

Pos	Nr Equipa	Equipa	Pos Escal	Volta	Numero	Nome	Tempo Liquido	Tempo Bruto
1	157	VITÓRIA F CLUBE	1º M-SEN	1	1571	JOAO DANIEL FERREIRA	00:10:22.26	00:10:22.26
				2	1571	JOAO DANIEL FERREIRA	00:10:29.64	00:20:51.90
				3	1572	MARK RIBEIRO	00:10:02.55	00:30:54.45
				4	1573	DAVID FERNANDES	00:10:28.46	00:41:22.91
				5	TODOS	VITÓRIA F CLUBE	00:10:53.83	00:52:16.74
2	62	LEBRE 1	1º M-JUN	1	621	GONÇALO OLIVEIRA	00:10:22.51	00:10:22.51
				2	621	GONÇALO OLIVEIRA	00:10:14.47	00:20:36.98
				3	622	RAFAEL LOPES	00:10:43.04	00:31:20.02
				4	623	ANTÓNIO JORGE GONÇALVES	00:11:00.02	00:42:20.04
				5	TODOS	LEBRE 1	00:11:20.18	00:53:40.22
3	136	GFD 150 TURBO	1º M-VET	1	1361	JOÃO GINJA	00:10:21.27	00:10:21.27
				2	1361	JOÃO GINJA	00:10:27.37	00:20:48.64
				3	1362	LUIS M PIRES	00:11:45.35	00:32:33.99
				4	1363	RUI PALMA	00:10:29.75	00:43:03.74
				5	TODOS	GFD 150 TURBO	00:12:03.40	00:55:07.14
4	3	3B-S	2º M-SEN	1	31	SÉRGIO BATALHA	00:10:56.47	00:10:56.47
				2	31	SÉRGIO BATALHA	00:11:18.39	00:22:14.86
				3	32	JORGE GONÇALVES	00:10:49.06	00:33:03.92
				4	33	JOÃO CANIÇO	00:11:12.87	00:44:16.79
				5	TODOS	3B-S	00:11:36.31	00:55:53.10
5	7	A NATUREZA ENSINA 1	2º M-VET	1	71	MÁRIO BOUCINHA	00:10:55.70	00:10:55.70
				2	71	MÁRIO BOUCINHA	00:11:26.06	00:22:21.76
				3	72	LUÍS GOUVEIA	00:10:40.55	00:33:02.31
				4	73	ANTONIO SILVA	00:12:07.26	00:45:09.57
				5	TODOS	A NATUREZA ENSINA 1	00:12:39.15	00:57:48.72
6	129	ACADEMIA DO KORPO 1	3º M-SEN	1	1291	MIGUEL SOBRAL	00:11:26.23	00:11:26.23
				2	1291	MIGUEL SOBRAL	00:11:28.94	00:22:55.17
				3	1292	PAULO FERREIRA	00:11:16.99	00:34:12.16
				4	1293	HELDER VARANDA	00:11:38.97	00:45:51.13
				5	TODOS	ACADEMIA DO KORPO 1	00:12:09.92	00:58:01.05

7	103	RFRPSI 1	4º M-SEN	1	1031	VÍTOR MARQUES	00:11:10.56	00:11:10.56
				2	1031	VÍTOR MARQUES	00:11:50.95	00:23:01.51
				3	1032	PEDRO FERREIRA	00:11:46.50	00:34:48.01
				4	1033	LUIS NUNES	00:11:30.85	00:46:18.86
				5	TODOS	RFRPSI 1	00:12:20.92	00:58:39.78
8	118	SPORTING CLUBE DE CASAINHOS 1	5º M-SEN	1	1181	ARMINDO TEIXEIRA	00:11:17.83	00:11:17.83
				2	1181	ARMINDO TEIXEIRA	00:12:13.56	00:23:31.39
				3	1182	ARMANDO CORREIA	00:11:09.38	00:34:40.77
				4	1183	EDUARDO SANTOS	00:12:05.36	00:46:46.13
				5	TODOS	SPORTING CLUBE DE CASAINHOS 1	00:12:18.02	00:59:04.15
9	48	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	3º M-VET	1	481	JOÃO CARDOSO	00:11:25.87	00:11:25.87
				2	481	JOÃO CARDOSO	00:11:46.24	00:23:12.11
				3	482	JORGE TRINDADE	00:11:51.41	00:35:03.52
				4	483	NELSON PEREIRA	00:12:00.67	00:47:04.19
				5	TODOS	ESCOLA DE ATLETISMO DO MONTIJO-A.F.D.D	00:12:10.78	00:59:14.97
10	124	LINDA A PASTORA SC	4º M-VET	1	1241	ARETINO MOTA	00:11:51.57	00:11:51.57
				2	1241	ARETINO MOTA	00:12:20.12	00:24:11.69
				3	1242	ANTÓNIO SANDE	00:11:53.83	00:36:05.52
				4	1243	ALMIRO FEIJÃO	00:11:56.58	00:48:02.10
				5	TODOS	LINDA A PASTORA SC	00:12:15.98	01:00:18.08
11	20	ACADEMIA DO KORPO 2	6º M-SEN	1	201	GUSTAVO GASOPO	00:11:36.54	00:11:36.54
				2	201	GUSTAVO GASOPO	00:11:40.33	00:23:16.87
				3	202	JORGE SANTOS	00:12:26.85	00:35:43.72
				4	203	RICARDO GUTIERRES	00:11:53.72	00:47:37.44
				5	TODOS	ACADEMIA DO KORPO 2	00:12:45.67	01:00:23.11
12	84	NOROLLBACK	7º M-SEN	1	841	PAULO FERREIRA	00:11:57.30	00:11:57.30
				2	841	PAULO FERREIRA	00:12:17.65	00:24:14.95
				3	842	MÁRIO FERNANDES	00:12:05.12	00:36:20.07
				4	843	MARCO LOURENCO	00:12:05.16	00:48:25.23
				5	TODOS	NOROLLBACK	00:12:33.71	01:00:58.94
13	104	RFRPSI 2	8º M-SEN	1	1041	FABIO SILVA	00:11:40.18	00:11:40.18

			2	1041	FABIO SILVA	00:11:52.93	00:23:33.11	
			3	1042	ARNALDO ROLO	00:12:29.10	00:36:02.21	
			4	1043	PAULO LOURENÇO	00:12:23.19	00:48:25.40	
			5	TODOS	RFRPSI 2	00:12:49.21	01:01:14.61	
14	61	HEJACA	1º X-SEN	1	611	NUNO SILVA	00:11:02.65	00:11:02.65
				2	611	NUNO SILVA	00:11:58.38	00:23:01.03
				3	612	HELENA MOREIRA	00:13:06.38	00:36:07.41
				4	613	HENRIQUE JANOTA	00:11:38.52	00:47:45.93
				5	TODOS	HEJACA	00:13:40.23	01:01:26.16
15	153	SKY ROCKETS	2º X-SEN	1	1531	NUNO MENDÃO	00:11:37.23	00:11:37.23
				2	1531	NUNO MENDÃO	00:11:48.80	00:23:26.03
				3	1532	JOANA GRILO	00:13:27.70	00:36:53.73
				4	1533	PAULO REIS	00:11:26.00	00:48:19.73
				5	TODOS	SKY ROCKETS	00:13:32.97	01:01:52.70
16	9	A NATUREZA ENSINA 11	9º M-SEN 9º M-VET	5	TODOS	A NATUREZA ENSINA 11	00:13:17.37	01:02:05.75
				1	91	MARIO RAMALHO	00:11:44.66	00:11:44.66
				2	91	MARIO RAMALHO	00:12:39.00	00:24:23.66
				3	92	FRANCISCO ROSÁRIO	00:12:10.01	00:36:33.67
				4	93	LUIS PARRO	00:12:14.71	00:48:48.38
17	5	A MINHA CORRIDA/MY PROTEIN 1	10º M-SEN 10º X-SEN	5	TODOS	A MINHA CORRIDA/MY PROTEIN 1	00:13:44.04	01:02:20.94
				1	51	FLORIANO SILVA	00:11:10.12	00:11:10.12
				2	51	FLORIANO SILVA	00:11:38.00	00:22:48.12
				3	52	ANA AMARO	00:13:42.75	00:36:30.87
				4	53	JORGE AMARAL	00:12:06.03	00:48:36.90
18	17	A NATUREZA ENSINA 7	5º M-VET	1	171	CARLOS LIMA	00:12:14.24	00:12:14.24
				2	171	CARLOS LIMA	00:12:37.98	00:24:52.22
				3	172	RODRIGO SILVA	00:12:07.45	00:36:59.67
				4	173	NUNO CORREIA	00:12:34.65	00:49:34.32
				5	TODOS	A NATUREZA ENSINA 7	00:12:51.60	01:02:25.92
19	139	COL EQUIPA MAS 1	6º M-VET	1	1391	HUGO FILIPE TOMÁS	00:12:08.87	00:12:08.87
				2	1391	HUGO FILIPE TOMÁS	00:12:17.00	00:24:25.87
				3	1392	JOSÉ CUNHA MASSUÇA	00:12:26.10	00:36:51.97
				4	1393	PAULO JORGE SANTOS	00:12:46.82	00:49:38.79
				5	TODOS	COL EQUIPA MAS 1	00:12:57.01	01:02:35.80

