



Class	Num	Nome	Sx	Idd	Pos Esc	T. Bruto	T. Líquido	Equipe	Adepto
1	156	EDWIN NUNES	M	29	1	00:32:21.39	00:32:20.89	VIP RC	PORTISTA
2	313	MARCO CARDOSO	M	31	2	00:32:26.85	00:32:26.85		BENFIQUISTA
3	470	ANDRE COSTA	M	27	3	00:32:30.91	00:32:29.20	AMINHACORRIDA/ MY PROTEIN	N/D
4	412	JORGE SOUSA	M	38	4	00:33:24.73	00:33:24.73	GDR REBOLEIRA	SPORTINGUISTA
5	804	MARCELO	M	31	5	00:35:03.69	00:35:03.14		BENFIQUISTA
6	141	DANIEL PINHEIRO	M	35	6	00:35:24.85	00:35:24.37		ADEPTO
7	58	DOMINGOS CARNEIRO	M	44	1	00:35:35.23	00:35:33.30	INGLESES FUTEBOL CLUBE	BENFIQUISTA
8	756	PAULO ALVES	M	43	2	00:36:11.97	00:36:08.93	GDCT IN CASA MOEDA	BENFIQUISTA
9	409	T.NOGUEIRA	M	35	7	00:36:24.32	00:36:24.32	AMOREIRAS RUNNERS	BENFIQUISTA
10	209	PEDRO MAIA	M	44	3	00:36:45.21	00:36:45.21	AA MAFRA	BELENENSES
11	743	JOÃO DOMINGOS	M	46	1	00:36:46.69	00:36:46.69	ID VIEIRENSE	BENFIQUISTA
12	488	RUI HENRIQUES	M	38	8	00:37:30.28	00:37:29.01	SS MONTEPIO	BENFIQUISTA
13	370	JOÃO CARDOSO	M	33	9	00:37:38.11	00:37:35.77	AD IALBAX	BENFIQUISTA
14	429	JOSÉ SIMÕES	M	44	4	00:37:42.72	00:37:40.52	AA MAFRA	PORTISTA
15	28	CARRAÇA	M	38	10	00:37:48.69	00:37:46.57		SPORTINGUISTA
16	100	PAULO	M	41	5	00:38:10.90	00:38:07.72	CORRER SOC REC GRANJA	SPORTINGUISTA
17	426	JORGE GINJA	M	44	6	00:38:13.60	00:38:13.09	AA MAFRA	PORTISTA
18	189	LUIS REBELO	M	53	1	00:38:23.42	00:38:20.98	FALCOES SELVAGENS	BENFIQUISTA
19	626	MIGUEL SANTOS	M	34	11	00:38:31.51	00:38:30.74	URBAN RUN TEAM	SPORTINGUISTA
20	763	ALEXANDRA SOUSA	F	35	1	00:38:32.48	00:38:30.09	JOMA	ADEPTO
21	631	FERNANDO MARTINS	M	47	2	00:38:36.55	00:38:35.46		SPORTINGUISTA
22	106	TAROUCA	M	49	3	00:38:41.99	00:38:38.48		SPORTINGUISTA
23	88	MESQUITA	M	40	7	00:38:45.69	00:38:43.56	CORRER SOC REC GRANJA	SPORTINGUISTA
24	297	PAULO PINTO	M	44	8	00:38:57.92	00:38:55.36	AMIGOS PARQUE PAZ	BENFIQUISTA
25	46	TIAGO MARQUES	M	34	12	00:39:10.64	00:39:07.93	SEMPRE A CORRER	BENFIQUISTA
26	738	JOSE SILVA	M	54	2	00:39:14.74	00:39:12.84	99PROVASGRATUITAS	ADEPTO
27	847	JOAO SIMOES	M	46	4	00:39:17.45	00:39:11.45	PACERS	N/D
28	410	MÁRIO PEREIRA	M	33	13	00:39:25.78	00:39:25.78	AMOREIRAS RUNNERS	BENFIQUISTA
29	290	JOÃO ROCHA	M	30	14	00:39:36.33	00:39:31.95	CORRER QUELUZ	BENFIQUISTA
30	251	JOSÉ GOMES	M	57	1	00:39:36.81	00:39:33.70		BENFIQUISTA
31	168	JOSÉ PAJINHA	M	57	2	00:39:37.81	00:39:34.94	CA ODIMARQ	SPORTINGUISTA
32	433	JOÃO RECTO	M	34	15	00:39:49.86	00:39:45.52		BENFIQUISTA
33	338	JOÃO SILVA	M	38	16	00:39:56.99	00:39:53.08	CASA DA DIZIMA	BENFIQUISTA
34	618	JOÃO SEDAS NUNES	M	54	3	00:39:59.00	00:39:57.03		SPORTINGUISTA
35	712	JOSÉ LOPES	M	46	5	00:40:02.21	00:39:51.42	CCD SIEMENS	PORTISTA



36	872	JOSE MARCELINO	M	55	3	00:40:05.11	00:40:04.41	MENTES TRAQUINAS	SPORTINGUISTA
37	636	AIRES AFONSECA	M	40	9	00:40:05.73	00:40:02.66		PORTISTA
38	617	JOSÉ ESTEVES	M	51	4	00:40:07.10	00:40:05.86	TARTARUGAS SOLIDARIAS	SPORTINGUISTA
39	294	SERGIO SANTOS	M	53	5	00:40:14.93	00:40:12.95	AMIGOS PARQUE PAZ	SPORTINGUISTA
40	178	CHRISTOPH FETKENHEUER	M	31	17	00:40:23.11	00:40:16.42		SPORTINGUISTA
41	746	TELMO NOGUEIRA	M	33	18	00:40:24.16	00:40:23.07		SPORTINGUISTA
42	232	FERNANDO CANDEIAS	M	46	6	00:40:28.99	00:40:26.29	SS CGD	BENFIQUISTA
43	623	JOSE QUARESMA	M	49	7	00:40:29.12	00:40:29.12	IMASAMS	SPORTINGUISTA
44	364	ANTÓNIO GAMA DA SILVA	M	22	19	00:40:46.80	00:40:40.59		SPORTINGUISTA
45	13	RICARDO RAMALHETE	M	39	20	00:41:03.70	00:40:59.48	GD RAMALHETE	BENFIQUISTA
46	172	RICARDO TEIXEIRA	M	26	21	00:41:03.96	00:41:00.71		PORTISTA
47	498	CARLOS BAPTISTA	M	57	4	00:41:08.35	00:41:05.16	SC CASAINHOS	SPORTINGUISTA
48	801	HELENA MIRANDA	F	32	1	00:41:11.87	00:41:09.47	UDV	PORTISTA
49	469	CARLOS LOPES	M	43	10	00:41:33.89	00:41:28.16	AMINHACORRIDA/ MY PROTEIN	N/D
50	259	GONÇALO FERRAZ	M	34	22	00:41:41.85	00:41:34.49		BELICENSES
51	428	JOSÉ GONÇALVES	M	51	6	00:41:52.37	00:41:46.23	AA MAFRA	BENFIQUISTA
52	276	EDGAR	M	25	23	00:42:01.17	00:41:53.96	DUPLA 1	BENFIQUISTA
53	389	EDUARDO ALEIXO	M	40	11	00:42:18.29	00:42:17.26	BELÉM RUNNERS	BENFIQUISTA
54	511	JOAO CARVALHO	M	54	7	00:42:20.31	00:42:16.83	C MILLENNIUM BCP	PORTISTA
55	518	PEDRO ABOIM	M	22	24	00:42:20.66	00:42:06.46	C MILLENNIUM BCP	BENFIQUISTA
56	19	ADILSON LINO	M	44	12	00:42:21.57	00:42:19.05		PORTISTA
57	427	MARIA FRIAS	F	52	1	00:42:22.63	00:42:22.63	AA MAFRA	SPORTINGUISTA
58	792	LUÍS CUSTÓDIO	M	45	8	00:42:32.63	00:42:29.94		PORTISTA
59	71	FABIO DIAS	M	20	25	00:42:38.09	00:42:31.65	SS MONTEPIO	SPORTINGUISTA
60	852	JOSE RODRIGUES BUENO	M	38	26	00:42:43.21	00:42:38.52		ADEPTO
61	693	JOÃO LIMÃO	M	44	13	00:42:51.39	00:42:36.12		BENFIQUISTA
62	230	MANUAL BRAS	M	49	9	00:42:53.03	00:42:19.34	SS CGD	BENFIQUISTA
63	89	ALBERTINO	M	47	10	00:42:53.83	00:42:50.24	CORRER SOC REC GRANJA	SPORTINGUISTA
64	371	PETER STEINHAUSEN	M	65	1	00:42:57.34	00:42:56.48		VIMARENENSE
65	607	DIOGO PEREIRA	M	41	14	00:43:01.50	00:42:56.80	C MILLENNIUM BCP	SPORTINGUISTA
66	707	EDUARDO LACERDA	M	19	27	00:43:02.46	00:42:58.48		ADEPTO
67	570	ANTONIO MARTINHO	M	40	15	00:43:02.96	00:42:58.31	CORRER LISBOA	BENFIQUISTA
68	456	JOSE C PEREIRA	M	41	16	00:43:04.74	00:43:00.99		SPORTINGUISTA
69	492	JOSÉ PINTO	M	54	8	00:43:07.24	00:43:01.72	CLINICA DR. CAUTELA	BENFIQUISTA
70	59	EZEQUIEL FERNANDES	M	61	5	00:43:09.37	00:43:05.17		BENFIQUISTA
71	404	JOAQUIM SANTOS	M	59	6	00:43:19.33	00:43:08.52	FALCOES SELVAGENS	SPORTINGUISTA
72	80	JOSÉ FRANCISCO MIRANDA	M	57	7	00:43:27.25	00:43:21.96	CAXIAS	SPORTINGUISTA



