

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	114	MARCO CARDOSO	M	30	SLB	00:35:17.83	00:35:15.71	BENFIQUISTA
2	14	LUIS LOPES	M	20	SLB	00:35:31.50	00:35:31.47	BENFIQUISTA
3	161	HUSSENE KESHAVJEE	M	42	SLB	00:37:48.94	00:37:47.38	BENFIQUISTA
4	384	JOÃO DOMINGOS	M	45	SLB	00:37:50.42	00:37:47.98	BENFIQUISTA
5	305	LUIS M S BAÇO	M	41	SLB	00:38:30.97	00:38:30.86	BENFIQUISTA
6	146	RICARDO JORGE	M	36	SLB	00:38:37.69	00:38:37.62	BENFIQUISTA
7	224	ALEXANDRA SOUSA	F	34	FCP	00:39:02.50	00:39:00.95	PORTISTA
8	206	NUNO SOARES	M	35	VIM	00:39:06.62	00:39:04.33	VIMARANENSE
9	193	JORGE AMARAL	M	48	SLB	00:39:33.57	00:39:30.94	BENFIQUISTA
10	321	FERNANDO SANTIAGO	M	55	SLB	00:39:39.59	00:39:37.88	BENFIQUISTA
11	448	GONÇALO MENDES	M	18	SLB	00:39:59.55	00:39:56.09	BENFIQUISTA
12	20	JOÃO MARQUES	M	47	SLB	00:40:03.83	00:40:03.66	BENFIQUISTA
13	189	JOÃO PASTOR	M	44	SLB	00:40:25.08	00:40:20.51	BENFIQUISTA
14	72	JOSE ESTEVES	M	50	SCP	00:40:25.51	00:40:21.28	SPORTINGUISTA
15	415	JOAO CARVALHO	M	53	FCP	00:40:29.24	00:40:27.90	PORTISTA
16	42	NUNO SILVA	M	37	SCP	00:40:36.31	00:40:34.26	SPORTINGUISTA
17	135	JOSÉ GOMES	M	56	SLB	00:40:38.42	00:40:35.17	BENFIQUISTA
18	423	ROGERIO ARAUJO	M	52	SLB	00:40:59.15	00:40:52.73	BENFIQUISTA
19	341	ANTÓNIO SILVA	M	21	SCP	00:41:13.67	00:41:06.32	SPORTINGUISTA
20	241	NUNO F LINO	M	36	SLB	00:41:16.98	00:41:12.71	BENFIQUISTA
21	242	PEDRO M C QUARESMA	M	50	SLB	00:41:24.90	00:41:18.66	BENFIQUISTA
22	508	CARLOS ALVES	M	45	SLB	00:41:29.59	00:41:25.74	BENFIQUISTA
23	125	RICARDO CORREIA	M	38	SLB	00:41:37.50	00:41:33.22	BENFIQUISTA
24	262	DUARTE COSTA	M	33	CFB	00:41:51.42	00:41:51.31	BELENENSES
25	141	PEDRO AZENHA	M	41	SCP	00:41:55.01	00:41:50.28	SPORTINGUISTA
26	265	GONÇALO ALMEIDA	M	25	SLB	00:42:05.40	00:41:54.36	BENFIQUISTA
27	298	ANTONIO GONCALVES	M	32	SCP	00:42:11.98	00:41:53.90	SPORTINGUISTA
28	382	RICARDO MENDES	M	37	SLB	00:42:14.83	00:42:13.21	BENFIQUISTA
29	446	TIAGO MENDES	M	43	SLB	00:42:38.10	00:42:34.38	BENFIQUISTA
30	229	GONÇALO SERAFIM	M	40	SCP	00:42:40.43	00:42:38.38	SPORTINGUISTA
31	117	CARLOS CRUZ	M	40	SCP	00:42:51.45	00:42:46.68	SPORTINGUISTA
32	215	DAVID M V SILVA	M	33	SLB	00:42:53.66	00:42:49.02	BENFIQUISTA
33	25	JOSE MIRANDA	M	56	SLB	00:43:05.33	00:43:00.25	BENFIQUISTA
34	143	ANA MENDES	F	40	SCP	00:43:05.89	00:43:01.78	SPORTINGUISTA

35	512	CARLOS LOPES	M	42	SLB	00:43:06.34	00:43:03.10	BENFIQUISTA
36	46	PEDRO M M SANTOS	M	36	SLB	00:43:13.56	00:42:54.75	BENFIQUISTA
37	100	LUÍS VALINHO	M	30	SLB	00:43:25.70	00:43:20.05	BENFIQUISTA
38	264	IVO CANELHAS	M	32	SLB	00:43:31.08	00:43:16.23	BENFIQUISTA
39	501	NUNO MOLEIRO	M	39	SLB	00:43:32.79	00:43:22.27	BENFIQUISTA
40	246	VITOR MARQUES	M	47	SCP	00:43:52.97	00:43:44.76	SPORTINGUISTA
41	441	ANTONIO BRAGA	M	57	SLB	00:43:56.74	00:43:53.81	BENFIQUISTA
42	244	NUNO AURELIANO	M	38	SCP	00:43:58.60	00:43:44.69	SPORTINGUISTA
43	150	JOÃO SEDAS NUNES	M	53	SCP	00:44:12.53	00:44:10.26	SPORTINGUISTA
44	532	JOSÉ PINTO	M	53	SLB	00:44:14.51	00:43:57.02	BENFIQUISTA
45	26	EDUARDO M A SILVA	M	53	SLB	00:44:27.03	00:44:24.03	BENFIQUISTA
46	119	JOÃO CORTESÃO	M	34	CFB	00:44:28.14	00:44:23.37	BELENENSES
47	398	LUIS GONÇALVES	M	41	FCP	00:44:36.63	00:44:34.83	PORTISTA
48	70	RUI VIEIRA	M	46	SCP	00:44:41.25	00:44:30.39	SPORTINGUISTA
49	509	PAULO RODRIGUES	M	46	SCP	00:44:44.00	00:44:33.95	SPORTINGUISTA
50	458	JOSÉ MONSANTO	M	36	SCP	00:44:44.43	00:44:20.81	SPORTINGUISTA
51	222	PEDRO PALHA	M	35	FCP	00:44:58.09	00:44:35.74	PORTISTA
52	111	FILIPE COSTA	M	32	SCP	00:45:04.12	00:44:39.07	SPORTINGUISTA
53	419	JOAO GONÇALVES	M	50	SLB	00:45:13.82	00:45:06.91	BENFIQUISTA
54	269	ANA M CORREIA	F	37	SLB	00:45:21.45	00:45:15.17	BENFIQUISTA
55	225	EVELINO MAGALHÃES	M	42	FCP	00:45:25.87	00:45:21.73	PORTISTA
56	270	GIL CARNEIRO	M	38	SLB	00:45:27.65	00:45:21.74	BENFIQUISTA
57	525	NOEMIA SEQUEIRA	F	48	SLB	00:45:28.07	00:45:25.35	BENFIQUISTA
58	520	CARLOS LEITAO	M	53	SLB	00:45:36.55	00:45:36.55	BENFIQUISTA
59	134	JOÃO RIBEIRA	M	37	SCP	00:45:43.33	00:45:40.70	SPORTINGUISTA
60	340	MARTIM CORREIA	M	18	SCP	00:45:58.17	00:45:46.35	SPORTINGUISTA
61	281	PAULO SANTOS	M	49	SLB	00:46:02.39	00:46:02.32	BENFIQUISTA
62	168	NELSON CUSTÓDIO	M	41	FCP	00:46:10.53	00:45:58.98	PORTISTA
63	169	BRUNO CARDOSO	M	37	SLB	00:46:11.46	00:45:59.54	BENFIQUISTA
64	495	JOAO MARTINS	M	31	CFB	00:46:16.50	00:45:41.05	BELENENSES
65	476	FILIPE P GONÇALVES	M	44	SCP	00:46:18.95	00:45:59.91	SPORTINGUISTA
66	81	INÊS BRITO	F	45	SLB	00:46:25.57	00:46:16.58	BENFIQUISTA
67	86	GONÇALO MEXIA	M	28	FCP	00:46:26.11	00:46:21.00	PORTISTA
68	523	JOAQUIM FRADE	M	61	SLB	00:46:44.14	00:46:40.83	BENFIQUISTA
69	63	LUIS CHAMBEL	M	41	SCP	00:46:49.44	00:46:31.57	SPORTINGUISTA

