

19 JAN 2020
10KM

CORRIDA SOLIDÁRIA
dos **ADEPTOS** e
SIMPATIZANTES



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	932	PEDRO NOGUEIRA	M	37	1	00:34:27.75	00:34:27.71	SOU FAIRPLAY
2	720	FLÁVIO SANTOS	M	23	1	00:34:43.44	00:34:40.88	SOU BENFIQUISTA
3	142	JORGE CRUZ	M	54	1	00:35:42.68	00:35:41.90	SOU BENFIQUISTA
4	151	NUNO SOARES	M	38	2	00:35:53.60	00:35:52.86	SOU FAIRPLAY
5	225	PAULO ALVES	M	42	3	00:36:14.02	00:34:52.22	SOU BENFIQUISTA
6	458	RICARDO LANCEIRO	M	42	4	00:37:06.52	00:37:06.24	SOU BENFIQUISTA
7	719	DOMINGOS CARNEIRO	M	46	2	00:37:16.75	00:37:16.04	SOU BENFIQUISTA
8	660	FERNANDO PEREIRA	M	46	3	00:37:41.78	00:37:41.68	SOU SPORTINGUISTA
9	426	ANTÓNIO ARAÚJO	M	54	4	00:37:52.12	00:37:51.77	SOU BENFIQUISTA
10	713	GONÇALO MENDES	M	19	2	00:37:55.17	00:37:54.29	SOU BENFIQUISTA
11	221	RICARDO DAMIÃO	M	43	5	00:37:57.32	00:37:56.48	SOU BENFIQUISTA
12	220	EDUARDO EUSTÁQUIO	M	55	1	00:37:59.18	00:37:57.69	SOU BENFIQUISTA
13	45	RUI HENRIQUES	M	46	5	00:38:20.77	00:38:20.71	SOU BENFIQUISTA
14	342	HENRIQUE JANOTA	M	47	6	00:38:36.31	00:38:32.93	SOU BENFIQUISTA
15	847	CARLOS SILVA	M	44	6	00:39:00.14	00:38:50.52	SOU FAIRPLAY
16	804	EDUARDO QUARESMA	M	40	7	00:39:16.57	00:39:12.80	SOU FAIRPLAY
17	351	VÍTOR MARQUES	M	40	8	00:39:27.82	00:39:23.88	SOU BENFIQUISTA
18	832	JOSE LOPES	M	52	7	00:39:44.39	00:39:34.45	SOU FAIRPLAY
19	851	FABIO PRATAS	M	35	9	00:39:50.20	00:39:48.60	SOU FAIRPLAY
20	916	ANTONIO LOURO	M	46	8	00:39:55.06	00:39:54.21	SOU SPORTINGUISTA
21	336	HÉLDER COTRIM	M	39	10	00:39:55.97	00:39:55.90	SOU SPORTINGUISTA
22	67	EDGAR TRIGO	M	50	9	00:39:58.58	00:39:49.98	SOU PORTISTA
23	838	HENRIQUE MATIAS	M	42	11	00:40:01.72	00:39:48.05	SOU BELENENSE
24	891	NIKOLAUS VIRGOLINI	M	26	3	00:40:10.38	00:40:05.66	SOU BENFIQUISTA
25	883	PEDRO TAROUCA	M	51	10	00:40:12.78	00:40:06.45	SOU SPORTINGUISTA
26	799	RUI MACHINHO	M	43	12	00:40:23.23	00:40:20.81	SOU FAIRPLAY
27	154	JOSÉ MANUEL GOMES	M	59	2	00:40:24.50	00:40:23.68	SOU FAIRPLAY
28	561	JOÃO PEREIRA	M	28	4	00:40:31.54	00:40:30.85	SOU BELENENSE
29	868	LUIS CASCÃO	M	47	11	00:40:34.78	00:40:29.71	SOU BENFIQUISTA
30	894	CARLOS PALMEIRO	M	39	13	00:40:36.00	00:40:22.95	SOU FAIRPLAY
31	455	JOÃO SILVA	M	40	14	00:40:37.25	00:40:34.11	SOU BENFIQUISTA
32	782	GONCALO CARVALHO	M	23	5	00:40:37.69	00:40:24.71	SOU SPORTINGUISTA
33	810	JOSE BAPTISTA	M	53	12	00:40:53.90	00:40:53.29	SOU FAIRPLAY
34	533	MIGUEL R. FERREIRA PINTO	M	33	6	00:40:58.05	00:40:49.32	SOU SPORTINGUISTA
35	834	MÁRIO SANTOS	M	35	15	00:40:58.57	00:40:43.55	SOU BENFIQUISTA

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36	605	JOÃO MARTINHO	M	39	16	00:40:58.74	00:40:49.73	SOU FAIRPLAY
37	313	BRUNO MONTEIRO	M	23	7	00:41:07.00	00:41:07.00	SOU PORTISTA
38	835	TIAGO SILVA	M	22	8	00:41:10.80	00:40:56.82	SOU BENFIQUISTA
39	724	DANIEL FERNANDO POÇAS SANTOS	M	43	17	00:41:14.50	00:41:11.06	SOU PORTISTA
40	282	JOSÉ SANTOS	M	50	13	00:41:17.50	00:41:12.75	SOU PORTISTA
41	79	JOSÉ GONÇALVES	M	53	14	00:41:25.53	00:41:20.61	SOU SPORTINGUISTA
42	638	JOSÉ PINTO	M	56	3	00:41:31.61	00:39:56.99	SOU BENFIQUISTA
43	108	JOÃO GUTERRES	M	44	18	00:41:40.50	00:41:38.16	SOU FAIRPLAY
44	603	RUBEN VARELA	M	33	9	00:41:47.28	00:41:40.89	SOU BENFIQUISTA
45	353	DARIO MESQUITA	M	36	19	00:41:47.65	00:41:44.94	SOU BENFIQUISTA
46	281	JOÃO PASTOR	M	47	15	00:41:50.00	00:41:46.94	SOU BENFIQUISTA
47	390	ARNALDO ROLO	M	53	16	00:42:02.14	00:41:57.43	SOU BENFIQUISTA
48	318	TIAGO SILVA	M	31	10	00:42:05.26	00:41:55.76	SOU SPORTINGUISTA
49	887	TOBIAS SCHMITZHAUS	M	30	11	00:42:13.14	00:41:57.14	SOU BENFIQUISTA
50	821	VIRGÍLIO MADEIRA	M	60	4	00:42:14.36	00:42:11.41	SOU BENFIQUISTA
51	469	HENRIQUE SANTOSSANTOS	M	40	20	00:42:17.00	00:42:17.00	SOU BENFIQUISTA
52	769	MARIA FRIAS	F	54	1	00:42:39.91	00:42:39.79	SOU FAIRPLAY
53	214	NUNO SANTOS DE ALMEIDA	M	39	21	00:42:44.00	00:42:34.96	SOU ESTORILISTA
54	726	MARCOS ESTRELA	M	26	12	00:42:45.01	00:42:33.35	SOU ESTORILISTA
55	402	DIOGO ASSUNÇÃO	M	31	13	00:42:46.04	00:42:31.00	SOU BENFIQUISTA
56	289	LUIS AURÉLIO	M	50	17	00:42:51.98	00:42:38.90	SOU BENFIQUISTA
57	715	JOSE SILVA	M	56	5	00:42:56.03	00:42:55.60	SOU FAIRPLAY
58	885	MARCELO CHAGAS	M	31	14	00:42:56.08	00:42:36.40	SOU BENFIQUISTA
59	312	ROBERT TEIXEIRA	M	33	15	00:43:03.94	00:42:44.29	SOU SPORTINGUISTA
60	237	HUGO CARAGO	M	46	18	00:43:11.37	00:43:10.06	SOU SPORTINGUISTA
61	448	TIAGO GUERRA	M	30	16	00:43:12.06	00:42:58.81	SOU BENFIQUISTA
62	90	MIGUEL SANTOS	M	36	22	00:43:20.64	00:43:15.52	SOU FAIRPLAY
63	560	MIGUEL NUNES	M	47	19	00:43:24.73	00:43:20.36	SOU SPORTINGUISTA
64	380	SANDRO SILVA	M	40	23	00:43:30.88	00:43:23.28	SOU BENFIQUISTA
65	918	DOMINGOS DOMINGUES	M	36	24	00:43:32.33	00:43:22.41	SOU BENFIQUISTA
66	588	ANTÓNIO MERUJO	M	60	6	00:43:41.65	00:43:27.67	SOU SPORTINGUISTA
67	772	CARLOS MORAIS	M	56	7	00:43:42.44	00:43:37.49	SOU PORTISTA
68	738	PEDRO SOUSA	M	36	25	00:43:43.19	00:42:11.33	SOU PORTISTA
69	770	HELENA MARTINS	F	58	1	00:43:44.89	00:43:41.47	SOU FAIRPLAY
70	321	LUIS PEDRO	M	48	20	00:43:45.36	00:43:28.66	SOU SPORTINGUISTA
71	333	CARLOS DIAS	M	43	26	00:43:45.96	00:43:41.49	SOU BENFIQUISTA
72	895	RITA FURTADO	F	26	1	00:43:58.57	00:43:56.31	SOU SPORTINGUISTA

