

**6 JAN
2019****ESTAFETA**  **REIS**

Class	Nr Equipa	Equipa	Sexo Eq	Idade Eq	Escalão	Posição Escalão	Dorsal	Nome	Sexo	Idade	Volta	Tempo Volta	Tempo Acumulado							
1	103	ESTORIL PRAIA	M	88	M <104	1	1031	DIOGO SILVA	M	23	1	00:09:49.57	00:09:49.57							
													1032	FILIFE MARQUES	M	33	3	00:10:02.35	00:30:07.01	
													1033	JOÃO DANIEL FERREIRA	M	32	4	00:10:15.99	00:40:23.00	
							TODOS			5	00:10:42.97	00:51:05.97								
2	29	FF PAZ MUNDIAL E UNIFICAÇÃO 1	M	116	M 105-134	1	291	PEDRO GOMES	M	41	1	00:09:58.14	00:09:58.14							
													292	JOSE TEIXEIRA	M	45	3	00:10:37.47	00:31:00.34	
													293	LÚIS CARDOSO	M	30	4	00:10:50.94	00:41:51.28	
							TODOS			5	00:11:09.26	00:53:00.54								
3	87	A NATUREZA ENSINA - 1	M	142	M >135	1	871	CARLOS ARIEIRO	M	44	1	00:10:15.98	00:10:15.98							
													872	JOSE NEVES	M	47	3	00:10:34.49	00:31:28.15	
													873	LUIS GOUVEIA	M	51	4	00:11:00.92	00:42:29.07	
							TODOS			5	00:11:00.17	00:53:29.24								
4	104	3B TRIATLO - CUA BENAVENTENSE	M	137	M >135	2	1041	JOÃO CANIÇO	M	38	1	00:10:30.51	00:10:30.51							
													1042	JORGE GONÇALVES	M	50	3	00:11:00.33	00:32:35.56	
													1043	SÉRGIO BATALHA	M	49	4	00:10:50.38	00:43:25.94	
							TODOS			5	00:11:18.00	00:54:43.94								
5	88	A NATUREZA ENSINA - 2	M	139	M >135	3	881	MARIO BOUCINHA	M	46	1	00:10:46.24	00:10:46.24							
													882	CLEBY ARAUJO	M	52	3	00:10:26.79	00:32:29.22	
													883	CARLOS CERQUEIRA	M	41	4	00:11:26.16	00:43:55.38	
							TODOS			5	00:11:17.67	00:55:13.05								
6	90	A NATUREZA ENSINA - 4	M	135	M >135	4	901	PAULO PINTO	M	45	1	00:10:54.05	00:10:54.05							
													902	JOSE FACHADAS	M	48	3	00:10:57.12	00:33:04.28	
													903	ANTONIO Mouro	M	42	4	00:11:06.14	00:44:10.42	
							TODOS			5	00:11:15.55	00:55:25.97								
7	89	A NATUREZA ENSINA - 3	M	109	M 105-134	2	891	JOAO OLIVEIRA	M	29	1	00:10:54.35	00:10:54.35							
											2	00:11:38.88	00:22:33.23							

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							892	LUIS ANTUNES	M	41	3	00:10:26.65	00:32:59.88
							893	HELDER CARMINE	M	39	4	00:10:56.95	00:43:56.83
								TODOS			5	00:11:40.73	00:55:37.56
8	76	MONTIJO RUNNERS	M	137	M >135	5	761	ANDRÉ BOIEIRO DA SILVA	M	31	1	00:10:46.04	00:10:46.04
											2	00:11:28.48	00:22:14.52
							762	NELSON PEREIRA	M	50	3	00:11:24.95	00:33:39.47
							763	JOÃO CARDOSO	M	56	4	00:11:02.72	00:44:42.19
								TODOS			5	00:11:38.51	00:56:20.70
9	54	URBAN RUN TEAM	M	144	M >135	6	541	FERNANDO ALVES	M	52	1	00:10:44.90	00:10:44.90
											2	00:11:15.84	00:22:00.74
							542	JOÃO SALGUEIRO ANTUNES	M	48	3	00:11:38.92	00:33:39.66
							543	NUNO SALGUEIRO ANTUNES	M	44	4	00:11:03.45	00:44:43.11
								TODOS			5	00:11:52.12	00:56:35.23
10	115	EPAL - 150 ANOS	M	127	M 105-134	3	1151	LUÍS AVELAR	M	44	1	00:10:33.80	00:10:33.80
											2	00:11:07.13	00:21:40.93
							1152	GUILHERME HORA	M	44	3	00:11:44.24	00:33:25.17
							1153	MIGUEL FERNANDES	M	39	4	00:11:40.43	00:45:05.60
								TODOS			5	00:12:15.85	00:57:21.45
11	69	AGDAK 1	M	101	M <104	2	691	MIGUEL SOBRAL	M	40	1	00:11:25.12	00:11:25.12
											2	00:11:27.02	00:22:52.14
							692	JORGE SOARES	M	18	3	00:10:34.45	00:33:26.59
							693	PAULO FERREIRA	M	43	4	00:11:49.42	00:45:16.01
								TODOS			5	00:12:28.25	00:57:44.26
12	7	RFRPSI 1	M	107	M 105-134	4	71	LUIS NUNES	M	39	1	00:11:26.85	00:11:26.85
											2	00:11:33.80	00:23:00.65
							72	VITOR MARQUES	M	38	3	00:11:01.37	00:34:02.02
							73	FÁBIO SILVA	M	30	4	00:12:06.57	00:46:08.59
								TODOS			5	00:11:59.78	00:58:08.37
13	70	AGDAK 2	M	123	M 105-134	5	701	HUGO FREIRE	M	42	1	00:11:26.53	00:11:26.53
											2	00:11:27.20	00:22:53.73
							702	HELDER VARANDA	M	40	3	00:11:29.64	00:34:23.37
							703	EMANUEL GOMES	M	41	4	00:11:44.78	00:46:08.15
								TODOS			5	00:12:00.80	00:58:08.95
14	138	KAISERS	M	60	M <104	3	1381	BRUNO SANTOS	M	20	1	00:10:54.57	00:10:54.57

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										2	00:11:39.15	00:22:33.72	
						1382	DINIS SALGADO	M	19	3	00:11:48.00	00:34:21.72	
						1383	GONÇALO MARGARIDO	M	21	4	00:11:30.56	00:45:52.28	
							TODOS			5	00:12:18.75	00:58:11.03	
15	51	GDCTINCM M	M	128	M 105-134	6	511	PAULO ALVES	M	41	1	00:10:34.14	00:10:34.14
										2	00:10:51.32	00:21:25.46	
							512	RUI CORREIA	M	42	3	00:12:04.83	00:33:30.29
							513	NUNO SOUSA	M	45	4	00:12:00.53	00:45:30.82
								TODOS		5	00:12:43.28	00:58:14.10	
16	30	FF PAZ MUNDIAL E UNIFICAÇÃO 2	X	94	X <104	1	301	FLÁVIO SANTOS FFWPU	M	22	1	00:10:27.42	00:10:27.42
										2	00:10:48.03	00:21:15.45	
							302	HELENA MIRANDA FFWPU	F	33	3	00:12:54.16	00:34:09.61
							303	NUNO CARRAÇA FFWPU	M	39	4	00:10:53.35	00:45:02.96
								TODOS		5	00:13:16.39	00:58:19.35	
17	55	SAL	X	119	X 105-134	1	551	SAUL LEITE	M	31	1	00:10:42.14	00:10:42.14
										2	00:11:19.55	00:22:01.69	
							552	ANA ALMEIDA	F	39	3	00:12:49.07	00:34:50.76
							553	LUÍS BARATA	M	49	4	00:11:11.36	00:46:02.12
								TODOS		5	00:12:54.87	00:58:56.99	
18	39	LEGIONÁRIOS	M	158	M >135	7	391	PAULO COSTA	M	44	1	00:10:36.58	00:10:36.58
										2	00:11:13.96	00:21:50.54	
							392	RUI LOPES	M	66	3	00:12:38.72	00:34:29.26
							393	RUI ALMEIDA	M	48	4	00:11:55.29	00:46:24.55
								TODOS		5	00:12:54.79	00:59:19.34	
19	35	NAV RUNNERS - TORRE CONTROLE LISBOA	M	80	M <104	4	351	RUI VALÉRIO	M	32	1	00:10:20.87	00:10:20.87
										2	00:11:12.93	00:21:33.80	
							352	JOÃO CARDOSO	M	31	3	00:13:03.11	00:34:36.91
							353	MIGUEL REIS	M	17	4	00:12:04.14	00:46:41.05
								TODOS		5	00:13:05.14	00:59:46.19	
20	161	MFD	X	132	X 105-134	2	1611	MIGUEL DAVID	M	48	1	00:11:22.99	00:11:22.99
										2	00:11:45.90	00:23:08.89	
							1612	FERNANDA MARQUES SANTINHA	F	46	3	00:13:01.38	00:36:10.27
							1613	DÁRIO LUZ	M	38	4	00:11:38.30	00:47:48.57

