

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
1	129	BRUNO LOURENCO	M	26	M0039 1	INDIVIDUAL	00:32:24
2	168	FRANCISCO PEDRO	M	44	M4044 1	CASA BENFICA TV	00:32:29
3	193	PEDRO NOGUEIRA	M	33	M0039 2	CASA BENFICA TV	00:32:37
4	124	JORGE CRUZ	M	50	M5054 1	CASA BENFICA TV	00:32:42
5	170	FRANCISCO ROCHA	M	48	M4549 1	CASA BENFICA TV	00:32:52
6	163	CARLOS CORREIA	M	41	M4044 2	CASA BENFICA TV	00:32:56
7	182	LUIS FRANCISCO	M	29	M0039 3	CASA BENFICA TV	00:33:27
8	179	JOAQUIM FRAZÃO	M	40	M4044 3	CASA BENFICA TV	00:33:35
9	288	PEDRO ALMEIDA	M	39	M0039 4	PONTERROLENSE	00:34:28
10	15	FÁBIO A S DURÃO	M	27	M0039 5	JUVENTUDE VIDIGALENSE	00:34:50
11	183	LUIS GOMES	M	46	M4549 2	CASA BENFICA TV	00:34:52
12	230	TIAGO GRAÇA	M	28	M0039 6	DOLCE FURADOURO	00:35:04
13	166	DÚLIO PARREIRA	M	36	M0039 7	CASA BENFICA TV	00:35:12
14	177	JOÃO MIRANDA	M	45	M4549 3	CASA BENFICA TV	00:35:32
15	78	JOAO J M CORREIA	M	52	M5054 2	CA AMORA	00:35:42
16	244	ANDRÉ JORGE	M	22	M0039 8	OS CARREGUEIRENSES	00:36:07
17	188	NELSON SANTOS	M	41	M4044 4	CASA BENFICA TV	00:36:10
18	215	JOSÉ JORGE MOTA	M	28	M0039 9	DOLCE FURADOURO	00:36:12
19	157	SÉRGIO SANTOS	M	47	M4549 4	CA PENAFIRME	00:36:18
20	259	JOAQUIM RODRIGUES	M	46	M4549 5	OS CARREGUEIRENSES	00:36:39
21	22	PETER G G ROMAO	M	33	M0039 10	INDIVIDUAL	00:36:55
22	214	JOÃO SANTOS	M	39	M0039 11	DOLCE FURADOURO	00:36:57
23	184	LUIS REBELO	M	51	M5054 3	CASA BENFICA TV	00:37:03
24	14	MIGUEL SANTOS	M	44	M4044 5	INDIVIDUAL	00:37:52
25	305	PEDRO MARQUES	M	51	M5054 4	SILVEIRA	00:37:54
26	304	MIGUEL CAETANO	M	27	M0039 12	SILVEIRA	00:38:02
27	27	JOSE ESTEVES	M	49	M4549 6	TARTARUGAS SOLIDARIAS	00:38:04
28	86	JOAQUIM ALEXANDRE	M	49	M4549 7	URD ARRANHÔ	00:38:05
29	257	JOÃO PEDRO PEREIRA	M	24	M0039 13	OS CARREGUEIRENSES	00:38:20
30	122	MARIO DIAS	M	34	M0039 14	SFU AOUGUIA BALEIA	00:38:21
31	171	GUILHERME AFONSO	M	20	M0039 15	CASA BENFICA TV	00:38:25
32	127	JOAO SANTOS	M	38	M0039 16	INDIVIDUAL	00:38:30
33	291	VERÓNICA SCUTARU	F	39	F0039 1	PONTERROLENSE	00:38:32
34	53	CLAUDIO CANAVILHAS	M	32	M0039 17	INDIVIDUAL	00:38:35
35	191	PATRÍCIA ROSADO	F	27	F0039 2	CASA BENFICA TV	00:38:45
36	52	FERNANDO J C TAVARES	M	44	M4044 6	INDIVIDUAL	00:38:46
37	58	PETER STEINHAUSEN	M	63	M6099 1	INDIVIDUAL	00:38:47
38	158	ALICE ROMA BASILIO	F	45	F4049 1	CASA BENFICA TV	00:38:48
39	190	ORLANDO REBELO	M	58	M5559 1	CASA BENFICA TV	00:39:03
