

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	394	HERMANO FERREIRA	M	34		00:30:25.70	00:30:25.70	SL BENFICA
2	368	CARLOS SILVA	M	33		00:31:14.78	00:31:14.78	GDR REBOLEIRA
3	357	PEDRO ARSÉNIO	M	34		00:31:28.95	00:31:28.95	BEJA AC
4	32	LUIS RAÇOES	M	41		00:32:25.85	00:32:25.85	INGLESES FC
5	255	ANDRÉ L COSTA	M	26		00:32:44.02	00:32:44.02	UF COMÉRCIO E INDÚSTRIA ATLETISMO
6	360	JOSÉ LAIR	M	41		00:33:03.20	00:33:03.20	BEJA AC
7	358	JOÃO CRUZ	M	31		00:33:03.46	00:33:03.46	BEJA AC
8	138	JOÃO VAZ	M	49		00:33:33.59	00:33:33.59	CCD O ALVITEJO
9	30	FRANCISCO PEDRO	M	46		00:33:34.00	00:33:34.00	CA ODIMARQ
10	29	MARIO CASSACA	M	44		00:33:39.92	00:33:39.92	CA ODIMARQ
11	460	EUGÉNIO NETO	M	54		00:34:18.13	00:34:18.13	GDR REBOLEIRA
12	41	JOAO CASTANHEIRA	M	40		00:34:18.40	00:34:18.40	CA ODIMARQ
13	260	JOSÉ L GUERRA	M	29		00:34:21.27	00:34:21.27	UF COMÉRCIO E INDÚSTRIA ATLETISMO
14	398	PEDRO POEIRA	M	35		00:34:32.34	00:34:32.34	NDC ODEMIRA
15	359	CUSTÓDIO ANTÓNIO	M	40		00:34:42.69	00:34:42.69	BEJA AC
16	409	MARCELO M SANTOS	M	30		00:34:42.87	00:34:42.87	ATLETISMO PARACUELLOS
17	369	JOSÉ INACIO	M	51		00:34:56.61	00:34:56.61	GDR REBOLEIRA
18	378	HUGO AUGUSTO	M	30		00:35:07.28	00:35:05.94	BELEM RUNNERS
19	459	JOSE A M MARTINS	M	51		00:35:16.72	00:35:16.72	INAPA
20	324	FRANCISCO ROCHA	M	49		00:35:18.14	00:35:15.80	AA MAFRA
21	453	CLAUDIA PEREIRA	F	40		00:35:18.36	00:35:18.36	GFD RUNNING
22	454	ANTÓNIO BRANCO	M	52		00:35:21.11	00:35:21.11	NA PENTEADO
23	225	BRUNO GAMITO	M	29		00:35:29.35	00:35:26.79	GDR S FRANCISCO SERRA
24	278	MARIO GRILO	M	21		00:35:36.75	00:35:36.75	BV MONTEMOR NOVO
25	330	FILIPE MOTA	M	48		00:35:43.07	00:35:41.72	AD IALBAX
26	366	PATRÍCIA SERAFIM	F	33		00:35:46.76	00:35:46.76	BEJA AC
27	424	PAULO GUIMARÃES	M	39		00:35:47.29	00:35:47.29	AMINHACORRIDA.COM
28	451	FÁBIO CUNHA	M	23		00:35:49.00	00:35:49.00	BEJA AC
29	336	ERNESTO FERREIRA	M	46		00:35:52.00	00:35:52.00	GFD RUNNING
30	238	SILVESTRE GOMES	M	61		00:36:06.76	00:36:06.76	VITÓRIA FC
31	261	LUIS F OLIVEIRA	M	30		00:36:08.84	00:36:08.84	UF COMÉRCIO E INDÚSTRIA ATLETISMO
32	308	JOEL RODRIGUES	M	43		00:36:15.96	00:36:13.25	AA MAFRA
33	327	SÉRGIO TAVARES	M	37		00:36:16.58	00:36:16.58	AA MAFRA
34	430	SANDRA S TEIXEIRA	F	38		00:36:17.68	00:36:17.68	SPORTING CP

35	314	ARTUR OLIVEIRA	M	44	00:36:20.89	00:36:18.83	AA MAFRA
36	402	RAUL LOURENCO	M	45	00:36:30.51	00:36:30.51	NDC ODEMIRA
37	362	HUGO CARVALHO	M	35	00:36:31.68	00:36:29.53	BEJA AC
38	318	MÁRIO ZORRO	M	41	00:36:31.70	00:36:27.59	AA MAFRA
39	208	LUÍS PEREIRA	M	47	00:36:31.76	00:36:29.65	GDR S FRANCISCO SERRA
40	312	EDUARDO EUSTÁQUIO	M	52	00:36:39.47	00:36:38.34	AA MAFRA
41	31	AIRES PRATAS	M	61	00:36:57.68	00:36:57.68	CA ODIMARQ
42	210	EMANUEL DIOGO	M	26	00:37:06.14	00:37:04.56	GDR S FRANCISCO SERRA
43	242	DANRLEY GUSMÃO	M	20	00:37:18.49	00:37:17.17	VITÓRIA FC
44	431	ALEXANDRE PIMPÃO	M	45	00:37:19.80	00:37:14.47	NAR MESSEJANA
45	331	ANTÓNIO REAL	M	60	00:37:24.32	00:37:24.32	AD IALBAX
46	395	ANA CATARINA DIAS	F	22	00:37:24.78	00:37:24.78	NDC ODEMIRA
47	344	NUNO PATRICIO	M	44	00:37:34.99	00:37:31.35	CN ALVITO
48	390	RUI DA SILVA	M	31	00:37:37.09	00:37:35.44	BELEM RUNNERS
49	455	ELIAS M FORTES	M	50	00:37:41.95	00:37:41.95	BELEM RUNNERS
50	361	PEDRO COSTA	M	48	00:37:42.06	00:37:42.06	BEJA AC
51	227	PAULO MORAIS	M	42	00:37:44.09	00:37:39.07	GDR S FRANCISCO SERRA
52	18	HUGO BALUGA	M	20	00:37:45.60	00:37:42.04	NEWID / AMICICLO GRÂNDOLA
53	205	LUÍS PEREIRA	M	57	00:37:46.00	00:37:46.00	GDR S FRANCISCO SERRA
54	403	PETER KNIGHT	M	55	00:37:51.43	00:37:51.43	NDC ODEMIRA
55	262	SAMUEL GALVEIA	M	35	00:37:57.55	00:37:53.09	UF COMÉRCIO E INDÚSTRIA ATLETISMO
56	230	DANIEL PEREIRA	M	30	00:38:00.52	00:37:55.16	JUVENTUDE AC
57	128	ANTÓNIO ALVES	M	50	00:38:01.53	00:37:59.26	TARTUGAS DE LOULÉ
58	353	NUNO CHAINHO	M	31	00:38:07.99	00:38:07.99	OS KOTAS
59	399	LICINIO MATOS	M	35	00:38:08.96	00:38:08.96	NDC ODEMIRA
60	233	VÍTOR SANTOS	M	33	00:38:10.20	00:38:04.16	JUVENTUDE AC
61	393	STEVEN SANTOS	M	30	00:38:18.17	00:38:12.35	BELEM RUNNERS
62	237	ROBERTO BAIÃO	M	24	00:38:21.41	00:38:21.41	JUVENTUDE AC
63	317	RUI CUPIDO	M	47	00:38:22.28	00:38:14.70	AA MAFRA
64	281	JOAO RODRIGUES	M	42	00:38:30.45	00:38:28.90	BV MONTEMOR NOVO
65	365	MÁRIO GODINHO	M	52	00:38:33.50	00:38:28.79	BEJA AC
66	379	INOCENCIO AMORIM	M	38	00:38:34.25	00:38:32.35	BELEM RUNNERS
67	102	FRANCISCO ANDRADE	M	30	00:38:39.38	00:38:29.40	GDCT REPSOL POLÍMEROS
68	28	ANTONIO HENRIQUES	M	59	00:38:44.82	00:38:42.84	CA ODIMARQ
69	107	ARETINO MOTA	M	55	00:38:50.67	00:38:50.67	LINDA-A-PASTORA SC

