



**16 JUNHO / 21h30**

Av. Marginal, Oeiras

# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1	3762	David Varela	00:12:33	00:24:57	00:24:56	1	NucleOeiras-ADNO	Senior	1
2	3753	Artur Santiago	00:12:36	00:25:40	00:25:39	2	NucleOeiras-ADNO	V45	1
3	4150	Avelino Eusébio	00:12:33	00:25:53	00:25:52	3	GFD Running	Senior	2
4	3764	Diogo Batista	00:13:04	00:25:57	00:25:56	4	NucleOeiras-ADNO	Senior	3
5	4178	Roberto Ladeiras	00:13:19	00:26:07	00:26:06	5	GFD Running	Senior	4
6	3301	António Pinto	00:13:20	00:26:31	00:26:31	6	GRD OS FIXES	V40	1
7	2848	Pedro Machado	00:13:27	00:26:45	00:26:43	7		Senior	5
8	1946	Flávio Runffwpu	00:13:32	00:26:49	00:26:46	8	Federação da Família para a Paz Mundial e Unifi	Senior	6
9	1799	José Camacho	00:13:21	00:26:52	00:26:51	9	Linda-a-Pastora Sporting Clube	Senior	7
10	462	Pedro Machado	00:13:32	00:26:55	00:26:53	10		Senior	8
11	4162	João Ginja	00:13:31	00:27:02	00:27:01	11	GFD Running	V50	1
12	3789	Luis Pedroso	00:13:31	00:27:04	00:27:03	12	NucleOeiras-ADNO	V45	2
13	3554	José Pais	00:13:43	00:27:04	00:27:03	13		V45	3
14	4175	Pedro Duarte	00:13:40	00:27:07	00:27:06	14	GFD Running	Senior	9
15	4049	Ricardo Santos	00:13:45	00:27:09	00:27:08	15	OutSystems Olímpico de Oeiras	V35	1
16	4170	Nelson Santos	00:13:32	00:27:10	00:27:09	16	GFD Running	V35	2
17	3571	Hélder Rebelo	00:13:42	00:27:12	00:27:10	17	GRD OS FIXES	V45	4
18	3812	Sérgio Paiva	00:13:31	00:27:13	00:27:12	18	NucleOeiras-ADNO	V45	5
19	3000	Vasco Murteira	00:14:03	00:27:14	00:27:12	19	G. R. D. Ribeira da Lage	Junior	1
20	4157	Fernando Pereira	00:14:04	00:27:21	00:27:20	21	GFD Running	V40	2



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21	3159	Luís Almeida	00:13:42	00:27:22	00:27:15	20	Estrela Futebol Clube	V45	6
22	3201	Diogo Garcia	00:13:35	00:27:23	00:27:22	22	GRCD Leião	Senior	10
23	4154	Cláudia Pereira	00:14:03	00:27:26	00:27:26	23	GFD Running	V40	1
24	4174	Pedro Cruz	00:14:04	00:27:27	00:27:26	24	GFD Running	Senior	11
25	4171	Nuno Romão	00:14:04	00:27:35	00:27:35	25	GFD Running	V45	7
26	3310	José Martins	00:13:52	00:27:44	00:27:44	27	GRD OS FIXES	V50	2
27	290	Pedro Serra	00:13:46	00:27:46	00:27:43	26	Tartarugas Solidárias	Senior	12
28	1947	Nuno Silva	00:13:56	00:27:50	00:27:49	28	Federação da Família para a Paz Mundial e Unifi	V35	3
29	1812	Gabriel Souza	00:13:56	00:27:53	00:27:52	29	Linda-a-Pastora Sporting Clube	Senior	13
30	4149	António Sousa	00:14:04	00:27:54	00:27:53	31	GFD Running	V45	8
31	2968	Antonio Murteira	00:14:05	00:27:56	00:27:53	30	G. R. D. Ribeira da Lage	V50	3
32	4048	Rui Cupido	00:13:44	00:28:00	00:27:59	32	OutSystems Olímpico de Oeiras	V45	9
33	3495	Edmir Correia	00:14:05	00:28:14	00:28:13	33		Senior	14
34	2770	Armando Teixeira	00:14:15	00:28:26	00:28:22	34	Sporting Clube de Casainhos	V35	4
35	3198	Dário Luz	00:14:05	00:28:26	00:28:25	35	GRCD Leião	V35	5
36	3810	Sara Monteiro	00:14:04	00:28:27	00:28:26	36	NucleOeiras-ADNO	Junior	1
37	3802	Paulo Dias	00:14:09	00:28:29	00:28:29	37	NucleOeiras-ADNO	V50	4
38	2230	Jorge Fonseca	00:14:12	00:28:32	00:28:31	38		V35	6
39	3060	Tiago Castela	00:14:07	00:28:37	00:28:36	39	DCI CCDRP Mealhada	Senior	15
40	3757	Carlos Almeida	00:14:06	00:28:38	00:28:38	40	NucleOeiras-ADNO	V50	5



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41	1795	José Borges	00:14:09	00:28:42	00:28:41	41	Linda-a-Pastora Sporting Clube	V40	3
42	3769	Gonçalo Costa	00:14:07	00:28:42	00:28:41	42	NucleOeiras-ADNO	V45	10
43	3123	Tomás Esteves	00:14:14	00:28:42	00:28:42	44	NucleOeiras-ADNO	Senior	16
44	3348	Vitor Marques	00:14:09	00:28:43	00:28:42	43	Associação de Para-quedistas Tejo Norte	V40	4
45	1868	Bruno Maia	00:14:06	00:28:53	00:28:51	45		V40	5
46	4153	Céu Nunes	00:14:27	00:29:00	00:28:59	46	GFD Running	V40	2
47	3363	Eduardo Quaresma	00:14:23	00:29:01	00:29:01	48	Valejas Atlético Clube	V35	7
48	3790	Luis Semedo	00:14:26	00:29:02	00:29:00	47	NucleOeiras-ADNO	V35	8
49	1088	Rui Henriques	00:14:16	00:29:04	00:29:03	49	Serviços Sociais Montepio	V35	9
50	2944	Miguel Rodrigues	00:14:35	00:29:05	00:29:04	51		V35	10
51	60	João Rosa	00:14:47	00:29:09	00:29:04	52	Singarunners	Senior	17
52	2258	Pedro Nunes	00:14:48	00:29:10	00:29:03	50	Growin	Senior	18
53	1942	João Oliveira	00:14:30	00:29:14	00:29:10	53	GDR Francos	Senior	19
54	3497	Luís Xavier	00:14:18	00:29:19	00:29:18	56		Senior	20
55	3162	Pedro Vieira	00:14:47	00:29:19	00:29:12	54	Estrela Futebol Clube	V35	11
56	1027	Pedro Neves	00:14:34	00:29:21	00:29:17	55	Clube Novo Banco	Senior	21
57	40	Luis Luciano	00:14:47	00:29:24	00:29:18	57		V50	6
58	3228	Pedro Burrica	00:14:38	00:29:25	00:29:24	58	GRCD Leião	V40	6
59	3596	Kcénia Bougrova	00:14:23	00:29:26	00:29:25	59		Senior	1
60	4166	Luís Pereira	00:14:36	00:29:28	00:29:25	60	GFD Running	V50	7





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61	3807	Rodrigo Santos	00:14:50	00:29:28	00:29:28	62	NucleOeiras-ADNO	V40	7
62	1512	Luis Rebelo	00:14:47	00:29:29	00:29:27	61	Falcões Selvagens	V50	8
63	2904	Hugo Medronheira	00:14:33	00:29:31	00:29:30	63		V35	12
64	4176	Sandra Conceição	00:14:48	00:29:33	00:29:31	64	GFD Running	V35	1
65	191	Fernando Vicente	00:14:49	00:29:39	00:29:36	65		V50	9
66	3202	Joana Ramalho	00:14:49	00:29:44	00:29:43	67	GRCD Leião	Senior	2
67	3227	Paulo Silva	00:14:48	00:29:46	00:29:44	68	GRCD Leião	V40	8
68	1106	Jorge Gonçalves	00:14:49	00:29:47	00:29:46	69	PepsiCo Portugal	V45	11
69	3344	Joao Maia	00:14:48	00:29:50	00:29:48	70	Associação de Para-quedistas Tejo Norte	V55	1
70	267	Bruno Marrão	00:14:56	00:29:52	00:29:40	66	GO! Runners / Outpro Store	V40	9
71	1434	Goncalo Mendes	00:14:38	00:29:53	00:29:51	71	Clube Millennium bcp	Junior	2
72	3768	Filipa Eutiquio	00:14:38	00:30:00	00:29:59	75	NucleOeiras-ADNO	Senior	3
73	17	Nuno Almeida	00:15:09	00:30:00	00:29:57	73		V35	13
74	2858	Daniel Trindade	00:14:33	00:30:04	00:30:03	77		Junior	3
75	2300	Antonio Santos	00:15:14	00:30:07	00:30:04	78		V55	2
76	1074	Eduardo Pena	00:15:05	00:30:08	00:29:57	74	Keep Running	V50	10
77	1465	Carlos Tavares	00:15:27	00:30:14	00:30:11	81	Os Galgos	Senior	22
78	3792	Marco Gonçalves	00:15:22	00:30:19	00:30:17	85	NucleOeiras-ADNO	V40	10
79	3374	Tiago Rocha	00:15:08	00:30:20	00:30:17	83	Valejas Atlético Clube	V40	11
80	1802	Almiro Feijão	00:15:09	00:30:21	00:30:19	87	Linda-a-Pastora Sporting Clube	V60	1



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81	2482	Lúcio Alves	00:15:12	00:30:23	00:30:18	86		V45	12
82	2450	João Narra	00:15:07	00:30:23	00:30:22	88	RN_Running	V45	13
83	1791	Rui Oliveira	00:15:06	00:30:24	00:30:22	89	Linda-a-Pastora Sporting Clube	V40	12
84	88	António Graça	00:15:09	00:30:25	00:30:23	90	Linda-a-Pastora Sporting Clube	V50	11
85	2613	Luis Prata	00:14:43	00:30:27	00:30:16	82	Strong Team	V35	14
86	1467	João Silva	00:14:55	00:30:27	00:30:26	91	Casa da Dizima - FIT 6	V35	15
87	1944	Nuno Dias	00:15:40	00:30:30	00:29:54	72	CP Secil	V40	13
88	1421	Pedro Silva	00:15:17	00:30:33	00:30:32	93	Clube Millennium bcp	V50	12
89	3229	Nuno Santos	00:14:48	00:30:35	00:30:32	94	GRCD Leião	V35	16
90	1744	Hernâni Fernandes	00:15:06	00:30:35	00:30:32	95		V45	14
91	3434	Vítor Marques	00:15:16	00:30:36	00:30:17	84		V35	17
92	2486	Pedro Antunes	00:15:50	00:30:37	00:30:06	79		Senior	23
93	3563	Nelson Coelho	00:15:07	00:30:40	00:30:34	96		Senior	24
94	3414	Nuno Anjos	00:15:19	00:30:42	00:30:34	97	O MUNDO DA CORRIDA	V40	14
95	4179	Rui Freitas	00:15:13	00:30:44	00:30:42	98	GFD Running	V40	15
96	3352	Vitor Silva	00:15:06	00:30:45	00:30:44	100	Associação de Para-quedistas Tejo Norte	Senior	25
97	1404	Pedro Fontes	00:16:03	00:30:48	00:29:59	76	Clube Millennium bcp	V50	13
98	2829	Nuno Graça	00:14:49	00:30:48	00:30:47	105	SIMECQ	Senior	26
99	2164	Francisco Gonçalves	00:15:00	00:30:49	00:30:47	103		V45	15
100	1379	Nuno Naia	00:15:31	00:30:50	00:30:42	99	Clube Millennium bcp	V40	16



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101	2837	João Santos	00:15:26	00:30:50	00:30:48	106		V50	14
102	126	Victor Camacho	00:15:31	00:30:51	00:30:45	101	Singarunners	Senior	27
103	95	Luis Aniceto	00:15:30	00:30:51	00:30:45	102	Singarunners	V55	3
104	711	Nuno Santos	00:15:20	00:30:51	00:30:50	107		V35	18
105	3803	Paulo Martins	00:15:29	00:30:58	00:30:53	109	NucleOeiras-ADNO	V45	16
106	3749	Antonio Lopes	00:15:26	00:31:02	00:31:00	113	NucleOeiras-ADNO	V50	15
107	3809	Sara Marinho	00:15:06	00:31:04	00:31:03	116	NucleOeiras-ADNO	Senior	4
108	3047	José Serra	00:15:28	00:31:04	00:31:01	114	Grupo Desportivo de Chelas	V50	16
109	3723	Paulo Pereira	00:15:42	00:31:05	00:31:00	112	CCD Tranquilidade	V50	17
110	3543	Carlos Lima	00:15:52	00:31:08	00:30:59	110		V45	17
111	1847	Diogo Rocha	00:15:07	00:31:08	00:31:00	111		Senior	28
112	108	Gonçalo Almeida	00:15:49	00:31:08	00:30:32	92		Senior	29
113	3160	Helder Canivete	00:16:07	00:31:09	00:30:47	104	Estrela Futebol Clube	V40	17
114	2776	José Gomes	00:15:39	00:31:10	00:31:09	120		V55	4
115	1151	António Carinhas	00:16:28	00:31:12	00:30:10	80		Senior	30
116	3236	Jose Baptista	00:15:24	00:31:13	00:31:11	123	GRCD Leião	V50	18
117	3817	Tatiana Moura	00:15:37	00:31:14	00:31:13	125	NucleOeiras-ADNO	Junior	2
118	62	Francisco Zambujo	00:15:35	00:31:14	00:31:08	119	Singarunners	V40	18
119	209	Tiago Marques	00:15:36	00:31:14	00:31:01	115		V35	19
120	220	Fábio Correia	00:16:08	00:31:15	00:30:50	108		Senior	31



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121	3069	Edmilson Santos	00:15:35	00:31:15	00:31:12	124	Linda-a-Pastora Sporting Clube	V50	19
122	2885	Rui Valério	00:15:46	00:31:15	00:31:08	118	NAV RUNNERS	Senior	32
123	1803	Aretino Mota	00:15:29	00:31:16	00:31:14	127	Linda-a-Pastora Sporting Clube	V55	5
124	3821	Vitor Lima	00:15:21	00:31:16	00:31:15	128	NucleOeiras-ADNO	V50	20
125	112	Diamantino Serrano	00:15:40	00:31:17	00:31:13	126	Correr Queluz	V40	19
126	4172	Nuno Ruela	00:15:14	00:31:19	00:31:17	129	GFD Running	V45	18
127	2304	Carlos Viseu	00:15:27	00:31:24	00:31:22	132		V45	19
128	3161	António Valadas	00:16:08	00:31:30	00:31:10	121	Estrela Futebol Clube	V50	21
129	3150	João Rocha	00:15:58	00:31:32	00:31:23	134	NucleOeiras-ADNO	Junior	4
130	2586	Diogo Correia	00:15:58	00:31:32	00:31:23	133	NucleOeiras-ADNO	Junior	5
131	1790	João Rodrigues	00:16:01	00:31:32	00:31:30	139	Linda-a-Pastora Sporting Clube	V45	20
132	364	Luis Chainho	00:15:44	00:31:33	00:31:30	138		V40	20
133	3707	Inês Gaspar	00:15:47	00:31:35	00:31:27	135		Junior	3
134	1807	Carlos Pedro	00:15:47	00:31:35	00:31:31	140	Linda-a-Pastora Sporting Clube	V45	21
135	23	António Martins	00:15:47	00:31:35	00:31:28	136	NAV RUNNERS	V50	22
136	3573	Helena Miranda	00:15:56	00:31:38	00:31:37	141	Federação da Família para a Paz Mundial e Unifi	Senior	5
137	3561	João Pires	00:15:39	00:31:44	00:31:20	131		Junior	6
138	2768	Carlos Baptista	00:16:01	00:31:44	00:31:40	143	Sporting Clube de Casinhos	V55	6
139	3565	Guilherme Silva	00:16:09	00:31:47	00:31:29	137		Senior	33
140	3350	José Simões	00:15:57	00:31:47	00:31:44	145	Associação de Para-quedistas Tejo Norte	V55	7





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141	2480	António Lopes	00:15:19	00:31:48	00:31:48	151		V50	23
142	860	Edmundo Fonte	00:15:50	00:31:50	00:31:46	148		V55	8
143	2990	Paulo Lopes	00:15:36	00:31:51	00:31:44	146	G. R. D. Ribeira da Lage	V45	22
144	4155	Ernesto Ferreira	00:16:01	00:31:53	00:31:52	153	GFD Running	V45	23
145	4161	João Costa	00:16:00	00:31:53	00:31:52	154	GFD Running	V60	2
146	4163	Daniel Ferreira	00:16:01	00:31:53	00:31:52	155	GFD Running	Junior	7
147	1351	Tania Duro	00:16:45	00:31:55	00:31:11	122	Clube Millennium bcp	V35	2
148	264	Rita Rosa	00:15:59	00:31:57	00:31:55	158	Treinar, Comer e ser Feliz	V35	3
149	2798	Nuno Alves	00:16:18	00:31:58	00:31:19	130	Pump Amadora	V35	20
150	2557	Helder Vaz	00:16:20	00:31:58	00:31:46	147	CCD Sintrense	V35	21
151	3111	Helder Pereira	00:16:02	00:31:59	00:31:57	159	SERUL	V35	22
152	2457	Rafael Sequeira	00:15:52	00:32:00	00:31:53	156		Senior	34
153	2455	Carlos Sequeira	00:15:52	00:32:02	00:31:55	157		V50	24
154	1915	Mario Seabra	00:16:06	00:32:05	00:31:47	149		V45	24
155	3375	Luís Álvaro	00:15:31	00:32:07	00:32:05	164	Valejas Atlético Clube	V40	21
156	3379	Pedro Trigo	00:15:56	00:32:09	00:32:06	169	Valejas Atlético Clube	Senior	35
157	2859	Jorge Nabais	00:16:13	00:32:10	00:31:48	152		V35	23
158	380	Victor Marques	00:16:25	00:32:12	00:31:57	160		V45	25
159	1914	João Correia	00:17:20	00:32:13	00:31:05	117		V35	24
160	1401	Rui Ramalho	00:16:41	00:32:14	00:31:48	150	Clube Millennium bcp	V45	26





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161	1893	João Pires	00:16:13	00:32:14	00:32:10	171		V45	27
162	4167	Sandra Barros	00:15:51	00:32:15	00:32:12	175	GFD Running	V45	1
163	1757	Avelino Soares	00:15:50	00:32:15	00:32:13	176	Cofina Runners	V50	25
164	1178	Jorge Carvalho	00:15:29	00:32:15	00:32:06	165		Senior	36
165	1126	João Monjardino	00:15:50	00:32:16	00:32:11	174	Sport ponto	V40	22
166	3147	Vitor Ferreira	00:16:06	00:32:16	00:32:15	178	Alcanena Trail	V50	26
167	861	Paulo Reis	00:16:36	00:32:18	00:32:00	162		V45	28
168	2623	Antonio Pires	00:15:42	00:32:18	00:32:06	167	Strong Team	V50	27
169	940	Virgílio Mata	00:15:26	00:32:19	00:32:06	168	OS MATAS	V65	1
170	337	Ricardo Rodrigues	00:16:14	00:32:22	00:32:04	163	Parede	V40	23
171	3822	Vitor Lopes	00:16:46	00:32:22	00:31:39	142	NucleOeiras-ADNO	V45	29
172	1758	Carlos Cruz	00:16:18	00:32:24	00:32:10	172	Cofina Runners	V40	24
173	129	Manuel Nunes	00:16:23	00:32:25	00:32:23	182		V50	28
174	750	Paulo Rodrigues	00:15:58	00:32:26	00:32:25	185		V50	29
175	1796	Bruno Garcia	00:16:08	00:32:27	00:32:07	170	Linda-a-Pastora Sporting Clube	V40	25
176	1808	Orlando Correia	00:16:15	00:32:27	00:32:21	180	Linda-a-Pastora Sporting Clube	V45	30
177	2830	Miguel Ramalho	00:16:24	00:32:29	00:32:26	188	SIMECQ	V35	25
178	2903	Antonio Estevens	00:16:13	00:32:29	00:32:28	190		V55	9
179	3206	Miguel David	00:15:51	00:32:30	00:32:28	189	GRCD Leião	V45	31
180	3124	José Brito	00:16:13	00:32:31	00:32:29	192		V55	10



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181	1641	Filipe Carreiro	00:15:54	00:32:31	00:32:29	193	Cascais Crusaders Runners	Senior	37
182	3095	Afonso Valente	00:16:20	00:32:33	00:32:26	187		Junior	8
183	1418	Virgilio Costa	00:16:13	00:32:35	00:32:30	194	Clube Millennium bcp	V45	32
184	2835	Rita Santos	00:16:32	00:32:36	00:32:33	197	SIMECQ	Senior	6
185	3759	Carlos Marques	00:16:08	00:32:36	00:32:35	199	NucleOeiras-ADNO	V45	33
186	4045	Ricardo Martins	00:16:22	00:32:39	00:32:36	200	OutSystems Olímpico de Oeiras	V40	26
187	1341	Juliana Silva	00:16:37	00:32:39	00:32:10	173	Clube Millennium bcp	V45	2
188	39	Nuno Carvalho	00:16:05	00:32:41	00:32:38	202		V35	26
189	3452	Pedro Macedo	00:16:19	00:32:42	00:32:33	198		V35	27
190	2992	Luis Marques	00:16:26	00:32:43	00:32:23	181	G. R. D. Ribeira da Lage	V40	27
191	1797	Rui Carmo	00:16:51	00:32:45	00:32:15	177	Linda-a-Pastora Sporting Clube	V35	28
192	3608	Tiago Pinto	00:16:08	00:32:45	00:32:43	208	Wine moderation Running	V35	29
193	789	Carlos Ferreira	00:16:21	00:32:46	00:32:39	203	lesmas	V45	34
194	302	João Almeida	00:16:30	00:32:48	00:32:47	212	#HUTMASSAMACORRE	V35	30
195	2953	André Guerreiro	00:16:21	00:32:49	00:32:45	210		Senior	38
196	1096	Mauricio Costa	00:16:46	00:32:53	00:32:49	214		V45	35
197	2525	Jorge Leite	00:17:03	00:32:53	00:32:24	183		V45	36
198	3751	Arlene Silva	00:15:37	00:32:53	00:32:52	217	NucleOeiras-ADNO	Junior	4
199	953	Sergio Cabral	00:17:04	00:32:53	00:32:00	161	True Blue DLL	Senior	39
200	4209	Carlos França	00:16:03	00:32:53	00:32:48	213	CP	V35	31



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201	661	Jorge Correia	00:16:06	00:32:54	00:32:52	216	Equipa GDC FIDELIDADE	V45	37
202	1873	Eduardo Alexandre	00:16:36	00:32:55	00:32:26	186		Junior	9
203	2690	Pedro Almeida	00:16:39	00:32:56	00:32:45	209	SS CGD	V40	28
204	3412	Rui Vicente	00:16:12	00:32:58	00:32:55	219	Diogo Vicente - Personal Trainer	Senior	40
205	3196	Avelino Soares	00:16:03	00:32:58	00:32:57	220	GRCD Leião	V50	30
206	2358	Olivier Delmotte	00:16:35	00:33:00	00:32:41	205	Clube Vodafone	V45	38
207	3212	João Marinho	00:16:06	00:33:00	00:32:57	221	GRCD Leião	V45	39
208	301	Hélder Lopes	00:16:31	00:33:04	00:32:46	211		V35	32
209	2991	Paulo Santos	00:16:31	00:33:04	00:32:52	218	G. R. D. Ribeira da Lage	V50	31
210	2042	Jaime Afonso	00:16:54	00:33:05	00:32:20	179	CLUBE ANACOM	V50	32
211	621	Francisco Campos	00:16:07	00:33:06	00:33:04	237		V40	29
212	3785	José Teixeira	00:16:16	00:33:06	00:32:58	225	NucleOeiras-ADNO	V40	30
213	551	Miguel Amaral	00:16:14	00:33:07	00:33:01	231	Acro-Climb Runners	V40	31
214	3823	Vitor Batista	00:16:08	00:33:08	00:33:02	235	NucleOeiras-ADNO	V45	40
215	3037	Pedro Canelas	00:16:38	00:33:10	00:32:57	222	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V45	41
216	3319	José Ramalho	00:16:43	00:33:12	00:33:00	230		V50	33
217	3413	Gerson Júnior	00:16:12	00:33:12	00:33:07	242	Diogo Vicente - Personal Trainer	Senior	41
218	3758	Carlos Lopes	00:16:55	00:33:12	00:32:29	191	NucleOeiras-ADNO	V40	32
219	517	Miguel Duarte	00:16:36	00:33:12	00:33:04	238	Clube do Stress	V50	34
220	2777	Antonio Silva	00:16:49	00:33:14	00:32:58	224		V45	42





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221	2600	Luis Pereira	00:16:48	00:33:14	00:33:02	234	Strong Team	Senior	42
222	626	Nuno Carvalho	00:17:19	00:33:17	00:33:01	232		V35	33
223	13	Ana Correia	00:16:19	00:33:17	00:33:11	247		V35	4
224	2286	Carlos Fortunato	00:16:47	00:33:18	00:33:14	251		V55	11
225	2350	Alexandre Costa	00:16:34	00:33:19	00:33:00	229	Clube Vodafone	V40	33
226	3603	Pedro Frias	00:16:19	00:33:19	00:33:16	260		V40	34
227	150	Lúcia Oliveira	00:16:47	00:33:20	00:33:17	261	Generg	V35	5
228	3784	José Miranda	00:16:28	00:33:20	00:33:14	252	NucleOeiras-ADNO	V55	12
229	3307	Carlos Monteiro	00:17:05	00:33:20	00:33:18	263	GRD OS FIXES	V65	2
230	286	José Marques	00:17:18	00:33:21	00:32:43	206	Manos	Senior	43
231	367	Jorge Ramos	00:16:49	00:33:22	00:33:07	243		V40	35
232	1684	João Guterres	00:16:17	00:33:22	00:33:18	262		V40	36
233	3225	João Pereira	00:16:39	00:33:22	00:33:20	265	GRCD Leião	V35	34
234	2587	Manuel Correia	00:16:25	00:33:23	00:33:14	254	NucleOeiras-ADNO	Junior	10
235	1183	Paulo Santos	00:16:48	00:33:23	00:33:21	268	LOURDETE PERFUMARIAS	V50	35
236	2614	João Salgado	00:17:17	00:33:25	00:33:08	244	Strong Team	V50	36
237	1188	Fernando Oliveira	00:17:06	00:33:27	00:33:00	227	LIS RUNNING CPA	V60	3
238	2547	Rui Pereira	00:17:00	00:33:27	00:33:14	256		V50	37
239	2870	Rute Martins	00:16:37	00:33:27	00:33:04	236		Senior	7
240	1430	Luis Goncalves	00:16:38	00:33:28	00:33:13	250	Clube Millennium bcp	V40	37





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241	597	Hugo Ferreira	00:15:53	00:33:30	00:33:23	269		V40	38
242	2965	Fernando Correia	00:16:46	00:33:31	00:33:25	271	G. R. D. Ribeira da Lage	V50	38
243	4148	Artur Pina	00:16:42	00:33:31	00:33:30	274	GFD Running	V40	39
244	349	João Santos	00:16:36	00:33:32	00:33:12	248		Junior	11
245	2834	Ricardo Nobre	00:16:34	00:33:35	00:33:31	276	SIMECQ	V35	35
246	3221	Tiago Silva	00:16:02	00:33:37	00:33:31	277	GRCD Leião	Junior	12
247	2208	Antonio Rua	00:17:51	00:33:38	00:31:40	144	EX FEDERADOS	V55	13
248	4100	Ricardo Lavareda	00:16:57	00:33:38	00:33:08	245	Clube Accenture	Senior	44
249	1809	Rui Lacerda	00:16:52	00:33:39	00:33:19	264	Linda-a-Pastora Sporting Clube	V45	43
250	2789	Benjamim Pereira	00:17:44	00:33:40	00:32:49	215		V50	39
251	3365	Fernando Corda	00:17:53	00:33:40	00:32:32	196	Valejas Atlético Clube	V50	40
252	1479	Alberto Andrade	00:17:46	00:33:42	00:32:30	195		V40	40
253	411	Ricardo Pires	00:16:45	00:33:42	00:33:28	273		V40	41
254	3579	Cátia Horta	00:17:19	00:33:43	00:32:41	204	SS CGD	Senior	8
255	3578	José Monteiro	00:17:19	00:33:43	00:32:43	207	SS CGD	Senior	45
256	1179	Jorge Martins	00:17:23	00:33:43	00:33:05	240		V40	42
257	2254	Tiago Lopes	00:17:14	00:33:43	00:33:35	279	Growin	Senior	46
258	4099	Ricardo Firmino	00:17:11	00:33:44	00:33:14	255	Clube Accenture	V40	43
259	3242	Rodrigo Cardoso	00:16:35	00:33:45	00:33:42	286	GRCD Leião	Junior	13
260	4027	Ana Frutuoso	00:16:50	00:33:45	00:33:39	284	Associação Cultural da Lage	V40	3



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261	3034	Nádia Dias	00:16:57	00:33:47	00:33:30	275	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V35	6
262	1705	Pedro Ferreira	00:17:01	00:33:48	00:33:36	282		V35	36
263	648	Maria Lucas	00:17:13	00:33:48	00:33:36	281	Equipa GDC FIDELIDADE	V50	1
264	4071	Rafael Oliveira	00:17:38	00:33:48	00:32:36	201		Junior	14
265	845	Paulo Botelho	00:17:06	00:33:50	00:33:15	257	Corrida Noturna Parque das Nações	V40	44
266	3199	Mafalda Martinho	00:16:56	00:33:51	00:33:49	299	GRCD Leião	Senior	9
267	3771	Hugo Ferreira	00:16:43	00:33:52	00:33:50	302	NucleOeiras-ADNO	V40	45
268	2187	Pedro Martins	00:17:56	00:33:52	00:33:05	239		Junior	15
269	2967	Carlos Folgado	00:17:07	00:33:53	00:33:31	278	G. R. D. Ribeira da Lage	V55	14
270	1827	Antonio Godinho	00:17:32	00:33:55	00:33:10	246		V40	46
271	2666	Henrique Amador	00:16:48	00:33:56	00:33:48	292	SS CGD	V45	44
272	3397	Gonçalo Correia	00:16:54	00:33:56	00:33:39	285	Valejas Atlético Clube	Senior	47
273	2356	João Fragoso	00:16:38	00:33:57	00:33:54	307	Clube Vodafone	V40	47
274	1482	Pedro Machado	00:16:52	00:33:57	00:33:53	305		V45	45
275	78	José Monsanto	00:18:18	00:33:58	00:33:00	228		V35	37
276	3421	Rodrigo Simões	00:17:46	00:33:59	00:33:38	283		Senior	48
277	3185	Bruno Oliveira	00:16:51	00:33:59	00:33:54	309	GRCD Leião	V35	38
278	654	Pedro Mortágua	00:17:13	00:33:59	00:33:49	297	Equipa GDC FIDELIDADE	V40	48
279	3002	Filipe Pereira	00:17:33	00:34:01	00:33:20	266	G. R. D. Ribeira da Lage	Senior	49
280	575	Pedro Martins	00:17:23	00:34:02	00:33:45	288		V35	39



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281	628	António Cadima	00:18:00	00:34:02	00:32:06	166		Senior	50
282	3195	Tiago Ribeiro	00:16:56	00:34:02	00:34:00	313	GRCD Leião	Senior	51
283	2561	Carlos Mendes	00:16:58	00:34:04	00:33:53	304	CCD Sintrense	V50	41
284	3499	Filipe Oliveira	00:17:04	00:34:09	00:33:50	301		V35	40
285	2843	Pedro Bravo	00:17:55	00:34:09	00:33:27	272		V35	41
286	12	Gil Carneiro	00:16:39	00:34:11	00:34:04	316		V40	49
287	1970	Pedro Costa	00:16:51	00:34:11	00:34:02	314		V40	50
288	2918	Miguel Aguiar	00:16:51	00:34:14	00:34:05	317	NucleOeiras-ADNO	Junior	16
289	3048	Carlos Rodrigues	00:16:39	00:34:20	00:34:16	327	Grupo Desportivo de Chelas	V45	46
290	83	Pedro Pinto	00:17:38	00:34:20	00:33:44	287		Senior	52
291	3251	Carlos Gomes	00:17:04	00:34:22	00:34:17	328	GRCD Leião	V35	42
292	2246	Pedro Vieira	00:16:56	00:34:23	00:34:10	321	correr Loures	V45	47
293	265	Luís Neves	00:16:41	00:34:25	00:34:23	333	Treinar, Comer e ser Feliz	V35	43
294	1162	Fabrizio Ottaviani	00:17:48	00:34:25	00:33:47	291		V40	51
295	4057	Pedro Bueno	00:17:20	00:34:27	00:34:23	334		V50	42
296	3086	Diogo Ferreira	00:19:12	00:34:27	00:32:25	184		Senior	53
297	937	Jorge Vilela	00:17:49	00:34:28	00:34:26	342	NÚCLEO DE ATLETISMO DE VILA REAL	V50	43
298	34	Tiago Dias	00:17:14	00:34:28	00:34:18	330		V35	44
299	1432	Tiago Mendes	00:16:42	00:34:28	00:34:19	331	Clube Millennium bcp	V40	52
300	14	Paulo Fernandes	00:17:18	00:34:29	00:34:26	343		V50	44



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301	3174	Carlos Craveira	00:17:08	00:34:29	00:34:24	337	GRCD Leião	V45	48
302	2969	Domingos Penedo	00:17:01	00:34:29	00:34:28	344	G. R. D. Ribeira da Lage	V60	4
303	3222	Miguel Cunha	00:17:03	00:34:30	00:34:24	336	GRCD Leião	V40	53
304	3248	Alberto Covas	00:17:14	00:34:30	00:34:25	338	GRCD Leião	V55	15
305	2269	Pedro Lima	00:18:17	00:34:30	00:33:16	259		V40	54
306	3877	Filipe Estanislau	00:17:58	00:34:32	00:33:47	290	Hovione SSC	Senior	54
307	3351	José Borges	00:18:43	00:34:32	00:33:49	295	Associação de Para-quedistas Tejo Norte	V40	55
308	2723	Pedro Gonçalves	00:18:12	00:34:32	00:33:35	280	MP Team	V35	45
309	3878	Márcio Pimenta	00:18:26	00:34:33	00:33:21	267	Hovione SSC	Senior	55
310	786	Ricardo Santos	00:17:08	00:34:33	00:34:26	340	Clube EDP Lisboa	V45	49
311	2607	Helder Duarte	00:17:30	00:34:33	00:34:20	332	Strong Team	V40	56
312	4087	Daniel Rodrigues	00:17:49	00:34:34	00:34:11	322	Clube Accenture	Senior	56
313	56	Luis Isidoro	00:16:59	00:34:35	00:34:32	351		Senior	57
314	3277	Carlos Costa	00:17:17	00:34:36	00:34:30	349	CLUBE ANACOM	V45	50
315	4201	Hélder Canivete	00:17:13	00:34:36	00:34:35	354	CP	V40	57
316	340	Helio Marques	00:18:02	00:34:38	00:34:28	346	Os Amigos	V40	58
317	589	Diogo Gamito	00:17:09	00:34:38	00:34:32	352		V50	45
318	1553	Joaquim Maia	00:17:42	00:34:39	00:34:12	324		V50	46
319	3460	Jorge Caldeira	00:17:50	00:34:41	00:34:02	315		V45	51
320	2284	Dinis Mendes	00:17:39	00:34:41	00:34:30	347		V50	47





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321	322	José Bastos	00:17:57	00:34:42	00:33:46	289		V35	46
322	929	Carlos Marques	00:17:59	00:34:44	00:33:54	306		V50	48
323	3560	Marco Pires	00:17:35	00:34:44	00:33:50	300		V35	47
324	3055	Sergio Machado	00:17:59	00:34:44	00:33:54	308	SeaWolves	V40	59
325	272	Paulo Figueira	00:17:41	00:34:44	00:34:16	326		V50	49
326	3911	Carlos Antunes	00:17:24	00:34:45	00:34:31	350	Tabaqueira - Estarbemestar	V35	48
327	3259	Carlos Medina	00:18:11	00:34:45	00:33:48	294		V40	60
328	228	Rui Duarte	00:17:57	00:34:48	00:34:06	319	Pesquito Team	V40	61
329	2692	Pedro Fontoura	00:17:18	00:34:48	00:34:41	364	SS CGD	V45	52
330	33	Miguel Soares	00:18:27	00:34:49	00:32:59	226		Senior	58
331	4308	Antónia Jordão	00:17:50	00:34:51	00:34:37	357	sfuap	V40	4
332	137	João Ribeiro	00:17:25	00:34:52	00:34:42	366		Senior	59
333	788	Humberto Borges	00:17:10	00:34:52	00:34:47	371	lesmas	V50	50
334	3153	Luís Freitas	00:17:12	00:34:52	00:34:30	348		V35	49
335	1513	Ana Rebelo	00:18:09	00:34:52	00:34:47	372	Falcões Selvagens	Senior	10
336	783	Luis Rodrigues	00:17:16	00:34:53	00:34:51	378	Clube EDP Lisboa	Senior	60
337	1029	Ricardo Rodrigues	00:17:10	00:34:53	00:34:48	374	Clube Novo Banco	V45	53
338	3296	Carlos Miranda	00:17:03	00:34:53	00:34:52	383	GRD OS FIXES	V65	3
339	1650	Jorge Carvalho	00:17:48	00:34:56	00:33:49	296	CLUBE COLABORADORES AGEAS	V35	50
340	4182	Victor Carvalho	00:17:30	00:34:56	00:34:54	384	GFD Running	V55	16



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
341	4180	Sofia Fraga	00:17:31	00:34:56	00:34:55	386	GFD Running	V35	7
342	1652	Miguel Sousa	00:17:47	00:34:57	00:33:52	303	CLUBE COLABORADORES AGEAS	V40	62
343	1670	Bruno Cruz	00:17:19	00:34:58	00:34:26	341		V35	51
344	3278	Filipe Boléo	00:18:17	00:35:00	00:34:24	335	CLUBE ANACOM	V45	54
345	3390	Pedro Ferreira	00:17:15	00:35:01	00:35:00	398	Valejas Atlético Clube	V35	52
346	496	Leonardo Varella-Cid	00:18:16	00:35:02	00:34:12	323		V35	53
347	2832	Nuno Ricardo	00:17:28	00:35:03	00:34:58	394	SIMECQ	V35	54
348	740	Mauro Pinto	00:17:15	00:35:03	00:34:45	367		V35	55
349	2957	Carlos Batista	00:17:11	00:35:05	00:35:03	404		V40	63
350	1961	Gonçalo Tavares	00:18:27	00:35:05	00:33:59	312	Motorway01	V35	56
351	3200	Luís Nogueira	00:17:21	00:35:07	00:35:03	405	GRCD Leião	V40	64
352	781	Carlos Rodrigues	00:17:17	00:35:07	00:35:04	408	Clube EDP Lisboa	V60	5
353	1164	Luís Valinho	00:18:08	00:35:07	00:34:38	361		Senior	61
354	584	Alberto Matias	00:17:27	00:35:08	00:35:00	399		V60	6
355	497	Carlos Nunes	00:17:48	00:35:09	00:34:25	339		V40	65
356	141	Jorge Ferreira	00:17:47	00:35:09	00:35:00	397		V45	55
357	3555	Rui Santos	00:17:22	00:35:09	00:35:09	415		V35	57
358	296	Pedro Rebelo	00:18:05	00:35:10	00:34:28	345		V40	66
359	428	Carlos Pires	00:17:46	00:35:10	00:34:57	392		V40	67
360	3558	Miguel Ferreira	00:17:22	00:35:10	00:35:10	418		Senior	62



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
361	787	Sérgio Barbosa	00:17:18	00:35:11	00:34:58	395	Clube EDP Lisboa	Senior	63
362	1806	Diamantino Gamito	00:18:21	00:35:11	00:33:58	311	Linda-a-Pastora Sporting Clube	V50	51
363	3698	Carlos Almeida	00:17:36	00:35:12	00:35:03	406		V60	7
364	1276	Adelino Pereira	00:17:42	00:35:12	00:34:45	368	Run2Finish.PT	V50	52
365	183	Paulo Almeida	00:17:05	00:35:13	00:35:09	412		V45	56
366	705	Carlos Noronha	00:18:55	00:35:15	00:33:49	298		V35	58
367	1765	Nuno Ferreira	00:17:04	00:35:15	00:35:11	419	Cofina Runners	V40	68
368	1377	Jorge Lourenco	00:18:35	00:35:16	00:33:55	310	Clube Millennium bcp	V45	57
369	3244	Ana Silva	00:17:19	00:35:16	00:35:13	421	GRCD Leião	Senior	11
370	3166	Rui Mónica	00:17:46	00:35:16	00:35:01	402		V40	69
371	1870	Fábio Portela	00:18:55	00:35:17	00:33:15	258	Let's Get physical	Senior	64
372	3393	Paulo Guia	00:18:32	00:35:17	00:34:08	320	Valejas Atlético Clube	V40	70
373	1858	Nelson Martins	00:19:50	00:35:17	00:33:02	233	Elite Runners	Senior	65
374	609	Henrique Rios	00:19:25	00:35:18	00:33:05	241		Senior	66
375	1699	João Nova	00:17:47	00:35:18	00:35:04	409	CAPTAIN FLY	V35	59
376	1836	Edgar Francisco	00:17:52	00:35:19	00:34:59	396		V50	53
377	1913	Bento Ribeiro	00:18:34	00:35:19	00:34:37	358		V55	17
378	274	Ricardo Reis	00:17:21	00:35:19	00:35:01	401		V40	71
379	1256	Pedro Ribeiro	00:17:44	00:35:19	00:34:57	390		V45	58
380	3617	Joao Carvalho	00:17:47	00:35:19	00:34:35	355	TEAM MELOM	V40	72



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
381	3216	Tiago Rodrigues	00:19:02	00:35:20	00:34:18	329	GRCD Leião	Senior	67
382	3547	David Viegas	00:18:42	00:35:21	00:33:24	270		Senior	68
383	3799	Mariana Pombinho	00:17:29	00:35:21	00:35:17	431	NucleOeiras-ADNO	Senior	12
384	2556	Ricardo Sousa	00:18:07	00:35:22	00:34:46	370	Link	Senior	69
385	1190	Rafael Lopez	00:18:06	00:35:22	00:34:55	387	LIS RUNNING CPA	V40	73
386	2307	Pedro Trabucho	00:18:17	00:35:23	00:35:03	403		V50	54
387	1292	Jose Arruda	00:17:50	00:35:23	00:35:22	439	Clube Millennium bcp	V65	4
388	20	João Alves	00:17:43	00:35:23	00:35:16	428		V40	74
389	1943	Helena Moreira	00:17:46	00:35:23	00:35:21	438	Caracóis de Pedra	V40	5
390	2674	Jose Martins	00:18:00	00:35:24	00:34:57	389	SS CGD	V40	75
391	1577	Gonçalo Grazina	00:18:03	00:35:24	00:34:58	393	Link	Senior	70
392	3233	Sebastian Fodor	00:17:39	00:35:26	00:35:23	441	GRCD Leião	V40	76
393	1945	Pedro Santos	00:17:54	00:35:27	00:34:51	380	CP Secil	V40	77
394	158	Catia Guerreiro	00:18:30	00:35:28	00:35:09	413	CLUBE BRISA	Senior	13
395	1518	Luis Calha	00:17:26	00:35:29	00:35:28	449		V45	59
396	2044	José Lopes	00:18:34	00:35:29	00:34:46	369		V45	60
397	3243	Eva Silva	00:17:43	00:35:29	00:35:26	446	GRCD Leião	V35	8
398	3839	Ricardo Gariso	00:18:36	00:35:29	00:34:35	356	Hovione SSC	V35	60
399	673	Jorge Teixeira	00:17:49	00:35:31	00:35:19	435	Juntos Ninguém Nos Pára	V40	6
400	932	Antonio Farias	00:18:30	00:35:31	00:34:47	373		V55	18





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
401	930	Pedro Reis	00:17:43	00:35:33	00:35:26	444		V40	78
402	2608	Miguel Pombeiro	00:17:38	00:35:36	00:35:22	440	Strong Team	V35	61
403	1683	Hélder Cotrim	00:17:15	00:35:36	00:35:35	465		V35	62
404	1681	Nelson Felix	00:19:21	00:35:36	00:33:14	253		V35	63
405	3250	Carlos Vigario	00:17:29	00:35:37	00:35:32	459	GRCD Leião	Senior	71
406	2332	Tiago Louro	00:18:11	00:35:37	00:35:14	424		Senior	72
407	2733	Ricardo Proença	00:18:24	00:35:37	00:34:37	359	Marqueses	Junior	17
408	599	Paulo Santos	00:17:43	00:35:37	00:35:17	432		V50	55
409	1436	Pedro Mendonça	00:17:32	00:35:38	00:35:26	445		V40	79
410	3113	Paulo Sousa	00:19:13	00:35:39	00:33:48	293	SERUL	V35	64
411	1935	Fernando Pinto	00:18:29	00:35:40	00:35:00	400		Senior	73
412	1575	Fernando Faria	00:18:02	00:35:40	00:35:15	427	Link	V55	19
413	1185	Ricardo Conceição	00:18:19	00:35:40	00:35:36	467	LOURDETE PERFUMARIAS	Senior	74
414	2379	José Ferreira	00:17:58	00:35:41	00:35:28	452	Clube PT-Zcs	V50	56
415	3145	Martim Pujol	00:18:49	00:35:42	00:35:18	433	Saidafrente	Junior	18
416	3108	Manuel Leite	00:17:47	00:35:42	00:35:38	474	SERUL	V55	20
417	2974	Luis Branco	00:20:10	00:35:42	00:32:57	223	G. R. D. Ribeira da Lage	V50	57
418	2034	Tiago Apura	00:17:52	00:35:42	00:35:20	436		Junior	19
419	1625	José Felix	00:19:51	00:35:43	00:34:05	318		V50	58
420	634	Hélio Santos	00:18:40	00:35:43	00:34:34	353		Senior	75



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421	2585	Telmo Freitas	00:18:06	00:35:44	00:35:29	454		Senior	76
422	1718	Sérgio Adivinha	00:17:56	00:35:44	00:35:13	420		V35	65
423	3745	Ana Pereira	00:17:46	00:35:46	00:35:44	482	NucleOeiras-ADNO	Senior	14
424	71	Carlos Alves	00:17:46	00:35:47	00:35:28	450		V55	21
425	4227	Pedro Ferreira	00:17:14	00:35:48	00:35:46	483	TEVA	V40	80
426	4138	José Abreu	00:18:45	00:35:49	00:35:05	410	SUMOL/COMPAL	V45	61
427	3791	Manuel Fontinha	00:20:10	00:35:49	00:33:12	249	NucleOeiras-ADNO	V45	62
428	664	José Alves	00:18:49	00:35:49	00:34:51	379	Equipa GDC FIDELIDADE	V40	81
429	4259	Juan Costa	00:18:22	00:35:50	00:35:10	417	PEUGEOT	V50	59
430	849	Pedro Ramos	00:18:29	00:35:50	00:35:14	425	Corrida Noturna Parque das Nações	V50	60
431	2303	Luis Ferreira	00:19:34	00:35:52	00:34:49	375		V40	82
432	3496	Rafael Zambrana	00:18:56	00:35:53	00:34:38	360		Senior	77
433	3388	Luis Trigo	00:17:34	00:35:54	00:35:50	488	Valejas Atlético Clube	V35	66
434	3403	Miguel Pena	00:18:32	00:35:54	00:34:57	391		Senior	78
435	3862	Frederico Richart	00:19:12	00:35:55	00:34:49	376	Hovione SSC	Senior	79
436	2080	Carlos Garcia	00:18:44	00:35:56	00:34:41	363		V55	22
437	3050	Joana Taneco	00:18:29	00:35:56	00:35:20	437	100%FitClub	Senior	15
438	4221	Rui Barros	00:19:37	00:35:57	00:34:13	325	TEVA	V40	83
439	2828	Luís Coelho	00:18:42	00:35:57	00:34:38	362	SIMECQ	V50	61
440	2144	Fábio Rodrigues	00:17:41	00:35:58	00:35:53	491	Ai Nós Jamor	Senior	80



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441	2677	Luis Sanchez	00:17:28	00:35:59	00:35:52	489	SS CGD	V55	23
442	2041	Paulo Basilio	00:18:08	00:35:59	00:35:28	451		V35	67
443	1662	Pedro Rodrigues	00:19:03	00:36:01	00:35:14	423	Bulldozers	V35	68
444	344	António Duarte	00:18:48	00:36:01	00:35:14	422		V50	62
445	3045	Vitor Nascimento	00:17:51	00:36:01	00:35:48	486	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V55	24
446	4184	Vitor Gonzas	00:18:47	00:36:03	00:34:50	377	CP	V50	63
447	3197	Ana Bigode	00:17:40	00:36:05	00:36:03	506	GRCD Leião	V40	7
448	2028	Jose Rodrigues	00:18:29	00:36:05	00:35:41	477		V55	25
449	991	Carlos Nabiça	00:18:50	00:36:06	00:35:28	453	Clube Novo Banco	V50	64
450	2664	Fernando Lima	00:17:56	00:36:06	00:35:58	497	SS CGD	V45	63
451	2509	Pedro Cleto	00:18:06	00:36:06	00:35:56	494		V45	64
452	524	Martijn Boons	00:18:57	00:36:07	00:34:52	381	Fire Team	Senior	81
453	3748	Andreia Miranda	00:18:01	00:36:08	00:35:59	501	NucleOeiras-ADNO	Senior	16
454	82	Abílio Oliveira	00:18:01	00:36:08	00:36:05	508		V50	65
455	1124	Diogo Carvalho	00:17:34	00:36:10	00:35:30	457	Pump Amadora	Senior	82
456	1800	Rodolfo Carneiro	00:19:09	00:36:10	00:35:32	461	Linda-a-Pastora Sporting Clube	Senior	83
457	1461	Pedro Gonçalves	00:18:25	00:36:10	00:35:04	407	Os Galgos	V40	84
458	3686	Flavio Ramos	00:19:15	00:36:10	00:35:32	463	Pump Amadora	V35	69
459	3683	Igor Almeida	00:19:14	00:36:11	00:35:32	460	Pump Amadora	Senior	84
460	37	Miguel Castro	00:18:50	00:36:11	00:34:55	388		V50	66



