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Pos	Nr Equipa	Equipa	Escalão	Pos Escal	Dorsal	Nome	Sexo	Idd	Percurso	Tempo Percurso	Tempo Acumulado
1	126	SPORTING CP M	JSM	1	1261	MIGUEL MARQUES	M	22	5 Km	00:15:06.69	00:15:06.69
					1262	RUBEN PESSOA	M	23	10 Km	00:15:49.90	00:30:56.59
					1263	ANDRALINO FURTADO	M	25	15 Km	00:14:42.86	00:45:39.45
					1264	PAULO PINHEIRO	M	28	20 Km	00:14:49.20	01:00:28.65
2	100	INGLESES FC	JSM	2	1001	HUGO GIL	M	20	5 Km	00:15:19.74	00:15:19.74
					1002	RICARDO FERREIRA	M	19	10 Km	00:15:50.54	00:31:10.28
					1003	DAVID TAVARES	M	19	15 Km	00:15:51.00	00:47:01.28
					1004	LUIS RAÇÕES	M	42	20 Km	00:15:35.24	01:02:36.52
3	124	BEJA AC	JSM	3	1241	PEDRO ARSENIO	M	35	5 Km	00:15:18.21	00:15:18.21
					1242	JOAO CRUZ	M	32	10 Km	00:16:36.23	00:31:54.44
					1243	MIGUEL QUARESMA	M	34	15 Km	00:15:22.04	00:47:16.48
					1244	CELSO GRACIANO	M	28	20 Km	00:16:36.73	01:03:53.21
4	137	CF OS BELENENSES	JSM	4	1371	JOAO JORGE	M	23	5 Km	00:17:56.24	00:17:56.24
					1372	ISAIAS GOMES	M	23	10 Km	00:16:21.68	00:34:17.92
					1373	HUGO PEREIRA	M	20	15 Km	00:16:18.00	00:50:35.92
					1374	RICARDO PAIXAO	M	32	20 Km	00:14:42.11	01:05:18.03
5	120	MARATONA CP	JSM	5	1201	HUMBERTO FRANCES	M	33	5 Km	00:15:27.87	00:15:27.87
					1202	LUIS FERNANDES	M	33	10 Km	00:17:36.68	00:33:04.55
					1203	BRUNO VIEIRA	M	33	15 Km	00:15:43.96	00:48:48.51
					1204	TIAGO GUILHERME	M	33	20 Km	00:16:46.56	01:05:35.07
6	102	AMINHACORRIDA 1	JSM	6	1021	PAULO GOMES	M	40	5 Km	00:16:26.97	00:16:26.97
					1022	TIAGO NOGUEIRA	M	36	10 Km	00:18:04.97	00:34:31.94
					1023	LUIS MACAU	M	29	15 Km	00:14:48.15	00:49:20.09
					1024	LUIS SALGADO	M	42	20 Km	00:16:49.01	01:06:09.10
7	104	GFD RUNNING A	JSM	7	1041	CARLOS CARDOSO	M	35	5 Km	00:16:44.60	00:16:44.60
					1042	PEDRO CRUZ	M	31	10 Km	00:17:55.39	00:34:39.99
					1043	NUNO SILVA	M	36	15 Km	00:16:59.72	00:51:39.71
					1044	ROBERTO LADEIRAS	M	25	20 Km	00:16:22.13	01:08:01.84
8	139	RUN TEJO	JSM	8	1391	EMILIANO VIEIRA	M	39	5 Km	00:16:13.34	00:16:13.34
					1392	HUGO AUGUSTO	M	31	10 Km	00:17:52.59	00:34:05.93
					1393	PEDRO ALVES	M	24	15 Km	00:16:31.90	00:50:37.83
					1394	INOCENCIO AMORIM	M	39	20 Km	00:18:26.70	01:09:04.53
9	105	GFD RUNNING B	V1M	1	1051	ANTONIO SOUSA	M	48	5 Km	00:17:31.74	00:17:31.74
					1052	ERNESTO FERREIRA	M	47	10 Km	00:18:31.74	00:36:03.48



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					1053	FERNANDO PEREIRA	M	44	15 Km	00:16:42.95	00:52:46.43
					1054	VASCO PALMA	M	40	20 Km	00:18:04.28	01:10:50.71
10	37	OS GALGOS 1	JSM	9	371	RUI ALVES	M	36	5 Km	00:17:21.40	00:17:21.40
					372	PAULO GARCIA	M	45	10 Km	00:18:44.66	00:36:06.06
					373	JOSE SANTOS	M	48	15 Km	00:17:35.59	00:53:41.65
					374	ANTONIO FIGUEIREDO	M	38	20 Km	00:17:45.63	01:11:27.28
11	117	NAZ ABOBODA 3	V2M	1	1171	JOSE JARMELA	M	53	5 Km	00:18:06.76	00:18:06.76
					1172	JORGE RODRIGUES	M	52	10 Km	00:18:34.59	00:36:41.35
					1173	JOSE BRITO	M	56	15 Km	00:17:55.98	00:54:37.33
					1174	PAULO ROLA	M	52	20 Km	00:16:52.36	01:11:29.69
12	36	GRUPO JAMOR	JSM	10	361	TELMO	M	41	5 Km	00:18:14.08	00:18:14.08
					362	MAXSYN SALENKO	M	19	10 Km	00:19:26.65	00:37:40.73
					363	LUIS SEMEDO	M	35	15 Km	00:17:21.85	00:55:02.58
					364	RICARDO ALEXANDRE	M	36	20 Km	00:17:05.95	01:12:08.53
13	2	FFPAZ MUNDIAL E UNIFICAÇÃO	JSM	11	21	PAULO	M	45	5 Km	00:17:47.89	00:17:47.89
					22	RUI HENRIQUES	M	38	10 Km	00:20:05.66	00:37:53.55
					23	NUNO SILVA	M	48	15 Km	00:17:48.90	00:55:42.45
					24	FLÁVIO SANTOS	M	21	20 Km	00:17:08.11	01:12:50.56
14	141	RUN TEJO 3	V1M	2	1411	PEDRO CAVILHAS	M	46	5 Km	00:18:43.13	00:18:43.13
					1412	JORGE MATOS	M	47	10 Km	00:18:52.10	00:37:35.23
					1413	CARLOS FREITAS	M	46	15 Km	00:17:14.26	00:54:49.49
					1414	FERNANDO SANTOS	M	47	20 Km	00:18:14.35	01:13:03.84
15	68	LINDA-A-PASTORA SC B	JSM	12	681	JOSÉ CAMACHO	M	31	5 Km	00:17:21.70	00:17:21.70
					682	HUGO DOMINGOS	M	39	10 Km	00:19:30.15	00:36:51.85
					683	GABRIEL SOUSA	M	23	15 Km	00:17:36.86	00:54:28.71
					684	MARCO LOURENÇO	M	32	20 Km	00:20:04.43	01:14:33.14
16	125	SPORTING CP F	JSF	1	1251	CATARINA GUERREIRO	F	19	5 Km	00:18:05.34	00:18:05.34
					1252	LILIA MARTINS	F	21	10 Km	00:19:39.61	00:37:44.95
					1253	RITA RIBEIRO	F	20	15 Km	00:17:51.99	00:55:36.94
					1254	SANDRA TEIXEIRA	F	40	20 Km	00:18:56.49	01:14:33.43
17	70	LINDA-A-PASTORA SC D	JSM	13	701	RUI P OLIVEIRA	M	44	5 Km	00:18:59.37	00:18:59.37
					702	SÉRGIO MALHEIRO	M	36	10 Km	00:19:43.45	00:38:42.82
					703	PEDRO MAGALHÃES	M	49	15 Km	00:17:47.32	00:56:30.14
					704	FERNANDO CHAMUSCA	M	68	20 Km	00:19:27.56	01:15:57.70