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								TODOS				5	00:13:17.55	01:01:06.12	
21	27	QUARENTÕES NA BISGA 6	M	54	M <104	5	271	AFONSO TOMÉ	M	18	1	00:11:55.64	00:11:55.64		
											2	00:12:27.60	00:24:23.24		
							272	TIAGO TROMBINHAS	M	18	3	00:12:51.00	00:37:14.24		
							273	DUARTE JUSTINO	M	18	4	00:11:49.55	00:49:03.79		
								TODOS			5	00:12:56.54	01:02:00.33		
22	50	TEAM R2 PUBLICIDADE	X	102	X <104	2	501	PEDRO GOMES	M	34	1	00:10:01.87	00:10:01.87		
											2	00:11:03.22	00:21:05.09		
							502	RITA MACHADO	F	30	3	00:14:29.72	00:35:34.81		
							503	ROGÉRIO MACHADO	M	38	4	00:12:32.79	00:48:07.60		
								TODOS			5	00:14:08.61	01:02:16.21		
23	61	ADCR POLÍCIA JUDICIÁRIA	X	148	X >135	1	611	PAULO GUERRA	M	48	1	00:11:57.00	00:11:57.00		
											2	00:11:53.36	00:23:50.36		
							612	ISABEL RODRIGUES	F	47	3	00:12:36.67	00:36:27.03		
							613	JOSE BOUCEIRO	M	53	4	00:12:59.98	00:49:27.01		
								TODOS			5	00:13:06.81	01:02:33.82		
24	40	RUN FOR FRIENDS	X	109	X 105- 134	3	401	BRUNO AMARO	M	39	1	00:11:27.40	00:11:27.40		
											2	00:11:38.79	00:23:06.19		
							402	CATARINA AMARO	F	35	3	00:13:58.26	00:37:04.45		
							403	DUARTE COSTA	M	35	4	00:11:19.44	00:48:23.89		
								TODOS			5	00:14:14.79	01:02:38.68		
25	150	COL M1	M	103	M <104	6	1501	HUGO TOMÁS COL	M	43	1	00:12:05.42	00:12:05.42		
											2	00:12:21.38	00:24:26.80		
							1502	IVAN COSTA	M	30	3	00:12:16.65	00:36:43.45		
							1503	GONÇALO MEXIA	M	30	4	00:13:00.70	00:49:44.15		
								TODOS			5	00:13:15.61	01:02:59.76		
26	75	PASTOR RACING	M	80	M <104	7	751	JOÃO PASTOR	M	46	1	00:11:38.96	00:11:38.96		
											2	00:11:46.02	00:23:24.98		
							752	ALEXANDRE PASTOR	M	16	3	00:13:00.07	00:36:25.05		
							753	HENRIQUE PASTOR	M	18	4	00:13:03.88	00:49:28.93		
								TODOS			5	00:13:42.43	01:03:11.36		
27	142	SKYROCKETS	X	109	X 105- 134	4	1421	NUNO MENDAO	M	45	1	00:11:33.41	00:11:33.41		
											2	00:11:46.04	00:23:19.45		
							1422	JOANA GRILO	F	37	3	00:13:36.04	00:36:55.49		

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							1423	PAULO REIS	M	27	4	00:12:34.68	00:49:30.17
								TODOS			5	00:13:45.14	01:03:15.31
28	92	A NATUREZA ENSINA - 6	X	138	X >135	2	921	MARCO FATELO	M	40	1	00:12:14.37	00:12:14.37
											2	00:12:57.89	00:25:12.26
							922	RODRIGO SILVA	M	51	3	00:11:21.18	00:36:33.44
							923	PAULA GUEDES	F	47	4	00:13:13.06	00:49:46.50
								TODOS			5	00:13:50.17	01:03:36.67
29	12	RFRPSI 3	M	138	M >135	8	121	ALEXANDRE EVARISTO	M	53	1	00:12:04.73	00:12:04.73
											2	00:12:46.00	00:24:50.73
							122	JOÃO GREGÓRIO	M	42	3	00:13:11.62	00:38:02.35
							123	FILIPE OLIVEIRA	M	43	4	00:12:14.67	00:50:17.02
								TODOS			5	00:13:31.01	01:03:48.03
30	102	EDIV	M	134	M 105- 134	7	1021	EDMUNDO FONTE	M	56	1	00:12:01.56	00:12:01.56
											2	00:12:29.23	00:24:30.79
							1022	FERNANDO NEVES	M	35	3	00:12:23.64	00:36:54.43
							1023	VICTOR JESUS	M	43	4	00:13:15.57	00:50:10.00
								TODOS			5	00:13:41.18	01:03:51.18
31	96	A NATUREZA ENSINA - 10	M	158	M >135	9	961	JOAO ABRANTES	M	62	1	00:11:31.39	00:11:31.39
											2	00:11:54.83	00:23:26.22
							962	PAULO BRISSOS	M	54	3	00:13:02.22	00:36:28.44
							963	DAVID ROSA	M	42	4	00:13:37.18	00:50:05.62
								TODOS			5	00:13:53.97	01:03:59.59
32	78	BOLA DO DIDA	M	113	M 105- 134	8	781	NUNO ANTÓNIO	M	45	1	00:13:20.98	00:13:20.98
											2	00:13:11.41	00:26:32.39
							782	NELSON BRAS	M	45	3	00:11:50.04	00:38:22.43
							783	JOÃO ABREU	M	23	4	00:12:28.91	00:50:51.34
								TODOS			5	00:13:10.99	01:04:02.33
33	16	CARNAXIDE PELA MADRUGADA	M	132	M 105- 134	9	161	ANDRÉ SANTOS	M	43	1	00:11:54.04	00:11:54.04
											2	00:12:18.38	00:24:12.42
							162	JOSÉ ALEXANDRE SILVA	M	45	3	00:13:27.63	00:37:40.05
							163	PAULO TRINDADE	M	44	4	00:12:49.89	00:50:29.94
								TODOS			5	00:14:03.23	01:04:33.17

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34	134	SERVIÇOS SOCIAIS MONTEPIO V	M	133	M 105- 134	10	1341	BRUNO DUQUE	M	37	1	00:11:59.16	00:11:59.16			
											2	00:12:46.61	00:24:45.77			
								1342			BRUNO ALMEIDA	M	35	3	00:12:45.65	00:37:31.42
								1343			JOSE GUERREIRO	M	61	4	00:13:15.83	00:50:47.25
											TODOS			5	00:13:48.95	01:04:36.20
35	153	OCR PORTUGAL LAB	M	123	M 105- 134	11	1531	JOÃO BRANCO	M	46	1	00:11:52.84	00:11:52.84			
											2	00:13:05.79	00:24:58.63			
								1532			RUI CUNHA	M	44	3	00:13:03.53	00:38:02.16
								1533			PEDRO PALMA	M	33	4	00:13:07.06	00:51:09.22
											TODOS			5	00:13:30.76	01:04:39.98
36	2	OS 3 ESTAROLAS	M	136	M >135	10	21	DAVID NASCIMENTO	M	38	1	00:13:17.44	00:13:17.44			
											2	00:13:34.13	00:26:51.57			
								22			JOAO NARRA	M	49	3	00:11:33.15	00:38:24.72
								23			CARLOS RAMOS	M	49	4	00:13:05.19	00:51:29.91
											TODOS			5	00:13:11.11	01:04:41.02
37	9	RFRPSI 2	M	139	M >135	11	91	ARNALDO ROLO	M	52	1	00:12:25.38	00:12:25.38			
											2	00:13:37.96	00:26:03.34			
								92			JAIME BEATO	M	43	3	00:12:18.49	00:38:21.83
								93			SÉRGIO SILVA	M	44	4	00:12:59.03	00:51:20.86
											TODOS			5	00:13:24.75	01:04:45.61
38	151	COL M2	M	143	M >135	12	1511	JORGE CARVALHO COL	M	49	1	00:12:05.45	00:12:05.45			
											2	00:12:46.12	00:24:51.57			
								1512			RICARDO SANTOS	M	41	3	00:13:13.55	00:38:05.12
								1513			PAULO SANTOS	M	53	4	00:13:16.67	00:51:21.79
											TODOS			5	00:13:30.36	01:04:52.15
39	137	PESQUITOTEAM	M	135	M >135	13	1371	RUI DUARTE	M	43	1	00:13:11.62	00:13:11.62			
											2	00:13:08.86	00:26:20.48			
								1372			MARCO LOPES	M	48	3	00:12:28.68	00:38:49.16
								1373			PEDRO REBELO	M	44	4	00:12:48.06	00:51:37.22
											TODOS			5	00:13:18.93	01:04:56.15
40	158	MARRIOTT LISBOA	M	165	M >135	14	1581	FERNANDO TAVARES	M	47	1	00:11:50.00	00:11:50.00			
											2	00:12:07.84	00:23:57.84			
								1582			RUI GASPAR	M	62	3	00:13:47.68	00:37:45.52
								1583			VITOR MONTEIRO	M	56	4	00:13:44.17	00:51:29.69
											TODOS			5	00:14:16.43	01:05:46.12