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461	3727	Virgílio Madeira	00:19:07	00:36:14	00:35:16	429	CCD Tranquilidade	V55	26
462	59	Joao Macedo	00:18:51	00:36:17	00:35:42	478		V50	67
463	3600	Antonio Martins	00:19:02	00:36:18	00:35:23	442		V40	85
464	2684	Noémia Sequeira	00:18:02	00:36:18	00:36:07	516	SS CGD	V50	2
465	2103	Luis Moisão	00:17:54	00:36:18	00:36:06	510	Os Infantes de Mafra	V40	86
466	1410	Paulo Pais	00:18:04	00:36:19	00:36:02	505	Clube Millennium bcp	V50	68
467	713	Hugo Sequeira	00:17:55	00:36:19	00:36:05	507		V40	87
468	1785	Casimiro Abreu	00:18:13	00:36:19	00:36:11	521	Linda-a-Pastora Sporting Clube	V60	8
469	3207	Ricardo Pedro	00:18:05	00:36:20	00:36:15	527	GRCD Leião	V35	70
470	746	Carla Valério	00:18:51	00:36:20	00:35:33	464	CP Secil	V40	8
471	2299	Ana Lopes	00:18:30	00:36:22	00:36:13	525		V45	3
472	4091	Jorge Carmo	00:17:58	00:36:22	00:35:58	498	Clube Accenture	V45	65
473	2758	Fabio Cunha	00:17:07	00:36:23	00:36:07	515	Strong Team	Senior	85
474	21	João Gomes	00:17:37	00:36:23	00:36:08	517		V45	66
475	2743	António Antunes	00:18:25	00:36:23	00:35:59	500		V60	9
476	2650	Pedro Vitor	00:19:50	00:36:24	00:34:52	382	ENCOSTA TEAM	V35	71
477	3595	João Nóbrega	00:18:50	00:36:24	00:34:42	365		Senior	86
478	3182	Nuno Meia-Onça	00:17:29	00:36:25	00:36:18	530	GRCD Leião	V35	72
479	3112	Nelson Antunes	00:18:13	00:36:25	00:36:18	532	SERUL	V35	73
480	586	Hélder Rodrigues	00:18:39	00:36:26	00:35:42	479		V40	88





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481	1889	Fernando Carmo	00:18:32	00:36:26	00:35:36	468		V50	69
482	3214	Manuel Rodrigues	00:19:20	00:36:27	00:35:42	480	GRCD Leião	V55	27
483	2364	Vitor Coimbra	00:18:23	00:36:28	00:36:07	512	Clube Vodafone	V45	67
484	190	Paulo Almeida	00:18:59	00:36:30	00:35:24	443		Senior	87
485	2831	Nuno Galvão	00:17:32	00:36:31	00:36:24	543	SIMECQ	V55	28
486	1538	Eduardo Ribeiro	00:18:59	00:36:31	00:35:37	473	GDCT Unicre	V50	70
487	2433	Vítor Rodrigues	00:18:11	00:36:32	00:36:07	513		Senior	88
488	2689	Pedro Afonso	00:19:15	00:36:34	00:35:30	456	SS CGD	V40	89
489	2305	Pedro Marques	00:18:41	00:36:34	00:36:07	514		Senior	89
490	441	Diogo Carvalho	00:18:43	00:36:34	00:36:17	529		Junior	20
491	1801	Alcindo Almeida	00:18:33	00:36:35	00:36:20	535	Linda-a-Pastora Sporting Clube	V60	10
492	2422	António Amaral	00:18:19	00:36:36	00:36:01	502		V40	90
493	2439	Domingos Rodrigues	00:18:07	00:36:36	00:36:24	542		V45	68
494	1722	Liberto Santos	00:19:23	00:36:40	00:35:07	411		V50	71
495	316	Paulo Branco	00:19:06	00:36:41	00:36:06	509		V50	72
496	3498	Sérgio Ferreira	00:18:38	00:36:41	00:36:09	518		V45	69
497	1380	Luis Baixinho	00:18:36	00:36:42	00:36:27	552	Clube Millennium bcp	Senior	90
498	4173	Paulo Tainha	00:18:00	00:36:43	00:36:40	579	GFD Running	V50	73
499	3164	Susana Rodrigues	00:19:07	00:36:44	00:35:36	469		V35	9
500	26	Nuno Patricio	00:18:15	00:36:45	00:36:36	567		V45	70



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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
501	582	Diego Tomaz	00:18:13	00:36:45	00:36:39	576		Senior	91
502	1867	Rafael Dias	00:19:16	00:36:46	00:35:16	430		V45	71
503	907	Tiago Guerreiro	00:18:06	00:36:46	00:36:29	559		V35	74
504	3120	Daniel Nunes	00:19:32	00:36:47	00:35:32	462		V55	29
505	1594	André Mendonça	00:19:10	00:36:48	00:35:36	470	ADRC Mata de Benfica	V35	75
506	2817	Leonor Loureiro	00:18:48	00:36:48	00:35:55	493	Falcões Selvagens	Junior	5
507	2212	João Reis	00:19:35	00:36:48	00:35:35	466		V45	72
508	3255	Nelson Craveiro	00:17:40	00:36:49	00:36:34	566		V35	76
509	386	Pedro Pinheiro	00:18:31	00:36:50	00:35:57	495		V35	77
510	2469	Fábio Nunes	00:18:34	00:36:50	00:36:19	533	Fofinhos	Junior	21
511	1289	Joao Estiveira	00:18:15	00:36:51	00:36:38	574	Clube Millennium bcp	V45	73
512	1450	Daniel Machado	00:19:31	00:36:52	00:35:39	475	Os Galgos	V35	78
513	3013	Manuel Romano	00:19:19	00:36:53	00:36:23	540	crc marvila jovem	V55	30
514	1082	João Franco	00:19:21	00:36:55	00:36:06	511	Keep Running	V35	79
515	2731	Carlos Marinho	00:19:07	00:36:55	00:36:20	536	Grupo Desportivo Barcarena	V35	80
516	3601	Paulo Figueiras	00:19:23	00:36:55	00:35:36	471		V45	74
517	3774	João Aguiar	00:18:26	00:36:56	00:36:50	589	NucleOeiras-ADNO	V40	91
518	248	Sérgio Silva	00:18:05	00:36:56	00:36:54	609		Senior	92
519	41	Paulo Sousa	00:18:12	00:36:57	00:36:50	590		V45	75
520	1227	Hugo Ferreira	00:18:39	00:36:57	00:36:27	550		V35	81



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
521	3711	Gonçalo Alves	00:18:20	00:36:58	00:36:49	586		V40	92
522	3872	Jorge Ferreira	00:18:18	00:36:58	00:36:51	596	Hovione SSC	V55	31
523	2917	Maria Aguiar	00:18:58	00:36:58	00:36:48	584	NucleOeiras-ADNO	Junior	6
524	3512	Miguel Dias	00:19:44	00:36:59	00:35:09	414		Senior	93
525	2966	Vitor Revez	00:18:56	00:36:59	00:36:37	572	G. R. D. Ribeira da Lage	V55	32
526	1939	Jorge Oliveira	00:18:29	00:36:59	00:36:54	606	GDR Francos	V60	11
527	3053	Hugo Favinha	00:18:40	00:36:59	00:36:10	520	SeaWolves	Senior	94
528	3713	Pedro Barata	00:18:16	00:37:00	00:36:44	582	All4Running	V40	93
529	3866	Ricardo Amorim	00:18:18	00:37:00	00:36:27	553	Hovione SSC	Senior	95
530	2759	Francisco Batista	00:18:25	00:37:00	00:36:51	597	KEEP CALM	V50	74
531	3234	Joaquim Amaral	00:18:34	00:37:00	00:36:25	546	GRCD Leião	V40	94
532	2312	Lino Santos	00:18:56	00:37:02	00:36:27	556		V50	75
533	2313	Cristina Godinho	00:18:56	00:37:02	00:36:27	551		V45	4
534	3292	Manuel Araújo	00:18:19	00:37:03	00:36:53	603	GRD OS FIXES	V55	33
535	4098	Paulo Campos	00:19:10	00:37:03	00:35:27	448	Clube Accenture	V45	76
536	538	João Pereira	00:19:39	00:37:03	00:35:47	484	Fire Team	V45	77
537	1237	Rui Almeida	00:19:47	00:37:03	00:35:15	426	ADRC Mata de Benfica	V45	78
538	250	Rui Ferreira	00:18:16	00:37:05	00:36:57	615		V45	79
539	3717	Francisco Pereira	00:18:56	00:37:06	00:36:50	592	CCD Tranquilidade	V50	76
540	4118	Maria Leitão	00:17:41	00:37:07	00:37:04	638	SUMOL/COMPAL	V40	9





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
541	2595	Carlos Matias	00:19:46	00:37:07	00:35:40	476		Senior	96
542	1653	Nelson Silva	00:18:57	00:37:07	00:36:28	558	CLUBE COLABORADORES AGEAS	V40	95
543	2485	Nuno Machado	00:18:22	00:37:07	00:36:36	569		V35	82
544	890	Nuno Cruz	00:19:06	00:37:08	00:36:42	580		V40	96
545	926	Miguel Sousa	00:18:50	00:37:08	00:36:54	605		V45	80
546	351	Luis Quintal	00:18:25	00:37:08	00:37:06	642		V35	83
547	2924	Tiago Santos	00:20:58	00:37:08	00:35:10	416	Beer Boys	Senior	97
548	2708	João Lopes	00:19:17	00:37:10	00:35:49	487	Associação de Moradores 18 de Maio	V35	84
549	1148	Fernando Lopes	00:19:38	00:37:10	00:35:58	499		V60	12
550	3232	Carlos Marques	00:18:47	00:37:12	00:37:07	647	GRCD Leião	V55	34
551	3868	Filipe Vale	00:18:59	00:37:12	00:36:15	528	Hovione SSC	Senior	98
552	3871	Sara Correia	00:19:00	00:37:12	00:36:14	526	Hovione SSC	Senior	17
553	1176	Jose Santos	00:18:54	00:37:14	00:37:04	636		V50	77
554	4140	José Calheiros	00:19:03	00:37:15	00:37:13	664	SUMOL/COMPAL	V40	97
555	1398	Pedro Pereira	00:18:36	00:37:17	00:37:01	623	Clube Millennium bcp	V50	78
556	3085	João Fernandes	00:19:31	00:37:17	00:36:02	503		V35	85
557	3657	Alcino Ramos	00:18:30	00:37:19	00:37:15	671		V60	13
558	3775	João Matos	00:19:45	00:37:19	00:35:47	485	NucleOeiras-ADNO	V60	14
559	2638	Edgar Geada	00:19:41	00:37:19	00:37:13	665	Associação Cultural da Lage	V50	79
560	1279	Sérgio Henrique	00:19:08	00:37:19	00:36:24	541	Run2Finish.PT	V45	81





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
561	1821	João Lopes	00:19:45	00:37:20	00:35:30	458		V40	98
562	2658	Carlos Leitão	00:18:54	00:37:20	00:37:10	656	SS CGD	V50	80
563	4107	Bruno Catarino	00:18:32	00:37:21	00:37:13	666		V35	86
564	2634	Nuno Pombo	00:19:21	00:37:21	00:36:44	581		V40	99
565	3143	Pedro Pujol	00:19:11	00:37:22	00:36:57	616	Saidafrente	V55	35
566	1570	Paulo Fernandes	00:18:42	00:37:22	00:36:52	600		V35	87
567	3220	Armando Correia	00:19:09	00:37:23	00:37:06	645	GRC D Leião	V65	5
568	2545	Ricardo Madeira	00:19:43	00:37:24	00:35:43	481		V40	100
569	1528	António Teixeira	00:18:55	00:37:24	00:37:03	629		V40	101
570	194	Fernando Rosa	00:18:30	00:37:24	00:37:03	630	Grupo Marcha e Corrida Jamor	V55	36
571	1527	Rui Simoes	00:18:55	00:37:24	00:37:04	635		V40	102
572	387	Bruno Henriques	00:20:00	00:37:25	00:35:26	447		Senior	99
573	42	Cristina Cunha	00:19:21	00:37:25	00:36:38	573		V45	5
574	2359	Paula Fernandes	00:18:47	00:37:25	00:37:11	659	Clube Vodafone	V40	10
575	3323	Ricardo Gomes	00:20:05	00:37:27	00:36:24	545		Senior	100
576	3364	Ekaterina Khamenkova	00:18:41	00:37:27	00:37:25	690	Valejas Atlético Clube	V60	1
577	2980	Ana Coutinho	00:18:28	00:37:28	00:37:17	673	G. R. D. Ribeira da Lage	Senior	18
578	1723	Jose Rodrigues	00:19:02	00:37:28	00:36:54	607		V50	81
579	1919	Ana Lopes	00:18:27	00:37:29	00:37:20	676		Senior	19
580	239	Paulo João	00:19:32	00:37:29	00:36:49	585		V50	82



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
581	157	Ana Oliveira	00:19:05	00:37:29	00:37:10	657	CLUBE BRISA	V35	10
582	1965	Armando Muchagata	00:18:58	00:37:30	00:36:25	549	Motorway01	V45	82
583	1962	Alexandre Almeida	00:18:58	00:37:30	00:36:27	555	Motorway01	V35	88
584	3502	Rui Morais	00:19:59	00:37:31	00:36:56	614		Senior	101
585	350	Sérgio Simões	00:18:45	00:37:31	00:37:21	681		V40	103
586	4305	Rui Matos	00:19:09	00:37:32	00:37:01	625		V40	104
587	282	Mário Santos	00:20:30	00:37:32	00:35:29	455		V45	83
588	2520	José Eusébio	00:18:48	00:37:33	00:37:02	626		V45	84
589	3763	Dinis Morais	00:19:45	00:37:34	00:36:50	591	NucleOeiras-ADNO	V45	85
590	3391	Carlos Porfírio	00:19:30	00:37:34	00:36:40	578	Valejas Atlético Clube	V65	6
591	3694	Vítor Jesus	00:19:24	00:37:35	00:37:05	640		V45	86
592	261	Carlos Gonçalves	00:19:14	00:37:36	00:37:23	685	sfuap	V50	83
593	3636	Michel Gomes	00:20:10	00:37:37	00:35:18	434	Os Galgos	V40	11
594	1660	Célia Carvalho	00:18:54	00:37:38	00:36:51	595	Bulldozers	V40	12
595	2738	Hugo Fernandes	00:18:54	00:37:38	00:36:29	560		Senior	102
596	2321	Pedro Coelho	00:19:48	00:37:39	00:36:33	563		V40	105
597	1007	Julio Ferreira	00:19:19	00:37:39	00:37:11	658	Clube Novo Banco	V60	15
598	326	André Borges	00:19:23	00:37:40	00:36:24	544		Senior	103
599	2972	Fernanda Camacho	00:19:18	00:37:40	00:36:53	602	G. R. D. Ribeira da Lage	V45	6
600	2198	Nuno Afonso	00:19:13	00:37:40	00:37:09	652		V35	89



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
601	3811	Sara Nogueira	00:18:14	00:37:41	00:37:37	713	NucleOeiras-ADNO	V35	11
602	131	Nuno Soares	00:19:18	00:37:41	00:36:52	599		V35	90
603	2479	Francisco Dias	00:19:20	00:37:41	00:36:10	519		Junior	22
604	1866	Jorge Sotana	00:19:13	00:37:41	00:37:10	655		V45	87
605	107	Rodrigo Santos	00:19:50	00:37:43	00:36:22	539		V45	88
606	437	Hélio Carreira	00:18:31	00:37:44	00:37:07	649	CP Secil	Senior	104
607	3442	Armando Mamede	00:19:59	00:37:44	00:37:08	651	CLUBE BRISA	V55	37
608	694	Jorge Seabra	00:19:09	00:37:44	00:37:11	661	LV Team Seabra M	V45	89
609	1311	Jose Marques	00:19:39	00:37:45	00:36:32	561	Clube Millennium bcp	V45	90
610	1661	Jorge Alves	00:18:44	00:37:45	00:36:58	618	Bulldozers	V35	91
611	3952	Jose Alves	00:19:39	00:37:46	00:36:50	587	Tabaqueira - Estarbemestar	Senior	105
612	3522	Pedro Bernardo	00:19:41	00:37:46	00:36:54	608	EAE Lazy Runners	V40	106
613	3851	Nuno Henriques	00:19:43	00:37:48	00:36:33	564	Hovione SSC	V35	92
614	1310	Johnny Sousa	00:19:12	00:37:50	00:37:03	632	Clube Millennium bcp	V35	93
615	1449	Frederico Nobre	00:19:48	00:37:50	00:37:03	634	CLUBE ATLETISMO AMIGOS DE BELÈM	V40	107
616	1344	Jorge Salvado	00:19:49	00:37:50	00:36:37	571	Clube Millennium bcp	V55	38
617	4072	Miguel Oliveira	00:19:37	00:37:51	00:36:39	577		V55	39
618	1511	Pedro Pereira	00:19:59	00:37:52	00:36:28	557	Evolution	V40	108
619	2193	Gabriel Santos	00:19:44	00:37:52	00:37:04	639		V40	109
620	2328	Vitor Cunha	00:19:23	00:37:52	00:37:16	672		Senior	106



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
621	1462	Sofia Cruz	00:18:52	00:37:53	00:37:50	736	Os Galgos	Junior	7
622	2993	Luis Dias	00:18:48	00:37:53	00:37:40	716	G. R. D. Ribeira da Lage	V45	91
623	1455	Luis Nogueira	00:18:50	00:37:53	00:37:50	738	Os Galgos	V45	92
624	3170	Paulo Gandum	00:19:36	00:37:53	00:37:03	633	ACPortalegre / UTSM	V40	110
625	3033	Mazoel Santos	00:18:46	00:37:54	00:37:37	712	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	Senior	107
626	3260	Rui Mónica	00:18:03	00:37:54	00:37:38	714	Happy Family	Junior	23
627	739	Jaime Correia	00:19:06	00:37:54	00:37:35	709		V35	94
628	2780	Rui Brito	00:19:04	00:37:54	00:37:23	684		V35	95
629	2606	Ricardo Castro	00:17:42	00:37:54	00:37:25	689	Strong Team	V45	93
630	1048	José Gonçalves	00:19:40	00:37:54	00:36:18	531		V45	94
631	3546	Ferreira Duarte	00:19:48	00:37:54	00:37:32	703		V50	84
632	1208	Pedro Ribeiro	00:19:08	00:37:54	00:37:32	702		V40	111
633	4095	Miguel Pires	00:20:30	00:37:54	00:36:27	554	Clube Accenture	V40	112
634	1149	Maximiano Santos	00:19:29	00:37:55	00:37:42	720		V50	85
635	2240	José Fortunato	00:19:35	00:37:55	00:36:58	619		V45	95
636	1269	Miguel Sol	00:20:06	00:37:56	00:36:20	537	Leogym	Junior	24
637	939	Pedro Lopes	00:19:47	00:37:56	00:36:50	588		V35	96
638	2941	Fernando Agostinho	00:20:21	00:37:57	00:35:53	490		V55	40
639	3590	Francisco Caldeira	00:20:45	00:37:57	00:36:13	523		Senior	108
640	2629	Diogo Torrão	00:19:58	00:37:58	00:36:02	504	FIF	Senior	109





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641	2501	Rogério Luis	00:19:11	00:37:58	00:37:23	686		V45	96
642	1323	Ricardo Nunes	00:18:47	00:37:59	00:37:21	678	Clube Millennium bcp	V40	113
643	2912	Nuno Ruben	00:18:38	00:38:00	00:37:54	751		V35	97
644	1033	Vanda Murteira	00:19:11	00:38:00	00:37:43	723	Clube Novo Banco	V40	13
645	2908	Patricia Bacelar	00:19:38	00:38:00	00:37:21	677		Senior	20
646	3070	Henrique Romão	00:18:24	00:38:01	00:38:00	763	Linda-a-Pastora Sporting Clube	V60	16
647	3808	Rui Pombinho	00:20:19	00:38:01	00:36:13	524	NucleOeiras-ADNO	V50	86
648	1155	João Santana	00:19:23	00:38:02	00:37:41	719	Grupo Marcha e Corrida Jamor	V40	114
649	4239	Vitor Rodrigues	00:19:40	00:38:02	00:36:32	562	TEVA	V35	98
650	3776	João Mendes	00:19:20	00:38:04	00:37:29	696	NucleOeiras-ADNO	V45	97
651	1392	Jose Branco	00:19:08	00:38:04	00:37:43	721	Clube Millennium bcp	V65	7
652	1989	Sérgio Abreu	00:20:00	00:38:04	00:36:51	594		Senior	110
653	839	Tiago Brandão	00:19:42	00:38:04	00:36:55	613	Corrida Noturna Parque das Nações	Senior	111
654	377	Carlos Fernandes	00:20:35	00:38:05	00:35:58	496		Senior	112
655	1006	Jorge Pereira	00:19:30	00:38:06	00:37:37	711	Clube Novo Banco	V60	17
656	644	Dília Amaro	00:19:25	00:38:06	00:37:22	682	Equipa GDC FIDELIDADE	V60	2
657	401	João Costa	00:20:24	00:38:06	00:36:55	610	Leões de Talaíde	V50	87
658	2660	Daniel Botelho	00:19:43	00:38:07	00:37:47	730	SS CGD	V35	99
659	19	Casimiro Silva	00:19:34	00:38:08	00:37:51	740		V40	115
660	4282	Miguel Costa	00:20:58	00:38:09	00:37:07	646	Oeiras Parque	Senior	113



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661	193	Rui Costa	00:19:24	00:38:09	00:37:09	654	Correr Queluz	V45	98
662	2589	Rui Romão	00:20:32	00:38:10	00:36:25	548		V35	100
663	1068	Elsa Miranda	00:19:45	00:38:12	00:36:58	621	ADRC Mata de Benfica	V40	14
664	2054	Henrique Ferreira	00:19:45	00:38:12	00:36:58	620	ADRC Mata de Benfica	V45	99
665	360	Paulo Gonçalves	00:19:29	00:38:12	00:37:51	743		V45	100
666	918	Adelino Gomes	00:19:47	00:38:12	00:37:23	683		V45	101
667	2380	António Almeida	00:19:55	00:38:13	00:36:55	612	Clube PT-Zcs	V45	102
668	2745	David Lopes	00:19:24	00:38:13	00:37:51	741		V45	103
669	1843	Tiago Estácio	00:19:20	00:38:15	00:37:51	739		V35	101
670	3488	João Silva	00:20:19	00:38:15	00:36:20	534		V40	116
671	3240	Manuel Martins	00:19:22	00:38:16	00:38:11	781	GRCD Leião	V70	1
672	651	Pedro Ribeiro	00:20:06	00:38:16	00:36:53	601	Equipa GDC FIDELIDADE	V35	102
673	1550	Mário Almeida	00:19:10	00:38:16	00:37:06	641	Fortes e Valentões	Senior	114
674	1890	Rui Oliveira	00:21:56	00:38:16	00:36:51	593		V40	117
675	1872	Rui Silva	00:20:23	00:38:17	00:37:03	631		V50	88
676	2102	Miguel Silva	00:21:20	00:38:17	00:35:54	492	WILD CHALLENGE	Senior	115
677	61	Vanda Parreira	00:19:53	00:38:18	00:37:07	648	Singarunners	V35	12
678	473	Bruno Martins	00:18:52	00:38:18	00:37:55	752	Príncipes do sobralinho	V35	103
679	1041	Catarina Grilo	00:20:20	00:38:18	00:36:13	522		V40	15
680	154	Claudia Inacio	00:20:24	00:38:18	00:37:03	628	Fire Team	Senior	21



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681	152	Miguel Ferreira	00:20:24	00:38:18	00:37:04	637	Fire Team	V45	104
682	1521	António Castro	00:19:10	00:38:19	00:38:15	786		V70	2
683	3407	Oscar Rocha	00:21:07	00:38:20	00:37:31	701		V55	41
684	3268	Manuel Lopes	00:20:34	00:38:21	00:36:22	538	360imprimir	Senior	116
685	3368	Helga Mendes	00:18:48	00:38:22	00:38:19	795	Valejas Atlético Clube	V40	16
686	3737	Filipe Silva	00:19:40	00:38:22	00:37:46	729	CCD Tranquilidade	V40	118
687	1413	Antonio Jorge	00:18:40	00:38:22	00:38:11	780	Clube Millennium bcp	V50	89
688	1414	Leonel Brandao	00:19:39	00:38:22	00:37:34	706	Clube Millennium bcp	V50	90
689	1877	Nuno Correia	00:19:07	00:38:23	00:37:59	760		V45	105
690	3152	Bárbara Conceição	00:19:08	00:38:23	00:38:00	762		V45	7
691	2355	Helder Branco	00:19:05	00:38:23	00:38:02	765	Clube Vodafone	V45	106
692	2909	Alfredo Bacelar	00:19:41	00:38:24	00:37:45	726		V50	91
693	889	Carlos Casal	00:19:53	00:38:25	00:37:21	679		V40	119
694	1666	João Fernandes	00:20:34	00:38:25	00:38:07	772		Junior	25
695	1013	Manuel Manteigas	00:19:32	00:38:26	00:37:25	688	Clube Novo Banco	Senior	117
696	532	Paulo Francisco	00:20:38	00:38:26	00:37:11	662		V45	107
697	3947	João Gamas	00:19:39	00:38:26	00:38:02	767	Tabaqueira - Estarbemestar	V35	104
698	508	Helder Raposo	00:19:37	00:38:26	00:37:14	669		V45	108
699	4169	Margarida Pinto	00:19:28	00:38:27	00:38:26	810	GFD Running	V45	8
700	480	Duarte Khalil	00:20:39	00:38:27	00:36:57	617		Senior	118





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701	1400	Arnaldo Pinteus	00:18:47	00:38:28	00:38:13	784	Clube Millennium bcp	V55	42
702	2021	Nuno Carvalho	00:20:28	00:38:28	00:37:06	643	Clube PT-Zcs	V45	109
703	2366	Antonio Almeida	00:19:31	00:38:28	00:38:18	792	NUCLEO DESPORTIVO AUTOCOOPE	V55	43
704	2065	Manuel Estevens	00:20:11	00:38:29	00:37:48	733	Grupo Marcha e Corrida Jamor	V55	44
705	1318	Jose Ferreira	00:19:30	00:38:29	00:37:50	737	Clube Millennium bcp	V45	110
706	4136	André Ramos	00:19:42	00:38:30	00:37:41	718	SUMOL/COMPAL	Junior	26
707	305	Helder Parreira	00:20:05	00:38:30	00:37:49	735	HNO	V45	111
708	2288	José Tomé	00:19:01	00:38:32	00:38:20	798		V50	92
709	2724	José Ferreira	00:21:00	00:38:32	00:37:30	699	MP Team	V45	112
710	1297	Paulo Coutinho	00:19:23	00:38:32	00:38:16	791	Clube Millennium bcp	V45	113
711	2209	Ana Gomes	00:19:46	00:38:32	00:37:26	693	CLUBE COLABORADORES AGEAS	Senior	22
712	533	Ana Francisco	00:20:38	00:38:33	00:37:17	674		V40	17
713	3735	Elizete Duarte	00:19:06	00:38:33	00:38:10	777	CCD Tranquilidade	V40	18
714	2925	Nuno Pereira	00:19:06	00:38:34	00:38:27	814	Beer Boys	V40	120
715	3650	Andronico Duarte	00:19:44	00:38:35	00:37:56	757		V40	121
716	104	Paulo Sena	00:18:55	00:38:35	00:38:29	819		V45	114
717	3646	João Jacinto	00:20:59	00:38:36	00:36:36	570		Senior	119
718	3778	João Moreira	00:18:57	00:38:37	00:38:23	805	NucleOeiras-ADNO	V45	115
719	3211	Luis Espada	00:18:50	00:38:38	00:38:33	826	GRCD Leião	V50	93
720	3241	José Canhoto	00:18:49	00:38:38	00:38:36	837	GRCD Leião	V65	8





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721	1810	António Quaresma	00:19:40	00:38:39	00:38:15	788	Linda-a-Pastora Sporting Clube	V45	116
722	2172	António Pereira	00:19:44	00:38:39	00:37:53	745	CLUBE BRISA	V45	117
723	358	Higino Esteves	00:19:13	00:38:40	00:38:27	813		V50	94
724	3627	Diogo Leitão	00:20:07	00:38:41	00:36:52	598	Caracóis de Pedra	Junior	27
725	2138	Tiago Barradas	00:20:13	00:38:41	00:37:09	653	RUNBÓIA	Senior	120
726	3770	Hércules Batista	00:21:52	00:38:41	00:36:55	611	NucleOeiras-ADNO	V35	105
727	1584	João Ferreira	00:20:41	00:38:42	00:36:39	575	Let's Get physical	Senior	121
728	793	Nuno Trindade	00:19:48	00:38:42	00:38:02	766	BANCO ATLANTICO EUROPA	V40	122
729	3840	Nuno Rebelo	00:18:25	00:38:43	00:38:34	828	Hovione SSC	V35	106
730	1525	Pedro Almeida	00:20:19	00:38:44	00:36:34	565	Daikin Team	Senior	122
731	3480	Ricardo Amaral	00:19:49	00:38:45	00:37:46	727		Senior	123
732	1903	Rui Carneiro	00:20:52	00:38:45	00:37:06	644		V45	118
733	443	Carlos Pereira	00:21:25	00:38:45	00:37:02	627		V45	119
734	3755	Carla Fernandes	00:19:13	00:38:46	00:38:03	769	NucleOeiras-ADNO	V35	13
735	2597	Filipe Pombo	00:19:58	00:38:46	00:37:33	704		Senior	124
736	1693	Marcelo Figueiredo	00:20:23	00:38:46	00:36:59	622	Os amigos do sofá	Senior	125
737	1523	Valter Cunha	00:20:45	00:38:46	00:36:36	568	Daikin Team	Senior	126
738	3281	Pedro Nunes	00:19:36	00:38:47	00:38:09	775	CP Secil	V40	123
739	3357	Marta Labucha	00:20:04	00:38:47	00:37:35	707	Associação de Para-quedistas Tejo Norte	V35	14
740	531	Carlos Leão	00:19:58	00:38:47	00:38:20	797		V55	45



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741	3353	Ricardo Calado	00:20:02	00:38:47	00:37:31	700	Associação de Para-quadistas Tejo Norte	V35	107
742	1200	António Diogo	00:19:22	00:38:48	00:38:28	815	Grupo Marcha e Corrida Jamor	V50	95
743	44	Luís Eustáquio	00:21:02	00:38:48	00:36:47	583		V40	124
744	2602	Anabela Costa	00:20:28	00:38:48	00:38:19	796	Strong Team	Senior	23
745	4106	Carlos Catarino	00:18:45	00:38:48	00:38:41	845		V35	108
746	1576	Carlos Palma	00:19:36	00:38:49	00:38:22	804	Link	V45	120
747	2605	Rui Bastos	00:20:29	00:38:49	00:38:19	794	Strong Team	V45	121
748	3574	Pedro Mota	00:22:34	00:38:49	00:36:25	547	Team Acelera	V35	109
749	3870	Miguel Ferreira	00:19:00	00:38:50	00:37:54	750	Hovione SSC	Senior	127
750	1446	Rui Rijo	00:19:25	00:38:51	00:38:44	850		V45	122
751	901	Pedro Broco	00:19:26	00:38:51	00:38:43	847		V45	123
752	3885	Joaquim Lucas	00:19:09	00:38:51	00:38:49	868	Wine moderation Running	V50	96
753	4212	Rui Falé	00:20:58	00:38:51	00:37:13	667	CP	Senior	128
754	1255	Gonçalo Domingues	00:20:43	00:38:52	00:37:47	731		Senior	129
755	1599	Telmo Lopes	00:20:39	00:38:52	00:36:53	604	correr Loures	V40	125
756	4177	Ricardo Branco	00:19:27	00:38:53	00:38:51	877	GFD Running	V45	124
757	1929	Luis Polido	00:20:02	00:38:53	00:38:32	824		V40	126
758	848	Nuno Alexandre	00:19:16	00:38:53	00:38:28	816	Corrida Noturna Parque das Nações	V40	127
759	3181	Madalena Caninas	00:19:26	00:38:53	00:38:53	883	GRCD Leião	V50	3
760	1884	Luis Batos	00:21:36	00:38:54	00:35:37	472	CCD Siemens	V50	97



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761	3218	Joana Freire	00:19:42	00:38:54	00:38:34	829	GRCD Leião	Senior	24
762	2139	Daniel Falcão	00:20:13	00:38:56	00:37:24	687	RUNBÓIA	Senior	130
763	526	Renato Santainhas	00:20:09	00:38:56	00:37:27	695		V35	110
764	1391	Carlos Ramos	00:20:23	00:38:56	00:37:52	744	Clube Millennium bcp	V50	98
765	1244	Fernando Oliveira	00:18:56	00:38:57	00:38:52	881		V50	99
766	3932	Filipe Alves	00:20:33	00:38:58	00:37:55	753	Tabaqueira - Estarbemestar	Senior	131
767	1306	Marcos Noritake	00:20:15	00:38:59	00:38:10	779	Clube Millennium bcp	V50	100
768	1654	Paulo Paixão	00:19:51	00:39:00	00:37:54	747	CLUBE COLABORADORES AGEAS	V40	128
769	2996	Alceu Paulo	00:19:33	00:39:00	00:38:51	878	G. R. D. Ribeira da Lage	V65	9
770	3732	Carlos Bargado	00:20:06	00:39:00	00:38:21	799	CCD Tranquilidade	V50	101
771	3726	Tam Afonso	00:19:45	00:39:01	00:38:52	882	CCD Tranquilidade	V65	10
772	3054	João Marreiros	00:20:12	00:39:01	00:38:12	782	SeaWolves	V45	125
773	3377	Maria Sambé	00:19:17	00:39:01	00:39:00	904	Valejas Atlético Clube	Senior	25
774	1166	Carlos Lopes	00:19:59	00:39:02	00:38:56	893		V45	126
775	1454	José Véstias	00:19:47	00:39:02	00:38:07	773	Os Galgos	V45	127
776	2361	Paulo Bonifácio	00:17:27	00:39:02	00:38:49	866	Clube Vodafone	V50	102
777	1241	Paulo Colaço	00:19:18	00:39:03	00:38:37	839		V40	129
778	2390	Jon Labruzzo	00:20:41	00:39:03	00:37:18	675	Running Mums	V45	128
779	1832	Christy Bratz	00:19:34	00:39:04	00:38:35	836		V40	19
780	660	João Ribeiro	00:19:45	00:39:07	00:38:48	861	Equipa GDC FIDELIDADE	V60	18





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781	2973	Helena Sousa	00:19:53	00:39:07	00:39:02	910	G. R. D. Ribeira da Lage	V55	1
782	2156	Alberto Santos	00:20:18	00:39:07	00:37:34	705		V55	46
783	592	Luis Fortes	00:19:58	00:39:07	00:38:21	802		V40	130
784	1061	Estela Costa	00:19:46	00:39:08	00:38:30	821	Grupo Marcha e Corrida Jamor	V40	20
785	2581	Jose Manuel	00:19:29	00:39:08	00:38:52	880		V40	131
786	324	Aldina Marques	00:19:43	00:39:08	00:38:15	787		V45	9
787	505	Bernardo Santos	00:19:47	00:39:08	00:39:07	919	Oeiras Runners	Senior	132
788	834	Rui Almeida	00:20:05	00:39:08	00:38:33	825	Corrida Noturna Parque das Nações	V45	129
789	3089	Joaquim Santos	00:20:15	00:39:09	00:37:44	724		V50	103
790	4133	José Silveira	00:20:16	00:39:09	00:37:38	715	SUMOL/COMPAL	V45	130
791	3752	Armando Bravo	00:19:48	00:39:10	00:38:50	869	NucleOeiras-ADNO	V70	3
792	476	Pedro Sousa	00:21:12	00:39:10	00:37:11	660	Boa Vista Pingo Pongo Club	Senior	133
793	2306	Rui Mena	00:21:16	00:39:11	00:37:35	708		V45	131
794	1316	Ines Bernardo	00:19:54	00:39:11	00:38:26	811	Clube Millennium bcp	V35	15
795	2610	Aníbal Carneiro	00:20:09	00:39:12	00:38:38	841	Strong Team	V40	132
796	3219	José Freire	00:19:16	00:39:12	00:38:50	873	GRCD Leião	V60	19
797	2046	Manuel Escalona	00:20:21	00:39:13	00:38:02	768	DXC	V45	132
798	2540	Jorge Santos	00:19:11	00:39:13	00:39:00	903		V50	104
799	795	Pedro Lourenço	00:19:57	00:39:14	00:38:32	823	BANCO ATLANTICO EUROPA	V35	111
800	612	Altino Paço	00:20:07	00:39:14	00:37:36	710		V45	133



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801	3489	Margarida Moreira	00:19:02	00:39:14	00:39:05	914	NucleOeiras-ADNO	Junior	8
802	1643	Edgar Neves	00:19:50	00:39:15	00:38:35	832	Principes	V35	112
803	1686	Paulo Tomás	00:20:20	00:39:15	00:37:41	717		V45	134
804	1499	Pedro Albino	00:20:47	00:39:15	00:38:28	817		V35	113
805	3644	Marissa Diefenderfer	00:21:22	00:39:16	00:37:30	698	Running Mums	Senior	26
806	1792	Vitor Santos	00:20:14	00:39:17	00:38:22	803	Linda-a-Pastora Sporting Clube	V40	133
807	2719	Catarina Quinteiro	00:21:25	00:39:18	00:37:12	663	MARISQUEIRA C3	V35	16
808	731	João Pedrosa	00:19:55	00:39:18	00:38:14	785	Premium Runners	V35	114
809	3065	Ricardo Carvalho	00:19:32	00:39:18	00:38:59	901	CDCR DOS CTT	V40	134
810	3734	David Évora	00:20:49	00:39:21	00:38:16	790	CCD Tranquilidade	Senior	134
811	988	Ana Monteiro	00:19:50	00:39:21	00:38:50	874	Clube Novo Banco	V50	4
812	3106	Carlos Carvalho	00:21:10	00:39:21	00:37:21	680	SERUL	V45	135
813	1030	Ricardo Silva	00:19:24	00:39:22	00:39:15	934	Clube Novo Banco	V40	135
814	2224	Filipe Sousa	00:21:02	00:39:23	00:37:54	749	Cavalos NEgros Supecelentes	Senior	135
815	2868	Ana Pedreira	00:20:03	00:39:23	00:38:41	844		V35	17
816	4093	Marcelo Augusto	00:19:55	00:39:24	00:38:58	895	Clube Accenture	Senior	136
817	167	Vitor Martins	00:19:47	00:39:24	00:39:16	938		V65	11
818	820	Eduardo Rodrigues	00:20:19	00:39:24	00:39:10	927		V55	2
819	1938	Luis Correia	00:19:56	00:39:25	00:38:36	838		V50	105
820	2864	Fábio Pousinho	00:21:01	00:39:25	00:37:01	624		Senior	137



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821	3068	António Roque	00:19:22	00:39:25	00:39:22	957	Linda-a-Pastora Sporting Clube	V70	4
822	3087	Ricardo Silva	00:20:50	00:39:25	00:38:54	886		V40	136
823	166	Pedro Oliveira	00:20:01	00:39:25	00:39:00	905		V35	115
824	3494	Nuno Jesus	00:19:06	00:39:26	00:39:01	908		V35	116
825	30	Rui Braz	00:19:30	00:39:26	00:39:01	909		V35	117
826	1900	Daniela Silva	00:20:23	00:39:27	00:39:19	944		Senior	27
827	1407	Jose Rodrigues	00:20:02	00:39:28	00:39:24	965	Clube Millennium bcp	V65	12
828	3639	Sergio Floriano	00:21:11	00:39:29	00:37:51	742		V40	137
829	1959	Pedro Coutinho	00:19:33	00:39:29	00:39:01	907		V40	138
830	1581	Tiago Aldeia	00:21:05	00:39:30	00:37:27	694	Let's Get physical	Senior	138
831	484	Carlos Gomes	00:19:37	00:39:31	00:39:24	961		Senior	139
832	3180	Daniel Morais	00:20:59	00:39:31	00:37:56	756	GRCD Leião	V45	136
833	405	Marta Lopes	00:19:30	00:39:31	00:39:22	959		V50	5
834	4097	Paulo Brito	00:20:46	00:39:32	00:38:25	809	Clube Accenture	V40	139
835	3965	Maria Carvalho	00:20:49	00:39:34	00:38:29	818	Tabaqueira - Estarbemestar	Senior	28
836	2997	Vitor Rocha	00:21:40	00:39:34	00:38:10	778	G. R. D. Ribeira da Lage	V55	47
837	1040	Carlos Silva	00:20:21	00:39:34	00:38:58	900	Grupo Marcha e Corrida Jamor	V55	48
838	1646	Ana Matias	00:19:50	00:39:34	00:38:34	827	CLUBE COLABORADORES AGEAS	V50	6
839	2256	Marco Rodrigues	00:20:08	00:39:35	00:38:47	856	Growin	Senior	140
840	964	Paulo Raínho	00:21:29	00:39:36	00:37:26	691	Serviços Sociais Montepio	V50	106





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
841	2854	Tiago Cristóvão	00:21:13	00:39:36	00:37:59	759		Senior	141
842	372	João Fonseca	00:21:10	00:39:37	00:38:48	862		Junior	28
843	3813	Sónia Aguiar	00:19:34	00:39:37	00:39:30	977	NucleOeiras-ADNO	V40	21
844	371	Joao Fonseca	00:21:10	00:39:38	00:38:47	857		V40	140
845	2214	Valter Esteves	00:19:47	00:39:40	00:38:58	899		Senior	142
846	260	Mario Alves	00:20:51	00:39:41	00:38:24	806	sfuap	V60	20
847	3334	Diogo Carvalho	00:21:37	00:39:41	00:37:14	668		Senior	143
848	3094	Cristiana Silva	00:21:37	00:39:41	00:37:14	670		Senior	29
849	2206	David Jerónimo	00:21:44	00:39:42	00:37:48	732	EX FEDERADOS	Senior	144
850	2921	Ricardo Cortes	00:20:59	00:39:42	00:37:43	722	Beer Boys	Senior	145
851	3951	José Costa	00:20:03	00:39:43	00:38:48	859	Tabaqueira - Estarbemestar	V55	49
852	177	Álvaro Silva	00:21:03	00:39:44	00:37:45	725	Correr Queluz	V65	13
853	2812	Diogo Pedro	00:20:48	00:39:44	00:38:58	897		Junior	29
854	770	Bruno Branco	00:19:47	00:39:44	00:37:54	748		V35	118
855	3183	Carlos Lomba	00:19:38	00:39:44	00:39:39	991	GRCD Leião	V50	107
856	373	Pedro Fonseca	00:21:10	00:39:44	00:38:53	884		Junior	30
857	370	Anabela Constante	00:21:10	00:39:47	00:38:56	892		V40	22
858	613	Pedro Matos	00:21:18	00:39:48	00:38:13	783		V55	50
859	4281	Frederico Pires	00:21:05	00:39:48	00:38:45	851	Oeiras Parque	V35	119
860	3970	Nelson Gil	00:19:44	00:39:49	00:39:26	967	Tabaqueira - Estarbemestar	V40	141



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
861	3908	Bruno Marques	00:19:44	00:39:49	00:39:26	969	Tabaqueira - Estarbemestar	V40	142
862	987	Ana José	00:21:51	00:39:50	00:37:46	728	Clube Novo Banco	V45	10
863	2709	João Cocharro	00:20:37	00:39:51	00:38:21	801	Associação de Moradores 18 de Maio	V40	143
864	1397	Rui Gil	00:19:04	00:39:51	00:39:40	996	Clube Millennium bcp	V50	108
865	2735	Fernando Lima	00:20:13	00:39:51	00:38:46	853		V50	109
866	3100	Carlos Gonçalves	00:20:33	00:39:51	00:39:36	987	SERUL	V45	137
867	375	Nuno Almeida	00:19:47	00:39:52	00:38:54	888	Sportings deAlmeida	V40	144
868	3819	Marinela Figueiredo	00:20:23	00:39:52	00:39:13	928	NucleOeiras-ADNO	V40	23
869	3408	Sérgio Pinto	00:20:07	00:39:52	00:39:08	922		V35	120
870	2100	Diogo Moreira	00:21:35	00:39:52	00:37:29	697	WILD CHALLENGE	Senior	146
871	168	Olga Matoso	00:20:27	00:39:52	00:38:30	820		V55	3
872	31	Bernardo Miranda	00:19:55	00:39:52	00:39:16	939		V45	138
873	3619	Nuno Agostinho	00:20:40	00:39:53	00:39:08	921	TEAM MELOM	V45	139
874	255	Marcos Ferreira	00:21:48	00:39:53	00:37:54	746		Senior	147
875	2430	Luis Santos	00:20:28	00:39:53	00:38:38	840		V40	145
876	1850	Pedro Pereira	00:20:20	00:39:54	00:39:26	968		Senior	148
877	1267	José Soares	00:21:55	00:39:54	00:37:56	755	Elite Runners	V35	121
878	3193	José Freitas	00:19:38	00:39:55	00:39:48	1014	GRCD Leião	V45	140
879	3238	Cecilia Santiago	00:19:38	00:39:55	00:39:48	1016	GRCD Leião	V35	18
880	1076	Pedro Dias	00:21:02	00:39:56	00:39:06	917	Keep Running	V40	146



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
881	2207	Jorge Santos	00:21:34	00:39:57	00:38:00	761	EX FEDERADOS	V50	110
882	1381	Luis Costa	00:20:24	00:39:57	00:39:08	920	Clube Millennium bcp	V45	141
883	1707	David Lopes	00:21:26	00:39:59	00:38:08	774	Victorious Secret	V35	122
884	1752	Alexandre Reis	00:20:04	00:40:00	00:39:26	970	Link	V40	147
885	4073	Manuel Sobreda	00:21:41	00:40:00	00:37:26	692		V50	111
886	747	José Silva	00:20:04	00:40:00	00:39:13	930	CP Secil	V40	148
887	3004	Luís Nunes	00:21:52	00:40:01	00:37:57	758	crc marvila jovem	V40	149
888	1922	Joel Ferreira	00:19:27	00:40:01	00:39:53	1026		V35	123
889	2979	Lucia Silva	00:19:38	00:40:01	00:39:50	1018	G. R. D. Ribeira da Lage	V55	4
890	1552	Paulo Moura	00:22:36	00:40:01	00:37:49	734		V35	124
891	3101	Nuno Duarte	00:20:57	00:40:01	00:38:09	776	SERUL	V40	150
892	4279	Sebastião Carmo	00:20:58	00:40:02	00:38:58	896	Oeiras Parque	Senior	149
893	1874	Vanda Maia	00:19:40	00:40:02	00:39:52	1020		V40	24
894	838	Fernando Serrano	00:20:56	00:40:02	00:39:22	958	Corrida Noturna Parque das Nações	V45	142
895	2604	Nadine Pina	00:20:29	00:40:02	00:39:33	983	Strong Team	V35	19
896	2204	Miguel Abraços	00:22:11	00:40:02	00:38:04	770	EX FEDERADOS	V40	151
897	2811	João Pedro	00:20:15	00:40:03	00:39:15	933		V45	143
898	2352	Bernardo Fernandes	00:21:05	00:40:05	00:38:21	800	Clube Vodafone	Senior	150
899	3513	Guilherme Moreira	00:21:12	00:40:06	00:38:48	860		Junior	31
900	2806	Fernando Moreira	00:21:13	00:40:06	00:38:48	858		V55	51





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
901	3099	Acácio Lopes	00:20:31	00:40:07	00:39:58	1034	SERUL	V50	112
902	2986	Alexandra Rodrigues	00:20:01	00:40:07	00:39:46	1009	G. R. D. Ribeira da Lage	V35	20
903	2015	Carlos Oliveira	00:21:50	00:40:07	00:39:53	1022	Clube PT-Zcs	V50	113
904	243	Rui Serafim	00:20:12	00:40:07	00:39:27	971		V45	144
905	1953	Diogo Ferreira	00:20:48	00:40:08	00:38:42	846	Multicert	Senior	151
906	2394	Ellie Baker	00:21:22	00:40:08	00:38:24	807	Running Mums	V35	21
907	3187	Emilia Tavares	00:20:45	00:40:08	00:39:20	949	GRCD Leião	V50	7
908	2824	Carlos Santos	00:21:33	00:40:09	00:38:49	867	SIMECQ	V55	52
909	1002	Joaquim Monteiro	00:20:10	00:40:09	00:39:39	994	Clube Novo Banco	V50	114
910	4207	Maria Neto	00:19:57	00:40:09	00:39:57	1029	CP	V50	8
911	1885	Luis Revés	00:21:23	00:40:10	00:38:47	855	CCD Siemens	V40	152
912	2393	Angelina Mullins	00:21:22	00:40:10	00:38:26	812	Running Mums	V35	22
913	45	Rita Antunes	00:20:33	00:40:13	00:39:10	926		V35	23
914	298	Fernando Dias	00:20:00	00:40:13	00:39:43	1004		V55	53
915	2756	Paulo Filipe	00:20:36	00:40:15	00:39:20	948		V40	153
916	3635	Rui Varanda	00:20:35	00:40:15	00:39:05	915	Os Galgos	V45	145
917	1451	Rogério Gonçalves	00:20:34	00:40:15	00:39:05	911	Os Galgos	V35	125
918	1916	Ricardo Sarmento	00:20:19	00:40:16	00:40:03	1050		Senior	152
919	1468	Maria Martins	00:20:26	00:40:17	00:40:09	1074	Casa da Dizima - FIT 6	Senior	30
920	1951	Joaquim Fonseca	00:20:22	00:40:17	00:39:56	1027	Federação da Família para a Paz Mundial e Unifi	V60	21