73	61	PEDRO TRIGO	M	32	28	00:43:27.71	00:43:23.66	RUMOAO37	BENFIQUISTA
74	228	JOAQUIM FRADE	M	62	8	00:43:36.59	00:43:31.09	SS CGD	BENFIQUISTA
75	425	JOÃO GOMES	M	45	11	00:43:41.68	00:43:34.74	AA MAFRA	VIMARENENSE
76	453	RUI .P..RODRIGUES	M	43	17	00:43:46.16	00:43:42.42	CORRER SOC REC GRANJA	SPORTINGUISTA
77	610	JOAQUIM SILVA	M	49	12	00:43:46.82	00:43:30.09	AD P	BENFIQUISTA
78	227	HENRIQUE AMADOR	M	46	13	00:43:47.58	00:43:44.43	SS CGD	SPORTINGUISTA
79	823	JOAO CARLDEIRA	M	21	29	00:43:47.65	00:43:46.38		N/D
80	850	HELDER GUERREIRO	M	31	18	00:43:49.50	00:43:36.41	JUVENTUDE ATLETICO CLUBE	SPORTINGUISTA
81	296	AMAVEL FIGUEIREDO	M	57	9	00:43:54.74	00:43:46.69	AMIGOS PARQUE PAZ	BENFIQUISTA
82	91	JULIO	M	52	9	00:43:57.77	00:43:41.80	CORRER SOC REC GRANJA	BENFIQUISTA
83	674	PAULO MATA	M	53	10	00:43:59.84	00:43:56.48	PETIT GYM CLUB	BENFIQUISTA
84	87	REBOCHO	M	62	10	00:44:06.68	00:43:57.06	CORRER SOC REC GRANJA	BENFIQUISTA
85	175	PAULO MOREIRA	M	48	14	00:44:08.10	00:43:57.94	OS FILHOS DA NOITE	SPORTINGUISTA
86	74	ANA SOFIA MENDES	F	41	2	00:44:11.79	00:44:08.80		SPORTINGUISTA
87	513	JULIO FELIX	M	29	30	00:44:14.77	00:44:08.29	C MILLENNIUM BCP	BENFIQUISTA
88	157	LISY BONITA	F	30	2	00:44:16.56	00:44:11.82	VIP RC	BENFIQUISTA
89	740	NUNO FERREIRA	M	43	19	00:44:24.47	00:44:18.49	COFINA RUNNERS	BENFIQUISTA
90	854	FERNANDO COSTA	M	41	20	00:44:28.38	00:44:13.75		BENFIQUISTA
91	184	NUNO GONÇALO	M	30	31	00:44:28.66	00:43:58.44		BENFIQUISTA
92	719	FILIPE GONÇALVES	M	45	15	00:44:30.99	00:44:27.49		SPORTINGUISTA
93	279	EDUARDO ALVES SILVA	M	54	11	00:44:34.68	00:44:34.68		BENFIQUISTA
94	648	ANTÓNIO ALMEIDA	M	38	32	00:44:43.21	00:44:38.28	GRUPO BARRAQUEIRO	BENFIQUISTA
95	277	CARLOS DUQUE	M	28	33	00:44:50.85	00:44:35.18	ROFF	VIMARENENSE
96	201	GIL CARNEIRO	M	40	21	00:44:51.05	00:44:40.44	MARGIL	BENFIQUISTA
97	666	JULIO SERRAS	M	46	16	00:44:51.19	00:44:46.58	URBAN RUN TEAM	BENFIQUISTA
98	90	MARQUES	M	47	17	00:44:51.72	00:44:33.67	CORRER SOC REC GRANJA	SPORTINGUISTA
99	200	ANA MARGARIDA CORREIA	F	38	3	00:44:53.32	00:44:41.97	MARGIL	BENFIQUISTA
100	713	LUIS BASTOS	M	53	12	00:44:57.36	00:44:47.22	CCD SIEMENS	ADEPTO
101	720	SANTIAGO	M	51	13	00:44:57.66	00:44:44.74		SPORTINGUISTA
102	411	ALEX TELECEL	M	44	22	00:45:02.07	00:44:40.70		BENFIQUISTA
103	317	JOAO BOGALHEIRO	M	20	34	00:45:02.66	00:44:56.67	A VALE SILENCIO	SPORTINGUISTA
104	633	JOÃO BRAZ	M	31	35	00:45:11.81	00:44:53.49		SPORTINGUISTA
105	171	RAMOS	M	37	36	00:45:14.09	00:45:07.15		BENFIQUISTA
106	516	LUIS GONÇALVES	M	40	23	00:45:15.16	00:45:03.11	C MILLENNIUM BCP	BENFIQUISTA
107	60	LUÍS TRIGO	M	37	37	00:45:15.78	00:45:11.14	RUMOAO37	BENFIQUISTA
108	652	JOSÉ TOMÉ	M	51	14	00:45:17.84	00:45:10.95	GRUPO BARRAQUEIRO	BENFIQUISTA



Rank	Chip	Name	Sex	Age	Time	Time	Team	Club	
109	151	JOSE GASPAR	M	45	18	00:45:23.14	00:45:15.16	QUARTETO	BENFIQUISTA
110	524	LUIS M GONÇALVES	M	42	24	00:45:26.35	00:45:24.45	C MILLENNIUM BCP	PORTISTA
111	217	TIAGO GUERRA	M	28	38	00:45:26.95	00:44:54.88	HERE 4 BEER	ADEPTO
112	791	JOSÉ AMARO	M	41	25	00:45:31.45	00:45:14.56	LIZ RUNNERS	PORTISTA
113	298	CARLOS COELHO	M	58	11	00:45:33.13	00:45:24.90	AMIGOS PARQUE PAZ	BENFIQUISTA
114	299	CEDRIC MONTEIRO	M	31	39	00:45:35.44	00:45:24.03	CASEBRE	BENFIQUISTA
115	385	LUÍS VALINHO	M	31	40	00:45:38.65	00:45:31.51		BENFIQUISTA
116	130	LEONEL NEVES	M	64	12	00:45:39.79	00:45:21.47	A VALE SILENCIO	BENFIQUISTA
117	419	PEDRO OLIVEIRA	M	39	41	00:45:42.29	00:45:21.62	PROZADA DE QUELUZ	PORTISTA
118	142	JOSE CRUZ	M	43	26	00:45:49.76	00:45:31.65	RUN FOR LUNCH	SPORTINGUISTA
119	29	HELENA MOREIRA	F	41	4	00:45:52.03	00:45:43.67	CARACÓIS DE PEDRA	ADEPTO
120	137	PAULO J G SILVA	M	49	19	00:45:53.89	00:45:40.24	PINHAL NOVO A CORRER	SPORTINGUISTA
121	373	PEDRO PEREIRA	M	40	27	00:45:56.15	00:45:53.26		BENFIQUISTA
122	261	JOSÉ HILÁRIO	M	58	13	00:45:57.36	00:45:38.44	BREJOS AZEITÃO	BENFIQUISTA
123	260	ROBERT TEIXEIRA	M	31	42	00:45:58.99	00:45:40.86	BREJOS AZEITÃO	SPORTINGUISTA
124	424	JOSÉ BATISTA	M	47	20	00:45:59.00	00:45:41.00	KONANRUNNERS	SPORTINGUISTA
125	216	DIOGO ASSUNÇÃO	M	29	43	00:46:00.94	00:45:28.62	HERE 4 BEER	ADEPTO
126	21	NELSON CRAVEIRO	M	36	44	00:46:03.61	00:45:43.83	FC BAYERN MÜNCHEN	ADEPTO
127	858	CARLOS FERREIRA	M	40	28	00:46:04.56	00:45:17.95		SPORTINGUISTA
128	521	JOAO GONÇALVES	M	51	15	00:46:05.00	00:45:49.72	C MILLENNIUM BCP	BELICENSES
129	566	JORGE VILELA	M	51	16	00:46:05.22	00:46:05.22	NA VILA REAL	BENFIQUISTA
130	315	JOÃO FERNANDES	M	36	45	00:46:12.17	00:45:53.31		BENFIQUISTA
131	222	CARLOS LEITAO	M	54	17	00:46:22.04	00:46:16.83	SS CGD	BENFIQUISTA
132	318	FERNANDO AGOSTINHO	M	39	46	00:46:23.79	00:46:15.53	EL CORTE INGLÉS RUNNING TEAM	SPORTINGUISTA
133	692	NUNO	M	42	29	00:46:24.43	00:46:10.04		BENFIQUISTA
134	781	LUÍS REIS	M	58	14	00:46:27.91	00:46:13.34	CCDP MUN CASCAIS	BENFIQUISTA
135	723	VALTER LEITE	M	34	47	00:46:28.08	00:46:20.77		SPORTINGUISTA
136	634	TELMO RIBEIRO	M	42	30	00:46:28.38	00:46:19.95		BENFIQUISTA
137	451	ARTUR CORREIA	M	36	48	00:46:33.91	00:46:27.36		PORTISTA
138	85	JOÃO FELICIDADE	M	31	49	00:46:36.79	00:46:01.07		BENFIQUISTA
139	400	HÉLDER PEREIRA	M	45	21	00:46:39.19	00:46:16.42		BENFIQUISTA
140	203	RUI POMBINHO	M	54	18	00:46:40.68	00:46:38.82	VALE DE MADEIROS SC	SPORTINGUISTA
141	420	RICARDO OLIVEIRA	M	39	50	00:46:42.00	00:46:20.75	PROZADA DE QUELUZ	SPORTINGUISTA
142	15	CARLOS ANTUNES	M	66	2	00:46:43.08	00:46:35.71	CA ODIMARQ	SPORTINGUISTA
143	101	JOAO BRAZ	M	54	19	00:46:44.64	00:46:25.15	CA ODIMARQ	BENFIQUISTA
144	55	FRANCISCO PASSOS	M	56	15	00:46:46.96	00:46:38.72		SPORTINGUISTA
145	646	ALVARO PUERTAS	M	25	51	00:46:49.20	00:46:35.68		BENFIQUISTA



146	734	FRANCISCO CALADO	M	34	52	00:46:49.35	00:46:49.35		SPORTINGUISTA
147	593	HUGO TROLHO	M	41	31	00:46:50.32	00:46:35.04	C MILLENNIUM BCP	SPORTINGUISTA
148	737	GONCALO	M	27	53	00:46:51.79	00:46:40.60	EDP	BENFIQUISTA
149	802	ANTÓNIO LOURENÇO	M	50	20	00:47:06.17	00:46:45.03		VIMARENENSE
150	486	JOSE GUERREIRO	M	60	16	00:47:17.90	00:46:53.42	SS MONTEPIO	BELENENSES
151	295	JOSE CABRAL	M	63	17	00:47:18.13	00:47:18.13	AMIGOS PARQUE PAZ	BENFIQUISTA
152	577	EDUARDO VILHENA	M	50	21	00:47:19.10	00:46:54.91	C MILLENNIUM BCP	SPORTINGUISTA
153	434	ANTONIO NOGUEIRA	M	45	22	00:47:24.99	00:47:19.41		BENFIQUISTA
154	212	CARLOS COELHO	M	56	18	00:47:25.17	00:47:12.70	GA MONSANTO/GASCAN	SPORTINGUISTA
155	407	MIGUEL LAVRADOR	M	46	23	00:47:25.39	00:47:16.17		SPORTINGUISTA
156	688	JOSE A. BASTOS	M	22	54	00:47:26.23	00:46:48.56		VIMARENENSE
157	675	TIAGO MARQUES	M	29	55	00:47:26.23	00:47:04.63	PETIT GYM CLUB	SPORTINGUISTA
158	94	FRANCISCO	M	48	24	00:47:27.58	00:47:06.90	CORRER SOC REC GRANJA	BENFIQUISTA
159	195	JOSÉ EUSÉBIO	M	48	25	00:47:33.24	00:47:24.54	GUIZO RUNNERS	BENFIQUISTA
160	684	EDGAR OLIVEIRA	M	34	56	00:47:33.72	00:46:52.41		SPORTINGUISTA
161	108	CECILIA NICOLAU	F	50	2	00:47:34.00	00:47:17.87	AA LEBRES SADO	BENFIQUISTA
162	855	LUIS MATA	M	44	32	00:47:35.13	00:47:17.94		BENFIQUISTA
163	16	RUI MENDES	M	46	26	00:47:38.34	00:47:28.07		BENFIQUISTA
164	755	NUNO CARVALHO	M	43	33	00:47:39.41	00:47:22.78	GDCT IN CASA MOEDA	BELENENSES
165	457	SERGIO NUNES	M	24	57	00:47:40.51	00:47:27.46		SPORTINGUISTA
166	418	ANTÓNIO RODRIGUES	M	51	22	00:47:41.16	00:47:26.18	ROFF	BENFIQUISTA
167	508	PEDRO PEREIRA	M	51	23	00:47:42.92	00:47:32.16	C MILLENNIUM BCP	SPORTINGUISTA
168	774	DAVID NEVES	M	36	58	00:47:46.95	00:47:40.66	DAVID E FILIPA	BENFIQUISTA
169	266	CARLOSROCHA	M	47	27	00:47:47.02	00:47:24.12		SPORTINGUISTA
170	780	LUÍS MARTINS	M	57	19	00:47:47.25	00:47:44.09	GRUPO BARRAQUEIRO	SPORTINGUISTA
171	663	LUÍS LEÃO	M	39	59	00:47:48.17	00:47:32.47	STANLEY SECURITY	SPORTINGUISTA
172	773	FILIPA VELOSO	F	28	3	00:47:49.27	00:47:41.24	DAVID E FILIPA	SPORTINGUISTA
173	578	CARLOS JUSTO	M	41	34	00:47:50.50	00:47:41.17	C MILLENNIUM BCP	BENFIQUISTA
174	231	NOEMIA SEQUEIRA	F	49	3	00:47:52.17	00:47:46.40	SS CGD	BENFIQUISTA
175	86	FILIFE	M	37	60	00:47:52.70	00:47:34.16	CORRER SOC REC GRANJA	BENFIQUISTA
176	544	JOSE PEREIRA	M	48	28	00:47:54.51	00:47:38.99	GD SANTANDER TOTTA	SPORTINGUISTA
177	173	NUNO GOMES	M	41	35	00:47:55.44	00:47:48.85		BENFIQUISTA
178	700	VICENTE BÔTO	M	45	29	00:47:57.19	00:47:44.50	CORRER LISBOA	VIMARENENSE
179	378	DAVID SILVA	M	34	61	00:47:58.39	00:47:49.31	O MUNDO CORRIDA	SPORTINGUISTA
180	33	ANGELO GODINHO	M	34	62	00:47:58.80	00:47:38.15		BENFIQUISTA
181	795	ROBERTO BETTENCOURT	M	42	36	00:48:00.81	00:47:53.06		SPORTINGUISTA
182	658	PEDRO	M	26	63	00:48:02.40	00:47:53.38		BENFIQUISTA



