

## Femininos

Posição	Posição Escalão	Dorsal	Tempo	Nome	Clube	Escalão
1	1	1071	01:03:21	Cristina Laranjeiro	Individual	10F45
2	1	1257	01:04:35	Jeninha Andrade	Individual	10F40
3	1	1194	01:05:41	Carla Carneiro	Amigos Da Analice	10F50
4	2	1025	01:06:07	Luisa Landeiro	Individual	10F45
5	1	1137	01:08:09	Margarida Correia	Individual	10SENF
6	3	1039	01:11:16	Ana Nunes	Individual	10F45
7	2	1189	01:12:08	Isabel Rodrigues	Eci Running Team	10F50
8	1	1088	01:12:31	Francisca Silva	Individual	10F35
9	4	1095	01:12:37	Paula Silva	Sporting Clube Reboleira E Damaia	10F45
10	2	1029	01:12:50	Carla Angueira	Ginásio Clube De Bragança	10F40
11	3	1170	01:12:59	Lucia Ventura	Individual	10F40
12	2	1149	01:13:03	Paula Moreno	Individual	10SENF
13	3	1058	01:13:29	Carina Silva	Grupo Desportivo Santander Totta	10SENF
14	2	1147	01:13:55	Ânia Guerreiro	Individual	10F35
15	3	1253	01:15:46	Helena Santos	Renault Run Club	10F35
16	3	1051	01:16:16	Cristina Lavrador	Run&Smile	10F50
17	4	1047	01:16:24	Vanessa Costa	Individual	10SENF
18	4	1144	01:17:10	Elisabete Gonçalves	Individual	10F40
19	5	1178	01:17:40	Luísa Ferreira	Individual	10F45
20	5	1175	01:23:56	Raquel Lopes	Individual	10SENF
21	6	1289	01:24:01	Marcia Ferreira	Individual	10SENF
21	6	1166	01:24:07	Cláudia Grencho	Pé Curto	10F45
22	4	1057	01:24:07	Elisabete Rodrigues	Individual	10F35
23	5	1163	01:24:53	Luciana Moreira	Individual	10F35
24	6	1120	01:25:11	Lara Ferreira	Individual	10F35
25	5	1286	01:25:42	Joana Lambin	Individual	10F40
26	1	1283	01:26:47	Sara Athayde	Individual	10JUVF
100	1	1176	01:27:22	Mariana Pereira	Evelx - Associação De Estilos De Vida Saudáve	10F60
102	6	1060	01:27:33	Neuza Alves	Individual	10F40
102	4	1102	01:27:36	Anabela Nave	Run&Smile	10F50
27	7	1193	01:29:20	Ana Santos	Individual	10SENF
28	5	1173	01:31:21	Helena Santos	Individual	10F50
29	1	1078	01:32:04	Joana Chouriço	Running Club Santa Casa	10F55
30	8	1073	01:32:10	Diana Quaresma	Individual	10SENF
32	6	1156	01:33:20	Milena Alipio	Individual	10F50
31	7	1241	01:33:20	Alexandra Gomes Pinto	Renault Run Club	10F40
33	7	1282	01:37:20	Dora Saraiva	Individual	10F50
34	7	1250	01:37:21	Carla Aniceto	Renault Run Club	10F45
35	8	1141	01:38:26	Luisa Santos	Individual	10F50
36	9	1031	01:38:38	Cristina Marques	Individual	10F50
37	8	1161	01:39:01	Dilma Martins	Individual	10F45
38	9	1087	01:40:52	Filomena Nogueira	Individual	10F45

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39	2	1123	01:48:17	Elisa Dias	A Natureza Ensina	10F55
40	10	1049	01:49:33	Ana Azevedo	Run&Smile	10F45
41	7	1171	01:52:55	Joana Rodrigues	Linda-A-Pastora Sporting Clube	10F35
42	8	1164	01:52:55	Sara Carvalho	Individual	10F40
43	3	1064	01:54:14	Maria Macedo	Individual	10F55
44	2	1133	01:58:28	Margarida Fonseca	Turbo-Lentos	10F60
45	9	1096	01:58:29	Paula Penha	Individual	10F40
46	10	1022	01:59:23	Alda Morais	Individual	10F50
47	11	1224	02:00:33	Maria Serra	Cml Jfsd	10F50
48	4	1043	02:00:51	Fatima Barbas	Individual	10F55
49	11	1165	02:01:33	Carla Lopes	Pé Curto	10F45
50	12	1046	02:15:09	Marina Azevedo	Individual	10F50
51	9	1142	02:20:30	Joana Luz	Individual	10SENF
52	10	1199	02:25:18	Patrícia Ribeiro	Centro De Acolhimento De Refugiado	10SENF
53	10	1233	02:30:56	Alexandra Ivone Mesquita Cruz	Fujitsu	10F40