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
921	2035	Cláudio Vicente	00:20:42	00:40:17	00:38:55	889	Multicert	V35	126
922	1079	Joaquim Varanda	00:21:06	00:40:18	00:39:29	975	Keep Running	V55	54
923	2398	Marco Martins	00:20:20	00:40:18	00:40:00	1039	RAME MOTO	V35	127
924	3372	Sérgio Pires	00:20:26	00:40:18	00:40:04	1055	Valejas Atlético Clube	V40	154
925	1080	Eurico Carocha	00:21:05	00:40:18	00:39:30	978	Keep Running	V50	115
926	3373	Susana Gomes	00:20:26	00:40:20	00:40:06	1066	Valejas Atlético Clube	V45	11
927	1984	Miguel Vicente	00:21:20	00:40:20	00:38:50	870		V40	155
928	3718	João Melo	00:20:18	00:40:20	00:39:47	1013	CCD Tranquilidade	Senior	153
929	1619	Nelson Lopes	00:21:01	00:40:20	00:38:46	854		V45	146
930	128	Flávia Brito	00:20:18	00:40:20	00:39:47	1011		Senior	31
931	4092	Júlio Miranda	00:20:50	00:40:20	00:39:39	992	Clube Accenture	V55	55
932	3338	Acácio Trinta	00:21:20	00:40:20	00:38:24	808		V40	156
933	1834	Fernando Baptista	00:21:12	00:40:21	00:38:54	887	Eggbite	Senior	154
934	495	Bruno Lopes	00:21:38	00:40:21	00:39:29	973		V35	128
935	3247	Sheila Galiano	00:19:52	00:40:21	00:39:53	1023	GRCD Leião	V45	12
936	2326	Sergio Correia	00:21:07	00:40:22	00:39:07	918		V35	129
937	3343	Atílio Chica	00:19:50	00:40:22	00:39:58	1032	Associação de Para-quedistas Tejo Norte	V65	14
938	390	Maria Teixeira	00:21:39	00:40:22	00:38:50	872		Senior	32
939	2218	Rui Carvalho	00:20:43	00:40:23	00:39:35	986		V40	157
940	2322	Luis Mateus	00:19:37	00:40:23	00:40:13	1091		Senior	155



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941	1026	Paulo Verissimo	00:19:50	00:40:23	00:39:51	1019	Clube Novo Banco	V50	116
942	1121	Hélder Santos	00:19:52	00:40:23	00:40:08	1070	PepsiCo Portugal	V40	158
943	1265	Paula Machado	00:20:18	00:40:24	00:40:04	1057		V60	3
944	2414	Vitor Lemos	00:20:26	00:40:25	00:39:42	1001		V35	130
945	2971	Licinia Rego	00:20:33	00:40:25	00:39:43	1003	G. R. D. Ribeira da Lage	V45	147
946	2983	Joaquim Guerra	00:21:09	00:40:26	00:39:05	913	G. R. D. Ribeira da Lage	V55	56
947	4311	António Major	00:20:27	00:40:26	00:40:20	1112	Wine moderation Running	V55	57
948	2994	Paulo Almeida	00:20:25	00:40:26	00:40:10	1075	G. R. D. Ribeira da Lage	V45	148
949	2799	Paulo Calado	00:20:53	00:40:26	00:38:51	876		V40	159
950	1555	Fernando Guerreiro	00:21:24	00:40:27	00:38:35	833	Guerreiros do Asfalto	V45	149
951	606	Marta Andrade	00:20:54	00:40:28	00:38:54	885		V35	24
952	3507	Sérgio Silveira	00:20:19	00:40:28	00:40:04	1059		V45	150
953	125	Abílio Campos	00:20:20	00:40:28	00:40:03	1045		V45	151
954	588	Pedro Silva	00:20:57	00:40:28	00:39:21	952		V45	152
955	3518	Bartolomeu Pereira	00:20:12	00:40:29	00:40:11	1079		V45	153
956	1296	Sheila Tomaz	00:20:17	00:40:29	00:39:37	988	Clube Millennium bcp	V40	25
957	1168	Nuno Feteira	00:20:42	00:40:29	00:39:27	972		V35	131
958	430	Tiago Siva	00:20:37	00:40:29	00:40:03	1046	Ninguémospára	Junior	32
959	1759	Fernando Rodrigues	00:20:32	00:40:29	00:40:05	1062	Cofina Runners	V55	58
960	3146	Jose Pujol	00:20:00	00:40:30	00:40:07	1067	Saidafrente	V50	117





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961	294	Carina Lourenço	00:20:56	00:40:30	00:40:15	1102	#HUTMASSAMACORRE	Senior	33
962	1763	Jorge Alves	00:20:32	00:40:30	00:40:13	1092	Cofina Runners	V35	132
963	2316	Pedro Jorge	00:21:12	00:40:30	00:39:24	964		V45	154
964	4310	Pedro Lourenço	00:19:26	00:40:30	00:40:27	1137	Wine moderation Running	Senior	156
965	25	João Antunes	00:20:01	00:40:30	00:40:10	1077		V60	22
966	1820	Toni Marques	00:20:40	00:40:31	00:38:41	843		V40	160
967	990	António Martins	00:20:16	00:40:31	00:40:13	1093	Clube Novo Banco	V45	155
968	3121	Dirceu Silva	00:20:53	00:40:31	00:38:55	890		V35	133
969	3630	Leo Bonfim	00:20:56	00:40:31	00:38:40	842	Caracóis de Pedra	V35	134
970	2409	Bruno Batista	00:21:13	00:40:31	00:39:26	966		V45	156
971	2083	Jose Concha	00:20:01	00:40:32	00:40:18	1109		V55	59
972	3096	Paula Soares	00:20:11	00:40:32	00:40:26	1135		V45	13
973	2913	Hugo Costa	00:22:20	00:40:32	00:39:01	906		V35	135
974	2950	Ricardo Dias	00:20:11	00:40:32	00:40:27	1138		V35	136
975	3629	José Leitão	00:21:08	00:40:32	00:38:44	848	Caracóis de Pedra	V50	118
976	768	Luis Pereira	00:21:52	00:40:33	00:38:02	764		V45	157
977	3890	Rui Paulo	00:20:04	00:40:33	00:39:47	1012		V45	158
978	1930	Jose Ramalho	00:20:23	00:40:33	00:40:12	1082		V40	161
979	1767	Tiago Dias	00:20:14	00:40:34	00:40:22	1123	Cofina Runners	V40	162
980	3293	Carla Passos	00:22:02	00:40:34	00:38:49	865	GRD OS FIXES	V45	14



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981	2929	Rui Nunes	00:21:41	00:40:34	00:38:35	835	Beer Boys	Senior	157
982	3398	Dagmar Baptista	00:21:21	00:40:34	00:38:31	822	Valejas Atlético Clube	V40	163
983	46	Antonio Santos	00:22:13	00:40:34	00:39:14	931		V45	159
984	1045	Jose Correia	00:20:08	00:40:34	00:40:32	1152		V55	60
985	2454	Paulo Meireles	00:21:24	00:40:35	00:39:32	980		V45	160
986	4134	David Ramos	00:22:20	00:40:35	00:39:05	912	SUMOL/COMPAL	Junior	33
987	1766	Paulo Abreu	00:21:51	00:40:35	00:38:56	891	Cofina Runners	V40	164
988	3699	Paulo Masculino	00:21:21	00:40:35	00:38:48	863		V45	161
989	2678	Luisa Landeiro	00:21:40	00:40:36	00:39:09	925	SS CGD	V45	15
990	3177	Maria Moreira	00:20:58	00:40:37	00:40:03	1048	GRCD Leião	V45	16
991	503	Aires Ildefonso	00:21:09	00:40:37	00:39:48	1017	Cabeleireiro Moda Jovem	V60	23
992	4085	Clara Raimundo	00:20:41	00:40:37	00:40:07	1069	Clube Accenture	V40	26
993	130	Armindo Pereira	00:21:07	00:40:39	00:39:45	1008		V45	162
994	2504	Jorge Velhinho	00:20:48	00:40:39	00:40:12	1087		Senior	158
995	3289	Raul Girão	00:20:58	00:40:39	00:40:14	1096	URBAN RUN TEAM	V60	24
996	2804	Hugo Conceição	00:23:38	00:40:39	00:38:16	789		V40	165
997	1223	Isabel Ribeiro	00:19:31	00:40:39	00:40:20	1115	Grupo Marcha e Corrida Jamor	V50	9
998	1934	Mário Dias	00:21:08	00:40:39	00:39:59	1038		V55	61
999	2292	João Antunes	00:20:27	00:40:39	00:39:16	940		V45	163
1000	3731	Bruno Duarte	00:21:32	00:40:40	00:38:18	793	CCD Tranquilidade	V35	137



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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1001	1058	João Ferreira	00:20:12	00:40:40	00:40:04	1058	Grupo Marcha e Corrida Jamor	V40	166
1002	579	Vasco Borrvalho	00:20:28	00:40:41	00:40:04	1053		Senior	159
1003	3072	Pedro Belo	00:21:36	00:40:41	00:38:59	902	Linda-a-Pastora Sporting Clube	V35	138
1004	600	José Cerqueira	00:20:06	00:40:42	00:40:32	1154		V45	164
1005	2449	Eugénia Ribeiro	00:19:54	00:40:42	00:40:38	1164	RN_Running	V45	17
1006	2651	Abel Costa	00:20:03	00:40:43	00:40:34	1160	walkingdead	V60	25
1007	2784	Brian Rodgers	00:19:52	00:40:43	00:40:22	1126		V65	15
1008	3426	Alvaro Azevedo	00:21:18	00:40:43	00:39:45	1007		V45	165
1009	184	Maria Almeida	00:20:09	00:40:44	00:40:40	1177		Junior	9
1010	2718	André Pinto	00:21:44	00:40:44	00:38:35	834	MARISQUEIRA C3	V35	139
1011	3943	Hugo Mendes	00:20:14	00:40:45	00:40:12	1083	Tabaqueira - Estarbemestar	V35	140
1012	3664	Diogo Oliveira	00:20:54	00:40:45	00:40:01	1040	St Julians Running Mums	V45	166
1013	2714	Bruno Neto	00:21:57	00:40:46	00:40:04	1054		Senior	160
1014	2546	Natacha Ribeirinho	00:21:57	00:40:47	00:39:06	916		Senior	34
1015	3237	Ana Carvalho	00:21:00	00:40:48	00:40:15	1100	GRCD Leião	V45	18
1016	1958	João Martins	00:21:24	00:40:50	00:39:16	941		V35	141
1017	113	Miguel Franco	00:20:33	00:40:51	00:40:40	1176		V45	167
1018	1632	Fernanda Moura	00:20:34	00:40:51	00:40:22	1127		V55	5
1019	841	José Garcia	00:20:24	00:40:53	00:40:36	1162	Corrida Noturna Parque das Nações	V50	119
1020	3239	Ricardo Reixa	00:20:05	00:40:53	00:40:48	1194	GRCD Leião	V40	167





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1021	3223	Márcia Gaspar	00:19:51	00:40:53	00:40:14	1099	GRCD Leião	V40	27
1022	3245	Ricardo Macedo	00:20:56	00:40:53	00:40:11	1078	GRCD Leião	Senior	161
1023	1424	Eduardo Pinto	00:20:49	00:40:53	00:40:05	1061	Clube Millennium bcp	V50	120
1024	971	Marco Cardoso	00:21:51	00:40:53	00:39:44	1006		V45	168
1025	471	Joaquim Cardoso	00:22:02	00:40:54	00:39:33	981		V45	169
1026	4122	Paulo Martins	00:20:52	00:40:54	00:40:13	1089	SUMOL/COMPAL	V35	142
1027	1251	Severino Cruz	00:21:10	00:40:54	00:39:53	1025		V55	62
1028	2201	Carlos Nita	00:21:47	00:40:55	00:38:58	898	EX FEDERADOS	V45	170
1029	2424	Filipa Moita	00:20:20	00:40:55	00:40:39	1170		Senior	35
1030	1545	José Marques	00:20:57	00:40:55	00:40:35	1161	Grupo Marcha e Corrida Jamor	V65	16
1031	444	Emanuel Estronca	00:21:57	00:40:56	00:38:34	830		V35	143
1032	3865	Fábio Rodrigues	00:20:10	00:40:56	00:40:22	1128	Hovione SSC	Senior	162
1033	2298	Carlos Lima	00:21:00	00:40:57	00:40:44	1185		V45	171
1034	776	Adriano Mendes	00:20:47	00:40:58	00:40:56	1213	LIS RUNNING CPA	V35	144
1035	253	Luis Morais	00:20:35	00:40:59	00:40:33	1156		V35	145
1036	3801	Odília Gomes	00:21:52	00:40:59	00:39:15	936	NucleOeiras-ADNO	V35	25
1037	3795	Maria Varela	00:21:51	00:40:59	00:39:15	937	NucleOeiras-ADNO	V35	26
1038	1774	Patrícia Matos	00:21:17	00:41:00	00:39:18	943	Linda-a-Pastora Sporting Clube	V40	28
1039	1793	Pedro Vitorino	00:21:17	00:41:00	00:39:19	945	Linda-a-Pastora Sporting Clube	V40	168
1040	3990	Rogério Delazari	00:21:50	00:41:00	00:39:58	1031	Tabaqueira - Estarbemestar	V40	169



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1041	778	André Loureiro	00:21:20	00:41:00	00:39:46	1010	Clube EDP Lisboa	V35	146
1042	182	João Gonçalves	00:21:28	00:41:01	00:38:34	831		V35	147
1043	3021	David Silva	00:21:51	00:41:01	00:39:35	985	Pump Amadora	V40	170
1044	1147	Nuno Videira	00:19:43	00:41:01	00:40:46	1191		V45	172
1045	1271	Bruno Fernandes	00:20:33	00:41:01	00:40:45	1186	FUTEBOL CLUBE ESTRELAS LISBOA	V40	171
1046	2407	João Sousa	00:20:45	00:41:01	00:40:21	1120		V45	173
1047	2181	Isabel Gaspar	00:20:58	00:41:02	00:40:56	1214		V40	29
1048	873	Carlos Correia	00:22:34	00:41:02	00:38:51	875	Atletico Via Rara	V50	121
1049	3523	Margarida Lucas	00:20:56	00:41:03	00:40:09	1072	EAE Lazy Runners	Senior	36
1050	3172	António Gouveia	00:22:23	00:41:03	00:39:15	935	Garage 14	V45	174
1051	3284	Pedro Nobre	00:22:23	00:41:04	00:39:16	942	Garage 14	V40	172
1052	2074	Fátima Branco	00:20:29	00:41:04	00:40:47	1192		V50	122
1053	2981	Ana Mendes	00:21:29	00:41:04	00:39:34	984	G. R. D. Ribeira da Lage	V35	27
1054	2413	Carlos Teófilo	00:20:55	00:41:04	00:40:16	1105		V40	173
1055	2985	Vanda Badé	00:21:30	00:41:04	00:39:32	979	G. R. D. Ribeira da Lage	V35	28
1056	2982	Ventura Saraiva	00:21:30	00:41:05	00:39:33	982	G. R. D. Ribeira da Lage	V65	17
1057	562	Andre Costa	00:21:02	00:41:06	00:39:44	1005	Quarentões na Bisga	Junior	34
1058	2101	Mário Domingues	00:21:48	00:41:07	00:38:45	852	WILD CHALLENGE	Senior	163
1059	998	Fernando Brandão	00:20:55	00:41:07	00:40:40	1174	Clube Novo Banco	V50	123
1060	1057	Fernando Costa	00:20:01	00:41:08	00:40:50	1198		V35	148



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1061	1123	Pedro Aleixo	00:20:01	00:41:08	00:40:50	1197	PepsiCo Portugal	Senior	164
1062	1459	Paulo Duarte	00:21:16	00:41:08	00:40:13	1090	Os Galgos	V45	175
1063	1087	Rui Dias	00:22:47	00:41:08	00:39:09	924	Serviços Sociais Montepio	V50	124
1064	757	Bernardo Ferreira	00:20:53	00:41:09	00:40:42	1179		Senior	165
1065	3384	José Galamba	00:21:20	00:41:09	00:40:31	1148	Valejas Atlético Clube	V65	18
1066	244	Pedro Frade	00:20:02	00:41:09	00:40:20	1113		Senior	166
1067	65	João Ferreira	00:19:53	00:41:09	00:40:20	1116	Leogym	V35	149
1068	804	Pedro Jordão	00:22:14	00:41:10	00:38:50	871	BANCO ATLANTICO EUROPA	V45	176
1069	1651	Maria Duarte	00:21:01	00:41:10	00:40:09	1073	CLUBE COLABORADORES AGEAS	Senior	37
1070	1062	Rui Silva	00:21:58	00:41:10	00:39:42	1000	Falcões Selvagens	V50	125
1071	1593	Mauro Ferreira	00:21:09	00:41:10	00:40:52	1205	FUTEBOL CLUBE ESTRELAS LISBOA	V40	174
1072	1409	Jose Faria	00:20:58	00:41:11	00:40:32	1153	Clube Millennium bcp	V55	63
1073	1687	Telmo Nunes	00:20:46	00:41:11	00:40:28	1140		Senior	167
1074	3526	Tony Coelho	00:23:39	00:41:11	00:40:17	1107	EAE Lazy Runners	Senior	168
1075	1431	Pedro Cunha	00:20:58	00:41:12	00:40:31	1147	Clube Millennium bcp	V35	150
1076	1546	Victória Quintã	00:20:36	00:41:12	00:40:51	1200	CDPA	Senior	38
1077	1420	Fernando Serrano	00:21:06	00:41:12	00:40:23	1129	Clube Millennium bcp	V50	126
1078	238	Tiago Rodrigues	00:21:59	00:41:12	00:39:29	974		Senior	169
1079	2213	Susana Reis	00:21:17	00:41:12	00:39:59	1037		V40	30
1080	1742	Pedro Duarte	00:21:59	00:41:13	00:39:30	976		Senior	170





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1081	1547	João Santos	00:20:35	00:41:13	00:40:52	1207	CDPA	Senior	171
1082	1146	Augusto Ribeiro	00:20:31	00:41:13	00:40:44	1184		V45	177
1083	1008	Laura Horta	00:20:55	00:41:14	00:40:42	1180	Clube Novo Banco	V40	31
1084	2687	Paula Martins	00:21:34	00:41:14	00:39:42	999	SS CGD	V35	29
1085	2511	Rui Melo	00:22:21	00:41:15	00:39:56	1028		V35	151
1086	4142	Gonçalo Mesquita	00:21:13	00:41:15	00:40:22	1125	SUMOL/COMPAL	V35	152
1087	2242	Gonçalo Enes	00:20:17	00:41:16	00:40:38	1167		V45	178
1088	2268	Orlando Couceiro	00:19:05	00:41:16	00:41:01	1233		Senior	172
1089	3620	Rui Évora	00:21:46	00:41:16	00:38:58	894	R2RUN	V35	153
1090	3317	Isabel Nunes	00:20:39	00:41:17	00:41:06	1254		V45	19
1091	3130	César Zigue	00:22:25	00:41:17	00:40:05	1060		Senior	173
1092	3158	Rui Martins	00:20:19	00:41:17	00:41:03	1242		V40	175
1093	2191	Frederico Santos	00:23:43	00:41:18	00:38:52	879		Junior	35
1094	4121	Rita Santos	00:21:03	00:41:18	00:41:00	1229	SUMOL/COMPAL	Senior	39
1095	2177	João Tomás	00:21:29	00:41:20	00:40:36	1163		V60	26
1096	1825	Nuno Costa	00:21:51	00:41:20	00:39:41	998		V40	176
1097	2435	João Dias	00:22:01	00:41:21	00:39:22	956		V45	179
1098	3361	Cesar Santos	00:22:02	00:41:21	00:39:20	947	Valejas Atlético Clube	V45	180
1099	2107	Diogo Teodoro	00:20:57	00:41:22	00:41:13	1277	Os Infantes de Mafra	Junior	36
1100	3385	José Raposo	00:22:02	00:41:22	00:39:13	929	Valejas Atlético Clube	V45	181



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Aleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1101	2106	Bruno Teodoro	00:20:57	00:41:23	00:41:12	1274	Os Infantes de Mafra	V40	177
1102	3141	José Rodrigues	00:21:11	00:41:23	00:40:24	1131		V50	127
1103	1207	Liliana Santos	00:21:14	00:41:24	00:41:02	1240		V35	30
1104	1213	Marco Domingos	00:20:31	00:41:24	00:40:57	1220		Senior	174
1105	2877	João Neto	00:21:19	00:41:24	00:40:15	1104	Filhos do Patinhas & Cia	Senior	175
1106	3090	Rui Silva	00:21:12	00:41:25	00:40:25	1133		V50	128
1107	4006	Carlos Brito	00:20:45	00:41:25	00:41:02	1238		Senior	176
1108	4005	Cármén Neves	00:20:46	00:41:25	00:41:02	1239		Senior	40
1109	652	Pedro Aparício	00:21:34	00:41:26	00:40:22	1124	Equipa GDC FIDELIDADE	V35	154
1110	2771	Pedro Brandão	00:21:57	00:41:26	00:40:01	1041		Senior	177
1111	3869	Pedro Filipe	00:21:04	00:41:26	00:40:30	1146	Hovione SSC	V45	182
1112	321	Nuno Nunes	00:19:58	00:41:26	00:41:09	1261		V45	183
1113	1309	Tobias Conde	00:22:49	00:41:26	00:39:14	932	Clube Millennium bcp	Senior	178
1114	1327	Manuel Lopes	00:22:02	00:41:26	00:39:39	993	Clube Millennium bcp	V40	178
1115	2464	Tiago Salvador	00:21:20	00:41:28	00:40:21	1117	Os 3 da vida airada.. +1s	Senior	179
1116	247	José Alves	00:21:39	00:41:28	00:40:13	1088		V55	64
1117	2314	Patricia Miranda	00:21:07	00:41:28	00:40:15	1103		V35	31
1118	619	João Fernandes	00:21:57	00:41:29	00:39:52	1021		Senior	180
1119	2935	Nuno Ramos	00:21:39	00:41:29	00:40:05	1065		V35	155
1120	2498	Gonçalo Bastardo	00:21:30	00:41:29	00:41:17	1287		Junior	37



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1121	2127	Luis Morgado	00:22:06	00:41:30	00:38:07	771	100NOÇÃO	V45	184
1122	986	Ana Ferreira	00:20:56	00:41:31	00:40:59	1228	Clube Novo Banco	V45	20
1123	3311	José Martins	00:21:32	00:41:31	00:39:42	1002	GRD OS FIXES	Senior	181
1124	3088	João Martins	00:21:32	00:41:32	00:39:39	995		Junior	38
1125	2451	Rui Nova	00:22:58	00:41:32	00:39:21	951	I Fit You	Senior	182
1126	3696	João Rodrigues	00:21:12	00:41:32	00:41:12	1275		V50	129
1127	771	Nuno Alves	00:21:11	00:41:32	00:41:26	1317		V60	27
1128	1990	Bárbara Silva	00:21:21	00:41:33	00:40:54	1209		Senior	41
1129	2174	João Oliveira	00:22:59	00:41:33	00:39:21	954		Senior	183
1130	2869	Nuno Cabanas	00:21:00	00:41:33	00:41:14	1278		V45	185
1131	573	Madalena Salavessa	00:20:11	00:41:34	00:41:28	1320		V50	10
1132	1285	Mario Mendes	00:20:49	00:41:34	00:40:43	1183	Clube Millennium bcp	V50	130
1133	2726	Bruno Pentrisco	00:21:00	00:41:34	00:40:32	1151	MP Team	V40	179
1134	3265	Miguel Almeida	00:21:35	00:41:34	00:39:24	963	360imprimir	V40	180
1135	3527	Tiago Bioucas	00:21:55	00:41:35	00:40:39	1173	EAE Lazy Runners	Senior	184
1136	2082	Ricardo Rosa	00:21:57	00:41:35	00:39:37	989		V40	181
1137	587	José Andrade	00:22:58	00:41:35	00:40:03	1052		V40	182
1138	3416	Filipe Maçorano	00:21:32	00:41:35	00:40:40	1175	Mercês em Fuga	V35	156
1139	2914	Nelson Nunes	00:22:11	00:41:36	00:39:48	1015		V40	183
1140	3592	Bruno Oliveira	00:22:42	00:41:36	00:39:19	946		Senior	185





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1141	493	João Carril	00:20:56	00:41:36	00:41:25	1311		V60	28
1142	2999	Elisabete Filipe	00:20:51	00:41:37	00:41:20	1294	G. R. D. Ribeira da Lage	V40	32
1143	2964	Ricardo Neiva	00:23:01	00:41:37	00:39:21	955		V45	186
1144	2934	Pedro Curto	00:23:00	00:41:37	00:39:21	950		V40	184
1145	3235	Angelica Gafanha	00:21:15	00:41:38	00:41:01	1235	GRCD Leião	V45	21
1146	3382	João Reis	00:20:33	00:41:38	00:41:24	1310	Valejas Atlético Clube	V50	131
1147	1787	António Almeida	00:22:48	00:41:38	00:40:42	1182	Linda-a-Pastora Sporting Clube	V60	29
1148	857	Silvino Cardoso	00:21:14	00:41:38	00:40:51	1204		V40	185
1149	1163	João Martinho	00:21:50	00:41:38	00:41:03	1241		Senior	186
1150	3591	Luis Sabino	00:22:41	00:41:39	00:39:24	962		V40	186
1151	3685	Manuela Romão	00:21:10	00:41:40	00:41:01	1234	Pump Amadora	V45	22
1152	3618	Irene Carvalho	00:20:58	00:41:41	00:40:56	1215	TEAM MELOM	V45	23
1153	2665	Francisco Clerigo	00:22:08	00:41:41	00:40:03	1051	SS CGD	V60	30
1154	2669	João Correia	00:21:55	00:41:42	00:40:14	1098	SS CGD	V55	65
1155	2715	Altide Cruz	00:21:11	00:41:42	00:41:06	1253		V45	187
1156	1954	Andreia Cruz	00:21:49	00:41:42	00:40:16	1106	Multicert	Senior	42
1157	2441	Ricardo Santos	00:21:42	00:41:43	00:40:11	1080		Senior	187
1158	3910	Carla Cubal	00:21:39	00:41:44	00:41:11	1269	Tabaqueira - Estarbemestar	V40	33
1159	1025	Paulo Ricardo	00:20:58	00:41:45	00:41:17	1286	Clube Novo Banco	V50	132
1160	103	Elisabete Pinto	00:21:03	00:41:45	00:41:26	1316		V45	24



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1161	2907	Pedro Gaspar	00:22:40	00:41:45	00:39:21	953		Senior	188
1162	3126	Vanda Bragança	00:22:22	00:41:45	00:39:59	1036		V40	34
1163	2155	Hugo Ribeiro	00:22:09	00:41:46	00:40:14	1097		Senior	189
1164	2988	Raquel Pinheiro	00:21:11	00:41:47	00:41:05	1251	G. R. D. Ribeira da Lage	Senior	190
1165	4117	Paulo Ramos	00:20:51	00:41:47	00:40:58	1223	SUMOL/COMPAL	V45	188
1166	2154	Bruna Santos	00:22:12	00:41:47	00:40:15	1101		Senior	43
1167	284	Carlos Vieira	00:21:39	00:41:47	00:40:33	1157		V55	66
1168	1842	Joaquim Teixeira	00:21:54	00:41:49	00:40:29	1143		V35	157
1169	570	Ana Salvado	00:20:54	00:41:49	00:41:14	1279	Quarentões na Bisga	V40	35
1170	4101	Sara Conchinhas	00:20:41	00:41:49	00:41:24	1308	Clube Accenture	Senior	44
1171	1737	Margarida Anjos	00:21:54	00:41:50	00:40:32	1149	Fire Team	V35	32
1172	2591	David Pinto	00:21:08	00:41:50	00:40:12	1081		Senior	191
1173	3025	César Cordeiro	00:21:57	00:41:50	00:40:10	1076	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V45	189
1174	704	António Silva	00:20:25	00:41:51	00:41:30	1327		V70	5
1175	782	César Fundo	00:22:59	00:41:51	00:40:42	1181	Clube EDP Lisboa	V35	158
1176	1343	Luis Silva	00:21:04	00:41:51	00:41:11	1268	Clube Millennium bcp	V50	133
1177	3858	Nuno Rosa	00:22:01	00:41:52	00:40:45	1190	Hovione SSC	V40	187
1178	3417	João Caroco	00:21:00	00:41:53	00:40:57	1217	Mercês em Fuga	V45	190
1179	2261	Mafalda Gameiro	00:22:33	00:41:53	00:39:37	990	CASA DO PESSOAL DA RTP	V45	25
1180	2040	Pedro Batardo	00:21:28	00:41:54	00:39:53	1024		V35	159



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<i>Class.</i>	<i>Dorsal</i>	<i>Aleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1181	74	Jose Dias	00:22:24	00:41:54	00:41:05	1250		V50	134
1182	2534	Bruno Cantinho	00:21:56	00:41:55	00:40:54	1210		V35	160
1183	2713	Francisco Geraledes	00:22:41	00:41:55	00:40:38	1166		Senior	192
1184	101	Vitor Elias	00:20:51	00:41:56	00:41:37	1342		V65	19
1185	382	Patrícia Azevedo	00:20:48	00:41:56	00:41:47	1372		Senior	45
1186	381	Luis Azevedo	00:20:44	00:41:56	00:41:47	1365		V50	135
1187	2354	Filipa Peleja	00:23:08	00:41:56	00:39:41	997	Clube Vodafone	V35	33
1188	3215	José Barata	00:20:22	00:41:56	00:41:53	1386	GRCD Leião	V75	1
1189	3279	Sofia Boléo	00:21:33	00:41:56	00:41:23	1306	CLUBE ANACOM	V45	26
1190	3671	Alexandra Torres	00:21:54	00:41:57	00:41:01	1236	St Julians Running Mums	V45	27
1191	3230	Maria Santos	00:21:15	00:41:57	00:41:20	1293	GRCD Leião	Junior	10
1192	3205	Luís Santos	00:21:14	00:41:57	00:41:23	1305	GRCD Leião	V45	191
1193	3032	Marina Marques	00:21:59	00:41:58	00:40:13	1094	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	Senior	46
1194	812	Liliana Lopes	00:22:24	00:41:58	00:40:29	1142	BANCO ATLANTICO EUROPA	Senior	47
1195	3842	Bruno Henriques	00:22:04	00:41:58	00:40:30	1144	Hovione SSC	V40	188
1196	803	Gonçalo Rangel	00:22:24	00:41:59	00:40:33	1158	BANCO ATLANTICO EUROPA	Senior	193
1197	72	Sérgio Ferreira	00:21:41	00:41:59	00:40:50	1199		V40	189
1198	153	Vera Pinto	00:22:08	00:42:00	00:40:45	1188	Fire Team	V45	28
1199	451	Jose Vermelhudo	00:21:53	00:42:00	00:40:41	1178	NAV RUNNERS	V55	67
1200	2566	Catarina Figueira	00:22:13	00:42:00	00:40:19	1111	TEJO	V40	36





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1201	1649	Joao Frade	00:21:40	00:42:02	00:40:57	1222	CLUBE COLABORADORES AGEAS	V45	192
1202	1950	Mercedes Fonseca	00:21:40	00:42:02	00:41:42	1354	Federação da Família para a Paz Mundial e Unifi	V60	4
1203	1811	Bento Quaresma	00:21:31	00:42:03	00:41:28	1321	Linda-a-Pastora Sporting Clube	V45	193
1204	2730	Marco Reis	00:22:36	00:42:04	00:40:12	1084	Grupo Desportivo Barcarena	V40	190
1205	1242	Celestino Oliveira	00:22:33	00:42:04	00:40:32	1155		V60	31
1206	923	João Osório	00:21:37	00:42:05	00:40:58	1226		V40	191
1207	1622	Carlos Gouveia	00:21:10	00:42:05	00:41:19	1290		V55	68
1208	1818	Rodrigo Oliveira	00:22:48	00:42:05	00:40:22	1121		V40	192
1209	2875	Vitor Ferreira	00:22:06	00:42:06	00:40:03	1049		V55	69
1210	2095	Nélio Cardoso	00:23:48	00:42:06	00:37:56	754		V45	194
1211	1294	Ana Marques	00:21:01	00:42:06	00:41:22	1304	Clube Millennium bcp	V55	6
1212	1794	Carlos Vicente	00:20:22	00:42:07	00:42:02	1409	Linda-a-Pastora Sporting Clube	V40	193
1213	499	Mónica Matos	00:21:24	00:42:07	00:41:36	1339		V40	37
1214	16	Adriano Zambujeiro	00:22:39	00:42:07	00:40:28	1139		V40	194
1215	4322	Sofia Caetano	00:21:14	00:42:07	00:41:49	1377		V45	29
1216	3975	Nuno Ribeiro	00:22:28	00:42:08	00:41:08	1259	Tabaqueira - Estarbemestar	V40	195
1217	1228	Filipa Francisco	00:21:07	00:42:08	00:41:47	1366		V40	38
1218	3604	Francisco Ferreira	00:23:22	00:42:08	00:40:09	1071		V35	161
1219	3541	Paulo Costa	00:21:15	00:42:08	00:41:51	1381		V40	196
1220	315	Pedro Morais	00:21:28	00:42:08	00:41:21	1295		V50	136



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1221	1892	Luis Sousa	00:21:02	00:42:09	00:41:44	1358		V45	195
1222	2132	Marta Cunha	00:21:04	00:42:10	00:41:49	1379	CDPA	Senior	48
1223	3458	João Lopes	00:20:53	00:42:10	00:41:23	1307		V45	196
1224	3063	Pedro Galguinho	00:21:14	00:42:10	00:41:47	1367	CDCR DOS CTT	V45	197
1225	3678	Kevin Harrison	00:22:02	00:42:10	00:41:08	1258		V35	162
1226	1497	Raul Damas	00:22:32	00:42:10	00:40:13	1095		V65	20
1227	1735	João Tavares	00:22:05	00:42:11	00:40:58	1224	#borntorun	V45	198
1228	287	André Oliveira	00:21:59	00:42:11	00:41:19	1291	#HUTMASSAMACORRE	V35	163
1229	3083	Olga Cunha	00:21:47	00:42:11	00:41:10	1264		Senior	49
1230	1597	Cristina Antunes	00:22:08	00:42:11	00:40:59	1227	#borntorun	V45	30
1231	1441	Ivo Cruz	00:22:43	00:42:11	00:40:28	1141		Senior	194
1232	3142	Diogo Azancot	00:21:36	00:42:11	00:41:47	1369	Saidafrente	V50	137
1233	3850	Miguel Cansado	00:21:05	00:42:13	00:41:10	1265	Hovione SSC	V45	199
1234	3369	Pedro Inácio	00:24:53	00:42:13	00:40:05	1063	Valejas Atlético Clube	V35	164
1235	3433	Pedro Almeida	00:21:01	00:42:13	00:41:33	1328		V40	197
1236	3380	Hugo Lampreia	00:24:53	00:42:13	00:40:07	1068	Valejas Atlético Clube	V40	198
1237	2727	Joao Paiva	00:22:37	00:42:14	00:40:21	1119	Grupo Desportivo Barcarena	V40	199
1238	1664	Maria Abrantes	00:21:58	00:42:14	00:41:55	1393		V55	7
1239	3605	Nadir Turkman	00:23:26	00:42:14	00:40:20	1114		Senior	195
1240	2728	Jorge Marques	00:22:38	00:42:14	00:40:22	1122	Grupo Desportivo Barcarena	V40	200



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1241	3190	Rita Oliveira	00:21:26	00:42:15	00:42:10	1421	GRCD Leião	V35	34
1242	1150	João Rosa	00:19:35	00:42:16	00:41:58	1398		Senior	196
1243	1416	Nuno Lopes	00:23:53	00:42:16	00:40:39	1169	Clube Millennium bcp	V45	200
1244	1358	Daniel Moreira	00:23:52	00:42:16	00:40:39	1168	Clube Millennium bcp	V45	201
1245	1458	Marisa Rodrigues	00:22:07	00:42:16	00:40:58	1225	Os Galgos	V35	35
1246	4145	Eduardo Guerreiro	00:22:21	00:42:17	00:40:45	1189	SUMOL/COMPAL	Senior	197
1247	2353	Carlos Fernandes	00:22:19	00:42:17	00:40:57	1221	Clube Vodafone	V50	138
1248	3503	Diane Detollenaere	00:21:34	00:42:18	00:41:54	1390		V50	11
1249	2205	Fernando Jeronimo	00:22:30	00:42:18	00:40:19	1110	EX FEDERADOS	V65	21
1250	2203	Luis Cunha	00:23:04	00:42:18	00:40:21	1118	EX FEDERADOS	V50	139
1251	4141	Paulo Luís	00:21:23	00:42:18	00:42:18	1437	SUMOL/COMPAL	V45	202
1252	3418	Gonçalo Alexandre	00:20:56	00:42:19	00:41:21	1296	Mercês em Fuga	Senior	198
1253	1212	Nelson Pinto	00:22:58	00:42:19	00:40:12	1085		V40	201
1254	2827	Jorge Valadares	00:22:47	00:42:19	00:40:30	1145	SIMECQ	V55	70
1255	4126	Luís Magalhães	00:21:23	00:42:19	00:42:19	1439	SUMOL/COMPAL	V40	202
1256	3640	Manuel Narciso	00:21:30	00:42:19	00:41:33	1331	Serviços Sociais Montepio	V50	140
1257	1902	Manuel Ribeiro	00:21:50	00:42:20	00:41:36	1340		V60	32
1258	134	Rui Gonçalves	00:21:37	00:42:20	00:41:36	1337		V40	203
1259	1615	Conceicao Alves	00:22:57	00:42:21	00:40:26	1134	OS KOXUS	V55	8
1260	3642	Nuno Carvalho	00:21:38	00:42:21	00:41:29	1323	Serviços Sociais Montepio	V40	204



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1261	3485	Sergio Bolotinha	00:23:08	00:42:21	00:40:38	1165		Junior	39
1262	3805	Pedro Monteiro	00:21:09	00:42:21	00:41:25	1313	NucleOeiras-ADNO	V35	165
1263	1529	Paulo Duarte	00:21:11	00:42:22	00:41:30	1326	GDCT Unicre	V50	141
1264	2672	Jose Ferreira	00:23:05	00:42:22	00:40:23	1130	SS CGD	V60	33
1265	2179	Luis Grilo	00:22:37	00:42:23	00:40:24	1132		V45	203
1266	438	António Fernandes	00:22:43	00:42:23	00:41:13	1276	CP Secil	Senior	199
1267	2683	Miguel Dias	00:22:28	00:42:24	00:41:11	1270	SS CGD	V40	205
1268	439	Luís Lopes	00:22:44	00:42:24	00:41:14	1282	CP Secil	V50	142
1269	961	Lurdes Ferreira	00:21:05	00:42:24	00:40:51	1202	Serviços Sociais Montepio	V55	9
1270	3345	Carlos Coelho	00:22:46	00:42:24	00:41:04	1246	Associação de Para-quedistas Tejo Norte	V40	206
1271	941	Victória Mata	00:21:44	00:42:24	00:42:03	1410	OS MATAS	V60	5
1272	2704	Paulo Casinhas	00:22:44	00:42:25	00:42:11	1424	OS BOLHA NO PÉ	Senior	200
1273	885	Cátia Fonseca	00:22:28	00:42:26	00:41:14	1280		V35	36
1274	3524	Marco Ferreira	00:22:42	00:42:27	00:42:25	1453	EAE Lazy Runners	Senior	201
1275	1315	Fernando Adrega	00:21:39	00:42:28	00:41:24	1309	Clube Millennium bcp	V45	204
1276	2960	Vera Trindade	00:20:39	00:42:28	00:42:21	1445		Senior	50
1277	2519	Patrícia Machado	00:21:30	00:42:28	00:41:56	1394		V35	37
1278	160	Maria Santos	00:22:39	00:42:29	00:41:11	1266	Singarunners	V40	39
1279	1390	Dulce Ramos	00:21:39	00:42:29	00:41:25	1314	Clube Millennium bcp	V45	31
1280	159	José Costa	00:22:40	00:42:29	00:41:11	1267	Singarunners	V40	207





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1281	2188	Afonso Esteves	00:23:26	00:42:29	00:40:05	1064		Junior	40
1282	1720	Pedro Matos	00:22:53	00:42:30	00:39:57	1030		Senior	202
1283	1321	Pedro Almeida	00:22:39	00:42:30	00:41:11	1271	Clube Millennium bcp	V35	166
1284	2039	João Veigas	00:21:56	00:42:30	00:41:33	1329		Senior	203
1285	2037	Miguel Nunes	00:21:56	00:42:30	00:41:33	1330		V45	205
1286	2131	Juventina Silva	00:23:06	00:42:30	00:40:57	1219	Alpotrade runners	V40	40
1287	3209	Sandra Silva	00:21:35	00:42:32	00:41:59	1403	GRCD Leião	V40	41
1288	2011	Carlos Oliveira	00:22:32	00:42:33	00:41:12	1272	Clube PT-Zcs	V55	71
1289	2244	Fernando Baeta	00:21:06	00:42:33	00:42:17	1436	Amigos em Movimento	V50	143
1290	608	Luis Domingos	00:22:19	00:42:34	00:41:25	1315		V55	72
1291	105	Nuno Jerónimo	00:22:52	00:42:34	00:40:02	1042		V40	208
1292	2463	Margarida Fernandes	00:23:02	00:42:34	00:41:27	1319	Os 3 da vida airada.. +1s	Senior	51
1293	1598	Tiago Monteiro	00:22:22	00:42:34	00:41:22	1302	#borntorun	V40	209
1294	2662	Esmeraldo Pereira	00:22:21	00:42:35	00:41:22	1301	SS CGD	V70	6
1295	1617	Carla Santos	00:22:23	00:42:35	00:41:22	1303	#borntorun	V35	38
1296	3804	Paulo Silva	00:24:36	00:42:35	00:40:55	1211	NucleOeiras-ADNO	V55	73
1297	2281	Pedro Paredes	00:22:51	00:42:35	00:40:02	1043		V35	167
1298	4135	Sónia Ramos	00:21:19	00:42:36	00:41:47	1370	SUMOL/COMPAL	V40	42
1299	2383	Leanne Crossland	00:22:36	00:42:36	00:40:51	1203	Running Mums	V35	39
1300	1851	Gustavo Neves	00:21:33	00:42:37	00:41:08	1260		V35	168



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1301	4226	Pedro Reis	00:22:54	00:42:37	00:41:00	1231	TEVA	Senior	204
1302	4165	Luís Graça	00:22:08	00:42:37	00:41:43	1356	GFD Running	V45	206
1303	3709	Duarte Gaspar	00:20:51	00:42:38	00:41:59	1400		Junior	41
1304	1373	Celisa Costa	00:22:14	00:42:38	00:41:22	1297	Clube Millennium bcp	V50	12
1305	3514	Sandro Bordeira	00:21:09	00:42:38	00:41:58	1397		V40	210
1306	2659	Céu Movilha	00:22:32	00:42:38	00:41:22	1298	SS CGD	V50	13
1307	1312	Carlo Pinho	00:22:32	00:42:39	00:41:22	1300	Clube Millennium bcp	V40	211
1308	794	Oscar Brito	00:23:06	00:42:39	00:41:19	1289	BANCO ATLANTICO EUROPA	V50	144
1309	2729	Sérgio Santos	00:22:38	00:42:40	00:40:48	1193	Grupo Desportivo Barcarena	V35	169
1310	3816	Susana Toledo	00:21:32	00:42:41	00:42:04	1415	NucleOeiras-ADNO	Senior	52
1311	3929	Fernanda Simoes	00:23:00	00:42:41	00:40:39	1172	Tabaqueira - Estarbemestar	V50	14
1312	1270	Carolina Sol	00:22:08	00:42:41	00:41:47	1373	Leogym	Junior	11
1313	1288	Joaquim Costa	00:21:08	00:42:41	00:42:20	1442	Clube Millennium bcp	V40	212
1314	718	Inês Marques	00:23:11	00:42:41	00:40:12	1086		Senior	53
1315	790	Antonio Pataca	00:20:47	00:42:42	00:42:35	1485	lesmas	V45	207
1316	1891	António Fernandes	00:21:56	00:42:42	00:41:16	1285		V50	145
1317	1032	Silvio Paiva	00:22:16	00:42:43	00:41:46	1361	Clube Novo Banco	V65	22
1318	2217	Pedro Aquino	00:23:16	00:42:43	00:40:45	1187		V50	146
1319	996	Elisabete Marques	00:21:57	00:42:43	00:42:10	1419	Clube Novo Banco	V35	40
1320	1031	Rui Paiva	00:21:59	00:42:43	00:42:12	1426	Clube Novo Banco	V35	170



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1321	147	Paulo Pereira	00:23:57	00:42:44	00:39:09	923		V40	213
1322	3761	Cristina Silverio	00:21:08	00:42:44	00:42:26	1458	NucleOeiras-ADNO	V40	43
1323	3102	Emanuel Pequeno	00:22:43	00:42:45	00:40:52	1206	SERUL	V40	214
1324	1502	Luís Lopes	00:21:56	00:42:45	00:41:59	1402		V35	171
1325	1337	Ricardo Sena	00:23:07	00:42:45	00:40:53	1208	Clube Millennium bcp	Junior	42
1326	3347	Vitor Abranches	00:22:21	00:42:45	00:41:25	1312	Associação de Para-quedistas Tejo Norte	V45	208
1327	3176	Sílvia Martins	00:21:20	00:42:45	00:42:04	1416	GRCD Leião	Senior	54
1328	2399	Diogo Martins	00:20:20	00:42:47	00:42:31	1472	RAME MOTO	Junior	43
1329	3453	Nuno Barata	00:21:20	00:42:48	00:42:40	1495		V40	215
1330	2275	Edgar Ramos	00:22:36	00:42:48	00:41:57	1396		V45	209
1331	2691	Pedro Costa	00:22:16	00:42:48	00:41:42	1353	SS CGD	V45	210
1332	2681	Marília Pereira	00:22:17	00:42:49	00:41:41	1352	SS CGD	V60	6
1333	143	Amílcar Póvoa	00:21:06	00:42:49	00:42:39	1492		V70	7
1334	417	Filipe Junot	00:22:58	00:42:49	00:40:32	1150		V35	172
1335	3887	Ana Rosa	00:22:25	00:42:49	00:41:03	1244		V50	15
1336	951	João Silva	00:22:10	00:42:50	00:41:57	1395	True Blue DLL	Senior	205
1337	1769	Fátima Santos	00:22:10	00:42:53	00:41:59	1399	Linda-a-Pastora Sporting Clube	V65	1
1338	3044	Vitor Ferreira	00:20:44	00:42:53	00:42:34	1481	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V40	216
1339	3697	Sofia Almeida	00:21:24	00:42:53	00:42:44	1508		Senior	55
1340	4001	Vadim Migirin	00:22:05	00:42:53	00:42:15	1431	Tabaqueira - Estarbemestar	V45	211



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1341	289	Ana Araujo	00:21:32	00:42:54	00:42:52	1534	#HUTMASSAMACORRE	Senior	56
1342	341	José Santos	00:21:45	00:42:55	00:42:54	1537	Os Amigos	V45	212
1343	1956	Tomás Pinto	00:22:22	00:42:55	00:41:49	1375	Motorway02	Junior	44
1344	4160	Patricia Santos	00:22:54	00:42:56	00:40:57	1216	GFD Running	V40	44
1345	2700	Olga Borges	00:22:26	00:42:56	00:41:29	1324	SS CGD	V40	45
1346	4132	Manuel Vaz	00:22:10	00:42:57	00:41:29	1322	SUMOL/COMPAL	V45	213
1347	3144	António Monteiro	00:21:43	00:42:57	00:42:34	1483	Saidafrente	V45	214
1348	3411	Miguel Eca	00:21:56	00:42:57	00:42:00	1404		V45	215
1349	38	Andreia Baioa	00:23:43	00:42:57	00:42:29	1463		Senior	57
1350	1435	Alexandra Costa	00:21:55	00:42:58	00:42:16	1434	Clube Millennium bcp	V45	32
1351	610	Sérgio Horta	00:23:13	00:42:58	00:41:46	1363		V35	173
1352	611	Pedro Azevedo	00:23:13	00:42:58	00:41:47	1368		V45	216
1353	2970	Maria Fatuda	00:21:32	00:42:59	00:42:37	1489	G. R. D. Ribeira da Lage	V60	7
1354	2280	Ricardo Águas	00:22:52	00:42:59	00:40:26	1136		V40	217
1355	908	Mário Lobo	00:21:53	00:42:59	00:42:15	1433		V45	217
1356	3631	Alexandre Drake	00:22:35	00:42:59	00:41:48	1374	Os Galgos	V50	147
1357	1855	André Almeida	00:23:08	00:42:59	00:40:34	1159	Elite Runners	Senior	206
1358	3716	Cassiana Bruel	00:22:00	00:42:59	00:42:02	1407	St Julians Running Mums	V50	16
1359	2216	Sónia Ferreira	00:22:50	00:43:00	00:41:39	1349		V35	41
1360	2826	Filipa Gregório	00:21:04	00:43:00	00:42:56	1540	SIMECQ	Junior	12





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1361	997	Fausto Capitão	00:21:58	00:43:00	00:42:00	1405	Clube Novo Banco	Senior	207
1362	3469	Pedro Saraiva	00:21:51	00:43:01	00:42:38	1490		Senior	208
1363	4151	Carla Santos	00:22:55	00:43:01	00:41:03	1243	GFD Running	V45	33
1364	2984	João Marques	00:24:50	00:43:02	00:40:17	1108	G. R. D. Ribeira da Lage	V50	148
1365	2236	Antonio Silva	00:22:36	00:43:02	00:40:50	1196		V35	174
1366	3081	Pedro Ferreira	00:22:40	00:43:02	00:41:00	1230		Senior	209
1367	513	António Duarte	00:22:18	00:43:02	00:41:29	1325	Clube do Stress	V55	74
1368	672	Favelina Santos	00:21:31	00:43:02	00:42:23	1451	#HUTMASSAMACORRE	V40	46
1369	148	Fábio Gato	00:23:16	00:43:03	00:41:19	1292		Senior	210
1370	2199	Elsa Bruxelas	00:21:23	00:43:03	00:42:29	1465		V55	10
1371	288	Cristiana Piçarra	00:21:59	00:43:03	00:42:15	1432	#HUTMASSAMACORRE	V35	42
1372	1456	João Matias	00:22:09	00:43:03	00:41:49	1378	Os Galgos	V40	218
1373	1798	Vítor Teixeira	00:23:39	00:43:03	00:41:39	1347	Linda-a-Pastora Sporting Clube	Senior	211
1374	1616	Luisa Alberto	00:22:57	00:43:03	00:41:10	1262	OS KOXUS	V55	11
1375	2412	Jorge Lemos	00:22:29	00:43:03	00:42:20	1443		V45	218
1376	2905	Jorge Rodrigues	00:21:26	00:43:03	00:42:52	1533		V55	75
1377	3692	Nuno Amaro	00:19:42	00:43:03	00:42:36	1488		V35	175
1378	867	Gonçalo Pereira	00:23:45	00:43:04	00:40:04	1056		Senior	212
1379	1558	Pedro Fonte	00:23:45	00:43:04	00:40:02	1044		Senior	213
1380	3171	Ana Ramos	00:21:48	00:43:04	00:42:14	1429	ACPortalegre / UTSM	V45	34



