



23 SETEMBRO 2018



10k

Class	Num	Nome	Sx	Idd	Pos Escal	T. Bruto	T. Líquido	Equipe
1	3	SAMUEL FREIRE	M	28	1	00:32:43.32	00:32:43.20	SL BENFICA
2	622	JOSÉ GASPAR	M	41	1	00:33:04.54	00:33:01.53	BIMBO
3	1574	PEDRO ARSÉNIO	M	32	2	00:33:05.33	00:33:02.15	C.F. BELENENSES
4	9	JOAO VALENTE	M	24	3	00:33:24.75	00:33:24.53	SL BENFICA
5	5	EDUARDO MBENGANI	M	33	4	00:34:24.64	00:34:22.53	SL BENFICA
6	2	RICARDO RIBAS	M	40	2	00:34:36.45	00:34:36.45	SL BENFICA
7	1	DULCE FÉLIX	F	35	1	00:34:36.56	00:34:33.37	SL BENFICA
8	395	DANIEL PINHEIRO	M	36	1	00:34:44.25	00:34:41.67	
9	10	LEONARDO ANICETO	M	20	5	00:35:36.80	00:35:36.29	SL BENFICA
10	657	LUÍS BRITO	M	43	3	00:35:50.01	00:35:46.69	BIMBO
11	961	CARLOS FERREIRA	M	42	4	00:36:16.30	00:36:14.14	CHAVEZ RUNNING TEAM
12	1567	RAÚL CAETANO	M	46	1	00:36:26.80	00:36:26.40	C.F. BELENENSES
13	6	SUSANA CUNHA	F	30	1	00:36:29.49	00:36:29.23	LINDA-A-PASTORA
14	169	NUNO G L SANTOS	M	40	5	00:37:27.04	00:37:24.35	GRF BENEDITA - ATLETISMO
15	309	PEDRO MIGUEL	M	37	2	00:37:29.98	00:37:26.61	RB RUNNING
16	296	CARLOS ARIEIRO	M	44	6	00:37:33.94	00:37:29.28	A NATUREZA ENSINA
17	157	PEDRO FERNANDES	M	36	3	00:37:36.50	00:37:36.49	VITÓRIA FUTEBOL CLUBE
18	137	VITOR OLIVEIRA	M	28	6	00:37:39.62	00:37:30.27	ASS VALE GRANDE
19	1578	RENATO MANUEL	M	43	7	00:37:44.39	00:37:40.51	C.F. BELENENSES
20	556	HUGO SILVA	M	31	7	00:37:56.35	00:37:53.31	
21	1582	PAULO GARCIA	M	45	2	00:37:59.98	00:37:57.46	C.F. BELENENSES
22	753	MANUEL MASCARENHAS	M	35	4	00:38:00.84	00:37:56.61	A.M.ATIBÁ
23	11	NUNO SILVA	M	37	5	00:38:41.25	00:38:39.28	CA BELEM
24	7	OLGA SERBYN	F	26	2	00:38:42.55	00:38:38.75	C A FÁTIMA
25	726	ANTÓNIO ARAÚJO	M	53	1	00:38:43.88	00:38:40.76	
26	646	NUNO VARELA	M	39	6	00:38:44.63	00:38:41.67	BIMBO
27	313	PAULO CARVALHO	M	49	3	00:38:48.66	00:38:43.16	
28	299	PEDRO RIBEIRO	M	46	4	00:38:50.87	00:38:46.50	A NATUREZA ENSINA
29	1026	RICARDO JORDÃO	M	36	7	00:38:52.76	00:38:44.48	
30	285	LUIS GOUVEIA	M	51	2	00:38:55.80	00:38:51.16	A NATUREZA ENSINA
31	1570	GUSTAVO SANTOS	M	46	5	00:38:56.24	00:38:52.70	C.F. BELENENSES
32	1583	JORGE MATOS	M	48	6	00:38:59.05	00:38:59.05	C.F. BELENENSES
33	944	JOSE BANHA	M	26	8	00:38:59.30	00:38:57.26	BEJA ATLETICO CLUBE
34	266	PEDRO MARQUES	M	40	8	00:38:59.39	00:38:54.80	ATIBÁ
35	284	HELDER CARMINE	M	39	8	00:39:02.21	00:38:58.18	A NATUREZA ENSINA
36	4	SANDRA TEIXEIRA	F	40	2	00:39:03.58	00:39:00.20	



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37	80	JOSE PAJINHA	M	57	1	00:39:12.97	00:39:09.81	ODIMARQ
38	374	NUNO VALENTE	M	38	9	00:39:13.00	00:39:10.00	
39	288	JOÃO OLIVEIRA	M	34	9	00:39:24.78	00:39:18.93	A NATUREZA ENSINA
40	835	ALEXANDRE FRANÇA	M	20	10	00:39:25.92	00:39:21.76	BIMBO
41	564	PEDRO MOTA	M	47	7	00:39:28.76	00:39:21.85	
42	389	ANTÓNIO FERNANDES	M	51	3	00:39:34.00	00:39:32.24	
43	191	CLEBY A A ARAÚJO	M	52	4	00:39:37.32	00:39:32.61	A NATUREZA ENSINA
44	969	RUI HENRIQUES	M	45	8	00:39:38.42	00:39:36.60	FF PAZ MUNDIAL
45	115	ABEL GLÓRIA	M	56	2	00:39:44.50	00:39:39.50	CLUBE ATLETISMO ODIMARQ
46	142	AIRES PRATAS	M	63	1	00:39:49.84	00:39:46.92	ODIMARQ
47	546	JOSÉ LOPES	M	54	5	00:39:52.64	00:39:48.09	
48	289	JOSE FACHADAS	M	48	9	00:39:53.70	00:39:53.70	A NATUREZA ENSINA
49	905	TELMO REIS	M	38	10	00:39:54.84	00:39:54.84	BIMBO - CAÍDE REI
50	94	JOSE MARCELINO	M	55	3	00:39:59.46	00:39:56.20	CD ESTRELA
51	705	KCÉNIA BOUGROVA	F	23	3	00:39:59.77	00:39:56.43	SPORTING CLUBE DE PORTUGAL
52	281	MARIO BOUCINHA	M	46	10	00:40:02.35	00:39:57.14	A NATUREZA ENSINA
53	1474	FERNANDO PIRES	M	41	9	00:40:15.08	00:40:09.95	
54	465	GONÇALO CHAMPALIMAUD	M	37	11	00:40:18.39	00:40:07.19	
55	467	NUNO TINTIM	M	41	10	00:40:20.97	00:40:12.93	
56	1596	GONÇALO JOSÉ HENRIQUES BRÁS	M	39	12	00:40:36.22	00:40:32.90	SERDIAL
57	1030	PAULO PINTO	M	45	11	00:40:49.06	00:40:41.70	A NATUREZA ENSINA
58	846	ANTÓNIO HENRIQUES	M	63	2	00:40:49.88	00:40:46.61	BIMBO
59	429	JOSÉ PIRES	M	42	11	00:40:54.29	00:40:38.95	
60	623	PAULO MOREIRA	M	49	12	00:40:55.50	00:40:46.88	BIMBO
61	283	MARCO FATELO	M	39	13	00:40:59.20	00:40:54.82	A NATUREZA ENSINA
62	398	DAVID FERNANDES	M	43	12	00:41:01.50	00:40:55.59	AMINHACORRIDA
63	534	FRANCISCO FARINHA	M	35	14	00:41:04.30	00:40:54.95	
64	101	JOÃO LIMÃO	M	45	13	00:41:16.25	00:41:09.70	
65	1420	ALEXANDRE LEAL	M	42	13	00:41:21.32	00:41:17.24	BIMBO
66	1569	NUNO QUEIJA	M	45	14	00:41:30.50	00:41:26.96	C.F. BELENENSES
67	539	ISIDRO DUARTE	M	51	6	00:41:32.02	00:41:26.21	
68	503	PEDRO PEREIRA	M	34	11	00:41:45.09	00:41:32.50	
69	754	MÓNICA MOREIRAS	F	38	3	00:41:45.55	00:41:45.55	A.M.ATIBÁ
70	22	SÉRGIO TEIXEIRA	M	43	14	00:41:51.62	00:41:47.70	
71	225	TIAGO MARQUES	M	35	15	00:42:06.22	00:41:59.70	SEMPRE A CORRER
72	516	JOÃO LUZ	M	39	16	00:42:15.85	00:41:58.86	
73	274	PAULO PALMA	M	54	7	00:42:16.82	00:42:14.21	DREAM RUNNERS ÉVORA



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74	1591	JAIME OCTAVIO FRANCO MAURICIO	M	44	15	00:42:21.27	00:42:18.69	C.F. BELENENSES
75	201	FRANCISCO OLIVEIRA	M	40	16	00:42:23.37	00:42:20.38	
76	111	PEDRO FERREIRA	M	51	8	00:42:30.48	00:42:20.04	RB RUNNING
77	99	TELMO SIMOES	M	33	12	00:42:33.27	00:41:57.73	
78	1018	FRANCISCO SERRANO	M	44	17	00:42:34.74	00:42:30.80	URBAN RUN TEAM
79	377	MIGUEL TEIXEIRA	M	44	18	00:42:37.38	00:42:29.95	
80	504	JOSÉ MARQUES	M	51	9	00:42:41.39	00:42:34.00	
81	915	ANTONIO SANTOS	M	56	4	00:42:42.86	00:42:42.86	BIMBO
82	947	PAULO SARTY	M	45	15	00:42:50.11	00:42:46.07	STRONG TEAM
83	557	JOÃO ROCHA	M	30	13	00:42:55.16	00:42:44.73	
84	211	HENRIQUE Z PIRES	M	34	14	00:42:55.50	00:42:51.08	B2 RUNNING
85	777	FERNANDO ALMEIDA	M	38	17	00:42:57.62	00:42:50.86	BIMBO
86	356	PAULO OLIVEIRA	M	49	16	00:43:00.00	00:42:55.53	CCD PM CASCAIS
87	537	HUGO LUZ	M	43	19	00:43:02.00	00:42:52.20	
88	273	PAULO RIBEIRO	M	49	17	00:43:03.46	00:43:00.93	
89	208	LUIS CASCAO	M	45	18	00:43:09.88	00:43:01.76	CASA DO PESSOAL DA RTP
90	1589	JOSÉ LEMOS	M	56	5	00:43:13.05	00:42:58.34	C.F. BELENENSES
91	184	MIGUEL PEREIRA	M	44	20	00:43:15.09	00:42:59.42	G.D.S.B.S.I.
92	287	CARLOS LIMA	M	47	19	00:43:31.32	00:43:26.06	A NATUREZA ENSINA
93	664	LUIS VIEIRA	M	48	20	00:43:32.34	00:43:24.47	BIMBO
94	764	MANUEL LINO	M	53	10	00:43:35.43	00:43:25.16	OS CARREGUEIRENSES
95	1528	JORGE ABREU	M	33	15	00:43:40.85	00:43:21.63	
96	396	MARGARIDA AMARO	F	41	4	00:43:45.59	00:43:42.21	AMINHACORRIDA
97	667	VASCO GONÇALVES	M	55	6	00:43:46.36	00:43:44.39	BIMBO
98	300	BRUNO FRANCISCO	M	35	18	00:43:47.62	00:43:40.78	
99	1572	RUI COELHO	M	46	21	00:43:48.37	00:43:45.91	C.F. BELENENSES
100	8	DANIELA GORDINO	F	19	4	00:43:50.07	00:43:49.99	SPORTING CP
101	279	PAULO MOREIRA	M	49	22	00:44:04.62	00:43:54.76	OS FILHOS DA NOITE
102	894	JOSÉ PEREIRA	M	43	21	00:44:12.35	00:44:10.38	BIMBO
103	255	ANTONIO JOAQUIM	M	48	23	00:44:14.07	00:43:43.93	
104	615	AMARO PALMINHAS	M	52	11	00:44:15.70	00:44:08.07	BIMBO
105	952	ANTONIO SILVA	M	48	24	00:44:22.04	00:44:15.92	C A AMIGOS PARQUE DA PAZ
106	511	PAULO FERREIRA	M	47	25	00:44:23.81	00:44:10.22	
107	762	JOAO BERNARDES	M	42	22	00:44:25.59	00:43:54.68	OS CARREGUEIRENSES
108	766	VERGILIO OLIVEIRA	M	54	12	00:44:25.93	00:43:54.29	OS CARREGUEIRENSES
109	381	JOÃO PIRES	M	47	26	00:44:27.24	00:44:23.05	
110	669	JOSÉ DELFINO	M	57	7	00:44:31.07	00:44:23.32	BIMBO



