22	00:50:25.70	00:50:14.89	INDIVIDUAL
99	179	ANTONIO MANUEL MAURÍCIO	M	53	23	00:50:28.61	00:50:28.62	INDIVIDUAL
100	161	ANTONIO SOARES	M	53	24	00:50:29.91	00:50:12.50	TEAM SOARES
101	106	ALMERINDO SILVA	M	60	13	00:50:51.72	00:50:34.77	ADC CATUJAL
102	388	VASCO SILVA	M	25	22	00:50:53.35	00:50:41.98	EPAL
103	249	JORGE INÁCIO	M	55	14	00:50:55.33	00:50:44.43	INDIVIDUAL
104	130	SANDRA CARDOSO	F	46	4	00:50:55.99	00:50:27.09	AMCS
105	19	LUIS COSTA	M	43	32	00:50:58.08	00:50:52.16	QUARENTOES NA BISGA
106	182	CARLOS LEÃO	M	59	15	00:50:59.73	00:50:41.65	CORRER LISBOA
107	276	PEDRO VAZ PEREIRA	M	39	33	00:51:00.98	00:50:47.65	INDIVIDUAL
108	165	PAULO PALMINHA	M	48	25	00:51:05.82	00:50:56.35	INDIVIDUAL
109	121	NUNO FRAGOSO	M	43	34	00:51:08.98	00:50:52.57	LINCES DA BELA VISTA
110	30	RUBEN COSTA	M	42	35	00:51:10.36	00:50:58.55	INDIVIDUAL

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111	226	ANA CRISTINA CALAFATE	F	52	5	00:51:11.35	00:50:44.35	TARTARUGAS SOLIDÁRIAS
112	363	MARIA INÊS CARAPINHA	F	31	2	00:51:33.24	00:51:08.18	INDIVIDUAL
113	314	FERNANDO AZEVEDO	M	66	4	00:51:33.42	00:51:05.99	INDIVIDUAL
114	156	OSCAR ROCHA	M	59	16	00:51:33.98	00:51:13.78	VIRIATHVS RUNNERS VISEU
115	358	RAFAEL SANTOS	M	52	26	00:51:40.00	00:51:15.14	INDIVIDUAL
116	62	JACINTO BATISTA	M	59	17	00:51:51.18	00:51:39.36	CASA BENFICA SEIXAL
117	129	CARLOS JUNIOR	M	46	27	00:51:53.97	00:51:35.98	INDIVIDUAL
118	141	DARIO BENTO	M	30	23	00:52:05.25	00:51:57.44	INDIVIDUAL
119	196	ANTÓNIO CASAS NOVAS	M	41	36	00:52:08.44	00:51:39.20	PLURAL DREAM TEAM
120	115	RAFAEL ORTOLAN	M	37	37	00:52:15.54	00:51:59.17	ONE RUNNING CLUB
121	199	SÉRGIO AMARO	M	35	38	00:52:18.92	00:52:10.16	SLOWLY GONZÁLEZ
122	386	PEDRO SILVA	M	25	24	00:52:22.71	00:52:11.43	EPAL
123	94	DUARTE ANTUNES	M	37	39	00:52:23.62	00:52:10.75	DUARTE STUDIO
124	204	DIOGO A M SILVA	M	20	25	00:52:37.06	00:52:11.22	INDIVIDUAL
125	312	MIGUEL ANGELO	M	43	40	00:52:42.98	00:52:23.36	SS CGD
126	209	MIGUEL ANTUNES SANTOS	M	51	28	00:52:50.26	00:52:37.78	INDIVIDUAL
127	25	FRANCISCO BANDO	M	68	5	00:52:53.86	00:52:43.55	INDIVIDUAL
128	24	JOSE MONTEIRO	M	62	18	00:52:53.86	00:52:44.17	INDIVIDUAL
129	243	JOÃO LEITÃO	M	49	29	00:52:54.83	00:52:47.16	RUNLOVERS
130	241	NUNO MARQUES	M	51	30	00:52:54.98	00:52:47.15	RUNLOVERS
131	140	RUI MATOS	F	42	5	00:53:27.84	00:53:17.07	INDIVIDUAL