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73	518	VITOR BATISTA	M	50	21	00:44:01.10	00:43:48.70	SOU SPORTINGUISTA
74	139	JOSÉ FRANCISCO MIRANDA	M	59	8	00:44:02.00	00:44:00.73	SOU SPORTINGUISTA
75	261	RUI FIGUEIREDO	M	44	27	00:44:09.70	00:43:51.24	SOU BENFIQUISTA
76	649	MANUEL JOÃO SILVA	M	45	22	00:44:14.01	00:44:03.21	SOU SPORTINGUISTA
77	94	INÊS BRITO	F	48	2	00:44:21.79	00:42:36.96	SOU BENFIQUISTA
78	657	JOSE LANÇA	M	66	1	00:44:22.97	00:44:22.59	SOU BENFIQUISTA
79	206	RUI HENRIQUES	M	48	23	00:44:28.69	00:44:23.14	SOU SPORTINGUISTA
80	286	RUI PASTOR	M	47	24	00:44:36.29	00:44:15.69	SOU BENFIQUISTA
81	771	ORLANDO REBELO	M	62	9	00:44:38.06	00:44:35.87	SOU BENFIQUISTA
82	301	ANTONIO XAVIER	M	53	25	00:44:42.61	00:44:40.73	SOU SPORTINGUISTA
83	334	FREDERICO PACHECO	M	37	28	00:44:44.10	00:44:42.14	SOU BENFIQUISTA
84	712	TIAGO MENDES	M	46	26	00:44:44.98	00:44:42.95	SOU BENFIQUISTA
85	670	BRUNO VIEIRA DE CAMPOS	M	32	17	00:44:54.75	00:44:41.66	SOU SPORTINGUISTA
86	157	ARMANDO MARTINS	M	53	27	00:44:56.01	00:44:49.41	SOU BENFIQUISTA
87	525	EDGAR AGUIAR	M	27	18	00:45:00.70	00:44:55.56	SOU FAIRPLAY
88	209	ANA FRANCISCO	F	45	3	00:45:01.25	00:44:58.55	SOU BENFIQUISTA
89	627	NOEMIA SEQUEIRA	F	51	4	00:45:12.21	00:45:08.69	SOU BENFIQUISTA
90	623	HENRIQUE AMADOR	M	48	28	00:45:12.36	00:45:04.50	SOU SPORTINGUISTA
91	392	FRANCISCO DE BRAGANÇA	M	33	19	00:45:15.00	00:44:46.24	SOU BENFIQUISTA
92	421	DIOGO VIEIRA	M	32	20	00:45:18.95	00:44:54.21	SOU BENFIQUISTA
93	881	FERNANDO COSTA	M	43	29	00:45:25.29	00:45:07.03	SOU BENFIQUISTA
94	446	JONY DOMINGOS	M	43	30	00:45:26.68	00:44:57.74	SOU BENFIQUISTA
95	326	JOSÉ REIS	M	66	2	00:45:37.24	00:45:33.83	SOU SPORTINGUISTA
96	179	CARLOS BERNARDO	M	50	29	00:45:43.00	00:45:40.66	SOU FAIRPLAY
97	742	PEDRO MIGUEIS	M	18	21	00:45:45.01	00:45:42.98	SOU SPORTINGUISTA
98	900	TITO VIEIRA	M	37	31	00:45:45.89	00:45:21.44	SOU BENFIQUISTA
99	619	ANDRE FILIPE	M	30	22	00:45:48.61	00:45:40.71	SOU BENFIQUISTA
100	355	JOAO TABORDA	M	34	23	00:45:50.59	00:45:36.91	SOU SPORTINGUISTA
101	96	LUÍS BALINHO	M	45	30	00:45:55.66	00:45:49.84	SOU SPORTINGUISTA
102	906	LEONEL SELEIRO	M	63	10	00:45:57.87	00:45:54.55	SOU BENFIQUISTA
103	721	ISABEL SANTOS	F	50	5	00:45:58.17	00:45:54.82	SOU BENFIQUISTA
104	227	PAULO SANTOS	F	52	6	00:46:00.37	00:45:56.10	SOU BENFIQUISTA
105	682	CARLOS AMARO	M	38	32	00:46:02.59	00:45:40.75	SOU BENFIQUISTA
106	830	NELSON MOTA	M	49	31	00:46:07.32	00:46:04.25	SOU SPORTINGUISTA
107	659	JOAO VEIGA	M	31	24	00:46:10.68	00:45:52.88	SOU BENFIQUISTA
108	211	PAULO FRANCISCO	M	50	32	00:46:13.33	00:46:10.94	SOU BENFIQUISTA
109	743	FERNANDO CARVALHÃO	M	40	33	00:46:13.68	00:46:00.85	SOU SPORTINGUISTA

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110	150	JOÃO FERNANDES	M	38	34	00:46:14.91	00:45:54.67	SOU BENFIQUISTA
111	401	MARCELINO ALMEIDA	M	57	11	00:46:19.23	00:46:14.27	SOU BENFIQUISTA
112	837	CARLOS RODRIGUES	M	63	12	00:46:23.48	00:46:18.89	SOU BELENENSE
113	513	NUNO GATO	M	35	35	00:46:24.38	00:45:55.31	SOU SPORTINGUISTA
114	168	ALEXANDRE CARVALHO	M	46	33	00:46:25.96	00:46:16.21	SOU PORTISTA
115	624	JOAQUIM FRADE	M	64	13	00:46:29.00	00:46:21.43	SOU SPORTINGUISTA
116	308	ALEXANDRE CAVALHEIRO	M	45	34	00:46:30.64	00:45:52.21	SOU FAIRPLAY
117	407	JOAO RIBEIRA	M	40	36	00:46:30.68	00:46:30.58	SOU FAIRPLAY
118	46	CARLOS CRAVEIRA	M	48	35	00:46:30.87	00:46:19.84	SOU BENFIQUISTA
119	260	MIGUEL PALMA	M	41	37	00:46:34.39	00:46:19.47	SOU SPORTINGUISTA
120	60	FÁBIO ALEXANDRE	M	28	25	00:46:38.24	00:46:10.26	SOU BENFIQUISTA
121	729	VITOR MOURAO	M	50	36	00:46:40.29	00:46:25.85	SOU BENFIQUISTA
122	224	RAMIRO MADUREIRA	M	41	38	00:46:42.53	00:46:35.93	SOU ESTORILISTA
123	759	CARLOS FLORENCIA	M	36	39	00:46:43.71	00:46:24.00	SOU SPORTINGUISTA
124	357	JOÃO MARTINHO	M	35	40	00:46:43.89	00:46:38.20	SOU BENFIQUISTA
125	748	PEDRO SILVA DENTALEADER	M	42	41	00:46:44.43	00:46:38.39	SOU SETUBALENSE
126	582	PEDRO FERREIRA	M	42	42	00:46:55.13	00:46:50.32	SOU PORTISTA
127	658	LÚCIO SANTOS	M	58	14	00:46:57.69	00:45:10.13	SOU FAIRPLAY
128	127	GONÇALO GRAZINA	M	29	26	00:47:00.37	00:44:51.51	SOU SPORTINGUISTA
129	64	RUI MARTINS	M	48	37	00:47:00.96	00:46:49.20	SOU BENFIQUISTA
130	43	LEANDRO SOUZA	M	39	43	00:47:02.67	00:46:53.89	SOU PORTISTA
131	599	HUGO DUARTE	M	40	44	00:47:03.41	00:46:53.32	SOU FAIRPLAY
132	764	PEDRO VERMELHUDO	M	39	45	00:47:04.86	00:46:36.42	SOU PORTISTA
133	298	FERNANDO FERNANDES	M	58	15	00:47:05.06	00:46:56.53	SOU BELENENSE
134	365	JÚLIO SERRAS	M	48	38	00:47:05.99	00:46:27.00	SOU BENFIQUISTA
135	420	CLÁUDIO LIMA RODRIGUES	M	32	27	00:47:08.24	00:46:57.56	SOU PORTISTA
136	405	JOÃO FRAGOSO	M	45	39	00:47:08.93	00:46:32.70	SOU BENFIQUISTA
137	856	INES MARQUES	F	42	1	00:47:10.47	00:46:57.41	SOU FAIRPLAY
138	496	NUNO GOMES	M	43	46	00:47:10.49	00:47:03.25	SOU BENFIQUISTA
139	332	ANA PATRÍCIO CIURO	F	45	7	00:47:11.28	00:46:50.85	SOU FAIRPLAY
140	399	NUNO PINTO	M	44	47	00:47:18.54	00:46:47.06	SOU BENFIQUISTA
141	921	VASCO OLIVEIRA	M	48	40	00:47:21.33	00:47:13.06	SOU PORTISTA
142	512	NUNO MARTINS	M	35	48	00:47:25.77	00:47:03.68	SOU BENFIQUISTA
143	88	FLÁVIO LOPES	M	37	49	00:47:26.03	00:46:58.40	SOU PORTISTA
144	375	MARCO SANTOS	M	40	50	00:47:26.07	00:47:11.80	SOU PORTISTA
145	118	JOSÉ EUSÉBIO	M	50	41	00:47:27.87	00:47:21.93	SOU BENFIQUISTA
146	747	CARLOS VALENTE	M	50	42	00:47:31.43	00:47:16.80	SOU BENFIQUISTA

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147	586	MAURO CHANDE	M	44	51	00:47:34.76	00:47:03.27	SOU PORTISTA
148	440	CARLOS JORGE SEQUEIRA	M	51	43	00:47:35.17	00:47:22.33	SOU FAIRPLAY
149	857	FERNANDO CLAUDINO	M	67	3	00:47:35.83	00:47:17.86	SOU SPORTINGUISTA
150	271	FRANCISCO GAMA	M	55	16	00:47:40.85	00:47:14.05	SOU BENFIQUISTA
151	61	RUI SILVA	M	40	52	00:47:43.80	00:47:22.62	SOU PORTISTA
152	307	JOSÉ AMARAL	M	25	28	00:47:43.83	00:47:30.08	SOU BENFIQUISTA
153	522	AMERICO RAMOS	M	61	17	00:47:44.32	00:47:31.63	SOU SPORTINGUISTA
154	528	EUDARDO LEITE	M	19	29	00:47:47.61	00:47:35.55	SOU BENFIQUISTA
155	836	BRUNO PINHEIRO	M	39	53	00:47:47.96	00:47:39.43	SOU SPORTINGUISTA
156	131	DIOGO MARQUES	M	32	30	00:47:49.50	00:47:46.89	SOU PORTISTA
157	555	EDUARDO RIBEIRO	M	52	44	00:47:51.33	00:47:47.65	SOU PORTISTA
158	493	LUIS PINHEIRO	M	47	45	00:47:53.04	00:47:14.51	SOU PORTISTA
159	537	JORGE GONÇALVES	M	45	46	00:47:54.78	00:45:49.83	SOU FAIRPLAY
160	262	JOSE GASPAR	M	47	47	00:47:55.79	00:47:36.73	SOU BENFIQUISTA
161	456	ICARO SOARES	M	40	54	00:47:56.03	00:47:36.52	SOU BENFIQUISTA
162	91	PEDRO CARVALHO	M	43	55	00:47:56.99	00:47:41.14	SOU BENFIQUISTA
163	620	CARLOS LEITÃO	M	56	18	00:47:57.36	00:47:49.34	SOU BENFIQUISTA
164	327	RUI MARQUES	M	43	56	00:47:59.00	00:47:45.28	SOU BENFIQUISTA
165	539	FRANCISCO BATISTA	M	54	48	00:47:59.39	00:47:50.97	SOU SPORTINGUISTA
166	653	RAMIRO CONCEIÇÃO SILVA	M	41	57	00:48:00.36	00:47:40.97	SOU SPORTINGUISTA
167	366	NANAMI SOGA	F	31	2	00:48:00.52	00:47:57.21	SOU BENFIQUISTA
168	655	JOSÉ VAZ	M	61	19	00:48:00.92	00:47:44.03	SOU BENFIQUISTA
169	178	Mª DA GRAÇA DE O.GONÇALVES CASTRO	F	47	8	00:48:01.00	00:47:31.01	SOU FAIRPLAY
170	552	FILIPE FERREIRA	M	42	58	00:48:01.22	00:47:21.60	SOU BENFIQUISTA
171	662	CARLOS JESUS	M	37	59	00:48:01.77	00:47:35.61	SOU SPORTINGUISTA
172	348	EDGAR FRANCISCO	M	54	49	00:48:03.13	00:47:55.40	SOU BENFIQUISTA
173	350	LUIS FERREIRA	M	52	50	00:48:03.74	00:47:54.40	SOU SPORTINGUISTA
174	133	FRANCISCO PASSOS	M	58	20	00:48:07.38	00:47:58.98	SOU SPORTINGUISTA
175	81	PAULO JORGE GONÇALVES DA SILVA	M	51	51	00:48:09.12	00:47:49.58	SOU SPORTINGUISTA
176	240	LUIS JOSÉ	M	50	52	00:48:09.54	00:48:04.89	SOU BENFIQUISTA
177	143	ANTÓNIO MAURÍCIO	M	54	53	00:48:11.42	00:47:56.99	SOU BENFIQUISTA
178	831	PEDRO CARDOSO	M	29	31	00:48:13.50	00:48:03.72	SOU BENFIQUISTA
179	433	FÁBIO ROCHA	M	33	32	00:48:15.91	00:48:07.36	SOU BENFIQUISTA
180	72	LEONEL ALVES	M	40	60	00:48:17.49	00:48:16.41	SOU BENFIQUISTA
181	276	PEDRO PEREIRA	M	34	33	00:48:24.27	00:48:06.98	SOU BENFIQUISTA
182	485	SÉRGIO GRADE	M	38	61	00:48:27.76	00:48:00.11	SOU FAIRPLAY
183	165	JORGE ALMEIDA	M	39	62	00:48:30.19	00:48:30.19	SOU BENFIQUISTA