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111	349	MARIA FRIAS	F	53	1	00:44:32.51	00:44:32.46	AMIGOS DO ATLETISMO DE MAFRA
112	839	RICARDO FRANCO	M	34	16	00:44:38.65	00:44:27.45	
113	290	SERGIO MACATRÃO	M	62	3	00:44:40.06	00:44:32.12	A NATUREZA ENSINA
114	665	PAULO LOPES	M	49	27	00:44:42.92	00:44:33.10	BIMBO
115	268	RUI P RODRIGUES	M	44	23	00:44:48.66	00:44:43.62	CORRER SOC. REC GRANJA
116	656	JORGE PAREDES	M	42	24	00:44:50.14	00:44:22.21	BIMBO
117	271	JOÃO MONIZ	M	23	17	00:44:50.27	00:44:46.64	
118	87	JORGE FRAGA	M	51	13	00:44:50.53	00:44:40.32	
119	1431	ANGELO GODINHO	M	35	19	00:44:52.48	00:44:40.63	BIMBO
120	277	GODINHO RAMOS	M	40	25	00:44:54.46	00:44:44.65	OS BRUTOS DO XANGAI
121	90	ANDRE CARVALHO	M	32	18	00:44:55.65	00:44:23.79	CELFOCKERS
122	401	FABRICE	M	48	28	00:44:57.07	00:44:49.82	AMINHACORRIDA
123	350	SÉRGIO N NUNES	M	44	26	00:44:57.27	00:44:51.84	TURRES TRAIL TEAM
124	730	ANTONIO A N EVARISTO	M	53	14	00:45:02.88	00:45:02.88	N BATALHA LIGA DOS COMBATENTES
125	232	RENATO RAMOS	M	39	20	00:45:04.36	00:44:30.15	ECIRT
126	794	JOSE BATISTA	M	33	19	00:45:04.53	00:44:50.55	BIMBO - BRAGA
127	302	JOSE BUENO	M	39	21	00:45:16.16	00:45:08.66	
128	489	NUNO RAMINHOS	M	48	29	00:45:32.38	00:45:18.37	C MILLENNIUM BCP
129	561	DUARTE COSTA	M	37	22	00:45:38.62	00:45:21.43	
130	1459	RUI COSTA	M	32	20	00:45:41.45	00:45:29.97	MOVESPORTS
131	1426	PALMIRA QUINHAMA	F	40	5	00:45:48.34	00:45:27.70	BIMBO
132	948	SERGIO SANTOS	M	54	15	00:45:50.14	00:45:41.90	
133	203	ALEXANDRE CANTANHEDE	M	39	23	00:45:50.41	00:45:41.39	CLUBE DE PRAÇAS DA ARMADA
134	1603	MARCO CASEIRO	M	40	27	00:45:54.48	00:45:43.09	SOGENAVE
135	716	ANTONIO J F NINHOS	M	55	8	00:45:55.42	00:45:53.45	
136	558	JOSÉ NASCIMENTO	M	55	9	00:45:55.73	00:45:46.25	
137	755	LÚCIA OLIVEIRA	F	39	6	00:46:00.05	00:45:52.01	GENERG
138	666	JOÃO PÁSCOA	M	50	16	00:46:02.59	00:45:37.42	BIMBO
139	554	CARLOS BERNARDO	M	49	30	00:46:04.15	00:45:55.90	
140	540	PEDRO XAVIER	M	38	24	00:46:06.59	00:45:55.06	
141	738	ORLANDO BARBOSA	M	61	4	00:46:06.97	00:46:03.47	
142	158	SÉRGIO PEREIRA	M	53	17	00:46:07.88	00:46:01.18	
143	213	NUNO S D ALMEIDA	M	37	25	00:46:10.04	00:45:58.14	
144	758	JOAO ANTUNES	M	27	21	00:46:14.03	00:45:48.78	
145	1563	GONÇALO CALDEIRA	M	22	22	00:46:17.17	00:46:09.25	
146	971	LUIS MENDES	M	20	23	00:46:27.27	00:46:21.68	NAPA
147	972	CÉLIA CECÍLIO	F	45	2	00:46:28.37	00:46:23.90	NAPA



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148	151	JOSÉ SILVA	M	35	26	00:46:34.24	00:46:30.29	FF PAZ MUNDIAL
149	723	PAULO NOVAIS	M	42	28	00:46:37.28	00:46:25.03	GAAVFX
150	668	CONCEIÇÃO PEREIRA	F	56	1	00:46:38.35	00:46:35.95	BIMBO
151	119	LUIS ZUNA	M	32	24	00:46:39.70	00:46:17.94	PAPA MILHAS AV
152	241	NUNO ROQUE	M	46	31	00:46:41.75	00:46:29.04	
153	239	MÁRCIO MARREIROS	M	38	27	00:46:51.40	00:46:36.47	
154	140	GONÇALO FERRAZ	M	35	28	00:47:01.89	00:46:58.06	
155	714	ALBERTINO NETO	M	48	32	00:47:08.65	00:47:01.61	CORRER SOC. REC GRANJA
156	749	ANTÓNIO CERDEIRA	M	62	5	00:47:10.19	00:46:59.69	
157	950	AMAVEL FIGUEIREDO	M	58	10	00:47:13.49	00:47:04.93	C A AMIGOS PARQUE DA PAZ
158	1013	LUIS SANTOS	M	51	18	00:47:16.03	00:47:08.57	
159	502	NELSON SANTOS	M	38	29	00:47:16.13	00:47:09.07	
160	93	JAIME PINTO	M	58	11	00:47:16.61	00:47:06.31	
161	871	LUIS MORAIS	M	25	25	00:47:17.51	00:46:50.50	BIMBO
162	968	RAFAEL GOUVEIA	M	28	26	00:47:17.74	00:47:17.74	CIA.BRASIL
163	334	ANTONIA JORDÃO	F	41	7	00:47:17.88	00:47:12.69	SFUAP
164	403	LUÍS CORREIA	M	35	30	00:47:28.79	00:46:59.44	
165	248	DMITRII VASILEV	M	34	27	00:47:41.66	00:47:31.07	PSKOV
166	718	MIGUEL FRIAS	M	42	29	00:47:42.05	00:47:36.52	
167	951	CARLOS COELHO	M	58	12	00:47:43.54	00:47:19.44	C A AMIGOS PARQUE DA PAZ
168	17	ANTÓNIO RODRIGUES	M	51	19	00:47:44.12	00:47:38.42	
169	45	PEDRO MANAÇAS	M	45	33	00:47:44.43	00:47:35.00	A NATUREZA ENSINA
170	897	JOÃO PINTO	M	30	28	00:47:45.90	00:47:15.96	
171	740	RUI SANCHES	M	47	34	00:47:47.12	00:47:17.28	
172	190	DANIEL SILVÉRIO	M	43	30	00:47:49.11	00:47:40.15	G.D.R SÃO FRANCISCO DA SERRA
173	185	RUI RODRIGUES	M	52	20	00:47:50.82	00:47:39.35	CSR DA GRANJA - VIALONGA
174	1607	ANDREIA FILIPA OLIVEIRA MONTEIRO	F	27	5	00:47:51.84	00:47:47.75	DECATHLON
175	328	LUIS RUA	M	33	29	00:47:56.81	00:47:22.44	
176	717	JOÃO PEREIRA	M	38	31	00:47:57.64	00:47:23.89	
177	171	FRANCISCO GAMA	M	54	21	00:47:58.14	00:47:42.45	
178	837	JOÃO FRANÇA	M	25	30	00:48:08.64	00:47:41.99	BIMBO
179	260	JOÃO VIDINHA	M	45	35	00:48:10.23	00:47:38.67	CORRIDAS E COMIDAS
180	1460	PEDRO FIGUEIREDO	M	45	36	00:48:22.22	00:47:52.87	
181	149	JOÃO OLIVEIRA	M	40	31	00:48:25.60	00:48:20.30	
182	441	BRUNO BRANCO	M	36	32	00:48:30.18	00:47:45.80	
183	321	JORGE GUERREIRO	M	51	22	00:48:33.32	00:48:33.32	BIMBO
184	880	PAULO NEVES	M	46	37	00:48:35.24	00:48:35.24	BIMBO - MAIA