132	51	MÓNICA MATOS	F	42	6	00:53:29.70	00:53:18.82	INDIVIDUAL
133	216	ANTÓNIO VARELA	M	53	31	00:53:35.56	00:53:35.56	INDIVIDUAL
134	23	RAFAELA MIGUEIS	F	25	3	00:53:42.53	00:53:38.88	INDIVIDUAL
135	360	MIGUEL MENDES	M	31	26	00:53:46.94	00:53:37.32	INDIVIDUAL
136	50	FERNANDO OLIVEIRA	M	44	41	00:53:48.30	00:53:34.13	INDIVIDUAL
137	420	MARISA COSTA	F	40	7	00:53:54.54	00:53:47.76	
138	361	ROBERTO FREITAS	M	43	42	00:53:56.89	00:53:53.18	INDIVIDUAL
139	194	CAROLINA MARQUES	F	21	4	00:54:06.47	00:53:49.97	INDIVIDUAL
140	380	VINCENZO SCARLATO	M	51	32	00:54:10.90	00:53:52.40	CF OS BELENENSES
141	282	ANTONIO RODRIGUES	M	37	43	00:54:18.79	00:54:03.47	AUBAY RUNNERS
142	201	MIGUEL CAETANO	M	19	27	00:54:27.23	00:54:05.22	INDIVIDUAL
143	392	ISABEL MOREIRA	F	49	6	00:54:29.21	00:54:14.69	APAV
144	166	ARTUR FARINHA	M	56	19	00:54:32.80	00:54:17.61	INDIVIDUAL
145	283	PEDRO PIRES	M	43	44	00:54:35.41	00:54:28.46	INDIVIDUAL
146	72	DÍDIA FERREIRA	F	41	8	00:54:36.00	00:54:13.62	INDIVIDUAL
147	31	JOÃO LIMA	M	59	20	00:54:38.21	00:54:21.66	4 AO KM

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148	145	MIGUEL SILVA	M	30	28	00:55:02.40	00:54:56.59	FDUL
149	333	PAULO ANTUNES	M	46	33	00:55:05.42	00:54:54.36	INDIVIDUAL
150	332	JÚLIA CALISTO	F	55	2	00:55:08.31	00:54:47.18	INDIVIDUAL
151	98	MASSIMO CATERMARIO	M	49	34	00:55:14.16	00:55:01.98	DUARTE STUDIO
152	133	MANUEL PEREIRA	M	37	45	00:55:25.41	00:55:11.39	INDIVIDUAL
153	256	GONÇALO FREITAS	M	28	29	00:55:26.99	00:54:58.38	INNOWAVE TECHNOLOGIES
154	257	FILIPE SILVA	M	26	30	00:55:27.56	00:54:58.83	INNOWAVE TECHNOLOGIES
155	400	DIOGO LUIS	M	32	31	00:55:34.00	00:55:02.78	
156	348	BARBOTIN DAVID	M	34	32	00:55:36.77	00:55:15.60	TOKANDAR
157	325	HENRIQUE VENANCIO	M	18	33	00:55:42.61	00:55:13.16	INDIVIDUAL
158	170	MARIA OLIVEIRA	F	54	7	00:55:49.94	00:55:45.77	INDIVIDUAL
159	13	BRUNO AMARO	M	38	46	00:55:52.48	00:55:38.30	GD LAGE
160	292	LUCIO SILVA	M	52	35	00:55:59.51	00:55:33.01	GD SANTANDERTOTTA
161	231	JOSÉ AIRES	M	61	21	00:56:12.30	00:55:58.99	GRUPO FS
162	188	RAUL GIRÃO	M	61	22	00:56:16.53	00:56:10.66	URBAN RUN TEAM
163	273	FLÁVIO SANTOS	M	23	34	00:56:23.31	00:56:10.55	INDIVIDUAL
164	293	JOSE BARATA	M	59	23	00:56:27.32	00:55:38.59	GD SANTANDERTOTTA
165	159	ROBERTO BETTENCOURT	M	43	47	00:56:41.35	00:56:38.12	INDIVIDUAL
