

19 JAN 2020  
5KM

CORRIDA SOLIDÁRIA  
dos **ADEPTOS** e  
**SIMPATIZANTES**



Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	1503	DUARTE COSTA	M	36	1	00:26:23.94	00:26:23.94	SOU BENFIQUISTA
2	1585	FRANCISCO AZEVEDO	M	50	1	00:26:52.45	00:26:52.45	SOU FAIRPLAY
3	1681	HELDER SOARES	M	54	2	00:27:14.00	00:27:14.00	SOU BENFIQUISTA
4	1667	JOÃO CONFRARIA	M	12	1	00:27:27.51	00:27:20.71	SOU SPORTINGUISTA
5	1673	ANTONIO FERRINHO	M	13	2	00:27:27.52	00:25:37.61	SOU SPORTINGUISTA
6	1670	GUILHERME MARTO	M	10	3	00:27:27.98	00:27:24.52	SOU BENFIQUISTA
7	1697	JOÃO CLARO	M	48	3	00:29:06.16	00:28:50.48	SOU PORTISTA
8	1659	NICOLE AFONSO	F	25	1	00:29:22.83	00:29:11.91	SOU SPORTINGUISTA
9	1660	LUIS SOTO	M	29	4	00:29:30.39	00:29:27.23	SOU FAIRPLAY
10	1684	LUIS MARTINS	M	31	5	00:29:35.72	00:29:27.71	SOU PORTISTA
11	1561	LUANA JORDÃO	F	15	2	00:29:58.78	00:29:45.25	SOU BENFIQUISTA
12	1715	JOANA LUÍS	F	30	3	00:30:16.57	00:30:11.64	SOU SETUBALENSE
13	1696	ANA CUNHA	F	38	1	00:30:54.73	00:30:46.08	SOU SPORTINGUISTA
14	1703	DIOGO MADEIRA	M	8	6	00:30:57.32	00:30:57.32	SOU SPORTINGUISTA
15	1702	BRUNO MADEIRA	M	42	2	00:30:57.53	00:30:57.53	SOU SPORTINGUISTA
16	1685	LENILSON COELHO	M	48	4	00:31:08.09	00:30:59.02	SOU PORTISTA
17	1506	DIANA MACHADO	F	29	4	00:31:37.15	00:31:30.28	SOU PORTISTA
18	1610	ANTÓNIO BARATA	M	43	3	00:31:48.59	00:31:26.67	SOU BELENENSE
19	1614	FERNANDO BRANDÃO	M	56	1	00:32:08.84	00:32:04.28	SOU SPORTINGUISTA
20	1557	JOÃO SANTOS	M	55	2	00:32:26.21	00:32:22.95	SOU SETUBALENSE
21	1656	CAROLINA ALMEIDA	F	15	5	00:32:37.88	00:32:23.71	SOU BENFIQUISTA
22	1534	ANA MADEIRA	F	39	2	00:32:39.32	00:32:28.10	SOU SPORTINGUISTA
23	1508	PAULO ALEXANDRE ARAÚJO FERREIRA	M	39	4	00:32:44.25	00:32:34.56	SOU BENFIQUISTA
24	1602	IRENE SERENO	F	31	6	00:32:48.19	00:32:42.84	SOU BENFIQUISTA
25	1509	SILVIA CARINA MENDES	F	40	3	00:32:51.69	00:32:45.24	SOU SPORTINGUISTA
26	1675	NUNO FERRINHO	M	43	5	00:32:53.26	00:30:13.68	SOU SPORTINGUISTA
27	1671	CÉSAR MARTO	F	43	4	00:33:32.21	00:33:14.10	SOU BENFIQUISTA
28	1581	JORGE VILELA	M	53	5	00:34:01.99	00:34:01.99	SOU BENFIQUISTA
29	1606	NEREA CAPOTE	F	29	7	00:34:05.41	00:34:00.60	SOU FAIRPLAY
30	1757	MARIANA ALMEIDA	F	27	8	00:34:14.00	00:34:14.00	SOU FAIRPLAY
31	1729	ANGELA MATOS	F	15	9	00:34:29.88	00:34:29.88	SOU SPORTINGUISTA
32	1727	CATARINA ALTAS	F	46	1	00:34:35.45	00:34:35.45	SOU FAIRPLAY
33	678	RICARDO FONSECA	M	43	6	00:34:49.00	00:34:49.00	SOU SPORTINGUISTA