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18	48	CCD CRÉDITO AGRÍCOLA MÚTUO 1	JSM	14	481	PEDRO COSTA	M	49	5 Km	00:18:51.37	00:18:51.37
					482	GONÇALO FERREIRA	M	31	10 Km	00:20:13.18	00:39:04.55
					483	MIGUEL GONÇALVES	M	39	15 Km	00:18:10.39	00:57:14.94
					484	JOÃO FERREIRA	M	26	20 Km	00:18:52.06	01:16:07.00
19	145	RUN TEJO 7	V2M	2	1451	ELIAS FORTES	M	51	5 Km	00:17:58.93	00:17:58.93
					1452	MARCELINO ALMEIDA	M	55	10 Km	00:21:36.95	00:39:35.88
					1453	JOSE SILVA	M	54	15 Km	00:18:25.78	00:58:01.66
					1454	JOSE SALAZAR	M	58	20 Km	00:19:50.44	01:17:52.10
20	138	CF OS BELENENSES 2	V1M	3	1381	RUDIMAR MOURA	M	42	5 Km	00:19:31.00	00:19:31.00
					1382	ORLANDO ALVES	M	46	10 Km	00:19:47.37	00:39:18.37
					1383	NUNO QUEIJA	M	45	15 Km	00:18:39.37	00:57:57.74
					1384	PEDRO CANELAS	M	45	20 Km	00:20:00.37	01:17:58.11
21	115	NAZ ABOBODA 1	JSM	15	1151	TIAGO PIRES	M	18	5 Km	00:19:13.20	00:19:13.20
					1152	PAULO SILVA	M	37	10 Km	00:19:09.73	00:38:22.93
					1153	CARLOS SOARES	M	37	15 Km	00:20:32.01	00:58:54.94
					1154	PEDRO RODRIGUES	M	35	20 Km	00:19:15.53	01:18:10.47
22	77	AMIGOS DA MARTA	JSM	16	771	HUGO SEMEDO TAVARES	M	28	5 Km	00:19:38.98	00:07:59.98
					772	HUGO SÁ NOGUEIRA	M	41	10 Km	00:21:57.14	00:41:36.12
					773	PEDRO SILVA	M	28	15 Km	00:18:36.60	01:00:12.72
					774	PEDRO SIMOES	M	31	20 Km	00:18:13.44	01:18:26.16
23	89	SS CGD 2	V1M	4	891	ARMANDO PESSOA	M	48	5 Km	00:19:03.47	00:19:03.47
					892	JOAQUIM FRADE	M	62	10 Km	00:20:59.80	00:40:03.27
					893	PEDRO PIMENTEL	M	45	15 Km	00:18:55.74	00:58:59.01
					894	SEBASTIAO BARATA	M	48	20 Km	00:19:41.69	01:18:40.70
24	66	TRÊS+UM	V2M	3	661	ALMIRO FEIJÃO	M	59	5 Km	00:19:04.88	00:19:04.88
					662	A MOTA	M	56	10 Km	00:20:33.84	00:39:38.72
					663	ANTONIO GRAÇA	M	54	15 Km	00:18:51.95	00:58:30.67
					664	ANTONIO SANDE	M	59	20 Km	00:20:14.49	01:18:45.16
25	142	RUN TEJO 4	V1M	5	1421	NUNO NAIA	M	43	5 Km	00:19:11.64	00:19:11.64
					1422	FILIFE SANTOS	M	44	10 Km	00:20:39.49	00:39:51.13
					1423	APOLO PEREIRA	M	48	15 Km	00:18:56.11	00:58:47.24
					1424	RUBEN DIAS	M	43	20 Km	00:20:19.70	01:19:06.94
26	39	OS GALGOS 3	V1M	6	391	ANDRE COELHO	M	44	5 Km	00:19:30.68	00:19:30.68
					392	LUIS NOGUEIRA	M	47	10 Km	00:21:17.73	00:40:48.41
					393	ARTUR CARVALHO	M	46	15 Km	00:18:43.57	00:59:31.98
					394	JORGE MARTINHO	M	48	20 Km	00:20:13.62	01:19:45.60



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27	123	EL CORTE INGLES RT	JSM	17	1231 FERNANDO AGOSTINHO	M	40	5 Km	00:17:24.00	00:17:24.00
					1231 FERNANDO AGOSTINHO	M	40	10 Km	00:19:55.00	00:37:19.00
					1233 RENATO RAMOS	M	39	15 Km	00:20:12.00	00:57:31.00
					1234 JOÃO FARIA	M	46	20 Km	00:22:47.51	01:20:18.51
28	41	OS GALGOS 5	JSM	18	411 NUNO LINO	M	37	5 Km	00:19:44.23	00:19:44.23
					412 CARLOS TAVARES	M	32	10 Km	00:19:53.89	00:39:38.12
					413 PEDRO GONÇALVES	M	42	15 Km	00:21:53.32	01:01:31.44
					414 JOSE DUARTE	M	45	20 Km	00:19:32.98	01:21:04.42
29	40	OS GALGOS 4	V2M	4	401 PAULO MALHEIRO	M	55	5 Km	00:20:37.86	00:20:37.86
					402 EURICO NICHU	M	56	10 Km	00:20:46.19	00:41:24.05
					403 ARMANDO DIAS	M	52	15 Km	00:18:50.19	01:00:14.24
					404 JOSE JOÃO	M	58	20 Km	00:21:03.70	01:21:17.94
30	107	GFD RUNNING D	V2M	5	1071 LUÍS PEREIRA	M	52	5 Km	00:19:22.06	00:19:22.06
					1072 LUÍS MATOS PIRES	M	51	10 Km	00:20:15.66	00:39:37.72
					1073 JOSÉ MIRANDA	M	52	15 Km	00:21:18.45	01:00:56.17
					1074 ABEL PINA	M	53	20 Km	00:20:40.01	01:21:36.18
31	79	MÁQUINAS	JSM	19	791 MÁQUINAS	M	27	5 Km	00:19:57.54	00:19:57.54
					792 RENATO NOBRE	M	25	10 Km	00:21:15.75	00:41:13.29
					793 RÚBEN HENRIQUES	M	22	15 Km	00:21:11.47	01:02:24.76
					794 RÚBEN BRITO	M	26	20 Km	00:19:18.24	01:21:43.00
32	49	CCD CRÉDITO AGRÍCOLA MÚTUO 2	V1M	7	491 CÂNDIDO ALVES	M	45	5 Km	00:21:46.31	00:21:46.31
					492 LUÍS ZÊZERE	M	41	10 Km	00:21:01.61	00:42:47.92
					493 NUNO ROSA	M	40	15 Km	00:19:07.06	01:01:54.98
					494 RUI MOREIRA	M	47	20 Km	00:20:19.44	01:22:14.42
33	88	SS CGD 1	V1M	8	881 PEDRO ALMEIDA	M	41	5 Km	00:20:53.53	00:20:53.53
					882 PEDRO AFONSO	M	40	10 Km	00:23:06.37	00:43:59.90
					883 ALCIDES ESTRELA	M	41	15 Km	00:18:20.19	01:02:20.09
					884 JOSE AUGUSTO	M	39	20 Km	00:20:34.52	01:22:54.61
34	101	AMINHACORRIDA	X	1	1011 MARGARIDA AMARO	F	40	5 Km	00:20:05.10	00:20:05.10
					1012 CARLA PEREIRA	F	35	10 Km	00:23:33.50	00:43:38.60
					1013 SARA MARINHO	F	27	15 Km	00:19:14.89	01:02:53.49
					1014 JOÃO MARINHO	M	46	20 Km	00:20:17.37	01:23:10.86
35	54	GRCD LEIÃO	JSM	20	541 PEDRO BURRICA	M	43	5 Km	00:22:05.51	00:22:05.51
					542 AVELINO SOARES	M	51	10 Km	00:22:37.52	00:44:43.03
					543 NUNO SANTOS	M	39	15 Km	00:19:56.72	01:04:39.75