20	105	RFRPSI 3	11º M-SEN	1	1051	MÁRIO RUI SEABRA	00:12:24.19	00:12:24.19
				2	1051	MÁRIO RUI SEABRA	00:13:10.09	00:25:34.28
				3	1052	FILIFE OLIVEIRA	00:12:20.37	00:37:54.65
				4	1053	ANGELO RELVAS	00:12:20.88	00:50:15.53
				5	TODOS	RFRPSI 3	00:12:55.34	01:03:10.87
21	63	LEBRE 2	1º X-VET			JOÃO CARVALHO		
				1	631	LOPES	00:11:58.24	00:11:58.24
				2	631	JOÃO CARVALHO LOPES	00:11:54.66	00:23:52.90
				3	632	ISABEL MALDONADO	00:13:15.14	00:37:08.04
				4	633	MÁRIO PAIXÃO	00:12:29.95	00:49:37.99
5	TODOS	LEBRE 2	00:13:47.99	01:03:25.98				
22	140	COL EQUIPA MAS 2	7º M-SEN	1	1401	JORGE CARVALHO	00:12:03.42	00:12:03.42
				2	1401	JORGE CARVALHO	00:13:09.80	00:25:13.22
				3	1402	CARLOS MANUEL PEDRO	00:12:22.60	00:37:35.82
				4	1403	PEDRO FERNANDES	00:13:09.29	00:50:45.11
			5	TODOS	COL EQUIPA MAS 2	00:13:16.85	01:04:01.96	
23	148	OS ASPIRANTES	8º M-VET	1	1481	ANTÓNIO LOPES	00:13:45.09	00:13:45.09
				2	1481	ANTÓNIO LOPES	00:13:46.54	00:27:31.63
				3	1482	ANTÓNIO GRAÇA	00:12:14.62	00:39:46.25
				4	1483	JOSÉ MARCELINO	00:11:40.18	00:51:26.43
				5	TODOS	OS ASPIRANTES	00:12:57.19	01:04:23.62
24	73	MATA DE BENFICA A	2º M-VET	1	731	TEOTÓNIO NETO	00:12:14.45	00:12:14.45
				2	731	TEOTÓNIO NETO	00:12:33.58	00:24:48.03
				3	732	RUI ALMEIDA	00:13:14.51	00:38:02.54
				4	733	HENRIQUE FERREIRA	00:12:55.50	00:50:58.04
		5	TODOS	MATA DE BENFICA A	00:13:50.13	01:04:48.17		
25	115	SERVIÇOS SOCIAIS MONTEPIO 7	12º M-SEN	1	1151	BRUNO DUQUE	00:12:10.05	00:12:10.05
				2	1151	BRUNO DUQUE	00:12:40.37	00:24:50.42
				3	1152	FÁBIO DIAS	00:12:03.70	00:36:54.12
				4	1153	JOSÉ GUERREIRO	00:13:44.91	00:50:39.03
				5	TODOS	SERVIÇOS SOCIAIS MONTEPIO 7	00:14:15.36	01:04:54.39
26	38	COSTINHAS	13º M-SEN	1	381	RUI COSTA	00:11:55.59	00:11:55.59
				2	381	RUI COSTA	00:12:17.57	00:24:13.16

				3	382	SEBASTIÃO COSTA	00:12:23.72	00:36:36.88
				4	383	PAULO COSTA	00:13:54.82	00:50:31.70
				5	TODOS	COSTINHAS	00:14:31.18	01:05:02.88
27	13	A NATUREZA ENSINA 3	3º X-VET	1	131	MARCO FATELO	00:11:37.74	00:11:37.74
				2	131	MARCO FATELO	00:11:38.02	00:23:15.76
				3	132	ANTONIO NASCIMENTO	00:14:23.05	00:37:38.81
				4	133	ANTÓNIA JORDÃO	00:13:31.65	00:51:10.46
				5	TODOS	A NATUREZA ENSINA 3	00:14:20.19	01:05:30.65
28	144	COL EQUIPA MAS 3	9º M-VET	1	1441	JORGE MANUEL FREITAS	00:12:26.21	00:12:26.21
				2	1441	JORGE MANUEL FREITAS	00:13:31.21	00:25:57.42
				3	1442	JOSÉ CARLOS SERRA	00:13:30.09	00:39:27.51
				4	1443	LUIS GOUVEIA NOVO	00:12:31.08	00:51:58.59
				5	TODOS	COL EQUIPA MAS 3	00:13:35.53	01:05:34.12
29	59	GROWIN	1º X-JUN	1	591	PEDRO NUNES	00:12:00.60	00:12:00.60
				2	591	PEDRO NUNES	00:11:46.79	00:23:47.39
				3	592	JOANA MENDES	00:14:39.24	00:38:26.63
				4	593	MILENE SANTOS	00:12:30.10	00:50:56.73
				5	TODOS	GROWIN	00:14:41.15	01:05:37.88
30	145	COL EQUIPA MAS 4	14º M- SEN	1	1451	RICARDO CAMEIRA SANTOS	00:12:38.08	00:12:38.08
				2	1451	RICARDO CAMEIRA SANTOS	00:13:33.86	00:26:11.94
				3	1452	JOÃO MANUEL AFONSO	00:13:47.83	00:39:59.77
				4	1453	GONÇALO MEXIA SOUSA	00:11:54.23	00:51:54.00
				5	TODOS	COL EQUIPA MAS 4	00:14:11.24	01:06:05.24
31	106	RUN AND SMILE	4º X-VET	1	1061	LUIS VITORINO	00:11:44.97	00:11:44.97
				2	1061	LUIS VITORINO	00:12:14.44	00:23:59.41
				3	1062	MANUEL VICTORINO	00:13:51.51	00:37:50.92
				4	1063	CARMEN HENRIQUES	00:14:08.16	00:51:59.08
				5	TODOS	RUN AND SMILE	00:14:38.75	01:06:37.83
32	147	COL EQUIPA MISTA	3º X-SEN	1	1471	DÁRIO PALMA	00:11:01.85	00:11:01.85
				2	1471	DÁRIO PALMA	00:11:45.41	00:22:47.26
				3	1472	FERNANDA MARQUES SANTINHA	00:13:03.28	00:35:50.54

			4	1473	ANA PIPIO	00:15:26.35	00:51:16.89
			5	TODOS	COL EQUIPA MISTA	00:15:38.99	01:06:55.88
33	107	RUN FOR FRIENDS - VRA BROS.	4º X-SEN	1	1071 BRUNO AMARO	00:11:43.19	00:11:43.19
				2	1071 BRUNO AMARO	00:12:00.25	00:23:43.44
				3	1072 CATARINA AMARO	00:14:51.72	00:38:35.16
				4	1073 MARGARIDA AMARO	00:13:03.37	00:51:38.53
				5	TODOS RUN FOR FRIENDS - VRA BROS.	00:15:38.41	01:07:16.94
34	70	MARINHAI	2º M-JUN	1	701 SERGIO SIMOES	00:12:39.98	00:12:39.98
				2	701 SERGIO SIMOES	00:13:58.97	00:26:38.95
				3	702 SERGIO NEVES	00:13:58.91	00:40:37.86
				4	703 RUI NEVES	00:12:24.45	00:53:02.31
				5	TODOS MARINHAI	00:14:20.42	01:07:22.73
35	64	LEBRE 3	5º X-VET	1	641 EDMILSON SANTOS	00:12:11.03	00:12:11.03
				2	641 EDMILSON SANTOS	00:12:38.79	00:24:49.82
				3	642 EUGÉNIA RIBEIRO	00:15:20.49	00:40:10.31
				4	643 JOÃO NARRA	00:11:40.78	00:51:51.09
				5	TODOS LEBRE 3	00:15:34.68	01:07:25.77
36	50	ESTAROLAS	15º M-SEN	1	501 DAVID NASCIMENTO	00:13:24.58	00:13:24.58
				2	501 DAVID NASCIMENTO	00:14:09.27	00:27:33.85
				3	502 CARLOS RAMOS	00:13:00.98	00:40:34.83
				4	503 PEDRO SERRA	00:13:22.11	00:53:56.94
				5	TODOS ESTAROLAS	00:13:29.04	01:07:25.98
37	47	EQUIPA DOS VICENTES	16º M-SEN	1	471 HRISTIYA STEFANOV	00:12:12.81	00:12:12.81
				2	471 HRISTIYA STEFANOV	00:13:07.49	00:25:20.30
				3	472 GONÇALO DUARTE	00:13:49.25	00:39:09.55
				4	473 ANTÓNIO SANTOS	00:14:15.96	00:53:25.51
				5	TODOS EQUIPA DOS VICENTES	00:14:46.73	01:08:12.24
38	22	ADCR PJ	6º X-VET	1	221 PAULO GUERRA	00:13:57.51	00:13:57.51
				2	221 PAULO GUERRA	00:14:00.45	00:27:57.96
				3	222 ISABEL RODRIGUES	00:13:32.48	00:41:30.44
				4	223 JOSÉ BOUCEIRO	00:12:48.22	00:54:18.66
				5	TODOS ADCR PJ	00:13:55.51	01:08:14.17
39	93	PASTOR RACING	3º M-JUN	1	931 JOÃO PASTOR	00:12:00.21	00:12:00.21