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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1381	2863	Diogo Caracinha	00:21:21	00:43:04	00:41:59	1401		V35	176
1382	2020	Ana Peixoto	00:23:14	00:43:05	00:41:35	1333	Clube PT-Zcs	V50	17
1383	2549	João Lourenço	00:23:13	00:43:05	00:41:36	1335		V55	76
1384	4103	Telma Guedes	00:21:43	00:43:05	00:42:21	1446	Clube Accenture	Senior	58
1385	1996	Pedro Domingos	00:23:08	00:43:05	00:41:04	1247	Pandilha	V35	177
1386	1898	Gonçalo Silva	00:23:43	00:43:05	00:41:04	1248		Junior	45
1387	68	Luís Alter	00:22:12	00:43:05	00:42:24	1452		V40	219
1388	1534	Carlos Viegas	00:22:05	00:43:06	00:42:11	1422	GDCT Unicre	V60	34
1389	1817	José Félix	00:23:18	00:43:06	00:41:01	1237		V45	219
1390	3271	José Silvério	00:24:07	00:43:06	00:40:55	1212	360imprimir	Senior	214
1391	3066	José Machado	00:21:17	00:43:07	00:42:45	1511	CDCR DOS CTT	V55	77
1392	2066	Luis Inácio	00:23:17	00:43:08	00:41:00	1232	NAV RUNNERS	V45	220
1393	1888	Idália Caeiro	00:22:14	00:43:09	00:42:01	1406		V45	35
1394	745	Sara Simão	00:22:29	00:43:10	00:42:31	1470	CP Secil	Senior	59
1395	481	Luis Albuquerque	00:23:00	00:43:10	00:40:51	1201		V45	221
1396	902	Maria Costa	00:22:30	00:43:11	00:42:32	1474	CP Secil	V45	36
1397	1604	Luis Miguel	00:21:31	00:43:12	00:42:43	1504		V40	220
1398	819	Mário Maximino	00:21:36	00:43:12	00:42:57	1543		V40	221
1399	529	Vitor Bento	00:23:39	00:43:12	00:40:39	1171		V40	222
1400	1278	Thelmo Cunha	00:22:33	00:43:13	00:42:43	1502	Run2Finish.PT	V55	78



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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1401	604	Luis Aguiar	00:21:36	00:43:13	00:42:57	1544		V40	223
1402	2844	Ana Moreira	00:23:22	00:43:13	00:41:07	1257		Senior	60
1403	1012	Manuel Anastácio	00:22:33	00:43:13	00:42:43	1503	Clube Novo Banco	V45	222
1404	2253	Joana Mendes	00:23:06	00:43:14	00:41:26	1318	Growin	Senior	61
1405	3091	Alvaro Ferreira	00:21:58	00:43:14	00:40:49	1195		V50	149
1406	1005	Jorge Monteiro	00:22:33	00:43:14	00:42:45	1512	Clube Novo Banco	V50	150
1407	251	Sérgio Calado	00:21:30	00:43:15	00:42:41	1497		V50	151
1408	1853	Alexandre Luz	00:21:52	00:43:16	00:42:49	1527		V40	224
1409	657	Helena Vasconcelos	00:21:55	00:43:17	00:42:39	1491	Equipa GDC FIDELIDADE	V40	47
1410	655	Raquel Duarte	00:21:54	00:43:17	00:42:40	1493	Equipa GDC FIDELIDADE	V35	43
1411	2452	Tânia Pinheiro	00:23:50	00:43:17	00:41:05	1249	I Fit You	Senior	62
1412	1952	Mauro Almeida	00:21:49	00:43:18	00:41:52	1384	Multicert	V35	178
1413	3520	Bernardo Teixeira	00:23:04	00:43:18	00:41:46	1362		Senior	215
1414	2173	Constança Ferreira	00:23:50	00:43:18	00:41:07	1256		Senior	63
1415	2641	Jorge Marques	00:22:42	00:43:19	00:41:52	1382	ENCOSTA TEAM	Senior	216
1416	1221	Pedro Dinis	00:21:26	00:43:19	00:43:00	1551	FUTEBOL CLUBE ESTRELAS LISBOA	V40	225
1417	1991	Rui Luís	00:23:05	00:43:19	00:42:34	1477		V45	223
1418	1665	Carlos Ventura	00:22:05	00:43:19	00:43:01	1553		V55	79
1419	1896	Diogo Ferreira	00:22:57	00:43:19	00:41:18	1288		V35	179
1420	2517	Carla Jose	00:23:04	00:43:19	00:42:11	1423		V45	37



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1421	732	Cristina Oliveira	00:22:41	00:43:20	00:42:13	1428	Premium Runners	V45	38
1422	263	Maria Gonçalves	00:22:02	00:43:20	00:43:08	1573	sfuap	V50	18
1423	3463	Miguel Além	00:23:45	00:43:20	00:41:04	1245		V50	152
1424	3889	André Pinheiro	00:21:02	00:43:20	00:42:17	1435		Senior	217
1425	1485	Eduardo Baiá	00:23:05	00:43:20	00:42:28	1460	BAIAMOURA	V45	224
1426	1540	Vitor Coelho	00:23:05	00:43:21	00:42:28	1461		V35	180
1427	601	Paulo Alves	00:23:53	00:43:22	00:41:37	1344		V40	226
1428	151	Hugo Remendinho	00:22:40	00:43:22	00:42:03	1411	Singarunners	Senior	218
1429	3165	Rui Heleno	00:23:53	00:43:22	00:41:37	1343		V40	227
1430	2291	Daniel Pinto	00:22:19	00:43:22	00:43:00	1549		Senior	219
1431	2884	Marisa Pinheiro	00:23:21	00:43:22	00:41:14	1281	NAV RUNNERS	Senior	64
1432	2320	José Gonçalves	00:22:50	00:43:23	00:42:03	1412		V50	153
1433	3419	Helena Estevens	00:21:35	00:43:23	00:43:19	1594		V45	39
1434	2272	João Prelhaz	00:22:50	00:43:23	00:42:04	1413		V55	80
1435	2512	Francisca Castro	00:20:16	00:43:24	00:43:14	1580	NucleOeiras-ADNO	Senior	65
1436	3175	Catarina Rodrigues	00:21:54	00:43:24	00:42:48	1524	GRCD Leião	V35	44
1437	15	Marta Fernandes	00:21:59	00:43:24	00:42:49	1525		Senior	66
1438	2737	Sofia Lopes	00:22:03	00:43:25	00:42:25	1456		V35	45
1439	1578	Miguel Faria	00:21:08	00:43:25	00:42:58	1545	Link	Senior	220
1440	1034	Xana Filipe	00:21:50	00:43:26	00:42:34	1480	Clube Novo Banco	V45	40





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1441	1551	Joana Meireles	00:22:59	00:43:26	00:41:35	1332		Senior	67
1442	4116	Marco Mendes	00:22:02	00:43:26	00:42:47	1518	SUMOL/COMPAL	V35	181
1443	4127	Diogo Dias	00:22:22	00:43:27	00:42:34	1482	SUMOL/COMPAL	V50	154
1444	270	Artur Carvalho	00:22:24	00:43:27	00:42:23	1449	Correr Queluz	V45	225
1445	605	Pedro Rodrigues	00:22:38	00:43:27	00:41:53	1387		V40	228
1446	1329	Pedro Murca	00:22:19	00:43:27	00:42:13	1427	Clube Millennium bcp	V50	155
1447	111	Carla Serrano	00:22:24	00:43:27	00:42:22	1447	Correr Queluz	V40	48
1448	4143	Ralph	00:22:22	00:43:27	00:42:35	1486	SUMOL/COMPAL	V50	156
1449	3798	Maria Figueiredo	00:22:16	00:43:27	00:42:46	1516	NucleOeiras-ADNO	V45	41
1450	850	Martim Madaleno	00:22:10	00:43:28	00:41:49	1376	Corrida Noturna Parque das Nações	Senior	221
1451	3534	Pedro Gonçalves	00:21:38	00:43:28	00:43:10	1574		V45	226
1452	1579	Tânia Silva	00:22:27	00:43:28	00:43:03	1560	Link	V35	46
1453	328	Igor Jaumandreu	00:23:48	00:43:28	00:41:53	1385		V50	157
1454	89	João Ventura	00:22:05	00:43:28	00:42:46	1513		V45	227
1455	1677	David Resina	00:23:39	00:43:29	00:42:25	1455		V55	81
1456	2881	Luis Silva	00:24:05	00:43:29	00:41:22	1299	Vai andando que eu ja te apanho	V35	182
1457	404	Natalino Lopes	00:21:37	00:43:29	00:43:18	1592		V55	82
1458	1353	Paulo Arsenio	00:22:20	00:43:29	00:42:32	1475	Clube Millennium bcp	V45	228
1459	1395	Antonio Almeida	00:22:20	00:43:29	00:42:31	1471	Clube Millennium bcp	V50	158
1460	3738	José Henriques	00:22:35	00:43:29	00:41:38	1346		V50	19



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1461	973	César Viegas	00:21:28	00:43:30	00:43:22	1603		V60	35
1462	2319	Tiago Chainho	00:22:45	00:43:30	00:41:16	1284		Senior	222
1463	3306	Vitória Monteiro	00:21:49	00:43:30	00:43:30	1626	GRD OS FIXES	V65	2
1464	3406	José Neves	00:22:35	00:43:30	00:41:40	1350		V40	229
1465	662	José Araujo	00:22:24	00:43:30	00:41:06	1252	Equipa GDC FIDELIDADE	V50	159
1466	955	Alexandra Baptista	00:21:31	00:43:31	00:43:16	1587	Serviços Sociais Montepio	V40	49
1467	1014	Manuel Venancio	00:21:31	00:43:31	00:43:16	1586	Clube Novo Banco	V45	229
1468	58	Marisa Serra	00:22:46	00:43:32	00:41:53	1388		V45	42
1469	4220	Sergio Santos	00:22:18	00:43:32	00:41:47	1371	TEVA	V40	230
1470	2166	António Viegas	00:22:43	00:43:32	00:42:14	1430		V45	230
1471	974	Céu Viegas	00:21:30	00:43:33	00:43:25	1610		V55	12
1472	4068	Ana Campos	00:22:17	00:43:34	00:42:32	1473		Senior	68
1473	3690	Amândio Busca	00:23:55	00:43:34	00:42:06	1417		V50	160
1474	4044	Patricia Santos	00:22:17	00:43:34	00:42:33	1476		V35	47
1475	2440	Nelson Bastos	00:21:50	00:43:35	00:42:47	1521		V45	231
1476	594	Joao Serrano	00:22:56	00:43:35	00:41:36	1341		V35	183
1477	698	Vitor Loureiro	00:23:05	00:43:36	00:41:45	1360		V50	161
1478	1408	Pedro Araujo	00:23:33	00:43:36	00:42:20	1441	Clube Millennium bcp	V50	162
1479	917	Silvério Rodrigues	00:22:25	00:43:36	00:43:00	1550		V45	232
1480	1967	Pedro Pinto	00:22:19	00:43:36	00:42:30	1466	Motorway01	V55	83



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1481	1272	Cristina Lucas	00:21:55	00:43:36	00:43:21	1601	FUTEBOL CLUBE ESTRELAS LISBOA	V40	50
1482	2989	Maria Bento	00:20:59	00:43:36	00:43:25	1611	G. R. D. Ribeira da Lage	V60	8
1483	4266	Agostinho Oliveira	00:22:15	00:43:37	00:42:49	1526	PEUGEOT	V55	84
1484	4156	Fernando Lopes	00:23:44	00:43:37	00:42:50	1531	GFD Running	V45	233
1485	3427	André Leitão	00:24:22	00:43:37	00:41:36	1336		Senior	223
1486	1443	José Vale	00:21:38	00:43:38	00:43:33	1635		V55	85
1487	2327	Sónia França	00:21:50	00:43:38	00:42:49	1528		V35	48
1488	171	Pedro Gonçalves	00:24:53	00:43:39	00:39:59	1035		V35	184
1489	3824	Leonardo Carmo	00:26:33	00:43:40	00:34:54	385		Junior	46
1490	419	Sara Amorim	00:21:49	00:43:40	00:43:25	1612		V35	49
1491	2765	Marta Baptista	00:22:17	00:43:41	00:42:42	1499	Sporting Clube de Casainhos	Senior	69
1492	2767	João Farinha	00:22:14	00:43:41	00:42:42	1501	Sporting Clube de Casainhos	Senior	224
1493	418	Guilherme Libório	00:21:49	00:43:41	00:43:26	1613		V35	185
1494	1813	António Moraes	00:22:51	00:43:42	00:41:37	1345		V45	234
1495	2210	Gonçalo Silva	00:24:08	00:43:42	00:41:10	1263		Senior	225
1496	3188	Natália Dias	00:22:31	00:43:43	00:42:54	1536	GRCD Leião	V45	43
1497	703	Isabel Lopes	00:22:43	00:43:43	00:42:30	1467		V45	44
1498	2067	Carla Miranda	00:23:16	00:43:43	00:41:35	1334	NAV RUNNERS	V45	45
1499	3333	Nuno Araújo	00:21:44	00:43:44	00:43:23	1606		V35	186
1500	303	Ana Candeias	00:21:54	00:43:45	00:43:29	1620	#HUTMASSAMACORRE	V40	51



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1501	123	Ana Feijão	00:22:24	00:43:46	00:42:44	1506		Senior	70
1502	3610	Gonçalo Coelho	00:24:07	00:43:46	00:41:55	1392		Junior	47
1503	4345	Paulo Balula	00:24:33	00:43:46	00:41:52	1383		V45	235
1504	2278	Maria Malagueiro	00:22:17	00:43:47	00:43:20	1597		V50	20
1505	3084	Carlos Hilario	00:22:53	00:43:48	00:41:44	1357		V50	163
1506	4011	Carlos Morgado	00:22:11	00:43:49	00:43:45	1672		V35	187
1507	3075	Luís Jorge	00:22:53	00:43:49	00:41:36	1338		Senior	226
1508	3883	Sara Rodrigues	00:21:05	00:43:49	00:43:28	1618		V35	50
1509	323	Alexandre Cibrão	00:22:30	00:43:50	00:43:24	1609		V40	231
1510	2954	Sérgio Costa	00:21:07	00:43:50	00:43:42	1662		V45	236
1511	3356	Paula Rita	00:22:34	00:43:51	00:42:56	1541	Associação de Para-quedistas Tejo Norte	V50	21
1512	653	Pedro Anselmo	00:24:26	00:43:51	00:42:04	1414	Equipa GDC FIDELIDADE	V40	232
1513	2200	Orlando Santos	00:22:55	00:43:51	00:41:53	1389	EX FEDERADOS	V45	237
1514	1055	Carlos Morais	00:24:19	00:43:52	00:41:40	1351		V35	188
1515	3638	Maria Vaz	00:21:14	00:43:52	00:43:46	1677	Wine moderation Running	V50	22
1516	1974	Pedro Pires	00:22:32	00:43:52	00:42:31	1468		V40	233
1517	830	Vera Loureiro	00:21:04	00:43:52	00:43:42	1661		V35	51
1518	2421	Paulo Jerónimo	00:22:17	00:43:53	00:42:48	1523		V55	86
1519	1941	Susana Jorge	00:21:04	00:43:53	00:43:52	1690	GDR Francos	Senior	71
1520	1378	Sara Oliveira	00:23:09	00:43:53	00:42:29	1462	Clube Millennium bcp	V40	52





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1521	1624	Maria S.Pedro	00:21:41	00:43:54	00:43:32	1632		V35	52
1522	4137	Monica Carvalho	00:21:48	00:43:54	00:43:08	1572	SUMOL/COMPAL	Senior	72
1523	1069	Maria Simoes	00:23:23	00:43:54	00:42:20	1440	Team Certo	V50	23
1524	1778	Marisa Rodrigues	00:22:41	00:43:55	00:42:11	1425	Linda-a-Pastora Sporting Clube	V35	53
1525	3521	Susana Rodrigues	00:22:19	00:43:55	00:43:35	1639	Grupo Marcha e Corrida Jamor	V45	46
1526	3679	Rui Marques	00:23:49	00:43:55	00:41:45	1359		Senior	227
1527	702	Helena Adegas	00:21:49	00:43:56	00:43:29	1623		V55	13
1528	3194	Rosa Marques	00:22:01	00:43:56	00:43:21	1600	GRCD Leião	V40	53
1529	545	Alfredo Martinho	00:22:54	00:43:57	00:42:02	1408	Alfa Pendular runners	V40	234
1530	2667	Henrique Gairifo	00:21:57	00:43:57	00:43:28	1616	SS CGD	V60	36
1531	3371	Carlos Costa	00:23:21	00:43:58	00:42:10	1420	Valejas Atlético Clube	V50	164
1532	216	Paulo Abadia	00:22:30	00:43:58	00:43:00	1552		V45	238
1533	1020	Nuno Valente	00:21:58	00:43:59	00:43:06	1568	Clube Novo Banco	Senior	228
1534	3217	Nelson Mileu	00:21:43	00:43:59	00:43:28	1617	GRCD Leião	V40	235
1535	730	Susana Santos	00:22:18	00:43:59	00:42:52	1532	Premium Runners	V40	54
1536	572	Rui Fernandes	00:21:18	00:44:00	00:43:38	1654		V45	239
1537	1761	João Ferreira	00:22:41	00:44:00	00:43:30	1628	Cofina Runners	V45	240
1538	3633	Nuno Azul	00:22:26	00:44:00	00:42:50	1530	Os Galgos	V40	236
1539	2646	João Fernandes	00:22:12	00:44:01	00:42:29	1464	ENCOSTA TEAM	V45	241
1540	1760	Francisco Penim	00:22:40	00:44:01	00:43:30	1627	Cofina Runners	V50	165



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1541	1480	Deusa Palma	00:23:32	00:44:01	00:42:26	1459		V60	9
1542	641	Carlos Pereira	00:23:58	00:44:01	00:42:59	1548	Equipa GDC FIDELIDADE	V40	237
1543	2717	Rui Guarda	00:24:22	00:44:02	00:40:57	1218	MARISQUEIRA C3	V35	189
1544	278	Joaquim Gamito	00:22:48	00:44:02	00:43:01	1554		V55	87
1545	3557	Luis Lopes	00:21:44	00:44:03	00:43:58	1706		V55	88
1546	3652	Iva Silva	00:23:50	00:44:04	00:42:23	1450		V35	54
1547	767	Joao Costa	00:23:50	00:44:04	00:42:22	1448		Senior	229
1548	449	Paulo Carvalho	00:22:03	00:44:04	00:43:53	1696	Team Carvalho	V45	242
1549	3900	Andreas Schwartz	00:22:13	00:44:05	00:43:34	1637	Tabaqueira - Estarbemestar	V40	238
1550	1423	Tiago Rosa	00:23:07	00:44:06	00:41:47	1364	Clube Millennium bcp	Senior	230
1551	410	Maria Saldanha	00:23:07	00:44:06	00:42:47	1519		V40	55
1552	4337	Pedro Rebôcho	00:25:01	00:44:07	00:42:34	1478		Senior	231
1553	1601	Susana Santos	00:23:54	00:44:07	00:41:55	1391	correr Loures	V45	47
1554	748	A. Balsemão	00:21:59	00:44:07	00:43:55	1701		V65	23
1555	3432	Paulo Galvão	00:22:46	00:44:07	00:43:02	1557		V40	239
1556	3422	Carlos Carvalho	00:23:34	00:44:08	00:42:10	1418		V50	166
1557	2845	Paulo Silva	00:22:46	00:44:09	00:43:03	1561		V50	167
1558	2846	Sandra Palma	00:22:46	00:44:09	00:43:03	1559		V40	56
1559	397	Paulo Oliveira	00:24:51	00:44:10	00:38:49	864	ESMTC	V45	243
1560	398	Bruno Conceição	00:24:54	00:44:10	00:38:44	849	ESMTC	V40	240



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1561	1117	Diogo Ribeiro	00:22:04	00:44:11	00:42:59	1547	PepsiCo Portugal	Junior	48
1562	3127	Daniel Vasconcelos	00:22:05	00:44:11	00:43:48	1683		V35	190
1563	4114	Célio Ramos	00:22:35	00:44:11	00:42:40	1494	SUMOL/COMPAL	V40	241
1564	1768	Vitor Pereira	00:21:37	00:44:12	00:43:48	1682	Cofina Runners	V45	244
1565	2838	Maria Santos	00:23:06	00:44:14	00:43:16	1585		V50	24
1566	714	Maria Knapic	00:22:57	00:44:14	00:44:01	1713		V65	3
1567	1859	Susana Pacheco	00:21:42	00:44:14	00:44:08	1731		V35	55
1568	4079	Sofia Jesus	00:22:32	00:44:15	00:43:15	1582		V40	57
1569	535	Filipe Araujo	00:23:43	00:44:15	00:41:42	1355		Senior	232
1570	96	Carla Viana	00:22:01	00:44:15	00:43:35	1638		V35	56
1571	1907	Maria Fernanda	00:21:52	00:44:15	00:44:10	1736		V45	48
1572	2644	Nuno Marques	00:22:59	00:44:17	00:42:48	1522	ENCOSTA TEAM	V40	242
1573	3399	Daniel Fernandes	00:23:06	00:44:17	00:43:38	1649	Valejas Atlético Clube	V35	191
1574	851	Maria Reis	00:22:03	00:44:18	00:43:42	1660	Corrida Noturna Parque das Nações	V65	4
1575	374	Ana Almeida	00:22:28	00:44:18	00:43:21	1599	Sportings deAlmeida	V40	58
1576	762	André Rolão	00:22:14	00:44:19	00:43:42	1659		V35	192
1577	2850	Martinho Pinto	00:22:53	00:44:19	00:43:53	1691		Junior	49
1578	2849	Manuel Pinto	00:22:54	00:44:20	00:43:53	1695		V50	168
1579	837	José Rolão	00:22:14	00:44:20	00:43:43	1669	Corrida Noturna Parque das Nações	V60	37
1580	458	Alexandre Silva	00:23:45	00:44:20	00:42:49	1529		V40	243





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<i>Class.</i>	<i>Dorsal</i>	<i>Aleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1581	1537	Pedro Arroja	00:24:18	00:44:20	00:43:30	1625	GDCT Unicre	V35	193
1582	647	Marco Dias	00:23:00	00:44:22	00:43:19	1595	Equipa GDC FIDELIDADE	V40	244
1583	1214	Sofia Sequeira	00:23:25	00:44:22	00:42:44	1509		V35	57
1584	2567	Joana Ponte	00:23:20	00:44:23	00:42:42	1500	TEJO	V40	59
1585	2492	Katherine Donaghy	00:23:14	00:44:23	00:42:45	1510		Senior	73
1586	2896	Eiji Condo	00:23:40	00:44:23	00:42:31	1469		V50	169
1587	2260	Hugo Pereira	00:22:07	00:44:23	00:43:49	1685	Link	Senior	233
1588	185	Joana Almeida	00:22:06	00:44:24	00:44:20	1757		Junior	13
1589	945	Marco Marques	00:23:52	00:44:25	00:43:30	1624	True Blue DLL	V35	194
1590	2576	Pedro Pinheiro	00:21:39	00:44:25	00:43:47	1681		Senior	234
1591	3687	Helena Caires	00:22:57	00:44:25	00:42:44	1507		Senior	74
1592	3030	Jorge Soares	00:23:05	00:44:25	00:43:24	1608	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	Senior	235
1593	1838	Fabiana Gonçalves	00:23:05	00:44:26	00:43:39	1656	CASA DO PESSOAL DA RTP	Senior	75
1594	3684	Carlos Chainho	00:23:48	00:44:28	00:42:40	1496		V40	245
1595	308	Carlos Mourão	00:23:16	00:44:29	00:43:37	1646	Leogym	V45	245
1596	1647	António Pereira	00:21:40	00:44:29	00:43:23	1607	CLUBE COLABORADORES AGEAS	V55	89
1597	479	Rodrigo Cerdeira	00:23:19	00:44:30	00:43:36	1642	Newbies	Junior	50
1598	669	Henrique Duarte	00:23:53	00:44:30	00:42:55	1539	Clube do Stress	Junior	51
1599	3043	Sónia Afonso	00:22:10	00:44:31	00:42:46	1517	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	Senior	76
1600	3721	Luís Silva	00:21:47	00:44:31	00:44:12	1742	CCD Tranquilidade	V40	246





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1601	2653	Álvaro Furtado	00:24:12	00:44:31	00:42:57	1542	SS CGD	V55	90
1602	460	Alexandre Guimarães	00:22:05	00:44:31	00:44:23	1770		Senior	236
1603	2491	Miguel Baltazar	00:23:13	00:44:31	00:42:54	1538		V40	247
1604	1194	Sofia Nunes	00:22:21	00:44:33	00:44:02	1714	LoversRun2gether	Senior	77
1605	4268	Paulo Pereira	00:23:46	00:44:33	00:43:18	1591	PEUGEOT	V45	246
1606	4270	Helder Batista	00:23:46	00:44:33	00:43:17	1589	PEUGEOT	V45	247
1607	1195	Rafael Caetano	00:22:24	00:44:33	00:44:03	1716	LoversRun2gether	Senior	237
1608	2741	Luis Lança	00:23:07	00:44:35	00:43:37	1647		V55	91
1609	1995	Ricardo Carvalho	00:23:08	00:44:35	00:42:34	1479	Pandilha	V35	195
1610	2202	João Nita	00:23:53	00:44:35	00:42:36	1487	EX FEDERADOS	V40	248
1611	3954	Luís Figueiredo	00:21:10	00:44:35	00:44:27	1780	Tabaqueira - Estarbemestar	V55	92
1612	744	Ángel Picazo	00:23:38	00:44:36	00:43:36	1644	CP Secil	V50	170
1613	1385	Bruno Vaz	00:25:06	00:44:37	00:41:39	1348	Clube Millennium bcp	V45	248
1614	338	Lopo Martins	00:23:00	00:44:38	00:43:54	1699	Parede	V40	249
1615	3186	Fernando Pestana	00:21:42	00:44:39	00:44:36	1800	GRCD Leião	V70	8
1616	3611	André Godinho	00:24:06	00:44:39	00:42:47	1520		Junior	52
1617	3613	Carlos Aguiar	00:23:42	00:44:39	00:42:25	1454		V35	196
1618	668	Manuel Duarte	00:23:52	00:44:39	00:43:04	1562	Clube do Stress	Senior	238
1619	3439	Fábio Ferreira	00:23:18	00:44:39	00:43:29	1619	Rijos	Senior	239
1620	2554	Hugo Silva	00:23:42	00:44:39	00:42:25	1457		Senior	240



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1621	3438	Nuno Silva	00:23:18	00:44:39	00:43:30	1629	Rijos	Senior	241
1622	156	Carlos Marques	00:21:50	00:44:40	00:44:17	1753	CLUBE BRISA	V55	93
1623	3138	Adriana Domingos	00:22:25	00:44:40	00:44:17	1750		Senior	78
1624	3107	António Júnior	00:23:45	00:44:41	00:42:53	1535	SERUL	V50	171
1625	3079	Alcides Paulo	00:22:22	00:44:41	00:44:31	1788		V45	249
1626	489	Katja Vieira	00:23:47	00:44:42	00:43:38	1653		Senior	79
1627	972	Rui Oliveira	00:22:51	00:44:42	00:43:15	1584		V55	94
1628	2018	Paula Nogueira	00:23:05	00:44:42	00:44:17	1752	Clube PT-Zcs	V45	49
1629	2189	João Gaspar	00:21:57	00:44:42	00:44:36	1799		V45	250
1630	1220	Sandra Dinis	00:21:59	00:44:44	00:44:29	1785	FUTEBOL CLUBE ESTRELAS LISBOA	V40	60
1631	2185	Guilherme Sousa	00:24:02	00:44:45	00:42:19	1438		Junior	53
1632	472	Cátia Nogueira	00:22:18	00:44:45	00:44:22	1765	Príncipes do sobralinho	V40	61
1633	627	Pedro Cruzinha	00:23:05	00:44:45	00:43:08	1571		V45	251
1634	400	Inês Pereira	00:25:20	00:44:46	00:39:22	960	ESMTC	Senior	80
1635	331	Patricia Almeida	00:22:24	00:44:46	00:44:32	1795		V40	62
1636	683	Marta Mafra	00:22:51	00:44:47	00:43:38	1651		V35	58
1637	136	Alice Cipriano	00:23:15	00:44:48	00:43:05	1566		Senior	81
1638	2211	Tiago Figo	00:23:39	00:44:48	00:43:04	1564		Senior	242
1639	921	Sandra Gonçalves	00:22:11	00:44:49	00:44:12	1741		Senior	82
1640	2026	José Guimarães	00:24:14	00:44:49	00:43:05	1567	Clube PT-Zcs	V50	172



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1641	1657	Silvia Ó	00:22:34	00:44:50	00:43:43	1666	CLUBE COLABORADORES AGEAS	Senior	83
1642	813	Ruben Cá	00:23:18	00:44:50	00:43:23	1605	BANCO ATLANTICO EUROPA	Senior	243
1643	384	Ricardo Patrocínio	00:24:28	00:44:52	00:43:50	1686	Lisbon South Bay Running Club	V35	197
1644	3486	Pedro Godinho	00:23:24	00:44:52	00:43:08	1570		V40	250
1645	3593	Fernando Silva	00:23:26	00:44:53	00:42:35	1484		V35	198
1646	2444	Carlos Horta	00:23:37	00:44:53	00:43:20	1598	ZêzereTrek	V55	95
1647	3267	Pedro Pereira	00:24:06	00:44:54	00:42:43	1505	360imprimir	Senior	244
1648	4332	Nuno Freire	00:22:38	00:44:54	00:43:59	1710		V45	252
1649	2195	Carlos Oliveira	00:23:13	00:44:54	00:44:16	1749	Banana	V45	253
1650	1182	Ricardo Oliveira	00:23:39	00:44:55	00:43:59	1711		Senior	245
1651	999	Fernando Filipe	00:22:26	00:44:55	00:44:04	1723	Clube Novo Banco	V45	254
1652	567	Sergio Bernardo	00:23:09	00:44:57	00:43:31	1630	Quarentões na Bisga	V40	251
1653	879	José Lopes	00:23:13	00:44:57	00:43:51	1689		V60	38
1654	569	Carlos Tomé	00:23:11	00:44:57	00:43:32	1631	Quarentões na Bisga	V50	173
1655	1972	Cláudia Dias	00:22:51	00:44:57	00:44:39	1806		Senior	84
1656	2637	C Boaventura	00:23:44	00:44:58	00:42:46	1514	Boaventura	V35	59
1657	2636	Nuno Boaventura	00:23:45	00:44:58	00:42:46	1515	Boaventura	V40	252
1658	1181	Raul Araújo	00:23:39	00:44:59	00:44:05	1725		Senior	246
1659	1345	Joao Salvado	00:23:44	00:44:59	00:43:45	1676	Clube Millennium bcp	Senior	247
1660	977	Asher Been	00:25:05	00:45:00	00:44:04	1722	Família Been	Junior	54





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1661	2499	Helena Bastardo	00:22:23	00:45:00	00:44:47	1830		V45	50
1662	2465	Luís Sousa	00:23:02	00:45:01	00:43:53	1694	Os 3 da vida airada.. +1s	Senior	248
1663	3191	Jorge Assunção	00:22:27	00:45:01	00:44:21	1760	GRC D Leião	V45	255
1664	3192	Anabela Assunção	00:22:27	00:45:01	00:44:25	1776	GRC D Leião	V45	51
1665	555	João Silva	00:23:52	00:45:02	00:43:15	1581	Cleverti	Senior	249
1666	2898	Miguel Pereira	00:24:19	00:45:03	00:43:32	1633		Senior	250
1667	492	José Lourenço	00:23:04	00:45:04	00:44:26	1777		V45	256
1668	1833	Fernando Baptista	00:23:35	00:45:04	00:43:38	1648	Eggbite	V55	96
1669	1003	Jorge Ascensão	00:23:28	00:45:04	00:43:38	1650	Clube Novo Banco	V40	253
1670	699	Rute Briganti	00:23:10	00:45:05	00:43:14	1578		V40	63
1671	649	Mário Bação	00:23:47	00:45:05	00:44:10	1737	Equipa GDC FIDELIDADE	V45	257
1672	1452	Jorge Martinho	00:25:12	00:45:06	00:44:54	1848	Os Galgos	V45	258
1673	1457	Márinho M	00:25:10	00:45:06	00:44:55	1850	Os Galgos	V45	259
1674	3254	Pauline Vries	00:23:50	00:45:06	00:43:12	1576		Senior	85
1675	525	Ana Silvestre	00:23:56	00:45:06	00:43:54	1697		V45	52
1676	3003	Andre Santos	00:23:08	00:45:06	00:43:59	1709	G. R. D. Ribeira da Lage	V40	254
1677	2897	Lourenço Pereira	00:24:19	00:45:06	00:43:36	1645		V50	174
1678	1775	Ana Silva	00:24:15	00:45:07	00:43:43	1664	Linda-a-Pastora Sporting Clube	V40	64
1679	2553	Janos Krnak	00:23:50	00:45:07	00:43:12	1577		V35	199
1680	3673	João Malha	00:25:16	00:45:07	00:40:03	1047		V35	200





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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1681	543	Martim Silva	00:23:50	00:45:09	00:45:07	1882	Marginais	V40	255
1682	2263	Nadia Miranda	00:23:15	00:45:10	00:44:43	1814	Carnaxide team	V40	65
1683	266	Ricardo Romão	00:22:38	00:45:10	00:44:17	1751	CASA DO PESSOAL DA RTP	V35	201
1684	138	Ricardo Aguiar	00:23:51	00:45:10	00:43:11	1575		V55	97
1685	916	Isabel Rodrigues	00:22:29	00:45:11	00:44:36	1798		V50	25
1686	2090	Ana Mira	00:23:49	00:45:11	00:43:19	1596		V40	66
1687	2124	Sónia Soares	00:23:35	00:45:12	00:43:46	1678	PowerBoost Club	V35	60
1688	2113	Carlos Cortês	00:23:35	00:45:12	00:43:45	1675	PowerBoost Club	V50	175
1689	1169	Vanessa Marques	00:22:35	00:45:13	00:44:11	1738		Senior	86
1690	1671	Gerci Filho	00:21:35	00:45:13	00:45:01	1870		V35	202
1691	4109	Natália Gil	00:24:48	00:45:14	00:43:27	1614		V35	61
1692	2732	Eduardo Proença	00:22:15	00:45:14	00:44:14	1746	Marqueses	V45	260
1693	2516	Paulo Ascensão	00:23:44	00:45:14	00:42:42	1498		V45	261
1694	1846	Fernando Pessoa	00:25:16	00:45:16	00:44:39	1804		V45	262
1695	2889	Goncalo Gouveia	00:24:13	00:45:16	00:43:14	1579	Dentoral Racing Team	V35	203
1696	2940	Ricardo Figueiredo	00:24:35	00:45:16	00:43:35	1640		V40	256
1697	4344	Diogo Duarte	00:22:55	00:45:16	00:44:51	1841		Senior	251
1698	2445	André Barbosa	00:23:37	00:45:16	00:43:43	1668	ZêzereTrek	Senior	252
1699	2558	José Borges	00:22:10	00:45:17	00:44:58	1856	CCD Sintrense	V55	98
1700	3548	Sandymary Cross	00:23:15	00:45:17	00:44:49	1837		V40	67



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1701	856	João Ferreira	00:24:33	00:45:17	00:43:53	1693		Junior	55
1702	4216	Mário Madeira	00:24:35	00:45:17	00:43:17	1590	TEVA	V45	263
1703	1897	Rui Duarte	00:27:28	00:45:17	00:43:40	1657		V40	257
1704	3304	Mónica Silva	00:24:48	00:45:18	00:43:29	1621	GRD OS FIXES	Senior	87
1705	2058	Hugo Reis	00:23:05	00:45:18	00:43:55	1702	RUNNING TEAM	V40	258
1706	855	Paulo Ferreira	00:24:32	00:45:19	00:43:55	1703		V45	264
1707	2059	Carlos Miranda	00:23:04	00:45:19	00:43:55	1700	RUNNING TEAM	V35	204
1708	1508	Martim Kranendonk	00:22:40	00:45:20	00:43:56	1705	Evolution	Junior	56
1709	963	Paulo Almeida	00:23:03	00:45:20	00:44:09	1735	Serviços Sociais Montepio	V45	265
1710	1389	Tiago Jacinto	00:25:06	00:45:21	00:42:21	1444	Clube Millennium bcp	Senior	253
1711	2518	Nelson Cheng	00:23:05	00:45:21	00:44:12	1740		V40	259
1712	791	Fernando Rodrigues	00:21:07	00:45:21	00:45:19	1904	BANCO ATLANTICO EUROPA	V40	260
1713	1845	Ana Santos	00:23:40	00:45:21	00:43:19	1593		V50	26
1714	769	Amadeu Brandão	00:21:54	00:45:21	00:45:11	1887		V65	24
1715	810	Paulo Sequeira	00:24:30	00:45:22	00:44:15	1747	BANCO ATLANTICO EUROPA	Senior	254
1716	2890	Vanessa Silva	00:24:21	00:45:22	00:43:21	1602	Dentoral Racing Team	V40	68
1717	775	Paulo Brioso	00:24:19	00:45:22	00:43:54	1698		V35	205
1718	802	Hugo Lavrador	00:24:29	00:45:22	00:44:16	1748	BANCO ATLANTICO EUROPA	Senior	255
1719	4208	Catarina Varges	00:22:34	00:45:22	00:44:45	1817	CP	V45	53
1720	3626	Marina Martins	00:24:37	00:45:22	00:43:33	1634	Caracóis de Pedra	V40	69



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1721	3625	Magda Leitão	00:24:37	00:45:22	00:43:34	1636	Caracóis de Pedra	V45	54
1722	2803	Hugo Fernandes	00:24:26	00:45:23	00:43:22	1604		V35	206
1723	352	Iolanda Vaz	00:24:03	00:45:23	00:43:17	1588		V35	62
1724	4233	Francisco Campos	00:24:06	00:45:25	00:43:27	1615	TEVA	V40	261
1725	3354	Ana Martins	00:23:47	00:45:25	00:43:43	1667	Associação de Para-quedistas Tejo Norte	V55	14
1726	870	Miguel Bermonte	00:22:07	00:45:25	00:45:05	1875	BESMART	V40	262
1727	2038	Luis Compoete	00:23:21	00:45:25	00:43:45	1673		V45	266
1728	872	Mariana Bermonte	00:22:08	00:45:25	00:45:06	1880	BESMART	Junior	14
1729	1746	Tiago Cardoso	00:24:32	00:45:26	00:44:05	1724		V45	267
1730	1747	Antonio Ferreira	00:24:33	00:45:26	00:44:04	1719		V40	263
1731	3346	Paulo Rodrigues	00:23:00	00:45:26	00:43:59	1712	Associação de Para-quedistas Tejo Norte	V50	176
1732	3483	André Ferreira	00:21:31	00:45:26	00:44:53	1847		Junior	57
1733	2418	Lucila Petroski	00:23:10	00:45:27	00:44:43	1815		V55	15
1734	682	Monica Silva	00:23:23	00:45:27	00:43:44	1670		V45	55
1735	2975	Manuel Rego	00:23:02	00:45:28	00:44:45	1822	G. R. D. Ribeira da Lage	V55	99
1736	723	Cristina Lavrador	00:24:00	00:45:28	00:43:29	1622	Run&Smile	V50	27
1737	965	Cláudia Carrapeta	00:23:32	00:45:28	00:44:06	1727		Senior	88
1738	966	Hugo Evaristo	00:23:32	00:45:28	00:44:06	1728		Senior	256
1739	2228	Olímpia Parada	00:23:19	00:45:29	00:44:39	1807		V40	70
1740	336	Ana Ferreira	00:22:31	00:45:29	00:44:46	1825	Parede	V35	63





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1741	1917	Ana Almeida	00:25:04	00:45:29	00:43:01	1556		V50	28
1742	3828	Ana Borges	00:23:31	00:45:31	00:44:31	1789		V40	71
1743	450	Ricardo Carvalho	00:22:02	00:45:31	00:45:20	1909	Team Carvalho	Junior	58
1744	853	Maria Silva	00:23:21	00:45:31	00:44:46	1826	Corrida Noturna Parque das Nações	V50	29
1745	736	Josefa Ávila	00:23:14	00:45:32	00:44:25	1775	Premium Runners	V40	72
1746	3704	Ruthlene Batista	00:21:47	00:45:32	00:45:22	1915		V45	56
1747	3703	Maria Madeira	00:21:46	00:45:32	00:45:22	1913		V65	5
1748	348	Sónia Pinto	00:23:12	00:45:32	00:44:25	1774		V45	57
1749	1453	José Santos	00:23:12	00:45:32	00:44:23	1771	Os Galgos	V45	268
1750	992	Carlos Rafael	00:23:47	00:45:32	00:44:32	1794	Clube Novo Banco	V45	269
1751	3082	Daniel Freire	00:24:21	00:45:32	00:44:48	1834		Junior	59
1752	2688	Paulo Bailão	00:23:01	00:45:33	00:44:47	1828	SS CGD	V45	270
1753	665	Luís Nunes	00:23:09	00:45:33	00:44:31	1793	Equipa GDC FIDELIDADE	V35	207
1754	2405	Luis Oliveira	00:24:52	00:45:33	00:43:02	1558	#BoraLa	V45	271
1755	4108	Filipe Gil	00:24:20	00:45:33	00:43:46	1679		V35	208
1756	927	Susana Clemente	00:24:40	00:45:33	00:43:43	1665		V40	73
1757	2675	Lidia Bailão	00:23:01	00:45:33	00:44:49	1838	SS CGD	V45	58
1758	3829	Nuno Santos	00:23:33	00:45:33	00:44:33	1796		V40	264
1759	3231	Sara Baptista	00:23:23	00:45:34	00:45:00	1864	GRCD Leião	Senior	257
1760	3586	Carolina Morais	00:23:47	00:45:34	00:44:28	1782	CLUBE COLABORADORES AGEAS	V35	64





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1761	4232	Nuno Mendes	00:24:07	00:45:34	00:43:38	1652	TEVA	V40	265
1762	602	Bruno Martins	00:23:14	00:45:35	00:43:45	1674		V40	266
1763	3739	Luiza Reis	00:24:00	00:45:35	00:42:58	1546		Senior	89
1764	3109	Carla Nicomédio	00:23:33	00:45:35	00:43:47	1680	SERUL	V40	74
1765	3729	Ana Panela	00:24:05	00:45:36	00:43:44	1671	CCD Tranquilidade	V40	75
1766	454	Rui Fernandes	00:24:17	00:45:37	00:44:04	1720	Coxos by night	Senior	258
1767	3027	Diogo Félix	00:24:17	00:45:37	00:44:37	1801	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	Senior	259
1768	2702	Paula Santos	00:22:46	00:45:38	00:45:24	1921	OS BOLHA NO PÉ	V45	59
1769	2533	Liliana Salgueiro	00:23:02	00:45:38	00:44:39	1802		V35	65
1770	2701	Filipa Feiteira	00:22:46	00:45:39	00:45:23	1918	OS BOLHA NO PÉ	V35	66
1771	2703	Joaquim Marques	00:23:17	00:45:39	00:45:25	1924	OS BOLHA NO PÉ	V40	267
1772	2496	Raquel Nunes	00:22:19	00:45:39	00:45:22	1916		Senior	90
1773	3410	José Santos	00:23:59	00:45:39	00:44:52	1844		V65	25
1774	995	Daher Diniz	00:24:09	00:45:39	00:44:21	1762	Clube Novo Banco	V55	100
1775	2705	Pedro Fontes	00:23:18	00:45:40	00:45:00	1863	OS BOLHA NO PÉ	V35	209
1776	1694	Mauro Antunes	00:23:49	00:45:40	00:43:50	1687	Os amigos do sofá	Senior	260
1777	1971	Susana Dias	00:22:51	00:45:40	00:45:22	1914		Senior	91
1778	1695	António Antunes	00:23:50	00:45:40	00:43:51	1688	Os amigos do sofá	V55	101
1779	3322	Luis Moreira	00:23:08	00:45:41	00:44:48	1832		V35	210
1780	3117	Maria Fidalgo	00:24:51	00:45:42	00:41:49	1380		V50	30



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1781	980	Marta Gonçalves	00:24:31	00:45:42	00:45:12	1893	Ginásio Clube Português	Junior	15
1782	1658	Tiago Nascimento	00:23:47	00:45:43	00:44:22	1768	CLUBE COLABORADORES AGEAS	Senior	261
1783	1225	João Monge	00:24:46	00:45:43	00:45:14	1896	Ginásio Clube Português	V40	268
1784	1659	Vanda Sequeira	00:23:47	00:45:44	00:44:22	1769	CLUBE COLABORADORES AGEAS	V45	60
1785	577	João Pereira	00:23:18	00:45:44	00:44:48	1833		V50	177
1786	3133	João Ramalinho	00:25:02	00:45:45	00:44:08	1733	Gordos e Rebeldes	Senior	262
1787	2336	Pedro Câmara	00:23:11	00:45:45	00:44:25	1773	FIT_Marginais	V45	272
1788	4262	Abel Pinho	00:22:47	00:45:46	00:45:42	1965	PEUGEOT	V55	102
1789	1362	Barbara Castro	00:23:26	00:45:47	00:45:05	1876	Clube Millennium bcp	Senior	92
1790	4152	Carlos Cardoso	00:22:37	00:45:47	00:45:20	1907	GFD Running	V35	211
1791	3484	Sandra Guerreiro	00:23:54	00:45:47	00:44:03	1718		V40	76
1792	1363	Frederico Marques	00:23:26	00:45:47	00:45:05	1877	Clube Millennium bcp	Senior	263
1793	630	Isabel Pinho	00:23:26	00:45:48	00:45:06	1881		Senior	93
1794	2695	Rui Oliveira	00:24:38	00:45:48	00:44:21	1761	SS CGD	V50	178
1795	827	Jorge Costa	00:23:15	00:45:48	00:44:19	1755		V40	269
1796	2930	António Guedes	00:23:26	00:45:48	00:44:47	1829	Lisbon Moonlight Runners	V45	273
1797	761	Luís Bettencourt	00:24:06	00:45:49	00:43:48	1684		V60	39
1798	2685	Nuno Correia	00:24:39	00:45:49	00:44:20	1759	SS CGD	V45	274
1799	2007	Amaro Sousa	00:22:52	00:45:49	00:45:14	1897	Clube PT-Zcs	V50	179
1800	4062	Fernando Tristão	00:24:15	00:45:49	00:43:36	1643		V40	270



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1801	4061	Sofia Trsitão	00:24:16	00:45:50	00:43:35	1641		V40	77
1802	2215	Alexandramarisacanilho Sil	00:25:58	00:45:50	00:39:58	1033		V35	67
1803	1036	Orlando Almeida	00:23:32	00:45:51	00:44:14	1745	Neve2018	V45	275
1804	1474	Maria Barata	00:22:57	00:45:52	00:45:13	1895	Pump Amadora	V40	78
1805	4252	Miguel Anciães	00:22:00	00:45:53	00:45:52	1983	PEUGEOT	V40	271
1806	1473	Miguel Barata	00:22:58	00:45:53	00:45:12	1892	Pump Amadora	V45	276
1807	3467	Luis Gonçalves	00:21:57	00:45:53	00:45:25	1922		V35	212
1808	2920	André Marques	00:24:14	00:45:53	00:43:38	1655		Senior	264
1809	3552	Ana Cidrais	00:24:20	00:45:54	00:45:08	1883		Junior	16
1810	3156	Luís António	00:24:32	00:45:55	00:43:42	1658		V45	277
1811	3080	Maria Gaudêncio	00:24:20	00:45:55	00:45:10	1885		Senior	94
1812	1197	Sérgio Antunes	00:23:20	00:45:57	00:44:57	1855	CLUBE ANACOM	V50	180
1813	554	Carlos Silva	00:23:52	00:45:57	00:44:11	1739	Cleverti	V50	181
1814	490	Katja Sietmann	00:24:07	00:45:59	00:44:52	1843		V40	79
1815	3131	Francisco Ribeiro	00:24:44	00:45:59	00:44:02	1715	ADRC Mata de Benfica	V65	26
1816	631	Hugo Baptista	00:23:19	00:45:59	00:45:31	1939		V35	213
1817	1028	Ricardo Fernandes	00:22:52	00:45:59	00:45:31	1940	Clube Novo Banco	V55	103
1818	155	Susana Ferreira	00:23:40	00:46:00	00:44:45	1820	Fire Team	Senior	95
1819	3926	Etienne Viarouge	00:24:55	00:46:00	00:44:22	1766	Tabaqueira - Estarbemestar	Senior	265
1820	2001	Rui Severina	00:24:02	00:46:00	00:44:08	1732	Os Caracóis Furiosos	V35	214