70	259	CAMILA CASTELLI	F	24	FCP	00:46:49.80	00:46:46.37	PORTISTA
71	408	SERGIO GONÇALVES	M	43	SCP	00:46:53.34	00:46:50.11	SPORTINGUISTA
72	410	PEDRO FONTINHA	M	37	SLB	00:46:57.98	00:46:40.71	BENFIQUISTA
73	95	PEDRO P REIS	M	41	SLB	00:47:03.29	00:47:00.93	BENFIQUISTA
74	164	FRANCISCO PASSOS	M	55	SCP	00:47:12.11	00:46:51.69	SPORTINGUISTA
75	113	NUNO GOMES	M	40	SLB	00:47:13.57	00:47:09.73	BENFIQUISTA
76	491	FERNANDO GONÇALVES	M	47	SLB	00:47:19.10	00:47:08.83	BENFIQUISTA
77	390	FERNANDO RODRIGUES	M	52	SLB	00:47:20.11	00:46:57.22	BENFIQUISTA
78	425	PAULO PAIS	M	51	FCP	00:47:21.09	00:46:57.96	PORTISTA
79	162	ANDRÉ CARVALHO	M	31	SLB	00:47:21.76	00:46:56.55	BENFIQUISTA
80	124	PAULO SOARES	M	35	SCP	00:47:22.69	00:46:57.60	SPORTINGUISTA
81	94	ABÍLIO OLIVEIRA	M	51	SCP	00:47:26.68	00:47:18.55	SPORTINGUISTA
82	438	CARLOS RAMOS	M	50	SLB	00:47:28.60	00:47:06.42	BENFIQUISTA
83	266	FÁBIO CORREIA	M	27	SLB	00:47:28.99	00:47:21.15	BENFIQUISTA
84	293	NUNO MELO	M	31	SLB	00:47:29.03	00:47:09.91	BENFIQUISTA
85	200	PAULO V FIGUEIRA	M	52	SCP	00:47:33.80	00:47:04.80	SPORTINGUISTA
86	79	FÁBIO J C ROCHA	M	30	SLB	00:47:38.38	00:47:23.57	BENFIQUISTA
87	175	PEDRO SEQUEIRA	M	37	SLB	00:47:42.63	00:47:27.12	BENFIQUISTA
88	30	RICARDO PIMENTA	M	41	SCP	00:47:47.90	00:47:44.91	SPORTINGUISTA
89	87	RUI BARROS	M	48	SCP	00:47:50.62	00:47:42.62	SPORTINGUISTA
90	514	SUSANA BERNARDO	F	29	SLB	00:47:54.18	00:47:51.70	BENFIQUISTA
91	469	SERGIO MELRO	M	50	SLB	00:48:07.03	00:45:07.03	BENFIQUISTA
92	91	RUI M FERREIRA	M	46	SCP	00:48:11.53	00:47:57.88	SPORTINGUISTA
93	381	JORGE REIS NETO	M	50	SLB	00:48:16.36	00:47:59.87	BENFIQUISTA
94	78	HUGO M F HENRIQUES	M	39	SLB	00:48:17.17	00:48:09.15	BENFIQUISTA
95	375	TIAGO D S MARQUES	M	26	SLB	00:48:18.74	00:48:14.56	BENFIQUISTA
96	487	TIAGO SILVA	M	39	SLB	00:48:32.04	00:47:59.21	BENFIQUISTA
97	207	JOSE NETO	M	59	SCP	00:48:36.19	00:48:31.78	SPORTINGUISTA
98	528	HENRIQUE AMADOR	M	45	SCP	00:48:42.87	00:48:40.65	SPORTINGUISTA
99	402	GONÇALO LOPES	M	18	SLB	00:48:43.45	00:48:26.57	BENFIQUISTA
100	355	MIGUEL CARVALHO	M	38	SLB	00:48:46.97	00:48:25.76	BENFIQUISTA
101	521	FERNANDO LIMA	M	47	SCP	00:48:48.02	00:48:45.34	SPORTINGUISTA
102	195	JOÃO J FERNANDES	M	35	SLB	00:48:49.65	00:48:32.60	BENFIQUISTA
103	513	TINA OLIVEIRA	F	52	SLB	00:48:51.07	00:48:47.56	BENFIQUISTA
104	353	LUIS SANCHEZ	M	57	SLB	00:48:52.12	00:48:30.82	BENFIQUISTA