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184	704	LUIS GONCALVES	M	44	63	00:48:33.51	00:47:49.42	SOU SPORTINGUISTA
185	880	JOÃO CATALÃO	M	63	21	00:48:34.19	00:48:34.09	SOU SPORTINGUISTA
186	223	JOSÉ MARTINS	M	31	34	00:48:36.11	00:48:16.75	SOU BELENENSE
187	685	FERNANDO RODRIGUES	M	55	22	00:48:37.35	00:48:09.97	SOU BENFIQUISTA
188	912	CARLA MARIA DE OLIVEIRA PEREIRA	F	35	2	00:48:37.72	00:48:37.72	SOU FAIRPLAY
189	800	JOSE PEREIRA	M	50	54	00:48:38.30	00:47:53.35	SOU SPORTINGUISTA
190	248	PAULO RICARDO	M	52	55	00:48:42.56	00:48:33.43	SOU SPORTINGUISTA
191	447	JEFFERSON SANTOS	M	29	35	00:48:44.26	00:47:56.99	SOU SPORTINGUISTA
192	238	JOÃO BATISTA	M	44	64	00:48:45.71	00:48:22.41	SOU BENFIQUISTA
193	844	RUI BOLAS	M	42	65	00:48:46.45	00:48:09.86	SOU BENFIQUISTA
194	145	JOSÉ BRAGANÇA	M	41	66	00:48:47.34	00:48:46.54	SOU BENFIQUISTA
195	320	JOELMA GONÇALVES DA SILVA	F	36	3	00:48:47.78	00:48:34.05	SOU BELENENSE
196	853	JOAO SIMOES	M	47	56	00:48:48.38	00:48:33.10	SOU FAIRPLAY
197	521	PEDRO CARDOSO	M	46	57	00:48:50.83	00:48:22.64	SOU SPORTINGUISTA
198	899	RICARDO RODRIGUES	M	33	36	00:48:54.12	00:48:28.63	SOU SPORTINGUISTA
199	297	ELÁDIO ÓRFÃO	M	29	37	00:48:54.38	00:48:37.57	SOU SPORTINGUISTA
200	34	JOÃO MOITEIRO	M	47	58	00:48:55.25	00:48:42.12	SOU PORTISTA
201	587	JOÃO FERREIRA	M	28	38	00:48:56.31	00:48:51.03	SOU SPORTINGUISTA
202	436	JORGE SERROTE	M	34	39	00:49:03.33	00:49:03.33	SOU BENFIQUISTA
203	430	ALEXANDRE CUNHA	M	29	40	00:49:09.91	00:49:01.72	SOU BENFIQUISTA
204	106	DAVID BERNARDO	M	38	67	00:49:10.01	00:49:00.72	SOU BENFIQUISTA
205	107	GINA MARTINS	F	45	9	00:49:10.28	00:48:58.03	SOU BENFIQUISTA
206	219	JOÃO ESTEVÃO	M	39	68	00:49:10.32	00:48:51.32	SOU BENFIQUISTA
207	544	DEN CHUANG	M	28	41	00:49:11.45	00:49:06.53	SOU FAIRPLAY
208	680	JOÃO TEIXEIRA	M	50	59	00:49:12.00	00:48:44.69	SOU SPORTINGUISTA
209	592	VANESSA MOREIRA	F	30	3	00:49:12.29	00:43:03.95	SOU BENFIQUISTA
210	337	JOEL MÓSCA	M	52	60	00:49:12.30	00:49:02.85	SOU SPORTINGUISTA
211	735	HÉLDER BRANDÃO DA SILVA	M	49	61	00:49:12.43	00:48:58.62	SOU BENFIQUISTA
212	335	HENRIQUE PEREIRA	M	44	69	00:49:12.47	00:49:00.26	SOU BENFIQUISTA
213	498	RICARDO MENDES	M	37	70	00:49:12.52	00:48:59.97	SOU BELENENSE
214	717	JOSÉ MANUEL VEIGA	M	59	23	00:49:12.89	00:48:54.00	SOU BELENENSE
215	371	MARCO LOURO	M	49	62	00:49:15.00	00:49:03.00	SOU FAIRPLAY
216	789	LUIS RIBEIRO	M	47	63	00:49:15.17	00:48:50.33	SOU FAIRPLAY
217	474	JOSÉ TOMÉ	M	53	64	00:49:22.53	00:49:04.33	SOU FAIRPLAY
218	870	CATARINA COITO	F	43	4	00:49:26.11	00:48:51.31	SOU BENFIQUISTA
219	75	ALMERINDO SILVA	M	60	24	00:49:31.90	00:49:30.17	SOU BENFIQUISTA
220	812	ANA BAPTISTA	F	31	4	00:49:32.56	00:49:25.01	SOU FAIRPLAY

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221	842	NELSON VIEIRA	M	43	71	00:49:35.82	00:49:25.40	SOU FAIRPLAY
222	208	EVELINO MAGALHÃES	M	45	65	00:49:36.47	00:49:25.33	SOU PORTISTA
223	526	AMÉRICO SANTOS	M	51	66	00:49:39.62	00:46:59.84	SOU SPORTINGUISTA
224	706	RICARDO MENDES	M	47	67	00:49:40.80	00:49:20.33	SOU BENFIQUISTA
225	707	ANDRE MENDES	M	18	42	00:49:40.80	00:49:16.00	SOU BENFIQUISTA
226	232	ANA JOSÉ	F	46	10	00:49:42.87	00:49:38.39	SOU SPORTINGUISTA
227	629	DANIEL MATIAS	M	34	43	00:49:48.42	00:49:31.70	SOU FAIRPLAY
228	406	SHEILA GALIANO	F	47	11	00:49:49.58	00:49:38.26	SOU SPORTINGUISTA
229	503	PEDRO CLETO	M	47	68	00:49:52.86	00:49:32.41	SOU SPORTINGUISTA
230	607	ADELINO PEREIRA	M	55	25	00:49:57.87	00:49:37.01	SOU FAIRPLAY
231	548	FÁTIMA BRANCO	F	52	12	00:49:57.92	00:49:48.19	SOU BENFIQUISTA
232	506	LUIS FILIPE RICARDINO HEITOR	M	33	44	00:49:59.21	00:49:52.02	SOU SPORTINGUISTA
233	646	PEDRO SINGÉIS	M	49	69	00:49:59.74	00:49:45.56	SOU SETUBALENSE
234	124	FERNANDO FARIA	M	57	26	00:50:04.28	00:49:58.35	SOU SPORTINGUISTA
235	845	CARLA BERNARDINO	F	43	5	00:50:05.37	00:50:03.78	SOU BENFIQUISTA
236	149	CARLOS ROCHA	M	49	70	00:50:06.11	00:49:40.29	SOU SPORTINGUISTA
237	688	PAULO PAIS	M	54	71	00:50:06.94	00:49:43.28	SOU PORTISTA
238	294	JOSÉ MANUEL BATISTA	M	49	72	00:50:09.92	00:49:54.35	SOU SPORTINGUISTA
239	138	PAULA CRISTINA GOMES	F	45	13	00:50:11.43	00:50:00.61	SOU BENFIQUISTA
240	859	MARIO SOBRAL	M	45	73	00:50:11.54	00:49:51.54	SOU BENFIQUISTA
241	616	NUNO SALDANHA	M	38	72	00:50:11.84	00:49:54.17	SOU SPORTINGUISTA
242	169	FABIO MONTE	M	31	45	00:50:16.92	00:49:47.12	SOU FAIRPLAY
243	549	NUNO TORCATO	M	42	73	00:50:17.00	00:49:39.79	SOU BENFIQUISTA
244	347	FILIPE BRANCO	M	50	74	00:50:18.66	00:50:09.60	SOU FAIRPLAY
245	740	PAULO GOMES	M	40	74	00:50:19.69	00:50:07.71	SOU SPORTINGUISTA
246	708	JORGE SALVADO	M	56	27	00:50:20.00	00:50:13.42	SOU BENFIQUISTA
247	280	FRANCISCO PLINIO	M	63	28	00:50:21.54	00:50:05.30	SOU BENFIQUISTA
248	171	CARLOS JUNIOR	M	46	75	00:50:22.85	00:49:53.05	SOU BENFIQUISTA
249	92	VALTER GONÇALVES	M	37	75	00:50:24.83	00:48:18.90	SOU FAIRPLAY
250	250	VANDA MURTEIRA	F	45	14	00:50:24.89	00:50:13.56	SOU FAIRPLAY
251	386	ANTÓNIO PAIVA	M	39	76	00:50:27.61	00:50:25.49	SOU FAIRPLAY
252	56	ARLINDO ROLO	M	51	76	00:50:29.00	00:49:57.42	SOU BENFIQUISTA
253	55	LUIS MARQUES	M	52	77	00:50:29.79	00:50:02.21	SOU BENFIQUISTA
254	604	JOÃO SANCHE'S	M	57	29	00:50:30.37	00:50:22.22	SOU SPORTINGUISTA
255	63	MIGUEL SILVA	M	47	78	00:50:31.38	00:50:03.58	SOU SPORTINGUISTA
256	415	ARTUR AGUIAR	M	48	79	00:50:39.35	00:50:23.97	SOU BENFIQUISTA
257	256	FRANCISCO COSTA	M	42	77	00:50:42.37	00:50:29.16	SOU BENFIQUISTA