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1821	385	Sandra Rodrigues	00:24:00	00:46:01	00:44:45	1821	Os Galgos	V35	68
1822	120	Catarina Araújo	00:23:40	00:46:02	00:44:48	1831		Senior	96
1823	2744	Miguel Cerca	00:23:04	00:46:02	00:45:41	1962		V35	215
1824	938	Jorge Lopes	00:23:07	00:46:02	00:46:00	2007		V50	182
1825	219	Miguel Matias	00:25:16	00:46:02	00:43:42	1663		V40	272
1826	304	Nuno Cardoso	00:22:56	00:46:03	00:45:22	1917	HNO	V45	278
1827	3423	Patricia Narciso	00:23:51	00:46:03	00:44:06	1729		V40	80
1828	3599	Rui Silva	00:24:36	00:46:04	00:44:04	1721		V45	279
1829	3838	Susana Campos	00:23:46	00:46:04	00:45:12	1891	Hovione SSC	V35	69
1830	4054	António Leite	00:22:47	00:46:04	00:44:40	1810		V35	216
1831	4186	Jorge Leite	00:22:47	00:46:04	00:44:40	1809	CP	V40	273
1832	3653	Rui Furtado	00:24:36	00:46:04	00:44:03	1717		V40	274
1833	4052	Jorge Leite	00:22:48	00:46:04	00:44:40	1812		V45	280
1834	3335	Luís Catalino	00:23:19	00:46:05	00:45:36	1954		V35	217
1835	1764	Nelson Barreiros	00:24:31	00:46:06	00:44:21	1764	Cofina Runners	V45	281
1836	557	Luisa Costa	00:23:39	00:46:07	00:44:45	1819	Quarentões na Bisga	V45	61
1837	482	Alexandre Costa	00:22:16	00:46:07	00:45:35	1952		V35	218
1838	1015	Marco Rodrigues	00:22:13	00:46:07	00:46:01	2010	Clube Novo Banco	V40	275
1839	1600	Cristina Rebola	00:24:40	00:46:07	00:43:53	1692	correr Loures	V45	62
1840	2503	Daniel Pereira	00:24:22	00:46:09	00:44:08	1734		Senior	266





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1841	2385	Maya Attinello	00:23:30	00:46:09	00:44:24	1772	Running Mums	V35	70
1842	1504	Sérgio Lalanda	00:23:18	00:46:13	00:45:01	1868		V40	276
1843	568	Nuno Mendes	00:23:10	00:46:13	00:44:52	1845	Quarentões na Bisga	V45	282
1844	1298	Carla Coutinho	00:23:29	00:46:13	00:45:59	2000	Clube Millennium bcp	V45	63
1845	1994	Alexandre Vilão	00:24:25	00:46:13	00:44:13	1744		Senior	267
1846	2396	Kristen Pinto	00:24:25	00:46:14	00:44:28	1783	Running Mums	V40	81
1847	2938	Vânia Azevedo	00:24:04	00:46:14	00:44:20	1758		Senior	97
1848	1618	Rosilda Poço	00:21:51	00:46:14	00:46:01	2013		Senior	98
1849	779	António Figueiredo	00:23:37	00:46:14	00:45:02	1873	Clube EDP Lisboa	V55	104
1850	979	João Gonçalves	00:24:32	00:46:15	00:45:45	1973	Ginásio Clube Português	V55	105
1851	3634	Rita Marques	00:23:47	00:46:15	00:45:02	1872	Os Galgos	V40	82
1852	3308	Júlia Santos	00:23:44	00:46:15	00:44:30	1787	GRD OS FIXES	V45	64
1853	1814	Carla Mota	00:22:57	00:46:15	00:45:52	1984		V40	83
1854	1626	Eva Monteiro	00:22:57	00:46:15	00:45:53	1985		Junior	17
1855	2699	Teresa Martins	00:24:21	00:46:15	00:44:44	1816	SS CGD	V55	16
1856	785	Nuno Gomes	00:23:38	00:46:15	00:45:01	1869	Clube EDP Lisboa	V45	283
1857	1627	Paulo Monteiro	00:22:58	00:46:16	00:45:52	1982		V40	277
1858	1901	Sofia Santos	00:23:33	00:46:16	00:45:34	1949	Parede	V35	71
1859	292	Ana Silva	00:25:25	00:46:16	00:45:28	1934	#HUTMASSAMACORRE	V50	31
1860	2787	Paula Lopes	00:24:29	00:46:16	00:44:46	1824		V40	84



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1861	2535	Maria Cunha	00:23:38	00:46:16	00:45:05	1878		V50	32
1862	2785	Maria Almeida	00:24:29	00:46:17	00:44:46	1823		V40	85
1863	1203	João Fernandes	00:24:17	00:46:17	00:45:19	1905	Wool Feet Brothers	V40	278
1864	2125	Gonçalo Peres	00:23:33	00:46:17	00:45:35	1951		V35	219
1865	1204	Filipe Fernandes	00:24:17	00:46:17	00:45:19	1906	Wool Feet Brothers	V35	220
1866	2079	Marta Batardo	00:24:36	00:46:17	00:44:22	1767		V35	72
1867	2045	Sonia Nobre	00:24:34	00:46:17	00:44:52	1842	DXC	V40	86
1868	3492	Nuno Amaro	00:25:47	00:46:18	00:44:08	1730		V45	284
1869	339	Sónia Martins	00:23:00	00:46:18	00:45:36	1957	Parede	V40	87
1870	4258	Miguel Graça	00:23:33	00:46:18	00:45:35	1950	PEUGEOT	V40	279
1871	3668	Julia Tuckey	00:23:49	00:46:19	00:45:27	1927	St Julians Running Mums	V50	33
1872	2022	Jorge Oliveira	00:23:51	00:46:19	00:44:57	1852	Clube PT-Zcs	V60	40
1873	2490	Daniel Protásio	00:23:09	00:46:19	00:45:44	1971		V45	285
1874	1224	Cristina Caetano	00:24:30	00:46:19	00:45:50	1981	Ginásio Clube Português	V50	34
1875	4053	Teresa Silva	00:25:57	00:46:19	00:43:15	1583		V45	65
1876	4081	Ana Moraes	00:23:09	00:46:19	00:45:36	1956	Clube Accenture	V45	66
1877	3733	Cláudia Tam	00:24:24	00:46:20	00:45:16	1899	CCD Tranquilidade	V35	73
1878	1202	Sérgio Valente	00:24:19	00:46:20	00:44:13	1743		V40	280
1879	1776	Sofia Aleixo	00:23:36	00:46:21	00:44:40	1811	Linda-a-Pastora Sporting Clube	V40	88
1880	2094	Luís Marçal	00:22:17	00:46:21	00:46:11	2038		V35	221



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1881	1114	Rositsa Orlinova	00:24:23	00:46:22	00:45:11	1888	PepsiCo Portugal	Senior	99
1882	2104	Paulo Rosa	00:23:35	00:46:23	00:46:12	2041	Os Infantes de Mafra	V45	286
1883	2795	Tomás Morais	00:22:57	00:46:23	00:43:59	1708		Senior	268
1884	2105	Guilherme Rosa	00:23:34	00:46:23	00:46:13	2047	Os Infantes de Mafra	Junior	60
1885	273	Luís Miranda	00:24:08	00:46:24	00:44:56	1851		V40	281
1886	1085	Paulo Rodrigues	00:25:11	00:46:24	00:45:30	1936	Serviços Sociais Montepio	V40	282
1887	1829	Elisa Matias	00:25:10	00:46:24	00:45:30	1938		Senior	100
1888	2948	Ana Silvestre	00:23:49	00:46:25	00:45:58	1997		V55	17
1889	3476	Artur Dias	00:24:06	00:46:26	00:45:20	1908	Buzzes	V55	106
1890	2528	Sara Martinez	00:24:24	00:46:29	00:45:28	1933		V45	67
1891	2425	Daniel Silva	00:25:18	00:46:29	00:44:06	1726		Senior	269
1892	1039	Vasco Ângelo	00:22:43	00:46:29	00:44:26	1778	Neve2018	Junior	61
1893	361	Luís Moura	00:24:35	00:46:29	00:44:58	1857		V45	287
1894	2947	Paulo Schofield	00:23:14	00:46:30	00:46:05	2020		V50	183
1895	2740	Sara Lança	00:23:42	00:46:30	00:45:32	1945		Senior	101
1896	275	Carla Duarte	00:22:40	00:46:30	00:46:15	2057		V50	35
1897	2373	Sofia Nunes	00:24:34	00:46:31	00:44:45	1818		V35	74
1898	69	Carlos Vieira	00:22:48	00:46:31	00:46:06	2025		V45	288
1899	1524	João Teixeira	00:23:56	00:46:31	00:44:21	1763	Daikin Team	Senior	270
1900	413	Fernando Almeida	00:26:18	00:46:31	00:43:55	1704		V50	184





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1901	1100	Carmen Santos	00:24:35	00:46:32	00:44:40	1808		Senior	102
1902	3530	Filipe Cruz	00:25:31	00:46:32	00:45:36	1955	EAE Lazy Runners	V35	222
1903	3992	Rui Regueira	00:26:29	00:46:33	00:46:16	2059	Tabaqueira - Estarbemestar	V35	223
1904	279	Lina Rosario	00:24:40	00:46:33	00:44:54	1849		V35	75
1905	875	Fátima Reis	00:25:03	00:46:34	00:44:59	1862	Amigos do Atletismo de Mafra	V40	89
1906	1136	Luís Zeferino	00:25:03	00:46:34	00:44:59	1858	Amigos do Atletismo de Mafra	V40	283
1907	2563	Rui Pinheiro	00:24:19	00:46:34	00:44:57	1854	CCD Sintrense	V45	289
1908	1137	Fernanda Vieira	00:25:04	00:46:35	00:45:01	1871	Amigos do Atletismo de Mafra	V45	68
1909	1326	Dora Vilhena	00:22:19	00:46:35	00:46:10	2035	Clube Millennium bcp	V45	69
1910	2342	João Vilar	00:23:21	00:46:35	00:45:18	1901	FIT_Marginais	V35	224
1911	670	António Reis	00:25:05	00:46:35	00:45:00	1867	Amigos do Atletismo de Mafra	V60	41
1912	3430	Rui Pereira	00:25:11	00:46:35	00:45:58	1999		V45	290
1913	1549	Henrique Graça	00:25:27	00:46:35	00:45:25	1923	Fortes e Valentões	Senior	271
1914	1536	Ana Madeira	00:24:18	00:46:35	00:45:42	1966	GDCT Unicre	V45	70
1915	2582	Ana Lopes	00:23:05	00:46:36	00:46:21	2068		V40	90
1916	2231	Teresa Barata	00:24:10	00:46:36	00:45:18	1902		V45	71
1917	1676	João Resina	00:24:05	00:46:36	00:45:32	1944		Senior	272
1918	3179	Carla Faria	00:25:00	00:46:36	00:46:25	2082	GRCD Leião	V45	72
1919	365	Bruno Abrantes	00:24:50	00:46:36	00:44:27	1779	Falcoes Selvagens	V40	284
1920	2609	Sandra Cabaço	00:24:00	00:46:37	00:46:04	2017	Strong Team	V40	91





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1921	3052	Patricia Xavier	00:23:24	00:46:39	00:46:04	2015	100%FitClub	V40	92
1922	212	Alexandra Pinto	00:25:07	00:46:39	00:44:30	1786		V45	73
1923	504	Tatiana Ildefonso	00:24:19	00:46:39	00:45:28	1928	Cabeleireiro Moda Jovem	V35	76
1924	3280	João Ferreira	00:24:06	00:46:39	00:44:46	1827	Vassourinhas	Senior	273
1925	211	Sérgio Jorge	00:25:07	00:46:39	00:44:31	1790		V45	291
1926	1365	Luis Silva	00:24:46	00:46:40	00:44:53	1846	Clube Millennium bcp	V45	292
1927	1046	Elisabete Matias	00:23:12	00:46:42	00:46:25	2081		V50	36
1928	91	Eduardo Ventura	00:23:15	00:46:42	00:45:58	1996		V35	225
1929	1501	Ana Candeias	00:23:06	00:46:43	00:46:29	2091		V40	93
1930	383	Pedro Silva	00:24:27	00:46:43	00:45:41	1963	Lisbon South Bay Running Club	V35	226
1931	1047	Luis Matias	00:23:12	00:46:43	00:46:26	2084		V55	107
1932	453	Eva Lourenço	00:24:15	00:46:44	00:45:12	1890	Coxos by night	V35	77
1933	1355	Antonio Ferreira	00:24:24	00:46:44	00:45:27	1926	Clube Millennium bcp	V50	185
1934	3468	Eduardo Amorim	00:24:46	00:46:44	00:44:41	1813		V45	293
1935	2671	José Dimas	00:21:03	00:46:44	00:46:15	2054	SS CGD	V45	294
1936	2196	Maria Macias	00:23:45	00:46:45	00:44:49	1836		Senior	103
1937	3766	Favelina Santos	00:23:20	00:46:45	00:46:15	2053	NucleOeiras-ADNO	V40	94
1938	3505	Ricardo Taipa	00:24:15	00:46:45	00:44:31	1791		Senior	274
1939	2197	Tiago Faustino	00:23:45	00:46:45	00:44:49	1835		Senior	275
1940	1921	Isabel Caparica	00:24:31	00:46:45	00:44:28	1781		V45	74



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1941	1522	João Pereira	00:24:02	00:46:45	00:44:34	1797	Daikin Team	V35	227
1942	1445	Luis Saldanha	00:24:18	00:46:46	00:45:21	1911		V60	42
1943	73	Dina Lobo	00:23:25	00:46:47	00:46:24	2079		V45	75
1944	3313	Ana Martins	00:24:49	00:46:47	00:44:59	1860	GRD OS FIXES	V50	37
1945	825	Sandra Torres	00:25:00	00:46:47	00:44:51	1839		V35	78
1946	3572	Paula Rebelo	00:24:45	00:46:48	00:45:58	1994	GRD OS FIXES	V45	76
1947	2151	Susana Almeida	00:23:27	00:46:49	00:46:18	2064		V35	79
1948	560	Luis Costa	00:23:58	00:46:49	00:45:28	1930	Quarentões na Bisga	V50	186
1949	565	Ricardo Figueiredo	00:23:58	00:46:49	00:45:28	1932	Quarentões na Bisga	V45	295
1950	87	Helio Balinha	00:24:25	00:46:49	00:45:04	1874		V35	228
1951	2617	Maria Silva	00:22:51	00:46:50	00:46:20	2066	Strong Team	V40	95
1952	3148	Maria Costa	00:23:45	00:46:51	00:46:40	2113	friendship	Junior	18
1953	75	Nuno Santos	00:23:25	00:46:51	00:46:29	2092	Clube OGMA	V45	296
1954	1232	António Costa	00:23:45	00:46:52	00:46:39	2111	friendship	V40	285
1955	1211	Rogério Nobre	00:24:42	00:46:52	00:45:18	1900		V50	187
1956	590	Ana Jorge	00:23:41	00:46:52	00:45:11	1889		Senior	104
1957	829	João Tomaz	00:24:13	00:46:52	00:46:10	2037		V40	286
1958	1216	Ruben Oliveira	00:25:28	00:46:53	00:44:59	1859	Os Caracóis Furiosos	Senior	276
1959	2016	José Barbosa	00:25:13	00:46:53	00:45:28	1929	Clube PT-Zcs	V50	188
1960	242	Catarina Lima	00:24:20	00:46:53	00:46:12	2039		V50	38



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1961	1260	Cristina Neves	00:22:56	00:46:54	00:46:37	2104		V45	77
1962	1860	José Salgueiro	00:25:17	00:46:55	00:46:18	2063		V45	297
1963	2137	Bruno Alvarenga	00:26:02	00:46:55	00:41:06	1255	RUNBÓIA	Senior	277
1964	1018	Mario Godinho	00:24:36	00:46:56	00:45:32	1943	Clube Novo Banco	V40	287
1965	989	Paula Irineo	00:24:37	00:46:56	00:45:35	1953	Clube Novo Banco	V45	78
1966	4265	José Oliveira	00:24:30	00:46:58	00:46:08	2031	PEUGEOT	V35	229
1967	3078	Paula Cunha	00:23:55	00:46:58	00:46:47	2129		V40	96
1968	1109	Luís Afonso	00:25:46	00:46:58	00:44:31	1792	PepsiCo Portugal	V50	189
1969	1110	Manuel Aço	00:25:47	00:46:59	00:44:29	1784	PepsiCo Portugal	V45	298
1970	4267	Fernando Oliveira	00:24:30	00:46:59	00:46:09	2033	PEUGEOT	V35	230
1971	942	Sílvia Mata	00:24:09	00:46:59	00:46:40	2112	OS MATAS	V40	97
1972	993	Celia Julio	00:24:01	00:46:59	00:46:01	2009	Clube Novo Banco	V40	98
1973	1303	Jose Vilela	00:25:29	00:47:00	00:46:34	2101	Clube Millennium bcp	V50	190
1974	452	Filipa Almeida	00:24:16	00:47:00	00:45:29	1935	Coxos by night	Senior	105
1975	1324	Fernanda Ferreira	00:24:58	00:47:01	00:45:11	1886	Clube Millennium bcp	V40	99
1976	2481	Vasco Tavares	00:23:02	00:47:01	00:46:17	2062		V45	299
1977	1322	Carla Lourenco	00:24:34	00:47:03	00:45:44	1970	Clube Millennium bcp	V40	100
1978	2438	Miguel Cerejeira	00:24:18	00:47:03	00:45:48	1979		V45	300
1979	3830	Clara Augusto	00:24:27	00:47:04	00:45:43	1967		V50	39
1980	2133	Joana Grilo	00:26:51	00:47:05	00:41:15	1283	RUNBÓIA	Senior	106





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
1981	2117	Eduardo Correia	00:24:23	00:47:06	00:45:48	1978	PowerBoost Club	V45	301
1982	240	Ermelinda Oliveira	00:24:49	00:47:06	00:46:15	2055		V40	101
1983	578	Francisco Borralho	00:24:17	00:47:06	00:46:32	2097		Senior	278
1984	3049	Ana Conduto	00:24:37	00:47:07	00:46:47	2128	Cascais Crusaders Runners	Senior	107
1985	4105	Luis Eça	00:24:47	00:47:07	00:45:56	1989		V45	302
1986	915	Ricardo Martins	00:24:47	00:47:07	00:45:56	1987		Senior	279
1987	215	Carlos Elias	00:24:50	00:47:08	00:46:16	2061		V45	303
1988	4312	Henriqueta Major	00:22:40	00:47:08	00:47:06	2168	Wine moderation Running	V50	40
1989	92	Ivone Costa	00:25:05	00:47:08	00:45:31	1941	Coyote and Road Runner, Inc.	V35	80
1990	2169	Justiliano Silva	00:24:02	00:47:09	00:45:47	1975	Falcoes Selvagens	V60	43
1991	635	Patricia Serrano	00:23:43	00:47:09	00:46:07	2028		Senior	108
1992	623	João Ribeiro	00:23:43	00:47:09	00:46:07	2030		Senior	280
1993	2116	David Nogueira	00:24:40	00:47:11	00:45:45	1972	PowerBoost Club	V40	288
1994	106	Orlando Silva	00:26:00	00:47:13	00:44:39	1805		V45	304
1995	2331	Luis Saraiva	00:23:18	00:47:13	00:45:48	1977		V50	191
1996	3325	Bruno Almeida	00:26:01	00:47:14	00:44:39	1803		Senior	281
1997	1728	Beatriz Lopes	00:25:37	00:47:15	00:45:00	1865		Junior	19
1998	3298	Ricardo Afonso	00:24:51	00:47:15	00:46:06	2026	GRD OS FIXES	V35	231
1999	1861	Antonio Alves	00:24:55	00:47:15	00:45:28	1931		V60	44
2000	3299	Rui Martins	00:24:51	00:47:15	00:46:04	2018	GRD OS FIXES	V45	305



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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2001	4083	André Figueiroa	00:26:55	00:47:18	00:41:12	1273	Clube Accenture	Senior	282
2002	4084	Catarina Santos	00:24:51	00:47:18	00:45:20	1910	Clube Accenture	Senior	109
2003	2880	Ligia Antunes	00:25:41	00:47:19	00:45:06	1879	Vai andando que eu ja te apanho	V35	81
2004	2601	Joana Rodrigues	00:24:00	00:47:19	00:46:50	2134	Strong Team	Senior	110
2005	2882	Leila Lopes	00:25:41	00:47:21	00:45:08	1884	Vai andando que eu ja te apanho	Senior	111
2006	1139	Robert Fife	00:24:13	00:47:21	00:46:01	2008		V60	45
2007	3715	Caroline Bowen	00:24:45	00:47:22	00:46:28	2090	St Julians Running Mums	V50	41
2008	2227	Tamiris Lopes	00:24:48	00:47:22	00:46:15	2058		Senior	112
2009	1235	Carlos Rodrigues	00:24:31	00:47:22	00:46:04	2016		V35	232
2010	722	Carlos Lavrador	00:24:22	00:47:22	00:45:26	1925	Run&Smile	V50	192
2011	4088	Emídio Silva	00:24:48	00:47:23	00:46:14	2049	Clube Accenture	Senior	283
2012	1736	Fernando Anjos	00:24:26	00:47:23	00:46:05	2021	Fire Team	V40	289
2013	629	Aida Costa	00:25:16	00:47:24	00:45:15	1898		Senior	113
2014	3585	Rute Tavares	00:22:56	00:47:24	00:47:05	2166	Grupo Marcha e Corrida Jamor	V35	82
2015	3061	Ariana Rocha	00:23:22	00:47:24	00:46:57	2150	DCI CCDRP Mealhada	Senior	114
2016	1979	Rui Figueiredo	00:25:51	00:47:25	00:45:13	1894		V35	233
2017	1620	Alexandra Inácio	00:24:34	00:47:25	00:45:57	1993	Clube Venus	V40	102
2018	1621	Paulo Inácio	00:24:35	00:47:26	00:45:58	1998	Clube Venus	V35	234
2019	3286	Susana Ramos	00:23:47	00:47:26	00:47:11	2179	Neto	V40	103
2020	2098	Bruno Andrade	00:26:53	00:47:26	00:46:01	2012	Multicert	Senior	284



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2021	3285	Mario Neto	00:23:47	00:47:26	00:47:09	2177	Neto	V55	108
2022	712	Claudia Santos	00:24:22	00:47:27	00:46:23	2076		V45	79
2023	3291	Manuela Folgado	00:22:44	00:47:27	00:47:12	2181	GRD OS FIXES	V65	6
2024	4008	Henrique Dias	00:22:40	00:47:27	00:47:15	2186		V35	235
2025	4241	António Loureiro	00:25:09	00:47:29	00:45:49	1980	TEVA	V40	290
2026	2807	Paula Branco	00:24:26	00:47:29	00:45:32	1946		V40	104
2027	3076	Tomás Esteves	00:22:11	00:47:29	00:47:05	2167		Junior	62
2028	2945	Rui Alves	00:23:16	00:47:30	00:47:04	2161		V50	193
2029	99	Rui Sá	00:23:27	00:47:30	00:47:03	2157		V45	306
2030	1145	Raquel Santos	00:25:26	00:47:30	00:45:39	1959		V35	83
2031	1094	Rui Rodrigues	00:25:26	00:47:31	00:45:39	1958		V40	291
2032	2043	Miguel Diogo	00:25:28	00:47:31	00:45:34	1948		V40	292
2033	1239	Ana Souza	00:25:29	00:47:32	00:46:10	2036		V40	105
2034	1573	Lina Gonçalves	00:24:58	00:47:34	00:45:43	1968		V45	80
2035	957	Isabel Oliveira	00:23:32	00:47:34	00:47:05	2162	Serviços Sociais Montepio	V55	18
2036	127	Leonor Garcia	00:24:54	00:47:35	00:46:37	2105		V35	84
2037	3151	Tiago Bernardo	00:22:58	00:47:37	00:46:53	2139		Senior	285
2038	213	José Duarte	00:25:06	00:47:37	00:46:00	2006		V35	236
2039	2911	Ana Imaginário	00:23:29	00:47:37	00:47:33	2223		V35	85
2040	2420	Joao Assude	00:24:20	00:47:37	00:46:31	2096		V40	293





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2041	507	Cláudia Sousa	00:24:55	00:47:37	00:45:44	1969	ADRC Mata de Benfica	V40	106
2042	4158	António Almeida	00:24:46	00:47:38	00:45:39	1960	GFD Running	V45	307
2043	2926	Fernando Martins	00:24:28	00:47:39	00:45:39	1961	Beer Boys	V50	194
2044	392	Carlos Chanca	00:25:22	00:47:39	00:44:18	1754	Eggbite	V40	294
2045	172	Cátia Pinto	00:27:09	00:47:39	00:45:23	1920		V35	86
2046	2874	Bruno Ferreira	00:23:03	00:47:39	00:47:16	2188		V35	237
2047	1104	Mário Prada	00:23:41	00:47:39	00:46:18	2065	PepsiCo Portugal	Senior	286
2048	1448	Luiz Rosa	00:24:47	00:47:40	00:46:56	2145	CLUBE ATLETISMO AMIGOS DE BELÈM	V65	27
2049	4124	Cláudia Martins	00:25:02	00:47:41	00:47:00	2156	SUMOL/COMPAL	Senior	115
2050	2594	Rita Silva	00:23:14	00:47:42	00:47:16	2190		Senior	116
2051	2403	Ana Reis	00:23:49	00:47:42	00:47:08	2175	Rail Runners	V40	107
2052	2225	Joana Gomes	00:25:01	00:47:43	00:46:12	2040	Cavalos NEgros Supecelentes	Senior	117
2053	2515	Luciana Pereira	00:23:56	00:47:43	00:46:43	2118		V35	87
2054	3794	Maria Cesar	00:24:30	00:47:43	00:47:41	2233	NucleOeiras-ADNO	V40	108
2055	2190	Dinis Esteves	00:24:41	00:47:43	00:45:18	1903		Junior	63
2056	1587	Carolina Fonseca	00:24:58	00:47:44	00:45:42	1964	Let's Get physical	Senior	118
2057	1206	Francisco Sarrasqueiro	00:24:06	00:47:44	00:46:49	2131		V70	9
2058	1565	Laura Lapa	00:24:32	00:47:45	00:46:42	2115		Senior	119
2059	521	Maria Monteiro	00:25:28	00:47:45	00:45:23	1919	MIMOS	V35	88
2060	523	Pedro Lopes	00:25:27	00:47:45	00:45:22	1912	MIMOS	Junior	64



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2061	2933	Susana Cota	00:25:30	00:47:45	00:46:13	2044		Senior	120
2062	3420	Miguel Carvalho	00:25:31	00:47:45	00:46:13	2045		Senior	287
2063	1960	Luis Domingues	00:23:34	00:47:46	00:47:06	2170	Motorway01	V45	308
2064	566	Rui Salvado	00:24:34	00:47:46	00:46:42	2116	Quarentões na Bisga	V45	309
2065	3750	António Pais	00:24:22	00:47:47	00:46:38	2107	NucleOeiras-ADNO	V70	10
2066	3660	Carmel Skarkey	00:24:54	00:47:47	00:46:54	2143	St Julians Running Mums	V50	42
2067	2149	Lurdes Silva	00:24:14	00:47:47	00:46:36	2103		V50	43
2068	4023	Luís Oliveira	00:25:02	00:47:47	00:46:40	2114		V35	238
2069	2088	Alexandre Portugal	00:24:58	00:47:47	00:46:51	2135		V50	195
2070	3470	Carla Ferreira	00:23:37	00:47:48	00:47:43	2237	Wine moderation Running	V40	109
2071	2142	Hugo Miguel	00:27:33	00:47:48	00:46:15	2056	Alpotrade runners	Senior	288
2072	1920	João Caparica	00:24:31	00:47:49	00:45:31	1942		V50	196
2073	1481	Nuno Sousa	00:25:35	00:47:49	00:45:33	1947		V40	295
2074	2822	Ana Viegas	00:25:55	00:47:49	00:45:55	1986	SIMECQ	V45	81
2075	1648	Joana Morim	00:25:13	00:47:50	00:46:00	2005	CLUBE COLABORADORES AGEAS	V35	89
2076	3968	Marta Sá	00:24:59	00:47:50	00:45:47	1976	Tabaqueira - Estarbemestar	V35	90
2077	2978	José Silva	00:23:03	00:47:50	00:47:37	2224	G. R. D. Ribeira da Lage	V55	109
2078	614	Alexandre Pereira	00:25:03	00:47:50	00:45:46	1974		V35	239
2079	3544	Adelino Correia	00:24:15	00:47:50	00:46:38	2108		V60	46
2080	2814	Patrícia Oliveira	00:25:53	00:47:52	00:45:57	1991	P&R	Senior	121



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2081	2813	Rui Falhas	00:25:53	00:47:52	00:45:57	1992	P&R	V40	296
2082	4026	Marco Teixeira	00:25:09	00:47:53	00:46:10	2034		V45	310
2083	2161	João Mareco	00:24:34	00:47:53	00:45:57	1990		V40	297
2084	55	Maria Simoes	00:25:00	00:47:54	00:46:59	2153		V45	82
2085	2706	João Simões	00:23:34	00:47:54	00:46:12	2043	CLUBE BRISA	V40	298
2086	4089	Frederico Pires	00:22:43	00:47:55	00:47:25	2203	Clube Accenture	Senior	289
2087	892	Jorge Alves	00:25:22	00:47:55	00:46:21	2072		V50	197
2088	3297	Pedro Sousa	00:26:24	00:47:55	00:46:46	2125	GRD OS FIXES	Junior	65
2089	3189	Alexandra Candeias	00:24:14	00:47:56	00:46:28	2089	GRCD Leião	V40	110
2090	2277	Fernando Alves	00:23:08	00:47:57	00:47:09	2176		V60	47
2091	1078	Nuno Gonçalves	00:23:55	00:47:58	00:47:07	2171	Keep Running	V65	28
2092	434	Carlos Matias	00:25:08	00:48:00	00:45:30	1937	BeiRun	V45	311
2093	1692	Natália Fonseca	00:25:01	00:48:00	00:46:14	2051	Os amigos do sofá	V35	91
2094	181	Susana Travanca	00:26:15	00:48:01	00:46:21	2069		V45	83
2095	57	Rita Alves	00:26:18	00:48:02	00:46:22	2073		V45	84
2096	1780	Ana Neto	00:25:10	00:48:03	00:46:22	2074	Linda-a-Pastora Sporting Clube	V35	92
2097	1770	Alice Machado	00:23:59	00:48:04	00:47:11	2180	Linda-a-Pastora Sporting Clube	V60	10
2098	1786	Vítor Rodrigues	00:23:45	00:48:04	00:47:51	2244	Linda-a-Pastora Sporting Clube	V65	29
2099	1781	Carlos Marques	00:23:44	00:48:04	00:47:52	2245	Linda-a-Pastora Sporting Clube	V80	1
2100	1783	José Alagador	00:23:44	00:48:04	00:47:54	2251	Linda-a-Pastora Sporting Clube	V70	11





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2101	1835	Antonio Jorge	00:22:49	00:48:04	00:47:45	2239		V60	48
2102	4025	Luis Fiel	00:24:55	00:48:05	00:46:53	2140		V35	240
2103	2349	Bruno Abreu	00:24:01	00:48:05	00:46:44	2121	FIT_Marginais	V40	299
2104	2721	Cláudio Costa	00:25:36	00:48:05	00:44:57	1853	MARISQUEIRA C3	Senior	290
2105	1784	Fernando Andrade	00:23:44	00:48:05	00:47:55	2252	Linda-a-Pastora Sporting Clube	V70	12
2106	1086	Ricardo Ferreira	00:25:09	00:48:07	00:46:01	2011	Serviços Sociais Montepio	V35	241
2107	1263	Susana Gouveia	00:25:30	00:48:07	00:46:25	2080		V40	111
2108	891	Hugo Oliveira	00:25:22	00:48:07	00:46:34	2099		V45	312
2109	520	José Figueiredo	00:25:42	00:48:08	00:46:30	2093	Clube do Stress	Senior	291
2110	2746	Odete Francisco	00:24:23	00:48:08	00:47:15	2187		V45	85
2111	2019	Rui Barros	00:25:49	00:48:09	00:47:54	2249	Clube PT-Zcs	V45	313
2112	3409	José Santos	00:24:07	00:48:09	00:47:22	2197		V65	30
2113	3542	Mafalda Moreira	00:24:32	00:48:09	00:46:00	2002		Junior	20
2114	754	Ricardo Moreira	00:27:58	00:48:10	00:43:05	1565		V50	198
2115	1472	Pedro Junior	00:23:02	00:48:10	00:48:02	2262	Casa da Dizima - FIT 6	Junior	66
2116	4047	António Bila	00:23:03	00:48:10	00:48:03	2265	OutSystems Olímpico de Oeiras	V60	49
2117	756	Paulo Pereira	00:27:47	00:48:11	00:43:06	1569		V50	199
2118	1053	Fernando Moreira	00:26:50	00:48:11	00:45:56	1988		Senior	292
2119	2010	Pedro Leitão	00:25:44	00:48:11	00:47:00	2155	Clube PT-Zcs	V35	242
2120	4274	Hugo Reinhardt	00:24:21	00:48:12	00:46:06	2024	PEUGEOT	V35	243



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2121	1466	Pedro Baptista	00:24:35	00:48:12	00:48:06	2268	Casa da Dizima - FIT 6	V35	244
2122	501	Paulo Carneiro	00:25:16	00:48:12	00:46:57	2147		V45	314
2123	2108	António Fernandes	00:23:16	00:48:14	00:47:04	2160	Premium Runners	V55	110
2124	1755	Miguel Brás	00:26:11	00:48:14	00:46:02	2014	Pump Amadora	V45	315
2125	2176	Maria Madureira	00:24:54	00:48:15	00:46:07	2027		V40	112
2126	3462	Carlos Dias	00:25:56	00:48:15	00:46:00	2003		V55	111
2127	3511	Paulo Gomes	00:25:56	00:48:15	00:45:59	2001		V50	200
2128	1077	José Andrade	00:24:56	00:48:15	00:47:29	2208	Keep Running	V50	201
2129	4194	Neves Silva	00:23:59	00:48:17	00:47:55	2254	CP	V65	31
2130	2860	Fausto Gomes	00:24:36	00:48:17	00:46:55	2144		V45	316
2131	2447	André Basílio	00:25:44	00:48:18	00:46:05	2022	MABA	Senior	293
2132	1250	Hugo Silva	00:23:35	00:48:18	00:47:07	2174		V40	300
2133	729	Patricia Paulo	00:24:36	00:48:20	00:47:13	2182	Premium Runners	V40	113
2134	3577	Rita Baptista	00:25:24	00:48:20	00:46:07	2029	LES CATASTROPHES	Senior	122
2135	792	Bernardo Godinho	00:25:50	00:48:20	00:46:49	2132	BANCO ATLANTICO EUROPA	V40	301
2136	2668	Herculano Lopes	00:24:15	00:48:21	00:47:39	2228	SS CGD	V45	317
2137	1138	Joaquim Matos	00:25:36	00:48:23	00:46:09	2032		V45	318
2138	1084	Maria Andrade	00:25:43	00:48:23	00:46:13	2046		V55	19
2139	1383	Joao Seborro	00:24:32	00:48:23	00:47:31	2216	Clube Millennium bcp	V50	202
2140	3074	Diogo Neiva	00:29:27	00:48:24	00:37:08	650		Junior	67



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2141	2891	Thiago Cesar	00:26:54	00:48:24	00:43:58	1707	Crossfit LAV	V35	245
2142	1986	Joao Farinha	00:24:23	00:48:25	00:46:45	2124		V40	302
2143	2762	Pedro Batista	00:21:18	00:48:26	00:48:15	2281	KEEP CALM	Junior	68
2144	2548	Cândida Soares	00:25:33	00:48:26	00:46:21	2070	Elite Runners	V35	93
2145	3258	Laura Medina	00:24:21	00:48:27	00:47:29	2210		V40	114
2146	2578	Maria Ferreira	00:25:11	00:48:28	00:46:43	2119		V60	11
2147	2887	Gonçalo Pinto	00:25:17	00:48:28	00:46:22	2075	NAV RUNNERS	V35	246
2148	3587	Inês Rodrigues	00:24:48	00:48:29	00:47:17	2192	CLUBE COLABORADORES AGEAS	V35	94
2149	314	Teresa Morais	00:24:49	00:48:29	00:47:24	2200		V40	115
2150	3612	Carlos Pereira	00:24:48	00:48:29	00:47:17	2191		V35	247
2151	2375	José Abreu	00:25:50	00:48:29	00:46:51	2137	Equipa GDC FIDELIDADE	V60	50
2152	958	Luis Farinha	00:25:10	00:48:30	00:46:21	2071	Serviços Sociais Montepio	V45	319
2153	2752	Ana Abreu	00:25:51	00:48:30	00:46:52	2138		V60	12
2154	1923	Mariana Pinheiro	00:25:01	00:48:31	00:48:21	2294		V35	95
2155	2287	Carlos Vasconcelos	00:26:23	00:48:31	00:46:14	2048		V55	112
2156	2343	Joana Lopes	00:26:12	00:48:31	00:47:21	2195	FIT_Marginais	V35	96
2157	1122	Cristina Silva	00:24:50	00:48:32	00:47:26	2204	PepsiCo Portugal	V45	86
2158	826	Ana Jorge	00:24:49	00:48:32	00:47:26	2206		V35	97
2159	2092	Ricardo Saraiva	00:25:28	00:48:33	00:47:06	2169		V35	248
2160	3464	Rui Maia	00:25:27	00:48:33	00:47:04	2159		V35	249





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2161	1936	Joana Fonseca	00:25:28	00:48:33	00:47:05	2165		Senior	123
2162	2931	Sofia Guedes	00:24:42	00:48:33	00:47:29	2211	Lisbon Moonlight Runners	V40	116
2163	2270	Ana Gonçalves	00:24:27	00:48:33	00:47:20	2193		V35	98
2164	2344	Rui Amaro	00:26:12	00:48:33	00:47:24	2199	FIT_Marginais	V35	250
2165	585	Sérgio Gonaçalves	00:24:52	00:48:33	00:47:56	2257		V35	251
2166	3273	Jaydip Samgi	00:26:07	00:48:33	00:46:23	2077	360imprimir	Senior	294
2167	1009	Leonor Oliveira	00:24:12	00:48:34	00:48:17	2286	Clube Novo Banco	V40	117
2168	952	Olga Coelho	00:25:01	00:48:35	00:47:42	2235	True Blue DLL	Senior	124
2169	1417	Rui Reis	00:25:01	00:48:35	00:47:20	2194	Clube Millennium bcp	V40	303
2170	295	Paulo Páris	00:25:01	00:48:36	00:47:21	2196		V50	203
2171	3093	Beatriz Morgado	00:26:30	00:48:36	00:46:27	2087		Senior	125
2172	3092	Antonio Morgado	00:26:31	00:48:36	00:46:27	2086		V55	113
2173	207	Nelson Bragança	00:24:31	00:48:37	00:46:14	2052		V55	114
2174	1125	Diana Dinu	00:24:59	00:48:37	00:46:54	2142	Falcões Selvagens	V40	118
2175	2241	Manuel Piedade	00:25:35	00:48:38	00:46:47	2127		V60	51
2176	3039	Pedro Farinha	00:26:47	00:48:38	00:46:45	2123	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	Senior	295
2177	4035	Flávio Santos	00:25:24	00:48:38	00:48:10	2276		Senior	296
2178	2329	Manuel Lopes	00:25:38	00:48:38	00:46:48	2130		V60	52
2179	1607	João Lopes	00:26:48	00:48:38	00:46:46	2126		V40	304
2180	4253	Tomás Santos	00:24:16	00:48:39	00:47:56	2256	PEUGEOT	Senior	297



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2181	1839	Diogo Costa	00:25:41	00:48:39	00:46:26	2083	Os Mais Sensuais	Senior	298
2182	3132	Tiago Machado	00:25:19	00:48:39	00:47:05	2163	Gordos e Rebeldes	Senior	299
2183	4324	Teresa Gil	00:24:11	00:48:40	00:48:37	2331		V40	119
2184	3649	Catarina Costa	00:25:36	00:48:40	00:47:40	2231		Senior	126
2185	3800	Miriam Gonçalves	00:23:27	00:48:41	00:48:39	2338	NucleOeiras-ADNO	Junior	21
2186	281	Edmundo Simoes	00:24:39	00:48:43	00:47:05	2164		V60	53
2187	2657	Carlos Gonçalves	00:25:32	00:48:44	00:47:32	2218	SS CGD	Senior	300
2188	52	Anabela Bexiga	00:24:59	00:48:44	00:48:22	2297		V50	44
2189	3607	Elisabete Vaz	00:23:50	00:48:44	00:48:42	2342	Wine moderation Running	V45	87
2190	54	João Pinto	00:25:33	00:48:44	00:47:37	2225		V35	252
2191	3252	Mariana Ribeiro	00:24:55	00:48:44	00:48:24	2299	Cascais Crusaders Runners	Senior	127
2192	2410	Mário Raposo	00:23:40	00:48:45	00:48:16	2282		V65	32
2193	3743	Amilcar Dias	00:24:57	00:48:45	00:47:26	2207	NucleOeiras-ADNO	V60	54
2194	2588	Carla Reis	00:24:43	00:48:45	00:46:34	2102		V35	99
2195	1495	Neusa Almeida	00:25:25	00:48:47	00:46:56	2146		V40	120
2196	3305	Silvia Villar	00:24:35	00:48:49	00:48:36	2322	GRD OS FIXES	V45	88
2197	1054	Marta Pimenta	00:26:50	00:48:49	00:46:34	2098		Senior	301
2198	3912	Carlos Ornelas	00:25:04	00:48:49	00:48:17	2287	Tabaqueira - Estarbemestar	V40	305
2199	3312	Luis Dias	00:24:34	00:48:49	00:48:36	2324	GRD OS FIXES	V50	204
2200	3991	Rui Quelhas	00:25:04	00:48:49	00:48:18	2288	Tabaqueira - Estarbemestar	V40	306



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2201	3974	Nuno Silva	00:25:04	00:48:50	00:48:19	2290	Tabaqueira - Estarbemestar	V40	307
2202	2262	Jorge Pires	00:25:59	00:48:50	00:46:34	2100	CASA DO PESSOAL DA RTP	V50	205
2203	2134	Nuno Almeida	00:27:36	00:48:51	00:43:01	1555	RUNBÓIA	V35	253
2204	2694	Rita Antunes	00:25:13	00:48:51	00:47:41	2234	SS CGD	V40	121
2205	258	Eduardo Moreira	00:24:17	00:48:52	00:48:16	2283	BitRunners	V35	254
2206	3056	Elsa Ribeiro	00:26:49	00:48:52	00:46:30	2094	Voo Nocturno	V45	89
2207	1837	Marisa Gonçalves	00:25:28	00:48:52	00:48:07	2272	CASA DO PESSOAL DA RTP	Senior	128
2208	3059	Inês Bandeira	00:26:50	00:48:52	00:46:28	2088	Voo Nocturno	V45	90
2209	686	Antonio Palla	00:25:30	00:48:54	00:47:29	2212		V55	115
2210	2550	Teresa Santos	00:26:14	00:48:54	00:46:21	2067		V40	122
2211	3474	Maria Sebastião	00:23:57	00:48:55	00:48:27	2304	NAV RUNNERS	V55	20
2212	2839	Maria Mota	00:25:39	00:48:56	00:47:00	2154	Alfa Pendular runners	V35	100
2213	1636	Luisa Rebordão	00:24:46	00:48:56	00:48:30	2308		Senior	129
2214	319	Nuno Abreu	00:24:22	00:48:56	00:48:17	2285		V35	255
2215	1637	José Santos	00:25:48	00:49:01	00:48:03	2266		V50	206
2216	2851	Alexandre Robalo	00:26:19	00:49:01	00:46:43	2120		V35	256
2217	734	Mariana Ventura	00:24:39	00:49:01	00:47:53	2247	Premium Runners	Junior	22
2218	3154	Cláudia Pereira	00:26:19	00:49:01	00:46:44	2122		Senior	130
2219	1678	Jaime Santos	00:25:47	00:49:02	00:48:04	2267		Junior	69
2220	541	Vitor Tavares	00:24:22	00:49:02	00:47:44	2238	Marginais	V45	320





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2221	1376	Leonel Ferreirinha	00:24:48	00:49:03	00:47:16	2189	Clube Millennium bcp	V70	13
2222	3575	Andre Campos	00:25:44	00:49:03	00:46:39	2110	Team Acelera	V40	308
2223	169	Célia Garcia	00:24:40	00:49:03	00:48:06	2271		V35	101
2224	2939	Isménia Gonçalves	00:25:26	00:49:03	00:47:07	2172		V45	91
2225	2927	Ana Antunes	00:26:04	00:49:04	00:46:57	2148	Beer Boys	Senior	131
2226	3386	Liliana Henriques	00:26:48	00:49:05	00:46:58	2151	Valejas Atlético Clube	Senior	132
2227	3360	Cátia Rangel	00:26:48	00:49:06	00:46:59	2152	Valejas Atlético Clube	V35	102
2228	3400	Ricardo Lampreia	00:25:17	00:49:06	00:47:03	2158	Valejas Atlético Clube	V35	257
2229	701	Anabela Guerreiro	00:25:12	00:49:07	00:47:25	2201		V45	92
2230	3387	Luís )	00:26:48	00:49:08	00:46:57	2149	Valejas Atlético Clube	V40	309
2231	3643	Paulo Amaro	00:23:42	00:49:09	00:47:32	2219		V35	103
2232	1779	Rita Mina	00:25:11	00:49:09	00:47:26	2205	Linda-a-Pastora Sporting Clube	V45	93
2233	1567	Nuno Fernandes	00:25:54	00:49:10	00:47:40	2230		V55	116
2234	2476	Teresa Martinho	00:25:22	00:49:10	00:48:34	2320		Senior	133
2235	1886	Nuno Cardetas	00:25:47	00:49:10	00:46:38	2109	CCD Siemens	V35	258
2236	2370	Sónia Santos	00:26:13	00:49:11	00:47:14	2183	Os Caracóis Furiosos	Senior	134
2237	2371	Luís Henriques	00:26:13	00:49:11	00:47:14	2185	Os Caracóis Furiosos	Senior	302
2238	3647	Ana Ribeiro	00:24:13	00:49:11	00:48:49	2359		V45	94
2239	4224	Fernando Salgueiro	00:24:39	00:49:13	00:47:33	2221	TEVA	V40	310
2240	2072	José Eterno	00:24:18	00:49:15	00:48:45	2349		V45	321



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2241	4036	Helder Coelho	00:27:35	00:49:15	00:46:04	2019		V45	322
2242	847	Paulo Maceiras	00:24:38	00:49:16	00:48:36	2325	Corrida Noturna Parque das Nações	V45	323
2243	835	Sandra Pires	00:24:37	00:49:16	00:48:36	2328	Corrida Noturna Parque das Nações	V45	95
2244	846	Ana Maceiras	00:24:39	00:49:16	00:48:36	2327	Corrida Noturna Parque das Nações	V40	123
2245	1352	Mario Duro	00:25:33	00:49:16	00:48:26	2302	Clube Millennium bcp	V40	311
2246	625	Maria Silva	00:24:09	00:49:17	00:49:09	2392		V45	96
2247	777	Francisco Machado	00:27:44	00:49:17	00:47:30	2213	LIS RUNNING CPA	V60	55
2248	1186	Jacinto Pereira	00:27:44	00:49:17	00:47:31	2214	LIS RUNNING CPA	V60	56
2249	1201	Gonçalo Vaz	00:25:11	00:49:18	00:47:32	2217		V35	259
2250	943	Isabel Vieira	00:24:10	00:49:18	00:49:00	2374	OS MATAS	V55	21
2251	2071	Rui Lourenço	00:27:42	00:49:18	00:47:49	2243		V45	324
2252	3339	Jorge Correia	00:24:03	00:49:18	00:47:07	2173	360imprimir	Senior	303
2253	2842	Carolina Constant	00:24:48	00:49:21	00:48:38	2332		V35	104
2254	742	Hugo Santos	00:24:57	00:49:23	00:47:53	2246	Falcões Selvagens	V40	312
2255	743	Raquel Roque	00:24:57	00:49:23	00:47:54	2248	Falcões Selvagens	V40	124
2256	2833	Olga Galvão	00:25:55	00:49:24	00:47:31	2215	SIMECQ	V55	22
2257	161	Joana Caixeirinho	00:25:18	00:49:24	00:48:07	2273	Singarunners	Senior	135
2258	102	Isabel Amaral	00:24:27	00:49:25	00:49:06	2386		V50	45
2259	1706	Joana Oliveira	00:25:50	00:49:25	00:47:33	2222	Victorious Secret	Senior	136
2260	124	João Alexandre	00:25:19	00:49:25	00:48:08	2275	Singarunners	V35	260



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2261	414	Célia Nunes	00:25:54	00:49:25	00:47:33	2220		V35	105
2262	1113	Nuno Ribeiro	00:24:44	00:49:25	00:48:11	2277	PepsiCo Portugal	V45	325
2263	3556	Maria Soares	00:24:29	00:49:26	00:49:21	2413		V50	46
2264	3730	Artur Gaio	00:26:13	00:49:26	00:46:16	2060	CCD Tranquilidade	Senior	304
2265	2170	Vânio Dias	00:27:50	00:49:27	00:44:20	1756	CLUBE BRISA	Senior	305
2266	3806	Rodrigo Duarte	00:25:37	00:49:27	00:47:38	2227	NucleOeiras-ADNO	Senior	306
2267	1264	Inês Malveiro	00:27:17	00:49:27	00:47:14	2184		Senior	137
2268	4283	Patrick Figueiredo	00:25:01	00:49:27	00:48:28	2306	Oeiras Parque	V35	261
2269	3746	Ana Torres	00:25:36	00:49:28	00:47:40	2232	NucleOeiras-ADNO	V40	125
2270	913	José Teixeira	00:26:05	00:49:28	00:47:54	2250		V35	262
2271	2618	Verónica Rodrigues	00:25:13	00:49:29	00:48:45	2351	Strong Team	Senior	138
2272	2615	João Abreu	00:25:13	00:49:29	00:48:45	2352	Strong Team	V35	263
2273	2577	Rute Dias	00:24:59	00:49:30	00:47:46	2241		V35	106
2274	1368	Jorge Gama	00:25:49	00:49:32	00:46:53	2141	Clube Millennium bcp	V40	313
2275	1968	António Garcia	00:25:17	00:49:33	00:48:28	2307	Motorway01	V45	326
2276	1127	Margarida Santos	00:26:44	00:49:34	00:47:38	2226	Cascais Outdoor Training	Junior	23
2277	4280	Charlotte Oliveira	00:25:01	00:49:34	00:48:35	2321	Oeiras Parque	Senior	139
2278	2160	Ricardo Valentim	00:25:37	00:49:35	00:47:25	2202		V35	264
2279	2165	Francisco Costa	00:27:36	00:49:35	00:46:26	2085		Senior	307
2280	1857	Elsa Sousa	00:25:55	00:49:36	00:48:30	2309	correr Loures	V45	97