105	347	VICENTE BOTO	M	44	SLB	00:48:53.63	00:48:51.07	BENFIQUISTA
106	171	CARLOS FERREIRA	M	59	FCP	00:48:54.19	00:48:48.43	PORTISTA
107	465	JOSE EUSEBIO	M	47	SLB	00:48:57.59	00:48:55.20	BENFIQUISTA
108	338	RICARDO DOMINGOS	M	38	SCP	00:48:57.84	00:48:15.94	SPORTINGUISTA
109	156	CARLOS CORREIA	M	31	SLB	00:49:03.48	00:48:53.23	BENFIQUISTA
110	75	PEDRO SILVA	M	30	SCP	00:49:08.81	00:48:55.53	SPORTINGUISTA
111	133	JOÃO M J ESTEVÃO	M	36	SLB	00:49:21.00	00:49:07.70	BENFIQUISTA
112	497	JORGE ALMEIDA	M	31	SLB	00:49:26.03	00:49:09.73	BENFIQUISTA
113	510	JOAO PIRES	M	43	FCP	00:49:28.45	00:49:17.67	PORTISTA
114	531	TITO SANTOS	M	41	SLB	00:49:32.24	00:49:19.94	BENFIQUISTA
115	504	NUNO MOREIRA	M	41	SLB	00:49:34.24	00:49:22.05	BENFIQUISTA
116	154	FERNANDO MARQUES	M	34	SLB	00:49:37.80	00:49:33.77	BENFIQUISTA
117	330	PEDRO FONTES	M	41	SCP	00:49:37.88	00:49:31.36	SPORTINGUISTA
118	93	ANTÓNIO FERNANDES	M	60	SLB	00:49:45.52	00:49:33.36	BENFIQUISTA
119	97	RUI SIMOES	M	39	SCB	00:49:46.84	00:49:38.32	BRACARENSE
120	84	JOÃO AREAL	M	45	SLB	00:49:47.31	00:49:19.47	BENFIQUISTA
121	120	JOÃO GONÇALVES	M	39	SLB	00:49:50.29	00:49:45.26	BENFIQUISTA
122	285	AUGUSTO CARIA	M	64	SLB	00:49:53.32	00:49:27.20	BENFIQUISTA
123	327	FILIPPE FERREIRA	M	39	SLB	00:49:53.42	00:49:19.02	BENFIQUISTA
124	333	JOSÉ CALHEIROS	M	42	SLB	00:49:56.72	00:49:44.63	BENFIQUISTA
125	539	ARMANDO ALMEIDA	M	57	SLB	00:49:59.17	00:49:46.13	BENFIQUISTA
126	92	CARLOS COSTA	M	50	SLB	00:49:59.25	00:49:45.63	BENFIQUISTA
127	280	ANA F C FEIJÃO	F	22	SCB	00:50:00.24	00:49:48.88	BRACARENSE
128	474	PEDRO M S PINTO	M	30	CFB	00:50:00.37	00:49:55.08	BELENENSES
129	181	ANTONIO C NOVAS	M	38	SLB	00:50:04.08	00:49:35.42	BENFIQUISTA
130	527	PEDRO AFONSO	M	39	SLB	00:50:13.04	00:49:53.27	BENFIQUISTA
131	31	EDUARDO RODRIGUES	M	51	SLB	00:50:21.30	00:50:17.49	BENFIQUISTA
132	27	TIAGO A MARQUES	M	38	SLB	00:50:21.81	00:50:16.62	BENFIQUISTA
133	209	JOANA RIBEIRO	F	23	SLB	00:50:22.19	00:50:16.04	BENFIQUISTA
134	40	CIDALIA PIMENTEL	F	43	SCP	00:50:24.31	00:50:22.04	SPORTINGUISTA
135	126	ANTONIO NOGUEIRA	M	44	SLB	00:50:26.49	00:50:08.69	BENFIQUISTA
136	496	ANTÓNIO MARTINHO	M	39	SLB	00:50:30.40	00:50:30.40	BENFIQUISTA
137	343	PAULO BORJA	M	45	SLB	00:50:30.99	00:50:14.82	BENFIQUISTA
138	418	ANTONIO ALMEIDA	M	50	SCP	00:50:37.55	00:50:03.80	SPORTINGUISTA
139	218	JOAO PASSEIRO	M	54	SLB	00:50:46.49	00:50:20.11	BENFIQUISTA

140	219	ALMERINDO SILVA	M	57	SLB	00:50:46.90	00:50:20.28	BENFIQUISTA
141	332	RICARDO DIAS	M	34	SLB	00:50:54.18	00:50:22.07	BENFIQUISTA
142	240	RICARDO SILVA	M	39	SCP	00:51:04.43	00:50:37.69	SPORTINGUISTA
143	212	FRANCISCO GAMA	M	52	SLB	00:51:23.34	00:51:16.32	BENFIQUISTA
144	412	JORGE SALVADO	M	53	SLB	00:51:25.64	00:51:05.13	BENFIQUISTA
145	453	GONÇALO LOBO	M	31	SLB	00:51:28.39	00:51:12.25	BENFIQUISTA
146	96	ANTONIO TEIXEIRA	M	39	VIM	00:51:29.70	00:51:21.60	VIMARANENSE
147	249	MIGUEL GAMA	M	48	SLB	00:51:32.18	00:51:26.32	BENFIQUISTA
148	385	PAULO LUIS	M	47	SCP	00:51:36.01	00:51:23.69	SPORTINGUISTA
149	248	DANIELA SOUSA	F	27	SLB	00:51:36.94	00:51:06.44	BENFIQUISTA
150	192	RAFAEL SANTOS	M	49	SLB	00:51:39.48	00:51:20.33	BENFIQUISTA
151	357	RUI FERNANDES	M	45	SCP	00:51:45.95	00:51:12.55	SPORTINGUISTA
152	397	FERNANDO ALMEIDA	M	48	SLB	00:51:48.48	00:51:29.10	BENFIQUISTA
153	105	NUNO SILVA	M	39	SLB	00:51:48.59	00:51:17.06	BENFIQUISTA
154	356	PAULO MARTINS	M	48	SCP	00:51:51.67	00:51:36.58	SPORTINGUISTA
155	299	CARLOS SILVA	M	41	SLB	00:51:52.42	00:51:43.48	BENFIQUISTA
156	199	MAURO SILVA	M	27	FCP	00:51:56.24	00:51:23.68	PORTISTA
157	251	AIRES ILDEFONSO	M	61	SLB	00:51:57.76	00:51:20.14	BENFIQUISTA
158	306	GONÇALO PINTO	M	23	SLB	00:51:58.84	00:51:43.32	BENFIQUISTA
159	459	ANDRÉ CARDOSO	M	36	SLB	00:51:59.88	00:51:32.13	BENFIQUISTA
160	147	M ^a LURDES N GONÇALVES	F	49	SLB	00:51:59.93	00:51:49.28	BENFIQUISTA
161	493	JACINTO GODINHO	M	52	SLB	00:52:02.08	00:51:33.54	BENFIQUISTA
162	272	CATARINA C M REIS	F	26	SCP	00:52:04.72	00:51:54.54	SPORTINGUISTA
163	310	CARLOS JESUS	M	34	SCP	00:52:09.20	00:52:03.33	SPORTINGUISTA
164	186	TAM AFONSO	M	64	SLB	00:52:09.29	00:51:56.51	BENFIQUISTA
165	45	MIGUEL MARQUES	M	56	SLB	00:52:12.50	00:52:05.12	BENFIQUISTA
166	530	SÉRGIO PEREIRA	M	44	CFB	00:52:12.68	00:51:58.90	BELENENSES
167	485	VÍTOR GONZAS	M	50	SLB	00:52:16.50	00:52:09.14	BENFIQUISTA
168	184	NELSON PRAZERES	M	41	SLB	00:52:18.16	00:52:10.90	BENFIQUISTA
169	188	FRANCISCO PLÍNIO	M	60	SLB	00:52:18.81	00:52:01.93	BENFIQUISTA
170	320	CARLA M D MENDES	F	40	SCP	00:52:21.05	00:52:11.66	SPORTINGUISTA
171	88	ANDREIA M H COSTA	F	40	FCP	00:52:21.27	00:52:12.47	PORTISTA
172	108	TELMO SOUSA	M	38	FCP	00:52:22.38	00:51:55.86	PORTISTA
173	17	RAUL MOITA	M	60	SLB	00:52:26.06	00:51:57.98	BENFIQUISTA
174	535	ANTÓNIO ALMEIDA	M	37	SLB	00:52:26.89	00:52:19.89	BENFIQUISTA