			2	931	JOÃO PASTOR	00:12:09.39	00:24:09.60	
			3	932	HENRIQUE PASTOR	00:13:58.49	00:38:08.09	
			4	933	ALEXANDRE PASTOR	00:14:28.83	00:52:36.92	
			5	TODOS	PASTOR RACING	00:15:46.65	01:08:23.57	
40	116	SERVIÇOS SOCIAIS MONTEPIO 8	4º M-JUN	1	1161	PAULO SANTOS	00:12:28.00	00:12:28.00
				2	1161	PAULO SANTOS	00:13:12.78	00:25:40.78
				3	1162	EURICO LOUREIRO	00:13:39.36	00:39:20.14
				4	1163	DANIEL FARINHA	00:14:05.04	00:53:25.18
				5	TODOS	SERVIÇOS SOCIAIS MONTEPIO 8	00:15:02.22	01:08:27.40
41	108	SEAWOLVES	5º X-SEN	1	1081	HUGO FAVINHA	00:13:09.89	00:13:09.89
				2	1081	HUGO FAVINHA	00:13:47.36	00:26:57.25
				3	1082	JOÃO MARREIROS	00:13:39.08	00:40:36.33
				4	1083	SERGIO MACHADO	00:13:33.80	00:54:10.13
				5	TODOS	SEAWOLVES	00:14:26.63	01:08:36.76
42	54	FLASH RUNNERS	17º M-SEN	1	541	MÁRIO PIMENTA	00:12:25.28	00:12:25.28
				2	541	MÁRIO PIMENTA	00:12:33.88	00:24:59.16
				3	542	PEDRO MENDONÇA	00:13:14.58	00:38:13.74
				4	543	PAULO DINIS	00:14:40.17	00:52:53.91
				5	TODOS	FLASH RUNNERS	00:15:46.83	01:08:40.74
43	122	SUBTIL 3D EXTREME	18º M-SEN	1	1221	PEDRO CORREIA	00:12:48.29	00:12:48.29
				2	1221	PEDRO CORREIA	00:13:44.19	00:26:32.48
				3	1222	RUI RODRIGUES	00:14:34.75	00:41:07.23
				4	1223	RICARDO ANACLETO	00:12:33.96	00:53:41.19
				5	TODOS	SUBTIL 3D EXTREME	00:15:03.38	01:08:44.57
44	36	CORREDORES	19º M-SEN	1	361	NUNO ANTÓNIO	00:13:29.47	00:13:29.47
				2	361	NUNO ANTÓNIO	00:13:14.68	00:26:44.15
				3	362	LUÍS NUNES	00:13:56.02	00:40:40.17
				4	363	LUÍS SOUSA	00:13:47.83	00:54:28.00
				5	TODOS	CORREDORES	00:14:26.69	01:08:54.69
45	132	ATLETICO VIA RARA ATLÉTICO VIA RARA	10º M-VET 10º M-VET	4	1323	DIAMANTINO MANUEL GAMITO	00:12:28.60	00:53:50.97
				1	1321	CARLOS VIDAIS	00:12:50.80	00:12:50.80
				2	1321	CARLOS VIDAIS	00:13:48.54	00:26:39.34
				3	1322	CARLOS CORREIA	00:14:43.03	00:41:22.37
				5	TODOS	ATLÉTICO VIA RARA	00:15:07.17	01:08:58.14

46	72	MARRIOTT LISBOA 2	11º M-VET	1	721	VITOR MONTEIRO	00:13:26.73	00:13:26.73	
				2	721	VITOR MONTEIRO	00:13:34.04	00:27:00.77	
				3	722	RUI GASPAR	00:14:18.82	00:41:19.59	
				4	723	SERGIO MORAIS	00:12:49.84	00:54:09.43	
				5	TODOS	MARRIOTT LISBOA 2	00:14:52.51	01:09:01.94	
47	6	A MINHA CORRIDA/MY PROTEIN 2	6º X-SEN	1	61	CARLOS LOPES	00:13:01.87	00:13:01.87	
				2	61	CARLOS LOPES	00:13:08.06	00:26:09.93	
				5	TODOS	A MINHA CORRIDA/MY PROTEIN 2	00:14:53.18	01:09:02.37	
				6º X-VET	3	62	TINA OLIVEIRA	00:14:51.71	00:41:01.64
				4	63	JOSE AMARO	00:13:07.55	00:54:09.19	
48	18	A NATUREZA ENSINA 8	2º X-JUN	1	181	JOSÉ NUNES	00:11:37.57	00:11:37.57	
				2	181	JOSÉ NUNES	00:11:53.24	00:23:30.81	
				3	182	RICARDO LOBO	00:11:59.99	00:35:30.80	
				4	183	RITA FACHADAS	00:16:42.98	00:52:13.78	
				5	TODOS	A NATUREZA ENSINA 8	00:16:56.05	01:09:09.83	
49	120	SPORTING CLUBE DE CASAINHOS 3	7º X-SEN	1	1201	FÁBIO PEREIRA	00:12:22.96	00:12:22.96	
				2	1201	FÁBIO PEREIRA	00:12:50.59	00:25:13.55	
				3	1202	VANDA FERREIRA	00:15:27.79	00:40:41.34	
				4	1203	CARLOS BAPTISTA	00:12:50.28	00:53:31.62	
				5	TODOS	SPORTING CLUBE DE CASAINHOS 3	00:15:43.00	01:09:14.62	
50	134	RUN FOR LUNCH	20º M- SEN	1	1341	JOSÉ AMARO	00:12:46.54	00:12:46.54	
				2	1341	JOSÉ AMARO	00:13:17.08	00:26:03.62	
				3	1342	LÚIS CARLOS	00:14:32.29	00:40:35.91	
				4	1343	JOSÉ CRUZ	00:13:41.30	00:54:17.21	
				5	TODOS	RUN FOR LUNCH	00:15:06.63	01:09:23.84	
51	112	SERVIÇOS SOCIAIS MONTEPIO 4	12º M-VET	1	1121	JORGE COSTA	00:13:47.88	00:13:47.88	
				2	1121	JORGE COSTA	00:14:02.00	00:27:49.88	
				3	1122	PEDRO BOTO	00:12:59.33	00:40:49.21	
				4	1123	NUNO SANTOS	00:14:05.79	00:54:55.00	
				5	TODOS	SERVIÇOS SOCIAIS MONTEPIO 4	00:14:30.98	01:09:25.98	
52	111	SERVIÇOS SOCIAIS MONTEPIO 3	7º X-VET	1	1111	ANTÓNIO FRANCO	00:13:30.02	00:13:30.02	

				2	1111	ANTÓNIO FRANCO	00:14:19.13	00:27:49.15
				3	1112	PAULO PEREIRA	00:15:47.30	00:43:36.45
				4	1113	TERESA CARDOSO	00:11:18.56	00:54:55.01
				5	TODOS	SERVIÇOS SOCIAIS MONTEPIO 3	00:14:31.11	01:09:26.12
53	10	A NATUREZA ENSINA 12	13º M-VET	1	101	JOSÉ MORAIS	00:12:13.77	00:12:13.77
				2	101	JOSÉ MORAIS	00:12:53.83	00:25:07.60
				3	102	JOÃO DIAS	00:14:40.06	00:39:47.66
				4	103	CARLOS MARINHO	00:14:50.16	00:54:37.82
				5	TODOS	A NATUREZA ENSINA 12	00:14:53.90	01:09:31.72
54	151	NA PIRISCA	1º F-JUN	1	1511	RITA RIBEIRO	00:13:05.35	00:13:05.35
				2	1511	RITA RIBEIRO	00:13:26.87	00:26:32.22
				3	1512	SUSANA AMORIM	00:14:32.83	00:41:05.05
				4	1513	LÚISA NOGUEIRA	00:14:05.00	00:55:10.05
				5	TODOS	NA PIRISCA	00:14:30.06	01:09:40.11
55	14	A NATUREZA ENSINA 4	8º X-VET	1	141	DAVID ROSA	00:12:13.59	00:12:13.59
				2	141	DAVID ROSA	00:12:56.46	00:25:10.05
				3	142	JOÃO ABRANTES	00:12:48.60	00:37:58.65
				4	143	LISA SANTOS	00:15:48.59	00:53:47.24
				5	TODOS	A NATUREZA ENSINA 4	00:16:04.92	01:09:52.16
56	137	COL EQUIPA FEM 1	2º F-JUN	1	1371	EVA JOANA DOMINGOS ALVES	00:12:38.81	00:12:38.81
				2	1371	EVA JOANA DOMINGOS ALVES	00:12:42.48	00:25:21.29
				3	1372	RITA SOUSA MONTEIRO	00:13:55.69	00:39:16.98
				4	1373	MARIA SOUSA MAÇANITA	00:15:14.36	00:54:31.34
				5	TODOS	COL EQUIPA FEM 1	00:15:34.60	01:10:05.94
57	146	COL EQUIPA MAS 5	14º M-VET	1	1461	LUIS FILIPE VALENTE	00:11:59.55	00:11:59.55
				2	1461	LUIS FILIPE VALENTE	00:12:46.87	00:24:46.42
				3	1462	JORGE MANUEL CARREIRAS	00:14:29.27	00:39:15.69
				4	1463	CARLOS BARATA CORREIA	00:16:00.80	00:55:16.49
				5	TODOS	COL EQUIPA MAS 5	00:15:54.35	01:11:10.84
58	90	OS COXOS	21º M- SEN	1	901	CARLOS PEREIRA	00:13:33.49	00:13:33.49