70	279	NUNO REBOCHO	M	25	00:38:56.54	00:38:56.54	BV MONTEMOR NOVO
71	337	FÁBIO DOMINGOS	M	27	00:39:01.26	00:39:01.26	GFD RUNNING
72	239	FLORIVAL BACALHAU	M	59	00:39:01.80	00:39:01.80	VITÓRIA FC
73	254	ALBERTO J SILVA	M	37	00:39:04.15	00:39:04.15	UF COMÉRCIO E INDÚSTRIA ATLETISMO
74	377	GONCALO FERREIRA	M	44	00:39:05.15	00:39:03.23	BELEM RUNNERS
75	220	LUÍS CORTINHAS	M	36	00:39:07.57	00:38:56.62	GDR S FRANCISCO SERRA
76	310	FRANCISCO RODRIGUES	M	40	00:39:12.29	00:39:06.85	AA MAFRA
77	280	JOAQUIM FREITAS	M	39	00:39:17.12	00:39:17.12	BV MONTEMOR NOVO
78	346	ANTÓNIO VALADAS	M	51	00:39:21.77	00:39:21.77	ESTRELA FUTEBOL CLUBE
79	345	ALIPIO L P TRIGO	M	39	00:39:24.02	00:39:12.71	
80	143	JOSÉ SIMÕES	M	57	00:39:28.96	00:39:23.69	JD NEVES
81	448	RUI SOUSA	M	42	00:39:29.81	00:39:14.31	SINGA RUNNERS
82	432	ANTÓNIO PARREIRA	M	61	00:39:33.45	00:39:28.00	NAR MESSEJANA
83	214	HUGO GONCALVES	M	28	00:39:36.12	00:39:22.82	GDR S FRANCISCO SERRA
84	149	JOSÉ MARCELINO	M	54	00:39:42.78	00:39:42.78	CD ESTRELA
85	400	PAULO PATRICIO	M	31	00:39:45.60	00:39:45.60	NDC ODEMIRA
86	322	JORGE GINJA	M	43	00:39:51.77	00:39:46.55	AA MAFRA
87	307	JOSÉ GONÇALVES	M	51	00:39:54.71	00:39:51.57	AA MAFRA
88	215	ROGÉRIO CASSACA	M	46	00:39:57.78	00:39:55.56	GDR S FRANCISCO SERRA
89	387	PEDRO A PEREIRA	M	41	00:40:00.04	00:39:57.63	BELEM RUNNERS
90	452	JORGE AUGUSTO	M	33	00:40:04.34	00:40:04.34	NS MOURA
91	108	ALMIRO FEIJÃO	M	58	00:40:05.94	00:40:05.94	LINDA-A-PASTORA SC
92	291	FERNANDO DOMINGOS	M	54	00:40:07.90	00:40:04.26	EQUIPA
93	386	NUNO QUEIJAS	M	44	00:40:09.00	00:40:06.78	BELEM RUNNERS
94	140	ANTÓNIO LOPES	M	51	00:40:10.80	00:40:10.80	CA SÃO BRÁS
95	132	VICÉLIO MENDES	M	54	00:40:11.12	00:40:03.22	TARTUGAS DE LOULÉ
96	286	JOSE CARAVELA	M	56	00:40:11.62	00:40:11.62	BV MONTEMOR NOVO
97	234	FLÁVIO PINELA	M	36	00:40:12.53	00:40:02.40	JUVENTUDE AC
98	207	ANTÓNIO PIRES	M	49	00:40:17.09	00:40:06.08	GDR S FRANCISCO SERRA
99	406	CLAUDIO GUILHERME	M	29	00:40:18.11	00:40:18.11	NDC ODEMIRA
100	229	RUI GAMITO	M	35	00:40:21.74	00:40:11.23	JUVENTUDE AC
101	13	ANTÓNIO J L MARTINS	M	50	00:40:21.83	00:40:07.65	LEBRES E TARTARUGAS
102	425	LUCILIA SOARES	F	54	00:40:35.93	00:40:35.93	AMINHACORRIDA.COM
103	332	JOÃO SANTOS	M	50	00:40:38.31	00:40:32.82	KETT CLUB
104	47	RAFAEL SILVA	M	38	00:40:40.29	00:40:37.17	PENICHE@CORRER