175	22	BRUNO GONÇALVES	M	38	SLB	00:52:31.50	00:52:17.93	BENFIQUISTA
176	461	FERNANDO M R F OLIVEIRA	M	49	SLB	00:52:40.99	00:52:16.76	BENFIQUISTA
177	422	ARTUR LEITE	M	52	SLB	00:52:51.03	00:52:31.50	BENFIQUISTA
178	498	DANIEL E G REIS	M	31	SCP	00:53:05.37	00:52:28.14	SPORTINGUISTA
179	275	HUGO M R COLAÇO	M	38	SLB	00:53:09.33	00:52:56.24	BENFIQUISTA
180	289	NUNO PITTA	M	47	SCP	00:53:10.22	00:52:47.14	SPORTINGUISTA
181	163	JOÃO A SLVA	M	46	SLB	00:53:10.91	00:52:35.03	BENFIQUISTA
182	475	NUNO M B MARTINS	M	44	SLB	00:53:15.29	00:52:55.36	BENFIQUISTA
183	74	CECÍLIA NICOLAU	F	49	SLB	00:53:16.34	00:53:03.65	BENFIQUISTA
184	449	GILBERTO GONCALVES	M	68	SLB	00:53:21.63	00:53:08.63	BENFIQUISTA
185	325	JOSÉ TOMÉ	M	49	SLB	00:53:26.23	00:53:16.13	BENFIQUISTA
186	208	JOÃO RIBEIRO	M	25	SLB	00:53:26.50	00:53:19.55	BENFIQUISTA
187	172	JOSE DIAS	M	59	SLB	00:53:26.85	00:53:10.35	BENFIQUISTA
188	389	LEONEL BRANDAO	M	49	SLB	00:53:31.74	00:53:12.66	BENFIQUISTA
189	107	M ^a LUCIA F VALENTI	F	51	FCP	00:53:32.42	00:53:32.42	PORTISTA
190	494	MARCOS NORITAKE	M	50	CFB	00:53:32.73	00:53:16.92	BELENENSES
191	103	NUNO MOLERO	M	34	SLB	00:53:32.78	00:53:13.41	BENFIQUISTA
192	337	MÁRIO BORDALO	M	28	SLB	00:53:36.52	00:53:30.21	BENFIQUISTA
193	297	JORGE V BARROS	M	43	SCP	00:53:37.49	00:53:28.21	SPORTINGUISTA
194	421	PAULO MORENO	M	49	SLB	00:53:42.76	00:53:35.35	BENFIQUISTA
195	223	ANDRÉ AMARAL	M	19	SCP	00:53:45.13	00:53:22.09	SPORTINGUISTA
196	316	JORGE FERRO	M	50	SLB	00:53:47.33	00:53:20.53	BENFIQUISTA
197	55	JOAQUIM F C PINTO	M	58	SLB	00:53:47.42	00:53:28.01	BENFIQUISTA
198	392	PEDRO PEREIRA	M	50	SCP	00:53:47.69	00:53:39.85	SPORTINGUISTA
199	434	LUIS SILVA	M	49	SLB	00:53:50.20	00:53:33.09	BENFIQUISTA
200	399	EDUARDO VILHENA	M	49	SCP	00:53:50.27	00:53:33.37	SPORTINGUISTA
201	403	NUNO MENDES	M	31	SLB	00:53:56.59	00:53:34.07	BENFIQUISTA
202	258	MARIA CASTELLI	F	52	SLB	00:54:01.81	00:53:32.72	BENFIQUISTA
203	323	DAVID ALMEIDA	M	45	SLB	00:54:09.74	00:53:33.52	BENFIQUISTA
204	315	CLÁUDIO MILHEIRO	M	40	SCP	00:54:11.42	00:53:44.14	SPORTINGUISTA
205	34	JOÃO VENTURA	M	45	SLB	00:54:12.27	00:53:46.62	BENFIQUISTA
206	243	JOÃO BOTELHO	M	39	SLB	00:54:14.64	00:54:00.93	BENFIQUISTA
207	396	JOSE RODRIGUES	M	66	SCP	00:54:17.87	00:54:14.61	SPORTINGUISTA
208	118	FERNANDO RODRIGUES	M	58	SLB	00:54:18.75	00:54:13.36	BENFIQUISTA
209	507	UMBELINA NUNES	F	63	SLB	00:54:20.52	00:53:53.93	BENFIQUISTA

210	50	JOÃO PINTO	M	53	SLB	00:54:26.45	00:54:24.37	BENFIQUISTA
211	140	LUIS SANTOS	M	44	SLB	00:54:26.45	00:54:16.70	BENFIQUISTA
212	463	LUÍS MGALHÃESA	M	42	SCP	00:54:30.63	00:54:17.97	SPORTINGUISTA
213	431	LUIS CAMPOS	M	50	SLB	00:54:34.42	00:54:21.52	BENFIQUISTA
214	153	CARLOS TEIXEIRA	M	66	FCP	00:54:39.68	00:54:36.22	PORTISTA
215	427	DELFINA ALEXANDRE	F	48	SLB	00:54:40.23	00:54:33.46	BENFIQUISTA
216	370	EDUARDO RIBEIRO	M	49	FCP	00:54:40.61	00:54:40.61	PORTISTA
217	367	VITOR CID	M	42	SLB	00:54:41.13	00:54:22.60	BENFIQUISTA
218	366	PAULO DUARTE	M	51	SCP	00:54:41.34	00:54:23.30	SPORTINGUISTA
219	38	JOSE BAIXINHO	M	59	SCP	00:54:42.59	00:54:21.69	SPORTINGUISTA
220	213	JAIME PORTUGAL	M	47	SLB	00:54:42.67	00:54:39.46	BENFIQUISTA
221	490	JOÃO F MONTEIRO	M	26	FCP	00:54:44.04	00:54:34.84	PORTISTA
222	329	ANA PINTO	F	23	SCP	00:54:48.33	00:54:42.55	SPORTINGUISTA
223	522	FRANCISCO CLERIGO	M	63	SLB	00:54:51.03	00:54:36.69	BENFIQUISTA
224	502	FERNANDO CLAUDINO	M	64	SCP	00:54:55.82	00:54:44.30	SPORTINGUISTA
225	226	LUIS M L VICENTE	M	56	SLB	00:54:58.56	00:54:52.32	BENFIQUISTA
226	516	ANDRÉ SANTOS	M	21	FCP	00:55:00.48	00:54:57.20	PORTISTA
227	452	JOANA CORREIA	F	27	SLB	00:55:00.62	00:54:57.48	BENFIQUISTA
228	149	TIAGO ALEXANDRE	M	21	SLB	00:55:02.68	00:54:51.46	BENFIQUISTA
229	451	MIGUEL RODRIGUES	M	40	SCP	00:55:04.97	00:54:56.20	SPORTINGUISTA
230	39	JUDITE BAIXINHO	F	30	SLB	00:55:08.06	00:54:47.04	BENFIQUISTA
231	227	JOÃO DUARTE	M	64	SLB	00:55:11.20	00:55:05.73	BENFIQUISTA
232	268	PAULO GONÇALVES	M	50	SLB	00:55:22.23	00:55:15.96	BENFIQUISTA
233	267	NUNO FERREIRA	M	36	SLB	00:55:30.47	00:55:23.96	BENFIQUISTA
234	279	CARLOS FERREIRA	M	42	SLB	00:55:30.62	00:55:15.91	BENFIQUISTA
235	19	FILIPA FERRO	F	39	SLB	00:55:33.97	00:55:33.41	BENFIQUISTA
236	435	RICARDO GOMES	M	45	SLB	00:55:34.80	00:55:12.33	BENFIQUISTA
237	228	MÁRIO N SILVA	M	64	SLB	00:55:38.80	00:55:23.93	BENFIQUISTA
238	405	VASCO OURELO	M	41	SCP	00:55:46.92	00:55:30.69	SPORTINGUISTA
239	479	JOSÉ PINTO	M	41	SLB	00:55:47.18	00:55:17.43	BENFIQUISTA
240	471	ANDRÉ BARATA	M	27	SLB	00:55:49.50	00:55:12.12	BENFIQUISTA
241	515	RAFAEL MARTINEZ-CLÁUDIO	M	27	SCP	00:55:55.60	00:55:17.37	SPORTINGUISTA
242	261	MÁRIO JORGE	M	51	SCP	00:55:56.89	00:55:23.92	SPORTINGUISTA
243	260	RICARDO LEAL	M	47	SCP	00:55:57.14	00:55:24.21	SPORTINGUISTA
244	319	NUNO MACHADO	M	41	SLB	00:55:57.47	00:55:39.54	BENFIQUISTA