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				544	DÁRIO LUZ	M	37	20 Km	00:18:40.39	01:23:20.14
36	112	GRUPO EXCURSIONISTA OS ECONÓMICOS	JSM	21	1121 JOAQUIM GRILO	M	41	5 Km	00:19:42.58	00:19:42.58
					1122 PAULO LOPES	M	46	10 Km	00:22:06.45	00:41:49.03
					1123 EBRIMA BAYO	M	26	15 Km	00:21:46.17	01:03:35.20
					1124 WILSON FERNANDES	M	31	20 Km	00:19:58.90	01:23:34.10
37	109	GFD RUNNING F	JSF	2	1091 CLÁUDIA PEREIRA	F	42	5 Km	00:17:24.88	00:17:24.88
					1092 RITA RIBEIRO	F	34	10 Km	00:23:32.16	00:40:57.04
					1093 CRLA RIBEIRO	F	36	15 Km	00:19:19.67	01:00:16.71
					1094 SARA RIBEIRO	F	25	20 Km	00:23:21.79	01:23:38.50
38	47	AA MAFRA	V2M	6	471 CARLOS MORAIS	M	61	5 Km	00:21:10.00	00:21:10.00
					472 CARLOS RODRIGUES	M	61	10 Km	00:21:24.81	00:42:34.81
					473 ORLANDO REBELO	M	61	15 Km	00:20:02.64	01:02:37.45
					474 GILBERTO DIAS	M	56	20 Km	00:21:14.01	01:23:51.46
39	61	LINDA-A-PASTORA SC	JSM	22	611 RUI LACERDA	M	45	5 Km	00:21:20.44	00:21:20.44
					612 LUIS PREGO	M	60	10 Km	00:22:25.83	00:43:46.27
					613 NUNO MOREIRA	M	41	15 Km	00:19:11.23	01:02:57.50
					614 RUI CARMO	M	35	20 Km	00:21:17.32	01:24:14.82
40	18	CAA BELÉM 2	V1M	9	181 JORGE RODRIGUES	M	54	5 Km	00:22:07.30	00:22:07.30
					182 JOSÉ GORDILHO	M	54	10 Km	00:22:29.10	00:44:36.40
					183 HENRIQUE ADREGA	M	65	15 Km	00:21:14.00	01:05:50.40
					184 ANTÓNIO SANTIOS	M	55	20 Km	00:18:47.40	01:24:37.80
41	140	RUN TEJO 2	JSM	23	1401 PEDRO FAVINHA	M	45	5 Km	00:24:19.40	00:24:19.40
					1402 PEDRO PEREIRA	M	42	10 Km	00:20:46.14	00:45:05.54
					1403 LUIS TEIXEIRA	M	17	15 Km	00:18:48.30	01:03:53.84
					1404 PAULO MORAIS	M	47	20 Km	00:20:45.49	01:24:39.33
42	60	GD O INDEPENDENTE 4	V1M	10	601 PAULO SOLDADO	M	46	5 Km	00:18:37.03	00:18:37.03
					602 ANTONIO LAVADO	M	53	10 Km	00:21:21.77	00:39:58.80
					603 SERGIO POVOA	M	46	15 Km	00:24:11.87	01:04:10.67
					604 JOAO DAMASIO	M	43	20 Km	00:20:49.33	01:25:00.00
43	4	RUN TEAM BOMBARRAL	JSM	24	41 BRUNO PEREIRA	M	34	5 Km	00:19:31.82	00:19:31.82
					42 PEDRO ALMEIDA	M	40	10 Km	00:19:55.95	00:39:27.77
					43 NUNO FIGUEIREDO	M	41	15 Km	00:22:31.22	01:01:58.99
					44 DARIO DACF	M	42	20 Km	00:23:09.52	01:25:08.51
44	59	GD O INDEPENDENTE 3	JSM	25	591 VITOR ANSELMO	M	32	5 Km	00:20:58.98	00:20:58.98
					592 DAVID PEREIRA	M	26	10 Km	00:19:38.35	00:40:37.33



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					593	JOAO BOLINHOS	M	37	15 Km	00:23:31.71	01:04:09.04
					594	NUNO PAIS	M	40	20 Km	00:21:02.77	01:25:11.81
45	63	LVT GOLDEN TEAM	V1M	11	631	JOAO PASSOS	M	53	5 Km	00:21:54.45	00:21:54.45
					632	FILIPE RIBEIRO	M	54	10 Km	00:23:56.29	00:45:50.74
					633	JOAO MORO	M	55	15 Km	00:19:33.40	01:05:24.14
					634	JOAQUIM SANTOS	M	50	20 Km	00:20:10.45	01:25:34.59
46	21	BJWHF - WONDER BOYS	V1M	12	211	PEDRO FERRAZ	M	41	5 Km	00:20:42.76	00:20:42.76
					212	HUGO BRÁS	M	40	10 Km	00:20:58.61	00:41:41.37
					213	HELDER COUTINHO DA SILVA	M	46	15 Km	00:22:23.45	01:04:04.82
					214	PEDRO SINGÉIS	M	47	20 Km	00:21:43.93	01:25:48.75
47	43	OS GALGOS 7	JSM	26	431	OSVALDO PINHO	M	35	5 Km	00:21:17.00	00:21:17.00
					432	PEDRO CARDOSO	M	40	10 Km	00:23:27.05	00:44:44.05
					433	ERNESTO PEREIRA	M	48	15 Km	00:20:15.00	01:04:59.05
					434	FRANCISCO CAPITÃO	M	48	20 Km	00:20:58.95	01:25:58.00
48	81	TARTARUGAS DO ASFALTO	JSM	27	811	GILSON NOGUEIRA	M	32	5 Km	00:22:38.39	00:22:38.39
					812	RICARDO VALENTE	M	40	10 Km	00:23:20.05	00:45:58.44
					813	LENDL FERREIRA	M	36	15 Km	00:19:57.96	01:05:56.40
					814	RICARDO MACHADO	M	37	20 Km	00:20:30.35	01:26:26.75
49	31	LV TEAM FCP	V1M	13	311	JORGE SEABRA	M	47	5 Km	00:22:40.62	00:22:40.62
					312	LUIS GUERREIRO	M	52	10 Km	00:22:09.54	00:44:50.16
					313	JOSÉ BASTOS	M	51	15 Km	00:20:58.37	01:05:48.53
					314	FREDERICO COSTA	M	45	20 Km	00:20:42.80	01:26:31.33
50	97	ADRC MATA DE BENFICA A	JSM	28	971	TEOTÓNIO NETO	M	54	5 Km	00:20:22.19	00:20:22.19
					972	JOÃO VIEGAS	M	42	10 Km	00:22:21.17	00:42:43.36
					973	EDUARDO COELHO	M	35	15 Km	00:22:30.82	01:05:14.18
					974	ANDRÉ MENDONÇA	M	35	20 Km	00:21:45.40	01:26:59.58
51	106	GFD RUNNING C	V1M	14	1061	JORGE CORREIA	M	46	5 Km	00:20:49.47	00:20:49.47
					1062	PAULO TAINHA	M	54	10 Km	00:23:49.81	00:44:39.28
					1063	RUI FREITAS	M	41	15 Km	00:19:20.59	01:03:59.87
					1064	JOÃO COSTA	M	52	20 Km	00:23:32.32	01:27:32.19
52	55	GIRLS RUNNING	JSF	3	551	SONIA NEVES	F	43	5 Km	00:21:34.98	00:21:34.98
					552	MARTA CONCEIÇÃO	F	33	10 Km	00:22:05.18	00:43:40.16
					553	MAFALDA MARTINHO	F	29	15 Km	00:20:53.38	01:04:33.54
					554	NÚRIA ANTUNES	F	34	20 Km	00:23:09.99	01:27:43.53
53	76	HOLMES PLACE AVENIDA	X	2	761	JOÃO CRUZ	M	35	5 Km	00:19:14.66	00:19:14.66