183	655	NELSON	M	42	37	00:48:02.63	00:47:55.71	MARVILA	PORTISTA
184	379	JOSÉ ADRIÃO	M	45	30	00:48:03.67	00:48:01.50	IMASAMS	BENFIQUISTA
185	656	BRUNO	M	38	64	00:48:04.91	00:47:58.26	MARVILA	BENFIQUISTA
186	739	AVELINO SOARES	M	51	24	00:48:09.26	00:47:49.62	COFINA RUNNERS	SPORTINGUISTA
187	715	EDGAR CRISTETA	M	34	65	00:48:11.74	00:48:02.37	CCD SIEMENS	ADEPTO
188	582	PAULO PAIS	M	52	25	00:48:12.12	00:47:56.84	C MILLENNIUM BCP	PORTISTA
189	784	PAULO SANTOS	M	50	26	00:48:12.40	00:48:06.95	LOURDETE PERFUMARIAS	BENFIQUISTA
190	549	CARINA VEIGA	F	32	4	00:48:13.03	00:47:09.10	GD SANTANDER TOTTA	BENFIQUISTA
191	174	VITOR BRAZ	M	55	20	00:48:14.73	00:48:05.07	OS FILHOS DA NOITE	BENFIQUISTA
192	188	CARLOS JESUS	M	35	66	00:48:14.98	00:47:55.06		SPORTINGUISTA
193	510	JOSE RODRIGUES	M	67	3	00:48:15.46	00:48:11.83	C MILLENNIUM BCP	SPORTINGUISTA
194	718	PEDRO CRUZ	M	40	38	00:48:18.84	00:47:19.90		SPORTINGUISTA
195	673	BRUNO MIGUEL	M	26	67	00:48:18.85	00:47:46.32	PETIT GYM CLUB	BENFIQUISTA
196	445	NINA	F	46	4	00:48:22.56	00:47:48.21		BENFIQUISTA
197	198	JOSÉ NETO	M	60	21	00:48:27.46	00:48:20.52	TEAM NETO	SPORTINGUISTA
198	116	DUARTE GONÇALVES	M	58	22	00:48:28.49	00:48:16.22		BENFIQUISTA
199	812	ELISABETE FONTE	F	47	5	00:48:29.63	00:47:55.85	PETIT GYM CLUB	BENFIQUISTA
200	676	HUGO FARIA	M	40	39	00:48:32.27	00:48:00.71	PETIT GYM CLUB	BENFIQUISTA
201	329	ANDRÉ CORREIA	M	25	68	00:48:33.80	00:47:54.11		BENFIQUISTA
202	224	FERNANDO LIMA	M	48	31	00:48:34.70	00:48:29.96	SS CGD	SPORTINGUISTA
203	291	TIAGO BORGES	M	41	40	00:48:34.78	00:48:24.07		BENFIQUISTA
204	45	PEDRO OLIVEIRA	M	38	69	00:48:36.15	00:48:11.97		BENFIQUISTA
205	207	FERNANDO MARQUES	M	36	70	00:48:40.54	00:48:30.39	OS TEIXEIRAS	BENFIQUISTA
206	724	MIGUEL ROBIN	M	45	32	00:48:41.29	00:48:20.50	ROBIN FC	ADEPTO
207	124	JOSÉ AMARAL	M	23	71	00:48:43.53	00:48:05.56	RUNNINGGODS	BENFIQUISTA
208	30	ABÍLIO OLIVEIRA	M	52	27	00:48:48.44	00:48:39.69		SPORTINGUISTA
209	246	ANDRÉ MENDONÇA	M	34	72	00:48:52.00	00:48:44.51		SPORTINGUISTA
210	615	HUGO DURO	M	40	41	00:48:53.44	00:48:47.54		SPORTINGUISTA
211	319	CÉLIO MOREIRA	M	35	73	00:48:54.52	00:48:28.55	ODIVELAS	PORTISTA
212	36	JOÃO ESTEVÃO	M	37	74	00:48:59.54	00:48:55.16		BENFIQUISTA
213	494	DAVID POÇO	M	37	75	00:49:01.87	00:48:38.99		BENFIQUISTA
214	372	RUI CARRIÇO	M	31	76	00:49:03.14	00:48:47.18		BENFIQUISTA
215	328	PEDRO CLETO	M	45	33	00:49:06.74	00:48:46.06	FC DESPERTAR CASAL CAMBRA	SPORTINGUISTA
216	500	RODRIGO OLIVEIRA	M	68	4	00:49:08.89	00:48:55.14	SC CASAINHOS	SPORTINGUISTA
217	806	CARLA JARDIM	F	45	6	00:49:13.22	00:49:08.24	AA MAFRA	SPORTINGUISTA
218	725	JOAO AREAL	M	46	34	00:49:15.61	00:48:55.73		SPORTINGUISTA
219	664	PEDRO PEREIRA	M	37	77	00:49:17.07	00:49:03.87		PORTISTA



Rank	Chip	Name	Sex	Age	Time	Time	Team	Category
220	430	PEDRO NUNES	M	38	78	00:49:17.67	00:49:05.89	BENFIQUISTA
221	771	MIGUEL OLIVEIRA	M	43	42	00:49:18.10	00:49:10.28	BENFIQUISTA
222	873	ANTONIO GASPAR	M	74	5	00:49:18.65	00:48:26.41	GDCT IN CASA MOEDA
223	331	FILIPE FERREIRA	M	40	43	00:49:19.24	00:49:05.89	BAZÓFIAS TEAM
224	92	RUI MANUEL	M	52	28	00:49:20.14	00:49:02.17	CORRER SOC REC GRANJA
225	176	JOÃO MARTINHO	M	33	79	00:49:21.73	00:49:04.51	BENFIQUISTA
226	408	LUISA LANDEIRO	F	47	7	00:49:22.86	00:49:13.09	SS CGD
227	651	FERNANDO GONÇALVES	M	48	35	00:49:22.87	00:48:42.32	GRUPO BARRAQUEIRO
228	125	PEDRO DO VALE	M	24	80	00:49:24.05	00:48:46.58	RUNNINGGODS
229	150	MIGUEL FIGUEIREDO	M	42	44	00:49:28.59	00:49:19.81	QUARTETO
230	270	PAULO DUARTE	M	52	29	00:49:29.22	00:49:12.11	GDCT UNICRE
231	274	EDUARDO RIBEIRO	M	50	30	00:49:29.32	00:49:15.39	GDCT UNICRE
232	465	ADELINO GOMES	M	48	36	00:49:33.65	00:49:19.46	BENFIQUISTA
233	68	LUIS ROCHA	M	45	37	00:49:36.00	00:47:26.34	ADEPTO
234	47	RUI FERREIRA	M	47	38	00:49:36.99	00:49:29.21	SPORTINGUISTA
235	196	PAULO PATRÍCIO	M	46	39	00:49:41.74	00:49:28.78	SPORTINGUISTA
236	197	PEDRO NETO	M	43	45	00:49:41.90	00:49:29.28	SPORTINGUISTA
237	650	AUGUSTO CARIA	M	65	6	00:49:42.20	00:49:35.91	GRUPO BARRAQUEIRO
238	362	RUI HENRIQUES	M	46	40	00:49:43.76	00:49:30.59	SPORTINGUISTA
239	432	PEDRO SILVA	M	51	31	00:49:44.71	00:49:20.87	SPORTINGUISTA
240	499	EDUARDO SANTOS	M	38	81	00:49:44.95	00:49:41.37	SC CASAINHOS
241	736	EUGÉNIA CID	F	46	8	00:49:45.68	00:49:35.81	BENFIQUISTA
242	628	RODOLFO FERREIRA	M	29	82	00:49:45.78	00:49:19.28	SPORTINGUISTA
243	300	CHRISTIANE MONTEIRO	F	34	5	00:49:51.84	00:49:34.49	CASEBRE
244	421	JOÃO FARO	M	42	46	00:49:57.76	00:49:36.51	PROZADA DE QUELUZ
245	374	NATACHA RIBEIRINHO	F	27	6	00:49:58.25	00:49:40.08	BENFIQUISTA
246	480	ANTÓNIO FRANCO	M	52	32	00:49:58.27	00:49:28.80	SS MONTEPIO
247	248	RICARDO SANTOS	M	42	47	00:49:59.50	00:49:58.06	CORRER LISBOA
248	247	SUSANA FREITAS	F	40	5	00:49:59.86	00:49:55.73	CORRER LISBOA
249	484	JAIME GOMES	M	61	23	00:50:00.32	00:49:31.81	SS MONTEPIO
250	609	ARLINDO ROLO	M	49	41	00:50:02.26	00:49:55.88	BENFIQUISTA
251	522	NUNO MENDES	M	32	83	00:50:03.96	00:49:44.83	C MILLENNIUM BCP
252	441	ALFREDO VALENTE	M	54	33	00:50:08.57	00:49:55.56	PORTISTA
253	97	CARDOSO	M	38	84	00:50:08.70	00:49:47.57	CORRER SOC REC GRANJA
254	431	MARIA RAPOSO	F	35	6	00:50:10.32	00:49:58.72	SPORTINGUISTA
255	96	TIAGO	M	30	85	00:50:11.78	00:49:53.04	CORRER SOC REC GRANJA
256	77	CARLOS MADUREIRA	M	29	86	00:50:16.81	00:49:57.49	EQUIPA BRAVO