245	187	CARLOS MOREIRA	M	63	SLB	00:56:19.54	00:56:03.61	BENFIQUISTA
246	294	EDUARDA MANINA	F	36	SLB	00:56:30.23	00:56:08.50	BENFIQUISTA
247	284	GONÇALO LAGOS	M	34	SLB	00:56:49.84	00:56:20.07	BENFIQUISTA
248	283	JORGE AZEVEDO	M	44	SLB	00:56:49.88	00:56:20.75	BENFIQUISTA
249	489	NUNO PEREIRA	M	30	SLB	00:56:50.17	00:56:41.14	BENFIQUISTA
250	472	TIAGO CABAÇO	M	29	SLB	00:56:50.53	00:56:21.37	BENFIQUISTA
251	388	LUIS SILVA	M	48	SLB	00:56:51.40	00:56:31.97	BENFIQUISTA
252	245	ANTONIO FARIA	M	62	SLB	00:56:54.24	00:56:22.93	BENFIQUISTA
253	300	ISABEL GARCIA	F	49	SLB	00:56:55.47	00:56:55.44	BENFIQUISTA
254	176	AMANDIO BUSCA	M	48	SLB	00:56:55.56	00:56:39.18	BENFIQUISTA
255	10	ARLINDO PARRA	M	55	CFB	00:56:55.67	00:56:40.02	BELENENSES
256	197	TÂNIA CORREIA	F	33	SCP	00:56:57.01	00:56:21.97	SPORTINGUISTA
257	237	BRUNO SEABRA	M	41	SCP	00:56:59.48	00:56:56.97	SPORTINGUISTA
258	369	CARLOS VIEGAS	M	58	FCP	00:57:01.04	00:56:44.05	PORTISTA
259	177	LUIS GARÇAO	M	49	SLB	00:57:06.50	00:56:49.55	BENFIQUISTA
260	210	JOÃO NEVES	M	40	SCP	00:57:09.33	00:56:32.95	SPORTINGUISTA
261	148	ROZIREZ FERREIRA	F	36	SLB	00:57:10.86	00:57:00.22	BENFIQUISTA
262	131	JOÃO JOAQUIM	M	44	SLB	00:57:12.29	00:56:37.47	BENFIQUISTA
263	481	JAIME AFONSO	M	51	SCP	00:57:13.65	00:56:42.40	SPORTINGUISTA
264	437	DULCE RAMOS	F	47	SCP	00:57:14.64	00:56:52.67	SPORTINGUISTA
265	110	ANA COSTA	F	31	SCP	00:57:15.33	00:56:48.52	SPORTINGUISTA
266	511	JOSE BASTOS	M	44	SLB	00:57:15.83	00:57:03.52	BENFIQUISTA
267	309	MIGUEL LAVRADOR	M	45	SCP	00:57:15.92	00:56:44.39	SPORTINGUISTA
268	538	PEDRO FARIA	M	43	SLB	00:57:15.94	00:56:44.25	BENFIQUISTA
269	505	HELENA PEREIRA	F	39	SCP	00:57:17.13	00:57:05.26	SPORTINGUISTA
270	483	JOSE HILARIO	M	57	SLB	00:57:17.18	00:56:50.59	BENFIQUISTA
271	109	HELENA SOUSA	F	35	SCP	00:57:19.48	00:56:52.24	SPORTINGUISTA
272	409	CARLA OLIMPIO	F	34	SLB	00:57:21.78	00:57:04.60	BENFIQUISTA
273	350	FERNANDO ALVES	M	55	SLB	00:57:22.96	00:57:04.09	BENFIQUISTA
274	534	MÁRIO VELEZ	M	21	SLB	00:57:43.02	00:57:00.85	BENFIQUISTA
275	54	PAULO SILVA	M	47	SLB	00:57:44.61	00:57:07.39	BENFIQUISTA
276	314	MARCO CUNHA	M	28	SLB	00:57:45.09	00:57:06.08	BENFIQUISTA
277	540	TIAGO MAIO	M	37	SLB	00:57:45.30	00:57:05.39	BENFIQUISTA
278	484	RITA ESTEVES	F	44	CFB	00:57:45.33	00:57:25.67	BELENENSES
279	364	JOÃO ESTEVES	M	37	SLB	00:57:45.80	00:57:25.69	BENFIQUISTA

