



3º Lx Trail Monsanto . Trail Curto RunSox

26 de Maio, 2019

<https://werun.pt/resultados/3-lx-trail-monsanto-trail-curto-runsox/>

Pos.	Dorsal	Nome	Tempo Bruto	Tempo Líquido	Escalão	Equipa	Pos. Escalão
1	883	FRANÇOIS VIE	00:55:19	00:55:19	M0023		1
2	685	PAULO FERREIRA	00:55:34	01:02:36	M4549	PINHAL NOVO A CORRER	1
3	5567	NUNO GOM ES	00:56:21	01:00:21	M2439	GO!RUNNERS / OUTPRO STORE	1
4	619	VITOR TAVARES MARQUES	00:59:18	01:02:51	M4044	CORRER LISBOA	1
5	808	CHRISTOPHER WALLACE	01:03:52	01:03:52	M2439		2
6	825	BRUNO DIAS	01:04:07	01:11:12	M4044	ADRAGA BTTEAM	2
7	5519	LUIS PEREIRA	01:04:17	01:04:17	M4549	Rio mouro paiões	2
8	665	JOSÉ GOMES	01:04:35	01:04:35	M5559		1
9	5559	EMANUEL FREITAS	01:04:36	01:04:34	M2439		3
10	5542	VASCO MIGUEL	01:05:27	01:05:26	M4044	wildest	3
11	5578	NUNO CAFÉ	01:05:49	01:10:15	M4044	AMINHACORRIDA/MY PROTEIN	4
12	695	HUGO CUNHA	01:06:47	01:06:47	M4044	IZIRIDE	5
13	647	SARA PEREZ GOMEZ	01:06:51	01:06:48	F2439		1
14	697	LUIS GOMES	01:06:53	01:06:53	M4549	FITRRUNNERS	3
15	533	FERNANDO SANTOS	01:08:41	01:15:08	M5054	CLUBE DE PRAÇAS DA ARMADA	1
16	847	ANDRÉ SILVA	01:08:41	01:08:32	M4044		6
17	617	PEDRO FERNANDES	01:10:32	01:10:06	M2439		4
18	5515	JOSÉ COSTA	01:10:32	01:10:31	M5054		2

19	537	ALEXANDRE CANTANHEDE	01:10:34	01:10:28	M4044	CLUBE DE PRAÇAS DA ARMADA	7
20	741	MÁRIO LOURENÇO	01:10:34	01:10:34	M5054	CLUBE DE PRAÇAS DA ARMADA	3
21	865	JOSÉ SILVA	01:10:38	01:25:03	M5559	CLUBE DE ATLETISMO DE VALE FIGUEIRA	2
22	905	MIGUEL PEREIRA FIUZA	01:11:10	01:11:10	M2439		5
23	618	JOAO BRITO	01:11:27	01:11:27	M2439		6
24	5509	ANTONIO ALMEIDA	01:12:27	01:12:25	M5559	NUCLEO DESPORTIVO AUTOCOOPE	3
25	861	HENRIQUE AMADOR	01:12:59	01:27:33	M4549	SSCGD	4
26	892	ROGERIO MACHADO	01:13:33	01:13:18	M2439		7
27	5564	DAVID CALVO	01:13:45	01:13:38	M2439	LEBRES DO SADO	8
28	5575	ANABELA CARVALHO	01:14:11	01:14:10	F5559	GD SÃO DOMINGOS	1
29	732	JOSÉ GUERREIRO	01:14:19	01:14:09	M6099	SERVIÇOS SOCIAIS MONTEPIO	1
30	5550	TIAGO SILVA	01:14:26	01:14:23	M2439	AMIGOS VALE SILÊNCIO	9
31	849	JOÃO MARAL	01:14:40	01:14:40	M5054		4
32	560	SIMON SHINN	01:14:45	01:14:45	M4044	NETJETS	8
33	562	ANA ROSA	01:14:47	01:14:47	F2439	TREINAR COMER E SER FELIZ	2
34	822	JAMIE BOWER	01:14:57	01:14:57	M2439		10
35	880	CARLOS MONTEIRO	01:15:02	01:15:02	M5559	GD SÃO DOMINGOS	4
36	810	HUGO FERREIRA	01:15:35	01:15:52	M4044		9
37	573	TIAGO CURTO	01:15:47	01:15:40	M0023	SUNDAY RUNNERS	2
38	779	JOÃO DIONISIO	01:16:11	01:15:31	M4044	URBANOS TRAIL RUNNERS	10
39	582	JULIO MOREIRA	01:17:04	01:16:38	M4044	POLRUNNERS	11
40	568	JUVENAL MOREIRA	01:17:09	01:17:06	M5559	NUCLEO DESPORTIVO AUTOCOOPE	5
41	5508	FÁBIO RODRIGUES	01:17:16	01:17:16	M2439	AI NÓS JAMOR	11