105	209	FERNANDO MESTRE	M	43	00:40:42.84	00:40:40.97	GDR S FRANCISCO SERRA
106	396	ANA LOURENCO	F	33	00:40:43.28	00:40:43.28	NDC ODEMIRA
107	348	BRUNO HELENO	M	35	00:40:45.12	00:40:45.12	ESTRELA FUTEBOL CLUBE
108	224	PAULO DÂMASO	M	18	00:40:46.56	00:40:41.58	GDR S FRANCISCO SERRA
109	309	ALICE ROMA	F	46	00:40:46.76	00:40:44.20	AA MAFRA
110	381	JORGE ABREU	M	32	00:40:47.76	00:40:45.15	BELEM RUNNERS
111	217	VASCO AGOSTINHO	M	51	00:40:52.75	00:40:47.81	GDR S FRANCISCO SERRA
112	392	SARA MARINHO	F	26	00:40:55.24	00:40:55.24	BELEM RUNNERS
113	206	VITOR PEREIRA	M	40	00:40:55.78	00:40:53.27	GDR S FRANCISCO SERRA
114	137	DIOGO F M G SANTOS	M	35	00:40:57.86	00:40:53.07	
115	285	ANTONIO GASPAR	M	55	00:41:02.22	00:40:57.50	BV MONTEMOR NOVO
116	93	LUIS ANICETO	M	58	00:41:06.34	00:40:57.41	CA MATINHA
117	417	MIGUEL REGO	M	36	00:41:08.35	00:41:06.68	QUALY - PRODUTOS DE LIMPEZA
118	283	ANTONIO MALHAO	M	48	00:41:16.68	00:41:12.63	BV MONTEMOR NOVO
119	24	ANTONIO PAIAS	M	60	00:41:19.30	00:41:17.23	CA ODIMARQ
120	408	FRANCISCO GUERREIRO	M	18	00:41:20.61	00:41:19.11	NDC ODEMIRA
121	203	SÉRGIO PEDREIRO	M	41	00:41:25.38	00:41:23.43	C PRAÇAS ARMADA
122	110	CARLOS ROSADO	M	48	00:41:36.84	00:41:30.67	C RUGBY JUROMENHA
123	370	JORGE CORREIA	M	45	00:41:38.85	00:41:32.29	GDR REBOLEIRA
124	351	JOSÉ MENDES	M	54	00:41:47.49	00:41:45.88	ESTRELA FUTEBOL CLUBE
125	257	EZEQUIEL FERNANDES	M	60	00:41:49.16	00:41:46.65	UF COMÉRCIO E INDÚSTRIA ATLETISMO
126	104	PAULO J S CAVALINHOS	M	40	00:41:53.43	00:41:43.09	VEOLIA
127	213	PAULO CHAINHO	M	52	00:42:02.78	00:41:59.66	GDR S FRANCISCO SERRA
128	380	JOAO R MARINHO	M	45	00:42:03.45	00:41:59.28	BELEM RUNNERS
129	122	FÁBIO GOMES	M	32	00:42:06.65	00:42:03.32	VALENTIM JOSÉ PEREIRA LDA
130	117	TITO PEREIRA	M	34	00:42:06.74	00:41:58.46	VALENTIM JOSÉ PEREIRA LDA
131	256	EMANUEL M RIBEIRO	M	33	00:42:10.38	00:42:06.43	UF COMÉRCIO E INDÚSTRIA ATLETISMO
132	401	VITOR DIAS	M	45	00:42:16.61	00:42:16.61	NDC ODEMIRA
133	249	JOAO ARENGA	M	65	00:42:18.54	00:42:07.81	NAVIGATOR CLUBE SETUBAL
134	321	GILBERTO DIAS	M	54	00:42:21.00	00:42:12.61	AA MAFRA
135	338	FERNANDO LOPES	M	46	00:42:33.40	00:42:30.23	GFD RUNNING
136	185	GONÇALO SANTOS	M	43	00:42:38.35	00:42:35.15	GDC PORTOS SINES ALGARVE
137	350	ANTÓNIO ROSADO	M	52	00:42:45.85	00:42:44.15	ESTRELA FUTEBOL CLUBE
138	244	JOSÉ BADALO	M	51	00:42:45.91	00:42:40.28	ADCSA BALDIO
139	311	CARLOS MORAIS	M	53	00:42:48.20	00:42:39.96	AA MAFRA

140	25	JOSE SILVA	M	53	00:42:52.87	00:42:51.20	CA ODIMARQ
141	282	HELIODORO ARRANJA	M	46	00:42:54.26	00:42:50.17	BV MONTEMOR NOVO
142	23	JOAQUIM MARTINS	M	54	00:43:00.31	00:42:58.94	CA ODIMARQ
143	175	JOAO MATEUS	M	29	00:43:01.93	00:42:54.08	
144	385	MONICA V DOMINGOS	F	25	00:43:03.05	00:42:59.39	BELEM RUNNERS
145	328	CARLOS RODRIGUES	M	60	00:43:03.06	00:42:54.45	AA MAFRA
146	373	ANDRE MENDONCA	M	33	00:43:03.39	00:43:00.16	BELEM RUNNERS
147	69	ANDRÉ AFONSO	M	28	00:43:04.92	00:42:53.78	
148	105	JOÃO SANTOS	M	39	00:43:05.33	00:42:55.04	
149	463	MARIA FATIMA ROSA	F	53	00:43:08.57	00:43:08.57	
150	388	PEDRO CANELAS	M	44	00:43:17.28	00:43:14.06	BELEM RUNNERS
151	160	ANTÓNIO VALENTE	M	34	00:43:18.51	00:43:07.54	ADR AA AVIS
152	176	PAULO BASÍLICO	M	50	00:43:20.13	00:43:02.22	OS ZATOPEQUES
153	306	HELENA MARTINS	F	55	00:43:24.05	00:43:20.86	AA MAFRA
154	33	VITOR PEREIRA	M	44	00:43:27.94	00:43:07.80	CARCOLRAIL
155	258	FRANCISCO A CALVO	M	56	00:43:35.92	00:43:30.78	UF COMÉRCIO E INDÚSTRIA ATLETISMO
156	363	JOSÉ PICA	M	47	00:43:37.84	00:43:36.29	BEJA AC
157	142	JOÃO TELES	M	32	00:43:39.25	00:43:32.57	
158	15	CHANTAL XHERVELLE	F	48	00:43:46.44	00:43:46.44	CPPEA
159	16	JAIME LAMEGO	M	57	00:43:48.40	00:43:48.40	MULTIRUNNERS
160	17	CARLOS DIAS	M	55	00:43:54.53	00:43:35.16	
161	259	JORGE A CÔCO	M	40	00:44:00.08	00:44:00.08	UF COMÉRCIO E INDÚSTRIA ATLETISMO
162	151	RUI SILVA	M	46	00:44:01.10	00:44:01.10	CD ESTRELA
163	316	LUÍS AMADO	M	47	00:44:10.17	00:44:06.72	AA MAFRA
164	164	HUGO GAUDÊNCIO	M	41	00:44:15.92	00:44:12.84	
165	20	EDUARDO SILVA	M	56	00:44:16.00	00:44:09.48	PATRICIOS
166	121	ANDRÉ VIEGAS	M	35	00:44:16.12	00:44:12.92	VALENTIM JOSÉ PEREIRA LDA
167	349	CARLOS SILVA	M	31	00:44:39.99	00:44:30.89	ESTRELA FUTEBOL CLUBE
168	251	NUNO SILVA	M	41	00:44:45.44	00:44:34.11	NAVIGATOR CLUBE SETUBAL
169	228	RUI FREITAS	M	64	00:44:48.78	00:44:45.37	GDR S FRANCISCO SERRA
170	190	RUI SEROMENHO	M	40	00:44:51.09	00:44:51.09	GDC PORTOS SINES ALGARVE
171	60	JOSÉ LEITÃO	M	44	00:44:52.00	00:44:40.19	RUN CREW TRAIL MONTIJO
172	382	JOSE M SALAZAR	M	56	00:44:58.60	00:44:55.90	BELEM RUNNERS
173	113	ANDRÉ POMBINHO	M	24	00:45:02.29	00:44:55.33	VALENTIM JOSÉ PEREIRA LDA
174	80	JOAQUIM ANTUNES	M	60	00:45:03.08	00:44:53.23	