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2281	3519	Rute Patrocinio	00:24:31	00:49:36	00:49:18	2409		V40	126
2282	4189	Carla Nascimento	00:25:07	00:49:36	00:48:20	2293	CP	V35	107
2283	1464	António Monteiro	00:25:07	00:49:37	00:48:26	2303	Os Galgos	V70	14
2284	195	João Silva	00:24:37	00:49:37	00:49:28	2419		V40	314
2285	394	Rita Almeida	00:24:50	00:49:38	00:48:15	2280	Super Lentos	V35	108
2286	3667	Elaine Norman	00:26:20	00:49:38	00:48:45	2350	St Julians Running Mums	V45	98
2287	196	Adriana Pires	00:24:37	00:49:38	00:49:30	2423		V40	127
2288	3332	Vanda Silva	00:24:50	00:49:40	00:48:27	2305		V40	128
2289	903	Bruno Marcelino	00:27:03	00:49:40	00:48:43	2348	Trilhos Nocturnos Team	V35	265
2290	3651	Sandra Veiga	00:26:26	00:49:42	00:48:02	2263		V40	129
2291	3712	Vanessa Covachã	00:24:39	00:49:42	00:48:57	2368		V40	130
2292	1335	Carlos Conceicao	00:26:12	00:49:42	00:47:59	2259	Clube Millennium bcp	V55	117
2293	425	Luisa Mendonça	00:24:32	00:49:44	00:48:51	2360		V40	131
2294	516	Manuel Duarte	00:25:41	00:49:44	00:48:08	2274	Clube do Stress	V50	207
2295	1240	João Rocha	00:25:29	00:49:44	00:48:20	2292		V50	208
2296	2415	Fernando Lemos	00:23:12	00:49:45	00:49:04	2383		V45	327
2297	2655	Antonio Carpinteiro	00:26:03	00:49:45	00:48:02	2261	SS CGD	V70	15
2298	2175	Paulo Santos	00:27:42	00:49:46	00:48:17	2284		V45	328
2299	1083	Sara Carvalha	00:24:53	00:49:46	00:49:00	2372		V40	132
2300	116	Angela Santos	00:28:15	00:49:47	00:47:29	2209	Trio da Corrida	V35	109



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2301	291	Miguel Oliveira	00:24:04	00:49:47	00:49:00	2371	#HUTMASSAMACORRE	V50	209
2302	2739	Alipio Costa	00:24:53	00:49:47	00:49:01	2375		V55	118
2303	1574	Claudia Montez	00:26:07	00:49:47	00:48:57	2367		V35	110
2304	1750	Claudia Ribeiro	00:26:08	00:49:48	00:48:57	2366		V35	111
2305	2084	Jorge Lisboa	00:25:49	00:49:50	00:48:30	2310		V55	119
2306	1804	Carlos Silva	00:26:33	00:49:50	00:48:22	2295	Linda-a-Pastora Sporting Clube	V50	210
2307	1772	Madalena Pina	00:26:34	00:49:50	00:48:24	2300	Linda-a-Pastora Sporting Clube	V50	47
2308	1042	David Henriques	00:26:34	00:49:50	00:48:22	2296		Senior	308
2309	3815	Susana Mendes	00:25:13	00:49:51	00:49:15	2402	NucleOeiras-ADNO	V45	99
2310	3606	Maria Vaz	00:24:13	00:49:51	00:49:48	2466	Wine moderation Running	V50	48
2311	1805	Fernando Coelho	00:26:36	00:49:51	00:48:23	2298	Linda-a-Pastora Sporting Clube	V50	211
2312	1438	Helder Conceição	00:27:38	00:49:51	00:49:12	2396	Inforjovem	V40	315
2313	3931	Filipa Evangelista	00:24:51	00:49:52	00:48:47	2356	Tabaqueira - Estarbemestar	Senior	140
2314	3466	David Carreira	00:27:49	00:49:52	00:47:42	2236	Elite Runners	V35	266
2315	3331	Nina Honrado	00:25:27	00:49:52	00:47:55	2253		Senior	141
2316	1463	António Escalda	00:24:29	00:49:52	00:48:39	2336	Os Galgos	V45	329
2317	2400	Rui Martins	00:24:27	00:49:53	00:49:36	2437	RAME MOTO	V35	267
2318	1557	Beatriz Guerreiro	00:25:45	00:49:54	00:48:00	2260	Guerreiros do Asfalto	Junior	24
2319	2401	Armando Teixeira	00:24:27	00:49:54	00:49:35	2433	RAME MOTO	V65	33
2320	3330	Inês Farinha	00:25:27	00:49:54	00:47:58	2258		Senior	142



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2321	735	Rui Ventura	00:25:53	00:49:56	00:48:48	2358	Premium Runners	V50	212
2322	1219	Paula Leitão	00:24:45	00:49:57	00:49:41	2451	FUTEBOL CLUBE ESTRELAS LISBOA	V35	112
2323	2527	Kelly Franco	00:25:27	00:49:58	00:48:36	2326		V40	133
2324	1433	Raquel Mendes	00:25:35	00:49:58	00:47:39	2229	Clube Millennium bcp	V40	134
2325	2308	Ana Lopes	00:26:04	00:49:59	00:48:13	2278		V45	100
2326	3529	Diana Mota	00:25:31	00:49:59	00:49:04	2381	EAE Lazy Runners	Senior	143
2327	920	José Casimiro	00:24:32	00:50:00	00:49:37	2439		V55	120
2328	353	Guilherme Godinho	00:28:40	00:50:01	00:46:12	2042		Senior	309
2329	4102	Susana Correia	00:26:24	00:50:01	00:48:06	2269	Clube Accenture	Senior	144
2330	2290	Antonio Marques	00:26:18	00:50:02	00:48:40	2340		V60	57
2331	925	Francisco Sanches	00:26:18	00:50:02	00:48:40	2341		V55	121
2332	297	Rui Godinho	00:28:39	00:50:02	00:46:14	2050		V45	330
2333	1460	Pedro Cardoso	00:25:45	00:50:03	00:48:38	2334	Os Galgos	V40	316
2334	3632	Fernando Martins	00:25:44	00:50:03	00:48:40	2339	Os Galgos	V40	317
2335	871	Silvia Marçal	00:24:28	00:50:04	00:49:43	2456	BESMART	V40	135
2336	4309	Luis Estorninho	00:28:18	00:50:05	00:47:45	2240		V45	331
2337	3594	Filomena Silva	00:24:28	00:50:05	00:49:45	2460		V45	101
2338	1899	Miguel Silva	00:23:48	00:50:05	00:49:35	2431		V45	332
2339	959	Luis Pardal	00:26:15	00:50:06	00:47:55	2255	Serviços Sociais Montepio	V50	213
2340	2580	Vitor Nunes	00:24:23	00:50:06	00:49:51	2468		V45	333





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2341	2085	Pedro Veloso	00:25:15	00:50:06	00:49:15	2404		V40	318
2342	928	Lurdes Marques	00:24:49	00:50:07	00:49:42	2452		V40	136
2343	591	José Martins	00:23:11	00:50:07	00:49:42	2454		V40	319
2344	2086	Sandra Alves	00:25:15	00:50:08	00:49:16	2405		V40	137
2345	2317	Pedro Araujo	00:25:50	00:50:08	00:48:43	2347	Barranhão Runners	Senior	310
2346	506	Florabela Machado	00:23:53	00:50:09	00:50:07	2490	Oeiras Runners	Senior	145
2347	2487	André Santos	00:24:08	00:50:11	00:49:35	2430		Senior	311
2348	4086	Daniel Fonseca	00:28:56	00:50:12	00:43:04	1563	Clube Accenture	Senior	312
2349	1332	Jorge Colaco	00:25:33	00:50:12	00:49:39	2443	Clube Millennium bcp	V55	122
2350	3702	Rui Garçao	00:26:09	00:50:12	00:48:31	2311		V40	320
2351	2788	Carlos Ferreira	00:27:35	00:50:12	00:44:51	1840		Senior	313
2352	4313	João Borges	00:26:53	00:50:13	00:48:03	2264		V50	214
2353	583	Ana Rodrigues	00:24:31	00:50:13	00:50:09	2499		V45	102
2354	465	Maria Quitéria	00:26:40	00:50:14	00:48:39	2335		V40	138
2355	347	Rui Soares	00:28:33	00:50:14	00:46:00	2004		V40	321
2356	3429	Soraia Leal	00:25:27	00:50:15	00:49:39	2445		V35	113
2357	2987	Catarina Pedreira	00:25:40	00:50:16	00:49:40	2446	G. R. D. Ribeira da Lage	Senior	146
2358	2510	Sílvia Quintino	00:26:14	00:50:17	00:48:56	2365		V35	114
2359	357	Ana Pereira	00:25:22	00:50:18	00:49:04	2379		V40	139
2360	356	Mário Sobral	00:25:23	00:50:18	00:49:04	2380		V40	322



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2361	1222	Joao Colaco	00:23:46	00:50:19	00:49:52	2470		V45	334
2362	3349	Vitor Cardoso	00:26:52	00:50:20	00:48:48	2357	Associação de Para-quedistas Tejo Norte	V50	215
2363	70	Raquel Ribeiro	00:25:59	00:50:21	00:48:47	2355		Senior	147
2364	981	Luis Monteiro	00:26:13	00:50:21	00:49:06	2385	SAC Team	V40	323
2365	2388	Niki Moss	00:26:27	00:50:23	00:48:32	2315	Running Mums	V40	140
2366	146	Henrique Ramos	00:23:53	00:50:23	00:49:40	2447		V40	324
2367	1908	Joaquim Guerreiro	00:26:26	00:50:23	00:49:44	2457		V55	123
2368	2888	Luis Pinheiro	00:26:47	00:50:23	00:48:31	2313	Os Caracóis Furiosos	V50	216
2369	552	José Sanches	00:24:53	00:50:23	00:50:19	2507	Acro-Climb Runners	V40	325
2370	1229	Susana Climas	00:26:46	00:50:23	00:48:31	2312	Os Caracóis Furiosos	Senior	148
2371	2365	Fernando Sobral	00:28:17	00:50:24	00:46:31	2095	G.D.R. São Francisco da Serra	V60	58
2372	2916	Gonçalo Ferreira	00:25:35	00:50:24	00:49:20	2411		V35	268
2373	542	Rita Tavares	00:25:28	00:50:24	00:49:07	2389	Marginais	V35	115
2374	1928	Mariana Borges	00:26:53	00:50:25	00:48:14	2279		Senior	149
2375	2245	Lurdes Baeta	00:25:55	00:50:25	00:49:17	2406	correr Loures	V50	49
2376	1987	Hugo Lopes	00:28:33	00:50:25	00:46:23	2078		V40	326
2377	1492	Filipa Brandão	00:25:54	00:50:25	00:49:17	2407		V40	141
2378	2024	Luis Pereira	00:24:19	00:50:25	00:50:05	2485	Clube PT-Zcs	V65	34
2379	1135	Veronica Palomba	00:26:45	00:50:27	00:48:32	2316	Cascais Outdoor Training	V40	142
2380	4197	João Duarte	00:26:10	00:50:28	00:48:43	2346	CP	V45	335



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2381	3583	Anselmo Salomão	00:27:39	00:50:29	00:45:58	1995	Mind Runners	V40	327
2382	1483	Cláudia Nunes	00:26:04	00:50:29	00:48:38	2333		V35	116
2383	3184	Elsa Costa	00:25:15	00:50:30	00:50:01	2481	GRCDC Leião	V50	50
2384	1132	Natalie Helena	00:26:45	00:50:32	00:48:33	2319	Cascais Outdoor Training	V40	143
2385	1507	Michel Kranendonk	00:26:07	00:50:33	00:49:10	2393	Evolution	V55	124
2386	727	Elisabete Doutor	00:25:23	00:50:35	00:49:29	2421	Premium Runners	V40	144
2387	3835	Marina Ciriani	00:25:56	00:50:37	00:49:42	2453	Hovione SSC	Senior	150
2388	3701	Andreia Carriço	00:26:05	00:50:37	00:48:19	2289		V35	117
2389	2861	Cristina Reis	00:25:25	00:50:40	00:49:34	2429		V45	103
2390	960	Luis Reis	00:26:10	00:50:40	00:49:35	2432	Serviços Sociais Montepio	V60	59
2391	643	Célia Borges	00:26:10	00:50:40	00:49:36	2436	Equipa GDC FIDELIDADE	V40	145
2392	640	Bruno Vaz	00:25:24	00:50:40	00:49:38	2442	Equipa GDC FIDELIDADE	V40	328
2393	1130	Maria Chiva	00:26:44	00:50:40	00:48:46	2354	Cascais Outdoor Training	V35	118
2394	3706	Mário Lyra	00:26:37	00:50:40	00:49:56	2474		V45	336
2395	3665	Paul Griffiths	00:27:02	00:50:41	00:49:47	2463	St Julians Running Mums	V55	125
2396	3705	Fátima Lyra	00:26:35	00:50:41	00:49:57	2475		V50	51
2397	1372	Nuno Santos	00:25:06	00:50:41	00:50:23	2516	Clube Millennium bcp	V40	329
2398	1371	Sonia Santos	00:25:06	00:50:42	00:50:23	2515	Clube Millennium bcp	V40	146
2399	485	Lurdes Alves	00:25:53	00:50:42	00:49:40	2450		V60	13
2400	2506	Vitor Matos	00:26:14	00:50:42	00:49:56	2473		V50	217





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2401	3535	Nuno Lourenço	00:24:40	00:50:42	00:49:17	2408		V40	330
2402	3875	Tânia Santos	00:25:54	00:50:43	00:49:46	2462	Hovione SSC	Senior	151
2403	3358	Ana Raposo	00:27:06	00:50:43	00:48:36	2323	Valejas Atlético Clube	V40	147
2404	3392	Micaela Simões	00:27:06	00:50:43	00:48:37	2330	Valejas Atlético Clube	Senior	152
2405	3389	Marta Raposo	00:27:06	00:50:43	00:48:36	2329	Valejas Atlético Clube	Junior	25
2406	1533	Pedro Sarrasqueiro	00:25:58	00:50:44	00:49:48	2467	GDCT Unicre	V35	269
2407	1564	Bárbara Sardinha	00:26:22	00:50:44	00:48:20	2291		V45	104
2408	47	João Domingos	00:25:26	00:50:46	00:50:22	2513		V45	337
2409	4213	Pedro Pedrosa	00:25:08	00:50:47	00:49:02	2376	TEVA	Junior	70
2410	48	Cátia Amorim	00:25:25	00:50:47	00:50:23	2517		V35	119
2411	3661	Catherine Griffiths	00:25:01	00:50:48	00:49:58	2478	St Julians Running Mums	V45	105
2412	110	Mara Vaz	00:27:08	00:50:50	00:49:00	2370	Caracóis de Pedra	V35	120
2413	1246	Catarina Carvalho	00:26:14	00:50:50	00:49:29	2422		V35	121
2414	1129	Ana Sagel	00:26:47	00:50:50	00:48:54	2362	Cascais Outdoor Training	V35	122
2415	1948	António Teixeira	00:26:24	00:50:50	00:48:25	2301	Multicert	Senior	314
2416	109	Nuno Vaz	00:27:09	00:50:50	00:49:00	2373	Caracóis de Pedra	V35	270
2417	3895	Ana Timóteo	00:27:05	00:50:51	00:48:46	2353	Tabaqueira - Estarbemestar	V35	123
2418	100	Sandra Melo	00:27:00	00:50:52	00:50:09	2497		V35	124
2419	1394	Ana Carvalho	00:26:37	00:50:53	00:48:33	2318	Clube Millennium bcp	V40	148
2420	759	Teresa Mesquita	00:25:47	00:50:53	00:49:47	2465		V35	125



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2421	1134	Emma Danielsson	00:26:44	00:50:54	00:48:58	2369	Cascais Outdoor Training	V35	126
2422	3662	Marisa Carvalho	00:26:02	00:50:54	00:50:02	2482	St Julians Running Mums	V45	106
2423	4016	Sandra Fernandes	00:27:14	00:50:54	00:48:32	2314	Associação Cultural da Lage	V45	107
2424	3336	Júlia Arsénio	00:27:41	00:50:56	00:49:44	2458		V40	149
2425	2794	Alexandre Torbay	00:26:37	00:50:56	00:49:35	2435	Run-A-Way	Junior	71
2426	327	Alejandro Jaumandreu	00:24:57	00:50:56	00:49:19	2410		Senior	315
2427	3404	Luís Alves	00:25:36	00:50:56	00:50:33	2527		V55	126
2428	1494	Ricardo Almeida	00:26:04	00:50:57	00:49:04	2382		V40	331
2429	1158	Susana Capelo	00:27:28	00:50:58	00:48:56	2364	Speedy Gonzalez	V35	127
2430	2152	Ana Casares	00:25:44	00:50:58	00:49:06	2384		Senior	153
2431	3001	Diana Penela	00:25:39	00:50:59	00:50:23	2518	G. R. D. Ribeira da Lage	Junior	26
2432	1909	Amessia Aguilar	00:25:56	00:51:00	00:50:20	2508		V45	108
2433	749	Luís Amorim	00:27:55	00:51:01	00:46:42	2117		V45	338
2434	3294	Ana Sousa	00:26:25	00:51:01	00:49:51	2469	GRD OS FIXES	Junior	27
2435	3376	Vitor Santiago	00:26:16	00:51:03	00:49:15	2403	Valejas Atlético Clube	V50	218
2436	3674	Francisco Massano	00:26:56	00:51:03	00:48:42	2343		V50	219
2437	4018	Maria Medeiros	00:26:18	00:51:05	00:48:42	2345	Associação Cultural da Lage	V45	109
2438	1128	This Hue	00:26:46	00:51:05	00:49:06	2387	Cascais Outdoor Training	V40	150
2439	1247	Nuno Vilallonga	00:25:18	00:51:06	00:50:58	2562		V50	220
2440	677	Célia Catarino	00:26:27	00:51:06	00:48:39	2337	Sundayrunners	V50	52



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2441	3314	Carla Jorge	00:26:20	00:51:07	00:49:12	2398	GRD OS FIXES	V50	53
2442	3309	Jorge Oliveira	00:26:21	00:51:08	00:49:11	2395	GRD OS FIXES	V55	127
2443	1131	Susana Sousa	00:26:45	00:51:08	00:49:10	2394	Cascais Outdoor Training	V50	54
2444	4181	Susana Mesquita	00:26:08	00:51:09	00:50:22	2510	GFD Running	V45	110
2445	3777	Esmeralda Gomes	00:25:47	00:51:10	00:50:41	2541	NucleOeiras-ADNO	V65	7
2446	616	Reinaldo Trigo	00:27:00	00:51:10	00:48:56	2363		V70	16
2447	420	Andreia Santos	00:26:21	00:51:11	00:49:14	2400		Senior	154
2448	1354	Emilia Arsenio	00:25:31	00:51:11	00:50:12	2503	Clube Millennium bcp	V45	111
2449	1301	Goncalo Lopes	00:26:11	00:51:11	00:50:22	2511	Clube Millennium bcp	Senior	316
2450	1299	Acacio Lopes	00:26:11	00:51:12	00:50:21	2509	Clube Millennium bcp	V50	221
2451	2023	António Dias	00:25:46	00:51:12	00:50:58	2561	Clube PT-Zcs	V55	128
2452	1300	Silvia Lopes	00:26:12	00:51:13	00:50:22	2514	Clube Millennium bcp	V50	55
2453	2017	Paulo Martins	00:25:46	00:51:13	00:50:59	2564	Clube PT-Zcs	V55	129
2454	3641	Natália Narciso	00:25:41	00:51:13	00:50:29	2523	Serviços Sociais Montepio	V50	56
2455	2027	António Guimarães	00:24:08	00:51:15	00:49:31	2425	Clube PT-Zcs	Senior	317
2456	1141	Altino Silva	00:26:38	00:51:15	00:49:45	2459	Casa do Pessoal do IVA	V70	17
2457	1338	Maria Pinheiro	00:25:51	00:51:15	00:49:58	2479	Clube Millennium bcp	V45	112
2458	1143	Ricardo Fonseca	00:26:38	00:51:16	00:49:46	2461	Casa do Pessoal do IVA	V40	332
2459	389	Arménio Vicente	00:26:01	00:51:17	00:50:37	2536		V55	130
2460	1444	Paulo Oliveira	00:27:21	00:51:17	00:49:06	2388		V45	339





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2461	2923	Joana Rodrigues	00:27:21	00:51:18	00:49:09	2391	Beer Boys	V35	128
2462	388	Fátima Prazeres	00:26:01	00:51:18	00:50:37	2535		V50	57
2463	206	Susana Leitão	00:27:33	00:51:18	00:49:12	2397		V40	151
2464	2389	Victoria Labruzzo	00:26:41	00:51:19	00:49:29	2420	Running Mums	V50	58
2465	1698	Anabela Morganheira	00:25:55	00:51:19	00:51:00	2565	Boa Onda	V45	113
2466	2384	Leslie Mercado	00:26:41	00:51:22	00:49:31	2426	Running Mums	V45	114
2467	2879	Ana Neto	00:27:09	00:51:23	00:50:13	2504	Filhos do Patinhas & Cia	Senior	155
2468	2005	João Camacho	00:24:11	00:51:23	00:50:40	2539	Pump Amadora	V35	271
2469	1932	Sílvia Dias	00:25:48	00:51:23	00:50:32	2526		V40	152
2470	2118	João Gonçalves	00:26:18	00:51:23	00:49:38	2440	PowerBoost Club	V45	340
2471	4254	António Santos	00:25:56	00:51:25	00:50:41	2540	PEUGEOT	V50	222
2472	163	Samuel Joaquim	00:26:11	00:51:25	00:50:08	2494		V65	35
2473	252	Ana Madeira	00:25:49	00:51:25	00:50:38	2538		V35	129
2474	2237	Iolanda Batista	00:30:42	00:51:26	00:45:00	1866		V40	153
2475	2238	Rui Dias	00:30:42	00:51:26	00:44:59	1861		V40	333
2476	2524	Nuno Oliveira	00:25:34	00:51:26	00:49:25	2415		V40	334
2477	912	Luís Silva	00:25:47	00:51:26	00:49:21	2412		Senior	318
2478	2818	Susana Margarida	00:26:27	00:51:27	00:49:40	2449	Me & You	V45	115
2479	2873	Sílvia Marçal	00:28:30	00:51:27	00:46:05	2023		V35	130
2480	268	Ana Santos	00:28:07	00:51:28	00:49:35	2434	Os Vianas	V40	154



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2481	1277	Manuel Paulo	00:28:08	00:51:28	00:47:47	2242	Run2Finish.PT	V60	60
2482	2652	Diogo Costa	00:25:14	00:51:29	00:51:18	2585	walkingdead	Senior	319
2483	269	Pedro Viana	00:28:06	00:51:30	00:49:37	2438	Os Vianas	V35	272
2484	2781	Rita Iglésias	00:25:14	00:51:31	00:51:21	2591		Senior	156
2485	1022	Patricia Santos	00:25:53	00:51:32	00:50:59	2563	Clube Novo Banco	V45	116
2486	3040	Rodrigo Leal	00:26:06	00:51:32	00:50:36	2533	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V40	335
2487	3028	Flávio Gonçalves	00:26:08	00:51:32	00:50:33	2529	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	Senior	320
2488	3036	Patricia Russo	00:26:08	00:51:32	00:50:36	2534	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V40	155
2489	3029	Isabel Vaz	00:26:07	00:51:33	00:50:35	2532	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V35	131
2490	822	Sandrine Pereira	00:25:45	00:51:33	00:50:55	2555		V40	156
2491	1274	Mónica Cerqueira	00:25:44	00:51:33	00:51:16	2582	FUTEBOL CLUBE ESTRELAS LISBOA	V35	132
2492	1273	Hugo Cerqueira	00:25:43	00:51:34	00:51:18	2586	FUTEBOL CLUBE ESTRELAS LISBOA	V40	336
2493	1864	Domingos Folgado	00:26:15	00:51:36	00:49:31	2424		V50	223
2494	2360	Paula Fragoso	00:27:04	00:51:36	00:50:01	2480	Clube Vodafone	V40	157
2495	3562	David Almeida	00:27:34	00:51:37	00:50:22	2512		Senior	321
2496	3459	João Petra	00:26:22	00:51:37	00:51:09	2575		V55	131
2497	3680	Pedro Primo	00:26:59	00:51:37	00:49:24	2414		Senior	322
2498	3264	Sara Valadares	00:28:26	00:51:37	00:49:27	2418	Brazucas	Senior	157
2499	3128	Edmilson Semedo	00:24:24	00:51:37	00:50:25	2520		Senior	323
2500	3263	Júnia Anacleto	00:28:27	00:51:38	00:49:27	2417	Brazucas	V55	23



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2501	132	Joao Vasconcelos	00:26:24	00:51:38	00:51:11	2579		V55	132
2502	3645	Inês Mieirol	00:26:24	00:51:38	00:51:11	2577		Senior	158
2503	1613	Fernanda Pedralva	00:25:51	00:51:39	00:49:43	2455	OS KOXUS	V45	117
2504	2793	Adrian Torbay	00:26:49	00:51:39	00:50:19	2506	Run-A-Way	Senior	324
2505	1869	Margarida Pinheiro	00:27:46	00:51:41	00:49:38	2441	Let's Get physical	Senior	159
2506	1631	Cesário Fonseca	00:25:48	00:51:42	00:51:19	2588		V55	133
2507	1561	Maria Goncalves	00:25:49	00:51:43	00:51:20	2589		V35	133
2508	1824	Maria Costa	00:26:14	00:51:47	00:50:10	2501		Junior	28
2509	1823	Maria Silveirinha	00:26:14	00:51:47	00:50:08	2495		V40	158
2510	2922	Joana Santos	00:26:06	00:51:48	00:49:40	2448	Beer Boys	Senior	160
2511	2764	Francisco Coito	00:24:46	00:51:49	00:51:31	2606	Clube marginal	V65	36
2512	2012	Amândio Taveira	00:25:37	00:51:50	00:50:26	2521	Clube PT-Zcs	V60	61
2513	3269	Ricardo Ferreira	00:27:38	00:51:51	00:49:39	2444	360imprimir	Senior	325
2514	4222	Ana Venancio	00:26:59	00:51:52	00:50:08	2493	TEVA	V40	159
2515	1588	Vera Brito	00:27:45	00:51:52	00:49:47	2464	Let's Get physical	V35	134
2516	681	Ana Nogueira	00:27:30	00:51:53	00:49:13	2399	Os Pereiras	V45	118
2517	1844	Jorge Silva	00:27:28	00:51:53	00:50:05	2487		V40	337
2518	433	Sonia Durão	00:27:08	00:51:54	00:49:25	2416	BeiRun	V50	59
2519	1447	Maria Luiz	00:25:53	00:51:54	00:50:54	2552		V50	60
2520	2229	Ana Ramos	00:27:17	00:51:55	00:49:31	2427	#BoraLa	V40	160





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2521	3041	Rosário Vicente	00:27:36	00:51:56	00:48:42	2344	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V50	61
2522	1848	Sérgio Matoso	00:24:16	00:51:57	00:51:48	2642		V35	273
2523	2402	Marta Matos	00:26:08	00:52:00	00:50:50	2549		Senior	161
2524	2025	Ana Pereira	00:25:41	00:52:00	00:51:41	2626	Clube PT-Zcs	V55	24
2525	1642	Catarina Lopes	00:25:51	00:52:01	00:51:41	2625	Cascais Crusaders Runners	Senior	162
2526	1230	Paulo Jorge	00:29:00	00:52:01	00:50:09	2500	Os Caracóis Furiosos	Senior	326
2527	2335	Maria Catela	00:26:13	00:52:02	00:50:42	2542	FIT_Marginais	V40	161
2528	2575	Conceição Leal	00:27:41	00:52:03	00:50:34	2530		V45	119
2529	4230	Tiago Costa	00:29:00	00:52:03	00:50:34	2531	TEVA	Junior	72
2530	2372	Paula Mateis	00:26:16	00:52:03	00:50:07	2489	Os Caracóis Furiosos	Senior	163
2531	3859	Susana Cargaleiro	00:26:32	00:52:03	00:51:02	2570	Hovione SSC	Senior	164
2532	2235	Inês Ferreira	00:28:13	00:52:03	00:49:58	2477		Senior	165
2533	66	Jose Batalha	00:29:31	00:52:04	00:46:51	2136	Leogym	V50	224
2534	486	Ivo Justino	00:25:52	00:52:04	00:50:49	2546	Os Galgos	Senior	327
2535	3637	Filipa Mateus	00:25:52	00:52:04	00:50:49	2545	Os Galgos	V35	135
2536	3873	Lucia Sousa	00:26:30	00:52:05	00:51:11	2578	Hovione SSC	V35	136
2537	1583	Maria Ventura	00:27:46	00:52:06	00:50:03	2483	Let's Get physical	Senior	166
2538	2949	Ana Caldeira	00:25:36	00:52:06	00:50:09	2498		V40	162
2539	3841	Elisabete Couto	00:26:32	00:52:07	00:51:05	2573	Hovione SSC	Senior	167
2540	317	Sidónia Atanázio	00:26:22	00:52:08	00:50:33	2528		Senior	168



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2541	911	Matilde Nascimento	00:27:21	00:52:11	00:50:06	2488		Senior	169
2542	2293	Sofia Reis	00:27:23	00:52:11	00:50:07	2491		Senior	170
2543	2047	Bruno Dias	00:27:01	00:52:13	00:50:43	2543	DXC	V40	338
2544	3888	João Mendes	00:27:14	00:52:14	00:50:27	2522		V50	225
2545	2483	Isabel Garcia	00:25:13	00:52:14	00:51:42	2629		V50	62
2546	2411	Guiomar Tomé	00:25:13	00:52:15	00:51:42	2627		V65	8
2547	399	Josie Gomes	00:28:48	00:52:15	00:46:50	2133	ESMTC	V40	163
2548	478	Valesca Frutuoso	00:26:16	00:52:15	00:51:21	2590	Newbies	V40	164
2549	477	Jorge Silva	00:26:17	00:52:15	00:51:22	2592	Newbies	V45	341
2550	3767	Fernanda Lopes	00:27:24	00:52:16	00:50:31	2524	NucleOeiras-ADNO	V45	120
2551	1282	Cristina Angeja	00:27:35	00:52:16	00:50:56	2556	ANGEJA	V40	165
2552	1283	Joao Angeja	00:27:35	00:52:17	00:50:57	2557	ANGEJA	V40	339
2553	1295	Marta Gomes	00:25:20	00:52:18	00:51:26	2596	Clube Millennium bcp	V40	166
2554	1091	Xiyang Wang	00:28:42	00:52:18	00:50:07	2492	Serviços Sociais Montepio	Senior	171
2555	3855	Viriato Pinho	00:31:24	00:52:18	00:49:03	2378	Hovione SSC	Senior	328
2556	2145	Andre Almeida	00:27:50	00:52:18	00:49:52	2471	Elite Runners	Senior	329
2557	3057	Luis Miguel	00:26:51	00:52:18	00:49:55	2472	Voo Nocturno	V45	342
2558	4245	Ana Lopes	00:26:54	00:52:21	00:49:57	2476		V35	137
2559	236	Marlene Pereira	00:27:27	00:52:21	00:50:25	2519		Senior	172
2560	1854	Bibiana Brito	00:25:31	00:52:22	00:52:15	2672		V35	138



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<i>Class.</i>	<i>Dorsal</i>	<i>Aleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2561	2805	Shikha Raikundalia	00:25:32	00:52:22	00:52:15	2673		V35	139
2562	3628	Carolina Marques	00:27:09	00:52:23	00:50:32	2525	Caracóis de Pedra	Senior	173
2563	4263	João Venâncio	00:22:47	00:52:24	00:52:21	2684	PEUGEOT	V45	343
2564	3589	Victor Ramos	00:26:41	00:52:26	00:51:18	2584	CLUBE COLABORADORES AGEAS	V45	344
2565	832	Cheila Ginjeira	00:26:10	00:52:27	00:51:52	2646		V45	121
2566	4030	Maria Anjinho	00:28:22	00:52:28	00:48:54	2361	Associação Cultural da Lage	V50	63
2567	2569	Mariana Alves	00:26:58	00:52:29	00:50:55	2554	Mind Runners	Senior	174
2568	2427	Tiago Silva	00:27:54	00:52:29	00:51:29	2601		V35	274
2569	2568	Carlos Francisco	00:26:57	00:52:29	00:50:55	2553	Mind Runners	Senior	330
2570	755	Valentim Varela	00:25:26	00:52:29	00:52:00	2659		V45	345
2571	2522	Paulo Cachudo	00:28:31	00:52:31	00:49:08	2390		V50	226
2572	733	Isabel Duarte	00:26:30	00:52:31	00:51:24	2593	Premium Runners	V50	64
2573	1023	Paula Mello	00:25:20	00:52:32	00:51:59	2657	Clube Novo Banco	V50	65
2574	1399	Carolina Pereira	00:26:10	00:52:33	00:52:15	2671	Clube Millennium bcp	Senior	175
2575	1894	Arquimínio Cabral	00:27:51	00:52:33	00:50:49	2544		V40	340
2576	1541	Adelaide Porto	00:26:20	00:52:34	00:52:04	2661		V50	66
2577	4014	Bárbara Morgado	00:26:00	00:52:34	00:52:01	2660		V35	140
2578	448	João Maria	00:27:08	00:52:35	00:50:17	2505		V45	346
2579	3663	Filipa Oliveira	00:26:44	00:52:35	00:51:45	2636	St Julians Running Mums	V45	122
2580	1675	Filipe Resina	00:27:17	00:52:36	00:51:32	2611		Senior	331





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2581	887	Paulo Ramos	00:26:00	00:52:37	00:51:15	2581		V45	347
2582	1233	Sandra Costa	00:26:29	00:52:38	00:52:26	2693	friendship	V35	141
2583	1325	Eduardo Vilhena	00:19:31	00:52:38	00:52:20	2681	Clube Millennium bcp	V50	227
2584	620	Nuno Jerónimo	00:27:31	00:52:38	00:50:04	2484		V40	341
2585	633	José Ferreira	00:27:31	00:52:38	00:50:05	2486		V40	342
2586	1234	Paula Marques	00:26:29	00:52:38	00:52:25	2691	friendship	V40	167
2587	3359	António Gavado	00:30:31	00:52:39	00:47:11	2178	Valejas Atlético Clube	V65	37
2588	2234	Artur Ferreira	00:27:17	00:52:40	00:50:37	2537		V60	62
2589	924	Luis Lopes	00:26:09	00:52:41	00:51:54	2652		V65	38
2590	1101	Ana Loureiro	00:27:18	00:52:41	00:50:49	2547	PepsiCo Portugal	Senior	176
2591	2769	Elisabeth Loureiro	00:26:44	00:52:41	00:51:06	2574	Sporting Clube de Casainhos	V60	14
2592	3362	Diana Guimarães	00:28:24	00:52:41	00:50:53	2551	Valejas Atlético Clube	V35	142
2593	1236	Artur Cota	00:28:44	00:52:45	00:50:11	2502		V40	343
2594	4065	Jorge Quarenta	00:25:06	00:52:46	00:51:58	2655		V35	275
2595	4066	João Carinhas	00:25:12	00:52:46	00:51:58	2653		V50	228
2596	1415	Olga Lopes	00:25:26	00:52:46	00:52:06	2663	Clube Millennium bcp	V40	168
2597	1419	Antonio Santos	00:26:13	00:52:46	00:51:13	2580	Clube Millennium bcp	V55	134
2598	1238	Ana Lemos	00:26:41	00:52:46	00:51:53	2648		V50	67
2599	2362	Pedro Santos	00:26:36	00:52:46	00:52:37	2709	Clube Vodafone	V40	344
2600	2363	Rebeca Bastos	00:26:34	00:52:47	00:52:38	2710	Clube Vodafone	Senior	177



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2601	3157	Leonor Freitas	00:25:48	00:52:49	00:52:27	2697		V40	169
2602	985	Alda Vinagre	00:25:55	00:52:49	00:52:17	2677	Clube Novo Banco	V40	170
2603	1043	Vera Martins	00:28:04	00:52:51	00:51:00	2566		V35	143
2604	2376	Manuela Silva	00:25:52	00:52:51	00:52:48	2721	Clube PT-Zcs	V60	15
2605	1336	Carla Brito	00:27:09	00:52:51	00:50:58	2560	Clube Millennium bcp	V45	123
2606	2271	Catarina Leite	00:26:28	00:52:51	00:51:36	2617		Senior	178
2607	2325	Ana Cardoso	00:26:27	00:52:52	00:51:37	2618		Senior	179
2608	342	Francisco Marques	00:29:22	00:52:52	00:47:23	2198	Os Amigos	Junior	73
2609	249	Maria Resende	00:26:18	00:52:52	00:51:49	2643		V45	124
2610	4042	Sandra Cardoso	00:28:22	00:52:52	00:49:15	2401	Associação Cultural da Lage	V40	171
2611	4285	Cátia Simões	00:26:53	00:52:52	00:51:53	2650	Oeiras Parque	Senior	180
2612	4094	Margarida Martins	00:26:56	00:52:53	00:50:58	2559	Clube Accenture	Senior	181
2613	2397	Nicola Campbell	00:27:52	00:52:53	00:51:05	2572	Running Mums	V40	172
2614	581	Rita Afonso	00:25:21	00:52:53	00:52:32	2703		Junior	29
2615	415	Carlos Afonso	00:25:20	00:52:53	00:52:32	2705		V45	348
2616	553	Mary Cabral	00:26:07	00:52:54	00:52:50	2727	Acro-Climb Runners	V35	144
2617	422	Mario Pires	00:26:12	00:52:54	00:52:05	2662		V55	135
2618	3173	Gonçalo Mestre	00:27:50	00:52:55	00:50:57	2558	ISCOTECAS	V45	349
2619	313	Sílvia Lopes	00:26:03	00:52:57	00:51:28	2598	CLUBE BRISA	V45	125
2620	312	Eduardo Venda	00:26:02	00:52:57	00:51:29	2599	CLUBE BRISA	V45	350



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2621	2310	Pedro Ferreira	00:27:20	00:52:58	00:51:31	2610		V45	351
2622	3609	Andre Moreira	00:30:39	00:52:58	00:46:37	2106		Senior	332
2623	2311	Sofia Ferreira	00:27:19	00:52:58	00:51:32	2613		V50	68
2624	650	Paulo Alves	00:28:04	00:52:59	00:51:00	2567	Equipa GDC FIDELIDADE	V50	229
2625	363	Andre Agostinho	00:26:52	00:52:59	00:51:02	2569		V35	276
2626	1771	Fátima Almeida	00:25:55	00:53:00	00:52:44	2717	Linda-a-Pastora Sporting Clube	V55	25
2627	429	Maria Silva	00:26:40	00:53:01	00:52:33	2706	Ninguémnospara	V50	69
2628	707	Sheila Sacoor	00:25:57	00:53:02	00:51:46	2640		Senior	182
2629	3576	Mónica Vital	00:26:52	00:53:03	00:50:50	2550	LES CATASTROPHES	Senior	183
2630	408	Pedro Bouhon	00:28:19	00:53:04	00:51:52	2647		V55	136
2631	1526	Pedro Flores	00:25:16	00:53:04	00:52:40	2714		V50	230
2632	2184	Paula Guerreiro	00:27:54	00:53:04	00:50:50	2548		V45	126
2633	3456	Ana Pimentel	00:26:40	00:53:05	00:52:28	2701		Junior	30
2634	421	Ines Bouhon	00:28:19	00:53:05	00:51:54	2651		Senior	184
2635	2526	Manuela Lopes	00:26:24	00:53:05	00:52:20	2682		V50	70
2636	3455	Jorge Correia	00:26:40	00:53:05	00:52:28	2698		V50	231
2637	1357	Rita Moreira	00:28:55	00:53:06	00:51:29	2600	Clube Millennium bcp	V40	173
2638	4080	Maria Pires	00:26:19	00:53:06	00:52:28	2700		V45	127
2639	1361	Fernando Rodrigues	00:28:54	00:53:06	00:51:29	2602	Clube Millennium bcp	V50	232
2640	1360	Luis Correia	00:28:55	00:53:06	00:51:30	2605	Clube Millennium bcp	V45	352





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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Alela</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2641	1119	Susana Freitas	00:27:17	00:53:09	00:51:01	2568	PepsiCo Portugal	V40	174
2642	2428	Ana Silva	00:27:54	00:53:09	00:52:11	2668		V35	145
2643	2459	Paula Matos	00:26:42	00:53:10	00:52:24	2689		V45	128
2644	1717	Catarina Vicente	00:27:47	00:53:12	00:51:30	2604	Varitintas - Loja de tintas em Massamá	V40	175
2645	2163	Ana Mendes	00:26:54	00:53:12	00:51:17	2583		Senior	185
2646	435	Gustavo Pinto	00:27:51	00:53:13	00:51:40	2622		Junior	74
2647	1716	Vânia Secretário	00:27:48	00:53:13	00:51:31	2609	Varitintas - Loja de tintas em Massamá	V35	146
2648	3857	Pedro Alves	00:27:44	00:53:14	00:51:32	2612	Hovione SSC	V40	345
2649	688	Ana Portugal	00:27:51	00:53:14	00:51:43	2630		Junior	31
2650	2855	Pedro Carriço	00:25:49	00:53:15	00:52:27	2696		Junior	75
2651	1730	Inês Vieira	00:27:40	00:53:15	00:51:33	2615	LE MATTINIERE	V35	147
2652	2857	Tiago Carriço	00:25:49	00:53:15	00:52:26	2692		Junior	76
2653	470	Inês Bravo	00:25:53	00:53:15	00:52:32	2704		Senior	186
2654	1157	Rita Lopes	00:27:30	00:53:16	00:51:45	2637		Senior	187
2655	2823	Ana Nunes	00:27:55	00:53:16	00:51:26	2594	SIMECQ	V45	129
2656	1153	Cláudia Caetano	00:27:30	00:53:16	00:51:44	2633		Senior	188
2657	2820	Susana Mendes	00:27:57	00:53:17	00:51:26	2595	SIMECQ	V35	148
2658	2893	Isabel Leal	00:27:05	00:53:19	00:52:59	2735	2725_M&M	V55	26
2659	2894	João Leal	00:27:04	00:53:19	00:52:58	2733	2725_M&M	V50	233
2660	2404	Célia Ferreira	00:26:02	00:53:20	00:52:46	2719	Rail Runners	V40	176



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2661	3149	Cristiana Rodrigues	00:27:36	00:53:21	00:52:09	2665		Senior	189
2662	3691	Rui Rocha	00:30:12	00:53:21	00:50:08	2496		V35	277
2663	637	Antímio Soares	00:27:18	00:53:21	00:51:44	2632	Equipa GDC FIDELIDADE	V40	346
2664	2060	Miguel Martins	00:26:42	00:53:23	00:51:59	2658	RUNNING TEAM	V40	347
2665	2772	Ricardo Araújo	00:28:06	00:53:24	00:51:11	2576		V35	278
2666	2592	Ana Duarte	00:26:23	00:53:24	00:51:46	2638		V35	149
2667	624	Luís Adão	00:25:11	00:53:24	00:53:16	2760		V40	348
2668	3581	Francisco Patinha	00:26:31	00:53:24	00:51:42	2628	Associação Cultural da Lage	V65	39
2669	2273	Helena Barbosa	00:25:34	00:53:25	00:52:43	2715		Senior	190
2670	1304	Ana Vilela	00:25:42	00:53:26	00:53:01	2738	Clube Millennium bcp	V50	71
2671	2386	Wendy Vancalster	00:27:47	00:53:28	00:51:38	2619	Running Mums	V35	150
2672	2649	Diana Paulino	00:27:48	00:53:28	00:51:58	2654	ENCOSTA TEAM	Senior	191
2673	1691	Nádia Antunes	00:27:19	00:53:28	00:51:41	2623	Os amigos do sofá	Senior	192
2674	2645	Teresa Fernandes	00:27:47	00:53:29	00:51:59	2656	ENCOSTA TEAM	V40	177
2675	3510	Luís Machado	00:28:18	00:53:29	00:51:38	2620		V35	279
2676	1690	Liliana Antunes	00:27:20	00:53:30	00:51:45	2634	Os amigos do sofá	Senior	193
2677	2009	Fernando Silva	00:25:44	00:53:31	00:52:21	2683	Clube PT-Zcs	V65	40
2678	2816	Inês Loureiro	00:26:59	00:53:32	00:52:09	2667	Falcões Selvagens	V45	130
2679	2815	Nuno Loureiro	00:26:59	00:53:32	00:52:09	2666	Falcões Selvagens	V50	234
2680	724	Rui Machado	00:27:19	00:53:33	00:51:32	2614	Run&Smile	V55	137



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2681	1411	Susana Rocha	00:26:01	00:53:33	00:52:51	2729	Clube Millennium bcp	V40	178
2682	1490	Sandra André	00:26:39	00:53:34	00:53:06	2746		V40	179
2683	2841	Silvia Alves	00:26:56	00:53:35	00:52:45	2718		V35	151
2684	3204	Luís Braz	00:26:33	00:53:35	00:53:00	2737	GRCD Leião	V40	349
2685	3614	Edgar Guerreiro	00:26:40	00:53:35	00:52:27	2695		Senior	333
2686	2419	Paula Nicolau	00:30:13	00:53:36	00:48:32	2317		V45	131
2687	716	Jorge Martins	00:28:12	00:53:36	00:51:34	2616		V40	350
2688	828	Cristina Cunha	00:26:40	00:53:36	00:51:30	2603		Senior	194
2689	3708	Vera Faneca	00:27:42	00:53:36	00:52:23	2688		Senior	195
2690	2395	Joanne Thistlewaite	00:27:53	00:53:37	00:51:48	2641	Running Mums	V35	152
2691	2323	Ana Seabra	00:26:44	00:53:38	00:51:31	2608		V50	72
2692	1623	Laura Bosch	00:28:54	00:53:39	00:51:27	2597		Senior	196
2693	345	Paula Machado	00:28:50	00:53:41	00:51:46	2639		V40	180
2694	546	Rute Meireles	00:27:06	00:53:41	00:51:45	2635	Alfa Pendular runners	V35	153
2695	2061	Paulo Araújo	00:26:42	00:53:41	00:52:17	2675	RUNNING TEAM	V45	353
2696	1090	Meiling Pan	00:28:42	00:53:42	00:51:31	2607	Serviços Sociais Montepio	Senior	197
2697	3447	Marco Sousa	00:27:48	00:53:43	00:53:03	2742	CLUBE BRISA	V40	351
2698	366	Ezequiel Abrantes	00:26:22	00:53:48	00:51:39	2621	Falcoes Selvagens	V65	41
2699	179	Isabel Santos	00:27:52	00:53:48	00:51:50	2645	Correr Queluz	V50	73
2700	237	Rute Agostinho	00:27:57	00:53:49	00:51:53	2649		V35	154





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2701	3971	Nelson Pancas	00:25:42	00:53:51	00:53:18	2763	Tabaqueira - Estarbemestar	V50	235
2702	245	Élia Silva	00:25:45	00:53:54	00:53:19	2765		V45	132
2703	1931	Maria Cunha	00:27:12	00:53:55	00:53:06	2745		Senior	198
2704	3051	Sandra Filipe	00:26:02	00:53:56	00:53:22	2768	100%FitClub	V40	181
2705	4019	António Alves	00:27:50	00:53:59	00:51:19	2587	Associação Cultural da Lage	V55	138
2706	3616	Liliana Salvador	00:28:06	00:53:59	00:53:36	2784		V35	155
2707	391	Carlos Morais	00:27:40	00:53:59	00:52:26	2694	Falcões Selvagens	V45	354
2708	741	José Gouveia	00:27:40	00:53:59	00:52:25	2690	Falcões Selvagens	V35	280
2709	1714	Carla Almeida	00:27:24	00:53:59	00:53:37	2786	Warriors	V40	182
2710	2932	Ana Pancadas	00:25:42	00:54:00	00:53:48	2808		V35	156
2711	3472	Tiago Santos	00:28:08	00:54:01	00:53:36	2785		V40	352
2712	1712	Maria Ferreira	00:27:24	00:54:02	00:53:39	2791	Warriors	V40	183
2713	2315	Rui Martins	00:26:04	00:54:03	00:52:18	2678		V45	355
2714	3501	Martelle Bertens	00:26:04	00:54:04	00:53:42	2795		V50	74
2715	4249	Correia Sousa	00:25:43	00:54:05	00:53:39	2789	Tabaqueira - Estarbemestar	V40	353
2716	2892	Inês Leal	00:29:12	00:54:05	00:51:04	2571	2725_M&M	Senior	199
2717	355	Paulo Mateus	00:26:46	00:54:06	00:52:48	2722		V45	356
2718	2693	Pedro Medeiros	00:27:43	00:54:06	00:52:29	2702	SS CGD	V40	354
2719	330	Marco Prata	00:26:02	00:54:08	00:53:46	2804		V35	281
2720	329	Joana Capitão	00:26:02	00:54:08	00:53:45	2800		Senior	200



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2721	463	Cristina Guerra	00:30:10	00:54:10	00:53:44	2797		Senior	201
2722	442	Pedro Ruivo	00:27:57	00:54:10	00:52:46	2720		V40	355
2723	1563	Joao Sousa	00:30:11	00:54:10	00:53:45	2803		V45	357
2724	491	Hernani Magalhaes	00:26:37	00:54:11	00:53:04	2744		V45	358
2725	1562	Daniel Sousa	00:30:11	00:54:12	00:53:45	2799		Junior	77
2726	3710	Sara Silva	00:27:35	00:54:12	00:53:23	2770		V35	157
2727	807	Marta Silva	00:27:05	00:54:13	00:53:08	2749	BANCO ATLANTICO EUROPA	Senior	202
2728	4238	Joana Balsinha	00:28:11	00:54:13	00:52:38	2711	TEVA	V35	158
2729	2006	Helena Machado	00:26:39	00:54:13	00:53:49	2809	Clube PT-Zcs	V50	75
2730	809	Pedro Rocha	00:27:05	00:54:13	00:53:08	2750	BANCO ATLANTICO EUROPA	Senior	334
2731	343	Paulo Purvis	00:25:39	00:54:13	00:54:06	2826		V40	356
2732	459	Andreia Vaz	00:25:39	00:54:14	00:54:06	2825		V35	159
2733	720	António Carrilho	00:26:48	00:54:14	00:53:44	2798		V50	236
2734	527	Jorge Carvalho	00:28:09	00:54:14	00:52:50	2726		V40	357
2735	1595	David Vieira	00:29:18	00:54:16	00:52:17	2676		V45	359
2736	528	Andreia Palmeirinha	00:28:09	00:54:17	00:52:52	2730		V35	160
2737	859	Patrícia Parsotamo	00:26:40	00:54:18	00:53:30	2778	#HUTMASSAMACORRE	Senior	335
2738	4203	Joana Lima	00:26:47	00:54:19	00:54:07	2829	CP	Senior	203
2739	2707	Sara Távora	00:26:18	00:54:20	00:52:40	2713	CLUBE BRISA	V35	161
2740	2590	Ana Leal	00:28:30	00:54:21	00:52:16	2674		V45	133