			2	901	CARLOS PEREIRA	00:14:02.31	00:27:35.80	
			3	902	RUI DUARTE	00:14:32.16	00:42:07.96	
			4	903	MARIANO RITA	00:13:52.83	00:56:00.79	
			5	TODOS	OS COXOS	00:15:13.89	01:11:14.68	
59	71	MARRIOTT LISBOA 1	15º M-VET	1	711	FERNANDO TAVARES	00:12:15.49	00:12:15.49
				2	711	FERNANDO TAVARES	00:12:41.85	00:24:57.34
				3	712	ANTONIO ALVES	00:15:36.30	00:40:33.64
				4	713	ELMAR DERKITSCH	00:13:37.15	00:54:10.79
				5	TODOS	MARRIOTT LISBOA 1	00:17:06.15	01:11:16.94
60	95	PESQUITO TEAM	9º X-VET	1	951	RUI DUARTE	00:13:02.91	00:13:02.91
				2	951	RUI DUARTE	00:13:53.68	00:26:56.59
				3	952	MARIA LEMOS	00:15:27.37	00:42:23.96
				4	953	PEDRO REBELO	00:13:16.29	00:55:40.25
				5	TODOS	PESQUITO TEAM	00:15:39.38	01:11:19.63
61	133	LINK 1	10º M-SEN	1	1331	FERNANDO FARIA	00:14:03.05	00:14:03.05
				2	1331	FERNANDO FARIA	00:14:49.84	00:28:52.89
				3	1332	RAFAEL LOPES	00:12:59.18	00:41:52.07
				4	1333	CARLOS PALMA	00:14:39.44	00:56:31.51
			10º X-VET	5	TODOS	LINK 1	00:14:50.18	01:11:21.69
62	123	TEAM MONIZ	8º X-SEN	1	1231	DIOGO PEREIRA	00:12:46.01	00:12:46.01
				2	1231	DIOGO PEREIRA	00:13:20.04	00:26:06.05
				3	1232	ANAIS MONIZ	00:15:49.10	00:41:55.15
				4	1233	MARIA LUCIO	00:13:06.44	00:55:01.59
				5	TODOS	TEAM MONIZ	00:16:24.33	01:11:25.92
63	91	OS TONYS	22º M-SEN	1	911	PEDRO COELHO	00:13:28.54	00:13:28.54
				2	911	PEDRO COELHO	00:14:16.19	00:27:44.73
				3	912	PEDRO JORGE	00:13:41.23	00:41:25.96
				4	913	BRUNO BATISTA	00:14:54.96	00:56:20.92
				5	TODOS	OS TONYS	00:15:15.29	01:11:36.21
64	77	MEOS	23º M-SEN	1	771	ANTÓNIO CARRETO	00:13:05.43	00:13:05.43
				2	771	ANTÓNIO CARRETO	00:13:39.73	00:26:45.16
				3	772	GONÇALO QUELHAS	00:14:07.68	00:40:52.84
				4	773	BRUNO ROMÃO	00:14:39.11	00:55:31.95
				5	TODOS	MEOS	00:16:16.58	01:11:48.53

65	150	CARICA	9º X-SEN	1	1501	CARLOS SANTOS	00:14:37.93	00:14:37.93
				2	1501	CARLOS SANTOS	00:15:08.01	00:29:45.94
				3	1502	CARLOS GOMES	00:13:11.04	00:42:56.98
				4	1503	RITA SANTOS	00:13:35.81	00:56:32.79
				5	TODOS	CARICA	00:15:22.64	01:11:55.43
66	39	DAR CORDA AOS SAPATOS	24º M-SEN	1	391	PEDRO MARQUES	00:14:19.64	00:14:19.64
				2	391	PEDRO MARQUES	00:14:21.32	00:28:40.96
				3	392	LUIS BRUNHETA	00:14:40.07	00:43:21.03
				4	393	ACACIO BARATA	00:13:39.16	00:57:00.19
				5	TODOS	DAR CORDA AOS SAPATOS	00:15:17.59	01:12:17.78
67	34	CLUBE RATO CEGO	5º M-JUN	1	341	CLÁUDIO CANAVILHAS	00:12:09.96	00:12:09.96
				2	341	CLÁUDIO CANAVILHAS	00:12:30.53	00:24:40.49
				3	342	HUGO SILVA	00:15:49.86	00:40:30.35
				4	343	DIOGO MADEIRA	00:14:40.70	00:55:11.05
				5	TODOS	CLUBE RATO CEGO	00:17:20.79	01:12:31.84
68	149	NAV RUNNERS BDT	11º X-VET	1	1491	PEDRO PINEL	00:13:02.60	00:13:02.60
				2	1491	PEDRO PINEL	00:13:23.99	00:26:26.59
				3	1492	ANA MARQUES	00:15:30.08	00:41:56.67
				4	1493	JOSÉ MACHADO	00:14:39.02	00:56:35.69
				5	TODOS	NAV RUNNERS BDT	00:16:12.52	01:12:48.21
69	16	A NATUREZA ENSINA 6	12º X-SEN	1	161	PEDRO ANTUNES	00:12:42.93	00:12:42.93
				2	161	PEDRO ANTUNES	00:13:42.29	00:26:25.22
				3	162	JOSE GRACA	00:13:41.81	00:40:07.03
				4	163	SOFIA PINHEIRO	00:16:35.54	00:56:42.57
				12º X-VET	5	TODOS	A NATUREZA ENSINA 6	00:16:07.36
70	60	GUESS WHAT RUNNING TEAM	10º X-SEN	1	601	GONÇALO LAGOS	00:12:33.49	00:12:33.49
				2	601	GONÇALO LAGOS	00:13:33.41	00:26:06.90
				3	602	VANESSA ROLIM	00:16:08.24	00:42:15.14
				4	603	JORGE AZEVEDO	00:14:32.80	00:56:47.94
				5	TODOS	GUESS WHAT RUNNING TEAM	00:16:19.21	01:13:07.15
71	158	RUN FOR FRIENDS	6º M-JUN	1	1581	CARLOS AMARO	00:14:06.25	00:14:06.25
				2	1581	CARLOS AMARO	00:14:28.95	00:28:35.20

			3	1582	RICARDO GOMES	00:14:27.84	00:43:03.04	
			4	1583	MARCO FERNANDES	00:14:22.94	00:57:25.98	
			5	TODOS	RUN FOR FRIENDS	00:15:51.39	01:13:17.37	
72	8	A NATUREZA ENSINA 10	13º X-VET	1	81	PAULO FOLGADO	00:13:10.30	00:13:10.30
				2	81	PAULO FOLGADO	00:14:18.24	00:27:28.54
				3	82	VIRGÍLIO OLIVEIRA	00:15:42.24	00:43:10.78
				4	83	LINDALVA SILVA	00:14:26.34	00:57:37.12
			5	TODOS	A NATUREZA ENSINA 10	00:15:44.38	01:13:21.50	
73	33	CASEBRE	11º X-SEN	1	331	CEDRIC MONTEIRO	00:13:25.00	00:13:25.00
				2	331	CEDRIC MONTEIRO	00:13:20.12	00:26:45.12
				3	332	PAULO MARTINS	00:15:21.33	00:42:06.45
				4	333	CHRISTIANE MONTEIRO	00:15:07.72	00:57:14.17
			5	TODOS	CASEBRE	00:16:08.88	01:13:23.05	
74	51	ESTORIS	14º X-VET	1	511	MARIANA GRACA	00:14:17.95	00:14:17.95
				2	511	MARIANA GRACA	00:15:04.10	00:29:22.05
				3	512	JOSÉ CORREIA	00:15:13.14	00:44:35.19
				4	513	ANTONIO MARQUES	00:13:38.35	00:58:13.54
			5	TODOS	ESTORIS	00:15:17.66	01:13:31.20	
75	37	CORREDORES DA ADEGA	25º M-SEN	1	371	HUGO MARREIROS	00:13:35.13	00:13:35.13
				2	371	HUGO MARREIROS	00:14:11.85	00:27:46.98
				3	372	IGOR BATISTA	00:15:05.17	00:42:52.15
				4	373	LUIS BATISTA	00:14:48.08	00:57:40.23
			5	TODOS	CORREDORES DA ADEGA	00:15:53.39	01:13:33.62	
76	100	QUARENTOES NA BISGA 3	16º M-VET	1	1001	JORGE ESTEVES	00:13:10.39	00:13:10.39
				2	1001	JORGE ESTEVES	00:13:46.74	00:26:57.13
				3	1002	RICARDO FIGUEIREDO	00:15:32.73	00:42:29.86
				4	1003	PAULO CARVALHO	00:14:45.76	00:57:15.62
			5	TODOS	QUARENTOES NA BISGA 3	00:16:34.32	01:13:49.94	
77	21	ACADEMIA DO KORPO FEM	3º F-JUN	1	211	ANA LEONOR	00:13:10.99	00:13:10.99
				2	211	ANA LEONOR	00:14:00.19	00:27:11.18
				3	212	ANA JORGE	00:14:32.85	00:41:44.03
				4	213	CARINA ARAÚJO	00:15:54.30	00:57:38.33