Masculinos

<b>Posição</b>	<b>Posição Escalão</b>	<b>Dorsal</b>	<b>Tempo</b>	<b>Nome</b>	<b>Clube</b>	<b>Escalão</b>
1	1	1180	00:42:22	José Gaspar	Individual	10M40
2	1	1172	00:43:41	Fernando Gomes	Individual	10M35
3	1	1188	00:52:23	Nuno Correia	Grupo Desportivo Do Instituto Nacional De Est	10M50
4	1	1116	00:53:04	Pedro Sousa	Palmelense F. Clube	10M60
5	2	1030	00:53:37	David Palmeiro	Gc. Bragança	10M50
7	1	1245	00:53:42	José Silva	Renault Run Club	10M55
6	1	1072	00:53:42	Rui Laranjeiro	Individual	10M45
8	2	1153	00:56:18	Gonçalo Ferreira	Cf Os Belenenses	10M45
9	3	1159	00:56:23	Tiago Varanda	Individual	10M45
10	4	1225	00:56:58	João Pereira	Cml Jfsd	10M45
11	1	1240	00:57:28	Diogo Soares	Pupilos Exercito	10SENM
12	2	1094	00:57:47	Duarte Costa	Individual	10M35
13	2	1124	00:58:30	Nelson Dias	A Natureza Ensina	10M55
14	3	723	00:58:43	Justiniano Silva	Renault Run Club	10M50
16	3	1186	01:00:08	Danillo Freitas	Individual	10M35
17	4	1127	01:00:21	Aristides Bordalo	Individual	10M50
18	5	1243	01:00:22	Vitor Canto	Renault Run Club	10M45
19	6	1145	01:00:27	Luis Almeida	Jobrinde - Montes Saloios	10M45
20	2	1136	01:00:33	Running Boy	Individual	10M40
21	3	1075	01:01:01	Pedro Costa	Individual	10M40
22	5	1131	01:01:08	Carlos Magalhães	Individual	10M50
23	2	1162	01:01:12	Miguel Mamede	Individual	10SENM
24	2	1082	01:01:15	Vasco Costa	Individual	10M60
25	3	1150	01:01:38	António Marques	Individual	10M55
26	1	1185	01:01:46	João Balsinha	Individual	10M65

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27	4	1108	01:01:58	Carlos Oleastro	Individual	10M55
28	4	1231	01:02:07	Carlos Sousa	Cml Jfsd	10M40
29	5	1036	01:02:19	Vasco Palma	Individual	10M55
30	3	1181	01:02:20	Pedro Filipe	Individual	10SENM
31	4	1044	01:02:52	Bruno Amaro	Individual	10M35
33	7	1226	01:03:27	João Valhelhas	Cml Jfsd	10M45
34	6	1252	01:04:19	José Proença	Renault Run Club	10M55
35	2	1054	01:04:31	Armando Correia	Lesmas Alopradas	10M65
36	8	1092	01:05:42	Mario Ferreira	Individual	10M45
37	5	1230	01:05:44	Nuno Moreira	Cml Jfsd	10M40
38	6	1024	01:06:07	Pedro Nunes	Individual	10M40
39	9	713	01:06:09	Frederico Duarte	Fujitsu	10M45
40	7	1236	01:07:24	Ricardo Filipe Pereira	Pupilos Exercito	10M40
41	10	1090	01:07:56	Baltasar Nogueira	Individual	10M45
42	6	1119	01:08:24	Henrique Cruz	Individual	10M50
43	11	1179	01:08:32	Humberto Ferreira	Individual	10M45
44	12	718	01:08:44	Pedro Santos	Renault Run Club	10M45
45	7	39	01:08:44	João Alberto	Renault Run Club	10M50
46	8	1247	01:08:58	Alvaro Ferreira	Renault Run Club	10M50
47	8	1122	01:09:24	Sérgio Freitas	Individual	10M40
48	9	1187	01:09:47	Fernando Agostinho	Eci Running Team	10M40
49	10	1168	01:10:20	Rui Marques	Individual	10M40
50	13	1229	01:11:00	Paulo Gordinho	Cml Jfsd	10M45
51	3	1112	01:11:12	Jose Roseiro	Individual	10M60
52	14	1129	01:11:24	Paulo Abadia	Individual	10M45
53	9	1061	01:11:38	Fernando Bento	Clube Novo Banco	10M50
54	5	1177	01:11:42	Pedro Sequeira	Evelx - Associação De Estilos De Vida Saudáve	10M35
56	4	1111	01:12:06	Ricardo Pereira	Individual	10SENM
55	5	1093	01:12:06	Paulo Pereira	Individual	10SENM
57	15	1190	01:12:08	Silvério Rodrigues	Eci Running Team	10M45
58	16	1104	01:12:13	Carlos Silva	Individual	10M45
59	10	1063	01:12:15	Manuel Dias	Individual	10M50
60	6	1066	01:12:59	Luis Mateus	Individual	10M35
61	11	1255	01:13:00	Miguel Lopes	99 Provas Gratuitas	10M40
62	6	1148	01:13:03	Javier Maldonado	Individual	10SENM
63	7	1126	01:13:07	Carlos Jesus	Individual	10M55
64	11	1246	01:13:17	Emilio Gonçalves	Renault Run Club	10M50
65	8	1222	01:13:21	Miguel Velez	Cml Jfsd	10M55
66	7	1059	01:13:29	Tiago Veiga	Grupo Desportivo Santander Totta	10M35
67	17	1154	01:13:55	Paulo Dantas	Individual	10M45
68	1	1038	01:14:59	Antonio Fonseca	Individual	10M70
69	12	1182	01:15:08	Octávio Ferro	Individual	10M50
70	13	1053	01:15:14	Jose Pacheco	Individual	10M50
71	1	1138	01:15:29	Rúben Campos	Individual	10JUNM