175	19	PAULO GUERREIRO	M	51	00:45:15.00	00:45:04.80	PATRICIOS
176	178	JOSÉ CUNHA	M	52	00:45:22.41	00:45:04.21	OS ZATOPEQUES
177	288	ABILIO CATARRO	M	60	00:45:35.05	00:45:33.49	BV MONTEMOR NOVO
178	325	ANDRÉ ALMEIDA	M	41	00:45:36.59	00:45:27.88	AA MAFRA
179	223	FRANCISCO CARMO	M	45	00:45:53.64	00:45:40.76	GDR S FRANCISCO SERRA
180	81	FLAVIANO DIAS	M	67	00:45:55.76	00:45:54.26	AMICICLO GRÂNDOLA
181	410	ANTÓNIO PEREIRA	M	28	00:45:56.34	00:45:39.37	BOXGRÂNDOLATIVA
182	103	ANA PEREIRA	F	47	00:46:09.24	00:46:01.47	A NATUREZA ENSINA
183	376	PEDRO FAVINHA	M	44	00:46:09.51	00:46:06.43	BELEM RUNNERS
184	91	DANIEL NUNES	M	57	00:46:10.79	00:45:57.78	CA MATINHA
185	85	JOSÉ NUNES	M	49	00:46:11.17	00:45:56.40	CA MATINHA
186	62	RICARDO BARROS	M	31	00:46:16.74	00:46:08.58	
187	124	LUIS AMARAL	M	50	00:46:19.11	00:46:07.88	LA CONSULTORES
188	352	ANTÓNIO PARREIRA	M	58	00:46:20.84	00:46:18.33	OS KOTAS
189	181	PEDRO SILVA	M	39	00:46:26.16	00:46:05.93	GDC PORTOS SINES ALGARVE
190	45	PEDRO PEREIRA	M	39	00:46:29.77	00:46:29.77	
191	109	HUGO D P CARDOSO	M	37	00:46:43.82	00:46:27.24	
192	112	MARCO NUNES	M	32	00:46:49.38	00:46:45.44	VALENTIM JOSÉ PEREIRA LDA
193	313	DAVID CAMOCHO	M	39	00:46:54.59	00:46:45.88	AA MAFRA
194	243	ARMINDO QUEIMADO	M	51	00:46:55.18	00:46:48.30	ADCSA BALDIO
195	218	FERNANDO BEIJINHA	M	67	00:46:56.47	00:46:55.09	GDR S FRANCISCO SERRA
196	443	JOSÉ MARTINS	M	51	00:46:58.84	00:46:45.77	
197	450	DUARTE ESCOBAR	M	42	00:47:18.53	00:46:56.10	
198	111	RICARDO MACHADO	M	35	00:47:22.27	00:47:16.90	VALENTIM JOSÉ PEREIRA LDA
199	342	SOFIA FRAGA	F	37	00:47:22.55	00:47:17.38	GFD RUNNING
200	189	TIAGO PAULO	M	42	00:47:25.18	00:47:04.45	GDC PORTOS SINES ALGARVE
201	339	JOÃO COSTA	M	61	00:47:29.02	00:47:22.71	GFD RUNNING
202	465	JOSE FILHÓ	M	53	00:47:31.68	00:47:25.60	A CARBRAS DOIDAS
203	319	MANUEL ZORRO	M	55	00:47:32.41	00:47:22.72	AA MAFRA
204	444	PAULO PALMA	M	53	00:47:33.64	00:47:33.64	
205	68	PAULO ISMÉNIO	M	41	00:47:35.31	00:47:35.31	
206	61	SÓNIA MAURÍCIO	F	41	00:47:38.51	00:47:26.98	RUN CREW TRAIL MONTIJO
207	271	BERNARDINO PEREIRA	M	80	00:47:40.19	00:47:40.19	SS CGD
208	421	NORBERTO GUERREIRO	M	42	00:47:40.88	00:47:27.81	SÃO FRANCISCO AD
209	404	ILIDIO CAMPOS	M	56	00:47:44.12	00:47:39.33	NDC ODEMIRA

210	127	PEDRO CALDEIRA	M	40	00:47:46.92	00:47:25.33	
211	275	VERISSIMO PEREIRA	M	46	00:47:50.03	00:47:34.19	CP PINHEIRO DA CRUZ
212	420	FRANCISCO GUERREIRO	M	46	00:48:05.76	00:47:57.21	SÃO FRANCISCO AD
213	82	PAULO CARDIM	M	43	00:48:06.08	00:47:44.14	A DANIEL CALDEIRA
214	73	RICARDO PIRES	M	28	00:48:07.28	00:47:46.86	
215	418	SARA VELHO	F	41	00:48:11.07	00:48:03.83	OCS PROAVENTURAS
216	466	AMERICO CARVALHO	M	34	00:48:13.63	00:48:01.44	GE RUNNERS
217	200	ALVARO SILVA	M	60	00:48:13.95	00:48:01.29	C PRAÇAS ARMADA
218	106	ALEXANDRE PEREIRAA	M	35	00:48:16.00	00:48:03.71	
219	440	JOAQUIM RUIVO	M	42	00:48:28.41	00:48:15.14	
220	119	HUGO BERNARDINO	M	38	00:48:31.85	00:48:31.85	VALENTIM JOSÉ PEREIRA LDA
221	340	LUÍS ROSA	M	48	00:48:33.19	00:48:28.37	GFD RUNNING
222	276	RUI SOBRAL	M	30	00:48:37.07	00:48:37.07	CP PINHEIRO DA CRUZ
223	441	ROBERTO F AGOSTINHO	M	44	00:48:39.82	00:48:39.82	
224	147	ANTÓNIO BATISTA	M	69	00:48:43.73	00:48:38.97	CD ESTRELA
225	323	NUNO MOTA	M	39	00:48:47.69	00:48:38.89	AA MAFRA
226	179	JOÃO SILVA	M	59	00:48:48.22	00:48:30.53	OS ZATOPEQUES
227	177	JOSÉ MORAIS	M	55	00:48:48.98	00:48:30.49	OS ZATOPEQUES
228	447	OCTÁVIO CARMO	M	43	00:48:53.99	00:48:47.78	CLUBE BTT GRÂNDOLA
229	356	TIAGO GOMES	M	25	00:48:56.17	00:48:43.39	GD STA CRUZ/ LITORALMOTORS.PT
230	305	PAULO COSTA	M	56	00:48:57.76	00:48:51.77	AA MAFRA
231	161	JOÃO SANTOS	M	52	00:49:07.69	00:49:00.09	AA LEBRES SADO
232	86	JOSÉ FREIRE	M	60	00:49:11.97	00:48:58.19	CA MATINHA
233	141	VÍTOR LOPES	M	47	00:49:26.03	00:49:21.91	CA SÃO BRÁS
234	158	MÁRIO J BURRICA	M	36	00:49:26.43	00:49:06.71	XOPINTAS
235	389	RUI AFONSO	M	48	00:49:28.00	00:49:23.63	BELEM RUNNERS
236	284	MIGUEL VARELA	M	33	00:49:29.41	00:49:25.36	BV MONTEMOR NOVO
237	354	JOÃO CACERES	M	18	00:49:34.68	00:49:27.12	OS KOTAS
238	89	LUIS PEREIRA	M	55	00:49:36.32	00:49:22.68	CA MATINHA
239	245	ANTÓNIO SERRA	M	57	00:49:45.08	00:49:35.73	ADCSA BALDIO
240	183	FERNANDO FRAGATEIRO	M	56	00:49:48.05	00:49:28.44	GDC PORTOS SINES ALGARVE
241	125	ANA MARTINS	F	50	00:49:50.42	00:49:39.53	LA CONSULTORES
242	197	PAULO QUARESMA	M	61	00:49:59.90	00:49:51.27	VETERANOS DE MASSAMÁ
243	134	JOSÉ POLANA	M	68	00:50:00.02	00:49:47.71	TARTUGAS DE LOULÉ
244	129	FELICIANO ELIAS	M	71	00:50:04.31	00:49:56.55	TARTUGAS DE LOULÉ