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					762	BRUNO GONÇALVES	M	28	10 Km	00:22:49.29	00:42:03.95
					763	BÁRBARA GONÇALVES	F	31	15 Km	00:24:38.52	01:06:42.47
					764	ANA LOURIDO	F	37	20 Km	00:21:51.49	01:28:33.96
54	27	TEAM ITS UP TO YOU	V1M	15	271	NUNO PITTA	M	48	5 Km	00:23:04.26	00:23:04.26
					272	RICARDO SAMPAIO MAIA	M	45	10 Km	00:23:26.71	00:46:30.97
					273	JOÃO BARRAL	M	42	15 Km	00:21:12.97	01:07:43.94
					274	RICARDO SANTOS	M	46	20 Km	00:21:00.17	01:28:44.11
55	71	100 DESCULPA	X	3	711	TOMÁS PEREIRA	M	21	5 Km	00:21:09.87	00:21:09.87
					712	FILIFE CORREIA	M	21	10 Km	00:26:06.90	00:47:16.77
					713	GIL CARNEIRO	M	40	15 Km	00:20:56.26	01:08:13.03
					714	MARGARIDA CORREIA	F	38	20 Km	00:20:42.44	01:28:55.47
56	136	AMINHACORRIDA/ MY PROTEIN 3	X	4	1361	JOAO CARDOSO	M	60	5 Km	00:19:44.28	00:19:44.28
					1362	EUNICE LOURENÇO	F	42	10 Km	00:28:53.91	00:48:38.19
					1363	CARLOS LOPES	M	43	15 Km	00:21:50.53	01:10:28.72
					1364	PALMIRA QUINHAMA	F	41	20 Km	00:18:59.77	01:29:28.49
57	42	OS GALGOS 6	V1M	16	421	MARIO MONTEIRO	M	44	5 Km	00:21:29.31	00:21:29.31
					422	RUI VARANDA	M	46	10 Km	00:26:01.42	00:47:30.73
					423	GONÇALO RODRIGUES	M	40	15 Km	00:19:56.45	01:07:27.18
					424	ANTONIO PINHEIRO	M	43	20 Km	00:22:37.61	01:30:04.79
58	91	SS CGD 4	V1M	17	911	JOAO SILVA	M	49	5 Km	00:21:35.05	00:21:35.05
					912	HENRIQUE GONCALVES	M	49	10 Km	00:23:29.41	00:45:04.46
					913	JOSE DIMAS	M	49	15 Km	00:23:03.14	01:08:07.60
					914	FERNANDO LIMA	M	48	20 Km	00:22:02.38	01:30:09.98
59	73	PLMJ RUNNERS	JSM	29	731	NUNO BARNABÉ	M	45	5 Km	00:21:28.07	00:21:28.07
					732	NUNO ESPERANÇA	M	42	10 Km	00:25:14.83	00:46:42.90
					733	FABIO MACHADO	M	29	15 Km	00:19:19.03	01:06:01.93
					734	DIOGO BELARD	M	42	20 Km	00:24:12.76	01:30:14.69
60	32	BJWHF- 4 AS ONE	JSM	30	321	PEDRO SEQUEIRA	M	43	5 Km	00:22:16.84	00:22:16.84
					322	MIGUEL BOIM	M	47	10 Km	00:25:49.94	00:48:06.78
					323	ANDERSON TEIXEIRA	M	37	15 Km	00:21:14.77	01:09:21.55
					324	CARLOS FUJÃO	M	47	20 Km	00:20:58.33	01:30:19.88
61	26	LINKCOM	JSM	31	261	JOÃO AGOSTINHO	M	27	5 Km	00:22:59.47	00:22:59.47
					262	SAMUEL GOMES	M	26	10 Km	00:25:05.46	00:48:04.93
					263	TIAGO ALVES	M	33	15 Km	00:22:22.67	01:10:27.60
					264	FELISBERTO MONTEIRO	M	32	20 Km	00:20:23.51	01:30:51.11



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62	98	ADRC MATA DE BENFICA B	X	5	981 RICARDO LOURO	M	48	5 Km	00:23:00.79	00:23:00.79
					982 HENRIQUE FERREIRA	M	48	10 Km	00:21:51.86	00:44:52.65
					983 ELSA MIRANDA	F	40	15 Km	00:22:06.41	01:06:59.06
					984 GONÇALO ABREU	M	41	20 Km	00:23:53.37	01:30:52.43
63	50	CCD CRÉDITO AGRÍCOLA MÚTUO	V1M	18	501 LUÍS DAMIÃO	M	50	5 Km	00:22:29.59	00:22:29.59
					502 MIGUEL VINAGRE	M	42	10 Km	00:23:32.54	00:46:02.13
					503 NUNO SIMÕES	M	40	15 Km	00:23:01.46	01:09:03.59
					504 RUI MELO	M	47	20 Km	00:22:08.73	01:31:12.32
64	16	LEIÓNICAS	JSF	4	161 EVA BRAZ	F	36	5 Km	00:23:08.23	00:23:08.23
					162 CATARINA RODRIGUES	F	38	10 Km	00:25:55.28	00:49:03.51
					163 RITA ROSA	F	35	15 Km	00:20:14.56	01:09:18.07
					164 ANA CAROLINA SILVA	F	23	20 Km	00:22:52.80	01:32:10.87
65	57	GD O INDEPENDENTE 1	X	6	571 CARLOS PEREIRINHA	M	45	5 Km	00:21:12.00	00:21:12.00
					572 RUI PEREIRA	M	44	10 Km	00:21:03.02	00:42:15.02
					573 LUIS ANGELO	M	38	15 Km	00:22:16.21	01:04:31.23
					574 SUSANA PEREIRA	F	43	20 Km	00:27:43.21	01:32:14.44
66	147	RUN TEJO 9	V1F	1	1471 SANDRA BARROS	F	47	5 Km	00:20:54.18	00:20:54.18
					1472 CLAUSEN COLINS	F	40	10 Km	00:25:15.60	00:46:09.78
					1473 CLAUDIA BORRALHO	F	44	15 Km	00:22:16.00	01:08:25.78
					1474 ROSA FREITAS	F	52	20 Km	00:23:51.55	01:32:17.33
67	90	SS CGD 3	X	7	901 PEDRO BRAS	M	35	5 Km	00:25:03.08	00:25:03.08
					902 CARLOS LEITAO	M	54	10 Km	00:23:53.26	00:48:56.34
					903 NOEMIA SEQUEIRA	F	50	15 Km	00:22:26.24	01:11:22.58
					904 HENRIQUE AMADOR	M	46	20 Km	00:21:27.13	01:32:49.71
68	1	PESQUITO TEAM	X	8	11 PEDRO REBELO	M	46	5 Km	00:20:55.17	00:20:55.17
					12 PAULA LEMOS	F	51	10 Km	00:26:26.12	00:47:21.29
					13 RUI DUARTE	M	42	15 Km	00:21:19.04	01:08:40.33
					14 MARCO LOPES	M	44	20 Km	00:24:53.52	01:33:33.85
69	108	GFD RUNNING E	V1M	19	1081 PEDRO CERDEIRA	M	47	5 Km	00:24:44.69	00:24:44.69
					1082 RICARDO BRANCO	M	47	10 Km	00:25:18.65	00:50:03.34
					1083 FILIPE BUGALHO	M	34	15 Km	00:19:49.21	01:09:52.55
					1084 LUIS GRAÇA	M	47	20 Km	00:24:00.42	01:33:52.97
70	83	SOVACO ATHLETIC TEAM	V1M	20	831 NUNO PINTO	M	44	5 Km	00:20:50.00	00:20:50.00
					832 RUI PINTO	M	41	10 Km	00:24:44.79	00:45:34.79
					833 ANTÓNIO OLIVEIRA	M	44	15 Km	00:24:38.51	01:10:13.30
					834 MIGUEL FERNANDES	M	44	20 Km	00:23:50.57	01:34:03.87