34	650	SÍLVIA MORGANHEIRA	F	44	5	00:34:49.48	00:34:39.98	SOU BENFIQUISTA
35	1520	SILVIA GRISALVO ANTUNEZ	F	29	10	00:34:59.20	00:34:50.74	SOU SPORTINGUISTA

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36	1512	NUNO MIGUEL CARVALHO	M	45	6	00:35:31.10	00:35:15.92	SOU BELENENSE
37	1772	CHEILA ESTEVES	F	35	6	00:36:09.16	00:35:54.95	SOU SPORTINGUISTA
38	1773	PAULO SANTOS	M	43	7	00:36:10.13	00:35:54.87	SOU SPORTINGUISTA
39	1587	FILIFE DIAS	M	44	8	00:36:12.25	00:36:00.50	SOU FAIRPLAY
40	1586	PATRICIA HENRIQUES	F	42	7	00:36:12.27	00:36:01.23	SOU FAIRPLAY
41	1778	ANA PENIM	F	58	1	00:36:36.65	00:36:36.65	SOU BENFIQUISTA
42	1779	FRANCISCO PENIM	M	30	7	00:36:37.24	00:36:37.24	SOU SPORTINGUISTA
43	1706	TERESA ALEGRIA	F	29	11	00:36:50.18	00:36:44.72	SOU SPORTINGUISTA
44	1742	ANA GOMES	F	38	8	00:37:25.24	00:37:09.32	SOU BENFIQUISTA
45	1743	MARIA CLARA CORDEIRO	F	38	9	00:37:25.36	00:37:02.49	SOU BELENENSE
46	1617	JOÃO ROQUETE	M	52	7	00:37:27.25	00:37:19.04	SOU BENFIQUISTA
47	1589	MARLENE PEREIRA	F	35	10	00:37:53.63	00:37:43.70	SOU FAIRPLAY
48	1582	LINA BAIA	F	37	11	00:37:53.71	00:37:49.81	SOU FAIRPLAY
49	1668	ANA MARGARIDA DUARTE	F	44	12	00:38:03.91	00:37:44.65	SOU SPORTINGUISTA
50	1758	PATRICIA SIMOES	F	28	12	00:38:26.94	00:38:09.95	SOU BENFIQUISTA
51	1518	VERA BEXIGA	F	39	13	00:38:37.01	00:38:27.79	SOU FAIRPLAY
52	1605	ELSA COSTA	F	54	2	00:38:42.68	00:38:37.41	SOU BENFIQUISTA
53	1687	DAVID QUEIMADO	M	22	8	00:39:13.44	00:38:48.91	SOU FAIRPLAY
54	1661	ANA CASTANHEIRA	F	27	13	00:39:14.89	00:38:43.78	SOU SPORTINGUISTA
55	1594	ANA RODRIGUES	F	49	3	00:39:21.98	00:39:12.67	SOU SPORTINGUISTA
56	1536	HUGO TENREIRO	M	39	9	00:39:24.68	00:39:09.04	SOU BENFIQUISTA
57	648	SUSANA RIBEIRO	F	29	14	00:39:41.71	00:39:31.05	SOU SPORTINGUISTA
58	1625	CARLA GAMA	F	50	4	00:39:51.44	00:39:48.14	SOU BENFIQUISTA
59	1640	MARGARIDA CARVALHO	F	52	5	00:40:15.49	00:40:09.28	SOU SPORTINGUISTA
60	268	GUIOMAR TOMÉ	F	69	1	00:40:16.58	00:40:10.92	SOU BENFIQUISTA
61	1674	MANUEL FERRINHO	M	8	9	00:41:02.72	00:40:56.25	SOU SPORTINGUISTA
62	1669	CATARINA MARTO	F	12	15	00:41:06.00	00:41:02.74	SOU BENFIQUISTA
63	1677	NUNO PAULO	M	48	8	00:41:19.51	00:40:52.13	SOU BENFIQUISTA
64	1692	JUDITE CARPINTEIRO	F	26	16	00:41:31.92	00:41:24.33	SOU SPORTINGUISTA
65	1683	JOANA GONÇALVES	F	29	17	00:41:31.98	00:41:19.03	SOU BENFIQUISTA
66	1713	RICARDO GASPAR	M	66	1	00:41:41.52	00:41:33.54	SOU BENFIQUISTA