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185	360	DANIEL PAIVA	M	28	31	00:48:38.78	00:48:33.55	GALHARDOS RUNNERS
186	236	NUNO DIOGO	M	45	38	00:48:39.27	00:48:33.21	CORRER SOC. REC GRANJA
187	102	PAULO J L FOLGADO	M	21	32	00:48:44.06	00:48:44.06	A NATUREZA ENSINA
188	1002	FERNANDO CARVALHAO	M	38	33	00:48:44.84	00:48:09.81	
189	1527	BERNARDO FRAU	M	60	6	00:48:54.30	00:48:49.07	
190	179	NUNO J CABEÇA	M	49	39	00:48:54.43	00:48:26.05	
191	578	DIOGO GAMITO	M	51	23	00:48:56.72	00:48:43.02	
192	471	LEONEL BRANDAO	M	51	24	00:48:57.13	00:48:57.13	C MILLENNIUM BCP
193	477	FERNANDO RODRIGUES	M	54	25	00:48:57.56	00:48:27.19	C MILLENNIUM BCP
194	659	AMÂNDIO CANTEIRO	M	44	32	00:49:02.73	00:48:53.44	BIMBO
195	298	LUIS SOUSA	M	43	33	00:49:03.26	00:48:55.52	A NATUREZA ENSINA
196	138	BRUNO ABREU	M	43	34	00:49:06.50	00:48:42.81	
197	364	NUNO JESUS	M	38	34	00:49:06.53	00:49:06.53	
198	362	JOAO BOGALHEIRO	M	48	40	00:49:17.38	00:49:08.82	
199	365	LUÍS CALMEIRO	M	50	26	00:49:21.59	00:49:21.59	
200	748	PEDRO FERNANDES	M	44	35	00:49:22.88	00:49:16.89	
201	29	PAULO LOURO	M	54	27	00:49:23.85	00:48:54.11	CORRER LISBOA
202	892	PEDRO PEIXOTO	M	27	33	00:49:26.23	00:49:17.53	BIMBO
203	96	ICIAR R NEVADO	F	42	8	00:49:27.63	00:49:20.15	ICIAR
204	1571	NUNO SILVA	M	47	41	00:49:27.80	00:49:26.02	C.F. BELENENSES
205	1031	ANA PAULA GUEDES CRUZ LOPES	F	47	3	00:49:27.94	00:49:22.21	A NATUREZA ENSINA
206	286	RODRIGO SILVA	M	51	28	00:49:29.35	00:49:29.35	A NATUREZA ENSINA
207	252	ANTONIO RAMALHO	M	55	13	00:49:31.82	00:49:12.50	
208	552	ALBERTO ARAÚJO	M	45	42	00:49:33.95	00:49:24.91	MOVESPORTS
209	592	JORGE MONTEIRO	M	46	43	00:49:35.92	00:49:18.89	
210	742	PEDRO SANTOS	M	39	35	00:49:36.21	00:49:36.21	
211	397	JORGE AMARAL	M	50	29	00:49:38.35	00:49:27.41	AMINHACORRIDA
212	590	GUSTAVO ÉVORA	M	53	30	00:49:38.89	00:49:21.96	
213	400	JOÃO SIMÕES	M	47	44	00:49:39.20	00:49:39.20	AMINHACORRIDA
214	991	LUIS MIGUEL ROCHA	M	47	45	00:49:40.00	00:49:28.24	
215	631	TIAGO SILVA	M	19	34	00:49:40.97	00:48:55.80	BIMBO
216	84	JOSÉ BARREIRA	M	55	14	00:49:42.89	00:49:13.01	FUNBUS - BARREIRO
217	728	MIGUEK CAETANO	M	18	35	00:49:47.88	00:49:34.84	STRYKE LVST
218	256	CARLOS NEVES	M	38	36	00:49:48.61	00:49:35.99	
219	451	PEDRO CUNHA	M	46	46	00:49:50.03	00:49:24.78	
220	877	ANDREIA MOURÃO	F	29	6	00:49:50.70	00:49:39.57	
221	746	JOSE GASPAR	M	45	47	00:49:54.18	00:49:30.64	QUINTETO



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222	404	ANTONIO ALMEIDA	M	54	31	00:49:56.13	00:49:47.57	
223	605	JOÃO ALMEIDA	M	32	36	00:49:56.92	00:49:11.47	BIMBO
224	347	GONÇALO J SARAIVA	M	28	37	00:49:58.33	00:49:44.62	
225	1406	PAULO FONSECA	M	50	32	00:49:58.49	00:49:29.88	BIMBO
226	893	JOSE PEREIRA	M	49	48	00:49:59.29	00:49:45.90	BIMBO
227	874	PEDRO MOREIRA	M	44	36	00:50:02.87	00:49:41.02	
228	531	CARLOS LOPES	M	54	33	00:50:04.02	00:49:46.05	
229	282	FLORBELA BARROS	F	45	4	00:50:07.14	00:50:01.93	A NATUREZA ENSINA
230	280	DAVID ROSA	M	42	37	00:50:08.16	00:50:08.16	A NATUREZA ENSINA
231	351	ANA I BRÁS	M	37	37	00:50:08.58	00:50:04.30	CCD PM CASCAIS
232	363	LUÍS SIMÕES	M	42	38	00:50:08.69	00:49:57.08	LEVEL HC
233	357	RUI BRÁS	M	24	38	00:50:09.33	00:50:04.48	CCD PM CASCAIS
234	722	CÉSAR LOPES	M	31	39	00:50:13.61	00:50:00.43	BARBARIS TEAM
235	630	BRUNO SILVA	M	20	40	00:50:18.79	00:49:33.82	BIMBO
236	918	LUIS SANTOS	M	49	49	00:50:25.40	00:49:54.40	BIMBO
237	949	PAULO PINTO	M	45	50	00:50:28.76	00:50:04.33	C A AMIGOS PARQUE DA PAZ
238	188	BRUNO CORREIA	M	36	38	00:50:29.71	00:50:11.61	
239	181	JOSÉ ADRIÃO	M	46	51	00:50:30.45	00:50:18.38	G.D.S.B.S.I
240	559	JOÃO CARVALHO	M	48	52	00:50:33.19	00:50:16.63	
241	964	MARCOS OLIVEIRA	M	46	53	00:50:34.71	00:50:12.12	
242	818	JOÃO DIREITINHO	M	47	54	00:50:38.05	00:50:20.49	BIMBO
243	1470	JOSE ARTUR A A DIAS	M	40	39	00:50:41.80	00:50:10.22	
244	993	RENATO BAIÃO	M	35	39	00:50:42.48	00:50:05.72	
245	431	JORGE GONÇALVES	M	38	40	00:50:44.05	00:50:21.37	
246	170	JOÃO MELO	M	38	41	00:50:46.88	00:50:41.79	URBAN RUN TEAM
247	269	PEDRO SANTOS	M	42	40	00:50:48.78	00:50:36.78	CORRER SOC. REC GRANJA
248	1415	LUIS P	M	45	55	00:50:48.91	00:50:04.41	BIMBO
249	553	LUIS ANTUNES	M	46	56	00:50:54.26	00:50:46.63	
250	28	MÁRIO SANTOS	M	49	57	00:50:56.27	00:50:20.40	AO RITMO DA 200 PPM
251	773	GASTÃO ABOIM	M	41	41	00:51:00.45	00:50:26.68	BIMBO
252	46	JOSÉ NEVES	M	44	42	00:51:00.86	00:50:44.64	
253	959	DAVID PEREIRA	M	25	41	00:51:01.96	00:50:16.87	
254	660	CARLOS GONÇALVES	M	44	43	00:51:03.47	00:50:56.40	BIMBO
255	674	JOÃO COVAS	M	58	15	00:51:04.49	00:50:48.12	BIMBO
256	382	NELSON GEADA	M	43	44	00:51:05.38	00:50:43.16	
257	392	DANIELA ALVES	F	34	7	00:51:06.48	00:50:52.34	
258	481	CARLOS DINIS	M	54	34	00:51:07.03	00:51:01.85	C MILLENNIUM BCP



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259	215	PAULO MARQUES	M	43	45	00:51:07.46	00:50:47.57	
260	1408	VITOR TEIXEIRA	M	50	35	00:51:08.62	00:51:08.62	BIMBO
261	803	DIOGO CARREIRO	M	18	42	00:51:12.12	00:50:57.51	BIMBO
262	52	RUI MENDES	M	46	58	00:51:14.76	00:51:03.47	
263	125	TIAGO GUERRA	M	29	43	00:51:16.55	00:50:31.47	HERE 4 BEER
264	1409	PEDRO B	M	50	36	00:51:16.95	00:50:59.92	BIMBO
265	1517	SANDRA TEIXEIRA	F	45	5	00:51:23.97	00:51:04.51	
266	500	RICARDO VIEGAS	M	41	46	00:51:25.58	00:51:15.60	
267	189	HERMINIO BENTO	M	59	16	00:51:28.39	00:51:24.03	G.C.D.ESTRELA NEGRA
268	112	JORGE CAMPOS	M	44	47	00:51:29.84	00:51:07.87	
269	204	DAVID SILVA	M	35	42	00:51:30.18	00:51:18.22	O MUNDO DA CORRIDA
270	297	VITOR MARQUES	M	57	17	00:51:30.35	00:51:24.86	A NATUREZA ENSINA
271	95	ANTONIO BATISTA	M	71	7	00:51:31.20	00:51:13.94	CD ESTRELA
272	1003	RICARDO FRANCO FARIA	M	43	48	00:51:32.34	00:50:52.60	
273	131	MAGDA FARINHA	F	37	9	00:51:33.30	00:51:21.59	
274	1605	HÉLDER VALADAS	M	38	43	00:51:33.83	00:51:21.58	SOGENAVE
275	414	LUÍS BALINHO	M	44	49	00:51:34.24	00:51:20.01	
276	220	JULIETA MOTA	F	45	6	00:51:36.66	00:51:17.69	AS PRIMEIRAS
277	251	HELENA RAPOSO	F	35	10	00:51:36.82	00:51:33.56	
278	1400	JOÃO FERREIRA	M	59	18	00:51:37.70	00:51:25.16	BIMBO
279	973	GUILHERME VIEIRA	M	22	44	00:51:38.80	00:51:18.72	CIA.BRASIL
280	343	FILIPE GONÇALVES	M	45	59	00:51:41.53	00:51:27.24	
281	1027	LINA EUGÉNIO	F	32	8	00:51:44.76	00:51:10.36	
282	699	PAULO ESPANHOL	M	48	60	00:51:44.95	00:51:35.20	
283	568	ANDRÉ FONSECA	M	32	45	00:51:46.22	00:51:21.10	
284	612	JOSÉ VÉSTIAS	M	47	61	00:51:52.36	00:51:37.72	BIMBO
285	977	FILIPE HENRIQUES	M	35	44	00:51:56.84	00:51:39.40	
286	649	LUCIA COSTA	F	40	11	00:51:57.82	00:51:27.52	BIMBO
287	697	VARELA SÃO	F	44	12	00:51:58.29	00:51:38.66	BIMBO
288	643	PEDRO ROSENDO	M	31	46	00:52:01.95	00:51:41.84	BIMBO
289	702	RUI SIMOES	M	41	50	00:52:07.25	00:51:43.92	
290	614	JORGE CORREIA	M	51	37	00:52:09.57	00:51:50.43	BIMBO
291	721	NELSON J JOSE	M	44	51	00:52:20.94	00:52:08.33	CORRER SOC. REC GRANJA
292	509	ALEXANDRA MATIAS	F	44	13	00:52:21.67	00:52:15.42	
293	390	JOSE FERNANDES	M	65	8	00:52:28.36	00:52:11.07	
294	224	SONIA CAIXEIRINHO	F	48	7	00:52:31.22	00:52:21.36	
295	1595	MÁRIO LOPES	M	38	45	00:52:32.48	00:52:16.56	PLMJ