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258	575	PAULO CANÁRIO	M	45	80	00:50:48.23	00:50:37.43	SOU BENFIQUISTA
259	914	PEDRO TEIXEIRA	M	46	81	00:50:50.07	00:50:28.86	SOU BENFIQUISTA
260	265	ANDREIA CASTANHEIRA	F	38	6	00:50:51.00	00:50:37.69	SOU BENFIQUISTA
261	479	DIANA MARIÑO LOURENÇO	F	33	5	00:50:51.32	00:50:35.43	SOU FAIRPLAY
262	578	FILIPA CARAPUÇO	F	41	7	00:50:52.28	00:50:24.57	SOU BENFIQUISTA
263	505	CARLOS MANUEL DUARTE MARTINHO	M	55	30	00:50:53.87	00:50:43.40	SOU SPORTINGUISTA
264	292	MANUEL BRANDO	M	30	46	00:50:58.04	00:50:27.42	SOU SPORTINGUISTA
265	164	NELSON CUSTÓDIO	M	44	78	00:51:08.18	00:50:48.21	SOU PORTISTA
266	703	PEDRO TOME	M	42	79	00:51:12.13	00:50:35.99	SOU SPORTINGUISTA
267	306	ANTÓNIO VARELA	M	53	82	00:51:14.30	00:51:01.61	SOU FAIRPLAY
268	737	JOÃO CÔRÇA	M	35	80	00:51:18.34	00:51:08.20	SOU FAIRPLAY
269	339	TIAGO PEDROSA	M	30	47	00:51:23.22	00:51:00.70	SOU SPORTINGUISTA
270	316	BRUNO LETRA	M	34	48	00:51:23.25	00:51:00.45	SOU BENFIQUISTA
271	461	PEDRO FERREIRA	M	28	49	00:51:24.53	00:51:15.00	SOU BENFIQUISTA
272	302	MARIO RAMOS	M	60	31	00:51:25.12	00:51:14.47	SOU BENFIQUISTA
273	527	CARLOS GONCALVES	M	58	32	00:51:25.15	00:51:13.30	SOU BENFIQUISTA
274	121	DANIEL PINTO	M	30	50	00:51:25.29	00:50:51.52	SOU BENFIQUISTA
275	192	FRANCISCO SILVA	M	34	51	00:51:29.04	00:51:02.21	SOU BENFIQUISTA
276	822	FERNANDO CELESTINO	M	61	33	00:51:29.16	00:51:04.86	SOU BENFIQUISTA
277	820	ELIZETE DUARTE	F	46	15	00:51:29.31	00:51:25.47	SOU BENFIQUISTA
278	829	ANTÓNIO SENA	M	48	83	00:51:29.40	00:51:19.49	SOU SPORTINGUISTA
279	483	PEDRO CONFRARIA	M	42	81	00:51:32.22	00:51:15.02	SOU PORTISTA
280	775	JOÃO BATISTA	M	38	82	00:51:32.58	00:50:57.29	SOU FAIRPLAY
281	87	FRANCISCO NHASSENDO	M	48	84	00:51:33.93	00:51:06.55	SOU BELENENSE
282	630	ABILIO DIZ	M	33	52	00:51:33.97	00:50:46.38	SOU PORTISTA
283	230	HUGO PEREIRA	M	18	53	00:51:37.12	00:51:35.51	SOU BENFIQUISTA
284	203	LUIS CARVALHO	M	42	83	00:51:38.75	00:51:07.77	SOU BENFIQUISTA
285	300	HELDER GANDARINHO	M	50	85	00:51:41.02	00:51:33.81	SOU FAIRPLAY
286	755	ALFREDO J T NOTARIO	M	50	86	00:51:42.78	00:51:22.69	SOU BENFIQUISTA
287	215	ARMANDO CID CID	M	59	34	00:51:45.53	00:51:16.90	SOU BENFIQUISTA
288	487	BRUNO FARIA	M	47	87	00:51:49.58	00:51:43.53	SOU FAIRPLAY
289	129	JOÃO SANTOS	M	29	54	00:51:50.56	00:51:14.33	SOU BENFIQUISTA
290	553	PAULO DUARTE	M	54	88	00:51:50.95	00:51:45.30	SOU SPORTINGUISTA
291	125	CARLOS PALMA	M	51	89	00:51:50.95	00:51:42.90	SOU SPORTINGUISTA
292	641	JORGE FERRO	M	53	90	00:51:51.65	00:51:34.56	SOU BENFIQUISTA
293	42	ANDRÉ SOARES	M	33	55	00:51:54.75	00:51:27.73	SOU SPORTINGUISTA
294	756	CARLOS A L SIMOES	M	40	84	00:51:58.65	00:51:45.71	SOU SPORTINGUISTA

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295	602	FRANCISCO RIBEIRO	M	31	56	00:52:01.70	00:51:42.87	SOU PORTISTA
296	571	ANDRÉ CORVO	M	38	85	00:52:18.81	00:52:03.33	SOU BENFIQUISTA
297	903	MANUEL RODRIGUES	M	63	35	00:52:22.89	00:51:57.37	SOU BENFIQUISTA
298	573	VITOR MOTAIS	M	61	36	00:52:23.06	00:51:53.51	SOU BENFIQUISTA
299	197	DUARTE TELLO	M	44	86	00:52:27.48	00:52:18.48	SOU BELENENSE
300	210	FERNANDO ALMEIDA	M	52	91	00:52:29.88	00:52:26.88	SOU BENFIQUISTA
301	213	GUILHERME PEREIRA	M	30	57	00:52:36.74	00:52:20.98	SOU BENFIQUISTA
302	564	ANTÓNIO FERNANDES	M	56	37	00:52:36.99	00:52:14.48	SOU SPORTINGUISTA
303	340	JOÃO FRANCISCO	M	37	87	00:52:37.03	00:52:14.26	SOU BENFIQUISTA
304	882	FÁBIO TORRES	M	34	58	00:52:39.56	00:52:39.46	SOU BENFIQUISTA
305	631	MANUELA ANDRÉ	F	48	16	00:52:39.85	00:52:21.28	SOU BENFIQUISTA
306	632	RUI ANDRÉ	M	62	38	00:52:39.87	00:49:57.12	SOU BENFIQUISTA
307	218	JOSE MANUEL MUÑOZ	M	33	59	00:52:41.38	00:52:09.99	SOU BENFIQUISTA
308	511	ELISABETE FERNANDES	F	44	8	00:52:41.61	00:52:09.76	SOU SPORTINGUISTA
309	788	CARLOS TEIXEIRA	M	47	92	00:52:42.11	00:52:28.62	SOU FAIRPLAY
310	383	EDNA FERNANDES	F	33	6	00:52:46.80	00:52:10.86	SOU SPORTINGUISTA
311	384	ABEL FELICIO	M	45	93	00:52:51.84	00:52:22.41	SOU SPORTINGUISTA
312	411	LINA FELICIO	F	43	9	00:52:51.98	00:52:22.17	SOU SPORTINGUISTA
313	913	ALEXANDRE MARTINS	M	40	88	00:52:55.60	00:52:47.21	SOU BENFIQUISTA
314	278	ANTÓNIO PEREIRA	M	55	39	00:52:55.89	00:52:29.14	SOU SPORTINGUISTA
315	104	ANA ROSÁRIO	F	47	17	00:52:56.25	00:52:36.31	SOU SPORTINGUISTA
316	409	PEDRO VICENTE	M	49	94	00:53:02.85	00:52:27.38	SOU BELENENSE
317	628	PAULO ANDRADE	M	48	95	00:53:07.07	00:52:50.70	SOU BENFIQUISTA
318	813	JOAO JESUS	M	44	89	00:53:07.30	00:52:41.48	SOU SPORTINGUISTA
319	621	FERNANDO LIMA	M	50	96	00:53:07.48	00:52:50.44	SOU SPORTINGUISTA
320	305	ANTÓNIO CASAS NOVAS	M	41	90	00:53:10.00	00:52:29.35	SOU FAIRPLAY
321	413	JOÃO MESQUITA	M	34	60	00:53:11.09	00:52:37.45	SOU SPORTINGUISTA
322	640	CLÁUDIO MILHEIRO	M	43	91	00:53:13.34	00:52:51.52	SOU SPORTINGUISTA
323	600	BERNARDO SILVEIRA	M	30	61	00:53:15.08	00:52:56.92	SOU SPORTINGUISTA
324	504	PEDRO PALRÃO	M	53	97	00:53:19.09	00:52:58.03	SOU FAIRPLAY
325	414	FERNANDO AGOSTINHO	M	41	92	00:53:19.20	00:53:11.57	SOU FAIRPLAY
326	529	RUI ALMEIDA	M	41	93	00:53:19.80	00:52:35.10	SOU SPORTINGUISTA
327	642	ACÚRCIO MENDES	M	49	98	00:53:22.28	00:52:41.68	SOU SPORTINGUISTA
328	661	INÊS PEREIRA	F	48	18	00:53:24.20	00:53:11.83	SOU SPORTINGUISTA
329	910	JOÃO BARATA	M	59	40	00:53:24.62	00:52:46.15	SOU BENFIQUISTA
330	263	PAULO ANTUNES	M	47	99	00:53:25.04	00:53:05.46	SOU SPORTINGUISTA
331	694	NUNO ANJOS	M	52	100	00:53:25.72	00:53:06.44	SOU BENFIQUISTA

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332	909	ROGERIO LUIS	M	47	101	00:53:26.42	00:52:44.24	SOU BENFIQUISTA
333	255	IRINA PEDRO	F	39	10	00:53:27.84	00:51:02.17	SOU SPORTINGUISTA
334	432	BRUNO FILIPE MATIAS BALEIZÃO	M	35	94	00:53:32.95	00:53:00.14	SOU FAIRPLAY
335	754	MARCO FERRAZ DENTALEADER	M	44	95	00:53:38.19	00:53:11.34	SOU BENFIQUISTA
336	296	LUIS DINIS	M	31	62	00:53:38.85	00:53:18.56	SOU BENFIQUISTA
337	803	ANTONIO CRUZ	M	72	4	00:53:39.80	00:53:25.57	SOU SPORTINGUISTA
338	199	LUIS LOUREIRO	M	39	96	00:53:43.63	00:53:21.66	SOU FAIRPLAY
339	100	PAULA ALEXANDRA RODRIGUES	F	45	19	00:53:44.86	00:53:04.12	SOU BENFIQUISTA
340	626	MIGUEL ANGELO	M	44	97	00:53:45.86	00:53:21.25	SOU BENFIQUISTA
341	805	JOSE BARATA	M	59	41	00:53:46.14	00:53:42.05	SOU FAIRPLAY
342	466	GONÇALO PALMINHA	M	41	98	00:53:47.39	00:53:14.22	SOU FAIRPLAY
343	285	RAFAEL SANTOS	M	52	102	00:53:49.42	00:53:23.34	SOU BENFIQUISTA
344	596	FERNANDO PIRES	M	53	103	00:53:54.89	00:53:38.21	SOU BENFIQUISTA
345	823	CARLOS BARGADO	M	55	42	00:53:57.10	00:53:53.10	SOU SPORTINGUISTA
346	524	INÊS REIS	F	37	11	00:53:59.81	00:53:43.92	SOU BENFIQUISTA
347	875	RON TREVOR	M	45	104	00:54:01.19	00:53:43.39	SOU FAIRPLAY
348	241	MANUEL ANASTÁCIO	M	50	105	00:54:01.35	00:53:39.30	SOU BENFIQUISTA
349	617	PEDRO ROMÃO	M	30	63	00:54:01.90	00:53:21.18	SOU BENFIQUISTA
350	239	JOÃO RAMOS	M	47	106	00:54:02.23	00:53:38.79	SOU BENFIQUISTA
351	723	TIAGO COELHO	M	32	64	00:54:02.93	00:53:32.73	SOU ESTORILISTA
352	228	RICARDO CONCEIÇÃO	M	34	65	00:54:04.09	00:54:02.01	SOU PORTISTA
353	489	PEDRO MARRENECA	M	46	107	00:54:07.34	00:53:36.11	SOU FAIRPLAY
354	757	MIGUEL A CRUZ	M	49	108	00:54:09.44	00:54:01.10	SOU SPORTINGUISTA
355	675	JORGE CUNHA	M	47	109	00:54:11.12	00:53:35.99	SOU SPORTINGUISTA
356	671	RUI CASIMIRO	M	46	110	00:54:13.91	00:53:36.07	SOU BENFIQUISTA
357	400	PAULA CAFÉ	F	45	20	00:54:18.06	00:54:07.40	SOU BELENENSE
358	279	CARLOS MOREIRA	M	66	5	00:54:18.68	00:54:15.01	SOU BENFIQUISTA
359	730	JOSE NUNES	M	53	111	00:54:24.32	00:54:17.62	SOU SPORTINGUISTA
360	731	JOSE ANDRADE	M	57	43	00:54:24.36	00:54:12.50	SOU SPORTINGUISTA
361	427	SERGIO PEREIRA	M	47	112	00:54:27.85	00:54:22.51	SOU SPORTINGUISTA
362	862	ANDRÉ PIRES	M	34	66	00:54:32.44	00:54:16.50	SOU BENFIQUISTA
363	185	JOÃO CARVALHO	M	51	113	00:54:37.19	00:54:20.28	SOU SPORTINGUISTA
364	886	ANDREIA CARVALHO	F	36	12	00:54:37.77	00:54:25.95	SOU BENFIQUISTA
365	508	BRUNO LOPES	M	40	99	00:54:38.63	00:54:30.54	SOU BENFIQUISTA
366	249	PAULO VERISSIMO	M	52	114	00:54:39.74	00:54:16.82	SOU BENFIQUISTA
367	824	ANA RUTE PANELA	F	45	21	00:54:40.40	00:54:35.99	SOU BENFIQUISTA
368	416	DIOGO AGUIAR	M	18	67	00:54:41.36	00:54:25.37	SOU BENFIQUISTA