245	37	CARMEN VIEGAS	F	38	00:50:09.33	00:50:04.29	VALENTIM JOSÉ PEREIRA LDA
246	195	LUADISANTOS, LOJA DÚ PEIXE, LDA	M	38	00:50:09.38	00:50:04.47	LOJA DÚ PEIXE
247	458	PEDRO TIAGO	M	37	00:50:09.59	00:49:50.67	ALPHAFITNESS
248	449	MARIA SOUSA	F	38	00:50:15.94	00:50:00.26	SINGA RUNNERS
249	468	HUGO PARREIRA	M	43	00:50:16.58	00:50:06.39	INDIVIDUAL
250	139	ANTÓNIO J M ANTUNES	M	54	00:50:19.48	00:50:11.89	
251	456	PEDRO CORDEIRO	M	34	00:50:24.12	00:50:06.02	ALPHAFITNESS
252	457	JOÃO FARINHA	M	23	00:50:31.82	00:50:13.25	ALPHAFITNESS
253	335	ANDREIA TOURAIS	F	30	00:50:32.97	00:50:26.50	GFD RUNNING
254	407	INES BERNARDO	F	18	00:50:40.02	00:50:37.55	NDC ODEMIRA
255	287	MANUEL ANTONIO	M	58	00:50:40.97	00:50:36.56	BV MONTEMOR NOVO
256	397	SOLANGE GUERREIRO	F	25	00:50:45.71	00:50:42.83	NDC ODEMIRA
257	236	ALBERTINO PACHECO	M	53	00:51:00.50	00:50:41.63	JUVENTUDE AC
258	297	FRANCISCO REBELO	M	50	00:51:01.08	00:50:48.48	CP EDP SINES
259	232	HENRIQUE SANTOS	M	52	00:51:03.16	00:50:44.17	JUVENTUDE AC
260	298	JOÃO MARTINS	M	42	00:51:04.32	00:50:50.57	CP EDP SINES
261	462	FREDERICO P MATEUS	M	18	00:51:10.63	00:50:53.65	
262	371	RENATO SANTOS	M	44	00:51:10.90	00:51:02.60	PASTELARIA VONINHA
263	461	RODRIGO L P MATEUS	M	37	00:51:11.14	00:50:54.61	
264	290	MARIO ALVES	M	61	00:51:11.24	00:50:53.49	SFUAP
265	414	LUIS SOBRAL	M	41	00:51:14.15	00:50:58.59	BOXGRÂNDOLATIVA
266	235	HÉLDER GUERREIRO	M	40	00:51:15.86	00:50:57.40	JUVENTUDE AC
267	341	MARGARIDA PINTO	F	45	00:51:16.55	00:51:10.43	GFD RUNNING
268	343	VICTOR CARVALHO	M	54	00:51:16.58	00:51:10.87	GFD RUNNING
269	211	AMÍLCAR ROMÃO	M	65	00:51:17.61	00:51:01.91	GDR S FRANCISCO SERRA
270	199	MANUEL BATISTA	M	67	00:51:18.04	00:51:05.40	C PRAÇAS ARMADA
271	315	EGÍDIO PORTELA	M	59	00:51:18.69	00:51:09.47	AA MAFRA
272	405	MARIA DIAS	F	40	00:51:21.30	00:51:19.40	NDC ODEMIRA
273	429	ANTÓNIO REIS	M	62	00:51:30.93	00:51:22.23	AA MAFRA
274	84	CARLOS MARQUES	M	66	00:51:32.37	00:51:32.37	CA MATINHA
275	464	JOAO PEREIRA	M	28	00:51:34.77	00:51:18.05	BOX GRANDOLA ATIVA
276	46	MANUEL AMBRÓSIO	M	46	00:51:41.44	00:51:26.94	
277	219	PEDRO GAMITO	M	40	00:51:43.09	00:51:34.67	GDR S FRANCISCO SERRA
278	48	RICARDO COSTA	M	29	00:51:43.62	00:51:36.69	
279	273	JOAQUIM LOPES	M	53	00:51:45.38	00:51:29.63	CP PINHEIRO DA CRUZ

280	146	ARMANDO TAVARES	M	68	00:51:52.43	00:51:45.67	CD ESTRELA
281	222	JOSÉ SANTOS	M	53	00:51:53.00	00:51:53.00	GDR S FRANCISCO SERRA
282	49	EDMUNDO JESUS	M	56	00:51:56.43	00:51:41.63	AMICICLO GRÂNDOLA
283	434	XANA QUINTANEIRO	F	32	00:52:00.14	00:52:00.14	NÚCLEO SCP PORTEL
284	277	RUI CHAPA	M	25	00:52:06.30	00:52:06.30	BV MONTEMOR NOVO
285	439	SÓNIA SERRA	F	36	00:52:08.59	00:52:08.59	NÚCLEO SCP PORTEL
286	120	PEDRO CHAINHO	M	36	00:52:09.97	00:52:05.11	VALENTIM JOSÉ PEREIRA LDA
287	114	RUI PEREIRA	M	34	00:52:10.07	00:52:05.66	VALENTIM JOSÉ PEREIRA LDA
288	118	VITOR GONÇALVES	M	39	00:52:10.12	00:52:05.76	VALENTIM JOSÉ PEREIRA LDA
289	115	VITOR PINELA	M	32	00:52:10.33	00:52:06.30	VALENTIM JOSÉ PEREIRA LDA
290	145	CATARINA FORTES	F	46	00:52:12.85	00:52:11.46	CORRER EM EVORA
291	294	JOÃO ALMEIDA	M	58	00:52:14.59	00:51:55.48	CP EDP SINES
292	126	MARIA NETO	F	44	00:52:24.61	00:52:12.56	LA CONSULTORES
293	383	LENIA SILVA	F	42	00:52:30.17	00:52:30.17	BELEM RUNNERS
294	391	SANDRA CARVALHO	F	45	00:52:30.72	00:52:21.98	BELEM RUNNERS
295	148	VIRGÍLIO RODRIGUES	M	69	00:52:41.57	00:52:30.63	CD ESTRELA
296	180	LUIS GRAVE	M	59	00:52:42.32	00:52:28.35	OS ZATOPEQUES
297	265	MARCOLINO BATISTA	M	67	00:52:43.05	00:52:33.15	JD NEVES
298	411	JOÃO VALE	M	26	00:52:53.92	00:52:37.82	BOXGRÂNDOLATIVA
299	263	CHEILA F DIAS	F	29	00:52:54.74	00:52:50.83	UF COMÉRCIO E INDÚSTRIA ATLETISMO
300	133	ANTONIO SANTOS	M	58	00:52:55.87	00:52:48.35	TARTUGAS DE LOULÉ
301	135	ISADORA COSTA	F	28	00:52:56.06	00:52:37.05	4 AO KM
302	136	VITOR GONÇALVES	M	47	00:52:56.19	00:52:37.49	4 AO KM
303	59	SUSANA GUERREIRO	F	41	00:53:15.24	00:53:08.32	NUCLEO GRANDOLA
304	427	JOAQUIM J SANTANA	M	33	00:53:15.30	00:53:15.30	OS KOTAS
305	166	PEDRO GUERREIRO	M	47	00:53:15.69	00:53:08.65	BOX GRANDOLATIVA
306	320	JOSÉ AMARO	M	53	00:53:18.96	00:53:08.79	AA MAFRA
307	156	RUI M VILA	M	34	00:53:26.86	00:53:17.83	ROTARACT PORTUGAL
308	295	DAVID ROSA	M	30	00:53:31.16	00:53:17.20	CP EDP SINES
309	187	RENATO PENAS	M	39	00:53:33.36	00:53:14.20	GDC PORTOS SINES ALGARVE
310	299	JÚLIO MARTINS	M	60	00:53:35.57	00:53:23.45	CP EDP SINES
311	165	CARLOS VIEIRA	M	45	00:53:37.02	00:53:32.03	BOX GRANDOLATIVA
312	55	ANABELA VIEIRA	F	41	00:53:37.79	00:53:31.42	NUCLEO GRANDOLA
313	267	FERNANDO MANUEL	M	40	00:53:42.34	00:53:25.95	
314	274	RUI PEREIRA	M	49	00:53:46.90	00:53:27.12	CP PINHEIRO DA CRUZ