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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2741	2147	Carla Moura	00:28:45	00:54:22	00:52:20	2680		V40	184
2742	1849	Eloísa Matoso	00:24:48	00:54:23	00:54:14	2836		Senior	204
2743	3781	Jorge Baptista	00:27:25	00:54:23	00:53:16	2758	NucleOeiras-ADNO	V60	63
2744	580	Nuno Oliveira	00:26:16	00:54:24	00:53:01	2740		V40	358
2745	3967	Mario Zacarias	00:27:21	00:54:25	00:53:39	2792	Tabaqueira - Estarbemestar	V35	282
2746	2248	Jose Ramalho	00:26:48	00:54:26	00:53:39	2790	Polidos & Ramalhos	V45	360
2747	2249	José Polido	00:26:47	00:54:26	00:53:37	2788	Polidos & Ramalhos	V45	361
2748	2318	Tânia Dias	00:27:57	00:54:26	00:53:01	2739	Barranhão Runners	Senior	205
2749	2247	Susana Ramalho	00:27:22	00:54:27	00:53:40	2793	Polidos & Ramalhos	V40	185
2750	3381	Ilda Simões	00:28:21	00:54:27	00:52:22	2686	Valejas Atlético Clube	V45	134
2751	3370	Maria Franco	00:28:22	00:54:28	00:52:22	2685	Valejas Atlético Clube	V40	186
2752	3210	Nuno Quintela	00:27:08	00:54:29	00:53:47	2805	GRCD Leião	Senior	336
2753	831	João Garcia	00:30:44	00:54:30	00:48:06	2270		V45	362
2754	1268	Cristina Dias	00:27:47	00:54:30	00:53:37	2787	Leogym	V45	135
2755	1895	Daniel Coelho	00:27:35	00:54:32	00:53:09	2751		V40	359
2756	210	Ana Leitao	00:29:39	00:54:33	00:52:28	2699		V35	162
2757	2754	Maria Alexandre	00:27:27	00:54:34	00:53:07	2748		V60	16
2758	687	Elisabete Correia	00:27:15	00:54:35	00:52:51	2728		V35	163
2759	2426	Rita Oliveira	00:26:48	00:54:35	00:52:13	2669		Senior	206
2760	1606	Telma Leitão	00:26:51	00:54:36	00:52:44	2716		Senior	207





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2761	3919	Catarina Silva	00:27:11	00:54:37	00:53:32	2780	Tabaqueira - Estarbemestar	Senior	208
2762	464	Artur Dinis	00:27:13	00:54:38	00:53:04	2743		V60	64
2763	2467	Tiago Veiga	00:25:14	00:54:39	00:54:07	2830	Fofinhos	Senior	337
2764	3827	Nuno Martins	00:26:42	00:54:39	00:54:37	2861		V45	363
2765	2340	Mafalda Carneiro	00:26:54	00:54:41	00:53:24	2773	FIT_Marginais	Senior	209
2766	2529	Neide Santos	00:26:44	00:54:42	00:54:31	2855		Senior	210
2767	1911	Pedro Sousa	00:30:45	00:54:42	00:53:45	2801		Senior	338
2768	494	Ricardo Cruz	00:27:54	00:54:44	00:52:39	2712		Senior	339
2769	2716	Sophia Sobral	00:27:40	00:54:44	00:54:06	2824		V40	187
2770	1611	José Fartaria	00:28:07	00:54:45	00:52:54	2731	OS KOXUS	V65	42
2771	3394	Sónia Sousa	00:30:34	00:54:48	00:49:02	2377	Valejas Atlético Clube	V40	188
2772	1841	Manuel Almeida	00:27:43	00:54:49	00:52:35	2707	Os Mais Sensuais	Senior	340
2773	678	Tânia Dimas	00:28:44	00:54:49	00:52:22	2687	Sundayrunners	V45	136
2774	1503	Miguel André	00:27:27	00:54:50	00:54:24	2846		Junior	78
2775	1519	Ana Silva	00:27:21	00:54:51	00:54:37	2862		Senior	211
2776	1520	Joao Soares	00:27:22	00:54:52	00:54:37	2860		V40	360
2777	332	Iolanda Pereira	00:25:25	00:54:55	00:54:41	2866		V50	76
2778	863	Elisa Esteves	00:28:03	00:54:56	00:53:45	2802		Senior	212
2779	1193	Ines Simoes	00:27:15	00:54:57	00:53:24	2772	Team Certo	Senior	213
2780	456	Kim Lawson	00:30:09	00:55:02	00:53:00	2736		Senior	214



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2781	457	Rachael Taylor	00:30:09	00:55:02	00:52:59	2734		Senior	215
2782	3861	Nuno Mineiro	00:26:22	00:55:04	00:53:32	2781	Hovione SSC	V40	361
2783	205	Marisa Pinto	00:27:32	00:55:04	00:53:10	2752		Senior	216
2784	896	Rosária Silva	00:28:01	00:55:05	00:54:07	2827	Trilhos Nocturnos Team	V45	137
2785	1469	Lidia Marrão	00:28:13	00:55:05	00:54:58	2886	Casa da Dizima - FIT 6	Senior	217
2786	1602	Susana Figueira	00:27:04	00:55:05	00:54:08	2831	Trilhos Nocturnos Team	V40	189
2787	1024	Paula Silva	00:26:59	00:55:07	00:54:34	2856	Clube Novo Banco	V45	138
2788	1402	Carla Ramalho	00:26:49	00:55:07	00:54:41	2865	Clube Millennium bcp	V45	139
2789	3046	Helena Serra	00:28:14	00:55:08	00:53:47	2806	Grupo Desportivo de Chelas	V50	77
2790	79	Gonçalo Almeida	00:29:07	00:55:08	00:53:19	2764	MEG	Junior	79
2791	1470	Mónica Ferreira	00:28:13	00:55:10	00:55:03	2894	Casa da Dizima - FIT 6	V40	190
2792	1471	João Pinto	00:28:13	00:55:10	00:55:04	2895	Casa da Dizima - FIT 6	V40	362
2793	81	Eduardo Almeida	00:29:06	00:55:11	00:53:22	2767	MEG	V50	237
2794	2387	Lizzie Anger	00:28:20	00:55:12	00:53:23	2771	Running Mums	V40	191
2795	862	Nelson Moreira	00:27:37	00:55:13	00:52:48	2725		Senior	341
2796	1667	Carla Nascimento	00:27:50	00:55:13	00:52:48	2724		V40	192
2797	2243	Teresa Reis	00:27:51	00:55:13	00:52:48	2723	correr Loures	V40	193
2798	2484	Luís Santos	00:26:30	00:55:15	00:54:40	2864		V40	363
2799	539	Natacha Marques	00:27:32	00:55:15	00:53:57	2818	Marginais	V45	140
2800	772	Sonia Rodrigues	00:29:01	00:55:16	00:52:36	2708		V40	194



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2801	1307	Rosa Gameiro	00:27:27	00:55:16	00:54:50	2876	Clube Millennium bcp	V45	141
2802	944	Ana Zibaia	00:27:27	00:55:16	00:54:22	2843	True Blue DLL	Senior	218
2803	2697	Susana Matos	00:28:25	00:55:16	00:53:31	2779	SS CGD	V35	164
2804	2408	Sara Fernandes	00:28:33	00:55:17	00:53:10	2754		Senior	219
2805	1427	Fernando Ferreira	00:27:47	00:55:17	00:54:26	2848	Clube Millennium bcp	V70	18
2806	2661	Eduardo Rodrigues	00:28:26	00:55:17	00:53:30	2777	SS CGD	V35	283
2807	1403	Pedro Santos	00:27:47	00:55:18	00:54:27	2851	Clube Millennium bcp	V45	364
2808	1346	Antonio Fernandes	00:27:47	00:55:18	00:54:27	2852	Clube Millennium bcp	V50	238
2809	1406	Pedro Fontes	00:27:47	00:55:18	00:54:27	2850	Clube Millennium bcp	Senior	342
2810	1339	Pedro Dias	00:27:48	00:55:20	00:55:18	2909	Clube Millennium bcp	Senior	343
2811	3693	Ana Rodrigues	00:27:33	00:55:20	00:53:56	2817		V55	27
2812	1978	Tiago Sousa	00:27:19	00:55:21	00:55:14	2907		Junior	80
2813	2136	Sérgio Cruz	00:30:04	00:55:22	00:49:33	2428	RUNBÓIA	V35	284
2814	3224	Isabel Silva	00:27:34	00:55:22	00:53:59	2819	GRCD Leião	V45	142
2815	3425	Inês Pedro	00:27:16	00:55:23	00:55:07	2902		Junior	32
2816	3424	Sofia Pedro	00:27:18	00:55:24	00:55:07	2900		V45	143
2817	2226	André Faustino	00:27:19	00:55:24	00:53:52	2810	Cavalos NEgros Supecelentes	Senior	344
2818	2223	Vanessa Bandeira	00:27:19	00:55:25	00:53:53	2814	Cavalos NEgros Supecelentes	Senior	220
2819	4043	Rita Pestana	00:27:47	00:55:25	00:54:24	2847		Senior	221
2820	241	Sara Pinto	00:29:09	00:55:25	00:53:11	2755		V35	165





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<i>Class.</i>	<i>Dorsal</i>	<i>Aleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2821	710	Diogo Ribeiro	00:26:58	00:55:25	00:54:02	2820		V45	365
2822	2919	Filipa Pires	00:28:23	00:55:25	00:53:11	2756		Senior	222
2823	3659	Anabela Borrego	00:27:39	00:55:27	00:54:35	2858	St Julians Running Mums	V45	144
2824	3656	Carina Osorio	00:28:25	00:55:29	00:54:07	2828		V45	145
2825	409	António Botelho	00:28:19	00:55:29	00:53:10	2753		V35	285
2826	3178	Maria Almeida	00:27:29	00:55:30	00:55:00	2889	GRCD Leião	V45	146
2827	852	Ana Madaleno	00:28:57	00:55:31	00:53:54	2815	Corrida Noturna Parque das Nações	V35	286
2828	836	Diogo Madaleno	00:28:58	00:55:31	00:53:52	2811	Corrida Noturna Parque das Nações	V40	364
2829	843	Pedro Henriques	00:29:33	00:55:31	00:53:52	2812	Corrida Noturna Parque das Nações	V55	139
2830	259	Ana Teixeira	00:27:20	00:55:32	00:54:59	2887	BitRunners	Senior	223
2831	1645	Ana Santos	00:28:52	00:55:33	00:54:56	2882	CLUBE COLABORADORES AGEAS	V40	195
2832	2148	Marco Lima	00:28:47	00:55:35	00:53:30	2776		V40	365
2833	2488	Ricardo Escaleira	00:27:01	00:55:35	00:55:21	2910		Senior	345
2834	894	Carlos Pedreirinho	00:27:13	00:55:36	00:54:48	2874	lidia e carlos	V50	239
2835	895	Lidia Rezio	00:27:13	00:55:37	00:54:48	2873	lidia e carlos	V45	147
2836	246	Patricia Bragança	00:29:35	00:55:38	00:53:16	2759		Senior	224
2837	208	Maria Pissarro	00:29:35	00:55:38	00:53:16	2761		V50	78
2838	1629	Carlos Cortez	00:27:47	00:55:38	00:53:54	2816		V50	240
2839	2679	Manuel Brás	00:26:54	00:55:39	00:54:57	2883	SS CGD	V50	241
2840	1133	Luis Sancho	00:27:58	00:55:39	00:53:41	2794	Cascais Outdoor Training	V55	140



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2841	2656	Barbara Brás	00:26:54	00:55:39	00:54:57	2884	SS CGD	Senior	225
2842	1819	Mário Pires	00:32:03	00:55:40	00:53:52	2813		V55	141
2843	4051	Maria Costa	00:27:28	00:55:41	00:54:04	2822		V50	79
2844	498	Antonio Marques	00:26:41	00:55:41	00:55:02	2891		V65	43
2845	2593	Linda Mendonça	00:27:28	00:55:41	00:54:04	2823		V45	148
2846	3551	Helder Delgado	00:28:04	00:55:42	00:54:42	2869		V35	287
2847	3918	Catarina Daniel	00:25:45	00:55:42	00:54:22	2844	Tabaqueira - Estarbemestar	V40	196
2848	3856	Fábio Dias	00:28:05	00:55:42	00:54:43	2870	Hovione SSC	V45	366
2849	2302	Filipa Pereira	00:29:25	00:55:42	00:53:27	2774		Senior	226
2850	3122	Antonia Machado	00:28:06	00:55:43	00:55:14	2908		V60	17
2851	333	Marina Marques	00:27:45	00:55:44	00:55:29	2917		V45	149
2852	1997	Marta Bravo	00:27:41	00:55:45	00:53:43	2796	Pandilha	V35	166
2853	2539	Filipa Ferreira	00:29:25	00:55:45	00:53:29	2775		Senior	227
2854	3867	António Francisco	00:27:46	00:55:47	00:54:50	2877	Hovione SSC	V40	366
2855	933	Cristina Reis	00:30:11	00:55:47	00:51:41	2624		V45	150
2856	277	Inês Casimiro	00:28:02	00:55:48	00:55:12	2906		Senior	228
2857	276	Hélio Freixo	00:28:02	00:55:48	00:55:11	2905		Senior	346
2858	719	Irene Magalhães	00:26:51	00:55:48	00:55:40	2926		V65	9
2859	2959	Ana Roberto	00:30:12	00:55:48	00:51:43	2631		V35	167
2860	53	Manuela Gonçalves	00:29:07	00:55:51	00:53:47	2807		V40	197



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2861	1059	Julio Mine	00:29:26	00:55:53	00:54:21	2841		V60	65
2862	679	Georgina Monteiro	00:28:40	00:55:53	00:53:18	2762	Sundayrunners	V50	80
2863	854	Telma Faritas	00:29:32	00:55:58	00:54:22	2842	Falcões Selvagens	V40	198
2864	362	Rui Oliveira	00:29:33	00:55:58	00:54:23	2845	Falcões Selvagens	V50	242
2865	1052	Camila Silva	00:30:02	00:56:01	00:53:33	2782		Senior	229
2866	3257	Karen Simpson	00:28:37	00:56:02	00:55:04	2897		V40	199
2867	318	Joana Ferreira	00:28:37	00:56:02	00:54:20	2839		Senior	230
2868	3167	Joana Monteiro	00:29:32	00:56:02	00:54:38	2863		Senior	231
2869	970	Rita Barreto	00:30:01	00:56:02	00:53:34	2783		V35	168
2870	3256	Kimberly Smith	00:28:37	00:56:03	00:55:04	2896		V40	200
2871	1217	Fernando Gaspar	00:29:53	00:56:03	00:53:02	2741		V50	243
2872	3168	Jose Ramalho	00:29:32	00:56:03	00:54:41	2867		Senior	347
2873	1107	Ana Silva	00:28:11	00:56:05	00:55:01	2890	PepsiCo Portugal	V50	81
2874	1108	Sónia Ramires	00:28:11	00:56:05	00:55:02	2892	PepsiCo Portugal	V35	169
2875	1644	Ana Ramalho	00:27:59	00:56:06	00:55:24	2913	Principes	V35	170
2876	2821	Alda Sebastião	00:28:16	00:56:07	00:54:13	2834	SIMECQ	V60	18
2877	823	Sonia Pereira	00:27:00	00:56:10	00:55:31	2919		V40	201
2878	646	Guido Costa	00:27:54	00:56:14	00:54:26	2849	Equipa GDC FIDELIDADE	V35	288
2879	2274	Dores Barbosa	00:27:13	00:56:15	00:55:35	2920		V50	82
2880	1726	Patrícia Branco	00:30:24	00:56:16	00:52:14	2670		V45	151





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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2881	2895	Gdct Unicre	00:27:20	00:56:17	00:55:23	2912	GDCT Unicre	V55	142
2882	1535	Paulo Aires	00:28:12	00:56:17	00:55:23	2911	GDCT Unicre	V50	244
2883	1531	Paulo Marques	00:28:22	00:56:17	00:55:25	2914	GDCT Unicre	V50	245
2884	2757	Fabiana Severiano	00:28:03	00:56:18	00:54:29	2854		Senior	232
2885	2755	Andre Simoes	00:28:03	00:56:18	00:54:29	2853		Senior	348
2886	1532	Raquel Marques	00:28:24	00:56:18	00:55:26	2915	GDCT Unicre	V40	202
2887	914	José Abreu	00:28:59	00:56:19	00:54:18	2837		V50	246
2888	3582	Chiara Formenti	00:28:26	00:56:20	00:54:19	2838	Cascais Outdoor Training	V40	203
2889	1828	Rodrigo Godinho	00:29:37	00:56:20	00:53:06	2747		Senior	349
2890	1589	Rita Silva	00:29:51	00:56:21	00:54:12	2832	Let's Get physical	Senior	233
2891	2722	Sónia Ramos	00:29:29	00:56:21	00:53:13	2757	MARISQUEIRA C3	V40	204
2892	1592	Luis Ferreira	00:29:51	00:56:23	00:54:13	2833	Let's Get physical	V55	143
2893	1437	Marco Oliveira	00:27:37	00:56:23	00:55:40	2924	Inforjovem	V35	289
2894	2431	Monica Mundaray	00:28:14	00:56:26	00:55:11	2904		V40	205
2895	80	Magda Santos	00:29:07	00:56:32	00:54:44	2871	MEG	V40	206
2896	1572	Anabela Pereira	00:29:40	00:56:33	00:54:14	2835		V50	83
2897	659	Isabel Silva	00:30:09	00:56:33	00:54:35	2857	Equipa GDC FIDELIDADE	V45	152
2898	751	Eva Santos	00:29:05	00:56:34	00:54:42	2868		Senior	234
2899	3324	Domingos Borges	00:28:02	00:56:36	00:55:40	2927		V60	66
2900	1703	Luis Azevedo	00:28:15	00:56:39	00:56:13	2943		V55	144



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2901	1704	Tahamara Dias	00:28:15	00:56:40	00:56:16	2948		V40	207
2902	3531	Sofia Jardim	00:29:13	00:56:42	00:54:58	2885	Jardim	V40	208
2903	1912	Margarida Almeida	00:29:12	00:56:43	00:55:42	2928		V45	153
2904	217	Ana Dias	00:29:23	00:56:43	00:54:52	2880		V35	171
2905	773	Oliveira Rodrigues	00:28:56	00:56:43	00:54:03	2821		V40	367
2906	3532	Rita Colim	00:29:14	00:56:43	00:54:59	2888	Jardim	V40	209
2907	3695	Susana Carvalho	00:26:29	00:56:48	00:56:46	2984	friendship	V40	210
2908	3506	Bruno Belo	00:26:22	00:56:49	00:56:22	2950		V35	290
2909	2876	Mafalda Caseiro	00:28:36	00:56:49	00:55:37	2921	Filhos do Patinhas & Cia	Senior	235
2910	2946	Gonçalo Alves	00:28:28	00:56:51	00:56:25	2953		Junior	81
2911	2775	Carlos Paredes	00:28:28	00:56:52	00:56:28	2956		V45	367
2912	978	Esperansa Been	00:29:15	00:56:54	00:55:58	2934	Família Been	Junior	33
2913	3465	Sandra Ramires	00:29:57	00:56:58	00:54:49	2875	Elite Runners	V35	172
2914	3930	Fernando Simões	00:27:51	00:56:59	00:55:38	2922	Tabaqueira - Estarbemestar	V50	247
2915	90	Eunice Vasco	00:29:57	00:56:59	00:54:53	2881		V35	173
2916	2800	Catarina Carvalho	00:30:24	00:56:59	00:54:52	2878	Elite Runners	Senior	236
2917	2865	Filipa Vargas	00:30:26	00:56:59	00:54:52	2879	Elite Runners	V35	174
2918	1816	Isabel Filipe	00:28:16	00:57:00	00:55:52	2932		V55	28
2919	4046	Nuno Silva	00:31:02	00:57:02	00:54:46	2872	OutSystems Olímpico de Oeiras	V35	291
2920	3949	Jorge Oliveira	00:29:23	00:57:03	00:56:44	2976	Tabaqueira - Estarbemestar	V40	368



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2921	67	Maria Sousa	00:28:31	00:57:03	00:55:07	2901	ADRC Mata de Benfica	V65	10
2922	3914	Carlos Gonçalves	00:29:24	00:57:04	00:56:44	2977	Tabaqueira - Estarbemestar	V35	292
2923	1317	Patricia Augusto	00:28:18	00:57:04	00:56:24	2952	Clube Millennium bcp	V35	175
2924	3719	Luis Neves	00:27:33	00:57:18	00:56:41	2975	CCD Tranquilidade	V40	369
2925	3724	Paulo Torrão	00:27:32	00:57:18	00:56:41	2973	CCD Tranquilidade	V45	368
2926	3728	Ana Costa	00:27:33	00:57:18	00:56:41	2974	CCD Tranquilidade	V40	211
2927	1977	Henrique Sousa	00:27:27	00:57:21	00:57:15	3006		Junior	82
2928	642	Cátia Costa	00:29:50	00:57:21	00:55:07	2899	Equipa GDC FIDELIDADE	V40	212
2929	658	Hugo Duarte	00:29:49	00:57:22	00:55:07	2898	Equipa GDC FIDELIDADE	Senior	350
2930	2073	Daniela Simão	00:31:43	00:57:24	00:52:20	2679		Senior	237
2931	737	Rosa Oliveira	00:28:05	00:57:24	00:56:14	2945	Premium Runners	V45	154
2932	198	Johnny Thomassen	00:28:52	00:57:25	00:56:34	2966		V55	145
2933	3401	Alice Figueira	00:32:30	00:57:26	00:51:50	2644	Valejas Atlético Clube	V35	176
2934	170	Elisa Pereira	00:27:22	00:57:27	00:57:14	3004		V45	155
2935	4119	Paula Cândido	00:28:43	00:57:28	00:56:58	2995	SUMOL/COMPAL	V40	213
2936	1862	Luisa Alves	00:27:56	00:57:30	00:57:02	2999		V35	177
2937	3009	Catarina Pinto	00:27:11	00:57:31	00:57:23	3008	crc marvila jovem	Junior	34
2938	1440	João Lavrador	00:28:59	00:57:31	00:56:51	2990	Inforjovem	V40	370
2939	3754	Carla Alves	00:26:22	00:57:34	00:56:58	2994	NucleOeiras-ADNO	V40	214
2940	122	Sandra Andrade	00:29:27	00:57:35	00:56:31	2960		V40	215





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2941	1249	Susana Pedroso	00:29:00	00:57:36	00:56:45	2980		V35	178
2942	1266	Sandra Santos	00:28:58	00:57:37	00:56:45	2979		V45	156
2943	919	Célia Almeida	00:28:58	00:57:38	00:56:45	2981		V40	216
2944	2296	Esther Dominguez	00:27:23	00:57:40	00:57:27	3009		V45	157
2945	2338	Andreia Lopes	00:27:17	00:57:41	00:56:24	2951	FIT_Marginais	Senior	238
2946	1732	Ana Roxo	00:30:19	00:57:44	00:56:02	2936	LE MATTINIERE	V50	84
2947	3266	Daniel Nina	00:29:13	00:57:45	00:55:30	2918	360imprimir	Senior	351
2948	899	Dario Martins	00:28:11	00:57:48	00:56:48	2986		V60	67
2949	467	Jose Nogueira	00:27:11	00:57:50	00:56:49	2988		V45	369
2950	466	Pedro Alves	00:27:11	00:57:50	00:56:49	2989		Senior	352
2951	334	Sandra Ferreira	00:28:49	00:57:50	00:57:36	3014		V45	158
2952	3843	João Matos	00:33:52	00:57:51	00:52:06	2664	Hovione SSC	V40	371
2953	2357	Mónica Rodrigues	00:29:31	00:57:54	00:55:38	2923	Clube Vodafone	V35	179
2954	2351	André Carvalho	00:29:31	00:57:55	00:55:40	2925	Clube Vodafone	V35	293
2955	1739	Ana Pica	00:28:42	00:57:58	00:57:36	3013	DINOS	V55	29
2956	1530	Gonçalo Oliveira	00:30:33	00:57:58	00:54:21	2840	GDCT Unicre	V55	146
2957	1038	Miguel Ângelo	00:27:38	00:58:00	00:56:00	2935	Neve2018	V45	370
2958	2382	Paula Canais	00:28:46	00:58:01	00:57:57	3029	Clube PT-Zcs	V45	159
2959	1754	Gonçalo Magalhães	00:28:42	00:58:02	00:56:57	2993	Equipa GDC FIDELIDADE	Senior	353
2960	558	Paula Costa	00:29:23	00:58:03	00:56:37	2970	Quarentões na Bisga	V45	160



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2961	663	José Oliveira	00:28:43	00:58:04	00:57:00	2998	Equipa GDC FIDELIDADE	V60	68
2962	561	Nuno Costa	00:30:39	00:58:05	00:56:38	2971	Quarentões na Bisga	V45	371
2963	2552	Ricardo Félix	00:33:02	00:58:10	00:56:14	2944		Senior	354
2964	121	Elisabete Fonseca	00:29:07	00:58:11	00:57:07	3002		V40	217
2965	3026	Cláudia Mota	00:27:41	00:58:11	00:57:12	3003	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V40	218
2966	1831	António Rodrigues	00:29:04	00:58:12	00:57:58	3030		V50	248
2967	2099	João Tomás	00:33:10	00:58:17	00:56:05	2939		Junior	83
2968	2096	João Anjos	00:33:12	00:58:18	00:56:03	2937		V35	294
2969	2819	Jorge Costa	00:28:39	00:58:20	00:56:33	2965	Me & You	V45	372
2970	2432	Vanda Bernardino	00:29:30	00:58:21	00:56:33	2964		V45	161
2971	2437	Nuno Mourão	00:29:30	00:58:21	00:56:34	2967		V50	249
2972	3740	João Tição	00:31:29	00:58:21	00:55:52	2931		V55	147
2973	3860	Joana Roque	00:31:26	00:58:23	00:55:07	2903	Hovione SSC	Senior	239
2974	2377	João Silva	00:28:44	00:58:26	00:58:19	3045	Clube PT-Zcs	Senior	355
2975	36	Catarina Marques	00:29:10	00:58:26	00:56:27	2955		V50	85
2976	3031	José Coelho	00:30:00	00:58:26	00:56:21	2949	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V35	295
2977	1976	Teodorico Sousa	00:28:44	00:58:28	00:58:23	3051		V45	373
2978	690	Sandra Leal	00:29:42	00:58:31	00:57:15	3005		V40	219
2979	3213	Sandra Antunes	00:30:49	00:58:32	00:56:39	2972	GRCD Leião	V40	220
2980	2538	Marta Silva	00:31:19	00:58:32	00:56:04	2938		Senior	240



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
2981	3880	António Silva	00:28:35	00:58:36	00:57:33	3011	Hovione SSC	V55	148
2982	4198	Nuno Duarte	00:29:35	00:58:36	00:56:56	2992	CP	V45	374
2983	1081	João Palma	00:30:07	00:58:37	00:56:06	2940	Keep Running	Junior	84
2984	4246	Frank Schoch	00:28:24	00:58:39	00:56:13	2942		V40	372
2985	2239	Francisco Furão	00:30:07	00:58:39	00:56:07	2941		V35	296
2986	3924	Elsa Costa	00:29:15	00:58:41	00:58:08	3038	Tabaqueira - Estarbemestar	Senior	241
2987	2233	Susana Martins	00:31:33	00:58:41	00:56:52	2991		V40	221
2988	3934	Filomena Costa	00:29:15	00:58:42	00:58:07	3037	Tabaqueira - Estarbemestar	V40	222
2989	3928	Fernanda Santos	00:29:15	00:58:43	00:58:08	3039	Tabaqueira - Estarbemestar	V45	162
2990	3226	Sofia Pereira	00:30:50	00:58:43	00:56:49	2987	GRCD Leião	V35	180
2991	1883	João Oliveira	00:30:59	00:58:46	00:56:30	2958	BombomWeddingSA	Senior	356
2992	1881	Pedro Caetano	00:31:03	00:58:47	00:56:29	2957	BombomWeddingSA	V35	297
2993	1733	Ana Parracho	00:30:19	00:58:48	00:57:05	3001	LE MATTINIERE	V50	86
2994	1880	Sofia Caetano	00:31:04	00:58:48	00:56:32	2963	BombomWeddingSA	V35	181
2995	3481	Luis Lavrador	00:33:19	00:58:49	00:53:23	2769		V40	373
2996	1731	Dora Costa	00:30:20	00:58:49	00:57:05	3000	LE MATTINIERE	V35	182
2997	455	Fátima Bragança	00:28:17	00:58:53	00:58:42	3059		V55	30
2998	2782	João Raposo	00:27:08	00:58:53	00:58:23	3050	NÚCLEO DE ATLETISMO "OS PAPAGAIOS DE	V75	2
2999	2928	Catarina Rodrigues	00:28:53	00:58:55	00:56:46	2982	Beer Boys	Senior	242
3000	4185	António Leite	00:29:57	00:58:57	00:57:33	3010	CP	Junior	85





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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3001	1199	Maria Lacerda	00:30:34	00:58:57	00:56:44	2978	CLUBE ANACOM	V45	163
3002	1904	Ana Teixeira	00:29:29	00:58:59	00:56:46	2983	Os Mais Sensuais	Senior	243
3003	4024	Pedro Guilherme	00:32:08	00:58:59	00:53:21	2766		V45	375
3004	3847	Hugo Costa	00:34:17	00:59:02	00:52:55	2732	Hovione SSC	V35	298
3005	752	Nuno Matias	00:27:08	00:59:04	00:58:16	3042		V40	374
3006	534	Karen Campo	00:29:44	00:59:04	00:56:30	2959		Senior	244
3007	1856	Sandra Leal	00:30:26	00:59:07	00:56:59	2996	Elite Runners	Senior	245
3008	1509	Fernanda Cruz	00:29:41	00:59:07	00:57:42	3015	Evolution	V40	223
3009	2334	Andreia Machado	00:29:29	00:59:14	00:57:54	3025	FIT_Marginais	Senior	246
3010	3597	Luís Vieira	00:32:13	00:59:14	00:56:15	2946		V40	375
3011	3969	Miguel Pereira	00:30:36	00:59:15	00:57:15	3007	Tabaqueira - Estarbemestar	V35	299
3012	1668	Manuela Silva	00:30:01	00:59:18	00:58:09	3040		V50	87
3013	1721	Ana Santos	00:30:12	00:59:18	00:56:59	2997		V50	88
3014	3516	Nuno André	00:28:53	00:59:21	00:57:55	3027		V45	376
3015	3415	Manuel Pereira	00:28:50	00:59:21	00:57:56	3028		V45	377
3016	2267	Tatiana Costa	00:30:52	00:59:23	00:57:42	3016		Senior	247
3017	1852	Abel Costa	00:30:51	00:59:23	00:57:42	3017		V55	149
3018	4067	Carolina Santos	00:30:19	00:59:24	00:58:20	3047		Senior	248
3019	1596	Carla Vieira	00:30:18	00:59:25	00:59:23	3083		V45	164
3020	4302	Adelce Silva	00:28:28	00:59:28	00:59:13	3077		V55	31



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3021	1988	Cristina Santo	00:32:35	00:59:29	00:55:03	2893		V40	224
3022	976	Robin Been	00:29:26	00:59:29	00:58:32	3054	Família Been	V40	225
3023	98	Carlos Vicente	00:29:58	00:59:30	00:59:06	3071		V45	378
3024	3536	Andreia Horácio	00:30:50	00:59:30	00:56:16	2947		Senior	249
3025	1910	Ana Batista	00:30:45	00:59:33	00:58:38	3056		Senior	250
3026	2513	Carina Correia	00:29:22	00:59:34	00:58:05	3036		Senior	251
3027	2048	Luis Correia	00:29:21	00:59:35	00:58:04	3035	DXC	Senior	357
3028	3327	Lourenço Azenha	00:29:54	00:59:38	00:56:31	2961		V45	379
3029	2647	Susana Sena	00:30:20	00:59:38	00:58:02	3034	ENCOSTA TEAM	V35	183
3030	2648	Emanuel Silva	00:30:21	00:59:39	00:58:00	3032	ENCOSTA TEAM	V35	300
3031	3321	Manuel Azenha	00:29:56	00:59:39	00:56:31	2962		V60	69
3032	931	Rui Santos	00:29:50	00:59:40	00:57:33	3012		V45	380
3033	4123	Hélder Fernandes	00:28:08	00:59:41	00:59:00	3069	SUMOL/COMPAL	Senior	358
3034	3689	Lurdes Morais	00:31:02	00:59:44	00:58:47	3061		V50	89
3035	765	José Brito	00:29:19	00:59:44	00:57:45	3018		V35	301
3036	766	Inês Rodrigues	00:29:19	00:59:44	00:57:46	3019		V35	184
3037	140	Maria Caldeira	00:30:06	00:59:47	00:57:53	3024		V50	90
3038	1566	Marta Bubicz	00:30:05	00:59:49	00:57:47	3020		V45	165
3039	436	Bruno Ventura	00:32:49	00:59:49	00:54:36	2859	CP Secil	V35	302
3040	2543	Nataliya Tolstonogova	00:28:25	00:59:52	00:58:45	3060		V40	226



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3041	2565	Paula Moreira	00:30:04	00:59:52	00:58:00	3031	CCD Sintrense	V50	91
3042	3509	Cláudia Baeta	00:29:44	00:59:55	00:58:02	3033		V40	227
3043	4039	Paulo Lopes	00:31:15	00:59:57	00:56:47	2985		V40	376
3044	2266	Cristina Fernandes	00:30:54	00:59:57	00:58:23	3049		V40	228
3045	1439	Claudio Jesus	00:28:59	00:59:57	00:59:17	3080	Inforjovem	V40	377
3046	3457	Ana Afonso	00:29:42	00:59:58	00:59:23	3082		Senior	252
3047	2747	Ana Pinho	00:29:16	00:59:58	00:59:47	3090		Senior	253
3048	2878	Vera Carneiro	00:28:57	01:00:00	00:58:50	3063	Filhos do Patinhas & Cia	V35	185
3049	3658	Maria Marques	00:31:28	01:00:00	00:56:25	2954	Associação Cultural da Lage	V65	11
3050	1060	Magali Mine	00:30:42	01:00:04	00:58:40	3058		V60	19
3051	97	Carla Gonçalves	00:29:58	01:00:06	00:59:44	3088		V40	229
3052	1992	Miguel Lavrador	00:30:36	01:00:09	00:57:55	3026		V45	381
3053	3295	Ana Silva	00:29:28	01:00:11	01:00:10	3102	GRD OS FIXES	V55	32
3054	1000	João Gomes	00:27:18	01:00:22	00:59:13	3075	Clube Novo Banco	V65	44
3055	2753	Carla Chrystello	00:29:02	01:00:22	00:58:55	3066		V45	166
3056	2942	Paula Miranda	00:30:57	01:00:24	00:59:06	3072		V35	186
3057	1170	Maria Santos	00:29:34	01:00:27	00:59:42	3087		V50	92
3058	2126	Catarina Sá	00:30:19	01:00:27	00:58:11	3041		Senior	254
3059	1035	Catarina Vieira	00:30:56	01:00:28	00:58:27	3052	Neve2018	V40	230
3060	2348	Sara Gomes	00:31:54	01:00:34	00:59:17	3079	FIT_Marginais	V45	167





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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3061	2603	Maria Vicente	00:29:14	01:00:36	01:00:06	3100	Strong Team	V45	168
3062	1281	Cristina Rafael	00:30:19	01:00:39	00:59:11	3074	CLUBE BRISA	V35	187
3063	1280	Paulo Borja	00:30:17	01:00:41	00:59:13	3076	CLUBE BRISA	V45	382
3064	1639	Acácio Pereira	00:30:16	01:00:43	00:59:40	3086		V55	150
3065	3863	Sofia Silva	00:28:17	01:00:43	00:59:52	3093	Hovione SSC	Senior	255
3066	3570	Gonçalo Conceição	00:31:36	01:00:51	00:58:30	3053		Junior	86
3067	760	Marisa Tomás	00:30:30	01:00:53	00:58:52	3064		V40	231
3068	1291	Fock Wan	00:31:06	01:00:55	00:59:00	3068	Clube Millennium bcp	V65	12
3069	3569	Rúben Conceição	00:31:37	01:00:58	00:58:39	3057		Junior	87
3070	3568	Nuno Conceição	00:31:37	01:00:59	00:58:38	3055		V35	303
3071	396	Mafalda Cardoso	00:33:15	01:01:01	00:55:27	2916	ESMTC	V40	232
3072	1685	Isaura Tomás	00:30:44	01:01:07	00:58:48	3062		V45	169
3073	1963	Miguel Teixeira	00:30:26	01:01:07	01:00:01	3098	Motorway01	V35	304
3074	1745	Maria Pires	00:32:03	01:01:08	00:59:22	3081		V50	93
3075	2097	Maria Oliveira	00:33:12	01:01:08	00:58:54	3065		V40	233
3076	3537	Luis Krug	00:30:50	01:01:08	00:57:52	3022		V35	305
3077	2760	Paula Batista	00:29:40	01:01:10	01:00:59	3123	KEEP CALM	V45	170
3078	512	António Duarte	00:31:57	01:01:10	00:59:52	3094	Clube do Stress	V65	45
3079	164	Antonio Rosa	00:29:28	01:01:15	00:59:55	3096		V60	70
3080	2494	Ana Mendes	00:32:23	01:01:16	00:57:52	3023		V35	188



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3081	2194	Stéphanie Thomas	00:28:14	01:01:17	01:00:38	3110	Banana	V40	234
3082	984	Tânia Lopes	00:31:25	01:01:17	00:59:44	3089	cool runners	Senior	256
3083	2301	Rui Nunes	00:30:47	01:01:18	01:00:46	3115		Senior	359
3084	4228	Joel Costa	00:30:09	01:01:19	00:59:50	3092	TEVA	V40	378
3085	574	Rui Nunes	00:30:50	01:01:19	01:00:47	3117		V55	151
3086	1231	Paula Ribeiro	00:30:53	01:01:19	01:00:47	3116		V50	94
3087	325	Rita Gonçalves	00:29:41	01:01:20	00:59:16	3078		V40	235
3088	3725	Pedro Brandão	00:30:36	01:01:22	00:59:56	3097	CCD Tranquilidade	V60	71
3089	4199	Rita Duarte	00:29:58	01:01:27	00:59:48	3091	CP	V45	171
3090	2531	Pedro Dias	00:31:52	01:01:27	00:59:33	3084		V40	379
3091	2530	Leonor Dias	00:31:54	01:01:28	00:59:35	3085		V40	236
3092	967	Maria Baltazar	00:29:10	01:01:30	01:01:18	3132		V55	33
3093	700	Jorge Matos	00:31:03	01:01:35	01:00:20	3105		V40	380
3094	3623	Isabel Gonçalves	00:31:15	01:01:37	00:59:03	3070	CASA DO PESSOAL DA RTP	V55	34
3095	1313	Rodrigo Ferreira	00:29:55	01:01:38	01:00:49	3120	Clube Millennium bcp	V35	306
3096	1314	Ester Neves	00:29:55	01:01:38	01:00:49	3119	Clube Millennium bcp	V35	189
3097	514	Pedro Duarte	00:32:41	01:01:44	01:00:27	3106	Clube do Stress	V60	72
3098	2579	Fernando Marques	00:31:42	01:01:47	01:00:34	3109		V55	152
3099	3958	Luis Marques	00:31:43	01:01:47	01:00:33	3108	Tabaqueira - Estarbemestar	V55	153
3100	898	Cristina Branco	00:29:16	01:01:52	01:00:40	3113	TitaJoao	V50	95



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3101	897	João Ó	00:29:16	01:01:52	01:00:41	3114	TitaJoao	V50	250
3102	3853	Pedro Conchinha	00:31:07	01:01:59	01:00:10	3101	Hovione SSC	V35	307
3103	309	Carla Mourão	00:31:58	01:02:00	01:01:10	3131	Leogym	V45	172
3104	3566	Ângela Pirralho	00:34:07	01:02:01	00:56:35	2968		Senior	257
3105	3482	Andreia Gouveia	00:34:09	01:02:02	00:56:36	2969		V35	190
3106	369	Maria Ferreira	00:31:41	01:02:05	01:01:22	3135		V55	35
3107	3533	Maria Pontes	00:33:10	01:02:09	00:57:49	3021		V40	237
3108	1165	Joao Silva	00:31:51	01:02:09	01:01:23	3136		V50	251
3109	4064	Marta Miguel	00:34:33	01:02:09	00:58:17	3044		V35	191
3110	475	Valter Martins	00:31:28	01:02:12	01:00:19	3103	Boa Vista Pingo Pongo Club	Senior	360
3111	1167	Maria Silva	00:31:51	01:02:14	01:01:28	3138		Senior	258
3112	2654	Ana Castro	00:30:42	01:02:17	01:01:22	3134	SS CGD	V50	96
3113	1510	Silvia Cintra	00:30:02	01:02:30	01:01:07	3129	Evolution	V40	238
3114	2324	Cátia Almeida	00:32:35	01:02:31	00:58:58	3067		V35	192
3115	280	Joao Rosario	00:30:46	01:02:40	01:01:01	3127		V35	308
3116	4218	Carla Teixeira	00:32:09	01:02:43	01:01:00	3126	TEVA	V45	173
3117	1680	Ana Bexiga	00:35:07	01:02:43	01:00:20	3104		Senior	259
3118	502	Maria Pinto	00:30:56	01:02:45	01:01:26	3137	Cabeleireiro Moda Jovem	V55	36
3119	2792	Tania Pereira	00:33:07	01:02:49	01:01:30	3139	Run-A-Way	Senior	260
3120	3139	Rogério Pinto	00:28:34	01:02:50	01:02:01	3147		V45	383





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3121	4217	Sónia Valadas	00:32:08	01:02:51	01:01:09	3130	TEVA	V40	239
3122	1980	Dina Santos	00:34:53	01:02:53	01:00:59	3124	Vassourinhas	V35	193
3123	2478	Joana Rodrigues	00:34:06	01:02:53	01:01:00	3125	Vassourinhas	Senior	261
3124	3443	Paulo Mamede	00:31:32	01:02:53	01:01:02	3128	CLUBE BRISA	Senior	361
3125	173	Gonçalo Loureiro	00:27:59	01:02:55	01:00:38	3111		V40	381
3126	3786	Leonor Sardinha	00:33:19	01:02:58	00:59:53	3095	NucleOeiras-ADNO	V50	97
3127	3115	Marina Cerqueira	00:30:15	01:02:58	01:00:47	3118		V40	240
3128	4291	Pedro Galego	00:31:12	01:03:07	01:00:53	3121		V35	309
3129	4290	Catarina Julio	00:31:13	01:03:07	01:00:54	3122		Senior	262
3130	1356	Peter Jesus	00:28:49	01:03:10	01:01:45	3141	Clube Millennium bcp	V45	384
3131	117	Vitor Raposo	00:32:38	01:03:11	01:02:07	3150	Correr Queluz	V45	385
3132	4038	João Duarte	00:31:48	01:03:13	01:00:02	3099		V35	310
3133	1926	Victor Ramos	00:31:54	01:03:20	01:02:19	3157		V70	19
3134	3020	Joana Tavares	00:30:41	01:03:24	01:01:21	3133	crc marvila jovem	Senior	263
3135	2642	Vania Escarigo	00:31:25	01:03:25	01:01:55	3145	ENCOSTA TEAM	Senior	264
3136	2643	Rosa Marques	00:31:25	01:03:25	01:01:58	3146	ENCOSTA TEAM	V40	241
3137	2112	Sofia Moura	00:31:35	01:03:28	01:02:10	3152	PowerBoost Club	V50	98
3138	3246	Tania Flores	00:28:39	01:03:30	01:02:47	3163	GRCD Leião	Junior	35
3139	3249	Ana Rodrigues	00:28:40	01:03:31	01:02:49	3165	GRCD Leião	V55	37
3140	500	Sonia Andrade	00:31:02	01:03:32	01:02:18	3156		V45	386



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3141	3203	Paulo Mendes	00:28:41	01:03:33	01:02:51	3167	GRCD Leião	V40	382
3142	1700	Maria Anjos	00:32:08	01:03:38	01:01:43	3140	CONDOR	V70	1
3143	2347	Susana Justo	00:27:15	01:03:38	01:02:22	3158	FIT_Marginais	V45	174
3144	197	Margarida Fonseca	00:31:40	01:03:39	01:02:46	3162		V60	20
3145	1701	Lucinda Henriques	00:32:09	01:03:42	01:01:47	3142	CONDOR	V65	13
3146	4242	João Conceição	00:28:33	01:03:44	01:02:04	3148	TEVA	V45	387
3147	2295	Maria Graça	00:32:06	01:03:45	01:03:00	3172		V45	175
3148	2294	Pedro Fernandes	00:32:06	01:03:46	01:03:01	3177		V40	383
3149	2182	Sónia Costa	00:32:04	01:03:48	01:03:01	3176		V40	242
3150	2856	Rosa Carriço	00:31:28	01:03:50	01:03:02	3178		V45	176
3151	956	Antonio Franco	00:34:17	01:03:53	01:00:29	3107	Serviços Sociais Montepio	V50	252
3152	1640	Miguel Santos	00:32:53	01:03:56	01:02:59	3171		Senior	362
3153	1638	Rodrigo Santos	00:32:53	01:03:57	01:03:00	3173		V40	384
3154	3722	Luis Godinho	00:30:35	01:03:58	01:02:05	3149	CCD Tranquilidade	V45	388
3155	1674	Bruno Valério	00:32:02	01:03:59	01:02:49	3166		V40	385
3156	4082	Ana Silva	00:35:52	01:04:02	00:55:44	2930	Clube Accenture	Senior	265
3157	4090	Inês Ferreira	00:35:54	01:04:03	00:55:44	2929	Clube Accenture	Senior	266
3158	115	Murilo Baldin	00:31:30	01:04:12	01:01:52	3143	Trio da Corrida	V50	253
3159	114	Soraya Pegorin	00:31:31	01:04:12	01:01:52	3144	Trio da Corrida	V45	177
3160	1672	Patricia Martins	00:31:51	01:04:12	01:04:00	3198		Senior	267



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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3161	4104	Ana Aleixo	00:35:54	01:04:14	00:55:56	2933	Clube Accenture	Senior	268
3162	4271	Rita Drogue	00:33:46	01:04:15	01:02:58	3169	PEUGEOT	V35	194
3163	2143	Catarina Bento	00:32:12	01:04:18	01:02:45	3160	Alpotrade runners	V35	195
3164	2141	Leonor Cabral	00:31:08	01:04:19	01:02:47	3164	Alpotrade runners	Senior	269
3165	511	Teresa Raimundo	00:31:43	01:04:20	01:02:45	3161	Clube do Stress	V50	99
3166	1689	Pedro Felgueiras	00:34:15	01:04:21	00:59:07	3073		Senior	363
3167	188	Sandra Basto	00:30:22	01:04:30	01:04:10	3199		V35	196
3168	706	Moez Saco	00:30:56	01:04:35	01:03:19	3181		V40	386
3169	3528	Alexandra Goor	00:32:33	01:04:36	01:03:41	3186	EAE Lazy Runners	V35	197
3170	1037	Sónia Ângelo	00:33:39	01:04:38	01:02:37	3159	Neve2018	V45	178
3171	3062	Anabela Lagarto	00:32:19	01:04:39	01:03:00	3175	CDCR DOS CTT	V50	100
3172	869	Sylvia Mariana	00:26:58	01:04:41	01:02:17	3155		V40	243
3173	1191	Vanessa Carvalho	00:34:01	01:04:41	01:02:54	3168	LIS RUNNING CPA	Senior	270
3174	1187	Ricardo Carvalho	00:34:02	01:04:46	01:02:59	3170	LIS RUNNING CPA	V35	311
3175	721	Núbia Alves	00:34:01	01:04:47	01:03:00	3174	LIS RUNNING CPA	V45	179
3176	763	Blanca Silveira	00:32:30	01:04:49	01:03:07	3180		Senior	271
3177	1366	Celia Silva	00:32:52	01:04:54	01:03:06	3179	Clube Millennium bcp	V45	180
3178	1049	Francisca Gonçalves	00:32:40	01:04:56	01:02:13	3154		Junior	36
3179	1539	Ana Duarte	00:32:40	01:04:58	01:02:12	3153		V50	101
3180	1612	Rute Matias	00:32:38	01:05:11	01:03:27	3182	OS KOXUS	V50	102