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369	41	IVONE NETO	F	43	13	00:54:42.78	00:36:40.42	SOU BENFIQUISTA
370	40	IGOR NETO	M	43	100	00:54:42.88	00:36:36.39	SOU BENFIQUISTA
371	51	ANTÓNIO FONSECA	M	73	6	00:54:49.51	00:54:37.03	SOU SPORTINGUISTA
372	901	JOSÉ BRITES	M	46	115	00:54:54.69	00:54:28.09	SOU SPORTINGUISTA
373	741	MONICA MIGUEIS	F	46	22	00:54:55.48	00:54:39.12	SOU FAIRPLAY
374	846	NUNO CONTRAMESTRE	M	45	116	00:55:00.24	00:54:45.48	SOU FAIRPLAY
375	514	MANUEL PEREIRA	M	37	101	00:55:01.37	00:54:33.80	SOU FAIRPLAY
376	140	RAFAELA GONÇALVES	F	26	7	00:55:02.00	00:54:56.95	SOU FAIRPLAY
377	893	MARIA SEBASTIÃO	F	29	8	00:55:03.38	00:54:59.07	SOU BENFIQUISTA
378	765	FABIO GAUDENCIO	M	37	102	00:55:03.42	00:54:42.75	SOU BENFIQUISTA
379	815	JOAO SEQUEIRA	M	43	103	00:55:05.39	00:54:47.57	SOU SPORTINGUISTA
380	700	ARTUR BOTAO	M	50	117	00:55:07.17	00:54:56.72	SOU FAIRPLAY
381	324	JOÃO FERREIRA	M	31	68	00:55:09.10	00:54:43.96	SOU BENFIQUISTA
382	546	CRISTINA SANTA	F	44	14	00:55:09.82	00:54:35.13	SOU SPORTINGUISTA
383	890	MARIA HELENA BRAZÃO	F	44	15	00:55:11.24	00:54:59.55	SOU BENFIQUISTA
384	481	PAULO MADEIRA	M	43	104	00:55:12.06	00:54:36.58	SOU BENFIQUISTA
385	816	LUIS M MARTINS	M	59	44	00:55:13.46	00:54:41.02	SOU FAIRPLAY
386	58	RUI FERREIRA	M	49	118	00:55:15.29	00:54:37.38	SOU SPORTINGUISTA
387	110	PATRICIA MACHADO	F	37	16	00:55:17.24	00:54:46.72	SOU BENFIQUISTA
388	53	FERNANDO OLIVEIRA	M	44	105	00:55:18.75	00:54:42.55	SOU ESTORILISTA
389	376	ASUKA MAETANI	F	35	17	00:55:21.05	00:54:39.12	SOU BENFIQUISTA
390	78	CARLOS CASAL	M	45	119	00:55:22.07	00:54:51.88	SOU FAIRPLAY
391	595	MANUEL PIPA	M	31	69	00:55:24.79	00:55:05.84	SOU BENFIQUISTA
392	247	PAULO GONÇALVES	M	51	120	00:55:25.33	00:55:03.25	SOU SPORTINGUISTA
393	231	ANA FERREIRA	F	51	23	00:55:25.44	00:55:03.63	SOU FAIRPLAY
394	112	TAM AFONSO	M	67	7	00:55:25.65	00:55:19.63	SOU BENFIQUISTA
395	541	VERA TRINDADE	F	29	9	00:55:30.46	00:54:47.84	SOU SPORTINGUISTA
396	299	CARLOS SOUSA	M	52	121	00:55:32.74	00:55:23.46	SOU BENFIQUISTA
397	510	JOÃO COELHO	M	35	106	00:55:33.45	00:55:12.90	SOU FAIRPLAY
398	814	DIOGO JESUS	M	19	70	00:55:33.51	00:55:08.06	SOU SPORTINGUISTA
399	30	NUNO MARTINS	M	42	107	00:55:34.11	00:55:07.12	SOU BENFIQUISTA
400	293	CARLOS CABRAL	M	45	122	00:55:34.25	00:55:23.06	SOU SPORTINGUISTA
401	258	JOANA SILVA	F	34	10	00:55:36.41	00:55:03.55	SOU FAIRPLAY
402	693	PEDRO BROCO	M	46	123	00:55:37.40	00:55:08.38	SOU BENFIQUISTA
403	691	DELFINA ALEXANDRE	F	51	24	00:55:37.95	00:55:10.15	SOU BENFIQUISTA
404	781	FILIPA CARVALHO	F	21	11	00:55:38.06	00:54:24.54	SOU SPORTINGUISTA
405	363	LUIS VICENTE	M	59	45	00:55:38.76	00:55:32.11	SOU BENFIQUISTA

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406	314	CARLA RIBEIRO	F	48	25	00:55:38.88	00:55:00.97	SOU SPORTINGUISTA
407	315	MIGUEL RIBEIRO	M	47	124	00:55:39.00	00:55:01.11	SOU PORTISTA
408	367	DORA SOUSA	F	43	18	00:55:42.21	00:55:08.09	SOU SPORTINGUISTA
409	753	LUIS FERREIRA DENTALEADER	M	46	125	00:55:48.00	00:55:25.45	SOU SPORTINGUISTA
410	892	PATRÍCIA ALVES	F	31	12	00:55:48.48	00:55:44.50	SOU BENFIQUISTA
411	368	JOANA DAVID LEITE	F	30	13	00:55:54.46	00:55:35.81	SOU SPORTINGUISTA
412	444	TIAGO FIGUEIREDO	M	30	71	00:55:54.73	00:55:34.86	SOU SPORTINGUISTA
413	507	PEDRO CARRIÇO	M	52	126	00:55:55.88	00:55:48.27	SOU BENFIQUISTA
414	866	SÉRGIO KRITHINAS	M	40	108	00:55:56.90	00:55:38.75	SOU FAIRPLAY
415	317	CARLOS AFONSO	M	60	46	00:55:59.19	00:55:42.98	SOU BELENENSE
416	647	PEDRO MORAIS	M	37	109	00:55:59.52	00:55:29.35	SOU BENFIQUISTA
417	364	JOÃO DUARTE	M	67	8	00:56:00.94	00:55:51.23	SOU BENFIQUISTA
418	309	GIL PEREIRA	M	50	127	00:56:02.56	00:55:40.62	SOU SETUBALENSE
419	643	JOAO MARQUES	M	42	110	00:56:05.53	00:55:50.36	SOU BENFIQUISTA
420	329	JOSÉ PEDRO NETO	M	45	128	00:56:06.55	00:55:39.18	SOU SPORTINGUISTA
421	499	PEDRO PAULO	M	38	111	00:56:07.00	00:55:51.39	SOU BENFIQUISTA
422	543	SARA GOMES	F	23	14	00:56:07.78	00:55:54.27	SOU FAIRPLAY
423	495	DANIELA SANTOS MOREIRA	F	31	15	00:56:07.82	00:56:03.55	SOU PORTISTA
424	328	PAULO PATRÍCIO	M	48	129	00:56:07.86	00:55:44.63	SOU SPORTINGUISTA
425	341	SANDRA TORRES	F	39	19	00:56:09.67	00:55:38.02	SOU SPORTINGUISTA
426	464	JOÃO GOMES	M	56	47	00:56:10.26	00:55:44.30	SOU BENFIQUISTA
427	465	NUNO COELHO	M	51	130	00:56:10.30	00:55:45.53	SOU BENFIQUISTA
428	270	PEDRO EMANUEL	M	48	131	00:56:14.19	00:56:00.02	SOU BENFIQUISTA
429	848	SERGIO RODRIGUES	M	43	112	00:56:16.87	00:56:04.76	SOU FAIRPLAY
430	598	JOÃO ROSÁRIO	M	48	132	00:56:19.20	00:56:04.22	SOU BENFIQUISTA
431	644	SONIA DANTAS	F	40	20	00:56:20.46	00:56:04.99	SOU BENFIQUISTA
432	922	SERGIO BORGES	M	47	133	00:56:21.83	00:53:26.68	SOU FAIRPLAY
433	471	ALEXANDRE RIBEIRO	M	47	134	00:56:22.41	00:55:51.96	SOU FAIRPLAY
434	103	RICARDO SILVA	M	42	113	00:56:22.87	00:55:47.62	SOU SPORTINGUISTA
435	480	PAULA SANTOS	F	50	26	00:56:23.60	00:55:57.61	SOU FAIRPLAY
436	937	PEDRO LOPES	M	48	135	00:56:26.29	00:55:51.32	SOU FAIRPLAY
437	115	MARIA JOÃO FERREIRA	F	46	27	00:56:28.95	00:55:48.48	SOU PORTISTA
438	654	ANDRE FILIPE MONTEIRO DIONISIO DIONISIO	M	32	72	00:56:32.98	00:56:17.45	SOU BENFIQUISTA
439	557	GONÇALO OLIVEIRA	M	57	48	00:56:33.00	00:56:28.09	SOU BENFIQUISTA
440	66	CECÍLIA NICOLAU	F	52	28	00:56:33.99	00:56:16.21	SOU SETUBALENSE
441	686	JOSE REBELO	M	53	136	00:56:34.30	00:56:10.23	SOU SPORTINGUISTA
442	861	ALEXANDRE CARVALHO	M	35	114	00:56:35.71	00:56:18.56	SOU FAIRPLAY