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41	67	MATA DE BENFICA-B	M	122	M 105-134	12	671	RUI MERENDAS	M	45	1	00:11:29.20	00:11:29.20		
													2	00:12:23.09	00:23:52.29
							672	PAULO MERENDAS	M	41	3	00:13:10.46	00:37:02.75		
							673	EDUARDO COELHO	M	36	4	00:14:20.36	00:51:23.11		
								TODOS			5	00:14:36.86	01:05:59.97		
42	53	RUN AND SMILE	X	153	X >135	3	531	LUIS VITORINO	M	43	1	00:11:47.98	00:11:47.98		
													2	00:12:17.33	00:24:05.31
							532	CARMEN HENRIQUES	F	41	3	00:14:15.56	00:38:20.87		
							533	MANUEL VICTORINO	M	69	4	00:13:19.32	00:51:40.19		
								TODOS			5	00:14:21.01	01:06:01.20		
43	44	RUNNERS 5	M	119	M 105-134	13	441	MARIO SEABRA	M	46	1	00:11:51.39	00:11:51.39		
													2	00:12:38.71	00:24:30.10
							442	PEDRO FERREIRA	M	46	3	00:14:34.34	00:39:04.44		
							443	RÚBEN DISS	M	27	4	00:11:51.45	00:50:55.89		
								TODOS			5	00:15:23.82	01:06:19.71		
44	91	A NATUREZA ENSINA - 5	X	154	X >135	4	911	CARLOS LIMA	M	48	1	00:11:49.78	00:11:49.78		
													2	00:12:04.22	00:23:54.00
							912	SERGIO MACATRAO	M	62	3	00:11:33.92	00:35:27.92		
							913	JOANA PIÇARRA	F	44	4	00:15:31.36	00:50:59.28		
								TODOS			5	00:15:28.58	01:06:27.86		
45	125	TRIO MARAVILHA PARTNERS	M	109	M 105-134	14	1251	NUNO SANTOS	M	40	1	00:11:14.86	00:11:14.86		
													2	00:11:44.88	00:22:59.74
							1252	JOSÉ GANHÃO	M	36	3	00:13:59.23	00:36:58.97		
							1253	LUIS CABECINHA	M	33	4	00:14:25.91	00:51:24.88		
								TODOS			5	00:15:09.05	01:06:33.93		
46	85	TEAM GAZELA	X	114	X 105-134	5	851	DIOGO PINA PEREIRA	M	42	1	00:11:39.85	00:11:39.85		
													2	00:12:00.05	00:23:39.90
							852	MARIA LÚCIO	F	43	3	00:14:59.30	00:38:39.20		
							853	ANAÍŠ MONIZ	F	29	4	00:12:17.45	00:50:56.65		
								TODOS			5	00:15:41.09	01:06:37.74		
47	74	TATANKAS	M	100	M <104	8	741	JOÃO VITAL	M	34	1	00:12:53.34	00:12:53.34		
													2	00:13:59.72	00:26:53.06
							742	TIAGO MARQUES	M	32	3	00:13:11.33	00:40:04.39		

**6 JAN
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							743	FILIFE FEIJÃO	M	34	4	00:12:38.17	00:52:42.56
								TODOS			5	00:14:12.29	01:06:54.85
48	110	RFRPSI 8	M	128	M 105-134	15	1101	FRANCISCO BORGES	M	39	1	00:11:31.26	00:11:31.26
											2	00:12:17.43	00:23:48.69
							1102	PAULO TRIGO	M	40	3	00:12:54.57	00:36:43.26
							1103	PAULO SILVESTRE	M	49	4	00:14:44.31	00:51:27.57
								TODOS			5	00:15:34.23	01:07:01.80
49	8	CORRIDA NOTURNA PARQUE NAÇÕES	M	161	M >135	15	81	PEDRO RAMOS	M	50	1	00:12:30.83	00:12:30.83
											2	00:13:20.71	00:25:51.54
							82	JOSÉ ROLÃO	M	62	3	00:13:31.75	00:39:23.29
							83	FERNANDO SERRANO	M	49	4	00:13:41.28	00:53:04.57
								TODOS			5	00:14:01.44	01:07:06.01
50	32	LINK 1	M	118	M 105-134	16	321	GONÇALO GRAZINA	M	28	1	00:12:54.78	00:12:54.78
											2	00:12:39.26	00:25:34.04
							322	CARLOS PALMA	M	50	3	00:13:53.50	00:39:27.54
							323	ANDRÉ ZEFERINO	M	40	4	00:13:19.10	00:52:46.64
								TODOS			5	00:14:26.54	01:07:13.18
51	95	A NATUREZA ENSINA - 9	X	127	X 105-134	6	951	ALEXANDRE FIGUEIREDO	M	43	1	00:11:39.51	00:11:39.51
											2	00:12:08.28	00:23:47.79
							952	NELSON LOPES	M	41	3	00:11:34.80	00:35:22.59
							953	SOFIA PINHEIRO	F	43	4	00:15:49.14	00:51:11.73
								TODOS			5	00:16:08.14	01:07:19.87
52	160	PUXA E ESTICA	X	138	X >135	5	1601	RITA MADALENO	F	37	1	00:11:57.02	00:11:57.02
											2	00:12:50.04	00:24:47.06
							1602	CLARA AUGUSTO	F	53	3	00:14:53.92	00:39:40.98
							1603	VITOR CANTO	M	48	4	00:12:44.89	00:52:25.87
								TODOS			5	00:15:03.39	01:07:29.26
53	146	COL F1	F	117	F 105-134	1	1461	EVA ALVES	F	26	1	00:12:37.94	00:12:37.94
											2	00:13:03.19	00:25:41.13
							1462	RITA CORREIA	F	39	3	00:13:56.16	00:39:37.29
							1463	CLÁUDIA FERREIRA	F	52	4	00:13:36.57	00:53:13.86
								TODOS			5	00:14:17.26	01:07:31.12
54	18	AZA - AZAMBUJA COM	M	110	M 105-134	17	181	JOAO CORREIA	M	38	1	00:14:06.85	00:14:06.85

**6 JAN
2019****ESTAFETA DOS REIS**

ALMA

											2	00:14:24.06	00:28:30.91
							182	JOAO LOBO	M	32	3	00:12:22.81	00:40:53.72
							183	RODRIGO MARQUES	M	40	4	00:13:00.25	00:53:53.97
								TODOS			5	00:13:38.89	01:07:32.86
55	43	TURTLES	X	135	X >135	6	431	PEDRO ANTUNES	M	32	1	00:11:10.00	00:11:10.00
											2	00:11:13.71	00:22:23.71
							432	JOAQUIM MONTEIRO	M	51	3	00:13:23.60	00:35:47.31
							433	ANA MONTEIRO	F	52	4	00:15:45.72	00:51:33.03
								TODOS			5	00:16:26.66	01:07:59.69
56	120	MIND RUNNERS M1	M	99	M <104	9	1201	CARLOS FRANCISCO	M	27	1	00:13:21.22	00:13:21.22
											2	00:13:48.14	00:27:09.36
							1202	JOÃO MARTINS	M	36	3	00:14:17.74	00:41:27.10
							1203	DAVID SARAIVA	M	36	4	00:12:00.58	00:53:27.68
								TODOS			5	00:15:04.17	01:08:31.85
57	99	A NATUREZA ENSINA - 13	M	162	M >135	16	991	PAULO FOLGADO	M	50	1	00:12:54.33	00:12:54.33
											2	00:13:44.89	00:26:39.22
							992	LUIS PIRES	M	51	3	00:13:16.38	00:39:55.60
							993	AMÉRICO SANTOS	M	61	4	00:13:59.36	00:53:54.96
								TODOS			5	00:14:43.56	01:08:38.52
58	133	SERVIÇOS SOCIAIS MONTEPIO VI	M	125	M 105- 134	18	1331	ANDRE GASPAR	M	28	1	00:12:07.82	00:12:07.82
											2	00:12:33.36	00:24:41.18
							1332	JORGE VIEIRA	M	38	3	00:14:05.42	00:38:46.60
							1333	JOSE CARLOS GASPAR	M	59	4	00:14:29.79	00:53:16.39
								TODOS			5	00:15:33.18	01:08:49.57
59	152	COL M3	M	151	M >135	17	1521	JOSÉ MASSUÇA COL	M	48	1	00:12:38.04	00:12:38.04
											2	00:14:11.80	00:26:49.84
							1522	ANTÓNIO MARTINHO	M	53	3	00:13:48.12	00:40:37.96
							1523	JOSÉ SERRA	M	50	4	00:14:05.31	00:54:43.27
								TODOS			5	00:14:14.00	01:08:57.27
60	79	3 REIS MAGOS V2.0	M	119	M 105- 134	19	791	LUIS MIGUEL SANTOS	M	42	1	00:13:24.99	00:13:24.99
											2	00:14:07.24	00:27:32.23
							792	CARLOS FLORÊNCIA	M	35	3	00:12:27.37	00:39:59.60
							793	RICARDO CARVALHO	M	42	4	00:14:03.95	00:54:03.55