42	792	FERNANDO ROSA	01:17:19	01:17:15	M5559	GMCJAMOR	6
43	758	CARLOS TEIXEIRA	01:17:46	01:17:20	M4549	Sacavenense	5
44	623	LUÍS BENAVENTE	01:17:56	01:17:56	M4549	GDAZAMBUJA - TRAIL TEAM	6
45	5554	RUI CARNEIRO	01:18:02	01:17:53	M5054		5
46	740	RICARDO SOUSA	01:18:11	01:18:11	M2439	SERVIÇOS SOCIAIS MONTEPIO	12
47	5570	HELDER MANUEL OLIVEIRA	01:18:23	01:18:16	M2439		13
48	780	BRUNO PARDAL	01:18:26	01:17:45	M2439	URBANOS TRAIL RUNNERS	14
49	678	ANTÓNIO BAPTISTA	01:18:40	01:18:00	M5054		6
50	541	PEDRO TAVARES	01:18:48	01:18:39	M2439	RacingBikes	15
51	632	RUI ISIDORO	01:18:51	01:18:51	M4044		12
52	833	FERNANDO ALVES	01:19:05	01:18:38	M4549		7
53	771	LUÍS FILIPE COSTA	01:19:07	01:18:42	M4044	AMIGOSDACORRIDA.COM	13
54	774	RUI SILVA	01:19:08	01:19:08	M4044	AMIGOSDACORRIDA.COM	14
55	534	SANDRA OLIVEIRA	01:19:09	01:19:03	F4044	CLUBE DE PRAÇAS DA ARMADA	1
56	711	ROGERIO FERNANDES	01:19:14	01:18:42	M4549		8
57	624	TELMO FREIRE	01:19:28	01:19:24	M2439	ÁLAMO ROAD & TRAIL TEAM	16
58	516	PIETRO TAGLIAVINI	01:19:35	01:18:56	M0023		3
59	717	MATTEO SABBATINI	01:19:43	01:18:49	M2439		17
60	5577	ALEXANDRA SILVA	01:19:59	01:19:50	F4044	AMINHACORRIDA/MY PROTEIN	2
61	872	JOSE CHARRUA	01:20:05	01:19:25	M4044	CLUBE ANA LISBOA	15
62	815	JORGE SIMÕES	01:20:13	01:20:13	M4549	LINDA-A-PASTORA SPORTING CLUBE	9
63	684	SÉRGIO ALEXANDRE MÓNICA	01:20:46	01:20:07	M4549	COALA	10
64	524	PEDRO MANAÇAS	01:20:56	01:20:36	M4549		11

65	628	HELDER GOMES	01:21:13	01:20:00	M5054		7
66	571	RAFAEL CARLOS	01:21:16	01:21:11	M2439		18
67	5574	LUIS MARTINS	01:21:31	01:21:12	M2439	Lavre running	19
68	518	HUMBERTO FERREIRA	01:21:45	01:21:19	M4549	DEIXEM PASSAR OS COXOS	12
69	730	RUI DIAS	01:21:48	01:20:52	M5054	SERVIÇOS SOCIAIS MONTEPIO	8
70	873	SÓNIA NEVES	01:21:52	01:21:52	F4044	SUNSET RUNNING TEAM	3
71	543	TIAGO ROMAO	01:21:53	01:20:56	M2439	NETJETS	20
72	5546	LUIS RODRIGUES	01:22:15	01:21:54	M2439		21
73	5548	NUNO LOURENÇO	01:22:24	01:22:24	M4044	EVELX - ASSOCIAÇÃO DE ESTILOS DE VIDA SAUDÁVEL	16
74	667	LUÍS MIGUEL PINTO VIEIRA	01:22:35	01:22:04	M4549		13
75	884	KARINE VIE	01:22:39	01:39:03	F4549		1
76	773	LUÍS NEVES	01:22:42	01:22:16	M6099	AMIGOSDACORRIDA.COM	2
77	874	PAULO RODRIGUES	01:22:43	01:21:38	M5054		9
78	879	EMANUEL BRANCO	01:22:43	01:21:40	M2439	GD SÃO DOMINGOS	22
79	5531	PEDRO ROSENDO	01:22:45	01:22:31	M2439	Clube Atletismo Vale de Figueira	23
80	659	CARLOS CAGICA	01:22:46	01:22:46	M5054	CCD SIEMENS	10
81	837	CRISTIANO LOPES	01:22:47	01:22:47	M2439	SUNSET RUNNING TEAM	24
82	885	FERNANDO MANUEL	01:22:53	01:29:39	M6099	BRUNOSEMPRE. BABA MAMBO	3
83	900	ARMÉNIO SILVA	01:23:03	01:34:46	M4044		17
84	836	DAVID MONTEIRO	01:23:06	01:21:59	M2439		25
85	894	DAVID COELHO	01:23:10	01:23:10	M4044	LINDA-A-PASTORA SPORTING CLUB	18
86	839	FERNANDO MORAIS SANTOS	01:23:11	01:22:25	M5559	O MUNDO DA CORRIDA	7
87	636	FILIPE INÁCIO	01:23:13	01:22:50	M2439		26