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296	242	HELDER COELHO	M	45	62	00:52:32.85	00:52:05.06	
297	1609	PEDRO MARINHO	M	43	52	00:52:32.85	00:52:00.05	DIA GROUP
298	522	GISLAINE SANTOS	F	40	14	00:52:33.35	00:52:12.89	
299	56	RICARDO OLIVEIRA	M	35	46	00:52:35.36	00:52:24.93	
300	338	JOAO TABORDA	M	33	47	00:52:45.22	00:52:28.39	
301	579	MIGUEL LOPES	M	42	53	00:52:45.74	00:52:29.13	
302	1476	ARMANDO ALDEGALEGA	M	80	9	00:52:48.29	00:52:46.72	
303	724	ISABEL E F LDA	F	44	15	00:52:50.94	00:52:04.39	
304	1410	JOÃO MORÃO	M	49	63	00:52:53.24	00:52:41.79	BIMBO
305	771	DIANA DIANA	F	20	9	00:52:57.00	00:52:57.00	BIMBO - MAIA
306	617	JOSÉ HENRIQUES	M	47	64	00:53:01.82	00:52:29.23	BIMBO
307	616	MARINA HENRIQUES	F	54	8	00:53:02.21	00:52:31.54	BIMBO
308	20	WALTER GOMES	M	50	38	00:53:03.89	00:52:40.27	MARIA DOS REMÉDIOS AE
309	549	BRUNO VICENTE	M	33	48	00:53:09.70	00:52:55.72	
310	172	GERMANO BERNARDO	M	63	10	00:53:10.46	00:52:17.27	PRAZER DA CORRIDA
311	856	MARIO LOPES	M	43	54	00:53:13.82	00:52:45.11	BIMBO
312	413	SOFIA QUENTAL	F	30	10	00:53:16.69	00:53:03.80	IALBAX
313	340	JOSE PEREIRA	M	48	65	00:53:18.60	00:53:04.67	
314	745	RUI FIGUEIREDO	M	43	55	00:53:20.04	00:52:57.14	QUINTETO
315	136	PAULO MANAÇAS	M	47	66	00:53:22.92	00:53:14.22	A NATUREZA ENSINA
316	246	ANTÓNIO BUGALHO	M	50	39	00:53:23.78	00:53:06.62	
317	832	TIAGO FONSECA	M	43	56	00:53:24.02	00:52:46.02	BIMBO
318	1016	RAUL TERUEK	M	38	47	00:53:24.85	00:52:51.98	
319	611	NUNO SARAIVA	M	41	57	00:53:25.50	00:53:20.59	BIMBO
320	767	JOANA DUARTE	F	28	11	00:53:30.46	00:52:59.07	OS CARREGUEIRENSES
321	1565	OSCAR RODRIGUES	M	48	67	00:53:31.02	00:53:04.06	C.F. BELENENSES
322	1604	FERNANDO ANDRADE	M	39	48	00:53:32.51	00:53:20.75	SOGENAVE
323	1606	FILIPE ARCADINHO	M	38	49	00:53:32.89	00:53:21.78	SOGENAVE
324	369	FERNANDO LIMA	M	52	40	00:53:34.98	00:53:16.99	TRANSITEX RUNNERS
325	114	NUNO BERTON	M	46	68	00:53:37.61	00:53:10.46	
326	673	CONCEIÇÃO RODRIGUES	F	58	2	00:53:40.06	00:53:34.54	BIMBO
327	670	ANTONIO MINA	M	57	19	00:53:40.15	00:53:31.68	BIMBO
328	259	JOAQUIM VEIGA	M	43	58	00:53:42.34	00:53:20.87	CORRIDAS E COMIDAS
329	135	MANUEL P NAVARRO	M	38	50	00:53:47.85	00:53:39.91	DIABLOS RUNNERS
330	386	JOAQUIM CARDOSO	M	45	69	00:53:48.14	00:53:30.33	
331	919	MÓNICA SANTOS	F	30	12	00:53:48.38	00:53:48.38	BIMBO
332	793	PEDRO BARROS	M	25	49	00:53:51.06	00:53:31.93	BIMBO



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333	610	CARLOS GONÇALVES	M	55	20	00:53:51.35	00:53:30.05	BIMBO
334	176	ANTÓNIO C NOVAS	M	40	59	00:53:54.24	00:53:15.94	
335	526	LUIS FERNANDES	M	49	70	00:53:54.26	00:53:33.76	
336	807	RICARDO CHACOTO	M	39	51	00:53:54.77	00:53:54.77	BIMBO
337	780	JOANA ALVES	F	34	13	00:53:54.96	00:53:54.96	BIMBO
338	305	MIGUEL CASTELA	M	47	71	00:53:56.65	00:53:40.80	AA LEBRES DO SADO
339	974	JOAQUIM BASSO	M	46	72	00:53:57.78	00:53:39.89	
340	1472	MARIO GOMES	M	25	50	00:54:03.00	00:53:32.13	
341	706	RICARDO FURTADO	M	38	52	00:54:07.50	00:53:37.89	
342	253	SANDRO P D ALMEIDA	M	44	60	00:54:09.59	00:53:34.31	
343	1464	MÓNICA MARTINS	F	35	16	00:54:13.53	00:53:45.30	
344	965	JULIANA PINTO	F	32	14	00:54:22.71	00:53:45.93	
345	1461	BRUNO PEREIRA	M	36	53	00:54:22.77	00:53:45.97	
346	230	FILIPE CARVALHO	M	51	41	00:54:23.26	00:54:14.46	MORE TEAM
347	910	RUI RODRIGUES	M	48	73	00:54:25.09	00:53:56.65	BIMBO
348	292	PAULO BRISSOS	M	54	42	00:54:26.91	00:54:06.09	A NATUREZA ENSINA
349	150	AMÉRICO S SANTOS	M	21	51	00:54:27.79	00:54:07.68	A NATUREZA ENSINA
350	161	MARGARIDA VIEIRA	F	42	17	00:54:32.20	00:53:58.89	PÉS COM ASAS
351	31	PEDRO LOURENÇO	M	41	61	00:54:34.09	00:53:57.24	
352	245	CARLOS MATIAS	M	30	52	00:54:38.52	00:54:30.59	
353	482	NUNO MARIZ	M	45	74	00:54:39.30	00:54:23.28	C MILLENNIUM BCP
354	530	CARLOS LOUREIRO	M	45	75	00:54:40.44	00:54:33.85	
355	987	FRANCISCO ALVES	M	19	53	00:54:40.71	00:54:36.23	SPORT AMADORA E PUMAS
356	779	PABLO ALVAREZ	M	34	54	00:54:41.56	00:54:17.15	
357	496	TIAGO SILVA	M	22	55	00:54:42.54	00:54:16.17	
358	811	NUNO CORREIA	M	46	76	00:54:44.28	00:54:24.96	BIMBO
359	688	JOSÉ LINDO	M	72	11	00:54:50.10	00:54:50.10	BIMBO
360	257	ANDRÉ MATOS	M	39	54	00:54:51.13	00:54:22.39	SOCIEDADE RECREATIVA DA GRANJA
361	304	FRANCISCO COSTA	M	41	62	00:54:57.02	00:54:33.49	
362	1471	FABIO OLIVEIRA	M	24	56	00:54:57.31	00:54:28.92	
363	900	ÁNGEL PIZARRO	M	38	55	00:54:57.62	00:54:29.54	
364	53	JOAO MOITEIRO	M	46	77	00:54:58.39	00:54:19.80	
365	206	MARIA F HENRIQUES	M	58	21	00:55:02.30	00:54:58.15	
366	648	ISABEL COSTA	F	39	18	00:55:05.15	00:54:34.23	BIMBO
367	800	JOÃO CANAS	M	35	56	00:55:09.55	00:54:56.53	BIMBO
368	383	MERCEDES FONSECA	F	62	3	00:55:11.80	00:55:05.20	FF PAZ MUNDIAL
369	240	ANA ROQUE	F	41	19	00:55:12.74	00:54:59.86	



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370	806	VÍTOR CAVACO	M	47	78	00:55:12.95	00:54:55.61	BIMBO
371	405	CARLOS FERREIRA	M	61	12	00:55:13.62	00:55:03.27	
372	82	JOÃO NIZA	M	50	43	00:55:14.77	00:54:44.24	FUNBUS - BARREIRO
373	1529	SOFIA CIVALE	F	35	20	00:55:16.29	00:54:51.42	
374	535	FILOMENA SANTOS	F	44	21	00:55:17.09	00:54:50.19	
375	990	MARIA CLEONICE OLIVEIRA	F	53	9	00:55:21.33	00:55:14.96	
376	819	GONÇALO DUARTE	M	41	63	00:55:22.56	00:54:47.05	BIMBO
377	634	HUGO RIBEIRO	M	26	57	00:55:24.68	00:54:38.93	BIMBO
378	85	NUNO ROMÃO	M	50	44	00:55:32.21	00:54:48.52	
379	1414	MIGUEL MATOS	M	48	79	00:55:32.94	00:55:01.87	BIMBO
380	491	CARLOS SANTO	M	60	13	00:55:33.48	00:55:16.49	C MILLENNIUM BCP
381	83	FILIPPE MAIA	M	28	58	00:55:33.53	00:55:02.38	FUNBUS - BARREIRO
382	1475	LUZIA DIAS	F	47	10	00:55:33.85	00:55:33.85	
383	33	MARIA D D PALMA	F	61	4	00:55:35.46	00:55:28.05	
384	734	ANTONIO C CORREIA	M	61	14	00:55:36.55	00:55:09.77	
385	270	PAULO MONIZ	M	63	15	00:55:38.92	00:55:18.78	
386	432	ANTÓNIO CUNHA	M	49	80	00:55:40.22	00:55:15.98	
387	770	CLAUDIO CLAUDIO	M	42	64	00:55:43.65	00:55:43.65	BIMBO - MAIA
388	69	FERNANDO MARQUES	M	68	16	00:55:44.12	00:55:35.09	CLUBE PESSOAL EDP CARREGADO
389	704	BÁRBARA CRUZ	F	27	15	00:55:45.93	00:55:13.72	
390	1473	RICARDO MARTINHO	M	26	59	00:55:47.42	00:55:18.01	
391	228	JOANA ANTUNES	F	23	16	00:55:48.27	00:55:18.18	PORTUGAL RUNNING
392	703	ANTONIO TEIXEIRA	M	41	65	00:55:51.11	00:55:28.38	
393	306	CECÍLIA NICOLAU	F	51	11	00:55:51.27	00:55:51.27	AA LEBRES DO SADO
394	301	LUÍS GAMA	M	55	22	00:55:53.67	00:55:44.69	
395	925	TIAGO SANTOS	M	25	60	00:55:59.76	00:55:27.84	BIMBO
396	763	JOAO FRANCO	M	64	17	00:56:06.64	00:55:35.10	OS CARREGUEIRENSES
397	141	JOSÉ MARTINS	M	50	45	00:56:08.21	00:55:43.80	BRRNIGTRUNNERS
398	1405	JOÃO DUARTE	M	51	46	00:56:08.59	00:55:27.03	BIMBO
399	565	RAQUEL CARVALHO	F	41	22	00:56:09.23	00:55:53.48	
400	231	CARLA CARVALHO	F	44	23	00:56:10.51	00:56:10.51	MORE TEAM
401	58	NUNO CHARRUA	M	41	66	00:56:12.32	00:55:50.14	
402	654	TIAGO OLIVEIRA	M	40	67	00:56:12.53	00:55:50.61	BIMBO
403	744	JOAQUIM BENTES	M	68	18	00:56:13.88	00:55:50.30	QUINTETO
404	433	JOÃO SANTOS	M	31	61	00:56:14.01	00:55:30.56	
405	1573	JORGE MADUREIRA	M	46	81	00:56:16.07	00:55:49.14	C.F. BELENENSES
406	79	ANTÓNIO M GANANÇA	M	58	23	00:56:16.32	00:55:34.75	JUVENTUDE ATLÂNTICO CLUBE