40	155	PAULO PEREIRA	M	42	M4044 7	CA PENAFIRME	00:39:06
41	313	RUI MERÚJO	M	56	M5559 2	TORREENSE	00:39:24
42	10	CARLOS SERRA	M	37	M0039 18	INDIVIDUAL	00:39:25
43	38	FRANCISCO RODRIGUES	M	39	M0039 19	AA MAFRA	00:39:28
44	347	ATLETA NÃO CADASTRADO	M	0	M0039 20		00:39:30
45	121	JOÃO INÁCIO	M	19	M0039 21	ADCR PAINHO	00:39:34

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
46	187	NELSON MOREIRA	M	37	M0039 22	CASA BENFICA TV	00:39:38
47	125	NUNO REBELO	M	27	M0039 23	INDIVIDUAL	00:39:45
48	254	JOÃO BERNARDES	M	40	M4044 8	OS CARREGUEIRENSES	00:39:50
49	42	JOÃO PEDRO GOMES	M	43	M4044 9	AA MAFRA	00:39:50
50	237	JOSÉ MAGALHÃES	M	44	M4044 10	FONTE GRADA	00:39:54
51	299	FÁBIO FERREIRA	M	24	M0039 24	SILVEIRA	00:39:57
52	236	JOÃO ALVES	M	48	M4549 8	FONTE GRADA	00:39:59
53	45	MIGUEL PAULINO	M	22	M0039 25	AMIGOS DE PENICHE	00:40:09
54	293	ADRIANO ARAÚJO	M	39	M0039 26	SILVEIRA	00:40:18
55	226	RICARDO VITORINO	M	33	M0039 27	DOLCE FURADOURO	00:40:19
56	209	IVO SANTOS	M	37	M0039 28	DOLCE FURADOURO	00:40:19
57	119	LUCILIA SOARES	F	53	F5099 1	INDIVIDUAL	00:40:25
58	186	MIGUEL CARMO	M	44	M4044 11	CASA BENFICA TV	00:40:28
59	192	PEDRO ALEXANDRE FERREIRA	M	38	M0039 29	CASA BENFICA TV	00:40:47
60	55	CARLOS ANTUNES	M	64	M6099 2	CA ODIMARQ	00:40:57
61	178	JOÃO PAULO SANTOS	M	43	M4044 12	CASA BENFICA TV	00:41:11
62	185	LUIS SANTOS	M	49	M4549 9	CASA BENFICA TV	00:41:16
63	261	MANUEL LINO	M	50	M5054 5	OS CARREGUEIRENSES	00:41:20
64	103	VIRGILIO MADEIRA	M	56	M5559 3	AÇOREANA C BANIF	00:41:21
65	294	AMÂNDIO CAETANO	M	52	M5054 6	SILVEIRA	00:41:42
66	218	MIGUEL GRAÇA	M	23	M0039 30	DOLCE FURADOURO	00:41:48
67	165	DIOGO SILVA JACINTO	M	21	M0039 31	CASA BENFICA TV	00:41:48
68	94	JOSUÉ FRANCISCO	M	44	M4044 13	SR CAMARNAL	00:41:51
69	301	HÉLIO DIAS	M	51	M5054 7	SILVEIRA	00:41:55
70	95	HELDER MARQUES	M	50	M5054 8	SR CAMARNAL	00:42:09
71	101	NUNO COELHO	M	47	M4549 10	AÇOREANA C BANIF	00:42:24
72	312	ROSÁLIA SALDANHA	F	42	F4049 2	TORREENSE	00:42:27
73	114	PEDRO M G ANTUNES	M	32	M0039 32	INDIVIDUAL	00:42:36
74	126	ALEXANDRE FERREIRA	M	42	M4044 14	INDIVIDUAL	00:42:45
75	269	ANTÓNIO INÁCIO	M	59	M5559 4	PONTERROLENSE	00:42:48
76	59	JOSÉ RODRIGUES	M	49	M4549 11	INDIVIDUAL	00:42:55
77	238	LUÍS CIPRIANO	M	42	M4044 15	FONTE GRADA	00:42:57
78	241	VIRGÍLIO OLIVEIRA	M	51	M5054 9	FONTE GRADA	00:43:05
79	262	PAULO ALVES	M	31	M0039 33	OS CARREGUEIRENSES	00:43:09