88	622	ANDRE VALERIO	01:23:14	01:23:14	M2439		27
89	5524	ANTÓNIO CARMO	01:23:20	01:23:20	M5054	Papa Trilhos do CAAL	11
90	668	MÁRIO FERREIRA	01:24:06	01:23:46	M4549		14
91	5507	HELENA SÉCIO	01:24:18	01:24:14	F5054	MÃE E FILHA	1
92	875	NUNO JARDIM	01:24:32	01:23:49	M4044	QUINTA DO ALFEIJOAL	19
93	535	MÁRCIA CANTANHEDE	01:24:35	01:24:28	M2439	CLUBE DE PRAÇAS DA ARMADA	28
94	767	SUSANA JEREMIAS	01:24:45	01:24:44	F4549	FITRUNNERS	2
95	5571	PAULO GONÇALVES	01:24:48	01:24:46	M5054	MARVILA JOVEM	12
96	567	CARLOS FERREIRA	01:24:49	01:24:47	M6099	NUCLEO DESPORTIVO AUTOCOOPE	4
97	686	FERNANDO PEREIRA	01:24:55	01:24:52	M5054	CLUBE VODAFONE	13
98	536	CATARINA VIEIRA	01:25:34	01:25:25	F2439		3
99	631	ALEXANDRE GUERRA	01:25:40	01:25:34	M4044		20
100	5558	RICARDO PEREIRA	01:25:46	01:25:34	M4549	DUBLIN O'SEVEN	15
101	649	GABRIEL XAVIER	01:25:52	01:33:41	M4044	ESTORIL WELLNESS	21
102	652	CARLOS MIRANDA	01:25:52	01:33:39	M4044	ESTORIL WELLNESS	22
103	5536	JOÃO MARQUES	01:26:16	01:26:02	M2439	Add Value	29
104	5580	DIOGO SOARES	01:26:20	01:25:36	M2439		30
105	891	EMANUEL MARTINS	01:26:21	01:26:46	M4044	AMINHACORRIDA	23
106	5568	ARLETE REGO	01:26:25	01:26:18	F2439	GO!RUNNERS / OUTPRO STORE	4
107	743	ALEXANDRE CRUZ	01:26:35	01:26:18	M2439		31
108	877	ROSA BRITO	01:26:36	01:26:36	F2439		5
109	706	DANIELE CHIODINI	01:26:39	01:25:46	M2439		32
110	742	BEATRIZ SÉCIO	01:26:59	01:26:59	F0023	MÃE E FILHA	1

111	673	MANUEL MEXIA	01:27:13	01:26:51	M2439	SPIS	33
112	854	LUIS FERNANDES	01:27:33	01:27:33	M2439		34
113	639	JOAQUIM SANTOS	01:27:33	01:27:33	M6099	FALCOES SELVAGENS	5
114	707	ALEXANDRE MATEUS	01:27:36	01:26:46	M4044		24
115	731	JOÃO DIAS	01:27:38	01:35:56	M5054	SERVIÇOS SOCIAIS MONTEPIO	14
116	575	CARLOS PÁSCOA	01:27:51	01:27:17	M6099	INDIVIDUAL	6
117	5563	JOAQUIM GUERREIRO	01:28:20	01:27:42	M4549	LEBRES DO SADO	16
118	811	LUÍS FERNANDES	01:28:23	01:27:43	M4549		17
119	660	ARTUR MARINHO	01:28:30	01:27:48	M2439		35
120	661	FERNANDO NETO	01:28:30	01:45:48	M4549		18
121	857	ANA MONTEIRO	01:28:54	01:28:47	F4044	AMINHACORRIDA	4
122	5560	NUNO MIGUEL CODEÇO	01:28:57	01:28:44	M4044	DUBLIN O'SEVEN	25
123	864	LUIS AFONSO	01:28:59	01:28:43	M4044		26
124	860	CARLA PINTO FERNANDES	01:29:09	01:29:09	M4044	AMINHACORRIDA	27
125	671	JOSÉ CALHEIROS	01:29:10	01:28:18	M4549		19
126	835	FILIPE REINO	01:29:17	01:29:06	M2439		36
127	855	LUIS CASIMIRO	01:29:18	01:28:38	M5054	AROO	15
128	515	VITOR GUIMARÃES	01:29:21	01:28:55	M5054	CDCR DOS CTT	16
129	756	PAULO RAMIRES	01:29:21	01:28:39	M5054	AROO	17
130	598	ANA VENCES	01:29:55	01:29:10	F4044	COISINHA RUNNERS	5
131	514	CARLOS BENAVENTE	01:30:03	01:29:46	M6099		7
132	5516	RICARDO LADISLAU	01:30:04	01:29:48	M4044		28
133	764	RODRIGO SOUSA	01:30:09	01:30:09	M2439	RUNLOVERS	37

134	828	MARCOS JOSE NORITAKE	01:30:21	01:29:39	M5054	CLUBE MILLENNIUM BCP	18
135	642	LUÍSA RALHA	01:30:29	01:30:09	F6099	RUN 4 FUN	1
136	752	MARTA SOFIA FREITAS	01:30:33	01:30:26	F2439		6
137	895	BARBARA CRUZ	01:30:37	01:30:27	F2439		7
138	522	DIOGO POLICARPO	01:30:38	01:30:38	M2439		38
139	658	NUNO JORGE	01:30:54	01:30:12	M4044		29
140	504	MEAGAN CARTY	01:31:17	01:31:09	F4044		6
141	770	MARIA JOÃO FERNANDES	01:31:26	01:31:23	F6099	AMIGOSDACORRIDA.COM	2
142	633	JOAO CLARO	01:31:41	01:31:04	M4549	INDIVIDUAL	20
143	783	SEVERINO CRUZ	01:31:45	01:31:34	M5559		8
144	5526	FRANCISCO NOVERSA	01:32:11	01:32:11	M2439	Afifense	39
145	897	FABIANO FERREIRA	01:32:18	01:31:16	M2439	BENFICA EM FORMA	40
146	804	PAULO LEÃO	01:32:32	01:32:32	M4549	LINDA-A-PASTORA SPORTING CLUBE	21
147	848	HUGO SANTOS	01:32:32	01:32:32	M4044	FALCÕES SELVAGENS	30
148	763	ANTONIO CAETANO	01:32:34	01:32:34	M4549	STJOAOLIVEIRATEAM	22
149	761	RICARDO FELIZARDO	01:32:39	01:32:39	M2439	CISMATICOS RUNNING	41
150	762	RUI NUNES	01:32:41	01:31:57	M2439	CISMATICOS	42
151	610	JOÃO GANHO	01:32:45	01:32:30	M4549		23
152	547	JORGE MACEDO	01:32:52	01:32:19	M2439	NETJETS	43
153	5521	RUI FLORES	01:32:55	01:32:33	M4044		31
154	789	NUNO NEVES	01:33:08	01:32:56	M2439	CLUBE DESPORTIVO DE ESPITE	44
155	889	TINA OLIVEIRA	01:33:11	01:32:57	F5559	AMINHACORRIDA	2
156	670	HERNANI VENTURA	01:33:13	01:32:31	M2439	DREEM TEAM	45