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10k

407	1413	NUNO PATRÍCIO	M	49	82	00:56:21.53	00:55:41.20	BIMBO
408	804	LUIS CARVALHO	M	25	62	00:56:22.55	00:55:50.68	
409	789	RAQUEL BARBOSA	F	25	17	00:56:22.92	00:55:51.08	
410	514	RICARDO COSTA	M	41	68	00:56:23.42	00:56:16.72	
411	528	PATRÍCIA LOPES	F	41	24	00:56:23.60	00:56:16.53	
412	678	CARLOS PEREIRA	M	61	19	00:56:25.54	00:56:18.49	BIMBO
413	536	RUI VIEIRA	M	48	83	00:56:27.70	00:56:14.21	
414	107	RUI SILVA	M	54	47	00:56:29.88	00:56:12.49	
415	1463	VITOR SILVA	M	34	63	00:56:31.43	00:55:55.76	
416	195	DANIEL SILVA	M	29	64	00:56:31.97	00:55:33.16	MALUCO
417	858	LUIS MARÇAL	M	42	69	00:56:34.95	00:55:27.75	BIMBO
418	330	AMÁVEL LUZ	M	57	24	00:56:35.30	00:56:14.91	
419	607	CARLOS NOGUEIRA	M	32	65	00:56:36.06	00:56:23.12	BIMBO - ALBERGARIA
420	932	FÁBIO SILVA	M	28	66	00:56:37.04	00:56:18.08	
421	261	CARLOS JUNIOR	M	45	84	00:56:41.25	00:56:15.04	
422	1436	JOSÉ F S	M	18	67	00:56:43.48	00:56:33.33	BIMBO
423	35	TIAGO ALMEIDA	M	31	68	00:56:44.83	00:56:08.57	
424	847	JOSÉ HERRERA	M	56	25	00:56:49.42	00:56:11.29	BIMBO
425	1404	JOSÉ M S	M	52	48	00:56:53.32	00:56:42.81	BIMBO
426	548	SUSANA VICENTE	F	39	25	00:56:57.83	00:56:43.45	
427	963	NUNO SANTOS	M	30	69	00:56:58.00	00:56:45.44	
428	975	NUNO COSTA	M	43	70	00:56:59.47	00:56:26.25	
429	291	LINDALVA SILVA	F	51	12	00:57:03.74	00:56:57.70	A NATUREZA ENSINA
430	1465	PEDRO H T P APARICIO	M	37	57	00:57:08.90	00:56:18.28	
431	543	OLGA MARTINS	M	44	71	00:57:12.73	00:57:12.73	
432	475	LUIS GONCALVES	M	41	72	00:57:16.14	00:57:16.14	C MILLENNIUM BCP
433	493	ARTUR BOTAO	M	49	85	00:57:19.39	00:56:47.72	C MILLENNIUM BCP
434	1501	GABRIEL J L RAMOS	M	22	70	00:57:20.51	00:57:13.37	BIMBO
435	747	PAULO VAZ	M	46	86	00:57:25.44	00:57:00.85	QUINTETO
436	757	MADALENA ARRUDA	F	39	26	00:57:26.03	00:57:09.37	MADA
437	1594	DANIEL REIS	M	38	58	00:57:26.69	00:57:12.72	PLMJ
438	720	LUCAS P SILVA	M	34	71	00:57:28.76	00:57:12.09	
439	980	TIAGO VIEIRA	M	27	72	00:57:39.50	00:57:17.30	
440	845	JOSÉ GRANATE	M	29	73	00:57:42.59	00:57:28.17	BIMBO
441	435	AFONSO PERESTRELLO	M	31	74	00:57:43.49	00:57:07.00	
442	1537	PEDRO MATELA	M	31	75	00:57:44.31	00:57:00.84	
443	388	DINIS LAGE	M	34	76	00:57:47.14	00:57:47.14	FOFINHOS



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444	81	FRANCISCO PIRES	M	44	73	00:57:47.24	00:57:16.03	FUNBUS - BARREIRO
445	164	JOSE HENRIQUES	M	47	87	00:57:48.65	00:57:05.88	
446	327	JOAQUIM PALMA	M	64	20	00:57:51.81	00:57:35.27	
447	658	LUIS FRAGOSO	M	44	74	00:57:54.59	00:57:34.45	BIMBO
448	727	HELDER SILVA	M	48	88	00:57:56.47	00:57:34.26	
449	329	ANDREIA CASTANHEIRA	F	37	27	00:57:56.60	00:57:33.06	BRRNIGHTRUNNERS
450	1545	JOÃO PEREIRA DE FARIA	M	46	89	00:57:58.32	00:57:21.20	
451	626	PAULO FARIA	M	23	77	00:58:00.59	00:57:04.82	BIMBO
452	1466	ANA MARGARIDA C G SILVA	F	32	18	00:58:01.70	00:57:11.01	
453	276	VITOR H CARRAPATOSO	M	33	78	00:58:03.69	00:57:30.87	OS BRUTOS DO XANGAI
454	1584	ANAIS MONIZ	F	30	19	00:58:07.90	00:57:46.62	C.F. BELENENSES
455	1585	MARIA LÚCIO	F	42	28	00:58:08.06	00:57:45.19	C.F. BELENENSES
456	517	RAMIRO MADUREIRA	M	39	59	00:58:09.82	00:57:58.27	
457	128	TIAGO D S MARQUES	M	27	79	00:58:10.15	00:57:59.23	
458	129	VICENTE BOTO	M	46	90	00:58:10.26	00:58:05.81	
459	1481	DANIELE TUBACHER	F	49	13	00:58:11.91	00:57:42.78	
460	1480	EMANUELA PIGA	F	41	29	00:58:12.70	00:57:43.46	
461	262	JOSÉ SERRANO	M	25	80	00:58:15.11	00:57:22.18	
462	1566	PAULO PETERS	M	54	49	00:58:20.30	00:57:51.27	C.F. BELENENSES
463	267	PAULO PALMINHA	M	48	91	00:58:20.51	00:58:06.45	
464	882	BRUNO NUNES	M	36	60	00:58:22.23	00:57:42.87	BIMBO
465	345	JOAQUIM FONSECA	M	62	21	00:58:23.22	00:58:16.16	FF PAZ MUNDIAL
466	258	LUIS ROMANEIRO	M	58	26	00:58:34.71	00:58:12.41	CORRIDAS E COMIDAS
467	326	LUÍS FIGUEIREDO	M	56	27	00:58:35.81	00:58:10.65	
468	928	NUNO SERRA	M	41	75	00:58:36.86	00:58:18.96	BIMBO
469	884	PEDRO NUNES	M	45	92	00:58:38.00	00:58:38.00	BIMBO - MAIA
470	930	ANA SILVA	F	39	30	00:58:38.10	00:58:20.18	BIMBO
471	761	GILBERTO MODIZ	M	34	81	00:58:38.86	00:58:34.09	
472	492	TIAGO SANTO	M	24	82	00:58:41.20	00:58:25.13	C MILLENNIUM BCP
473	103	PAULA CUNHA	F	38	31	00:58:42.50	00:58:17.84	DN RUNNERS
474	65	RICARDO SOUSA	M	42	76	00:58:43.44	00:58:18.42	DN RUNNERS
475	798	ANTÓNIO CAETANO	M	46	93	00:58:47.01	00:58:22.72	BIMBO
476	108	CARLOS S SECO	M	58	28	00:58:48.10	00:58:26.94	
477	263	CARLOS GALVAO	M	33	83	00:58:48.17	00:57:56.99	
478	986	RODRIGO ALCARAZ	M	40	77	00:58:51.80	00:58:10.77	
479	890	MARIA PEDRO	F	39	32	00:58:53.82	00:58:37.11	BIMBO
480	346	MARIO LINO	M	55	29	00:58:55.45	00:58:37.38	