67	1700	JOSÉ ALMEIDA	M	71	2	00:41:58.91	00:41:58.91	SOU SPORTINGUISTA
68	1655	SOFIA GONÇALVES	F	41	14	00:42:04.98	00:41:51.48	SOU FAIRPLAY
69	1752	HELOISA MONTE	F	33	18	00:42:08.85	00:41:49.03	SOU FAIRPLAY
70	1502	MANUELA DOURADO	F	59	2	00:42:20.43	00:42:18.28	SOU BENFIQUISTA
71	244	OLGA SANTOS	F	58	3	00:42:21.47	00:42:07.91	SOU FAIRPLAY
72	1654	CARLA CAFÉ	F	43	15	00:42:24.19	00:42:11.53	SOU SPORTINGUISTA

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73	1679	SOFIA PAULO	F	19	19	00:42:28.79	00:42:07.37	SOU BENFIQUISTA
74	1568	PAULA MACHADO	F	58	4	00:42:31.19	00:42:23.93	SOU BENFIQUISTA
75	1741	MARIA GLÓRIA MARTA	F	52	6	00:42:32.72	00:42:32.72	SOU FAIRPLAY
76	1730	MARIA AFONSO	F	56	5	00:42:47.33	00:42:47.33	SOU BELENENSE
77	1776	MARGARIDA FONSECA	F	64	6	00:43:00.16	00:42:55.78	SOU FAIRPLAY
78	1604	CARLOS LOMBA	M	53	9	00:43:02.38	00:43:02.38	SOU BENFIQUISTA
79	1597	SUSE LOPES	F	35	16	00:43:07.37	00:42:59.15	SOU BENFIQUISTA
80	1647	ALICE MARIA CRUZ	F	67	2	00:43:10.46	00:43:05.87	SOU FAIRPLAY
81	1748	TÂNIA TEIXEIRA DENTALEADER	F	37	17	00:43:39.29	00:43:22.25	SOU SPORTINGUISTA
82	1747	SOFIA MONTEIRO DENTALEADER	F	40	18	00:43:39.75	00:43:23.55	SOU FAIRPLAY
83	1644	ESMERALDA MÓSCA	F	51	7	00:44:24.33	00:44:20.14	SOU BENFIQUISTA
84	1560	CARLOS CAMACHO	M	16	10	00:44:27.76	00:44:19.38	SOU SPORTINGUISTA
85	1607	EULISES RAMOS	M	47	10	00:44:28.22	00:44:25.80	SOU SPORTINGUISTA
86	1569	SUSANA LOMBA	F	44	19	00:44:32.09	00:44:25.65	SOU BENFIQUISTA
87	1558	ANTÓNIO LOPES	M	66	3	00:44:50.23	00:44:46.53	SOU SETUBALENSE
88	1737	ANA CRISTINA CALAFATE	F	53	8	00:45:11.67	00:44:59.33	SOU FAIRPLAY
89	1738	ANTÓNIO PINHEIRO COSTA	M	55	3	00:45:15.07	00:45:02.61	SOU SPORTINGUISTA
90	1628	GUILHERME RIBEIRO	M	48	11	00:45:20.04	00:45:15.51	SOU BELENENSE
91	1646	RITA PIRES	F	43	20	00:45:41.57	00:45:37.50	SOU SPORTINGUISTA
92	1694	BÁRBARA LOPES	F	27	20	00:46:06.69	00:45:41.62	SOU BENFIQUISTA
93	1735	INÊS SOUSA	F	29	21	00:46:06.76	00:45:41.74	SOU SPORTINGUISTA
94	259	PATRICIA FRAGA	F	26	22	00:46:15.08	00:46:09.23	SOU BENFIQUISTA
95	1739	DIANA CAROLA	F	28	23	00:46:33.66	00:46:03.03	SOU SPORTINGUISTA
96	1519	MANUEL PINEDA NAVARRO	M	40	10	00:46:41.73	00:46:41.73	SOU FAIRPLAY
97	1599	BEATRIZ MAGALHÃES	F	17	24	00:47:19.20	00:47:15.30	SOU PORTISTA
98	1699	PAULO MAX	M	49	12	00:47:25.64	00:47:00.06	SOU FAIRPLAY
99	1598	PAULA MAGALHÃES	F	42	21	00:47:31.69	00:47:27.30	SOU PORTISTA