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443	359	MARIA GONÇALVES	F	47	29	00:56:36.93	00:56:19.11	SOU SPORTINGUISTA
444	167	LUÍS MORAIS	M	33	73	00:56:39.13	00:56:31.56	SOU FAIRPLAY
445	187	PAULA RODRIGUES	F	44	21	00:56:39.56	00:56:05.46	SOU SPORTINGUISTA
446	330	MONICA LOPES	F	42	22	00:56:39.67	00:53:38.00	SOU BENFIQUISTA
447	181	PAULA ALMEIDA	F	48	30	00:56:39.80	00:56:01.66	SOU SPORTINGUISTA
448	784	SOFIA ARGENTINA	F	40	23	00:56:42.11	00:56:26.85	SOU SPORTINGUISTA
449	394	PAULA ANTUNES	F	40	24	00:56:42.34	00:56:23.26	SOU BENFIQUISTA
450	273	SOFIA AMBRIOSO	F	42	25	00:56:43.29	00:56:29.36	SOU SPORTINGUISTA
451	779	NUNO GRAÇA	M	42	115	00:56:43.92	00:56:08.98	SOU SPORTINGUISTA
452	872	CARLOS LOPES	M	51	137	00:56:44.13	00:56:13.17	SOU SPORTINGUISTA
453	226	ISABEL SANTOS	F	52	31	00:56:50.38	00:56:48.90	SOU SPORTINGUISTA
454	786	LUIS DIAS	M	45	138	00:56:51.25	00:56:15.90	SOU BENFIQUISTA
455	70	LUIS RODRIGUES	M	52	139	00:56:53.37	00:56:10.31	SOU SPORTINGUISTA
456	453	ANDRÉ MARQUES	M	31	74	00:56:59.83	00:56:22.58	SOU BENFIQUISTA
457	787	ANTONIO SOUSA	M	40	116	00:57:00.21	00:56:19.04	SOU FAIRPLAY
458	486	LUIS CECILIO	M	49	140	00:57:00.57	00:56:31.93	SOU FAIRPLAY
459	253	CARLA PEREIRA	F	48	32	00:57:03.14	00:56:47.73	SOU SPORTINGUISTA
460	57	MANUEL DIAS	M	52	141	00:57:05.23	00:56:38.43	SOU PORTISTA
461	454	PEDRO BAPTISTA BAPTISTA	M	39	117	00:57:08.29	00:56:59.53	SOU SPORTINGUISTA
462	242	MIGUEL DIAS	M	49	142	00:57:09.74	00:56:41.78	SOU BENFIQUISTA
463	884	ANA FILIPA VIEIRA	F	35	26	00:57:10.05	00:56:49.94	SOU SPORTINGUISTA
464	667	EDITE SÁ	F	52	33	00:57:13.39	00:56:43.67	SOU SPORTINGUISTA
465	905	BERNARDO GRADISSIMO	M	61	49	00:57:14.67	00:56:46.82	SOU BENFIQUISTA
466	435	JOÃO AMARAL TOMAZ	M	43	118	00:57:16.80	00:56:51.60	SOU SPORTINGUISTA
467	897	RUI PEREIRA	M	33	75	00:57:17.88	00:56:53.99	SOU BENFIQUISTA
468	212	RUI CARVALHO	M	50	143	00:57:18.16	00:56:43.40	SOU BENFIQUISTA
469	609	MANUEL PAULO	M	63	50	00:57:19.08	00:56:57.82	SOU FAIRPLAY
470	349	GABRIEL ANTONIO	M	56	51	00:57:20.29	00:56:38.43	SOU BENFIQUISTA
471	610	MANUEL TORRES	M	64	52	00:57:23.33	00:54:50.73	SOU FAIRPLAY
472	119	ADRIANA DOMINGOS	F	25	16	00:57:26.94	00:56:49.98	SOU BENFIQUISTA
473	62	ANTÓNIO JOSÉ GASPAR POMBINHO	M	62	53	00:57:27.51	00:57:24.36	SOU BENFIQUISTA
474	291	ADRIANO CUNHA	M	66	9	00:57:29.36	00:56:58.29	SOU SPORTINGUISTA
475	429	JOÃO DAVIM	M	33	76	00:57:33.58	00:56:59.42	SOU FAIRPLAY
476	808	PEDRO REIS	M	47	144	00:57:34.14	00:56:58.37	SOU FAIRPLAY
477	472	AUGUSTO CARIA	M	67	10	00:57:40.04	00:57:09.91	SOU BENFIQUISTA
478	71	JORGE SANTOS	M	54	145	00:57:40.52	00:57:04.01	SOU SPORTINGUISTA
479	612	TERESA RISO	F	38	27	00:57:43.19	00:57:36.14	SOU FAIRPLAY

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480	442	ANA CRISTINA ABRUNHOSA	F	47	34	00:57:43.36	00:57:13.03	SOU BENFIQUISTA
481	441	SANDRA MONTEIRO	F	47	35	00:57:43.59	00:57:34.06	SOU SPORTINGUISTA
482	841	NUNO SOARES	M	33	77	00:57:58.40	00:57:48.19	SOU FAIRPLAY
483	101	ANA TERESA CARLOS NEVES	F	45	36	00:57:58.83	00:57:17.98	SOU BENFIQUISTA
484	936	JOSÉ MARTINS	M	45	146	00:57:59.03	00:57:16.18	SOU FAIRPLAY
485	47	LUCIANO REIS	M	59	54	00:58:09.01	00:57:25.61	SOU BENFIQUISTA
486	625	MANUEL BRAS	M	51	147	00:58:10.28	00:57:38.43	SOU BENFIQUISTA
487	264	RUI GAMA	M	49	148	00:58:10.77	00:56:57.51	SOU SPORTINGUISTA
488	275	LUÍS MOREIRA	M	31	78	00:58:11.61	00:57:31.35	SOU BENFIQUISTA
489	274	JOÃO ANTUNES	M	24	79	00:58:11.82	00:57:37.13	SOU BENFIQUISTA
490	746	VITOR GONÇALVES	M	50	149	00:58:16.30	00:57:32.47	SOU BENFIQUISTA
491	745	ISADORA COSTA	F	32	17	00:58:16.74	00:57:36.46	SOU BENFIQUISTA
492	424	TIAGO DIAS	M	29	80	00:58:24.98	00:58:15.90	SOU BENFIQUISTA
493	83	JOSÉ SIMÕES	M	57	55	00:58:26.19	00:58:01.83	SOU BENFIQUISTA
494	388	SÓNIA NEVES	F	41	28	00:58:27.70	00:57:54.34	SOU FAIRPLAY
495	389	FILIPE CORREIA	M	41	119	00:58:27.88	00:57:51.50	SOU FAIRPLAY
496	130	JOSÉ PIRES	M	45	150	00:58:28.59	00:58:20.65	SOU BENFIQUISTA
497	615	ARLINDO BALSEMÃO	M	66	11	00:58:39.17	00:58:35.91	SOU PORTISTA
498	865	PEDRO PONTE	M	29	81	00:58:40.71	00:58:22.07	SOU FAIRPLAY
499	797	JOAO BARROS	M	56	56	00:58:43.60	00:58:31.09	SOU BELENENSE
500	49	JOÃO MIGUEL	M	81	12	00:58:44.55	00:58:29.44	SOU BENFIQUISTA
501	425	PEDRO MAGALHÃES	M	31	82	00:58:44.64	00:58:03.83	SOU BENFIQUISTA
502	683	JOÃO ALMEIDA	M	50	151	00:58:52.12	00:58:18.50	SOU BENFIQUISTA
503	428	RUBEN ROCHA	M	28	83	00:58:52.25	00:58:22.98	SOU BENFIQUISTA
504	272	JOSE ROCHA	M	53	152	00:58:52.78	00:58:23.70	SOU BENFIQUISTA
505	36	JOSE BRAVO	M	46	153	00:58:54.34	00:58:07.80	SOU BENFIQUISTA
506	476	CARLA RAMOS	F	32	18	00:58:59.86	00:58:13.33	SOU SPORTINGUISTA
507	438	MAFALDA VEROL MARQUES	F	28	19	00:59:01.73	00:58:11.57	SOU SPORTINGUISTA
508	303	MARIA KNAPIC	F	67	1	00:59:03.87	00:58:47.16	SOU ESTORILISTA
509	288	TIAGO FERNANDES	M	35	120	00:59:04.87	00:58:32.25	SOU BELENENSE
510	32	CARLOS CAEIRO	M	45	154	00:59:04.87	00:58:43.56	SOU BENFIQUISTA
511	515	MARTA MATA	F	22	20	00:59:05.73	00:58:57.93	SOU SPORTINGUISTA
512	177	NUNO BARROS	M	36	121	00:59:06.28	00:58:52.08	SOU BENFIQUISTA
513	639	RUDOLFO BENTO	M	40	122	00:59:06.69	00:58:33.25	SOU SPORTINGUISTA
514	656	MARCOS FAUSTINO	M	62	57	00:59:07.63	00:56:38.69	SOU SPORTINGUISTA
515	790	LUCIO SILVA	M	53	155	00:59:13.66	00:58:31.95	SOU FAIRPLAY
516	269	FERNANDO RODRIGUES	M	61	58	00:59:16.20	00:59:14.02	SOU BENFIQUISTA

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517	863	JOÃO GONÇALVES	M	42	123	00:59:17.26	00:59:15.53	SOU FAIRPLAY
518	594	JOÃO CUNHA LOPES	M	48	156	00:59:18.18	00:58:30.75	SOU FAIRPLAY
519	176	DANISIA CRUZ	F	34	21	00:59:20.54	00:59:05.40	SOU BENFIQUISTA
520	387	MARIA COTOVIO	F	30	22	00:59:21.12	00:59:09.62	SOU SPORTINGUISTA
521	852	VANDA FERREIRA	F	42	29	00:59:23.05	00:59:00.10	SOU FAIRPLAY
522	613	ANTÓNIO VIAN	M	30	84	00:59:28.94	00:59:12.77	SOU FAIRPLAY
523	778	LUÍS REVÉS	M	46	157	00:59:29.19	00:59:05.54	SOU ESTORILISTA
524	849	FLÁVIA PENAM	F	31	23	00:59:32.77	00:59:18.66	SOU BENFIQUISTA
525	876	PEDRO PINTO DUARTE	M	39	124	00:59:37.66	00:59:26.83	SOU BENFIQUISTA
526	652	LUIS ROMANO ROMANO	M	23	85	00:59:41.85	00:59:18.88	SOU SPORTINGUISTA
527	323	ANA ANTUNES	F	31	24	00:59:43.27	00:59:22.04	SOU FAIRPLAY
528	358	CARLA FANECO	F	45	37	00:59:43.48	00:59:25.48	SOU BENFIQUISTA
529	871	ODETE FRANCISCO	F	49	38	00:59:43.95	00:59:21.42	SOU SPORTINGUISTA
530	697	CARLOS BRANDAO	M	45	158	00:59:44.17	00:59:22.50	SOU BENFIQUISTA
531	761	NEVES SILVA	M	67	13	00:59:47.68	00:59:37.44	SOU BENFIQUISTA
532	873	RICARDO FONSECA	M	45	159	00:59:49.18	00:59:06.59	SOU BENFIQUISTA
533	463	FÁBIO TOMÁS	M	29	86	00:59:49.72	00:59:49.72	SOU SPORTINGUISTA
534	545	SOLANGE SOUSA	F	40	30	00:59:49.76	00:59:12.11	SOU PORTISTA
535	732	NUNO GONÇALVES	M	62	59	00:59:53.11	00:59:45.74	SOU BENFIQUISTA
536	148	MARIA JOÃO ROCHA	F	49	39	00:59:54.17	00:59:25.22	SOU FAIRPLAY
537	152	JOSÉ BAIXINHO	M	62	60	00:59:54.67	00:59:25.44	SOU SPORTINGUISTA
538	216	DIOGO CID	M	30	87	00:59:56.40	00:59:14.74	SOU BENFIQUISTA
539	762	ÁGNES KOPPÁNYI	F	34	25	00:59:58.70	00:59:18.93	SOU FAIRPLAY
540	577	ANA ROLO	F	53	40	01:00:00.41	00:59:46.85	SOU FAIRPLAY
541	572	ANDREIA CRUZ	F	31	26	01:00:17.63	01:00:02.35	SOU FAIRPLAY
542	725	RUI DUARTE	M	47	160	01:00:20.90	01:00:13.33	SOU FAIRPLAY
543	398	DIVINO GERALDO SILVA	M	62	61	01:00:27.59	01:00:23.75	SOU BENFIQUISTA
544	322	PEDRO MAGALHÃES	M	38	125	01:00:30.03	01:00:06.80	SOU BENFIQUISTA
545	780	MARINA LEITAO	F	39	31	01:00:31.51	01:00:19.37	SOU BENFIQUISTA
546	102	MARIA SILVA	F	50	41	01:00:37.16	01:00:01.66	SOU SPORTINGUISTA
547	774	RUI BAPTISTA	M	50	161	01:00:43.17	01:00:16.04	SOU SPORTINGUISTA
548	198	GONÇALO AMARO	M	42	126	01:00:43.90	01:00:28.98	SOU SPORTINGUISTA
549	614	JOANA COSTA	F	33	27	01:00:48.92	01:00:37.05	SOU PORTISTA
550	637	ALEXANDRA PINTO	F	45	42	01:00:59.15	01:00:27.36	SOU BENFIQUISTA
551	122	LAERTE NETO	M	31	88	01:01:03.79	01:00:23.54	SOU BENFIQUISTA
552	233	CARLOS FERNANDES	M	59	62	01:01:14.42	01:00:43.98	SOU FAIRPLAY
553	48	RUI CARVALHO	M	55	63	01:01:15.31	01:00:55.71	SOU FAIRPLAY