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481	117	SÉRGIO RAMALHO	M	37	61	00:58:57.39	00:58:04.96	
482	387	JOANA RODRIGUES	F	36	33	00:59:03.85	00:58:37.90	FOFINHOS
483	672	CLARA MINA	F	57	5	00:59:06.02	00:58:59.47	BIMBO
484	399	TINA OLIVEIRA	M	54	50	00:59:06.05	00:58:53.61	AMINHACORRIDA
485	685	ANTONIO SILVA	M	65	22	00:59:08.56	00:59:00.81	BIMBO
486	1432	JOÃO FONSECA	M	31	84	00:59:09.03	00:59:09.03	BIMBO
487	542	PEDRO MARTINS	M	43	78	00:59:09.96	00:58:54.71	
488	772	VANESSA VANESSA	F	43	34	00:59:11.75	00:59:11.75	BIMBO - MAIA
489	765	PAULO ALVES	M	34	85	00:59:12.60	00:58:41.79	OS CARREGUEIRENSES
490	985	PATRICK SIMOES	M	36	62	00:59:16.79	00:58:35.63	CORRER LISBOA
491	472	ANA MARQUES	F	58	6	00:59:16.89	00:59:00.13	C MILLENNIUM BCP
492	199	FILIPA FEITEIRA	F	37	35	00:59:19.06	00:58:51.71	OS BOLHA NO PÉ
493	515	VICTOR AGOSTINHO	M	36	63	00:59:19.53	00:59:00.60	
494	647	RAFAL LUKASIC	M	39	64	00:59:22.23	00:59:11.56	BIMBO
495	113	NUNO MOLERO	M	45	94	00:59:25.55	00:59:06.63	
496	538	ARKELLA GRANADOS	F	31	20	00:59:29.36	00:59:14.89	
497	41	RAQUEL PEREIRA	F	30	21	00:59:31.49	00:58:57.96	ME MY SELF AND I AND OTHERS
498	198	PAULA SANTOS	F	45	14	00:59:31.56	00:59:03.66	OS BOLHA NO PÉ
499	219	PEDRO FONTES	M	38	65	00:59:32.44	00:59:05.72	OS BOLHA NO PÉ
500	163	LUIS DUARTE	M	46	95	00:59:34.13	00:59:04.95	CASA BENFICA SEIXAL
501	39	RICARDO RODRIGUES	M	38	66	00:59:35.16	00:58:56.88	
502	44	PAULO VIANA	M	49	96	00:59:35.51	00:59:02.66	ME MY SELF AND I AND OTHERS
503	1014	JORGE DIAS	M	51	51	00:59:40.82	00:59:05.71	
504	218	RAFAEL SANTOS	M	51	52	00:59:43.50	00:59:20.22	CCDTMETROLX
505	118	PAULO MISSAS	M	34	86	00:59:44.77	00:59:24.25	PAPA MILHAS AV
506	878	CARLOS MOURÃO	M	47	97	00:59:44.82	00:59:21.62	BIMBO
507	698	HÉLIO GODINHO	M	68	23	00:59:46.49	00:59:28.02	
508	216	ANTÓNIO PEREIRA	M	54	53	00:59:47.30	00:59:24.25	CCDTMETROLX
509	701	CATIA CURICA	F	40	36	00:59:47.95	00:59:47.95	
510	735	ROBERTO FREITAS	M	43	79	00:59:48.80	00:59:44.59	
511	501	CÉU PINTO	F	50	15	00:59:50.10	00:59:37.22	
512	207	ANDRÉ LOPES	M	34	87	00:59:51.99	00:59:10.93	BENFICA EM FORMA
513	278	HELDER REIS	M	40	80	00:59:52.90	00:59:20.41	OS BRUTOS DO XANGAI
514	23	FABIANO FERREIRA	M	38	67	00:59:53.67	00:59:11.45	BENFICA EM FORMA
515	828	CARLOS FERREIRA	M	33	88	01:00:00.05	00:58:50.38	BIMBO
516	214	HELENA SOUSA	F	39	37	01:00:01.15	00:59:14.40	
517	152	MARCELO ROSA	M	41	81	01:00:02.00	00:59:37.29	FF PAZ MUNDIAL



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518	1023	GONALO CARDOSO	M	18	89	01:00:07.94	00:59:54.45	
519	1009	MIGUEL LOUZEIRO	M	19	90	01:00:08.99	00:59:55.87	
520	48	ANT3NIO VALE	M	30	91	01:00:14.72	00:59:35.59	CASAL FIT
521	359	PAULA SILVA	F	45	16	01:00:16.26	01:00:00.65	SPORTING CLUBE REBOLEIRA E DAMAIA
522	209	JO3O ZARRO	M	42	82	01:00:16.94	00:59:52.69	JUNINHOS
523	707	JORGE PEREIRA	M	54	54	01:00:23.63	00:59:51.27	
524	275	PAULO SANTOS	M	42	83	01:00:24.20	00:59:52.14	OS BRUTOS DO XANGAI
525	412	JOSE BERALDO	M	56	30	01:00:27.94	00:59:48.63	
526	913	ALEXANDRE RUAS	M	37	68	01:00:29.56	00:59:51.00	BIMBO
527	896	JOS3 PESTANA	M	33	92	01:00:29.72	00:59:51.65	BIMBO
528	908	JO3O RODRIGUES	M	50	55	01:00:32.57	00:59:52.27	BIMBO
529	513	PAULO CERQUEIRA	M	39	69	01:00:34.12	00:59:58.00	
530	1022	HERM3NIO BAPTISTA	M	31	93	01:00:40.29	00:59:03.75	
531	577	RICARDO CAMPOS	M	42	84	01:00:44.28	01:00:11.45	
532	384	GONALO MAIA	M	41	85	01:00:52.98	01:00:18.99	
533	76	JOAO MARQUES	M	41	86	01:00:54.20	01:00:27.38	
534	77	SONIA DANTAS	F	39	38	01:00:54.60	01:00:26.80	
535	122	MIGUEL VENTURA	M	38	70	01:00:54.66	01:00:35.14	PAPA MILHAS AV
536	507	DIOGO SILVA	M	27	94	01:00:59.32	01:00:19.29	
537	891	JORGE P3GO	M	41	87	01:01:05.02	01:00:27.65	BIMBO
538	294	JO3O DIAS	M	53	56	01:01:09.08	01:00:53.60	A NATUREZA ENSINA
539	966	MIGUEL SUPER MIKE	M	44	88	01:01:10.90	01:00:52.91	
540	650	HUGO CASELHAS	M	40	89	01:01:13.62	01:00:51.47	BIMBO
541	1510	JOANA PEREIRA	F	38	39	01:01:15.89	01:00:34.38	BIMBO
542	352	ANT3NIO VIC3NCIO	M	48	98	01:01:17.18	01:01:13.21	CCD PM CASCAIS
543	358	TERESA SIM3ES	F	45	17	01:01:17.41	01:01:13.49	CCD PM CASCAIS
544	872	ELSA MOREIRA	F	43	40	01:01:20.00	01:00:55.98	
545	1437	IN3S MACHADO	F	18	22	01:01:20.34	01:00:39.64	BIMBO
546	1403	PAULO MACHADO	M	53	57	01:01:22.07	01:00:40.70	BIMBO
547	380	LUIS SOUSA	M	47	99	01:01:31.22	01:01:24.94	
548	124	PAULO MACIEL	M	28	95	01:01:32.64	01:00:45.82	HERE 4 BEER
549	393	ELENA LUCAS	F	24	23	01:01:41.64	01:01:26.95	
550	409	NUNO ROCHA	M	37	71	01:01:42.62	01:01:09.01	
551	792	FILIPPE BARROS	M	28	96	01:01:45.13	01:01:45.13	BIMBO
552	483	PAULO MARIZ	M	50	58	01:01:46.39	01:01:30.88	C MILLENNIUM BCP
553	903	JO3O RAMALHEIRO	M	33	97	01:01:46.63	01:01:31.83	BIMBO
554	1401	RUI FRIAS	M	58	31	01:01:51.53	01:01:40.88	BIMBO



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555	370	ALEXANDRE FRANCO	M	36	72	01:01:56.67	01:01:37.59	TRANSITEX RUNNERS
556	60	CLÁUDIA PIMENTEL	F	18	24	01:02:04.33	01:01:22.70	
557	341	MANUEL GOMES	M	53	59	01:02:09.47	01:01:27.47	CLUBE MARGINAL
558	462	MIGUEL JONET	M	52	60	01:02:10.23	01:01:44.43	
559	613	MARCO GOUVEIA	M	45	100	01:02:12.61	01:02:02.72	BIMBO
560	836	ANTÓNIO FRANÇA	M	55	32	01:02:13.00	01:01:37.41	BIMBO
561	907	ILDA RODRIGUES	F	49	18	01:02:14.91	01:01:39.18	BIMBO
562	924	TIAGO SANTOS	M	39	73	01:02:21.23	01:02:09.15	BIMBO
563	1515	FÁBIO SILVA	M	28	98	01:02:23.65	01:01:35.41	
564	247	ANNA VORONOVA	F	30	25	01:02:26.36	01:01:58.09	PSKOV
565	633	MANUEL RODRIGUES	M	57	33	01:02:31.02	01:01:59.52	BIMBO
566	303	IRINA PEDRO	F	38	41	01:02:31.84	01:02:10.93	
567	318	HUGO CARDOSO	M	55	34	01:02:34.49	01:01:47.11	BIMBO
568	870	ALEJANDRO MORAIS	M	34	99	01:02:41.67	01:01:53.87	BIMBO
569	68	RUI BARROS	M	49	101	01:02:47.44	01:02:16.54	
570	529	ANTÓNIO LOPES	M	52	61	01:02:55.88	01:02:48.44	
571	953	ARMANDO GONÇALVES	M	66	24	01:02:57.08	01:02:33.02	C A AMIGOS PARQUE DA PAZ
572	126	NÂNCI R BÔTO	F	25	26	01:03:06.71	01:02:56.56	
573	1033	CRISTINA BAQUERO	F	42	42	01:03:13.49	01:02:45.71	
574	1032	RAMON MARQUINA	M	48	102	01:03:14.89	01:02:45.34	
575	810	PELAYO COROMINAS	M	25	100	01:03:15.88	01:02:37.70	BIMBO
576	799	ELOI CAMPS	M	26	101	01:03:17.05	01:02:37.61	BIMBO
577	628	DUARTE SILVA	M	22	102	01:03:18.08	01:02:33.01	BIMBO
578	627	DAVID SILVA	M	24	103	01:03:19.14	01:03:19.14	BIMBO
579	91	RITA BENTES	F	30	27	01:03:34.97	01:03:09.52	
580	743	ANTONIO RIBEIRO	M	54	62	01:03:42.93	01:03:18.67	QUINTETO
581	154	ANTONIO HENRIQUES	M	60	25	01:03:46.24	01:03:12.01	
582	1411	IRENE INÁCIO	F	49	19	01:03:48.26	01:03:09.32	BIMBO
583	551	RUBEN PINTO	M	39	74	01:03:49.88	01:03:49.88	
584	768	JOSE LOPES	M	61	26	01:03:52.11	01:03:35.71	AMIGOS DA ESTRELA
585	1597	MARIANA LEMOS	F	27	28	01:03:52.31	01:03:15.34	SONAE
586	1598	BERNARDO CÂNCIO	M	27	104	01:03:53.97	01:03:17.16	SONAE
587	264	JOÃO AZEDO	M	56	35	01:03:54.10	01:03:31.74	
588	452	LOURENÇO CUNHA	M	45	103	01:03:57.51	01:03:30.86	
589	1568	RUI AFONSO	M	49	104	01:04:05.04	01:03:37.00	C.F. BELENENSES
590	506	INÊS PINHO	F	37	43	01:04:06.03	01:03:59.39	
591	183	CARLA SILVA	F	44	44	01:04:11.21	01:04:11.21	G.D.S.B.S.I.