100	1627	MARIO FONSECA	M	73	4	00:47:52.67	00:47:51.21	SOU BENFIQUISTA
101	1612	EDUARDO CANAS	M	51	13	00:48:03.42	00:47:48.52	SOU SPORTINGUISTA
102	1576	ISABEL GARCIA	F	52	9	00:48:05.39	00:47:59.22	SOU BENFIQUISTA
103	1763	LINO OLIVEIRA	M	65	5	00:48:10.69	00:47:58.32	SOU SPORTINGUISTA
104	1541	JOSÉ BAIÃO	M	64	4	00:48:12.41	00:48:03.93	SOU BENFIQUISTA
105	1795	GUALDINO FREIRE	M	74	6	00:48:12.63	00:47:53.54	SOU BENFIQUISTA
106	1658	EDUARDA GASPAR	F	50	10	00:48:16.68	00:48:06.90	SOU SPORTINGUISTA
107	1626	ADILIA ALMEIDA	F	55	7	00:48:18.57	00:48:12.61	SOU BENFIQUISTA
108	1643	CRISTINA LÉRIAS	F	32	25	00:48:52.52	00:48:40.24	SOU FAIRPLAY
109	1770	PEDRO RODRIGUES	M	11	11	00:49:15.44	00:49:15.44	SOU FAIRPLAY

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110	1556	SANDRA ISABEL RIBEIRO NATÁRIO	F	47	11	00:49:16.79	00:49:10.17	SOU SPORTINGUISTA
111	1780	INÊS SANTOS	F	28	26	00:49:39.43	00:49:34.71	SOU SPORTINGUISTA
112	1728	NUNO MATOS	M	41	11	00:50:15.60	00:50:15.60	SOU PORTISTA
113	1764	JOSE LOUÇAS	M	75	7	00:50:29.30	00:50:10.77	SOU FAIRPLAY
114	267	FREDERICO TAVARES	M	67	8	00:50:38.10	00:50:32.60	SOU SPORTINGUISTA
115	1745	VANESSA LACERDA DENTALEADER	F	39	22	00:51:21.90	00:51:04.98	SOU SPORTINGUISTA
116	1746	CLAUDIA FERRAZ DENTALEADER	F	42	23	00:51:22.24	00:51:05.20	SOU BENFIQUISTA
117	1744	VERA ANDRÉ DENTALEADER	F	39	24	00:51:25.99	00:51:09.45	SOU BENFIQUISTA
118	1650	ISABEL ROMBA	F	47	12	00:51:31.45	00:51:17.42	SOU BELENENSE
119	1555	PAULA ANSELMO	F	59	8	00:51:31.59	00:51:27.39	SOU SPORTINGUISTA
120	1624	MARIO MATEUS	M	51	14	00:51:43.60	00:51:30.15	SOU BENFIQUISTA
121	1754	JOAO GRAÇA	M	80	9	00:51:50.99	00:51:26.47	SOU SPORTINGUISTA
122	1724	SUSANA TRINDADE	F	34	27	00:51:54.62	00:51:39.38	SOU BENFIQUISTA
123	1672	PAULA FERRINHO	F	44	25	00:51:59.30	00:51:39.95	SOU SPORTINGUISTA
124	1676	LUIZA OLIVEIRA	F	42	26	00:51:59.48	00:51:40.27	SOU BELENENSE
125	1695	PEDRO FONSECA	M	48	15	00:52:14.75	00:51:56.63	SOU BENFIQUISTA
126	1704	CLAUDIA MARTINS	F	35	27	00:52:14.85	00:51:57.01	SOU PORTISTA
127	1693	MONICA COSTA	F	43	28	00:52:15.48	00:51:57.42	SOU PORTISTA
128	1753	MARTA HARI	F	42	29	00:52:18.88	00:51:55.40	SOU FAIRPLAY
129	1623	ANA NEVES	F	54	13	00:52:25.26	00:52:12.04	SOU SPORTINGUISTA
130	1542	IDALINA BAIÃO	F	61	9	00:52:48.41	00:52:41.43	SOU FAIRPLAY
131	1691	HELENA PRATA	F	54	14	00:52:51.11	00:52:29.43	SOU BENFIQUISTA
132	1567	ETELVINA PEREIRA	F	42	30	00:52:55.43	00:52:48.32	SOU SPORTINGUISTA