Rank	Number	Name	Sex	Age	Time	Club	Team
257	654	TELMO PINTO	M	32	87 00:50:18.01	00:50:03.05	SPORTINGUISTA
258	229	LUIS SANCHEZ	M	58	24 00:50:19.17	00:50:15.87	SS CGD BENFIQUISTA
259	870	PEDRO PEIXOTO	M	26	88 00:50:19.21	00:50:10.27	BENFIQUISTA
260	668	MIGUEL	M	45	42 00:50:21.51	00:50:03.90	PORTISTA
261	136	TIAGO MOREIRA	M	45	43 00:50:24.16	00:50:19.88	VALE DE MADEIROS SC SPORTINGUISTA
262	490	TERESA CARDOSO	F	38	7 00:50:26.23	00:49:58.49	SS MONTEPIO BENFIQUISTA
263	789	FILIPE CORREIA	M	21	89 00:50:29.60	00:50:17.40	BENFIQUISTA
264	532	JOSE L MARQUES	M	47	44 00:50:30.54	00:50:19.78	C MILLENNIUM BCP BENFIQUISTA
265	531	JORGE SALVADO	M	54	34 00:50:31.82	00:50:18.89	C MILLENNIUM BCP BENFIQUISTA
266	102	JOÃO PAULO NEVES	M	52	35 00:50:33.05	00:50:21.94	BELENENSES
267	776	CARLOS GONÇALVES	M	56	25 00:50:35.18	00:50:22.81	BENFIQUISTA
268	311	TAM AFONSO	M	65	7 00:50:38.52	00:50:30.94	TAC- TRANQUILIDADE AÇOREANA CLUBE SPORTINGUISTA
269	444	RUI SANTOS	M	38	90 00:50:39.72	00:50:19.91	SPORTINGUISTA
270	343	JORGE FERRO	M	51	36 00:50:40.33	00:50:09.97	BENFIQUISTA
271	606	ANTONIO CARROLA	M	78	8 00:50:42.57	00:50:30.49	C MILLENNIUM BCP SPORTINGUISTA
272	358	NUNO CORREIA	M	46	45 00:50:43.50	00:50:01.44	BENFIQUISTA
273	190	ANA REBELO	F	24	7 00:50:44.74	00:50:27.82	FALCOES SELVAGENS SPORTINGUISTA
274	605	MANUEL PEREIRA	M	48	46 00:50:45.42	00:50:35.44	C MILLENNIUM BCP BENFIQUISTA
275	423	MANUEL PEREIRA	M	60	26 00:50:46.71	00:50:37.13	GYM2010 BENFIQUISTA
276	630	JOAO RODRIGUES	M	38	91 00:50:47.05	00:50:01.57	SPORTINGUISTA
277	355	PEDRO FONTES	M	42	48 00:50:47.22	00:50:00.85	SPORTINGUISTA
278	632	BETA	F	38	8 00:50:47.52	00:50:04.30	BENFIQUISTA
279	477	SARA	F	39	9 00:50:48.66	00:50:46.41	BENFIQUISTA
280	857	HUGO BRAS	M	40	49 00:50:48.73	00:50:41.47	BENFIQUISTA
281	679	MARIANA POMBINHO	F	25	8 00:50:48.93	00:50:45.69	PETIT GYM CLUB SPORTINGUISTA
282	612	HUGO	M	39	92 00:50:49.42	00:50:38.17	HUGANITA BENFIQUISTA
283	690	JOÃO ALMEIDA	M	38	93 00:50:53.37	00:50:38.47	BENFIQUISTA
284	697	PEDRO GONÇALVES	M	47	47 00:50:57.55	00:50:12.38	SPORTINGUISTA
285	79	DINIZ	M	32	94 00:50:59.10	00:50:16.17	BENFIQUISTA
286	382	MIGUEL PEREIRA	M	43	50 00:51:03.85	00:50:58.06	IMASAMS SPORTINGUISTA
287	455	JOÃO DUARTE	M	65	9 00:51:10.71	00:51:03.31	BENFIQUISTA
288	515	CRISTINA FALE	F	40	10 00:51:13.66	00:50:56.81	C MILLENNIUM BCP BENFIQUISTA
289	226	FRANCISCO CLERIGO	M	64	27 00:51:15.90	00:50:58.04	SS CGD BENFIQUISTA
290	333	MARIA JOÃO CORTESÃO	F	32	9 00:51:17.03	00:51:07.94	CORRER LISBOA SPORTINGUISTA
291	345	VALTER TEIXEIRA	M	49	48 00:51:17.36	00:51:02.50	C FERROV PORTUGAL PORTISTA
292	747	RITA MOGO	F	19	10 00:51:19.14	00:51:09.31	BENFIQUISTA
293	398	PEDRO CONFRARIA	F	40	11 00:51:21.35	00:50:55.73	CARVALHO CONFRARIA PORTISTA



294	459	LUIS GAMEIRO	M	46	49	00:51:23.06	00:51:00.83	SHOURE PADRE	SPORTINGUISTA
295	17	RAUL MOITA	M	61	28	00:51:23.98	00:51:04.24		BENFIQUISTA
296	163	CABRITO	F	34	11	00:51:25.42	00:50:51.55	GLORIOSOS	BENFIQUISTA
297	40	PAULO SALGADO	M	45	50	00:51:26.73	00:51:02.88		VIMARENENSE
298	347	ANDRÉ SIMÕES	M	28	95	00:51:27.69	00:50:38.98		BENFIQUISTA
299	54	ANTÓNIO VARELA	M	51	37	00:51:30.65	00:51:24.03		SPORTINGUISTA
300	512	LEONEL BRANDÃO	M	50	38	00:51:31.55	00:51:17.98	C MILLENNIUM BCP	BENFIQUISTA
301	204	MARTA VERÍSSIMO	F	24	12	00:51:31.95	00:51:09.10		SPORTINGUISTA
302	225	FILIPE CORREIA	M	40	51	00:51:35.54	00:51:17.95	SS CGD	BENFIQUISTA
303	471	EMANUEL MARTINS	M	40	52	00:51:38.67	00:51:20.81	AMINHACORRIDA/ MY PROTEIN	N/D
304	93	ANA RIBEIRO	F	33	13	00:51:40.27	00:51:21.10	CORRER SOC REC GRANJA	SPORTINGUISTA
305	454	LUIS VICENTE	M	57	29	00:51:41.82	00:51:31.60		BENFIQUISTA
306	785	RICARDO CONCEIÇÃO	M	32	96	00:51:45.09	00:51:40.03	LOURDETE PERFUMARIAS	PORTISTA
307	481	BRUNO RODRIGUES	M	40	53	00:51:45.49	00:51:15.76	SS MONTEPIO	BENFIQUISTA
308	208	PEDRO MORGADO	M	36	97	00:51:53.61	00:51:41.53	OS TEIXEIRAS	BENFIQUISTA
309	683	RICARDO SILVA	M	40	54	00:51:55.33	00:51:09.24		SPORTINGUISTA
310	506	FERNANDO RODRIGUES	M	53	39	00:51:55.86	00:51:39.85	C MILLENNIUM BCP	BENFIQUISTA
311	501	FERNANDO ALMEIDA	M	49	51	00:51:56.52	00:51:43.15	C MILLENNIUM BCP	BENFIQUISTA
312	115	RITA GONÇALVES	F	27	14	00:51:56.76	00:51:44.49		BENFIQUISTA
313	757	PAULO SOUSA	M	43	55	00:51:56.96	00:51:30.52	GDCT IN CASA MOEDA	BENFIQUISTA
314	614	TIAGO BRITO	M	29	98	00:51:58.34	00:51:33.11		SPORTINGUISTA
315	527	ARTUR LEITE	M	53	40	00:52:03.89	00:51:47.54	C MILLENNIUM BCP	SPORTINGUISTA
316	20	HUGO COLAÇO	M	39	99	00:52:04.69	00:51:43.45		BENFIQUISTA
317	599	MARIO FARIA	M	50	41	00:52:05.12	00:51:47.44	C MILLENNIUM BCP	BENFIQUISTA
318	65	PATRICK	M	53	42	00:52:09.63	00:51:52.95		BELENENSES
319	848	PAULO SANTOS	M	47	52	00:52:10.69	00:52:04.29	PACERS	N/D
320	859	TITO NASCIMENTO	M	37	100	00:52:12.23	00:51:27.26		SPORTINGUISTA
321	32	PAULO BALULA	M	46	53	00:52:13.13	00:51:58.12		BENFIQUISTA
322	528	MARCOS NORITAKE	M	51	43	00:52:20.68	00:51:55.25	C MILLENNIUM BCP	VIMARENENSE
323	129	SANDRA ELVAS	F	42	12	00:52:24.94	00:51:47.90	A VALE SILENCIO	SPORTINGUISTA
324	525	PEDRO FERNANDES	M	41	56	00:52:27.55	00:51:56.51	C MILLENNIUM BCP	BELENENSES
325	519	ANTONIO MORIES	M	55	30	00:52:29.13	00:52:15.43	C MILLENNIUM BCP	SPORTINGUISTA
326	706	RAFAEL MARTINS	M	36	101	00:52:29.81	00:51:37.61		BENFIQUISTA
327	140	HELENA I. R. GONÇALVES	F	43	13	00:52:32.21	00:52:11.39	PINHAL NOVO A CORRER	SPORTINGUISTA
328	449	NUNO BARRADAS	M	34	102	00:52:32.67	00:51:43.33	PÉ DE ATLETA	BENFIQUISTA
329	283	JORGE COELHO	M	42	57	00:52:33.53	00:52:08.93		BENFIQUISTA
330	84	RUI BARROS	M	49	54	00:52:33.89	00:52:23.34	CLUBE PT LX	SPORTINGUISTA



Rank	Participant Name	Sex	Age	Chip	Time	Team	Club
331	375 SOFIA CARVALHO	F	22	15	00:52:34.93	00:52:15.16	BENFIQUISTA
332	479 JORGE SANTOS	M	40	58	00:52:36.90	00:52:14.57	VIMARENENSE
333	649 ANTÓNIO TRIGUEIRO	M	46	55	00:52:40.24	00:52:25.64	GRUPO BARRAQUEIRO SPORTINGUISTA
334	647 ALEXANDRE RIBEIRO	M	45	56	00:52:40.25	00:52:08.70	GRUPO BARRAQUEIRO BENFIQUISTA
335	691 VERA ALMEIDA	F	38	14	00:52:44.55	00:52:30.08	SS CGD SPORTINGUISTA
336	131 JOSÉ CALHEIROS	M	43	59	00:52:50.94	00:52:33.32	BENFIQUISTA
337	322 CÉSAR SANTOS	M	45	57	00:52:53.11	00:52:32.21	SPORTINGUISTA
338	162 MIGUEL MARQUES	M	57	31	00:52:53.90	00:52:41.89	BENFIQUISTA
339	476 PEDRO HENRIQUES	M	36	103	00:52:55.20	00:52:26.20	BENFIQUISTA
340	705 PEDRO CONDE	M	50	44	00:52:58.63	00:52:26.43	DOUBLE TEAM BELENENSES
341	351 ZÉ PAULO	M	42	60	00:52:59.75	00:52:20.57	SPORTINGUISTA
342	14 BRUNO FERREIRA	M	26	104	00:52:59.89	00:52:26.84	SPORTINGUISTA
343	254 MIGUEL GAMA	M	49	58	00:53:01.28	00:52:48.89	BENFIQUISTA
344	704 SUSANA CARVALHO	F	34	16	00:53:01.38	00:52:29.45	DOUBLE TEAM PORTISTA
345	34 SCHMUDE	M	32	105	00:53:05.05	00:52:25.00	SPORTINGUISTA
346	361 JOAO FERNANDES	M	70	10	00:53:05.85	00:52:47.36	SPORTINGUISTA
347	619 JOÃO CUNHA LOPES	M	46	59	00:53:07.00	00:52:39.86	ÉTOP SPORTINGUISTA
348	202 ANA PEDREIRA	F	37	15	00:53:07.26	00:52:48.07	PRAZER EM CORRER - ILHA TERCEIRA PORTISTA
349	245 PATRICIA ALVES	F	36	16	00:53:08.38	00:52:37.37	ITQB RUNNING TEAM BENFIQUISTA
350	25 BRUNO GONÇALVES	M	39	106	00:53:09.55	00:53:03.03	BENFIQUISTA
351	257 ZUZ PUP	F	34	17	00:53:11.68	00:52:29.12	SPORTINGUISTA
352	414 IGOR JAUMANDREU	M	50	45	00:53:11.85	00:52:43.55	ADEPTO
353	714 PAULO SOARES	M	38	107	00:53:14.20	00:52:48.87	CCD SIEMENS BENFIQUISTA
354	659 RAFAELA GONÇALVES	F	24	18	00:53:14.37	00:53:01.62	BENFIQUISTA
355	726 FREDERICO	M	20	108	00:53:19.03	00:52:50.26	BENFIQUISTA
356	491 TIAGO SILVA	M	39	109	00:53:19.48	00:52:51.24	SS MONTEPIO BELENENSES
357	161 AIRES ILDEFONSO	M	62	32	00:53:20.83	00:53:12.29	Cabeleireiro Moda Jovem BENFIQUISTA
358	269 JOÃO MOITEIRO	M	45	60	00:53:23.27	00:52:55.59	PORTISTA
359	35 JOAQUIM CARACOL PINTO	M	59	33	00:53:23.60	00:52:57.88	BENFIQUISTA
360	244 BRUNO ALEXANDRE	M	38	110	00:53:24.06	00:52:51.99	ITQB RUNNING TEAM SPORTINGUISTA
361	147 JOÃO MARTINS	M	59	34	00:53:26.58	00:52:42.56	BENFIQUISTA
362	509 LUIS BAIXINHO	M	34	111	00:53:27.05	00:53:13.70	C MILLENNIUM BCP BENFIQUISTA
363	346 MIA GONÇALVES	F	45	9	00:53:27.98	00:53:08.74	SPORTINGUISTA
364	514 MANUEL LOPES	M	45	61	00:53:32.00	00:53:12.53	C MILLENNIUM BCP BENFIQUISTA
365	344 ANTONIO COUTINHO	M	52	46	00:53:34.61	00:53:12.38	SPORTINGUISTA
366	635 RUI ALDEANO	M	34	112	00:53:37.67	00:52:57.01	BENFIQUISTA
367	350 CARLOS CANHA	M	27	113	00:53:39.95	00:53:16.49	SPORTINGUISTA