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71	53	CCD CRÉDITO AGRÍCOLA MÚTUO 6	JSM	32	531 RUI GRAÇA	M	55	5 Km	00:24:28.49	00:24:28.49
					532 PEDRO FERNANDES	M	33	10 Km	00:25:54.82	00:50:23.31
					533 ANDRÉ LOPES	M	34	15 Km	00:21:04.33	01:11:27.64
					534 ANTÓNIO AMARAL	M	34	20 Km	00:23:04.02	01:34:31.66
72	46	OS GALGOS 10	JSM	33	461 ANTONIO MONTEIRO	M	71	5 Km	00:26:38.36	00:26:38.36
					462 JOÃO SAIANDA	M	42	10 Km	00:22:39.54	00:49:17.90
					463 DANIEL MACHADO	M	36	15 Km	00:22:25.02	01:11:42.92
					464 RUI DIAS	M	38	20 Km	00:23:05.18	01:34:48.10
73	24	LINK EDOC	JSM	34	241 GONÇALO GRAZINA	M	28	5 Km	00:22:11.67	00:22:11.67
					242 FERNANDO FARIA	M	55	10 Km	00:23:29.39	00:45:41.06
					243 CARLOS PALMA	M	49	15 Km	00:23:32.94	01:09:14.00
					244 JORGE ALMEIDA	M	25	20 Km	00:25:46.95	01:35:00.95
74	6	CD AMIGOS PACO NASSA	JSM	35	61 BRUNO FERNANDES	M	37	5 Km	00:24:21.67	00:24:21.67
					62 RÚBEN PAGAIME	M	36	10 Km	00:26:54.24	00:51:15.91
					63 NICOLAS TEIXEIRA	M	28	15 Km	00:23:18.58	01:14:34.49
					64 JORGE SANTANA	M	35	20 Km	00:20:40.05	01:35:14.54
75	116	NAZ ABOBODA 2	JSF	5	1161 SOFIA PIRES	F	18	5 Km	00:24:25.24	00:24:25.24
					1162 CATIA PRATAS	F	37	10 Km	00:24:35.96	00:49:01.20
					1163 ANDREIA BAIOSA	F	25	15 Km	00:24:12.14	01:13:13.34
					1164 SANDRINA CUNHA	F	35	20 Km	00:22:05.96	01:35:19.30
76	135	VALADARES	JSM	36	1351 MIGUEL RAMALHO	M	37	5 Km	00:20:56.70	00:20:56.70
					1352 PAULO MORADIAS	M	53	10 Km	00:23:50.94	00:44:47.64
					1353 JORGE VALADARES	M	55	15 Km	00:26:42.84	01:11:30.48
					1354 RODRIGO FERREIRA	M	48	20 Km	00:24:04.41	01:35:34.89
77	67	LINDA-A-PASTORA SC A	X	9	671 PEDRO VITORINO	M	42	5 Km	00:21:28.84	00:21:28.84
					672 VITOR CANTO	M	47	10 Km	00:22:46.24	00:44:15.08
					673 PATRICIA MATOS	F	44	15 Km	00:24:40.49	01:08:55.57
					674 ANA SOFIA ALEIXO	F	40	20 Km	00:27:03.84	01:35:59.41
78	114	BOL	JSM	37	1141 PEDRO BICO	M	49	5 Km	00:24:33.95	00:24:33.95
					1142 RICARDO MONIZ	M	46	10 Km	00:24:35.11	00:49:09.06
					1143 JOSE M SOUSA	M	41	15 Km	00:22:23.94	01:11:33.00
					1144 PAULO VILHENA	M	39	20 Km	00:24:31.08	01:36:04.08
79	143	RUN TEJO 5	JSM	38	1431 BRUNO SEVERINO	M	42	5 Km	00:24:59.39	00:24:59.39
					1432 JORGE CURVELO	M	46	10 Km	00:24:57.78	00:49:57.17
					1433 RUI COELHO	M	46	15 Km	00:20:39.71	01:10:36.88



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				1434	PEDRO FILIPE	M	37	20 Km	00:25:44.27	01:36:21.15
80	12	ROADRUNNERS	JSM	39	121 FILIPE CAMEIRA	M	40	5 Km	00:24:05.85	00:24:05.85
					122 MIGUEL HORTA	M	41	10 Km	00:24:15.36	00:48:21.21
					123 FRANCISCO MONTEIRO	M	18	15 Km	00:21:30.47	01:09:51.68
					124 MANUEL L COSTA	M	52	20 Km	00:26:32.22	01:36:23.90
81	22	BJWHF - PAPA LÉGUAS	JSM	40	221 CARLOS GUERRA	M	46	5 Km	00:22:42.12	00:22:42.12
					222 BRUNO REIS	M	44	10 Km	00:25:25.88	00:48:08.00
					223 RICARDO RAPOSO	M	44	15 Km	00:23:46.90	01:11:54.90
					224 RUI AGRIÃO	M	24	20 Km	00:25:01.53	01:36:56.43
82	95	#FHIT#RUNNERS	X	10	951 TELMO RAMOS	M	33	5 Km	00:21:24.55	00:21:24.55
					952 MARIANA VASCONCELOS	F	36	10 Km	00:29:53.63	00:51:18.18
					953 JULIANA ROGÉRIO	F	30	15 Km	00:22:57.61	01:14:15.79
					954 ANA MARGARIDA MONTEIRO	F	51	20 Km	00:23:13.47	01:37:29.26
83	34	ALVERCA URBAN RUNNERS 2	X	11	341 ALEXANDRA PESTANA	F	45	5 Km	00:28:19.17	00:28:19.17
					342 LINO SILVA	M	46	10 Km	00:28:03.62	00:56:22.79
					343 NÉLSON PEREIRA	M	41	15 Km	00:18:08.07	01:14:30.86
					344 NUNO MOREIRA	M	36	20 Km	00:23:19.33	01:37:50.19
84	65	GRD RIBEIRA DA LAJE 1	V1F	2	651 LUCIA SILVA	F	55	5 Km	00:25:01.69	00:25:01.69
					652 LICINIA REGO	F	48	10 Km	00:25:25.96	00:50:27.65
					653 ISABEL RODRIGUES	F	47	15 Km	00:22:31.81	01:12:59.46
					654 ALEXANDRA RODRIGUES	F	47	20 Km	00:25:00.56	01:38:00.02
85	56	FAMILY RUNNERS	JSM	41	561 DIOGO PINTO	M	38	5 Km	00:24:13.91	00:24:13.91
					562 LUÍS MARTINS	M	57	10 Km	00:25:14.24	00:49:28.15
					563 FREDERICO PINTO	M	30	15 Km	00:22:46.47	01:12:14.62
					564 PEDRO CARVALHO	M	20	20 Km	00:26:06.71	01:38:21.33
86	72	OPTICALIA RUNNING TEAM	X	12	721 PEDRO VIEIRA	M	37	5 Km	00:26:43.23	00:26:43.23
					722 SÉRGIO GALÓ	M	37	10 Km	00:27:07.25	00:53:50.48
					723 ELISABETE SANTOS	F	39	15 Km	00:23:46.01	01:17:36.49
					724 JOÃO RODRIGUES	M	38	20 Km	00:20:51.50	01:38:27.99
87	20	TEAM FARINHA	X	13	201 TIAGO SALGUEIRO	M	27	5 Km	00:23:47.00	00:23:47.00
					202 RITA CASIMIRO	F	26	10 Km	00:24:59.00	00:48:46.00
					203 PEDRO APARICIO	M	27	15 Km	00:23:40.73	01:12:26.73
					204 JOANA FARINHA	F	27	20 Km	00:26:15.79	01:38:42.52
88	7	GW RUNNERS	X	14	71 JORGE AZEVEDO	M	20	5 Km	00:21:48.79	00:21:48.79
					72 VANESSA ROLIM	F	26	10 Km	00:28:46.42	00:50:35.21