157	651	JOÃO JULIÃO	01:33:26	01:40:47	M4044	ESTORIL WELLNESS	32
158	5562	PATRICIA GERALDES	01:33:34	01:33:30	F5054		2
159	5530	CARLOS ALBERTO DOS JESUS	01:33:35	01:32:49	M5559	INDIVIDUAL	9
160	902	RUTE PATROCINIO	01:33:38	01:33:31	F4044		7
161	831	RUI SILVA	01:33:39	01:32:30	M4044	WILD FAMILY	33
162	910	SANDRO LEITÃO	01:33:40	01:32:54	M2439	AFG	46
163	830	LUISA PISCO	01:33:43	01:33:41	F5559	LESMAS ACELERADAS	3
164	635	MIGUEL SILVA	01:34:00	01:34:00	M4549	LISBOA	24
165	5549	RICARDO MATIAS	01:34:10	01:33:56	M2439		47
166	525	PEDRO IGREJA	01:34:22	01:57:43	M4044		34
167	539	CARLOS MORAIS	01:34:31	01:33:47	M5054		19
168	886	HELDER SANTOS	01:34:45	01:34:43	M4044	BRUNOSEMPRE. BABA MAMBO	35
169	5522	ALEXANDRE MIGUEL SILVA MARTINS	01:34:51	01:34:48	M4549	wildest	25
170	521	TIAGO VEIGA	01:34:53	01:34:31	M2439	GRUPO DESPORTIVO SANTANDER TOTTA	48
171	520	CARINA VEIGA	01:34:54	01:34:31	F2439	GRUPO DESPORTIVO SANTANDER TOTTA	8
172	609	NUNO NUNES	01:34:56	01:33:48	M4549	CORRER LISBOA	26
173	863	SARA GOMES	01:35:05	01:34:48	F0023	CORRER LISBOA	2
174	689	FRANCISCA SILVA	01:35:05	01:34:45	F2439		9
175	687	BALTASAR NOGUEIRA	01:35:05	01:34:45	M4549		27
176	728	LUIS REIS	01:35:38	01:35:38	M6099	SERVIÇOS SOCIAIS MONTEPIO	8
177	5514	ABEL COSTA	01:35:49	01:35:12	M4549	Gfi Portugal	28
178	708	JOÃO ANTUNES	01:35:49	01:35:15	M4549	COPYIT	29
179	564	JUSTILIANO MEIRELES SILVA	01:35:57	01:35:36	M6099	FALCÕES SELVAGENS	9

180	555	LUIS NEVES	01:36:05	01:35:08	M4044	NETJETS	36
181	664	EMANUEL DAMASO	01:36:08	01:34:55	M2439	RESTAURANTE TIO ZÉ	49
182	663	GABRIEL DAMASO	01:36:09	01:34:58	M2439		50
183	5538	FILIPE LEDO	01:36:11	01:35:27	M4044		37
184	5553	MARIA ALMEIDA	01:36:12	01:35:37	F2439	JÁ FOSTE	10
185	5552	LUIS SANTOS	01:36:13	02:01:45	M4044	JÁ FOSTE	38
186	887	ÁLVARO FERREIRA	01:36:16	01:36:16	M5054	BRUNOSEMPRE. BABA MAMBO	20
187	679	CLÁUDIA RODRIGUES	01:36:17	01:35:43	F4044		8
188	772	LUÍS BARBOT	01:36:23	01:36:23	M5559	AMIGOSDACORRIDA.COM	10
189	769	ANTÓNIO BELO	01:36:23	01:35:58	M6099	AMIGOSDACORRIDA.COM	10
190	675	JOANA SERINA	01:36:54	01:36:53	F4549	FITRUNNERS	3
191	896	CARLOS MAGALHAES	01:36:59	01:36:56	M5054	NUCLEO DESPORTIVO AUTOCOOPE	21
192	826	TERESA SOUSA	01:37:20	01:36:30	F4549		4
193	588	ROBERTO PALMINHA	01:37:24	01:37:11	M2439	FOREVER ALONE	51
194	737	JOSE PACHECO	01:37:39	01:36:40	M5054		22
195	816	HELENA LOPES	01:37:41	01:37:41	F5054	LINDA-A-PASTORA SPORTING CLUBE	3
196	5506	FERNANDO PEREIRA	01:37:42	01:36:42	M4549	AZEITÃO RUNNING	30
197	766	ISMAR FERREIRA	01:37:53	01:37:09	M5559		11
198	548	FLORENCE CHAPUIS	01:37:53	01:37:20	F2439	NETJETS	11
199	552	PEDRO MONTEIRO	01:38:07	01:37:42	M2439	NETJETS	52
200	703	CATARINA MARTINS	01:38:09	01:46:42	F4549	SS CGD	5
201	799	JOÃO PEDRO CHURRO	01:38:10	01:37:35	M4044	ESTRELA CAFC	39
202	5511	ANTÓNIO DUARTE	01:38:15	01:37:52	M6099		11