**6 JAN
2019****ESTAFETA DOS REIS**

											TODOS	5	00:14:58.43	01:09:01.98			
61	4	BUERAPIDOS	M	136	M >135	18	41	CLÉLIO CUNHA	M	42	1	00:12:04.58	00:12:04.58				
												2	00:11:23.42	00:23:28.00			
											42	FERNANDO CARVALHO	M	47	3	00:15:30.47	00:38:58.47
											43	LUÍS PENTEADO	M	47	4	00:13:23.69	00:52:22.16
											TODOS		5	00:16:43.43	01:09:05.59		
62	127	SERVIÇOS SOCIAIS MONTEPIO III	M	110	M 105-134	20	1271	PAULO SANTOS	M	35	1	00:13:16.96	00:13:16.96				
												2	00:14:17.66	00:27:34.62			
											1272	EURICO LOUREIRO	M	38	3	00:13:55.09	00:41:29.71
											1273	GONÇALO LOURO	M	37	4	00:13:24.73	00:54:54.44
											TODOS		5	00:14:17.09	01:09:11.53		
63	122	MIND RUNNERS X	X	115	X 105-134	7	1221	RICARDO NICOLAU	M	38	1	00:13:24.54	00:13:24.54				
												2	00:14:19.71	00:27:44.25			
											1222	CARLA FERREIRA	F	34	3	00:14:18.25	00:42:02.50
											1223	ANSELMO SALOMÃO	M	43	4	00:12:38.81	00:54:41.31
											TODOS		5	00:14:39.75	01:09:21.06		
64	140	#TAMOSJUNTAS	F	103	F <104	1	1401	LILIANA ISABEL FERREIRA FILIPE	F	35	1	00:13:26.01	00:13:26.01				
												2	00:13:44.70	00:27:10.71			
											1402	PAULA CRISTINA RIJO SALVADOR	F	36	3	00:13:21.56	00:40:32.27
											1403	JANETE BAPTISTA MORAIS	F	32	4	00:14:04.85	00:54:37.12
											TODOS		5	00:14:54.34	01:09:31.46		
65	36	ANSELMINHOS	M	131	M 105-134	21	361	NUNO ALMEIDA	M	39	1	00:11:49.63	00:11:49.63				
												2	00:11:47.66	00:23:37.29			
											362	JORGE MELO	M	50	3	00:14:46.59	00:38:23.88
											363	ADRIANO ZAMBUJEIRO	M	42	4	00:15:43.16	00:54:07.04
											TODOS		5	00:15:43.57	01:09:50.61		
66	73	GIRLS EM ALERTA AMARELO	F	93	F <104	2	731	LILIANA BALTAZAR	F	32	1	00:13:25.81	00:13:25.81				
												2	00:13:39.34	00:27:05.15			
											732	ANA SOFIA CORREIA	F	31	3	00:13:46.21	00:40:51.36
											733	CAROLINA MANHA	F	30	4	00:14:23.28	00:55:14.64
											TODOS		5	00:14:39.80	01:09:54.44		
67	84	OS TONYNS	M	135	M >135	19	841	PEDRO COELHO	M	42	1	00:13:02.05	00:13:02.05				

**6 JAN
2019****ESTAFETA DOS REIS**

										2	00:13:56.39	00:26:58.44	
						842	PEDRO JORGE	M	46	3	00:13:12.21	00:40:10.65	
						843	BRUNO BATISTA	M	47	4	00:14:56.07	00:55:06.72	
							TODOS			5	00:15:15.09	01:10:21.81	
68	128	SERVIÇOS SOCIAIS MONTEPIO II	M	116	M 105-134	22	1281	DANIEL FARINHA	M	34	1	00:12:08.12	00:12:08.12
										2	00:12:44.23	00:24:52.35	
						1282	GUILHERME ALBINO	M	44	3	00:14:59.77	00:39:52.12	
						1283	JOÃO CARLOS SANTOS	M	38	4	00:13:19.01	00:53:11.13	
							TODOS			5	00:17:25.74	01:10:36.87	
69	126	SERVIÇOS SOCIAIS MONTEPIO IV	M	142	M >135	20	1261	NUNO BORGES SANTOS	M	42	1	00:14:15.62	00:14:15.62
										2	00:15:04.34	00:29:19.96	
						1262	JORGE COSTA	M	49	3	00:13:18.51	00:42:38.47	
						1263	PEDRO BOTO	M	51	4	00:13:24.83	00:56:03.30	
							TODOS			5	00:14:56.34	01:10:59.64	
70	100	A NATUREZA ENSINA - 14	M	158	M >135	21	1001	JOSE GRAÇA	M	55	1	00:13:13.31	00:13:13.31
										2	00:13:45.35	00:26:58.66	
						1002	MARIO RAMALHO	M	46	3	00:14:21.49	00:41:20.15	
						1003	VITOR MARQUES	M	57	4	00:14:44.99	00:56:05.14	
							TODOS			5	00:15:10.44	01:11:15.58	
71	168	CLUBE MILLENNIUM BCP 1	M	110	M 105-134	23	1681	TIAGO SILVA	M	38	1	00:12:59.42	00:12:59.42
										2	00:13:24.47	00:26:23.89	
						1682	TIAGO ROSA	M	35	3	00:15:38.26	00:42:02.15	
						1683	MARCO SILVA	M	37	4	00:13:09.83	00:55:11.98	
							TODOS			5	00:16:09.90	01:11:21.88	
72	17	COXERS	M	138	M >135	22	171	RICARDO AFONSO	M	47	1	00:13:49.74	00:13:49.74
										2	00:13:29.68	00:27:19.42	
						172	JORGE FÉLIX	M	46	3	00:14:40.63	00:42:00.05	
						173	ANTÓNIO TRINDADE	M	45	4	00:14:05.55	00:56:05.60	
							TODOS			5	00:15:26.21	01:11:31.81	
73	31	FF PAZ MUNDIAL E UNIFICAÇÃO 3	F	97	F <104	3	311	ISABEL SANTOS	F	49	1	00:13:49.61	00:13:49.61
										2	00:13:53.11	00:27:42.72	
						312	SUSANA SANTOS FFWPU	F	15	3	00:14:05.38	00:41:48.10	

**6 JAN
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							313	SUSANA SANTOS	F	33	4	00:14:54.62	00:56:42.72
								TODOS			5	00:14:54.94	01:11:37.66
74	58	MALHADA RUN	M	136	M >135	23	581	JOSÉ HENRIQUES	M	50	1	00:13:43.85	00:13:43.85
											2	00:13:47.33	00:27:31.18
							582	JOSÉ NEVES	M	44	3	00:14:43.42	00:42:14.60
							583	LUÍS GUERRA	M	42	4	00:13:52.94	00:56:07.54
								TODOS			5	00:15:34.10	01:11:41.64
75	11	RFRPSI 4	X	138	X >135	7	111	ANTONIO SOARES	M	46	1	00:13:29.85	00:13:29.85
											2	00:14:07.33	00:27:37.18
							112	CARLA COSTA	F	45	3	00:14:09.68	00:41:46.86
							113	ADELAIDE PEREIRA	F	47	4	00:14:48.85	00:56:35.71
								TODOS			5	00:15:14.34	01:11:50.05
76	118	DESPORTIVO DE ODIVELAS	X	123	X 105-134	8	1181	JOÃO FIALHO	M	39	1	00:15:24.82	00:15:24.82
											2	00:15:43.54	00:31:08.36
							1182	CATARINA BRÁS	F	33	3	00:14:14.25	00:45:22.61
							1183	JOSÉ MATOS	M	51	4	00:12:35.73	00:57:58.34
								TODOS			5	00:14:02.19	01:12:00.53
77	155	CARACÓIS TURBINADOS	X	98	X <104	3	1551	JOÃO VALENTE	M	25	1	00:13:29.38	00:13:29.38
											2	00:15:02.85	00:28:32.23
							1552	PEDRO BATISTA	M	38	3	00:14:29.04	00:43:01.27
							1553	MÓNICA MARTINS	F	35	4	00:14:14.13	00:57:15.40
								TODOS			5	00:14:49.79	01:12:05.19
78	83	NAV RUNNERS - BDT	X	125	X 105-134	9	831	JOSÉ MACHADO	M	53	1	00:13:52.73	00:13:52.73
											2	00:14:30.76	00:28:23.49
							832	MARTA MACHADO	F	23	3	00:14:43.18	00:43:06.67
							833	PEDRO PINEL	M	49	4	00:12:54.04	00:56:00.71
								TODOS			5	00:16:05.24	01:12:05.95
79	14	JÚNIOR, MOUTAS E WEISS	X	127	X 105-134	10	141	MARGARIDA CORREIA	F	31	1	00:13:58.83	00:13:58.83
											2	00:14:13.82	00:28:12.65
							142	PAULO MOUTINHO	M	47	3	00:15:32.34	00:43:44.99
							143	RICARDO FIGUEIREDO	M	49	4	00:13:57.50	00:57:42.49
								TODOS			5	00:14:29.35	01:12:11.84
80	28	FPR	M	125	M 105-134	24	281	PEDRO QUADRIO	M	46	1	00:14:24.34	00:14:24.34