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					73	GONÇALO LAGOS	M	26	15 Km	00:21:42.46	01:12:17.67
					74	ALEXANDRE ANTUNES	M	37	20 Km	00:26:25.24	01:38:42.91
89	84	ADCEO	V1M	21	841	PEDRO SILVEIRA	M	45	5 Km	00:25:14.74	00:25:14.74
					842	JOÃO VEIGAS	M	45	10 Km	00:30:41.35	00:55:56.09
					843	GONÇALO SANTOS	M	42	15 Km	00:20:49.36	01:16:45.45
					844	JOÃO SOUSA	M	51	20 Km	00:22:18.08	01:39:03.53
90	29	TEAMITSUPTOYOU	JSF	6	291	JOANA NUNES	F	37	5 Km	00:24:57.87	00:24:57.87
					292	RENATA BELO	F	46	10 Km	00:25:11.32	00:50:09.19
					293	ANA BIVAR	F	38	15 Km	00:23:45.48	01:13:54.67
					294	RAQUEL FORTES	F	40	20 Km	00:25:12.21	01:39:06.88
91	118	EY RUNNERS	X	15	1181	JOÃO GREGÓRIO	M	41	5 Km	00:22:08.29	00:22:08.29
					1182	RUI MATOS	M	40	10 Km	00:24:34.94	00:46:43.23
					1183	HÉLDER MOTA	M	23	15 Km	00:22:21.75	01:09:04.98
					1184	CÀTIA SANTOS	F	25	20 Km	00:30:04.80	01:39:09.78
92	94	LUANDA RUNNERS	V1M	22	941	RUI MELO	M	45	5 Km	00:25:38.60	00:25:38.60
					942	RUI RODRIGUES	M	47	10 Km	00:24:29.81	00:50:08.41
					943	LUIS VICENTE	M	56	15 Km	00:23:01.56	01:13:09.97
					944	FILIPE VASCONCELOS	M	43	20 Km	00:26:08.38	01:39:18.35
93	64	GRD RIBEIRA DA LAJE	JSF	7	641	ANA MENDES	F	38	5 Km	00:23:38.41	00:23:38.41
					642	ELIZABETE FILIPE	F	40	10 Km	00:26:53.93	00:50:32.34
					643	ANA COUTINHO	F	30	15 Km	00:23:55.43	01:14:27.77
					644	VANDA BADÉ	F	36	20 Km	00:25:03.30	01:39:31.07
94	110	EX-CORRIDOS	X	16	1101	INES PEREIRA	F	31	5 Km	00:25:24.00	00:25:24.00
					1102	PAULO OLIVEIRA	M	44	10 Km	00:23:37.76	00:49:01.76
					1103	ANA GOMES	F	43	15 Km	00:28:06.74	01:17:08.50
					1104	BRUNO CONCEICAO	M	43	20 Km	00:22:38.18	01:39:46.68
95	113	GFD RUNNING G	V1F	3	1131	LILIANA LOURO	F	42	5 Km	00:27:12.19	00:27:12.19
					1132	MARGARIDA GODINHO	F	59	10 Km	00:24:59.90	00:52:12.09
					1133	SOFIA FRAGA	F	38	15 Km	00:22:37.52	01:14:49.61
					1134	MARGARIDA PINTO	F	46	20 Km	00:24:57.34	01:39:46.95
96	19	SS MONTEPIO	X	17	191	BRUNO DUQUE	M	36	5 Km	00:18:13.36	00:18:13.36
					192	TERESA CARDOSO	F	38	10 Km	00:26:03.54	00:44:16.90
					193	LUIS FARINHA	M	49	15 Km	00:27:42.94	01:11:59.84
					194	PAULO ALMEIDA	M	44	20 Km	00:27:48.05	01:39:47.89
97	146	RUN TEJO 8	JSF	8	1461	SOFIA CABEÇAS	F	29	5 Km	00:25:04.75	00:25:04.75
					1462	ANA SERRÃO	F	34	10 Km	00:27:10.77	00:52:15.52



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					1463	RITA CRUZ	F	21	15 Km	00:22:50.66	01:15:06.18
					1464	VANESSA BAPTISTA	F	36	20 Km	00:26:34.33	01:41:40.51
98	17	CAA BELÉM 1	V1M	23	171	LUIS ROSA	M	64	5 Km	00:28:38.50	00:28:38.50
					172	JOÃO ALMEIDA	M	41	10 Km	00:25:26.30	00:54:04.80
					173	JOSÉ CASTRO	M	59	15 Km	00:23:03.54	01:17:08.34
					174	JÚLIO CASTRO	M	58	20 Km	00:24:42.23	01:41:50.57
99	35	ALVERCA URBAN RUNNERS 3	X	18	351	ALVERCA URBAN RUNNERS 3	F	56	5 Km	00:22:50.51	00:22:50.51
					352	ILDA OLIVEIRA	F	54	10 Km	00:25:23.99	00:48:14.50
					353	FERNANDO TORRES	M	55	15 Km	00:23:54.44	01:12:08.94
					354	SARA BARATA	F	41	20 Km	00:29:55.70	01:42:04.64
100	9	GATINHOS BONITOS	X	19	91	MARIA BONITO	F	47	5 Km	00:30:30.31	00:30:30.31
					92	MARIANA BONITO	F	18	10 Km	00:29:41.97	01:00:12.28
					93	JOSÉ BONITO	F	48	15 Km	00:23:38.23	01:23:50.51
					94	GUI BONITO	M	16	20 Km	00:18:32.22	01:42:22.73
101	87	FUJITSU	X	20	871	FREDERICO DUARTE	M	47	5 Km	00:22:39.83	00:22:39.83
					872	MARIO MEIRELES	M	39	10 Km	00:25:38.76	00:48:18.59
					873	VITOR MESQUITA	M	45	15 Km	00:24:25.94	01:12:44.53
					874	SONIA KANJI	F	35	20 Km	00:29:50.49	01:42:35.02
102	15	TIGRES SUBTIL3D	X	21	151	JORGE MIGUEL	M	39	5 Km	00:23:40.19	00:23:40.19
					152	ANA FILIPA	F	32	10 Km	00:29:02.32	00:52:42.51
					153	RICARDO ANACLETO	M	42	15 Km	00:21:59.92	01:14:42.43
					154	NELSON CORDEIRO	M	44	20 Km	00:28:20.18	01:43:02.61
103	85	MACA	X	22	851	MARCO PINTO	M	36	5 Km	00:21:46.94	00:21:46.94
					852	ANDRÉ BERNARDES	M	37	10 Km	00:27:52.72	00:49:39.66
					853	ALEXANDRE SILVA	M	36	15 Km	00:24:12.21	01:13:51.87
					854	CATARINA RIJO	F	40	20 Km	00:29:29.88	01:43:21.75
104	96	TRIJAMOROSAS	V1F	4	961	SARA FERREIRA	F	43	5 Km	00:27:47.34	00:27:47.34
					962	MADALENA CANINAS	F	54	10 Km	00:27:12.28	00:54:59.62
					963	HELENA DUARTE	F	49	15 Km	00:24:57.61	01:19:57.23
					964	PATRÍCIA GRAÇA	F	46	20 Km	00:23:47.25	01:43:44.48
105	69	LINDA-A-PASTORA SC C	JSF	9	691	ANA P TELO	F	45	5 Km	00:25:13.63	00:25:13.63
					692	ANA CRISTINA	F	44	10 Km	00:23:14.92	00:48:28.55
					693	MARISA RODRIGUES	F	36	15 Km	00:27:50.68	01:16:19.23
					694	INÉS MATOS	F	16	20 Km	00:28:10.88	01:44:30.11
106	11	VALE DE MADEIROS SC	JSM	42	111	ANTÓNIO PAIS	M	70	5 Km	00:29:19.26	00:29:19.26