80	40	RICARDO CUNHA	M	29	M0039 34	INDIVIDUAL	00:43:12
81	3	BRUNO PANDAIO	M	39	M0039 35	INDIVIDUAL	00:43:20
82	212	JOÃO GOMES	M	30	M0039 36	DOLCE FURADOURO	00:43:38
83	180	LÁZARO VILELA	M	18	M0039 37	CASA BENFICA TV	00:43:58
84	71	JOSÉ ANTUNES	M	48	M4549 12	INDIVIDUAL	00:44:01
85	4	MIGUEL GONCALVES	M	38	M0039 38	INDIVIDUAL	00:44:03
86	240	SÉRGIO CIPRIANO	M	36	M0039 39	FONTE GRADA	00:44:07
87	66	JOÃO R F LOPES	M	20	M0039 40	BARRIL	00:44:16
88	65	GILBERTO R LOPES	M	48	M4549 13	BARRIL	00:44:21
89	61	DANIEL SANTOS	M	24	M0039 41	INDIVIDUAL	00:44:26
90	85	LUIS FERREIRA	M	35	M0039 42	URD ARRANHÔ	00:44:33

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
91	84	FILIFE BRANCO	M	45	M4549 14	URD ARRANHÓ	00:44:36
92	39	HELIO REIS	M	40	M4044 16	INDIVIDUAL	00:44:49
93	68	NUNO CORDEIRO	M	47	M4549 15	OS ZATOPEQUES	00:44:51
94	11	MANUEL F BARBOSA	M	52	M5054 10	INDIVIDUAL	00:44:56
95	118	RUI PARENTE	M	29	M0039 43	INDIVIDUAL	00:44:59
96	309	CARLOS FERREIRA	M	45	M4549 16	TORREENSE	00:45:00
97	6	ZULMIRA N M R BELO	F	48	F4049 3	UA POVOENSE	00:45:06
98	29	JOANA RIBEIRO	F	21	F0039 3	INDIVIDUAL	00:45:12
99	223	PEDRO MIGUEL PATROCÍNIO	M	34	M0039 44	DOLCE FURADOURO	00:45:18
100	116	PAULO A F VIANA	M	46	M4549 17	INDIVIDUAL	00:45:19
101	60	MÁRCIO J O SANTOS	M	36	M0039 45	INDIVIDUAL	00:45:26
102	80	JOEL REIS	M	40	M4044 17	INDIVIDUAL	00:45:32
103	79	BRUNO GARCIA	M	35	M0039 46	INDIVIDUAL	00:45:39
104	96	JULIE CHATELAIN	F	32	F0039 4	INDIVIDUAL	00:45:44
105	69	PEDRO CIPRIANO	M	51	M5054 11	INDIVIDUAL	00:45:51
106	20	JOAQUIM PINHEIRO	M	54	M5054 12	INDIVIDUAL	00:45:55
107	109	ACURCIO MARIA	M	44	M4044 18	SC MOITENSE	00:45:59
108	300	FERNANDO GUERRA	M	55	M5559 5	SILVEIRA	00:46:02
109	128	RENATO VEIGA	M	37	M0039 47	SILVEIRA	00:46:08
110	70	PAULO ALVES	M	52	M5054 13	SOBEIDESCE	00:46:18
111	46	JOSÉ SERAFIM	M	59	M5559 6	INDIVIDUAL	00:46:27
112	44	JORGE PAULINO	M	53	M5054 14	AMIGOS DE PENICHE	00:46:31
113	217	MARGARIDA ROLDÃO	F	30	F0039 5	DOLCE FURADOURO	00:46:39
114	54	JOAQUIM F BACALHAU	M	62	M6099 3	INDIVIDUAL	00:46:44
115	175	JOÃO CALDEIRA	M	19	M0039 48	CASA BENFICA TV	00:46:55
116	23	PEDRO M CORREIA	M	38	M0039 49	INDIVIDUAL	00:46:59
117	9	AVELINO ALVES	M	35	M0039 50	TC RUNNERS	00:47:09
118	120	RICARDO NUNES	M	33	M0039 51	INDIVIDUAL	00:47:18
119	67	MÁRIO J R LÚCIO	M	51	M5054 15	BARRIL	00:47:26
120	295	BRUNO CLEMENTE	M	41	M4044 19	SILVEIRA	00:47:31