**6 JAN
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											2	00:14:18.78	00:28:43.12
						282	FRANCISCO MATA	M	41	3	00:15:08.83	00:43:51.95	
						283	RICARDO FILIPE	M	38	4	00:13:59.55	00:57:51.50	
							TODOS			5	00:14:20.95	01:12:12.45	
81	21	THE ORIGINALS	X	134	X 105-134	11	211	ANA MARGARIDA CORREIA	F	39	1	00:12:44.98	00:12:44.98
										2	00:13:44.90	00:26:29.88	
							212	JOÃO PAULO OLIVA	M	55	3	00:15:55.43	00:42:25.31
							213	GIL CARNEIRO	M	40	4	00:12:39.29	00:55:04.60
								TODOS		5	00:17:35.11	01:12:39.71	
82	136	LONTRAS	X	108	X 105-134	12	1361	CARLOS MENDES	M	34	1	00:12:31.55	00:12:31.55
										2	00:12:40.65	00:25:12.20	
							1362	INÊS PAÍS	F	39	3	00:17:06.72	00:42:18.92
							1363	BRUNO VINTÉM	M	35	4	00:14:11.93	00:56:30.85
								TODOS		5	00:16:16.10	01:12:46.95	
83	26	QUARENTÕES NA BISGA 5	X	159	X >135	8	261	SERGIO DUARTE	M	59	1	00:14:20.89	00:14:20.89
										2	00:14:43.50	00:29:04.39	
							262	ANA CARDOSO	F	45	3	00:14:33.26	00:43:37.65
							263	JORGE SALVADO	M	55	4	00:14:27.61	00:58:05.26
								TODOS		5	00:14:55.13	01:13:00.39	
84	93	A NATUREZA ENSINA - 7	X	136	X >135	9	931	RICARDO LOBO	M	45	1	00:11:55.11	00:11:55.11
										2	00:12:41.53	00:24:36.64	
							932	DOMINGOS GATO	M	46	3	00:12:42.79	00:37:19.43
							933	FILOMENA REBELO	F	45	4	00:17:42.72	00:55:02.15
								TODOS		5	00:18:15.05	01:13:17.20	
85	33	LINK 2	M	89	M <104	10	331	SAMUEL GOMES	M	27	1	00:13:20.42	00:13:20.42
										2	00:13:39.99	00:27:00.41	
							332	JOÃO AGOSTINHO	M	28	3	00:14:05.17	00:41:05.58
							333	TIAGO ALVES	M	34	4	00:15:17.23	00:56:22.81
								TODOS		5	00:16:57.49	01:13:20.30	
86	164	RUN FOR FRIENDS	X	120	X 105-134	13	1641	CARLOS AMARO	M	37	1	00:13:21.47	00:13:21.47
										2	00:14:12.39	00:27:33.86	
							1642	MARTA ADAO	F	41	3	00:15:16.70	00:42:50.56
							1643	JOÃO PINTO	M	42	4	00:14:12.58	00:57:03.14
								TODOS		5	00:16:20.00	01:13:23.14	

**6 JAN
2019****ESTAFETA**  **REIS**

87	10	SPORTINGS DE ALMEIDA	X	142	X >135	10	101	FRANCISCO PEREIRA	M	51	1	00:14:16.91	00:14:16.91	
											2	00:14:38.73	00:28:55.64	
								102	ANA ALMEIDA	F	41	3	00:15:08.52	00:44:04.16
								103	ALEXANDRE DÂMASO	M	50	4	00:13:50.43	00:57:54.59
									TODOS			5	00:15:31.92	01:13:26.51
88	162	SUNSET RUNNING TEAM II	M	124	M 105-134	25	1621	NUNO LOPES	M	42	1	00:12:07.88	00:12:07.88	
											2	00:12:39.79	00:24:47.67	
								1622	HELDER ABRANTES	M	40	3	00:15:54.47	00:40:42.14
								1623	MARCO FREITAS	M	42	4	00:15:26.84	00:56:08.98
									TODOS			5	00:17:20.16	01:13:29.14
89	121	MIND RUNNERS M2	M	96	M <104	11	1211	CARLOS NEVES	M	38	1	00:13:16.34	00:13:16.34	
											2	00:14:06.76	00:27:23.10	
								1212	TIAGO FERNANDES	M	28	3	00:14:50.39	00:42:13.49
								1213	CARLOS ALMEIDA	M	30	4	00:14:56.55	00:57:10.04
									TODOS			5	00:16:20.76	01:13:30.80
90	47	2 ATLETAS E 1 COXO	M	122	M 105-134	26	471	RUI MARTINS	M	46	1	00:14:39.58	00:14:39.58	
											2	00:15:43.29	00:30:22.87	
								472	RUI RODRIGUES	M	33	3	00:14:19.29	00:44:42.16
								473	RICARDO ANACLETO	M	43	4	00:13:36.86	00:58:19.02
									TODOS			5	00:15:18.28	01:13:37.30
91	132	SERVIÇOS SOCIAIS MONTEPIO VII	X	140	X >135	11	1321	ANTONIO FRANCO	M	53	1	00:14:19.63	00:14:19.63	
											2	00:14:18.55	00:28:38.18	
								1322	TERESA CARDOSO	F	39	3	00:14:52.04	00:43:30.22
								1323	PAULO PEREIRA	M	48	4	00:14:31.45	00:58:01.67
									TODOS			5	00:15:39.39	01:13:41.06
92	98	A NATUREZA ENSINA - 12	M	138	M >135	24	981	VLADIMIRO BRAVO	M	37	1	00:13:21.59	00:13:21.59	
											2	00:15:00.28	00:28:21.87	
								982	PEDRO HIPOLITO	M	48	3	00:13:43.36	00:42:05.23
								983	JOAO DIAS	M	53	4	00:14:55.88	00:57:01.11
									TODOS			5	00:16:46.18	01:13:47.29
93	105	C.D.R.R.	F	138	F >135	7	1051	EUGÉNIA IZAÍAS	F	55	1	00:13:48.49	00:13:48.49	
											2	00:13:53.13	00:27:41.62	
								1052	FILIPA FEITEIRA	F	37	3	00:14:53.90	00:42:35.52

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							1053	PAULA SANTOS TODOS	F	46	4	00:15:15.27	00:57:50.79
											5	00:15:58.62	01:13:49.41
94	3	JOBRINDE - MONTES SALOIOS	X	137	X >135	12	31	PEDRO SANTOS	M	46	1	00:13:12.82	00:13:12.82
											2	00:14:04.47	00:27:17.29
							32	ALEXANDRA DINIS	F	40	3	00:15:52.26	00:43:09.55
							33	JOÃO ALBERTO TODOS	M	51	4	00:14:32.19	00:57:41.74
											5	00:16:09.21	01:13:50.95
95	149	COL MX	X	172	X >135	13	1491	JOSE BOTELHO	M	51	1	00:13:15.03	00:13:15.03
											2	00:13:18.95	00:26:33.98
							1492	MADALENA CANINAS	F	55	3	00:15:50.38	00:42:24.36
							1493	CARLOS BARATA TODOS	M	66	4	00:15:46.83	00:58:11.19
											5	00:16:03.71	01:14:14.90
96	117	OS CAMINHEIROS	X	160	X >135	14	1171	PAULO SANTOS	M	51	1	00:13:56.59	00:13:56.59
											2	00:14:37.92	00:28:34.51
							1172	LURDES ROMERO	F	60	3	00:16:06.32	00:44:40.83
							1173	LUÍS DIAS TODOS	M	49	4	00:12:58.92	00:57:39.75
											5	00:16:38.23	01:14:17.98
97	45	ESTORIS	X	143	X >135	15	451	ANTONIO MARQUES	M	57	1	00:13:34.97	00:13:34.97
											2	00:14:02.98	00:27:37.95
							452	MARIANA GRAÇA	F	27	3	00:14:26.80	00:42:04.75
							453	JOSE CORREIA TODOS	M	59	4	00:15:53.12	00:57:57.87
											5	00:16:24.60	01:14:22.47
98	94	A NATUREZA ENSINA - 8	F	132	F 105- 134	2	941	FLORBELA BARROS	F	46	1	00:14:28.25	00:14:28.25
											2	00:14:25.55	00:28:53.80
							942	FILIPA FERNANDES	F	35	3	00:14:52.44	00:43:46.24
							943	LINDA SILVA TODOS	F	51	4	00:15:07.39	00:58:53.63
											5	00:15:32.74	01:14:26.37
99	52	GDCTINCM X	X	125	X 105- 134	14	521	NUNO CARVALHO	M	44	1	00:13:01.21	00:13:01.21
											2	00:14:02.37	00:27:03.58
							522	PATRICIA GASPAR	F	41	3	00:16:00.06	00:43:03.64
							523	ALEXANDRA ALVES TODOS	F	40	4	00:15:22.51	00:58:26.15
											5	00:16:19.12	01:14:45.27
100	82	CORREDORES DA ADEGA	M	108	M 105- 134	27	821	LUÍS BATISTA	M	37	1	00:14:00.57	00:14:00.57