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					112	JOAO MOREIRA	M	45	10 Km	00:26:31.65	00:55:50.91
					113	RUI POMBINHO	M	54	15 Km	00:22:30.52	01:18:21.43
					114	TIAGO FONTINHA	M	21	20 Km	00:26:16.33	01:44:37.76
107	38	OS GALGOS 2	JSF	10	381	ALDINA	F	47	5 Km	00:23:51.83	00:23:51.83
					382	MARISA RODRIGUES	F	39	10 Km	00:27:30.56	00:51:22.39
					383	CATARINA NICHÓ	F	51	15 Km	00:26:26.20	01:17:48.59
					384	MARISA GONÇALVES	F	41	20 Km	00:27:16.01	01:45:04.60
108	122	GRUPO SANTO	X	23	1221	TANIA GASPÁR	F	32	5 Km	00:30:09.32	00:30:09.32
					1222	LUIS ALMEIDA	M	32	10 Km	00:28:05.95	00:58:15.27
					1223	LUIS RODRIGUES	M	43	15 Km	00:24:20.29	01:22:35.56
					1224	MARCO DINIZ	M	45	20 Km	00:22:36.34	01:45:11.90
109	25	LINK	JSM	43	251	ROGÉRIO LEONARDO	M	55	5 Km	00:23:18.98	00:23:18.98
					252	JOÃO MATEUS	M	32	10 Km	00:30:11.55	00:53:30.53
					253	JULIAN ANDRADE	M	31	15 Km	00:29:04.05	01:22:34.58
					254	PEDRO CURTO	M	28	20 Km	00:22:52.75	01:45:27.33
110	119	OS REGGAETONES	X	24	1191	ANA MARIA BAETA	F	45	5 Km	00:26:45.79	00:26:45.79
					1192	MARIANA CONTREIRAS	F	27	10 Km	00:30:41.20	00:57:26.99
					1193	ANTÓNIO HENRIQUES	M	30	15 Km	00:23:58.43	01:21:25.42
					1194	BRUNO PADINHA	M	44	20 Km	00:24:37.56	01:46:02.98
111	99	ADRC MATA DE BENFICA C	X	25	991	FILIFE GOUCHA	M	29	5 Km	00:25:11.10	00:25:11.10
					992	GONÇALO POMBO	M	29	10 Km	00:25:19.04	00:50:30.14
					993	NUNO GUERREIRO	M	34	15 Km	00:26:18.76	01:16:48.90
					994	SARA MONTEIRO	F	35	20 Km	00:29:47.45	01:46:36.35
112	58	GD O INDEPENDENTE 2	X	26	581	FILIFE SALVADINHO	M	36	5 Km	00:23:50.16	00:23:50.16
					582	SANDRINA VALENTE	F	33	10 Km	00:31:22.12	00:55:12.28
					583	HUGO SALVADINHO	M	41	15 Km	00:21:17.47	01:16:29.75
					584	ANA SALVADINHO	F	39	20 Km	00:30:08.84	01:46:38.59
113	93	SEASIDE	JSF	11	933	ANABELA RUIVO	F	45	5 Km	00:29:21.00	00:29:21.00
					934	POLIANA MELO	F	35	10 Km	00:31:13.00	01:00:34.00
					932	CATIA NASCIMENTO	F	37	15 Km	00:20:57.00	01:21:31.00
					931	RAQUEL MOLEIRO	F	39	20 Km	00:27:37.00	01:49:08.00
114	52	CCD CRÉDITO AGRÍCOLA MÚTUO 5	JSF	12	521	CÂNDIDA ESTEVES	F	46	5 Km	00:31:40.49	00:31:40.49
					522	CARLA DOMINGOS	F	37	10 Km	00:29:04.37	01:00:44.86
					523	LUÍSA MOURÃO	F	38	15 Km	00:25:05.04	01:25:49.90
					524	JOANA PUGA	F	31	20 Km	00:23:55.98	01:49:45.88



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115	62	RUNIXS	X	27	621 PEDRO LOPES	M	36	5 Km	00:23:37.06	00:23:37.06
					622 RUI DIAS	M	35	10 Km	00:31:00.30	00:54:37.36
					623 PAULO CANIÇO	M	46	15 Km	00:24:23.35	01:19:00.71
					624 FATIMA RIBEIRO	F	54	20 Km	00:31:38.96	01:50:39.67
116	103	REYS	V1M	24	1031 JOAO FAUSTINO	M	48	5 Km	00:32:55.34	00:32:55.34
					1032 ORLANDO ROMAO	M	50	10 Km	00:27:54.90	01:00:50.24
					1033 GILBERTO PINTO	M	48	15 Km	00:23:40.36	01:24:30.60
					1034 MIGUEL CHAVES	M	47	20 Km	00:26:35.60	01:51:06.20
117	78	OS CALIMEROS	V1M	25	781 DARIO SOUSA	M	44	5 Km	00:27:14.08	00:27:14.08
					782 PEDRO SILVA	M	47	10 Km	00:30:15.48	00:57:29.56
					783 FRANCISCO SILVEIRA	M	49	15 Km	00:21:35.65	01:19:05.21
					784 MIGUEL CORREIA	M	44	20 Km	00:32:32.15	01:51:37.36
118	75	FUSION 2 FIGHT TEAM	JSM	44	751 HUGO CASACA	M	39	5 Km	00:30:55.54	00:30:55.54
					752 CARLOS MARQUES	M	49	10 Km	00:26:44.31	00:57:39.85
					753 MARCUS SERRANO	M	37	15 Km	00:27:13.85	01:24:53.70
					754 LUIS BARBOSA	M	40	20 Km	00:27:10.04	01:52:03.74
119	82	CARACOLETAS CASIMIRAS	JSF	13	821 SÓNIA HENRIQUES	F	39	5 Km	00:27:34.59	00:27:34.59
					822 SUSANA LOPES	F	45	10 Km	00:29:49.37	00:57:23.96
					823 CLÁUDIA SANTOS	F	38	15 Km	00:27:16.02	01:24:39.98
					824 CLÁUDIA PITA	F	35	20 Km	00:27:50.17	01:52:30.15
120	28	AS PRIMEIRAS	V1F	5	281 SANDRA SOUSA	F	43	5 Km	00:29:16.84	00:29:16.84
					282 HELENA TAVARES	F	51	10 Km	00:29:56.07	00:59:12.91
					283 JULIETA MOTA	F	45	15 Km	00:23:52.47	01:23:05.38
					284 ANA FERNANDES	F	42	20 Km	00:30:05.74	01:53:11.12
121	33	ALVERCA URBAN RUNNERS 1	V1F	6	331 GRAÇA NOBRE	F	58	5 Km	00:28:43.96	00:28:43.96
					332 LUÍSA BARBOSA	F	47	10 Km	00:31:40.27	01:00:24.23
					333 TIDA OLIVEIRA	F	54	15 Km	00:26:15.89	01:26:40.12
					334 CRISTINA LINO	F	51	20 Km	00:26:40.16	01:53:20.28
122	45	OS GALGOS 9	JSF	14	451 SOFIA ZURKA	F	18	5 Km	00:24:19.90	00:24:19.90
					452 MONICA MADUREIRA	F	40	10 Km	00:33:54.64	00:58:14.54
					453 RITA VILA BOAS	F	28	15 Km	00:29:59.76	01:28:14.30
					454 MARINA LEITÃO	F	37	20 Km	00:25:27.69	01:53:41.99
123	148	RUN TEJO 10	V1F	7	1481 ANABELA SALAZAR	F	46	5 Km	00:24:35.26	00:24:35.26
					1482 GUILHERMINA CRUZ	F	52	10 Km	00:31:31.62	00:56:06.88
					1483 CARLA COELHO	F	43	15 Km	00:26:59.45	01:23:06.33
					1484 MARIA FORTES	F	42	20 Km	00:30:58.43	01:54:04.76