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554	785	JOSE C MONTEIRO	M	70	14	01:01:16.77	01:01:13.04	SOU FAIRPLAY
555	574	PEDRO MARIANO	M	34	89	01:01:16.90	01:01:09.09	SOU FAIRPLAY
556	633	ANABELA GRAÇA	F	47	43	01:01:17.06	01:01:03.29	SOU BENFIQUISTA
557	634	MIGUEL GRAÇA	M	49	162	01:01:17.36	01:01:03.41	SOU BENFIQUISTA
558	904	MANUEL IMIDIO	M	63	64	01:01:18.17	01:00:51.09	SOU BENFIQUISTA
559	902	FERNANDO SANTOS	M	65	15	01:01:18.44	01:00:53.21	SOU BENFIQUISTA
560	867	PEDRO PINTO	M	22	90	01:01:20.72	01:01:01.70	SOU FAIRPLAY
561	243	NUNO VALENTE	M	35	127	01:01:25.07	01:00:43.66	SOU BENFIQUISTA
562	362	MÁRIO PATRÍCIO	M	29	91	01:01:25.60	01:01:04.63	SOU SPORTINGUISTA
563	718	MARCIA JERONYMO	F	42	32	01:01:28.93	01:00:54.89	SOU ESTORILISTA
564	584	VERA MÓNICA TIAGO	F	39	33	01:01:32.82	01:00:56.54	SOU SPORTINGUISTA
565	50	MÁRIO ANTÓNIO	M	73	16	01:01:36.47	01:01:17.94	SOU SPORTINGUISTA
566	795	MANUEL ALVES	M	19	92	01:01:41.45	01:00:46.19	SOU BENFIQUISTA
567	410	SONIA RAVASQUEIRA	F	38	34	01:01:49.59	01:01:23.27	SOU FAIRPLAY
568	559	NUNO AZEVEDO	M	45	163	01:01:50.61	01:01:44.98	SOU SPORTINGUISTA
569	773	ANA MORAES	F	48	44	01:01:51.45	01:01:23.42	SOU PORTISTA
570	532	DÍDIA FERREIRA	F	41	35	01:01:51.62	01:01:30.57	SOU SPORTINGUISTA
571	523	PEDRO RIBEIRO ALMEIDA	M	43	128	01:01:53.35	01:01:34.92	SOU FAIRPLAY
572	567	HUGO FERREIRA	M	25	93	01:01:55.20	01:01:15.68	SOU BENFIQUISTA
573	251	XANA FILIPE	F	48	45	01:02:04.29	01:01:41.83	SOU BENFIQUISTA
574	235	FERNANDO FILIPE	M	51	164	01:02:04.64	01:01:41.89	SOU BENFIQUISTA
575	284	PAULO GUEDES	M	48	165	01:02:15.73	01:01:36.57	SOU FAIRPLAY
576	153	JUDITE BAIXINHO	F	33	28	01:02:16.87	01:01:48.04	SOU FAIRPLAY
577	540	CAROLINA BATISTA	F	23	29	01:02:17.51	01:01:54.56	SOU SPORTINGUISTA
578	175	DENIZ DAVID	F	33	30	01:02:17.96	01:02:01.49	SOU FAIRPLAY
579	817	PAULA TOSCANO	F	62	2	01:02:20.87	01:02:03.17	SOU BENFIQUISTA
580	373	RICARDO VALE	M	33	94	01:02:21.02	01:01:50.06	SOU BENFIQUISTA
581	374	RITA VALE	F	32	31	01:02:21.48	01:01:50.45	SOU SPORTINGUISTA
582	434	RUI PINTO	M	55	65	01:02:24.31	01:01:59.37	SOU BELENENSE
583	257	JOANA CRUZ	F	29	32	01:02:25.27	01:01:50.12	SOU FAIRPLAY
584	666	PAULO MATOS	M	57	66	01:02:25.37	01:02:00.04	SOU FAIRPLAY
585	69	FILIPA MARTINS	F	44	36	01:02:29.25	01:02:09.98	SOU PORTISTA
586	809	ANTONIO CASTRO	M	50	166	01:02:29.99	01:02:11.86	SOU SPORTINGUISTA
587	345	MARIA DE LOURDES BENTO	F	63	3	01:02:31.01	01:02:18.56	SOU FAIRPLAY
588	369	GONÇALO BERNARDINO	M	39	129	01:02:39.55	01:02:11.06	SOU BENFIQUISTA
589	193	LUIZA COSTA	F	51	46	01:02:45.18	01:02:39.06	SOU SPORTINGUISTA
590	556	CARLOS VIEGAS	M	61	67	01:02:55.66	01:02:51.13	SOU PORTISTA

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591	576	LEONOR PINTO	F	47	47	01:02:59.86	01:02:42.70	SOU FAIRPLAY
592	408	JUDITE BASILIO	F	56	4	01:03:04.59	01:02:25.73	SOU BENFIQUISTA
593	467	CLARA HENRIQUES	F	38	37	01:03:05.90	01:02:30.38	SOU SPORTINGUISTA
594	651	MARCO FORTES	M	37	130	01:03:11.44	01:02:42.97	SOU BENFIQUISTA
595	606	TATIANA SANCHES	F	30	33	01:03:15.95	01:03:10.15	SOU BENFIQUISTA
596	690	NUNO SANTOS	M	32	95	01:03:18.52	01:03:04.16	SOU SPORTINGUISTA
597	245	PAULA MELLO	F	53	48	01:03:22.17	01:03:09.09	SOU SPORTINGUISTA
598	681	PAULO PADRÃO	M	51	167	01:03:23.47	01:02:56.81	SOU SPORTINGUISTA
599	585	ANA SANTOS	F	35	38	01:03:23.73	01:02:39.76	SOU SPORTINGUISTA
600	579	RAÚL COSTA	M	59	68	01:03:29.02	01:03:25.22	SOU BENFIQUISTA
601	111	CLÁUDIA TAM	F	38	39	01:03:33.09	01:02:51.18	SOU BENFIQUISTA
602	589	ALIPIO OLIVEIRA	M	59	69	01:03:34.08	01:03:20.43	SOU BENFIQUISTA
603	818	LINA GOMES	F	33	34	01:03:35.03	01:02:59.36	SOU ESTORILISTA
604	59	CLAUDIA CRISÓSTOMO	F	31	35	01:03:35.79	01:03:05.32	SOU FAIRPLAY
605	195	CARINA RODRIGUES	F	35	40	01:03:36.63	01:01:55.64	SOU BENFIQUISTA
606	89	NELSON ALEXANDRE PIMENTEL DA SILVA CORREIA	M	40	131	01:03:39.67	01:03:00.20	SOU BENFIQUISTA
607	200	JOANA OLIVEIRA	F	28	36	01:03:40.37	01:03:23.46	SOU FAIRPLAY
608	828	LUIS PALMEIRO	M	50	168	01:03:40.67	01:03:33.27	SOU FAIRPLAY
609	478	MIGUEL VARANDAS	M	39	132	01:03:44.35	01:02:57.32	SOU FAIRPLAY
610	477	MARGARIDA BAPTISTA	F	39	41	01:03:44.55	01:02:57.93	SOU SPORTINGUISTA
611	462	YARA MATIAS	F	32	37	01:04:18.36	01:04:07.76	SOU BENFIQUISTA
612	676	SANDRA JOAQUIM	F	44	42	01:04:20.89	01:03:54.41	SOU FAIRPLAY
613	819	MIGUEL COSTA	M	19	96	01:04:24.23	01:04:02.96	SOU BENFIQUISTA
614	802	FABIO DIAS	M	48	169	01:04:24.64	01:01:18.81	SOU FAIRPLAY
615	254	LUIS SOUSA	M	44	133	01:04:25.74	01:03:48.01	SOU PORTISTA
616	158	MARISA MARTINS	F	43	43	01:04:26.27	01:03:52.09	SOU FAIRPLAY
617	752	ALEXANDRA ROMANO DENTALEADER	F	48	49	01:04:33.69	01:04:06.23	SOU SPORTINGUISTA
618	457	RUI RIBEIRO	M	46	170	01:04:36.65	01:03:59.69	SOU BENFIQUISTA
619	379	SÍLVIA MARTINS	F	35	44	01:04:45.37	01:04:05.77	SOU BENFIQUISTA
620	378	CAROLINA MARTINS	F	27	38	01:04:45.51	01:04:00.34	SOU BENFIQUISTA
621	663	RENATO MARTINS	M	39	134	01:04:51.92	01:04:08.48	SOU SPORTINGUISTA
622	550	ALEXIS MOLINA	M	33	97	01:04:53.05	01:04:09.84	SOU PORTISTA
623	551	ALEJANDRA CASARES	F	27	39	01:04:53.22	01:04:09.90	SOU PORTISTA
624	54	ARTUR MARTINS	M	83	17	01:04:58.90	01:04:40.11	SOU BENFIQUISTA
625	530	PAULO LEVY	M	42	135	01:05:03.32	01:04:17.29	SOU BENFIQUISTA
626	665	MAY FIGUEIREDO	F	40	45	01:05:15.44	01:04:48.56	SOU FAIRPLAY
627	879	SÉRGIO RAMOS	M	46	171	01:05:29.63	01:05:06.96	SOU SPORTINGUISTA