121	213	JOÃO PADILHA	M	23	M0039 52	DOLCE FURADOURO	00:47:31
122	115	NUNO M B MARTINS	M	43	M4044 20	INDIVIDUAL	00:47:39
123	204	CLAUDIO FRANCO	M	30	M0039 53	DOLCE FURADOURO	00:47:42
124	247	ANTÓNIO TRAVADO	M	48	M4549 18	OS CARREGUEIRENSES	00:47:46
125	7	PAULO ROSÁRIO	M	44	M4044 21	INDIVIDUAL	00:47:50
126	311	MÁRIO GOMES	M	64	M6099 4	TORREENSE	00:47:57
127	152	CHEILA ALI	F	37	F0039 6	CA PENAFIRME	00:48:02
128	258	JOÃO TRAVADO	M	45	M4549 19	OS CARREGUEIRENSES	00:48:03
129	176	JOÃO CRESPO	M	53	M5054 16	CASA BENFICA TV	00:48:20
130	102	FRANCISCO PEREIRA	M	48	M4549 20	AÇOREANA C BANIF	00:48:21
131	107	RAUL NEVES	M	62	M6099 5	SC MOITENSE	00:48:24
132	250	CATARINA VIEIRA	F	18	F0039 7	OS CARREGUEIRENSES	00:48:32
133	36	SAMUEL PEREIRA	M	31	M0039 54	INDIVIDUAL	00:48:39
134	106	ANTONIO PRIMOR	M	73	M6099 6	SC MOITENSE	00:48:46
135	5	CLAUDIO DIAS	M	41	M4044 22	INDIVIDUAL	00:48:58

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
136	97	ANDRÉ M J SILVA	M	23	M0039 55	INDIVIDUAL	00:49:14
137	88	PAULO TOMAS	M	43	M4044 23	URD ARRANHÔ	00:49:17
138	105	LUIS LUCAS	M	23	M0039 56	INDIVIDUAL	00:49:18
139	18	JOSE GONÇALVES	M	51	M5054 17	FALCÕES SELVAGENS	00:49:23
140	117	FRANCESCO MARCHEGIANI	M	46	M4549 21	INDIVIDUAL	00:49:24
141	292	VITOR RODRIGUES	M	58	M5559 7	PONTERROLENSE	00:49:43
142	123	HORÁCIO VIEIRA	M	65	M6099 7	INDIVIDUAL	00:49:46
143	25	CARLOS P Q INVERNO	M	31	M0039 57	INDIVIDUAL	00:49:49
144	229	SOFIA NOBRE	F	30	F0039 8	DOLCE FURADOURO	00:50:11
145	90	RICARDO ALVES	M	28	M0039 58	INDIVIDUAL	00:50:43
146	280	JOSÉ ESTEVES	M	63	M6099 8	PONTERROLENSE	00:50:49
147	30	NUNO P F ROSADO	M	31	M0039 59	INDIVIDUAL	00:50:51
148	62	MÁRIO SANTOS	M	49	M4549 22	INDIVIDUAL	00:51:04
149	24	SILVANO MONTEIRO	M	63	M6099 9	INDIVIDUAL	00:51:05
150	197	SARA FERNANDES	F	23	F0039 9	CASA BENFICA TV	00:51:05
151	265	RUI SALES	M	48	M4549 23	OS CARREGUEIRENSES	00:51:07
152	303	JOSÉ CATARINO	M	51	M5054 18	SILVEIRA	00:51:09
153	110	ANABELA MARIA	F	44	F4049 4	SC MOITENSE	00:51:13
154	154	NUNO CARRASQUEIRO	M	40	M4044 24	CA PENAFIRME	00:51:30
155	76	ANTONIO PINTO	M	51	M5054 19	INDIVIDUAL	00:51:37
156	73	ACÁCIO AFONSO	M	60	M6099 10	INDIVIDUAL	00:52:04
157	48	BRUNO VIEGAS	M	38	M0039 60	INDIVIDUAL	00:52:17
158	21	JORGE CONDEÇAS	M	39	M0039 61	CARACÓIS DO ASFALTO	00:52:26
159	33	JOSÉ BAIXINHO	M	58	M5559 8	SANTIAGO FC	00:52:31
160	47	HERMINIO COSTA	M	61	M6099 11	INDIVIDUAL	00:52:34