166	149	LUIS RATO	M	52	36	00:56:47.53	00:56:24.56	INDIVIDUAL
167	244	ANTONIO CARLOS CORREIA	M	61	24	00:56:58.23	00:56:45.32	INDIVIDUAL
168	327	NUNO AMIGUINHO	M	50	37	00:57:05.89	00:56:44.59	INDIVIDUAL
169	412	ALEXANDRE CARVALHO	M	26	35	00:57:15.92	00:56:42.46	
170	110	GERMANO BERNARDO	M	63	25	00:57:28.87	00:50:48.66	PRAZER DA CORRIDA
171	318	MANUEL FRIAS	M	62	26	00:57:29.35	00:57:19.01	INDIVIDUAL
172	294	CRISTINA OLIVEIRA	F	37	9	00:57:32.99	00:57:06.00	GD SANTANDERTOTTA
173	299	SUSANA GUERREIRO	F	42	10	00:57:33.32	00:57:06.66	GD SANTANDERTOTTA
174	306	HANS QUETA	M	28	36	00:57:34.11	00:57:20.70	AUBAY RUNNERS
175	101	LUIS SANTOS	M	58	27	00:57:35.00	00:57:35.00	INDIVIDUAL
176	190	LUÍS MIGUEL COELHO	M	47	38	00:57:35.07	00:57:23.82	INDIVIDUAL
177	290	PEDRO REIS	M	46	39	00:57:43.41	00:57:15.61	GD SANTANDERTOTTA
178	208	JORGE CHAVES	M	45	40	00:57:51.08	00:57:44.15	INDIVIDUAL
179	284	DAVID ALMEIDA	M	48	41	00:57:54.23	00:57:24.37	INDIVIDUAL
180	305	TAM AFONSO	M	66	6	00:58:11.85	00:58:02.79	CCD TRANQUILIDADE
181	372	NATACHA MORAIS	F	25	5	00:58:20.80	00:57:50.05	INDIVIDUAL
182	142	NELSON A P S CORREIA	M	39	48	00:58:22.86	00:57:52.20	INDIVIDUAL
183	39	NUNO FERNANDES	M	45	42	00:58:23.59	00:57:42.62	INDIVIDUAL
184	46	HUGO COLAÇO	M	41	49	00:58:26.40	00:58:18.95	INDIVIDUAL

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185	125	PAULO PADRÃO	M	51	43	00:58:28.32	00:58:19.78	INDIVIDUAL
186	317	FERNANDO RODRIGUES	M	49	44	00:58:30.05	00:58:10.67	INDIVIDUAL
187	92	MANUEL SEQUEIRA	M	68	7	00:58:34.35	00:58:16.55	GDCT REPSOL POLÍMEROS
188	181	MÁRIO ROGADO	M	39	50	00:58:41.30	00:58:21.13	CORRER LISBOA
189	298	MARIO COSTA	M	43	51	00:58:42.11	00:58:15.91	GD SANTANDERTOTTA
190	350	ADRIANA DOMINGOS	F	24	6	00:58:45.41	00:58:27.92	INDIVIDUAL
191	203	HELENA C SILVA	F	48	8	00:58:49.14	00:58:23.22	INDIVIDUAL
192	384	JOAO BRITES	M	49	45	00:58:52.28	00:58:21.87	EPAL
193	393	ANDRÉ AGOSTINHO	M	27	37	00:58:52.64	00:58:40.96	IND
194	397	ARLINDO BRÁS	M	55	28	00:59:04.34	00:59:01.94	IND
195	362	CECILIA PARDAL	F	48	9	00:59:07.44	00:58:46.01	INDIVIDUAL
196	267	NUNO GONÇALVES	M	66	8	00:59:07.69	00:58:48.12	KEEP RUNNING
197	324	CÉLIA GIL	F	48	10	00:59:08.28	00:58:43.76	INDIVIDUAL
198	221	MARISA GONÇALVES	F	34	7	00:59:09.38	00:58:44.58	CP RTP
199	187	HELGA GIRÃO	F	66	1	00:59:09.79	00:59:05.12	URBAN RUN TEAM