			5	TODOS	ACADEMIA DO KORPO FEM	00:16:24.82	01:14:03.15
78	31	CARACÓIS TURBINADOS	12º X-SEN	1	311 MONICA MARTINS	00:14:10.51	00:14:10.51
			2	311 MONICA MARTINS	00:14:57.26	00:29:07.77	
			3	312 PEDRO BATISTA	00:14:50.42	00:43:58.19	
			4	313 TIAGO CATALAO	00:14:15.47	00:58:13.66	
			5	TODOS	CARACÓIS TURBINADOS	00:16:08.52	01:14:22.18
79	130	ANSELMINHO RUNNERS 1	13º X-SEN	1	1301 NUNO ALMEIDA	00:11:45.49	00:11:45.49
			2	1301 NUNO ALMEIDA	00:11:56.67	00:23:42.16	
			3	1302 DIANA TÁVORA	00:16:13.49	00:39:55.65	
			4	1303 SUSANA MARIA	00:16:58.96	00:56:54.61	
			5	TODOS	ANSELMINHO RUNNERS 1	00:17:54.48	01:14:49.09
80	28	C.D AMIGOS DE PACO NASSA (.) (.)	7º M-JUN	1	281 JORGE SANTANA	00:12:11.86	00:12:11.86
			2	281 JORGE SANTANA	00:13:24.80	00:25:36.66	
			3	282 BRUNO FERNANDES	00:16:07.77	00:41:44.43	
			5	TODOS	C.D AMIGOS DE PACO NASSA (.) (.)	00:18:08.35	01:15:04.30
		C.D. AMIGOS DE PACO NASSA (.) (.)	7º M-JUN	4	283 NICOLAS TEIXEIRA	00:15:11.52	00:56:55.95
81	4	À LUIS XV	26º M-SEN	1	41 FERNANDO FARIA	00:14:40.53	00:14:40.53
			2	41 FERNANDO FARIA	00:15:05.68	00:29:46.21	
			3	42 MANUEL BARRENTO	00:14:21.31	00:44:07.52	
			4	43 MARIO MARTINHO	00:14:50.69	00:58:58.21	
			5	TODOS	À LUIS XV	00:16:25.85	01:15:24.06
82	41	DESERT SNAILS	14º X-SEN	1	411 NUNO VICENTE	00:13:20.12	00:13:20.12
			2	411 NUNO VICENTE	00:14:40.03	00:28:00.15	
			3	412 RUI MONTEIRO	00:15:31.94	00:43:32.09	
			4	413 ALKETA NANO	00:15:43.92	00:59:16.01	
			5	TODOS	DESERT SNAILS	00:16:16.19	01:15:32.20
83	55	FUTEBOL CLUBE ESTRELAS LISBOA	15º X-SEN	1	551 LUIS RAMOS	00:13:02.09	00:13:02.09
			2	551 LUIS RAMOS	00:13:29.79	00:26:31.88	
			3	552 GISELA CARVALHO	00:16:12.08	00:42:43.96	
			4	553 PEDRO COELHO	00:15:27.89	00:58:11.85	
			5	TODOS	FUTEBOL CLUBE ESTRELAS LISBOA	00:17:22.38	01:15:34.23

84	113	SERVIÇOS SOCIAIS MONTEPIO 5	16º X-SEN	1	1131	RICARDO DIAS	00:13:43.88	00:13:43.88
				2	1131	RICARDO DIAS	00:14:44.12	00:28:28.00
				3	1132	RUTE MORNA	00:16:15.56	00:44:43.56
				4	1133	JORGE SOUSA	00:14:45.41	00:59:28.97
				5	TODOS	SERVIÇOS SOCIAIS MONTEPIO 5	00:16:15.89	01:15:44.86
				85	30	CABACEIRA SPORTS & RUN	27º M-SEN	1
				2	301	LEONARDO CABACEIRA	00:12:41.29	00:24:31.41
				3	302	JOSÉ JÚLIO CABACEIRA	00:17:34.29	00:42:05.70
				4	303	HERMINIO CABACEIRA	00:15:50.98	00:57:56.68
				5	TODOS	CABACEIRA SPORTS & RUN	00:17:58.49	01:15:55.17
86	96	PISA-CARACÓIS	17º X-SEN	1	961	MILSON AMADO	00:12:46.32	00:12:46.32
				2	961	MILSON AMADO	00:13:49.60	00:26:35.92
				3	962	LIGIA SANCHES	00:17:03.73	00:43:39.65
				4	963	RUI FERREIRA	00:15:32.35	00:59:12.00
				5	TODOS	PISA-CARACÓIS	00:16:51.22	01:16:03.22
87	27	C. D. AMIGOS DE PACO NASSA 1	8º M-JUN	1	271	BRUNO FERREIRA	00:13:31.05	00:13:31.05
				2	271	BRUNO FERREIRA	00:14:53.07	00:28:24.12
				3	272	RÚBEN PAGAIME	00:15:16.67	00:43:40.79
				4	273	ANDRÉ PIRES	00:15:11.73	00:58:52.52
				5	TODOS	C. D. AMIGOS DE PACO NASSA 1	00:17:12.80	01:16:05.32
88	86	O BOM, O MAU E O FEIO	18º X-SEN	1	861	JOÃO SALVADO MELO	00:13:24.85	00:13:24.85
				2	861	JOÃO SALVADO MELO	00:13:38.00	00:27:02.85
				3	862	ALEXANDRA CRUZ	00:17:45.95	00:44:48.80
				4	863	NELSON SILVA	00:13:40.54	00:58:29.34
				5	TODOS	O BOM, O MAU E O FEIO	00:18:03.90	01:16:33.24
89	121	SPORTING CLUBE DE CASAINHOS 4	3º X-JUN	1	1211	LUIS ISIDORO	00:13:20.00	00:13:20.00
				2	1211	LUIS ISIDORO	00:14:08.69	00:27:28.69
				3	1212	JOÃO FARINHA	00:14:59.37	00:42:28.06
				4	1213	ANA MARTA BAPTISTA	00:16:58.64	00:59:26.70
				5	TODOS	SPORTING CLUBE DE CASAINHOS 4	00:17:15.31	01:16:42.01

90	88	OPTICALIA RUNNING TEAM	19º X-SEN	1	881	ELISABETH SANTOS	00:14:59.58	00:14:59.58
				2	881	ELISABETH SANTOS	00:15:39.40	00:30:38.98
				3	882	PEDRO VIEIRA	00:15:38.50	00:46:17.48
				4	883	HENRIQUE MAGALHÃES COELHO	00:14:15.22	01:00:32.70
				5	TODOS	OPTICALIA RUNNING TEAM	00:16:17.41	01:16:50.11
91	143	AA'S	4º X-JUN	1	1431	GONÇALO CARDOSO	00:13:46.85	00:13:46.85
				2	1431	GONÇALO CARDOSO	00:13:49.78	00:27:36.63
				3	1432	TÂNIA CHAVES	00:15:38.90	00:43:15.53
				4	1433	SANDRA CHAVES	00:16:29.47	00:59:45.00
				5	TODOS	AA'S	00:17:41.97	01:17:26.97
92	99	QUARENTOES NA BISGA 2	17º M-VET	1	991	RUI SALVADO	00:13:44.00	00:13:44.00
				2	991	RUI SALVADO	00:13:52.97	00:27:36.97
				3	992	LUIS COSTA	00:17:22.09	00:44:59.06
				4	993	SERGIO BERNARDO	00:14:24.80	00:59:23.86
				5	TODOS	QUARENTOES NA BISGA 2	00:18:43.60	01:18:07.46
93	69	LOS DIRETORES	28º M- SEN	1	691	RICARDO DASSILVA	00:11:46.17	00:11:46.17
				2	691	RICARDO DASSILVA	00:12:19.84	00:24:06.01
				3	692	PAULO MARQUES	00:17:50.91	00:41:56.92
				4	693	RICARDO CASACA	00:16:59.49	00:58:56.41
				5	TODOS	LOS DIRETORES	00:19:21.61	01:18:18.02
94	94	PÉS DE ATLETA	15º X-VET	1	941	ANA CHAGAS	00:15:40.79	00:15:40.79
				2	941	ANA CHAGAS	00:16:05.84	00:31:46.63
				3	942	JORGE CRUZ	00:15:18.23	00:47:04.86
				4	943	PAULO NUNES	00:15:14.99	01:02:19.85
				5	TODOS	PÉS DE ATLETA	00:16:23.85	01:18:43.70
95	80	NAV - TTA TEAM	16º X-VET	1	801	TIAGO CAETANO	00:13:53.45	00:13:53.45
				2	801	TIAGO CAETANO	00:14:41.15	00:28:34.60
				3	802	CONCEIÇÃO SEBASTIÃO	00:16:57.02	00:45:31.62
				4	803	RUI MENDES	00:15:34.63	01:01:06.25
				5	TODOS	NAV - TTA TEAM	00:17:48.23	01:18:54.48
96	58	GROUNDFORCE RUNNERS ELITE	20º X-SEN	1	581	JOANA CRAVEIRO	00:15:40.46	00:15:40.46