203	700	JOANA ANTUNES	01:38:26	01:38:26	F2439		12
204	903	DINA OLIVEIRA	01:38:36	01:37:02	F4044		9
205	531	DIANA FALACHO	01:38:36	01:37:48	F2439	COININHA RUNNERS	13
206	5502	AURÉLIO GOMES	01:38:47	01:38:47	M6099	GRUPETA RUNNING TEAM	12
207	807	TERESA SANTO	01:39:05	01:38:26	F4549		6
208	5510	PATRÍCIA MONTEIRO	01:39:06	01:38:44	F4044	AI NÓS JAMOR	10
209	814	CÉLIA SIMÕES	01:39:06	01:39:06	F4549	LINDA-A-PASTORA SPORTING CLUBE	7
210	640	LUIS DIAS	01:39:07	01:38:34	M5054	HIPOLOESTE FULL ENERGY	23
211	755	SUSANA ADEGAS	01:39:15	01:38:45	F5054		4
212	688	FILIPA ROQUE	01:39:35	01:38:33	F4549		8
213	760	FILIPA TEIXEIRA	01:39:37	01:39:37	F2439	Sacavenense	14
214	765	JOÃO ADRO	01:39:42	01:39:34	M5559		12
215	694	DAVIDE ANTUNES	01:39:42	01:39:14	M2439	COPYIT	53
216	724	LUÍS GRENCHO	01:39:47	01:39:19	M4549	SERVIÇOS SOCIAIS MONTEPIO	31
217	599	CRISTINA MOREIRA	01:39:56	01:39:13	F4044	GMCJAMOR	11
218	576	JOAO FILIPE	01:40:30	01:40:18	M4044		40
219	782	JEANE FIGUEIREDO DE ABREU	01:40:31	01:39:54	F5054		5
220	5540	VITOR CANTO	01:40:36	01:39:33	M4549	LINDA-A-PASTORA SPORTING CLUBE	32
221	768	IRINA FREITAS	01:40:44	01:39:59	M2439	SERVIÇOS SOCIAIS MONTEPIO	54
222	788	LEONARDO SARDO	01:40:46	01:40:46	M4044		41
223	776	SÓNIA SILVA	01:40:50	01:40:48	F2439		15
224	510	JOÃO VICENTE	01:40:57	01:40:19	M5559		13
225	509	INÊS SANTOS	01:41:00	01:40:22	F2439		16

226	710	BRUNO ALVES	01:41:04	01:41:04	M2439		55
227	603	SÓNIA PANASCO	01:41:47	01:41:47	F4044	Centro Marcha e corrida de Odivelas	12
228	604	NATALIA FERANANDES	01:41:47	01:41:34	F5559	Centro de Marcha e Corrida de Odivelas	4
229	615	MARIA SERRA	01:41:48	01:41:35	F4549	Centro de Marcha Corrida Odivelas	9
230	699	VITOR TEIXEIRA	01:41:48	01:41:30	M5559	CCD SIEMENS	14
231	846	PATRÍCIA SANTOS	01:42:02	01:41:13	F4549		10
232	585	CHRISTOS CHELIOUDAKIS	01:42:17	01:42:17	M2439	JIRAS	56
233	503	SANDRA ATALHO	01:42:52	01:42:16	F4549	OS PAPOS SECOS	11
234	625	PEDRO CANAVEIRA	01:42:53	01:42:15	M0023		4
235	823	MÓNICA GRAÇA	01:42:55	01:41:45	F4044	CORRER LISBOA	13
236	696	CARLOS MATIAS	01:42:57	01:42:06	M4549		33
237	629	LUÍS ALTER	01:43:07	01:42:27	M4044		42
238	526	SAMUEL SILVA	01:43:08	01:43:08	M4044		43
239	519	CATARINA SERRA	01:43:24	01:42:21	F4044	TEAM SERRA	14
240	612	JACINTO PEREIRA	01:43:28	01:43:28	M6099		13
241	796	AMÍLCAR FERREIRA	01:43:37	01:43:25	M2439		57
242	614	ANA INÊS ANTUNES	01:44:12	01:44:12	F2439		17
243	725	CLAUDIA GRENCHO	01:44:15	01:43:48	F4549	SERVIÇOS SOCIAIS MONTEPIO	12
244	577	SANDRA LOPO	01:44:17	01:43:41	F4549	HIPOLOESTE FULL ENERGY	13
245	506	PEDRO GALGUINHO	01:44:27	01:44:27	M4549	CDCR DOS CTT	34
246	698	CLAUDIO CRUZ	01:45:08	01:45:08	M4044	ARRABIDA OBSTACLE RUNNERS	44
247	832	JOAO ANTUNES	01:45:08	01:45:08	M4549	WILD FAMILY	35
248	648	CRISTINA FERREIRA	01:45:15	01:44:12	F5054		6