368	366	PEDRO D'ALMEIDA	M	54	47	00:53:48.81	00:53:00.53		SPORTINGUISTA
369	302	RUI GONCALVES	M	37	114	00:53:50.94	00:53:06.13		BENFIQUISTA
370	742	JORGE BICHO	M	58	35	00:53:51.93	00:53:35.65	4@FUNDO	SPORTINGUISTA
371	442	MARCOS MADEIRA	M	43	62	00:53:57.77	00:53:35.91		SPORTINGUISTA
372	255	MARIA FERREIRA	F	63	10	00:54:08.06	00:52:00.07		PORTISTA
373	149	JOAQUIM BENTES	M	67	11	00:54:11.10	00:54:02.72	QUARTETO	SPORTINGUISTA
374	148	ANTONIO RIBEIRO	M	37	115	00:54:13.56	00:54:04.64	QUARTETO	SPORTINGUISTA
375	786	GERMANO BERNARDO	M	62	36	00:54:14.23	00:53:39.31	PRAZER DA CORRIDA	BENFIQUISTA
376	18	SANDRA CRUZ	F	42	17	00:54:15.95	00:53:58.88		BENFIQUISTA
377	422	RUI PEREIRA	M	38	116	00:54:20.91	00:54:01.64	PROZADA DE QUELUZ	BENFIQUISTA
378	600	LUIS SILVA	M	49	61	00:54:20.95	00:54:04.39	C MILLENNIUM BCP	BENFIQUISTA
379	662	PAULO ROSA	M	39	117	00:54:21.82	00:54:07.75	STANLEY SECURITY	BENFIQUISTA
380	473	CLAUDIA PIMENTEL	F	29	19	00:54:23.66	00:53:55.24		BENFIQUISTA
381	139	JOÃO PASSEIRO	M	55	37	00:54:23.93	00:53:50.52	ADC CATUJAL	BENFIQUISTA
382	138	ALMERINDO SILVA	M	98	12	00:54:24.03	00:53:50.71	ADC CATUJAL	BENFIQUISTA
383	49	PAULA MACHADO	F	63	11	00:54:25.17	00:54:12.31		PORTISTA
384	62	VITOR MOURA	M	39	118	00:54:27.89	00:54:12.46	ROFF	VIMARENENSE
385	450	SÁRIO NUNES	M	33	119	00:54:33.01	00:53:42.50	PÉ DE ATLETA	PORTISTA
386	215	PAULO MACIEL	M	28	120	00:54:35.22	00:54:05.06	HERE 4 BEER	ADEPTO
387	119	OLINDA	F	42	18	00:54:41.73	00:54:05.85		BENFIQUISTA
388	403	CESAR MESQUITA	M	59	38	00:54:42.00	00:54:16.05		PORTISTA
389	670	PAULO SILVA	M	45	62	00:54:48.35	00:54:12.93	PRIOR VELHO	BENFIQUISTA
390	732	TIAGO ALVES	M	31	121	00:54:49.86	00:54:39.85		BELENENSES
391	381	CARLA SILVA	F	44	19	00:54:50.48	00:54:43.43	IMASAMS	BENFIQUISTA
392	672	RODOLFO NUNES	M	47	63	00:54:50.69	00:54:15.73	TORRES NOVAS	BENFIQUISTA
393	671	JOÃO RODRIGUES	M	45	64	00:54:52.18	00:54:14.77	VIP RUNNERS	BENFIQUISTA
394	503	ANA MARQUES	F	57	12	00:54:52.41	00:54:23.40	C MILLENNIUM BCP	BENFIQUISTA
395	183	RAFAEL S.	M	25	122	00:54:52.84	00:54:24.40		SPORTINGUISTA
396	787	NUNO AMARO	M	48	65	00:54:55.11	00:54:22.86		SPORTINGUISTA
397	78	PAULO PAIS	M	35	123	00:54:56.76	00:54:37.31	EQUIPA BRAVO	BENFIQUISTA
398	258	CLÁUDIA MARIA	F	28	20	00:54:58.90	00:54:50.04		BENFIQUISTA
399	559	CARLOS PEREIRA	M	44	63	00:55:03.31	00:54:21.71	GD SANTANDER TOTTA	BENFIQUISTA
400	703	NUNO BATISTA	M	43	64	00:55:05.34	00:54:30.07	NPB	BENFIQUISTA
401	206	CARLOS TEIXEIRA	M	67	13	00:55:05.44	00:54:53.87	OS TEIXEIRAS	SPORTINGUISTA
402	788	SÉRGIO VASCO	M	35	124	00:55:05.52	00:54:51.03		SPORTINGUISTA
403	657	JOÃO	M	21	125	00:55:12.80	00:55:05.08	MARVILA	BENFIQUISTA
404	502	INES BERNARDO	F	36	20	00:55:15.24	00:55:02.82	C MILLENNIUM BCP	BENFIQUISTA



Rank	Age	Name	Sex	Height	Weight	Time	Club	City
405	702	MARIA PEDRO	F	44	21	00:55:17.18 00:54:32.45		BENFIQUISTA
406	214	VÍTOR RODRIGUES	M	63	39	00:55:17.28 00:54:46.24	GA MONSANTO/GASCAN	BENFIQUISTA
407	392	DINARTE DINIZ	M	28	126	00:55:18.09 00:54:32.87		SPORTINGUISTA
408	862	FILIPA FIGUEIREDO	F	43	22	00:55:18.11 00:54:57.46		SPORTINGUISTA
409	238	BRUNO	M	27	127	00:55:18.76 00:54:44.25	LISBOA	SPORTINGUISTA
410	861	ANDRE FIGUEIREDO	M	41	65	00:55:20.08 00:55:00.06		SPORTINGUISTA
411	794	MANUEL GOMES	M	52	48	00:55:24.39 00:55:03.51	CLUBE MARGINAL	BENFIQUISTA
412	349	SARA PESTANA	F	28	21	00:55:25.45 00:55:00.18		SPORTINGUISTA
413	301	PAULO MARTINS	M	49	66	00:55:26.02 00:54:58.39	CASEBRE	BENFIQUISTA
414	468	CARLA HENRIQUES	F	41	23	00:55:26.17 00:55:07.07	AMINHACORRIDA/ MY PROTEIN	N/D
415	678	LUIS ESTEVES	M	32	128	00:55:26.84 00:54:53.41	PETIT GYM CLUB	BENFIQUISTA
416	236	SONIA DANTAS	F	38	24	00:55:28.07 00:54:49.98		BENFIQUISTA
417	120	MARGARIDA	F	38	25	00:55:28.80 00:54:54.70		BENFIQUISTA
418	342	CLÁUDIO MILHEIRO	M	41	66	00:55:30.89 00:55:01.52		SPORTINGUISTA
419	312	JOAO LAZARO	M	33	129	00:55:31.94 00:55:07.57		BENFIQUISTA
420	660	CATARINA	F	32	22	00:55:36.72 00:54:51.61		PORTISTA
421	377	JOSE CARLOS	M	41	67	00:55:40.00 00:54:54.61		BENFIQUISTA
422	23	ANTÓNIO POMBINHO	M	60	40	00:55:40.88 00:55:27.98		BENFIQUISTA
423	282	VÍTOR GONZAS	M	51	49	00:55:41.55 00:55:26.67	C FERROV PORTUGAL	BENFIQUISTA
424	797	JOAO P ALMEIDA	M	40	68	00:55:46.70 00:55:23.02	CA AMIGOS BELEM	BENFIQUISTA
425	592	ANA RAMA	F	40	26	00:55:49.24 00:55:32.48	C MILLENNIUM BCP	SPORTINGUISTA
426	560	MARIO RUI COSTA	M	41	69	00:55:51.25 00:55:09.46	GD SANTANDER TOTTA	BENFIQUISTA
427	205	ANTÓNIO FONSECA	M	71	14	00:55:53.52 00:55:28.55		SPORTINGUISTA
428	327	JORGE SANTOS	M	52	50	00:55:57.34 00:55:35.05	FC DESPERTAR CASAL CAMBRA	BELENENSES
429	341	ADRIANO CUNHA	M	64	41	00:56:00.04 00:55:31.38	GRCD LEIÃO	SPORTINGUISTA
430	665	INÊS GONÇALVES	F	34	23	00:56:01.00 00:55:06.60		ADEPTO
431	357	RITA CORREIA	F	37	27	00:56:08.13 00:55:24.66		BENFIQUISTA
432	413	NUNO MOLERO	M	45	67	00:56:11.01 00:55:36.17		BENFIQUISTA
433	75	A.BARREIROS	F	35	28	00:56:12.52 00:55:28.14		BELENENSES
434	608	TIAGO ROSA	M	34	130	00:56:13.54 00:55:18.70	C MILLENNIUM BCP	BENFIQUISTA
435	234	JOAO MARQUES	M	40	70	00:56:15.69 00:55:41.33		BENFIQUISTA
436	233	RUI OLIVEIRA	M	51	51	00:56:16.29 00:55:51.66	SS CGD	BENFIQUISTA
437	642	JOANA PINTO	F	35	29	00:56:16.74 00:55:37.72		BELENENSES
438	856	JOAO MIGUEL	M	43	71	00:56:17.29 00:55:42.53		BENFIQUISTA
439	558	SAMUEL ROSADO	M	39	131	00:56:18.18 00:55:35.54	GD SANTANDER TOTTA	BENFIQUISTA
440	330	JOÃO MIGUEL	M	79	15	00:56:20.60 00:55:55.30		BENFIQUISTA
441	278	FILIPE PEREIRA	M	33	132	00:56:22.00 00:55:53.57	LISBOA	BENFIQUISTA