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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Aleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3181	758	Aníbal Ferreira	00:31:38	01:05:12	01:04:43	3210		V55	154
3182	2162	Helder Cerqueira	00:33:04	01:05:20	01:04:37	3207		V35	312
3183	1729	Carin Santos	00:32:21	01:05:24	01:03:43	3187	LE MATTINIÈRE	V35	198
3184	1933	Sónia Morais	00:32:50	01:05:26	01:03:57	3195		V40	244
3185	2423	Nuno Claro	00:30:49	01:05:28	01:04:51	3216		V40	387
3186	2297	Luis Ameixa	00:32:05	01:05:32	01:05:19	3226		V45	389
3187	1505	Matilde André	00:32:39	01:05:34	01:05:06	3223		Junior	37
3188	1442	Nuno André	00:32:39	01:05:34	01:05:05	3222		V35	313
3189	2493	Vanda Ribeiro	00:32:24	01:05:34	01:02:09	3151		V35	199
3190	2341	Vanessa Vilar	00:32:59	01:05:36	01:04:18	3201	FIT_Marginais	V35	200
3191	2416	Teresa Sousa	00:31:02	01:05:36	01:03:54	3192		V45	181
3192	2345	Sofia Bucho	00:32:59	01:05:36	01:04:18	3202	FIT_Marginais	Senior	272
3193	2417	Jaime Costa	00:31:04	01:05:37	01:03:53	3190		V60	73
3194	3326	Nuno Silva	00:31:08	01:05:44	01:04:12	3200		Senior	364
3195	2443	Sara Schuh	00:33:01	01:05:44	01:03:49	3188		Senior	273
3196	3454	Joana Pimenta	00:33:51	01:05:49	01:03:55	3194		Senior	274
3197	3405	Ana Silva	00:33:51	01:05:49	01:03:55	3193		V35	201
3198	2801	António Francisco	00:33:14	01:05:52	01:04:44	3211		V55	155
3199	3261	Rauel Mónica	00:31:34	01:05:52	01:05:36	3230	Happy Family	Junior	38
3200	2802	Luisa Coelho	00:33:14	01:05:53	01:04:48	3215		V55	38



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<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3201	3622	Tamara Swart	00:33:49	01:05:53	01:04:37	3206	Bugs Bunnies	Senior	275
3202	3262	Maria Mónica	00:31:34	01:05:55	01:05:39	3231	Happy Family	V40	245
3203	1724	Carla Lima	00:34:10	01:05:55	01:03:34	3184		V45	182
3204	447	Patrícia Simões	00:33:28	01:06:09	01:03:51	3189		V35	202
3205	3833	Dinis Calhau	00:33:18	01:06:11	01:04:25	3205	Dragon Rocks	Junior	88
3206	3834	Diogo Calhau	00:33:18	01:06:11	01:04:22	3203	Dragon Rocks	Junior	89
3207	622	José Ribeiro	00:33:54	01:06:12	01:03:59	3196		V55	156
3208	1254	Felisbela Ribeiro	00:33:55	01:06:13	01:04:00	3197		V55	39
3209	880	Maria Bordalo	00:33:17	01:06:13	01:04:52	3217		V55	40
3210	2337	Inês Silva	00:32:59	01:06:15	01:04:57	3219	FIT_Marginais	Senior	276
3211	968	Teresa Batista	00:33:21	01:06:17	01:04:55	3218		V55	41
3212	4286	Anabela Luis	00:36:43	01:06:18	01:00:40	3112		V50	103
3213	2852	Maria Rodrigues	00:32:52	01:06:20	01:06:18	3248		V40	246
3214	3831	Susana Baraona	00:33:19	01:06:26	01:04:41	3209	Dragon Rocks	V40	247
3215	3832	Sérgio Calhau	00:33:19	01:06:26	01:04:38	3208	Dragon Rocks	V40	388
3216	118	Luís Costa	00:32:36	01:06:34	01:04:47	3214	Falcões Selvagens	V45	390
3217	293	Cecília Mateus	00:32:34	01:06:34	01:04:47	3213	Team Saloio	V45	183
3218	1543	Dinis Coelho	00:37:16	01:06:44	01:05:52	3239		Junior	90
3219	1486	Gonçalo Baiá	00:37:16	01:06:44	01:05:51	3235	BAIAMOURA	Junior	91
3220	3879	Sofia Vilaça	00:31:43	01:06:44	01:05:41	3232	Hovione SSC	Senior	277



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3221	3837	Vanessa Domingos	00:30:13	01:06:45	01:05:51	3236	Hovione SSC	V35	203
3222	2489	Catarina Craveiro	00:31:38	01:06:45	01:05:00	3220		V35	204
3223	2474	Tatiana Pereira	00:38:19	01:06:52	00:58:19	3046	NOS 4	V35	205
3224	2555	Mafalda Verissimo	00:38:20	01:06:52	00:58:16	3043	NOS 4	V40	248
3225	2473	Ana Cardoso	00:38:21	01:06:52	00:58:20	3048	NOS 4	Senior	278
3226	2853	Joao Rodrigues	00:33:12	01:06:55	01:06:54	3256		V45	391
3227	799	Paulo Coelho	00:33:14	01:06:57	01:06:55	3257	BANCO ATLANTICO EUROPA	Senior	365
3228	3993	Rute Afonso	00:34:55	01:06:59	01:06:25	3250	Tabaqueira - Estarbemestar	Senior	279
3229	2109	Beatriz Tavares	00:32:47	01:07:02	01:05:53	3241	Premium Runners	V50	104
3230	1248	Valdemar Pedroso	00:33:38	01:07:25	01:06:20	3249		V70	20
3231	1140	Derlani Fife	00:33:50	01:07:27	01:06:03	3246		V55	42
3232	3493	Déborah Lopes	00:33:50	01:07:27	01:06:04	3247		V35	206
3233	3395	Ilidio Torgal	00:34:02	01:07:30	01:05:26	3229	Valejas Atlético Clube	V75	3
3234	4028	Daniela Quintas	00:34:44	01:07:30	01:03:54	3191	Associação Cultural da Lage	V35	207
3235	4264	Luis Sousa	00:33:28	01:07:30	01:05:48	3234	PEUGEOT	V55	157
3236	674	Virgínia Romão	00:33:29	01:07:31	01:06:58	3258	Juntos Ninguém Nos Pára	V40	249
3237	1428	Luis Sousa	00:33:27	01:07:31	01:05:48	3233	Clube Millennium bcp	V55	158
3238	483	Joana Fernandes	00:31:42	01:07:32	01:06:41	3253		Senior	280
3239	3864	Natacha Roque	00:34:49	01:07:32	01:05:51	3237	Hovione SSC	Senior	281
3240	1429	Ana Sousa	00:33:27	01:07:36	01:05:56	3242	Clube Millennium bcp	Junior	39





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# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Athleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3241	598	Eduardo Santos	00:31:51	01:07:38	01:07:26	3272		V75	4
3242	3208	Helder Rosário	00:35:44	01:07:41	01:05:19	3228	GRCD Leião	V35	314
3243	3881	Bruno Costa	00:34:48	01:07:41	01:06:00	3244	Hovione SSC	Senior	366
3244	1205	Filipa Moreira	00:34:36	01:07:42	01:05:10	3224		V40	250
3245	2013	Ângela Costa	00:37:23	01:07:45	01:03:37	3185	Clube PT-Zcs	V50	105
3246	1633	Nelson Rodrigues	00:33:52	01:07:46	01:07:03	3261		V45	392
3247	4017	Helena Martins	00:34:45	01:07:49	01:05:05	3221	Associação Cultural da Lage	V55	43
3248	1740	Alexandre Soares	00:35:21	01:07:50	01:07:27	3273	DINOS	V40	389
3249	424	Catarina Albuquerque	00:32:28	01:07:50	01:07:28	3274		V40	251
3250	1056	Ana Murcela	00:34:52	01:07:51	01:07:31	3276		Senior	282
3251	412	Carolina Santo	00:32:27	01:07:51	01:07:30	3275		V40	252
3252	2998	Jose Silva	00:33:22	01:07:52	01:07:43	3281	G. R. D. Ribeira da Lage	V45	184
3253	1160	Ana Borges	00:34:09	01:07:53	01:05:51	3238	Speedy Gonzalez	Senior	283
3254	1161	Cláudia Ferreira	00:34:09	01:07:53	01:05:52	3240	Speedy Gonzalez	Senior	284
3255	2977	André Oliveira	00:33:22	01:07:56	01:07:47	3284	G. R. D. Ribeira da Lage	Senior	367
3256	1937	Carla Lopes	00:33:49	01:08:07	01:07:18	3268		V45	185
3257	3490	Isilda Rabasquinho	00:31:56	01:08:18	01:07:39	3278		V50	106
3258	518	Sílvia Duarte	00:34:30	01:08:20	01:07:04	3264	Clube do Stress	V50	107
3259	515	Madalena Duarte	00:34:32	01:08:20	01:07:04	3263	Clube do Stress	V60	21
3260	840	Andreia Castro	00:32:51	01:08:20	01:06:27	3251	Corrida Noturna Parque das Nações	Senior	285



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3261	4211	Cristina Madeira	00:33:34	01:08:26	01:07:44	3282	CP	V45	186
3262	1016	Margarida Ascensão	00:33:14	01:08:27	01:07:03	3260	Clube Novo Banco	V40	253
3263	969	Ângelo Resende	00:34:38	01:08:28	01:07:25	3271		Senior	368
3264	2961	Maria Lucas	00:32:45	01:08:29	01:07:17	3267		Junior	40
3265	2458	Kornil Vlada	00:34:55	01:08:29	01:05:59	3243		V35	208
3266	144	Carla Lopes	00:32:08	01:08:30	01:08:18	3295		Senior	286
3267	3901	Andriy Ganzha	00:34:56	01:08:30	01:06:00	3245	Tabaqueira - Estarbemestar	V35	315
3268	3987	Raul Ferreira	00:26:44	01:08:32	01:08:00	3291	Tabaqueira - Estarbemestar	V40	390
3269	2014	Álvaro Costa	00:37:27	01:08:33	01:04:25	3204	Clube PT-Zcs	V50	254
3270	3944	Isabel Gomes	00:26:45	01:08:33	01:08:01	3292	Tabaqueira - Estarbemestar	V45	187
3271	2541	Rafaela Gonçalves	00:34:44	01:08:41	01:07:23	3269		Senior	287
3272	2542	Carlos Gonçalves	00:34:44	01:08:41	01:07:24	3270		V55	159
3273	2686	Patricia Tavares	00:38:17	01:08:45	01:04:46	3212	SS CGD	V35	209
3274	2773	João Varge	00:35:27	01:08:45	01:03:33	3183		V40	391
3275	4307	Maria Monteiro	00:34:22	01:08:57	01:08:44	3301		V60	22
3276	2871	Carlos Menino	00:34:40	01:09:03	01:08:53	3305		V65	46
3277	2872	Maria Menino	00:34:40	01:09:04	01:08:53	3306		V60	23
3278	178	Ana Silva	00:34:06	01:09:04	01:07:04	3262	Correr Queluz	V55	44
3279	1709	Mariana Soares	00:34:32	01:09:20	01:07:38	3277		V65	14
3280	199	Antonia Prates	00:35:29	01:09:28	01:08:08	3294		V45	188



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# CLASSIFICAÇÕES E DIPLOMAS

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3281	1198	Carlos Faias	00:33:12	01:09:30	01:08:31	3298	CLUBE ANACOM	V50	255
3282	285	Bárbara Marques	00:33:15	01:09:33	01:08:55	3309	Manos	Senior	288
3283	3441	Carolina Gomes	00:34:36	01:09:33	01:07:53	3288	CLUBE BRISA	Junior	41
3284	3440	Cristina Martins	00:34:37	01:09:34	01:07:53	3287	CLUBE BRISA	V50	108
3285	3073	Catarina Madureira	00:35:06	01:09:39	01:09:12	3317		V50	109
3286	1556	Ana Guerreiro	00:35:46	01:09:42	01:07:47	3285	Guerreiros do Asfalto	V45	189
3287	1688	Catia Pedro	00:36:00	01:09:49	01:09:05	3311		Senior	289
3288	2119	Márcia Pinto	00:38:10	01:09:51	01:05:18	3225	PowerBoost Club	Senior	290
3289	2111	Lúisa Gouveia	00:38:10	01:09:52	01:05:19	3227	PowerBoost Club	Senior	291
3290	2910	Marlene Pereira	00:35:23	01:09:54	01:07:47	3286		Senior	292
3291	3315	Claudia Bank	00:38:46	01:09:56	01:07:40	3279		Senior	293
3292	3098	Luís Guerreiro	00:38:46	01:09:57	01:07:41	3280		V45	393
3293	3736	Fausto Isaac	00:39:30	01:09:58	01:06:47	3254	CCD Tranquilidade	V45	394
3294	187	Luis Santos	00:37:10	01:10:05	01:07:03	3259		V50	256
3295	815	Carlos Costa	00:36:28	01:10:10	01:08:38	3299	BANCO ATLANTICO EUROPA	V40	392
3296	1144	Rui Pedro	00:33:53	01:10:13	01:08:44	3302	Casa do Pessoal do IVA	V65	47
3297	1142	Ludgero Caldeira	00:33:53	01:10:13	01:08:43	3300	Casa do Pessoal do IVA	V70	21
3298	2497	Alexandra Ferreira	00:34:41	01:10:17	01:08:00	3290		V40	254
3299	2442	Eugénia Teixeira	00:34:41	01:10:18	01:08:01	3293	Linda-a-Pastora Sporting Clube	V35	210
3300	2279	Elisabete Portelada	00:34:24	01:10:19	01:09:49	3327		V40	255





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3301	4214	Sabrina Leão	00:35:58	01:10:23	01:08:23	3296	TEVA	V45	190
3302	2774	Tania Alves	00:34:23	01:10:23	01:07:10	3266		V50	110
3303	4215	Virginia Vela	00:35:57	01:10:24	01:08:24	3297	TEVA	V40	256
3304	3598	Carina Barreto	00:37:01	01:10:26	01:06:39	3252		Senior	294
3305	2532	Sara Caldas	00:36:30	01:10:27	01:06:51	3255	Associação Cultural da Lage	V40	257
3306	3461	Manuel Ribeiro	00:36:15	01:10:31	01:09:38	3326		V45	395
3307	1386	Jesuina Vaz	00:37:24	01:10:31	01:09:31	3323	Clube Millennium bcp	V50	111
3308	1387	Ana Vaz	00:37:24	01:10:31	01:09:31	3322	Clube Millennium bcp	Senior	295
3309	4237	Rui Silva	00:35:40	01:10:32	01:08:53	3304	TEVA	Junior	92
3310	2596	Carlos Oliveira	00:36:26	01:10:32	01:09:03	3310		V60	74
3311	954	Sónia Lopes	00:34:15	01:10:46	01:09:12	3316	cool runners	V40	258
3312	4234	Sílvia Ramalho	00:33:20	01:10:47	01:09:14	3318	TEVA	V40	259
3313	4235	Guida Ribeiro	00:33:22	01:10:47	01:09:14	3319	TEVA	V40	260
3314	2477	Marta Marques	00:34:53	01:10:49	01:08:55	3308	Vassourinhas	Senior	296
3315	881	Paula Félix	00:34:53	01:10:49	01:08:54	3307	Vassourinhas	Senior	297
3316	3688	Isabel Simões	00:35:00	01:10:49	01:09:53	3328		V55	45
3317	4236	Astride Pereira	00:35:39	01:10:50	01:09:11	3315	TEVA	V35	211
3318	1560	Antonio Almeida	00:36:30	01:10:53	01:08:48	3303		V60	75
3319	189	Carlos Martins	00:33:59	01:10:55	01:10:42	3342		V75	5
3320	431	Sandra Fernandes	00:34:07	01:10:55	01:10:27	3339	Ninguémnospára	V40	261



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<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3321	3921	David Inacio	00:33:52	01:10:59	01:09:09	3313	Tabaqueira - Estarbemestar	Senior	369
3322	3984	Pedro Faviana	00:33:52	01:11:00	01:09:10	3314	Tabaqueira - Estarbemestar	V35	316
3323	946	Hugo Borges	00:40:07	01:11:03	01:09:36	3324	True Blue DLL	V35	317
3324	1103	Maria Silva	00:43:48	01:11:16	01:10:12	3329	PepsiCo Portugal	V45	191
3325	3042	Sandra Gama	00:39:01	01:11:21	01:07:04	3265	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V35	212
3326	3550	Luciana Silca	00:33:46	01:11:27	01:11:08	3352		V50	112
3327	3549	Lurdes Carvalho	00:33:46	01:11:27	01:11:09	3353		V60	24
3328	3525	Leonora Henriques	00:36:45	01:11:39	01:10:45	3343	EAE Lazy Runners	V35	213
3329	320	Fatima Rocha	00:36:09	01:11:39	01:10:23	3337		V40	262
3330	376	Sérgio Cruz	00:36:09	01:11:39	01:10:24	3338		V40	393
3331	950	Ana Soares	00:40:08	01:11:40	01:10:14	3331	True Blue DLL	Senior	298
3332	3012	Sérgio Nunes	00:34:30	01:11:45	01:10:15	3332	crc marvila jovem	V40	394
3333	3015	Nuno Ferreira	00:34:31	01:11:45	01:10:16	3334	crc marvila jovem	V35	318
3334	4020	Elisabete Alves	00:36:18	01:11:45	01:09:06	3312	Associação Cultural da Lage	V40	263
3335	4210	Ana Aguiar	00:35:41	01:11:46	01:11:04	3351	CP	V55	46
3336	519	Henrique Duarte	00:35:53	01:11:52	01:10:21	3336	Clube do Stress	V65	48
3337	2453	Luís Figueiredo	00:37:14	01:11:53	01:11:15	3355		Senior	370
3338	1065	Donzilia Baptista	00:35:36	01:12:01	01:11:29	3358	Papoilas Saltitantes	V60	25
3339	1067	Austrelina Gomes	00:35:34	01:12:02	01:11:31	3359	Papoilas Saltitantes	V45	192
3340	346	Carla Alves	00:36:27	01:12:09	01:10:12	3330		V35	214



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3341	2123	Sofia Nunes	00:36:27	01:12:16	01:10:52	3345	PowerBoost Club	V35	215
3342	1275	Ana Oliveira	00:42:34	01:12:17	01:09:37	3325	FUTEBOL CLUBE ESTRELAS LISBOA	V40	264
3343	2121	Rui Dinis	00:38:11	01:12:17	01:07:44	3283	PowerBoost Club	V40	395
3344	2115	Cristina Ribeiro	00:36:28	01:12:17	01:10:53	3346	PowerBoost Club	V40	265
3345	2572	Vanessa Correia	00:34:36	01:12:20	01:11:16	3356	Unicorn Babes	Senior	299
3346	2562	Paula Serra	00:35:28	01:12:27	01:10:50	3344	CCD Sintrense	V45	193
3347	2564	Paula Arruda	00:35:28	01:12:27	01:10:55	3348	CCD Sintrense	V55	47
3348	427	Inês Patricio	00:36:20	01:12:40	01:10:16	3333		Senior	300
3349	426	Manuela Junot	00:36:20	01:12:41	01:10:17	3335		V60	26
3350	962	Manuel Ferreira	00:35:28	01:12:47	01:12:16	3373	Serviços Sociais Montepio	V60	76
3351	3995	Sandra Guerra	00:36:43	01:12:54	01:12:20	3374	Tabaqueira - Estarbemestar	V40	266
3352	3714	Conceição Barata	00:35:19	01:12:54	01:12:34	3379	All4Running	V60	27
3353	4031	Patricia Raposo	00:38:46	01:13:05	01:10:37	3341	Associação Cultural da Lage	V35	216
3354	4029	Ester Lopes	00:38:46	01:13:05	01:10:37	3340	Associação Cultural da Lage	V60	28
3355	1259	Sandra Silva	00:36:39	01:13:07	01:12:50	3383		V45	194
3356	1906	Rita Fernandes	00:30:27	01:13:07	01:07:53	3289		Senior	301
3357	1257	Sandra Monteiro	00:36:43	01:13:07	01:12:50	3384		V40	267
3358	537	Joana Almeida	00:31:43	01:13:11	01:11:36	3363	Coxos by night	Senior	302
3359	2392	Chris Lanning	00:38:23	01:13:12	01:11:02	3349	Running Mums	V50	257
3360	2391	Brenda Lanning	00:38:24	01:13:14	01:11:03	3350	Running Mums	V50	113





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3361	3478	Joana Dias	00:36:32	01:13:21	01:12:13	3371	Buzzes	Senior	303
3362	3479	Andre Oliveira	00:36:32	01:13:24	01:12:15	3372	Buzzes	Senior	371
3363	536	Francisca Duro	00:36:12	01:13:25	01:11:50	3368	Coxos by night	Junior	42
3364	2282	João Jerónimo	00:40:41	01:13:28	01:10:53	3347		Senior	372
3365	3475	Ana Dias	00:36:31	01:13:29	01:12:22	3376	Buzzes	V50	114
3366	3477	Francisco Dias	00:36:32	01:13:30	01:12:21	3375	Buzzes	Senior	373
3367	2120	Marita Gouveia	00:35:19	01:13:30	01:12:43	3382	PowerBoost Club	Senior	304
3368	4248	Raquel Barros	00:35:05	01:13:35	01:11:11	3354		Junior	43
3369	2627	Marta Silva	00:35:15	01:13:50	01:11:32	3360	FIF	Senior	305
3370	3487	Ana Silva	00:34:54	01:13:53	01:11:58	3369		V40	268
3371	1738	Adelino Soares	00:35:37	01:13:58	01:13:35	3393	DINOS	V70	22
3372	2114	Cátia Jóia	00:37:36	01:13:59	01:12:40	3380	PowerBoost Club	V35	217
3373	1826	Ana Barra	00:33:27	01:14:05	01:11:33	3361		V45	195
3374	3624	Gabriela Gonçalves	00:33:27	01:14:06	01:11:34	3362	CASA DO PESSOAL DA RTP	V45	196
3375	234	Carla Varão	00:37:29	01:14:08	01:12:55	3385	JETRUNNERS	V40	269
3376	4074	Carina Rosa	00:37:09	01:14:09	01:11:37	3364		Senior	306
3377	3917	Carlos Lopes	00:41:55	01:14:12	01:09:18	3320	Tabaqueira - Estarbemestar	V45	396
3378	3979	Paulo Duarte	00:41:59	01:14:13	01:09:19	3321	Tabaqueira - Estarbemestar	V45	397
3379	3540	Madalena Gabriel	00:37:09	01:14:17	01:11:47	3367		V35	218
3380	1993	Manuel Branco	00:37:11	01:14:18	01:11:46	3366		Senior	374



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3381	230	Clarisse Nogueira	00:37:27	01:14:19	01:13:06	3386	JETRUNNERS	V35	219
3382	3986	Pedro Costa	00:36:53	01:14:30	01:14:01	3401	Tabaqueira - Estarbemestar	V40	396
3383	3957	Luis Lorena	00:36:55	01:14:30	01:14:02	3402	Tabaqueira - Estarbemestar	V40	397
3384	994	Cláudia Garcia	00:35:31	01:14:31	01:11:40	3365	Clube Novo Banco	V35	220
3385	4032	Susana Nunes	00:37:37	01:14:43	01:11:16	3357		V35	221
3386	3744	Ana Ramos	00:39:55	01:14:51	01:13:12	3387	NucleOeiras-ADNO	V40	270
3387	3756	Carla França	00:39:59	01:14:51	01:13:12	3388	NucleOeiras-ADNO	V45	197
3388	884	Manuel Saraiva	00:37:13	01:14:57	01:14:33	3419		V60	77
3389	883	Conceição Deira	00:37:12	01:14:58	01:14:33	3420		V65	15
3390	3796	Maria Ramos	00:39:56	01:14:59	01:13:21	3390	NucleOeiras-ADNO	Junior	44
3391	3820	Vanda Alves	00:39:59	01:15:00	01:13:20	3389	NucleOeiras-ADNO	V40	271
3392	2619	Ana Pereira	00:38:42	01:15:01	01:13:44	3395	Strong Team	V45	198
3393	2616	Maria Filipe	00:38:39	01:15:01	01:13:44	3396	Strong Team	V50	115
3394	2611	Gracinda Charro	00:38:39	01:15:01	01:13:46	3397	Strong Team	V55	48
3395	1287	Rui Medeiros	00:38:33	01:15:03	01:14:13	3408	Clube Millennium bcp	V35	319
3396	2620	Joaquim Sardinha	00:38:43	01:15:03	01:13:47	3398	Strong Team	V45	398
3397	2612	José Gomes	00:38:39	01:15:11	01:13:54	3399	Strong Team	V55	160
3398	3283	Mariana Valadas	00:37:40	01:15:23	01:14:21	3411	CP Secil	Junior	45
3399	3282	Umbolina Valadas	00:37:42	01:15:24	01:14:24	3414	CP Secil	V50	116
3400	842	Fátima Gonçalves	00:38:04	01:15:25	01:13:32	3392	Corrida Noturna Parque das Nações	V55	161



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3401	844	Guiomar Rua	00:38:03	01:15:25	01:13:31	3391	Corrida Noturna Parque das Nações	V50	117
3402	1580	Carla Neno	00:36:34	01:15:27	01:14:27	3416	CP Secil	V45	199
3403	149	Ana Bueno	00:38:00	01:15:40	01:15:06	3422	Team Saloio	V40	272
3404	221	Paula Carvalho	00:38:02	01:15:41	01:15:07	3423	Team Saloio	V50	118
3405	4225	Matilde Salgueiro	00:40:56	01:15:44	01:14:03	3404	TEVA	Junior	46
3406	3022	Ana Ramos	00:37:31	01:15:45	01:14:04	3405	Varitintas - Loja de tintas em Massamá	V35	222
3407	2004	Sofia Oliveira	00:37:33	01:15:46	01:14:05	3406	Varitintas - Loja de tintas em Massamá	V35	223
3408	3018	Maria Fonseca	00:37:56	01:15:59	01:13:55	3400	crc marvila jovem	Junior	47
3409	905	Manoel Cunha	00:37:55	01:16:03	01:14:26	3415	Lucky_Dog	V55	162
3410	1487	Ana Moura	00:39:32	01:16:08	01:15:14	3425	BAIAMOURA	V40	273
3411	1542	Julieta Gouveia	00:39:33	01:16:08	01:15:14	3424		V40	274
3412	3564	Nazaré Barreira	00:39:07	01:16:14	01:14:03	3403		V45	200
3413	1741	Carla Magina	00:40:45	01:16:15	01:12:31	3378	Pump Amadora	V35	224
3414	3019	Celeste Simões	00:37:56	01:16:18	01:14:15	3410	crc marvila jovem	V55	49
3415	3005	Ana Costa	00:37:57	01:16:18	01:14:13	3409	crc marvila jovem	V45	201
3416	4347	Maria Nogueira	00:36:36	01:16:18	01:13:38	3394	Os Pereiras	V50	119
3417	3011	Paula Bonny	00:37:56	01:16:19	01:14:11	3407	crc marvila jovem	V50	120
3418	2574	Antonio Felix	00:38:07	01:16:22	01:14:22	3413	Correr Queluz	V65	49
3419	2573	Conceição Felix	00:38:07	01:16:22	01:14:22	3412	Correr Queluz	V55	50
3420	2470	Claudia Caldeirita	00:38:33	01:16:41	01:16:08	3431	Fofinhos	Senior	307





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3421	2471	Solange Nunes	00:38:35	01:16:41	01:16:10	3432	Fofinhos	Senior	308
3422	1506	Cândida André	00:37:22	01:16:50	01:16:25	3434		V65	16
3423	3981	Pedro Nascimento	00:41:57	01:16:53	01:11:58	3370	Tabaqueira - Estarbemestar	V35	320
3424	2448	Rodrigo Basílio	00:40:47	01:16:57	01:14:30	3417	MABA	Junior	93
3425	256	Isabel Lombo	00:40:21	01:17:08	01:16:33	3438	BitRunners	Senior	309
3426	257	Miguel Lombo	00:40:20	01:17:09	01:16:34	3439	BitRunners	Senior	375
3427	4192	Maria Lurdes	00:41:33	01:17:24	01:14:34	3421	CP	V55	51
3428	1118	Nuno Freitas	00:37:28	01:17:27	01:15:18	3426	PepsiCo Portugal	V40	398
3429	2698	Teresa Domingues	00:37:12	01:17:32	01:15:53	3428	SS CGD	V50	121
3430	2682	Miguel Angelo	00:37:14	01:17:32	01:15:53	3429	SS CGD	V40	399
3431	2466	Cátia Caldeirita	00:38:36	01:17:37	01:17:05	3442	Fofinhos	Senior	310
3432	3818	Teresa Caldeira	00:37:33	01:17:38	01:16:29	3436	NucleOeiras-ADNO	V40	275
3433	3814	Susana Brito	00:37:33	01:17:38	01:16:30	3437	NucleOeiras-ADNO	V40	276
3434	4159	Mariana Ginja	00:39:32	01:17:38	01:17:12	3445	GFD Running	Junior	48
3435	4168	Anabela Ginja	00:39:34	01:17:39	01:17:13	3446	GFD Running	V50	122
3436	1496	Lurdes Marques	00:39:34	01:17:41	01:17:14	3447		V40	277
3437	1156	Ana Oliveira	00:34:58	01:17:54	01:17:36	3449		V60	29
3438	2670	Jorge Figueiredo	00:37:53	01:18:04	01:16:16	3433	SS CGD	V45	399
3439	2468	Cristina Batista	00:38:26	01:18:16	01:17:43	3451	Fofinhos	V40	278
3440	2472	Jose Nunes	00:38:23	01:18:16	01:17:43	3452	Fofinhos	V50	258



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3441	656	Susana Oliveira	00:37:39	01:18:21	01:17:17	3448	Equipa GDC FIDELIDADE	V40	279
3442	3852	Elsa Almeida	00:43:36	01:18:25	01:12:41	3381	Hovione SSC	V35	225
3443	2446	Liliana Basílio	00:40:47	01:18:33	01:16:07	3430	MABA	Senior	311
3444	4251	Rosalina Tanganho	00:40:30	01:18:44	01:18:17	3457	Tabaqueira - Estarbemestar	Senior	312
3445	2008	Helena Pedroso	00:40:17	01:18:57	01:18:20	3460	Clube PT-Zcs	V50	123
3446	3163	Nuno Castilho	00:34:04	01:18:57	01:16:50	3441		Senior	376
3447	3446	João Coelho	00:41:00	01:19:09	01:18:26	3461	CLUBE BRISA	V40	400
3448	214	Claudia Nogueira	00:39:35	01:19:19	01:17:42	3450		V35	226
3449	3907	Bruno Pinto	00:39:07	01:19:22	01:17:07	3443	Tabaqueira - Estarbemestar	Senior	377
3450	3980	Pedro Esteves	00:39:08	01:19:23	01:17:09	3444	Tabaqueira - Estarbemestar	V40	401
3451	2514	Valter Oliveira	00:45:20	01:19:27	01:12:28	3377		V45	400
3452	1284	David Jorge	00:42:03	01:19:36	01:15:25	3427	Clube Millennium bcp	Senior	378
3453	4288	Sandra Lopes	00:44:42	01:20:23	01:17:52	3453		V45	202
3454	4289	Diogo Santos	00:44:43	01:20:25	01:17:54	3454		Junior	94
3455	368	Jose Roseiro	00:38:58	01:20:32	01:20:13	3473		V60	78
3456	1603	Maria Roseiro	00:38:59	01:20:34	01:20:14	3474		V55	52
3457	2180	Diana Pombinho	00:42:35	01:20:37	01:14:33	3418	LE MATTINIERE	V35	227
3458	3017	Cristina Nunes	00:39:51	01:20:37	01:18:30	3462	crc marvila jovem	V40	280
3459	3006	Ana Ramos	00:39:51	01:20:38	01:18:33	3463	crc marvila jovem	V40	281
3460	675	Maria Céu	00:40:05	01:20:40	01:19:54	3466	Leogym	V50	124



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3461	571	Ana Santos	00:40:04	01:20:41	01:19:54	3465	Leogym	V50	125
3462	4250	Eduardo Vilas	00:41:47	01:20:46	01:18:14	3455	Tabaqueira - Estarbemestar	V35	321
3463	3892	Alice Guilherme	00:39:00	01:20:46	01:20:15	3477	Tabaqueira - Estarbemestar	V50	126
3464	2640	Patricia Silva	00:43:29	01:21:00	01:18:17	3458	Associação Cultural da Lage	Senior	313
3465	2639	Anabela Nunes	00:43:29	01:21:01	01:18:19	3459	Associação Cultural da Lage	V50	127
3466	3996	Sandra Mestre	00:39:45	01:21:18	01:20:30	3482	Tabaqueira - Estarbemestar	V45	203
3467	3978	Paulo Silva	00:39:45	01:21:20	01:20:32	3485	Tabaqueira - Estarbemestar	V45	401
3468	3941	Helder Tavares	00:37:59	01:21:22	01:21:12	3490	Tabaqueira - Estarbemestar	V45	402
3469	3939	Gessio Moreira	00:42:03	01:21:29	01:16:27	3435	Tabaqueira - Estarbemestar	V35	228
3470	1957	Bernardete Morita	00:42:15	01:21:30	01:20:20	3479	Motorway02	V45	204
3471	1966	Mónica Muchagata	00:42:16	01:21:30	01:20:20	3478	Motorway01	V45	205
3472	1955	Vânia Oliveira	00:42:12	01:21:31	01:20:21	3480	Motorway02	Senior	314
3473	1964	Jorge Jeronimo	00:42:13	01:21:31	01:20:21	3481	Motorway01	V35	322
3474	3898	Anabela Afonso	00:42:01	01:21:38	01:16:41	3440	Tabaqueira - Estarbemestar	V40	282
3475	1064	Ana Robles	00:38:34	01:21:51	01:21:19	3492	Papoilas Saltitantes	V50	128
3476	1063	Teresa Santos	00:38:34	01:21:51	01:21:19	3491	Papoilas Saltitantes	V55	53
3477	3621	Raquel Gerales	00:42:59	01:21:52	01:18:16	3456	R2RUN	V35	229
3478	2952	Maria Gamito	00:41:45	01:21:54	01:20:54	3486		V55	54
3479	43	Carlos Martins	00:38:27	01:21:57	01:20:12	3472		V50	259
3480	2381	Paulo Martins	00:38:28	01:21:57	01:20:11	3471	Clube PT-Zcs	V50	260





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3481	2976	Mariana Oliveira	00:40:40	01:21:58	01:21:21	3493	G. R. D. Ribeira da Lage	Senior	315
3482	4231	Tomás Costa	00:40:04	01:22:09	01:20:30	3483	TEVA	Junior	95
3483	4229	Ana Costa	00:40:05	01:22:09	01:20:31	3484	TEVA	V45	206
3484	1348	Sonia Trincheiras	00:40:49	01:22:19	01:20:11	3470	Clube Millennium bcp	V40	283
3485	1347	Joao Trincheiras	00:40:50	01:22:21	01:20:14	3476	Clube Millennium bcp	V50	261
3486	2750	Filipa Vale	00:39:03	01:22:21	01:22:02	3501		V40	402
3487	1349	Ines Trincheiras	00:40:49	01:22:21	01:20:14	3475	Clube Millennium bcp	Senior	316
3488	1975	Susana Monge	00:38:56	01:22:25	01:22:20	3509		V40	284
3489	1097	Ricardo Abrantes	00:43:12	01:22:38	01:18:50	3464		V35	323
3490	1696	Sónia Mateus	00:41:30	01:22:42	01:22:23	3510	Boa Onda	V45	207
3491	1697	Elisabete Lopes	00:41:29	01:22:42	01:22:24	3511	Boa Onda	V40	285
3492	3896	Ana Soares	00:41:15	01:22:55	01:22:20	3508	Tabaqueira - Estarbemestar	V45	208
3493	3894	Ana Coelho	00:41:14	01:22:55	01:22:19	3507	Tabaqueira - Estarbemestar	V40	286
3494	4021	Susana Dionízio	00:45:41	01:23:03	01:19:55	3467		V35	230
3495	4022	Francisco Albuquerque	00:45:42	01:23:03	01:19:56	3468		V35	324
3496	2032	Patricia Pinto	00:41:12	01:23:11	01:21:25	3494		V35	231
3497	2031	Anabela Araújo	00:41:13	01:23:13	01:21:26	3495		V35	232
3498	3772	Isabel Carvalho	00:41:30	01:23:22	01:21:43	3496	NucleOeiras-ADNO	V45	209
3499	3760	Cidália Nunes	00:41:32	01:23:22	01:21:45	3497	NucleOeiras-ADNO	V45	210
3500	4269	Vanda Costa	00:42:53	01:23:24	01:22:06	3502	PEUGEOT	V40	287



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3501	617	Tânia Baptista	00:38:48	01:23:26	01:23:12	3520		V35	233
3502	618	Cristina Castro	00:38:49	01:23:27	01:23:12	3519		V40	288
3503	2183	Luísa Tomás	00:42:06	01:23:44	01:22:57	3516		V60	30
3504	2778	Helena Iglesias	00:42:04	01:23:44	01:22:57	3517		V60	31
3505	2171	Isabel Passos	00:41:25	01:23:49	01:23:02	3518	CLUBE BRISA	V35	234
3506	3584	Sílvia Tavares	00:43:29	01:24:29	01:21:45	3498	Associação Cultural da Lage	V40	289
3507	4033	Anabela Reis	00:43:30	01:24:29	01:21:47	3499	Associação Cultural da Lage	V50	129
3508	3826	Fernanda Silveira	00:42:10	01:24:29	01:23:12	3521		V45	211
3509	4034	Virgílio Reis	00:43:30	01:24:31	01:21:48	3500	Associação Cultural da Lage	V50	262
3510	4319	Riaze Hussen	00:42:24	01:24:41	01:22:36	3512		V35	325
3511	4315	Mafalda Campos	00:42:41	01:24:42	01:22:36	3513		V45	212
3512	4314	Maria Lousa	00:42:27	01:24:42	01:22:36	3514		V35	235
3513	4317	Fernanda Rodrigues	00:42:26	01:24:42	01:22:37	3515		V35	236
3514	3741	Carina Nunes	00:42:12	01:25:12	01:23:50	3524		V35	237
3515	3825	Ana Leitão	00:42:08	01:25:14	01:23:53	3525		V40	290
3516	2378	Artur Silva	00:42:15	01:25:15	01:25:10	3527	Clube PT-Zcs	V60	79
3517	3700	Ana Fernandes	00:42:08	01:25:15	01:23:55	3526		V35	238
3518	3959	Luis Nilha	00:37:34	01:25:40	01:22:07	3503	Tabaqueira - Estarbemestar	V50	263
3519	3976	Orlando Rosa	00:37:33	01:25:43	01:22:10	3504	Tabaqueira - Estarbemestar	V45	403
3520	1635	Manuela Roque	00:42:53	01:25:52	01:25:41	3530		V70	2



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3521	1319	Elisabete Pereira	00:46:42	01:25:53	01:20:09	3469	Clube Millennium bcp	V45	213
3522	4195	Madalena Delgado	00:44:35	01:25:56	01:23:21	3523	CP	V50	130
3523	4196	Fernando Lopes	00:44:36	01:25:56	01:23:21	3522	CP	V45	404
3524	3435	João Paulo	00:44:31	01:26:12	01:22:10	3505	FAROL D AVENTURA	V45	405
3525	3436	Teresa Ribeiro	00:44:31	01:26:12	01:22:13	3506	FAROL D AVENTURA	V45	214
3526	3337	Marta Santos	00:43:42	01:26:49	01:25:35	3528		Senior	317
3527	906	Manoela Fernandes	00:46:52	01:27:13	01:25:36	3529	Lucky_Dog	Senior	318
3528	165	Cristina Carocha	00:46:47	01:28:39	01:26:14	3533	ADRC Mata de Benfica	V45	215
3529	4219	Sílvia Santos	00:43:51	01:28:51	01:27:08	3535	TEVA	V40	291
3530	4223	Susana Salgueiro	00:43:51	01:28:51	01:27:08	3536	TEVA	V45	216
3531	4299	Patricia Guimarães	00:46:28	01:29:21	01:27:31	3542		Senior	319
3532	4295	Maria Bertolo	00:46:30	01:29:24	01:27:33	3543		V45	217
3533	4297	Carla Monteiro	00:46:29	01:29:24	01:27:30	3541		V40	292
3534	4296	Ana Santos	00:46:29	01:29:25	01:27:36	3545		V55	55
3535	4298	Elisabete Marques	00:46:29	01:29:26	01:27:36	3544		V45	218
3536	3450	Carla Carvalho	00:44:50	01:29:59	01:29:15	3554	CLUBE BRISA	V40	293
3537	3451	Elisabete Simões	00:44:52	01:30:01	01:29:17	3556	CLUBE BRISA	V40	294
3538	3449	Alexandra Neves	00:44:52	01:30:01	01:29:16	3555	CLUBE BRISA	V35	239
3539	1050	Beatriz Gonçalves	00:45:39	01:30:02	01:27:21	3537		Junior	49
3540	1051	Ana Lima	00:45:41	01:30:05	01:27:21	3538		V45	219





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3541	1305	Regina Oliveira	00:46:54	01:30:07	01:28:29	3549	Clube Millennium bcp	V50	131
3542	1516	Verónica Dinis	00:45:32	01:30:16	01:28:20	3548	Alfa Pendular runners	V35	240
3543	948	Nuno Rego	00:45:06	01:30:30	01:29:34	3557	True Blue DLL	V45	406
3544	947	Sandra Clemente	00:45:07	01:30:31	01:29:06	3553	True Blue DLL	V35	241
3545	3038	Pedro Macedo	00:47:12	01:30:38	01:26:09	3532	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V55	163
3546	1333	Mario Campos	00:47:02	01:31:11	01:27:02	3534	Clube Millennium bcp	V65	50
3547	3904	António Rodrigues	00:48:19	01:31:48	01:31:30	3566	Tabaqueira - Estarbemestar	V40	403
3548	2192	Célia Carvalho	00:50:37	01:31:54	01:25:49	3531		V45	220
3549	1111	Maria Carapinha	00:43:48	01:31:55	01:30:50	3562	PepsiCo Portugal	V55	56
3550	1112	Maria Marques	00:43:46	01:31:56	01:30:51	3563	PepsiCo Portugal	V50	132
3551	4000	Susana Campos	00:46:23	01:32:19	01:30:29	3561	Tabaqueira - Estarbemestar	Senior	320
3552	3922	Dulce Pereira	00:46:25	01:32:20	01:30:28	3559	Tabaqueira - Estarbemestar	V40	295
3553	3977	Paulo Santos	00:46:26	01:32:20	01:30:28	3560	Tabaqueira - Estarbemestar	V45	407
3554	2053	Paulo Marçal	00:49:47	01:32:39	01:27:29	3539	DXC	V40	404
3555	2050	Helena Areias	00:49:47	01:32:40	01:27:30	3540	DXC	V45	221
3556	3962	Luís Palmeira	00:48:21	01:32:45	01:32:27	3576	Tabaqueira - Estarbemestar	V35	326
3557	3787	Licínia Santos	00:45:32	01:33:04	01:32:39	3578	NucleOeiras-ADNO	Senior	321
3558	3793	Maria Branco	00:45:29	01:33:05	01:32:39	3577	NucleOeiras-ADNO	V50	133
3559	3797	Maria Santos	00:45:35	01:33:09	01:32:44	3579	NucleOeiras-ADNO	V60	32
3560	3780	Joaquina Garcia	00:45:34	01:33:14	01:33:12	3580	NucleOeiras-ADNO	V60	33



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3561	1590	Ana Ferreira	00:47:18	01:33:18	01:31:09	3564	Let's Get physical	Senior	322
3562	1591	Marília Ferreira	00:47:18	01:33:21	01:31:11	3565	Let's Get physical	V55	57
3563	2766	Vanda Ferreira	00:47:49	01:34:01	01:32:20	3575	Sporting Clube de Casainhos	V45	222
3564	2630	Nádia Costa	00:44:06	01:34:10	01:31:54	3572	FIF	Senior	323
3565	3136	Nuno Silva	00:48:25	01:34:11	01:28:16	3547	LOS SILVA	V45	408
3566	3135	Isabel Silva	00:48:25	01:34:12	01:28:15	3546	LOS SILVA	V40	296
3567	2264	Antonio Curto	00:49:47	01:34:27	01:31:49	3570	Carnaxide team	V45	409
3568	2265	Nuno Oliveira	00:49:47	01:34:32	01:31:54	3571	Carnaxide team	V45	410
3569	1882	Ana Bonito	00:51:26	01:34:35	01:28:55	3551	BombomWeddingSA	V40	297
3570	1727	Lina Lopes	00:50:36	01:34:50	01:28:45	3550		V50	134
3571	3779	Joaquim Sande	00:49:00	01:35:07	01:32:06	3573	NucleOeiras-ADNO	V55	164
3572	300	Augusto Nunes	00:49:20	01:35:10	01:28:59	3552		V55	165
3573	3905	Arsénio Rodrigues	00:48:58	01:35:13	01:31:40	3567	Tabaqueira - Estarbemestar	V40	405
3574	3938	Geovani Bosich	00:48:58	01:35:14	01:31:41	3568	Tabaqueira - Estarbemestar	V50	264
3575	3953	Lino Serrão	00:48:59	01:35:16	01:31:41	3569	Tabaqueira - Estarbemestar	V50	265
3576	86	Afonso Duarte	00:45:57	01:35:45	01:35:04	3593		Junior	96
3577	133	Luisa Gonçalves	00:45:56	01:35:46	01:35:05	3594		V50	135
3578	3097	Maria Coronha	00:54:54	01:35:51	01:29:49	3558		V35	242
3579	3010	Alexandra Pinto	00:46:11	01:36:14	01:34:05	3583	crc marvila jovem	Junior	50
3580	3008	Isabel Vale	00:46:12	01:36:17	01:34:07	3584	crc marvila jovem	V50	136



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3581	3007	Joaquim Nunes	00:46:13	01:36:17	01:34:08	3585	crc marvila jovem	V65	51
3582	3341	Maria Lavinias	00:48:50	01:36:39	01:34:15	3588	Associação de Moradores 18 de Maio	V45	223
3583	3342	Ana Mezia	00:48:48	01:36:40	01:34:17	3589	Associação de Moradores 18 de Maio	Senior	324
3584	3340	Isabel Leonardo	00:48:50	01:36:42	01:34:19	3590	Associação de Moradores 18 de Maio	V45	224
3585	1426	Sara Ramalho	00:47:39	01:36:42	01:36:11	3606	Clube Millennium bcp	Junior	51
3586	1425	Sofia Ramalho	00:47:41	01:36:42	01:36:12	3607	Clube Millennium bcp	Senior	325
3587	3747	André Mendes	00:47:40	01:36:48	01:35:22	3598	NucleOeiras-ADNO	Junior	97
3588	3782	José Alves	00:47:40	01:36:48	01:35:23	3599	NucleOeiras-ADNO	V45	411
3589	1515	Julia Almeida	00:47:43	01:37:02	01:35:13	3596	LIS RUNNING CPA	V50	137
3590	1514	Carlos Ferreira	00:47:44	01:37:03	01:35:14	3597	LIS RUNNING CPA	V50	266
3591	202	Rosalina Pires	00:50:17	01:37:20	01:33:46	3581	As Maravilhosas	V55	58
3592	203	Liliana Pais	00:50:18	01:37:22	01:33:48	3582	As Maravilhosas	Senior	326
3593	201	Catarina Flaminio	00:50:19	01:37:45	01:34:13	3586	As Maravilhosas	Senior	327
3594	204	Ana Sancho	00:50:17	01:37:46	01:34:14	3587	As Maravilhosas	Senior	328
3595	3318	Daniel Mendonça	00:49:45	01:38:11	01:35:59	3603		V40	406
3596	3316	Maria Leão	00:49:46	01:38:13	01:36:01	3604		V40	298
3597	4244	Ana Lima	00:50:05	01:38:13	01:35:43	3602		V40	299
3598	4111	Conceição Marinho	00:50:05	01:38:14	01:36:03	3605		V40	300
3599	4287	Cristina Sousa	00:50:05	01:38:14	01:35:43	3601		V50	138
3600	530	Mário Rogado	00:51:14	01:38:28	01:34:57	3592		V35	327





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3601	2081	Rui Zenoglio	00:54:55	01:38:47	01:32:08	3574		V45	412
3602	94	Francisco Nobre	00:52:36	01:38:58	01:34:25	3591	Singarunners	V45	413
3603	4277	Lara Anahory	00:56:20	01:39:26	01:21:02	3487	PEUGEOT	Junior	52
3604	4275	Luis Santos	00:56:19	01:39:27	01:21:02	3488	PEUGEOT	V35	328
3605	4276	Rita Primo	00:56:17	01:39:27	01:21:05	3489	PEUGEOT	V35	243
3606	695	Francisco Seabra	00:29:40	01:39:43	01:39:11	3614	LV Team Seabra M	Junior	98
3607	982	Inês Almeida	00:53:00	01:40:42	01:35:09	3595	SAC Team	V40	301
3608	3396	Sandra Barros	00:52:42	01:41:07	01:35:27	3600	Valejas Atlético Clube	V35	244
3609	3035	Neuza Gonçalves	00:52:30	01:43:35	01:36:59	3608	JOAQUIM CHAVES SAUDE GRUPO DE CORRI	V35	245
3610	3378	Rita Rodrigues	00:56:11	01:43:58	01:38:13	3611	Valejas Atlético Clube	Senior	329
3611	2673	José Guia	00:56:16	01:44:00	01:41:17	3615	SS CGD	V65	52
3612	3367	Marisa Simões	00:55:18	01:44:05	01:38:16	3612	Valejas Atlético Clube	V50	139
3613	2663	Fatima Guia	00:56:09	01:44:08	01:41:26	3616	SS CGD	V65	17
3614	2146	Rui Pires	00:56:24	01:44:16	01:37:26	3609		V45	414
3615	3383	Jorge Brito	00:23:06	01:44:22	01:43:01	3618	Valejas Atlético Clube	V45	415
3616	235	Luis Azul	00:40:53	01:44:22	01:38:38	3613		V45	416
3617	3366	Fernando Guerra	00:51:50	01:44:28	01:42:20	3617	Valejas Atlético Clube	V75	6
3618	909	Joao Leitao	00:56:26	01:44:52	01:37:48	3610		Senior	379
3619	2052	Ana Caldas	00:57:41	01:53:33	01:48:39	3620	DXC	V40	302
3620	2051	Rita Dinis	00:57:39	01:53:34	01:48:40	3621	DXC	V35	246



**16 JUNHO / 21h30**

Av. Marginal, Oeiras

# CLASSIFICAÇÕES E DIPLOMAS

<i>Class.</i>	<i>Dorsal</i>	<i>Atleta</i>	<i>Tempo Retorno</i>	<i>Tempo Oficial</i>	<i>Tempo Chip</i>	<i>Class. Chip</i>	<i>Clube</i>	<i>Escalão</i>	<i>Class. Escalão</i>
3621	2049	Rita Santos	00:57:41	01:53:34	01:48:38	3619	DXC	V45	225
3622	461	Ana Silva	00:59:13	01:57:25	01:54:17	3622		V45	226