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124	92	SS CGD 5	X	28	921	MANUEL BAPTISTA	M	53	5 Km	00:29:46.10	00:29:46.10
					922	HENRIQUE GARIFO	M	63	10 Km	00:28:22.95	00:58:09.05
					923	ALVARO FURTADO	M	59	15 Km	00:26:48.73	01:24:57.78
					924	CRISTINA REIS	F	39	20 Km	00:29:22.84	01:54:20.62
125	74	RUN FOR FUN	X	29	741	JEKABSONE ILZE	F	46	5 Km	00:27:05.01	00:27:05.01
					742	TIM SURMONT	F	34	10 Km	00:22:43.54	00:49:48.55
					743	FABIAN PEREYRA	M	52	15 Km	00:22:50.09	01:12:38.64
					744	PAULA SENRA	F	47	20 Km	00:42:45.10	01:55:23.74
126	44	OS GALGOS 8	JSF	15	441	MONICA SOUSA	F	41	5 Km	00:30:10.12	00:30:10.12
					442	ANA SILVESTRE	F	46	10 Km	00:27:33.52	00:57:43.64
					443	ANA PEREIRA	F	43	15 Km	00:29:31.00	01:27:14.64
					444	VERA CALÇÃO	F	38	20 Km	00:28:53.02	01:56:07.66
127	23	BALHELHAS	X	30	231	INÊS ABRANTES	F	33	5 Km	00:26:12.75	00:26:12.75
					232	ANA CAROLINA	F	35	10 Km	00:36:41.78	01:02:54.53
					233	ANTÓNIO ABRANTES	M	63	15 Km	00:27:11.96	01:30:06.49
					234	SOFIA ABRANTES	F	31	20 Km	00:26:33.92	01:56:40.41
128	14	LEOPARDOS SUBTIL3D	X	31	141	ÉLIO	M	33	5 Km	00:26:17.80	00:26:17.80
					142	CRISTINA REIS	F	46	10 Km	00:34:30.59	01:00:48.39
					143	PEDRO CORREIA	M	35	15 Km	00:28:43.75	01:29:32.14
					144	DIOGO CARACINHA	M	36	20 Km	00:27:17.41	01:56:49.55
129	13	PUMAS SUBTIL3D	X	32	131	RUI RODRIGUES	M	33	5 Km	00:26:17.62	00:26:17.62
					132	SUSANA ALVES	F	34	10 Km	00:34:33.21	01:00:50.83
					133	RAFAELA	F	31	15 Km	00:28:41.79	01:29:32.62
					134	ANDREIA	F	33	20 Km	00:27:17.37	01:56:49.99
130	121	ONECLINICS	JSM	45	1211	CARLOS BANZA	M	44	5 Km	00:30:09.09	00:30:09.09
					1212	FILIFE LIMA	M	39	10 Km	00:30:14.12	01:00:23.21
					1213	MARCO SANTOS	M	30	15 Km	00:26:17.03	01:26:40.24
					1214	EMANUEL BRAGANÇA	M	32	20 Km	00:30:40.59	01:57:20.83
131	3	FAMILY FIRST	X	33	31	TIAGO MARQUES	M	36	5 Km	00:20:04.95	00:20:04.95
					32	RITA GONCALVES	F	39	10 Km	00:40:36.87	01:00:41.82
					33	SUSANA LEITÃO	F	42	15 Km	00:27:50.63	01:28:32.45
					34	ANA LEITÃO	F	36	20 Km	00:30:15.71	01:58:48.16
132	5	JG SEGUROS	X	34	51	JOAO GOMES	M	67	5 Km	00:31:09.50	00:31:09.50
					52	SUSANA GOMES	F	40	10 Km	00:31:07.94	01:02:17.44
					53	ANA NUNES	F	35	15 Km	00:27:17.40	01:29:34.84
					54	CARLOS BANDEIJAS	M	57	20 Km	00:29:50.38	01:59:25.22



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133	30	SONIC RUNNERS	X	35	301	LUÍS OLIVEIRA E SILVA	M	41	5 Km	00:28:55.46	00:28:55.46
					302	MARTA TORRES VIEIRA	F	41	10 Km	00:34:56.85	01:03:52.31
					303	MÁRIO OLIVEIRA E SILVA	M	38	15 Km	00:26:18.80	01:30:11.11
					304	ANA ISABEL ALMEIDA	F	38	20 Km	00:29:19.53	01:59:30.64
134	144	RUN TEJO 6	JSM	46	1441	HUGO BAPTISTA	M	44	5 Km	00:28:09.11	00:28:09.11
					1442	ANDRE HENRIQUES	M	21	10 Km	00:28:55.47	00:57:04.58
					1443	LUIS ISABELINHA	M	45	15 Km	00:27:32.48	01:24:37.06
					1444	CARLOS ALVES	M	40	20 Km	00:36:37.17	02:01:14.23
135	10	GEORUNNERS	JSF	16	101	ROSANGELA LOURENÇON	F	49	5 Km	00:30:14.83	00:30:14.83
					102	PATRICIA BRANCO	F	45	10 Km	00:30:55.49	01:01:10.32
					103	LÚCIA VENTURA	F	42	15 Km	00:31:54.17	01:33:04.49
					104	CATARINA REBELO	F	38	20 Km	00:31:43.62	02:04:48.11
136	8	ADCRPJ	V1F	8	81	MARINA PADINHA	F	47	5 Km	00:28:42.21	00:28:42.21
					82	FATIMA PIRES	F	45	10 Km	00:33:16.02	01:01:58.23
					83	CARLA BAPTISTA	F	47	15 Km	00:27:34.58	01:29:32.81
					84	PATRÍCIA CORRÊA	F	47	20 Km	00:37:47.36	02:07:20.17
137	51	CCD CRÉDITO AGRÍCOLA MÚTUO 4	JSM	47	511	ANTÓNIO SANTOS	M	46	5 Km	00:26:01.53	00:26:01.53
					512	SÉRGIO TAVARES	M	35	10 Km	00:31:02.56	00:57:04.09
					513	PEDRO SÉRGIO	M	50	15 Km	00:40:19.51	01:37:23.60
					514	LINO GOMES	M	56	20 Km	00:30:30.10	02:07:53.70

Total de equipas: 137