315	94	HENRIQUE ADREGA	M	64	00:53:46.98	00:53:46.98	CA MATINHA
316	90	SILVANO MARTINS	M	67	00:53:47.29	00:53:47.29	CA MATINHA
317	272	ARMINDO CHAINHO	M	41	00:53:47.34	00:53:26.99	CP PINHEIRO DA CRUZ
318	172	MANUEL PEREIRA	M	34	00:53:54.38	00:53:42.51	LEBRES E TARTARUGAS GDL
319	174	NELSON BARRADINHAS	M	39	00:53:54.69	00:53:42.08	LEBRES E TARTARUGAS GDL
320	43	ARMANDO LACERDA	M	62	00:54:24.24	00:54:17.14	OCULISTA PORTAS DE SANTO ANTÓNIO
321	266	FRANCISCO FERREIRA	M	42	00:54:26.52	00:54:10.02	
322	191	CLÁUDIO PINTO	M	42	00:54:29.99	00:54:06.36	GDC PORTOS SINES ALGARVE
323	184	SÉRGIO TIMÓTEO	M	55	00:54:30.00	00:54:18.76	GDC PORTOS SINES ALGARVE
324	186	TELMO MACARRÃO	M	39	00:54:31.55	00:54:08.13	GDC PORTOS SINES ALGARVE
325	252	FERNANDO MARTINHO	M	54	00:54:42.56	00:54:24.55	NAVIGATOR CLUBE SETUBAL
326	196	JOÃO SANTOS	M	67	00:54:44.05	00:54:34.10	VETERANOS DE MASSAMÁ
327	98	CARLOS JESUS	M	66	00:54:47.90	00:54:26.02	GDCT REPSOL POLÍMEROS
328	63	JOÃO PARREIRA	M	42	00:55:13.37	00:54:58.28	
329	212	FERNANDO SOBRAL	M	59	00:55:16.32	00:55:00.92	GDR S FRANCISCO SERRA
330	202	SUSANA INFANTE	F	22	00:55:40.21	00:55:32.92	C PRAÇAS ARMADA
331	152	MÁRIO ANTÓNIO	M	70	00:55:40.38	00:55:31.26	CD ESTRELA
332	155	ANTÓNIO FONSECA	M	70	00:55:40.70	00:55:27.41	CD ESTRELA
333	333	MARIA JOSE SANTOS	F	47	00:55:44.21	00:55:32.31	KETT CLUB
334	201	JOSÉ INFANTE	M	49	00:55:47.00	00:55:47.00	C PRAÇAS ARMADA
335	12	AMILCAR PÓVOA	M	70	00:55:57.47	00:55:44.06	CA AMIGOS PARQUE PAZ
336	428	FERNANDA COSTA	F	54	00:56:06.21	00:55:56.52	AA MAFRA
337	303	MANUEL PEDRO	M	54	00:56:29.04	00:56:18.20	CP EDP SINES
338	67	ÂNGELA C MENDES	F	32	00:56:38.69	00:56:36.97	CCD O ALVITEJO
339	157	ANA L RODRIGUES	F	40	00:56:38.90	00:56:25.21	
340	415	ANA RITA PACHECO	F	27	00:56:45.64	00:56:30.26	BOXGRÂNDOLATIVA
341	253	GERALDO FERNADES	M	64	00:56:56.38	00:56:43.26	NAVIGATOR CLUBE SETUBAL
342	355	MARGARIDA PEDRO	F	52	00:57:17.61	00:57:15.31	OS KOTAS
343	52	ANA COSTA	F	38	00:57:29.19	00:57:22.67	EQUIPA
344	436	SARA GRILO	F	35	00:57:32.22	00:57:32.22	NÚCLEO SCP PORTEL
345	162	CARLOS PEREIRA	M	61	00:57:32.53	00:57:20.62	AA LEBRES SADO
346	72	DOMINGOS PIRES	M	64	00:57:41.58	00:57:21.75	
347	301	PEDRO PONTE	M	56	00:57:47.00	00:57:35.20	CP EDP SINES
348	216	ANABELA PEREIRA	F	43	00:57:50.65	00:57:36.38	GDR S FRANCISCO SERRA
349	22	M ^a ALBERTA ESTEVES	F	51	00:58:05.63	00:57:47.42	