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592	57	CARLOS HILARIO	M	52	63	01:04:12.28	01:03:49.00	
593	59	RUI LEANDRO	M	30	105	01:04:12.79	01:03:29.21	
594	644	ANA GONÇALVES	F	33	29	01:04:12.85	01:04:02.21	BIMBO
595	981	FRANCISCA ROSENDO SILVA	F	24	30	01:04:16.45	01:02:39.27	OLYMPIC SILVAS
596	34	RENATO ALVES	M	38	75	01:04:18.44	01:03:48.68	
597	19	JEKABSONE ILZE	F	47	20	01:04:24.75	01:03:41.91	
598	523	PAULO PAIS	M	40	90	01:04:26.09	01:04:07.45	
599	929	CARLA SERRANO	F	41	45	01:04:39.28	01:04:19.34	
600	533	DIAMANTINO SERRANO	M	43	91	01:04:39.56	01:04:18.55	
601	89	JULIANA COSTA	F	26	31	01:04:52.07	01:04:20.06	CELFOCKERS
602	1034	PIRES MARTINS	M	70	27	01:04:58.00	01:04:58.00	
603	1035	ANTONIO PORTEIRA	M	59	36	01:04:58.00	01:04:58.00	
604	497	ANA SILVA	F	36	46	01:04:58.89	01:04:14.24	
605	545	NUNO GONÇALVES	M	38	76	01:04:59.18	01:04:59.18	
606	541	FRANCISCO LIMA	M	34	106	01:04:59.25	01:04:59.25	
607	690	SILVIA MIRANDA	F	34	32	01:05:00.27	01:04:21.90	BIMBO
608	1029	MARINA PITA	F	43	47	01:05:03.67	01:04:36.98	
609	562	SUSANA COSTA	F	36	48	01:05:06.22	01:04:47.51	
610	895	MIGUEL PEREIRA	M	54	64	01:05:14.99	01:04:47.37	BIMBO
611	976	JORGE COSTA	M	57	37	01:05:16.05	01:04:34.86	
612	336	SOFIA AMBRIOSIO	F	41	49	01:05:17.12	01:04:56.14	BRRNIGHTRUNNERS
613	943	ERICA A OLIVEIRA	F	21	33	01:05:26.95	01:04:56.68	BIMBO
614	629	ALBANO SILVA	M	50	65	01:05:30.70	01:05:30.70	BIMBO
615	166	JORGE FERRO	M	48	105	01:05:31.71	01:04:40.19	
616	788	SÓNIA BAPTISTA	F	40	50	01:05:40.87	01:05:21.90	BIMBO - ERMIDAS-SADO
617	982	LUIS NEVES	M	48	106	01:05:41.37	01:04:58.56	
618	935	HENRIQUETA SOLIPA	F	56	7	01:05:42.57	01:05:00.24	
619	223	CELINA JORGE	F	36	51	01:05:44.36	01:05:09.26	
620	713	MIGUEL MELO	M	50	66	01:05:46.76	01:05:24.29	
621	700	ACIDÁLIO R FIGUEIREDO	M	62	28	01:05:48.96	01:05:39.45	DUOLIFE M4M
622	885	BRUNO OLIVEIRA	M	36	77	01:05:57.77	01:05:50.66	BIMBO
623	638	FERNANDO BATISTA	M	26	107	01:06:00.89	01:05:38.61	BIMBO
624	470	MARIA SANTOS	F	25	34	01:06:02.50	01:05:50.21	
625	849	LEONARDO HUNGARA	M	19	108	01:06:05.65	01:06:05.65	BIMBO - MAIA
626	917	ERNESTO SANTOS	M	67	29	01:06:06.29	01:06:06.29	BIMBO - MAIA
627	820	JOÃO DUARTE	M	40	92	01:06:06.34	01:05:49.29	BIMBO
628	822	GABRIEL FARIA	M	21	109	01:06:06.48	01:06:06.48	BIMBO - MAIA



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629	889	ANA PAULA	F	25	35	01:06:06.64	01:06:06.64	BIMBO - MAIA
630	1503	HELDER COELHO	M	45	107	01:06:07.03	01:05:49.54	BIMBO
631	1513	HERMÍNIA M M OLIVEIRA	F	51	21	01:06:07.21	01:06:07.21	BIMBO
632	823	PAULO FARIA	M	50	67	01:06:07.95	01:06:07.95	BIMBO - MAIA
633	180	HECTOR COSTA	M	39	78	01:06:10.44	01:05:21.49	
634	310	ALTINO .	M	73	30	01:06:29.66	01:06:03.00	CP IVA
635	332	FLAVIA PENAN	F	30	36	01:06:30.33	01:06:07.72	BRRNIGHTRUNNERS
636	272	CARLOS RODRIGUES	M	44	93	01:06:31.64	01:05:59.01	
637	221	HELENA TAVARES	F	51	22	01:06:45.05	01:06:23.90	AS PRIMEIRAS
638	957	YASMINE CHEDE	F	26	37	01:06:45.53	01:06:00.28	HEPAFILTRA
639	881	ANA NUNES	F	39	52	01:06:46.61	01:06:07.35	BIMBO
640	795	JORGE BICHO	M	59	38	01:06:50.96	01:06:35.92	BIMBO
641	145	DARLAN COSTA	M	49	108	01:06:53.06	01:06:15.54	PAO DOURADO
642	368	RUI VASCONCELOS	M	38	79	01:07:03.16	01:06:42.91	TRANSITEX RUNNERS
643	105	MARIA D L GONÇALVES	F	49	23	01:07:03.34	01:06:38.69	DN RUNNERS
644	1020	HIPOLITO PEREIRA	M	24	110	01:07:19.98	01:05:40.43	OLYMPIC SILVAS
645	787	CÉLIA AZENHA	F	53	24	01:07:20.62	01:07:06.02	BIMBO
646	339	TERESA NICOLAU	F	55	8	01:07:21.16	01:07:06.65	
647	955	MARILIA RIBEIRO	F	34	38	01:07:27.61	01:06:49.28	TOKANDAR
648	954	BARBOTIN DAVID	M	33	111	01:07:28.40	01:06:49.52	TOKANDAR
649	604	TIAGO CARDOSO	M	33	112	01:07:37.35	01:06:51.60	BIMBO
650	1418	CARLOS TAVARES	M	44	94	01:07:40.09	01:07:00.01	BIMBO
651	1006	FILIPE NUNES	M	23	113	01:07:43.56	01:07:31.12	
652	603	EDGAR LOURENÇO	M	31	114	01:08:01.60	01:08:01.60	BIMBO
653	602	OLAVO ALMEIDA	M	53	68	01:08:03.94	01:07:54.30	BIMBO
654	410	ANTONIO R D FILHO	M	56	39	01:08:04.10	01:07:52.47	
655	945	LUIGI ROSSI	M	69	31	01:08:07.34	01:07:36.51	
656	155	MARCELO MAGALHAES	M	46	109	01:08:09.01	01:08:01.82	MAGALHAES
657	156	ALCIDES MAGALHAES	M	72	32	01:08:09.83	01:08:01.87	MAGALHAES
658	1526	CARINAA BARRES	F	50	25	01:08:21.59	01:08:15.94	
659	43	CARINA AMARO	F	27	39	01:08:22.25	01:07:49.17	
660	62	CRISTINA FIGUEIREDO	F	40	53	01:08:25.28	01:07:39.06	
661	162	BRUNO MIRANDA	M	34	115	01:08:26.39	01:07:52.52	PÉS COM ASAS
662	63	JOÃO FIGUEIREDO	M	37	80	01:08:26.68	01:08:26.68	
663	786	JOÃO ANTÓNIO	M	26	116	01:08:27.99	01:07:39.90	BIMBO
664	1028	JOÃO TEIXEIRA	M	39	81	01:08:33.18	01:08:06.09	
665	411	RICARDO OLIVEIRA	M	52	69	01:08:38.41	01:08:27.95	



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666	160	CARLOS GALRÃO	M	28	117	01:08:39.42	01:07:46.15	
667	1422	CARLA BERNARDINO	F	42	54	01:08:54.17	01:08:30.07	BIMBO
668	958	JOÃO FONSECA	M	31	118	01:08:54.93	01:08:10.34	HEPAFILTRA
669	182	MARGARIDA MARQUES	F	45	26	01:09:06.60	01:08:51.45	G.D.S.B.S.I.
670	936	RUI SOUSA	M	54	70	01:09:06.72	01:08:30.38	
671	1514	VANDA PEREIRA	F	38	55	01:09:07.15	01:08:39.44	ADFA
672	769	ALBERTINA ALBERTINA	F	37	56	01:09:11.47	01:08:33.28	BIMBO - CAÍDE REI
673	1468	CRISTINA CALAFATE	F	51	27	01:09:22.83	01:08:40.22	TARTARUGAS SOLIDÁRIAS
674	233	MARLENE OLIVEIRA	F	44	57	01:09:34.29	01:09:17.96	
675	812	RICARDO CORREIA	M	40	95	01:09:36.40	01:08:51.69	BIMBO
676	831	TIAGO FERREIRA	M	40	96	01:09:36.73	01:08:52.29	BIMBO
677	920	NUNO SANTOS	M	34	119	01:09:37.82	01:08:54.84	BIMBO
678	833	JOÃO FONTES	M	40	97	01:09:38.26	01:08:55.03	BIMBO
679	570	ISILDA BARRADAS	F	68	9	01:09:51.46	01:09:44.50	
680	508	RUTE OLIVEIRA	F	31	40	01:10:07.12	01:09:26.36	
681	510	PEDRO ALVES	M	35	82	01:10:10.85	01:09:28.58	
682	315	ANA CARDOSO	F	24	41	01:10:16.94	01:09:29.00	BIMBO
683	640	INÉS BATISTA	F	27	42	01:10:19.54	01:09:58.53	BIMBO
684	671	ALBERTO SANTOS	M	57	40	01:10:20.92	01:10:00.20	BIMBO
685	956	MIKAEL SARAIVA	M	30	120	01:10:23.29	01:09:38.88	HEPAFILTRA
686	853	SOFIA JANEIRO	F	37	58	01:10:33.33	01:10:21.27	
687	785	RENATO ANDRADE	M	41	98	01:10:46.41	01:10:01.57	BIMBO
688	1428	PAULO VIVA	M	40	99	01:10:48.94	01:10:17.15	BIMBO
689	127	ANA R BOTO	F	40	59	01:10:50.86	01:10:40.19	
690	1004	NUNO VAZ	M	46	110	01:11:04.86	01:10:52.05	
691	385	HELDER J D FERNANDES	M	38	83	01:11:10.02	01:10:59.96	
692	197	JOAO HENRIQUES	M	42	100	01:11:13.52	01:10:47.54	RHINOS
693	379	CARLOS A C TEIXEIRA	M	77	33	01:11:13.70	01:10:31.97	
694	1533	FREDERICO ABECASSIS	M	45	111	01:11:15.57	01:10:48.63	
695	1520	MIGUEL CRUZ	M	48	112	01:11:16.55	01:10:41.11	
696	1518	CARLA SOBREDA	F	48	28	01:11:17.05	01:10:42.32	
697	367	FILIPE MIRANDA	M	32	121	01:11:28.17	01:11:08.44	TRANSITEX RUNNERS
698	196	NELSON CORREIA	M	38	84	01:11:31.08	01:10:45.05	BEST FRIENDS 4EVER
699	684	VIRGILIO NASCIMENTO	M	64	34	01:11:37.93	01:11:30.51	BIMBO
700	51	ANA C COSTA	F	22	43	01:11:38.60	01:10:55.02	
701	841	MIGUEL GONÇALVES	M	24	122	01:11:50.02	01:11:18.39	BIMBO
702	843	RICARDO GONÇALVES	M	25	123	01:11:50.06	01:11:17.48	BIMBO