133	1570	ISABEL BENTO	F	50	15	00:52:55.54	00:52:49.22	SOU BENFIQUISTA
134	1527	ANTÓNIO BAPTISTA	M	59	5	00:53:06.91	00:52:59.34	SOU SPORTINGUISTA
135	1768	GABRIEL PINTO	M	10	12	00:53:15.41	00:53:05.40	SOU SPORTINGUISTA
136	840	LUIS PINTO	M	40	12	00:53:17.02	00:53:06.42	SOU SPORTINGUISTA
137	1698	DINA NUNES	F	43	31	00:53:31.62	00:53:15.26	SOU PORTISTA
138	1705	SONIA MADUREIRA	F	40	32	00:53:31.66	00:53:16.02	SOU PORTISTA
139	1701	BASILIO MOREIRA	M	51	16	00:53:32.63	00:53:13.02	SOU FAIRPLAY
140	1616	JOÃO BARREIRAS	M	54	17	00:53:36.38	00:53:24.17	SOU BENFIQUISTA
141	1565	CAROLINA LERCAS	F	9	28	00:53:47.71	00:53:41.86	SOU SPORTINGUISTA
142	1554	SANDRA ASCENSO	F	44	33	00:53:48.20	00:53:40.43	SOU BENFIQUISTA
143	1564	INÊS LERCAS	F	16	29	00:53:49.74	00:53:42.54	SOU SPORTINGUISTA
144	1531	TERESA PASSEIRO	F	60	10	00:53:53.82	00:53:51.72	SOU SPORTINGUISTA
145	1532	MANUELA SILVA	F	60	11	00:53:53.95	00:53:47.64	SOU SPORTINGUISTA
146	1552	CLÁUDIA TAVARES	F	39	34	00:53:55.03	00:53:47.56	SOU BENFIQUISTA



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147	1767	ELZA RAPOSO	F	43	35	00:53:58.05	00:53:48.15	SOU BENFIQUISTA
148	1563	MANUEL LERCAS	M	50	18	00:54:28.71	00:54:21.36	SOU SPORTINGUISTA
149	1562	EUGÉNIA LERCAS	F	45	16	00:54:29.06	00:54:20.34	SOU SPORTINGUISTA
150	1526	FERNANDO AMADO	M	63	6	00:54:36.99	00:54:29.56	SOU SPORTINGUISTA
151	1690	ADJUTO SILVA	M	71	10	00:54:37.24	00:54:37.24	SOU SPORTINGUISTA
152	1630	GONCALO FRANCISCO	M	9	13	00:54:40.57	00:54:24.22	SOU BENFIQUISTA
153	1611	DAVIDE FERREIRA	M	79	11	00:54:43.41	00:54:23.48	SOU FAIRPLAY
154	1615	HERMINIA FERREIRA	F	78	3	00:54:43.93	00:54:24.23	SOU FAIRPLAY
155	1629	ELSA PEDROSA	F	42	36	00:54:59.97	00:54:43.58	SOU BENFIQUISTA
156	1734	LINDA DAHLMAN	F	42	37	00:55:36.01	00:55:17.52	SOU FAIRPLAY
157	1797	VANDA BRITO	F	45	17	00:55:42.56	00:55:28.12	SOU FAIRPLAY
158	1600	CARLA CARVALHO	F	45	18	00:55:44.94	00:55:29.92	SOU FAIRPLAY
159	1619	PAULO RAMALHO	M	56	7	00:55:52.06	00:55:39.03	SOU BENFIQUISTA
160	1609	ANA BASTOS	F	41	38	00:55:52.48	00:55:39.24	SOU BENFIQUISTA
161	1620	SOFIA SANTOS	F	38	39	00:55:57.48	00:55:44.02	SOU BENFIQUISTA
162	1613	ELSA REGATÃO	F	42	40	00:55:57.55	00:55:45.63	SOU BENFIQUISTA
163	1678	SANDRA PAULO	F	47	19	00:56:19.30	00:55:57.56	SOU BENFIQUISTA
164	1608	ALVARO AMADO	M	64	8	00:56:22.37	00:56:12.68	SOU FAIRPLAY
165	1528	CARLOS FERREIRA	M	79	12	00:56:22.61	00:56:11.95	SOU BENFIQUISTA