200	74	JOSÉ BAIXINHO	M	61	29	00:59:11.79	00:58:53.92	SANTIAGO FUTEBOL CLUBE
201	263	ANTÓNIO RODRIGUES	M	25	38	00:59:13.16	00:58:05.78	REMEMBER VERDIZELA HOT SUMMER NIGHTS
202	93	ANTÓNIO FARIA	M	64	30	00:59:20.29	00:58:55.67	INDIVIDUAL
203	391	LILIANA MARREIRO	F	30	8	00:59:38.83	00:59:24.30	APAV
204	160	ANA GODINHO	F	48	11	00:59:44.52	00:59:40.01	INDIVIDUAL
205	376	JOAO SIMOES	M	48	46	00:59:47.00	00:59:21.62	AMINHACORRIDA
206	271	KAREN STEADMAN	F	46	12	00:59:56.68	00:59:37.36	INDIVIDUAL
207	37	OLGA LOPES	F	43	11	01:00:14.03	00:59:49.37	INDIVIDUAL
208	262	FRANCISCO RODRIGUES	M	26	39	01:00:14.46	00:59:09.84	REMEMBER VERDIZELA HOT SUMMER NIGHTS
209	38	NUNO LOPES	M	46	47	01:00:14.53	00:59:50.27	INDIVIDUAL
210	255	EDUARDO BERNARDO	M	47	48	01:00:29.40	01:00:17.46	INNOWAVE TECHNOLOGIES
211	14	SUSANA SOUSA	F	43	12	01:00:29.86	01:00:17.78	INDIVIDUAL
212	349	MARÍLIA RIBEIRO	F	35	13	01:00:36.21	01:00:14.88	TOKANDAR
213	162	PAULA SOARES	F	51	13	01:01:27.20	01:01:08.93	TEAM SOARES
214	61	VANESSA JOSÉ	F	40	14	01:01:27.76	01:01:19.96	INDIVIDUAL
215	340	JOÃO SERRANO	M	25	40	01:01:31.36	01:01:10.93	INDIVIDUAL
216	96	ERMELINDA SOUSA	F	39	15	01:01:33.38	01:01:20.81	DUARTE STUDIO
217	345	DOMINGOS VARELA MARREIROS	M	18	41	01:01:35.33	01:01:17.93	INDIVIDUAL
218	346	ANA MATOS	F	18	9	01:01:38.00	01:01:21.98	INDIVIDUAL
219	168	ALINE DO ROCIO CORREA	F	36	16	01:01:41.70	01:01:14.77	CORRIDA LEGAL
220	169	SANDRO CORREA	M	40	52	01:01:41.87	01:01:14.77	CORRIDA LEGAL
221	186	ANA ROLO	F	53	14	01:01:42.48	01:01:21.10	AS COMADRES

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222	55	JOÃO CARVALHO	M	50	49	01:01:44.79	01:01:35.32	INDIVIDUAL
223	236	JOÃO BONITO	M	25	42	01:01:48.23	01:01:36.39	INDIVIDUAL
224	122	JOÃO DAVIM	M	32	43	01:01:48.48	01:01:20.93	INDIVIDUAL
225	154	CAMILA ROCHA	F	38	17	01:01:50.28	01:01:41.40	INDIVIDUAL
226	32	AURÉLIO CALADO	M	69	9	01:02:41.82	01:02:23.71	4 AO KM
227	315	ALEXANDRA PINTO	F	45	15	01:02:50.38	01:02:37.14	INDIVIDUAL
228	357	JOSÉ SEIXO	M	38	53	01:02:51.77	01:02:28.18	MANICÓMIO DOS DISPARATES
229	336	VICTOR MORGADO	M	44	54	01:02:52.00	01:02:52.00	PORTUGAL RUNNING
230	49	MARIA JOAO SIMOES	F	50	16	01:03:08.95	01:02:51.96	INDIVIDUAL
231	79	GILBERTO GONÇALVES	M	70	10	01:03:17.92	01:03:00.21	CAA BELÉM
232	288	FABIO DIAS	M	47	50	01:03:17.94	01:03:00.60	GD SANTANDERTOTTA