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628	80	MANUEL SEQUEIRA	M	69	18	01:05:35.22	01:05:15.08	SOU SETUBALENSE
629	229	ANA PAULA BOTA	F	42	46	01:05:35.63	01:04:47.97	SOU PORTISTA
630	417	SARA CAMÕES	F	38	47	01:05:39.93	01:05:18.37	SOU FAIRPLAY
631	396	ANA RITA LEAL	F	40	48	01:05:40.73	01:05:18.76	SOU FAIRPLAY
632	622	FRANCISCO CLERIGO	M	66	19	01:05:42.20	01:05:18.94	SOU BENFIQUISTA
633	783	ESMERALDO PEREIRA	M	73	20	01:05:42.89	01:05:02.97	SOU BENFIQUISTA
634	535	MANUELA CASTRO	F	43	49	01:05:45.64	01:05:17.34	SOU FAIRPLAY
635	677	ALTINO SILVA	M	75	21	01:05:46.03	01:05:28.64	SOU PORTISTA
636	679	SANDRA SILVA	F	47	50	01:05:46.17	01:05:28.67	SOU PORTISTA
637	174	JOÃO ANDRADE JÚNIOR	M	38	136	01:05:52.76	01:05:37.19	SOU BENFIQUISTA
638	412	KATIA ALVES	F	43	50	01:05:56.53	01:05:40.58	SOU SPORTINGUISTA
639	492	ANDRÉ MARQUES	M	34	98	01:05:58.31	01:05:40.89	SOU BELENENSE
640	878	ROSÁRIO BELCHIOR	F	45	51	01:06:00.47	01:05:37.80	SOU SETUBALENSE
641	766	ALINE SANTOS	F	38	51	01:06:01.11	01:05:36.47	SOU BENFIQUISTA
642	768	ANA ALMEIDA	F	36	52	01:06:01.51	01:05:41.62	SOU SPORTINGUISTA
643	246	PAULA SILVA	F	49	52	01:06:02.51	01:05:49.96	SOU SPORTINGUISTA
644	252	ANDRE SOUSA	M	29	99	01:06:07.23	01:05:22.23	SOU SPORTINGUISTA
645	65	JOANA DARC CHOURIÇO	F	56	5	01:06:09.52	01:05:59.35	SOU SPORTINGUISTA
646	869	CECILIA GOMES	F	43	53	01:06:12.03	01:02:52.72	SOU BENFIQUISTA
647	325	ANTÓNIO ABRANTES	M	64	70	01:06:16.67	01:06:02.33	SOU BENFIQUISTA
648	207	JOSE ALMEIDA	M	52	172	01:06:19.51	01:05:34.30	SOU SPORTINGUISTA
649	439	JOANA DE JESUS FERREIRA	F	32	40	01:06:20.21	01:05:49.04	SOU BENFIQUISTA
650	858	ANA CATARINA	F	45	53	01:06:20.67	01:05:46.68	SOU BENFIQUISTA
651	896	MARISA MACHADO	F	32	41	01:06:21.76	01:05:56.51	SOU FAIRPLAY
652	581	JOSÉ VILELA	M	55	71	01:06:21.98	01:06:18.04	SOU BENFIQUISTA
653	452	ANA LUÍSA GOMES MOREIRA	F	35	54	01:06:23.46	01:06:02.34	SOU BENFIQUISTA
654	695	JOSE RODRIGUES	M	69	22	01:06:32.77	01:05:48.95	SOU SPORTINGUISTA
655	601	MARIA LUISA SOARES	F	56	6	01:06:32.82	01:06:21.05	SOU SPORTINGUISTA
656	702	CARLOS TOME	M	68	23	01:06:41.17	01:06:01.18	SOU SPORTINGUISTA
657	593	DAVID JOUDAR	M	29	100	01:06:41.18	01:06:13.89	SOU SPORTINGUISTA
658	558	BENTO CORREIA	M	58	72	01:06:49.72	01:06:46.43	SOU BENFIQUISTA
659	554	PAULO FRANÇA	M	57	73	01:06:49.95	01:06:48.62	SOU BENFIQUISTA
660	343	RAQUEL PIRES	F	40	55	01:06:54.12	01:06:43.06	SOU BENFIQUISTA
661	352	HELENA MARQUES	F	44	56	01:06:56.72	01:06:22.38	SOU BENFIQUISTA
662	482	INÊS CARVALHO	F	42	57	01:07:01.52	01:06:39.57	SOU SPORTINGUISTA
663	843	EDUARDO AMORIM	M	48	173	01:07:11.22	01:06:33.04	SOU BENFIQUISTA
664	184	MIGUEL VIEIRA PITA	M	32	101	01:07:16.20	01:05:59.17	SOU BENFIQUISTA

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665	404	CATARINA SILVA	F	37	58	01:07:21.12	01:06:56.24	SOU PORTISTA
666	449	PEDRO LEMOS	M	32	102	01:07:23.61	01:06:44.88	SOU SPORTINGUISTA
667	97	INÊS ARAÚJO	F	54	54	01:07:34.75	01:06:34.67	SOU SPORTINGUISTA
668	938	RITA MONTEPEGADO	F	41	59	01:07:36.29	01:06:57.60	SOU FAIRPLAY
669	137	VITOR NUNES	M	51	174	01:07:48.97	01:07:16.20	SOU BENFIQUISTA
670	156	SAMUEL JOAQUIM	M	66	24	01:07:56.28	01:07:36.93	SOU BENFIQUISTA
671	31	JOHNNY THOMASSEN	M	59	74	01:08:02.92	01:07:27.17	SOU BENFIQUISTA
672	750	SILVIA COSTA DENTALEADER	F	45	55	01:08:06.56	01:08:06.56	SOU SETUBALENSE
673	475	MANUEL NOVAIS	M	45	175	01:08:15.32	01:07:43.20	SOU SPORTINGUISTA
674	611	ELISABETH LOUREIRO	F	63	7	01:08:19.74	01:07:34.43	SOU BENFIQUISTA
675	283	ORLANDO SOUSA	M	57	75	01:08:28.69	01:07:49.16	SOU SETUBALENSE
676	608	JOAQUIM SIMÃO	M	57	76	01:08:32.31	01:08:01.38	SOU FAIRPLAY
677	460	ALENA ALMAKOVA	F	27	42	01:08:35.62	01:07:57.86	SOU SPORTINGUISTA
678	459	GONÇALO BOUHON	M	28	103	01:08:35.78	01:07:54.94	SOU SPORTINGUISTA
679	182	CARLOS GIMENEZ DIAS	M	34	104	01:08:37.54	01:08:06.83	SOU SPORTINGUISTA
680	147	MARIA TEIXEIRA	F	46	56	01:08:41.38	01:07:57.92	SOU BENFIQUISTA
681	146	ARTUR DINIS	M	62	77	01:08:41.42	01:07:57.48	SOU BENFIQUISTA
682	123	MANUEL RAPOSO	M	72	25	01:08:45.63	01:08:00.86	SOU FAIRPLAY
683	516	MARIANA COSTA	F	28	43	01:08:51.30	01:08:46.96	SOU FAIRPLAY
684	517	VERÓNICA GALDÓN	F	42	60	01:08:58.36	01:08:19.33	SOU FAIRPLAY
685	673	PAULA GEADA	F	49	57	01:08:58.60	01:08:20.29	SOU FAIRPLAY
686	672	CARLA GEADA	F	42	61	01:08:58.95	01:08:21.22	SOU FAIRPLAY
687	674	MANUEL GEADA	M	81	26	01:08:59.33	01:08:20.30	SOU SPORTINGUISTA
688	751	PEDRO PEREIRA DENTALEADER	M	40	137	01:09:09.83	01:08:42.59	SOU PORTISTA
689	827	LUÍS CASTRO E SILVA	M	46	176	01:09:25.41	01:09:18.24	SOU PORTISTA
690	128	JOÃO JORGE	M	34	105	01:09:56.24	01:09:46.18	SOU BENFIQUISTA
691	874	PEDRO DIAS	M	41	138	01:09:57.62	01:09:18.62	SOU BENFIQUISTA
692	877	JOAO HENRIQUES	M	43	139	01:09:57.89	01:06:30.54	SOU BENFIQUISTA
693	52	TIAGO POMBAL	M	39	140	01:10:07.00	01:09:29.35	SOU SPORTINGUISTA
694	807	ANA SANTOS	F	45	58	01:10:11.27	01:09:33.21	SOU BENFIQUISTA
695	806	RICARDO NASCIMENTO	M	44	141	01:10:11.31	01:09:33.51	SOU BENFIQUISTA
696	794	CARLOS ALVES	M	50	177	01:10:11.36	01:09:18.82	SOU BENFIQUISTA
697	850	CRISTINA BRIZIDO	F	43	62	01:10:21.68	01:09:41.82	SOU SPORTINGUISTA
698	716	ONDINA TEODORO	F	43	63	01:10:23.32	01:09:43.50	SOU BENFIQUISTA
699	791	CRISTINA COSTA	F	44	64	01:10:41.41	01:10:04.25	SOU FAIRPLAY
700	583	PAULA FERREIRA	F	41	65	01:11:03.32	01:10:55.68	SOU PORTISTA
701	95	EDUARDO PINTO	M	66	27	01:11:11.75	01:10:44.94	SOU FAIRPLAY

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702	570	MARINA PANTALIÃO	F	42	66	01:11:14.03	01:11:02.39	SOU BENFIQUISTA
703	536	ROSILENE MENEZES	F	36	67	01:11:38.53	01:11:11.89	SOU FAIRPLAY
704	538	NELSON JESUS	M	44	142	01:11:38.66	01:11:08.97	SOU FAIRPLAY
705	194	LUIS COSTA	M	54	178	01:11:51.26	01:11:41.01	SOU BENFIQUISTA
706	825	JOÃO RIBEIRO	M	55	78	01:11:53.62	01:11:46.11	SOU BENFIQUISTA
707	728	DAVID MORGADO	F	30	44	01:12:10.99	01:11:25.62	SOU BENFIQUISTA
708	727	ANA FILIPA LOPES COSTA	F	27	45	01:12:11.16	01:11:26.68	SOU SPORTINGUISTA
709	734	CATARINA MORGADO	F	32	46	01:12:11.34	01:11:26.58	SOU BENFIQUISTA
710	201	LUIS RAMOS	M	31	106	01:12:46.28	01:12:39.14	SOU BENFIQUISTA
711	597	ANA SOARES	F	52	59	01:13:11.94	01:12:54.98	SOU BENFIQUISTA
712	919	PEDRO LUIS	M	36	143	01:13:15.52	01:12:21.83	SOU BENFIQUISTA
713	382	TÂNIA ESTEVES	F	28	47	01:13:22.27	01:13:01.34	SOU BENFIQUISTA
714	763	BRUNO DINIZ	M	22	107	01:13:34.31	01:12:51.92	SOU FAIRPLAY
715	431	LUIGI ROSSI	M	70	28	01:14:03.10	01:13:31.24	SOU FAIRPLAY
716	381	RAQUEL ESTEVES	F	28	48	01:14:54.94	01:14:33.27	SOU BENFIQUISTA
717	186	ANTONIO MADALENO	M	60	79	01:15:40.73	01:15:22.43	SOU SPORTINGUISTA
718	82	MATILDE SIMÕES	F	60	8	01:15:45.60	01:15:21.45	SOU FAIRPLAY
719	566	INÊS MARTINS	F	46	60	01:16:09.80	01:16:07.26	SOU BENFIQUISTA
720	497	CATARINA PINA	F	52	61	01:16:09.91	01:16:09.77	SOU BENFIQUISTA
721	188	ALZIRA FERNANDES	F	47	62	01:16:18.00	01:15:34.00	SOU BENFIQUISTA
722	132	RUI MELÃO	M	55	80	01:16:18.32	01:15:34.02	SOU BENFIQUISTA
723	277	ANTONIO FIGUEIREDO	M	64	81	01:16:45.27	01:16:25.68	SOU BENFIQUISTA
724	155	MARIA MACEDO	F	57	9	01:16:54.21	01:16:44.42	SOU FAIRPLAY
725	490	FLORINDA MARRENECA	F	47	63	01:17:13.40	01:16:40.91	SOU BELENENSE
726	618	ANA C CASTRO	F	53	64	01:18:28.40	01:18:22.85	SOU SPORTINGUISTA
727	776	SUSANA COUTINHO	F	49	65	01:19:57.53	01:19:15.51	SOU FAIRPLAY
728	689	FOCK YIOT WAN	F	69	2	01:21:53.44	01:21:20.11	SOU BENFIQUISTA
729	635	Mª CARMO ANJOS	F	73	3	01:22:50.22	01:22:17.49	SOU BENFIQUISTA
730	68	GUSTAVO GAMA	M	52	179	01:26:10.47	01:25:41.99	SOU FAIRPLAY
731	636	LUCINDA HENRIQUES	F	71	4	01:28:32.35	01:27:59.46	SOU FAIRPLAY

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