166	1621	SUSANA CANAS	F	57	12	00:56:30.21	00:56:17.03	SOU SPORTINGUISTA
167	1641	HELENA MAGALHÃES	F	38	41	00:56:44.34	00:56:28.75	SOU SPORTINGUISTA
168	1642	CLÁUDIA MAGALHÃES	F	9	30	00:56:44.53	00:56:33.93	SOU SPORTINGUISTA
169	1639	CARLA SOUSA	F	46	20	00:57:01.55	00:56:46.19	SOU BENFIQUISTA
170	1523	MARIA DE FATIMA MENDES	F	56	13	00:57:02.61	00:56:58.97	SOU SPORTINGUISTA
171	1524	RICARDO SILVA	M	54	19	00:57:02.76	00:57:02.76	SOU SPORTINGUISTA
172	1638	PAULA CRISTINA ALVES ROSA DIOGO	F	51	21	00:57:03.67	00:56:48.32	SOU BENFIQUISTA
173	1799	SANDRA PEREIRA	F	46	22	00:57:21.63	00:54:03.82	SOU FAIRPLAY
174	1583	CELSO PINTO	M	41	13	00:57:28.80	00:57:05.57	SOU BENFIQUISTA
175	1595	MANUEL FIÚZA	M	69	13	00:57:38.88	00:57:38.88	SOU BENFIQUISTA
176	1596	ADÉLIA FIÚZA	F	68	4	00:57:39.37	00:57:39.37	SOU FAIRPLAY
177	1590	ALEXANDRE CARVALHO	M	40	14	00:57:44.90	00:57:35.45	SOU SPORTINGUISTA
178	1573	INÊS GARCIA	F	18	31	00:58:07.20	00:57:58.97	SOU SPORTINGUISTA
179	1572	JOÃO FERNANDES	M	19	14	00:58:07.67	00:57:59.99	SOU BELENENSE
180	1571	CRISTINA ALMEIDA	F	57	14	00:58:08.00	00:58:01.30	SOU BENFIQUISTA
181	1712	ANTÓNIA SANTOS	F	37	42	00:58:14.30	00:57:47.51	SOU BENFIQUISTA
182	1714	RAQUEL LOPES	F	33	32	00:58:14.45	00:57:45.55	SOU SPORTINGUISTA
183	1543	TÂNIA FIGUEIRA	F	37	43	00:58:26.30	00:58:19.34	SOU BENFIQUISTA

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184	1544	SANDRA CARVALHO	F	47	23	00:58:26.53	00:58:19.67	SOU SPORTINGUISTA
185	1749	RICARDO MARQUES	M	49	20	00:58:29.97	00:58:12.32	SOU BENFIQUISTA
186	1577	MILÚ EUSÉBIO	F	52	24	00:58:30.57	00:58:23.19	SOU SPORTINGUISTA
187	1578	NATÁLIA FARINHA	F	57	15	00:58:31.37	00:58:23.70	SOU BENFIQUISTA
188	591	MARTA MOREIRA	F	36	44	00:58:32.67	00:58:32.67	SOU BENFIQUISTA
189	590	SALOMÉ COSTA	F	65	5	00:58:33.01	00:58:30.14	SOU BENFIQUISTA
190	1537	CARINA ALEXANDRE	F	35	45	00:58:57.56	00:58:36.89	SOU BENFIQUISTA
191	1535	ANA COSTA	F	59	16	00:58:57.75	00:58:38.31	SOU BELENENSE
192	1760	JOSE RIBEIRO	M	74	14	00:59:06.49	00:59:01.51	SOU FAIRPLAY
193	793	SUSANA GUERREIRO	F	43	46	00:59:06.63	00:58:55.33	SOU BENFIQUISTA
194	1761	FAUSTA RIBEIRO	F	74	6	00:59:06.94	00:58:55.36	SOU FAIRPLAY
195	1759	JOAO S ROCHA	M	68	15	00:59:07.03	00:58:55.52	SOU BENFIQUISTA
196	1751	ELISABETE SILVA	F	45	25	00:59:39.35	00:59:33.42	SOU BENFIQUISTA
197	1533	HERMINIA CONCEIÇÃO	F	68	7	00:59:39.39	00:59:25.07	SOU BENFIQUISTA
198	1750	CRISTINA CLETO	F	51	26	00:59:39.59	00:59:33.52	SOU BENFIQUISTA