442	170	DIOGO BARROTE	M	18	133	00:56:24.33	00:55:54.98		BELENENSES
443	846	PAULO FAUSTINO	M	46	68	00:56:24.76	00:56:19.72		N/D
444	169	PAULO GOMES	M	53	52	00:56:25.36	00:55:56.05		BELENENSES
445	588	FRANCISCO SILVA	F	44	30	00:56:27.73	00:56:05.86	C MILLENNIUM BCP	PORTISTA
446	574	RICARDO SENA	M	17	134	00:56:30.93	00:55:54.54	C MILLENNIUM BCP	BENFIQUISTA
447	487	LUIS REIS	M	60	42	00:56:33.60	00:56:10.27	SS MONTEPIO	BELENENSES
448	709	LUIS REVÉS	M	44	72	00:56:40.46	00:56:17.31	CCD SIEMENS	BENFIQUISTA
449	710	CARLOS CAGICA	M	52	53	00:56:40.89	00:56:19.28	CCD SIEMENS	BENFIQUISTA
450	640	DOROTA	F	42	31	00:56:41.36	00:56:20.89	PRO-RUN WROCLAW	ADEPTO
451	722	...Y RODRI...	F	39	32	00:57:00.04	00:56:26.71	LOS CHIPIS	BELENENSES
452	721	SOFY KIKE	M	39	135	00:57:00.18	00:56:26.58	LOS CHIPIS	BELENENSES
453	772	RICARDO OLIVEIRA	M	39	136	00:57:05.17	00:56:14.45		PORTISTA
454	766	TIAGO MOURA ANTUNES	M	33	137	00:57:05.23	00:56:12.08		BENFIQUISTA
455	590	PAULO ARSENIO	M	47	69	00:57:07.58	00:56:42.81	C MILLENNIUM BCP	SPORTINGUISTA
456	589	TIAGO NOGUEIRA	M	44	73	00:57:09.08	00:56:53.07	C MILLENNIUM BCP	BENFIQUISTA
457	798	JORGE ALMEIDA	M	68	16	00:57:11.78	00:56:48.88	CA AMIGOS BELEM	VIMARENENSE
458	265	MARIA JOÃO ROCHA	F	47	13	00:57:12.34	00:56:46.70		BENFIQUISTA
459	489	RUTE MORNA	F	42	33	00:57:14.40	00:56:45.28	SS MONTEPIO	BENFIQUISTA
460	452	SARA GOMES	F	21	24	00:57:14.81	00:56:35.41		BENFIQUISTA
461	287	JAIME AFONSO	M	52	54	00:57:21.80	00:56:53.22	CLUBE ANACOM	SPORTINGUISTA
462	135	ANTONIO PAIS	M	70	17	00:57:23.65	00:57:03.51	VALE DE MADEIROS SC	BENFIQUISTA
463	67	RENATO ALVES	M	37	138	00:57:30.17	00:57:11.88		BENFIQUISTA
464	41	MANUEL SEQUEIRA	M	67	18	00:57:30.20	00:57:09.46	GDCT REPSOL POLÍMEROS	ADEPTO
465	146	JOSÉ BAIXINHO	M	60	43	00:57:30.68	00:57:01.59	SANTIAGO FC	SPORTINGUISTA
466	711	EDMUNDO COSTA	M	57	44	00:57:35.05	00:57:09.37	CCD SIEMENS	SPORTINGUISTA
467	783	BELITA	F	50	14	00:57:37.79	00:57:30.59	LOURDETE PERFUMARIAS	SPORTINGUISTA
468	750	SELMA SILVA	F	52	15	00:57:38.30	00:56:56.93		BENFIQUISTA
469	661	BRUNO PEREIRA	M	23	139	00:57:40.11	00:57:06.61		SPORTINGUISTA
470	550	TIAGO VEIGA	M	34	140	00:57:48.33	00:56:43.47	GD SANTANDER TOTTA	PORTISTA
471	587	RICARDO GOMES	M	46	70	00:57:50.86	00:57:34.97	C MILLENNIUM BCP	BENFIQUISTA
472	868	RUI MARQUES	M	26	141	00:57:58.95	00:57:09.18		SPORTINGUISTA
473	380	MARGARIDA MARQUES	F	44	34	00:57:59.69	00:57:51.55	IMASAMS	SPORTINGUISTA
474	145	JUDITE BAIXINHO	F	31	25	00:58:01.18	00:57:31.76	SANTIAGO FC	BENFIQUISTA
475	417	ANA MARQUES	F	47	16	00:58:03.74	00:57:39.59		BENFIQUISTA
476	548	LUCIO SILVA	M	51	55	00:58:03.82	00:57:15.64	GD SANTANDER TOTTA	BENFIQUISTA
477	272	CARLOS VIEGAS	M	59	45	00:58:13.58	00:57:59.27	GDCT UNICRE	PORTISTA
478	681	RUTE RODRIGUES	F	37	35	00:58:16.30	00:57:44.15	PETIT GYM CLUB	BENFIQUISTA



Rank	Age	Name	Sex	Height	Weight	Time 1	Time 2	Club	City
479	853	FERNANDO MARTINS	M	34	142	00:58:20.07	00:52:17.26		BENFIQUISTA
480	166	CARLA REIS	F	36	36	00:58:22.27	00:57:49.54		SPORTINGUISTA
481	534	CARLOS TEIXEIRA	M	45	71	00:58:24.26	00:57:43.52	GD SANTANDER TOTTA	SPORTINGUISTA
482	575	NUNO ANJOS	M	50	56	00:58:25.55	00:58:00.91	C MILLENNIUM BCP	BENFIQUISTA
483	803	JOSÉ CATITA	M	59	46	00:58:30.77	00:58:00.99		BENFIQUISTA
484	64	ANTÓNIO FARIA	M	63	47	00:58:32.10	00:58:05.43		BENFIQUISTA
485	775	EDUARDO LEITE	M	15	143	00:58:33.17	00:58:21.20		BENFIQUISTA
486	735	Mª JOAO CARVALHO	F	45	17	00:58:33.51	00:56:27.45		VIMARENENSE
487	733	VERA CARVALHO	F	35	37	00:58:35.73	00:56:30.26		PORTISTA
488	564	MAGDA TOSTE	F	31	26	00:58:36.22	00:57:52.69	GD SANTANDER TOTTA	BENFIQUISTA
489	565	VITOR TEIXEIRA	M	58	48	00:58:36.72	00:57:58.98	GD SANTANDER TOTTA	BENFIQUISTA
490	729	ANA BOTO	F	40	38	00:58:37.13	00:58:15.85	EQUIPA PR	BENFIQUISTA
491	393	NÉLIA CASTANHEIRA	F	44	39	00:58:40.16	00:57:43.00		BENFIQUISTA
492	778	ESPANA	M	35	144	00:58:43.48	00:58:00.62	WIKABOO	SPORTINGUISTA
493	144	DIANA MONTEIRO	F	34	27	00:58:43.90	00:58:09.16	A VALE SILÊNCIO	BELENENSES
494	95	JUCA	M	52	57	00:58:44.13	00:58:23.47	CORRER SOC REC GRANJA	BENFIQUISTA
495	760	DORA SOUSA	F	38	40	00:58:44.48	00:58:13.37	GDCT IN CASA MOEDA	PORTISTA
496	777	SONIA	F	41	41	00:58:46.23	00:58:02.67	WIKABOO	SPORTINGUISTA
497	303	ANA GONÇALVES	F	29	28	00:58:49.10	00:58:01.81		BENFIQUISTA
498	63	JOÃO CORREIA BOTELHO	M	40	74	00:58:55.99	00:56:48.37		BENFIQUISTA
499	237	RAFAEL SANTOS	M	50	58	00:58:57.03	00:58:29.93	LISBOA	BENFIQUISTA
500	182	FILIPPE PEREIRA	M	30	145	00:59:05.06	00:58:35.53		PORTISTA
501	811	LUIS MAGALHAES	M	43	75	00:59:09.69	00:58:53.01		SPORTINGUISTA
502	799	Mª RAQUEL GAUDENCIO	F	33	29	00:59:13.62	00:58:34.88	PERNAS GAFANHOTO	SPORTINGUISTA
503	669	MARIA BENTO	F	61	18	00:59:17.30	00:58:42.39		SPORTINGUISTA
504	485	JOÃO DIEGUES	M	46	72	00:59:17.77	00:58:52.83	SS MONTEPIO	BENFIQUISTA
505	210	FILIPPE LEITE	M	38	146	00:59:17.99	00:58:31.60		PORTISTA
506	764	JOÃO RODRIGUES	M	32	147	00:59:19.84	00:58:43.18	VERDADE	SPORTINGUISTA
507	478	MÁRIO LOBO	M	45	73	00:59:20.12	00:58:39.12	LOPES FAMILY AND FRIENDS	BELENENSES
508	759	ANA S PEREIRA	F	41	42	00:59:21.33	00:58:54.76	GDCT IN CASA MOEDA	BENFIQUISTA
509	728	VANDA BADÉ	F	36	43	00:59:21.45	00:58:48.54		BENFIQUISTA
510	765	JOANA GABRIEL	F	32	30	00:59:22.06	00:58:43.77	VERDADE	ADEPTO
511	26	INÉS ABRANTES	F	33	31	00:59:23.76	00:59:02.55	BALHELHAS	BENFIQUISTA
512	179	PATRÍCIA MACHADO	F	35	44	00:59:27.71	00:59:18.88	GUIZO RUNNERS	BENFIQUISTA
513	539	PAULA FIGUEIREDO	F	60	19	00:59:28.25	00:58:46.96	GD SANTANDER TOTTA	BENFIQUISTA
514	365	MARIANA D'ALMEIDA	F	22	32	00:59:28.97	00:58:42.45		SPORTINGUISTA
515	849	CARLOS AGUIAR	M	48	74	00:59:29.81	00:59:25.26	PACERS	N/D



516	448	CARLA SILVA	F	47	20	00:59:30.23	00:58:38.82	PÉ DE ATLETA	BENFIQUISTA
517	541	ANTONIO CASTRO	M	48	75	00:59:31.84	00:58:50.66	GD SANTANDER TOTTA	SPORTINGUISTA
518	653	JOÃO DIAS	M	27	148	00:59:37.85	00:58:43.93		SPORTINGUISTA
519	741	CARLOS CHANÇA	M	43	76	00:59:45.77	00:59:14.25	EGGBITE	BENFIQUISTA
520	584	ANTONIO FERNANDES	M	52	59	00:59:46.00	00:59:04.56	C MILLENNIUM BCP	BENFIQUISTA
521	69	RUTE M.	F	35	45	00:59:54.54	00:59:15.88	NOZES	PORTISTA
522	320	SUSANA MAIA	F	30	33	01:00:05.26	00:59:23.74	SURI	ADEPTO
523	474	FAVELINA SANTOS	F	43	46	01:00:05.46	00:59:45.44		PORTISTA
524	321	RICARDO AUGUSTO	M	30	149	01:00:06.01	00:59:24.06	SURI	ADEPTO
525	867	ALTINO SILVA	M	73	19	01:00:07.05	00:59:42.31	CASA DO PESSOAL DO IVA	PORTISTA
526	694	CARLA PEREIRA	F	45	21	01:00:08.14	00:59:35.47	ITQB RUNNING TEAM	PORTISTA
527	793	FRANCISCO COITO	M	66	20	01:00:12.58	00:59:51.73	CLUBE MARGINAL	BENFIQUISTA
528	816	MIGUEL PITA	M	30	150	01:00:13.64	00:59:47.41		N/D
529	363	CARLA MOTA	F	44	47	01:00:13.83	00:59:30.45		BENFIQUISTA
530	543	LIDIA LOPES	F	55	22	01:00:14.48	00:59:26.87	GD SANTANDER TOTTA	PORTISTA
531	109	TERESA NICOLAU	F	55	23	01:00:15.50	00:59:34.86		BENFIQUISTA
532	436	ANA MADEIRA	F	44	48	01:00:18.73	01:00:00.56	GDCT UNICRE	SPORTINGUISTA
533	542	DINIS SOUSA	M	75	21	01:00:20.67	00:59:32.60	GD SANTANDER TOTTA	PORTISTA
534	822	DAVID MOTA	M	30	151	01:00:22.43	00:59:52.05		N/D
535	748	RUI PINTO	M	53	60	01:00:26.66	00:59:46.18		BELENENSES
536	399	JOÃO CARVALHO	M	49	76	01:00:28.67	01:00:03.65	CARVALHO CONFRARIA	BENFIQUISTA
537	264	ALEXANDRA VENTURA	F	43	49	01:00:29.30	01:00:06.77		SPORTINGUISTA
538	263	JOAO VENTURA	M	46	77	01:00:29.51	01:00:06.86		BENFIQUISTA
539	497	CARLOS COSTA	M	42	77	01:00:29.80	01:00:01.40		BENFIQUISTA
540	598	CARLA FARIA	F	49	24	01:00:31.84	01:00:16.78	C MILLENNIUM BCP	SPORTINGUISTA
541	749	JOSÉ LAMEIRA	M	38	152	01:00:36.41	00:59:41.40		BENFIQUISTA
542	167	DÁLIA LEITE	F	55	25	01:00:39.07	01:00:17.33	CA ODIMARQ	BENFIQUISTA
543	475	NÂNCI FILIPA BÔTO	F	25	34	01:00:54.82	01:00:35.47		BENFIQUISTA
544	625	ANA PAULA C. C. BOTA	F	40	50	01:01:07.67	01:00:40.41	ÉTOP	PORTISTA
545	641	MARTA BARREIROS	F	28	35	01:01:07.97	01:00:23.43		SPORTINGUISTA
546	493	ALEXANDRA PINTO	F	43	51	01:01:10.05	01:00:43.15	CLINICA DR. CAUTELA	BENFIQUISTA
547	701	NUNO GONÇALVES	M	64	49	01:01:10.66	01:00:40.24	KEEP RUNNING	BENFIQUISTA
548	866	SUSANA PALMA	F	43	52	01:01:12.35	01:00:49.55	CASA DO PESSOAL DO IVA	PORTISTA
549	865	RICARDO FONSECA	M	41	78	01:01:13.33	01:00:50.50	CASA DO PESSOAL DO IVA	SPORTINGUISTA
550	761	CRISTINA RAINHA	F	50	26	01:01:20.88	01:01:10.26	GDCT IN CASA MOEDA	BELENENSES
551	368	ALFREDO MARTINHO	M	40	79	01:01:21.21	01:00:31.85		ADEPTO
552	242	PAULO FERNANDES	M	45	78	01:01:23.31	01:00:46.52	CCDT METRO LX	SPORTINGUISTA