280	482	CARLOS PINA	M	46	SCP	00:57:52.59	00:57:32.39	SPORTINGUISTA
281	123	BELMIRO SILVA	M	53	SLB	00:57:53.30	00:57:33.52	BENFIQUISTA
282	464	ROBERT TEIXEIRA	M	30	SCP	00:57:55.46	00:57:29.21	SPORTINGUISTA
283	151	RUI CARREIRO	M	33	SCP	00:57:55.67	00:57:06.99	SPORTINGUISTA
284	152	CRISTINA FELICIANO	F	45	SLB	00:57:56.71	00:57:08.89	BENFIQUISTA
285	426	BRUNO RAMOS	M	40	SLB	00:57:58.01	00:57:26.62	BENFIQUISTA
286	352	JOAO SANTOS	M	44	SLB	00:58:00.48	00:57:44.13	BENFIQUISTA
287	57	ANTONIO FONSECA	M	70	SCP	00:58:02.73	00:57:34.36	SPORTINGUISTA
288	363	TANIA INACIO	F	29	SLB	00:58:04.81	00:58:00.62	BENFIQUISTA
289	349	JOAQUIM MELO	M	48	SLB	00:58:08.01	00:58:00.60	BENFIQUISTA
290	373	ANDRÉ SALVADO	M	42	SLB	00:58:15.83	00:57:48.16	BENFIQUISTA
291	424	ANTONIO FERNANDES	M	51	SLB	00:58:21.73	00:58:04.14	BENFIQUISTA
292	238	ANA GONÇALVES	F	41	SCP	00:58:24.23	00:58:21.30	SPORTINGUISTA
293	331	JOSÉ MAGRO	M	46	SCP	00:58:27.76	00:58:07.28	SPORTINGUISTA
294	288	BRUNO FERREIRA	M	25	SCP	00:58:36.69	00:58:31.03	SPORTINGUISTA
295	52	EDUARDO AMORIM	M	45	SLB	00:58:38.77	00:58:11.30	BENFIQUISTA
296	196	RUI M F ALDEANO	M	33	SLB	00:58:49.21	00:58:13.55	BENFIQUISTA
297	326	RICARDO J MALTA	M	33	SCP	00:58:49.97	00:58:14.29	SPORTINGUISTA
298	468	JOSÉ CATITA	M	58	SLB	00:58:50.08	00:58:26.30	BENFIQUISTA
299	445	SUSANA VASCONCELOS	F	40	SCP	00:58:50.67	00:58:34.28	SPORTINGUISTA
300	372	CLAUDIA MARQUES	F	35	SLB	00:58:51.46	00:58:36.63	BENFIQUISTA
301	65	HELDER AMARAL	M	46	SCP	00:58:52.32	00:58:40.59	SPORTINGUISTA
302	104	JOAO RITO	M	58	SLB	00:59:14.94	00:58:41.52	BENFIQUISTA
303	411	NELSON GUIMARAES	M	69	SCP	00:59:19.09	00:58:50.89	SPORTINGUISTA
304	334	SÍLVIA SOARES	F	40	SCP	00:59:22.11	00:58:51.65	SPORTINGUISTA
305	335	DUARTE LORETO	M	41	VIM	00:59:22.43	00:58:51.93	VIMARANENSE
306	49	JORGE M G PIRES	M	62	SLB	00:59:23.81	00:58:59.76	BENFIQUISTA
307	444	GIL SENA	M	48	SLB	00:59:25.06	00:59:06.31	BENFIQUISTA
308	69	HELDER RODRIGUES	M	43	SCP	00:59:29.49	00:59:16.09	SPORTINGUISTA
309	68	ANTONIO GARCIA	M	45	SCP	00:59:29.74	00:59:16.21	SPORTINGUISTA
310	282	ISABEL SANTOS	F	49	SCP	00:59:31.00	00:59:30.87	SPORTINGUISTA
311	344	RAÚL COSTA	M	56	SLB	00:59:31.72	00:59:21.44	BENFIQUISTA
312	393	FERNANDO FERREIRA	M	70	SLB	00:59:53.92	00:59:18.24	BENFIQUISTA
313	460	JORGE M N SANTOS	M	51	CFB	00:59:55.30	00:59:40.89	BELENENSES
314	477	NILCILENE ORMOND	F	33	SLB	00:59:56.50	00:59:33.71	BENFIQUISTA

315	239	MARIA SILVA	F	47	SCP	00:59:59.73	00:59:33.09	SPORTINGUISTA
316	492	LAURA E CARMENATES	F	58	SLB	01:00:00.47	00:59:32.13	BENFIQUISTA
317	417	PEDRO SA	M	44	SLB	01:00:01.36	00:59:32.26	BENFIQUISTA
318	274	LUIS BATISTA	M	27	SLB	01:00:02.95	00:59:30.77	BENFIQUISTA
319	336	SÃO MARQUES	F	47	SLB	01:00:07.71	00:59:47.70	BENFIQUISTA
320	529	ANDREA GENS	F	27	SCP	01:00:12.14	00:59:52.50	SPORTINGUISTA
321	541	ISILDA BARRADAS	F	66	SCP	01:00:16.20	01:00:16.08	SPORTINGUISTA
322	277	NELSON CASTELÔA	M	51	CFB	01:00:16.34	01:00:09.97	BELENENSES
323	35	ALEXANDRA VENTURA	F	42	SCP	01:00:17.49	00:59:53.15	SPORTINGUISTA
324	129	FREDERICO SOUSA	M	53	CFB	01:00:20.62	00:59:55.28	BELENENSES
325	15	MARIO PIRES	M	57	CFB	01:00:23.88	00:59:50.16	BELENENSES
326	517	FLORBERTO SILVA	M	27	SLB	01:00:25.24	00:59:32.29	BENFIQUISTA
327	112	CARLA REAL	F	35	SLB	01:00:25.75	01:00:10.54	BENFIQUISTA
328	23	JOÃO FERRO	M	48	SLB	01:00:32.83	01:00:01.43	BENFIQUISTA
329	183	CONSTANCIO ALMEIDA	M	57	SLB	01:00:34.64	01:00:07.81	BENFIQUISTA
330	76	CATARINA AFONSO	F	33	SLB	01:00:42.22	01:00:35.22	BENFIQUISTA
331	182	LUIS ANTUNES	M	54	SLB	01:00:44.30	01:00:16.55	BENFIQUISTA
332	414	CARLOS TOME	M	65	SCP	01:00:46.05	01:00:16.67	SPORTINGUISTA
333	365	RICARDO DOURADO	M	42	SCP	01:00:51.51	01:00:37.83	SPORTINGUISTA
334	420	PEDRO MURCA	M	50	SLB	01:00:53.74	01:00:33.78	BENFIQUISTA
335	214	CRISTINA PORTUGAL	F	48	FCP	01:00:54.36	01:00:51.39	PORTISTA
336	526	PATRICIA TAVARES	F	37	SLB	01:00:56.74	01:00:36.17	BENFIQUISTA
337	235	ANA LEMOS	F	52	SLB	01:00:58.17	01:00:53.25	BENFIQUISTA
338	53	JOÃO P S PEREIRA	M	56	SLB	01:01:08.83	01:00:59.24	BENFIQUISTA
339	41	JOÃO BOTELHO	M	34	SLB	01:01:13.56	01:00:36.10	BENFIQUISTA
340	295	RAFAELA GONÇALVES	F	23	SLB	01:01:13.74	01:00:41.71	BENFIQUISTA
341	167	PAULA LEITÃO	F	37	FCP	01:01:22.83	01:01:18.38	PORTISTA
342	378	TÂNIA GONÇALVES	F	29	SCP	01:01:22.92	01:01:08.89	SPORTINGUISTA
343	122	ANA PEREIRA	F	42	CFB	01:01:27.19	01:00:47.03	BELENENSES
344	361	EMMA GOMES	F	25	SCP	01:01:28.81	01:01:22.29	SPORTINGUISTA
345	470	JOANA C PINTO	F	34	SLB	01:01:31.89	01:01:11.63	BENFIQUISTA
346	59	ANA MARTINS	F	49	SCP	01:01:37.05	01:01:12.36	SPORTINGUISTA
347	58	LUÍS REIS	M	53	SCP	01:01:37.08	01:01:13.22	SPORTINGUISTA
348	328	FRANCISCO COSTA	M	44	SLB	01:01:49.38	01:01:26.97	BENFIQUISTA
349	318	Mª JOAO ALVES	F	40	SCB	01:01:49.59	01:01:27.27	BRACARENSE