249	736	ANA PEREIRA	01:45:22	01:45:22	F2439	FITRUNNERS	18
250	784	INÊS RIO	01:45:26	01:45:19	F4044		15
251	572	RODRIGO CACHUCHO	01:45:27	01:44:22	M0023		5
252	813	ANABELA SANTOS	01:45:30	02:08:35	F4549	LINDA-A-PASTORA SPORTING CLUBE	14
253	812	ESMERALDA RAMOS	01:45:37	01:45:33	F5559	LINDA-A-PASTORA SPORTING CLUBE	5
254	904	JOSÉ ANTÓNIO GONÇALVES	01:45:42	01:45:27	M2439		58
255	893	MARCO FREITAS	01:45:52	01:45:52	M4044	SUNSET RUNNING TEAM	45
256	644	CATARINA AFONSO	01:46:04	01:45:11	F2439		19
257	559	INES ALBUQUERQUE	01:46:11	01:45:16	F2439	NETJETS	20
258	869	GUOLIN LI	01:46:12	01:45:25	M5559		15
259	856	HUGO GOMES	01:46:13	01:45:38	M2439	HG	59
260	505	TIAGO CALDEIRA	01:46:20	01:45:49	M2439	CDCR DOS CTT	60
261	715	RICARDO BRAZ	01:46:22	01:46:22	M4549		36
262	714	LEONOR OLIVEIRA	01:46:22	01:45:30	F4549		15
263	876	LUÍS LIBÂNIO	01:46:22	01:45:21	M6099	GINJA TEAM	14
264	713	VANDA MURTEIRA	01:46:23	01:45:31	F4549		16
265	794	RUI CARDOSO	01:46:24	01:45:41	M2439		61
266	795	MARISA ALCÁCER	01:46:25	01:45:41	F2439		21
267	5529	PEDRO FERREIRA	01:46:47	01:46:43	M5054		24
268	581	INÊS OLIVEIRA	01:46:48	01:46:27	F2439		22
269	502	MILENA ALIPIO	01:46:51	01:46:14	F5054	OS PAPOS SECOS	7
270	587	ANA LOPES	01:47:22	01:46:37	F4044		16
271	702	INÊS INÁCIO	01:47:26	01:47:26	F2439	FITRUNNERS	23

272	532	NUNO SOUSA	01:47:32	01:46:38	M4044		46
273	818	RUBEN CARVALHO	01:47:48	01:47:33	M2439	Arruda dos Vinhos	62
274	657	TERESA PAIS	01:47:56	02:01:38	F4549		17
275	906	SOFIA FERREIRA	01:48:12	01:47:14	F2439		24
276	907	RUBEN ESTEVES	01:48:14	01:47:15	M2439		63
277	838	RUI FILIPE	01:48:16	01:48:05	M2439		64
278	781	CARLOS ALBERTO GUEDES LOPES	01:48:20	01:47:44	M5054		25
279	787	ANA ALMEIDA	01:48:24	01:47:54	F4549	SUNSET RUNNING	18
280	5573	NIDIA FERREIRA	01:48:28	01:48:24	F4044	MARVILA JOVEM	17
281	716	LUCA CAMPENNI	01:48:34	01:47:40	M2439		65
282	850	GFIC- FITNESS INVESTMENTS LDA	01:49:00	01:48:29	M2439	SUNSET RUNNING TEAM	66
283	862	MARCO TAVEIRA	01:49:07	01:48:12	M5559		16
284	746	JOAO HENRIQUES	01:49:12	01:48:07	M4044		47
285	5517	SOFIA CORDEIRO	01:49:12	01:48:22	F4044	BORINHAS	18
286	683	ANA PAULA REIS	01:49:17	01:48:48	F4044	STRONG	19
287	5551	TIAGO SANTOS	01:49:18	01:49:09	M2439	AMIGOS VALE SILÊNCIO	67
288	692	SIXIAN ZHAN	01:49:20	02:09:29	F2439		25
289	817	ANTÓNIO SANTOS	01:49:27	01:49:27	M6099	LINDA-A-PASTORA SPORTING CLUBE	15
290	712	BRUNO SILVA	01:49:31	01:48:58	M4044		48
291	908	LUIS CORREIA	01:49:37	01:49:32	M5054		26
292	733	JOÃO DIEGUES	01:49:50	01:49:23	M4549	SERVIÇOS SOCIAIS MONTEPIO	37
293	641	DINA DIAS	01:50:05	01:49:29	F5054	HIPOLOESTE FULL ENERGY	8
294	739	ANA RITA ALMEIDA SANTOS	01:50:07	01:49:51	M2439	OS AMIGOS	68

295	738	SANDRA CRUZ	01:50:14	01:49:16	F4044		20
296	753	MARISA NUNES	01:50:17	01:50:17	F4549	SUNSET RUNNING TEAM	19
297	793	ANA ISABEL LOPES	01:50:18	01:49:47	F4549	SUNSET RUNNING TEAM	20
298	775	FILIPA REIS	01:50:18	01:50:18	F4044	SUNSET RUNNING TEAM	21
299	852	BRUNO ABRANTES	01:50:31	01:50:31	M4044	FALCÕES SELVAGENS	49
300	558	CARLA FERNANDES	01:51:01	01:50:37	F4549	NETJETS	21
301	5591	AURELIANO DA LUZ	01:51:05	01:50:58	M4044	AS MÁQUINAS	50
302	584	VÍCTOR CARAPINHA	01:51:24	01:50:24	M5559		17
303	643	NATACHA CAMPOS	01:51:39	01:50:52	F2439	OS PACHICHAS	26
304	5503	ANA RODRIGUES	01:51:48	01:51:28	F5559	GRUPETA RUNNING TEAM	6
305	718	RUI ESCALHÃO	01:51:49	01:51:02	M2439	AFG	69
306	5513	PAULO SOBERANO	01:51:57	01:51:20	M5054	Gfi Portugal	27
307	540	BRUNO MORAIS	01:52:18	01:51:33	M2439		70
308	680	MARIA JOÃO EMÍDIO	01:52:35	01:52:13	F5054	NÚCLEO SPORTING CP DO SEIXAL	9
309	722	NATÁLIA NARCISO	01:53:28	01:52:47	F5559	SERVIÇOS SOCIAIS MONTEPIO	7
310	723	JORGE NARCISO	01:53:29	01:52:46	M5559	SERVIÇOS SOCIAIS MONTEPIO	18
311	5505	PEDRO SOUSA	01:53:50	01:53:50	M2439	SERVIÇOS SOCIAIS MONTEPIO	71
312	744	JOSÉ GERMANO	01:54:55	01:54:32	M2439		72
313	871	JOAO RIBEIRO	01:56:13	01:55:32	M5054	CLUBE ANA LISBOA	28
314	841	JOSÉ CALDEIRA	01:56:14	01:56:14	M5054	DEIXEM PASSAR OS COXOS	29
315	645	CLAUDIA BICHO	01:58:03	02:11:46	F2439		27
316	530	RUTE DIAS	01:58:39	01:57:58	F4549		22
317	551	ALINE HEINZELMANN	02:00:18	01:59:46	F2439	NETJETS	28