				2	581	JOANA CRAVEIRO	00:17:14.83	00:32:55.29
				3	582	TERESA SEPULVEDA	00:14:52.94	00:47:48.23
				4	583	FERNANDO FALEIRO	00:14:24.23	01:02:12.46
				5	TODOS	GROUNDFORCE RUNNERS ELITE	00:16:53.45	01:19:05.91
97	160	WIKA GIRLS	1º F-SEN	1	1601	NATALIA GUILHERME	00:14:50.24	00:14:50.24
				2	1601	NATALIA GUILHERME	00:14:33.01	00:29:23.25
				3	1602	PAULA GONCALVES	00:15:57.41	00:45:20.66
				4	1603	SÓNIA ARRUDA	00:16:25.82	01:01:46.48
				5	TODOS	WIKA GIRLS	00:17:24.65	01:19:11.13
98	110	SERVIÇOS SOCIAIS MONTEPIO 2	18º M-VET	1	1101	NUNO RODRIGUES	00:14:19.00	00:14:19.00
				2	1101	NUNO RODRIGUES	00:15:02.24	00:29:21.24
				3	1102	LUIS FARINHA	00:16:32.40	00:45:53.64
				4	1103	PAULO RAINHO	00:15:45.08	01:01:38.72
				5	TODOS	SERVIÇOS SOCIAIS MONTEPIO 2	00:17:39.76	01:19:18.48
99	87	ONH	19º M-VET	1	871	OCTAVIO FERRO	00:15:18.86	00:15:18.86
				2	871	OCTAVIO FERRO	00:16:48.85	00:32:07.71
				3	872	NUNO AGUILEIRA	00:15:58.44	00:48:06.15
				4	873	HELDER PARREIRA	00:14:56.16	01:03:02.31
				5	TODOS	ONH	00:16:25.23	01:19:27.54
100	102	REIS GODOS	21º X-SEN	1	1021	CARLOS MENDES	00:14:06.52	00:14:06.52
				2	1021	CARLOS MENDES	00:15:01.60	00:29:08.12
				3	1022	BELISA JOÃO	00:15:56.95	00:45:05.07
				4	1023	INES PAIS	00:17:17.27	01:02:22.34
				5	TODOS	REIS GODOS	00:17:10.53	01:19:32.87
101	15	A NATUREZA ENSINA 5	2º F-SEN	1	151	FILIPA BERNARDES	00:16:02.48	00:16:02.48
				2	151	FILIPA BERNARDES	00:15:57.75	00:32:00.23
				3	152	ANGELA GOUVEIA	00:15:53.49	00:47:53.72
				4	153	FLORBELA BARROS	00:15:35.35	01:03:29.07
				5	TODOS	A NATUREZA ENSINA 5	00:16:16.54	01:19:45.61
102	68	LINK 4	9º M-JUN	1	681	JOÃO AGOSTINHO	00:15:11.44	00:15:11.44
				2	681	JOÃO AGOSTINHO	00:15:33.65	00:30:45.09
				3	682	TIAGO ALVES	00:15:30.23	00:46:15.32
				4	683	SAMUEL GOMES	00:15:56.30	01:02:11.62
				5	TODOS	LINK 4	00:17:48.60	01:20:00.22

103	75	MEGAS RAINHAS	3º F-SEN	1	751 SÓNIA RODRIGUES	00:15:02.69	00:15:02.69
				2	751 SÓNIA RODRIGUES	00:16:03.00	00:31:05.69
				3	752 MARIA SÁ	00:15:15.72	00:46:21.41
				4	753 CLÁUDIA QUIN	00:16:42.96	01:03:04.37
				5	TODOS MEGAS RAINHAS	00:17:02.82	01:20:07.19
104	65	LEÕES DA CHARNECA	20º M-VET	1	651 PAULO PADRÃO	00:17:01.84	00:17:01.84
				2	651 PAULO PADRÃO	00:17:50.22	00:34:52.06
				3	652 NUNO TEIXEIRA	00:14:38.15	00:49:30.21
				4	653 JOÃO TEIXEIRA	00:13:31.35	01:03:01.56
				5	TODOS LEÕES DA CHARNECA	00:17:21.50	01:20:23.06
105	52	ESTRELAS LISBOA	29º M-SEN	1	521 NUNO LOPES	00:13:00.82	00:13:00.82
				2	521 NUNO LOPES	00:13:30.38	00:26:31.20
				3	522 PAULO NUNES	00:17:25.54	00:43:56.74
				4	523 MAURO FERREIRA	00:16:50.54	01:00:47.28
				5	TODOS ESTRELAS LISBOA	00:19:41.25	01:20:28.53
106	81	NAV RUNNERS	17º X-VET	1	811 JOAO MONTEIRO	00:15:09.78	00:15:09.78
				2	811 JOAO MONTEIRO	00:15:32.00	00:30:41.78
				3	812 LUIS INACIO	00:15:45.84	00:46:27.62
				4	813 CARLA MIRANDA	00:16:45.61	01:03:13.23
				5	TODOS NAV RUNNERS	00:17:19.99	01:20:33.22
107	24	BADJORAS	10º M-JUN	1	241 HÉLDER BARÃO	00:14:41.23	00:14:41.23
				2	241 HÉLDER BARÃO	00:16:00.16	00:30:41.39
				3	242 PEDRO MONTEIRO	00:17:21.31	00:48:02.70
				4	243 PEDRO CRUZ	00:15:17.64	01:03:20.34
				5	TODOS BADJORAS	00:17:43.44	01:21:03.78
108	85	NÓS, OS CAMELOS	30º M-SEN	1	851 NUNO FERREIRA	00:12:51.08	00:12:51.08
				2	851 NUNO FERREIRA	00:12:39.74	00:25:30.82
				3	852 MARIO REDONDO	00:18:11.21	00:43:42.03
				4	853 PEDRO SAAVEDRA	00:17:26.92	01:01:08.95
				5	TODOS NÓS, OS CAMELOS	00:19:55.84	01:21:04.79
109	1	2 MIÚDAS E 1 TIPO	5º X-JUN	1	11 SÓNIA SOUSA	00:15:41.77	00:15:41.77
				2	11 SÓNIA SOUSA	00:15:38.67	00:31:20.44
				3	12 NADINE EUGÉNIA	00:16:44.16	00:48:04.60
				4	13 PEDRO OLIVEIRA	00:15:40.61	01:03:45.21

			5	TODOS	2 MIÚDAS E 1 TIPO	00:17:22.95	01:21:08.16
110	79	MISSÃO IMPOSSÍVEL	4º F-SEN	1	791 CRISTINA LACERDA	00:15:51.07	00:15:51.07
				2	791 CRISTINA LACERDA	00:16:48.56	00:32:39.63
				3	792 ELSA NUNES	00:16:33.50	00:49:13.13
				4	793 CÁTIA AMARO	00:15:18.61	01:04:31.74
				5	TODOS MISSÃO IMPOSSÍVEL	00:16:46.50	01:21:18.24
111	29	CA AMIGOS BELEM	21º M-VET	1	291 SÉRGIO RODRIGUES	00:14:54.93	00:14:54.93
				2	291 SÉRGIO RODRIGUES	00:15:36.90	00:30:31.83
				3	292 JOÃO P ALMEIDA	00:15:34.95	00:46:06.78
				4	293 JORGE ALMEIDA	00:17:37.04	01:03:43.82
				5	TODOS CA AMIGOS BELEM	00:17:47.23	01:21:31.05
112	138	COL EQUIPA FEM 2	5º F-SEN	1	SARA COLAÇO 1381 FERREIRA	00:15:43.10	00:15:43.10
				2	1381 SARA COLAÇO FERREIRA	00:15:41.92	00:31:25.02
				3	1382 ELISABETE COSTA	00:16:11.99	00:47:37.01
				4	1383 MARIA MADALENA CANINAS	00:16:39.68	01:04:16.69
				5	TODOS COL EQUIPA FEM 2	00:17:15.72	01:21:32.41
113	67	LINK 3	6º X-JUN	1	671 JOÃO MATEUS	00:15:12.57	00:15:12.57
				2	671 JOÃO MATEUS	00:15:31.55	00:30:44.12
				3	672 OLGA GROSSMANN	00:17:42.67	00:48:26.79
				4	673 RODRIGO CHIOLAS	00:14:24.34	01:02:51.13
				5	TODOS LINK 3	00:18:51.97	01:21:43.10
114	11	A NATUREZA ENSINA 13	22º M-SEN	1	111 RICARDO FELIX	00:13:45.46	00:13:45.46
				2	111 RICARDO FELIX	00:14:17.23	00:28:02.69
				3	112 LUIS SOUSA	00:19:02.97	00:47:05.66
				4	113 NELSON LOPES	00:14:46.77	01:01:52.43
			22º M-VET	5	TODOS A NATUREZA ENSINA 13	00:20:19.44	01:22:11.87
115	97	PREGO A FUNDO	22º X-SEN	1	971 NUNO BERTON	00:14:39.69	00:14:39.69
				2	971 NUNO BERTON	00:15:21.40	00:30:01.09
				3	972 JORGE OLIVEIRA	00:15:54.15	00:45:55.24
				4	973 TERESA FREITAS	00:16:58.16	01:02:53.40
				5	TODOS PREGO A FUNDO	00:19:27.12	01:22:20.52
116	155	TEAMSKY2	7º X-JUN	1	1551 MAFALDA BRANCO	00:16:33.23	00:16:33.23