350	191	ORLANDO SOUSA	M	54	SCB	01:02:14.43	01:01:43.62	BRACARENSE
351	190	JOSÉ PIRES	M	80	SLB	01:02:14.81	01:01:43.94	BENFIQUISTA
352	43	ALBERTO LIXA	M	54	SLB	01:02:19.71	01:02:12.66	BENFIQUISTA
353	486	RUI M R BRAZ	M	34	VIM	01:02:21.35	01:01:53.83	VIMARANENSE
354	488	LUIS MORAIS	M	36	SCP	01:02:21.74	01:01:54.53	SPORTINGUISTA
355	29	JOANA S J RODRIGUES	F	34	SLB	01:02:24.16	01:01:58.51	BENFIQUISTA
356	324	JOSÉ FIDALGO	M	60	SLB	01:02:38.09	01:02:28.85	BENFIQUISTA
357	217	LURDES SANTOS	F	32	SLB	01:02:46.71	01:02:10.38	BENFIQUISTA
358	354	MAFALDA BARAO	F	41	SCP	01:02:50.03	01:02:44.61	SPORTINGUISTA
359	311	SOFIA SANTOS	F	34	SCP	01:02:53.50	01:02:43.29	SPORTINGUISTA
360	51	LURDES ALVES	F	60	SCP	01:03:08.04	01:03:03.73	SPORTINGUISTA
361	303	DIOGO MARTINEZ	M	29	SLB	01:03:19.91	01:02:41.53	BENFIQUISTA
362	386	ANTÓNIO CUNHA	M	28	SLB	01:03:20.13	01:02:41.60	BENFIQUISTA
363	159	ANA AMORIM	F	42	FCP	01:03:22.33	01:03:10.92	PORTISTA
364	160	AIRES AFONSECA	M	39	FCP	01:03:22.46	01:03:11.76	PORTISTA
365	211	HUGO C PAULITO	M	44	SLB	01:03:29.70	01:02:54.93	BENFIQUISTA
366	462	JOSÉ BASTOS	M	50	SCP	01:03:40.48	01:03:31.45	SPORTINGUISTA
367	339	DULCE RODRIGUES	F	44	SLB	01:04:12.55	01:03:51.39	BENFIQUISTA
368	433	JULIANA SILVA	F	45	SLB	01:04:20.19	01:04:02.32	BENFIQUISTA
369	157	ARMANDO CORREIA	M	59	FCP	01:04:42.41	01:04:30.55	PORTISTA
370	400	DORA VILHENA	F	46	SLB	01:05:01.54	01:04:37.63	BENFIQUISTA
371	247	LUIS ARTUR BARATA	M	51	SCP	01:05:02.24	01:04:34.62	SPORTINGUISTA
372	144	JOAO LANDEIRO	M	70	SLB	01:05:10.26	01:04:33.13	BENFIQUISTA
373	348	ANA RITA BOTO	F	39	SLB	01:05:20.80	01:05:17.26	BENFIQUISTA
374	506	ISABEL ALVES	F	49	SCP	01:05:28.74	01:05:18.24	SPORTINGUISTA
375	533	ALEXANDRA PINTO	F	43	SLB	01:05:31.92	01:04:54.11	BENFIQUISTA
376	519	JOÃO GOMES	M	35	SLB	01:05:35.50	01:04:43.01	BENFIQUISTA
377	230	ANA-ALICE S PEREIRA	F	53	SLB	01:06:07.19	01:06:01.84	BENFIQUISTA
378	351	JOANA R FRIEZAS	F	38	SCP	01:06:14.21	01:05:53.46	SPORTINGUISTA
379	203	JOANA SILVA	F	28	SCP	01:06:27.14	01:06:02.43	SPORTINGUISTA
380	202	DAVID AUGUSTO	M	27	FCP	01:06:27.20	01:06:02.52	PORTISTA
381	201	MARCO FARELO	M	35	CFB	01:06:27.24	01:06:02.98	BELENENSES
382	317	JOANA D CHOURIÇO	F	53	SLB	01:06:28.66	01:06:18.04	BENFIQUISTA
383	377	NUNO PARDELEJO	M	49	FCP	01:06:35.57	01:06:10.55	PORTISTA
384	253	MIGUEL COSTA	M	58	FCP	01:06:35.93	01:06:10.25	PORTISTA

385	454	JOAQUIM SOARES	M	50	SCP	01:06:36.94	01:06:21.86	SPORTINGUISTA
386	416	LEONEL FERREIRINHA	M	68	SLB	01:06:42.74	01:06:12.96	BENFIQUISTA
387	36	CESAR SANTOS	M	44	SCP	01:06:47.00	01:06:47.00	SPORTINGUISTA
388	362	DAVID MOTA	M	29	SCP	01:06:50.79	01:06:35.11	SPORTINGUISTA
389	383	NÂNCI BÔTO	F	24	SLB	01:07:01.18	01:06:57.22	BENFIQUISTA
390	500	RAQUEL MOLEIRO	F	38	SCP	01:07:01.97	01:06:51.57	SPORTINGUISTA
391	233	CARINA RODRIGUES	F	32	SLB	01:07:06.04	01:06:29.63	BENFIQUISTA
392	234	JOÃO GUERRA	M	31	SLB	01:07:06.19	01:06:29.58	BENFIQUISTA
393	379	RUI CASANOVA	M	30	SLB	01:07:11.17	01:06:56.26	BENFIQUISTA
394	380	DIANA CASANOVA	F	28	SLB	01:07:11.27	01:06:56.65	BENFIQUISTA
395	307	RICARDO SANTOS	M	46	SLB	01:07:29.76	01:07:12.75	BENFIQUISTA
396	178	ARTUR DINIS	M	59	SLB	01:07:48.65	01:07:30.02	BENFIQUISTA
397	368	PAULO FRANA	M	54	SLB	01:08:05.60	01:07:47.31	BENFIQUISTA
398	432	ALDA VINAGRE	F	43	SLB	01:08:08.92	01:07:56.47	BENFIQUISTA
399	440	VASCO ANICETO	M	40	SCP	01:08:14.17	01:08:06.11	SPORTINGUISTA
400	304	PAULA ANTUNES	F	45	SLB	01:08:17.35	01:08:13.12	BENFIQUISTA
401	16	JOAO NOGUEIRA	M	52	SCP	01:09:02.62	01:08:40.72	SPORTINGUISTA
402	413	CARLOS CONCEICAO	M	54	SLB	01:09:04.18	01:08:32.05	BENFIQUISTA
403	11	JOHNNY THOMASSEN	M	56	SLB	01:09:15.94	01:08:54.15	BENFIQUISTA
404	401	ACACIO LOPES	M	49	SLB	01:09:37.78	01:09:14.70	BENFIQUISTA
405	439	ALEXANDRA ANICETO	F	41	SCP	01:09:37.79	01:09:15.15	SPORTINGUISTA
406	44	ANIA LEWCZUK	F	29	SLB	01:09:54.81	01:09:16.98	BENFIQUISTA
407	255	FLORBELA SOARES	F	51	SCP	01:10:10.87	01:09:55.39	SPORTINGUISTA
408	106	EDUARDO J S GAMA	M	36	SLB	01:10:26.49	01:09:51.97	BENFIQUISTA
409	443	CARLA BRITO	F	43	SLB	01:10:28.61	01:10:10.27	BENFIQUISTA
410	358	LI CHANGZHAO	M	22	SLB	01:11:04.23	01:10:34.60	BENFIQUISTA
411	204	ANDRÉ ALVES	M	26	SLB	01:11:15.52	01:10:46.64	BENFIQUISTA
412	61	ADELINO SANTOS	M	44	SCP	01:11:30.51	01:11:07.11	SPORTINGUISTA
413	62	CINTIA SANTOS	F	39	SCP	01:11:30.64	01:11:06.60	SPORTINGUISTA
414	436	ANTONIO JORGE	M	53	SLB	01:11:35.33	01:11:13.93	BENFIQUISTA
415	64	SUSANA SOUSA	F	41	SCP	01:11:43.29	01:11:30.26	SPORTINGUISTA
416	66	RUTE MACHADO	F	26	SCP	01:11:43.38	01:11:30.34	SPORTINGUISTA
417	221	CRISTINA CARNEIRO	F	44	FCP	01:12:22.39	01:11:59.09	PORTISTA
418	220	GUALDINO FREIRE	M	71	SLB	01:12:23.05	01:12:03.64	BENFIQUISTA
419	263	LINA BAIA	F	34	SLB	01:12:23.90	01:12:16.98	BENFIQUISTA