318	901	TITO BASTO	02:01:04	02:00:12	M2439		73
319	501	CATARINA CLÉRIGO	02:01:53	02:01:00	F5054		10
320	586	ROSA FIGUEIREDO	02:02:39	02:01:22	F0023	JIRAS	3
321	594	CATARINA SANTOS	02:02:40	02:01:24	F2439	JIRAS	29
322	5543	BASILIO PAIXAO	02:04:03	02:04:03	M5054		30
323	528	CLAIRE LALLEMAND	02:04:28	02:03:23	F4549	MILITAR BOOTCAMP NATUR	23
324	508	ANA RITA BAILÃO	02:04:31	02:04:31	F2439	CDCR DOS CTT	30
325	701	MARGARIDA PISCO	02:04:32	02:04:16	F2439		31
326	747	MARIA MATILDE	02:04:33	02:04:21	F5054		11
327	720	RITA CRISTINA FRANCISCO	02:04:34	02:04:21	F5054	FITRUNNERS	12
328	5533	ANA CANAVEIRA	02:04:38	02:04:00	F5054	CCD TRANQUILIDADE	13
329	748	ANA DUARTE	02:04:44	02:04:24	F2439	SOBREVIVENTES DOS TRAILS	32
330	691	FILIPE CORREIA	02:04:46	02:12:54	M4044	NIGHTWALKERS	51
331	690	SÓNIA NEVES	02:04:46	02:03:35	F4044	NIGHTWALKERS	22
332	5572	ANA SANTOS	02:05:36	02:05:36	F5054	MARVILA JOVEM	14
333	655	IEVA GEDVYGAITE	02:05:39	02:04:02	F2439		33
334	5528	ÂNGELA SANTOS	02:05:41	02:04:38	F2439	Papa Trilhos do CAAL	34
335	669	ANA MARTINS	02:05:41	02:04:39	F2439		35
336	656	CAROLINE STAEDTLER SPINOLA	02:05:41	02:04:04	F2439		36
337	800	VERÓNICA BICHO	02:06:14	02:05:00	F4044		23
338	778	TERESA GOUVEIA	02:06:16	02:05:32	F2439		37
339	842	ANA LEONARDO	02:06:19	02:06:19	F4044	GRAFIWORK	24
340	798	VICTOR FERREIRA	02:06:20	02:05:12	M4549	GRAFIWORK	38

341	843	LUIS PAULA	02:06:20	02:05:13	M4044	GRAFIWORK	52
342	829	NUNO VASCO ANJOS	02:06:35	02:05:46	M5054	CLUBE MILLENNIUM BCP	31
343	674	GONÇALO ROCHA	02:07:11	02:06:17	M5054		32
344	583	FERNANDA PALMINHA	02:07:42	02:06:42	F5559		8
345	592	PAULO FILIPE	02:07:43	02:07:26	M4549	Centro de Marcha e Corrida de Odivelas	39
346	595	CELIA FILIPE	02:07:45	02:07:30	F4044	Centro de Marcha e Corrida de Odivelas	25
347	627	CELIA FELIZARDO	02:08:27	02:07:12	F5054		15
348	523	ANA GOMES	02:08:45	02:07:58	F2439		38
349	909	CLAUDIA NEVES	02:09:29	02:08:22	F4044	AMINHACORRIDA	26
350	844	RICARDO FERREIRA	02:09:30	02:08:23	M2439	GRAFIWORK	74
351	704	RICARDO MARCELINO	02:09:51	02:09:34	M4044	FITRUNNERS	53
352	754	ANA BENTO	02:09:52	02:09:29	F4549		24
353	709	ANDREIA MARCELINO	02:09:52	02:09:35	F4044	FITRUNNERS	27
354	791	LUCIENNE NEVES	02:09:55	02:09:55	F2439	SEIXAL-RUNNING	39
355	591	SANDRA LOPES	02:10:13	02:09:17	F4044		28
356	630	SÓNIA MIRANDA	02:10:14	02:10:14	F2439	BELAS	40
357	621	ANABELA SILVA	02:11:01	02:10:01	F4044		29
358	620	PAULO TAVARES	02:11:12	02:11:12	M4044		54
359	608	RUTE FARIA	02:11:32	02:10:50	F4044	TURRES TRAIL TEAM	30
360	868	JOANA FALCÃO	02:12:57	02:12:57	F2439	LINDA-A-PASTORA SPORTING CLUB	41
361	803	PAULO SANTOS	02:12:58	02:12:58	M4549	LINDA-A-PASTORA SPORTING CLUBE	40
362	5527	ANA FERREIRA	02:13:55	02:12:52	F5054	Papa Trilhos do CAAL	16
363	589	ELSA COSTA	02:14:07	02:14:07	F2439	TURMINHA DO JOGGING	42