			2	1551	MAFALDA BRANCO	00:17:07.63	00:33:40.86
			3	1552	ALEXANDRA FERREIRA	00:17:39.76	00:51:20.62
			4	1553	TIAGO CAMELO	00:13:13.57	01:04:34.19
			5	TODOS	TEAMSKY2	00:18:01.85	01:22:36.04
117	44	ENGIMIND 3	31º M-SEN				
			1	441	DAVID TALHÃO	00:14:12.04	00:14:12.04
			2	441	DAVID TALHÃO	00:15:03.94	00:29:15.98
			3	442	ANDRÉ REMEDIO	00:18:10.46	00:47:26.44
			4	443	MIGUEL MENDES	00:16:28.21	01:03:54.65
			5	TODOS	ENGIMIND 3	00:18:50.80	01:22:45.45
118	42	ENGIMIND 1	32º M-SEN				
			1	421	FRANCISCO SILVA	00:16:20.09	00:16:20.09
			2	421	FRANCISCO SILVA	00:17:06.06	00:33:26.15
			3	422	PEDRO REIS	00:17:38.88	00:51:05.03
			4	423	EDUARDO LOPES	00:14:04.64	01:05:09.67
			5	TODOS	ENGIMIND 1	00:17:38.76	01:22:48.43
119	46	EPMS RUNNERS	33º M-SEN				
			1	461	BRUNO AGOSTINHO	00:15:17.57	00:15:17.57
			2	461	BRUNO AGOSTINHO	00:16:56.29	00:32:13.86
			3	462	CARLOS FERREIRA	00:16:19.17	00:48:33.03
			4	463	FERNANDO PINA	00:16:21.68	01:04:54.71
			5	TODOS	EPMS RUNNERS	00:17:54.77	01:22:49.48
120	152	PEQUENADA FELIZ	4º F-JUN				
			1	1521	CARLA COSTA	00:15:13.42	00:15:13.42
			2	1521	CARLA COSTA	00:16:09.52	00:31:22.94
			3	1522	CATARINA SILVA	00:17:33.65	00:48:56.59
			4	1523	ADRIANA ROQUE	00:16:02.14	01:04:58.73
			5	TODOS	PEQUENADA FELIZ	00:17:55.49	01:22:54.22
121	56	GIRLS PARADE	1º F-VET				
			1	561	FERNANDA MOURA	00:15:54.94	00:15:54.94
			2	561	FERNANDA MOURA	00:16:27.09	00:32:22.03
			3	562	DINA NUNES	00:17:32.78	00:49:54.81
			4	563	ANA MARTINS	00:15:23.39	01:05:18.20
			5	TODOS	GIRLS PARADE	00:17:39.70	01:22:57.90
122	74	MATA DE BENFICA B	23º X-SEN				
			1	741	CLÁUDIA SOUSA	00:16:17.11	00:16:17.11
			2	741	CLÁUDIA SOUSA	00:16:58.57	00:33:15.68
			3	742	SARA MONTEIRO	00:16:47.81	00:50:03.49
			4	743	NUNO GUERREIRO	00:15:04.38	01:05:07.87
			5	TODOS	MATA DE BENFICA B	00:17:50.45	01:22:58.32

123	159	TEAMSKY 3	8º X-JUN	1	1591	RITA DINIS	00:15:45.02	00:15:45.02
				2	1591	RITA DINIS	00:16:36.08	00:32:21.10
				3	1592	JOANA MENDES	00:16:37.95	00:48:59.05
				4	1593	MIGUEL LOPES	00:16:21.46	01:05:20.51
				5	TODOS	TEAMSKY 3	00:17:39.10	01:22:59.61
124	49	ESQUILOS KAMIKASES	11º M-JUN	1	491	CLEBER SILVA	00:14:04.18	00:14:04.18
				2	491	CLEBER SILVA	00:17:23.10	00:31:27.28
				3	492	ANDRÉ ALVES	00:17:06.86	00:48:34.14
				4	493	BRUNO FLORES	00:15:54.47	01:04:28.61
				5	TODOS	ESQUILOS KAMIKASES	00:18:44.48	01:23:13.09
125	128	TRIO IMPROVÁVEL	24º X-SEN	1	1281	NUNO ALMEIDA	00:14:38.63	00:14:38.63
				2	1281	NUNO ALMEIDA	00:16:02.44	00:30:41.07
				3	1282	MARIA JOÃO ALVES	00:17:43.84	00:48:24.91
				4	1283	ANA ALMEIDA	00:16:38.83	01:05:03.74
				5	TODOS	TRIO IMPROVÁVEL	00:18:16.42	01:23:20.16
126	40	DE BRAÇOS ABERTOS	25º X-SEN	1	401	ALEXANDRE DÂMASO	00:14:49.30	00:14:49.30
				2	401	ALEXANDRE DÂMASO	00:16:02.75	00:30:52.05
				3	402	CLÁUDIA TEIXEIRA	00:17:37.00	00:48:29.05
				4	403	NÁDIA MIRANDA	00:16:47.34	01:05:16.39
				5	TODOS	DE BRAÇOS ABERTOS	00:18:08.65	01:23:25.04
127	109	SERVIÇOS SOCIAIS MONTEPIO	34º M-SEN	1	1091	HELDER PALMA	00:16:03.70	00:16:03.70
				2	1091	HELDER PALMA	00:16:47.90	00:32:51.60
				3	1092	RICARDO FERREIRA	00:16:54.43	00:49:46.03
				4	1093	RUI FAZENDEIRO	00:15:45.98	01:05:32.01
				5	TODOS	SERVIÇOS SOCIAIS MONTEPIO	00:17:55.64	01:23:27.65
128	78	MIDWINNERS	9º X-JUN	1	781	TÂNIA CABRITO	00:15:24.30	00:15:24.30
				2	781	TÂNIA CABRITO	00:15:29.31	00:30:53.61
				3	782	HUGO ORTIZ	00:15:51.95	00:46:45.56
				4	783	SARA GRANJO	00:17:48.52	01:04:34.08
				5	TODOS	MIDWINNERS	00:19:06.05	01:23:40.13
129	141	CARVALHO CONFRARIA	26º X-SEN	1	1411	PEDRO CONFRARIA	00:14:35.00	00:14:35.00
				2	1411	PEDRO CONFRARIA	00:15:36.95	00:30:11.95
				3	1412	INÊS CARVALHO	00:16:48.30	00:47:00.25

				4	1413	JOÃO CARVALHO	00:17:06.25	01:04:06.50
				5	TODOS	CARVALHO CONFRARIA	00:19:55.73	01:24:02.23
130	131	ANSELMINHO RUNNERS 2	27º X-SEN	1	1311	MARISA SERRA	00:16:06.23	00:16:06.23
				2	1311	MARISA SERRA	00:17:03.50	00:33:09.73
				3	1312	RITA ALVES	00:17:27.91	00:50:37.64
				4	1313	ADRIANO ZAMBUJEIRO	00:15:27.47	01:06:05.11
				5	TODOS	ANSELMINHO RUNNERS 2	00:17:59.76	01:24:04.87
131	76	MENINOS MALUQUINHOS	18º X-VET	1	761	NOÉMIA SEQUEIRA	00:14:21.43	00:14:21.43
				2	761	NOÉMIA SEQUEIRA	00:14:59.21	00:29:20.64
				3	762	TERESA SEQUEIRA	00:19:44.21	00:49:04.85
				4	763	LUÍS SEQUEIRA	00:15:14.06	01:04:18.91
				5	TODOS	MENINOS MALUQUINHOS	00:19:56.79	01:24:15.70
132	57	GROUNDFORCE RUNNERS	28º X-SEN	1	571	JOÃO CRUJO	00:14:03.22	00:14:03.22
				2	571	JOÃO CRUJO	00:15:42.22	00:29:45.44
				3	572	SOFIA CANDIDO	00:17:59.28	00:47:44.72
				4	573	MARIA JOÃO GONÇALVES	00:17:45.84	01:05:30.56
				5	TODOS	GROUNDFORCE RUNNERS	00:18:48.40	01:24:18.96
133	117	SHELBY'S	10º X-JUN	1	1171	ÁLVARO SOVERAL	00:13:34.38	00:13:34.38
				2	1171	ÁLVARO SOVERAL	00:14:36.96	00:28:11.34
				3	1172	FIONA MONTEIRO	00:16:55.29	00:45:06.63
				4	1173	NUNO MARTINS	00:17:59.41	01:03:06.04
				5	TODOS	SHELBY'S	00:21:21.09	01:24:27.13
134	19	A NATUREZA ENSINA 9	29º X-SEN	1	191	VLADIMIRO BRAVO	00:16:15.78	00:16:15.78
				2	191	VLADIMIRO BRAVO	00:17:32.11	00:33:47.89
				3	192	PEDRO HIPÓLITO	00:14:13.89	00:48:01.78
				4	193	CÁTIA SILVA	00:17:18.62	01:05:20.40
				5	TODOS	A NATUREZA ENSINA 9	00:19:08.07	01:24:28.47
135	154	TEAMSKY1	19º X-VET	1	1541	TELMO OLIVEIRA	00:15:53.58	00:15:53.58
				2	1541	TELMO OLIVEIRA	00:15:53.27	00:31:46.85
				3	1542	MADALENA PINA	00:18:10.06	00:49:56.91
				4	1543	JOAO RODRIGUES	00:16:02.39	01:05:59.30