553	396	TIAGO GONÇALVES	M	23	153	01:01:25.15	00:58:36.72		PORTISTA
554	48	ORLANDO MARTA	M	46	79	01:01:31.34	01:01:00.54	ROFF	SPORTINGUISTA
555	273	GONÇALO OLIVEIRA	M	55	50	01:01:34.81	01:01:18.04	GDCT UNICRE	BENFIQUISTA
556	281	SERGIO NEVES	M	38	154	01:01:44.63	01:00:48.43	OS MILHAS	SPORTINGUISTA
557	280	VERONICA NEVES	F	40	53	01:01:50.19	01:00:56.91	OS MILHAS	SPORTINGUISTA
558	154	HENRIQUE VILHENA	M	61	51	01:01:50.50	01:01:05.57		BENFIQUISTA
559	326	HTB	M	42	80	01:01:53.00	01:00:55.38	OS MILHAS	BENFIQUISTA
560	573	ANA CARVALHO	F	41	54	01:01:57.08	01:01:01.72	C MILLENNIUM BCP	SPORTINGUISTA
561	682	MARIA SILVA	F	48	27	01:02:01.50	01:01:15.98		SPORTINGUISTA
562	505	ALEXANDRA COSTA	F	46	28	01:02:05.36	01:01:52.63	C MILLENNIUM BCP	PORTISTA
563	118	ANA ROSÁRIO	F	45	29	01:02:06.59	01:01:25.92	LEÕES DA QUINTA	SPORTINGUISTA
564	460	MARISA FELIZ	F	38	55	01:02:07.42	01:01:40.47		BENFIQUISTA
565	117	FRANCISCO ROSÁRIO	M	49	80	01:02:09.06	01:01:26.09	LEÕES DA QUINTA	SPORTINGUISTA
566	27	ANTÓNIO ABRANTES	M	62	52	01:02:14.33	01:01:50.63	BALHELHAS	BENFIQUISTA
567	397	INÊS CARVALHO	F	40	56	01:02:15.41	01:01:50.18	CARVALHO CONFRARIA	PORTISTA
568	288	RAQUEL MATA	F	31	36	01:02:15.41	01:01:44.46	POWERED BY RABANADAS	SPORTINGUISTA
569	537	JOEL PONTE	M	28	155	01:02:15.88	01:01:07.93	GD SANTANDER TOTTA	SPORTINGUISTA
570	596	CATARINA ALTAS	F	44	57	01:02:18.77	01:01:44.34	C MILLENNIUM BCP	BENFIQUISTA
571	796	SERGIO JORGE	M	41	81	01:02:27.83	01:01:37.81		BENFIQUISTA
572	180	ISABEL GARCIA	F	50	30	01:02:32.63	01:02:25.14	GUIZO RUNNERS	BENFIQUISTA
573	808	MARCIA GASPAR	F	41	58	01:02:33.76	01:02:06.56		SPORTINGUISTA
574	12	DAVID SEBASTIÃO	M	23	156	01:02:54.99	01:02:30.59	VAMOS A TODAS	SPORTINGUISTA
575	782	CRISTINA SOBREIRO	F	45	31	01:02:57.66	01:02:31.49		BENFIQUISTA
576	111	ISILDA BARRADAS	F	67	32	01:02:57.95	01:02:52.09		ADEPTO
577	863	PAULO ROBIN	M	46	81	01:03:07.01	01:02:24.62		ADEPTO
578	717	TOMÁS REIS	M	21	157	01:03:16.18	01:02:43.16		BELENENSES
579	645	JOÃO	M	30	158	01:03:22.97	01:02:26.57		PORTISTA
580	809	PAULA ANTUNES	F	38	59	01:03:24.09	01:02:39.97	ANTUNES	BENFIQUISTA
581	629	MANUEL FONTINHA	M	48	82	01:03:24.27	01:03:02.00	PAÇO DE ARCOS	ADEPTO
582	644	ANA LUÍS	F	28	37	01:03:25.15	01:02:31.54		PORTISTA
583	745	JOSÉ QUARESMA	M	52	61	01:03:29.94	01:02:38.11		BENFIQUISTA
584	271	PAULO FRANÇA	M	55	53	01:03:38.49	01:03:24.46	GDCT UNICRE	BENFIQUISTA
585	268	ANA PEREIRA	F	20	38	01:03:41.10	01:03:11.40	CORRER LISBOA	BELENENSES
586	586	CARLOS CONCEIÇÃO	M	55	54	01:03:41.21	01:03:07.93	C MILLENNIUM BCP	BENFIQUISTA
587	105	VIORICA TURCANU	F	40	60	01:03:45.88	01:03:09.83		BENFIQUISTA
588	107	CATARINA BORGES	F	40	61	01:03:46.02	01:03:09.98		BENFIQUISTA
589	223	CRISTINA AIRES	F	52	33	01:03:54.04	01:03:29.15	SS CGD	SPORTINGUISTA



590	576	LEONEL FERREIRINHA	M	69	22	01:03:57.60	01:03:27.00	C MILLENNIUM BCP	PORTISTA
591	851	RUBEN GONCALVES	M	29	159	01:04:04.08	01:01:16.64		SPORTINGUISTA
592	438	ANTÓNIO VILARES	M	24	160	01:04:14.96	01:03:38.97	FDS SPORTSTEAM	SPORTINGUISTA
593	561	SUSANA GUERREIRO	F	41	62	01:04:18.27	01:03:35.25	GD SANTANDER TOTTA	BENFIQUISTA
594	126	RUI MELÃO	M	53	62	01:04:19.71	01:03:42.96	CASTANHEIRA DO RIBATEJO	BENFIQUISTA
595	388	ISABEL AMARAL	F	37	63	01:04:20.88	01:03:44.18		SPORTINGUISTA
596	194	MARIA QUITERIA	F	44	64	01:04:21.10	01:03:45.57	ALGYMNS	BENFIQUISTA
597	240	GUALDINO FREIRE	M	72	23	01:04:22.18	01:03:45.84	CCDT METRO LX	BENFIQUISTA
598	241	ORLANDO	M	55	55	01:04:23.97	01:03:46.55	CCDT METRO LX	BRACARENSE
599	752	ALIPIO OLIVEIRA	M	57	56	01:04:24.34	01:04:24.34	CCDT METRO LX	BENFIQUISTA
600	221	BARBARA BRAS	F	20	39	01:04:24.58	01:03:59.02	SS CGD	BENFIQUISTA
601	416	VASCO PIPA	M	54	63	01:04:35.24	01:04:16.46		SPORTINGUISTA
602	332	MARLON KESSLER	M	20	161	01:04:37.37	01:03:57.65		ADEPTO
603	123	GEORGINA MONTEIRO	F	52	34	01:04:50.58	01:04:02.01		SPORTINGUISTA
604	121	CELIA M CATARINO	F	50	35	01:04:56.11	01:04:08.14		SPORTINGUISTA
605	219	JOÃO OLIVA	M	54	64	01:05:07.95	01:04:55.74		BENFIQUISTA
606	199	JOEL MÓSCA	M	50	65	01:05:09.78	01:05:00.49		SPORTINGUISTA
607	556	LINO OLIVEIRA	M	72	24	01:05:12.09	01:05:04.95	GD SANTANDER TOTTA	SPORTINGUISTA
608	557	JOSE MONTEIRO	M	68	25	01:05:12.42	01:05:05.19	GD SANTANDER TOTTA	SPORTINGUISTA
609	637	ISABEL MAGALHÃES	F	61	36	01:05:15.12	01:04:40.65	GYM 2010	BENFIQUISTA
610	336	SANDRA SENAS	F	43	65	01:05:16.71	01:04:29.51		PORTISTA
611	517	VITORINO GONÇALVES	M	66	26	01:05:18.06	01:04:43.07	C MILLENNIUM BCP	SPORTINGUISTA
612	335	LUIS MIGUEL CALHEIROS	M	20	162	01:05:19.49	01:04:32.09		SPORTINGUISTA
613	56	LU	F	61	37	01:05:19.75	01:04:51.00		SPORTINGUISTA
614	533	JOSE RIBEIRO	M	72	27	01:05:29.41	01:04:50.52	GD SANTANDER TOTTA	BENFIQUISTA
615	620	ALÍPIO COSTA	M	55	57	01:05:49.85	01:05:11.53	LOPES FAMILY AND FRIENDS	BELENENSES
616	359	SARA CARVALHA	F	43	66	01:05:49.88	01:05:11.59	LOPES FAMILY AND FRIENDS	BENFIQUISTA
617	874	ANTONIO NASCIMENTO	M	77	28	01:06:00.85	01:05:25.30	GDCT IN CASA MOEDA	BENFIQUISTA
618	553	LUIS SILVA	M	75	29	01:06:08.68	01:05:49.80	GD SANTANDER TOTTA	BENFIQUISTA
619	337	PEDRO BAPTISTA	M	37	163	01:06:11.42	01:05:59.15	CASA DA DIZIMA	SPORTINGUISTA
620	340	PEDRO BAPTISTA JUNIOR	M	17	164	01:06:14.23	01:06:03.91	CASA DA DIZIMA	SPORTINGUISTA
621	191	CARLOS CORREIA	M	32	165	01:06:15.45	01:05:54.00		BENFIQUISTA
622	192	ARMANDO CORREIA	M	59	58	01:06:15.61	01:05:53.00		PORTISTA
623	153	SAMUEL JOAQUIM	M	64	59	01:06:20.95	01:05:56.50		SPORTINGUISTA
624	292	CARLOS PEDREIRINHO	M	53	66	01:06:23.07	01:05:45.55	LIDIA E CARLOS	SPORTINGUISTA
625	293	CARLOS PEDREIRINHO	F	48	38	01:06:23.08	01:05:48.07	LIDIA E CARLOS	SPORTINGUISTA
626	864	ANA ROBIN	F	41	67	01:06:28.20	01:05:46.50		ADEPTO