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72	8	647	01:15:44	Filipe Luís	Multirunners	10M35
73	14	1035	01:16:19	Carlos Marques	Individual	10M50
74	4	1160	01:16:31	Paulo Cabral	Individual	10M60
75	12	1248	01:17:12	Paulo Viegas	Renault Run Club	10M40
76	13	1070	01:17:39	Hugo Pimentel	Clube Novo Banco	10M40
77	14	1128	01:18:58	Rui Ferreira	Individual	10M40
78	1	1239	01:19:06	João Duarte Carvalho	Pupilos Exercito	10JUVM
79	18	1238	01:19:06	João Filipe Carvalho	Pupilos Exercito	10M45
80	9	615	01:20:23	Jose Correia	Individual	10M55
81	7	1235	01:20:32	Ailson Lima França	Fujitsu	10SENM
82	19	1097	01:20:37	Nuno Fernandes	Individual	10M45
83	15	1167	01:20:40	Luís Correia	Pé Curto	10M50
84	10	1237	01:20:50	Vitor Fernando Modesto	Pupilos Exercito	10M55
85	9	1032	01:20:51	Fabiano Ferreira	Benfica Em Forma	10M35
86	3	1079	01:21:11	João Santos	Veteranos De Massamá	10M65
87	10	1048	01:21:57	Paulo Rego	Individual	10M35
88	11	608	01:22:10	Joaquim Martins	Individual	10M55
89	8	1234	01:22:48	Luís Lino	Fujitsu	10SENM
90	9	1139	01:22:51	Duarte Quintrla	Individual	10SENM
91	16	1113	01:23:15	Pedro Palrão	Individual	10M50
92	20	1227	01:23:17	Paila Leitão	Cml Jfsd	10M45
93	15	1232	01:23:18	Helena Pereira	Cml Jfsd	10M40
91	17	1254	01:23:57	Eduardo Lopes	Renault Run Club	10M50
92	10	1288	01:24:01	Gilberto Fernandes	Individual	10SENM
93	16	1118	01:24:18	Pedro Silva	Individual	10M40
94	18	1151	01:25:42	Albino Ferreira	Individual	10M50
95	19	1050	01:26:01	Carlos Lavrador	Run&Smile	10M50
96	12	1169	01:26:18	Mário Silva	Individual	10M55
97	13	1223	01:26:22	Carlos Ferreira	Cml Jfsd	10M55
98	5	1069	01:26:36	Luís Mendes	Run&Smile	10M60
99	21	1284	01:26:47	Nuno Athayde	Individual	10M45
103	22	1242	01:28:19	Carlos Rodrigues	Renault Run Club	10M45
104	14	1065	01:28:55	Céu Neves	Individual	10M55
105	23	1174	01:29:21	José Caldeira	Individual	10M45
106	17	1037	01:29:25	Luis Lavrador	Individual	10M40
107	4	1195	01:31:31	Mário Lima	Amigos Da Analice	10M65
108	20	1045	01:31:52	Basilio Paixao	Individual	10M50
109	6	1080	01:31:53	Manuel Azevedo	Veteranos De Massamá	10M60
110	11	1074	01:32:13	Diogo Fontinha	Individual	10SENM
111	18	1062	01:32:15	Sergio Centeno	Clube Novo Banco	10M40
112	11	1152	01:36:44	Luis Lopes	Individual	10M35
113	5	1155	01:36:44	Luis Lopes	Individual	10M65
114	21	1249	01:37:21	João Aniceto	Renault Run Club	10M50
115	12	1130	01:40:51	João Gonçalves	Individual	10SENM

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116	13	1089	01:40:52	Gustavo Cruz	Individual	10SENM
117	2	1109	01:42:33	Mayer Raposo	Associação De Atletismo Lebres Do Sado	10M70
118	19	1068	01:47:33	Luís Braz	Individual	10M40
119	12	1146	01:48:36	Diogo Rodrigues	Individual	10M35
120	7	1134	01:58:28	Mário Pires	Turbo-Lentos	10M60
121	15	1023	01:59:17	Paulo Ferreira	Individual	10M55
122	22	1042	02:00:50	Antonio Barbas	Individual	10M50
123	23	722	02:02:23	Paulo Santos	Renault Run Club	10M50