				5	TODOS	TEAMSKY1	00:18:40.45	01:24:39.75
136	98	QUARENTOES NA BISGA	2º F-VET	1	981	VALENTINA LOPES	00:14:58.61	00:14:58.61
				2	981	VALENTINA LOPES	00:15:52.85	00:30:51.46
				3	982	PAULA NOGUEIRA	00:16:37.16	00:47:28.62
				4	983	LUISA COSTA	00:18:10.63	01:05:39.25
				5	TODOS	QUARENTOES NA BISGA	00:19:02.56	01:24:41.81
137	156	TRUEWINDERS	11º X-JUN	1	1561	EMANUEL FREITAS	00:12:02.54	00:12:02.54
				2	1561	EMANUEL FREITAS	00:12:48.49	00:24:51.03
				3	1562	ANDRÉ MAVIOSO	00:20:37.76	00:45:28.79
				4	1563	DINA NUNES	00:16:30.46	01:01:59.25
				5	TODOS	TRUEWINDERS	00:22:57.38	01:24:56.63
138	89	OS AMIGOS DE ANDREA	12º X-JUN	1	891	BRUNO MIGUEL FIALHO MATEUS	00:16:56.31	00:16:56.31
				2	891	BRUNO MIGUEL FIALHO MATEUS	00:19:23.11	00:36:19.42
				3	892	ANDREA ANTUNEZ BARRIGA	00:16:57.53	00:53:16.95
				4	893	FRAN ESPARZA GARCÍA	00:13:01.25	01:06:18.20
				5	TODOS	OS AMIGOS DE ANDREA	00:18:45.60	01:25:03.80
139	126	TRAILS & CIA.	23º M-VET	1	1261	ANTÓNIO CORREIA	00:16:20.64	00:16:20.64
				2	1261	ANTÓNIO CORREIA	00:17:28.82	00:33:49.46
				3	1262	JOSÉ SANTOS	00:16:43.78	00:50:33.24
				4	1263	RUI LIMA	00:16:03.67	01:06:36.91
				5	TODOS	TRAILS & CIA.	00:18:29.89	01:25:06.80
140	23	ASA TEAM	5º F-JUN	1	231	ADELAIDE CARDOSO	00:16:15.32	00:16:15.32
				2	231	ADELAIDE CARDOSO	00:16:34.90	00:32:50.22
				3	232	ANA CORREIA	00:17:45.48	00:50:35.70
				4	233	SILVIA PINTO	00:16:13.27	01:06:48.97
				5	TODOS	ASA TEAM	00:18:21.80	01:25:10.77
141	119	SPORTING CLUBE DE CASAINHOS 2	35º M-SEN	1	1191	DAVID CHARRINHO	00:14:20.99	00:14:20.99
				2	1191	DAVID CHARRINHO	00:14:26.24	00:28:47.23
				3	1192	ABDURAMANE SEIDI	00:20:22.59	00:49:09.82
				4	1193	CUSTÓDIO QUIBINA	00:17:06.43	01:06:16.25
				5	TODOS	SPORTING CLUBE DE CASAINHOS 2	00:20:08.23	01:26:24.48

142	125	TEAM VANESSA LEITE	6º F-SEN	1	1251	VANESSA LEITE	00:15:46.39	00:15:46.39
				2	1251	VANESSA LEITE	00:15:40.71	00:31:27.10
				3	1252	DIANA SANTOS	00:19:20.87	00:50:47.97
				4	1253	MÓNICA MATOS	00:16:36.35	01:07:24.32
				5	TODOS	TEAM VANESSA LEITE	00:19:04.22	01:26:28.54
143	2	200 PPM	20º X-VET	1	21	PAULO JERÓNIMO	00:15:46.32	00:15:46.32
				2	21	PAULO JERÓNIMO	00:16:17.04	00:32:03.36
				3	22	CRISTINA FILIPE	00:17:48.32	00:49:51.68
				4	23	MARGARIDA MONTEIRO	00:18:01.48	01:07:53.16
				5	TODOS	200 PPM	00:18:52.67	01:26:45.83
144	114	SERVIÇOS SOCIAIS MONTEPIO 6	21º X-VET	1	1141	JOÃO CATARINO	00:15:13.14	00:15:13.14
				2	1141	JOÃO CATARINO	00:17:30.59	00:32:43.73
				3	1142	PAULO ALMEIDA	00:16:31.24	00:49:14.97
				4	1143	ISABEL OLIVEIRA	00:18:53.36	01:08:08.33
				5	TODOS	SERVIÇOS SOCIAIS MONTEPIO 6	00:19:49.67	01:27:58.00
145	83	NAV RUNNERS-CGG	22º X-VET	1	831	CARLOS BICHO	00:16:05.58	00:16:05.58
				2	831	CARLOS BICHO	00:16:50.73	00:32:56.31
				3	832	HELENA LEITAO	00:18:23.62	00:51:19.93
				4	833	LUIS GOIS	00:17:55.12	01:09:15.05
				5	TODOS	NAV RUNNERS-CGG	00:19:21.55	01:28:36.60
146	142	PONTES-VARELA-FERNANDES	30º X-SEN	1	1421	ANÍBAL FERNANDES	00:14:00.96	00:14:00.96
				2	1421	ANÍBAL FERNANDES	00:14:20.95	00:28:21.91
				3	1422	ANA VARELA	00:21:45.22	00:50:07.13
				4	1423	CATARINA *PONTES	00:16:56.77	01:07:03.90
				5	TODOS	PONTES-VARELA-FERNANDES	00:22:25.04	01:29:28.94
147	66	LINK 2	13º X-JUN	1	661	PEDRO CURTO	00:14:08.45	00:14:08.45
				2	661	PEDRO CURTO	00:14:48.38	00:28:56.83
				3	662	ANA VAZ	00:21:25.69	00:50:22.52
				4	663	ALEXANDRE VICENTE	00:16:21.74	01:06:44.26
				5	TODOS	LINK 2	00:23:47.98	01:30:32.24
148	12	A NATUREZA ENSINA 2	24º M-VET	1	121	CARLOS CERQUEIRA	00:23:37.25	00:23:37.25

				2	121	CARLOS CERQUEIRA	00:11:10.83	00:34:48.08
				3	122	LUÍS ANTUNES	00:12:27.91	00:47:15.99
				4	123	NELSON DIAS	00:13:32.25	01:00:48.24
				5	TODOS	A NATUREZA ENSINA 2	00:31:27.43	01:32:15.67
149	53	FIDELIDADE	23º X-VET	1	531	SUSANA OLIVEIRA	00:17:03.03	00:17:03.03
				2	531	SUSANA OLIVEIRA	00:18:36.56	00:35:39.59
				3	532	CÉLIA BORGES	00:18:48.41	00:54:28.00
				4	533	JOSÉ OLIVEIRA	00:17:45.53	01:12:13.53
				5	TODOS	FIDELIDADE	00:20:18.55	01:32:32.08
150	92	PALMIERS RECHEADOS FOFINHOS	6º F-JUN	1	921	ANA RITA PINHEIRO VÍTOR PEREIRA	00:17:54.78	00:17:54.78
				2	921	ANA RITA PINHEIRO VÍTOR PEREIRA	00:18:37.10	00:36:31.88
				3	922	CÁTIA MAGALHÃES	00:16:05.99	00:52:37.87
				4	923	DIANA RODRIGUES	00:18:19.26	01:10:57.13
				5	TODOS	PALMIERS RECHEADOS FOFINHOS	00:21:36.44	01:32:33.57
151	43	ENGIMIND 2	7º F-JUN	1	431	ANA SILVA	00:19:34.07	00:19:34.07
				2	431	ANA SILVA	00:19:49.66	00:39:23.73
				3	432	RUTE MONTEIRO	00:17:13.97	00:56:37.70
				4	433	CATARINA RODRIGO	00:18:07.24	01:14:44.94
				5	TODOS	ENGIMIND 2	00:19:47.27	01:34:32.21
152	35	CONQUILHAS	31º X-SEN	1	351	PEDRO FERREIRA	00:15:37.13	00:15:37.13
				2	351	PEDRO FERREIRA	00:16:49.52	00:32:26.65
				3	352	BEATRIZ ALVES	00:22:15.31	00:54:41.96
				4	353	ELSA ALVES	00:18:33.98	01:13:15.94
				5	TODOS	CONQUILHAS	00:22:51.88	01:36:07.82
153	45	ENGIMIND 4	32º X-SEN	1	451	MARIA PESTANA	00:18:26.16	00:18:26.16
				2	451	MARIA PESTANA	00:18:26.69	00:36:52.85
				3	452	FILIPA SIMÕES	00:21:23.89	00:58:16.74
				4	453	PEDRO GALHARDO	00:17:37.45	01:15:54.19
				5	TODOS	ENGIMIND 4	00:21:58.94	01:37:53.13
154	135	RUN FOR LUNCH LADIES	3º F-VET	1	1351	ANA CERTAL	00:17:43.38	00:17:43.38
				2	1351	ANA CERTAL	00:17:58.00	00:35:41.38
				3	1352	CARLA ALMEIDA	00:20:46.17	00:56:27.55
				4	1353	CRISTINA MAIA	00:19:36.38	01:16:03.93



ESTAFETA
DOS REIS

7 JAN. 2018

5 TODOS RUN FOR LUNCH
LADIES 00:23:55.81 01:39:59.74