233	302	JOSÉ GALVEIA	M	66	11	01:03:21.12	01:03:04.07	NAVIGATOR CLUBE SETÚBAL
234	232	LISA SANTOS	F	39	18	01:03:47.52	01:02:50.98	CORRER LISBOA
235	217	JOSÉ EDUARDO MATOS	M	25	44	01:04:02.18	01:03:37.70	INDIVIDUAL
236	158	VIRGILIO FERREIRA	M	65	12	01:04:10.47	01:03:44.89	INDIVIDUAL
237	78	EDUARDO MOUTINHO	M	50	51	01:04:12.49	01:03:50.06	CORRER LISBOA
238	77	JOÃO MANUEL JESUS PEREIRA	M	53	52	01:04:12.54	01:03:49.63	CORRER LISBOA
239	177	NELSON CASTELÔA	M	53	53	01:04:31.33	01:04:27.83	INDIVIDUAL
240	132	JOSUE XAVIER	M	41	55	01:04:33.74	01:04:20.15	CORRER QUELUZ
241	223	PAULO PINTO	M	41	56	01:04:49.13	01:04:25.93	CP RTP
242	304	CLAUDIA TAM	F	37	19	01:05:06.18	01:04:35.15	CCD TRANQUILIDADE
243	303	CARLA PEREIRA	F	47	17	01:05:23.87	01:05:01.31	INDIVIDUAL
244	334	ORQUÍDEA NEVES	F	36	20	01:05:37.59	01:05:30.61	INDIVIDUAL
245	131	VIOLETA NUNES	F	52	18	01:05:38.46	01:05:24.83	AMCS
246	230	LÚCIA CARVALHO	F	55	3	01:05:50.09	01:05:37.40	GRUPO FS
247	10	VITOR LUCAS	M	55	31	01:05:58.42	01:05:39.87	BREAKAWAY
248	295	RICARDO NEVES	M	44	57	01:06:01.45	01:05:32.62	GD SANTANDERTOTTA
249	220	RUI RIBEIRO	M	45	54	01:06:01.54	01:05:33.32	INDIVIDUAL
250	213	PAULO SILVA	M	48	55	01:06:05.41	01:05:36.18	INDIVIDUAL
251	326	SANDRA GUERREIRO	F	41	21	01:06:07.69	01:05:49.96	INDIVIDUAL
252	147	LUIS DIAS	M	47	56	01:06:11.18	01:05:46.62	INDIVIDUAL
253	148	FERNANDO CHAMBEL	M	52	57	01:06:12.24	01:05:47.50	INDIVIDUAL
254	42	ISABEL MAGALHAES	F	62	4	01:06:21.80	01:06:02.34	INDIVIDUAL
255	411	EVA MENDOLA	F	21	10	01:06:32.90	01:06:17.09	FOFINHAS
256	381	SUSANA JESUS	F	44	22	01:06:37.79	01:06:27.17	SS CGD
257	16	JOANA DARC CHOURICO	F	55	5	01:06:41.42	01:06:32.73	RUNNING CLUB SANTA CASA
258	211	SUSANA FIGUEIREDO	F	47	19	01:07:00.59	01:06:32.49	INDIVIDUAL

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259	163	TERESA TUPHOLME	F	49	20	01:07:08.65	01:06:51.63	INDIVIDUAL
260	394	LENA VIEIRA	F	56	6	01:07:13.41	01:06:51.37	CORRER LISBOA
261	212	JOAQUIM GABRIEL	M	53	58	01:07:47.93	01:07:18.36	INDIVIDUAL
262	68	RAQUEL CUNHA	F	45	21	01:08:06.10	01:07:39.58	K.RUNNERS
263	69	FERNANDA NEVES	F	55	7	01:08:07.99	01:07:41.45	K.RUNNERS
264	401	PEDRO LUIS	M	36	58	01:08:32.92	01:08:02.59	
265	342	CARLOS VIEGAS	M	61	32	01:08:34.16	01:08:24.96	GDCT UNICRE
266	341	PAULO FRANÇA	M	57	33	01:08:34.29	01:08:26.10	GDCT UNICRE