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2019****ESTAFETA DOS REIS**

											2	00:14:41.58	00:28:42.15
							822	IGOR BATISTA	M	34	3	00:15:26.43	00:44:08.58
							823	HUGO MARREIROS	M	37	4	00:14:12.47	00:58:21.05
								TODOS			5	00:16:25.49	01:14:46.54
101	13	CORRER LOURES 1	X	147	X >135	16	131	JOÃO CANHOTO	M	49	1	00:13:49.61	00:13:49.61
											2	00:14:39.91	00:28:29.52
							132	MARIA DUARTE	F	50	3	00:15:52.68	00:44:22.20
							133	ALEXANDRE QUADRIO	M	48	4	00:14:41.80	00:59:04.00
								TODOS			5	00:15:43.26	01:14:47.26
102	34	LINK 3	X	101	X <104	4	341	PEDRO SAMORRINHA	M	34	1	00:13:47.13	00:13:47.13
											2	00:14:44.49	00:28:31.62
							342	TÂNIA SILVA	F	39	3	00:16:01.11	00:44:32.73
							343	PEDRO CURTO	M	28	4	00:13:34.72	00:58:07.45
								TODOS			5	00:16:49.23	01:14:56.68
103	41	LINK 4	M	98	M <104	12	411	FELISBERTO MONTEIRO	M	32	1	00:14:49.80	00:14:49.80
											2	00:15:02.93	00:29:52.73
							412	JOÃO MATEUS	M	33	3	00:15:02.78	00:44:55.51
							413	RODRIGO CHIOLAS	M	33	4	00:14:36.07	00:59:31.58
								TODOS			5	00:15:25.50	01:14:57.08
104	65	MATA DE BENFICA-D	X	120	X 105- 134	15	651	RUI ALMEIDA	M	46	1	00:13:30.89	00:13:30.89
											2	00:13:47.12	00:27:18.01
							652	HELENA LOPES	F	34	3	00:16:10.81	00:43:28.82
							653	ELSA MIRANDA	F	40	4	00:14:05.01	00:57:33.83
								TODOS			5	00:17:27.87	01:15:01.70
105	15	!!!BEST TEAM EVER!!!	X	131	X 105- 134	16	151	NUNO SANTOS SILVA	M	43	1	00:13:42.46	00:13:42.46
											2	00:14:31.93	00:28:14.39
							152	RAQUEL D'OLIVEIRA	F	44	3	00:14:54.78	00:43:09.17
							153	SANDRA ESTEVES	F	44	4	00:15:19.99	00:58:29.16
								TODOS			5	00:16:47.38	01:15:16.54
106	169	CLUBE MILLENNIUM BCP 2	M	98	M <104	13	1691	HELDER BAPTISTA	M	52	1	00:13:51.28	00:13:51.28
											2	00:13:58.69	00:27:49.97
							1692	MIGUEL BAPTISTA	M	21	3	00:16:45.54	00:44:35.51
							1693	DIOGO BAPTISTA	M	25	4	00:14:25.06	00:59:00.57
								TODOS			5	00:16:54.60	01:15:55.17

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107	163	OPTICALIA RUNNING TEAM	X	115	X 105- 134	17	1631	ELISABETE SANTOS	F	39	1	00:15:17.63	00:15:17.63
											2	00:15:21.42	00:30:39.05
							1632	PEDRO VIEIRA	M	38	3	00:15:14.88	00:45:53.93
							1633	HENRIQUE COELHO	M	38	4	00:14:24.59	01:00:18.52
								TODOS			5	00:15:55.82	01:16:14.34
108	71	AGDAK FEM	F	112	F 105- 134	3	711	JULIETA MOTA	F	46	1	00:13:51.80	00:13:51.80
											2	00:14:25.44	00:28:17.24
							712	ANA JORGE	F	26	3	00:14:53.07	00:43:10.31
							713	CARINA ARAÚJO	F	40	4	00:15:55.62	00:59:05.93
								TODOS			5	00:17:16.55	01:16:22.48
109	97	A NATUREZA ENSINA - 11	X	109	X 105- 134	18	971	JOSE MARTINS	M	60	1	00:12:07.94	00:12:07.94
											2	00:12:51.50	00:24:59.44
							972	JOSE NUNES	M	25	3	00:13:54.27	00:38:53.71
							973	RITA FACHADAS	F	24	4	00:18:39.69	00:57:33.40
								TODOS			5	00:18:51.10	01:16:24.50
110	72	KOTAS	X	149	X >135	17	721	JOAO PAULO NEVES	M	53	1	00:13:36.60	00:13:36.60
											2	00:14:39.77	00:28:16.37
							722	JOSE LUIS MARQUES	M	48	3	00:13:07.46	00:41:23.83
							723	SANDRA NUNES	F	48	4	00:17:06.06	00:58:29.89
								TODOS			5	00:17:56.55	01:16:26.44
111	46	NAV RUNNERS 1	X	149	X >135	18	461	MANUEL SOUSA DIAS	M	46	1	00:13:00.87	00:13:00.87
											2	00:13:17.80	00:26:18.67
							462	JOSE VERMELHUDO	M	59	3	00:15:25.02	00:41:43.69
							463	GISELA FRADE	F	44	4	00:17:10.33	00:58:54.02
								TODOS			5	00:17:34.55	01:16:28.57
112	20	AZA - AZAMBUJA COM ALMA III	X	133	X 105- 134	19	201	RUI ALVES	M	44	1	00:14:24.86	00:14:24.86
											2	00:16:17.86	00:30:42.72
							202	CARLA SILVA	F	46	3	00:15:04.40	00:45:47.12
							203	PEDRO ANDRE	M	43	4	00:14:27.87	01:00:14.99
								TODOS			5	00:16:15.62	01:16:30.61
113	135	À LUÍS XV	M	112	M 105- 134	28	1351	FERNANDO FARIA	M	36	1	00:13:42.73	00:13:42.73
											2	00:14:07.65	00:27:50.38
							1352	MÁRIO MARTINHO	M	39	3	00:15:40.16	00:43:30.54
							1353	MANUEL BARRENTO	M	37	4	00:15:39.28	00:59:09.82

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2019****ESTAFETA DOS REIS**

								TODOS			5	00:18:19.21	01:17:29.03	
114	81	RFRPSI 7	X	135	X >135	19	811	HELDER BEXIGA	M	50	1	00:12:07.03	00:12:07.03	
											2	00:13:26.17	00:25:33.20	
							812	PAULA PONTINHA	F	45	3	00:17:48.68	00:43:21.88	
							813	CARINA ALMEIDA	F	40	4	00:16:10.46	00:59:32.34	
								TODOS			5	00:18:27.41	01:17:59.75	
115	148	COL F3	F	124	F 105-134	4	1481	SARA COLAÇO COL	F	44	1	00:15:30.89	00:15:30.89	
											2	00:15:41.47	00:31:12.36	
							1482	LILIANA BRÁS	F	35	3	00:14:50.22	00:46:02.58	
							1483	ANA PIPIO	F	45	4	00:15:53.23	01:01:55.81	
								TODOS			5	00:16:37.47	01:18:33.28	
116	131	AZA - AZAMBUJA COM ALMA IV	X	131	X 105-134	20	1311	SONIA ALMEIDA	F	41	1	00:14:11.09	00:14:11.09	
											2	00:14:20.08	00:28:31.17	
							1312	AMILCAR FERNANDES	M	45	3	00:12:05.89	00:40:37.06	
							1313	JUDITE SERRA	F	45	4	00:18:18.18	00:58:55.24	
								TODOS			5	00:20:32.09	01:19:27.33	
117	1	30 SEGUNDOS AO KM	X	148	X >135	20	11	RUI JORGE SANTOS	M	39	1	00:13:13.99	00:13:13.99	
											2	00:13:41.25	00:26:55.24	
							12	MADALENA SOARES	F	50	3	00:17:39.55	00:44:34.79	
							13	LUÍS LOPES	M	59	4	00:16:38.71	01:01:13.50	
								TODOS			5	00:18:17.81	01:19:31.31	
118	24	QUARENTÕES NA BISGA 3	X	134	X 105-134	21	241	SERGIO BERNARDO	M	45	1	00:14:23.97	00:14:23.97	
											2	00:15:51.09	00:30:15.06	
							242	SONIA GARCIA	F	42	3	00:15:59.23	00:46:14.29	
							243	RICARDO FIGUEIREDO	M	47	4	00:16:26.59	01:02:40.88	
								TODOS			5	00:17:00.23	01:19:41.11	
119	49	TRIOMARAVILHA	X	158	X >135	21	491	SELMA RESENDE SILVA SILVA	F	53	1	00:14:48.08	00:14:48.08	
											2	00:15:57.29	00:30:45.37	
							492	MARIA DE LURDES COSTA LAMARÃO	F	52	3	00:16:13.62	00:46:58.99	
							493	JOSÉ ALBINO PINTO DE SOUSA	M	53	4	00:15:36.57	01:02:35.56	
								TODOS			5	00:17:25.09	01:20:00.65	
120	156	PISA CARACÓIS	M	136	M >135	25	1561	RUI FERREIRA	M	49	1	00:16:07.34	00:16:07.34	
											2	00:16:32.06	00:32:39.40	