161	72	VITOR ANTUNES	M	45	M4549 24	INDIVIDUAL	00:52:43
162	28	JOÃO RIBEIRO	M	23	M0039 62	INDIVIDUAL	00:52:47
163	198	SÓNIA PARREIRA	F	36	F0039 10	CASA BENFICA TV	00:53:07
164	173	HÉLIA SANTOS	F	31	F0039 11	CASA BENFICA TV	00:53:07
165	74	JOSÉ SILVA	M	58	M5559 9	INDIVIDUAL	00:53:22
166	113	GONÇALO NETO	M	49	M4549 25	INDIVIDUAL	00:53:41
167	112	PEDRO NICOLAU	M	44	M4044 25	INDIVIDUAL	00:53:42
168	17	CECÍLIA NICOLAU	F	48	F4049 5	AA LEBRES SADO	00:53:42
169	77	LUIS B FERREIRA	M	31	M0039 63	INDIVIDUAL	00:54:04
170	98	TAM AFONSO	M	62	M6099 12	AÇOREANA C BANIF	00:54:10
171	34	JUDITE BAIXINHO	F	29	F0039 12	SANTIAGO FC	00:54:14
172	89	GABRIEL ANTONIO	M	51	M5054 20	URD ARRANHÔ	00:54:15
173	275	GRAÇA SANTOS	F	50	F5099 2	PONTERROLENSE	00:55:41
174	56	MAMUELA M FRIEL	F	42	F4049 6	INDIVIDUAL	00:55:43
175	35	MAYER RAPOSO	M	68	M6099 13	AA LEBRES SADO	00:56:21
176	310	JOSÉ ALVES	M	75	M6099 14	TORREENSE	00:56:27
177	234	ANTÓNIO CIPRIANO	M	70	M6099 15	FONTE GRADA	00:56:47
178	83	CLAUDIA PEREIRA	F	34	F0039 13	INDIVIDUAL	00:57:00
179	2	MARINA ROSARIO	F	42	F4049 7	INDIVIDUAL	00:57:19
180	100	CLAUDIA TAM	F	33	F0039 14	AÇOREANA C BANIF	00:57:30

Lugar	Dorsal	Atleta	Sexo	Idade	Escalão	Equipa	Tempo
181	41	TELMA MOREIRA	F	29	F0039 15	INDIVIDUAL	00:57:50
182	91	LUISA R MARCOS	F	28	F0039 16	INDIVIDUAL	00:58:17
183	92	RICARDO J C MESTRE	M	38	M0039 64	INDIVIDUAL	00:58:17
184	75	BARBARA MIRANDA	F	43	F4049 8	INDIVIDUAL	00:58:46
185	93	PATRÍCIA MIRANDA	F	41	F4049 9	INDIVIDUAL	00:59:23
186	104	IDALINA MADEIRA	F	54	F5099 3	AÇOREANA C BANIF	00:59:30
187	111	SARA PRIMOR	F	28	F0039 17	SC MOITENSE	00:59:52
188	245	ANTÓNIO BERNARDES	M	66	M6099 16	OS CARREGUEIRENSES	00:59:56
189	57	SUSANA MARQUES	F	37	F0039 18	INDIVIDUAL	01:01:52
190	19	CAROLINA GONÇALVES	F	24	F0039 19	FALCÕES SELVAGENS	01:02:03
191	235	FRANCISCO CIPRIANO	M	73	M6099 17	FONTE GRADA	01:02:14
192	202	ANDREIA SOUSA	F	33	F0039 20	DOLCE FURADOURO	01:02:20
193	108	PEDRO CAPELAS	M	46	M4549 26	SC MOITENSE	01:03:25
194	81	ADELAIDE PORTO	F	49	F4049 10	INDIVIDUAL	01:03:25
195	251	DÉBORA SALES	F	20	F0039 21	OS CARREGUEIRENSES	01:04:45
196	99	MA FEE HUNG	F	65	F5099 4	AÇOREANA C BANIF	01:06:46
197	284	MARIA CALDAS	F	49	F4049 11	PONTERROLENSE	01:07:40
198	49	JOANA SEGURADO	F	35	F0039 22	INDIVIDUAL	01:10:24
199	50	NUNO SOARES	M	32	M0039 65	INDIVIDUAL	01:10:24
200	26	SARA SOUSA	F	37	F0039 23	TARTARUGAS SOLIDARIAS	01:14:00