420	290	RITA MELO	F	32	SLB	01:12:28.87	01:12:07.84	BENFIQUISTA
421	291	MARGARIDA CARNEIRO	F	32	SLB	01:12:30.15	01:12:08.06	BENFIQUISTA
422	404	ANA R MENDES	F	31	SLB	01:12:56.28	01:12:33.14	BENFIQUISTA
423	138	ANTONIO FIGUEIREDO	M	61	SLB	01:12:58.74	01:12:32.80	BENFIQUISTA
424	322	EDITE SANTIAGO	F	55	FCP	01:13:15.88	01:12:54.63	PORTISTA
425	166	CARLA GONÇALVES	F	48	FCP	01:13:31.42	01:12:59.30	PORTISTA
426	73	SARA DE SOUSA	F	38	SCP	01:13:37.41	01:13:27.41	SPORTINGUISTA
427	82	JORGE COELHO	M	41	SLB	01:13:41.72	01:13:41.72	BENFIQUISTA
428	185	CLAUDIA TAM	F	35	SLB	01:13:57.38	01:13:51.53	BENFIQUISTA
429	139	NUNO MOTA	M	39	SCP	01:14:07.75	01:13:41.54	SPORTINGUISTA
430	137	SAMUEL JOAQUIM	M	62	CFB	01:14:07.94	01:13:42.48	BELENENSES
431	301	PATRÍCIA MACHADO	F	34	SLB	01:14:09.09	01:14:09.09	BENFIQUISTA
432	518	ANA PEREIRA	M	25	SLB	01:14:48.09	01:14:01.40	BENFIQUISTA
433	442	ARINDA BRAGA	F	54	SLB	01:14:50.84	01:14:26.93	BENFIQUISTA
434	407	ANA GONÇALVES	F	41	SLB	01:14:51.77	01:14:28.16	BENFIQUISTA
435	308	RUI MADEIRA PIRES	M	47	SLB	01:16:07.22	01:15:27.96	BENFIQUISTA
436	254	ISABEL COSTA	F	43	FCP	01:17:23.97	01:16:58.50	PORTISTA
437	216	ANGELO RIBEIRO	M	32	SLB	01:17:25.00	01:16:48.49	BENFIQUISTA
438	71	RITA CARVALHINHO	F	42	SLB	01:17:32.35	01:16:56.83	BENFIQUISTA
439	456	JOÃO SILVESTRE	M	26	SLB	01:18:21.60	01:18:06.67	BENFIQUISTA
440	455	INÊS LAGOA	F	31	FCP	01:18:21.74	01:18:06.10	PORTISTA
441	250	MANUEL S V RIBEIRO	M	48	CFB	01:19:41.17	01:19:36.27	BELENENSES
442	165	ANA CAETANO	F	44	SLB	01:20:24.15	01:19:51.96	BENFIQUISTA
443	173	JOAO GRAÇA	M	77	SCP	01:21:07.72	01:20:39.48	SPORTINGUISTA
444	450	M ^a CARMO ANJOS	F	70	SLB	01:21:32.73	01:21:22.29	BENFIQUISTA
445	478	FERNANDO PALITOS	M	70	SCP	01:22:20.99	01:21:58.73	SPORTINGUISTA
446	83	JOANA ANDRADE	F	37	SCP	01:22:24.47	01:22:24.47	SPORTINGUISTA
447	428	JOSE VILELA	M	51	SCP	01:22:25.48	01:22:00.89	SPORTINGUISTA
448	430	MARIANA VILHENA	F	20	SCP	01:22:35.12	01:22:09.21	SPORTINGUISTA
449	429	ANA VILELA	F	50	SCP	01:22:41.76	01:22:17.34	SPORTINGUISTA
450	136	MARIA MACEDO	F	54	SLB	01:22:57.12	01:22:40.84	BENFIQUISTA
451	271	PEDRO PEREIRA	M	42	SLB	01:23:09.45	01:22:51.93	BENFIQUISTA
452	537	LUCINDA HENRIQUES	F	68	SLB	01:23:37.94	01:23:27.69	BENFIQUISTA
453	256	VANDA RIBEIRO	F	36	SLB	01:23:40.98	01:23:32.31	BENFIQUISTA
454	473	BEATRIZ LOPES	F	34	SCP	01:23:41.81	01:23:12.70	SPORTINGUISTA

455	252	M ^a ROSÁRIO PINTO	F	53	SCP	01:23:51.16	01:23:14.48	SPORTINGUISTA
456	395	JOSE ARRUDA	M	67	SLB	01:23:56.01	01:23:19.77	BENFIQUISTA
457	394	FOCK WAN	F	66	SLB	01:23:57.43	01:23:21.13	BENFIQUISTA

Total de registros: 457

Classificação por equipa apoiada:

Posição	Equipa	Média dos tempos dos 100 1 ^{os} atletas
1	SLB	00:46:30
2	SCP	00:53:04
-	FCP	n/a
-	CFB	n/a
-	SCB	n/a
-	VIM	n/a