350	193	MIGUEL CHAINHO	M	20	00:58:20.25	00:57:59.66	
351	192	LUÍS CHAINHO	M	43	00:58:20.33	00:57:59.68	
352	384	MICHELE CORREIA	F	44	00:58:20.49	00:58:11.14	BELEM RUNNERS
353	188	PEDRO SANTOS	M	38	00:58:21.06	00:57:57.49	GDC PORTOS SINES ALGARVE
354	445	RITA PALMA	F	47	00:58:24.57	00:58:24.57	
355	437	HELENA CORREIA	F	32	00:58:24.61	00:58:24.61	NÚCLEO SCP PORTEL
356	51	CARLA SILVA	F	39	00:58:50.26	00:58:32.96	EQUIPA
357	167	MÁRIO PEREIRA	M	42	00:58:51.21	00:58:33.96	LEBRES E TARTARUGAS GDL
358	169	ANTÓNIO NUNES	M	52	00:58:51.65	00:58:33.93	LEBRES E TARTARUGAS GDL
359	170	LUIS SANTOS	M	38	00:58:55.45	00:58:38.62	LEBRES E TARTARUGAS GDL
360	159	ERNESTO PRATAS	M	59	00:59:12.70	00:58:58.92	
361	57	DOLORES PRATAS	F	52	00:59:12.96	00:58:59.56	NUCLEO GRANDOLA
362	53	ANA SILVA	F	41	00:59:13.02	00:58:59.06	EQUIPA
363	50	CARLA LOURO	F	44	00:59:31.07	00:59:24.61	NUCLEO GRANDOLA
364	99	MÁRIO MILHARADAS	M	32	00:59:52.67	00:59:30.84	GDCT REPSOL POLÍMEROS
365	264	NATÁLIA A C BEJA	F	41	00:59:55.57	00:59:40.46	
366	198	MANUEL AZEVEDO	M	59	01:00:19.65	01:00:02.98	VETERANOS DE MASSAMÁ
367	71	CARINA GOMES	F	41	01:00:28.70	01:00:12.84	
368	70	PEDRO VIEIRA	M	47	01:00:29.52	01:00:11.49	
369	21	ARTUR SANTOS	M	63	01:00:36.32	01:00:21.22	
370	153	NELSON OLIVEIRA	M	72	01:00:42.14	01:00:32.11	CD ESTRELA
371	87	ESMAEL GERALDES	M	66	01:00:55.60	01:00:14.44	CA MATINHA
372	77	FLORINDA PEREIRA	F	61	01:01:01.65	01:00:55.57	
373	76	JOAO LANDEIRO	M	70	01:01:02.66	01:00:43.33	
374	221	JOAQUIM MACHADO	M	64	01:01:04.18	01:00:51.57	GDR S FRANCISCO SERRA
375	246	CARLOS CRESPO	M	54	01:01:06.67	01:00:45.35	CD ESTRELA
376	58	ANDREIA PRATAS	F	30	01:01:17.67	01:01:01.39	NUCLEO GRANDOLA
377	413	MARIA CHAINHO	F	42	01:01:19.39	01:01:03.94	BOXGRÂNDOLATIVA
378	101	LUIS TORRÃO	M	63	01:01:21.33	01:01:00.27	GDCT REPSOL POLÍMEROS
379	42	ANA MARQUES	F	36	01:01:42.46	01:01:32.18	VFCE
380	334	ALBERO MOSQUEIRA	M	37	01:01:50.59	01:01:44.29	GFD RUNNING
381	247	NATIVIDADE CARDOSO	F	66	01:02:17.72	01:02:09.37	CD ESTRELA
382	88	JOÃO RIBEIRO	M	58	01:02:18.07	01:01:53.76	CA MATINHA
383	65	CARLOS LUDOVINO	M	40	01:02:22.85	01:02:08.30	
384	66	ALEXANDRA PEREIRA	F	39	01:02:22.85	01:02:08.32	

385	54	MARGARETE REIS	F	40	01:02:28.00	01:02:21.59	NUCLEO GRANDOLA
386	34	HELENA SANTOS	F	46	01:02:29.47	01:02:08.81	CARCOLRAIL
387	35	ADRIANA GRIFO	F	37	01:02:31.40	01:02:11.05	
388	11	ANA PALMA	F	40	01:03:22.29	01:03:07.15	
389	10	CARLOS AMBRÓSIO	M	40	01:03:23.25	01:03:08.39	
390	44	M ^a HELENA LACERDA	F	52	01:03:29.14	01:03:20.93	OCULISTA PORTAS DE SANTO ANTÓNIO
391	38	VÂNIA PINELA	F	30	01:04:23.98	01:04:18.21	
392	83	ANTONIO MARQUES	M	60	01:04:49.98	01:04:25.12	CA MATINHA
393	302	RUI GALINDRO	M	54	01:05:50.40	01:05:35.82	CP EDP SINES
394	40	HERLANDER BRAZ	M	57	01:06:22.81	01:06:04.92	
395	150	JOSÉ MARIA	M	73	01:06:24.44	01:06:09.54	CD ESTRELA
396	56	FORTUNATA RATINHO	F	34	01:07:19.61	01:07:06.39	NUCLEO GRANDOLA
397	326	SAMUEL JOAQUIM	M	63	01:07:23.94	01:07:14.29	AA MAFRA
398	95	CARLOS CARMO	M	63	01:08:10.69	01:07:48.50	GDCT REPSOL POLÍMEROS
399	75	LUCIA GONÇALVES	F	40	01:08:20.09	01:08:08.44	
400	74	DANIELA BOLETA	F	23	01:08:20.84	01:08:20.84	
401	446	JOAQUIM ARAÚJO	M	71	01:09:24.97	01:09:14.90	AA PÊGO LONGO
402	194	LUÍSA F G MARTINS	F	51	01:14:48.29	01:14:48.29	CA ALENTEJANOS FARO
403	100	JÚLIO MILHARADAS	M	64	01:14:50.17	01:14:28.10	GDCT REPSOL POLÍMEROS
404	96	MANUEL SANTOS	M	69	01:14:50.63	01:14:28.16	GDCT REPSOL POLÍMEROS
405	204	JOAQUIM PEREIRA	M	77	01:15:04.99	01:14:56.71	C PRAÇAS ARMADA
406	173	GRAÇA GONÇALVES	F	47	01:15:32.81	01:15:15.68	LEBRES E TARTARUGAS GDL
407	171	JOSÉ GONÇALVES	M	44	01:15:33.02	01:15:23.10	LEBRES E TARTARUGAS GDL

Total de registros: 407

Classificação dos atletas residentes em Grândola:

Class	Num	Nome	Sx	Idd	Cat	T. Bruto	T. Líquido	Equipe
1	29	MARIO CASSACA	M	44		00:33:39.92	00:33:39.92	CA ODIMARQ
2	359	CUSTÓDIO ANTÓNIO	M	40		00:34:42.69	00:34:42.69	BEJA AC
3	344	NUNO PATRICIO	M	44		00:37:34.99	00:37:31.35	CN ALVITO
4	361	PEDRO COSTA	M	48		00:37:42.06	00:37:42.06	BEJA AC
5	18	HUGO BALUGA	M	20		00:37:45.60	00:37:42.04	NEWID / AMICICLO GRÂNDOLA
6	214	HUGO GONCALVES	M	28		00:39:36.12	00:39:22.82	GDR S FRANCISCO SERRA
7	215	ROGÉRIO CASSACA	M	46		00:39:57.78	00:39:55.56	GDR S FRANCISCO SERRA
8	206	VITOR PEREIRA	M	40		00:40:55.78	00:40:53.27	GDR S FRANCISCO SERRA
9	175	JOAO MATEUS	M	29		00:43:01.93	00:42:54.08	
10	33	VITOR PEREIRA	M	44		00:43:27.94	00:43:07.80	CARCOLRAIL
11	228	RUI FREITAS	M	64		00:44:48.78	00:44:45.37	GDR S FRANCISCO SERRA
12	223	FRANCISCO CARMO	M	45		00:45:53.64	00:45:40.76	GDR S FRANCISCO SERRA
13	81	FLAVIANO DIAS	M	67		00:45:55.76	00:45:54.26	AMICICLO GRÂNDOLA
14	410	ANTÓNIO PEREIRA	M	28		00:45:56.34	00:45:39.37	BOXGRÂNDOLATIVA
15	109	HUGO D P CARDOSO	M	37		00:46:43.82	00:46:27.24	
16	275	VERISSIMO PEREIRA	M	46		00:47:50.03	00:47:34.19	CP PINHEIRO DA CRUZ
17	106	ALEXANDRE PEREIRAA	M	35		00:48:16.00	00:48:03.71	
18	276	RUI SOBRAL	M	30		00:48:37.07	00:48:37.07	CP PINHEIRO DA CRUZ
19	447	OCTÁVIO CARMO	M	43		00:48:53.99	00:48:47.78	CLUBE BTT GRÂNDOLA
20	414	LUIS SOBRAL	M	41		00:51:14.15	00:50:58.59	BOXGRÂNDOLATIVA
21	235	HÉLDER GUERREIRO	M	40		00:51:15.86	00:50:57.40	JUVENTUDE AC
22	48	RICARDO COSTA	M	29		00:51:43.62	00:51:36.69	
23	273	JOAQUIM LOPES	M	53		00:51:45.38	00:51:29.63	CP PINHEIRO DA CRUZ
24	222	JOSÉ SANTOS	M	53		00:51:53.00	00:51:53.00	GDR S FRANCISCO SERRA
25	49	EDMUNDO JESUS	M	56		00:51:56.43	00:51:41.63	AMICICLO GRÂNDOLA
26	411	JOÃO VALE	M	26		00:52:53.92	00:52:37.82	BOXGRÂNDOLATIVA
27	59	SUSANA GUERREIRO	F	41		00:53:15.24	00:53:08.32	NUCLEO GRANDOLA
28	166	PEDRO GUERREIRO	M	47		00:53:15.69	00:53:08.65	BOX GRANDOLATIVA
29	165	CARLOS VIEIRA	M	45		00:53:37.02	00:53:32.03	BOX GRANDOLATIVA
30	55	ANABELA VIEIRA	F	41		00:53:37.79	00:53:31.42	NUCLEO GRANDOLA
31	274	RUI PEREIRA	M	49		00:53:46.90	00:53:27.12	CP PINHEIRO DA CRUZ
32	272	ARMINDO CHAINHO	M	41		00:53:47.34	00:53:26.99	CP PINHEIRO DA CRUZ

33	174	NELSON BARRADINHAS	M	39	00:53:54.69	00:53:42.08	LEBRES E TARTARUGAS GDL
34	63	JOÃO PARREIRA	M	42	00:55:13.37	00:54:58.28	
35	212	FERNANDO SOBRAL	M	59	00:55:16.32	00:55:00.92	GDR S FRANCISCO SERRA
36	415	ANA RITA PACHECO	F	27	00:56:45.64	00:56:30.26	BOXGRÂNDOLATIVA
37	52	ANA COSTA	F	38	00:57:29.19	00:57:22.67	EQUIPA
38	193	MIGUEL CHAINHO	M	20	00:58:20.25	00:57:59.66	
39	192	LUÍS CHAINHO	M	43	00:58:20.33	00:57:59.68	
40	51	CARLA SILVA	F	39	00:58:50.26	00:58:32.96	EQUIPA
41	167	MÁRIO PEREIRA	M	42	00:58:51.21	00:58:33.96	LEBRES E TARTARUGAS GDL
42	169	ANTÓNIO NUNES	M	52	00:58:51.65	00:58:33.93	LEBRES E TARTARUGAS GDL
43	170	LUIS SANTOS	M	38	00:58:55.45	00:58:38.62	LEBRES E TARTARUGAS GDL
44	159	ERNESTO PRATAS	M	59	00:59:12.70	00:58:58.92	
45	57	DOLORES PRATAS	F	52	00:59:12.96	00:58:59.56	NUCLEO GRANDOLA
46	53	ANA SILVA	F	41	00:59:13.02	00:58:59.06	EQUIPA
47	50	CARLA LOURO	F	44	00:59:31.07	00:59:24.61	NUCLEO GRANDOLA
48	71	CARINA GOMES	F	41	01:00:28.70	01:00:12.84	
49	70	PEDRO VIEIRA	M	47	01:00:29.52	01:00:11.49	
50	21	ARTUR SANTOS	M	63	01:00:36.32	01:00:21.22	
51	58	ANDREIA PRATAS	F	30	01:01:17.67	01:01:01.39	NUCLEO GRANDOLA
52	413	MARIA CHAINHO	F	42	01:01:19.39	01:01:03.94	BOXGRÂNDOLATIVA
53	66	ALEXANDRA PEREIRA	F	39	01:02:22.85	01:02:08.32	
54	65	CARLOS LUDOVINO	M	40	01:02:22.85	01:02:08.30	
55	54	MARGARETE REIS	F	40	01:02:28.00	01:02:21.59	NUCLEO GRANDOLA
56	34	HELENA SANTOS	F	46	01:02:29.47	01:02:08.81	CARCOLRAIL
57	35	ADRIANA GRIFO	F	37	01:02:31.40	01:02:11.05	
58	56	FORTUNATA RATINHO	F	34	01:07:19.61	01:07:06.39	NUCLEO GRANDOLA
59	75	LUCIA GONÇALVES	F	40	01:08:20.09	01:08:08.44	
60	74	DANIELA BOLETA	F	23	01:08:20.84	01:08:20.84	

Total de registros: 60

Classificação por Equipas com 5 ou mais elementos:

Class	Soma das posições dos 1ºs 5 classificados	Equipa	Nº atletas registados
1	58	BEJA AC	9
2	138	CA ODIMARQ	8
3	154	AA MAFRA	26
4	174	UF COMÉRCIO E INDÚSTRIA ATLETISMO	10
5	204	GDR S FRANCISCO SERRA	23
6	205	NDC ODEMIRA	14
7	238	BELEM RUNNERS	20
8	327	BV MONTEMOR NOVO	12
9	370	JUVENTUDE AC	8
10	449	GFD RUNNING	11
11	608	ESTRELA FUTEBOL CLUBE	5
12	785	VALENTIM JOSÉ PEREIRA LDA	12
13	930	GDC PORTOS SINES ALGARVE	9
14	934	TARTUGAS DE LOULÉ	5
15	950	CA MATINHA	11
16	1040	CD ESTRELA	11
17	1072	OS ZATOPQUES	5
18	1123	OS KOTAS	5
19	1265	C PRAÇAS ARMADA	6
20	1338	CP PINHEIRO DA CRUZ	5
21	1422	CP EDP SINES	8
22	1454	BOXGRÂNDOLATIVA	5
23	1525	GDCT REPSOL POLÍMEROS	7
24	1703	LEBRES E TARTARUGAS GDL	7
25	1707	NUCLEO GRANDOLA	7

Total de equipas com 5 ou mais atletas registados: 25