199	1755	LUCIANA SILVA	F	78	8	00:59:47.12	00:59:32.23	SOU BENFIQUISTA
200	1545	RITA PEREIRA	F	36	47	01:00:09.38	00:59:54.27	SOU FAIRPLAY
201	1662	PEDRO CASTRO	M	49	21	01:00:54.98	01:00:37.46	SOU SPORTINGUISTA
202	1771	ANA AVELAR	F	38	48	01:01:03.20	01:00:46.40	SOU BELENENSE
203	1774	MARIA AVELAR	F	68	9	01:01:03.74	01:00:47.35	SOU BELENENSE
204	1775	MARIA EUNICE MARTINS SA TEIXEIRA	F	56	17	01:01:04.14	01:00:47.98	SOU FAIRPLAY
205	1688	FATIMA RIBEIRO	F	55	18	01:03:13.01	01:03:09.73	SOU BENFIQUISTA
206	1689	EDITE SILVA	F	68	10	01:03:13.71	01:03:10.37	SOU BENFIQUISTA
207	1723	LARA CORREIA	F	45	27	01:03:38.35	01:03:28.09	SOU BENFIQUISTA
208	1603	JOSÉ MARTINS	M	64	9	01:03:47.92	01:03:35.87	SOU BELENENSE
209	1504	SUSANA SEQUEIRA	F	35	49	01:03:52.50	01:03:40.63	SOU SPORTINGUISTA
210	1680	SUSANA CANHÃO	F	39	50	01:04:21.64	01:03:59.94	SOU SPORTINGUISTA
211	1511	PAULA CARDOSO	F	47	28	01:04:23.43	01:04:11.70	SOU SPORTINGUISTA
212	1505	MARILENE SEQUEIRA	F	58	19	01:04:23.95	01:04:12.10	SOU SPORTINGUISTA
213	1522	MARIA MANUELA AZEVEDO OLIVEIRA	F	55	20	01:04:51.31	01:04:47.17	SOU SPORTINGUISTA
214	1525	ANGELINA SILVA	F	52	29	01:04:55.08	01:04:51.18	SOU SPORTINGUISTA
215	1539	DELFINA RODRIGUES	F	67	11	01:05:08.75	01:04:46.55	SOU BENFIQUISTA
216	1538	MARIA MADEIRA	F	70	12	01:05:09.05	01:04:47.96	SOU SPORTINGUISTA
217	1540	MARIA COSTA	F	54	30	01:05:09.06	01:04:47.08	SOU BENFIQUISTA
218	1716	LINA SINGÉIS	F	59	21	01:05:16.60	01:04:58.33	SOU SPORTINGUISTA
219	1736	OLGA CÔRÇA	F	44	51	01:05:16.85	01:04:58.83	SOU FAIRPLAY
220	1521	JOÃO COSTA	M	35	15	01:05:31.06	01:05:04.67	SOU SPORTINGUISTA

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221	1530	SUSANA LOURENÇO	F	69	13	01:05:45.62	01:05:29.85	SOU BENFIQUISTA
222	1574	TÂNIA MALVEIRO	F	41	52	01:06:09.91	01:05:58.19	SOU BENFIQUISTA
223	1575	VERA SERRÃO	F	39	53	01:06:11.57	01:06:04.84	SOU BENFIQUISTA
224	1769	MIGUEL HORTA	M	43	16	01:06:53.91	01:06:42.13	SOU SPORTINGUISTA
225	833	LUÍS GALANTE	M	38	17	01:06:54.22	01:06:41.21	SOU SPORTINGUISTA
226	1777	MARTIM CORREIA	M	5	15	01:06:54.98	01:06:32.42	SOU BENFIQUISTA
227	1636	ALICE FIGUEIREDO	F	67	14	01:07:53.96	01:07:48.38	SOU BENFIQUISTA
228	1635	MARIA JOAQUIM	F	61	22	01:08:00.48	01:07:54.90	SOU FAIRPLAY
229	520	VANESSA NEVES	F	36	54	01:11:25.88	01:10:42.44	SOU SPORTINGUISTA
230	500	RUTE MIROTO	F	30	33	01:11:27.11	01:10:43.35	SOU BENFIQUISTA

Total de registros: 230