267	330	FERNANDO FIGUEIREDO	M	53	59	01:08:39.62	01:08:36.59	INDIVIDUAL
268	206	MANUELA CASTRO	F	43	23	01:08:39.63	01:08:31.39	INDIVIDUAL
269	409	ISABEL REIS	F	46	22	01:08:39.68	01:08:33.43	RUNNERS DE KINTAL
270	70	ALEXANDRA BORGES	F	38	24	01:09:00.24	01:08:32.24	K.RUNNERS
271	396	MARTA SIMAO	F	42	25	01:09:04.75	01:08:45.09	IND
272	261	ANDRÉ SOUSA PEREIRA	M	28	45	01:09:06.81	01:08:03.77	REMEMBER VERDIZELA HOT SUMMER NIGHTS
273	185	LEONOR PINTO	F	46	23	01:09:48.12	01:09:26.53	AS COMADRES
274	264	JOÃO SENA	M	27	46	01:10:05.54	01:09:03.53	REMEMBER VERDIZELA HOT SUMMER NIGHTS
275	48	FATIMA BARBAS	F	59	8	01:10:09.91	01:09:59.68	INDIVIDUAL
276	11	OLIVIA LUCAS	F	53	24	01:10:30.16	01:10:11.48	BREAKAWAY
277	343	CATARINA CLÁUDIA ABREU GOUVEIA MONTEIRO	F	42	26	01:10:43.07	01:10:22.17	INDIVIDUAL
278	56	JORGE M N F BAPTISTA	M	64	34	01:10:43.19	01:10:28.98	INDIVIDUAL
279	225	BRUNO MARCHEZEPE	M	22	47	01:12:35.66	01:12:03.07	MALTINHA FIXE
280	224	REON FUJIEDA	M	23	48	01:12:35.89	01:12:03.46	MALTINHA FIXE
281	146	INÊS ARAÚJO	F	54	25	01:12:48.82	01:12:38.43	INDIVIDUAL
282	413	JOAO PAULO	M	60	35	01:13:00.18	01:12:31.41	QUIDRO
283	258	ISABEL MONTEIRO	F	32	11	01:13:10.00	01:13:10.00	QUIDRO
284	210	FRANCISCO MANUEL CAMOES VIEIRA	M	60	36	01:13:23.40	01:12:55.32	INDIVIDUAL
285	373	ANABELA DOMINGOS	F	52	26	01:14:06.36	01:13:50.20	AMINHACORRIDA
286	371	RUI MELÃO	M	55	37	01:14:13.99	01:13:44.73	A NATUREZA ENSINA
287	153	HELENA SÁ	F	67	2	01:14:20.50	01:14:11.39	INDIVIDUAL
288	395	MARIO PIRES	M	60	38	01:15:04.73	01:14:33.22	PROZIS
289	408	JOAQUIM CARDOSO	M	47	60	01:15:07.95	01:14:36.03	ATLETAS À SOLTA
290	320	LILIANA CARVALHO	F	41	27	01:15:30.23	01:15:28.12	PT ANDRÉ RIBEIRO
291	81	MARIA MACEDO	F	56	9	01:17:34.19	01:17:23.51	INDIVIDUAL
292	109	JOANA GABRIEL	F	21	12	01:18:06.73	01:17:46.75	INDIVIDUAL
293	108	FRANCISCO PEREIRA	M	23	49	01:18:06.96	01:17:47.18	INDIVIDUAL
294	355	FOCK WAN	F	68	3	01:18:11.05	01:17:45.36	INDIVIDUAL
295	205	ANA C CASTRO	F	53	27	01:20:20.28	01:20:01.04	SS CGD



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296	253	Mª CARMO ANJOS	F	72	4	01:23:58.17	01:23:32.75	CONDOR
297	405	JOAO PEREIRA	M	42	59	01:24:44.08	01:24:20.25	CM LISBOA
298	410	MARIANA TEIXEIRA	F	29	13	01:25:41.15	01:25:41.15	FOFINHAS
299	254	LUCINDA HENRIQUES	F	70	5	01:32:52.86	01:32:27.36	CONDOR

Total de registros: 299