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							1562	JOÃO CONCEIÇÃO	M	26	3	00:14:22.55	00:47:01.95
							1563	ALVARO JORGE	M	61	4	00:15:17.96	01:02:19.91
								TODOS			5	00:17:46.40	01:20:06.31
121	157	PIPIUUU RUNNERS	X	84	X <104	5	1571	GUILHERME FERREIRA	M	25	1	00:14:16.09	00:14:16.09
											2	00:16:07.49	00:30:23.58
							1572	MARGARIDA DOMINGUES	F	27	3	00:16:53.80	00:47:17.38
							1573	FILIFE FERREIRA	M	32	4	00:14:51.62	01:02:09.00
								TODOS			5	00:18:28.40	01:20:37.40
122	77	PROFS	F	126	F 105-134	5	771	CÁTIA AMARO	F	37	1	00:15:29.85	00:15:29.85
											2	00:16:31.27	00:32:01.12
							772	ELSA NUNES	F	45	3	00:16:18.27	00:48:19.39
							773	CRISTINA DE LA CERDA	F	44	4	00:15:51.18	01:04:10.57
								TODOS			5	00:16:48.42	01:20:58.99
123	66	MATA DE BENFICA-C	M	97	M <104	14	661	LUÍS SOARES	M	31	1	00:15:04.96	00:15:04.96
											2	00:17:30.84	00:32:35.80
							662	FILIFE GOUCHA	M	30	3	00:14:39.20	00:47:15.00
							663	PEDRO ROSA	M	36	4	00:14:56.68	01:02:11.68
								TODOS			5	00:18:50.94	01:21:02.62
124	64	MATA DE BENFICA-E	X	118	X 105-134	22	641	CÁUDIA SOUSA	F	41	1	00:16:00.46	00:16:00.46
											2	00:16:56.21	00:32:56.67
							642	GONÇALO ABREU	M	42	3	00:16:11.63	00:49:08.30
							643	ANDRÉ MENDONÇA	M	35	4	00:15:00.72	01:04:09.02
								TODOS			5	00:16:58.60	01:21:07.62
125	19	AZA AZAMBUJA COM ALMA II	X	137	X >135	22	191	NUNO APARICIO	M	44	1	00:14:15.44	00:14:15.44
											2	00:14:37.85	00:28:53.29
							192	RUTE VIEIRA	F	39	3	00:19:11.48	00:48:04.77
							193	EDGAR ANASTACIO	M	54	4	00:14:21.57	01:02:26.34
								TODOS			5	00:18:50.56	01:21:16.90
126	62	CA AMIGOS DE BELÉM	X	132	X 105-134	23	621	SÉRGIO RODRIGUES	M	45	1	00:14:08.10	00:14:08.10
											2	00:14:34.25	00:28:42.35
							622	DORA ARENGA	F	46	3	00:18:41.64	00:47:23.99
							623	JOÃO D'ALMEIDA	M	41	4	00:14:58.29	01:02:22.28
								TODOS			5	00:19:08.67	01:21:30.95

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127	147	COL F2	F	111	F 105-134	6	1471	TERESA SEPÚLVEDA COL	F	37	1	00:14:24.09	00:14:24.09					
							1472	ELISABETE COSTA	F	38	3	00:17:12.50	00:46:36.45					
							1473	CARLA MATOS	F	36	4	00:17:48.17	01:04:24.62					
								TODOS			5	00:17:23.49	01:21:48.11					
128	116	RFRPSI 9	X	136	X >135	23	1161	AMÉRICO ANTUNES	M	52	1	00:13:36.31	00:13:36.31					
							1162	FERNANDA CARDOSO	F	41	3	00:17:52.06	00:45:56.31					
							1163	SARA ALFENIM	F	43	4	00:17:20.62	01:03:16.93					
								TODOS			5	00:18:41.89	01:21:58.82					
129	113	AZ'S RUNNING TEAM	X	84	X <104	6	1131	FILIPE SILVA	M	18	1	00:14:17.28	00:14:17.28					
							1132	RUI SILVA	M	18	3	00:14:39.12	00:45:14.48					
							1133	MARISA NUNES	F	48	4	00:17:41.62	01:02:56.10					
								TODOS			5	00:19:06.24	01:22:02.34					
130	109	HAPPYNESS	F	136	F >135	8	1091	SÍLVIA LOPES	F	40	1	00:16:01.62	00:16:01.62					
							1092	ANA MARTINS	F	52	3	00:16:16.38	00:49:40.45					
							1093	EDUARDA ADRIANO	F	44	4	00:16:01.50	01:05:41.95					
	TODOS			5	00:16:37.41	01:22:19.36												
131	59	SUNSET TEAM GIRLS	F	131	F 105-134	7	591	SÓNIA NEVES	F	40	1	00:14:19.98	00:14:19.98					
							592	ANA ISABEL LOPES	F	49	3	00:17:34.78	00:47:25.12					
							593	FILIPA REIS	F	42	4	00:16:47.15	01:04:12.27					
	TODOS			5	00:18:17.23	01:22:29.50												
132	22	QUARENTÕES NA BISGA 1	F	154	F >135	9	221	VALENTINA MARQUES	F	55	1	00:14:54.07	00:14:54.07					
							222	PAULA NOGUEIRA	F	49	3	00:17:05.32	00:47:56.09					
							223	LUISA COSTA	F	50	4	00:17:08.78	01:05:04.87					
	TODOS			5	00:17:55.81	01:23:00.68												
133	166	SS CGD1	X	114	X 105-134	24	1661	PAULO BAILÃO	M	48	1	00:15:02.13	00:15:02.13					
							1662	CATARINA BAILÃO	F	17	3	00:17:03.25	00:48:23.49					
							1663	LIDIA BAILÃO	F	49	4	00:16:34.17	01:04:57.66					
	TODOS			5	00:18:29.27	01:23:26.93												

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134	130	CLUBE ANACOM	X	156	X >135	24	1301	SÉRGIO ANTUNES	M	51	1	00:15:01.04	00:15:01.04
											2	00:16:10.53	00:31:11.57
							1302	ROSÁRIO MATOS	F	51	3	00:16:03.56	00:47:15.13
							1303	ANTÓNIO VIDAS	M	54	4	00:17:29.27	01:04:44.40
								TODOS			5	00:18:43.07	01:23:27.47
135	23	QUARENTÕES NA BISGA 2	M	149	M >135	26	231	PAULO CARVALHO	M	49	1	00:14:56.73	00:14:56.73
											2	00:16:14.64	00:31:11.37
							232	LUIS COSTA	M	53	3	00:16:40.53	00:47:51.90
							233	RUI SALVADO	M	47	4	00:17:13.62	01:05:05.52
								TODOS			5	00:18:42.39	01:23:47.91
136	129	SERVIÇOS SOCIAIS MONTEPIO I	M	130	M 105- 134	29	1291	HELDER PALMA	M	47	1	00:16:44.25	00:16:44.25
											2	00:17:19.87	00:34:04.12
							1292	RICARDO FERREIRA	M	39	3	00:16:27.43	00:50:31.55
							1293	RUI FAZENDEIRO	M	44	4	00:15:39.48	01:06:11.03
								TODOS			5	00:17:48.52	01:23:59.55
137	159	AERORUNNERS	X	146	X >135	25	1591	RICARDO LEITÃO	M	42	1	00:12:49.84	00:12:49.84
											2	00:12:42.47	00:25:32.31
							1592	ANA TERESA SEABRA	F	53	3	00:19:18.78	00:44:51.09
							1593	ALEXANDRA PIRES	F	51	4	00:18:08.93	01:03:00.02
								TODOS			5	00:21:04.06	01:24:04.08
138	114	TWO BEAUTIES AND SOME GUY	X	116	X 105- 134	25	1141	RODRIGO DURAO	M	44	1	00:13:43.67	00:13:43.67
											2	00:14:42.73	00:28:26.40
							1142	CLAUDIA TEIXEIRA	F	31	3	00:19:15.45	00:47:41.85
							1143	NÁDIA MIRANDA	F	41	4	00:16:06.58	01:03:48.43
								TODOS			5	00:20:23.81	01:24:12.24
139	154	ESKILOS KAMIKAZE	M	94	M <104	15	1541	MILSON AMADO	M	31	1	00:14:14.58	00:14:14.58
											2	00:13:44.37	00:27:58.95
							1542	ANDRÉ ALVES	M	25	3	00:18:28.87	00:46:27.82
							1543	BRUNO FLORES	M	38	4	00:16:17.29	01:02:45.11
								TODOS			5	00:21:29.42	01:24:14.53
140	80	OS TRÊS ESTAFETAS	X	111	X 105- 134	26	801	HENRIQUE JOAQUIM	M	48	1	00:15:00.31	00:15:00.31
											2	00:15:53.20	00:30:53.51
							802	RODRIGO VAZ PINTO	M	46	3	00:17:23.53	00:48:17.04

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							803	MADALENA JOAQUIM TODOS	F	17	4	00:16:12.86	01:04:29.90
											5	00:19:55.18	01:24:25.08
141	57	RFRPSI 6	X	135	X >135	26	571	SUSANA SILVA	F	43	1	00:15:16.60	00:15:16.60
											2	00:16:31.14	00:31:47.74
							572	CARLOS COSTA	M	47	3	00:16:59.19	00:48:46.93
							573	PAULA SOARES	F	45	4	00:17:16.51	01:06:03.44
								TODOS			5	00:18:48.67	01:24:52.11
142	165	PINTAROLAS	X	123	X 105- 134	27	1651	ADRIANO CUNHA	M	64	1	00:15:26.42	00:15:26.42
											2	00:17:31.36	00:32:57.78
							1652	JOANA CUNHA	F	30	3	00:17:21.07	00:50:18.85
							1653	MANUEL BRANDO	M	29	4	00:15:24.54	01:05:43.39
								TODOS			5	00:19:19.80	01:25:03.19
143	25	QUARENTÕES NA BISGA 4	M	138	M >135	27	251	CARLOS TROMBINHAS	M	44	1	00:15:00.07	00:15:00.07
											2	00:15:25.07	00:30:25.14
							252	LUIS JUSTINO	M	42	3	00:19:20.10	00:49:45.24
							253	CARLOS TOMÉ	M	52	4	00:15:14.35	01:04:59.59
								TODOS			5	00:21:43.17	01:26:42.76
144	48	QUEREMOS BOLO	M	143	M >135	28	481	NUNO BERTON	M	47	1	00:13:49.63	00:13:49.63
											2	00:14:17.39	00:28:07.02
							482	FÁBIO CACHO	M	33	3	00:21:23.01	00:49:30.03
							483	JORGE OLIVEIRA	M	63	4	00:14:51.74	01:04:21.77
								TODOS			5	00:22:42.76	01:27:04.53
145	171	ENGIMIND I	X	114	X 105- 134	28	1711	DAVID TALHÃO	M	36	1	00:14:23.61	00:14:23.61
											2	00:15:37.18	00:30:00.79
							1712	PATRICIA FONSECA	F	42	3	00:17:31.15	00:47:31.94
							1713	MIGUEL MENDES	M	36	4	00:17:39.57	01:05:11.51
								TODOS			5	00:21:59.70	01:27:11.21
146	139	TRIO FANTÁSTICO :)	X	133	X 105- 134	29	1391	JOAQUIM CUNHA	M	47	1	00:14:41.21	00:14:41.21
											2	00:15:46.73	00:30:27.94
							1392	MANUELA CUNHA	F	45	3	00:19:58.56	00:50:26.50
							1393	SÓNIA BROCHADO	F	41	4	00:16:02.33	01:06:28.83
								TODOS			5	00:21:09.88	01:27:38.71
147	101	A NATUREZA ENSINA - 15	X	162	X >135	27	1011	VIRGILIO OLIVEIRA	M	58	1	00:15:34.92	00:15:34.92
											2	00:16:29.37	00:32:04.29