627	779	JOANA FERREIRA	F	24	40	01:06:28.76	01:05:51.29		BENFIQUISTA
628	99	CARLA BARBADO	F	37	68	01:06:29.32	01:05:58.11	ROFF	BENFIQUISTA
629	127	JOAO LANDEIRO	M	71	30	01:06:30.70	01:06:03.10		SPORTINGUISTA
630	406	FILOMENA SILVA	F	46	39	01:06:33.02	01:05:56.64		BENFIQUISTA
631	98	CARLOS VALÉRIO	M	32	166	01:06:33.15	01:06:01.74	ROFF	BENFIQUISTA
632	284	JOANA ANDRADE	F	38	69	01:06:55.14	01:06:30.01		SPORTINGUISTA
633	53	SOFIA PINHO	F	27	41	01:06:56.23	01:06:24.33		PORTISTA
634	538	RUI MARTINS	M	40	82	01:07:00.69	01:06:30.27	GD SANTANDER TOTTA	BENFIQUISTA
635	708	CARINA AMARO	F	27	42	01:07:01.20	01:06:18.17		SPORTINGUISTA
636	383	PAUL PEDRO	M	57	60	01:07:01.32	01:06:57.02	IMASAMS	BENFIQUISTA
637	687	JOSÉ BASTOS	M	51	67	01:07:04.06	01:06:23.96		SPORTINGUISTA
638	114	RITA LOPES	F	28	43	01:07:04.74	01:06:25.46		SPORTINGUISTA
639	113	CLÁUDIA CAETANO	F	20	44	01:07:07.39	01:06:30.16		SPORTINGUISTA
640	526	NELSON GUIMARÃES	M	70	31	01:07:14.40	01:06:54.22	C MILLENNIUM BCP	SPORTINGUISTA
641	597	ALDA VINAGRE	F	44	70	01:07:27.84	01:06:55.53	C MILLENNIUM BCP	BENFIQUISTA
642	770	CÉLIA CARVALHO	F	36	71	01:07:36.62	01:06:52.89		PORTISTA
643	807	CAMILA SAVIO	F	37	72	01:07:39.26	01:06:58.04		SPORTINGUISTA
644	185	INÊS LAGOA	F	32	45	01:07:41.11	01:07:02.18		PORTISTA
645	186	JOÃO SILVESTRE	M	27	167	01:07:43.36	01:07:04.10		BENFIQUISTA
646	698	CRISTINA ALMEIDA	F	35	73	01:07:50.63	01:06:55.96		BELENENSES
647	699	HUGO PEREIRA	M	38	168	01:07:53.36	01:06:57.56		BENFIQUISTA
648	38	JÚLIA HENRIQUES	F	31	46	01:08:04.03	01:07:17.90	CHLO ULTIMATE RUNNING TEAM	SPORTINGUISTA
649	37	PEDRO PAIXÃO	M	32	169	01:08:04.66	01:07:18.10	CHLO ULTIMATE RUNNING TEAM	BENFIQUISTA
650	193	ARTUR DINIS	M	37	170	01:08:05.93	01:07:48.46	ALGYMNS	BENFIQUISTA
651	507	FERNANDO FERREIRA	M	71	32	01:08:08.55	01:07:52.39	C MILLENNIUM BCP	BENFIQUISTA
652	591	JOAO PEREIRA	M	47	83	01:08:08.78	01:07:50.41	C MILLENNIUM BCP	BENFIQUISTA
653	391	MATILDE AZEVEDO	F	21	47	01:08:10.54	01:07:27.68		BELENENSES
654	483	HELDER PALMA	M	47	84	01:08:11.11	01:07:45.94	SS MONTEPIO	SPORTINGUISTA
655	482	CÉLIA BORGES	F	43	74	01:08:11.20	01:07:43.82	SS MONTEPIO	BENFIQUISTA
656	390	LUIS AZEVEDO	M	55	61	01:08:13.29	01:07:31.08		SPORTINGUISTA
657	758	RITA LOPES	F	37	75	01:08:14.48	01:07:47.63	GDCT IN CASA MOEDA	BENFIQUISTA
658	22	EBERHARD AXEL WILHELM	M	69	33	01:08:19.83	01:07:43.08	4 AO KM	SPORTINGUISTA
659	10	JOHNNY THOMASSEN	M	57	62	01:08:21.96	01:07:37.30		BENFIQUISTA
660	110	JOAO NOGUEIRA	M	53	68	01:08:27.10	01:07:57.56		SPORTINGUISTA
661	395	RJ PIMENTA	M	42	83	01:08:27.48	01:02:51.32	OS LESMAS	SPORTINGUISTA
662	285	SARA SCHUH REIS	F	27	48	01:08:29.54	01:07:53.34		PORTISTA
663	177	TERESA MARTINHO	F	30	49	01:08:29.61	01:07:51.67		BENFIQUISTA



Rank	Age	Name	Sex	Height	Weight	Start Time	End Time	Club	Category
664	754	CARLA NASCIMENTO	F	49	40	01:08:30.08	01:08:16.49	C FERROV PORTUGAL	SPORTINGUISTA
665	353	JOÃO GONÇALVES	M	35	171	01:08:55.42	01:08:11.45		BENFIQUISTA
666	57	JOÃO FERREIRA	M	38	172	01:09:05.57	01:08:51.30	LEO GYM	PORTISTA
667	267	LUIZA RAMOS MENDONÇA	F	39	76	01:09:05.82	01:08:50.97		BENFIQUISTA
668	604	JOAQUIM BELO	M	51	69	01:09:12.07	01:08:42.99	C MILLENNIUM BCP	BENFIQUISTA
669	601	PAULO MARIZ	M	49	85	01:09:12.10	01:08:42.46	C MILLENNIUM BCP	BENFIQUISTA
670	356	LUIS LOPES	M	67	34	01:09:12.17	01:08:31.07	LOPES FAMILY AND FRIENDS	SPORTINGUISTA
671	235	IRYNA HUKOVSKA	F	37	77	01:09:15.73	01:08:38.30		PORTISTA
672	394	SUSANA COSTA	F	37	78	01:09:19.89	01:08:45.33	ITQB RUNNING TEAM	BENFIQUISTA
673	603	BEATRIZ MARIZ	F	21	50	01:09:22.61	01:08:53.86	C MILLENNIUM BCP	BENFIQUISTA
674	810	PAULA ANTUNES	F	42	79	01:09:25.85	01:08:41.84	ANTUNES	BENFIQUISTA
675	462	SILVÉRIO	M	42	84	01:09:41.59	01:09:04.61		BENFIQUISTA
676	334	VANESSA NEVES	F	34	51	01:09:42.78	01:09:03.88		SPORTINGUISTA
677	530	ANA VILELA	F	51	41	01:09:43.09	01:09:15.16	C MILLENNIUM BCP	BELENENSES
678	523	ANA MENDES	F	32	52	01:10:03.98	01:09:24.15	C MILLENNIUM BCP	BENFIQUISTA
679	103	RITA CARVALHINHO	F	43	80	01:10:11.83	01:09:31.95	CORRER LISBOA	BENFIQUISTA
680	680	CARLA SOUSA	F	32	53	01:10:12.73	01:09:39.91	PETIT GYM CLUB	BENFIQUISTA
681	767	FLORBELA SOARES	F	52	42	01:10:12.86	01:09:33.56		SPORTINGUISTA
682	551	SANDRA CUNHA	F	43	81	01:10:14.57	01:09:17.78	GD SANTANDER TOTTA	SPORTINGUISTA
683	552	SONIA CASTRO	F	33	54	01:10:24.82	01:09:25.74	GD SANTANDER TOTTA	BENFIQUISTA
684	580	MARIANA VILHENA	M	21	173	01:10:29.87	01:09:59.93	C MILLENNIUM BCP	BELENENSES
685	875	JOSE ABREU	M	69	35	01:10:33.34	01:09:57.33	GDCT IN CASA MOEDA	BENFIQUISTA
686	463	CIDÁLIA MALTA	F	41	82	01:10:47.71	01:10:11.37		ADEPTO
687	547	SALVADOR AFONSO	M	63	63	01:10:48.49	01:10:06.40	GD SANTANDER TOTTA	BENFIQUISTA
688	546	FABIO DIAS	M	46	86	01:11:00.33	01:10:22.57	GD SANTANDER TOTTA	BENFIQUISTA
689	286	ANTÓNIO VIDAS	M	53	70	01:11:19.48	01:10:57.49	CLUBE ANACOM	BENFIQUISTA
690	815	ANA LOPES	F	41	83	01:11:58.34	01:11:11.27		N/D
691	540	TIAGO PITO	M	40	85	01:11:59.99	01:11:27.23	GD SANTANDER TOTTA	BELENENSES
692	152	ANTONIO FIGUEIREDO	M	62	64	01:12:00.13	01:11:33.84		BENFIQUISTA
693	555	LINA GOMES	F	40	84	01:12:00.26	01:11:27.63	GD SANTANDER TOTTA	BENFIQUISTA
694	50	CARLOS ALBERTO SILVÉRIO	M	51	71	01:12:12.05	01:11:46.23		BENFIQUISTA
695	51	SANDRA GASPAR	F	34	55	01:12:12.40	01:11:48.49		BENFIQUISTA
696	386	JOANA DARC CHOURIÇO	F	54	43	01:13:05.59	01:12:45.42		SPORTINGUISTA
697	262	ANA CIURO	F	43	85	01:13:09.85	01:12:39.72	BREJOS AZEITÃO	PORTISTA
698	122	TÂNIA DIMAS	F	48	44	01:13:40.43	01:12:52.59		SPORTINGUISTA
699	585	OLGA LISBOA	F	40	86	01:13:44.52	01:13:18.03	C MILLENNIUM BCP	BENFIQUISTA
700	446	CARLOS FERREIRA	M	26	174	01:14:19.18	01:13:43.71		SPORTINGUISTA



701	252	MARIA MACEDO	F	55	45	01:14:46.08	01:14:06.81		BENFIQUISTA
702	181	LUÍS SANTOS	M	43	86	01:14:50.98	01:14:43.63	GUIZO RUNNERS	BENFIQUISTA
703	155	JOANA DE JESUS	F	30	56	01:15:00.39	01:14:20.37		BENFIQUISTA
704	249	LUIA CANDEIAS	F	53	46	01:15:02.48	01:14:22.46	CORRER LISBOA	BENFIQUISTA
705	762	TELMA GUEDES	F	28	57	01:15:29.74	01:15:03.33	GDCT IN CASA MOEDA	VIMARENENSE
706	439	MÁRCIA PEREIRA	F	26	58	01:15:40.74	01:15:07.05	FDS SPORTSTEAM	BENFIQUISTA
707	554	MARIA PATRICIO	F	69	47	01:15:49.21	01:15:33.12	GD SANTANDER TOTTA	BENFIQUISTA
708	685	HIGOR COSTA	M	25	175	01:15:49.85	01:15:14.38		SPORTINGUISTA
709	639	DIANA RODRIGUES	F	27	59	01:16:00.62	01:15:20.75		PORTISTA
710	686	ANA RITA	F	28	60	01:16:00.84	01:15:21.42		BENFIQUISTA
711	289	GONÇALO ALMEIDA	M	33	176	01:16:23.68	01:15:52.20	POWERED BY RABANADAS	BENFIQUISTA
712	689	GONÇALO PRATA	M	38	177	01:16:24.73	01:15:27.56		SPORTINGUISTA
713	616	SARA SOUSA	F	39	87	01:16:43.05	01:16:22.98	TARTARUGAS SOLIDARIAS	SPORTINGUISTA
714	220	ANA CASTRO	F	51	48	01:16:56.70	01:16:33.91	SS CGD	SPORTINGUISTA
715	250	GUIOMAR TOMÉ	F	67	49	01:17:12.54	01:16:47.03	GUIZO RUNNERS	BENFIQUISTA
716	467	Mª AMELIA COSTA	F	60	50	01:17:23.22	01:16:32.08		BELENENSES
717	352	ANTONIO HENRIQUES	M	59	65	01:17:23.83	01:16:31.41		VIMARENENSE
718	496	PEDRO PALMEIRO	M	35	178	01:18:54.19	01:17:58.63	INVESTQUEST	BENFIQUISTA
719	495	ANA SOFIA PIMENTA	F	42	88	01:18:56.70	01:18:03.89	INVESTQUEST	BENFIQUISTA
720	869	MARINA CERQUEIRA	F	42	89	01:20:02.53	01:19:15.07		PORTISTA
721	435	VERA GODINHO	F	37	90	01:20:03.05	01:19:45.58	GDCT UNICRE	PORTISTA
722	437	SUSANA COSTA	F	34	61	01:20:05.17	01:19:47.87	GDCT UNICRE	BENFIQUISTA
723	112	ANTÓNIO MARQUES	M	71	36	01:21:27.60	01:20:50.37		BENFIQUISTA
724	571	Mª CARMOS ANJOS	F	69	51	01:22:55.05	01:22:24.25	CONDOR	SPORTINGUISTA
725	572	LUCINDA HENRIQUES	F	69	52	01:24:09.76	01:23:39.22	CONDOR	BELENENSES
726	387	GUSTAVO GAMA	M	50	72	01:26:02.80	01:25:10.10		ADEPTO

Total de registros: 726



Resumo dos clubes apoiados:

Posição	Chegados	Apoio
1	343	Benfiquista
2	223	Sportinguista
3	68	Portista
4	34	Belenenses
5	30	Adepto
6	15	Vimarenense
7	1	Bracarense