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703	27	JOANA D CHOURIÇO	F	55	10	01:11:56.66	01:11:47.74	
704	1419	CATARINA PONTES	F	43	60	01:12:01.81	01:11:22.41	BIMBO
705	942	ANA L GUERREIRO	F	49	29	01:12:07.70	01:12:07.70	BIMBO
706	317	RICARDO SILVA	M	42	101	01:12:10.90	01:11:52.18	BIMBO
707	144	VALERIA M SANTOS	F	50	30	01:12:12.56	01:11:45.78	
708	244	ALEXANDRA PAZ	F	33	44	01:12:51.48	01:12:08.84	
709	186	JORGE PAULINO	M	62	35	01:13:21.33	01:13:07.87	CLUBE DESPORTIVO DE MAFRA
710	15	JOHNNY THOMASSEN	M	58	41	01:13:26.05	01:12:50.91	
711	867	BRUNO MENDES	M	40	102	01:14:05.76	01:13:26.80	BIMBO
712	165	HELENA AFONSO	F	62	11	01:14:13.69	01:13:32.59	
713	719	ANTÓNIO MADALENO	M	58	42	01:14:16.11	01:13:36.96	
714	1429	HUGO FERREIRA	M	39	85	01:14:27.12	01:13:21.67	BIMBO
715	1507	ANDRE BELLOSTI	M	17	124	01:14:27.91	01:13:51.80	BIMBO
716	1425	MARCO SAULO	M	41	103	01:14:32.55	01:13:56.23	BIMBO
717	314	TERESA FLORÊNCIA	F	35	61	01:14:45.58	01:14:08.81	BIMBO
718	49	SANDRA MARQUES	F	35	62	01:14:50.67	01:14:13.20	CASAL FIT
719	1430	RUI BORGES	M	38	86	01:14:56.06	01:13:47.98	BIMBO
720	212	ROMAIN LOMBERTY	M	27	125	01:15:15.89	01:14:35.99	
721	1519	PATRICIA CRUZ	F	18	45	01:15:48.23	01:15:13.69	
722	24	ALFREDO NOTÁRIO	M	48	113	01:15:48.43	01:15:11.88	AO RITMO DAS 200PPM
723	61	SAMUEL JOAQUIM	M	65	36	01:15:49.77	01:15:11.41	
724	25	ANA L NOTÁRIO	F	49	31	01:15:50.16	01:15:14.69	AO RITMO DAS 200PPM
725	1417	RITA P CARVALHINHO	F	44	63	01:15:56.00	01:15:16.73	BIMBO
726	147	VALDECY SOARES	M	49	114	01:16:07.01	01:15:31.12	PAO DOURADO
727	490	RODOLFO LIMA	M	51	71	01:16:07.05	01:15:50.92	C MILLENNIUM BCP
728	776	CARLOS AIRES	M	43	104	01:16:08.59	01:15:52.88	BIMBO
729	1601	SOFIA MARINHO PIRES	F	40	64	01:16:10.35	01:15:37.31	GARRIGUES
730	1600	PEDRO LEMOS CARVALHO	M	39	87	01:16:36.71	01:16:03.78	GARRIGUES
731	342	FRANCISCO COITO	M	66	37	01:16:39.73	01:15:58.06	CLUBE MARGINAL
732	238	RENATA OLIVEIRA	F	42	65	01:16:56.51	01:16:30.00	
733	1602	ANA PINTO MONTEIRO	F	30	46	01:17:14.80	01:17:14.80	GARRIGUES
734	1599	LUIS PINTO MONTEIRO	M	41	105	01:17:16.26	01:16:43.07	GARRIGUES
735	92	MAYER RAPOSO	M	71	38	01:17:28.35	01:17:15.54	AA LEBRES DO SADO
736	120	ANDREIA CLEMENTE	F	35	66	01:17:43.37	01:17:23.86	PAPA MILHAS AV
737	372	ANGELA FONSECA	F	47	32	01:17:58.66	01:17:39.98	TRANSITEX RUNNERS
738	109	MARIA H SÁ	F	66	12	01:18:02.57	01:18:02.57	
739	635	ISABEL SANTOS	F	50	33	01:18:08.95	01:17:49.39	BIMBO



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740	527	SOFIA FERNANDES	F	42	67	01:18:10.03	01:17:51.03	
741	335	PATRÍCIA DAMIÃO	F	41	68	01:18:29.14	01:18:29.14	
742	391	MÓNICA RODRIGUES	F	37	69	01:18:30.33	01:17:54.75	CLUBE VODAFONE
743	1511	LEANDRO PINHEIRO	M	38	88	01:18:54.86	01:18:43.82	BIMBO
744	1462	CARLA GUARITA	F	52	34	01:18:56.91	01:18:16.00	
745	946	ANTÓNIO VIDAS	M	54	72	01:19:14.54	01:18:42.53	CLUBE ANACOM
746	146	MARCO PINHEIRO	M	48	115	01:19:20.50	01:18:43.34	PAO DOURADO
747	655	RAQUEL PINHEIRO	F	41	70	01:19:26.53	01:19:15.86	BIMBO
748	373	MARIA D C ALVES	F	46	35	01:19:27.17	01:18:38.88	
749	234	ANA ROSA	F	41	71	01:19:27.73	01:18:51.27	
750	687	FRANCISCO MOUCHINHO	M	69	39	01:19:37.30	01:19:04.69	BIMBO
751	555	JUDITE LANÇA	F	56	13	01:19:59.49	01:19:07.95	
752	463	ANA LANÇA	F	28	47	01:19:59.63	01:19:59.63	
753	134	LUCINDA HENRIQUES	F	69	14	01:21:16.08	01:20:50.41	CONDOR
754	436	FILIPA PERESTRELLO	F	28	48	01:21:18.62	01:20:42.26	
755	71	PATRICIA MUCHACHO	F	40	72	01:22:21.72	01:21:55.14	
756	829	DANIEL FERREIRA	M	44	106	01:22:32.98	01:22:19.55	BIMBO
757	933	SÉRGIO SILVA	M	32	126	01:22:33.50	01:22:20.08	BIMBO
758	739	CRISTINA ROXO	F	45	36	01:22:44.29	01:22:16.41	
759	1504	FERNANDO ANDRADE	M	55	43	01:23:44.64	01:23:16.31	BIMBO
760	784	LURDES ANDRADE	F	55	15	01:23:45.76	01:23:15.38	BIMBO
761	751	PAULA PESSOA	F	41	73	01:23:55.45	01:23:27.14	
762	827	JOÃO FERNANDES	M	27	127	01:23:56.09	01:23:09.43	BIMBO
763	1447	PRISCILA IBRAHIM	F	34	49	01:24:13.86	01:23:52.91	
764	1448	THIAGO IBRAHIM	M	33	128	01:24:15.33	01:23:53.99	
765	824	JOEL FARINHA	M	34	129	01:24:49.89	01:24:15.04	
766	825	LÍDIA FARINHA	F	32	50	01:24:51.10	01:24:14.74	
767	307	PEDRO FILIPE	M	39	89	01:25:36.87	01:24:54.40	SISCOG
768	394	ANA R BARREIROS	F	46	37	01:26:55.04	01:26:28.75	
769	733	QI LI	F	29	51	01:27:05.46	01:26:31.78	
770	732	YUYANG LI	M	28	130	01:27:05.56	01:26:29.66	
771	1019	TELMA EZEQUIEL	F	27	52	01:27:42.25	01:26:50.38	
772	72	LUÍS RIBEIRO	M	44	107	01:27:58.80	01:27:11.32	
773	1021	INÊS FOLGADO	F	24	53	01:28:00.64	01:26:27.03	
774	756	TÂNIA FLORES	F	34	54	01:28:16.55	01:28:06.75	GDCFA
775	116	SONIA TORRAO	F	33	55	01:28:17.59	01:27:31.30	
776	325	JOSÉ ALÍPIO	M	61	40	01:28:33.98	01:28:06.39	



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777	608	ROBERTO J C DIAS	M	11	131	01:29:05.71	01:28:58.79	BIMBO
778	1015	CARLOS FONSECA	M	62	41	01:29:47.37	01:29:47.37	
779	1576	CATARINA FERREIRA	F	45	38	01:30:20.46	01:29:38.81	C.F. BELENENSES
780	1577	TERESA FERREIRA	F	52	39	01:30:20.68	01:29:39.32	C.F. BELENENSES
781	133	MARIA C ANJOS	F	72	16	01:31:04.78	01:30:39.23	CONDOR
782	159	MARIA J VELADAS	F	43	74	01:31:23.23	01:30:41.36	CREW RUNNING
783	848	SERGIO HERRERA	M	26	132	01:32:57.39	01:32:18.56	BIMBO
784	1434	BORJA COROMINAS	M	24	133	01:32:57.66	01:32:57.66	BIMBO
785	1539	SABRINA MORAES	F	36	75	01:33:00.63	01:32:15.01	
786	293	RUI MELÃO	M	54	73	01:33:02.54	01:32:18.79	A NATUREZA ENSINA
787	840	TRICY GOMES	F	38	76	01:33:03.65	01:32:17.72	
788	731	LUÍS F MENDES	M	47	116	01:33:18.87	01:32:44.32	
789	130	ANTONIO FIGUEIREDO	M	60	42	01:33:57.64	01:33:18.57	
790	484	ESTRELA MARIZ	F	49	40	01:34:02.40	01:34:02.40	C MILLENNIUM BCP
791	250	GUALDINO FREIRE	M	72	43	01:34:02.68	01:33:37.02	CCDTMETROLX
792	485	BEATRIZ MARIZ	F	21	56	01:34:06.78	01:33:49.63	C MILLENNIUM BCP
793	193	INÉS PEDRAS	F	27	57	01:35:47.51	01:35:10.01	STONES
794	194	JORGE DUARTE	M	32	134	01:35:49.34	01:35:09.70	
795	192	RUI PEDRAS	M	59	44	01:35:50.48	01:35:13.08	STONES

Total de registros: 795