364	590	PEDRO MARQUES	02:14:07	02:12:57	M4044	TURMINHA DO JOGGING	55
365	745	RICARDO MARQUES	02:14:08	02:14:08	M2439	RHINOS	75
366	597	ANA CRISTINA ABRUNHOSA	02:14:09	02:13:54	F4549	Centro de Marcha e Corrida de Odivelas	25
367	751	CATIA SAMINA	02:15:28	02:40:15	F2439		43
368	626	JOANA CAIRES	02:15:46	02:14:33	F4044		31
369	607	RITA CARVALHINHO	02:15:46	02:14:33	F4549	CORRER LISBOA	26
370	5545	MANUEL RAPOSO	02:15:49	02:15:49	M6099	ASSOCIAÇÃO DE ATLETISMO LEBRES DO SADO	16
371	5523	PAULA CARMO	02:16:29	02:15:27	F5054	Papa Trilhos do CAAL	17
372	557	VANDA PEDRO	02:16:33	02:16:08	M2439	NETJETS	76
373	851	SANDRA DIAS	02:17:05	02:16:10	F4549	LISBOA	27
374	858	ALBERTO NAVARRO	02:18:29	02:18:29	M2439		77
375	566	PATRÍCIA PINTO	02:20:53	02:34:08	F2439	MIND SOURCE RUNNERS	44
376	565	JOANA FERNANDES	02:20:55	02:34:12	F2439	MIND SOURCE RUNNERS	45
377	601	SÓNIA BRITO	02:22:19	02:21:10	F2439	GÉMEAS	46
378	593	HELENA CABRAL CAEIRO	02:23:03	02:22:08	F4044		32
379	646	AITOR SANCHO YBAÑEZ	02:23:07	02:23:07	M2439		78
380	666	MARIA MACEDO	02:24:19	02:24:02	F5559		9
381	602	ANA SANTOS	02:24:43	02:23:36	F4044	GÉMEAS	33
382	517	SUSANA MORAIS	02:25:19	02:24:55	F4044	AI NOS JAMOR	34
383	757	VASCO ALPALHÃO	02:25:52	02:25:02	M4549		41
384	853	EZEQUIEL ABRANTES	02:29:38	02:29:04	M6099		17
385	654	MIGUEL SILVA	02:31:04	02:30:23	M4549		42
386	605	MARTA GIRÃO	02:41:57	02:40:45	F4044		35

387	606	JOAO GOUVEIA	02:41:57	02:41:57	F4549		28
388	805	SOFIA PORTUGAL	02:43:31	02:43:14	F5054	SERVIÇOS SOCIAIS MONTEPIO	18
389	806	PEDRO PAULO	02:43:31	02:43:12	M5054	SERVIÇOS SOCIAIS MONTEPIO	33
390	5512	RITA MARQUES	02:44:19	02:43:26	F4044		36
391	888	ANDRE VAZ	02:45:53	02:45:53	M4549	BRUNOSEMPRE. BABA MAMBO	43
392	5544	MARINA AZEVEDO	02:46:04	02:44:39	F5054		19
393	511	SONIA PINTO	02:46:51	02:45:59	F5054		20
394	750	SISSI COSTA	02:48:46	02:48:27	F5054	SOBREVIVENTES DOS TRAILS	21
395	749	LINDA MENDONÇA	02:48:47	02:48:27	F2439	SOBREVIVENTES DOS TRAILS	47
396	729	LURDES FERREIRA	02:52:00	02:51:17	F5559	SERVIÇOS SOCIAIS MONTEPIO	10
397	613	CÉSAR DE BRITO	02:55:15	02:54:05	M4549	Trio Maravilha	44
398	638	HELENA SANTOS	03:08:17	03:07:45	F5054	NUCLEO DESPORTIVO AUTOCOOPE	22
399	600	MARIA SERRA	03:10:20	03:10:08	F4549	Centro de Marcha Corrida Odivelas	29
400	596	FÁTIMA LUCAS	03:10:22	03:10:11	F4549	Centro de Marcha e Corrida de Odivelas	30
401	801	PEDRO GOMES	03:10:23	03:10:10	M4549	CENTRO MARCHA E CORRIDA ODIVELAS	45
402	681	MÁRIO EMÍDIO	03:13:53	03:13:28	M5559	NÚCLEO SPORTING CP DO SEIXAL	19
403	802	MARCO SÉRGIO BRANCO DUARTE	03:13:54	03:13:17	M4044		56
404	570	CELIA FERREIRA	03:21:37	03:21:09	F4044	NUCLEO DESPORTIVO AUTOCOOPE	37
405	569	ANTONIO FERNANDES	03:21:38	03:21:08	M4044	NUCLEO DESPORTIVO AUTOCOOPE	57
406	809	ANCA DOBREA DOBREA	03:21:40	03:21:11	F2439	STRONG	48
407	676	MARIANA MACHADO	03:59:13	03:58:11	F2439	LH Ginasio	49
408	677	JOÃO PEDRO OLIVEIRA	03:59:15	03:58:12	M2439	LH Ginasio	79