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							1012	ANA ROSARIO	F	46	3	00:16:14.68	00:48:18.97
							1013	LUIS PARRO	M	58	4	00:18:37.64	01:06:56.61
								TODOS			5	00:21:40.05	01:28:36.66
148	60	LONGUE RUNNERS	X	154	X >135	28	601	JOÃO RODRIGUES	M	61	1	00:16:25.41	00:16:25.41
											2	00:17:16.39	00:33:41.80
							602	ALEXANDRA FERREIRA	F	42	3	00:17:42.69	00:51:24.49
							603	MADALENA PINA	F	51	4	00:18:15.69	01:09:40.18
								TODOS			5	00:19:18.64	01:28:58.82
149	167	CLUBE MILLENNIUM BCP	F	88	F <104	4	1671	CARLA RAMALHO	F	48	1	00:14:02.72	00:14:02.72
											2	00:14:43.05	00:28:45.77
							1672	SARA RAMALHO	F	18	3	00:20:03.35	00:48:49.12
							1673	SOFIA RAMALHO	F	22	4	00:18:49.47	01:07:38.59
								TODOS			5	00:21:35.98	01:29:14.57
150	112	CABACEIRA SPORT & RUN	M	138	M >135	29	1121	LEONARO CABACEIRA	M	23	1	00:13:07.78	00:13:07.78
											2	00:14:40.15	00:27:47.93
							1122	JOSÉ CABACEIRA	M	58	3	00:22:11.44	00:49:59.37
							1123	HERMÍNIO CABACEIRA	M	57	4	00:16:13.09	01:06:12.46
								TODOS			5	00:23:42.71	01:29:55.17
151	37	ANSELMINHAS	F	137	F >135	10	371	MARISA SERRA	F	47	1	00:17:33.85	00:17:33.85
											2	00:17:56.27	00:35:30.12
							372	RITA ALVES	F	45	3	00:18:47.69	00:54:17.81
							373	SUSANA TRAVANCA	F	45	4	00:17:50.67	01:12:08.48
								TODOS			5	00:18:47.07	01:30:55.55
152	172	ENGIMIND II	M	131	M 105-134	30	1721	FRANCISCO SILVA	M	45	1	00:16:54.57	00:16:54.57
											2	00:18:32.02	00:35:26.59
							1722	ANDRE REMEDIOS	M	41	3	00:18:26.19	00:53:52.78
							1723	PEDRO REIS	M	45	4	00:18:21.27	01:12:14.05
								TODOS			5	00:19:17.06	01:31:31.11
153	107	ARMANDO E AS SUAS CONCERTINAS	X	118	X 105-134	30	1071	BRUNO BERNARDO	M	40	1	00:17:41.28	00:17:41.28
											2	00:18:30.82	00:36:12.10
							1072	MARISA MARTINS	F	42	3	00:18:35.76	00:54:47.86
							1073	ANDRÉ MENDES	M	36	4	00:17:31.52	01:12:19.38
								TODOS			5	00:19:39.25	01:31:58.63

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154	143	DEIXEM PASSAR AS ULTIMAS	F	135	F >135	11	1431	INES FERREIRA	F	23	1	00:15:32.62	00:15:32.62
											2	00:16:14.48	00:31:47.10
							1432	CECILIA AGUAI	F	63	3	00:19:50.67	00:51:37.77
							1433	ANA PAULA FERREIRA	F	49	4	00:19:25.39	01:11:03.16
								TODOS			5	00:21:18.16	01:32:21.32
155	38	FF PAZ MUNDIAL E UNIFICAÇÃO 4	X	161	X >135	29	381	JORGE COSTA	M	58	1	00:17:26.62	00:17:26.62
											2	00:18:31.05	00:35:57.67
							382	LUCINDA REIS	F	57	3	00:19:36.43	00:55:34.10
							383	MARIA JOÃO LOURENÇO	F	46	4	00:16:35.20	01:12:09.30
								TODOS			5	00:20:29.42	01:32:38.72
156	111	G FAM	X	96	X <104	7	1111	RUI GUEIFAO	M	25	1	00:17:21.41	00:17:21.41
											2	00:18:08.53	00:35:29.94
							1112	JOANA GUEIFAO	F	19	3	00:18:33.16	00:54:03.10
							1113	LUISA GUEIFAO	F	52	4	00:18:42.24	01:12:45.34
								TODOS			5	00:20:29.56	01:33:14.90
157	63	MATA DE BENFICA-F	F	91	F <104	5	631	SARA MONTEIRO	F	35	1	00:17:26.67	00:17:26.67
											2	00:18:31.68	00:35:58.35
							632	JOANA VIEIRA	F	27	3	00:20:30.89	00:56:29.24
							633	TERESA TORRRES	F	29	4	00:16:05.40	01:12:34.64
								TODOS			5	00:22:57.41	01:35:32.05
158	145	ESPEREM POR NÓS	X	135	X >135	30	1451	VANESSA NEVES	F	35	1	00:19:25.04	00:19:25.04
											2	00:18:21.88	00:37:46.92
							1452	MARTA LOPES	F	37	3	00:18:18.12	00:56:05.04
							1453	EDUARDO NEVES	M	63	4	00:20:04.67	01:16:09.71
								TODOS			5	00:22:00.98	01:38:10.69
159	119	MIND RUNNERS F	F	85	F <104	6	1191	MARIANA ALVES	F	27	1	00:18:41.55	00:18:41.55
											2	00:20:37.43	00:39:18.98
							1192	MARTA MENDES	F	25	3	00:19:33.97	00:58:52.95
							1193	MARCELA GIL	F	33	4	00:19:23.89	01:18:16.84
								TODOS			5	00:20:23.30	01:38:40.14
160	42	OS SERRANOS	X	161	X >135	31	421	CARLOS LOPES	M	50	1	00:16:19.19	00:16:19.19
											2	00:17:17.28	00:33:36.47
							422	ODETE FRANCISCO	F	48	3	00:17:03.71	00:50:40.18

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ESTAFETA DOS REIS

							423	MARGARIDA FONSECA	F	63	4	00:23:20.21	01:14:00.39
								TODOS			5	00:24:54.15	01:38:54.54
161	86	FRUTA CRISTALIZADA	X	83	X <104	8	861	PEDRO SILVA	M	41	1	00:14:53.22	00:14:53.22
											2	00:15:51.11	00:30:44.33
							862	SOFIA SILVA	F	21	3	00:23:05.33	00:53:49.66
							863	JOÃO XAVIER	M	21	4	00:20:28.04	01:14:17.70
								TODOS			5	00:25:16.27	01:39:33.97
162	56	DREAM TEAM	X	94	X <104	9	561	JOÃO SANTOS	M	29	1	00:15:41.26	00:15:41.26
											2	00:18:47.63	00:34:28.89
							562	CARLA SARAIVA	F	31	3	00:22:58.05	00:57:26.94
							563	ANA SANTOS	F	34	4	00:18:56.87	01:16:23.81
								TODOS			5	00:25:44.97	01:42:08.78
163	144	COXOS	X	142	X >135	32	1441	JOAO ANTUNES	M	34	1	00:16:03.55	00:16:03.55
											2	00:17:09.80	00:33:13.35
							1442	ANTÓNIO VERMELHUDO	M	66	3	00:22:03.11	00:55:16.46
							1443	ANDREA VERMELHUDO	F	42	4	00:23:42.41	01:18:58.87
								TODOS			5	00:28:28.13	01:47:27.00
164	170	QUARENTÕES NA BISGA 7	F	157	F >135	12	1701	ANA MADALENA VILELA	F	52	1	00:21:06.98	00:21:06.98
											2	00:22:46.33	00:43:53.31
							1702	MARIA TERESA LOPES	F	55	3	00:21:24.03	01:05:17.34
							1703	HELENA MACHADO	F	50	4	00:24:29.12	01:29:46.46
								TODOS			5	00:26:17.54	01:56:04.00